



AAMI GOENKAR

For Goans, Of Goans, By Goans



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PRESIDENT'S MESSAGE

My Dear Members and Friends,

It gives me immense pleasure to extend warm greetings to every member of the Aami Goenkar family. I wish you and your loved ones good health, happiness and a joyful festive season.

The monsoon has once again transformed Goa into a breathtaking expanse of lush greenery. The life-giving rains have replenished our rivers, reservoirs and fields, bringing renewed hope to farmers and rural communities. A good monsoon is a blessing not only for Goa but also for our nation, strengthening agriculture, supporting livelihoods and contributing to India's economic well-being. Nature reminds us that patience, faith and perseverance are always rewarded.

July to September is the most vibrant period in Goa's cultural calendar. The festivities begin with the colourful Spirit showcasing our rich musical heritage, authentic cuisine and the timeless charm of Goa's brass bands. The rains bring the joyous São João Festival, with traditional boat parades, colourful kopels, music, dance and community feasts.

The celebrations continue with the unique Chikhhal Kalo at the historic Shree Devaki Krishna Temple at Marcel, commemorating the playful childhood of Krishna. The season then reaches its spiritual high with Janmashtami, followed by Ganesh Chaturthi (Chavoth)—the most cherished festival in every Goan Hindu home. It is a time for families to reunite and communities to celebrate with devotion, traditional cuisine, music, gratitude and togetherness.

I am delighted to share encouraging news about Randhchi Kud, our much-loved publication on Goan festive cuisine. During July 2026, the book recorded its highest monthly sales since its launch over fifteen years ago. Readers across India and overseas have warmly appreciated this effort to preserve Goa's culinary heritage. Our distributor, Marathi Info-Media, continues to receive appreciative feedback and suggestions for future editions.

Over the years, our newsletter has evolved into much more than a record of activities. It has become a platform for sharing Goa's history, culture, traditions and collective memories. Through previous editions, we have explored Goa's heritage, festivals, temples, cuisine, eminent personalities and lesser-known aspects of our history. The overwhelming response from members inspires us to continue documenting and celebrating our shared legacy.



This issue continues that journey. Along with updates on our activities, you will find articles on Goa's unique traditions, heritage, personalities and culture, besides regular features that we hope will inform and inspire. We warmly invite members to contribute articles, travel experiences, photographs, family histories and expert perspectives, so that this publication reflects our community's collective voice.

Many members have eagerly awaited the Mini Goa Festival in Mumbai. Owing to unavoidable circumstances, we had to defer the event. However, preparations continue with renewed enthusiasm, and we hope to announce new dates shortly. We are confident that the festival will bring together Goa's music, cuisine, literature, art and traditions while providing a platform for emerging talent, entrepreneurs and young innovators.

I earnestly encourage every member to participate actively in the programmes and initiatives of Aami Goenkar. Your ideas, suggestions, time and voluntary efforts are the greatest strength of our institution. Together, we can preserve our glorious heritage while inspiring future generations of Goans across the world.

As always, I express my heartfelt gratitude for your unwavering trust, encouragement and continued support. On behalf of the Managing Committee, I wish you and your families a wonderful festive season filled with peace, prosperity and good health.

Let us continue our journey together—with pride in our roots, confidence in our future and an abiding commitment to keep the spirit of Goa alive wherever we may be.

With warm regards,

CA Mohan Sanzgiri, President

July 28, 2026

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Heartiest Congratulations

to **Renée Noronha** on achieving an extraordinary milestone in the world of endurance sports. At just 20 years of age, the Mumbai-based triathlete has become the youngest athlete from India to complete Ironman races across six continents, placing herself on the threshold of a world record that will earn her a place in the record books.



An Ironman is regarded as one of the toughest endurance events in the world, comprising a 3.8 km swim, 180 km cycling, and a full marathon of 42.2 km, all completed in a single day. It demands exceptional physical fitness, mental resilience, discipline and unwavering determination.

Renée's journey has been one of perseverance and courage. Beginning with Ironman Kids events, she steadily progressed through increasingly demanding competitions, overcoming extreme weather conditions and challenging race environments. Her recent success at Ironman Philippines, completed in an impressive 15 hours, 55 minutes and 37 seconds, made her the youngest Indian ever to qualify for the prestigious Ironman World Championship in Kailua-Kona, Hawaii.

