



USCA
United Sindhi
Cultural Association

NEWSLETTER

Volume 1 Issue 4
May 2025 - July 2025

SINDHI FOOD TRAIL - MAY 2025



FOODTRAIL SERIES (CHEMBUR CAMP)

Date: 31st May 2025

USCA launched its Foodtrail Series with a captivating walk through Chembur Camp, led by Riddhi Joshi—a seasoned historian and faculty member at Podar College. Known for her rich historical knowledge, Riddhi brought a unique depth to this culinary journey.

Our group of 14 enthusiastic participants began the trail at the Bombay Presidency Golf Club, heading westward toward the historic Camp area. Along the way, we indulged in Paneer at Punjab Paneer believed to be a pioneer who had customers from far flung places of Bombay.

Riddhi painted a vivid picture of the Partition period and how the communities built from scratch.

Chembur Camp was originally established as a refuge for families displaced from Sindh during the Partition. What began as a modest Army Cantonment soon turned into a bustling settlement of hope and resilience. Riddhi shared deeply moving stories of the refugee experience—tales of hardship, courage and determination.

Our first major food stop was the legendary VIG Restaurant, a vegetarian dhaba-style eatery founded by a Punjabi refugee family. Now in its third generation, VIG continues to serve up delicious Sindhi and Punjabi cuisine. Their Dal Pakwan was a highlight—mouth watering and wholesome. We also tried some amazing Tikkis.

Contd...



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SINDHI FOOD TRAIL - MAY 2025



TESTIMONIAL:

“The Sindhi food trail in Chembur organised by USCA was a delightful experience. It showcased the rich flavor and traditions of Sindhi cuisine. The food, the people, and the atmosphere all came together to create an unforgettable experience. There was so much to learn about Sindhi culture and history. Thank you all the team members at USCA for organizing such a great event.”

Rajan Vaswani



Next, we visited the popular sweet shop Satu's, renowned for its Gajar Halwa and Mohan Thaal. Participants were treated to a generous assortment of tasters—from traditional sweets to crunchy namkeens, giving us a true taste of the region's culinary diversity. On the trail we also visited an old Dhaba style eatery which served excellent Kulchas (Mixed Veg and Aloo). And the Dal Bread at a small cart was another very traditional Sindhi food.

We wrapped up our trail with a sweet finale at JHAMA, a beloved establishment famous for its Gulab Jamuns, Barfis, and Bengali sweets.

Although their traditional Sindhi cafeteria has been closed for years, they continue to delight with Pani Puri and the ever-refreshing Sindhi Falooda.

This was a memorable & enjoyable morning spent creating delicious memories! Watch out for our future food walks!

Dilip Ahuja (Co-founder USCA)



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FINANCIAL LITERACY EVENT: 28TH JUNE



Empowering Futures: Financial Literacy Event at Malabar Hill Club in Association with Sapient Wealth

On June 28th, USCA arranged an engaging and informative Financial Literacy Event, in association with **Sapient Wealth**. With an eye on helping individuals make more informed financial decisions, the event drew a discerning audience keen to understand wealth creation, investment strategies, and long-term financial planning.

The session was led by experts from **Sapient Wealth**, known for their insightful, jargon-free approach to personal finance. Attendees were guided through key topics such as goal-based investing, the importance of asset allocation, retirement planning, and managing risk in volatile markets. Real-life examples, interactive discussions, and a Q&A session kept the audience actively engaged.

As the world of finance becomes increasingly complex, events like these help break down barriers and equip individuals with the tools to take control of their financial well-being.

The evening concluded with informal networking over tea and refreshments, as attendees shared their appreciation for the clarity and relevance of the session. We thank **Team Sapient** for this enlightening session for our members and look forward to many more such events in the future!



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USCA COMPLETES 1 YEAR!!!!



USCA Turns One – Celebrates with the Bravehearts of St. Jude's ON 5th July, 2025

To mark our 1st anniversary, Team USCA skipped the usual party and chose to celebrate with the real heroes – the children of St. Jude's Child Care Centre, Parel.

