

Happy Diwali 2017

# The Neutral View

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## Amadyache Sansav

### METHOD

- Peel the green skin off the Amade with a delicate hand to take off the minimum skin and leave the maximum flesh. Most of the amade body is fibrous, hence you need to be sparing and careful while peeling.
- Boil the Amade with just enough water to cover them, till they are soft. Then add salt.
- Now in a pan, crackle the mustard seeds without oil.
- Grind grated coconut along with the boiled amade water, red dry chili powder to a fine paste in a grinder/ mixer.
- During the last round, take the above-crackled mustard seeds and add it to the above grinder/ food processor along with the coconut paste, and turn it just once for a few seconds. The mustard seeds should not be completely ground as these would then give a very pungent taste which is not desired.
- Add this paste to the bowl containing the boiled amade. Add jaggery, a little salt and blend it well with a spoon.
- Taste it and adjust the flavour with a bit of sugar, in case the amade are too sour.
- The Amadyache Sansav is ready to be served.



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## Jaggery Poha

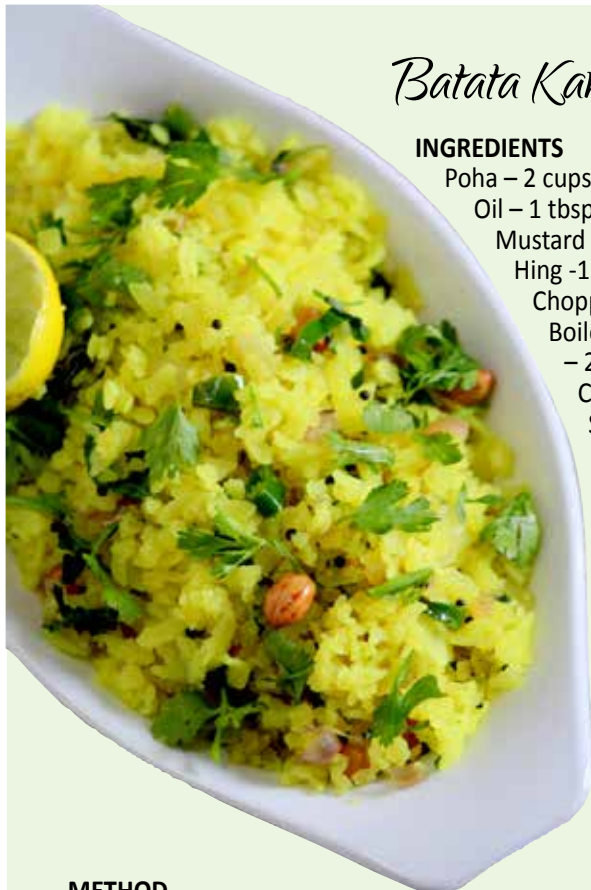
- 1 cup Fov (Poha / Flat rice)
- 1/2 tsp Salt
- 1/2 cup Freshly grated coconut
- 1/2 cup Goan plam jaggery (or use the cane jaggery)
- 1/2 tsp Cardamom powder
- Wash the fov twice with water. Drain water completely and sprinkle salt and keep fov aside. (They will get soaked and puff up)
- In a saucepan, add 2 tbsp water, jaggery (either palm or cane or a mixture of both jaggery) and coconut. Keep on a medium-low flame.
- Cook for about 10 minutes till all jaggery melts and the mixture comes together as one. Add cardamom powder, mix well and remove from flame.
- Mix the puffed fov along with the coconut jaggery mixture.
- 5 Mix well lightly till you see all the fov gets coated with some jaggery and coconut.



## Batata Kanda Poha

### INGREDIENTS

- Poha – 2 cups
- Oil – 1 tbsp
- Mustard seeds – ½ sp
- Hing -1 pinch
- Chopped Onion – 2 tbsp
- Boiled Potatoes (cut in cubes) – 2 tbsp
- Curry leaves – 8-10
- Salt – ½ tsp
- Sugar powder-1 tbsp
- Turmeric powder -½ tsp
- Chopped green chilli -1
- Lemon Juice – 2 tbsp
- Milk -1 tsp
- Roasted peanuts – 2 tbsp
- Nylon sev or bhujia -1 tbsp
- For Garnishing  
Chopped coriander – 1 tbsp



### METHOD

- First, wash the poha in a sieve in a running water for a few seconds. Toss well to drain out all excess water and keep aside.
- Heat oil in a pan and add mustard seed. When it crackles, add hing and saute it.
- Add onions and green chillies, curry leaves and saute till it is translucent. Now, add potatoes and saute it for 2-3 minutes.
- Add seasoning like salt, turmeric powder, sugar powder and mix well. Add drained poha and mix it well, add 1 tsp of milk and cook on a medium flame for 2-4 minutes.
- Now, add roasted peanuts and mix well. Add lemon juice and closed the flame

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# I FOUND NARAKASUR THE OTHER DAY AND HE WAS SO NORMAL

The other day I saw narakasur literally driving his SUV in a speed zooming over the zebra crossing while an elderly man almost missed a fatal brush with his vehicle. He was wearing branded sunglasses with the costliest of the watch and seemed to be well educated.

I saw him personally and dared not to stop him because he was 'narakasur'. In his typical demonic style he grabbed the powers of that elderly person to use the zebra crossing as his right. It was a timely save or narakasur would have literally killed him.

Same day in the evening when I was driving past a police station, I thought of just visiting the temple of justice. That is where we find secured environment. I saw another 'narakasur' there too. Harassing a person in distress with his dictatorial voice. The person was shivering with fear. Sweating as 'narakasur' unleashed his terror on him. The man who had come there to seek justice could not withstand the demonic 'narakasur' and went back, vowing not to return again.

I thought it was wise to flee away from there as 'narakasur' was relishing his victory over the justice. Prying for the next target to unleash his terror. I thought better be safe.

As the next day began, I went to a government office to get duplicate registration card book for my vehicle. Saw another one there. This 'narakasur' was throwing all possible rulebooks on the face of the people to make them to go the agents down there. Push few notes in the pocket of the agent and books were meticulously kept

back in the drawers. This 'narakasur' was kind. He never shouted but always remained irritated over everyone around.

Tired of facing narakasurs, I went to the restaurant, a posh place to have a cup of tea. As I sat there I saw a family sitting on the next table. As they were done with their meal, I saw another narakasur literally wiping his face with a tissue and throwing it below the table littering the place. Oh God! He is here too. I said to myself and rushed out to save myself only to be encountered with another 'narakasur' asking his little son to relieve himself on the footpath in an open.

Too much! I thought to go away and relax myself on the beach. As I sat on the beach bed, I saw two of narakasurs stalking the white skin women on the shoreline. One of them was high on liquor and ventured in the rough Sea putting his own life to risk and also stressing the duties of lifeguards who managed to stop him. After firing choicest of bad words, duo narakasurs walked away from there.

After spending an evening there, I left back for home on my bike wearing helmet and abiding all the rules on the road. In the darkness, I suddenly got a jerk on the front tire of my bike and in no time, I was on the road with my scooter over my legs. Few bruises and I was saved.

A huge pothole had suddenly appeared on the newly tarred road. I dared not to say anything because I knew this was another 'narakasur' who paid money to some 'narakasur' to get the contract and compromised on the quality. This was supposed to happen.

There was no one around. But bruises were hurting me. So I thought of going to a government hospital. Somehow I pulled myself to the casualty. It was night and people were waiting. I just pulled the door of casualty and was shocked. Literally shocked! While people were waiting in pain, I saw there another 'narakasur' merrily doing his duty with no hurry on his face. I said 'sir, I am injured. Can you please treat me.' He shot back 'can't you see, there is a line outside. Be in a queue.' I dared not to challenge him.

Went back home in pain. It was better to be in pain then to face a demon. I parked the bike, slept that night. My biggest worry

was that 'narakasur' should not come in my dreams. They didn't.

Next day in the evening as I walked down the street I saw many people playing blaring music and dancing along the street. They were happy about something. It was a time to celebrate for them. High on liquor and drinks, they danced. I felt happy. Felt something good is going to happen.

Finally after encountering several 'narakasurs' this is a time to feel secure about, feel happy about. I asked one of the reveler what is he dancing for? He replied 'Bro! We are going to kill narakasur tonight!'

'Really?' I was so much happy. Finally I will see good days. The elderly person can walk on zebra crossing without fear, police station will entertain people without screaming on them, you will be able to get duplicate of your vehicle registration book without bribing, you will be able to see safe beaches with decent people, the roads will not have pot holes now.

The ideal world to live in. I was so much happy that I felt like hugging that boy. But I stopped myself as he was busy dancing.

I asked him 'where are narakasurs?' He looked at me with smiling face. "Look up," he told me. I saw up. A gigantic statue made up of papers with a face that can scare anyone was standing peacefully amidst such a noise.

He just looked scary but did not do anything. The smallest of the kid could touch him and he was standing without shooing them away or screaming at them.

"Is this narakasur?", I thought to myself. But this guy seems to be looking scary and behaving normal.

As I could stop looking at him, I saw down in the crowd again. I was terrified. Few of the narakasurs that I saw during last few days were dancing. They were looking normal but their behaviour with people when they are in their office or in public space is scary.

I was confused. Who is narakasur finally? Who is evil? Is that statue which we make out of paper and wood and finally burnt after making lot of noise, pollution and traffic congestion, a demon. Or we, who don't bother to care about other human beings and behave demonic in our day-to-day life? I am still searching for the answer at the cost of being trolled once this editorial goes online.



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# TOURIST TAXI OWNERS NOT INCLUDED IN TOURISM PLANNING OF GOA

TEAM TNV

**T**he self-employed tourist taxi owners/operators have alleged that the government is attempting to choke their business. They have expressed anger over not being included as stakeholders in the planning of tourism in Goa.

The tourist taxi owners have agreed to the demand of installing meters in their vehicles, but have rejected all the plans of the government, including the speed governors, mobile app and others. The taxi owners have demanded to include them as stakeholders in tourism planning.

The taxi owners said that they have never disagreed to the installation of meters to their vehicles. However, they categorically mentioned during the course of their meeting with the Chief Minister that the government should implement the rates as gazetted by the government act.

“It is necessary for the government officials to take immediate steps to stop all private vehicles, which are operating without any permission from the RTO. As per the earlier notification, we were allowed to use milometer, but in 2013-14, the government notified by removing the said earlier kilometer usage without taking us into consideration. Prevailing government rates are always welcomed and adhered to. In fact, milometer of vehicles can be directed to use instead of a meter,” said Kennedy Goes.

The tourist taxi owners/operators have also objected to the installation of speed governors in their tourist vehicles as they claim that it would not serve any purpose. “As per the police



“**We were sent back by the RTO for not having installed the speed governor when we went for passing. Insurance, tax, and parking fees have increased but taxi charges are the same. Still, the government expects us to make changes which are anti-business.**”

records, it clearly reveals that only one percent of accidents are caused by tourist vehicles. Speed governors will only hinder the movement of vehicles to reach the tourist to the airport and vice versa,” said Kennedy.

“Nevertheless, because of the speed governors, the government will never hire our vehicles for events such as BRICS, Defence Expo, etc. It is not recommendable in isolation. In the bargain we will lose business completely,” he added.

Private taxi owner, Roque Fernandes, while explaining his present experience over the speed governor, said, “We were sent back by the RTO for not having installed the speed governor when we went for passing. Insurance, tax, and parking fees have increased but taxi charges are the same. Still, the government expects us to make changes which are anti-business.”

“Every now and then, the tourist taxi operators are accused of overcharging without any basis. In order to counteract such situations, we have always highlighted the need to display the ‘FARE RATES’, so as to avoid any misunderstanding between the tourists and also to stop such false allegations,” said Roque Fernandes.

“However, till date, the government has never responded to any of our requests, but alleged us with all sorts of accusations,” he added. The tourist taxi owners/operators have again requested the government to display the fare rate board in front of the hotels and tourist destinations.

The taxi owners said that they had discussed all the issues, pertaining to their business, with the past and the present government. “Why are we being targeted every time? The government should protect the interest of the local people. Taxi is the only business left for the Goans. In fact, many villagers gave up their traditional businesses to join the taxi business. Every year they increase our insurances, road tax, etc.” said the association members.

The tourist taxi owners/operators have requested the government to hear and understand their difficulties and help them to carry on their business in a hassle-free environment.

The taxi owners have said that the Goa Tourism Development Corporation chairman, Nileshe Cabral, has turned a blind eye to their problems. They also said that, except for Churchill Alemao and Michael Lobo, no one else cares for their demands.





