



AAMI GOENKAR

For Goans, Of Goans, By Goans



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In this Issue

1. President's Message	1
2. A Life of Service and Excellence - Dr. Satish D. Kudchadkar	2
3. An Appeal - Aami Goenkar	2
4. Ancient Wisdom and Modern Warfare	3
5. Portuguese Rule in Goa ...	4-5
6. Festival of Goa - Shri Shantadurga Vijayate, Kavle Goa	6
7. Obituary ~ Smt Alka Kerkar, Smt Asha Bhosle	7
9. Tips - Healthy Lifestyle for a Longer Life	8

My Dear Members and friends,

I wish to extend warm greetings to all Aami Goenkar brothers and sisters and wish 2026 to be a joyous and fulfilling period ahead to you and families. The beginning of the new year is always a moment for reflection, on our shared heritage, the bonds that unite us, and many achievements of Goans across India and the world. It is also a time to renew our commitment to preserving our culture, traditions and community spirit.

We recently celebrated three meaningful festivals. Gudhi Padwa symbolised renewal, hope, and the triumph of good over adversity. Ram Navami reminded us of the ideals of Sri Rama—truth, duty, compassion, and righteous conduct—which continue to guide our lives.

Soon after, Hanuman Jayanti celebrated the birth of Hanuman, the embodiment of devotion, courage, humility, and selfless service. Together, these festivals brought families and communities together in prayer and celebration, reinforcing values that have sustained our culture for generations. These auspicious occasions inspired us to begin the year with renewed faith, harmony, and dedication to the welfare of our families and our communities.

We also observed Easter, celebrating the spirit of resurrection and the enduring power of hope and renewal within our community. The holy month of Ramadan brought a period of deep reflection and discipline, highlighting the profound importance of charity, empathy, and communal harmony.

I am sure you will agree that Goa Liberation Day celebration by Aami Goenkar was a landmark event. It blended historical remembrance with modern reflection, the program offered a profound dialogue on what it means to be Goan today. The event's success was mirrored in its extensive coverage across leading Goan newspapers, signaling deep public resonance.

Through this celebration, Aami Goenkar reaffirmed its commitment to creating and nurturing a platform for fostering informed dialogue among Goans as citizen of our beloved motherland. The overwhelming positive feedback received serves as a mandate to continue creating a network where Goa's history meets its evolving present.

Our Managing Committee has continued to provide opportunities for members to come together in celebration of our shared heritage. The enthusiastic participation in our recent gatherings and cultural programmes reflects the deep affection that members hold for our institution and for the traditions we



cherish. Such occasions strengthen our sense of belonging and remind us that, even far from our ancestral villages, the spirit of Goa lives on in our hearts.

Aami Goenkar has continued its outreach to like-minded institutions and cultural organizations by organising joint programs and encouraging members to attend on a reciprocal basis. This helps broaden and strengthen our network and shared commitment to keep the Goan spirit alive. These collaborations are enabling us to build bridges among Goans everywhere — uniting hearts across borders and oceans.

A highlight of our future plans is the much-awaited Goa Festival in Mumbai, which we hope to resume in the coming months. This event will once again showcase our music, food, art, and traditions - celebrating what makes Goa special. Preparations are already underway, and we invite volunteers and members to come forward and make it a grand success. Programmes like the Goa Festival support start-ups, digital innovation, and youth talent, ensuring the next generation of Goans continues to contribute meaningfully to India's growth story.

I encourage members to participate actively in our initiatives and share ideas to make our programmes more meaningful and engaging. Our association belongs to all of us, and its strength lies in the enthusiasm, goodwill, and voluntary spirit of its members.

I express my deepest gratitude for your unwavering support. I extend heartfelt wishes to you and your families and 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

April 5, 2026

Dr. Satish D. Kudchadkar

A Life of Service and Excellence

Dr. Satish D. Kudchadkar (13 April 1945 – aged 80) is a distinguished surgeon whose remarkable career spans over five decades of dedicated medical service. A qualified MBBS and MS (General Surgery) from the University of Bombay, he began his journey at Goa Medical College, serving as House Surgeon and later as Registrar and Senior Resident in Surgery.

