

The Neutral View

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5 HOT HEALTH GADGETS

To Help Improve Your Overall Fitness

PRITESH NAIK

As people around the world are getting health conscious today we take a look at the top health gadgets which are complimenting the daily workout to keep a track on our health and fitness, thanks to the modern day health gadgets that have made our life so easy. In today's hectic and stressful lifestyle, our physical and mental well-being gets critically affected. Thus, it has become the need of the hour to monitor our health than ever before. To maintain a healthy lifestyle and to improve our overall health has become a crucial challenge for everyone in today's world. But now you can easily stay fit and can check the actual status of our health with the help of smart health gadgets. Many types of research and studies have also revealed that if you track your fitness with a fitness tracker, it will very likely keep you more healthy and fit than normal.

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The world's 1st connected fitness system – the Healthbox, includes a band, scale, and a chest strap that all helps track your sleep, heart rate, activity, calories, body fat, weight and more.



Beddit

If those 8 hours in bed matter to you, Beddit is your solution to optimize it. Placed under your bed-sheets it syncs with the Beddit App to track your sleep patterns, breathing, movement, heart rate, snoring, and an environment.



MANGO DELIGHTS



Mango uddamethi



- ◆ 1 tsp urad dal
- ◆ 1/2 tsp methi seeds
- ◆ 1 tsp mustard seeds
- ◆ Pinch of asafoetida
- ◆ 2 tablespoon grated jaggery
- ◆ 1 cup chopped mangos
- ◆ 1 cup freshly grated coconut
- ◆ 4 dry red chillies
- ◆ 1 tbs turmeric powder
- ◆ 1 marble size ball of tamarind
- ◆ 4-5 peppercorns

- ◆ Grind all the ingredients for the gravy by adding 1/2-1 cup water. The gravy should not be too watery, but a little thick.
- ◆ Chop the raw mango into small pieces and boil it in 1/2 cup water by adding the jaggery. Alternatively raw mangos can be boiled separately and jaggery can be added to the gravy.
- ◆ In a kadai/wok/pan, add 1 tsp oil. Then add mustard seeds, when they flutter add urad dal and methi seeds. Add asafoetida.
- ◆ Next is add the gravy to the mustard seasoning. Add the boiled raw mango pieces and mix.
- ◆ Add salt to taste. Simmer for 10 Min's.

Mango miscut (pickle)

- ◆ 20 small tender green mangoes
- ◆ 200g salt
- ◆ 2tsp. turmeric powder
- ◆ 2 asafoetida
- ◆ 1 tbsp. peppercorns
- ◆ 3 tbsps. Mustard seeds
- ◆ 1 tsp. fenugreek seeds
- ◆ 2 tbsps. Mustard dal
- ◆ 100g red chilli powder
- ◆ 1 sp. Turmeric powder
- ◆ 500ml sesame seed oil
- ◆ Wash and wipe the mangoes thoroughly. Slit them into fours. Chop 4 or 5 mangoes into cubes.
- ◆ Sprinkle the salt and turmeric powder on all the mangoes, mix them well and place in a plastic or wooden vessel. Keep heavy weight over the mangoes and leave them for 4 days.
- ◆ Daily, turn the mangoes gently, upside down to ensure that the natural green colour of the mangoes has changed. Drain out the grime and salt if any into a pan and boil it. Cool.
- ◆ Meanwhile remove the soft seeds from each of the mangoes carefully. Remove the black skin too if any.
- ◆ Should there be any hard seed, do not remove it. Next, heat a tablespoon of oil in a small pan, keep the flame low and toss in the asafoetida. Remove it after a minute.

Mango Sansav

- ◆ Firstly peel the mangoes and marinate for 30 minutes with salt.
- ◆ Next grind mustard seeds, green chili, chili powder, turmeric powder, grated coconut and jaggery together to make the mustard seed paste.
- ◆ Now, Heat the frying pan with a little oil. Add 1-tsp of mustard seeds; add 1 tsp of curry patta and 1tsp of asafoetida. 1 Tbsp of uddat dal and 1 tsp of methi seeds and let it saute for some time. Before sauteing, must cover the frying pan in order to contain the scent within the pan.
- ◆ After sauteing, add sliced mangos and toss all ingredients in the pan together.
- ◆ Add little water to the pan, so that it may cook well. This will allow the mixture to become pulpy and provide a nice sweet and sour taste. Let it cook for some time.
- ◆ After allowing it to cook for some time, add some jaggery water to the pan and the grounded mustard seed paste, along with some more water.
- ◆ Add some salt for seasoning.
Note: Sugar-cane jaggery is used as it is white in color, do not use palm jaggery as it turns black in shade.

- ◆ Repeat with peppercorns, mustard and fenugreek seeds. Cool the spices and grind fine. Do not use nay water. Heat the remaining oil in another pan and cool thoroughly.
- ◆ Now mix the chilli powder with mustard dal, turmeric powder and the ground spice, add salt (the mixture should be slightly salty). Mix some cooled oil into spice mixture. Stuff each mango with a small lump of the spice paste.
- ◆ Place all the stuffed mangoes in a wide mouthed jar. Pour the grime and the remaining heated and cooled oil.
- ◆ Do not fill the jar to the brim; keep the mangoes at least 3 inches below the brim. Place some large pebbles over the mangoes. This miskut should be eaten after a month.

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THE POWER PLAY AT PANCHAYAT ELECTIONS AND GAME OF RESERVATIONS

It is time for the Panchayat bodies to go for the polls. This once in five-year event actually is the grass root level exercise with elections being held for each ward. The panch member is elected who eventually decides the Sarpanch and decides how Panchayat bodies should work.

The role of Panchayat bodies has attained utmost importance. It is these bodies which run the government at grass root level. It is unfortunate that the legislators are increasingly interfering in the working of the Panchayats. The actual essence of panchayat is 'power to the people'.

The system of 'gram sabhas,' Panchayat meetings and several other initiatives make our Indian democracy successful. It is not just the elections for Parliament or state Legislative Assembly that highlights our rich tradition of democracy. But the average person becoming panch member and he deciding the developmental directions for the village is the most interesting part of the democracy.

The concept of gram sabha was also worked out to ensure that the voter gets chance to be a part of the decision making. There might not be unanimity in the decision making but certainly there won't be monopoly.

Now, when such a fantastic concept of

democracy is being followed in the state, there are gross problems which can also be seen. The kind of things that have unfolded as a prelude to the oncoming Panchayat polls, the entire process of giving power to grass root level seems to be undone.

This time around, total reservation is touching almost 40 percent which includes the exclusive seats for OBC, ST, Women and now scheduled caste (SC) too. The notification of these reserved wards has already been issued.

First and foremost, it is undemocratic that despite state election commission being in place, the state government is involved in the process of reserving the wards. Actually, it should be the work of state election commission.

Moreover, the way wards are reserved clearly indicates that the political powers play a major role in that. I have an example of a ward in St Cruz Panchayat which was last time reserved for women, this time it is reserve for OBC. This means, a person in general category who wants to contest here can't do it for ten years. And you never know, next election, it may be reserved for some other category. The ward is reserved for OBC despite the fact that there is no much population belonging to that category.

This entirely means, the general person

cannot think of being part of Panchayat in this ward. This is largely undoing of the democracy. When it comes to Panchayat election, the reservation fuelled by aspirations of politicians is something dangerous to our grass root level democracy.

Is there any scientific base for reservations? There are agencies which are expert in doing scientific surveys for reservations. They should be roped in and they should recommend to the state government which wards should be reserved. Obviously, reservation should be dependent on the population in that ward. Or else the person from outside ward wins the poll and he represents those people in the Panchayat.

The power should be with the people. But actually, the state government dictates to the people what they want to do. That is why each legislator boasts of having control over maximum Panchayats. That is the indication of how they have been meddling with the election process.

Manohar Parrikar-led government which brags of Goen, Goenkar and Goenkarponn was expected to be more practical during the reservation of wards. But Panchayat Minister Mauvin Godinho in private concedes that he was unaware about the entire process.

It is understood why the old rot of unplanned reservation of wards continues this time too. With BJP losing its grounds during recently held Assembly election and new parties emerging in, there will be rat race to have control over the Panchayats. Don't be surprised if at the end of elections, BJP comes up with the tally of how many Panchayats they have hold over. The entire gamut is a power game. The power play at the cost of our grass-root level democracy.

It is too late to speak about reservations. The candidates are ready to face elections. There are several aspirants who will have to wait for another five years to get their turn. Now at least the political parties should show some wisdom and not interfere in the election process. There should a rule that if legislators are found campaigning for any candidate they should be disqualified. The presence of MLA in the panchayat election will not give level playing field for the rival candidates.

Let the grass-root level democracy flourish. Let there be real elections. Let our panchayats be real stories of success.



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MEDIUM OF INSTRUCTION

A TEDIOUS TASK AHEAD FOR GOVERNMENT?

TEAM TNV

The medium of instruction ("MOI") of a child at the elementary education is a contentious issue- not of ethnic but of religious identity in Goa. The issue that played a crucial role in 2012 assembly election to ensure then Congress government's humiliating defeat- lost out its priority during the 2017 assembly elections- even as the rebel RSS group backed Goa Suraksha Manch (GSM) made its best possible attempt to woo voters.

In the minds of many voters, English medium schools translate to diocesan schools run by the Churches. To be sure, these are popular with most parents, since fluency in English is perceived as vital for career prospects. However, for many proponents of indigenous culture, promoting English as the medium of instruction is a compromise on identity. They are determined that, at the least, the government should not subsidise, and thus encourage it — even if it tolerates it in the unaided private sector.

