ੴ ਸਤਿਗੁਰ ਪ੍ਰਸਾਦਿ

Sri Hemkunt Foundation Inc.

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

38th INTERNATIONAL SYMPOSIUM 2027
Specific Guidelines

Group	Age	Max. Presentation Time	Contents	Presentation
1V	**15-17yr.**	7:30 minutes	70	30
Book: **Sikhi for Me Here and Now CH5-8 &14**			**Author:** Bhupinder Singh Paramjit Singh, Karamjit Singh	

	Question
੧	As per SGGS, what is meant by *Simran*, and how should we do Simran in our daily life? ਸ.ਗ.ਗ.ਸ. **ਜੀ** ਦੇ ਅਨੁਸਾਰ, ਸਿਮਰਨ ਦਾ ਕੀ ਮਤਲਬ ਹੈ, ਅਤੇ ਸਾਨੂੰ ਆਪਣੀ ਰੋਜ਼ਾਨਾ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਸਿਮਰਨ ਕਿਵੇਂ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ?
੨	How can *Keertan* benefit us, and what do we need to do to get these benefits? ਕੀਰਤਨ ਸਾਨੂੰ ਕਿਵੇਂ ਲਾਭ ਪਹੁੰਚਾ ਸਕਦਾ ਹੈ , ਅਤੇ ਇਹਨਾਂ ਲਾਭਾਂ ਨੂੰ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਸਾਨੂੰ ਕੀ ਕਰਨ ਦੀ ਲੋੜ ਹੈ?
੩	How can we align our mind and senses with the "*sangat*" of Gurbani messages? ਅਸੀਂ ਆਪਣੇ ਮਨ ਅਤੇ ਇੰਦਰੀਆਂ ਨੂੰ ਗੁਰਬਾਣੀ ਦੇ ਸੰਦੇਸ਼ਾਂ ਨਾਲ ਕਿਵੇਂ ਜੋੜ ਸਕਦੇ ਹਾਂ?
੪	Why does Gurbani ask us to "live in the present", and what are its benefits? ਗੁਰਬਾਣੀ ਸਾਨੂੰ `ਵਰਤਮਾਨ ਵਿੱਚ ਰਹਿਣ`ਲਈ ਕਿਉਂ ਕਹਿੰਦੀ ਹੈ, ਅਤੇ ਇਸ ਦੇ ਕੀ ਫਾਇਦੇ ਹਨ?
੫	How should we discard any two of the misguided Sikhi practices, and how would this help us? ਅਸੀਂ ਕਿਸੇ ਵੀ ਦੋ ਗੁੰਮਰਾਹਕੁੰਨ ਸਿੱਖ ਰੀਤੀ-ਰਿਵਾਜਾਂ ਨੂੰ ਕਿਵੇਂ ਤਿਆਗੀਏ, ਅਤੇ ਇਸ ਨਾਲ ਸਾਡੀ ਕੀ ਮਦਦ ਹੋਵੇਗੀ?

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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.