

AAMI GOENKAR

For Goans, Of Goans, By Goans



Issue No 54

October - December 2024



My Dear Members,

On behalf of the Managing Committee, I wish to extend warm greetings to all Aami Goenkar brothers and sisters for the festive season and wish a joyous and fulfilling period ahead to you and families.

On October 12, 2024, Aami Goenkar stepped into 22nd year. Two and half decades ago, few wise among us, with a mindset to look a century ahead, set forth their long-term vision of creating an institution of the future. Their dream was to enhance our lives by expanding our family by including sons and daughters of our beloved motherland Goa. Our founders were right in visualising that families of coming years will become nuclear, compact and so, will need a platform to assemble to network at regular intervals to bring about a positive change in society. Every year, we celebrate the birth of our institution and salute the vision, dedication, relentless efforts of all that have brought us to where we stand today.

Aami Goenkar was founded with a mission “for Goans, of Goans, by Goans.” Over the years, we have grown from humble beginnings into a beacon of hope touching many lives along the way. As we reflect on the journey so far, let us also look ahead. We will face new challenges as we evolve. We have resolved to remain steadfast, be innovative inspire others, impact lives, staying true to our values and mission.

We cannot be complacent and rest on laurels of work done by our founders. We have faced challenges before, and this institution has shown that it can deliver. With rapidly changing world, we have to change and adapt too, if we want to continue to survive and grow our institution. That means building capabilities, developing new skills, continuing 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. One of the cornerstones of our vision for the future is to create a Cultural Team - “Surile Goenkar” dedicated to promoting art, music, and dance as a means to inspire creativity and self-



expression among the new generation. By fostering these talents, we aim to bring out the best in our youth, nurturing a sense of identity, cultural pride, and holistic growth. We believe that the art has the power to unite, heal, uplift, and through this initiative, we hope to make a lasting impact on the lives of many.

The challenges we face may evolve, but our resolve remains steadfast. Together, we will continue to innovate, inspire, and impact lives, staying true to our values and mission.

Few days ago, I got a call from Aakashwani to be in conversation on a topic of memories of our beloved motherland Goa. I seized the opportunity. All of us are blessed to be Goans and we use every occasion to speak about our life, our relationships, our culture, festivals, food and, of course, about Aami Goenkar and quality work we all have been doing since it's inception. I exactly did that and feel good about it.

On this special day, I encourage each of you to take a moment to celebrate not just our achievements but also the spirit that drives us forward—the spirit of our values - compassion and service.

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

Dec. 26, 2024

IN THIS ISSUE

1. President's Message	1
2. Aami Goenkar in association with GSS	2
3. An Appeal	2
4. Aami Goenkar Foundaton Day	3-4
5. Surile Aami Goenkar	4
6. Goa Liberation Day 2024	5-6
7. Teachers Day Felicitation	6
8. Festival of Goa - Shri Shantadurga Kunkalikarin Jatra Mahotsav	7
9. Health Benefits of Amla	8

SURILE GOENKAR – MEMORABLE MUSICAL MORNING AT GOMANTAK SEVA SANGH

Encouraged by good performance in the in-house program at the foundation day function, **Surile Team** began to chalk its journey ahead. Words of appreciation came from many in the audience about quality of rendition and overall program management. Well-wishers gave their suggestions and tips for improvement.

Soon thereafter, came another opportunity to perform at the Goenchi Diwali celebrations of **Gomantak Seva Sangh on December 1, 2024**. This was indeed a big recognition and acknowledgment of talent and positive attitude of the team. This was a great opportunity to Surile Goenkar to showcase its talent to the appreciative members of Gomantak Seva Sangh.

Surile Goenkar team, under guidance of Mrs. Nisha tai Parasnis presented a bouquet of Konkani and Marathi masterpieces and received compliments from the audience. Team received good support from musician team headed by Mr Dhananjay Puranik. This program was ably anchored by Mrs. Shreya Sanzgiri.

