



Dr. Saeeda Dalal

SEP 19, 2021



Scan to Visit



FUNERAL HOME, MEMORIAL PARK & CREMATORY

Table of Contents

Obituary	Page 3
Events	Page 6
Tribute Wall	Page 7
Media	Page 10



Dr. Saeeda Dalal

SEP 19, 2021

On September 19, 2021, the world lost and heaven gained a uniquely beautiful human being. Dr. Saeeda Dalal died peacefully at El Camino Hospital in Mountain View, California, a few days after suffering a major stroke that led to a coma. She was 85. Her two sons were at her side throughout the days, and many friends came to see her.

Saeeda was born on October 21, 1935 in Belgaum, India, into the Momin family. She had 7 siblings. The family soon moved to Poona (Pune) where Saeeda lived until she left India. She was a top student throughout her school years, talented in debate and art. At an early age she chose medicine as her profession. After pre-medical studies at Wadia College, she attended the B. J. Medical College and then completed a residency in obstetrics and gynecology. Always open to alternative medicine, her approach to healing would eventually include homeopathy, Ayurveda, and other holistic methods.

Saeeda married in 1961 and moved to Tanzania with her husband Abdul, a psychologist. They opened a small nursing home and maternity hospital in Dar es Salaam that served a small local community. They moved to London in 1964 for a short stay where she continued her practice as a locum physician, and then to Boston the same year.

Saeeda settled in the US, living in Massachusetts, New Jersey, Rhode Island, Oregon, Kansas, New York, Georgia, Nevada, and finally California where Mount Shasta was her cherished home for 20 years. She raised two sons, Khalil (Michael) and Arif (Steve), who became technical professionals in the San Francisco Bay Area. Having taken a long break from medicine to be a homemaker, she returned to her profession in 1981 with an entirely new specialty. After completing a residency in psychiatry at the University of Missouri in Kansas City, she held staff positions at hospitals in several states until her retirement.

Saeeda had a dazzling array of talents, passions, and interests. She was an accomplished painter (oil, acrylic, watercolor), displaying and selling her works in shops and art galleries. Having an



extraordinary green thumb, her every home was graced with flowers, plants, and vegetable gardens. An expert seamstress and knitter, she creatively made her own clothing and knitted afghans, shawls, and scarves that she gifted to friends and family and sold in local boutiques. She was a spectacular cook, known for creative dishes and culinary experiments. While signature Indian preparations were her speciality, she tried her hand at a large variety of international cuisine. She was always famous for her baklava.

Saeeda was a deeply spiritual person who saw truth in every religion. Her roots were in Islam, though over the course of her life she embraced other teachings as well. Short stays in 1962 and 1970 at the Sri Aurobindo Ashram in Pondicherry, India were transformative periods. Later she immersed in Zen Buddhism at the Shasta Abbey. She practiced meditation, attended spiritual retreats, and was an active member of both Buddhist and Christian communities. She prayed daily, and her life seemed like a constant communion with and love for God.

Saeeda's retirement years were spent diversely, working as a floral designer, sales clerk, storekeeper, taking classes at a community college, writing poems and sharing them in a poetry group, participating in water aerobics and other activities at the local senior center, hosting fabulous dinner parties in her home, caring for her beloved cats and birds, and enjoying visits and vacations with family and friends.

In the summer of 2017, Saeeda's sons moved her to Santa Clara to be near them and their families, which included her grandson David, now in high school. She had mild Alzheimers by this time, and needed help with household chores and the care of her beloved cat Simba. She lived in the Villa Serena retirement community, where she enjoyed meals in the community dining room, daily group activities, nature outings and restaurants every weekend, and yearly vacations, including a tour of India in 2018 where she met most of her relatives. Despite her cognitive challenges, she remained cheerful, humorous, and highly mobile until her final days.

Saeeda was laid to rest at Skylawn Memorial Park on September 21, 2021, in the "Garden of Mountain View" that on a clear day also offers a view to the ocean. She faces Mecca in the Islam tradition. Family and close friends attended a simple burial service that included Buddhist prayer, recitations from the Koran and Sri Aurobindo, and Sanskrit song.

Saeeda will be most remembered for her cheerful, gregarious, caring, loving, and motherly nature. She had a spontaneous and hilarious sense of humor, and a huge, infectious laugh that




Obituary


Dr. Saeeda Dalal

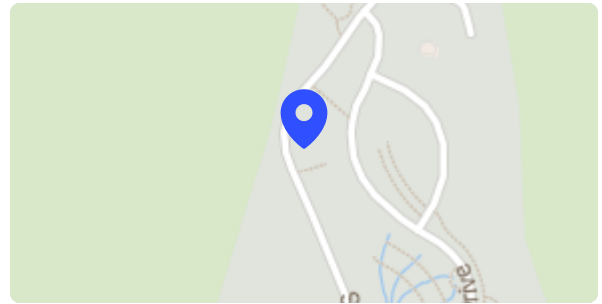
filled the room. Always generous and big-hearted, she gave much of her time to friends in need, and donated to charities regularly. She was a close friend to many, and will be dearly remembered by all who knew her.



