Kundan Kaur was born in Moga (Punjab) into a landlord family of Sodhis. She married Sundar Singh Kapany of Patiala and they later moved to the Himalayan foothill town of Dehradun. Her strong faith in the teachings of the Sikh Gurus was a source of strength and inspiration for her six children. She lived a healthy and contented life into her eighties and passed on 4th Nov. 1984, soon after the attack on the Golden Temple by the Indian Government.

Narinder S. Kapany, her son, fondly recalls an incident that left a deep impression on his mind “While in our youth my brother and I were sick and my mother took us in her lap and prayed in front of a picture of Guru Gobind Singh and resolved to take us to the Golden Temple after our recovery. Later that month my father took us on my first visit to the Golden Temple! in Amritsar”