In 1977, he made a pioneering decision to serve rural Goa by settling in Curchorem, becoming the first ever specialist surgeon in the region. He established one of the earliest private hospitals in the area, significantly strengthening local healthcare infrastructure. Over the next 45 years, he introduced essential medical facilities including X-ray, laboratory, ultrasound, physiotherapy, and dental services—bringing modern healthcare closer to the community. His contribution also extends to advanced surgical practice, including laparoscopic and gastro-intestinal surgery.

Dr. Kudchadkar has been an active member of the Indian Medical Association (IMA) for over 35 years, serving as State President and playing a key role in establishing the CQS branch. His commitment to medical education, conferences, and community health initiatives is widely recognised.



Beyond medicine, he has made notable contributions to social service, sports, and youth development, particularly in promoting cricket and yoga in Curchorem. His achievements include the prestigious Dr. B. C. Roy Award (2024) and representation of India in international senior badminton championships.

A compassionate doctor, visionary leader, and community builder, Dr. Kudchadkar's life stands as an inspiration to generations.

We at Aami Goenkar salute this illustrious son of Goa whose life of selfless service with commitment and dedication will be an inspiration for generations to follow.

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.

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

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

Ancient Wisdom and Modern Warfare



A Defining Moment in India's Defence Journey

The success of Operation Sindoor marks a significant milestone in India's defence evolution. It reflects not only operational excellence but also a level of strategic maturity and technological capability that places India among leading global military powers.

This achievement is the result of sustained efforts over more than a decade. Political leadership, scientists, military professionals, and institutions have worked in close coordination, much of it away from public view. Beneath the visible calm has been a steady investment in doctrine, technology, and preparedness.

What distinguishes India's approach is its ability to combine modernisation with civilizational depth. Indian strategic thought has long viewed warfare not merely as a mechanical exercise, but as one that must balance power with purpose, and force with responsibility.

Dharma Yuddha in the Modern Context

A key philosophical foundation of Indian military thought is the concept of Dharma Yuddha—righteous war. This idea is most powerfully expressed in the Bhagavad Gita, where Krishna guides Arjuna on the battlefield of Kurukshetra during a moment of moral crisis.

The setting itself is significant. Wisdom is imparted not in isolation, but in the midst of action. The message is clear: ethical principles must guide decisions under pressure. The conflict was not merely territorial; it was about upholding duty and justice. Krishna's counsel restored clarity and unity among the Pandava forces. In contrast, Dhritarashtra's failure was not physical blindness, but inability to perceive truth. Arjuna, guided by insight, acted with resolve and purpose. Modern Indian military doctrine reflects reinterpretation of Dharma Yuddha. Force is employed not for conquest, but in fulfilment of kartavya—the duty to protect nation and its people. Operations are precise, calibrated, and restrained. Emphasis is placed on minimizing civilian harm, maintaining strategic clarity, and ensuring proportional response.

Information Dominance and Kautilya's Relevance

Operation Sindoor also highlighted the growing importance of information warfare. Intelligence-led planning, cyber capabilities, deception, and narrative control were as critical as kinetic force.

These elements closely align with Kautilya's Arthashastra, which emphasizes intelligence, secrecy, and psychological advantage as central to statecraft. Kautilya viewed war as only one of many instruments of power. Economic strength, alliances, internal stability, and control of information were equally decisive.

Modern warfare—spanning land, sea, air, cyber, and space—reinforces this integrated approach. India's strategy increasingly reflects this multi-dimensional understanding of power.

