



2026 Sikh Youth Symposium



(A Division of Sikh Youth Alliance of North America)

GUIDELINES FOR CONTESTANTS AND JUDGES

Age Group: IV (14 to 17 years)

Time allotted: 7 minutes

Book: The Message of Gurbani – Anand

Author: Dr. Gurbakhsh Singh

I CONTENTS (Answers to the following questions are expected in your speech. Please be brief and to the point. Contents are worth 60 points: 20 points for each question):

Please answer the following questions, with references from Gurbani, the lives of the Gurus, and other relevant sources.

1. a. What "Aanand" Guru ji is talking about in Aanand Sahib Path? Explain.
b. What daily practices can we adopt to increase thankfulness and to reduce the desires in life?
2. a. "Koorh ki soi pahunchai naahi mansa sach smanee" (ਕੁਰ ਕੀ ਸੋਇ ਪਹੁੰਚੈ ਨਾਹੀ ਮਨਸਾ ਸਚਿ ਸਮਾਣੀ)
b. Explain what Guru ji is saying to us in the above lines from Aanand Sahib?
c. Why are we in unhealthy mental status?
d. How can divine perspective solve our unhealthy mental status?
- 3: a. How does "Aanand Sahib" path and Guru Ji's wisdom influence your life?
b. Give 2-3 personal examples of how will you apply this wisdom in your daily life?

III Presentation (40 points):

Included in this area are items like style, delivery, poise, eye contact, voice, diction, language and effectiveness.

Time allotted to finish the speech for this group is **7 minutes**. There is no penalty for finishing the speech either earlier than 7 minutes or during the grace period of the next 30 seconds. After the grace period, i.e., after 7 minutes and 30 seconds have elapsed, one point would be deducted for every extra 10 seconds or part of 10 seconds, from every judge's score for the participant

III Punjabi Presentation and Maintenance of Sikhi Saroop:

Use of Punjabi and maintenance of Sikhi Saroop needs to be encouraged. Participants who use Punjabi and/or maintain Sikhi Saroop will be judged according to the above format. However, it is suggested that such participants be rewarded suitably.

IV Suggestions on preparing youth for the Sikh Youth Symposium:

Given that the primary purpose of the Sikh Youth Symposium is for our children to focus on their learning, we would like to clarify the appropriate levels of support children should receive as they prepare for their speeches. It is our recommendation that it is in the best interest of the children to write their own speeches, with minimal support from parents or other adults.

The participants should independently read the book and answer questions and ask adults for support only as reference points or to ask for guidance on Gurbani references.

If your child's speech is prepared in Punjabi, it must still follow the guidelines above. If it is prepared in English, it can be translated into Punjabi after it is created per the above guidelines. However, once the speech is in Punjabi, your child should understand the speech in its entirety.

Although these are only suggestions, in order to make this experience most meaningful and equitable for all children, it is recommended that we adhere to these suggestions as closely as possible.