The afternoon was full of joy, colour, and laughter. From the moment we arrived, we were greeted with curious eyes and bright smiles. Parents, kids, and volunteers joined in for games, dancing, and a fun-filled giant board game that had everyone on their toes!

The children's artwork proudly decorated the activity corner, and their creativity lit up the space.

And yes – our goodie bags were a hit! Stuffed with love, snacks, stationery, and crunchy farsan – they brought wide grins and warm hearts.

With every hug and every giggle, we were reminded why we started USCA in the first place – to create joy and spread love.

This one's for our USCA family – and for the little warriors who gave us the most meaningful celebration yet.

Aarti Wadhvani (Co-founder USCA)



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USCA COMPLETES 1 YEAR!!!!



Shalimar



MIRCHANDANI

redefining community living



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THE CIRCLE: USCA CONVERSATION SERIES



USCA CIRCLE: An Enriching Sindhi Pahaka Evening with Shakun Kimatrai.

On July 22nd, the United Sindhi Cultural Association (USCA) hosted a heartwarming and intellectually rich “Sindhi Pahaka” evening as part of its CIRCLE series, celebrating the timeless wisdom of Sindhi proverbs.

The highlight of the evening was a captivating talk by distinguished author and cultural historian Shakun Kimatrai, renowned for her dedication to preserving Sindhi heritage. Drawing from her acclaimed work *The Wisdom of Sind*, she brought traditional Sindhi proverbs to life—pahaaka—with insightful interpretations, anecdotes, and gentle humor.

Each proverb shared carried layers of meaning, sparking nostalgia among elders and curiosity in younger attendees. The event encouraged intergenerational dialogue and reaffirmed the importance of language in keeping culture alive. Participants also shared their favourite pahaaka, turning the evening into a vibrant communal exchange of folk wisdom and family memories.

In a rapidly changing world, the timeless wisdom of Sindhi pahaaka offers grounding and perspective. Thanks to speakers like Shakun Kimatrai and the efforts of USCA, such traditions continue to inspire and connect us.

Mala Punwani (Co-founder USCA)



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USCA: COMMUNITY MATTERS



USCA: COMMUNITY MATTERS

A few founders of the United Sindhi Cultural Association (USCA) recently led a Cleanliness Awareness Drive, not just as an act of civic responsibility, but as a reflection of a deeper belief — that the community we live in is just as important as the community we belong to.

Rooted in their cultural values of *seva* (service) and *safai* (cleanliness), a few members of the USCA team took to the streets. From putting up awareness posters and engaging with the local shopkeepers, this initiative was not a one-time event but a call to action — a reminder that small efforts by individuals can lead to collective transformation.

"Preserving our cultural identity begins with preserving our surroundings," believe the USCA founders. "We owe it to our children, to our neighbours, and to the place we call home."

USCA's commitment to service continues to shine through its various social and cultural initiatives, and this drive reinforces their larger mission: to uplift lives, restore dignity, and foster pride — not just in who we are, but in where we are.

The message was clear: cleanliness is not someone else's job — it's a shared responsibility.



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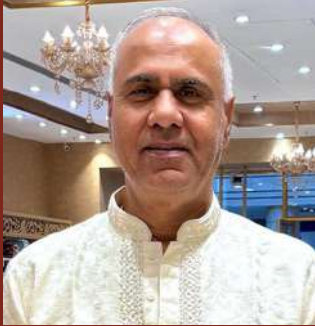
SINDHI CLASSES-TESTIMONIALS

I would like to place on record my deepest appreciation for the USCA for organising the Online conversational Sindhi classes. The classes are a perfect blend of learning and laughter it really reminds me of the TV show we used to watch as kids called Mind your Language.

Kaajal Ma'am our respected Teacher is very experienced and a professional Educator who keeps all of us very engaged and most importantly is giving us the confidence to talk to each other in our Bhaghiyal Tutyal (broken) Sindhi.

