



**USCA**  
United Sindhi  
Cultural Association

# NEWSLETTER

Volume 1 Issue 3  
Feb 2025 - Apr 2025

## CHETI CHAND & SINDHI FOOD FESTIVAL - MARCH 2025



United Sindhi Cultural Association (USCA) celebrated Cheti Chand with pomp and fervour on 29th March 2025 at the Radio Club Pier. The celebrations were steeped in tradition with the customary Bhairano Pooja being conducted in true Sindhi style by a guryani.

The Pier wore a festive look and had a plethora of Food & Shopping stalls, catering to all tastes and budgets.



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After the Bhairano Pooja, the evening continued on a spiritual note with Desiree Punwani offering gratitude to our ancestors and reminded us of our roots and explained how Sindhis got their resilience.

Kavita Lakhani regaled the audience with her peppy renditions of traditional Sindhi songs and got the crowd moving & grooving to her melodies.



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The evening continued with dances, singing, shopping & feasting with performances by Sindhu Sakha Sangam and the kids from Cathedral School.

The finale of the evening was the electrifying performance by Shivani Vaswani, who kept the audience on their feet with her singing of popular Sindhi songs through the years!



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## USCA WAS HONoured TO FELICITATE:



Deepa Chauhan, a Bangalore- based home chef and Top 9 contestant at MasterChef India 2023. Deepa is on a journey of bringing Sindhi cuisine to the fore via her documentation, cooking and storytelling. Her inspiration for this is the fact that Sindhi food is hidden in plain sight and needs to appear on more restaurant and fine dine menus.

Listed as a Custodian of Sindhi cuisine by Femina in July 2023, Deepa was part of 16 women from around India who champion their cuisine.



Dirven Hazari – a true visionary in Sindhi comedy and entertainment. With over 50 million views spanning 175 countries, his channel, Sindhionism, has set new benchmarks through 150+ Sindhi videos, web series, and original music.

Now, as he takes a giant leap onto the big screen with a groundbreaking Sindhi comedy film, we celebrate his clean humor, keen observation, and deep-rooted philanthropy.



Rahul Nainani, Co-Founder & CEO of ReCircle, a pioneering clean-tech organization championing the Circular Economy. Through strategic collaborations with industry leaders such as HUL, UNDP India, Hindustan Coca-Cola Beverages, Mondelez, and Tata Starbucks, Rahul has been instrumental in advancing sustainability goals.

A visionary in strategy, branding, and sustainable growth, Rahul has been recognised with prestigious accolades, including Economic Times' Leader of Tomorrow (2025), Fortune India 40u40 (2024), and YourStory Tech30 (2024).



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Sapna Moti Bhavnani, best known for her award winning documentary Sindhustan (2019) which is about the largest migration of a culture (Sindhi) in history told through tattoos on her body. Sindhustan has won 11 Awards, travelled to 23 international festivals. In July 2020 Sapna launched her production company called Wench Films to empower the female gaze. Join us in honouring Sapna's efforts to amplify the voice of Women!



Shradha Shahani, an independent lifestyle journalist whose work beautifully captures the essence of Sindhi food and culture. Through Partition Diaries on Mumbai Foodie, she has brought to light the inspiring stories of Sindhi food businesses that emerged post-Partition, reaching nearly 14 lakh viewers from and beyond the community. Her insightful writings for Mint Lounge, Condé Nast Traveller, and The Hindu continue to preserve and share the rich heritage of Sindhi cuisine



Tushar Hiranandani, a celebrated Indian film writer and director! With over 25 films to his credit, including hits like Masti, Housefull, and Ek Villain, Tushar made a remarkable directorial debut with Saand Ki Aankh (2019), earning nominations at prestigious awards like Filmfare, Star Screen, and Zee Cine. His latest directorial venture, Srikanth, starring Rajkummar Rao, brings to life the inspiring story of blind entrepreneur Srikanth Bolla.



