

The Neutral View

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NOMOZO... THE NEED OF THE HOUR

A stretch along busy Porvorim highway, which is marred by frequent traffic jams, turned into a theatre on 10th December morning with several enthusiasts doing what they can do the best. While some danced to the tune of Hindi songs, some displayed their martial art skills, and some gave a message of protecting the environment by shunning plastic bags.

That is why even Chief Minister Manohar Parrikar who arrived here to inaugurate the event along with Revenue Minister Rohan Khaunte skipped his official car and travelled on bicycle inside the event. He termed his bicycle ride as an attempt



to give a message to protect the environment.

The like-minded citizens from Porvorim had organized NoMoZo, an event which makes it mandatory for everyone to keep away their vehicles and make the best use of the empty road. Renowned DJ Nikhil

Chinnappa too was seen participating in the event adding glamour to it.

While Goa's own Bondo along with his group was seen playing the percussion, the to-be teachers from Nirmala Institute of Education at Altinho were seen teaching the young minds how to make

best out of waste.

Shunning the use of plastic bags, the to-be teachers were training the kids to prepare paper bags. When Parrikar visited the stall, he was excited to see the green message being spread by them calling the entire project as 'Wealth Out of waste.'

If one had to walk further, a group was seen dancing to the tune of English music, while bicycle enthusiasts tried to get the way through the crowd, without dashing anyone.

"Green Goa does not come only by opposing Coal, you should actually contribute for it," Parrikar said talking to reporters at the sidelines of the event.

The chief minister said that he would love to use bicycle often, but is restrained due to the security cover he has been provided.

Appreciating the efforts of the organizers, Parrikar said such kind of events should be held at least once in six months in each of the city.

The NoMoZo concept had started in Panaji couple of years back which has discontinued now. Parrikar who represents Panaji constituency said that the concept would be revived in the capital city but has to keep in mind the issues related to traffic.

"The concept in Panaji was more stress on the walk and as a result reduce the use of vehicles and control pollution," he said.

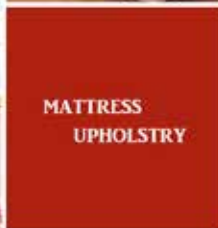
Talking to reporters, Khaunte said that the aim of the event was to create opportunities for the younger generation to come along with their parents and enjoy the day, away from the vehicular traffic.

"Everybody has kept their vehicles and come today. This will also help in reviving old traditions," the minister said adding that the event will help the youths to stay away from gadgets and social media for some time.

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Beauty was always my passion... CAROL ROZARIO

CAROL ROZARIO

"Carol's" has been a well-known brand in the beauty industry for a long time now but little did we know about the one who is the brains and hard work behind it. Carol Rozario is the proud proprietor of Carols. Currently she has a chain of salons spread out at Tonca, Caranzalem, Porvorim etc. Getting nostalgic about her initial days she says, "beauty was always my passion and I began taking interest in it as early as in my 9th Std, I also started my own salon when I was in the 12th std, but as life went on, I went ahead to do my IATA in travel and tourism and later got married and had kids, life became busier and I didn't have time to follow my passion. But then, once when everything was in place,

I thought to myself, why not do what I love? being an entrepreneur instead of just working for someone else!" that was how Carol decided to start her own Salon and the first one she opened was at Porvorim in 2006 under her brand name that is, CAROL'S, which was earlier exclusively for ladies and now is a unisex salon.

Since then there was no looking back for Carol, after her first salon, she kept growing her business and not only in Goa but also in Belguam. Recently, she also started FAB that is a salon and Spa.

Not that this all came very easily, she had to struggle and get herself back into the profession, re-learn what she had left out so many years back, but Carol managed to do all that and yet stay



updated with the latest trends in beauty. She dedicated all her time and energy towards her passion and today she is a well-known make up artist and has done make up for Miss India, Mrs. India, Siddharth Malhotra, Rakhi

Sawant and her clientele also includes NRI bride. She also does the make up for all the MTV reality shows that are shot in Goa.

She has done various beauty courses like, Certified professional courses from

makeover (Delhi), Tahira's hair and beauty, she is also internationally certified in makeup (Spain), Hair course from Ikonic (Mumbai), chemical colouring from L'Oreal, skin treatments from Skeyndor and the list goes on...

At her spa, she offers exclusive services that are not chemical based and also offers treatments including sea weed, organic, herbal, natural etc. they also have treatments for dandruff, hair fall, regrowth, skin problems etc. Also, she offers hands on training for self-grooming and high end professional courses for hair and makeup.

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THE YEAR THAT SAW TWO POLES COMING TOGETHER

From my point of view, I would rate the year 2017 as one of the most important one for Goa due to the political significance it had. The State saw North and South Poles in the political arena meeting each other to form the government, that too a stable one. The political archrivals – Manohar Parrikar and Vijai Sardessai – shared power together, and till I am penning this editorial, they are together.

For those who have been covering or analyzing politics extensively, the union between both the political forces – Parrikar and Sardessai -- was utterly unbelievable. The entire credit for this union goes to Congress and its leaders like Digvijay Singh and Luizinho Faleiro who meticulously let the power slip out of their hand, and preferred to sit in the opposition, for the reasons best known to them.

Manohar Parrikar-led coalition government which is laced with three different kind of political ideologies – BJP, Goa Forward and MGP – is right now performing in the State and if we can forget the past, I would say they are doing fairly well.

No one would really be able to predict future of any government specially when it is formed by politically non-identical forces, but for now the government is functioning well which is perquisite to the welfare of the State.

The opposition party on the other hand has been left disoriented, with couple of leaders including Aleixo Reginaldo Lourenco trying to put up a fight against the government, but due to lack of backing from colleagues, he is also finding it difficult to wade through.

As we get set to enter the New Year, we need to see whether the force of Lourenco is multiplied with rest of the Congress leaders getting the wisdom to join hands with him.

The year 2017 would also be called as the year of elections as State continued to be reeling under some or other polls including two crucial by-elections. Vishwajit Rane would be considered as one of the most opportunistic politician, who left the party at a drop of a hat and joined BJP for the sake of power.

Siddharth Kuncolienkar, as expected, sacrificed his seat for the sake of his mentor and leader Manohar Parrikar. Both the

by elections were won by BJP candidates, reinstating Parrikar back in the assembly.

If this was something about state's politics, the politicians continued having their share of brush with the crime and judiciary during the year. Former Chief Minister Digambar Kamat had string of anticipatory bail applications moved in the court, which were approved. The crime branch investigating illegal mining scam continued booking Kamat in different cases, the latest being about condonation of delay.

Few of the state's prominent businessman and mine owners too were embroiled in the controversy over the illegal mining scam.

Tarun Tejpal who was in the news in the year 2013 continued occupying the newspaper columns as his case came up before the court. District Court in Mapusa framed charges against him. His attempt to get relief from the High Court failed. The trial against Tejpal for rape, sexual harassment and other offences will continue.

The year also saw social activist Aires Rodrigues in the news after he allegedly posted picture of a woman linking her to Water Resources Department minister Vinod Palyekar. Rodrigues was also attacked in his office. The allegations of sex scandal involving the minister continued making headlines.

Two important issues that caught state's attention was handling of the coal and nationalization of rivers. The handling of coal at Mormugao port trust and the pollution emanating out of it was objected to by the locals and NGOs.

This fight against coal handling was coupled with the objection to nationalization of six rivers of the State. The activists were linking both as an attempt to take over state's rivers to transport the coal.

Parrikar continued defending state government's stand on the issue claiming that the state will not allow any more coal. He also said that it was not nationalization of rivers but declaring the inland waterways as that of national importance. The presentation was made before NGOs on the issue, but that failed to solve the problem. The NGOs have continued their tirade trying to corner state government on both the issues.

The chief minister has told the House

that he might reconsider the issue of nationalization of rivers. The year 2018 will see more to it now.

The tourism industry which is currently getting all set to welcome guests for the Christmas and New Year festivities went through a bad patch. Extremely high and unexpected high tide, apparently due to Ockhi cyclone, left several shacks ravaged.

Water suddenly rushed in the shacks creating panic in the mind of the tourists. But the situation was normalized within two days. But the damage was done. Shack owners are now relying on the State government to compensate for their loses.

The departments like Revenue and Tourism have began estimating the loses, while compensation would be paid only to the deserving and legal shacks. The natural disaster also brought to the fore the issue about wrongly placed shacks on the beach line. The shack owners have said that they wanted the shacks to be installed little away from the beach but Coastal Zone Management Authority refused them to allot that place fearing damage to the Sand dunes.

It is to be seen whether State government will consider this incident while allotting the shacks during next season. As of now, the tourism season has started and no one is in a position to argue or discuss anything other than the business.

The discussions on state's image as a drugs destination continued even during the year 2017. The extreme point of the discussion was when minister Palyekar claimed threat to his life from the drug mafia. The threat perception was taken seriously by State police. The minister's statement, however, brought back the focus to the issue.

Parrikar has now announced that the year 2018 would be anti-drugs and anti-accidents for which the action plan would be chalked out. The year 2017 saw several people losing their lives on the roads.

With the New Year round the corner, Goans expect that the year would be better than the last with positive politics being played out, and all the contentious issues discussed and settled without any agitations. The year 2018 should being prosperity to each and every one.

Merry Christmas

To all my Goans

Michael Lobo

DY. SPEAKER, GOA ASSEMBLY



The Goa Of My Dreams..

Its almost five years of liberation and a lot of changes have happened to our tiny state of Goa. the infrastructure, quality of living, tourism, mining, industrialisation and a lot more. All of these have made a significant impact on the life of us Goans. We can call it development and as said with time changes are inevitable, but what is that a common Goan dreams of. Following are some of the views shared by our fellow Goans.



It is natural for every citizen to have aspirations for and expectations from their State, their Motherland and its governing machinery. What I wish for is to see a clean Goa in a very wider narrative. Goa cleansed of all filth, hatred and vices and with a transparent and efficient administration across all public departments. I wish there always prevails a sense of unity and brotherhood across all sections of society and we develop an innovative, agile and learned society which can take Goa forward and higher across all indices of growth. There is an equal impetus on us individuals to be reminded of all the fundamental duties casted upon by our Constitution and to perform them diligently.

Atreyee Kukalekar

Nothing remains same as the years pass by, we grow old, at the same time geography of the place also changes. Nature plays its own role, sometimes for good, sometimes for bad, and we have to go along with it. If we see Goa of sixties/seventies it was totally different from what we see today. Goa was naturally beautiful, did not require any artificial make up. Today we see the roads and junctions artificially decorated, number of building mushrooming in the fields which will definitely decrease the production of food items, of which we will see the effect in the long run. 1980 onwards slowly Goa started changing and took the development mode which should



have planned well while keeping the Goa's natural beauty in mind, it would have been nice if it was developed without affecting our hills, fields, beaches. I would like to see Goa where food items like fish, vegetable available fresh and no garbage. The word "garbage" was unheard of then. No Garbage on the roadside or hills was seen, no plastic bags were used, everyone would carry their own cloth bag for their shopping, which we have forgotten now, and we should make that habit now. Clean Goa, Green Goa, One Goa, One Goenkar.

Suresh M. Velquenkar



I am in my art room surrounded by colours and brushes ... a wide canvas in front of me and I am going wild on it with lines and splashes of colours portraying colourful memories of my childhood ... Woke in lush GREENS ... stepped out on watery BLUES and end the day in muddy BROWNS and yes this sketch is a composition of my school days, working and helping my parents in the fields on a rainy day and play, play and play those outdoor games out of which some are not in existence today. That completes my painting in the memories of just a day of my childhood and my Goa in those days! Titled 'Goa of my dreams'. Yes, all these things are only in my dream today. Greens, Blues and Browns are turning in to Greys! My dreams have no place for the futuristic thoughts from our leaders in terms of technology and comfort which breaks the unity of Goans. We were more united then. Being born an optimistic, I'm convinced it is still not too late for Goa and we Goans to achieve our dreams. I believe Goa can and should be restored to its pristine glory!

Shekhar Rammath Mayekar

THE LOST PARADISE

I saw it being a lovely day,
With everything around so happy and gay
And as I mingled in the bright sunshine,
I could hear the rhythm divine.

Those lush green mountain,
That deep blue sea.
People all in harmony,
That exact place I would love to be.

Cattle grazing, children playing.
Chirping birds and exuberant cool breeze.
I could wander here and there
With so much happiness and ease.

I felt so blessed, I felt so true,
Felt enlightened and wise
This was the place I always wanted to be
This was my paradise.

My happiness was leading me to euphoria,
I danced, rejoiced with howls and scream,
And With a jerk I woke up,
Oh! It was just that beautiful dream.

Here I was in the real world
With smoke, dirt and poison around,
Where people hungry for each other's blood,
And where happiness is always time bound.

I can see only bruised, hurt and tortured mother earth,
And nothing rejoicing I could find.
Wounded, battered, raped nature,
By that demon called "mankind".

Why are we so greedy, so insane,
Enjoying at the nature's cost.
And in the process of procrastination
It was just the "Paradise Lost".

Wake up my fellow brethren,
Lets regain the paradise and sail through.
My eyes are full of optimism,
Because I know, dreams seldom come true

Vithoba N Mhalkar



Working towards living a dream called "GOA"

Freedom has always been the most longed thing by any creature in this universe and humans are no different. We Goans were fortunate enough to be liberated from four and a half century rule of the Portuguese on 19th December 1961. Since then Goa has seen leap and bounds progress in every dimension of development wheel may it be roads, infrastructure, man power or advent of latest technology but we had to sacrifice our beautiful nature too in that bargain. The indiscriminate use of land in the name of development has impoverished the state to a large extent. A progressive Goa is the dream of every hardcore Goan and for it to come true we have to shed our 'Susegad' way of life. The scenic country sides, marvelous beaches, lush green mountains are to be cherished and if we do that the identity of Goa will be treasured. Let's work together to bridge the gap between thinking and action, maintain harmony and bring Goa on the world map as a ideal place to live on.

Vithoba Mhalkar

Congratulations to all Goans on the occasion of Liberation Day. I will like to remind you all that Liberation has come at a heavy price. It took many sacrifices and a long hard fought struggle. So please don't surrender it for few material gains. Many people especially the Non State Bulider lobby is trying to snatch our Goa from us. Be vigilant Guard with full force. Also keep a close look at politicians. We still have the best MLAs in Goa who work hard. To continue it the same way we must keep constant pressure on them to perform. Last but not the least: Social Media activism is Good but hit the Road more often. Jai Hind! Goa for Goans first!!

Raj Gonsalves



Our Goa is one of the most beautiful states of India. It is blessed with the beauty of our beaches and so much greenery. But will all of this last forever? It might if all of us do our part as citizens. So when it comes to technology, like any other state, Goa is quite developed. Maybe, in the future, with our skills and abilities we can convert Goa into a much more developed place. But, while doing this we must also take care of our states greenery and natural beauty and also not forget our traditional customs and habits. Garbage has not hit Goa as hard as it has in other states, yet, this problem must also be looked into and all of us must do our bit in promoting cleanliness.

Ishaan Mayekar



The Land of Goa is truly the Parshuram Bhumi as we call it. With its beautiful Flora and Fauna and the enchanting Nature's beauty Goa is slowly loosing what it was before. With no protective measures taken on any sector we are rapidly losing our biggest asset i.e. Nature. Corruption is the biggest Devils killing us from all sides. Uncivilized citizens making garbage dumps on corridors and irresponsible driving deaths on roads shows the lack of fear of Law & Order of the state. We have been seeing Roads & structures getting worn out just after months creating life threatening situation for citizens. Goan youths are struggling for descent jobs for a daily livelihood instead of having hundreds of Industrial Plants in our Industrial estates. Thinking of all the situations it makes me think again "Are we really Liberated"

Yogesh Nagvekar



Blessed to have been born in beautiful Goa. During the most peaceful and pleasant times of 1980s . I have to admit that current situation is not so good looking. Nor could I speak much for the experiences of the historical past (centuries and beyond) every aware Goan will acknowledge that the heart of Goa (physical environment) Is being abused in the recent past the culprit of these diseases being unsustainable activities such as mining ill planned infrastructure, real-estate, destructive tourism, polluting industries while the heart of Goa is being abused the soul of Goa its people are confused. The greed for wealth, power, extreme ideologies and blind egos a few Goans has led to hopeless feeling for a majority of Goans. I dream of Goa where its heart is restored and given the priority care, attention for centuries and beyond. I dream of a Goa where its soul is enlightened and where we work towards collective good of humanity and environment.

Rosario D'costa



Goa of my dreams..... Goa is what defines me. But Goa has changed so much. We need to save our culture and traditions. Our history is special. We need to balance our susegad Nature with today's challenge to save what is left. It's 50% responsibility of government and 50% responsibility of people. Goa in my soul, a new kind of susegad Goankar in sync with reality to do my part.

Macwil Lopes

Christmas Sweets



Dodol

INGREDIENTS

- 100 gm powdered jaggery
- 2 pinches salt
- 75 gm Rice flour
- 30 gm chopped, blanched almonds
- 1 cup Coconut milk

PREPARATION

- Mix the rice flour with thin coconut milk.
- Transfer to a pan, add salt and bring to a boil.
- Add half the jaggery and continue to boil.
- Keep stirring. As soon it starts to thicken, add the remaining jaggery and continue to stir.
- Now add the thick coconut milk and continue to boil.
- Continue to stir and add the almonds.
- When it starts to leave the sides of the pan and oil rises to the top, remove and pour into a flat dish.
- Spread evenly and cool. Cut into desired shapes and serve.

Bebinca

INGREDIENTS

- 200 gm refined flour
- 10 egg yolks
- 500 gm sugar
- 200 ml coconut milk
- 5 gm nutmeg powder
- 200 gm butter

PREPARATION

- Mix the coconut milk, flour, sugar, nutmeg and the egg yolks and make a batter.
- Grease an oven proof dish with a spoonful of melted butter, pour 75 ml of batter into the dish and spread evenly.
- Bake till golden brown.
- Spread another spoonful of butter and pour another 75 ml of batter over it and spread evenly.
- Bake and repeat this until all the batter is used up.
- Turn out the bebinca onto a wire rack.
- Cool and cut into slices before serving.



Doce De Grao

INGREDIENTS

- 1 kg channa dal
- 2 kgs sugar
- 7 coconuts
- 200 gm ghee

PREPARATION

- Boil the channa dal till well done.
- Grate the coconuts and grind to a fine paste.
- Mix the ground coconut, sugar and channa dal well. Keep on a slow fire and keep stirring continuously with a spatula or flat wooden spoon.
- After half an hour of stirring add the ghee. Continue stirring till the mixture begins to harden and starts leaving the sides of the pan.
- Spread some ghee on a wooden board and roll the mixture out while still hot.
- Keep for about 10 minutes and then cut into squares.

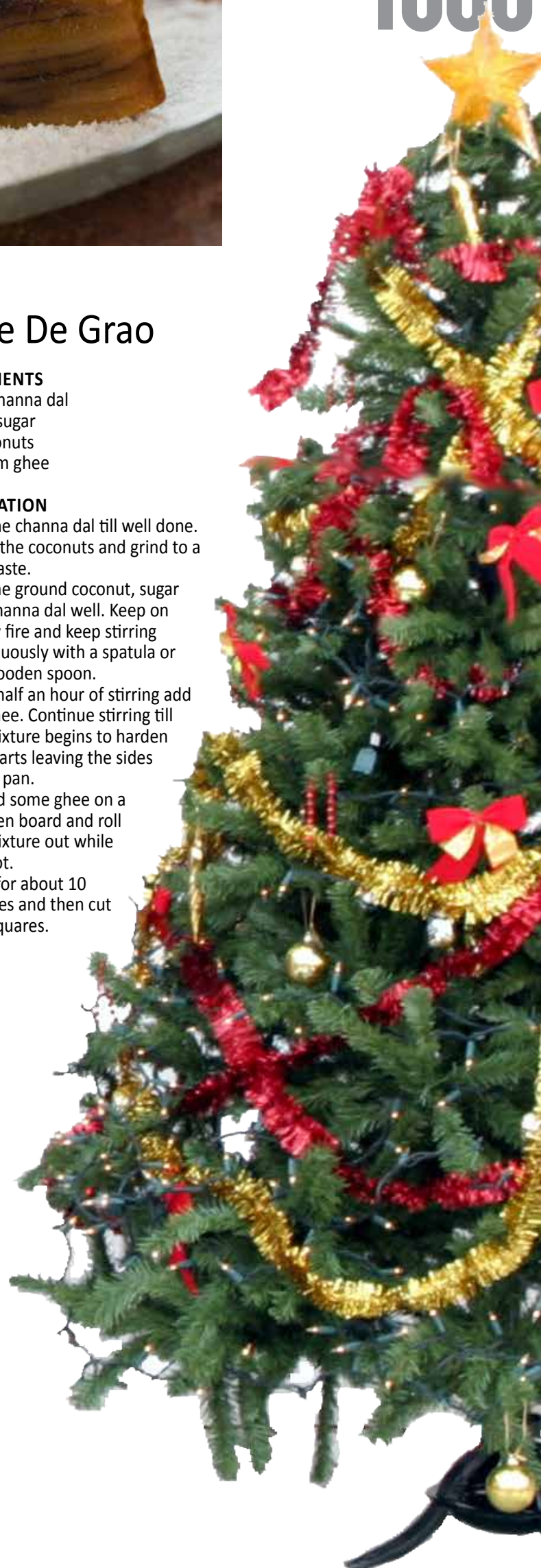
Perad

INGREDIENTS

- Seedless pink fleshed guava (1 kg)
- Sugar (2-3 cups)
- Lemon juice (2 tbsp)
- Salt (a pinch)
- Water (5-6 cups)

PREPARATION

- Wash and cut guavas into small pieces.
- In a large saucepan, add water and bring it to a boil.
- Add the guava pieces and cook for 10–15 mins until they are pulpy and soft.
- Remove the pan from the heat and sieve the pulp through a fine sieve to remove seeds and skin.
- In a non-stick pan, add strained pulp, lemon juice, salt and sugar and cook for 15–20 mins until the mixture leaves the side of the pan and has a jelly-like texture.
- Remove the pan from the heat and immediately pour the mixture into a greased plate or mould and allow it to cool. Cut into squares with a greased knife while the mixture is still warm.
- When cool, transfer it into an air-tight container and keep refrigerated.



HALIMA KHAN NIZAMI

LAKSHMI BUDKE

When we think of Art, most of us restrict ourselves to paintings on canvases or on walls etc. well, here is yet another member of the Goa Go Womania group who has dedicated herself to create art not on any canvas but on hands of beautiful brides. Yes we are talking about Mehendi here! Halima Khan Nizami is a luxury mehendi artist who has been in the field for almost a decade. To add to that, she also decorates candles and knows embroidery, crochet and the list goes on... How amazing is that!

"I am a big fan of art, be it paintings or in any other form" she says. She is quite an artist when it comes to mehendi, to bear witness to this statement she has a long list of clientele that range from local to international, who all seem to be very pleased with the quality and uniqueness of her art.

She is one of the core members of the Goa Go Womania group. She was introduced to the group through the group's social media page and she got attracted to the group as it was a great initiative to encourage women entrepreneurs and the whole concept is targeted at increasing networking amongst the members and their clients and widen the clientele database of these ladies helping them grow their business. She says the group is so helpful that, at the click of a button all the solutions to our problems is available. It is almost like a family.

Going back down the memory lane, she says Mehendi had been her passion ever since her childhood. She used to always be keen about Mehendi. She used to observe her relatives and neighbours put mehendi and as time passed by and she grew up, her love for mehendi also grew. The reason she likes mehendi is that because it is never boring and there is so much to learn about it, the designs have to be new every time and that keeps her want to stay updated with her work.

She says "Initially, I used to love



to experiment with my mehendi designs, trying it out on friends and family members and as I did that I kept improving myself and it was my family members who asked me why I don't I start taking mehendi seriously and think of a career in mehendi." That actually got her thinking and she started to take mehendi seriously. Later, she began taking orders from close friends and their references, which all seemed to work out well. But she says, "My big break was when I got an order for a destination wedding which turned out to be a great success. It was from this wedding where I stepped into the area of commercialising my skill and began taking orders on a bigger scale."

As time passed by, her clientele grew and so did her work load and with it her fame. She says, "There have been some families who have booked me for bridal mehendi for every wedding that they had in the family." But all this did not come easy to her, she has to face troubles of her own. Talking about a few of them she says, "In the beginning, travelling was a major issue for me as I didn't drive then and hence getting at the

goa go womania



achieve her desired goals. Apart from her parents, her uncle and aunt as well as her husband, her in laws have been quite the support system in her life.

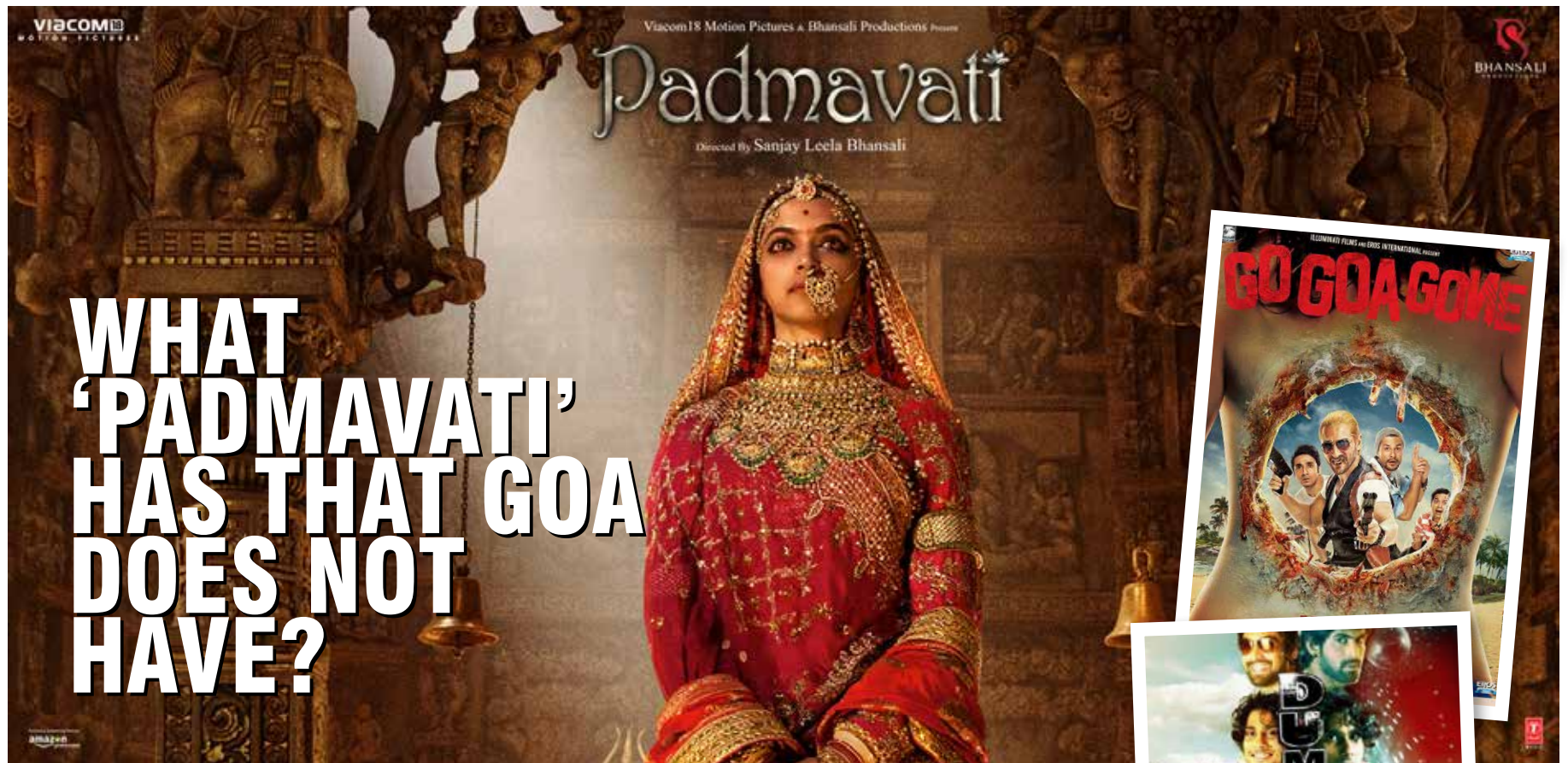
Today Halima is a proud entrepreneur and she operates under the name of Nizami Makeovers and has a team of artists working with her, who have been trained under her. She has her pages on various social media apps and one can follow her to get updates on her recent works. She is based at Margao. She also outsources manpower for Mehendi art.

"I want to make myself a brand in the area of luxury mehendi art", said Halima when asked about her dream for herself in the future.

Being a strong women herself passing a message to everyone who has dreams for themselves, she says "Never stop dreaming and work towards that dream. Give your hundred percent to that and never loose hope."

venue on time as mehendi takes a lot of effort and time and then reaching home after the work was a major problem also, not coming home before dark often worried my parents and there was always the Log kya kahenge factor to it, but even through all this, my parents stood by me as my pillars and supported me throughout in all my decisions."

Although, log kya kahenge has become a norm but rising above that, Halima did not let it stop her and neither did her family stop Halima from doing what she wanted to do and



WHAT 'PADMAVATI' HAS THAT GOA DOES NOT HAVE?

RUPESH SAMANT

During last few weeks, we have been witnessing roils over Sanjay Leela Bhansali's periodic movie 'Padmavati'. The debates have reached the critical crescendo. The debate over the movie has not spared any media platform, right from Facebook to the national televisions, everyone is talking about this movie giving their own ideas. Several columns of the newspapers and editorials have been spent on this debate.

Though few have seen exactly what it contains, the film's release has already been delayed owing to the controversies as I write this article. Couple of days back, I got to meet Censor Board Director Prasoon Joshi in Goa where he systematically avoided to speak about this movie, though in an interview with me, he touched every other aspects of current entertainment industry.

Once released and its exact contents are known, people may continue to react to it or more optimistically give it their qualified approval. Perhaps, it may not, after all, be all that offensive to our notion of history.

We have always admitted

to this fact that the movies have the power to change the society. They are the torchbearers of various causes. Ideally, what we tell in words is less impressive compared to the visuals. That is why, the big screen has always been the ruler of the minds of the people, right from the time of making of movie Raja Harischandra.

People do believe what has been shown in the movie, despite the fact that, at the back of their mind, they know it well that it is mere drama. It is a script, which is being played out by artists on the screen after much of editing and screening. But the impression that movie carries in the mind remains.

While there is so much controversy over depiction of Queen Padmavati, I was wondering what Goans should have done in the past when their culture was similarly torn in pieces and presented on the big screen.

You look at any film in the past, a Goan has to be a drunkard, and secondary person, may be a driver or a guide. He has to drink. The goan culture means dance on the beach with couples holding their hands and dancing. Goa means smuggling of Gold. Goa means

depiction of liquor, drugs and illicit things.

And if you want an office secretary who is in her short skirt to be made a part of the movie script, she has to be a Goan girl. And inevitably, her name has to be Julie or Sandra.

The Christian culture that is so rich has been depicted in the movies always in a wrong form. The State that is the best in the country, I must say, has been presented as a heaven for drugs and liquor. There is no denial that drugs do happen here, but you will also find narcotics on the shoddy lanes of Mumbai or popular places of Delhi. It is universal phenomenon. But in the movies, drugs and night parties happen only in Goa.

While I have no comment to share whether there should be protests over depiction of Padmavati or not but certainly I wonder why Goans never rose up against objectification of Goa.

It was only in 'Dil Chahta Hai' movie starring Aamir Khan that Goa was portrayed in a more proper form bringing in hordes of domestic tourist. In that movie too, they did not spare Goa where they showed a foreigner looting Saif Ali Khan, if I remember properly.

It is an undisputed fact that several movies are shot in Goa. It is not just Hindi but South Indian movies too make beeline in Goa owing to the advantage of the location. It is said, and rightly said, that entire Goa is a film studio. But while depicting Goa, they always have their own thoughts.

I was discussing this issue with one of my filmmaker friend and he gave me apt answer. He says the cultural difference between Goa and rest of the India makes people misunderstand this place. The rich influence of Portuguese architecture and Indo-Portuguese culture makes this part of India look like a different planet. So we become aliens and you cant look at them as a mainstream.

Entertainment Society of Goa during Digambar Kamat government's time had made it a rule that all the films that are shot in Goa would require its permission. And to get that permission they will have to provide synopsis of the script. Only if script does not project Goa in a wrong sense,

then the permission would be granted. This happened as the movie 'Dam maro Dam' starring Deepika Padukone walked extra mile to project the narcotics scene of Goa. The story of the movie was actually inspired from our infamous drug paddler-policemen nexus.

The ESG has forgotten its own rule. Smitten by the Bollywood and the fame that state gets due to the shootings, it has been giving permissions without even cross checking the scripts.

Padmavati has a power to arouse protests, so much so that our own BJP Goa mahila mandal protested against it. Depiction of Goa does not have fuel to fire any protest because we are very tolerant. May be that is the reason why we would continue to be projected in a wrong way in the movies.

A Revolution for the Resolution

CHARLENE FARRELL

Each one of us indulge in different processes as we come to the fag-end of an eventful year. Some of us reflect on the year gone by, some of us search for new things to do, some evaluate and reevaluate their lives and some just go about their normal routine. As we slowly prepare to ring in the new year however, a question on many minds across the world is what is my resolution for the New Year going to be? It is this wonderful thought that we shall focus on today.

So what is a New Year's resolution? It is a promise one makes to do an act of self-improvement or to do something nice. The origins of this tradition can be traced as far back as to the period of the ancient Babylonians who made promises to their gods at the start of each year that they would return borrowed objects and pay their debts. As the years have progressed, so have our resolutions. Being traditional, most of us attempt to make resolutions each year, however, the success rate of keeping the resolution is quite low. Thirty five percent of individuals fail to keep their resolutions because their resolutions are unrealistic and twenty three percent of individuals after a while forgets about their resolutions all together.

We make resolutions like being nicer to people, getting a new hobby or giving up an old vice, settling down, fulfilling travel plans etc. to enrich our lives as we go along. They are goals we make for ourselves which push us to achieve the dreams we have. I remember a New Year's Eve a few years ago, we had all made our resolutions and were there as a support to each other. One individual in the group had decided to quit smoking which was a huge deal as this individual had smoked for half of his well progressed life. The clock was nearing the stroke of midnight and we all waited with bated breaths to see history being made before our eyes. With all the festivities, fun and frolic going on, our smoke puffing hero sheepishly turned to us and went into technicalities... 'Technically,

the New Year ought to be celebrated when the first rays of the sun hits you', 'Technically, it is not New year's day in America', and technically thus, his goal was left unachieved. When these kinds of promises are made, they are made to appease others and hence the success rate would diminish the moment the plan leaves your tongue.

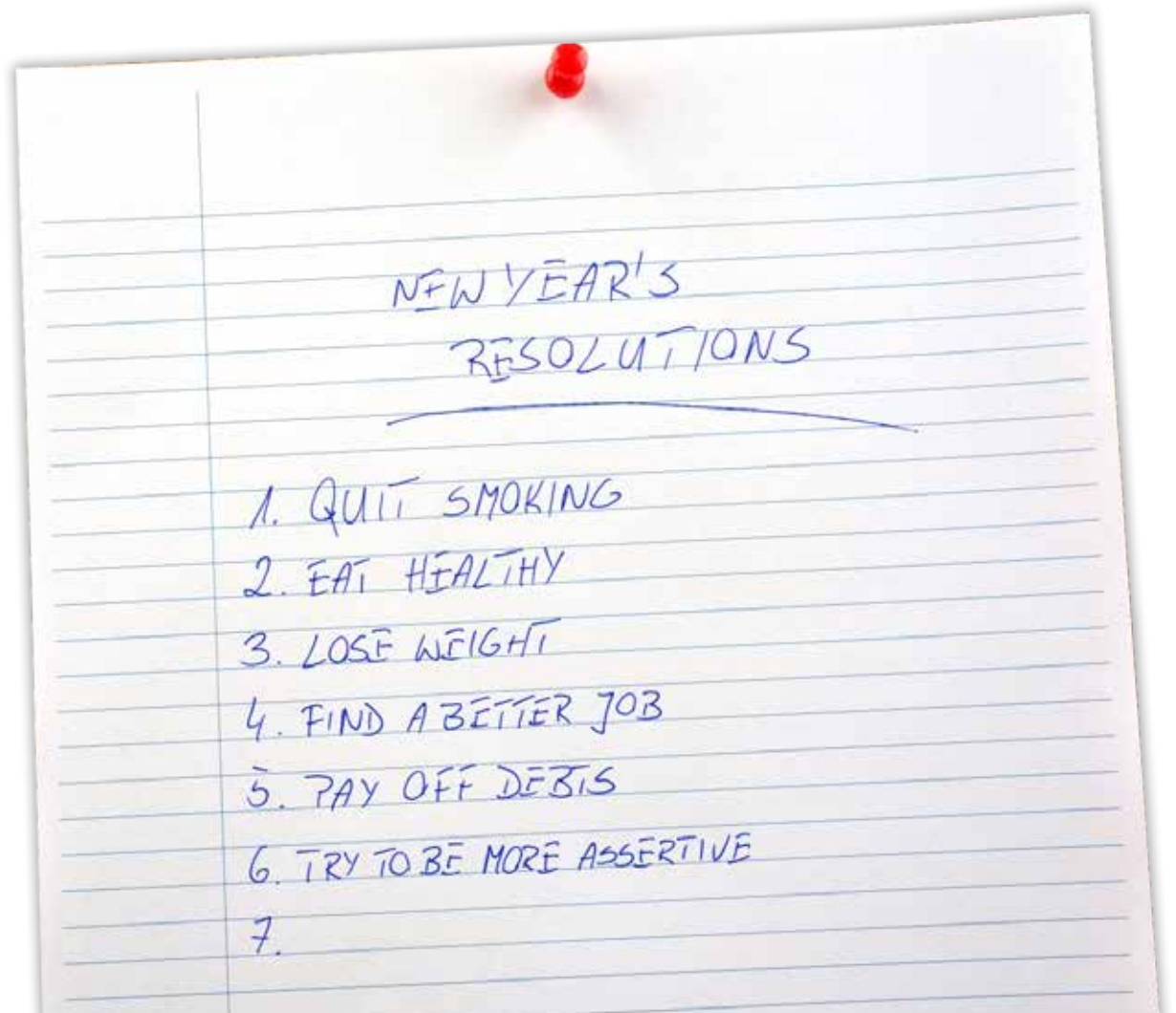
When setting these goals there are plenty of things to keep in mind. One, if you want to make a successful resolution, the goal you set should be important enough and mean something to you. Two, realistic goals are the only goals worth chasing. I once met a student who hated reading and his resolution was to finish twenty books before the end of the year, needless to say the books remained untouched and his next resolution

went something like... clean the dust off the books I have not yet read. Three, your resolution should be one that makes you happy and not a performance for those around. Do something that makes sense to you. Four, one goal at a time, there are people who go overboard with the number of resolutions they make, lists and lists and scroll over scroll, by the time you are done processing one, the rest are long forgotten. Finally, once you have made a resolution, track it from time to time.

As we move gently into another 365 days, we have a chance to make life a tad more enjoyable. The New Year tends to bring with it hope of a better tomorrow, new things, new experiences and new opportunities. In a world caught in the race to the finish,

where we hardly have the opportunity to share time with those around us, stopping and making time for ourselves is paramount in helping us live a little better. For me, thinking up a resolution is just that, time for myself, with myself to reflect on the year gone by and to make sure I make up for the mistakes, to right a few wrongs and to move forward.

Making resolutions is not mandatory. It is just a fun way to create opportunity to make life better. We need not drive ourselves crazy trying to make the best resolution or to keep them. We just need to use the time to look within and be thankful for yet another chance to improve. Here is wishing all of our readers a wonderful year full of fun, achieved goals and new beginnings.



Exploring East Africa

DAY 2 IN MAASAI MARA

AMEY JOSHI

It was early morning in Maasai Mara, and after having a hearty breakfast we were all excited to spend the entire day inside the true animal kingdom known as the Maasai Mara National Reserve.

As we approached the gate, we saw some kids carrying empty barrels on their back, possibly to fetch water. Some of us tried to take pics, to which one of the kids sternly replied "no photo"!!! It is a fact that many professional photographers have made a name for themselves by showing starving African kids and other problems faced by African countries. It might have been that these kids did not want their troubles to be a subject of interest for



someone else wherein the person taking their photos will make a name for himself while there is no change in their situation.

Moving on with the journey, today, we were driving deeper inside the reserve up to the world famous Mara River. Popularly known as the river of death, it is home to hundreds of

hippos and crocodiles. The crocodiles hunt and feast on the thousands of wildebeests and zebras who cross the river during the Great Migration.

However, before we reached Mara River, we had a few nail biting moments waiting for us on the way. The previous day we were thrilled to spot lions feeding on a wildebeest carcass but today our luck wanted us to witness

a hunt. As we were driving through the Mara plains, our guide spotted a cheetah that was stalking a herd of gazelles a few metres ahead. Patience is always the key when you want to have a thrilling experience in wildlife. We waited and waited but it seemed like something spooked the gazelles and they became aware of the predator's presence. For a moment, it looked like the cheetah gave up, as it moved away from the gazelles. As our guide Jeff



started the vehicle to drive ahead, little did we know that there was a big shocker waiting for us. The cheetah spotted a gazelle fawn and within two leaps it pounced on it and grabbed it by the neck!!! Words do no justice to the feeling you get when you witness something like this. It didn't even take a full sprint for the fastest animal on the land to catch the gazelle fawn. The cheetah holding the kill by its neck went to the nearby bush to feed on his prize, but the show wasn't over yet!!! The cheetah soon spotted a hare and went after it leaving its earlier kill in the bushes. We were a little surprised as to why did the cheetah go after a much smaller hare and left the dead gazelle fawn, to which Jeff said, the flesh of the hare is much softer compared to that of a gazelle fawn. The cheetah pounced on the hare and killed it. We were happy that we were lucky to spot two kills back to back on the Mara plains but there were also mixed emotions that the young gazelle died in vain. But, that's how it works out here in the animal kingdom, and we just caught a glimpse of it.

Well, after this thrilling experience when started on our way to the Mara River. Some of the other creatures that we spotted on the way were topis, elands (species of antelope) and the largest bird on planet the ostrich. We also came across a pair of Maasai giraffe which is different than the Rothschild's giraffe in terms of height as well as the pattern of irregular, jagged, star-like blotches which extend to the hooves. The Maasai giraffe is the largest species of giraffe native to East Africa, and also the tallest land mammal.

After an hour's drive we reached the great Mara River

and as expected, spotted the crocs that were basking on the river bank and the huge hippos that were lying relaxed in the river. Even though it wasn't the monsoon season the river was flowing in its full fury. Back in India, we would have loved to take a dip if we come across any river while trekking in the forest, but seriously that was not the case here. After you see the bones and skeletons of the dead animals on the river bank, you get an idea of why Mara is called the 'river of death'. Only hippos and crocs own this river.

Now, it was time to say goodbye to the Mara River and drive back. Today, was our last day in the African wilderness and a memorable one. But African adventure wouldn't be complete without a stop to the village of the Maasai tribe. As we stopped at the entrance of the village, we were welcomed in by the young Maasai warriors with the traditional Maasai jumping dance. The Maasai people have retained their age old customs and traditions. Earlier, the young Maasai warriors used to hunt lions as a rite of passage. Lions are still hunted today by the Maasai, not as a trophy but only when they maul their livestock.

Finally, our exciting journey through the African wilderness came to an end. After spending an entire day in the reserve, visiting the Maasai village and watching their unique customs and traditions was something that truly completed our African safari. Today, we also bid farewell to our guide Jeff who is the best experienced guide in Kenya. We hope that Jeff's wish will become a reality, and we see him as a successful politician the next time we visit Kenya.

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HOROSCOPE

This fortnight is all about relationships. Read your in-depth monthly horoscope to see what that means for you.

ARIES

MAR 21-APR 19

You will be spiritual and intellectual. You will be aggressive when it comes to your investments. Love life will be interesting. Career growth for the Ram will be fantastic.



TAURUS

APR 20-MAY 20

You will be rewarded for your hard work. Salary hikes, promotions, new jobs, new business can all be expected. Marital conflicts will be resolved with no taste of bitterness.



GEMINI

MAY 21-JUN 20

You will have a prosperous month. You will be blessed with abundance, prosperity and wealth.. Overall, this will be a busy month for the Natives.



CANCER

JUL 21-JUL 22

People need to be very cautious this month. This is because of the retrograde Mercury. There will be some confusion regarding important decisions that you need to make. Keep a cool mind and you will soon find the answers.

LEO

JUL 23-AUG 22

You will be more interested in your own psychological well-being. You will be innovative and creative in all your ventures. You will need to cut down on your need to be independent this month and rely on support of family and friends.



VIRGO

AUG 23-SEP 22

You will do better to work in a team. This month is better spent with your family rather than trying some new business venture. You will be sexually active and make an excellent partner.



LIBRA

SEP 23-OCT 22

You will have to struggle to avoid chaos in your lives. You will want to do multiple things at the same time which might leave you angry and short tempered. Plan your days in advance and proceed with a positive mind.



SCORPIO

OCT 23-NOV 21

You will be in demand this season. Be it your job or your love life, you need not go behind what you desire. You will get it right in your hands. Your intuition will work overtime and help you make some extra money. But you need to definitely take care of your health.



CAPRICORN

DEC 22-JAN 19

You will have a progressive time. You will be your boss and do not need others support to fulfil your dreams. You can also divert your aggression towards exercise and fitness. Financial prosperity too is on the cards.



SAGITTARIUS

NOV 22-DEC 21

You will be interested in new love relationships. Your job will be stable and provide you with a regular income. This is a month to be enjoyed with your loved ones. You might even be ready to get pregnant.



AQUARIUS

JAN 20-FEB 18

This is an excellent period for you provided they are able to have balance. Romance and marriage might face some conflicts. But professionally, you will have a favourable period. This is a good time to start a new business.



PISCES

FEB 19-MAR 20

You will face some challenges in your life, you will come out a winner. Money flow will be good and career prospects will improve. You are mature enough to take your own decisions without any outside help.



Goan cuisine has no competition.. Joe Martins

TEAM TNV

Joe Martins, a name that has been echoing in the Goan Culinary industry for over two decades now, has come up with a new venture Martins Courtyard along with Ms. Mildred Heredia, after the huge success of his restaurant O'Cozinheiro. Team TNV sits in the beautiful Martin's courtyard as Joe and Mildred share their experience.

Joe is the head chef of the restaurant. His love for Goan cuisine is unmatched and it is fair enough to call him a war horse of Goan Cuisine. Mildred was a banker by profession for 12 years when she left the job and decided to partner up with Joe to start Martins Courtyard.

Joe has been around cooking for a long time. He began with his dad, who had started Martins Beach Corner at Caranzalem, which was one of the initial shacks in Goa. As he grew, he completed his hotel management course, he went abroad for some time to work but he thought of starting something of his own in Goa itself and do something for Goa. Hence with that thought in mind he started O' Cozinheiro 19 years ago, where he served authentic Goan food and he says, people come from different parts of the country to just have a taste of the Goan cuisine. Martins Courtyard is another venture of Joe, it flaunts an open space that is ideal to host small parties and functions and the ambience is also breath taking. He has partnered with Mildred. Mildred Heredia was a banker before she entered this line of work. She had worked as a banker for 12 years, but very modestly she says, "switching to this industry was not a difficult transition because as a woman, we learn how to cook and due to the fact that I was always involved into marketing, running a



restaurant was not a different task for me altogether." At the restaurant, Joe handles the kitchen whereas Mildred looks after the management. Both agree that social media has played an important part in their branding and advertising, given the fact about changing trends.

Currently, Joe has few students who are training under him in the kitchen,

he says, "I love to train freshers as I love to give an opportunity and a learning ground for the untrained students and I also believe that teaching someone helps you to create another you through them and the Goan culture is also passed on to the next generation." Talking about the beauty of Goan cuisine he says, "It is not that easy to cook Goan food, it

takes a lot of time, effort and patience to cook it and that is the reason it tastes this good and makes people to keep coming back to taste it. It is the only cuisine that you can have for breakfast, lunch and dinner and still you will not get tired of it." Having a similar view about Goan cuisine, Mildred says, "the thing about Goan cuisine is that, it is comfort food and

one can eat it on repeatedly without getting bored of it and that is what makes it so popular and a favourite amongst the other cuisines. I feel Goan cuisine has no competition at all, it is the best."

Talking about the difficulties that they face to run the restaurant, they both agree that human resource is the biggest problem and handling the staff is as tough as it can get. But even besides this, they believe in customer satisfaction, no matter what the circumstances.

In the end Joe concludes by saying that, he would love to see the new generations enter in the culinary business to preserve the Goan culture and the authenticity of its cuisine also the taste. He firmly believes there is a great amount of profit in the long run only if one is willing to put in the required efforts.



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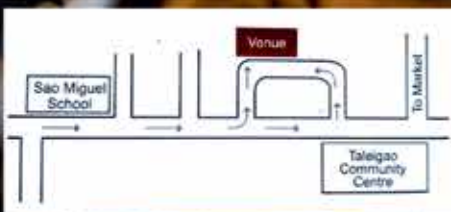
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YOU ARE POLLUTING YOUR RIVER MANDOVI

Government working to revitalize river

TEAM TNV

The Mandovi 'Mahadayi' River- described as the lifeline of Goa-is facing serious threat of pollution due to direct release of wastewater cum sewerage from residential and commercial establishments located along its bank. State Government has the biggest challenge before it to revitalize the River, whose water is slated to be highly contaminated and is also warned unsafe for bathing and fishing.

Located right in the heart of the capital city Panaji, River houses several off shore casino vessels and cruises along with being the source of transportation for iron ore. Agencies like National Institute of Oceanography (NIO) and Goa State Pollution Control Board (GSPCB) have ascertained high level of faecal coliform- which is a result of raw sewerage discharge.

The Manohar Parrikar led government has proposed whopping

Rs. 800 crore action plans to make the River pollution-free, whose water serves as lifeline to over 50 per cent State population.

The government agencies like Public Works department (PWD) (8.72cr), Sewerage Infrastructure Development Corporation Ltd (SIFCL) (711.75cr), Directorate of Panchayat, Corporation of the City of Panaji (CCP) (88cr) and Fisheries Department has proposed series of schemes for Panjim and the areas on the outskirts of capital city. The total cost comes to Rs. 808.47 crores to be spent till September 2018.

Nearly a decade and half back, NIO through a massive study carried out from 2002-07 discovered that the water in River Mandovi has high level of bacteria far higher than permissible for recreational bathing and fishing.

This was followed by GSPCB study in 2014, 2015 and now again in 2017. Board, under the National Water Monitoring Programme (NWMP), conducts monthly monitoring of water

quality.

Under the programme, GSPCB collected water samples at six locations on monthly basis from April 2015 to July 2017. The Board during its 28 month monitoring of the river, observed that most of the parameters like dissolved oxygen, biological oxygen and turbidity, are mostly within the permissible limit, except for faecal coliform, which is relatively higher, exceeding the prescribed limit.

"The study has shown high bacterial presence in the river water which is result of discharge of raw sewerage. The pollution level is much high and needs to be controlled," GSPCB senior official said.

"The discharge of sewerage is basically from the establishments, houses, jetties, construction sites located along the river bank and also those small water bodies like nalha which joins the river later," official said.

However, the Board has given clean chit to the five-off shore casinos

operational in the River, stating that the vessels have proper collection and treatment system in place.

The National Green Tribunal (NGT), which is monitoring the pollution level in the River, through its special constituted committee, directed the State government to put in place a time bound action plan to revitalize the Mandovi river, based on the pollution data made available by board.

Social activist Kashinath Shetye had moved NGT raising serious concern about the pollution level in the River, which flows nearly 77 kilometre within the State.

Directorate of Health Services (DHS) was appointed as the nodal agency to identify the problem areas and to take necessary action accordingly. As such, the DHS through the primary health centres (PHCs) examined the residential and commercial establishments on the bank of the river and observed the problem areas



where the "waste water was directly discharged into the river water".

The problem areas that were identified along the north side are Porvorim, Reis-Magos, Britona, Nerul, Candolim and Mayem, while in South it is Taleigao, Old Goa, Goltim-Diwar, Corlim and Carambolim.

"In many areas, construction of soak pits is not possible due to space constraints and close proximity to river banks also, at certain locations the water table is high which may result in direct contamination of the river water from soak pits," the DHS observed, who had then issued series of show cause notices for such violators. However, failed to act upon anyone.

"How can you act against individual households? And what action can you take? Close down their house? Not possible. We can only issue them directions like construction of permanent toilets or mobile toilets," DHS official said.

Accordingly, government decided to rope in various departments through implement scheme to ensure pollution-free River Mandovi. May 2019 is the target set to revitalize the river.

The Sewerage Infrastructure Development Corporation Ltd (SIFCL) is working on sewerage scheme of Rs. 711.75 crore covering various areas to be completed between September 2018-May 2019.

For example, for Taleigao, Dona Paula and Caranzalem areas which include design, construction and commissioning of 15 MLD capacity Sewerage Treatment Plant (STP) at an estimated cost of Rs. 144.25 crores. These areas are the fast growing sites, which several new constructions being lined up too.

The corporation is planning to spend Rs. 283.50 crore on sewerage scheme for Porvorim and its surrounding areas, which include seven villages- Salvador Do mundo, Penha Da Franca, Succurro, Nerul, Pilerne, Reis Magos and Pomburpa. These areas are located right at the bank of the river. This project will be taken up in different phases.

Another Rs. 284 crore sewerage scheme is proposed for Old Goa and its surrounding areas covering Corlim, Kadamba Plateau and others.

CCP through Goa State Infrastructure Development Corporation (GSIDC) has proposed development of St. Inez creek at an estimated cost of Rs. 88 crores. This will also include rejuvenation and development of sewerage management in the creek area under Smart City project.

PWD has proposed Vacuum sewer scheme for Panaji city, providing

house-to-house connections for low lying areas like Patto, Mala and St. Inez, at a cost of Rs. 8.72 crores.

Department of Fisheries has already constructed a 13-seater public toilet, which caters to about 200 persons on daily basis out of the 3000-odd labourers working on fishing vessels at the Malim jetty.

The department has now proposed construction of 20-seater toilet and waste water treatment plant of 40 KLD capacity at Malim jetty as a part of its upgradation. The project, which is implemented through Goa State Infrastructure Development Corporation, will be on 50:50 funds sharing between Centre and State.

The Directorate of Panchayats will be constructing bio-digester toilets in the villages and residential complexes around the River for those who do not have toilet facilities and open defecate. Bio-Digester toilet technology is been developed by the Defence Research and Development Organization (DRDO), with the objective of resolving the problems of un-decomposed human waste and it does not require septic tank and sewage lines and also can be installed faster than a regular RCC toilet.

"This will help in solving the issue of land requirements for toilets to be build and can be installed quickly without any conditions," official explained.

In a bid to educate people- which is the most important step towards ensuring no open defecation- Government is also focusing on

creating awareness campaigns to stop people from defecating along the river bank and also hire resource person from among the local people to do monitoring and evaluation in a timely manner and also to send a clear message of not defecating in open.

"Government can bring various schemes but the mind-set of the people need to be changed which is very important. Unless you change the mind- set of people, you cannot bring any change in the State. There has to be equal responsibility shared from all sides. Government cannot bring change all alone," GSPCB official said.

cover story

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EVOLUTION OF VIRTUAL REALITY

TEAM TNV

We still remember the time when we used to be amazed while watching a 3D movie. But today, we have something that has literally taken a viewer and made him a part of something that he is watching. Today, VR has already made its mark in the world of gaming and sports viewing.

Virtual reality (VR) is a technology which allows a user to interact with a computer-simulated environment, be it a real or imagined one. Users experience the feeling of actually being inside this virtual world, thanks to VR-specific hardware and software.

If we take a look at how this technology evolved over the years, we come across Morton Heilig who developed the prototype of the Sensorama in 1962. It was a large contraption in which a person faced a screen that displayed stereoscopic, 3D images. The device included sound, smell, vibration, and wind. This pioneering effort attempted something that is now becoming possible: the ability of technology to transport us experientially to a different

place.

In 1984, William Gibson's novel 'Neuromancer' is widely credited with popularising the term "cyberspace" and giving real shape to the concept of VR by making the Web a habitable place and turning computing into an all-sensory experience.

The motion picture industry has made numerous movies that have focused on VR. A classic one is The Lawnmower Man, a 1992 film starring Pierce Brosnan and based on a story by Stephen King. Featuring then-innovative special effects, it positioned its hero as an ordinary man who became a genius through the use of VR. In 1999, the Wachowski Brothers and Warner Bros. Pictures debuted The Matrix, which along with two sequels grossed north of \$1.63 billion worldwide. The movies portrayed VR as a powerful tool in the hands of villains, but truly illustrated the all-immersive power of virtual reality.

The video game industry certainly plays a key role in VR's history as well. In the 1990s, Sega and Nintendo each created gaming headsets. However, Sega did not move beyond the

prototype stage, while Nintendo was limited by the graphics technology at the time. Still, these offerings all created a foundation upon which VR as we know it today was built.

In 2017, VR is much better understood to be a powerful tool that can be applied to a broad range of stories or anything in which a physically immersive experience could be useful, enjoyable, important, or interesting.

Right now, VR is limited to a user's visual and auditory senses, but in the future this will likely be enhanced. The general manager of Dell's gaming PC manufacturer Alienware, Frank Azor, said in an interview with TIME last year, "Once you begin catering to the rest of the senses, like what we feel body-wise, temperature-wise, and smell, the reality factor of virtual reality becomes stronger and the virtual piece begins to fade."

Even though VR gear is making waves these days, it will still take some time before it becomes mainstream. However, VR is going to be a true game-changer for brands, businesses and professionals.



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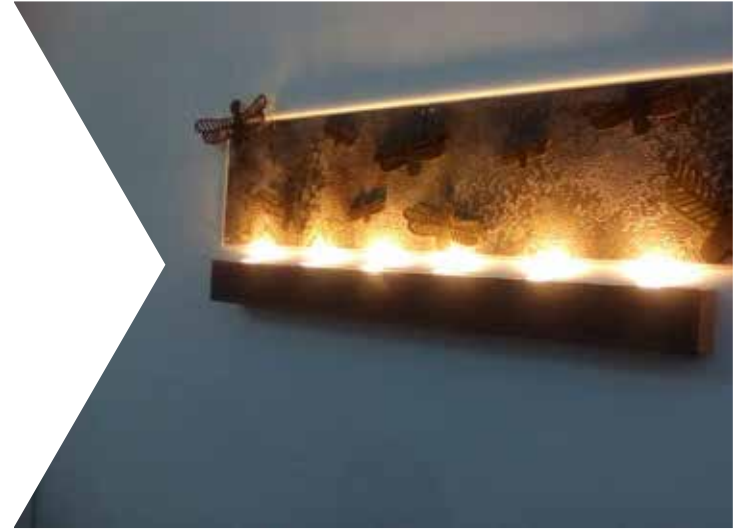


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SERENDIPITY ARTS FESTIVAL The Art of Philanthropy



SANGITA SHARMA

As the curtains come down on the second edition of the 'Serendipity Arts Festival 2017' in Panaji, it has left the city soaked and enriched with some spectacular art experiences. For all the participants and audience, it has been an art and cultural extravaganza to be cherished as a 'happy chance'. For, Serendipity is all about 'faculty of making happy discoveries by accident'. The festival offers its audience an opportunity to partake in the art experiences.

The eight day multidisciplinary art event, curated by some eminent artists and institutional figures truly reflects the philanthropic

culture that is engrained in our society. Industrial houses and others who are custodians of inherited or self created wealth, recognise that their wealth creation would not have been possible without the contribution of countless others and they have given back to the larger society by addressing issues such as education, health care and environment. But when philanthropy seeps into the field of art, it truly touches the intrinsic within an individual.

The 'Serendipity Art Trust (SAT)' while encouraging and supporting the arts, aims to "Promote new creative strategies, artistic inventions and cultural partnerships which are responsible and seek to address social, cultural and environment milieu. Committed to innovation, SAT intends to support, promote and create platforms for innovation and creativity. The aim has been to provide masses with a unique cultural and historical source of Modern Contemporary Art

and Culture".

SAT is an enabler for artistic journeys. It creates avenues by connecting and cultivating communities and unfold new art spaces. It helps to provide a sustainable environment for art and its progress while giving a more coherent expression to the evolutionary process of art and its appreciation. The art programmes initiated by it are purpose driven and socially responsible. It facilitates interactive and collaborative processes by engaging communities, cultural exchanges and fostering creative leadership.

Going by the spirit of SAT, this year has seen a thrust on pushing boundaries and scale. Serendipity Arts Festival 2017 has experimented with site, form and display. Out of 70 projects that featured, 40 projects were specifically commissioned for the festival. Institutional collaborations have been the highlight, while music, dance, theatre, visual and culinary arts have dazzled one and all. Issues related to art education, patronage culture, interdisciplinary discourse and accessibility to the arts have also been

addressed.

This year's craft programmes focussed on the Goan Craft Culture and Architecture so that it can be further encouraged. 'Made in Goa' had 15 submissions of architectural models. The selected models will be developed into school of craft in 2018, thereby reinstating our engagement with local environs, skills, materials and crafts. The 'Jaali' and Wendell Rodricks; 'The Pano Bhaju' exhibitions gave insights into the craft forms prevalent in the country and in Goa. 'Craft Beton' displayed art pieces crafted in cement with stunning details and designs. Commissioned by Dalmia Bharat, makes one 'rethink art and redefine perception'.

The section dedicated to music explored innovations and use of technology in music. 'Dhamal' was a celebration of the drumming traditions in India. 'Peoples Music', the sound and animation installation along the Mandovi Promenade echoed different facets and emotions of human life. 'Sonic City', an installation was all about sounds from the city of Delhi. 'Stars in the New

Sky' showcased the talent of young amateurs who have acquired fame through 'You Tube' and other digital platforms. 'River Raga', the sunset cruise along the river Mandovi staged classical performances, whilst 'A Night in Harlem' was a musical evening of epic proportion featuring horn section, choir, rhythm section and lead vocalists and instrumentalists. 'Baithak' showcased a series of Hindustani classical music performances in the traditional style.

Theatre lovers savoured some exciting theatrical practices and engagements. 'Shikandi' from Mahabharata questioned gender identity. 'Maya Bazaar', a masterpiece narrated a love story between Sesirekha and Abhimanyu. 'Dark Borders' was a play on Mantos stories on minorities dealing with violence. 'Bandish' explored the nature of memories and 'Dance like a Mother' was about growing old. 'Muktidham' addressed the predicament of minorities and anti-intellectual fascist movements. 'Quality Street' displayed the relationship between mother and daughter. Workshops like 'Loose Your Mind, Use Your

Body' and 'Site Matters' were well received.

Riveting dance performances kept the audience spellbound. 'About the Elephant' explored the relation of individuals within their civilisations. 'Purush' examined the concept of masculinity. 'Sandhi' was a series of collaborations between classical dancers and vocalists with enchanting performance in Odissi, Kathak, Kuchipudi and Bharatnatyam. 'Shiv Yin' celebrated the energy of life. A rare performance bringing Chinese contemporary and Indian classical dance & music together. 'Uncharted Seas' was about search for truth, beauty, love and freedom. 'Sari' expressed the weavers' imagination and his union with the sari in all its sensual glory. 'Rhythm Divine - River Runs Deep' reflected the insecurities of life in the North East. The workshops on 'Expressive Movement Therapy' saw enthusiastic participants.

Culinary Arts rejoiced food

and focused on local produce and regional flavours. From tasting dishes made from humble brinjal to appreciating the nuances of tasting dark chocolates. The festival also led to explorations of Goan Cusines in 'Sunrise to Sunset', 'Cheese Traditions of India', 'The Coconut Story' and 'Stand on the Street'. This touched the old, contemporary and ordinary trends of culinary culture in our country. Wine tasting workshop was conducted by 'Fratelli'.

The visual arts had a spectrum of stunning public art, street art and current contemporary art practises. There was a special show on Goan artistic traditions.

'St + Art Goa' had a variety of street art interventions. 'Anti Memoirs' and 'Dharti Artists Residency' gave the audience an interesting insight into common issues. 'Mapping Mapusa Market', 'Now You See It - The Invisible River of Konkani Surrealism' touched Goan spaces and paid tribute to Goan artists. 'Senses 2.0' was an attempt to make art more accessible to the differently abled and 'Reimagining Gandhi', to engage with Gandhian thoughts.

Cinema represented by 'Arrivals & Departures' gave a glimpse of contemporary Asian cinema. Short films from 'Jagran' film festival were also featured. 'Joseph

Wirsching & Bombay Talkies' exhibited rare photographs of early Indian cinema and the role of Joseph Wirsching in the history of Indian cinema.

Photography projects looked at archival and contemporary photographic practises. They focused on topics ranging from environment to the history of 'Indian Jazz'.

Special events.....'Talking Culture', 'Comedy Wagon', 'Young Subcontinent..A Conversation' and 'Art Spectrum Awards...South Asia' were also held. Venues like Goa Chitra Museum, Gallery Gitanjali, Suna Paranta, Cube Gallery, Fundacao Oriente, 6 Assagao and MOG also held art events.



PENHA DE FRANCE SPORTS CLUB - BRITTONA

WINTER NIGHT 17

Performing Live

BROTHERS IN ARMS

INDIA'S TOP MOST DJ'S

DJ ASHTON (AKA) FUSION TRIBE, DJ KESLER, DJ SUMIT, DJ BRITTO, DJ SUDESH, DJ RIO, DJ SUHAS, DJ RAJ, DJ ENRICO, DJ KASH, DJ JAYSON, DJ MARK, DJ VAIBHAV, DJ VAILANCIO, DJ JASON, DJ RODNEY

HOST: RUBEN FERNANDES & AMIT SHINDE
BOLLYWOOD DANCERS & AFRICAN DANCERS

STAGE - DIAS DECORATORS
SOUND & LIGHTS - SEBCO

DEC 25 - OPP. BRITTONA PANCHAYAT
6 PM ONWARDS

FREE ENTRY

Bhimthadi Jatra – Bridging the gap between rural and urban India

One of the Pune's biggest cultural events, Bhimthadi Jatra – a four-day cultural fair that aims at bridging the gap between rural and urban India through an interface that allows the city of Pune to connect with the village, communicates across Maharashtra. The Cultural festival will be a great way for many to indulge in not just shopping traditional products, but also a time to catch up with friends and relatives, and get a better understanding of the rural life. Agriculture Development trust, Baramati trustee Sunanda Pawar shares a few words to The Neutral view representative about Bhimthadi Jatra.

WHAT IS BHIMTADI SELECT? AND WHAT URGED ITS ADDITION TO BHIMTADI JATRA?

Bhimthadi Jatra initiative is a much-required missing link in establishment of a symbiotic rural-urban harmony in our nation's holistic growth. Urban India, in its daily struggle, has lost touch with the providers of our daily food and requirements that reside in the villages. Bhimthadi Jatra has 11 years ago initiated an interface in a space of camaraderie and common cultural celebration where urban Pune becomes a part of empowering the village communities while understanding the ethos of sustainable living.

Bhimthadi Select, is an endeavor to complete this rural-urban interface by including into its agricultural fold, the weaver based fashion. The second largest demographic engagement, after agriculture, is in the handloom sector where women form the backbone of the craft and yet are still in the category of disguised labour. The gorgeous fashion on sale at Bhimthadi Select is a celebration of the amazing craft skills of our weavers and homage to the women artists without whom we would have lost many of our heritage crafts.

WHAT WILL BE DISPLAYED AT THE STALLS AT BHIMTADI SELECT?

On display would be the rich array of sustainable fashion to excite every stylish Puneite. All age groups will identify with the products here. There are garments, separate with Indian and western silhouettes, stoles, saris, sari blouses, yardages, embroideries that are guaranteed to notch up the fashion quotient of any wearer.

TELL US A LITTLE ABOUT THE BRANDS/DESIGNERS AND PRODUCTS AT THIS SECTION.

Each participant in this section



is a stalwart and a trailblazer who creates the most amazing products while maintaining the style and price relevance for the middle class buyers. There are award winning weavers, designers who are working either with the weavers or with handloom for creating beautiful products and NGOs who nurture the women artists and enrich their talent. Shrujan, Upasana, Sandur KKK, Dwaraka, Sufiyani Khatri, Shohel Khatri, Aavaran, Khadijeh, Saha, Khadijeh, Galan Gabaan, Asal, Village Art, Manas Gorai and many more will be showcasing their creations here.

WHAT WERE THE CRITERIA TO SELECT THEM FOR THIS SECTION?

The participation of the Bhimthadi Select has been by only invitation, as we wanted to maintain the purity of the sustainable fashion in this selection. Every participant is a weaver or a designer working with weavers or NGOs. There are no middlemen so a buyer can buy straight from the artist at a price 100% of which goes to the weaver. A buyer can be rest assured that each product available adheres to natural fibers, fair trade and artisanal empowerment. Every participating designer upholds the highest standard of sustainability.



WHAT WILL BE THE PRICE RANGE OF PRODUCTS IN THIS SECTION?

We have strived to keep the majority of products in the price range between Rs.1200 to Rs.8000. There will few more expensive products to showcase the intricacy of the participants' craft, which we hope will initiate interaction between the buyers and the weavers.

HOW DOES THE CONCEPT OF BHIMTADI SELECT SYNC WITH THAT OF THE ANNUAL BHIMTADI JATRA? AND WHAT ARE YOUR EXPECTATIONS INTRODUCING THIS SECTION?

Even though India's huge demographic section of 107 lakh people are engaged with handlooms and handicrafts, the sector continues to be heterogeneous and unorganised with artisans comprising a large number of marginalised women. Bhimthadi Select is an endeavor to bring attention to the marginalized and disguised engagement of women who continue to be the weakest link by way of bargaining power and employment security. Bhimthadi Select is a

showcase of the skills of these women artists. There could be no better platform than Bhimthadi Jatra that tirelessly works for the rural women empowerment for this inclusion.

We expect that sustainable fashion will also be a part of this dialogue that Bhimthadi Jatra has started on the relevance of consciousness in food and inclusion of artisanal products. Pune is a very well informed, young city that understands the environmental challenges. In these times when fashion is the second highest polluter worldwide, after the oil industry, we are hoping to initiate a deeper involvement by presenting choices that only are eco friendly, preserve the heritage but also can outshine any fast fashion brand in style and chicness.

This exhibition is a celebration of rural women with amazing skills who are not apparent in the public perception than their urban, confident, aware and fashionable counterpart.

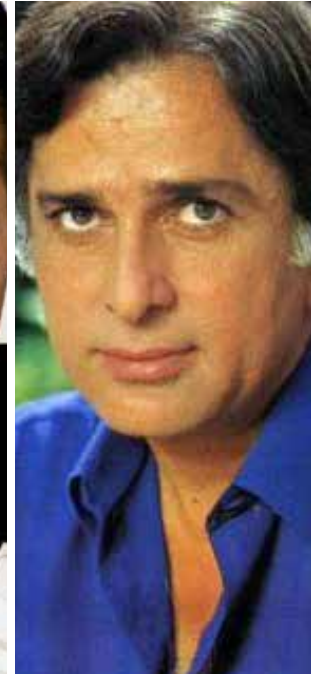
Highlight of the festival this year?

Each year "Bhimthadi Jatra" makes it a point to add on to its collection and this year too it will be no disappointment. A special collection of traditional Adivasi artwork will be exhibited. A wide range of all Adivasi tribal will be showcased this year for purchase, which in turn helps the women to run their livelihood. Bhimthadi Jatra has come a long way in the past 12 years, and this year, it is implementing some serious changes to control the quality of stalls and to get a new target audience with discerning taste and higher spending power.



The Final Adieu

Actors, actresses or singers are the people who have always entertained us as well as inspired us with their unique talent and style. Every artist is an icon of his/her era. As we bid farewell to the year 2017, let us take a brief look in the lives of these legends that left for heavenly abode this past year.



Om Puri (18 October 1950 – 6 January 2017)

Puri was critically acclaimed for his performances in many unconventional roles in movies like *Aakrosh* (1980), and *Ardh Satya* (1982) for which he got the National Film Award for Best Actor. After making his mark in parallel cinema, Puri diversified to play character roles in mainstream Hindi cinema in the mid-1990s. He also appeared in Hollywood films such as *City of Joy* (1992), opposite Patrick Swayze, *Wolf* (1994) with Jack Nicholson, and *The Ghost And The Darkness* (1996) opposite Val Kilmer. Puri played the character of General Zia-ul-Haq in the movie *Charlie Wilson's War* which stars Tom Hanks and Julia Roberts. In 1990, Puri was honoured with the Padma Shri. He was also honoured at the 89th Academy Awards in memoriam segment for his contribution in Indian and world cinema.

Kishori Amonkar (10 April 1931 – 3 April 2017)

A legendary Hindustani classical singer, Kishoritai Amonkar began training in classical music at a very young age under her mother Mogubai Kurdikar. She is considered to be an innovator of her Jaipur Gharana

performance style by applying features from other gharanas. Amonkar often expressed her views on how musical education should be conducted, emphasizing the importance of enabling students to move beyond repetitive techniques and learn the tools that allow them to improvise on their own. Amonkar received several of India's national awards and civilian honours, including the Padma Bhushan, in 1987, and Padma Vibhushan in 2002. She was awarded the Sangeet Natak Akademi Award in the year 1985 and the Sangeet Natak Akademi Fellowship in 2009.

Vinod Khanna (6 October 1946 – 27 April 2017)

He is one of those few superstars who made the difficult transition from villain to hero. Khanna made his debut in Sunil Dutt's 1968 film *Man Ka Meet*, as a villain. After playing antagonist in many movies he got his first break as the solo lead role in the film *Hum Tum Aur Woh* (1971). Khanna is best remembered for his performances in *Muqaddar Ka Sikandar*, *Amar Akbar Anthony*, *The Burning Train*, *Parvarish* and *Khoon Pasina*. He won his first Filmfare Award as the Best Supporting Actor in the 1975 film *Haath Ki Safaai*.

Reema Lagoo (21 June 1958 – 18 May 2017)

She started her acting career on Marathi stage. Besides having notable presence in Marathi cinema, Lagoo often played supporting role with some of the biggest names in Bollywood. She rose to prominence with the film *Qayamat Se Qayamat Tak* (1988). Lagoo portrayed as the mother of lead character in blockbusters like *Maine Pyar Kiya* (1989), *Sajaan* (1991), *Rangeela* (1995), *Hum Aapke Hain Kaun* (1994), *Kuch Kuch Hota Hai* (1998), *Kal Ho Naa Ho* (2003) and *Vaastav: The Reality* (1999). She is also remembered for her roles in popular TV serials of the 1990s. She won the Indian Telly Award for Best Actress in a Comic Role, for her performance in TV serial *Tu Tu Main Main*.

Sir Roger Moore (14 October 1927 – 23 May 2017)

After taking over the role of Bond from Sean Connery, he made his first appearance as the British secret agent 007 in *Live And Let Die* (1973). Moore portrayed as the spy in six Bond films until he retired from the role in 1985. Moore shared the screen with Indian Tennis star Vijay Amritraj and actor Kabir Bedi in 1983 Bond flick

Octopussy. Moore was also known for his philanthropic work. He was appointed as the UNICEF Goodwill Ambassador in 1991. In 2003, Moore was knighted by Queen Elizabeth 2 for his services to charity.

Shashi Kapoor (18 March 1938 – 4 December 2017)

His dialogue- "mere paas maa hai" immortalized the 1975 film *Deewar*. Shashi Kapoor (born as Balbir Prithviraj Kapoor) started his acting career in plays, directed and produced by his father Prithviraj Kapoor, with Prithvi Theatre. Kapoor acted in numerous Hindi as well as English language films. He was also one of the first Indian actors to work in International cinema. He was the first Indian actor to work extensively in Hollywood films and British films. In 1978, Kapoor started his production house, 'Film Valas', and produced critically acclaimed films such as *Junoon* (1978), *Kalyug* (1981), *36 Chowringhee Lane* (1981), *Vijeta* (1982) and *Utsav* (1984). Apart from having numerous Filmfare and National Film Awards to his credit, Kapoor was awarded with Dadasaheb Phalke Award in 2015. He was honoured with the Padma Bhushan by the Government of India in 2011.

TERRIFIC TRAFFIC SCENE TO DENT GOA'S IMAGE AS TOURIST DESTINATION



TEAM TNV

I still remember during my visit to Mumbai couple of years ago a friend told me that we would have to leave from his apartment a little early to reach to the mall, as it would take two hours to travel. The mall was just two kilometers away, and it was a time of evening, when office crowd is out on the street. I was surprised, as two hours for two kilometers was little exaggerated speculation about the traffic. He was right, it did take two hours.

I had then thanked God that I live in Goa and spared from such traffic congestion.

That was Mumbai and now we are in Goa. It is year 2017. It takes more than one and half-hour to reach from Cortalim to Panaji during peak time. The traffic congestion is order of the day. There is no single evening when you can have peaceful drive on this stretch.

The commuters on Margao-Panaji highway are witness to this gory fact about Goa. It is a nightmare for them, as many have to now leave early from their homes



to reach office in time. The biometric punching machine does not understand your problem of traffic jam. Little late and you are marked half day.

The traffic problem on this state's one of the busiest routes has come up overnight. One can understand, if it had to be built over a time due to increase in the number of vehicles, or any other reason like population growth but this is purely due to lack of foresight of people in power or people who plan Goa.

The decision to construct third bridge over River Mandovi or second one on Zuari was taken after much thought. It is aimed to provide better road infrastructure for the State, which will attain saturation in terms of traffic

in next five years. Well done! Kudos to BJP led government for such a forward thinking. But what had happened to their common sense when they planned construction of the bridges. It is well known fact that the construction of such mammoth size would naturally spill over the existing road. Even if half a metre of the road is blocked or encroached, it results in long queues and marathon traffic congestion.

So when these bridges were planned why was no thought given to the fact

certainly draw up a plan to avoid all this. I am sure the people who have handled traffic knows what best can be done. The coordination between the construction firm, police and the commuters is required. Minimum what police can do is to inform people when there is a congestion and advice them the alternate routes. The information in time can save them from joining the queue and adding to the congestion.

The construction firm can ensure that the bottlenecks

that people would suffer.

The common answer would emerge that we will have to face pain at this point of time so that we can have better roads in future. I agree! But it is also true that the existing pain can be avoided.

There are various measures that the State government can take to avoid the congestion during peak hour. For example, identifying the spots where traffic gets jammed and solving the issues there on case to case basis. There are times when small obstacle on the road or small extra curve to the metal sheet laid as a part of the bridge construction creates hindrance to the traffic resulting in long queues.

The State government can

created due to their unwanted baggage on the roads can be cleared. And if possible, the work should be stopped during peak hour and traffic should be given priority. The work can then continue in the night when people are back home.

It is not difficult to handle this problem, which is going to be worsened in the days to come. The traffic on the road is going to increase four times as people will descend here to usher in the new year celebrations. The tourists are known for their haphazard driving, which can further increase the stress on the road.

If tourists are stuck in traffic for hours, they will certainly go back with bad

There are various measures that the State government can take to avoid the congestion during peak hour. For example, identifying the spots where traffic gets jammed and solving the issues there on case to case basis. There are times when small obstacle on the road or small extra curve to the metal sheet laid as a part of the bridge construction creates hindrance to the traffic resulting in long queues.

memories. That would send wrong signal for those who are planning visit Goa. The last week of December is round the corner. People have already drawn their holiday plans and the road between Margao-Panaji is one of the most travelled by the visitors.

It is high time that the planners and executors should sit across the table and design a strategy to avoid traffic mess during New Year's celebrations. The construction of bridge can wait for a week or so, providing breather to our already congested roads.

GRATITUDE

THE ELIXIR OF LIFE

PRITHVIRAJ THALI

I always thought of the famous Hollywood movie *The Matrix* as having an inherently spiritual theme. For me, it is a superbly hi-tech visualisation of the concept of Maya – the illusion of something that seems real but is not. Whether, the reader shares my opinion or not, we could still agree that it is one of the most futuristic glimpses of the world.

Every age has a protagonist, just like a movie or a novel. It could be physical might as in the medieval times or it could be economic superiority, as was the case during the post-WWII era. Today's protagonist is technology. It has spawned an entire world of virtual reality. Humans, besides their flesh-and-blood existence, also have an alternative presence. I also exist as a bank account number on some Bank server. In that, I am just bits and bytes. And so is my wealth.

Technology seems to be challenging the very distinctions of caste, class, creed, race, ethnicity, skin colour and even geographical boundaries. It has revolutionised trade and commerce, tourism, transportation, defence and medical science amongst others. It has revealed space and time for what they really are – the illusory relativities of Maya.

However, while technology has given us incredible inventions, it still hasn't even come close to beating Nature's best – a Human being. We still remain the most complex system in the whole of the known universe. A lot many things have to work properly – and simultaneously, as well – for a human being to be alive. The 'vitals', as is termed by the medical community, are



the result of many complex chemical processes in our bodies getting their act right. What seems mundane is actually breathtakingly miraculous.

It is easy to presume that Death is the sad opposite of Life, since it ends the wondrous panorama that can be experienced with these physical senses. On the contrary, Death is not a negation; in fact, it is the foremost proponent and celebration of life. It accentuates the blessing that Life actually is, in no uncertain terms. If we were to witness a human breathing their last, our whole outlook on the fragility and beauty of life could be tempered instantly and diametrically with gratitude.

