

**All group 2 and 3 students will be given below words in Syllabus .**

<b>Word (Gurmukhi)</b>	<b>Translation</b>	<b>Practical Meaning</b>
<b>Sat / Sach</b> (ਸਤੁ)	Truth	Honesty in what you say and do.
<b>Santokh</b> (ਸੰਤੋਖ)	Contentment	Being happy with what you have; no "I want more."
<b>Dayaa</b> (ਦਇਆ)	Compassion	Being kind to everyone (and animals/nature).
<b>Nimrata</b> (ਨਿਮਰਤਾ)	Humility	Not showing off; treating everyone as equal.
<b>Pyar / Prem</b> (ਪ੍ਰੇਮ)	Love	Being kind and friendly to all.
<b>Khima</b> (ਖਿਮਾ)	Forgiveness	Letting go of a grudge when someone says "sorry."
<b>Seva</b> (ਸੇਵਾ)	Selfless Service	Helping others without expecting a "thank you."
<b>Sehaj</b> (ਸਹਜ)	Poise/Balance	Staying calm even when things go wrong.
<b>Nirbhau</b> (ਨਿਰਭਉ)	Fearlessness	Courage to do the right thing.
<b>Nirvair</b> (ਨਿਰਵੈਰ)	No Enmity	Not holding onto hatred or seeing anyone as an enemy.

<b>Word (Gurmukhi)</b>	<b>Translation</b>	<b>Practical Meaning</b>
<b>Irshaa</b> (ਈਰਖਾ)	Jealousy	Feeling bad because someone else has something better.
<b>Krodh</b> (ਕ੍ਰੋਧ)	Anger	Losing your temper and yelling or hitting.
<b>Lobh</b> (ਲੋਭ)	Greed	Wanting more than you need (candy, toys, money).
<b>Moh</b> (ਮੋਹ)	Attachment	Being so obsessed with things that you forget your values.
<b>Ahankar</b> (ਅਹੰਕਾਰ)	Pride/Ego	Thinking you are the "best" and others are "lesser."
<b>Ninda</b> (ਨਿੰਦਾ)	Slander	Speaking badly about someone behind their back.
<b>Bhae</b> (ਭੈ)	Fear/Anxiety	Being scared to speak the truth or worry about results.
<b>Aalas</b> (ਆਲਸ)	Laziness	Avoiding your work, chores, or Paath.
<b>Jhooth</b> (ਝੂਠ)	Falsehood	Lying to get out of trouble or to look "cool."
<b>Hath</b> (ਹਠ)	Stubbornness	Refusing to listen to good advice from parents/teachers.

## Some examples of how questions will be asked and how to answer in Round 3

### Situation 1: The Social Media Trap

**Scenario:** You see your cousin posting pictures of a brand-new expensive phone. You start feeling sad because your phone is old, and you keep asking your parents to buy you a new one immediately.

- **Question:** Which **Vice** are you falling into, and which **Virtue** can help you feel better?
- **Answer:** The Vice is **Lobh** (Greed) or jealousy. The Virtue is **Santokh** (Contentment)—reminding myself to be grateful for the phone I have that still works.

### The Winner's Circle

**Scenario 2:** You won the gold medal in a race. Everyone is cheering for you. A younger student comes up to ask for tips, and you spend 10 minutes helping them instead of bragging about your speed.

- **Question:** Which Gurbani quality are you showing?
- **Answer:** **Nimrata** (Humility). Instead of letting the win feed my **Haumai** (Ego), I used my success to help someone else.

### Situation 3: The Exam Temptation

**Scenario:** You didn't study for your spelling test. The student sitting next to you has all the answers visible. You really want an 'A' so your parents will be happy, but you choose to write only what you know.

- **Question:** Which Virtue did you follow, and which Vice did you avoid?
- **Answer:** I followed **Sach** (Truth/Honesty) and avoided **Jhooth** (Falsehood) and **Lobh** (Greed for marks).

