



AMERICAN PUNJABI SOCIETY

“APS Inaugural Meet and Greet Gala”

Friday, November 10th, 2023

**ARTS, LITERATURE, SOCIAL
AND COMMUNITY SERVICE**



PEARL BANQUET HALL

276 W Old Country Road Hicksville, NY 11801

Mission Statement

American Punjabi Society

American Punjabi Society ("APS") is a Tax Exempt Not for Profit 501 (c) (3) organization that will promote our Punjabi arts and culture along with provide valuable social and community services free of cost to our community.

APS' OBJECTIVES ARE TO HELP THE COMMUNITY IN THE FOLLOWING AREAS:

1. MEDICAL:

Wellbeing is fundamental to our health and overall happiness. Our Medical team consists of specialists in various medical fields who can provide guidance and resources in all health related matters. To further APS' objectives, our Physicians will provide free services to the needy.

2. LEGAL:

Legal guidance is central in providing access to justice by ensuring equality before the law. Our Legal team will consist of attorneys who specialize in different practice area, who can guide our community members and provide free of cost services to members who cannot afford the attorney fees.

3. FINAL RITES:

Last rites are an integral part of our funeral traditions. When there is a death in the family, relatives face not only emotional grief but also many issues coordinating Final Rites services for their lost loved one. Our team will help the grieving family in all possible ways to ensure traditions are adhered to and members can grieve their family member.

4. MATRIMONIAL:

The goal of marriage is to create a blissful union between a couple and foster love for the entire family, which keeps the family happily united. Our team will organize Meet and Greet events for our youth on a regular basis to create an environment for our singles to interact with like minded and similar background individuals.

5. YOUTH WING:

Sports are a crucial part of a youth's growth and development. We will encourage our youth to participate in Sports like Kabaddi and Cricket. APS will organize tournaments to encourage interplay between our youth.

6. CREATE AWARENESS ABOUT PUNJABI CULTURE AND PEOPLE:

While Punjabis are known for our strong values, our culture presents a multi-hued heritage of ancient civilizations. We will arrange seminars, lectures, public meetings to educate the mainstream Americans about Punjabi Arts, Culture, and the most crucial aspect of being a Punjabi, our faith and religion which emphasizes (1) Service to the community; (2) Equality and Respect amongst all humans; (3) Peaceful Living; and (4) Seva - defined as "selfless service" without any personal gain.

7. FUTURE PLANS:

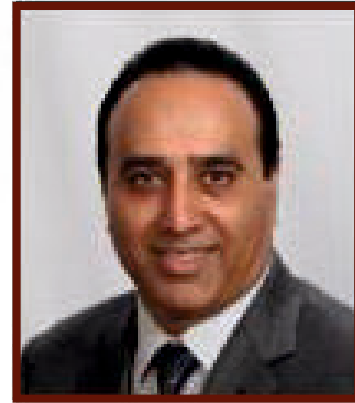
By offering social, educational, and wellness programs, Community Centers contribute to enhancing the quality of life for community residents. Our future plan is to build a Community Center with a main hall and several smaller halls where community functions can take place. The Halls can be used for weddings, social events like Diwali and Vaisakhi. Smaller Halls can be used by our members, elders to do get-togethers. We will have a Library as well.

Message from Patron **Harry Singh**

Dear President Gary Sikka,

I am writing to express my heartfelt congratulations and sincere well wishes to you. As a patron of APS, I am immensely proud to witness the incredible mission and objectives that you have outlined in your mission statement.

Your dedication to promoting Punjabi arts and culture, as well as providing invaluable social and community services free of cost, is truly commendable. It is a testament to your commitment to not only preserving our heritage but also uplifting the community.



Your focus on various areas such as medical assistance, legal aid, support for final rites, and matrimonial services demonstrates a holistic approach towards addressing the needs of the community. I am particularly inspired by the initiatives undertaken by your medical and legal teams, as they provide essential guidance and support to those who may be in dire need of these services.

Additionally, your emphasis on supporting the youth through sports activities and creating awareness about Punjabi culture further reflects your dedication to nurturing the next generation and fostering a strong sense of identity and unity.

I am especially delighted to hear about your future plans to build a Community Center. This envisioned space will undoubtedly serve as a hub for various community functions and events, providing a platform for celebration, connection, and support. The inclusion of a library further highlights your commitment to education and intellectual growth within the community.

As a patron and member of the American Punjabi Society, I am truly grateful for the incredible work you are doing. Your efforts to create awareness about our rich heritage and promote the values of selfless service through "Seva" are both inspiring and invaluable.

Please accept my warmest congratulations once again. I am confident that your unwavering commitment and dedication will continue to make a profound impact on the lives of individuals within the community.

Best regards
Harry Singh
Bolla Oil

AMERICAN PUNJABI SOCIETY

Founding Directors



Gary S Sikka
President & CEO



Mohinder S Taneja
Sr. Vice President



VPS Sikka
General Secretary



Pritpaul S Bindra
Vice President



Ajay Vir Sondhi
Vice President



Ravinderpal S Narang
Vice President



Jaspal S Arora
Vice President

Message from **Sant Singh Chatwal**



Dear President Gary Sikka,

I am writing to extend my heartfelt commendations and congratulations to the American Punjabi Society (APS) on the admirable mission you have set forth and the valuable services you provide to our community.

As a proud Punjabi American businessman, I deeply appreciate the efforts made by organizations like APS to preserve and promote our rich arts, culture, and traditions. I have never seen the mission and commitment you have taken to enhance the well-being of individuals and families in various areas and that is truly commendable.

The initiatives outlined in your mission statement reflect a strong sense of community and a deep understanding of the needs of our people.

Once again, I want to congratulate you on the outstanding work your organization is doing to uplift and empower our community. Your dedication and commitment are truly inspiring. I am honored to be associated with an organization that actively works towards the betterment of our community.

Please feel free to reach out to me for any support or assistance you may require in your noble endeavors. Together, we can continue to make a positive impact and preserve our shared heritage.

Wishing you continued success in all your future endeavors.

Warm regards,
SANT SINGH CHATWAL
Padma Bhushan Awardee
From Government of India

Best Wishes to
American Punjabi Society
from
GARY S SIKKA AND FAMILY



Message from President' Gary S Sikka



Dear members and esteemed guests,

It is with great pleasure and honor that I extend a warm welcome to all of you at the inaugural Meet and Greet Gala of the American Punjabi Society (APS). As President of APS, I feel privileged to lead this Tax Exempt, Not for Profit organization in its mission to promote the rich heritage of Indian culture, particularly that of Punjab, while providing invaluable social and community services free of cost.

Our mission statement, as outlined in the journal, encapsulates the core objectives of APS. We are committed to assisting the community in several vital areas, initially focusing on medical, legal, final rites, matrimonial, and youth programs. Additionally, our aim is to raise awareness about Punjabi traditions and values among mainstream Americans through seminars, lectures, and public meetings.



I am extremely grateful to have Mr. Harry Singh Bolla as a patron for APS. His support and guidance means the world to us! With his help, we can make an even bigger difference in the community and bring positive change to those in need.

