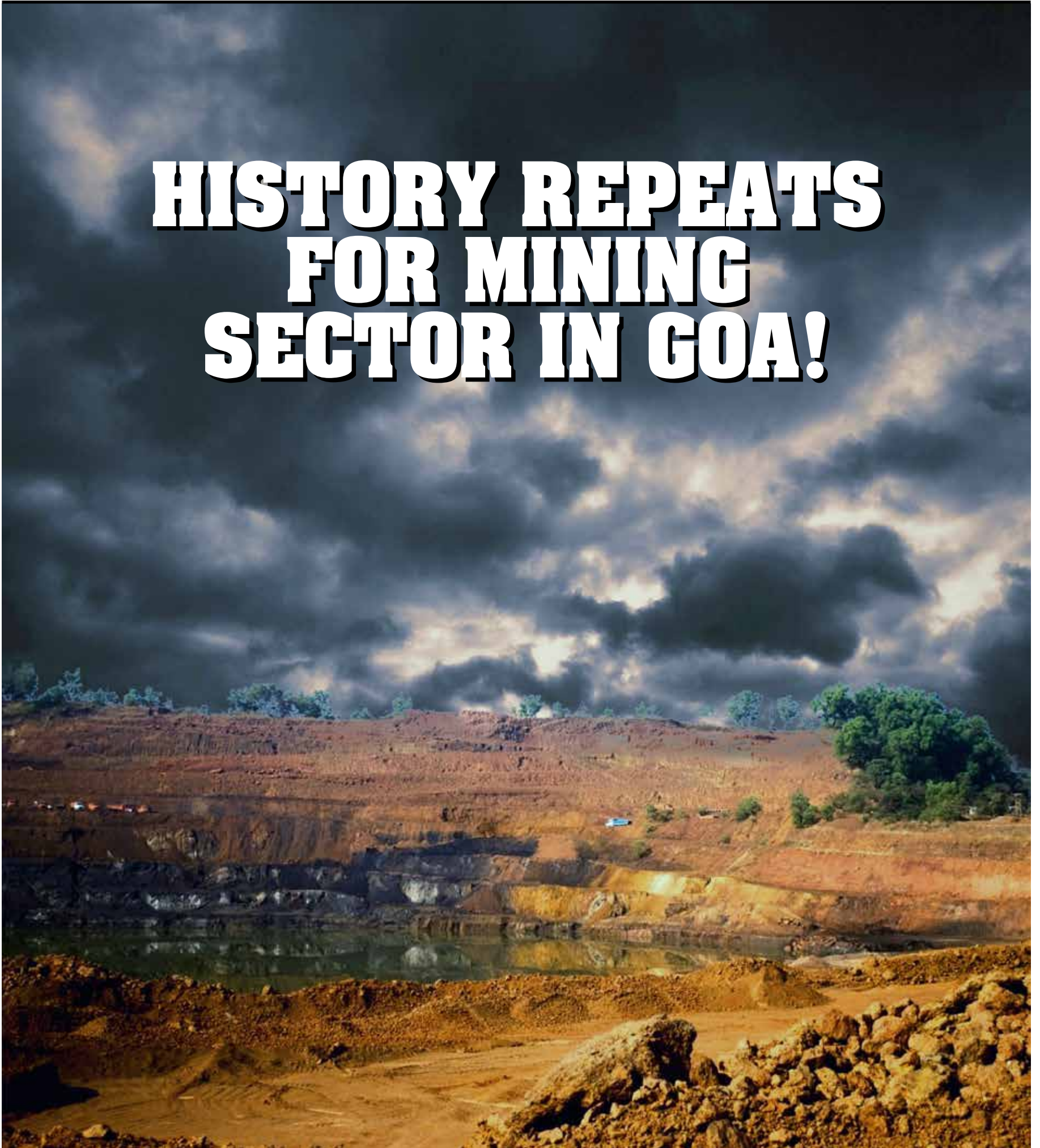


The Neutral View

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**HISTORY REPEATS
FOR MINING
SECTOR IN GOA!**



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carnaval

FRANCISCO MARTINS THE KING OF CARNAVAL

Mr Francisco's work is his worship, some of his remarkable works are: Bhartyam '89 where he was the chief visualizer for the entire show, he has taken several floats to the Republic Day Parade at New Delhi and has won many first places for the same. He has also won first place for his float at the Parade of the Nations, Mumbai. He has also made floats for the Lusofonia games also he has been a part of Serendipity Art Festival. He has also represented Goa in his floats at World Tourism Mart London.

LAKSHMI BUDKE

Francisco Martins is the head of the Carnaval Committee for the year 2018. He is a man whose talents have got him a long way and have helped him achieve the reputation of a designer, choreographer and an organizer for various events. He has contributed to numerous international and national events, commercial presentations, pavilions, food and culture festivals and organizing of musical shows and plays of international fame. He has always promoted Go and its Culture on all platforms that has won him numerous awards and praises. He is also called the 'King of Carnaval'. To Mr Francisco his work is his worship. Some of his remarkable works are: Bhartyam '89 where he was the chief visualizer for the entire show, he has taken several floats to the Republic Day Parade at

New Delhi and has won many first places. He has also won first place for his float at the Parade of the Nations, Mumbai. He has also made floats for the Lusofonia games also he has been a part of Serendipity Art Festival. He has also represented Goa in his floats at World Tourism Mart London.

Mr. Francisco Martins spoke to Team TNV about the upcoming Carnaval.

WHAT ARE YOUR PLANS FOR CARNAVAL THIS YEAR?

This is my third year heading the Carnaval committee and by God's grace I have got a new place to conduct the Carnaval parade and it will be a good challenge and I am happy to have to be the one executing this new idea. Another attraction for this year's Carnaval is the King Momo, which will be played by Mr. Bruno Azaredo and I feel so content that he of all people



was selected for the role, I am sure he will make a great King Momo.

WHY THE SUDDEN SHIFT IN THE PARADE ROUTE OF PANJIM TO MIRAMAR AND DONAPAU LA STREETS?

I myself was made aware about the same just 15 days ago, the reason being that the main street used to get crowded creating unnecessary traffic and hardship for the public. I feel that the new route will be a great change and a wonderful opportunity to give a fresh look to the parade.

WHAT ARE YOUR CONCERNS FOR THIS YEAR'S CARNAVAL PARADE?

I won't lie, but I am concerned about the crowd for the parade as the main road attracted all the people from various hotels and other establishments but since the route will be changed and the Miramar - Donapaula Street is more of a residential area, I have some concerns

about the crowd. But I also believe that the road being a wider one than the Panjim ones the floats and the dancers will get a better chance to display their talents.

WHAT IS YOUR TAKE ON THE NUDITY THAT IS PORTRAYED IN THE CARNAVAL FLOATS?

Frankly speaking, to me 'Nudity' is a very subjective concept. When I design a float or the costumes for a particular float, to me what I do is art and nothing beyond that all that matters to me is whether I have done justice to the theme of the float.

WHAT DO YOU FEEL ABOUT THE RISING NUMBER OF COMMERCIAL FLOATS IN THE CARNAVAL PARADE?

I have to agree that the commercial floats have been rising since olden times, but they also play a vital role in the revenue aspect of the floats, hence some changes that I would like to suggest would be that the floats

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needn't be covered with endorsement of their sponsors, rather there can be minimal advertisement and the focus could be more on the theme of the float.

DO YOU THINK THE CARNAVAL IS LOSING ITS ESSENCE WITH THE PASSING YEARS?

Over the years I feel Carnival hasn't remained the same as it was before and that it needs to be got back to



its original glory. In today's time, the Carnival lacks the spirit of enthusiasm that was shown by the youth in the earlier days and also the cultural essence is slowly depleting from the Carnival festivities

WHAT CHANGES WOULD YOU LIKE TO MAKE IN THE FUTURE TO THE WHOLE CARNAVAL SET UP IF YOU GET A CHANCE TO HEAD THE COMMITTEE IN THE COMING YEARS AS WELL?

I would love encourage people to portray Goan culture through their floats and also I would love to get the liveliness of the Brazilian Carnival to Goan Carnival. I would like to work towards the goal of bringing back the old Carnival fever among the people of Goa.

WHAT ARE THE DIFFICULTIES THAT YOU HAVE TO FACE WHILE ORGANIZING THE CARNAVAL?

First and foremost I feel that if the committee is given a time of at least 3 months instead of 15 days to organize the event, I feel wonders can be done. Secondly, the crowd gets out of control during the Parade which obstructs the floats. Hopefully this year with the change of the route, the crowd will not be an issue. Third is that due to the wires that used to hang in the air, the float size had to be restricted, but now the route change will give them an opportunity to make floats on a larger scale.

His Message to the people is "Whatever you do, do it with passion and love, put your hard work into it and you will be noticed and always pray to God and he shall take care of your worries."

THE FIESTA BEGINS TODAY



D. B. Bandodkar Grounds, Campal, Panaji.
6 pm - 10 pm

FREE
ENTRY

Goa
Carnaval
Food & Cultural Festival 2018

PRESENTED BY



DEPARTMENT OF TOURISM
GOVT. OF GOA

Incredible India
Grand Inauguration at
6pm at the hands of
Shri. Manohar Ajaonkar
Hon. Minister for Tourism, Goa

in the distinguished
presence of

Shri. Nilesh Cabral
Hon. M.L.A. Curchorem
& Chairman GTDC

Shri. Surendra Furtado
Mayor, CCP

HEADLINER ACT - 'CROSSING' feat. Ravi Chary, Gino Banks, Sangeet Haldipur, Shovon Mukherjee, Kalpana Patowary & Isheeta Chakrvarthy



Sangeet Haldipur

Gino Banks

Ravi Chary

6 - 7 pm

Duet Performance by 'Shine On'

7 - 8 pm

Live Band 'Archies'

8 - 9 pm

Live band 'Raul with Raagas 2 Riches'

9 - 10 pm

Fusion performance: 'Crossing'

Panaji Carnival Parade flag off, Saturday 10th February at 3:30pm.
Parade Route from Goa Science Center, Miramar to Harley Davidson Showroom.

For the Float Parade, Parking arrangements have been made at NIWS Grounds, Caranzalem and SAG Grounds, Campal. Shuttle service will be provided by KTC from Panaji Bus Stand to Panaji Ferry Point, Campal, Miramar Circle and back

Medical Partner





IT'S TIME TO SERIOUSLY THINK ON MINING INDUSTRY

While we presumed that the year 2018 would be the one with our political leaders playing statue-statue game, the Supreme Court judgment on the mining leases has come as a spoilsport. The judgment came, as Chief Minister Manohar Parrikar was busy drafting the State Budget, which would be presented during the upcoming State Legislative Assembly session.

The decision to quash renewal of 88 mining leases from Goa translates into total ban on the iron ore extraction activity in the State. The judgment will have impact similar to that of the year 2012, when we saw burgeoning iron ore industry coming to a complete standstill.

The Supreme Court judgment speaks about the way our mining industry has been proceeding in the State despite being the major economic activity. The closure of this industry means affect on the lakhs of families that are dependent on it. And moreover, the current crisis has come when the mining dependent people were eagerly waiting for a better future after a long lull.

The blame game will start now and the observation of the Supreme Court is enough



a trigger to spark the fire. This is what the Apex Court has said in its verdict. "The real intention of the second renewal was to satisfy the avariciousness of the mining lease holders who were motivated by profits to be made through the exploitation of natural resources," the court observed.

The discussion on environment versus economy has been a long debated issue in the State. The debate continues with the people supporting each of the version having their own justification, and they are not wrong in their own ways. Their thinking process doesn't match and that's why there is large difference of opinion.

But the Supreme Court judgment is more beyond the debates. It is directly affecting the livelihood of the people who have already faced a dark past. They are yet to be out of it, and this time, they are not ready to face it again.

During the year 2012, it was State government, which had provided the much-needed financial support to the people who were dependent on the mining industry. This time, the government does not seem to be in a mood. The actual closure of the mining may happen in March, but till then it's almost like, the end has come.

Chief minister Manohar Parrikar offering the first reaction after the SC verdict had said that there is no need to panic. It is natural for the head of the State to offer hope for its citizens. But people are reading between the lines.

It is a known fact that the industry was supposed to begin within its limited capacity. The industry was also facing challenges due to falling demand in the international market and also whopping taxation on the high-grade ore.

The State government was lobbying with the centre over reducing or abolishing the taxes so that the exports become viable. But the demand of Goa government had fallen on the deaf ears of the Union government. The fake, vague and opaque promises were made by the Union government.

When the situation on the mining front was getting tough, the to-be ban will certainly shut down the hopes forever.

The closure of the mining industry does not only mean state losing revenue of Rs. 100 crore in the form of direct taxes but also

downsizing the economy in the iron ore rich belt. The earning of the people living in that area will plummet to the lowest ebb, which will have spiraling impact on the overall economic activity.

We have witnessed how there was a silence in the markets of Bicholim, Sankhalim, Curcholem, Sanguem and other areas when mining activity had stopped. The people had managed to eke out their living based on their savings. But this time, the situation is going to be worst.

The one time settlement scheme provided by the State government has already exhausted their bank savings as they have paid to close the loans. The truck owners have borrowed money to get their vehicles back on the roads hoping to get the business this season.

The last season was not promising and from the time, the monsoon has signed off, the mining activity is yet to resume. To sum up the entire situation, the industry's expectations of little push have been punctured.

While some politicians have welcomed the SC judgment, there are many who are disturbed with it, as their popularity will also be affected in their respective constituencies especially in the mining belt.

This is a time when we should shun our political differences and join hands for the Goans who are living in the mining belt. I just hope that our politicians who have shown extreme childish and foolish behaviour over the issue of statues would show some maturity at least in case of mining industry.

If not for the resumption of the mining industry but at least they can work out permanent ways and means to provide employment to these people. And if mining leases are auctioned, which might take one or two years, those who were working on the leases should have their employment retained.

There are assembly elections in the sight but for sure the Parliament polls are in the offing. At least for the sake of votes, the political parties should have proper thinking over the issue which is concerning lakhs of Goans. We will have to wait and watch but maturely Parrikar handles this crisis, which is second of its sort during his tenure as a chief minister of Goa.

Have you yet given a missed call!



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HISTORY REPEATS FOR MINING SECTOR IN GOA!