The question is: are we grateful enough? And do we require the grim reality of Death to tell us that Life

is beautiful and rare? While we all breathe, not all of us feel blessed. It is time we started seeing the abundance and completeness of Life. Gratitude is a beautiful feeling. It grants us the power to see all creation as it truly is. As the great mystic saint Kahlil Gibran once said, "You give but little when you give of your possessions; it is when you give of yourself that you truly give." Gratitude is the only thing we could give our creator which is truly ours. The flowers, the myrrh and the incense are all given by Mother Nature; amongst all things offered at God's altar only devotion and sincere thankfulness are ours. And fortunately, so far that has been enough to keep the world spinning.

There are a number of benefits of living with gratitude. For one, it instantly relieves us of negative

emotions like frustration, anger, envy, grudges, stress and infuses us with Hope and Happiness thereby boosting our health in the long-term. Starting my day with a 'thank you' makes me uniquely positive and passionate about anything I embark on. It never fails to brighten my day. My problems no more seem as big and burdensome once I am touched by gratitude. It helps me look beyond myself and acknowledge the presence of something so majestically grand and loving that I start feeling less self-centred. Gratitude liberates and uplifts.

And for those looking for reasons to be grateful, it only requires a little looking around. The earth I walk upon and the skies up above, the air I breathe and the eyes with which I see – all are blessings that are given freely. As long as the show lasts, I

must squeeze every moment of time to its last drop of happiness. Just because the show has been running for ages together does not make it any less magical.

Problems will persist for as long as Life pulsates within us. But, we can shield ourselves with gratitude so that we may live a more fulfilling life. All of us are beautiful poems penned by the Divine. Each poem is unique and complete in itself. Each is perfect in its rhyme and rhythm, each endowed with immaculate poetic meter. No two are the same and none is dearer to God than the rest. It is time we reclaimed our true glory as children of Light and Love. Let us, then, cast off our cloaks -- long soiled by bigotry and frailty – and herald a new beginning in humanity, compassion and understanding.

In a nutshell, let us begin to be humans again !!!

SAL RIVER NEEDS FRESH WATER, URGENT NEED FOR DREDGING OF THE RIVER SAL AND ITS TRIBUTARIES

TEAM TNV

The increase in tourism development of housing and other factors like land scarcity has resulted in a mega development spree in Goa especially in Margao. This ever-expanding mega-housing has substantially increased the pressure on lands, roads, and natural resources but also are continuously degrading the pristine and historic river Sal.

To make matters worse dumping of waste and sewage into the river Sal and bluntly ignoring the consequences has been rampant for decades now. The commercial establishments on the riverbanks including the wholesale fish market in Seraulim disposes huge amount of waste into the river. No one seems to have concrete plans and technically sound methods to effectively get rid of the waste dumping in a sustainable and innovative way, efficiently preventing unavoidable future disruption of the existing ecological balance and the

quality of water of the river Sal.

The increase in dumping of waste into the sacred river Sal consists of sewage/drainage flowing off from more than thousands of households from Margao and coastal villages. Vast quantities of garbage consisting mainly organic and non-degradable plastic material has also made its way into the river making it more polluted. Chlorinated water from the swimming pools that will be built within the residential areas has also contributed in changing of the entire ecosystem of the river.

These factors are definitely going to have adverse damaging impact on the physical and cultural environment of the Salcete and the locals now expect support and timely intervention of green justice to prevent further damage to our environment.

The dredging of tributary of river Sal was done some years back. The dredging of the stretch of the tributary from Jaknibandh Navelim right up till Mandop bridge and further from

Aquem Baixo bridge till Boptiawaddo Davorlim was taken up.

The total stretch of 2.5 km of the river tributary was cleared and given a new lifeline at a cost of Rupees 45 lakhs. These works also included 90 mt.rs of dredging of the riverbed and with trimming the branches of trees that have bent over or grown over the water on the riverbanks. The removing of aquatic weeds was also done. These works were carried out in 3 phases.

However, now it looks like the entire River Sal dredging exercise looks to be money wasted due to the unprecedented discharge of sewage into the river and no curbing of garbage dumping in the river. The main reason being the delayed commissioning of the Sewage Treatment Plants of Margao. Although, even after the commissioning of the plant, the condition has not improved. There have been demands for plugging of pollution sources of river Sal first and then to go ahead with dredging of the river Sal that runs into crores of

rupees.

Till date all along the river Sal at wholesale fish market, fish waste is being dumped in the river, downstream raw sewage lines are let into the river, ahead of that the waste from slaughter houses is being dumped into the river too, which is unethical and detrimental to the cleaning exercise.

This plight of the river has already been shown and spoken by many people. An activist from Margao was even forced to approach the High Court over this bizarre issue that one department is cleaning the river and one is polluting it. Crores have been spent to clean the river, which is public money, but the river is back to its blackened form now.

Ideally, there should have been efforts made to curb the sources of pollution and then go ahead with the dredging of the Sal. However, de-silting of the stretch of Sal was done in the past spending a lot of money and now the river has gone from bad to worse.



FITNESS... WITH JUST A PAIR OF DUMBBELLS

PRITESH NAIK

The New Year is calling and it's time for new resolutions and better health habits. If a hectic schedule or being Gym shy is the excuse you have been giving yourself for not working out than well, a pair of dumbbells is all you need now and you can start right away. In my last article I spoke about free hand exercises. Today we will have a look at how just a pair of dumbbells can be used for an effective complete body workout. All the below exercises can be done from the comfort of your home. Warming up is necessary as in any other form of exercise before you proceed doing the below exercises

HAMMER CURLS

Position two dumbbells to sides, palms facing in, arms straight. With elbows to sides, raise one dumbbell until forearm is vertical and thumb faces shoulder. Lower to original position and repeat with alternative arm.

BICEP CURLS

You can perform this exercise each arm alone, alternating arms or both arms together. Hold the dumbbells next to your body palms facing forward, and then lift the dumbbells up by flexing at the elbow joint until they reach 3/4 of the way to your shoulders.

SQUATS

Stand with your feet shoulder width apart; hold the dumbbells straight on your shoulders or to the side of your body. Flex at the hip and then bend your knees and go all the way down as if sitting in a chair until your thighs are parallel with the floor. Lean your torso forward if you feel that your heels are unstable on the ground. Then get back to the initial position without locking your knees at the end of the movement.

STIFF LEG DEADLIFT

Stand up with feet shoulder width apart holding the dumbbells in your lowered arms (in front of you). Bend forward at the waist by flexing the hip. Keep your back flat and your head up. Tighten your buttocks and lock your knees while bending forward. Stop going down at the moment when you feel your hamstrings fully stretched and go back to the starting position.

LYING PRESS

Lie down on your back, face upwards position. Hold the dumbbells next to your shoulders with palms facing forward and elbows bent. Push the weights upward and bring them together at the end of the movement, keeping them in the same plane at all times. Do not hyper-extend or lift your body at the end of the movement.

LYING FLY'S

Lie down on your back in a semi-supine position. Hold the dumbbells in your hands, arms to the ground. Bring your palms together, above your head, drawing a half-circle with each hand while slightly bending your elbows and moving only at the shoulder joint until you feel a full stretch in your pectorals muscles and anterior deltoids.

OVERHEAD PRESS

Stand up feet shoulder width apart, knees slightly bent. Place the dumbbells above your shoulders, palms forward, and slowly raise them upward without reaching the end of the motion to prevent lifting your shoulder blades. Then get back to the starting position in a controlled manner.

LATERAL RAISE

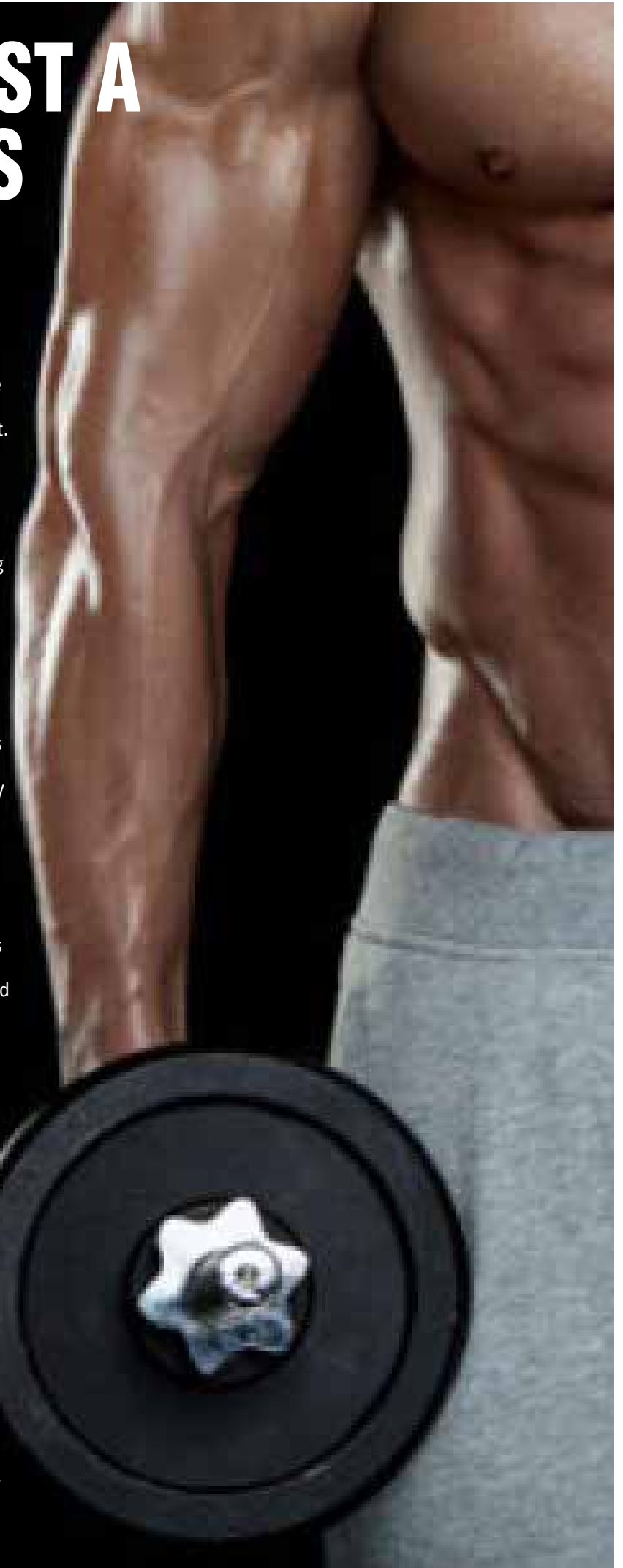
Stand up feet shoulder width apart, knees slightly bent. Hold the dumbbells palms facing each other in front of your body and lift your arms laterally up and away until they reach your shoulders height then slowly get back to the starting position.

BENT-OVER ROWS

Stand up with feet shoulder width apart, knees slightly bent, then bend your torso to the front and stay at a 45-degree angle with the floor. Pull the dumbbells to the sides of your body while flexing your elbows and pulling your shoulder blades in toward your spine then get back to the initial position.

LYING TRICEPS EXTENSIONS

Lie down on your back in a semi-supine position. Hold the dumbbells in your opposed palms. Your arms must be at 90-degree angle to your body and the floor. Flex at the elbow and lower the dumbbells backward to ear level without moving your shoulder joint. Return slowly to the starting position.



The Brahmani and the Mongoose

Dev Sharma was a Brahmin who used to live with his wife in a certain town. One day, his wife gave birth to a son and they were very happy.

On the very same day, a female mongoose gave birth to a baby mongoose very near his house. As destiny would have it, the mother mongoose died soon after the birth.

When they observed this, they took pity on him and the Brahmin's wife adopted the little mongoose and started looking after him as his own son.

She served her own breast milk to both her own son and the little mongoose, bathed them together and put oil on them together. She was a fond mother for both of them. Both her son and the mongoose were very fond of each other, and spent all the



time together.

However, she was not a fool and knowing that the mongoose was an animal in reality, she always kept a guard, "He is a mongoose and will soon develop the animal instincts that he has inherited from his species. Some day, he may harm my own son. I shall always keep a watch on him."

One day, she had to fetch some water. So, she put her son to bed, and while going outside with the pitcher, asked her husband to keep a watch. She said, "I am going to the well to fetch some water. Please look after our son and make sure the mongoose does not hurt him by mistake."

The Brahmin was careless. Without informing his wife, he got prepared and went to beg for alms leaving the little mongoose and their son alone by themselves.

As it happened, during the very time they were alone, a poisonous snake entered the house through a hold and started approaching the Brahmin's son.

When the mongoose saw

this, he attacked his natural enemy to defend the child, who was like a brother to him. Although he was small and the snake was strong, he fought with all might and bit the snake into pieces and eventually killed the snake. His mouth and claws were all smeared with the snake's blood.

The little mongoose was very proud of itself; and waited outside the house for the Brahmin's wife. He was eager to show his mother how brave he was.

Knowing her husband's carelessness, the Brahmin's wife was tensed and was returning in a hurry when she saw the little mongoose coming towards her. She noticed that he was covered in blood, and without thinking, jumped to the conclusion



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that the mongoose must have attacked her son.

Angered and frustrated, she threw the heavy pitcher - full of water, that she was carrying on the little mongoose. The little mongoose was severely wounded.

She ran inside, and she was amazed to see her son safely sleeping in his cradle. She then saw the snake near the cradle that had been torn into shreds.

At once she realized what had happened. She was heart-broken with the thought of having hurt the little mongoose, who was like a son to her.

Not knowing who to blame, when her husband returned home, she explained, and they were both very sorry for the suffering of their second son.

