



WEEK 1

PRACTICE THESE SENTENCES WITH SOMEONE

MY KITCHEN - RASOIGHAR

ADD AUR = AND

NAMASTE - HELLO

MERE PASS BUDDA/CHOTAH KITCHEN HAIN - I HAVE A BIG/SMALL KITCHEN

DRAWER MEIN CHAMACH, CHHUREE AUR KARCHI/YA HAIN IN THE DRAWER ARE SPOONS, KNIVES AND (SERVING SPOON/S)/LADLE

BADDE DRAWER MEIN PATEELA/EH, TAVA AUR KARAAHI HAIN IN THE BIG DRAWER THERE IS SAUCEPAN/S, TAVA AND A WOK

KITCHEN KE CABINETS MEIN KATORI/YAAN AUR THAALI/YAAN HAIN IN THE KITCHEN CABINETS ARE BOWL/S AND PLATE/S

KITCHEN KA FURSH XX RUNG KA HAIN THE KITCHEN FLOOR IS XX COLOUR

KITCHEN KE CABINETS XX RUNG KE HAIN – THE KITCHEN CABINETS ARE XX COLOUR

HAMAARI DINING TABLE PAR XX LOG BAITH SAKTE HAIN OUR DINING TABLE CAN SEAT XX PEOPLE

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 Panjabi

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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