

Textbook of

Pakistan Studies

GRADE

10

Based on the National Curriculum of Pakistan
2022-23



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A Textbook of Pakistan Studies for Grade 10
based on National Curriculum of Pakistan (NCP) 2022-23

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TEST
EDITION

Preface

Textbook of Pakistan Studies for Grade 10 has been developed by NBF according to the National Curriculum of Pakistan 2022- 2023. The aim of this experimentation skills is to enhance learning abilities through inculcation of logical thinking in learners, and to develop higher order thinking processes by systematically building upon the foundation of learning from the previous grades. A key emphasis of the present experimentation skills is on creating real life linkages of the concepts and methods introduced. This approach was devised with the intent of enabling students to solve daily life problems as they go up the learning curve and for them to fully grasp the conceptual basis that will be built upon in subsequent grades.

After amalgamation of the efforts of experts and experienced author, this book was reviewed and finalized after extensive reviews by professional educationists. Efforts were made to make the contents student friendly and to develop the concepts in interesting ways.

The National Book Foundation is always striving for improvement in the quality of its books. The present book features an improved design, better illustration and interesting activities relating to real life to make it attractive for young learners. However, there is always room for improvement and the suggestions and feedback of students, teachers and the community are most welcome for further enriching the subsequent editions of this book.

May Allah guide and help us (Ameen).

Murad Ali Mohmand
Managing Director

The Significance of Pakistan Studies

Pakistan Studies helps students develop a deep understanding of the culture, history, geography, governance, and global standing of Pakistan, providing them with essential knowledge to navigate and engage meaningfully in society. It fosters a sense of national pride and identity, preparing them to become informed and responsible citizens who contribute positively to their country.

Studying about society and culture of Pakistan, students learn to appreciate the rich diversity of traditions, languages, and customs that shape the nation. By exploring recreation and sports activities, students recognize the importance of physical health, teamwork, and discipline in both individual and national development. Understanding how sports unite communities and bring international recognition to the country fosters a sense of pride and highlights the value of personal well-being.

The study of constitutional development informs students about the country's legal and governance structures, empowering them with the knowledge of their rights and responsibilities as citizens of Islamic Republic of Pakistan. This foundational understanding promotes active civic participation and helps foster respect for the rule of law and democracy.

By focusing on citizenship and a sustainable society, Pakistan Studies instills a strong sense of responsibility for environmental conservation and social justice, highlighting the importance of sustainability for the nation's future prosperity. As students learn about their duties as citizens, they become more aware of the impact they can have through civic engagement and responsible behavior.

Understanding Pakistan's foreign policy and its interactions with other nations offers students a broader perspective on international relations. It helps them comprehend the importance of diplomacy and global cooperation, showing them how international events can shape domestic policies. This knowledge is essential in today's interconnected world, where Pakistan's role in international organizations is pivotal in promoting peace, development, and humanitarian efforts.

Pakistan Studies is more than just an academic subject. It equips students with the tools to better understand Pakistan, its challenges, and its global standing. By studying this subject, students gain not only knowledge but also the skills and values needed to become informed, responsible citizens who contribute to national progress and the global community.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
اللہ کے نام سے شروع جو بڑا مہربان، نہایت رحم والا ہے

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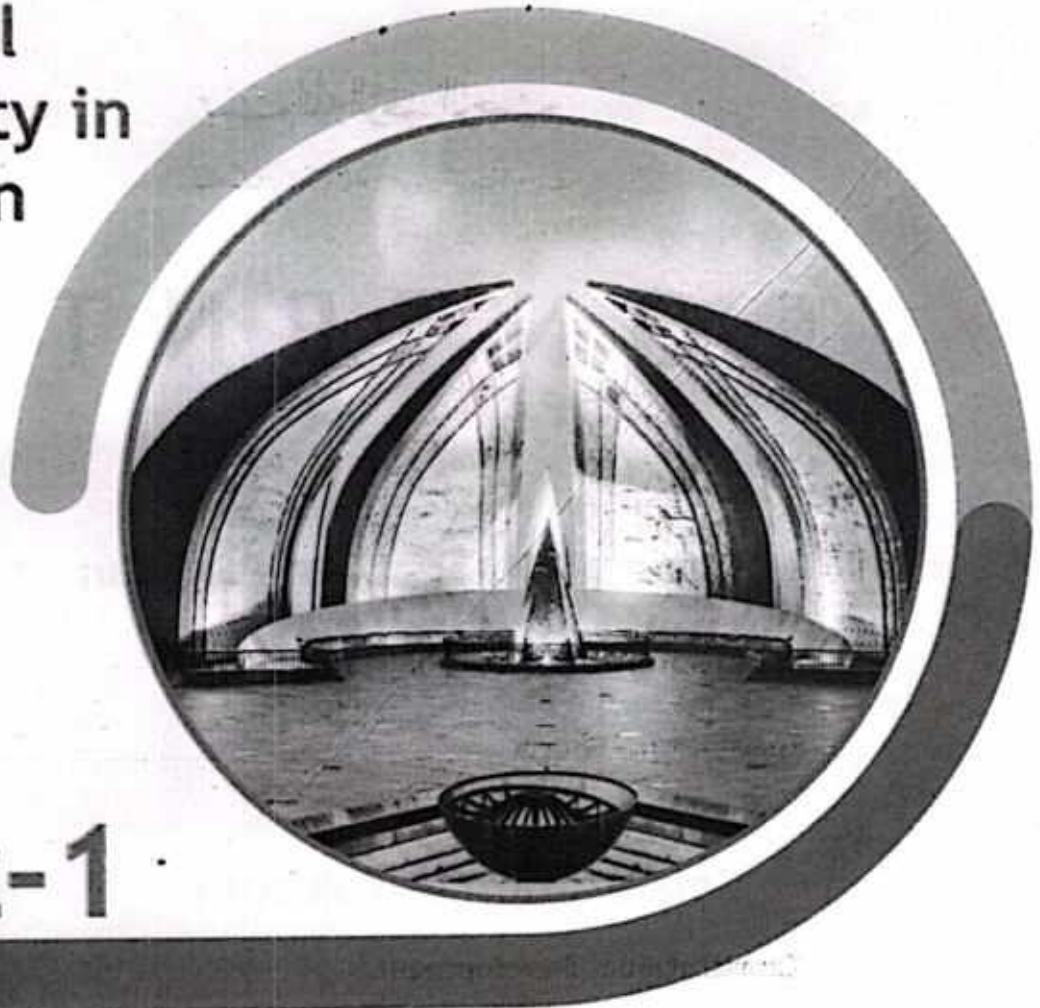
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Section 1