Every election, right from assembly polls in 2012, followed by Lok Sabha polls in 2014 and thereafter Zilla panchayat elections in 2015 and now the 2017 assembly polls- the MOI subject is been used to polarize the voters.

Keeping the above facts in mind, the Manohar Parrikar led coalition government has a tedious task ahead to draft a new MOI policy-keeping all

sections, particularly the voters of alliance partners happy.

"The current government's decision on medium of instruction would be spelt out in its common minimum programme. The decision would mostly focus on maintaining the status quo that is continuing grants to those 136 English medium primary schools," a senior government official told TNV.

The MOI policy, drafted in February 2014, which was incorporated into Goa School Education (amendment) Bill 2014, was referred to the Legislative Assembly's select committee headed by then Chief Minister Manohar Parrikar in August 2014 after MLAs raised certain issues about the bill.

However, with the new State Assembly being formed, all its previous committees stands automatically dissolved and polices and bills before those committees stands lapsed. So is in case of MOI policy.

Sources at the state Assembly confirm that government will have to draft a new policy as the earlier state assembly failed to pass the policy to be incorporated as Bill, thereby standing it lapsed. "Once the new state assembly is elected, all its past committees automatically get dissolved and the pending bills or policies before it stand lapsed," sources said.

The then Manohar Parrikar led cabinet in January 2014 drafted the State MOI Policy, continuing grants to 136 English medium primary schools- the once which were allocated grants by then Congress government. At the same time it said that all the primary and secondary school where the medium of education is not in Marathi or Konkani, will have to teach one subject compulsory in Konkani or Marathi till standard X to get grants and recognition from the government.

It had granted powers to the government to withdraw grants and recognition to those schools which did not teach in the mother tongue, and said that those managements found to have criminal background or involved in any criminal case would be taken over and run by an administrator.

"While the select committee constituted under parrikar failed to met even once in 2014, it had six-eight sittings under Laxmikant Parsekar. However, it failed to come to any conclusion," sources said.

While it failed to reach to any

consensus on the MOI policy, the then BJP led government- smelling the possible political outbreak- which happened subsequently- it constituted a 17-member advisory committee in July 2016 for wider consultation and facilitation to government to decide on the contentious MOI issue. The committee which was initially granted 120 days to submit its report- is currently been granted third extension- turning out the entire exercise as mere eye wash.

"Our ongoing extension ends on June 15. We have already held meetings at taluka level. It is not an easy task. We have to consult each and every section including the parents," the committee chairman Bhaskar Nayak said refusing to comment on whether it will submit its report by June 15 or seek for further extension.

If sources are to be believed, the committee has been receiving poor response to its every consultation held so far. Interestingly, the committee has laid its focus only in North Goa covering all the talukas, while it is yet to make an entry into Salcete- where it will find its biggest critics.

While the education Minister Manohar Parrikar is complete silent on the issue, his coalition partners like Goa Forward and Independent are of the strong view that the 'parents should decide medium of education for the kids and not government'.

"Medium of instruction should be the choice of parents and not government. Our common minimum programme will speak on the issue in detail," Minister and coalition partner Vijay Sardesai told TNV.

While drafting the policy, once again, Government will have to play safe because its alliance members are divided on the issue. The Maharashtrawadi Gomantak Party (MGP), which contested against BJP in alliance with anti-English medium school crusaders- the Bharatiya Bhasha Suraksha Manch (BBSM) formed Goa Suraksha Manch (GSM)- who are strongly demanding that the grants to English medium schools be withdrawn.

"Government cannot give grants to English medium primary schools. This is against the Universal law, where primary education has to be promoted in mother tongue. We stand by our decision that grants be withdrawn," GSM president Anand Shirodkar said.

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Anand Shirodkar

MMC HAS BEEN HAVING PROBLEMS OF GARBAGE COMING FROM THE ADJOINING PANCHAYATS: BABITA ANGLE

TEAM TNV

Q What is the future plan on Garbage situation of Margao and the awareness of the town on garbage issues?

Through MMC we have attempted to keep the town clean in all the ways possible ever since we took over the council. The recent beginning of the screen plant to clear garbage dump at Sonsodo is the biggest step taken till date to solve the problem.

Having said that, I am not against people or establishments who operate in the town generating garbage. As a commercial capital, the people and establishments play a pivotal role in the development of the town. However, I also maintain that the people and the commercial establishments have to keep their part of cleanliness by maintaining cleanliness around their place.

I strongly profess that the street foods of Goa are nutritious and healthy. But when we observe these vendors we can see that establishments dump garbage in open places defacing the areas. I have and will again request the people to keep cleanliness and also suggest us ways to keep cleanliness.

Q Any special drives or activities taken up recently to curb the garbage problem?

Recently we had a programme for training of street food vendors which had a motto of "Serve Safe Food @ Street Food" which was a success. The street food vendors as well have given some suggestions to us to improve the cleanliness and tidiness of the areas.

In fact I strongly profess that the street foods of Goa are nutritious and healthy. But when we observe these vendors, we can see that establishments dump garbage in open places defacing the areas. I have and will again request the people to

maintain cleanliness and also suggest us ways to keep cleanliness.

Q Shed some light on how to manage garbage problems?

Margao Municipal Council has been having problems of garbage coming from the adjoining Panchayats and we are seriously thinking on lines to curb the menace.

Q What are the major decisions pertaining to MMC taken recently?

- Facilitation Center for Fatorda Constituency on model basis which will handle issuance of birth certificates, Income, Death, inwards of complaints and others. We will be speaking to the National Informatics Center with whom we will seek idea on what kind of set-up of software and others will be required for the center. The center after operational, will work on pilot basis and if succeeded, other places will also be considered for set-up of the same.
- Traffic signals at Colva Circle, Arlem circle and some selective major junctions will be erected and we have taken a resolution to have them set up. These circles are accident and traffic congestion prone and erection of signals will help to control the same. We have got a proposal from the agency who is handling the signals at Verna and Titan Junction to also set up the same here at Margao. Circles will be erected at four major junctions which are Colva Circle, Arlem Circle, Bolshe Circle and also at the Fatorda Stadium Junction.
- We had attended a meeting convened by the Chief Minister and Urban Development Minister where discussions on Revenue Recovery came up. We have also been going through the same problem at MMC. The Mapusa Municipality, on the lines of efficient recovery, has done Geo mapping of the entire town where in all the houses will be surveyed by air and a map of the town will be made. The MMC has also decided to take up one such activity for the town so that there is a boost to the revenue recovery of the town.



BUZZ FOR PANCHAYAT ELECTION; GOVT CONTEMPLATES TO FIX TERM OF ELECTED MEMBERS

TEAM TNV

With implementation of the 27-day long model code of conduct, the State Election Commission (SEC) has set the ball rolling for the elections in 186 village Panchayats (VP) covering 1522 wards in Goa to be held on June 11. As the buzz for State Assembly election ended in March with new BJP-led coalition government taking over, political parties are now busy to get its hold on the local governing body-VP. Gaining an upper hand in the VP election is a matter of prestige for the political parties, specially the one in power.

What's interesting to wait and watch for is that with new Panchayats taking over on June 13 (the counting day) Government intends to have a relook at the Goa Panchayat Raj Act, in a bid to end the game of musical chair in Panchayats played by the elected members to the local self-governing bodies- to go for a 'FIX TERM' for the elected representatives.

As government notifies delimitation and reservation of wards, which many Panchayats are not happy with (a normal phenomena), 39 new wards have been added this time. As many as 540 wards are reserved for OBC, SC and ST and 490 wards for women that includes 323 seats in general category.

For the first time, 15 seats are reserved for 'scheduled caste' (SC) community with 12 wards for male and three for female. The community has got reservation in talukas of Pernem, Bicholim, Sattari, Bardez and Salcete.

Further, of the total 540 wards, 357 seats are reserved for 'other backward classes' (OBC) which includes 247 wards for male and 110 for female. Similarly another 168 seats are reserved for 'scheduled tribe'(ST) community that has 114 seats for male and 54 wards for female.

"All efforts would be in place to ensure free, fair and transparent election process," state election commissioner RK Srivastava said.

The Panchayat elections, held under the Panchayat Raj Act needs to be strictly conducted on apolitical lines, but political parties do not really seem to care for the law and are fielding candidates, obviously without party



The Panchayat elections, held under the Panchayat Raj Act needs to be strictly conducted on apolitical lines, but political parties do not really seem to care for the law and are fielding candidates, obviously without party symbol, with a larger aim to gain strength in the grassroots bodies. The ruling BJP and its allies- Goa Forward Party, MGP and independents and the opposition Congress are backing panels and individual candidates- making all out efforts to ensure their win.

symbol, with a larger aim to gain strength in the grassroots bodies. The ruling BJP and its allies- Goa Forward Party, MGP and independents and the opposition Congress are backing panels and individual candidates- making all out efforts to ensure their win.

While the Ministers cannot be a part of the campaign as per the model code of conduct, the party workers at the grass root level are reaching out to the people seeking support. "Our karyakartas are working with the candidates backed by the party at village level. Party is confident of gaining hold over maximum Panchayats," BJP president Vinay Tendulkar told TNV.

Though, the recent Assembly election saw people rejecting Bharatiya Janata Party, who despite that managed to form the coalition government. The saffron party has advantage as well disadvantage of the VP polls. While there may be many thinking to vote for a panel backed by ruling coalition as it is always a better choice from the developmental point of view, many are upset with the BJP's act of snatching away power from Congress, who emerged as the single largest party during February 4 election.