With races already completed across six continents, Renée is now preparing for major international championships, including the

Ironman World Championship and Ironman South Africa, where completing her final continental race will make her the youngest athlete in the world to finish Ironman events on all seven continents.

What makes this achievement even more special is that Renée has her roots in Goa, making her accomplishment a matter of pride not only for her family but also for the Goan community. Her journey demonstrates that age is no barrier to excellence and that dreams, when pursued with discipline, hard work and determination, can become reality.

We extend our heartfelt congratulations to Renée Noronha on this remarkable achievement. May she continue to scale new heights, inspire countless young people to dream big, and bring many more laurels to India. We wish her every success as she strives to create history on the seventh continent.

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.

The Unique collection of authentic Goan Recipes

The book is available in English @Rs 200/-, Marathi @Rs 300/-, with postage extra based on your location.

Order now and get it delivered right to your door!

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Shree Mangeshi Temple

A Timeless Symbol of Goa's Spiritual Heritage



The recent recognition of Shree Mangeshi Temple with a prestigious tourism award is a matter of immense pride not only for the temple and its devotees but also for the people of Goa and India. The award acknowledges its architectural beauty, appreciates celebration by devotees for centuries and their unwavering faith, cultural continuity, and the harmonious coexistence of spirituality, heritage, and community life. It is a reminder that India's ancient temples are not merely places of worship but vibrant centers of history, art, music, learning, and social cohesion.

Situated in the picturesque village of Mangeshi in Ponda Taluka, the temple is dedicated to Shree Mangesh, a revered form of Shiva. According to tradition, the original deity was worshipped at Kushasthali, present-day Cortalim. During the Portuguese period, when many Hindu temples in coastal Goa faced destruction, devoted followers courageously relocated the deity across the Zuari River to Mangeshi, where the present temple gradually evolved into one of Goa's most revered shrines. The temple thus stands not only as a monument of devotion but also as a symbol of resilience and the determination of Goans to preserve their faith and traditions.

The temple's elegant white façade, magnificent Deepastambha - seven-storied lamp tower, graceful water tank, spacious courtyards, and peaceful surroundings make it one of Goa's finest examples of temple architecture. Unlike the towering gopurams of South India or the Nagara style of North India, Goan temples evolved a distinctive architectural identity, blending indigenous styles with local climatic needs

and historical influences. The illuminated Deepastambha during festivals has become one of the most recognizable images of Goa.

The temple calendar is rich with religious observances throughout the year. The annual Mangeshi Jatra, celebrated with great devotion, is the most important festival. Thousands of devotees gather to witness the beautifully decorated palanquin procession carrying the deity through the temple precincts amidst devotional music, Vedic chanting, and traditional rituals. Other important celebrations include Mahashivaratri, Ram Navami, Navaratri, Shravan Mondays, Kartik festivals, and various annual religious ceremonies observed according to the Hindu calendar.

One of the temple's enduring traditions is the emphasis on disciplined worship and community participation. Daily rituals begin before dawn with Kakad Aarti, followed by Abhishek, Mahapuja, and evening Aarti. Bhajans, kirtans, Vedic recitations, and classical music performances often accompany major festivals. Many Goan families across the world continue to return to Mangeshi during important family occasions to seek blessings, reinforcing an emotional bond that transcends geography.

The temple has also made an invaluable contribution to Indian culture. The village of Mangeshi is famously associated with the illustrious Mangeshkar family, whose ancestors hailed from this sacred place. The legendary voices of Lata Mangeshkar, Asha Bhosle, and the family's remarkable contribution to Indian music carry with them the spiritual legacy of this temple. The temple has long nurtured devotional music, Sanskrit learning, and traditional arts that form an integral part of Goa's cultural fabric.

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What attracts tourists from India and abroad is not merely the temple's beauty but the experience it offers. Visitors are drawn by its serene atmosphere, impeccable cleanliness, disciplined management, magnificent architecture, lush surroundings, and the opportunity to witness living traditions that have continued uninterrupted for centuries. Unlike monuments that belong only to history, Mangeshi Temple remains a vibrant place of worship where every festival, every prayer, and every procession keeps heritage alive.