Cultural Diversity in Pakistan



Unit-1

Society and Culture of Pakistan

In this unit the students will be able to:

- 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 the 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 concepts 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.

Culture

Shared and passed on by a group of people, culture is the complicated collection of ideas, customs, values, symbols, language, and artifacts. It covers people's interactions, communications, and impressions of the environment they live in. Social actions are shaped by culture; it also shape identity and, sense of belonging inside a society. It covers intangible factors like customs, traditions, and social conventions as well as physical objects such as art, architecture, and dress. Generation after generation passes on cultural characteristics, which change with time yet maintain fundamental qualities defining the group's distinctiveness.

Cultural Diversity of Pakistan

From the strands of its many ethnic, linguistic and religious communities, Pakistan is a tapestry of great cultural variety. Punjabis, Sindhis, Pashtuns, Baloch, and many more ethnic groups live here each adds unique customs, dialects, and traditions. Pakistan's linguistic scene is quite varied with a number of languages spoken, including Urdu, Punjabi, Sindhi, Pashto, and Balochi. Though Hindu, Christian, Sikh, and other minority groups also add to the cultural tapestry of the country, the religious fabric is mostly Islamic. Celebrated via several festivals, music, dance, and cuisine, this variety reflects the individual but linked identities found across the country. The interaction of different cultural aspects not only strengthens Pakistan's social fabric but also promotes a greater respect of its diverse legacy.

Expand Your Horizon

Pakistan is home to over 70 distinct languages and numerous dialects, making it one of the most linguistically diverse countries in the world. This linguistic variety reflects the rich cultural mosaic of Pakistan, with each language representing unique traditions, customs, and historical backgrounds. Find more about the languages spoken in different parts of Pakistan.

Elements of Culture

Cultural diversity within a society is shaped by various cultural elements and components, which can either promote a rich, inclusive environment or lead to variations and segmentation within the community. Understanding how these elements influence cultural diversity is crucial for fostering a cohesive and dynamic society.

Language and Communication

Language is a fundamental cultural component that influences cultural diversity. Multilingual societies, like Pakistan, where numerous languages and dialects are spoken, promote cultural diversity by preserving different linguistic traditions and fostering mutual respect and understanding among various ethnic groups. For instance, the recognition of regional languages such as Punjabi, Sindhi, Pashto, Balochi, Brahvi, Saraiki, Hindko etc. along side the national language, Urdu, helps maintain cultural heritage and encourages intergroup communication. Linguistic differences can also create barriers to communication and integration if not managed effectively. Miscommunication and misunderstandings can arise, leading to social fragmentation. Promoting bilingual or multilingual education can help bridge these gaps and enhance cultural exchange.

Religion and Belief Systems

Religion plays a significant role in shaping cultural identities and fostering a sense of community. In Pakistan, Islam is the predominant religion, and its principles guide social norms and values. However, the presence of religious minorities, including Christians, Hindus, and Sikhs, contributes to the country's cultural mosaic. Religious festivals, rituals, and traditions from different faiths enrich the cultural landscape and promote inclusivity and mutual respect. Interfaith dialogues and inclusive policies are essential for promoting harmony and understanding among diverse religious communities.

Art and Music

Art and music are powerful expressions of cultural identity and diversity. Pakistan's rich heritage includes classical music forms like Qawwali and Ghazals, traditional dances such as Bhangra and Attan, and diverse visual arts. These cultural expressions celebrate the country's diverse heritage and bring people together through shared cultural experiences. Encouraging national festivals and cultural exchanges can help integrate these varied traditions, allowing for a richer, more cohesive national identity.



Expand Your Horizon

Kalash people of Pakistan celebrate one of the most unique and vibrant festivals called Chilam Joshi? Held in the remote valleys of Chitral in the Khyber Pakhtunkhwa province, this spring festival marks the end of winter and the arrival of new life. Learn more about such festivals which are associated with weather.

Festivals and Celebrations

Festivals and celebrations are significant cultural elements that bring people together. Festivals like Jashn e Baharan, Sibi Mela, Shindoor Festival, Eid festivals, Milad un Nabi ﷺ and Independence Day, highlight the country's cultural diversity and promote unity through shared celebrations. Besides this Baisakhi, Holi, Christmas and holy days of other prominent religions are also celebrated by the followers of those religions. Encouraging nationwide participation in regional festivals can enhance cultural understanding and integration.

