



AAMI GOENKAR

For Goans, Of Goans, By Goans



Issue No 56

JULY - AUGUST 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 and wish a joyous and fulfilling period ahead to you and families.

Festive period ahead for all of us

This period brings a vibrant blend of devotion, tradition, and seasonal harmony. It marks the celebration of Chaturmas rituals, Ashadi Ekadashi, Nag Panchami, Raksha Bandhan, Gokulashtami, Ganesh Chaturthi (Chavath), and Anant Chaturdashi each one echoing the spirit of renewal, gratitude, and community bonding. Aligned with the monsoon season, these festivals reflect nature's abundance and the agrarian rhythms of Goan life. Ganesh Chaturthi, in particular, holds a special place in every Goan heart, with elaborate home-made décor, traditional fare, and family reunions that span generations. What makes these celebrations timeless is not just the rituals, but the collective enthusiasm of the Goan community, whether in cities or villages, in Goa or abroad. All come together to preserve the spirit and sanctity of these deeply meaningful traditions.

India's Giant Leap in Space

India's space program has reached a new height with a historic visit to the International Space Station (ISS) and a major joint Earth-observation mission.

Group Captain Shubhanshu Shukla, a test pilot with the Indian Air Force, became the first Indian astronaut to visit the ISS. This mission, part of a collaboration with NASA and the private company Axiom Space, marks a significant step forward for India's human spaceflight program.

In a parallel development, ISRO and NASA have officially launched the NISAR (NASA-ISRO Synthetic Aperture Radar) satellite. This joint venture will provide highly detailed, all-weather imaging of Earth's surface, offering critical data for climate monitoring, disaster management, and sustainable development worldwide.

These two initiatives highlight India's growing role as a key player in global space exploration, moving from a participant to a leader in the field. They inspire India's youth, proving that with determination and innovation, the sky is no longer the limit.



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Upcoming programs and Celebrations

As we present this edition of our newsletter, we are planning for Teachers day celebration in September followed by signature event Foundation day of Aami Goenkar and close the year with Goa Liberation Day celebration. We plan to organise Music performances by our in-house group "Surile Goenkar". We expect deep involvement and enthusiastic participation, in particular, by the next generation in our cultural practices.

Randhchi Kud

"Randhchi Kud," the definitive guide to traditional Goan recipes was first published by our institution in the year 2011. This timeless cookbook continues to enjoy a unique readership. It is appreciated not just by culinary enthusiasts but importantly by dedicated Goan housewives who consider it an indispensable part of their kitchens. The enduring appeal of this book is a testament to the rich, authentic flavors it preserves. Thanks to its steady sales, "Randhchi Kud" remains a consistent source of income for our institution, allowing us to continue our work in preserving and promoting Goan culture.

Surile Goenkar

I am happy to speak about our in-house music group, "Surile Goenkar," which was formed with the mission to promote and preserve the rich tradition of Goan singing. In past one year, the group has captivated audiences with two remarkable performances that were very well-received and appreciated by discerning music lovers. Building on this success, we have exciting plans to enhance the group's versatility and make it a regular and much-anticipated feature in amateur music programs for Goans everywhere. We expect "Surile Goenkar" continue to do well and bring the soulful melodies of Goa to our community.

(Cont. on Page #2)

(Cont. from Page #1)

...President's Message

A Heartfelt Note of Gratitude

The present Managing Committee is approaching the end of its term. We extend our deepest gratitude to each and every member of Aami Goenkar for your continued support, active participation, and goodwill. Over the past years, your encouragement and involvement have been the true driving force behind every initiative and celebration we undertook together. Whether it was preserving our culture, participating in community events, or offering thoughtful inputs—you have made a difference.

We now invite you all to join us for the Annual General Meeting on --- September, a vital forum where we reflect on our journey, share ideas, offer appreciation every year. This year,

you all have to perform your duty with responsibilities and elect the new committee that will lead us into the next term. Your presence and voice matter. Let us come together once again as a vibrant, united family to shape a stronger, more connected future for our association.

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.



