



# AAMI GOENKAR

For Goans, Of Goans, By Goans



Issue No 56

APRIL - JUNE 2025



## PRESIDENT'S MESSAGE

My Dear Members,

On behalf of the Managing Committee, I wish to extend warm greetings to all Aami Goenkar brothers and sisters for the festive period beginning with Ramnavami and wish a joyous and fulfilling period ahead to you and families. Ramnavami reminds us of the ideal life exemplified by Bhagwan Ram, one of unwavering dharma, compassion and humility. We have to inculcate these qualities in us, use our intelligence and discrimination for the welfare of the humanity. As a collective of Goans bound by shared heritage, culture, and values, our institution continues to grow not just in numbers but in purpose.

On a quiet day in the scenic town of Pahalgam, known for its breathtaking beauty and spiritual significance, peace was shattered by a heinous terrorist attack. The assailants targeted innocent civilians and security personnel, attempting not just to take lives but to strike fear into the heart of the nation. The attack, believed to be orchestrated by cross-border elements, was a grim reminder of the persistent threat India faces from terrorism.

India's fitting response was not just military or diplomatic—it was also moral. It conveyed a powerful message: that while India desires peace, it will never tolerate acts of terror on its soil. The Pahalgam attack, though tragic, became a turning point that reasserted the nation's determination to protect its sovereignty, its people, and the values of democracy and humanity.

As we present this edition of our newsletter, we reflect on a vibrant period filled with purpose, unity, and community oriented programs. The past few months have been filled with meaningful events that have strengthened our bonds and brought visibility to our efforts. Our Goa Liberation Day celebration was a moving tribute to our state's brave history. The event saw enthusiastic participation, cultural performances, and insightful speeches that rekindled pride in our roots. Music performances by our in-house group "Surile Goenkar" Teacher's felicitation, educational talks with deep involvement of members saw enthusiastic participation, in particular, by the next generation in our cultural practices.

These events underscore an important truth that when we come together, we become more than just individuals - we become a force for good. Our strength lies in our unity, and in our shared belief that the Goan identity is something to be celebrated, preserved, and passed forward with pride.



A key area of focus going forward is long-term financial stability. We have initiated fundraising drives and are actively exploring partnerships and sponsorships to strengthen our resources. A financially secure foundation will empower us to expand our programs and build lasting platform for future generations. We encourage members to contribute - whether through donations, ideas, or helping us connect with potential patrons. Every rupee raised goes directly toward creating impact within our community.

It is heartening to see younger Goans stepping forward to participate in our events. Still, there is much more we can do. In the coming months, we plan to launch youth led initiatives as we believe that empowering our youth is the surest way to preserve and evolve our Goan identity. We are also exploring ways to partner with other Goan organizations across India and abroad, to create a wider network of support and opportunities for our members.

We all have experiences of receiving enthusiastic responses when we speak about our beloved Sanstha Aami Goenkar to cross section of people. I often get invited at forums to talk about subjects of topical interest. During the session I receive interesting feedback, suggestions from organisers and audience about our contributions and initiatives. I always make it a point to speak about good work done by our team and urge the audience to join our institution and help us in our mission.

I thank you, once again, for your continued support and look forward to an excellent and exciting period ahead. I extend my heartfelt wishes to you and your families and request for your continued participation in the initiatives of our institution - many more years of making a difference, together.

CA Mohan Sanzgiri  
President

May 28, 2025



## Heartiest Congratulations to

**SHRI ASHOK SARAF**  
on being honoured with the  
prestigious Padma Shri award.

President Droupadi Murmu honored Veteran actor **Shri Ashok Saraf** with the prestigious Padma Shri, India's fourth-highest civilian award for his outstanding contributions to Indian cinema and theater, especially his legendary status as the "Emperor of Comedy" in Marathi films.

