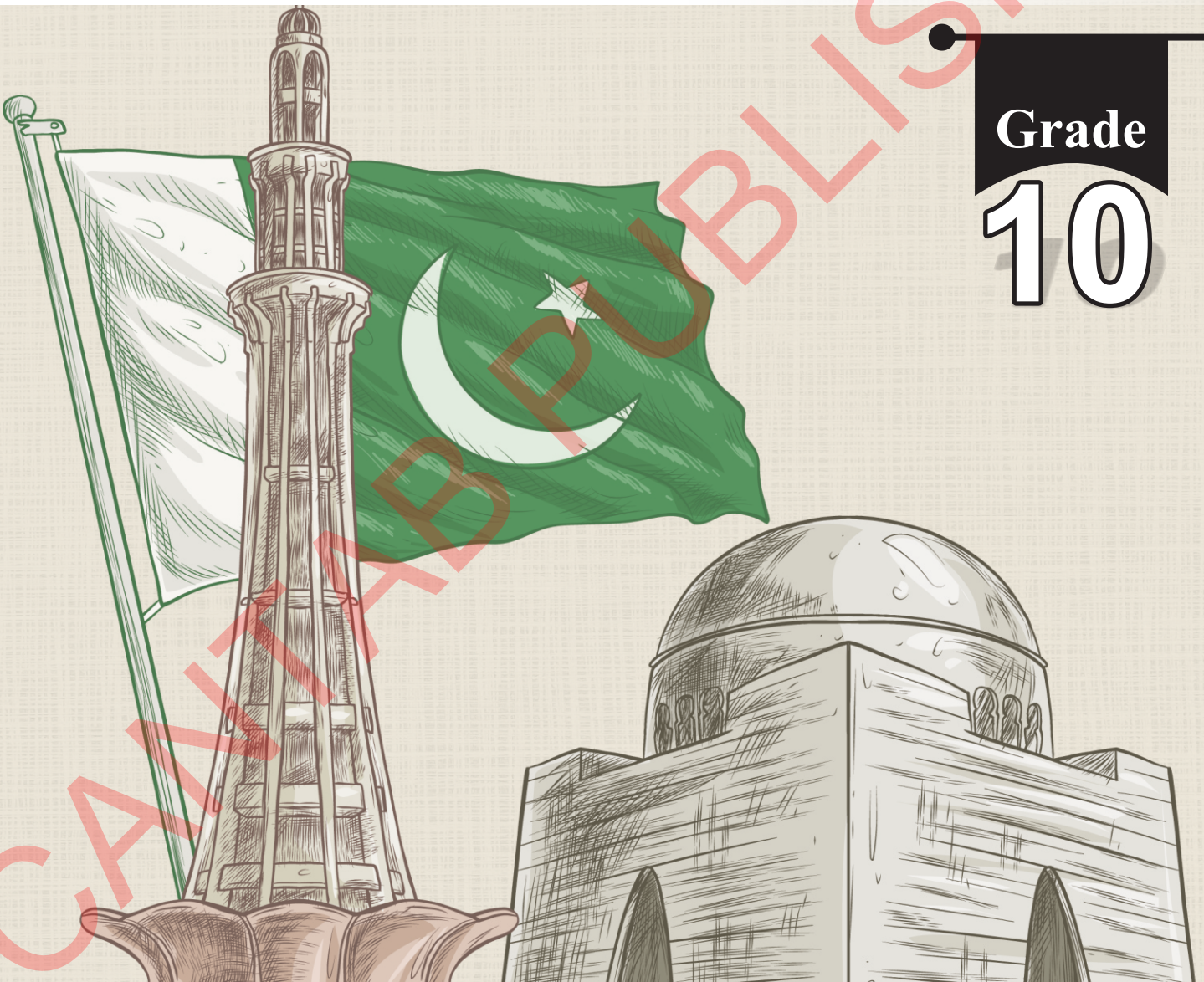


Based on National Curriculum of Pakistan 2022-23

Model Textbook of

Pakistan Studies

Grade
10



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A Textbook of Pakistan Studies
for Grade 10

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Preface

Welcome to the Grade-10 Pakistan Studies textbook, crafted in alignment with the National Curriculum of Pakistan (NCP) 2022.

It is an essential resource that delves into key facets of Pakistan's history, culture, governance, and global positioning. Designed for a comprehensive exploration, this textbook covers citizenship, government structures, cultural heritage, recreational activities, constitutional development, foreign policy, and international relations.

Our goal is to provide students with up-to-date and engaging content that encourages critical thinking and a broader understanding of Pakistan's role on the global stage. Each chapter offers a nuanced perspective, incorporating real-world examples and thought-provoking exercises to facilitate active learning.

As educators, we aspire to instill in students a sense of pride, responsibility, and a deep connection to their nation. This textbook is not just a collection of facts; it is a gateway to exploration and discovery, fostering a lifelong love for learning and an appreciation for the vibrant tapestry of Pakistan's past and present.

Join us on this educational journey, where each chapter unfolds a richer understanding of Pakistan's story and its impact in the global landscape.

The purpose of a skill is to apply knowledge. Students and teachers can scan the provided QR code to access a worksheet that enhances their understanding.



How to use this book

Knowledge is information about a specific topic that helps clarify concepts. Students and teachers can scan the QR code provided with the knowledge to access lectures related to that topic.

Question Bank

1. Which province is known for its rich cultural heritage?

2. Which province is known for its rich cultural heritage?

3. Which province is known for its rich cultural heritage?

4. Which province is known for its rich cultural heritage?

5. Which province is known for its rich cultural heritage?

6. Which province is known for its rich cultural heritage?

7. Which province is known for its rich cultural heritage?

8. Which province is known for its rich cultural heritage?

9. Which province is known for its rich cultural heritage?

10. Which province is known for its rich cultural heritage?

Question Bank

Skill Sheet

Skill 1.1: Define policy and foreign policy.

Skill 1.2: Discuss the impact and the importance of foreign policy for a state.

1. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

2. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

3. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

4. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

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6. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

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9. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

10. Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Skill Sheet

Research and analysis

Students will pick any province in Pakistan and research a popular festival from that province. They will write two or three sentences explaining the festival's main activities and how it reflects the local culture.

Skill: 1.12- 1.13

- Trace the history of art, festivals and folklore in Pakistan.
- Comment on some famous festivals celebrated in Pakistan, including religious festivals, cultural festivals, regional festivals, festivals of minorities and international festivals.

Test Yourself

- Name one religious and one cultural festival celebrated in Pakistan.
- How can festivals help bring people together?
- List one festival that reflects the culture of Punjab.

Teacher Note

Highlight how festivals reflect Pakistan's diverse cultural and religious heritage. Emphasize that these celebrations not only preserve local traditions but also strengthen community bonds and promote understanding.

Nowruz

Nowruz, the Persian New Year, is celebrated in Balochistan with cultural events and gatherings. The festival symbolizes the arrival of spring and is marked by traditional dances, feasts, and the display of colorful crafts. Nowruz reflects the diverse influences that have shaped Balochistan's cultural landscape.

Provincial Diversity

Pakistan's festivals reflect the country's rich provincial diversity, with each province showcasing its unique traditions and cultural expressions.

Punjab

Known for its vibrant folk traditions, Punjab celebrates festivals like Baisakhi, marking the Sikh New Year, and Mela Chiraghan, a festival of lights.

Sindh

Sindh's cultural landscape is enriched by festivals like Urs of Lal Shahbaz Qalandar, a Sufi saint's festival, and Jhulelal, a Hindu festival celebrating the birth of Jhulelal, a revered figure.

Khyber Pakhtunkhwa

Khyber Pakhtunkhwa's festivals reflect its Pashtun heritage, including the Shandur Polo Festival and the Kalash Festivals.

Balochistan

Balochistan's Sibi Mela and Chaman Mela showcase the province's unique tribal traditions and cultural heritage.

Gilgit-Baltistan

Gilgit-Baltistan's festivals, such as Nowruz, a spring festival, and the Broghil Festival, reflect the region's diverse cultural influences.

Knowledge 1.6: Unity in regional cultures and national integration

"Unity within regional cultures and national integration" is a term used to describe the idea of promoting a harmonious coexistence and collaboration between different cultural groups within a country, leading to the development of a shared national identity. This concept is particularly relevant in multicultural societies where various regions have their own unique cultural, linguistic, and ethnic backgrounds.

The country's national identity is enriched by the unique heritage contributed by each region's diverse cultural expressions, traditions, and languages, which are viewed as unifying rather than divisive factors. Unity is fostered through mutual respect and recognition of the cultural distinctiveness of each region. Promoting interactions,

Work sheet

Worksheet

Topic: Pakistan Studies 10

Section: Foreign Policy

Q1: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q2: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q3: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q4: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q5: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q6: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q7: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q8: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q9: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Q10: Define and explain the terms: Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy, Foreign Policy.

Work sheet

SLO based Model Video lecture



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Facing the World: Foreign and Defense Policy

- Foreign policy includes the techniques and strategies used to achieve external goals, as well as the goals themselves.
- Diplomacy
- Economic Aid
- Technical Assistance



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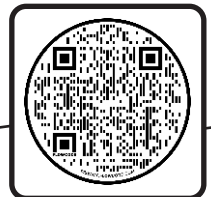
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CONTENTS

Chapter 1	Society and Culture of Pakistan	01
1.1	Culture and its Components	3
1.2	National and Regional Languages	5
1.3	The influence of various languages and dialects on national unity and integration	14
1.4	The origin and development of folklore and drama	16
1.5	Festivals in Pakistan	17
1.6	Unity in regional cultures and national integration	19
1.7	Development of Pakistani Society	21
1.8	Social stratification	22
1.9	Sufi Orders and Commonalities among them	24
1.10	Sufis and their Contribution	25
	Key Points	27
	Exercise	28
Chapter 2	Recreation – Sports	30
2.1	Recreation and its Significance in Society	31
2.2	Recreational activities in Pakistan	32
2.3	Leisure activities and its significance in society	34
2.4	National, International and Traditional sports	34
2.5	Pakistan's Status in International Sports	36
	Key Points	37
	Exercise	37
Chapter 3	Constitutional Development	39
3.1	Historical context of the constitution development	40
3.2	Objective Resolution	43
3.3	Constitution of 1956	46
3.4	Constitution of 1962	49
3.5	Reasons for the failure of the Constitution of 1956 and 1962	52
3.6	Constitution of 1973	53
	Key Points	57
	Exercise	57
Chapter 4	Citizenship and Sustainable Society	59
4.1	Citizen and citizenship	60
4.2	Civic Engagement in Community Service and Volunteer Work	63
4.3	Role and Responsibilities of Citizen	64
4.4	Digital citizen in today's world of social media and technology	66
4.5	Digital citizen in today's world of social media and technology	68
4.6	Role of Parliament in Pakistani Democracy	70
4.7	Free Press, Justice, and Equality for National Prosperity	71
4.8	Significance of the Rule of Law in a Democratic State	72
	Key Points	74
	Exercise	74
Chapter 5	Foreign Policy of Pakistan	76
5.1	Foreign Policy of Pakistan: Introduction and Background	77
5.2	Guiding Principles of Pakistan's Foreign Policy	81
5.3	Relations with other Country's Region	82
5.4	US Pakistan relations before and after 9/11	87
5.5	Support for oppressed nations: material and moral aid	
5.6	Geopolitical importance of the location of Pakistan	88
	Key Points	90
	Exercise	91
Chapter 6	Pakistan and International Organizations	92
6.1	International organizations and Pakistan	93
6.2	Objectives of UN and its major organs	93
6.3	United Nations involvement in global peacekeeping efforts	95
6.4	Pakistan's Role and UN	97
6.5	UN in Kashmir, Palestine and Afghanistan	97
6.6	Pakistan Relation with International Organizations	101
	Key Points	105
	Exercise	105
	Model Paper	107
	Glossary	109

Society and Culture of Pakistan



Introduction

Students' Learning Outcomes

- Investigate how various cultural elements / components influence the promotion or variation of cultural diversity within a society.
- Examine the influence of various languages and dialects spoken within a country on national unity and integration.
- Analyze the origin and development of folklore and drama in literary history of Pakistan.
- Examine the concept of unity with reference to regional cultures leading to national integration and analyze the effects of globalization on Pakistani society and culture.
- Analyze the development of Pakistani society in relation to the diverse facets and consequences of social dynamics, including women's status, feudalism, and tribalism.
- Provide an analysis of the characteristics and key concept of social stratification, and the way it leads to social inequality that affects both individuals and society as a whole
- Analyze the influence of noteworthy mystical orders in Pakistan across diverse regions to highlight the shared principles in their teachings and the way they have become a cohesive spiritual entity in Pakistani society and culture.