Technology, Reform, and Integration

India's military modernisation includes precision weapons, missile defence, drones, cyber systems, and space-based capabilities. These are essential in an era where speed, coordination, and technological superiority determine outcomes. Equally important are organisational reforms. The creation of the Chief of Defence Staff (CDS) marked a major step toward unified military leadership. The move toward Integrated Theatre Commands aims to enhance jointness, streamline decision-making, and optimise resource utilisation.

History offers a useful parallel. Despite their numerical strength, the Kauravas in the Mahabharata suffered from fragmented leadership and lack of cohesion. The lesson remains relevant: without unity of command, even superior resources can fail.

Ancient Foundations of Military Organisation

India's ancient texts reveal a sophisticated understanding of organised warfare. The Vedas and related traditions refer to specialised roles, logistics, intelligence, and coordinated support systems—what today might be described as a matrix structure.

The Ramayana and Mahabharata go beyond narrative; they contain detailed reflections on alliances, diplomacy, battlefield strategy, and codes of conduct. Modern initiatives such as Project Udbhav aim to revisit and integrate this indigenous knowledge into contemporary military education and planning.

Economic Strength and Strategic Autonomy

Kautilya emphasised that military strength rests on economic strength. A self-reliant defence sector is therefore essential.

India's emergence as a defence exporter signals an important shift. Defence production is no longer only a cost burden; it is becoming a source of innovation, revenue, and strategic influence. Export earnings can be reinvested into research and capability development, creating a sustainable cycle of growth. At the same time, India continues to leverage its soft power—culture, knowledge, and diplomacy—alongside hard power. This balanced approach enhances credibility while avoiding unnecessary aggression.

Naming, Symbolism and Strategic Messaging

India's choice of names for its weapons systems—such as Agni, Tejas, and Akash—reflects deeper cultural symbolism. In ancient traditions, weapons were named based on their qualities and purpose.

For instance, the Agni missile series represents controlled energy and deterrence. Fire, in Indian thought, is both a purifier and a witness—powerful yet governed by responsibility. Such symbolism reinforces India's posture of restraint, signalling credible strength without aggression.

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PORTUGUESE RULE IN GOA

(1510–1961): TRANSFORMATION AND LEGACY

For more than four and a half centuries, Goa lived under Portuguese rule—one of the longest continuous periods of European colonial presence in Asia. From the conquest of the port city in 1510 to its liberation in 1961, Portuguese authority shaped the region's political institutions, religious landscape, economy, and social life. This era reflects a complex mix of trade and global connections, cultural exchange and creativity, as well as conflict, displacement, and lasting transformation.

Period and Background

The Portuguese presence in Goa began in 1510, when Admiral Afonso de Albuquerque captured the city from the Bijapur Sultanate. This marked the establishment of Goa as the capital of Portugal's Asian empire, known as the Estado da Índia.

For centuries, Goa served as Portugal's main political, administrative, and religious center in the East. Portuguese rule continued until 19 December 1961, when Goa was integrated into India following Operation Vijay, bringing an end to colonial rule.

Conquest and Expansion

Initially, Portuguese control was limited to the "Old Conquests" areas—Bardez, Tiswadi, and Salcete. Over time, their authority expanded into the "New Conquests" during the 18th century.

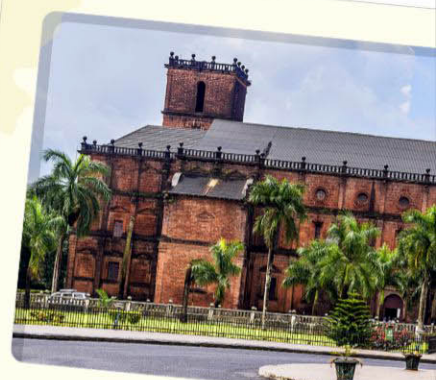
The conquest of Goa was driven by strategic and economic interests. The Portuguese aimed to control maritime trade routes across the Arabian Sea and Indian Ocean, particularly the lucrative trade in spices, horses, and textiles. Goa's natural harbor and established commercial networks made it an ideal base for European expansion in Asia.

