

The Neutral View

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FOLLOW YOUR DIET THIS FESTIVE SEASON

TEAM TNV

As a proud Goan we all love to flaunt our belly, which in older days was a sign of prosperity but in today's world it happens to be the invitation for many diseases. We are brought up feasting on delicacies which change every festival and we devour all the festivities with an open heart, or rather an open mouth. As the month of December starts so do the feasts as well as the jattras. It's a time to enjoy and of course the first participants are the taste buds. With poor health being a major issue plaguing majority of the families a bit of caution and care can help resolve the problem.

Using too much oil, butter, and sugar, improper cooking techniques, and eating too much or asking others to overeat as a kind gesture, are the leading causes of weight gain. Obesity leads to many diseases and is the

primary cause of heart attack. Obesity is also linked to poor mental health.

So, it makes sense to stick to food that is tasty, but less fattening. And mind you, crash dieting is not the way to lose weight. You can still enjoy the tasty food by tweaking your meal plan and recipes a bit.

Vegetarian diets are an excellent way to lose weight. That's because, veggies contain good carbs, dietary fiber, vitamins, minerals, healthy fats, and proteins. These nutrients prevent absorption of fat, improve bowel movement, strengthen bones, help shed fat and build muscle mass, boost brain function, energize the body, and keep all the diseases away.

Foods To Avoid during the festival season

- Carbonated beverages
- Packaged fruit or vegetable juices
- Lard, dalda, butter, vegetable oil
- Sweets, milk chocolate,
- Too many chapatis, and rice



Foods To Avoid

- All processed foods
- Refined oils
- Refined sugar
- Potatoes
- Dairy
- Salt

Diet Chart For Weight Loss

Being disciplined is critical while following any dietary program. If you are serious about losing weight to improve health, follow these 10 simple rules to keep your hunger pangs at bay.

1. Increase The Consumption Of Fruits And Vegetables

You should eat at least five portions of fruits and vegetables each day. Fruits are extremely beneficial when consumed on an empty stomach. Therefore, starting your day with fruits is a healthy option. Do not have fruits immediately after any meal.

2. Limit the Intake Of Stimulants

Restrict the intake of stimulants such as caffeine, alcohol, and refined sugar. Caffeine is harmful when taken on an empty stomach. Hence, avoid bed tea or coffee. It is advisable to have tea or coffee with meals.

3. Do Not Skip Breakfast

Breakfast is the most important meal of the day. In fact, it is recommended to have something for breakfast that generates energy slowly, such as a bowl of porridge or a cup of low-fat yogurt (dahi).

4. Drink Plenty Of Water

Water aids digestion and also acts as a detoxifying agent. Hence, it is recommended to drink at least eight glasses of water everyday. Moreover, drinking plenty of water not only flushes out toxins but also keeps your skin glowing with health.

Water is a zero-calorie drink with low sodium. It also helps flush out the toxic buildup inside the body and

excess water weight and jump-starts metabolism. If you find plain water boring, you can squeeze in a lemon and add a spoon of honey or even drink tender coconut water which will also help restore the electrolyte balance in the body.

5. Have Smaller Gaps between the Meals

Avoid long gaps between your meals because the food you eat gets converted into fat instead of being used for energy. It is not recommended to have a gap of more than three hours in between your meals.

6. Do Not Starve

Allowing your body to starve is not a healthy option as it has its adverse effects. Eat well to fulfill your nutritional needs.

7. Have Your Last Meal Early

You should have the last meal at least two hours before going to bed.

8. Restrict Your Calorie Intake

Keeping a watch on your caloric intake is extremely crucial in any diet plan. Calorie-dense foods like fried food, sweets, and pastries should be avoided.

9. Remove Fat from Your Food

All visible fat should be removed from food before cooking. Processed meat like sausages and burgers should be avoided as they contain high calories.

10. Eat Healthy Snacks

Replace your processed foods with fresh or dried fruits, low-fat yogurt, whole grain cereals and rice cakes.

Keep these 10 points in mind and take the liberty to adjust your diet according to the availability of food items. Tropical climate also influences the food preferences to a great extent. Here is the 4-week Indian Diet Chart for weight loss. Better health is guaranteed if followed properly.

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THE FEAST OF GOENCHO SAIB : SAINT FRANCIS XAVIER, A SYMBOL OF GOA'S IDENTITY

TEAN TNV

Goa has always had a unique flavour to its culture. Over the course of history, Goa has had a mix of its native culture, as well as of those that came here and ruled over it. That's the thing about Goa, its culture is not as much a singular one as many other states in India. All year round we have a lot of festivals and such, that all depict the various facades of this multi cultural state, and now is the time for one of the last ones of the year : The Feast of Saint Francis Xavier, at Old Goa!

The feast of Saint Francis Xavier is one of the biggest festivals in the state. It takes place at The Basilica of Bom Jesus at Old Goa, which is a UNESCO World Heritage Site. Every year hundreds of thousands of people come by to attend the feast, and the feast covers most of Old Goa with its span, and the whole of Goa with its vibe. The feast usually takes place on the 3rd of December, unless the date is on a Sunday, in which case the date is moved by one, like it was done this year. It is celebrated after its namesake, Saint Francis Xavier, the Patron Saint of Goa, also referred to as 'Goencho Saib' by the people.

The feast is a celebration of the life of Saint Francis Xavier, who has had an influence on the state that is big enough to deserve a celebration. While the date of the feast is 3rd December, the feast spans over a period of over a month. The date signifies the day of his passing on his voyage to China, and the feast starts after nine days of prayer, called the Novena. Saint Francis Xavier is known as the greatest Roman Catholic missionary of modern times, and is recognised for playing a major role in the establishment of Christianity in India.

The Saint was born in Navarre, in 1506, which is a part of northern Spain now. He grew up in the family castle of Xavier, and in 1525, he went on to move to Paris to begin his ecclesiastical studies at the University of Paris. A few years later, he joined the band of seven formed by Ignatius Loyola, his roommate and a man of God, and in 1534, he took vows with the rest of the band, to dedicate his life to serve Christ and Christianity. He was ordained a priest in 1537, and went about serving the people around



Central Italy, with the rest of the band, which gained them popularity. King John III of Portugal wanted the Saint to evangelize the people in his newly acquired Asian territories, and that eventually brought him to Goa.

He was the father of the Goa Inquisition, and it goes without saying that the Portuguese rule in Goa would have been a lot harder if the Saint hadn't devoted his life to preaching to the people. Saint Francis Xavier baptized thousands of people over his lifetime, and he was a figure that the people looked up to. Many people still believe in his miracles, and Goans have a special attachment to the Saint. Although he died in China, his body was brought to Goa for the burial, and legend says that his body stayed fresh the whole time. Over 450 years later, his body still resides at Old Goa, and is displayed to the public every 10 years, and lakhs of people come by to give the Saint a visit.

So, if you are among those that have lived in Goa but never been to the feast of Saint Francis Xavier, I suggest you pay a visit. As far as Goa goes, the feast is as Goan as things can get, and something anybody who lives in Goa, must experience.

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CORRUPTION IS AN ALIEN ACT FOR GOENKARPONN

The recent incident of Deputy Inspector General Vimal Kumar Gupta being shunted out of Goa on the allegations of accepting bribery to scuttle the departmental inquiry against the juniors is an indication of what has been happening in the police department.

The incidents that were witnessed during the week were eye openers for the people of Goa who have posed their faith in the policing system. The respect that the police uniform had earned over the years is on decline for various reasons. And the people are getting more reasons not to trust them anymore.

If the officers sitting in the highest position of the department are under scanner for corruption, then one can imagine what message they will pass to the people who are with lesser rank to them.

Entire police force works on a single principle of discipline. That is why when any senior crosses them, the lower rank officials have to get up and salute him. If he does not salute, then it is counted as an act of indiscipline.

But the instance like DIG level officer allegedly asking for bribe to settle departmental inquiry will certainly make the juniors think before saluting the seniors with respect.

The incident involving Gupta is not an isolated one. Just few months ago, we saw

Vasco-based businessman Munnalal Halwai exposing then Inspector General of Police Sunil Garg in the graft scam.

The audio tape which allegedly had Garg demanding money to settle a dispute between two private parties was made public and even formal complaint was filed against him with the Anti Corruption Branch of Goa police.

The ACB did not do much in the case and Garg was relieved from Goa and sent back to Delhi. Being IPS officer, he would be now posted somewhere else, while the complaint against him remains in the file.

Halwai has now moved to the court seeking investigation in the matter. The matter is subjudice, but what is distressing is that a common man who exposed high rank officer has to seek help from judiciary to get his complaint investigated. We don't say that Garg is culprit or Halwai is faking, but for sure, we need to know the truth. Leaving any complaint without any investigation keeps a scope for major doubt.

And this is not enough. There is one more case involving a senior police officer is also being discussed in the media circles. It will not be a surprise, if one sudden day it pops up and that officer is also relieved from Goa without any inquiry.

The escape routes are already marked. And these routes have already withstand the scrutiny of the time. IPS officers who are posted in Goa now know how to get away.

The involvement of senior IPS officers in serious crimes and then they getting away without any punishment is not new to Goa. In past, then Superintendent of Police Vinu Bansal who was heading Anti Narcotic Cell was named by Police Sub Inspector Sunil Guddler in the infamous drug nexus case. Bansal was relieved and was never questioned by the investigating authorities.

If we speak about the officers to the rank of Police Inspectors and below, they are left after conducting a formality of departmental inquiry. There are some officers who have been arrested, jailed and when they were out, they were in service and currently serving some of the important police stations.

Let us go in a flashback for a while. It was in the year 2012 that Manohar Parrikar achieved political success to form the government and he had promised us that he

will give government which will be corruption free.

But then eventually, the slogan was toned down to 'Zero Tolerance Towards Corruption.' Despite major change in the stand, people were happy that Parrikar will make some difference. But again, the statement remained just on the paper.

Down the line, BJP ruled the State between 2012-17 and corruption attained peak during tenure of Laxmikant Parsekar government in power. There are instances to prove by claim. Parsekar was perhaps one of the most inefficient chief minister we ever had.

In the year 2017, when all the parties plunged into electoral process of electing new government, the corruption was never an issue with the majority of the political parties except Aam Admi Party (AAP). And we have seen how miserably, AAP failed even to make its presence felt in almost all the constituencies except Benaulim.

The election results saw Congress, which was labeled as one of the most corrupt parties, wrestling maximum seats surpassing BJP.

What does this mean? This can be read as people don't consider Congress or BJP as corrupt or corruption cannot be an election issue.

When we tend to ignore, corruption, which is one of the worst social disease during election of new government, we should surely be ready to face corrupt IPS officers or the police force because we have sent a signal that it is okay with us.

And as I sign this edit, just a thought to share. Goans were never corrupt, if we see the situation immediately after the Liberation. It is a part of Goenkarponn to work for others selflessly without expecting any reward. Hospitality is in our blood and we don't mind helping others.

So non-corrupt behaviour is an integral part of our Goenkarponn. This is one thing we need to preserve. Not only we, but the State government which swears with the word 'Goenkarponn' should also know this and practice this and let us not allow outsider IPS officers dilute it.

Rupesh Samant



WHEN GOA BROKE THE FIRST REAL ESTATE SCAM OF ITS OWN

GURUDAS SINGBAL

Whole thing came out as a result of briefing by L S Bhandare.

It was mid 80s. We used to sit there and discuss in the night about the building industry. He was an architect by profession. What was happening was that it was commencement of building boom. So many projects had come up in Panaji. Because of high land costs and exodus of migrant population, housing had acquired enormous importance and FSI regulations were violated by the builders. There was no law to control them and occupancy certificates with all those violations, no body bothered and money was paid to the people who cleared the project. It was huge money. It was paid to the people in municipal administration who were in charge of giving occupancy certificate for these projects.

On a complaint from a local architect, Central Bureau of Investigation had started investigation in nine such projects in panaji. They were listed for the scrutiny and investigation. Violation of building trade was rampant all over the urbanized areas of Goa because building regulations were weak and political class at that time, when congress administration was ruling, were not bothered. So many building projects were cleared without proper parking space and much of these buildings which have come up in Goa were in violation of building regulations which made it mandatory for the builders to provide parking in the building campus.

Huge money changed hands in the entire deal to sanction occupancy certificate. Building activity had become a big spinner for bureaucrats, political class and municipal administration.

This was the core of the message of that report. Also, there were individual projects that were named for special mention.

During that time there owner of Martins beach corner at Caranzalem Caetan Martins, liked the article so much that he congratulated me for the first time in the Indian Express for bringing out such exposure. He wanted everyone to know it because Express circulation was not big enough to expose the illegalities in giving occupancy certificate and construction of multi storey structure.

The building laws were rampantly violated. The illegal building activity flourished in 80s when the boom had started. There were no regulations and no monitoring of regulatory trade.

The inquiry was actually ordered and so many sittings of CBI happened but later on Congress administration ultimately dropped these proceedings because not much importance was given as most of the buildings belonged to the wealthy people.

After my story appeared, there were some feathers ruffled. After Caetan martins circulated the clipping of the news story of the Indian Express, the CBI inquiry which was dormant picked up the pace. Lot of inquiries were made and an officer attached to Panaji municipal council was placed under suspension.

This was the first expose ever done by any of the media about the real estate scam in Goa, which was then Union Territory. Till then there were not much things written about this scam, though it was well known that the bribery is taking place. The strength of the media was known through this news item, which was published on a national daily, which had circulation that was enough to catch the attention.

It was not widely circulated

on par with local papers. It was efforts of Caetan Martins that helped this news reach to the maximum people. What was the victory is that it led to the downfall of the administrator of Panaji municipal council.

Since this, which was three decade old, lot of building developments have taken up in the state. The real estate development is the only visible development that has taken place after liberation. Except for few industries like zuari agro chemicals, which were brought by then Dayanand Bandodkar, there is no big industry that has come to the state. What we got is the smaller industry, which did not made any significant contribution to the employment.