Cemetery Details

 **Skylawn Funeral Home & Memorial Park**
100 Lifemark Rd, San Mateo CA 94062-4592

 **(650) 437-1986**





Tribute Wall

Dr. Saeeda Dalal

JK

Juhi Kangas posted:

This is Juhi (daughter of Vijay and Vandana Bisarya). I looked up Dr. Dalal (we called her Kitty Dadiji) after I made baklava for Christmas this year. I'm sad to see she has passed. I read the beautiful words about her and it brought me so much joy! Thank you for sharing ♥ I have amazing memories of her- we called her Dadiji because mumma thought of her as a mom and she was a grandma to Ruby and I. I have made her baklava for over 20 years now and it's a tradition for Christmas with my 4 children. I also make her Indian style potato hash browns. She was a gem and I'm thankful for the ways she touched my life and my family. Much love to all of you.

January 4 at 11:20 AM

DM

Derek Myers posted:

I knew Saeeda through my friendship with Khalil. The one thing that always impacted me when I was around her was her ability to make me feel at peace. Despite any turmoil that I might have been feeling there was always a sense of calm and peacefulness that she shared with me. Sometimes in conversation sometimes in silence. This calmness has helped me to understand and appreciate spiritually in my life and in a general sense. I will always be grateful for that . Having recently lost my older brother Brad I realize how special it is to have people in your life that enrich your experience. She and he are missedDerek Myers

October 22 at 3:44 AM

LL

Linda M Lamanna posted:

My dear friend you will be forever in my heart. Thanks for all the beautiful memories.

September 22 at 3:58 AM



Tribute Wall

Dr. Saeeda Dalal



Catherine Preus posted:

I became friends with Saeeda while she lived in Mt. Shasta, and we remained friends to the end of her life. So many memories of sharing time with her - at Shasta Buddhist Abbey, where her red sari and laughter made a splash of vibrant color and cheer amongst the brown and black robes of the monks. There were rides in the car up her beloved Mount Shasta to the magnificent view in the top parking lot where Saeeda inevitably attracted the spiritual seekers and tourists who were drawn to her and received her loving blessing just by being in conversation with her. And most of all the fabulous meals she cooked and all the special times with her and Michael and friends and relatives who gathered at her home for Thanksgiving, Christmas and other holidays. I admired Saeeda's positive approach to life, with all its challenges she remained grateful and reverent and kept her sense of humor. She knew how to keep things in perspective, what was important: her children, her spiritual life and relations with others - so many who sought her out for her company. And her life was not easy, making her way in America, raising her children and working as a psychologist/doctor in a hospital - a brand new career after her gynecological work in India, Africa and England. She made life a great banquet, whatever her circumstances. I remember the beautiful flower garden she planted in the tiny space provided in her last apartment in Mt. Shasta. She created a little paradise there - not complaining about how cramped it was compared to her last home and yard, but making the best of it with gratefulness for everything. She accepted life as it came, easy or hard, and always made it better somehow. I miss her sense of fun, and her spiritual light and love. Her memory is a blessing.

July 14 at 12:42 PM



Jessie Zapffe posted:

I knew Saeeda during the period she lived in Mt Shasta. She was always kind, loving and willing to have a chat. I met her when she came into my Spiritual bookstore. Always beautifully dressed in a colorful sari, she would share her stories with me. She was a lovely, and vibrant woman. Years later, when I went into Real Estate sales, we reconnected, as her son, Michael, had asked me to sell his home in Mt Shasta. I had fun sprucing it up for sale- we always loved the house, but it was Saeeda who put her energy into it. She was always at the house (empty though it was), looking into the yard, willing to talk about it. If a potential Buyer showed up, there was Saeeda to chat her up! When I put the house onto the market, we had a Buyer within 2 days. I truly feel it was a combination of Saeda's loving energy toward the house, and the joy I had to make it come alive again with color. This was well before the feeding frenzy we all experienced years later. After that, I would occasionally see Saeeda. I found her tiny paintings of Mt Shasta at our local gallery, and I bought one of them to remember her by. It sits in my office to this day, and I love it just as much as I did when I bought it. We both loved our beautiful mountain. The last time I saw Saeeds, she had come for a visit with her son, Michael. While she was here in person, she had already left us. Saeda was preparing to move into a different world, into the freedom of the unknown. I will always remember her joyful conversations and her beautiful saris. Jessie

August 23 at 3:35 AM



Tribute Wall

Dr. Saeeda Dalal



Michael Dalal shared 7 photos to the **Saeeda** album.

July 14 at 12:42 PM





Michael Dalal shared 7 photos to the **Saeeda** album.

July 14 at 12:42 PM









Memories only last if you share them

Join us in honoring Saeeda by contributing to a collection of shared memories.



Scan to Visit



FUNERAL HOME, MEMORIAL PARK & CREMATORY