

Who are Sikhs? (Basics of Sikhism)

Sikhism, originated through Guru Nanak Sahib in the late 1400's - with a population upwards of 30 million worldwide.

Sikh means disciple, seeker, or learner

Through popular tradition, Nanak's teaching is understood to be practised in the following three ways:

Naam Japna: To pray for the universal well being.

Kirat Karō: Earning/making an honest living.

Vaṅḍ Chhakō: Sharing and helping others who are underprivileged.

These concepts are central to Sikhism and are an essential part of the Sikh philosophy:

Chardi Kala: In high uplifting spirits. Maintaining a mental state of being positive and joyful.

Sarbat Do Bhala: Universal Wellbeing. During the daily Sikh prayers, Ardas, Sikhs seek for the betterment of humanity, global peace, and unity.

Seva: Selfless service to humanity. Serving others with no expectations is the highest expression of love and compassion in Sikhism. One uplifts themselves while uplifting others. Seva initiates joy and internal satisfaction resulting in a positive attitude.

What is Autism? (Spectrum - Neurodiversity)

Autism is a human neurological variant that affects how the brain functions.

Each autistic person may reflect variants of neurodiversity. From a medical position autism is a medical condition. From the neurodiversity movement point of view autistic traits are natural variations of motivations and ways of being.

An autistic person may use different ways to connect with other people. They may:

- Use different communicating methods
- May not enjoy all social situations
- Repeat certain patterns of behavior
- Show interests in specific activities

Source: Canada.ca \ autocollab.org

SIKHS FOR AUTISM

Sikhs for Autism advocates and helps with creating awareness around autism, especially within the Sikh and South Asian communities. We strive to work collaboratively towards building inclusive communities that ensure the rights and needs of the autism community.

SIKHS FOR AUTISM

Engage

Educate

Empower





growing together
all abilities welcome

AN ESTIMATED
1 IN 66 HAVE BEEN
DIAGNOSED WITH **ASD**

Source: Canada.ca (2015)

What is Neurodiversity?

- The range of differences in individual brain function and behavioral traits. It is a view point that brain differences are normal, rather than deficits.
- “A state of nature to be respected. An analytical tool for examining social issues. An argument for the conservation and facilitation of human diversity”
— JUDY SINGER 2020

STRATEGY FOR AUTISM

- Improved funding for Autism Research
- Grassroot level financial support for families with autistic family members.
- Support for transition to adulthood
Housing\Community\Daily living
- Government incentives for businesses to hire Employees on Autism Spectrum

What you can do

- Learn and discuss neurodiversity \ autism with your family, at work and in community. Embrace and accept neurodiversity.
- Communicate with your political and community leaders reminding them that the acceptance of autism and neurodiversity are important issues.

AUTISM ACCEPTANCE

April is a World Autism Month, also marked as Autism Acceptance Month.

April 2nd is a World Autism Day.

In Canada, April is Sikh Heritage Month. We promote inclusion and acceptance around Autism and Neurodiversity. We see ourselves as community builders, committed to celebrate our global diversity. The Sikh faith and Punjabi culture dictates caring and protecting for the all. Let’s start a community conversation and remove the stigma around neurodiversity and mental health.

Disclaimer:

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