"It is no more secret that political parties field their panel for Panchayat election, without party symbol. This election too, we are backing panels

as well as individual candidates. We are confident that people will once again reject the BJP and its coalition members. They have cheated the voters and there is anger amongst people," Congress leader of opposition Chandrakant Kavalekar said.

The political parties or the MLAs play a pivotal role in changing the helm of affairs in their favour. The disqualification of Sarpanch, even much before completion of the term is not a new concept for Goa. However, the government now wants to put an end to this.

Panchayat Minister Mauvin Godinho said that he would review the Goa Panchayat Raj Act post elections, thereby fixing term for Sarpanch and the members.

"If we want a healthy Goa, then, the Panchayats have to be strengthened. But along with powers comes responsibilities. There can be no development without stability. I will review the entire Act and whatever it takes to bring stability I will do, including amendments to the Act," Minister said.

He further said that having one Sarpanch for the entire term calls for a lot of stability and good development without any interruptions. "We have to strengthen our panchayat raj system."

The new Panchayat bodies at 186 VPs will be known on June 13.



INDIAN NAVY A PROFESSIONAL FORCE

BY SANGITA SHARMA

As India stands on the threshold of becoming one of the most developed economies of the world, great opportunities lie ahead for its people. Today the youth has so much to look forward to in terms of career opportunities that it is truly exciting. Youngsters too have dreams and are enthusiastic to pursue great careers and make a mark for themselves.

“Dreams are not what we see in the sleep, it is the thing which does not let you sleep”

.... APJ Abdul Kalam

In this context I wish to apprise the young people for a career in the Indian Navy, having its unique ethos and work culture. The Indian Navy is the repository of a rich historical legacy and magnificent achievements. When India became independent in 1947, the Royal Indian Navy was renamed as Indian Navy. Thereafter the Navy has chartered its course carving out a distinct identity of its own.

The Indian Navy secures and protects the nation's maritime interests. It acts as a deterrent to any threat to the territorial integrity and sovereignty of the nation, both in war and in peace. Over the years it has been responsible for enhancing international relations and conducting humanitarian missions. It helps to assert India's maritime interests to further its political, economical and security objectives and create stability in India's maritime zone. Also, the Navy provides maritime assistance to

India's neighbours during disasters as well as in political instability.

To the credit of the Indian Navy, lie its engagements in sea battles and to name a few are Goa's liberation from the Portuguese in 1961, Indo-Pak war of 1965 and Bangladesh liberation war of 1971. It has maintained peace in the Indian Ocean by being a deterrent force to the political turmoil in Mauritius, Seychelles and Maldives. During the Kargil war in 1998, the Eastern and Western fleets were deployed to safeguard India's interests in the Arabian Sea, the Naval aircrafts flew maritime reconnaissance sorties and the elite Marine Commandoes (MARCO) fought alongside the Indian Army soldiers in the Himalayas.

Being the 5th largest Navy in the world, the motto of the Indian Navy is, “Sham No Varunah” (Sanskrit), which means, “May the Lord of water be auspicious unto us”.

The Navy is truly multidimensional. It not only guards our shores but also our skies. The fleets with the aircraft carriers, destroyers, frigates, landing crafts, mine countermeasure vessels, submarines, patrol vessels and other supporting ancillary crafts are responsible for guarding our shores. The Naval Air Arm with its fighters jets, anti-submarine helicopters, ‘Long Range Maritime Patrol’ (LRMP) aircraft; in anti-submarine and anti-ship role and the ‘Remotely Piloted Vehicles’ (RPA's), guard our skies. The Marine Commandoes (MARCO's) are a force to reckon with. The aircraft aerobatic teams add charm to the Naval aviation. The might of the Indian Navy lies in its ships, submarines, aircraft,

weapon systems, ‘Electronic Warfare’ (EW) and Systems Management, Information Technology Cell and the Indian Defence Satellites.

The Indian Navy asserts itself in the international forums by conducting joint exercises with the Navies of other nations. These exercises not only help in evolving maritime combat tactics but also indicate to the world the solidarity in friendship amongst nations. This provides a great thrust to enable ant-piracy measures for safe conduct of international marine traffic of merchantmen. The Navy also conducts expeditions and explorations in some of the world's most hostile terrain. It has conducted circumnavigations and expeditions to Mt Everest, Arctic and the Antarctic and all of these have been an absolute success.

As India surges ahead today, so does the Indian Navy. In order to make the Indian Navy amongst the most mighty and powerful Navies of the world, expansion and modernisation plans are underway. Approximately 150 ships, 500 aircrafts and helicopters are to be acquired. Construction of new naval bases amongst which Karwar being one of the biggest base, are also underway. India very proudly is also constructing its own aircraft carriers. The real strength of the Navy lies not only in its fighting machines but more so in the men who operate them and personnel who work tirelessly 24x7 to maintain these systems.

Once inducted into the Navy, it is like being a part of a large family. The Navy offers its personnel an exhilarating and a satisfying career based on dignity, honour and core

human values. Immense opportunities are available to all rising within the rank structure cadre. While in service the Naval personnel can expect a decent salary, maintain a good standard of living and also pursue ones interest in sports, adventure and other related activities. Facilities like medical care, accommodation, access to schools, hospitals, recreational clubs, movie halls, canteens etc are not only restricted to Naval personnel but also to their family members and dependents, including aged parents.

The naval welfare activities are a galore. From having Play Schools, Navy Children Schools (NCS) and welfare Centres, initiatives are made to provide good education and expose family members to various aspects of life and living. The Navy's welfare wing; Navy Wives Welfare Association (NWWA) helps the community in many ways including care for the specially abled children. It also addresses and finds solutions for health and education issues. The NWWA creates facilities for women to learn art and culture take care of widows and the elderly. In order to encourage the innate talents of the wives, NWWA enables them to pursue their interests in the field of tailoring, teaching, homemade edible products etc and create forums where they can display their talents. For the artistically inclined, participation in theatrical and musical performances is also encouraged. The Navy has some fine artists, photographers and writers. The Naval band performs every year at the ‘Republic Day’ celebrations and often bags the trophy for the best performance.

CHARLENE FARRELL

Psychology is defined as ‘the scientific study of mental process, behavior and experiences in different contexts.’ This definition encompasses every aspect of human reaction and interaction. The beauty of the subject lies in the object of study. There are more than seven billion people walking on earth as we speak. As we go about our daily life we rarely take time to just sit back and actually admire the complexity of behavior. Seven billion human beings, seven billion ideas and yes, seven billion reactions to a situation. Human behavior is the way an individual reacts to a situation or a stimulus. With the uniqueness that abounds, it is not surprising that there are plenty of times when we fail to understand why an individual behaves the way he/she does. Being part of this varied tapestry is a wonderful thing. Understanding that each person has a unique part to play will also eventually make things easier to understand.

Our problem is that we lack the ability to look beyond ourselves. When there is any situation that involves more than one individual, looking at it from another’s perspective is something we find almost impossible. To really understand the complexity of the human mind, all we have to do is read psychological studies on any cognitive process. One of the most obvious things you will see is the difference. Twin studies, including identical twin studies (of individuals sharing the exact same DNA) clearly show why no two individuals behave, interact and react exactly the same. With so much complexity and uniqueness, how do we justify the rigidity with which we educate? All over the world, the systems being used are changing to accommodate this wonderful characteristic of human behavior. Countries are moving from subject wise teaching to system wise teaching, whereas we have decided to go backwards. While governments all over the world are getting more



THE COMPLEXITY OF HUMAN BEHAVIOUR

‘person centered’, we have taken it upon ourselves to dilute democracy. While women around the world are revolutionising the face of the world, we are still living in a male dominated shell. We keep denying it and telling ourselves it isn’t true, but the fact of the matter is, whenever we speak in terms of sex differences, we shall remain regressive.

In school, we train our children to be the best among the rest,

constantly forcing them to participate in competitions against others and beat them. We force them to measure themselves and their achievements with those of others. As they do so, their entire focus is on the other person and what they are doing. In such a scenario, the person never really reaches his/ her own potential. Working in accordance with and, in comparison to another never really allows one to reach a target of their capability. Another consequence to competition is the inability to care for another human being as we all try to step over them and win. So, what we are actually doing is creating an entire army of people with the identical goals, leaving no place for another to succeed and disabling the yearning to find their own niche. Have you ever sat back, looked at our youngsters and wondered to yourself, where has the individuality gone? At which point exactly did we tell them apathy was the way of the world? These two questions are causes of concern to

all of us. As we turn our youth into a careless, competitive army, how far do you think they will go before all starts collapsing around them?