The tourism award therefore carries significance on many levels. For the devotees, it is recognition of centuries of faith and collective effort in preserving their sacred heritage. For the temple trust, it validates their commitment to conservation, visitor management, cleanliness, and cultural preservation. For Goa, it reinforces the state's identity not only as a destination of beaches and natural beauty but also as a land of profound spiritual and cultural richness. It encourages visitors to discover the many temples, folk traditions, festivals, and sacred sites that represent Goa's indigenous heritage.

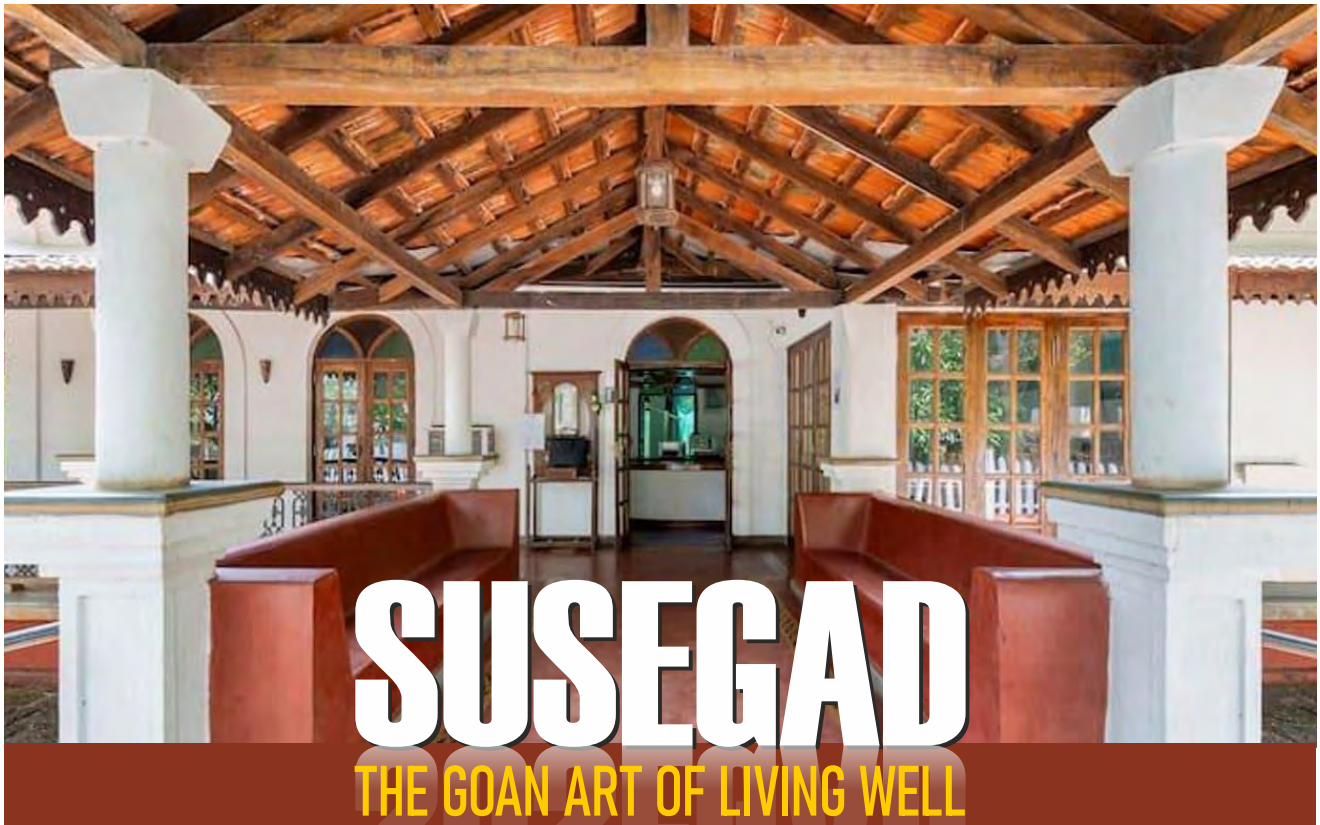
From India's perspective, such recognition strengthens the country's image as a civilisation where living heritage continues to flourish. Around the world, cultural tourism is increasingly valued as a means of understanding history, faith, and community life. Awards to temples such as Mangeshi demonstrate that India's ancient institutions continue to remain relevant, inclusive, and vibrant in the twenty-first century.