I would like to express my deepest gratitude to the Board of Directors for entrusting me with the responsibility of being the President of APS. I assure you all that, together with the dedicated team we have formed, we will work diligently to fulfill our mission and make a positive impact on the lives of those we serve.

I extend my heartfelt thanks to my brother, Mr. Varinder Pal Singh Sikka, for being the driving force behind the formation of APS, and to my son, Rubal Sikka, President of Pearl, for his invaluable support in organizing this inaugural event.

I am also grateful to our Board of Directors, Advisory Board, generous donors, advertisers, and media representatives for their unwavering support and belief in our vision. Special acknowledgment goes to Jaspal Arora for his efforts in organizing the cultural activities, and to Pradeep Tandon for his valuable advice and role as the journal's editor.

Lastly, I must express my deepest appreciation to my wife, Babli, whose unwavering understanding and unconditional support have been instrumental in all my endeavors. Without her, none of this would have been possible. I thank her from the bottom of my heart.

To all the attendees of this historic Meet and Greet event, I hope you thoroughly enjoy the festivities. On this joyous occasion, I wish you and your loved ones a very Happy, Healthy, and Prosperous Diwali.

Warm regards,
Gary S Sikka
President and CEO, American Punjabi Society



CHARLES E. SCHUMER
NEW YORK

Majority Leader

United States Senate

WASHINGTON, DC 20510-3203

November 10, 2023

Dear Friends:

Please accept my warmest greetings as you join the American Punjabi Society to celebrate its Inaugural Meet & Greet Ball. I am grateful for the opportunity to recognize and welcome this new organization, its leadership, staff, and its wonderful supporters who have gathered here today.

First, I would like to applaud the Punjabi-American community for their numerous contributions to the culture and economy of our nation, and especially our great state. Since their major migration in the 1900s, Punjabi-Americans have shared colorful heritage, customs, and values with their neighbors through shared foods, festivals, and language. It is through the generosity and support of everyone joining here today – especially the society's leadership, including my good friend Mohinder Singh Taneja – that American Punjabi Society is able to initiate this commitment to supporting the Punjabi-American community; therefore, I applaud you all.

Again, congratulations on behalf of all New Yorkers. I know that the American Punjabi Society will serve New Yorkers and our nation for many years to come. Best wishes for a successful event.

Sincerely,

Charles E. Schumer
United States Senator



भारत का प्रधान कौंसल
न्यू यार्क



CONSUL GENERAL OF INDIA
NEW YORK

October 13, 2023

MESSAGE

I am delighted to learn that the American Punjabi Society is organizing a Meet & Greet Ball on November 10 in Long Island, New York. The Society is an important cultural and community platform for our sisters and brothers in New York. I am sure they have drawn up a rich calendar of events not only to engage the community, but also to keep them connected to India. The Consulate looks forward to working with the Society to foster closer India-US people-to-people ties.

I wish the Society and the community members engaged with it the very best. We continue to count on their support for our community outreach and activities.


(Randhir Jaiswal)

Mr. Gary Sikka
President
American Punjabi Society
New York

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E-mail: cg.newyork@mea.gov.in; cgooffice.newyork@mea.gov.in; Website: www.indiainnewyork.gov.in



Office of the County Executive
1550 Franklin Avenue
Mineola, New York 11501



November 10, 2023

Dear Friends and Assembled Guests,

It is with a tremendous sense of pride and honor that I send my warmest congratulatory wishes as you gather to celebrate together with the American Punjabi Society for your Inaugural Meet and Greet Ball. Cultural organizations, such as yours, bring a sense of belonging and unity to Nassau County and provide its residents with a rich and meaningful life.

The American Punjabi Society has established itself as a model organization. It has continuously provided the community with diverse programs and events, which serve to enhance the cultural enrichment and enjoyment of Nassau County's residents.

I wish to extend congratulations and thank the members for their hard work and commitment, they and the organization is worthy of the esteem of Nassau County for its selfless dedication to the greater community, which has made a positive impact on us all.

Best wishes for continued success in all your endeavors.

Sincerely,

A handwritten signature in blue ink, reading "B. Blakeman".

*Bruce A. Blakeman
County Executive*



OFFICE OF THE TOWN SUPERVISOR
54 AUDREY AVENUE
OYSTER BAY, NEW YORK 11771
516-624-6350

JOSEPH SALADINO
SUPERVISOR



November 10, 2023

Dear Friends,

On behalf of my colleagues on the Oyster Bay Town Board, I extend special greetings to everyone attending tonight's Punjabi Society LI Inaugural Meet & Greet Ball. Since its founding, Punjabi Society LI has worked diligently to promote brotherhood and goodwill among Punjabi's living on Long Island irrespective of caste, creed and religion. These community contributions and exemplary actions are both exceptional and noteworthy.

This amazing organization has represented the gold standard of selfless service and your good deeds are the foundation of a healthy community and serve as an important role model for others who will one day follow suit. I truly respect your efforts to promote rich Punjabi culture, folk language and literature. Your incredible work also fosters social, economic and cultural links among Punjabis spread over the globe, keeping the tradition of rich heritage of Punjabiyyat. I thank you for your commitment to educating our residents about Punjabi culture and sharing your rich heritage and many beautiful traditions.

Events like tonight's Punjabi Society LI Inaugural Meet & Greet Ball connect all of us with a greater understanding and appreciation for our diverse cultures and the things we greatly value. In today's turbulent world, this mission is more important than ever. Enjoy tonight's Gala knowing that you have all truly helped build a better world.

Yours truly,

Joseph Saladino
Town Supervisor

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SMITHTOWN, NEW YORK 11787
(631) 361-2154
FAX (631) 361-5367

E-MAIL
MATTERA@NYSenate.GOV

October 27, 2023

Dear Friends,

I extend my warmest greetings to everyone attending the Punjabi Society LI Inaugural Meet & Greet Ball.

Since its inception, the Punjabi Society LI has been a tireless advocate for promoting brotherhood and goodwill among Punjabis living on Long Island, regardless of caste, creed, or religion. Your contributions and exceptional actions have set a remarkable standard.

This organization represents the very essence of selfless service, with your benevolent deeds forming the bedrock of a thriving and harmonious community. You serve as a shining role model, inspiring others to follow in your footsteps.

I hold deep respect for your unwavering commitment to preserving Punjabi culture, folk language, and literature. Your remarkable work weaves intricate social, economic, and cultural bonds among Punjabis worldwide, safeguarding the rich heritage of Punjabiya.

I want to express my sincere gratitude for your dedicated efforts to educate our residents about Punjabi culture and for sharing your rich heritage and beautiful traditions.

Events like tonight's Punjabi Society LI Inaugural Meet & Greet Ball bring us all together, fostering a deeper understanding and appreciation of our diverse cultures and cherished values. In today's turbulent world, this mission is more important than ever.

As you enjoy tonight's Gala, take pride in the fact that each of you has played an integral role in building a better world.

With heartfelt thanks and warm regards,

Sincerely,

A handwritten signature in black ink, reading "Mario R. Mattera".

