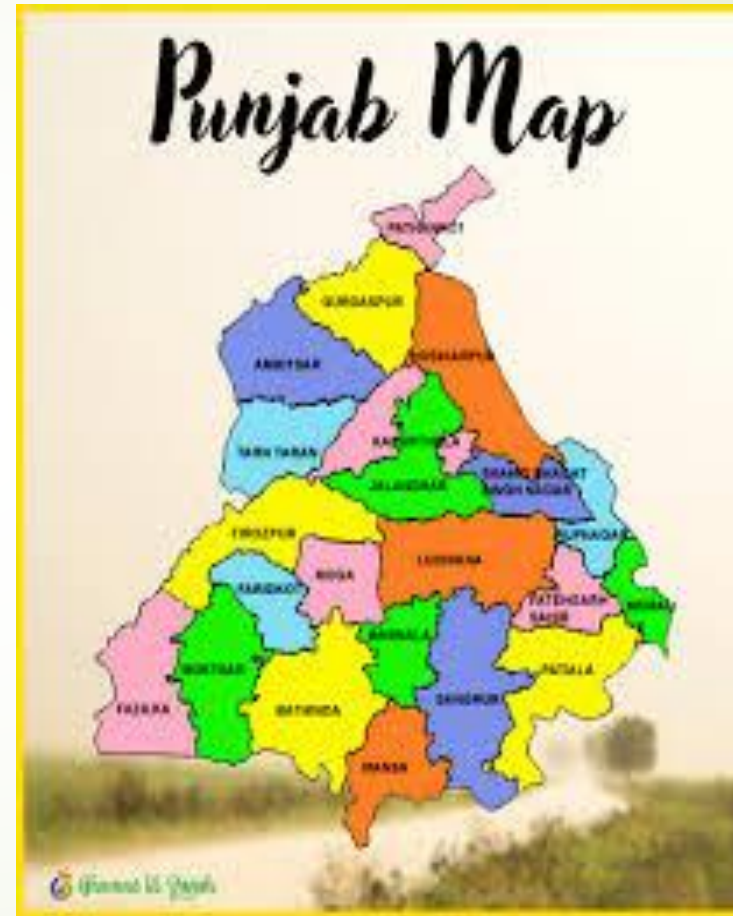


# Punjab

The word 'Punjab' literally means 'land of five rivers'. The word / name 'Punjab' comes from the Persian word 'panj' (five) and ;'ab' (water).

The state has so many neighbors. It is wedged between Pakistan, Jammu and Kashmir, Himachal Pradesh, Haryana and Rajasthan.






# Introduction

- ▶ The state of Punjab is divided into three parts. The smallest is the Sivalik Range of mountains. Along the foothills of the mountains, there is seasonal streams called chos. Lastly there is big and fertile plain where farmers work.
- ▶ A large part of Punjab is devoted to agricultural land. Most of India's wheat is grown in Punjab. Apart from wheat, corn, rice, barely, millet-all of these grow aplenty in Punjab.
- ▶ **Language:** After partition, it is a difficult task to decide its language. In 1966, Punjab was once again split into two states- Punjab & Haryana. Haryana was mostly Hindi speaking while people in Punjab spoke Punjabi. The Punjabi script is called **Gurumukhi**.
- ▶ Punjabi is an old language. It is influenced quite a lot by Persian, and it can be called an Indo-Aryan language.



# Geographical Setting

- **Season:** Punjab has a continental climate. This means, it is kind of dry, except when it is wet. Because it has very hot and dry summers.
- **Rivers:** Jhelum, Chetab, Ravi, Sutlej and Beas-criss-cross the plains of Punjab, making the land absolutely perfect for farmer.
- After independence., only Sutlej & Beas remained completely in the state of Punjab.
- **No Forest:** This is so sad, that it has no forest. A lot of forest cover the Sivalik Range has been chopped down over hundreds of years, as people cleared forests and bean to farm instead. Since so much forest land was used for farming, wildlife had nowhere to live.
- Punjab is called the **‘Granary of India’** or **‘India’s bread Basket.’**



## **History:** Punjab has a very eventful history and one that changed the lives of people who lived in this region.

- ▶ In the beginning, people from Persia made into this region.
- ▶ Even Alexander, the Great, the Greek warrior, ruled Punjab area for a while.
- ▶ Punjab was ruled by Chandragupta Maurya for many years. They were followed by Kushans and then Guptas.
- ▶ After so many wars over several years, the Mughals overthrew the existing kings and begun their long rule.
- ▶ A hermit called Banda Singh Bahadur became a military leader when he brought together against the Mughals and the Afghans.
- ▶ Banda Singh Bahadur was defeated by the Mughals & another king Ranjit Singh turned the Punjab region into a strong and powerful Sikh kingdom.
- ▶ Next the British East India Company and their troops defeated the Sikhs & made the Punjab region in to a part of the British colony, like the rest of India.