I look forward to Saturday mornings every week and am taking these classes and the homework very seriously. Thank you USCA for all your efforts in reviving Sindhi culture and our language. God Bless all of you

Shirin Jagtiani, Mumbai



We as Sindhis are fortunate that USCA has started Sindhi conversation classes....it is taking us back to our roots. Kaajal mam's style of teaching is simple, effective and more than a teacher it is like someone from our own family is guiding us....

Dadhi Meherbani

Deepak Sippy, Mumbai

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!

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 or write to us in case you would like to be featured.



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SINDHI CLASSES-TESTIMONIALS

Language ties us to our cultural roots. We Sindhis having Family who left their homes need to preserve our Sindhi Culture by not letting the Sindhi language die.

USCA's Sindhi conversation Classes are helping me learn and practice spoken Sindhi and connect with other Sindhi enthusiasts across the globe. A great attempt to keep Sindhi alive!

Mimi Hingorani, Mumbai



Someone has rightly said, "It is important to keep the language because it is part of our identity." Though my parents and grandparents spoke Sindhi at home, my brother and I were brought up speaking Hindi and English. I always wanted to learn my native language. However, I left India when I was 18 years old and settled abroad. Even after many years I could understand Sindhi but had little to no conversational experience. My college friend, who is a member of United Sindhi Cultural Association forwarded a message regards Sindhi conversational class beginning September 2024 and I joined immediately. Our teacher Mrs. Kajal Ramchandani is very talented and thanks to her teaching and patience, I have started speaking Sindhi with some confidence. I highly recommend the Sindhi conversation class and encourage you all to learn our sweet language and maintain our cultural identity.

Navin Navani, Spain

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>



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CONTRIBUTIONS FROM THE COMMUNITY:

I am incredibly lucky to have the opportunity to learn conversational Sindhi supported by the Romanised script. My classes are arranged by the United Sindhi Cultural Association known as USCA. My teacher is the amazing Ms Kajal Ramchandani of Jai Hind College who also runs the Sindhi Circle, Hojamalo, which is the cultural wing of the Sindhi Language department. She was one of the original committee members who Romanised the script to help keep our endangered language alive.



As my own journey into Sindhyat deepens I feel an increasing gratitude to my teacher and classmates. It's no secret that my favourite classmate is my mother! She signs on in the early hours from Lagos, Nigeria to talk with us in Sindhi always looking fabulous. She encourages all of us often with stories about our community or her childhood memories around Partition and regales us with Sindhi songs and sayings. It is a beautiful and unique experience to learn our heritage in Sindhi and I am deeply grateful to be in this small cohort of students from Valencia, Bombay, Singapore, London and Lagos.

I have recently started to write poems about Sindh for our diaspora. In these writings I often use Sindhi words and my teacher Kajal is very supportive helping to edit the Sindhi in my poems. The USCA recently shared some of these audio recordings and written poems with the link below. I would appreciate any feedback from listeners via message through my Instagram.

<https://www.iambapoet.com/wave/22-rishika-williams> <https://instagram.com/rishikathepoet>

I would also like to thank some friends I have made on this journey; Saaz Aggarwal, Dr Zaffar Junejo, Renu Gidoomal, Professor Devendra Kodwani, Mr Gul Thadani, Mr Gangu Valrani, Mr Subash Bijlani, Mr Lakhu Luhana, Mr Nanik Rupani, Hasan Mutjaba, Vandana Govindani, Sapna Bhavnani, Soni Wadhwa and to some resources like Asha Chand's Sindhi Sangat, Romanised Sindhi Org, Radio Sindhi, the Institute of Sindhology, Sindhi Community House, Sindhi Samachar, the World Sindhi Congress and many more who do so much for our community and culture.

Rishika Williams granddaughter of (Kodumal Motiram Hemnani and Kewalram Chellaram Daryanani).



