

“Ek Bharat Shreshtha Bharat”

Department of School Education & Literacy, MHRD



एक भारत श्रेष्ठ भारत

Action Report

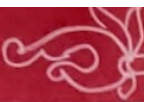
Name of the State/UT/Institute: Punjab: Andhra Pradesh (KVS)

Name of the activity: Student Project Notebook/Scrap book

Number of students participated: 1

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PUNJAB



Punjab

Punjab is a geopolitical, cultural and historical region in South Asia, specifically in the northern part of the Indian subcontinent comprising areas of Eastern Pakistan and Northern India. It has an area of $355,591 \text{ km}^2$ [137,294 sq mi]

People of the Punjab today are called Punjabis, and their main religions are Sikhism and Hinduism.

The official language of Punjab is Punjabi.
Religion: Sikhism 60%, Hinduism 37%, Islam 1.5%, other 4%.





The Khanda is the symbol of the Sikh faith that attained its current form around the first decade of the 20th century.

It is an amalgam of three symbols:

- A double-edged Khanda is in the centre.
 - A chakkar
 - Two single-edged swords, crossed at the bottom, which sit on either side of the Khanda and chakkar.
- They represent the dual characteristics of Miri-Piri, indicating the indigenation of both spiritual and temporal sovereignty together.

Gurus Ka Langar

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Of the many traditions followed inside Gurudwara one is the famous 'Langar'. The practice of serving free food to everybody, irrespective of religion, caste or creed. Since the time of Guru Nanak, the first Guru of the Sikh people who started the tradition in 1482, the Golden Temple in Amritsar has been serving free hot meals, known as Langar, to people of all religions and faiths who come to its doors every day. Free Langar are served at all Sikh Gurudwaras, wherever they may be in the world, but the Langar at the Golden Temple is special indeed. Meals in the Langar are vegetarian, and are simple and nutritious.



FESTIVALS

Punjabi festivals are various festive celebrations observed by Punjabis in India and the diaspora Punjabi community found worldwide. The main festivals of Punjab are :- Lohri, Baisakhi, Holi, Mohalla, and Basant Panchami.

LOHRI :- Lohri is a Punjabi folk festival, celebrated primarily by Sikhs and Hindus from the Punjab region in the northern part of the Indian subcontinent, celebrated on 13 January of every year.

Baisakhi :- In Punjab, Baisakhi marks the ripening of the rabi harvest. This day is observed as the thanksgiving day by farmers.

HOLA MOHALLA :- Holi Mohalla, also called Holi, is a one-day Sikh festival which most often falls in March and takes place on the second day of the Lunar month of Chett, a day after Holi.

BASANT PANCHAMI :- Vasant Panchami, also spelled Basant Panchami, is a festival that marks the arrival of spring.



DANCES OF PUNJAB

Punjabi dances are an array of folk and religious dances of the Punjabi people indigenous to the Punjab region, straddling the border of India and Pakistan. The style of Punjabi dances ranges from very high energy to slow and reserved, and there are specific styles for men and women. The dances are typically performed at times of celebration, such as harvest (Vaisakhi), weddings, melas (festivals) like Lohri, Tashan-e-Baharan (Spring Festival) etc., at which everyone is encouraged to dance. Married Punjabi couples usually dance together. The husband dances in the style of male Punjabi dances, frequently with arms raised, and the wife dances in the style of female Punjabi dances. The main Punjabi folk dance for female is Giddha and for both is Bhangda.

