

MPA Amazing Race 2019

Photo, video or physical evidence of each objective **with your whole squad** You have to be back by 5:30pm
Team with the most total points wins one sleep in any day before the embassy trip Points go straight towards your squad total

Objectives:

- 3 points** – Take a picture with 3 different Sikh Leaders (for example, generals, kings or heroes)
+1 bonus point – Get your whole squad to stand at perfect attention at one of the statues
+3 bonus points – Get 10 bystanders to stand at perfect attention with you
- 5 points** – Take a picture in front of a church, mosque, hindu mandir and Jain ashram or temple
- 2 points** – Each new squad member eats 1 gol guppe
- 3 points** - Run in step and in formation chanting Satnam waheguru from Bharawan to Darbar Sahib
+ 2 bonus point – each squad member does a jaikara (“bole so nihal”)
- 1 point** - Go to Akali Phoola Gurdwara and bow there
- 2 points** – Go to any Papar Warian and have everyone eat a spicy mango papar
- 5 point** – have 2 large glasses of fresh mooli juice made and finish it with your whole squad
- 5-10 points** - Go to GNDU, Khalsa College or any park and teach an 11 minute meditation or PT:
At least five people to participate for the whole thing. One squad member leads and the whole squad participates.
+1 point for each additional person who participates for the whole thing up to 10 people.
- 10 points** - Do Kirtan Seva at a Gurdwara having your whole squad sit and sing one full Shabad
- 10 points** - Bow at each Gurdwara on the Baba Deep Singh line:
Where the line was drawn, where his head was cut, where he threw his head from, where his head landed.
- 2 points** – Find Buriwala’s Dera
- 2 points** – Find the main Nirmala Ashram
- 10 points** – Play a pickup game of any sport with your squad against locals
- 5 points** - Go to Sumpuran’s house and have chai with him
- 5 points** – Full squad picture on the roof of the Golden Temple
- 3 points** – Take a picture on top of Baba Atal Gurdwara
- 8 points** – Have each squad member ring the bell at: Braham Buta, Sangalwara and Mata Longa Wala
+2 point – Take a picture of the Hanuman Chalisa at the Baba Siri Chand
- 5 points** – Get permission to milk someone’s cow or mudge and milk it
+5 bonus points to bring back at least 500ml to school
- 3 points** – find any original weapon of Maharaja Ranjit Singh and take a picture with it and your squad
- 3 points** – make a donation at a langar hall under your squad’s proper name (Baba ____ Singh Missal) and bring back the receipt
- 2 points** – Share Nutri Kulcha with everyone in your squad
- 3 points** – Share a fresh cream roll from a street stand with your whole squad
+2 bonus points – have one squad member eat a whole one
- 3 points** – have a bicycle race with a local
- 3 points** each - Bring a box of sweets to:
Kirandeep’s house
Dr Hardeep’s house and bring back one accupuncture needle
Mohinder’s shop and have him post it on his Facebook
Balkar Singh Aulakh MPA Supervisor’s House
- 2 points** for each step of the food “yatra”:
Giani’s chai
Guru Bazaar or Green Avenue Kulcha
Eat Poori Chole and Gurh ka Halwa at Kanha Sweets
Cardamom milk with Jalebis in it
Drink a Pera Lassi from Hall Bazaar
+5 bonus points for completing the whole yatra