

# FATHER DAY – GURMAT VIEWPOINT



# Father's Day

**Celebration of Fathers,  
honoring fatherhood,  
parental bonds and role  
fathers play in society**

[https://en.m.wikipedia.org/wiki/Father%27s\\_Day](https://en.m.wikipedia.org/wiki/Father%27s_Day)



# GURMAT

ਏਕੁ ਪਿਤਾ ਏਕਸ ਕੇ ਹਮ ਬਾਰਿਕ  
ਤੂ ਮੇਰਾ ਗੁਰ ਹਾਈ ॥

Elevates the concept of Fatherhood and provides me with wisdom to realize Universal Father and bonding between all the beings.

ਤੂੰ ਸਾਝਾ ਸਾਹਿਬੁ ਬਾਪੁ ਹਮਾਰਾ ॥

if everyone in society realized JOT as it's Father, then it develops harmonious society.



# GURMAT

ਹਮ ਬਾਰਿਕ ਤੂੰ ਗੁਰੂ ਪਿਤਾ ਹੈ  
ਦੇ ਮਤਿ ਸਮਝਾਏ ॥

Helps me understand, I have to encourage  
myself and **next generation** to seek wisdom  
from **Pita – Jot**.

ਹਰਿ ਜੀ ਮਾਤਾ ਹਰਿ ਜੀ ਪਿਤਾ  
ਹਰਿ ਜੀਉ ਪ੍ਰਤਿਪਾਲਕ ॥

Guides me to be caring like Har Jee. The way  
Har Jee cares for everyone – **Nirvair** and  
**beyond attachments**.



# LEARNING

As we celebrate Father's day and recognize their contributions, let's not forget to sit with our kids and have a dialog on:

- 1) Pita Parmeshar and how we are all it's beings.
- 2) How connecting to Har Jee Pita, helps us create harmonious society.
- 3) How to be Nirvair like Har Jee and care for all – beyond attachments.

