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 **SMART SIKHI**

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Equality

Selflessness

SIKH PRINCIPLES







THE FREE KITCHEN IN EVERY GURUDWARA

A PRAYER BEFORE EATING LANGAR

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

Dhadhaa Dhaataa Ek Hai Sabh Ko Dhayvanahaar II Dhay(N)DhayTott N Aaaviee Aganat Bharay Bha(N) Ddaar II 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 ਤਿਸ਼ ਕਹੀਐ ਸਾਬਾਸਿ ॥ ਨਾਨਕ ਹੁਕਮੂ ਨ ਚਲਈ ਨਾਲਿ ਖਸਮ ਚਲੈ ਅਰਦਾਸਿ ॥੨੨॥

Jis Dhaa Dhitaa Khaavannaa Tis Kaheeaai Saabaas II

Naanak Hukam N Chaliee Naal Khasam Chalai Aradhaas 112211

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. II2211



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ਦੇਗਤੇਗਫਤਹਿ

DEGH TEGH FATEH



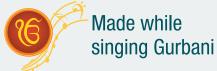








LANGAR SHOULD BE





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





Butter







