



AAMI GOENKAR

For Goans, Of Goans, By Goans



Issue No 55

January - March 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 2025 and wish a joyous and fulfilling period ahead to you and families. I am filled with hope and excitement for the opportunities and challenges that lie ahead. It is with great pride and gratitude that I address you today, reflecting on the achievements and progress we have made together over the past year.

Past decades have been period of growth, collaboration, and resilience. We have overcome obstacles, celebrated victories, remained focused on our mission of creating a more inclusive, compassionate, thriving Goan community. Your unwavering support and dedication has been the cornerstone of our success, and for that, I extend my deepest appreciation. New year presents to us opportunities to start afresh, set new goals, and dream bigger. Our collective efforts have the power to create lasting positive change. I am confident that with your continued involvement, we will reach new heights in 2025. This year, together, we will focus on expanding our outreach programs, expanding our memberships and celebrating our successes and build a brighter future for our institution.

I am sure you will join me in welcoming the announcement of the India Budget 2025. This year's budget brings with it a renewed sense of hope and a clear vision for our nation's future. The government's commitment to foster economic growth, social welfare, infrastructure development is evident in the comprehensive measures outlined in this budget. Further, provisions for education, healthcare, technological advancements reflect a holistic approach to nation-building. As a social institution, we are committed to supporting these initiatives and working towards the common goal of a prosperous and inclusive India. We will continue to collaborate with the government, stakeholders, our community to implement programs that align with the budget's vision and contribute to the overall development of our nation.

The Mahakumbh 2025, held in Prayagraj, has been a monumental event, both in terms of its spiritual significance and its unprecedented success. This once in 144 years gathering has drawn 66 crores devotees from across the globe, making it one of the largest and most significant religious congregations in the world. Deeply rooted in Hindu tradition is the belief that bathing in the sacred waters of the triveni sangam, the confluence of the



Ganga, Yamuna, and Saraswati during this auspicious period purifies the soul and washes away sins, leading to spiritual enlightenment

During this auspicious period, I encourage each of you to take a moment to celebrate not just our achievements but contemplate what drives us forward, the spirit of compassion and service. We cannot be complacent and rest on laurels of work done by us so far. We have to build capabilities, develop new skills, continue to attract the talented young Goans, use technologies and upgrade our approach. These are pillars of the effort, successes would not have been possible without the hard work and creativity of the team.

As we reflect on the journey so far, let us also look ahead. Our focus during 2025 will be build on the success of " Surile Goenkar " dedicated to promoting art, music, and dance. We will start new initiatives while continuing to celebrate occasions like teachers' day, founders day, Goa liberation day founders day and unique festivals of Goa.

As we navigate through challenges, we will continue to innovate, inspire, and impact lives, staying true to our values and mission. We are conscious of our limited financial resources and the need to explore new ways to raise them to strengthen our financial position.

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

February 28, 2025

In this Issue

1. President's Message	1
2. Padma Shri Award - Smt Libia Lobo Sardesai	2
3. An Appeal	2
4. Shigmotsav	3-4
5. Smaran - Pandit Prabhakar Karekar	5
6. Felicitations	6
7. Ranchikud	6
8. Obituary	7
9. Health Benefits of Yoga	8

Heartiest Congratulations to

SMT LIBIA LOBO SARDESAI
on being honored with the prestigious
Padma Shri award.



Libia "Libby" Lobo Sardesai was born on May 25, 1924, in Porvorim, Bardez taluka, Portuguese Goa. She grew up in Bombay (now Mumbai), where she became actively involved in the Goan nationalist movement during her college years. During this period, she was influenced by prominent figures such as M. N. Roy and was introduced to him by her professors, including Nissim Ezekiel. She also contributed to T. B. Cunha's Goan Youth League, serving as its secretary from 1948 to 1950. Ms Lobo was married to Mr Vaman Sardesai. Her early career included roles as a translator and librarian at All India Radio (AIR), Bombay, where she also pursued a law degree.

In response to the Portuguese crackdown on satyagrahis in 1954, Libia, with help from Vaman Sardesai and Nicolau Menezes, established an underground radio station known as the Voice of Freedom. During 1955 to 1961, this station broadcasted messages countering Portuguese propaganda and played a crucial role in sustaining the morale of Goan nationalists. She operated the station from various locations, including the jungles of Amboli Ghat and later Castle Rock, Karnataka, to evade detection.