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CONTRIBUTIONS FROM THE COMMUNITY:

"BOUNDLESS" is the story of boundless love, enterprise and resilience.

The author, K. R. Thakur, is an engineer. He was five years when his father passed away. Six months later, the family of eleven members had to leave their ancestral abode, due to partition of the country, and start life afresh.

Thakur worked on projects related to atomic power, galaxies outside milky way and petrochemical products. He was lucky to work with many eminent persons having exceptional personal qualities and expertise in the fields of science and technology.

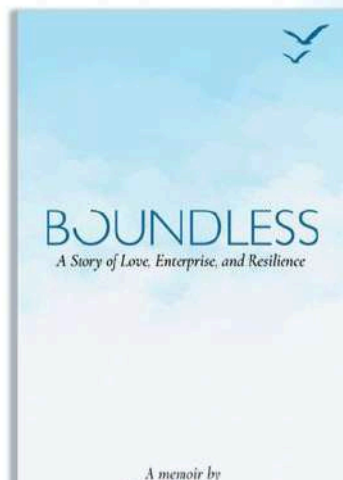
Thakur and Raj got engaged without even seeing each other's photographs,. Raj was an extraordinary woman. Besides playing her role to perfection, she did things to uplift the down trodden members of society. Raj and Thakur shared an exceptionally strong bond.

Thakur gave up his steady job to start a global business of power transmission lines, which grew to three fourths of a billion dollar size, profitable year after year for three decades.

Having turned 68 years, Thakur passed on the leadership role to a non-family professional. The change did not work well. After three decades of default free relationships with stakeholders, the company ended up having multiple defaults. The nightmare coincided with the rare, 100% fatal neurological condition of Raj, for which the cause and cure is not known anywhere in the world.

After eight years of agony, the courts allowed the company to be revived. Thakur, now at 82, and his family are engaged in reviving the company.

A Story of Love, Enterprise, and Resilience





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CONTRIBUTIONS FROM THE COMMUNITY:

My Early Days. Memories of a Five-Year-Old Refugee

Born on May 2, 1942, I was the second among three children. My father, an Executive Engineer with the British Public Works Department (PWD), dreamed of building a large house in Hyderabad, Sindh, for his retirement. But the chaos of the 1947 Partition of India ended those plans, forcing us to leave our property and find safety in Poona. My father saw Poona as the "Oxford of India" and a perfect place for education, believing that good schooling was the best inheritance he could give his children. At just five years old, I became a refugee, speaking only Sindhi, and adjusting to a new and unfamiliar city.

Overcoming Adversity: Polio and St. Vincent's

Just before our arduous journey to Poona, I contracted typhoid, which worsened due to the challenging travel, resulting in Polio. I had my left leg braced, but through consistent physiotherapy and massages, I was able to have the brace removed within a few months. My early education started at a Marathi-medium school, where we sat on the floor and wrote on slates. However, this soon proved unsuitable, and at age six, I transferred to the English-medium Jesuit school, St. Vincent's. The school's steep stairs, difficult for my recovering leg, became a target for cruel jokes from other boys. I believe this early trauma still influences my dislike of long walks today.

Father Oesch: A Guiding Light

My struggles were noticed by others. One morning, Father Oesch, a kind Swiss-German Jesuit priest—truly a hero in my story—saw what I was going through. After I explained my situation, he invited me to practice in the school playground every evening at 5 p.m. There, he encouraged me to run, jump, and play various games. Over the course of six months, I was able to overcome those intimidating challenges. This amazing progress led to me becoming the captain of my tenth-grade basketball team.