With humility, the Managing Committee of Aami Goenkar expresses its heartfelt thanks to the President and committee of Gomantak Seva Sangh for this opportunity and expects this association to be long and mutually beneficial one.



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:

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

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.

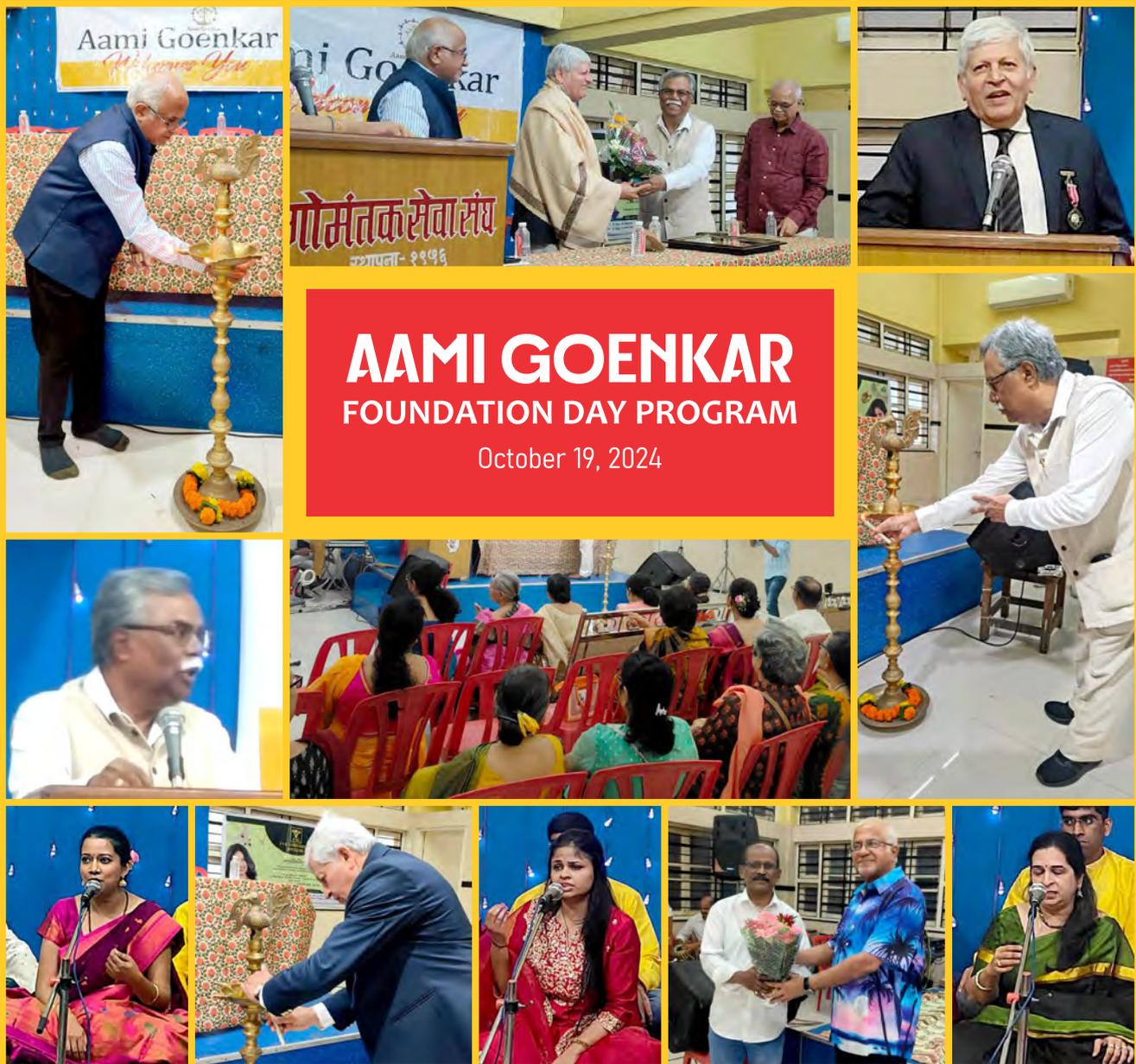
YOUR MEMBERSHIP, YOUR VOICE, AND YOUR ACTIONS CAN MAKE A DIFFERENCE.

