

ਵਹਿਗੁਰੂ ਜੀ ਕਾ ਖ਼ਾਲਸਾ॥  
ਵਾਹਿਗੁਰੂ ਜੀ ਕੀ ਫ਼ਤਹਿ॥

ਸਤਿਗੁਰੁ ਮਿਤ੍ਰੁ ਮੇਰਾ ਬਾਲ ਸਖਾਈ ॥



*Wear a smile and have friends; wear a scowl and have wrinkles.*

**FRIENDS ARE THE  
FAMILY  
WE CHOOSE FOR  
OURSELVES**

# WHAT IS FRIENDSHIP ?

- Friendship is about having wonderful moments with your friends and sticking to them no matter what you do or what goes on.
- A friend is the one who comes in when the whole world has gone out



# WHAT CAN FRIENDSHIPS GIVE?

- Fun
- Ways To Share Feelings
- Learn New Skills
- Find Understanding and Support



# FRIEND - IN SOCIAL MEDIA

*Contacts*

rather than

*Relationships*



○ **The recipe of friendship :**

- **1 cup of sharing**
- **2 cups of caring**
- **1 cup of forgiveness and hugs of tenderness**

○ **Mix all these together.....**

**.....to make friends forever.**



○ **So....**

- **To have a friend.....Be a friend!**
- **Remember the golden rule of friendship...**
  - **Treat others as you'd like to be treated!**





friendship makes the world go round

*Friends are like stars. You can't always see them, but you know they are there. Believe in them.*

Good Friends Care For  
Each Other,  
Close Friends Understand  
Each Other,

But

**TRUE FRIENDS Stay  
Forever...**

Beyond Words,  
Beyond Distance,  
Beyond Time.



॥३१॥ मेरा सखा

॥३१॥ मेरी मीत ॥

- **Friends think alike**
- **A friend of God is one who values His presence above all else**
- **A friend of God will live a life of faith**
- **The ability to be able to confide**

○ Choose friends who will take you to Guru.

• ਹਰਿ ਜਸੁ ਸੁਣੀਐ ਜਿਸ ਤੇ ਸੋਈ ਭਾਈ ਮਿਤ੍ਰੁ ॥

○ Choose friends who will always take you to higher ground

• ਜਿਨ੍ਹਾ ਦਿਸੰਦੜਿਆ ਦੁਰਮਤਿ ਵੰਞੈ ਮਿਤ੍ਰੁ ਅਸਾਡੜੇ ਸੇਈ ॥

• ਗੁਰਮੁਖ ਸਉ ਕਰਿ ਦੋਸਤੀ ਸਤਿਗੁਰ ਸਉ ਲਾਇ ਚਿਤ੍ਰੁ ॥





As long as we have memories, yesterday remains, as long as we have hope, tomorrow awaits.

As long as we have friendship, each day is  Thought