The mentioned SLOs are further classified into knowledge and skills for the better understanding of students.



Knowledge

- ❑ Concept of cultures
- ❑ Components of culture
- ❑ National and regional languages
- ❑ Literature and folklore
 - ❖ Festivals in Pakistan
 - ❖ Drama in Pakistan
- ❑ Discuss the important mystical orders in Pakistan.
- ❑ Highlight the points of commonalities among different mystical Sufi orders in Pakistan.
- ❑ Discuss the contributions of any six of following Sufis:
 - ❖ Hazrat Lal Shahbaz Qalandar رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Ali bin Usman Hajveri رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Shaikh Gharib Shah رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Rahman Baba رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Mian Mohammad Bakhsh رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Khawaja Ghulam Farid رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Syed Ali Tirmizi (Pir Baba) any provincial or local sufi / saint رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Shah Abdul Latif Bhittai رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Bahauddin Zakariya رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Pir Dupasi رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Shaikh Rahamkar رَحْمَةُ اللهِ عَلَيْهِ (Kaka Sahib)
 - ❖ Hazrat Shah Hamadan رَحْمَةُ اللهِ عَلَيْهِ
 - ❖ Hazrat Bulleh Shah رَحْمَةُ اللهِ عَلَيْهِ



Skills

- ❑ Define culture and list down the main components of culture.
- ❑ Identify major characteristics and social problems of Pakistani Society.
- ❑ Trace the history of art, festivals and folklore in Pakistan.
- ❑ Trace out the development of Urdu and other languages in Pakistan.
- ❑ Develop an account of some famous writers and poets of Pakistan.
- ❑ Identify the major dialects in different areas of Pakistan.
- ❑ Comment: Urdu as a national language is very important for national integration.
- ❑ Discuss role of Urdu language as an important agent in Pakistan Movement.
- ❑ Differentiate between language and Dialect.
- ❑ Discuss the major dialects spoken in Pakistan.
- ❑ Discuss some of the famous folktales of Pakistan.
- ❑ Identify the various forms of Pakistani literature.
- ❑ State the salient features of Pakistani literature and appreciate its different forms
- ❑ Evaluate the role of famous poets and writers in awakening Muslims of the subcontinent for a separate nation.
- ❑ Comment on some famous festivals celebrated in Pakistan, including religious festivals, cultural festivals, regional festivals, festivals of minorities and international festivals.
- ❑ Trace the development of Drama / Performing art in Pakistan.
- ❑ Analyze the contribution of Sufi saints in Pakistani areas.
- ❑ Recognize the impact of teachings of Sufi saints on moral and spiritual development of society.
- ❑ Establish relationships between various Sufi saints in different regions and provinces.
- ❑ Appreciate how the messages of various Sufis in different provinces and parts carried a lot of commonalities and have emerged



K-1.1, S-1.1



Project 1

Create a presentation highlighting how different components (e.g., symbols, values) shape the cultural identities of at least three distinct groups in Pakistan.



Interesting Information

Do you know that Pakistani truck art varies by region? The designs reflect local traditions, values, and beliefs, making each truck a mobile representation of cultural diversity. Like Woodwork such as wood carved panels tends to originate from Peshawar in North West Pakistan.



Learning Activity

Create a mind map illustrating the components (e.g., language, religion, traditions) that contribute to cultural diversity. Include examples from your local community.

Knowledge 1.1 Culture and its Components

The term "culture" derives from the Latin word "cultura," which originally referred to the cultivation of the soil or the tending of plants. Over time, its meaning evolved to encompass broader aspects of human civilization. In its literal sense, culture refers to the collective intellectual achievements, customs, arts, social institutions, and behaviors of a particular group or society. It encompasses the shared patterns of thought, belief systems, values, customs, rituals, language, and artistic expressions that characterize a community, shaping its way of life and identity. The literal meaning of culture captures the totality of human expression and creation within a given social context.

- Culture is the complex whole which includes knowledge, belief, arts, morals, laws, customs, and any other capabilities and habits acquired by man as a member of society. (Edward B. Taylor)
- Culture is the ways of thinking, the ways of acting, and the material objects that together form a people's way of life (Macdonis).

Components of Culture

The components of culture include symbols, norms, language, values, beliefs and material objects such as cultural artifacts.

Symbols

Symbols are powerful signs that help people navigate through their culture. Some symbols become the very identity of a particular culture, recognized by those who share its traditions. These symbols can take many forms, like clothing, food, crafts, and architecture. They are visual and touchable representations of cultural identity. Whether it's a special outfit or a well-known building, symbols act as lasting markers that pass down the heritage of a culture.

Language

Language is a lively and living tapestry, a crucial tool for people to communicate. It's not just about talking; it's a way to pass down culture to the next generations. Through language, cultural stories, traditions, and shared wisdom are kept alive. It's the way the less tangible parts of culture become real, creating a shared way of talking that ties people into a united cultural community.

Values

Values are the moral and ideological pillars of a society, representing what is considered important and meaningful. Concepts like equality, honesty, and education, as well as loyalty, faithfulness, and

environmental conservation, are part of a culture's values. Coming from beliefs, values guide decision-making, relationships, and societal norms. Deciding if values are right or wrong often involves comparing them with evidence, creating a complex connection between cultural ideals and real-world facts.

Beliefs

Beliefs are the foundations of cultural conviction, often held to be true without clear proof. They are closely tied to a culture's identity, especially religious beliefs. Whether rooted in the idea of one higher power or multiple gods, beliefs shape how a society sees the world. For example, believing that the earth was created by a higher power is a core part of many religious systems, becoming a natural part of a culture's story.

Norms

Norms are the standards that guide behavior within a community. Every culture sets its own norms, covering rules, rituals, taboos, and folkways. These norms act as guiding principles people follow in their everyday lives, creating a sense of order. For example, celebrating the Mehndi function is a norm in certain cultural settings, showing a shared practice that strengthens social connections.

Arts and Literature

Artistic expressions like literature, painting, sculpture, and art are vital components of culture. They reflect and communicate cultural values, histories, and narratives.

Rituals and Ceremonies

Rituals are formalized actions, often with symbolic value, performed in specific cultural contexts. Ceremonies are events of ritual significance, marking important cultural or life events such as weddings, funerals, or religious festivals.

Social Structure

The organized pattern of social relationships and social institutions that together compose a society. This includes family, education, politics, and class systems.

Influence of cultural elements on cultural diversity

Cultural elements significantly influence cultural diversity by shaping different cultures' unique characteristics, practices, and identities. Cultural diversity encompasses a range of cultures, traditions, languages, and customs within a particular society or the world. Linguistic diversity can lead to the coexistence of multiple cultural groups within a single region or country. Religion is central to many cultures, dictating norms, rituals, and values and contributing to diverse worldviews and lifestyles. Social norms,

Research and analysis

Investigate culture in two different regions, focusing on various elements including symbols, norms, values, and artifacts. Compare how these regions maintain cultural diversity by preserving symbols, upholding shared values, and celebrating their shared heritage.



Fig. 1.1 Mehndi Function



Skill:1.1

Define culture and list down the main components of culture.



Test Yourself

- List three key components that influence cultural diversity.
- Explain how one of these components creates cultural variation.



Teacher Note

Conduct an art and craft workshop where students create festival-themed artworks, crafts, or decorations. Encourage them to incorporate traditional motifs and symbols associated with specific festivals.



K-1.2

1 — Interesting Fact

Pakistan has 74 to 76 languages (68 living indigenous and 9 living non-indigenous according to

<https://www.ethnologue.com/country/PK/>)

spoken nationwide, making it one of the most linguistically diverse countries.

Pakistan is home to many languages, with estimates ranging from 70 to 90. While Urdu is the national language and lingua franca of Pakistan, only 7.08% of Pakistanis speak it as their native language. The remaining 93% speak various other languages, such as Punjabi, Pashto, Sindhi, Saraiki, Balochi, Brahui, Hindko, and Kashmiri.

values, and ethics are cultural elements that influence behavior and interactions within a society. Differences in these norms can lead to cultural diversity, shaping how individuals and communities relate. Symbols serve as powerful tools for communication, identity, and representation within cultures to preserve and transmit cultural heritage and transcend language barriers. The interplay of these elements within and between societies shapes worldwide cultures.

Knowledge 1.2 National and Regional Languages

Language serves as a tool for expressing thoughts. Knowledge encompasses two aspects: the means of expression, i.e., language, and the method of arranging words and constructing sentences for the accurate interpretation of thoughts and feelings, known as logic. Pakistan boasts numerous languages, with Urdu being the language that symbolizes Pakistani civilization. A total of 74 languages are spoken in Pakistan, with five major regional languages.

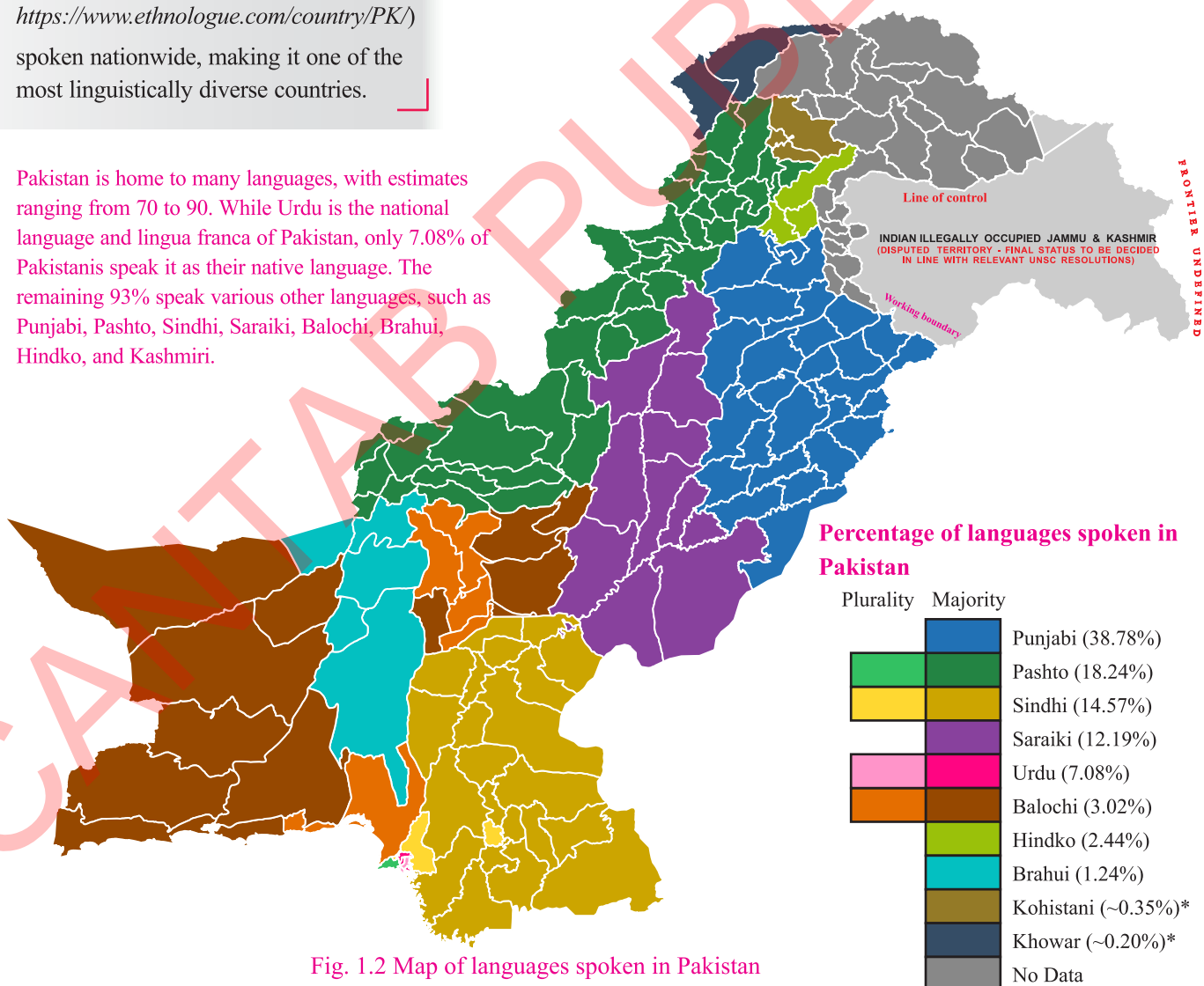


Fig. 1.2 Map of languages spoken in Pakistan

Urdu Language

In Pakistan, despite the presence of various languages, the people are connected by a common religion, and there is also a linguistic bond. This linguistic connection stems from the usage of different languages collectively referred to as Urdu. While Urdu serves as the language of communication, it also stands as a symbol of national identity. The term "Urdu" has its roots in the Urdu language and translates to "army." When Muslim rule strengthened in South Asia, they selected individuals from diverse regions into their army. This diverse group included people from Arab, Iranian, Turkish, Indian, Punjabi, Sindhi, Pashtun, Bengali, and Baloch backgrounds, each speaking different languages. A new language emerged from their interactions. This language was spoken by those associated with the military (Lashkar), leading to its designation as Lashkari, which eventually evolved into Urdu.