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# NO PLACE TO REST IN PEACE

TEAM TNV

Muslims of Salcete taluka and its surrounding areas have been longing for a proper burial place, a Kabrastan, for nearly three decades. The previous BJP government, before the elections and after being elected, had promised to develop the land for kabrastan in Margao as soon as possible. Five years of hopelessness have elapsed since the former Chief Minister and present Chief Minister met a delegation of Muslims from various areas and Masjids represented by the Ex MLA Damu Naik over the issue. Five South Goa District Collectors, three Chief Ministers and 18 years have gone by, and the issue is being considered as just another bygone. Now, a new issue of burial grounds only to be used by the people within the local administration jurisdiction has erupted in Panaji and Margao. This is going to further threaten the resolution of the problems of burial for the Muslims. The existing kabrastans of the major cities have exhausted their capacities.

The kabrastan at Pajifond in Margao was being used from the pre-liberation period of Goa. At the rate of four burials per day, and a surge of burials in the later period, this kabrastan was already full 20 years ago.

The Congress government had given a green signal to the acquisition of land at Sonsodo, six months prior to the Assembly elections of 2012. But, the Congress was whitewashed and later entered Manohar Parrikar as the Chief Minister of Goa in the BJP-led government.

The Sunni Jamia Masjid Muslims Association along with all other Masjid committees met the South Goa District Collector N D Agarwal, Chief Minister Manohar Parrikar and others on the 24th of September 2013. It was then decided that 31,500 sq.mts of land near Sonsodo will be allotted for the burial ground. The land was acquired and the mutation was done, but, the files for development of the land never saw the light of the day.

The then general secretary of Sunni Jamia Masjid Muslims Association, Atik Benducda, had earlier said that the existing 7,000 sq.mts of land at the old kabrastan in Pajifond was being developed to add up a little



more capacity for the burial. However, the capacity of that land too is now exhausted, and the entire episodes have forced for the speedy completion of the kabrastan land at Sonsodo.

The present kabrastan is the only burial ground for Muslims from Margao, Fatorda, Navelim, Seraulim, Chandor, Quepem, and 38 other villages of South Goa.

During the Congress regime, the Comunidade land behind Pandava Chapel admeasuring 99,500 sq.mts was acquired, and was decided to be given to Hindus, Muslims and Christians in three equal parts. This decision was taken by the cabinet of then Congress government. Since the land on the Pajifond burial ground was getting exhausted, several Masjid Committees had put forth a proposition to the government for acquiring a new land. The decision taken in cabinet meeting is the final word of the government and cannot be either overruled or bypassed.

In 2010, the proposal represented by the then MMC chairperson, John Fernandes, was passed unanimously. But, eventually, the proposed land went back to the cold storage never to come out again.

While speaking to Matin Carol, he told that he has all the RTI documents and also revealed that several builders and capitalists are waiting to feast on the land which was previously allotted

at Aquem. "That is the reason the land has been systematically set aside and the land near Sonsodo is being put forth," Carol said.

The Muslim associations of the highest order in Goa and India had rejected the land near Sonsodo due to the dirty surroundings. The land near Sonsodo was acquired by the former Collector of South Goa but later it was revealed that the land is not suitable for development. However, after the government and the MMC promised to solve the issues of garbage, a green signal was given for the land. Later, there were issues regarding the topography of the land and was struck down by competent authorities. The SGPDA then gave special permits for the development of the land.

But, there was a bigger surprise waiting. The PWD contractor, who had started the work for the burial ground near Sonsodo, was asked to stop by a few locals from Raia. The people claimed that there was a dispute over the acquisition of the said land. The residents were furious over the allotment of land and demanded to know; how the government and the TCP gave the permission to convert the land into a kabrastan?

The petitioner, Matin Carol, had earlier declined the claims of the protestors concerning the plot of the land being owned by the Raia Fabrica. Abdul Matin Carol told that

the orders of the National Commission for Minorities (NCM) to provide burial grounds for Muslims have not been complied with.

Meanwhile, the argument of the land being in Raia was also cleared after the demarcation of the land showed it in the ODP of Margao, 2015, in the name of Muslim burial ground.

The land loser and the villagers have now demanded not to use the land for kabrastan, looking at the environmental and the topographical issues of the land. The people also held a meeting on this issue wherein a lot of discussions happened and a lot of resentment was also heard.

Now, the Municipal Council of Margao says that the land will be developed and maintained by the MMC and not the Masjids. The MMC has also said that the land will only be used for the burial of deceased persons from Margao and Fatorda. This is now going to create a stir as there are 38 other villages and some towns which have no independent burial grounds and need to bury in the burial grounds at Margao. A similar order was drawn by the Corporation of the City of Panaji (CCP) about kabrastan being open only for people from Panaji.

The government, however, is expected to play a pivotal role on this sensitive issue as it can have dire consequences if left hanging too long.





# Jhatka for Matka

TEAM TNV

**T**he High Court observation and the following action by police against 'matka' in Goa do not seem to have deterred many of the matka hubs and matka agents of Goa. Today, the people are forced to think whether there is any serious attempt made to stop the illegal trade or not. Matka hubs operate in towns like Panaji, Margao, Quepem, Sanguem, Mapusa and other important cities just 30 to 40 meters away from the police stations and headquarters. This sends a signal of whether the government is serious about curbing the addiction of gambling or not.

Several youth and men in the commercial towns and hubs are getting addicted and completely dependent on this trade. According to sources, a person writing matka and collecting bets for the agent is earning nothing less than 500 to 600 rupees a day. Compared to the standards, this is a higher income than that of a data entry operator or an LDC in the government services. In addition to that, all this money is in cash and does not attract any tax whatsoever. Having said that, the government now beholds a bigger responsibility to regularise or control the trade.

On the contrary, the 2-day action



taken by the police after High Court ruling to curb matka operations, arrested and booked 65 individuals involved in this trade. However, it was back to routine for several matka kiosks as the matka bookies were seen operating all over Goa soon after the action.

Quepem, Cuncolim Vasco, Verna, Mapusa and several other police stations too had booked cases of matka, anticipating strict action by the HC.

Similarly, kiosks on government land provided by government agencies, in all the major towns of Goa have been openly taking matka, flouting all the agreements and rules of operating these incentivised businesses.

Kashinath Shetye, who has filed

a PIL against the matka trade in Goa, while speaking on this issue said, "The stalls on the open spaces of government and local self-government are being highly misused to accept bets from people around. The matka trade has also reached to the students of schools and colleges. The matka agents of these stalls are operating by giving hafta to police," alleged Kashinath. "I have brought these facts to the notice of the High Court in my Public Interest Litigation, and it has worked. The HC ordered action wherein the law enforcement has raided certain matka places. I have also been on record that these stalls operate with the help of local MLA's" Kashinath said. This brings us to the question- whether there is any solution to the increasing menace of matka in Goa?

After matka dens and hubs were being raided and stopped, the business transited into the electronic and stealth mode. The person who wanted to gamble was given two small paper pieces in which he wrote the numbers he wanted to bet his money on. One paper remained with the writer and one remained with the person who placed the bet. If the person won, he would come back to the den and produce this paper to claim the money.

In addition to this, people who have never opened their bank account app on their smartphones have been very skilfully using the [www.sattamatka.com](http://www.sattamatka.com) and other matka sites on the internet. They bet at the den and look at the results at night on the web. This proves that the addiction of matka gambling has completely entered the blood of the Goans.

Speaking of the solution, several businessmen have said that legalising and taxing this business will help to reduce the parallel cash economy to a great extent and will bring control on the uncouth operations of Matka in Goa. Sources say that matka and public gambling in Mumbai have reduced to a great extent. One of the businessmen from Margao said, "Gambling is in the system of the country and also has a long history. In that case, legalising and taxing the same is the only solution left. This will bring in some sought of control over the trade."

Till date, there are sprawling networks all over Goa and have taken people from rags to riches. The opposition leader being caught up in the involvement of Matka reveals how deep-rooted the problem is, and it needs a strong political and social will to tackle the menace.

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# GOA GO WOMANIA BRIDGES A GAP BETWEEN WOMEN ENTREPRENEURS

**Seemingly inspired from the song "O Womaniya" from the movie "Gangs of Wasseypur", the group "Goa Go Womania" is making waves amongst the businesswomen. And mind you, it has nothing to do with the gangsters that you see in the movie but a gang of women hand holding and encouraging entrepreneurship qualities amongst each other.**

## VINAYA WALAVALKAR-MANTRI

If you have a concept that spending time on whatsapp and creating a group is a major waste of time then wait, stop thinking so. Had you met Siya (Rafina) Shaikh, the perception about the use of whatsapp and social media at large would have changed. 'Whatsapp' could also mean business and a serious one to network hundreds of like-minded women.

Seemingly inspired from the song "O Womaniya" from the movie "Gangs of Wasseypur", the group "Goa Go Womania" is making waves amongst the businesswomen. And mind you, it has nothing to do with the gangsters that you see in the movie but a gang of women hand holding and encouraging entrepreneurship qualities amongst each other.

When we met Siya, the first thing that attracted us was her profile. After completing her Civil Engineering degree from Goa Polytechnic at Bicholim, Siya started her own firm called Goa Metal Composites, which manufactured FRP doors and railings and interiors. She runs her own store 'Door Galleria' in Panaji.

During the long chat with this ever smiling and inspiring woman, she narrated how 'Go Womania' happened. "I always wanted to help people that too on a large scale. But never knew how to go about it. I wanted to do something that would be large enough to be known to many and be easily accessible."

The concept of 'Go Womania' stems from her experience as a BPO employee in Pune, years back. She found her inspirational thought after she observed a group that was functioning there on social media called 'PULA', it was run by a Pune based lady, where



their main objective was having a good network of ladies so it is easier for them to help each other.

"All they had to do was put up their queries or difficulties on the group and any other member could help them out with their difficulties. It was that simple," she explained.

"I liked the idea as social media was a good platform for creating a network of people where they can ask and seek help from their own people and all for the cost of nothing," she said.

Siya wanted to start something like this in Goa as well for the Goan lady entrepreneurs. "I basically wanted to have a group where the ladies could

find promotion for their respective businesses and find motivation and appreciation for their hard work and dedication towards their work," she recalls.

"I did a research on various groups that were available on social media but what I found out was that they were all existing for a specific purpose and there was no particular group that existed to increase networking between ladies or to seek help regarding any problem, and which was only for ladies," Siya explained.

"It took me one year to complete my research and come to a conclusion that there needs to be a platform where

ladies could share their problems and promote their products as well."

In June 2017, 'Goa Go Womania' was born with five core members who are entrepreneurs in various fields on social media; it has now grown to 4,100 members.

"A concept that I started was of having various days for different things in a week so that the objective for the day becomes clear. We have bazaar day – for sale of their products; feedback day- for feedback of the members on the various products that were endorsed on the group; wiped out day-for donation of articles that ladies would like to give out to the needy, mostly clothes."

"We also hold various activities for the group members to keep them motivated and to increase interpersonal contact. Another activity that we undertake is charity work; in august we collected enough funds from our group members to buy shoes for an entire school so they could be dressed on Independence Day."

The group also donated clothes to the needy on some occasions. "Our next project is to have an orphanage visit and our aim is to provide food items to the children," she said.

When she was asked whom she would like to give credit for her success, she said that she would first like to give credit to her husband who has been by her side throughout and has been a constant support in her work. She also thank her parents for always being there for her.

She plans to take 'Goa Go Womania' to the interiors of Goa so that the ladies there get the benefits of getting in touch with the city crowd and that their business reaches great heights through the group and that they get the required motivation also for their work.

Also through this she sends a message out to all the ladies out there that Women are very strong and that we just need to find our power and come out of our comfort zone and make it happen. We need to help each other to grow and not pull each other back.

She proudly says that she is doing her bit and has requested you guys to do yours as well as women are their own strength and we need to just know it.



# Write it Right!

**TANVI BAMBOLKAR**

One afternoon, as I was travelling from my hometown to the workplace in a bus, I had this urge to write something. Not that I don't get it otherwise, but this time it was intense. That is when I realised how I have just stopped writing and posting on social media the way I used to before.

There was a time in my college days where I have shared long notes and blogs on social media. And, as a virtual convention, people liked it. In the recent past, I have only shared my poems. Probably because I am not as confident as before about my prose having its presence on social media. This might have happened because I grew up in this art called writing. Rather, I like to believe it that way.

