

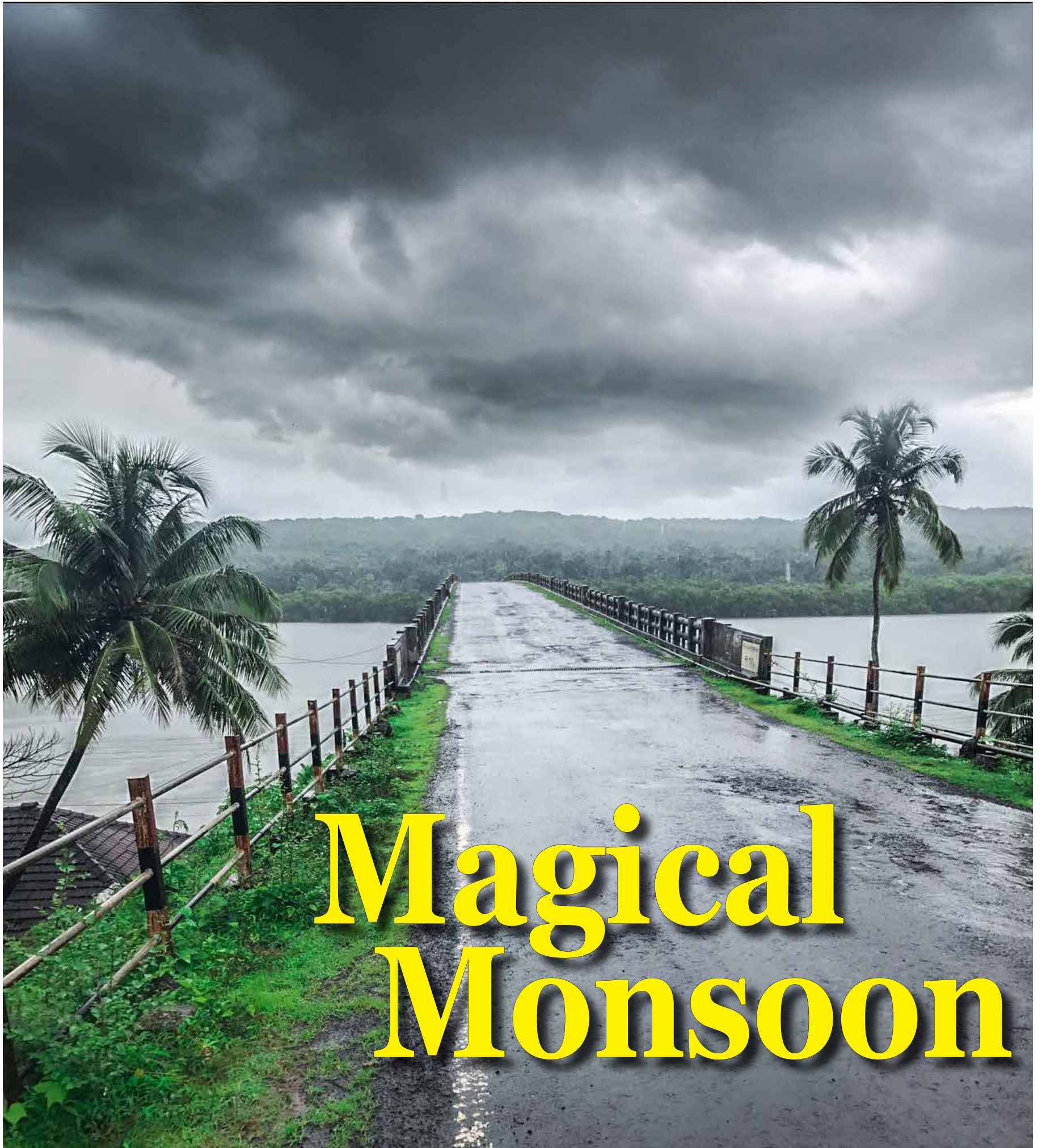
# The Neutral View

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# Magical Monsoon

# Raghunath Gad hikes Goa's spiritual quotient through pandharpur 'varis'

**RUPESH SAMANT**

A burly man with complete white attire resembling Lord Vithoba, will welcome you when you enter his door step at Mulgao village of Bicholim. Thick mustaches and a wide smile on the face makes him the person you can never forget your entire life.

Raghunath Gad is one amongst the lakhs of villagers who are born and bred in Goa. But what makes him different is his passion and devotion towards Lord Vithoba and Rakhumai. While Maharashtra usually signifies the prevalence of 'Varkari' sect, Gad has made it as an exception.

Talk to him and he would narrate anecdotes after anecdotes about his encounter with Lord Vithoba and holy book of 'Haripath'.

There is no stopping for this man in his early 50s when it comes to speaking about his faith and the mission which began in Goa since 2009.

Gad has been instrumental in pioneering 'vari' (the annual pilgrimage) from his village of Mulgao to Pandharpur all the way crisscrossing the ghat section and long terrains spread across around 500 kilometres.

It was an individual initiative of Gad that resulted in the maiden walk in the year 2009, but since then he has been joined by several others. Such is the

following of this 'vari' that now he has to chose 200 eligible persons amongst more than 1,000 people who aspire to join him.

This pilgrimage has no age bar but traditionally those who are in the twilight of their lives usually walk to Pandharpur during Ashadi Ekadashi. Gad recalls how even the young men and women make beeline to be a part of the vari.

For those who might think this is just a long distance marathon walk, they would be mistaken. Knowing Gad and his spiritual inclination, he has made it more challenging. Gad himself took vow that he would not put on his footwear for a year, and this time he walked barefoot during the entire journey.

The rest were allowed to have their footwear on but the challenge was different. This time it was decided that Veena (lute), a musical instrument which is played by varkaris, should be carried during the entire journey of 13 days without keeping it on the ground or hanging it anywhere, day and night.

The tough task was made possible by the varkaris, for which several of them burnt the midnight oil, staying awake and standing with the Veena. "I used to sleep at the foot of the person who used to stand overnight with Veena so that he does not keep it down. Several nights, I have stood with it," he tells. Such is the devotion of Gad towards his faith.

He inspires all others to follow the true passion for Lord Vithoba.

The vari from Mulgao has attained statewide significance for its meticulous planning. Gad narrated how it takes long hours of planning to make vari successful. It is like a responsibility of a shepherd who should keep his flock together during the entire journey. You don't get people with similar strength or mental ability, so you need to have a perfect planning, he explains.

The group of varkaris always has two nurses and a doctor in case of any medical emergencies. Every day around 30 kilometres are travelled and the specific places are decided where they will halt for a night.

There are two people, one at the starting point and another at the back, and the entire flock has to walk between them. The instructions of the leader have to be followed strictly. Those who do not abide the rules are disqualified for next vari. Fortunately, the black list is not long. Those who accompany Gad toe his line during entire pilgrimage.

Gad claims that the pilgrims have exceptionally enriching experiences during the entire pilgrimage. He himself was ill during one of the pilgrimages and was advised hospitalisation by

the doctors.

But the divine intervention, as he claims, healed him and he walked the rest of the route without any health hassles. On the other hand, he says, he was faster and better compared to the time before he was advised hospitalisation.

Gad's faith does not stop after having the annual pilgrimage. He has made a small-time temple of Vithoba and Rukhumai in his house at Mulgao and has been a regular visitor to the banks of river Chandrabhaga at Pandharpur which he cleans on his birthday annually.

He has also won appreciation from the locals and the temple for his work of selfless act of cleaning the bank of Chandrabhaga.

While modern world has left several challenges for the spirituality, people like Gad are inspiring examples for current and future generations. The Neutral View salutes such an extremely inspiring personality.



# HEALTHY SOUPS FOR THE MONSOON

Monsoons are here and the wet and chilly weather starts taking a toll on your body. The chill in the air makes you crave for something hot, and what better than slurping from a bowl of soup which not only relieves you of the cold but is also high on nutritional value. Soups are easy to make and a pleasure to have in the rainy season. Soups are a great way to make your kids have a variety of vegetables. You can serve it as a healthy evening snack or a starter to work up an appetite.

## Cream of tomato soup

### INGREDIENTS:

- ◆ Tomatoes – 3
- ◆ Beetroot – a small piece
- ◆ Garlic – 4 cloves
- ◆ Ginger – 1/2 inch size
- ◆ Bay leaf – a small piece
- ◆ Cinnamon stick – 1/4 inch in size
- ◆ Cloves – 1
- ◆ Salt – as required
- ◆ Water – 2 .5cups
- ◆ Pepper powder – 1 tsp
- ◆ Corn Flour – 1 tsp
- ◆ Milk – 1/4 cup
- ◆ Butter – 1/2 tbsp
- ◆ Salt to taste
- ◆ Bread – 2 slices

### METHOD:

Add tomatoes, beetroot, ginger, garlic, bay leaf, cinnamon, cloves, and salt with water and pressure cook for 2 to 3 whistles. Once the pressure releases, find out cinnamon and cloves, discard them and grind rest of pressure cooked ingredients until smooth. Strain using a medium sized hole strainer and keep aside. Cut bread slices into small squares and toast/deep fry them until crispy and make it ready and keep aside. In a pan, melt butter in low flame then add corn flour and saute until the flour turns slightly brown. Now add milk stirring continuously to avoid forming lumps. Mix well until bubbles ooze out and milk gets slightly thickened. Now add the grinded tomato pulp and mix thoroughly. Add water if necessary (if the soup is very thick) and keep stirring in low flame. Check salt at this stage and adjust accordingly. Allow it for a single boil and then switch off. Serve hot with pepper powder and garnish with cream/milk. Add the bread squares and enjoy your soup.



## Chicken Manchow Soup

### INGREDIENTS:

- ◆ 1 Cup cooked chicken pieces
- ◆ 4 Cups chicken stock
- ◆ 4 tbsp Corn flour mixed with 1 cup water
- ◆ 1 tbsp Coriander leaves, finely chopped
- ◆ 2 tbsp Cabbage, finely chopped
- ◆ 2 tbsp Capsicum, finely chopped
- ◆ 2 tbsp Mushrooms, finely chopped
- ◆ 2 tbsp Oil
- ◆ 2 Spring onions, finely chopped
- ◆ 2 tbsp French beans, finely chopped
- ◆ 2 tbsp Carrots, finely chopped
- ◆ 1 tsp Pepper
- ◆ 1 tsp Ginger, finely chopped
- ◆ 1 tsp Garlic, finely chopped
- ◆ 1 tsp Green chilies, finely chopped
- ◆ 1 tbsp Soya sauce
- ◆ 2 Stems of spring onion
- ◆ Salt as required

### METHOD:

Heat oil in a pan. Fry the ginger, coriander leaves, garlic, and green chilies for 2 minutes. Add all the vegetables, pepper, ajinomoto and salt, fry for 2 more minutes, keep stirring. Now add this vegetable mixture to the cooked chicken, mix well. Combine the chicken stock, soy sauce and salt with it. Bring it to a boil, reduce the heat and add corn flour mixed with water and stir continuously until it thickens slightly. Remove it from the fire. Garnish with spring onion stems before serving.



## Hot and Sour chicken soup

### INGREDIENTS:

- ◆ Chicken-1/2 kg
- ◆ Carrot – ½ cup shredded
- ◆ Cabbage – ½ cup shredded
- ◆ Egg-1
- ◆ Tomato Ketchup – 1 tblspn or to taste
- ◆ Soy Sauce – 1 tblspn or to taste
- ◆ Vinegar – 1 tsp or to taste
- ◆ Red Chilli Paste – 1 tsp or to taste
- ◆ Ginger Garlic Paste-1 tsp
- ◆ Salt to taste
- ◆ Sugar-1 tsp
- ◆ Pepper to taste
- ◆ Cornflour-1 tblspn mixed with some cold water
- ◆ Butter -1 tblspn
- ◆ Cilantro – as needed

### METHOD:

Take some water in a sauce pan and bring that to boil. Add in the chicken and cook until it is cooked all the way through. Remove that and allow it to cool down. Chop it finely and set aside. Now drain the stock through a fine sieve and take it in a bowl. Add red chilli paste, soy sauce, vinegar, tomato ketchup in this stock and mix well. Set this aside for a moment. Now melt some butter in a sauce pan. Add in ginger garlic paste and fry for 1 minute. Add carrot and cabbage and mix well. Cook this for 5 minutes. Pour the stock over the veggies and mix well. Season with salt and sugar and mix well. Now add in the chicken pieces and mix well. Simmer this for 10 minutes. Add in the corn flour slurry slowly in this and keep mixing until the soup thickens. Drizzle in one beaten egg and mix well. Off the flame immediately. Garnish with fresh cilantro and mix well. Serve hot.

# TIME FOR RAIN, TIME FOR DIGITAL DETOXIFICATION

It is the right time for digital detoxification. After spending hours of attention span on WhatsApp, Facebook, Instagram or any other social networking website, get ready to feel the nature. It's raining outside and it is not worth just sipping a cup of tea and admiring the rains through the window.

Get up. Get out and enjoy the green and refreshing spirit of monsoon. When we are caught up in the rigmarole of the usual life, the rains are the right time to break free. Start your bike and ride to the Sahyadri hills or head towards the wet seashore. Feel the rain drops and the blessing of rain God.

Everyone has their own childhood memories, and things that we did in rains highlight these memories. Pushing paper boat in the muddy water that rushes down the road or playing football in the rains, each one of us have tried something or the other. The usual sports too get a different touch when it rains. That sportsman in us refuses to die even when we grow up as professionals. No wonder that we try to catch the water through the window or have an urge to hit the street and splash water with legs.

The child in us will never die, we might just ignore it in our quest to earn more or achieve higher. But when it rains, that small child suddenly knocks at our heart. He just wants to get out and enjoy. If we allow the child

inside us to come out then we can enjoy the rains in real sense.

