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Special Anniversary Issue 2019

GAOTHAN VOICE JAN-MARCH 2019

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Uplifting the Village Community

For Private circulation only

GAOTHAN VOICE

गावठण वॉइस

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MGP Steps into its Tenth Year



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EAST INDIAN.CAM

East Indian Awards 2019



1. Retd. Justice Aguiar presents the East Indian of the Year 2019 to Joseph Dsouza
2. Neil Creado (right) presents East Indian Priest of the Year 2019 to Fr. Joseph Gonsalves
3. Roger Pereira presents the East Indian Business Family 2019 to the Sequeira Brothers, Vasai
4. Retd. Justice Aguiar(right) presents the East Indian Icon of the Year 2019 to Clinton Cerejo
5. Donwin Baptista(left) presents the East Indian Activist of the Year 2019 to Neil Pereira, Pali Gaothan
6. Sr.Joyce(left) presents East Indian Initiative of the Year 2019 – Food to Valencia Misquitta, Eastern Sunset - Avion Hotel
7. Jacob Gomes(left) presents the East Indian Music Legend of the Year 2019 to the family of Late Thomas Pereira

GAOTHAN ADS VILLA

GAOTHAN VOICE FAMILY

EDITORIAL TEAM

Alphi Dsouza - Vakola
Averil Fernandes - Gundavli
Gleason Barreto - Old Kuria
Jamaica D'lima - Marve
Penny Miranda - Amboli
Rita Rodrigicks - Bandra
Sybil Rodrigues - Kalina
Walter Murzello - Orlem



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Darryl - 9076218272

By Jamaica D'lima - Marve

MGP RELEASES THE FIRST EAST INDIAN DICTIONARY

The First ever East Indian Dictionary was released by MGP on 13thJanuary 2019 at Erangal. East Indians are Mumbai's First Native Community to release a Dictionary of their Dialect. The Dictionary was launched by Fr.Gonsalo and James Lobo. The Dictionary was released at St.Bonaventure Church, Erangal - Baravi Cha Sann.

The First Copy of the East Indian Dictionary was blessed on 12th January by Fr. Joseph Gonsalves.

FIRST EVER EAST INDIAN RESTAURANT OPENED AT HOTEL AVION

The first East Indian Restaurant, Eastern Sunset was opened at Hotel Avion, Vile Parle. The initiative was taken by Valencia Misquitta and the food has been curated by Chef Michael Swamy.

The Eastern Sunset has an interesting spread of East Indian Cuisine and is a must visit for every East Indian family.

EAST INDIAN BAAZAAR HELD AT BARAVI CHA SANN FOR THE FIRST TIME.

MGP team organised its first-ever East Indian Baazaar at the Baravi Cha Sann in front of St. Bonaventure Church, Erangal. The Festival was held this year on Sunday, 13th January 2019. MGP had around 10 stalls selling a variety of East Indian food, lugra accessories, masalas and pickles. This East Indian Baazaar was also the inaugural event of the Annual MGP festival, East Indian Sann 2019.

KANJUR GAOTHAN ROAD NAMING BEGINS

The MGP project, "AaplaaGaav! AaplaNaav!" aimed at naming Gaothan roads and landmarks took off on an active note at Kanjur Gaothan. The road naming at Kanjur was initiated by our Vibhag Sarpanch of Vikhroli-Kanjur-Mulund, Regan Mendonza with active support from Ex Corporator Dhananjay Pissal.

The Road Naming ceremony was held on Tuesday, 5th March 2019 at Kanjur Gaothan. The new road names were Holy Cross Lane and St Anthony's Road. The Inauguration was done by Sanjay Dina Patil, Ex MP and Dhananjay Pissal, Ex Corporator. Around 300 Villagers were present led by Regan and the KanjurGaothan Sarpanch, Joseph Dmello. Jacob Gomes, Aloysius Gomes, Gleason Barretto and Vincent Gomes represented MGP and were felicitated.

