



# AAMI GOENKAR

For Goans, Of Goans, By Goans



Issue No 59

APRIL - JUNE 2026



My dear members and friends,

I extend warm greetings to all Aami Goenkar brothers and sisters and wish you and your families a joyous and fulfilling life ahead.

Managing Committee is conscious that newsletter published by it needs to be vibrant to meet expectations of its discerning readership. We regularly request feedback and continue our efforts to improve our newsletter, based on inputs received to meet their expectations. Our goal is to ensure every page reflects rich heritage of Goa while remaining relevant to contemporary life. We highlight the lives of legendary Goa icons and narrate their inspiring stories for us to do course correction and also to motivate the next generation.

We invite members to contribute to the newsletter to make it a collaborative collection of memories, stories, and expert perspectives. We aim to enhance its value by expanding its features to include global Goa narratives, spotlighting diaspora success stories, and fostering connections between like-minded institutions worldwide.

In coming months and years, we will continue our endeavor to improve content by increasing Goa centric stories and community news. We propose adding sections for youth, diaspora, arts, and women achievers. We will also include coverage of festivals, events, and important dates.

To ensure a two-way communication channel, we will implement a periodical feedback mechanism and encourage you to write letters to us to better understand and serve your interests.

Our newsletter reflects the essence of Aami Goenkar. With your continued contributions and insights, we will together make it an even more profound, inclusive, and cherished part of our community life.

Aami Goenkar has continued its outreach to like-minded institutions and cultural institutions for organizing joint programs and encouraging members to attend them on a reciprocal basis. This helps to broaden and strengthen



network and our shared commitment to preserving the Goa spirit. These collaborations enable us to build bridges among Goa Groups worldwide, uniting hearts across borders and oceans.

A highlight of our future plans is the much-anticipated mini Goa Festival in Mumbai, which we hope to organize in the coming months. This eagerly awaited event will once again showcase our music, food, art, and traditions, celebrating everything that makes Goa unique. Initial preparations are already underway, and we warmly invite volunteers and members to join us in making it a grand success.

Programs like the Goa Festival support start-ups, digital innovation, and youth talent, which is particularly encouraging. They ensure that the next generation will continue to contribute meaningfully to India's growth story.

I encourage members to actively participate in various initiatives of our institution and share ideas that will enhance the meaning and engagement of our programs. Our association belongs to all of us, and its strength lies in the enthusiasm, goodwill, and voluntary spirit of its members.

I want to express my deepest gratitude for your unwavering support. I extend my heartfelt wishes to you and your families, and kindly request your continued participation in our institution's initiatives. Together, let us continue to make a positive impact for many more years.

CA Mohan Sanzgiri  
President

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# Shashtyabdha Poorti of Pandit Milind Raikar

On this occasion of  
Pandit Milind Raikar's 60th birthday,  
Aami Goenkar joins music lovers across the  
world in celebrating a life devoted to the  
violin and to the soul of Goa.

Mumbai Times clipping recalls, it was June 1986 when a young Milind Raikar stepped onto the platform of CSMT Mumbai with just a bag and a violin, leaving behind his beloved Goa to pursue a single-minded sadhana. Under the tutelage of Padma Shri Pt. D.K. Datar, and later blessed by Gaanasaraswati Kishori Amonkar, he spent 21 years in rigorous taalim to carve a distinct place for himself in Hindustani classical music.

For us at Aami Goenkar, Panditji has been a cultural anchor. He has introduced Goan youth to the depth of Indian classical music, taking us to roots of sur that flows in a raag. His concerts for Aami Goenkar have been guruvandana in the truest sense as he is always accompanied by budding Goan artists rendering rare Goan compositions on Goa's gentle rivers, rustling palms to name a few.

His Raikar Music Foundation has trained hundreds of students irrespective of background, many now teaching music in municipal schools. His collaborations with Western symphonies have carried Indian classical music to global stages, yet his feet remain firmly rooted in Goan soil.

Panditji, you have taught us that music is seva, and that sur is the shortest path from the heart to the Divine. On your 60th birthday, Aami Goenkar prays for your long, healthy, and blissful life. May your violin continue to be the bridge between generations, between Goa and the world, and between tradition and innovation.

