



NEWSLETTER

NANAK DARBAR NORTH LONDON

ਨਾਨਕ ਦਰਬਾਰ ਨੌਰਥ ਲੰਡਨ

136 High Road, New Southgate, London N11 1PG Tel: 0208 -368-7104

November
2026

Gurpurbs:

**Prakash Gurguddi Siri Guru Granth Sahib ji
Shahidi Divas Guru Tej Bahadar Sahib Ji
Parkash Guru Nanak Dev Ji**

Please visit our Website:

WWW.NANAKDARBAR.CO.UK

Email : nanakdarbarnorthlondon@btinternet.com



NANAK DARBAR

NORTH LONDON

136 High Road, Arnos Grove, London N11 1PG

FAITH ♥ COMMUNITY ♥ WELLBEING ♥ SERVICE ♥ TOGETHER ALWAYS

*A happier,
healthier you
A stronger,
kinder community*

**ALL ARE
WELCOME**

People of all
faiths, cultures
and backgrounds

SEVA
SANGAT
SIMRAN
RESPECT
KINDNESS
BELONGING

LEARN
SHARE
SUPPORT
WELLBEING
FRIENDSHIP
COMMUNITY

COMMUNITY WELLBEING DAY

AT NANAK DARBAR, ARNOS GROVE

*Join us and experience a beautiful place
with happy souls and learn while
enjoying the moments*

**FREE
EVENT**
EVERYONE
WELCOME



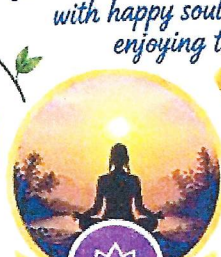
REFRESHMENTS & LANGAR

Good food
brings people
together



CHAIR EXERCISES WITH MUSIC

Gentle movement
for a healthier,
happier you



MINDFULNESS

A calmer mind
A brighter tomorrow



HEALTH PROFESSIONALS HAND ON CHECKS

Know your numbers
Look after your health



FUN WORKSHOPS

Get creative
Make new friends
Try something new



AND MANY MORE!

Activities, information
and support for a
brighter, healthier you



**WEDNESDAY
18TH NOVEMBER 2026**



**1PM
ONWARDS**



NANAK DARBAR NORTH LONDON
136 High Road, Arnos Grove
London N11 1PG



PARKING

Free on-street parking
after 12 noon in
applicable bays.



A LITTLE NOTE FOR YOUR VISIT

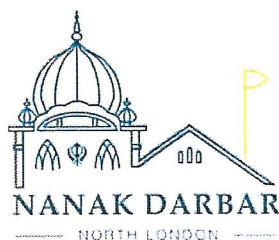
As a sign of respect, please bring a scarf,
bandana or simple cloth to cover your head.
Please also bring clean indoor footwear
for the temple (shoes are removed).

*Together
for a healthier,
happier tomorrow*

Health Heroes Unite Presents



STRONGER PEOPLE ♥ HEALTHIER COMMUNITIES ♥ BRIGHTER TOMORROWS



NEWSLETTER NOVEMBER 2026

NANAK DARBAR NORTH LONDON

136 High Road, New Southgate, London N11 1PG

Tel: 0208 368 7104

Charity Number 275315

Simran: Monday - Saturday from 5.30 a.m. – 6.15 a.m.

Asa di Vaar: Monday - Saturday from 6.15 a.m. - 7.00 a.m.

DATE	OCCASION	Seva
30 th October Friday	PARKASH SHIRI GURU RAM DAS SAHIB JI Simran 5.30 a.m. to 6.15 a.m. Sampooran Asa di Vaar 6.15 a.m. to 8.00 a.m. Akhand Path Arambh 8.00 a.m.	Bibi Surinder Kaur Ghatoaura and family
31 st October Saturday	Akhand Path Continued	Bibi Surinder Kaur Ghatoaura and family
1 st November Sunday	Bhog Akhand Path 8.30 a.m. Samprooran Asa di Vaar: 8.30 to 10.15 a.m. Kirtan by Istri Sat Sang Jatha: 10.15 a.m. to 11.00 a.m. Kirtan by Bhai Maninder Singh Jatha: 11.00 to 12.00 p.m. Kath by Bhai Surjit Singh 12.00 to 12.15 p.m. Kirtan by Hazuri Jatha: 12.15 to 1.15 p.m.	Bibi Surinder Kaur Ghatoaura and family
3 rd November Wednesday	Istri Sat Sang Sukhmani Sahib Path & Kirtan From 10.30 a.m. to 1.00 p.m.	
7 th November Saturday	Bhog Sehaj Paath Sukhmani Sahib Path & Kirtan From 10.30 a.m. to 1.00 p.m.	Sardar Tarandeep Singh and Bibi Avneet Kaur & family
8 th November Sunday	(Diwali) BANDI SHOD DIVAS Sampooran Asa di Vaar: 9.30 to 10.45 a.m. Kirtan by Gurmat Sangeet Jatha: 10.45 to 11.45.00 a.m. Kath by Bhai Surjit Singh 11.45 to 12.15 p.m. Kirtan by Hazuri Jatha: 12.15 to 1.15 p.m. Executive Committee Meeting at 2.30 p.m. Rehras and Kirtan by Hazuri Jatha From 6.00 p.m. to 7.30 p.m.	Sardar Devraj Singh and family