Script and vocabulary

Urdu is a language that is written using a modified version of the Persian script called the Nastaliq script. This script is written from right to left and is renowned for its graceful calligraphic style. When it comes to vocabulary, Urdu has a mix of Persian and Arabic words, as well as a significant number of native Indian words. Around 70% of its vocabulary is of Persian and Arabic origin, while the remaining 30% comes from various indigenous Indian languages.

Dialects

Urdu has several regional dialects, each with variations in vocabulary and pronunciation. The dialect spoken in Delhi, known as Dilli Urdu, is often considered a standardized form of the language. Some of the other prominent dialects of Urdu are Dakhini (Deccani Urdu), Hyderabad Urdu, Lucknawi (Lucknowi) Urdu, Punjabi Urdu, Kashmiri Urdu, Karachi Urdu.

Urdu poetry

Urdu has a rich tradition, especially in poetry. Urdu poetry is a centuries-old literary tradition in the Indian subcontinent, known for producing celebrated poets and works of literature. It is famous for its ghazals, which are a poetic form that consists of rhyming couplets, as well as its nazms, which are narrative poems. Some of the notable Urdu poets include Mirza Ghalib, Allama Iqbal, Mir Taqi Mir, Faiz Ahmed Faiz, Josh Malihabadi and many others. Urdu poetry continues to be celebrated for its lyrical beauty, depth of emotion, and the timeless themes it addresses. It has a special place in the hearts of people across South Asia and around the world who appreciate its rich literary tradition.

Learning Activity

Conduct a short survey among classmates on the languages spoken at home. Discuss how these languages create a sense of community.



Fig. 1.3 Urdu Script

Research and analysis

Research a specific linguistic group in Pakistan and examine its role in fostering national integration. How does bilingualism or multilingualism affect communication and understanding between groups?

Urdu Literature

Urdu literature is renowned for its rich heritage and diverse genres, encompassing poetry, novels, short stories, and plays. Prose, Urdu novels, and short stories are the reflections of the social and cultural contexts of a particular era. The narratives of renowned writers such as Saadat Hasan Manto, Ismat Chughtai, and Munshi Premchand are celebrated for their poignant and thought-provoking nature, which often address social issues and human experiences.

Urdu Literature after the Creation of Pakistan

After the partition of India in 1947, Urdu literature underwent significant changes, reflecting the new country's socio-political realities and cultural shifts. This era saw the emergence of themes related to identity, migration, nation-building, and social reform. Initiated pre-partition, the Progressive Writers' Movement continued to influence Urdu literature in Pakistan. Writers associated with this movement focused on social justice, equality, and criticism of societal norms. The trauma and experiences of partition became a central theme. Writers such as Bano Qudsia, Ashfaq Ahmed, and Qurratulain Hyder explored a wide range of themes in their novels and short stories, including existentialism, social and cultural transformations, and more. Urdu literature has also expanded into television and drama. Playwrights such as Haseena Moin and Ashfaq Ahmed have written scripts for television dramas that have gained immense popularity and are now considered classics.

Story Telling

"Dastangoi" is an Urdu cultural tradition that involves oral storytelling. A skilled storyteller, known as a "Dastango," dramatically narrates tales, often historical or fantastical. This form of storytelling dates back to the Mughal era and has experienced a revival in modern times. Urdu storytelling is an intricate web of folk tales and legends, which have been passed down through generations. These stories, including the likes of Amir Hamza and the tales of Alif Laila (The Arabian Nights), are enriched with moral lessons, thrilling adventures, and imaginative elements. With the advent of radio, television, and cinema, Urdu storytelling found new platforms. Dramatizations of Urdu novels and short stories became extremely popular, often reflecting social realities and providing commentary on contemporary issues.

Pashto Language

The Pashto language is predominantly spoken in Khyber Pakhtunkhwa and tribal areas, and its speakers are known as Pashtuns or Pakhtuns. This language originated approximately 5,000 years ago in the region of Bakhtar or Bakht in Afghanistan. Initially

named Pakhtu, it later evolved into Pashtu and ultimately became known as Pashto.

Despite its ancient roots, Pashto literature had a later start. The literary journey of this language, like other sophisticated languages, began with poetry. Research indicates that the first book, titled "Patta Khazana," was written in the second half of the 8th century AD. Ameer Karore is recognized as the first poet of this period. During Sher Shah Suri's reign (1540 to 1545), the genres of qasida and praise became integral parts of Pashto literature.

Historical records reveal an ancient work called Tazkeratul Awliya by Sulaiman, suggesting that Pashto poets of that era also explored the genres of Hamad and Naat. In the time of Mahmud Ghaznavi, an individual named Saifullah actively developed the Pashto alphabet still in use today. Prominent themes in Pashto poetry include love, honor, war, and Sufism. Mulamast is regarded as the pioneer of this style.

Khushal Khan Khattak (1613-1689) was a notable Pashto poet who addressed various aspects of life in his poetry, emphasizing themes like real and virtual love, war, Sufism, morals, freedom, and bravery.

Another significant figure in Pashto literature is **Abdul Rahman Baba**, a poet immersed in themes of love and Sufism. According to him, love is the driving force behind the creation of the universe, and he holds a respected position in Pashtun society. The literary styles of Khushal Khan Khattak and Rahman Baba serve as milestones in Pashto literature, leaving a lasting impact on subsequent poets.

Pashto Language Folk Songs

The folk songs in the Pashto language are a precious asset in its literary tradition. Various types exist, with the most popular being hita, tappa, nimkai, and more. Some poets, including Noor Deen and Mulla Maqsood, have explored different genres of folk songs in their poetry.

Pashto Literature Post-Pakistan's Creation

The development of Pashto prose literature gained momentum in the twentieth century. Following the establishment of Pakistan, the influence of modern education prompted writers to make significant contributions in areas such as Pashto dictionaries, grammar writing, biographies, fiction, novels, and drama.

Pashto Language Dialects

Pashto has three dialects—North-Eastern, South-Western, and the dialect of the independent tribes. The primary difference among them lies in pronunciation.



Research and analysis

Have students select a well-known Pashto poem, such as one by Khushal Khan Khattak, and analyze how it reflects Pashtunwali and Pashto culture.



Fig. 1.4 Khushal Khan Khattak



Project 2

Design a bilingual or multilingual classroom poster highlighting the importance of understanding regional languages for better communication.

Learning Activity

Ask students to identify different dialects of Sindhi (such as Lari, Kuchi, and Thri) and present how these dialects reflect cultural diversity in Sindh.

Pashto Academy founded in 1955 at Peshawar University. The Pashto Academy has played a crucial role in the advancement of the Pashto language and literature. The academy offers MA, MPhil, and PhD degrees.

Modern Pashto Writers

Notable figures in modern Pashto literature include Amir Hamza Shinwari, Qalandar Momand, Samundar Khan Samundar, Ghani Khan, Parshan Khan Khattak, Dr. Rajwali Shah Khattak, Muhammad Humayun Huma, Zeeton Bano, and Salmi Shaheen.

Sindhi Language

Sindhi is one of the oldest languages in Pakistan, bearing influences from Dravidian Sanskrit, Greek, Turkish, Iranian, and other ancient languages and cultures. However, its major influences come from Arabic and Persian. During the British era, numerous English words became part of Sindhi. The literature and vocabulary of the Sindhi language are extensive, making it more mature than other languages due to its rich cultural heritage.

Dialects of Sindhi

Sindhi is spoken over a vast region, leading to various accents. Lower Sindh and the Rajasthan region have prevalent dialects like Lari, Kuchi, Choli, Kathiawadi, and Thri. In Balochistan, Jogali, Gandavi, Fikri, Lasi, Kechi, and Chetni dialects are spoken. The rest of the regions use Kohistani, Saraiki, and Vacholi dialects. The standard tone dominates academic, literary, and journalistic writings.

Advent of Islam and Sindhi Literature

After the arrival of Islam, Sindhi began to be recognized as a developed language. It holds a unique position as the only local language in the Islamic world in which the Holy Quran was first translated. The literary period from 1050 to 1350 AD saw significant works, focusing on patriotism, commitment, self-reliance, and spiritual beliefs. Genres like Dasan, Qisa, Ganan, Bait, Sur Thay, Ga Tha, and Dohde emerged during this period.

Sindhi Literature under the British

The British era witnessed the development of a diverse academic and literary landscape in Sindhi. Mirza Qalich Beg (1855-1929) played a crucial role during this period, contributing to poetry and translating works from various world languages. He wrote extensively on subjects like geography, history, biography, grammar, memoirs, drama, novels, and research. The influence of the British era contributed to modern trends in Sindhi language alongside other languages.

Sindhi Literature after the Creation of Pakistan

Post establishment of Pakistan, significant work occurred in modern fiction, drama writing, literary research, and other academic fields. Modern writers adapted traditional styles to contemporary trends, exploring various prose genres. Progress in research and criticism also became prominent. The Sindh Literary Board and the Department of Sindhiology at Sindh University Jamshoro were established, rendering valuable services for the development and promotion of the Sindhi language.

Punjabi Language

Punjabi is the language of the Punjab province, connected to the ancient civilization of the region, known as Harappa or Dravidian. Due to historical and geographical changes, it has six major accents or dialects: Majhi, Multani, Saraiki, Pothohari, Chhachi, Dhani, Shahpuri, and Ma Jabhi. The standard dialects, prevalent in and around Lahore, are considered Majhi, Multani, Saraiki, Pothohari, Chhachi, Dhani, Shahpuri, and Ma Jabhi.

Knowledge and Literature of Punjabi Language

The knowledge and literature of the Punjabi language trace back to the time of Mahmud Ghaznavi. Notably, Hazrat Baba Farid Ganj Shukar (رحمۃ اللہ علیہ) is mentioned in this context, with his poetry focusing on themes of love, Sufism, and patriotism. In Punjabi poetry overall, there is a distinct presentation of Sufi symbols. The poets, influenced by Sufism, also reflect the social and political conditions of their time, expressed through specific symbols. This connection with the people is why his speeches were widely popular.

Punjabi Poetry and Storytelling

Storytelling holds a unique place in Punjabi poetry, with poets crafting folk tales of Punjab. Famous examples include Waris Shah's Heer Ranjha, Hashim Shah's Sassi Pannu, Fazal Shah's Sohni Mehwal, and Hafiz Bakhru's Mirzasahibaan. These stories not only exhibit a high level of poetry but also provide a glimpse into the historical, economic, religious, and social life of Punjab during that period. Themes such as war, celebrations, love, death, traditions, and dialects are explored.

Punjabi Literature after the Creation of Pakistan

Before the twentieth century, there was limited work in Punjabi prose, mostly centered on religious knowledge. Subsequently, significant contributions were made in novel writing, drama, research, criticism, and other prose genres. Advancements in playwriting were notable, propelled by the influence of television and radio. Punjab University established a Punjabi department offering MA, MPhil, and PhD degrees.

Learning Activity

Have students debate the role of Punjabi language in maintaining cultural identity and its importance in modern society.

Learning Activity

Ask students to listen to a Balochi folk song and analyze its connection to the region's culture, history, and values.

Balochi Language

The Balochi people have a simple and rural society, and their language, Balochi, is related to Aryan languages. Balochi has two main dialects: Sulamani and Makrani. Despite the earlier invention of the Balochi script, the ancient Balochi literature was transcribed much later.

Periods of Balochi Poetry

Balochi poetry can be divided into three parts:

1. The first part focuses on martial poetry, emphasizing attributes like courage, bravery, honor, tolerance, and valor.
2. The second part delves into love poetry, exploring themes of beauty, love, youth, and other conditions.
3. The third part encompasses folklore, reflecting social life since ancient times through genres like Lori and Motak.

Balochi Literature during the British Period

Efforts to bring forth the ancient poetry of the Balochi language began in 1840 with the work of an Englishman, Mr. Leach. Individual contributions from Mr. Gore Tej, Mr. Temple, and Mr. Bruce also highlighted significant aspects of Balochi literature. Classical prose includes tales like Mir Chakar Khan, Hasan Zand, Hamal Rind and Minhad, Paring and Gadan, Naz Shad, and Murid Durman. Balochi poetry from the British era often revolves around themes of Sufism, morality, and resentment against the British, with Mast Tawakli being a prominent poet of this period.

