

The Neutral View

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SIDDHESH

Bar & Family Restaurant



Vijay Nagar, Near SBI Bank, Alto Torda,
Alto Porvorim, Goa
9923692422 / 9673683022

Monsoon Veggies

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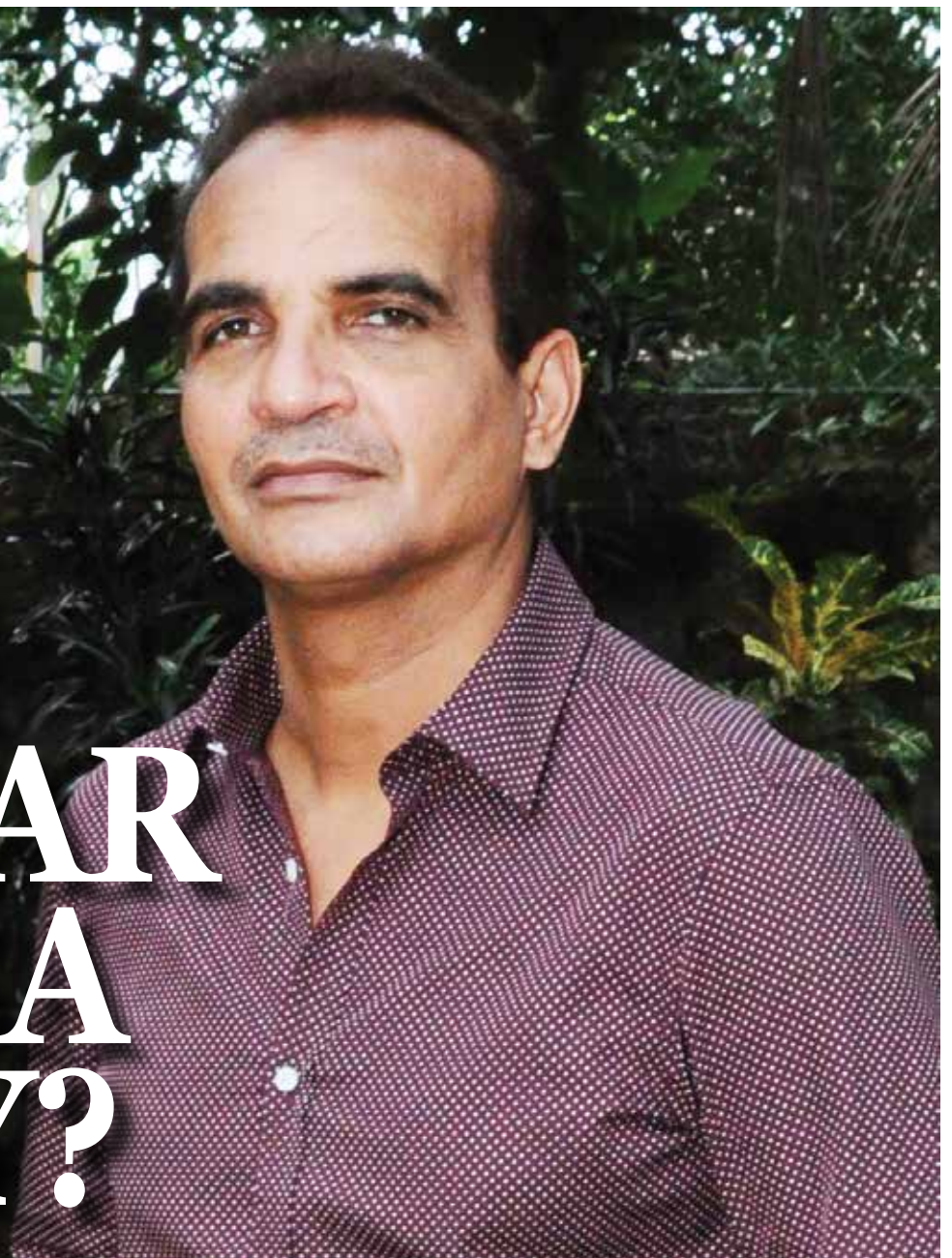


Do Violent Games Cause Behavioral Problems?

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BABUSH TUZYAVAR BHAROSA NAY KAY?



THE BEST OF ONLINE MUSIC STREAMING IN INDIA

PALASH VOLVOIKAR

The age of internet has pretty much rounded out whatever little use of analog objects that we had, having them replaced with services. Luckily, I had a great view of this very evolution, growing up, largely of the way music is consumed, than other things.

As a kid, I remember having piles of cassettes which I played in a walkman cassette player. Pretty soon, Compact Disks (CD) became popular, and MP3 started to take over. The format really helped music technology jump by leaps and bounds. Pretty soon, I found myself using a portable MP3 player which made it so much easier to listen to music, compared to CDs.

Moving forward, phone started becoming our primary music device, and now, we are at a point where we don't even need to have the music files on our phones. All we need is internet!

In the last five years or so, music streaming has kept improving, and coupled with the improvements in every relevant technology, we can now just grab an app, and listen to music on the go. However, here's the little issue: With so many different music streaming services available out there, which one do you choose? Here's my take for the top five music streaming services you can choose for your daily dose of music!



Wynk

Airtel's music streaming service, Wynk, has a catalogue of over 2.6 million from Bollywood, Indian regional languages and English. It is available for Android and iOS. The Android plan will cost you ₹ 99 a month, while the iOS plan costs ₹ 120 a month, with unlimited in-app downloads. If you are an Airtel customer, however, the same plans will cost you ₹ 29 and ₹ 60 respectively. It also has a free radio option which lives up to its name, but doesn't allow the usual music player features.

Hungama

Hungama has been a major player in the music streaming scene in India for a long time. It has a collection of over 3.5 million songs, but the fact is, while Hungama is strong in its collection of Indian music, the international catalogue isn't as vast as the other apps on this list. Hungama's music subscription plan costs ₹ 99 a month, and includes unlimited downloads of music and videos. Hungama also has movies and TV plan for ₹ 199, and a plan that combines the two plans above, into one, for ₹ 249.

Gaana

Gaana is yet another major Indian music streaming service, and has a catalogue of over 30 million songs in English, Hindi and Indian regional languages, but its music catalogue is still said to be not as good as the others on this list. Gaana has a social layer which lets you share what you are listening to with your friends. Subscription costs ₹ 99 per month, with discounts on purchase of longer durations.

Google Play Music

The giant decided to finally debut its music streaming in India, this year, pricing it at ₹ 89 a month. Google Play Music has a catalogue of over 35 million songs, and it is on par with Apple Music. Like Apple Music, Google is also offering cloud services, using which you can upload up to 50,000 of your own tracks and stream them. Google Play Music is one of the sweetest services you can pick right now.

Saavn

Saavn can be called the Spotify of India. While Spotify has been dominating the global music streaming scene, it has still not been officially released in India. However, Saavn did a pretty good job of capturing the Indian music lovers who had been looking for an equivalent music streaming service. It has a massive catalogue of 30 million songs in English, Hindi, and other Indian languages. It also has custom radio stations to match your choices, and a web interface. As far as pricing goes, the free usage will give you access to only 7 million songs with advertisements, while the pro plan will cost you ₹ 99 per month on Android, and ₹ 120 for iOS.

Apple Music

Apple has always been a giant when it comes to music, having played a major part in the digital evolution of music, right from the early days of the iPod. iTunes is currently one of the major platforms to buy music, and Apple Music is pretty much an extension of iTunes to accommodate streaming. The international catalogue is very good, but it falls short in the regional one. You can also upload your own music and stream it from anywhere. It has no web-view, but has an app for PC, Mac, iOS and Android. It costs ₹ 120 per month, and ₹ 190 for a family membership for 6 users.



All these services have more or less the same level of excellence when it comes to music streaming, so try them out, and take your pick!

MONSOON VEGGIES

DEVIKA SARDESAI

Monsoon is the time for the seasonal veggies that prop up at every nook and corner of Goa. These vegetables are a monsoon delicacy and also very high on its nutritional value. The markets get flooded with them and are prepared in every household of Goa; here are a few you should surely try at home.

Suran tonak

INGREDIENTS:

- ◆ 2 cups suran (Yam), peeled and chopped
- ◆ 1 cup coconut, grated
- ◆ 1/2 cup Kabuli Chana / white chickpeas
- ◆ 2 medium sized onion, finely chopped
- ◆ 1 teaspoon turmeric powder
- ◆ 5 peppercorns
- ◆ 2 cloves
- ◆ 1 tablespoon coriander seeds
- ◆ 4 Kashmiri dry red chillies
- ◆ 1 marble sized tamarind
- ◆ Salt to taste
- ◆ 2 tablespoon oil

For soaking the yam:

- ◆ 1 cup water
- ◆ 2 tablespoon tamarind paste
- ◆ ¼ teaspoon salt



METHOD

- ◆ Soak chickpeas in water overnight or for 6 hours in water.
- ◆ Apply tamarind and salt to the yam and soak in water for 2 hours. This will remove the itchiness of the yam.
- ◆ Boil the chickpeas, yam and ½ cup onion by pressure cooking them. Switch off the gas after 5-6 whistles and wait for the pressure to get released naturally. Drain and keep it aside. Retain the water.
- ◆ Heat a kadai and add oil. When oil gets heated, add remaining chopped onion and fry.
- ◆ When onion turns pinkish, add peppercorns, cloves, coriander seeds and dry red chillies and mix well.
- ◆ Add grated coconut and roast till coconut turns brownish and aroma of roasted coconut fills the air.
- ◆ Switch off the gas. Add turmeric powder and marble sized ball of tamarind and stir.
- ◆ Let this roasted coconut and masala cool down.
- ◆ After cooling down, grind it by adding 1 cup water (preferably the water in which yam and chickpeas were boiled) and keep aside. This makes the gravy.
- ◆ Again switch on the gas and in the kadai, add boiled chickpeas and yam.
- ◆ Over this pour the grinded gravy from the mixer.
- ◆ Let it simmer for 15 Minutes. If gravy thickens, add some water.
- ◆ Adjust salt to taste.
- ◆ Garnish with chopped coriander leaves.



Aluchi Patal Bhaji

INGREDIENTS:

- ◆ Alu leaves (Colocasia)
- ◆ ½ cup grated coconut
- ◆ 2 teaspoons coriander seeds/ dhaniya seeds
- ◆ 2 red dry chillies/ peppers
- ◆ 4 amade 1 tablespoon imli/amtan/ tamarind pulp
- ◆ 6 cloves garlic
- ◆ 1 teaspoon red dry chilli powder
- ◆ 1 teaspoon gur/ jaggery (brown lump sugar)
- ◆ Salt to taste

METHOD

- ◆ Wash the leave of Alu/ Taro/ Colocasia and crumple them. Cut and discard the thick vein in the centre of the leaf. Cut off the stalks.
- ◆ Remove the outer skin of the stalks and chop them into ½ inch pieces.
- ◆ Roll up the leaves and cut them into thin strips.
- ◆ De-skin the Amade (hog plums).
- ◆ Heat oil in a pressure cooker pan, and fry the leaves well to avoid the itching sensation while eating.
- ◆ Add the chopped stalks and fry for another 5 to 7 minutes, until the leaves get soft.
- ◆ Add the amade and a cup of water. Pressure cook till 2 whistles.
- ◆ Separately, fry the coconut, red chillies, and coriander till the coconut is golden and grind to a paste.
- ◆ In a pan heat oil and add 2 red chillies, then add the garlic and fry them till golden brown.
- ◆ Add the colocasia mixture, salt, red chilli powder, tamarind pulp, and jaggery and mix well.
- ◆ Add the coconut paste and cook for 10 minutes.
- ◆ The Goan tangy Aluchya panache patal bhaji is ready to be served. Makes a great combination with almost any meal.