CA Mohan Sanzgiri
President
September 28, 2025



Heartiest Congratulations to

DR. FRANCISCO COLAÇO
on being honoured with the
Fellow of the American Society of
Echocardiography (FASE)

Dr. Francisco Colaço, a distinguished cardiologist from Margao, has been named an Honorary Fellow of the American Society of Echocardiography (FASE). This prestigious international recognition celebrates his exceptional contributions to cardiovascular ultrasound, marking a proud moment for both Dr. Colaço and Indian cardiology. The honor, one of only three awarded to Indians, will be officially announced at the ASE 2025 Annual Scientific Sessions in Nashville, USA. Dr. Colaço's extensive

work in echocardiography and commitment to advancing cardiac care, particularly in non-invasive imaging, have earned him global acclaim. A past President of the Indian Medical Association, Goa Chapter, Dr. Colaço's research on mitral valve prolapse gained international recognition. He has also served as a visiting professor at John Hopkins Hospital, USA. This FASE fellowship acknowledges Dr. Colaço's lifelong dedication and significant impact on the field of cardiology.



Heartiest Congratulations to

Wing Commander
Maria Ismenia Sancha Pereira
on being honoured with the prestigious
Mention-in-Despatch for her vital
Air Traffic Control (ATC) services.



Wing Commander **Maria Ismenia Sancha Pereira** is the first Goan woman to be decorated in India's wartime history. She was commended for her key role in Operation Sindoor, a high-stakes combat mission.

As an Air Traffic Controller, she provided real-time radar intelligence that helped guide Indian Air Force fighter jets to enemy targets. Her timely alerts on incoming aircraft and missiles were vital in safeguarding Indian forces. Born to Mr. Eustaquio Francisco Pereira and Mrs. Poma Pereira, she studied at Mary Immaculate Conception High School, Green Rosary Higher Secondary, and earned an engineering degree from Goa

Engineering College, Farmagudi.

Her journey is a testament to the dedication of women in the armed forces.

Aami Goenkar proudly honours her inspiring service.

Mariyah's Ark

Bonds of Destiny

by Diksha Prabhu

Sharda Prabhuchimulkar, an MBA and Civil Engineer, is a versatile entrepreneur with over 30 years of experience across import/export, software, and education franchises.

Writing under the pen name **Diksha**, she draws from her GSB roots in Mumbai and her years in Goa to create rich, culturally grounded stories. Her debut novel, *Mariyah's Ark – Bonds of Destiny*, is set in the scenic Goan countryside, a place close to her heart.

A strong advocate for recognizing women's roles in today's world, Diksha weaves themes of resilience and strength into her storytelling. Though she has no formal literary background, her convent education and early love of reading helped shape her writing journey. Her life across multiple cities informs the depth and diversity of her characters.

Outside of writing, she pursues creative passions like learning the flute and the classical dance form Kathak.

Mariyah's Ark – Bonds of Destiny takes readers to a seaside resort run by siblings Marie and Patrick. Known for its rustic charm and warmth, the resort becomes a space for meaningful connections and lasting friendships.

Enter Maaya Shreyan, a driven billionaire with ambitions of owning property in Goa. Her stay at *Mariyah's* begins as a business move but soon becomes a personal journey of reflection, connection, and unexpected transformation.

Blending emotional realism with touches of fantasy and mysticism, the novel explores themes of ambition, nostalgia, healing, and destiny.

Why Read This Book?

More than a continuation, *Mariyah's Ark – Bonds of Destiny* deepens an emotional saga. With layered characters, cultural richness, and mystical undertones, it's ideal for readers who enjoy heartfelt, character-driven stories rooted in tradition and human connection.

The book is available as a kindle as well as a paperback version worldwide on Amazon. It is also available on pothi.com and flipkart.com,



Aami Goenkar

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NOTICE TO THE MEMBERS

Notice is hereby given to all members of Aami Goenkar, at the 21st Annual General Body Meeting of the Trust for the Financial Year 2024-25 will be held online on September 27, 2025 at 4:00 pm to transact the following business.