TEAM TNV

“The real intention of the second renewal was to satisfy the avariciousness of the mining lease holders who were motivated by profits to be made through the exploitation of natural resources”. This is how the Country’s top judiciary- Supreme Court castigated and exposed the reason behind Goa Government’s ‘haste in granting second renewals to 88 iron ore mining leases in the State.

History has repeated! Within a span of five years, the iron ore mining industry in Goa is in crisis, with Apex Court order shutting down of the mining operation in the State from March 16 onwards, by setting aside the second renewals of the leases. After facing 19-month long ban from September 2012- April 21, 2014- the mining sector that was slowly taking pace is once again on the verge of disaster.

The disaster in the form of ban is expected to last nothing less than another three-four years, with authorities as well industry players considering this as the end of “iron ore era”.

The Supreme Court in an historic judgment passed on February 7 in a writ petition filed by Mapusa based NGO Goa Foundation, while directing the lease holders to stop all mining operations has also asked the State Government and the Union Ministry for Environment and Forest (MoEF), to start fresh process of granting lease renewals and environmental clearances (ECs) – which is marked with the lengthy and tedious process.

“There is no need to be panicked. The order is not coming into force from tomorrow. More than a month time is with us to take a call future action,” said Chief Minister Manohar Parrikar as his immediate reaction to the judgment.

The industry- which once served as the largest contributor to State economy and acted as the backbone- was no more profitable for the stakeholders- right from mining companies, people dependent on the business and the State. Falling international market prices, no takers for low-grade ore, high taxation, were the reasons for the crumbling business.

Mine Owner Harish Melvani



admits that the business was no more profitable for the industry players and the Supreme Court judgment has now worsen the situation. “I believe, that the Supreme Court judgment is valid as the leases were renewed in haste and with proper policy backing,” he said.

“Unfortunately, the undue haste in which the State acted gives the impression that it was willing to sacrifice the rule of law for the benefit of the mining lease holders and the explanation of satisfying the needs of some sections of society for their livelihood (after keeping them in the lurch for more than two years) was a mere fig leaf,” the Supreme Court said in its verdict.

The judgment is yet another tough and biggest challenge before the Manohar Parrikar led coalition government that had experienced a similar situation in 2012.

The first and foremost worry before the Government is identifying the mode of granting leases- will it be auction or fresh renewals. If government goes for auction, there will be complete different method, wherein the Union Mines Ministry will have its involvement for the auction process. But considering the current market situation of the low grade, coupled with 20 million ton cap on annual production, it will be difficult for the State to attract bidders.

Now let’s explore the second option of granting fresh lease renewals- this involved fresh environment clearance for each individual mine from the MoEF. Granting of EC for red category industry attracts EIA notification 2007, wherein the environment impact assessment study (EIA) has to be

THE FOLLOWING TABLE GIVES THE DATES OF SECOND RENEWAL OF 88 MINING LEASES GRANTED BY THE STATE GOVERNMENT ON OR BEFORE 12TH JANUARY, 2015- THE DAY WHEN THE AMENDED MMDA ACT CAME IN FORCE.

Sr.	Date Of Renewal	Total Renewals
1	5-11-14	5
2	6-11-14	5
3	7-11-14	3
4	10-12-14	3
5	24-12-14	10
6	1-1-15	3
7	2-1-15	3
8	5-1-15	2
9	6-1-15	22
10	9-1-15	1
11	12-1-15	31
TOTAL		88

conducted and for that purpose public hearing also has to be in place.

“Public hearing for individual mines is not an easy task. You see thousands of people attending. Then the report has to be prepared and EIA has to be placed before the MoEF Expert Appraisal Committee (EAC) for approval,” official said.

EAC, once satisfied will then recommend to MoEF for grant of EC, official added.

This is followed by grant of Consent to Operate under Water and Air Pollution Act from the Goa State Pollution Control Board (GSPCB)- the

final step towards resumption of ground activity.

“At least three- four years will be required for the entire process and the mining industry to resume,” official said.



WHAT THE SC ORDERED...

- The mining leaseholders who have been granted the second renewal in violation of the decision and directions of this Court are given time to manage their affairs and may continue their mining operations till 15th March 2018. However, they are directed to stop all mining operations with effect from 16th March 2018 until fresh mining leases (not fresh renewals or other renewals) are granted and fresh environmental clearances are granted.
- The State of Goa should take all necessary steps to grant fresh mining leases in accordance with the provisions of the Mines and Minerals (Development and Regulation) Act, 1957.
- The Ministry of Environment and Forest should also take all necessary steps to grant fresh environmental clearances to those who are successful in obtaining fresh mining leases.
- The State of Goa will take all necessary steps to ensure that the Special Investigation Team and the team of Chartered Accountants give their report at the earliest and the State should implement the reports at the earliest, unless there are very good reasons for rejecting them.
- State of Goa will take all necessary steps to expedite recovery of the amounts said to be due from the mining leaseholders pursuant to the show cause notices issued to them and pursuant to other reports available with the State of Goa including the report of Special Investigation Team and the team of Chartered Accountants.



OPTIMISM

The way of life

VITHOBA MHALKAR

Societies are changing and so are the demands and responsibilities of each individual in the society. Time and again the challenges surface and one has to mend it out. The mental makeup of each individual plays an important role in how we see things and how well we tackle it successfully. That's where optimism comes in the picture as it is rightly said that an eternal optimist can sail through any oceans and can conquer any mountain of hardships and desires.

Before understanding optimism one should know about learned helplessness.

It happens when people or animals become conditioned to believe that a situation is unchangeable or inescapable. Failures are part of life and are stepping stones to success, its when we imagine failures as unassailable, learned helplessness takes the centre stage.

We taste failure for two or three times and then conveniently label ourselves as failure and search for an

escape mode rather than sorting it out and turning the shortcomings in a win win situation. Some classical signs shown by these individuals are

- Blames self when things go wrong
- Sees failure as evidence of worthlessness
- Devalues attributes and accomplishments
- Focuses on weaknesses and mistakes
- Loses Motivation in the face of obstacles

- Increases Stress and Avoidance

- Feels Overwhelmed and Shut Down

The antidote for learned helplessness is surely being optimistic and bringing essence for life. Converting learned helplessness into learned optimism is key for a successful life

So optimismwhat it really imply ???

Much deeper than positive thinking

Optimism is an attitude; optimism is an inclination towards positive thinking which includes believing for the best possible outcome from a situation, or a positive way to view a negative situation. Optimism is the opposite of pessimism.

Lets understand the way we explain any event in life. Its governed by three important characteristics namely permanence which means a particular phenomenon will happen regularly in one's life , pervasiveness which means the phenomenon will have all over affect and personalisation which means it's me who is responsible for the phenomenon to happen. This grid is beautifully narrated by renowned psychologist Martin Seligman in his three secrets of optimism. The model explains how success and failure is viewed by an optimist and a pessimist plagued by learned helplessness.

So how to develop the optimism in oneself????

Optimism skills can be developed by

- Thought catching;- understanding the thought using emotional intelligence and giving a meaning to it by acknowledging it.
- Evaluating thoughts for accuracy and finding link between thought-feeling-action.
- Use realistic positive explanatory

style and disputing inaccurate thoughts.

- De-catastrophization;-stop over estimating how negative a event can be and also stop underestimating how capable you are to handle it.

Bringing about learned optimism

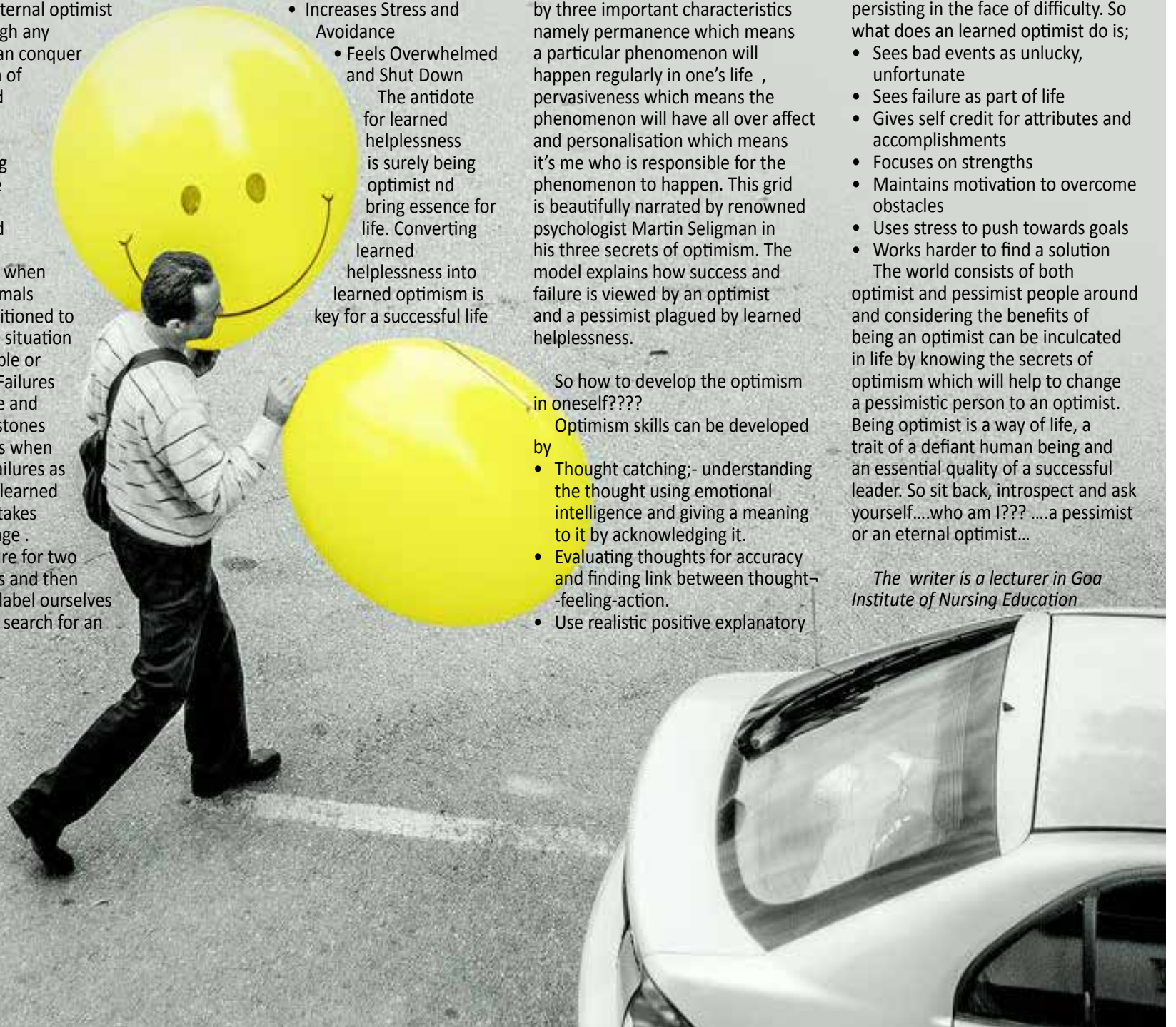
The need of the hour is bringing the paradigm shift from thinking and acting negative to learning and inculcating the never say die attitude.

Learned optimism is a pattern of persisting in the face of difficulty. So what does an learned optimist do is;

- Sees bad events as unlucky, unfortunate
- Sees failure as part of life
- Gives self credit for attributes and accomplishments
- Focuses on strengths
- Maintains motivation to overcome obstacles
- Uses stress to push towards goals
- Works harder to find a solution

The world consists of both optimist and pessimist people around and considering the benefits of being an optimist can be inculcated in life by knowing the secrets of optimism which will help to change a pessimistic person to an optimist. Being optimist is a way of life, a trait of a defiant human being and an essential quality of a successful leader. So sit back, introspect and ask yourself...who am I???a pessimist or an eternal optimist...

The writer is a lecturer in Goa Institute of Nursing Education



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KIRAN RAY

Bread Pakora/ pakoda

INGREDIENTS

Besan - ½ cup
Rava /semolina - 2 tsp
Turmeric powder - ½ tsp
Red chilli powder - ½ tsp
Cooking soda - 2 pinch
Ajwain/ jeera - 1 tsp
Coriander leaves - 2 tsp (finely chopped)
Bread slices - as needed
Salt - as needed
Oil - for deep frying

METHOD

In a mixing bowl add besan , rava, cooking soda powder , turmeric powder , chilli powder, ajwain/ jeera , coriander leaves and salt. add water and made a batter. let the batter be thick but the consistency should be enough to coat the bread slice evenly. Keep oil a deep pan to heat . in the meanwhile cut the bread slices into two halves to form triangles. Dip each piece of bread in the batter and fry it in hot oil. cook both the sides on medium flame. make sure oil is not too hot or else it will get burnt from top n remain uncooked from inside. and if oil is not hot enough than pakora's will absorb more oil. Enjoy hot pakora's with ketchup or chutneys.



Banarsi style chicken gravy

INGREDIENTS

Chicken 1kg
Onions 400 grms
Garlic 2bulbs
Ginger 2inch piece
Turmeric powder 1½ tsp
Red chilli powder 1½ tsp (adjust as per like)
Chicken masala / garam masala 2 big spoons
Salt
Coriander for garnishingw

To temper

Bay leaf 2 nos
Mustard oil /cooking oil 3 big spoon

METHOD

To make paste - grind ginger garlic and one big onion into fine paste and set aside slice onion finely and set aside in a vessels heat oil add bayleaf and onions fry on medium flame till its golden take care and do not burn the onions . once onions are fried add chicken to it and fry for sometime till u see brown spots on chicken now add d prepared paste to it and sauté till raw smell leaves at Dis stage add turmeric ,chilli and chicken/garam masala n sauté for some time.



Now add required amount of water as per the consistency u want ,add salt and cook covered till chicken is cooked lastly garnish with coriander and serve with roti or steamed rice.

Note : do not compromise on the onions as its the base of the gravy and fry till golden to get caramelized and slight sweet taste to your gravy. If u burn the onions the gravy will taste bitter for authentic taste try making in mustard oil.



Eggless Chocolate Pudding

INGREDIENTS

Custard / cornflour 3tbsp
Cocoa powder 2 tbsp
Chocolate sauce 1 tsp
Milk 1½ cup

Sugar 2tbsp
Salt a pinch
Vanilla essence ½ tsp
Chocolate grated for garnishing

METHOD

Take custard powder coco powder in a bowl n mix whisk it den add sugar and salt. add ½ cup milk n mix it well to form semi running paste avoid lumps.. set aside
Now heat the remaining 1cup milk in d pan and add custard coco sugar mixture and mix will.stir continuously to avoid lumps it gets thickened fast so be careful add vanilla essence and chocolate sauce and keep stirring for few more minutes until its slightly thick.
Transfer immediately in serving bowl and refrigerate for atlst one hour. Before serving garnish with grated chocolate.

