



USCA
United Sindhi
Cultural Association

NEWSLETTER

Volume 1 Issue 1
Aug - Oct 2024



CHETI CHAND JO MELO

On 6th April, 2024, a team of Sindhis from Cuffe Parade, put together a mega CHETI CHAND JO MELO at the Radio Club Pier.

The event was attended by Sindhis from across the city and the celebrations were steeped in tradition and commenced with the Bhairano Saheb (a customary puja of Shri Jhulelalji) followed by Sindhi ladaas (traditional Sindhi songs) performed by noted Sindhi singer Kavita Lakhani.



Modernity meets Tradition

Apart from the traditional celebrations, we had an interesting line of food & shopping stalls and a rocking Bollywood performance by SaazIndiya.

The event was attended by all age groups (from 15 to 80 years), which made us realise that to promote & preserve our culture, we need to make it "cool" to be a Sindhi and spread our message in a way that will attract the younger generation.

USCA Vision

United Sindhi Cultural Association (USCA) was born with a vision; a vision to uphold and spread our culture to the younger generation, realising that we need to marry tradition with modernity



Follow us on: [unitedsindhi](https://www.instagram.com/unitedsindhi)



USCA
United Sindhi
Cultural Association

MEET THE FOUNDERS

Volume 1 Issue 1
Aug - Oct 2024



Meet Aarti Wadhwani, a dynamic woman entrepreneur and financial advisor, dedicated to creating wealth and orchestrating unforgettable events. She's a travel aficionado and a food connoisseur, blending her passions seamlessly into her vibrant life."



"Anjali Jagtiani: entrepreneur, organizer, traveler, cook, and road trip enthusiast. She crafts unique artifacts, plans memorable events, and explores new destinations. With a passion for cooking and adventure, Anjali inspires others with her enthusiasm and warm spirit."



Dilip Ahuja is an entrepreneur in the Shipping and Logistics industry and an affable personality. He has a passion for Cricket and Travelling and keeps himself ever so busy with other hobbies like Philately, Numismatics, Photography and Wall Art.



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USCA
United Sindhi
Cultural Association

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Volume 1 Issue 1

Aug - Oct 2024



Hansu Pardiwala is an avid road tripper, serial entrepreneur, waste activist (facilitator for repurposing and recycling waste), water warrior, deal queen, thrifty and resourceful, eclectic cook, aspiring blogger and lifelong learner.



With 42 years in the beauty business, Mala has been fortunate to turn her passion into a fulfilling career. Always surrounded by creativity and communication, shaped her approach to her work. She firmly believes using our gifts to make a positive impact on others' lives, is a gift in itself.



Rashmi Malik aka Jyoti, is a Shikarpuri sherni, a legal eagle, practicing law against all odds. She is happiest when painting, listening to music & loves all things nice!



- WASTE MANAGEMENT AWARENESS & TRAINING
- GREEN ACTIVITIES
- EMPLOYEE ENGAGEMENT PROGRAMS
- CO-FOUNDER OF THE MILK BAG PROJECT

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Sapna Jethani is a multifaceted professional with a strong background in law, marketing, and business development. With her passion for building connections, Sapna has worked with esteemed organisation's and individuals, including judges and law firms. As the founder of Sparrow Experiences, she specialises in curating unique experiences and workshops.



Satish Bhatia is a Coffee connoisseur and also a startup founder of Coffee Culture , a fitness enthusiast who loves to travel and his love for painting made him a self taught artist.

Volume 1 Issue 1
Aug - Oct 2024



DID YOU KNOW?

Sindhi surnames are rich in history, often carrying meanings that trace back to ancestors, professions, or regions in Sindh.



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Volume 1 Issue 1
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LAUNCH EVENT - 10TH AUGUST FLAMBOYANTE, MUMBAI



USCA held a grand launch event on August 10th, featuring a lineup of prominent speakers and entertainers, including Sharad Jagtiani, Vicky Ratnani, Atul Khatri & interesting intergenerational conversation between Shakun Kimatrai & Sanjana Chatlani.

