

### **Gurinder - Lived religion and belief**

I would not say I have been a devout Sikh all the way through my life, but it does influence me quite extensively. I am a historian of the Sikh faith, so the guiding principles of the faith as a religion guide me in terms of the prayers, but also the philosophy as well, from Guru Nanak to Guru Gobind Singh. It also influences me in terms of actually respecting the common person, the interfaith relations as well, and just knowing that things like hard work are important. The Sikh faith also has the concept of sewa and that actually means selfless service basically. So giving up your time to help others, that is something which I have always tried to do for many, many years in whatever capacity I can.