On December 19, 1961, following the success of Operation Vijay, Libia and Sardesai announced Goa's liberation by broadcasting messages from an

Indian Air Force plane equipped with a loudspeaker, symbolizing the end of Portuguese rule.

After Goa's liberation, Libia served as the first Director of Tourism for Goa, Daman, and Diu. She later became the first practicing female lawyer in Goa, with very successful legal career.

Beyond her professional achievements, she founded the Women's Cooperative Bank, entirely run by women, and served as the president of the Goa College of Home Sciences. In 1994, following her husband's death, she established the Vedanta Institute to promote personal development.

In 2024, Libia celebrated her 100th birthday. To honor her contributions, a mural was painted on a building facing her residence in Panaji. Her life and work are also showcased at the Aguada Interactive Museum in Goa, ensuring that her legacy continues to inspire future generations.

In January 2025, the Government of India recognized her invaluable contributions by awarding her the Padma Shri, the country's fourth-highest civilian award.

Libia Lobo Sardesai's life is a testament to resilience, dedication, and the relentless pursuit of freedom and justice. Her story continues to inspire and serve as a beacon of courage and commitment.

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.

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

Bank : NKGSB Co-operative Bank Ltd.
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Shigmotsav

A Festival of Colour, Culture, and Tradition

Shigmotsav, also known as Shigmo, is a culturally vibrant and lively festival marking the end of winter and the welcoming of spring in Goa. This grand festival is celebrated with great pomp and grandeur by the Konkani diaspora of Goa and is one of the most significant Hindu festivals observed in the state. With an explosion of colours, music, dance, and well-lit float parades, Shigmo brings the streets of Goa to life.

Shigmo is a festival that celebrates the arrival of spring, it takes place in the month of Phalguna according to the Saka calendar of the Hindu community in Goa. It is a time when Goa showcases its rich and diverse culture, deeply rooted customs, and centuries-old traditions. From the rural villages to urban centers, Goa comes alive with high spirits and exuberant celebrations during this time.

The Significance of Shigmo: The festival's origins can be traced back to ancient traditions and practices. Shigmo was initially celebrated to honor warriors who returned home after fighting invaders. Villagers performed folk dances and enacted scenes from mythological stories to welcome these heroes back. Over time, the festival evolved into a grand celebration of spring and a way to honor the deities and traditions of the land.

Celebrations and Rituals: The Shigmo celebrations typically begin with a mass prayer (called Naman) where people worship and invite village deities to participate in the festivities. Devotees also pledge to abstain from intoxicants and non-vegetarian food throughout the duration of the festival. The festival spans from the 9th moon day to the full moon day. The fifth day of the festival is especially vibrant and is celebrated as Rang Panchmi, where people douse each other with Gulal (traditional red powder) as part of the celebrations. This is a day full of colour, joy, and revelry, as people join processions, dance, and sprinkle each other with Gulal.

The Vibrancy of Shigmo: The streets of Goa are filled with locals wearing colorful outfits, carrying large flags, artificial swords, and various other traditional props. Many people dress as traditional "Maharajas" or Warriors, holding weapons in hand, while others perform lively dances and play large musical instruments such as the Dhol, Tasha, Tutari, Flute, etc. Shigmo is a festival of music, dance, and community. These processions move through the streets, often reaching temple areas where devotees sing and dance in devotion to the gods singing folk songs and dancing in the rhythms of the music.

The highlight of Shigmo is the stunning float parades. These floats, decorated with vibrant colours and depicting scenes from Hindu mythology, are a major attraction during the festival. Some floats even participate in competitions, where the best performer is awarded prizes. The festival draws numerous tourists who come to experience the incredible energy, colour, and culture of Goa.

Dhakto Shigmo and Vhadlo Shigmo: Interestingly, Goa celebrates Shigmo in two distinct ways: Dhakto Shigmo and Vhadlo Shigmo. The differences in these celebrations can be traced back to Goa's colonial past.

- **Dhakto Shigmo**, is celebrated in the "Old Conquest" areas of Goa, which includes regions like Tiswadi, Bardez, and Salcete. These areas were the first to be conquered by the Portuguese in the 16th century. Dhakto Shigmo is primarily celebrated by the rural population, including farmers and laborers.
- **Vhadlo Shigmo**, on the other hand, is celebrated in the "New Conquest" areas of Goa, such as Pernem, Bicholim, Sattari, Ponda, Quepem, Sanguem, and Canacona. This celebration is of greater importance and is celebrated by people from all walks of life.





