Punjab, India

Punjab

State of India

Top to bottom: Harmandir Sahib, Qila Mubarak, Gandhi Bhavan, Wagah Border, Jallianwala Bagh Memorial
Nickname(s): Land of Five Rivers (Persian: Punj- Five, Ab- Waters)

Location of Punjab in India

Map of Punjab

Coordinates (Chandigarh): 30°47′N 75°50′E / 30.79°N 75.84°E / 30.79; 75.84

Coordinates: 30°47′N 75°50′E / 30.79°N 75.84°E / 30.79; 75.84

<table>
<thead>
<tr>
<th>Country</th>
<th>India</th>
</tr>
</thead>
<tbody>
<tr>
<td>Region</td>
<td>North India</td>
</tr>
<tr>
<td>Established</td>
<td>15 August 1947 (As East Punjab)</td>
</tr>
</tbody>
</table>
### Summary
- 2 Apr 1849: The **Punjab Province** is annexed by the **East India Company** with **Lahore** as the capital
- 9 Nov 1901: The **North-West Frontier Province** is created with **Peshawar** as its capital
- 15 Aug 1947: **Partition of India** with **Shimla** as the capital
- 26 Jan 1950: **East Punjab** renamed as **Punjab**
- 1 Nov 1956: **PEPSU merged** into Punjab

### History

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 Apr 1849</td>
<td>The Punjab Province is annexed by the East India Company with Lahore as the capital</td>
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</tr>
<tr>
<td>1 Nov 1956</td>
<td>PEPSU merged into Punjab</td>
</tr>
<tr>
<td>1 Nov 1966</td>
<td>Punjab Reorganisation Act, 1966 trifurcates Punjab into Himachal Pradesh and Haryana</td>
</tr>
</tbody>
</table>

### Capital
- **Chandigarh**

### Largest city
- **Ludhiana**

### Districts
- 22

### Government

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Governor</td>
<td>Kaptan Singh Solanki[^1]</td>
</tr>
<tr>
<td>Chief Minister</td>
<td>Parkash Singh Badal (SAD)</td>
</tr>
<tr>
<td>Legislature</td>
<td>Unicameral (117 seats)</td>
</tr>
<tr>
<td>Parliamentary</td>
<td></td>
</tr>
<tr>
<td>constituency</td>
<td></td>
</tr>
<tr>
<td>High Court</td>
<td>Punjab and Haryana High Court</td>
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</table>

### Area

<table>
<thead>
<tr>
<th>Category</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>50,362 km²</td>
</tr>
<tr>
<td>(19,445 sq mi)</td>
<td></td>
</tr>
<tr>
<td>Area rank</td>
<td>20th</td>
</tr>
<tr>
<td>Highest elevation</td>
<td>550 m (1,800 ft)</td>
</tr>
<tr>
<td>Lowest elevation</td>
<td>150 m (490 ft)</td>
</tr>
</tbody>
</table>

### Population (2011)

<table>
<thead>
<tr>
<th>Category</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>27,704,236</td>
</tr>
<tr>
<td>Rank</td>
<td>16th</td>
</tr>
<tr>
<td>Density</td>
<td>550/km² (1,400/sq mi)</td>
</tr>
</tbody>
</table>

### Languages

- **Official**: Punjabi
- **Other**: Hindi, English
- **Regional**: Majhi, Malwai, Dogri, Bagri

### Time zone
- IST (UTC+05:30)

### ISO 3166 code
- IN-PB

### HDI
- ▲ 0.679 (medium)

### HDI rank
- 9th (2005)

### Literacy
- 76.68%

### Website
- Punjab Govt

[^†]: Joint Capital with Haryana
Punjab (ਪੰਜਾਬ) is a state in North India, forming part of the larger Punjab region. The state is bordered by the Indian states of Jammu and Kashmir to the north, Himachal Pradesh to the east, Haryana to the south and southeast, Rajasthan to the southwest, and the Pakistani province of Punjab to the west. The state capital is located in Chandigarh, a Union Territory and also the capital of the neighbouring state of Haryana. The summer residence of the Governor of Punjab is at Shimla.

After the partition of India in 1947, the Punjab province of British India was divided between India and Pakistan. The Indian Punjab was divided in 1966 with the formation of the new states of Haryana and Himachal Pradesh alongside the current state of Punjab.

Sikhism and Hinduism are the predominant faiths in Punjab, adhered by around 57% and 40% of the populace, respectively.[4]

Agriculture is the largest industry in Punjab.[5] Other major industries include the manufacturing of scientific instruments, agricultural goods, electrical goods, financial services, machine tools, textiles, sewing machines, sports goods, starch, tourism, fertilisers, bicycles, garments, and the processing of pine oil and sugar. Punjab also has the largest number of steel rolling mill plants in India, which are located in “Steel Town”—Mandi Gobindgarh in the Fatehgarh Sahib district.

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The word *Punjab* is a *xenonym* and *exonym* from the *Persian* words *panj* ("five") and *Āb* ("waters"), thus *Panjāb* means "Five Rivers", which roughly means "Land of Five Rivers". The five rivers are the *Sutlej*, *Beas*, *Ravi*, *Chenab* and *Jhelum* (also spelled *Jhelum*). Traditionally, in English, there used to be a definite article before the name, i.e. "The Punjab". The name is also sometimes spelled as...
"Panjab". While the Greeks already referred to Punjab as *Pentapotamia*, an inland delta of five converging rivers, the name *Punjab* was given to the region by the Central Asian Turkic conquerors of India, and more popularly popularized by the Turco-Mongol Mughals.

**History**

**Ancient history**

During the period when the epic *Mahabharata* was written, around 800–400 BCE, Punjab was known as Trigarta and ruled by Katoch kings. The *Indus Valley Civilization* spanned much of the Punjab region with cities such as Harappa (modern-day Punjab, Pakistan). The *Vedic Civilization* spread along the length of the Sarasvati River to cover most of Northern India including Punjab. This civilization shaped subsequent cultures in the Indian subcontinent. The Punjab region was conquered by many ancient empires including the Gandhara, Nandas, Mauryas, Sungas, Kushans, Guptas, Palas, Gurjara-Pratiharas and Hindu Shahis. The furthest eastern extent of Alexander the Great's exploration was along the Indus River. Agriculture flourished and trading cities such as Jalandhar, Sangrur and Ludhiana grew in wealth.

Due to its location, the Punjab region came under constant attack and influence from both west and east. Punjab faced invasions by the Achaemenids, Greeks, Scythians, Turks, and Afghans. This resulted in the Punjab witnessing centuries of bitter bloodshed. Its culture combines Hindu, Buddhist, Islamic, Afghan, Sikh and British influences.