Senator Mario R. Mattera

NICK LALOTA
New York's First District
COMMITTEE ON ARMED SERVICES
COMMITTEE ON HOMELAND SECURITY
COMMITTEE ON SMALL BUSINESS

Congress of the United States
House of Representatives
Washington, DC 20515-3201

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WASHINGTON, DC 20515-3201
(202) 225-3826

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HAUPPAUGE, NY 11788
(631) 289-1097

November 10, 2023

American Punjabi Society
68 Winter Lane
Hicksville, New York 11801

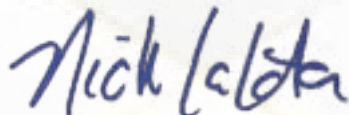
Dear Members of the Board:

On behalf of the United States House of Representatives and the 750,000 constituents of New York's First Congressional District, please accept my heartfelt congratulations on the American Punjabi Society's Inaugural Meet and Greet Ball supporting the education and promotion of Punjabi culture and traditions in our communities.

I extend well wishes to American Punjabi Society leaders Gary Sikka, President and Chief Executive Officer; Mohinder Singh Taneja, Senior Vice President; and Vps Sikka, General Secretary, as well as members and attendees supporting the Inaugural Meet and Greet Ball.

I believe it is essential to celebrate those who bring our communities together and demonstrate a commitment to putting service above self. I commend the American Punjabi Society for your dedication to this tradition.

In Service,



Nick LaLota
Member of Congress



**I was honored to have sworn in the American
Punjabi Societies founding leadership and
congratulate the community on their inaugural
Meet and Greet Ball, Diwali celebrations and
Bandi Chhorh Divas.**

**Jon Kaiman
Deputy County Executive
Suffolk County**

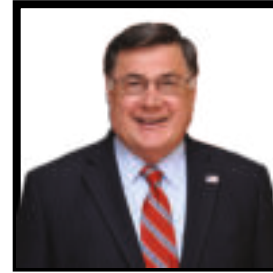
Congratulations

AMERICAN PUNJABI SOCIETY ON YOUR INAUGURAL GALA



Town of
Brookhaven
Long Island

Edward P. Romaine, Supervisor



October 16, 2023

Dear Members of the American Punjabi Society of Long Island,

It is with great pleasure that I extend my congratulations to your organization for hosting its Inaugural Meet & Greet Ball. This event marks a milestone in your organizations journey, and I am delighted to share in the celebration of your success.

I would like to take this opportunity to commend the outstanding leadership provided by Gary Sikka, President & CEO; Mohinder Singh Taneja, Senior Vice President; and VPS Sikka, General Secretary. Their dedication, and decades of tireless work within the Sikh-American community on Long Island have fostered good citizenship by promoting respect, unity, and opportunities for all. It is their vision and unwavering commitment that have led to the establishment of this organization, which I believe will play a key role in shaping the future of our community.

As you, the members of the American Punjabi Society of Long Island, move forward on this journey, I wish good luck. Please know that so long as you devote yourselves to one another, you will always have my friendship and support. The values you espouse, the sense of community you foster, and the opportunities you create, are deeply aligned with the principles that I hold dear. I look forward to building our partnership and working together to create a brighter, more inclusive future for Long Island.

Once again, congratulations on this momentous occasion, and may your endeavors be met with continued success and prosperity.

Warm regards,

Edward P. Romaine
Supervisor

Office of the Supervisor

One Independence Hill • Farmingville • NY 11738 • Phone (631) 451-9100 • Fax (631) 451-6677
www.brookhavenny.gov



**STEVE STERN
NEW YORK STATE ASSEMBLYMAN**

95 BROAD HOLLOW ROAD, SUITE 100
MELVILLE, NY 11747
PHONE: (631) 271-8025
sterns@nyassembly.gov

**Warmest Congratulations and Greetings
of behalf of the residents of the 10th Assembly District to the
American Punjabi Society
On the Occasion of your Inaugural Meet & Greet Ball**



Assemblyman Steve Stern



Dear Members of the American Punjabi Society,

I am writing on behalf of the New York State Police members, assigned to Troop “L” Long Island, to extend our appreciation and gratitude to your organization for hosting the inaugural Meet and Greet Ball. This event will provide an opportunity to bring together community members from diverse backgrounds, uniting them under the common goal of fostering new connections and strengthening existing relationships.

The initiative to organize such a gathering signifies your commitment to building a more inclusive, safer, and harmonious community. By providing a platform to bridge gaps between members of Law Enforcement, elected officials, and the community from Long Island, you have undoubtedly paved the way for enhanced understanding, cooperation, and trust.

Your efforts have not only exemplified the spirit of unity but have also helped create an environment where meaningful conversations can take place, ultimately contributing to the betterment of our society. Collaboration and partnership between law enforcement, community leaders, and residents are vital in ensuring the safety and prosperity of our neighborhoods.

We are inspired and encouraged by the enthusiasm displayed by the American Punjabi Society in fostering positive relationships within our communities. We look forward to future endeavors and collaborative initiatives that will continue to strengthen the bond between law enforcement agencies and the wonderful people of Long Island.

Once again, our sincere gratitude for your dedication and efforts in promoting unity, understanding, and trust.

Sincerely,
Stephen J. Udice
Major – Troop Commander, Troop “L” Long Island
New York State Police

Best Wishes to
AMERICAN PUNJABI SOCIETY

From
Mohinder Singh & Dimpy Taneja



Message from Senior Vice President
Mohinder Singh Taneja



Dear Friends,

I would like to Thank you for joining us at our Inaugural Meet & Greet Ball. American Punjabi Society, a dynamic organization dedicated to preserving and promoting Punjabi culture in the United States, goal is to play a pivotal role in enriching the cultural landscape in America. This organization is committed to fostering a deeper understanding and appreciation of Punjabi traditions, bridging the gap between communities, and creating a more inclusive and diverse society. By organizing a wide range of cultural events, educational programs, and community initiatives, the American Punjabi Society will engage in the promotion of Punjabi culture on American soil.

One of the primary ways the American Punjabi Society will promote Punjabi culture is through vibrant cultural festivals and events. These celebrations showcase the rich tapestry of Punjabi traditions, including music, dance, art, and cuisine. Events like Vaisakhi and Diwali, to bring together people from all backgrounds to experience the beauty and diversity of Punjabi culture. This not only fosters a sense of unity and camaraderie but also creates an opportunity for cultural exchange, allowing Indians in America and Americans to immerse themselves in the unique customs of Punjab.

Moreover, the American Punjabi Society actively engages in community outreach and charitable endeavors. By organizing community events, the organization exemplifies the values of Punjabi culture, such as selfless service and community solidarity, thus contributing positively to American society.

I am hopeful for the future of the American Punjabi Society to play a vital role in fostering growth amongst our community in the United States. Through their cultural events, educational programs, and community outreach efforts, they help create a more inclusive, diverse, and harmonious American society that values and embraces the rich traditions of Punjab

Compliments from
VPS SIKKA AND FAMILY
American Punjabi Society



Message from General Secretary

VPS Sikka

*Waheguru Ji Ka Khalsa
Waheguru Ji Ki Fateh*



It has been my long time desire to start a Punjabi Cultural Society in Long Island so that we all Punjabis with our children can get together to enjoy and celebrate our Culture and Heritage.

