

Powerful 10 Lines on Langar

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10 LINES ON LANGAR



Explore these 10 Lines on Langar to understand the meaning, history, and importance of this selfless Sikh tradition of free community meals. Simple and inspiring.

Have you ever wondered where you can get a free meal cooked with love and served with respect, no matter who you are? That place is called *Langar*. It is one of the most heartwarming traditions of the Sikh community.

Every day, millions of people around the world eat in Langars. The biggest one is at the Golden Temple in Amritsar, where over 100,000 meals are served daily—for free.

Langar means “community kitchen.” It was started by Guru Nanak Dev Ji, the first Sikh Guru, more than 500 years ago. His idea was simple—no one should go hungry, and everyone should sit and eat together. Rich or poor, Hindu or Muslim, man or woman—all are equal at Langar.

Volunteers prepare, cook, serve, and clean. No one is paid. People from all religions come together to help. The food is always vegetarian so everyone can eat it, no matter their beliefs.

Langar is more than food. It is a lesson in kindness, sharing, and service. It shows that love and respect have no cost. In a world full of divisions, Langar is a place of peace and equality. Isn't that something we all need today?

What is a langar in 5 lines?

1. Langar is a free community kitchen found in Sikh temples (Gurudwaras).
2. It serves meals to everyone, regardless of religion, caste, or background.
3. The food is simple, vegetarian, and prepared by volunteers.
4. Langar promotes equality, sharing, and community service.
5. It was started by Guru Nanak, the founder of Sikhism.

What is langar for Class 4?

Langar is a free meal given to everyone at a Sikh temple.

It does not matter if you are rich or poor—everyone eats together.

The food is made by people who want to help.

It teaches us to share and treat everyone equally.

What is a few sentences about langar?

Langar is a free meal served at Sikh places of worship called Gurudwaras. It is open to all people, no matter their religion or status. Volunteers cook and serve the food as a way to practice kindness and equality.

What is langar for kids?

Langar is a free lunch or dinner served at a Sikh temple.

Everyone sits together and eats the same food.

It helps people learn about kindness, sharing, and equality.

What is langar in Class 7 History?

In Class 7 History, langar is taught as a tradition started by Guru Nanak. It was a way to reject caste differences by having people of all backgrounds sit and eat together. It was part of the Bhakti and Sufi movements that promoted equality and devotion.

What is langar in one word?

Equality.

10 Lines on Langar In English

Langar is a beautiful tradition that reflects the values of equality, unity, and compassion. It is a free community kitchen found in Sikh Gurdwaras, serving food to all without discrimination.

1. Langar is a Sikh tradition started by Guru Nanak Dev Ji.
2. It serves free meals to everyone, regardless of religion, caste, or background.

3. The food is simple, vegetarian, and prepared with love.
4. Volunteers, known as *sewadars*, cook, serve, and clean up together.
5. Langar promotes the idea of equality and shared humanity.
6. Everyone sits on the floor, showing no one is above or below.
7. It teaches the value of selfless service and humility.
8. Langar runs entirely on donations and volunteer efforts.
9. Many people around the world are fed daily through this service.
10. Langar is not just food—it is a symbol of love, respect, and unity.

100 Words Essay on Langar

Langar is a free community kitchen found in every Gurdwara (Sikh temple), where food is served to everyone regardless of religion, caste, or background. It was started by Guru Nanak Dev Ji, the founder of Sikhism, to promote equality and unity.

Volunteers prepare and serve simple vegetarian meals, emphasizing service (*seva*) and humility. People from all walks of life sit together on the floor, symbolizing equality.

Langar is a beautiful expression of Sikh values like compassion, sharing, and humanity. It continues to serve millions worldwide, especially during times of crisis and need, offering nourishment, dignity, and kindness to all.

150 Words Essay on Langar

Langar is a unique tradition in Sikhism that represents equality, service, and community spirit. It is a free community kitchen that serves meals to all people, irrespective of caste, religion, gender, or social status.

[See also 10 Lines On Cellular Jail In English](#)

The tradition of Langar was started by **Guru Nanak Dev Ji**, the first Sikh Guru, to promote the idea of universal brotherhood and eliminate social discrimination.

Food served in Langar is simple and vegetarian so that everyone can partake. Volunteers, called **sewadars**, prepare and serve the food with love and devotion. People sit together on the floor, symbolizing unity and equality.

Langar is not just about feeding the hungry but also about breaking down barriers between people. It is practiced in Gurdwaras around the world and has become a symbol of compassion and selfless service. During disasters and emergencies, Sikh communities often set up Langars to help those in need.

200 Words Essay on Langar

Langar is one of the most powerful and compassionate practices in Sikhism. Introduced by **Guru Nanak Dev Ji**, the founder of the Sikh religion, Langar is a **free community kitchen** where meals are served to everyone without discrimination. It reflects the core Sikh values of **equality, humility, sharing, and service**.