Literature

Literature is critical in promoting cultural diversity by preserving and transmitting cultural knowledge. Pakistani literature in national or regional languages helps appreciate the country's cultural diversity. Literary festivals and book fairs also play a role in celebrating diverse cultural narratives. Ensuring that literature reflects the country's cultural diversity is essential for promoting an inclusive national identity.

Linguistic Diversity of Pakistan

With more than 70 languages spoken throughout its territory, Pakistan is a nation distinguished by great linguistic variety. Each connected to different ethnic groups, major languages are Urdu, the national language and lingua franca, Punjabi, Sindhi, Pashto, and Balochi. Furthermore adding to the country's cultural tapestry are many regional languages including Saraiki, Hindko, Brahui,

Shina, Balti Kashmiri and Pahari. This language diversity helps Pakistan's people to feel pride and belonging by reflecting their complicated cultural legacy and regional identities.

Pakistani Cuisine

Food is a universal element that reflects cultural diversity. Pakistan's culinary landscape is a fusion of various regional cuisines, including Punjabi, Sindhi, Balochi, Pashtun, Kashmiri, Gilgiti and Balti dishes. Food festivals and culinary exchanges promote cultural appreciation and understanding, showcasing the country's rich gastronomic heritage. Promoting inclusive culinary experiences, organizing food festivals, and celebrating regional specialties can foster national unity while respecting cultural diversity.



Sajji; the Specialty of Balochistan

Influence of Languages on National Unity and Integration

Linguistic diversity shows richness of Pakistani culture. The interplay between various languages and dialects significantly influences the social fabric, communication, and cohesion of the country.

Promoting Cultural Heritage and Identity

Languages and dialects are crucial in preserving cultural heritage and identity. Each linguistic group in Pakistan maintains its distinct cultural traditions and practices through its language. This preservation fosters a sense of pride and belonging among community members. For instance, Sindhi literature and poetry have a rich history that continues to thrive, reinforcing regional identity and cultural continuity.

Challenges to National Unity

Linguistic diversity, sometimes, can also pose challenges to national unity. Language differences can create communication barriers, leading to misunderstandings and social fragmentation. In some cases, linguistic divides can exacerbate regionalism and ethnic tensions. For example, the language movement in East Pakistan (now Bangladesh) highlighted the deep-seated tensions between linguistic groups and the central government's language policies. It was one of the important factors contributing to the separation of East Pakistan in 1971.

Do You Know?

Originating in the subcontinent during the Mughal era, Urdu developed as a lingua franca to facilitate communication between different linguistic communities. It incorporates elements from Arabic, Persian, Turkish, and various Indian languages, making it a unique and diverse language.

Role of Urdu as a Lingua Franca

To address the potential challenges, Urdu was adopted as the national language of Pakistan. As a lingua franca, Urdu facilitates communication and understanding across different linguistic groups, promoting national unity. It is used in government, education, and media, providing a common platform for interaction and integration. However, this policy also necessitates

balancing the promotion of Urdu with the preservation of regional languages to ensure inclusivity and respect for linguistic diversity.

Media and Communication

The media, especially electronic media significantly influences language use and integration in Pakistan. National media predominantly uses Urdu, which helps disseminate information and cultural content to a broad audience, promoting a unified national identity. However, regional media outlets that broadcast in local languages also play a vital role in maintaining cultural diversity and ensuring that all voices are heard.

Do You Know?

As per the policy actions given in the National Education Policy, the curriculum from Class I onward had to include three languages: English (as a subject), Urdu, and one regional language.

Folklore

Folklore refers to the traditional beliefs, customs, stories, songs, and practices passed down orally through generations within a community. It encompasses a wide range of cultural expressions, including myths, legends, fairy tales, proverbs, and folk dances, which collectively reflect the values, history, and identity of the people.

Folklore serves as a repository of communal knowledge and provides a sense of continuity and cultural heritage. It often includes elements of the supernatural and addresses universal themes such as love, heroism, morality, and the human condition, offering insights into the social and cultural fabric of the community.

Origin and Development of Folklore

Folklore in Pakistan has ancient roots, deeply intertwined with the cultural and historical narratives of the region. The diverse ethnic groups in Pakistan have rich oral traditions that date back centuries. These traditions encompass a wide range of stories, myths, legends, proverbs, and songs that have been passed down through generations. The development of a diverse array of Pakistani folklore has been significantly influenced by both Indo-Aryan mythology and Iranian mythology, which developed from the earlier Indo-Iranic mythology.

Historical Background

Folklore in Pakistan originates from the ancient civilizations that flourished in the region, such as the Indus Valley Civilization. Over time, the influx of various cultures, including Aryans, Persians, Greeks, Arabs, Turks and Afghans, enriched the local folklore, blending different cultural elements into the narratives.

Themes and Characters

Common themes in Pakistani folklore include love, bravery, loyalty, and the supernatural characters such as fairies, demons, saints, and heroes are prominent, reflecting the values and beliefs of the communities.

Regional Variations

Each province in Pakistan has its unique folklore. For example, Punjabi folklore is rich with tales of romance and heroism, such as the love stories of *Heer Ranjha* and *Sohni Mahiwal*. Sindhī folklore includes the famous tales of Shah Abdul Latif Bhittai, while Pashto folklore features

heroic ballads of warriors and chieftains. Balochi folklore often revolves around themes of bravery and honor.

