

WHAT IS PONGAL?

Pongal Festival – *Pongal* is a harvest festival celebrated over a period of four days.

Pongal Dish – *Pongal* is also the name of the dish made and eaten during this festive time; a mixture of sweet boiled rice.



INDIAN
HERITAGE
CENTRE

இந்திய
மரபுடைமை
நிலையம்

WHEN IS PONGAL CELEBRATED?

Pongal is celebrated in the auspicious month of *Thai* which starts either on 14th or 15th January and festivities continue over a period of four days:

Day 1

Boghi

A day for spring cleaning – discarding old belongings to welcome new beginnings

Day 2

Surya Pongal

A day when the sun is honoured and *Pongal* dish is made as an offering

Day 3

Maatu Pongal

A day dedicated to cattle honouring its contribution to successful harvest

Day 4

Kaanum Pongal

A day when friends and family gather with the young seeking the blessings of elders

HOW IS PONGAL DISH MADE?

A clay pot or *Pongal Paanai* is placed over the stove



The pot is filled with milk and fresh rice



As the rice grains boil in milk, brown sugar or *jaggery* is added along with cashew nuts, raisins, and ghee



As the rice mixture boils over the pot, family members exclaim out "*Pongalo Pongal*" (*Hail Pongal*)

Discuss with your friend

- ▶ How would you describe the *Pongal* Festival?
- ▶ Why do you think it is important to celebrate *Pongal* Festival?



INDIAN
HERITAGE
CENTRE

இந்திய
மரபுடைமை
நிலையம்



Die-cut lines

