

The Neutral View

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THERE ARE ENOUGH EVIDENCES

Declaration of tiger reserve likely to play a pivotal role in preserving the habitat

UPCOMING CARS IN 2018

The year 2018 will be an exciting year for the automotive industry. The year promises to start off with a bang with a lot of new launches coming your way. We will take a peek at some of the exciting new launches that are slated for this year.



Audi Q5 Facelift

Expected Price: ₹45 Lakhs
Launch: 18 January 2018

In order to keep up with fresher competition like the new X3, Audi will be sprucing up the Q5 to get back in the game. Updates will include a new front end which will get new Q7 treatment that includes a more angular headlight and a new chrome grille. Expect minor changes to the bumper and refreshed tail lights as well. The interiors will follow suite, again with a Q7 like theme. Expect the car to be fully loaded with all the connectivity options and safety features as well.



Mahindra XUV300

Expected Price: ₹8 Lakhs
Launch: December 2018

The Mahindra XUV300 is a front-wheel drive SUV which, when launched, will be positioned below the XUV500. This upcoming SUV will have a monocoque construction and is presumed to be currently under development by Mahindra. The XUV300 is anticipated to be more expensive than its cousin, the TUV300, which is a rear-wheel drive SUV that rides on a body-on-ladder frame. As far as the looks are concerned, the XUV300 will follow the footsteps of the XUV500. Nevertheless, the XUV300 is expected to have a more edgy and butch look vis-à-vis the XUV500's more fluidic lines to keep the design lines fresh but contemporary.

Lamborghini Urus

Expected Price: ₹3.5 Crores
Launch: January 2018

Disguised as an SUV Lamborghini Urus is a supercar. Lamborghini had revealed their first super SUV- Urus in December 2017. Shortly after its global debut, the Lamborghini will launch Urus in Indian market in January 2018. Being an SUV, the Urus flaunts flared wheel arches with body claddings all around. The front bumper is very busy with lots of slats and louvers. The Urus measures a whopping 5112x2181x1638mm. The wheelbase is 3,003mm while the whole car weighs less than 2,200kg. The Urus is based on the same MLB Evo platform as the Audi Q7, Porsche Cayenne, Bentley Bentayga and the upcoming Volkswagen Toureg. The SUV sits on massive 21- to 23-inch designer alloy wheels. The Urus also scrounges the rear-wheel steering from the Aventador S



Datsun GO-Cross

Expected Price: ₹4.5 Lakhs
Launch: December 2018

The latest entrant to the mass market of passenger vehicles in India – Datsun, has its eyes set on this segment. After the launch of the affordable Datsun Go, Redigo and the super compact MPV Go+, the Nissan sub-brand will get the Go-Cross to India. The Datsun Go-Cross is based on the Go+ MPV and so has almost the same proportions. What is new, however, is the contrast coloured body kit which for this concept car is grey around the sides and silver on the pseudo bash plate elements.

Maruti Suzuki Ciaz Facelift

Expected Price: ₹6 Lakhs
Launch: February 2018

The Ciaz has been around for about three years and is due for an update. Being a mid-life update, the changes are more or less cosmetic. Going by the segment standards, the Ciaz facelift will get LED Daytime running lamps and projector headlamps at least on the higher-spec trims. The bumpers will be tweaked along with the grille for a fresher look and we hope the Honda City-ish tail lamps go under the knife.



Volkswagen Vento Facelift

Expected Price: ₹8 Lakhs
Launch: December 2018

Introduced in India back in 2010, Vento was the C-segment contender from Volkswagen. In the last seven years, the Vento has received four updates and the fifth one is expected to be introduced this year. The new Vento will get LED daytime running lamps and projector headlamps at least for the highline trim. The updates like the chrome garnish in the back and the wider chrome grille in the front will be retained along with the reworked tail lamps. The alloys might be different but the body shell is the same. With the improved looks, the Vento will hold sway with its classic sedan looks.

Ford Kuga

Expected Price: ₹9 Lakhs
Launch: January 2018

The Ford Kuga will be positioned above the Ford EcoSport and will be a Renault Duster and Hyundai Creta rival. It gets the signature Ford fascia with the prominent hexagonal chrome grille and swept back headlamps. The bumper gets a mesh air-dam with the fog lamps also getting mesh surrounds. The side profile is almost similar in form, but the length shows thanks to the chunky bonnet and the quarter glass pane after the C-pillar. The flared wheel arches give it muscle while the sloping roofline adds sportiness. The tail is also decked up with a short rear glass, a busy tailgate and a muscular bumper

MAKAR SANKRANTI RECIPIES



Tilache Ladoo

Tilache ladoo is a traditional winter sweet. This is a simple recipe made with til and jaggery. Til is sesame seed and jaggery is unrefined cane sugar. You can also enjoy them as sesame candy. Tilache ladoo are also made on various festivals especially for Makar Sankranti.

Ingredients:

- ◆ 1 cup sesame seeds (til)
- ◆ 1 cup jaggery or gur broken in small pieces, available at Indian grocery store
- ◆ 3 tablespoons clarified butter, ghee
- ◆ 1/2 teaspoon crushed cardamom
- ◆ 1/2 cup water

Method:

- ◆ Grease a plate and set aside.
- ◆ In a frying pan roast the sesame seeds on medium heat stirring continuously. Sesame seeds will become light golden brown. This should take 4-5 minutes. Take the seeds out in a bowl. Set aside.
- ◆ In the same frying pan heat the water and add the jaggery.
- ◆ Simmer over medium heat till it starts caramelizing and forms a ball when you add a drop of syrup in cold water. This should take 4-5 minutes. Reduce the heat to low.
- ◆ Add ghee, cardamom, and roasted sesame seeds mix it thoroughly with melted jaggery.
- ◆ Transfer it in greased plate; take one tablespoon of mixture in your palm and make them into round ball, this should be half the size of golf balls.
- ◆ Make all the ladoos while mix is still warm.
- ◆ Sesame seed ladoo can be stored for months.

Khichdi



Khichdi is a vegetarian recipe which imbibes the goodness of legumes and vegetables to make a wholesome meal. Apart from using a variety of vegetables and dal in the preparation different spices can also be used for tempering it.

Ingredients:

- ◆ 200 gms Soaked rice
- ◆ 50 gms Soaked moong Dal
- ◆ 50 gms Soaked masur Dal
- ◆ 4 Large onions
- ◆ 4 Garlic flakes (minced)
- ◆ 1 Ginger (minced)
- ◆ 2 Potatoes
- ◆ 2 tsp Turmeric powder
- ◆ 2 tsp Red chili powder
- ◆ 2 tsp Garam masala
- ◆ Green chillies

- ◆ Oil for frying

Method:

- ◆ Peel the potatoes and cut into pieces.
- ◆ Chop the onions and green chillies.
- ◆ Heat the oil and fry chopped onions till it turns brown.
- ◆ Add minced garlic, ginger and green chillies.
- ◆ Now mix garam masala and fry for 3 minutes.
- ◆ Pour warm water and add moong dal.
- ◆ Add masur dal and rice after 10 minutes.
- ◆ Add potatoes and salt.
- ◆ Cook over medium heat till it gets cooked.
- ◆ Serve hot with curd and pickle.

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THE YEAR 2018 COULD SEE REGIONALISTIC VERSUS NATIONALISTIC POLITICS?

Goa will be put up with the unique challenges during the year 2018 as the state is going through an acute political situation. With only two months left to complete a year in power, BJP-Goa Forward Party-MGP-Independent government is facing challenges, which were unpredicted.

The current issue of Mhadei is an apt example of how national and regional parties clash over certain issues. While Karnataka elections is on the mind of BJP and Congress, the parties like Goa Forward, MGP, Shiv Sena and Independents are carefree about it.

BJP and congress have to censor their statements on this issue before speaking out their heart. And they have to strike a political balance to ensure that their parties do not have to face issues back in Karnataka. That is why probably, Chief Minister Manohar Parrikar has to take the stand, which might look contradictory to the welfare of the state.

When Parrikar wrote letter to Yedyurappa, the political storm began brewing in the State. Congress was the first one to react and they opposed sharing any amount of water with Karnataka. Their reaction was encashed by BJP back in the neighbouring State, as the party is ruling.

The issue, which is still being widely debated in the political circle, had Goa Forward Party admitting that their alliance partner BJP might have to resort to political compromise on the issue.

Known for his political accuracy, Vijai Sardesai was quick enough to capitalize on the issue and made cited that "to avoid such kind of situations, Goa Forward Party has

been propagating regionalistic politics." After the narrative of 'Goenkarponn', the party is now expected to subtly push in agenda of Regionalistic Politics. Party's minister Vinod Palyekar was caught a bit unaware and was found often "quoting" and "mis-quoting" on this issue by the media.

The year 2018 will ask the answer for this crucial question from Parrikar-led government, which will have to spell out its correct stand. And the stand will have to be in connivance with the Common Minimum Program (CMP).

Twin issues of Coal and River Nationalisation, which seems to be interlinked, are also staring at Parrikar led government for the year 2018. While Parrikar has tried his level best to announce, time and again, that coal handling capacity would not be increased in the State, the stands taken by committee of Ministry of Environment and Forest and Climate Change seems to be contradictory.

Again, Parrikar would be caught up between national and local interests, if union government tries to pressurize Goa government to allow the additional quantity of coal to be handled.

Similar is the issue with nationalization of rivers. Union Shipping minister Nitin Gadkari was furious when asked about opposition to the nationalization of rivers. He had told the press conference that the union government would not mind shifting the projects out of Goa if people don't want them.

His statement clearly indicated his inclination towards these projects. Here too, Parrikar led government will face a tough task to chose between national and regional politics.

Every time there is an issue, which would crop up hovering between center and the state, BJP will have to take up the stand, which might or might not go well with the local population.

The year 2018 would celebrate one year in the government and also will mark the run up for Lok sabha polls which would be held in the year 2019. The decisions taken by the government would certainly reflect into the results of both the seats.

Goa Forward Party has already stated that they will not be contesting Lok Sabha polls, while MGP has said that they will decide at

the appropriate time. Though parliamentary election is not on the mind of Goa Forward party, it has began expanding its base in other constituencies. They are on mission Tiswadi spearheaded by Babush Monserratte.

Tiswadi also has Panaji constituency and it can be a flashpoint between the alliance partners. That would happen at the fag end of the current tenure of this government. But during Lok Sabha polls, Goa Forward party may also ensure that the 'Lotus' does not bloom much aggressively in this taluka.

The year 2018 is also challenging one considering the fact that the current government is besieged with several other issues including generation of revenue in the wake of slump in the mining industry.

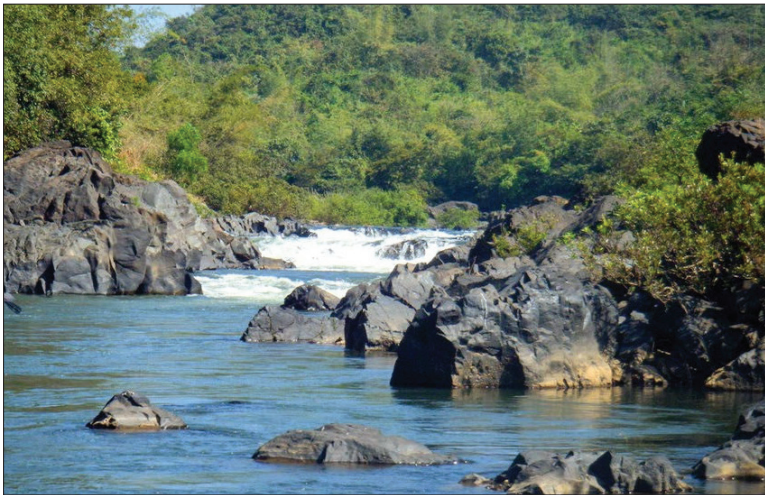
The state has been facing uneasy situation in the mining belt due to the slump in the economy and the reasons are completely beyond the control of the state government. Only relief that the industry could get if central government exempts the export duty on the ore which is 60 degree grade and more. But that too seems to be a remote possibility though State government has submitted a memorandum asking for the same.

The projected revenue from the mining industry would be nose-diving for the current fiscal, as the international markets do not look favourable. The challenge before the State government will be to generate revenue amidst several negatives.

The year would be tougher for the chief minister and also for his cabinet, which will have to constantly work to win the trust of the people. The year will also be a difficult one for Congress, which stands divided despite having huge strength on the floor of the House and its leaders like Chandrakant Kavlekar and Digambar Kamat facing police inquiries.

Politically, the year will also see whether parties like Goa Suraksha Manch and Shiv Sena manages to keep itself afloat and 2018 will also be challenging for the activists who will have to be on guard on various issues raised by them.

It would certainly be not the year of easy going for Goans. Every day will put up challenge before them. The challenge to ensure that the interest of Goa is not compromised at the cost of political wills or nationalistic perspective.



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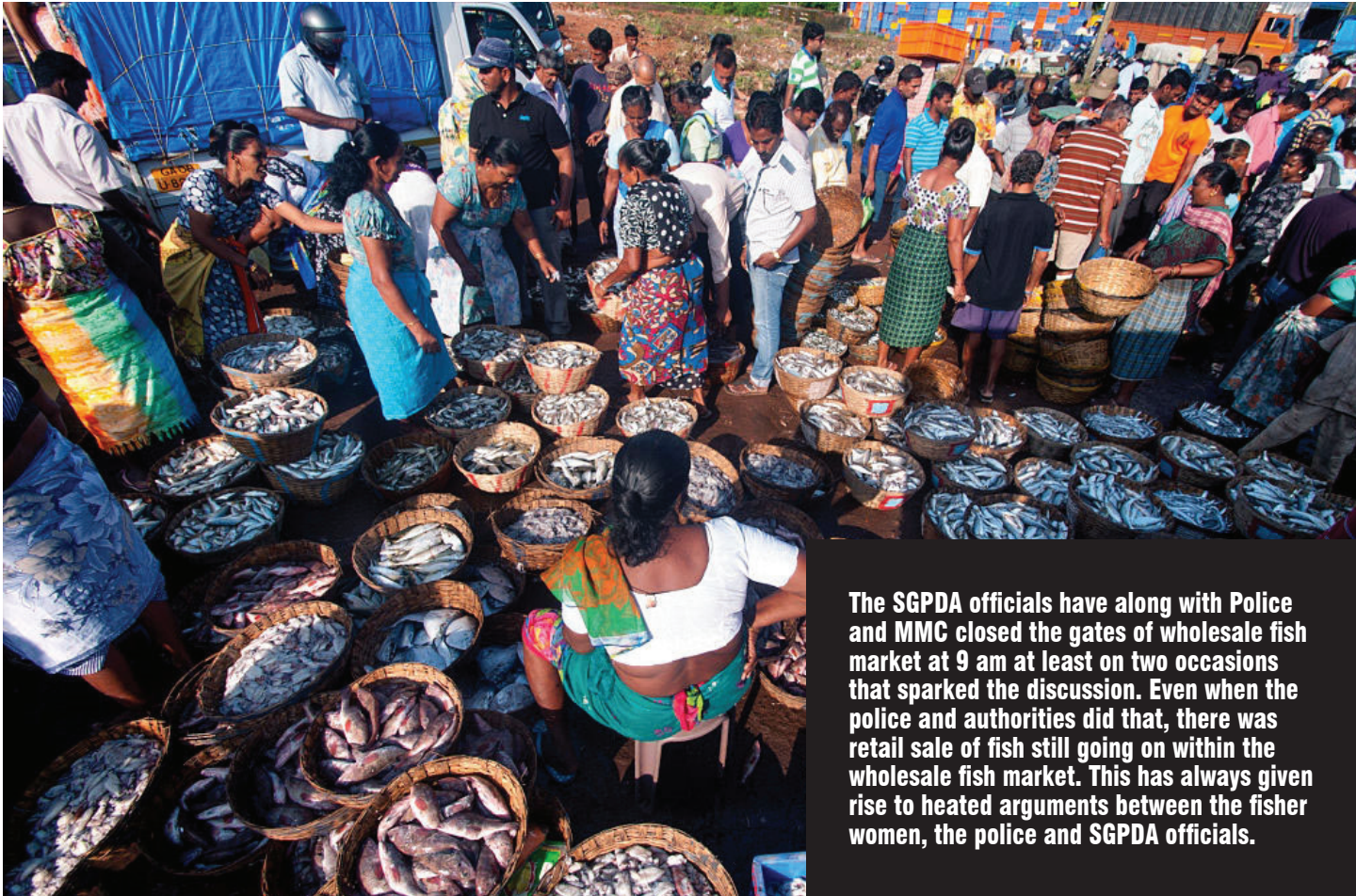
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SGPDA WHOLESALE FISH MARKET ISSUE BETWEEN AUTHORITIES AND FISHERMEN REMAINS AN 'AGREE TO DISAGREE' DILEMMA



The SGPDA officials have along with Police and MMC closed the gates of wholesale fish market at 9 am at least on two occasions that sparked the discussion. Even when the police and authorities did that, there was retail sale of fish still going on within the wholesale fish market. This has always given rise to heated arguments between the fisher women, the police and SGPDA officials.