शिगमो

Shigmo is not just about parades and music. The festival is a time for people to come together and honor the ancient traditions of Goa. Villages perform various dances and rituals, including:

- **Ghode Modni (Horse Dance);** This unique festival is celebrated in places like Thane and Sattari.
- **Fugdi Dance, Talgadi and Rommatamel;** These traditional dances are performed by groups of women and men, who dance in circular patterns to rhythmically clapped beats celebrating Shigmotsav.
- **Xenni Uzzo;** stands out as a thrilling fire ritual in the South Goa village of Molcornem in Quepem, Goa.
- **Chorotsav in Zarme;** These are part of the traditional village celebrations that showcase the deep connection between the Goan people and their cultural practices.
- **Shisha Ranni;** Sacred and unique ritual in Canacona Taluka.

Shisha Ranni; is a deeply rooted and fascinating tradition celebrated in the village located in Shristhal, Canacona, South Goa. The ritual, which takes place every second year during the Shigmo Festival, is a remarkable and intense expression of devotion and cultural heritage. The Shisha Ranni ritual is held at **Shri Mallikarjun Temple** in Shristhal, Canacona, where three local men, known as the **gades**, voluntarily take part in a highly unusual and symbolic act of faith. The name Shisha Ranni itself is derived from the combination of two words: Shisha, meaning "Head", and Ranni, which refers to a traditional cooking place or "Stove". This unique ritual involves using the men's heads as makeshift stoves for cooking rice in a way that reflects a blend of both devotion and tradition.

In the Shisha Ranni ritual, three gades from Canacona, dressed in traditional attire and wearing turbans, lie down on the ground with their heads positioned to serve as the sides of a makeshift stove. The earthen cooking pot, containing rice, water, and a symbolic amount of human blood, is placed directly on their heads. Underneath the pot, burning logs of shisham wood are placed to generate the heat necessary to cook the rice.

The three men, in their sacred role as the gades, are considered temporary representatives of the divine on earth. For a brief period, they embody spiritual beings, acting as vessels of devotion and sacrifice for their community. This act of faith is

viewed as an offering to the gods, showcasing the villagers' willingness to go to extraordinary lengths to honor their deities and preserve their traditions.

Shisha Ranni is not only an extraordinary display of religious devotion, but also a symbol of unity and selflessness within the Goan community. The ritual holds immense spiritual importance, and it is considered a rare and sacred event in the region. The participation of the gades, who offer their own bodies as instruments of sacrifice for the greater good, reflects the deep connection between the people of Canacona and their deities.

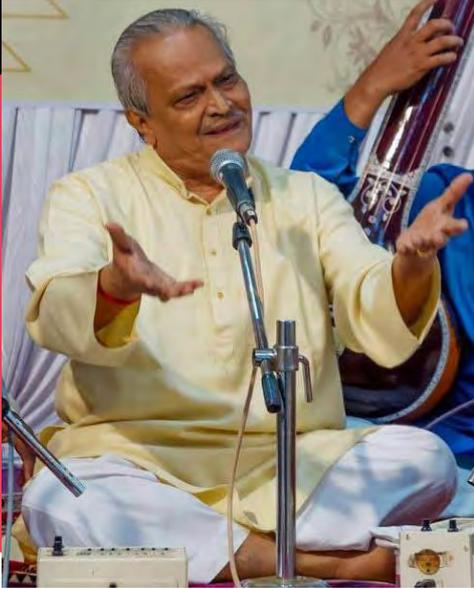
This ritual is typically witnessed by a crowd of onlookers, including pilgrims, villagers, and tourists who have come to witness the extraordinary devotion of the community. Despite its intensity and unusual nature, the ritual is performed with reverence and respect, maintaining its status as a significant part of the cultural and spiritual fabric of Canacona.



Shigmo, or Shigmotsav, is an unforgettable festival that reflects the rich cultural of Goa. It is a celebration of life, tradition, and the welcoming of spring, marked by joyous parades, vibrant colours, traditional dances, and deep-rooted customs. Whether it's the lively processions, the stunning floats, or the heartfelt rituals, Shigmo offers a unique glimpse into the heart of Goan culture and is a festival that captivates the soul with its energy and spirit.