The city of Taxila, founded by Takśa, the son of Bharat, who in turn was the brother of the Hindu deity Rama, was reputed to house Takshashila University, the oldest university in the world. One of its teachers was the great Vedic thinker and politician Chanakya. Taxila was a great centre of learning and intellectual discussion during the Maurya Empire. It is today a United Nations World Heritage site.

**Sikhs in Punjab**

The roots of Sikhism began at the time of the Conquest of Northern India by Babur. His grandson, Akbar, supported religious freedom and after visiting the langar of Guru Amar Das had a favourable impression of Sikhism. As a result of his visit he donated land to the langar and had a positive relationship with the Sikh Gurus until his death in 1605. His successor, Jahangir, saw the Sikhs as a political threat. He arrested Guru Arjun Dev because of Sikh support for Khusrau Mirza and ordered him to be put to death by torture. Guru Arjan Dev's martyrdom led to the sixth Guru, Guru Har Gobind, declaring Sikh sovereignty in the creation of the Akal Takht and the establishment of a fort to defend Amritsar.

Jahangir attempted to assert authority over the Sikhs by imprisoning Guru Har Gobind at Gwalior. He felt compelled to release him when he began to suffer premonitions of an early and gruesome death. The Guru refused to be released unless the dozens of Hindu princes imprisoned with him were also granted freedom, to which Jahangir agreed. Sikhism did not have any further issues with the Mughal Empire until the death of Jahangir in 1627. His successor, Shah Jahan "took offense" at Guru Har Gobind’s sovereignty and after a series of assaults on Amritsar forced the Sikhs to retreat to the Sivalik Hills. Guru Har Gobind’s successor, Guru Har Rai maintained the guruship in the Sivalik Hills by defeating local attempts to seize Sikh land and taking a neutral role in the power struggle between Aurangzeb and Dara Shikoh for control of the Timurid dynasty. The ninth Guru, Guru Tegh Bahadur, moved the Sikh community to Anandpur and traveled extensively to visit and preach in Sikh communities in defiance of Mughal rule. He aided Kashmiri Pandits in avoiding...
Guru Gobind Singh assumed the guruship in 1675 and to avoid battles with Sivalik Hill Rajas moved the guruship to Paonta. He built a large fort to protect the city and garrisoned an army to protect it. The growing power of the Sikh community alarmed Sivalik Hill Rajas, who attempted to attack the city, but the Guru's forces routed them at the Battle of Bhangani. He moved on to Anandpur and established the Khalsa, a collective army of baptised Sikhs, on 30 March 1699. The establishment of the Khalsa united the Sikh community against various Mughal-backed claimants to the guruship.

In 1701, a combined army composed of the Sivalik Hill Rajas and the Mughal army under Wazir Khan attacked Anandpur and, following a retreat by the Khalsa, were defeated by the Khalsa at the Battle of Muktsar. Banda Singh Bahadur was an ascetic who converted to Sikhism after meeting Guru Gobind Singh at Nanded. A short time before his death, Guru Gobind Singh ordered him to uproot Mughal rule in Punjab and gave him a letter that commanded all Sikhs to join him. After two years of gaining supporters, Banda Singh Bahadur initiated an agrarian uprising by breaking up the large estates of Zamindar families and distributing the land to the poor Sikh, Hindu and Muslim peasants who farmed the land. Banda Singh Bahadur started his rebellion with the defeat of Mughal armies at Samana and Sadhaura and the rebellion culminated in the defeat of Sirhind. During the rebellion, Banda Singh Bahadur made a point of destroying the cities in which Mughals had been cruel to Sikhs, including executing Wazir Khan in revenge for the deaths of Guru Gobind Singh's sons, Baba Zorawar Singh and Baba Fateh Singh after the Sikh victory at Sirhind. He ruled the territory between the Sutlej River and the Yamuna River, established a capital in the Himalayas at Lohgarh, and struck coinage in the names of Guru Nanak and Guru Gobind Singh.

Cis-Sutlej states

The Cis-Sutlej states were a group of states in modern Punjab and Haryana states lying between the Sutlej River on the north, the Himalayas on the east, the Yamuna River and Delhi District on the south, and Sirsa District on the west. These states were ruled by the Scindia dynasty of the Maratha Empire. Various Sikh sardars and other Rajas of the Cis-Sutlej states paid tributes to the Marathas until the Second Anglo-Maratha War of 1803-1805, after which the Marathas lost this territory to the British. The Cis-Sutlej states included Kaithal, Patiala, Jind, Thanesar, Maler Kotla, and Faridkot.

The Sikh Empire

Darbar of Maharaja Ranjit Singh
Sikh Empire

The Sikh Empire (1801–1849) was formed on the foundations of the Punjabi Army by Maharaja Ranjit Singh. The empire extended from the Khyber Pass in the west, to Kashmir in the north, to Sindh in the south, and Tibet in the east. The main geographical footprint of the empire was the Punjab region. The religious demography of the Sikh Empire was Muslim (70%), Sikh (17%), Hindu (13%).

The Sikh Empire began with the disbandment of the Punjab Army by the time of coronation of Ranjit Singh in 1801, creating a unified political state. All the Misl leaders who were affiliated with the Army were nobility, usually with long and prestigious family histories in Punjab.

After Ranjit Singh’s death in 1839, the empire was severely weakened by internal divisions and political mismanagement. This opportunity was used by the British Empire to launch the Anglo-Sikh Wars. A series of betrayals of the Sikhs by some prominent leaders in the army led to its downfall. Maharaja Gulab Singh and Raja Dhian Singh were the top generals of the army.

The Sikh Empire was finally dissolved, after a series of wars with the British at the end of the Second Anglo-Sikh War in 1849, into separate princely states and the British province of Punjab, which were granted statehood. Eventually, a Lieutenant Governorship was formed in Lahore as a direct representative of the British Crown.

Punjab Province (British India)

The Cis-Sutlej states, including Kaithal, Patiala, Jind, Thanesar, Maler Kotla, and Faridkot, were under the suzerainty of the Scindia dynasty of the Maratha Empire, following the Second Anglo-Maratha War of 1803-1805, when Marathas lost this territory to the British. During the war, some of the states in the region gave their allegiance to British General Gerard Lake. At the conclusion of the
Second Anglo-Maratha War, an 1809 agreement with Ranjit Singh, ruler of the Sikh Empire west of the Sutlej, brought these states under formal British protection.\[22\][28][29]

Ranjit Singh's death in the summer of 1839 brought political chaos, and the subsequent battles of succession and the bloody infighting between the factions at court weakened the state. By 1845 the British had moved 32,000 troops to the Sutlej frontier to secure their northernmost possessions against the succession struggles in the Punjab. In late 1845, British and Sikh troops engaged near Firozpur, beginning the First Anglo-Sikh War. The war ended the following year, and the territory between the Sutlej and the Beas was ceded to British Company rule in India, along with Kashmir, which was sold to Gulab Singh of Jammu, who ruled Kashmir as a British vassal.