SARVAJANIK KRIST JANMOTSAV - PRIZE WINNERS

All Mumbai Crib Competition

1. Fatima Boys, Kharodi
2. Boys For Music, Juhu
3. Uttan Boys

First All India Crib Competition

- 1) Holy Magi Church, Gorai
- 2) Church of Our Lady of Dolours, Wadala
- 3) Sacred Heart Church, Karnataka

Special Category Prizes

Christian Lane - Madh
Goodwill Boys
BC Boys
Chapel Road
Kurla Village Cross
Andheri Gauthan
Orlem Group

Best Decorated Gaothan

1st - Chapel Road - Bandra
2nd - Christian Lane - Madh

Best Decorated Church

St Joseph's Church Juhu

Best Christmas Innovation

Christian Lane - Madh (Lugra Theme Star)

Best Gaothan Crib - Christmas Theme

Boys For Music, Juhu

Best Gaothan Crib - Creativity

Fatima Boys, Kharodi

Largest Gaothan Crib

Cardinal Care Charitable Trust - Orlem

Best Community Theme Goodwill Boys - Old Kurla

To collect your prizes contact 9930229742/8898178889

For more details and collection of prizes contact Bryce on 8898178889

MGP OBITUARY

Darryl Dmonte - East Indian of the Year 2015* A STAR OF OUR COMMUNITY PASSES AWAY

*Darryl was presented the award - East Indian of the Year 2015 by MGP

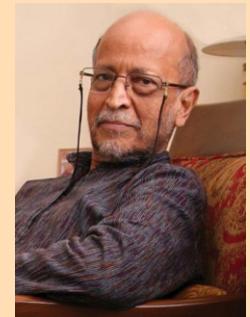
*Darryl has been a regular participant at the Annual East Indian Conclave @ Hotel Avion

*Darryl was an active member of the Perception Management Team and organised a meet at his residence on 14th July 2018

*Darryl was an active supporter of MGP activities and initiatives

*Darryl also agreed to be an active supporter of the Gaothan Bachav Andolan

*Darryl Dmonte was a Trustee at the Bandra Gymkhana and MGP is a strong supporter of the Save Bandra Gym campaign



Our Community will miss one of its stars who was interested in taking our community to greater heights.

MGP Team offers condolences to the Dmonte family and assures them of Support

GAOTHAN CRUSADER PASSES AWAY

Hyginus Dlima - Andheri Gauthan

MGP Team will miss the Presence, Support and Guidance of one of the first ever Gaothan Activist from the East Indian Community. Hyginus D'lima was a lone crusader who single handedly took on the builder mafia in Andheri West Gaothan.

Hyginus Dlima was presented the Activist of the Year award by MGP on Tuesday, 17th May 2011 at St.Xaviers Quadrangle, Vile Parle. Hyginus was a strong MGP Supporter and was happy with our initiative based on the Gaothans and also our news magazine - Gaothan Voice.



His words were nobody can kill me because God is my protector whom I trust. He was the East Indian who was referred as a courageous steel man.

On many occasions he has risked his life fighting to save our gaothans. MGP was inspired by his ideology and principles.

Our Heartfelt condolences to the Dlima family. May Hyginus Dlima inspire us to continue with zeal to Protect and Preserve our Gaothans.

MGP MESSAGE ON NEW YEARS EVE

Mobai Gaothan Panchayat thanks you all for your Support and Prayers. The Year 2018 was a great one for MGP and the East Indian Community. We thank all those who made 2018 extra special for us. Some of the memorable moments and activities for the year were:

1. Social Media Communications – Regular updates on Facebook and WhatsApp on Community News, Festivals, Culture and Tradition
2. News Coverage – News articles on the East Indian Community and Gaothans featured throughout the year
3. East Indian Rally 2018 – Around 250 Community members and 40 East Indian Associations supported this Annual Rally held at 4 locations
4. East Indian Conclave 2018 – All 34 Participants resolved to do their best to Promote and Encourage East Indian Businesses and Professionals
5. East Indian Sann 2018 – Around 12 events were held across a month during this Annual Festival
6. Special MGP Releases – East Indian Business Network and Gaothan Restoration Project
7. East Indian Special Days – MGP observed Kaka Baptista Jayanthi, Kaka Baptista Memorial Day and St.Gonsalo Garcia Day
8. Mot Mauli Purcessao - MGP revived memories of the Mount Mary procession in 1761 and also organised the Mot Mauli Yatra for the First time
9. Sarvajanik Krist Janmotsav – The Mega Christmas Festival was organised on an all India level
10. Gaothan Bachav Andolan - regular meets with UDRI, political representatives and activists

We look forward to your continuous prayers and Support. Wishing you a Very Happy and Prosperous New Year 2019.

To join our MGP Team contact 9820545302/9820087771

MGP 10TH ANNIVERSARY

MGP 10TH ANNIVERSARY CELEBRATIONS BEGIN

MGP steps into its 10th Year.. 24th March 2019

*The 10th Anniversary is well known as the year of fulfillment and re-dedication and is traditionally associated with Daffodils.

