



PANJABI

WEEK 2

ADD TEH = AND

PRACTICE THESE SENTENCES WITH SOMEONE

AT THE BEACH

AHJ BAHUT GARMİ HAI TODAY, IT'S REALLY HOT

MEH BEACH JHANNA HAI I WANT TO GO TO THE BEACH

AHJ MEH BAHUT KHUSH HAI TODAY I'M VERY HAPPY

AH BEACH BAHUT VADHYA HAI THIS IS REALLY GOOD!

AH BEACH BAHUT SAAF HAI THIS BEACH IS VERY CLEAN

ETHE MENOO BAHUT PASANDH HAI – I REALLY LIKE IT HERE

MEH 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

MENOO GARMİ/TAHND LAGDHI HAI – I FEEL HOT/COLD

MENOO PYACE LAGGI HAI I'M THIRSTY

MENOO 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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