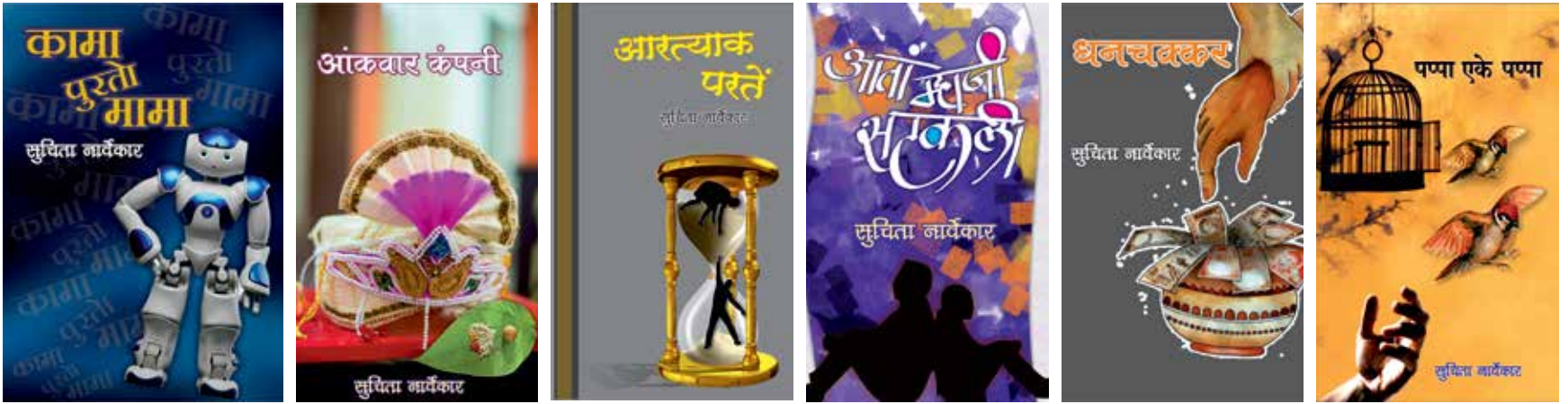
We have to act quickly. We have to show them that success need not come at the expense of another. And for them to learn, we need to first practice the same. We also have to understand that being mainstream is not the only path to a happy life. Allow your children to live their dreams. Let them explore their inner potential. There is a place enough for everyone.

Our government is another entity that has forgotten the complexity of the human being. A small minority of people come together to make up the body that governs us. In doing so, these individuals share a responsibility of doing what is right for a larger group of people. This is not what is being reflected in current scenario of the world. Instead of looking towards the best interest of the nation, sadly the trend has turned into protecting the needs of only a few. But the saddest part in all this is how religion is being used to dominate and rule. There is no religion that preaches or practices suppression. Again, it is the human being that has created the rifts and divides. Democracy is all about nurturing the individuality of a complex collection of people. To be true to the nature of the human kind, we need to accept and nurture our differences. For progress to be complete, we need to open our mind to the needs of all. For after all that’s said and done, it’s the differences we have that keep this world a more interesting place.

In school, we train our children to be the best among the rest, constantly forcing them to participate in competitions against others and beat them. We force them to measure themselves and their achievements with those of others. As they do so, their entire focus is on the other person and what they are doing. In such a scenario, the person never really reaches his/ her own potential. Working in accordance with and, in comparison to another never really allows one to reach a target of their capability.

THE WRITER SPEAKS

Suchita Narvekar from Gaune, Ponda tells us about her journey from RJ to Writer



RAHUL KAMAT

Q Why have you written books in Konkani only?

I personally believe one should write in a language you can express yourself well. Konkani being my mother tongue I can express my ideas well in Konkani and so the choice. In any other language I would have to hunt for words, which would precisely describe my feelings. I am not against writing in other languages, in fact I am thinking of translating some of my books to Marathi.

Q How was the response to Shortcut?

Shortcut was my first drama. I wrote the book just as a hobby, but when I gave it to Kala Chetana Sansta for their opinion, they recommended that it can be brought on stage, and to my surprise, it received good response from the audience. Shortcut was a success with more than 100 shows. The success of shortcut inspired me to write, it gave me the much needed confidence.

Q Why are you launching all six books together?

I have written these books, one every year, but I didn't get enough time to get them published and so the books kept piling on. Getting a book published is a tedious process. When on stage, there is a director and there are actors who improvise on the existing flaws in a script, whereas a book needs to be perfect in proper language without any mistakes. Just to get these six books published took us around two years.

Q What do you think needs to be done to promote Konkani literature?

Thanks to Konkani Bhasha Mandal which is working very hard to get good literature, especially for children, this is a very

good step. If we cultivate the reading habit at the very start at a young age, it will help the language in the long run. There is still scope to attract the youth who are turning towards English.

Q What has been the inspiration behind your writing?

I was always interested in acting as a child and had attended many workshops. Later on when I got associated with 'Sunaparant,' I learnt to write in a good and easy language which could be understood by the masses. Also my stint with Radio Mirchi was a big addition, where I learnt to reach out to people and express myself

in least possible words. I had all these experiences behind me and I had a good connect with the audience, so it helped with writing in a language and to come up with topics which would appeal to them.

Q How has been your journey from RJ to writer?

I worked with Radio Mirchi for almost 10 years. Every day was a new learning experience. One should be a self critic to evolve and thrive to be better. Once you fall in love with yourself, your development is finished. My love for writing began ever since I started writing short scripts for radio. I sacrificed my acting while working for radio but that helped me to evolve as a writer. I wish to give the credit to Radio Mirchi to develop the writing skills in me.

Q What is the existing scenario for readers in Goa?

I personally believe more books for children should be released, as children start reading comics etc in Konkani, the reading habit will start from there. Competitions to write Konkani essays should be prioritised in schools, newspapers etc.

Q What are your views on the medium of instruction?

Primary education should be in the mother tongue. Even the UNESCO is saying this. I was educated in English at the primary level but the atmosphere at home was very much Konkani. When I grew up, neither I was perfect in Konkani nor in English. In the last fifteen years I came very close to my mother tongue and started learning it religiously. I didn't know so many words in Konkani and it took me a while to learn these. We as a group did plays

across Goa to educate the parents on the MOI issue which inspired many to shift their children to local language.

Q Tell us about your upcoming books?

A writer has to live the character to write effectively. Once I was sitting with my friends and casually talking about how easy life would be if there was a shortcut to everything. The thought process started there and culminated into the book 'Shortcut.' 'Ankvar Company' is a book on a special child who needs to be given proper care and attention to live like everybody else. My third book 'Pappa Eke Pappa' is about a dominating father and how his behavior affects the family members. 'Kama Purto Mama' is about today's world which is high tech with computers and smartphones where people are available in virtual world but not available in person and relations are fading away. 'Dhanchakkar' is about excessive pampering of children and how it contributes to their bad behavior. 'Artyak Parte' is about a working husband and a housewife and what happens when the roles are interchanged. 'Aata Majhi Satakali' is a play which tells the plight of a boy who has just started working and who is carrying a financial burden as well as loans which he inherited from his demised father.

Q What is your advice to young writers?

Technical knowledge is necessary. They have to attend workshops and also do a lot of reading and writing, necessary to polish your skills. No one can force you to be a writer but if you have the passion then follow it religiously. You have to start writing first and keep improvising. All I have to say is "thousand miles begin with a single step"





Legal Corner

Adv. Atreyee A. Kukalekar

Since we have reached to the maximum number of people through our widespread news and feature coverage, we are taking yet another step. The introduction of 'Legal Corner' is an initiative to advice people about matters related to judiciary. There are times when people are caught up in a mess and they want to have basic knowledge about their legal rights or the way to deal with the troubles. So here we are.

Our legal expert Atreyee Kukalekar is a practicing lawyer with the detailed knowledge of law books. She will give you practical solutions for your problems. What you have to do is just send us your queries on email address: features@theneutralview.com.

We will also feature the answers on our website on regular basis. Also, if you intend to get your name published we will do it, or if you don't want, we will maintain confidentiality.



1 I went through a situation wherein the police officer arrested a person without giving any reason and has kept in custody for a day. How to deal with it?

There are multiple occasions where such instances are faced by public at the hands of law enforcement agencies. The Honorable Supreme Court (D.K.Basu case) as well as National Human Rights Commission of India has laid down guidelines to be followed by the Police in case of arrest of a person with specific pre-arrest and post-arrest norms.

The above question involves absolute illegality on the part of police and it should be reported to the higher authorities as well as to the State Police Complaints Authority so also to the State Human Rights Commission as the Police Officer is in contempt of the Supreme Court and in violation of the NHRC guidelines.

2 My father expired 10 years back without leaving any will behind. We had our ancestor's house in Nagoa. We are 2 brothers. My elder brother wants to take control of house and is not interested in dividing it in absence of will. What steps I should take?

As your father expired intestate, either get a succession deed recorded in Court or Office of Special Notary cum Civil Registrar or file an Inventory proceeding in the Court having territorial jurisdiction. Once your share is determined, file a Suit for partition of your share from the property. Your right to inheritance to fathers property cannot be denied by your brother as you have equal right as that of your brother.

3 I share a common compound with my neighbour. Now the neighbour wants to demolish the compound and construct a bigger wall but he wants me to share half of the expenditure. I don't have finance to spend on that. I want to know whether I can allow him to construct the compound on his own and whether it will affect me in any way as a property holder in his neighbour.

As far as construction of a compound wall is concerned, it should not affect your proprietary right to your property. If your neighbor wants to construct



compound on the common boundary line than it is your mere choice or wish if you want to take part in the expenses.

4 I am contracted to one of the Sports association to work with them as Coach for next 3 years. I have not signed any bond paper. I have sworn an affidavit pledging my services to them. I want to discontinue as I am going abroad. Will this action lend me in any legal trouble?

If you have an agreement or contract with the Association to work for 3 years for which you are paid consideration than your performance towards that agreement should be honoured by you. You can very well give a notice of revocation or termination of your commitment and indemnifying the Association of any losses can be mutually worked by both the parties. There should not be any legal trouble for you if you take up the proper course.

5 My family is Goan having our ancestral house and property in Goa, but we are based in Mumbai. We visit our ancestral house every year during Ganesh Festival and during family get together. Our property although is vast but it has no agricultural activities there on and basically has scattered wild trees. Few days back one person contacted us asking for share in the property claiming to be agricultural Tenant. We did not respond immediately but after checking our family document we found that said person's father name is mentioned in I & XIV Form as a "Caretaker". Kindly advice what should we do as we had never any caretaker in our property?