Obituary



Dr Ashok J Amonkar, President, Goa Hindu Association, left for heavenly abode on December 25, 2024. Our thoughts and prayers are with the family during this time of sorrow.

May his divine soul rest in eternal peace and attain sadgati. **Heartfelt condolences from Aami Goenkar.**



AAMI GOENKAR FOUNDATION DAY PROGRAM

October 19, 2024

Aami Goenkar celebrated 21st Foundation Day on Saturday, October 19, 2024 at the auditorium of Gomantak Seva Sangh, Vile Parle. The evening was memorable and had all attributes of an Utsav as the atmosphere was surcharged with emotions, warmth. It was an opportunity to connect to members, remember our founders and reaffirm our commitment to our mission and its purpose.

The program began with lighting of auspicious lamp to invoke blessings of the Almighty. A special prayer was recited in memory of founders as an expression of gratitude.

In the welcome note CA Mohan Sanzgiri narrated journey of Aami Goenkar over past two decades. He spoke about significant milestones achieved and challenges ahead. He said It is our duty to return more to community than we take, that is gratitude.

Adv. S N (Bal) Desai, the Past President, in his key note address, remembered formative phase of the institution, its mission and spoke about impact it has created on the community. He said each year, this day, gives us an opportunity to do self-evaluation of our contribution to the community. He emphasised that we should not forget the primary purpose and should not let it get diluted.

Adv Mukund Jambavalikar, introduced Padma Shri Awardee Dr Zahir Ishaq Kazi, our founder, to the audience.

In his message, he said that the purpose of formation of Aami Goenkar was to create a group to elevate energies of members, encourage others to join the stream, engage with each other and implement initiatives of common good. We must be grateful for this opportunity to serve the community.

Dr Zahir Ishaq Kazi, thanked members for felicitation. In his address, he narrated his association with Aami

Goenkar from its inception. His guidance was - we must work together on mission mode for our beloved motherland, Goa and Bharat Desh. He narrated several opportunities that came his way to serve humanity. He inspired youngsters to grab an opportunity to do service and work selflessly as then our evolution starts. In social service entry is easy, most drop off, very few continue who hold to the goal firmly.

SURILE AAMI GOENKAR

The very purpose of formation of Aami Goenkar was to create a group to elevate energy level of individuals and encourage them to find hidden abilities, demonstrate skills, talents. Each one of us is special. In a busy schedule of activities, we must prioritise our life. Joining a social institution makes us energized, broadens our perspectives.

With this background, Aami Goenkar Managing Committee formed a group "Surile Goenkar ", a platform for its members, in particular, for the upcoming generation to nurture and showcase their singing talent. For most of the participants, this was first ever opportunity to sing before a discerning audience.

Participants were extremely fortunate to get guidance of Smt Nisha tai Parasnis, a renowned classical singer. She spent quality time, encouraged each one and got the very best in a very short time. Surile Goenkar Group put up an outstanding performance on the Foundation Day considering it was first time stage performance for all participants. The Committee expresses its heartfelt thanks to Nisha tai for acceding to our request and encouraging participants to put their best performance.



GOA LIBERATION DAY - 19TH DECEMBER 2024

Goa Liberation Day

Ami Goenkar celebrated Goa Liberation Day with reverence on 19th December 2024, at Gomantak Seva Sangh hall to mark 63rd anniversary of Goa's liberation from Portuguese rule.

In presence of representatives of Goa Hindu Association, Gomantak Seva Sangh, Gomantak Maratha Samaj and other like-minded institutions, freedom fighter Shri Ramdas Prabhugaonkar was honoured for his significant contribution.