Ultimately, the honour bestowed upon Shree Mangeshi Temple belongs to generations of devotees who preserved their traditions through difficult times,

to priests and trustees who continue to uphold sacred rituals, and to the people of Goa whose culture has always celebrated harmony between faith, art, and community. It is a proud moment for every Goan. As pilgrims and tourists continue to walk through its sacred precincts, the temple will remain what it has always been—a beacon of devotion, resilience, and timeless cultural heritage, inspiring generations in India and across the world.

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Among the many Portuguese words that have found a permanent place in Goa's vocabulary, the most loved and also misunderstood is "Susegad." It is often construed as laziness, indifference, or a laid-back attitude. Nothing could be further from the truth.

For a Goan, Susegad is not about doing less, it is about living better. It is the quiet wisdom of knowing that life is not measured merely by how busy we are, but by how meaningfully we live. It teaches us to work sincerely, fulfil our responsibilities honestly, and then make time for family, friendships, nature, music, prayer, and self-reflection. It is an art of balancing ambition with contentment.

Long before the modern world began speaking about work-life balance, mindfulness, slow living, and well-being, Goa had already embraced these values through the simple philosophy of being Susegad. Goa encouraged people to enjoy a meal without hurry, greet neighbours warmly, celebrate festivals together, walk to the village temple, church or market, spend an evening on balcao or verandah, and find happiness in life's simple pleasures.

Susegad does not discourage hard work. Generations of Goans have been successful teachers, sailors, engineers, doctors, entrepreneurs, artists, and professionals across India and around the world. Their achievements were built on discipline and dedication.

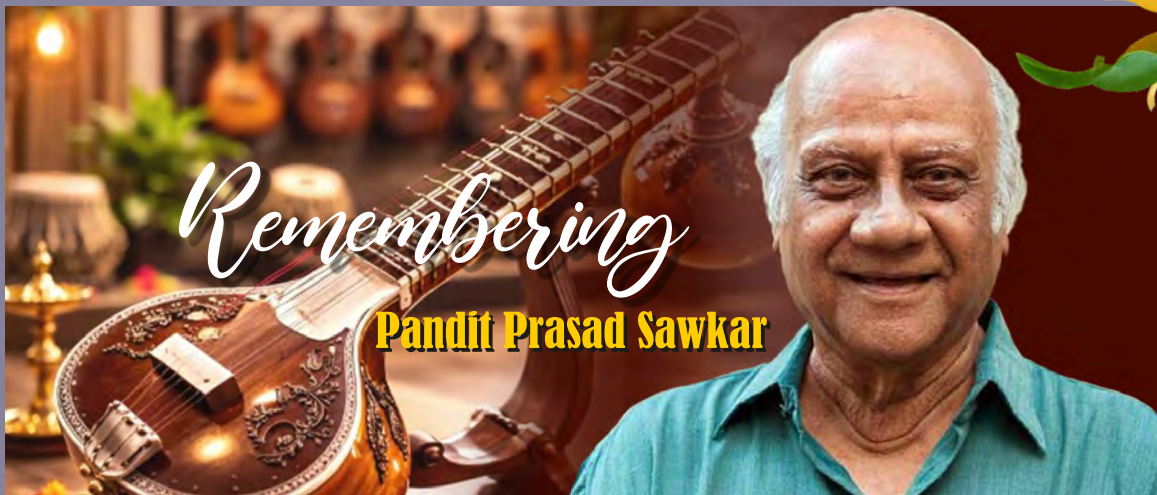
Yet they also understood that success loses its meaning if it comes at the cost of health, relationships, or inner peace. Susegad reminds us that prosperity and contentment can and should walk together.

Perhaps that is why millions of visitors are drawn to Goa every year. They certainly come for its beaches, rivers, forests, temples, churches, and cuisine. But what they often take back with them is something less visible, the unhurried rhythm of Goan life, the warmth of its people, the joy of community celebrations, and the ability to smile without reason. In many ways, the world comes to Goa searching for Susegad, even if it does not know the word.