Administration and Governance

Under Portuguese rule, Goa developed a structured colonial administration led by a Viceroy or Governor-General appointed by the Crown. Systems of law, revenue collection, and municipal governance were modeled on Portuguese institutions. Portuguese language and legal practices gradually became part of public life, especially in the Old Conquests. Over time, a local educated elite emerged, contributing to administration, law, and church affairs. Education and literacy grew through missionary institutions and seminaries, influencing the cultural fabric of Goan society.

Religion and Cultural Transformation

Religion was one of the most significantly affected aspects of Goan life. The colonial administration promoted Christianity, supported by missionaries such as the Jesuit Francis Xavier, who played a key role in conversion and education. During the 16th and 17th centuries, strict religious policies were enforced. The Goa Inquisition sought to maintain Catholic orthodoxy and suppress practices considered contrary to Christian doctrine. Many Hindu temples in the Old Conquests were destroyed or relocated, prompting communities to rebuild them in safer regions.



At the same time, Goa emerged as a major center of Christian culture in Asia. Churches, seminaries, and educational institutions flourished, creating a distinctive Indo-Portuguese cultural blend reflected in architecture, music, and art.

Economy and Trade

In its early years under Portuguese rule, Goa prospered as a global trading hub. Merchants from Europe, the Middle East, and Asia frequented its port, making it one of the busiest commercial centers in the Indian Ocean during the 16th century.

However, shifting trade routes and growing competition from other European powers led to a gradual decline in Goa's prominence. Ports such as Bombay and Calcutta later rose under British influence. Despite this, agriculture remained vital, with rice cultivation, coconut plantations, and fisheries supporting local livelihoods.

Families, Migration, and Society

Portuguese rule also influenced migration patterns. Many Goans moved to regions such as Bombay, East Africa, and the Persian Gulf in search of better opportunities.

While migration created economic advantages and a global diaspora, it also led to family separation and social adjustments. Nevertheless, these movements strengthened Goa's global connections and helped spread its culture, cuisine, and traditions worldwide.

Cultural Life and Identity

Despite centuries of foreign rule, Goan society maintained strong cultural continuity. Traditions related to language, festivals, music, food, and family life remained vibrant.

A unique Indo-Portuguese cultural identity evolved over time. Architectural styles blended European and local influences, visible in churches, homes, and town planning. Goan cuisine incorporated new elements while preserving traditional flavors. Importantly, the Konkani language continued to thrive in everyday life, sustaining oral traditions and cultural heritage.



Legacy of 451 Years

The Portuguese period left a deep and lasting legacy in Goa. Its influence is evident in historic churches, colonial architecture, educational systems, and administrative practices.

At the same time, this era shaped migration patterns, cultural exchange, and social structures that continue to define Goan identity. Goa absorbed external influences while preserving its traditions, resulting in a society that is both rooted and cosmopolitan.

Conclusion

The 451 years of Portuguese rule in Goa represent a transformative chapter in its history. It brought opportunities in trade and global engagement, along with cultural disruptions and social change.

Understanding this history helps us appreciate the resilience and adaptability of Goan society. Today's Goa stands as a testament to this journey—a region where diverse influences have merged to create a vibrant and distinctive cultural heritage.

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॥ श्री शान्तादुर्गा विजयते - कवळे ॥

Kavlem Jatra at the Shree Shantadurga Temple at Ponda, Goa is a significant festival with deep historical and cultural roots. Devi Shantadurga is revered as a goddess of peace and mediation, believed to have intervened between Vishnu and Shiva to stop a fierce battle, thereby restoring peace and harmony. So, devotees seek blessings for peace and prosperity in their lives.

Jatra is an annual festival, held in the month of January / February each year. The deity is taken out in a grand procession known as palkhi or palanquin. It attracts thousands of devotees who come to seek blessings of the goddess. It symbolizes the triumph of peace, harmony, and well-being in the lives of the people.