In a Langar, all people—regardless of religion, caste, gender, or wealth—sit together on the floor and eat the same food, symbolizing the **equality of all human beings**.

The food is vegetarian so that everyone can eat without religious or dietary restrictions. Everything from cooking to serving and cleaning is done by volunteers, known as **sevadars**, as a form of **seva** (selfless service).

Langar plays a significant role in promoting social unity and addressing hunger. It is practiced in every Gurdwara (Sikh temple) and is open to all. During natural disasters, protests, and humanitarian crises, Sikh communities often organize Langars to provide food to those in need.

More than just food, Langar is a message of **love, equality, and humanity**. It teaches people to serve others, break down social barriers, and build a more compassionate society.

300 Words Essay on Langar

Langar, the free community kitchen in Sikhism, is one of the most noble and revolutionary traditions introduced by **Guru Nanak Dev Ji**, the founder of the Sikh faith. It is a practice where simple, vegetarian meals are cooked and served to all visitors of a Gurdwara (Sikh temple), regardless of religion, caste, gender, or social status.

Langar serves several purposes. Firstly, it promotes **equality**. Everyone sits together on the floor to eat, which breaks down barriers of class and caste. Whether rich or poor, powerful or humble, all are equal in the eyes of God.

Secondly, it promotes **seva**, or selfless service. Volunteers called **sevadars** prepare, cook, serve, and clean the Langar area. This encourages humility, compassion, and community service.

The meals are simple and vegetarian, ensuring that people of all backgrounds can partake. Langar is not just about feeding the hungry; it is a symbol of **community, unity, and human dignity**. It is open to everyone and runs purely on donations and volunteer efforts.

Langar also plays a vital role during times of crisis. Sikh communities around the world set up Langars during natural disasters, protests, and humanitarian emergencies to help feed large groups of people in need.

Today, Langar is practiced globally and feeds millions daily. It stands as a **living example of social justice, generosity, and equality**. It is more than a meal—it is a message of oneness and love for all of humanity.

500 Words Essay on Langar

Langar is one of the most inspiring and selfless practices in Sikhism, symbolizing equality, service, and unity. The tradition of Langar was established by **Guru Nanak Dev Ji**, the founder of Sikhism, in the 15th century.

He wanted to create a space where people of all castes, religions, and backgrounds could come together and eat as equals. Over time, Langar became a central part of every **Gurdwara** (Sikh temple) and a powerful expression of Sikh values.

The word “Langar” refers to the **free community kitchen** where food is prepared and served to all, without discrimination. One of the most remarkable aspects of Langar is that everyone sits together on the floor, known as “**pangat**”, to eat. This practice removes the barriers of caste, class, and status, showing that all humans are equal in the eyes of God.

The food served is always vegetarian, making it acceptable for people from various dietary and religious backgrounds. Volunteers, known as “**sevadars**”, contribute their time and effort to cook, serve, and clean. This selfless service is called “**seva**”, which is a cornerstone of Sikh philosophy.

Langar is not only a spiritual and social practice but also a humanitarian one. Sikh communities often organize Langars during **natural disasters, pandemics, farmers’ protests**, or in areas suffering from poverty and hunger.

Massive kitchens are set up to feed thousands, and sometimes even millions, in times of crisis. In cities like Amritsar, New Delhi, and London, Gurdwaras feed tens of thousands of people every day.

Langar also serves as a tool of **education**, teaching younger generations about humility, compassion, and community service. It fosters a sense of belonging and duty toward society.

In a world often divided by race, religion, and wealth, Langar stands as a shining example of **unity, generosity, and human equality**. It reminds us that service to others is service to God, and that a shared meal can break even the hardest social barriers.

1000 Words Essay on Langar

Langar, the community kitchen in Sikhism, is one of the most powerful symbols of equality, compassion, and selfless service. It is not just about feeding people; it is a spiritual and social revolution that aims to break down the walls of discrimination, class, and inequality.

[See also 10 Lines on Sitaare Zameen Par](#)

Introduced by **Guru Nanak Dev Ji**, the founder of Sikhism, in the 15th century, Langar continues to serve as a vital part of Sikh life and identity. Today, it feeds millions of people worldwide—regardless of religion, caste, nationality, or social status—making it a shining example of shared humanity.

Origin and Philosophy of Langar

The concept of Langar was first introduced by **Guru Nanak Dev Ji**, who strongly believed in the equality of all human beings. During his travels, Guru Nanak Ji noticed deep divisions in society based on religion, caste, and wealth.

In response, he started the practice of **Langar (free kitchen)** to challenge these norms. Everyone, regardless of background, would sit together on the ground and eat the same food, symbolizing the principle of “**Sarbat da Bhala**” – the welfare of all.