Academic and Personal Growth

My early years at St. Vincent's were challenging; limited English skills made it hard to understand lessons, and I had health problems with my stomach and teeth. My father dedicated time to tutoring me and helping me improve my English. By fourth grade, my health improved, and I regularly ranked among the top three students. I excelled academically and in sports, earning popularity among my peers. Joining the Scouts in eighth grade and being named Senior Captain in ninth grade were pivotal experiences that shaped my character, reinforced my values, and boosted my self-confidence. Life, which was difficult until I turned nine, gradually improved each year afterwards, thanks to my parents' sacrifices and hard work to provide us with quality education and a comfortable middle-class life. The years spent on West Street, Poona, were a lively blend of mosque calls, church bells, busy markets, and colourful characters at Sharbatwalla Chowk – from the famous Kayani Bakery to the local gang leader. Early struggles gave way to a path of success, strength, and treasured memories, all made possible by my parents' sacrifices and the city that influenced me.

By Nimo Punwani



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CONTRIBUTIONS FROM THE COMMUNITY:

Baba: A Life of Quiet Strength and Rose-Scented Memories

My Nana, Asudomal Isardas Jhangiani, affectionately known as Baba, was a man of quiet strength, standing tall and regal at 5'11". A disciplined octroi inspector for the British Government, he neither smoked nor drank, and lived a remarkably healthy life until his peaceful passing at the age of 93. Having moved close to our family in 1942 after my Nani's passing, and then next door in Poona after Partition, he became the anchor for our extended family, bringing aunts, uncles, and cousins closer.

I remember him always crafting various potions with his mortar and pestle, a secret knowledge I wish we had preserved. Every evening, he'd visit our home to read the newspaper, a ritual that abruptly ended one night when I found he had passed away in his sleep, alert and mobile to his last breath, having never taken a single medication.

Of all the vivid memories, the most beautiful is of Baba making rose water in Hyderabad. Today, we know that rose water is rich in vitamins E and C, as well as antioxidants, which benefit the skin and mood, and may even help prevent depression. Back then, it was simply a household staple, used year-round in drinks, desserts, and sweets.

"Rose Water Day" was a much-anticipated event. Baba would appear early with baskets of petals, and we'd gather around a massive, pre-assembled contraption. It was a mesmerizing process: petals fed into a giant glass beaker, and drops of distilled rose water flowed out, collected in bottles. The entire house would be filled with an unforgettable, pure rose aroma. Around 20 to 30 bottles were produced annually, shared generously with family and friends before the machine was meticulously dismantled and stored away until the following year. This yearly ritual, a blend of science and magic, truly was a "festival in our home." Baba is gone, but he left behind an exotic scent of rose water that always comes to mind.

By Dr Gita Gidwani



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CONTRIBUTIONS FROM THE COMMUNITY:

The sight, taste & memories of Sindh!

My husband asked me to join him for a Sindhi food walk organized by the United Sindhi Cultural Association.

I honestly needed a bit of a persuasion since I am not much of a foodie. But since this also meant supporting & promoting Sindhi culture, I signed up. The meeting point was Chembur Golf Club.

To my surprise, the guide was not a Sindhi & the group had quite a few non-Sindhis.

It made me happy to know that people of other communities are intrigued about Sindhi culture.

She spoke about how the post-partition camps were donated by the Golf Club.

For safety of women & children, they were sent to India by sea from Sindh, Lahore while men were sent by train. Due to which many families were separated. There was so much people had left — everything back in their homes in Pakistan. There was so much desperation, that parents would declare their kids as orphans in refugee so that they are fed.

All of us recollected stories & hardships faced by our parents & grandparents who were left homeless & had to start from scratch.

Amidst all this nostalgia, we stopped at Sind Paneer.

Then was the story of Vig — the son-in-law who continued his father-in-law's business gracefully. His tikkis are made of the same recipe that they had started with years ago.

Pooja Sabnani



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Greetings to my Sindhi Community!

My name is Megha Madnani. As a preschool teacher and passionate early childhood educator, I'm thrilled to share a special project that's close to my heart — my very first children's book for ages 3 and up.

The book is titled "Pugsy the Plane Goes to London" — a joyful and adventurous tale inspired by a real moment with my toddler, Neev, who is absolutely obsessed with airplanes!

I'm delighted to share the QR code below for anyone who'd like to order a copy. I truly hope your children and grandchildren enjoy this story as much as we have!