Agenda

1. To approve the minutes of the 20th Annual General Meeting held on September 27, 2025.
2. To consider the Managing Committee's Report for the Financial Year 2024-2025.
3. To approve the Audited Income and Expenditure Account for the year ended March 31, 2025 and Balance Sheet as on March 31, 2025 & to discuss Audit observation and adopt Auditors Report.
4. To appoint Statutory Auditors for the Financial Year 2025-2026 and fix their remuneration.
5. To review progress of major initiatives and seek Members approval.
6. To consider any other issue, excluding those requiring proper notice, with the permission of the chair.

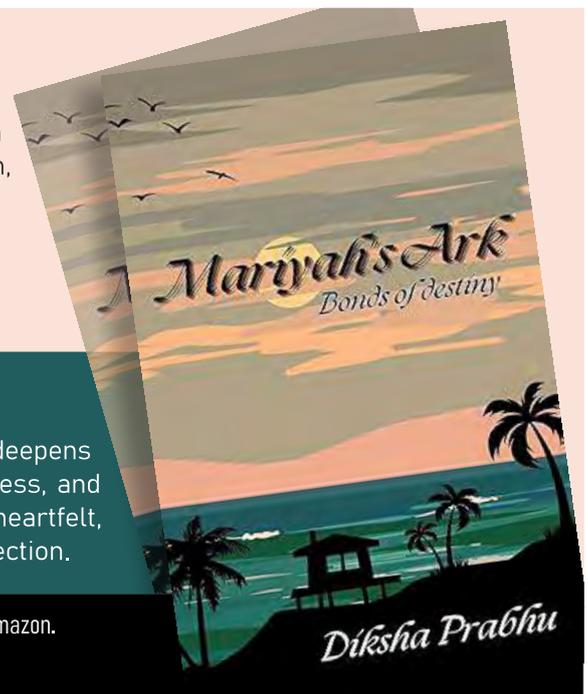
For **Aami Goenkar**

Sd/-

Sagar Sawardekar (Gen Secretary)

July 16, 2025

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GOA'S ARCHIVES

Preserving the Past, Enriching the Future



Goa, with its vibrant culture, layered history, and unique identity, has embarked on a remarkable journey to safeguard its heritage. The Department of Archives has announced an ambitious initiative to preserve centuries of records – an effort that goes beyond protecting old documents to creating a living bridge between past, present, and future.

The archives hold a rich diversity of materials: official records, land documents, personal letters, photographs, maps, and even early audio-visual resources. These treasures provide invaluable insights into Goa's evolution—from its festivals and traditions to the lives of its notable figures. By making these materials accessible, the initiative offers today's generation the opportunity to connect more deeply with their heritage, while ensuring future scholars can continue to study Goa's complex history.

Preservation itself is a meticulous undertaking. Digitization will protect fragile records and make them available online, while climate-controlled

storage and expert restoration techniques will ensure the long-term survival of delicate manuscripts and documents. These measures reflect a deep commitment to both scientific precision and cultural reverence.

Importantly, the project aims to engage the community. Goans may be invited to contribute their own photographs, letters, and memorabilia, enriching the archives with personal narratives. Plans for exhibitions, workshops, and school outreach promise to bring history alive for all ages, transforming the archives into vibrant centers of learning.

Looking ahead, these efforts hold the potential to enrich education and promote heritage tourism, showcasing Goa's unique identity to the world. Challenges remain—funding, scale, and sheer volume of records—but the vision is clear: Goa is securing its past for the future. By preserving its archives, the state is safeguarding not only documents, but also the enduring story of its people.



APPLICATION TO CONTEST ELECTION

**APPLICATION TO CONTEST ELECTION FOR
A PUBLIC TRUST.**

Name : _____ Date: _____

Address : _____ Mobile No: _____

To,
The General Secretary
 Aami Goenkar
 30/1, Parekh Mahal, L.J. Road
 Mumbai - 400016

SUBJECT: APPLICATION TO CONTEST THE ELECTION

I, _____ residing at the address mentioned above, wish to submit my application to contest the upcoming election for the Managing Committee.

I am an active member of Aami Goenkar and associated with its various activities. I am deeply committed to the mission of Trust.

I meet all the eligibility criteria for contesting this election. If elected, I promise to abide by all the rules, regulations and decisions of the Trust's governing body.

I kindly request you to accept my application.