As a condition of the peace treaty, some British troops, along with a resident political agent and other officials, were left in the Punjab to oversee the regency of Maharaja Dhalip Singh, a minor. The Sikh army was reduced greatly in size. In 1848, out-of-work Sikh troops in Multan revolted, and a British official was killed. Within a few months, the unrest had spread throughout the Punjab, and British troops once again invaded. The British prevailed in the Second Anglo-Sikh War, and under the Treaty of Lahore in 1849, the Punjab was annexed by the British East India Company, and Dhalip Singh was pensioned off. The Punjab became a province of British India, although a number of small states, most notably Patiala, Kapurthala, Faridkot, Nabha, and Jind, retained local rulers in subsidiary alliances with the British, with the rulers retaining their own internal sovereignty but recognizing British suzerainty.\[30\]

The Jallianwala Bagh Massacre of 1919 occurred in Amritsar. In 1930, the Indian National Congress proclaimed independence from Lahore. In March 1940, the all-India Muslim League passed the Lahore Resolution, demanding the creation of a separate state from Muslim majority areas in India. The ambiguity of the Lahore Resolution sparked violent protests, in which Punjab became a central stage.\[31\]

In 1946, massive communal tensions and violence erupted between the Punjab's Muslim majority and the Hindu and Sikh minorities. The Muslim League attacked the government of Unionist Punjabi Muslims, Sikh Akalis and the Congress and led to its downfall. Unwilling to be cowed down, Sikhs and Hindus counter-attacked, and the resulting bloodshed left the province in great disorder. Both Congress and League leaders agreed to partition Punjab upon religious lines, a precursor to the wider partition of the country.\[32\]

**Independence and its aftermath**

Rural Sikhs in a long ox-cart train headed towards India. 1947. Margaret Bourke-White.

In 1947 the Punjab Province of British India was partitioned along religious lines into West Punjab and East Punjab. Huge numbers of people were displaced, and there was much intercommunal
violence. Following independence, several small Punjabi princely states, including Patiala, acceded to the Union of India and were united into the PEPSU. In 1956 this was integrated with the state of East Punjab to create a new, enlarged Indian state called simply "Punjab".

The undivided Punjab, of which Pakistani Punjab forms a major region today, was home to a large minority population of Punjabi Hindus and Sikhs until 1947, apart from the Muslim majority. Immediately following independence in 1947, and due to the ensuing communal violence and fear, most Sikhs and Punjabi Hindus who found themselves in Pakistan migrated to India as part of the exchange of populations. Punjabi Muslims were uprooted similarly from their homes in East Punjab, which now forms part of India. More than seven million moved to Pakistan, and over six million settled in Punjab.

In 1950, two new states were recognised by the Indian constitution: the Indian part of the former British province of Punjab became the state of East Punjab, while the princely states of the region were combined into the Patiala and East Punjab States Union (PEPSU). Himachal Pradesh was later created as a union territory from several princely states in the hills.

**Formation of current Punjab**

The capital city of the undivided Province of Punjab, Lahore, was allocated to the Pakistani West Punjab during the partition of British India in 1947, so a new capital for Indian Punjab was built at Chandigarh. Shimla was named temporary capital of the Punjab until Chandigarh was completed in 1960.

After years of protest by Akali Dal and other Sikh organisations finally Punjab was divided along linguistic basis in 1966. On 1 November 1966, the Hindi-speaking southern half of Punjab became a separate state, and Haryana and the Pahari-speaking hilly areas in the north became Himachal Pradesh. Chandigarh was on the border between Punjab and Haryana and became a union territory that serves as the capital of both Punjab and Haryana. During the 1970s, the Green Revolution brought increased economic prosperity for the Punjab, mainly due to the late Pratap Singh Kairon. However, a growing polarisation between the Indian National Congress central government and the main Sikh political party, the Shiromani Akali Dal, developed during the 1970s. Hostility and bitterness arose from what was widely seen by the Akali Dal as increasing alienation, centralisation and discriminatory attitudes towards Punjab by the Government of India. This prompted the Shiromani Akali Dal to pass the Anandpur Sahib Resolution, which asked for granting maximum autonomy to the region of Punjab and other states and limited role and powers of the Central Government.

**Geography**

Punjab is in northwestern India and has an area of 50,362 square kilometres (19,445 sq mi). It extends from the latitudes 29.30° North to 32.32° North and longitudes 73.55° East to 76.50° East. It is bounded on the west by Pakistan, on the north by Jammu and Kashmir, on the northeast by Himachal Pradesh and on the south by Haryana and Rajasthan.

Most of the Punjab lies in a fertile, alluvial plain with many rivers and an extensive irrigation canal system. A belt of undulating hills extends along the northeastern part of the state at the foot of the Himalayas. Its average elevation is 300 metres (980 ft) above sea level, with a range from 180 metres (590 ft) in the southwest to more than 500 metres (1,600 ft) around the northeast border. The southwest of the state is semiarid, eventually merging into the Thar Desert. The Shiwalik Hills extend along the northeastern part of the state at the foot of the Himalayas.
The soil characteristics are influenced to a limited extent by the topography, vegetation and parent rock. The variation in soil profile characteristics are much more pronounced because of the regional climatic differences. Punjab is divided into three distinct regions on the basis of soil types: southwestern, central, and eastern.

Punjab falls under seismic zones II, III, and IV. Zone II is considered a low-damage risk zone; zone III is considered a moderate-damage risk zone; and zone IV is considered a high-damage risk zone.

**Climate**

The geography and subtropical latitudinal location of Punjab lead to large variations in temperature from month to month. Even though only limited regions experience temperatures below 0 °C (32 °F), ground frost is commonly found in the majority of Punjab during the winter season. The temperature rises gradually with high humidity and overcast skies. However, the rise in temperature is steep when the sky is clear and humidity is low.

The maximum temperatures usually occur in mid-May and June. The temperature remains above 40 °C (104 °F) in the entire region during this period. Ludhiana recorded the highest maximum temperature at 46.1 °C (115.0 °F) with Patiala and Amritsar recording 45.5 °C (113.9 °F). The maximum temperature during the summer in Ludhiana remains above 41 °C (106 °F) for a duration of one and a half months. These areas experience the lowest temperatures in January. The sun rays are oblique during these months and the cold winds control the temperature at daytime.