May your music flow forever, and may Bharat Mata be blessed through your swar sadhana

## Randhchi Kud

A Book Published by Aami Goenkar

**Goan Saraswat Cuisine is a delightful way to honor both tradition and festivity. Here's a curated selection of Goan Saraswat dishes that can make your dishes truly special.**

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# वंदे मातरम्

## Glory of **VANDE MATARAM:** 150 Years of India's Eternal Anthem

Originating in 1876, Vande Mataram was penned by Bankim Chandra Chattopadhyay while compiling *Anandamath*. It was published in two verses in his 1882 novel *Anandamath*. Over time, it has evolved into the soul of India's freedom struggle and the unifying thread for 140 crore Indians.

Vande Mataram embodies reverence for the motherland, collective resolve, and civilizational continuity. As India has embarked on its journey towards Viksit Bharat 2047, this anthem will remain our lifeline. It serves as a cultural bridge, connecting diverse languages, faiths, and regions, while resonating globally as a symbol of resilience and identity.

The setting was the 1770 Sannyasi Rebellion against British and feudal oppression. However, the words transcended history. "Vande Mataram" – I bow to thee, Mother, was an invocation to Bharat Mata, portrayed as fertile, abundant, and divine. This journey from literature to revolution marked the anthem's transformation.

Vande Mataram gained public attention in 1905 during the Partition of Bengal. Rabindranath Tagore set it to music, making it the rallying cry of the Swadeshi Movement. Leaders like Aurobindo Ghosh, Lala Lajpat Rai, and Subhas Chandra Bose embraced it. In 1937, the Congress adopted the first two stanzas as its national song, distinct from Jana Gana Mana, the national anthem. Thus, a literary verse transformed into a political weapon, sung in jails, on marches, and even on gallows by revolutionaries from Khudiram Bose to Bhagat Singh.

The ethos of Vande Mataram lies in its harmonious blend of the material and the spiritual. The poet drew inspiration from the Devi Suktam and the concept of Bharat Mata as Durga, Lakshmi, and Saraswati the protector, the provider, and the giver of knowledge.

"Sujalam, suphalam, malayaja shitalam", with sweet waters and fertile soil, cooled by southern breezes, is not merely a geographical description. It expresses

gratitude to the land that nurtures. "Shubhrajyotsna pulakitayamini", the night radiant with moonlight, evokes the beauty that inspires duty.

Vande Mataram serves as a call to devotion. It conceptualizes the nation not as a territory but as Bharat Mata. This elevates patriotism from a sense of duty to an emotional love, from an obligation to an emotional connection. This is precisely why it united a subcontinent that spoke 22 official languages and hundreds of dialects. The Mother belongs to all, and all belong to the Mother.

During the struggle for independence from 1905 to 1947, Vande Mataram became the very breath of our nation. It infused courage without hatred, resistance without bitterness. Even after independence in 1947, it remained India's emotional anchor. Soldiers marched to its tune during the 1965 and 1971 wars, and citizens sang it from balconies during the 2020 pandemic. Even during Chandrayaan-3's landing in 2023, ISRO scientists hummed it in mission control. In moments of crisis and triumph, Indians instinctively turn to Vande Mataram because it speaks to the heart before the mind.

Vande Mataram unites 140 crore of us. India's greatest challenge lies in achieving unity amidst diversity. Vande Mataram addresses this challenge by being non-sectarian yet deeply cultural. It doesn't mention a God, a King, or an ideology. Instead, it speaks about the land—Saptakoti kanthe kalakal nindata—the voice rising from millions of throats.

From Kanyakumari to Kashmir, from Gujarat to Arunachal, the melody is recognized even if the lyrics are not understood. It's sung at morning assemblies in

schools, chanted by athletes before matches, and raised as morale by volunteers during disaster relief. This shared soundscape creates a civilizational bond stronger than administrative boundaries. It's the invisible thread that stitches India's pluralism into one fabric.

Vande Mataram, once a symbol exclusively of India, has transcended borders and become a global phenomenon. Introduced to the West by Sister Nivedita in 1897, it gained immense popularity in 2002 with A.R. Rahman's album, topping charts in 15 countries. In 2006, NASA astronaut Sunita Williams even carried its recording to space.