Bamboo Shoot Curry Recipe

INGREDIENTS:

- ◆ 3 to 4 cups bamboo shoots, prepared and sliced
- ◆ 1 tsp coconut oil
- ◆ 3 tbs coriander seeds
- ◆ 4 to 5 dry red chillies (use less if your chillies are very spicy)
- ◆ 2 cups coconut, freshly grated or frozen
- ◆ 2 to 3 kokum leaves

FOR SEASONING:

- ◆ 4 tsp oil
- ◆ ½ tsp mustard seeds
- ◆ ½ tsp asafetida
- ◆ 2 to 3 dry red chillies
- ◆ A sprig of curry leaves
- ◆ 2 ½ tsp to 3 tsp salt or to taste

METHOD:

- ◆ Peel the outer leaves of the bamboo shoot until the tender portion is revealed and then slice them.
- ◆ Place the bamboo shoots in a large bowl of water, cover and keep aside. Change the water every day for three days and then the bamboo shoots are ready to be cooked.
- ◆ In a wok put in the coconut oil and stir in the coriander seeds and dry red chillies. Fry the seeds.
- ◆ In a blender, put in the coconut, coriander seeds and dry red chillies and grind to a smooth paste.
- ◆ In a large pot, put in the bamboo shoots, cover with water and cook until tender. Stir in the ground paste along with the kokum leaves and bring it to a boil.
- ◆ Once the curry starts to simmer, it is time to prepare the seasoning. In a small seasoning pot, put in the oil and when the oil is hot, pop in the mustard seeds. When the mustard seeds start to splutter, put in the asafetida, dry red chillies and the curry leaves.
- ◆ Put in the salt, mix well and serve hot.



BABUSH IS PREDICTABLY UNPREDICTABLE IN POLITICS

There are some people who are most predictable in their one quality of life – unpredictability. They are always unpredictable, and you can always predict that they will be unpredictable. I would count Babush Monserratte in that category.

After donning several political hats, making announcements, Babush has always stunned the state politics with his moves. The recent move to join Goa Forward Party is just yet another predictably unpredictable move done by this political leader who was once called as uncrowned king of Taleigao.

After holding a firm grip over his constituency, Babush ventured into St Cruz, and he won there too. This time, he also managed to get his supporter Tony Fernandes get elected from there.

While Babush could have been a major political force with more experience than Vijai Sardesai, it was expected that he would float his regional outfit. He did float a political outfit during recent Assembly election but did not nurture it, and failed.

He himself fought from Panaji constituency with the support of Congress party as an independent because his outfit was not registered with the Election Commission of India.

There is one thing synonymous with Babush, that is, his aspirations to get elected from Panaji constituency and his failure to do so. The political experts were also claiming that Babush was one unrecognised force behind Manohar Parrikar who was helping him to get elected in this constituency.

Babush fought Panaji election for the first time in the year 2017, but his intervention in the city's politics is not new. He has been ruling the Corporation of City of Panaji.

But what is that makes Babush not win Panaji election? Is it the might of Manohar Parrikar and the BJP? Or is it his bad luck when it comes to this constituency?

This time too, Congress was entirely banking on Babush to contest from Panaji constituency in the upcoming by-election. He was rather the only hope for Congress, that is why the age old party made amendments in their party organisation as per the requirements of Babush, and Faleiro was replaced with Shantaram Naik.

Babush also held a series of meeting with the Congress legislators at his residence to chalk out a strategy for Panaji by-election. If Babush had to contest and defeat Parrikar, then it would have changed the entire political scene in the state.

Vijai Sardesai has always been known as a smart politician who knows when to play his cards. This time, Vijai seems to have played the card for Parrikar. Babush not contesting from Panaji will give a walk through for Parrikar. But, is it just that much?

Knowing Vijai well, he would make the best out of this opportunity. He would not let the advantage of having Babush by his side get wasted only with Panaji election. There is a bigger game that is likely being played.

A casual chat with political analysts reveals that Vijai is currently trying to get numbers behind him.

Having three legislators in the Assembly does not make Vijai the irreplaceable force. But if he gets more numbers, it is for sure that Vijai would be more powerful.

Till going to the press, St Cruz legislator Tony Fernandes had not resigned. But there are predictions that three Congress legislators might resign. Fernandes from St Cruz, Jeniffer Monserratte from Taleigao and Francis Silveira from St Andre are expected to resign.

If we stretch our imagination a bit, Canacona MLA Isidor Fernandes might also toe the line of Babush. And, if all these people get re-elected on Goa Forward Party ticket, Vijai will have seven MLAs.

Babush has already made it clear after joining GFP that they have an understanding with BJP, that if any Congress legislator

resigns, GFP will contest from that seat.

The larger game would be played out if this happens. This doesn't just make Vijai stronger but also makes MGP redundant. Dhavalikar-led party which was always playing a role of an ace in the government will be reduced to just another party.

This will also make Manohar Parrikar more insecure on his post. Goa which was always known for political instability might again plunge into same future.

Congress party which is currently fuming on Vijai and Babush, might also give up for political compulsions to form the government in the state.

These are just presumptions. But time will tell. We might be hundred percent right.

Going back to BJP, what does the current political situation means for the saffron party? Let us rewind to March 2017. BJP leader Damodar Naik was left red faced when his party formed government with his arch-rival Vijai Sardesai.

Here now, BJP leader Dattaprasad Naik is left orphaned in his constituency with Babush joining hands with GFP. Even if there is a by-election in Taleigao, Dattaprasad will have to campaign for GFP candidate, and it might be Jeniffer.

In these circumstances, Dattaprasad will be left without any face before his voters. A force that BJP had created in this constituency to take Babush head-on will crumble.

The smaller gains at this time for BJP, in the form of letting Parrikar having a walk through might be a bigger loss for the party in future. The meticulous planning that went in building the party in the state is slowly facing troubles.

The party with a difference is playing in the hands of those who will be leaving them isolated any time.

Moving back to being ordinary Goan, we just hope that in the name of 'Goemkarponn', we should not be made to face 'fotingponn'. The politicians will remain unpredictable, but the one thing that should be predictable is the future of the state and its development.

Parrikar had made vague reference to working on happiness quotient of the population if BJP comes to power. Now, it is time for him to do what he had mentioned. Check the happiness quotient of Goans, and also try to see what Goemkar wants. Just a slogan of Goemkarponn won't work.



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Shrawan

The Month Of Celebrations

SHRUSHTI

As the last day of Ashadh month is celebrated as 'gataari amavasya', Goans cheer the last non-vegetarian day before the holy month of Shrawan begins. Many families prepare all the non-vegetarian dishes before Shrawan begins.

Once the Shrawan begins, most of the Hindu Goans go veg for a month. This is the month where many Hindu festivals are celebrated. One of the peculiar customs is the 'Shrawan aytaar', the Sunday where the women of houses collect all the possible herbs and shrubs and worship the Sun. One of the distinct leaves offered to the Shrawan aytaar is shervod, botanically known as Mussaenda Belilla, white coloured leaves which grow peculiarly in monsoons. The last Sunday of Shrawan is called 'Mhataaro' aytaar and mostly all the white flowers and leaves are used to make the aytaar look mhataaro, old!

Other festivals like Nagpancham, Gokulashtam are celebrated across the state and in some other states of India in this holy month. But some talukas, like Ponda, have distinct festivals during Shrawan. One of them is the famous Saptah of Nageshi which is celebrated in Nagesh temple. Saptah literally means a week. During this whole week, the temple premises host a devotional music festival. Abhang and bhajan recitals go on all day long. This is one of the temples where the singing goes non-stop for a week. Group after group takes charge to continue the musical worship. Every vaddo and community residing in and around Nageshi takes turn to continue every night.

One very interesting fact about Nageshi Saptah is that there is someone or the other who has to stand with a 'tambura', a musical instrument, in front of the lamp which also has to be kept ignited till the Saptah ends. People take turns to stand and the instrument is never kept down.

Interestingly, young people are also taking interest in this age old tradition and enjoy spending nights in the temple to sing bhajans.

Nageshi village, during the Saptah, looks colourful with all the gudhis and the flags rooted on the roads. A lot of people from various places across the state visit Nageshi temple during these days.

Yet another festival for which everyone waits is Gokulashtami, the birth day of Lord Krishna. Mumbai is known for its competitions of Govinda, the haandi breaking contests. Nageshi also witnesses the dahi handi custom. For dahi handi a human pyramid is formed to break the mud pot.

Other than these specific festivals, Shrawan is also a month where every temple has some festivities or the other lined up. Being vegetarian is excused because during this month the restaurants also come up with special Shrawan thaali. So, don't mind Goans, Shrawan will be here soon. Get drenched in the festivities and for some sumptuous vegetarian food. Happy Shrawan!

REMEMBERING THE GODS IN SHRAAVANA



PRITHVIRAJ THALI

Inner purity and piety are as central to Hinduism as are their outward expressions, which form the core of the rites and rituals that are extensively practised by devout Hindus till this day. The sages of yore looked at the cluster of stars adorning the blue vault above and derived meaning. Thus the celestial scrolls were read, interpreted and passed down for posterity. To ensure their permanent continuity, these wise ones ingeniously wove what they saw into mythology, which was at once magical as well as mundanely relatable. Long periods of such contemplative insights produced the first ever zodiac of the Hindus which originally consisted, not of 12 but 27 constellations or Nakshatras. In the truest sense, these were asterisms and not constellations, even though for all astrological purposes, the two terms were and to some extent are still employed interchangeably. These were celestial mansions of the heavens, said to be the 27 wives of the Moon who took a month to complete his visits to all of them sequentially. The Hindu calendar is thus a Lunar calendar which is based on the path and position of the moon. The Hindu months are in turn named after these nakshatras. For instance, the month Chaitra is named after the asterism Chitra, while Kaartika is named after Krittika. The month of Shraavana is likewise named after the asterism called Shraavana, which is etymologically related to the Sanskrit verb 'to hear'. All forms of knowledge passed down

Shraavana evokes in me an undefiled purity and faith in absolute deliverance. As I self-introspect, I sense the liberating presence of the divine within. Like a soothing salve, it spreads over my being, suffusing me with a unique sense of completeness and fulfilment.

orally, thus, come within the purview of this Nakshatra.

Shraavana is considered by many Hindus to be the holiest of months, and is usually associated with fasting rites, in order to propitiate Lord Shiva. As per Hindu Mythology, it is believed that Samudra Manthan or the Great Churning of the Ocean happened in the month of Shraavana. Halaahala, the most virulent poison which was produced, was eventually consumed by Lord Shiva in order to save the entire creation from annihilation.

Hinduism offers a rich treasure-trove of vital information to a symbolist. The pantheon of Gods presents an unending source for lessons in moral rectitude. On a more esoteric plane, Shraavana signifies purging and cleansing. The great churning, in forms obvious and subtle, in ways tangible and intangible thus goes on within the heart of every living being, even as the two opposing forces of righteousness and unrighteousness wage a never-ending war. Free-will is a divinely bestowed gift which every human enjoys. The exercise of this free-will decides which one of the two forces will triumph over the other.

God, in a sense, is a benevolent dictator. Though, we are endowed with the free-will to arm us with the needed ammunition to wage this war, we are thankfully not left with any real choice as to our ultimate fate. Being children of light and immortality, salvation is the only choice, and divine ecstasy is our only true nature. As all things have emerged out of the formless void at the dawn of creation, all things shall finally melt back into It. Mercifully

then, all forms of lack and limitations, failures and inadequacies are temporary on a relative cosmic time-scale.

It is said that when God created this magnum opus called creation, he had no one to share his joy with. And so, out of his divine being, he created souls imbued with individuality. And thus, the 'One' became the many, cleverly concealed beneath the cloak of mortality and trapped within time and space. God intended that we would enjoy the gifts of life with dispassion and detached equanimity.

However, over the ages, as darkness fell upon the world, humans forgot their divine legacy and falsely identified themselves with their bodily forms. This ignorance or cosmic amnesia is the Halaahala or poison, symbolically spoken of in the scriptures.

Shraavana evokes in me an undefiled purity and faith in absolute deliverance. As I self-introspect, I sense the liberating presence of the divine within. Like a soothing salve, it spreads over my being, suffusing me with a unique sense of completeness and fulfilment. The churning within me gives forth the nectar of realisation that the same life pulsates within all of us; that no matter which road we take to reach our gods, we are pilgrims unwittingly drawn towards the same goal.

Let us invoke the Shiva within ourselves, so that 'He' may consume the poison of ignorance and save us from the delaying and distracting false gods of ego and bigotry. As the great Rabindranath Tagore said, "...Into that heaven of freedom, my father, may make my country awake."

OUR LEADERS OVERTRUSTED VELINGKAR DURING LAST ASSEMBLY ELECTION: RAKHI NAIK

TEAM TNV

TNV: YOU HAVE BEEN ACCUSED OF TAKING SELECTIVE ISSUES ON BEHALF OF SHIV SENA. HOW DO YOU REACT TO IT?

RAKHI: We are taking issues which will give fruitful results. Some issues, though they look big, are just political, which have no proper ending. There are certain issues which we will raise when time comes, but at present we are concentrating more on building our party.

TNV: YOUR POLITICAL CAREER STARTED WITH NCP AND NOW YOU ARE WITH SHIV SENA. ANY REASON WHY YOU CHOSE TO BE IN THE PARTY WHOSE IDEOLOGY IS CONTRADICTIONARY TO NCP?

RAKHI: For me, both parties are nationalists, and this is the basic ideology I follow. Shiv Sena follows Chatrapati Shivaji's ideology who himself was nationalist. Some people in Goa have misconception about Shiv Sena

TNV: WHAT ARE THE ISSUES IN GOA THAT SENA FINDS ARE CRUCIAL, AND WILL BE TAKING UP IN FUTURE?

RAKHI: Shiv Sena in Goa has been like a social activist organisation, doing more of a social work, but from last elections, Shiv Sena has decided to make its presence felt politically as well. We will take all the issues concerning people of Goa and keeping communal harmony intact.

TNV: WHY DO YOU THINK THAT SENA COULD NOT DO MUCH DURING 2017 GOA ASSEMBLY ELECTION?

RAKHI: I was not with Sena then, but I think Sena wasn't ready to fight elections at that time; it was just a net practice as they were more dependent on Velingkar's Goa Suraksha Manch which was fighting elections on a single centric issue. Our leaders had over trusted Velingkar. They even gave him freedom to choose constituencies for us.

TNV: WHAT ARE THE PREPARATIONS GOING ON TO HOST MEETINGS OF UDDHAV THACKREY SCHEDULED TO TAKE PLACE IN THIS MONTH?

RAKHI: We are restructuring our organisation right from booth level to state committees. On arrival of Uddhavsahab Thakrey we will hold a convention for all the office bearers as it is a visit for interaction with the office bearers to strengthen the organisation.

TNV: DO YOU THINK THAT SHIV SENA WOULD BE ABLE TO GET SUPPORT IN GOA?

RAKHI: I already mentioned that people have misconception about our party but definitely Shiv Sena has a scope in the next coming days as people of Goa want a better option. I would like to remind you that BJP's condition was worse than Sena, but today it has emerged as a strong political party.

TNV: IS THERE ANY PLAN TO ATTRACT CHRISTIAN POPULATION TOWARDS SENA WHICH HAS AN IDENTITY OF BEING A HINDU PARTY?

RAKHI: We already have Muslims and Catholics in our party. Others will also learn that, for us, nationalism is Hinduism. After all, we Goans know to respect each other's religion and live in harmony.

TNV: CAN WE EXPECT PROMINENT LEADERS JOINING SHIV SENA IN FUTURE?

RAKHI: Young leaders or second leadership of many parties are already joining Sena. In coming days, definitely, prominent leaders would opt for Sena. Also, Sena will create new dynamic leaders.



SANGITA SHARMA

Slums all over the world mushroom in and around urban areas and have the dubious distinction of substandard housing and unhygienic conditions of living. They are steeped in poverty and squalor. Being informal settlements, they lack reliable sanitation services, clean water, electricity, law enforcement and other basic services. They stem out of rural-urban migration, urbanisation, unemployment and poverty. Informal economy creates complications. And to add to it are social conflicts and political apathy. Slums are vulnerable to natural and unnatural calamities and hazards. Violence, disease, malnutrition and epidemics become part and parcel of slum culture.

The optimists however believe that the challenges within the slum reinstate human resilience and adaptive skills of those inhabiting them. Slums are also considered potential areas of 'man power' resources, extremely essential for the development process in urban areas. If this is true, then the time has come to give this 'man power' its due in the economic growth and progress of the country by providing decent standard of living.

Goa too has its fair share of slums, mainly inhabited by the migratory labour community which is largely responsible for the infrastructure and economic development of the state. The largest slum in the state is that of Zuarinagar, home to around 18,000 people. It comes as an unpleasant surprise and is difficult to ignore as it is visible from the National Highway 17B which has the prestigious BITS Pilani on one side and the Zuari Agro Chemical Factory on the other. The shanties of the slum seem completely dwarfed as they lie in a trough, with the gigantic

chemical factory looming over them, spouting hazardous chemical gases from its chimney towers. A closer look at the slum throws light on the harsh realities plaguing it. Illegal and unsafe construction, poor sanitary conditions, lack of schools & medical facilities, unplanned market areas, lack of toilets leading to open defecation etc. As one digs deeper into the problems, political and corporate apathy surfaces. In an age of SEZ's, Swachh Bharat Ahhiyan, PM Awas Yojna, AMRUT and development of Smart Cities, the slum seem surreal and are in an urgent need for a major change.

If long term solutions have to be found to make Zuarinagar slums decently habitable, then future plans have to be thought of more scientifically. Quick fix solutions to gain political mileage or please the industrial sector are going to lead to disastrous results in times to come.

Today one needs to question the relevance of agro-chemicals for agricultural solutions. Relying on them for high yields can be hazardous to biodiversity if used over a long period of time and indefinitely. After all, agro-chemicals are chemicals. The need of the hour is to phase out such industries and help evolve better organic solutions for farming. Organic solutions shall lead to sustainable development and a better planet for future generations.

The concept of sustainable agriculture means to pass onto future generations conserved or improved natural resources and an evolving economic base rather than one which has been depleted or polluted.

Switching over to organic culture can be more conducive than conventional production systems and more sustainable in the long term. Organic methods of agriculture improve soil fertility and also drought resistance.

Organic farming relies on fertilizers of organic origin such as compost, manure, green manure and bone-meal fertilizer. Biological pest control, mixed cropping and fostering of insect predators are also encouraged. The application of organic principles enables employment of local resources (local seed varieties, manure etc) and therefore is cost effective. There is a growing demand for agri-products which makes it even more necessary to discourage use of chemicals in agriculture.

The other aspect of slum ie 'health of people' needs to be seriously looked into. By no stretch of imagination or rational thinking can it be assumed that people living in the vicinity of the factory are going to be healthy. The chemical gases will take a toll on their health. Government's well intended rehabilitation programmes would prove to be failures if 'health & hygiene'

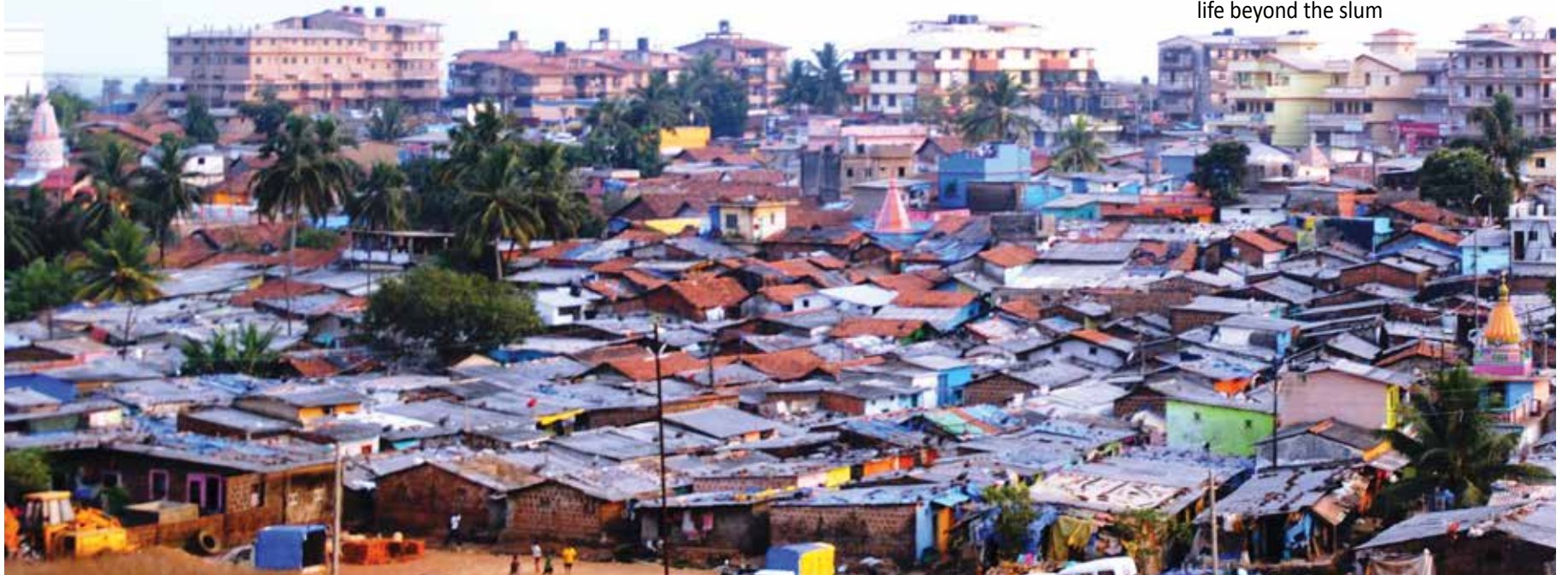
of the people of Zuarinagar is not taken into consideration.

For a better tomorrow perhaps the Agro-Chemical Factory could be replaced by one which has organic solutions to agriculture. Besides, government's rehabilitation programmes, desalination plants, rain water harvesting reservoirs, bio-gas plants, and solar power solutions are among a few changes in this area that can be made for a better environment and a progressive future.

The ambitious plans of the government to provide housing facilities to all by 2022 cannot be done without the involvement of the people of the area concerned. If slums have to be transformed then 'self-help' solutions have to be devised. The residents of the slums are responsible for the shanties they live in. With a little professional help of architects and engineers, they can be made to build better quality homes and housing communities, adhering to principles of sanitation and cleanliness. This would reduce the burden on the exchequer as well as the money the slum dwellers need to pay for ownership of their housing units. Self involvement would also mean to have a say in the design of the houses as per climatic conditions. Ownership rights trigger a sense of responsibility because of which the slum dwellers would be ready to invest their own resources for improving their own environment.

Community living is a very important aspect of life in the slums and should not be ignored. The need for health care centres, schools, playgrounds, parks, clean market spaces, centres of faith like temples, mosques and churches have to be given equal importance. By retaining the original way of living of the slum dwellers and improving upon it only, can it be ensured that there is a life beyond the slum

LIFE BEYOND THE SLUMS



Ghumat

Sound of Goan folk

Ghumat forms an integral part of Goan folk music. Team TNV speaks to Manoj Parab a young Goan who is on a mission to unite Goans in the spirit of Goemkarponn through this musical instrument.

RAHUL KAMAT

WHAT INSPIRED YOU TO PROMOTE GHUMAT?