The seashores, which are usually flooded with the tourists during the year, wear deserted look in the rains. It is a wrong notion that the beach tourism dies during monsoon. That is because you can't venture in the sea, which is very choppy and dangerous. But do we really need to enter the sea to enjoy it? Ever wondered how it feels to get on the beach and look at the ferocious sea. The noise it makes and the way in which waves play against each other trying to go higher and higher. Remove your footwear and try to walk on the wet beach. Feel the sand. Enjoy the calm on the beach. It is refreshing. And if you are lucky and it rains when you are on the beach, don't run for cover. Just be there. The uninterrupted rain water that hits your body will freshen you up.

While deciding the theme for this issue of The Neutral View we were certain about one thing, that we would be writing about rains. But when the entire team sat to discuss the magazine stories, newer ideas cropped up. The concept was rain but the team decided to tweak it in a different way. Right from places to visit during rains near Pune to heavenly rain in Konkan, we tried to cover everything. When rains don't differentiate between Goans and Maharashtrians or any other Indian, who are we to draw borders? So we decided to open this issue for the articles outside Goa as we can't be partial when we talk of monsoons.

We travelled to Konkan on a weekend to experience rains there. The farmers were busy in planting the paddy. Nature was at its best in Konkan. We were received with warm smile 'yeva konkanat tumcha swagat asa'. The rains connected us to Konkan and there we thought of expanding our horizons. Our website [www.theneutralview.com](http://www.theneutralview.com) wants to spread it out to areas outside Goa, and Konkan would be our first stop.

While tourism has been synonym with Goa and its beaches, the development of Konkan for this industry will certainly help more footfalls in the coastal state.

I would suggest our Goans to explore Konkan during monsoon.

Certainly, you can continue visiting your favourite place 'Amboli'. The designing of this magazine also took us to 'Amboli'. Goa's own environmentalist Parag Rangnekar volunteered to write about his experiences in this village which comes to life during monsoons. We were surprised to know that Parag belongs to that place and has seen its commercialization. Don't miss to read article on Amboli this time. It will give you a different perspective towards the place which you always visited for 'Kavle Saad' point or 'Amboli waterfall'.

Back in Goa, when we thought of rain, the monsoon in Mhadei wildlife sanctuary is something that could not be left uncovered. Our very own Rajendra Kerkar, who has been a living legend, has written on rains in that part of Sahyadri Hills or Western Ghats.

Monsoon does not only mean just fun, it also means a lot of water and break for the parched lands. So, when we speak about it we can't ignore talking about rain water harvesting. Dr Sachin Tendulkar from Goa Mineral Foundation and state's own talent has been working with the grass root level people on the concept of rain water harvesting. He agreed to contribute for the magazine.

The Neutral view has been on the forefront of touching issues that matters for common people. When it rained initially we highlighted on the necessity to let the rainwater flow down through its traditional pathway. We are thankful that, state's Town and Country Planning Minister Vijai Sardesai read our edit and then asked his department to implement the suggestions that we had put forward. This issue of The Neutral View has been kept away from the political talks. When it rains it's time to enjoy the nature. The political chats can continue during the rest of the year. This is also a time when Manohar Parrikar led government has completed 100 days which we analysed during our last issue. So now, as we had promised, we are allowing Parrikar-led government to function. Our commentary will stop for some time, at least for this issue. This issue of our magazine is certainly worth preserving in your personal library as a collection. We will be very happy to receive feedback from you on this issue.

Happy Monsoons!



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Editor: Paresh Naik (Responsible under PRB Act) Regd Office: Off No. Of/8, 1st Floor, Sapna Garden Co-operative Society, Chogm Road, Porvorim, Alto-Porvorim, Bardez 403521. Ph: 0832-2416502 Email: editor@theneutralview.com, letters@theneutralview.com, features@theneutralview.com, feedback@theneutralview.com

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# Konkan CALLING

VIVEK TAMHANKAR

There is a certain relationship between the Earth and the sky. When sky cries, the Earth laughs... In a way, to make the Earth laugh, the sky cries. The water that rushes down from the top, converts the Earth's surface into a green and fertile land.

Experiencing monsoon in Konkan is a heavenly experience.

The white water rushing down from the Sahyadri Hills to meet the sea, the entire surrounding enveloped with the fog and the lush green farmlands and the farmers wearing a smile, reflecting the bright future and happy beginnings.

The harvesters of sea get busy with their nets to get the best catch. Traditionally, when it rains, the fish near the shore gets in demand. Pulling out canoe from the hut on the shore, the fishermen and his colleagues venture into the sea to harvest, the same way a farmer does with his land. Monsoon is a blessing and a feeling that reflects on his happy face.

Konkan is blessed with the best of nature. Sahyadri hill ranges protect this region bestowing the beauty that perhaps can be equated with Himalayan parts of the country. It is said that Konkan is the best dream that almighty has dreamt about.

The increasing industrialisation and urbanisation have arrested the natural beauty of Thane, Mumbai and Raigad, which are also an integral part of Konkan. But, when it comes to Sindhudurg and

Ratnagiri, the nature still rules here, blossoming to the fullest.

The districts of Sindhudurg and Ratnagiri have managed to maintain the ethnicity of Konkan through its language, culture, lifestyle, farmlands and food habits. Nothing much has changed here, so also is the nature. So, when it comes to rain, this part of Konkan gets greener and more beautiful. Perhaps the purest form of nature is found here, untouched, unadulterated and non-polluted.

For those who want to break free from the usual stressful life, just head towards Konkan to admire the nature.

Konkan is known for its waterfalls. Raigad district's Khalapur taluka has a waterfall which is known as 'Zenith'. This waterfall has water gushing down from 200 metres height. It becomes a major attraction for tourists during rains. You can reach there by taking a train which takes you to Khopoli.

And when we speak of monsoon, we can't miss out on Matheran, a hill station which attracts tourists throughout the year. Located at 1,000 feet above sea level, Matheran is a home for several hundred waterfalls. Tucked on a hill, this place gives you an experience of being in heaven. As you reach there on a toy train, you feel as if you are flying higher and higher, travelling through a thick fog. You are really in the clouds as you go up the hill to reach to this place.

If you like trekking in the rains, then you have to be on the Raigad fort, which was the historic power centre of Chhatrapati Shivaji Maharaj. From Goa-Mumbai highway, when you reach Mahad, you have to take a turn to go to the Raigad fort. Those who are lazy to trek can take the cable car which takes you to the fort within no time.

This fort is a witness to great history of Marathas and their fight with the mighty Mughal Empire. This is the place where Shivaji Maharaj was crowned as the King.

Little away on the highway, are the Gandhar Pale caves. The series of 28 caves have inscriptions in Pali language. The site is clearly visible from the highway, and you can enjoy this site of tiny waterfalls sitting on a wooden bench near these caves.

Those who are near Chiplun, can go to the Parshuram temple to witness the breath taking waterfall which pours from a height of 100 feet. One can reach this place from Chiplun railway station.

If you are at the southern side of Konkan, and near Kankavli, you can always visit Phonda Ghat which is blessed with the nature and its abundance. As you head towards Kolhapur from Kankavli, you will come across this ghat section. The drive through these roads is mesmerising.



# WITH MONSOONS, FEAR LOOMS LARGE OVER PEOPLE LIVING IN MINING AREAS

TNV

It was June 18, 2011...morning 8.30 am when a huge iron ore mining dump at the Cuddlem mine, operated by Greater Ferromet, a subsidiary owned by the Fomento Resources, gave away due to heavy monsoon showers killing three people and injuring several others. It was one of the worst 'human made natural disasters' the mining industry witnessed during the monsoon season.

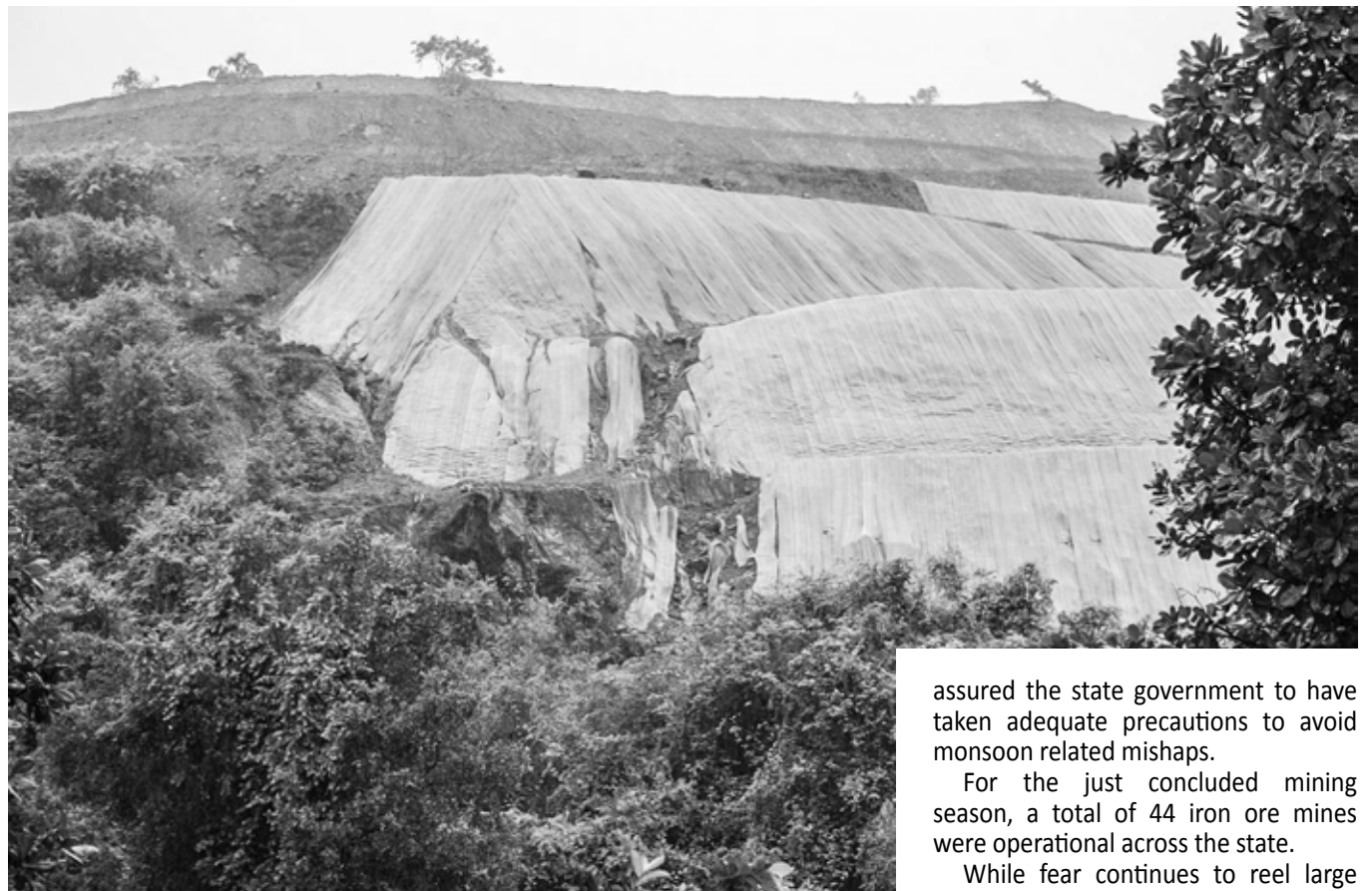
While no other casualty was reported every since then, but, the iron ore sludge entering houses became a common phenomenon, especially for mining rich talukas like Bicholim, Sattari and Sanguem- which are more prone to monsoon related accident.

In 2009- the year when the mining industry started to pick up, a number of people were evacuated to safer areas as the sludge entered into about 60 houses as well as the temples in Poir, Advalpal and Valshi in Bicholim taluka. Bicholim taluka witnessed the majority of mining related accidents in monsoon.

Before the blanket ban on mining in 2012, on July 16, 2011, the fields of Mulgao villagers in Bicholim were damaged after a mining pit gave way and the sludge entered the agricultural fields and houses resulting into loss of over lakhs of rupees. Fortunately, there was no casualty. The heavy rains in June 2016, once again witnessed similar disaster when the villagers were forced to vacate the area during the monsoon period.

The arrival of much awaited south-west monsoon gives respite from soaring mercury to all. But, most of the times it acts as a nightmare for some, especially for the people living in the mining belt, since they are constantly under the danger of mining silt flowing into their houses. Even today, though, the mining industry is not at its peak, people living in the mining areas still have the fear of huge dumps lying at the mining sites giving away due to heavy rains leading to disaster.

Environmentalist Rajendra Kerkar said that the mining accidents during monsoons are result of carelessness of the mining companies as well as



government authorities. "The company has no disaster management plan nor they take any precautions like covering the dumps or stacks to ensure that it does not wash out due to heavy rains," he said explaining that during monsoon, ore gets washed into the nearby lakes, wells and even rivers, thus polluting them.

"Every year we live in fear...we have no idea, what is going to happen this monsoon. Despite our complaints, both mining companies and authorities pay complete blind eye to the likely situation," Mangaldas sawal, a resident from Bicholim Advalpal village speaks.

He says that over last one decade, huge properties have been destroyed due to mining sludge that enters into farms and houses. "The compensation that is paid is in peanuts...we want some permanent solution," Sawal said.

The mining industry is currently at a temporary halt owing to the south-west monsoon that hit the state in the first week of June. All kinds of mining related activities like extraction and

transportation is under suspension till September 30.

State Disaster Management Authority (SDMA) has laid special focus in the mining belt to avert flooding and other activity related accidents.

The respective district management authorities (DMAs) have ensured a foolproof plan to ensure safety of the residents. "We have taken all precautions for the safety of the people in the mining belt. Our teams are regularly taking a stock of the situation," North District Collector Nila Mohanan told TNV

Mohanan said that the disaster management is making all attempts to ensure there is no stagnation of water or flooding into the houses, not only in the mining affected areas but other parts of the district too.

Mining companies accused of causing environmental degradation and a series of accidents that have led to fatalities and devastation of fertile farmland during monsoon, in the disaster prone talukas of Sattari and Bicholim, have

assured the state government to have taken adequate precautions to avoid monsoon related mishaps.

For the just concluded mining season, a total of 44 iron ore mines were operational across the state.

While fear continues to reel large on the villagers, how can one ignore the annual phenomena wherein the Selaulim dam water, situated in Sanguem taluka, and lifeline for entire South Goa, faces threat due to increasing content of manganese which is a result of mining activities in the vicinity.

From 2011 to 2014, the reservoir faced the severe crisis of pollution due to manganese content which was about five to six times over the permissible limit. Due to the monsoon rains, the manganese content would mix into the water, thus polluting it.

The reservoir has an earthen dam with concrete spillway and is on the Selaulim tributary of Zuari river. "The manganese content rises thrice a year in this water body. The content rises in May due to depleted water, in July-August because of the rainfall and in November-December, when the canal is opened," PWD official said.

"Since there were enough mining activities undertaken this season, we are closely monitoring the situation at the dam," the official said.



# REJOICING OLD AGE

**SANGITA SHARMA**

‘One Life to Live’ is a phrase which encompasses within it the entire sum of an individual’s way of existence and echoes the need to live life to the fullest, till the end. For most, childhood and youth are the golden years full of happiness and cheer while old age is the twilight phase, dreary and lacklustre. One cannot deny that old age is a baggage of problems, and the fear of the inevitable end haunts most. Health issues and lack of self confidence adds to the woes. There is no escaping these harsh realities, but there are ways to overcome and make

old age the ‘joyous years’.

In recent years we are witnessing the disintegration of our traditional joint family system and the rise of nuclear family. This has led to a large section of our senior citizens being marginalised in the society. There is a growing number of elders who are either left alone or in old age homes. This is a sad reflection of our society’s changing family values. Earlier, families took pride in not only being inclusive of the elderly, but also gave them their rightful position within the family hierarchy. The fabric of our society was strengthened by their wisdom and family bonds and ties remained strong.

Ensuring the welfare of the elderly so that they may have a joyous old age is the responsibility of our society. While the younger generation must shoulder their responsibilities with grace, the elders too must make efforts to remain happy. To a large extent, their happiness depends on the care and compassion of people who surround them, but the feeling of empowerment has to come from within. As far as health issues and medical problems are concerned, they are best left to the experts to diagnose and find solutions. However, as a society and as individuals, here is what ‘WE CAN DO’.

## COMMUNICATE

The power of communication is perhaps the most important aspect to be considered while interacting or relating to the older generation. For this, one needs to maintain frequent contact with the elderly. Spending time and talking to them not only helps them to get rid of their loneliness but also allows them to express their fears and troubles. Motivational and positive conversations empower them and restore their self confidence. Reminiscing about old times gladdens their heart and gives them happiness. Hugging, holding hands and other such expressions keeps older people happy. Gently rubbing or massaging their aching hands and feet releases ‘oxytocin’ (a hormone which helps release tension). This relaxes and produces a comforting effort.

## INVOLVE AND APPRECIATE

Elders need to be involved in day to day activities and should be included in events like picnics, religious ceremonies, concerts, marriages etc, within the limits of their health conditions. It’s important to seek their hidden talents and passions like gardening, artistic skills, teaching abilities and religious and civic organisational skills. Words of appreciation for their contribution, expressing gratitude for their wisdom, advice and inspiration makes them feel wanted.

## HEALTH AND HYGIENE

Regular visits to hospital or a family doctor is important to monitor their health issues. At home, timely medications and hygiene of the elderly should be of prime concern. Elderly people should not be left alone as health issues are unpredictable, hence due attention should be given to the need for having an attendant. This can easily be managed by family members, neighbours and even domestic help.

## FOOD & EXERCISE

These go a long way in keeping the elderly healthy. A nutritious light diet accompanied by some form of exercise generates wellbeing and happiness.

## CONNECT

Keeping them connected to others is very essential. This can be done by helping them to use the internet, computers, mobiles or any other gadgets. This makes them feel empowered and a part of the modern times, besides keeping their minds occupied. Safeguard their financial interests from opportunistic relatives, friends or agents.

## REINVENT LIFESTYLE

At the end, the onus to remain happy lies with each one of us in whatever circumstances we may be in. The elders too should try to remain busy and happy by reinventing their lifestyles. No doubt it is not possible to work as much or to do what one did when one was young, but by merely sitting around, health as well as the mind simply degenerates. Even if it means to do things in small measures, it’s important to ‘do something’, to remain happy and joyous.

## ‘Our Home’ The Old Age Home at Bogmalo

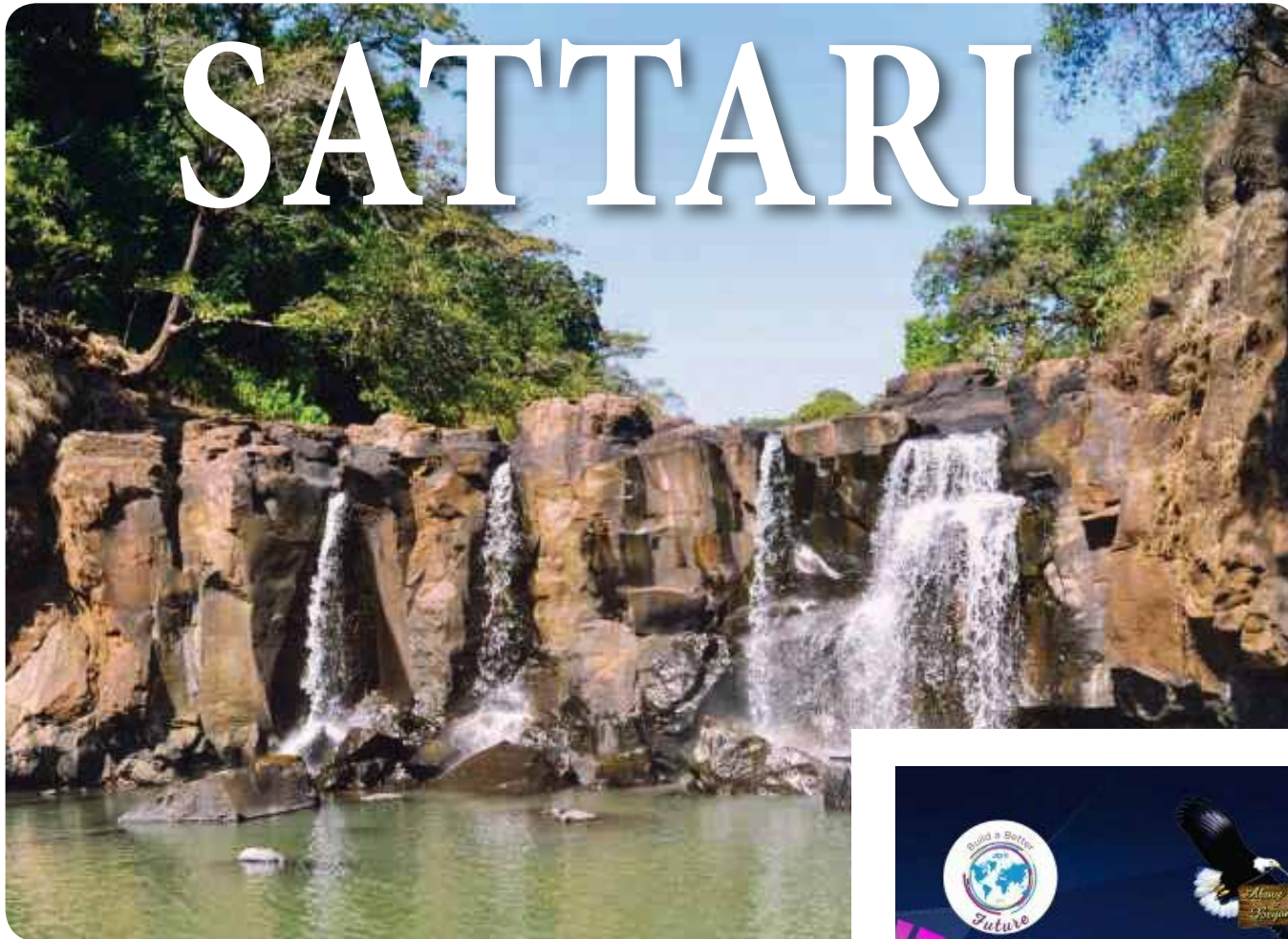
The old age home at Bogmalo is an oasis of peace and harmony. Dr Carla Souza and her team of highly dedicated helpers take care of the needs of the residents of this home, in all possible ways. With more and more elderly people seeking a ‘home’, the need to expand this habitat – technologically and infrastructure wise is arising. Here are some immediate requirements:-

- ▶ Need for procuring computers and creating a dedicated website.
- ▶ Renovation and expansion of the present building.
- ▶ Helping to create a garden and a recreation centre.
- ▶ Voluntary help by youngsters for the upkeep of the premises and spending time with the residents.
- ▶ Regular donations in terms of clothes, edible items, linen or any other items are welcome.

For any queries, contact Dr Carla Souza on 8698090505.

# The monsoonal beauty of

# SATTARI



the tall towering hills of the Western Ghats will welcome you by offering the sight of the Moshyacho Vazar, along with other small seasonal cascades. The Sulsulo waterfall is the charm of Shelop-Budruk. If tourists venture into the deep forest, they get glimpses of few more beautiful waterfalls.

Saleli had once come to light due to people's movement against the polluting stone crusher units. Today, it is known for its seasonal waterfalls. When the south-west monsoon winds bring rain to Goa, Sattari immediately gets transformed with the lustre of greenery, on account of the chains of the Western Ghat mountains that plays significant role in blocking rain bearing clouds. Since Sattari has the highest forest cover around, it acts like a huge sponge that stores water and releases it during the remaining seasons of the year. The main feeder of drinking water is Mhadei river, which is a gift that the jungle of Sattari has offered Goa

**RAJENDRA P. KERKAR**

Sattari is the only taluka in Goa having the highest number of villages situated amidst the lush greenery of Western Ghat mountains. Though, the natural beauty of this taluka is worth seeing throughout the year, however, one can witness mesmerising facets during the monsoon. In the past, lack of proper roads had made many of these villages inaccessible and untouched. But today, the network of roads that reached to every nook and corner of this taluka has given opportunities to the visitors to discover the varied and colourful facets of beauty of the natural heritage.

Availability of drinking water and ample amount of fruits and tubers had always attracted the prehistoric human beings in Sattari, and the footprints of them could be found in the villages of Mauxi and Brahma Karmali. The rock arts engraved on the basalt outcrop in Mauxi, and cupules found engraved on the laterite rock at Dudin Sada in Brahma Karmali are the testimonies of this archaeological heritage.

The prehistoric human beings were attracted to Sattari, and the elements of natural beauty fascinated them for

the long period. In 1999, when Goa was under the President's rule, then Governor of the state, Lt. Gen. (Retd) Jacob had notified 208 sq km areas of the rich forest and wildlife as the Mhadei Wildlife Sanctuary. During monsoon, this sanctuary and other forested areas of Sattari wear lush green look. Hundreds of cascading waterfalls add more charms to the beauty of this land.

The village of Surla, situated in the remotest corner of Goa and at an altitude of more than 800 metres above mean sea level offers breathtaking view with the innumerable small and big waterfalls. The Gungurdyacho Vazar that flows making the sound of anklets is a seasonal waterfall. The Kalasa Nalla that originates in Kankumbi is joined by innumerable streams. When this water reaches to Surla, Parwad and Chorla borders, it tumbles down from the top of the boulders. These waterfalls are known as the Barazanacho Vazar, and when the same water pours from a greater height, villagers call it as the Ladkecho Vazar. In order to experience the monsoonal beauty, Surla is one of the main attractions.

If you reach Hivre-Khurd via Dongurli-Thane road from the town of Valpoi,

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# Make The Most Of Goan Monsoons This Year

The iconic falls have been used as the facade of Goa tourism for a long time now and it still remains as one of the most famous spots to visit in Goa. There is no doubt that these falls are only better in the monsoons, but with the extra water flow, caution is advised. There are quite a few other waterfalls in Goa which are a not-too-long trek away from the iconic Tambdi Surla temple.

## PALASH VOLVOIKAR

Goa has been synonymous to the official holiday destination of the country for quite a while now. The amount of rush that tourism brings to the state seems to be concentrated in a small period of time. While the general opinion of a tourist or even many of the locals is that, Goa is at its best in the summers, the reality is still debatable. Goa is just something else entirely, during monsoons, and monsoons are here!

I used to get really disappointed as a kid to see monsoons arrive, not only because that meant the start of school but mostly because I had this idea that there wasn't much to do around me. Over the years, however, I've come to the sweet realisation that there's actually more to do, and more to see in Goa when it's raining. So here's my list of the top five places you absolutely have to visit this monsoon. Read on!

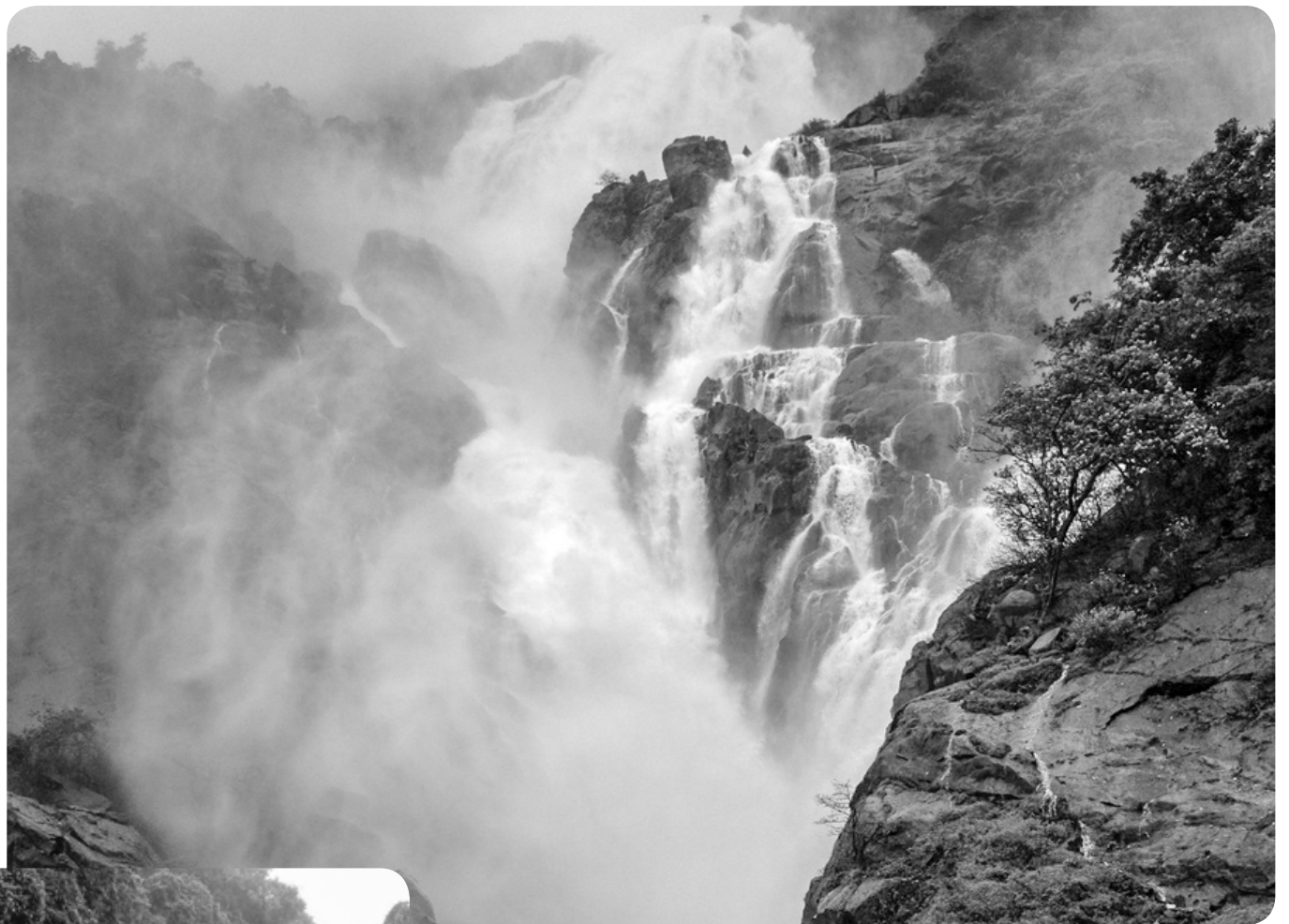
### Wildlife Sanctuaries

While the wildlife sanctuaries in Goa are open all year round, the monsoons are perhaps the best time to visit them. There are three prominent ones in Goa: Bondla Wildlife Sanctuary, situated on the border of Dharbandora and Sanguem taluka, the Cotigao Wildlife Sanctuary located in Canacona along the southern border of the state, and the Bhagwan Mahavir Wildlife Sanctuary at Mollem, located along the eastern border. In addition to these three, are the Mhadei Wildlife Sanctuary, and the Netravali Wildlife Sanctuary. Other than the Bondla sanctuary, the rest are actually a part of a large stretch of green that encompasses the Western Ghats which run across the eastern side of Goa. That's not it. While all those I've mentioned before are wildlife sanctuaries, Goa has its own bird sanctuary as well. Situated on the Chorao island is the Salim Ali Bird Sanctuary which can add to your unique monsoon experience in Goa. The other wildlife sanctuaries have a lot more to see than just wildlife, as well.



### Waterfalls

Goa has a lot of these, and most of them lie in the stretch of Western Ghats that I previously mentioned. The biggest and most famous one being the Dudhsagar waterfall, located at Mollem. It's quite close to the Bhagwan Mahavir Wildlife Sanctuary. The iconic falls have been used as the facade of Goa tourism for a long time now and it still remains as one of the most famous spots to visit



in Goa. There is no doubt that these falls are only better in the monsoons, but with the extra water flow, caution is advised. There are quite a few other waterfalls in Goa like Harvalem, Sulsulo and Hivre located near Valpoi, Kuskem waterfalls, located in Canacona, and the Tambdi Surla waterfalls which are a not-too-long trek away from the iconic Tambdi Surla temple. There are numerous other waterfalls along the Western Ghats and some are active only during the monsoons.

There are many other places you could visit during monsoons in Goa, and I found no way to categorically divide them. First off, are water sports like river rafting, which are mostly found in the Western Ghats stretch. Then there are spice plantations like the Pascoal Spice Village and the Savoi Spice Plantations, located around Ponda. Then comes the lakes and dams, with The Mayem

lake in Bicholim taluka being the star attraction, along with the Carambolim lake situated adjacent to the Ponda-Panjim highway and the Arambol lake in Pernem taluka. Following right behind are the Salaulim dam, and the Chapoli dam which are worth a visit too. The submerged village of Curdi, near the Salaulim dam, is accessible for only two months in a year. The place is known as the Atlantis of Goa and is one of the most unique places you can visit here. If you're looking for places to stay during the monsoons, there are quite a few of them along the ghats, like the Wildernest Nature Resort. So, if I could leave you with one advice to help quench your wanderlust these monsoons in the beautiful state that we live in, it would be to move away from the coasts, abandon the shores and wander into the eastern side of Goa. You will not be disappointed.

# EXPLORING THE WILD SIDE

**AMEY JOSHI**

The monsoon has already started and it is that time of the year when forests come to life with gushing sound of the streams and waterfalls. In Goa, every Sunday of the monsoon season is a trekking day. There are a number of groups and NGOs which organise trekking expeditions every Sunday during this season, giving the trekking enthusiasts an opportunity to explore some of the most remote and untouched locations and waterfalls inside Goan jungles. Sometimes the trekking routes are unforgiving with slippery surface, leeches and other insects, making it hard for the trekkers to reach the destination. But all the hardships are worth it when one reaches the destination.

Even I was geared up to go to one such trekking expedition at Nagzhar plateau in Pernem, organised by GTDC (Goa Tourism Development Corporation) on Sunday July 2. The picturesque village of Nagzhar is at a distance of around 35 kilometres from Panaji. The plateau of Nagzhar lies between the villages of Poraskade, Ughve, Tamoshe and Varkhand.

I have been to a number of trekking destinations but never have I seen such beautiful green meadows. The best way to describe it would be by calling it 'God's own garden'. The place is abundant with streams, cascades and small waterfalls. One may even get a sense of confusion as to which place to select among so many beautiful locations, to spend a perfect monsoon outing.

The trekking expedition was led

by Dr. Prithivi Amonkar who guided us to some beautiful cascades on our trekking route. These cascades were like a refreshing point for the trekkers after every 20- minute walk.

There are also various beautiful wild flowers which one can find on the way and also worth a click. There were also some wild plants which contained fruits. No matter how tasty these fruits might look, trekkers are always advised against consuming wild fruits.

The plateau of Nagzhar has a lot to offer for trekking enthusiasts and wildlife lovers. There are different species of birds such as red-wattled lapwing, Indian pitta bird, barbets, and if you are lucky you may also spot a peacock. If you are very lucky, you may even spot smaller wild animals such as porcupines and monitor lizards as well. The place is also an ideal destination for people who crave for off-roading during monsoon.

After spending the entire day trekking and enjoying the beauty of the place, it's time for lunch, consisting of chicken xacuti, rice, curry and panas



bhaji. Having lunch and feeling the calm forest air and hearing calls of the birds just adds to your experience.

People from all age groups and from different parts of Goa participated in GTDC's trekking expedition. A special thanks has to be given to the entire team of GTDC for organising the trek and introducing us to the tranquil Nagzhar Plateau. As we finished the day, we made many new friends and also made many memories.

I am happy that I have been to yet another beautiful location in Goa, which I will be able to suggest my friends. I have been to a number of popular trekking destinations in Goa but there is still so much left to see. This journey will never end.



# The land of The Clouds



## PARAG RANGNEKAR

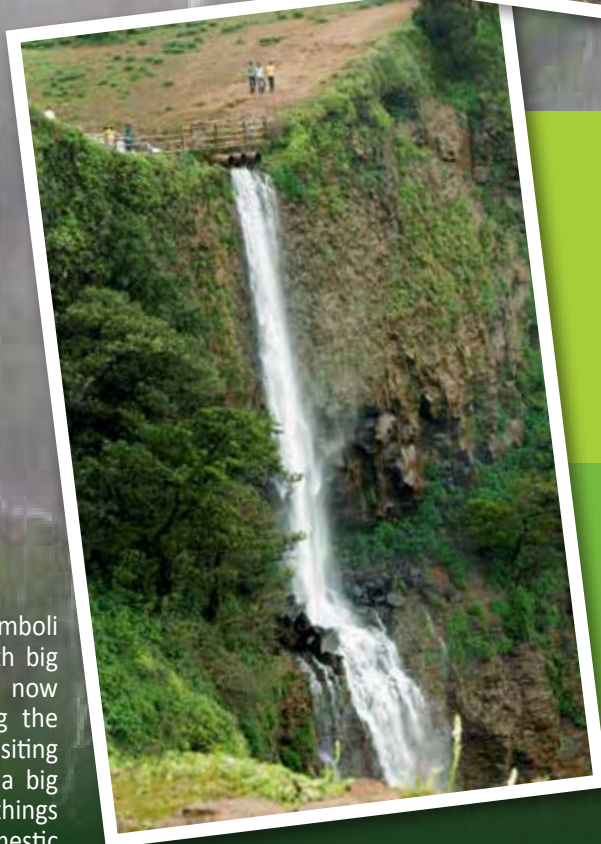
My romance with Amboli began as a school going child, when my father decided to build a small farm house and we spent most, if not all, of our holidays isolated from the world. That the closest house was a couple of kilometres away or that the first eight years were spent without electricity added to the entire experience. The seeds of my interest in wildlife were sown here with snakes and monitor lizards for company in the roof rafters while the lone Jungle Cat was the boss of the forest patch behind the house. Amboli was a typical village then with a few street side hotels serving tea and snacks near the market area and a couple of hotels that provided lodging. The summer capital of the Bhosle's of Sawantwadi was essentially a summer retreat for most to escape the heat of the plains and the humidity of the coast. Whatever few tourists that visited Amboli did so in the two months of April and May.

Amboli is referred to as the Cherapunji of Maharashtra. It receives copious amounts of rainfall and is arguably the wettest place in the State. During the monsoons either it is raining or the place is covered with fog, with no sight of the sun for four long months. Every wooded slope in the hills has a trickle, a cascade or a

waterfall. The road leading to Amboli from Sawantwadi is dotted with big and small waterfall with the now famous Amboli waterfall being the most majestic. Traditionally, visiting Amboli during monsoons was a big no. In the recent times though, things have fast changed. With domestic tourists taking to travelling, the monsoons now are the time when the Amboli is teaming with tourists. The wetness, the chills, the fog which traditionally kept people away from Amboli has turned into its USP. It is one of those destinations that we Goans have fallen in love with. There will only be a few from Goa who must have not been to Amboli.

Adding to the attraction and appeal is the floral and faunal diversity of this place. Amboli is a wildlife lover's dream destination. Researchers have added to the appeal by identifying and describing new species of snakes and frogs from the forests of Amboli. Photographers and trekkers have started flocking here to explore the rugged terrain and capture the mesmerizing landscapes and wildlife.

The flip side of tourism too can be seen here like in so many other locations in the country. With the advent of increasing number of tourists, more and more road side eateries have sprung up. While a few years back there were only a few lodging options available, today



## PLACES TO SEE:

1. Mahadevgad Point
2. Parikshit Point
3. Sunset Point
4. Hiranyakeshi
5. Shirgaonkar Point
6. Amboli Waterfall
7. Kavalesad Point
8. Nangartas Waterfall
9. Nenewadi Cave

## THINGS TO DO:

1. Nature Walks
2. Bird Watching
3. Cycling
4. Trekking
5. Night trails
6. Wildlife safaris

a tourist has loads of options with hotels and home-stays spread across the village. The road leading to Amboli is jam packed with people, especially during weekends. Unfortunately, except the nature enthusiasts, most other visit Amboli to have fun, which primarily includes getting drenched in the rains, consuming alcohol and dancing along the road side to loud music. The idea of a good day spent in nature has changed drastically from the quiet and solitude to being loud and raucous. The biggest issue is ofcourse garbage. The emerald green hill slopes and beautiful plateaus are scarred with heaps of waste disposed by picnickers.

I have seen Amboli change before my eyes. The hills are not the same anymore with constructions coming up in nooks and corners. The greenery, the weather, the solitude that travellers look for in a

location, is fast eroding in Amboli. I believe that Amboli has reached its saturation point and if there isn't a paradigm shift in the way tourism is

promoted in the place, things will turn for the worst. Amboli needs positive promotion, not as a destination that encourages fun and frolic but provides a meaningful experience. The policy makers need to deviate from a mass tourism policy to one of class tourism. While the economic interests of the local populace needs to be kept in mind, the impact on the ecology and the social fabric cannot be ignored.

I believe in creating models and have experimented with our house in Amboli and converted it into a facility for the traveller, where the selling point is solitude. There is no AC, no TV, no phone or internet connection; nothing to distract you from enjoying nature to its fullest. Quite and secluded, it offers you the solitude that one yearns to have in a place like Amboli.

## CONTACT:

www.mrugayaamboli.com  
info@mrugayaamboli.com  
+91-9822129811

# Rain Water Harvesting Through WATERSHED

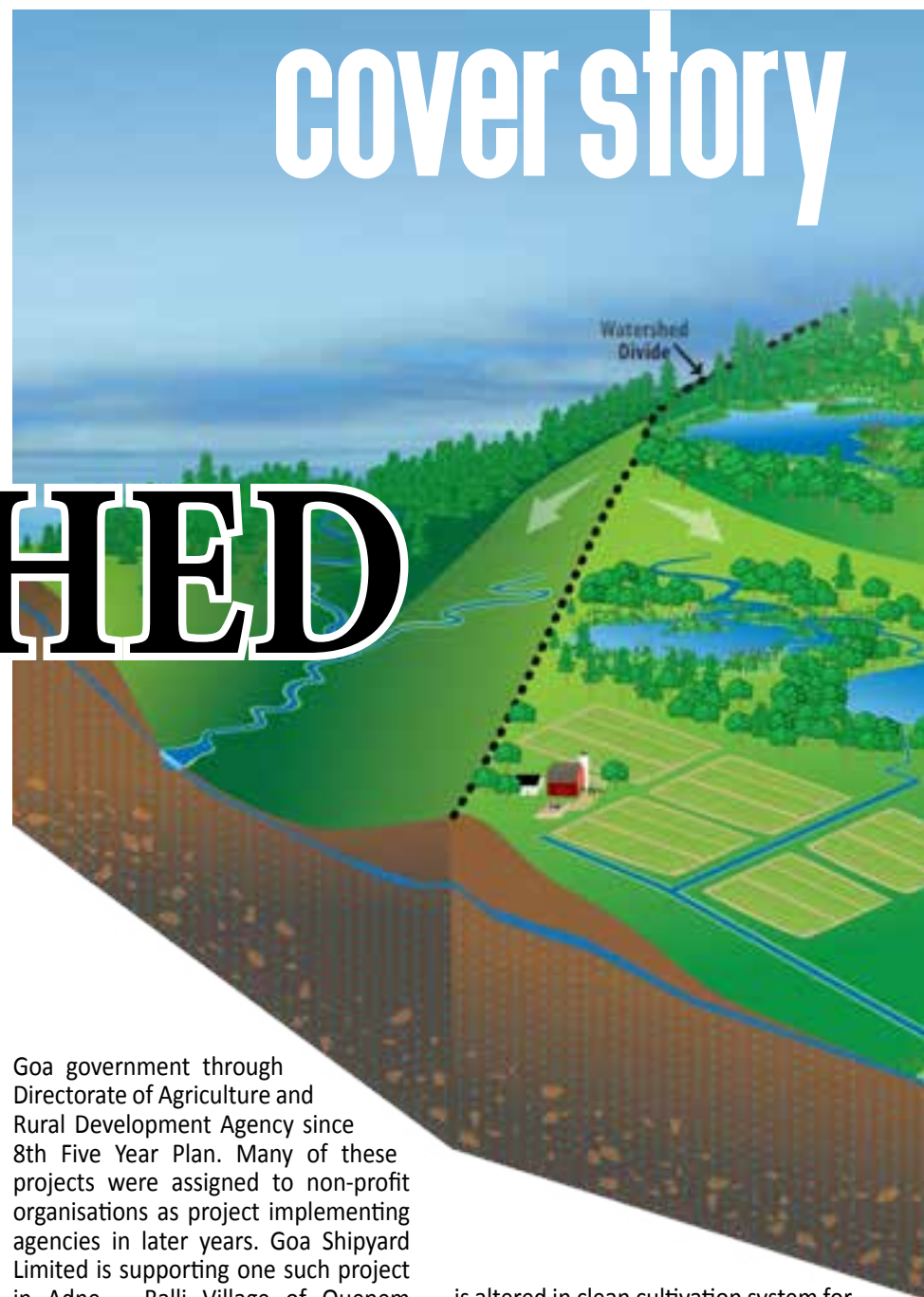
DR SACHIN TENDULKAR

Goa annually receives an average of 3500 mm of rainfall through south-west monsoon between June to September. The rainfall is even higher in talukas bordering foothills of Western Ghats. Despite heavy rainfall, many parts of Goa experience water shortage during summer season. There are various reasons that can be attributed to this shortage. Overall change in land use in catchment area, destruction of catchment for different developmental activities, removal of indigenous trees and replacing them with exotic trees, lesser recharge of rain water into soil, increased extraction of surface and sub surface water for domestic and industrial use are many of the reasons. Government has initiated many measures to augment the supply of water for drinking and irrigation through construction of numerous bandharas, major and minor irrigation projects, interlinking of rivers etc. These are tail end solutions to increase the availability of water. However, the major intervention required, is to ensure higher recharge of rain water into soil in catchment areas of major rivers. We should be adopting principal

of catch water where it falls. This will reduce the surface runoff of water and ensure that the water seeping into soil is converted into sub surface flow. The undulating topography of the state and steep slope bordering foot hills in certain talukas of Goa demand that we initiate more efforts to ensure higher recharge of the rain water in these areas. With 33 percent of the state area under forest, adopting these measures in forest areas can be a boon to state rivers besides generating employment opportunities.

The catchment of each river is made up of smaller identifiable hydro-geological unit called micro-watershed. The entire area contributing to the surface run-off from the rainfall to a particular outlet is known as catchment or watershed of that particular discharge point. Ideally, the size of micro-watershed varies between 500 to 1000 ha. The state has been divided into more than 450 odd micro-watersheds, of which, 52 micro-watersheds have been treated with people's participation. The cumulative discharge of each of these micro-watersheds contributes to the flow of river. It is essential that there is maximum harvesting and recharge of rain water in these micro-watersheds in order to retain a healthy flow of water into the river in summer season to support flora, fauna and the entire ecosystem. This is achieved through various physical and biological interventions in catchment area of each micro-watershed. The main aim of Sustainable Watershed Development is to achieve soil and water conservation within the catchment.

The participation of local authorities and village communities is necessary to achieve self sufficiency and sustainability of water availability in the village. The focus of government on providing 24x7 water for drinking does not augur well with sustainability of this important resource. The concept of Watershed Development is based on participatory treatment of watershed area. Participatory Watershed Development has been undertaken by



Goa government through Directorate of Agriculture and Rural Development Agency since 8th Five Year Plan. Many of these projects were assigned to non-profit organisations as project implementing agencies in later years. Goa Shipyard Limited is supporting one such project in Adne – Balli Village of Quepem taluka as part of their Corporate Social Responsibility since 2012. The project is executed by Mineral Foundation of Goa, Panaji and promotes participatory soil and water conservation activities by providing livelihood opportunities to the local community.

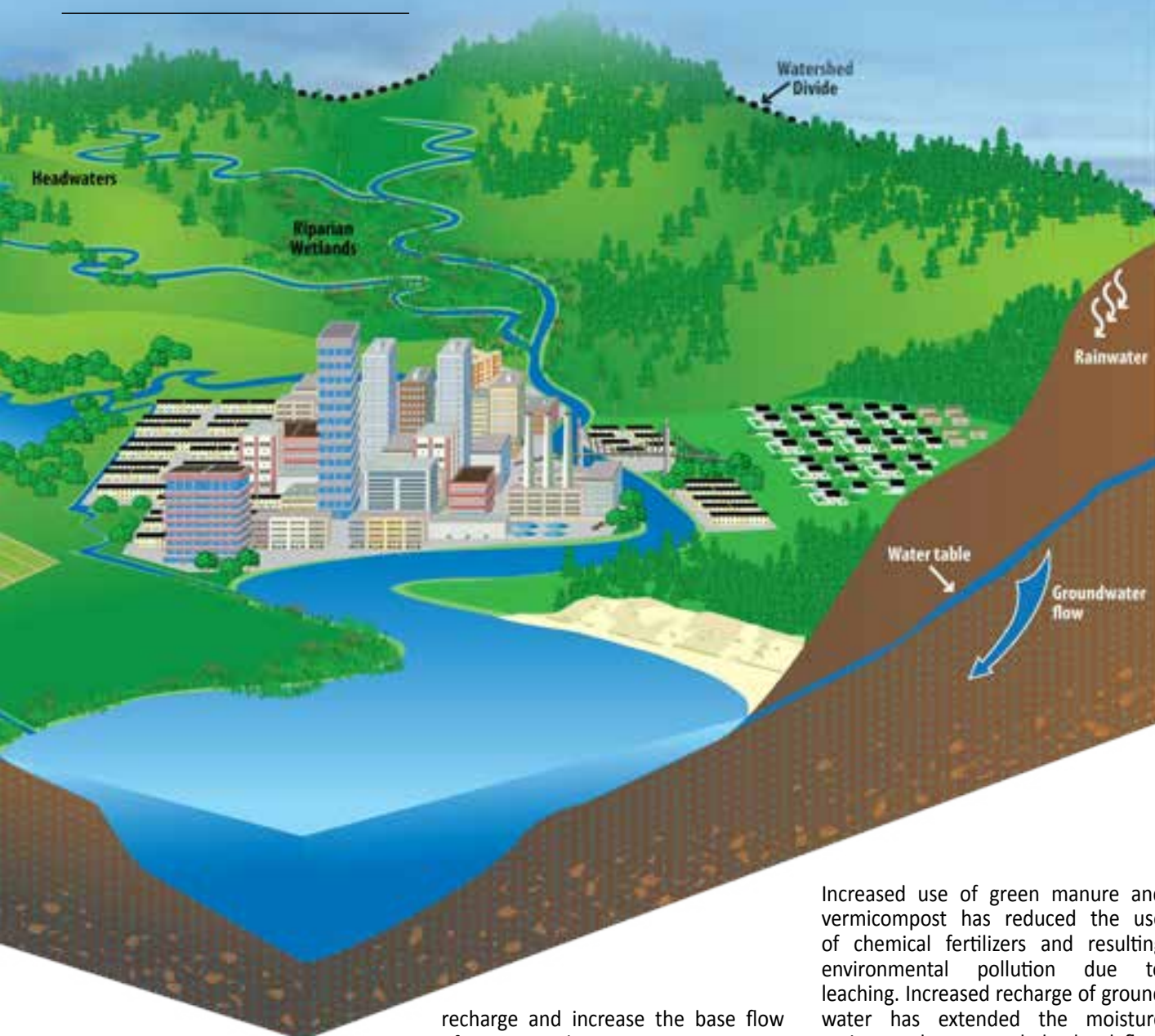
Participatory Watershed Development can also be supported liberally through Mahatma Gandhi National Rural Employment Guarantee Scheme which has been demonstrated in other Indian states. The biological interventions in Watershed Development include planting of cover crop, native trees and shrubs, maintaining vegetation along the course of nullahs and streams, live fencing etc. The physical intervention includes digging of staggered trenches across slope, digging of sunken ponds at gully head, construction of gully plugs, loose boulder check dams, gabions, open type bandharas etc. The cumulative effect of these measures results in reduced erosion of top soil, higher recharge of rain water in higher areas and increased sub surface flow in streams and nullahs.

Many hillocks in interior areas of Goa have seen huge plantation of cashew crop by clearing native vegetation. The native vegetation provided soil cover and prevented erosion of top soil which

is altered in clean cultivation system for cashew. To prevent soil erosion and aid more recharge of rain water into the soil in cashew groves, it is necessary to dig trenches across the slope. These trenches are of dimensions 1.5 metre in length, 0.5 metre in width and 0.5 metre in depth. The zigzag arrangement of these trenches across the slope corresponding to three points of triangle ensures that the surface rain water laden with fertile top soil running down the slope is intercepted at regular intervals. This rain water recharge on hill slopes also retains fertile soil within the cashew plantation, and extended moisture regime increases productivity of cashew crop by around 10%.

Participatory Watershed Development Projects are executed with wide ranging goals. This approach promotes soil and water conservation through participatory approach, and provides livelihood opportunities to local community in the village itself and reduces seasonal migration. It also helps to increase biomass and enhance Carbon Sequestration potential of watershed area. It helps to promote suitable microclimate for flora and fauna. It reduces the surface runoff of rain water and increase the ground water recharge. It increases the time of concentration in watershed area and directly helps in flood mitigation

The participation of local authorities and village communities is necessary to achieve self sufficiency and sustainability of water availability in the village. The focus of government on providing 24x7 water for drinking does not augur well with sustainability of this important resource. The concept of Watershed Development is based on participatory treatment of watershed area.



measures. It increases the base flow in streams and rivulets during lean season to support ecosystem services. It reduces the sediment load in water bodies and reduces the flooding. It helps to create awareness amongst the villagers about dangers of forest degradation and associated climate change. It promotes renewable energy resources like solar energy, biogas and achieve efficient use of fuel-wood.

Presently, the Watershed Development project, financially supported by Goa Shipyard Limited and executed by Mineral Foundation of Goa, is bringing about change in Adne-Balli Village of Quepem Taluka. Started in 2012, the project has made considerable progress towards achieving the set out goals. Around 178 ladies from 13 self-help groups have joined together to register Somnath Panlot Sangh. The different capacity building programmes conducted till date has increased awareness level of community about the dangers of desertification and water shortage. They have also understood the importance of conservation of top soil and the need to artificially improve the ground water

recharge and increase the base flow of stream in lean season. Awareness about biogas, solar cooker, solar lantern and energy efficient gadgets and their partial adoption has freed the women of drudgery of smoky areas and other health problems. Promotion of biomass through live fencing of *Gliricidia* spp. has helped in arresting erosion, providing green manure, fixing nitrogen in soil and cutting down on requirement of nitrogenous fertilizer. Microcredit and linkage with agriculture department through this project has helped people in adopting vermicompost technology and biogas system reducing the generation of biogas and better utilization of its potential. Digging of trenches, sunken ponds, gully plugs, loose boulders, gabions have arrested the flow of top soil and organic matter which otherwise would have landed in nullahs or streams and would have led to flood and also anaerobic decomposition of organic matter thus releasing greenhouse gases. Participation of large number of ladies in this programme has helped in taking the message of environment conservation to every household and built the ownership of conservation practices amongst the villagers.

Increased use of green manure and vermicompost has reduced the use of chemical fertilizers and resulting environmental pollution due to leaching. Increased recharge of ground water has extended the moisture regime and supported the local flora and fauna including birds, reptiles, amphibians, butterfly, insects etc. which are part of the food chain. The project has reached out to educational institutes in the local area to create awareness about the importance of this project. The project has improved the participation of the local community in conservation of soil and water resource which will play crucial role in future.

Till date, these ladies have dug 83500 trenches, 328 gully plugs, 158 loose boulder check dams, 12 gabions, 32 sunken ponds and 8680 running metres of live fencing. All these works have been done by using local people and there is no outside contractor involved. The project has generated livelihood opportunities for willing local people, developed sense of ownership about the assets created and empowered the local community socially, economically and environmentally. Besides soil and water conservation activities, the ladies have started cultivation of vegetables and selling it to Goa Horticulture Development Corporation. The members of Watershed Association have raised certain amount as corpus for future maintenance and activities,

which has crossed Rs. 2 Lakh. A group has come together and availed solar fencing which will enable them to use the land more intensively. They have become aware about the different schemes of agriculture department. Till date Goa Shipyard Limited has spent Rs. 64.44 Lakh on this project. The project has generated water harvesting potential of 30,000 cu.m. This will ensure that 7.20 crore litres of rain water will be recharged every rainy season. This will also arrest the movement of top fertile soil.

The project has not disturbed any ecological balance and is the most environment friendly initiative. These days there is a problem of less water in rivers. This problem can be addressed if we take up this activity on mass scale in all the catchments of rivers in Goa. Along with bandhara, these initiatives need to be taken up if we want a minimal lean season flow in our nullahs and streams. The water level which is being monitored from summer of 2013 has started showing improvement and there is a documented rise of 15 centimetres in the project area during lean season. The project has involved use of only local materials like boulders and there is no use of concrete. 90 percent of the money spent has reached directly to beneficiaries through their respective accounts.

Besides adopting Watershed Development approach in villages, there is also a need to adopt water efficient techniques for cultivation, good agricultural practices to ensure higher productivity of crop with lesser usage of water and climate smart agriculture. In order to address the problem of dwindling water in the rivers there is a need to develop a holistic catchment management plan for entire Goa based on resilience approach involving different agencies having a stake in water. These include Water Resource Department, Public Works Department, Forest Department, Goa State Pollution Control Board, Command Area Development Agency, Agriculture Department, Electricity Department, Mines & Geology Department and Industries Department.

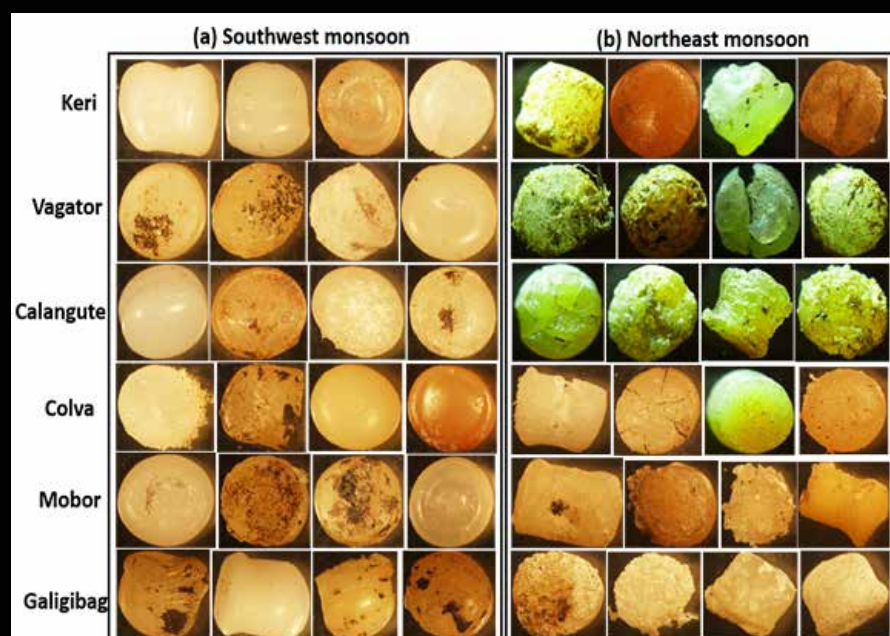
# PLASTIC TIME BOMB

DR. MAHUA SAHA

“Plastic” is a general common term for a wide range of synthetic or semi-synthetic organic solid materials suitable for the manufacture of industrial products. Plastics are the typical polymer of high molecular weight, and may contain other substances to improve performance and/or to reduce costs. The growth rate of the Indian plastic industry is one of the highest in the world, with plastic consumption growing at 16% per annum (compared to 10% p.a. in China and around 2.5% p.a. in the UK). “We are sitting on a plastic time bomb” the Supreme Court said after the Central Pollution Control Board (CPCB) informed it that India generates 56 lakh tonnes of plastic waste annually, with Delhi accounting for a staggering 689.5 tonnes a day. For the past five years, there has been increasing environmental concern about micro-plastics in estuarine, coastal and marine environment. Micro-plastics are the plastic particles with a diameter of 5 mm. Owing to their small size, micro-plastics are easily available to marine organisms like plankton, filter feeders, fishes etc. leading them to malnourishment or death. Micro-plastic pellets (MPPs) are ubiquitous contaminants, recognised as a serious threat to the biota in coastal, estuarine and marine environment. The distribution, abundance, weathering and chemical characteristics of MPPs on the beaches of Goa, and their transport to the coast during the south-west (SW) monsoon

are discussed in this article. Six sandy beaches along Goa’s coast were sampled to study the spatial and seasonal variability in the distribution, composition, weathering pattern and possible sources of MPPs. MPPs are arriving at the coast only during the SW monsoon, and whatever sampled during north-east (NE) monsoon or other seasons are those reached on the coast during SW monsoon, but further undergone weathering processes, for example, colour changing from white to yellow due to exposure to sun. PE and PP are the dominant polymer types of MPPs deposited on the Goan beaches. The MPPs collected during June 2015 were white in colour with virgin surface, and these MPPs are fresh with short residence time on the beaches. The MPPs collected during January 2015 were white-yellowish in colour with highly degraded surfaces and relatively longer residence time. The probable sources of MPPs depositing along the Goan coast could be ocean-based sources (e.g., unintentional and/or accidental spills from vessels during their transport through national and international shipping routes and/or from neighbouring countries). The findings will be useful for refined plastic particle trajectory modeling and effective plastic debris removal management practices.

The writer is a senior scientist with NIO



Microscopic images showing the surface properties of micro-plastic pellets during the (a) south-west and (b) north-east monsoon seasons.

# Downpour of Devine GRACE

PRITHVIRAJ THALI

Water has arrived in its most refreshing form – the Monsoons. At last!!! For me, the heavenly downpour always comes with a message from the gods. It is a timely reminder that every dark cloud of gloom assuredly gives way to an eventual ‘downpour of divine grace’; that no matter how dismal the present moment is, the next refreshing drizzle of hope is just round the corner. God aptly summarised the whole of creation when he created water. About 60 % of the human body is made up of water and it covers about 71 % of the earth’s surface.

When the great Bruce Lee introduced his message of martial arts to the West, it was more philosophic than physical – something that his western followers were new to. In one of his recorded documentaries, he advised his students to be like water. Put water in a pot and it ‘becomes’ the pot; put it in a glass and it ‘becomes’ the glass, he had said. Adaptability, then, is at the very heart of its existence. Water is tenacious. It persists simply because it does not resist. And in not resisting lies its secret to survival. If you were to hit the surface calm of a pond of water with a stick, the water would just part, albeit momentarily. It is too pliant to resist. But, soon the calm is restored. In taking the shape of the vessel which holds it, water unerringly mirrors the lesson of unconditional ‘surrender to the divine will’. It acquiesces, permeates and ultimately it transmutes. Its colourlessness amply reveals the dispassion of the awakened soul.

The same water of the brook that gently meanders unsuspectingly cuts the hardest of rocks. How does it do it? one drop at a time. It carves its unique signature on the rock through sheer persistence. And no matter how muddy water becomes, the dirt eventually settles and water moves on, clearer and purer. Through the eons, water has immensely sculpted more creative designs out of rock than human artistry.

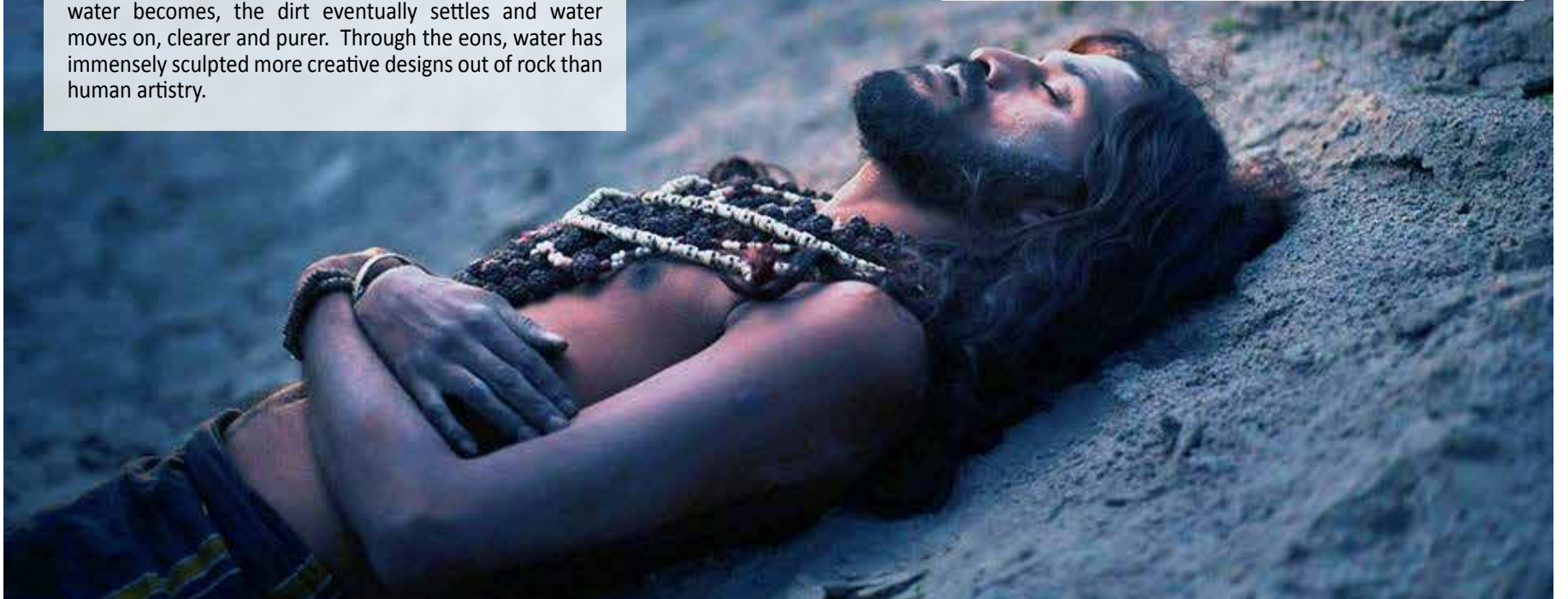
Water has traditionally been associated with the emotional side of a human being. Even the astrological zodiac has three of its twelve constellations assigned to the water element, namely, Cancer, Scorpio and Pisces. People born under the predominating influence of these zodiac signs are said to be emotional and intuitive in their approach towards life.

The human mind is represented most appropriately by the fluid nature of water than by any other element in nature. The various states of the human mind -- agitation, distressed or peaceful -- is symbolised by water in its different states of motion. Perhaps, it is not without some deeper connection that meditating near a body of water is found to help attain a more profound state of calm faster and more easily.

Water forms an important constituent in Ayurveda which advocates physical well-being through a balance of the three doshas or dispositions, namely Vata (Inter-mixing of ether and air elements), Pitta (inter-mixing of the fire and the water elements) and Kapha (inter-mixing of the earth and the water elements). A healthy balance of the water element amongst others is, thus, central to a sound body.

The heavenly ballet of the rain drops as they plunge onto the earth below is a sight to watch. New shoots of life that lay in slumber, stir anew. And as they unfold, they have a story to tell. A story of self-belief and unflinching faith in the miracle called Life. Those seeds have waited for ages for that first heaven-sent torrent. And their wait is richly rewarded.

So, off with our umbrellas and our rain-wear, it’s time to soak in the bounty of nature and rejoice with new-found trust.





## 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](mailto: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 stay in a village, and the houses in my locality are congested and very close to each other. Our neighbour has recently closed the pathway leading to our house by erecting a fence. It is a traditional pathway which leads to another six houses. Now we are helpless as there is no road access. Our house is old and we have been staying here for the last five generations. Whom should I approach to get this issue solved?

You can approach the Mamlatdar of your Taluka under Section 4 of the Mamlatdar's Court Act for protection of your right of way if there is no other alternate way/path available to you. The issue can also be dealt by the Civil Court for protection of your easementary rights.



**4** I am happily married for the last 18 years but my marriage is not legally registered. Can I register it now? If yes, what is the procedure?

Registration of marriage can be done anytime during the lifetime of the spouses. In case you have children then you will have to produce their birth certificates to the Civil Registrar who will make an endorsement of the same in the marriage register. The procedure is similar to any other marriage registration.

**2** I moved in to my new flat five months back. It is a newly constructed building but in the very first rain, it has started seeping in from the ceiling. Moreover, the basement parking also gets flooded. There is no housing society for our building so we have complained to the builder but he has not even turned up. What should I do?

If the issue is quality of construction, then the



builder is liable to rectify the damages and improve the waterproofing of the construction. In case the builder doesn't pay attention to your requests, please approach the District Consumer Forum for getting relief and direction against the builder for rectifying the shortcomings in his construction. For your future endeavors, it is advisable to have a housing society registered for collective and effective solutions to such issues.

**3** I am a female and working in a private firm, for the last few months one of my office colleagues has been continually harassing me. I have complained to the higher ups verbally but the situation does not seem to improve because of which the working has become a nightmare. What should I do? Where should I complain?



Your question does not disclose whether the other office colleague is a male or a female, secondly it does not disclose if the harassment is of sexual nature or otherwise. If it is a case of sexual harassment then all institutions whether government or private, have to ensure the safety of women employees from all forms of harassment. The Sexual Harassment of Women at Workplace (Prevention, Prohibition and Redressal) Act, 2013, provides for the prohibition, prevention and redressal of any such act against any woman employee. You can make a written complaint to the head of the company or the presiding officer of internal complaints committee (if there is one). You can also complain to the police for any inappropriate behavior.



# GIFT YOURSELF A 'PRESENT'



**PRASAD PANKAR**

**P**EACE OF MIND. Do you have it? All the time? If yes, then do you feel alive? Are you more productive and prosperous? And do you always find what is important to you?

