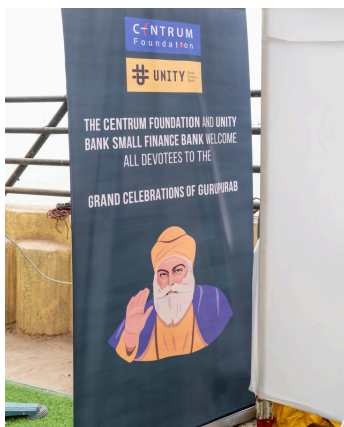


## GURU PURAB CELEBRATIONS - NOV 2024



United Sindhi Cultural Association (USCA) organised South Mumbai's largest Guru Purab celebration on 15th November 2024 at the Radio Club Pier.

The day began with a Prabhat Pheri, a morning procession, filled with joyous and devotional singing, as devotees walked from Cuffe Parade to Radio Club through the local streets spreading Guru Nanak Dev Ji's message of peace, love, and unity.



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## GURU PURAB CELEBRATIONS NOV 2024



This was followed by a Kirtan by Kavita Lakhani & the Ragis who sang Shabads from the Guru Granth Sahib, narrating the Guru's teachings and spreading messages of love, unity, and selfless service. The atmosphere was filled with divine vibrations as the congregation joined in singing praises of Guru Nanak Dev Ji.





# GURU PURAB CELEBRATIONS NOV 2024



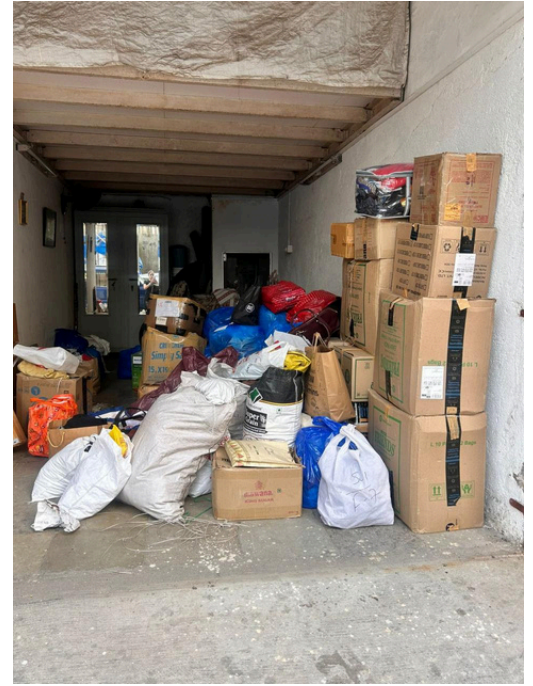
A sumptuous Langar Prasad was served with love by volunteers (sewadaris). This meal, symbolises equality, humility, and selfless service, as people from all walks of life sit together to eat, regardless of caste, creed, or status.

We are grateful to all our donors & supporters for their generous contributions, which made this event truly special.





## USCA'S USED CLOTHES DRIVE: A RESOUNDING SUCCESS



United Sindhi Cultural Association (USCA) organised a gently used clothes collection drive, reinforcing its commitment to community welfare. With an overwhelming response from well-wishers from across the city, this initiative provided essential clothing to underprivileged individuals.

USCA's dedication to social service was evident in the seamless execution of this drive. Collaborating with a local NGO, Shri Baba Balakram Mandir S. Trust, a registered trust (since 1978), located at Old Bus Terminus, Ulhasnagar who ensured that every donated piece was utilised effectively. Beneficiaries included homeless individuals and families struggling with financial hardships.



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## CONTRIBUTIONS:

### Etiquette Tips By Maya

Each person has a 'Personality.' In short, it means 'personal qualities'.

In the western world, the best personal qualities are called 'Etiquette' - and it's all about 'good manners.'

Personal & Social etiquette first requires us to 'Smile,' It makes any person, more attractive.

