

Benefits of wearing turban

Although essentially religious, the Sikh Turban, in practical terms, is not without merits. The turban is, comparatively more hygienic than the year-old hat/cap which is difficult to wash clean. It is made up of fine muslin (cotton) which is kept clean with the usual weekly washing.

The Turban is always a made-to-measure thing. i.e. it fits the contour or shape of the head, and so is more comfortable than the factory made hats which are usually the same shape for all differently featured heads.



Contrary to what many people think, the Turban is light (few ounces only) and soft on the head, but its cushion like appearance may give the wrong impression of its being bulky or heavy.

Like a vacuum flask, it is ideal headgear for both winter and summer. Even in icy winds it keeps the head and ears cosy and comfortable, while under the hot, perspiring sun it has also more utility than many people would think, or have thought about.

The Turban can act as a safety cushion. In ordinary daily life, driving a car or riding a bike; walking on the road, the turban certainly provides reasonable safety to the head from any sudden accident and it must be remembered that it is during ordinary daily life that most accidents occur- i.e. when we are the least prepared to protect our head.

Apart from providing some safety at all times, the Turban is an automatic and suitable hair cover while working in such areas as food factory or an operation theatre, a kitchen or canteen.

By adorning their turbans, Sikhs serve as ambassadors of the Sikh faith and commit externally to following the path laid down by the Sikh Gurus. True submission, of course, occurs internally.

The next time you see a Sikh, greet him or her and know that the turban you see is the same turban that stood up against oppression of lower castes in India, tyranny in WWI and the Nazi empire in WWII. The turban is deeply intertwined with the Sikh identity and is a manifestation of the mission given to all Sikhs - to act as a divine prince or princess by standing firm against tyranny and protecting the downtrodden.



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TURBAN



Symbol of Sikh Identity & Pride

Turban

The Sikh Turban, also known as **Dastaar**, is an article of faith that has been made mandatory by the founders of Sikhism. It is not to be regarded as mere cultural paraphernalia. Sikhism is the only religion in the world in which wearing a turban is mandatory for both men and women. Vast majority of people who wear turbans in the Western countries are Sikhs.



Historical Background

Turban is and has been an inseparable part of a Sikh's life. Since the time of Guru Nanak Dev (15th century), the founder of Sikhism, Sikh men and women have been wearing the **turban**.



Several ancient Sikh documents refer to the order of 10th Guru, Guru Gobind Singh about wearing the turban. The Sikh Gurus sought to end all caste distinctions and vehemently opposed stratification of society by any means including inferiority of women. They diligently worked to create an

egalitarian society dedicated to justice and equality. The turban is certainly a gift of love from the founders of the Sikh religion and is symbolic of sovereignty that is of Divine concession.

Holiness and Spirituality

The turban's importance can be found in just about every culture and religion, starting with the ancient Babylonians to western religions such as Judaism, Christianity, and Islam, as well as eastern traditions. The Old Testament proclaims,

"Once they enter the gates of the court", implying God's court, "they are to wear linen vestments. They shall wear linen turban."

Elsewhere in the Old Testament, the significance of the turban is further highlighted:

"He put the turban upon his head and set the gold rosette as symbol of holy dedication on the front of the turban as the Lord had commanded him. Moses then took the anointing oil, anointed the Tabernacle, and all that was within it and consecrated it. (Leviticus 8,9)"



The turban has been an integral part of the Sikh Tradition since the time of Guru Nanak Dev. Historical accounts relay to us that all Sikh Gurus wore turbans and their followers --Sikhs-- have been wearing them since the formation of the faith.

The turban serves as a mark of commitment to the Sikh Gurus. It distinguishes a

Sikh as an instrument of the Guru and decrees accountability for certain spiritual and temporal duties. It is a mark of the Guru and declares that the Sikh wearing a turban is a servant of the Divine Presence.

Honor & Self respect

When a Sikh man or woman dons a turban, the turban ceases to be just a piece of cloth and becomes one and the same with the Sikh's head. The turban as well as the other articles of faith worn by Sikhs have an immense spiritual and temporal significance. The symbolisms of wearing a turban are many from it being regarded as a symbol of sovereignty, dedication, self-respect, courage and piety but the reason all practicing Sikhs wear the turban is just one - out of love and obedience of the wishes of the founders of their faith.



The Sikh soldiers refused to wear helmets during World War I and World War II. They fought with **turban** on their heads. A Sikh (Khalsa) is supposed to be fearless. Wearing a helmet is admitting fear of death. Many Sikhs received Victoria Cross which is one of the most prestigious gallantry awards in the British army.