For the global Indian community, Vande Mataram serves as a bridge, a poignant reminder of their roots amidst foreign shores. It has evolved into a soft power instrument, projecting India's civilizational confidence without resorting to aggression.

As India embarks on its journey towards Viksit Bharat by 2047, Vande Mataram will play a monumental role, not merely as a slogan but as a guiding spirit.

Firstly, it embodies self-reliance. Anandamath depicted Indians reclaiming their agency over their land and destiny. Today, Atmanirbhar Bharat resonates with the same resolve, evident in various sectors such as defense manufacturing, digital public infrastructure, and green energy.

Secondly, it fosters collective consciousness. Viksit Bharat demands the unity of 140 crore people. Vande Mataram reminds us that individual success is meaningless unless the Mother prospers. It transforms "my growth" into "our growth".

Thirdly, it serves as a moral compass. The song's reverence for nature, expressed through "sujalam, suphalam", aligns with India's climate goals and sustainable development. It advocates for prosperity without exploitation.



Fourthly, it unites for innovation. Just as it brought together farmers, lawyers, and students in 1905, it has the potential to unite scientists, entrepreneurs, and farmers in 2047. The glory of the motherland lies not in the past but in the collective achievements we build together.

Vande Mataram has endured as an eternal echo for 150 years. It draws from ancient wisdom, rooted in our rishis, while simultaneously resonating with our contemporary aspirations. It serves as our lifeline, grounding us amidst the ever-changing world, and as our unifying force, binding us together when forces attempt to divide us.

As we march towards Viksit Bharat, let Vande Mataram transcend the confines of textbooks and functions. Let it permeate our work ethic, our respect for nature, our pride without arrogance, and our unity without uniformity. For when 140 crore Indians bow to the Mother together, no challenge remains insurmountable and no destiny is beyond our reach.

## AN APPEAL

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 journey.

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**IFSC Code** : NKGS0000003

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





## गोंयची ओळख आमच्या संस्कृतीतले काही शब्द, आणि आठवणी



### बाल्काव

बाल्काव म्हणजे गोव्याच्या घराचा जीव. तांबड्या फरशीचा, मंगळोरी कौलांचा हा व्हरांडा. संध्याकाळी इथेच 'सोतरी' रंगते, शेजारी येऊन गप्पा मारतात. पावसात बाल्कावात बसून गरम चहा पिणे म्हणजे स्वर्गसुख. बाल्काव नसलेलं घर, गोंयचं घर नव्हे.

### काजू फेणी

गोव्याची खरी ओळख म्हणजे काजू फेणी. गावच्या भट्टीवर, तांब्याच्या 'भाणा' मध्ये काजूच्या रसापासून बनवतात. तिचा उग्र वास आणि तिखट चव गोमंतकीयांना आपलीशी वाटते. फेणी फक्त दारू नाही, ती गोंयची परंपरा आहे. पहिला घोट घेतल्यावर 'सुस्सेगाद' म्हणजे काय ते कळते.

### पोदेर

'पो-पो' करत सायकलवरून येणारा पोदेर म्हणजे सकाळची खूण. त्याच्या बांबूच्या टोपलीत उणे, कातरे, पोळयो असतात. गरम पावाचा वास आधी येतो, मग पोदेर दिसतो. त्याचा हॉर्न वाजला की पोरं धावत जातात. पोदेराशिवाय गोंयची सकाळ अपुरी.

### उर्साक

गोव्याची खास ओळख म्हणजे उर्साक. काजूच्या रसाचा हा पहिला डिस्टिलेट मार्च-एप्रिल महिन्यातच मिळतो. फेणी होण्याआधीचा हा गोड, ताज्या काजूच्या वासाचा पेय असतो. गावच्या भट्टीवरच उराक चाखायला मिळतो. त्याला 'जंगल ज्यूस' असेही प्रेमाने म्हणतात.

### खाजी

खाजी हा गोव्याचा पारंपारिक ख्रिसमसचा गोड पदार्थ. हरभऱ्याच्या पिठात गूळ-खोबऱ्याचे सारण भरून तळतात. बाहेरून कुरकुरीत आणि आतून मऊ असा हा पदार्थ 'कुसवार'च्या ताटात मानाचा असतो. आज्ञीच्या हातची खाजी म्हणजे नाताळच्या आठवणी.