I stumbled into pure academics two years ago. It demands linguistic perfection. One has to write, edit, rewrite and it is a long process. I never thought I had the patience to do that till I did all that.

This kind of writing helped me grow as an aspiring writer. It helped me realise the significance of proofreading. It made me realise the importance of going through your own work again and again. It taught me things like rewriting and restructuring. I write, I scribble, but I do not share it instantly with the world as I would do as a college student.

New age writers have an extra advantage because of the internet. We don't need to always bring our work in print form anymore. We can blog, post and tweet. I personally tweet a lot, but at

times, those 140 characters that Twitter provides you are not enough to express what you really want to. Probably, Twitter heard my angst and increased the limit to 280 recently. But I would say, at certain times, it is still not enough. I see a lot of people putting up their stories, essays, etc. on Facebook too. I tried doing that sometimes, but I personally dislike the long posts on Facebook. Over a period of time, these mediums saturate you. There is so much of good and bad information in them that you sometimes just need a break from all of that.

Therefore, the safest medium I thought was a blog. I have been a very lazy blogger. There was a time when I would directly type and post on Blogspot. Recently, for the first time I 'wrote' a post on my diary and then typed it on my computer. This tells me that I have grown up.

I remember one of my friends, who is now a successful TV journalist in Mumbai, telling me that she cannot type and post directly on the web. She has to first write in her diary. I tried it myself for the first time and yes! It does help. We might have become techno-savvy, but writing on a paper is altogether a different feeling. You get to taste your own handwriting in that process. I even tried this method in my academic writing and it really helped me to write better.

Writing is a beautiful art, but it also needs a craft. All those who are interested, learn it with time. While taking creative writing classes in Bal Bhavan for children, I learnt so many things that you require while growing as



**The best way to grow as a writer is to be like a sponge. Soak in everything that you see, read, and hear. And keep hoping that someday you reach a stage where you will write, rewrite, and inspire.**

a writer. It is not just about writing some words on your pages. It requires patience, relooking, and redoing.

In the recent past, thanks to the faster internet, I have also been following a lot of video content on the web. I stumbled upon a thought one day, whether our love for the written medium is dwindling, and whether our generation is relying more on the audiovisual content? Time will answer that question, but the power of the word still influences through new mediums like microtales on the web.

I was going through the pages of curator of a very famous page called Terribly Tiny Tales and found that they are coming up with a book. This news thrilled me. In an age where every book lover likes to get a Kindle, the reading gadget; I still love the feel of a book, its pages, and bookmarking.

A lot of people, pages, and videos have inspired me to read and write. From my father who would regularly bring a copy of children's magazine for me in my childhood, to my mother who made me write essays while she assessed her school test papers. And my friends, who write, experiment and inspire me all the time. They too have their flaws. They too have their writer's blocks and breaks yet they manage to express and reach out to people effectively whenever they write.

The best way to grow as a writer is to be like a sponge. Soak in everything that you see, read, and hear. And keep hoping that someday you will write, rewrite, and inspire.



## Keep your October booked, as Oktoberfest is coming to Goa from October 21 to 22

Be at the venue from 4pm to 10pm. Also keep an eye out for live performance by bands like ROL and The Family from Mumbai, and laugh it out with comedian Nitin Mirani. Come and feel the spirit of Oktoberfest with flea market, beverage garden and lots more. The enjoyment costs nothing as the entry is free.





# WOMEN'S RIGHT - DEPRIVED BY IGNORANCE OR INEQUALITY

SONAL U. SARDESSAI

A woman is a symbol of love, purity, knowledge and sacrifice. All human beings are equal, but despite this fact, women in India are being victimised, humiliated, tortured and exploited since ages. Various laws have been enacted to fight crime against women, but still, the situation remains the same.

In India, crimes like murder, dacoity, robbery etc. are considered to be serious but atrocities against women are overlooked. One of the major reasons why such events occur is that most of the women in India are still less informed about the rights which safeguard their interests.

Scriptures such as Rigveda mention that, in ancient India, women held a high place of respect in the society. Later on, because of social and political changes, women lost their status and were relegated to the background in which they were very much prone to crimes and atrocities against them.

History also witnessed a rapid change in the status of women, ignoring their heroic deeds from the Vedic period to the modern times. In modern times, violence is faced by women in a number of ways. Violence may not be limited to physical alone but may include sexual, psychological and emotional abuse as well, although, the degree and form may vary according to class, religion, and culture.

Women's dignity, self-respect, psychological as well as emotional health are either undermined through various degrees of violence or ignored by invoking religious, cultural or traditional beliefs. The Constitution of India guarantees the right to equality for women. It embodies the general principles of equality before the law and prohibits unreasonable discrimination. Article 15(1) prohibits the state from discriminating on the basis of religion, race, caste, sex or place of birth while Article 15(3) allows the state to make special provisions for women and children. Article 15 merely elaborates the same concept and acknowledges that women need special treatment for their upliftment.

Let us take a look at some social evils and analyse the legal relief to curb injustice against women.

**Female foeticide:** The preference for a male child leads to brutal outcomes like female foeticide or female infanticide. To combat the practice of female foeticide in the country through misuse of technology, done surreptitiously with the active connivance of the service providers and the persons seeking such service, the Pre-natal Diagnostic Techniques (Regulation and Prevention of Misuse) Act was enacted. This Act, in addition to punishing the culprits, also prevents cases of female foeticide and bans the practice of amniocentesis for sex determination.

**Dowry related violence:** Failure on the part of bride's family to pay the agreed amount of dowry often leads to the harassment of a newly-wed

woman. The Dowry Prohibition Act, 1961 prevents the giving or taking of dowry. It not only penalises this act but also makes the act of demanding dowry an offence.

**Domestic violence:** The Protection of Women from Domestic Violence Act, 2005 (PWDVA) provides a legal recourse to women (wives and live-in partners) facing domestic violence, be it physical, mental, sexual, emotional or economical.

**Sexual harassment at the workplace:** Sometimes, employers abuse their authority to seek sexual favours from their female co-workers or subordinates by either promising promotions or creating an untenable and hostile work environment. Women who refuse to give in to such unwanted sexual advances are often at risk of being demoted or even terminated from the job. The Sexual Harassment of Women at Workplace (Prevention, Prohibition, and Redressal) Act, 2013 recognises the right of every woman to a safe and secure workplace environment irrespective of her age or employment/work status. Hence, the right of all women, working or visiting any workplace, whether in the capacity of regular, temporary, ad-hoc, or daily wages basis, is protected under this Act.

**Prostitution and human trafficking:** Women are lured into prostitution mostly due to false promises of providing jobs. The Government of India penalises trafficking for commercial

sexual exploitation through the Immoral Trafficking Prevention Act (ITPA) with a prescribed penalty of seven years to life imprisonment.

For those who feel that scenario in Goa differs, 1628 cases of crimes against women have been reported in the state in the last three years. Till June 30 this year, a total of 222 cases of crimes against women have been reported.

However, the Goa police have been taking initiatives to fight crimes against women. They have also been conducting self-defense classes for girls in various colleges across the state. In Goa, the women police helpline number is 1091.

In conclusion, it may be stated that the status of women in modern India is a sort of paradox. On one hand, she is at the peak on the ladder of success while on the other hand, she is mutely suffering the violence inflicted on her by her own family members. As compared to the past, women in modern times have achieved a lot, but in reality, they still have a long way to travel.





# Goel Ganga Parivar takes philanthropy to a newer height

GUNWANTI PARASTE

The sentence "Pure Delight is giving back to society!" attracts the eyes when one opens the website of Maharashtra-Karnataka's leading Real Estate Firm – Goel Ganga Group. While real estate industry world over is marred in the controversies for creating concrete forests, this group is an exception. After 35 years in the business and more than 100 projects under its belt, the group has made name for itself, not just in the business sector but social field too.

It might sound little fancy, but it is true when Managing Director of the group Atul Goel claims that they ventured in this industry "to build a nation." The kind of philanthropy propagated by this group is unmatched. Goel Ganga Parivar has been a name to reckon with when it comes to real estate and social work.

It was almost an hour-long interview with Goel but the story that he narrated changed the entire perception that patriotism can only mean fighting on the border or shouting slogans. In each of our deed, we can do the things those are patriotic in small little way.

The foundation of the group itself had patriotic beginning. It started on August 15, 1983. While business community usually consult astrologer to find the right 'muhurat' but for Goel family, there could be no big day to start good thing than our Independence Day. The sense of patriotism that was imbibed during the first day itself continues even now.

It is 35 years and the group has successfully executed 100 projects. While making living spaces for the people, Goel Ganga group had love for the nation and its people at its heart. No wonder that they are brain behind the first



**While working for the downtrodden, the group also funds education for the children from lower strata of economical hierarchy. The children of the labourers are given financial support for their education by the group. Taking a step ahead Goel Ganga Parivar take an efforts to distribute food, provide dignified housing to the labourers and also educate them about the importance of hygiene.**



ever mall in Nagpur which promotes the locally made goods. The local goods get the global buyers, a concept that has changed the lives of many.

Goel feels that buying local good brings in lot of benefits. "It does not only support the people in our neighbourhood but also helps to drive the entire concept of swadeshi," he said.

Three decades in the real estate sector and the group has spread its presence outside Pune in Bengaluru, Nagpur and Mumbai providing the quality housing for the people. The company has constructed 30,000 houses through its project, touching the lives of the most common to the elite customers.

Setting another example in patriotism, the group has built houses as a part of slum rehabilitation project in Mumbai, low-income segment houses in Nagpur and affordable homes for many across the location where they are present.

While listing out the achievements of the group, Atul ji admits that his father is

the strength of the group. His brother Amit and the family too is involved in the business completing the family circle, supporting each other.

What makes the business society oriented is perhaps the involvement of entire Goel family into it. "All my family members are involved in the business. Even my wife, sister and my mother are handling Goel Ganga Parivar projects," he mentioned.

With the benefit to poorest of the people at its heart, the group has been holding different social activities like blood donation camp, driving safety week and others. "Safety while driving is of paramount importance. We can save lot many lives with that," says Atul ji recalling how the driving safety initiative covered 20,000 people.

When it comes to blood donation, the members of parivar are the first to donate their blood setting an example for others.

The group, which has also ventured in the hospitality sector, has tried its level best to give something to the cultural heritage of India. On Pune-

Ahmednagar highway, the group has set up Chokhi Dhani project since the year 2006.

As the name suggests, Chokhi Dhani – "a small beautiful hamlet", has maintained its rich art and culture image with its host of Folk Dances- Ghoomer, Kalbelia, Bhopa Bhoji, Chaupal and others.

While working for the downtrodden, the group also funds education for the children from lower strata of economical hierarchy. The children of the labourers are given financial support for their education by the group.

Taking a step ahead Goel Ganga Parivar take an efforts to distribute food, provide dignified housing to the labourers and also educate them about the importance of hygiene.

In the field of education, the group has set up GG international school; it's a CBSE school from kindergarten to STD XII.

"The Goel Ganga parivar also closely works with the Gayatri Parivar to create a society that is deeply rooted in Indian culture and traditions. We also develop temples for spiritually healthy society, so that we are built ISKCON and other temples," said Atuji.

The group worships Chhatrapati Shivaji Maharaj as its idol.

"We are big time inspired from Shivaji Maharaj. We always follows their thoughts and learn lots of things," he said adding that they always encourage youth to follow Shivaji Maharaj in the principles and learn management techniques from the history associated with him.

Goel Ganga Parivar has published a book to show how Chatrapati Shivaji Maharaj and first Bajirao Peshwa's principles of management can be emulated even in the current days.



Shilpa is the sole proprietor of Kairos and has been organising events across India for the past seven years. Kairos has been hosting a national beauty pageant since last five years, i.e. Miss Summer Tulip India, and recently, Esthetica has been another feather in their cap.

#### TEAM TNV

An event is not just an evening or a show, but it is the hard work and the efforts of the event management team that makes it happen. While in conversation with Shilpa Dessai, the director of 'Kairos', an event management company; we got to know the insights of this trade.

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When asked about her motivation behind starting Kairos, she says, "I used to organise events on a small scale for my friends and family, and they always appreciated me for it. They used to always motivate me to take it on a bigger scale, and slowly I began to realise that I have that talent and creativity to organise events on a larger scale...Hence I decided to start my own event management company 'Kairos'. It means a place where important meetings are held to build a momentum."

Further adding on to the conversation about how she manages her work and the company, she says, "My management skills help me a lot to balance between my job and my passion. I am blessed with a very good team of professionals, and Fashion has always been my passion."

