

Punjabi for Beginners

Practical Learning with SynapseLingo

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- Audio pronunciation guides
- Interactive exercises
- Additional vocabulary practice
- Progress tracking

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Lesson 1: Learn Punjabi ‘have’ – ਕੋਲ ਹੋਣਾ (kol hoṇā) Made Easy

Brought to you by SynapseLingo, this fun English-to-Punjabi lesson helps you master “have” with the handy ‘kol’ structure: ਕੋਲ ਹੋਣਾ (kol hoṇā). We’ll cover the essentials: have, I have, you have, he has, she has, it has, we have, you have (plural), and they have, with natural examples you can use today. Laugh, repeat, and remember: possession in Punjabi is all about what’s ‘near/with’ you – ਕੋਲ (kol). Visit SynapseLingo for more bite-sized boosts.

Welcome to SynapseLingo

Hey you, great to have you here! This podcast is brought to you by SynapseLingo – grab more free goodies at www.synapse-lingo.com.

Today you’ll master the Punjabi way to say “have” using ਕੋਲ ਹੋਣਾ (kol hoṇā) – and yes, we’ll make it easy and a little silly so it sticks.

Your goal today

By the end, you’ll confidently say every form of “have.”

Quick secret: Punjabi shows possession with ‘near/with’ – that’s ਕੋਲ (kol). So ‘I have’ is literally ‘near me, it is’: ਮੇਰੇ ਕੋਲ ਹੈ (mere kol hai).

Forms in a flash

Repeat after me and feel the rhythm.

- have → ਕੋਲ ਹੋਣਾ (kol hoṇā)
- I have → ਮੇਰੇ ਕੋਲ ਹੈ (mere kol hai)
- you have (du) → ਤੇਰੇ ਕੋਲ ਹੈ (tere kol hai)
- he has → ਉਸ ਕੋਲ ਹੈ (us kol hai)
- she has → ਉਸ ਕੋਲ ਹੈ (us kol hai)
- it has → ਇਸ ਕੋਲ ਹੈ (is kol hai)
- we have → ਸਾਡੇ ਕੋਲ ਹੈ (saade kol hai)
- you have (plural/polite) → ਤੁਹਾਡੇ ਕੋਲ ਹੈ (tuhade kol hai)
- they have → ਉਹਨਾਂ ਕੋਲ ਹਨ (uhnān kol han)

Mini scenes: laugh \ learn

Let's act it out – tiny scenes, big memory. You've got this!

- I have a book. → ਮੇਰੇ ਕੋਲ ਕਿਤਾਬ ਹੈ (mere kol kitāb hai)
- Do you have a pen? → ਕੀ ਤੇਰੇ ਕੋਲ ਕਲਮ ਹੈ? (kī tere kol kalam hai?)
- He has the keys. → ਉਸ ਕੋਲ ਚਾਬੀਆਂ ਹਨ (us kol chābīā han)
- She has a good idea. → ਉਸ ਕੋਲ ਚੰਗਾ ਵਿਚਾਰ ਹੈ (us kol changā vichār hai)
- It has a new update. → ਇਸ ਕੋਲ ਨਵਾਂ ਅਪਡੇਟ ਹੈ (is kol navā apḍeṭ hai)

- We have time. → ਸਾਡੇ ਕੋਲ ਸਮਾਂ ਹੈ (saade kol samā hai)
- You have tickets. (plural 'you') → ਤੁਹਾਡੇ ਕੋਲ ਟਿਕਟ ਹਨ (tuhade kol ṭikaṭ han)
- They have snacks. → ਉਹਨਾਂ ਕੋਲ ਨਾਸ਼ਤੇ ਹਨ (uhnān kol nāṣṭe han)
- Pro tip, du: if it's many things or people, you'll often hear ਹਨ (han) instead of ਹੈ (hai). Pocket that!

Pronunciation beat

Clap it in – your mouth loves rhythm.