Balochi Literature after the Establishment of Pakistan

Following the creation of Pakistan, a standardized script for Balochi was developed by modifying the Urdu alphabet. In 1960, the first Balochi magazine was published, marking a significant direction for Balochi language journalism and literature. Modern literature practices all genres of speech.

Hindko Language

Hindko is spoken and understood in the Khyber Pakhtunkhwa province, as well as in certain areas of Punjab and Azad Kashmir. According to modern research, this language predates the arrival of the Aryans, whose era concluded around six thousand years ago. Traces of Hindko are discovered in Munda and Dravidi, prominent languages of that historical period. When the Aryans migrated to Southwest Asia, their treatment of the native population was not favorable. The Munda people concealed themselves and settled in the northern regions of the present Khyber Pakhtunkhwa province. Hindko is spoken and comprehended by individuals residing on both banks of the Indus River. An inscription dating back two thousand

years has been found in Taxila, featuring a language similar to contemporary Hindko, suggesting its ancient roots. Additionally, Saraiki, Chitrali, Kohistani, and Gojri are spoken in different areas of Khyber Pakhtunkhwa. Various academies are actively working towards the promotion of these languages, with the Gandhara-Hindko Peshawar Academy being particularly notable.

Kashmiri Language

According to research, the Kashmiri language is linked to the languages of the Indus Valley.

Accents of Kashmiri Language

It features several popular dialects, with Sulaimanki, Ganduru, Hindki, and Gami being the most prevalent. Gandoro is considered the standard dialect.

Periods of Kashmiri Literature

Kashmiri literature can be categorized into five periods:

1. The first period, Durgat, is part of Sangeet, which gave rise to folk songs expressing the collective thoughts and feelings of Kashmiri society. In the Kashmiri dialect, it is called Ruf or Lool.
2. The second period witnessed the writing of theology and spiritual doctrines, spanning from Sheikh Nuruddin to Shatiganath. Shatiganath was the first Hindu poet of Kashmir, with his collection titled Mahane Par Kash.
3. The third period involves the tradition of organizing love stories, with Hiba Khatun being a significant poet. In this era, Arabic and Persian stories were also adapted into Kashmiri poetry, with notable names like Amni Mal and Mullah Faqir.
4. The fourth period saw a dominance of spirituality in Kashmiri language and literature, with Mahmud Gami embodying its spirit.
5. The fifth period emerged under the influence of modern literature, showcasing new intellectual trends. Ghulam Ahmad Majur holds an important position in this era.

In Ghulam Kashmiri literature, there were both local creations and translations from other languages. The translation of Iranian literature, especially Ghazal, influenced Kashmiri poetry, adopting it as a creative genre. To promote and research Kashmiri literature, the subject of Kashmiriat is taught at Azad Kashmir University.

Brahvi Language

The Dravidian people, ancient inhabitants of the Indus Valley, have a distinct language known as Brahvi. Brahvi tribes have been migrating since ancient times, preventing them from establishing a



— Developmental Activity

Choose one period of Kashmiri literature (e.g., the "Durgat" period) and summarize how it reflects the social and cultural values of Kashmir during that time.



Teacher Note

Highlight the historical context of Urdu's rise as a national language and how regional dialects contribute to cultural identity.

Learning Activity

Ask students to discuss in small groups how different languages spoken in their local region contribute to unity or cause divisions. Create a simple chart listing one positive and one negative effect of their local language on national integration.

permanent residence. Currently, the tribe is scattered in Sindh, Punjab, and Balochistan, with dense populations in Saraban, Jhalavan, Kech, and Makran. Brahvi exhibits two distinct accents, with the eastern dialect closely related to Sindhi, and the western dialect influenced by Balochi.

The influence of the Brahvi language dates back to ancient times, but no standard text is available before the 18th century AD. The initiation of its standard literature is credited to the prominent scholar and poet Malik Dad. His book, "Gift of Miracles," is considered a standard work and holds significance as one of the early important works. Brahvi boasts a vast wealth of folk literature, with the genre of Lily Moore being particularly famous. During the 18th-century movement against the British, Brahvi was adopted for teaching, using the Pashto script. Significant academic and literary work was accomplished during this period, including the translation of the Holy Quran into Brahvi and the exploration of other religious topics.

Brahvi Literature after the establishment of Pakistan

Following the establishment of Pakistan, considerable efforts were made for the development of Brahvi literature at both governmental and non-governmental levels. The establishment of the Brahvi Academy in Quetta and a Brahvi department in Jamia Balochistan played crucial roles in teaching the Brahvi language.

Saraiki Language

The Saraiki language, also known as the Multani language, is spoken in different regions of Pakistan. It is an important regional language with a history of more than a few centuries.

First period

The roots of the Saraiki language also go back to the ancient civilization of the Indus Valley. The Saraiki-speaking areas were home to various indigenous populations, increasing the linguistic diversity of the region's dialects. The oral heritage of Saraiki can be traced back to the ancient languages of Sanskrit, Prakrit and Upabharmash.

Middle Ages

During the medieval period, Saraiki-speaking areas were influenced by various governments, including the Delhi Empire and the Mughal Empire. These kingdoms continued to play an important role in the promotion of local culture, literature and culture. Famous Sufi poets of the period like Baba Farid and Shah Hussain improved the relationship between Saraiki language and literature. His poetry and speech shaped the oral and literary traditions of Saraiki.

Influence of Persian and Arabic

Other languages such as Syriac have also been influenced by Persian and Arabic due to historical and cultural interactions. Persian, the court language of the Mughals, increased the number of Persian words and phrases in the Saraiki language. Similarly, Arabic words and expressions related to religious and spiritual fields also found their way into the Syriac language. This verbal association added to the vocabulary of Saraiki and enhanced its cultural depth.

Colonial period

With the onset of British rule, the Saraiki-speaking areas became part of British India. The British administration generally focused on promoting Urdu and English, which allowed regional languages such as Saraiki to receive limited official continuity. Still, Saraiki speakers maintained the status of the language and maintained its importance within local communities.

Recent Development

In recent years, there has been increased attention to preserve and promote regional languages such as Saraiki in Pakistan. Efforts have been made to organize Saraiki as a literary language, promote Saraiki through research works and cultural discourses. The establishment of educational institutions and media platforms for the promotion of Saraiki language and literature has played an important role in protecting the linguistic and cultural heritage.

Cultural significance

The Saraiki language is an important medium for expressing the cultural identity and heritage of the people living in the region. It incorporates diverse principles from various folk traditions, oral literature, music and performing arts. Saraiki poetry and Sufi music have gained national and international recognition, further enriching the cultural traditions of the region.

Knowledge 1.3 The influence of various languages and dialects on national unity and integration

The impact of different languages and dialects spoken within a country on national unity and integration is a complex issue that involves sociolinguistics, culture, politics, and history. The interaction between various language communities within a country can have both unifying and divisive effects, depending on several factors.

Unifying Aspects

- A multilingual nation can celebrate its linguistic diversity as a



Skill:1.2 – 1.10

- Trace out the development of Urdu and other languages in Pakistan.
- Develop an account of some famous writers and poets of Pakistan.
- Identify the major dialects in different areas of Pakistan.
- Discuss role of Urdu language as an important agent in Pakistan Movement.
- Differentiate between language and Dialect.
- Discuss the major dialects spoken in Pakistan.
- Identify the various forms of Pakistani literature.
- State the salient features of Pakistani literature and appreciate its different forms.
- Evaluate the role of famous poets and writers in awakening Muslims at the subcontinents for a separate nation.



Test Yourself

- How can bilingualism help in national integration?
- Name one way that promoting regional languages strengthens unity.

K-1.3, S-1.2-1.11



Research and analysis

Have students select one country (like Pakistan, India and Canada) and find out how multiple languages have shaped national policies. They will write a short paragraph on one successful language policy and one challenge faced due to linguistic diversity.



Skill:1.11

Comment: Urdu as a national language is very important for national integration.



Test Yourself

- What are one-way languages can promote unity in a country?
- Name a challenge that arises from having multiple languages in a single nation.
- List one example of how a bridge language can help integration.



Teacher Note

Encourage students to think about both the benefits and challenges of linguistic diversity. Point out that while language can bring people together, it requires careful management to ensure fairness and inclusion.

cultural asset, fostering a sense of pride and shared heritage, which can promote mutual respect and understanding among different linguistic groups.

- Multilingual societies often develop lingua francas or bridge languages that facilitate communication across different language groups. Such languages can promote integration and a sense of national identity.
- Multiple languages can increase economic opportunities by facilitating trade and business, and education systems that promote multilingualism can foster integration and provide equal opportunities to all language groups.
- Inclusive policies that recognize multiple languages can enhance political participation and representation. This approach can ensure that various linguistic groups feel their interests and identities are respected and represented at the national level.

Divisive Aspects

- Language is often a key component of ethnic and regional identity. When language is tied to political or ethnic conflicts, it can become a source of division and tension.
- If certain languages are given preference over others, it may cause speakers of less dominant languages to feel left out, leading to social and economic disparities, resentment, and hindering national unity.
- Different languages and dialects can create communication barriers, leading to misunderstandings, conflict, and mistrust between groups.
- Finding a balance between promoting a national language for the sake of unity and respecting regional languages and dialects can be a complicated task. Over-centralizing can result in the suppression of minority languages, while putting too much emphasis on regional languages may weaken the sense of a national identity.

Balancing Unity and Diversity

To foster both unity and integration in a multilingual country, balanced policies are crucial. These might include:

Bilingual or Multilingual Education

Education systems that teach in multiple languages can promote linguistic competence and cultural understanding among citizens.

Official Language Policies

Recognizing multiple languages as official or national languages can validate the identity of various linguistic groups.

Media and Cultural Representation

Encouraging media and cultural content in various languages can enhance mutual understanding and appreciation of different cultures within the country.

Linguistic Autonomy and National Unity

Allowing regions or communities linguistic autonomy while maintaining a unifying national language can balance regional and national identities.

The impact of linguistic diversity on national unity and integration depends significantly on how language issues are managed and the broader socio-political context. Effective language policies that respect and celebrate linguistic diversity while promoting a sense of shared national identity can enhance both unity and integration.

Knowledge 1.4 The origin and development of folklore and drama

The origin and development of folklore and drama in Pakistan's literary history are deeply rooted in the region's rich cultural and historical heritage. This history, although distinctively Pakistani post-1947, is interwoven with the broader traditions of the Indian subcontinent.

Folklore in Pakistan

The folklore traditions of what is now Pakistan originated in the oral traditions of various ethnic and linguistic groups, including Punjabi, Sindhi, Balochi, Pashto etc. These stories, myths, and legends reflect a mosaic of cultural beliefs, values, and customs. Pakistani folklore encompasses a wide range of themes, including heroism, morality, and the supernatural. Sufi mysticism, in particular, has profoundly influenced these tales, often highlighting messages of love, spirituality, and harmony. After 1947, Pakistani folklore continued to flourish, gradually incorporating themes of national identity and the partition experience. This period saw a blending of traditional folklore with contemporary experiences and challenges.

Drama in Pakistan

Before modern drama, the region enjoyed a variety of performative arts like puppetry, street plays, and religious dramas. These were performed in various local languages and reflected the diverse cultures of the region. The Parsi Theater, with origins in 19th-century Bombay, had a lasting impact on Urdu drama in Pakistan. It introduced a blend of traditional Indian theatrical elements with Western storytelling techniques. The establishment of Pakistan Television (PTV) in 1964 marked a new era for drama in Pakistan.

K-1.4, S-1.12-1.13



Project 3

Divide students into groups and assign each group a specific region of Pakistan. Task them with researching and collecting examples of folk tales, myths, and legends from that region. Create presentations to share the stories, emphasizing common themes and cultural elements.



Learning Activity

Perform a short folk tale from your region. Focus on how the characters and storylines reflect cultural values.



Interesting Fact

Puppetry was introduced by Faiz Ahmad Faiz at the Alhamra Art Council. It was once a primary



Skill:1.12- 1.13

- Discuss some of the famous folktales of Pakistan.
- Trace the development of Drama / Performing art in Pakistan.



Test Yourself

- What is one way folklore helps preserve cultural values?
- How has Pakistani drama evolved since the advent of television?



Teacher Note

Encourage students to consider how folklore reflects societal values and how drama evolved to address contemporary issues.