**The wise indeed say:
 Think hard and do not do anything in haste.**



Yes! State will not lose any power if MoU on National Waterways is signed

...but protests demanding not signing of MoU continues

TEAM TNV

Signing of the Memorandum of Understanding with Indian Waterway Authority of India (IWAI) might not be that easy for the Manohar Parrikar - led coalition government considering that NGOs and activists backed by a handful of Opposition legislators have vehemently protested it. While the state government is leaving no stone unturned to convince the people of Goa that six rivers declared as National Waterway will not snatch away any power of the State, the protestors are adamant to withdraw the rivers from the National Waterway Act.

When the Captain of Ports (CoP) Department made the draft MoU public on December 11 inviting a full fledged discussion, some demanded that State approach the Parliamentary panel for the withdraw the rivers from the Act. RTI activist Savio Correia was the first to put forth his demand as he informed - a piece of information that till date was kept under the wraps - about Goa government giving its consent to the inclusion of six rivers under National Waterways.

"Parliamentary Standing Committee on Shipping and Transport that vetted this Bill in its report in 2015 said that Goa consented to the inclusion of six rivers. Just like State government consented, at least make an attempt to convey to the Parliamentary Panel to withdraw the rivers from the Waterways Act," he told the gathering with CM expressing ignorance about any such decision. Parrikar was inducted in the union cabinet in November 2016 as the defense minister of the country.

It was at this point of Correia that several other attendees including a few legislators supported his demand apprehending Goa's six rivers would be 'nationalized.' All through the discussion, Parrikar reiterated it was not nationalization but National Waterways for the purpose of development, shipping and navigation.

The six debated rivers are Mandovi (44 kms), Zuari (50 kms), Cumbarjua (17 kms), Chapora (33 kms), Mapusa (27 kms) and one of the most polluted Sal (14 kms).

As per the draft copy, which is in possession of TNV, has laid down five consequences if Goa does not enter into the MoU. It states that IWAI Act will anyway be enforced and it would not make any difference to the IWAI powers. This means that clauses incorporated in the MoU, exclusively for Goa giving back all the powers, will not exist and IWAI will take over all the authority.

Similarly, to set up any infrastructure in the riverine land, one will need two separate permissions from the CoP and the IWAI. If the tri-partite MoU with IWAI and the Mormugao Port Trust (MPT) is signed, permission only from CoP will serve the purpose.

The most dangerous would be that development in the National Waterways would be carried out by the IWAI without CoP permission. On the other hand, if the MoU is signed, the State will decide whether or not any development work except for building of Bridges, is required.

"State will lose opportunity to influence or supervise the type of work carried out in the waterways. Additional Revenue of 2 percent will be lost," the draft further states explaining what would be the consequence if the State skips the crucial MoU.

One of the major advantages for the State on signing the MoU is that it will have 100 percent say in all aspects with CoP holding maximum powers, unlike in the other states in the country. The draft also clearly spells

out Goa government's responsibilities such as to ensure security and safety of the waterways, identify projects for implementation in consultation with the IWAI, facilitate the project executing agency (MPT) to obtain all statutory clearances. Any development work commenced by the Department of Fisheries for the development of fisheries infrastructure shall be exempted from CoP dues and any other dues, which will be imposed, by CoP and IWAI from time to time. NOC for all fishing related infrastructure proposed by the Department of Fisheries should be issued by CoP and such development work by fisheries will not require IWAI approval provided development carried out does not create any hindrance in smooth navigation and shipping on the National Waterways. It also states that authority to grant permission or NOC for all constructions in the National Waterways and on the banks of the National Waterways will rest with CoP but before construction of any cross structures in or across these waterways, necessary clearance from IWAI will have to be taken as per IWAI regulations and the final work completion certificate for all projects will be issued by MPT only after CoP gives necessary clearance besides many more.

CoP will also be free to independently carry out any infrastructure development in the National Waterways utilizing its own

funds and the revenue generated thereof will only accrue to the State government. So also, all the existing revenues collected will be solely accrued to CoP.

The question now arises on what will be the role of the MPT, which again is an arm of Central government. The draft MoU has classified MPT's responsibilities too and with it primary task to carry out the tendering and technical work. It technical work will include planning, designing, supervision, development and maintenance of IWT terminals, shipping, and navigational channels. Its duties also include maintaining the document on the execution of work in a proper manner to submit at the time of government audit. MPT shall also be responsible for the quality of works, financial control and successful completion of works assigned to it, in addition to other administrative tasks. In all, the MoU - valid for a period of five years subject to government's decision to retain or change clause, is designed in such a way that Goa does not lose its powers over the rivers. However, with some stakeholders continuing to oppose signing of the MoU, the government is open to hold another discussion even with the fishing community.

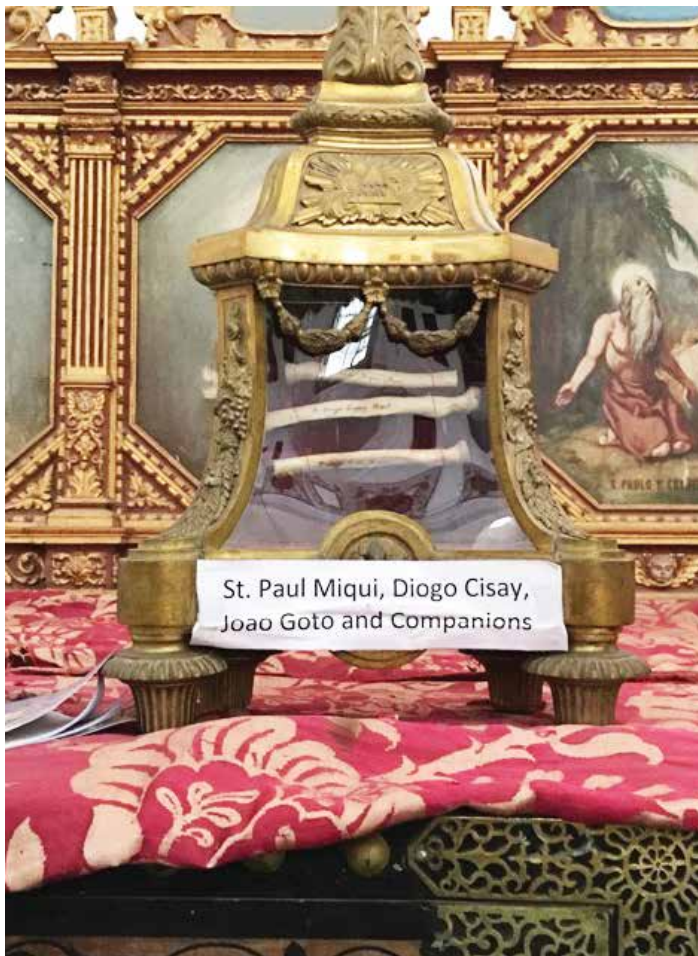
However, the delay in signing the MoU might prove costly as Goa will have lots to lose if MoU is not signed while IWAI would impose all its powers under the National Waterways Act 2016.



Some things that only few people know about basilica at old Goa

TEAM TNV

Basilica of Bom Jesus housing sacred relics of St. Francis Xavier located at Old Goa, almost 9 kms away from Panaji attracts lakhs of tourists annually. The inflow multiplies during decadal exposition of the relics, which were held last year notwithstanding the great, but the Church is not just about the relics of the Patron Saint of Goa. Here are six more important lesser-known facts about it.



St. Paul Miqui, Diogo Cisay, Joao Goto and Companions

Unique Piped Organ

Huge piped organ dating back to the 16th century once upon a time provided a musical background score during the daily masses here. The organ, which is currently located on the first floor just opposite the altar, has not been rendered

useless but it needs repairs. Fr Savio Barretto says it has not been in use for the last 10-15 years. It is awaiting major repairs. There are only few such kinds of organs left across the country including one at Rachol Seminary and another at Mary Immaculate Conception Church in Panaji. This organ was manufactured by Hurry Brothers, Kolkata.

Upkeep of the cascade housing relics of St. Francis Xavier

It is not ordinary workers but a group of priests and volunteers that upkeep the cascade that has sacred relics of St. Francis Xavier. They have been placed to the left side of the altar. Once in three-four months, they are dusted. All precautions are taken to make sure that the relics are not disturbed.

Relics of Jesuit Rudolf Aquaviva and companions

If you think that the Basilica has only relics of St.



Pius XII gifted a Golden Rose plant to the Church. It was a symbolic way of thanking the Church in Goa for its work towards evangelisation. In India this is the only church, which has this plant of Golden rose. The top rose has a veil that has pure musk in it. It symbolizes perfume of the gospel that is spread throughout the world.

Relics of Japanese Saints

The relics of Japanese saints Paul Miqui, Diogo Cisary, Joao Goto and companion is

preserved in one of the rooms of the church. All these saints were crucified in Japan.

Silver Statue of St. Francis Xavier

Silver statue of St. Francis Xavier is witness to the fact of how the Basilica was centre of power was during Portuguese time. The new Portuguese governors used to take charge of the state standing next to this statue, which was prepared in 1670 by Sr Maria Francisca Xavier. Even till date, the governor in liberated Goa after the oath taking function makes a point to visit the Basilica.

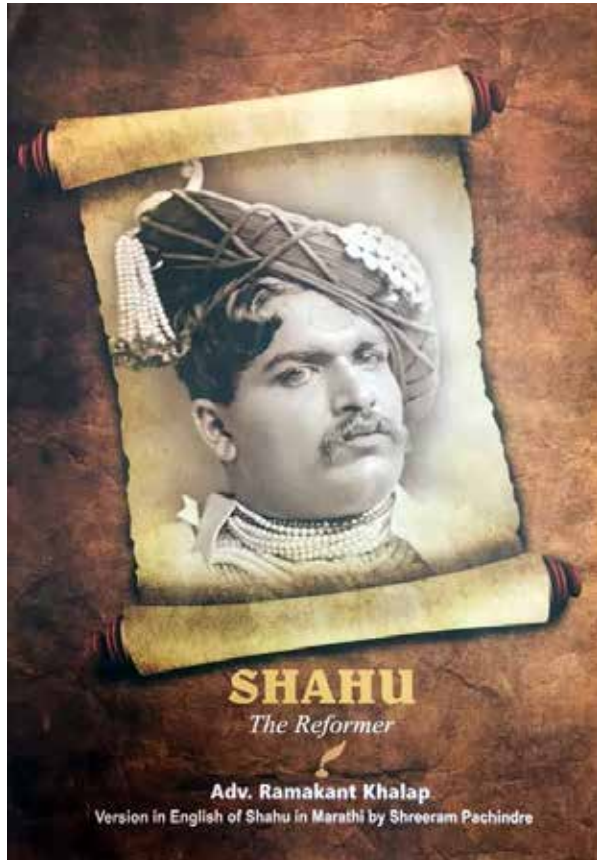
Francis Xavier then you are wrong. The relics of Jesuit Rudolf Aquaviva and his companions Alphons Paceco, Antoni Francisci, Petrus Berni, Francis Aranea who were martyred at Cuncolim in the year 1583 are preserved in one of the rooms in the Church. Fr Barretto says: Acquaviva was a great friend of emperor Akbar. A story says that Akbar was even convinced to convert to Christianity due to the influence of Aquaviva.

Golden Rose presented by Pope Pious XII

In the year 1953, Pope



Shahu-The Reformer



TEAM TNV

The life and work of Shahu Maharaj who is also known as Rajarshi Shahu Maharaj or Chatrapati Shahu Maharaj of the Bhosle dynasty has been still referred as an example of a true reformist.

Shahu Maharaj is credited with doing a lot of work for the lower caste and indeed this assessment is warranted. He worked towards making education and employment available to all, he not only subsidised education in his state, eventually providing free education to all, but also opened several hostels in Kolhapur thereby facilitating the education of the rural and low-caste indigent.

The book 'Shahu – The Reformer' written by Advocate Ramakant Khalap is an English version of 'Shahu' in Marathi by Journalist Shreeram Pachindre.



The 193-pages book scales through the life and work of this King, known for his social reforms. Unlike other kings who fought the armed wars, Shahu is known for fighting the war against social evils, winning the hearts of people with his foresight and work.

The book mentions that the battle of Shahu Maharaj was not the conventional one. Swords and the gun were of no use to him. His battles were for social reforms. He fought against inequality, caste prejudices, untouchability, social deprivation and many more social ills that plagued the society during his

reign.

Khalap, who is more famous for his political acumen, mentions that he is indebted to Shreeram Pachindre who is the author of the original Marathi novel 'Shahu'. The writer says "it is a repacking in simple English of the events in the life of Shahu as narrated by Shreeram Pachindre."

It is the first and the only novel so far, in English language on the life of Shahu.

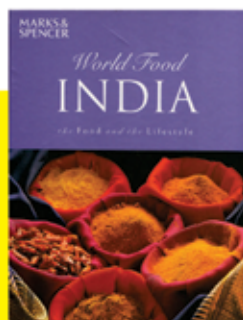
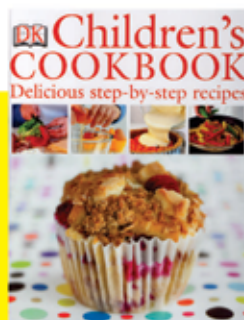
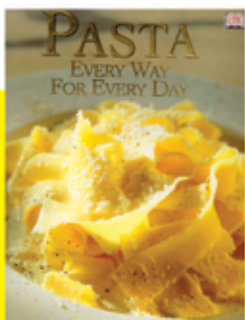
The novel is published by Broadway Publishing House.

Offering dedication to the great soul, Khalap writes "Hindus are a heterogeneous society. The age old system of Varna and Caste system leaves no room for justice and equality in the modern sense. Shahu attempted to dismantle it."

The writer says the novel is his attempt to honour this great man. It is therefore dedicated to his memory.

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