11 November Wednesday	Gurguddi Siri Guru Granth Sahib Ji Sukhmani Sahib Path: 10.30 to 12.00 p.m. Istri Sat Sang: 12.00 to 12.30 p.m. Kirtan Hazuri Jatha: 12.30 to 1.00 p.m.	
13 th November Friday	Rehras and Kirtan by Hazuri Jatha 6.00 p.m. to 7.30 p.m.	Sardar Sangat Singh Chandok (in memory of his late mother)
14 th November Saturday	Shahidi Divas Guru Tej Bahadar Sahib Ji Sukhmani Sahib Path & Kirtan From 10.30 a.m. to 1.00 p.m.	Dr Suchet Singh Bains and Bibi Kulwinder Kaur & family
15 th November Sunday	Sampooran Asa di Vaar: 9.30 to 10.45 a.m. Kirtan by Istri Sat Sang Jatha: 10.45 to 11.45 a.m. Kath by Bhai Surjit Singh 11.45 to 12.15 p.m. Kirtan by Hazuri Jatha: 12.15 to 1.15 p.m.	Sardar Kuldeep Singh and family
16 th November Monday	Sangrand Maghar	
18 th November Wednesday	Istri Sat Sang Sukhmani Sahib Path & Kirtan From 10.30 a.m. to 1.00 p.m. Community Well Being Day	
20 th November Friday	Shahidi Divas Guru Tej Bahadar Sahib Ji & Gurguddi Siri Guru Granth Sahib Ji Simran 5.30 a.m. to 6.15 a.m. Sampooran Asa di Vaar 6.15 a.m. to 8.00 a.m. Akhand Path Arambh 8.00 a.m.	
21 st November Saturday	Akhand Path Continued ----- Sehaj Paath & Kirtan: 10.30 to 1.00 p.m. (In Upper Hall)	Sardar Harbhajan Singh Punni and Bibi Ravinder Kaur (in memory of later mother Bibi Balbir Kaur Punni)
22 nd November Sunday	Bhog Akhand Path 8.30 a.m. Samprooran Asa di Vaar: 8.30 to 10.00 a.m. Kirtan by Gurmat Sangeet Jatha: 10.00 a.m. to 11.00 a.m. Kirtan by Bhai Gurdev Singh 11.00 a.m. to 12.00 p.m. Kath by Bhai Surjit Singh 12.00 to 12.15 p.m. Kirtan by Hazuri Jatha: 12.15 to 1.15 p.m.	
24 th November Tuesday	PARKASH GURU NANAK DEV JI Simran 5.30 a.m. to 6.15 a.m. Sampooran Asa di Vaar 6.15 a.m. to 8.00 a.m. Sukhmani Sahib Path & Kirtan By Istri Sat Sang and by Hazuri Jatha From 10.30 a.m. to 1.00 p.m. Rehras and Kirtan by Hazuri Jatha 6.00 p.m. to 7.30 p.m.	Sardar Avtar Singh Brar and family

25 th November Wednesday	Istri Sat Sang Sukhmani Sahib Path & Kirtan From 10.30 a.m. to 1.00 p.m.	
27 th November Friday	PAKASH GURU NANAK DEV JI Simran 5.30 a.m. to 6.15 a.m. Sampooran Asa di Vaar 6.15 a.m. to 8.00 a.m. Akhand Path Arambh 8.00 a.m.	
28 th November Saturday	Akhand Path Continued	
29 th November Sunday	Bhog Akhand Path 8.30 a.m. Samprooran Asa di Vaar: 8.30 to 10.00 a.m. Nisham Sahib Seva 10:00 to 11:00 a.m. Kirtan by Ustad Surjit Singh: 11.00 a.m. to 12.00 p.m. Appeal 12.00 to 12.30 p.m. Kirtan by Hazuri Jatha: 12.30 to 1.30 p.m.	
2 nd December Wednesday	Istri Sat Sang Sukhmani Sahib Path & Kirtan From 10.30 a.m. to 1.00 p.m.	

Please Note: Langar is also served every Monday, Tuesday, Thursday and Fridays between 12 and 2 p.m.

Polite Request from the Executive Committee: Please do NOT WASTE LANGAR.

SEVA CLEANING OF THE GURDWARA – VOLUNTEERS NEEDED

If you would like to do Seva on Mondays and / or Thursdays ..

Please speak to Parminder Manget or email your details to

NanakDarbarNorthLondon@Btinternet.com