K-1.5



Fig. 1.5 Eid-ul-Fitr



Fig. 1.6 Eid-ul-Azha

PTV dramas, especially between the 1970s and 1990s, are renowned for their quality and for addressing social issues, history, and day-to-day life. Many Pakistani dramas are adaptations of literary works by celebrated Urdu writers, bridging the gap between literature and performance art. In recent decades, cities like Karachi and Lahore have seen a resurgence of live theater. Modern Pakistani theater often confronts contemporary social, political, and cultural issues, blending traditional elements with modern artistic expressions. Today, Pakistani drama has expanded beyond traditional media, utilizing online platforms and satellite television to reach a global audience. These dramas continue to evolve, reflecting current societal dynamics and maintaining a strong connection to Pakistan's diverse cultural roots. The literary history of Pakistan in the realms of folklore and drama reflects a dynamic and evolving narrative. From ancient oral traditions to contemporary digital platforms, these forms have been instrumental in shaping and expressing the nation's cultural identity and heritage.

Knowledge 1.5 Festivals in Pakistan

Pakistan, a land of rich cultural heritage and diverse traditions, is home to a vibrant tapestry of festivals that reflect the country's deep-rooted history and the harmonious coexistence of various ethnic and religious groups. These festivals, celebrated throughout the year, serve as a window into the soul of Pakistan, showcasing its unique customs, beliefs, and artistic expressions.

Religious Festivals

Religious festivals play a significant role in the lives of Pakistanis, providing opportunities for spiritual renewal, community bonding, and the expression of faith. Among the most prominent religious festivals are:

Eid-ul-Fitr

Marking the culmination of the holy month of Ramadan, Eid-ul-Fitr is a joyous occasion celebrated with fervor across Pakistan. Families gather for feasts, exchange gifts, and offer prayers, creating a heartwarming atmosphere of unity and celebration.

Eid-ul-Azha

Commemorating the willingness of Hazrat Ibrahim عليه السلام to sacrifice his son Hazrat Ismail عليه السلام, Eid-ul-Azha is a solemn yet joyous festival. Muslims perform animal sacrifices, symbolizing obedience to Allah and sharing the meat with the relatives, poor and needy.

Cultural Festivals

Pakistan's cultural festivals showcase the country's rich heritage and the diversity of its people. These festivals provide a platform for communities to come together, celebrate their unique traditions, and foster a sense of shared identity. Some of the notable cultural festivals include:

Shandur Polo Festival

The Shandoor Polo Festival in Gilgit-Baltistan is a thrilling spectacle set against the backdrop of the world's highest polo ground. Teams from different regions compete in a series of polo matches, while the festival also features traditional music, dance and cultural exhibitions.

Kalash Festivals

The Kalash people, residing in the Chitral Valley, celebrate a series of festivals throughout the year, each marking a significant transition in their agricultural cycle. These festivals, including Joshi spring festival, Uchal, and Chauma, are characterized by vibrant rituals, colourful attire, and traditional music and dance.

The Shandoor Polo Festival in Gilgit-Baltistan is a thrilling spectacle set against the backdrop of the world's highest polo ground. Teams from different regions compete in a series of polo matches, while the festival also features traditional music, dance and cultural exhibitions.

Sibi Mela

Held annually in the city of Sibi, the Sibi Mela is a grand celebration of Balochistan's rich cultural heritage. The mela features traditional music performances, camel races, and a vibrant display of handicrafts, showcasing the region's unique arts and crafts.

Lok Virsa Mela

Organized by the Lok Virsa Cultural Complex in Islamabad, the Lok Virsa Mela is a national cultural festival that brings together artisans, performers,

and cultural enthusiasts from all over Pakistan. The mela features a colorful display of handicrafts, traditional music and dance performances, and culinary delights, offering a glimpse into Pakistan's diverse cultural tapestry.

Jashn-e-Baharan

Jashn-e-Baharan, the festival of spring, is celebrated with zest in Khyber Pakhtunkhwa. The event includes flower shows, traditional dances, and vibrant processions. It is a joyous occasion that highlights the beauty of nature and the resilience of the local culture.



Fig. 1.7 Shandoor Polo festivals



Fig. 1.8 Kalash Festival



Fig. 1.9 Sibi Mela – Balochistan

Fig. 1.10 Lok Virsa Mela



Research and analysis

Students will pick any province in Pakistan and research a popular festival from that province. They will write two or three sentences explaining the festival's main activities and how it reflects the local culture.



Skill: 1.14- 1.15

- Trace the history of art, festivals and folklore in Pakistan.
- Comment on some famous festivals celebrated in Pakistan, including religious festivals, cultural festivals, regional festivals, festivals of minorities and international festivals.



Test Yourself

- Name one religious and one cultural festival celebrated in Pakistan.
- How can festivals help bring people together?
- List one festival that reflects the culture of Punjab.



K-1.6, S-1.14-1.15



Teacher Note

Highlight how festivals reflect Pakistan's diverse cultural and religious heritage. Emphasize that these celebrations not only preserve local traditions but also strengthen community bonds and promote understanding.

Nowruz

Nowruz, the Persian New Year, is celebrated in Balochistan with cultural events and gatherings. The festival symbolizes the arrival of spring and is marked by traditional dances, feasts, and the display of colorful crafts. Nowruz reflects the diverse influences that have shaped Balochistan's cultural landscape.

Provincial Diversity

Pakistan's festivals reflect the country's rich provincial diversity, with each province showcasing its unique traditions and cultural expressions.

Punjab

Known for its vibrant folk traditions, Punjab celebrates festivals like Baisakhi, marking the Sikh New Year, and Mela Chiraghan, a festival of lights.

Sindh

Sindh's cultural landscape is enriched by festivals like Urs of Lal Shahbaz Qalandar, a Sufi saint's festival, and Jhulelal, a Hindu festival celebrating the birth of Jhulelal, a revered figure.

Khyber Pakhtunkhwa

Khyber Pakhtunkhwa's festivals reflect its Pashtun heritage, including the Shandur Polo Festival and the Kalash Festivals.

Balochistan

Balochistan's Sibi Mela and Chaman Mela showcase the province's unique tribal traditions and cultural heritage.

Gilgit-Baltistan

Gilgit-Baltistan's festivals, such as Nowruz, a spring festival, and the Broghil Festival, reflect the region's diverse cultural influences.

Knowledge 1.6 Unity in regional cultures and national integration

"Unity within regional cultures and national integration" is a term used to describe the idea of promoting a harmonious coexistence and collaboration between different cultural groups within a country, leading to the development of a shared national identity. This concept is particularly relevant in multicultural societies where various regions have their own unique cultural, linguistic, and ethnic backgrounds.

The country's national identity is enriched by the unique heritage contributed by each region's diverse cultural expressions, traditions, and languages, which are viewed as unifying rather than divisive factors. Unity is fostered through mutual respect and recognition of the cultural distinctiveness of each region. Promoting interactions,

exchanges, and dialogues between regions encourages understanding and appreciation of different cultural backgrounds, reducing stereotypes and prejudices. Achieving unity among regional cultures and national integration requires finding a balance between celebrating diversity and fostering common bonds. This involves acknowledging and respecting the unique qualities of each region, creating opportunities for intercultural dialogue and exchange, implementing policies that ensure equal development and representation, and addressing historical grievances while promoting reconciliation where necessary.

The effects of globalization on Pakistani society and culture

Globalization, characterized by the increasing interconnectedness of countries and societies, has had significant effects on Pakistani society and culture. Like many countries around the world, Pakistan has experienced both positive and negative impacts of this global phenomenon.

Positive Effects of Globalization on Pakistani Society and Culture

Globalization has opened up new economic opportunities for Pakistan, including increased foreign investment, access to international markets, and the potential for technology transfer. This economic integration can lead to job creation and economic development. Exposure to diverse cultures through media, the internet, and increased travel has broadened the cultural horizons of Pakistani society. This has led to a greater appreciation of global art, cuisine, entertainment, and ideas. Globalization has opened up access to international educational resources, such as online courses, scholarships for studying abroad, and collaboration with foreign educational institutions. This access has the potential to enhance the quality of education and research in Pakistan. Global interconnectivity has raised awareness regarding several social issues, including human rights, environmental sustainability, and gender equality. In Pakistan, this awareness has sometimes led to advocacy and reform initiatives.

Negative effects of Globalization on Pakistani Society and Culture

There is a concern about the erosion of traditional Pakistani culture due to the influence of Western culture, often perceived as dominant in global media and entertainment. This can lead to a loss of cultural heritage and identity. While globalization can bring economic benefits, it can also exacerbate economic disparities. Regions and



Project 4

Develop a multimedia presentation on how a traditional regional craft has evolved due to international demand.



Learning Activity

Hold a debate on whether globalization helps or hinders cultural unity in Pakistan.



Research and analysis

Analyze how increased access to global media has influenced youth culture in Pakistan. Consider both positive and negative effects.



Test Yourself

- Name one benefit and one drawback of globalization on Pakistani culture.
- How can regional festivals promote national unity?



Teacher Note

Encourage students to view regional diversity as a strength that contributes to national unity, and discuss how mutual respect and cultural exchange can help foster a shared national identity.

Learning Activity

Prepare a list of NGOs working on women's rights in Pakistan.



Research and analysis

Compare the social dynamics of rural and urban Pakistan, focusing on how feudal structures and tribal systems affect education and



K-1.7



Project 3

Develop a documentary short on women's increasing participation in various professions, featuring real-life stories and data.



Test Yourself

- What is one significant change in women's status in Pakistan in the past 20 years?
- How does tribalism affect access to education in certain regions?



Teacher Note

Encourage students to critically evaluate the balance between tradition and modernization.

communities with less access to global markets or investment may fall behind, widening the gap between the rich and the poor. The influence of foreign cultural values and lifestyles can sometimes clash with traditional Pakistani norms and values, leading to social and moral challenges. This can cause generational divides and debates over cultural preservation versus modernization. Global economic activities, including those in Pakistan, can contribute to environmental degradation. Issues like pollution, deforestation, and climate change are exacerbated by industrial and commercial pressures driven by global demands.

Globalization has brought about substantial changes to Pakistani society and culture, presenting both opportunities for growth and development, as well as challenges to cultural preservation and social cohesion. Moving forward, it is essential to navigate these global currents with thoughtfulness and strategy, utilizing them for national benefit while simultaneously safeguarding cultural and social integrity.

Knowledge 1.7 Development of Pakistani Society

The Pakistani society's development is significantly affected by its intricate social dynamics, which include factors such as the status of women, feudalism, and tribalism. These elements interact in different ways to shape the country's social structure, cultural norms, and economic conditions. By analyzing these facets, we can gain valuable insight into the unique challenges and transitions faced by Pakistani society

Women's Status

There has been a significant shift in recent years as more Pakistani women pursue education and careers, contributing to the economic and social sectors, despite traditionally playing roles primarily in the domestic sphere. Efforts have been made to improve the legal status of women in Pakistan. Laws regarding women's rights, domestic violence, and workplace harassment have evolved, although implementation remains a challenge. Despite progress, women in Pakistan still face considerable social challenges, including gender discrimination, limited access to education in rural areas, and societal pressures to fit into traditional roles. Women are now gaining awareness about gender discrimination and actively advocating for women rights.

Feudalism

Feudalism in Pakistan is characterized by a concentration of land ownership among a small elite, which has significant political and

economic power. This system perpetuates economic disparities and can impede democratic and socioeconomic development. Feudal practices often lead to exploitative conditions and limited resources for peasants and tenant farmers, hindering rural development. Land reforms have been attempted, but meaningful change has been slow due to resistance from powerful feudal lords and political complexities.

Tribalism: Tribal codes and customs govern social and legal matters in Balochistan and Khyber Pakhtunkhwa regions of Pakistan. There is often a delicate balance between tribal autonomy and state authority, with tribal leaders wielding significant influence in their communities. Modernization and urbanization have started to influence tribal areas, leading to a gradual shift in traditional practices. However, these changes also bring challenges, including conflicts between traditional tribal norms and national laws. Tribal affiliations can play a role in national politics, influencing voting patterns and political alignments.

The progress of Pakistani society concerning women's status, feudalism, and tribalism is a result of a complex interplay between traditional values and modernizing influences. Despite ongoing challenges related to gender equality, economic disparities, and balancing traditional customs with modern governance, there are indications of progressive change and reform. The future development of Pakistani society will largely depend on how these diverse aspects are navigated and reformed, with the aim of establishing a more equitable and inclusive social structure.

Knowledge 1.8 Social Stratification

Social stratification is the process of dividing people in a society into different social groups based on certain criteria such as their wealth, power, race, education, gender, ethnicity, and age. This ranking system creates a hierarchy of social groups that are not equal. The resulting social inequality has profound effects on individuals and society as a whole.

Key concepts in social stratification include social class, defined by economic factors such as wealth, income, and occupation, social class is a primary dimension of stratification. Status groups are based on prestige and honor, often determined by lifestyle, education, or family background. The ability to influence others, power is an important aspect of stratification. It often intersects with wealth and status but can also stand alone the movement of individuals or groups within the stratification system. This can be upward or downward and affects the dynamics of social inequality.