Famous Folktales of Pakistan

Famous folktales from Punjab are Heer Ranjha, Sohni Mahiwal and Mirza Sahiban. The famous tales from Sindh include Sassi Punhun, Umar Marvi, and Momal Rano. From Khyber Pakhtunkhwa the famous tales are Adam Khan and Durkhanai, Yousuf Khan and Sherbano. Hani and Sheh Mureed, and Gohar and Beebo are famous folktales of Balochistan. The Legend of Shiri Badat and folktales surrounding the mystical mountain Nanga Parbat and its fairies are famous in Gilgit Baltistan. The Tale of Raja Rasalu and the Story of Himal and Nagrai are famous tales from Azad Jammu & Kashmir.

Drama

Drama is a genre of literature intended for performance by actors on a stage or screen, characterized by dialogue and action that depict a story or convey a message. It involves the representation of conflicts and emotions through a structured narrative, often exploring themes of conflict, human relationships, societal issues, and existential questions. Drama can range from tragedies and comedies to historical and contemporary plays, each style offering a unique perspective on human experiences. Through its dynamic and interactive nature, drama engages audiences, evoking emotional responses and prompting reflection on various aspects of life and society.



Ashfaq Ahmad and Bano Qudsia

Development of Drama

Drama in Pakistan has a rich history, dating back to ancient times with the tradition of street theatre and folk performances. In modern times, Pakistani drama has evolved to encompass a wide range of themes and styles, reflecting the diverse cultural landscape of the country.

Today, Pakistani drama is a popular form of entertainment, with many talented actors and directors contributing to its success. The industry continues to grow and innovate, captivating audiences both locally and internationally.

The evolution of drama in Pakistan is influenced by both indigenous traditions and foreign influences.

Early Influences

The drama tradition in Pakistan can be traced back to classical Sanskrit theater and the influence of Persian and Arabic storytelling traditions brought by Muslim conquerors. During the Mughal era, dramatic performances were often held in royal courts, blending Persian and local elements.

The British colonial period introduced Western-style theater to the subcontinent. English plays were performed, and local playwrights began experimenting and combining Western dramatic techniques with indigenous themes and narratives.

After 1947, the development of drama took on a new dimension. The creation of Pakistan Television (PTV) in 1964 provided a significant platform for dramatic arts. Iconic playwrights like

Ashfaq Ahmed, Bano Qudsia, A. Hameed, and Anwar Maqsood emerged, creating works that reflected social issues, cultural heritage, and contemporary challenges. In addition to these legends, there is a long list of great playwrights who produced some amazing work for Radio, TV and theater.

Today, Pakistani drama is renowned for its quality and storytelling. Television dramas are particularly popular, often addressing social issues such as gender roles, family dynamics, and political affairs. Theaters in major cities like Lahore and Karachi also contribute to the vibrant drama scene, hosting performances that range from classical plays to modern productions. In addition different stage shows and performances are also powerful tools for promoting culture.

Regional Cultures and National Unity

The cultural variety of Pakistan is evidence of both its rich past and the range of ethnic communities. Each of the main regional cultures—Pashtun, Balochi, Punjabi, Sindhi, and others—have distinct customs, languages, and dialects. Although these variations emphasize the unique identities present in the country, when welcomed inclusively they help to foster a shared feeling of belonging and unity.

Do You Know?

The Sibi Mela is one of the oldest and most vibrant cultural festivals in Pakistan, with origins dating back over 500 years. Held annually in the town of Sibi in Balochistan, this festival was historically a grand tribal gathering where tribal chiefs would settle disputes and discuss matters of mutual interest. Today, Sibi Mela has evolved into a major cultural event that showcases the rich heritage of Balochistan.

Cultural Festivals and Celebrations

Celebrating regional festivals like Jashn e Baharan in Punjab, Urs of Lal Shahbaz Qalandar in Sindh, Pashtun spring festival, and Sibi Mela in Balochistan can promote national unity. These festivals attract people from different regions, fostering a sense of togetherness and shared cultural heritage.

Language and Literature

Promoting literature and media in regional languages alongside Urdu can enhance mutual respect and understanding. Celebrating literary figures from various regions, such as Bulleh Shah, Shah Abdul Latif Bhittai, Khushal Khan Khattak, and Mast Tawakali highlights the country's literary diversity.

Interregional Collaboration

Encouraging interregional cultural exchanges and collaborations can help bridge gaps. Programs that promote visits, student exchanges, and joint cultural projects among different provinces foster a sense of unity and shared identity.

Effects of Globalization on Pakistani Society and Culture

From the economy to social conventions, globalization has profoundly affected Pakistani society and culture, influencing many facets of life. Globalization has opened markets, thus, fostering development and economic prosperity. The economy has grown thanks to more foreign investment, trade prospects, and easier access to other markets. Global cultural exposure has

produced a richer cultural scene and increased respect for variety.

Globally accessible media, fashion, music, and gastronomy have expanded cultural horizons and brought fresh creative expression. Globalization has pushed social movements including better education, gender equality, and knowledge of human rights. More information flow and connectivity have enabled people and groups to fight for reforms and social fairness. Furthermore, developments in communication and technology have linked Pakistan to the world community, therefore, promoting information sharing, creativity, and teamwork. Social movements have been mobilized and cultural dialogue promoted by the internet and social media in rather important ways.

