

## Intermediate Gurmukhi Summer'25 Workbook

### Revision

### ਲਗਾਂ ਮਾਤਰਾ (Lagi Matra)

Laga Matra	Laga Matra Sound	Examples
1. Mukta (ਮੁਕਤਾ)	1. Without any vowel(Matra) symbols	1. ਰਖ (Rakh), ਹਰ (Har)
2. Kanna (ਕੰਨਾ) " ਾ "	2. Adds the sound "aa" (ਆ).	2. ਰਾਤ (raat), ਬਾਜ (baaj)
3. Sihari (ਸਿਹਾਰੀ) " ਿ "	3. Adds the sound "i" (ਇ)	3. ਦਿਨ (din), ਦਿਲ (dil)
4. Bihari (ਬਿਹਾਰੀ) " ੀ "	4. Adds the sound "ee" (ਈ).	4. ਰੀਸ (rees), ਮੀਲ (meel)
5. Aunkar (ਐਂਕਰ) " ੁ "	5. Adds the sound "u" (ਉ).	5. ਮੁਲ (mul), ਹੁਕਮ (hukam)
6. Dulainkar (ਦੁਲੈਂਕਰ) " ੂ "	6. Adds the sound "oo" (ਊ).	6. ਸੂਰਜ (sooraj), ਸੂਰਮਾ (soorma)
7. Lavan (ਲਾਵਾਂ) " ੇ "	7. Adds the sound "e" (ਏ).	7. ਸੇਵਾ (sēvā), ਦੇਖ (dēkh)
8. Dulavan (ਦੁਲਾਵਾਂ) " ੈ "	8. Adds the sound "ai" (ਐ)	8. ਮੈਲਾ (mailā), ਪੈਸੇ (paise)
9. Hora (ਹੋਰਾ) " ੋ "	9. Adds the sound "o" (ਓ).	9. ਰੋਟੀ (rōṭī), ਯੋਗਾ (yōgā) - yoga
10. Kanora (ਕਨੌਰਾ) " ੜੋ "	10. Adds the sound "au" (ਔ)	10. ਪੌੜੀ (paurī), ਦੌਲਤ (daulat)
11. Bindi (ਬਿੰਦੀ) " ੰ "	11. Both adds a nasal sound "n" Tippi is used with short vowels (Mukta, " ਿ ", " ੁ ") Bindi is used with long vowels ( " ਾ ", " ੀ ", " ੇ ", " ੈ ", " ੊ ", " ੌ ", " ੜੋ ")	11. ਗਾਂਵ (Gaanv), ਬਾਂਸ (Baans)
12. Tippi (ਟਿੱਪੀ) " ੳ "		12. ਪੰਥ (Panth), ਕੰਧ (Kandh)

