

## Coffee Table Book Released by INTACH Jalandhar Chapter on Guru Nanak

INTACH Jalandhar Chapter has taken a unique initiative by making a Coffee table book on EK ONKAR, ONE SUPREME REALITY, covering Guru Nanak Dev Ji's spiritual journey leading to enlightenment at Sultanpur Lodhi , Punjab.

The book was released on 11 Dec where the sitting MP, Mr. Santokh Choudhary, Padam Shree Sant Sachewaal, was instrumental in cleaning the Holi Kali Bein, DC Mr. Ghanshyam Thori, Commissioner of Police, Mr G S Bhullar were present.

The divinity of Guru Nanak Dev Ji lies in his ability to bring together individuals of varied faiths. It was a time when atrocities in the name of religion were becoming a commonplace . Our times are becoming similar. There is a necessity to spread the message which The Guru preached i.e to be a good human being

His teachings laid the foundation of a peaceful society by preaching equality, humility, empathy and consideration of others. We have forgotten to live on the path He had shown us. We need to begin afresh by being true to ourselves.

Through the teachings of Guru Nanak Dev Ji, we need to get back cohesion into our society. thus EK-ONKAR





...and previously the same...  
 ...aimed at achieving the same...  
 ...said. He exhorted officials to...  
 ...word among the public and work

...17 to January 19, 2021, services would be...  
 ...organized at various CHCs, PHCs and civil...  
 ...hospitals across the district where people...  
 ...suffering from 21 types of physical disabilities...  
 ...would be covered. The astonishing part of this

...Kuldeep Singh on 28, CHC, Panwala on 28,  
 ...SDH Sultanpur Lodhi on January 7, SDH  
 ...Phagwara on 8, SDH Bhatoli on 14 and Civil  
 ...Hospital Kapurthala on January 15.  
 (Contributed by Aparna Banerji)

**launched**  
 ...DECEMBER 11  
 ...Baba Foundation's  
 ..."Vibhuti" was  
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# Coffee-table book on Guru Nanak Dev's life released



Dignitaries launch a book on the spiritual journey of the first Sikh Guru in Jalandhar on Friday.

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**TRIBUNE NEWS SERVICE**  
**JALANDHAR, DECEMBER 11**  
 "Ek Onkar - One Supreme Reality", a coffee-table book on the life of Guru Nanak Dev was released at the Virsa Vihar on Friday.  
 Authored by Army veteran Maj Gen Balwinder Singh (retd) VSM, the book focuses on Guru Nanak Dev's spiritual journey leading to his enlightenment at Sultanpur Lodhi. "There is no Hindu, no Muslim. There is only one God and we are all equal before him."  
 The book launch is a part of the formal initiative by the Indian National Trust for Art and Cultural Heritage (INTACH) to spread the word on history and heritage of Sultanpur Lodhi.  
 The book was launched by MP Santokh Chaudhary

along with environmentalist Sant Balbir Singh Seechewal. Jalandhar Deputy Commissioner Ghanshyam Thori, Police Commissioner Gurbpreet Singh Bhullar and Municipal Commissioner Karnesh Sharma, among others, were also present.  
 This is the rivulet from where Guru Nanak came out enlightened and gave the moolmantra 'Ek Onkar' to humanity.  
 Maj Gen Balwinder Singh is a life member and convener of the INTACH, Jalandhar Chapter, and a member of the Governing Council of India. He is also one of the patrons of the Virsa Vihar.  
 He said the INTACH tasked his team to prepare a coffee-table book with a vision to further spread the message of Guru Nanak

Dev in the society.  
 He said it was more than satisfying to release the book during the 551st birth anniversary of Guru Nanak Dev.  
 Speaking to The Tribune he said, "Guru Nank Dev spent 14 years, 9 months and 13 days at Sultanpur Lodhi and attained enlightenment at Kali Bein. His message is a beacon of hope and assimilation beyond caste and creed in the present times. While the book has been in my mind for the last few years, the project officially took off on the 500th birth anniversary of Guru Nanak Dev. At present, people are too fixated on identities, names, caste and creed but the first Sikh Guru's life and his spiritual journey entails that there are greater treasures and more significant things in life."