TEAM TNV

The issue of the Wholesale fish Market of Seraulim has boiled again after the South Goa Planning and Development Authority along with the Police and MMC decided to stop the retail trade of fish. This has given rise to yet another confusion, the confusion to find out who is the real Ramponkar, who is asking for relaxation of rules.

After the entire episode of closing the gates of the Market, the TCP Minister Vijai Sardesai along with the Benaulim MLA Churchill Alemao and stakeholders in the Wholesale fish market had a joint meeting. They decided to give certain concessions to the Ramponkaars selling fish on wholesale basis at the market. The SGPDA, MMC,

Traffic SP and most of the fishermen and wholesalers were present at the meeting who seemed to be in agreement with the plan.

At the meeting, it has been unanimously decided to give 1-hour extension to the ramponkaars for sale of fish on wholesale basis. Meanwhile, the TCP Minister has taken strong objection to the sale of non-fishery articles like ropes vegetables and others. TCP Minister has also decided to jointly find a temporary alternate place for the fish market while it goes for renovation soon.

TCP Minister Vijai Sardesai after the meeting said, "All the stakeholders including Wholesale traders, Ramponkars, Police, Traffic Police, MMC, SGPDA and also the President of the Ramponkaraancho Ekvott

Association have come together and discussed the issues".

He told that they have decided to give some concessions to the Ramponkaars but the basic concept has to be understood that there can only be 1 wholesale and 1 retail market in Margao. Vijai also added, "Eventually some sacrifices have to be done by some to put things in order", he said.

"As just a humanitarian gesture by the PDA Chairperson to open the gates till new year has recreated the chaos and mess at the Market; there is a staunch need of a firm system," told Vijai.

He also informed that the Market will be taken for reconstruction in a phased manner so that the functioning remains.

The TCP Minister has also expressed his willingness to take all the stakeholders into consideration before the planning begins. He further informed that he wishes to convince the Chief Minister to give the work of the Market to GSIDC, as they possess the expertise for the same.

Confusion and Chaos has always prevailed at the SGPDA Wholesale Fish Market at Seraulim as Margao Municipal Council staff along with the Police attempted to clear the market of irregular sale of retail fish.

The SGPDA officials have along with Police and MMC closed the gates of wholesale fish market at 9 am at least on two occasions that sparked the discussion. Even when the police and authorities did that, there was retail sale of fish still going on within the wholesale fish market. This has always given rise to heated arguments between the fisher women, the police and SGPDA officials. The fisher women placing their side of story said that they were selling fish on wholesale basis while SGPDA officials maintained that it is illegal to sell fish on retail and denied the fisher to continue their sale.

The fisher women have been claiming that they have small boats which arrive late even at 12 pm in the afternoon. Moreover, "wholesale fish market should always remain open," said a fisher woman.

However, the fact that selling of non-fish products at the market has become equally unpardonable as this has sent the cleanliness and the order in the market for a toss. While the market shifts out for renovation, the challenges coming up from this issue will be a major task for the SGPDA to tackle.

Let us celebrate the GREED DAY!

Governments has miserably failed to understand and appreciate the significance of verdict of the OPINION POLL

UDAY BHEMBRE

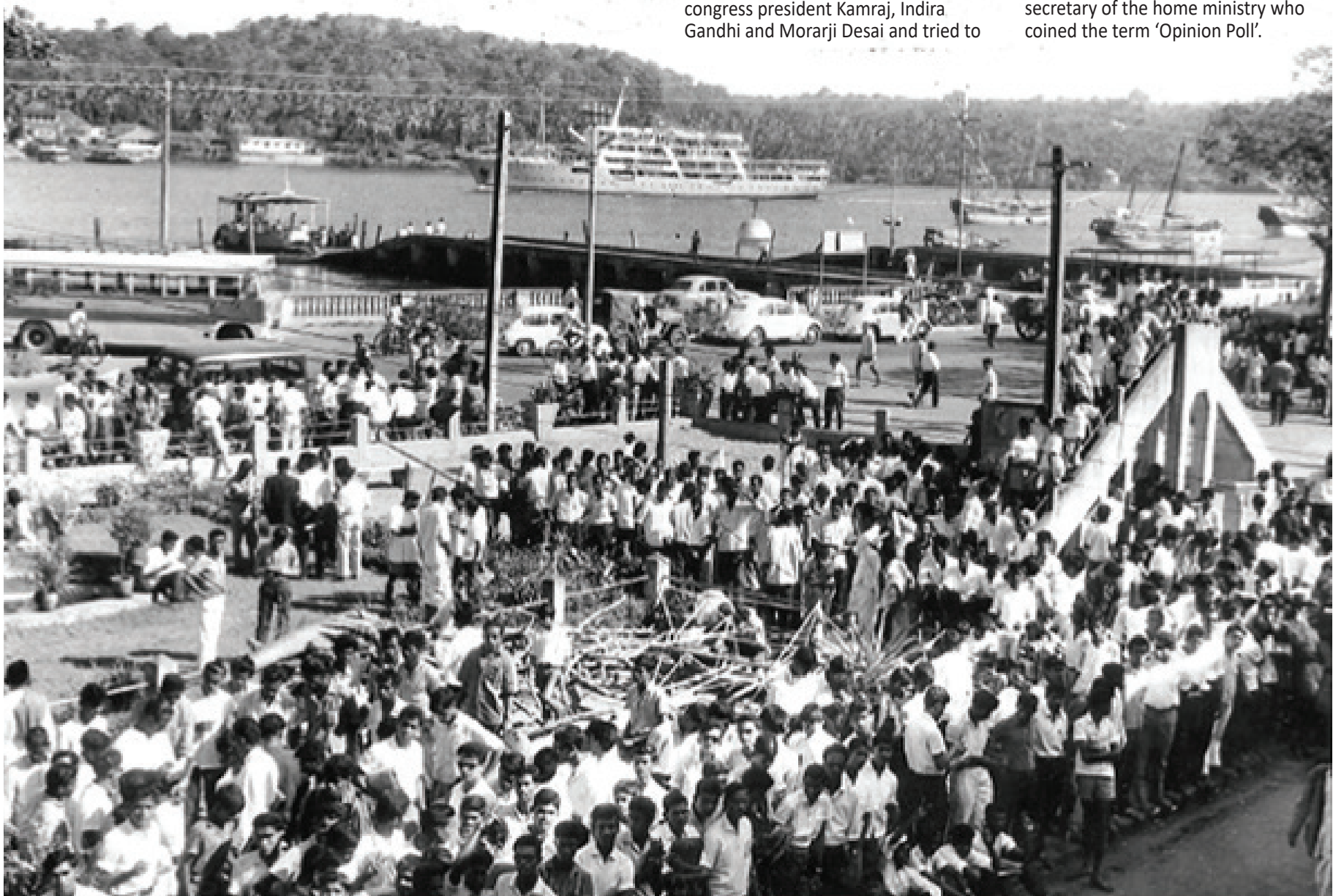
Opinion poll was in fact, a referendum like the one held in United Kingdom recently over BREXIT but for valid reasons the Government of India (GOI) did not want to use terms like referendum or plebiscite. When the Maharashtra Gomantak party, government in Goa pressed hard for deciding the issue of merger of Goa with Maharashtra, the Indian National Congress and its government at the centre had to take cognizance of M.G. party's demand.

The congress parliamentary party (CCP), when Lal Bahadur Shastri was the Prime Minister, decided to resolve the issue by holding mid-term election of the legislative assembly of the union territory of Goa, Daman and Diu. Goans who opposed merger, reacted strongly and opposed the decision to hold mid-term election. The logic was simple, the results of the first election that gave power to MGP would be repeated. Secondly, election was not the right way to ascertain the opinion of the people on a particular issue. Those who opposed the CPP's decision

were United Goans Party led by Dr. Jack de Sequeira faction of Pradesh Congress Party, led by Purushottam Kakodkar, patrons of Konkani, the group associated with Daily Rashtramat and generally those who opposed merger for whatever reason.

The Govt. of India did not take any further steps and the issue was kept pending. In the meanwhile, Lal Bahadur Shastri passed away and he was succeeded by Indira Gandhi, Morarji Desai was the Dy. Prime Minister. Purushottam Kakodkar, who headed the Goa Pradesh Congress committee felt frustrated and went into voluntary exile. This led to allegations and acrimony between the Govt. of India and the opposition. Later, Purushottam Kakodkar revealed his presence at Hrishikesh and proceeded to Delhi. In Delhi, he met congress president Kamraj, Indira Gandhi and Morarji Desai and tried to

persuade them to change the CPP's decision. However, they declined to take any initiative to change the decision of CPP during Shastri's time. Kakodkar then met S.K. Patil, a minister in the central cabinet and succeeded in persuading him to take the initiative. Accordingly on 3rd September 1966 in the meeting of the CPP S.K. Patil proposed that instead of holding midterm elections, people's opinion be ascertained through a mechanism in which people will vote only on the issue and not for any party or candidate. That proposal was accepted but the constitution of India does not have any provision for holding a referendum. Therefore, a law had to be enacted and the task of drafting the law was of the home ministry. When the time came to give a name to the mechanism, it was L.P. Singh, then secretary of the home ministry who coined the term 'Opinion Poll'.





It was then the parliament passed the Goa Daman & Diu opinion poll bill on 7th December 1966 which received president's assent on 13th December 1966.

In the poll held on 16th January 1967, there were two alternatives before the Goan voters; one, merger of Goa with Maharashtra and the other, continuation of the status as union territory. (Daman & Diu were given option to merge with Gujrat).

The verdict of the opinion poll went in favour of those who opposed merger. (Daman & Diu too opposed merger and today they constitute a union territory). The verdict was loud and clear. There were two underlying objectives: one, rejection of merger and two, preservation of Goa's distinct identity.

The first objective is achieved. However, over the last 51 years successive governments have failed to do anything significant to achieve the second objective, which otherwise should have been an on going process. This failure is compounded by wrong decisions and erroneous policies which have been responsible for dilution of Goan identity and destroying it partly.

The ruling class of politicians have not yet realised that Goa became a state and the government exist in

Goa only because of the wise verdict in the opinion poll. That verdict can be viewed in two ways, one rather negative and the other positive:

1. If the verdict was for merger of Goa with Maharashtra, the status of union territory would end, there would not have been a legislative assembly and 28 elected members. Goa would be a part of the state of Maharashtra. Goa would constitute one or two Talukas or at the most a district under a collector. Goa would have elected one or two members in the legislative assembly of Maharashtra which has about 250 members. MLA's of Goa would have no political clout at all and the chances to have a minister would have been zero. This would let to the neglect of Goa and its development. At the most this territory would have been a pleasure seeking place for Maharashtrian Politicians.
2. Because of the verdict of the opinion poll, the status of Goa (along with Daman & Diu) as union territory continued. Because that status continued, Goa could have a legislative assembly. As Goa had a legislative assembly, the official language act, 1987, making Konkani the official language,

could be passed. Also, due to the said official language act, 1987 it was clear to the world that Goa's language was Konkani and that it was the foundation of Goa's Cultural identity. Because Konkani was made the official language, Goa could be a state in accordance with the provision of the states reorganisation act, 1956 under which, states in the country were organised on linguistics.

A significant incident is worth mentioning here. In 1985 Konkani projecho awaz launched an agitation which continued for 555 days. KPA had three demands:

- That official language act be inacted making Konkani the official language of Goa.
- That statehood be conferred upon Goa.
- That Konkani be included in the 8th schedule of the constitution.

While the agitation was going on, the then prime minister Rajiv Gandhi visited Goa. Answering the questions asked by media person he answered, resolve first your language problem, we will consider the demand for statehood soon thereafter. This made it absolutely clear that the official language and statehood were closely interlinked.

The first objective is achieved. However, over the last 51 years successive governments have failed to do anything significant to achieve the second objective, which otherwise should have been an on going process.

KPA's agitation was fully and completely successful. Its first demand was fulfilled on 4th February 1987 when the official language bill was passed. (it became an act on 14th April 1987 upon receiving assent of the Lt. Governor). Rajiv Gandhi, true to his word, took up the issue of statehood soon and on 30th May 1987, within 4 months, he inaugurated the state of Goa in Panaji.

The third objective was achieved on 20th August 1992 when the parliament passed the constitutional amendment bill. Events subsequent to 16th January 1967 showed that the majority of Goans took a wise decision in rejecting merger and thereafter in achieving statehood. The pity, however, is that elected Government of this state- and the past successive Governments for that matter- have miserably failed to understand and appreciate the significance of the verdict of the opinion poll and its importance only next to the liberation of Goa.

People of Goa celebrate the opinion poll day as "Asmitai Dis" as the verdict helped us to preserve our distinct identity. The Government- thought of the people, by the people and for the people- is indifferent, this is so partly because of its stark ignorance about a recent history and partly because it is busy enjoying the powers and privileges at the cost of the people and satisfying its greed day in and day out.

Float an idea: let us celebrate the "Greed day".

The Government will jump at the idea and declare immediately: yes! Let us Celebrate "Greed Day", on each of the 65 days of the year!

It is lack of self-esteem, lack of love for Goa and lack of vision that will inspire that will make that declaration!

Only Sky Is The Limit

Mangesh Gaonkar

Mangesh quit his job in 2011 to join LIC, at that time he was a Section Head in the company and had a very good pay. Recollecting today he says, "It was a very tough decision to make as I was earning well and was established but I always wanted to be my own boss and have something of my own and hence I chose to quit the job when I was at the peak of my job career."

TEAM TNV

Mangesh Gaonkar is a Life Insurance Advisor working with LIC. He was the first person in Goa to get selected for the Million Dollar Round Table Conference under the CLIA channel in 2011. The MDRT is a conference where people get selected only if they generate a premium of 35 lakhs per year, and Mr. Mangesh Gaonkar has been attending it every year ever since then. Life was not always this easy for Mangesh, recollecting his previous days of childhood he says, "I have come from a very humble and low economic background. I used to stay in a rented house made up of mud and its roof so fragile to collapse any moment. We had no proper light facility to study, we studied with the help of oil lamps and our conditions were so bad to manage even a one time meal," and despite the economic hardships, he acclaims to have had a wonderful childhood describing which he says,



"our family bonding was so strong that we withstood it all."

Mangesh is originally from Khandola, Marcel but he has finished his schooling in Bicholim and then for his higher studies he moved to Panjim, where he stayed with his uncle, this phase as per him, was a turning point in his life as coming to Panjim gave him an exposure to city life. He then went on to become a commerce graduate.

After completing his graduation, he joined a firm at Verna as a Store Manager with an initial salary of just Rs.5500. He says that, "the firm was not an institute but rather turned out to be a learning organization to me, as it has taught me so many things in life. I will always be grateful to the Organization for everything I learned from it."

Mangesh took tuitions as well of accounts subject along with the job, he used

to love to teach accounts and it was his favorite subject.

He continued the tuitions for two years but had to discontinue them as he wanted to focus more on his job and this juggling was taking a toll on his health.

He proudly says that whatever he is today is because of that job, "the job gave me an opportunity to grow and reach my full potential. I was also able to learn a lot of things from the job because I always took

my criticism constructively and tried to improve myself rather than getting offended."