*Daffodils come in many colors but mostly lemon yellow and white which is a good match with the MGP logo colors

*One of the most beautiful poems, DAFFODILS by William Wordsworth talks about the inspiration of the Daffodils and how they "flash upon that inward eye, which is the bliss of solitude"

*This poem is specially relevant to Mobai, which has the world's best bay and this harbor attracted voyagers and explorers from the earliest times.

*Continuous as the stars that shine
And twinkle along the Milky way
They stretched in never-ending line
Along the margin of the bay*

The Dedication of the MGP Team will also be continuous as the stars that shine and stretch in never ending line!

Looking forward to your Prayers and Support.

9 Years Old and Still Young to Serve the Community..

THE MGP STORY

*On 15th August 1993, Boys For Music(BFM) was started at Juhu with an activity list of Music Promotion and a Christmas Crib

*On 9th October 2002, GARAJ (Gauthans Active Residents Association of Juhu) was started to look into the civic and social activities of the Gaothans

*In March 2003, the first issue of Gauthan Voice was released for the Juhu Gauthan residents

*In March 2009, Gaothan Voice was released for all East Indian Gaothans

*On 24th March 2010 MobaiGaothan Panchayat was started with it's first batch of Sarpanches We thank all BFM and GARAJ members for their support in launching the East Indian Revolution through MGP.

We at MGP had great successes and many challenges in the last 9 years and the future is going to be even more challenging.

MGP Team looks forward to your Support and Prayers to make the East Indian Dream a reality.

MGP – 10 YEARS! 10 RELEASES!

MGP Team announced 10 Releases in tune with its 10th Year Celebrations on 24th March 2019

#1 Save Poisar Church Feast- Traditional Celebrations with East Indian Baazaar

#2 MGP Shakha - MGP opens 10 Shakhas (branches) across Gaothans

#3 St.Gonsalo Garcia Chapel - First Structure dedicated to our Patron Saint in Mumbai Diocese

#4 East Indians Day - The Annual Get Together at the Kaka Baptista East Indian Museum

#5 Gaothan Olympics - Promoting Sports Talent

#6 East Indian Business Network - Promoting Businesses and Professionals

#7 East Indian Jobs - Job Opportunities for the Community

#8 MGP Special Advisory Team - Opinion by Experts

#9 AaplaaGaav! AapiBasha- Promoting Holy Mass in our Mother Tongue

#10 MGP Enters Dharavi Beth- 2 New Sarpanches appointed, MGP Network stands at 34

To join the MGP Team or know more about these 10 Releases please contact on 9820087771/9820545302.

MGP 10TH ANNIVERSARY

AAPLA GAAV! AAPLE SANN!
Reviving our Village and Church Festivals

#1 - SAVE POISAR CHURCH FEAST Poisar Cha Sann – East Indian Baazaar

Venue : Our Lady of Remedy Church, Poisar
Date : Sunday 5th May 2019, 8am onwards

The East Indians of Poisar Parish will celebrate the Parish Feast on its traditional feast Day

- *The Parish was founded around the year 1555 hence one of the oldest Churches at 468 Years
- *The Church was originally known by the Portuguese as “Nossa Senhora Dos Remedios”
- *The Parish Feast was traditionally celebrated for centuries on the 1st Sunday of May which has now been changes to October
- *The Church originally catered to the East Indians from Candolim(Kandivli), Valnai(Orlem), Malvan(Malavni), Marve, Rathodi, Kharodi, Bunder Pakadi, Poinsur(Poisar), Magathan, Shipoli, Akurli and Vadavli.
- *In 1906 the Gonzalo Garcia Club was formed for the welfare of the parishioners
- *MGP – PoisarShakha will invite all surrounding parishes linked to this Church for the Parish Feast
- *A Traditional East Indian Band will play after the Feast Mass
- *East Indian Baazaar will be held for the first time in tune with the Parish Feast Day

To support or sponsor the Parish Feast on 5th May you may contact our PoisarGaiothan Sarpanch – Ramsey Rebello on 8779096675

AAPLA GAAV! AAPLA RAAZ!
Creating an East Indian Identity

#2 - TEN SHAKHAS Opened Today

- *The Shakha will be a meeting and contact point for locals residing in the Gaiothans
- *The Shakha will be opened on a Maharashtra state, Zilla, Taluka, Vibhag and Gaiothan Level.
- *The Shakha will be managed by Sarpanches or Gaiothan Coordinators
- *The Shakha will be set up at the shop, verandah, compound or residence

*MGP targets to open around 50 Shakhlas by this year end

To join our MGP Team or open Shakhlas contact Clint on 9820878421.