If the answer is YES to all of the above questions then really hats off to you. But what if the answer is NO to even one of them? THINK.

Do you want to be happy again?

Again? Why did I say again, you might ask? Because I know you were happy once. Everyone was.

How many of us remember our childhood and say those were the happiest times? All of us. Each and every one of us. Why? I mean, why was our childhood was so happy? Even some of you'll didn't have much to show, but still it was the happiest of your time. Now THINK again.

Was it because you knew how to be happy? Perhaps. Was it because you didn't have a care in the world? May be. Or was it because you were doing something that made you happy? Most probably.

If yes, then what happened while you were growing up? Those happy days just disappeared, only to be replaced by the challenges of earning a living and a rat race of which you are probably a part of.

May be you don't enjoy your work as much as you used to, even though you love your work. That's quite possible. You're not happy as much as you would love to. Why? Because you have forgotten something you had in your childhood. A most precious gift. A most precious present. You have lost it as you grew up. You lost it in the

race to make a living.

What is that present?

It's something if you get it back you'll be able to concentrate on the work at hand, you'll be able to learn more, plan better, be able to focus on getting the more important things, declutter your mind, and most important, you'll be able to enjoy things more and be able to do whatever you do BETTER each day.

So what is that GIFT? What is that PRESENT? I love your curiosity.

Aha, you already know what the present is or where to find it. You know how it can make you happier and more successful, because you already have experienced it, since you knew it best when you were younger. But you have simply forgotten it.

Now let's remind you of your happier times. Think of the moment when your mom gave you some work to do or the time when you were with your friends or the time you played cricket. In every instance YOU WERE COMPLETELY 'FOCUSSED' ON THE JOB AT HAND. Even when you were doing the house work, you did NOT think of anything else. You were in the PRESENT. You were in the PRESENT MOMENT, completely immersed in what you were doing at that particular time.

Now my friend, that is the PRESENT you have to gift to yourself. You have to be in the PRESENT MOMENT again, as much of the time as possible.

How you may ask, but before I answer that, it's important to make you realise that you really have forgotten to be in the present moment. Let's start. You drive your car and don't feel the steering wheel in

your hands. You are seated in a chair or a sofa and you don't feel it under you. Your friend tells you something important and your mind is on the cricket match you're missing. The most common one is, you're in the class and you're thinking about the snacks in your tiffin. And the worst: you're in your office, working, and your mind is everywhere but on the work you're doing. These are nothing but signs that tell you that you have lost the PRESENT.

Now you ask me whether you will be happy and achieve all the things promised, if you live in the present, I say YES, and I know what's coming. Next you will ask me even though the PRESENT moment is not a happy one? My answer is still YES.

How? Focus on what is RIGHT about that situation. Even in the most difficult situation when you focus on what is RIGHT in that moment, it makes you happier and gives you an insight, gives you energy and confidence needed to deal with what is wrong.

Think again. What happens to you when you're faced with crisis? You only think of how your entire world is going to collapse. That's being in the future and especially when it might not even happen that way. Now let's take a moment and see how we can help see the right thing by being in the present moment.

Positive thing is that you're still alive. You can move about and think of a plan, make decisions and save the situation.

Then do it. Focus on the solution. You will soon find yourself making a progress.

I already see you smiling. But there is still a doubt lurking at the back of your mind. Now you want to know if it's possible to be in the present moment all the time? It IS possible, but difficult in the beginning. But frankly, if you are able to be in the present moment most of the time, trust me, you will see some amazing changes in your life.

Now let's see how to do just that.

## **FIVE TIPS TO BE IN THE PRESENT MOMENT**

1. Meditate. Learn to meditate, be silent and observe your breaths. Start with five minutes a day and gradually increase your sessions.
2. Laugh a lot. It is impossible to think of anything else when you laugh your heart out. LAUGHTER is still the best medicine.
3. Focus COMPLETELY on the task at hand.
4. Do one thing at a time. This will help you in not thinking about your next task.
5. Love your labor. Fall in love with your work, this is one thing that will guarantee you to be more alive and in the present moment.

Now I see a light in your eyes and a glint of hope too, and I am loving it. Rock your life till we meet again...!!!

(Writer is a fashion photographer and director of CMYK ACADEMY OF PHOTOGRAPHY)



# THE SHOW MUST GO ON

VINAYA WALAVALKAR-MANTRI

I still recall a scene from drama 'Pai Paishachi Gosht' which is based on a monologue by veteran actress Ila Bhate. With all humility and great respect we call her "Ila Tai" on the sets of the play. She plays a grandmother in this play. The scene unveils this way: - Ila Tai walks in with 'Agarbatti' (incense stick) in her hand, places it near Tulsi, takes a turn and sits on the sofa to strike a conversation with the audience.

The third bell rang and as scheduled the sequence began. Ila Tai descended on the stage as per the scene. And... And what? She comes to know that she has left her spectacles backstage in the makeup room. Oh My God! What a mess.

What next?

The specs which she wore as a part of her entire 'look', was not just to make her look aged. It was to be used during the act to creatively project nuances of her character. And precisely that was missing.

So what do we do? Ila Tai was right there on the stage. Audience was watching her every step. She couldn't risk to take a pause and restart the act. That would have looked highly unprofessional. But she couldn't act without specs. Only Ila Tai and the crew knew about this slip.

What next?

Here, the experience and presence of mind came into action. Ila Tai was quick enough to improvise on the scene and pushed a dialogue in it. She calls her grandson loudly "can you get me my spectacles?" In the entire drama grandson is just a reference and not the actual character. She used that reference to cover up the slip.

I was ready with the spectacles at the corner of the stage, not visible to the audience, where she came and took it. Everything sounded like a part of drama. And the show went on.

The show must go on. This is the fundamental of any drama. Any kind of mess-up can't stop the play and they should not be reflected in the play.

There is always a troubleshooting option when some prop which is a part of the act is found missing from that place. The show cannot stop for such petty errors. In extreme circumstances, the actor can use technique of 'miming' which means he imagines that the

prop is there and acts accordingly. The strength of imagination is always powerful. But what if the person who is supposed to play the act is absent? Still we will say 'the show must go on.'

The audience inevitably will note the absence of the artist at that place. That might come as a setback for the credibility of an actor. People will systematically forget the way he slogged to get onto this position on the stage. The audience is unaware about the struggle that he has put in, and sacrifices that he has

made to reach up to this level.

What people know is the glamour surrounding the artist. It is really heart-warming to see that the audiences rush backstage to meet the artist after the play is over.

But what about those backstage artists who burn the midnight oil to make the play successful. They are never acknowledged. Rather, people are oblivious to the fact that there are such professionals existing who shape up the drama making it presentable and lovable for the audience.

It would be criminal to say that the artists who are on the stage do not contribute for the success of the act. Without them you can't really have creativity blossoming on the stage. But the audience should also acknowledge that behind these artists there are several professionals including writer, director, set designer, setting boys, light designer, light operator, music designer, music operator, costume designer, make-up man, hair artists and so many others.

They work tirelessly putting their heart and soul in the job assigned to them. They can't excuse themselves with any reason because time is what that matters when you are enacting a play. At the backstage they provide all the backup support to the artists who keep entertaining the audience as per the script.

I am purposely mentioning this in my article because we have recently lost some of the veteran artists, right from Reema Lagu to Ashwin Ekbote. It is obvious that the plays in which they were having a role would be done by another actor but certainly the position that they have in the hearts of the audience cannot be replaced.

Recently, Maharashtra's theatre has lost Dinukaka. Dinukaka had passionately dedicated himself to the theatre for last several years.

The backstage artists struggle their entire life to keep alive the tradition of drama or rather theatre, and some day they

just leave us. The common audience who actually enjoys every part of the play due to the creative work of them, hardly knows about them. The way an artist is replaced by another after his death, similarly their roles are taken over by another fellow professional. The shows continue because we believe, "The Show Must Go On."



# WHERE CLOUDS HUG MOUNTAINS

Gunwanti Paraste

The monsoon is here and travel enthusiasts always wait to enjoy a perfect monsoon trip to a scenic location. Even you want to have one such trip but you are confused about which place is good for you to enjoy your monsoon outing. There are some famous and affordable places near Pune, where one can visit. Malshej Ghat, Matheran, Mahabaleshwar and Panchgani are such locations where you can have a perfect monsoon trip.

**MALSHEJ GHAT:** Malshej Ghat is at a distance of 134 kms from Pune and is a beautiful hill station. It is the best place where you can enjoy your perfect monsoon weekend. Malshej ghat is situated in Pune district near the border of Thane and Ahmednagar district. Malshej Ghat is an ideal location to visit during any season but you have to enjoy the rainy season in this place to watch hundreds of waterfalls. It



is also a favorite destination for trekking. If you are a trekking enthusiast then Malshej Ghat is a good option and an ideal destination to enjoy trekking. Some of the popular trekking destinations in this location are Nane Ghat, Jivdhan Chawand Fort, Darkoba peak, Ajoba Hill Fort and Harishchandragad Fort. **NANE GHAT** has a huge ancient cave and is a scenic place which attracts artists to sketch the scenic view on canvas.

**AJOBA HILL FORT** is mostly famous for the adventure tours. If you want to make your monsoon trip adventurous then Ajoba Hill Fort is an ideal location for rock climbing and trekking. Ajoba Hill Fort sight is fantastic for nature photography and also attracts lots of tourists.

One can witness a combination of adventure and history at Harishchandragad Fort which has Buddhist caves and an ancient temple. Your trip to Malshej Ghat will be incomplete without a visit to Harishchandragad Fort.

**MATHERAN:** Matheran is a hill station in the Raigad district of Maharashtra. It is located at a distance of around 120 kms from Pune. The most famous locations in Matheran which attracts tourists are Panorama point, King George point, Louisa point, Echo point, Charlotte Lake and the Panthers cave. The toy train is the biggest attraction for the tourists in Matheran. Toy train's journey is more thrilling when it crosses 281 zigzag turns from Neral to Matheran.

**MAHABALESHWAR:** The place is famous for its strawberries, and if you are shopping lover also then Mahabaleshwar is an ideal place. Mahabaleshwar market is famous for a variety of items. Some of the popular destinations in Mahabaleshwar are- Mahabaleshwar Lord Shiva temple, Elephant head point and Kamalgad Fort.

The Mahabaleshwar Lord Shiva temple is very ancient and built in typical South Indian architectural style. The temple is located in the main city. One can

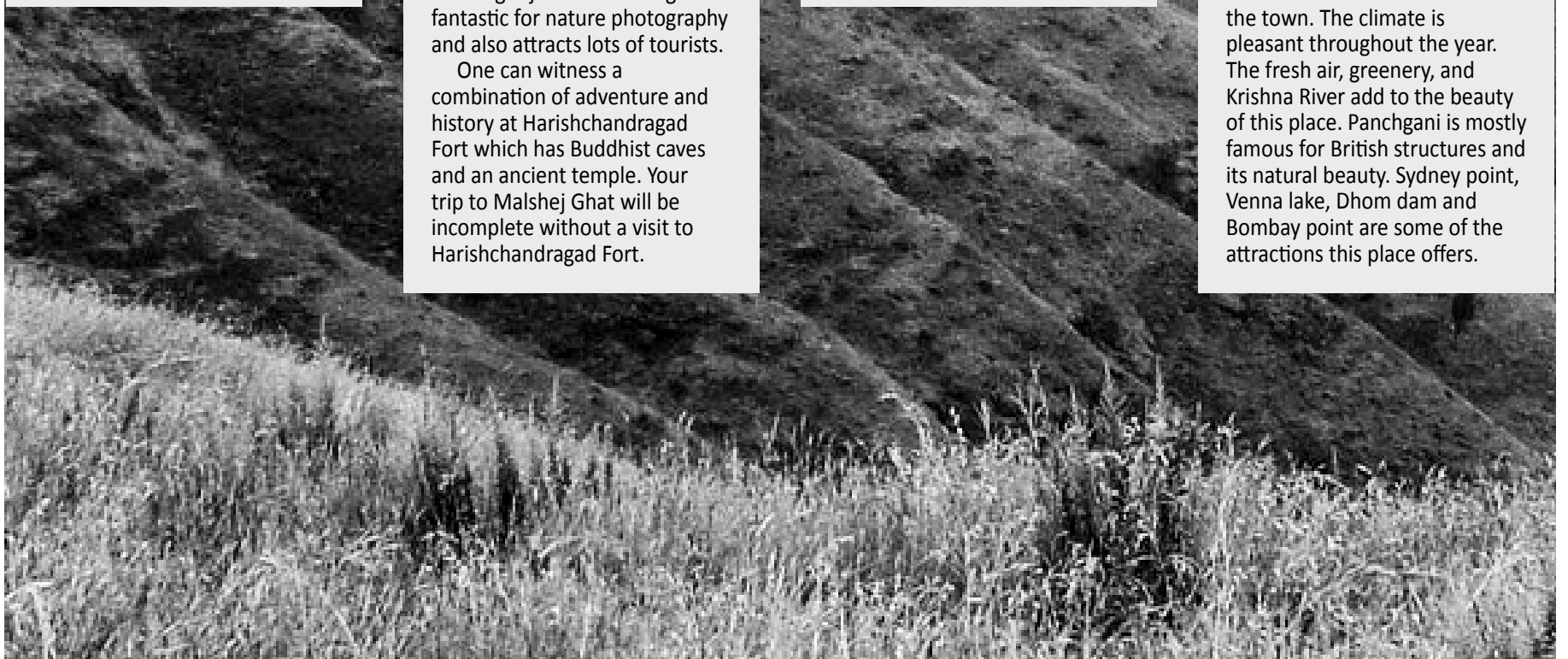


see Lord Shiva's Trishul, Damru and Rudraksha which are 300 years old.

Another site is the Elephant head point, famous for the rock formation which resembles to the head of an elephant.

The Kamalgad Fort is a unique destination. The reason why this place is so unique is that there are no protective walls built around it, and the rocks provide natural fence.

