STATE MAP

पंजाब
PUNJAB

Scale 1:500,000

Golden Temple Amritsar

भारतीय सर्वेक्षण विभाग SURVEY OF INDIA

4th Edition 2025. Price: ₹135 / –

LADĀKH
JAMMU AND KASHMĪR
HIMĀCHAL PRADESH
PUNJAB
CHANDĪGARH
UTTARĀKHAND
HARYĀNA
DELHI
RĀJASTHĀN
UTTAR PRADESH
BIHĀR
SIKKIM
ARUNĀCHAL PRADESH
ASSAM
NĀGĀLAND
MEGHĀLAYA
MANIPUR
JHĀRKHAND
WEST BENGAL
TRIPURĀ
MIZORAM
GUJARĀT
I N D I A
MADHYA PRADESH
CHHATTĪSGARH
ODISHA
DĀDRA AND NAGAR HAVELI AND DAMĀN AND DIU
MAHĀRĀSHTRA
TELANGĀNA
B A Y OF B E N G A L
ARABIAN SEA
Yanam (PUDUCHERRY)
ANDHRA PRADESH
KARNĀTAKA
Mahe (PUDUCHERRY)
PUDUCHERRY
KERALA
TAMIL NĀDU
LAKSHADWEEP SEA
LAKSHADWEEP (INDIA)
ANDAMAN AND NICOBAR ISLANDS (INDIA)
ANDAMAN SEA
I N D I A N O C E A N

PUNJAB – THE GRANARY OF INDIA

Punjab is a state in North–West India. Present–day Punjab and the Indian States of Haryāna and Himāchal Pradesh were once part of this Punjab under Pākistan. The Union Territory Chandīgarh is the capital of Punjab. The State of Punjab is divided into 23 districts. The total area of the state is 50,362 square kilometres.

The Greeks called the region around Punjab as Pentapotamia, which means the inland delta of five converging rivers. These five rivers are Shatadru (Satluj), Iravati, Vitasta, Vipasa and Chandrabhāga. In the holy book of the Parsis, Avesta, the region of North–West India is associated with ancient Haft Hind and Sapta–Sindhu. In the epic Mahābhārata, this region is called Panchanad. All these references show the historical and cultural importance of Punjab. But the term Punjab was named during the reign of the Mughal emperor Akbar and no area south of Satluj was included in Punjab. Historically, Punjab has been the gateway to the India subcontinent for Greeks, Central Asians, Afghans and Iranians.

The history of Punjab took a new turn in the fifteenth and sixteenth centuries. The bhakti gained momentum here due to the teachings of Sri Guru Nanak Dev. The Sikh sect gave birth to a religious and social movement, whose main objective was to remove the evils prevalent in religion and society. The tenth Guru Sri Gobind Singh organized and united the Sikhs as the Khālsa Panth. He established the Punjabi Raj based on patriotism, secularism and human values. In 1849, Punjab came under British rule.

Punjab is the 16th most populous state of India with an estimated population of 32 million, of which about 57.7% are Sikhs, 38.5% Hindus and 1.9% are Muslims. An estimated 86% are Punjabi and 09% are Hindi speakers. But Hindi is understood by almost the entire population, while people living in cities also speak Hindi and other languages such as Dogri in Pathankot and Bagri in Fāzilka. Some people consider them dialects of Punjabi, others regard them as dialects of Hindi while some view them as independent languages.

The main religious places of the Sikhs are Sri Harmandir Sāhib in Amritsar City of Punjab and Sri Anandpur Sāhib in Rūpnagar, which are the holiest cities of the Sikhs.

Punjab is a developed state which is the 16th largest economy of India. The GDP of Punjab is estimated to be 8.91 Lakh Crores in the financial year 2025–26. Equipment, agriculture, electrical goods, sports, sewing machines, bicycles and textile maufacturing are the main industries here. Mandi Gobindgarh in Fatehgarh Sāhib is famous as the steel city.

Punjab is one of the major northern agricultural states of India. Its conribution to agriculture and Indian economy has been remarkable and has made India self–sufficient in terms of food. It has contributed 325.4 lakh tonnes of grain to the country's central food grains during 2023–24, in which wheat production was 177.4 lakh tonnes and paddy production was 140 lakh tonnes which is 5.85% of the entire country.