The worship of Devi dates back centuries, the original temple was located in Keloshi (modern-day Quelassim). During Portuguese period in 16th century, the temple was moved to Kavlem in the Ponda district to avoid persecution. The present temple at Kavlem was rebuilt during the Maratha rule in the early 18th century by Chatrapati Shahu Maharaj, a devout follower of Devi.

Devi's jatra is more than a religious festival—it is a celebration of the cultural and spiritual heritage of Goa. Devi symbolizes the unifying force of peace, instrumental in bridging conflicts and maintaining harmony in the universe. Through this annual jatra, devotees reaffirm their faith in the goddess, seek her protection, blessings for peace and prosperity in their lives.

Devotees often share profound experiences of her divine intervention, blessings, how their faith in her has positively impacted their lives. Devi is venerated not only as a symbol of peace but also as a powerful protector who resolves conflicts, heals illnesses, and grants prosperity. Devotees approach her seeking harmony in their own lives to resolve long standing disputes, marital issues, struggles in business and social life as they have faith that sincere prayers to Shantadurga will help in peaceful resolutions.

Experiences of devotees of Shree Shantadurga are deeply personal, varied and often revolve around themes of healing, protection, conflict resolution, prosperity, and inner peace. Devi is not only a spiritual figure but also a source of hope and strength for those who believe in her powers. Many devotees share stories of how their lives have been positively transformed through their devotion to Shantadurga, making her one of the most revered deities in Goa.



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,,, Ancient Wisdom and Modern Warfare

Conclusion: Tradition as Strategic Strength

India's ancient wisdom continues to offer valuable insights for modern warfare. The Mahabharata underscores leadership and unity, the Gita provides moral clarity in crisis, and Kautilya offers a pragmatic framework for statecraft.

Today's reforms—from integrated commands to information warfare—demonstrate how these principles can be adapted to contemporary realities. Initiatives like Project Udbhav further institutionalise this synthesis.

By combining technological advancement with ethical grounding and organisational coherence, India is shaping a strategic model that is both modern and deeply rooted in its civilizational ethos.

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अल्का तारु

A Life of Service, Strength, and Sanskar

With deep reverence, the Aami Goenkar family remembers our beloved founding member, Alka Tai Kerkar—a guiding light who balanced grace with strength.

A Legacy of Love

Alka Tai was the heart of her family—a devoted wife, mother, and grandmother. She built a home rooted in warmth, values, and sanskar, nurturing generations with unconditional love and quiet discipline. These principles of integrity and care extended into her community work.

A Guru Beyond the Classroom

A true Guru, she went beyond teaching. She shaped lives, instilled confidence, and guided students through life's uncertainties with wisdom and compassion. For many, she was a constant source of inspiration and strength.

Building Community — Soul of Aami Goenkar

As a founding member, Alka Tai helped shape Aami Goenkar. Whether leading publicly or supporting behind the scenes, her commitment to the "Goenkar" spirit was unwavering. She was the elder we turned to—for guidance, reassurance, and clarity.

From Service to Trusted Leader

Her move into public life was a natural extension of her social work. After fulfilling family responsibilities, she brought high standards and maternal warmth to public service. Approachable and grounded, she served constituents faithfully, winning the corporator seat three times and later becoming Deputy Mayor of Mumbai—testament to earning trust through work.

A Final Bouquet

We have gathered these "petals" of deep feelings from across the Aami Goenkar family. Alka Tai combined strength and sensitivity, discipline and compassion, leadership and humility. Her legacy lives in her family, students, colleagues, and the institution she helped build.

Though her physical presence will be deeply missed, her values and teachings will continue to guide us. We offer our respectful **श्रद्धांजली** and pray her noble soul rests in eternal peace.