With love and gratitude,
Megha Madnani



Karachi Sweet Mart–Style Kaju-Pista Barfi with Melon Seeds By Ekta Daswani

Ingredients: (for approx 300 g)

½ cup peeled melon seeds (magaz), ¼ cup pistachios, soaked & skinned, ¼ cup cashews, soaked, ½ cup khoya (mawa) or Nido milk powder as substitute, 1 cup sugar, ¼ cup water, 2 tbsp ghee, ¼ tsp cardamom powder, A pinch of saffron (optional), Chopped pistachios for garnish

Method:

- 1) To prepare & powder the nuts: Roast the peeled magaz lightly in ghee until aromatic, cool and grind the melon seeds + pistachios + cashews into a fine, slightly moist powder.
- 2) Syrup Base: In a wide pan, dissolve sugar in water and bring to a 1-string syrup consistency (test between finger and thumb).
- 3) Combine: Lower heat and stir in the nut mixture, khoya or milk powder, cardamom, and saffron if using. Cook on low heat, stirring continuously until the mixture thickens and starts to leave the sides of the pan.
- 4) Set Barfi: Grease a tray or plate with ghee and transfer the hot mixture onto it., smooth it evenly, garnish with chopped pistachios, press gently. Let cool completely before cutting into squares or diamonds.



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UPCOMING EVENTS: STAY TUNED

August:

Monday, 11th - USCA Teejri & Thadri celebrations in Bandra for the very first time at 145 Cafe, Bandra

- 4 PM – 7 PM
- What's in store?
- Traditional Thadri Pooja to honour our heritage
- Mehendi artists to add festive flair (application at your own cost)
- Stand-up comedy for your dose of laughter
- Desi DJ beats & Sindhi dance numbers
- Festive shopping zone with Thadri delights, candles, Sindhi achars & more!

High Tea with yummy appetisers and warm vibes

Limited slots available - to book your slot, please call Sapna Jethani at: 9821070700

MULTIVITAMIN & NUTRITION KITS DISTRIBUTION:

USCA has partnered with the Indian Relief Foundation an NGO that has been serving the poorest of the poor sections of society for the last 30 years. IRF has identified a community of 250 malnourished children in Kalyan and USCA is planning to raise funds to provide 1 year's supply of nutritional supplements consisting of Calcium, Vitamin D, Zinc & Iron to each child. The cost for this is Rs. 100 per child per year. For every child sponsored, USCA will provide their mothers with the same.

Open your hearts for this initiative, to give a child a healthier future. Donations in multiples of Rs. 500 (for 5 kids). Please pay Rs. 500 via the QR code below and send us the screenshot once you have made the payment.





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UPCOMING EVENTS: STAY TUNED

September:

Sindhi Supper Club: “Tradition with a Twist”

A curated journey through reimagined Sindhi flavours - USCA is launching it's Supper Club shortly,

- **Screening of Sindhi Film - “Byo Cha Khape”**

A Sindhi sitcom movie presented by Sindhionism

Written & Directed by @nirdeshakk & Produced by @spectrumstudios

October:

Sindhi Food Trail at Sindhi Camp (TBD)

Follow us on Instagram to keep updated about our events & initiatives.

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.

Rit's Wafers & Starters
Rit's Wafers & Starters
Homemade fresh snacks
Contact: 9821405165

