



# THE SIKH HEAD COVERING

## DO'S & DON'T:

Do not touch the Sikh head covering

Do not make fun of the Sikh head covering

Do ask about the Sikh head covering

Do respect all people, including those that do not look the same as you.

## WHY DON'T SIKHS CUT THEIR HAIR?

**Sikhs do not cut their hair.** From the top of their head to the tip of their toe, they do not remove or alter their hair as Sikhs believe hair is sacred and helps to connect us to God when meditating and gives us a unique identity. Sikh's call uncut hair Kes(h).

## HOW DO SIKHS LOOK AFTER THEIR HAIR?

Sikh's comb their long uncut hair twice a day with a wooden comb. The wooden comb has powerful components that support wellbeing. The uncut hair is tied in a bun (or top knot) at the top of the head. This is where the tenth gate or third eye is. It supports meditation practice.

## TYPES OF SIKH HEAD COVERING



### TURBAN

The Sikh turban itself is very sacred and is a tool to support someone's spirituality.

The Sikh turban is called a dastar or keski. The turban is an identifier. It allows people to know that this person is a Sikh, just like children wear their school uniform. The uniform helps to identify the school a child belongs to. Just like when you see a police officer in uniform, Sikhs have always been protectors and the turban allows society to know that this person will help when needed.

**The turban is for girls and boys!**

### PATKA

The patka is worn by young sikh children. Like the turban, it covers the uncut hair to protect it from the elements and also is an identifier. The round shape at the top of the head, covered by the patka material is the uncut hair tied in a bun/top knot on top of the tenth gate or third eye. As children grow they move from the patka to the turban. It is very important to not touch someone's patka and treat it and the turban with respect.

## Other types of head covering:



Chunni



Ramaal



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