Smiles connect people easily. But look around, many people don't have a smile. So, check yourselves regularly in the with and without smiles and know the difference.



Phone calls/ Telephone technique - Business and professional phone calls should be to the point; introduce each other immediately, voice speaks louder than your words. Loud voices make us sound tough, speak to people with a smile.

Messaging Etiquette - How should we respond when we message a person and they don't reply? It's natural to be upset, but keep in mind not to attack the receiver, if your text is not seen or responded to. Following up with a phone call is respect, and the chances of a call being answered, are higher. Be respectful and gentle in your complaint instead of being aggressive.

Telephone Etiquette demands that we do not speak loudly near others. It distracts people from their thoughts, their work or personal agendas. The responsible way to speak softer, is to hold the phone a little lower while speaking. Your own voice and volume, will naturally decrease to speaking within your private space.

Invitation Etiquette - Everyone appreciates an invitation, and the host appreciates an early reply. Do not delay your reply and keep in mind that an accepted invitation, should not be cancelled to accommodate any another invitation.

Maya Daswani is a Personality Development trainer for 24 years. Find her on [www.personapower.com](http://www.personapower.com)

**Malpura is the Sindhi version of malpua, and is a deep fried pancake made from whole wheat flour, maida and semolina. It is delicately flavoured with fennel and cardamom and whole black pepper.**

**Treat your family to these delicious Malpuras this Holi!**

#### Ingredients for Malpuras:

Milk - 1 cup  
Sugar - little less than 1/2 cup  
Flour (Maida) - 1/2 cup  
Semolina (Sooji) - 1 tbsp  
Wheat flour - 2 tbsp  
Powdered cardamom seeds - 2 cardamoms  
Fennel seeds - 1 tsp  
Whole black peppercorns - 5 to 6  
Baking powder - 2 pinch  
Ghee / Oil - for shallow frying



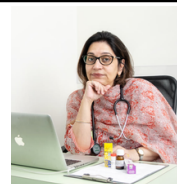
#### Method:

Boil the milk, add the sugar to it and boil it for 5 mins. Keep this aside to cool.

Sieve the flour, semolina and wheat flour in a bowl, add the crushed Cardamom seeds then make a batter by adding Milk to it gradually, whisking well to ensure no lumps are formed. Now add the Fennel seeds & black peppercorns, cover it and keep it for 10 mins. Add the Baking Powder to the batter and mix it well. In a frying pan, put some Ghee / Oil and heat. Put 1 serving spoon of batter to make the Malpua (Pan Cake). Shallow fry the Malpua on medium flame till done and take it out on a plate. It should be crisp on the sides and golden brown. Serve hot garnished with rose petals and almond flakes



## CONTRIBUTIONS:



Stock your cabinet with a homeopathic summer arsenal.....see how cool you feel!

The heat in summers can be dangerous. The heated summers bring along several medical conditions that need attention.

Let's consider resolving these with homeopathic remedies.

They are safe, non-toxic with relatively simple guidelines for first-aid use, and equally effective for children and the elderly.

Some the common ailments seen in the summers are:

1. Excessive sweating - if accompanied with itching & a foul odour - SULPHUR is the drug of choice
2. Cold and clammy skin – this happens due to fall in sodium & sugar levels. Besides hydrating with infused water, NAT.MUR is the recommended remedy
3. Quickened pulse and breathing - ARGENT.NIT / GELSEMIUM calms for sure
4. Headache & Sun stroke- when directly exposed to sunlight & temperatures are soaring high, NAT.MUR – 3 pills 2 hourly works almost instantly. BELLADONA – if pain is very acute
5. Dizziness – increase your salt intake. Remedies like CONIUM & CHINA are good
6. Loss of appetite-have more fluids & fresh juices. A remedy called CALC PHOS taken thrice daily for a week gets you back to eating!
7. Nausea & indigestion –the drug of choice & almost synonymous with homeopathy & is the old time favourite NUX VOMICA!
8. Diarrhoea & Food poisoning –definitely avoid salads, canned fruits & meats. Remedies like ARSENIC, ALB / ALOE are most effective. Sure to save you from the drip!
10. Muscle cramps - BRYONIA / CUPRUM MET are helpful
11. Insect / Mosquito bites - LEDUM / APIS MELL relieves all symptoms
12. Mood swings & Irritability – NAT.MUR/ PULSATILLA are good effective pep ups!