Clap, clap – say: I have – ਮੇਰੇ ਕੋਲ ਹੈ (mere kol hai). Clap, clap – say: you have – ਤੇਰੇ ਕੋਲ ਹੈ (tere kol hai). Snap, snap – say: we have – ਸਾਡੇ ਕੋਲ ਹੈ (saade kol hai). Big group voice – say: they have – ਉਹਨਾਂ ਕੋਲ ਹਨ (uhnān kol han). One more for the base: have – ਕੋਲ ਹੋਣਾ (kol hoṇā).

Culture tip: langar logic

Language loves culture – so here's a tasty memory hook.

At langar, everyone is fed: “everyone has food” → ਸਭ ਦੇ ਕੋਲ ਖਾਣਾ ਹੁੰਦਾ ਹੈ (sabh de kol khāṇā hundā hai). Remember: ‘near/with’ – ਕੋਲ (kol) – is how Punjabi shows you've got it.

Quick quiz

Fast questions, fast wins. Say answers out loud!

- Q1) What's the Punjabi base verb for have? Answer: ਕੋਲ ਹੋਣਾ (kol hoṇā)

-
- Q2) Say “you have” (plural/polite). Answer: ਤੁਹਾਡੇ ਕੋਲ ਹੈ (tuhade kol hai)
 - Q3) Translate: “they have umbrellas.” Answer: ਉਹਨਾਂ ਕੋਲ ਛਤਰੀਆਂ ਹਨ (uhnān kol chhatrīā han)
 - Q4) Fix the idea: Not “I am a pen,” but “I have a pen.”
In Punjabi: ਮੇਰੇ ਕੋਲ ਕਲਮ ਹੈ (mere kol kalam hai).

Your challenge

Ready to flex? You'll use every form now.

- Say each: have, I have, you have, he has, she has, it has, we have, you have (plural), they have – then add any noun you like after each Punjabi line.
- Examples to model:
 - I have → ਮੇਰੇ ਕੋਲ ਹੈ (mere kol hai) ... “a book.”
 - you have (du) → ਤੇਰੇ ਕੋਲ ਹੈ (tere kol hai) ... “a pen.”
 - he has → ਉਸ ਕੋਲ ਹੈ (us kol hai) ... “a ticket.”
 - she has → ਉਸ ਕੋਲ ਹੈ (us kol hai) ... “time.”
 - it has → ਇਸ ਕੋਲ ਹੈ (is kol hai) ... “a new feature.”
 - we have → ਸਾਡੇ ਕੋਲ ਹੈ (saade kol hai) ... “coffee.”
 - you have (plural) → ਤੁਹਾਡੇ ਕੋਲ ਹੈ (tuhade kol hai) ... “the map.”
 - they have → ਉਹਨਾਂ ਕੋਲ ਹਨ (uhnān kol han) ... “tickets.”
- Bonus humor hook: If a miner says he always “has” ਕੋਲ (kol) – that’s coal! In Punjabi, ਕੋਲ (kol) means ‘near/with’.

Wrap-up

Nice work – your Punjabi possession power just leveled up.

You practiced have, I have, you have, he has, she has, it has, we have, you have (plural), and they have with the Punjabi pattern ਕੋਲ ਹੋਣਾ (kol hoṇā). Thanks for listening! Keep practicing, smile while you speak, and visit www.synapse-lingo.com for more fun lessons from SynapseLingo.

Lesson 2: English to Punjabi: Be = ਹੋਣਾ (hoṇā)

Master the English verb “be” in Punjabi with SynapseLingo: ਹੋਣਾ (hoṇā). We'll cover everyday forms like I am ਮੈਂ ਹਾਂ (mairṁ hā), you are ਤੂੰ ਹੈਂ (tū hai) / ਤੁਸੀਂ ਹੋ (tuṣī ho), he is ਉਹ ਹੈ (oh hai), she is ਉਹ ਹੈ (uh hai), it is ਇਹ ਹੈ (ih hai), we are ਅਸੀਂ ਹਾਂ (aṣī hā), and they are ਉਹ ਹਨ (uh han). Learn through quick drills, a funny mini-dialogue, culture tips, and a quiz – perfect for English speakers learning Punjabi. Visit www.synapse-lingo.com for transcripts, practice, and more lessons.

Welcome!