I am glad that we have formed a company "American Punjabi Society" with its President Garry Sikka Ji.

We have decided to celebrate Vaisakhi and Diwali every year. I feel very proud to celebrate our first inaugural Meet and Greet Gala on 10th November, 2023 at Pearl Banquet Hall.

I feel proud that Punjabis have done great job all over the world and I congratulate our team for coming together to form the American Punjabi Society.

My heartiest greetings to all Punjabis in New York on this auspicious occasion of Diwali.

Best Compliments
TO
AMERICAN PUNJABI SOCIETY
from
PRITPAUL S BINDRA



Message from Vice President

PRITPAUL S BINDRA



Always a step in the right direction is appreciable. That's what APS with President Gary Sikka and founding members is committed to achieve for Community service, Education and project our rich Punjabi culture came into reality.

I pray to Waheguru for it's great success so we all come together to serve the humanity.

Best Wishes

Best Compliments
to
AMERICAN PUNJABI SOCIETY
from
Ajay Vir S Sondhi & Family



Message from Vice President
AJAY VIR SONDHI



We, the team of American Punjabi Society (APS) proudly announce the formation of our new organization named 'American Punjabi Society'. This is really a dream come true for our president Gary Sikka and all our founding members and our honorary Directors. It is a continuous and untiring efforts of our team for the last two years. which made this mission accomplished.

The aim behind the formation of our New proud organization is to enjoy and cherish the Cultural and traditional heritage of our Punjabi and also to carry on the legacies to the next generations.

Being the immigrants in this country as we all know that there are lot of issues which we all have, where we need some guidance and some help to over come and solve those issues . We being the APS office bearers pledge here to address the issues of our community as far as Medical, Educational. Legal, problems of elderly people, cultural and other important fields are concerned .

Let us all vow to help the community as much as we can . I wish APS to have great success in achieving all what they dreamt for.

God Bless America
God Bless APS

With best Compliment to APS Team

Best Compliments from
Ravinder Pal S. Narang & Mrs Sonia Narang
to
AMERICAN PUNJABI SOCIETY



Message from Vice President
RAVINDERPAL SINGH NARANG



*Waheguru Ji Ka Khalsa
Waheguru Ji Ki Fateh*

I've always envisioned a Punjabi Community Platform here in Long Island, NY, where our community can gather with their families and children.

I'm elicited to announce the formation of the American Punjabi Society, led by President Garry Sikka Ji and to be part of APS, fostering understanding and supporting positive social change and helping our Punjabi community from this platform. Together, we've made a global impact.

I congratulate our teammates of APS and feel proud being a Punjabi.

Come celebrate with us and let's strengthen our Punjabi community on this fantastic platform. Looking forward to seeing you all on November 10, 2021!

Best Compliments to
Gary S Sikka
&
American Punjabi Society
from
Jaspal Singh Arora
and family



Message from Vice President

JASPAL SINGH



I applaud the unwavering support and philanthropic efforts of our society, which have positively impacted the Punjabi community in the United States. President Gary Sikka's leadership has been instrumental in our success, and I'm grateful for his dedication.

Together, we are going to make a real difference in education, community support, and cultural preservation. Let's continue to work together to elevate our community.

Best Wishes

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SARGUN CELL: 516 233 8908

AMERICAN PUNJABI SOCIETY

Advisory Board and Reception Committee 2023

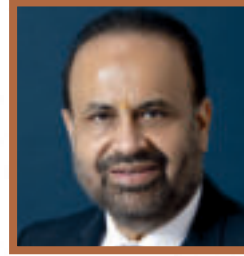


Gurdev Singh DP

Chairman Advisory Board



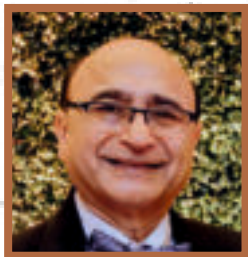
Chandeeep S. Sondhi



Jasbir Jay Singh



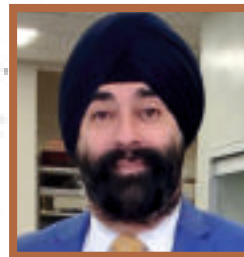
Paramjit S Bedi



Pradeep Tandon



Surjeet Singh



Herman Singh



Eric Kumar



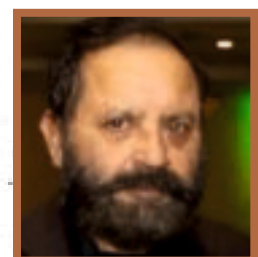
Harbans S. Vohra



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Paramjit S. Sondhi



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Rubal Sikka



Ravi Singh Multani



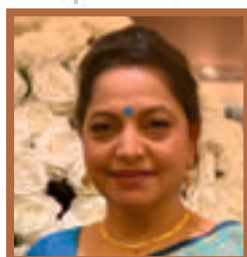
Mohinder S Miglani



Mohinder S Chandhok



Sukhdev S Chadha



Vimanjeet Kaur Sikka



**Ravinder Kaur
(Babli Sikka)**



Gobind Bathija

AMERICAN PUNJABI SOCIETY

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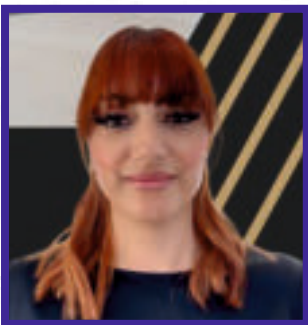
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Punjab: A Land Rich in History and Vibrant Culture.

By: Janessa Sondhi
Half Hollow Hills High School
East



In the region of Northwest India, Punjab is a land containing a rich history and inhabited by some of the most warm-hearted people on the earth. With a rich history dating thousands of years, the fertile land of Punjab has been the center of numerous civilizations. Let's take a journey into the past and explore the Punjabi heritage, celebrations, and the Impact of the 1947 Partition on Punjab and its people.

The word Punjab is derived from the two words 'Panj' (meaning five) and 'Aab' (meaning water) due to the five rivers; Beas, Chenab, Jhelum, Ravi, and Sutlej. The region of Punjab has been inhabited since the ancient Indus River Valley civilization, with Punjab being an integral part of trade and cultural exchange. Over time, various empires, including the Mauryan, Gupta, Mughal, and Sikh empires have called Punjab home.



Although all these empires have had a great impact on Punjab, to a greater extent, the most

significant influence on the history of Punjab is undoubtedly the Sikh Religion. The Sikh Religion was founded by Guru Nanak Dev Ji in the 15th century. In which its members believe in equality, social justice, service to humanity, and tolerance for other religions. Punjab became the focal point for the Sikh religion, with the Golden Temple in Amritsar, serving as its spiritual and cultural center.



Punjab is known for its colorful celebrations and festivals, including Vaisakhi, which marks the harvest season's arrival and is the day Guru Gobind Singh established the Khalsa. and is celebrated with great enthusiasm by the Punjabi people. Lohri is a winter festival that marks the end of winter and brings people together around bonfires, singing and dancing in delight.

Other important religious festivals include Bandi Chhor Divas (Diwali) and Gurburab which commemorates the birth anniversaries of Sikh Gurus.