Sincerely,

 Signature

Name (Proposed by): _____ Mobile No: _____

Note; Please attach a copy of PAN card & Aadhaar card.

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

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

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





गंधची कुड गोव्याच्या सणासुदीच्या पाककळा

सणाचा एक अविभाज्य भाग म्हणजे खास जेवण. ह्या पारंपरिक पाककळ तून आपण केवळ देवपूजेला नैवेद्य अर्पण करत नाही, तर त्या त्या ऋतूप्रमाणे, शरीराच्या गरजा लक्षात घेऊन पोषक आणि सात्त्विक अन्न ग्रहण करतो.

अळसाण्याचे तोंडाक

अळसाण्याचे तोंडाक हा गोव्यातील एक पारंपरिक आणि पौष्टिक शाकाहारी पदार्थ आहे, जो विशेषतः हिंदूंच्या सणांमध्ये बनवला जातो. अनेक घरांमध्ये गणेश चतुर्थीच्या काळात हा पदार्थ बनवला जातो. काही भागांमध्ये शिमग्याच्या वेळी देखील अळसाण्याचे तोंडाक बनवण्याची प्रथा आहे. याव्यतिरिक्त, इतर धार्मिक विधी आणि विशेष जेवणांच्या वेळी देखील हा पदार्थ बनवला जातो.

‘अळसाणे’ ही एक विशिष्ट प्रकारची कडधान्ये असून ती गोव्यात मोठ्या प्रमाणात पिकते. त्यामुळे या पदार्थाचे महत्त्व केवळ चवीपुरते मर्यादित नसून ते स्थानिक कृषी उत्पादनांना प्रोत्साहन देणारे आणि पारंपरिक ज्ञान जतन करणारे देखील आहे. सणांच्या काळात कुटुंबातील सदस्य एकत्र येतात आणि पारंपरिक पद्धतीने हे तोंडाक बनवतात, ज्यामुळे सामाजिक आणि सांस्कृतिक बांधिलकी वाढते.

अळसाण्याचे तोंडाक पौष्टिकतेने परिपूर्ण असते. अळसाणे हे प्रथिनांचे उत्तम स्रोत आहे, जे शरीराच्या वाढीसाठी आणि दुरुस्तीसाठी आवश्यक आहे. यात भरपूर प्रमाणात फायबर असते, ज्यामुळे पचनक्रिया सुधारते आणि बद्धकोष्ठतेची समस्या कमी होते. अळसाण्यात लोह, फॉस्फरस आणि पोटॅशियम यांसारखी खनिजे असतात, जी आरोग्यासाठी महत्त्वाची आहेत. यात काही प्रमाणात बी-कॉम्प्लेक्स व्हिटॅमिन्स देखील असतात. हे पदार्थ कमी चरबीयुक्त असल्याने आरोग्यदायी आहे. ओल्या नारळामुळे शरीराला आवश्यक असणारे हेल्दी फॅट्स मिळतात.

अळसाण्याचे तोंडाक हे चविष्ट असण्यासोबतच पौष्टिक आणि आरोग्यदायी देखील आहे, ज्यामुळे गोव्यातील सणांमध्ये त्याचे एक खास महत्त्व आहे.



मणगणे

हा गोव्यातील एक पारंपरिक गोड पदार्थ आणि खाद्यसंस्कृतीचा एक महत्त्वाचा भाग आहे, जो विशेषतः हिंदूंच्या सणांमध्ये बनवला जातो. गणेश चतुर्थीमध्ये हा एक लोकप्रिय आणि महत्त्वाचा नैवेद्य आहे. मणगणे अनेकदा इतर धार्मिक कार्यांमध्ये आणि विशेषतः शाकाहारी जेवणांमध्ये बनवले जाते. नारळाच्या दुधाचा वापर आणि साबुदाण्याचे मिश्रण याला एक खास गोडवा आणि चव देतात. गणेश चतुर्थीच्या काळात अनेक घरांमध्ये हे आवर्जून बनवले जाते आणि देवाला नैवेद्य दाखवले जाते.