CUISINE

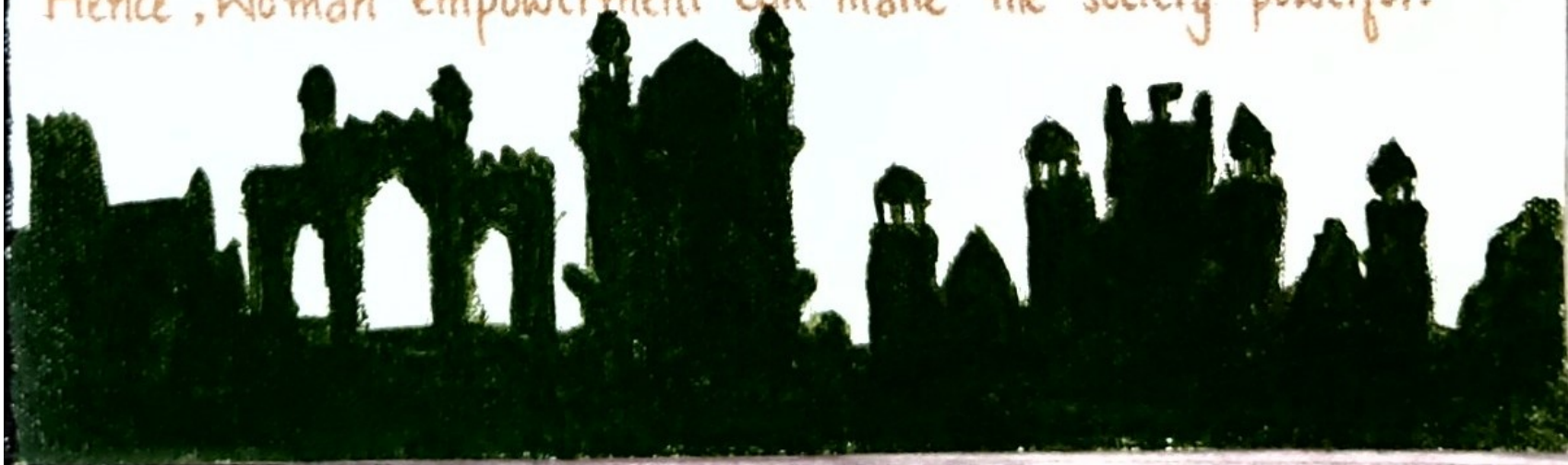
Punjabi cuisine is a culinary style originating in the Punjab, a region in the northern part of the Indian subcontinent, which is now divided between Punjab, India and Punjab, Pakistan. This cuisine has a rich tradition of many distinct and local ways of cooking. One of the popular Punjabi vegetarian dishes is Sarson da saag, a preparation of green mustard leaves that is best savoured with Mukki di roti, a combination that has become a traditional staple food in Punjab. The non vegetarian Punjabi dishes are usually made with meat of lamb and goat, eggs and fish. Punjab is a major producer of wheat, rice and dairy products. These products also form the staple diet of the Punjabi people. The state of Punjab has one of the highest capita usage of dairy products in India.

ROLE IN DEVELOPMENT

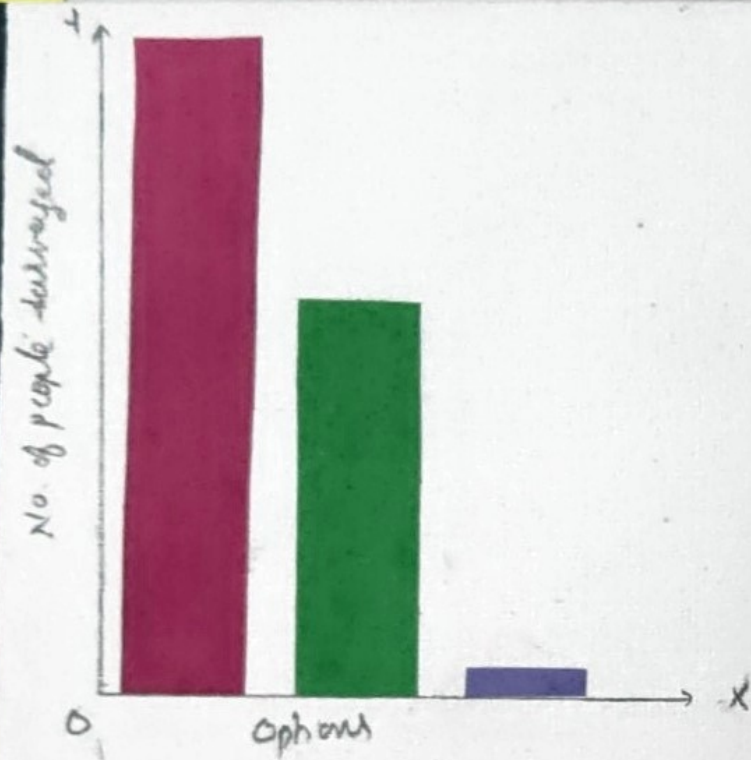
By nature, women play all their roles with great responsibilities & have capability to make a healthy family, solid society & powerful country. It is the matter of think that if women are given all the same facilities like men & force them to be free from all the home responsibilities & think like men then why not it is possible for women to be like men psychologically in every areas of life. Now, women are becoming not only a significant unit of the society but also influencing the course of social change in society. The world cannot grow at good pace unless women come forward & take initiative for the development works.