### ਕੰਨਾ" (Kanna)

- ਕ + ਾ + ਮ = ਕਾਮ (kaam) - Work
- ਸ + ਾ + ਥ = ਸਾਥ (saath) - Together

### ਸਿਹਾਰੀ" (Sihaari)

- ਿ + ਚ + ਰ = ਚਿਰ (chir) - Long time
- ਿ + ਸ + ਖ = ਸਿਖ (sikh) - Sikh

### ਬਿਹਾਰੀ" (Bihaari)

- ਮ + ੀ + ਤ = ਮੀਤ (meet) - Friend
- ਰ + ੀ + ਤ = ਰੀਤ (reet) - Tradition

## ਔਂਕਰ" (Aunkar)

1. ਮ + ੂ + ਖ = ਮੁਖ (mukh) - Face
2. ਮ + ੂ + ਲ = ਮੁਲ (mul) - Price

## ਦੁਲੰਕਾਰ" (Dulankar)

1. ਸ + ੂ + ਰ + ਜ = ਸੂਰਜ (sooraj) - Sun
2. ਮ + ੂ + ਲ = ਮੂਲ (mool) - Root

## ਹੋੜਾ (Hoorā)

1. ਸ + ੋ + ਨ + ਾ = ਸੋਨਾ (sōnā) - gold
2. ਮ + ੋ + ਤ + ੀ = ਮੋਤੀ (mōtī) - pearl

## ਕਨੌੜਾ" (Kanaurra)

1. ਕ + ੌ + ਨ = ਕੌਣ (kaun) - who
2. ਮ + ੌ + ਕ + ਾ = ਮੌਕਾ (mauka) - opportunity

## ਲਾਵਾਂ (Laanvan)

1. ਖ + ੇ + ਲ = ਖੇਲ (khēl) - play
2. ਦ + ੇ + ਰ = ਦੇਰ (dēr) - delay

## ਦੁਲਾਂਵਾਂ (Dulaavan)

1. ਵ + ੈ + ਰ = ਵੈਰ (vair) - Enmity
2. ਸ + ਵ + ੈ + ਟ + ਰ = ਸਵੈਟਰ (svaiṭar) - Pullover

## ਟਿੱਪੀ" (Tipee)

1. ਸ + ੰ + ਤ = ਸੰਤ (sant) - Saint
2. ਪ + ੰ + ਜ + ਾ + ਬ = ਪੰਜਾਬ (punjab) - Punjab

## Part 1 – Write and Pronounce 35 Akhars with Matras

Please watch Basics of Sikhi 12 short videos on Muharni and its pronunciation. Search on youtube for “Basics of Sikhi **Gurmukhi #11 - Muharni #1 of 12 - Mukta Akhars**”

1. **Write the full Punjabi alphabet (Painti Akhri) using “Kanna ੋ” vowel symbols (maatras). Please note ੐ and ੲ cannot be used with Kanna. Say each one out loud to practice pronunciation**

2. **Write the full Punjabi alphabet (Painti Akhri) using “Kanora ੋੌ” vowel symbols (maatras). Please note ੐ and ੲ cannot be used with Kanora. Say each one out loud to practice pronunciation**

3. **Write the full Punjabi alphabet (Painti Akhri) using “Hora ੋੌ” vowel symbols (maatras). Please note ੐ and ੲ cannot be used with Hora. Say each one out loud to practice pronunciation**

4. Write the full Punjabi alphabet (Painti Akhri) using “Sihari ீ” vowel symbols (maatras). Please note ீ and ு cannot not be used with Sihari. Say each one out loud to practice pronunciation

5. Write the full Punjabi alphabet (Painti Akhri) using “Bihari ீ” vowel symbols (maatras). Please note ீ and ு cannot not be used with Bihari. Say each one out loud to practice pronunciation

6. Write the full Punjabi alphabet (Painti Akhri) using “Lavan ੋ” vowel symbols (maatras). Please note ੳ and ੲ cannot be used with Lavan. Say each one out loud to practice pronunciation

7. Write the full Punjabi alphabet (Painti Akhri) using “Dulavan ੊” vowel symbols (maatras). Please note ੳ and ੲ cannot be used with Dulavan. Say each one out loud to practice pronunciation

8. Write the full Punjabi alphabet (Painti Akhri) using “Aunkar ੌ” vowel symbols (maatras). Please note ੲ and ੳ cannot be used with Aunkar. Say each one out loud to practice pronunciation

## Part 2 – Identify Matras

### 1. Circle the answer which contain Gurmukhi Matra/vowel sound

- I. Kanna sounds the same as “ੌ”
- ☐ “A” in Cat
  - ☐ “A” in Car
  - ☐ “A” in Lake
- II. Siharee sounds same as “ਿ”
- ☐ “i” in Ink
  - ☐ “e” in egg
  - ☐ “ee” in feel
- III. Bihaaree sounds the same as “ੌ”
- ☐ “ee” in See
  - ☐ “A” in Safe
  - ☐ “U” in Put
- IV. Laavan sounds the same as “ਏ”
- ☐ “A” in Hat
  - ☐ “A” in Cake
  - ☐ “e” in eat
- V. Dulaavan sounds same as “ਐ”
- ☐ “A” in Bad
  - ☐ “O” in Hot
  - ☐ “i” in Hill
- VI. Hora sounds same the same as “ਓ”
- ☐ “O” in Mom
  - ☐ “u” in Pull
  - ☐ “o” in Old
- VII. Kanaura sounds the same as “ਔ”
- ☐ “A” in hand
  - ☐ “O” in Hold
  - ☐ “O” in Mom
- VIII. Aunkar sounds the same as “ਊ”
- ☐ “ui” in suit
  - ☐ “U” in Put
  - ☐ “oo” in soon
- IX. Dulankar sounds the same as “ਊ”
- ☐ “U” in Fun
  - ☐ “OO” in Moon
  - ☐ “I” in Hit
- X. Tippi Sounds the same as “ਊ”
- ☐ “N” in Singh
  - ☐ “N” in Nest
  - ☐ “N” in Can

