



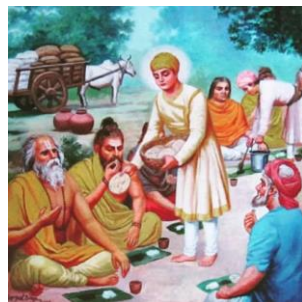
Guru Nanak Dev Ji, the founder of the Sikh Dharam (faith or religion), was born in 1469. Globally, Sikhs will celebrate his 550th birth anniversary this year. From Guru Nanak Dev Ji's life and teachings we learn many morals and virtues.

One story which has particular significance is that of Guru Nanak and the Sadhus – Sacha Saudha.

One day Guru Nanak Dev Ji was given a task by his father, Mehta Kalu Ji. He had given Guru Nanak some rupees and requested that Guru Nanak go out for the day and return with a profit.

Mehta Kalu Ji had grown weary of His son's disinterest in worldly affairs and hoped this challenge would spark an interest in business.

Guru Nanak travelled through the local area and came upon a group of Hindu Saints (Sadhus). The Sadhus spent their days preaching about God in different cities and villages wearing torn clothes and without food. Guru Nanak Dev Ji believed there could be no greater profit than serving those in need. Guru Nanak took the rupees his father had given and bought food and clothes, personally serving the Sadhus. Upon returning home Guru Nanak Dev Ji's father was not pleased with his actions but Guru Nanak Dev Ji explained that sharing our earnings with those less fortunate is the most profitable action.



This story exemplifies the institution of Langar. Langar literally translates into "free kitchen". Langar is always run free of charge by volunteers and is served to all people without distinction of gender, socioeconomic status, caste, ethnicity or religious creed. Langar is sustained through donations alone.

Langar was a ground-breaking concept because it broke down many barriers between a divided society in which people rarely mixed on a cultural level. Every Sikh place of worship Gurdwara includes a Langar serving food 24 hours a day to anyone in the local community.



Zero Hunger with Langar is tackling world hunger by serving Langar (The concept of FREE compassionate food for ALL) to those communities around the world that need it most. Many of us have no idea what it's like to be hungry but every day, around 21,000 people die from hunger or hunger-related diseases.

On Sunday 13<sup>th</sup> October 2019 there will be a Junior and Mini Great Birmingham Run. We would love for our children to be involved and celebrate the values of self-discipline and determination. Entry costs just £10 per child and there are two runs:

- Mini run - 1.5K for children age 3-8 years
- Junior run - 2.5K for children age 9-16 years

Children also have the option to fundraise and gain sponsorship from family and friends to help end hunger with Langar if they wish to do so. Unbelievably in Malawi, it costs as little as 15p to serve one child food for a day. The impact our children can have is huge, £5 means 33 meals and £20 would feed a child in Malawi for a whole year!

100% of the money will be used to fund Langar projects. Zero Hunger with Langar share photos and videos of the work through their Instagram, Facebook and You Tube channel, just search for Zero Hunger with Langar.

### **Signing up**

Go to - <https://www.greatrun.org/great-birmingham-run/juniorandminibirmingham>

You will be asked if you want to run for their nominated charity – **click 'no'** and then there is a dropdown list of charities, **select 'Zero Hunger with Langar'**, click and you're done! You will receive a confirmation email from Great Run.

If you wish to fundraise please email [karmz@zerohungerwithlangar.org](mailto:karmz@zerohungerwithlangar.org) or text 07595600211 with your details. You will then receive a link with your fundraising page to share with friends and family. We have created our own fundraising portal so 100% of donations reach the hungry children.

### **Want to find out more?**

Follow us on Facebook, Instagram and You Tube – search **Zero Hunger with Langar** or check out the website [www.zerohungerwithlangar.org](http://www.zerohungerwithlangar.org).

Thank you for taking the time to read.

Join us on the journey to Food and Freedom





On Sunday 14<sup>th</sup> October 2018, 80 children entered the Great Birmingham Junior and Mini Run from Nishkam Primary School. Raising awareness for the charity Zero Hunger with Langar.

Even though it rained all morning our pupils were so determined and committed, arriving into Birmingham city centre at 9am. We are grateful for all the parents who supported this event and hope to encourage even more participation in October 2019.



For any adult who has ever participated in a marathon, mountain climb or even a 5k you will know the sense of pride when the goal is achieved and seeing our pupils radiant faces crossing that finish line was priceless. These moments certainly last forever and give pupils a real sense of achievement and boost their self esteem.



Many of our staff also went along to support the event, we thank them for their time and support. Children also had the option to fundraise and gain sponsorship from family and friends to help end hunger with Langar.

**So far these children have raised over £1000!**

Unbelievably in Malawi, it costs as little as 15p to serve one child food for a day. The impact our children can have is huge, £5 means 33 meals and £20 would feed a child in Malawi for a whole year! Many of us have no idea what it's like to be hungry but every day, around 21,000 people die from hunger or hunger-related diseases. Zero Hunger with Langar is tackling world hunger by serving Langar (the concept of FREE compassionate food for ALL) to those communities around the world that need it most. 100% of the money will be used to fund Langar projects. Zero Hunger with Langar share photos and videos of the work through their Instagram, Facebook and You Tube channel, just search for Zero Hunger with Langar.



It was a fantastic day and pupils were so enthused to meet Fauja Singh.

Our pupils demonstrated determination and commitment. We were extremely humbled by their efforts.



We will be looking to enter in the race on annual basis and will inform parents of entry details.

