# Sikhs in Chardi Kala

Chardi Kala in Sikhi means to remain in a positive and joyous state of mind to show your contentment in Vaheguru's Hukam even during times of adversity. Pick a Sikh from our history whose life reflects Chardi Kala and its true meaning. Write a short essay about important facts and events regarding that person. Be sure to reflect on why you think their life is a reflection of Chardi Kala.

Journal entry by

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Titled

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Interesting fact I learned

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CURIOUS KHALSA