

Knowledge Roots

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Punjab

Punjab is one of the most prosperous states in India. It is a culturally rich and historically significant region in India, known for its vibrant traditions, and agriculture production. The name Punjab is made of two words **Punj** means **Five** + **Aab** means **Water** i.e. land of five rivers. These five rivers of Punjab are Sutlej, Beas, Ravi, Chenab, and Jhelum.

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Geography

Located in the northwestern part of India, Punjab shares its borders with the Indian states of Haryana, Himachal Pradesh, and Jammu and Kashmir, as well as with the neighboring country of Pakistan.

The total area of the state is 50,362 square kilometers.

The state of Punjab is bordered by the Himachal Pradesh to the north and northeast, Haryana to the south and southeast, Rajasthan to the southwest and Jammu and Kashmir to the north. It shares an international border with Pakistan to the west.

Punjab is often referred to as the "**Granary of India**" for its fertile soil and extensive agriculture.

Punjab is considered to have the best infrastructure in India. This includes road, rail, air and river transport links that are extensive throughout the region.

The region has a rich history, with influences from various empires and rulers, including the Indus Valley Civilization, the Maurya and Gupta Empires, and the Mughal Empire.

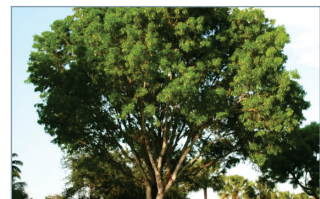
Climate

The state has a balanced nature of heat in summer, rain in monsoon and cold in winter. The three seasons are so distinctly distributed that you can enjoy each of them individually. Punjab experiences both summer and winter to its extreme. It even receives abundant rainfall, which makes the state a very fertile land.

Punjab State's Symbols

State Tree

Shisham, also known as Indian Rosewood, is the state tree of Punjab.



State Flower

Gladiolus is the state flower of Punjab.



State Animal

Blackbuck or Antelope Cervicapra is the state animal of Punjab.



State Bird

Northern Goshawk or **Baaz** is the state bird of Punjab.



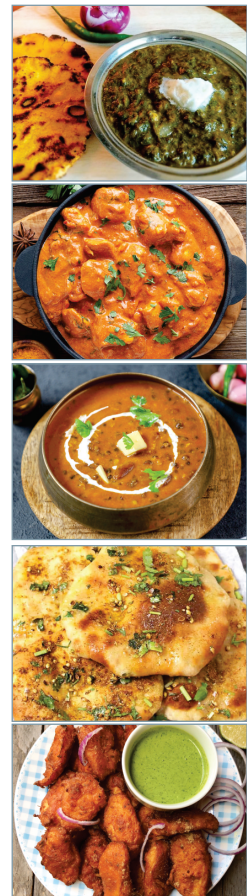
Natural Vegetation

Punjab is characterized by a mix of tropical and subtropical vegetation. The region has undergone significant agricultural development, leading to extensive cultivation and transformation of the natural landscape.

Delicacies of Punjab

Punjabi cuisine is known for its rich and flavourful dishes, often characterized by the use of ghee, butter, and a variety of spices.

1. **Sarson da Saag and Makki di Roti** is a classic Punjabi dish. Sarson da saag is a curry made from mustard greens, and makki di roti is a flatbread made from cornmeal.
2. **Butter chicken**, traditionally known as murgli makhani, is a type of curry made from chicken with a spiced tomato and butter sauce.
3. **Dal Makhani** is a creamy and flavourful lentil curry made with black lentils (urad dal) and kidney beans (rajma). It's slow-cooked with spices and finished with butter, gives it a rich taste.
4. **Amritsari Kulcha** is a Punjabi flatbread prepared with all-purpose flour or maida with potato stuffing. Amritsari naan or kulcha is typically prepared in an Indian oven (tandoor).
5. **Amritsari fish**, originating from the city of Amritsar, is a deep-fried fish, marinated in a blend of spices and gram flour. It is often served with mint sauce.



6. **Lassi** is a refreshing yogurt-based drink, sweet or salty, sometimes flavoured with fruits or spices. Lassi is a popular beverage in Punjab and is known for its cooling properties.
7. **Punjabi Kadi** is a yogurt-based curry with gram flour (besan) and pakoras (fried dumplings). It has a tangy and slightly spicy flavour.
8. **Atte ki Pinni** is a traditional Punjabi sweet dish. Its major ingredients include whole wheat flour, semolina, and dry nuts.
9. **Allo Parantha** is a paratha stuffed with spiced mashed potatoes and served with a generous dollop of butter. Aloo paratha is a staple breakfast item in Punjab.



Dialects of Punjab

Punjab, is known for its linguistic diversity. The primary language spoken in Punjab is Punjabi, which itself has various dialects and regional variations.