Hey friend, this episode is brought to you by SynapseLingo – your fun way to learn Punjabi. Visit www.synapse-lingo.com for notes and extra practice.

Today you'll learn the Punjabi forms of the verb “be” so you can introduce yourself, spot your friends in a crowd, and positively hype everyone up. Keep your ears open for ਹੋਣਾ (hoṇā) and its superstar team: ਮੈਂ ਹਾਂ (mairṁ hā), ਤੂੰ ਹੈਂ (tū hai), ਉਹ ਹੈ (oh hai), ਉਹ ਹੈ (uh hai), ਇਹ ਹੈ (ih hai), ਅਸੀਂ ਹਾਂ (aṣī hā), ਤੁਸੀਂ ਹੋ (tuṣī ho), ਉਹ ਹਨ (uh han).

Your learning goal today

In minutes, you'll master the English verb "be" in Punjabi – clear, confident, and with a smile. Ready?

Your goal: recognize, pronounce, and use "be" = ਹੋਣਾ (hoṇā) in real lines. Hand on heart, nod once, and feel the calm of simply "ਹੋਣਾ (hoṇā)" as you speak.

Forms fast-track

Repeat after me – short, punchy, memorable.

- be = ਹੋਣਾ (hoṇā)
- I am = ਮੈਂ ਹਾਂ (mair̥m hā)
- you are (informal, singular) = ਤੂੰ ਹੈਂ (tū haī)
- he is = ਓਹ ਹੈ (oh hai)
- she is = ਉਹ ਹੈ (uh hai)
- it is = ਇਹ ਹੈ (ih hai)
- we are = ਅਸੀਂ ਹਾਂ (asī hā)
- you are (polite/plural) = ਤੁਸੀਂ ਹੋ (tusī ho)
- they are = ਉਹ ਹਨ (uh han)

Mini dialogue

Listen to this quick scene, then echo the Punjabi lines.

- A: Who's ready? B: I am – ਮੈਂ ਹਾਂ (mair̥m hā)!
- A: Great. You are awesome – ਤੂੰ ਹੈਂ (tū haī) amazing!

-
- A: He is our captain – ਓਹ ਹੈ (oh hai) the captain.
 - A: She is the coach – ਉਹ ਹੈ (uh hai) the coach.
 - A: It is our moment – ਇਹ ਹੈ (ih hai) our moment!
 - Team: We are a team – ਅਸੀਂ ਹਾਂ (aśī hā) one team!
 - Coach to the crowd: You are the energy – ਤੁਸੀਂ ਹੋ (tuśī ho) the energy!
 - All: They are the winners – ਉਹ ਹਨ (uh han) the winners!

Pronunciation drill

We'll pair sound and gesture to lock it in. Say it with me.

- Hand on heart: I am – ਮੈਂ ਹਾਂ (mairm hā).
- Point to a friend: you are – ਤੂੰ ਹੈ (tū hai).
- Point to him: he is – ਓਹ ਹੈ (oh hai).
- Open hand to her: she is – ਉਹ ਹੈ (uh hai).
- Point at an object: it is – ਇਹ ਹੈ (ih hai).
- Tap your chest, sweep around: we are – ਅਸੀਂ ਹਾਂ (aśī hā).
- Arms to the whole group: you are – ਤੁਸੀਂ ਹੋ (tuśī ho).
- Palms open to a group: they are – ਉਹ ਹਨ (uh han).

Culture tip

Sound natural with this quick tip.

Punjabi has an informal you – ਤੂੰ ਹੈਂ (tū haī) – for close friends, and a polite/plural you – ਤੁਸੀਂ ਹੋ (tusī ho) – for respect or groups. For “he/she/that,” you’ll hear both ਓਹ ਹੈ (oh hai) and ਉਹ ਹੈ (uh hai); both are common by region. And you’ll often spot the base verb ਹੋਣਾ (hoṇā) inside everyday phrases, like “it turned out well” → ਚੰਗਾ ਹੋਇਆ (caṅgā hoiā).

Quiz time

You’ve got this – answer out loud, then check.