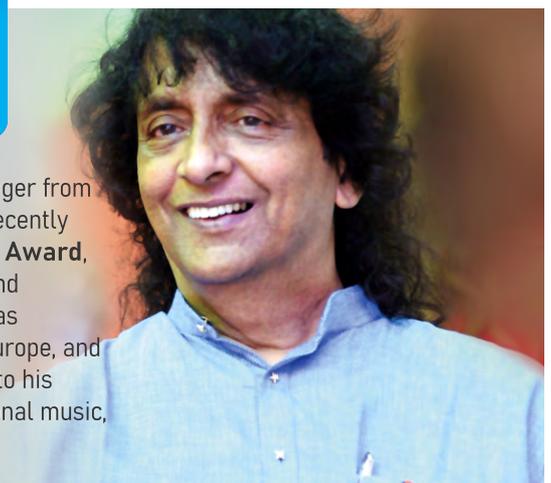
Saraf, whose career spans over five decades, is well known for his unique ability to blend humour with emotional depth. His effortless comic timing, expressive performances, and mastery in portraying a wide range of emotions have made him a beloved figure not just in Maharashtra but across India.

In his acceptance speech, Saraf expressed gratitude to his family, colleagues, and countless fans. "This honor belongs to the entire Marathi film fraternity and the audiences who have supported me throughout my journey," he said, dedicating the award to the art of cinema itself.

Ashok Saraf's influence extends far beyond his comedic genius. He has played pivotal roles in shaping the landscape of Marathi theater and films, inspiring countless young artists to pursue acting. His commitment to his craft, professionalism, and humility have made him a role model for aspiring actors.

## Gomant Vibhushan conferred on **AJIT KADKADE**

**AJIT KADKADE** a renowned Hindustani classical and devotional singer from Goa, celebrated for his significant contributions to music. He was recently honored with the Goa's highest civilian award the **Gomant Vibhushan Award**. He is known for his excellence in Hindustani classical, light classical, and devotional music - especially Marathi bhajans and abhangs. Kadkade has performed extensively in India and internationally, including the USA, Europe, and Saudi Arabia. He has an impressive discography, with over 200 albums to his name. He specializes in Hindustani classical, light classical, and devotional music, particularly Marathi bhajans and abhangs.



Dear Fellow Goans,

We are deeply grateful for your interest in supporting our mission. Your generosity can make a significant difference. If you would like to contribute funds as a donation or become a member (subject to eligibility), you can transfer your contributions to the following Bank account:

Requesting you to send us an email with the following details for our records and to ensure proper acknowledgment: Your Name, Address, Mobile Number, PAN Number after making the transfer.

Your support is invaluable. If you need any assistance, feel free to reach out to us at 98206 23089. Let's unite under the banner of Aami Goenkar to ensure our beloved Goa not only thrives but sets a benchmark for community-led development and cultural preservation.

Join Aami Goenkar today, and be a part of this transformative

**YOUR MEMBERSHIP, YOUR VOICE, AND YOUR ACTIONS CAN MAKE A DIFFERENCE.**

**Bank** : NKGSB Co-operative Bank Ltd.  
**Branch** : Gokhale Road North, Dadar,  
Mumbai 400028  
**Account** : Aami Goenkar  
**A/C** : 003100100013241  
**IFSC Code** : NKGS0000003



AN APPEAL

# लड्डराई देवी जत्रा

Lairai Jatra, one of Goa's most unique and spiritually charged festivals, is celebrated in the month of Vaishakha (April–May) at the revered Shree Lairai Devi temple in Shirgao, located in Bicholim taluka of North Goa. The festival honors Goddess Lairai, who is venerated for her valor, protective powers, and maternal grace.

The heart of the Jatra is the Homkhand, the sacred fire-walking ritual. Devotees known as Dhonds, after observing strict fasting and spiritual discipline, walk barefoot across a blazing bed of coals, chanting the goddess's name with unwavering devotion. This extraordinary act symbolizes purification of body and mind, and a deep surrender to divine will.

Although the precise historical origins of the festival are not well documented, Lairai Jatra has been observed for centuries, passed down through generations with remarkable continuity. Even during four centuries of Portuguese colonial rule, the core Hindu traditions of the Jatra remained largely intact—a testament to the resilience and cultural rootedness of the Goan people.

## Cultural and Community Significance

Lairai Jatra serves as a powerful expression of Goan Hindu identity. It is not merely a ritual event but a confluence of faith, folklore, music, and community spirit. The occasion brings together devotees from all corners of Goa and neighboring states, fostering unity across generations and backgrounds. Traditional processions, folk performances, drum beats, and chanting fill the village streets, creating a vibrant and spiritually charged atmosphere.

The festival also contributes meaningfully to the local economy. Artisans, vendors, and small businesses thrive during this period, and the influx of pilgrims and

visitors fuels cultural tourism. However, efforts are consistently made to preserve the sanctity of the rituals, ensuring that the religious essence is not overshadowed by commercial interests.