The tourism industry on the other hand has made a big difference. Goan revenue has gone up only due to two industries – real estate and tourism trade. The much of the income that has been earned is from real estate activity. It has provided big impetus to revenue generation in the state.

The real estate growth is a post 80s phenomenon in Panaji. The residential accommodation activity never existed in Goa at all. The first thing that happened

was Patto colony that was the first residential colony of the government. That was to provide residence for many people who had come on a deputation to goa after the Tillar law and other agricultural reforms were introduced by bandodkar and Portuguese trained bureaucracy that however, was not adequate to take up this task.

Then it grew up, the quarters were built at St. Inez and other places. The government was major builder in commencement of building activity. It has built substantial number of colonies to house its employees. The housing board was also set up and it supplemented what the government did.

The private entrepreneurs later got into the building trade. They took up housing in a big way in Panaji. When it was realized that the real estate can boom, the builders with origin outside Goa also jumped in the trade. Buying and selling of land became a trade. Even the issues started coming in the assembly.

Once Pratapsinh Rane who was then former chief minister and Ravi Naik was the chief minister and when land buying had reached its peak, Rane said several

times in the assembly that goa has put up for sale. This was not a situation peculiar to one person or one party, everybody started doing it afterwards and each one blaming other for putting up goa for sale.

Regulatory mechanism and activism to bring pressure on the state are more recent occurrences. Whatever activisms you see about mega project are later part occurrences when people came to know about the implications of having such high rise buildings.

Goa is a city-state like Singapore, in such part you have several bank branches. Where does these bank branches get the deposits? There is no much trading activity in Goa. They survived because selling and buying of land was so fast that people who sold the land got huge chunk of money. The fact that such a tiny place with a population of 15 lakh has several bank branches, which means that there is money flowing in the state.

The real estate activity was given a boost due to the tourism activity also, the need of people for more housing went on increasing. The construction boom took a big jump and everywhere the constructions started coming up for residential and commercial use.

When I sit back and recall the days when I broke the story about real estate scam I wonder what would it have been if it were done during the recent times. What impact would it have had. Certainly the impact would have been more because of the media percolation. The over crowded media and its large impact would have given more justice to the news. Media is so powerful currently that so many people saying same thing has terrible impact on it and authority cannot ignore the happening as a non-issue.





BAD HABITS THAT ARE SURPRISINGLY GOOD FOR YOU

CHRISTON RIEN

We all have certain habits that we talk about getting rid of. But do you know that some of these habits can be a blessing in disguise? I'm sure you didn't. You will be surprised to know just how many things we all do on a daily basis that have their own perks. We often debate whether or not chocolate is good for us. But for the oldest woman in the world on record, it proved to have zero negative affect. Jeanne Louis Calment, from Arles, France, went on to live for 122 years and 164 days (1875-1997). Another 3 years and she would have lived in the 19th, 20th and 21st century. She used to eat 10 pounds of chocolate every month, all her life. All those watching their weight tend to stay away from chocolates. And there are those very few who do not like them at all. But this snack isn't so bad for you after all, though not in excess. The ideal amount would be to consume not more than eight bars of chocolate in a month's time. The benefits of consuming chocolate are that its antioxidants reduce the

risk of having a stroke.

Chocolates also prevent blood clots and can help in preventing the growth of cancerous cells, thus increasing your lifespan. And besides the heavenly taste and feeling, we all know that munching on a bar of chocolate gives us instant energy. A lot of us also have trouble keeping our rooms tidy all the time. Nobody likes messy people, or an untidy room. However, studies have revealed that it is beneficial to keep one's surroundings 'relatively clean', and NOT absolutely pristine. A spic and span environment only goes on to destroy all the harmless germs along with the bad ones, thus clearing the way for serious strains to enter and cause more havoc.

Gossip can be infectious and can spread within a matter of seconds. I'm personally not a huge fan of gossip and would advise to stay away from it. However, most people do gossip to some extent, some more and some less. Whether it be about your neighbor's visitors, or your boss's habits, we all have the urge to share something so interesting yet cancerous to others.

Gossiping is definitely not a very good activity, besides being a huge waste of time. But healthy gossip can be good for you and the people around us as well. It helps bond with people you are talking to, besides countering anxiety and being a stress-buster. Just make sure you don't overindulge, and please do keep it clean.

The early bird gets the worm! Everyone knows this one. It is widely believed that morning people are more active and productive throughout the day. But dig this! Sleeping-in late sometimes (keyword: sometimes) has its own benefits too. It helps in better organization of one's memory, thus improving long-term memory. Getting up late occasionally also helps in learning things better. Although, make sure you do not wake up too late on days of school or work, otherwise, your teacher or boss won't take it too kindly, and those aren't going to be pleasant memories for you to keep anyway.

This may come as a surprise to many, but drinking coffee isn't that harmful after all. Though it does not mean

that you go on gulping down mug after mug all day. Ideally, two cups would be good, or at the most three. Caffeine helps reduce the risk of kidney stones and gallstones. It also speeds up the rate of metabolism of an individual. Researchers has also proven that two to three cups a day of your favorite beverage can counter depression symptoms and diabetes due to old age. So go ahead and savor that hot mug of coffee that you always thought was doing you more harm than good.

There are some who prefer not taking a shower on certain days. This could either be due to a valid reason or just pure laziness. And if you choose to skip your daily dip, at least do it on a day you aren't going out much, or doing anything that is physically demanding. Of course, we need to shower regularly, since hygiene is of utmost importance. But on the flip side, missing a shower is not criminal. Think about the water that is saved, which will help the environment. And on the health side, our daily shower and frequent washing robs our skin of precious natural oils that help to keep it hydrated and supple. Excessive washing also

deprives the skin of retaining good bacteria that helps in keeping many diseases at bay. But be smart about this, and do not go to that important meeting or interview without showering please.

In school, time and again we have been told to concentrate on our studies and not be fidgety. At home we've been hounded by our parents for being fidgety, and not allowing the family to watch their favorite soap or have a peaceful dinner. All this suggests that we don't be fidgety. But according to research, fidgeting can actually help you burn 300 to 400 calories a day, and aids in preventing weight gain. Also children with ADHD tend to concentrate better when they fidget. It is their way of focusing better. Fidgeting comes naturally and at random times, so please do not force yourself into tapping the table or shaking your leg with the intention to burn those extra calories. It could just be an annoyance to the people around you. With that being said, we have taken a look at some common yet surprisingly beneficial habits that most people tend to indulge in. Even though it's always good to eliminate the bad from the good, some habits never die.

BE AN ENTREPRENEUR

BASMA YAKUB

“Entrepreneurs” are those individuals who feel that they are born to live free and do not want anyone else to build constraints in their life. They belong to the category of people who are great thinkers, innovators and most importantly courageous risk takers. Even when the world says “NO”, they have this minor stream of blood running down in one of their capillary that tells them a “YES”. On this one impulse, they will stand against all odds to fetch what they desire. Entrepreneurs therefore qualify themselves as the current generation’s “Freedom Fighters”!

Entrepreneurship revolves around the stages of a business cycle. Right from the stage of the idea generation to the stage of executing your first sale, entrepreneurship is all about nurturing your business. An entrepreneur needs to look into various factors when he/she plans to start a business. Realistic plans, financial stability, demand for the product/service, flexibility of the business towards uncontrollable factors like government policies are some of the key points. At the end, the entrepreneur either enjoys profits or bears the loss. Therefore, it is said that starting a business is almost similar to giving birth to a child.

Goa, the paradise of India, is known as one of the best tourist destinations. Thanks to its alluring beaches. The state has a cozy atmosphere because of which Goans always enjoy the “Susegaad” life. Considering entrepreneurship is a road with lots of speed breakers and

entrepreneurship in Goa has always been on a lower end. Most of the working class Goans would prefer to do a job for an agreed amount of salary rather than starting up their own business where income is not secured. We do have a small proportion of Goans merely standing on the twigs of entrepreneurship. Fisherwoman, “Poders”, Farmers, Craftsmen, Cafeteria/ Restaurant owners are some of the entrepreneurs, one would find in Goa. However, because of the downfall in the Goan market, these small entrepreneurs can vaguely see the future of their business.

In the past few years, Goa has seen one of its worst market structures. Economy of any given place comes in the shape of a circle where each arch’s shape depends on the other. Goa’s economy mostly runs on tourism, hospitality and mining industry. With the ban on mining, Goan economy has faced a rough tide. Right from large-scale businesses like mine owners, barges and shipyards to small-scale businesses like Garments business, Gold merchants, to regular vendors; all these business have felt the downfall in their respective businesses.

Apart from the above uncontrollable factor, Goans have always inculcated the approach to providing their services abroad. Most of our Goan population would choose to make their passport and rush to the European nations or get on to a ship/ cruise liners for better prospects. Because of this, Goa does not really witness the emergence of young and talented entrepreneurs often nor do we find a lot happening on the business front in Goa when compared to the other states of India.

To push this tide away from the Goan economy, government of Goa is trying to create and develop new plans of action whereby the people of Goa are encouraged to get into Entrepreneurship. Goan Government has started providing major skill development programs and workshops for the unskilled population so that they can get hands on experience and start their own workshop/enterprise to generate income. This would then reduce the unemployment issue, generate more revenue to the economy and at the further stage will generate more job opportunities for the people of Goa.

CIBA (The Centre of Incubation

and Business Acceleration) is a semi-government association that aims at motivating and developing entrepreneurship in Goa. The association guides the aspiring entrepreneurs with various hurdles they would come across during their journey of success. They provide help in the way of; advising about the business opportunities, doing market surveys, project reports, advising about government financial schemes and providing experience talks.

The young generation of Goa do not only look at Goa as a place to enjoy and rest but they have also realized that Goa is one of the best places to begin with a start-up, as the relaxing environment can help them generate the best ideas for their venture. With the Goan government encouraging the people and approving plans like, “Goa Start-up policy”, Goa has a fair chance to be among the top 25 start-up hubs in Asia by 2025.

Entrepreneurship plays an important role in molding the economy of a state. Hence, it is a need that people should change their approach towards the concept of Entrepreneurship. We have always dreamt as a child of becoming a doctor, a teacher or an engineer but never have we given a thought of being an Entrepreneur. Let’s not discourage a child in school, who looks up at his father and says, “I would like to be a businessman” because these businessmen would then provide a job opportunity to one of our kids to be a doctor, teacher or an engineer under their successful organization some day!



Content For Children Is Not a Child's Play!

TANVI BAMBOLKAR

Recently, I was conducting a theatre workshop for primary school children. I had given them some topics to improvise and one of the groups was given the topic of school bus. Instead of the fun that happens in school bus, the kids ended up showing a robbery that happens and how the robbers kill all the children. I was surprised and sad! Looks like our children are being exposed to too much of violence and this is just a small instance of how it gets manifested in their creative outputs.

Giving a proper way to these external threats is the responsibility of not only the teacher or a parent but also of the whole society. We have to understand that these children are the ones who are going to create the World tomorrow. And if that world needs to a better world than what it is today, we need to start from children. It is a sad reality that the world isn't doing great in terms of peace. There are instances of violence and abuse everywhere. We still have discrimination based on caste, class, gender and several other factors. But question is are we really born with these distinctions? Definitely not! We are taught to believe them and we grow up with them. Only a few adults develop the ability of shredding away these initial imprints and relearn the basic human values. But not everyone! And that's the reason we need content that is not just sensational but sensitive and sensitizing too.

It is true that the creative content creators which includes writers, animators, artists, film makers etc. have a huge responsibility of creating content that creates a better generation, yet it is also a duty of parents and teachers to check on what the child is being exposed to.

Television and Internet have revolutionized the lives of our generation. The younger ones especially are born with an easy exposure to these mediums. But

Television and Internet have revolutionized the lives of our generation. The younger ones especially are born with an easy exposure to these mediums. But there is hardly any filtering in these two mediums. Even though there is a censor for what comes on TV but Internet is an open platform where anybody and everybody can put their content and is accessible to anyone in the world. This also includes the times our children to whom we hand over the smartphones when they reject to eat food!

there is hardly any filtering in these two mediums. Even though there is a censor for what comes on TV but Internet is an open platform where anybody and everybody can put their content and is accessible to anyone in the world. This also includes the times our children to whom we hand over the smartphones when they reject to eat food!

What if some day instead of checking cartoons, the child accidentally begins to watch some unwanted matter? The parent is going to blame the child and not the

gadget in his or her hand because, that gadget has become a savior for many of us as well. However, many of us have forgotten the basic issue of monitoring. There is a strong need to keep a check on to see what your child is watching.

When I say unwanted stuff, I don't just mean the things that are meant for adults but also the content that is only going to be a hurdle in child's positive development. For instance, in so many movies and stories that we have watched and heard traditionally, we were exposed to so

Parenting is a tough job but I am sure it will get easier if we try to relearn some of the things that we learnt as children. Let's not create photocopies of what we are. Let us make them much better so that the world that we will see tomorrow will definitely be a better world!

many gender biases. The girls were supposed to be beautiful, shy and someone who works at home and looks after children. While boys, were supposed to be strong, courageous and dominating. As a result, these stereotypes have strongly influenced the generations together. They have not just led to the subjugation of women in some ways but have also harmed the males. The males have grown to believe in these stereotypes and in the struggle to submit to them, so many individuals have lost their individualities. They have either tried to become the 'perfect male' or 'perfect female'. High time, we all as a society accept and realize that these are some of the serious issues and not all content for children that have been created till now, or the ones which we read as children, is the best content for them.

New stories need to be written. New stories which have been written have to be read and promoted by schools and parents. Technology isn't an enemy if it is used well. Thus, several precautions such as shifting to child's mode before giving the gadget to the child can be taken by a parent.

Parenting is a tough job but I am sure it will get easier if we try to relearn some of the things that we learnt as children. Let's not create photocopies of what we are. Let us make them much better so that the world that we will see tomorrow will definitely be a better world!