If You don't do it, We will..

MGP Communication to Bishops Team a few years back

#3 - ST. GONSALO GARCIA CHAPEL Dedicated to our East Indian Native and Patron Saint

- *The Chapel is likely to be inaugurated in the year 2020
- *A family for Dharavi beth has offered land for the Small Chapel dedicated to our Saint
- *We have 2 Churches in Vasai diocese dedicated to our native Saint but no Church of St. Gonsalo Garcia in Bombay diocese
- *We look forward to expert support in building this Chapel

For more details or to support contact Alphi Dsouza 9820087771



MGP 10TH ANNIVERSARY

#4 - EAST INDIANS DAY

Kaka Baptista East Indian Museum Anniversary

This special day for our community is celebrated on every 3rd Sunday of May. East Indians come together for a day of celebration at The Kaka Baptista East Indian Museum, Manori.

Highlights for this Year:

- *East Indian dialect Holy Mass at 10.30am
- *Stalls selling Fresh Taari, local produce of vegetables and fruits, a variety of mangoes
- *East Indian Food, Merchandise, books and goodies on sale
- *East Indian Lunch at Rs. 150/- per head (150 Lunch coupons only on sale on a first-cum-first-serve basis)
- *Introduction of special displays at the Museum
- *Special Performances by our community members through song and dance
- *East Indian brass band to make the programme lively
- *Special games like housie, Spot prizes and Raffle
- *Surprises to ensure you have a great day on this Annual day for the community.

To know more details or for lunch Passes please contact 9820087771/7506175302. We expect around 250 people to visit the Museum on this day. Together let's Celebrate in the typical East Indian Way. Sukhala!

#5 - Gaothan Olympics

Promoting Unity and Talent Through Sports

- *The first edition of the Gaothan Games will be held by this year end
- *We plan to start the first edition with around 8 Gaothans
- *This initiative will be led by Ruth Miranda, CEO of Be Fit Fitness Academy and Marathon Training
- *Each Gaothan team will have a sponsor and the Games will have a tradition set up
- *Some games will have the traditional connect

To Volunteer for the Gaothan Olympics or our sports initiative, Mobai East Indians, you may contact Bryce on 8898178889

IN THE PRESS

East Indian Dictionary

Midday dated Saturday, 5th January 2019, Page 19

First All Mumbai Christmas Crib Competition

Maharashtra Times dated 10th March, Page 11

First All Mumbai Christmas Crib Competition

Navbharat Times dated 11th March, Page 4

Naming Gaothan Roads, Bylanes and prominent spots with the East Indian Theme

Hindustan Times dated 13th March 2019, Page 6

East Indian Awards 2019

Bandra Buzz - March Issue - Page 14

East Indian Food Promotion – Food Festival and Baazaar

The Hindu, Mumbai Local, Page 6

#6 - East Indian Business Network

Promoting and Encouraging Businesses and Professionals

- *The need for this network was finalized at the East Indian Conclave 2018
- *EIBN will support those who want to start Business or join a Profession
- *For business we plan to have a one-to-one mentorship
- *Entrepreneurs and Professionals will be a part of EIBN Core Team
- *All Businesses and Professions can join the network
- *This Initiative will be led by Joseph Dsouza from Alf Engineering and Farm Products

To join this network you may contact us at eastindianoffice@gmail.com

#7 - EAST INDIAN JOBS

Career Opportunities for our Community

- *Through this we will help our community members looking out for jobs
- *The companies having opportunities will contact our Jobs desk
- *This initiative will be led by Sachin Kinny, Worli
- *All Job opportunities will also be shared on Social Media
- *Overseas Jobs will also be shared through this platform

You may send your opportunity details or Resume at eastindianjobs@gmail.com

MGP 10TH ANNIVERSARY

#8 - MGP SAT – Special Advisory Team Expert Opinion from our Community Stars

*MGP will take Advice on our projects and initiatives

*The team will meet once a year

*Expert Opinion will be taken online

*MGP Team will decide on these projects and initiatives basis this advice

*SAT will have around 20 community Experts

*For advice on Community issues we will be creating MGP Advisory Team(MAT) consisting of around 40 community members and their names will be kept confidential

