

# AAMI GOENKAR

For Goans, Of Goans, By Goans



Issue No 53

July - Sept 2024



## IN THIS ISSUE

1. AGM Notice to the Members	2
2. Music is Life & Life is Music	2
3. Goan Festival - Chavath	3
4. Goan Festival - Chikhhal Kalo	5
5. Randhchi Kud - Goan Recipes	6
6. Achievements - Beautiful Streets Fontainhas	6
7. Dr Kudchadkar - Bidhan Chandra Roy Award	6
7. Appreciation Letter, Dr Sanzgiri	7
9. Curry Leaves - Health Benefits	8
10. An Appeal	8



## PRESIDENT'S MESSAGE

My Dear Members,

I wish to extend warm greetings to all Aami Goenkar brothers and sisters for festive period from July to September 2024, beginning with Guru Purnima to be closely followed by Nag panchami, Raksha Bandhan, Janmashtami, Ganesh Chaturthi and at the centre is our national festival, Independence Day on August 15. This year monsoon has been adequate and well distributed so, Goenkar in Goa and Maharashtra will be celebrate festivals with joy, happiness to reaffirm our faith and commitment to unity and cultural diversity of our beloved nation.

The nation has just concluded national election and a new Government has been installed which, hopefully, will provide stability in administration, continuity in policies, programs and take tough decisions to make our nation Vikasit Bharat by the year 2047, which marks centenary year of our independence.

Union Budget 2024-25 was presented by the Finance Minister Nirmala Sitharaman, which lays down a strategic blueprint for sustainable growth and inclusivity. The budget continues to follow the path of fiscal prudence, pushing the agenda to meet the demands of all stakeholders – in particular the youth, women, farmers, MSME and the middle class. The budget emphasises priorities as agricultural



productivity, employment and skilling, inclusive development, manufacturing and services, urban development, energy security, infrastructure, research and development and next-generation reforms to achieve estimated the GDP growth forecast for

2024-25 at 6.5 to 7%.

Institutions like us are expected to solve social problems so, play a significant role in community development by promoting progressive ideas, nurturing intellectuals and the generation next. It is obvious that without generous funding it is difficult for institutions like Aami Goenkar to sustain financially and continue to add value in core areas. It is therefore necessary that we access CSR funding to broad base our resources and become financially secure. Financial stability is key challenge for non profits which can be met with sufficient funds which ensures that they stay honest, on the right side of the law and be good citizen of our beloved nation.

(Contd. on page #2)



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## BOOK POST

(Conti. from Page #1)

We have put together a calendar of various events within our core objectives viz. education, culture, health through partnerships with like minded institutions. Building on success of earlier years, we are planning a mini Goa Festival to encourage entrepreneurs and start ups in our modest way. I would request our members and well-wishers to play a pro-active role in celebrations like Teachers Day, Aami Goenkar Foundation Day, Goa Liberation Day, and other upcoming programs, going forward.

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

July, 26th, 2024



## **Aami Goenkar**

Registration No F27581 Mumbai, MAH / MUM / 2172/BBBSD, Registered u/s 80G of Income Tax Act

### **NOTICE TO THE MEMBERS**

Notice is hereby given to all members of Aami Goenkar, that the **20th Annual General Body Meeting** of the Trust for the Financial Year 2023-24 will be held on line on Sunday 29, September, 2024 at 4:00 pm to transact the following business. Venue of meeting will be communicated to all the members closer to the date of meeting.

#### **Agenda**

1. To approve the minutes of the 19th Annual General Body Meeting held on September 30, 2023.
2. To consider the Managing Committee's Report for the Financial Year 2023-24.
3. To appoint Statutory Auditors for the Financial Year 2024-25 and fix their remuneration.
4. To finalise date for Managing Committee Elections.
5. To review progress of major initiative and seek Members approval.
6. To consider any other issue, excluding those requiring proper notice, with the permission of the chair.

