



Langar And Gurbani

BY PRABHVEER SINGH AND JAPVEER
SINGH

What is langar?

- ▶ In Sikhism, langar is a communal free kitchen, which can be served to any caste, religion, colour, gender or economic status.
- ▶ But this was not the case before the Sikh religion was established because people were divided into 4 castes:
 - ▶ The Brahmins
 - ▶ The Kshatriyas
 - ▶ The Vaishyas
 - ▶ The Sudras

People from lower castes were not allowed to eat or drink with the people from the upper castes.

Equality of humanity

- ▶ Everyone sits in a straight line to have langar and this is also known as pangat.
- ▶ In Sikh culture, everyone is treated the same. It doesn't matter if you are a king or a beggar. We learnt this when King Akbar visited Guru Amar Das ji and was told to be part of the pangat before coming into sangat

Spiritual Meaning of Langar

ਲੰਗਰੁ ਚਲੈ ਗੁਰ ਸਬਦਿ ਹਰਿ ਤੇਟਿ ਨ ਆਵੀ ਖਟੀਐ ॥



- ▶ In our everyday life we should listen to our good voices by having positive thoughts in our mind and listening to Gurbani
- ▶ Our wisdom will keep growing and lead us to doing good things

What Does Physical And spiritual Langar Mean To us?

Sharing

Good
Voice

Helping
others

medicines

Sewa

Follow
Guru ji's
teachings

food

Pangat

Eauality

Being
humble

Doing
paath

Wisdom



THANK
YOU FOR
LISTENING!