The evening was anchored by Pooja Vir who held the speakers and the audience in rapt attention with her engaging interaction. The event was a vibrant celebration of Sindhi culture, attracting a large gathering of influential Sindhis from across the city.





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Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

TEEJ & THADRI EVENT - 21ST AUGUST C.K. NAYUDU HALL, CCI, MUMBAI

The United Sindhi Cultural Association (USCA) hosted an unforgettable Teejri and Thadri celebration, bringing our Sindhi heritage to life with vibrant rituals and cherished traditions.

From celebrating the Teej & Thadri rituals with a ceremony conducted by a **guryani**, to beautiful mehendi designs adorning the palms of the guests and savouring authentic Thadri sweets and dishes, swaying to live music and fun games, we honoured our roots with joy and unity.

The festivities were enjoyed and appreciated by each and everyone making this a memorable event!





USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

FREE CATARACT DETECTION CAMP IN ULHASNAGAR IN ASSOCIATION WITH LIONS CLUB OF BANDRA-KHAR

**CHECK
DETECT
CURE**

**FREE CATARACT EYE CAMP SPONSORED BY
LIONS CLUB OF MUMBAI - BANDRA KHAR BRANCH**

Date: 5th Oct 2024
Time: 10:00 a.m - 12:00 p.m
Conducted by Dr Sanjeev Balani
Venue - Sanjeevani Eye Hospital, 17 Section, Near SBI
Bank, Ulhasnagar - 421003
Location: <https://g.co/kgs/XuR2uU>
President: Lion Joginder Kaur Diwan
Secretary: Lion Premkanta Singh
Treasurer: Lion Sila Gupta
Joint Secretary: Lion Vaishnavi Premchandani
(9833947506)

USCA Team:
Hansu: 9821241801
Aarti: 9819785649
Sapna: 9821070700

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Cultural Association

In collaboration with:

SIGHTFIRST



On 5th October, the USCA team had the privilege of supporting a free cataract eye camp in Ulhasnagar, sponsored by the Lion's Club Khar-Bandra under their Sight First Initiative. This was held at the Sanjeevani Hospital run by Dr. Balani

During the camp, 90 individuals were screened, with 12 case diagnosed with cataracts. We are pleased to share that those requiring surgery will receive it at no cost.

We are deeply grateful for the opportunity to assist those in need and look forward to participating in more impactful initiatives in the future.

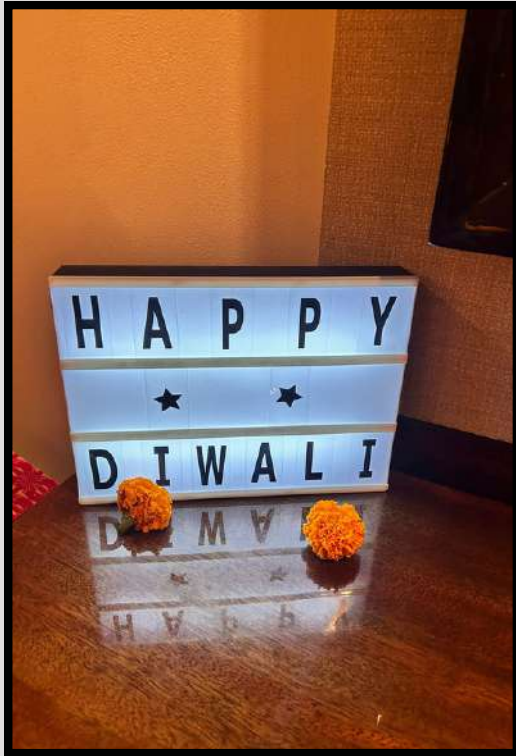




USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

USCA TEAM CELEBRATES THEIR FIRST DHANTERAS



On 29th October, Team USCA celebrated their first Dhanteras with a Pooja to invoke the blessings of Lord Dhanvantri & Lord Kuber.

We pray that we are able to succeed in our mission of upholding and preserving our cultural values & traditions, whilst serving our community to our best ability.

We seek the blessings of Lord Ganesha, Ma Lakshmi & Ma Saraswati and all our supporters and well wishers to continue our good work.





USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

ONGOING ACTIVITIES



USCA's proposed initiatives span a wide array of activities, from cultural events and educational programs to social welfare activities aimed at uplifting underprivileged members of the Sindhi community.

Our online Sindhi Conversation Classes got off to a great start 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.



We are proud to collaborate with Franklin Templeton, one of India's leading mutual fund houses, to bring a special opportunity exclusively for our Sindhi brothers and sisters. This initiative is designed to empower our community members with the chance to become certified mutual fund distributors, offering a flexible and reliable way to create an additional source of income.

To Register, please fill this form:
<https://forms.gle/aZnTjbdSVer2u9kS7>



USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

CONTRIBUTIONS:

A rich 6 day cultural festival was organised by Kala Sagar at Mor Bhavan, Nagpur, where the 19th All Regional Drama Festival 2024 was held. Plays were presented in Marathi, Sindhi, Urdu and Bengali.

Such shows actually keep the art still alive.

Total 2 Sindhi plays were presented

1. Jhulelal Daya Kareen
2. Toba Toba Bhagwan Bachaye

Our play 'Toba Toba Bhagwan Bachaye', directed by Mr. Rakesh Motwani was presented by Sukh Sagar Association, Raj Nagar, Nagpur and was well appreciated and fetched the best Comedian in the female role too.

Article contributed by Reena Kriplani



The Sindhi version of biryani, originating from the Sindh region of Pakistan is recognised by its spicy, sour and sweet taste. This biryani is believed to have evolved from the Awadhi style of biryani. The cornerstones of a Sindhi biryani are: basmati rice, aloo bukhara, mutton / chicken, khatta (sour) curd, a lot of tomatoes and chillies.

SINDHI BIRYANI:

Ingredients:

Himalayan Pink Salt - To taste. Garlic paste- 1 tbsp, Ginger paste - 1 tbsp, Cumin- 1 tbsp, Bay Leaf - 4-5, Brown Cardamoms - 2, Cinnamon - 1", Carom - 1/4 tsp, Green Cardamoms - 4-5, Cloves - 4-5, Red Chilli pwd - 1/2 tbsp, Cane Sugar (jaggery) - 1/2 tsp, Coriander pwd - 1/2 tbsp, Fennel - 1/2 tsp, Turmeric - 1/4 tsp, Yogurt - 1 cup, Alu bukhara - 8-10, Potatoes - 1 big or 3 small cut into 1/2's, Onions - 3 large Sliced, Chicken / Mutton - 750 gms, Tomatoes - 2-3 Medium, Basmati Rice - 1/2 kg, Mint leaves - 1/4 bunch (Leaves only), Fried Onions (Birista) - 4-5 tbsp, Coriander leaves - Garnish, Yellow food color - Pinch mixed with water

Method:

- 1) Make a Sindhi Biryani Mix by grinding all the dry ingredients into a fine powder. You can use Shaan Biryani mix instead.
- 2) Heat oil and fry onions until golden.
- 3) Marinate meat & potatoes with the prepared Sindhi Biryani Mix and keep aside for 10 minutes. Take a pan, stir fry the marinated meat & potatoes for 5 minutes. Add yogurt and water (4 cups for mutton, 2 cups for chicken). Cover and cook on low heat until meat is tender.
- 4) Now add tomatoes and stir fry on high heat until oil begins to separate from the gravy. Keep this aside.
- 5) In a separate pan, take 3 litres of water, add 3 tablespoons of salt and bring to a boil. Now add the soaked rice. Boil the rice until it is 3/4 cooked. Remove and drain thoroughly.
- 6) Spread half rice in a pot and pour meat curry. Top with remaining rice. (Sprinkle a pinch of yellow food colour if desired).
- 7) Spread fresh coriander and mint leaves on the rice. Cover and cook on low heat until rice is tender (5-10 minutes). Mix before serving.