THE SIGNIFICANCE OF MYTHOLOGY

PRITHVIRAJ THALI

The Indian culture and civilisation is rich in mythology. Legends and folklore are an effective way of handing down traditions and culture. For Indian mothers, they are an ingenious resource to impart lessons in morals and ethics. Rather than the drab, dry and unvarnished injunctions of forcing adolescent minds into obedience much against their rebellious wills, mythology offers them a beautiful recourse to a never-ending source of stories and parables that entertain as well as educate, besides ensuring that the intended lessons of the story are etched in those impressionable minds for a lifetime.

The rationalists who question and ask for 'verifiable evidence' as to the 'when' and the 'how' of such stories, entirely miss the mark as to the true worth of mythology. For instance, instead of appreciating the wondrous riot of colour in a painting and derive aesthetic joy, they are the ones who focus more on the outer frame and the stuff it's made of. Mythology is meant to inspire rather than bewilder. It often strays from logic and rationale; in fact, it is their exact opposites. Though it perplexes the mind, it proves indispensable in feeding hope and virtue to humanity.

The power of mythology to influence the mind is colossal. It can inspire the masses toward greater good or coerce them into evil depths. Legends are the product of a fertile imagination. Yet, we cannot discard the possibility that they may have been woven around specific historical events or people. The recently discovered submerged city of Dwarka as well as the Ramsetu connecting the Ceylon of yore



are surviving proofs which amply corroborate ancient history.

Myths are ubiquitous; they are a part of every culture and civilization across the world. Perhaps, the first among the thinking humans tried to derive meaning and order out of the seeming chaos around them. Their imagination fashioned everything they saw after their own lives. Their gods were given to anger, love, joy, wrath just like the people that conjured them up. Visions and visualisations took on a life of their own. Collective faith ensured standardisation of such beliefs into myths and legends. Personification, thus, has been an integral part of mythology.

Some part of mythology could have been actual happenings which the successive generations

have found hard to believe in only because they seem largely unreal from our perspective. It is said that the warrior kings of medieval India wielded swords that weighed over a few hundred kilograms. Over the years, as technology took over and the need for mechanical tasks was reduced, physical human capacity was also drastically reduced. The future generations, a century or two hence could find it difficult to believe that today's generation engaged in physical hobbies like mountain climbing or indulged in outdoor sports such as football, swimming and marathon races.

Mythology plays a very vital role in shaping culture and traditions. Most of the religious rituals in any culture or ethnic group essentially echo the happening of a

significant event that affected mass conscience. Rather than discarding myths and legends as non-factual, it is imperative that we understand the message they wish to convey and uphold the morals they carry, benefitting society at large.

Today's facts become tomorrow's legends. What is commonplace now would seem unimaginable with the passage of time. Hence, myths are truths that belong to a past which is anciently distant and hence remote. Those events, since belonging to antiquity, become inconceivable for the modern mind and consequently assume the status of miracles. In the truest sense, miracles are mundane happenings that have ceased to be familiar owing to their rare occurrence. The rains are as miraculous as some more complex natural

phenomena. However, they do not amaze us anymore as they are all too familiar since ages. Only the unexplained is a miracle. Once the mystery is unravelled, the phenomena is consigned to being a commonplace happening. It would not be surprising, were we to be deified as gods, by future generations centuries hence. Perhaps, the fact that we are walking the earth on our own two legs might be perceived as superhuman by the future inhabitants of that time whose sole mode of transport then could be a fully automated one.

Let us then embrace our legends and myths, and pass them on to posterity and hope that the generations to come would distill from them the true essence of virtue and conscience.

Canacona building collapse: A bitter lesson for the Goan builders

TEAM TNV

The Canacona building has served as a reminder to the building, Town and Country planning authorities of how corruption racket has been working under cover in the construction of buildings in Goa. The Government, after realising the fact had appointed V K Jha Commission of Inquiry also, had fixed responsibility on almost all the accused in the case and on the Canacona police. However, the fact that there are discrepancies in the building and construction methods has been clear ever since the slab at the building collapsed earlier to the entire building collapse.

The Commission had named Pradip Singh Biring and Jagdeep Kumar Sehagal as responsible for the disaster including the contractors and other material suppliers as the accused clearing the fact that it was construction failure that led to the death of 31 workers. Canacona Police station too was the 'prime accused' in the January 2014 Ruby Residency building tragedy for failing to act against the culprits in June 2012, when the slab of the building had collapsed the first time.

It may be recalled that the Commission recommended that a proper mechanism needs to be put in place to undertake periodic structural audit of existing buildings within five years of the issue of occupancy certificate.

"Had adequate steps been taken, who knows the tragic incident that occurred on January 4, 2014 could have been averted," the commission had observed.

However, most of the suggestions made by the V. K Jha Commission are yet to be adopted in its full spirit.

Yet another observation of the report of blaming police and making them prime



accused in the case also waits to be looked in as there needs to be the control of law enforcement on the hill cuttings and land fillings all over Goa for developing into mega projects for housing.

The Town and Country Planning minister Vijai Sardesai has already been on record claiming that the Post Occupancy Audit of buildings built may be required soon; although, how much of this comes into practice is yet to be seen.

Till date there are no records of any such audits done on new or under construction buildings. Seriousness of this factor was revealed after the GEC committee in their report revealed that the standing structure in the same property was weak and was later ordered to be demolished.

Adopting the report and



make efforts to avoid such incidents in the future has become mandatory as the state is undergoing a huge amount of development all over Goa in various terrains, some safe and some similar to the collapsed building.

The documents showed that the Canacona Municipality had given construction license to Ruby in just a day, without any inspection or soil testing. The successor of CO Deepak Dessai, CO Pradeep Naik went

4 steps ahead renewing the licenses of Ruby a whopping 4 times, backdating them to bypass complaints against the construction.

Later, even the quality of concrete was termed "doubtful" in the report submitted by the Goa Engineering College Professors team.

The facts that the buildings of today are also built to earn money and not to last is an alarm that a similar incident can happen in Goa any time.

There are complaints of mega housing and commercial projects from villages that also are at many occasions built with land filling. This increases the responsibility of the TCP and the government to keep an eye on the violations that happen in the conceiving of the projects.

It is being told that RERA will protect the interest of the homebuyer and also will ensure timely delivery of projects by enforcing strict regulations on the promoter. Developers will be able to sell projects only after the necessary clearances. Under RERA, builders and agents will have to register themselves with the regulator and get all projects with more than eight apartments registered before launch.

Hopes have been pinned on to the implementation of the act, which is said to be buyer friendly.

FADO

Transcending Time



SANGITA SHARMA

Fado with its genesis in Portugal is truly a music genre which seems to have transcended time from its early origins in 1820's. Its origin is debatable as many believe it was a notable dance form in Brazil. It finds mention in the work of an Italian Geographer Adriano Balbis, published in 1822. Fado found its place in Portugal in the first half of the 19th century, with the return of the Portuguese government from Brazil, where it had been in exile since the Napoleonic wars. According to the Goan author Jose Pereira, it was the fusion of the European Modinha and the African Lundum that culminated into the Fado. Although Fado arrived in Portugal in 1822, its true character crystallised under the singer Maria Severa in 1840.

Fado comes from the Latin

word *Fatum* which mean fate or destiny and reflects the lyrical sentiment of *Saudade* (nostalgic remembrances). Traditionally Fado is a form of music which embodies heart wrenching sentiments of resignation, fatefulness and melancholia. Its tunes and lyrics are laden with sad and mournful rendition of unrequited love.

The themes of Fado are generally based on the life of the *Fadista*. Love finds a central place in most Fado music. Besides, Fado touches upon the life of common people and their sufferings reflecting social classes and state of society. Religion, politics and events of importance are also referred to, which may have controversial, patriotic or nostalgic connotations.

Fado has evolved with time and so has its poetic content. Earlier, Fado was of three types; Fado Corrido,

Fado Mouraria and Fado Menor. The first two are characterised by a fast tempo while the latter is slow paced. Later in the 19th century Amalia Rodrigues and those influenced by her, developed Fado Cancao through theatrical performance while also retaining the traditional style.

Fado mainly evolved in the two cities of Lisbon and Coimbra with their own distinct style. Lisbon Fado is closely associated to Amalia Rodrigues. It appeals to the listener not only for its poignant melodies but that it transports the audience to spaces within their emotions. Themes relate to bittersweet melancholia of human existence like futility of love and fate, social injustices and lives of people. Coimbra Fado is related to the University of Coimbra and its traditions. Sung by men in dark robes at night, in city squares or

streets, it was customary to sing it as a means to serenade. Both forms of Fado are accompanied by the *Guitarra Portuguesa* and *Viola* (classical guitar). The Portuguese guitar has its own distinct sound as it is 12 stringed and is oval shaped.

Today Fado is recognised as the national music of Portugal and has been bestowed the honour of being on the 'Intangible Heritage of Humanity' List by UNESCO in 2011. The distinction of making Fado popular not only in Portugal but other parts of the world goes to the *Fadista* Amalia Rodrigues who remains an inspiration to Fado singers.

Today one sees resurgence of Fado in Goa with singers of varied age groups learning or performing this music form. Fado's universal appeal lies in its ability to connect to a listener's heart and soul and create an everlasting memory, even though language may not be understood.

Fado was introduced in Goa during the Portuguese rule and the violin, guitar, mandolin and piano were the musical instruments which became a part of the music culture. The early known record of Fado in Goa is found in a music booklet series published in Goa at the end of the 19th century by *Typographia Rangel* in the village of Bastora.

Goa's liberation from Portuguese rule in Dec 1961 saw the decline of Fado in Goa for some years. However, visits by Amalia, Queen of Fado and others like Katia Guerreiro, Mariana Bobone, Cuca Rossetta etc., helped revive interest and learning of Fado. The *Fundacao Oriente* in India encourages and patronises Fado and has helped in making it popular. The annual Portuguese singing competition 'Vem Canter' is well received by all and visits of Fado singers like Mario Rodrigues, Coimbra Coir etc., add to the excitement. Besides, the cultural association 'Semana-da-Cultura Indo-Portuguesa' also organises Fado singing competitions. They too encourage new singers as well

as invite *Fadistas* to perform in India. Concerts of Maria Ana Bobone, Cuca Rosetta and others have enthralled one and all.

Goa too has its fair share of Fado singers. One particular *Fadista* of Goan origin is Sonia Shirsat. She has chalked out her own identity and put Fado in Goa on the international map. Attending her concert or listening to her sing is an experience to be treasured. With no formal training in music, she was initially groomed by her mother. Later she proceeded to the land of Fado on a scholarship from *Fundacao Oriente* and has performed with great Fado singers like Katia Guerreiro, Carlos De Cormo, Maestro Antonio Chinho etc. To her credit goes fusion of Portuguese and Indian music in Fado. She rightly emphasises the universal spirit of Fado as emotions and sentiments reflected in the music are not restricted to any language, culture or time.

Musicians play a key role in enhancing the experience of Fado. There is interplay of vocal and instrumental music in Fado which makes it truly enchanting. Usually the *Fadista's* renditions are accompanied by a string quartet. At times she leads the accompanist and at times she is led on. The result is a splendid performance which keeps the audience spellbound. Some of the musicians who have spent a life time mastering musical instruments and have added splendour to Fado are Orlando De Noronha, Carlous Manuel Meneses and Dr. Allan Abreu. They are all passionate about their art and an inspiration to many.

As Fado becomes popular in Goa not many are able to experience its magic. The need to promote this unique music form is felt as it needs to reach out to a larger audience. The talent of great singers and musicians need to be showcased to people visiting Goa. And like it is said by the Portuguese *Fadista* Carminho, the only way to experience Fado is to listen to it live.

Exercise with your Free Hands

PRITESH NAIK

In today's hectic lifestyle one seldom gets time to exercise. Going to the gym is an option but most of us never make it because of our busy schedule. How many of us have planned to buy a gym bench or a treadmill at home, but the exorbitant costs have kept us waiting. We need to get out of the perception that exercise comes at a cost. You can start daily with the free hand exercises. It might look very casual at the start but it is

mighty effective.

Freehand exercises without the weights are resistance exercises you can do outside the gym with no equipment. Some exercises require props you can find at the park or in your home. Simple, equipment-free exercises help you to meet the fitness recommendations for healthy adults. Doing 30 minutes per day of moderately intense cardiovascular exercise five days a week plus eight to 12 repetitions of eight to 10 strength training exercises two times per week.



Building Strength

Freehand exercises are calisthenics or boot camp-style exercises that require no weights or machines, are as portable as your are, and may use props you can find around your home or in the park. Rather than moving weight plates, freehand exercises use your body weight as the resistance to build your muscular and cardiovascular strength. Freehand exercises commonly target a group or groups of muscles rather than a single muscle, as you would on a gym machine.

Pushup Variations

Pushups tone your upper body including your pectoral, biceps and triceps muscles. Several dynamic variations of the pushup also engage your abdomen and glutes, as well as develop your balance and boost cardiovascular fitness. Target glutes by alternately lifting one leg each time you press from the downward phase to the upward phase of the move. In the upward phase of a pushup, raise one arm out to the side and back to the floor for abs and balance. Do a squat

thrust from the upward phase of your pushup to add cardiovascular exercise.

Basic and Step-Up Lunges

Lunges are a complementary exercise to pushups and target the muscles in your core and lower body, including the power muscle groups of the legs. Use the form of a basic lunge, and then step out to the side or behind you instead. Turn lunges in any direction into step-ups – by stepping up onto a bench or low riser instead of the floor – to intensify your glutes and core workout.

Dips With and Without Props

Dips are a freehand exercise that can require a prop. Dips target your upper body – primarily your triceps muscles – and core. Perform body weight dips with your back to your prop. Using a bench at the park or a step at home, grip it with both hands behind you to focus on your chest muscles. Do your dips between two sturdy chairs, gripping one chair on each side of you, to focus on your anterior deltoids. Do prop-free dips in either position with your hands on the floor, alternately bending elbows to do a one-handed version.