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## UNUSED & UNEXPIRED MEDICINE COLLECTION DRIVE



**Small act, big impact!**

We invite you to donate your unused and unexpired medicines/medical supplies to help spread the gift of health and wellness to those in need.

 **Collection dates will be from 20th January to 5th February 2025**

 **Collection Box Locations:**

- Lodha Park, Lower Parel
- Srichandbaba Temple, Worli Naka
- Radio Club, Colaba
- Dalamal Park, Cuffe Parade
- Sunflower building, Cuffe Parade
- Altia Tower 8, New Cuffe Parade
- Gitanjali Building, Walkeshwar
- Casablanca building, Cuffe Parade
- Ashoka Towers, Parel
- Dar Ul Khalil, Opp Cusrow Baug
- Issardas Darbar, 1st Pasta Lane, Colaba
- Khar Gymkhana

**For More Details:**

 Hansu --+91 98212 41801  Anjali --+91 9820330518



USCA's unused & unexpired medicine collection drive was a huge success, with contributions coming in from across the city.

All the collected medicines & medical supplies were distributed through a partner NGO to the underserved sections of society in the tribal areas around Kalyan & Ulhasnagar.



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## VISIT TO SHANTI PRAKASH TRUST OLD AGE HOME IN ULHASNAGAR



United Sindhi Cultural Association (USCA) visited Swami Shanti Prakash Ashram in Ulhasnagar, where we distributed face towels, mangoes, chhas, dry fruit, papdi to the residents.

After consulting with the people managing the home, we donated walking sticks, walkers and a wheelchair for the use of the residents, as per their requirements.

We organised a karaoke session that brought so much happiness — everyone joined in with big smiles, singing their favourite songs and enjoying the moment together and spent a joyful afternoon singing and dancing with the residents.



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## 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.



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## CONTRIBUTIONS FROM THE COMMUNITY

### SEYAL DABROTI

This is an heirloom Sindhi recipe made out of left over bread. It is unique in substance, aroma as well as in taste. The word Seyal means finely chopped ingredients, cooked on a slow flame and simmered till the water content evaporates. Thus giving this dish a spongy and lumpy texture with an interesting succulent and moist character

#### INGREDIENTS:

6 local bread loaves (pav), torn into halves  
250 gms tomatoes finely sliced  
1 tsp ginger, garlic green chilly paste  
1 tsp Kashmiri red chilli powder  
1 tsp cumin powder  
3 tbsp oil.

4 onions finely sliced  
1 1/2 cup chopped coriander  
1 tsp turmeric  
1 tsp coriander powder  
Salt to taste.



#### METHOD

Fry the onions in oil to a pale brown colour. Add the ginger garlic chilly paste. Stir a bit. Add tomatoes, dry spices and salt. Continue to stir until mixed and cooked well. Then add the chopped coriander and about 200 ml of water. Let this gravy begin to boil.

Now it's time to add the bread pieces one at a time. The bread needs to soak up the gravy. Switch off the flame. Serve on a platter. Garnish with crunchy yellow sev and some finely chopped coriander.

You can use the same recipe to substitute bread with left over chapatis.

When you use chapaties, it's called 'SEYAL MAANI'... Maani is the Sindhi word for chapati.

By Kavita Prem Gidwani



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## CONTRIBUTIONS FROM THE COMMUNITY

When we think we are caring, are we helpful or harmful?  
The arrogant behaviours we may be displaying may surprise us.

It's easy to mistake our attempts to care for actually being helpful. Sometimes, without realising it, our actions can come across as arrogant.

I recently visited a dear friend who is 87 and was in a lot of pain from a hip fracture. She was lonely and sad because she was not getting much support from her large circle of family and friends. I went there wanting to comfort her. But almost immediately, I started telling her how to breathe through her pain, saying things like, "Just breathe into it and breathe out. Just observe it," in a very know-it-all way.

Even though a part of me knew I should stop, I kept going. Soon after, I felt really guilty. For the rest of my visit, I tried too hard to make up for it by being overly nice, which probably just confused my friend. She must have been relieved when I finally left.