### धालो

धालो हा गोव्याचा स्त्रियांचा लोकनृत्य प्रकार. पौष महिन्यात ९ रात्री वाड्यातील बायका एकत्र येऊन गोल रिंगण करून गाणी म्हणत नाचतात. यात देवाची, सासर-माहेरची गाणी असतात. धालो म्हणजे गोव्याच्या स्त्रीशक्तीचा, एकजुटीचा उत्सव.

### घुमट

घुमट हे गोव्याचे मातीचे वाद्य. मडक्याच्या तोंडावर कातडं लावून ते तयार करतात. मांडो, दुलपद आणि फुगडीच्या वेळी घुमटाचा खोल, गंभीर आवाज वातावरण भारून टाकतो. आजकाल कमी दिसणारे हे वाद्य गोव्याच्या लोकसंगीताचा आत्मा आहे.

### सोलकढी

सोलकढी म्हणजे गोव्याची उन्हाळी संजीवनी. कोकम आणि ओल्या नारळाच्या रसापासून बनणारे हे गुलाबी पेय. जेवणानंतर पोट थंड करण्यासाठी आज्ञी आग्रहाने देते. त्यात लसूण, मिरची, कोथिंबीर घातली की चव आणखी खुलते.

### पायली

पायली हे गोव्याचे जुने धान्य मोजण्याचे माप. ४ शेर म्हणजे १ पायली. आजही खेड्यात भात, नागली पायलीवर मोजून देतात. वजन-काट्याच्या आधी गावच्या बाजारात पायलीचाच मान होता. 'पायलीभर माया' हा शब्द आजही प्रेमाने वापरतात.

### बेबिनका

बेबिनका हे गोव्याचे लाडका गोड पदार्थ. नारळाचे दूध, मैदा, साखर आणि अंड्याच्या बल्कापासून थरावर थर लावून भाजतात. ७ ते १६ थरांची बेबिनका बनवायला सबुरी लागते. लग्न, नाताळ आणि खास प्रसंगी बेबिनका नसेल तर पान अपुरे.

### आज्जोळ

आज्जो-आज्जीचे घर म्हणजे कौलारू घर, मोठं राजांगण आणि मधलं अंगण. भिंती चुन्याच्या, खिडक्या लाकडी आणि घराला मातीचा वास. इथे प्रत्येक कोपऱ्यात आठवण दडलेली असते. हे घर नसून गोंयच्या संस्कृतीचं संग्रहालय आहे.

### वाडो

वाडो म्हणजे गावातील लहान वस्ती, एकाच आडनावाची किंवा समाजाची घरे. 'तबखी वाडो', 'ब्राह्मण वाडो', 'खारवी वाडो' अशी नावे असतात. प्रत्येक वाड्याला स्वतःचा क्रॉस, मंदिर आणि एकोपा असतो. गोंयचो गाव अनेक वाड्यांनी बनलेला असतो.

# Remembering

## Suman and Ramesh Tulsiani



We at Aami Goenkar are deeply saddened by the passing of Suman and Ramesh Tulsiani earlier in May 2026. Their life was destined for each other, with a shared vision of service, compassion, and unwavering kindness.

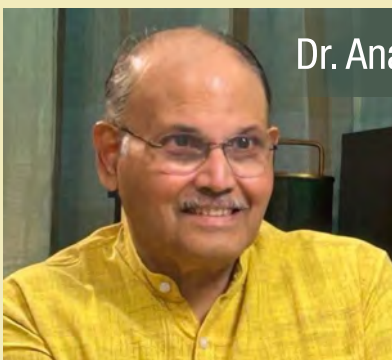
While they were inseparable in their philanthropic pursuits, both brought unique grace to their work. He was a man of quiet strength and principled actions; whose presence provided a foundation for the many causes they together championed. She was the vibrant, intuitive force, a listener with patience who possessed the rare ability to see the potential in others' dreams. They moved in business or at a community gathering, with a humility that belied their significant social standing.