Mangesh quit his job in 2011 to join LIC, at that time he was a Section Head in the company and had a very good pay. Recollecting today he says, "It was a very tough decision to make as I was earning well and was established but I always wanted to be my own boss and have something of my own and hence I chose to quit the job when I was at the peak of my job career."

But this astute decision of him paid off and within 3 months of joining LIC he was selected for the MDRT Conference.

Today Mangesh is a well-known insurance advisor with his clientele ranging from local vendors to big businessmen. He believes that insuring every life is vital and that all his clients are important to him.

He gives credit to his brother in law, sisters and his uncle who helped him achieve success at various junctures in his life.

He had also conducted a campaign where anyone can come and register any LIC related queries at his office regardless of the person being his client and that too free of cost. He then managed meticulously to sort out every single query that came to him. He says it was his way of giving something back to the society.

His message for the people who would love to enter his profession is that it is a noble profession and that only sky is the limit. There are many tough decisions one has to make in life but when you love your work, it helps you back. Besides, one must also have the passion and dedication to persevere the profession achieving its zenith.

VAVURLA VILLAGE SET TO GET NEW LEASE OF LIFE PARTED FROM CIVILIZATION SINCE PRE & POST LIBERATION ERA

TEAM TNV

The fresh request for provision of basic facilities to Vavurla village of Quepem by the Gawda Kunbi Dhangar Velip Samaj association has come as a boon to the villagers. The Vavurla village of Quepem after over 50 years of independence is set to get the facilities of a general Goan village. The task force that has been appointed for the provision of facilities like electricity, health, education, connectivity and others for the Vavurla village met last week. The task force is set to visit the village on 10th January and soon will submit a report to the government on the present condition of the village.

The story of the village dates back to the pre-liberation era and has been the field for the freedom fighters resistant against the Portuguese. Sadly though, there is no Motorable Road to the village. Vavurla village is located 1600m above mean sea level in remote Quepem and bordering the Canacona taluka and is blessed with nature's bounty. Although, this idyllic village on the mountaintop lacks any basic modern-day facilities; not even a motorable accessed road to this village. The only way in or out of the village is along a steep winding

mountain path through the dense forests. For years, residents of the village have been treading this path that takes them over 60 minutes to get down and 90 minutes to return to their homes. They traverse this path everyday just to connect to the nearest road and the outside world. A mud road on this mountain path from Vavurla to Challim was constructed by Villagers but that also got washed away during the rainy season.

Padi village, through which the NH 17 passes, is some 17 km away from Vavurla, and it is from here that villagers have to board a bus to travel to Quepem or Canacona for their regular purchases and other requirements.

The Director of Tribal Welfare Department Venancio Furtado led a meeting of various officials in Margao today. Quepem Mamlatdar Prataprao Gaonkar, PWD, WRD, Electricity, Health, Education officials and habitants of Vavurla were also present.

The representation of the GAKUVEDH had requested the authorities for provision of water, electricity, schooling and accessible road for the village. Village located in the hilly areas of Quepem has been used as hiding camps for freedom fighters during Portuguese era. The villagers used to help the freedom

fighters in their fight for liberation. However, after the liberation all the governments of Goa have forgotten this village. On the present day, the villagers have to trek for four hours to exit the village through the hilly region and arrive market place for provisions and official works.

Vavurla village, which comes under the Barcem Panchayat, has a population of a little over 300 with 35 plus houses. Vavurla is 100% inhabited by Scheduled tribes. While only 12 persons from this village have passed matriculation, barely three have managed to get through the HSC exams. There is only one graduate in this village due to lack of basic infrastructure.

There is a government primary school in the village that function from a single room of a house. Once the students complete their primary education, they have to walk kilometers down the hill to get to the nearest school, Dayanand Bandodkar high school in Gokuldem if they want to continue with their formal education.

The forest is dense. The children have to leave from here well before 7am if they are to reach in time for their classes. By the time they return home after school, it is well past 3pm. And if there are any special classes after school, they reach home by dusk, which is very risky proposition, as it gets dark in the dense woods by sunset. It gets riskier during the monsoons as the pathways invariably gets flooded and the rocks slippery. Due to which the dropout rate of students in this village is quite high.

The school in the village, which is operating in a rental, premise and offers tuition only till standard 5th. The rest of the schooling if the villagers happen far away in Khotigao.

There is a complete absence of Health Facilities too. In the absence

of basic facilities, villagers are facing hardships to reach sick or pregnant woman to the nearby Hospital. Villagers have adopted creative means in their struggle for survival. The residents have converted their chairs into makeshift stretchers to carry sick relatives up and down the steep mountain path. "The nearest hospital is the primary health Centre at Balli or Canacona, over 15 km away. It's more difficult and worrisome when the patients are children or pregnant women.

There is no P.W.D. piped Drinking Water supply. Pipelines were laid a few years ago to take spring water to a few public water taps in the village. But we are facing problem due to water scarcity especially during summer season from March to June month.

The Villagers have demanded road of around 4.0 km to be constructed from Vavurla Village to Challim in Canacona Taluka.

Villagers have provided 500 sq. mts. of land to build a School despite of which, Govt. has not constructed school Building. Primary School has to be built immediately in the village & school should also have small Health Clinic.

Piped Drinking Water supply & it should be provided urgently. The villagers do not have household toilets. Toilets need to be provided in every house & they should no longer have to face the dangers & risk involved with open defecation.

The administration has woken up and now the task force will take up the work of providing all the facilities to the village. The Director of tribal welfare has advised that the construction of road to the village provisions for Electrical lines BSNL line and a good enough Water Line also be laid along. The next meeting has been called on the 19th of January to review the works undertaken.



No more protruding Belly

PRITESH NAIK

It's January and for most of us this year's New Year resolution would be to lose weight and when we talk of losing weight the belly is what most of us are relating to. The protruding belly and the side tyres are what we want to get rid of. Even people who exercise regularly find it difficult to trim their belly. A flat belly is everybody's dream, men and women both, it requires a lot of dedication and most importantly control on what we eat. Below are some of the exercises which if done on a regular basis will surely help you to reduce your belly.

1. Crunches:

- ◆ Nothing burns belly fat faster than crunches, which occupy the number one position in fat-burning exercises. It's time that you start performing this exercise.

2. Twist Crunches:

- ◆ Once you get used to the regular crunches, modify the basic crunch to get an even more effective tummy exercise.

3. Side Crunch:

- ◆ This is same as the twist crunch exercise. The only difference is that you need to tilt your legs to the same side simultaneously with your shoulders. The side crunch focuses on the muscles on your sides.

4. Reverse Crunches:

- ◆ This is similar to the twist crunch exercise. The only thing that you need to do is tilt your legs behind simultaneously with your shoulders.

5. Vertical Leg Crunch:

- ◆ Lie flat on the floor, or on the mat, with your legs extended upwards (towards the ceiling) and one knee crossed over the other.
- ◆ Now that you have positioned your body perfectly, do the same as you would have done in the case of crunches. That is, breathe in and lift your upper body from the floor towards the pelvis.
- ◆ Breathe out slowly. As you bring yourself down, breathe in

again, and exhale as you go up.

6. Bicycle Exercise:

- ◆ No, you don't need a bicycle for this. Thinking how you can do this? We'll tell you.
- ◆ Lie on the floor and keep your hands either by your sides or behind your head as you do in crunches.
- ◆ Lift both your legs off the ground and bend them at the knees.
- ◆ Bring your right knee close to your chest, keeping your left leg away.
- ◆ Now take your right leg away and bring your left leg close to your chest.
- ◆ Keep doing this as if you are paddling a bicycle.

7. The Stomach Vacuum:

- ◆ Stomach vacuum exercises are low-impact exercises that place greater emphasis on breathing instead of increasing your heart rate.
- ◆ This is similar to what we call the cat stretch pose. This is also known as the four-point, transverse-abdominal stomach vacuum. Follow the steps mentioned below to do this exercise for reducing belly fat:
- ◆ Go down to the ground on all fours, supporting your body on your hands and knees.
- ◆ Inhale deeply and loosen your abdomen.
- ◆ As you exhale, tighten the abdomen muscles.
- ◆ Hold this position for 15-30 seconds.

8. Captain's Chair:

- ◆ All you need to do this exercise is a chair.
- ◆ Sit on the chair with your spine straight and shoulders relaxed.
- ◆ Keep both hands beside you with your palms by the side of your hips, facing downward.
- ◆ Inhale deeply
- ◆ As you exhale, bring both your

- legs upwards such that your knees are close to your chest. Hold for five seconds. Don't bend forward and arch your back.
- ◆ Bring down your legs slowly and repeat.

9. Bending Side To Side:

- ◆ This is yet another perfect exercise for reducing belly fat.
- ◆ Stand erect with your feet together and keep your hands to the sides.
- ◆ Keeping your legs grounded, bend your body to the right as much as possible till you feel a strain on your left waist. As you do so, ensure your right hand is on the right hip, and the left hand is raised upwards. Stay in the position for 15 seconds.
- ◆ Return to the original position.
- ◆ Now bend to the left, and retain the position for another 15 seconds.
- ◆ Slowly, you may increase the holding time to 30 seconds.



CM WADES INTO A STORM OVER 'POLITICAL SELLOUT' OF RIVER MHADEI

TEAM TNV

Ever since his letter, which is aftermath of BJP chief Amit Shah's political pressure to get hold over Karnataka before upcoming election through the Mhadei river diversion issue, Chief Minister Manohar Parrikar has waded into a needless controversy opening him up to severe criticism. A rushed pre-seasonal letter to BJP Karnataka Chief Yeddyurappa has created much unrest in Goa as well as Karnataka.

Following a so called unexpected meeting called by Shah with Parrikar, Yeddyurappa, Union ministers Ananth Kumar, Prakash Javadekar, Piyush Goyal and MP Prahlad Joshi, Parrikar wrote to his party colleague in Karnataka agreeing on "humanitarian ground" for a bilateral talk and "not oppose a reasonable and justified quantum of water from Mhadei river for drinking purpose only to drought prone areas".

The Karnataka government in 1992 obtained temporary permission from the Central Water Commission to divert 7.5 TMC of water from the river to Malaprabha reservoir via a Kalsa-Bhandura project though it has proposed another 11 dams. The said permission was kept in abeyance in July 2002 after protests in Goa. In 2006, Karnataka sought permission for 56 tmc of water diversion.

Undoubtedly, smart Parrikar is leaving no stone unturned to convince the people of Goa that his letter is within the legal framework and that there will be no compromise on the State interest.

"My letter is legally perfect. I have just agreed for talks and not to share water. I reiterate that there will be



no compromise on the State interest nor on the issues pending before the Tribunal," Chief Minister is quoted while trying to justify.

However, the letter, addressed to Yeddyurappa who as BJP's Karnataka president is no constitutional authority for bilateral talks between states- and considered as illegal by the critics here- has been seen as nothing more than a cynical political ploy to upstage the Congress with the Karnataka elections just around the corner.

"It is very much clear that the letter by Chief Minister to Karnataka is nothing but a political move ahead of elections. BJP is using Mhadei issue to win the Karnataka elections and Goa government is acting like a puppet," renowned environmentalist Rajendra Kerkar said.

Kerkar was amongst those first few leaders to spearhead the movement against Karnataka's evil move of Mhadei river water diversion

to Malaprabha basin under the banner Mhadei Bacchao Abhiyan (MBA).

"Any talks with Karnataka will have detrimental impact on Goa's case before the tribunal. We are very much clear that State should not hold any talks with Karnataka. Karnataka cannot be trusted considering its past records, wherein it has always violated orders," Kerkar said.

The final hearing before the Mhadei Water Dispute Tribunal (MWDT) will commence from February 6 and the verdict is expected by August.

What is interesting here is that Chief Minister's assurance not to oppose the reasonable quantum of water for drought prone areas in Karnataka runs counter to his own government's take in the Tribunal, which had disputed Karnataka's claim to scarcity of drinking water in the Hubli-Dharward region. Goa had contested saying that the scarcity, if it existed, had been created by the 'deliberate' diversion of water meant for

drinking purpose for irrigation of sugarcane.

On this very ground, Tribunal had in July 2016 set aside Karnataka's plea to divert the 7.56 tmc of water to its Malaprabha basin. Even Supreme Court refused to hear the same.

Senior Counsel Adv. Atmaram Nadkarni, appearing for Goa before Tribunal, counters Karnataka claim of drought prone areas, stating it as a "false claim", on the ground that the State has got around 22 rivers in the Belugum district, which are surplus.

"All the 22 rivers, they are water sufficient so far as Malaprabha basin is concerned. Otherwise the requirement is 0.1 tmc, which is recorded before tribunal. We have no problem in giving 0.1tmc of water and that we have said it in our claim statement also. This is nothing new," he stated.

Stating that talks with Karnataka will have no impact on the case pending before the Tribunal, Adv. Nadkarni

said that Parrikar's letter on top says without prejudice and in the letter the contents are without prejudice to the rights and contentions of Goa's case before tribunal. So in the first place, tribunal hearing has nothing to do with this letter. It is out of court reference, he said.

In November 2010, MWDT was set up, which deals with water diversion issue involving Goa, Karnataka and Maharashtra. The battle is still in progress, with Goa having the upper hand.

Ami Goenkar, an umbrella organisation of 21 NGOs has recently taken shape to oppose any water-sharing talks with Karnataka. They are demanding that Parrikar withdraw his letter to Yeddyurappa.

While criticism is running across the State, Parrikar has got support from his alliance partners - Goa Forward party and MGP- both who have shown faith in their Chief Minister's decision and are confident that "nothing will take shape beyond the letter".

Exploring East Africa: Hello Nairobi

"A Place You Need to Visit Atleast Twice In Your Lifetime"

AMEY JOSHI

Aberdare, Lake Nakuru, Maasai Mara were the places where we witnessed the best of African wildlife, now it is time to hit the fastest growing city in the East Africa- Nairobi. The name Nairobi comes from the Maasai language which means cool water. After its independence from the British in 1963, Nairobi became the capital of the Republic of Kenya. It is worth appreciating the progress and development made by the capital city of Kenya even after the political turmoil that has been going through all these years and even currently as well. The Supreme Court of Kenya had annulled the recent Presidential elections held in August 2017, in which Uhuru Kenyatta was elected, following the protest by his main opponent Raila Odinga.

Before we board our flight, the next morning and fly back home, we had a brief sightseeing tour of the city. Maasai market, Nairobi National Museum & Reptile Park are some of the interesting places on the list.

On the city tour, we were taken through some of the important areas where major government offices were located. As our bus reached the market area of Nairobi, for a moment



it felt like we were crossing through an Indian bazaar. The city has a good population of people having their roots to the Indian subcontinent. Most of the textile and cloth shops are owned by the Indians. During the colonial era, the British introduced the Indian rupee to the East African Coast from the late 1800 to early 1900. The Indian workers who were brought to build the Kenya-Uganda Railway were paid using the Indian Rupee. In 1904, the first Indian Bank in Kenya



(National Bank of India) was started on Government Road in Nairobi. Indeed, the relation India shares with this part of the world is even deeper than what I had thought.

Our first stop was at the Maasai market. If you want to take home something that will serve as a memory of your trip, then Maasai market is the place for you. The wide variety of handmade wooden artefacts will leave you spellbound. You need to come with an extra empty bag on this trip to shop for handicrafts at the Maasai market. This market also sells items used by Maasai tribes such as spears and Maasai knives. Well, after picking few items we were back in the bus and on our way to the Nairobi National Museum & Reptile Park.

The Nairobi National Museum is located at the Museum Hill, approximately 10-minute drive from the Nairobi city centre accessible both by public and private means. Built in 1929, this is the flagship museum for the National Museums of Kenya, housing celebrated collections of Kenya's history, nature, culture and contemporary art. The museum truly serves as the window which allows you to look at the various cultures, customs and traditions of different tribes that have inhabited these lands.

Kenya's earliest history is characterised by different groups of people and can be traced to man's physical and cultural developments as

shown by archaeological evidence.