All of the above exercises can be done at home whenever and wherever you get time. Exercise does not necessarily mean putting on muscles but it is required to keep yourself fit and healthy.

HOROSCOPE

This fortnight is all about relationships. Read your in-depth monthly horoscope to see what that means for you.

ARIES

MAR 21-APR 19

You will be spiritual and intellectual. You will be aggressive when it comes to your investments. Love life will be interesting. Career growth for the Ram will be fantastic.



TAURUS

APR 20-MAY 20

You will be rewarded for your hard work. Salary hikes, promotions, new jobs, new business can all be expected. Marital conflicts will be resolved with no taste of bitterness.



GEMINI

MAY 21-JUN 20

You will have a prosperous month. You will be blessed with abundance, prosperity and wealth.. Overall, this will be a busy month for the Natives.



CANCER

JUL 21-JUL 22

People need to be very cautious this month. This is because of the retrograde Mercury. There will be some confusion regarding important decisions that you need to make. Keep a cool mind and you will soon find the answers.



LEO

JUL 23-AUG 22

You will be more interested in your own psychological well-being. You will be innovative and creative in all your ventures. You will need to cut down on your need to be independent this month and rely on support of family and friends.



VIRGO

AUG 23-SEP 22

You will do better to work in a team. This month is better spent with your family rather than trying some new business venture. You will be sexually active and make an excellent partner.

LIBRA

SEP 23-OCT 22

You will have to struggle to avoid chaos in your lives. You will want to do multiple things at the same time which might leave you angry and short tempered. Plan your days in advance and proceed with a positive mind.



SCORPIO

OCT 23-NOV 21

You will be in demand this season. Be it your job or your love life, you need not go behind what you desire. You will get it right in your hands. Your intuition will work overtime and help you make some extra money. But you need to definitely take care of your health.



CAPRICORN

DEC 22-JAN 19

You will have a progressive time. You will be your boss and do not need others support to fulfil your dreams. You can also divert your aggression towards exercise and fitness. Financial prosperity too is on the cards.



SAGITTARIUS

NOV 22-DEC 21

You will be interested in new love relationships. Your job will be stable and provide you with a regular income. This is a month to be enjoyed with your loved ones. You might even be ready to get pregnant.



AQUARIUS

JAN 20-FEB 18

This is an excellent period for you provided they are able to have balance. Romance and marriage might face some conflicts. But professionally, you will have a favourable period. This is a good time to start a new business.



PISCES

FEB 19-MAR 20

You will face some challenges in your life, you will come out a winner. Money flow will be good and career prospects will improve. You are mature enough to take your own decisions without any outside help.



A Dream doesn't become reality through magic: Neomi Barneto

TEAM TNV

In the cradle of the Elite class, gave rise to the Salon Industry in India. Few people knew what it is and few were struggling to know yet. However, it was in the Year 1997 that broke the barrier and gave rise to a Woman Entrepreneur.

Introducing Neomi Barneto, First Woman to launch Unisex Family Salon in Goa, India.

Established in June 1997, Neomis Hair & Beauty Salon was one of the first unisex salons in Goa. The Neomis Hair & Beauty Salon brand is a result of the efforts of the talented and dynamic wife and husband team of Neomi and Mario Barneto.

It was one of the first

unisex salons in Goa. Neomi and Mario started their careers at Visible Changes Salon in Mumbai at the Centaur Hotel. After a stint in Dubai they decided to move to their roots in Goa and bring high quality hair and beauty services to Goa.

Mario has trained at Vidal Sassoon (London), Toni and Guy (Singapore), and L'Oreal (Paris). He has had the benefit of attending courses and seminars of some of the world's best and most reputed salon professionals. Besides this, his passion for the industry drives him to impart his vast creative knowledge to whoever shares his passion for the hair industry. Today, the creativity and technicality falls under Mario's chamber.

Scarcity of skilled and



trained personnel is one of the biggest challenges in the beauty industry today. Salons will require 200,000 additional skilled personnel over the next five years; however their availability is still a concern.

The academy is situated at

Miramar and focuses not only on classroom instruction but also practical salon exposure.

Uncountable professionals have gone through the Academy's entry level and refresher courses. These courses have not only

benefited our own staff but also those of other salons across Goa. We delivered the courses through a set of rigorous practical training modules developed by the Academy.

Today, Neomis Hair & Beauty Salon has grown into a chain of four salons across Goa offering professional and highly acclaimed services in Hair, Beauty, Spa & Wellness for the entire family. Neomis Hair & Beauty Salon also specializes in bridal makeup & hair services. We have recently opened our new Super Spa and Salon at Calangute, located in the Opulent 11000 square feet of space spread over three levels, offering a Variety of Spa treatments, Hair and Beauty services.

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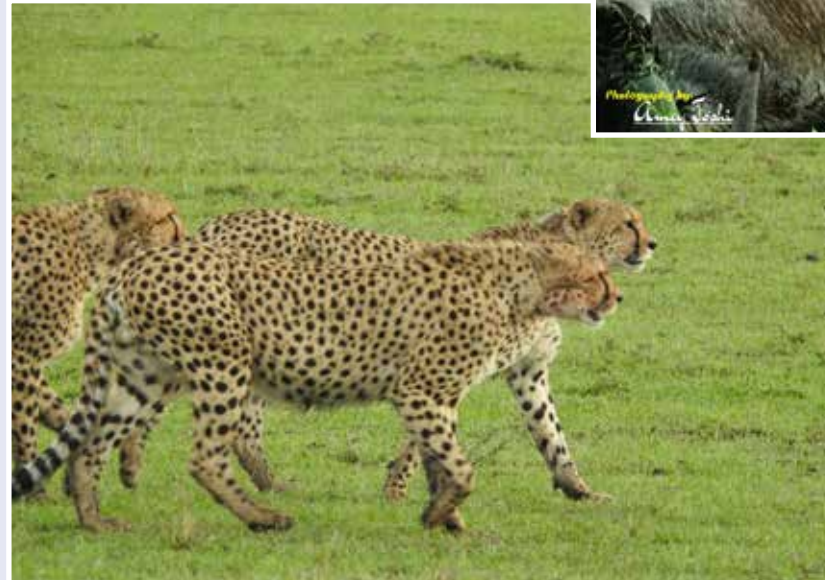
Exploring East Africa MAASAI MARA

AMEY JOSHI

Finally, the day arrived when we were about to set course towards Maasai Mara National Reserve which was recently awarded as the best wildlife reserve in Africa. After saying goodbye to Lake Nakuru National Park we were on our way to Maasai Mara. The Maasai Mara reserve has been featured several times on Discovery and National Geography, it is also famous for its great migration. No wildlife event on the planet rivals East Africa's Great Migration. Each year, the enormous herds of wildebeest and zebra, make a great circuit across the Serengeti Plains as they travel from Tanzania into Kenya's Maasai Mara. The best time to witness this natural spectacle is between July and early October. The place attracts not just wildlife enthusiasts but also researchers, scientists and many professional photographers.

The Maasai Mara is located in a remote region. Even though the roads are very well maintained in the places we travelled so far on this trip, we had to go through a 20-kilometer stretch of rough and dusty road before we reached the Mara Leisure Camp resort. We reached the resort at around 3 pm in the afternoon. We were tired after a long journey, but I must say, tiring road journeys never deteriorated the level of excitement.

After having lunch, we freshened up and were all set for an evening game drive into the Maasai Mara Reserve. As we approached the gate to enter the park, we already



saw the iconic vast open plains and zebras and wildebeests on the horizon. "Wow!!! This is even better than watching on TV," was the first thought that came to my mind. The large herd of wildebeests and zebras is the first thing that you will see after entering the park. The endless Maasai Mara plains are covered with different species of animals as well as birds. You will see herbivores such as gazelles, antelopes, impalas, warthogs grazing all over the place, making Maasai Mara a true animal kingdom. Well, I must say that our guide Jeff was very patient with us as we were telling him to stop the vehicle every now and then in order to take pictures from every possible angle.

As we moved in, a little ahead, we came across a pride of young lionesses feeding on a wildebeest



even better things further," and yes!! He is always right. A little further from the place where the lions were feeding, we spotted a family of five cheetahs. It was simply amazing to see the fastest mammal on the planet and that too five of them walking like proud athletes with the background of the great Maasai Mara plains and the mountains of neighbouring Tanzania.

As the sun came down at Maasai Mara we started heading back to the resort, but if you want to enjoy this place, just an evening game drive is not sufficient. Tomorrow, we will be spending an entire day inside the park, driving deeper inside the reserve to the famous Mara River which flows through the Kenya-Tanzania border. And yes, we still have to spot the elusive leopard to complete the BIG FIVE list.

carcass. We got a little glimpse of the food chain of these plains as there were vultures waiting to clean up the remains of the kill. Whenever you come across any wild animal it feels like you should just wait there and keep observing them for hours, but as our guide Jeff says, "there are



BETTER LATE THAN NEVER- GOVT LAYS FOCUS ON CONSERVATION AND PROTECTION OF STATE COAST

TEAM TNV

The tourism state of Goa has a 105 km long coastline with beaches and cultural heritage sites of significant importance and that makes it as one of the international tourism destination. However, off late the shoreline is slowly getting vulnerable due to increasing large-scale development. Sea erosion, destruction of mangroves, declining turtle hatching, and coastal pollution- are some of the major worries concern and affecting the State coast.

In a bid to ensure sustainable developmental activities along the coast, the Goa Government has participated itself in the Union Ministry of Environment, Forest and Climate Change (MoEF & CC) sponsored Integrated coastal zone management (ICZM) project- a countrywide project launched way back in 2011. Under the project, State government has proposed whopping Rs. 1255 crore management plan for the coast.

Tamil Nadu, Karnataka, Kerala, Gujarat, West Bengal and Orissa are the other States that had participated in the project with major projects relating to environmental management and socio-economics .

ICZM is a process for the management of the coast using an integrated approach, regarding all aspects of the coastal zone, including geographical and political boundaries, in an attempt to achieve sustainability.

State through, National Centre for Sustainable Coastal management (NCSCM) has proposed total 16

projects at an estimated cost of Rs. 1255.37 crores, which will be spent over a five-year period. The State contribution is only Rs. 62.76cr.

Biodiversity conservation, Pollution and erosion control, Livelihood opportunities for fishermen, Eco-tourism & Capacity Building on ICZM are some of the focus areas of the project. This also includes drafting of Goa Coastal Zone Management Plan (GCZMP).

“ICZM is a dynamic, multidisciplinary and iterative process to promote sustainable management of coastal zones. Goa has a variety of natural coastal ecosystems that are delicate, fragile and rich in biodiversity. Hence, there was a need for management, monitoring of the coast to ensure there is no more environmental damage at the name of development,” a source with department of Goa Coastal Zone Management Authority (GCZMA) told TNV.

“The entire idea is to ensure sustainable development of activities along the coast without compromising environmental and social needs,” source said.

TNV BRINGS YOU THE DETAILS OF VARIOUS PROJECTS PROPOSED UNDER ICZM

Anti-Sea erosion measures for beaches of North and South Goa by Water Resources Department at the cost of Rs 97.43 cr for three years - Beach erosion problems affecting the beaches in South Goa like Vasco, Marmugoa, Dabolim, Arossim, Betalbatim, Majorda, Utorda, Palolem- Canacona and Reis Magos in North Goa will be studied

in detail.

Problem will be studied through a detail coastal processes and the necessary environmental impact solutions developed during the study will be implemented over a period of three years, thereby restoring the beaches

Erosion/accretion assessment to estimate annual replenishment of sand in estuaries of Goa by Directorate of Mines & Geology – it is a two year long project, proposed at an estimated cost of six crore rupees. The project including preparation of bathymetry maps of identified stretches in 5 estuaries for traditional sand mining, assess rate of accretion/erosion of sand and replenishment and recommending special guidelines for sustainable removal of sand.

Sand mining is one of the leading activity in the minor mineral sector in the State. However, lack of regulation has resulted into large scale illegal sand extraction across river beds.

Conservation & Management of marine turtles in the state of Goa - by Goa State Biodiversity Authority – Morjim, Agonda and Galjibag are the protected turtle nesting sites in the State. But unfortunately, these beaches are also known for tourism activities, thus affecting the turtle conservation.

Under the project, government intends to promote eco-tourism in turtle nesting. For this purpose, they will undertaken detail census of turtles & database development. It has also proposed two modern

turtles rescue & rehabilitation centres at Morjim & Agonda

The cost of the project is around Rs 13.61 crores to be launched over a period of five years.

Establishing & Coastal sand dune parks in Goa - by Goa State Biodiversity Authority – the total cost of the project is Rs 2.59 crores, which will including setting up of sand dune parks for conservation and protection of sand dunes, which are facing threat.

Restoration of damaged bunds in Khazan agricultural lands of Goa to protect mangroves grown on bunds by Dept of Environment and ICAR at a cost of Rs 16.3cr- the destruction of mangroves is been rampant in the coastal State- be it for private projects or State projects.

The ICAR will undertake mapping of mangroves grown on bunds of Khazan land and mangrove free bunds, field survey on damaged bunds and repair of bunds to protect agricultural fields & to facilitate resettlement of mangroves

Sewerage schemes for the Panaji city and its outskirt areas by spending whopping Rs 750 cr-

Following Goa State pollution control board (GSPCB) report highlighting high levels of Coliform from Mandovi upstream to downstream due to direct discharge of raw sewage, the National Green Tribunal has directed for time bound action plan.



As many as seven schemes on sewage conveyance & treatment are proposed through various departments. For ex: Vacuum sewer scheme in low lying areas of Panaji; -sewerage scheme for outskirts of Panaji, Porvorim & surrounding areas, Old Goa & surrounding area in Tiswadi taluka; St. Inez creek dev & rejuvenation of sewage management, new 20 seater toilet & STP at Malim jetty, and biodigester toilets in villages around Mandovi that do not have toilets awareness to stop open defecation.

