

Langar as an Anti-Casteist Institution



Langar as an institution is a profound embodiment of Sikhism's commitment to equality and social justice, especially in the context of the deeply entrenched caste system that has plagued Indian society for centuries. One way in which caste inequality manifests is the taboo against eating with people from oppressed castes.

In the langar, equality is not just a concept but a lived experience. Everyone, irrespective of caste, creed, or social status, participates in preparing the food and sits together on the floor to share the meal. This simple act of communal dining transcends caste barriers and challenges the discriminatory norms that perpetuate inequality.

Langar symbolizes the Sikh belief that all humans are equal, and by breaking bread together, they affirm this conviction. It serves as a powerful reminder of the anti-caste ethos of Sikhism, promoting unity, humility, and the eradication of social divisions, ultimately striving for a more just and equitable society.

