



WEEK 1

PLEASE PRACTICE WITH SOMEONE

MY KITCHEN - RASOIGHAR

ADD AUR = AND

NAMASTE - HELLO

MARI PASSE NANU/MOTU KITCHEN CHHE. - I HAVE A BIG/SMALL KITCHEN

DRAWER MA CHAMCHI, CHAMCHA ANE CHAKU CHHE IN THE DRAWER ARE SPOONS, KNIVES AND (SERVING SPOON/S)/LADLE

MOTA DRAWER MA TAPALI, TAPALA ANE TAVI CHHE IN THE BIG DRAWER THERE IS SAUCEPAN/S, TAVA AND A WOK

KITCHEN NA CABINET MA VATKA ANE THALI CHHE. IN THE KITCHEN CABINETS ARE BOWL/S AND PLATE/S

KITCHEN NO FLOOR XX RANG NO CHHE THE KITCHEN FLOOR IS XX COLOUR

KITCHEN NA CABINETS XX RUNG NA CHHE. – THE KITCHEN CABINETS ARE XX COLOUR

AMARA DINING TABLE PAR XX LOKO BESI SAKE CHHE. OUR DINING TABLE CAN SEAT XX PEOPLE

AME SAVARE AATH VAGYE BREAKFAST KARIYE/KHAIE CHHIYE. WE EAT BREAKFAST AT 8'O'CLOCK, IN THE MORNING

AME SANJE CHUH VAGYE DINNER KARIYE/KHAIE CHHIYE WE EAT DINNER AT 6'O'CLOCK, IN THE EVENING

AMARA KITCHEN MA DISHWASHER, WASHING MACHINE ANE OVEN CHHE IN OUR KITCHEN IS A DISHWASHER, WASHING MACHINE AND OVEN

CULTURE TOPIC

Greetings and their meaning

'Namaste' is one of the most popular Indian customs and isn't just restricted to the Indian territory anymore.

The Namaste, or namaskar, is one of the five forms of traditional greetings and translates to 'I bow to you', and greeting one another with it is a way of saying 'May our minds meet'

The word Namaha can also be translated as 'na ma' (not mine), to signify the reductions of one's ego in the presence of the other.

Sat Sri Akal

SAT SRI AKAL is a Panjabi greeting which means

Hello, goodbye, good afternoon and good evening, in
Punjabi

It can best be translated as, TRUTH IS GOD or GOD IS
TRUTH.

Both Namaste and Sat Sri Akal are accompanied by
the folded palms placed before the chest and making a
slight bow.

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