Apart from the advantages, globalization has significant detrimental consequences on Pakistani society and culture. Globalization has brought economic difficulties including more rivalry for local enterprises, dependency on foreign products, and sensitivity to world economic changes. From a cultural

standpoint, there is a danger of homogeneity—that is, of local customs and values being eclipsed by prevailing global cultures. Indigenous cultures may so fade and cultural identity lost as a result. Western consumers and their way of life can lead to inequalities and societal conflicts. Furthermore, aggravating current social disparities are the digital divide and unequal access to technologies. Furthermore, major difficulties are caused by the dissemination of false information and cyber threats.

Globalization has presented Pakistani society and culture with both chances and difficulties. Pakistan can negotiate the complexity of a globalized environment and protect its rich cultural legacy by using the good features of globalization while reducing its negative effects.

Social Dynamics and Development of Pakistan

The interaction of several social dynamics—including women's position, feudalism, and tribalism—deeply shapes the development of Pakistani society. Let's examine them one by one.

Status of Women in Pakistani Society

Cultural, and sociopolitical elements taken together have shaped women's position in Pakistan. Historically, inspired by conventional customs, women's roles were mostly limited to domestic ones. Social expectations emphasized women's roles as mothers and homemakers, often restricting their mobility and participation in public life. Educational opportunities for girls were scarce, particularly in rural areas, resulting in low literacy rates among women.



The National Commission for the Status of Women (NCSW) plays a pivotal role in advocating for women's rights. One of the commission's significant achievements was the comprehensive review and recommendation of amendments to discriminatory laws, leading to the passage of several progressive legislations.

Despite these challenges, women played crucial roles within their families and communities, maintaining cultural traditions and supporting social cohesion. Over the past few years, women's employment and education have made notable advancements. Higher literacy rates and more workforce engagement follow from girls' better access to school. Women are present in politics, education, healthcare, and business today.

To better guard against domestic abuse, honour killings, and other gender-based violence, the government has instituted the Protection of Women (Criminal Laws Amendment) Act 2006, which seeks to defend women's rights. Moreover, The Protection Against Harassment of Women at the Workplace Act, 2010 is another effort to improve working conditions for women. The establishment of the "National Commission for Status of Women" is yet another step towards bringing women into the mainstream.

Notwithstanding these developments, women in Pakistan still suffer great obstacles like gender-based violence, limited mobility, and poor access to education, healthcare and financial resources. The possibilities open to women still depend on society's perceptions on gender roles.

Feudalism in Pakistan

In Pakistan, feudalism originated in the colonial era when the British constructed significant landholdings to honour loyalists. These landholdings produced a class of strong landowners who controlled rural communities.

Feudal lords sometimes possess great political and social authority, therefore regulating local government and impacting national policies. This has resulted in the continuation of a hierarchical social system because peasants have little rights and landlords rule.

Feudalism has helped to create economic inequalities since landless peasants depend on landowners for their means of life. This structure keeps poverty in rural regions and limits economic mobility.

Attempts have been made to question feudal customs and divide the land. Though their execution has been erratic and frequently opposed by influential landowners, land reform programs have been adopted. These include Ayub Khan Land Reforms of 1959 and Zulfikar Ali Bhutto Land Reforms of 1972.

Tribalism in Pakistan

Tribalism refers to the social organization and cultural practices that are centered around tribal affiliations and loyalties. In such systems, individuals' identities and social statuses are strongly linked to their membership in a tribe, which is often based on kinship, lineage, and shared heritage. Different parts of Khyber Pakhtunkhwa and Balochistan are governed through tribal system.

Usually led by traditional leaders, or chieftains, tribes are regulated by local norms that uphold

social order and help to resolve conflicts. This system may contradict national legal systems even while it can provide stability and community cohesiveness. Tribal identity builds among members a strong sense of togetherness and belonging. It can, however, also cause inter-tribal strife and impede efforts for national unity.

Merging tribal territories into the national legal and political systems still presents a difficulty. Deeply ingrained tribal affiliations have made efforts to bring state rule and services to tribal areas unpopular.

Tribal areas generally lag in development, with little access to infrastructure, healthcare, or education. Modernizing against respect for tribal customs and autonomy presents a difficult problem. Merging former Federally Administrated Tribal Areas (FATA) with the Khyber Pakhtunkhwa as per the demands of local population with consensus in the Parliament have brought success.

Though women's rights and education have advanced significantly, reaching gender equality still presents difficulties. While tribalism forms social structures and identity in some areas, the system nevertheless influences rural power dynamics and economic disparity. Dealing with these problems calls for complex policies that honour cultural traditions while advancing national integration, economic growth, and social justice.

Social Stratification

Social stratification is the hierarchical arrangement of people and groups in a society, determined by factors like income, power, education, and social level. It creates different social levels that determine people's social contacts, opportunities, and way of life.

Society has several layers, each corresponding to a particular socioeconomic class. Higher social strata have more access to political influence, education, and wealth than lower strata. These divisions define the boundaries between classes, resulting in social cohesiveness and separation. Social stratification also allows for social mobility, which is the ability to climb the social scale. Cultural capital, and non-financial resources such as education, intelligence, style of speech, and attractiveness, affect social mobility and standing.

Social stratification results in social inequality, affecting economic inequalities, access to education, healthcare facilities, and political opportunities. Higher social stratum individuals often have more political power, shaping choices and policies in their favor. This can lead to socioeconomic tensions and conflict, compromising social cohesiveness and stability.