Shilpa might make managing an event look like a piece of cake, but here are a few things she mentions that are essential to be a good event manager:

"Attention to detail – you must have a good eye for every aspect of the event journey and be committed to creating the best event that you possibly can."

"A sense of humour – be able to laugh at yourself and maintain a good spirit even when things go wrong."

"You must like working with people – event management is a team effort and always involves guests or attendees. If you prefer working alone or don't really like engaging with people then this industry is not for you."

“The credit for my success goes to the strong pillars in my life that always stood with me since day one of the Kairos; my family, Nilesh Kamar, Kanchan Malgulkar, Alirio Saldana, Jana Bhandari, Olga Hussain, Zameera Khan, Raghavendra Dathe, NeelamVirwani and Almighty God.”



"Stamina – you must be physically fit and emotionally strong. Events can be very stressful and can affect your health. You must be able to work hard, but know when to rest and recuperate in preparation for your next event."

"Be able to take constructive criticism – I always learn a new lesson with every event that I organise. I view this as a positive thing and I am glad that I am still able to learn from my mistakes."

She also adds that there are a lot of hardships that one has to face while organising an event, but getting sponsors for the event is one hardship that troubles the most.

But, apart from all the hardships, Shilpa has managed to bring Kairos to a platform on which it stands today.

Very humbly she adds, "The credit for my success goes to the strong pillars in my life that always stood with me since day one of the Kairos; my family, Nilesh Kamar, Kanchan Malgulkar, Alirio Saldana, Jana Bhandari, Olga Hussain, Zameera Khan, Raghavendra Dathe, NeelamVirwani and Almighty God."

Her future plan is to make Kairos an international event organising company and host shows on a grand scale.



Wastewater and runoff carry microplastics into waterways.

Plastic objects are broken down into smaller pieces by sunlight and surf action.

Micro plastic particles are believed to come from waste such as plastic bags, pet bottles and containers broken down by waves and ultraviolet rays, and also from micro beads widely used in cosmetics and toothpaste. They absorb hazardous chemicals and could become concentrated in birds and fish that mistakenly eat them.

one with 2-3 pieces (of micro plastic) in them.

Similar study conducted by another scientist of USA in Indonesia also confirmed that the micro plastic exists in the fish around the region.

"In India, there is no scientific data available on this phenomenon. So we are collaborating with NIO to study all the aspects of micro plastics including their accumulation in sediments," he said.

Another Asian country – China – studies the shell fish found in the waters and found micro plastic in them too, he said adding that "In India also it must be there but we don't have any study. So far there is no scientific evidence in India."

## WHEN YOU EAT FISH, YOU CONSUME PLASTIC TOO

**RUPESH SAMANT**

Little did we all know that every time we bit into that fleshy piece of fish, we are gulping down certain amount of plastics in our body. The studies world over has confirmed that the fish contains micro plastic in their bodies. As far as India is concerned, there are no studies conducted except some preliminary data.

And as far as Goa is concerned, the State government is not so bothered to know what's inside the fish. State based National Institute of Oceanography has already submitted their proposal with the State Fisheries Minister Vinod Palyekar seeking to conduct study on amount of plastic in fish stomach. But there is no revert.

While trying to know what exactly is

the phenomenon about micro plastics in the stomach of fishes, we were lucky to meet world renowned expert of this field Professor Hideshige Takada, a senior researcher from Tokyo University, of Agriculture and Technology (TUAT), Japan.

As a part of initiative between India's NIO and TUAT, he was down in the country to sample few water bodies in Mumbai and Goa. Accompanied by team led by senior scientist at NIO Dr. Mahua Saha, Professor Takada took time to speak to The Neutral View about this recent scientific finding that can have repercussion on fish-eating communities.

He said that while fish samples across Japan and South East Asian countries have revealed the presence of micro plastics in their stomach, there

is no scientific data available about similar phenomenon in India due to lack of studies.

The presence of micro plastics in the Sea and fresh waters have been confirmed during the studies conducted by various researchers, but India is yet to start investigating its product for these tiny harmful materials.

"Each time we eat fish, we may eat plastic. Our studies have confirmed that there is micro plastic in the fish stomach, which can go into human body that is consuming them (fish)," he said.

TUAT has currently entered into collaboration with India's CSIR-National Institute of Oceanography (NIO) to conduct detailed studies on micro plastics in Indian waters.

Prof. Takada's team who conducted research on fish in Tokyo Bay found micro plastic in the stomach of the fish. He said 80 per cent of the fish samples collected had micro plastic, and each

State government should do away with its reluctance to conduct study on this important threat to humans. Though the consumption to this level might not result in loss of life, but certainly could affect the health of individuals consuming fish.

NIO has done preliminary study about this and team of scientist led by Dr. Mahua Saha have found micro plastics containing chemical pollutants in fish tissue, mollusks and sea bird off the Galgibag and Keri beaches.

The scientists have been sampling the sand to find traces of micro plastic on state's beaches. The study was conducted on six shorelines including Keri, Calangute, Vagator, Galgibag, Colva and Mobor.

NIO has also set up a special laboratory where the scientists analyze the samples of micro plastic. The larger study is needed to know how big is the problem as far as Goa is concerned.





Micro plastic particles are believed to come from waste such as plastic bags, pet bottles and containers broken down by waves and ultraviolet rays, and also from micro beads widely used in cosmetics and toothpaste. They absorb hazardous chemicals and could become concentrated in birds and fish that mistakenly eat them.

Prof. Takada said that the micro plastics that are discharged in the river find way into the ocean and that is how they are found even in the sediments. "They are washed into the ocean and there due to ultra violet radiation, the plastics get fragmented into small pieces," he explained.

"Such fragmentation occurs continuously getting plastic turned into micro plastic which finally goes down to the bottom. They are accumulated in the sediments and the micro plastic in sediments creates the pollution," he added.

Tokyo University's research on micro plastic has also revealed that the amount of micro plastic in the sediments is in rise and it is much more than that in water.



Prof. Hideshige Takada



"We collected sediment cores. The deeper core means sedimentation in the past and surface means it is recent one. In the year 1950, the amount of micro plastic was very less, it was very less at around 1,000 pieces per kilogram which is 70,000 pieces per kg of sediment in the year 2000," he said.

"The micro plastic in sediments is more than the water. In Tokyo Bay, the sediment area the micro plastic 150000 pieces per square metre of water and surface water is 0.04," Takada said.

What makes micro plastic dangerous for biota is the presence of chemicals that are added to ensure long life for the plastic during its manufacturing stage.

"The industry put many chemicals in the plastic and some of them are harmful to biota. Some such chemicals are still present in micro plastic. The plastic used in electric products are having flame retardants, which are harmful to the nature," he said.



# cover story



**Dr Mahua Saha, a senior scientist with NIO has been working on the issue of microplastic. TNV spoke to her to know the Goa perspective of the issue.**

**How serious is the issue of microplastic on Goa's coast?**

In terms of availability and distribution it is not that serious like metro city Mumbai, but finding of microplastics even in the remote beaches of Goa can not be ignorable, it is alarming too.

**The microplastic pollution in Goa still can be controllable by awareness of people, making rule by policymaker for reducing plastic trash and abundance of plastics as much as possible.**

**How much hazardous it is for human life to eat a fish with microplastic in it?**

Since microplastics contains hazardous plasticizers like bisphenol A and also it carries toxic pollutants like POPs, insertion of microplastics in human body could be potential cause for many adverse effects in marine life and humans e.g. cancer, malformation, decrease in immune response, impaired reproductive ability.

**Which is the beach in Goa with maximum microplastic?**

Among the six beaches in Goa we found maximum microplastics in Colva and Calangute.

**How fast do you think this problem is going to aggravate in Goa?**

The microplastic pollution in Goa still can be controllable by awareness of people, making rule by policymaker for reducing plastic trash and abundance of plastics as much as possible. But if no step is not taken then within 5-10 years the microplastics pollution can enhance 5 times more , which will be difficult to control.

**Any solutions to reduce microplastic?**

For reducing microplastics we have to follow 3 Rs - Reduce, Reuse and Recycle. When the trash is more in amount reuse and recycle is also become difficult. Hence Reduce of plastics is more important. Moreover we have to switch over to bidegradable plastics in daily life products than low quality polymers. Finally awareness among people is essential for not throwing the trash in ocean or any water body directly. Because once it is entre the water it is almost impossible to remove. Gradually those macro size plastics can cause million tons of microplastics which easy to intake by organisms and they may end up to death because of those microplastics.



# DIWALI

PRITHVIRAJ THALI

*Om Asato Maa Sad-Gamaya  
Tamaso Maa Jyotir-Gamaya  
Mrityor Maa Amritam Gamaya  
Om Shaantih Shaantih Shaantih*

Diwali echoes the above Upanishadic prayer to the Divine by celebrating Light. It is the prayer-song of the soul beseeching God to lead one from unreality to Reality, from darkness to Light, from mortality to Immortality, and ultimately calling upon Divine Peace to reign supreme over the whole of creation. God has been gloriously beheld and described by ardent devotees as the Holy Light by different religions. Even very early in their practice, Yoga practitioners often narrate having felt God in the form of an other-worldly radiance within the depths of their being unfailingly followed by healing vibrations of immense peace.

Diwali is thus a celebration of Light. It beckons us to embark on an inward journey to be one with the self-effulgent Soul. All outer pilgrimages remind us of the one true place of unimaginable purity and inconceivable peace within us. The lighting of the lamps, thus, is an earthly expression of the kindling of the flame of knowledge

## THE FESTIVAL OF LIGHTS

and wisdom, thereby expelling the darkness of ignorance. The latter, therefore, is a non-entity, being only a mere absence of light. The spiritual master or Guru is that divine and fully-awakened soul who helps the aspiring pilgrim-soul to make the arduous journey from darkness to light. While 'Gu' denotes darkness, 'Ru' denotes light.

Agni or the Fire element is the source of all light on the terrestrial plane. It is not without a deep significance that fire always burns upwards. It is a rightly reminder that the path of the human soul is essentially a journey upwards from the gross to the subtle, from bondage to freedom. Earth's gravity seems to have no observable effect on the fire.

The human mind tends to think it will live forever. We plan for tomorrow and beyond as if we have all eternity to live. It thus tries to reflect the soul-nature of immortality. Astrological principles clearly demonstrate this



relation between the mind and the soul. As per this ancient Indian science, the moon is the indicator of the mind, while the Sun is the indicator of the Soul. And just like the mind tries to mirror the Soul's immortality, the moon, far from being self-effulgent, only reflects the Sun's light.

The ritualistic aspects of Hinduism assign the highest stature to the fire element. No rites are complete without offerings to the holy fire. We are believed to offer the evil and the vicious in us to Agni, thereby facilitating our inward journey to ultimate liberation. Keeping a small flame of fire burning in our homes is said to ward off evil influences, and to usher in holy vibrations. Though Diwali is celebrated at a fixed time of the year, it is an opportunity to renew our

commitment to keep the Fire element in us ever aflame. In fact, every human breath is an act of combustion or burning, of sorts. It offers that vital Life-Force needed for the act. The human breath can, therefore, be considered to be the most accurate unit of measuring human time. In that span of a single breath that comes in and goes out, a human either chooses to emerge a saint or a sinner. Successive breaths, hence present repeated opportunities at redemption until the very last breath.

Divine mercy knows no limits as it eases the path for the brave soul who forges ahead against all odds. Armed with an iron will, such a devotee is unshakably ensconced in the Divine and he soon beholds God in his every thought and action. That devotee, hitherto a frail and a helpless soul, now starts sensing the Omnipotence of God ever by his side, guiding his every step. He intuitively chooses the right path and unerringly sieves the good from the evil. At last, one with the measureless divine frequency, the devotee no more identifies with the limiting ego-current. The horizon of his consciousness expands to embrace the whole of creation in all its glory. At first overwhelmed by the grandeur of divine vistas that are opened, he soon learns compassion for all life.

As my soul basks in the Diwali lights, my mind attains weightlessness. It soars, albeit fleetingly, into an ever-expanding heaven of freedom. Limitations and shortcomings seem puny before this onslaught of Divine glory. I taste, though only for a fraction of a second, the manna of bliss. As I look forward, this year around, to the lighting of lamps, my soul cries for deliverance.

May every pilgrim soul attain to the ultimate state of compassion and liberation.





# WITH TWO PATENTS UNDER HIS BELT, DR SURESH PATANKAR DESERVES A SALUTE

TEAM TNV

While Pune does not lack in talent, there is something that makes this city famous in the Western world. It is not just the rich culture and ever growing economy but the invention in the medicine field that has made this place being discussed amongst the scientific community.

Dr. Suresh Patankar, world-renowned Urologist and President of Ace Multi Speciality Hospital in Pune, is the only Indian citizen to achieve two European patents. First for a herbal composition on wound healing, especially after surgeries and second for the treatment of small kidney stones and preventing their recurrence.

It is nothing new for the medical institutions to have their own patents, but when it comes to Dr. Patankar, it is in his own name. The report commissioned by Ace hospital claims that he is probably the only Indian to achieve this patent.

A thorough researcher, soft-spoken Patankar rues that in the last 30 years, there is not much research happening in India, which can show the country in a poor light. "There are ample number of Universities and Colleges in India. But they never encourage or support their students for research," said Patankar adding that the government will have to be 'prompt' and 'encourage' students to do research in various sectors.

Dr. Patankar who has set an example for the generations to come, feels that our current generation is busy in "cut and paste" job. "It is our biggest failure that we are not thinking innovative and not through any research perspective. In our country we are more dependent on other countries for new findings and research."

Claiming that situation in India is not that grim, Patankar said that

"there are few people who are interested in research but they don't get the needed scope and proper platform."

"We are dependent on the Western world for research and in last 25-30 years haven't seen enough research papers in the international journals on the topics related to alternative medicine," he said.

Dr. Patankar has been recently nominated to the central council of

Indian Medicine (CCIM), Government of India.

Talking about his patents, Patankar said that both the treatments have been practiced on more than 2,000 patients and we have their database to analyze.

He feels that alternative medicine still lack enough documentation and research through modern scientific methods and therefore people have not yet recognized the benefits of it fully.

Considered as hope for thousands of patients, Patankar said that they are working on research on a 3D camera to be used for laparoscopy and robotic surgery that has received novel claims reply by the international patent authority.

The doctor says that the Indians are not careful about their health and they are ever dependent on the modern medicines. "India has tremendous scope for Ayurveda. There is no side effect of ayurvedic medicines. We believe in instant treatment that's why most of time we ignore Ayurvedic options," he said.

The Yoga and Ayurveda are deeply embedded in Indian traditions but we don't follow the treatment through it. "It is ironic that while Western world is attracted towards yoga and Ayurveda, we are going for their medicines," he added.

Patankar questioned the lack of response towards the local concepts of medicines even as Central government is emphasizing on 'Make In India.'

"We have a lots of natural resources but we don't use and don't research them," he said adding that the current trend suggests that the country is considerably lagging in scientifically validated research on traditional medicines even though it has immense treasure of traditional knowledge that is yet unexplored.

Talking about one of the most common ailment of Kidney Stone, Patankar said that it is linked to the lifestyle. "It is very difficult to maintain our routine food system. People are very busy in their job and work. People don't even have time to eat their breakfast on time," he said.

It seems techniques developed for balanced food-lifestyle compliance in future could be so helpful and would also be very meaningful topic of research, wouldn't it?

“ We are dependent on the Western world for research and in last 25-30 years haven't seen enough research papers in the international journals on the topics related to alternative medicine. ”

”





# WITH FOCUS ON 2022 ELECTION, CONGRESS IN DESPERATE NEED FOR CHANGE IN LEADERSHIP

TEAM TNV

While it was believed that with Shantaram Naik- former Congress Rajya Sabha Member of Parliament and senior leader- taking over as the state unit president, the Congress party's attack on Manohar Parrikar led coalition government may get moral boost; the ground reality seems to be rather depressive for the national party.

With his grand old political style; unfortunately countering only the Narendra Modi led government at the Centre (Naik is yet to come out of that national political fever) – Naik, has nothing much to please the congressmen nor the media in Goa. In fact, the senior leader has become a laughing stock for the media, who found him rather entertaining than a serious politician.

The Goa Congress has been sulking ever since the BJP, which won only 13 seats (now 14) in the 40-member Goa assembly in February 2017 election, piped it to stake claim overnight, with the support of smaller parties and independents, to form the government. Parrikar resigned as defense minister and was sent back to Goa by the BJP to lead an alliance government of the BJP, MGP, Goa Forward (GF) and Independents.

The Congress, which won 17 seats (currently left with 16) as against nine in the 2012 elections, was yet again outmaneuvered by the BJP. 'Greed for Chief Minister's chair' left congress powerless. What more can you expect from the party that saw four of its former Chief Ministers winning the election???

There has been a lot of heartburn and factional fighting since then and Congress MLAs have blamed AICC general secretary Digvijay Singh, who was Goa in-charge, and former state unit president Luizinho Faleiro for not taking the Congress over the line. In fact, Vishwajeet Rane left the party blaming the leadership and later joined the BJP to become health minister in the Parrikar government.

Following resignation from Faleiro, AICC then appointed Naik, as its new party president- much to everyone's surprise. But there was whispering that Naik may help in boosting the lost



moral of his party workers; in fact in his first interaction with media Naik announced to topple the coalition government soon.

But nothing has changed in the two and half months in the Congress except for that the grass root leaders and office bearers seem to be deserted from the party head quarter, which was otherwise seen crowded.

"There is desperate need to change the party leadership. The Congress workers have started toying different line...they are deserted and this never happened in the party all these years. Under Naik, Congress has no future in Goa," a senior congressman, on request of anonymity, told TNV.

It was assumed that Naik, after serving Congress at the national level for over two decades, may bring more energy to the organization in Goa and try out new tactics to leverage the "multiple inner contradictions and tensions" of the Parrikar government.

But what we see is otherwise. Under Naik leadership, Congress has weakened further and the best example could be that in last two and

half month, the prime opposition has not been able to target or exposed government's misdeed. While coalition government continues to work smoothly, Congress stands further divided.

Naik took over the party at the time of crucial by-polls for Panaji and Valpoi assembly seats, which Congress lost badly. Being party president, Naik failed to play the role of a leader and it was evident during the first Pradesh congress committee meeting, that was given miss by almost everyone including the MLAs.

"Congress has not weakened overnight. The decline of the party has been in process since 2011. Despite winning 17 seats in this election, we could not form the government was all because of organizational failure. We are not strong enough on organizational front to tackle BJP," the Congress leader admitted.

The election for new party president is due this month. Though, former MP is lobbying hard for retaining the post, the Congress office bearers and MLAs- for a first time- seems to be united to

shunt him.

The young AICC secretary Girish Chodankar, who gave sleepless night to Parrikar during by-election, is the front-runner for the post. However, he has tough competition from former MP Francisco Sardinha and Congress senior leader MK Shaikh.

"Girish would be a good leader. He will be able to bring all the leaders together. He is also well versed with the entire subject hence could make a strong pitch against Government," congressmen stated.

The Congress flag that fluttered in Goa for long, now hangs limply, despite people reposing faith in the party during the recent assembly election. For it to fly high once again, the party requires new wind.

As the grand old party gropes in the dark to find ways to rebuild itself, it needs to find a new narrative rather than merely beating around the bush and talking about changing faces and structures, if it wants to put up even the semblance of a fight against the BJP in 2022.

## TEAM TNV

On May 28, 2007, when for the first time, a small-time artist from Ponda Aryan Khedekar stepped into the studio of 92.7 Big FM Radio at 6 am. and uttered the words "Hello! Hi!" it was beginning of a revolution. It was the first programme by any RJ from Goa on a private FM channel.

Then a skinny and fair guy, Aryan, whose career spanned across the cultural events in the State turned him into RJ Aryan, currently, one of the most loved Radio Jockey. The signature opening of "Hello! Hi!" that began almost a decade ago still continues capturing the hearts of listeners through his mellifluous programme, the latest one being 'Big Masti.'

History was created that day in the studios of Big FM in Panaji. The FM channel was born and so also was the RJ. The growth of the station is parallel to that of RJ Aryan, who has also featured in various Konkani movies, including 'Home Sweet Home.'

"I always wanted to make my career into art and culture. In late 90s or early 2000, I used to perform gazal programme, manage various programmes and go for Republic Day parade. We were also participating in dramas. I was awarded as best actor. I used to play Tabla from the age of seven years," he said.

It was in the year 2006 that the second phase of Radio started with private players investing in FM channel. The private FM channel happened to Goa a year later with the beginning of 92.7 Big FM and 98.3 Radio Mirchi.

First, I got a call from Radio Mirchi because both the stations were starting at the same time. Although, they did not like my voice, they seemed unhappy about it. However, I got a call from Big FM.

My first challenge was to prove that I am a Goan because I don't look like one. Initially, they offered me producer's job, the guy who takes care of RJ. I took up that job because I wanted to get into this line."



**"Hello! Hi!" I am Aryan here "Kashe Asat Tumi?"**

It took three months for Aryan to convince them that he can host the show. A week before going on air, I was given an opportunity. Some technicalities here and there and I was comfortable in doing the show. All other RJs except me were trained in Mumbai.

"For the first live also I was not nervous at all because we used to practice a lot before that," he said.

Now years down the line, Aryan feels the same excitement because he has something new to tell every day. "I don't have to sit separately for pre-sheet (Details of the programme). It is in my mind. When I finish my show, I start thinking about the next day's show."

"My big masti show has a local flavour, Bollywood, Discover Goa segment and typical Goan character 'Vithu Apa'. This character is found everywhere in Goa who always feels that the time of yesteryear was better than the current," says Aryan.

Being from an artistic background, Aryan plays dual role – one that of his own and another Vithu Apa. "The character is so famous that people ask me about him. Many don't know that it is me only, just modulating the voice," he said.

The FM channel always scouts for local flavour so that they can connect better with the listeners. "The local flavour is more relevant because people identify themselves with the content. If you don't give it then the people feel disconnected," explains Aryan.

Talking about the preparations that go in before going live, Aryan says entire process is regulated and monitored by the company. "We have something called pre-sheet. We have to send it to head office on regular

basis. There is a programming head who looks after it on a regular basis. There is certain code of conduct to it as well. The content has to be specific to the audience which we are targeting," he explained.

For Aryan after spending several thousand hours in the studio, generating content has become part of his habit. He calls it is in his blood to generate the content.

What if RJ falls sick? "Then there is a concept of hand over. I can hand over my programme to some other RJ," he explained.

While FM is also listened for the songs, Aryan admits that the choice of songs is bound by certain code of conduct. "If there is a ban on playing songs from a particular company then we will not play it. We also have to see the commercial

viability. At the end of the day we are here to entertain you, but at the same time we have to take care of the station as well," the RJ said.

Aryan feels that the basic necessity for a RJ is to have sense of humor and talent wherein people should be ready to get associated with you.

During the interview, Aryan remembered former RJ late Eknath Naik whom he termed as a person full of entertainment due to which he could gel well with the audience.

After setting several milestones as an artist and RJ, Aryan thinks that he can take a bigger step in the career now without discontinuing with his current passion. What's next for Aryan? Let's wait and watch.



# ARYA BENDKHALE AND MUSTAFA DG WIN THE ELITE MODEL LOOK 2017, INDIA FINAL

The 4th edition of Max Elite Model Look, 2017, contest grand finale was held at Goa Marriott Resort & SPA on Friday, September 29. The winners will have the privilege of representing India in the 34th World Final, which will be held in Milan in November this year.

Max has now ventured into the creation of a digital fashion ecosystem. We bring designers, models, fashion influencers, and consumers together. Elite Model Look is one of Max's biggest success stories, using digital media to build the modelling community. This year, the property reached across eight cities, over 12.5 million youth and registered over 10,000 participants for this contest.

The video content delivered one million YouTube impressions and increased two percent in brand awareness. Max has been working closely with influencers like fashion bloggers and celebrities to reach out to the right audience.

The Max Elite Model Look 2017 contest started in July and travelled to different cities in search for the best talent. These cities included Delhi, Bangalore, Hyderabad, Mumbai, Pune, Nagaland, Kolkata, and Goa. Of the



(L-R) Alexandra Parolini, Mustafa DG, Arya Bendkhale, Vasanth Kumar

thousands of contenders, Elite Model Look India 2017 chose 16 finalists who were then trained and groomed by industry experts like Marc Robinson – Elite Model Look India 2017 licensee and fashion director, Carol Gracias – supermodel, Clint Fernandes – hair and makeup artist, and Dino Morea – supermodel and actor.

The finale was attended by socialites, fashion designers, stylists, bloggers, and the likes. The venue was buzzing with energy and excitement. There were a total of three rounds; the first one had models walk in black & white outfits, the second round showcased models in Max Winter Collection and the third and final round had models adorned in the breathtaking collection of renowned designers Wendell Rodricks and Arjun Khanna. The show was judged by Alexandra Parolini, Marc Robinson, Vasanth Kumar, and Carol Gracias.

The winners of the world finale secure an exclusive contract with Elite and become an international supermodel. The female model who wins the International Elite Model Look Contest will receive a cash prize of € 150,000 while the male model gets € 50,000.

## CM Parrikar Inaugurates Samsung Smart Cafe

Chief Minister Mr. Manohar Parrikar inaugurated Samsung Smart Cafe, also present at the occasion was Mr. Surendra Furtado. The owners of Digital World Mr. Vishal and Mrs. Natasha Lobo have appealed to the customers to visit the store which will have a virtual reality (VR) section, where the customers can walk in and get amazed with the all new 3D experience. The cafe will exhibit all the Samsung smartphones where one can have live demos and experience the real feel of the mobiles.



## Senor opens new place for suits in town

Senor NX BESPOKE SUITS, a newly inaugurated Señor NX BESPOKE SUITS showroom in Live In Apts., opposite MES, near Geeta Bakery, General Bernardo Guedes road, Panaji, has the following launching offer:

- Free Shirt & Tie on a purchase of suit of up to Rs. 4999.
- Free Trousers on a purchase of suit of above Rs. 4999.
- 10% off on wedding packages.
- Trousers at Rs. 1199 cloth+stitch at Rs.899 onwards.
- Also, book a Wedding Package and avail of a free gift.



# URBAN SUSTAINABILITY PRACTICE AND THE SMART CITY MOVEMENT

**SUUHAS TENDDULKAR**

Even as the concept of urban sustainability was gaining increasing prominence, the disruptive power of information and communication technologies (ICTs) prompted many corporate pioneers like IBM, CISCO, etc. to explore the role of ICTs in enhancing city sustainability. It was obvious that the ICT spawned services like cellular communication, mobile apps, email, and technologies like the smart meter, digital communication, artificial intelligence, etc. could act as force multipliers to the urban sustainability practice.

The main idea was to use services and technology suite offered by ICTs to not only improve/upgrade the physical infrastructure but also to utilise cutting-edge services to improve quality of life and enhance service access and citizen engagement. This modified version of a sustainable city, integrated with ICTs, was called a smart city. The idea of the smart city found a lot of resonance across the world with nearly every country adopting smart city programmes for its major cities.

Although there are multiple definitions of smart cities, it was realised early on that the actual level of possibilities and interventions in designing smart cities are very contextual and depend on multiple factors like initial state of the infrastructure, city culture, demographics, etc. In view of this understanding, there is a general

consensus that the actual component and design of smart cities can only be city-specific; defined by city planners and citizens based on their needs, resources, objectives, etc. For example, the new Songdo city in South Korea, planned as a futuristic city under development on 1500 acres of reclaimed land, plans to include an 'internet of thing' (iot) functionality, temperature/traffic/energy sensors, a direct-from-home suction-based garbage collection system with a waste segregation and management plant. Malta City, on the other hand, follows a different development paradigm. Smart city Malta is a self-sustaining city complementing designed green spaces with modern buildings having plug and play features. This infrastructure is supported by high-speed Ethernet connection and advanced ICT technologies catering to high tech knowledge industries.

India's approach to smart city development has focused more on core infrastructure that can be added with layers of smartness over time. The objective of India's ambitious smart city mission is to promote cities that provide core infrastructure and give a decent quality of life to its citizens, a clean and sustainable environment, and application of 'smart' solutions.

The smart city mission aimed at converting 100 Indian cities into smart cities, with the government offering to provide 50% support for proposed pre-development (proposal preparation) development

expenditure. One compulsory strategic component of the mission is Area Based Development (ABD) which has to include the following measures: retrofitting built infrastructure, redevelopment (infrastructure renewal plans) and/or new development (planned city extension) for large areas spanning between 50-500 acres. The second strategic component is the pan-city development plan which involves an application of a smart solution to existing citywide infrastructure.

Panaji was selected from Goa to be a part of the smart city mission under the fast track mode.

The Panaji smart city proposal identifies a 2 Sq. Km area from Church Square in the core city to the business destination Patto for major retrofitting and redevelopment efforts, some of which include:

- Making Church square and its surrounding area pedestrian friendly that can be used to showcase the culture of the city and promote a vibrant street culture by promoting street cafes, artist zones and fairs.
- Redevelopment along the mala creek to make use of the picturesque settings and to make it more pedestrian friendly and socially vibrant.

- Slum redevelopment and retrofitting for urban poor in Mala Fontainhas to include better roads/pavements and sewerage facility.
- Integrated urban water management that includes water supply upgradation, provision of SCADA, smart meters and GIS.
- Smart transportation initiatives include ICT based public transit system and alternative travelling mode. Some of the proposed interventions include lopping city bus in the ABD every 20 minutes, public bike share systems, transport GPS tracking, etc.

Most of the proposed actions seem technically feasible. However, the real challenge is not the technology but the implementation of over 50+ projects mentioned as subsets of the smart city plan. The past experience with civic infrastructure development has not been good. Earlier, the state was forced to return over Rs 50 crore of JNNURM funds due to non-utilisation. This time, the implementation is entrusted to a new SPV Imagine Panaji Smart City Development Ltd (IPSCD.) It can only be hoped that the planned smart city actions will be taken up with a stronger resolve and better coordination.

Smart cities have become the catchword in the urban sustainability thought. However, there is also a need to look beyond the cities, especially in a state like Goa which is a mix of the urban and rural forms (rurban!!). The next issue will look at possible urban and community development models that can be adopted to change the sustainability footprint of the state and its citizens.





# MARS

## Could we live there?

CHRISTON RIEN

Life on Mars has been a hot topic for quite some time now and everyone seems very curious to know what it would be like if we lived there. The reason I bring this up is that many incredibly rich people have already signed a one-way ticket to Mars, which means that when the time comes they will have to say goodbye to Mother Earth. Now, while this might seem quite astonishing to most of us, we also have to think about how humankind will live and also thrive under its conditions. Mars is a favourite theme in Hollywood, with movies like *The Martian*, *Mission to Mars* and *John Carter*; all exploring what we might find once we reach our celestial neighbour. However, most of them were not addressing the biggest question- once we get there, how are we going to survive?

The atmosphere on Mars is composed mostly of carbon dioxide. The surface of the planet is too cold to sustain human life. Plus, the atmosphere on Mars is equivalent to about one percent of the Earth's atmosphere at sea level. That makes getting to surface a really tricky task.

How will NASA get there? Traveling to Mars is just the beginning of the journey- when Earth and Mars are closest to each other, the trip will take a mere 260 days. Once we get

there, the challenge is to land on the planet's surface. We need the right type of landing system in order to get our astronauts and colonists safely to its surface. Back in 2007, scientists considered few possible solutions to get astronauts to the surface. One of the ideas was the legged landing system based on the Lunar Lander. This system could provide the option to both- landing and take-off from the red planet. Ten years later, scientists have other ideas on how to land on the surface. According to Richard McGuire Davis, Jr. Assistant Director for Science and Exploration, and co-leader of the Mars Human Landing Sites Study at NASA, landers will have to dive deeper into the surface than they have ever done in the past. He also mentioned how current landers are so heavy that many technologies such as airbags, sky- cranes, and parachutes will not work.

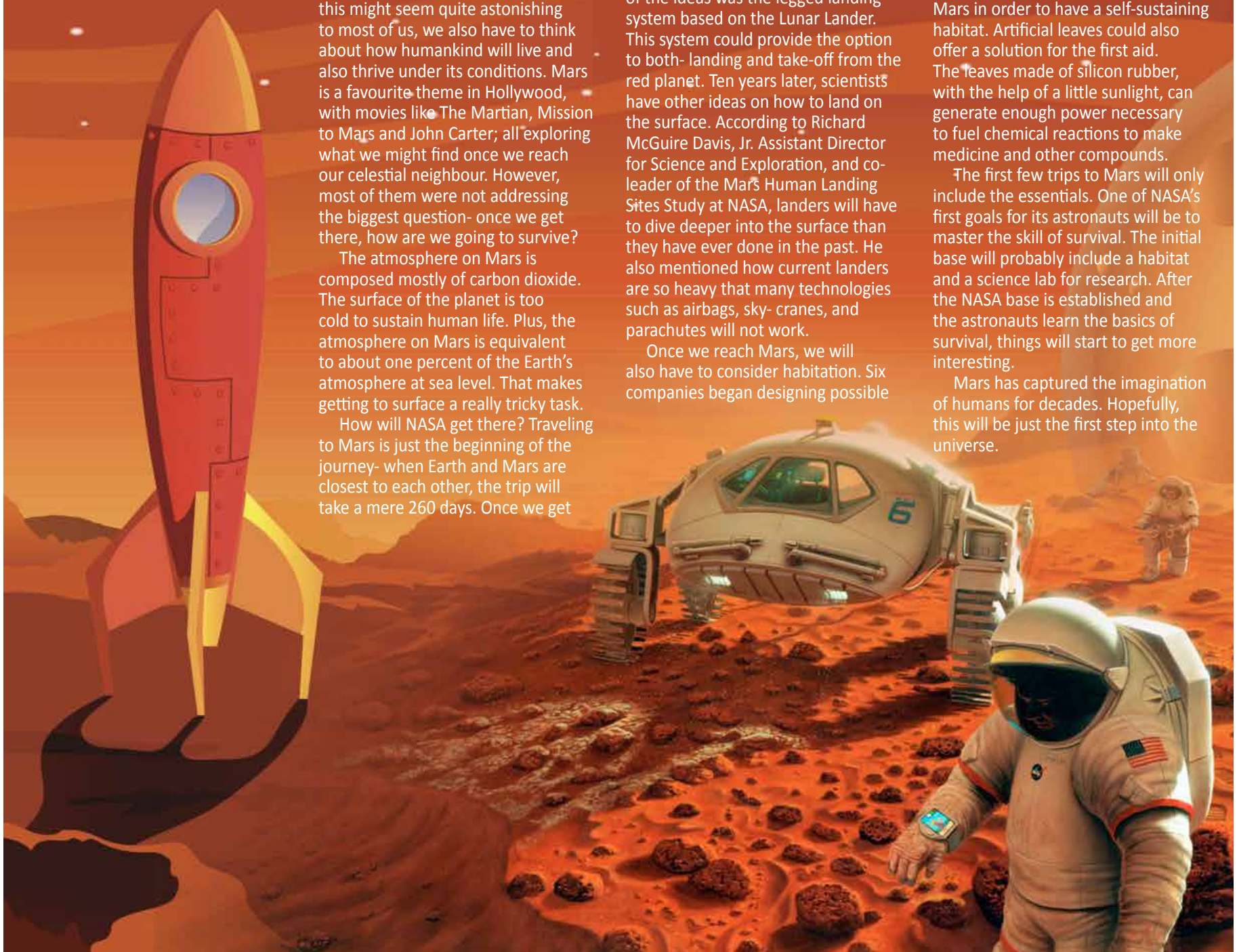
Once we reach Mars, we will also have to consider habitation. Six companies began designing possible

habitat prototypes in 2016 with the completed prototypes expected to be out in 24 months. All these habitats will likely have a few things in common- they will have to be self-sustaining, sealed against the thin atmosphere and capable of supporting and sustaining life for extended periods without support from Earth. We will also need things like environmental control and life support systems, power systems, docking ports, and air locks.

Sci-fi (Science fiction) also does a great job helping viewers to imagine what this futuristic mission will look like. Movies like *'The Martian'*, portrayed the kind of habitats NASA is searching for. With a thin atmosphere and reduced sunlight, it can be difficult for anything to grow. That's why it will be important to keep food and medicine supplies stocked on Mars in order to have a self-sustaining habitat. Artificial leaves could also offer a solution for the first aid. The leaves made of silicon rubber, with the help of a little sunlight, can generate enough power necessary to fuel chemical reactions to make medicine and other compounds.

The first few trips to Mars will only include the essentials. One of NASA's first goals for its astronauts will be to master the skill of survival. The initial base will probably include a habitat and a science lab for research. After the NASA base is established and the astronauts learn the basics of survival, things will start to get more interesting.

Mars has captured the imagination of humans for decades. Hopefully, this will be just the first step into the universe.







# SELECTION PROCESS OF GPSC IS OF HIGH STANDARD: JOSE MANUEL NORONHA

TEAM TNV

**GPSC Chairman Jose Manuel Noronha spoke to The Neutral View about current issues surrounding this most prestigious body of the State.**

**GPSC is always synonym with the senior government jobs, but what exactly it deals with?**

The commission is established under Article 315 of the Constitution of India and deals with appointments, promotions and confirmations of all Group A and Group B positions in the Government of Goa. The commission is also consulted for framing of recruitment rules and initiation of disciplinary proceedings against Group A and Group B officers of the Government.

**What are the various powers that lie with GPSC?**

To achieve the responsibilities entrusted to the commission there are various processes in place. As an example, for the recruitment to various positions we have to follow the requirements as outlined in the recruitment rules and advertise accordingly. Sometimes when the applications received are many more then the commission adopts the CBRT process to shortlist eligible candidates for the next stage of the recruitment process that could be a written examination or personal interview or both. The commission is also responsible for promotions of officers to the next grade through a duly constituted Departmental Promotion Committee (DPC), where the Chairman of the commission chairs the DPC and the other members are the Chief Secretary and the Administrative Secretary concerned.

**It was you who introduced the computer based recruitment test (CBRT) for shortlisting candidates for junior scale post, what made you to go for it?**

The CBRT system is being followed in many commissions and we introduced it for the first time for the Junior Scale Officers recruitment owing to the large



number of applications received. The difficulty in examining a large number of applicants through a written examination is the subjectivity involved in assessment. This examination provides a transparent process for shortlisting candidates and the results are provided to the candidate at the end of the test by the computer itself. Only those that qualify at the CBRT are subjected to the written examination as prescribed by the rules.

**Compared to other PSCs like Maharashtra or Kerala, are GPSC exams easier?**

The examination has to be competitive as we need to select only the best. And if we have to get the best candidates into the Goa Civil Service then the quality of the examination has to meet the national standard and therefore the CBRT is at par with that of any State Public Service Commission in the country. Infact many commissions have introduced the negative marking system to dissuade candidates from attempting to guess work. This negative marking system was also implemented by the GPSC in the last examination and owing to the low pass percentage was done away with this time around and the results are not at all encouraging.

**If yes, why is that only few crack these exams? The percentage of people**

**cracking the CBRT is not even one percent.**

Our youngsters need to adapt to the requirements of changing times and be highly competitive. The delivery of public services to the people at large depends so much on these Officers and with the advancement of technology the expectation of citizens is also increasing by the day. Services provided have to be almost Corporate like and therefore the selection process has to be of a very high standard. We have to understand that the commission has to recommend only ten names of the two thousand five hundred who applied. How else do we do it?

**Do you feel, State lacks in making available training or coaching classes for candidates wanting to go for GPSC? As in other states there are coaching classes for State as well as UPSC, IAS exams.**

I am persuaded there is no dearth of talented youngsters in Goa vying for the civil services. They need to be put through a rigorous process of preparation for the civil service exams. Perhaps all colleges in the state should organize training programs for such competitive examinations on weekends and also make information on all competitive examinations for recruitment to various positions available to all its students. One point

I wish to make here is that it requires hard work and dedication to achieve success like with everything else in life. There are no short cuts.

**Of late, there are allegations that only non-Goan candidates are cracking these exams and there is demand that non-Goans should not be permitted to answer these exams. Can GPSC do so?**

No, we cannot bar any candidate who is otherwise qualified and meets all the requirement of the recruitment rules, from applying for any position in the state government. This is a constitutional obligation under Article 16.

**Some out of box question... you have been the chairman of Goa State Pollution Control Board (GSPCB) for long; which chairmanship you find it easier to deal with?????**

Both positions are exciting and professionally rewarding. While the Pollution Control Board is a Statutory Authority and there was a lot of dealing with the public, unlikely now, the Commission is a Constitutional Authority and much of the work carried out here is of confidential nature and dealing is only with other government authorities. There is a plenty of work to be done in every position one holds, and if we put our mind, heart and soul into it, much can be achieved.



# Smart Homes

## The next smart thing

PALASH VOLVOIKAR

**Smart homes start with a simple idea of automating or digitally controlling things inside your house. A basic requirement for a smart home is to have a Wi-Fi network with a decent internet connection in your home. Certain devices also rely on Bluetooth or other wireless technology like ZigBee, to communicate within themselves.**

Over the years, technology has invaded and transformed our lives in a way that most of us didn't even imagine a few years ago. Our phones have practically become mini computers, while our computers are capable of doing much more. There is no bar to what technology can do nowadays, and it only makes sense that the next logical thing would be to get the smart prefix to even more things. The concept of a smart home has been around for a while, but in the last year or so, it has taken quite a jump, and it is now slowly making its way to India. So are you ready to make your own home smart? Read on!

Smart homes start with a simple idea of automating or digitally controlling things inside your house. A basic requirement for a smart home is to have a Wi-Fi network with a decent internet connection in your home. Certain devices also rely on Bluetooth or other wireless technology like ZigBee, to communicate within themselves.

### SMART TVS

The first step to a smart home comes with the TV. Smart TVs have been around for a while, and we have seen how they have evolved from our regular old TVs. Smart TVs have built-in internet capabilities so that when you hook a smart TV up to a wired or wireless internet connection, it becomes a basic computer, and you can access media-centric functionality like watching YouTube or Netflix on the TV itself, rather than having

to go to your PC for the same. You can also stream content from your phone to your TV, using devices like Chromecast.

### SMART LIGHTING

This is a step further, and not quite common in India. The idea is to be able to control your lighting from your phone or computer, and there are quite a few ways to go about it. First of all, if you are not willing to get a new lighting system installed, there is a simpler way to get into it. There are smart switches you can hook up to the electrical boards. These are wireless enabled, and let you control your normal lighting and other switches from your phone.

Smart lighting is much more than smart switches. However, the primary focus in this sector is on smart bulbs. These bulbs connect to your phone via Wi-Fi or Bluetooth and come in a variety of flavours. You can have normal LED bulbs which just let you adjust the tone and the brightness of the light or you can have bulbs which are capable of emitting millions of colours, from which you can select the exact shade of light you want. A good mainstream example of smart bulbs is Philips Hue, and it comes with a hub. The hub acts as an intermediate device between the bulbs and your phone. While Philips Hue is quite expensive, there are cheaper alternatives like the Xiaomi Yeelight, which is almost as good as the Hue and does not need a hub. More and more companies are jumping on board, so smart bulbs are likely to get cheaper.

### SMART SPEAKERS

Smart speakers are the extension of smart assistants. A perfect example is Google Home, which basically takes the Google Assistant out of your phone, and puts it onto your table. The cheapest one is the Echo Dot, which will suffice if you are looking to get into setting up your smart home on a budget. You can pretty much control most of the things in your room with a smart speaker, just with your voice, and all that can be achieved with a nifty service called IFTTT.

### IFTTT

IFTTT is a web service for quick and easy automation, and is instrumental if you are planning on setting up a smart home. IFTTT stands for 'If This Then That', and it does what it says. You can set up actions to trigger other actions. Like, say you are about to come home and want your lights on when you enter. You can set up an IFTTT applet to trigger the lights when you are in the vicinity of your home or at a specific time. You can also set your smart speaker to trigger certain actions when you speak certain words or phrases. Convenience has never been so convenient.

There are a lot of other smart devices, focusing on security, like smart doorbells and security cameras, and other home devices like thermostats. However, it is recommended to start simple, unless of course, you are looking at a complete overhaul. Either way, it is the era of a smarter home, and I suggest you take the ride!





# FAT LOSS- MUSCLE GAIN

## YOU GOTTA WANT IT REAL BAD!!!!!!!!!!

### TARIQ MOHAMMAD

We all underestimate how difficult it actually is.

We all follow self-made diets and we all fail miserably.

We all walk and walk and keep walking and we all fail miserably.

We all keep trying and we all fail again and again.

In the bargain, most of the times, we ruin our health, fitness and gain even more weight- fat.

Yet, we say

I do not want to go to a Nutritionist.

I do not want to go to a Fitness Expert / Personal Trainer.

I cannot stop eating my favourite foods.

I cannot follow what they say.

I cannot go to the gym.

I cannot do these exercises.

I cannot do this.

I cannot do that.

I will do my house ka stuff – I will do “ghar ka kam” and I will lose weight – fat.

90% chances are that fat-loss will not happen and it will never ever happen!!!

If you could do all the house ka and ghar ka stuff and manage things so well, you would not have gained weight and you would not have become fat and unfit in the first place.

“FAT LOSS = increase in lean MUSCLES = FITNESS GAIN is the most difficult thing to achieve”. If at all... people are successful at WEIGHT LOSS; yes, many people achieve WEIGHT LOSS... but the point is that it is not desirable in the least.

There are no shortcuts. There is no diet ‘little little’, and do this ‘little little’ and do that ‘little little’. You have tried all that ‘little little’ and all that here and there stuff many times, but have always failed.

To achieve FAT LOSS – MUSCLE GAIN – FITNESS GAIN, IS A FIGHT TO THE FINISH.

IT IS NOW OR NEVER.

IT IS DO OR DIE NOW, OR DIE FAT AND UNFIT.

In today’s day and age, it is important to see and to follow the guidance and advise of a sports

nutritionist who understands the need of an individual, working out for an improvement in body composition.

So please take charge of your own health, fitness and future and seek professional help. Meet a professional certified sports nutritionist for a proper diet.

Your cardiologist or your family doctor is never the best person to consult for a diet plan, as this is not his or her specialisation. The immense studies they have to do to become doctors do not cover nutrition studies.

Similarly, get trained by a certified fitness trainer and don’t take advise from a friend or a family member just because he or she has a great body.

Asking your doctor, friend or colleague about everything with regards to diet, nutrition, exercise and fitness is like asking your tailor about your hairstyle, make-up, house colour, your car engine problems, your child’s project work and also your cooking.

So, look at yourself in the mirror today and ask yourself... do I want to look and feel older than I am? Do I want to give in to the degenerative forces of ageing? Or do I want to preserve youth, and get cracking at Mission Fitness and Mission Anti-Aging from today?

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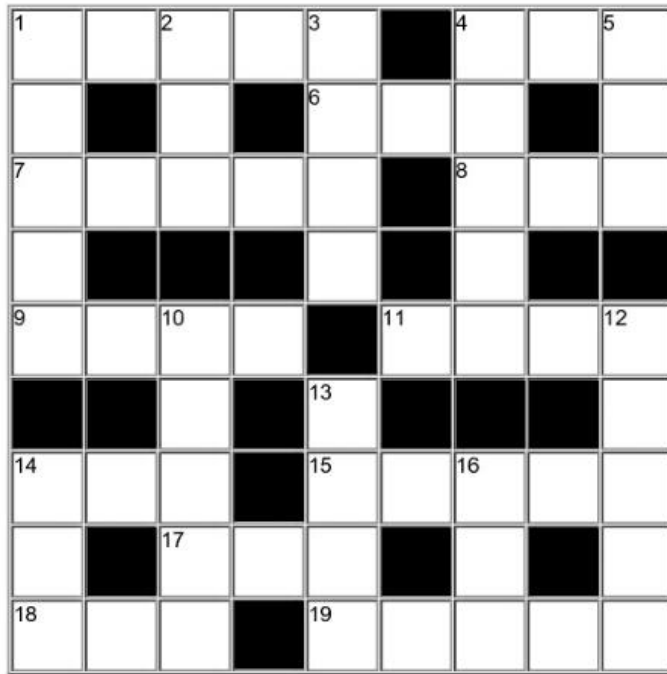
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**Across**

- 1. Cook on gridiron
- 4. Work with shovel
- 6. Belonging to us
- 7. Repeated another time
- 8. Small insect
- 9. 10 cent coin
- 11. Frozen precipitation
- 14. Food tin
- 15. Grayish green
- 17. Hooting bird
- 18. Sticky black substance
- 19. A lollipop

**Down**

- 1. Protect
- 2. Northern Ireland army
- 3. Not short
- 4. Empty liquid from container
- 5. Acquire
- 10. Not major
- 12. Fully of weeds
- 13. Tootsie \_\_\_\_\_
- 14. Feline \_\_\_\_\_
- 16. Sick

Across: 1.grill, 4.dig, 6.our, 7.again, 8.ant, 9.dime, 11.snow, 14.can, 15.olive, 17.owl, 18.tar, 19.lolly  
Down: 1.guard, 2.IRA, 3.long, 4.drain, 5.get, 10.minor, 12.weedy, 13.roll, 14.cat, 16.ill

# The Monkey and the Wedge

There was once a merchant who employed many carpenters and masons to build a temple in his garden. Regularly, they would start work in the morning; and take a break for the mid-day meals, and return to resume work till evening.

