



HINDI

WEEK 2

ADD AUR = AND

PLEASE PRACTICE WITH SOMEONE

AT THE BEACH

AAJ BAHUT GARMİ HAI TODAY, IT'S REALLY HOT

MUJHE BEACH JHANNA HAI I WANT TO GO TO THE BEACH

AAJ MEH BAHUT KHUSH HOON TODAY I'M VERY HAPPY

YEH BEACH BAHUT BADIYA HAI THIS IS REALLY GOOD!

YEH BEACH BAHUT SAAF HAI THIS BEACH IS VERY CLEAN

MUJHE YAHAN BAHUT ACHHA LAGTAA HAI – I REALLY LIKE IT
HERE

MUJHE SWIMMING JHANNA HAI – I WANT TO GO SWIMMING

PANI BAHUT TAHNDA HAI ! – THE WATER IS COLD !

MERA FAVOURITE BEACH XX HAI MY FAVOURITE BEACH (PLACE) IS

MUJHE GARMİ/TAHNDI LAG RAHI HAI – I FEEL HOT/COLD

MUJHE PYAAS LAG RAHI HAI I'M THIRSTY

MUJHE PANI DHEDHO PLEASE GIVE ME WATER PLEASE

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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