SAT Team will be basis nominations from the existing members. To join the MAT you may send us a request on mgpmobai@gmail.com

#9 - AaplaaGaav! AapliBasha Promoting Holy Mass in East Indian Dialect and Marathi

*MGP will send a communication to the respective authorities to ensure that the East Indian Dialect and Marathi Mass is promoted in Maharashtra

*Also promotion of East Indian Hymns at various Religious gatherings as per our traditions

*Sarpanches to meet respective Parish Priest to promote the local language masses

*All Special Holy Masses to be only in Marathi or English

*MGP team will review support on this initiative and draft an action plan to promote local language

*This project will be targeted at East Indian founded Parishes irrespective of the community population

*All East Indian Founded Parishes to have an East Indian Dialect Holy Mass every year

*Parishes with majority East Indian community members to have this Holy Mass every month

For suggestions and feedback on this project you may contact us at mgpmobai@gmail.com

MGP enters Dharavi Beth...

#10 - MGP GAOTHAN SARPANCH AaplaGaav! Aapla Raaz!

MGP entered Dharavi Beth after the announcement of the New MGP Structureby appointing MGP Sarpanches on a State, District, Tehsil, Village and Gaothan level in Bombay, Thane, Vasai and Raigad.

*The MGP Gaothan Sarpanches have been shared their line of activities and we are sure that they will do their very best to Protect their Gaothan and Promote our Culture & Traditions.

*An update on our Sarpanch activities will be given in the Gaothan Voice and on Social Media.

*MGP Team entered Culvem by appointing Brendan Sutarias the MGP Sarpanch of Culvem

*With this appointment the MGP Network stands at 34 Representattives

To join the MGP Team as MGP Vibhag Sarpanch, GaothanSapanch or Gaothan Coordinator please contact on 9820087771/9820545302.

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Inside box	600	1710 (570)	3240 (540)	5760 (480)
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MGP DIARY

January-Febraruay-March 2019

12th January 2019 - The first copy of the East Indian Dictionary was blessed by Fr.Joseph Gonsalves

13th January 2019 - EAST INDIAN SANN 2019Inaugural Event – East Indian Baazaar at Baravi Cha Sann, St.Bonaventure Church, Erangal

13th January 2019- Official Launch of EAST INDIAN DICTIONARYby Fr.Gonsalo and James Lobo at St.Bonaventure Church, Erangal - Baravi Cha Sann*

13th January 2019 – EAST INDIAN DICTIONARY – First Release by Elected Representative - MLA Ameet Satam

13th January 2019 - EAST INDIAN DICTIONARY Released in Australiaby MGP Mahasarpanch Alphi D'Souza in the presence of Melbourne East Indian Association

14th January 2019 -EAST INDIAN DICTIONARY Released in Sydney, Australiaby MGP Mahasarpanch Alphi D'Souza in the presence of SydnEl members.

26th January 2019 - VALNAI EAST INDIAN BAAZAAR and Special Orlem Launch - East Indian Dictionary

31stJanuary 2019 - MGPs 2nd Book Project - Research begins. The book will be titled ReetinReevaj – The East Indian Culture Guide

6th February 2019 - ST.GONSALO GARCIA DAY, Patron Saint of the East Indian Community. Veneration of the statue of St.Gonsalo Garcia at Kaka Baptista East Indian Museum

9th February 2019 - The East Indian Association (NZ) Celebrate the feast of our Community Patron Saint an annual Feast Mass on at Christ The King Church, Mt. Roskill in honour of our patron St. Gonsalo Garcia.

17th February 2019 - NASIK CHA SANN, Feast of Infant Jesus

19th February 2019 - 227 School Children Visit Kaka Baptista East Indian Museum from 9th & 10th Standard of St.Joseph's Convent, Bandra West along with 5 teachers.

17th February 2019 - EAST INDIAN AWARDS & CULTURAL NITE 2019 at St.Stanislaus Grounds, Bandra. Special LIVE performance by ETHNIC VIBES, The Newest East Indian Band in Town. For the first time LIVE streaming of the event on MGPs YouTube channel, Mee East Indian

17th February 2019 - EAST INDIAN BAAZAAR 2019 for the First time at St.Peter's - Bandra

23rd February 2019 - EAST INDIAN FOOD FESTIVAL 2019 at St.Andrew's Quadrangle, Bandra West. SKJ Christmas Competitions – Prizes were also distributed for SKJ All Mumbai Crib Competition, MGP Gaothan Crib Competition, SKJ All India Church Crib Competition and Best Decorated Gaothan Competition.