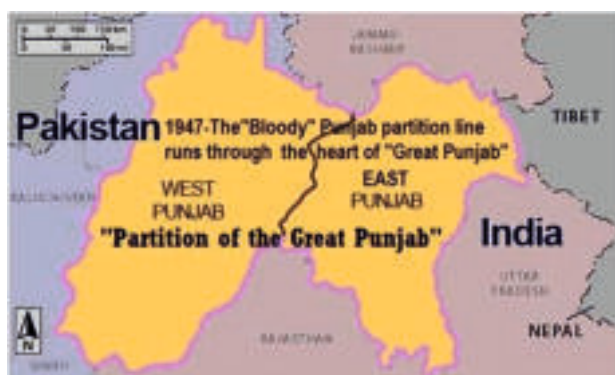


The Punjabi people, known as Punjabis, are known for their hospitality and dedication to hard work. Their warm and welcoming nature is evident in the famous phrase "Jee Aayun Nu," which means ("You are most welcome.") Generosity and Harmony are integral to Punjab's

social characteristics, with langars (Community Kitchens) set up in Gurudwaras (Sikh places of worship) providing free meals to people from all backgrounds 24/7.

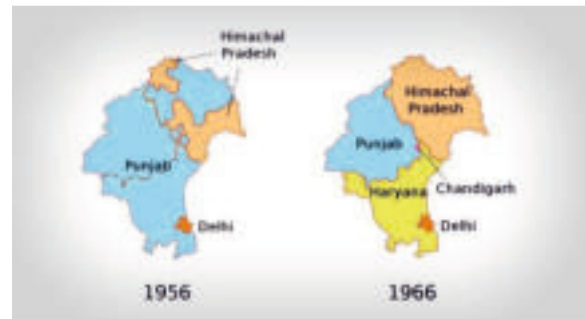


The partitions of Punjab had a profound impact on Punjab and its people. Pre-partitioned Punjab Ruled by Maharaja Ranjit Singh included: Delhi, Jalandhar, Lahore, Multan, and Rawalpindi. As you can see in the image, Punjabi was a vast 100,436 square-kilometer empire.

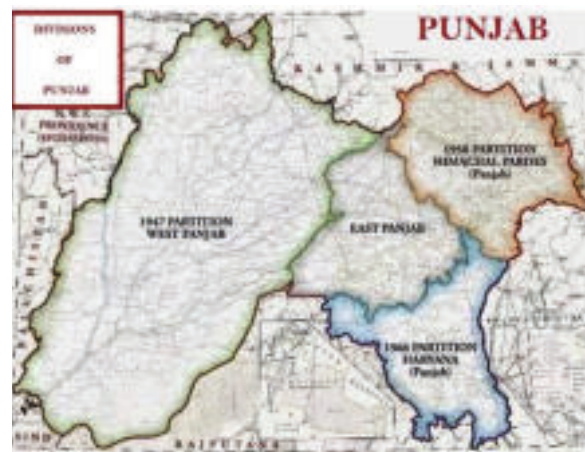


In 1947 the region was divided along religious lines, leading to mass migration of people. The 1947 partition of the Subcontinent divided Punjab into two parts; West Punjab, belonging to Pakistan, and East Punjab, which became part of India. The state of Punjab is divided into four geographical regions, named the Majha, Doaba,

Malwa, and Puadth regions. Majha is the region between the rivers Ravi and Beas. The Doaba region is between Beas and Sutlej. Malwa lies below the river Sutlej and extends to the Yamuna River, and some parts of the Puadth region are a part of the Malwa region.



After the 1947 Partition, Punjab was then again divided. In 1966, the then Prime Minister of India, Indira Gandhi, announced the creation of a separate state for the hilly regions of Punjab, which later became Himachal Pradesh and Haryana. This was done to better address the unique social, economic, and cultural needs of the people in these hilly regions.



Punjab, with its diverse history and vibrant traditions, is a multi-layered and complex area of cultural wonders. Starting from the ancient civilizations to the Sikh legacy, Punjab's past has shaped its present. The Punjabis continue to celebrate their rich heritage through multiple different festivals. While the partitions may have divided the region, the resilience and spirit of the Punjabis have ensured that their warmth and hospitality shine through.

ABOUT THE AUTHOR OF THE ARTICLE

Punjab: A Land Rich in History and Vibrant Culture



Janessa Sondhi an aspiring student leader from Half Hollow School District, Long Island, New York, being honored by Suffolk Deputy County Executive Hon. Jon Kaiman and Director of Diversity Outreach Mohinder Singh Taneja, with a citation from Suffolk County Executive Hon. Steve Bellone. Joining in the honoring ceremony are proud family members, sister Alissa, Dad Sunny, and Mom Navneet.

My name is Janessa Sondhi, and I am a 9th grader at Half Hollow Hills High School East. I am a well-rounded individual, constantly striving for excellence in various aspects of my life. I love to serve my community and academically strive for excellence. I enjoy the subject of mathematics, as I participated in the Long Island Math fair representing my school, where I achieved the accomplishment of winning a bronze medal in 2022. I have been an integral part of my school's Math Olympiad team for four consecutive years and am currently a member of the Mathletes team. I also enjoy participating in the Science Olympiad, as I have consistently placed in the top 10 for the Eastern Long Island Division B regional tournament for both 2022 and 2023 helping my team continue to the state competition in Syracuse, New York.

Furthermore, I have actively engaged in educational programs at Stony Brook University in both the Middle School math program and the engineering programs. Amongst 1000s of applicants who applied from various parts of the world, I was one of the few individuals who had the opportunity to participate in the 2023 Columbia University Pre-College Summer Immersion Program, which demonstrates my eagerness to expand my knowledge beyond the traditional classroom setting.

My involvement in sports including my school's basketball team in 2022 and 2023 highlights my ability to balance multiple interests. Academically, I have consistently maintained an average of 97 or above receiving the President's Educational Award, and High Honor Roll in each quarter, this demonstrating my strong work ethic.

I have a profound interest in serving my community, as I love to partake in community service. For example, during the COVID-19 pandemic, I participated in an organization called SUPER (Students Unite to Provide Essential Relief) to help disadvantaged families in need. Because of my interest in serving my community, I was recognized with the Suffolk County Public Service Award, which acknowledges my ability to combine academic achievement and a commitment to the community.

My involvement in extracurricular activities includes my dedication to the National Junior Honor Society, with over 100 hours in community service and serving as a board member, participation in the National Spanish Exam, Girls Learn International, Future Doctors Of America, Science Olympiad, Debate, and Math Fair. Overall, I am an individual who balances academic excellence, extracurricular involvement, and a commitment to both personal and community growth.