Rs 209 crore Sewerage Scheme for Candolim town & its suburbs in Calangute Constituency by Sewerage & Infrastructure Dev. Corporation- Construction of sewer system for 41.1 km with 4 pumping stations to channelise 11.5 MLD sewage to STP proposed to be constructed with 15 MLD capacity. Micro-tunnelling method will be used for sewer construction.

Assessment & documentation of potential fishery zones within estuarine limits of Goa-

Goa coast was dominated by the fishing communities for ages now, until the tourism activities overpowered it. The Goa government as well as the Union Ministry is committed to protect the rights of fishing community and hence it has proposed to undertake Mapping & demarcation of exclusive fishing zones in estuaries of Terecol, Chapora, Mandovi, Zuari and Agonda

The activity will help to provide secured livelihood opportunity to fishing community

Renewable energy sources for local tourism industries in Goa by Goa Energy Development Agency- The

move is basically to facilitate use of green energy. For this purpose, it proposed to install 1kwp each 240 units at Shacks of North Goa and 104 units in Shacks of south Goa. Also to install 10 KW grid connected wind turbine each at North & South.

The cost of the project is Rs six crore to come up over a period of three years.

Sustainable Eco-tourism in Coastal Ecosystems of Goa by Forest Department- Study of current status of Dolphin tourism & establish interpretation centres at three points i.e., Miramar, Sinquerim & Baga beaches & Aguada bays.

Development of Coral reef and diving tourism facility at Grande Island, North Goa. The cost of the project is Rs 10 crore, which will also include awareness and capacity building programmes.

Upgradation of tourism infrastructure in Calangute, Candolim area by Dept of Tourism at an estimated cost of Rs 75cr- Development of multi-level car parking at Calangute to decongest the area & also to meet growing parking demand. Further it proposes development of River front and jetty at Sinquerim to promote tourism.

Education, awareness, capacity building to ICZM stakeholders to facilitate adoption of ICZM practices in the State by Centre for Environment Education- Exposure, training programmes & workshop to state officials on adoption of sustainable developmental practices & benefits of adoption of ICZM practices in tourism, urban and infrastructural development & management.



ACHIEVE YOUR LAKSHYA : RANJANA AGARWAL

LAKSHMI BUDKE

In today's competitive world, where there is a crazy race to just outrun your opposition, Mrs. Ranjana Agarwal has created a place for herself in Goa in the field of commercial coaching through her Lakshya Academy. Also, Ranjana keeps a keen interest in arts and crafts.

The multi-talented mom has completed 3 post graduation courses. One of them is an MBA in HR and Marketing. She has completed her education from Pune, and later shifted to Goa after her marriage.

She recalls that when she initially came to Goa, being a newcomer she says, "I had no idea, how the whole corporate culture in Goa functioned and my specialization being in training was difficult for me to get a job." She adds, "it was very difficult for me to get a job in Goa, I had to struggle a lot for that, but finally I got a job which was more of sales than HR related but as the time passed by I began to like it and continued progressing in the company," She even had her baby during her tenure there.

Later, as her child began to grow up and as the work load grew, it became difficult for her to handle work and family and family being her priority she decided to quit the job and dedicate her entire time to her baby.

In 2016 she joined Lakshya academy as a teaching faculty. The Lakshya academy was started by her husband in 2011. She joined him as she was getting flexible work hours, which allowed her to manage her family and her work.

She always loved to learn and to teach others. At Lakshya academy they train students for all sorts of competitive exams. Recently Ranjana has also managed to start classes for Olympiad exam as well.

Apart from this she loves to paint, describing her love for painting in her words she says, "I just love to paint, be it on canvas or any surface, I can paint on it."

Not just this, Ranjana Agarwal is also one of the founding members of Goa Go Womania, which is a group of female entrepreneur that focuses on networking amongst the ladies and helping them grow their businesses.

In collaboration with Go Womania, she has successfully organized various art and craft workshops for children; that includes calligraphy class, idol making classes, summer camps etc. Recently she successfully conducted an art and craft class for 60 students.

"It is my family that supports me at every step of my life and every decision that I take, I have always got a motivational support from them. Amongst my friends, Siya Shaikh, who is also a founder member of Go Womania group, has always been a major support for me and my biggest critic as well, she not only praises my work if it is good, but also criticizes it, if it is not so good. Goa Go Womania has helped me a lot to grow."

In future her goal for herself is to create an identity for herself as an educationist as well as an artist. She also wants the group to grow so that the benefits that the current members enjoy are available to the remaining ladies as well.

She says, "One must never give up and they must keep struggling until they get what they want."



A Passion Like No Other

TEAM TNV

If you have been to the recently concluded International Film Festival of India, you must have certainly come across a stall with a collection of old movie projectors, slide projectors and film cameras. This collection belongs to Lawrence Wilson who has been displaying his collection since last three editions of IFFI. The 72-year-old Wilson lives in Kale village of Sanguem taluka in Goa. He is also invited by organisers of various film festivals across India to display his collection.

Team TNV talks to Lawrence Wilson and tries to understand his passion.

HOW DID YOUR PASSION FOR CINEMA START?

I had a liking for cinema since age 15. In those days I used to purchase tickets for 4 annas and go for the movies. I was a huge fan of Bhagwan Dada and I watched his various movies like Albela, Jhamela, Dr. Babu etc. and used to imitate him when I was at home. So that was how I got deeply attached with cinema.

HOW WERE YOU ATTRACTED TOWARDS THE TECHNICAL ASPECTS SUCH AS FILM PROJECTORS AND CAMERAS?

I used to make projectionists my friends and sit in the projection room to watch the movies. I used to request them to teach me how to handle the projector and in exchange I used to run errands for them like getting tea, coffee or something to eat. That was how I learnt various technical aspects of projecting a film, and later I started working as a projectionist but continued only for a brief period.

YOU HAVE A UNIQUE COLLECTION OF OLD CINEMA PROJECTORS AND SHOOTING CAMERAS. SINCE WHEN HAVE YOU BEEN COLLECTING?

After I learnt the techniques of handling a projector, I purchased my first slide projector. Since then I have been collecting different projectors and cameras. I have collected 17 movie projectors, 10 shooting cameras and around 6 slide projectors. I have also collected few imported projectors from USA, Germany, Japan as well.

BEING INTERESTED IN DANCING, MIMICRY AND ACTING, HAVE YOU TRIED YOUR LUCK IN THE FILM INDUSTRY?



the film industry. I will always cherish these memories.

WHAT ARE YOUR FUTURE PLANS?

I am appreciated and invited by many private exhibition organizers in Goa and also in different parts of India. So, I am constantly moving with my collection to different places.

YOU HAVE DECLINED OFFERS FROM PEOPLE WHO WANTED

TO PURCHASE SOME ANTIQUE CAMERAS FROM YOUR COLLECTION, YOUR COMMENTS.

I have a bond with each and every piece in my collection. They are like my children, and have been with me all these years. Selling them is out of the question. (Says Lawrence emotionally). I only want that the government should support me enough so that I am able to maintain and show my unique collection to everyone.

Yes, I had many friends who were working in Mumbai and were aware of my passion towards cinema. They advised me to travel to Mumbai and try my luck in films. In 1970s I did travel to Mumbai and I worked with a company who used to organize stage shows in which I used to perform for a salary amount of Rs. 200. My friends had advised me to approach directors in order to get a role in the movie as an extra. So, by luck I got a role as an extra in the movie Bandhan Kuchchey Dhaagon Ka starring Rakhee, Shashi Kapoor and Zeenat Aman. Even though I was not lucky enough to make it big in the film industry but I have many good memories, I was able to meet so many stars and celebrities from



RESPONSES ATTRIBUTED TO MR. NARENDRA GOIDANI, FOUNDER WOW PARENTING

GUNWANTI PARASTE

Parenting has become a challenge in this fast paced world. However, Mr. Narendra Goidani, founder of WOW Parenting enables parents in creating an amazing impact on their children.

TELL US EVERYTHING ABOUT YOUR START UP, WHAT DOES IT DO? WHAT WERE THE CHALLENGES OF SETTING UP AND SCALE? HOW DID YOU OVERCOME THEM?

Many times parents have come to me with various queries like how to be a good parent, how to build self-esteem in your child, how to effectively communicate with children and many more. WOW parenting, an online parenting portal was born with a thought, what if all the children in the world were to get amazing, thoughtful and progressive parenting? Today, parents will be delighted with a website/portal that would offer them the necessary content which would address their concerns. Keeping the same in mind we created 'Wow Parenting' with a desire to play a small role in assisting the parents in their incredible journey of parenting. Drawing on a fantastic mix of personal experience and observation, extensive research, discussions with parents, teachers and experts, we have created an engaging, entertaining, non-judgmental experience that is informative, open-minded and very refreshing. Each and every business that exists in the world is filled with challenges, ours was no different.

Following are the challenges that we faced during the initial stages of WOW Parenting

1. I truly believe that tapping into an existing demand is an easy thing to do however, creating a demand is an interesting challenge. While a subtle demand for parenting guidance does exist, people are not looking for it actively. Hence, our first step is to create awareness. At the moment, our marketing team is on the job and we are super excited about the future. Second is, to provide an experience. And

the third step is to convert them as subscribers.

2. Getting the right digital marketing team was another challenge that we faced for the first six months but thankfully right now we have got a team in which each and every person is an expert in his domain.

3. While we were taking parenting sessions since the early 2000's, it always used to be a live seminar with an interactive audience. Shooting the videos in the studio without any audience was quiet a challenging job to do. However, we did overcome the same by initially asking a couple of parents to sit inside the studio where we were shooting.

HOW DID YOU COME UP WITH THE IDEA AND WHAT WAS THE EUREKA MOMENT?

Good parenting has always been a matter of concern for a new parent. I completely believe in the old saying, "Children learn from who you are rather than what you teach!"

After all, parenting involves taking care and responsibility of a new life that is completely dependent on you. It was during the late 90's that I looked for a book/guide /video on parenting and I was disappointed as I could not find one that would provide

practical insights/tips on parenting. Henceforth I started observing, discussing and practicing new techniques in the field of parenting which in turn provided some amazing results. In order to provide practical inputs for the parents seeking those inputs in their journey of parenting we created WOW Parenting. For the first 16 years this program was available only offline.

HOW DID YOU BUILD THE CORE TEAM (CO-FOUNDERS AND INITIAL EMPLOYEES) - HOW DID YOU MEET AND HOW DID EVERYONE ALIGN TO THE IDEA? WHAT IS THE TOTAL TEAM SIZE?

Building a team is one of the most important factors in business. Mr. Paresh Shah who is now the Co-

founder of WOW Parenting, a software engineer by profession was not excited about creating software for a logistic company or an airline but wanted to do something that would create an impact in the lives of the people. Disturbed by the way in which the future generation were being shaped, there was a need to create a revolution in the field of parenting. With a view to cater to the problems faced by the new aged parents, WOW parenting was born. Today we are a team of 8 people collectively working to achieve our end goal. In about three months' time we would become a team of 15 people.

GIVE US A BACKGROUND OF YOUR CORE TEAM AND YOURSELF WITH THE AGE.

Our team comprises of a bunch of young people who are dedicated to contribute to the our central idea of assisting the parents in their journey of parenting

Mr Narendra Goidani, Founder WOW Parenting:

Mr. Goidani is the founder of WOW Parenting who is focussed on guiding people on empowered living. He believes, 'Inspired people do MUCH



MORE than non-inspired people. He endeavours to fill this world with 'Forces of Goodness' – people who are good, and have the strength required to actually make a difference.

Having faced the difficulties of life at an early age, Narendra decided to rebuild his and family's life at a tender age of 17/18. A child prodigy at his school and a sheer genius at junior college, Narendra unfortunately had to give up his chartered accountant aspirations due to an ill-fated mishap in their family business. Never the less, he faced life head on and successfully won back their place in business and the society without any formal degree. His experiences in life made him better and never bitter. His life's credo is - 'Inspire or Expire'! He has authored 15 books on various aspects of life from marriage, business, parenting, facing fear, getting inspired and simply growing up. For the over the past 9 years, every Tuesday he authors a message called 'Life School Message' (LSM). For many people, it is their weekly dose of power and insight. There are over 42,000 subscribers to LSM spread over 33 countries in every continent on our planet.

WHAT HAS BEEN REVENUE,

TRACTION AND GROWTH FROM THE DATE OF INCEPTION TILL NOW?

We canvassed for paid subscription actively for about 2 weeks, in which we gained revenues of 8,00,000 with 330 registered users. However, we are not focusing on the marketing campaigns at the moment, instead we are concentrating to understand the user experience and make it friction free.

WHAT IS THE ONE THING THAT SETS YOU APART FROM YOUR COMPETITORS AND WHAT'S YOUR REVENUE MODEL?

Wow Parenting' is NOT a manual to raise your child. However, it does give several concrete examples of how other people and cultures raise calm, respectful, successful children.

One of the most important point that makes us an unique platform is the content or solutions that we offer which are based on a perfect mix of personal experience, keen observation, extensive research, discussions with parents, teachers and experts.

Keeping in mind the central idea of helping the new age parents in their incredible journey of parenting, we have created an engaging, entertaining, non-judgmental experience that is informative, open-

mined and very refreshing. We have a subscription based revenue model wherein we charge Rs.3000 per year.

HOW ARE YOU FUNDED?

We are self-funded at the moment

HOW DOES THE PRODUCT WORK? DETAILED ANSWER ON THE WORKINGS OF THE PRODUCT OR HOW DOES THE PLATFORM WORK? HOW YOUR SERVICE WORKS?

WOW parenting, an online parenting portal is designed to offer a very engaging Q and A platform, numerous well shot videos, interesting blogs and practical tips on parenting for the age group of 5 to 16.