## The Legend of Lairai Devi

According to legend, Lairai Devi is an incarnation of Goddess Parvati, sent to Earth to protect the righteous and vanquish evil. One of the most revered tales narrates how she intervened in a fierce battle between villagers and a destructive demon, ultimately defeating him with her divine powers. In gratitude, the villagers built a temple in her honor—a shrine that continues to draw thousands seeking blessings for protection, health, and prosperity.

Lairai Devi is also worshipped in Shiroda, Raia, and Chandor, where similar festivals and rituals in her name are celebrated with equal fervor. Devotees often carry padukas (sacred foot symbols) in processions, signifying the goddess's spiritual presence among her people.



# होमकुंड लड्याई देवी जत्रा

## The Sacred Sisters: Lairai, Sateri, and Shantadurga

Lairai Devi is part of a triad of divine sisters—Sateri, the fierce protector, and Shantadurga, the goddess of peace and reconciliation. Each sister represents a unique facet of the divine feminine: Lairai as the guardian of fertility and well-being, Sateri as the defender of the land, and Shantadurga as the peacemaker between opposing forces. Together, their worship forms a spiritual framework that continues to inspire devotion across Goa.

## The Temple and Its Setting

The Lairai temple in Shirgao is nestled in lush greenery, creating a tranquil space ideal for prayer and reflection. Designed in traditional Goan architectural style, the temple features elegant simplicity, adorned with intricate carvings and symbolic motifs. The temple is especially vibrant during the Jatra, yet remains a serene place of worship throughout the year.

Likewise, the Shiroda temple of Lairai Devi holds deep spiritual significance. Surrounded by hills and nature, it

is a favored retreat for those seeking peace, spiritual healing, and divine blessings. Its architectural harmony with the natural environment makes it not only a religious site but also a cultural landmark.

## Conclusion

Lairai Jatra is more than a festival—it is a living embodiment of Goa's spiritual resilience, cultural pride, and community strength. The rituals, myths, and community participation that define the celebration of Goddess Lairai represent a powerful legacy. Amidst modern transitions and growing external attention, the Jatra remains firmly rooted in its sacred purpose—to honor the goddess who watches over her people with fierce love and divine protection.

By continuing to celebrate Lairai Jatra in its traditional spirit, the people of Goa affirm their identity, devotion, and cultural continuity, keeping alive a tradition that has inspired faith and unity for generations.



# गंधची कुड

गोव्याच्या सणासुदीच्या पावकळा

गोवा-समुद्रकिनाऱ्याचा आणि संतांची भूमी-हा केवळ निसर्ग संपन्न नव्हे, तर संस्कृतीने समृद्ध प्रदेश आहे. येथील हिंदू समाज विविध सण-उत्सव अत्यंत श्रद्धेने आणि परंपरेने साजरे करतो. सणाचा एक अविभाज्य भाग म्हणजे खास जेवण. ह्या पारंपरिक पदार्थातून आपण केवळ देवपूजेला नैवेद्य अर्पण करत नाही, तर त्या त्या ऋतूप्रमाणे, शरीराच्या गरजा लक्षात घेऊन पोषक आणि सात्विक अन्न ग्रहण करतो.



तांदळाचे मोदक

**तांदळाचे मोदक** हा गोव्यातील एक अत्यंत महत्त्वाचा आणि पारंपरिक गोड पदार्थ आहे. तांदळाचे मोदक हे प्रामुख्याने गणेश चतुर्थी मध्ये बनवले जातात. गणपती बाप्पांना हे मोदक खूप प्रिय असल्यामुळे या सणाच्या काळात घरोघरी ते तयार केले जातात.

तांदळाचे मोदक हे गोव्यातील आणि महाराष्ट्रातील गणेशोत्सवाचे अविभाज्य अंग आहेत. गणपतीला २१ मोदकांचा नैवेद्य दाखवण्याची प्रथा आहे आणि त्यात तांदळाच्या मोदकांचे विशेष महत्त्व आहे. मोदक हे केवळ एक गोड पदार्थ नसून ते श्रद्धा आणि परंपरेचे प्रतीक आहेत.

