

Code of GGSSC Canada - Kirtan and other Events.

Under the Management & Seva of Guru Gobind Singh Study Circle Canada
Adhering Strictly to the One and Only Panthic Sikh Rehat Maryada (Akal Takhat–1938)

1. Purpose of GGSSC Weekly Kirtan & Veechaar

This program is primarily for children; adults may participate only without reducing children's stage time.

Kirtan is the singing of Guru's Shabad as found in *Sri Guru Granth Sahib Ji* with devotion and humility. Its goal is to connect the sangat with Naam, Gurmat principles, and spiritual understanding.

Veechaar is Studying, discussing, and reflecting on Gurbani to understand the Guru's message and apply it to daily life. It is not the meaning but is the start of the conversation and not the end.

In the congregation, Kirtan only of Gurbani (Guru Granth's Sahib Ji or Guru Gobind Singh's hymns) and, for its elaboration, of the composition of Bhai Gurdas and Bhai Nand Lal, may be performed.

Weekly Kirtan's aim is to inspire Sikh children to **learn, practice, and propagate** Gurmat values and stay connected with Shabad and Naam.

Preparation Guidelines Before Guru Granth Sahib Ji Visits

Before **Guru Granth Sahib Ji** comes to your home or any place for **Kirtan**:

- Ensure your **house is clean**.
 - Ensure the **fridge and kitchen** are clean.
 - Remove or temporarily **relocate any meat, eggs, or liquor** during this time.

2. Who May Perform Kirtan

- Any Sikh (man or woman) who maintains reverence for Sri Guru Granth Sahib Ji may perform Kirtan.
- Kirtan may only consist of **Gurbani**. No personal poetry or non-canonical compositions are allowed during Diwan.
- Try to remove your Socks when you are doing the Kirtan unless you have medical issues.

3. Instruments Allowed

- Traditional instruments: Harmonium, Rabāb, Taus, Dilruba, Sarangi, Jori, Tabla.
- Modern instruments such as guitar/ Piano are allowed as long as they maintain the sanctity and do not overshadow the Shabad.
- Instruments should support the spiritual atmosphere, not transform Kirtan into a performance.

4. Pramaans (Special Gurbani Lines Sung to Support/Explain the Main Shabad) & Waheguru Jaap

Definition *Pramaans* are **supporting Gurbani lines** sung to explain, emphasize, or complete the meaning of the main Shabad.

Pramaans

- Pramaans may only be sung at the end of the Shabad.
- Only the lead Kirtaniya may give or choose the Pramān.
This respects the flow, preparation, and discipline of the Kirtaniya.
- No one from the sangat should shout or sing out a Pramān.
Doing so is considered disrespectful, as it interrupts the Kirtaniya's turn and breaks maryada.
- Pramaans must be from Gurbani only, never from personal or folk compositions.

Waheguru Jaap

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- Waheguru Jaap is integral to Gurmat but must be done while keeping sanctity of Shabads.
- A separate time can be assigned to do regular Jaap
- Sangat is encouraged to do jaap between shabads as well.
- When doing a Shabad Kirtan, Waheguru Simran may only be done at the start or the end of a Shabad. Simran must never interrupt the main body of Gurbani. This preserves the sanctity, importance, and integrity of Gurbani as written by the Gurus.

5. Conduct & Presentation of Kirtanias

Dress Code:

- All Kirtanias must fully cover their heads with a clean Dastar, Patka, Keski, or Chunni.
- Girls/women must wear a Keski under the chunni or ensure the chunni securely placed to cover the forehead properly. Ponytails must be rolled up and fully covered. No head hair should remain uncovered in the sangat.

Behavior & Conduct Guidelines

- No dramatic extension of tunes, clapping, or loud performance styles.
- No Photos or Idols are allowed to be kept in front of Guru Granth Sahibji, these can be placed elsewhere in the room, however sangat should not bow down to the photo, especially in the presence of Guru Granth Sahibji.
- Kirtanias must sit respectfully, maintain humility, and keep their focus on the Shabad.
- During the Weekly Kirtan program, please stay inside the Diwan for safety reasons and do not disturb neighbors outside.
- Do not enter anyone's house, bedroom, or other rooms; remain in the Diwan or Langar hall.
- Once the program is finished, with your parents' permission, you may go outside but ensure you do not disturb anyone.