- 2. Identify the vowel symbols (maatras) used in the following words. Some words may contain more than one maatra. Write the name of each maatra next to the word.**

**Matras in the Word**

- 1 Food
- 2 Bad
- 3 Ball
- 4 Big
- 5 Book
- 6 Brother
- 7 Cat
- 8 Cold
- 9 Day
- 10 Dog
- 11 Drink
- 12 Earth
- 13 Eight
- 14 Father
- 15 Fire
- 16 Five
- 17 Flower
- 18 Girl
- 19 Good
- 20 Happy
- 21 House
- 22 Listen
- 23 Moon
- 24 Mother
- 25 Name
- 26 Nine
- 27 Pen
- 28 Read
- 29 Run
- 30 Sad
- 31 Sister
- 32 Six
- 33 Sleep
- 34 Small
- 35 Star
- 36 Student
- 37 Sun
- 38 Teacher
- 39 Ten
- 40 Tree
- 41 Two
- 42 Walk

3. Identify the vowel symbols (maatras) used in the following Punjabi words. Some words may contain more than one maatra. Write the name of each maatra next to the word.

Words	Matras in the word	Meaning
1 Yaad		Memory
2 Vishwaas		Faith
3 Vidiyaa		Education
3 Vichaar		Thought
4 Uutsaah		Enthusiasm
5 Uupkaar		Favor
6 Uubaraai		Saved
7 Uubaar		Save
8 Udaas		Sad
9 Tiyaar		Ready
10 Titai		There
11 Taakat		Strength
12 Sooraj		Sun
13 Soojhaee		Understand
14 Shradhaa		Devotion
15 Shaktee		Power
16 Sevaa		Service
17 Sangat		Company
18 Sachaa		TRUE
19 Sabad		Word
20 Rang		Color
21 Rakh		Protect
22 Piaaar		Love
23 Paatisaahu		King
24 Paani		Water
25 Ot		Shelter
26 Nakshaa		Map
27 Mukat		Liberate
28 Meenh		Rain
29 Mahaan		Great
30 Maataa		Mother



Part 3 – Write words in Gurmukhi.

1. **Write the following English words using Gurmukhi letters to match their pronunciation. Do not translate the meaning—just write the word as it sounds.**

- 1 Number
- 2 Word
- 3 Woman
- 4 Welcome
- 5 Water
- 6 Time
- 7 Three
- 8 Thought
- 9 Sweet
- 10 Sun
- 11 Strong
- 12 Story
- 13 Speak
- 14 Sorrow
- 15 Soil
- 16 Soft
- 17 Smart
- 18 Slow
- 19 Sky
- 20 Sister
- 21 Shared
- 22 Share
- 23 Seven
- 24 Service
- 25 Science
- 26 Rest
- 27 Play
- 28 Picture
- 29 One
- 30 Music
- 31 Mother
- 32 Money
- 33 Milk
- 34 Math
- 35 Man
- 36 Love
- 37 Life
- 38 Letter
- 39 Ladder
- 40 Knowledge
- 41 Kind
- 42 Hot
- 43 Hope

- |    |           |
|----|-----------|
| 44 | Heart     |
| 45 | Health    |
| 46 | Hard      |
| 47 | Happiness |
| 48 | Grace     |
| 49 | Gallery   |
| 50 | Funny     |

2. Write example of two words, which you commonly hear/say or things you see at Gurudwara, that use the following Matras in it. In the first column, write the word in English. In the second column, write it in Gurmukhi letters based on how it sounds. Do not translate the meaning. in 1<sup>st</sup> . For example a word with Bihari in it could be– Kirtan (ਕੀਰਤਨ)

Maatra	English	Gurmukhi	English	Gurmukhi
ि				
ी				
उ				
ऊ				
ऋ				
ॠ				
ॡ				
ॢ				
ॣ				
।				
॥				
०				