1. **Malwai** is spoken in the Malwa region of Punjab, which includes cities like Ludhiana, Patiala, and Bathinda.
2. **Doabi** is spoken in the Doaba region, which lies between the Beas and Sutlej rivers. Jalandhar and Nakodar are prominent cities in the Doaba region.
3. **Majhi** is spoken in the Majha region, which includes cities like Amritsar, Gurdaspur, and Tarn Taran.

Punjabi is written in the **Gurmukhi** script in Punjab.

Musical instruments used in Punjab

Punjab has a vibrant musical tradition, and a variety of musical instruments are used to create the distinctive sounds of Punjabi music.

- ❖ **Dhol** is a conventional and classical instrument. The dhol is a highly important component of the local culture in Punjab. It has become a symbol of Punjabi ethnic identity among Punjabis. Both sides of the Punjabi dhol are usually played with sticks. There are two types of drumsticks: the dagga, which is curved, and the chanti, which is straight.



- ❖ The **algoza**, also known as the Jori or Ngozi, is a Punjabi woodwind instrument popular among Sindhi folk singers. It has the appearance of a pair of wooden flutes. Three fingers on each side are used by the musician to play it.



- ❖ **Sarangi** is a classical bowed string instrument. It is used to evoke emotive and soulful melodies and is often played in classical and Sufi music traditions in Punjab.



- ❖ **Chimta** is a lovely instrument that brings out the beauty and harmony of life. This instrument is frequently heard in popular Punjabi folk tunes, Bhangra music, and Gurbani Kirtan (a type of Sikh liturgical music). The instrument is made up of two long flat iron pieces with pointy ends and rings attached to them.



- ❖ **Rabab** is an Afghan string instrument that would become a Punjabi instrument when it was performed by Guru Nanak's first pupil and friend, Bhai Mardana. It quickly became a staple of Punjabi songs.



- ❖ Guru Hargobind Singh Sahib Ji, the 6th Guru of the Sikhs, devised the **taus**, a Punjabi board string instrument. It has a peacock frame and a hefty metal fretboard with 20 frets. The



instrument is performed with a bow and is held on a long wooden shelf with 28 to 30 strings.

Crops Grown in Punjab

Punjab is often referred to as the "**Granary of India**" due to extensive agricultural activities. The state's economy is heavily dependent on agriculture, and it is a major contributor to the country's food production.

Punjab is a leading producer of **wheat** in India. The wheat crop is sown in the winter season (Rabi crop) and harvested in the spring.



Rice is another major crop cultivated in Punjab, particularly in the Kharif season.

Cotton is grown in the Kharif season and is an essential crop for the textile industry. Punjab is one of the leading cotton-producing states in India.



Barley is grown in the Rabi season. It is used for various purposes, including animal fodder and malt production for the brewing industry.

Sugarcane is an important cash crop in Punjab, and it is mainly cultivated for sugar production.



Mustard and sunflower are the primary oilseed crops grown in Punjab. Mustard seeds are used to produce mustard oil, a common cooking oil in the region.



Punjab also produces a variety of **fruits and vegetables**, including citrus fruits, apples, pomegranates, potatoes, onions, and tomatoes.



Farmers in Punjab also cultivate various **pulses** like urad dal, moong dal, etc.



Dresses of Punjab

Punjab, a state in North India, has a rich cultural heritage that is reflected in its traditional clothing.

1. **Kameez** is a long tunic or shirt that is typically knee-length or longer. It can be plain or embroidered.

Salwar are loose-fitting trousers that are narrow at the ankles. The traditional Punjabi salwar is called the "Patiala salwar".

Dupatta is usually completed with a matching or contrasting dupatta, which is a long scarf worn across the shoulders or around the head.

2. **Phulkari** Embroidery is a traditional embroidery style of Punjab, characterized by vibrant thread work on fabric.
3. **Punjabi Ghagra** is one of the few traditional dresses. It is a part of a four-piece outfit originated in Punjab. This attire is mostly put on during 'Giddha', a famous folk dance of Punjab performed by women to twirl around in mesmeric colours while singing folk songs reminiscent of its culture.
4. **Parandi** is a decorated with jewellery and colourful threads. Parandi or Paranda is a hair accessory used by the women of Punjab.
5. **Kurta Pyjama** is the most popular traditional wear of Punjabi men. Kurta is a long shirt with slashes on both the side and long sleeves. Pyjamas are loose baggy pants tied with a drawstring.
6. **Turban** is a headgear worn by the Punjabi men, based on cloth winding known as pag or pagri. It is a customary turban that is worn by men and is available in multiple colours.
7. The Punjabi **Jutti** has been a part of the royalty of the Kings. It is traditionally embroidered on leather in real gold or silver threads. One of the unique features of this handcrafted footwear is that it has no left or the right side distinction and can be worn on any foot of choice.



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