

Mukta Words

Practice sheet

English Sounds

Punjabi Words

Meaning

1	ja + la	ਜਲ	water
2	pha + la	ਫਲ	fruit
3	ka + ra	ਕਰ	To do
4	.da + ra	ਡਰ	fear
5	ha+ra	ਹਰ	Every, also refer to Waheguru in Gurbani
6	gha+ra	ਘਰ	home
7	ja + pa	ਜਪ	meditate
8	ta + ra	ਤਰ	Kind of cucumber
9	da + ra	ਦਰ	door
10	cha + la	ਚਲ	To go