3. Read the following paragraph and answer the questions that follow. Write all your answers in Gurmukhi .

ਇੱਕ ਚਮਕਦੇ ਧੁੱਪਦਾਰ ਦੁਪਹਿਰ, ਸਿੱਖ ਬੱਚਿਆਂ ਦਾ ਇਕ ਸਮੂਹ ਰੋਜ਼ਾਨਾ ਖੇਡਣ ਸਮੇਂ ਲਈ ਬਾਗ ਵਿੱਚ ਇਕੱਠੇ ਹੋਇਆ।

ਗੁਰਪ੍ਰੀਤ ਨੇ ਉਤਸ਼ਾਹ ਨਾਲ ਕਿਹਾ, "ਮੈਨੂੰ ਲੱਗਦਾ ਹੈ ਕਿ ਲਾਲ ਕਾਰਾਂ ਸਭ ਤੋਂ ਵਧੀਆ ਹੁੰਦੀਆਂ ਹਨ!"

ਅਮਨ ਨੇ ਕਿਹਾ, "ਠੀਕ ਹੈ, ਮੈਨੂੰ ਨੀਲੀ ਕਾਰਾਂ ਪਸੰਦ ਹਨ। ਇਹ ਮੈਨੂੰ ਸਮੁੰਦਰ ਅਤੇ ਆਸਮਾਨ ਦੀ ਯਾਦ ਦਿੰਦੀਆਂ ਹਨ।"

ਮਨਪ੍ਰੀਤ ਨੇ ਕਿਹਾ, "ਇਕ ਦਿਨ, ਮੇਰੇ ਕੋਲ ਹਰੀ ਕਾਰ ਹੋਵੇਗੀ। ਇਹ ਮੇਰੇ ਵਰਗੀ ਹੀ ਅਨੋਖੀ ਹੋਵੇਗੀ।" ਬੱਚਿਆਂ ਨੇ ਹੱਸਿਆ ਅਤੇ ਆਪਣੀਆਂ ਮਨਪਸੰਦ ਰੰਗਾਂ ਵਿੱਚ ਕਾਰਾਂ ਦੇ ਮਾਲਕ ਹੋਣ ਦੇ ਸੁਪਨੇ ਸਾਂਝੇ ਕੀਤੇ।

ਰਾਜ, ਹਮੇਸ਼ਾ ਰੋਮਾਂਚ ਨਾਲ ਭਰਿਆ, ਨੇ ਕਿਹਾ, "ਕੀ ਤੁਸੀਂ ਫਰਾਰੀ ਦੇਖੀ ਹੈ? ਉਹ ਬਹੁਤ ਤੇਜ਼ ਹੁੰਦੀਆਂ ਹਨ!"

ਸਮੂਹ ਨੇ ਉਤਸ਼ਾਹ ਨਾਲ ਬੀਐਮਡਬਲਯੂ ਅਤੇ ਟੈਸਲਾ ਵਰਗੀਆਂ ਹੋਰ ਮਸ਼ਹੂਰ ਬ੍ਰਾਂਡਾਂ ਬਾਰੇ ਗੱਲ ਕੀਤੀ। ਹਰ ਸਾਂਝੇ ਸੁਪਨੇ ਅਤੇ ਕਹਾਣੀ ਨਾਲ ਉਹਨਾਂ ਦਾ ਨਾਤਾ ਹੋਰ ਮਜ਼ਬੂਤ ਹੋ ਗਿਆ, ਦੋਸਤੀ ਦੀ ਖੁਸ਼ੀ ਅਤੇ ਇਕੱਠੇ ਚਮਕੀਲੇ ਭਵਿੱਖ ਦੀ ਕਲਪਨਾ ਕਰਨ ਦੀ ਰੋਮਾਂਚਕਤਾ ਨੂੰ ਦਰਸਾਉਂਦਾ

1. What were the children dreaming about?

Answer:

2. Where did the children gather?

Answer:

3. Who liked red cars?

Answer:

4. Which color cars did Aman like?

Answer:

5. What did Manpreet want one day?

Answer:

6. Which fast car did Raj mention?

Answer:

7. What kind of day was it?

Answer: