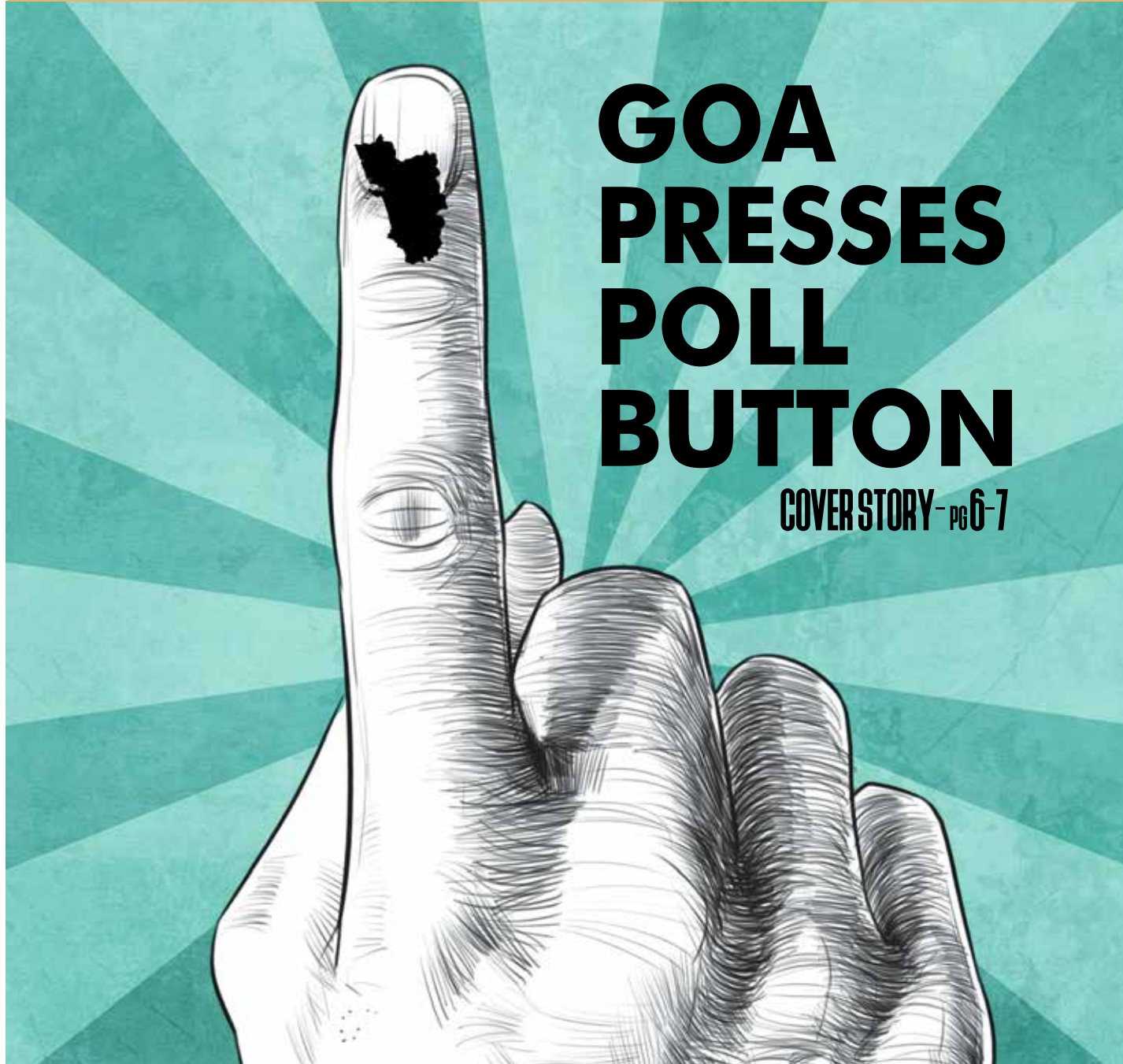


THE NEUTRAL VIEW

Straight from heart

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»3
THE MUSEUM
CAFÉ



»10
GET OUTDOORS



»12
THE WILD RESCUER!

»14
#SHARE THE LOAD



EARNING MONEY ONLINE IN GOA

IS IT REALLY THAT EASY?

JOSÉ LOURENÇO

Just search for 'earn money online' and you will be flooded with websites telling you of a zillion ways to make millions online. But do they really work? Why are those guys busy telling us how to earn millions when they should be actually doing it themselves? Let me share some of my experiments with earning online.

In my twenties I tried out a site called Mechanical Turk. MTurk is an Amazon site that allows you to do small tasks for a few cents or dollars each. Registration is simple and there is no signup fee. I did transcriptions of short 3-minute audio clips. You have to listen to the audio and type out the text. If your text is accurate enough you get some bonus and get paid a couple of dollars. There are also tasks like surveys, testing out new websites, writing short reviews and other net related works. I didn't get any cash paid out, but used the 60 odd dollars I earned to order some very useful books on architecture from Amazon.com.

As my interest in architecture grew I started a blog in 2006 called Goan Architecture and another one called Photo Goa. I would shoot photos on my cellphone during my site visits as an engineer and then upload them on a blogpost along with some narrative text. I thought of earning some loose change by placing AdSense units on the blogs. AdSense is owned by Google. It pays you from a few cents to several dollars for every time a reader clicks on your ad anywhere

in the world. Some clicks earned me 3 to 4 dollars! Unlike MTurk, I wasn't specifically doing any work to earn that click money, I was just blogging on a subject I liked. That appealed to me. After a couple of years of casual blogging I received a cheque from AdSense for around 5000 rupees (\$100). In the last four years I have not updated my blogs much, but traffic still continues, and I get occasional clicks, so there's some 62 dollars lying in my account. AdSense also has channels and detailed tracking systems, so you know which blogs or blogposts earned you money. Now Youtube too inserts ads in its videos, wherein you get paid if your video goes viral.

A slipped disc in 2009 confined me to bed for some months, so I tried out a site called Freelancer.com. I wrote short articles and did some rewriting and editing of existing articles, and some other tasks and got paid quite well. I earned more than 150 dollars there. There are several other freelancing sites like ODesk (where you can also quote for work per hour), Elance and others. Payment can come to you via Paypal or other routes.

But the most sensible way to work a proper 'job' on the Internet is to create a store to market the goods or services that you produce or provide, along with a secure e-commerce arrangement for payment. Or you could just offer Cash-On-Delivery terms, which buyers find attractive and convenient, given the card fraud that takes place so often in India. On the internet the world is at your doorstep. Even if you deliver your

goods only in Goa or India it's still a huge market. High quality work, prompt delivery and after sales service and a courteous manner (which are the hallmarks of any good business really!) will get you a growing list of devoted customers, who can make your business go viral. Just look at Flipkart!

A recent news report says that consumers shopping online is going to cross 100 million per year, from 69 million last year. Indian e-retail shot from \$3.59 billion in 2013 to \$5.30 billion in 2014, and is expected to touch \$17.52 billion in 2018. You don't even have to fork out a lakh of rupees like some years back, to build your e-commerce store website. There are websites like Wix.com, GoDaddy, Zencommerce and others that provide you with ready online store templates for an affordable monthly fee.

You could also consult one of the many professional website developers in Goa. Go through their portfolios, check your budget, and get started. It's good to have a professional holding your hand as you start e-commerce, to fix any glitches in your website and to continually improve it.

So if you are a huge website, pay-per-click models like AdSense may earn you some good money, but it would be wiser to push your real time business online and get your share of the millions coming in through e-retail!

9822184740

The writer is a Civil Engineer based in Margao



HOME-MADE TASTY SNACKS AT THE MUSEUM CAFÉ

SHEELA JAYWANT

◆ **Name of Eatery:** Museum Café.

◆ **Serves:** Healthy, organic snacks and beverages, small meals and caters to small functions. Stresses on healthy food.

◆ **How to get there:** Take the eastward road at the Porvorim Circle, going towards the Defence Colony. Which means if you are coming from Panaji you take a right at the signal and if from Mapusa a left, if from Calangute, a bit left and then straight. Midway, about 2 km from the Porvorim circle, there is a 'Y' junction, take the left. When the road goes downwards, after a couple of minutes, you will suddenly come across an unusually shaped building – The Houses of Goa Museum. Park there and walk around.

◆ **Contact:** (91) 9822586568, available on Whatsapp.

◆ **Timings:** 0930 to 1900 hrs, open all days. Mon-Fri meals plus snacks, on Sat-Sun meals on order, snacks available.

◆ **Prices:** Without drinks, a meal for two possible for less than Rs 250 (can you believe it?), whether vegetarian or with chicken. The brownies and cakes are made of whole-wheat flour (remember the organic/healthy philosophy?) and although some aerated drinks are available, customers are encouraged to try their (excellent) lemonade and other fruit juices. I have consumed many glasses with the lightly spiced chicken biryani and freshly made chutney sandwiches. The batata-wadas are hot from the kadai, the sprouted-moong usal delightful, but I would suggest the sweets/desserts... I can tell you, the oatmeal cookies, choco-chip cookies and brownies make super gifts. You'll have to do the wrapping yourself.

◆ **My experience:** I tend to go there for the ambience. It's open, cooled by the breeze most times of the day. And the hygiene: I've seen the kitchen. It's very clean. The staff is smiling all the time. The café is tiny, the food is inexpensive and tasty.

◆ **Parking:** by the side of the road, usually not an issue.

◆ **People involved:** The owners of the space are Gerard and Nisha D'Cunha who also run a school on the premises. The person who runs the café, Aradhana, lives for cooking – for the students who attend the school, their parents and anyone interested in healthy chomp-chomp. The Museum attracts tourists and architecture students, which means whilst one is enjoying some tree-shade and some nibbles or sips and the surrounding jungle beauty, one also gets to converse with interesting people.

◆ **Time taken:** just a couple of minutes, even for the pizza, which was full of vegetables, delicious. Somehow gave me the feeling of being in Coonor

or Shimla (before the city hordes invaded The Mall). The giant trees among which this Museum Café is located attract hornbills, bulbuls, kites and yes, I spied a shy mongoose once. Great to be so close to nature, yet just a couple of minutes' drive from Porvorim. The ideal place for a quick bite or to spend an hour or two with friends for a chat. One disadvantage: if you're old/arthritis, the chairs may prove uncomfortable after a while. This is an issue because you don't feel like getting up and going away from there. I've tried the frankies, croquettes, cutlets, rolls and wraps. I ate the non-vegetarian ones, but my greens-only companions confessed that their choices were as delicious. The egg-chops one can eat and eat. I made a meal of them once. A family was celebrating something at one end of the café. I was told some of the school students and the parents hang around after-hours and eat a meal or pack and carry it because it's 'like home-made'. I intend to do that myself, good idea. The café has a small menu, but if one needs home-catering for parties, there's a larger one to choose from.

◆ **Grading:** Must try at least once, you're likely to go back for more. My recommendation: the chicken biryani and the sweets.

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THOSE WHO MATTER

ANIL DESAI



Enter the Panjim bus stand and you will see this man with a wide grin. He holds a wide range of newspapers in his hand and you cannot miss out on buying one from him. Anil Desai has been here since the last 15 years. He hasn't missed a single day to get you the freshest news and yet he does not grumble for holidays like many of us often do.

Desai stays in Porvorim, but he moves to Panaji as early as 4 o'clock in the morning. "My work demands that and I have no complaints," says Desai.

Today every person travelling to Panaji by bus knows Desai. "Several people smile at me as if they have known me for ages. This business has given me my identity," Desai believes.

People like Desai are those unknown faces that work at odd hours to deliver services to the common man. Services that may be just a few rupees worth, but they are part of habits that a common man cannot live without.

As Goa awaits its new crusader...

Goa is going to seal its destiny one more time on 4th February. As Goa decides its 28th Chief minister, the political parties seem to be struggling to pave their way through the tight scrutiny of the Election Commission of India on one hand and a large chunk of new young voters who have decided to express themselves only through their vote.

Goa has after a long time witnessed reasonably stable governments during the last two terms. However the picture already looks blurred this time. None of the political parties seem to be confident enough to pull through a majority, although many of them claim to. Yet, a government will emerge in the democratic set up of Goa. A lot of poll promises may have to be sacrificed or compromised to form this government. What remains to be seen is how Goans will react to this post-poll engineering.

For now, the most appreciable fact is the effort taken by the Election Commission of India to ensure maximum and fair voting in the state. The CEO office has made the best use of technology like GPS to tackle unethical practices and has also gone all out to use tools like social media to capture the minds of young voters. Hence it appears to be a new era in the election scenario of Goa, where a few nights before the election day might not really make a major change, unlike the dubious scenarios of the past.

As Goa awaits its new crusader, we at TNV will try and check the pulse of our fellow Goans. The Goan who often weaves a twist in the tale at the fag end of the campaigning. Will this election be another such twisted tale? And will that tale last for a full 5 years? Time alone will tell.

THE JOY OF GIVING

RUPALI MAUZO KIRTANI

I have been constantly exploring ways to invigorate the artistic talent in children. It gives me immense pleasure to be with kids and impart my art to them. I like the way these kids come out with bright colours and bright ideas on paper.

Many a times it so happens that when on vacation, we plan out a list of things to do and can only finish a few. It was last year that we happened to know about 'Stepping Stones', a daycare center in Margao, Goa. My daughter and I decided to visit the place

and see how we could help. This center is run by an organization which helps street children. Children receive basic resources, such as food, shelter, clothes and medicine, and are given basic education that will help them cope with the world. They try to give a childhood to children who are deprived of it.

When I met the children I was eager to interact with them. I wanted to talk to them, to get to know them, and wanted to bring out the colours in them. So I volunteered to organize a one day art workshop for them. My daughter was moved seeing these underprivileged children. I conducted the workshop

with the help of my daughter. 30 children from the age group 6 to 10 attended the workshop. The children were very obedient and enjoyed each and every thing I taught. They showed a lot of interest in the craft work and were eager to learn more and more. They were after me all the time, Didi...Didi.. Didi... they kept calling. Their hunger for love and attention was very obvious. After all children are children. They bloom even brighter, nourished by love. Their upbringing is what matters and this center, Stepping Stones, manages and tries its best to raise them by providing basic requirements, teaching

them manners and values of life. That day, I really experienced the joy of giving.

As a teacher I have taught hundreds of children. I did not find any difference in the inquisitive nature of my school students of same age group and the children at Stepping Stones. As a teacher, it gives me immense pleasure when I succeed in bringing out what I want in the child. Though just for a few hours, as I taught the little kids, I felt deeply fulfilled. Indeed the joy of giving is very satisfying.

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The writer is a poet & painter

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BEING A PARENT CAUSE AND EFFECT

ASHWIN KAMAT

Life is like a stubborn teacher, who is hell bent upon teaching us a new lesson every single day. Furthermore, once we become parents this same life behaves like a teacher who is in a haste to complete the syllabus. The number of lessons we have to learn every day – of being a parent – grow exponentially.

The best part is that even the lessons we learnt earlier – which we had conveniently discarded and filed in the archives of our memory – suddenly become every bit relevant and pertinent. Let me explain this with an example using the concept of 'Cause and Effect'.

'Cause & Effect'. I heard about the concept first in a spiritual context as a child when I accompanied my mother to a religious discourse (not by choice, of course). The spiritual guru was so mesmerizing that I believed in this concept at the devotional level. Then as I grew older I read about it in various academic books as well as holy scriptures and started understanding it at an intellectual level.

And now that my daughter Mau has come into my life I have finally, actually, genuinely and honestly started understanding the concept at an experiential level!

The Main Cause – I went to college

The Obvious Effect – I got my Bachelor's Degree, but I lost forever my prized bachelorhood.

Cause: I got married.

Effect: I happily resigned myself to the last legal form of slavery with the same excitement as a rat getting into a cage, lured by a small piece of cheese. After a few hunky-dory years, society – and especially my parents – suddenly got bored of treating me as a young boy and started pressuring me to provide them with a grandchild. I don't think the oldies know how difficult it is for a man to 'perform' under pressure.

Cause: I got a baby girl, Mau.

Effect: I fell in love all over again. It was the same collegewala love type feeling – even the symptoms were the same. Like staying awake all night – last time it was talking on the phone with her (the girlfriend), this time it is singing lullabies for her (my Mau); the uncontrollable urge to meet – last time I used to travel from home to college to meet her (the girlfriend), this time I travel from office to home to meet her (my Mau).

Cause: Mau grew to be 2 months old and learnt to 'hold' things in her tini-tiny fingers.

Effect: When I cuddle her she scratches all over my face. And she thinks grabbing our specs and throwing them on the ground is a remarkable achievement!

Cause: Mau got 3 months old and

learnt to roll over and crawl.

Effect: That rubber mat which we brought so that she can pee on it has become absolutely redundant – because she conveniently rolls over, crawls out of the periphery of that rubber mat and pees on the bed. EVERY SINGLE TIME!

Cause: I and my wife keep talking, cajoling and entertaining Mau the entire day.

Effect: She is bored of us and seems to enjoy talking more with that dark green frog which makes high-pitched obnoxious squeaky noises or with the yellow dancing duck or with the multicoloured Mickey Mouse sticker rather than with us!

I hope I have made my point that parenting teaches us a new lesson every single moment. There are many such concepts that parenting helps you to understand in the experiential way. Oh yes, being a parent also allows us to be extremely innovative and develop a steep learning curve. For example, by the 5th month, my wife could successfully cut a baby's nails with an adults nail cutter. And as for me ... well, the most innovative thing I did in the first 5 months was tying a thread to the edge of Mau's cradle so that I could swing it while sleeping on the floor!

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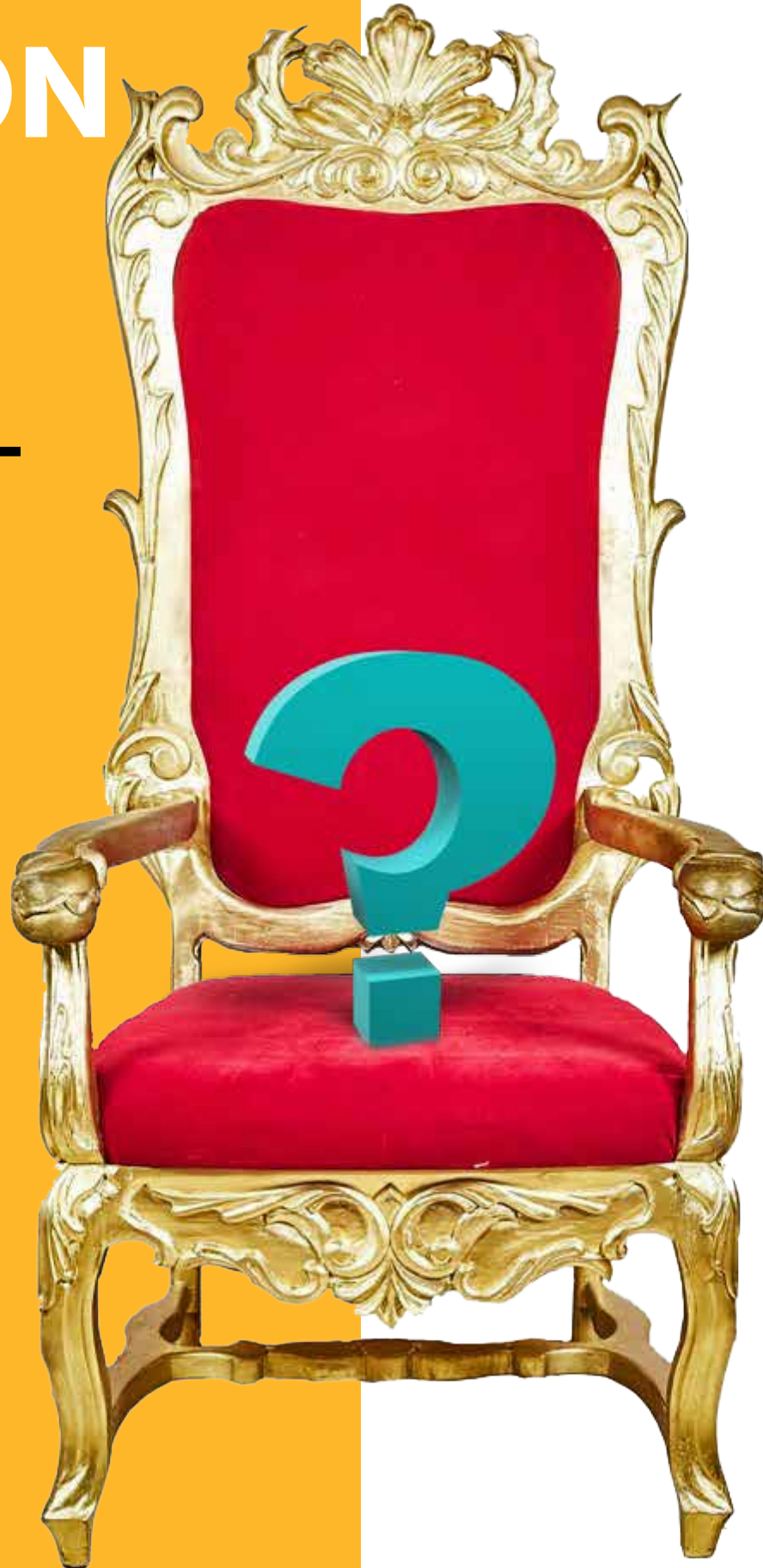
The writer is a Chartered Accountant by profession based in Ponda



GOA PRESSES POLL BUTTON

PANIC FOR POLITICAL PARTIES

↘ The advent of AAP in Goa has a high visibility value. People donning Nehru caps going around and social media flooded with AAP will go down as the highlight of this election. But as far as votes are concerned, many candidates of this party might have to struggle to save their deposits.



cover story

↘ On the political front, everything seemed win-win for the BJP till the Maharashtrawadi Gomantak Party suddenly developed a hatred towards them. The rumblings of the Dhavalikar brothers, which were initially hushed, grew louder. To top it all, the BJP Chief Minister Laxmikant Parsekar sacked both the brothers from the cabinet. This is where politics in Goa took a major twist.

RUPESH SAMANT

The peaceful island of Divar has a few BJP flags mounted on electric poles here and there. That is the only sign on this water-locked land across the River Mandovi of a hectic election process that the entire state of Goa is going through.

The well-tarred roads, laid back people and absence of any political party buzz here contrasts starkly to the mood in the rest of the State. "There is no need for any campaign here. People know whom to vote for. The Island people are always united," says Jerry D'Souza, a social activist, who has been at the forefront of many major campaigns in Divar.

But across the River Mandovi in Panaji, the days are packed with high octane political campaigning. Many Delhi-based leaders are camped in the capital city, designing and redesigning their political strategies.

The Congress Head Office has been holding a series of meetings, with their senior leader Digvijay Singh having the last word. First the talks were around short-listing the candidates, later they were about alliances with like-minded parties.

The Congress' candidate selection process is strongly ridden with guilt from the past. Conscious attempts are being made to ensure that the mistakes of the past are not repeated, and as a result many of the party stalwarts have lost their chance to contest this time. There are many Congress leaders like Manohar Azgaonkar who jumped off the boat to join the MGP bandwagon.

Two Goans – Luizinho Faleiro and Girish Chodankar – who were part of Congress' pan-India strategies took up the job to revive the party in their home state. The task was difficult but they have managed to achieve it to a certain extent. But their entire campaign in the run-up to the polls smacks of irony.

Irony is synonymous with politics in Goa. The election for the Goa State Legislative Assembly scheduled in February has unmasked the fake faces of all the political parties, with BJP leading the pack.

BJP, which went around beating drums in the year 2012 against Casinos, Corruption, Regional Plan, Medium of



Instruction (MOI) and similar issues with a populist outlook, is now finding itself surrounded by the ghosts from the past.

In 2017, Congress is raising the same issues in a major role reversal in the state's politics. Congress Goa Chief Luizinho Faleiro has assured that casinos will be thrown out of the River Mandovi. This assurance does not seem digestible to the people at large who have seen how the Congress defended the casino industry and ruined the State during their rule till 2012.

BJP FACES WRATH OF THE PEOPLE DUE TO ITS ARROGANCE

The sound clip of unidentified voters booing BJP's Shiroda candidate Mahadev Naik and another about Porvorim voters aggressively countering BJP's poll campaign which swore by the social welfare schemes largely indicates the mood of the voters in poll bound Goa.

BJP Leaders like Manohar Parrikar and Laxmikant Parsekar had set the tone for the election banking on the social welfare schemes. Parsekar was at the forefront to claim that they have touched every household through the social welfare programmes. Financially, they have given benefit to everyone.

This language of Parrikar and Parsekar was replicated by BJP candidates across the State but what they earned was the ire of the people. "Did you pay from your pocket to fund these social welfare schemes? Why are you taking the credit for it?" the voters were heard asking BJP candidates. Candidates like Mahadev Naik in Shiroda and Guruprasad Pawaskar in Porvorim were left speechless.

But BJP's favourite troubleshooter Manohar Parrikar has countered with an answer. "Yes, we did not pay from our pocket to finance these schemes. But unlike the Congress government we did not pocket the money, we distributed it to the people," Parrikar said, addressing workers in Vasco.

For BJP which is contesting on 36 seats, this election is going to be a rough game. They will surely miss their 2012 election partners MGP. The acceptability of BJP is on the decline. The party will have to pull up its sleeves and work hard.

A MAN CALLED SUBHASH VELINGKAR

If in the year 2012, a fortune-teller had to predict that RSS leader Subhash Velingkar would be against the BJP in the 2017 election, he would have been surely mocked at. But the developments that unfolded

over the last year have proved all the political experts wrong. Their political equations have gone haywire.

On the political front, everything seemed win-win for the BJP till the Maharashtra Gomantak Party suddenly developed a hatred towards them. The rumblings of the Dhavalikar brothers, which were initially hushed, grew louder. To top it all, the BJP Chief Minister Laxmikant Parsekar sacked both the brothers from the cabinet. This is where politics in Goa took a major twist.

The five year-long honeymoon between both the parties ended on a brutal note, which brightened the prospects of the newly formed party Goa Suraksha Manch (GSM) led by RSS rebel leader Subhash Velingkar. Shiv Sena too is in league with these two parties.

Subhash Velingkar has been emerging as a prominent political figure in the State. His fiery speeches against Manohar Parrikar are recorded and circulated on social media. He is being looked at someone who can take on the mighty Parrikar, the way Parrikar took on the Congress in the 2012 elections.

A few years back, Parrikar's speeches in the Legislative Assembly were recorded and sold in the CD format. Now it's exactly the opposite. The speeches of Velingkar are being forwarded through Whatsapp and other sites. They don't just have entertainment value but are also boiling the blood of many voters. This

increasing political power of GSM is also fuelling Sudin Dhavalikar's dream to become the next Chief Minister of the State.

MYSTERY CALLED AAM ADMI PARTY

In the Cuncolim constituency some weeks back, when Arvind Kejriwal was announcing the name of Elvis Gomes as the party's chief ministerial candidate, there was a minor verbal argument at the gate that led to the public meeting. Two Delhi based volunteers were stopping the people from getting in. They pointed out security reasons for the same. And ironically, at the same time Kejriwal and Gomes were delivering speeches of how AAP is the party of Goans. The party without substantial Goan volunteers is dreaming to rule Goa.

The advent of AAP in Goa has a high visibility value. People donning Nehru caps going around and social media flooded with AAP will go down as the highlight of this election. But as far as votes are concerned, many candidates of this party might have to struggle to save their deposits.

GOING THE GOA FORWARD WAY

Amongst the regional factors, Vijai Sardesai cannot be ignored. His Goa Forward party lost a good bit of time hobnobbing with the Congress. The dream of alliance has been shattered for this party. The enthusiasm with which the party was formed has now lost steam. The party is now restricted only to a few constituencies, this may not suit the name Goa Forward. The experienced politics of Congress has managed to nail an emerging force called Vijai Sardesai.

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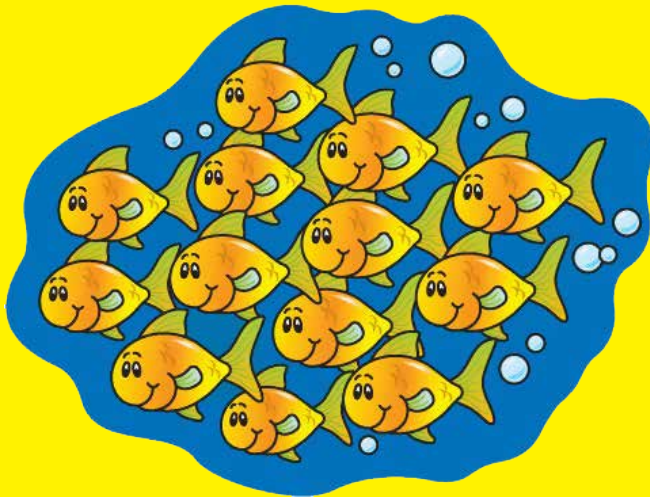
Friends

With friends we share our fun and pain
 They are with us like shelter in the rain
 They are always with us to complete our dreams
 And make our life like a sweet ice cream
 It is rare to find friends who always care
 But everyone thinks that friendship
 Is a matter of truth and dare
 When we are going through a lot of tension
 It is only friends who will give us attention
 When we are in a bad situation
 They are always there with a good solution
 When we get bored for hours and hours
 They spring into our life like beautiful flowers

SHREYA GURUDAS DEGVEKAR

Std X
 Progress High School, Sankhali

A little fish



Once upon a time there were a great million fishes in the sea. There was also one very small fish among them. He was always unhappy. He was sad because amongst all the fishes in the sea he alone was the tiniest.

One day he was swimming in the sea with his large friends. Suddenly, without any warning, they found themselves in the meshes of a great net.

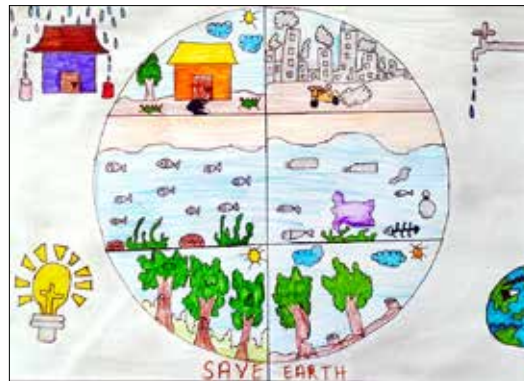
The net was moving higher and higher towards the sunlight. But the smallest fish squeezed through a gap in the mesh and freed itself from the net. It slipped back into the cool water. "Hush! I am safe," he said to himself. After coming out of the net, he was happy, but he soon realized he had lost his friends.

RUKAIYA SHAIKH

Std VII
 Crescent School, Margao



SUREKA, STD. VII



OM KAMBLE, STD. VII



ADITYA MANDAL, STD. VII



SIYA AUDI, STD V



SONIYA RATHOD, STD. V

TNV organized a drawing competition in Konkani Bhasha Mandal's Ravindra Kelekar Dnyanmandir, Margao on the eve of Goa Liberation Day. Some glimpses of the drawings made by the children.



PRERNA PAWAR, STD. VII



RAVISHA SHIRODKAR, STD. VII



SHREYA BHAT, STD. V



PRAGATI NAIK, STD V

Autobiography Of A Pencil



I am a pencil. My name is Miss Lucky, that's what my master calls me. I am made up of wood and lead in a huge factory. But my ancestors were made in forests using a simple knife and dipped in coal. Later I was moved to a stationery shop where I waited to be sold. I always hoped to be taken home by a cute little school child. To my bad luck, I was bought by an artist.

My new master uses me for drawing beautiful pictures. He sharpens me often. It hurts me a lot but I bear the pain for him. He has won many prizes for his work done using me. This makes me happy. So he calls me 'Miss Lucky'.

The happiest day of my life was when I saw my master's daughter use my waste scrapings for her craft work. I now feel lucky to be a part of his family.

Now I have become half my size. I know I won't live for long. But I will die happily as I have been of good use all my life.

SHRIYA KAISARE

Std IV

The Little Penguins, Bainguinim

Educative value of Travelling

From time immemorial, travelling has been considered a part of one's education. It is a practical education about geography, history, culture, styles of living, customs, languages, etc, all rolled into one. On such a journey a person visits various places and meets people of different kinds. Travelling also gives pleasure and joy and brings a welcome change from our routine life. It is travel that satisfies our wanderlust and inner urge for exploration. It fulfils our spiritual quest for venturing outside our known, common and usual surroundings for the purpose of leisure, education and learning. For young people, travel often offers unlimited opportunities of adventure and

exploration in the country and beyond. It generates confidence, management skills and sharpens their abilities.

Educational and training institutions often take their students and trainees on educational trips and tours. A trip around our own country increases our knowledge about the country's greatness, resources and economic strength. By travelling to different parts of the country we see with our own eyes how our country is so diverse and is yet united.

Sometimes preparing for a journey itself is good training. It is really an art to arrange and plan for a trip. Travelling in groups strengthens mutual respect, cooperation and team spirit.

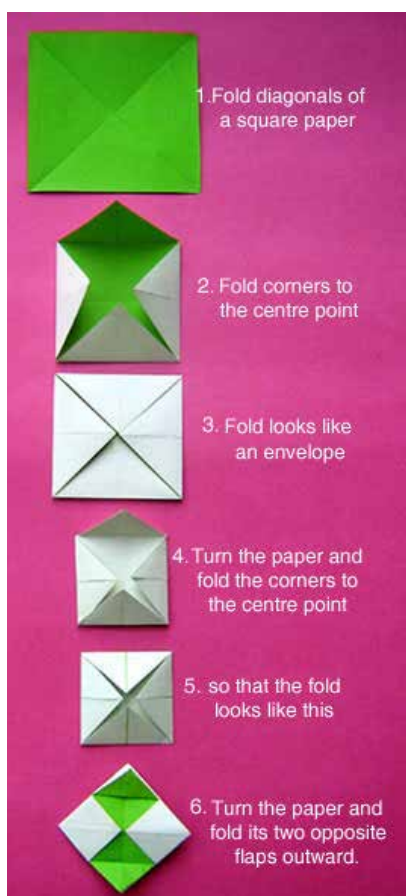
Truly, a person's education is incomplete and experience is deficient without travelling. Travel as a means of education, enlightenment and enrichment is matchless. It makes our vision broad — global and more humane. The wider and more varied and frequent our travel, the richer is our learning, experience and enjoyment. After all true education does not just lie in book learning but in seeing and experiencing things, events and places.

SIYA SANSGIRI

Std IX,

Ravindra Kelekar

Dnyanmadir, Margao

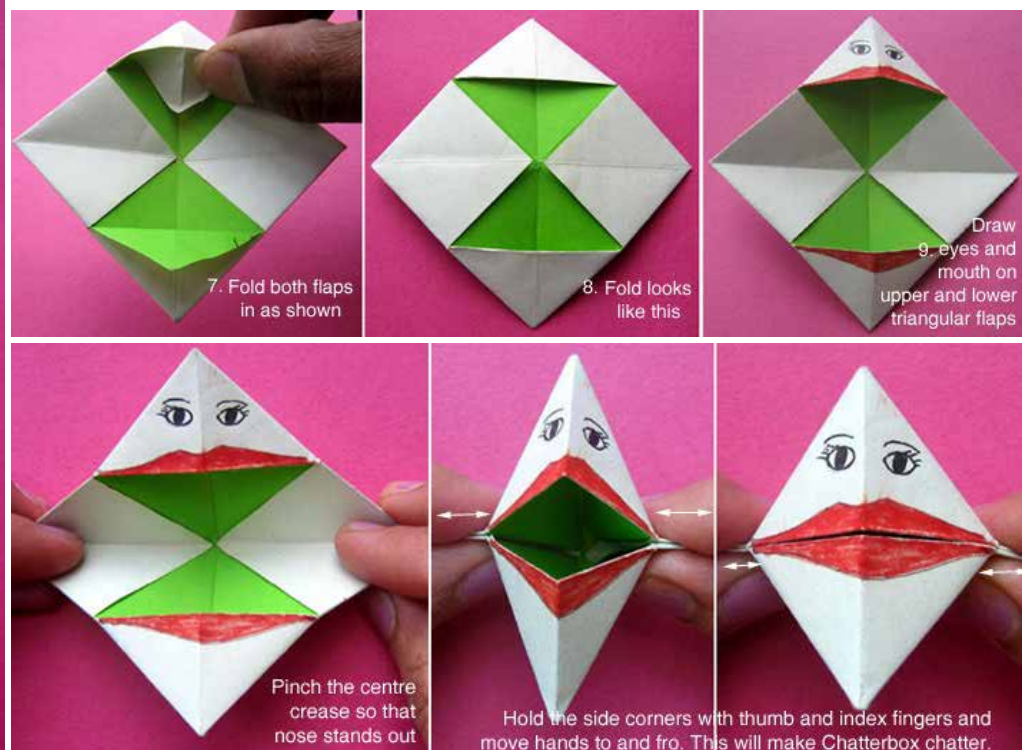


CHATTERBOX

Fun Science

DANCING EYES

By Arvind Gupta



Wednesday, January 25, 2017

SZWENSKA D'SOUZA

With a chilly winter in full swing, the rest of the country can't easily get out for an outdoor workout. But in Goa, the weather is pleasant. It's the perfect time to mix up your fitness routine by taking your workout outside. The weather is blissful, I hope that you're finding it a bit easier to get outside and be more active. After all, exercising outdoors may improve energy levels and decrease stress to a greater extent than working out indoors. But if your habitat is more of a concrete jungle, then don't sweat it—there are plenty of benefits to exercising indoors as well. But if you can get outside, by all means get out there. Here's more about why this should be part of your health, energy and performance-enhancing exercise regimen.

In urban areas, most people don't have access to the pleasant outdoors, luckily in Goa; we get to experience both worlds.

Since the last four to five years, going to a gym to workout has become quite a trend. Earlier there were a lot of gyms in Goa, but not many catered to ladies. That has changed over time and now we have fitness clubs as well as housing complexes with in-house gyms, that cater to both men and women. Goa is slowly following the footsteps of the 'what's trending', and importance is often given to choosing gyms that apparently give you a special social status.

Getting outside to exercise can be much better than going to the gym.

GET OUTDOORS



fitness

Think, for instance, of running on the treadmill for an hour and compare it with going out on a running trail for an hour. Instead of looking at a wall or TV screen you get to witness the raw and fresh beauty of nature.

Exercising in nature has benefits that go far beyond the benefits you gain by exercising indoors. Research has shown improvements in mental well-being, self-esteem and even in coping with depression. Trail-running can help decompress much better than running on a treadmill or even on city streets, and the research backs this up. Being exposed to plants decreases levels of the stress hormone cortisol, decreases resting heart rate and also decreases blood pressure.

One of the challenges that we are faced with is staying motivated to exercise. About half of the people who join a gym don't stick with it beyond the first year. But people who exercise outside tend to stick with their exercise programs more consistently than those who train indoors, according to a study done in 2004. These studies are really interesting because we often think of exercise as only being good for our bodies. It turns out that exercise can be just as good for our brains and our minds, and that getting outside and exercising amidst nature might amplify the benefits. If you're having trouble being consistent, consider adding an outdoor workout to your routine.

Just get outside: Try gardening, heading to the beach or a lake on the weekend or going for a bike ride, and don't worry about whether or not you walk or run.

9049851403

The writer is a Mass Communication student



Outdoor and indoor training complement each other. Two components of fitness, in my opinion, are strength and endurance. Strength is built through indoor gym workouts often guided by a trainer. Outdoor workouts like running build endurance. In Goa there are no trainers available that could guide you through outdoor workouts like running. However, gyms have trainers who can help you. This is an important lacuna where one has to rely on online training or on books for outdoor training. Outdoor training is aerobic and freshens ones body and mind. It lends a creative element to training while indoor training is more of a fixed routine. To enhance ourselves we have to take all forms of training in our stride.

Dr. Mukund Pai Raiturkar, Pediatrician and regular jogger.



Working outdoors in urban areas or on tar roads has some cons - like a hard tar road can damage your knees and it's not comfortable. But if you are working out in the country side it's better. But then again, a proper jogging track is better. A lot of fumes gets taken in by you if you work out in cities. Working out indoors provides scope for a proper workout since you can concentrate better. If you are working out outdoors you concentrate only on cardio but indoors you can do strength building exercises, cardio, etc. You also get inspired by looking at people workout.

Ramesh Ghadi
Proprietor - Ghadi Fitness, Saligao.



Konkani Bhasha Mandal's 22nd Goa Yuva Mahotsav was held amidst much fervour and enthusiasm. Here are some views from those who attended the festival.



Being a participant of Yuva Mahotsav, this event has brought me closer to our culture. It has given me an opportunity to be on stage without any fear of performance and to learn a lot of things.

TEJASWI NAIK



Since the last two years I am participating in GYM as a participant, but for the last 16 years I have been attending GYM as a member of the audience. Participating in GYM gave me confidence to perform in front of more than 6000 people.

PALASH AGNI

I have been associated with GYM since my childhood. For me, watching others performing was the first step towards getting in there. And later as a participant and a group leader I learnt so many things. It has let me express myself and explore my creative energies in various forms.

TANVI BAMBOLKAR



GYM is a festival where there are no religious barriers. GYM has offered me a platform to exhibit my talent to the viewers and the people of Goa which was otherwise hidden or overlooked and I have received lots of appreciation and acknowledgment from various eminent personalities of Goa.

PRATIK KAMAT



For me GYM is not just participation but adding various things to my knowledge. Last year we had the golden opportunity to be part of the co-organisers. It taught me numerous lessons which no classroom did.

URVASHI NAIK



When I hear the name Goa Yuva Mahotsav, I become nostalgic and go back 11 years. Yuva de Goa, my team, has completed 11 years of participation in Goa Yuva Mahotsav. GYM has become a meeting point for all Goans and Konkani lovers settled abroad to meet once in a year. This year I have specially come back from Florida, USA to participate again.

KETAN SHIRODKER

Euphoria, Exuberance, Youthfulness, Unity and Talent - all these collectively define GYM. For me it is a phenomenon that has touched and transformed many lives positively. GYM is a place full of sheer positivity.

ANIRUDDH CHIMULKAR



For me, GYM is like a home that has appreciated my talents several times. It also taught me to rise and fight back when everything seemed to be lost.

HEMANT AIYYA



GYM is not just a competition but it is a gathering of talent, ideas, creativity and innovation. It is the only festival where the teams give slogans of other teams than their respective teams and that's the real achievement of GYM. People participate to enjoy the festival more than the competition and that's the real victory of GYM.

VAIBHAV KALANGUTKAR



SINI FERNANDES

People are always complaining. "Everything has gone bad. Nobody is ready to bring about a change." Only a few people, instead of complaining, put in efforts to bring about a difference. One such person is Shricharan Desai from Ponda, better known as Charan Desai among his loved ones. What sets him apart from other people you may ask? The fact that he has sincere love for the wildlife (which is as much an essential part of this world as we are) and that he has been working for many years now to protect them and create awareness among people through every way possible.

There are children who enjoy inflicting pain upon animals. They kill a lizard 'just like that' or hit a dog inhumanely with stones, just for fun. There are probably some underlying psychological or social reasons for such cruel behaviour, but all the same, their actions are tormenting and depressing. But learning about Shricharan's childhood reminds you of other more sensitive and thoughtful children. "My parents always taught us to be kind towards other human beings as well as animals and the environment," says 32 year old Shricharan, reflecting upon the values his parent taught him. "Giving a biscuit to a stray dog everyday was like a ritual for me, keeping water for cows and birds to drink would be part of our routine in the summer holidays", he recalls.

As a member of Animal Rescue Squad Goa, he has rescued more than 1000 snakes, crocodiles and other wild animals over the last eight years. How did his journey start? Why did he decide to take up the cause of the environment and wildlife protection? He answers with much simplicity. "A small program by noted environmentalist Amrut Singh at a camp, made me interested in learning more about wildlife, and especially about snakes."

A businessman by profession, Shricharan is an animal lover at heart. He co-founded a non-profit organization SAWE (Study and Awareness of Wildlife and Environment) in

THE WILD RESCUER!



2013. This organization is a stakeholder in the Otter Conservation Project in Goa, and has conducted many remarkable activities over a span of two years. "We have implemented tree plantation drives, started a Nature Information Centre at Dhamshe in Valpoi, and we also give regular guidance to security personnel of multinational companies on snake rescue and management", informs Shricharan. This NGO has not limited itself to just the boundaries of Goa, they have conducted awareness programs in schools of Maharashtra as well.

Shricharan is presently working on crocodiles and their habitat status in Goa. He is also focussing on the important issue of human-wildlife interaction. "This is a very sensitive and ongoing issue and cannot be dealt with in a single step," he asserts. "Awareness about our nature and of other animals is very necessary to create a positive outlook. We will have go back to

our traditional methods and sustainable ideas of use and consumption," he advises.

When asked to give a message to youth, Shricharan humbly replies "We are living a good life because of many other factors such as wildlife, nature and our society. Animals are doing their duties towards nature and the environment. Respect every life and try to perform your duties towards nature and society." May his story awaken the light within us and push us forward towards making this world a better a place to live in.

8806519811

The writer is a freelance journalist

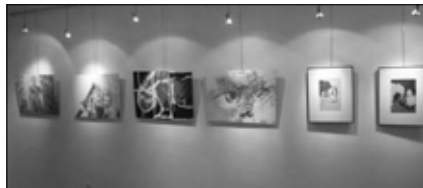


Giving a biscuit to a stray dog everyday was like a ritual for me, keeping water for cows and birds to drink would be part of our routine in the summer holidays.



JAN 25**VOICES OF ARAMBOL AND TEMPLE ROAD ORCHESTRA**

@ 08:00 pm
Jungle Dance Theatre, Bat Wadi Road / Temple Road, Arambol, Goa, India
A COMPILATION OF AMAZING VOCALISTS!!!! The amazing Mohamed from Iraq, Dunia Botic from Cyprus and Darlini Singh Kaul and Joy Tyson from FARAFI come together in a eclectic mix from the world to create a beautiful evening of world music. They will be joined by the acclaimed dancer and storyteller Danielle Alnuma-Alter.