CA Mohan Sanzgiri, President said that Goa Liberation Day function was a fitting tribute to the resilience and courage of freedom fighters who played a pivotal role in Goa's history.

Smt Alka Kerkar, who anchored and coordinated the function said, the event is a reminder to all of us of the importance of unity, patriotism, and cultural preservation.

In his key note address Adv. Bal Desai, past President, reflected on significance of Goa Liberation Day, the struggle of Goan freedom fighters who fought bravely to achieve independence from Portuguese colonial rule. He said, Goa was under foreign rule for 451 years first by Mughals and later by Portuguese. People, culture and economy suffered during this dark period. Its liberation has paved way for Goa's progress and development.

Dr. Mahesh Abhyankar, a renowned doctor and mentor gave tips on a topic that is close to our hearts—how to live a long and healthy life. He emphasised impact of lifestyle choices on our physical and mental well-being. He spoke about importance of gratitude to the almighty for his gifts to us, being humble is crucial of ageing gracefully. He gave us sutras to form good habits and urged all to follow them consistently. He spoke about importance of gratitude to the almighty for his gifts to us, being humble is crucial of ageing gracefully.

Food: foundation of good health is balanced diet, rich in fruits, vegetables, whole grains, lean proteins, so essential for maintaining vitality, preventing diseases. We must limit intake of processed foods, sugar, and unhealthy fats and embrace natural and seasonal foods that nourish body. Food is not just fuel; it is medicine.

Be active: Regular physical activity is key to longevity. Aim for at least 30 minutes of exercise every day—whether it's walking, yoga, swimming, or dancing. Exercise not only strengthens muscles, bones but improves mood and boosts immunity. The more we move, the better our body functions.

Mental well being: In fast-paced lives, mental health often takes a back seat. Stress, anxiety, and depression silently take a toll on health. Do relax, practice meditation, spend time in nature, pursue hobbies that bring joy. Remember, a healthy mind is as important as a healthy body.

Sleep: Sleep is body's way of healing and rejuvenating itself. Ensure we get 7-8 hours of quality sleep every night. Avoid screen time before bed, create a calming bedtime routine, maintain a consistent sleep schedule. Poor sleep leads to numerous health problems, so prioritize rest as part of your wellness routine.

Stay hydrated: Water is life. Drink plenty of water throughout the day to keep body hydrated, to support digestion, circulation, detoxification. Avoid excessive caffeine or sugary drinks, which dehydrate body and lead to long-term issues.

(Conti. on Page #6)



TEACHERS DAY FELICITATION



Aami Goenkar observes several festivals each year to foster unity, cultural pride and discipline. These celebrations are rooted in Goan culture, traditions and serve to reinforce core values of its founders. Every year on September 5, Teachers day is celebrated to express gratitude to Guru or mentor emphasising importance of learning and guidance in one's life. It inculcates sense of humility and reverence to knowledge.

At Aami Goenkar, we felicitate a teacher of Goan origin who has made significant contribution to academic, sports, arts, science, technology and other fields.

This year we felicitated a **Paras Mhambrey**, who has made a significant contribution in sports field by grooming and generation next in cricket. He is a right-arm medium pacer from Mumbai, made his international debut on India's tour of England in 1996, along with Sourav Ganguly, Rahul Dravid and Venkatesh Prasad in test cricket.

Paras Mhambrey secured a Level-3 coaching diploma from the National Cricket Academy (NCA) in Bangalore. He was the coach of the cricket team of West Bengal in Indian domestic circuit and took them to the finals of the Ranji Trophy, after a gap of 16 years. He was appointed as coach of Maharashtra, Baroda and Vidarbha. He was assistant coach of the Mumbai Indians in the Indian Premier League for four years. He was bowling coach for both India A team and U19 Indian cricket team until November 2021. In November 2021, he was appointed as bowling coach of the Indian national cricket team. This year under his guidance India became T20 World champion.

Managing Committee members, Vikram Joshi and Vikas Kerkar met him at his residence at Bandra Reclamation on 7th September. Paras having grown up in Mumbai, spoke fondly of his playing days teaming with greatest names in Indian cricket.