Culturally, Punjab is known for its traditional energetic folk dances called Bhangra and Gidda performed during harvest festivals and other celebrations. Jhoomar, Tungi Sammi and Kikli are other traditional folk dances. Punjab is known for festivals such as Lohri, Baisākhi and Gurpurab and delicious food such as sarson da sāg, makki di roti and lassi. Punjabi music and cinema are also popular around the world, keeping the diaspora connected to their roots.

REFERENCES

Name of State Headquarter	CHANDĪGARH
Name of District Headquarters	Moga
Name of Sub–District (Tahsīl) Headquarters	Zīra
Name of Other towns	Malaudh
Headquarters: State, District, Sub–district (Tahsīl), Others	◎ ⊙ ○ ○
Fort, Temple, Gurūdwāra	✕ ⌂ ⌂
Antiquity, Battle field	⌂ ✕
Airports: International, Other	✈ ✈
Railways: Broad gauge; Double line (with station), Single line, Others	MUCHROWĀL
Roads: N–S corridor, National Highway (with number)	NS–44 NH 52
Roads:State Highway, Others, Foot path	SH 6
Rivers, Streams, Water features or Lakes	
Canals: Double line, Main, Branch	
Boundaries: International, State	
Boundaries: District, Sub–district (Tahsil)	

Headquarters of the state and districts are boxed in the body of the map.
Administrative boundaries, names and communications are updated upto 2024.
This map includes some of the information supplied by the State Government.
The administrative headquarters of Haryāna and Punjab States are at Chandīgarh.
Subdistrict name written in bracket, where it differs from the name of its headquarter, for example (MOHĀLI)
The administrative headquarters of Amritsar I & II, Jalandhar I & II and Ludhiāna East & West Tahsils are at Amritsar, Jalandhar and Ludhiāna respectively.
Full name of SAS Nagar is Sāhibzāda Ajīt Singh Nagar.

Scale 1 : 500,000
1 Centimetre = 5 Kilometre
Kilometres 10 0 10 20 30 Kilometres

Projection : Lambert Conformal Conic
Datum : WGS 84

For further details about this map, please contact :

