



Sri Hemkunt Foundation Inc.

107 Lipton Lane, Williston Park NY 11596 (516) 782-3257

37th INTERNATIONAL SYMPOSIUM 2026

Specific Guidelines

Group	Age	Max. Presentation Time	Contents	Presentation
1V	15-17yr.	7:30 minutes	70	30
Book: Sikhi for Me Here and Now			Author: Bhupinder Singh Paramjit Singh, Karamjit Singh	

Question	
੧	As per Sri Guru Granth Sahib (SGGS), what is Guru Nanak's understanding of the Creator? ਸ੍ਰੀ ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ (SGGS) ਅਨੁਸਾਰ, ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਸਿਰਜਣਹਾਰ ਬਾਰੇ ਕੀ ਰਾਏ ਹੈ?
੨	Why is Guru Nanak's understanding of the Creator important for your <i>Sikhi</i> spiritual journey? ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਦੀ ਸਿਰਜਣਹਾਰ ਬਾਰੇ ਜਾਣਕਾਰੀ, ਤੁਹਾਡੀ ਸਿੱਖੀ ਲਈ ਕਿਉਂ ਮਹੱਤਵਪੂਰਨ ਹੈ?
੩	What is the importance of the terms "Divine Virtues" and 'virtues' as used in this book? ਇਸ ਪੁਸਤਕ ਵਿੱਚ ਵਰਤੇ ਗਏ ਸ਼ਬਦ, "ਰੱਬੀ ਗੁਣ" ਅਤੇ 'ਗੁਣਾਂ' ਦੀ ਕੀ ਮਹੱਤਤਾ ਹੈ?
੪	Why are <i>Naam</i> and <i>Hukam</i> important concepts in Sikhi? Explain with examples. ਸਿੱਖੀ ਵਿੱਚ ਨਾਮ ਅਤੇ ਹੁਕਮ ਮਹੱਤਵਪੂਰਨ ਸੰਕਲਪ ਕਿਉਂ ਹਨ? ਉਦਾਹਰਨਾਂ ਨਾਲ ਸਮਝਾਓ
੫	Why and how have any two ritualistic practices been wrongly accepted into Sikhi? ਕੋਈ ਵੀ ਦੋ ਰੀਤੀ-ਰਿਵਾਜ਼ਾਂ ਬਾਰੇ ਦਸੋ ਜਿਹੜੇ ਸਿੱਖੀ ਵਿੱਚ ਗਲਤ ਢੰਗ ਨਾਲ ਸਵੀਕਾਰ ਕੀਤੇ ਗਏ ਹਨ? ਇਹ ਵੀ ਦਸੋ ਉਹ ਕਿਵੇਂ ਅਤੇ ਕਿਉਂ ਸਵੀਕਾਰ ਕੀਤੇ ਗਏ ਹਨ?

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.

ੴ ਸਿਤਗੁਰ ਪ੍ਰਸਾਦਿ

Sri Hemkunt Foundation Inc. 107 Lipton Lane, Williston Park NY 11596 (516) 782-3257

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.