TEAM TNV

Goa, the land of magical beaches and relaxed ambience, an international tourism destination intends to become India's first cashless state. In the alignment with Narendra Modi's "Digital India" initiative, the BJP ruled State intends to go complete digitized in its government transactions from October 1, 2018.

Government will introduce the digital mode of payment across all its departments from April 1 onwards with a set deadline of six months – September 30 to go complete cashless. From October 1 onwards no cash payments will be accepted in the government sector except in case of emergencies.

The Digital India programme is a flagship programme of the Government of India with a vision to transform India into a digitally empowered society and knowledge economy. "Faceless, Paperless, Cashless" is one of professed role of Digital India.

As the aftermath of demonetization introduced on November 8, 2016, the then Defence Minister and present Goa Chief Minister Manohar Parrikar took the lead and announced that Goa will be the first state to go cashless.

Cashless does not mean cash transactions will be banned completely in the state but the government will push hard for the adoption of digital modes of payment across the state from larger transactions to ones involving small vendors.

"Government of Goa intends to declare that within six months from first April, 2018 we will be 100 percent digitalized ourselves, that means no government payment will be accepted in cash from October 1, 2018 onwards. Goa will go 100 percent digital by September 30 and it will not accept any payment in cash after that, except for the emergency cash," Parrikar announced recently.

"I believe that digitalization is the best thing that has happened to this country. Less the cash, less is the corruption and less the cash, less is also the evil. Digitalization helps in

I believe that digitalization is the best thing that has happened to this country. Less the cash, less is the corruption and less the cash, less is also the evil. Digitalization helps in improving the State income and with that comes lesser burden of tax on the citizens.

Manohar Parrikar, Chief Minister of Goa

Hope you have booked your free copies of the neutral view magazine.... Give a missed call



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feature



Goa marching towards becoming INDIA'S FIRST CASHLESS STATE

improving the State income and with that comes lesser burden of tax on the citizens," Chief Minister had stated.

The departments like tourism, revenue, commercial tax, excise department, transport (partially) and electricity (partially), has adapted to digital mode of payment; however, government now wants to bring all the departments under its ambit.

Parrikar claimed that the staked up cash has been reduced due to demonetisation but it will be built up with the time and steps like digitalization will help stop it from building up again.

It was in mid November 2016,

post launch of demonetization, when Parrikar, then Defence Minister, in a special meeting chaired with government authorities, bankers and others, had resolved to step in into cashless transactions in the State.

And accordingly, in December, Government through commercial tax department directed all the retailers, wholesalers, manufactures and other traders to go for electronic mode of payment with complete ban on cash in their transactions.

During the same period, Government also issued a code: *99#, which can be used by one and all to buy anything from anyone. Once the amount and the last few digits of the account number is used with this code, the transaction is complete. Special training was provided to small vendors and shopkeepers on the usage of PoS machines, PUI based payments etc.

Although these first steps introduced to give a hard push for the adoption of digital modes of payments across state did not result into a grand success, however, it did saw decline in cash circulations with more and more people opting for electronic mode of

payment.

"While it is a fact that the electronic mode of payment did not worked out for small vendors involved in selling perishables such as fish, meat, vegetables, it played a great role for as far as small, medium and large retailers, manufacturers and wholesalers are concerned. Even the smallest shop or a tea stall today has POS machine for payment," a senior official attached to Department of Commercial Taxes said.

Official said that during their survey held to get zest of the launch of digital India across the costal state, it was observed that not less than six to seven people in every ten customers opt for digital mode of payment. "I can say that more than 55-60 percent transactions are cashless," he stated.

A senior bank functionary with Goa State Cooperative Bank explains that most of the people in Goa use debit or credit cards while purchasing and hence it is never a problem to go cashless. "People in Goa adapt to changes very fast. You see, cash withdrawals from ATMs have reduced to some extent; while the swiping cards have gone up," he said.

If one remembers, Goa was the first State in the country to introduce direct benefit transfers way back in 2002. The financial benefits under the social welfare schemes directly deposited in the bank accounts of the beneficiaries.

Also during its earlier regime in 2012, BJP led government had done away with issuance of cheque in the government transactions. All these were initiatives introduced during the Manohar Parrikar's regime only.

Have you yet given a missed call!



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OH 'BOY'!!! IT'S A GIRL?



NIVEDITA ANTYAKULA

As a south Indian, the first thing that struck me the most about Haryana - the state situated in the northern part of India, was its arid climate. I wondered the kind of vegetation that would actually grow here. Till date, I have always assumed that Haryana is a backward state in all aspects. To me, north India always meant Delhi and its adjoining areas! Surprisingly, I have come to know that Haryana is one of the wealthiest and economically developed regions of India, thanks to the dairy farming and agriculture. Besides, the state is also a budding hub for various industries and national and international companies, that also adds to the gross domestic produce of the state, take Gurugram (aka Gurgaon) for instance. However, unfortunately on the social index, Haryana has consistently seen a disparity in sex ratio. I wondered why? The facts that came up were discomfoting.

The hinterland of Haryana is famous for its joint family system, orthodox culture and traditions. The culture is so orthodox here that the preference for a male child is an extremely predominant issue rather, a social norm! The preference for a son is so strong in this part of the country that women are forced to bear children till a male child is born. The girl is considered a social stigma. Alas! The mother is looked down upon or is ridiculed by the members of the family in case they fail to produce

a male child. Sadly, women live in constant fear and insecurity in pursuit of a male child. Anita, a resident of Mahendragarh district of Haryana has opined, "Thankfully, I have a son!! Unlike my sister's first issue that is a girl. The second child is also a girl. Now her family members are looking down upon her, especially her sister-in-law who has a son." Sapna, who hails from the Rewari district has said, "The situation is quite bad in this part of the country. My life would have been like hell without a son. God was kind to me that my first child is a son! Else, I do not know what my life would have been at this stage." She

went on to add, "Women are seen as secondary to men. Even today, women in our families have no say. They are told that their job is to bear children and take care of the daily household chores. They are not even sent for higher education." Astonishingly, these women are from the well-to-do families!!!

Family-run businesses are a common phenomenon here and boys are seen as a means to continue the family lineage and business whereas girls are seen as "paraya dhan" right from the beginning. Hence, there is a strong inclination towards a male child in Haryana's culture that it has

apparently led to a steady decline in the sex ratio of males to females. Amit from Narnaul city has asserted, "I have two girls. We want a boy and wanted to go for a third issue. But we are not hopeful. What if it is a girl again? So, we are planning to adopt my brother's son." In a world where one is striving for gender equality; this kind of mindset, attitude, and thinking is resulting in a society that is male dominated and patriarchal - the very reason which has further led to the existing malice in society alike domestic violence, female feticide, and sexual abuse.

However, Sunita, a resident from the adjoining Rajasthan's Bhiwadi district has reiterated thus, "I have two girls. My husband and I have no qualms per se, but my in-laws want me to try for a third child with the hope that it would be a boy! I want to move away from this atmosphere as it would show an adverse impact on my daughters. We want to educate our girls, something that I was deprived of." This change in mindset of parents is the need of the hour. It is certainly a sign to be welcomed. Families are one of the most important structures of a society and when parents can think of the betterment and wellbeing of their girl child as equal to a male child, what more can one ask for? Government, both central and state should initiate and formulate plans and policies to first educate and encourage parents to move positively in this direction. It is because when a positive change is brought about in a family, the society too changes for the good. Also, when a state can produce eminent women personalities like Kalpana Chawla, the Phogat sisters, Sakshi Malik, Saina Nehwal, Parineeti Chopra, Manushi Chhillar, Sushma Swaraj, and so on, the task does not seem that impossible at all.

(The author has submitted her Ph.D. thesis in Journalism and Mass Communication, is a freelance writer, and is presently residing in Haryana, India).



Valentine's Day... Good things come in different packages

SANDEEP HEBLE

Around this time of the year, whenever the Valentine's Day celebrations are around, we see a lot of conservative groups protesting these celebrations. As a matter of routine, some political party or leader will emerge to make some inflammatory statement, or exhort his supporters to vandalise gift stores, pubs and damage public property. All in the name of Indian pride. In the name of upholding Indian values, neither women nor children are spared. The public are routinely warned that such traditions are cultural imports from the West and the people should stay away from them. The State's reaction is also normally muted which does not send the right signals. To the world, it depicts a very poor picture. The ugly picture of hoodlums going into pubs and pulling women out with their hair is a very inhuman sight to say the least. And yet, this happens, year after year. In the name of Indian pride, is all this really justified?

Most certainly not! As humans, we have always been fond of entertainment. To keep our minds pre-occupied from our workloads and otherwise routine schedules. Entertainment brings the smiles, fun and laughter on our faces. It can come in various forms but no matter which form it might come in, we have always loved it and have indulged ourselves wholly in it. It keeps us away from our tensions. Television, Music, Sports, Cinema, theatre, drama, discos and night-outs, are some of the popular forms of entertainment which give us pleasure, satisfaction and delight. With different individuals having different tastes, each of us will explore the form of entertainment which suits us the most and make the best out of it.

Right from the earliest days of our history, varied forms of entertainment have been recorded. In primitive times when people used to live in caves, they indulged in hunting, storytelling, and even some form of art and music which they drew on the cave walls. In ancient Greece and Rome, theatre took shape. Romans entertained themselves through the Circus or Sport such as gladiator fights which pitted man versus man or even man versus animals. Ancient India revelled on classical music and dance. In the



darbars of the kings, there would be regular music and poetry recitals. The composer-musician Tansen was one of the jewels of Akbar's court and so many other musicians travelled from far and wide to keep the royals and their citizens entertained. Bhajans and devotional songs have been composed and sung as a popular forms of entertainment with royal and temple patronage.

In the history of the human race, each tribe, each religion, each race, each Country, each State or each province has had its own unique form of entertainment and the entertainment forms which we see today have largely evolved through centuries of practises, which have come from different cultures and traditions of the World. In present times, entertainment is a very huge Industry and we have a large section of the world population thriving through it. With technological advancements, the world has shrunk and the Industry is now getting more and more globalised. Many of the western festivals or traditions such as Valentine's Day or Halloween, or exchange of cards during Father's Day or Mother's Day, are now observed in many parts of the World including in India, which is a potentially huge

market. For many, it is their livelihood and contributes substantially to the Indian economy.

India's art and culture is itself flourishing today. Indian music and cinema have made its mark on the rest of the world. The much maligned "Padmaavat" made roaring business in Australia and also in many other countries worldwide. So too, so many other films like Secret Superstar, 3 Idiots or Bahubaali. Raj Kapoor and Mithun are household names in Russia. Ravi Shankar has taken his Sitar to the West. Singers such as Kishore Kumar, Mohammad Rafi, Asha Bhosle and Lata Mangeshkar have done so many stage shows across the world and have an unparalleled worldwide fan following. The popularity of Indian Film music in the whole world is so immense. Indian classical music has likewise carved a niche for itself in the world.

Let us not forget that India is a Country with a wide cultural diversity. It is not a monolithic society. Mark Twain famously said, "India is the cradle of the human race, the birthplace of human speech, the mother of history, the grandmother of legend and the great grand mother of tradition". Today, many of the Western people are themselves adopting an

Indian lifestyle, food habits, cultures and traditions. In such a scenario, opposing some form of entertainment, calling it an import of the West does not make sense. It shows our Country in extremely poor light. It is ironical that on the one hand, we embrace technology that is developed in the west and object to a tradition or culture which comes from that same region.

Embracing a culture that comes from elsewhere does not mean that we will forget our own. India's culture has survived after so many conquests and invasions. Anything that is beautiful will survive, anything that is not, people will reject it on its own. Whether it is Valentine's Day or Diwali or Navratri, people generally love to have fun, to mix and socially bond with one another. This is basic human nature. No political party or group should try to wear the hat of the moral policemen and try to take the fun out of our lives.

Those who want to celebrate Valentine's Day, they should. Nobody should tell them otherwise. It is their choice. To each, their own. Happy Valentine's Day wishes to all.

The writer is Treasurer of Goa RTI Forum. Views expressed are his own.



Government of Goa ready to go all out for proper garbage management and disposal at rural level

TEAM TNV

Even as the Government of Goa does all its efforts to solve the garbage problem in Goa, the recent Swachh Bharat program for guidance, revealed that the rural South Goa Panchayats have paid no heed to solve the problems of Solid waste management and wet waste management in their areas.

Through the Solid Waste Management Corporation and the Swachh Bharat Mission, the Government of Goa had organised a orientation combined guidance conference for all the rural panchayats of South Goa on managing the Solid wastes in their villages. It was held at Ravindra Bhavan Margao and several Panches and Sarpanches, Secretaries and villagers of South Goa Panchayats attended the conference. The SWMC revealed that 13 panchayats of South Goa have not picked even a single tonne of Garbage for years. The SWMC told that neither they collected nor they gave it to the corporation for disposal. The Managing Director of the SWMC Sanjit Rodrigues revealed these shocking details.



Sheldem, Assoldem, Malkarnem, Ambaulim, Rachol, Telaulim, Sarzora, Nagoa, Raia, Curtorim, Macasana, Seraulim and Cavellosim are the panchayats that have not given a single tonne of garbage to the corporation for scientific disposal. The MD Sanjit expressing his shock and grief over the same said, "The Panchayats have not collected their garbage but the Schools from these Panchayat sectors have understood their responsibility and have collected their garbage and given it to the Corporation for disposal". He informed that from Cavellosim only 3 tones, Sao Jose de Areal 3 tonnes, Paroda 0.34, Colva 3.211, Barcem, 3.111, Velsao 2.424, Ambelim 2.424,

Naqueri Betul 2.412, Balli 2.364 and Loutolim only 1 tonne garbage was sent to the corporation till date. He further told that North Goa is even worse performer in the same.

The MD Sanjit also informed the gathering that the Government is very serious on collection and disposal of garbage but said that the Panchayats are not at all serious about the same. "We have to jointly work from the grassroots to manage the wastes we generate in our state," said Sanjit. The attempts being put in by the Government has to be backed up by the Panchayats at least to 50% level. "Don't go to ask for votes only, go to your Panchayat areas and ask for compliance on Garbage collection and disposal," said Sanjit.

Of the entire South Goa beach belt, areas from Velsao to Cavellosim are the most littered and polluted with Garbage. Still the Gramsabha here takes the issue of Garbage last in the list. "Why do the Sarpanch and Panches become mere spectators while garbage is discussed?" asked Sanjit.

He further informed that even at the Sonsodo in Margao only the color of the covering of Garbage has changed and there too no segregation of garbage is happening at the plant. There is an urgent need to segregate waste from wet and dry waste said Sanjit. He expressed the need to inculcate the habit of segregating waste as he told that they don't get workers to segregate waste.

Though Panchayats are not serious on the garbage issue, the school students have shown much interest in collection of Garbage. 400 schools of Goa are providing segregated waste and are being collected regularly for disposal. The extreme rural panchayats like Neturlim and Dabal too are giving garbage regularly, but the high revenue panchayats are the lowest in responsibility towards Garbage disposal.

The Chief Minister in the end of the presentation has urged the Panchayats to do their bit for segregation of waste and assured that the Government will go all out to make sure their demands are fulfilled. He also announced that the work on the Garbage disposal plants in Cacoda and Verna will begin soon and the work of these 2 plants will encompass entire south Goa.



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food



AMEY JOSHI

As I was travelling to Mapusa the other day, some of my childhood memories came to life when I saw this huge circus tent erected near Mapusa bus stand. Since I had some time to spare, I decided to buy a ticket for the show. It was truly nostalgic to walk inside the grand circus tent. There used to be a time when circus had a craze like no other, when they used animals like lions and tigers to perform stunning acts.

The ban on displaying the wild animals - lions and tigers - as well as bears and monkeys, coupled with the curbs on recruiting child artistes who later grow into mature performers supporting the industry, had a sapping effect on this age old mix of fun and thrill that used to enthrall children before the advent of the small screen. The ban on making wild animals perform has brought down the long list to just elephants. However, even the days when elephants stood on two legs and balanced themselves on beach balls to entertain India's circus enthusiasts are over. The Ministry of Environment, Forests and Climate Change (MoEFCC) passed orders cancelling the recognition of all circuses across the country that make wild animals perform tricks. The Central Zoo Authority (CZA) of the MoEFCC made this decision following year-long inspections and monitoring by officials in which extreme cruelty to animals was reported.

Not Just India, other countries that have banned the use of animals in circuses include Bolivia, Greece, Cyprus, Bosnia and Herzegovina.

I still remember, even after the ban on animal acts, people still used to

attend circus shows in good numbers because of the artists who too did some high-risk stunts.

The circus industry in India is 130 years old. In the 1990s, India had close to 300 circuses. Twenty years later, this number has dwindled down to just about 30, a massive 90 per cent drop. Circus owners peg the rapid decline in the number of circuses to the central government ban on the use of wild animals in 1997.

While activists believe that many circuses exploit not just animals, but also children under the guise of entertainment, circus owners argue that this is not so.

Some NGOs fighting for child rights petitioned the Supreme Court against the issue of children being bought or abducted and forced to work at circuses. The apex court responded in a sternly worded judgment and banned child performers.

Well, there are quite a number of circus owners who feel that they were punished wrongly because of the misdeeds of others. Some circus owners even say that they used to take good care of their animals, and their animals did not survive when they were taken away from them and relocated to the zoo.

Sometimes, it is very sad to see that even after performing high-risk stunts by circus artists, the circus is not able to generate enough crowds.

It is fair enough to say that circus is not just an entertainment but also a form of art and credit must be given to the artists and a few circus owners who have worked against all odds to keep this art form alive even today. As I remember the words of the good old saying – "The Show Must Go On."



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ARIES

(Mar. 21- April 20)

You are free to follow your own path independently. Professional prospects depend on hard work and financial progress will be superb. Relationship with family members shows signs of tension. Sun and mercury will help your social life and pregnancy related issues. Health will be adequate.



TAURUS

(Apr. 21- may 21)

Planets are helping to complete demanding jobs in your profession. Venus is boosting your love life and family members are helping you to succeed in your financial arena. Social life will be active and health prospects are bright.



GEMINI

(May 22-June 21)

While the Sun is trying to help your career development, retrograde planets are holding you back. Love life with your spouse requires mutual understanding. Health can be maintained with more rest.



CANCER

(June 22-July 22)

Career and outer success will dominate your life. Turmoil in the financial situation. Health will be wonderful. Relationship with your spouse will face some disturbances. Singles are able to attract romantic partners.

LEO

(July 23-Aug 22)

Love life will be pleasant and Uranus is helping your social activities. Health prospects brighten after the 19th. Monetary situation is retarded till the 16th. Your emotional strength will propel your career success.



VIRGO

(Aug. 23 -Sept. 23)

Retrograde of planets in February is making you less vibrant. Financial success is backed by your creativity and new career openings for career are available. Perfection of a Virgo will limit choice of love partners for singles. Health will be problematic.



LIBRA

(Sept. 24 -Oct. 23)

Venus and family will help the finances of. Love is quite active and singles will have no problem in getting into romantic alliances. Health can be improved with a good fitness and diet regime. Career will be in the background



SCORPIO

(Oct. 24 - Nov. 22)

Love relationships for are influenced by Venus, Uranus and Neptune and will be exciting. Finances require more effort to earn the same amount after the 19th. Career development will be great, but health will require more rest.

CAPRICORN

(Dec 22.- Jan. 20)

Health will be fabulous. Financial prosperity is supported by the family members. Though love life is not exciting, singles will face no problem in getting new partners. Career is more for enjoyment, but will be a major source of revenue.



SAGITTARIUS

(Nov. 23 -Dec. 21)

Your family and psychological issues dominate over career. Finances are helped by social contacts. You are held back in love life till the 16th. Health can be improved by sufficient breaks and by conserving energy.

AQUARIUS

(Jan. 21 -Feb. 19)

Sun and Mercury will enhance your charm during the month. Career prospects are driven by ambition and hard work. Finances are very encouraging with the monetary support of your spouse. Family environment is full of turmoil. Health will be normal.

PISCES

(Feb. 20-Mar. 20)

Career progress will be achieved with the help of planetary assistance. Finances are improved by indulging in philanthropic activities. Health will be wonderful. Your spouse is busy with her professional activities.



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The Day of Love

CHARLENE FARRELL

Love is a many splendid thing. Literature of all ages, regions and cultures speak volumes about love. There are books, poems and movies all revolving around this one intriguing topic. Every year, we also have a day dedicated to this emotion and yes, we celebrate it with gusto. There are a lot of speculations about the origins of this celebration but there is one story that has been shared over and over again. Apparently, the day gets its name from a famous saint, however, there is very little to prove exactly who he was. The most popular belief is that he was a priest who resided in Rome in the 3rd century A.D. At that time, the then emperor, Claudius the second banned marriage as he felt that married men made bad soldiers. St. Valentine found this unreasonable and would thus marry off couples in secret. When the emperor found out about this, he was sentenced to death. He was killed on the 14th of February. While at jail he fell in love with a girl and before he died, he wrote her a letter and signed it 'Your Valentine'.

As being part of a generation that celebrates many such days like friendship day, Mother's Day, Father's Day, Children's day and so many other 'days', it is quite interesting to see how the celebration of Valentine's day has transformed. In days gone by, it was a day where boys and girls would innocently express their fondness for each other by exchanging handmade cards and flowers. Couples would treat each other well and make the day special for their better half. Today, those handmade cards have been replaced by extravagant gifts. Lunch and dinner dates are a norm. Every store, shop, restaurant and nook in the wall is decorated with hearts and red balloons shaped like hearts. Girls and boys swooning all over their dates

and some very lucky card makers and restaurant owners find themselves laughing all the way to the bank. From a day dedicated to love it has turned into a day dedicated to making more money. One legend about the origins of this day speaks about a certain clan whose women would put their names in a jar to be picked, by the young bachelors who belonged to the town. The couple was then paired for a year after which most of the couples would end up marrying. Therefore, building a lifelong bond. Today, it is much more temporary than that. Sometimes lasting just the day itself.

Another striking point about the celebration of Valentine's Day revolves around the huge cloud hanging over it in a country like India. Here, there are pockets where we have vigilantes walking around with sticks threatening the very lives of those trying to celebrate the day of love. Truly, love is a many splendid thing and in this country, we take things to a very dangerous level. We are very hypocritical in our views and that is a fact. At one end, we preach togetherness and acceptance of the other and then we are against outward expression of love. This also happens to be the nation that created the Kamasutra.

A nation of extremes is what we are. An all or none principle is what we follow. In doing so, the message we are conveying is very confusing. It is in confusion that most of our problems begin. When individuals are given mixed messages, they tend to take what most suits them, thus leaving logic to bite the dust. It is appalling that literate, adult men and women shy away from something as natural and normal as love. Well, shying away is putting it politely. Taking offence to two consenting adults sitting together talking, in a public place is treated like a crime of epic proportion. These same 'upholders of tradition' have nothing

to say and do about the thousands of atrocities women face in this country day in and day out.

All things left aside, love is and always has been a beautiful emotion. A feeling that is not restricted only to romance. It is a feeling we have for our parents, friends, families, our pets and people we are close to as well. Yes, love is something that has to be celebrated, it is that wonderful, an emotion. My gripe is that we only dedicate one day to it. Love needs to be celebrated every day. It is an emotion that deserves to be shouted from the rooftops. We make such a big deal about war and crime. We see hate and intolerance everywhere we go. The world would be a much better place if love got the same exposure war did. On the day of love, share the love, spread the love and feel the love. Being human, we are given a gift. The gift of emotion and expression. Let not a few minds hinder the celebration, let the heart take the lead.

*The writer is a counselor with
sunshine Worldwide School*

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HAPPY VALENTINE.. THE TRUE STORY

KIRK DUARTE

From Your Valentine' – The Legend
Cupid seems to be getting closer and closer. As a kid watching cartoons, Cupid was depicted in the form of a baby angel waiting to strike and arrow to bring a boy and girl, man and woman together. Being a kid, it was quite fascinating to see how cupid would wait in stealth mode for the perfect moment to let loose this proverbial arrow to create love between couples. One couldn't help but think as a kid if there was a baby angel somewhere waiting to shoot an arrow ... I mean let's face it, I wouldn't want to be on the receiving end of it because I imagined it would hurt quite a bit. While all this seemed rather comical and served for a good laugh, the legend behind the origin of Valentine's Day is quite similar and yet worlds apart.

Interesting Facts

Each year on 14th February, many people exchange cards, candy, gifts or flowers with their special "Valentine." This day marks the exchange of approximately 150 million cards a year – one of the most popular card sending holiday second only to Christmas. Valentine's Day is in fact preceded by a Valentine's Week in preparation for the big day. Each day of the week is a theme that is required to be adhered to. In chronological order from the 7th to the 13th of February the themes are - Rose Day where people give flowers to their crush or even amongst friends, Propose Day where one attributes ones feelings of love to the other by letting them know the same, Chocolate Day where one presents the other with usually their favourite chocolate, Teddy Day where one gifts a teddy bear, Promise Day where promises are created due to relationships

and strive a tricky stand for their promises irrespective of what come about, Hug Day where hugs galore and Kiss Day which is considered to solidify the manifestation of promise and relationship and then of course Valentine's Day.

The Legend

Valentine's Day is actually celebrated on account of a Saint of a church named Valentine. I spoke a lot about cupid in the introduction and one may tend to wonder what does cupid have got to do with a Saint? Apparently the answer is everything.

Legend has it that Valentine was a priest who served during the third century in Rome. When Emperor Claudius II decided that single men made better soldiers than those with wives and families, he outlawed marriage for young men. Valentine, realizing the injustice of the decree, defied Claudius and continued to perform marriages for young lovers in secret. When Valentine's actions were discovered, Claudius ordered that he be put to death.

Another story suggests that Valentine may have been killed for attempting to help Christians escape harsh Roman prisons, where they were often beaten and tortured.

According to a third legend, an imprisoned Valentine actually sent the first "valentine" greeting himself after he fell in love with a young girl—possibly his jailor's daughter—who visited him during his confinement. Before his death, it is alleged that he wrote her a letter signed "From your Valentine," an expression that is still in use today. Although the truth behind the Valentine legends is murky, the stories all emphasize his appeal as a sympathetic, heroic and most importantly a figure that inspired sacrifice and love.

Given that the first account is the most widely believed, we can now understand that there was really nothing funny about this real life and first cupid that set about marrying couples in the midst of facing impending death on account of treachery to the Emperor. The Emperor's selfish motives were simply fueled by the thought that having no attachments and casting aside everything would make his soldiers fight with more vigor and valor but a heart and a soul is one that yearns for love and to love, and Valentine understood and advocated this. In doing so he himself showed the world a selfless love towards the cause, with no benefit or gain willing to die without a moment's pause.

And that was our first cupid, stealthy yes, but a martyr of the ages. A hero of Love, a man who was on a mission, a journey not known yet somehow defined by an overwhelming love that the Romeos and Juliets of his time would undoubtedly testify. While we use the phrase for cards for the occasion, he may have sealed it by holding the hands of and bringing man and woman together, with a smile on his face, knowing that another marriage was complete before the end of his time; a blessing - 'From Your Valentine'.

The writer is a Human Resource Manager





No more categories can be added to nobel prize: Carl Henrik Heldin

Miramar (Goa) Heading the foundation, which bestows world's most important Awards, Carl Henrik Heldin, and Chairman of Nobel Foundation is himself a researcher on Cancer. In Goa, he spoke to The Neutral View, on why there can't be more categories to this century-old award. We bring you the detailed interview.

WHAT EXACTLY IS NOBEL SERIES THAT YOU HAVE COME UP IN GOA, INDIA?

This is an outreach program by Nobel foundation that is done by Nobel media in different parts of the world. I am glad to be here in India. I think the interest in Nobel Prize and Nobel laureates is something that we need to take advantage of to spread awareness about Science, and that is what we are doing here.

YOU RECENTLY INCREASED THE PRIZE AMOUNT FOR THE NOBEL. WHAT DOES IT SIGNIFY?

Alfred Nobel's fortunes are with the foundation and that is handled by the foundation. We have invested the money and tried to get it to grow. These funds are taking care of the expenses that are connected with the Nobel prizes, that is the prizes themselves and money that is needed for the selection committee. We wanted to make the prize as big as possible. But the amount of money available puts the limit and now it was possible to increase the prize money, which we are happy for.