In a time when we have people talking about Goem and Goemkarponn, we met another Goemkar whose name is Mr Marius Fernandes. Marius Fernandes suggested us if we can have a Ghumatanche Fest similar to that of other festivals such as Patoleanche Fest. When I heard his idea, I said ok. We had many youngsters with us and we decided to go ahead with this idea. We had a discussion within our group to plan how to go ahead with this idea. We had decided not to have this festival on a commercial scale as our main aim was to unite Goans in the spirit of Goemkarponn through this musical instrument. And Ghumat being a Goan instrument and only musical instrument made out of mud we decided to promote it.

WHY ONLY GHUMAT?

A speciality of Ghumat is that it is a symbol of Goan unity. For example, a Harmonium or a Tabla is used only during Hindu festivals while some other instruments like Guitar or a Violin is used during Catholic celebrations. Ghumat is the only instrument which is used by the people of both the communities. Ghumat is used for Mando and even for Aartis especially during Ganesh Chaturthi. Even for Zaagor people from both the communities come together and play this instrument.

YOUR GROUP HAD RECENTLY ORGANISED GHUMATANCHE FEST.



WHAT WAS THE UNIQUENESS OF THIS FESTIVAL?

The festival that we had organised was fully eco-friendly. We hosted Ghumatanche Fest without asking for any donations or sponsors, there was no chief guest. There were no prizes nor a competition of any sort, the reason being that our aim was just to get everyone together. In a competition there is a winner and a loser, and we didn't want anyone to lose and go home sad. We wanted that the people should take only good memories from this festival.

WHAT ARE YOUR PLANS TO PROMOTE THIS INSTRUMENT?

In recent times the number of artists who play Ghumat have been decreasing day by day. Even if we want to export the instrument we face a problem as opening of the instrument is covered with the skin of monitor lizard. So now we have come up with an idea to promote this instrument covered with the skin of sheep and goat and we have already started working on it. We have also associated with Global Goan Association and

they are already working out on a plan to export this instrument in the international market. If we are successful in exporting and promoting Ghumat in the international market then there will be a good employment opportunity for the people who make this instrument, and we can undertake the production of this instrument on a larger scale.

WHAT IS YOUR PLAN TO ATTRACT MAXIMUM NUMBER OF GOAN YOUTH TOWARDS THIS INSTRUMENT?

We want to tie-up with schools so that we can introduce Ghumat playing as a part of extracurricular activity in schools. If the schools provide us a classroom we have some members in our group who are ready to go to the schools to teach this instrument. And even parents will look forward to send their children as it will be a part of extracurricular activity of the school.

SINCE YOU ARE PLANNING TO PROMOTE THIS INSTRUMENT, PEOPLE WILL ALSO BE INTERESTED TO KNOW THE HISTORY OF GHUMAT. WOULD YOU HIGHLIGHT A BRIEF HISTORY ABOUT THIS INSTRUMENT?

The history of Ghumat goes back even before the Portuguese arrived Goa. It was a mud instrument developed by Goans. The instrument was used in the first Carnival after the Portuguese left Goa. In the olden days there were no loudspeakers so the people had developed this instrument and it was the only musical instrument traditionally used in Mando and Zaagor. So we can say that along with Konkani and our beautiful coconut trees Ghumat is also the identity of Goa.

WHAT KIND OF SUPPORT ARE YOU EXPECTING FROM THE STATE GOVERNMENT?

The government support would be of the utmost importance if we want to promote this instrument. We are even planning to meet the state Art and Culture Minister and submit a memorandum to declare Ghumat as the state musical instrument.

AFTER THE SUCCESS OF GHUMATANCHE FEST WHAT IS YOUR NEXT PROJECT?

In the next few months we are coming up with an initiative called 'ghara gharan Ghumat'. Under this initiative we would like to make an appeal to every Goan to keep a Ghumat in their homes, at least as a showpiece and a way to preserve our culture. Even our future generation should know about this instrument.



HOPE HELP & HEAL

Rahul Kamat of TNV talks to Crishnaa Verenkar about her NGO and her journey in the field of social work



TELL US ABOUT YOURSELF?

I have completed my BA in Sociology and I am also planning to pursue my Masters in Social Work, but right now I am working as a photographer with Melba Photography in Benaulim.

HOW THE IDEA OF STARTING AN NGO CAME TO YOUR MIND?

During my school days, I always wanted to start an NGO which would cater to animals as well as humans because I feel these two elements co-exist on earth and we have to live in harmony with every being. So, just focusing on animals wouldn't really help because there are some people who are in need for attention. The whole idea of NGO came into being because I was in depression. So my psychiatrist told me, in order to distract myself from that I had to get involved with something else. When I was in a market, I saw cows

eating plastic and just then I spotted a garbage truck which came and took away all the green waste from the market. Then, I came up with an idea to collect all the green waste and feed it to the cattle. So with the help of my friends we started collecting the green waste from the vegetable and fruit vendors. The name of our NGO is 'Healers' because it's like a process of healing yourself by healing others. Whichever member that joined our group was a depression patient and now they are doing fine. That's why the tagline of our NGO is 'hope help and heal'.

WHAT ARE THE PROJECTS THAT YOUR NGO HAS UNDERTAKEN SO FAR?

We have worked on different projects and to make it attractive for the people, we started naming every project. The first project was 'Green

Munch' wherein we fed the stray cattle with green waste. The second project was 'Bark With Me' under which we approached colleges and started dog vaccination programme in the colleges. Our next project was named 'Nanhe Taare, as one of our group members came up with an idea of doing something for the children, wherein we conduct classes for underprivileged children, organise picnics, study tours to museums etc. We also have a project by name 'Happy Belly' in which we provide food to the homeless people every day.

AFTER YOUR START-UP PROJECTS, WHERE DO YOU THINK YOUR NGO STANDS NOW? DO YOU HAVE PLANS FOR EXPANSION?

Right now we are functioning pretty well and we are also planning to register our NGO which will help us in the long run. And since all our projects

are doing fantastic, we are also looking for a place where we will set-up our office to start a full-time organisation. Presently we are not working full-time and we are doing it only on Sundays.

HOW DO YOU GENERATE FUNDS?

Since we are on Facebook there are many people who send us donations. Currently we have two people who help us financially, one is Sakshi Kudchadkar from Panaji who has helped us a lot and our NGO is functioning because of her and there is a lady from Dubai, who is actually a Goan, her name is Jennifer and she too provides us a lot of funds. Even my mother helps us as well. Then we have other people who give donations in kind, like old clothes, toys etc. instead of cash. We urge people to donate their old clothes instead of just throwing them away.

WHATEVER YOU ARE DOING RIGHT NOW THROUGH YOUR NGO, DO YOU THINK IT WOULD BRING A CHANGE IN THE SOCIETY?

Firstly, it is definitely helping me as an individual and I am feeling satisfied and happy with what I am doing and secondly, the kids with whom we have worked and whom we have helped with studies and various other things, it may not bring a change to the society at large but it will definitely bring a change in the life of these kids.

DO YOU THINK THAT THE GOVERNMENT MACHINERY IS LACKING SOMEWHERE WHICH IS WHY YOU HAVE TO BE ACTIVE?

I think we all have a responsibility towards the society and we cannot just blame the government. Yes, there might be certain issues where you can blame the government but I don't know how to comment as I am really not into politics. I think that, if there is something that we can do, then we must go ahead and do it rather than waiting for the government.

WHAT MESSAGE DO YOU HAVE FOR THE YOUTH?

The youth should be more active in these things. I feel many youngsters should join our NGO, the main thing is we do not function every day, we work mainly on Sundays and just for two hours. So I think, in your entire week if you can just spend two hours, it helps a lot. I would like to urge the youngsters that if they can do something to help those in need then they should go ahead and do it. One doesn't have to be a member of any NGO to do good things.



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 or contact us at 9834407404

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 After divorce, how the family assets will be shared as we jointly own the flat we live in as well as some other properties?

Divorce means separation of persons and separation of their respective properties. Upon registration of marriage under the communion of assets, the spouse is entitled to half undivided share in all the immovable properties of the other. In the absence of any pre nuptial agreement, the assets are separated and remain exclusively with the spouse who owns them. With respect to properties owned jointly the divorced couple will continue to hold their respective share therein till the time it is partitioned.

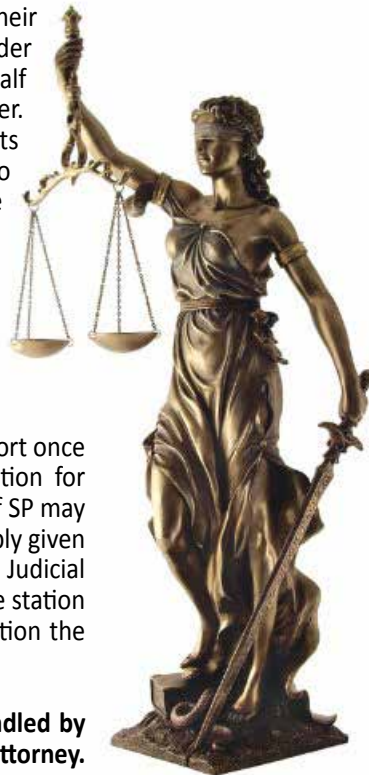
2 FIR was filled against one of my neighbours for assaulting me in the month of April, but the police have still not filed the charge sheet in the court.

What is the next step for the complaint?

Answer: The Police have to file charge sheet or closure report once their investigation is over. You can make an RTI application for knowing the status of your complaint. Further, the office of SP may be petitioned. However, if you are not satisfied with the reply given by the police you may file a petition before the concerned Judicial Magistrate court, seeking direction to the concerned police station to file the charge sheet expeditiously. On the court direction the police will get into action swiftly.

3 I work abroad and most of my legal affairs are handled by my wife, I was thinking of giving her my power of attorney. What is the procedure to do so?

Whatever powers you may want to give to your wife, for her to act on your behalf, convey it to a lawyer for proper drafting. Once the instrument of Power of Attorney is ready, it should be sent to you abroad by post or the document can be e-mailed to you. You can then take the print of the same and sign it before the Indian Consulate in the country you are staying. The Consulate General countersigns the document and you will have to send it back to India, and your attorney shall then have to adjudicate it in the office of District Collector of the local jurisdiction.



4 My father had gifted me a house five years back. It is in my name now, but my brother wants a share in it and he is threatening me. Is it necessary to give him a share now?

It depends if the property gifted to you constitutes the share from the disposable quota of your father. If the house gifted to you was the only asset of your father or if your brother has not got any share in your parents' assets, then your gift deed might come under challenge.

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CONGRESS- UNPRODUCTIVE OPPONENTS IN THE STATE ASSEMBLY

TEAM TNV

Two weeks have passed since the monsoon session of the state Legislative Assembly commenced, but the visitors sitting in gallery and watching live on television are missing the spark of then opposition voices, Vijai Sardesai and Rohan Khaunte, who have shifted their base to ruling benches, and the only opposition party- Congress, still acting like the “new comers” in the state politics. Something that has kept the Assembly proceedings catchy is Chief Minister Manohar Parrikar who continued to impress the viewers with his “promises”...“deadlines”...“assurances”- for which he is been known for.

Willy-nilly, coming back to the prime opponents, the Congress, which still has some kind of national outlook and resonance, has lost its touch completely despite the very fact that the party has 16 MLAs including four former Chief Ministers, sitting by their side. But even then, the oldest national party legislators seem to lack the ‘maturity’ on the Floor of the House. Rather than being destructive/constructive

opponents, the Congress MLAs are very ‘unproductive’.

The opposition was in no position to take advantage of whatever visible chinks were there in the BJP-led coalition government functioning, and the very reason for this was that the opposition themselves are not united. There is dissident-fraction within. And these people are carving to topple the government, for what? To safeguard the old profession of corruption or mere politics to grab power and rule like kings.

“Opposition has no issues to raise... they are not able to point out single fault of the government,” Parrikar had said after opposition MLAs staged walk-out over a petty issue of administrative circular by the government.

“We are mature and responsible opposition which must be given due credit and praise for meaningful functioning of the Assembly. We are raising people’s issues and not issues concerning individual MLAs,” was the defence of Leader of Opposition Chandrakant Kavlekar speaking to TNV.

The day one of the ongoing monsoon session was the best example which showed how Congress is yet to be



Congress needs to grow up at least now, when people of Goa have given them an opportunity to prove it. Having been elected on a wave of expectations, the Congress has failed to send any signals to its voters, not even in the field of political conduct or otherwise. The party does not have a game plan to seize the initiative and think differently.

‘matured’ enough when the legislators led by senior leaders disrupted the House proceedings for over two and half hours over an issue of government circular that restricted the government officials from attending the meetings at the residents or offices of the MLAs-both ruling as well as opposition.

The House was adjourned thrice by the Speaker, Dr Pramod Sawant, who left no stone unturned to convince the opposition members to have a detail



discussion on the matter at the later stage. His orders were dishonoured by the members, who continued their childish act demanding that the circular be withdrawn immediately.

The reason for the anger was very clear that the MLAs don't want to travel all the way to Panchayat halls or municipal halls or district administration offices. Their so called 'Janta Darbar' was all that they wanted to show their power to their voters.

Ridiculing its own Congress members and dealing with the issue and situation in a more mature and farsighted manner, former Chief Minister and senior most member of the House, Pratapsingh Rane, in a very emotional manner requested his colleagues to allow the House to function. It was a slap on the face of Congress MLAs, who, however, respected senior Rane's say.

"I supported the demand of Congress party but I did not walk out with them. Their demand was right but the forum was wrong. The issue would have been discussed in a better way," lone NCP legislator Churchill Alemao said, adding, "Congress needs to grow up".

The MLA, once part of the Congress-led government, said it rightly. Congress needs to grow up at least now, when people of Goa have given them an opportunity to prove it. Having been elected on a wave of expectations, the Congress has failed to send any signals to its voters, not even in the field of political conduct or otherwise. The party does not have a game plan to seize the initiative and think differently.

For example, it disrupted and staged walk-out over the controversial Investment Promotion Board (IPB), which grants in-principle approvals for investments in the state. The Congress,

terming the Board as major scam and fraud, demanded House Committee probe, but failed to ascertain the reason behind their demand.

Except for the alcohol and brewery industry proposed by M/s Vani Agro Pvt Ltd at Sanguem- the project which is now kept on hold- Congress failed to give any other case studies of the total 150 projects approved by the IPB- as a justification for their demand. And not to forget, it was Vijai Sardesai, now in ruling, who was the first to raise his voice against the red-industry project backed by Congress then.

"You point out one scam or reason for which I should go for House Committee probe," Parrikar had told the opposition, to which they staged a walk-out.

The Congress may take pride in the fact that it has disrupted the proceedings of the House somewhat effectively, but whether it can force the government to rethink on any matter is a crucial test. Besides, whether an Assembly victory was won by voice power or the power of argument will, in the long run, determine if the Congress wants to do justice to procedural decorum or just make its presence felt.

The opposition plays an important role in providing practical criticism of the ruling party. It is also consulted when important appointments are made. Therefore, it is important for the opposition to have a leader who can represent the interests of the non-dominant party. A weaker opposition leader will weaken the opposition bench and will not be able to put up a unified front against the ruling party, and the same is in case of Congress here. The so called young Leader of Opposition, whose selection turned out to be sour for the party who slipped to form the government in the state even

The Congress may take pride in the fact that it has disrupted the proceedings of the House somewhat effectively, but whether it can force the government to rethink on any matter is a crucial test. Besides, whether an Assembly victory was won by voice power or the power of argument will, in the long run, determine if the Congress wants to do justice to procedural decorum or just make its presence felt.

after emerging as single largest party- has nothing much to impress upon. Kavlekar, elected as MLA for the fourth consecutive term, has no spark of that of Leader of Opposition. Directionless, issueless Opposition leader has in fact no control over his legislators, and this is seen often during the ongoing House proceedings.

One does not find any difference between then Leader of Opposition Pratapsingh Rane and Kavlekar-both who lack leadership qualities. Kavlekar is not a challenge for Parrikar- a leader who enters the House after meticulous study of all the subjects as against our Leader of Opposition.

The Congress is not only weak, but also isolated. Take for example- all the four former Chief Ministers- Pratapsingh Rane, Luizinho Falerio, Ravi Naik and Digambar Kamat are seen cut-off from each other. While Rane preferred not to be a part of Congress

protest in the House, Naik lacks issues and presentation while Kamat lacks support. On the other hand, Faleiro, who entered the house after over a decade, is still in his olden days, when the MLAs use to just make talks...talks... talks...to grab attention and make the presence felt. He failed to adopt himself to the latest tunes.

The only hope of the people- the young and dynamic MLA Alexio Reginaldo Lourenco continues to show his immaturity on the Floor. Apart from creating noisy scene, rushing to the Well of the House and indulging in argument with BJP MLA Nilesh Cabral, the Curtorim MLA is yet to grow up as a politician. Known for his clean image, Lourenco has, however, failed to impress the audience due to his incapability in presenting the issues in right direction or managing to attract government's attention.

There are ten more Congress MLAs in the House who are yet to make their presence felt in the state Assembly. These include four to five MLAs, who are serving their second or third term as legislators.

Undoubtedly, not just Congress, but the viewers are missing Vijai Sardesai and Rohan Khaunte in the opposition- the two most aggressive voices that on several occasions left ruling side red-faced. Be it casinos, IPB, regional plan, comunidade, housing- these two leaders racked every issue on the Floor during their tenure as opposition. Both are now in ruling benches as Ministers.

Keeping up to people's mandate that came in their favour, Congress will not only have to take the initiative, but also tread cautiously to ensure broader and more durable opposition to the government.

With the ongoing political development outside the Legislative Assembly complex, putting congress to mere embarrassment, we observe the long and slow death of Sonia Gandhi-led party in the small state of Goa, which was ruled by Congress for decades.

Let's forget the past; in last four months, since the Assembly results were out, Congress brand is severely damaged and carries very little that is positive.

But, above all this, the ruling coalition of BJP, MGP, Goa Forward and Independents, enjoys unmatched discipline and organising power despite having five first time Ministers (including three first time MLAs) and five new MLAs. Congress has lots to learn from the ruling dispensation, whose organisational set up on the Floor of the House is so strong that opposition finds itself on the back-foot in cornering the government.



DRIVE SAFELY

SUNDARAM CHITRAMPAT

Vehicular traffic will never be accident free! Anything that moves forward, sideways or backwards can collide with another moving or stationary object or careen or turtle due to many reasons beyond the control of person on the wheel. It could happen as a result of mechanical failure, vagaries of weather and similar other cataclysms. Other than that, almost every accident is the result of violations of traffic rules. In every country vehicular traffic related accidents happen every minute of the day and night. Notwithstanding, India is at the Numero Uno (number one) spot in traffic accidents and deaths! Why?

The rampant accidents and deaths that take place on Indian roads is the result of reckless driving due to ignorance of traffic rules by both drivers and riders of motorised vehicles. Every individual, born and brought up on Indian soil, is inherently encouraged to forgo all rules whether it is traffic rules or otherwise. It's not at all a person's fault as he or she was moulded to behave that way! What a child follows and practices is what he or she sees/hears and experiences from the very day of its birth. A child

mimics everything that it sees and hears is a fact which is self-explanatory. For example, an Indian child, born and brought up by its parents in the U.K. will pronounce English words as the English people do utter them! Likewise, if the same child was brought in Japan, it will have developed a Japanese style of speaking. Not only the spoken style but behaviour too would be adopted. There is a saying - when there are only two British people waiting to board a bus or to buy something from a store etc. they form a queue!

The diffusion in writing in the foregoing paragraph was to establish that all that we do is what we see, hear and experience from childhood or we mimic what we have been exposed to in our formative years. The chaos and lawlessness that prevail on Indian roads is nothing but replication of what road users have been exposed to from day one.

One has to use common sense to remember that the people who are at the helm of vehicular traffic system and its governance in India are products of the very same system. 99% of them would never see with their naked eye anything other than what they see on Indian roads. Anything that is being experienced time and again on a minute by minute basis wouldn't be felt

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as anything unnatural or bad or dismal. Such people who steer the system are less likely to have foresight to find effective solutions for addressing the problems they encounter. They possess a paralysed mind unfortunately.

For example, pillion riders of two-wheelers are exempted from wearing helmets. Whose brains were behind it? What is the logic in it? As a matter of fact, a pillion rider without a helmet on his/her head is twice at risk if the vehicle meets with an accident. No human being with common sense, literate or otherwise, would enact such a law. The very purpose of imposing law on two wheeler riders to wear helmets all over the world is scornfully defeated when the pillion rider is allowed to ride without a helmet. On an average, four Indians ride on a bike i.e. the husband, wife and two children, as if, there is no danger of accident. In the event of an accident everyone blames the other for the cause of the accident

What is the solution for changing Indian roads from its current state of malignant indiscipline? The Police

feature

hierarchy at the top should be trained in traffic rules and should be informed about ethical practices outside India, in a few countries where traffic rules are followed/observed and/or implemented strictly for a minimum three months. Why three months? As the saying goes 'old habits die hard' - They must rewrite the rule books and implement them religiously. The first requisite for its effective implementation is that all the drivers ought to be given one more driving test.

Permanent solution to treat and cure this endemic disease is to educate children the do's and don'ts of traffic rules and regulations from kindergarten to class 10. Examinations should be held in every class to assess the child's assimilation on the subject. To save the posterity from risk of death and permanent life destroying injuries, the current generation must rouse from its hibernation and take the cudgel to inculcate ethical discipline to mould the young minds to create a better and bright future for them.

These children who are being taught the values of following traffic rules will in turn become the policemen/policewomen of the society to transform their elders from their present indifferent attitude to a more responsible one.



NEO AGRICULTURE POLICIES GERMINATING IN THE STATE

TEAM TNV

A very interesting and peculiar situation has emerged between the agriculturists, veterans and the ambitions of Goa's agriculture development authorities. How much mechanization is good for Goa is the problem being faced by all now. Questions are being raised on how much and how the farmers and the allied skilled men will have to lose or win in the pursuit of mechanisation.

This situation was faced by the new Agriculture Minister Vijai Sardesai wherein he was posed with a question on how to fast track the farming of Goa to put it in the mainstream of Indian agriculture scene.

Earlier, the Agriculture Minister in Agriculture Expo has been on record that the assurance of the Prime Minister Narendra Modi of doubling the income of the Indian farmers in five years, automatically becomes a policy for all the states of India.

However, the challenge of the same has just begun for the Minister. The Chief Minister Manohar Parrikar and the Agriculture Minister had planned to bring 1500 acres of barren or non-cultivated agricultural land into cultivation within one month in this Kharif crop season. The Minister has informed that they have been able to achieve only a part of the target due to various reasons. One of the major reasons for the same is the apprehensions of the farmers of losing labour earned from manual farming. "I had taken a meeting of all the Zonal Agricultural Officers and asked them on what problems they have and how much mechanical transplantation they can do. I got tractors for the farmers as they were not given for a long time. I enhanced the scheme money so that it can fit the Goan farming. But it is not going the way it should be," said Agriculture Minister.

Vijai also informed that he changed the stance and requested the transplantation machine vendors not to come and sell their machine, but to come with an operator and service back up. But there were some teething issues with the process. In addition to this problem, the farmers have complained



that by getting in the machine, the workers will lose daily wages. "The Agriculture Department is one of the most cooperative departments and means business when it comes to development of agriculture. However we have not been able to get desired results," said Sardesai.

Farmers from Fatorda area operate in a typical manner wherein a family which doesn't have fields, help another farmer with fields and gets daily wages for the same.