Salutation to him for being instrumental in developing best in class bowlers of the millennial generation. Paras was briefed about the cricket academy earlier run by Aami Goenkar under guidance of Lalchand Rajput. He was keen to know about the various socio-cultural initiatives of our institution.

Paras was felicitated in traditional style with a shawl, shrifal, an idol of goddess Saraswati, a copy of the Randhchhi kud cook book and a box of sweets. He promised to attend upcoming events of our institution.



(Conti. from Page #5)

...Goa Liberation Day - 19th December 2024

Build relationships: Good relationships are a cornerstone of a happy and healthy life. Surround with positive, supportive people. Spend time with loved ones, nurture friendships, and practice kindness. A strong support system reduces stress and gives a sense of purpose.

Regular health checkups: Prevention is better than cure. Make it a habit to visit your doctor for regular check-ups and screenings. Early detection of potential health issues can make all the difference in treatment and recovery.

Avoid harmful habits: Say no as these habits offer temporary relief, have devastating long-term effects on health. Instead, find healthier ways to cope with challenges.

Stay positive: A positive attitude can work wonders for health. Cultivate gratitude, focus on the good in your life, and don't dwell on negativity. Optimism has been scientifically proven to improve both mental and physical health.

Embrace moderation, consistency: these are keys to success. Diet, exercise, relaxation, small, sustainable changes in daily habits are far more effective than extreme measures. Read good books, biographies, speak only when necessary are steps to rediscover ourselves.,

He concluded saying, to live a long and healthy life, we must treat our body as a temple and our mind as its guardian. Health is not just the absence of illness; it is a state of complete physical, mental, and social well-being. By adopting these simple yet impactful habits, we can add years to your life and life to years.

On Goa Libeartion Day, let us pledge to make our health a priority starting today. It is never too early or too late to begin our journey inward to be healthy and happy.

The audience appreciated recitation of poems by Smt Supriya Naik who holds first class in MA (Sanskrit) B.Ed with distinction in Vedant Philosophy. Smt Supriya Naik is well known poetess in Marathi and has published poems in the name of Surabhi. Her poems and stories are published in various Marathi magazines.

The audience lauded performances by two young artists Ira Naik and Avni Kerkar, as they added vibrancy to the event.

Ira Naik, a 11 year old chirpy young girl who has written a poetry book titled "My Magical Mystique World" in a 21 day poetry challenge and won Emily Dickinson Award for this book. Ira is a trained ballet dancer, started her career when she was 5 years old. She has participated and won at dance events including great Indian Ballet Competition in 2021 as well as platinum medals for her performance in Spain in 2023. She has also done many ballet shows including Snow White, Rapunzel as well as individual performance of Esmeralda (en pointe). She presented ballet on tunes of cupid and medora. Ira was featured in earlier issue of Aami Goenkar Newsletter.

Avni Kerkar age 12 year student of JML School, Khar is an exponent of Deepamalika Kathak Institute of Bollywood Choreography for many years. She represents her school and institute in various dance competitions and has won numerous awards. Avni showcased three top class Kathak dances which were lauded by the discerning audience.

The function was concluded with national anthem.

॥ सर्व मंगल मांगल्ये शिवे सर्वाथ साधिके शरण्ये त्रयम्बिके गौरी नारायणी नमोस्तुते ॥

Shri Shantadurga Kunkallikarin



SHRI SHANTADURGA TEMPLE, located in Fatorpa in the Quepem Taluka of Goa, is one of the oldest and most significant temples in the region. Dedicated to Goddess Shri Shantadurga, the temple holds a rich history and is a major religious and cultural hub.

Originally from Cuncolim in Salcete Taluka, the Goddess was relocated to Fatorpa in the 16th century due to the religious persecution by the Portuguese.