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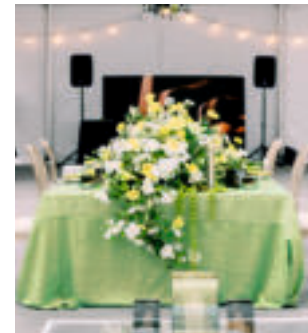
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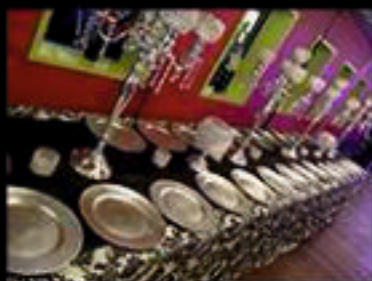
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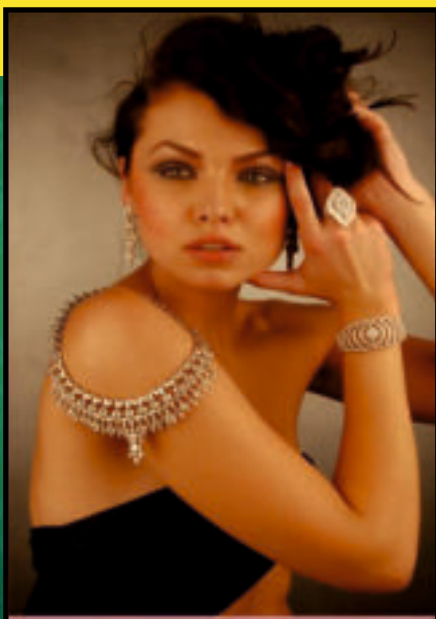
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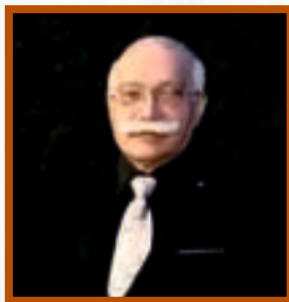
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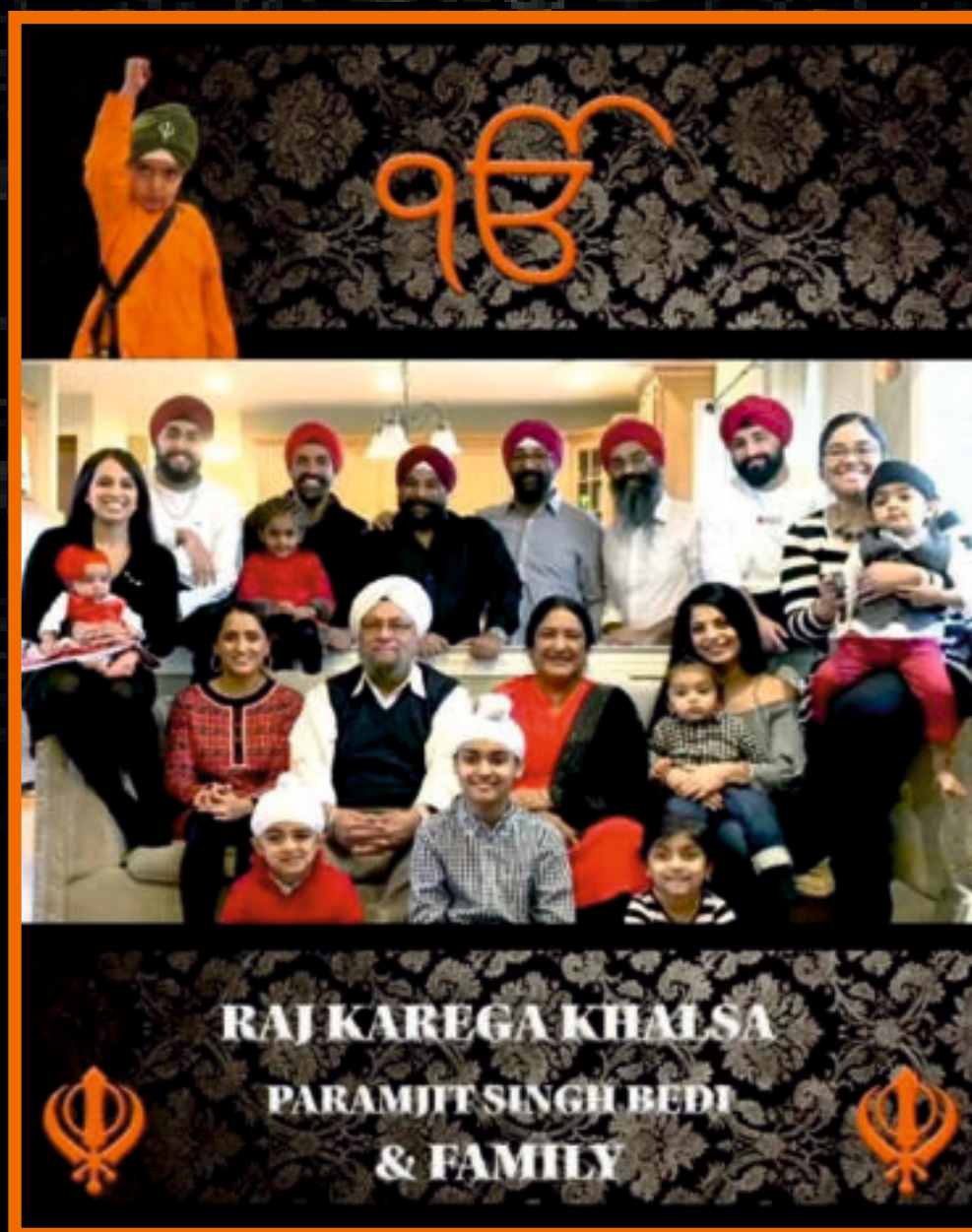
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He has been a guest lecturer at several major universities and music academies around the world. Top graded artist of All India Radio, Ud Kamal Sabri has won several awards including 'The Best Instrumentalist' conferred by Indo-Western Society of Instrumental Music, 'in the year 2000 The Young Maestro Award' conferred by the Indo-Sri Lankan Cultural Council, 2016 Shri Krishna Peace-Unity Award (Vrindavan), The 'Sarangi Sultan Khitab' at the prestigious Harballabh Music Festival. Nashville Music City Award (International Artist of The Year 2016), USA., Gold Medalist , Global Music Award , LA, California USA , New York City Musicians Recognition Award 2019, winner of World Music artist Award of the year 2023 in Uzbekistan , Iconic Sarangi Exponent and Composer of the year 2023 for the Sajna Mein by Mid Day Showbiz Icons Award in Mumbai, Recently The Mayor of NY city has recognised his Credentials and honored .

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By: Raj Sharma

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ਨਿੱਘ ਅਤੇ ਖੁਸ਼ੀ ਨਾਲ, ਇਸ ਦੇ ਲੋਕਾਂ ਦੇ ਦਿਲਾਂ ਨੂੰ ਜਗਾਉਂਦੇ ਹਨ, ਪੰਜਾਬ ਦੀ ਸੁੰਦਰਤਾ ਦਿਨ ਰਾਤ ਚਮਕਦੀ ਹੈ।”

“River dances and flows in the lap of Punjab. A land where rich traditions shine. With warmth and joy, kindling the hearts of its people, The beauty of Punjab shines day and night.”