For us Tulsianis' were not just patrons; they were pillars. They held a deep, genuine fondness for our founders, viewing the institution as an extension of values they cherished the most. They were present at our milestones, offering not just financial support, but their time and wise counsel. They understood the soul of our work, and their belief in our mission gave us the confidence to aim higher and reach further.

Suman Tai had a transformative impact on every project she touched. We went to her with an idea, knowing it would be met with an open mind. She never just funded, she engaged. She listened with intent, added value with her sharp insight, and then, with quiet determination, put her full weight behind an initiative.

When Suman Tai decided to support a proposal, she didn't just provide money, she put her social weight and structural backing to turn good ideas into lasting community achievements.

Their departure leaves a deep vacuum, but their legacy of warmth and steadfast friendship remains woven into the very fabric of Aami Goenkar. We are better for having known them, and their spirit will continue to guide our endeavors for years to come.



### Dr. Anand Nadkarni – A Healer of Hearts and Minds

We at Aami Goenkar family offer our respects to **Dr. Anand Nadkarni**, a towering figure in the field of mental health, a gifted communicator, and a deeply compassionate soul. He was a visionary who dedicated his life to creating awareness and fostering emotional resilience in society.

Dr. Nadkarni was a healer. Through the Institute for Psychological Health (IPH), he empowered individuals taking their trauma, anxiety, depression away by giving them comfort in their life struggles.

He began his consultancy practice in 1986. Till then, he was a lecturer at KEM Hospital. He played key role in establishing and institution building of Muktangan Rehabilitation Centre. In 1990, he co-founded the institute for Psychological Health with mission of Mental health for All.

His contribution as an orator and author was equally transformative. He had the rare, God given gift of simplifying complex psychological phenomena into accessible, life-affirming wisdom, through his books, his lectures, or his radio engagements, he spoke directly to the common man.

We, at Aami Goenkar firmly resolve to carry forward his mission of building emotional resilience within our community. We offer our deepest, most heartfelt respects to a man who healed so many and brought light into the darkest corners of the human experience.



आमि गोकार परिवार



Charity Given out of duty, without expectation of return, at the proper time and place, to a deserving recipient, is considered to be in the mode of goodness (Bhagwad Gita 17.20)

## SUMAN & RAMESH TULSIANI BID ADIEU

In Aristotle's words - To give away money is an easy matter and in any man's power. But to decide whom to give it and how much and when, for what purpose and how, is neither in every man's power nor an easy matter. Notwithstanding these daunting challenges, the dynamic philanthropic duo Suman and Ramesh Tulsiani toiled selflessly in their quest for Shaping Lives And Communities. Playing to a poetic, divine and destined script, Suman and Ramesh Tulsiani bid adieu to this world earlier in May 2026 as they passed away 13 days apart. Ramesh Tulsiani passed away on May 03, 2026 while Suman Tulsiani passed away on May 16, 2026, at the age of 95 years and 89 years respectively.

If giving is the new way of life, kindness the uber cool and compassion the nouveau persona, then the octogenarian Suman and nonagenarian Ramesh Tulsiani basked in the philanthropic aura of the Suman Ramesh Tulsiani Charitable Trust. Waking up every day with a zest for life and a single-minded focus on finding ways and means to alleviate the trials and tribulations of the underprivileged sections of society, they were an exemplary couple who lived the adage of 'We make a living by what we get, we make a life by what we give', to the fullest.

Wealth may be the privilege of a select few. But what comes in tow is a huge responsibility of giving back to society in a bid to maintain some sense of equilibrium. Not all wake up to this task in their lifetimes. However, the few who do are the ones that bring about a change and make a difference not because they are different but because they choose to view life differently. This patriotic couple had a vision of seeing a strong and united nation bereft of the dark clouds of caste, creed and religion.

Suman hailed from Goa belonging to the highly erudite Maharashtrian family of Kuwelkars, whereas Ramesh was a Sindhi from Hyderabad in Sindh, Pakistan, who

shifted to erstwhile Bombay after the partition as they had business interests there and in erstwhile Calcutta since pre-partition days. Hailing from well-educated and highly-cultured families, they adorned their bond of love in holy matrimony in 1959, a time when inter-caste marriages were frowned upon.