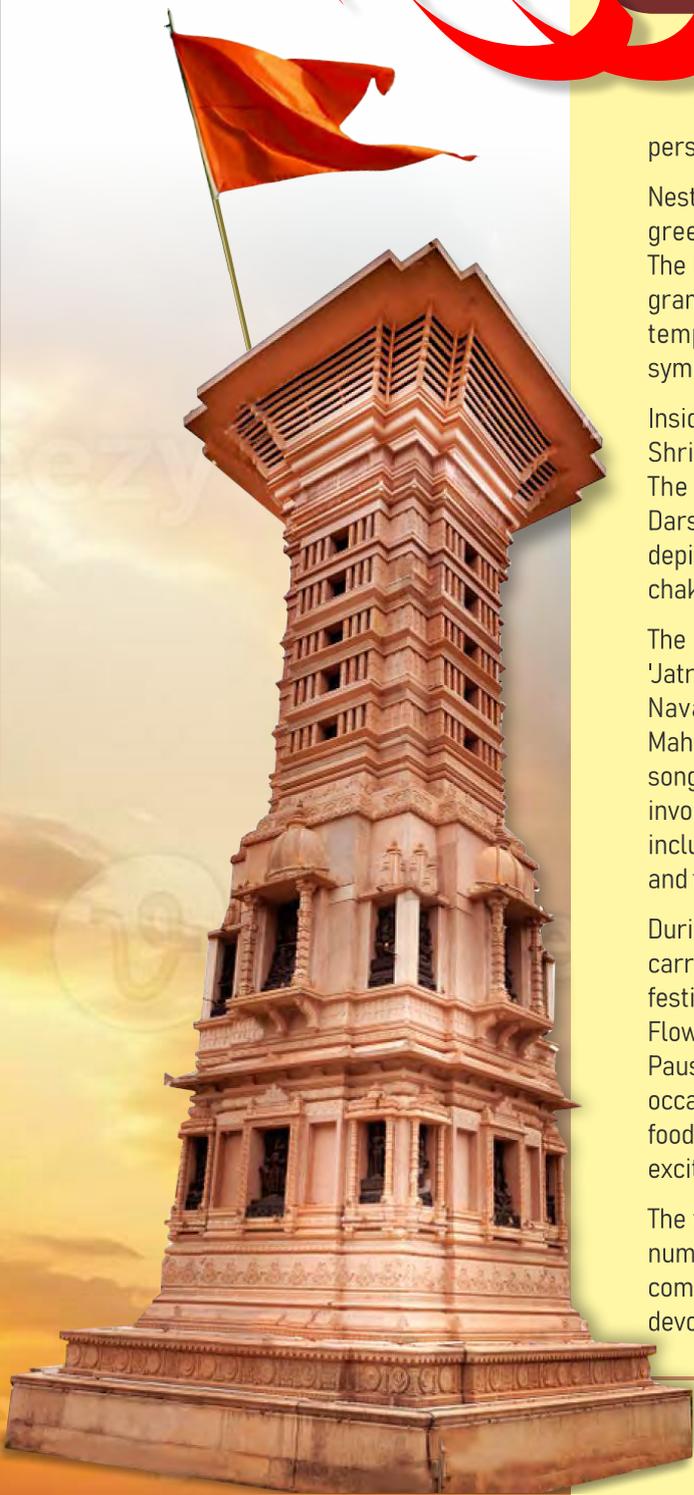
Nestled at the foothills of a mountain range, the temple is surrounded by lush greenery, creating a peaceful and serene environment for devotees. The temple's entrance features a massive structure called the Mahadwar, a grand doorway that leads into the temple complex. The main dome of the temple is adorned with an elaborately designed gold-plated Kalash, symbolizing the sanctity and beauty of the temple.

Inside the temple's inner sanctum, or garbhagraha, are two idols of Goddess Shri Shantadurga. One statue is seated, while the other is standing. The standing idol, made from a combination of five metals, is the Darshanamurti, allowing devotees to take darshan daily. The goddess is depicted standing on a patt (a pedestal) and holding a trishul, a Sudarshan chakra, and an arrow in her hands, signifying her divine power and protection.