॥ बोलावा विठ्ठल पहावा विठ्ठल ॥



Renowned prominent figure in the world of Hindusthani classical music
Pandit Prabhakar Karekar

Born in Goa, **Pandit Prabhakar Karekar** was known for his renditions like "Bolava Vithal Pahava Vithal" and "Vakratund Mahakay". Pandit Karekar was a prominent figure in the world of Indian classical music, particularly known for his contribution to the field of Hindustani classical music. Pandit Karekar was an exemplary sitar player and a respected music teacher, mentoring the next generation with the same discipline and passion that defined his own journey. A graded artist with All India Radio and Doordarshan, he played a crucial role in bringing classical and semi-classical music into countless homes, ensuring that its rich legacy endured.

His contributions were recognized with numerous accolades, including the prestigious Tansen Samman (2014) and the Sangeet Natak Akademi Award (2016). Yet, beyond these formal recognitions, his greatest honour lay in the devotion of his listeners— his soul-stirring performances often moved audiences to tears; while the young voices he nurtured carried forward his legacy.

Pandit Karekar hailed from a family with deep cultural roots in classical music. He began his early musical training under the guidance of his father, who was a musician and music teacher. His exposure to music from a young age laid the foundation for his future accomplishments. He later studied under eminent maestros like Pandit Suresh Haldankar, Pandit Jitendra Abhisheki and Pandit C R Vyas, he honed a voice that could evoke both divine reverence and human emotion.

Known for his expertise in the sitar, Pandit Karekar's playing was marked by its intricate compositions, expressive techniques, and mastery of ragas. He was particularly admired for his ability to bring out the emotional depth of the ragas, making his performances both captivating and spiritually uplifting. His mastery of taals (rhythmic cycles) and his command over the sitar made him a sought-after performer at prestigious music festivals across India and abroad.

What set Pandit Karekar apart was not just his musical talent but also his commitment to the teaching and propagation of Hindustani classical music. He believed in the importance of preserving the purity of classical music while making it accessible to future generations. As a teacher, Pandit Karekar trained numerous students, many of whom went on to become well-known musicians themselves. His teaching style was characterized by a deep understanding of the ragas, the nuances of rhythm, and a passion for passing on the authentic knowledge of classical music.

Pandit Karekar's legacy extends beyond his performances and teaching. He was also an advocate for the importance of Indian classical music in preserving cultural identity. In an era of rapid globalization, he emphasized the need for future generations to stay connected to their traditional roots and cultural heritage. Through his music, he sought to inspire others to appreciate and understand the deep philosophical and spiritual significance that classical music holds in Indian culture.

Pandit Karekar passed away at the age of 80 leaving behind a rich legacy of musical knowledge and contributions to Hindustani classical music. His life's work continues to inspire musicians and music lovers, ensuring that his artistry and teachings are celebrated for generations to come.





ANNUAL GATHERING OF GOMANTAK MARATHA SAMAJ, MUMBAI

Gomantak Maratha Samaj in Mumbai had a memorable annual gathering on February 22, 2025. They recognised Aami Goenkar, & President CA Mohan Sanzgiri's attendance was acknowledged. CA Mohan Sanzgiri, did the honours to accept the felicitation.

GOLDEN JUBILEE Govt Taluka Library, Curchorem Goa

Govt Taluka Library, Curchorem Goa, celebrated their Golden Jubilee on February 23, 2025 at Ravindra Bhavan, Curchorem Goa. CA Mohan Sanzgiri, President, Aami Goenkar, was the guest of honour. He spoke on the subject; CONTINUED & EXTENDED EDUCATION. Bhasker Nayak, former Director of Education, Goa was the Chief Guest for the function.



Randhchi Kud

Unique collection of authentic GOAN SARASAT RECIPES



At Aami Goenkar, we continually rediscover our own motherland Goa- it's people, culture, traditions and delicacies. In pursuit of this discovery, Randhchi Kud, an unique collection of authentic Goan recipes was compiled.

This book has all in it- traditional Goan staple diet with variations in preparation followed by Hindu, Catholic families in This will undoubtedly help people from all backgrounds appreciate and try out Goan cuisine, while also acknowledging the deep cultural significance behind each dish.

The Unique collection of authentic GOAN SARASWAT CUISINE

Available in English @Rs 200/-, Marathi @Rs 300/-, with postage extra based on your location.