Interesting Information

Urban slums often show stark contrasts in living standards compared to nearby affluent areas. For example, Orangi Town in Karachi is one of the world's largest informal settlements, home to approximately 2.4 million residents.

Developmental Activity

Conduct a community survey to identify different social groups and their access to education, healthcare, and employment opportunities.

K-1.8, S-1.16



Project 3

Design a community improvement plan that addresses one form of social inequality (e.g., unequal access to education) and proposes practical solutions.

Teacher Note

Emphasize how social inequality can limit individual potential and hinder national progress.

Characteristics of social stratification

Hierarchical: Stratification implies a hierarchy where some groups have more resources, power, and prestige than others.

Universal, but Variable: While stratification is a universal phenomenon, its basis and extent vary significantly across different societies and cultures.

Persistent: Social stratification tends to be stable and persistent across generations, though it can change over time due to social, economic, and political factors.

Institutionalized: It is not just an individual phenomenon but is institutionalized in the norms and values of society. It is reflected in laws, policies, and institutions.

Multidimensional: It encompasses multiple dimensions – not just economic wealth but also power, prestige, educational attainment, and social networks.

Social inequality and its impacts

Social stratification affects individuals' access to resources like quality education, healthcare, housing and employment opportunities. One's position in the social hierarchy influences their life chances – including the quality of education and health care they can receive, and their career opportunities. Stratification can impact individuals' self-esteem, aspirations, and the way they are perceived by others.

Stratification may cause social tension and conflicts, as disadvantaged groups may feel oppressed. It can also affect social cohesion and solidarity. Extreme inequality can impede economic development and reduce social mobility, leading to a less dynamic and innovative economy. Stratification refers to the division of society into different classes or groups based on factors like wealth, status, or education level. This often leads to unequal distribution of political power, which can affect democratic processes and policy-making. It perpetuates stereotypes and prejudices associated with certain social groups, influencing cultural norms and values.

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Skill:1.16

Identify major characteristics and social problems of society.



Test Yourself

- What is the difference between caste and class systems?
- How each impacts social mobility?

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Social stratification is a complex and multifaceted concept with significant implications for both individuals and societies. While it can provide order and structure to a society, it also inherently leads to inequalities that can have far-reaching effects on almost every aspect of life. Understanding and addressing these inequalities is crucial for building a more equitable and cohesive society.

Knowledge 1.9 Sufi Orders and Commonalities among them

The spread of Islam in the Indian subcontinent was greatly influenced by the mystic orders, also known as Sufi Silsilas. These orders played a crucial role in promoting Islamic teachings, fostering religious harmony, and attracting people from diverse backgrounds. Here are some of the major Sufi orders:

Chishti Order

The Chishti Order, founded by Khwaja Moinuddin Chishti, is one of the most prominent Sufi orders in the subcontinent. They emphasized spiritual devotion, humility, and service to humanity. The Chishti Sufis established Khanqahs (Sufi centers) in cities like Ajmer and Delhi, where they preached Islamic teachings and welcomed people of all faiths. Their inclusive approach helped in spreading Islam among the masses and bridging cultural gaps.

Qadiri Order

The Qadiri Order, founded by Sheikh Abdul Qadir Jilani, emphasized personal spiritual experiences and the direct connection with Allah. Qadiri Sufis focused on inner purification. They played a significant role in the spread of Islam in regions like Bengal, Punjab, and Sindh, attracting a large following through their spiritual practices and teachings.

Suhrawardi Order

The Suhrawardi Order, established by Sheikh Shahabuddin Suhrawardi, emphasized a balance between spiritual and intellectual pursuits. Suhrawardi Sufis actively engaged in scholarly activities,

K-1.9



Learning Activity

Assign students to write essays exploring the cultural impact of mystical orders in Pakistan. Discuss how these orders have influenced art, music, literature, and societal values.



Project 7

Create a short documentary or slideshow on the common teachings of three major Sufi orders in Pakistan.



Skill: 1.17

Recognize the impact of teachings of Sufi saints on moral and spiritual development of society.



K-1.10, S-1.17-1.20



Developmental Activity

Visit a local shrine and observe the community interactions. Write a reflection on how it fosters social cohesion.

promoted education, and established centers of learning known as Khanqahs. They contributed to the intellectual and cultural development of the subcontinent and played a role in the spread of Islamic knowledge.

Naqshbandi Order

The Naqshbandi Order, founded by Sheikh Baha-ud-Din Naqshband, emphasized disciplined spiritual practices and adherence to the Sharia. Naqshbandi Sufis advocated for the inward journey of the heart and focused on personal transformation. They had a significant influence in Central Asia and Kashmir and contributed to the propagation of Islamic teachings in these regions.

Furthermore, two reformers, Sheikh Ahmad Sirhindi and Shah Waliullah, emerged as significant figures from the Sufi Orders who played a significant role in the spread of Islam in subcontinent.

While each Sufi order in Pakistan has its distinct characteristics, there are notable points of commonality that bind these mystical traditions together.

Dhikr (Remembrance): Across different Sufi orders, the practice of dhikr holds a central place. This involves the repetitive chanting or remembrance of the names of Allah, serving as a means to achieve spiritual closeness and mindfulness.

Sama (Spiritual Listening): The tradition of Sama, or spiritual listening to Kalam, is a shared practice among various Sufi orders. This communal activity serves as a channel for attaining spiritual ecstasy and connection with the divine.

Emphasis on Love and Compassion: Love for humanity and compassion are universal themes within Sufi orders in Pakistan. Regardless of the specific order, the teachings consistently emphasize the importance of love, tolerance, and service to others as a pathway to divine connection.

Spiritual Guides (Pirs)

Inclusivity and Tolerance: Mystical Sufi orders in Pakistan share a common value of inclusivity and tolerance. They often welcome individuals from diverse backgrounds, fostering an environment of unity and mutual respect.

Knowledge 1.10 Sufis and their Contribution

The Islamic history of South Asia is rich with the presence of Sufi saints. Among the various Sufi orders discussed earlier, some remarkable Sufis emerged to disseminate the teachings of Islam in the sub-continent. Here, we delve into the lives of a few of them:

Hazrat Ali bin Usman Hajveri رَحْمَةُ اللهِ عَلَيْهِ

Hazrat Data Gunj Baksh Ali Hajveri, born in 400 A.H. in Ghazni (Afghanistan) to a Syed family, traced his lineage back to the Hazrat Muhammad (رَسُولُ اللَّهِ ﷺ). His early education in Ghazni involved memorizing the Holy Quran, and he pursued further studies in Arabic, Farsi, Hadith, Fiqh, and Philosophy. Ghazni, a center of education in Central Asia during his time, was under the rule of Sultan Mahmud Ghaznavi. After completing his education, he sought spiritual enlightenment and became a disciple of Hazrat Abul Fazal Muhammad bin Khatli in the Junaidiya Sufi Order. Lahore, part of the Ghazni Kingdom at the time, witnessed a significant conversion to Islam under the spiritual influence of Hazrat Ali Hajveri. Notably, he authored the renowned Persian-language book "Kashaf-al-Mahjoob."

Hazrat Syed Moinuddin Chishti رَحْمَةُ اللهِ عَلَيْهِ

Khwaja Moinuddin Chishti, born around 533 Hijri (1138-39 A.D.) in Seistan (East Persia), belonged to a respected family. Seeking spiritual guidance, he traveled extensively and found Hazrat Khwaja Usman Harooni the greatest scholar of the time. Arriving in Ajmer in 587 A.H. (1190 A.D.) on a divine mission, Khwaja Moinuddin Chishti attracted people from all walks of life despite the rule of Prithviraj Chauhan, the famous Rajput king. Many converted to Islam under his influence, and even Ajai pal, the ruler, became his disciple. Khwaja Moinuddin Chishti rests in peace in Ajmer, India.

Hazrat Baba Farid Ganj Shakar رَحْمَةُ اللهِ عَلَيْهِ

Hazrat Baba Farid-ud-Din Ganj Shakar, born on the 29th Sha'ban in 569 A.H. (April 4, 1179 AD) in Khotwal near Lahore, claimed direct descent from Hazrat Umar Farooq رَضِيَ اللهُ عَنْهُ the second Caliph of Islam. During his studies, he became a disciple of Hazrat Khwaja Qutb-ud-Din Bakhtiar Kaki of Delhi. Undertaking a tour of Islamic countries from 593 A.H. to 611 A.H. (1196 C.E. to 1214 C.E.), he traveled to Ghazni, Baghdad Sharif, Jerusalem, Afghanistan, Syria, Iran, Mecca, and Madina, meeting great saints and Sufis. After the demise of Hazrat Khwaja Qutb-ud-Din, Hazrat Baba Farid became his Khalifa or spiritual successor. Conducting his Islamic mission in Pakpatan, Punjab, he had a significant impact, with many non-Muslims converting to Islam. Hazrat Baba Farid Ganj Shakar rests in Pakpatan.

Hazrat Bahauddin Zakariya رَحْمَةُ اللهِ عَلَيْهِ

Hazrat Bahauddin Zakariya, a Sufi belonging to the Suhrawardiyya order, found his final resting place in Multan, Pakistan. After fifteen years of traveling to various locations to spread Islam, he settled in Multan in 1222. Renowned for his teachings, one of his famous



Fig. 1.11 Data Darbar - Lahore



Fig. 1.12 Shrine of Mu'in-al-din Chishti



Fig. 1.13 Shrine of Baba Farid



Fig. 1.14 Shrine of Bahauddin Zakriya



Fig. 1.15 Dargah Nizam-ud-Din Auliya



Fig. 1.16 Shrine of Lal Shabaz Qalandar



Teacher Note

Organize a poetry slam where students compose and perform poems that highlight common themes found in Sufi poetry. Encourage creativity in expressing shared spiritual experiences.

disciples is Hazrat Lal Shahbaz Qalander Multan, during his time, was a hub of learning and home to accomplished dervishes. Hazrat Bahauddin Zakariya passed away after a prolonged illness on Thursday, the seventh of Safar in 666 AH/1267 A.D.

Hazrat Nizam-ud-Din Auliya

Hazrat Shaikh Khwaja Syed Muhammad Nizam-ud-Din Auliya, the fourth Spiritual Successor of Hazrat Khwaja Moin-ud-Din Chishti, was born in 1238 A.D. in Badaun, UP, India. Moving to Delhi at the age of 20, a city known for knowledge, he quickly obtained the sanad of Fazilat and received education in Hadith. Hazrat Nizam-ud-Din Auliya, a disciple of Baba Fariduddin Ganj Shakar reached Ajodhan in 655 AH and later settled in Delhi, making it the center of his religious teachings.

Hazrat Lal Shahbaz Qalandar

Hazrat Lal Shahbaz Qalandar, born in 1177 in Marwand (Iran), now Afghanistan, to Syed Ibrahim Kabir-ud-Din Mujab and a high-ranking princess, embarked on a spiritual journey. After being taught by his mother, he spent time in Madina, Karbala, Mashad, and then entered the Subcontinent through Makran. Traveling through various cities, including Ajmair Sharif, Kashmir, Pothohar, and Dera Ghazi Khan, Hazrat Lal Shahbaz Qalandar arrived in Sehwan and remained there until his death in 1294.



Skill: 1.18- 1.20

- Analyze the contribution at Sufi saints in Pakistan areas
- Establish relationships between various Sufi saints in different regions and provinces.
- Appreciate how the messages of various Sufis in different provinces and parts carried a lot of commonalities and have emerged



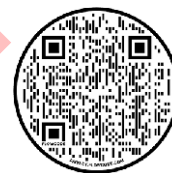
Test Yourself

- Name one-way Sufi orders promote inclusivity.
- What is a key practice of the Qadiri Order that fosters community bonds?

Key points

- Culture includes beliefs, values, language, and traditions shared by a society.
- Pakistan's national and regional languages reflect its diverse identity.
- Folklore and drama grew from oral traditions and express cultural stories.
- Festivals show Pakistan's rich cultural heritage and unite its people.
- Celebrating diversity strengthens national identity and integration.
- Society evolves through tradition, modernization, and cultural shifts.
- Social stratification divides people by wealth, power, and status.
- Sufi orders emphasize love, unity, and spiritual guidance.
- Sufi saints spread Islamic teachings and promoted spiritual values.

Exercise



A Choose the correct option against each statement.