मणगणामध्ये वापरल्या जाणाऱ्या साहित्याचे काही आरोग्य फायदे आहेत. चण्याची डाळ ही प्रथिनांचा चांगला स्रोत आहे आणि पचनासाठी देखील चांगली असते. साबुदाणा ऊर्जा देतो आणि तो पचनासाठी हलका असतो. उपवासाच्या वेळी तो विशेषतः उपयुक्त असतो. गूळ हा नैसर्गिक गोडवा देतो आणि त्यात लोह आणि इतर खनिजे असतात. नारळाच्या दुधात हेल्दी फॅट्स असतात आणि ते शरीरासाठी ऊर्जादायक असते. डा

मणगणे हा गोड आणि पौष्टिक पदार्थ गोव्यातील सणांच्या जेवणाची रंगत वाढवतो आणि त्याची चव लहानपणासून मोठ्यापर्यंत सर्वानाच आवडते.



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

ह्या सणासुदीच्या पाककळा गोव्याशी संबंधित असलेल्या पुढच्या पिढ्यांना आपल्या खाद्यसंस्कृतीचा गर्व वाटावा आणि त्या पदंपरा जतन करण्यासाठी प्रेरणा मिळावी या उद्देशाने सादर केला आहे.



Hidden Histories Of GOA



Unpacking the Portuguese Occupation

Allan Rodrigues, an Indian Navy veteran now residing in New Zealand and a Goan by birth, shares a personal perspective on the often-overlooked history of the Portuguese occupation of Goa. Growing up in a family divided by the colonial rule – his mother's side were landowners and collaborators, while his father's family were freedom fighters – Rodrigues witnessed firsthand the complex social dynamics of the era.

Under Portuguese censorship, Goan resistance often found expression in subtle ways through art forms like music and theatre. The seemingly innocuous Mando focused on romance, while deeper dissent was woven into forms like the Dekhni and Dulpod. Rodrigues highlights the original Konkani song "Hanv Saiba Poltodi Vettam," famously adapted into the Hindi song "Bobby," as a prime example of a Dekhni. Originally sung in Hindu temples, the song is not a love ballad but a poignant lament depicting the desperate flight of Hindus, particularly Brahmans, trying to escape forced conversion to Christianity by crossing the Mandovi River to reach the Mangeshi temple. The lyrics, interpreted through the lens of history, reveal the anguish and sacrifice of those who refused to abandon their faith.



Rodrigues underscores the brutal reality of the Portuguese inquisition, which involved forced conversions, discrimination, and the suppression of Hindu culture for over 150 years. This historical trauma led to significant social changes, including migrations and the adoption of Christianity by many. He concludes by emphasizing the critical importance of understanding this often-hidden history, urging us to acknowledge the past to better understand the present, regardless of our current beliefs. The article serves as a powerful reminder that history and heritage should be treated with respect and never be overshadowed by commercial interests.

8

Health benefits of regular **PHYSICAL EXERCISE**

Daily exercise offers a wide array of benefits, including improved cardiovascular health, better mood and sleep, increased muscle and bone strength, and even disease prevention. Regular physical activity helps regulate weight, reduces stress, and can improve cognitive function.



1. Exercise controls weight

Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn.

2. Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which lowers your risk of heart and blood vessel, called cardiovascular, diseases.

3. Exercise improves mood

Need an emotional lift? Or need to lower stress after a stressful day? A gym session or brisk walk can help. Physical activity stimulates many brain chemicals that may leave you feeling happier, more relaxed and less anxious. You also may feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance. Exercise sends oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and give you more confidence about your physical appearance, which may boost your sex life. But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

7. Exercise can be fun — and social!

Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Physical activity also can help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

8. Exercise to feel better and have fun

Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the U.S. Department of Health and Human Services recommends these exercise guidelines:

Aerobic activity:- Moderate aerobic exercise includes activities such as brisk walking, biking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running, swimming laps, heavy yard work and aerobic dancing.

Strength training:- Do strength training exercises for all major muscles at least two times a week. One set of each exercise is enough for health and fitness benefits. You can do strength training by using weight machines or free weights.

Remember to check with a health care professional before starting a new exercise program, especially if you have any concerns about your fitness or haven't exercised for a long time.