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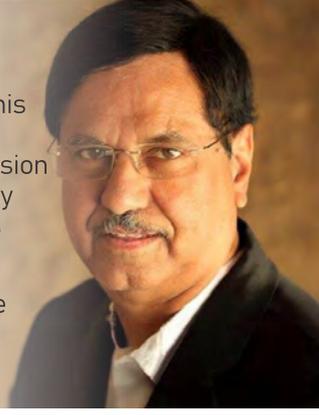
Limited Copies Available – Don't Miss Out!

Shri Dwarkanath Sanzgiri

A tribute to a Cricketing Legend

A remarkable figure in cricket, known for his sharp analysis and ability to connect with audiences through his storytelling. His passion for the game and his insightful commentary made cricket even more enjoyable for fans worldwide.

His legacy will certainly live on through the memories he created on air and through his words.

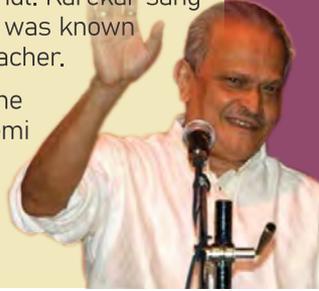


Pndt. Prabhakar J. Karekar

Eminent Hindustani classical vocalist and Sangeet Natak awardee **Pandit Karekar** passed away on February 12, 2025, following a brief illness. He was 80.

Hailing from then Portuguese-ruled Goa, Pndt. Karekar sang many acclaimed Marathi & Hindi songs. He was known both as a leading artist and an excellent teacher.

Karekar received prestigious awards like the Tansen Samman and Sangeet Natak Akademi award. He founded the Swarprabha Trust, mentoring many young musicians. He left behind a significant legacy in Marathi devotional music.



Advocate Mr. Kashiram Desai

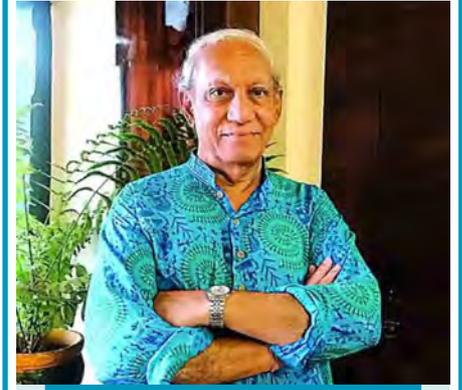
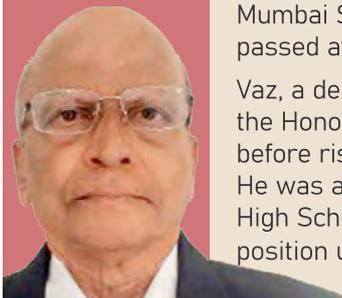
Advocate Mr Kashiram Desai, passed away on March 18, 2025 after suffering a massive heart attack. Being a well wisher and life member, Mr Desai served as the Member of Managing Committee and contributed to institution building process of Aami Goenkar. We will miss his presence among us and offer our condolences to his family members. He will continue to inspire us and light our path.



Mr Wiron Vaz

Mr Wiron Vaz, the Vice-President of the Mumbai Schools Sports Association (MSSA), passed away at the age of 76.

Vaz, a dedicated sports mentor, was appointed as the Honorary Athletics Secretary of MSSA in 2008 before rising to the rank of Vice-President in 2010. He was also a former Vice Principal at St Thomas High School, Goregaon, until 2010. He held that position until the time of his death.