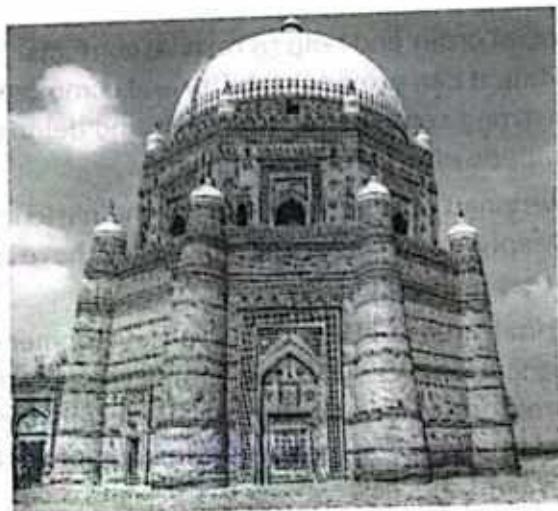
Addressing social disparity requires comprehensive policies to guarantee equal opportunities, access to healthcare and education, and inclusive economic development, thereby ensuring a more fair and coherent society.

Mystical Orders of Pakistan and Their Influence

Pakistani society and culture have been profoundly influenced by mystical orders, especially Sufi ones. Known also as "tariqas," these rules stress spiritual growth, loyalty to God, and the search of inner purity. Among Pakistan's most well-known Sufi orders are the Qadiri, Chishti, Naqshbandi, and Suhrawardi. Deep-rooted in the area, these orders had a major impact on the development of Islam in the Indian subcontinent. These orders were very important for advancing Islamic ideas, encouraging religious harmony, and attracting people from diverse backgrounds.

Qadiri Order

The Qadiri Order is one of the oldest and most widespread Sufi orders, founded by Sheikh Abdul Qadir Gilani in the 12th century in Baghdad. The Qadiri order emphasizes strict adherence to *Sharia*, the Islamic law, and the pursuit of spiritual purity through the principles of *Tazkiyah* or self-purification and *Tasawwuf* the spiritual practice. The order is known for its inclusivity and emphasis on the values of humility, generosity, and devotion. In Pakistan, the Qadiri order has a significant presence, particularly through the influence of Sufi saints.



Chishti Order

The Chishti Order, established by Khwaja Moinuddin Chishti in the 12th century, is renowned for its emphasis on love, tolerance, and openness. The Chishti order promotes the concept of *Ishq-e-Haqiqi* the divine love and focuses on serving humanity as a means of serving God. Followers of the Chishti order engage in Qawwali sessions, intended to **elevate the spirit**. The order encourages simplicity and the renunciation of material wealth. In Pakistan, the Chishti order has had a profound influence through saints whose teachings and shrines continue to inspire millions of devotees.

Naqshbandi Order

The Naqshbandi Order, founded by Baha-ud-Din Naqshband in the 14th century in Central Asia, is known for its strict adherence to Islamic principles and silent Dhikr. Unlike other Sufi orders that often emphasize vocal remembrance, the Naqshbandi order practices **silent meditation and internal reflection**, focusing on the heart's connection to God. The order stresses the importance of following the *Sunnah* of the Holy Prophet Hazrat Muhammad (PBUH) and maintaining a balance between the inner spiritual life and outer worldly responsibilities. In Pakistan, the Naqshbandi order has a strong following, particularly in urban areas.

Suhrawardy Order

The Suhrawardy Order, established by Abu Najib as-Suhrawardy in the 12th century and later popularized by his nephew Shahab al-Din Suhrawardy, combines elements of mystical Sufism with scholarly pursuits and active social engagement. The order emphasizes adherence to *Sharia*, **intellectual development, and community service**. Suhrawardy teachings advocate for the purification of the soul through rigorous spiritual exercises and the application of knowledge for the betterment of society. In Pakistan, the Suhrawardy order is associated with prominent Sufi saints like Baha-ud-din Zakariya of Multan, whose shrine serves as a vital spiritual and cultural hub.

Shared Principles in Sufi Teachings

While different Sufi orders have distinct features, some common principles help their followers to be better human beings. The following are some important common principles:

- Sufi teachings emphasize intense love and devotion to God, often described as *Ishq-e-*

Haqiqi. This principle encourages followers to seek a direct and personal connection with the Divine through meditation, prayers, and recitation of the names of God.

- Sufism stresses the importance of purifying the heart and soul from worldly desires and sins. This process, known as **Tazkiyah**, involves rigorous self-discipline and spiritual exercises such as fasting, charity, and remembrance of God or *Dhikr*.
- A key tenet of Sufi teachings is the expression of love and compassion towards all beings. This principle promotes tolerance, kindness, and service to humanity, reflecting the Sufi belief in the unity of all creation.
- The relationship between a spiritual guide, the *Murshid*, and a disciple, the *Mureed* is central to Sufi practice. The *Murshid* provides spiritual instruction and guidance to help the *Mureeds* on their path towards spiritual enlightenment and closeness to Allah (SWT).

