



**Global Sikh Council**  
Voice of Sikhs Worldwide  
[www.globalsikhcouncil.org](http://www.globalsikhcouncil.org)

**All are welcome to the Gurdwara irrespective of race, caste, nationality, gender, or religion. Things to follow while visiting a Gurudwara (Sikh Religious Place):**

1. Always cover your head as a sign of respect for the Guru.
2. Dress appropriately by properly covering your body. Wearing shorts (like knickers or miniskirts) is considered disrespectful.
3. Smoking, drinking or any drug is strictly prohibited in the Gurudwara premises (including the parking area). Visitors under the influence of alcohol or drugs will not be allowed to enter. Liquor, Cigarettes, or other tobacco products should not be taken inside, even if they are in pockets or carry bags.
4. Upon entering the Gurdwara, it is compulsory to remove our shoes and clean our hands and feet if they are dirty.
5. Sikhs bow their head in front of Guru Granth Sahib Ji (Holy Book) placed in the main hall (Darbar Sahib). Turning your back or pointing your feet toward Guru Granth Sahib is disrespectful.
6. Talking, shouting, or all other disturbances must be avoided while sitting in the Sangat (holy congregation). Mobiles should be put on silent, and no videos, etc.
7. Kadha Prasad (sweet veg pudding) should be accepted with both hands.
8. To make your visit successful, spend some time contemplating on Gurbani (Guru's words) as enshrined in the Guru Granth Sahib Ji and learn about Sikh History. Gurbani is for the upliftment of the entire humanity.