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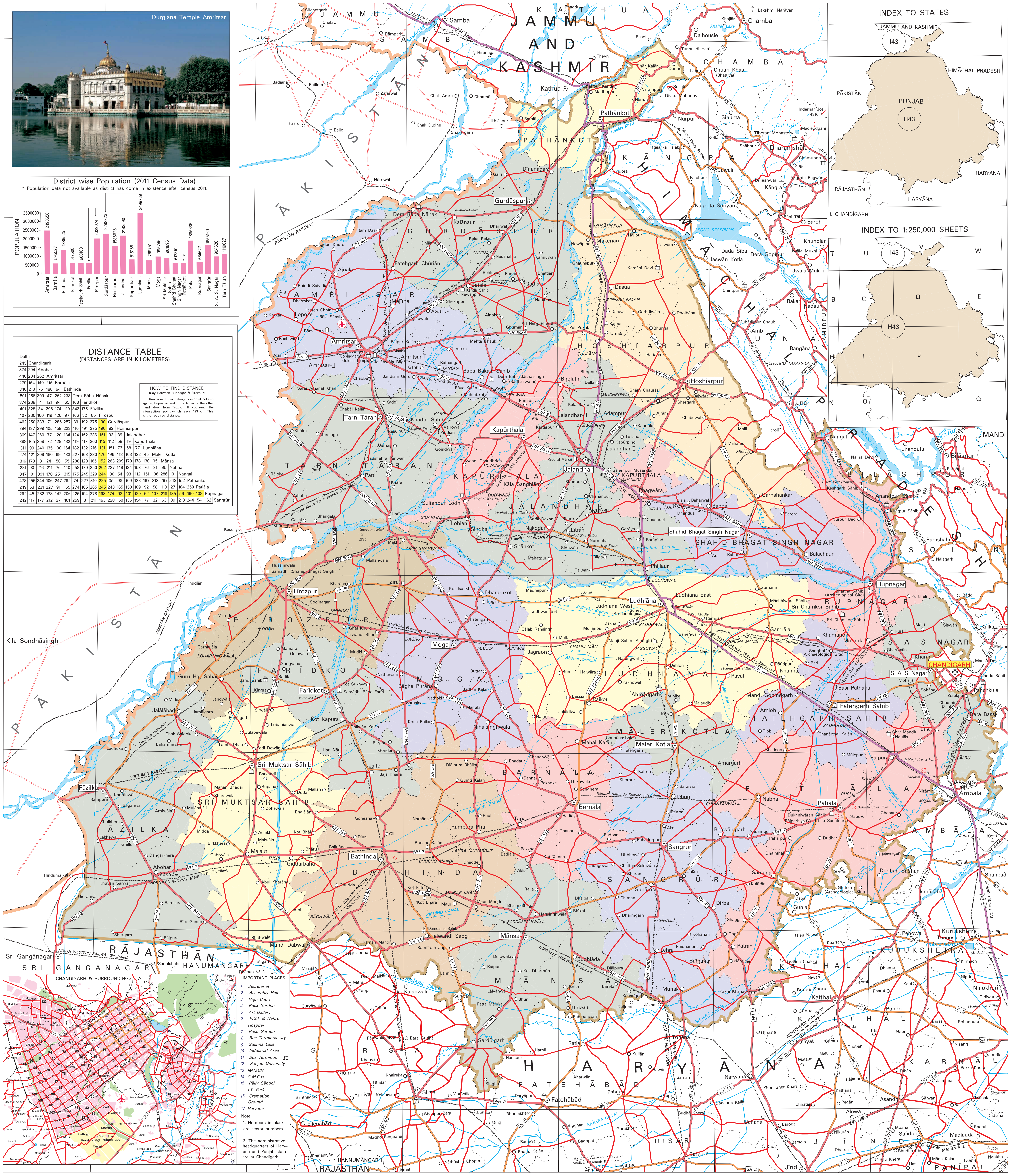
Durgiāna Temple Amritsar
A B C D E F G
1 2 3 4 5 6 7 8
74° 75° 76°
32° 31° 30°
74° E. of GREENWICH.
J A M M U AND K A S H M Ī R
S A M B A
K A T H U A
C H A M B A
K Ā N G R A
H A M Ī R P U R
U N A
B I L Ā S H P U R
S O L A N
MANDI
H I M Ā C H A L P R A D E S H
P Ā K I S T Ā N
R Ā J A S T H Ā N
S R I G A N G Ā N A G A R
HANUMĀNGARH
H A R Y Ā N A
S I R S A
F A T E H Ā B Ā D
H I S Ā R
J Ī N D
K A I T H A L
K U R U K S H E T R A
K A R N Ā L
A M B Ā L A
P Ā N Ī P A T
P A T H Ā N K O T
G U R D Ā S P U R
A M R I T S A R
T A R N T Ā R A N
K A P Ū R T H A L A
J A L A N D H A R
H O S H I Ā R P U R
S H A H Ī D B H A G A T S I N G H N A G A R
R Ū P N A G A R
S A S N A G A R
F A T E H G A R H S Ā H I B
L U D H I Ā N A
M Ā L E R K O T L A
F I R O Z P U R
F A R Ī D K O T
M O G A
F Ā Z I L K A
S R I M U K T S A R S Ā H I B
B A T H I N D A
B A R N Ā L A
S A N G R Ū R
P A T I Ā L A
M Ā N S A
CHANDĪGARH
Pathānkot
Gurdāspur
Amritsar
Tarn Tāran
Kapūrthala
Jalandhar
Hoshiārpur
Shahīd Bhagat Singh Nagar
Rūpnagar
S A S Nagar (Mohāli)
Fatehgarh Sāhib
Ludhiāna
Māler Kotla
Fīrozpur
Farīdkot
Moga
Fāzilka
Sri Muktsar Sāhib
Bathinda
Barnāla
Sangrūr
Patiāla
Mānsa
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CHANDĪGARH & SURROUNDINGS

IMPORTANT PLACES

1. Secretariat
2. Assembly Hall
3. High Court
4. Rock Garden
5. Art Gallery
6. P.G.I. & Nehru Hospital
7. Rose Garden
8. Bus Terminus –I
9. Sukhna Lake
10. Industrial Area
11. Bus Terminus –II
12. Panjab University
13. IMTECH.
14. G.M.C.H.
15. Rājiv Gāndhi I.T. Park
16. Cremation Ground
17. Haryāna

Note.

1. Numbers in black are sector numbers.
2. The administrative headquarters of Hary–āna and Punjab state are at Chandīgarh.