Langar was institutionalized by **Guru Angad Dev Ji**, the second Sikh Guru, and further expanded by **Guru Amar Das Ji**, the third Guru. Guru Amar Das Ji even made it a rule that no one could meet him unless they first partook in Langar.

This act reinforced the belief that spiritual growth must be accompanied by humility, equality, and social unity.

The Practice of Langar

Langar is practiced in every **Gurdwara (Sikh place of worship)**. A **simple, vegetarian meal** is prepared and served to all visitors for free. The food is cooked in a clean, respectful environment by volunteers known as **sevadars**, who offer their time and labor as **seva** (selfless service), one of the core principles of Sikhism.

The process includes:

- Collecting donations and ingredients.
- Preparing and cooking meals in large community kitchens.
- Serving the meals to all visitors.
- Cleaning up afterward.

The food is always vegetarian so that it is acceptable to people of all backgrounds. This allows everyone—regardless of their dietary or religious restrictions—to participate.

One of the most unique aspects of Langar is the “**Pangat**”, where all people sit together in rows on the floor to eat, symbolizing **unity and equality**. It does not matter whether you are rich or poor, a government official or a beggar—you sit side by side and are served with the same love and respect.

Spiritual Significance

Langar is not just a humanitarian service; it holds deep spiritual meaning in Sikhism. According to Sikh teachings, “**Vand Chakna**” (sharing with others) and “**Kirat Karni**” (earning an honest living) are among the three pillars of Sikh life, along with “**Naam Japna**” (remembering God). Through Langar, Sikhs fulfill the obligation of **sharing and serving** others.

By participating in Langar—whether cooking, serving, or eating—one cultivates humility, equality, and gratitude. Sitting on the floor and eating together breaks down ego and reminds everyone that no one is superior or inferior in the eyes of God.

Moreover, Langar is seen as a form of **sewa**, which is considered one of the highest acts of devotion in Sikhism. It encourages Sikhs to serve humanity without expecting anything in return, as an expression of love and devotion to God.

Social and Cultural Impact

Langar has had a profound social impact, particularly in breaking down rigid caste systems and social hierarchies. In India, where caste discrimination has been historically prevalent, Langar has challenged centuries-old norms by allowing people from different backgrounds to eat together. It promotes **social integration and acceptance**.

In addition to fighting casteism, Langar also promotes **gender equality**. In the Gurdwara kitchen, men and women serve equally. There is no restriction based on gender or age when it comes to preparing or distributing food. This encourages participation from all members of the community and fosters a sense of togetherness.

Langar also serves as a powerful educational tool. Children and young people who volunteer in the kitchen learn the values of teamwork, respect, discipline, and empathy. It helps them grow into responsible, service-minded individuals.

Global Reach of Langar

While Langar began in Punjab, its reach is now global. Sikh communities across the world operate Langars in Gurdwaras in the **United States, Canada, the UK, Australia, and many other countries**. These kitchens feed hundreds and sometimes thousands of people daily.

Some notable examples

- The **Golden Temple (Harmandir Sahib)** in **Amritsar**, India, serves **over 100,000 meals** daily.
- During the [COVID-19 pandemic](#), Sikh organizations around the world set up mobile Langars and distributed free meals to frontline workers and the homeless.
- At international protests and crisis zones—like **refugee camps** and **disaster areas**—Sikh volunteers set up Langars to feed those in need, regardless of their nationality or faith.
- During the **2020–2021 Indian farmers' protests**, Langar kitchens were set up along highways, feeding thousands of farmers protesting in Delhi. This gained worldwide attention and praise.

Langar has also been recognized and appreciated by people of all religions and governments, including the **United Nations**, for its role in promoting food security, dignity, and human rights.

Challenges and Sustainability

Despite its success, managing Langars on a large scale comes with challenges. It requires:

- Constant donations and community support.
- Cleanliness and food safety measures.
- Efficient volunteer management.

Fortunately, the spirit of giving in Sikhism ensures that Langars are well-supported. Sikh communities globally donate money, groceries, and time generously to keep the tradition alive. Many modern Langars also incorporate **eco-friendly practices**, such as **using biodegradable plates** and **reducing food waste**.

[See also Top 10 Lines About Mahatma Gandhi](#)

Conclusion

Langar is more than just a tradition—it is a **movement of compassion, equality, and selfless service**. It embodies the Sikh values of humility, generosity, and love for all humanity. In a world often divided by wealth, caste, religion, and race, Langar sends a powerful message: **we are all equal, and no one should go hungry**.

The simplicity of a shared meal becomes a profound act of spiritual and social change. By breaking bread together, people break barriers. Langar reminds us that serving others is one of the highest forms of worship. It teaches us to look beyond ourselves and to care for the well-being of others.