- 1 What is the primary emphasis when discussing the concept of cultures in Pakistan?
 - a) Economic development
 - b) Geographic diversity
 - c) Cultural understanding
 - d) Political preferences
- 2 Which of the following is a key component of culture in Pakistan?
 - a) Economy
 - b) Language
 - c) History
 - d) Political ideologies
- 3 In the context of Pakistani culture, what do festivals primarily celebrate?
 - a) Economic development
 - b) Cultural and religious traditions
 - c) Historical preferences
 - d) Political ideologies
- 4 What role does literature play in shaping the cultural identity of Pakistan?
 - a) Discouraging artistic expression
 - b) Encouraging cultural diversity
 - c) Discouraging cultural elements
 - d) Ignoring historical events
- 5 What commonalities can be identified among different mystical Sufi orders in Pakistan?
 - a) Tazkiya Nafs
 - b) Education
 - c) Sufi Order
 - d) Sufi Background
- 6 Who is known as the "Data Ganj Baksh"?
 - a) Hazrat Lal Shahbaz Qalandar رَحْمَةُ اللهِ عَلَيْه
 - b) Hazrat Ali bin Usman Hajveri رَحْمَةُ اللهِ عَلَيْه
 - c) Hazrat Farid Ganj Shahr رَحْمَةُ اللهِ عَلَيْه
 - d) Hazrat Khawaja Ghulam Farid رَحْمَةُ اللهِ عَلَيْه
- 7 Which Sufi order is associated with Hazrat Ali bin Usman Hajveri رَحْمَةُ اللهِ عَلَيْه?
 - a) Qadiri order
 - b) Chishti order
 - c) Suhrawardi order
 - d) Naqshbandi order
- 8 What is the main focus when discussing Hazrat Bahauddin Zakariya's رَحْمَةُ اللهِ عَلَيْه contributions?
 - a) Economic development
 - b) Linguistic diversity
 - c) Spiritual teachings and practices
 - d) Political ideologies
- 9 Which Sufi figure is associated with the title "Ganj Shahr" and is known for his poetry?
 - a) Hazrat Lal Shahbaz Qalandar رَحْمَةُ اللهِ عَلَيْه
 - b) Hazrat Farid Ganj Shahr رَحْمَةُ اللهِ عَلَيْه
 - c) Hazrat Rahman Baba رَحْمَةُ اللهِ عَلَيْه
 - d) Hazrat Khawaja Ghulam Farid رَحْمَةُ اللهِ عَلَيْه

- 10 Who is known for his association with the Pashto language and is a revered Sufi in Pakistan?
- a) Hazrat Lal Shahbaz Qalandar رَحْمَةُ اللهِ عَلَيْهِ b) Hazrat Rahman Baba رَحْمَةُ اللهِ عَلَيْهِ
- c) Hazrat Khawaja Ghulam Farid رَحْمَةُ اللهِ عَلَيْهِ d) Hazrat Bahauddin Zakariya رَحْمَةُ اللهِ عَلَيْهِ

B Write brief answers of the following questions.

- 1 Define the concept of cultures in the context of Pakistan.
- 2 Identify the key components that constitute the cultural fabric of Pakistan.
- 3 What is the role of national languages in preserving and promoting cultural diversity in Pakistan?
- 4 Discuss the major festivals celebrated in Khyber Pakhtunkhwa.
- 5 List the important mystical Sufi orders.
- 6 Explore the contributions of Hazrat Lal Shahbaz Qalandar رَحْمَةُ اللهِ عَلَيْهِ to Sufism and the cultural landscape of Pakistan.
- 7 Examine the life and poetry of Hazrat Rahman Baba رَحْمَةُ اللهِ عَلَيْهِ, emphasizing his role in Sufi traditions in Pakistan.

C Write comprehensive answers of the following questions.

- 1 Comment on the importance of the national language by discussing its role in the development of the country after partition.
- 2 Highlight the points of commonalities among different mystical Sufi orders in Pakistan, emphasizing shared principles and practices.
- 3 Evaluate the role of festivals in promoting unity and cultural understanding among diverse communities in Pakistan.



Project

Assign each student or group one of the Sufis mentioned (e.g., Hazrat Lal Shahbaz Qalandar رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Shah Abdul Latif Bhitai رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Ali bin Usman Hajveri رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Bahauddin Zakariya رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Shaikh رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Pir Dupasi رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Rahman Baba رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Shaikh Rahamkar (Kaka Sahib) رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Mian Mohammad Bakhsh رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Shah Hamadan رَحْمَةُ اللهِ عَلَيْهِ, Hazrat Khawaja Ghulam Farid, Hazrat Bulleh Shah رَحْمَةُ اللهِ عَلَيْهِ). Task them with researching and creating a presentation that covers the life, teachings, and contributions of their assigned Sufi.



Students' Learning Outcomes

- Recognize the significance of leisure activities within a community and explore some notable leisure activities that are popular in Pakistani society.
- Recognize the significance of sports as a vital recreational pursuit, and examine the prevalence of popular traditional, non-traditional, national and international sports in Pakistan.

The mentioned SLOs are further classified into knowledge and skills for the better understanding of students.



Knowledge

- ❑ Recreation and its importance in society
- ❑ Recreational activities in Pakistan
- ❑ Sports – an important recreational activity
- ❑ National, international and traditional sports
- ❑ Status of Pakistan in International Sports



Skills

- ❑ Define recreation and recreational activities. Identify some recreational activities.
- ❑ Discuss the importance and need of recreational activities for society.
- ❑ Distinguish some important traditional and international recreational activities.
- ❑ Describe the importance of sports activities for people / society.
- ❑ Recognize some of the important sports activities at international and national levels.
- ❑ Comment on some indigenous and traditional games in Pakistan.
- ❑ Highlight status of Pakistan in International sports.
- ❑ Explore the challenges faced by the Pakistani players in different sports activities.
- ❑ Suggest suitable solutions to the problems faced by the players.
- ❑ Suggest some sustainable measures for the promotion of different sports activities in Pakistan.





K-2.1, S-2.1-2.3

Knowledge 2.1 Recreation and its Significance in Society

Recreation refers to diverse range of activities the individuals choose to engage in for enjoyment, relaxation and to refresh their bodies and minds during their leisure time. Recreational activities can include hobbies, entertainments, sports, arts, travel, or social interactions. Recreation is a fundamental aspect of the human experience.

Individual Well-being

At the heart of the matter lies the impact of recreation on individual well-being. Engaging in recreational activities provides an avenue for stress relief, promoting mental health and emotional resilience. Physical activities, such as sports and outdoor pursuits, contribute to maintaining a healthy lifestyle, addressing concerns related to inactive habits prevalent in contemporary society.

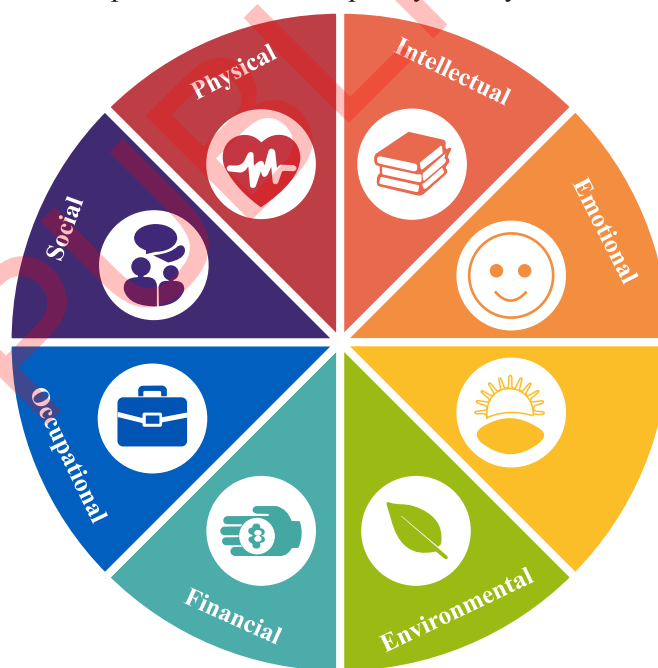


Fig. 2.1 Individual Well-being

Social Cohesion

Recreation serves as a catalyst for social cohesion, fostering bonds within communities. Shared recreational experiences create common ground, transcending cultural and linguistic barriers. In the diverse landscape of today's global society, the universal language of recreation becomes a means to bridge gaps and build connections.

Identity and Expression

Within the framework of cultural exploration, recreation becomes a canvas for expressing and preserving cultural identity. Traditional games, festivals, and artistic endeavors are not only avenues for entertainment but also repositories of cultural heritage. Through

Interesting Fact

Did you know that the traditional Basant festival, associated with kite flying, dates back hundreds of years and was initially celebrated to mark the arrival of spring?



Project 1

Create a presentation on a community that successfully used recreational programs to improve health and social well-being.



Learning Activity

Ask students to form groups and brainstorm creative ways to introduce more recreational activities into their own communities.



Fig. 2.2 Social cohesion



Teacher Note

Guide students to think critically about how recreation not only entertains but also improves social cohesion and economic opportunities.

participation in these activities, individuals contribute to the perpetuation of cultural practices, enriching the collective identity of a society.

Economic Impact

Beyond its cultural and social dimensions, recreation yields significant economic influence. The sports and entertainment industries, for instance, are powerful economic drivers, generating employment opportunities and contributing to a nation's GDP. Tourism, often intertwined with recreational pursuits, further amplifies the economic impact, as individuals travel to explore and engage in diverse recreational experiences.

Educational Dimensions

Recreation serves as an educational tool, offering experiential learning opportunities. Outdoor education programs, museum visits, and participation in group activities contribute to holistic learning, complementing formal educational structures. Moreover, recreational pursuits stimulate creativity and problem-solving skills, fostering a well-rounded approach to intellectual development.

Environmental Stewardship

In a world increasingly aware of environmental challenges, recreation takes on a new dimension as a platform for promoting environmental stewardship. Activities such as eco-tourism and outdoor conservation initiatives encourage an appreciation for nature, instilling a sense of responsibility towards the environment.

Knowledge 2.2 Recreational activities in Pakistan

Pakistan, with its varied landscapes and cultural heritage, provides a range of recreational activities suitable for both individuals and families. Whether you're into thrilling adventures among towering mountains or prefer peaceful retreats in quiet valleys, Pakistan has something to offer for a diverse range of interests and preferences.

Traditional Sports

Pakistan has a strong tradition of sports deeply rooted in its cultural heritage. Cricket, considered a national obsession, is immensely popular across linguistic and regional boundaries. Traditional sports like Kabaddi and field hockey also hold significance, embodying athleticism and fostering communal competition.



Project 2

Develop a travel guide that showcases five major recreational destinations in Pakistan, complete with photos, historical background, and cultural notes.



Skill: 2.1-2.3

- Define recreation and recreational activities.
- Discuss the importance and need of recreational activities for society.
- Describe the importance of sports activities for people / society.



Test Yourself

- How does recreation improve physical health?
- What is one social benefit of recreational activities?



Fig. 2.3 Planting



K-2.2, S-2.4



Fig. 2.4 Kabaddi



Developmental Activity

Have students create a “recreation map” of Pakistan, highlighting key recreational areas such as national parks, historical sites, and sports venues.



Fig. 2.5 Jashn-e-Bahara



Research and analysis

Analyze how popular recreation spots in Pakistan, such as the Swat Valley for hiking or the beaches of Karachi for family outings, attract both locals and tourists.



Interesting Fact

Lake Saiful Muluk in Kaghan Valley is not only a popular picnic site but also the subject of many local legends and folk tales.



Skill: 2.4

Identify some recreational activities.



Test Yourself

- Name one popular recreational area in Pakistan.
- Why are national parks important for recreation?



Teacher Note

Conduct a workshop that explores how recreational activities contribute to social harmony in Pakistan. Discuss how shared recreational spaces and events foster community bonding.

Festivals and Celebrations

In Pakistan, festivals serve not only as occasions for religious and cultural celebrations but also as lively platforms for recreational enjoyment. Events like Eid-ul-Fitr, Eid-ul-Adha, and Jashn-e-Bahara bring communities together, creating a sense of unity and shared joy.

Hiking and Trekking

The diverse topography of Pakistan, ranging from the towering peaks of the Himalayas to the peaceful valleys of Swat, provides an ideal setting for outdoor enthusiasts. Hiking and trekking have become popular, offering stunning views and opportunities to explore the natural beauty of the country.

Art Festivals

In the cultural sphere, Pakistan hosts various music and arts festivals throughout the year, showcasing its rich artistic heritage. Events like the Faiz Mela, and Daachi festival in Lahore and the Karachi Literature Festival, Islamabad Art Festival, Abaseen Art Exhibition Peshawar attract participants and spectators, promoting cultural appreciation and creative expression.