2nd March 2019 – Juhu Corporator Renu Hansraj felicitates the residents of Father wadi and Gauthan No.2 for their support and availability 24 by 7. Juhu Gauthan No.2 was represented by Clint Caston, Vibhag Sarpanch of Juhu - Vile Parle.

3rd March 2019 - Murphy Creado, Zilla Sarpanch of Raigad inauguates his new office at Ulwe.

5th March 2019 – Inauguration ofHoly Cross Lane and St Anthony's Road at KanjurGaothanby Sanjay Dina Patil, Ex MP and Dhananjay Pissal, Ex Corporator

5th March 2019 - MGP Team Meets Revenue Minister at the Ministers Residence, Opp.Mantralaya. Meet chaired by Revenue Minister, Chandrakant Dada Patil along with MLA Ashish Shelar. MGP Team was represented by MahaSarpanch Alphi Dsouza and Neil Pereira and Koliwadas was represented by 8 activists and Delegation was led by Ujwala Patil.

MGP DIARY

January-Februaury-March 2019

6th March 2019 - MGP Team Meets MP Poonam Mahajan at her Vakola Office. Present at Meet were Charmaine D'Souza, Alphi Dsouza, Alexander Dsouza, Neil Pereira, Bryce Rodricks and Titus Fernandes.

8th March 2019 - MGPlaunches plans for EIBN EXPERT SERIES - EIBN Women's Cell

8th March 2019 - MGP Team Meets Suburban Collector at Collectors Office, Bandra. Members present - Maha Sarpanch Alphi Dsouza and Neil Pereira. Meet scheduled by MP Poonam Mahajan

13th March 2019 - MGP Team Meets MLA Ameet Satam at his Andheri West Office. Members present Alphi Dsouza, Walter Murzello, Gleason Barretto, Clint Caston, Bryce Rodricks, Samuel Dsouza, Elizabeth D'Souza, Cyrus Misquitta, Neil Pereira and Titus Fernandes

15th March 2019 - MGP Team Meets at UDRI with Officials at their Fort office to discuss Gaothan Demarcation and Gaothan Policy. Members Present - Alphi D'Souza, Walter Murzello, Neil Pereira, Titus Fernandes, Bryce Rodricks, Douglas Lobo & Anselemon Pereira

16th March 2019 - EAST INDIAN BAAZAAR at St. Andrew's College Cafetaria

17th March 2019 - Kaka Baptista Jayanthi. MGP Team and locals pay respects at Uttan. Local activists present - ShounColaco, Valerian Pandrick, Sanjay Nagorama, Lucas Edward Kasughara, Edwin Gonsalves, Edward Correia. James Fernandes, VencyMonis, Joseph Diniz, Edward Gonsalves, Joseph Bombat. MGP Team - Brendan Sutari and Walter Murzello

23rd March 2019 - MGP Team Meets Poonam Mahajan to Congratulate her on her nomination to contest the Lok Sabha Elections.

24th March 2019 - MGP 9th Anniversary. Steps into its 10th year with 10 Special Releases

26th March 2019 - Hyginus Dlima passes away. Funeral next day and MGP members attended the funeral and paid their respects to the Gaothan activist

29th March 2019 - MGP Team Supporter, Adv. Alexander Dsouza begin his practice as an Advocate. Adv. Alexander can now advice on legal issues and has been promoted to our MGP Legal Advisory Team.

MGP MAHASARPANCH AUSTRALIA VISIT

Alphi Dsouza Visited Melbourne from Sydney after a train journey of 10 hours along with Janet and Gordon Drego. We reached Melbourne at 8.30 am on 12th January 2019, checked in at Hotel Mecure on Swanston street. Went to Brighton beach and saw the colourful small houses. Left for the meeting with Melbourne East Indian Association at 3pm by train at Dandenong station, were picked up by Patricia Shaw- Denis who drove us to Bernice Dsouza house. After some lovely East Indian snacks prepared by most of the members and speaking to them for sometime we released the first copy of the Dictionary at the hands of their President Melwyn Mendonca in the presence of Debbie Dsouza, Hansel Gomes, Mark Pimenta, Percy Cerejo, Francis (also present were Gordon and Janet Drego from Sydney East Indian Association).

After the meeting Mark gave us a lift back to our return journey .Dictionary was also launched at Sydney on 14th January 2019 at the residence of Janet and Gordon Drego . We released the Dictionary in the presence of Janet Drego, Gordon Drego, Pearl and Prakash D'mello, Jude and Allison Fernandes and Leslie Fonseca.

