



PLEASE PRACTICE THESE SENTENCES WITH SOMEONE

WEEK 2

ADD ANE = AND

AT THE BEACH

AAJE BHU GARMİ CHHE TODAY, IT'S REALLY HOT

MAARE BEACH PAR JAAVU CHHE I WANT TO GO TO THE BEACH

AAJE HU BAHU KHUSH CHHU TODAY I'M VERY HAPPY

AA BEACH BAHU SARAS CHHE THIS IS REALLY GOOD!

AA BEACH BAHU SAAF CHHE THIS BEACH IS VERY CLEAN

MANE AHIYA BAHU GAME CHHE – I REALLY LIKE IT HERE

MAARE SWIMMING JAAVU CHHE – I WANT TO GO SWIMMING

PANI BHU TAHANDU CHHE ! – THE WATER IS COLD !

MANE GARMİ/TAHANDI LAAGE CHHE – I FEEL HOT/COLD

MANE TARAS LAAGI CHHE I'M THIRSTY

MANE PAANI AAPO PLEASE GIVE ME WATER PLEASE

MAARE ICE CREAM KHAVO CHHE – I WANT TO EAT ICE CREAM

MANE (XX OBJECT) AAPO PLEASE GIVE ME XX SUNCREAM /BALL

CULTURAL TOPIC

ROUF DANCE (KASHMIRI)

Rouf dance is a traditional and rhythmic folk dance of Jammu and Kashmir. Rouf dance is a simple yet cheerful folk dance where you will find women wearing colourful dresses, rhythmically celebrating spring.

Rouf is primarily performed to celebrate the harvesting season of spring. Harvesting season is a special occasion for the farmers, women celebrate this occasion by dancing in unison.

Costumes

The women wear **Salwar Kameez** covered with an embroidered Pheran. There is a headscarf called **Kasaab or Daejj**. They wear traditional silver jewellery to enhance the look. The women form two chains of dancers facing each other.

All the magic is done by the footwork and torso movement. The two rows interact while dancing and enjoy the rhythmic poetry.

Rouf dance is like a thank-you note to nature. It's a musical gesture of gratefulness for bringing the happiness of spring to the valleys of Kashmir.

Rouf is simple, and you can also dance along and enjoy the beats.

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