## आरोग्य फायदे

तांदळाच्या मोदकामध्ये वापरल्या जाणाऱ्या साहित्याचे काही आरोग्य फायदे आहेत. तांदळाचे पीठ सहज पचणारे असते आणि ते ऊर्जेचा चांगला स्रोत आहे. ओला नारळ ओल्या नारळात हेल्टी फॅट्स आणि फायबर असतात. गूळ हा नैसर्गिक गोडवा देतो आणि त्यात लोह (ळीप) आणि इतर आवश्यक खनिजे असतात. वेलची आणि जायफळ हे मसाले पचनास मदत करतात आणि पदार्थाला चांगली चव आणि सुगंध देतात.

तांदळाचे मोदक हे गोव्यातील गणेशोत्सवातील एक महत्त्वाचे आणि पारंपरिक व्यंजन आहे. ते केवळ चविष्टच नाहीत, तर ते सांस्कृतिक आणि धार्मिक दृष्ट्या देखील खूप महत्त्वाचे आहेत.

**नेवरी** हा गोव्यातील एक लोकप्रिय आणि पारंपरिक गोड पदार्थ आहे, जो विशेषतः हिंदूंच्या सणांमध्ये बनवला जातो.

गणेश चतुर्थीमध्ये नेवरी एक महत्त्वाचा गोड पदार्थ म्हणून बनवला जातो. दिवाळीच्या फराळामध्ये नेवरीचा समावेश असतो. याव्यतिरिक्त इतर धार्मिक विधी आणि विशेष प्रसंगी देखील नेवरी बनवण्याची प्रथा आहे.

नेवरी हे गोव्याच्या पारंपरिक खाद्यसंस्कृतीचा एक महत्त्वाचा भाग आहे. त्याची विशिष्ट लीशीलशर्पी आकाराची रचना आणि गोड पुरणाची चव खूप खास असते. गणेश चतुर्थीच्या काळात घरोघरी हा पदार्थ बनवून गणपती बाप्पाला नैवेद्य दाखवला जातो.

नेवरीमध्ये वापरल्या जाणाऱ्या साहित्याचे बरेच आरोग्य फायदे आहेत. ओल्या नारळात हेल्टी फॅट्स आणि फायबर असतात. गूळ हा नैसर्गिक गोडवा देतो आणि त्यात लोह आणि इतर खनिजे असतात. मैदा हा कार्बोहायड्रेटचा स्रोत आहे. पण तो प्रमाणातच घ्यावा. ड्राय फ्रुट्स बदाम आणि काजूमध्ये आवश्यक पोषक तत्वे असतात.

नेवरी हा गोव्यातील एक खास पारंपरिक गोड पदार्थ आहे, जो सणांच्या वेळी बनवला जातो आणि त्याची चव खूप खास असते. तळलेला असल्यामुळे तो बेताने खाणे आरोग्यासाठी चांगले असते.



नेवरी

# गंधची कुड

गोव्याच्या सणासुदीच्या पाकवळा



## धोंडस

**धोंडस** हा गोव्यातील एक पारंपरिक गोड पदार्थ आहे, जो वेगवेगळ्या प्रकारच्या भाज्या किंवा फळांचा वापर करून बनवला जातो. प्रामुख्याने धोंडस दोन प्रकारे बनवला जातो: एक म्हणजे फणसाचा धोंडस आणि दुसरा म्हणजे काकडीचा धोंडस (याला तवसळी असेही म्हणतात)

धोंडस हा पारंपरिक गोव्याचा पदार्थ गोव्यातील अनेक घरांमध्ये विशेषतः गणेश चतुर्थीला फणसाचा किंवा काकडीचा धोंडस बनवतात नवरात्रीमध्ये काही लोक काकडीचा धोंडस बनवतात. याव्यतिरिक्त, घरातील धार्मिक विधी आणि विशेष जेवणांच्या वेळी देखील धोंडस बनवण्याची प्रथा आहे.

धोंडस हा गोव्याच्या पारंपरिक खाद्यसंस्कृतीचा एक महत्त्वाचा भाग आहे. स्थानिक पातळीवर उपलब्ध असलेल्या फणस आणि काकडीचा वापर करून हा पौष्टिक आणि चविष्ट पदार्थ बनवला जातो.

सणांच्या काळात पारंपरिक पदार्थ बनवण्याची पद्धत आजही अनेक घरांमध्ये टिकून आहे आणि धोंडस त्यातलाच एक महत्त्वाचा पदार्थ आहे.