First of you have to see whether that person has initiated Tenancy proceeding. If that person have already initiated Tenancy proceeding than you will have to contest it by disputing his status as Tenant and further your family will have to take steps to correct the Survey records by giving proper evidence and by obtaining Decree of the Court to that effect. Even otherwise a "Caretaker" can have no right as per our Bombay High Court.

WHAT PARRIKAR SAID BEFORE ELECTION HAS TURNED TRUE

TEAM TNV

The results revealed by the recent state Legislative Assembly elections have injected inherent instability in the state government with which we will have to live for next five years. The BJP managed to form the government cobbling up an alliance with unexpected partners. But the question will always loom large over the political alliance, which is about its stability.

The numbers are not so funny for any government to have the stability. BJP is much-much less than the majority it requires on the floor of the House. Congress is just there but not enough to make it up. And then, the major game changers remains to be the small parties like Goa Forward Party, MGP and Independents, upon whom the entire stability issue banks on.

I still remember the speeches of Manohar Parrikar during BJP's pre-election rallies. I have covered 35 of them and at least for 30 rallies, Parrikar had made this statement. He said "there is one MLA from Fatorda who is advising people not to give majority to any party. This is because

Senior leader Sudin Dhalikar has got what he aspired for – PWD and Transport. And he will be only able to explain why he wants these two portfolios. Can't he develop Goa if he is given other ministries? Is PWD and Transport, key for the development of the state? Everyone knows the answer for these questions but that is not an issue right now. The thing to feel good about is that MGP seems to be comfortable. Their novice MLA like Deepak Pauskar also got the plum corporation, Goa State Infrastructure Development Corporation.



THE SCRIPT IS THE SOUL OF ANY PLAY

BHIMRAO MUDE

Team TNV's Vinaya Walavalkar Mantri introduces us to yet another renowned personality from the field of theatre and films. This time she in conversation with Bhimrao Mude a young film and theatre director from Mumbai.

Q How did you get associated with theatre?

As a young school boy we had organised a play for our annual gathering, unfortunately the play never happened. When I was in college one of my teachers selected me for a play and introduced me to the drama group of our college called the 'Natyamandal.' In my first ever play I was appreciated by all and my journey with theatre began which laid down the path for me to become a director.

Q How difficult was the journey from college to commercial theatre?

I was lucky to get an early break in commercial theatre but in future, roles were not so easy to get. I was continuously giving auditions and meeting new people taking references but to my dismay, I got to know the harsh reality that it was very difficult to get a role. Meanwhile, I started gathering children and doing plays on a small scale at Ganesh mandals, election rallies, contract shows etc. From these shows I started making some money and while doing this I started working in various technical departments of dramas. While working in these departments one of my friends Santosh Kanekar pointed out that I was good in direction. Later on I joined director Rajesh Deshpande as an assistant to get some learning experience. I wanted to make a name for myself in this field but financial problem was a major hurdle because of which I could not join prestigious institutions like National School of Drama (NSD) and Film and Television Institute of India (FTII).

Q What was the support you got from college?

I studied in Maharshi Dayanand Mahavidyala (MD college), which nurtures and supports extracurricular activities. The Principal Mr. Rajadhyaksha supported us a lot and he used to also accompany us many times.

Q Did your family support you?

I don't think many families would support their children to take up this field because of its uncertainties. I convinced my parents and later they accepted it and it is only because of their support I am in this field.

Q Tell us about your journey from theatre to movies?

My hard work paid off as I got to work from theatre to movies at a very young age. Not many in this field are so lucky. It is a very challenging field and I proved myself to earn my work. I did theatre as well as serials on most of the regional channels. I worked in different programmes- comedy, family drama, thriller, criminal etc. I also did short films, documentaries and ad-films. At just 25 years of age I got to work for 'Davpech' and 'Kaul Manacha' which were multi starrer movies.



Q What do you think about the plays in present times?

The script is the soul of any play and I find the soul missing in plays nowadays. They give me the feeling of fast food. The values in theatre are slowly diminishing in present times. Earlier, plays were used to cement the base of the actors while now they are more of a stepping stone to serials and movies. In present times the theatre has become more expensive and the remuneration is comparatively low. Television and cinema has also propped up as a lucrative option for upcoming artists. This is causing a serious dent to the quality of theatre. Even the purity of language is another concern altogether. We need to preserve our language and theatre is an effective medium to do the same.

Q What do you have to say about the present day scenario?

Theatre is no longer lucrative anymore. One has to do a side business to sustain his family. A person cannot be completely dependent only on theatre. Till there is no audience the situation is not going to change. Money is another major factor.

Q How do you see the response of audience? Has it changed over the years?

Nowadays the audience depends on the reviews before they watch a film or a play. The audience has become more intelligent.

Q What advice would you give to the youngsters who want to come in this field?

Those who want to come in this field have to give a complete dedication to the theatre. More than publicity one has to invest in learning and has to be sincere in his efforts.

Is Indian television missing out?

PALASH VOLVOIKAR

It is said that we live in the golden era of television, and that is a statement which is tough to counter. Television, a once not-so-serious platform has now started to match the production quality of big budget films, and often surpass it. With the advent of blazing fast internet and the ability to take content to the remotest corner of the world, streaming services like the Netflix and Amazon Prime Video have helped push the quality of television content to a point where there is so much of the good stuff, that we are falling short of time to catch up with it all. In a world where television is at its all time best, Indian TV seems to be lagging behind by light years. So, what's going wrong?

First of all, Indian TV has been using the same old format for ages. To begin with, the saas-bahu plot makes up for a majority of the chunk of our productions. Right from the early days of this millennium, to now, little has changed there. No matter which channel it is, there has to be at least a couple of series which have saas-bahu drama in them. If the drama wasn't painful enough, our sitcoms don't do too well either. Reality shows get so bad that you can easily mark them as a combination of dramas and sitcom, with little or no reality in between. There are a few problems which have bugged all these formats for a long time now, and it seems like we aren't focusing on solving any of them.

First of all, everything we do with our television seems to be utterly sensationalistic. Basically, our TV series have little story, with the puniest of



events being dragged out over hours of screen time. There is not even a bit of subtlety in any aspect of it, with everything from the acting to the music being over-pronounced. Sure, we are a nation that loves the extravaganza but overdoing it in every aspect is one of the prime reasons why Indian TV seems to be stagnating in quality. It's a sad thing that we can't name even a single show that will hold up to the quality set by global television.

Now, I'm not saying we don't make good series! There have been quite a few watchable and enjoyable shows

in the history of Indian TV, but they have been buried under the weight of incredibly mediocre television which is massive in volume. Modern day Indian television might not have caught up, but online content surely has. We have quite a few good web series going on, particularly on YouTube, and they seem to be gaining enough traction to point out the fact that India needs a shift in its approach to television content.

If we notice, television series without much of a story and obviously mediocre production quality still manages to get long runs, with some going over thousands of episodes while content with relatively better quality struggles to last. Anything that starts off as a break to the format eventually ends up joining the mainstream, because that simply seems to be what is making all the money.

India has its idea of online streaming in a bunch as well. Hotstar is one of the very few online platforms that have (somewhat) taken off and all it has done till now, is show us the same content as the normal TV does. It did manage to revive one of the best received quality

television shows in the history of Indian TV, Sarabhai v/s Sarabhai, but it will need to keep going at making original content and ensuring that it is different and better than what mainstream TV has to offer, like how TVFPlay seems to be doing. TVFPlay, despite not having been a television content company, still manages to make original quality content that breaks away from the stereotypical Indian television, at least to an acceptable limit, which just goes to say that it's not really an impossible feat.

So what am I trying to say here? No, I don't want India to come up with its own Game of Thrones. I just want us to explore. The many genres, the many styles, and many ways of telling stories, and there is no doubt that we are capable of creating content that matches up to the best shows in the world. So why don't we give it a shot? The Indian film industry seems to be squiggling to make room for something radical, iconic, and more presentable to the rest of the world. So isn't it time that Indian television did the same? It's never too late. After all, as we like to say in India, "der aaye, durust aaye."

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DR. JAGRUTI NADKARNI

Tobacco as a plant was cultivated and used by Native Americans for at least 5000 years, long before Columbus arrived in America. From America, the Europeans took it to Europe, and then its cultivation quickly spread to Asia. Starting with 1st World War, cigarettes became popular among Americans. Snuff, chewing tobacco, cigars, pipes, bidis and cigarettes are all used for pleasure.

Tobacco use kills nearly 6 million people worldwide every year. Nicotine which is the main ingredient of tobacco acts as a stimulant to think clearly and to improve alertness. It also acts as a relaxant to relieve anxiety so that the smoker "feels good". Besides nicotine, cigarettes also contain tar. Tar is a brown and sticky substance used at the end of the cigarette filter after it has been smoked. Tar has more than 4000 dreaded chemicals, many of which are known to cause cancer. They include cadmium, hydrogen peroxide, benzene, toluene, arsenic, vinyl chloride and carbon monoxide. If the genetic material in the cell is damaged by these chemicals, when the cell replicates the next time, it may produce abnormal or cancerous cells.

The surgeon general's report, which was published in the US in 1964, showed a clear relation between smoking and lung cancer. It said that the death rate due to cancers amongst the smokers was 1000 times more than that of non-smokers. The report provided legitimacy to the findings that smoking is harmful. However, the tobacco industry refuted this by saying that this finding was a "mathematical aberration".

What is the scenario in our country?