Dictionary Melbourne Release – 13th January 2019

Dictionary Sydney Release – 14th January 2019

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EAST INDIAN PUNCH

The Mouthpiece of the Mobai Gaothan Panchayat

VERIS LAAGLEM DHAVEM NEM MGP DUNICHE TONKEVE

MGP Steps into its Tenth Year

Gleason Barretto, Old Kurla

*It takes courage to answer a Call
It takes courage to give your All
It takes courage to risk your Name
It takes courage to be True*

Nine Years of MGP have been a learning experience. Around 10 years ago when we launched Gaothan Voice on an all Gaothan level things were at an all time low. While we had multiple groups of the East Indian Community there were very less initiatives focused on Promotion and Revival of East Indian Culture and Tradition and most importantly Protection and Preservation of Gaothans. Our Team then decided to launch Mobai Gaothan Panchayat and our active member team changed as some left us due to their busy schedules and some left us as they could not match our way of working. Our team got bigger each passing year and we have an ever-growing list of projects for the community.

When we started MGP little did we know that we would grow to be Champions of East Indian Culture and Tradition. We have launched loads of projects and initiatives; many of them have had a great effect, some are still to take off on an active note and a handful have struggled or failed. Every project was launched with an intention to try and do our very best irrespective of the result. Some impossible projects succeeded in a big way and when we look back its all because of Gods Presence and Blessings.

Our Network has grown tremendously in the last few years and our reach has gone international. We have a strong MGP structure in the form of the MahaSarpanch, Zilla Sarpanch, Taluka Sarpanch, Gaothan Sarpanch and Gaothan Coordinator. This structure has helped us plan our projects more effectively. We also have our Team of Advisors with expertise and experience.

Many of our prominent community members state that it was MGP that made the community a known name across other communities and it was MGP that woke up some groups who were in slumber. While many preferred speaking Big, MGP focusses on its grassroot work and projects. Every community member who Smiles matters to MGP.

Tough times don't last, tough people do. MGP has had a share of challenging times and our team support helped us sail through. IN the last one year we have critics targeting our group and at times they went personal too. MGP Team stayed focused and made our work do all the talking. The upcoming year will even be more challenging, but we will do our very best for our community as always.

On the 9th Anniversary Day MGP launches 10 Initiatives in tune with the 10 Year Celebrations. The biggest challenge to MGP has been People and Funds. In the past few weeks we seem to have better numbers which we plan to convert as Project Coordinators too. Multiple projects and initiatives involve high costs and our team are working on a Finance plan which will help us get on a better platform.

As we move into our 10th Year, we look forward to your prayers and support. This will surely help us take our community to greater heights. We look forward to your suggestions and feedback to help us improve. You may mail us at mgpmobai@gmail.com

GAOTHAN VOICE COMPLETES 16 YEARS IN MARCH

The Month of March is an important one for MGP especially Gaothan Voice

*In March 2003 the first ever issue of Gauthan Voice was released exclusively for Juhu Gauthan by GARAJ

*On 1st March 2009 the first ever All Gaothan issue was released of the Gaothan Voice at Vile Parle

*Advertise in the Gaothan Voice with a readership of 50,000 spread across more than 100 Gaothans at a minimum of Rs.500/-

*Free Classifieds for all New Businesses run by East Indians

*Be a Gaothan Coordinator by distributing copies in your Gaothan and giving us your local news updates

*Join us as an illustrator, Photographer, Reporter or in the Editorial board

To know more contact us on 9820545302/9820087771

HEALTH TIPS

NUTRITION FOR THE YOUTH

Good nutrition is very important for living a healthy life now and in the future. Even if weight is not a concern, overall poor nutrition habits are linked to negative future health conditions such as cardiovascular disease, hypertension, diabetes, osteoporosis, iron deficiency -anaemia, and certain cancers. Overall, poor nutrition can greatly impact your daily well-being in terms of feeling your best physically and mentally. Without proper nutrition, your body does not run efficiently and you are more prone to feeling lethargic, depressed and physically ill.

College students are at risk for making poor dietary choices that can cause significant health problems, especially when they live away from home (in a college hostel or a rented apartment). The same goes for most youngsters who have just joined the workforce.