As long as the spirit of Langar continues, the world will always have places where no one is turned away, no one is judged, and everyone is fed—with food, dignity, and love.

What is Langar and How is it Connected to Sikhism?

Langar is the free community kitchen found in every Sikh Gurdwara (place of worship). It was started by **Guru Nanak**, the founder of Sikhism, to promote equality, service, and unity.

In langar, everyone—rich or poor, from any religion or caste—sits together to eat the same simple vegetarian meal. It reflects core Sikh values: **seva** (selfless service), **equality**, and **community**.

What is the Langar Service in English?

The **langar service** refers to the act of preparing, serving, and sharing free meals with anyone who comes to a Gurdwara. It's a service done by volunteers, showing kindness and humility. The food is simple, and everyone sits on the floor together, symbolizing equality.

What is Langar Called in Hinduism?

While **langar** is a Sikh tradition, similar practices exist in Hinduism but are called “**bhandara**”. A bhandara is also a free meal served during religious events or festivals, especially in temples, for all devotees and guests.

10 Lines on Langar in English (General)

1. Langar is a free meal served in Sikh Gurdwaras.
2. It was started by Guru Nanak, the first Sikh Guru.
3. Everyone is welcome to eat, regardless of religion or status.
4. The food is always vegetarian and simple.
5. Volunteers prepare and serve the meal.
6. People sit on the floor to show equality.
7. Langar is a symbol of sharing and community.
8. It teaches values of love, respect, and unity.
9. No one is charged any money for langar.
10. It is an important part of Sikh faith and service.

5 Lines About Langar

1. Langar is a free kitchen run in Sikh temples.
2. It serves food to all people equally.
3. Volunteers cook and serve the meals.
4. Everyone sits together to eat.
5. It shows kindness, service, and equality.

10 Lines on Langar for Class 4

1. Langar is free food given in Sikh temples.
2. Guru Nanak started the idea of langar.
3. The food is cooked by people who want to help.
4. It is always vegetarian so everyone can eat.
5. People sit on the floor and eat together.
6. No one is treated as rich or poor.
7. It teaches us to share and be kind.
8. Many people come every day to eat langar.
9. It is open to people of all religions.
10. Langar is a very important part of Sikhism.

10 Lines on Langar for Class 3

1. Langar is free food served at Gurdwaras.
2. It was started by Guru Nanak.
3. Everyone is welcome to eat.
4. Volunteers make and serve the food.

5. All people sit together to eat.
6. The food is healthy and vegetarian.
7. Langar shows love and care.
8. It is open every day.
9. People of any religion can come.
10. Langar teaches kindness and sharing.

10 Lines on Langar for Class 2

1. Langar is free food.
2. It is in Sikh temples.
3. All people can eat.
4. It is made by helpers.
5. Everyone sits together.
6. Food is the same for all.
7. It is always kind.
8. We learn to share.
9. We feel happy.
10. Langar is for everyone.

A Few Sentences About Langar for Class 4

Langar is free food served in Sikh temples. Everyone is welcome to eat, no matter who they are. People sit in rows and eat together to show that all are equal. Volunteers prepare and serve the food with love and kindness.

What Is Langar?

Langar is a free meal served at Sikh places of worship. It was started by Guru Nanak to promote equality and community service. It is open to all people, regardless of religion or background.

Langar Food

Langar food is always **vegetarian**, simple, and healthy. Common items include **dal (lentils)**, **chapati (flatbread)**, **rice**, and **vegetables**. Sometimes **sweet dishes** like **kheer (rice pudding)** are also served. The food is made fresh every day by volunteers in the Gurdwara kitchen.

Wrap Up

Langar is not just a free meal. It is a powerful message. It tells us that no one should stay hungry. It reminds us that we are all equal. When we sit together on the floor and share food, we forget our differences. We remember that kindness is more important than status, money, or religion.

Every spoon of food served in Langar is full of love. It is cooked by volunteers who give their time to serve others. They don't expect thanks or rewards. They only want to help. This selfless service is called Seva. It brings people closer. It teaches humility.

Langar also helps people in need—poor families, travelers, the homeless, and anyone who has no food. No one is turned away. The doors are always open.

In today's fast world, where many people feel lonely or forgotten, Langar is a warm hug. It is hope on a plate. It shows that good still exists. That people still care.

If you ever get a chance, visit a Gurdwara and eat at the Langar. You won't just get a meal—you'll get a life lesson. A lesson in sharing, unity, and love. Let us all learn from it and spread the spirit of Langar.



[Alberto Robino](#)

Alberto Robino is a passionate content creator who specializes in sharing concise, insightful, and engaging 10-line facts on a variety of topics. With a love for simplifying complex ideas, he enjoys providing quick, digestible information to help people learn fast.