



A quest to know more
and more about Gurbani

ਗੁਰਬਾਣੀ ਮੁਕਾਬਲਾ 2024 Gurbani Contest

ਉਦੇਸ਼:

“ ਸਿੱਖ ਬੱਚਿਆਂ ਨੂੰ ਗੁਰਸਿੱਖੀ ਜੀਵਨ ਵਾਲੇ ਸਾਧਨ ਦੇਣੇ:

- ਗੁਰਬਾਣੀ ਨੂੰ ਕੰਠ ਕਰਨਾ
- ਗੁਰਬਾਣੀ ਦੀ ਮਹਾਨਤਾ ਨੂੰ ਸਮਝਣਾ ਅਤੇ ਗੁਰਬਾਣੀ ਦੀ ਪ੍ਰਸ਼ੰਸਾ ਕਰਨੀ
- ਗੁਰੂ ਗ੍ਰੰਥ ਸਾਹਿਬ ਜੀ ਤੋਂ ਜੀਵਨ ਸੇਧ ਲੈਣੀ ਅਤੇ,
- ਆਪਣੇ ਵਿਚਾਰਾਂ ਨੂੰ ਭਾਸ਼ਣ ਰੂਪ ਵਿੱਚ ਪ੍ਰਗਟ ਕਰਨਾ”

Mission:

“To Provide ways and means for the Sikh Youth to grow up as a confident Gursikh by:

- Memorizing Gurbani
- Understanding and appreciating the importance of Gurbani
- Seeking Sikh virtues, as enshrined in Guru Granth Sahib Ji and
- Developing presentation skills”



Schedule

Local Gurbani contests for local center will be held

Your Group No. _____
Final Contest for year 2024 will be held
at
1930 Sikh Temple St, Stockton, CA
on Dec 14th 2024
Enroll Here:
<http://bit.ly/gurbanicontest2024>



Contest Format

Enrollment fee is only \$10 for this contest. Please register by using the QR code on this flyer. Find your age group based on the criteria given in the chart below.

Part I: Written Quiz : (For group 4 and 5 only) 10 multiple choice questions and 2 short answer questions, in written form will be asked. Most of the questions will be asked from Japuji Sahib. Ask the coordinator for a sample.

Part II: Recitation:

For this section you have to memorize the number of pauries assigned to your age group. You will be asked to recite 2 pauries randomly drawn. There is no time limit for this part. Take extra care to clearly and correctly pronounce *laga-matras* as written in Gurbani

Part III: Speech: .

For this part try to learn the meanings of the given pauries or assigned topic. Discuss the message given in these pauries or assigned topic with your parents and other Gursikhs to elaborate Guru Ji' message. Find out

- What you think about this message and how would you implement this message in your/our daily life
- Then summarize your findings in a speech form for the competition. You can back up your idea with examples from Gurbani
- Focus on the message only

Group	Date of Birth	Part II: Recitation	Part III: Speech	Time for part III
1	01/01/2017-Today	Any Gurbani Shabad	None	2 Minutes No Judging
2	01/01/14-12/31/16	First 7 Pauris Sochai soch.....tis gun ko-I karay.	Pauri # 4 Saacha sahib saach nai..	4 Minutes
3	07/01/11-12/31/13	First 15 Pauries Sochai soch.....man jaanai man koi.	Pauri #12 through 15 all mannay paurhies...	5 Minutes
4	01/01/09-06/30/11	First 27 Pauris Sochai soch.....Nanak rahan raja-ee	Pauri #21 Teerath tap dayiaa..	6 Minutes
5	Before 12/31/08	Complete Japuji Sahib	See special topic for Group 5-Next page	6 Minutes

Gurbani Contest



Speech Topic for Group 5: Please elaborate the golden rule : This year the speech for group 5 is mainly based on the Quote, "Man Jeete Jag Jeet". Please summarize your thoughts around these questions: Topic is "ਮਨਿ ਜੀਤੈ ਜਗਿ ਜੀਤੁ"

1. ਇਸ ਪੰਗਤੀ ਵਿਚ ਮਨ ਬਾਰੇ ਗੱਲ ਕੀਤੀ ਗਈ ਹੈ। ਮਨ ਕੀ ਹੈ? ਸਾਨੂੰ ਗੁਰਬਾਣੀ ਮਨ ਬਾਰੇ ਕੀ ਸਮਝਾਉਂਦੀ ਹੈ?
2. ਗੁਰੂ ਨਾਨਕ ਦੇਵ ਜੀ ਇਸ ਤੁਕ ਵਿਚ ਮਨ ਨੂੰ ਜਿੱਤਣ ਦੀ ਗੱਲ ਕਿਉਂ ਤੇ ਕਿਸ ਸੰਦਰਭ ਵਿਚ ਕਰ ਰਹੇ ਹਨ।
3. ਮਨ ਨੂੰ ਜਿੱਤਣ ਲਈ ਗੁਰਬਾਣੀ ਅਨੁਸਾਰ ਕੀ ਕੁਝ ਕਰਨਾ ਚਾਹੀਦਾ ਹੈ? ਮਨ ਨੂੰ ਜਿੱਤਣ ਨਾਲ ਕੀ ਹੁੰਦਾ ਹੈ , ਗੁਰੂ ਸਾਹਿਬ ਕਿਸ ਜੱਗ ਨੂੰ ਜਿੱਤਣ ਦੀ ਗੱਲ ਕਰ ਰਹੇ ਹਨ?
4. ਗੁਰੂ ਜੀ ਦਾ ਇਹ ਸਨੇਹਾ ਤੁਹਾਡੇ ਅਧਿਆਤਮਕ ਅਤੇ ਸੰਸਾਰਕ ਜੀਵਨ ਲਈ ਕਿਵੇਂ ਮਹੱਤਵਪੂਰਨ ਹੈ? ਵਿਚਾਰ ਕਰੋ।
5. ਇਸ ਨੂੰ ਤੁਸੀਂ ਆਪਣੇ ਰੋਜ਼ਾਨਾ ਜੀਵਨ ਵਿੱਚ ਕਿਵੇਂ ਅਪਣਾਓਗੇ? ਵਿਚਾਰ ਕਰੋ?

Score Criteria

Part 1 Quiz	15
points	
Part 2 Recite	30
points	
Shudhhta	20
points	
Part 3 Speech:	
Message	20
points	
Implementation	10
points	
Style	5 points

Contacts:

Gurbani Contest is being held since 1997. This contest is professionally organized. Experienced judges very precisely monitor the performance of each participant. Participants are judged in the area of clear pronunciation of Gurbani, understanding of Gurbani, language, clarity, style and delivery. Cash prizes, trophies and other awards are presented to participants depending upon their performance and available budget. Punjabi speaking participants receive special cash prizes at the final contest.

Thanks for your support in past years

It is hard to write the names of all the individuals who contribute their efforts, and wealth to make this program successful. May *Waheguru* have His *kirpa-drishti* on all of us so we can learn how to live a blissful life in his HUKAM

Any efforts, suggestions will be highly appreciated. Please contact your local Coordinator to find out how you can help.

For general information, sponsorship and volunteering please contact

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