# History:

- ▶ In the year 1947, when India got independence; it was decided to split India into two countries: India and Pakistan. Punjab was right in the middle of this partition. The region was split and the western part went to Pakistan, while the eastern part remained in India.
- ▶ **Religion:** Sikhism is a religion that was founded by Guru Nanak. The word 'sikh' means 'learner'.

# State Animal & State Bird

**Blackbuck**



**Eastern Goshawk (Baj)**



# State Tree & State Flower

**Sheesha**



**Sword Lily**



## Capital: Chandigarh

The Union Territory Chandigarh is the capital of both Punjab & Haryana. This well planned city of India was planned and designed by a French architect Le Corbusier and his cousin Pierre Jeanneret.



# Golden Temple in Amritsar

The city Amritsar is known for the world-famous Golden Temple. That is one of the most important Sikh pilgrims' centres in the country. It was founded in 1577, by Guru Ram Das and was later named as Amritsar-after the sacred pond Amrit Sarovar or the 'Pool of Nectar'.

The magnificent temple complex set in the 'heart' of Amritsar, is the holiest shrine of the Sikhs. Its foundation was laid in 1588, by the fifth Sikh Guru Arjan Dev Ji on a small island in the waters of Amrit Sarovar and was consecrated on August 16, 1604.



**Bhatinda** is known as the city of lakes and it is also an important railway hub, with trains from many places covering this here. It has also one of India's largest cotton & foodgrain markets. **Ludhiana** is a big city sits on the banks of the Sutlej. It is one of North India's most important industrial cities, with lots of factories.

## Bhatinda Waterfall



## Ludhiana



# Patiyala

It was founded in 1753, by Maharaja Ala Singh and the city is famous in history for the Qila Mubarak (Fort of Good Fortune) and is also well known for the style of clothing that Punjab is known best for.

The fort in the heart of the town was built in 1764, by Maharaja Ala Singh at the site of a kuchi-garhi.

The royal family also resided here and the residential area was known as 'Qila Androon' or the 'Inner Fort'. The place is also famous for its market. The shopping list comprises of specialties of Patiala-exquisitely embroidered leather shoes (jutties), tasseled silken braid (pirandis) and brightly embroidered phulkari fabrics etc.



## Jalianwala Bag (Amritsar)

The memorial at this site commemorates 2000 Indians who were killed or wounded shot indiscriminately by the British under the command of Gen Michael O’ Dyer on April 13, 1919 while participating on a peaceful public meeting. This was one of the major incidents of India’s freedom struggle. The story of this appealing massacre is told in the Martyr’s Gallery at the site. A section of wall with bullet marks still visible is preserved along with the memorial well, in which some people jumped to escape.



# Wagha Border (Amritsar)



# Cities & Place of Interests

**Bhatinda Fort was built hundreds of years ago by the Kushan king Kanishka.**



**Gobindgarh Fort was built in Amritsar in 1760s by Gujjar Singh Bhangi, who was a local chieftain.**



# Place of Interests

## Durgiana Temple



## Phillaur Fort





# Culture



- ▶ Punjab is a really vibrant place.
- ▶ People of Punjab love to dance and celebrate life with all its forms. They are known for their lively and fun-loving ways. Their every occasions are accompanied by songs and dance, and there are events where everyone takes part- from the oldest granny to the youngest child.
- ▶ Punjabi culture is full of poetry, songs and stories. There are ballads of war and love, songs to celebrate festivals and folk music in which everyone enthusiastically joins in. Most of these have either Sikh or Muslim origins.
- ▶ The Adi Granth is the holy book for all Sikh people.
- ▶ Punjabi literature is just as rich and colorful as the place. One of the first pieces of writing that is recognized as genuine Punjabi literature is Janam Sakhi- a biography of Guru Nanak that his best friend and companion, Bhai Bala, wrote. Then there is the world-famous Adi Granth (meaning ‘First Book’), which is a collection of poems put together by Guru Arjan.

