



Sri Hemkunt Foundation Inc.

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37th INTERNATIONAL SYMPOSIUM 2026

Specific Guidelines

Group I	Age 6-8 yr.	Max. Presentation Time 5:30 minutes	Contents 60	Presentation 40
Book: Guru Nanak			Author: Sri Hemkunt Foundation	

Question	
੧	<p>What do you understand by Sakhi no Hindu no Muslim? How is it applicable in today's time?</p> <p>“ਨ ਕੋਊ ਹਿੰਦੂ, ਨ ਕੋਊ ਮੁਸਲਮਾਨ” ਵਾਲੀ ਸਾਖੀ ਤੋਂ ਤੁਸੀਂ ਕੀ ਸਮਝਦੇ ਹੋ? ਅੱਜ ਦੇ ਸਮੇਂ ਵਿੱਚ ਇਹ ਕਿਵੇਂ ਲਾਗੂ ਹੁੰਦੀ ਹੈ?</p>
੨	<p>What is the meaning of taking money to the next world?</p> <p>ਮਾਇਆ ਨੂੰ ਅਗਲੀ ਦੁਨੀਆ ਵਿੱਚ ਲੈ ਜਾਣ ਦਾ ਕੀ ਅਰਥ ਹੈ?</p>
੩	<p>What do you learn from the three lessons Guru Nanak gave to Bhoomiya?</p> <p>ਜਿਹੜੀਆਂ ਤਿੰਨ ਸਿੱਖਿਆਵਾਂ ਗੁਰੂ ਨਾਨਕ ਨੇ ਭੂਮੀਆ ਨੂੰ ਦਿੱਤੀਆਂ, ਉਹਨਾਂ ਤੋਂ ਤੁਸੀਂ ਕੀ ਸਿੱਖਦੇ ਹੋ?</p>
੪	<p>What lesson did Guru Nanak teach when he threw water in the opposite direction at the river?</p> <p>ਜਦੋਂ ਗੁਰੂ ਨਾਨਕ ਨੇ ਦਰਿਆ ਵਿੱਚ ਪਾਣੀ ਉਲਟੀ ਦਿਸ਼ਾ ਵੱਲ ਸੁੱਟਿਆ, ਤਾਂ ਉਹਨਾਂ ਨੇ ਕੀ ਸਿੱਖਿਆ ਦਿੱਤੀ?</p>
੫	<p>Which Sakhi did you like and why? How can you apply it in your life?</p> <p>ਕਿਹੜੀ ਸਾਖੀ ਤੁਹਾਨੂੰ ਸਭ ਤੋਂ ਚੰਗੀ ਲੱਗੀ ਅਤੇ ਕਿਉਂ? ਇਸਨੂੰ ਤੁਸੀਂ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਕਿਵੇਂ ਲਾਗੂ ਕਰ ਸਕਦੇ ਹੋ?</p>

ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ

General Guidelines

1. The questions should be answered during a single presentation
 - If presenting as a speech, use clear transitions from one question to another.
 - One may choose to state the question before answering it.
 - One may state the question number before answering it.
2. At the beginning of the presentation, participants should clearly state the order in which they intend to answer the questions.
3. Participants may present information from a source other than the prescribed book. The source should be clearly identified.
4. If a participant disagrees with the author, one should clearly explain the reason and quote the reference.
5. An effective and persuasive presentation should be focused and well-narrated before the audience. Items such as style, delivery, poise, eye contact, voice, diction, and language are effective tools for a good presentation.
6. The use of the Punjabi language is encouraged. Participants may use Punjabi as a medium of presentation. The participants are judged irrespective of the language used (Punjabi/English). However, Punjabi-speaking participants will receive an additional prize at the center level, zonal level, and international level.