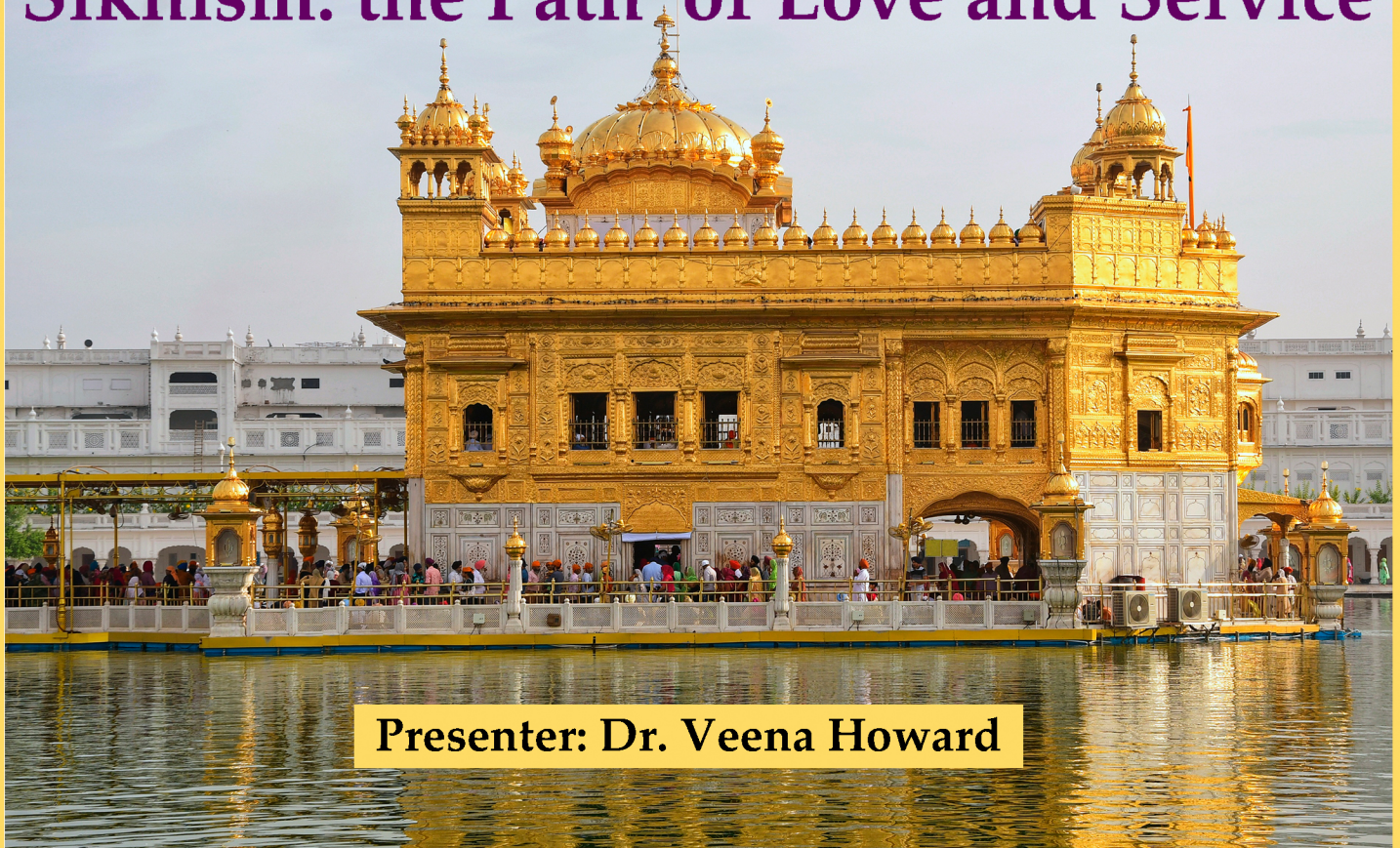




Institute of World Culture

presents a free event

# Sikhism: the Path of Love and Service



**Presenter: Dr. Veena Howard**

**Saturday, November 8, 2025, 2:00 – 4:00 pm (PST)**

**In-person and live streaming\***

Sikhism is a spiritual, religious, and philosophical path that originated in the Punjab region of India at the end of the fifteenth century CE. Dr. Veena Howard, a scholar of the Dharma traditions of India and of Gandhi's philosophy, will offer spiritual insights into the Sikh tradition. Drawing upon her experiences growing up in India, she will show how the universal teachings of Sikhism—from the remembrance of the True Name to the practice of selfless service—embody both mystical depth and a world-affirming philosophy. She will also relate the teachings of Sikhism to a modern Sant tradition of Bihar, in which she was raised, highlighting resonances between the two. Dr. Howard will be participating via Zoom and will take questions from the live audience.



Dr. Veena Howard, PhD, is the Chair of the Philosophy Department at Fresno State University, where she is a Professor of Asian Religious Traditions, holds the Endowed Chair in Jain and Hindu Dharma and serves as the director of the M.K. Gandhi Center: Inner Peace and Sarvodaya. Among several other works written or edited by her, in 2017 IB Tauris published: *Dharma, Hindu, Jain, Buddhist, and Sikh Traditions of India*.

\*In-person at Concord Hall, 1407 Chapala Street, Santa Barbara, California.  
Live streaming begins at 2:00 pm (PST) at <https://www.youtube.com/@iwcinsb/stream>  
More information may be found at <https://worldculture.org>. 805-966-3941