PUNJAB

The state of Agriculture and Warriors | Previously known as Panchnad, Panjnad and Sapta Sindhu | Hindusim and Sikhism built their foundations here

HISTORIC TIMELINE

Indus Valley Civilization (2300-1500 BCE)
Harappa and Mohenjo-Daro - Large cities with advanced drainage systems

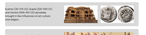
Vedic Period (1500-500 BCE)
Rise of Indo-Aryan culture, the composition of Vedas Rise of Indo-Aryan culture, the composition of Vedas

(Vedic Sanskrit language)

Late Vedic Kingdoms (1000 BCE-300 BCE)
- Kuru Kingdom: Centered in modern-day Haryana and Punjab, known for its fertile lands and influence on Vedic culture.
- Panchala: Located in the Ganga-Yamuna Doab, known for its cultural exchanges.

Mahajanapadas (500-300 BCE)
- Gandhara: Known for its trade routes and Buddhist influence, with its capital at Taxila.
- Kekaya: Flourishing in trade and agriculture.

Mauryan Empire (320-185 BCE)
- Chandragupta Maurya: Founded the empire, expanding its influence across the region.
- Ashoka: Promoted Buddhism and spread Mauryan influence.



Post-Contemporary and Kingdom (1101-18 BCE)
- Contemporary Rule: Kingdom continues to rule by Punjab, Other as a project
- Independence: 15th August, gaining part of the 4th of its independence

Sikh Confederacy and Empire (1701-1849 AD)
- Confederacy: Sikh groups gathered in the early 18th century, forming a loose alliance for mutual protection.
- Empire: Under Ranjit Singh, the Sikhs established a powerful empire, expanding their influence and creating a strong military.

GEOGRAPHY

AGRICULTURE

- Punjab, known as the "**Land of Five Rivers**", is renowned for its fertile soil and extensive irrigation systems, making it the agricultural
- Major crops include wheat and rice, which are the "**Rabi**" and "**Kharif**" seasons of Punjab, respectively, ensuring year-round
- Being a Punjabi voyager over Global and
- Punjab's agriculture also includes cotton, sugarcane, and fruits, with a focus on high-value crops like fruits and vegetables.

- Rice
- Wheat
- Cotton
- Sugarcane
- Fruits
- Vegetables
- Pulses
- Oilseeds

Rice

Sugarcane

Cotton

CULTURE

COMMUNITIES

Due to its Geography, Punjab would very gateway for many communities like - Aryans, Arabs, Afgans, Hun, Turks, Scythians and Greeks. They brought their culture and influence on Punjab.

LANGUAGE SCRIPTS & LITERATURE

Gurmukhi - Urdu - Devanagari
- Gurmukhi: Primarily used for Sikh scripture and cultural texts, deeply rooted in the Punjab region.
- Urdu: Widely used in Pakistan, with a significant presence in Punjab, reflecting historical and cultural ties.
- Devanagari: Used for Hindi and other languages, facilitating communication across different regions.

Punjabi Literature
Punjabi literature is a rich tapestry of poetry, folklore, and historical texts, reflecting the region's vibrant cultural and spiritual ethos.

Punjabi Language
The Punjabi language is spoken by approximately 100 million people, also known as the Punjabi diaspora, and is recognized for its rich literary tradition and cultural significance.

WRITERS / PHILOSOPHERS

Guru Nanak Dev Ji (1469-1539)
Founder of Sikhism, known for his teachings on spirituality, equality, and the oneness of God.

Shah Hussain (1538-1599)
Sufi poet and a key figure in the Punjabi literary tradition.

Bulleh Shah (1680-1757)
Sufi poet and philosopher, known for his critique of religious hypocrisy and his emphasis on love and spirituality.

Kahn Singh (1815-1892)
Scholar and author, known for his contributions to Sikh literature and his efforts to preserve Sikh scripture.

Bhai Vir Singh (1872-1957)
Poet and scholar, known for his contributions to Punjabi literature and his efforts to promote Sikh culture and values.

RELIGION & SYMBOLISM

SIKHISM
According to Sikh traditions, Sikhism was established by the Ten Gurus, with the Adi Granth of the Guru Granth Sahib (Sri Guru Granth Sahib) being the eternal Guru, guiding the Sikh community.

The Gurudwaras
Gurudwaras are Sikh temples that serve as a central place of worship, community gathering, and a place where anyone, regardless of their religion, can seek refuge, food, and spiritual guidance.

Langar
Langar is a traditional Sikh practice of providing free vegetarian meals to everyone, regardless of their religion, caste, or social status. This practice embodies the Sikh principles of equality, compassion, and community service.

Khanda & Kirpan
The Khanda and kirpan are prominent Punjabi symbols, representing strength, courage, and the Sikh ethos of resilience and spiritual warfare.

Hola Mohalla
Hola Mohalla is a festival that follows Holi, celebrating martial arts, horseback riding, and other displays of strength and skill, reflecting the Sikh emphasis on physical and spiritual preparedness.

Bhangra
Bhangra is a vibrant dance originating from Punjab, known for its energetic movements and joyful expression, often performed during festivals and celebrations.

Gidda
Gidda is a lively dance performed by women, characterized by its rhythmic clapping and expressive movements, often performed during festivals and celebrations.

Phulkari
Phulkari is a traditional embroidery technique from Punjab, characterized by its vibrant colors and intricate patterns, often used in clothing and decorative items.

Punjab Flag
The Punjab flag features three horizontal stripes of saffron, white, and green, with the Khanda symbol in the center, representing the region's cultural and spiritual heritage.

Punjab Map
The map of Punjab highlights its geographical boundaries, major cities, and key landmarks, providing a visual representation of the region's diverse cultural and historical significance.

FESTIVALS

Punjab's festivals celebrate **Sikh and Hindu festivals, but the cross-cultural celebrations** of Lohri and Baisakhi highlight the region's diversity. Attending these events is a great way to immerse yourself in Punjab's vibrant cultural scene.

BAISAKHI

LOHRI

HOLA MOHALLA

DIWALI

CHARDI KALA

TEJ

HOLA MOHALLA

RITUALS

Amrit Sanchar (Baptism - Sikh Initiation)

Kirtan (Devotional Singing)

Ardas (Prayer)

Langar (Communal Meal)

Nagar Kirtan (Procession)

Hola Mohalla (Martial Arts Festival)

Vaisakhi (Harvest Festival)

CUISINE

Vegetarian Thali

Sarson Da Saag

Kulcha

Chhole Bhature

Vegetarian Thali

Sarson Da Saag

Kulcha

Chhole Bhature

MUSIC

Indian Indigo (1500-1800 BCE)
Trade Route Between Indus Valley and Mesopotamia

Vedic period (1500-500 BCE)
Rise of Indo-Aryan culture, the composition of Vedas

Sikh Confederacy (1701-1849 AD)
Sikh Confederacy Punjab Sikh Confederacy Punjab