



<https://www.afghancultureunveiled.com/humaira-ghilzai/2020/10/22/afghanistan-heart-symbol>

Theme 9: *I'm On a Mission*
July, 2021

Book 4 – *Four Feet, Two Sandals*
Page 1



Dark blue, the color of Lapis Lazuli, a semi-precious stone mainly found in Afghanistan, was chosen as the outline which encases the following symbols of this 'Afghanistan Heart Symbol':

- The [National Emblem of Afghanistan](#)
- Minaret-e-Jam is [a UNESCO World Heritage site, located in Western Afghanistan, in the province of Ghor](#).
- Red tulip is [the national flower of Afghanistan and the symbol of Nowroz](#), the Afghan New Year.
- Dambura is a [lute played mainly in Tajik and Uzbek folk music](#).
- Buzkashi is [the national sport of Afghanistan](#)
- Afghan [green grapes are famous in Central Asia and are a major export](#), both fresh and dried as green raisins, to neighboring countries.
- Hindukush Mountains, [an 800-kilometer mountain range that runs through Afghanistan](#) and has been written about in folktales and modern novels.
- Afghan woman in traditional clothes doing the [Afghan national dance--attan](#). Traditionally attan was performed by men but now both men and women perform this communal dance at end of a wedding, engagement or and Nowroz celebrations.
- Rubab is a lute-like instrument played by trained masters and their students in classic Afghan music. [It's the national instrument of Afghanistan](#).
- Shrine of Hazrat-e-Ali, is [one of Afghanistan's most beautiful and most revered mosque, located in Mazar-i-Sharif, in the northern province of Balkh](#).
- Qabili Palau is the [national dish of Afghanistan](#).
- Buddhas of Bamiyan were [two, 6th-century statues carved into the side of a cliff in Bamiyan valley](#). The historically significant monuments were defaced by the Taliban in 2001 and now they stand as a stark reminder of the cultural and human destruction that could return if the Taliban gain power in Afghanistan.
- Pomegranate is the national fruit of Afghanistan.
- Tabla is a pair of hand drums, from the Indian Subcontinent, used as a percussion instrument in most Afghan folk and classical music. [Salar Nader is a talented and sought after Afghan percussionist who lives in California](#).
- Kite flying is the [national pastime for Afghan men and boys](#). Afghanistan's kite flying scene was made world famous by [Khaled Hosseini's book The Kite Runner](#).

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