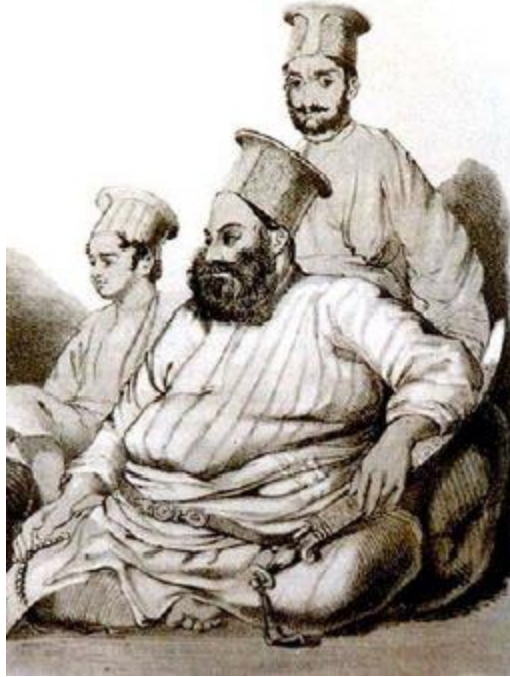




Culture of Sindh

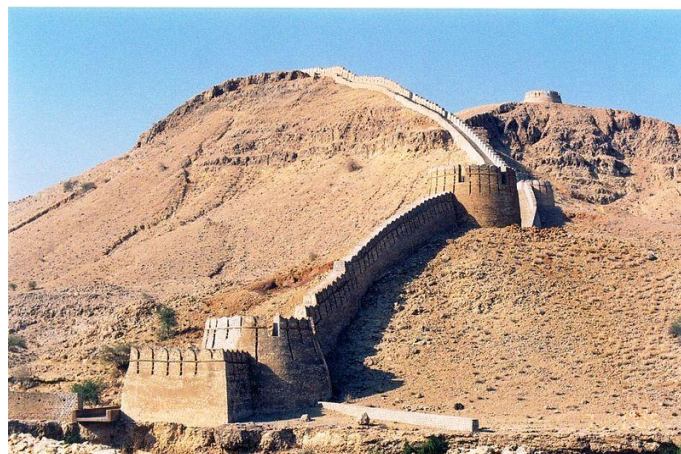
The **Culture of Sindh** has its roots in the Indus Valley Civilization. Sindh has been shaped by the geography of the largely desert region, the natural resources it had available and the continuous foreign influences. The Indus or Sindhu River that passes through the land, and the Arabian Sea (that defines its borders) also supported the seafaring traditions among the local people. The local climate also reflects why the Sindhis have the language, folklore, traditions, customs and lifestyle that are so different from the neighboring regions. Sindhi culture is also practiced by the Sindhi diaspora. Sindhi culture is known all over the world for its arts, crafts and heritage.



Mir Nasir Khan Talpur before the Battle of Miani.

History

The roots of Sindhi culture and civilization go back to the distant past. Archaeological researches during 19th and 20th centuries showed the roots of social life, religion and culture of the people of the Sindh: their agricultural practices, traditional arts and crafts, customs and tradition and other parts of social life, going back to a ripe and mature Indus Valley Civilization of the third millennium BC. Recent researches have traced the Indus valley civilization to even earlier ancestry.

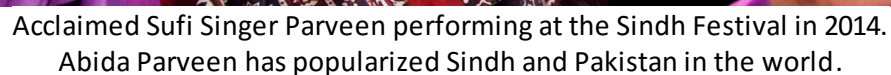




Sindhi poetry is also prominent in Sindhi culture. Poetry of Shah Abdul Latif Bhittai. Sachal Sarmast is very famous amongst all of Pakistanis.



Sindhi music has its own unique quality. It is performed in many different ways. Sufi music is performed at shrines, and other simple music is performed at studios and gatherings.



