

REPORT ON INTERNATIONAL CONFERENCE “Gurbani: The Guiding Light for Youth”

Mata Sundri College for Women, University of Delhi, in collaboration with The Sikh Review, organized an International Conference on 17 April 2026. The conference was organised to inspire youth engagement with Gurbani by fostering understanding, engagement, practical realization and community-oriented action. Also, to inspire youth to engage with Gurbani as a source of ethical and spiritual guidance for addressing contemporary challenges faced by them, including mental health, identity, and moral dilemmas. The conference created an interdisciplinary platform for students, researchers, and early-career faculty to present and discuss research where they got inspiration from Gurbani. The conference was organised by convener, Prof. Harpreet Kaur, Principal, Mata Sundri College, co-convener Dr. Gurvinder Kaur, Dr. Rameet Kaur and Conference Secretary, Dr. Sirtaj Kaur. 27 papers from India and abroad were presented. Best paper awards were given in 3 technical sessions.

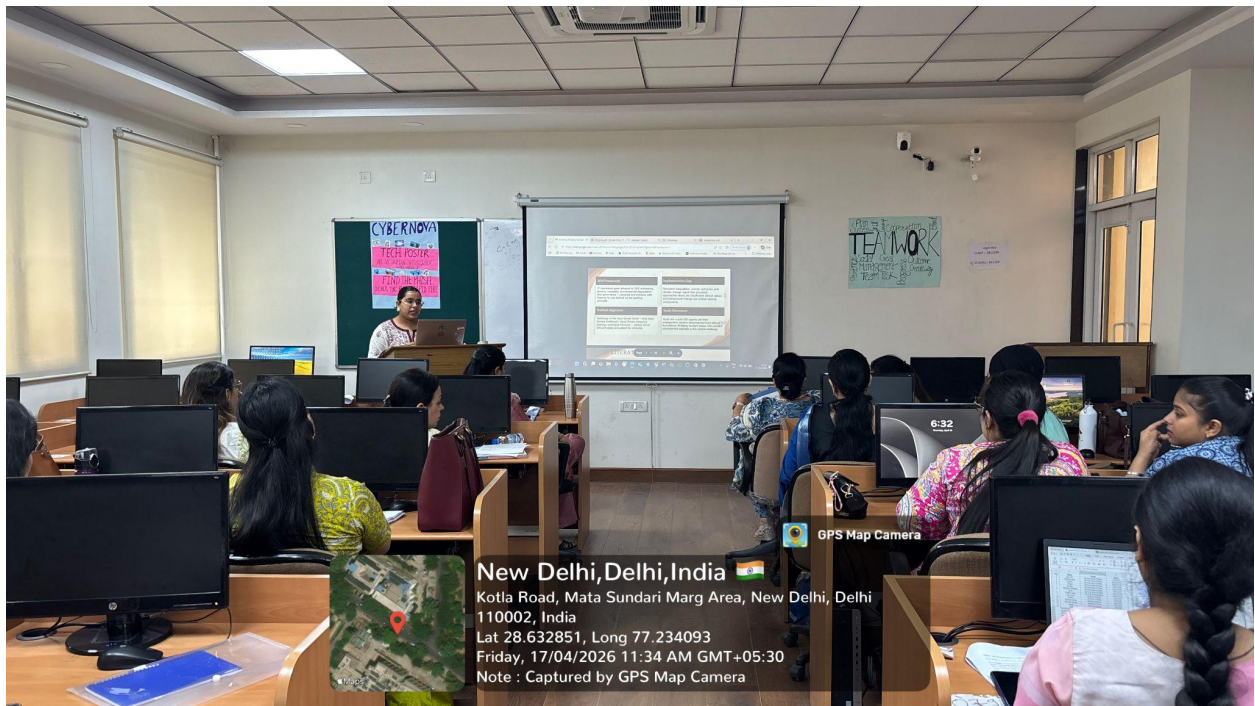
Dr. Jaswant Singh, Neurologist Researcher, USA was keynote speaker. He emphasized on Gurbani being the guiding light for the entire life. He also congratulated the team and mentioned the conference as steps creating history. In the Distinguished Guests Session, S. Pratap Singh (DIG Retd.; Editor, The Sikh Review) warned against the excessive use of social media and artificial intelligence. S. Lakhinder Singh (Technocrat, Germany) talked about Kirat Karo. Dr. Manpreet Singh, Editor, Magazine Sis Ganj explained how Gurbani is real wealth. He talked about “gur vaak niramal sadhaa chaanan nit saach teerath majanaa”. Prof. Charan Singh, CEO and Founder Director of E-Grow Foundation talked about the purpose of life and explained how to conquer anxiety. Principal, Prof. Harpreet Kaur delivered her talk reinforcing Gurbani as a practical guide for youth and explained the importance of “sangāt”.

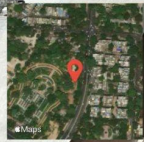
The conference started with college prayer to seek almighty’s blessings followed by inspiring words from Dr. Jaswant Singh, Neurologist Researcher, USA and Principal, Mata Sundri College for women Prof. Harpreet Kaur. After the Inaugural session three parallel sessions were conducted where researchers, faculty members and students presented their research. Technical Session I was held under the guidance of Dr. Manpreet Singh and Dr. Gurvinder Kaur. It focused on “*Gurbani and Awakened Self*,” exploring deep philosophical, existential, and psychological dimensions of youth well-being, ego transcendence, and managing anxiety through *Naam Simran*. Concurrently, Technical Session II on “*Gurbani and SDGs*” took place in, chaired by Prof. Daljeet Kaur and Prof. Harleen Kaur, where presenters connected Gurbani’s ethical and value-based frameworks to ecological consciousness, sustainable economic development, and inclusive education. Technical Session III, titled “*Gurbani Inspired Lifestyle*” and chaired by Ms. Rashmi Singh and Dr. Harvinder Singh, examined practical applications of Sikh ethos for the youth, covering themes like cultivating contentment (*Santokh*), structural leadership, and academic integrity through *Kirat Karo*.

Distinguished Guests Session, featuring prominent international and national perspectives from Prof. Charan Singh, S. Pratap Singh, Dr. Manpreet Singh, S. Lakhinder Singh, and Sdn. Sona Bimwal enlightened the attendees with their deep knowledge and guided attendees to live

Gurbani inspired life. The day concluded with the Valedictory Session which included addresses by inspiring speakers Ms. Vindri Kaur Suri , HOD, Human Empowerment Cell, Jeevan Jaach and Dr. Supreet Kaur, Assistant Professor, Department of Commerce, University of Delhi. It was followed by the awarding of certificates and a formal vote of thanks.

The conference was successfully concluded with more than 150 participants, eminent national and International speakers and 27 research paper presentations from Professionals, research scholars, Faculties and students across different countries and universities.





New Delhi, Delhi, India 🇮🇳

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Lat 28.635697, Long 77.230635

Friday, 17/04/2026 01:09 PM GMT+05:30

Note : Captured by GPS Map Camera

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