

Red Challenge

Misconception - Sikhs are Indian

Sikhism is a religion. **Indian** is a nationality. Sikhs can be born in **The United States, Canada, UK** or any other country.

Misconception - Sikhs are Hindu

Sikhism is a unique faith and not derived from **Hinduism**. It is only due to shared **geographic** culture that some **beliefs** are similar.

Misconception - Sikhs must practice yoga

Yoga has no **religious** value in Sikhism. Some Sikh **Gurus** consider it as useless as rituals of praying. Yoga is seen as an **exercise** for health. Some **Sikhs** do practice yoga, they feel it aids their practice of Sikhism.

Yellow Challenge and Green Challenge

You may have different sentences but these are some examples of what you may have written

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