धोंडसमध्ये वापरल्या जाणाऱ्या मुख्य घटकांचे काही आरोग्य फायदे आहेत. फणस हे जीवनसत्त्वे, खनिजे आणि फायबरचा चांगला स्रोत आहे काकडीमध्ये पाण्याचे प्रमाण जास्त असते, त्यामुळे ती शरीराला हायड्रेटेड ठेवते. तसेच, त्यात कमी कॅलरीज असतात आणि फायबरचे प्रमाण चांगले असते. गूळ हा नैसर्गिक गोडवा देतो आणि त्यात लोह आणि इतर खनिजे असतात. ओल्या नारळात हेलदी फॅट्स आणि फायबर असतात रवा ऊर्जेचा चांगला स्रोत आहे.

धोंडस हा गोव्यातील एक पारंपरिक आणि चविष्ट गोड पदार्थ आहे जो सणांच्या वेळी बनवला जातो आणि त्याचे आरोग्य फायदे देखील आहेत. फणसाचा आणि काकडीचा धोंडस हे दोन्ही प्रकार गोव्यात खूप लोकप्रिय आहेत.

**पातोळ्या** हा गोव्यातील एक खास पारंपरिक आणि लोकप्रिय पदार्थ आहे, जो विशेषतः हिंदूच्या सणांमध्ये बनवला जातो. गणेश चतुर्थी हा सर्वात महत्त्वाचा सण आहे ज्यामध्ये पातोळ्या आवर्जून बनवल्या जातात. हरितालिका या सणाला देखील अनेक घरांमध्ये पातोळ्या बनवण्याची प्रथा आहे. गौरी पूजन काही भागांमध्ये गौरी पूजनाच्या वेळीही पातोळ्या बनवल्या जातात.

पातोळ्या या गोव्याच्या संस्कृती आणि परंपरेचा एक अविभाज्य भाग आहेत. गणेश चतुर्थीच्या काळात घरोघरी याची तयारी आणि सुगंध असतो. पातोळ्या बनवणे हे केवळ एक खाद्यकृती नाही, तर ते कुटुंबातील सदस्यांना एकत्र आणते आणि सणाचे महत्त्व वाढवते. हळदीच्या पानांचा सुवास आणि गोड पुरणाची चव या सणाच्या वातावरणाला अधिक आनंददायी बनवते.

पातोळ्यांमध्ये वापरल्या जाणाऱ्या साहित्याचे काही आरोग्य फायदे अनेक आहेत. हळदीच्या पानांमध्ये अँटी ऑक्सिडंट आणि अँटी-इंफ्लेमेटरी गुणधर्म असतात. वाफेच्या उष्णतेमुळे हे गुणधर्म पातोळ्यांमध्ये उतरतात.

ओल्या नारळात हेलदी फॅट्स आणि फायबर असतात, जे पचनासाठी चांगले असतात गूळ हा नैसर्गिक गोडवा देतो आणि त्यात लोह आणि इतर आवश्यक खनिजे असतात. तांदळाचे पीठ हे ग्लुटेन मुक्त असते आणि ते ऊर्जेचा चांगला स्रोत आहे. वेलची पचनास मदत करते आणि त्याला एक चांगली चव आणि सुगंध असतो.

एकंदरीत, पातोळ्या हे केवळ चविष्ट नाही, तर त्या आरोग्यदायी देखील आहेत आणि गोव्याच्या सणांमध्ये त्याचे एक खास स्थान आहे.

गोमंतकीय सणांमधील खाद्यसंस्कृती म्हणजे आपल्या परंपरा, आरोग्यदृष्टी आणि श्रद्धेचा संगम आहे हे पदार्थ केवळ चवीन नव्हे तर त्यामागील विज्ञान आणि ऋतूचक्राशी सुसंगत असलेल्या घटकांमुळे आपल्या शरीरासाठी उपयुक्त ठरतात. आजच्या धावपळीच्या जीवनात ही परंपरा जपण आवश्यक आहे - कारण ती आपल्या ओळखीची आपुलकीची आणि अस्मितेची आहे.