In today's fast-paced world, where stress, anxiety, and endless competition have become part of daily life, Susegad offers a timeless lesson. It invites us to pursue our passions, cherish our traditions, appreciate nature, and measure wealth not only by what we possess but also by the peace we experience.

Susegad is not an excuse for complacency, it is a philosophy of mindful and purposeful living. It is the confidence to work with commitment, live with gratitude, and remain content with honest earnings. More than a word, it is a way of life that has shaped Goa's character for generations. It is a priceless legacy that deserves to be preserved, understood, and proudly shared with the world.





With deep reverence, Aami Goenkar pays heartfelt tribute to Pandit Prasad Sawkar, one of Goa's most distinguished sons, whose passing marks the end of a glorious chapter in Indian classical and Marathi musical theatre.

Pandit Prasad Sawkar was much more than an accomplished vocalist or an outstanding actor. He was an institution in himself. Blessed with a melodious voice, impeccable diction, and extraordinary command over classical music, he enthralled audiences for decades through his unforgettable performances in Sangeet Natak. He carried forward the rich legacy of Marathi musical theatre with rare grace and dedication, earning admiration from connoisseurs, fellow artistes, and music lovers alike.

Though his fame spread across Maharashtra and the nation, Pandit Sawkar remained deeply connected to his Goan roots. Goa takes immense pride in having nurtured a personality who elevated its cultural identity on the national stage. His life demonstrated how talent, rigorous training, discipline, and humility can together create an enduring legacy. Through every performance, he inspired generations of young musicians to pursue excellence while remaining rooted in tradition.

His contribution extended beyond the stage. He was a torchbearer of India's classical heritage, preserving and popularising a priceless musical tradition for future generations. His renditions will continue to resonate in the hearts of music lovers long after the curtain has fallen.

On behalf of the Managing Committee and members of Aami Goenkar, we offer our deepest condolences to his family, disciples, admirers, and the entire fraternity of music and theatre. We bow in gratitude to a legendary artiste whose voice enriched our cultural heritage and whose life will continue to inspire generations.

Om Shanti. May his noble soul attain eternal peace.

श्री गणेशाय नमः

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



“The Guru does not merely teach us how to make a living; the Guru teaches us how to live.”

Among the many festivals celebrated in India, Guru Purnima holds a unique and sacred place. Observed on the full moon day -Purnima of the Hindu month of Ashadha - July–August, it is a day dedicated to expressing gratitude to our Guru—the one who removes darkness (Gu = darkness, Ru = remover) and leads us towards knowledge, wisdom and self-realisation.

Guru Purnima is traditionally celebrated as the birth anniversary of Maharishi Ved Vyasa, the great sage who compiled the Vedas, authored the Mahabharata, and composed the Brahma Sutras and the eighteen Puranas. Such was his contribution to Indian civilisation that he is revered as the Adi Guru—the first teacher. On this day, students, disciples and seekers pay homage not only to Vyasa but also to their own teachers and spiritual guides who have shaped their lives.

Indian culture has always placed the Guru above all worldly relationships. Parents give us birth, but the Guru gives direction to life. He nurtures character, instils values, awakens discrimination between right and wrong, and inspires us to become better human beings. The ancient prayer, “Guru Brahma, Guru Vishnu, Guru Devo Maheshwara,” beautifully expresses the Guru’s exalted position as the embodiment of creation, preservation and transformation.

In Goa, Guru Purnima is observed with great devotion in temples, maths, spiritual organisations and homes. Temples dedicated to Dattatreya, the eternal Guru, witness special prayers and bhajans. Many devotees visit the maths of the Goud Saraswat Brahmin tradition,

the Ramnathi Ashram, and other spiritual centres to seek blessings from their Gurus. Families remember their ancestors, teachers and elders who have guided them through life’s journey, reinforcing the Goan tradition of respect for knowledge and wisdom.

One of the most sacred symbols associated with Guru Purnima is the Guru Paduka—the holy sandals or footprints of the Guru. In Indian tradition, the Paduka symbolises the Guru’s presence, teachings and the path he has walked. It reminds disciples to follow in the footsteps of their Guru with humility, discipline and devotion. During Guru Purnima, devotees ceremonially worship the Padukas with flowers, sandalwood paste, lamps and prayers, not because the sandals themselves are divine, but because they represent the timeless wisdom and grace of the Guru. Reverence for the Paduka signifies surrender of the ego and acceptance of the Guru’s guidance in every aspect of life.