WHY WAS THAT THE PRIZE MONEY REDUCED IN THE YEAR 2011?

There was an element of optimism so that the prize money was sort of gradually increasing. And then some twenty years ago it up to 10 million kronor at the time when stocks went up and the future looked very bright. But in reality development of the value of the fund was not as good as predicted and there was a need to correct and lower the prize money for a while.



IS IT COUNTRY'S ECONOMY OR FOUNDATION'S ECONOMY THAT HAS GROWN?

The prize money has been increased because it is a foundation's economy that has been on the rise.

SO MANY NOBEL LAUREATES HAD THEIR PRIZES STOLEN. WHAT IS YOUR REACTION TO THAT?

That's unfortunate of course if that

happens, but it is not so common.

YOU HAD SAID THAT THE KNOWLEDGE IS THE KEY TO ALL THE PROBLEMS IN THE SOCIETY.

It is important that we, in our private lives and out politicians, raise the issues on facts or knowledge. I can only hope that knowledge becomes important to get. However, now that the alternative facts and fake news are showing up and surprisingly, important

people are telling lies that is very unfortunate. I want this to end and I feel all of us should base our decisions on knowledge and facts.

BUT WRONG KNOWLEDGE ON SOCIAL MEDIA IS DANGEROUS.

That is true and it is unfortunate. Such words very quickly spread and get life of their own. And for many people it is difficult to know what is true and what is not true. And that is a problem.

While social media is wonderful in a way, it also has a negative side, which is that people put lot of false information, gossips which has no value and which is not true.

HOW DO YOU SEE THE KNOWLEDGE DURING THE TIME OF ALFRED NOBEL AND NOW?

It may not have been better before, the difference is that now everything is immediate. It is easy to spread the information. It is now more apparent than before.

DO YOU FEEL THAT HANDING OVER THE PEACE PRIZES REALLY CONTRIBUTE TO THE NON-VIOLENCE ON THE GLOBE?

Peace prize, which is handled by the parliament in Norway, they give for the people that they feel have done something important for peace and can be of a different kind that has impacted the globe. They have recently broadened area and also included environmentally important contributions.

CAN WE EXPECT ADDITIONAL AREAS TO COME UNDER NOBEL PRIZE?

To have additional areas under Nobel Prize categories would have been nice. But that is not possible because Alfred Nobel donated his fortune to this and specified very clearly what should be the areas where there should be prizes. And this is not possible for us to change.

WHY DO DEVELOPING COUNTRIES LACK IN GETTING PRIZES IN SCIENCE OR MEDICINE?

Most of the prizes in science have gone to Europe and America. I expect in future the distribution over the world would be more even, that also in India and many other countries, with no rapid progress would get the awards.

Have you yet given a missed call!



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cover story

Many women are not interested in science: Christiane Nusslein-Volhard

HOW DIFFERENT IT IS FOR YOU WHEN YOU ADDRESS INDIAN STUDENTS COMPARED TO THOSE FROM EUROPE?

I have never seen much difference because Indian scientists are very good scientists. I know Indian universities, which are completely comparable to European universities. But now I am told that it not the case as there are many areas in India which are not as much developed, particularly the school system is not evened out throughout the country but I have not seen them.

WHY ARE NOT MANY NOBEL PRIZE WINNERS IN SCIENCE ARE FROM DEVELOPING COUNTRIES?

May be they don't have so many universities. They don't have so many places where people can do science, but quality of science and quality of research is good. There is big tradition in India about science. And I think there is very good education so it needs to be expanded and may be more money has to be put into it.

WHY NOT MANY WOMEN ARE SEEN DOING SCIENCE?

A. It's a tradition that man has the big profession and the women don't get the big profession. I had the opportunity to do good research whereas rest of the others were men. The women should have first opportunity to do good science and when you do good science, you might also win a Nobel Prize. Also, there is no fundamental difference in scientific abilities between a woman

Miramar (Goa) When Christiane Nusslein-Volhard won the Nobel Prize for science in the year 1996, she was just the sixth woman in the world to do so. This was despite the fact that the award was constituted in the year 1900. The Neutral View spoke to the veteran to find out reasons why not many women are Nobel Prize winners in Science.

and a man. But it is few women who chose this profession. If you are researcher, you need to place into lot of efforts and energy. People have families and they have to take care of their children and their households. If their husband is not participating in it, then they have little time to be good scientists, so we help them out with this money towards this cause.

WHAT COULD BE THE SOLUTION?

It would be apt to have day care

for kids so that kids are getting educated during the day when their mother is working. I don't know the situation here, but perhaps there might be a possibility that they get help from other people.

HOW CAN WE HAVE MORE WOMEN RESEARCHERS COMING FROM INDIA?

More opportunities, more jobs. Many women are not interested in science, so I don't think they should do science and it is not necessary that every other person in science should be a woman. But there are very talented Indian women, I know, may be who wants to choose this profession.

WHY DO YOU THINK THEY ARE NOT INTERESTED?

Women are interested in many things. They tend not to focus so much on a particular topic, which is perhaps required to do good science. Many men are very focused and do nothing else but do science and this is a way of life.

DO YOU FORESEE A CHANGE?

It is changing constantly but I don't know to which level it will change.

WILL THERE BE A TIME WHERE NUMBER OF MEN WILL EQUAL TO NUMBER OF WOMEN IN SCIENCE?

No, never. Because women have different interests and they don't want this. And men choose to marry a woman who does not do science, who wants her to do more for the family and his own benefit.

HAS LIFE CHANGED AFTER WINNING A NOBEL?

I have to do many more things outside my scientific interest. It is interesting and also distracting me from doing my science and to be famous and recognized, is sometimes quite honestly very time consuming.

WHAT IS NEXT FOR YOU IN THE CAREER NOW AFTER WINNING THE NOBEL?

You don't work to get Nobel, you work to understand something. You understand problems and try to find solutions, and that is what I am doing right now.





Science should be pushing to try and make a difference in the world: Richard Roberts

While Nobel Prize series kicked off in Goa from today onwards, the prize winner scientists have descended in the State to interact with the students, academicians, researchers and common people. The Neutral View caught up with UK-based world renowned Nobel Prize winner Richard Roberts. We bring to you his interview

YOU HAVE BEEN IN AND OUT OF INDIA ADDRESSING STUDENTS. HOW DIFFERENT IS THE VISIT THIS TIME?

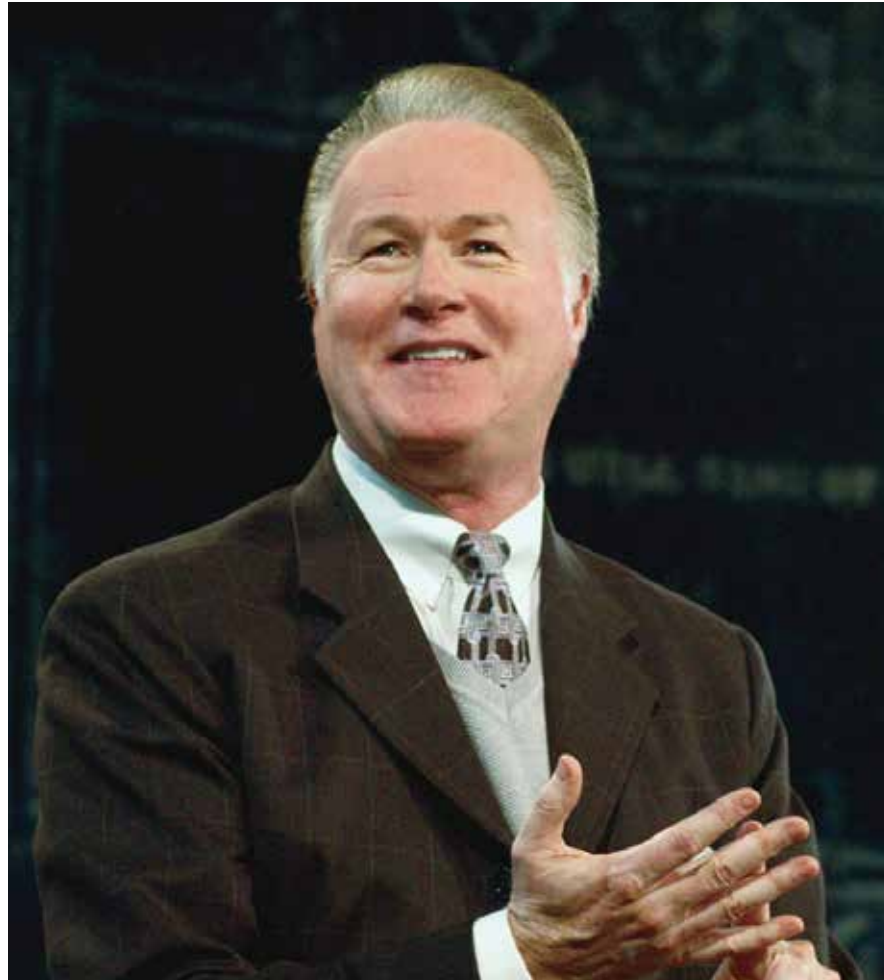
This is a different reason for coming. The Nobel Media events that are put up are like dialogues. Mostly when I travel, I just give talks, so people listen. Nice thing about this is that there are interactions between speakers, we can talk about the things that we know about, we can ask one another questions, and then we can also respond to the curious questions from the audience when they come in. And that is nice because I like being asked questions that I don't know the answers to, sometimes that makes you think about the different things and perceptions.

I have a standard lecture which I call as a path to the Nobel prize. But the most important part of my talk from my perspective is that I emphasize the importance of luck. When something lucky happens, you need to take advantage of it.

DO YOU MEAN YOU REQUIRE LUCK TO WIN A NOBEL PRIZE?

What it takes to win a Nobel prize is luck, it's absolutely true! The kind of big discoveries that makes you win Nobel prize are not something that you can say 'well, I'm going to make this discovery'.

Suppose, you are working in some areas, you are asking some questions and it might be so that the answers to those questions might turn out to be very important. Or it might so happen



to be of less importance and yet another piece of knowledge but, very often when you ask these questions, something happens. You might get into some new phenomenon that comes up, you did not know before and then you follow that.

If you ask most of the Nobel laureates, they will say the same thing that they were working in an area and they discovered something that they were not expecting.

YOU ARE VERY CRITICAL OF THE PHARMACEUTICAL COMPANIES ON THEIR CORPORATE STYLE OF HANDLING THE HUMAN PROBLEMS.

That is the worst thing that can happen to. If you have very good drug on something and you find it as a way to cure disease then you can't sell the drug anymore. That's okay. But I am objecting when pharmaceutical companies say that they are interested to find something that is going to cure,

because they are not.

IS IT DISHEARTENING FOR ANY RESEARCHER?

It is disheartening when a researcher see that his research is not benefitting the mankind. I feel whatever you discover should help the people.

WHAT HAS BEEN YOUR EXPERIENCE?

Discovery that I made in the year 1977, the first clinical application was last year, 40 years later. But with the kind of research that I do, I expect that it will take a long time, before it will lead into clinical or other applications.

HAS LIFE CHANGED AFTER WINNING A NOBEL?

The main thing that has changed is that I get invited to go and talk to many people and visit exotic places. That is the principle change that took place. I tend to work in some area and if I get bored then I do something

differently. Still I am a normal scientist. But I believe that the science should be pushing to try to make difference in the world, because people do listen to us.

WHY ARE SCIENTISTS IN THIRD WORLD COUNTRIES NOT GETTING NOBEL PRIZE IN SCIENCE OR MEDICINE?

Lot of times, the opportunities that are required to do research depends upon the availability of money. In many developing countries the amount of money or funding available for the researchers is not adequate. Quite a lot, good people leave their countries and go abroad and work in laboratories there and make interesting discoveries abroad. Lots of people who do not get opportunities to go back to their home land make discoveries outside their home country. One of the thing, I would like to see is that there should be opportunities for people to get trained abroad but they should get back to their countries, which will make a difference in their home countries.

AFTER WINNING NOBEL, WHAT IS YOUR AIM IN LIFE NOW?

My aim in life is to convince politicians that science is important. They should listen to the scientists and not listen to the people who are anti-science, the same people who speaks a lot of pseudo-science.

At the movement, one of the thing that is important is GMO, these are the future of agriculture. There is so much nonsense spoken by anti-GMO people by green peace activists, it is just not true. Most of what they say is not true yet they are having a big effect on people and politics.

I will be organizing Nobel laureates to support the GMO and explain the GMO which is very important because they can really help countries. Here in India, the GMO Cotton that is produced makes the huge difference. But there are also many other things that can be done in India too. When they are against it, they tell lies, they are not honest in environment protection. This is very disappointing. They are killing people, literally they are killing people, and it's terrible.

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festival

My excitement knew no boundaries when I came to know that I was selected as the King for the Carnaval 2018: Bruno Azaredo

TEAM TNV

Bruno Azaredo is selected as the King Momo for the Carnaval Parade of 2018. Bruno has been connected with Goan Carnaval all his life through his dancing. He is very passionate about dance and has danced some of the most magnificent occasions, talking about Carnaval he says, "it has been a platform for me to showcase my talents to the public and it also brought me into the limelight."

Bruno first participated in the 1979 Carnaval parade as a lead dancer and had won the 2nd place at Panjim. He has also participated in the award winning Republic Day Floats. He has also been crowned as the King of many dances and has won first places in many dance competitions.

Bruno has modeled at fashion shows alongside Sangeeta Bijlani, Anna Bredmeyer, Sharmila Rai Choudhury, etc., in India and Abroad. In 1989, he was featured in 'Goa Today' magazine as Goa's Top 10 well dressed men. In 1994, he was the opening dancer in Kala Academy, Panjim for Femina Miss India contest, which was won by Sushmita Sen.

In 2011, he was the main dancer for the King Momo float. He also participated in opening and closing ceremony in the LUSOFONIA games.

Apart from dancing, he has also been in clothing and cosmetic industry in India as well as overseas. Currently he is dedicated in the field of aromatherapy products and has developed products for various well known brands.

Bruno Azaredo spoke to Team TNV's Lakshmi Budke about his experiences and his views on Carnaval Festivities.

WHAT WAS YOUR REACTION AFTER BEING NAMED AS KING MOMO FOR THE YEAR 2018?

My excitement knew no boundaries when I came to know that I was selected as the King for the Carnaval 2018 and it almost felt like a most awaited moment of my entire Carnaval Journey.