Sports

There are many regional sports that are played in Sindh. Malakhiro is one of the famous sports of Sindh. Other sports include *Wanjh wati*, *Kodi Kodi*, *Beelarhoo*, *Thipai Rand*, *Notinn* and *Biloor*, *cricket*, *football*.



Culture of Sindh

Sindhi Cultural Day (Ekta Day)

Sindhis celebrate Sindhi Cultural day worldwide every year on first Sunday of December, by wearing Ajrak & Sindhi Topi. On that occasion, the musical programs and rallies are held in many cities to mark the day with zeal. Major hallmarks of cities and towns are decorated with Sindhi Ajrak to highlight the cultural values of Sindh.

gifts of Ajrak and Topi at children and women at the grand gathering, Sindhi songs, which depicts musical performances of to dance on Sindhi tunes 'Jean'.

All Political, social and besides the Sindh culture various schools, colleges of events including programs, drama and and literary sittings to mark history and heritage are highlighted at the events.



The people across Sindh exchange various ceremonies. Even, the are dressed up in Ajrak, assembling where famous Sindhi singers sing love and progress of Sindh. The the artists compel the participants and 'Jeay Sindh Jeay-Sindh Wara

religious organizations of Sindh, department and administrations of and universities, organize variety seminars, debates, folk music theatrics performances, tableau this annual festivity. Sindhi culture,



Karachi: Teen Talwar wrapped in Ajrak in connection with Sindhi Cultural day

Ekta (Unity) day is observed to display solidarity among the Sindhi-speaking masses, the event is celebrated not only in Karachi, but throughout Sindh. The province's culture and unity day was celebrated for the first time on December 6, 2009 (as the Sindhi Topi Day) as a backlash to the comments of anchorman Dr Shahid



Culture of Sindh

Masood who had criticized President Asif Ali Zardari for wearing a Sindhi cap on his foreign tours. People across the Sindh province condemned Masood's comments via SMS, which ultimately resulted in the announcement of celebrating the Sindhi Topi Day. Moreover, the KTN Group had started issuing a call for observing a unity day, and a large number of people responded to the call and started celebrating the culture and the unity days. Ever since, Sindhi media groups have started to celebrate the day as 'Sindhi Cultural Day' or 'Ekta day'. The Sindhi language TV channels including KTN, Sindh TV, Awaz TV and Mehran TV broadcast special programs on the culture of Sindh, besides these media outlets separately arrange the mega musical events, which also attract large audience to celebrate the Culture Day every year. The Sindhi language TV channels and Political Parties of Sindh, first time celebrated Sindhi Cultural Day (Ekta Day), together on December 8, 2013.

Sindhi cuisine

Sindhi cuisine refers to the native cuisine of the Sindhi people from Sindh, Pakistan. The daily food in most Sindhi households consists of wheat-based flat-bread (phulka) and rice accompanied by two dishes, one gravy and one dry. Today, Sindhi food is eaten in many countries including India, where a sizeable number of Hindu Sindhis migrated following the independence in 1947.

Food for special occasions

Certain dishes are served on special occasions such as Diwali a Bahji (vegetable dish) called Chiti-Kuni is made with seven vegetables. Special dishes are also served on recovery from serious illness for example when someone makes a full recovery from Chicken Pox, it is common to make an offering and make "mitho lolo", a sweet griddle-roasted flatbread: the dough is wheat flour mixed with oil (or ghee) and sugar syrup flavored with ground cardamom.



- Sai bhaji chawal, a popular dish from Sindh consists of white steamed rice served with spinach curry which is given a 'tarka' with tomatoes, onions and garlicks.
- Koki is another popular Sindhi flat-bread that is prepared with wheat flour and goes well with any dal, sabzi or even curd or chai.
- Seviyan (Vermicelli), typically served as a sweetened (sometimes milk-based) dessert, is popular: Muslim Sindhis serve it on Eid ul-Azha and Eid ul-Fitr. On special religious occasions, mitho lolo, accompanied with milk, is given to the poor.
- Mitho lolo is also served with chilled buttermilk called Matho on various occasions.