One day, a group of monkey arrived at the site of the building and watched the workers leaving for their mid-day meals.

One of the carpenters was sawing a huge log of wood. Since, it was only half-done; he placed a wedge in between to prevent the log from closing up. He then went off along with the other workers for his meal.

When all the workers were gone, the monkeys came down from the trees and started jumping around the site,

and playing with the instruments.

There was one monkey, who got curious about the wedge placed between the log. He sat down on the log, and having placed himself in between the half-split log, caught hold of the wedge and started pulling at it.

All of a sudden, the wedge came out. As a result, the half-split log closed in and the monkey got caught in the gap of the log.

As was his destiny, he was severely wounded.

The wise indeed say:

One, who interferences in other's work, surely comes to grief.



# THE ADOLESCENT WOES

CHARLENE FARRELL

The 21st century came with a lot of promise. As we braced ourselves for the new millennia, little did we know the paths we were about to embark on. With the coming of this age, came the birth of a generation with larger gaps in shorter times and more media coverage. This is the generation where control seems to have been lost, and living in the moment is the trend. As adults, sharing in this moment with the youth, we sometimes look at them with envy, awe and also disdain. Very often, parents and other adults, dealing with adolescents of today, grumble ceaselessly about how very irresponsible, senseless and apathetic their offspring are. Well, we get exactly what we give.

First, we need to understand a few things that our children are dealing with. Right there in each hand is a device that has apparently got smarter while its users have turned the opposite. Gadgets and free access to the media and internet is the base of so many adolescent problems. One might think that this couldn't possibly feature as a problem the children will have to deal with like say,

stress. However, we seem to trivialise the extent of the true problem these gadgets have unleashed. Opening the world into the home of a child through the gadgets we have purchased for them allows in a number of other issues. To name and explain just a few, before which, we must understand that this is just the tip of the iceberg. When an adolescent is given a gadget with the internet, we are allowing strangers to walk directly into their lives. It has become commonplace to read stories of young girls and boys being duped by sexual predators not only in India but around the world as well. The young mind is not mature enough to be able to analyse every situation and identify the dangers. Even as adults, we sometimes find it difficult to keep ourselves safe from a charismatic talker. I am in no way saying that we need to go back to the dark ages and take away our children's gadgets, but how many of us have actually sat with them and explained the safety rules and privacy settings?



**Today, the amount of stress our youngsters have to deal with is so much that nervous breakdowns are common. But, our attitude towards psychological illness is still regressive. Peer pressure, social stress, academic demands, competition, expectations, achievement, choices... all these are the things that our youngsters have to deal with on a daily basis. As adults, we should be vigilant and well informed.**

More accurately, how many of us know these ourselves? When we were growing up, we were taught things like road-safety and fire-safety. But today, internet-safety is also the need of the hour.

The other day I watched a video of Simon Sinek. In the video, he speaks about Millennials and how they see the world and respond to it. He very interestingly explained that our children have now become addicted to a 'socially acceptable' drug called social media. According to him, the brain produces the same chemicals while browsing on those devices as an alcoholic does. Right there is a major cause for the concern. We want to protect our children from the nasty, but are we doing enough? Do we have any idea of how big the problem really is?

The chances of getting molested today have increased tenfold. Reasons for this can be that our young men and women have complete and total access to anything and everything.

Also, the freedom which social media brings with it is so complete that people with sick minds are waiting for their next unsuspecting victim. Just recently, the world was made aware of a sick game making the rounds. The 'Blue Whale Challenge' is the brainchild of someone who definitely needs help. This extreme challenge takes away from a logical human the ability to analyse common sense. I have heard adults talk about how stupid it is for a child to fall into such an obvious trap. Well, all I can say to these adults is to be careful what you ridicule, it might find its way into your own household. We have literally witnessed our children turn robotic. And when I say robotic, I mean losing their ability to think logically for themselves, lose the emotion attached to common feelings and take on a care a damn attitude like no other. Why? Because 'we' have allowed them to be controlled by the gadgets that 'we' have given them.

Ever wondered why the term

depression has become so popular of late? Ever asked yourself what our young minds are getting depressed about? As a counsellor and an educator, I can tell you one thing- this disease is real and so are its causes. When a developing mind is bombarded with information, challenges and social expectations at every turn, it does go into overdrive. When anything is overused, it short circuits and thus breaks down. Today, the amount of stress our youngsters have to deal with is so much that nervous breakdowns are common. But, our attitude towards psychological illness is still regressive. Peer pressure, social stress, academic demands, competition, expectations, achievement, choices... all these are the things that our youngsters have to deal with on a daily basis. As adults, we should be vigilant and well informed. We live in a fool's paradise if we believe 'this could not happen to us'. This world is not a great place for our young to be in anymore, the least we can do is try to put things in order.



# KAVITA NAKHWA'S FASHION STUDIO IS A STORY OF SUCCESS

LAKSHMI BUDKE

Fashion means a lot of different things to different people. Here is Kavita Nakhwa, a fashion designer whose style is bold and bubbly just the way she is. For her, fashion is not just what is trendy but also what makes you feel 'you and confident'.

Talking about herself and her journey she says, "I was always attracted to the whole idea of fashion and was fascinated by it. Being born and brought up in Mumbai I was always a fashion fanatic and having being in close proximity with the Bollywood industry, I was always updated with the trends as well."

Kavita completed her degree in fashion designing from INIFD Institute, Mumbai and has also completed a diploma from Stenodac institute, Goa.

When asked what attracted her to fashion designing she said that while growing up she was always surrounded by fashion as she comes from that side of Mumbai where having a fashion statement is a must or a way of life that is Bandra which is the home to many film stars as well. "So, I always wanted to design clothes and it became my passion."

"Secondly I chose this as my career because I always feel, for a living if one does something that one loves then he will not have worked a day in his life, as doing what you have passion for never feels like work," she adds.

After studying in Mumbai, it was a fate that brought Kavita to Goa, where she has now made a mark for herself in the fashion industry. Recalling the times when she came to Goa, Kavita said "I started a boutique in Mumbai two years ago and I shifted to Goa because my husband had to shift to Goa because of his job."

When I moved to Goa, I noticed the lack of glam quotient, on the contrary, that I saw in Mumbai and I wanted that even Goa should have a feel of that lifestyle, says the fashion designer.

"For me whatever the trend may be and however an outfit may be styled but what they must have is class and there must be a level of decency in the

clothes," she said.

"That is exactly what I try to convey through my designs because I believe that fashion is not about vulgarity and 'body show' but it can be decent and classy as well," says Kavita who started her Fashion Studio at Porvorim.

Besides being a fashion designer, there is another side of Kavita. She admits and claims herself to be a passionate cook. She owns a restaurant in Porvorim 'Green Cardamom.'

When asked about her motivation for her design, she revealed that she gets the motivation from within and her passion for her work drives her to go those extra miles to achieve the desired results.

"My aim is customer satisfaction and happiness because for me as a designer what gives me immense happiness is when my client feels

confident after wearing the outfit I designed for them. Her vibrant and lively nature is well portrayed in her designs," she adds.

Being zodiacally a Taurian, she acclaims to be very determined and creative. She says her brain is continuously working and even when she is asleep her creative subconscious is not at rest. Kavita recalls the days when she just wakes up in the middle of the night to start sketching designs that she dreams about.

She says this with pride that throughout her journey her husband and her son have been the major pillars of support for her.

After enjoying the current success, Kavita has major future plans up her sleeves. Looking at the sparkling progress Kavita has made, she now states future plans for her brand that

she wishes to make it an international fashion brand. Additionally, as is the ultimate dream of every great fashion designer, even Kavita wants to one good day have a show of her own in Paris - the fashion capital of the world.

The story of Kavita can be inspirational to many, especially women who want to make fashion designing as their career. Though she had to shift from the metro city to a smaller state, she did not see it as a demotion for her business but instead as a challenge.

Her message for the readers is to be yourself and the world will follow you. I feel that the best thing a person can always wear is their confidence and not the outfit. It doesn't matter what the outfit is but if you carry it well with confidence it sure as hell will make a fashion statement.

**The story of Kavita can be inspirational to many, especially women who want to make fashion designing as their career. Though she had to shift from the metro city to a smaller state, she did not see it as a demotion for her business but instead as a challenge.**





EESHA AGARWAL



## interview

# FOLLOW YOUR HEART TO ACHIEVE YOUR DREAM

GUNWANTI PARASTE

**"Always listen to your heart when it's a matter of what you want to do in your life," believes Eesha Agarwal, winner of Miss Global World International Pageant in Russia, Eesha feels like being on top of the world as her dream to win an international pageant has come true. Excerpts from our conversation with Eesha Agarwal:**

## What made you get connected with beauty contests?

Ever since childhood I have been attracted to beauty contests and pageants. I was fascinated watching the beauty pageant contestants wearing beautiful attire. I wondered if there would be a day when I will have the chance to be on stage wearing a beautiful dress and a crown. I have been a great admirer of Sushmita Sen. Now that I have won Miss Global World International Pageant in Russia, it seems as if I have achieved one of my biggest goals in my life. One rarely gets a second chance in life, so I believe that one must always remain positive and keep working hard to achieve your goal.

## What was the reaction of your parents when you told them that you want to enter a beauty contest?

Frankly, my parents did not approve of the world of beauty contests and pageants. They did not want their daughter to be involved with or participating in fashion

events and beauty contests. They were always advising me to concentrate on my studies. I obeyed their advice and completed my studies, and even acquired a MBA. It was only after this that I began participating in beauty contests. I claimed the first runner-up crown at the Miss International Exquisite pageant at Baltimore, USA in 2015. This proved to be the turning point in my parents' attitude, as it was the first time that they felt happy and proud of me for winning a prize at a beauty contest. They realized just how much I was drawn to the world of beauty pageants, and thereafter they began to encourage me and motivate me to go ahead and pursue my goals. The last two years of my life have been really happy for me and my parents, since they now truly understand me and my dreams.

## What has been the reaction of your relatives, neighbours and friends to your success?

Even people, who did not know me or ignored me earlier, stop and talk to me, and congratulate me on my achievement. This means a lot to me, as it is like a kind of reaffirmation that I am on the right path in my life, and it gives me a sense of pride in what I have achieved. My family and friends used to think that I was on the wrong track by participating in beauty contests and such. They used to keep reminding me that I was just

a small town girl from Latur, and not to go chasing after big dreams, as it was like chasing an illusion and that I would only end up with heartbreak or worse. They were always telling me to concentrate on my studies instead. Now that I have achieved my goal, they all feel proud of me for being a small town girl making her mark in the big, wide world.

## What are your future plans?

I run 'Shine On', my own training institute to train girls interested in participating in beauty contests and modelling. It is not easy for girls from a small town like Latur to get the right guidance and suitable platform to showcase their talent. They have no clue about the right people to approach, and how to go about to participate in beauty contests. It is my mission to provide training and guidance to such young girls.

## What are your other achievements?

I recently won the Milestone Miss Global World International Pageant, and was also crowned Miss Super Model during the pageant round. I won the first runner-up prize at the Miss International Exquisite 2015, which was my first experience to represent India internationally. I also won a pageant at Thailand this year. I won the title of Milestone Miss India International Princess 2017.

## Who is your idol?

My idols are Sushmita Sen and Lara Dutta. I have been a fan of Sushmita Sen ever since she won the Miss Universe crown. The images of her wearing the coveted crown and the beautiful gown are unforgettable. She was the one who inspired me to become a model. Sushmita Sen is down-to-earth and polite.

## What are your hobbies?

I love reading and dancing. I keep updated on current fashion, modelling events and trends by reading all the fashion magazines and books.

## What other fields are you interested in?

I am interested in social work and doing my share for society. I was asked about issues that bothered me by the judges at the Miss Global World International pageant. Global warming is an issue that concerns me greatly, and this is an area that I really feel motivated to work for. Most people are not aware about the hazards of global warming, and I feel truly motivated to make people aware of the dangers and consequences of global warming.



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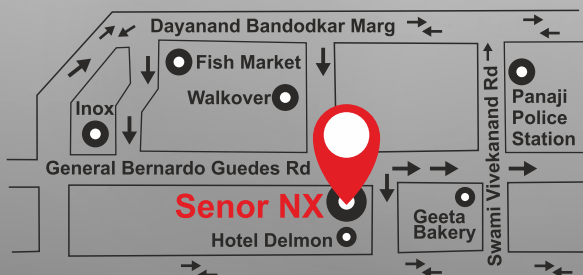
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