पं. अरविंदजी पिळगावकर

पं. अरविंदजी पिळगावकर आणि माझी भेट एका नाट्यसंगीताच्या कार्यक्रमात झाली. पं. जितेंद्र अभिषेकी बुवांच्या रचनांचा तो कार्यक्रम होता. पण पुढे मात्र रागदारी संगीताच्या निमित्ताने त्यांच्याकडे बर्याचदा जाणं झालं. माझे गुरुजी पं. वि. रा. आठवले हे आग्रा घराण्याचे आणि योगायोग असा की पं. पिळगावकरांची तालीम देखील आग्रा घराण्याचीच होती. त्यांचे गुरु पं. गोविंदराव अग्नी बुवा. त्यांची ओळख ही जास्त करून ज्येष्ठ रंगकर्मी किंवा संगीत रंगभूमीचा एक चालता बोलता इतिहास अशी जरी असली तरी रागदारी संगीतात मात्र त्यांचे खरोखरच खूप योगदान होतं. आम राग असोत, अनवट राग किंवा अनवट बंदिश वा कठीण तालात बांधलेल्या कठीण मुखड्यांच्या बंदिशी असोत, ते त्या अतिशय सुंदर आणि सहजरीत्या गात असत. नाट्यसंगीताप्रमाणेच रागदारी संगीतातील भाषेचा त्यांचा विचार होता, चिंतन होतं. रागदारी संगीताच्या बंदिशींमध्ये येणारे निरनिराळे शब्द असोत त्यांचा अर्थ आणि त्यांचा सांगितीक उच्चार ह्या सगळ्याबद्दल नेहमी त्यांच्या बरोबर चर्चा व्हायची. आम्हाला समजावून सांगायचे. त्याबद्दलचे स्वतःचे विचार आम्हाला सांगायचे. नाटक, संगीत नाटक या सगळ्यामुळे मुंबई आणि मुंबई बाहेरील अनेक नामवंत संस्थांशी त्यांचे अतिशय चांगले संबंध होते. जवळजवळ चाळीसहून अधिक नाटकांमध्ये त्यांनी काम केलं असं म्हणतात. त्यातील काही नाटकं त्यांनी पुन्हा रंगभूमीवर आणली. ज्या बुजुर्ग कलाकारांची गाणी आमची पिढी प्रत्यक्षात ऐकू शकली नाही, त्या कलाकारांचा गाण्याबाबतचा विचार, मैफल सादर करण्याबाबतचा विचार हे सगळं आम्हाला अरविंदजीं कडून मिळत गेलं. एक प्रकारचा तो दुवा होता. असे हे सुहृदयी, मातृहृदयी, सौम्य, मृदू स्वभावाचे अरविंदजी आम्हाला कायमच गुरुस्थानी राहतील.

सौ. निशा पारसनीस
शास्त्रीय गायिका

May their divine soul rest in eternal peace and attain sadgati. -
Our heartfelt condolences from **Aami Goenkar**.



10 HEALTH BENEFITS OF YOGA

Yoga is indeed much more than just physical exercise - it's a practice that integrates the body, mind, and spirit in a way that can deeply transform one's life. By engaging in regular practice, whether it's through asanas (postures), pranayama (breathing exercises), or meditation, one can experience increased flexibility, improved strength, and a greater sense of balance.

The mental benefits are equally profound, with yoga promoting mindfulness, reducing stress, and enhancing focus and clarity. It provides a space to reconnect with the present moment, which in turn supports emotional healing and resilience. Many practitioners also find that yoga helps improve sleep patterns, boost immunity, and provide relief from chronic pain or tension in the body.

Here are 10 benefits of practising yoga:

1. Increased Flexibility:

Yoga poses, especially stretches, can improve your range of motion and flexibility.

2. Improved Strength:

Many yoga poses require you to engage your muscles, building strength and tone.

3. Enhanced Balance:

Yoga can improve your sense of balance and stability, particularly through poses that require you to hold your body in a specific position.

4. Stress Reduction:

Yoga incorporates mindful breathing and meditation, which can help calm the nervous system and reduce stress hormones.

5. Better Sleep:

The relaxation techniques and mindful breathing practised in yoga can promote better sleep quality.

6. Improved Mental Focus:

Yoga requires concentration and mindfulness, which can enhance mental clarity and focus.

7. Stronger Mind-Body Connection:

Yoga encourages you to pay attention to your body and its sensations, fostering a deeper connection between your mind and body.

8. Improved Cardiovascular Health:

Some yoga practices, like sun salutations, can improve cardiovascular health by increasing heart rate and blood circulation.

9. Pain Management:

Yoga can help manage chronic pain conditions, including back pain, arthritis, and migraines.

10. Boosted Immunity:

Yoga can help improve immunity by reducing stress and improving circulation.

Yoga offers a wealth of benefits that extend beyond physical fitness to encompass mental clarity, emotional well-being, and overall health. By integrating yoga into your daily life and exploring its medical benefits, you can experience transformative changes in both body and mind. Whether you're a beginner or an experienced yogi, incorporating yoga practices tailored to your needs can lead to a healthier, more balanced lifestyle. Embrace the journey of yoga and discover its profound impact on your well-being.

