

Year 6 Spring 1 – Sikhism

Key facts

- The langar is a common kitchen where food is served in a gurdwara. One is attached to every temple, and the food is served to all the visitors for free.
- At the langar, only vegetarian food is served. After a person eats at the langar they are not supposed to eat meat for the rest of the day.
- Guru Angad formalised langar, he also set the rules and training method for volunteers (sevadars) who operated the kitchen.
- Vand Chakna - sharing what one earns, generosity, the giving of charity. This is considered a religious duty because Sikhs believe this encourages compassion.
- Sewa - giving selfless service to the community. This should be practised in all areas of a Sikh's life.
- Daya to sympathize with, to have pity on others. It means 'suffering in the suffering of all others.
- Part of Sikh virtues of truthful living (sat); means working to make all things fair, or to bring equality.



Guru Angad



langar hall



langar plate



gurdwara



sevadars in the langar

Vocabulary

- gurdwara
- langar
- sevadars
- Vand Chakna
- sewa
- daya
- sangat
- compassion
- charity
- sympathize
- charity
- Sanskrit

We are thinking about:

Why is the langar so important to Sikhs?

Why is sewa so important?

How do the Sikh values reflect other religions and their own values?