In today’s rapidly changing world, where information is abundant but wisdom is often scarce, the message of Guru Purnima is more relevant than ever. It reminds us to honour those who have shaped our lives—our parents, teachers, mentors and spiritual guides—and to express gratitude for their selfless contribution.

As Goans, with our rich tradition of learning, devotion and respect for elders, Guru Purnima is more than a festival. It is a celebration of the eternal bond between the teacher and the disciple—a bond that illuminates lives, preserves values and guides society towards a brighter future.

The Secret Meanings Behind GOA'S TALUKA NAMES

Every Name Tells a Story

Long before maps were drawn, kingdoms were established, or the Portuguese arrived on Goa's shores, this beautiful land was known through its villages, rivers, forests and communities. The names of Goa's talukas are much older than colonial rule. They carry echoes of ancient Sanskrit, Konkani, Kannada and local dialects, preserving memories of a civilization that flourished for centuries. Every time we say Bardez, Salcete or Sattari, we unknowingly speak words that are over a thousand years old.

Several of Goa's talukas derive their names from the number of villages they originally comprised. **Bardez** comes from Bara Desh—the "land of twelve villages." **Salcete** traces its roots to Shasti or Shashti, meaning sixty-six villages, while **Tiswadi** originated from Tis—the region of thirty villages. Likewise, **Sattari** is believed to have evolved from Sapta, meaning seven, possibly referring to seven settlements, valleys or clans. These names remind us that Goa's earliest administrative divisions were organised around village communities, long before modern districts and municipalities came into existence.

Some taluka names reflect Goa's geography and strategic importance. **Ponda**, traditionally associated with fortified settlements or elevated land, became a natural refuge for many Hindu temples during Portuguese rule and continues to be regarded as the cultural heartland of Goa. **Mormugao**, derived from the ancient word Mormug, signifies a great harbour. Blessed with one of India's finest natural ports, it has connected Goa with the Arabian Sea and the wider world for centuries.

Other names celebrate the intimate relationship between the people and nature. **Quepem** is believed to derive from words associated with rivers, cultivation and fertile lands. **Sanguem**, named after the Sanguem River, reminds us that rivers shaped settlement patterns, agriculture and trade. **Dharbandora**, linked to the Dharbandora River, reflects the deep connection between forests, rivers and tribal communities that continue to define the region.

The origins of **Pernem**, **Bicholim** and **Canacona** are less certain but equally fascinating. Pernem is often regarded as the northern guardian of Goa, protecting ancient trade routes. Bicholim is traditionally associated

with peaceful riverside settlements, while Canacona evokes memories of ancient frontier communities that guarded Goa's southern borders. Whether these interpretations are rooted in folklore or history, they reflect the collective memory of generations.

One remarkable aspect of these names is their resilience. Successive rulers—the Kadambas, Bahmani Sultans, Adil Shahis and later the Portuguese—may have altered spellings and pronunciations, but the soul of these names endured. They remained woven into the language and identity of the Goan people.

These ancient names also remind us that Goa has always been an integral part of India's civilisational journey. They reflect indigenous systems of village administration, vibrant maritime trade, agriculture, temple traditions and cultural exchanges that connected Goa with the Konkani coast, Karnataka, Maharashtra and the wider Indian Ocean world.

Today, as Goa embraces rapid development and modernisation, understanding the stories behind these names allows us to appreciate our heritage more deeply. They are not merely labels on road signs or government records—they are living reminders of who we are and where we come from.

The next time you travel from Bardez to Ponda, from Tiswadi to Canacona, pause for a moment. You are not simply crossing taluka boundaries—you are travelling through more than a thousand years of Goan history. Every name is a story, every story a legacy, and every legacy a precious part of Goa's timeless identity.

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Goa Gazetteer – The standard official reference on Goa's geography, history, administrative divisions and place names.

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A History of Goa – A. K. Priolkar.

The Kadambas of Goa – George M. Moraes.

Essential for understanding how the Kadamba rulers organised Goa's territory and administration. Goa is always accompanied by budding Goan artists rendering rare Goan compositions on Goa's gentle rivers, rustling palms to name a few.