- Q1: Say “I am ready” in Punjabi. A: ਮੈਂ ਤਿਆਰ ਹਾਂ (maim tiār hā).
- Q2: Say “You are my friend” to one close friend. A: ਤੂੰ ਹੈਂ ਮੇਰਾ ਦੋਸਤ (tū haī merā dōst).
- Q3: “He is here.” A: ਓਹ ਇੱਥੇ ਹੈ (oh itthe hai).
- Q4: “She is a teacher.” A: ਉਹ ਅਧਿਆਪਕਾ ਹੈ (uh adhiā-pakā hai).
- Q5: “It is true.” A: ਇਹ ਹੈ ਸੱਚ (ih hai sach).
- Q6: “We are students.” A: ਅਸੀਂ ਵਿਦਿਆਰਥੀ ਹਾਂ (aśī vid-hyārthī hā).
- Q7: Tell a team: “You are champions!” A: ਤੁਸੀਂ ਚੈਂਪੀਅਨ ਹੋ (tusī champion ho).
- Q8: “They are at home.” A: ਉਹ ਘਰ ਵਿੱਚ ਹਨ (uh ghar vich han).

Final challenge

Build a mini speech – stack the lines smoothly.

- Start: I am a beginner – ਮੈਂ ਸ਼ੁਰੂਆਤੀ ਹਾਂ (mair̥m śurūātī hā).
- Add a friend: You are helpful – ਤੂੰ ਹੈਂ ਮਦਦਗਾਰ (tū haī madadgār).
- Spot someone: He is our guide – ਉਹ ਸਾਡਾ ਗਾਈਡ ਹੈ (oh sādā gāiḍ hai).
- Celebrate her: She is amazing – ਉਹ ਕਮਾਲ ਦੀ ਹੈ (uh kamāl dī hai).
- Confirm a thing: It is simple – ਇਹ ਹੈ ਆਸਾਨ (ih hai āsān).
- Unite: We are ready – ਅਸੀਂ ਤਿਆਰ ਹਾਂ (asī tiār hā).
- Address the group: You are the best – ਤੁਸੀਂ ਸਭ ਤੋਂ ਵਧੀਆ ਹੋ (tuśī sabh ton vadhīā ho).
- Point to the winners: They are the champions – ਉਹ ਚੈਂਪੀਅਨ ਹਨ (uh champion han).

Wrap-up

Nice work – your Punjabi “be” superpowers are unlocked.

Thanks for listening! Keep practicing ਹੋਣਾ (hoṇā) with real lines like ਮੈਂ ਹਾਂ (mair̥m hā), ਤੁਸੀਂ ਹੋ (tuśī ho), and ਉਹ ਹਨ (uh han). This podcast is by SynapseLingo – visit www.synapse-lingo.com for more lessons, downloads, and fresh practice. See you next time!

Lesson 3: English to Punjabi: Learn ‘go’ – ਜਾਣਾ (jāṇā) fast

Boost your Punjabi fast with this fun English-to-Punjabi mini-lesson on the verb ‘go’ – ਜਾਣਾ (jāṇā). We’ll nail everyday phrases: ‘I go’ ਮੈਂ ਜਾਂਦਾ ਹਾਂ (maĩ jāndā hā), ‘you go’ ਤੁਸੀਂ ਜਾਂਦੇ ਹੋ (tuṣī jānde ho), ‘he goes’ ਉਹ ਜਾਂਦਾ ਹੈ (uh jāndā hai), ‘she goes’ ਉਹ ਜਾਂਦੀ ਹੈ (oh jāndī hai), ‘we go’ ਅਸੀਂ ਜਾਂਦੇ ਹਾਂ (aṣī jāde hā), ‘they go’ ਉਹ ਜਾਂਦੇ ਹਨ (uh jānde han), plus ‘it’s okay’ ਠੀਕ ਹੈ (thīk hai). Practice with jokes, rhythm drills, and a quick quiz for real-life speaking confidence.

Welcome to SynapseLingo

Hey you, ready to level up your Punjabi? This podcast is brought to you by SynapseLingo – visit www.synapselingo.com for more resources.