District wise Population (2011 Census Data)

* Population data not available as district has come in existence after census 2011.

District	Population
Amritsar	2490656
Barnāla	595527
Bathinda	1388525
Farīdkot	617508
Fatehgarh Sāhib	600163
Fāzilka	*
Fīrozpur	2029074
Gurdāspur	2298323
Hoshiārpur	1586625
Jalandhar	2193590
Kapūrthala	815168
Ludhiāna	3498739
Mānsa	769751
Moga	995746
Sri Muktsar Sāhib	901896
Shahīd Bhagat Singh Nagar	612310
Pathānkot	*
Patiāla	1895686
Rūpnagar	684627
Sangrūr	1655169
S. A. S. Nagar	994628
Tarn Tāran	1119627

POPULATION 0 500000 1000000 1500000 2000000 2500000 3000000 3500000

DISTANCE TABLE

(DISTANCES ARE IN KILOMETRES)

	Delhi	Chandīgarh	Abohar	Amritsar	Barnāla	Bathinda	Dera Bāba Nānak	Farīdkot	Fāzilka	Fīrozpur	Gurdāspur	Hoshiārpur	Jalandhar	Kapūrthala	Ludhiāna	Maler Kotla	Mānsa	Nābha	Nangal	Pathānkot	Patiāla	Rūpnagar
Chandīgarh	245																					
Abohar	374	294																				
Amritsar	446	234	262																			
Barnāla	279	154	140	215																		
Bathinda	346	218	76	186	64																	
Dera Bāba Nānak	501	256	309	47	262	233																
Farīdkot	374	238	141	121	94	65	168															
Fāzilka	401	328	34	296	174	110	343	175														
Fīrozpur	407	230	100	119	126	97	166	32	85													
Gurdāspur	462	250	333	71	286	257	39	192	275	190												
Hoshiārpur	384	137	299	105	159	223	110	191	275	190	82											
Jalandhar	369	147	260	77	120	184	124	152	236	151	93	39										
Kapūrthala	388	165	258	72	128	182	119	117	200	115	112	58	19									
Ludhiāna	311	99	240	135	100	164	182	132	216	131	151	73	58	77								
Maler Kotla	274	121	209	180	69	133	227	163	230	176	196	118	103	122	45							
Mānsa	316	173	131	241	50	55	288	120	165	152	263	209	170	178	130	95						
Nābha	281	90	216	211	76	140	258	170	250	202	227	149	134	153	76	31	95					
Nangal	347	101	391	170	251	315	175	245	329	244	136	54	93	112	151	196	286	191				
Pathānkot	478	255	344	106	247	292	74	227	310	225	35	98	109	128	167	212	297	243	152			
Patiāla	249	63	231	227	91	155	274	185	265	245	243	165	150	169	92	58	110	27	164	259		
Rūpnagar	292	45	282	178	142	206	225	194	278	193	174	92	101	120	62	107	218	135	56	190	108	
Sangrūr	242	117	177	212	37	101	259	131	211	163	228	150	135	154	77	32	63	39	218	244	54	162

HOW TO FIND DISTANCE
(Say Between Rūpnagar & Fīrozpur)

Run your finger along horizontal column against Rūpnagar and run a finger of the other hand down from Fīrozpur till you reach the intersection point which reads, 193 Km. This is the required distance.

REG No. 345 SOIPP D'25 (PHHP&Chd GD–1:500,000)– 116.
1st Edition 1999, 2nd Edition 2013, 3rd Edition 2022, 4th Edition 2025.
Previous Issues 1918, 1933, 1947 (Punjab, Punjab states & Delhi), 1948 (East Punjab), 1962 (Delhi, Himāchal Pradesh and Punjab)
Previous Edition on 1:1,000,000 Scale : 1st Edition 1968, 2nd 1984.
(Chandīgarh, Delhi, Haryāna, Himāchal Pradesh And Punjab)

भारत के महासर्वेक्षक हितेश कुमार एस. मकवाणा, भा.प्र.से. के निदेशन में प्रकाशित,
Published under the direction of Hitesh Kumar S. Makwana, I.A.S., *Surveyor General of India,*
Survey of India, Hāthībarkala Estate, Post Box No. 37, Dehra Dūn – 248001 (Uttarākhand),
Department of Science & Technology, Government of India.
2025.

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