New idea suggest that development was only made possible by the involvement of women, and rather than being simply passive recipients of development aid, they should be actively involved in development projects.

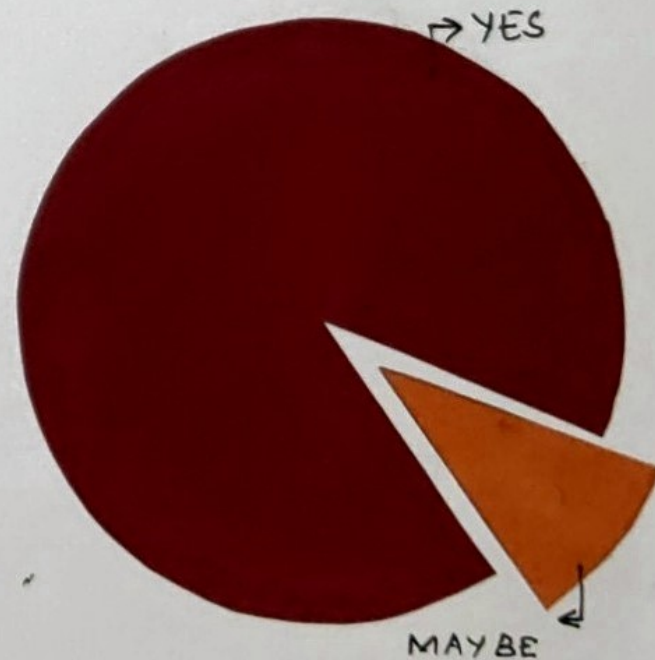
Hence, Woman empowerment can make the society powerful.



Q5. What role do you think women play in development of the society & ECONOMY



Q6. Do you believe development of women leads to development of the society & ECONOMY



Interpretation and Analysis of Data

With 47.5% of respondents consider themselves as feminist and 37.5% of the respondents believe that women empowerment is a reality and the rest think that women empowerment is a reality only to some extent.

37.5% of the respondents believe that women do not get equal opportunities in all fields as men - Social & Economy

50% of the respondents believe that women's involvement in politics will help in the development of society.



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LANGUAGE

Punjabi is Indo-Aryan language with more than 100 million native speakers in the Indian subcontinent and around the world. It is the native language of Punjabi People, an ethnolinguistic group of cultural region called the Punjab, which encompasses northwest India and eastern Pakistan.

Writing System - Gurmukhi, Perso-Arabic (Shabmukhi), Punjabi Braille.

Punjabi is the most widely spoken language in India and Pakistan and the third most spoken native language in the Indian subcontinent. There are over 81 types of sub-accent in Punjabi language.

RELIGIONS

Punjab is the land where a number of religions exist in perfect harmony with each other. Sikhism and Hinduism form the major religions of the state. The other religions like Islam, Christianity, Jainism and Buddhism also flourish, though comparatively low in population. In ancient and medieval era, therefore the arrival of Islam into the Indian subcontinent, Hinduism and Buddhism were the predominant religions in the Punjab region. The people of the Punjab today are called Punjabis, and their principal language is Punjabi. The main religion of the Pakistani Punjab region is Islam. Other religions groups are Christianity, Jainism, Zoroastrianism, Buddhism, and Ravidassia.



WEDDING OF PUNJABI

Punjabi wedding traditions are a strong reflection of Punjabi culture with ritual, song, dance, food, and dress that have evolved over centuries. It consists of many rites, the Batna, choora, Jasso fireworks and sometimes the Ladies Sangeet and Mehndi. The mayian happens the night before the wedding and is celebrated according to which part of Punjab the participants are from. Vatra/Haldi: Four lamps or diyas are lit and the bride sits facing them. Chunni ceremony marks the official engagement of the to-be-weds. Usually the family members of the groom visit the family of the bride with gifts. Some Punjabi Hindu families ask the groom to put vermilion mark on the forehead or hair parting of the bride. Punjabi or Sikh wedding has a lot of Pre and Post wedding ceremonies and rituals associated with it.