Punjab, a land known for its rich cultural heritage, fertile fields, and warm-hearted people, is a region in India that never fails to captivate the imagination. Often referred to as the “ਪੰਜ ਦਰਿਆਵਾਂ ਦੀ ਧਰਤੀ” “Land of Five Rivers,” Punjab is a place where tradition and modernity coexist harmoniously. Punjab's history is a colourful tapestry, woven with the threads of various dynasties, invasions, and cultural exchanges. Over time, the land of Punjab saw the rise and fall of various empires. Punjab is the spiritual heartland of Sikhism, intimately intertwined with the lives and teachings of Guru Nanak Dev Ji and the other Sikh Gurus. Guru Nanak Dev Ji propagated a message of unity, equality, and devotion to the One God. His teachings serve as the cornerstone of Sikh philosophy, emphasizing meditation, selfless service, and righteous living.

ਪਤਿਤ ਉਧਾਰਨ ਭੈ ਹਰਨ ਹਰਿ ਅਨਾਥ ਕੇ ਨਾਥ ॥ ਕਹੁ ਨਾਨਕ ਤਿਹ ਜਾਨੀਐ ਸਦਾ ਬਸਤੁ ਤੁਮ ਸਾਥਿ ॥

Patit Udharan Bhai Haran Hari Anath Ke Nath. Kahu Nanak tih jaaniye sada bastu tum sathi.

The Golden Temple in Amritsar, founded by Guru Ram Das Ji and further developed by Guru Arjan Dev Ji, stands as the holiest Sikh shrine, drawing devotees from all over the world. Punjab's landscape is dotted with historic Gurdwaras and sacred sites. It represents the heart of Sikhism and the epitome of Sikh architecture. Inside the sanctum, the Guru Granth Sahib is enshrined, and the melodious recitation of Gurbani creates an atmosphere of divine peace and introspection. Punjab's cultural identity is deeply rooted in Sikh traditions, and the state commemorates Sikh festivals with great fervour. Celebrations like Vaisakhi, Guru Nanak Gurpurab, and Hola Mohalla are marked by processions, prayers, and acts of kindness. The land of Punjab continues to be a spiritual hub of teachings of love, compassion, and community service that emanated from this sacred region.

ਕਲਚਰਲ ਐਕਸਟਰਾਵੈਂਜ਼

Punjab's cultural heritage is as diverse and vibrant as its history. It's a place where traditional and modern values intermingle seamlessly. Bhangra and Giddha being the most famous folk dances. Punjabi cuisine is another highlight. The delectable flavours of butter chicken, sarson da saag, and 'makki di roti' ਮਕੇ ਦੀ ਰੋਟੀ ਤੇ ਸਰਸੋਂ ਦਾ ਸਾਗ ' are loved across the globe. The state's hearty and flavourful food reflects the robust and cheerful spirit of its people.

ਜਾਨਾਂ ਵੀ ਦਿੰਦੇ ਵਾਰ।, ਏਥੇ ਰੂਹਾਂ ਨਾਲ ਨਿਭਾਵਦੇ, ਜੋ ਕਰਦੇ ਨੇ ਇਕਰਾਰ।, ਇਹ ਹੈ ਮੇਰੇ ਪੰਜਾਬ ਦਾ, ਅਸਲੀ ਸੱਭਿਆਚਾਰ।

Even giving lives., playing with souls here, Those who agree, this is the real culture of my Punjab.

The people of Punjab are renowned for their warmth and hospitality. Whether you're a guest in a rural village or a bustling city, you'll be greeted with open arms and a beaming smile. The tradition of "Punjabi Atithi Devo Bhava," which means "The guest is God," is deeply ingrained in the culture. It's not uncommon for complete strangers to invite you into their homes for a meal or a cup of tea.

Punjab offers a diverse range of tourist attractions as city of Chandigarh, designed by the renowned architect Le Corbusier, boasts modernist architecture, well-planned gardens, and a vibrant cultural scene.

Punjab's rural landscape, with its lush green fields and quaint villages, offers a chance to experience the agrarian way of life.

"In the vibrant heart of Punjab, a tale so grand, Where ancient history and traditions firmly stand.
With rivers' embrace and spirits that take flight, Punjab's beauty and charm, both day and night.
From the Golden Temple's serenity profound, To festivals that resonate with joyful sounds,
In this land of warmth and cultural might, Punjab's allure forever shines so bright.
Come; embrace the land where stories never cease, Where love and hospitality will bring you peace.
In Punjab's vibrant heart, you will find your way, And here, in its embrace, forever you'll want to stay."

ਆਉ, ਇਸ ਧਰਤੀ ਨੂੰ ਗਲੇ ਲਗਾਓ ਜਿੱਥੇ ਕਹਾਣੀਆਂ ਕਦੇ ਨਹੀਂ ਰੁਕਦੀਆਂ,
ਜਿੱਥੇ ਪਿਆਰ ਅਤੇ ਪਰਾਹੁਣਚਾਰੀ ਤੁਹਾਨੂੰ ਸ਼ਾਂਤੀ ਪ੍ਰਦਾਨ ਕਰੇਗੀ।
ਪੰਜਾਬ ਦੇ ਜ਼ਿੰਦਗੀ ਦਿਲ ਵਿੱਚ, ਤੁਸੀਂ ਆਪਣਾ ਰਾਹ ਲੱਭੋਗੇ,
ਅਤੇ ਇੱਥੇ, ਇਸਦੇ ਗਲੇ ਵਿੱਚ, ਤੁਸੀਂ ਹਮੇਸ਼ਾ ਲਈ ਰਹਿਣਾ ਚਾਹੋਗੇ।

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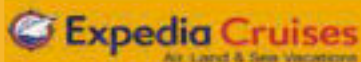
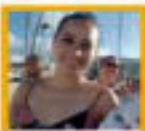
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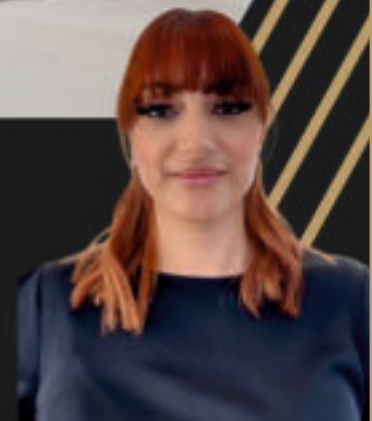
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President Gary S Sikka and APS Team



APS President Gary S Sikka
Addressing Audience on Indian Independence Day
celebrations at legislature office Suffolk County



American Punjabi Society Founding Directors From left to right:
VPS Sikka, Ajay Vir Sondhi, Pritpaul S Bindra, President Gary Sikka,
Ravinder Pal S Narang, Jaspal S Arora, and Mohinder S Taneja
at Suffolk County Executive Office.
President Gary S Sikka addressing audience about
American Punjabi Society



APS Team with New York State Comptroller Thomas Peter Dinapoli
at a Breakfast meeting left to right Director with Paul Bindra
Ravinder Narang , VPS Sikka State Comptroller Gary Sikka
& MS Taneja



American Punjabi Society President Gary S Sikka and Sr. Vice President Mohinder Singh Taneja presenting New York State Comptroller Hon. Tom DiNapoli with a Sword and Replica of Golden Temple.



