Preparation of Langar

The services (seva) in the Langar are voluntarily offered by the devotees and food is cooked by the volunteers while chanting Gurbani hymns. It is an honor to do 'seva' in the Langar and serve the community. Rich and poor are treated alike in Langar. It inculcates a sense of human service, humility, and humbleness. Langar serves as a strong bond of union within the community. It acts as a fair leveler and equalizer in society.

Rules concerning the tradition of Langar

1. Langar must be simple and vegetarian
2. Langar must be prepared by devotees who recite Gurbani
3. Langar must be served after performing Ardas (Prayer)
4. Langar must be distributed in Pangat without any discrimination
5. Langar must be fresh and clean

Langar in the Golden Temple : *The World's Largest Community Kitchen*

The Golden Temple Langar (Amritsar, Punjab, India), which is always a delicious and fulfilling meal, is served at all times of the day and the service is done mostly by volunteers who do it of their own free will as part of seva. On a normal day, more than 50,000-60,000 people eat Langar at the Golden Temple, and during religious gatherings, the number may spike up to 100,000 people per day.

Seva : *Volunteering in Gurdwaras*

Volunteers help chop vegetables, make the meals, rotis, vegetables, and even serve. The Golden Temple has two community halls where everyone is supposed to sit on the floor and eat Langar. While the dal (lentils) is served on the plate, one has to raise their hands to take the roti (bread) with religiosity and gratitude. Once the volunteers serve the food to everyone present in the hall, one of the volunteers makes a clarion call, "Jo Bole So Nihal", meaning, "Whoever Responds Shall be Fulfilled", to which the crowd responds with, "Sat Sri Akal", meaning "True is the Name of the Creator", and then the crowd commences eating the meal.

The Role of Volunteers in Langar

Langars are run using donations made by ordinary worshipers. A very striking aspect of these Langars is that people across the classes prepare and serve food as volunteers. This volunteer service is not restricted to Langars, rather every service required in a Gurdwara like cleaning, helping devotees, even arranging shoes taken off by the devotees is done by the volunteers and not employed personnel.