

Punjab region and eastern punjab dialect



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In Punjab, home cooking differs from the restaurant cooking style. At the restaurants, the chefs make a liberal use of desi ghee, butter and cream to make the food lip smacking and finger licking. On the other hand, at home, people prefer using sunflower oil or some other refined oil for cooking, with the basic idea of making the food low in fat content. Wheat is the staple food of Punjabis; however, they do enjoy eating rice on festivities and other special occasions. When it comes to food, each region in Punjab has an entirely different preference like people in Amritsar are particularly fond of stuffed paranthas and milk products.

The philosophy of life for most of the Punjabis is to eat, drink and make merry. They are real lively people who are extremely fond of eating good food. In the preparation of Punjabi food, onion, ginger and garlic are used extensively to enhance the taste of the food. Traditional Punjabi thali consists of varied kinds of breads; some are baked in the tandoor such as tandoori roti, lachha paratha, naan and kulcha, while others are dry baked on tava like chapatti and jowar ki roti.

There is another fabulous variety of roti called rumali roti, which is larger in size as compared to the normal one and is also easily absorbable. Also, there are breads that are shallow fried such as parantha and deep fried such as puri and bhatoora. A generation ago, the turban was the "crowning glory" of all Punjabis whether Muslim, Hindu or Sikh. Muslims and Hindus have given up their turbans, but it remains, literally, an article of faith for Sikh men whose religion forbids them to cut their hair.

The kurta, a long straight-cut, loose shirt teamed with pyjamas, the loose baggy salwar or a kind of sarong called a loongi or tehmat makes up the traditional dress for men. Winter sees the rustic Punjabi in colourful sweaters that wives and mothers are so skilled in making. A blanket finishes his ensemble. When the urban, educated Punjabi steps out to work he will be in shirt and pant or a suit—sartorially indistinguishable from his counterparts in Tokyo or Toronto. Back home in the evening, he is likely to be found in more traditional dress.

The traditional Punjabi shoes, called juttis retain their popularity with both rural and urban men; they are both elegant and comfortable. Patiala and Muktsar are famous for juttis. It is impossible to tell by dress whether a Punjabi woman is a Hindu, Muslim, Sikh or Christian – they all dress in salwar topped by a kameez (a garment that can be fitted like a dress loose like the kurta) and accented by a rectangular scarf about 2.5 metres long called the chunni or duppatta. She's fond of her sweaters, but she is passionately proud of her collection of woollen shawls.

These can be breathtaking. The women of Punjab are responsible for the state's most famous item of handicraft – the phulkari. Lohri Celebrated on the 13th day of January, Lohri is a festival of zeal and verve and marks the culmination of the chilly winter. In true spirit of the Punjabi culture, men and women perform Bhangra and Giddha, popular Punjabi folk dances, around a bonfire. Enthusiastic children go from house to house singing songs and people oblige them generously by giving them money and eatables as offering for the festival.

Late in the evening, people gather around the bonfire and throw sweets (gachak and rewri), puffed rice and popcorn (as holy offering) into it and sing folk songs. Lohri is also an auspicious occasion to celebrate a newly born baby's or a new bride's arrival in the family. The day ends with a traditional feast of sarson da saag and makki di roti and a dessert of rau di kheer (a dessert made of sugarcane juice and rice). Muktsar Fair Rural Sports Hola Mohalla Basant Panchami Baisakhi

Baisakhi marks the jubilation of a bountiful harvest and is celebrated on the first day of the month of Baisakh (April/May). This is the New Year's Day, going by the Saka calendar and corresponds to April 13th of the Gregorian calendar. Essentially, a North Indian harvest festival, it is the time for the reaping of the rabi (winter crop). Punjab is divided into two distinct language areas: Hindi in West Punjab and Punjabi in East Punjab. This Eastern Punjab dialect developed into a literary language around the beginning of the 17th century whereas Hindki still remains a group of dialects.

During medieval times, Punjab repeatedly bore the brunt of Afghan invaders and internal battles, and these warring times were not exactly feasible for any sort of literary or cultural expansion. " Punjab is a land of plenty, of large hearted people and of life. Green fields, hard working men and women and good food are things that come to mind when thinking of Punjab but something that is even more characteristic are the beats of the Bhangra. " Bhangra, because of its liveliness, has gained popularity all over the country.

Its catchy beats and up tempo music can be heard everywhere today. It's popularity can be attributed to many who helped bring it out of Punjab and

spread it all over the country. But there is one man in particular whose name has now become synonymous with Bhangra. He is a husband, a father and a world-renowned entertainer. He popularized Bhangra like no one else before and spread it not only all over the country but all over the world. He has won many national and international awards for his excellent work. The man is Daler Mehndi.

Divan Khana : Sheesh Mahal Rauza Sharif The monuments in Punjab are considered with high regard as all these monuments bring out the unique designs like the entrance of this palace. The monuments in Punjab give a true insight of the past constructions and how thoughtful they were. The Punjab monuments give a clear idea of their talents in constructing and painting the decorations. The most astonishing of all the places is the underground sewerage system and the coal room connection to a tunnel that carries cool air right from the basement.