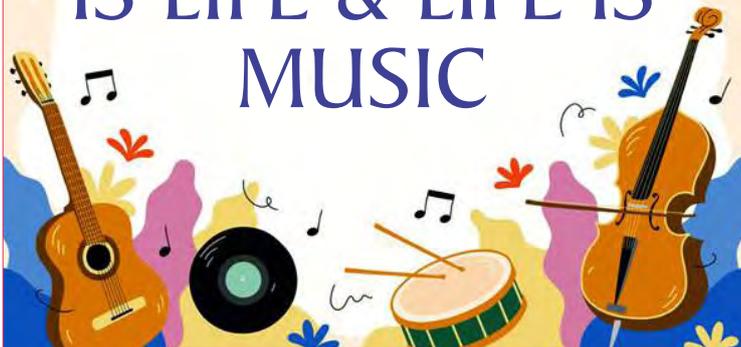
For Aami Goenkar

Sd/-  
Sagar Sawardekar (Gen Secretary)  
August 10, 2024

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# Music

## IS LIFE & LIFE IS MUSIC



## **SURILE AAMI GOENKAR**

**Surile Aami Goenkar** the music group of **Aami Goenkar** has successfully completed three months and music rehearsal meetings.

The response, involvement & practice of the participants is quite encouraging to the extent that they are heading for stage performance shortly under guidance of senior professional singer Mrs Nisha Parasnis along with Mrs Usha Amonkar. We wish them best of luck.

For more details please contact  
Mr. Pratik Hegde | @ 9552518865

# ॥ वक्रतुण्ड महाकाय सूर्यकोटी समप्रभ निर्विघ्नं करु मे देवः सर्वकार्येषु सर्वदा ॥

# Chavath

Ganesh Chaturthi, known as "CHAVATH" in Goa, is a vibrant and meaningful festival that highlights the region's unique cultural practices and deep connection to nature.

Ganesh Chaturthi typically falls in September, aligning with the Bhadrapad month of the Hindu calendar. In Goa, it is celebrated a day before the main festival, which is referred to as 'Taya' or 'Haritalika.' Honouring Lord Ganesha, the deity of wisdom and prosperity, as well as his parents, Lord Mahadev (Shiva) and Goddess Parvathi (Gauri). It marks a time when we prepare our home to welcome Lord Ganesha with reverence and joy.

### Traditional Customs Day 1 - Tritiya :

**Taya/Haritalika:** On this day, puja of Lord Mahadev Goddess Parvathi is performed. Traditionally, a coconut symbolizes Lord Mahadev, while a bundle of wild leaves and flowers represent Parvathi. These offerings are covered with 'Kasal' leaves. In today's modern time, some families use photo images of the deities.

**Pudi/Patri:** In certain villages and parts of Goa, a bundle of 21 wild and medicinal leaves are offered.

**Vainn:** Married women present coconuts to Goddess Parvathi, known as 'Vainn,' which are adorned with Haldi/Kumkum and threads with black beads.

### Main Festival Day 2 - Chaturthi (Chavath):

**Home Arrival of Ganesh Idol:** On Chaturthi, the idol of Lord Ganesha is brought into the home. The vidhiyukta Puja, performed by the head of the family or the person designated for such rituals, is carried out to welcome the deity.

**Matoli:** A checkered wooden frame, hanged on top, is decorated with seasonal fruits such as coconuts, betel-nuts, pumpkins, bananas, local yams, and colourful wild fruits etc. Mango leaves, considered auspicious, are tied together using local vines and interspersed with the fruits, leaves, and flowers. Many of these items also possess medicinal properties.

**Aarti and instruments:** Devotional rituals involving various musical instruments play a vital role in enhancing the spiritual experience. Aarti's are performed by the members of the house. Ghumat, a traditional percussion instrument, produces a distinct and rhythmic sound that adds a unique element to the aarti. Its resonance and rhythm create a vibrant atmosphere, helping to elevate the mood and spiritual ambiance.

### Panchami Day 3 - Immertion:

**Offering of First Harvest:** The first paddy harvest of the season, known as 'Nave,' is offered to Lord Ganesha during the Puja. This is a gesture of gratitude and celebration of the bounty of nature.