Idalina Dias from Fatorda, while speaking to TNV, explained what a farmer of Fatorda does for survival. "We are small time growers of horticultural produce like red, green leafy vegetables, radish, lady finger, French beans and others. However, this income is restricted to few months. My family helps in the fields of Fatorda during Kharif season and we make a living during the monsoons," she told. She also told that they are dependent on this income as their kids are still schooling. "There are numerous such farmers like me who are dependent on Kharif and Rabi season, and mechanization makes us lose the income," she added.

Having said that, the Agriculture Minister plans to change his stance and encourage more and more farmers to go for orchid farming. Agriculture Minister said, "The income from orchid farming is 10 times more than paddy. The farmer keeps growing paddy for a much lesser income while he can be a mass producer and exporter. For the need of rice he can buy it from the markets," said Sardesai.

The strength of Farming can be seen



in a village near Pune called Talegaon. The farmers are producing Dutch roses. These roses are the best of the breed and are in demand all over. These farmers are now producing and exporting the roses to Netherlands. There are roses and orchids around the world, of which, strains of roses from Hawaii have grown in a similar environment like that of Goa. "We will research and develop our own orchids or roses, and I think within three years we can show substantial results," said Sardesai.

Agriculture in Goa is more of pride than that of subsistence or farming for survival. People from villages deep inside Canacona, Sanguem and others still do agriculture as a matter of pride and discuss how their farming was this time round. The recent studies and observations have proven that



there is a lax on working hard to make agriculture commercially successful. Hence, a line of thought wherein the agriculture in Goa can be continued with all its fervour to keep Goa green, is presently being followed by the Ministry of Agriculture.

It is going to be interesting to see how the Agriculture Department and the Minister himself who is in the driver's seat, makes the changes and sets the ball rolling for the agriculture in Goa. With their eyes set on the Rabi season the Agriculture staff under the first ever Agriculture Graduate Minister has put its foot down to raise the bar in the Goan farming scene.



A HOPE FOR A BETTER LIVING

SUUHAS TENDULKAR

Green Piece is meant to be an informative take on new technologies, solutions and strategies that can help individuals and communities in Goa to practice sustainability in daily life.

The concept of sustainability is not very different from the concept of common sense. If at all, the concept of sustainability, which is concerned with future society and life, can be called critical common sense.

There is this local story (many attribute it to our honourable CM, Mr Parrikar) about the watermelon eating competition that took place about 30-40 years ago in many villages in Goa. Every year, the watermelon growers held a watermelon eating contest for the youth of the village. For this contest, they used to put up some of their largest and choicest watermelons. The contestants could eat as much as they could but were asked to spit out the seeds in a separate bowl. These seeds from the best watermelons were then used for the next harvest by the farmers ensuring that the new crop got the best genetic stock. Just a generation later, their sons continued holding the competition but started using smaller watermelons for the contest, reserving their largest and the best ones

for selling to the customers so that they could fetch higher profits. Over time, the size of the watermelons kept going down and nobody won.

Unfortunately for us, the same story is playing out before our eyes on a larger canvas. The compulsion and urgency of 'now' has overwhelmed our culture that even the most intelligent of our lot are taken in by the dazzle and have submitted themselves unquestioningly to serve goals that are nothing more than figures. Majority of us are so entrenched in this culture of 'now' that we have become blind to the decadence and destruction that this culture is bringing about.

Climate change, the greatest of all crises facing humanity, is happening and there is no denying that. The effect of climate change has been validated in studies after studies, and leading scientists across the world now believe that unless we act fast and in coordination, we would be leading the earth to its next mass extinction. The impacts could be as simple as inundation of coastal areas, to more complex and interlocked effects including drastic changes in rainfall, crop failures, food scarcity, and mass migration to gradual disintegration of urban states. In a real sense, the impacts could be unfathomable and nothing that we can think of can prepare us for the

social, economic, environmental and psychological shocks of things that may unfold in the coming decades.

A simple common sense understanding dictates that we should match our consumption with available resources. While many of us do this at an individual level when we manage our finances and make spending choices, we fail miserably on a collective level. In our race to satiate the 'now', we are overusing limited resources without any thought or consideration about the long term effects of this relentless taking.

All the problems that we are facing now, are the problems of our culture. Is there a way to change this culture? Is there a way to go forward with new insights and ideas to take things forward?

Please read on as we talk about specific aspects of how this culture is affecting us in different areas and what we can do to make a change at an individual and a community level. The subsequent issues will focus on diverse domains including agriculture and food production, water management, material extraction, land use and construction, energy use and generation, waste management, transport, material use, education system, localism and many other topics that can make a difference to our life and our future.

Climate change, the greatest of all crises facing humanity, is happening and there is no denying that. The effect of climate change has been validated in studies after studies

Have a Happy & Healthy Shraavan

AMEY JOSHI

Shraavan is one of the most auspicious months of the Hindu calendar. The holy month has already started from Monday, July 24, which was observed as the 1st 'Shraavan Somaar'. Fasting on Mondays is a ritual that is followed by most devotees of lord Shiva during the holy month. Devotees take early morning bath and visit Shiva temples. Married women fast to seek the blessings for the wellbeing of their family.

The various festivals celebrated during the holy month are Nag Panchami, Narali Pournima, Raksha Bandhan, Janmashtami, Gopal Kala and Pole.

Shraavan or Sawan Maas is also associated with the monsoons which are crucial for the harvesting of crops.

In Shraavan, some people fast only on Shraavan Somaars while some people fast throughout the month. Hindus follow a complete vegetarian diet during Shraavan. Some people observe fast by eating fruits, milk, curd, buttermilk and dry fruits.

Fasting during the month of Shraavan brings many health benefits for our body. The vital organs of the body get much needed rest. These organs work hard throughout the year to keep us healthy, therefore Shraavan month acts like an off-season for these organs.

This is the month in which the monsoons are in full blast. Along with cool and pleasant surroundings, the rains also bring a whole lot of water borne diseases with them. The general hygiene is bad and you never know what infection you might catch. Consuming non-veg during this month increases the risk of being infected.

Observing fast and going vegan during Shraavan also helps to keep several infecting germs, which breed during monsoons, out from our body.



Following is a sample diet plan for people observing a Shraavan fast

EARLY MORNING

Glass of warm water with a teaspoon of honey.

BREAKFAST

A glass of milk shake with any fruit

MID-MORNING

mixed juice - 1 glass/ walnuts and almonds

LUNCH

Sabudana kichdi or boiled potatoes along with bowl of salad

EVENING

Green tea or lime water or coconut water

DINNER

Bowl of soup+ 2 chapatis with vegetables and bowl of dal

POST DINNER

Any fruit

BED TIME

1cup of skimmed milk



Suffering from indigestion or stomach problems is quite common during monsoon season. Fasting acts like a readjustment for the smooth functioning of the digestive system.

There are several other health benefits that fasting once a week or month can have on the bodies.

The main aim of fasting is to detoxify your body. Following a proper diet plan can give one a feeling of satisfaction and also a feel of being healthy. People fasting should take lots of fruits and liquids. It is important that one should plan meals in a way that enough energy is generated for the body to sustain throughout the day.

The diet schedule is disturbed due to fasting, because of which one may develop constipation. To avoid this, one has to drink at least 8-10 glasses of water during the day.

On the whole, Shraavan is not just a month of religious importance but it also plays a significant role to upgrade ones health and fitness. The month of Ramzan in Islam and Lent in Christianity play a similar role of enriching ones soul and body.



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.



IN HIGH SPIRITS

CHARLENE FARRELL

Goa is known for its sun, sea and surf. As people flock to our beautiful shores to enjoy what nature has blessed us with, spirits run high in more ways than one. Alcohol flows as freely in this state as the beautiful rivers. Sure, there is definitely nothing wrong with a few tipples of the mood-altering stuff. The problem arises when a few shots turn into addictions. In states like Goa, where alcohol is priced reasonably low, many households face the evils this brings. When we live in a society where mental health is considered taboo, our citizens seek solace at the bottom of the bottle.

What is very surprising about this whole problem of alcoholism in this state is the rate at which people quit and get back to it. Yes, I am talking specifically of those religious months in our calendars that call for abstinence. We experience this every year. No matter which religion we follow, when the months of moderation dawn, like Lent and Shraavan, we have a number of dependent drinkers magically giving up the bottle and taking on the personas of peace. These sudden behaviours beg the questions, what is it that, 1. Makes them quit in the first place and 2. Makes them go right back? There are plenty of

things that could answer question one. Some of the reasons could be, a ferocity in religious beliefs, societal and family pressure, will power, genuine belief that abstinence is a key to righteousness, and many such subjective issues.

When an individual is dependent on narcotic substances, their bodies have cravings. In its mere definition it means a strong, often uncontrollable, desire to drink. Can religious beliefs be so strong as to allow people to overcome strong physical discomfort for it? Yes, most people who are dependent on alcohol might find ways to keep themselves out of the abstinence fold, but there are a few who walk the long mile. Most people who do abstain are users and sometimes abusers of alcohol. Those who abuse alcohol are those who can carry on with some semblance of normalcy in their life. But the cravings are still very much there. It does, therefore, take a lot of willpower for someone to quit, even if just for a month.

However, a question that is most commonly asked, especially by loved ones and family, is that if one is able to abstain for a month, why is it that they go back to it once their religious month is over? Sometimes we also witness that at the end of these months, they hit the bottle harder than prior. One such individual

who I interviewed about the same explained that it feels like being underwater for a long while. What happens when you break the surface? You breathe in large quantities of air, often much more than is required. Some even report that the one thing that gets them through the month is the knowledge that there is a peg waiting at the end of this long dark tunnel. This my dear friends is actually the best time to target healing and to get help. When an individual falls into the clutches of alcoholism, we can't turn a blind eye to the truth that it is actually a disease and an illness that requires medical and psychological attention.

It is true that a number of individuals give up alcohol on their own, but everyone is different. Not everyone has the willpower of a saint. The reality of alcoholism is a real one. It truly alters the entire persona of an individual. It is very easy to get lost in the numbness that alcohol brings.

As I mentioned earlier, mental health has not been looked at as something very important. Many individuals who are alcohol dependent, started consuming because they wanted to try something different or for fun, but remained a consumer most often because the feeling they got post stress and trauma was one which numbed the pain. As family and friends reading this, know that you are not helpless in the face of this tantalizing liquid. There is help out there and this is a great time to broach the subject. We need to make people aware that their behaviour during the time of abstinence makes them wonderful to be around with.

Alcoholism does not only affect an individual, it is an evil that consumes the entire family. Always remember, a little step forward can change an entire nation, one family at a time.

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.

A HISTORY BEFORE THE HISTORY OF INDIAN CINEMA

VINAYA WALAVALKAR-MANTRI

Some people understand very well that it takes a little rain to make the flowers grow. When things get a little rough in life, these are the people who will remind you that bad times do not last. In fact, they know that challenges are necessary to seize the best opportunities. You don't get rainbows unless you also have rain.

He too liked rains. In his childhood that was spent in a small village named Sukalwad in Konkan, he enjoyed every drop of rain. His mind separated the seven colours from the rainbow to paint imaginary pictures of his foresight, dreams, aspirations, ambitions, thoughts, zeal and adventure. The young man who migrated from Konkan to Mumbai in search of a new horizon was the pioneer of Indian cinema, Ramchandra Gopal alias Dadasaheb Torne. Unfortunately, this name did not find its rightful place in the history of Indian cinema. Dadasaheb Torne, who had a flood of accolades for his various achievements in the film industry, lost his life's work in real floods that occurred on July 12, 1961, when the swollen waters of Mutha River destroyed all the valuable negatives, photographs, documents after bursting from Panshet dam near Pune.