HAVE YOU PLAYED THE ROLE OF KING MOMO IN THE PAST?

Even though, I have never played the role of king Momo in the past, I have always been involved in the Goan



"Regarding the commercial floats, there is no harm in floats advertising a particular brand but it would be great if the endorsement does not overpower the theme of the float and spoil its beauty or shadow the essence of the float."

Carnaval since the 80's and the closest to king Momo is was when I danced with the king Momos entourage in the year 1983 and 2011.

WHAT HAS BEEN YOUR EXPERIENCE RELATED TO CARNAVAL IN THE PAST?

Carnaval has been a great platform for me as it allowed me to showcase my talent in front of such a large variety of people and allowed me to get noticed and come in the limelight. Along with that, Carnaval has also been a marvelous teacher to me, giving me some of the most important lessons of life.

A LITTLE BIT MORE ABOUT THE "KING"...

Dancing is my passion but other than that I love to cook as well and keep a keen interest in experiencing and experimenting with different cuisines around the world. Apart from that, I love to socialize, travel extensively to experience different cultures around the globe. I am also an environmentalist and strongly believe that cleanliness is next to God, also I am doing my bit towards the society

by educating the locals on the value of recycling and other health benefits. I also love assisting, consulting and helping people with their problems.

WHAT WOULD YOUR DECREE BE FOR THIS YEAR?

It would be my humble request to the tourists as well as the Goans to keep Goa clean and restore it to its original beauty where there was just love and unity. Lets come together with peace and love to have fun and enjoy this Carnaval.

IF YOU WERE GIVEN CHARGE OF GOA FOR A YEAR, WHICH ARE THE THINGS YOU WOULD CHANGE?

I would make it my first priority to have a clean and green Goa. I would also promote the old Goan Culture and Heritage that is just dissolving now a days and try to revive the old traditions of the Goan life that have been forgotten and have become the things of the past; I would basically love to restore the Goan image for its rich cultural heritage and not just a party destination for the youth.

DO YOU THINK THAT WE SHOULD ALSO PROJECT TRADITIONAL

CARNAVAL FESTIVITIES IN THE FLOATS?

Yes, we must very much project such festivities as that is what the Goan Carnaval is all about, it projects the Goan Culture and its rich heritage. Moreover, that is the reason all across the world come to watch the Carnaval.

DO YOU THINK THE COMMERCIAL FLOATS AND NUILITY IN THE FLOAT SHOULD BE CONTROLLED?

Regarding the commercial floats, there is no harm in floats advertising a particular brand but it would be great if the endorsement does not overpower the theme of the float and spoil its beauty or shadow the essence of the float. As far as Nudity is concerned, every float depicts a particular theme or culture and the whole team including the dancers have to follow it and to me, dressing up to match the theme of the float is not nudity! People have to understand that there is art in every costume that is designed and that there is a lot of hard work that goes into doing all this and shaming it under the title of nudity is just wrong.

ARE YOU HAPPY WITH THE QUALITY OF THE FLOAT PARADES HELD IN THE STATE? DO YOU THINK THE QUALITY HAS IMPROVED OVER THE YEARS?

I am Afraid that I am not that happy about the quality of the floats in the recent times. Being a person who has been involved in the Carnaval parades since 1979, I have seen it for over 3 decades now and I am frankly concerned about how the quality has declined over the years.

WHAT WOULD BE THE CHANGES THAT YOU WOULD SUGGEST TO MAKE THE CARNAVAL PARADE A BETTER EVENT?

I would love to have more floats display the Goan Culture and Goenkar way of life. I would also encourage youth to participate in the Carnaval and use it as a platform to showcase your talent. Take necessary steps to restore the Carnaval to its former glory and also contribute to it in every way possible.

A message from the "King".. "To all the Goans, please come back, let us together get Goa going and help it to regain its former glory."



Life of Colonel Harland Sanders- "so good"

BASMA YAKUB

When you enter a KFC outlet and look at the tables around, you remember the last time you came in with your family/ friends and enjoyed there. The counters with smiling "red representatives" are the cherry on a cake. The first bite of your order makes life feel so blissful. Thanks to Colonel Harland Sanders, the founder of KFC who came up with such a brand through all the hardships that he faced in his life to give us today "SO GOOD" time to cherish! His hardships and the birth of KFC is worth reading! Colonel Harland Sanders was born on the 09th of September 1890 in Henryville, Indiana. He was the oldest of the three children born to Wilbur David and Margaret Sanders. He did not have a very pleasant childhood. His father worked part time doing some errands of farmers within Henryville and his mother was a housewife. He lost his

Harland had a series of jobs that he took up since then. At the age of 15, he became a streetcar conductor. Later, he tried his luck on being an insurance agent, operated a steamboat ferry, sold tires and operated service stations. Harland also falsified his date of birth and volunteered the U.S army. Finally, he stabilized on a regular job as a fireman in the U.S Railway Company.



father at a young age of 5. Left with no other option, his mother had to take up a job at a tomato-canning factory. Harland then had to become a babysitter and took care of his younger siblings. Sometimes, life brings you through difficult situations so that you can mold yourself in the best form for the coming future. This hard situation of Harland's life helped him develop his cooking skill. A skill, which came to his rescue when nothing else in the world did. At an age where a kid can barely reach the platform of a kitchen, Harland mastered cooking many of the regional dishes at home. At the age of 10, he got his first job at a farm with payment of \$2 per month. As responsibilities increased, Harland had to leave his school at the age of 16. His mother re-married but unfortunately his step-father was not what any son would wish for. Harland left his home to escape from the difficulties he faced.

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in the U.S Railway Company.

As he had a stable income and life was getting a little smooth, Harland, at the age of 18, got married to Josephine King and had 03 children, 1 son and 2 daughters. However, life still had to offer more twists to Harland. His son, Harland Jr. died at an early age. After some days, he was fired from his job as a fireman too. Looking at this devastating situation, his wife left him taking away his daughters too. Harland's brother-in-law wrote a letter to Harland in those days mentioning, "Josephine had no business marrying a no-good fellow like you who can't hold a job." Harland's life came to halt. He left his mother and siblings, was fired from his job, his wife and daughters left him. He was completely alone, sad and broke.

Till the age of 40, Harland kept changing several jobs but couldn't stick to one. Having left with no hope, Harland made his way to Kentucky where Shell, an oil company allowed him to work and stay at their newly built gas-station where he had to give a large percentage of the sales to the company. Most of the time, people came hungry to the gas-station asking Harland for a good restaurant in and around that area. This was his point of realization. He then realized instead of sending these customers to

some other restaurant, he thought he should cook and serve them. He did not have a restaurant in the beginning but he served these people at his home, on his own dining table. Soon the news of his delicious food spread like a wild forest fire across the state and people came demanding for the fried chicken more without having any need of gas for their vehicles. Harland called this as a "Home Meal Replacement". He advertised his outlet as "Sunday Dinner, Seven days a week". His gas station/ café became so popular that he bought a motel which could accommodate 142 seats across the street and started serving his customers. The only constraint he faced was it took 30 minutes for him to boil and cook his chicken for which he could not hit the delivery time. Hence, he was one of the most daring cooks at that time to use an advanced product called Pressure Cooker. He realized that his chicken was now getting boiled within 09 minutes. Straight cut short of 21 minutes with no compromises on quality! His restaurant, named as "Kentucky Fried Chicken" now became one of the most popular spots of Kentucky.

In 1935, the Governor of Kentucky recognized his efforts in improvising Kentucky's cuisine by bestowing him with a "Colonel". He would now be called as "Colonel Harland Sanders". Even after the recognition, Harland was destined for more twists. In 1939, a fire broke down in his restaurant and burnt down the entire building. Life sometimes puts you through so much of difficulties that your heart gets so strong that you take up every misfortune in your life as a challenge to overcome again for the best. In a span of one year, Harland again set up a new restaurant and started selling chicken to



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travellers like never before.

Harland later realized that it was important for not just one, but many restaurants to sell his chicken. So at the age of 62, Harland sold his restaurant for an amount that could barely clear his tax bills and other expenses and hit the road with his recipe and pressure cooker, driving town to town trying to sell his delicious chicken recipe to restaurant owners and earn commission for each piece sold. He lived in his car and once again became broke. It is said that Harland's fried chicken recipe was rejected by 1009 restaurants until he met Pete Harman of Salt Lake City in 1952. They had a hand shake agreement and Salt Lake City became the first city which sold Kentucky Fried Chicken. Then, there was no looking back for Harland. By 1959, Harland had made over 200 such deals across U.S and Canada. It was from late 1950's till his death that he



wore a white suit and a black string tie. Colonel Harland Sanders was finally feeling his permanent success after all the hardships he faced. He sold his company in 1964 for \$2 million but stayed on as a brand ambassador for KFC. He travelled across all his restaurants and joyfully spoke about the chicken until his death at age of 90 on the 16th December 1980 once he was diagnosed with acute Leukemia.

KFC- Kentucky Fried Chicken, today, has become the world's second largest chain of fast food restaurant, with almost 20,000 locations spread globally. KFC has now become a subsidiary of "Yum! Brands" that also owns Pizza Hut and Taco Bells. KFC is best known for its fried chicken pieces made with the secret recipe of 11 herbs and spices. KFC has increased its menu by including chicken burgers, meals, salad, desserts etc.

Little did Harland know that his cooking ability which he had to learn because of their family crisis would make him one of the best cook the world has ever got. Colonel Harland Sanders's life story is a real inspiration to all those who aspire to become an entrepreneur. Sometimes we think a lot, search a lot, consult a lot of people but the entrepreneurial skill that we are searching for is hidden right within us. We know

about it subconsciously, but we ignore it, not knowing its actual worth.

At the age of 60, when people think of retirement, living on the pension they get and thanking god for the children they can depend on, Harland proved it all wrong. Age is just a number. It's the desire for your goals in life that should keep you running. Money comes and goes and children, well, there are many parents in the world that pray for good children but the God can only grant the wishes of some.

Make your life more adventurous and thrilling. Take up risks. Adapt to change. Struggle hard. At the end, its success that makes you feel happy than the money which comes along with it. Life is a difficult ride, nothing comes easy, hence, go ahead and alter your life in such a way where you would finally say, life was finger lickin' good!

Blenders Pride Magical Nights arrives in Goa

Sagarika Ghatge dazzles the city at her stylish best

Blenders Pride Magical Nights, dazzled Goa, showcasing 'Style: More Than You Think'. The evening was an eclectic mélange of stylish designs showcased by ace designer Vikram Phadnis tuned to the eccentric beats presented by the band, Clown with a Frown. Sagarika Ghatge at her stylish best charmed everyone in a Vikram Phadnis design.

The core theme 'Style : More than you Think' – is a celebration of the authenticity and uniqueness of style, which is all about breaking stereotypes and defying conventions by showing to the world that there is more to one's style which the world doesn't know about. Weaving these nuances of Style together Blenders Pride Magical Nights arrived in Goa.

Commenting on the



occasion, Mr. Raja Banerji, Assistant Vice President, Pernod Ricard India, said, "For today's consumer, having a unique style and expressing the same is non-negotiable. Style, hence is fundamentally democratic. It is every individual's potential

to create their unique identity and to strive for authenticity which breaks stereotypes. Blenders Pride Magical Nights, brings the same alive through 'style: more than you think', with an eclectic mix of the most stylish in fashion, music and

Bollywood. It continues to deliver a never seen before and exciting experience to the consumers."

Walking the ramp with her sparkling charisma, Sagarika Ghatge enthralled the audience with style and flair. Clown with a Frown

thrilled everyone with an energetic performance laced with contemporary beats and soulful vocals.

Vikram Phadnis' collection was a splendid amalgamation of soulful heritage with true urban influences. It embraces gentle drapes in subtle shades of pinks, blues, greens, mustard and beige, embellished with intricate zardosi, kundan and pearl embroidery, making the silhouettes traditional yet contemporary in style.

Commenting on the occasion, Sagarika Ghatge said, "Blenders Pride Magical Nights brings forth a unique take on Style each year. This year, the core theme of 'Style: More than you think' is truly a reflection of my own style journey, from being a national athlete to being an actress. It captures the essence of my evolution from sports to cinema to the core. Tonight, I am elated to the walk the ramp at this iconic platform and celebrate Style."

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I never joined tuitions

Shruti Shrikhande

TEAM TNV

Shruti Vinod Shrikhande, a Pune student, has emerged as the national topper among girls in the combined defence services examination conducted by the union public service commission (UPSC). After a mere seven months of preparation Shruti Shrikhande emerged the national topper in the CDS tests. A final year Bachelor of Law (LLB) student at ILS Law College, Shruti has emerged the national level topper in the written examinations and the interview for the officers Training Academy (OTA), Chennai. Shruti says she did not take any coaching for the exams, started preparing just 7 months before the examination.

TELL ME ABOUT YOUR UPSC PREPARATION?

I'm a final year student of Law, along with my college studies I also prepared for UPSC CDS. I never joined any coaching classes or tuitions. I studied at home and focused on my studies alone. My funda is studying for a short period of time but in that period to concentrate on nothing else but studies. Everyday I read newspaper and revised syllabus. Also, I used Internet for current affairs and to draw UPSC related notes. Internet is important part of studies, which I also used to make my syllabus notes and to also read online NCERT book. I read newspaper daily and so am updated on current affairs. She also says that it was not easy to manage college along with preparations for entrance exams.

HOW WERE YOU MOTIVATED TO JOIN ARMY?

My father is also an Army person, I was always motivated by my father and wanted to live a disciplined life like him. My father is a Brigadier in Army and that is why, I have travelled all over the country with my family before finally settling down in Pune seven years ago. I would love to join Army because it is my dream to work for nation. I had always seen my father, who also works for nation in tough and extreme geographical places like Jammu, Sri Lanka and other such areas in the country. Alike him, I'm also interested to work for country, protecting it despite any extreme circumstances. My parents are my strength, they in turn also motivates me and supports me.

TELL ME ABOUT YOUR INTERVIEW PREPARATION?

Interview task is very hard in UPSC,

you have to be confident whenever you face interviewers. My interview was taken for one and half hour. Not only did they ask me about lots of current affairs related questions but also asked about my studies related questions. What I learnt from my experience was whenever you face an interview task, don't think negative and don't be scared. Be confident and revise daily current affairs, because in UPSC, 65 % of questions are based upon current affairs and they want to check your knowledge primarily about current affairs.

