

2019 Sikh Youth Symposium

(A Division of Sikh Youth Alliance of North America)

GUIDELINES FOR CONTESTANTS AND JUDGES

Age Group: I (6 to 8 years)

Time allotted: 5 minutes

Book: Illustrated Story of Chamkaur Sahib

Author: Sardar Jagdish 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):

1. What inspired Sahibzadas Ajit Singh Ji and Jujhar Singh Ji to face the Mughal army with such courage and Chardi Kala? How did they learn the martial arts?
2. Did Guru Gobind Singh ji treat his sons differently than other Sikhs at the battle of Chamkaur or did he treat them alike? Please explain?
3. Describe the Sikh teachings you learned from this book and how you can practice those teachings in your own life? What part of the Saka Chamkaur Sahib inspired you the most and why?

II 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 **5 minutes**. There is no penalty for finishing the speech either earlier than 5 minutes or during the grace period of next 30 seconds. After the grace period, i.e., after 5 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.

Parents/Mentors may sit with children to read and discuss the book, as well as review the questions with them. They may write the child's responses as the child verbally answers the questions. The parents may help the children put their answers together in a speech format and further develop their thoughts, as needed.

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.

2019 Sikh Youth Symposium

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GUIDELINES FOR CONTESTANTS AND JUDGES

Age Group: II (9 to 10 years)

Time allotted: 6 minutes

Book: Sikh Sakhis for the Youth – Part 3: Brave Sikh Women

Author: Sardar 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):

1. Why did Mata Bhaag Kaur get upset with the 40 Singhs for coming home? What was the source of inspiration for Mata ji's saint-soldier spirit?
2. Highlight the major accomplishments of Mata Kishan Kaur ji, despite many obstacles and adverse conditions that prevailed. How can her courage and actions be a guiding light for you in leading your own life?
3. Sikh women were subjected to torture by Mir Mannu to force them to renounce Sikhi. At a later time, Sardarni Sada Kaur showed immense courage and helped establish the Khalsa Raj. Explain how under these two different circumstances, the women, (in Mir Mannu's jail and Sardarni Sada Kaur), adapted the Sikh principles in their life times. Keeping Sikh principles in mind, which path would you follow in your life and why?

II 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 **6 minutes**. There is no penalty for finishing the speech either earlier than 6 minutes or during the grace period of next 30 seconds. After the grace period, i.e., after 6 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:

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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.

Parents/Mentors may sit with children to read and discuss the book and questions, however the children should write their own answers. Parents/Mentors may verbally support the children develop thoughts, suggest the ways and means to use better language without providing exact language to use in the speech.

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.

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GUIDELINES FOR CONTESTANTS AND JUDGES

Age Group: III (11 to 13 years)

Time allotted: 6 minutes

Book: Turban: The Sardari Emblem

Author: Sardar Sarup 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):

1. In light of the many literal and figurative battles Sikhs of the past have fought for the right to wear their turbans, what can you do today to honor the turban? How can you most effectively spread the message of Sikhi to urge your fellow Sikhs to also honor the turban?
2. Many non-Sikhs—like Roonie Smith, a doctor mentioned in the book, and Nick Cannon, an American rapper—wear turbans out of respect for Sikhism. But these people do not identify as Sikhs. Is it okay for non-Sikhs to wear the turban? Why or why not?
3. We have countless turbaned Sikhs today who proudly uphold their religion while serving professionally in modern society. Who is a prominent turbaned Sikh who you look up to as a role model in today's world? How does this person represent Sikh principles through their professional work?

II 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 **6 minutes**. There is no penalty for finishing the speech either earlier than 6 minutes or during the grace period of next 30 seconds. After the grace period, i.e., after 6 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:

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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 read the books independently, asking parents/mentors for support to understand the text and questions as needed. The participants should independently write their speeches, asking parents/mentors for suggestions, Gurbani references and reference points.

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.

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GUIDELINES FOR CONTESTANTS AND JUDGES

Age Group: IV (14 to 17 years)

Time allotted: 7 minutes

Book: The Message of Gurbani: The Banis of Japji Sahib, Rehras Sahib and Sohila Sahib

Author: Sardar 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):

1. Why should we do Nitnem daily? How do these Banis help us in our day-to-day life? Do you feel this practice of daily recitation of the Banis is helpful in your life? If not, what is the cause, and a solution, for this issue?
2. According to the Gurmat message from Japji Sahib, Rehras Sahib and Sohila Sahib, what is the real aim of human life? What obstacles do we face in achieving this aim, and how can we overcome these obstacles?
3. In Sohila Sahib, the end of human life is portrayed as traveling to one's in-laws' house after one's wedding. What does that mean to you? How and why should we prepare ourselves for this eventuality?

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 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

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IV Suggestions on preparing youth for the Sikh Youth Symposium:

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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.