Punjab experiences its minimum temperature from December to February. The lowest temperature was recorded at Amritsar (0.2 °C (32.4 °F)) and Ludhiana stood second with 0.5 °C (32.9 °F). The minimum temperature of the region remains below 5 °C (41 °F) for almost two months during the winter season. The highest minimum temperature of these regions in June is more than the daytime maximum temperatures experienced in January and February. Ludhiana experiences minimum temperatures above 27 °C (81 °F) for more than two months. The annual average temperature in the entire state is approximately 21 °C (70 °F). Further, the mean monthly temperature range varies between 9 °C (48 °F) in July to approximately 18 °C (64 °F) in November.

**Seasons**

Punjab experiences three main seasons. They are:

- **Hot Season** (mid-April to the end of June)
- **Rainy Season** (early July to the end of September)
- **Cold Season** (early December to the end of February)
Apart from these three, the state experiences transitional seasons like:

- **Pre-summer season (March to mid-April):** This is the period of transition between winter and summer.
- **Post-monsoon season (September to end of November):** This is the period of transition between monsoon and winter seasons.  

### Summer

Punjab starts experiencing mildly hot temperatures in February. However, the actual summer season commences in mid-April. The area experiences pressure variations during the summer months. The atmospheric pressure of the region remains around 987 millibar during February and it reaches 970 millibar in June.  

### Rainy season

The monsoon brings joy to the agricultural sector as farmers become very busy. Punjab's rainy season begins in first week of July as monsoon currents generated in the Bay of Bengal bring rain to the region.  

### Winter

Temperature variation is minimal in January. The mean night and day temperatures fall to 5 °C (41 °F) and 12 °C (54 °F), respectively. The winter season in northern Punjab is a blight for the poor who cannot arrange for protection against the cold.  

### Post-Monsoon transitional season

The monsoon begins to reduce by the second week of September. This brings a gradual change in climate and temperature. The time between October and November is the transitional period between monsoon and winter seasons. Weather during this period is generally fair and dry.  

### Post-Winter transitional season

The effects of winter diminish by the first week of March. The hot summer season commences in mid-April. This period is marked by occasional showers with hail storms and squalls which cause extensive damage to crops. The winds remain dry and warm during the last week of March, commencing the harvest period.  

### Rainfall

- **Monsoon Rainfall**

Monsoon season provides most of the rainfall for the region. Punjab receives rainfall from the monsoon current of the Bay of Bengal. This monsoon current enters the state from the southeast in the first week of July.  

- **Winter Rainfall**

The winter season remains very cool with temperatures falling below freezing at some places. Winter also brings in some western disturbances.  

Rainfall in the winter provides relief to the farmers as some of the winter crops in the region of Shivalik Hills are entirely dependent on this rainfall. As per meteorological statistics, the sub-Shivalik area receives more than 100 millimetres (3.9 in) of rainfall in the winter months.

**Flora and fauna**

Agriculture in Punjab

The plains of Punjab do not have any thick forests. The only available flora are patches of grass, small bushes, and shrubs. In the southeastern part of Punjab and the areas of Hoshiarpur and Multan, mangoes are grown. Other varieties of fruit grown in abundance are oranges, apples, figs, quinces, almonds, pomegranates, peaches, mulberries, apricots and plums.

Major cultivation of rich flora and fauna can be seen in the Shivalik ranges. Due its rich flora and fauna, it has been termed a micro-endemic zone of India. There is a wide variety of angiosperms in the area, including 355 types of herbs, 70 types of trees, 70 types of shrubs of all sizes, 19 types of climbers, and 21 types of twines. Besides angiosperms, the region is home to 31 kinds of pteridophytes and 27 kinds of bryophytes, while a special species of gymnosperm named Pinus roxburghii can be seen in the ranges of Punjab.

The fauna of the area is rich, with 396 types of birds, 214 kinds of Lepidoptera, 55 varieties of fish, 20 types of reptiles, and 19 kinds of mammals. The state of Punjab has large wetland areas, bird sanctuaries that house numerous species of birds, and many zoological parks. Wetlands include the national wetland Hari-Ke-Pattan, the wetland of Kanjli, and the wetlands of Kapurthala Sutlej. Wildlife sanctuaries include the Harike in the district of Tarn Taran Sahib, the Zoological Park in Rupnagar, Chhatbir Bansar Garden in Sangrur, Aam Khas Bagh in Sirhind, Amritsar's famous Ram Bagh, Shalimar Garden in Kapurthala, and the famous Baradari Garden in the city of Patiala.

**Animals and birds**

A few of the rivers in Punjab have dangerous species of crocodiles. The extraction of silk from silkworms is another industry that flourishes in the state. Production of bee honey is done in some parts of Punjab. The southern plains are desert land; hence, camels can be seen. Buffaloes graze around the banks of rivers. The northeastern part is home to animals like horses. The desert area has dangerous species of snakes like the cobra and sangehur. Wildlife sanctuaries have many more species of wild animals like the otter, wild boar, wildcat, fruit bat, hog deer, flying fox, squirrel and mongoose.

Naturally-formed forests can be seen in the Shivalik ranges in the districts of Ropar, Gurdaspur and Hoshiarpur. Patiala is home to the Bir forest while the wetlands area in Punjab is home to the famous Mand forest.
Botanical gardens exist throughout Punjab. There is a zoological park and a tiger safari park, as well as three parks dedicated to deer.  

The state bird is the baz (northern goshawk, (Melierax poliopterus), the state animal is the blackbuck (Antilope cervicapra), and the state tree is the shisham (Dalbergia sissoo).

**Government and politics**

Each of the states of India possesses a parliamentary system of government, with a ceremonial state Governor, appointed by the President of India on the advice of the central government. The head of government is an indirectly elected Chief Minister who is vested with most of the executive powers. The state legislature, the Vidhan Sabha, is the unicameral Punjab Legislative Assembly, with 117 members elected from single-seat constituencies. The capital of Punjab is Chandigarh, which also serves as the capital of Haryana and is thus administered separately as a Union Territory of India. The judicial branch of the state government is provided by the Punjab and Haryana High Court in Chandigarh.  

The current Government was elected in the 2012 Assembly elections as the coalition of SAD and the BJP won 68 out of 117 Assembly seats and Prakash Singh Badal of the Shiromani Akali Dal is the current Chief Minister.

The state of Punjab is divided into five administrative divisions and twenty-two districts.