Influence of Mystic Orders on Pakistani Society and Culture

Along with other influences, mystic orders also have a deep impact on Pakistani culture and society. The following are some of the areas of this influence:

- **Annual Urs celebrations**, marking the death anniversaries of Sufi saints, are significant cultural events in Pakistan. These festivals, such as the Urs of Data Ganj Bakhsh in Lahore and Lal Shahbaz Qalandar in Sehwan, attract millions of devotees and include devotional music (Qawwali), and poetry recitations. They foster a sense of community and spiritual cohesion among diverse groups.
- **Sufi poetry**, written by saints like Bulleh Shah, Shah Abdul Latif Bhittai, and Khwaja Ghulam Farid, is a vital part of Pakistani literary heritage. These poets used local languages and dialects to convey mystical teachings, making them accessible to a broad audience. Their works continue to inspire and resonate with people across different regions.
- **Qawwali** is deeply embedded in Pakistani culture. Renowned Qawwali artists like Late Aziz Mian, Late Nusrat Fateh Ali Khan and the Late Sabri Brothers have popularized this genre globally. Qawwali sessions at Sufi shrines serve as a means of spiritual upliftment and collective worship.
- The inclusive and universal message of Sufism has played a crucial role in promoting social harmony and integration in Pakistan. Sufi shrines are often visited by people of various religious and ethnic backgrounds, reflecting the Sufi principle of universal brotherhood.



Urs of Hazrat Lal Shahbaz Qalandar

Many Pakistanis live their daily lives influenced by Sufi values. The spiritual life of followers depends on practices such as *Dhikr*, community work, and acts of charity, which also help to shape the moral and ethical fabric of a peaceful society.

What I have Learned

- Cultural elements like language, religion, art, and traditions significantly influence the promotion and variation of cultural diversity within a society.
- Celebrating regional festivals and customs fosters inclusivity and mutual respect among diverse groups.
- The multitude of languages and dialects spoken in Pakistan reflects its rich cultural heritage.
- Urdu serves as a unifying lingua franca, promoting national integration, while regional languages preserve local identities and cultural diversity.
- Pakistani folklore has ancient roots and includes rich traditions of myths, legends, and stories unique to each region.
- Drama in Pakistan has evolved from classical influences to modern interpretations, significantly impacting social norms and cultural expression.
- Regional cultures contribute to national unity by promoting a shared cultural heritage.
- Globalization has brought both opportunities and challenges to Pakistani society, influencing economic development, cultural exchanges, and social norms.
- The status of women, feudalism, and tribalism have played significant roles in shaping Pakistani society.
- Progress in women's education and employment, challenges posed by feudalism, and the cultural importance of tribalism are key factors in the country's social development.
- Mystical orders like Qadiri, Chishti, Naqshbandi, and Suhrawardi have deeply influenced Pakistani spirituality and culture.
- Shared principles of love, compassion, and spiritual guidance have helped these orders become cohesive spiritual entities promoting social harmony and cultural richness.

Exercise

Answer the following questions by choosing the best answer A, B, C or D.

1. Which of the following cultural elements can most directly promote cultural diversity within a society?
 - a) Uniform language policy
 - b) Celebrating regional festivals
 - c) Centralized education system
 - d) National sports events
2. How do regional festivals influence cultural diversity?
 - a) They highlight and celebrate local traditions and customs.
 - b) They promote uniformity across different regions.
 - c) They discourage the practice of traditional arts.
 - d) They focus solely on national history.
3. What role does Urdu play in Pakistan in terms of national unity?
 - a) It creates division among different regions.
 - b) It is rarely spoken outside major cities.
 - c) It replaces all regional languages.
 - d) It serves as a unifying lingua franca.

4. The story of Heer Ranjha is an example of which aspect of Pakistani culture?
 - a) Modern drama
 - b) Folklore
 - c) Economic policy
 - d) Scientific discovery
5. Which of the following best describes the impact of globalization on Pakistani culture?
 - a) Homogenization of local cultures
 - b) Complete isolation from global influences
 - c) Integration of global elements with local traditions
 - d) Preservation of ancient languages without change
6. How do regional cultures contribute to national unity in Pakistan?
 - a) By enforcing a single cultural identity
 - b) By promoting a shared cultural heritage
 - c) By ignoring local traditions
 - d) By rejecting national symbols
7. What is a primary characteristic of social stratification?
 - a) Equal distribution of resources
 - b) Hierarchical arrangement of individuals and groups
 - c) Uniform social status
 - d) Lack of social classes
8. How does social stratification lead to social inequality?
 - a) By providing equal opportunities to all
 - b) By creating economic and social disparities
 - c) By ensuring equal distribution of wealth
 - d) By eliminating class distinctions

Answer the following questions briefly.

1. How do regional festivals contribute to cultural diversity in Pakistan?
2. How has globalization affected Pakistani society?
3. What impact has feudalism had on the social structure in rural Pakistan?
4. What is social stratification?
5. Name two principles shared by the major Sufi mystical orders in Pakistan.

Answer the following questions in detail.

1. Discuss the influence of various cultural elements and components on the promotion or variation of cultural diversity within Pakistani society. Provide examples to support your analysis.
2. Analyze the origin and development of folklore and drama in the literary history of Pakistan. How have these art forms influenced Pakistani culture?
3. Examine the concept of unity with reference to regional cultures leading to national integration.
4. Analyze the development of Pakistani society in relation to women's status, feudalism, and tribalism.
5. Provide an analysis of the characteristics and key concepts of social stratification. How does social stratification lead to social inequality?

Compare and Contrast

Select two distinct regional cultures in Pakistan. Investigate the cultural elements of each region, including language, traditions, festivals, music, and cuisine. Analyze how each culture contributes to the broader national identity and unity of Pakistan. Identify any challenges these cultures face in integrating with the national culture, as well as the benefits they bring to the cultural diversity of the nation.