The exhibits in the museum highlights Kenya's history in three major phases; pre-colonial Kenya, period of colonial rule and independent Kenya. Historical events, such as the building of the Kenya-Uganda Railway, land alienation and the two World Wars shaped the lives of the people of Kenya. Harsh colonial treatment led to the hunger for freedom, nationalism and the armed struggle which eventually brought an end to colonial rule.

The natural history gallery is another unique experience this museum provides. Life size stuffed wild animals and birds found in Kenya are kept for display. Well, the museum helped us cover all the animals and birds which we missed to spot during the safari, including one of the Big Five - the elusive leopard.

Adjacent to the museum is the reptile park. Some of the infamous snake species that slither on the African continent are housed in this reptile park. Spitting cobra, African rock python and the deadliest of all the serpents - the black mamba are kept in glassed enclosures here.

The visit to the Nairobi National Museum was a perfect ending to my tour of Kenya. Indeed, I spent some of the best days of my life this past week. Witnessing in person something that I always watched on Nat Geo or Discovery channel, truly gave me the feeling of being awestruck. As I board the flight back home with fond memories of this trip, I have only one thing to say - "You have to visit this place at least twice in your lifetime."



HOROSCOPE

ARIES

(Mar. 21- April 20)

You will be attracted to unusual forms of entertainment and foreign cultures. Children may be difficult to deal with. Don't get involved in uncertain financial ventures. Arguments will flare up if you get backed into an emotional corner.



TAURUS

(Apr. 21- may 21)

You will have a greater involvement in groups; however, they may not be to your advantage. Romantic encounters are evident through travel or educational pursuits. Be confident in your endeavours and others will believe in your efforts.



GEMINI

(May 22-June 21)

You could experience delays in shipments or mail, and should be careful while traveling. Make sure that you have all the pertinent facts before taking action. Concentrate on work.



CANCER

(June 22-July 22)

Later in the week your boss will pat you on the back for a job well done. Be prepared to lose friends or alienate other people if you insist on being stubborn. You will meet potential new mates through business.

LEO

(July 23-Aug 22)

Erratic behavior at home may be hard to handle. Try to channel your energy into physical work. You may have a problem with someone you live with if you don't include them in your gathering.



VIRGO

(Aug. 23 -Sept. 23)

You will have to be sure not to burn the candle at both ends. Go out shopping today. Look into alternatives that would better suit both your needs.



LIBRA

(Sept. 24 -Oct. 23)

Your mate may be distressed if you refuse to make a commitment. If you are not already, think about going into business for yourself. Minor health problems could result through exhaustion.



SCORPIO

(Oct. 24 - Nov. 22)

Opposition is present and you should be prepared to counteract it as best you can. Reciprocate by offering helpful hints. Involvement in groups will be favourable and lead to valuable information.



CAPRICORN

(Dec 22.- Jan. 20)

Check into art objects or precious stones. You can do well in group endeavours. You may be emotional if you allow your lover to take advantage of your good nature. Outbursts of passion may cause arguments with your mate.



SAGITTARIUS

(Nov. 23 -Dec. 21)

You will need a little competition today. Get involved in activities that will stretch your stamina. Be inquisitive about unfamiliar circumstances. Rid yourself of that which is old and no longer of use.



AQUARIUS

(Jan. 21 -Feb. 19)

Don't get involved in expensive entertainment that involves gambling. Try not to get involved in other people's problems. Don't be taken advantage of by any fast talking salesperson trying to part you from your cash.



PISCES

(Feb. 20-Mar. 20)

Take work home but be sure to spend some time with your mate. Loss is evident if you don't consider all the angles. Look into alternate means of supporting your financial burdens.

We All Fall Down

CHARLENE FARRELL

Every human being is a special gift to the world. We add our own flavour to things and spin our magic wherever we go. We each have our own capacities, capabilities and yes something special that only we can contribute to the greater good. Out of the billions that walk the earth, no two fingerprints will ever be the same and that says a lot. With so many differences within us, why then do we still find it important to compare ourselves with others and in the bargain, try to bring them down?

The, 'if you have nothing good to say, then say nothing at all' piece of advice we have all received resembles the 'like water off a duck's back' idiom. The typical Goan scene, which includes a leisurely evening walk with all the neighbourhood

aunties meeting for a chat after a long day of cooking, cleaning and masala grinding, showcases the lives of all those around them. The chitter chatter will weave from home to home, life to life, marriage to marriage and will continue about every person, animal and thing in the possession of someone else. The honour of law abiding citizens are maligned and thrashed just to offer a little bit of entertainment to those less travelled.

Stories beginning with the line 'don't tell anyone ah' actually mean, don't tell anyone else, as by now, I have added so much seasoning to the information that I myself cannot remember the original story. Life and its complexities, life and its wonders, life and its joys and sorrows, these are a few things that make life worth the extra effort. We all live in our comfortable little ecosystems. Some are created by choices we make and some by the sheer luck

of being born into the fold. What we make of ourselves within those ecosystems are determined by our effort and the efforts of those around us.

One choice based ecosystem that is worth a huge mention is the 'world of work'. Every person employed in an organisation can attest to the fact that this world, unlike the others we live in, is an entity in itself. There are layers upon layers and interrelationships in almost every department. As human beings; living with and developing human interaction daily are a mainstay and one would think, with so much practice, we would have mastered the art of developing, nurturing and maintaining beautiful

relationships as a habit. But no! Being human, equals the unending yearning to pull down the next person, sometimes even when that person's existence has absolutely no bearing on your professional success.

We have various types of workers. We have the 'know it all's' who do little and talk too much, we have the 'do it all's' who talk little and work a lot, we have the 'fun lovers' who party it up always with no cares in the world, and the 'fun workers' who are always behind making working fun for themselves and thus do what is required but have fun while at it. And then we have the 'show it all's' who think they know it all and

want it all but can't do it all for lack of trying it all but will try to fit in all, and break it all by bringing down the fun workers and the do it all's just so they get the satisfaction of putting down

the ones who 'give their all.'

Oof and that took the air outta me. Well, one very honest fact is that no organisation, however big or small can function out of dysfunction. We also need to understand that a workplace without a proper mix of all the above mentioned will be no fun at all. It is learning how to work within what we have and learning how to see the best in every individual. Instead of working as a one man show, weary of everything that breathes, we need to accept every personality within the given framework as everyone to be an essential contributor to the bigger picture. Working harmoniously, supporting each other and holding each other up is the key. Like a stacked pack of cards we should try to hold strong as, if one card folds for whatever reason, they will all eventually FALL DOWN!!



Makar Sankranti

TEAM TNV

Makar Sankranti is a major Hindu festival and is celebrated across the state of Goa with much pomp and joy. Makar Sankranti is celebrated across the country in different ways and the cultural significance of the festival varies geographically as we move from one state to another. What makes the festival stand apart from the other Indian Hindu Festivals is the fact that the date of Makar Sankranti is fixed according to the Roman calendar unlike other Hindu festivals for which the date varies every year. Makar means Capricorn and Sankranti is transition.

There is a sankranti every month when the sun passes from one sign of the zodiac to the next. The popular Indian festival "Makar Sankranti" is the first Indian festival which falls in the New Year.

It is one of the major Indian harvest festivals celebrated on 14th of January of every year. It's an important festival for the Hindus and celebrated almost everywhere in the country in myriad cultural forms and different names. Every region celebrates it in innumerable ways, according to the localisation, culture and traditions.

The prime reason people celebrate Makar Sankranti is to thank the sun god. It is the day when the sun heads northwards towards the Tropic of Cancer and on the day of the festival, the night and day time become equal. Makar Sankranti is also to welcome warmer days as it marks the end of winter solstice. It marks the start of Uttarayan, the period between the Makar Sankranti and Karka Sankranti. On Makar Sankranti, Sun travels from Southernmost point (Dakshinayan) to the northernmost point (uttarayan). The Sun moves from South to North during Uttarayan. According to



Makar Sankranti is also considered a very auspicious time and people also buy new things. They also thank Saraswati, goddess of knowledge on this day and meet and greet their loved ones. The festival is one of the most celebrated one in Goa and rest of the country.

astrology the six months period of the movement of Sun from Capricorn to Gemini zodiac, is called Uttarayan.

The state celebrates Makar Sankranti by exchanging sweets made of sesame seeds and jaggery or as they call it til-gul laddoo. They also wish each other on the day and with this gesture, they strive to keep their friendship alive for the rest of the year. Even if you have some issues, this is the day to forget and forgive by exchanging these sweet treats. There is a saying that goes 'til gul ghya, god-god bola' that translates to 'have these sweets and speak in a sweet manner' as the sweetness of it will dissolve all the negativity and sourness of the relationship. Along with this, people also make puran poli which is a flat bread stuffed with jaggery and gram flour in it with pure ghee. All these are good for the body as during winter, the body needs

food items to keep one warm and also to provide the necessary moisture. The ingredients in these dishes work well for the body.

People celebrate Makar Sankranti in Goa for over a week and the number of days varies every year. Each day of the celebration has a different importance.

It has a special significance for the women folk as according to the tradition women visit each other's houses dressed in traditional attire and exchange gifts. Married women dress up in ethnic wear and have a get-together called Haldi-Kumkum. They apply a kumkum bindi to each other's forehead and also gift each other household items that range from utensils to clothes, etc. The get-together usually takes place in the evening. Groups of women are seen visiting each other's houses in the evening. It is also a time to forget all the past bad experiences and have a new beginning. It keeps the village bonded together and is necessarily the very essence of this festival, to forget the past differences and start anew.

Makar Sankranti is also considered a very auspicious time and people also buy new things. They also thank Saraswati, goddess of knowledge on this day and meet and greet their loved ones. The festival is one of the most celebrated one in Goa and rest of the country.

THERE ARE ENOUGH EVIDENCES!!!!!!

STILL WHY IS STATE GOVERNMENT DRAGGING ITS FEET TO DECLARE MHADEI AS TIGER RESERVE??

TEAM TNV

State Government's recent move to undertake socio-economic study in an around the Mhadei wildlife sanctuary (WLS) before declaring it as tiger reserve can be considered as the first step towards the long pending demand of the environmentalists to declare this protected area as tiger habitats. The richest wild is habitat for wildcat and that is a well-established fact for more than one and half decade now. But unfortunately, the successive State governments are still looking for more and more authentic evidences to declare this core area as 'Tiger Reserve'.

The Mhadei WLS, that spans just 208 sq. kms in the Western Ghats- declared as the protected

area in 1999-is contiguous to the Bhimgad Wildlife Sanctuary and Anshi Dandeli Tiger Reserve in the State of Karnataka. The contiguous forests of Goa, Karnataka and Maharashtra and the reserve forests and wildlife sanctuary of Radhanagari in Karnataka, Chandoli national park and the reserve forests of Purna and Dodamarg in Maharashtra have been named as Tiger Conservation Units (TCU) (minimum habitat area to support 50 tigers or documented evidence of 50 tigers).

And hence, the Goa forest department is often seen claiming that the tiger spotted here are transited and not origin.

Environmentalists have for long been pushing for Mhadei to be declared a tiger reserve and even the Centre has shown interest in declaring

Mhadei MLS a tiger reserve, despite the very fact that the sanctuary area has several mining leases owned by some bigwigs.

The then Union minister for Environment and Forests, Jairam Ramesh was the first to take the initiative in this direction. In 2011, he wrote to former Goa Chief Minister Digambar Kamat, his colleague in the Indian National Congress (INC), urging the State to consider proposing the Mhadei WLS as a tiger reserve. Despite this, the demand kept pending, as soon in March 2012, the State political dimension saw change with Manohar Parrikar led government taking over.

However, Government is always a continuous process. The State's failure to respond to the 2011 proposal, forced Centre to send a reminder

in 2014. By this time, BJP led by Narendra Modi had taken over the reins. The proposal continued to remain mere proposal till date.

"Declaration of Mhadei WLS or any protected area as tiger reserve is not an easy task. There are several issues that need to be taken into consideration. Human settlement, their livelihood, more stringent rules, etc. are all that needs to be looked into," a senior forest official said.

Official said that during the recent meeting, the State Wildlife Board chaired by Chief Minister Manohar Parrikar felt that there is need for detail study to ascertain the declaration will have any impact on human habitation there. "We will undertake the detail study. Also under the national Tiger estimates, we are also conducting fresh survey





The tiger presence in the wild was first spotted in 2002 when the animal census conducted by the State Forest department authenticated the wildcat presence in Mhadei area. This was followed by 2006 and 2010 census that also recorded tiger presence in that area.

to further strengthen claim for tiger reserve," official added.

As we said above, presence of tiger in the Mhadei WL is an established fact.

The tiger presence in the wild was first spotted in 2002 when the animal census conducted by the State Forest department authenticated the wildcat presence in Mhadei area. This was followed by 2006 and 2010 census that also recorded tiger presence in that area.

Though, forest department failed to get the result of 2006 census, the 2010 census had stunned upon presence of five tigers in Goa's wild, with increase number of leopards and wild dogs.

In 2009, State hit national headlines with tiger killing case. Three locals were charged as accused in the case.

In 2010 the National Tiger

As the forest department adopted the modern technology of camera trap method to authenticate the presence of tiger in the State wild, in April 2013, a tigress was spotted in areas of Mhadei WLS of Dongurli panchayat, another tigress and tiger were spotted in January and March in 2014 at Ivre and Zhadane forest area of Mhadei.

Conservation Authority (NTCA) described the Goa stretch of the Western Ghats as an important tiger corridor between Anshi-Dandeli tiger reserves also the Sahyadris and confirmed occupancy of tigers in the State's forest. Further, the Forest Department officials recorded tiger pugmarks in Mhadei area again in 2011 during the Wildlife Census conducted with the help of Dehradun-based Wildlife Institute of India (WII).

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in areas of Mhadei WLS of Dongurli panchayat, another tigress and tiger were spotted in January and March in 2014 at Ivre and Zhadane forest area of Mhadei.

In April 2017 again, the department spotted five tigers-one male, two females and two cubs.

"The Mhadei region lies along the Vagheri hills which means 'abode of tiger'. The locals residing in this area along the western ghat region are very much aware about the presence of tiger in the wild. Even the local forests official here are well versed with this fact. But despite all this, no steps are taken for preservation and conservation of tigers in the State," renowned environmentalist and member of National Wildlife Board (NWB) Rajendra Kerakar told TNV.

"State's reluctance to admit the fact that Goa's protected areas are tiger habitat is basically to grant protection to the iron ore mining players. Large chunk of forest and protected areas are diverted for mining," Kerkar charged.

The environmentalist, who has been logging for declaring Mhadei wildlife sanctuary as Tiger Habitat for over a decade now, claimed that with declaration of all protected areas as tiger reserve will have impact on as many as 12 renewed leases, including six in the Mhadei area itself, who are yet to be granted environmental clearance by the MoEF. The mining leases are not in operation at present.

The 12 mining leases belong to VM Salgaocar, NS Narvekar, Kunda Gharse, Ramakant Poinguinkar, Maunal D'Costa and Achut Velingkar. Declaration of tiger reserve will lead to shutting down of all these leases.

The wildlife lover Parag Rangnekar is of the view that it is not just Mhadei WLS but other protected areas, which also needs to be monitored for tiger presence. "I am sure that the number will be much more than what we are predicting now," he said.

The forest department is also keeping close watch on Bhagwan Mahaveer Sanctuary and Mollem National Park, following locals informing about possible tiger sighting.

Another green activist Ramesh Gawas explains that Mhadei is the catchment area of important rivers like Mhadei, Malaprabha, Pandhari, Bailnadi, Tillari, and making it a tiger reserve will help consolidate the habitat and address the water security issues of Goa for posterity.

"The declaration of the core area as tiger reserve, will automatically gives the River Mhadei more protection. It will also strengthen Goa's water diversion case before the Mhadei dispute tribunal," he argued.

The declaration as 'Tiger Reserves' is likely to play a pivotal role in protecting, preserving and conserving the wildcat whose presence has once again been felt in the area. While there are series of apprehensions in the minds of people residing in these areas, the environmentalist claim that the move will have no impact on developments undertaken by the local communities but yes, will certainly restrain them from undertaking illegal acts like poaching and commercial activities.