The portal discusses helpful insights about parenting along with some Do's and Don'ts, tips, tricks and techniques that are tried and tested. All the topics are structured to help conquer daily parenting challenges and bring up a champion kid, while adding a zing of fun to the parenting journey.

The portal also allows parents to seek guidance on any particular problem by directly approaching our in house experts.

FUTURE PLANS

India is a land of 1.25 billion people

and 54% of them are parents. We wish to have a million registered parents within 3 years. We also plan to launch a Hindi version of Wow Parenting by the end of 2018.

TALK TO US ABOUT THE INDUSTRY YOU ARE CURRENTLY WORKING IN AND ITS CHALLENGES WHAT HAS BEEN THE BRAND'S STRATEGY TO DISRUPT THE SECTOR?

Parenting as a category is huge. There are a plethora of websites offering assistance only for toddlers and new born babies. There are a few bloggers and some websites who offer blog posts.

However, WOW Parenting has created an engaging, entertaining, non-judgmental experience that is informative, open-minded and very refreshing. WOW parenting also addresses comprehensively, parenting issues that parents with children in the age group 4-15 might face. The platform aims to be their friend who understands their problems and not just is interested in mere prophesising. We are India's first global parenting portal that offer solutions to the new aged millennial parents that can be practically implemented.

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THE PARENTING FORMULA



CHARLENE FARRELL

That's not a typo at all. That's just a formula I have been working on over the years since I started working as a student counsellor. And now, since I have a TEDx video out already on the topic, I thought it is apt to explain the same in print. As a counsellor and educator in a school for students from nursery to grade 12, there are plenty of different issues, experiences, choices, backgrounds and yes parents, that I come across every day. With this vast array at my disposal, I'm constantly left with information to ponder and analyse. With the amount of analysis, I do on a daily basis, synthesis is something that just happens as a by-product. Over the years, I have learnt so many different formulae but this one stood out as my tried and tested one.

When I got into the whole idea of writing down something on parenting, my friends questioned the validity of my notions. Since I am not a parent myself, they wondered what authority I had to speak about this topic.

The mistake a number of parents make is that they believe they have to be friends to their children. That is completely flawed. Children have not reached an age that allows them to make sound decisions and hence we are their decision-making body. They are not dumb either, and thus, it is essential that we are friendly enough to allow for a dialogue and discussion right from the time the child is really young.

Well, I wondered the same and I'm sure a number of you reading this would think alike. However, something I have learnt to acknowledge and explain is the fact that, parents unlike other occasions of adults while getting new things like gadgets etc. get their product (the child) delivered without a user guide. My work with children and their parents over the years has actually helped me create parts of this user guide and this formula is the essence of it.

The formula I created out of all that was thrown at me was this:

$$HGC = P(\text{constant}) + FyN$$

Where:

HGC = A Happy Grounded Child

P = Parent which is a Constant

Fy = A friendly parent = In proportion to

N = Need

Simply put, in order to bring up a Happy Grounded Child, the Parent needs to be a Constant Parent, and he/she needs to be Friendly in proportion to the Need of the child.

This formula came into being after years of working with parents using different parenting styles. The ones that lead positively to this formula actually came from those having problems getting through to their children. I see them as two extreme types of styles. The first is the over indulgent, extreme parent, now this parent is the know it all parent. They start off journey of parenting by planning, plotting and strategizing their kids' lives. They are often also called the helicopter parents for they make it a point to know it all, see it all, hear it all, do it all and who knows what all. They leave a little opportunity for real growth because they are always there. They also find it very difficult to accept that their children might ever be at fault for they have seemingly covered all loopholes and their little angels will definitely not find the time, space or the opportunity to make a mistake let alone grow. There are plenty of these parents around who make it a point to blame the world for any mistake their child might potentially make. Then we have the friend

parent. This parent is awesome for the growth of their child in the formative years. They allow their children to grow at their pace. They give opportunity for exploration, experience and hands on manoeuvring of their environment. They also reportedly 'Grow and Mature' with their children. The problems for these parents begin at puberty. The age when the child is actually trying to make sense of the world and their own role in it. Given all that is out there, this is the time the child needs a guide and a facilitator, not more friends.

Clearly in the passing of time, what essentially happened was the degradation of the traditional way of parenting. Parents either became over protective or over friendly. The amount we grumble about the current generation is testament to that. We are definitely living in a world of extremism, where all our problems and many of our solutions are also extreme. In order to create a stronger tomorrow, it is essential we start today. But start what exactly? It's time we learn balance. With the two above types of parenting, there is a fine line between the two that gently slices the flawed perceptions and the unwarranted angst. That line is the formula, I mentioned above. Now how to find the line? It's that simple as well.

The mistake a number of parents make is that they believe they have to be friends to their children. That is completely flawed. Children have not reached an age that allows them to make sound decisions and hence we are their decision-making body. They are not dumb either, and thus, it is essential that we are friendly enough to allow for a dialogue and discussion right from the time the child is really young. There are also 8 rules I have identified that will help in the smooth transition from extreme to balance.

OCKHI EFFECT IN SOUTH GOA

TEAM TNV

On Saturday late night, Shack owners and other residents including the tourist staying close to Coastal areas of Salcete experienced the panic situation due to sudden rise in sea level. Local Shack owners were in fear and anxiety after seeing the sudden rise in water level. It was almost a nightmare said one of the Shack owners sharing his experience of the Ockhi Cyclone. All of a sudden water level went high and crossed the danger level. Water reached almost to the end of the beach. On the fearful Saturday, all Shacks, which have been erected on the beach, were almost under water. Beds that were put for tourist were floating in the raging waters. The rough waters caused losses to shacks. Some of the Shacks faced heavy loss to such an extent that they won't be able to operate for the rest of the season due of this natural calamity.

Until it was clear that the devastation was due to the Ockhi Cyclone and the destruction had spread in the entire Goan coastline and Southern parts of Indian Peninsula. All the major coastlines of Goa were in the clutches of the natural disaster due to Ockhi Cyclone. Earlier there were speculations that cyclone may hit Goa Coast. On Saturday coastal areas like Mobor, Betalbhati, Majorda, Benaulim, Colva and other beaches have experienced this Natural calamity. The worst affected were the Northern beaches which were in total devastation.

Till morning the water level was very high. This rise in water level had put locals in panic situation. A



Shack owner told media that this situation recalled their old memories of Tsunami. Situation was tense as there were rumors that Tsunami will hit Goa Coast, he said.

Meanwhile, due to the Rough Sea, fishing Boats did not venture into the sea. President of Cutbona Boat owners Association Savio Dsilva said that fishing vessels did not enter sea due to the warning received from MET department. Later that evening, the beach looked

normal as all tourism activities were going on but only Water sports activities were closed.

Salcete Coastal Shack owners have suffered over Rs. 30 to 40 lakhs of loss due to the Ockhi disaster.

The aftermath of the water level rise due to the Ockhi cyclone had continued on the second day as well. Nearly 7 to 8 Shacks in Benaulim got washed away on Monday afternoon as waves dangerously washed on to the Shore. 5 shacks



5 Shacks at Mobor have been forced to completely close down due to the huge extent of damage in the Sunday incident.

The District Collector Anjali Sehrawat while speaking to Herald told that, their initial report has pegged the loss of all the South Goa Shacks to nearly 30 to 40 lakhs where in nearly 40 Shacks have faced the brunt of the Ockhi.

Furthermore even on today, the third day, fishing vessels had not ventured into the sea. Fishermen have been warned not to enter in to the sea. Some ships that were in sea during this disaster had stuck up at different ports and jetties informed boat owners. Goans are now facing shortage of fish in coming days. Prices of mackerels shot up to Rs. 50 to 70 per piece and Prawns were on fire at Rs. 500 per measure.

Ockhi Cyclone which brought disaster at Goa Coast has also shown its effect on Coastal areas in Quepem Constituency. Beaches of Rajbag, Betul and others wore a deserted look on the cyclone days. Many Coconut trees and other fruit bearing trees were seen uprooted on Monday night due to gusty winds. Locals told media that they have faced heavy losses due to cyclonic wind. Seawater entered into some of the houses which are close proximity to sea at Nuvem in Salcete. Locals are demanding compensation from the government for this natural calamity loss.

The Government has already started assessment of loss in Salcete Coastal areas. Locals in Nuvem and Rajbag area said government should not concern about the tourist shacks only but also, must carry out total assessment of Ockhi loss.

in Mobor have been forced to be permanently closed because of being washed off on Sunday.

The naval helicopter was seen heralding around the coastal area on Monday afternoon. While several call it the nature's fury the Shack owners have said that nearly 5 Shacks have been damaged in such a way that they will be forced to close down for at least next 5 to 10 days. Since this is happened in the middle of the tourist season, the Shack owners say that the direct loss is about 1 to 2 lakhs and the loss due to closure maybe nothing less than 2 lakhs.

Looking at the surging waves, Benaulim Shack owners removed all their valuable goods from the Shacks. Although, Beach beds and the wooden structure of the Shacks including the small bridges have got destroyed, in some cases completely destroyed due to the waves. One of the Chef corner said, even till the evening, there was no government authority that visited the Benaulim beach to ascertain the laws or two assess the incident.



GOA NEEDS TO ENACT SPORTS LAWS

SANDEEP HEBLE

Financial irregularities, mismanagement, electoral malpractices, administrative malfunctioning, nepotism, feuds and groupism in Sports Bodies is nothing new and we keep hearing about this off and on. Sometimes, the issues are of extremely serious nature as has been in the case of the Goa Cricket Association where there have been allegations of large scale financial misappropriation, fraud and forgery. In some cases, the matters may be trivial fights over ego, power and control, but serious enough to take note nevertheless. Some days back, we read about tiffs in the Goa Kabaddi Association where two different factions elected two different Presidents and two different Managing committees. Which faction is the legal one and which is not, we will perhaps not know, but it so happened that one of the factions having political links managed to have photo sessions with the Hon. Chief Minister Manohar Parrikar, thereby projecting itself as the group having Government support – ergo by default the official group.

The factionalism seen in the Kabaddi Association is not an isolated case in Goa. Similar groupism and feuds has been observed elsewhere too in few other Associations. The Goa Volleyball Association was recently split into two when 7 clubs sided with the faction headed by Mr. Richard Vaz while 4 others backed Irwin Soares, the long standing President. Both these groups have announced two separate Leagues leaving the players confused and in the lurch. Which faction should the players side with and why? What is the arbitration mechanism to determine which is the genuine governing body in Goa? There are no clear answers.

For close to two decades, Basketball in Goa was entangled in serious crisis right from the early 90s, when the committee in power lead by C.F. Vaz tried to keep everyone else out, so

as to remain in power perpetually. All the clubs, teams, players, schools, colleges, institutions and everyone else associated with this sport were kept out from membership by this Vaz lead committee which held the sport hostage, simply by catching the right people in the parent Federation. Basketball, a flourishing sport till then, thereby witnessed a sudden decline. No official State championships were held during this period. No tournament calendar. No coaching programmes. Teams only occasionally deputed once in a while at the Nationals to represent Goa. In this period, several young budding players had to suffer the most, losing out on the opportunity to represent their State at the National arena and also losing out on various Government and Sports Policy schemes and incentives like jobs, marks, etc. Though innumerable complaints were made to the Government and to the SAG during this period, they both remained mute spectators.

Other sports bodies like Cricket, Judo, Gymnastics, Table Tennis and a few more have similarly been marred by such feuds and disputes. There is no proper internal functioning democracy in many of the sports associations. Most of them do not comply with the Sports Authority of Goa's guidelines on how they need to function. There is no proper mechanism to enrol new members. No representation is given to clubs and only a few individual members who have been holding the reins of power manage to hold on and on. The Electoral College which comprises of a limited set of members, keeps re-electing itself into the new Managing committee. Elections are thus reduced to a farce where the old committee especially those occupying the top 2 or 3 posts, get re-elected into the new committee. Years go on but nothing changes.

Neither the Sports Authority of Goa nor the State on its part has done anything to put in place a code of conduct to prevent all this. In the absence of a mechanism or a proper law to deal with disputes, the political establishment has either supported one faction or the other, depending on who heads the faction and the political mileage the person heading it commands. At other times, the Government has preferred to stay neutral and let the warring factions fight their own battles. In other words, they have made it a kind of a policy to let the status quo persist and get sorted out on its own. Even if sometimes, it may take as long as a couple of decades. Who cares what the sportspersons will go through



States are competent to make their own laws and Goa must learn from a few other States which have enacted such Laws. Since sport has been entered at list 33 on the state list – II. Four States, namely Kerala, Rajasthan, Himachal Pradesh and Uttar Pradesh, have enacted laws on regulating sports activity including registration, regulation and recognition of Sports Associations.

during this period!

Thus, the Government has shirked on its responsibility whereas, how the athletes perform and what all they go through should be an integral part of its domain. It is pertinent to note that it is the Sports Authority of Goa that provides substantial grants to Sports Bodies to meet their funding. Such grants are provided to depute teams for the Zonals and Nationals. Grants are further provided for conducting State championships annually, concessions given for booking of sports facilities, and organizational grants given to Associations which organize Zonal, National and International level tournaments. The Goa Table Tennis Association, for instance, received grants as much as 20 lakh rupees for conducting an International tournament from the SAG, yet it refused to comply with RTI provisions – till the matter went against them in the First Appellate Authority as well as in the State Information Commission. Associations want to have their cake and eat it too.

Though Sports Associations are private Bodies, we cannot lose sight of the fact that all these bodies recognised by the SAG, are substantially financed through Public funds and are expected to perform

duties which are predominantly 'public in nature'. The players who are selected by these Associations do not represent the Association but represent the State of Goa. By virtue of the power and position that the administrators hold, they can make or mar a player's career through his or her selection or non selection and they have several other rights and privileges too. The Government's various facilities are also at their disposal, which they can use and also misuse. Being so, the Associations cannot claim immunity from public scrutiny and must not be exempted from coming under the purview of good governance principles.

Several Countries have enacted Sports Laws to regulate the functioning of Sports Bodies. United States has the Ted Stevens Olympic and Amateur Sports Act which protects the rights of all athletes and stakeholders. Most European Countries have protected the right to sports and physical activities for all its citizens and have enacted fundamental laws. Australia, China and many other Countries which are world leaders in Sports have successfully enacted their own laws while India lags behind badly.

Goa has been quite progressive in many ways. We have been one of the first States which implemented the Right to Information Act, a predecessor to the present Central Act. Yet, when it comes to sports administration and implementing good governance measures in Sports Bodies, the Government has done very little. Is good governance in Sports only about creating infrastructure and hosting National and International events once in a while or is there more to it? In 2011, the Sports Ministry of India headed by Ajay Maken tried to contain irregularities in various sports federations by coining the 'National Sports Development Code'. There has been a significant improvement since then in the functioning of National Federations though, implementation in the States is still a huge challenge.

The Government which has now taken up the mammoth task of hosting the National Games in 2018 must now think progressively. If it is spending so much money on building new infrastructure, can it not apply its mind to devise laws and frame mechanism through which each Sport can flourish further in the State?

States are competent to make their own laws and Goa must learn from a few other States which have enacted such Laws. Since sport has been entered at list 33 on the state list – II. Four States, namely Kerala, Rajasthan, Himachal Pradesh and Uttar Pradesh,

have enacted laws on regulating sports activity including registration, regulation and recognition of Sports Associations.

It is high time wisdom prevails upon the Government to enact a similar State Law to Govern Sports Bodies in Goa. Some notable provisions from other acts can be included, such as:

1. Compulsory Registration of Sports Associations operating within the territory of Goa under the "Sports Act".
2. An independent Body to enroll and suspend members.
3. An Eligibility criteria be specified for granting recognition to Associations.
4. General Duties and obligations of Associations to be specified.
5. Grievances redress mechanisms to be established and Appeals and Ethics commissions to be set up.
6. Associations to be RTI Act compliant.
7. Uniformity in constitutional provisions in matters pertaining to conduct of elections, rules of procedure, admission of members, etc.
8. Probation/ Suspension/ Disaffiliation of non performing associations and/or powers to supercede the Governing Bodies.
9. Prohibition to use the name of Goa and its Districts or Talukas for Associations unregistered under the Act.
10. Miscellaneous provisions such as barring individuals convicted or charge sheeted in serious crimes from holding managing committee posts, 25 percent reservations in managing committee for athletes who have excelled, rationalizing of sports policy marks and procedures, age and tenure clauses, etc.

There is an urgent need to enact such a comprehensive "Sports Act" that will bring transparency and accountability in the functioning of State Sports bodies. The Sports Laws of other progressive Countries along with other State Acts can be studied and relevant provisions incorporated into our own "Sports Act" for the establishment and creation of a proper functioning sports structure in Goa. Enacting a proper Sports Law for Goa can become a path finder for bringing transparency in State level Sports Bodies and will go a long way in improving the present defective system.

(The writer is the Hon. Secretary of Goa Badminton Association and Treasurer of Goa RTI Forum. Views expressed above are his own).

SEXUAL HARRASSMENT IN WORKPLACE- LEGAL PROTECTION

SONAL SARDESAI

Sexual harassment is a form of illegal employment discrimination in many countries, and is a form of abuse (sexual and psychological) and bullying. It may occur in a variety of circumstances. Some such instances may include where the harasser can be anyone, such as a client, a co-worker, a teacher or professor, a student, a friend, or a stranger. The victim does not have to be the person directly harassed but can be anyone who finds the behavior offensive and is affected by it.

There is often more than one type of harassing behavior present, so a single harasser may fit more than one category. These are brief summations of each type.

- a) Power-player - Legally termed "quid pro quo" harassment, where the harasser insist on sexual favors in exchange for benefits they can dispense because of their positions in hierarchies eg. Getting or keeping a job, favorable grades, recommendations, credentials, projects, promotion, orders, and other types of opportunities.
- b) Mother/Father Figure (a.k.a. The Counselor-Helper) – they try to create mentor-like relationships with their targets, all the while masking their sexual intentions with pretenses towards personal, professional, or academic attention.
- c) One-of-the-Gang - Harassers may act to embarrass others with lewd comments, physical evaluations, or other unwanted sexual attention.
- d) Serial Harasser – They build up an image so that

people would find it hard to believe they would do anyone any harm. They plan their approaches carefully, and strike in their victims privately.

- e) Groper – they seek opportunity to engage in unwanted physical contact that may start innocuous but lead to worse.
- f) Opportunist – They mask premeditated or intentional sexual behavior towards targets and take advantage of physical tasks to 'accidentally' grope a target using circumstances and situations.
- g) Bully - The bully uses sexual harassment to seek revenge of some rejection.
- h) Confidante – they share their own life experiences and difficulties, to win admiration and sympathy and trust to move into an intimate domain.
- i) Situational Harasser –they harass depending on situation.
- j) Pest - This is the stereotypical "won't take 'no' for an answer" harasser who persists in hounding a target for attention and dates even after persistent rejections.
- k) Great Gallant – A verbal harassment involving excessive compliments and personal comments that focus on appearance and gender, and are out of place or embarrassing to the recipient.
- l) Intellectual Seducer – they use knowledge and skills as an avenue to gain access to students, or information about students, for sexual purposes.
- m) Incompetent - These are socially inept individuals who desire the attentions of their targets, who do not reciprocate these feelings.
- n) Stalking - Persistent watching, following,

contacting or observing of an individual, sometimes motivated by what the stalker believes to be love, or by sexual obsession, or by anger and hostility.

How society reacts to such harassment:

Victims who speak out against sexual harassment are often labeled troublemakers who are on their own power trips, or who are looking for attention. They become the accused, with their appearance, private life, and character likely to fall under intrusive scrutiny and attack. They may become the targets of mobbing or relational aggression. Certain Women co-workers may even project hostility onto the victim in order to bond with their male coworkers and build trust. Some women feel that "Facing up to the crime and having to deal with it in public is probably worse than suffering in silence.

Common effects on the victims includes: psychological and health effects that can occur in someone who has been sexually harassed: depression, anxiety and/or panic attacks, sleeplessness and/or nightmares, shame and guilt, difficulty concentrating, headaches, fatigue or loss of motivation, stomach problems, eating disorders (weight loss or gain), alcoholism, feeling betrayed and/or violated, feeling angry or violent towards the perpetrator, feeling powerless or out of control, increased blood pressure, loss of confidence and self esteem, withdrawal and isolation, overall loss of trust in people, traumatic stress, post-traumatic stress disorder or suicidal thoughts or attempts, suicide.

The Supreme Court of India clearly stated that it is the duty of the employer or other responsible persons

in work places or other institutions to prevent or deter the Commission of acts of sexual harassment and to provide the procedure for the resolution, settlement or prosecution of acts of sexual harassment by taking all steps required.

What amounts to sexual harassment?

Sexual harassment in India is termed "Eve teasing" As per the Vishakha guidelines-

Sexual harassment includes such unwelcome sexually determined behavior (whether directly or by implication) as:

- (a) physical contact and advances
- (b) a demand or request for sexual favours
- (c) sexually coloured remarks
- (d) showing pornography
- (e) any other unwelcome physical, verbal or non-verbal conduct of sexual nature.

Any such act or conduct has a reasonable apprehension that in relation to the victim's employment or work whether she is drawing salary, or honorarium or voluntary, whether in government, public or private enterprise such conduct can be humiliating and may constitute a health and safety problem it amounts to sexual harassment. Sometimes discriminatory recruitment or promotion, it creates a hostile work environment.

AS PER THE VISHAKHA GUIDELINES- All Employers or persons in charge of work place whether in public or private sector should take appropriate steps to prevent sexual harassment. Without prejudice to the generality of this obligation they should take the following steps:

- (a) Express prohibition of sexual harassment as defined, above at the work place should be notified, published and circulated in

appropriate ways.

- (b) The Rules/Regulations of Government and Public Sector bodies relating to conduct and discipline should include rules / regulations prohibiting sexual harassment and provide for appropriate penalties in such rules against the offender.
 - (c) As regards private employers steps should be taken to include the aforesaid prohibitions in the standing orders under the Industrial Employment (Standing Orders) Act, 1940.
 - (d) Appropriate work conditions should be provided in respect of work, leisure, health and hygiene to further ensure that there is no hostile environment towards women at work places and no employee woman should have reasonable grounds to believe that she is disadvantaged in connection with her employment.
- The employer should create awareness by prominently notifying the guidelines (and appropriate legislation when enacted on the subject) in a suitable manner.

The employer should ensure that victims or witnesses are not victimized or discriminated against while dealing with complaints of sexual harassment. The victims should have the option to seek transfer of the perpetrator or their own transfer.

The employer should create appropriate complaint mechanism for redressal of the complaint made by the victim, and also ensure time bound treatment of complaints. If required the employer should provide a special counselor or other support services, including the maintenance of



confidentiality.

The Complaints Committee should be headed by a woman and not less than half of its member should be women. Further, to prevent the possibility of any undue pressure or influence from senior levels, such Complaints Committee should involve a third party, either NGO or other body who is familiar with the issue of sexual harassment. Confidentiality of the complaint procedure has to be maintained.

Complainants or witnesses should not be victimized or discriminated against while dealing with complaints. The Complaints Committee must take an annual report to the Government department concerned of the complaints and action taken by them.

Conducting enquiry by the complaints committee

On receiving complaint by aggrieved victim before the Complaints Committee should receive written complaint at the earliest point of time if possible within 15 days of the date of occurrence of the alleged incident.

The complaint shall contain all the material and relevant details concerning the alleged sexual harassment including the names of the contravener and the complaint shall be addressed to the Complaints Committee. If the complainant feels that she cannot disclose her identity for any particular reason the complainant shall address the complaint to the head of the organization and hand over the same in person or in a sealed cover.

The Complaints Committee shall take immediate necessary action to cause an inquiry to be made discreetly or hold an inquiry, if necessary. On examination the committee shall recommend to the head of the organization the penalty to be imposed, which will be communicated to the management.

The Management of the Organization shall confirm with or without modification the penalty recommended after duly following the prescribed procedure.

If sexual harassment occurs as a result of an act or omission by any third party or outsider, the employer and person in charge will take all steps necessary and reasonable to assist the affected person in terms of support and preventive action.

The Cobra and the Crows



There was a big banyan tree, where two crows - husband and wife, had prepared a nice nest and made it their home. In the hollow of the same tree, lived a black cobra.

The crows had a problem because the black cobra would climb up the tree and eat the newborns, whenever the female crow hatched her eggs. They could do nothing to save them.

The crows went to a jackal, who lived in a nearby banyan tree, to seek his advice. They narrated everything to him and requested his advice for them to get rid of their problem.

They said, "O Friend, It has become dangerous to live here. Please tell us how we can protect our children from being eaten up by the wicked black cobra."



The jackal replied, "Please don't give up. Even powerful enemies can be overcome with the use of wit."

On hearing this, the crows

requested, "O Friend, please tell us how we can overcome and destroy this wicked cobra."

The jackal told them a plan, "Fly into the capital of the kingdom, not far from here. Visit the house of someone who is wealthy and careless at the same time. Notice if something of value is lying around. If you find so, pick it up when the servants are watching you."

He continued, "You will need to fly slowly so that the servants can follow you. Return back to your tree and drop it in the hollow of the tree where the cobra lives. When the servants reach, they will kill the cobra when they see it."

The crows decided to follow the jackal's advice and flew off immediately according to his plan.

As they flew above the capital, the

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female crow noticed wealthy women swimming in a lake. They had left gold and pearl necklaces on the banks of the lake, which were guarded by royal servants.

At once the female crow swooped down, and picked up a big necklace in her beak, and started flying slowly.

When the royal servants noticed her, they picked up sticks and stones, and started throwing at her, and ran to chase her.

As planned, she dropped the necklace in front of the hollow of the tree, where the black cobra was asleep. She sat on one of the branches for the royal servants to notice.

