



2026 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: My Guru's Blessings Book 6

Author: S. Daljeet 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 are the different types of things we can trust Waheguru Ji with in our lives? How does that help ease our worries and our fears?
2. How should we react when someone makes a mistake? How does Gurbani help guide us and show us the right path when we ourselves make a mistake?
3. What gifts do you enjoy the most, and who gave you those gifts? If you had the chance to ask Waheguru Ji for a gift, what would you ask?

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 the 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.