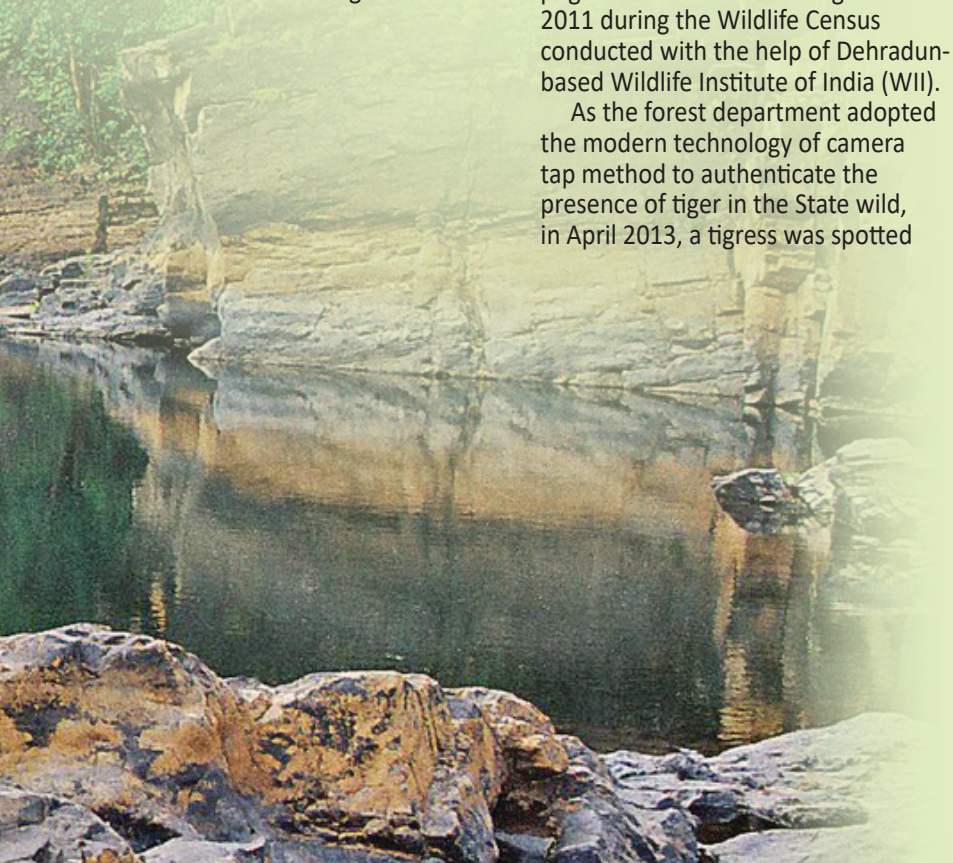
The Tiger Reserves are by law more strictly protected, allowing virtually no human activity except that which is in the interest of wildlife conservation. Grazing and private tenurial rights are disallowed. The law does not allow for any commercial exploitation of forest produce, and local communities can collect forest produce only for their bona fide needs.

The activity like agriculture, horticulture, eco-tourism, or any other primary occupations, which is livelihood of the people residing in such areas, continues as per the Wildlife Protection Act 1972. The Act also provides rehabilitation of the people residing in the areas declared as Tiger Reserves.

When asked, Kerkar explained that declaration of the area, as a tiger reserve will have no impact on the rights of the inhabitants in the protected sites. "As per the notification issued by the Union Ministry in 2014, the rights of the people residing in eco sensitive zones of tiger reserves, remain intact, wherein they are allowed to undertake agriculture, horticulture, eco-tourism works, etc.," he said.

"At the same time, the notification gives the government powers to rehabilitate the people, if they so demand," Kerkar said adding that the locals are prohibited from undertaking major commercial activities.

Kerkar, who has been logging for declaring Mhadei wildlife sanctuary as Tiger Habitat for over a decade now, claims that tiger reserve will bring in Central funds towards the maintenance and protection of the forest, amelioration of the habitat and more importantly for Goa eco-development of the people living in the buffer areas of the reserve.



TOP THREE FOOTBALL RIVALRIES IN THE WORLD

KIRK DUARTE

Some might say a sport is a sport and is played as a passion, in the modern world to entertain and to understand the superiority of a region or clubs that play the sport. Football is one such sport and is celebrated world over. Termed as 'The Beautiful Game' it truly takes an outstanding set of skills to compete at the highest level. However, rivalry is a byproduct of any competition. The sport cannot be separated from the passion, the emotion, the so called bragging rights of two neighbouring clubs among players and fans alike and in World Club Football, here is my list of the top three highly significant rivalries.

North West Derby: Liverpool–Manchester United

The English Premier League is the richest and most popular league in the world owing to its competitiveness and global reach. There is however over the decades one fixture that truly stands a class apart is Manchester United versus Liverpool.

HISTORY

Liverpool had grown as a major sea port critical to the growth and success of the northern cotton mills by the late 18th century. Manchester's business community viewed the charges imposed by Liverpool docks as excessive and thus came the proposal of construction of the Manchester Ship Canal that was opposed by Liverpool politicians. It was three years before the proposal was finally accepted. Post – War Liverpool suffered the loss of its primary source of income while Manchester maintained some of its manufacturing heritage. Thus as far as economy was concerned Manchester pulled ahead.

TRANSLATION TO FOOTBALL

On the Football pitch Liverpool was a force to reckon with between the years 1972 – 1992. Liverpool won 37 trophies in 16 out of 20 campaigns never going more than one season without claiming a pot.

However, in the era from 1990 – 2013 Manchester United reigned over Liverpool and all of England. Sir Alex Ferguson winning 39 trophies in 18 out 24 seasons never going more than one season without claiming a pot.

GREAT MANAGERS AND PHILOSOPHIES

Even the great managers of the past in the two regions are debated as the best of all time respectively.

Bill Shankly laid the foundations to Liverpool's Golden Era. A man that lived football and Liverpool his beliefs, angled towards a course of absolutism. He quoted 'Some people think football is a matter of Life and Death. I assure you it's much more serious than that.' And that should tell you all you need to know about the manager and the mentality of Liverpool FC – Football matters more than death and life itself and it manifested through devastating game of football to the highest quality.

Then came along Scot, who entered Old Trafford with a burning desire and left – A Legend. Sir Alex Ferguson brought a brand of football, simple and effective – pacey wingers, quick counters and an impenetrable defensive wall. He had but one goal – to supersede the supremacy of the 'Reds' of Liverpool and replace it with the might of the 'Red Devils' of Manchester. He even went on to say in public that his biggest greatest was to knock Liverpool right off their perch and he coaxed that the statement be printed.

Years of history both sporting and political have churned this massive rivalry. And even though the EPL has become a much more professional affair in the modern day, that eerie heart racing, fist clenching, pulsating vibe that was felt towards the end of the 18th Century in the Midst of that Manchester Ship Canal still swoops over when Liverpool and Manchester United meet on the Football Field in the Battle of the Reds.

El Classico: Barcelona – Real Madrid

This is arguably the most anticipated Football Fixture in the world with a global audience of

10 million viewers on match day. Considered to be arguably the two best clubs in the world, both Madrid and Barcelona have been home to some of the best players to ever play the game as well as the best players in Football today with Lionel Messi playing for Barcelona and Cristiano Ronaldo at Real Madrid.

HISTORY

Real Madrid and Barcelona's rivalry began to take shape as far back as 1902. Barcelona is the Capital of a region called Catalonia which was until very recently a region in Spain along the north eastern corner. Madrid on the other hand is the Capital of Spain and as such Real Madrid was seen as a symbol of Spanish nationalism, while FC Barcelona was the strongest expression of Catalan pride and identity. Catalonia has resisted attempts by Madrid to crush its culture, customs, and language. In fact even in the late-1930s, Dictator Francisco Franco imposed a ban on the Catalan language, his rule lasting until 1975, but the language survived even his reign. On October 27, 2017, Catalonia was declared independent from Spain. Spain responded by triggering the never-before-used Article 155 of Spain's constitution sacked the whole Catalan government and its regional police leaders.

TRANSLATION TO FOOTBALL

The numbers are staggering when it comes to these two clubs with Barcelona just about edging Real Madrid in the trophy cabinet at 92 – 89. However, Madrid is supreme in the two biggest tournaments in Spain and Europe with 33 – 24 La Liga Titles and 12 – 5 European Titles.

PHILOSOPHIES

The styles of the two sides are as well highly contrasting. Especially during the Guardiola era at Barcelona coinciding with the Mourinho era at Real Madrid. During this time, a footballing philosophy was shown in new light and it out passed tired teams into submission with highly technical play, possession and ball control. It was Pep Guardiola's Tiki Taka. Players like Messi, Iniesta and Xavi were the pioneers of such an

effective playing style. They were arguably one of the best teams of football the world ever saw. Real Madrid on the other hand, came to be known as the fastest counter attacking team in the world, which transitioned from defense to attack in literally the blink of an eye. Mourinho's men led by Ronaldo, Benzema and Di Maria were the answer to Barcelona's perfect Tiki Taka. If there was ever a team that could consistently keep up with this Barcelona team and go on to beat them, it was this Real Madrid. Ancelotti and Zidane then lead a new look Madrid side to European glory with Barca themselves making high profile acquisitions of Neymar and Suarez and claiming a European trophy themselves.

All this translates into an intense battle of supremacy not just regionally but globally. The 'Blaugrana Juggernaut' that is Barcelona against 'Los Galacticos' of Real Madrid an exhibition of skill and grace, of tactics and pace blended with the intensity of politics and prestige – if there was only one match in the year that you were allowed to watch and the fixture is yours to choose – it would be El Clasico. A tale of two giants who step on the playing field leaving aside fortune and fame for the game of the Century and a Century worth of games.

Old Firm Derby: Rangers – Celtic

This is the most intense rivalry in club football in the world. The green of Celtic versus the blue of Rangers in the Scottish Premier League plays host to a fixture that went so far that there were instances, it was even called an Apocalypse.

HISTORY

The origin of the term 'Old Firm' is unclear but may be derived from the two clubs' initial match in which the commentators referred to the teams as "like two old, firm friends", or alternatively may stem from a satirical cartoon (a form of graphic or picture representing published in a magazine prior to the 1904 Scottish Cup Final between the sides, depicting an elderly man with a sandwich board reading "Patronise The Old Firm: Rangers, Celtic Ltd".

The rivalry involves a cocktail of geography, politics and religion. It has just as much to do with Northern Ireland as it has to do with Scotland. The Native and Ulster Scots were represented by the Rangers while the Irish – Scots by Celtic. Rangers' traditional support was largely from the Protestant community, and for decades the club had an unwritten rule whereby they would not knowingly sign a player of the Catholic faith. Celtic's support was largely from those of Irish Roman Catholic backgrounds. Celtic fans are more likely to wave the Irish tricolour while Rangers fans tend to wave the Union Flag.

To sum the history up to the present day, here is a quote by Neil Mcgarvy who is involved with the operation of the Celtic website, "When I was growing up, I went to a Catholic school, and there wasn't one Rangers fan in the entire school. It's much more mixed now – my boy goes to a Catholic school, and there are maybe 5 percent Rangers fans now."

TRANSLATION TO FOOTBALL

Football has always been associated with expression. Be it Brazil expressive of their fun loving and samba lie attitude in turning the game

'beautiful' or a German machine that focuses on formations and discipline from the goalkeeper to the striker.

This Derby is an expression of sheer ruthless intensity. In the modern day, both teams are not as big in Europe as the teams in the big leagues. However, the vibe surrounding this fixture is unparalleled in continent with so much on the line along with the league title itself – the history, the politics, the culture involved, the atmosphere is electrifying, to say the least. Tensions arises and boils over often with overrunning riots, stadiums damaged, effigies hanged, objects thrown besides the normal derby day encounters of hateful rants, taunts and resentment. With 102 Scottish League championships shared between them, Rangers have 54 and Celtic have 48. Celtic however, is the superior force in the modern day. The Old Firm Derby is etched in the blood of all Scots – whether they dawn green or blue, their rivalry is the only common ground and its manifest holds true.

The modern era of World Football has seen rules and regulations and hefty penalties put in place. While things have toned down quite a bit since the yester years, when it comes to these football rivalries, both players and fans alike are drawn and become immersed in the overwhelming power of history, tradition, politics, pride and prestige, a furrow of emotions running riot till the final whistle and beyond. But as the curtain draws on these rivalries, they always seem to set the stage forming another epic showpiece next time the whistle blows again.



INDIA'S SHRINKING SPACE ON FREE SPEECH IS OUR SOCIETY MOVING BACKWARDS?

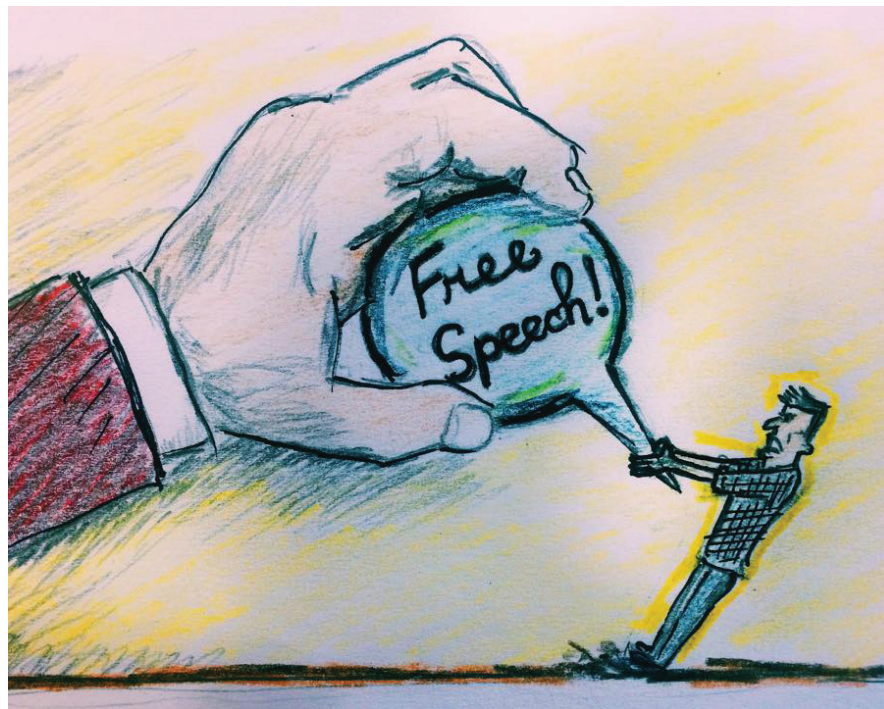
SANDEEP HEBLE

After many years of colonial rule and a prolonged struggle, India finally gained its Independence from British Raj on August 15, 1947. A few years later, on 26th November 1949, the Constitution of India was adopted which made India a sovereign, democratic republic, and it came into effect on January 26, 1950. The Constitution of India is a comprehensive legal document which confers upon the citizens of India various fundamental rights and duties, among various other aspects.

Article 19 (1) (a) of the Indian Constitution lays down that "all citizens shall have the right to freedom of speech and expression". Free Speech and expression has always been very valued and cherished right and this is one such significant fundamental right which is enshrined in the Constitution, with reasonable restrictions and not unreasonable ones. It is a right which comes naturally to us, from birth, and there can be not much argument or debate over it. It has been our sacred right and this space has been well respected, even in ancient times, having a pride of place in all liberal Societies.

I was born and brought up, post Liberation, in the most peaceful of all States, Goa, the "Rome of the East", a fusion where the different cultures and traditions meet. I studied in a school run by the Salesian Priests – the Don Bosco High School at Panjim, where we learnt the best of all varied cultures and traditions. In our classrooms, we shared our school spaces with other students and what religion or class or region they came from hardly mattered to us. We exchanged sweets during their festivals and they during ours. We celebrated their traditions and they ours. Goa was the picture perfect post card of communal harmony at its best.