Ramesh made his fortune in textiles and construction businesses. With luck and destiny by his side, the hard work and keen sense of business acumen saw him build a formidable empire over the decades. Accepting and enjoying the fruits of his labour with humility and grace, it was in 1989 that this enigmatic couple decided to embark on life's real journey with a sense of purpose to establish the Suman Ramesh Tulsiani Charitable Trust aimed at enriching people's lives through various educational, medical, social and cultural initiatives.

'Charity begins at home but should not end there', is the adage both Suman and Ramesh firmly believed in. A good leader does not want followers; he likes to create more leaders. Their first focus was on their families.

Having ensured familial harmony and prosperity, they made substantial donations that have helped numerous projects over the years. Notably:

- 1) Suman Ramesh Tulsiani Annexe for Dalvi Hospital at Hughes Road, Mumbai;
- 2) Goa Hindu Association's Sneh Mandir, home for the aged at Bandode Goa;
- 3) MCA Department at Vivekanand Education Society at Chembur, Mumbai;
- 4) Vanprastha Ashram in ISKCON at Khargar, Navi Mumbai;
- 5) Tulsiani Block – a hostel for students at Keshav Srushti, Bhayandar, Mumbai;
- 6) Suman Ramesh Tulsiani Convention Centre at the Sophia College, Mumbai;

- 7) Children Heart Department at the Asian Heart Institute at BKC, Mumbai
- 8) New floor for Shanti Avedna in Mumbai and Goa
- 9) Specialty Diagnostic Laboratory at Nana Palkar Smriti Samiti, Parel and Borivali Mumbai
- 10) Shushrusha's Suman Ramesh Tulsiani Hospital, Vikhroli, Mumbai
- 11) Suman Ramesh Tulsiani Engineering College, Kamshet, Lonavala
- 12) Girls Building at the Sadhu Vaswani Education Centre, Pune
- 13) Dialysis Centre in Dr. Hedgewar Hospital, Aurangabad
- 14) Advanced USG Machine at TATA Memorial Hospital, Parel, Mumbai
- 15) Netrajyoti – Mobile Eye Clinic, Bhaktivedanta Hospital, Mira Road, Mumbai
- 16) More than 12,000 Free Cataract Surgeries
- 17) Donation of Dialysis Machines to BKL Walavalkar Hospital, Derwan, Swami Sarvanand Hospital, Ulhasnagar, Swami Vivekanand Hospital, Nagpur
- 18) Covid-19 Vaccination Drive – Raksha Kawach - Free Vaccine to 18,500 people; Free Ration Kits to more than 6,000 families during Covid-19
- 19) Donation of Solar Plants to Happy Indian Village, Latur, Madhav Netralaya, Nagpur, Swami Sarvanand Hospital, Ulhasnagar
- 20) Donation of School Vans to Vanvasi Ashram (Mangaon) and Abhinav Nyanmandir (Usar, Khurd), 5 School Buses across Jharkhand, Kolhapur, Sangli and Satara.



Apart from this, financial assistance to patients and students for healthcare and education on a daily basis, Scholarship programmes, OPD Clinics, monthly ration to old age homes and widows' families, School kits and Uniforms to thousands of students in rural areas and the list is endless. Collectively these projects have seen an infusion of more than Rs.280 crores over the years. Empowering good ideas and people were the key factors in all their philanthropic activities.

Like the perennial river waters that quench the thirst of all without any discrimination, Suman and Ramesh Tulsiani believed Humanity to be the only true religion. Both of them had a middle-class upbringing, which had instilled sound values and virtues, dwelling on selflessness, sharing, kindness and compassion to all around. It is said and observed that a genuine person or cause has never gone empty handed from their doorstep. Attending office was a sacred practice for both of them till just before the Covid pandemic struck in 2020. Sitting in their cabins on the top floor of their own-built Tulsiani Chambers, the office buzzed and came alive with their presence and healthy discussions.

Suman and Ramesh Tulsiani leave behind a rich legacy and their demise leaves a huge void in the philanthropists' community, with many calling it as the End of an Era. We bid a fond adieu to this warm, humane and loving couple who had nothing but warmth, kindness and compassion to share.-

~ Manish Rupani