Culture of Sindh

- A special sweet dish called 'Kheer Kharkun' are prepared and served on Eid ul-Fitr, it is prepared by mixing dates and milk, and slowly simmering the mixture for few hours. The dish is eaten hot in winters and cold in summers.
- Taryal Patata, a staple of Sindhi diet, is a form of thinly sliced, pan fried potatoes with local spices. They are consumed in most rural households typically at dinner but can be consumed even for breakfast and lunch alongside other meals. One popular Sindhi way of having "patatas" is to eat it with plain white rice with daal to accompany it
- Pallo Machi, a popular Sindhi delicacy, is Hilsha fish prepared with numerous cooking methods. It can be deep fried and garnished with local spices, can be cooked with onions and potatoes into a traditional fish meal or barbequed. The fish often has roe, which is called "aani" in Sindhi and is enjoyed as a delicacy. Often fried alongside the palla and served with the fish fillets.
- Palli, is a saag or leafy green from the Chickpeas, and is enjoyed either cooked by itself like spinach or with fish cooked in the palli and called "Machi Palli". The saag has a unique flavor and is quite different from spinach or mustard saag and has a slightly sour and salty taste to it. It can take getting used to for the uninitiated.



Meals

Beh (simply means 'Lotus root' in English). A high quality lotus root is grown in the North of Sindh which is then cooked in clay-pot using various spices, which then results in an excellent delicacy that is famous all over Pakistan. Sindhi Briyani, Sindhi Curry, Sabu Dal Chawar (yellow daal with rice) .

Drinks

- Thadal (famous Sindhi drink made from almonds and khashkhaash).
- Khirni (hot drink made with milk, flavours of cardamoms and saffron).
- Sherbet (drink made from sandal wood).
- Falooda (vermicelli and ice on top of an ice cream)
- Lassi (Yogurt made traditional drink)

Sindhi dress

Sindhi cap

Sindh has its own variety of hat- the Sindhi cap.



Culture of Sindh



Ajrak

The shawl known as Ajrak is used by men and women.

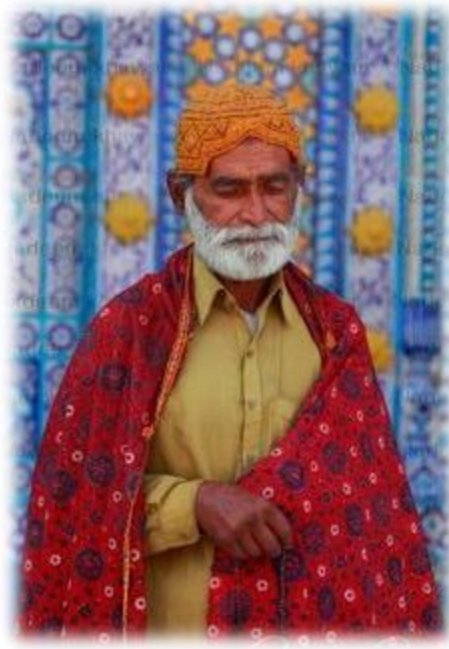


Shalwar kameez

Men and women wear the straight cut Punjabi shalwar kameez using local prints and designs.



Culture of Sindh



Sindhi kurta

The Sindhi kurta is the traditional straight cut variety worn in neighbouring Punjab which is becoming increasingly popular in Sindh but uses local patterns to embroider the garment and also makes use of mirrors. The local art of bandhani (creating patterned textiles by resisting parts of a fabric by tying knots on it before it is dyed) is utilised which is believed to have originated in Sindh and spread to Gujarat via Rajasthan and is also practiced in the Punjab region. Sindhi kurtas are also made out of heavy local material called rilli and the kurtas are often called rilli kurtas. Ajrak prints are also used.