**PANCHGANI:** A popular hill station which was discovered by the British. This place was developed by the British as a retirement place but today Panchgani is the most popular hill station in Maharashtra. The name of Panchgani means the land of five hills that surround the town. The climate is pleasant throughout the year. The fresh air, greenery, and Krishna River add to the beauty of this place. Panchgani is mostly famous for British structures and its natural beauty. Sydney point, Venna lake, Dhom dam and Bombay point are some of the attractions this place offers.



# Enjoying Monsoon The Goemkar Way

TEAM TNV

“Enjoying rains in Goa may never be the same like how we used to in our childhood. It’s what the present generation misses, travelling in air conditioned cars,” says Rohan Mayenkar, a resident of Curtorim, fondly remembering his school days and the fun he had in rains.

Rains have always been close to the hearts of Goans, for religious, emotional and recreational reasons too. Goa has been and still is largely agrarian society as far as the villages and rural areas are concerned. Even the major towns of Goa like Margao, Panaji, Vasco, Mapusa and others still have some greenery in the form of paddy fields. Sharmad Kamat, an event organiser who is a constant Panaji-Margao traveller describes these sites of Goan highways perfectly. “Driving on the Goan roads is an experience in its self and one of the reasons why the monsoon tourism is comparatively more passionate in Goa than in any other season” he says.

Many couples, most of them newly married, can be seen roaming on their rent-a-bike two-wheeler, carefree of rains and fears.

But Goa and Goans have more

shades of monsoon enjoyment and one of it is ‘Purument’ or provisions for the monsoons. “Till the early 80’s, there were hardly any villages in Goa which had transport vehicles to travel to towns. This was the very reason why the rural people of Goa had Purument or ‘Purumentache feast’. “Provisions were brought and stored in the house and consumed during heavy monsoon seasons,” recalled Franscina Dias from Assolna.

‘Chepnechi toraan’, ‘suke kharem’, ‘galmo’, ‘mirsango’ are some of the major items which are kept as provisions in the house for monsoon use. This has invariably become the cuisine of Goans during the monsoons. Pick any Goan and ask what is on his mind for food during heavy rains, it will be ‘bangdyaachi’ or ‘sukya sungtaachi kismoor’. Goans settled all over the world don’t miss a single attempt to pack and take their favorite ‘Purumentaache khare’ or ‘lonche’ to Mumbai, Pune or ever to the United States, Canada or UK too.

Yet another thing that keeps the minds of Goans occupied all the season is the craze for a dive in springs and rivulets as well as trips to waterfalls. Mountain ranges of Sanguem, rivulets, villages and springs of Valpoi are



the most favorite destinations for enjoyment and togetherness for Goans during monsoon. The most famous Mainapi and Savri waterfalls and the misty mountain villages of Salgini, Tudav and Verle are naturally rich spots that have been attracting lots of tourists in recent years. People from all over Goa have begun to flock to these villages to enjoy their natural beauty.

Sitting on the border of Goa and Karnataka, there are several scenic spots in the hilly and mountainous areas of Sanguem, of which, many Goans may not have a clue of. Looking at the popularity of these villages in monsoons, the former BJP dispensation under the leadership of MLA Subhash Faldessai constructed roads to every village as there was lack of mobility.

“Even after having several problems, the villagers have made honest attempts to develop their village for tourism,” said Satish Gaonkar.

“The village can be made into a

tourist hub for hinterland tourism, if developed well,” said South Goa Zilla Parishad Chairman Navnath Naik.

As the rains pour in the coastal state, in comes the farming season for kharif crops in Goa. Fatorda and Raia are those areas in Salcete where farmers, even after being sandwiched between buildings, prefer to grow crops for a living and to keep the occupation alive. “This season hasn’t been that lucrative for vegetables and now all eyes are set on paddy fields where many work as ‘kameri’ (labourers) to make a living,” said Candolina Pereira from Raia.

The farmers grow red spinach (tambdi bhaaji), cluster beans (chitki mitki), cabbages, lady fingers, brinjals, and French beans during summer. Joanita Silva from Fatorda is 76 years old and grows and sells vegetables for a living. “November to May is our season to grow vegetables, but during rains we go to the fields of our neighbours who grow rice. We work as labourers and earn a living for a while. We work for 15 days and then wait for another job. We cannot afford to hire labourers for our work,” tells Joanita.

In a nutshell, Goa is a packet of several emotions when it comes to rains and its memories. All this and more, Goa in monsoons is a treat for the mind, body and soul of a person. If you want to enjoy Goan monsoon, all you need to do is set yourself free on a two-wheeler, enjoy the rainy rides/drives, stop by to have a hot tea and ‘mirchi paav’ and click lots of photos as one is sure to create undying memories in monsoons of Goa.

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There are people hiding their sadistic tendencies behind the garb of religion. There is no religion that talks about intolerance or violence, and yet we are fighting, hurting, killing and brutalising the innocent. The irony is always this; it is the innocent that will eventually suffer, and it is them who stand to lose it all.



# Brutality and Neutrality

CHARLENE FARRELL

Was life always this brutal? That's the thought that got the ink flowing as I penned this piece down. Just a quick skim through the daily newspaper can actually bring forth an extremely sick feeling in the pit of one's stomach. The extent to which people are hurting each other is shocking. Rape, murder, war and the list just goes on and on. This is the reality of our day. The extent to which people are violating basic rights of another is alarming. Each story seems to be getting more violent and much more brutal than the last. We thought we heard the worst when the 'Nirbhaya' case broke. Little did we know, years down the line, people would re-enact and step up the brutality in hordes.

Yes, there has been a ton of research done on the minds of people who are violent and a lot of them point towards horrible pasts, biological predispositions and situational factors. How do we explain what is happening today? Do all people committing these atrocities have a 'genuine' reason for the same? I quote unquote the word genuine because there is no real true excuse for causing harm to anyone or any living thing. When incidences like these occur, in certain populations, cultural liberties beg a mention. Humanity is dwindling away at disquieting rate. What must be the psyche of someone who would violate another human's right to

live? How messed up does someone have to be to actually be able to take a life? Looking at the current scenario, it is quite likely that a lot of our behaviours are stemming from learnt behaviour. Learning by watching others, learning from the lack of response or conversely a response that is positive, could also be contributing factors to the craziness that we see around us.

There are people hiding their sadistic tendencies behind the garb of religion. There is no religion that talks about intolerance or violence, and yet we are fighting, hurting, killing and brutalising the innocent. The irony is always this; it is the innocent that will eventually suffer, and it is them who stand to lose it all. There is this trend of mass idiocy that is actually taking over the world. One person says something, and the world will follow. Sadly, the one loud voice, very seldom turns out to be the voice of reason. This bandwagon effect that we all find ourselves in is a real problem. When looking at the crimes being committed in every corner of this globe, a lot of the perpetrators did what they did because those around them were doing it. Recent studies have pointed to something known as the 'dark triad'. According to 'Psychology Today', it is defined as a 'set of traits that include the tendency to seek admiration and special treatment (otherwise known as narcissism), to be callous and insensitive (psychopathy) and to manipulate others

(Machiavellianism)'. These traits are stumbled upon more often now than ever before and that is a researched fact.

The way we speak and the things we allow ourselves to say also contribute greatly to the brutal mindset. Yes, things that some people do might not align to your own belief system, but being fanatical about your views and imposing it on others is not correct. Then, going out among the masses and proclaiming things like people should be hanged for eating a certain thing, adds more volatile feelings to an already hyped up crowd. Sadly, people in power are inciting this violent streak instead of curbing it.

The other end of my musings is the complete neutrality we seem to be showing. Every brutal act is turning into a statistic. What happens when emotions are converted into numbers? The feel element is removed. When this occurs, all we are left with is the 'so what' attitude. Why is this wrong? One would ask... I work with children and a rising trend I see is apathy. It is not the present generation that is wrong or messed up, but it is us, the generation before. The ones who turned brutal and taught our kids to be the same. By our actions, we have shown this current generation that they don't really need to care. When we decided to be complacent and let things happen around us, we taught them not to respond. When we allowed ourselves to turn away from helping others and standing up for what is right, we taught them to give up hope for a better tomorrow. Neutrality is something only the media should exert as it is their duty to give us unbiased information. Our duty is to process that information and decipher right from wrong, to understand where things are going and to do something about it. As a part of the human race, we have a lot of reflection to do today, maybe not for ourselves, but for the generations to come.

What happens when emotions are converted into numbers? The feel element is removed. When this occurs, all we are left with is the 'so what' attitude.



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CLAS IV A, BHATIKAR PRIMARY SCHOOL



DIVYA D. ZAMUNI  
CLASS IV B, BHATIKAR PRIMARY SCHOOL



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Zumba fitness has quickly grown to one of the most popular group exercise classes on the planet. It has pitched itself as more of a party than a workout. Indeed, some research suggests it may be the very best workout for people who hate to exercise. In conversation with Zumba Education Specialist (ZES) Joseph Dias, **Spencer Baptista** finds out why this workout is so popular among the masses.

**IF YOU COULD USE FEW WORDS TO DESCRIBE ZUMBA, YOUR EXPERIENCE OR YOUR FEELINGS ABOUT ZUMBA, WHAT WOULD THEY BE?**

Zumba fitness is a Latin-inspired dance fitness programme that incorporates Latin and world rhythms. It is inspired by dance and music but it is a fitness programme. We basically trick our students to workout and make them burn 500 to 800 calories per session by playing different beats. I feel Zumba has made me a more positive and a happier person.

**WHEN DID YOU FIRST FIND OUT ABOUT ZUMBA?**

Zumba fitness started in 2001. I started Zumba fitness in 2010. Since then I am in the ZIN (Zumba Instructor Network) community.

**YOU ARE NOW A ZUMBA EDUCATION SPECIALIST. COULD YOU ELABORATE AS TO HOW ONE BECOMES A ZES?**

Yes, now I am a Zumba Education Specialist (ZES). To become a ZES, you have to audition for it after you complete your one year membership as a ZIN. Continuity in the community is important. You have to go through audition by different types of video's of lecturers and Zumba routines. You have to give your 100 percent in helping the ZIN community in hosting events. All in all a fitness background is a must.

**WHAT ARE THE MAIN FITNESS BENEFITS OF ZUMBA?**

Well, besides having fun, it helps increase your confidence, stamina, flexibility, coordination, agility, endurance and relieves stress.

**ZUMBA TYPICALLY USES SPANISH MUSIC AND SPANISH DANCES, BUT DO YOU EVER INCORPORATE OTHER MUSIC AND DANCE STYLES INTO YOUR CLASSES?**

Zumba majorly focuses on two components, cardio and cardio muscular training. Most of all it is the positive happy feeling and it is for anyone and everyone. There is no age limit. Yes, Latin is the main flavour of Zumba fitness, we use world rhythms such as merengue, salsa, reggae tune, cumia, tango, flamenco, samba etc. We also give a little bit of bollywood as a gift to our students.

**HOW IMPORTANT IS NUTRITION TO YOU? WILL YOU STRONGLY SUGGEST YOUR CLIENTS TO FOLLOW A BETTER DIET TO IMPROVE THEIR FITNESS GOALS?**

I am not a qualified nutrition specialist, but would definitely recommend them to see one. I would also strongly recommend three days of cardio (Zumba fitness) which is more than enough and three days of strength training in the gym and every morning you can do stretching for 10 to 15 minutes or 2 to 3 days of yoga for a healthy lifestyle.

**WHAT WOULD YOU SAY TO SOMEONE WHO HAS NEVER TRIED ZUMBA BEFORE?**

Don't worry, be happy. Every student gets the hang of this workout by the third session. Overall, anyone who has never tried Zumba, I recommend them to try it once, feel the music and have a blast, its one hour to yourself, make it count.



# FASHION HACKS

## For when it rains...

### SZWENSKA CHRISS

Monsoon never comes alone; it brings in a lot more than just romantic weather and cool winds and while the rains bring with them much needed relief from the scorching heat and humidity, with it comes a host of pesky little problems, among which is the growth of fungus or moulds on clothes, and clothes getting sodden and dirty from the downpour and mucky roads. Humidity means fungus and bacteria formation on your clothes, leading to bad odors and marks. Yuck, isn't it? Older homes like the tiled houses we have in Goa, often have problem closets but the coming of rains does not mean that you should wrap yourself in a windcheater and stop dressing up.

Rainy season clothes do not have to be boring and depressing. In fact, rainy season is perhaps the time when you can have most fun with your clothes. It is a time to bring out your shorts, skirts and gum boots. It is a season that lets you flaunt colorful umbrellas and hairdos that can make you look like a totally new person altogether. Here is a quick guide to rainy season fashion.

### Quick Do's and Don'ts

- ▶ Full length outfits are a complete no-no – You don't want to be walking into your workplace with slush on your hemline. So stay away from wearing full length dresses this season.
- ▶ Avoid denims – While denims are versatile and look great all year

round, the problem with them is that once they get wet, they take ages to dry. The secret behind great rainy season clothes is to wear clothes that dry out quickly. Think cottons, nylon and linen.

- ▶ Go for bright cheerful prints – It is the season when the sun makes an occasional visit and the environment is damp and dreary. So perk up your surroundings with clothes in vibrant colors and gorgeous prints.
- ▶ Avoid heavily embellished outfits – Monsoons are about letting your spirit fly and heavy garments simply won't let you



do that. Go for light and fluidic fabrics. In fact, this is one season where we would suggest going for synthetic materials as well, since they are easy to maintain. Simply wash and wear

- ▶ Opt for printed or solid tops in bright colors – Nylon and georgette are good options, but make sure you stay away from sheer. You don't want to be soaked to the bone and the sheer top turning transparent. Synthetic fabrics that dry easily are your best bet for this season.
- ▶ A rain jacket or a trench coat is a must have among rainy season clothes – Pick one that

is light, easy to pack in your bag and that gives you excellent coverage. Ditch the boring greys and browns and go in for trendy trench coats in bright colours this rainy season.

The most important aspect of dressing during the rains is the kind of footwear you use, so invest in some good footwear of your choice and make sure they are colourful, easy to wash and maintain during the rains.

Now, you can see that dressing for the rains does not have to be an arduous task, why not infuse some colour to your wardrobe and take on the rains in style?