Today we’ll conquer the English verb ‘go’ in Punjabi: ਜਾਣਾ (jāṇā). If your tongue trips, ਠੀਕ ਹੈ (thīk hai) – it’s okay, we’ll laugh and keep going!

Your learning goal today

You’ll master the core forms you actually use, quick and clean.

- Target map: go → ਜਾਣਾ (jāṇā).

-
- I go → ਮੈਂ ਜਾਂਦਾ ਹਾਂ (maĩ jāndā hā) (feminine: ਮੈਂ ਜਾਂਦੀ ਹਾਂ (maĩ jāndī hā)).
 - You go (plural/formal) → ਤੁਸੀਂ ਜਾਂਦੇ ਹੋ (tuśī jānde ho).
 - He goes → ਉਹ ਜਾਂਦਾ ਹੈ (uh jāndā hai).
 - She goes → ਉਹ ਜਾਂਦੀ ਹੈ (oh jāndī hai).
 - We go → ਅਸੀਂ ਜਾਂਦੇ ਹਾਂ (aśī jāde hā).
 - They go → ਉਹ ਜਾਂਦੇ ਹਨ (uh jānde han).
 - It's okay → ਠੀਕ ਹੈ (thīk hai).

Mini dialogue: real talk

Listen in and echo the lines out loud – yes, you!

- A: Are we late? B: Maybe, but ਠੀਕ ਹੈ (thīk hai).
- A: I go now – ਮੈਂ ਜਾਂਦਾ ਹਾਂ (maĩ jāndā hā).
- B: Great, we go together – ਅਸੀਂ ਜਾਂਦੇ ਹਾਂ (aśī jāde hā).
- Narrator: Look – he goes: ਉਹ ਜਾਂਦਾ ਹੈ (uh jāndā hai); she goes: ਉਹ ਜਾਂਦੀ ਹੈ (oh jāndī hai); you go (to the group): ਤੁਸੀਂ ਜਾਂਦੇ ਹੋ (tuśī jānde ho); they go: ਉਹ ਜਾਂਦੇ ਹਨ (uh jānde han).

Beat drill: clap and speak

Clap the rhythm and repeat after me – your neighbors will be impressed.

- Go – ਜਾਣਾ (jāṇā).
- I go – ਮੈਂ ਜਾਂਦਾ ਹਾਂ (maĩ jāndā hā).

- You go (plural/formal) – ਤੁਸੀਂ ਜਾਂਦੇ ਹੋ (tusī jānde ho).
- He goes – ਉਹ ਜਾਂਦਾ ਹੈ (uh jāndā hai).
- She goes – ਉਹ ਜਾਂਦੀ ਹੈ (oh jāndī hai).
- We go – ਅਸੀਂ ਜਾਂਦੇ ਹਾਂ (asī jāde hā).
- They go – ਉਹ ਜਾਂਦੇ ਹਨ (uh jānde han).
- It's okay – ਠੀਕ ਹੈ (thīk hai).

Culture tip: sounding natural

Here's a tiny tip that makes you sound local.

- Punjabi daily habits often use these 'go' forms (like 'I go' = ਮੈਂ ਜਾਂਦਾ ਹਾਂ (maī jāndā hā)). For 'going right now,' you'll hear progressive forms like 'I am going' = ਮੈਂ ਜਾ ਰਿਹਾ ਹਾਂ (maī jā rihā hā) (fem: ਮੈਂ ਜਾ ਰਹੀ ਹਾਂ (maī jā rahī hā)).

Quick quiz

Test time – say the answer out loud, then I'll reveal it.

- Say in Punjabi: 'they go'. Answer: ਉਹ ਜਾਂਦੇ ਹਨ (uh jānde han).
- Translate to Punjabi: 'it's okay'. Answer: ਠੀਕ ਹੈ (thīk hai).
- Say in Punjabi: 'we go'. Answer: ਅਸੀਂ ਜਾਂਦੇ ਹਾਂ (asī jāde hā).
- Complete: 'he goes' → - - - . Answer: ਉਹ ਜਾਂਦਾ ਹੈ (uh jāndā hai).