

ਹਰਿ ਪੰਥੁ ਦਸਾਈ ਨਿਤ ਖੜੀ ਕੇਈ ਪ੍ਰਭੁ ਦਸੇ ਤਿਨਿ ਜਾਉ ॥ ਜਿਨੀ ਮੇਰਾ ਪਿਆਰਾ ਰਾਵਿਆ ਤਿਨ ਪੀਛੈ ਲਾਗਿ ਫਿਰਾਉ ॥ ਕਰਿ ਮਿੰਨਤਿ ਕਰਿ ਜੋਦੜੀ ਮੈ ਪ੍ਰਭੁ ਮਿਲਣੈ ਕਾ ਚਾਉ ॥੧॥



GENERAL INFORMATION FOR ALL GURMAT MEDITATION GROUPS

Group Name	Group Invite Link	Group Activities	Group Admin	Phone Number
Gurmat Meditation Group - ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਭੀਚਾਰੁ (ON TELEGRAM APP)	https://t.me/joinchat/VDkomrEKxOjW3jJW	24x7 Simran, Akath Katha in Punjabi, Simran Practical Classes, Q&A Classes, Gurbani Vichaar, Personal Practical experiences shared by sangat	Bhai Baldev Singh Cheema Ji	+91 8847310892
Gurmat Meditation English Group (ON TELEGRAM APP)	https://t.me/joinchat/U5jXKzMQza9iM2Jh	24x7 Simran, Akath Katha in English, Q&A Classes, Gurbani Vichaar, Children's Simran Classes	Bhai Simran Singh Ji	+1 2263481385
Gurmat Meditation हिंदी (Hindi) Group (ON TELEGRAM APP)	https://t.me/joinchat/a1HaN170yzA2MDlx	24x7 Simran, Akath Katha in Hindi	Bhai Prabhtej Singh Ji	+91 8800134502
Amrit Vela (ON TELEGRAM APP)	https://t.me/joinchat/4jQ8tjKRORQyYmZh	24x7 Nitnem (based on different country timezones), Gurbani Vichaar	Bibi Surinder Kaur Ji (Canada) & Bibi Rajinder Kaur Ji (Canada)	+91 9417318199 +1 9052267854
Sach Nao Vadiayee Veechar - ਸਚੁ ਨਾਉ ਵਡਿਆਈ ਭੀਚਾਰੁ (ON TELEGRAM APP)	https://t.me/joinchat/VlgxroyH-0GScWnU	24x7 Simran	Bibi Manpreet Kaur Ji (India)	+91 7988130689
ਵਾਹਿਗੁਰੂ ਤੇਰਾ ਸੁਕਰ ਹੈ (1) (ON TELEGRAM APP)	https://t.me/joinchat/HenldzFk-aswMzZl	24x7 Simran, Akath Katha in Punjabi, Simran Practical Classes, Q&A Classes, Personal Practical experiences shared by sangat	Bhai Amrik Singh Ji (India) & Bibi Harpreet Kaur Dhindsa Ji (India)	+91 9463085951 +91 7814855515
ਵਾਹਿਗੁਰੂ ਤੇਰਾ ਸੁਕਰ ਹੈ (2) (ON TELEGRAM APP)	https://t.me/joinchat/tbSLPZw7j3pkYfY9	24x7 Simran, Personal Practical experiences shared by sangat	Bhai Amrik Singh Ji (India) & Bibi Harpreet Kaur Dhindsa Ji (India)	+91 9463085951 +91 7814855515
ਵਾਹਿਗੁਰੂ ਤੇਰਾ ਸੁਕਰ ਹੈ (3) (ON TELEGRAM APP)	https://t.me/joinchat/EsNl3va0gGtlN2Q1	24x7 Simran, Personal Practical experiences shared by sangat	Bhai Amrik Singh Ji (India) & Bibi Harpreet Kaur Dhindsa Ji (India)	+91 9463085951 +91 7814855515
ਸਹਿਜ ਸਿਮਰਨ / ਅੰਮ੍ਰਿਤ-ਵੇਲਾ (ON TELEGRAM APP)	https://t.me/joinchat/F1wBpnguWY9jZDA1	24x7 Simran, Akath Katha in Punjabi, Simran Practical Classes, Q&A Classes, Gurbani Vichaar	Bibi Gurwinder Kaur Ji (Australia) & Bibi Manjeet Kaur Ji (UK) & Bibi Hardeep Kaur Ji (UK)	+61 423578786 +44 7988001982 +44 7853334340
GURMAT/GURBANI/VICHAAR (ON TELEGRAM APP)	https://t.me/joinchat/z8XNGJY52qtiYzFl	Simran, Santhiya	Bibi Jagjit Kaur Ji (UK) & Bibi Manjeet Kaur Ji (UK) & Bibi Hardeep Kaur Ji (UK)	+44 7969991316 +44 7988001982 +44 7853334340
Gurmat Meditation Canada (ON SKYPE APP)	https://join.skype.com/MBazlNFIHjxJ	24x7 Simran, Simran Practical Classes	Bibi Surinder Kaur Ji (Canada)	+91 9417318199