India is the second largest consumer of tobacco globally, and accounts for approximately one-sixth of the world's

tobacco related deaths. India's tobacco problem is very complex with wide variety of smokeless and smoking forms of tobacco being available in India. Bidi smoking is more common than cigarette smoking in India. Some researchers consider smoking bidis as more toxic than smoking cigarettes. India has one of the highest rates of oral cancers in the world with about 50 % attributable to smokeless tobacco use.

Due to the growing number of cancer related deaths due to tobacco, the Indian parliament passed a bill which became an Act on 18th May 2003. A few key provisions of this Act include prohibition of smoking in the public places; prohibition of advertisements, sponsorship and promotion of tobacco products; prohibition of sales of cigarettes to minors less than 18 years of age and regulation of health warnings on tobacco product pack including displaying pictorial warnings.

What are the ill effects of tobacco smoking?

Ninety percent of all lung cancer deaths in men and 80% in women are caused by smoking. The "second hand smoke" (SHS) is more toxic than mainstream tobacco smoke. The toxic chemicals from SHS cling to clothes, food, furniture, rugs, even on fans and air filters and can recycle back in to the room. They coat the surface of the room and the smoker's belongings are referred as "third hand smoke." There is an evidence linking both, active and passive smoking, to an increased risk of heart diseases, lung cancers, asthma and other respiratory diseases such as tuberculosis in adults. Children who are exposed to smoke, have a greater chance of developing asthma, ear infections and sudden infant death syndrome.

Is Nicotine use just a bad habit?

The following may be simple warning

signs that one is addicted to nicotine.

If one smokes within 30 minutes after getting out of the bed in the morning, one may be addicted, or if a person cannot resist smoking even if he is ill, then he is addicted.

If a person smokes more than a pack of cigarettes every day, or if he/she smokes more in the morning than at other times of the day or has a difficulty in refraining from smoking in areas which are designated as non smoking areas, then one probably is addicted.

How long does it take to become addicted to nicotine?

Historically, researchers believed that it took about two years of regular use before one became tobacco dependant. However, researchers now say that addiction can develop rapidly, especially in teenagers, after smoking only a couple of cigarettes for a few months. Moreover, sometimes smoking even 2 cigarettes a week can precipitate withdrawal symptoms once an attempt is made to stop smoking.

Why should one quit smoking?

Because once a person stops smoking, the benefits to one's health and longevity are substantial. The body starts to repair itself immediately. Depending on the time one has smoked, some organs may take a long time to heal. It may take 10 years for a former smoker to reach the same risk level as that of persons who have never smoked.

What about the recovery from diseases including heart diseases, lung cancer and stroke?

We have to remember that these diseases can occur irrespectively whether or not someone smokes. They may be related to age, genetic factors, diet, activity, environmental factors, etc. Never having smoked is no guarantee one will avoid these diseases. Therefore, quitting smoking is no guarantee one will avoid these disease

either. Smoking merely increases the risk and accelerates the course of the disease once someone has developed it. With that in mind, quitting smoking certainly lowers one's risk and slows down the progress of disease.

When should I talk to my child about smoking?

Recommendations say that the parents should start talking to their children about smoking by the time they are 5 or 6. Many kids start experimenting with smoking during their teens and are already addicted by the time they are 18. The topic can be discussed in a simple language in a way the child understands.

It is also important to be a good role model. One should not smoke in front of the children and leave the cigarettes at places where they can be easily reached. One third of the children whose parents quit smoking are less likely to smoke.

What treatment is available for the people who want to quit?

Because of the chronic, relapsing nature of tobacco dependency, one needs to recognise smoking as a chronic disease just like diabetes and hypertension. Counselling and medicines are available to help smokers quit.

Many effective medicines are available in the market in the form of nicotine gums, nicotine patches and oral medicines. These have shown to reliably increase the abstinence rates when a person tries to quit smoking. The combination of counselling and medication, however, is more effective than either therapy alone. **What if a person wants to quit smoking without using medicines?**

Quitting on one's own is hard but it can be done. One needs motivation and commitment. One can go "Cold Turkey" i.e. not use any quit aids. The withdrawal symptoms may be very distressing but the duration of withdrawal is generally short. Some people believe that they can quit using their will power alone while others may decide to consult their doctors to help them quit.

What's the take home message?

No matter how old one is or how long one has smoked, quitting smoking definitely prolongs one's life. Studies have shown that people who quit smoking even at 50 years reduce their risk of deaths in the next 15 years compared to the people who continue to smoke. The rewards for not smoking continue throughout the years after quitting. And hence, one is never too old to quit smoking.

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Vidyanagar, Margao

Not 'Sushegad' Goenkar!

Not 'Sushegad' Goenkar!

This column is about those Goenkars who have chosen to tread the paths that are often left untouched. About those who followed their heart and chose the unconventional ways. Those who believe sushegad isn't the way people pursue Goenkars to be.

Explore your options purely based on your interests

Rashmi Prabhu

ANWESHA SINGBAL

Squadron Leader Rashmi Prabhu joined Indian Air Force (IAF) after pursuing engineering in Electronics and Telecommunications at Goa College of Engineering. Presently she is serving in IAF as a Technical Officer after completing rigorous training for two years at various Air Force training institutes. During the said duration she also received specialised training in communication equipments. She has completed six years of service during which she commanded a communication unit of one of the key bases in Punjab. Presently she is looking after the maintenance of communication assets at a premiere base of IAF in Gujarat.



Q Tell us about your childhood?

I had a very joyful and positive childhood in Ponda. I am the only daughter of my parents, both of whom are bank employees. My parents have always been very open minded and let me choose what I wanted. I have been an extrovert and always voiced my thoughts.

Q Did u always want to get into this field?

My mom has always been my best friend and she had some inclination towards this field. She instilled some of these thoughts in my mind as well. But I didn't give much serious thoughts to it mainly due to lack of awareness as to what kinds of entrance are available for a female in this field. When Army would come to our college for recruitment, they would come only to induct male students.

Q How did it happen?

I came across a friend from Ponda who joined IAF when I was working for an IT company in Bangalore (fortunately whom I later married). He mentioned the possibility of joining IAF after doing engineering. Then there was no looking back. It was a dedicated effort of two years along with the job that I was already doing before, I finally got selected to serve IAF.

Q Do u think Goan youth are sushegad as people call them?

Definitely not sushegad in the manner in which people perceive. They are fun loving and bindaas. They know the fun part of life in addition to being professional. If we think from this perspective then YES we are sushegad and we are good at it.

Q What are the hardships u faced in this field?

This field tests your emotional and physical capability 24 x 7. One needs to master dealing with extreme weathers, timings and unexpected situations. You sign your WILL when you join this field and thus you need to be ready to do anything that the situation and organisation demands. In addition, you find many who still

cannot deal with female entering this field and thus proving your mettle at times requires double the effort than that put by the male counterparts.

Q Do people have misunderstandings about your field? What are your thoughts?

Definitely. Majority think that there is no difference between Air Force and Airline. So it takes a lot of patience in making it clear about our service. There is a drastic difference in the kind of treatment or reaction we get when we are in Northern India as compared to the Southern peninsula. There is a lack of respect down south where this field is mostly measured by the kind of facilities that government provides us, ignoring the hardship that we actually go through. Or many are even ignorant of the combat role of my organisation.

Q Do you think women are still being stereotyped even after years of proving themselves?

I think yes. I won't be able to give exact examples but they are. If you ask me why this happens, I would say, everyone has their own thinking. It might be because of the way they are brought up or what they have seen at their homes.

Q What do u miss the most about Goa?

Being away from my parents for months definitely hurts. I also miss the fish and the Goan monsoons.

Q What is your advice for today's youth?

The world is finally progressing towards the fact that all jobs are respectable. I would like to tell the youth to explore their options purely based on their interests and not due to what anyone says or does. At the end of the day, one can give their best to a profession only when they don't regret it. Also, I have seen that although people respect armed forces, parents often hesitate to send their children to serve the country. I would urge all to give a positive thought so as to contribute to the defence of the nation.

ROADS OF MARGAO NEED TRAFFIC CELL ATTENTION AND CCTV SURVEILLANCE



TEAM TNV

Even after a clear notification from the District Magistrate to stop operations of warehouses, there has been no respite to the traffic congestion caused due to the entry and parking of heavy carriage vehicles, mostly six wheeler trucks in Margao town.

The overall traffic situation in Margao has been on the downward track as far as improvement is concerned. This has been causing nightmares for the residents and the vehicular traffic around Margao areas. Recently the rush at the theatres in Margao was in news for different reasons altogether. Irresponsible people park their vehicles on the entrances and access roads of people living in flats, thereby causing a harrowing time for the residents every single day. Aquem, Pajifond, Margao central area and Borda areas have a huge concentration of commercial complexes and shops. The people who come to these places find it impossible at peak hours even to walk to the destination due to indiscipline and too much of parking in the areas.

The complexes in Margao and Fatorda areas are residential as well as commercial. A single complex has several offices and there are several employees working in these offices. The absence of underground parking or no parking facility has been forcing these employees and also the visitors of these offices to park in the no parking areas and also behind vehicles, blocking their movement completely. Finding a car park or a two wheeler parking spot is as difficult as finding water in a desert and the matters are getting worse. For example, the lane opposite to Hari Mandir has three goods transport hub warehouses. This area sees lots of trucks coming here every day disallowing even one vehicle to pass through the jam. Sadly there has been no action against the said violators for decades.

Surya Velip who is a frequent visitor of a developers office in this area said, "I come with a two wheeler and every day is a challenge to save myself from the street madness and jams. The war is not over. After reaching, I need to find a parking spot which I may never find on



weekdays."