It took me a while to fully understand how insensitive and arrogant I had been. I should have focused on making her feel comfortable and showing her love. Maybe then, I could have gently offered a few suggestions, letting her decide if she wanted to try them. Instead, I rushed in and pushed unwanted advice on someone helpless and hurting.

I was shocked by my own behaviour. It also made me realise that I'm not alone in this. Many of us do this without ever realising our insensitivity. So, when we think we're being caring, are we really helping, or are we causing harm? Are we being sensitive, or are we being patronising?

by Desiree Punwani

**C** ← **NTRUM**  
**F** o u n d a t i o n



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## CONTRIBUTIONS FROM THE COMMUNITY:

### HAVE YOU PLANNED FOR THE FUTURE? IS YOUR WILL READY?

#### What is a Will?

A Will is a legal declaration made by a person (known as the Testator) regarding the distribution of their property after death. The individual appointed to carry out the instructions of the Will is called the Executor, who acts as the Testator's legal representative. The Will comes into effect only upon the death of the Testator.

#### A Will may include:

- Name of the Executor who will implement the terms of the Will;
- A detailed list of movable and immovable property;
- The beneficiaries who are to inherit these assets;
- Specific instructions or conditions for distribution.

#### Legal Validity of a Will

**No Fixed Format Required:** A Will can be written on any paper, in any language, and need not follow a specific format, as long as it meets legal standards.

**Registration is Optional:** Under the Registration Act, 1908, registration of a Will is not mandatory. The Supreme Court of India has held that an unregistered Will can still be valid and legally enforceable.

**Modification and Revocation:** A Testator can alter or revoke their Will at any time during their lifetime. A registered Will may be revoked by a later unregistered Will, provided it is properly executed.

**Challenging a Will:** An interested party may contest a Will's validity. However, the burden of proof lies with the person making the challenge, and courts apply strict scrutiny to such claims.

#### Practical Tips for Drafting a Will

To ensure your Will is effective and legally sound:

- Sign and date the Will in the presence of two independent witnesses.
- Ensure both witnesses also sign and date the Will in your presence.
- Keep the Will in a safe and secure place; inform a trusted person of its location.
- Though optional, registering the Will at the local Sub-Registrar's office can help prevent disputes and delays.

A well-drafted Will ensures that your assets are distributed as per your wishes and can provide peace of mind to your loved ones. As a legal professional, I advise all individuals—regardless of age or wealth—to consider making a Will and reviewing it periodically.

Legal Insights by Jyoti Bathija, Advocate



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## UPCOMING EVENTS: STAY TUNED

May 31st:

- Sindhi Food Trail at Sindhi Camp, Chembur 9.30am to 11.30am - charges Rs. 1000/- per head inclusive of a tasting menu

Discover the vibrant history and irresistible flavors of Sindh and Punjab, by communities who made Chembur their home post-Partition.

Conducted by Riddhi Joshi, professor, historian and passionate guide.

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

June 14<sup>th</sup> 4:00 PM onwards followed by Hi Tea - **Free event for USCA Members & friends at Malabar**

- Financial Literacy Session hosted by Sapient Wealth, exclusively for USCA members and their friends

**Theme: Invest Well, Live Well**

Don't miss this engaging and eye-opening session that breaks down the basics of smart investing—made simple, practical, and powerful covering key topics like:

- Keeping investing simple & enjoy your money while it keeps growing.
- Discover practical investment insights, from smart asset allocation and market timing myths to tax-efficient strategies and systematic withdrawals.
- Unlock exclusive, eye-opening tools that reveal how simple, smart strategies can pave the way to lasting, generational wealth.

**Limited seats available - to book, please call Anjali on 9820330518 or Hansu on 9821241801**

Tentative date July 6<sup>th</sup>:

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

A Sindhi sitcom movie presented by Sindhionism

Written & Directed by @nirdeshakk & Produced by @spectrumstudios

**Details will be shared on our Instagram page**