RECIPE BY: VARKHA WADHWANI





USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

CONTRIBUTIONS:

Homeopathy – The Choice of Medicine Today

Homeopathy, a scientifically supported system of medicine developed in 1796 by German physician Dr. Samuel Hahnemann, provides a unique approach to healing based on natural principles. Hahnemann developed two foundational concepts after finding 18th-century mainstream medicine ineffective and often harmful. His first principle, “like cures like” (*Similia Similibus Curentur*), suggests that a substance causing symptoms in a healthy person can cure similar symptoms in a sick individual. The second principle highlights the power of small doses, with homeopathic remedies created through extreme dilutions for enhanced healing.



Homeopathy is distinct from botanical medicine or Ayurveda. Remedies come from natural sources such as plants, minerals, and animal substances—examples include crushed honey bees (*Apis Mellifica*), poison nut (*Nux vomica*), and snake venom (*Lachesis*). Through “potentization,” a process of serial dilution, any toxic properties are removed, leaving only the remedy’s healing effects. Homeopathic remedies are carefully tested through “proving,” where substances are taken by healthy individuals who record symptoms. These findings are compiled into the *Materia Medica*, the cornerstone of homeopathic practice.

Homeopathy’s approach to treatment is deeply personal. The initial consultation with a homeopath is thorough, as the physician seeks to understand the patient’s unique traits, preferences, and lifestyle. This personalized approach considers both physical and emotional states, crafting a remedy that is uniquely suited to each patient. Homeopathy has shown effectiveness in treating lifestyle-related and chronic conditions, such as migraines, hypertension, IBS, allergies, and immune disorders like lupus and arthritis. It is also increasingly used for conditions like polycystic ovarian syndrome (PCOS), common in young women due to stress, sedentary lifestyles, and dietary habits.

India supports homeopathy through the AYUSH initiative, which incorporates it alongside other traditional practices in the National Rural Health Mission (NRHM). This integration ensures that traditional medicine systems like homeopathy have a respected place in public healthcare.

At the core of homeopathy is the concept of the “vital force,” the energy maintaining harmony between body and mind. When disrupted, this force can lead to illness, which homeopathy seeks to correct. Through addressing the root cause, homeopathic treatments work toward a complete and sustainable cure.

Homeopathy offers a natural, individualised approach to wellness and may be an ideal choice for those seeking holistic healing. Embrace natural health—consider homeopathy.

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.

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USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

UPCOMING ACTIVITIES & EVENTS

USCA has an interesting line up of activities & programs planned for our community.

We will be holding a food walk in Chembur Camp to savour the culinary delights of the Sindhi community is being scheduled sometime in December.

Vintage Vibes, an exclusive club designed especially for Senior members of the Sindhi community, where we celebrate the golden years with vibrant events and engaging activities, is being planned.

A gently used Clothes Donation drive will be held in mid-November and the collected items will be sent to Ulhasnagar for distribution to the less privileged members of our community.

A ticketed Wine & Cheese high-tea soiree event with Saaz Agarwal is also coming up shortly.

For those who would like to collaborate with us for any of the above events, please feel free to contact us on: write.usca@gmail.com to explore options for association

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

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USCA
United Sindhi
Cultural Association

Volume 1 Issue 1
Aug - Oct 2024

UPCOMING MEGA EVENT



**PRABHAT PHERI
RATH YATRA**
on 15th NOVEMBER
6.30AM - 8AM
CUFFE PARADE TO RADIO CLUB

**KIRTAN, ARDAS
AND AARTI**
on 15th NOVEMBER
FROM 10AM - 12PM
AT RADIO CLUB PIER

GURU KA LANGAR
12.15PM to 3PM
on 15th NOVEMBER
at RADIO CLUB PIER
ALL ARE WELCOME

United Sindhi Cultural Association (USCA) is celebrating the auspicious festival of Guru Nanak Jayanti on 15th November 2024 at the Radio Club, Mumbai.

The festivities will include Prabhat Pheri, Kirtan, Ardaas & Langar Prasad.

Sevadharis, Sponsorships & Donations needed to make this event a MEGA Success

Please contact us for seva, donations, sponsorships & for more details:

Aarti @ 9819785649, Anjali @ 9820330518
Dilip @ 9821032594, Hansu @ 9821241801
Jyoti @ 98201 07575, Mala @ 9820098814
Sapna @ 9821070700, Satish @ 9820600679

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