More importantly, back in those days, tolerance to each one's thoughts, speech, actions and beliefs were the mantra. Our freedoms were well respected. People wrote what they liked to, drew what they wanted to and exercised their liberty to do pretty much what they wanted to within the parameters of the law. An artist could draw without fear, a writer could write with complete liberty of thought, and an actor could act without being



threatened. There was so much more tolerance back there than unlike how times are changing now. Especially when it comes to preserving free speech and expression, India, sad to say, is moving backwards whereas other Countries where blasphemy laws were prevalent in those times are now surging forward.

Aamir Khan's statement sometime back on "India becoming Intolerant" became a huge raging controversy but it is true that our tolerance levels have indeed dropped. The Bollywood Film Padmavati was in the news recently for all the wrong reasons after the Karni Sena-led fringe Rajput groups accused the Film Director Sanjay Leela Bhansali of distorting facts and portraying Rani Padmini, Queen of Chittor, in wrong light.

To the fringe, History should have only one version – the one that is dictated by them, and any alternate version, good or bad depicted by someone else, can legitimately be opposed through threats and coercion. Consequently, States like Rajasthan, Madhya Pradesh and Bihar went to the extent of banning this movie even before the process of Film certification had begun. Those who threatened to cut Deepika Padukone's nose or had put a bounty of 5 crores on her head were ignored or mildly admonished, whereas those associated with the Film were punished by putting off the Film's release for no logical rhyme or reason.

The case of Padmavati is not an isolated one. This extra-constitutional censorship by the moral brigade or the religious fringe has been happening time and again. Every now and then, the hood of intolerance keeps raising its ugly head. Movies like Da Vinci Code, Lipstick Under My Burkha, Sexy Durga, Nude, Ae Dil Hai Mushkil, Udta Punjab, books like Satanic Verses or James Laine's biography on Shivaji or Artist M.F. Hussain's paintings, these works of art or literature have either been opposed, stalled, or even banned for the most silliest of reasons – that of hurting religious or ideological sentiments. Artists have been hounded, multiple cases slapped on them, or they have been charged and arrested, thus causing them immense mental torture and financial pain.

Why has our Society degenerated to such a level now? Why is it that in this era, the right to free speech is being questioned more and more? Why are there talks of censorship every now and then? Why do people get offended by almost anything and everything under the sun? Why is it that the Government of the day prefers to back these fringe groups and not artists and cultural practitioners? Let us not forget that when we celebrate the Republic Day every year, we celebrate the Constitution of India. The same Constitution which confers upon us various fundamental rights, free speech and expression being one

of them. Celebrating the Republic Day should not be just a symbolic gesture. There has to be a lot more than that.

Should the religious fringe dictate to us how we lead our lives? A movie like Lipstick under my Burkha was a beautiful movie which won critical acclaim all over the World. And yet, the religious right wanted to stall its release. If we allow religious extremists and fringe groups to dictate to us what we must do, then Art and along with it all progress, will be much poorer. What we should speak and what we shouldn't, which movies we need to watch and which ones we shouldn't, how we all need to be entertained should be our judgmental call, not theirs.

As years go by, Society is supposed to progress, both in thoughts and in action. If you do not like something, that's fine but give us the freedom to judge for ourselves what is right and what isn't. Do not take this freedom away from us through your roadside hooliganism and threats. Free Speech cannot be held hostage to narrow ideas. The State has an obligation to protect free speech and it should not fail in its duties or side with the lawbreakers. If this happens, then citizens will lose their respect in the Government and on lawmakers. Which is what is happening now.

Those who resort to hooliganism to subvert our constitutional rights need to be reprimanded and severely warned that such behaviour is not acceptable in the Society. Nobody can have a monopoly over a culture, tradition, art or history. Alternate viewpoints, on any matter, must co-exist. Our freedom struggle gave us a Constitution committed to democracy, free speech, civil liberties and secularism. Only through free and flowing discussions can newer and fresher ideas come to fore.

The rising intolerance is alarming and needs to be nipped in the bud. As India marches forward into the future, the State must fulfil its obligation to value its artists and citizens. It must at all times uphold Constitutional values and must not allow democracy and rights of citizens to be trampled over by the religious fringe or the extremists on the streets. The Law abiding citizens are far more important than they are. Artists are creative people whose works need to be protected and preserved for posterity.

THE MOVIES TO WATCH IN 2018

After a mixed season at the box office in 2017, the film industry is all set for 2018. With a platter full of movies, this year is going to be a feast for movie buffs. Our very own Bollywood movies and some of the most awaited Hollywood sequels are all set to hit the screen this year. Below are some of the movies that we have compiled for you.



2.0

Directed by S Shankar, 2.0 serves as a sequel to the 2010 science-fiction Tamil film Enthiran (Robot in Hindi). The movie features Rajinikanth who will be seen playing the roles of Dr. Vaseegaran and Chitti, alongside Akshay Kumar and Amy Jackson. The film will be shot simultaneously in Tamil and Hindi. With an estimated budget of ₹450 crore (US\$70 million), it is the most expensive Indian film made to date and also the first Indian film that is directly shot in 3D. The film is scheduled to be released in April 2018.



Pari

Pari is Anushka Sharma's third production with her production house, Clean Slate Films. Anushka will also star in the film, along with Parambrata Chatterjee. The film is co-produced by Clean Slate Films and KriArj Entertainment and directed by debutant Prosit Roy. The movie is set to be released on February 9.



Pad Man

Inspired from the life of Arunachalam Muruganatham, a social activist from Tamil Nadu Pad Man is a biographical comedy-drama film written and directed by R. Balki, featuring Akshay Kumar, Sonam Kapoor and Radhika Apte in lead roles. Pad Man revolves around the story of Arunachalam who invented low-cost sanitary pads.



Chanda Mama Door Ke

This film traces the journey of India's space programme and culminates with India's first astronaut landing on the moon. Directed by Sanjay Puri and produced by Viki Rajani, the film stars Sushant Singh Rajput and R. Madhavan. Sushant plays astronaut, while R. Madhavan will play the role of a test pilot in the film.



Aiyaary

The thriller directed by Neeraj Pandey will be released worldwide on 26 January 2018. The film is based on the corruption happening in Indian Army. It stars Sidharth Malhotra as Major Jai Bakshi and Manoj Bajpayee as Colonel Abhay Singh.



Avengers: Infinity War

The movie is intended to be the sequel to 2012's Marvel's The Avengers and 2015's Avengers: Age of Ultron. The film is directed by Anthony and Joe Russo, and features an ensemble cast with many actors from previous MCU (Marvel Cinematic Universe) films. In Avengers: Infinity War, the Avengers join forces with the Guardians of the Galaxy to confront Thanos, who is trying to collect the Infinity Stones. The movie is scheduled to be released in May 2018.



X-Men: Dark Phoenix

Written and directed by Simon Kinberg, the film is intended to be the thirteenth installment in the X-Men film series. The film is set to star James McAvoy, Michael Fassbender, Jennifer Lawrence, Nicholas Hoult, Tye Sheridan, Sophie Turner, Alexandra Shipp, Kodi Smit-McPhee, Evan Peters, and Jessica Chastain. In X-Men: Dark Phoenix, the X-Men must face the full power of the Dark Phoenix as well as the alien Shi'ar Empire. The movie is scheduled to be released on November 2, 2018.



Mission: Impossible 6

Written, co-produced and directed by Christopher McQuarrie, M: I 6 is the sixth instalment in the Mission: Impossible film series and stars Tom Cruise, Rebecca Ferguson, Ving Rhames, Simon Pegg, Michelle Monaghan, Alec Baldwin and Sean Harris all reprising their roles from previous films. The film will be released on July 27, 2018, by Paramount Pictures and will be the first film in the series to be released in 3D.



Jurassic World: Fallen Kingdom

A sequel to Jurassic World (2015), and the fifth instalment of the Jurassic Park film series, the film features Derek Connolly and Jurassic World director Colin Trevorrow both returning as writers, with Trevorrow and original Jurassic Park director Steven Spielberg acting as executive producers. Chris Pratt, Bryce Dallas Howard, and B. D. Wong will reprise their roles from the previous film while Jeff Goldblum will reprise his role as Dr. Ian Malcolm from the original film and its 1997 sequel. Universal Pictures has scheduled the film to be released on June 22, 2018.



THE SECRET TO BETTER PERFORMANCE IN SPORTS

CHRISTON RIEN

When you play a sport, you make sure you have the essential equipment you need, like your high-top sneakers for basketball, your gloves for baseball, your cleats for soccer and so on. You couldn't play the game very well without the gear. But how do you help your game from the inside out? Many young athletes who play sports often overlook this one area where they have the opportunity to better themselves. Of course, I'm talking about the aspect of nutrition. Consuming some healthy foods and drinks can help you become a better athlete. Professional athletes know this is true. How? It is because they follow a proper nutrition plan everyday or at least during the season. Professionals do have their own customized diet from their nutritionists which helps them perform at their peak. However, not all of us have access to a nutritionist and often have to make the right choices ourselves. But this does not pose as a problem rather it presents itself as an opportunity, an opportunity for us to

experiment and discipline ourselves to become better athletes. It is far better to plan nutrition yourself as it gives you a better idea of what goes inside your body. You become more aware of the macros your body is consuming and makes you feel more knowledgeable about yet another aspect in a sportsman's life. Foods with high quality protein, carbohydrates, vitamins, minerals and healthy fats should be consumed on a daily basis. Younger athletes need to make sure they are consuming their fair share of it everyday as their bodies are in its growing stages.

Protein is found in foods like meat, poultry, seafood, eggs, beans, nuts, and dairy. While Fruits, vegetables and whole grains are the best sources for carbohydrates, vitamins and minerals on the other hand can be found in fruits, vegetables and dairy products (calcium content). Kids need some fat too, but that is not difficult to get as it is found in meats, cheese, nuts, oils, and butter just to name a few.

Consuming calories at a clip is the tricky part. You want to make sure you

are consuming a lot of healthy food without having to overdo it much that you might end up putting on extra fat. But as athletes we don't have to worry about gaining fat since a lot of it will be burned during practice and play. This is why we often see most athletes with a lean and toned physique. Their body fat percentages usually lie between five to twelve percent. However, there are some exceptions as everyone's body is different and some might find it extremely hard to stay at a low body fat percentage but this all depends on how fast or slow your metabolic rate is. School- age kids (ages 6-14) generally need between 1,600 to 2,200 calories a day. While an average male needs 2,500 calories a day to maintain. An athlete who is more active than a typical active male or kid might need to eat more. Calorie needs usually go up during the stages of puberty, so that makes a difference too. It is important to consider how much time you actually spend being active and training for your sport as it will help plan your nutrition accordingly. Attending a basketball practice can be an intense or light workout, depending on a variety of factors. Do you practice 2 hours a week or 12? It will make a difference.

Calcium and iron are two important nutrients especially for athletes. Calcium builds strong bones, which are less likely to break under the stress and strain of heavy activity. Again, you'll find calcium in dairy products, like milk, yogurt, and cheese. Other food sources include dark, green leafy vegetables and calcium- fortified products like as orange juice. It is also important to incorporate iron- rich

foods in your diet, such as meat, dried beans, apples and fortified cereals. You are likely to get tired more easily if you do not consume enough iron. Active individuals tend to lose iron through their sweat. While consuming healthy whole foods is essential for younger athletes, it's not usually healthy for kids to go on extreme diets- to lose or gain weight, rather just make better choices and stick to a healthy consumption of whole foods. It is important to let your body grow to the height it was meant to be and dieting at a very young age could jeopardize that if its not healthy. With all the talk about food, it is important to keep in mind that one should always stay hydrated. Drink plenty of water. Athletes need water before, during and after a workout since they lose a lot of it through their skin. Drinking less water could lead to problems such as dehydration and cramping in the muscles. It is all right to have a sports drink once in awhile, but for the most part it is better to stick to water. When it's time to practice or play, you'll be ready and energized from the foods you've been eating all week. But it's still good to eat well on that day. Make sure you have your meal 2-4 hours before a practice or game. If you have a full stomach, your body will expend energy in its digestion. Avoid sugary products like sodas or candy, it's okay to have them occasionally but not on a regular basis. You might get a little energy boost from consuming them, but it will fade away fast, leaving you feeling drained. But eating and drinking the right things will help you perform at your best. Now go out there and have a great season.

Col. Amit Parab..... When the Goan gets tough

ANJALI AMONKAR

Goa is widely known as an international tourist destination. Tourists visit Goa for leisure & relaxation. It is said that Goans do possess similar attitude. Normally, Goans will not prefer to migrate in search of bread & butter, they are happy with their so called "Susegad" life.

This may not be true all the time, exceptions are always expected and welcomed too. Here comes a similar young man with a dream of serving the motherland. It was his attraction towards uniform, disciplined lifestyle of army, immense patriotic feeling during childhood which was further fuelled by Doordarshan Serials like "Param Vir Chakra" and "Fauji". The goosebumps, experienced while watching those valorous serials instantly ignited the spark of joining Indian Army. The tag line "When the going gets tough and the tough gets going" was carved in the heart and it helped to finalise his decision of joining Indian Armed Forces. Protect your motherland, attain supreme sacrifice while serving her and your name will be carved forever in the books of history – this was the motivational factor that made him join Indian Army. He is none other than young, dynamic and our very own fellow Goan Col. Amit Anand Parab.

Col. Amit did his schooling in Our Lady of Grace High School, Bicholim and Higher Secondary Schooling from DM College, Mapusa. He chose DM College (DMC) leaving aside nearby colleges with a sole intention of joining NCC, though he had to travel daily all the way from Bicholim. NCC was a way of life for him right from the beginning and during college days too. He actively participated in all activities and secured various



prizes at the school level. While in college it was more serious and comprehensive, he made it a point not to miss any of the NCC parade session and later successfully completed his 'C' Certificate exam. In the year 1999, he was selected for Republic Day Parade where he represented Goa-Karnataka unit, for Youth Exchange Programme in 2000, where he got an opportunity to visit Nepal as well.

Before moving on to his journey as an Army Officer, I would elaborate in brief about his family's reaction upon his decision. At the beginning, being the only son, his mother was a bit reluctant but eventually both his parents always supported him and staunchly stood by him. As the time went on, he passed out from the academy, she was then very proud and convinced.

Journey as an Army Officer

After clearance of SSB and medical from Delhi, he joined Officers Training Academy at Chennai in November 2000. For a Goan the journey in army was novice, he found the training being challenging and was a lot of fun, toil and sweet too. Though the training in Army is always tough but he found it joyous and fun as his passion had now become his profession. He had prepared himself physically as well as psychologically prior joining army and was ready for the training. He underwent basic training at Madgao where he was trained with basic physical fitness by Ustad, and for that he used to travel updown from Bicholim to Margao. Due to this basic training, he found training sessions in army smooth and still cherish those memories. He passed out as a

Lieutenant in September 2001 and joined his unit in Rajasthan. He was immediately launched in "Operation Parakram" that was launched in the wake of the December 13, 2001, which was a terrorist attack on Parliament. The heating sand and chilling nights helped him a lot to learn on ground and built his base for further move ups in Army. Operation Parakram was a platform for him to hone his skills as a soldier. Being his first operational task he got an opportunity to learn various Army drills, to master his weapon handling and to operate various equipments that he had initially just heard of. He witnessed fear and fearful winter for the first time during his deployment in Rajasthan. Although, the experience was unique where his unit had to defend a territory that adversary had planned to attack. Along with amazing support from the locals, who were supporting them with their might and due to interactions with them, it was very much easier to build defences, the feeling of oneness was strengthened here. Eventhough, they belonged to various states of India and were defending a land inhabited by a totally separate clan, the national integrity was more strengthened herewith a feeling of one nation.

His another memorable experience that he gained in the beginning of his journey as a soldier was through his selection for United Nations Peace Keeping Mission. An army personnel's dream is to be a part of the UN mission once in life time and he was among one of the luckiest soldiers to be a part of the contingent at very early stage of the service. It was an African country where Indian troops had fought during WWI. Being an African nation, the climate was salubrious.

In that UN Mission, he got an opportunity to work with people from all over the world, it was a well gained experience for him. They were deployed in the buffer zone to ensure everlasting peace in the area. The working environment as well as culture was different in African region and being away from India alike every Indian, they too started missing motherland. But the forthcoming moves from Indian community settled in the region, never let the feeling of loneliness creep into the Indian Soldiers. This mission gave him a valuable experience.