HOW YOU FEEL WHEN YOU HEARD UPSC CDS RESULT?

Frankly speaking, my friend told me that you cracked the UPSC CDS exam and you are topper in the country, I thought my friend is joking with me. When I checked my result on UPSC website, I really felt to be on the top of the world. I could not believe myself that I cracked UPSC exam and was a topper in the entire country. This good news, I first informed my parents and they were very happy and proud.

HOW MUCH PHYSICAL FITNESS IS IMPORTANT FOR THIS EXAM?

Physical fitness is very important in Army. For physical fitness you have to do running, jogging and exercise daily. My father also gave me certain fitness mantra. I personally like all physical health enhancing activities like trekking and running. My father says, if you are physically fit then you can achieve all the challenges. In army, physical stamina is an utmost important task. When my officer training will start, they will teach me how to become tough and fit because in that way you can survive in extreme places and situations.

OTHER THAN STUDIES, WHAT ARE YOUR HOBBIES?

I like to spend time with my friends, I enjoy every moment with my friends, and together we watch movies and eat tasty food. I also like reading, trekking, swimming and travelling to different places.

TELL ME ABOUT YOUR SCHOOL AND COLLEGE BACKGROUND?

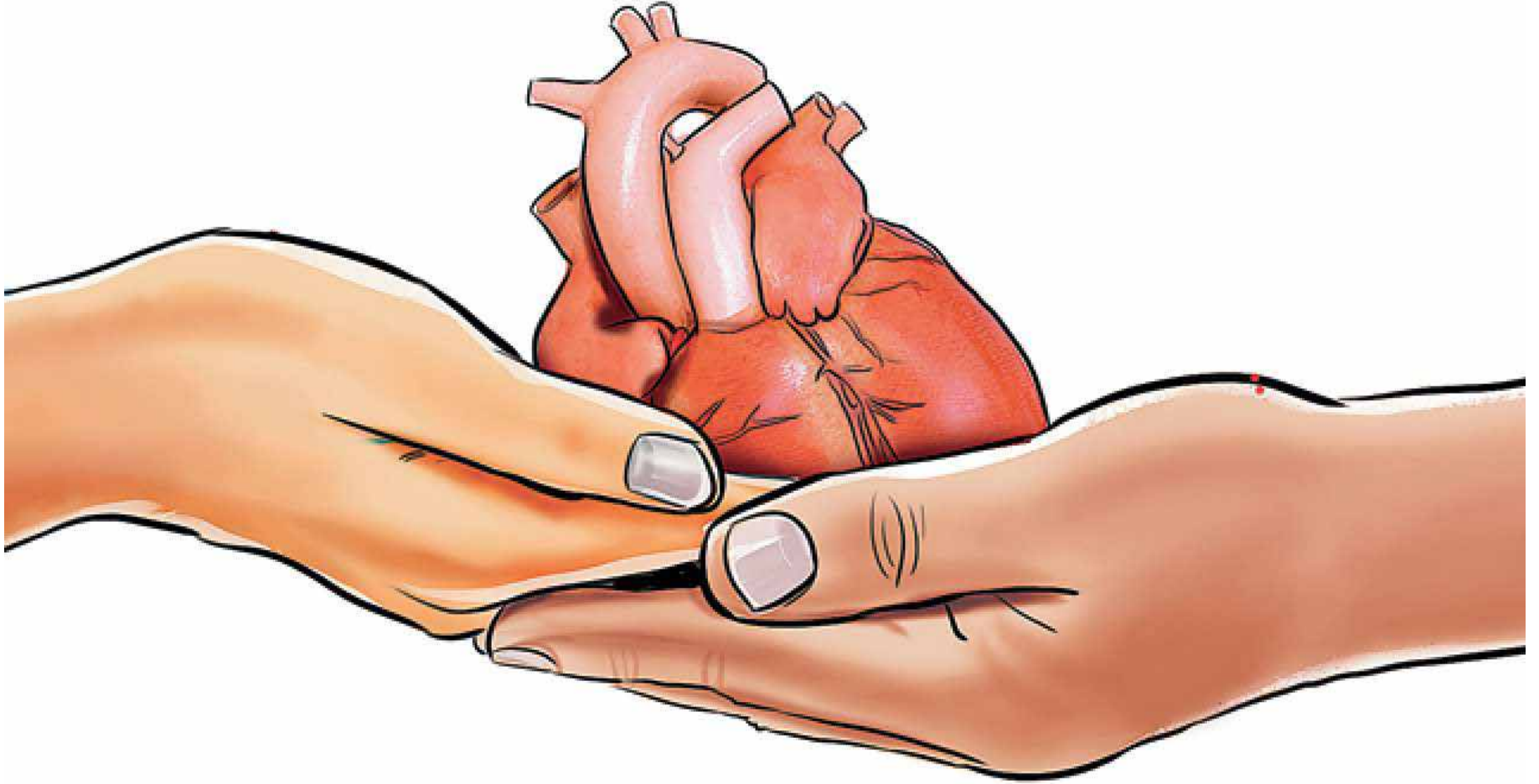
My father has a transferable job, so I have studied in different schools in different places. Since last 7 years, we are staying in Pune and I took my college education from Pune itself. To date, now I'm in final year of Law in ILS, which is a law college in Pune.

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Live a life even after your death



TEAM TNV

Lots of people die every single day due to lack of awareness that people have regarding organ donation. Brain dead person as well can donate their organ but it is only possible when that person's relatives show positive way for organ donation. But some religious myths that still are in our society surprisingly have been one of the major causes for people to not easily be ready to donate organs.

In Pune, Sassoon General hospital is taking a very good initiative for Organ Donation; hospital staff is trying to convince the people that organ donor can save someone's life. Brain dead means, a person is already dead but other parts of his body like kidneys, corneas, heart, liver, lungs, pancreas and other tissues can be used for donation.

In Sassoon general hospital, in total 11 brain dead cases were declared and among that 6 brain dead cases were ready and donated organs for organ transplantation. That means, one brain dead person saved at least life of 8 people.

Case 1: Sudhir (name Change) met in accident, he was a painter. One day, while he was painting on a wall, he suddenly fell down as his feet slipped. He was conscious that time because of head injuries. For the treatment, his friends and relatives admitted him to the hospital but he was not recovered. His all body parts were good but his brain was dead. Sassoon hospital's doctor tried to convince their relatives for organ donation. After awhile, those people got ready to donate organs. Sudhir's body organs saved

3 people's life including one small child's life too, who needed a kidney and other one who needed corneas.

Case 2: In another case, a woman died in her house. She was in the bathroom, while at bath, she slipped and fell down. However, her relatives at that time were not ready for her organ donation. Although, after much convincing, that woman's family agreed to donate organ. Her organs also saved 8 people's life and now these people are happily living a healthy life.

Remaining people of the case, another 5 were also not ready for organ donation. Sticking to their superstitious beliefs, they believed in some myth that if they donate organ, the dead person would not get Atma Shanti (peace of soul). These myths still prevail, as people are not aware about organ donation. Among these 5 cases, in one case, a person from Jharkhand came Pune for job purpose and one day when he was going for job he sadly met in a road accident. Person was dead on the spot because of serious head injuries, but other parts of his body were not as damaged. His wife, who was staying in other state, had been not able to come to Pune on time, and hence there was a delay for organ donation. And even though wife of that person was ready for organ donation, due to her absence, his organs were not donated. It was so because, as per rule, without her signature and without her permission, it's not possible to donate organs. In some cases as such, time binding also matters.

M.B. Shelke, Head of department, Social Science Service Superintendent Department said, "our hospital is taking good initiative for organ donations, we always conduct awareness programs and rally

for organ donation campaign for around 10 days in Ganpati Festival at Pune and all over Pune city. In total, 43-organ donation campaigns are done yet with blood donation camp in Pune district and out of district too".

NEED OF ORGAN DONATION

Many patients die each year of end stage organ disease because they have no suitable organ donors from their own family. Solid organs from a single brain dead patient can give a gift of life to at least seven people in need (two kidneys, lungs, liver, heart and pancreas). Such acts can effectively increase the donor pool. Eventually, enormous organ donations before death can be of great help also, with persuading the relatives of brain dead patient to allow organ donation.

WHAT IS BRAIN DEATH?

Not all coma patients are brain dead. However, all brain dead patients are necessarily in irreversible coma and cannot breathe at all without ventilator's support. When the brain stem which controls heart-beat, spontaneous breathing suffers irreversible damage due to injury or disease, a person becomes brain dead and the heart stops beating inevitably within a short time.

MEDICAL CONDITION

People with cancer other than of the central nervous system and those who are HIV positive are normally excluded. Other exclusions occur on specific evaluation of each potential donor.

As this is a Gift of Life, there is no monetary compensation for the donor's family.



'Reinventing Cultural Tourism in Goa'

SANGITA SHARMA

These are interesting times for cultural and socio-economic developments in our country. There is a surge amongst people to travel, see new places, experience different lifestyles and savour the heritage and culture of places they visit. With more people being able to afford holiday trips and are exposed to different aspects of social life, quite a few are ready to experiment with new travel experiences and take the road less travelled.

Goa being one of the popular destinations in India, attracts both the domestic and foreign tourists. Today, it offers visitors not merely sun and sand but a whole array of rich cultural, heritage and travel experiences. Also, there is a new found interest amongst the people to delve into its past and to know its present. Though a lot of information is available to visitors, yet the need to be guided and steered through the maze of all that Goa has to offer is felt by tourists when they arrive in this beautiful land. Tourist information centres are able to help visitors to some extent but fall short of their expectations and so many are seen floundering, trying to find their way around mainly through the internet. Therefore, it is heartening to see that there are some who have taken upon themselves the challenging task of showcasing Goa to the world in all its glory and diversity. Their efforts are certainly going to boost the tourism industry in times to come and also make Goa a 'preferred destination', for most travel aficionados.

The 'History Lovers Group' is a Trust dedicated for saving the rich heritage and history of Goa, besides showcasing its legacy to many an intrepid and aesthetically inclined traveller. It was formed in 2014 and what is most heartening to know is that it was the brainchild of a group of like-minded youngsters from Goa. The Group has been working consistently and with complete dedication on various projects to conserve, protect and restore the heritage sites within Goa. Besides creating awareness amongst the general public about heritage sites and historical monuments, the Trust has also taken the initiative to identify unlisted and unidentified sites and



monuments with the Archaeological Department. Besides, the Trust promotes, organises, conducts and grants aid and other financial assistance for seminars, socio-cultural activities and programmes for the preservation and exploration of archaeological sites and heritage monuments.

In keeping with the spirit of the Trust, the History Lovers Group organises Heritage visits and walks in Margao, Vasco-da-Gama, Ponda, Chandor, Betul, Cabo-de-Rama, Rivona, Bardez and Panjim.

'Save Betul Fort' is an effort to give the fort its rightful place in history, by getting it restored and listed with the Archaeological Department of Goa. Built by Shivaji in 1679, near the river Sal, the fort was in a neglected state when the initiative was undertaken. Today the fort has been cleared up and the locals of Betul take great pride in it.

'Walk with History' is also an initiative started by a group of young people, highlighting heritage sites, buildings and monuments with a special focus on 'Heritage Homes'. The walks led by Rohan Bandekar cover Old Goa, Chandor, Kushawati, Rivona caves, Rock Carvings at Ponsaimal, Bubble Lake at Netravali, Narayandev Temple and many other places of interest on various planned circuits.

Another travel venture, 'Make it Happen', moves beyond travel and tourism. The venture focuses on social

responsibility and the need to make travel a medium of integrating people and nations. Travel enables interaction amongst people and understanding of each other's culture and reduces misconceptions about one another. In a highly volatile world, the need to respect and appreciate others and also understand their limitations is essential if people travel, meet others and learn about each other's cultures.

With an eye on Goa's past and present, 'Make it Happen' has curated quite a few interesting travel experiences:-

- Their heritage trails focus on holy sites and hidden caves in Divar Islands, visiting buildings and heritage structures of the Portuguese era, listening to Latin music during the fountain, has Walking Tour and trying out the local cuisine.
- 'Sketch Crawls' are an interesting travel experience as they allow a person to observe the finer details of a place like its architecture and its people while slowly moving and stopping by to make sketch notes of what they perceive. Also, such crawls help to take in and appreciate the finer nuances of cuisines and aromas of a place.
- 'Travel Socials' are a getaway to share travel experiences with other travel buffs, photographers, culinary enthusiasts, dancers, musicians and



alternate lifestyle gurus. Each meet-up is curated around a theme and help share untold tales, make new friends and create happy memories.

- 'Festival Tours' are all about exotic festivals where communities come together and share traditional customs, mythologies and legends. The visual and spiritual experiences during such tours leave the travellers enriched and connected to their inner selves.

Murali Shankaran, Chief Travel Designer of 'Make it Happen' has some very practical and interesting suggestions. Goa can leverage on its historical and natural resources and create a very definite cultural tourism which will not only be the envy of all, but also an inspiration and role model for other States to follow. In this context, the following suggestions could be of great help:-

- Focus on Heritage Tourism – Restore Heritage Houses, Forts and Monuments and where feasible, convert them into Heritage Hotels, Restaurants, Museums and Galleries.
- Leverage Cultural Tourism – Goa's vibrant culture can help develop community based village experiences which include homestays, guided walking tours, nature trails and cycling tours.
- Curate Cultural Themed Day Tours – Showcasing traditional occupations, craftwork, festivals, folklore customs and have interactions with local artists, historians and craftpersons during the tours.
- Highlight Contemporary Cultural Activities – Conduct tours and events showcasing multicultural influences in theatre, music, art, literature and cuisine. Promote yoga, dance, poetry, weaving, folklore storytelling and culinary workshops.