# Love Stories

Just like Romeo & Juliet in Western world, Punjab has its own famous love story, called Heer Ranjha. It was written by Waris Shah, a renowned poet. There are many Hindi and Punjabi movies that are based on the Heer and Ranjha story. Another famous couple in Punjabi literature is Sohni-Mahiwal. People adore these wonderful love stories.



# Bhangra

From the state of Punjab, it is one of the best-known folk dances. It is performed mainly during Lohri- a harvest festival. Men (and sometimes women) dance to the loud beat of the dhol and there is much movements of the shoulders and feet.



**Gidda Dance:** This dance looks like Bhangra, but it is usually performed by women and is a mix of song and dance.



**Kikli** is a simple and fun dance that younger girls perform. They have to do it in pairs or groups in four.

**Dhankara** is almost like a martial art. Men perform this by holding long swords. They circle each other and often leap high to loud and lively music. It is a dance celebration.

### Kikki Dance



### Dhankara



# Baisakhi Festival

- Every year in April, the Vaisakhi celebration is held to commemorate the first day of the month of Vaisakh.
- This spring harvest festival is primarily rooted to the northern regions and mainly celebrated by the Sikh community.
- During this festival, they hold kirtans, visit local Gurudwaras, socialize and share festive foods.
- Other Indian cultures and diaspora also celebrate this festival in their own way.



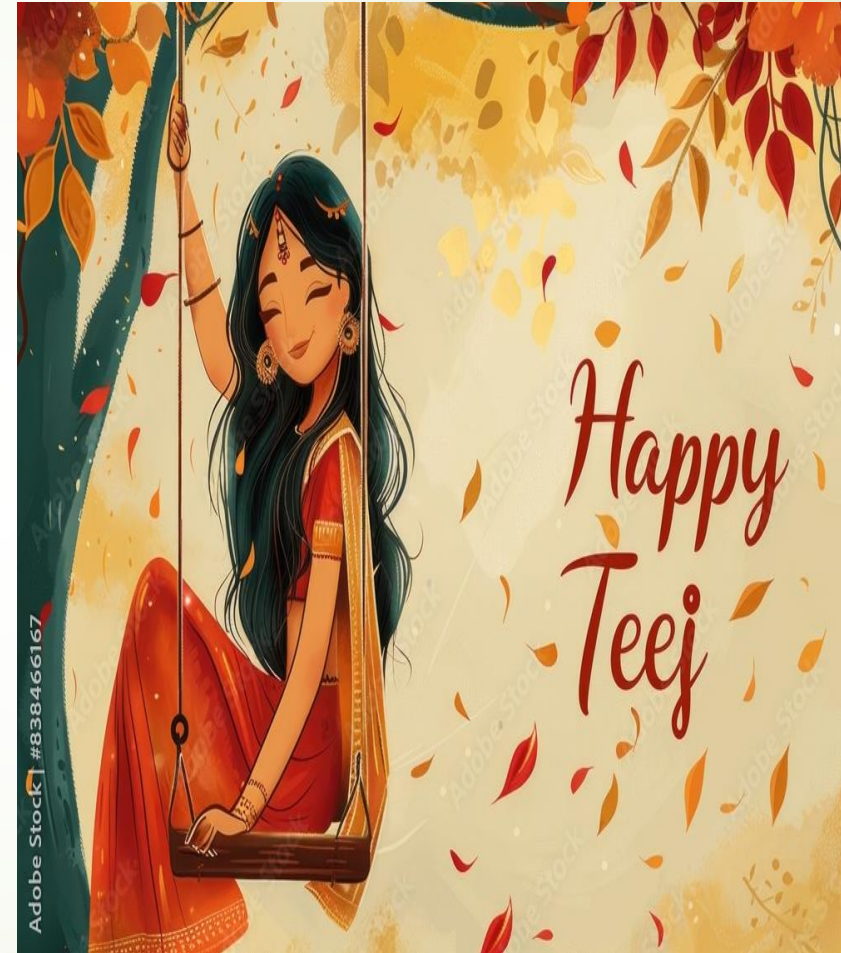
# Lohri Festival

- Lohri, a well-known winter folk festival in Punjab, is one of the many festivals in India that have its roots in honouring agriculture.
- The Lohri festival greets the sun's arrival in the northern hemisphere and signals the end of the bitterly cold winter season.
- It happens just one night before Makar Sankranti where people light up bonfire and throw handfuls of grains in it to bless the coming of the new agricultural season and harvest.