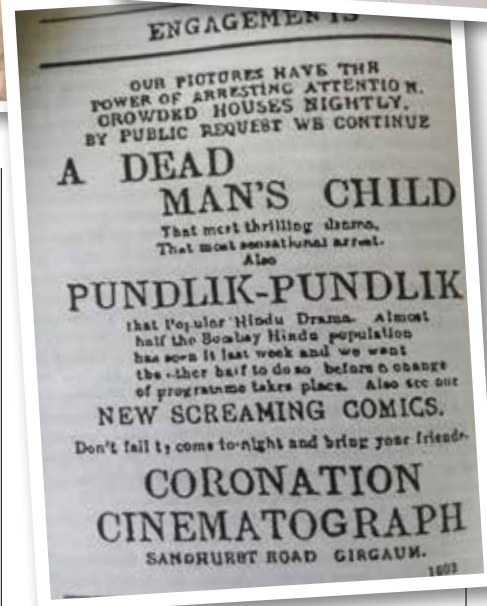
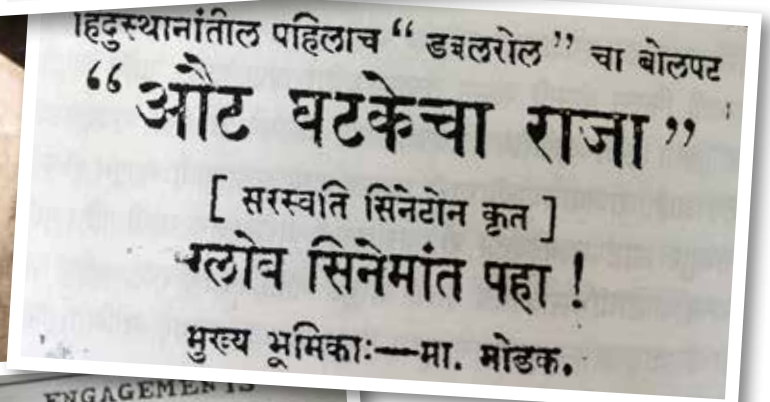
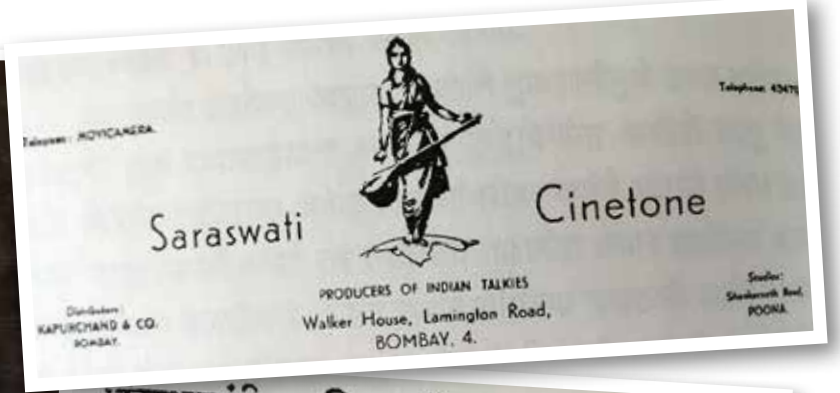
The forgotten father of Indian Cinema Ramchandra Gopal alias



Dadasaheb Torne made the first ever Indian film 'Pundalik' which was screened at the Coronation Cinematograph in Mumbai on May 18, 1912. That was one year prior to Dhundiraj Govind alias Dadasaheb Phalke's 'Raja Harishchandra' which was released at the same venue on May 3, 1913.

Born on April 13, 1890, at Sukalwad in Malvan taluka of (undivided) Ratnagiri district (now Sindhudurg district) Dadasaheb Torne lost his father when he was three years old. His mother Radhabai brought him up. Due to financial difficulties he could not get higher education.

After being involved in the distribution of full-length (30-40 minute long) English films in India, he hit upon the idea of film making, and founded his own studio 'Saraswati Cinetone' (1931) in Pune. Under Saraswati's banner he produced memorable movies like 'Shyamsundar', 'Aut Ghatkecha Raja', 'Bhakt Pralhad', 'Chhatrapati Sambhaji', 'Thaksen Rajputra', 'Savitri', 'Raja



Gopichand', 'Bhagva Jhenda', 'Majhi Ladki', 'Devyani'.

'Shyamsundar' was the first ever Indian movie to celebrate silver jubilee. Dadasaheb Torne introduced the first ever double role in 'Aut Ghatkecha Raja'. He was equally proficient in editing and sound recording. He successfully experimented trick scenes in 'Bhakt Pralhad' and 'Savitri' in the decade of 1930-1940 when the film technique was not advanced. He organised first ever premiere show of Sinhgad (1923) which was attended by G.K. Gokhale, famous social and political leader of that period.

He gave first break to artistes like

Rose, Shahu Modak, Dada Salvi, Jayashri (Shantaram), Dinkar Kamanna (Dhere), Ratnamala (Kamal Desai).

Many famous music directors of the earlier years, such as Annasaheb Mainkar, Sureshbabu Mane, C. Balaji and Vinayakbuwa Patwardhan were introduced by Torne.

Dadasaheb Torne also worked as a manager at Maharashtra Film Company, Kolhapur from 1920 to 1924, and worked as a general manager at Laxmi Cinetone, Royal Art Company, Imperial Film Company and Sagar Movietone from 1924 to 1921.

Dadasaheb Torne breathed his last on January 19, 1960 in Pune.

Movies produced: 'Pundlik' (1912), 'Sati ka Shaap' (1923), 'Prithvivallabh' (1924), 'Neera' (1926), 'Sindbad Khalasi' (1930).

Movies produced under the banner of 'Saraswati Cinetone': 'Shyamsundar' (1932), 'Aut Ghatkecha Raja' (1933), 'Bhakt Pralhad' (1933), 'Chhatrapati Sambhaji' (1934), 'Thaksen Rajputra' (1934), 'Krishnashishtai' (1935), 'Savitri' (1936), 'Raja Gopichand' (1938), 'Sach Hai' (Hindi-1939), 'Bhagva Jhenda' (1939), 'Majhi Ladki' (1939), 'Devyani' (1940), 'Narad Naradi' (1941), 'Navardev' (1941), 'Awaz' (Hindi-1942).





Shravan Somaar

TEAM TNV

Shravan month during the Chaturmas is the most awaited time of the year for Hindu people. It is said that the Shravan Nakshatra (lunar mansion in Hindu astrology) is the strongest, and is beneficial throughout this month. The nature is at its richest and greenest with all the hues of life.

Soon after the Ashadi Amavasya there is a spread of greenery and a godly glow on to the land, rivers and the skies. This signifies the beginning of the auspicious Shravan month and every day of the month signifies importance of not just the four elements of earth but also reveres what comes from these elements.

Goa has always been a mix of cultural and religious ethnicity. However, one thing that has remained constant in the state through the ages is the cultural and spiritual wealth which people long to see elsewhere. Goa is gifted with abundant natural cover and wealth, and obviously the month of Shravan changes the face of Goa entirely.

The most important day for Goans, and especially Madgaonkars, in Shravan, is the Shravani Somaar, the day of Lord Daambaab. One won't see many lord Mahadev temples in Goa because the lord of lords has his incarnations in the state in the form of Damodar, Chandreshwar,

Ravalnath and several others.

The Damodar temple in Zambaulim and the Chandreshwar Devasthan in Paroda, in particular, receives lakhs of devotees on all the Shravani Somaars.

Every Mahadev temple in Margao, like Damodar Ped in Margao Market, Damodar Linga in Fatorda and Damodar Sal in Margao city, have loads of programmes lined up for the entire month and have special Bhajans and Kirtans all day.

The Damodar Sal, every year on the first Monday of Shravan, holds a non-stop Bhajan for 12 hours in the temple premises. The Bhajan is conducted by locals from Comba Margao.

Pooja of Shivalinga and Abhishek is considered to be auspicious. Mythology has it that the people who have prayed to Lord Shiva have got their wishes fulfilled always as it is believed that Lord Shiva is a Bhola (humble) and listens to the prayers of his devotees. Abhishek and Pooja are two of the many methods by which Lord Mahadev is revered.

The Damodar Devasthan and Chandreshwar Devasthan serve delicious Mahaprasad foods to its devotees. One needs to be very lucky to get food at the Zambaulim temple as 1000's of devotees wait for their turn to sit on the ground and taste the delicious Panchpakwana food. The Zambaulim temple also serves

the best sweet on the platter.

It can also be observed that there is no caste, creed, religion or sect barrier for praying to lord Daambaab, and Madgaonkaars, be it Hindu, Muslims or even Christians, come to the temples to offer prayers.

The Damodar linga in Fatorda, the Ped in Margao, and Zambaulim temple, sees a surge of devotees who buy new vehicles during Shravan, come to offer prayers at the temples. Never does a Madgaonkaar start travelling in his new car or on his new bike without showing it to his lord Daambaab. Blowing horn, flashing light and breaking a coconut are rituals which are considered to be safety cover by the devotees, and say that lord protects them from any bad incidents.

The Damodar temple in Vasco though has the grandest celebration of all during Shravan. In Vasco, the seven-day event which begins a day after the Nagpanchami at the Damodar temple is called Saptah. The Saptah is one of the largest fairs in Goa which gathers along the road, from the temple to the taxi stand. People come here from all over the state to watch the glittering ceremonies, particularly the 'pars' or decorated tableaux coming from various wards. There is always a cultural programme in which well-known artists from the state as well as country come to perform.

The story behind Saptah is also interesting. In 1896, when people began dying due to an epidemic that broke out in Vasco, the locals turned to lord Damodar for help. A sacred coconut, which was installed at Vasco as a divine symbol to be worshiped, was brought from the famous Damodar temple at Zambaulim (22km from Margao). The epidemic abated as their devotion bore fruit. The residence of a leading citizen was donated to install an idol of lord Damodar. Even now, this small temple attached to the original house is the main venue during the celebration.

The festival begins at the Old Mata High School with prayers being offered. Before being immersed in the sea, the last year's coconut is taken out in the procession which is followed by a troupe of dancers as it visits Vasco's prominent citizens.

The devotees return to the temple after the immersion ceremony, and while singing devotional songs which continue non-stop for 24 hours, the new coconut is anointed. There is a parade of tableaux in the night and, during the entire week, culture and religious programmes are held. The vendors along the roads and streets of Vasco put up stalls, selling everything from toys to clothes. The best time to visit the temple is on any Monday or Thursday at around 9 pm when lamps are lit and devotional songs are sung.

DO VIOLENT GAMES CAUSE BEHAVIORAL PROBLEMS?



CHRISTON RIEN

Are you someone who enjoys playing video games? Whether it is in your spare time or something you pursue as a hobby, gaming has presented itself as one of the most popular and ever growing forms of entertainment. However, video games are often criticized for supposedly encouraging violence in the society, which leaves us with a hotly contested issue- Do they or do they not encourage violence?

I personally believe that this isn't true at all. As an avid gamer, I do play several gory video games and they have not led me to pull out a double barrel shot gun and shoot some random pedestrian in the face. Of course, that might sound fun in a video game but certainly not in the real world. In real world we have something called 'jail time'. It is a documented fact that while the sales of violent video games have been increasing over the past 20 years, the rate of violent crime, overall, (especially juvenile crime) has been falling steadily. It is a person's actions that need to be held accountable for - not the video games.

If we merely go by external influences, like video games, for violent behavior, how can we explain the killing of Abel by Cain, or the evil deeds of people that we read in holy books? - There were no video games or movies to influence their behavior, yet they indulged in violent behavior and crime. However, no one says that holy books

contribute to violence because there is a noble objective in each of the holy books. In the same way, games also have objectives that contribute towards a higher goal.