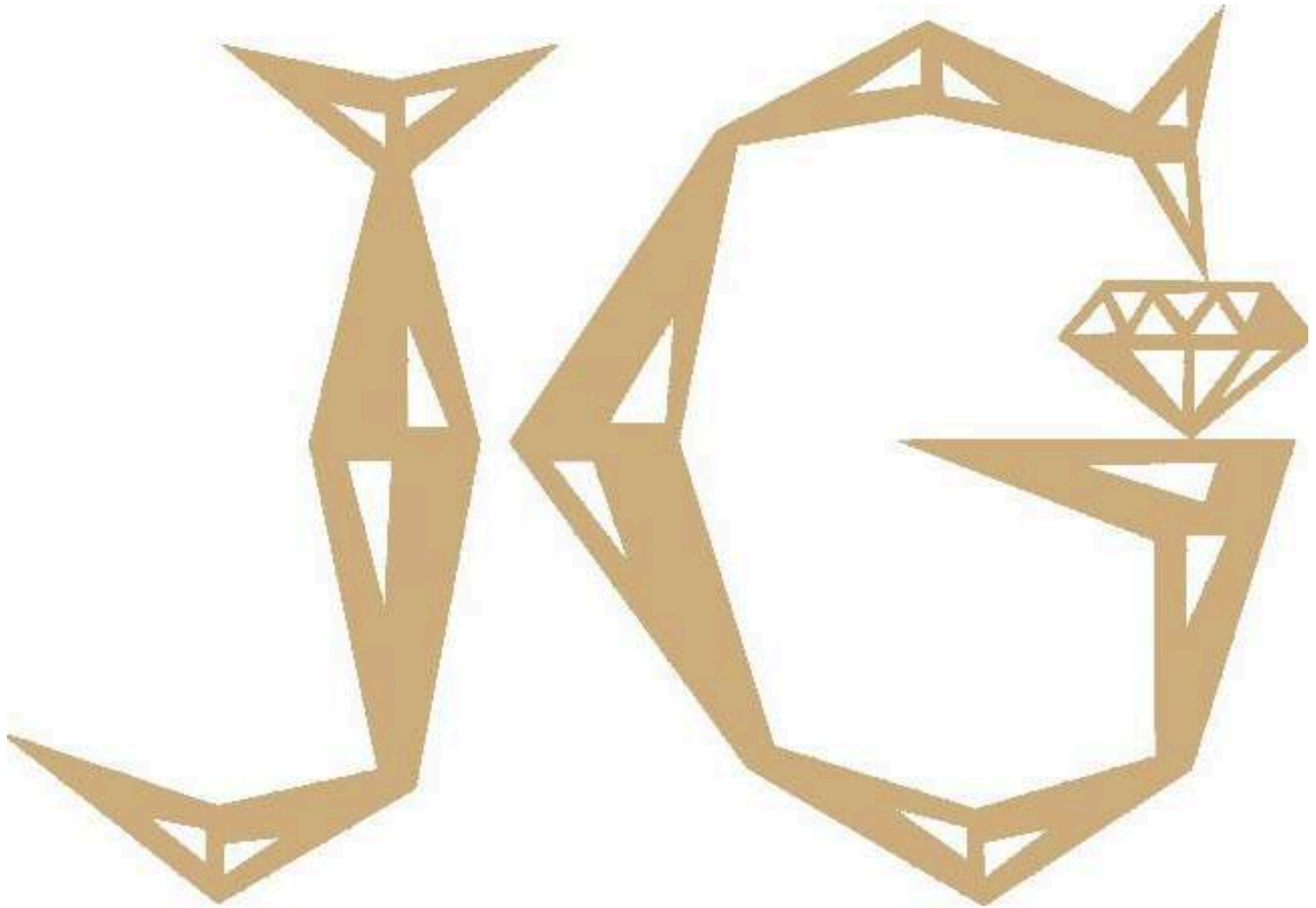
Scan to know more

The advertisement shows a QR code in the top left corner. Below it, the text reads 'Scan to know more'. To the right of the QR code is the logo for 'Rit's Wafers & Starters', which includes the brand name 'Rit's' in a stylized font and 'Wafers & Starters' in a smaller font below it. Further right, the text 'Rit's Wafers & Starters' is repeated in a larger, bold font. Below this, it says 'Homemade fresh snacks' and 'Contact: 9821405165'. At the bottom of the advertisement, there are three images of food: a plate of golden-brown samosas, a bowl of potato chips, and a plate of fried wafers with a dipping sauce.



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JET GEMS

— SINCE 1981 —

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