6. Guru Granth Sahib Ji's Aasan (Takhat) Protocol

Placement of Aasan

- **Aasan is defined at the Peera Sahib on which Prakash is done.**
- Guru Granth Sahib Ji's Aasan must always be **on a higher platform** than everything else in the room.
- If the Aasan is placed on the ground, It must be placed on a clean white (or any other color) sheet or cloth, either washed or new.
- Respect must always remain the highest priority.

After Sukhasan

- After Sukhasan, the Aasan (Takhat) must be dismantled with clean hands.
- The Aasan should be folded and packed in its designated bag or cloth covering.
- The bottom cloth (sheet on the floor) is not part of the Aasan may be removed, washed, and reused. It does not require the same protocol as the Takhat/Aasan coverings.

7. Timing & Flow of Kirtan in Ceremonies

- The Kirtan must remain continuous, peaceful, and spiritually focused.
- Pramāns may only be added at the end of Shabad by the lead Kirtaniya.
- Tabla players will be assigned only by the Stage Secretary.
- Kirtanias are not permitted to choose their own tabla players.
- Purpose: to provide new students with an opportunity to learn by accompanying Kirtan.
- No one may sit on the tablas or vārī unless assigned by the seva team.
- If anyone wishes to present a Kavita on stage, please note that it must be recited while standing, not sitting. The Kavita should be based on Gurmat.

8. General Respect & Maryada

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- No one from the sangat may interrupt Kirtan.
- No unauthorized person may attempt to sing from near the stage or call for pramāns.
- The flow of the Diwan is controlled by Stage Sevadaar.
- If there is disrespect/disruption Stage/Program sevadar will communicate to the person and remedy the issue. If the disrespect is while kirtan is going on, the sevadar will communicate on the spot to stop continuance of disrespect.

9. Langar / Snacks Etiquette Guidelines


GGSSC Weekly Kirtan & Other Events–Snack -Langar Guidelines


To maintain the sanctity and purity of our Gurmat environment, we kindly request everyone to follow these simple guidelines regarding snacks:

Best Option – Make at Home

- Whenever possible, please prepare snacks at home.
- Homemade snacks ensure purity and avoid any uncertainty about ingredients.

If Ordering from Outside

- Only order from places that **do not cook, serve, or prepare** anything containing **meat, fish, eggs, alcohol, wine, or products derived from killing living beings**.
- Ensure there is **no cross-contamination** with such items in their kitchen or preparation area
-  **Not Allowed**
 - Meat, fish, poultry, eggs, or any items related to them.
 - Alcohol, wine, tobacco, or any intoxicants.
 - Marijuana, Cannabis, Afeem, Alcohol or any Drugs
- Before serving or eating Langar / Snacks, please wash your hands thoroughly.
- Kindly ensure that your forehead is respectfully covered while eating or serving Langar.
- While eating Langar or snacks, if you wish to have an additional portion, please request assistance from another sevadaar.
- If no sevadaar is available, wash your hands and use a separate plate before taking more food.
- Langar/ Snacks should be simple and humble.
- If any guest brings snacks from a store or restaurant, **please do not serve them** without first confirming with your **Langar Coordinator**.
- Let's all work together to keep our Weekly Kirtan and Langar in the spirit of **Maryada, purity, and respect for Guru's teachings**

 The spirit of seva is best kept when we prepare simple, wholesome snacks at home. Thank you for helping us keep the Kirtan environment pure and respectful.

8. Ardaas

- Ardaas should be recited as per the Panthic Rehat Maryaada as directed Akal Takht Sahib.

Disclaimer Notice

All individuals attending any Weekly Kirtan, Gurbani Vichaar, or any other program organized under the name of GGSSC Canada do so voluntarily and at their own risk.

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GGSSC Canada, its organizers, volunteers, hosts, and associated members shall not be held responsible or liable for any physical injury, illness, emotional distress, loss, damage, or dispute arising during, before, or after participation in any such event, including but not limited to house programs and other gatherings.

Participants experiencing health concerns, including depression or any other medical condition, are strongly advised to seek appropriate professional care and to refrain from attending if they feel unwell or uncomfortable.

All guests are welcome to attend and enjoy the learnings of Guru Granth Sahibji. The invitee has to ensure they agree and abide by the code of conduct.

GGSSC Canada team reserves the right to change, update and improve this code from time to time without notice.

If you have any concerns, you can put them in writing to binder.kaur@ggssc.ca and we will try to find a resolve only if the concern is against guru maryada. Slandering of the Jathebandi or its members, sevadars will be dealt with legal action.

Attendance at any GGSSC Canada event constitutes acknowledgment and acceptance of this code of conduct and disclaimer.