



SikhRI Concludes Sidak 2016 Retreat

FOR IMMEDIATE RELEASE

Bridgewater, NJ [August 10, 2016] – Sikh Research Institute celebrated the successful wrap up of Sidak this past week. Facilitators and participants from across North America and UK gathered for two weeks at the Khalsa Centre in British Columbia to expand their understanding of Sikh faith.

Sidak 2016 emphasized academic, abstract, and artistic works to highlight the diversity within Sikh culture. SikhRI CEO Inni Kaur shared her enthusiasm for the new twist in this year's program, "The underlying theme for Sidak 2016 was *Love in Sikhi*. Our team of facilitators introduced Sikhi-inspired poetry and Gurmat Sangit. For many of our participants, this was their first time writing poetry, and I was very delighted to see everyone embrace their inner creativity; it was truly enlightening."



Organized annually by SikhRI, Sidak is a two-week leadership development and community building retreat for young adults. Through three distinct tracks, students immerse themselves into Sikh history, theology, Gurmat, and art. This unique learning experience is an opportunity to build strong relationships, discover and understand your inner self, and pursue a deeper meaning into living a Sikh-inspired life.

“Gurbani 101 track last year challenged me to answer questions I’ve never even thought about. So I came back to find more about those answers with Sikhi 201.” – Vineet Kaur, Sidak 2016 and 2015 participant.

“It’s about helping someone figure out their purpose, their mission, and then letting them go to fulfill them.” – Wahenoor Singh Anand, Sidak 2016 participant.

A transformative experience for hundreds of inquisitive minds since 2003, Sidak evolves year-to-year and will be using 2016 attendees’ feedback to shape the next year’s program.

For more information about Sidak or to learn about funding subsidies available to students, please visit sikhri.org/sidak.

About Sikh Research Institute (SikhRI)

The Sikh Research Institute (SikhRI) is a 501(c)(3) charitable organization with a mission to connect people with the teachings of Sikhi, and make them accessible and easy to digest, for people of all ages, genders and backgrounds. By offering courses and seminars in a variety of mediums, SikhRI serves to strengthen the bonds of the Sikh community around the world.

www.sikhri.org