Relevance across Time

Choose a specific cultural practice from Pakistan's history. This could be a traditional festival, a form of art, a language, or a social custom. Investigate the origins of the chosen cultural practice and its significance in historical contexts. Look into how it was practiced in the past and its role in society. Explore how this cultural practice has evolved over time and its relevance in modern-day Pakistan. Consider how it is practiced today, any changes it has undergone, and its impact on contemporary society.

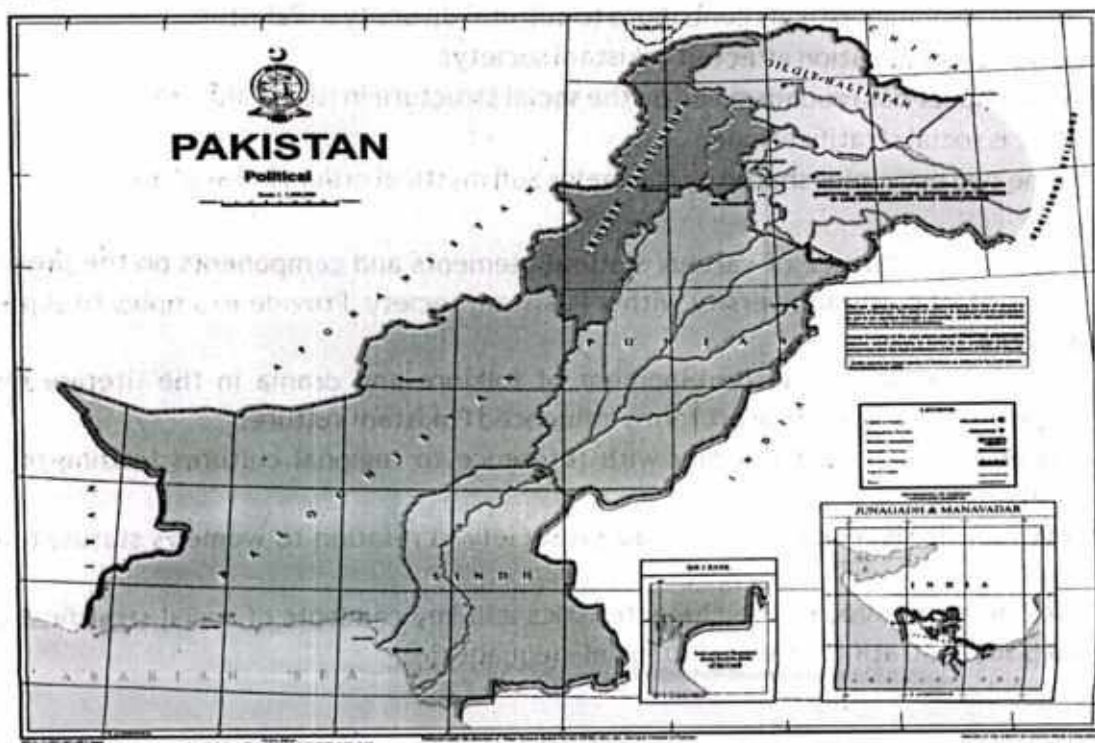
Project

In small groups, choose a specific region of Pakistan to focus on. Regions can include Punjab, Sindh, Balochistan, Khyber Pakhtunkhwa, Gilgit-Baltistan, and Azad Jammu and Kashmir. Conduct research on the chosen region, focusing on cultural elements, historical background, contemporary relevance, and contribution to national unity. Analyze how the region's culture contributes to the national identity and unity of Pakistan.

Each group will create a comprehensive presentation and share it with the class.

Activity

In the following map of Pakistan, write the names of languages spoken in different parts of Pakistan.



Glossary

Cultural Diversity: The existence of a variety of cultural or ethnic groups within a society. It encompasses the differences in language, traditions, customs, beliefs, and practices among various communities.

Lingua Franca: A common language used among people with different native languages for communication. In Pakistan, Urdu serves as the lingua franca.

Folklore: Traditional beliefs, customs, stories, songs, and practices passed down through generations within a community. Folklore reflects the cultural heritage and values of a group.

Drama: A genre of literature intended for performance by actors on a stage, characterized by dialogue and action that depict a story or convey a message.

Feudalism: A social system prevalent in rural areas where landowners hold significant power and control over peasants who work the land. It creates hierarchical social structures and economic disparities.

Tribalism: A social organization based on tribes or clans, where loyalty to one's group is paramount. Tribalism is characterized by strong kinship ties and traditional governance systems.

Social Stratification: The hierarchical arrangement of individuals and groups in a society based on factors such as wealth, power, education, and social status. It leads to distinct social classes and inequality.

Globalization: The process of increased interconnectedness and interaction among people, companies, and governments worldwide, often resulting in cultural exchange, economic integration, and social changes.

Mystical Orders: Spiritual groups or communities that focus on mysticism and the pursuit of a direct, personal experience of the divine. They often emphasize inner purity, devotion, and universal love.

National Integration: The process of creating a sense of unity and cohesion among diverse groups within a nation, fostering a shared national identity and purpose.

Qawwali: A form of devotional music associated with Sufism, characterized by powerful vocal performances and rhythmic accompaniment. It is performed to inspire spiritual connection and devotion.

Social Inequality: The unequal distribution of resources, opportunities, and privileges among individuals and groups within a society, often resulting from social stratification.