Till now he has served our motherland from various regions from east to west that includes Rajasthan as mentioned above, Jammu & Kashmir to counter terrorist activities, Indo-China border in Arunachal Pradesh, Manipur to counter insurgency and now he is promoted as Colonel and posted on Indo-China border as a Commanding Officer.

He has served as an instructor at Indian Military Academy in Dehradun. While he was in Jammu & Kashmir for anti terrorist operations, he carried out six successful operations resulting into elimination of 18 terrorists. In one of the operation he was shot in the right arm. During that operation in Jammu & Kashmir where terrorists of Hizbul Mujahideen and other militant group were taking shelter in a house, they were firing heavily. Rashtriya Rifles of Indian Army led by Major Amit Parab was looking for an opportunity and at a selective point his regiment moved in without letting the militants come out of the house.

A hard core patriot since childhood ... daredevil protector of our motherland... We salute the journey of this brave soldier & wish him good luck in all his future endeavours.

TEAM TNV

The idea that we can maximize happiness and minimize pain is both intuitive and popular. The truth however is very different. Pleasure alone cannot bring us happiness. In 1932, Aldous Huxley wrote a novel named 'Brave New World' in which he recognized the possibility that endless pleasure may actually lead to dystopian societies. Endless pleasure is often perceived to be an idyllic concept however, it isn't as desirable as we all think it to be. We need pain to provide a contrast for pleasure; without pain life becomes dull, boring and downright undesirable. Without pain, we soon forget what it was that made our desires so desirable in the first place.

Emerging evidences suggests that pain may actually enhance the pleasure and happiness we derive from life. Pain promotes pleasure and keeps us connected to the world around us. An excellent example of how pain may enhance pleasure is the experience commonly referred to as "the runners high". After intense physical exertion, runners experience a sense of euphoria that has been linked to the production of opioids - a neurochemical, which is also released in response to pain. Other works has shown that experiencing relief from pain not only increases our feelings of happiness but also reduces our feelings of sadness. You might be thinking, why am I complimenting pain so much? You might also think that I am one for pain. Trust me I'm not. No one enjoys getting hurt. Whether it be physical, mental or emotional. Unless you enjoy torturing yourself for no reason, you wouldn't go out seeking for pain. If you do however, you might want to go see a doctor. With that being said, pain may not be a pleasurable experience itself, but it builds our pleasure in ways that pleasure alone simply cannot achieve.

Pain may also make us feel more justified in rewarding ourselves with pleasant experiences. Just think how many people indulge themselves a little after a trip to the gym. Another interesting aspect regarding pain is that it connects us to our world. People are constantly seeking new ways to

THE POSITIVE SIDE OF EXPERIENCING PAIN



clear their minds and connect with their immediate experiences. Just think of the popularity of mindfulness and meditation exercises, both of which aim to bring us in touch with our direct experience of the world.

There is a good reason to believe pain may be effective in achieving this same goal. Why? Because pain captures attention. Imagine dropping a large book on your toe mid conversation. Would you finish the conversation or attend to your toe? Pain drags into the moment and after pain we are more alert and attuned to our sensory environment- less caught up in our thoughts about yesterday or tomorrow.

Have you ever thought about why a Gatorade tastes so much better after a long hard run, why your favorite meal or a beer taste better after a day of hard labor, and why hot chocolate is more enjoyable after coming in from the cold. Pain literally brings us in touch with our immediate sensory experience of the world, allowing for the possibility that pleasures can become more pleasant and more intense.

Anyone who has experienced a significant disaster will know that these events bring people together. I have personally experienced this and can say that it's much easier to get along with people as you are working together and helping each other out. Consider the sense of community spirit that developed in New York in response to 9/11. Painful ceremonies have been used throughout history to create cooperation and cohesion within the groups of people.

Pain is commonly associated with illness, injury or harm. Often we don't see pain until it is associated with a problem and in these cases pain may have few benefits. Yet, we also experience pain in a range of common and healthy activities. Consider the recent ALS (amyotrophic lateral sclerosis) ice bucket challenge. By dousing ourselves in ice water we were able to raise unprecedented support for a good cause. Understanding that pain can have a range of positive consequences is not only important for better understanding pain, but may also help us manage pain when it does become a problem. Framing pain as a positive, rather than a negative, increases neurochemical responses that can help us better manage pain.

BASMA YAKUB

When we go to market to purchase our requirements, we use phrases like, “Ek Colgate de do”, “Bhaiya Maggi hai kya?”, “Ek Pepsi aad”, “Mashe Xerox marun di”. We use these terms on regular basis but do we really notice that we use the brand name instead of the commodity name! “Colgate”, “Maggi”, “Pepsi” and to many people’s surprise, “Xerox” are all names of the brand! However, we subconsciously use the brand name. To make us realise, the next question the shopkeeper will ask us is, “Kaunsa chahiye?” Although, this seems a little funny on our part, have we ever thought over it, that how come are we asking for Maggi or Colgate instead of asking for noodles or toothpaste? Even if we ask for a product with its brand name, then why Colgate or Maggi only? Why not Sensodyne or Yippee? The answer lies in the power of Branding.

A brand is technically a symbol, an image, a logo or a name that is given to a company’s manufactured product so it can be distinguished from its other competitors. Historically, branding was done since a long time. Olden people used to do livestock branding. They used to stamp a unique symbol on the cattle so that they could distinguish their cattle from the others. The concept of symbolizing products had started since then and sees no end yet. Branding hence means the application of these symbols, images and logos to commercialize your product and make it stand out from the others. Although distinguishing the products seemed to be, the reason for branding in the olden days and the concept of branding now has reached to a different level altogether.

Today, branding has a very big impact on the overall flow of the business. A good brand image is achieved only when the customer gets the price worthy product



ALL ABOUT BRANDING

and good customer service. This always keeps a positive memory in the mind of the customer which will hence produce repeat purchases and loyal customers. Therefore, branding is actually in the hands of the businessman itself. Although the a distinctive name, logo and outstanding packaging will be a part of the branding process, humans use their rational emotions, and the best goods/services provided is what will be cherished forever.

A brand keeps you apart from your competitors. Customers have a lot of options today. It is very essential for your brand name to emerge as one of the best. Hence, using a selectively known name and logo can make you product stand apart.

A good brand image can lead to a good bottom line on your financial reports. A strong brand that can attract good sales for captivating the market will always help in increasing the overall

profits of a company. Apart from the bottom line profits, a good brand image will always make it easier for the company to get a fair share of investments. After all, people will invest only where they are attracted to and can find a satisfactory amount of returns.

When an organization puts efforts in branding their product, it always helps in elevating the scale of potential customers. Promotions, advertising, discounts and sale offers can always lead to the increase in the number of customers. The word-of-mouth approach would then stand to be one of the best ways to increase customer base.

India has emerged as one the best growing economies of the world. With an immense amount of population many Multinational Corporations and Indian Organizations are leading to the top of the scale in the Indian markets. The biggest factor that contributes to the success

of these organizations is the brand image that these companies carry. Some of the best examples of organizations that have escalated in the Indian Markets are:

- Colgate Palmolive: Toothpaste, Toothbrushes, Mouthwash.
- Parle Agro: Hide and Seek Biscuits, Frooti, Appy Fizz, Bailey Mineral Water, Fab Biscuits.
- Godrej: Good Knight, Godrej Expert, Godrej No.1, Cinthol, Hit.
- Britannia: Good Day Biscuits, 50 50 Biscuits, Nutri Choice Digestive Biscuits.
- Dabur India: Dabur Red, Chyawanprash, Dabur Honey, Vatika.
- Amul: Amul Milk, Bread Spread, Cheese, Butter, Amul Kool.
- ITC Ltd.: Vivel, Aashirvaad, Sunfeast, Bingo! Candyman, Classmate.
- HUL Ltd.: Lipton, Axe, Comfort, Cornetto, Dove, Knorr, Lifebuoy, LUX, Pepsodent, and Pond’s.

The way these products are projected to the Indian families through activities like packaging, symbolizing, pricing, advertising, providing discounts and offers and most importantly building a connect with the customer’s emotions, these brands have now positioned themselves as a necessity in the Indian Society. Hence, branding of a product plays a very important role in the overall business cycle.

New star-ups need to understand that along with the growth of their business, it is very important for them to create a brand image of their own. This may seem an expensive affair but it always helps the business to suffice in the long run. So go ahead, create a brand so strong that people will have to “Google” it to know about your success! Fun Fact; Google stands 2nd on the Forbes Magazine for the “World’s most valuable brands” with a brand value of \$101.8 Billion as of May 2017! Talk of a noun used as verb!

NOW DRONES TO DELIVER POST



TEAM TNV

For the very first time in Pune amongst all over India, you are about to experience a drone delivering letters. The postal authorities of Pune circle, hosting the state level philatelic exhibition MAHAPEX, have pulled out all stops, including bringing in the drones and Segways, to ensure that the event stands out. Ganesh Sawaleshwarkar, postmaster general of the Pune Region said that it is a first imagine to delivering letter with the help of drone in Pune.

Stamp collecting is one of the most popular hobbies in the world. Postage stamps are used by different countries to portray their heritage, habitat, history, arts, literature and

culture. These stamps also provide valuable historical documentation for the future. It has emerged as a vehicle to accord symbolic recognition to the past and the present achievements and to honour individuals, institutions and organizations. The great personalities who shaped our country's destiny have prominently figured on the postage stamps and covers. In fact, Postage stamps and covers are the Cultural Ambassadors. Philately is increasingly being used as an effective educational tool to sharpen the curiosity of the children, to add to their knowledge and to widen their mental horizon. It is a valuable aid for teaching as well as learning, to arouse the creativity of children and the youth as well.

"MAHAPEX-2018" is State Level Philatelic Exhibition for the State of Maharashtra and Goa. The Exhibition is scheduled to be held at Ganesh Kala Krida Manch, Near Swargate, Pune, from 20th January, 2018 to 22nd January 2018. Pune City is getting the pride of holding State Level Philatelic Exhibition after a gap of 6 years. It is significant that Pune is a seat of learning and also cultural and historical city and therefore, has been selected as a Venue for the Exhibition. The purpose of holding such exhibitions is to create awareness about the Philately, which is rightly known as, "The Hobby of Kings and the King of Hobbies".

Holding of stamps exhibitions at National/Circle/District level is one of the

most effective ways to build up interest in Philately as they provide a forum for collectors to display their collections, for being judged in a healthy way and attract the young to this fascinating hobby. The Mega event of "MAHAPEX 2018" will include various activities such as Quiz Competition, Stamp Design Competition, Letter Writing Competition and Elocution Competition for school-going children. In MAHAPEX-2018, a collection of Philatelist from Maharashtra & Goa state will be displayed through 400 frames, which will reflect the tradition, leisure, culture and modernity. During the exhibition, eight special covers will be released from 20th January to 22nd January 2018 on various themes pertaining to Maharashtra & Goa State.

A souvenir on "MAHAPEX 2018" would also be brought out which would be collectors' item for the philatelists. It would contain learned literature on Philately and illustrations on the history of stamps, the stamps and cancellations on the themes pertaining to Maharashtra and Goa. The exhibition will have the participation of renowned Indian Philatelists in the "invitation class" and the best Philatelists of Maharashtra and Goa in the "competition class".

The Exhibits will be classified into Non-competitive classes and Competitive classes.

Non-Competitive classes
- Class of honour: The exhibits that have exceptional significance or interest will belong to this category. The

minimum requirement is that the exhibit should have won gold or the highest award in the relevant class at a higher-level exhibition within the last 5 years.

- Official class: The exhibits form National philatelic Museum, Army postal service, India Security press, Stamp designers, business houses dealing in franking machine and other postal equipments and other similar agencies will belong to this category.
- Jury collections: This includes the exhibits from jury and apprentice jury appointed for the exhibition. The participation of Jurors is optional.
- Special Interest: The well known exhibits from other circles, especially in those classes where there is no participation from the area, to demonstrate and promote those exhibition classes for future.

COMPETITIVE CLASS

- Traditional Philately
- 1) India upto independence
 - 2) Indian princely states
 - 3) India since independence
 - 4) Rest of the world

Postal History

- 1) India Pre-adhesives period
- 2) India upto independence
- 3) Indian princely states
- 4) India since independence
- 5) Rest of the world

Participation in competitive classes is open to the residents of Maharashtra and Goa state only. This shall not apply to invitation class and jury exhibits.



Ganesh Sawaleshwarkar

Benefits of minimalism

SWENZKA CHRISS

We often hear that minimalism gives us freedom, that it gives us the time and space to do the things that matter most to us but I would like to take it one step further and really discuss what minimalism mean. If you have been reading blogs or watching videos about minimalism, I'm sure you have seen that there are many different flavors of it. People might think, it just means living in whatever home you already have and reducing the clutter or just getting rid of the things you don't want any more. Whichever it is, there are a lot of ways to apply minimalism to your life. Through the lens of break the twitch which essentially means minimizing distractions and living intentionally.

To start it off, being a minimalist really means, detaching your sense of self-worth and personal identity from the things that you own. We have been exposed to marketing messages for the last several decades that tells us we can show the world who we are, based on the brand on

our shirt, the type of car we drive or the size of our home; and when you think about it, none of those things actually show the world who we are. It simply shows the world what we bought. It doesn't say much about the value we have contributed neither the good things we have done nor the kindness that we have shared with the world. Although, through the same lens but in a

different way of minimalism, it allows us to see other people for their value, for their kindness and for the person that they are instead of the things they own or the brands they wear on their shirt.

Being a minimalist means not stressing out about stuff. Initially, as we might usually assume, decluttering stuff you own and implying it to a life style change, may

sound like a stress buster however, I think that it exactly what sounds like stressing about owning less than a hundred items and constantly having to think about what to get rid of next and what you should keep is just as stressful as having a ton of clutter in your home. On the contrary, being a minimalist means letting go of that stress and really embracing life on a day-to-day basis. Having a deep understanding of what brings you joy and what does not.

Being a minimalist means having a framework to view the world. It is not a finish line that you hit and suddenly become a minimalist and everything is great from there on but it is simply a framework that you can use to adjust your life making sure that everything is still working in alignment with what you want, making sure that your daily actions and the ways you are spending your time still align with your values and what you want. So it is a framework and a lens that you can use on a regular basis to make sure that everything is balanced.

Lastly, being a minimalist means having more flexibility in your life and more space to take on the challenges that life brings. Minimalism is not a solution to all the problems of life but it can help you deal with those problems in a better way. If you are over cluttered or your schedule is overbooked, in a moment, even if one small bitter thing happens, it can set off a chain reaction of terrible sequences that just gets worse and worse because of lack in space to deal with what happens at the moment as you are already too much cluttered or preoccupied to think of anything else. It might cease you from appreciating and celebrating the good things on a deeper level.

Those are the values that really make minimalism worthwhile. They are the things that allow us to live better, reduce the distractions in our life and live more intentionally every day. Life is a journey and something definitely gets edited a little bit every day as time goes on. Therefore, I encourage you to find your own minimalism, to find the things you value the most, that which really works for you and enhances your life in a meaningful way. It is completely up to you to use it how you want and make the tools work for best of your advantage.



The Cunning Hare and the Witless Lion

There was once a powerful lion called Bhasuraka who ruled the jungle. He was merciless and killed other animals indiscriminately.

One day, all the animals went together to the lion to surrender. They said, "O Master, you kill many of us every day without necessity. One animal a day is enough to satisfy your hunger. Please come to an understanding. Starting from today, we promise to offer one amongst us to you every day. In this way, you will not have to hunt and many of our lives will be spared."

Hearing this, the lion agreed, "It is true, but I warn you, if I do not receive an animal every day, I shall proceed to kill every one of you."

In accordance to the understanding, the animals drew lots, and the unlucky animal that got chosen was sent to the lion. The others roamed about the jungle without any fear of being attacked by the lion.

One day, a hare was chosen. Unwilling to become the lion's food, he started for the lion's den. He walked as slowly as possible.

On the way, the hare came across a well. It peeked down from the edge and when it saw its own reflection, he hit upon a plan.