Suffolk County Dy Executive Chief Jon Kaiman APS Patron Harry Singh Bolls with other Directors of APS



President Gary S Sikka, Babli Sikka and Rubal Sikka with Congressman Tom Suozzi at an event at Mint



APS President Gary S Sikka getting award from legislator Manuel Esteban at Suffolk County Legislature Office for his service to the community



Punjabi American Night Celebrations in Nassau County. APS Members Vimmi Sikka, Jasbir Jay Singh, VPS Sikka along with Dr. Chhabra, Dr. Mehra from APS Medical Team attended the event.



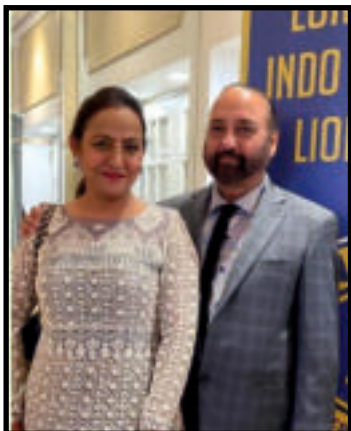
APS President Gary S Sikka also Executive Member of Indian Association of Long Island getting award from President of Indian Association of Long Island Bina Sabapathy for his services to the association



APS Advisory Board Director and Secretary of India Association of Long Island Pradeep Tandon, President Gary S Sikka of APS, Babli Sikka APS Advisory Board Director, and Rubal Sikka APS Advisory Board Director and Owner & CEO of Pearl Banquet Hall at an APS event at Pearl.



APS President Gary S Sikka
Also founding Director of
Indo American Lions Club &
Mrs Bably Sikka at Gala event
of Lions Club at Leanords



US Army officer
Talwinder Singh Kalsi
with APS President Gary S Sikka
& Bably Sikka in a APS
event at Mint



Sant Singh Chatwal
Indo American Businessman
with US President
Joe Biden



Sant Singh Chatwal, Padma Bhushan Awardee,
Punjabi American businessman, founder and Chairman of the
Dream Hotel and owner of many other Hotel Groups and
American Punjabi Society President Gary S Sikka at an
event at Pearl Banquet Hall



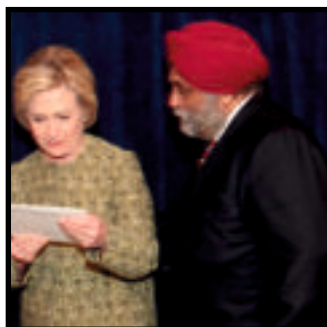
Harry Singh
Chairman/President/CEO of Bolla Management Corp
and President of Bolla Market Chain
and APS President Gary S Sikka at a social event at
Pearl



Suffolk County Executive Hon. Steve Bellone with (r-l)
Vice President Paul Bindra, Kanwaljit Kaur Arora, Praty Singh,
Ravinder "Babli" Kaur Sikka, President Gary Sikka,
Sr. VP Mohinder Singh Taneja, Gen. Secretary VPS Sikka at
an award presentation ceremony at Mint Indian Restaurant on
Wednesday, October 4th 2023.



Secretary of State Hillary Clinton
with APS Sr Vice President
Mohinder S Taneja



Mohinder Singh Taneja with
New York State Senator
Mario Mattera with Congratulatory
Message for the Journal.





Chief Executive of Suffolk County Steven Bellone with APS leadership on a meeting at Mint

Advisory Board and Reception Committee Members Left To Right Chandeeep Singh, Eric Kumar, Gurdev (DP) Singh, Surjit Singh and Pradeep Tandon being honored at an APS event at Pearl Banquet Hall.

APS Genral Secretary VPS Sikka along with Vice President MS Taneja and Advisory Committee member PS Bedi in a public meeting



APS Director and Advisory Board members left to right Ravinder Pal S Narang , Jaspal S Arora (Tony) Pritpaul S Bindra Raj Sharma ,Jasbir Singh , and Herman Singh in an event at Pearl



Vivek S Chatwal Sant Singh Chatwal Mrs Daman Chatwal & Family with APS President Gary Sikka Navneet Sikka Babli Sikka & Rubal Sikka on a family Lunch meeting at Mint



Suffolk County Dy Chief Executive Jon Kaiman with APS President Gary Sikka & Mrs Babli Sikka in a Event



With Best Compliments to

Gary S Sikka & APS team

from

Harry Malhotra & Family



CONGRATULATIONS AND BEST WISHES
TO
PRESIDENT GARY S SIKKA
AMERICAN PUNJABI SOCIETY
INAUGURAL MEET AND GREET GALA
FRIDAY, NOVEMBER 10TH, 2023
FROM:
USHA AND PRADEEP TANDON



Best Wishes to President GARRY S SIKKA and AMERICAN PUNJABI SOCIETY from **RAJ SINGH**

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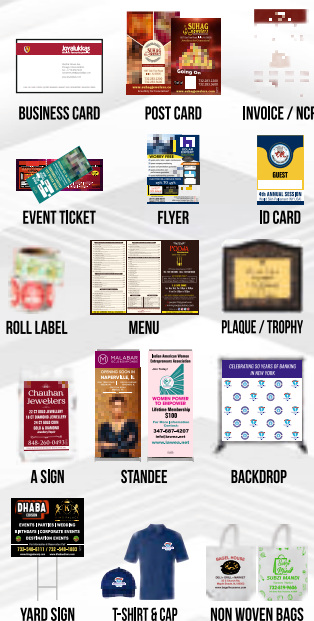
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at the Inaugural Meet & Greet Ball and wishes it Success



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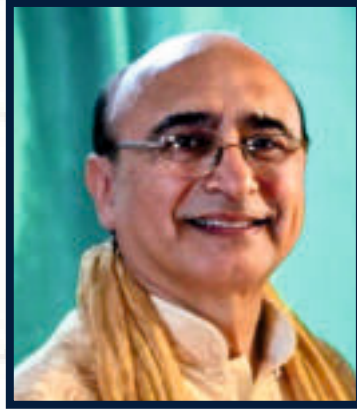


Navneet Sikka
Director



Dr. Purna Prasad
Director

Editor's Note



PRADEEP TANDON *Editor and Member Advisory Board*

It is a great honor and privilege for me to be appointed as Editor and in-charge of publishing the journal for the Inaugural Meet and Greet Gala of American Punjabi Society, under the dynamic leadership of President Gary Sikka.

I would begin by thanking President Gary Sikka, the Board Members and Advisory Board of American Punjabi Society for their help in preparing this Journal.

Grateful thanks to our sponsors, media partners, advertisers without their support this would not have been achieved.

Special thanks to Naveen Grover our printing partner and our Graphic Designer for their great efforts, time, and patience in putting together this journal.

We had very short time for bringing out this Journal. While I have taken extreme care in preparing this Journal, there might be some errors or mistakes for which I seek your forgiveness.

I would end by wishing you all a very happy Diwali that brings with it fresh hopes, brighter days, and new dreams. Have a happy and safe Diwali and New Year!



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Bolla Oil Corp. expresses sincere well wishes to Gary Sikka and the American Punjabi Society for their dedication to our community!



*Harry Singh
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