

PANJABI



Week 5

Write each letter on print out and say the sound

WEEK 5

1. **ਟ T** TAIN – KA

ਟਮਾਟਰ (TAMA-TAR) = TOMATO

ਟੋਪੀ (TOPI) = HAT

2. **ਠ TH (HARD T)** THA-THA

ਠੰਡ (THAN-D) = COLD

ਠੀਕ (THEEK) = OK/FINE

3. **ਡ D** DA-DA

ਡੱਬਾ (DABBA) = BOX

ਡਰ (DARR) = SCARED

4. ਢ DH DHA-DHA

ਢੋਲ (DHOL) = DRUM

ਢਾਈ (DHA-AI) = HALF PAST 2

5. ਣ N NAA-NHA

ਣ Only used at the end of letter

ਲਿਖਣਾ (LIKH-NHA) = WRITE

ਲੈਣਾ (LENHA) = TAKE

## HOMEWORK

Practice on writing/saying the 5 letters/Matra at home and bring to class next week

## **DANCE OF INDIA**

### **RAJASTHANI**

### **GHOOMAR**

---

**Ghoomar or Ghumar** is a traditional folk dance of Rajasthan.

It was Bhil tribe who performed it to worship Goddess Sarasvati which was later embraced by other Rajasthani communities.

The dance is chiefly performed by veiled women who wear flowing dresses called *ghaghara*. The dance typically involves performers pirouetting while moving in and out of a wide circle.

The word *ghoomna* describes the twirling movement of the dancers and is the basis of the word *ghoomar*.

According to the traditional rituals, newly married bride is expected to dance ghoomar on being welcomed to her new marital home.

Ghoomar is often performed on special occasions, such as at weddings, festivals and religious occasions. which sometimes lasts for hours.

**Show video and ask them to pose**

**Who can hold the pose longest wins!**