He thought, "I have a plan that will not fail. I will deceive the lion and lead him to his death".

On this, the hare walked towards the lion's den, even slower than before.

Finally, when the hare reached the lion's den, the lion was hungry and furious. He had been waiting for his food for the entire day.

He licked his lips in hunger, and thought of killing as many animals the next morning as he could. While he was thinking so, the hare approached the lion and humbly bowed.

The furious lion began to shout, "You are a miserable animal. You are not only late, but also very small. I will first kill you and satisfy my hunger, and then kill all the rest of the animals for doing this to me".

The hare replied humbly, "O Master, It is neither my fault nor the fault of any other animal. Please allow me to explain before you kill me".

The lion roared, "Be quick. Give me an explanation fast for I am very hungry".

The hare started, "Today it was my turn to be offered to you. But because I am small and would not be able to satisfy your hunger, four more hares



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were sent along with me".

On the way, we met a lion who came out of his den and roared, and got ready to eat us. We pleaded to him that we were going to fulfil our master's hunger as promised every day.

He roared, "I am the master of this jungle. From today, you will offer yourselves to me and none other. The other lion is an imposter. If not, let him accept my challenge to a trial of strength. Whoever proves to be stronger, will rule the jungle. I will allow one of you hares to carry this message to him, and hold the rest of you as hostages."

The hare humbly continued, "This is the reason only I, among the five of us, am here. I have arrived late for the same reason. Please take action that you think will be best".

On hearing this, the lion grew even more furious. He roared, "Take me to this pretender at once. I will destroy him. Only after that will my anger be quenched."

The hare quickly replied, "O master, I must warn you that this lion stays inside a very strong den. It is difficult to attack someone who takes shelter in a stronghold. Furthermore, I have seen him myself, he seemed very strong".

The lion roared, "That is not your concern. Take me to him at once". The hare then led the lion to the well he had come across on his way.

On reaching, the hare pointed towards the well and said to the lion, "O master, we have no doubt on your powers. The lion has hidden himself inside that stronghold".

The witless lion stood at the edge of the well, and saw his own reflection in the water below. He thought it to be the lion who had challenged him.

He roared at his reflection with all might and fury. The roar sounded back, re-echoed from the well.

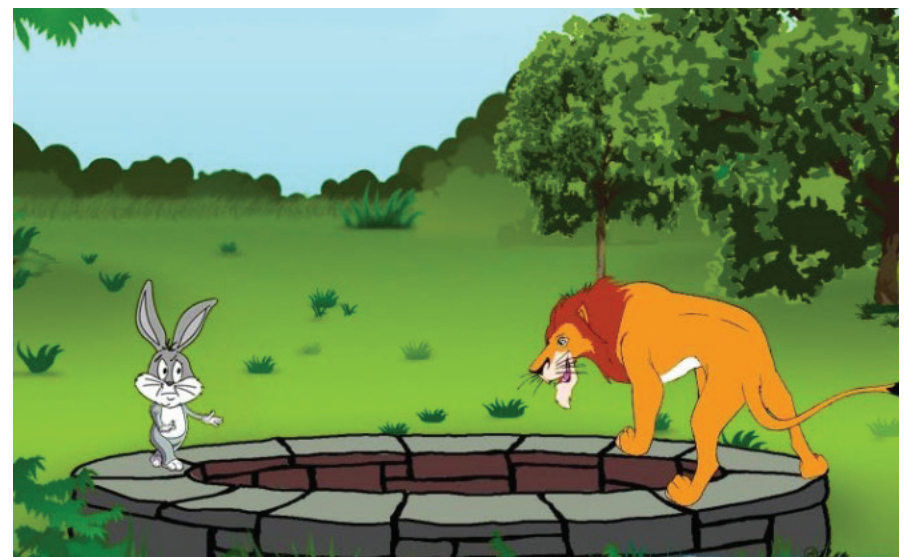
On hearing this, the lion got furious and leapt inside the well to attack his own reflection. He got drowned.

The hare was very happy that his plan had worked successfully. He danced his way back to the other animals and told them what had happened.

The other animals gave the hare a hero's welcome and praised his cleverness. From then onwards, the animals roamed about the jungle happily.

The wise indeed say:

Deceive the wicked and destroy them without mercy.



TUSHAR PATIL
Dhuler, Mapusa



WHY NOT TO HAVE RESOLUTIONS

CLARA DAVIS

Resolutions, resolutions, resolutions, that's really all that I've been hearing about lately. Its been a week since the new year started and I'm honestly just looking forward to seeing how many people actually keep up with their resolutions. People are so immersed in the concept of resolutions that they turn a blind eye to the fact that more than half of them won't even try to keep them. If I ask you right now, 'how many of you are able to remember the resolutions you made a year or two ago?' Will you be able to answer correctly? Most likely no. It's nothing to be ashamed about. In all honesty, it's perfectly normal. Why? It is mainly because most of us do not make them with the right intentions. Half of us make them just for the fun of it. About a quarter to set a challenge for themselves and the rest, MAYBE the rest are actually serious about wanting to change something in their lives. These are the few that actually are able to keep their resolutions right till the end of the year.

Anyway, all this talk on resolutions got me thinking as to how the concept actually came into being. How many of us truly know why this "thing" became a weird tradition the world started to follow? Did you know that resolutions were started by the ancient Babylonians some 4000 years ago? And guess what? They didn't even celebrate New Year's on the 1st of January. They celebrated it in March around the time the crops were planted. It was a 12-day religious festival (known as Akitu), this was when they crowned a new king. And do you know what they did? They made promises to the Gods. These promises are considered the forerunners of our new year's resolutions. A similar practice was known to occur in ancient Rome about the time when Julius Caesar was emperor. He is known to have tinkered with the calendar and established January 1st to be the beginning of the year. The people believed that if they kept their promises the Gods would reward them, and if they didn't they would be punished. So what started as promises to the Gods became

promises to themselves (which might also be the reason most of us are not actually able to keep our resolutions). Things changed over the years and now we make resolutions for the sake of self-improvement. And that's the only thing we do – MAKE THEM. We don't put in the effort to keep them. Which is quite understandable because that's how our mind works. If someone tells you to not do something, our mind takes it as a challenge and conjures up every possible way for us to do the things we are told not to do. It's kind of human nature. I'm not saying everyone does this. No. There are people who actually commit to their resolutions. But, truthfully, most do not.

I stopped making resolutions a couple of years back because I realised I was never going to actually commit to them. And if I wanted to change something about my life that badly, the start of the year is not going to give me any magical ability to do so. In all seriousness though, the people who actually want to make a difference in their lives and are willing to take the effort to do so,

go ahead make all the resolutions you want. Do it for you and only you. My only advice to those willing to work hard is to not wait. You don't have to wait for the start of a year to make a change. You want something done. Get it done then and there because there is no better time than the present. It is your life and only you can make it better. Decide then and just do it. As for the rest of you, who just make resolutions for the heck of it, please, just stop. Not only are you setting a negative aura for the people who want to make a change you are putting yourselves down as well. Making false promises fills your body with negativity as it convinces you that you cannot do or achieve things. So honestly do yourself a favour and don't make them. Just go with the flow. So, as I said in the beginning... It's been a week since the start of the year. How are everyone's resolutions going? Are you all keeping them up? Or have you decided that they do not make sense or are too difficult? Whatever you have decided... I hope all of you have an absolutely smashing year ahead. Good Luck for 2018.

SAHYADRI HOSPITALS LAUNCHES A NEW SUPER SPECIALITY HOSPITAL

TEAM TNV

One of the leading chains of Multispecialty Hospitals in Maharashtra, Sahyadri Hospitals are setting a new benchmark in healthcare with the opening of a new Hospital at Hadapsar, Pune. Sahyadri Hospitals launches a new Super Speciality hospital. Dr. Jayashree Apte, Executive Director, Sahyadri Hospitals shares few words about new super specialty hospital.

This new Sahyadri Super Speciality Hospital will have all clinical specialties under one roof. Sahyadri Hospitals, which is Maharashtra's largest chain of Hospitals, now has facilities at Deccan Gymkhana, Nagar Road, Kothrud, Bibwewadi, Kasba Peth and Hadapsar in Pune along with Nashik and Karad. This ultra-modern hospital will have all clinical specialties under one roof including Cardiology, Critical Care Medicine, Emergency Medicine, Endocrinology, ENT, Gastroenterology, General Surgery, Internal Medicine, Medical Oncology & Hematology.

In addition, the hospital will also provide Minimal Invasive (Laparoscopic) surgery, Neonatology, Nephrology, Neurology, Neurosurgery, Nutrition & Dietetics, Obstetrics & Gynecology, Ophthalmology, Orthopedics, Pediatric Surgery, Pediatrics, Physiotherapy and Rehabilitative Services, Pulmonology, Radiation Oncology, Surgical Gastroenterology, Surgical Oncology, Urology and Vascular Surgery.

The new state of medical facility art is unique with all super specialties under one roof, Superior infrastructure, Superior Care, Resting Lounge, Single point customer desk, Counseling rooms for patient



families, Doctor's Lounge on every floor, Handpicked team, Modular Operation Theatres, Outpatient Department, Dedicated Health Check-up area, Day care Surgery Unit, Endoscopy Suite, Intensive Care Unit, High Dependency Unit, Neonatal ICU, Labor Room, Cafeteria, Inpatient rooms and General Wards. Services include Pharmacy, Ambulance, Laboratory, Blood Storage, Emergency room, Cath lab, MRI, Digital X-ray, Ultrasound & Color Doppler, Echocardiography,

EEG, EMG, Pathology Lab, Nuclear Medicine-PET CT.

Dr. Apte said that Sahyadri Hospitals set up in Pune in 1994 as Pune Institute of Neurology has been in the forefront of providing common people with world-class medical services and facilities. While India is fast catching up with advanced medical technologies, Pune has emerged as a hub for medical advancements with a rich pool of

talented medical professionals, active organizations and world-class facilities. Sahyadri Hospitals has been a major contributor in making Pune a city with world-class medical facilities. Therefore the opening of our new hospital at Hadapsar is not only an important milestone for us but for the entire city.

For the first time in Pune, healthcare will witness combination of unmatched expertise, brilliant infrastructure and warmth. While conceptualizing the entire facility, we have kept in mind the requirements of patients, doctors, medical staff and their flow of work and also the relatives of the patient who are an important part of the treatment process. Every little detail has been taken care of for the patients to feel at home. This tertiary care facility of 150 beds is set up in densely populated surroundings of Magarapatta City, Amanora Township, Hadapsar, Kharadi, Kondhwa and Wagholi areas. Situated on Solapur highway, this new hospital will provide relatively easy access to patients from other towns and states.

Dr. Jayashree Apte, Executive Director of Sahyadri Hospitals added that Sahyadri Hospitals has always kept at par with medical advancement in India and across the world. With cutting edge technologies, expert practitioners and skilled staff we have been able to get better clinical outcomes and has resulted in faster patient recovery. The new super speciality hospital will have all medical services under one roof and state of the art set up will put Healthcare in Pune on the National Map.



TEAM TNV

Nazni is a professional cake artist and she is the proud owner of 'baking tables'. She specializes in customized wedding cakes and also cakes for other occasions as well. At Baking Tables one gets to enjoy from a variety of muffins, cupcakes, homemade chocolates, sponge cakes, cookies and so much more. Nazni is also a mother of two wonderful kids and she manages her business while making sure she doesn't lack on her family time as well.

As a child Nazni was fascinated by colours and their various combinations, she also loved art and to be specific, sculpting, hence the fact that she choose to be a cake artist is not big of a surprise! Apart from that Nazni also has a diploma in Aviation Management and before taking up baking, she worked with travel agencies but that did not go well with her as she wanted to start something of her own.

After she quit the job, she took a long gap due to her marriage and her kids but once the kids grew old enough she decided to start a business and rather than working for someone else, thought to work for her own self. Initially, she began to take baking classes and as she got more involved into the classes, she realised that baking has everything she loves to do. It is cooking where she could sculpt and also play with colours while designing the cakes, she remembered.

Gradually progressing, she realised she was good with



SHAPE YOUR CAKE WITH NAZNI

assembly of the cake and began to thoroughly enjoy baking. Today Nazni takes wedding orders also orders for other events and is very good at it. But initially when she started, it was not easy for her to get the cake right and had lot of failures with her demo cakes but she didn't let these failures put her down and instead learned from her mistakes and kept on trying till she eventually succeeded in perfecting her baking skills; but once she got her basics right, there was no looking back for Nazni, she



went to start her own venture 'Baking Tables'. "When I started my business, the major difficulty I faced were my kids, since I worked from home. They being very young, kept playing around in the house and it was difficult for me to concentrate on baking and my kids simultaneously. However, as time passed by, I had to learn how to manage both my work and family, which I did by baking when my kids used to be asleep,



that gave me ample of time to concentrate on my work," Nazni said

She feels that it is her passion and love for her work that she is able to deliver such amazing cakes to her clients and for Nazni client satisfaction is of utmost importance as she feels "no order is big or small, there is something to learn in every order that I get and it also improves me as a cake artist in certain way."

There are a few people that Nazni gives credit for her tremendous success that includes her husband, her parents, her sister, her mother in law and her sister in law who have been great pillars

of support in her life and have always motivated her to keep going. "My husband was a major support as he helped me emotionally as well as financially and my kids added to my convenience by sleeping soundly when I baked for the orders!"

In the coming years, she wishes that her name is counted amongst the top cake artists in India. Her message for all is that "never let yourself get demotivated by what people say, you need to be positive and keep moving towards achieving your dream goals." To all the ladies she sends out a message that, "wonders can come out of kitchen as well, women only need to open up and show their talent to the world, that is when the world will respect you."

Clothes aren't going to change the world but the women who wear them will: Ritu Puri



Goa in 2007 after which she worked on various freelance projects with various well known agencies. Finally two years back she opened her own studio 'Ritu's Creation' at Porvorim.

Ritu has worked on various projects along with various photographers and fashion houses in Goa. Talking more about her work she says, "I have also worked for the 'Iconic Fashion Calendar' with the famous photographer Prasad Pankar (CMYK)."

In these two years, Ritu has made a unique place for herself in Goa and it is her hard work and dedication to her work that has made it possible. When asked about how she feels in Goa, she said though it is a smaller market, but the people here are warm and very helpful and it is a pleasure in designing for the Goan people.

To add to her praises she also organised a fashion show titled "Curves and Beauty – Meet the Real Women." She gained many accolades for her designs at the show. Her concept behind the show was that fashion does not require a zero figure to be beautiful, even normal ladies with curves can pull off designer fashion.

The ladies walking the ramp for Curves and Beauty were not any models but her clients that wore her dresses and rocked the ramp at her show. According to Ritu, "Even women who are healthier and have curves can be equally elegant and beautiful."

Apart from that her other ventures include 'Ritu Puri's Haute Couture, which is the label she uses for her high end designer dresses and second is 'Dress code' under which she designs the uniforms for Restaurants, Hotels, BPOs and MNCs. Also, she has undertaken work of well-known establishments under her Dress Code venture.

She also has designed western gowns for 'Iconic Fashion Calendar' for the CYMK team photo shoots. Ritu has also given lectures and taken workshops on fashion designing for the students of WLDC-INIFD.

Ritu will be shortly announcing her next fashion show 'Curves and Beauty' where she will launch her label and coming workshops for fashion designing. She also has a Marathi Movie coming up which will feature her designs.

Ritu's Fashion mantra is, "Clothes aren't going to change the world but the women who wear them will."

LAKSHMI BUDKE

Ritu Puri is a Delhi based Fashion Designer who has moved to Goa after establishing her name in the fashion world at Delhi. Ritu has her own boutique 'Ritu's Creations' that is at Porvorim.

Talking about her fashion journey she says, "I was always fascinated with the show biz and fashion industry and clothes always excited me, hence I decided that I wanted to make a career in Fashion itself and so, after completing my graduation, I chose to get a degree in fashion and textile designing from National Institute of Fashion Technology (NIFT) and later worked for famous fashion designers like Pragma Samore."

Before coming to Goa, she has also worked with famous export houses and buying agencies as a Fashion designer and Merchandiser in Delhi. Ritu moved to

