

# The Neutral View

FORTNIGHTLY Friday, October 27, 2017 | Vol. No. 1 | Issue 19 | Price Rs. 10 | Page 1 | RNI: GOAENG00427



## SÔSA'S

Presents

### 'Flaunt Your Fashion'

An exclusive Fashion Exhibition

30+ designers under one roof

Apparel / Bags / Accessories /  
Food and much more...

11<sup>th</sup> & 12<sup>th</sup> November 2017

11:30 a.m onwards....

At Panjim Community Center

sosasgoa@yahoo.com

<https://www.facebook.com/sosasgoa/>

Supported By:



Culinary Partner:



Promotion Partner:



Official designers:



# FOOD FOR THE SOUL AT BOTTLEJACK BISTRO IN PORVORIM

MELISIA D'SOUZA

Over the course of time, the highway liquor ban has indeed led into some innovation in the restaurants and lounges along the Porvorim stretch. No liquor means one needs to up their food game. How else would it be enticing enough for the Goan crowd who can't do without their liquor? I wasn't surprised when I entered Bottlejack Bistro, in Porvorim, on a Monday evening and found it crowded, despite the no-booze situation. That's pretty much testimony to how good the food actually is.

Situated right across the highway, this place is way bigger and more spacious than it seems on the outside. You are greeted by a warm and friendly security guard and led inside the commodious establishment that has its own calm sophistication to it. Minimalistic design – with a black and white colour theme – provides an aesthetically pleasing setting. The comfortable lounge chairs and

couches are perfect to chill with a bunch of friends.

For those interested, they have an art space and a little library as well. You could just grab a book or play some board games as you sip on a fizzy mocktail and unwind on their cozy sofas. The flight of stairs that take you into the dining area upstairs is artistically done with a quirky chandelier. The paintings hanging on the wall and minimalist décor adds to the vibe of the place.

Though they don't serve liquor, you have the freedom to carry your bottles. However, they have a wide selection of non-alcoholic beverages put together by their mixologists. Also, you can request for your personal twist to it or else just pick a virgin mojito or milkshake from their menu. We went in for the Watermelon Cooler and Litchi Freezer.

The fizzy Litchi Freezer was refreshing – made of litchi juice with raw ginger shards, a squeeze of lime and a generous splash of sprite. The sharp hint of ginger

adds to the appeal of this mocktail. I quite enjoyed the Watermelon Cooler with its fruity flavour and hints of ginger ale and basil. Their food menu is extensive. Most of their food features Chef Karlton's refined, contemporary cooking, with the added advantage of savoring the authentic and natural flavours. The fusion food provides an innovative twist to our favorites'. They have plenty options in chicken and meat (beef, pork and mutton) and quite a few in a vegetarian too.

For the starters, Samosa Pinwheels with date & tamarind chutney or the Mushroom Karwari for

vegetarians seem quite interesting while the Ham & Cheese Naan, Beef Carpaccio or Beer Battered Prawns as non-vegetarian options. We however, enjoyed our Goat Cheese Bruschetta with caramelized onion & fig jam, which was delicious.

The Karwari Prawns were simple yet quite interesting, with finely chopped garlic and onion sautéed and a generous serving of curry leaves to add the South Indian touch to it. The crab cake was a stunner and a must-try for seafood lovers. Made of fresh crabs, the authentic flavours of the seafood are retained though and the meat is crumb fried. I loved how the natural flavours aren't overpowered with other ingredients. This is a definite must-try!

Also, what's of special mention here is – the food menu is revamped every few weeks and you'll find a few newer additions every time. Like the crab cakes, which were just introduced when we dined there. As we were getting done with our outstanding starters, a well-crafted main course arrived in two parts.

First up, was Butter Garlic



Squid – which was as good as it could get. The squids were well cooked not rubbery, bursting with flavour. The Chilli Garlic & Lime Crusted Kingfish Steaks served on the bone with fries were scrumptious and left us wanting for more. The steak was crispy on the outside and succulent on the inside and combined with fries, made for the perfect wholesome meal.

When we got to the dessert, I was rather surprised with the extensive choice on the menu. We were literally spoiled for choice and were also told they are introducing some more desserts soon, including the very popular serradura. While their in-house team crafts all the food at Bottlejack Bistro, the desserts are sourced locally from home bakers and pastry chefs from around the place, including Andrea Fernandes of The Laced Apron and Gilroy D'Souza from Baker's Street.

All of the desserts seem so fascinating, and for someone who has a sweet tooth, this is a heaven. For example, the Salted Caramel & Chocolate Tart is absolutely amazing – a buttery crust, gooey salted caramel and gooey chocolate ganache. Chocolatey, rich and buttery, I fell in love with it from the first bite. The sinful La Rouge – dominated by the much loved hazelnut mousse, generous amount of chocolate and cremeux filling dressed in a velvet coat – is so delightful and pleasing to the senses.

All the food at Bottlejack Bistro is well crafted and outstanding. For those who appreciate the finer things in life, a visit to Bottlejack Bistro is recommended to soak in the vibe, enjoy some good food for the soul and sinfully appetizing desserts. The portion sizes are just right and the food is plated so well. Trust me, you're going to be spoiled for choice with the food and not miss your drinks at all. The service is rather quick and the staff is willing to assist you swiftly, adding to the astonishing experience at Bottlejack Bistro.



**TVS** 

**Jupiter Classic**



**Scooty Pep**



**Scooty Zest**



**Apache 200**

# **THALY MOTORS**

**Authorised main dealer for TVS Motor Co. Ltd.**

825(A) PLOT SY. NO. 125/2A, NH-17, Porvorim, Goa  
Tel: (0832) 6516111, 6513111 Mob: 9823096612/8806173322  
Email: thalytvs@gmail.com

# GST ON TIATR, DRAMA IS NOT THE WAY AHEAD TO SAVE GOENKARPONN

There are certain things, which are beyond my understanding as far as Manohar Parrikar led government is concerned. Our magazine has never been a die hard, blind critique of this government. As a media house we have always maintained our trust on Chief Minister Manohar Parrikar and his team for better Goa. We don't believe in knee-jerk reaction on any matter and as a matured media house will like to give the benefit of doubt to state government on several issues.

But one issue that seems to have failed Parrikar led government is about Goods and Service Tax on Tiatr and Drama. As we write this edit, there is no clarity but there are hints that the GST will be imposed on the ticket and also artists, who are paid to perform.

If this is true, we can certainly predict 18 per cent rise in the tickets of tiatr and dramas, which are usually performed in state government run venues like Kala Academy and Ravindra Bhavans.

Before we dissect the issue related to GST, we must understand that the entire tiatr and drama industry runs on the mentors who usually watch them once a week or whenever they are performed.

One reason why a particular section of the crowd that you don't find outside multiplex will be found at Kala Academy is because the tickets are cheap. It does

not pinch for a family to enjoy tiatr at Kala Academy or Ravindra Bhavan.

So what will happen when GST is imposed? Ticket prices are certainly going to soar. This entails for many, buying a ticket would be unaffordable.

If this happens then, it would certainly mean less audience, poor response and big discouragement for the industry.

I happened to meet a tiatr producer recently who was narrating how they have been resorting to unique publicity campaigns to gather a crowd for their shows. With the advent of technology, the publicity has become cheaper, rather free. But they have to shell out money to give an advertisement on the newspapers.

Then there is expense to produce the entire tiatr that includes set, make up, costumes and all the ingredients that make the performance successful. The increasing prices of commodities have already made production of tiatr a costly affair.

The only support they get is through the mentors who buy the tickets and line up to see the performance. Now if these mentors are turned away from theatre, how will tiatr survive?

Recently during a function, Union Commerce and Industry Minister Suresh Prabhu said that the best remuneration for any artist is the claps that he gets from the audience. Nonetheless, GST will reduce the number of claps as well. The Half filled auditorium will never encourage a performer to do his best. He needs jam packed hall and applause raining from everywhere.

It might be again premature to predict how GST will affect tiatr artists. Will they be taxed on their remuneration that they get? Does it mean that they will earn less after every performance?

The answer is not clear. Art and Culture Minister Govind Gawde himself was confused over the matter when he gave sound bite to one of the electronic media. He said, "We are yet to get the clarity."

If not art and culture department then who will have the clarity Mr. Gawde? Your department is supposed to look after welfare of artists and also preserve art and culture. If Tiatr dies then for sure one golden piece of Goa's culture will fade away. We can't

afford to do that. Gawde should first get clarity on the issue and also explain to the general public whether GST means shutting down of tiatr and drama or it won't affect the performances.

While artists' fraternity looks with great hope from Parrikar led government, Vijai Sardesai is the person who can play a larger role. I still remember Vijai addressing a press conference with the priest in Velim church attack case and claiming that the current government is pro-minority.

We expect a similar stand to be taken by Vijai on this issue. Giving the age-old answers that he would be writing to the chief minister won't work. He has to ensure that Parrikar intervenes and speaks to the Centre on the issue.

Vijai has always been one of the main hopes for the minority community. This credentials of his were questioned when he decided to support the BJP in March this year. However, he has now managed to control the damage and convince the people why he did that.

Now he has an opportunity walking in to prove that the government is not anti-minority. One major step to roll back GST on tiatr can be a major example of how Goa Forward Party is really protecting Goenkarponn.

This is also a time for the party to act and prove its pro-minority stance as they are going for expansion in various assembly constituencies. The sources have revealed that they will be targeting Congress and Maharashtrawadi Gomantak Party constituencies. If that is the case, the party can anoint their entry into these constituencies by impressing upon Parrikar to roll back GST on tiatr.

This editorial of ours is not any provocation but a statement that we are optimistic about the state government. We feel that the steps would be taken to correct the error of imposing GST on tiatr and drama.

All of us have grown up watching these performances on the stage. Every one of us has some or other vivid memory of how some performance really changed our lives. Tiatr and Drama has been an integral part of our lives. We need to protect it to ensure that Goenkarponn survives. We hope Parrikar, Vijai or Gawde will listen to us.



**Owner: Uttam Kumar, Printer: Elegant Offset Printers Pvt. Ltd. Publisher: Priya Salgotra, Published from Off No. Of/8, 1st Floor, Sapna Garden Co-operative Society, Chogm Road, Porvorim, Alto-Porvorim, Bardez 403521, Printed from D2-31, Tivim Industrial Estate, Karaswada, Mapusa-Goa 403526. Editor: Anvesha Singbal (Responsible under PRB Act) Regd Office: Off No. Of/8, 1st Floor, Sapna Garden Co-operative Society, Chogm Road, Porvorim, Alto-Porvorim, Bardez 403521. Ph: 0832-2416502 Email: editor@theneutralview.com, letters@theneutralview.com, features@theneutralview.com, feedback@theneutralview.com For Advertisements Contact: 9822122922 / 8208980078. Email: advertisements@theneutralview.com**

**Disclaimer:** Except for the editorial above, articles and other text in The Neutral View represent the views of the concerned authors and do not necessarily reflect the views of the The Neutral View Editor, publisher, and/or owners. The advertisements published in The Neutral View are based on information furnished by the advertiser. The Neutral View does not authenticate the printed information in the advertisement. The advertiser will bear all the consequences of issues arising out of the advertisements if any and not The Neutral View

# MEET VISHWAJEET NAIK, THE 'BAAP' OF BIRDS IN REAL SENSE

GUNWANTI PARASTE

**P**une – While humans increasingly filled the space in Pune, birds were left with their habitations being destroyed, encroached and disturbed. The growing need of the city and overflowing population has made Pune second in largest cities on the parameters of physical development and urbanization.

While real estate giants are busy trying to pin point every possible space to convert it into the housing or commercial complexes, the original inhabitants of this place, our beloved birds, are finding alienated and threatened. The result was obvious. They began migrating to the outskirts and away from the city full with mankind.

But all humans are not inhuman. Pune based bird activist Vishwajeet Naik is one amongst the exception, trying to make a new home for birds by providing them artificial nests. Vishwajeet who is an artist by profession and birdwatcher by passion has an environment at his heart. He has given justice to his love through unique artificial nests.

Vishwajeet says that artificial nesting dates back to two decades when his father started installing earthen pots around their garden and water feeders to attract birds.

The first birds to be attracted here were the spotted owlets and mynahs that nested for one season, but discontinued eventually. It was something to ponder upon.

"Then I realized that these earthen pots had a few drawbacks. These pots had big holes from which the eggs fell, young ones fell off, or they were attacked by predators," he explained. Then the concept of tailor making the nest began.

"Artificial nesting does not mean disturbing the natural habitat of birds. Birds such as the Grey Hornbill used hollows in aged Tamarind, Peepal or Banyan trees." These trees were slowly diminishing and in turn were the birds. Artificial nests, essentially made out of old oil cans, boxes etc., are utilized to

attract these types of birds without disturbing their natural nesting habitat.

Vishwajeet have one-acre garden in Pune and is known to house more than 50 species of birds and attracts several others throughout the year.

It is nearly a decade now that Vishwajeet has been working with the concept of artificial nesting for birds. It has increased the breeding of a variety of birds in his garden, which includes the Grey Hornbills, Jungle Mynah, Common Mynah and Brahmani Mynah, Magpie Robbins are some amongst others.

He said that my experience led to creating boxes of different shapes and sizes to suit the behaviours of different birds. This experience also allowed me to conclude that two inches diameter was the ideal size of the box opening for artificial nest.

This was an ideal circumference for the birds to be adapted to these boxes. Further this hole was required to be on the upper side of the box. This allows the birds to have a comfortable base as their nest and also prevents the young ones from falling off.

Initially I noticed that birds usually visited his garden to take a dip, drink water and often flied off. On closely observing their behaviour, I tried to inculcate more indigenous plantations in the garden to attract nesting of birds. They slowly started responding to these plantations and other trees like drumstick, banyan and several other fruiting and flowering trees as well.

Vishwajeet said that it was a conscious decision to not use any fancy material or make any special investments to create these artificial nests. Keeping the environment and recycling in mind, I have consciously used old boxes, oilcans and other recycled material to make these artificial nests.

The idea was to be economical, environment friendly and most importantly easy to adapt to



anyone who wanted to try this and contribute to the cause of making the surroundings greener and more bird friendly.

We have tried experimenting with the nests since the birds, which instinctively live in hollow trees, have lost their habitat and hence immediately make such artificial nests their home. With the loss of forests, birds are adapting to make homes around human populations.

Pune is losing many old trees, so birds are on the lookout for habitat. It will take new three years to develop hollows and cavities. This is where artificial bird nesting is helpful.

Vishwajeet have conducted more than 200 slide shows on the art of artificial nesting for birds, thereby helping the society to develop eco-friendly surroundings. He also tries and regularly visits NGOs and schools to educate and create such spaces around in their campus.

As part of sparrow awareness program, they conduct slide shows in urban as well as rural areas around Maharashtra and Goa that has got great response from people.