The trucks park in the morning and leave late evening after the unloading, causing nuisance all day. There is no traffic police to control or pay attention at the situation nor there are cameras here which will facilitate to book the violators. Not to be forgotten, the pedestrians on these lanes are forced to walk on the road due to rampant encroachment by establishments. Mannequins, boxes of goods, and sometimes vehicles are parked right on the footpaths all over the town.

The commercial town of Margao has been battling with its parking issues for nearly 15 years. Approximately 82,787 vehicles enter the city from all directions out of which 10 percent are considered to be inter-state private vehicles going towards Karwar or Belgaum and the rest 90 percent of vehicles are from

the town and the adjoining areas of Navelim, Chandor, Sanvordem, Quepem which come to the town for the market place. This results in traffic jams and traffic related violations like road rage, parking in no parking areas, no entry and others.

A proposal for pay parking spots in Margao to enforce discipline was sought by the Traffic Cell of Margao. The pay parking areas and model proposed by the Traffic Cell is intended to accommodate and charge over 250 vehicles parked in the town.

A pay parking plaza too has been passed and will be soon tendered for Margao.

The ever increasing number of vehicular traffic has put enormous pressure on the existing road network and parking spaces in the town of Margao. The old plans and methods of

execution of traffic discipline in Margao have become obsolete and the Traffic Cell along with the MMC will have to work together to get the people out of trouble.

The Traffic Police Cell of Margao has suggested for much needed pay parking places around Margao and is waiting for the Margao Municipal Council to respond. The Deputy Superintendent of Police (Traffic) Prabodh Shirvoikar said, "The proposal for pay parking has been sent regularly to the MMC. Pay parking has been suggested so that there is control over long duration parking and also justice to the short time visitors of the town."

The PI of Traffic Cell said that they have sent a proposal to the MMC to get the parking zones and areas marked with strips and boards again as the earlier markings have got worn off.

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Ishita Jain - Kamdhenu Ltd, Sunil Agarwal - Director, Kamdhenu Limited, Achintaya Mittal, Director - Mohit Ispat Ltd, Goa

impeccable capabilities, accurate physical and chemical properties, advanced double rib design etc. are few of the finest qualities of Kamdhenu NXT interlock steel which has come into existence after a lot of research and development by the company. This robust product gives 2.5 times better and strong interlock grip in comparison with other ordinary steel bars used in reinforcement structures.

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WRITING COMPETITION

गोंयकार आनी गोंयकारांचे प्रस्न

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In 200 - 250 words

With Supporting Photo (Good Quality)

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Goa Rugby Come, join the league...

The President of Goa Rugby Association Anish Quenim talks to team TNV about his journey in the game of Rugby



RAHUL KAMAT

Q How did you come across Rugby and how you got attracted to it?

When I was studying in a University at England I saw a team playing there and I found it very interesting so I had a word with the team and then I got a try-out there. I really enjoyed playing the game in England while I was studying there. I also started following Rugby on television. The values of the sport, the way players respect the referees, the way players are involved and their entire discipline on and off the field were things that attracted me to the game.

Q How is the response for the sport in Goa?

It's very good, we are very satisfied with the response that we have received. We registered our association in 2014 and we finished three seasons, now we are heading in to season four. We have got a lot of schools involved with us and we have a great setup that's managing the whole thing. We are quite happy the way things are progressing.

Q How does the association operate?

Initially when we started, the association was doing all the work and as we progressed we started four franchises which are now managing the development of the game. We have set up a franchise each in the North South East and West. The North franchise is called Crazy Pirates, the South

franchise is called the Crocotryles, the West franchise is called the Trymates and East is called Saints. We also have our coaching academies with one main coach in each academy along with sub-junior coaches and assistant coaches. We have appointed business development manager who manages growth of the club and gets more players involved, then we have a player relationship manager, a specialised services manager who brings in the doctors, then we have a sponsorship manager, a media manager, a social media manager, we even have an event manager, a coaching design manager and a facilities manager who looks after the facilities where we train.

Q How the franchises in the four zones function?

The areas which they manage are all on our website Goa Rugby.com. We have mentioned the areas which each club manages. These clubs are owned by very young Goans. We didn't want to open our club to people who actually wouldn't work on and off the field at the same time. So for us it was very important that the owner must be a role model on and off the field so that's the reason our first criteria was that the owner has to be a player cum coach.

Q What is the number of players registered with the Goa Rugby Association?

There is a difference between trained players, people who have been educated about the game and people who know about the game. People who know about the game are more than

50,000 which is because of our reach in schools where we conducted camps and programmes to introduce the game. From there we filter down to 10,000 players who get attracted to the game and are interested to know more about the game. Now these 10,000 players are divided across the four zones and from these we get an average player base of around a 1000 in each club, so that's around 4000 players who go on to register to become professional players and play under different categories such as the under 11, under 14, under 17 and senior format.

Q Tell us about the tournaments organised in Goa?

The four franchises which are setup in the North South East and West look after the promotion and development of the game. We have four leagues and each league is managed by one club. One league happens at the end of monsoons in the month of August or September which we call the 'Superheroes Beach Rugby League' where the players dress up as superheroes and play, then we have one which is held at the end of October which is called the 'Halloween Rugby' which revolves around the theme of Halloween, then there is one at the end of December which is called the 'Christmas Rugby' and we have one at the end of January or early February which is called the 'Carnival Rugby.'

Q How many states are playing Rugby and what is the scenario in India?

We have 16 states competing at the Nationals in the men's category and there are six to nine women's teams. Honestly each state is different and each state manages the game differently. We have a National Federation that lays down the guidelines and conducts Nationals in an effective manner. It is great to see an overwhelming response in the country and also to see the amount of hard work put in by other states. So I can say that the sport is definitely here to stay because another great thing that happened was the School Games Federation of India has included Rugby in their format. Even the Indian Olympics Association has included Rugby in their format since Rugby was introduced in the 2016 Rio Olympics. The sport is also played at the Asian Games and Commonwealth Games, so this sport now being

included in all these events that India participates in gives us a great promise to try and make it to the Indian team for all these events.

Q Who are the sponsors involved?

Goa Rugby is a self-sponsored federation. It is run by the players and the people. How we do it is we charge the players that we reach out to, a basic fee of Rs 200 for the whole year. When you have such a large player base with so many people attracted towards the game, even if everyone pays Rs 100 or Rs 200 that goes a long way. Secondly, because we are doing actual grass-root work for the villages of Goa, a lot of foreigners and Goans living abroad find that as a very attractive way of maintaining their relationship with Goa, so they get in touch with us and they send us donations and a lot of sponsorship for the kids. Besides this, our main sponsors are Qrab which is our merchandise company which gives us a lot of stuff, and Banquet Sports that looks after our match day and non-match day hospitality. We are also building up towards a great form of employment as well, because through Goa Rugby we have launched two companies called the Qrab and Armchair which have been launched with a specific purpose, and the purpose is that whatever we earn here, a part of the profit goes back for Rugby development and also when our players turn 18 we have jobs waiting for all of them.

Q What are the future plans for Rugby in Goa?

Every day we come up with a new idea. This year our main focus is to transition from the game of touch to contact in a properly organised manner. The second thing what we wanted to do this year which we have already achieved is that two of our clubs have got their own grounds and we will be getting two more. The next thing is, we are planning to expand the age groups. This year we are trying to get into the veterans segment where we will push the age bar even above 35 and 40 years and encourage even the older players to come out and try this game. We are also trying to associate with a lot of other things such as the marathons and other sports related events which happen in Goa, so our whole point is that we want to grow with other sports and we want other sports to grow with us.

GOA'S EPICENTRE OF COW PROTECTION 'JAI SHRI RAM GAU SANVARDHAN KENDRA'

RUPESH SAMANT

My memory of visiting this place around three years ago, guided me through the scenic and peaceful road that passes through the villages of Honda, Bhuipal and Valpoi to reach to this place.

A huge arch resembling the façade of any religious place welcomed me as I travelled a rough patch of the road that goes through a cashew plantation only to see three structures staring at you.

"Gau shala kramank ek", means cow shed number one. I read it and I knew I am at the right place.

While entire India is discussing about beef ban and many talking about saving cows from the hands of butchers, the silent workers here are doing the work, miles away from the city life.

Jai Shri Ram Gau Sanvardhan Kendra at Valpoi has been actually practicing what many of our armchair defenders of Hindu religion have been preaching.

Hanumant Parab, chairman of the trust, recalls how the entire facility began with their initiative to save a cow from being butchered at Valpoi. The small time struggle turned into a mission when like minded people began rescuing cows which were heading towards slaughterhouses, illegally.

Before we actually talk about the struggle, we need to meet one person, Ramchandra Joshi, who is the pillar behind this initiative. When you visit this place, you will find Joshi, inevitably in the cow shed. Donning saffron lungi, Joshi, who is in his 60s, is busy looking after the cows.

At a care home for cows just outside Valpoi, dedicated staff lovingly tends to every need of its ageing bovine residents, recently saved from the slaughterhouses.

Some cows were brought to the home by their owners after becoming too old to be of any use to them while others were rescued from the clutches of unlawful slaughterhouses.

Several other bovines were taken in after being hit by vehicles while a few abandoned cattle had become ill from ingesting plastic after munching through garbage in search of food.

Surgery is performed on the injured cows and each one is tenderly nursed until it breathes its last. When the time comes, a priest is on hand to perform the last rites.

The help pours in regularly but



that is not enough if we look at the number of bovines which are here. The meticulously maintained register of the trust dishes out a figure of 355 bovines which includes 93 cows which all belong to Indian breed.