**Immersion Ritual:** After two-and half-day festival celebration, In the evening, after the Uttar Puja the idol of Lord Ganesha is immersed in clean flowing water or well. This symbolizes the return of the deity to his celestial abode and signifies the impermanence of life and material possessions.



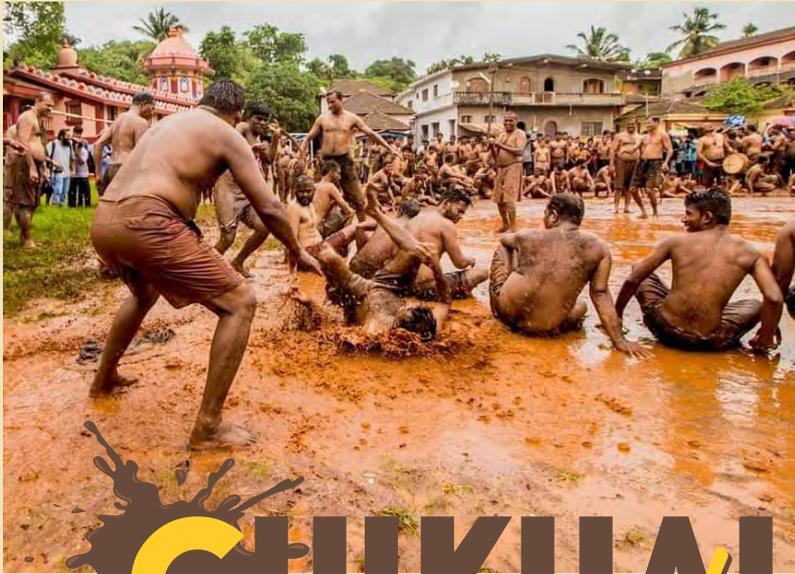
### Cultural Connection to Nature

The celebration of Chavath in Goa is deeply intertwined with nature. The use of seasonal fruits, medicinal leaves, and flowers in the festival's rituals underscores the community's respect for and reliance on the natural world. The immersion of the Ganesh idol in water also reflects the harmonious cycle of creation and dissolution in nature.

This festival is not just a religious observance but a celebration of nature's bounty and the bond between humans and the environment, making Ganesh Chaturthi in Goa a unique and cherished occasion.

~ S. R. Prabhugaonker





## CHIKHAL KALO

is celebrated on the open grounds in front of the Devakikrishna Temple, Marshal Goa, every year on the 11th day of the Hindu month of Ashadh, rains ensures that the temple grounds are slushy with mud and menfolk celebrate the festival by remembering Krishna, his playful childhood and love for mud games.

# CHIKHAL KALO

The temple is decorated and village deities are invoked with bhajans and prayers.

Local people from all religion gather at temple grounds, are applied holy oil and given prasad. They dance to the rhythm of the traditional percussion instruments which fills soul.

Each of Goan festivals has to be understood by going deep into logic and rationale. It may appear as game of boys but it holds a deeper significance. The mud bath symbolizes a reconnection with nature and a reminder of our dependence on the earth. For Goa's farming community, it's a way to express gratitude to fertile soil which sustains their livelihoods. Besides dancing, traditional games like chendu fali, variation of cricket and gilli danda are played. The slippery slush surface causes participants of all ages to fall and get covered with mud, every one enjoys and asks for more. Rolling in mud is the essence of this ritual so appropriately called Chikhal Kalo.

It is indeed lifetime experience and an opportunity to absorb, enjoy Goan culture, traditions, to celebrate life, connect with nature, witness the playful spirit of our rich culture, heritage, experience the joy and muddiness of Chikhal Kalo!





## Randhchi Kud

Celebrating the Ganpati festival with '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 celebration truly special.



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

Over centuries, women in Goan household created countless recipes and this wisdom was passed through generations preserving the authentic Goan recipes.

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 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!

For more details or to place an order, reach us **Mr Devadatta** at **9833096410** (WhatsApp available).