Birds need food and you can attract them to your balcony and terrace by planting. Smaller gardens have wonderful options to attract smaller birds. Birds are a great way to take care of your garden as most of them have a particular liking for spiders and termites.



# Kiska ghar? Apna ghar? No way, it is not

**Frequent escapes of inmates, ruckus, fights between the staff and the juveniles are just three instances that have literally become a headache for the successive governments. The institution meant for reformation and protection of the juveniles in conflict with law and those in need of care and protection, respectively has become nothing less than a chaotic market.**



TEAM TNV

**W**ill the controversy-ridden Apna Ghar undergo a complete revamp or will it be replaced with another concept? This question is ticking everyone's mind after Minister for the Department of Women & Child Development Vishwajit Rane nearly confirmed government's intention to put an end to the functioning of the institution.

"Problems at Apna Ghar are not addressed in the right perspective. There has to be different options available. Apna Ghar concept seems to have totally failed. I have to relook at it with an open mind about what options are available," he said after his maiden visit to the controversial home this week.

Frequent escapes of inmates, ruckus, fights between the staff and the juveniles are just three instances that have literally become a

headache for the successive governments. The institution meant for reformation and protection of the juveniles in conflict with law and those in need of care and protection, respectively has become nothing less than a chaotic market. The Minister who is himself new to the portfolio has conceded that some inmates are indeed involved in illegal activities and they escape from the Home in the morning to return during the late hours.

"Some inmates are involved in illegal activities. There is a negative atmosphere inside the Home, which needs to be changed or replaced by the entire Apna Ghar concept with another alternative," he said based on preliminary briefings from the officers of the Directorate of Women & Child Development.

While this long-term plan is still to take the concrete shape, the minister called for the long pending inquiry report by the one-man inquiry committee that had made several observation and suggested changes at the remand-cum-shelter home.

Then deputy collector Levinson Martins was entrusted with the task to conduct a thorough probe into the happenings at Apna Ghar and suggest measures for improvement, after the criminal nexus between former staff at the Home, criminals and some inmates was exposed way back in the year 2012.

The report also recommended frisking of visitors at the entrance, ban on the use of mobile phones, two-tier outer security, illumination of the campus, cleaning of wild vegetation on regular basis, improvising on the food and other basic needs, segregating children by gender and type of heads (juvenile justice board and child welfare committee)



# feature

among many.

The report also indicted six caretakers for conniving with alleged gangster Zenito Cardozo to smuggle children out of the Home. It had not only exposed glaring lapses but also recommended criminal action against them for their alleged links with the criminals. The then caretakers were identified as Manuel Mascarenhas, Videsh Mandrekar, Jayprakash Kambli, Sachin Pokle and Ghanshyam Gaude – for allegedly helping the juvenile inmates escape from the premises. The inquiry officially confirmed that the children, who were exposed to crime, were thereafter taken into custody by the police for robberies, stealing vehicles, spare parts and one of them was also charged with abetting a murder.

Out of the total caretakers indicted for the offence only one Videsh faced action by way of suspension in April 2012 and subsequent arrest. But this was not long last as he was soon released and even reinstated in the job in June 2013. The remaining were privileged ones as they were only transferred to the department head office as "punishment."

However, a year after the expose the five of them - despite being charged with facilitating escapes - were sent back on duty at the remand home raising fear of either threatening or interfering with the witnesses, who are inmates. After a big hullabaloo, the government shifted them back to the head quarter.

Denying smuggling of children in the present scenario, Rane however admitted that some inmates are indeed involved in illegal activities and freely walk out at night to return without any hassles in the morning.

As one measure to improve the living conditions at Apna Ghar, the authorities have introduced good food, strengthen internal infrastructure and even recruited 10 intern counselors for inmates. A Rs. 5.5 crore renovated complex has been commissioned for the children. The walls fitted with vitrified tiles, colourful interiors, CCTV surveillance, and dormitories with attached toilets, separate kitchen and dining facilities for girls etc. are a part of the new complex.

Just-appointed WCD Director Deepak Desai who too conceded chaos in the Home has vouched for a positive change.

Rane has also aimed at attempting to shed negativity around the institution but it would be interesting to know that while the government is implementing the report, will there be any action against those NGOs or individual child activist for allegedly keeping mum on the entire nexus? Will their role be further investigated, just the way the minister has assured action against the government employees indicted in report (after he examines the report)?

It would be a wait and watch the situation as both-minister and director are new to the portfolio and are trying to understand the nitty gritty of it.



# ABUSE OF DRUGS TO ENHANCE SPORT PERFORMANCE

**CHRISTON RIEN**

**W**e live in a very competitive world where winning is viewed more important than the game itself. Success in competition brings status, recognition, popularity, fame and also the money.

Today, athletes are looking for an edge over their competition that will help make them winners. Unfortunately, the adolescents get caught up in this high stakes competition frenzy. Because of this, teenage use of performance enhancing drugs is growing ever more popular. Performance enhancing drugs are classified into four types: androstenedione, creatine, anabolic steroids and the ephedra alkaloids. All of these drugs are available over the counter with the exception of anabolic steroids. Most people are familiar with these terms, but are not quite sure of their use and what they can do to the human body. The human body can withstand a lot of stress and is built to last. But with the overdose of these PED's we can set ourselves up for internal and

external damage which could eventually lead to our entire system shutting down.

Androstenedione are pro-hormones that convert in the liver to testosterone and come in the form of pills. Adverse effects include irreversible gynecomastia- the premature closure of growth plates- acne, hair loss, testicular atrophy and changes in personality including aggressive behaviour. These behaviours can include 'steroid rage' or 'roid rage', and inappropriate intense anger.

Creatine is a protein that is popularly consumed as a nutritional supplement and sold as a fine white powder. It is commonly used by bodybuilders to enhance muscle growth. This protein is synthesized in the liver at a rate of 1-2 grams per day. What you may not have known is that creatine is also found in red meats and fish. Most individuals need about 2 grams per day. In our skeletal system, creatine plays an important role in the production of ATP. Most athletes believe that it enhances their performance and decreases soreness after strenuous workouts.

Adverse effects include weight gain, and increased cases of muscle tears upon maximal exertion have also been noted. But the most concerning adverse effect includes renal dysfunction. At a minimum, athletes on this supplement need to be well hydrated.

In the past, we have witnessed many great athletes admitting to having taken drugs. While some have confessed of their usage, others were caught red-handed. It's almost like taking PED's have become a trend among athletes. We are often surprised as to why such gifted and skilled athletes find the need to take such substances and then we realise that it is for the sole purpose of either staying on top or getting to the top. Like I said earlier, the competition is rising day by day in the world of sports. Much is expected from these athletes with tons of pressure and expectations from critics, fans and even themselves. Sometimes, no matter how good an athlete is considered to be, their desire to win and stay on top can cost them. This includes physical, emotional

and mental effects. Now, although the will to win and be the best of the best are important qualities for an athlete to have, it cannot be mistaken for doing whatever it takes.

Today, athletes in most sports are given drug tests to find out if they are truly clean or not. However, in some sports such as MMA (Mixed Martial Arts) athletes do take PED's but soon go through a process of flushing out the drugs from their bodies. This allows them to get an edge over their opponent without being tested positive. In 2005, Major League Baseball introduced a new, stricter drug policy that increased the severity of penalties for steroid and amphetamine use, signalling the end of the so-called "steroid era". However, this did not stop some players from doping and getting the full benefits of their substance on the field. In the MLB, (Major League Baseball) 47 players have been suspended for using banned substances (including steroids, HGH, testosterone, and amphetamines) since 2005, with penalties ranging from

ten-day suspensions to 162 games or even the entire season. Some athletes with severe drug addiction have also been banned for life. Many sports based organisations have substance abuse programmes that aim to help the athlete to overcome their drug issues through funded counselling. Many sports fans tend to take the black-and-white view of athletes and PEDs. Professional athletes are labelled as poor decision makers, while athletes who reject PEDs are supporting the purity of the sport. However, athletes and PEDs lie more in the grey area. Given the profound effects that PEDs have on their bodies and the advantages that come with it, athletes who take these drugs should be labelled as more of risk takers. Some of them get away with it and some do not. In all honesty, true sports fans don't enjoy watching their favourite athletes winning with the use of drugs. In the end, it just boils down to the most naturally gifted and hardworking athlete and that's what people enjoy watching.



# SC/ST POLITICAL RESERVATION ISSUE COMES TO THE FORE AGAIN

TEAM TNV

**T**he issue of political reservation for the SC/ST community of Goa has come back to the fore. Be it elections of 2019 or a real concern for the community, the issue is ought to snowball into a big issue during the further democratic exercise of elections.

The issue was raised at the inaugural function of the one day workshop for elected members of Village Panchayats and Municipal Councils of Goa belonging to the SC/ST community which was organised by the Goa Commission for Scheduled Castes and Scheduled Tribes.

The discussion begun after the topic of SC/ST reservation was referred to by the Chairman of Ravindra Bhavan and Executive Member of Goa Forward Prashant Naik. He said that Goa Forward will be fully supporting the political reservation for ST's/SC's.

The long-time member of the United Tribal Associations Alliance and the one who felt the brunt of the UTAA agitation, now the Minister for Tribal Welfare Govind Gaude said, "I have slogged for the issue. I am trying my best to solve the issue and I know the best how to take it to a logical beginning."

South Goa MP Narendra Sawaikar, Chairman of Ravindra Bhavan Prashant Naik, Prakash Shankar Velip, Venancio Furtado, Director of Tribal Welfare, Ajit

**" I have slogged for the issue. I am trying my best to solve the issue and I know the best how to take it to a logical beginning.**

Panchwadkar, MD, Tribal Corporation and others were present at the occasion.

However, the dissent by the ST/SC community has been evident in several letters, complaints and also court cases filed against the processes of the Government. A letter had been written to the Chief Election Commissioner by the Goa State Scheduled Tribes Action Committee asking to declare the Goa Election 2017 null and void and started a debate on when exactly is the right juncture for Goa to start the process of political reservations for the scheduled tribes and scheduled castes people of Goa.

The issue of reservation of the seat for scheduled tribes in the State Assembly of Goa as per Article 332(3) of the Constitution of India, which clearly defines that reservation of

seats in the State Assemblies must be made on the basis of the percentage of the population of the scheduled tribes in the particular state. The mandate of the Constitution is supreme.

Before the recognition of Gawda, Kunbi, Velip and Dhangars into ST, the first Scheduled Caste/ Scheduled

Tribes Bill was passed in 1968 which recognised five communities as Scheduled Tribes in Goa but till date, no reservation is given. While all other states in the country have implemented the provision of this bill, in Goa, this law is still not implemented even today. "This is not by accident

but by deliberate design. All the concerned departments are aware of this subject," alleged Secretary of Goa State Scheduled Tribes Action Committee, Manuel Barbosa.

Barbosa also alleged that there has been a false representation of facts before the courts by all the responsible authorities and has claimed that the orders of courts asking to resolve the matter expeditiously too has been ignored by them.

"The Assembly election held on 04-02-2017 in Goa is in violation of Article 332/3 of the Constitution of India, and also, when any notification is issued, the Election Commission shall

continue itself to the mandated of the provision of the Constitution of India," said Barbosa.

"All the leaders of ST/SC associations and alliances have come from the movement and we are fortunate that the persons from the movement are in the Government now," said Narendra Sawaikar while assuring all the help towards the support and well-being of the community. He also swore on the enhanced financial support to the SC/ST from the Central Government.

While speaking on the ST Reservation Bill, MP Narendra Sawaikar said, "As an MP I have taken the issue to the Union Ministry. The issue will be resolved soon as the Centre is looking at the issue seriously."

The Tribal Welfare Minister Govind Gaude said that there are attempts being made to take the SC/ST Commission to the grass root level. "The Prime Minister and the State Government have a plan to make sure not even one person of the marginalised community is denied of education due to monetary problems. But the information flow needs to be strengthened so that all benefit from the same," said Govind Gaude.

Some day or the other, the Government will have to cross the line on this issue as it has been long pending. Now it will be interesting to see how long it takes for the same to happen.





## ISSUE OF WHOLESAL AND RETAIL FISH MARKET AWAITS RESOLUTION

TEAM TNV

**The TCP & Agriculture Minister Vijai Sardesai had already promised to clear the area for healthy and clean trade. The locals have now urged the Local MLA to take up the matter and put things right.**

**T**he issue of the wholesale and the retail fish sellers of Margao has become an unending battle for both the entities. As the tempers ran high last week at the Wholesale fish market yard the police had to interfere and stop the situation from going berserk. However, a look at what has culminated till date on this front reveals that there has been a total lack of political will to solve the issue. Fortunately, now the TCP & Agriculture Minister who is the MLA of Fatorda Vijai Sardesai has taken it up to get the problem resolved with all the methods.

The issue was begun way back in 2015 after the new South Goa Planning and Development Authority Chairman Mauvin Godinho visited and inspected the wholesale and retail fish market. The Chairman had interacted with the fishermen and directed the Member Secretary to install water filters for drinking water and clean the stormwater drainage's within two days. Tension erupted among the retailers at the SGPDA and in a fit of anger a fisherwoman picked the sewage water from the drain in front and threatened to splash it over the inspection team. The fishermen questioned the inspection team on the promises they made in the past.

The asphaltting of roads, cleaning of the drains, repairs and modification of the sitting places and water for washing the spaces was

also demanded by the fishermen at the SGPDA Market. This is when the bargaining began. The fishermen demanded that until the retail trade at the wholesale fish market doesn't stop they won't agree or obey to any of the directions of the SGPDA. The wholesale fish market, in fact, had been waiting for the replacement of the fixtures in the market area and also to clear the stagnation of water around the market areas.

Meanwhile, the Clean Margao Green Margao NGO led by some Madgaokars took it up to them to get the entire market look and feel better and installed guard rails for footpaths and also installed water lines to the sitting area which enabled them to clean the spaces.

"So many inspections have happened. Nothing has changed. Neither we got drinking water nor has the illegal sale of fish stopped at the wholesale fish market. We give a word, if the illegal fish sale is stopped, we will sit in our places and clear the passage," said an agitated fisherwoman back in 2015.

A lot of time elapsed and the persons agitating and asking for a better fish markets came to the driving seat. It is to be noted though that the wholesale fish market at Seraulim is the biggest in Goa and has been under the SGPDA for decades now. However, it is also the most ill-equipped as there is no proper ground, no effluent and sewage treatment plant here. There is no garbage dumping site here too, and all the Garbage from

the market has been making its way to the Sal River alongside and to the village nearby. The TCP Minister after assuming the ministry made it a point to get the issues here resolved once and for all so that health trade prospers here. The TCP Minister at the beginning of the year inspected the SGPDA retail market as well as the wholesale fish market and warned both the sides to get their act straight or face the music. This was being done parallel to a plan to make the wholesale fish market a state of the art facility for all the South Goans.

In the month of May, the Minister directed the MMC to clear the retail trade at the wholesale fish market. However, since then, there have been several attempts made by the MMC to solve the issue but the traders have not backed down. But to the surprise of all, the Minister has been able to resolve the issue of the SGPDA retail fish market and now the sellers sit on the spot without blocking the footpath. The retailers at the wholesale fish market too have reduced, but the problem still persists. The authority has asked the retailers to come and sell at the retail market, but the advice has gone on deaf ears.

The menace of the roadside illegal vending at the SGPDA wholesale market has increased recently with vendors not just selling vegetables and fish now but also groundnuts and masala too.

This menace on the main road is going on under the watch of the Margao Municipal Council. On Sunday, it was a chaotic scene on this Saravali road where Nelly about 50 vendors were standing on the roadside with their 4 wheelers where people stopped their vehicles and blocked the entire road.

Sanjay Mendes a local told that these vendors have covered half the road and cause a total traffic jam on the road. "Surprisingly, the MMC is charging Rs 30 to 50 for the trade done illegally on roadsides. Will this problem be ever solved is want we fail to understand" he said.

The TCP & Agriculture Minister Vijai Sardesai had already promised to clear the area for healthy and clean trade. The locals have now urged the Local MLA to take up the matter and put things right.

However, there needs to be a strong and continuous action on the issue to solve it once and for all. The TCP Minister has been on record on this issue, claiming that it is his priority to deliver affordable and good fish to the people of South Goa and has taken it up as a task. It will be interesting to see how and till when this target is achieved.

# PLANNING & DEVELOPMENT AUTHORITIES

## GOVERNMENT'S NEW TOOL TO "PLEASE" 'POLITICAL FRIENDS'



### TEAM TNV

The BJP-led coalition government's recent in-principle move to split the North Goa Planning and Development Authority (NGPDA) into three- coastal PDA, Panjim PDA and Greater Panjim PDA consisting of Taleigao, Bambolim and Old Goa- is the new controversy in making. In a bid to "please" its new "political friends", the Manohar Parrikar government is taking all those decisions, which has now upset his own party loyalists.

It is not any more secrete that in order to accommodate former MLA Atanasio 'Babush' Monserrate, who joined Goa Forward Party just before the Panjim by-election- given major jolt to the Congress, government intends to give him chairmanship of new PDA called Greater Panjim PDA, "thanking him for his support".

Moreover, to give a major boost to the real estate business of its Minister Pandurang Madkaikar, government has included Old Goa in the new proposed PDA. What is interesting to see is the political fallout of this decision, as the Deputy Speaker and Chairman of North Goa PDA Michael Lobo have already expressed his displeasure, considering the fact that the entire coastal belt will be now out of his regime.

While the coalition government try to pretend that the decision is being taken to facilitate the planned development, it is clear that the moves are politically motivated.

Minister for Town and Country Planning Vijay Sardesai justifies stating that in order to have planned development, in the fast growing areas, government proposed to have PDAs in

place.

"I am not asking for separate Fatorda PDA because it is not growing as Taleigao or Old Goa is growing. Even like the North coastal belt that is developing, needs separate PDA. Looking at the demand, we have to take certain decision," he said.

Presently, Calangute BJP MLA Michael Lobo heads North Goa PDA whereas South Goa PDA is headed by Goa Forward Party's former president Dr. Renuka Da Silva. The political infight between the coalition partners has delayed the reconstitution of the Mormugao PDA.

While sources confirm that Lobo is very upset with the decision to split NGPDA, which means taking away his entire powers, the Calangute MLA says, "CM is the decision making authority and I would not like to comment on it".

The PDAs- Planning and Development Authorities are

constituted as per the rules set under Town and Country Planning Act. The Authority deals with preparing the land use map, outline development plan, prepare and prescribe the uses of land within its area; and schemes of development and undertake their implementation.

However, off late, the PDAs have been given powers to overrule the Regional Plan.

Well known architect and member of the former task force on Regional Plan 2021 Dean D'Cruz states that the move is basically to bypass the RP and allow rampant destruction of the environment in the name of planning. "All PDAs are more of a money-spinner for the government," he states.

D'Cruz explains that the formation of new PDAs is basically to conceptualize multiple outline development plans by granting an increase in FAR. "This is nothing but

an attempt to subvert the concept of the Regional Plan. The formation of more PDAs will lead to more ODPs that will bypass the regional plan. Then there is no point in having a Regional plan for 2030 or 2050," he said.

Green activists smell corruption and scam in the decision. They believe that formation of PDAs will curtail the rights of Goa Panchayat Raj Act.

"The bifurcation of the PDA's is completely unconstitutional and in contravention of the Town and Country Planning rule. It is solely being done with a purpose to defeat the Regional Plan. This is to encourage the real estate speculation at the cost of Goan economy and environment," Activist Abhijit Prabhudesai said.

He states that it is mockery of the existing system.

"Everyone knows that the formation of new PDAs is with political interest and has nothing to do with so called claim of planned development. Everyone in the government, wants some share," Prabhudesai charged.

The Congress party too has questioned government intention behind bifurcations of the existing PDAs. The political opponent claims that with eye on Lok Sabha election 2019, followed by Assembly election in 2022, the parties in power are using PDAs as money making tool.

"When I was chairman of NGPDA, Parrikar had accused me of corruption stating that the authority is money making machine. I would now like to know from Parrikar, why State needs so many PDAs," CLP leader Alexio Reginaldo Lourenco questioned.



SUUHAS TENDDULKAR

The success of sustainable city and smart city movements across the world clearly suggest the growing awareness about impact of human settlements on natural world and natural resources. There is a clear recognition that a business as usual mode of city and town development is not an option and urban planning has to integrate a higher level of thinking about systems

With the same thought, many individuals and communities, in the past, joined forces to theorize and practice an alternative way of sustainable living. Some of the earliest alternative communes started way back in the 60s and the 70s, were Findhorn (Scotland, 1962) and Arcosanti (Arizona, US, 1970). In India, many faith based communities like Auroville, Anand Ashram, Amritanandmayi, with millions of global followers adhere to a different mode of economic and social living by forming communities that take only marginal part in the monetary economy and live in a better harmony with nature. Some of the common principles of these communities include individual/institutional financing as against public financing, partial or no private ownership, concept of sweat currency through voluntary services, self-sufficiency in food and water, moderation in materials use, increased reuse and recycling and a conscious avoidance of toxic and chemical products. The key theme followed by these communities is hinged around the concept of self-sufficiency in resource use as well as consumption and sustainable lifestyle practices that do not irreversibly damage the natural resources and

## URBAN SUSTAINABILITY PRACTICE AND SUSTAINABLE MODEL FOR GOA

environmental processes.

Goa, because of its unique rural-urban mix, higher per capita income and land availability has a great opportunity to develop a community living model that can reconcile development objectives with sustainable principles. Unlike other states in India, the rural-urban demarcation is nearly invisible and the merging of form as well as culture is so subtle that the only distinction is the in the way the units are run administratively. Interestingly, unlike other states, the local governance structure of Panchayats is strong and Panchayats are known to wield considerable influence on local development and infrastructure. Another unique feature is comparatively high level of citizen engagement in civic decision making.

However, an effective community model has to essentially start with culture and lifestyle changes. Although many Goan villages still retain their unique identity by way of supporting local commerce and community partnerships, the youth has started emulating the consumerist

many Goan villages still retain their unique identity by way of supporting local commerce and community partnerships, the youth has started emulating the consumerist culture of the rest of India in terms of buying choices and material use. There is a great need to revive the old culture by supporting local businesses and local buying through behaviour based interventions to inculcate a resource conservation mind-set and induce temperance in needs assessment and buying choices.

would essentially impart resource specific knowledge of conservation practices in use of energy, water, fuel, food, material, etc. Knowledge based interventions, aimed at intended practitioners, will impart skill based knowledge in areas like organic farming, kitchen gardening, drip irrigation, water harvesting, waste material reuse, waste composting, etc. Technology based interventions, mainly intended for to-be entrepreneurs and operators, would impart technical and vocational training in areas related to renewable energy generation (wind, solar, biomass), water recycling and water purification, effluent treatment, etc.

Local community buy in and continuous involvement would be the foundation for the model to succeed. In this context, it will be absolutely essential to ensure that the design and operational expertise is sourced from within the local community itself thereby, creating employment opportunities locally. As far as finance is concerned, there are many central and state government initiatives related to conservation efforts, vocational skill training, employment generation etc. Knowledge inputs from external experts, subject experts and financial as well as in-kind support from private sector partners can also be counted on to bridge the financing gap.

The question is not if this can be done, the question is what will happen if we do not do this. I strongly believe that unless specific measures are taken now to adopt sustainable culture and practices in lifestyle and community planning, Goa will, in a matter of 2-3 decades, lose its unique culture and would be just like other states that are struggling with resource scarcity and high dependencies.

culture of the rest of India in terms of buying choices and material use. There is a great need to revive the old culture by supporting local businesses and local buying through behaviour based interventions to inculcate a resource conservation mind-set and induce temperance in needs assessment and buying choices. This kind of a culture change is not easy but it can be actioned by predominantly training children and adult women and SHGs to take a participatory role in people engagement.

On the technical side, workable action plan to develop a sustainable village model would have to include myriad interventions in resource generation and consumption patterns across diverse segments including agriculture, water, energy, infrastructure, transport, material use and heat use.

More specifically, for each intervention area, actionable activities will have to be identified and implemented across three parameters: Conservation, Knowledge and Technology. Conservation based interventions, aimed at everyone,

# A BOOK THAT TAKES YOU BACK TO YOUR ROOTS, NATURE

**RUPESH SAMANT**

After spending few of the most valuable time of my life with personality like Rajendra Kerkar, the excitement to read his book on the subject dear to my heart was obvious. So when I laid my hand on the book "Natural Heritage of Goa", I could not stop respecting the capabilities of Kerkar to research the state's most unexplored facts and put them in the right perspective and simple language.

Published by Broadway Publishing House, one of the most renowned institution for the book lovers, the book US based Kiara Winans who has lived with Kerkar family at their house at Keri in Sattari.

World renowned environmentalist Dr Madhav

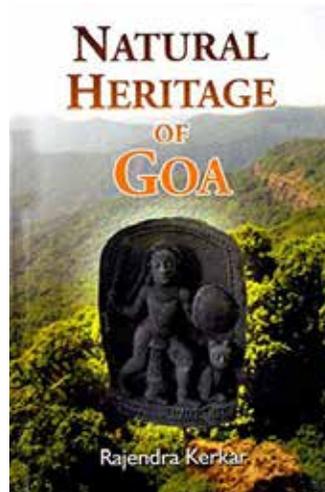
Gadgil has prefaced this book who has praised Kerkar as "a superb writer in Marathi and Konkani" who has penned this book which will give at once a great pleasure and deep understanding of this land, its nature, people and their life to any reader.

The writing explains in detail about the science, history and current perspective about Goa's Natural heritage which is reflected through the aspects like People and Places, Plants, Animals and Deities and Rituals. The unknown facts about Goa, which is world famous for its sunny beaches, lay bare in this book which travels from the time of pre-Portuguese rule to the colonial past and their impact on our culture which we have been following devoutly.

Kerkar has a formal style of writing English that helps the reader understand each word and the concept that he tries to explain. Simplicity in his language makes this book adaptable for the school curriculum. If I may be permitted, I would suggest, government should introduce this book as a part of school learning so that the generations to come will know Goa better.

While Goa's cultural heritage cannot be detached from the religion that we follow, Kerkar has given people a reason to believe in faith that they follow. He has based the facts about the beliefs on science and environment, explaining them meticulously in each of the chapter.

The famous 'Jayanchi



Pooja' tradition or Ashoka tree – a remover of grief, Cucumber in Hindu and Christian festival, Rice in the Goan religion and so on, each chapter will further cement your beliefs in the traditions that we have been following.

The life of people in Goa, especially those from the villages nestled in Western Ghat, is inseparable from

deities and rituals. Kerkar has touched the most untouched aspects of this through his writing on Brahma amidst the Green world, Buddha's Vision of Ecological Harmony, The Cult of Sun Worship in Goa and others. The most interesting could be 'The Monsoon Worship of Goa', the chapter which claims that Goan farmers rely on their own signs to guess how the rain god is going to behave.

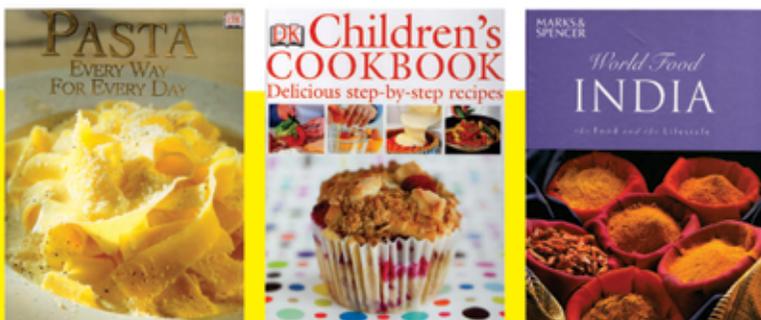
The book culminates with a chapter on Franciscan order in Goa and the legacy of St Francis of Assisi.

I would recommend this book as a 'must read' for those who want genuinely know about Goa and its culture so that when they come down here they will also spend time amongst those richness of the State away from the beaches.

This book is available in all Broadway book centres.

## Goa on a bookshelf

Flat 50% Discount On a Wide Range Of Cookery Books



## BOOK LOVER'S SALE

100/- & 200/-

International Best Sellers  
Novels of Well Known Authors



**BROADWAY**

BOOK CENTRE

KNOWLEDGE IS POWER

SIGNATURE STORE: 1st Floor, Ashirwad Building, 18th June Road, Panjim Goa.

Email: [bbcbooks@rediffmail.com](mailto:bbcbooks@rediffmail.com) | Web: [booksgoa.com](http://booksgoa.com)

Tel: 0832 6647038, Khail Ahmed 9822488564

Also at: Candolim: Near Dr Dukle's Hospital and Caculo Mall, Panjim

# 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

Independence and enterprise will not work for you. Instead, go for compromise and cooperation. Professional growth is superb. Financial prospects are wonderful. Jupiter will help you to get married if you are a single. Be careful about your health.

## TAURUS

APR 20-MAY 20

Your spiritual beliefs and guides will change. Jupiter and Neptune are favourable for your career. Finances are wonderful while love Relationships are complicated and pregnancy will need to be planned.

## GEMINI

MAY 21-JUN 20

If you are unemployed, you will get a good job. The Solar eclipse will affect your love life adversely. Moon will make your financial journey erratic. Health will be good.



## CANCER

JUL 21-JUL 22

This month will be a tough one for you. The Cancer personality will undergo a major transformation due to the Lunar eclipse. You may change over to a new job. Finances and relationships are stressful. Health is below par.

## LEO

JUL 23-AUG 22

Mars will make professional life hectic for you. Your spiritual beliefs will undergo a major shift. The money will be spent on charities. Singles will form many love relationships for fun. Health will be stressful.

## VIRGO

AUG 23-SEP 22

Jupiter will help you to expand your intellectual base through studies and travel. Career targets are completed successfully. The eclipses will force you to change your financial plans. Love is not serious but will be more enjoyable. There will be no complaints about your health.



## LIBRA

SEP 23-OCT 22

Venus will impact the career and health. Professional growth depends on persistence. Jupiter will enhance your wealth. Divorces and marriages are possible due to the Lunar eclipse. Health can be improved with more relaxation.

## SCORPIO

OCT 23-NOV 21

You are free to do whatever you want in life. Jupiter will help you to change your job with better prospects. You will spend on buying luxurious items. Planets will make you highly charming and lovable. Health management is in for a radical change.

## CAPRICORN

DEC 22-JAN 19

You should avoid taking risks this month. Jupiter will help your career ambitions. While Jupiter is helping your finances, Uranus is trying to slow down your prosperity.



## SAGITTARIUS

NOV 22-DEC 21

Friendships will be on the radar this month. Finances are tough and highly erratic. Love relationships are highly confusing. The only positive thing will be health.

## AQUARIUS

JAN 20-FEB 18

Career goals will dominate over domestic issues. Uranus will alter your spiritual faculties. Jupiter will make your professional growth exceptional. Financial management will be challenging. Family environment will undergo significant changes.

## PISCES

FEB 19-MAR 20

You will be overwhelmed by the strange events during this month. They will be positive for you in the end. Career is subject to changes. Finances are wonderful, but more effort has to be put in. Diplomacy is necessary to maintain good social relations. Health can be improved by natural food health benefits.



# Another 'womania' Shanti Satardekar has set an example for others

Laxmi Budke



**A**nother inspiring story of a lady from the 'Go Womania' Goa Group, who has proved that if one has the will to do something in their life, then no matter the circumstances, one will achieve their goal.

Mrs. Shanti Satardekar is an example for all the ladies who wish to stand on their own feet and prove to the world that ladies can stand staunchly and manage everything all by themselves without any dependence on anyone.

She is the Sales Head of Uniarch Building Systems, which is owned by her husband. They started the company six years ago at Mumbai. They deal in modular railing system and specialize in stainless steel systems, architectural railing systems and all types of fabrications.

In 2015, they decided to start a branch in Goa because of the heavy product demand. They began with an office at Mapusa and in these two years they have grown at a great speed. When she was asked for her experience about working in Goa, which is so different from Mumbai, to which she replies "Goa being my hometown, I have always had an attachment towards the state and I find it very pleasing to work here"



Talking a little about her childhood, she says, "I was born and brought up in Goa, completed my schooling in Goa itself but we had to move to Mumbai so I had to complete my graduation at Mumbai. After my graduation I have worked with renowned companies in the administrative section."

Getting nostalgic she also says that it was always her dream to become an entrepreneur and be an independent woman who was strongly supported by her parents and later her husband who was also incredibly supportive of her ambitions.

With great zest for her work, she says "I have always loved working with people and this love for socializing is what keeps me on my feet as the sales head of my company."

Apart from being a wife, Shanti is also a mother and regarding these roles she happily says that her family is in turn her major pillars of support and have kept motivating her throughout instead of being a hurdle or obstacle in her work. She adds gladly "my children see me work and to my great fortune, they understand me and the hardships I do and try their best to contribute positively to my success." She also adds that apart from her family she is also grateful to her mentor arch. Rita Mody Joshi, who helped her a lot in her initial start up phase.

"My motto in life has always been that I should not be a parasite on my parents and my husband as well. I always believed that independence is a woman's greatest weapon, which every woman must make it her priority to achieve." Further she continues, "when I came across Go Womania Goa Group on social media, I instantly got associated with them as I liked the concept, it was a great step towards women empowerment and that too without any profit." She also adds "I am very happy with the progress the group is making and I am delighted for being a part of it as I love to extend my helping hand towards the women who are in their initial stage of start up and it gives me immense pleasure to be a contributing person in somebody else's needy times.

Her message for the readers is, if there are any kinds of talents and skills a person possesses within them, they must utilize it instead of letting it go to waste. If it is put to proper use you may well become entrepreneurs and have your own business and once that happens, there's no looking back on financial dependence on anybody. You would be your own Hero.

# Celebrate Sôsa's with Myra

LAKSHMI BUDKE

Sometimes it happens so that destiny chooses what you should be doing and there is nothing you can do to run away from it, Myra Silvieira has a story on similar lines.

Myra is the owner of Sôsa's, which is one of the earliest multi designer retailer stores in Goa. The minute you enter the store you feel like you have stepped into one of the ancient Portuguese houses and the ambience is so warm and lovely, I don't think you can ever just come here once.

Myra has been running the store on her own for around 10 years, while talking to me she just realized how long it had actually been! It is probably so because when she was given the responsibility to handle the store she just didn't want to do it, she had directly refused to take the store in her hands. But now 10 years down the line she has more than 30 designers who work with her.

Myra was passed on this store by her uncle who started it in 1998 when he passed away. Myra was always very connected to the store. And most of her childhood was spent in the store itself. But when her uncle passed away she didn't even want to step in the store because she was so connected to her uncle that she couldn't bear going in.

Although, it was the whole family that convinced her finally to take over her uncle's store, their statements were that let it go down but not at the hands of a stranger, let it be you, just give it a try!

On that bit of a confidence she decided to give it a try when she knew very little about running a store.

She nostalgically recollects,



I love my store, it is like a part of my soul, and I am so connected to store that I cannot even think of moving the furniture of the store.

"I was just 18 when I attended my first fashion show", that is exactly when she realized about her love for being a part of the fashion industry and even though her days were tedious and hectic, she didn't feel like it. Her work became pleasure for her. Then onwards, her passion for the store just went on increasing with time.

When asked about the problems she faced reaching

the level that she is at today, she remembers about the initial times when she was just getting started and taking over the store, even the sales girl never took her seriously, they made her do all the odd jobs in the store, even the designers didn't want to deal with her because of her age, which annoyed her family but she took all that patiently as she believed that it would payback someday.

She assured them all this trouble will be worth it. And she turned out to be right! Now she says, "I am aware of each and every corner of my store, from the switches of the lights to every garment that is displayed at my store". She adds on, "the biggest difficulty I had to fight against was within me. I was an introvert, which was not a good thing because in order to get yourself noticed you have to get into the limelight! This was my biggest fear. But gradually as I began loving my work the fear slowly disappeared."

Today, Myra is grateful to every person who didn't treat her well or who didn't think she could handle the store on her own; as all those negative comments and negative behavior made her want to prove herself to them and strive to be better instead.

Myra has clientele that

is not only local but they are also nationwide and international. She also has some Bollywood star celebrities purchase from her. One particular incident that she remembers gets her giggling till date, narrating the incident she recalls, "one day i got a call saying Sonam Kapoor wants to buy a few outfits from me, to this statement, my obvious reaction was that it's a prank call," but she anyway went at the venue with her outfit dressed casually and to her

surprise it was actually Sonam Kapoor. She adds, "We were standing in front of Sonam Kapoor, that too in casual outfits! But it was kind of a proud moment for me that my store is known even in Bollywood and that I have made it till here".

When asked about her plans for opening other outlets, she firmly refuses to open outlets because she believes, "everything in this store was and made by my uncle, from the furniture to the hangers to the lights, and I don't think I can replicate the feel and the personal touch that this store gives to the client." She further reveals, "I love my store, it is like a part of my soul, and I am so connected to store that I cannot even think of moving the furniture of the store." The bond that she has with the store is really very special and rare.

But she definitely has a vision to see her store in line with the top most multi designer stores in India someday. She believes that a person should follow their passion and always have a humble and down to earth attitude as no one is inferior to anyone but everyone is a master in their own field.

On the 11 and 12th of November Sôsa's will be organizing Flaunt Your Fashion at Taleigao community center. Make sure you be there.



# The story and struggle behind Breaking news in Goa

## TEAM TNV

Short breaking news has been a big hit in the recent times with people increasingly finding themselves short on time to keep themselves abreast with latest developments happening around them.

However, the concept of delivering breaking news in 160 characters was launched way back in 2005 by Digital Goa, which is probably one of the first technology start-ups of Goa. Goa Centric professional SMS News Service, launched 12 years back by journalist-turned-entrepreneur – Niraj Naik - has many other unique features which keeps it alive and kicking in this instant information explosion era.

There has been lot of debate in the recent past over the need of independent and unbiased media. Media dependence is becoming a major issue & threat to Indian democracy on the backdrop of media houses being taken over by corporates and political parties or being dictated by advertisers. Media running out of subscription paid by the public and in turn only accountable to the public at large can be truly independent and people centric. However, this utopian concept is rather cumbersome and non-lucrative when it comes to implementing it on ground zero. Digital Goa takes great pride in being one of the few media houses in the country which have made such an economic model viable. In addition, despite being an unconventional media Digital Goa has carved a niche for itself in the mainstream media of the state.

Digital Goa has struck to its principle of 'no advertisements only pure news' in the 12 years history of SMS News Service. The service runs exclusively on subscriptions collected from thousands of citizens of Goa. Right from who's who including the chief minister of the state to the common man on the street is a Digital Goa Subscriber. Our subscriber base is spread across the length and breadth of Goa. With strong attachment of Goan Diaspora to this land the service is used by Goan staying outside Goa and also abroad.



**Earlier, sending bulk SMS was not only cumbersome but costly as well. With emergence of social media, floodgates were opened to the whole world to reach out to large number of people across the world in a flash at as good as no cost.**

Digital Goa's indigenous collection model devised for the collection of mostly monthly payments from the subscribers with motorcycle borne executives stationed in all major cities of Goa is also unique in its own right

It all started way back in June 2005, when cellphones were slowly gaining popularity in the urbanized state of Goa. Goa's high literacy, widespread knowledge of English, tech savvy

population and most importantly strong craving for knowing the development happening within Goa has largely contributed to making this unique service an instant hit. It may be noted that it was the pre-social media era and there were one or two local cable TV channels that used to telecast one hour news capsule containing news of previous day. The only source of knowing latest news was radio and the newspapers that would disseminate news the next day.

No surprise than that the professional, subscription based SMS News Service which was launched by Digital Goa, on this backdrop, became an instant hit. The politically conscious people of Goa were so fascinated with this innovative and useful service that from chief minister, ministers, MLAs to bureaucrats, police, businessmen, professionals and literary who's who of Goa enrolled for the subscription of this service. Soon it grew into the most authentic, reliable, unbiased, crispy, and quick source of information to the people of Goa. And today after 12 years of consistent and reliable service Digital Goa has carved out a niche for itself in the mainstream media of Goa with various widely accepted digital platform initiatives.

SMS cost was one of the major expense heads in this venture. To keep the overheads low and to increase the viability of the service, manual method of sending SMS from mobiles was adopted. CDMA operators like Reliance and later MTS, who were offering 1 paisa per SMS, came as a blessing in the initial years. Though sending SMS manually from mobile phones was a very cumbersome process, the low cost of SMS gave the service the much needed impetus. At one given time, there were as many as 300 handsets from which news messages were flashed to subscribers at one go. Adding and deleting numbers on these handsets, adding numbers to groups, sending messages to subscribers was a cumbersome exercise. But the extremely positive response and credibility rendered by the people of Goa to the service made it possible for Digital Goa to cross major milestones

and establish itself.

Slowly SMS sending went through various changes with TRAI tightening the noose by coming out with various regulations for sending SMSs. Though we were sending SMS only to our paid subscribers and no commercial/ advertisement were sent by SMS in last 12 years, we were largely affected by each one of these changes. The worst time was when government of India imposed blanket ban on sending SMS for almost a fortnight in September 2010 in the run up to the Ayodhya verdict. Except for this period, there is hardly any day in last 12 years, when there was no news sent through Digital Goa Breaking News Service. It is this consistency, coupled with professionalism, impartialness, fearlessness and crispness of the news that has won the hearts of people of Goa. The various restriction imposed by TRAI finally made it impossible to send the messages from mobile handsets and finally in 2012 Digital Goa permanently shifted to the automated, state-of-the-art online SMS sending. This shift, though heavy on the coffer, helped in scaling up and improving customer satisfaction with better quality of service.

Besides technological challenges, dealing with copycats consumed lot of our energy for several years. After the success of this SMS News Service, there were many attempts made by several people and local media houses to provide an alternative to Digital Goa SMS News Service. However, none of them could survive for long before the high standards and consistency set by Digital Goa.

It was a real tightrope walk to run this venture just on meagre subscription, without taking any advertisement and sponsorships, all these years. There were tremendous financial constrains but at the same time there were pressures from different quarters. Keeping the independence and sanctity of the news was the real challenge and it was only our sheer conviction that helped us to resist all pressures and threats that came our way in the last 12 years. This may be the only media which was not taking advertisements from the government. This gave us courage to report any development against the government of the day or ministers without hesitation. Since we were the first to flash news, there was immediate reactions from politicians, criminals and law breakers. They first tried to lure us with 'offers' but when we did not succumb to their tactics they started to pressurise, abuse, intimidate and threatened us. Initially, this was given us sleepless nights but

slowly we got used to it and learnt to deal with it. But the satisfaction of doing fearless reporting far outweighs the troubles and financial constrains we had to go through all these years.

However, the challenge posed by the emergence and speedy penetration of social media was the most serious and difficult one. Social media literary shook the foundation of this service almost rendering SMS news irrelevant.

Like always it was the innovation and high standards which are an integral part of Digital Goa's existence that kept it going. Onslaught of social media and competitions amongst media houses, individual journalists and even general public to appropriate it in their favour was immense. Earlier, sending bulk SMS was not only cumbersome but costly as well. With emergence of social media, floodgates were opened to the whole world to reach out to large number of people across the world in a flash at as good as no cost. It also made it possible to disseminate not only text but other media like photos, video etc. This can be termed as the most significant thing happened to media ever since its inception. Some local TV channels were the first to jump onto the social media bandwagon followed by mainstream media and freelance journalists for Goa breaking news. Within a short span Whatsapp, Twitter, Facebook became major source of breaking news for Goa. Some

“  
**We always wanted to raise the bar and not to become content with laurels we earned. After running a professional, subscription based breaking news service in the state of Goa for 12 long years, it was our endeavour to use this unique experience to go national. But the current model did not hav**  
 ”

over enthusiasts started bombarding hundreds of Whatsapp groups with dozens of 'breaking news'. Every small development and announcements were flashed on social media instantly as there were no restrictions on number of messages. On the contrary, we were sending on an average four SMS's a day. There was a huge gap in the content we sent to our paid subscribers and what was available for free on social media. This created a question mark on the very relevance



of SMS News Service, though SMS had its own advantages over the social media. There was also a big question mark over the credibility of the news circulated on the social media as some miscreants started circulating fake news using these platforms. This situation helped us reinforce our importance as the most authentic source of news in Goa.

This situation necessitated another major change and innovation in this service, which we were resisting for some time. Around the beginning of 2016, we finally got rid of our reservations about social media and rechristened our service as Digital Goa SMS cum Whatsapp news service. First, we started sending news bulletins containing one para news of various less important news which are not sent by SMS and details of the news sent by SMS. Subsequently, we started compiling exclusive stories of leading English newspapers and sending it across to our subscribers. We also send events and happening of the day by Whatsapp to our subscribers. Sometimes 3-4 news bulletins with 20-30 news snippets are sent depending on the developments in the state. These bulletins also covers the national news headlines as well. With these additions, our SMS cum Whatsapp News Service has become a complete package for our busy readers. Some of our readers say that they don't even miss newspapers with our comprehensive news coverage of Goa.

We always wanted to raise the bar and not to become content with laurels we earned. After running a professional, subscription based breaking news service in the state of Goa for 12 long years, it was our endeavour to use this unique experience to go national. But the current model did not have the scalability potential. Therefore, the obvious choice was to launch a mobile app. The City Breaking android and iOS App was launched recently with some of the unique features that no other national News app had as the App was the outcome of our 12 years of experience in dealing with paid breaking news service.

The traction City Breaking app received in Goa within a short span is the testimony that this app has a great potential in every tier 1 and tier 2 cities of India. So far we haven't made any serious attempts for seeking funding for this dream project. Hopefully, this new venture will fulfill our dream to become a national player and to help leverage our experience in giving quality breaking news app to the country.

# FOODS THAT BURN FAT THERMOGENIC FOODS



TARIQ MOHAMMAD

Many people would be surprised to know the fact that you can actually burn fat by eating! However, before I tell you how you can actually eat more yet burn more fat as compared to someone who eats less we have to take a closer look at how various foods have positive or negative energy values.

As you should know food is divided into 3 basic categories known as Macronutrients:

**Proteins**  
**Carbohydrates**  
**Fats**

The carbohydrates are divided into 3 groups:

- ◆ Simple carbs – sugars, glucose, lactose, dextrose
- ◆ Complex starches – rice, bread, pasta, grains, potatoes
- ◆ Fibrous carbs – vegetables - broccoli, cabbage, cauliflower, green beans etc.



**Understanding Thermogenic values:**

The Thermogenic value of a food or a food group is determined by the energy that your body uses to digest the food and the metabolic responses associated with those foods. In general, the harder the food is to digest the higher is the Thermogenic value of that food.

The food that requires more energy to break it down or digest it than its overall caloric value is considered as a "negative" caloric value.

A low Thermogenic value food is digested extremely quickly and the sugar from the food enters the blood stream at a faster rate. In response to this heavy influx of sugar in the blood stream, the pancreas releases a high level of insulin. This spike in insulin levels creates a cascade of events that leads to conversion of the sugar to fat & store it as adipose tissue.

**Foods with high Thermogenic values: (fat burning foods)**

Number 1: Most protein foods apart from liquid protein drinks (These are easily digested). Protein also has indirect Thermogenic value due to the muscle building effect after intense exercise. The more lean muscle mass your body carries the more Thermogenic you become as lean tissue has a higher metabolic demand than fat cells.

Number 2: Fibrous vegetables have very high Thermogenic values due to the intensive digestive process needed to break the cellulose fibre in vegetables.

Brown rice has more of a Thermogenic value than white rice due to the added fibre. Whole grain breads also have a slightly higher Thermogenic value than white bread due to the fiber and grain content.

**Powerful combination:**

Protein and Vegetables - By combining these two food groups you can really super charge the fat burning process and not only burn fat but also can facilitate lean muscle growth.

If your goals are to get that ultra-lean ripped look with a beautiful set of six-pack abs, then a nutrition program based on lean proteins like chicken, fish, lean beef, tuna, egg whites and vegetables such as broccoli, cauliflower, green beans, cabbage, zucchini will most certainly get you to your goals quicker than a diet based on high starches from bread, potatoes, pasta.

**Foods with a low Thermogenic value: (High Kilo joule foods that digest extremely quickly)**

There are certain carbohydrate-based foods that contain very high kilo joule (energy) levels yet possess very little Thermogenic value. The easier a food is to digest the less Thermogenic value it possess. High

sugar foods raise your blood sugar level extremely quickly so much that your pancreas releases too much insulin and this in turn starts the fat conversion process as excessive sugars are converted to triglycerides and stored in your fat cells.

All sugars fall into this category when ingested in excess including;

White bread, white pasta, sucrose, glucose, dextrose, maltose, and lactose.

Rice cakes, cakes, biscuits sugar soft drinks, fresh juices and fruit.

**Solid foods versus liquid foods:**

Solid foods have a great deal more Thermogenic value than liquid foods. These include fruit juices or glucose based sports drinks. (Whole fruits are any day preferable over fruit juices.)

As liquids contain little fibre, they move sugars quickly to the blood stream and cause dramatic fluctuations in blood sugar levels. Having a glucose drink before you train is probably the worst thing you can do as by the time you start to lift some weights your blood sugar will be lower than at the time you started due to the sugar spike and excessive insulin reaction.

My advice is to stay away from fruit juices and high sugar drinks if your goals are to get lean and build quality muscle mass. These drinks only serve to slow down your fat burning process and increase fat storage. If you must drink a high sugar drink you are better to consume it after intense exercise to replenish glycogen levels as at this point you have opened the doors to hungry muscle cells that needs replenishing. It's all about supply and demand.



If you throw in lots of sugar and it is not needed then better expect it to convert into body fat at a very fast rate!

**Thermogenic value of fats:**

Fats are not the "bad boy" of nutrition as many people may think. However, what we do need to consider is the "good fats" not the "bad fats". Good fats come from olive oil, omega 3's from salmon and fish oils also flaxseed oil. These fats are invaluable to the human metabolism and can actually increase the rate at which you burn fat. The "bad fats" are those that are generally solid at room temperature as example, fatty meat, lard, and highly processed oils.

These are the true bad boys in the fat world and cause a myriad of damage at a cellular level, as the body can no longer recognize their chemical structure due to the changes from processing. They try and bond to cells to aid in metabolic functions but they can't because of their misshapen structures and by doing so actually create chaos and severe damage.

Natural cold pressed oils are an essential part and cannot be made by our bodies hence the word

"essential". Without these essential fatty acids our bodies would quickly deteriorate at a cellular level. These "good fats" play a very important part in regulating many body functions from

hormones and skin quality and maintaining insulin sensitivity.

For bodybuilding purposes they are actually far more important than carbohydrates yet they always seem to get the "back seat" due to the stigma associated with the word "fat".

So we can conclude that the good fats do have fairly high Thermogenic values due to their importance for metabolic function and their ability to slow down the digestion of carbohydrates, slowing the release of sugar into the blood stream.

Therefore, when it comes down to the diet for losing the body fat, it is not how much you eat as far as what you eat is of a crucial significance.

## RAHUL KAMAT

International Taekwondo player P. Anand, the recipient of Dilip Sardesai Sports Excellence Award is a person whose grit and dedication has brought the state and the country accolades across the globe.

P. Anand's journey in Taekwondo started when his father who was an army man was transferred to Goa. As a young boy, he got attracted to the sport when he saw the recruits practicing in the army camp. Initially, under the guidance of coach K. Raja, the formal training started. Anand has also been trained under the guidance of SAG coach Sunil Sharma, who himself is an International medalist. He started his playing career at the Taekwondo Association Coaching Camp at SAG, Ponda and clinched Bronze at his first state competition in 1999. Later, Anand won his first Bronze medal at nationals held at Bangalore in 2004 and his first international Bronze medal in Iran in 2008.

Apart from winning medals at the state, national and international level, he has also participated in WTF International Taekwondo training programme in Korea.

Despite initial setbacks and injuries, Anand resurrected every time and performed, at times even playing with injuries and winning medals. His dedication to the sport is unparalleled and is an inspiration for many who want to take up Taekwondo as a career



# THE BATTLE WITH MEDALS



# sports

Participated in the 20th FAJR INTERNATIONAL TAEKWONDO TOURNAMENT, 2008 at Bandar, Abbasiran and Won Bronze Medal

Participated in the 2nd Jogas Da Lusofonia Games, June, 2009 at Lisbon Portugal and Won Bronze Medal

Participated in the 11th South Asian Games, 2010 at Dhaka, Bangladesh and Won Gold Medal,

Participated in the 5th Commonwealth Taekwondo Championship, 2011 at Chennai, India and Won Bronze Medal,

Participated in the 3rd Lusofonia Games, 2014 at Goa and Won Bronze Medal

Participated in the 2nd Mt. Everest International Open Taekwondo Championship, 2014 at Kathmandu, Nepal and Won Gold Medal

Participated in the 12th South Asian Games, 2016 at Shillong, India and Won Gold Medal

Participated in the 3rd heroes cup international taekwondo competition, 2017 at Bangkok, Thailand and won Gold medal



# CHOICE

## MODERN FURNISHING

*Curtains, Upholstery, Blinds, Mattresses, Sipaulin, Vinyl Floorings, Bedsheets, Blankets, Carpets, Melton Kitchen Cabinets & Bedroom Cupboards with Aluminium*

Email: [choicemodernfurnishings@gmail.com](mailto:choicemodernfurnishings@gmail.com)

Shop No. 2, Manjunath Bldg., 18th June Rd., Panjim, Goa. Ph: (0832) 2231813

Shop No. 5, Sujay Apts., 18th June Rd., Panjim, Goa. Ph: (0832) 2227886

## A partnership of 'New Dimensions'

**M**r. Kedar Tari and Mr. Narayan Surlikar are the proud owners of Electro Vision and New Dimensions. Their journey is not only the one which will leave us in awe of their hard work and efforts but also change our perspective on friendship and business.

They both were friends since their days at GPP and that bond grew stronger when they joined the same IT Company as colleagues. They worked there in the company for a few years and then they left it to start up something on their own.

They started Electro Vision in 2001 at Vasco in a rented premises and Mr. Kedar, who has a diploma in electronics, still remembers their first Annual Maintenance Contract that was of mere Rs. 9000. They began their company with copier printers and later they extended to other instruments, he still recollect the hardships that he and his partner faced as they had no staff working for them during



Narayan Surlikar



Kedar Tari

his early days and only the two of them had to handle the entire workload.

Their major breakthrough was a big order from Goa Shipyard, who still continues to be their esteemed clients since. From then onwards, they began growing their business into all the major industrial areas, corporate houses and educational institutions in India.

In 2014, they started a sister concern 'New Dimensions' which is handled by both of them. They have now started dealing with LCD projectors, testing and measuring instruments as well that they provide only for educational institutes. Elaborating on testing and measuring instruments, he tells us that they have basically the entire lab set ups for schools and colleges with the required specifications by the educational institutions. They are currently based at Jairam Complex, Mala.

**They began their company with copier printers and later they extended to other instruments, he still recollect the hardships that he and his partner faced as they had no staff working for them during his early days and only the two of them had to handle the entire workload.**

# LAUNCHING OFFER BY TNV

Get Subscribed **Today** with

**Rs. 300/-**

(30 edition for 15 months)



and  
Get a white personalised Mug  
worth Rs. 250/- Free



WhatsApp your pic to be printed @ 8888855392 / 9881892831

# To me success is becoming an inspiration to others

## ARYA PHADTE

**PRAVIN P. AJGAONKAR**

I am Arya Kedar Phadte, Seventeen-year-old ordinary girl but with big dreams, I have a loving family mom, dad and brother. Studied in Holy family school Porvorim followed by St. Zavier's College Mapusam and now in 1st year at DMC College at Mapusa. I am an ambitious dreamer and always wanted to see myself crowned. I worked towards it and with my utmost hard work and dedication made my dream come true. When I won the title of first runners up of Saffron India Queens 2017 recently, the feeling I got in that moment cannot be expressed in words. It was truly scintillating experience. Most importantly, it was very touching and inspiring to see the pride in the eyes of my parents.

### Hobbies

I like reading magazines and books by keeping myself updated with fashion and upcoming modeling trends. I also like to play badminton as a sport.

### Goals as a model

My goal is to be a recognized model leading the fashion. I see myself walking the ramp with the top models in the industry and internationally as well. I realize that it could be a difficult task and I will have to work very hard and smart to achieve it. I am aware that success is never served ready made and you have to get up and achieve it with ardent efforts. I consider in order to achieve the greatness, one must believe in themselves and work very hard but qualitatively.

### How do you handle stressful situations?

I believe, no problem is solved by worrying about it. It is essential to always be calm and productive. Stress can only drain, demotivate and depress you. Impulsiveness leads to rash decisions but patience can help you maintain your poise and decorum.

### How do you define success?

I have set my own definitions of success. To me success is becoming an inspiration to others, the day you are in a position to inspire others you have achieved your biggest goal. Success is what you can get satisfaction from, when you see pride in your parent's eyes. It is when your contribution to your work gets recognized in the society.

### Who are your role models in the industry?

I have always been inspired by Aishwarya Rai Bacchan, Sushmita Sen, Lara Dutta and Urvashi Rautela, each of these divas are unique in their own ways and have nurtured their distinctive individuality which has made them what they are today. Amongst all, Aishwarya Rai Bacchan is a persona who has been my paragon till now.

### Do you have any limitations?

Most models face the problem of their family not being supportive however, I luckily have a very supportive family who always motivates me and believes in my abilities. I am very proud to have them in my life, they are my pillars in catastrophe.



### What is your secret behind success?

Secret is no secret actually. Although, I do hold some morally strong deeper core values that helps me deal with any situation. Some of which are, I always believe in my potential and myself. No matter what, I never compare myself with others because I have learnt that it drains all your creative energy and can only leave you demotivated. As an aspiring model, I think we should do the thing that we do the best, wear our confidence and be audaciously graceful.

Also, to be successful I think, one should always emulate rather imitate. As a learner, we should always learn from our idols and personalities we hold closer to or wish to become someday. However, if we try to imitate other people, we may end up repeating their mistakes as well.

Therefore, in order to be successful we must learn and improve ourselves constantly.

### What is your advice for the youth?

My advice for the youth would be to believe in themselves and work hard and smart till they succeed. Additionally, leaving the readers with the quote from Coco Chanel – a well-known fashion designer that I admire,

“Everyday is a fashion show and the world is my runway”.



# Smartphones in 2017, who did it better Android or iOS?

**PALASH VOLVOIKAR**

Smartphones have evolved quite a lot over the last few years. We are at a point where improvements are sort of saturated, and doing the next big thing is quite hard. The year 2017 still saw quite a lot of things change, and many of these changes have been persistent throughout most phones we saw released this year. However, as always, there is that question- who did it better, Android or iOS?

Now, I am talking about both; hardware and software changes. Flagship Android phones were in plenty this year, and Apple chose to release three iPhones, which is an indicator of them willing to jump on-board with the latest innovations while trying to retain their original flavour.