# Teej Festival

- There are two variations of the Teej festival celebrated in India, namely, Hariyali sand Hartalika.
- It is celebrated by the girls and married women of the Hindu community to welcome the monsoon season.
- They sing, dance, observe fast, offer prayers meditate and listen to devotional music.
- This festival is dedicated to goddess Parvati and her reunion with lord shiva.
- Women wear 16 Shringar and put Mehendi to honor their marital status.
- The festival is mainly observed in the North Indian states and Nepal.



# Punjabi Food

In traditional houses, there were no properly closed kitchens. Instead, an area that was open to the air and wind was used. It had built-in mud hearths called *chulahs*.

Punjabi food is hearty, healthy and tasty. Some dishes are shared with Pakistani cuisine too.

The best food that one can get in Punjab is in the dhabas. These are roadside eateries, where people eat quick, inexpensive meals. But the food in dhabas is legendary.



# Foods

**Channa Kulcha:** The chana (chick peas) gravy is thick, spicy & delectable. Add to that the soft as cloud bread called Kulcha.



**Ma ki dal:** This thick, yummy, buttery dal is what many Punjabi moms love making for their kids. It's made of black lentils & cooked with spices for hours, till it becomes rich, creamy & so delicious.



**Rajma Chawal** is a yummy gravy made of kidney beans. It's a lovely rich-red colour. People love it with rice & eat it all up till they lick their plates clean.

**Sarso da Saag & Makki Di Roti** is an amazing winter dish. Sarson da saag is a dish made from mustard greens that are mashed into a yummy paste. It is usually eaten with bread that is made from cornflour, also called makki di roti.

## Rajma Chawal

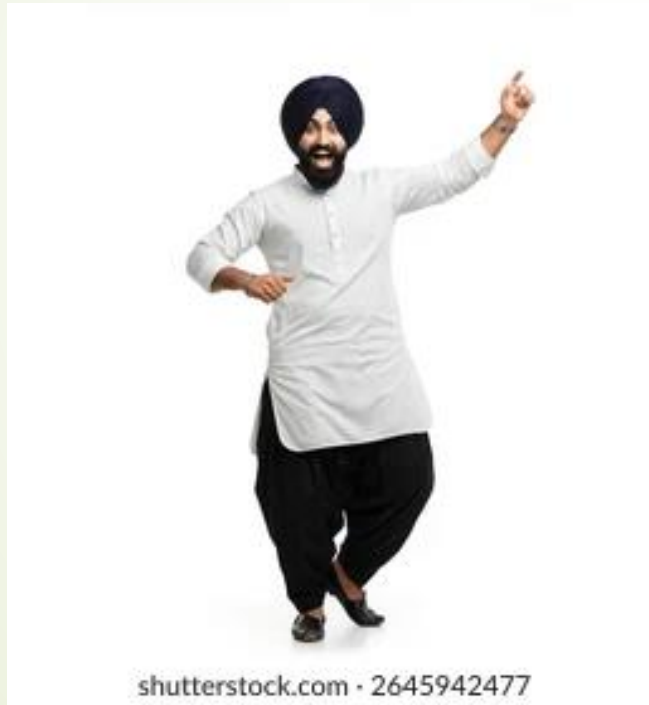


## Sarso da Saag Makki di Roti



**Dress Up:** The cloths of Punjab are full of colour. They are loose and comfortable, so that people can breathe in hot weather. The Patiala salwar is extra loose & billowy, and it needs yards of material.

### Punjabi Man



### Punjabi Woman



**Saheed Bhagat Singh** was a revolutionary who fought against the British. Eventually he was executed. He is known as a martyr who gave his life for India's freedom.

**Milkha Singh** is a great athlete and was called the Flying Sikh, due to his amazing speed. He represented India at the Olympics. He also won many medals in the Commonwealth Games.

**Bhagat Singh**



**Milkha Singh**





**Thank You**