Here are a few tips that all youngsters must keep in mind-

1. **Eat a good breakfast.**
2. **If you must eat fast foods, choose wisely.**
3. **Keep healthy snacks on hand.**
4. **Eat plenty of foods rich in calcium.**
5. **If you need to lose weight, do it sensibly.**
6. **Limit your sugar intake**
7. **Limit your alcohol intake.**
8. **Drink lots of water.**
9. **Enjoy your food.**
10. **Include foods that promote better memory.**
11. **Include exercise into your daily routine.**



Start your day with exercise. Wake up 30 minutes earlier to seize the day before there are any distractions.

See if you can change your commute to involve some walking or biking. Walk to the bus stop, or park far away so that you work in some extra steps. Take the stairs, not the elevator!

Make your study/work breaks exercise breaks. Take a walk around the block, do 20 jumping jacks, or drop to the floor for a few pushups. It's important to break up your studying/working so that you are not sedentary (still) for hours on end.

One great thing about leading a healthy life is that it feels good...physically as well as mentally. The more fit you get, the more fit you will want to stay, and you will find yourself making conscious food choices in your daily routine. So with these tips in mind, look up from your phone, take a deep breath, and start moving forward to a healthier life!

Stay Blessed with Good Health Always

Charlyene & Savlyene

EAST INDIAN DICTIONARY – LENTEN WORDS

*KOREZMA (Korezmem) – Lenten Season

MGP have listed words associated with our Dialect during this time of Prayer and Penance.

1. Khurzachi Vaat – Stations of the Cross
2. Maaf – Forgive
3. Mees – Holy Mass
4. Pass – Passo Service
5. Luzaar – Holy Rosary
6. Lazar – Prayer
7. Paapya – Papiya singing held at the Gaothans
8. Daan – acts of Charity
9. Madath – Help those in Need
10. Oopaas – Fasting and Abstinence

For East Indian Dictionary Bookings contact:

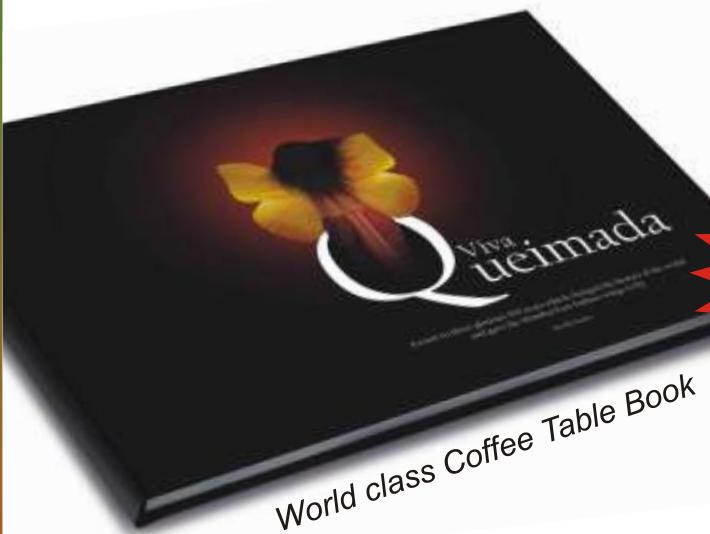
Bandra - Rita Rodricks 9820792366
Bandra - Gladys Dsouza 98926 62479
Kalina - Sybil Rodrigues 9930229742
Vakola - Alphi D'Souza 9820087771
Orlem - Walter Murzello 9819116857
Amboli - Penny Miranda 98203 83416
Andheri - Bryce Rodricks 8898178889
Juhu - Clint Caston 9820878421
Thane - Maxie Tixeira 9920830099
Vasai - James Fernandes 7507829066
Kurla – Aloysius Gomes 9222361235



8. MLA Ashish Shelar(centre) presents the East Indian Initiative of the Year 2019 - Music to Ethnic Vibes
9. MLA Ashish Shelar(right) presents the East Indian Band of the Year 2019 to St. Blaise Band, Vile Parle
10. Dr. Fleur Dsouza(2nd from left) presents the East Indian Gaothan of the Year 2019 to residents of Ranwar, Bandra
11. Joe Rodrigues(left) presents the East Indian Expert of the Year 2019 to Conrad Coelho
12. Roger Pereira(left) presents the East Indian Star of the Year 2019 to Captain Keithair Misquitta
13. Chef Michael Swamy(left) presents East Indian Sportsperson of the Year 2019 to Senhora Dsouza
14. Alphi Dsouza and Walter Murzello present the East Indian Young Talent of the Year 2019 to Vincia Alphonso



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