Here are some of the prominent changes of the year:

## Display, minus the bezels

Since the advent of touchscreens in the smartphone domain, we have seen the screen to body ratio as one factor being used as a measure of the usability of a smartphone. The idea is that the screen should occupy the surface on the side of the phone's body, as much as possible. We saw phones like Xiaomi's Mi Mix 2, which goes for a full bezel-less display, Samsung's S8, that actually bends around the side edges to give more screen real estate, and the iPhone X, and the Essential Phone, that are bezel-less but have cut-outs for cameras and/or sensors at the top, with the UI adjusted to accumulate the gap. The first truly bezel-less display came on the original Mi Mix by Xiaomi, and it seems like the predecessor chose the most no-nonsense way to implement it.

## Dual cameras

Dual cameras are all the rage these days, and most of the new flagship phones now come with a dual camera setup. The Xiaomi Mi6 has it, OnePlus 5 does, and so do the iPhone X, and the iPhone 8. Dual cameras are now pretty much a standard. The idea is to use the data from two sensors to enhance the depth details, among other things,

and we have all seen how good those portrait mode pictures look. There is still room for improvement there, of course, but Apple seems to be ahead in this race. Some manufacturers even provide front cameras with big sensors, for those extra detailed selfies.

## Software

Google came out with the eighth iteration of Android this year named Oreo, while Apple came out with iOS 11. The software is visibly cleaner on both ends, and underlying optimisations get the focus. The battery life is better on both platforms too. Over the years, the software has become more and more about how it works rather than how it looks, even though it still looks great.

## A few other bits

Let's talk about the recent iPhone launch event. Apple introduced three new models this year- the iPhone 8, 8 Plus, and the iPhone X. iPhone X aims to change the game, claims Apple, but comes with features that are largely recycled. The fingerprint

sensor and touch ID have been replaced with face ID, which is Apple's advanced facial recognition. It is apparently secure enough to recognise your face and comes with an extra sensor just for that. This feature by itself, however, is anything but new. Android has had 'face unlock' for years now. Moving on, the iPhone X also supports wireless charging, which is yet another feature that Android phones have had for a while now. The little bit of innovation in that area came from the AirPower, which is the new charging mat that Apple introduced. The idea of just placing down all your devices on top of the mat and having them charged is certainly appealing.

The new iPhones are soon getting their match from Google in the form of Google Pixel 2, which is set to be unveiled on the 4th of October. If you are thinking about accessories, like a smartwatch to go along with the phone, Android has Android Wear 2.0 based devices, while Apple has the latest Apple Watch Series 3. In the end, your decision is left up to what kind of usage you are looking for.

So, if you are somebody who likes a lot of customisations, or at least likes to have the choice for the same, you should definitely get an Android. On the other hand, if you like a pretty much no-nonsense experience, then iOS should be your choice. The new generation of smartphones will definitely take you where you want to go!





## Post Positivity!

TANVI BAMBOLKAR

The world has been a tumultuous place since its inception. Probably that's why scientists called it 'the big bang'! One of the reasons for the continuity of these 'bangs' was the human species. We have made, remade, created and destroyed a lot of things over the ages. And one of the greatest gifts to humankind is the ability to think. Humans did not stop at only thinking but they expressed what they thought. They have evolved from writing on walls to sharing posts on the Facebook walls.

Today, the virtual world has become another living space for "Netizens". The platform that was thought to be a space of youth a few years ago has now become a space for individuals across the ages. No wonder, now parents check out grooms for their daughters on Facebook. These platforms have definitely brought people closer but it has also made expression easier. There is no harm to it till it begins to play with the minds of people.

Social media has become a great tool for the political, cultural and social institutes to promote their agendas and ideologies. However, in this process it is becoming easier

**Social media has become a great tool for the political, cultural and social institutes to promote their agendas and ideologies. However, in this process it is becoming easier for people to express their negativity as well. Not that it did not exist in society before the arrival of social media. It did, but it was difficult for people to express it very openly and easily.**

for people to express their negativity as well. Not that it did not exist in society before the arrival of social media. It did, but it was difficult for people to express it very openly and easily. Since now everyone is on these platforms there is no limit to who and what is being shared there. The platforms, which were supposed to connect people, are now displaying the negativity that lies deep in the minds of people.

Often it is seen that people are developing two personalities. One, which they have in real life and another that is portrayed on virtual world. While at times, there are contradictions in these two personalities, also at times; you see the real face of the person on social media. There are many personality disorders which are associated with excessive use of social media but the

major concern that I have here is the negativity that is getting spread through these platforms.

Every morning when I open my twitter feed, all I come across to see a new outrage every day. A controversial statement by some known personality and then excessive comments and replies of the people who did not

like that statement. It is fine to have a different view but what is happening here is expressing the angst in a very ugly manner. Abuse, defamation is being carried out in a very casual manner. Although there are ways of protecting oneself from these abuses, they are so much in quantity that it is very difficult to monitor the negativity in virtual world.

The word trolling has become very common on these platforms. It is the act where people are made fun of and are ridiculed through various means. I am sure the people who carry it out get the pleasure of causing the emotional pain and the victims have to go through unnecessary negative emotional turmoil. But finally what is the ultimate outcome? I don't think in any way such kind of negativity helps in any movement or agitation.

The world has seen a lot. Two world wars, nuclear attacks, global warming, terrorism and many more things that have spread the negativity in the world. It has been difficult for the post War generation to be as happy as the pre War generations. There has been dissatisfaction, disillusionment and pessimism. Yet, humanity has survived and is trying hard to pop its head in some instances.

Innovations and inventions have made human life easy. Yet, it has also made us lazy. No more, we write letters and take pains of going to post office to post them. Rather, we prefer putting up a post on Instagram. We are no more keeping out negativity to ourselves but letting it out on social media. A lot of times on other people.

The time where there are already so many fears and apprehensions, what we really need is little bit of optimism and positivity. Since we have easier modes of spreading why don't we use them to do it? Why don't we filter out the negativity from the minds and 'post' some positivity on virtual world? It won't cost much. Just a click, a few words, a picture maybe and there you go! You have done your bit of sharing a little bit of positivity in the world. World needs it. Can we give it? Think about it!

# Nature's Bounty

PRITHVIRAJ THALI

Nature's ingenuity knows no bounds. It has gifted all life on earth with the necessary basics required not only for mere survival but even for harmonious thriving and proliferation. All that is man-made has been fashioned after specific blue-prints in nature. Humans arm themselves with exclusivity by registering patents for their so-called inventions. But Nature is humble. It seeks no stellar glory. Still hiding many of its secrets for the sacred soul worthy of discovering them. It seeks the Einsteins and the Teslas of the world to reveal itself bit by bit for the greater good of all creation.

We take what is given freely and abundantly of Nature and the first amongst us lays claim to its exclusive ownership. We profit by commercialising what is received and end up amassing wealth, which however is not returned equitably enough back into the same system of which our starving and deprived fellow humans are an integral part of. Whatever may be the costs, balance must be achieved. And Nature does this with most certain inevitability. What ensues is chaos and crises. We have failed to understand that cataclysmic phenomena such as earthquakes and tsunamis, floods and famine that affect the masses have a very pertinent relation to acts of greed, crime and spiteful competition amongst nations and individuals. It is high time we learned to co-exist harmoniously, without Nature having to unleash its lethal death-dance to attain this balance.

Evolution is Nature's way of executing upgrades. And the way it does this is impressive. It enhances life by enabling capabilities to survive change. It creates what is needed, and it eliminates what is



redundant. But at no point on this evolutionary path is life found wanting or unable to cope. A major chunk of the human race has had their war, destruction and has just realised – alas! but at the eleventh hour – that harmony with Nature is the only way ahead. Our less-intelligent animal friends appear to have known this mantra all along. The problem lies with humans. We just don't seem to get it!

There are umpteen instances of evolutionary sophistications that we would hardly associate with the animal world. Take, for instance, the Wolf. This magnificent animal -- of which the domesticated dog is a distant cousin -- always hunts in packs. Whenever they hunt or stand together against their enemies in a show of

solidarity, they howl. Nothing amazing so far, is it? Now here's an amazing part: each wolf of that pack howls at a different pitch from the rest, thereby distinctly giving their opponent the impression that there are many of them. What sophistication in an animal that we hardly expect to exhibit – apparently, higher intelligence!!! Such wondrous abilities in nature are only too many to warrant a mention here. Camouflage is another defence-mechanism gifted by nature. The chameleon exhibits this as its most bizarre yet creative flavour. Possums or opossums often pretend to be dead to defend themselves from predators. Now we know from where English got its idiom “to play possum” meaning to pretend to be asleep or dead.

From the scales on a fish

to the tail on a monkey, everything in Nature has its due place and purpose. It is futile to even attempt to improve on the designs in Nature. We may, at best, copy them with relative success. But still, the imitation will come a poor second to its original natural form and function. In keeping with the changes which evolution would effect, human hair and human nails would be the first to go, both being of the least foreseeable use. Of course, it would be probably billions of years before humans would sport the bald look without any apprehensions. It would more be a fashionable compulsion.

Colour therapy owes a lot of its success to the natural hues we see around. The Doctors' masks and partitions in hospital wards

are mostly green since it has been established that green is the most soothing colour for the eyes. The Serenity we feel in the countryside has everything to do with the lush greenery around. Interestingly, counted both ways green is the 4th colour in the rainbow, making it the centre-point of the spectrum. The rules of aerodynamics have all been replicated after natural living blue-prints such as the peregrine falcon which is known to be the fastest bird in flight. It will not be long before Nature allows us to unravel and harness increasingly more fascinating gifts, leading us full circle back into its embrace. Let's approach Mother Nature, then, with the reverential inquisitiveness and humble gentleness that it deserves.

## (UN) FAITHFULLY YOURS

CHARLENE FARRELL

Marriage, the uniting bond that holds together two individuals through times and tides has had a facelift over the years. Like everything else in this world, marriage too has become a victim to change. There are some things that shouldn't though, and marriage was one of them. Alas, we don't really have control over these things and thus, at this juncture, we are made to accept what is. This topic has always been one I have had thoughts about, but actually putting it into words has been quite a mammoth task. The fact that it is such an old and relatively stable institution is quite daunting. At the outset, it is essential to note that everyone has their own views on subjects like these and these are mine, based on experiences as a counsellor and an educator. Infidelity in marriage is the act of being unfaithful to your spouse. Is this infidelity just about sex and romance? The way I see it, it is more. When we look at true emotions and passions, they go way beyond the physical. In fact, a lot has been said about emotional cheating as being as much infidelity as the physical. Let's try and understand this a bit more and also understand another dimension that I think of as infidelity too.

Falling in love is one of the most exhilarating feelings there is. The rush of emotions the butterflies in the stomach, they are all quite real. That yearning to be together and sometimes spending ages in each other's presence without actually saying or doing much is a feeling like no other. Not being able to keep



**Today, emotions have become completely transient and the entire institution of marriage has crumbled. Even today, we still hear horror stories of families making 'matches' for their children. Organising meets among youngsters who are working hard to build their careers in their chosen fields. Throwing individuals into a mix that was not really made in heaven.**

our hands off each other, are all part and parcel of this wonderful emotion called love. There are individuals who go through the whole shebang and then stop feeling that emotion for that person, it just fades away. But before it does, they decide to make deeper commitments and then find that spark with someone else. The excuse here is that it's just emotional. Now here is the catch. Real love and trust begins after the honeymoon phase and thus post the physical passion. In these types of scenarios, both individuals go past the initial stage and go directly to the deep stage of love. So yes, it also falls neatly in the spectrum of infidelity.

Today, emotions have become completely transient and the entire institution of marriage has crumbled. Even today, we still hear horror stories of families making 'matches' for their children. Organising meets among youngsters who are working hard to build their careers in their chosen fields. Throwing individuals into a mix that was not really made in heaven. This rush down the altar is also something that is causing individuals to lose themselves in the arms of those who they actually vibe with. We hear horror stories about people who get married to hide certain things about themselves. A few years ago, I was working with a couple who ended their marriage within three months. The husband continued seeing his boyfriend while his wife lay sleepless in the other room. The man came out to his parents and they believed that the cure for his 'illnesses' was marriage. Thus, in doing this, his parents made sure that not

one, but three lives were ruined.

Another aspect that I think is worth the mention when it comes to infidelity and cheating is when people marry under false pretexts. Lying to the unsuspecting fool, who is either blinded by love or promises of a better tomorrow. It has become quite a common occurrence for brides to wake up after the initial honeymoon, to grooms who have lied to them about what they did for a living. Today, there is such an array of people out there that once someone has been hurt, there are plenty of people waiting with their shoulders ready to give support, and then starts the straying and the slow death of fidelity. The taboo that still follows divorce is quite hypocritical, given the fact that there is so much straying. We have these old ladies who are constantly clutching at their hearts in distress every time they hear of another marriage ending in divorce. These are the same old ladies walking around town trying to match people up, telling the girls to compromise, for they have made the first mistake by getting themselves so well educated. With huge numbers of men from our state living and working abroad keeping their wives here to care for the families, the number of cases we hear of infidelity is surely quite high. Is this to say it never happened in the past? No way. It is just that, now people are much more open about it. I would like to end with a few questions this time, a few thoughts to ponder on, if I may. Has this institution become so obsolete that it need not exist anymore? Or do we salvage what is left and just keep biting the bullet?



# LEAP LEAPING TOWARDS INDIAN PALLET GROWTH; EYEING GLOBAL PALLET PIE

**Mumbai:** With the +Pallets+ market sized at \$ 11 billion globally and domestic market at Rs 5,000 crore, a leading logistics solutions provider in asset pooling -- LEAP India -- is targeting \$150 million in revenues over the next five years in its manufacturing and deploying pallets and "Foldable Large Containers" (FLCs) to meet the untapped yet increasing needs of corporates and industries in India.

Sunu Mathew, Managing Director, LEAP India, told media here recently that the company is also eyeing Rs 100 crore revenue in the current year itself and, with 4.5 million pallets deployed throughout India by 2022 end, will have 60% market share domestically. Also highlighting the huge export market that is witnessing 7% CAGR annually, he said six foreign players dominated the global space -- though LEAP would seek to enter countries like Sri Lanka, Bangladesh, Nepal and UAE



Sunu Mathew, MD, LEAP India, highlighting Indi's Pallet market.

to tap their potential pallets market after growing considerably its domestic market.

Pointing out that the Indian pallet market is set for 25% to 30% growth annually and LEAP is raising another Rs 100 crore debt from banks to increase domestic pallet count from present one million to three million over next

three years, he said that post-GST, the requirement for also consolidated and large warehouses for storing and distributing goods had become necessary and the company has set up 22 warehouses alongside its 14 manufacturing centres to cater to this need.

"We expect continued growth in

revenue to 200% over next three years as palletisation is a new concept for the Indian market which has much untapped potential in this segment. With supply chain efficiency need of the hour for industries like FMCG, automobile, e-commerce, beverages, Food, Dairy, Pharma etc., the current situation of corporates here is at a level of +palletize or perish+ since the developed market has reached almost 100% palletisation in the last decade and goods now move till the customer's doorstep," he noted.

Rapid growth in India's automobile sector -- where two-wheeler production will rise to 34 million and passenger vehicle market to 10 million by 2020 -- will increase the need for transporting spare parts while also spurring growth for the FLCs segment where LEAP has 40% market strength in catering to the automobile and pharma sectors, Mathew added.

## SAP LEONARDO DIGITAL ECOSYSTEM POWERING INDIAN ECONOMY THROUGH LEONARDO

**Mumbai:** To fuel the trillion-dollar digital economy of India by 2025, SAP SE has created exclusively for India a digital ecosystem with SAP Leonardo portfolio -- SAP IoT Connect 365 -- in its collaboration with technology powerhouses and also for extending a holistic innovation system and initiatives across industries.

Deb Deep Sengupta, President and Managing Director, SAP India Subcontinent, said here recently that with technology transforming rapidly and digital companies achieving higher revenue and profitability while keeping costs low and achieving significant business value, SAP targeted fast track digitization towards driving business transformation through its Consortium of Digital Ecosystem comprising industry and solutions partners in six focus areas like: Connected Products, Connected Assets, Connected Fleet, Connected Infrastructure, Connected Markets and Connected People.

"With connectivity among people, machines and things increasing exponentially while creating tremendous opportunity for mobile network operators, SAP IoT Connect 365's cloud-based service simplifies IoT connectivity to connect enterprises, governments and people to leverage technologies that drive out supply chain inefficiencies and sub-optimal asset utilization," he said, adding that this offering would enable companies to rapidly innovate and embed digital innovation into all their applications and business processes with speed, reliability and ease for a well-connected, cost-efficient and secure environment.

SAP is presently involved in Buenos Aires (Argentina) in driving digital transformation for cleaner streets and drains, besides its technology in the Northern Gas Network and Covenant Transportation Group for reducing driver turnover and safer workforce.

## MAKING HOUSING AFFORDABLE IS INDIA'S BIGGEST CHALLENGE: ALAGH

Mumbai, New Delhi and Bengaluru are home to 73% of the country's India's real estate barons and Delhi-based tycoon Kushal Pal Singh (86) is the real estate king of India with wealth amounting to Rs 23,460 crore, according to the GROHE HURUN India real estate rich list 2017.

Number two is Mumbai-based Mangal Prabhat Lodha of Lodha Group with Rs 18,610 crore, followed by Bengaluru-based Jithendra Virwani of Embassy Property Developments with wealth of Rs 16,700 crore. Smitha V Crishna (66) of Godrej Properties is the richest woman in real estate with a fortune of Rs 2,210 crore.

"The real estate market is the largest employer impacting the economy and, despite going through correction phases, will boom as its subsectors like small towns are doing very well. Growth in India's middle class is driving strong demand for quality houses, which real estate brands can provide, and GROHE India decided to partner with the HURUN Report India to connect with consumers through their platform in promoting respected real estate brands and entrepreneurs in India," Shubhajit Sen, Country head, GROHE India, said, adding "Growth of luxury and mass

premium real estate market has a multiplier effect in benefitting others including small RE markets also."

Noting that demonetization seems to have not affected the wealthy on the HURUN report list, Anas Rehman Junaid, MD & Chief Researcher, Hurun Report India, said "HURUN is promoting a "Think Tank" between India and China as we believe that the next century's real estate ecosystem will be dominated by them due to their 1/3rd global population, besides the fact that 57% of Chinese are moving to urban areas."

Pointing out that making housing affordable is India's biggest challenge, Sunil Alagh, founder/chairman of SKA Advisors, said that with the Government focusing on three areas -- Infra, Construction and Tourism -- for job creation, the future focus would be on affordable housing and foreign investment that was considered taboo earlier is being welcomed, though every state will have to provide affordable housing on its own without central government support.

Vikas Dawra of YES Bank noted that RERA is squeezing out the unorganized real estate sector and pushing demand towards large builders whose input costs have increased.

# IRON ORE MINING PROFITABLE NO MORE???????



## TEAM TNV

**T**wenty-seven days of the October month have gone but no sign of iron ore mining activities in Goa that was once the largest contributor of India's export of low-grade ore. A price slump in the global market for iron ore coupled with higher taxation burden and a cap of 20 million tons annually has thwarted a quick fix that could have given Goa's economy a boost.

Moreover, what could further prove to be a doom for the stalking mining industry in the State, where the mining players are still reluctant to commence fresh operation foreseeing loss, a petition has been filed before the Supreme Court seeking reduction in the cap limit to 12 million tons, which if considered would completely damper the industry that was once the largest contributor to Goa's Gross domestic product (GDP).

After an 18 month long ban period from September 2012-April 2014, the mining industry resumed in Goa at a very slow note in November 2015. As per the information available from the Directorate of Mines and Geology (DMG), for the season 2015-16, total 33 mining leases resumed operation, which extracted fresh ore of 7.30 million tons. State earned revenue of Rs. 43 crores in form of royalty.

The industry picked up in the last season-October 2016 to May 2017-around 25 million tons of fresh ore was produced, which include annual production cap of 20 million tons for the

financial year ending in March. State earned revenue of Rs. 400 crores in form of royalty.

But for this season, the activities are yet to resume.

"Falling international prices on low grade ore and high taxation is a huge concern. With these uncertainties, it appears that there will be a delay in the season. The situation is rather grim," Goa Mineral Ore Exporters Association (GMOEA) secretary Glen Kalavampara told TNV.

Two things happened while the iron-ore industry was shut down. China's demand slowed and the world's two mining behemoths, Australia's Rio Tinto PLC and BHP Billiton PLC, along with Brazil's Vale S.A., boosted supply in a price war that may have permanently crippled the State's industry.

As such Goa's largest market China, was captured by Australia and Brazil.

The ore prices which was at \$94.5 per tonnes till February, has dropped to \$50-\$60 per tonnes. As such the market for low grades is getting tough, as most steel mills are focusing on higher grades to increase productivity.

Mine owner Harish Melvani said that the iron ore price of low-grade mineral is on very much decline. "For 58% Fe content with 1.50% alumina and 2.50% silica it is around \$50-\$60 per tonnes landed in China," he explained.

The mining companies are also reeling under serious burden of high taxation coupled with additional load in form of Goa Iron ore Permanent Fund (GIPF), which is been set up as per directions from the Supreme Court in addition to the District Mineral Foundation (DMF), which is set up in both the districts as per the MMDR Act amendment. Both the funds look at the intergenerational equity and livelihood support for families affected by mining and hence doubles the levy on the mining firms for achieving the similar goal.

Furthermore, there is burden of high royalty rate, which is one of the highest in the world. As against 15 percent in India, royalty rate vary

from 5.35 percent to 7.5 percent in Australia, two percent in Brazil and between 0.5 percent and 4 percent in China.

Melvani said that the mine owner has to shell out 40 percent of his earning per ton in form of taxation like export duty, payment of royalty, contribution to district mineral fund, Goa iron ore permanent fund, cost of mining, cess, and as such the profit margin is also very slim and the business is not viable at all.

"Those who can afford to face losses will go for production this season," he commented.

If all this was not enough, the industry is facing problem within, wherein the truck owners are up in arms not to allow business to take place, until they are provided with rise in ore transportation charges. But they are not to be blamed completely, as the business is not anymore profitable to them at a rate of Rs. 9.50-10.50 per tons per kms.

A rough calculation states that a truck owner earning per month has been reduced by 60-65 percent compared to their income before the ban period. During the boom period between 2010-2012, as many as 22,000 trucks were ferrying ore from mining sites to jetties. Total 90 mining leases were in operation at that time extracting over 45-52 million tons of ore.

A truck costs around Rs. 12-14 lakh, and EMI on the loans cost around Rs. 30,000 or so every month. The owner of the truck easily earns around Rs. 12,000-Rs18, 000 a day for about 160-170 days. One truck use to have ten trips for a shorter distance while four trips for longer distance beyond 20 kms. After paying EMIs, the driver's salary and the fuel costs, the truck owner makes Rs. 16-18 lakh a year. That is around Rs. 1.5 lakh a month per truck.

But today the business has nothing much to offer. The earning behind per truck per month is as low as Rs. 35,000-40,000, with trips per truck restricted to only 2-3. There are 18,000 trucks registered with the department for plying ore, but only 8,000 are engaged in the business.

The trucks are demanding that transportation charges be hiked to Rs. 14 per ton per kms as against the existing price of Rs. 10.50 per ton per kms. However, the government has proposed Rs. 2 hike, which has been rejected by the truck lobby.

# The Jackal and the Drum

One day, a jackal called Gomaya was very hungry, and was wandering about in search of food.

After some time, he wandered out of the jungle he lived in, and reached a deserted battlefield.

In this deserted battlefield, a battle was fought recently. The fighting armies had left behind a drum, which was lying near a tree.

As strong winds blew, the branches of the tree got rubbed against the drum. This made a strange noise.

When the jackal heard this sound, he got very frightened and thought of running away, "If I cannot flee from here before I am seen by the person making all this noise, I will be in trouble".



As he was about to run away, he had a second thought. "It is unwise to run away from something without knowing. Instead, I must be careful in finding out the source of this noise".

He took the courage to creep forward cautiously. When he saw the drum, he realized that it was only the wind that was causing all the noise.

He continued his search for food, and near the drum he found sufficient food and water.

**The wise indeed say:**  
Only the brave succeed in life.



**AWARDED MOST PROMISING PRESCHOOL OF GOA 2014-15**

**AN AMERICAN CONCEPT PRESCHOOL**

**CCTV Monitored Premises**

**ADMISSIONS OPEN 2016-17**

Play Group	1½ yrs
Nursery / Mont.	1 2½ yrs
LKG / Mont.	2 3½ yrs
UKG / Mont.	3 4½ yrs

**Best of Nursery & Montessori Curriculum**  
An ISO 9001-2008 Certified Preschool

Ultra Safe Facility with CCTV Cameras, Cushioned Outdoor Play Area, Imported Furniture and Toys, Prime Location with Affordable Fee Structure

**Address : BASTORA**  
Nr. ST Rock Chapel, H.No 277, Boa Vista Village  
8378986360 / 9145775949  
www.wowkids.in



**WARDA NAGESH MATONDKAR**  
Std 7th, Holy Family High School



**DAKSH RAHUL MULGAUNKAR**  
6 A, Kendriya Vidhyalaya Bambolim

## The Jackal-Eyed Moon

*the tentacles of lightning  
tickle the soul  
the face of fear  
now in controlled  
we hear them  
laughing in unision  
at the  
jackal-eyed moon*



# TAKE CONTROL OVER EMOTIONS..... GAIN CONTROL OVER LIFE

VITHOBA MHALKAR

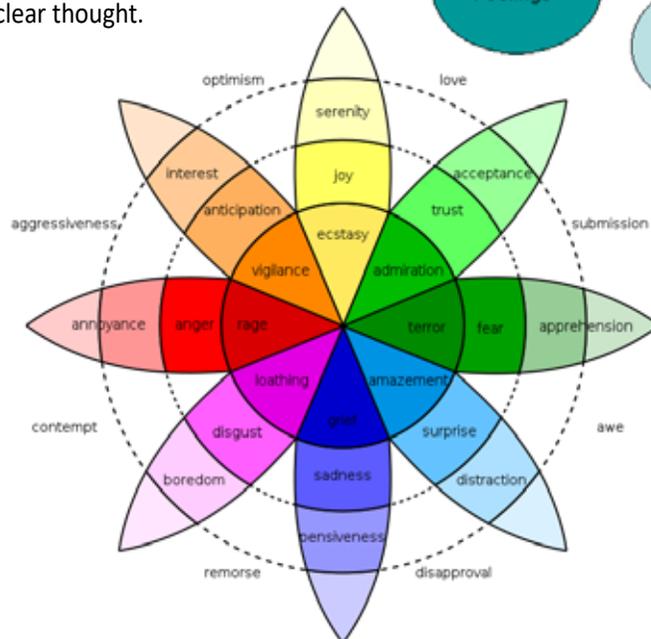
*"There can be no transforming of darkness into light and apathy into movement without emotion"*  
- Carl Jung

Humans are considered as civilised creatures in this world. They have the ability to think, rationalise, understand and make judgements accordingly. Over the years man's ability to perform has been judged by the intelligence he possesses. But there have been many studies that show Intelligent Quotient only accounts for about 20% of our success. The major attributes of success are our social and emotional intelligence (SEI). Researchers studied and successfully promoted the notion that Emotional Quotient is critical to personal and professional success. In 1990, two psychologists Salovey and Mayer first coined the term Emotional Intelligence (EI), referring emotional intelligence as an ability to recognise the meaning of emotions and their relationship and to reason out and solve problems on the basis of the understanding. Salovey and Mayer concluded that emotional intelligence develops with age, the emotional knowledge can be enhanced and emotional skills can be learned as well.

Goleman, known as the father of emotional intelligence after working extensively on it, cited research indicating that when intelligence test scores (IQ) are correlated with how well people perform in their careers, the highest estimate of how much difference IQ accounts for is about 25 percent only. This means that IQ alone at best leaves 75 percent of job success unexplained, which is attributed to the level of emotional intelligence one possesses. Thus signifying

Intelligence Quotient(IQ)	Emotional Quotient(EQ)
Deals with the cognitive sphere of the child	Deals with emotional sphere of the child
Genetically inherited and Static	Partly genetic but can be developed
Predicts school performance	Important for emotional health, physical and emotional wellness and success
Overall increase in IQ by 20 points in children in last 3 decades	Deterioration in EQ of children all over world in last 3 decades

the importance of emotional intelligence in each one's life. He further emphasised that people with well-developed emotional skills are more likely to be content and effective in their lives, mastering the habits of the mind that foster their own productivity; people who cannot marshal some control over their emotional life fight battles that sabotage their ability for focused work and clear thought.



## What are emotions?

It is a mental state or feeling associated with our evaluation of our experiences. One way we express our thoughts and feelings is by showing an emotion through our facial expressions. There are four or five basic emotions, basic in the sense of being clearly biologically grounded and important to the evolutionary survival of an individual. These are: Anxiety/Fear, Sadness, Anger, Happiness/Joy and Disgust. Robert Plutchik created a

wheel of emotions in 1980 which consisted of 8 basic emotions and 8 advanced emotions each composed of 2 basic ones.

## Is there any difference between men and women in the expression of emotion?

Both men and women actually do feel the same emotion; however they often react differently to the same situation. This is partly due to how they are socialized and their individual personalities, but also because brains of men and women process

things differently. Research shows that men tend to use the left side (reasoning) of their brain more and women use both the right (emotional) and left sides of their brain. This gives women more ability to understand people and express their emotions more effectively.