**PAINTING EXHIBITION@ HARSHADA ART GALLERY, MIRAMAR**

@ 10:30 am - January 27 @ 5:30 pm
Harshada Art Gallery, Panjim Goa
Exhibition of Paintings by chairman Lalit Kala Academy Karnataka, Veena Jain and MS Murti will remain open from January 25 to January 27 from 10.30 a.m. to 5.30 p.m. at Harshada Art Gallery, Miramar.

JAN 26**GOENCHI MOGIS MEETING OF GOA CITIZENS - PANJIM GARDEN**

@ 3.00 pm
Gracia De Orta (Garden) Panjim, Goa., Goa.
All Goan public interest groups and civil society getting together for a massive public meeting to register their demands for candidates to consider (and indicate their stand) if they want their votes in the February 4 election. @ Panjim Garden, 3-7 pm, next to Panjim Church. Strictly non-party public meeting of Goa Citizens. "Bring the children with you. There will be songs and balloons. And water. Please spread the word. Main organisers include 30 of Goa's public interest fighters including the Goa Foundation, Goa Bachao Abhiyan, and the Goenchi Mati Campaign. Francis de Tuem will sing his cantars on Goenchi Mati and Goa Forgiving is dedicating its song, Goenkarponn, to the Goenchi Mati movement.

PANGAT

@ 12.30 pm
Voltaire, Reis Magos Fort Rd., Opp. INS Mandovi Boat Pool, Reis Magoz Bardez, Goa
Voltaire presents to you PANGAT, an experiential gourmet event launching 26th Jan 2016. Come experience the music of Diwali, the taste of chaturthi, vibrancy of Shigmo, Colours Of Holi,

Aroma Of Your Grandmothers Kitchen. Feel Festive, Feel Vibrant. Relive the festive vibe any time of the year and celebrate the traditional you!
Limited Seats
For bookings contact : +91 98225 88231

ART ACTIVITY FOR KIDS@ REIS MAGOS FORT

@ 3:30 pm - January 28 @ 5:30 pm
Reis Magos Fort, Bardez
Fortscape, a three day art activity for kids will be held at Reis Magos Fort from January 26 to January 28 from 3.30 p.m. to 5.30 p.m.
Resource person: Rajendra Usapkar.
Registration fees: Rs 800 Details: 9673935195/9423885973.

JAN 27**SESSION ON "END OF LIFE CHOICES - A PUBLIC CONSULTATION"**

@ 4:00 pm - 6:30 pm
International Centre, Goa, Dona Paula.
"End of Life Choices - A Public Consultation" an interactive session with Dr Roop Gursahani and Dr Nagesh Simha will be held on January 27 from 4 to 6.30 p.m. at ICG, Dona Paula. Open to all.

JAN 27-29**SARASWAT FOOD & CULTURAL FESTIVAL 2017**

January 27 @ 8:00 am to
January 29 @ 5:00 pm
SAG, Ground (Sports Complex), Ponda
This festival is held every year to bring together Gaud Saraswat Brahmins of Goa & to give them a platform to exhibit their talent. Ponda Saraswat Samaj will be hosting Goa Saraswat Samaj's "Saraswat Food & Cultural Festival" 2017 for the first time in the Cultural Capital of Goa.

JAN 28**AN EVENING WITH ROSALYN D'MELLO**

@ 5pm
The Dogears Bookshop, Margao
This weekend, Rosalyn D'mello, author of A Handbook for My Lover, will be in conversation with Jessica Faleiro, author of Afterlife: Ghost Stories from Goa.

JAN 29**RUGGEDIAN OBSTACLE RACE GOA 2017 @ 6.15am**

Miramar Beach Goa
Ruggedian is a solo obstacle race of approximately 7.5 kilometers with 15+ obstacles placed on the go. From Wall Climbing, Wire Crawling to Monkey Grind, you name it and we have it all! The race is divided in various categories which you can choose from. The Ruggedian Obstacle Race allows participants of age 18 years and above to show off their brawn & brains and the obstacles are cleverly designed to push the participants to their very limits & bring out the best in them.

JAN 30**'AMORE', A DIVERSITY OF MUSIC, ART AND DANCE@ KALA ACADEMY**

@ 7:00 pm
DMK Auditorium, Kala Academy, Panaji. Namah, the new academy of Music Arts and Hindi presents 'AMORE', a diversity of music, art and dance for a cause on January 30 at 7 p.m. at The event will

feature performances like Forefront Band, Nicole Williams – Pianist, Asha Upadhaya, National Association of the Blind, The Majorly Music Trust Choir, The Don Bosco College Fusion, Talking Drums Carlos Gonsalves and The Namah Chorale.
Tickets: Rs 200. Details: 9923656735.

JAN 30-FEB 15**TAG'S 8TH POPULAR TIATR COMPETITION**

January 30 @ 3:30 pm - February 15 @ 5:30 pm
Annually Tiatr Academy of Goa organises the Popular Tiatr Competition. This year the 8th Popular Tiatr Competition will be organised from January 30 to February 15 at Ravindra Bhavan, Margao daily from 3:30 p.m. onwards. Details: 2230738/739.

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- EVENT PLANNERS

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9923442746

THE NEUTRAL VIEW
FORTNIGHTLY

#SHARE THE LOAD

KAJAL KERKAR

The other day, I went to watch a movie. Before the movie screening there was a documentary shown on 'gender equality' featuring the actress Madhu. This documentary really made me upset and I was left fuming in the airconditioned theatre. It portrayed how women have been doing their traditional roles like cooking and cleaning for ages and also showed a typical scene during a marriage proposal. The actress Madhu said that for attaining gender equality we must do a role reversal wherein men perform the traditional chores of women and also a reversal of the marriage proposal scene, to a woman going to a man's house to see the potential groom, where he offers tea and snacks and she takes a decision on marriage. The people in the theatre were heartily laughing at the idea.

Such documentaries add fuel to the existing wrong impression that feminists are anti-men. But the reality is not so! Feminism strives to gain equality and gender-based women's rights. This does not necessarily mean role reversal. The women's movement was come a long way from fighting for basic human rights like the right to vote, equal wages for equal work to social inclusiveness, fighting against domestic violence, for



→ The way we feel proud of women who drives car and do other male dominated work, we should also feel proud of men who actively participates in the house work. Equal distribution of work is required to attain gender equality.

reproductive rights and many others.

Achieving gender equality is a slow process and it should start with oneself. Since the last several decades, women have stepped out of the house and started taking up jobs and doing business. But the woman also continues to play her traditional role of cooking, caring for her children and elders, along with unending domestic work. This has really overburdened her with home and office duties. It is cruel to call her a Super Woman and encourage her to carry on all these tasks without complaints and with a smile. Glorification of the concept of a Super Woman should stop. The stress level faced by an Indian woman balancing personal and professional fronts is unimaginable. By just being a sensitive and empathetic person one can simply: Share the Load!

A very basic thing a man can do at the home front is doing their own work like serving themselves food, taking soiled plates from the dining table to the sink, washing their own clothes and polishing shoes, and packing their own tiffin boxes and bags. There are still men in our society who need their wife to give them their watch and handkerchief in hand and pack everything for them. Such men should be declared as

decadent. And women who religiously do these chores must stop and make these men more self reliant.

The next level of help that men can contribute for their mothers or wives is sharing the load of cleaning the house and keeping it neat and tidy on a regular basis. These are time consuming chores like folding clothes, keeping utensils on racks, dusting, etc. Shopping for consumables like vegetables, fish, groceries, etc can also be shared by men.

When we express the need of men to share the housework load, one may get replies saying that there are mixers, washing machines and domestic helpers who make house work easy. They may also comment on how the older generation used to do everything manually. But we need to understand the complexities of life today. The demands of the outside world and a demanding family makes our life hectic.

The way we feel proud of women who drive cars and do other traditionally male dominated roles, we should also feel proud of men who actively participate in house work. Equal distribution of work is required to attain gender equality. To be independent every person must also know basic skills of cooking. This cannot be the woman's responsibility all the time.