A Tribute to ASHA TAI BHOSALE

We, the members of Aami Goenkar, join the nation and the world in paying tribute to the legendary Asha Tai Bhosle, a true titan of music. Her passing marks the end of an era, leaving behind a silence no other voice can truly fill.

For us, Asha Tai was not only a global icon but a symbol of our shared heritage and the rich cultural depth of Goa. Though celebrated worldwide, her journey remained rooted in red soil of Goa. As a distinguished member of the Mangeshkar family, her name carried the essence of our land.

Asha Tai, alongside her siblings, upheld a legacy that began in Mangeshi, Ponda, where her father, Pandit Deenanath Mangeshkar, nurtured deep musical traditions. The Mangeshkar name stands as a declaration of identity, linking her brilliance to her ancestral roots.

Asha Tai embodied countless emotions through her music, reflecting resilience, joy, and passion. The Managing Committee and members of Aami Goenkar family offers its deepest respects to our beloved daughter of Goa. We salute her monumental contribution to the world of art and her unwavering grace.



भावपूर्ण श्रद्धांजली

Tips to Maintain a Healthy Lifestyle for a **LONGER LIFE**

Maintaining a healthy lifestyle is a goal many of us strive for, yet it can often feel overwhelming. From staying hydrated to managing stress, there are numerous aspects to consider. The key, however, lies in focusing on small, achievable steps that gradually lead to lasting change. A healthy lifestyle is not about drastic transformations overnight but about building sustainable habits that enhance your physical, mental, and emotional well-being.

Hydrate Throughout the Day

One of the simplest yet most effective habits is staying well-hydrated. Starting your day with a glass of water helps wake up your body and kickstarts your metabolism. Drinking water consistently throughout the day—not just when you feel thirsty—supports energy levels, digestion, and overall health. Keeping water within easy reach can serve as a helpful reminder.

Adopt a Balanced Diet

A balanced diet plays a vital role in maintaining long-term health. Focus on incorporating whole, fresh foods such as fruits, vegetables, lean proteins, and healthy fats. These provide essential nutrients that fuel your body, strengthen immunity, and support overall wellness. Making mindful food choices helps sustain energy and prevent nutrient deficiencies.

Prioritize Quality Sleep

Sleep is essential for both physical and mental health. It's not just about the number of hours but also the quality of rest. Consistent, restful sleep improves memory, concentration, and productivity while strengthening the immune system. Poor sleep, on the other hand, can lead to fatigue, reduced focus, and increased risk of chronic conditions such as heart disease and diabetes.

Engage in Regular Physical Activity

Staying active is crucial for maintaining a healthy lifestyle. You don't need an intense gym routine—simple activities like brisk walking or even household chores can make a difference. Regular movement helps manage weight, improve heart health, and reduce the risk of chronic diseases.

Stay Active Throughout the Day

In addition to planned exercise, incorporating movement into your daily routine is important. Simple choices, such as

taking the stairs instead of the elevator, can boost your heart rate and burn extra calories. Small actions like these add up over time and contribute significantly to overall fitness.

Manage Stress Effectively

Managing stress is essential in today's fast-paced world. Chronic stress can negatively affect both mental and physical health. Practicing relaxation techniques, staying organized, and taking time for yourself can help maintain emotional balance and improve overall well-being.

Maintain a Healthy Weight

Keeping your weight within a healthy range reduces the risk of many chronic conditions. A combination of balanced nutrition and regular physical activity is key to achieving and maintaining a healthy weight.

Avoid Harmful Habits

Limiting or avoiding harmful habits such as smoking, excessive alcohol consumption, and substance use is critical. Making positive lifestyle choices can significantly improve your long-term health and quality of life.

Prioritize Preventive Healthcare

Regular health check-ups and screenings are essential for early detection and prevention of potential health issues. Monitoring your health helps you stay informed and take proactive steps toward well-being.

Adopting a healthy lifestyle is a continuous journey. By making small, consistent changes, you can build habits that lead to a longer, healthier, and more fulfilling life.

