





# Demographics of Punjab

- Area: 50,362 sq Km
- Capital: Chandigarh
- Language: Punjabi
- Districts: 17
- Population : 20,281,969
- Males : 10,695,136
- Females : 9,495,659
- Literacy : 57.14%



# Places of Interest in Punjab

- **Amritsar**-Sacred city of the Sikhs, The Golden Temple, Gardens, Fort, Museums.
- **Taran Taran**-Sikh Shrine.
- **Dera Baba Nanak/Govindwal/Kiratpur**-Sikh pilgrim center.
- **Pathankot**-Gateway to Jammu and Kashmir and the Valleys of Himachal.
- **Patiala**- Palace and Museum, National Institute of Sports.
- **Major Towns**- Chandigarh, Amritsar, Patiala, Ludhiana, Jalandhar.

# People

The people of this state are very hospitable, enterprising and industrious. Today, this is one of the most developed states in India. The contribution of Punjab in the field of "green revolution", industrial development, sports and armed forces has been unique and unparalleled. Punjab is dotted with places of historical and cultural interest.

This land is inhabited by the brave people who fought battles with invaders for centuries, and is very aptly called "Sher-e-Punjab" or the land of lions.

# The Sikh Religion

A progressive religion well ahead of its time when it was founded over 500 years ago, The Sikh religion today has a following of over 20 million people worldwide and is ranked as the world's 5th largest religion.

Sikhism preaches a message of devotion and remembrance of God at all times, truthful living, equality of mankind and denounces superstitions and blind rituals.

Sikhism is open to all through the teachings of its 10 Gurus enshrined in the Sikh Holy Book, Sri Guru Granth Sahib.

# The Sikh Religion

- The Sikh place of worship is called a *gurdwara*, which means house of God. Wherever Sikhs go, they build a gurdwara as a place to worship and meet each other.

- Sri Harimandir Sahib*, commonly referred to as the "Golden Temple," is the world's most famous *gurdwara*.



# Sikhs Articles of Faith

- Sikhs have a way to show their commitment to their religion: they wear five articles of faith, called kakkars or "5 K's." Many Sikhs who have not taken amrit (similar to baptism) do not keep all five. Almost all Sikhs wear the kara, or silver bangle.

- These are the **5 K's**:

- **Kachhera**: The kachhera, a cotton undergarment, reminds Sikhs of their modesty.

- **Kanga**: The kanga, a small wooden comb, represents cleanliness and taking care of yourself.

- **Kara**: The kara, a steel bangle, is worn on the wrist. Since we use our hands for almost everything we do, the bracelet is a constant reminder of good deeds.

- **Kes**: The kes, long uncut hair, has become the most visible way to identify Sikhs. Sikhs do not cut their hair in order to maintain the way their bodies were given to them. Most men and some women wrap their long hair in a turban. Almost all people you see wearing turbans in the United States are Sikhs.

- **Kirpan**: The kirpan, a small religious sword, represents a commitment to justice.



# Names

## **Middle Name**

- One of the Sikh gurus, Guru Gobind Singh, wanted to promote equality and unity between all Sikhs. So he gave all Sikh women the name "Kaur," meaning daughter of kings and all Sikh men the name, "Singh," meaning lion.

## **Last Name**

- The last name usually signifies a family tradition. Many Sikhs, especially in the U.S., choose not to use their family names and instead use "Singh" or "Kaur" as their last name.

# Food

•Imagine a table of steel plates and saucers full of rich spicy dishes – vegetables and meats and yogurts and breads. Punjabi main dishes use rich *masalas*, or spices, cooked with *ghee*, or butter. Punjabis cook vegetables, meat and lentils in the spices and serve them with rice or a flatbread called *roti*, similar to tortillas. To help ease the spices, they serve a side dish of yogurt or a glass of buttermilk. Punjabis usually drink hot milky *chai*, or tea, with every meal.

# Clothing

• **Punjabi Girls.** Punjabi girls traditionally wear *salwar kameez* with bright colored *chunnis*. The salwar kameez has two pieces: the kameez, or long shirt, and salwar, or pants. A chunni is a long colorful cloth that women wear around their necks. Some clothes are simple and made out of cotton, and some are elaborate made out of silk. Though some women wear turbans, most use a long thin scarf to cover their heads.

• **Punjabi Boys.** Punjabi men and boys wear loose pants or slacks with a collared shirt or t-shirt. Some also wear a *kurta pajama*, a shirt and pant outfit which is very popular amongst Punjabi farmers. On their heads, many Sikh men wear turbans, called pagris. Sikh boys wear a *patka*, or a small cloth that wraps around their head, and then choose to wear the turban when they get older.

# Music and Dance

- Bhangra is a lively form of music and dance that originated in Punjab. As many Bhangra lyrics reflect the long and often tumultuous history of Punjab, knowledge of Punjabi history offers important insights into the meaning of the music. While Bhangra began as a part of harvest festival celebrations, it eventually became a part of such diverse occasions as weddings and New Year celebrations. Moreover, during the last thirty years, Bhangra has enjoyed a surge in popularity worldwide, both in traditional form and as a fusion with genres such as hip-hop and reggae.

# Punjabi Dance



# Fairs and Festivals



# Vaisakhi

Vaisakhi is celebrated on the 13th of April every year, marking the new year of Punjab. In Punjab, a primarily agricultural area, this day is especially important as it commemorates the first day of harvest. The fields are full and beautiful with nature's bounty, all ready to be cut and collected on this day. Traditionally, the men and women perform Bhangra and Giddha to the pounding rhythm of the dhol (drum).

# Lohri

Lohri marks the end of winter, celebrated on the 13th of January. This festival is celebrated as a harvest fair, marked with gaiety and feasting. This festival commemorates more than the harvest, though; it honors the spirit of Punjab. The day that follows Lohri is an auspicious one for the Sikh community. It is the first day of the Punjabi month called 'mangh' or 'manghi'. This is a holy month, and it is honored with 'daan-punya' (acts of physical and material charity). In the Sikh community, clothes worn the night before, are given away and all the young girls receive 'punya' in the form of money.





Anniversaries associated with the lives of Sikh Gurus are referred to as Gurburabs

Gurburab literally means 'festival of the guru'. The Sikhs celebrate 10 Gurburabs in a year. All Gurburabs are considered auspicious and important but special significance is accorded to the birth anniversary of Guru Nanak, the founder of the Sikh religion. This falls in the month of Kartik (October / November).

# Education in Punjab

- A uniform structure of school education the “10+2” system has been adopted.
- Minimum age for admission to class 1 in primary school is generally 5+ years.
- The medium of instruction is Hindi, Punjabi and English.

# Punjabi language

- Punjabi is a language (what we speak).  
Gurmukhi is a script (how we write Punjabi)
- In the Punjabi language, the total number of alphabets are 40, vowels are 10, consonants are 5 and dependent vowels (Matraas) are 10.

# Punjabi Language

- Gurmukhi script is written from left to write, and read from left to right.
- Paragraphs have indentions.
- Various letters/sounds in the Punjabi alphabet have no English equivalents.
- Sentences are written with the subject first, sentence parts in the middle, and the verb last.
- Helping verbs such as “to be” are not usually used in Punjabi.
- There is no capitalization of words.



•The culture of Punjab is unique. Punjabis show a zest for life. They are known for their hard work and bravery. They do well in all types of work, from farming to information technology.