The men who wish to share the load must be encouraged and not stopped by women and I'm sure that one day there will be gender equality on all fronts in our society. Let us start with ourselves.

9420686397

The writer is Assistant Professor at Dept. of Women's Studies, Goa University





fashion & beauty

MAN O MAN! DRESSING UP THE MAN IN YOU

SPENCER BAPTISTA

'Fashion is not really for men.' We may have heard this line from so many people over time. If a flamboyantly dressed man passes by we may have heard someone in the crowd whisper 'he may be queer'. Well, the point is men can be fashionistas. As for those who criticize you for dressing stylishly, just think of them as being a decade behind!

Here are a few style tips that men could use to dress better:

When it comes to jewellery, less is more —

Don't wear more than 2 or 3 pieces of jewellery. It could be a stud, a flashy chain or a bracelet. Don't dress like a rock star unless you are part of a band.

Dress sharp — It's important that your clothes fit you well—not too tight and not too loose. When it comes to blazers, check the detailing, which includes the cuts, the shoulder fit and the collar. When you are selecting a suit for a wedding, keep it classic. Avoid coats with ornamental designs, they are not quite impressive.

Polo tees look great — Polo neck t-shirts are very much underrated. They make you look manly and smart and they can be worn for almost any occasion. Polo t-shirts blend well with jeans.

Selecting a perfume — It's very important to smell fresh all the time.

Select a perfume which is subtle and low on gas. Women usually tend to judge a man according to his smell, so be careful, especially if you are going on a date. Strong perfumes tend to be irritating and in severe cases may cause dizziness to the person next to you.

Shape that beard — If you plan on keeping a long beard see that you take good care of it. An unkempt beard can be an attraction killer. Various beard shampoos are available in the market. Wash your beard daily and trim it when required.

Don't run after brands — Before you buy an item ask yourself if you are buying it simply because of the brand name or because you love its quality and style. Do not buy something just because it's 'in' right now.

Wear clean shoes — If there's one thing that women notice first, it's your shoes. Especially how clean and sharp they look. Boots look great on tall, muscular men. Select shoes according to the occasion. Do not wear formal shoes if you plan on wearing casuals.

Keep your hair neat — Your hair may be short or long, but remember to comb it neatly. Avoid keeping your hair fuzzy, it just doesn't work.

So there you have it. Man up and spend some time on your appearance for some rich payoffs! You'll definitely feel better about yourself and you'll get that second appreciative glance from people around you.

9673498002

The writer is a journalist

TOP 5 FACE PACKS FOR WINTER

1 Milk Cream and Honey

The yummilicious combination of milk cream (malai) and honey is a wonderful skin moisturiser.

- Mix one spoon each of milk cream and honey
- Apply the mixture all over your face and neck.
- After 15 minutes rinse it off with warm water and freshen your skin with a splash of cold water.

2 Almond Oil and Milk

- Apply a blend of a spoon of almond oil and two spoons of raw milk on your face and neck.
- Wash off with warm water and then with cold water to reveal glowing, hydrated skin.

3 Rosewater and Strawberry

Winter markets are filled with luscious strawberries whose vitamin C and omega-3 fatty acids are immensely good for your skin.

- Apply the mix of two spoons of mashed strawberry and a spoon of rose water on your face.
- Wash off after 20 minutes and give yourself a lovely complexion. You will learn that this face pack gives your skin an amazing glow. You can even try out Multani Mitti with rose water to get glowing skin.

4 Cocoa Butter and Olive Oil

Nourish your skin with the deep moisturising blend of a spoonful each of cocoa butter and olive oil, mixed with just a pinch of ginger paste.

- Apply this blend over your face and neck and leave it for 15 minutes.
- Wash it off completely to greet glowing, soft skin.

Avoid cocoa butter if skin is acne-prone.

5 Banana and Milk Powder

The banana is a great winter moisturiser.

- Mix a spoon of mashed banana with milk powder.
- Use rose water if you have oily skin.
- Add a few drops of honey.
- Leave the mask for 20 mins. Rinse off.

KITE FESTIVAL

Kites of various shapes and sizes made its way over the Miramar beach as the Pariwartan Pariwar, a Belgavi-based organisation, held the third edition of its annual kite festival. International and national professional kite flyers demonstrated their skills at the event. Indian as well as international kite-flyers from Canada, Estonia, Germany, Malaysia, U.K., Russia, Brazil, Australia, France, Italy, Netherlands and South Africa participated in this event that showcased a variety of different kites involving cartoon characters, inflatable kites, star kites, delta kites, miniature kites etc.



entertainment

Photographs by S. Ganesh

LOKOTSAV: THE VIBRANT COLOURS OF INDIA



Directorate of Art and Culture organised Lokotsav, an yearly event of folk festival which witnessed around 500 folk artists presenting various folk dances and music of their states and also 600 craft persons displaying their handicraft items.

The festival is organised by Directorate Art and Culture, Government of Goa every year in joint collaboration of West Zone Cultural Centre, Udaipur, Kala Academy, Goa, Sports Authority of Goa, Corporation of the City of Panaji, South Central Zone Cultural Centre, Nagpur, Department of Art and Culture, Jarkhand, and other agencies in order to promote the folk culture and handicrafts from different states and also from Goa.

A perfect platform is given to the artisans to showcase and sale their crafts. This is 18th year of Lokotsav in Goa. The folk artists and craftsman from Rajasthan, Gujarat, Assam, Manipur, Haryana, West Bengal, Sikkim, Chhattisgarh, Maharashtra, Uttar Pradesh, Sikkim, Tripura including Goa presented the folklore of their respective states in the Lokotsav.

MOVIE REVIEW

DANGAL

KAPIL SINGBAL

When Amir Khan's most awaited movie Dangal hit the big screen on the last weekend of 2016, the audience had already got their taste of wrestling with Salman's blockbuster movie Sultan, where he fleshed out a fictional and larger than life portrayal of a Haryanvi Pehelwaan. But Dangal, directed by the talented Nitesh Tiwari, had the element of realism behind it, as it told the true story of Mahaveer Singh Phogat, a wrestler from Balali in Haryana who trained his daughters Geeta and Babita, in the quest of winning a gold medal for the nation.

Its 1988, the Seoul Olympics are in progress and Amir Khan plays Mahaveer, who works in a government office in Balali, with a dream in his heart - to win a Gold for India - one which he could not achieve due to family pressure and insufficient finances. He desperately wants a son who could fulfill that dream but over the years, fate has other plans for him, despite the various hilarious and superstitious suggestions that the village folks have for him and his weary wife, played perfectly by Sakshi Tanwar. But then something unusual happens, bringing the moment of epiphany to Mahaveer, as he realizes that his dream

can be rejuvenated. How he achieves this near impossible task in the traditional and conservative Jat-Land is something that needs to be seen on the big screen though.

Aamir Khan yet again gives a stellar performance as Mahaveer, by playing both the young energetic and the older mature stages of his life, achieving humongous physical transformation in the process. Fatima Sana Shaikh as the adult Geeta, packs a punch in her powerful performance both on the mat and outside it. Zaira Wasim, as young Geeta, sets the screen on fire as she unexpectedly defeats boys at local Dangals.

Sanya Malhotra and Suhani Bhatnagar as the adult and young Babita provide able support and an ideal foil to Geeta. But its Aparshakti Khurana as their cousin Omkar, who brings the much needed humour in this engrossing tale, as he also doubles up as the narrator of the story. Girish Kulkarni as Geeta's coach provides the necessary conflict to the story in the second half.

Each and every wrestling bout in Dangal - from Amir's first fight with an office colleague to Geeta's climactic fight with her Aussie opponent - has been choreographed with finesse. Pritam's musical score set to Amitabh Bhattacharya's rustic lyrics adds a new dimension to the narration. Even as we debate whether overbearing parents should force their ambitions on their off-springs or not, Dangal shows us that a woman can achieve everything a man can and to achieve it, there is no alternative to hard work and discipline.