The temple attracts thousands of devotees, especially during the annual 'Jatra', which occurs during the month of Pausha Shuddha Panchami to Navami. This festival is a grand event, drawing pilgrims from Goa, Maharashtra, and Karnataka. Highlights of the Jatra include Aarti (religious songs), Mahaabhishek (great worship ceremony), and Shibikotsav (a festival involving sacred chariots). The temple also hosts various religious rituals, including offerings of coconuts, green bangles, cloth, rice, flowers, incense, and fruits.

During the Jatra, the religious procession is a major attraction. The deities are carried in decorated chariots (Raths) each parading on different days of the festival. Like Palakhi - Pausha Panchami, Aambari Rath - Paush Shasti, Flower Rath - Paush Saptami, Vijay Rath - Paush Ashtami, and Maha Rath - Paush Navami (next day early morning). The celebration is not just a religious occasion but also a lively fair, with numerous stalls offering clothes, gadgets, food, and various goods for the visitors, adding an element of enjoyment and excitement to the religious event.

The temple's agrashala (guest house) provides accommodation for the large number of devotees who visit during the festival, ensuring their stay is comfortable. The Shri Shantadurga Temple stands as a symbol of religious devotion, cultural richness, and community spirit in Goa.



10

HEALTH BENEFITS

AMLA (Indian Gooseberry)

Amla, is a small, green fruit renowned for its richest source of vitamin C. This high vitamin C content enhances immune cell function, helping the body fight infections & illnesses.

An excellent addition to the diet during the warmer months to maintain health and vitality.

1. Diabetes Control

Amla contains chromium, which helps regulate carbohydrate metabolism and improves insulin sensitivity. It stabilises blood sugar levels, reducing the risk of diabetes and helping manage the condition in diabetics.

2. Rich in vitamin C

Amla is one of the richest sources of vitamin C, a powerful antioxidant that helps neutralise free radicals. It enhances immune function, promotes skin health by stimulating collagen production, and aids in the absorption of iron.

3. Better Digestion

The fiber in amla helps the body regulate bowel movements and may help to relieve symptoms from conditions like irritable bowel syndrome. High levels of vitamin C in amla helps your body absorb other nutrients, so they may be helpful if you take iron and other mineral supplements.

4. Healthier Eyes

Amla is rich in vitamin A, which is key to improving eye health. Vitamin A not only improves vision, but it also may lower the risk of age-related macular degeneration. Amla's vitamin C content aids in eye health by fighting bacteria, which can help to protect your eyes from conjunctivitis (pink eye) and other infections.

5. Hair Care

Amla is used in a lot of shampoos and conditioners owing to its rich antioxidant & iron content. Indian Gooseberry contains high levels of Vitamin C which helps reduce hair fall. It also strengthens the roots & maintains hair color. Antibacterial properties of Amla help fight dandruff.

6. Skin Care

Amla helps flush out the harmful toxins from the body reducing skin blemishes. The astringent properties of Amla help tighten the pores, giving you clear and healthy skin.

7. Immunity

Amla benefits include antibacterial & astringent properties which help improve the body's immunity system also increases white blood cells which help flush out the toxins from the body. You'll also find notable amounts of polyphenols, alkaloids, and flavonoids. Amla has antibacterial and anti-inflammatory properties.

8. Memory and Brain Health

The phytonutrients and antioxidants in amla can benefit memory by fighting against free radicals that can attack and damage brain cells. Amla's high concentration of Vitamin C helps your body produce norepinephrine; a neurotransmitter believed to improve brain function in people with dementia.

9. Aids in weight management

The fibre content in amla helps you feel full longer, reducing overall calorie intake. It supports weight loss and prevents overeating by promoting satiety.

10. Reduces inflammation

Amla contains potent anti-inflammatory compounds like quercetin and gallic acid. It reduces chronic inflammation in the body, lowering the risk of chronic diseases such as arthritis and heart disease.