**Subdivisions**

Districts of Punjab along with their headquarters, before 2007

The area of Punjab can be divided into:

- Majha, a historical region of the Indian Punjab comprising the modern districts of Amritsar, Pathankot, Gurdaspur and Tarn Taran. It lies between the Ravi, Beas and Sutlej Rivers. This region is called the heartland of Punjab and is celebrated as being the 'Cradle of Sikhism'.
- Doaba, the region of Indian Punjab between the rivers Beas and Sutlej. The name "Doaba" literally translates to "land between two rivers" in Punjabi ("Do" = two, "Ab" = river). It is one of the most fertile regions of the world and was the centre of the Green Revolution in India. To this day, it remains one of the largest per capita producers of wheat in the world. The cities in Doaba are Jalandhar, Hoshiarpur, Shahid Bhagat Singh Nagar(Nawashahr), Kapurthala and Phagwara.
- Malwa, a region of Punjab south of the river Sutlej. The Malwa area, consisting of 11 districts,
makes up a majority of the Punjab region. Cities such as Ludhiana, Patiala, Mohali, Bathinda, Barnala, Sangrur, Moga, Rupnagar, Ferozepur, Fazilka and Mansa are located in the Malwa region. Malwa is famous for cotton farming.

**Administrative subdivisions**

The state of Punjab has 22 districts which comprise subdivisions, tehsils and blocks.

- Amritsar
- Barnala
- Bathinda
- Ferozepur
- Fazilka
- Fatehgarh Sahib (Sirhind-Fategarh)
- Faridkot
- Gurdaspur
- Hoshiarpur
- Jalandhar
- Kapurthala
- Pathankot
- Ludhiana
- Mansa
- Moga
- SAS Nagar (Mohali)
- Muktsar
- Patiala
- Rupnagar
- Sangrur
- Shaheed Bhagat Singh Nagar (Nawanshahr)
- Tarn Taran

Fazilka and Pathankot were created in 2013, taking the total number of districts to 22.

**Divisions:** There are 5 divisions in Punjab. These are Patiala, Rupnagar, Jalandhar, Faridkot and Firozepur.

**Tehsils:** 82 (in 2015)

**Sub tehsils:** 87

Maur is the latest tehsil, in the district of Bathinda. Zirakpur is the latest sub-tehsil, in the district of Mohali.

The state capital of Punjab is Chandigarh, a Union territory. It is shared with Haryana, being its state capital too. There are 22 cities and 157 towns in Indian Punjab. The major cities are Ludhiana, Amritsar, Jalandhar, Patiala, Bathinda, and SAS Nagar (Mohali).

**Economy**

Burning of rice residues after harvest to quickly prepare the land for wheat planting, around Sangrur, Punjab

Punjab’s GDP is ₹3.17 lakh crore (US$47 billion). Punjab is one of the most fertile regions in India.
The region is ideal for wheat-growing. Rice, sugar cane, fruits and vegetables are also grown. Indian Punjab is called the "Granary of India" or "India's bread-basket". It produces 10.26% of India's cotton, 19.5% of India's wheat, and 11% of India's rice. The Firozpur and Fazilka Districts are the largest producers of wheat and rice in the state. In worldwide terms, Indian Punjab produces 2% of the world's cotton, 2% of its wheat and 1% of its rice. The largest cultivated crop is wheat. Other important crops are rice, cotton, sugarcane, pearl millet, maize, barley and fruit. Rice and wheat are doublecropped in Punjab with rice stalks being burned off over millions of acres prior to the planting of wheat. This widespread practice is polluting and wasteful. In Punjab the consumption of fertiliser per hectare is 223.46 kg as compared to 90 kg nationally. The state has been awarded the National Productivity Award for agriculture extension services for ten years, from 1991–92 to 1998–99 and from 2001 to 2003–04. In recent years a drop in productivity has been observed, mainly due to falling fertility of the soil. This is believed to be due to excessive use of fertilisers and pesticides over the years. Another worry is the rapidly falling water table on which almost 90% of the agriculture depends; alarming drops have been witnessed in recent years. By some estimates, groundwater is falling by a meter or more per year.

According to the India State Hunger Index, Punjab has the lowest level of hunger in India.

**Transport**

[Sri Guru Ram Dass Jee International Airport in Amritsar](https://www.tourism.gov.in/)

Public transport in Punjab is provided by buses, auto rickshaws, Indian railways and an international rail connection to Pakistan ([Samjhauta Express](https://www.tourism.gov.in/)). The state has a large network of multimodal transportation systems.

**Air**

Punjab has five civil airports. The [Sri Guru Ram Dass Jee International Airport](https://www.tourism.gov.in/) in Amritsar is the largest and most important airport in the state and is also the second busiest in [North India](https://www.tourism.gov.in/) after [Delhi Airport](https://www.tourism.gov.in/). [Chandigarh International Airport](https://www.tourism.gov.in/) is the second international airport in Punjab.
A **DMU** Train in **Ludhiana**

Other airports in Punjab are:

- Bathinda Airport
- Pathankot Airport
- Patiala Airport
- Sahnewal Airport

**Rail**

Almost all the major as well as smaller cities of the state are linked by railways. Amritsar is the largest railway station, having trains connecting to all major cities. The **Shatabdi Express** connects Amritsar to Delhi. The railway junction in **Bhatinda** is the largest in Asia. The **Shatabdi Express** connects New Delhi to Bathinda.\\(^{[48]}\)

**Ludhiana Metro** is a proposed rapid transit system for the metropolitan city of **Ludhiana**.

Punjab Roadways Bus

The **Samjhauta Express** is a joint venture between Indian Railways and Pakistan Railways and runs from **Attari** railway station near Amritsar in India to **Lahore Railway Station** in **Punjab, Pakistan**.

**Road**

All the cities and towns of Punjab are connected by four-lane national highways. The **Grand Trunk Road**, also known as "NH1", connects **Kolkata** to **Peshawar**, passing through Jalandhar and Amritsar. Another major national highway connects Punjab to **Jammu**, passing through Hoshiarpur and Pathankot. National highways passing through the state are ranked the best in the country\\(^{[by whom?]}\) with widespread road networks that serve isolated towns as well as the border region. Ludhiana and Amritsar are among several Indian cities that have the highest accident rates in India.\\(^{[49]}\)

There are also bus rapid transit systems like Amritsar BRTS and Ludhiana BRTS, in the cities of Amritsar and Ludhiana, respectively.\\(^{[50]}\)

The following national highways connect major towns, cities and villages:
Demographics

Population Growth

<table>
<thead>
<tr>
<th>Census</th>
<th>Pop.</th>
<th>%±</th>
</tr>
</thead>
<tbody>
<tr>
<td>1951</td>
<td>9,161,000</td>
<td></td>
</tr>
<tr>
<td>1961</td>
<td>11,135,000</td>
<td>21.5%</td>
</tr>
<tr>
<td>1971</td>
<td>13,551,000</td>
<td>21.7%</td>
</tr>
<tr>
<td>1981</td>
<td>16,788,915</td>
<td>23.9%</td>
</tr>
<tr>
<td>1991</td>
<td>20,281,969</td>
<td>20.8%</td>
</tr>
<tr>
<td>2001</td>
<td>24,289,296</td>
<td>19.8%</td>
</tr>
<tr>
<td>2011</td>
<td>27,704,236</td>
<td>14.1%</td>
</tr>
</tbody>
</table>

source: Census of India

According to the 2011 Indian Census, the population of Indian Punjab is 27,704,236 (14,634,819 males and 13,069,417 females). The literacy rate is 75%, with male literacy being 80.23% and female literacy 68.36%.