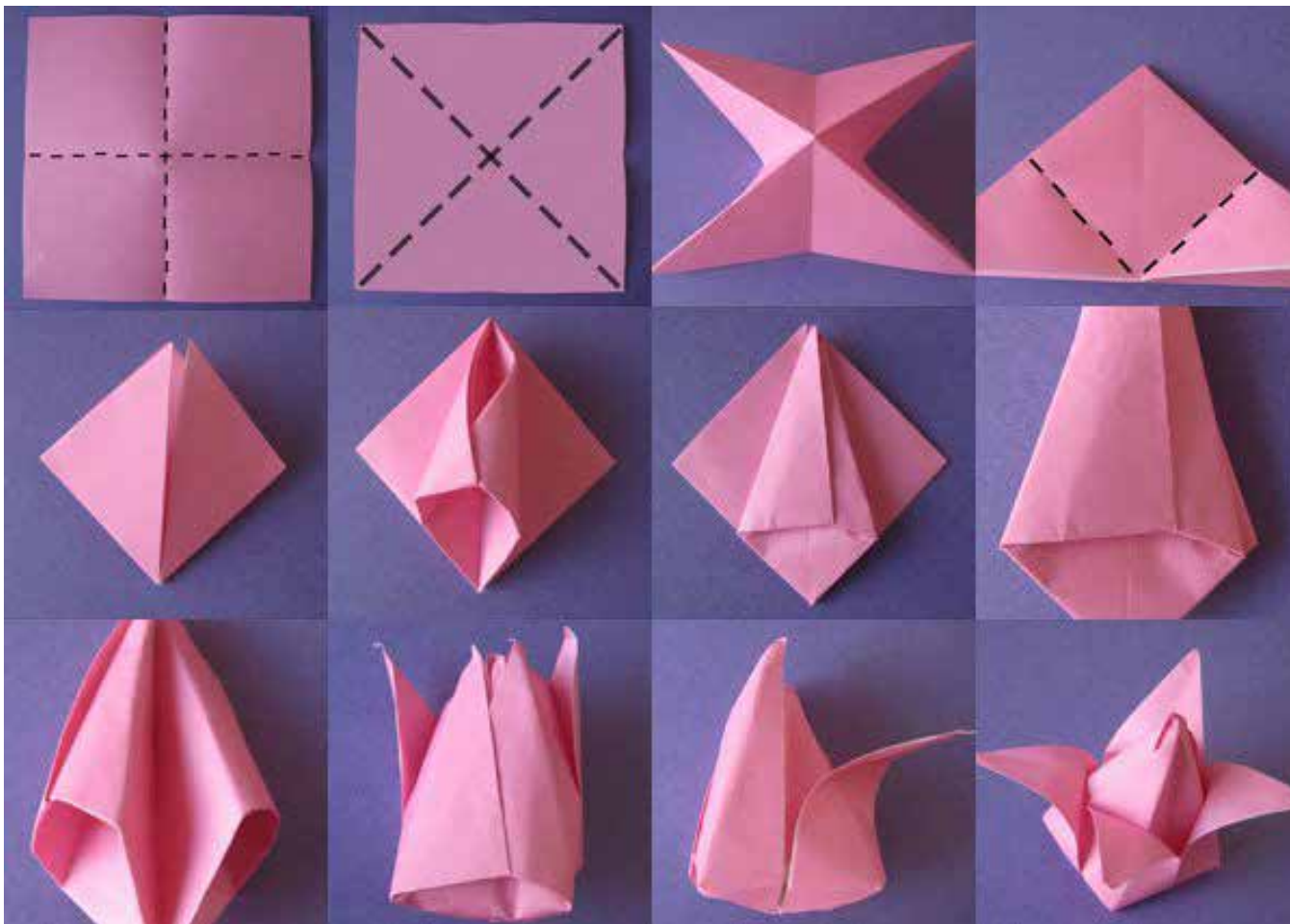
When the royal servants arrived, the black cobra came out of the hollow of the tree to see what all the noise was about. The black cobra confronted the king's servants with swelling hood, but the servants attacked the cobra with sticks and stones to recover the necklace.

They killed the wicked cobra, and returned with the necklace. And the crows, having gotten rid of the cobra, lived happily.

**The wise indeed say:
 Even a very powerful enemy can be destroyed through deceit.**



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SELF SUSTAINABLE AGRICULTURE



TEAM TNV

It is often said that we eat to live and not live to eat. Indeed, food, clothing and shelter are universally believed to be the most essential, fundamental needs of man. Agriculture is the backbone of any economy and Goa is not an exception. The State has witnessed a tremendous growth in the agricultural sector from a negative three percent to current growth of surplus three percent.

BJP Government now intends to take agriculture to a completely new level by revamping the sector entirely, making it remunerating and appealing to the young generation - who are unfortunately not enameled by agriculture as yet.

The Government has proposed to achieve six percent growth in the sector thereby making Goa completely self sustainable and non-dependable in the respect of food grains, milk, vegetables and all other agricultural products.

"Government intends to revolutionize the agriculture sector. Government focus is on to make Goa self sustainable in agriculture produce and double the farmers' income by 2022," Minister for Agriculture Vijay Sardessai told TNV.

"At a time when farmers are committing suicides across country, Goa government is focusing on pampering the agriculture sector," Minister added.

Introduction of contract farming,

community farming, emphasis on horticulture production, encouragement to floriculture and vegetable farming, Agro tourism, floriculture estate, organic farming, micro climate hubs, agro clouds, etc. along with Brand Goa products - are some of the key ideas that government is working on.

"Slowly we are trying to give right impetus to agriculture by enacting new laws. I think agriculture will once again become remunerating and appealing to Goan youth, especially from coastal areas and tourism centric areas," Minister said.

"All these things are intruded and needs to be motivated to ensure that maximum returns come to farmers and State. We have the interest to create agro tourism and micro climate hubs in which certain agriculture produce which are endemic and specific to certain areas is promoted through research," he explained.

It is very unfortunate to see that youth in the State is not very inclined to go towards agriculture giving clear indication that whole of Goa is not enameled by the sector yet. Agriculture is still considered as low-income and old age occupation by the younger generation, who prefer white colour jobs or jobs abroad or on ship.

Government is working to redraft the State Agriculture Policy that will give a direction to the sector and help to bring in a revolution to make agriculture more of income centric

than only farming centric.

"Our Prime Minister's mission is to double the farmer's income by 2022. For the same, we have to launch the revolution. For Goa, the time has come where we need to take our farmers forward," Sardessai said.

The upcoming Winter Session of the State Legislative Assembly may see government introducing legislation to promote contract farming. Contract farming can be defined as agricultural production carried out according to an agreement between a buyer and farmers, which establishes conditions for the production and marketing of a farm product or products.

Also, in a bid to bring in more and more fallow land under cultivation, the concept of community farming is also been considered.

According to the agricultural census, 2010-11 there were in all 78,020 operational holdings covering an area of 88,994 hectares. There was an increase of 48 percent in the number of operational holdings and increase of 47 percent in the area compared to the census of 2005-06.

The land utilization statistics for 2015-16 depicts that out of the total 3,70,200 ha geographical area of the State, the gross cropped area was 1,56,462 ha while the net area sown was 1,30,109ha. Also, 10.42 percent of the land is uncultivated and another 3.78 percent land is fallow.

Speaking to TNV Agriculture Director Nelson Figueiredo said that agriculture sector at national and

global level is witnessing rapid changes besides facing major challenges, "The food habits of the consumers are changing and the demand of agricultural commodities is on a rise and at the same time the climate is changing and the productive land is stagnated. The emerging challenges and opportunities call out for a paradigm shift in the innovation driven field of agriculture," he explains.

The subsistence agriculture in the state is shifting to a high value commercial enterprise. The cultivation of high value horticulture crops is gaining importance due to the better returns, lower risk and tolerance of these crops for part time farming.

"Agriculture mechanization has experienced a tremendous growth over the last few years. Due to widespread modernization visible in the agriculture sector, farming communities have started employing agro equipments extensively in various domains of cultivation like tillage, sowing, irrigation, transplanting, plant protection, threshing etc.," he said.

Figueiredo said department of agriculture not only aims at self-sufficiency of the state in agriculture but we assure higher net income to our farmers through introduction of effective and efficient techniques of farming and better utility of available resources in a sustainable way.

Government has also made a budgetary provision of Rs. 172 crore for the sector during the current financial year.

Goa History & Culture by Alfred F Braganza

TEAM TNV

If someone had to tell me that one can sum up entire history of Goa right from the Pre-Portuguese time to the era of International Film Festival of India (IFFI) can be summed up in 210 pages, I would not believe or feel that it would be just a book for the sake of the book. But not after reading 'Goa History & Culture' by senior writer Alfred F Braganza.

The book published by Third Millennium Publishers has the cover illustration by Padma Vibhushan Mario De Miranda, world renowned which adds up to the value of this collection which has 23 different chapters running through the various phases of Goa.

The author who has the worldwide exposure delves

deep into the ore of the Goan psyche. The introduction of the book says "his incisive analysis and perceptive assessment of the past and the present helps the reader understand the elements that have coalesced into the composite culture that is Goa."

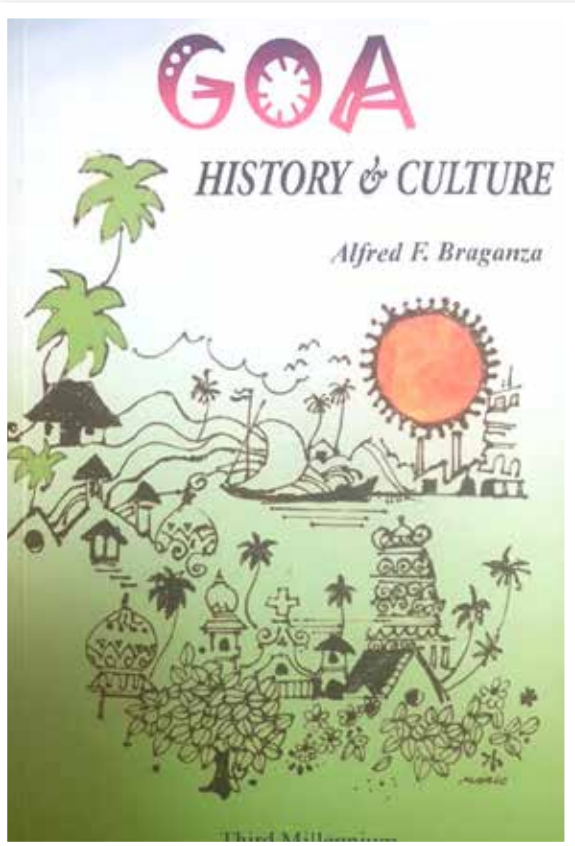
The writer in his preface mentions "in this book, here I come once again to try to consolidate the basic elements of Goan History and culture for the benefit of Goans in their homeland and across the seven seas, all eager to drink deep from the fountain of flowing heritage. Wherever Goans are, Goa is!"

The non-fiction is not just a compilation of Goa's history with all the accuracy but also provides some of the most important insight into it.

In one of the chapter, the author claims that Afonso de Albuquerque besides his cruelty presented himself as the protector of the Hindus against the Muslim oppression. The writer quotes renowned historian Teotonio R de Souza to base his contention.

Providing slice of Goa's history in every page, the book also touches upon the period of Inquisition and its follow up till 2004 when Pope John Paul II made a sweeping apology for it and other errors of the Church.

The book does not only speak about Goa's ancestral past but also provides deeper look into the aspects like state's mining boom, the Dowry System, Portuguese Influence on Goan food and one of the most recent topic 'Konkani Films and the IFFI.'



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HAPPY PLANET OPENS PUNE'S LARGEST INDOOR ACTIVE PLAY PARK

TEAM TNV

Pune - Children and the young-at-heart of Pune now have a reason to cheer! Happy Planet, which has been spreading smiles and joy for the past eight years, is all set to open doors to Pune-kars. All roads will now lead up to Phoenix Market City as the mega 6000 sq. ft. space opens in Pune. Nimish Kenia, co-founder of Happy Planet said that Happy Planet aims at spreading smiles across the country by bringing the great outdoors, indoor. The place is buoyed on the philosophy that Freedom is the single biggest experience that each child must enjoy – Freedom to play and Freedom to choose the play are important aspects of overall growth and development. That is precisely what Happy Planet endeavours to offer within the precinct.

Nimish Kenia, co-founder of Happy Planet said, "Our vision is to create a secure space where children and young adults can be a part of interesting and challenging games designed to develop one's character and personality. Through tasks such as trampolines, zipline, obstacle courses, challenging rope walks and so on, we believe the child develops a keen sense of competition and team spirit."

"Pune is a melting pot of people from across the country who have now made this vibrant city home. Yet, there are not ample options for indoor recreational activities, while the potential clearly is there. With Happy Planet, we are confident that the audience will enjoy the space and play-outs will become a more sought after location within the city for children, parents, grandparents or anyone else who is looking to have an invigorating time – mentally and in play."

Since the opening in 2010, Happy Planet Mumbai has welcomed almost two lakh children into its play park and hosted more than 1,000 birthday parties in its various spaces. It was a keen understanding of the mind-set of the Pune-kar and sensing the lacuna



celebrating a special day. Happy Planet in fact, also houses a few activities for the parents or grown-ups who might pass by the area. We strongly believe that we are in the business of bringing smiles and joys to families, and we try to live upto it each day," signed off Kenia.



Additionally, there are a host of games to keep the children occupied including the twin level aerial adventure [rope course], trampoline park, zip line, sand pit, a dynamic combination of fast steep slide and Ninja obstacle course, elevated kiddyfootball turf, and so on.

"While children are walking in to enjoy a good evening, we have designed the space at Happy Planet to curate interesting activities for children

that existed in such entertainment options that prompted the Happy Planet team to set up this ambitious project in Pune.

The Pune outpost boasts of several firsts at Happy Planet:

- 1) Largest ever multi-activity place in Pune
- 2) First indoor zipline in Pune
- 3) First trampoline park in Pune
- 4) Multi-level aerial adventure in Pune

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Flaunt Your Fashion with Sôsa

Sôsa's was established on 14th December, 1998. They aim to provide classy creations from multiple designers from all over India in one location. The store houses designers for men and women as well as accessories. The designers are selected specifically for their uniqueness and adaptability to Indian and Western wear. Sôsa's has been in the fashion industry for 19 years.

They have been written about many times in major Goan dailies and magazines. They have been filmed in the movie Dil Chahata Hai. They have already done many fashion shows in the past.

Sôsa have also been listed as one of the top 5 stores to be visited in the lonely planet of France, Russia, Japan, Germany, etc. They are the only multi-designer store housing over 30 designers from all over India.

SÔSA'S had organized "Flaunt Your Fashion", which was an Exhibition combined Sale of designer garments, accessories & bags, on the 11th and 12th of November 2017 at The Panjim Community Center, Panaji. Around 30+ Designers from all over India including



Goa displayed their collections for the season. Chief guest for the event was Shri Surendra Furtado.

The main purpose of this event was to provide a platform for designers to showcase their collections at a reasonable price for the Goans. These lovely creations were to be sold directly by the designers to the customers.

"Flaunt Your Fashion" 2017 by SÔSA'S showcased designers from different parts of India including Goa: 22 from Goa and 13 (Mumbai, Delhi, Ahmedabad, Nagpur, Chennai, Surat and Kolhapur)

This event was curated by Myra Silveira, proprietor of SÔSA'S designer boutique.

The event was co-sponsored by: Horseshoe Bar and Restaurant, Age Entertainment, Quikon Electronics, Zawiyah Mortors, Ange Mossaiques.



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