However, some studies link aggressive behavior in people to playing violent video games, but, I do not believe in such studies because over the past 15 years, I have played with many online and offline gamers, and each of them clearly know the difference between virtual violence, in the context of a game, and appropriate behavior in real world situations. By the age of seven, children can distinguish fantasy from reality and can tell the difference between video game violence and real world violence. So, as long as parents allow only age appropriate games for their kids and expose them to good values, I am sure

they will grow up to be confident and law abiding citizens. Besides, exposure to fantasy for kids is important. Of course, I do not mean exposing children to games not meant for their age, but it is important that children are exposed to their age appropriate games. Once a child grows up, he/she will be aware of what is real and what is not. I can personally relate to this because, while growing up, I remember watching all kinds of movies, shows and playing games. At any given point of my childhood, I was clearly able to tell that those pixels on my screen weren't real and were all a result of special effects. Video games take people on a journey and can tell a story just like a movie does. Video games do bring about awareness and provide ideas for ways to deal with situations and problems that concern them. Another

fact regarding the subject is that people who do play these games have shown increased pro-social behavior and civic engagement in the real world, possibly due to team oriented multiplayer options in many of the games.

One of the biggest benefits of video gaming is sharing and contribution. Unlike the olden days where knowledge sharing was almost non-existent, with people keeping trade "secrets", today's generation is willing to share ideas, opinions and knowledge - much of this can be contributed to the easy online access - however, video games take it to the next level of cooperation. Most games offer online experience where a gamer is required to work with a team of people from across the globe. This forces gamers to work with people who do not necessarily share the same ideas as they do, yet they are required to work as a team to achieve the game objective of finding a treasure or winning a battle.

Video gaming industry is also a very viable career path for the youth. Video gaming industry is now much bigger than Hollywood. While it is rare for Hollywood movies to make \$ 1 billion, many video games routinely make several billions of dollars in sales. Most of those are "violent" games.

One requires a great deal of passion, carefully selected storylines, an understanding of what gamers want and what can potentially garner profits for the game creators. Such knowledge can only be acquired by being a gamer, as it cannot be taught in a school.



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The Lost Friend

'Meow! Meow? Where are you Kitty?'
I ran searching the house for my pet cat 'Kit',
The sweet charming feline was lost,
And my heart with it.

I had had him since I was five,
A beautiful white with a lovely black patch,
Fur so soft and tail so fluff,
Hunting skills so fine, a leopard he could match.

I loved him a lot, played with and patted him,
He would sleep with me, all curled up.
But that fateful night he was not at home,
Nor the next did he come in for lunch or sup.

I hunted all over for him,
Checked his favourite napping places,
Called out till my throat was sore,
And asked all the neighbourly faces.

Oh, where could he go, the silly, adventurous cat?
When I find him, I would hug him and not let go,
I decided to wait to see whether he came back,
A day passed, two days, a week, but no.

I miss him till date,
Other cats have been my pets, sure,
But none as loving and adorable as he,
My heart will hold him as the model cat forever.

DEEPSEE SALGAONKAR,

Std XI, Kendriya Vidyalaya, INS, Mandovi, Verem

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LOOK IN THE MIRROR AND SAY WOW...!!!



PRASAD PANKAR

"What matters most is how you see yourself..." - ANONYMOUS.

Today I am going to start with a story. A story about a man who completely changed his life. Well, let's see how.

There was this man in the United States, who used to beg at the railway station. Now before you go about saying that why only good things happen in the United States, let me tell you that such things do happen in our country too. So, one day a businessman was passing by and saw this beggar and knelt down to give him some coins, just then he saw a pencil in his pocket. Don't know what exactly passed through his mind, but he took that pencil, left some loose change in his begging pot and said, "You are a businessman." That was it. That was the defining moment in this beggar's life, which changed him forever. He kept on looking after the businessman (who of course had left by that time). YOU ARE A BUSINESSMAN. These words kept ringing in his head and it made him aware that he actually had affected a sale and was indeed into a business of sort. The very next moment he gave up begging and got a job in sales, and slowly he climbed the ladder of success and one fine day, he had his own business set up. You won't believe it, one day he met the same businessman at one of the seminars and he went up to meet him with tears in his eyes.

Now stop for a minute. And THINK.

What happened here? Was that businessman a magician? Did he do it with an intention? Did the beggar see a God in him?

WHAT EXACTLY HAPPENED?

YOU ARE A BUSINESSMAN. These words changed something in him. From that moment on he began to SEE HIMSELF DIFFERENTLY. HE BEGAN TO SEE HIMSELF AS A BUSINESSMAN.

His SELF IMAGE changed from that of a beggar to that of a BUSINESSMAN.

That's EXACTLY what happened. And that small shift was enough to change the entire course of his life.

We are like that beggar who go about in life without knowing WHAT IS STORED WITHIN US. And in turn we literally STEAL the greatest pleasure and glory from US. WE STEAL FROM US. We are the biggest ROBBERS the society can ever hope to see, because we STEAL FROM OUR OWN SELF, by not getting to our highest standards. By not doing the best to what we can become. Because of our poor healthy self image. We don't see ourselves worthy of being a success.

"Oh, business is not for me."

"I can't even think of that car." Or

"I don't look good"

Did you see now what the biggest problem holding us back is? And it's been from the childhood for most of us. Majority of the people, at least in India, are raised with negative inputs, and many of the times it was innocent warnings or not intended to mean any harm. DON'T RUN, YOU WILL FALL. DON'T GET INTO A BUSINESS; SEE WHAT HAPPENED TO YOUR FATHER. SON, WE ARE TOO POOR TO THINK OF A CAR. YOU ARE TOO WEAK TO TAKE UP KARATE. WHAT WILL YOU DO PLAYING CRICKET, THERE IS NO FUTURE IN IT. DON'T GET INTO MUSIC; IT IS NOT FOR OUR FAMILY. WHAT WILL YOU DO STUDYING FINE ARTS, PAINT WALLS? And it went on.

Still there were some that meant to put you down. YOU AND A MODEL, LOOK AT YOURSELF IN THE MIRROR. LOOK AT YOUR BONES AND THEN THINK OF BODY BUILDING. And your colleagues taunted. I DON'T KNOW WHY YOU HAVE JOINED THIS COMPANY; YOU'RE NOT WORTH EVEN TO WORK FOR MUNICIPALITY. YOUR HAND WRITING IS SO DIRTY. YOU ARE GOOD ONLY TO TALK.

And it continued. If you are fair, it was a problem. If you are dark, it was a problem. If you are tall or short, it was a problem. Fat or thin. Good teeth or bad. Good hair or bald. Rich or poor. Smart or dumb. You got names regardless of what you were.

And finally, the greatest damage was done to you was by none other than YOU. With your negative thinking. I am ugly. I am not smart. I will never be able to

succeed in life. I am cursed by the stars I was born under. I was born at the wrong time. I am born in the wrong country. I love cricket, but I can't even think of it. I am scared to speak in public. My English is not good. The list is endless and you have done nothing to make amends, because you were not even aware that the damage was done. Most of us even grew up believing that to think good about ourselves was wrong.

Would you have done something about it if it was known to you that all these negative programming of your mind was the main culprit to get you



to have a poor self image? I can see you nodding your head. YES. You would have. Now I am telling you that it was THE MAIN REASON why you are stuck with a negative self image. Now, will you do something about it?

Healthy self image is the starting point of all success. WHAT YOU THINK ABOUT YOURSELF is more important than what people think you are. Unless and until you work on your self image, you hardly will have any chance in making it big or winning any life battles, no matter how talented you are. This world is full of highly talented people doing nothing. On the other hand, I am sure you're astounded to know that the back benchers of your class in school are rocking in their chosen fields today. NOW YOU KNOW WHY

Now you want to know how you can repair the damage. Let me start by making you aware how important and wealthy you are. Have you ever wondered how many people in this

world would want to be in your shoes? Go to a hospital and speak to some of the patients there. They would want to give all their wealth just to take your place, to walk again. To see again. To hear, run, to play again. JUST FOR ONE DAY. For them all their fortune would mean nothing. Now tell me, are you not lucky? Are you not important to yourself? Are you not beautiful with all your limbs still intact? Aha, I loved that smile on your face.

A smile reminded me of another smile. A mystic smile. The lady with a mystic smile. You got it right, MONALISA. The most talked about painting in the history of art. Why MONALISA is MONALISA? Well, because there is no other painting like that. There may be many masterpieces, but not another MONALISA. That makes it UNIQUE. I like that look on your face. You are now wondering what's with me, suddenly talking about art and masterpieces. Well, here is my point. YOU ARE LIKE MONALISA. You are UNIQUE. There never was nor there will ever be another YOU. There is only one YOU in this entire universe. Doesn't that make you special? Of course YES. There may be

a look alike, but not another YOU. There is only one person to walk, talk and think like you in the entire universe. Feel the happiness of being so UNIQUE.

Final step (in fact there are many) in fixing up your poor self image is to regularly read motivational books and autobiographies of great personalities. REGULARLY. It is very difficult, if not impossible; to read the life stories of great people and not be inspired. You will learn that almost all these people started with a very poor self image. But the difference is that they did something about it. What about you?

If you are a parent reading this piece, then PLEASE raise your children with lots of compliments and positive inputs for their highly receptive minds. Let's raise a healthy society.

See you soon with a renewed YOU.

Rock your life till we meet again...!!!

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

AUTO CARE THIS MONSOON

PRITESH NAIK

As monsoon has hit the state, the people are seen gearing up to fight the monsoons with raincoats, umbrellas, rainy footwear and much more. But is your dear car also well protected for this season? There are a lot of things that can go wrong in a short span of time if you leave your car unattended. Here is a small checklist for this rainy season which will help you to protect your car as well as make your driving safe. Some of the below given car maintenance tips might look very obvious; it won't take much time to check them.

Make sure that your tyres are in excellent condition before the monsoon arrives. The tread depth should be good enough or else they are likely to skid over slippery surfaces. Check out for worn-out treads. Car tyres need to be in good condition all the time, more so during the rainy season. Replace cracked and worn-out tyres, check air pressure and also get the wheels balanced and aligned. This will prevent your car from skidding on a wet road.

After the grip of the tyres, the breaks are the second most important aspect. Stopping distance usually increases considerably on wet roads. Regularly clean and replace the brake pads, see to it that the brake liners are properly

lubricated as they can snap in case if there is any friction, as you never know when you may have to hit the brakes on a wet, slippery road. Ensure there is adequate brake pedal play for optimum brake operation.

Check your wiper blades and also its proper functioning. It is recommended that you replace them every year and ideally in monsoons. Always use good quality wipers as you depend on them for visibility, worn out and fancy wiper blades can give scratches on your windshield.

Your car's metal frame protects the internal components from moisture. So keep it clean and scratch free, to avoid corrosion also ensure that the chassis water drain holes are not obstructed. Greasing all the door hinges is also necessary. Use anti-corrosion spray on exposed metal areas. Get the rubber lining on doors checked and replace if necessary before monsoons arrive. If you spot rust, use a rust removal powder or anti-rust spray that is easily available at any accessory shop.

A good quality anti-rust undercoat can do wonders to protect your car. Any good auto workshop can get it done for you. Get a wax coating or a Teflon coat to protect your car's paint from the rains, as alternate wet and dry spells can cause the paint to fade. Teflon and anti-rust coats last for almost a year.

Ensure that your car's headlights and taillights are working properly as during a heavy downpour the visibility is poor, it is necessary not only for you but the driver following you.

Covering your car in wet humid conditions is the most unintelligent thing we find people doing. Draping the car causes the body to rust. Always park your car in a ventilated space.

Make sure your external wires are properly insulated. If you see any loose or weak electrical connections, patch them up. Also, ensure that all the fuses are working fine and do carry some extra fuses.

At times, water enters the cabin area and damages the carpets and flooring. It is advisable to use fabric mats instead of rubber mats during the rainy season. Use a vacuum cleaner to clean the car regularly. In case your interiors get wet, keep the windows open to prevent bad odour and fungus development.

Get the car battery checked. Also, apply a coat of petroleum jelly on the terminals to protect them from moisture.

Get your car's air conditioner checked. As, during a downpour with your windows closed the insides of the car can be really uncomfortable.

This small checklist will ensure that your car remains healthy and also give you a wonderful driving experience this monsoon.

Happy Driving!!