Major cities by population in Punjab are:

1. Ludhiana, population of 1,613,878
2. Amritsar, population of 1,183,761
3. Jalandhar, population of 873,725
4. Bathinda, population of 459,786
5. Patiala, population of 404,686

As of the 2011 census, the sex ratio of Punjab was 895 females per 1000 males. On account of female foeticide, Punjab has the second lowest sex ratio amongst all Indian states.

Being an agricultural state, a large part of the population lives in rural areas. Roughly 66% of the people live in rural areas while the other 34% are urban residents.

Punjab has the highest dalit population in India at 31.9%, including Scheduled Castes and Scheduled Tribes. Districts with high dalit populations are Ferozepur (42%), Nawanshahr (40%), Jalandhar and Muktsar (38%), Faridkot (36%), Tarn Taran (32%) and Kapurthala (30%). According to the Socio Economic and Caste Census 2011, Punjab has 36.74% scheduled caste households, which is the highest in India, but scheduled castes get only about 24% of reservations.

Punjab has highest percentage of landless households, about 45.34% of which are earning their income from manual casual labour.
Religion

Located in Amritsar, Harmandir Sahib is the holiest shrine of Sikhism.

Durgiana Temple in Amritsar is dedicated to Hindu goddess Durga.
Religion in Punjab, India (2011)

- **Sikhism** (57.7%)
- **Hinduism** (38.5%)
- **Islam** (1.9%)
- **Christianity** (1.3%)
- Other or not religious (0.60%)

**Sikhism** and **Hinduism** are the predominant faiths in Punjab, observed by around 57% and 40% respectively of the populace. Before the advent of **Islam**, and later birth of **Sikhism**, **Hinduism** was the main religion practised by the **Punjabi people**. Before the advent of **Islam**, and later birth of **Sikhism**, **Hinduism** was the main religion practised by the **Punjabi people**.

The holiest of **Sikh** shrines, the Sri **Harmandir Sahib** (or Golden Temple), is in the city of Amritsar and the city also houses the **SGPC**, the top most Sikh religious body. The **Sri Akal Takht Sahib**, which is within the Golden Temple complex, is the highest temporal seat of Sikhs. Of the five Takhts (Temporal Seats of religious authority) of **Sikhism**, three are in Punjab. These are Sri Akal Takht Sahib, **Damdama Sahib** and **Anandpur Sahib**. During major holidays on the Sikh calendar (such as **Vaisakhi**, **Hola Mohalla**, **Gurpurb** and **Diwali**), many Sikhs gather and march in processions through virtually every city, town and village. At least one Sikh **Gurdwara** can be found in almost every village in the state, as well as in the towns and cities (in various architectural styles and sizes). The **2011 Census of India** reported a percentage 57.69% for the Sikh population in Punjab state.

**Hinduism** is the second most practised faith in Punjab, forming 38.5% of the population. Due to non-exclusive nature of their religion, a large segment of Punjabis who are categorised as **Punjabi Hindus** continue heterogeneous religious practices in spiritual kinship with Sikhism. This not only includes veneration of the Sikh Gurus in private practice but also visits to Sikh Gurdwaras along with Hindu temples.

Muslims form 1.93% of the population and are concentrated in **Malerkotla**, the only city in Indian Punjab with a Muslim majority and also urban centre of **Ludhiana**.

Other religions such as **Christianity** (1.3%) are also followed, as well as **Buddhism** (0.12%) and **Jainism** (0.16%).
Language

The Punjabi language, written in the Gurmukhi script, is the official language of the state. Punjabi is the ninth most spoken language in the world and fourth most spoken language in Asia.

Education

The National Institute of Pharmaceutical Education and Research

The Ranjit Singh Block at Guru Nanak Dev University

Guru Gobind Singh Bhawan at Punjabi University

Primary and Secondary education is mainly affiliated to Punjab School Education Board. Punjab is served by several institutions of higher education, including 32 universities which provide undergraduate and postgraduate courses in all the major arts, humanities, science, engineering, law, medicine, veterinary science, and business. Punjab Agricultural University is a leading institution globally for the study of agriculture and played a significant role in Punjab's Green Revolution in the 1960s–70s. Alumni of the Panjab University, Chandigarh include Manmohan Singh, the former Prime Minister of India, and Dr. Har Gobind Khorana, a biochemistry nobel laureate. One of the oldest
institutions of medical education is the Christian Medical College, Ludhiana, which has existed since 1894. There is an existing gap in education between men and women, particularly in rural areas of Punjab. Of a total of 1 million 300 thousand students enrolled in grades five to eight, only 44% are women.

**Schools**

- Mount Litera Zee School, Moga
- Little Millennium School Moga

**Universities**

Punjab has total 23 universities from which 10 are private universities, 9 are state universities, 1 is Central and 3 are deemed universities. Punjab has 1.04 lakh engineering seats.

**Central**

- Central University of Punjab, Bathinda

**State**

- Panjab University, Chandigarh (a Punjab State University)
- Baba Farid University of Health Sciences, Faridkot
- Guru Nanak Dev University, Amritsar
- Punjab Agricultural University, Ludhiana
- IK Gujral Punjab Technical University, Jalandhar
- Maharaja Ranjit Singh State Technical University, Bathinda
- Punjabi University, Patiala
- Guru Ravidas Ayurved University, Hoshiarpur
- Guru Angad Dev Veterinary and Animal Sciences University, Ludhiana
- Rajiv Gandhi National University of Law, Patiala

**Deemed public universities**

- Sant Longowal Institute of Engineering and Technology, Longowal (Deemed)
- Thapar University, Patiala (Deemed)

**Private**
Thapar University

- Sri Guru Granth Sahib World University, Fategharh Sahib
- Lovely Professional University, Phagwara
- Chandigarh University, Ajitgarh
- Adesh University, Bathinda
- Chitkara University, Rajpura
- Desh Bhagat University, Mandi Gobindgarh
- Guru Kashi University, Talwandi Sabo
- DAV University, Jalandhar
- Rayat Bahra University, Sahauran (Greater Mohali)
- Sant Baba Bhag Singh University, Jalandhar
- Akal University, Talwandi sabo
- Surya World University, Rajpura
- GNA University, Phagwara

