



Sri Hemkunt Foundation Inc.

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37th INTERNATIONAL SYMPOSIUM 2026 Specific Guidelines

Group	Age	Max. Presentation Time	Contents	Presentation
3	12-14yrs.	6:30 minutes	60	40
Book: Garland Around My Neck			Author: Patwant Singh & Harinder Kaur Sekhon	

Question	
੧	What is the significance of the title “Garland Around My Neck” in the context of the book? ਕਿਤਾਬ ਦੇ ਵਿਸ਼ੇ ਵਿੱਚ “Garland Around my Neck” ਸਿਰਲੇਖ ਦੀ ਮਹੱਤਤਾ ਕੀ ਹੈ?
੨	Discuss the historical and societal context at the time of Bhagat Puran Singh? ਭਗਤ ਪੂਰਨ ਸਿੰਘ ਦੇ ਸਮੇਂ ਦੇ ਇਤਿਹਾਸਕ ਅਤੇ ਸਮਾਜਿਕ ਪਿਛੋਕੜ ਬਾਰੇ ਵਿਚਾਰ ਕਰੋ।
੩	What difficulties did Bhagat Puran Singh face to establish Pingle Wara? ਪਿੰਗਲਵਾੜਾ ਸਥਾਪਿਤ ਕਰਨ ਲਈ ਭਗਤ ਪੂਰਨ ਸਿੰਘ ਨੇ ਕਿਹੜੀਆਂ-ਕਿਹੜੀਆਂ ਮੁਸ਼ਕਿਲਾਂ ਦਾ ਸਾਹਮਣਾ ਕੀਤਾ?
੪	Describe Bhagat Puran Singh's life before he met Piara and how was Bhagat Puran Singh's life influenced after he met Piara? ਪਿਆਰੇ ਨੂੰ ਮਿਲਣ ਤੋਂ ਪਹਿਲਾਂ ਭਗਤ ਪੂਰਨ ਸਿੰਘ ਦੀ ਜ਼ਿੰਦਗੀ ਕਿਵੇਂ ਸੀ, ਅਤੇ ਪਿਆਰੇ ਨੂੰ ਮਿਲਣ ਤੋਂ ਬਾਅਦ ਉਸਦੀ ਜ਼ਿੰਦਗੀ ਉੱਤੇ ਕੀ ਅਸਰ ਪਿਆ?
੫	What lessons do you take from the book about living a meaningful life based on Sikh principles? ਸਿੱਖ ਸਿਧਾਂਤਾਂ ਦੇ ਆਧਾਰ ਅਤੇ ਅਰਥਪੂਰਨ ਜੀਵਨ ਬਾਰੇ ਇਸ ਕਿਤਾਬ ਤੋਂ ਤੁਸੀਂ ਕਿਹੜੇ-ਕਿਹੜੇ ਸਬਕ ਸਿੱਖਦੇ ਹੋ?

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.