हा लेख गोव्याशी संबंधित असलेल्या पुढच्या पिढ्यांना आपल्या खाद्यसंस्कृतीचा गर्व वाटावा आणि त्या परंपरा जतन करण्यासाठी प्रेरणा मिळावी या उद्देशाने सादर केला आहे.

## पातोळ्या



Centre declares  
**GOA 100%**  
 literate, becomes fourth to  
 achieve status.



Friday May 30th on Goa's **39TH STATEHOOD DAY**, Union govt declared Goa as a fully literate state under the Ullas-new India literacy programme. Goa became one of four states to achieve this status.

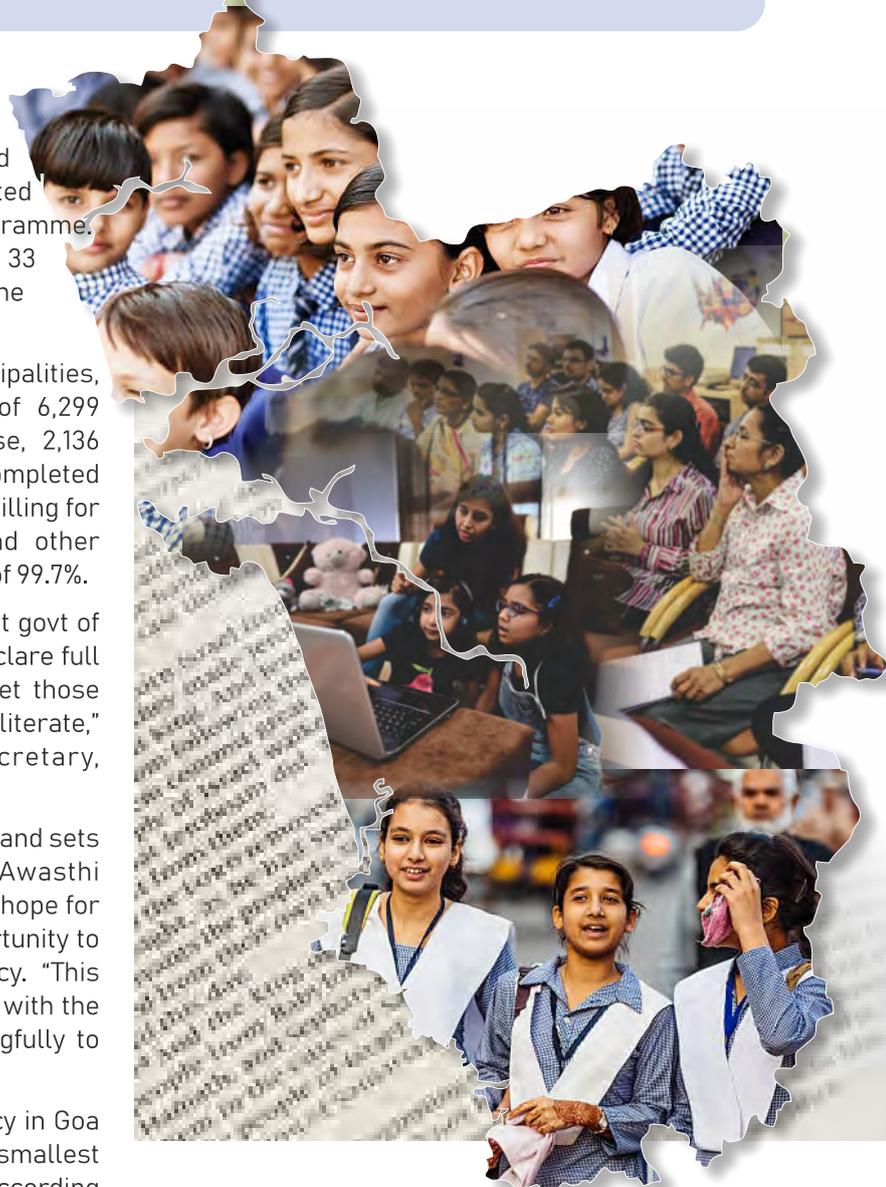
Goa achieved a literacy rate of 99.7%, which far exceeds the benchmark of 95% required for declaring a state as fully literate, as stipulated by Union govt under the new India literacy programme. A total of 82 panchayats declared 100% literacy, 33 panchayats declared 95% to 99% literacy, and one municipality confirmed 99% literacy.