Autonomous colleges in Punjab

Khalsa College, Amritsar

Guru Nanak Dev Engineering College, Ludhiana

Many colleges of Punjab have been granted autonomous status by UGC.
• Shaheed Bhagat Singh College Of Engineering and Technology, Firozpur
• Khalsa College, Amritsar
• Mata Gujri College, Fatehgarh Sahib
• S.G.G.S. Khalsa College, Mahilpur (Hoshiarpur district)
• Amritsar College of Engineering & Technology
• Beant College of Engineering and Technology Gurdaspur
• Guru Nanak Dev Engineering College, Ludhiana

Medical Colleges

• Government Medical College, Amritsar
• Sri Guru Ram Das Institute of Medical Sciences & Research, Sri Amritsar
• Government Medical College, Patiala
• Christian Medical College, Ludhiana
• Dayanand Medical College & Hospital, Ludhiana
• Adesh Institute of Medical Sciences & Research, Bathinda
• Chintpurni Medical College, Pathankot
• Gian Sagar Medical College & Hospital, Patiala
• Guru Gobind Singh Medical College, Faridkot
• Punjab Institute of Medical Sciences, Jalandhar

Reputed colleges (technical and professional)

• Barjindra College, Faridkot
• Indian Institute of Technology, Ropar
• Gurunanak Dev Engineering College Ludhiana
• Indian Institute of Management Amritsar
• Indian Institute of Science Education and Research, Mohali
• Dr B R Ambedkar National Institute of Technology, Jalandhar
• Indian School of Business, Ajitgarh
• Institute of Nano Science and Technology (INST), Mohali
• Giani Zail Singh Punjab Technical University Campus (Government Engineering College), Bathinda
• Malout institute of Management & Technology, Malout (Govt. of Punjab)
• Bhutta College of Engineering & Technology, Ludhiana
• Malwa College of Nursing
• Baba Banda Singh Bahadur Engineering college, Fatehgarh Sahib
• University College of Nursing, BFUHS, Faridkot
• GNA Institute of Management & Sciences, Phagwara
Other institutes of repute (general)

BBK DAV College for Women, Amritsar

The Mohindra College, Patiala

- Universal Group Of Institutions
- Indo Global Colleges
- Guru Nanak College, Moga.
- LLR College Ghal Kalan, Moga
- Jagat Sewak Khalsa College Mehna, Moga
- Mohindra College, Patiala
- Lyallpur Khalsa College, Jalandhar
- Govt. Bikram College of Commerce, Patiala
- Khalsa College, Patiala
- SGGS Khalsa College Sector 26 Chandigarh
- BBK DAV College for Women, Amritsar
- State College of Education, Patiala
- Govt. College of Education, Sector 20 Chandigarh
- Regional Centre Punjabi University, Bathinda
- GHG Khalsa College of Education, GURUSAR Sudhar
- Patel Memorial National College, Rajpura
- BCM College of Education, Ludhiana
- [Doraha college of Education, Doraha]
- College of Engineering and Management, Kapurthala
- Punjab Engineering College, Chandigarh
- Gulzar Group of Institutes, Khanna (Engineering College)
- Kings Group of Institutions, Barnala, Punjab
- Malwa Group of Institutions.
- Swami Sarvanand Giri Panjab University Regional Centre, Hoshiarpur
- Aryabhatta group of institutions, Barnala
- PCTE Group of Institutes (including Punjab College of Technical Education), Ludhiana
- Malwa College of Nursing, Kotkapura
- Govind National College Narangwal, Ludhiana
Sri Sai College of Engineering and Technology, Badhani, Pathankot.

Apple Group of Institutes offers Paramedical courses.

Media

*Daily Ajit*, *Jagbani*, *Punjabi Tribune* and *The Tribune* are the largest-selling Punjabi and English newspapers respectively. A vast number of weekly, biweekly and monthly magazines are under publication in Punjabi. Other main newspapers are *Daily Punjab Times*, *Rozana Spokesman*, *Nawan Zamana* etc.

*Doordarshan* is the broadcaster of the *Government of India* and its channel *DD Punjabi* is dedicated to Punjabi. Prominent Punjabi channels include news channels like *ABP Sanjha*, *Global Punjab TV*, *Zee Punjab Haryana Himachal*, *Day & Night News* and entertainment channels like *GET Punjabi*, *Zee ETC Punjabi*, *Chardikla Time TV*, *PTC Punjabi*, *JUS Punjabi MH1* and *9x Tashan*.

Punjab has witnessed a growth in FM radio channels, mainly in the cities of Jalandhar, Patiala and Amritsar, which has become hugely popular. There are govt. radio channels like *All India Radio, Jalandhar*, *All India Radio, Bathinda* and *FM Gold Ludhiana*. Private radio channels include *Radio Mirchi*, *BIG FM 92.7*, *94.3 My FM*, *Radio Mantra* and many more.

Digital library

Launched in 2003 under Nanakshahi Trust, the *Punjab Digital Library* was a result of the early phase of the digital revolution in Punjab. While most saw the Nanakshahi as a small digitisation organisation, or as an assemblage of some unknown youth working towards capturing some manuscripts on their digital cameras, its founders saw it as a cornerstone of a fundamentally new approach to preserving Punjab’s heritage for future generations. In the shadow of search engines, a Semantic Web approach conceived in the early 2003 reached maturity in 2006. This was when the organization planned to expand its operations from a mere three-employee organization to one of the leading NGO’s working in the field of digital preservation all over India.

Digitised collections include manuscripts held by the Punjab Languages Department, items from the Government Museum and Art Gallery, Chandigarh, Chief Khalsa Diwan, SGPC, DSGMC and manuscripts in the Jawahr Lal Nehru Library of Kurukshetra University. Hundreds of personal collections are also included. With over 5 million pages digitised, it is the biggest repository of digital data on Punjab.

Culture

Women at cultural event
The culture of Punjab has many elements including music such as bhangra, an extensive religious and non-religious dance tradition, a long history of poetry in the Punjabi language, a significant Punjabi film industry which dates back to before Partition, a vast range of cuisine which has become widely popular abroad, and a number of seasonal and harvest festivals such as Lohri, Basant, Vaisakhi and Teeyan, all of which are celebrated in addition to the religious festivals of India.

Women using Charkha

A kissa is a Punjabi language oral story-telling tradition that has a mixture of origins ranging from the Arabian peninsula to Iran and Afghanistan.

Punjabi jutti

Punjabi wedding traditions and ceremonies are a strong reflection of Punjabi culture. Marriage ceremonies are known for their rich rituals, songs, dances, food and dresses, which have evolved over many centuries.