Digital Payment Options accepted: GPay, Cheques



Publisher : Aami Goenkar  
English Book : Pages 143  
Marathi Book : Pages 112

**Limited Copies Available – Don't Miss Out!**



## *One of the world's most beautiful Streets includes a gorgeous lane in Panjim Goa is at Fontainhas.*

**FONTAINHAS**, the Latin Quarter of Panjim in Goa, indeed stands out as one of the world's most picturesque streets. Its charm lies in its vibrant, colonial era architecture that reflects its Portuguese past. The narrow, winding streets are lined with brightly colored bungalows featuring ornate balconies and decorative tiles, a testament to the rich history of the area.

Recognized as a **UNESCO Heritage Site since 1984**, Fontainhas is celebrated for its well-preserved European-style villas and the unique blend of Portuguese and Goan influences. As you stroll through the area, you'll encounter art galleries, quaint restaurants, and charming street markers that further enhance its appeal. The cobblestone streets and colorful facades create a picturesque setting that's perfect for leisurely

exploration. Recently, an 'American Architectural Digest Magazine' published that Fontainhas is one of the world's most beautiful streets, highlighting its gorgeous lanes and vibrant ambiance.

The phrase "Spectacular Streets Worth Traveling To See" highlights the exceptional aesthetic and historical value of certain destinations, signaling that they are extraordinary enough to warrant a visit from around the world. This recognition underlines its global importance by showcasing its vibrant, historically rich architecture and its role as a preserved example of colonial Portuguese influence. The designation suggests that Fontainhas is not just a beautiful place to visit, but also an important cultural landmark that contributes to a deeper understanding of its historical context.



**DR SATISH KUDCHADKAR  
FIRST GOAN TO RECEIVE  
BIDHAN CHANDRA ROY  
AWARD**

**Dr. Satish Kudchadkar**, a distinguished surgeon and the owner of Shushrulaya Hospital in Curcholem, has made history as the first Goan to receive the prestigious **Bidhan Chandra Roy Award**. This honor was bestowed upon him in the "Eminent Doctor Personality Award" category by the President of India at Rashtrapati Bhavan on July 1, 2024, coinciding with National Doctor's Day.

Dr. Kudchadkar's career, spanning nearly fifty years, is marked by a steadfast commitment to medical excellence, particularly during times when essential services like ambulances, CT scans, and telecommunications were limited in rural areas. His efforts include founding the Curcholem branch of the Indian Medical Association (IMA) and serving as its first State president, reflecting his leadership and dedication to advancing medical care in his community.

In addition to his medical achievements, Dr. Kudchadkar is a passionate sports enthusiast with a deep commitment to cricket. He has played a crucial role in fostering young talent and supporting sports infrastructure through his personal contributions. His service as Vice President of the Goa Cricket Association underscores his broad impact, demonstrating his dedication to both his professional field and his community.

## Appreciation of Ami Goenkar from America

I moved to the USA from Goa as a doctoral student in 1968 in search of higher education in electrical engineering. In this long phase of 68 years, I have seen America growing rapidly and becoming a global power; economically, militarily, and technologically. Over the past six decades, I have witnessed bilateral relations between two large democracies, the US and India, going through ups and downs. Currently, I see several frameworks for partnerships and collaborations between these two great nations, with India getting into the global league of powerful nations. The US corporations have wisely joined hands with Indian counterparts in long-term projects which include defense, aerospace, mobile communications, networking infrastructure, artificial intelligence, and green energy.

I must say that today's social media has made it easy for us on different continents to keep connected and informed even if we are thousands of miles away. Through WhatsApp for example, I have kept in touch with my younger brother Mohan very regularly. Among the various topics we speak about, one thread that runs through them is the organization Aami Goenkar, and its various projects and initiatives. A few months ago, Mohan was on a visit to the US, and we got a chance to spend quality time together. We spoke about the positive role of organizations such as Aami Goenkar in implementing people-oriented projects.

