I was born in 1396/1986 in Kabul city. Our place was Shur Bazaar, Saraji, kota hangari. I was born at home. My life started there. I started in Bairaki School. I studied there for five years. Then studied two years in Bibi Halimi. Then I did work for one year, as a student. Then in 1993, I moved to India, we left Afghanistan. We had our own shops. I learned banjaragi (textile) work. Our shop was in metropole. I didn't know how to work but by the time I learned the war began! There were 6 or 7 dharamsal in that area of Kabul where we used to go for ibadat. There was also a Punjabi School and a religious school and we used to study there for one to two hours per day. My grandfather was Kabul, my father was from Kabul - all of us were from Kabul! Originally, we are from Charikar. We have gardens and orchards in Charikar. I never went there. But I learned about it from my father and my grandfather. They said we can't go there. They said its dangerous with the mujahidin. There was a place called Karez, our place was there.

When I was 10, the situation was good. I remember a little bit the time of Karmal. I remember the time of Najob. After the Soviets left, it was really bad. Everyday it got worse. We stopped going to school because there were fights with children. Afghans used to call us *kafir*. For that reason, we stopped going to school. Educated people have left. Village people came and they caused the problem. We worked hard, We owned everything. Now we don't know who has it.

I have been in London, it's been a great life, everything is perfect. We have proud in our Afghan identity. If Afghanistan wasn't there, we wouldn't be here. Everywhere I go I say, "I'm from Afghanistan".

I still have many friends from Kabul, some from school. They are here. I have a good friend. We used to protect each other in school. I am very close to Afghans. From the heart. Our culture is there. Our everything is there. In our houses, we live like Afghans. We have the same furniture. We have the same traditions.

In those days, people didn't trust banks. People, especially the Kuchi, who did the business in hing, they used to give their money to Sikhs. When they had weddings and needed to buy things, such as cloth, they took money back from us. It was an important tradition.

This is the Afghan Gurdwara.

We have the same foods as the Afghans ash. We still like palaw and kebab, we still enjoy those dishes.

We were forced to live in India for 10 years, we spent ten years there. It was difficult to work there and also we couldn't get citizenship, so we moved here.