Bhangra

Bhangra (Punjabi: ਭੰਗੜਾ (Gurmukhi); pronounced ) and Giddha are forms of dance and music that originated in the Punjab region. Bhangra dance began as a folk dance conducted by Punjabi farmers to celebrate the coming of the harvest season. The specific moves of Bhangra reflect the manner in which villagers farmed their land. This hybrid dance became Bhangra. The folk dance has been popularised in the western world by Punjabis in England, Canada and the USA where competitions are held. It is seen in the West as an expression of South Asian culture as a whole. Today, Bhangra dance survives in different forms and styles all over the globe – including pop music, film soundtracks, collegiate competitions and cultural shows.

Punjabi folklore

The folk heritage of the Punjab reflects its thousands of years of history. While Majhi and Doabi are considered to be the standard dialect of Punjabi language, there are a number of local dialects
through which the people communicate. These include Malwai and Pwadhi. The songs, ballads, epics and romances are generally written and sung in these dialects.

There are a number of folk tales that are popular in Punjab. These are the folk tales of Mirza Sahiban, Heer Ranjha, Sohni Mahiwal, Sassi Punnun, Jagga Jatt, Dulla Bhatti, Puran Bhagat, Jeona Maud etc. The mystic folk songs and religious songs include the Shalooks of Sikh gurus, Baba Farid and others. They also include Kafis, Hamds, Baits, Dohas, Lohris, Sehra, and Jugni.

The most famous of the romantic love songs are Mayhiah, Dhola and Boliyan. Punjabi romantic dances include Dhamaal, Bhangra, Giddha, Dhola, and Sammi and some other local folk dances.

**Literature**

Most early Punjabi literary works are in verse form, with prose not becoming more common until later periods. Throughout its history, Punjabi literature has sought to inform and inspire, educate and entertain. The Punjabi language is written in several different scripts, of which the Shahmukhi, the Gurmukhi scripts are the most commonly used.

**Music**

Bhangra Dance

Punjabi Folk Music is the traditional music on the traditional musical instruments of Punjab region. There is a great repertoire of music from the time of birth through the different stages of joy and sorrow till death. The folk music invokes the traditions as well as the hardworking nature, bravery and many more things that the people of Punjab get from its gateway-to-India geographical location. Due to the large area with many sub-regions, the folk music has minor lingual differences but invokes the same feelings.

Bhangra music of Punjab is famous throughout the world.

Punjabi music has a diverse style of music, ranging from folk and Sufi to classical, notably the Punjab gharana and Patiala gharana.

**Film industry**

Punjab is also home to the Punjabi film industry, often colloquially referred to as 'Pollywood'. It is known for being the fastest growing film industry in India. It is based mainly around Chandigarh city. The first Punjabi film was made in 1936. Since the 2000s Punjabi cinema has seen a revival with more releases every year with bigger budgets, homegrown stars, and Bollywood actors of Punjabi descent taking part.

**Cuisine**
One of the main features of Punjabi cuisine is its diverse range of dishes. Home cooked and restaurant cuisine sometimes vary in taste. Restaurant style uses large amounts of ghee. Some food items are eaten on a daily basis while some delicacies are cooked only on special occasions.

Within the Punjab region, there are different preferences in terms of use of spices and cooking methods. Also many varieties of ingredients exist as well. People in villages tend to cook much stuff in animal fats compared to the residents in the cities. Also there are many regional dishes that are famous in some regions only. Many dishes are exclusive to Punjab, such as sarson da saag, Tandoori chicken, Shami kebab, makki di roti etc. to name a few. Tandoori food is a Punjabi specialty especially for non-vegetarian dishes. Before the 1947 partition, tandoori cooking in India was traditionally associated with the former undivided Punjab. Many of the most popular elements of Indian cuisine as it is marketed to non-Indian customers (such as tandoor, naan, pakoras and vegetable dishes with paneer) is derived from Punjab.

**Festivals and traditions**

Punjabis celebrate a number of festivals which have taken a semi secular meaning and are regarded as cultural festivals by people of all religions. Some of the festivals are Bandi Chhor Divas(Diwali), Mela Maghi, Hola Mohalla, Rakhri, Vaisakhi, Lohri, Teeyan and Basant.

**Sports**

Kabbadi (Circle Style)

PCA Stadium under lights at Ajitgarh

Kabbadi (Circle Style), a team contact sport originated in rural Punjab is recognised as the state game. Field hockey is also a popular sport in the state. Kila Raipur Sports Festival, popularly known as the Rural Olympics, is held annually in Kila Raipur (near Ludhiana). Competition is held
for major Punjabi rural sports, include cart-race, rope pulling. Punjab government organises World Kabaddi League, Punjab Games and annual Kabaddi World Cup for Circle Style Kabaddi in which teams from countries like Argentina, Canada, Denmark, England, India, Iran, Kenya, Pakistan, Scotland, Sierra Leone, Spain and United States participated.

Punjab also have many magnificent stadiums like Guru Gobind Singh Stadium, Guru Nanak Stadium, Punjab Cricket Association IS Bindra Stadium, International Hockey Stadium, Gandhi Sports Complex Ground and Surjit Hockey Stadium.

**Tourism**

Moti Bagh Palace in Patiala

Harmandir Sahib in Amritsar is a major tourist destination in Punjab

Tourism in Indian Punjab centres around the historic palaces, battle sites, and the great Sikh architecture of the state and the surrounding region. Examples include various sites of the Indus Valley Civilization, the ancient fort of Bathinda, the architectural monuments of Kapurthala, Patiala, and Chandigarh, the modern capital designed by Le Corbusier. The Golden Temple in Amritsar is one of the major tourist destinations of Punjab and indeed India, attracting more visitors than the Taj Mahal, Lonely Planet Bluelist 2008 has voted the Harmandir Sahib as one of the world’s best spiritual sites. Moreover, there is a rapidly expanding array of international hotels in the holy city that can be booked for overnight stays. Another main tourist destination is religious and historic city of Sri Anandpur Sahib where large number of tourists come to see the Virasat-e-Khalsa (Khalsa Heritage Memorial Complex) and also take part in Hola Mohalla festival. Kila Raipur Sports Festival is also popular tourist attraction in Kila Raipur near Ludhiana. Shahpur kandi fort, Ranjit Sagar lake and Muktsar Temple also popular attractions in Pathankot.

See also

- List of people from Punjab (India)
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Bhangra refers to both a traditional dance and a form of music invented in the 1980s. Bhangra, the Punjabi folk dance that has become popular all over the world. Punjabi folk songs have been integral part of fertile provinces. Strange as it may sound, all art forms need political support to grow. The communal upheaval that engulfed the Punjab region in 1947 forced migration of the well-established Muslim artistes from this region. This resulted in impoverishment of the rich traditions of...
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• Official website
• Punjab (India) travel guide from Wikivoyage

Categories:
Punjab, India
Punjabi-speaking countries and territories