

**Grade: 3**

**Lesson Number: 22**

**Course: Bolī**

**Title: Arts - II**

### **Standards**

#### **Standard 2: The Tradition of Pañjāb**

- Students learn the history of the cultural heritage of Pañjāb, including cuisine, songs, arts, and crafts of the different regions.
  - *Introduction to visual arts (Sikh calligraphy, Miniature art) and craftwork such as phulkārīs, etc.*

### **Objectives**

1. All students will learn about the origin of the art of Phulkārī (ਫੁਲਕਾਰੀ).
2. Students will attempt to create their own Phulkārī on paper.
3. Students will write about their Phulkārī master-piece in Gurmukhī.

### **Prerequisites**

- None

### **Materials**

- Chart paper
- Markers
- Lined paper
- Pencils/pens
- Color pencils
- Blank paper
- Various colors of yarn
- Rulers
- Scissors
- Glue
- Glitter
- Sequins
- Phulkārī information (see below)
- Phulkārī
- Pañjābī-English Dictionary

### **Advanced Preparation**

- The information on Phulkārī is provided below – please make sure you understand it so that you can have a good discussion with the class.
- Teacher should bring in a Phulkārī to actually show the students so that they can touch it and feel it.

### **Engagement (20 minutes)**

- Greet the students and allow them to get settled.

- Teacher will write “Phulkārī” on a chart paper and ask students to explain what it is.
- If students are not familiar with the word, teacher will ask students to see if they can understand any part of the word (Phul).
- Help students break the word up and figure out the meaning.
- If students still have a difficult time figuring it out – look up the word in the Pañjābī-English dictionary.
- Next, show students the actual Phulkārī.

### **Exploration (30 minutes)**

- Pass out lined paper and pen or pencil to students.
- Allow the Phulkārī to be displayed, while the teacher reads the information about the history of Phulkārī.
- As the teacher shares the information, the students need to write five pieces of information about Phulkārī in Gurmukhī.
- Collect student writing and pass out blank paper.
- Explain to students that today they will be creating their own Phulkārī on paper.
- Ask students to draw equal squares – like a grid on their blank paper – (see below) or you can make copies of the grid below.
- Students will glue different colors of yarn on the lines of the grid.
- Share the different designs commonly used in Phulkārīs – flowers, birds, etc. People would use nature to inspire them to design the Phulkārīs as the Gurū looked at nature to inspire them to write Gurbāñī. There are numerous examples from Gurbāñī where the Gurūs referenced nature to make a point.
- Next, using color pencil students will draw Phulkārī designs in the grid squares.
- Students may choose to add glitter and sequins to their Phulkārīs.
- Students will describe their Phulkārī masterpieces through writing a paragraph in Gurmukhī detailing the materials used and describing the design elements.

### **Explanation/Extension (10 minutes)**

- Allow students to share their Phulkārī designs with the class while they read their paragraphs aloud to the class.
- Next, glue student art and writing to construction paper using different colors of construction paper to make it look like a quilt and display them for everyone to see.

### **Evaluation (On-going)**

- During the next session, give students some time to admire each other’s wonderful artwork.

## **Teacher Resources**

### **Phulkārī Embroidery**

The traditional Pañjābī embroidery art is called Phulkārī (ਫੁਲਕਾਰੀ). The Phulkārī word literally means growing flowers. There is sanctity to the art form as the canopy over Gurū Granth Sāhib, the religious book of the Sikhs, is sometimes made of Phulkārī.

There are many different kinds of Phulkārī designs for every occasion. The Phulkārī with intricate floral patterns is called Bāgh (ਬਾਗ਼), which means a garden. It is primarily used on the chunnīs (ਚੁੰਨੀ/head coverings). Phulkārī is considered auspicious for the bride and for the newborn and is worn on various ceremonies. Girls used to learn the art form from their mothers while making Phulkārīs for their Bridal giveaways. Phulkārī is also used in home furnishings especially on wall hangings, sofa throws and other soft furnishings. Some best Phulkārīs and Bāghs are known to have been made in Hazārā (ਹਜ਼ਾਰਾ) and Cakvāl (ਚਕਵਾਲ) areas of Northern Pañjāb.

### **History of Phulkārī**

The origin of Phulkārī cannot be exactly traced but reference of Pañjābī embroidery dates back to more than 2000 years. Its present form and popularity goes back to 15th century during Mahārājā Ranjīt Singh's time. Some scholars feel that the art of Phulkārī came from Iran where it is known as Gulkārī (ਗੁਲਕਾਰੀ). Some feel it came from Central Asia along with Jat tribes who migrated to India and settled in Pañjāb, Haryānā and Gujarāt. There is reference of Phulkārī in Gurū Granth Sāhib and folk songs of Pañjāb. Phulkārī has been mentioned in famous tales of Hīr-Rāñjhā (ਹੀਰ-ਰਾਂਝਾ) by poet Wāris Shāh.

### **Process**

Phulkārī is traditionally done on a handspun khādī (ਖਾਦੀ) cloth with simple darning stitches using the spun silk floss yarn called 'pat.' Single strand threads are used for this purpose. The simple stitches in the adept hands make it one of the most sought after embroidery craft. Shading and variation is often obtained by the using horizontal, vertical or diagonal stitches. There are a variety of Phulkārī styles used for different occasions and purposes.

Cope (ਚੋਪੇ) is red colored cloth with embroidered borders usually presented to the bride by her grandmother during a ceremony before the wedding.

Varī-dā-bāgh (garden of the trousseau) is also on a red cloth with golden yellow embroidery symbolizing happiness and fertility. The entire cloth is covered patterns smaller ones within the border and intricately worked in different colors.

Ghūmghaṭ (ਘੁੰਘਟ) bāgh or sar-i-pallū (covering for the head) has a small border on all four sides. In the center of each side, which covers the head, a large triangular motif is worked.

Bāvan bāgh (52 in Pañjābī) has as many geometrical patterns.

Darshan duār (the gate offering a view of the deity) is usually for presentation in temples or

to adorn the walls of the home when the Gurū Granth Sāhib is brought to a house. The theme is a decorative gate.

Suber is a Phulkārī worn by a bride during marriage rites. It comprises five motifs, one in the center and one each in the four corners.

Cambā (ਚੰਬਾ) is a hybrid Phulkārī with a series of wavy creepers, stylized leaves and flowers.

Designs are inspired by various day to day items, like sunflowers, peacock, red chilies, ace of diamonds and so on are used in Phulkārīs. Often times, Phulkārī encompassed life of villages. Creative ability of Pañjābī women has produced innumerable and intricate geometrical patterns. However, most motifs are taken from life existing all around. Wheat and barley stalk with ears is a common motif. Red is the most used color and its shades because Bagh and Phulkārī are often used during marriage and other festivals. Other colors are brown, blue, black and white.

*Adapted from: [http://www.india-crafts.com/textile/embroidery\\_traditions/Phulkari/](http://www.india-crafts.com/textile/embroidery_traditions/Phulkari/)*



Pictures courtesy of: <http://www.pashminagolden.com/phulkari.htm>  
Grid for Phulkārī