Stay well ....stay cool ....stay calm.....

### DISCLAIMER :

The above homeopathic remedies are as per the experience & knowledge of the author.

It is always advisable to consult your homeopath before self-medicating.

Underlying health conditions must be taken into consideration for a 'wholistic' treatment.

Article contributed by: Dr. Anita R. Daswani (LCEH, FRCH), graduate from Mumbai University with first class honors in Homoeopathy in 1979. She began her journey in medicine by joining the famous Homoeopath, late Dr. Rashid Wadia, the son of the late Dr. Sarosh Wadia who was the first to introduce Homoeopathy in India. She is also empanelled with several corporates & banks such as Standard Chartered Bank & SBI, who are amongst the few to offer in house homeopathic treatments as part of the corporate wellness initiatives.



## ONGOING ACTIVITIES



Our online Sindhi Conversation Classes continue with people joining from Mumbai, other parts of India and overseas as well. Our teacher, Ms. Kajal Ramchandani has been keeping us engaged and teaching us in a fun manner...all the students are enjoying the classes! Looking forward to more people joining us. Fill in the form if you would like to join: <https://forms.gle/KNRMEYWzo23tz4a19>

USCA is inviting memberships at Rs. 1200 per annum (just Rs. 100 per month). The amount collected from memberships will **only** go towards projects which support education, medical care, and livelihood initiatives for the underprivileged. Please fill this <https://forms.gle/bnVg7YMfT4kEL5tLA> to become a member.

Our Newsletter aspires to be a medium of communication for our community. Members are invited to send in articles. We welcome articles and insights on a wide range of topics, including:

- **\*Sindhi Culture & Traditions\***: Explore our heritage, history, and festivals.
- **\*Legal Advice & Accounting Tips\***: Share practical tips to help the community.
- **\*Health & Wellness\***: From home remedies to fitness insights, contribute to a healthier life.
- **\*Current Affairs\***: Write about events or issues shaping the world today.
- **\*Recipes\***: Got a great Sindhi dish or any other recipe? Share your culinary creations!
- **\*Any Notable Achievements\***: If any of you have won any awards or any accolades, please share these with us.

Your contributions will help us create a vibrant, informative newsletter that reflects the diversity of our community. Submissions should be written in English.

**\*Email Your Articles to\***: [write.usca@gmail.com](mailto:write.usca@gmail.com) or write to us in case you would like to be featured.





**USCA**  
United Sindhi  
Cultural Association

## UPCOMING MEGA EVENT

**MEGA SINDHI  
FOOD FESTIVAL &  
Cheti Chand Jo Melo**

**Saturday 29th March, 2025  
4 pm - 11 pm  
Radio Club Pier - Mumbai**

Calling all Lifestyle &  
Fashion brand owners

**BOOK YOUR  
STALL NOW**

Limited stalls available

**USCA**  
United Sindhi  
Cultural Association

**FOR FURTHER DETAILS**

**Anjali - +91 9820330518  
Aarti - +91 9819785649**

📢 Calling all fashion and lifestyle brand owners!

📢 We're excited to announce an exclusive opportunity to showcase your brand at the

🎉 Cheti Chand Mela & Mega Food Festival on

📅 Saturday 29th March

📍 Radio Club Pier, Mumbai

🕒 4pm to 11 pm.

We offer a unique platform to connect with your target audience. Don't miss this chance to exhibit your products!

➡️ For More Details Contact:

Anjali- +91-9820330518

Aarti- +91-9819785649

<https://www.instagram.com/p/DGRx-JqoVaY/?igsh=bnA1NGduem81Z2p5>