

HISTORY & FACTS



Over 500 year
old tradition



Started by Guru
Nanak Dev Jee



Institutionalised
by Guru Angad
Dev Jee



Guru Amar Daas
Jee made it a
prerequisite to
eat Langar
before a Sikh
could meet Him



All meals are
vegetarian



All sit on the
floor a sign
of equality



All service is
done voluntarily

SIKH PRINCIPLES



Unity



Equality



Selflessness



Serve and Protect Humanity



Compassion



Voluntary



Caring

LANGAR IN SIKHI

THE FREE KITCHEN IN EVERY GURUDWARA

A PRAYER BEFORE EATING LANGAR

ਦਦਾ ਦਾਤਾ ਏਕੁ ਹੈ ਸਭ ਕਉ ਦੇਵਨਹਾਰ ॥
ਦੇਂਦੇ ਤੋਟਿ ਨ ਆਵਈ ਅਗਨਤ ਭਰੇ ਭੰਡਾਰ ॥

Dhadhaa Dhaataa Ek Hai Sabh Ko Dhayvanahaar ॥

Dhay(N)DhayTott N Aaaviee Aganat Bharay Bha(N) Ddaar ॥

The One Lord is the Great Giver; He is the Giver to all.

There is no limit to His Giving. His countless warehouses are filled to overflowing.

ਜਿਸ ਦਾ ਦਿਤਾ ਖਾਵਣਾ ਤਿਸੁ ਕਹੀਐ ਸਾਬਾਸਿ ॥
ਨਾਨਕ ਹੁਕਮੁ ਨ ਚਲਈ ਨਾਲਿ ਖਸਮ ਚਲੈ ਅਰਦਾਸਿ ॥੨੨॥

Jis Dhaa Dhita Khavannaa Tis Kaheesai Saabaas ॥

Naanak Hukam N Chaltee Naal Khasam Chalai Aradhaas ॥੨੨॥

Let us all celebrate Him, from whom we receive our nourishment.

O Nanak, no one can issue commands to the Lord Master;

let us offer prayers instead. ॥੨੨॥



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LANGAR SHOULD BE



Made while
singing Gurbani



Served with love



Eaten while
remembering Vaheguru

DARBAR SAHIB



At the Sikhs most revered
Gurudwara in Amritsar,
up to 100,000 free meals
are served daily!



2.5 Tonnes
Wheat



2 Tonnes
Daal



1 Tonne
Rice



0.5 Tonnes
Butter



5000 Litres
Milk

ਦੇਗਤੇਗਫਤਹਿ

DEGH TEGH FATEH