Culinary Experiences

Recreation in Pakistan extends to the gastronomic realm, where food serves as a source of pleasure and communal bonding. Street food markets across the country, offer a variety of flavors, creating a culinary haven for both locals and visitors.

Polo Matches

Polo, known as the "Sport of Kings," is particularly popular in regions like Gilgit-Baltistan. Polo matches, often set against the backdrop of snow-capped peaks, not only represent a sporting tradition but also celebrate the rugged beauty of the northern landscapes.

Shopping Bazaars

For those seeking a more relaxed form of recreation, Pakistan's bustling bazaars provide a range of experiences. From the centuries-old markets of Quetta to the modern shopping districts in Peshawar, these hubs offer a mix of traditional craftsmanship and contemporary retail therapy.

Water Sports

The Arabian Sea and the rivers intersecting Pakistan provide opportunities for water-based recreational activities. From serene boat rides in Rawal Lake to water sports activities at Karachi's Clifton Beach, aquatic adventures add a refreshing dimension to the recreational options available.

Knowledge 2.3 Leisure activities and its significance in society

Leisure activities are those pursuits that individuals engage in during their free time for enjoyment, relaxation, entertainment, or personal development. These activities are diverse, reflecting a wide range of interests, skills, and cultural backgrounds including going to the gym, yoga, hiking, cycling, and video games, spending time with family and friends.

Leisure activities hold great significance within a community as they impact different aspects of social life, individual well-being, and overall community health. These activities play a vital role in creating a vibrant and cohesive community.

- Cultural events, such as festivals and arts performances, provide opportunities for cultural expression, exchange, and heritage preservation.
- Leisure activities foster personal growth, skill development, and self-expression. They encourage learning, creativity, and a sense of accomplishment.
- Participating in leisure activities, especially sports and outdoor recreation, can significantly contribute to physical health. These activities promote fitness, reduce obesity, and lower the risk of chronic illness.
- Leisure activities often stimulate local economies. Events and facilities attract visitors and spending, supporting local businesses and creating jobs.
- Leisure activities provide informal education, teaching young people valuable skills like teamwork, leadership, and problem-solving.
- Unique local leisure activities, whether they are sports teams, cultural festivals, or community projects, can foster a sense of pride and identity within the community.

Knowledge 2.4 National, International and Traditional sports

Sports, as a recreational pursuit, extend beyond mere physical activity. They serve as a holistic engagement that contributes to physical fitness, mental well-being, and social cohesion. The significance of sports lies in their ability to provide avenues for leisure, entertainment, and personal development.

Traditional Sports

In many cultures, traditional sports are deeply ingrained, reflecting

K-2.3-2.4, S-2.5



— Developmental Activity

Host a “sports trivia” game in class where students answer questions about famous Pakistani athletes, historic sports moments, and traditional games.



Test Yourself

- What is the most popular sport in Pakistan?
- How do sports help promote teamwork?



Teacher Note

Emphasize that sports build not only physical fitness but also character, discipline, and a sense of belonging.



Learning Activity

Organize a class tournament featuring lesser-known traditional Pakistani games like "Gilli-danda" or "Kabaddi," and discuss their cultural significance.



Skill: 2.5

Comment on some indigenous and traditional games in Pakistan.



Fig. 2.6 Gili-danda



Fig. 2.7 Hokey



Skill:2.6-2.7

- Distinguish some important traditional and international recreational activities.
- Recognize some of the important sports activities at international and national levels.



Test Yourself

- Name two traditional sports commonly played in Pakistan.
- Why is hockey important to Pakistan's sports history?



Teacher Note

Encourage students to explore the cultural and historical significance of traditional sports while recognizing the evolving nature of international and non-traditional sports. Discuss how sports contribute to national identity, social cohesion, and global interaction.

historical practices and communal traditions. These sports often carry cultural significance and connect communities to their heritage. In diverse regions globally, activities such as archery, wrestling, kabbadi, gilli-danda, Kushti and traditional ball games persist as cherished forms of recreation.

Non-Traditional Sports

The evolving landscape of sports includes a category often referred to as non-traditional sports. These encompass activities that may not have longstanding cultural roots but have gained popularity in contemporary settings. Extreme sports, parkour, and e-sports fall within this category, showcasing the dynamism in recreational preferences.

National Sports

Every nation often has sports that hold a special place in the hearts of its citizens, contributing to a collective sense of identity. In the United States, for instance, American football is deeply ingrained in the culture. Similarly, Canada celebrates ice hockey, and Australia embraces Australian Rules football. In Pakistan, hockey stands as a national obsession, embodying a cultural phenomenon that transcends sport.

International Sports

The global stage witnesses a diverse array of sports that captivate audiences on an international scale. Football (soccer), with its widespread popularity, stands out as a truly global sport. Basketball, tennis, and athletics also command international attention, with athletes from different countries competing on the world stage. The Olympic Games provide a showcase for a multitude of sports that draw participants and spectators from across the globe.

Sports and Social Dynamics

Sports serve as powerful agents for social cohesion, bringing people together irrespective of cultural or linguistic differences. Major sporting events, such as the

FIFA World Cup or the Olympic Games, foster a sense of shared humanity and collective excitement. Locally, community sports leagues contribute to social integration and neighborhood bonding.

Evolution of Sports

The landscape of sports continues to evolve with the introduction of new disciplines, rule changes, and technological advancements. Emerging sports like skateboarding, Jet Ski, mixed martial arts (MMA), and e-sports reflect the changing preferences and interests of contemporary society.

Knowledge 2.5 Pakistan's Status in International Sports

Pakistan boasts a substantial and impactful history in international sports, marked by commendable achievements across various disciplines. Despite encountering challenges and setbacks, the nation consistently produces talented athletes who represent Pakistan on the global stage.

Cricket's Dominance

Undoubtedly, cricket stands out as Pakistan's most popular and successful sport. The Pakistan Cricket Team has secured victory in the Cricket World Cup once (1992) and the ICC World Twenty20 twice (2009, 2017). Renowned players like Imran Khan, Wasim Akram, and Shahid Afridi have earned international recognition, contributing to the sport's prominence.

Hockey's Legacy

While cricket takes precedence, hockey has played a significant role in Pakistan's international sporting achievements. The Pakistan national hockey team's four-time victory (in 1971, 1978, 1982, and 1994) in the Hockey World Cup remains unmatched globally. Icons like Sohail Abbass and Shahbaz Ahmad have solidified Pakistan's legacy in the realm of hockey.

Squash Supremacy

Pakistan's dominance extends to squash, where players like Jahangir Khan and Jansher Khan, the "Khan Brothers," held the world No. 1 ranking for an unprecedented 580 consecutive weeks. Their unparalleled contributions have not only defined squash but also garnered international acclaim, reinforcing Pakistan's position in the sport. Muhammad Hamza Khan is also a Pakistani squash player who made history by becoming the first Pakistani to win the World Junior Squash Championship in 37 years since Jansher Khan's triumph in 1986. His victory in Melbourne, Australia, against Egypt's Mohamed Zakaria marked a significant moment in Pakistan's squash history, reigniting the country's passion for the sport.

Beyond Traditional Sports

Beyond the triumvirate of cricket, hockey, and squash, Pakistan showcases prowess in various disciplines. Athletes in boxing, athletics, shooting, and snooker have achieved world-class status. The victories of boxer Muhammad Ali and contributions from athletes like Alamgir Khan and Naseem Hameed have brought global recognition to Pakistani sports.

Challenges and Future Prospects

The journey in international sports has not been without challenges. Political instability, financial constraints, and infrastructure

K-2.5, S-2.6-2.11



Fig. 2.8 T20 World Cup-2017



— Developmental Activity

Conduct a mock “sports press conference” where students play the roles of athletes, coaches, and reporters discussing Pakistan's recent international performances.



Research and analysis

Investigate Pakistan's achievements in international cricket and hockey and how they've shaped the country's global reputation.



Project 3

Create a documentary featuring interviews with local sports fans, athletes, and trainers on what it means to represent Pakistan on the world stage.



— Interesting Fact

Pakistani mountaineers, such as Nazir Sabir and Ali Sadpara, have gained global recognition for scaling some of the world's highest (8,000 metre) peaks.



? — Test Yourself

- Which two sports has Pakistan historically excelled in on an international level?
- What challenges does Pakistan face in competing internationally?



Teacher Note

Encourage students to explore Pakistan's achievements in international sports and the challenges faced by athletes. Highlight the importance of government support and youth engagement in sustaining and enhancing Pakistan's global sports presence.

limitations have impeded the growth of sports. Nevertheless, Pakistan continues to produce talented athletes who defy expectations and represent the nation globally.

As Pakistan addresses these challenges, the outlook for sports in the country appears promising. Government initiatives promoting sports development, combined with a growing passion for sports among the youth, signal the potential for continued success on the international stage. Pakistan's standing in international sports reflects the resilience and talent of its athletes, and the country anticipates achieving even greater heights in the years to come.



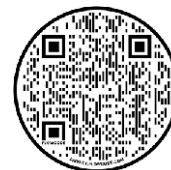
Skill: 2.8 - 2.11

- Highlight status of Pakistan in International sports.
- Explore the challenges faced by the Pakistani players in different sports activities.
- Suggest suitable solutions to the problems faced by the players.
- Suggest some sustainable measures for the promotion of different sports activities in Pakistan.

Key points

- Recreation plays a crucial role in improving individual well-being, promoting social cohesion, expressing cultural identity
- Pakistan offers traditional sports, festivals, hiking, art events, and diverse culinary experiences, showcasing its rich culture and geography.
- Leisure activities foster personal growth and improve health.
- Sports promote fitness, preserve culture, enable global competition, and encourage personal growth.
- Pakistan has excelled in cricket, hockey, squash, and more, gaining global recognition and fostering pride.

Exercise



A Choose the correct option against each statement.

- 1 What is the primary importance of recreation in society?
 - a) Economic development
 - b) Cultural enrichment
 - c) Social bonding
 - d) Technological advancements
- 2 How do recreational activities contribute to the cultural fabric of Pakistan?
 - a) Encourage isolationism
 - b) Foster social bonds
 - c) Promote economic development
 - d) Prioritize political ideologies
- 3 In the context of sports, why are they considered important recreational activities?
 - a) fitness and entertainment
 - b) Economic development
 - c) Geographic diversity
 - d) Political preferences
- 4 Which of the following is an example of a traditional sport in Pakistan?
 - a) International cricket
 - b) Football

- c) Polo d) Digital technologies
- 5 What is the significance of national and international sports in shaping the recreational landscape of Pakistan?
a) Foster social bonds b) Promote cultural diversity
c) Encourage isolationism d) Prioritize economic development
- 6 Which factor is NOT a significant consideration in determining the status of a sport in Pakistan?
a) International recognition b) Local popularity
c) Cultural significance d) Technological advancements
- 7 Which sport is highlighted as a truly global sport due to its widespread popularity?
a) Hockey b) Cricket
c) Basketball d) Football
- 8 How do major sporting events contribute to social dynamics globally?
a) Encourage linguistic differences b) Foster cultural divisions
c) Promote social cohesion d) Create international conflicts
- 9 What role do sports leagues play in the context of social integration locally?
a) Foster neighborhood bonding b) Create cultural divisions
c) Encourage linguistic differences d) Promote social isolation
- 10 Which sport is acknowledged as Pakistan's most popular and successful?
a) Hockey b) Squash c) Cricket d) Athletics
- 11 When did the Pakistan national hockey team secure victory in the Hockey World Cup fourth time?
a) 1986 b) 1992 c) 1994 d) 2009
- 12 Who became the first Pakistani to win the World Junior Squash Championship?
a) Jansher Khan b) Jahangir Khan
c) Sohail Abbass d) Muhammad Hamza Khan

B Write brief answers of the following questions.

- 1 Define recreation.
- 2 List the role of recreational activities in promoting cultural diversity in Pakistan.
- 3 What is the importance of sports as a recreational activity?
- 4 Differentiate between national, and traditional sports.
- 5 Assess the factors contributing to Pakistan's status in international sports.
- 6 Discuss how community sports leagues contribute to social integration and neighborhood bonding in Pakistan.
- 7 Compare the evolving landscape of sports with the introduction of new disciplines.
- 8 Analyze the dominance of cricket in Pakistan and its impact on the country's sports culture.

C Write comprehensive answers of the following questions.

- 1 Examine the factors that contribute to the success of a sport at the national and international levels.
- 2 Evaluate the role of international sports competitions in shaping the global perception of Pakistan.
- 3 Discuss the potential solutions for overcoming challenges in the field of sports to maintain and enhance Pakistan's global standing.



Project

Divide students into groups and assign each group a specific region in Pakistan. Task them with researching and presenting the prevalent recreational activities in their assigned region, including traditional games, festivals, and leisure pursuits.