Of the remaining 76 panchayats and 13 municipalities, including a municipal corporation, a total of 6,299 illiterate individuals were identified. Of these, 2,136 showed interest in learning and successfully completed the entire learning phase, while 4,164 were unwilling for various reasons, including age, medical, and other grounds. With this, Goa achieved a literacy rate of 99.7%.

"Under the Ullas scheme, it is the first time that govt of India has defined literacy and the criteria to declare full literacy of any state and UT. Goa has now met those criteria and is proud to announce itself as fully literate," said Archana Sharma Awasthi, joint secretary, department of school education and literacy.

She stated that this is an inspiring achievement and sets an example for the rest of the country. Awasthi mentioned that the scheme is a motivation and hope for those aged 15 and above who missed the opportunity to go to school and were left behind in literacy. "This scheme, launched in April 2022, provides them with the chance to learn, grow, and contribute meaningfully to society," she said.

Awasthi also noted that determining full literacy in Goa was exhaustive, as they surveyed even the smallest villages to identify and educate the illiterate. "According to the PLFS report, which is an NSSO report for 2023-2024, Goa's literacy rate is 93.6%, which is among the highest in the country, with both male and female populations scoring well. However, as per their own survey, Goa has now achieved much more than that and has crossed 99%," said Awasthi.



Chief minister Pramod Sawant said, "This will help the state increase its happiness index. Govt is working to increase the happiness index". State govt mentioned that for those still willing to learn, the education department will make plans.

*Courtesy - The Times of India, May 31, 2025*

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# HEALTH BENEFITS OF MORINGA

Moringa, commonly known as the Drumstick plant, is a powerhouse of nutrition and medicinal properties. It is rich in vitamins A, C, and E, which boost the immune system and promote healthy skin and vision. It offers a wide range of health benefits, thanks to its rich content of vitamins, minerals, antioxidants, and bioactive plant compounds.

## Key Health Benefits of Moringa

- 1. Boosts Immunity:** Moringa leaves are loaded with vitamins A, C, and E, which are vital for strengthening the immune system. Vitamin C supports the body in fighting infections. Vitamins A and E act as antioxidants, helping to protect cells and enhance immune responses.
- 2. Rich in Antioxidants:** Moringa contains several powerful antioxidants, including quercetin, chlorogenic acid, and beta-carotene. These compounds help neutralize free radicals in the body, reducing oxidative stress and lowering the risk of chronic diseases such as heart disease and cancer.
- 3. Anti-Inflammatory Properties:** Chronic inflammation is linked to numerous health problems, including arthritis, diabetes, and cardiovascular disease. Moringa's anti-inflammatory compounds, help reduce inflammation and alleviate symptoms of these conditions.
- 4. Supports Heart Health:** Moringa has been shown to have cholesterol-lowering effects, which can help reduce the risk of heart disease. Its high levels of antioxidants also support cardiovascular health by protecting the heart and blood vessels from oxidative damage.
- 5. Regulates Blood Sugar Levels:** Studies have demonstrated that moringa can help lower blood sugar levels, making it beneficial for individuals with diabetes.

- 6. Enhances Digestive Health:** The high fiber content in moringa aids in digestion and helps prevent constipation. Additionally, its anti-inflammatory properties can help soothe the digestive tract, reducing symptoms of gastrointestinal disorders.
- 7. Combats Anemia:** Moringa is an excellent source of iron, which is crucial for producing red blood cells and preventing anemia. Consuming moringa can help increase hemoglobin levels and improve overall blood health.
- 8. Strengthens Bones:** Moringa is rich in calcium and phosphorus, both essential for maintaining strong and healthy bones.
- 9. Antimicrobial and Antibacterial Properties:** Moringa exhibits antimicrobial and antibacterial properties, making it effective against various bacterial, fungal, and viral infections. Its compounds help inhibit the growth of pathogens and support the body's defence mechanisms.
- 10. Culinary and Other Uses:** The leaves and flowers can be cooked like other leafy greens. They are often added to soups, stews, and curries, particularly in Indian cuisine. Dried and powdered moringa leaves are a popular supplement.

Moringa is truly a superfood that offers a multitude of health benefits. From boosting immunity and supporting heart health to regulating blood sugar and enhancing brain function, moringa proves to be a valuable addition to any diet. Including moringa in your daily routine can lead to significant improvements in overall health and well-being, making it a worthy addition to your diet.

