

Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh

This year, with Guruji's grace, members of the Sadh Sangat and the Naam Ras Organizing Committee will initiate a project called "**Gurbani-In-My-Heart**". This project aims to encourage Sikh families and children in Singapore to learn, and recite Gurbani paath by heart.

This is not a competition....the intention is to try to bring some Gurbani to every home, and to every child. We seek your support and blessings...

FREQUENTLY ASKED QUESTIONS BY PARENTS

How do we sign up?

Participants of **ages between 2 and 16** can register between **April 14th – June 20th 2010**. Registration closes on **20th June 2010**.

- Registration can be done at booths at Gurdwaras (most Sundays & on Vesakhi day)
- Or parents can register their kids online at www.naamras.com/gurbani (only after 15th April)
- Or you can sign up by calling **9726-9008**
- There is NO registration fees.

Which Gurbani paath does my child need to learn?

- The details are given on page 4.
- Please note that you will need to guide your child to **memorize** the Gurbani paath by heart, as far as possible.

Will you give me any tools to get started?

Yes, each participant will be given a **starter-kit**, which includes...

- a Pothi containing required Gurbani paath (with Romanized text & English translations)
- An Audio CD which will guide you on the correct pronunciations

How much time do we have to learn the paaths?

- All participants will gather at a central location to recite the Gurbani on **September 10th and 11th** (Friday & Saturday), depending on age group. You will be notified closer to the date.

How will you judge?

- There will not be any formal judging. This is not a competition.
- Every participant will be asked to recite some of the Gurbani that he/she has learnt & memorized.
- If participants forget some bani while reciting, they will be prompted and assisted.
- Again, the intention is not to demoralize any participant....every participant will be rewarded and recognized.
- Additional prizes will be given to participants who put in the extra effort and are able to recite Gurbani beyond what has been allocated for their age group.

What are the rewards?

- Blessings (most importantly)
- The fact that the participant has now memorized and learnt Gurbani which will be with him/her forever
- As a parent, the joy of spending time with your child teaching him/her Gurbani – the biggest gift you can give
- Certificate of participation
- Medals / Trophies
- Other ATTRACTIVE prizes
- Recognition during Naam Ras Kirtan Darbar 2010 (at Singapore Expo) – 23rd to 26th December 2010, Singapore Expo

I myself cannot read Gurmukhi, how do I teach my child these paaths?

No problem. As we said, everyone is welcome. Please contact us.... at **9726-9008** and we will arrange for your child to join paath classes which will be available at most Gurdwaras in June 2010.

My child does not seem interested in Gurbani, how can I explain to him/her the wonders of Gurbani?

Please contact us at **9726-9008**, and we will be happy to provide more information, history and real-life stories which you can share with your child.

I am a parent, and would really like to contribute more to this project. Could you let me know how I can help?

There are many ways in which you can contribute....call **9726-9008**

We are recruiting...

- **AMBASSADORS** – Ambassadors are individuals who will assume the challenge of reaching out to as many families and children as possible. More information on this is given on Page 6 of this booklet or at **www.naamras.com/gurbani**
- **TRAINERS:** If you can do 'shudh' paath...it is time to share this gift. You are welcome to volunteer to run paath classes (group or individual). You will only need to devote as much time as you are comfortable devoting.
- **SEWADARS** needed to assist in organizing this project.

Thank you for your support & blessings,

Naam Ras Organizing Committee

Special Thanks to all Gurdwaras, Singapore Sikh Education Foundation & Sikh Institutions of Singapore for their whole hearted support and guidance

GURBANI PAATH REQUIREMENTS

Toddler Category – Younger than 2 years old:

- Kids should be able to say “Waheguru”, or if possible, “Waheguru Ji Ka Khalsa, Waheguru Ji Ki Fateh”

Category 1 – Between 2 to 3 years old:

- 1st Pauri of Jap Ji Sahib (up to “Nanak Ho Si Bhi Sach”)
- Name of First Guruji – “Sri Guru Nanak Dev Ji”

Category 2 -- Between 3 to 4 years old:

- 3 Pauris of Jap Ji Sahib
- Names of first 5 Gurujis

Category 3 – Between 4 to 5 years old

- 5 Pauris of Jap Ji Sahib
- Names of all Gurujis

Category 4 – Between 5 to 6 years old:

- 7 Pauris of Jap Ji Sahib
- Names of all Gurujis
- 1 short shabad

Category 5 – Between 6 to 7 years old:

- 11 Pauris of Jap Ji Sahib
- Names of all Gurujis and 4 Sahibzaade
- 1 short shabad (complete shabad)

Category 6 – Between 7 to 8 years old:

- 15 Pauris of Jap Ji Sahib
- Names of all Gurujis and 4 Sahibzaade
- 1 short shabad (complete shabad)

OPEN SECTION

Although we have stated estimate age groups for the categories below, participants above the age of 8 can select any one of the categories below depending on how much they would like to learn...

<u>Category 7</u>	<u>Category 8</u>	<u>Category 9</u>	<u>Category 10</u>
20 Pauris of Jap Ji Sahib	30 Pauris of Jap Ji Sahib	Complete Jap Ji Sahib	Complete Jap Ji Sahib
Names of all Gurujis, 4 Sahibzaade & Panj Pyare	Names of all Gurujis, 4 Sahibzaade & Panj Pyare	Names of all Gurujis, 4 Sahibzaade & Panj Pyare	Names of all Gurujis, 4 Sahibzaade & Panj Pyare
1 short shabad	1 short shabad	1 short shabad	1 short shabad
Ardaas	Ardaas	Ardaas	Ardaas
	Kirtan Sohila	Kirtan Sohila	Kirtan Sohila
		Chaupae Sahib (25 Pauris)	Chaupae Sahib (25 Pauris)
			Anand Sahib (6 Pauris)
<i>Roughly for 8 to 10 year olds</i>	<i>Roughly for 11 to 12 year olds</i>	<i>Roughly for 13 to 14 year olds</i>	<i>Roughly for 15 to 16 year olds</i>

****Note:** If a participant is above the age of 8, but still wishes to choose from Categories 1 – 6, we will still accept that.

Dear 'Gurbani-In-My-Heart' Ambassador,

Thank you for volunteering. We're glad that Guruji has showered his blessings and given you the opportunity to serve.

Over the next few months, you will play some key roles, including...

- Encouraging families and children to participate in this project – getting them signed up as soon as possible and guiding them on using the starter-kit. **Each ambassador will try to sign up 5-10 new participants by 20th June 2010.**
- Regularly **following up with parents / participants** to ensure they are progressing well
- **Introducing participants to paath classes** (more information on www.naamras.com/gurbani)
- **Feedback** any concerns raised by parents / participants to the Organizing Committee
- **Volunteer to hear paath** from participants in September 2010.
- Don't worry – you only need to commit as much time as you are comfortable committing. We will work around YOUR schedule.

In order to qualify as an ambassador, you will need to attend a **COMPULSORY briefing** on **Sunday, 18th April 2010, at Gurdwara Silat Road (7th Floor Auditorium) at 5pm sharp. This briefing will last about 1 hour.**

Please call **9726-9008** for questions / clarifications

Please also invite your family & friends to join in as Ambassadors...

Thank you,

Naam Ras Organizing Committee