Mohan introduced me to the Ami Goenkar newsletter. I visited the Ami Goenkar website and went through the past newsletters. I am impressed by the role played by non-profit institution such as Ami Goenkar in helping the Goan people in need, bringing the local Goan community together, and informing the Goan diaspora like me about the eminent Goan people and noteworthy events in Goa. I read through insightful stories of agents of change among us, who have pursued their passion and have made a difference in people's lives, have wiped tears, and brought smiles to people's faces. I must say that Aami Goenkar as an institution, over past two decades has created a positive impact across a wide range of fields – social welfare, education, healthcare, sports, environment, art, and culture, to name a few. It is this missionary work of Ami Goenkar, that persuaded me to become a patron of this organization.

I also received a gift book in English titled “**Randhchi Kud**” which is a unique collection of Goan recipes published by Aami Goenkar. In my retirement, I have taken Goan cooking as a hobby. This is a valuable addition to my Indian Cookbook library. I would recommend to those who have not bought a copy so far, to order one, rediscover the Goan delicacies and experience the traditional and contemporary Goan cuisine.

**I am grateful to the Managing Committee for accepting me as a Patron member of the institution. I am committed to the cause and assure you that I will play a proactive role in furthering the mission of Aami Goenkar in the US.**

**My well wishes to Aami Goenkar members, and their families for the upcoming festive season.**

Dev baren karun.

**Dr Shashi Sanzgiri, (Patron from Seattle, USA)**

6

## HEALTH BENEFITS OF CURRY LEAVES (KADI PATTA)

Commonly used as a seasoning, Packed with iron, calcium, phosphorous and vitamins like C, B & A, they also provide the body with fiber. Not only this, they help in regulating blood sugar and cholesterol level, aid in healthy digestion, fight infections and improve the texture of skin and hair.

### Regulate Blood Sugar levels

Curry leaves can be a beneficial addition to your diet, especially for managing blood sugar levels. Curry leaves are rich in fiber, which can help regulate blood sugar levels. They are believed to support the release of insulin, aiding in blood sugar control.

### Lower Cholesterol Levels

These leaves are indeed packed with antioxidants and have been shown to help lower cholesterol levels. By preventing the oxidation of LDL (bad cholesterol) and boosting HDL (good cholesterol), curry leaves can support heart health and reduce the risk of conditions like atherosclerosis.

### Aid Healthy Digestion

Curry leaves can indeed aid in digestion. They have mild laxative properties, which can help regulate bowel movements and alleviate constipation. The carbazole alkaloids in curry leaves contribute to their anti-bacterial and anti-inflammatory effects, which can soothe an upset stomach and improve overall digestive health.

### Relieve Nasal Congestion

Curry leaves do have beneficial properties that can support overall respiratory health. Curry leaves contain kaempferol, a compound with anti-inflammatory properties that can help reduce swelling in the nasal passages and chest, making it easier to breathe.

### Fight Hair Damage

Curry leaves prevent greying of hair, treat damaged hair, add volume and strengthen the shaft of thin hair. They also arrest hair fall and treat dandruff.

### Reduce Blemishes And Pimples

Curry leaves are indeed useful in skin-care. Remove all the dirt and impurities of the skin. They prevent pimples and help the skin to glow keeping it fresh.

**So, go ahead and try curry leaves for these health benefits in addition to using them for enhancing the taste and flavor of your dishes. Stay Healthy, Stay Happy!**

Dear Fellow Goans,

Join **Aami Goenkar** today, and be a part of this transformative journey.

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:

**Bank** : NKGSB Co-operative Bank Ltd.  
**Branch** : Gokhale Road North, Dadar, Mumbai 400028  
**Account** : Aami Goenkar  
**A/C** : 003100100013241  
**IFSC Code** : NKGSO000003

After making the transfer, we kindly request that you send us an email with the following details for our records and to ensure proper acknowledgment: Your Name, Address, Mobile Number, PAN Number.

Your support is invaluable, and we thank you in advance for your contribution. If you have any questions or need further assistance, feel free to reach out to us at **98206 23089**.

To those who have yet to join, we extend a warm invitation. 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.

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

AN APPEAL

