



The Prescribed Sikh Prayers (Nitnem)

By K.S. Duggal

Abhinav Publications, New Delhi. Hardcover. Book Condition: New. First Edition. 171pp. Like all other prominent faiths, the Sikh religion, too, has prescribed prayers for daily observance. While utmost importance is given to the early morning called Amrit Vela- the ambrosial hour, there is a short-duration prayer for the evening and another for the late evening, before going to bed. Essentially a modern religion (it's only 500 years old) the Sikh Gurus did not prescribe any pre-requisites or postures besides simple bath in the morning and physical cleanliness at other hours. Early morning, evening or the late evening, it is remembering the Divine Entity; there is nothing specific distinguishing one prayer are designed to be five in number. These are: Japuji (Guru Nanak) , Jaap Saheb, Shabd Hazare and Swwaiye (Guru Gobind Singh) , Rehras and Kirtan Sohila (Miscellaneous). Kartar Singh Duggal, a noted literature has transcreated these Banis with utmost devotion for the followers of the Great Sikh Gurus who are more proficient in English.



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