

PHRASE PACK · PAKISTANI (LAHORI) PUNJABI

Punjabi for Family Conversations

A pocket guide for talking with grandparents, aunties and uncles, with the respectful phrases that matter most.

65

phrases

7

situations

3

quick-reference lists

Romanised throughout, so no script reading is needed. Spelling of spoken Punjabi in Roman letters is not standardised: use this pack as a guide and let your family correct you. That is half the fun.

SECTION 1

Greetings & respect

Start every conversation with an elder this way. Warmth and respect matter more than perfect grammar.

PUNJABI (ROMANISED)	ENGLISH
Assalam-o-alaikum	Peace be upon you (greeting)
Wa alaikum assalam	And peace be upon you (reply)
Ki haal ae?	How are you? (casual, with people your age)
Tussi theek o?	Are you well? (respectful)
Main theek aan, shukar ae	I'm fine, thank God
Jee aayan nu	Welcome
Baith jao ji	Please, sit down
Haan ji / Nahi ji	Yes / No (respectful)
Bohat meharbani	Thank you very much
Maaf karna	Forgive me / sorry
Koi gal nahi	No problem / never mind
Rab rakha	God protect you (goodbye)

SECTION 2

Talking to grandparents

Short, caring phrases that open a conversation. Elders usually love hearing you try.

PUNJABI (ROMANISED)	ENGLISH
Tussi kiven o?	How are you? (respectful)
Tuhadi sehat kiven ae?	How is your health?
Tuhanu kuj chahida ae?	Do you need anything?
Main tuhadi madad kar sakda aan?	Can I help you? (girls say: sakdi aan)
Tussi chaa piyo ge?	Will you have some tea?
Mere layi dua karo	Please pray for me
Mainu koi kahani sunao	Tell me a story
Mainu tuhadi bohat yaad aundi ae	I miss you a lot
Tuhade naal baith ke bada changa lagda ae	It's lovely sitting with you
Apna khayal rakhna	Take care of yourself