## Can emotions be wrong?

Emotions cannot be wrong. It may be that your expression of a particular emotion might be inappropriate in the context. It might not be regarded as seemly, for example, to give open vent to your anger in the classroom or to continue grieving too openly for too long over the death of your pet.

## What is facial expression?

In human beings emotional behaviour has mainly been studied with respect to facial expression. The expressions for the various emotions seem to be universal although the rules for when and how much to express the emotions varies from culture to culture.

## How to regulate your emotions?

Being a distinct identity in this world, we all have different wants and needs and different ways of showing our emotions too. Navigating through, this all takes tact and cleverness especially if we hope to succeed in life. One can take control over one's emotion by understanding the ABC of emotions which is referred as emotional literacy. Being emotional literate is key to maintain intrapersonal and interpersonal balance in life.

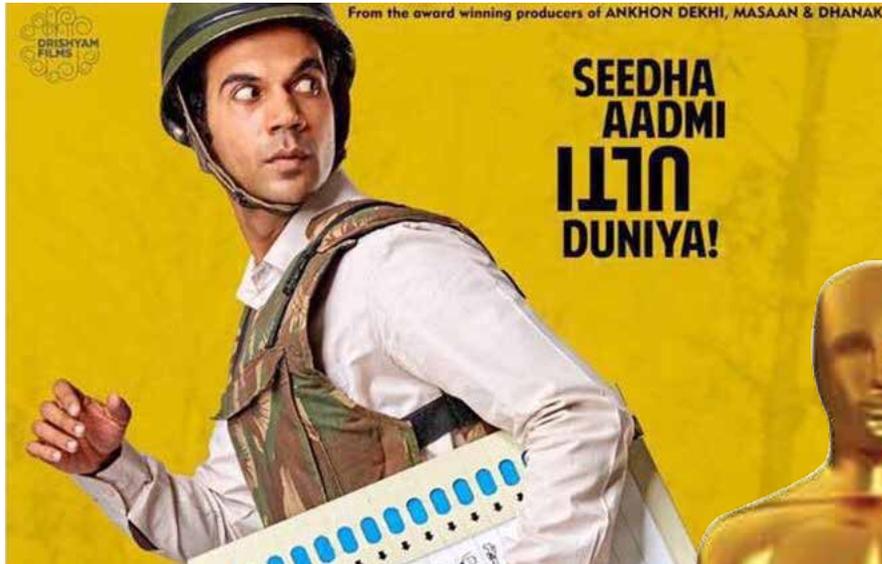
## What is emotional literacy?

- It is the ability to recognize, understand and appropriately express our emotions.
- It is the basis for perceiving and communicating emotions and is the first step towards Emotional Intelligence. Becoming emotionally literate is learning the alphabet, grammar and vocabulary of our emotional lives.

## Importance of Emotional Literacy.

Knowing the ABC of emotions and becoming emotionally literate would help us in many ways and would definitely guarantee us success in our personal as well as professional endeavours.

Where IQ is genetically inherited and remains constant over the lifetime, EQ on the other hand changes across the lifespan and can be improved through training and life experiences. Emotional intelligence is important to each individual in their life because it helps in effectively understanding one's emotions, knowing emotions of other and navigating through the emotions for better interactions and relationships in life. As it is rightly said "Emotional Quotient is to the heart what Intelligence Quotient is to the brain".



# INDIA AT OSCARS CAN NEWTON GET INDIA A WIN

PALASH VOLVOIKAR

The race to Oscars is not an easy one. The Academy Awards see the best of filmmaking compete every year. There is however a slight drawback to the Oscars, and it is that only Hollywood is in focus. The result? Majority of the films in the world, those that aren't made in Hollywood, have to compete in one tiny category: Academy Award for Best Foreign Language Film. This is the category in which Indian films have competed over the years, and we haven't done as well as we would have liked to. The question at hand is, does India have a better chance than usual to bag a win this year?

Let's take a look at history. India's Oscar journey began in 1957, which was 60 years ago. That was the first time ever that India sent a film for Oscar consideration, and it wasn't a bad attempt at all. India got its first Academy Award nomination for the same submission, in 1958. The film in question was Mother India, Mehboob Khan's gem that has been loved by Indians for decades since then. The next milestone came in 1988, when Mira Nair's Salaam Bombay! Got a nomination. The last time we got close to a win was in 2001 when Ashutosh Gowariker's Lagaan was nominated.

Sadly, India has never gotten a win in this category.

Meanwhile, we have had some luck in other categories. India has a total of six Oscar wins. The first one came through Sir Ben Kingsley starred Gandhi in 1983, with Bhanu Athaiya winning the award for Best Costume Design. Following that, in 1992, veteran Indian filmmaker Satyajit Ray, whose films had been sent for Academy Award consideration multiple times, but never nominated, was conferred with an Honorary Oscar. In recent times, the 2009

hit Slumdog Millionaire got India three Oscars, while winning a total of eight for itself! Resul Pookutty won an award for Best Sound Mixing, while A.R. Rahman bagged two, one for Best Original Score, and one in partnership with Gulzar for Best Original Song, Jai Ho.

India hasn't really been a stranger to the Academy Awards, but let's face it, we have all been craving that Best

**The movie has been having a good response till now, with critics giving it high praise. It has already bagged a few accolades, like the CICAIE award for best film in the Forum segment, the Jury Prize for Young Cinema at the Hong Kong International Film Festival and a nomination for a jury award for Best International Narrative Feature at the Tribeca Film Festival, even before it got picked as India's official entry to Oscars.**



Foreign Language Film award for years. In recent years, the selection for sending films for consideration has been kind of sloppy. The decisions are made by the Film Federation of India (FII), which operates autonomously. The FII doesn't have any guidelines or procedures to select a film, and it has made some questionable choices in the past, like in 2007, when the expected entry, Dharm, was sidelined, and Ekalavya was selected, and more recently, in 2014, when The Lunchbox didn't make it, and instead Good Road was sent.

However this year, the entry is on point. Rajkumar Rao starrer Newton was unanimously chosen to be sent as India's official entry to the 90th Academy Awards, announced the FII. The movie stars Rajkumar Rao, Pankaj Tripathi, Raghubir Yadav and Anjali Patil, and has been directed by Amit Masurkar. It sheds light on the Naxalite conflict in Chattisgarh, by narrating the ordeals of an election officer who has to carry out polling in an area under conflict.

It seems like the best shot India had at the category in years. The film is filled with intrigue and keeps you hooked, and does a great job in telling the story it aims to tell. Rajkumar Rao absolutely shines in his role, and the rest of the cast leaves you with no complaints, too. It feels like a truly polished effort at great cinema, and is indicative of India's true film talent, one that does not need item numbers or flipping cars.

The movie has been having a good response till now, with critics giving it high praise. It has already bagged a few accolades, like the CICAIE award for best film in the Forum segment, the Jury Prize for Young Cinema at the Hong Kong International Film Festival and a nomination for a jury award for Best International Narrative Feature at the Tribeca Film Festival, even before it got picked as India's official entry to Oscars.

So could Newton be the film that gets India a win in the upcoming Academy Award for Best Foreign Language Film? It certainly has a fair chance, but the competition this year is fierce. Russia's entry is the Jury Prize winner of Cannes Film Festival, Loveless, Germany has put forth - In the Fade, for which Diane Kruger won the Best Actress Award at Cannes, France's entry - BPM: Beats Per Minute, won the Cannes Grand Prix, while Sweden is sending Palme d'Or-winner The Square. All these are bound to make it a really tough category, but with some luck, Newton can make it through. Let's hope it does, because it definitely deserves to!

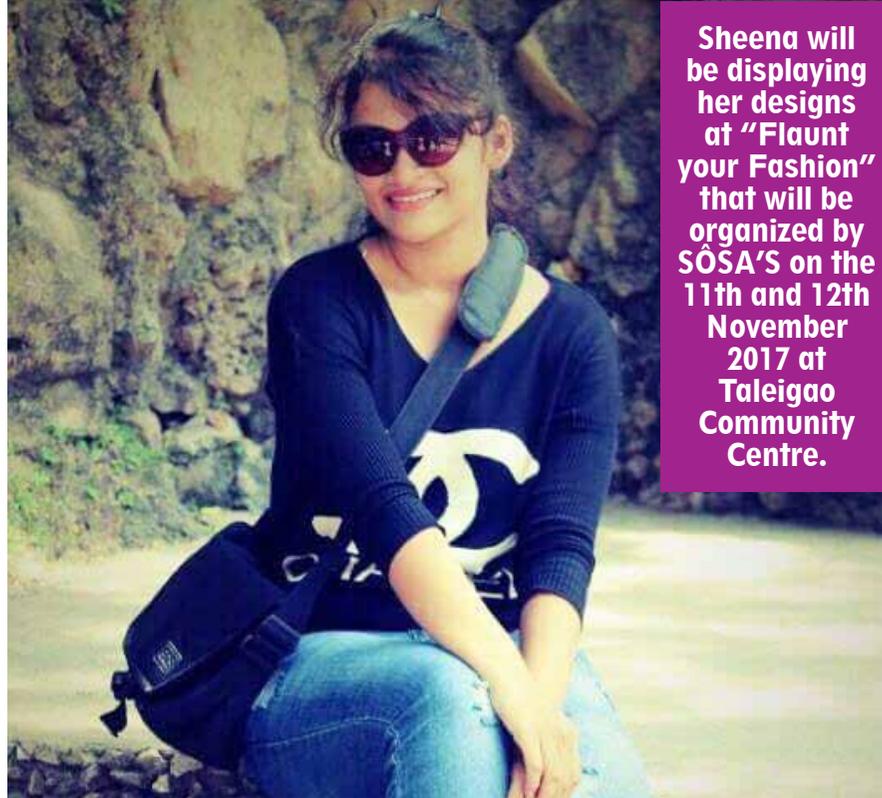
# I WANT TO BE KNOWN FOR MY WORK ALL OVER THE WORLD: SHEENA D'SOUZA

## TEAM TNV

Sheena D'Souza is an upcoming Fashion designer, while speaking to her, we got a little insight about her journey and her love for fashion.

While fondly speaking to us about her childhood she says "as a child I always had liking for fashion, from my school days I would sketch clothes and get it stitched outside." She says that it was her dad who recognized her talent and said, "You should become a fashion designer." She adds, "somehow as I grew up I always had it in my mind that I will become a fashion designer and had full support from my family", Although, she also remembers the time when a lot of people were telling her that it would not work. She later completed her B.Com and then worked for an American company but soon she felt that it was the time where she needed to start something on her own.

When asked what is it that she expresses through her collection she



Sheena will be displaying her designs at "Flaunt your Fashion" that will be organized by SÔSA'S on the 11th and 12th November 2017 at Taleigao Community Centre.

said, "I like expressing my artistic and creative self through my work and acceptance amongst my customers is what makes my style a fashion!" She says that as a fashion designer, my main priority is to provide the best quality products and services to all my customers. It was not that her beginning was smooth and without hustle, she had problems of her own while setting up. One of her major problem was of finding the right set of skilled tailors. Sourcing fabrics and other materials was another thing she spent most of her time doing.

Even though all this hasn't been easy for her but she loves the journey and she has great plans for herself, She aspires to be a reputed designer, well known for creative designing and quality. Also, she adds, "I want to be known for my work all over the World." She believes fashion has no rules, you wear what you like because elegance is not about being noticed, it's rather about being remembered.



*Sheena D'Souza*

Custom made Bridals, Gowns & Dresses for all Occasions, Indian Ethnic Wear, Fusion Wear, Casuals, Baby Dresses and More.....  
Designed with Love and Stitched to Perfection.

Excelsior Chamber, 3rd Floor,  
M.G. Road, Opp. Mahindra Kotak Bank,  
Panjim-Goa

For stitching orders and appointments  
Call on 08975280987

# 6 tips to disguise a tummy

SZWENSKA CHRISS

It doesn't matter if you're a size 8 or an 18, the tummy area is probably the biggest area that we all are self-conscious about because it doesn't matter what size we are, there is some point that we feel really really bloated, whether it's because we have eaten a big meal, we're premenstrual, whatever the case. We all have to agree that there are times when we just want to hide it but let me remind you, hiding it under baggy clothes is certainly not the way to go, so in this article, I've got not 1, not 2, not even 3 but 6 tips to give you on how to hide a tummy.

So let's begin with the **TIP NUMBER ONE 1-** what is the easiest way to hide a tummy? Structured shoulders. Because it helps to create an extra bit of width across the shoulders in order to create an exaggerated V-shape that helps to minimize the tummy area. So in terms of structured shoulders, you can go quite simply for jackets that have got little puffy sleeves, blazers or indeed you can go for tops, shirts or dresses that have got all that puffed shoulder detail. You've probably got loads of items in the wardrobe already with this detail, so whenever you are feeling self-conscious about your middle area, stick one of those items on and it immediately lifts the eye line up to the top half of your body.

**TIP 2-** Now it's actually a print. It's so great for helping to disguise a tummy but not just with any print, the print must be vertical so in other words, it needs to run up and down the body in order to help streamline the torso and disguise the tummy. You can go for quite a busy print. Most people think, print is too busy and will actually highlight but actually it does the complete opposite. Trust me, you do that and you will hide a tummy.

**TIP 3 -** Wear voluminous sleeves .The optical illusion that is created with these sort of bigger sleeves is one of a smaller waist, which in turn hides a tummy. If you're going for things that have got voluminous sleeves ensure that you go



fashion



for fabrics that have got fluidity. Bulky heavier style fabrics can end up making it look slightly bigger so these fluid fabrics lend themselves to that silhouette that we're trying to create. Now if you're clever you can double up and can go for something that's got structure as well as the volume, so look for shirts, tops and dresses that have got that detail.

**TIP 4-** is all about ruching. Ruching is such a skillful way when it's positioned around the waist to highlight that part of your body and the way the fabric gathers around the waist then means that, that's the focal point and your tummy is disguised.

**TIP 5 -** is about belts, I need to start by telling you what not to wear. If you wear skinny belts and this is particularly true if you're on the bigger side, because they quite literally are as if you are drawing a line around your tummy and making that area appear even wider and even more prominent. Instead you can go for wider belts with rounded buckles. These are more flattering and actually help disguise a tummy over and above a square buckle, why? Because this round detail works with the shape of your curves and literally creates a smoother shape when someone's looking at it from the front. It's a really clever one, very subtle optical illusion indeed that works every time.

**TIP 6-** is just to serve as a reminder to tuck your tops loosely because it's that detail which helps to disguise your tummy even further. Leaving tops untucked can actually inadvertently highlight your tummy because suddenly you've got this mass of fabric sitting right on the part that you feel most self-conscious about.

I recently made a trip to Goa and for a smart idea to cover the stomach worked with a lot of layering pieces like capes. Another great way to wear a crop top with a peek-a-boo of the stomach is to wear high-waist

shorts or skirt. After all, dressing up is the most expressive creativity that we all are naturally talented in.