Joshi and his family have leased this place for the trust on a 99-year long lease. The place is as huge as five acres and has the necessary infrastructure to maintain such huge number of bovines.

When people call up and inform about any cow which is in distress around that area, the members of trust rush to that spot without wasting any time.

In the entire herd, there is one bullock which attracts the most. It has an uncanny resemblance of Nandi, a mythical bovine which is always next to Lord Shiva. "People from all over Goa arrive here to worship this bullock which has been as popular as Nandi," he said. "This cow has become star attraction of our gau shala," says Parab.

Parab explains how it is becoming difficult to maintain such a huge number of bovines without any help from the state government. The stray cattle policy of the state animal



husbandry department, which is in the final stages, is dragging its feet.

The fodder which is being sourced from Karnataka is also facing problems as the farmers from the neighboring

state have begun stopping the trucks carrying the material. The scarcity of fodder always haunts the facility.

But despite this, the efforts are not lessened. The trust members are working overtime in their mission.

Meanwhile, funds for the project sometimes pour in from various sources. The family of Margao based N

D Naik was gracious enough to donate the money to construct one of the cow sheds.

The milk which is produced here is supplied to the people across Sattari and Bicholim taluka, that too through home delivery. The by-product of milk like lassi and curd is also produced and sold in the market.

Another interesting thing is that the cow urine which is collected here is used in the preparation of organic manure for the farms, mostly located in Sattari taluka.

The trust has matched this activity of 'Gau Raksha' with the spirituality. Every week there are programmes like 'satsang' and 'pravachan' being organised here which attracts huge crowd.

Promotion of Ayurveda is also done through trust wherein a medical practitioner from Kudal (Maharashtra) visits here to check the patients. Parab says the trust wants to make the activities all inclusive.

"We want to combine the faith with practical knowledge. People just talk about preserving cow. We believe in doing it," he said.

The initiative has been getting good support from certain sections.

The Governor of Goa, Mridula Sinha is one of the renowned personalities to have visited this place and she has also adopted a cow from here. The cow has found a new home at Raj Bhavan. During her visit here she has planted a tree.



SOUMYA SUKTHANKAR
Std 2, People's Primary School



NELSON MAGHAIYA, Std VI

rainbow

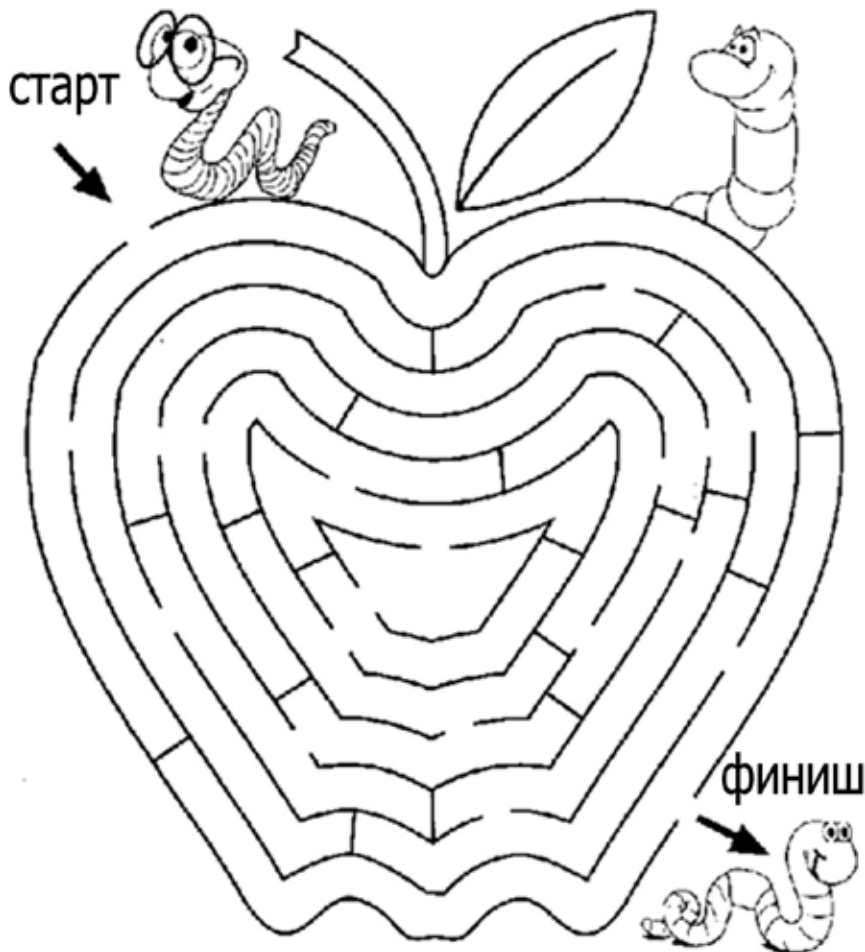
3	7	1	5	9	4	8	6	2
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1	6	7	8	4	2	3	5	9



DEONA PEREIRA
Std 3, S. D. A. School, Panajim

	2		5		1			9
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	1		9		7			6

PUZZLE



RAIN

SADIYA SHAIKH
Std VII, Crescent School

I Love to play in the rains
As they look like drops of grains

Water Water every where
when you look here and there.

Rain Rain come fast
Remain with me till the last.

Water is very important to all
"other wise"
We will have a great fall...

RAVINDRA BHAVAN IN NEED OF URGENT REPAIRS

TEAM TNV

There has been a whole lot of delay in the works of the Ravindra Bhavan Margao. Due to this delay, the cultural hub of Margao is now turning into a dungeon. The proposals for works of interior and exterior painting as well as minor and major civil works have been waiting for approval and execution for years. In the entire Ravindra Bhavan campus, the paving stones have given away and are posing danger to the bikers. Inter campus commuting on foot gets even worse after water accumulated beneath the paving stones splashes on to the feet of the people. The paving stones in the parking and the entry areas were replaced after several complaints but there is no sign of work for other areas to be undertaken.

The Ravindra Bhavan building, from interior to the exterior, haven't been repaired ever since commissioning. The Ravindra Bhavan was commissioned in 2008 and has completed eight years since then. The venue is a hotspot for Tiats and plays and is the favorite

destination for several national programmes and conferences of various cultural institutions. Sadly, the building is now old and dilapidated in several areas. The paint on the walls from inside as well as outside has flaked due to water seepage from the slab joints and corners of the building.

The building was supposed to be taken up for full interior and exterior painting to restore its visual aesthetics. However, no work has begun for the last six months. The pavers in the Ravindra Bhavan parking area were partially replaced and the remaining work of pavers was slated for execution with an allotted budget of more than 5.5 lakh rupees. The central passage of the parking which was troubling the most, was repaired in 2016. Some of the important machinery like the chiller unit of the air conditioning main plant too awaits repairs.

Though the electrical, air conditioning, IT and pest control works are done regularly, the Ravindra Bhavan still awaits and deserves lots of major revamp in order to make it look and feel

Goan and also be an attractive place to be. But on the contrary there were attempts where exhibition cum sale like activities were allowed in the costly and difficult to maintain lawn behind the Ravindra Bhavan. After the sale concluded, the entire lawn was dead and longed for much needed attention.

"People were facing hardships due to the degenerated pavers in the parking and the passage areas. I don't get very impressive like feel when entered the Bhavan because the aesthetics are not very Goan," said Edwin Vas from Benaulim.

When inquired with the authorities, it was revealed that, because of the lengthy process of getting works passed, the Ravindra Bhavan has become a dungeon.

Sarika Advilkar a literature expert said "The Ravindra Bhavan is a beautiful cultural hub of Salcete and has been witness to the presence of several senior and renowned artists from Goa and beyond. It is easy to get a building like this ready and commissioned but it is equally difficult to maintain the same in the long run. The canteen is satisfactory but can be improvised to

serve better."

The Vice President of Ravindra Bhavan, Chandan Naik said, "The expenses for cleanliness, light and water bills as well as organisation of functions is handled by Ravindra Bhavan and the rest is entirely looked after by the PWD and Art & Culture Department. The Ravindra Bhavan hosts national level programs with artists and men coming from all around the globe. The bad feel of crumbling infrastructure and non impacting aesthetics of the building does give out a bad impression. The water leakage in the foyer and hall areas has been a headache for years. We have spoken to the concerned departments and we have been told that for the tender to be passed, there needs to be a committee in place which will execute the same and till then there will be no change in the situation."

For the betterment of the people and the image of the state's cultural dais, the improvement of the Ravindra Bhavan of Margao which is the cultural capital of Goa, is a must and it is expected that the new government will put things in order here.



SUMMER GETS HOTTER WITH INTERNATIONAL FASHION WEEK GOA



TEAM TNV

As curtains fall on the three-day extravaganza of the International Fashion Week Goa 2017, we take a look at the glimpses of this grand show.

“The International Fashion Week Goa 2017” was a show stopping event which took place last weekend on 12th 13th and 14th of May at hotel Taj Vivanta. The excitement in the air was highly evident as crowds arrived to witness this wonderful event which will be remembered in the minds of Goans.

The 3-day event witnessed the presence of many international designers like Sumit Das Gupta, Ketan Jain-Jaya Jain, Kapil Banthia and many more as they showcased the finest collection of their wardrobe. The International Fashion Week also had entertainment, workshops for models and media interaction, which were witnessed by people gathered for the event. The three-day event which has crossed boundaries, showcased the best of its ‘Summer’ and ‘Shower’ collection.

This memorable and grand event at Taj Vivanta was organised by Wild Orchids, Media Waves and Newton Dias.