This will help broaden the horizons of the people visiting Goa and the

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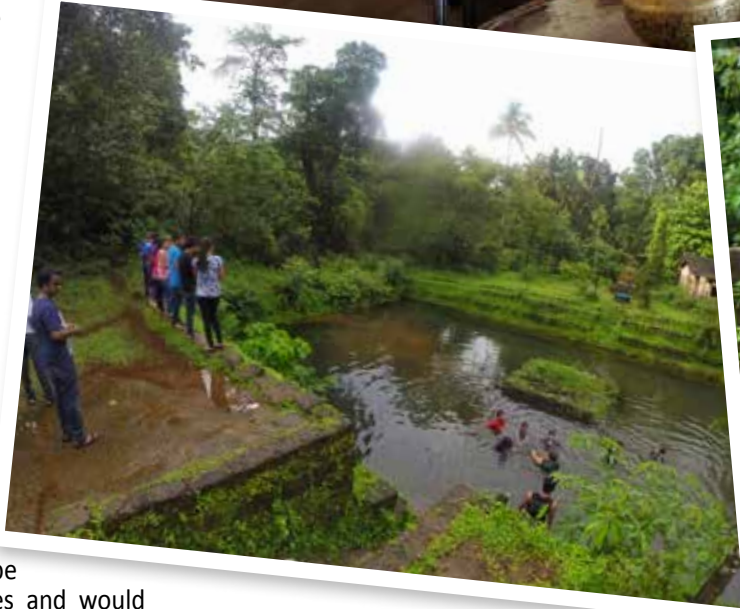
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popular notion that Goa is all about beaches, parties and merrymaking shall take a back seat. Cultural experiences shall create lasting memories for the visitors. Goans who take pride in their heritage and customs, community and family life, will have a platform to showcase all that is exclusive of their State. They shall make efforts to protect and preserve the natural and cultural resources of Goa. All these endeavours shall definitely have an impact on the economy of the State and perhaps many youngsters shall not leave the shores of Goa, seeking greener pastures elsewhere.

Ashwini Krishna of 'Native Folks', an organisation working in the direction of making 'Homestays' a more popular concept in Goa, is full of enthusiasm and optimism for the future of this segment of the hospitality industry. This simple and serene concept is fast emerging as a major competitor for the giants of hospitality industry i.e the 5 Star Hotels. So what is it that makes people choose a Homestay over a 5 Star? Homestays are preferred by people seeking peace and quiet, open spaces, traditional home made food, warm and friendly behaviour and forming bonds with people they stay with. Most people want to escape their stressful urban lives and would rather go for leisurely walks, shop at the local market, chit-chat with locals over a cup of tea, cycle around the area, click pictures or simply soak in the sun, while relaxing in a hammock.

Goa has some beautiful heritage homes as well as simple village abodes which allow travellers to sample the Goan way of living. They have their own character and uniqueness. When these homes become accessible to visitors, there is a visible delight and awe amongst them. Cozy, relaxed, unpretentious, these homes give people a chance to experience Goa, as it was in yesteryears and in its present form. Homestays are economically viable for both the traveller and the owner of the home. They not only generate income for the homes, but other peripheral businesses like taxi & two wheeler services, shops & eateries, shacks & bars and handicrafts like tile work and potteries.

Homestays in rural areas go a long way in uplifting the economic condition of the residents. They also help in showcasing the history, culture, and



lifestyle of the people which is not only an eye opener for many urban dwellers but also calming and soothing to their souls.

In tune with their philosophy of popularising homestays, 'Native Folks' has helped many residents to open their doors for guests from all over the world. Besides, they have organised programmes like 'Soul Curry' where travellers visit a home in a village, and share meals of local cuisine with the hosts. The walk by the Netravali river or the trip to the Divar island gives an insight to a traveller about Goa's flora and fauna. Visit to the heritage sites of the Churches and Temples rejuvenates the spiritual and all that is divine within a visitor. Trips showcasing 'Feni making' process and culinary demonstrations always gets many a smiles while initiatives like holding workshops on making 'Eco-friendly Ganesha', not only hones the artistic skills of the participants but also makes them enlightened about environment issues.

Points which could be considered

for the betterment of Goa's tourism industry:-

- Goa remains widely popular because of its beaches and a few heritage sites. There is not much awareness for someone coming from outside regarding 'cultural tourism'.
- Goa seems to be known more for the Portuguese era. Very less is known about the rich Hindu culture and temples having mythological significance. Some of these historical sites are completely neglected and are in ruins.
- Even as far as 'beach tourism' is concerned, tourists from abroad are increasingly choosing destinations like Sri Lanka and South East Asia, which are economically cheaper and cleaner and also offers vibrant cultural experiences.
- The travel pundits predict that cultural tourism accounts for 37% of global tourism and will grow at a rate of 15% per annum. Goa too will see its fair share of tourists

seeking cultural experiences and so it needs to spruce up its tourism policy. States which have benefitted by focusing on their culture are Rajasthan, Tamil Nadu, Uttarakhand and Kerala.

• The presence

of Casinos have

become a controversial issue. Perhaps focussing on the cultural and heritage potential of the State would be a better approach towards improving tourism in Goa.

- 'First preference to Goans in hospitals' – Such ideas and statements can be detrimental for the tourism and economy of Goa, as this would discourage people to visit or work in Goa. Besides, such ideas go against medical ethics that expects a medical practitioner or institution not to differentiate between a friend or foe seeking medical assistance.

As the world converges curiously to explore Goa, the hospitality industry beckons many a travellers. The history, culture, traditions, community and family life etc., which are unique to the State must be showcased with pride and dignity. All that is sacred and true to the spirit of Goa, should be kept in mind while conducting business with travellers and visitors, so that Goa only gains in stature in times to come.



GOENKARPONN TRIUMPHS IN COCONUT PRICE RISE

TEAM TNV

"We have faced the maximum losses due to the coconut price rise but haven't pushed it on to the consumer," said a Ross Omelet Vendor from Margao, named Sagar Naik.

Every Goan business and person always keeps the fellow Goans reminding that Goenkarpn has not died off and still lives in the hearts of the people here. The Ross Omelettekar from Margao is just another example of how Goans hold emotions and relations over business.

The Coconut price rise has been affecting almost all the people in Goa for the last 2 to 3 months. Now the Agriculture Department, Government of Goa has begun the price intervention scheme and has given some relief to the consumers.

However, the reasons for the price rise are the problem areas that need to be controlled to avoid a coconut famine in Goa in the future.

Orchards of the agricultural department producing coconuts were subsidised and given before Diwali and sold through the Horticulture department in a smaller scale.



Due to the lopsided demand and supply of Coconuts in Goa, the Government devised to directly intervening into the market by buying at a higher cost from the producers and selling at subsidised price to the consumer.

The Government has also decided to source from the producer directly without a middleman. As a remedial

option, the Government had also thought of a third option i.e. to import from other states or from other countries depending upon which gives them the best rate. By getting some shipments and flooding the market with these nuts the Government had decided to stabilize the price. However, the sourcing method is presently seemed to be working for Goa.

According to the experts, there are systemic issues in the coconut production. The main source of coconuts to Goa has been Rayalaseema and South Canara region in the past. These regions are presently facing drought and this kind of situation does not get stabilized immediately. Secondly, Goa is in need of harvesters (padeli), who the agriculture department has trained but has not been able to meet the demand of Goa. Hence, there is the need to incentivize the teams of harvesters. Third plan was to source hybrid coconut. A farm named Deejay farm

has brought about a variety or hybrid variety that is a cross between Benaulim and another breed. This breed is 4 times more yielding than Benaulim original breed. This is a clear advantage we see in that coconut hybrid.

Ross Omeletkar- Sagar Naik told, "We need 40 coconuts per day for our business. Over 1000 people are served the Chicken and Mutton ross daily at our stall" he told. When asked whether they have raised the prices, Sagar told, "We have loyal consumers for decades and pushing the cost on to the consumers is against our principles," said Sagar.

The Agriculture Minister Vijai Sardesai, while speaking on the Politics that has happened on the Coconut issue told, "I think the Congress has some different agenda and Congress party is troubled with the work we have done in this government," he said.

The Agriculture Minister Vijai Sardesai has said that he desires to make Goa

coconut capital of India. He began the sale of subsidised coconuts to the consumers under the Scheme of Govt. of intervention to control the price rise.

Hundreds of consumers on the first day of sale got their share of coconuts against production of their LPG cards. The distribution was done from the Horticulture department stall at Fatorda. The agriculture minister Vijai Sardesai has later assured that the department will reduce the prices of coconuts and we will keep working for provision of affordable coconuts to the people.

The Minister also informed that this price intervention scheme will continue until they make sure that the prices of coconuts in Goa come in control and in affordable limit of the consumer. The Minister has decided to meet producers and come to a comprehensive solution to control the price of coconuts and also for increase in production of coconuts.

According to the experts, there are systemic issues in the coconut production. The main source of coconuts to Goa has been Rayalaseema and South Canara region in the past. These regions are presently facing drought and this kind of situation does not get stabilized immediately.

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YOUTHFUL SECRETS - Show your beautiful side to the world!

TEAM TNV

Dr. Jaishree Manchanda is the pioneer in beauty and wellness industry in the city of Mumbai. She is a member of American Electrology Association and American Guild of Professionals. She is also the founder and chairperson of 'YOUTHFUL SECRETS'. She has been a well-known name in the beauty industry for Hair, Skin and Body treatments for over 30 years.

Dr. Jaishree has always upheld the challenge. She has realized the dreams of lakhs of people by training abroad and by bringing the latest technology from USA, England, Canada, Australia, Japan, Italy, France, and Germany to India in the field of hair, skin and body treatments.

Dr. Jaishree has also introduced some most advanced therapies in the following areas, which are Beauty Corrective therapies and treatments to enhance beauty in a short time.

Hair loss and baldness is a major problem concerning both men and women, is it possible to cure that?

Premature baldness starts giving you aged look and usually you start looking old. To keep your young look forever we have different methods to make you confident. At Youthful Secrets, we have many therapies to get back the original look;

Hair Weaving Bonding: To cover-up your bald area, you need pure human hair piece, which can be fixed with your own hair. The hair color & texture will be the same like as your own hair. It has no side effects and is made up of very fine American filament which gives you extra breathing. A method takes hardly 30 minutes and you start looking 10 years younger. There are different kinds of hair pieces with different

costs. One can swim wash, shampoo, and comb as your normal hair. Just to inform you, besides the general public, all the Bollywood & coming up stars wear them all the time because it has no side effects whatsoever. Hair pieces for ladies are also done in the same way.

PRP: If you are having sever hair fall and getting bald day by day, your most important treatment is LASER, PRP (Platelet Rich Plasma) & Mesotherapy. With the help of these methods, you get instant results for hair fall and also start getting new growth. PRP (Platelet Rich Plasma) is the most advanced treatment with instant results without any side effects.

Hair Transplant (FUT/FUE): If you want permanent growth of your bald patch your best bet is Hair transplant with FUE (Follicular Unit Extraction) which is done by taking grafts from your own head and plants them on the bald area. In few months you start getting your own growth & it stays till you are alive.

Hair Wigs: If you are completely bald and you cannot put hair piece in that case you need to wear hair wig. We have natural looking wigs ready / custom made with 100% human hair. As you wear them, it gives you instant young look. These wigs are available for GENTS & LADIES.

Hair Extensions: Suppose you are fed up of your short hair and if you dream to have long shiny lusty hair, do not worry, you can get them in our clinic and your dream will come true in 30 minutes. These hair extensions are beautifully made with 100% human hair and can be fixed without any efforts.

Nowadays, with increasing pollution levels the skin loses its charm. Acne, pigmentations, scars, under eye dark circles, Stretch Marks, wrinkles, skin tags, freckles, moles etc. how can one get rid of it?

We start the treatment with skin analysis. It's a very common problem to get acne, pigmentations, scars, under eye dark circles, stretch marks, wrinkles, skin tags, freckles, moles etc. Besides laser treatments, we have a combination of multiple

therapies like Micro derma, chemical peels, Mesotherapy and the latest instant results have been observed in PRP (Platelet Rich Plasma). We also give you snow cell whitening treatment.

Is there any permanent solution for unwanted face & body hair removal?

Laser hair removal is the process of destroying the hair follicle thus stopping the new growth. It can be done on face and body without any pain & side effects because it beams highly concentrated light into hair follicles. Pigment in the follicles absorbs the light. That destroys the hair. It needs multiple sittings because of the stages of hair growth like anagen, catagen & telogen.

Is there any instant treatment for flawless skin?

Laser photo facial is a non invasive procedure that makes your face look more youthful. As it improves the collagen production thus reduces the sun damage, signs of rosacea, reduces large pores and acne spots, it is also called anti-aging facial. It is the most popular treatment due to its low downtimes.

Do you have any kind of treatment for vitiligo or white patches?

We also undertake the filling of white patches by cosmetic tattoo on face & body. We fill the required skin color on white patches and give you instant results.

Increasing weight or obesity is a major problem,

even rigorous workout regimes sometimes fail to give the desired results especially in case of tummy and hip area, is there any solution for that?

Obesity is another common problem for men & women. We start the treatment with computerized body analysis to understand the problem. We help you in losing weight up to 5kg & 10 inches in few sittings with the help of combination of multiple therapies from east & west. We have guaranteed results as we are using all Hi-Tech FDA Approved machines. Tummy tuck give you instant result. All our treatments are non-surgical.

Is there any non surgical treatment for lifting of face & body?

A. we have Italian technology in which you can have instant face & breast lift in 30 minutes. This is non surgical, painless and no side effects. You need multiple sittings for long lasting results. We also undertake non surgical double chin treatment with our Hi-Tech Italian technology. We work on muscles thus lift the skin automatically.

Q. How do I look beautiful 24 x 7 as I have no time because of my busy schedule?

A. No panic in Youthful Secrets we makes you look beautiful 24 x 7 by giving you permanent cosmetic make up of eyebrows, top liner, bottom liner, lip liner, lipstick & beauty spot. This will never smudge & give you always a beautiful look. It is excellent for unshaped or no eyebrows & excellent for dull eyes. After doing this make up your eyes will start talking. Lipstick will give you fuller look it is excellent for dark lips uneven lips & white patches lips. The treatment requires 1 to 2 sittings only. This make up enhances your original look. All treatments are done under supervision of expert doctors.



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rainbow



Three fishes named Anagatavidhata, Pratyutpannamati and Yadbhavishya lived in a certain pond, along with many other fishes.

One afternoon, some fishermen were passing by the pond. They investigated the pond, and agreed that the pond was full of fishes. Since, they were already returning after catching fishes, and already had a big haul, they decided to come back the next morning.

They discussed, "This pond is full of fishes, and there are many

big ones too. We have never caught fishes in this pond. Let us come back tomorrow morning."

The three fishes were swimming on the surface when they heard the fishermen discuss their plans.

The first fish panicked. He immediately assembled all other fishes and told them what they had heard. He said, "Tomorrow morning, the fishermen will arrive to catch us. I do not want to die like this. So, I will leave with my family at the earliest. I advise all

of you to follow me. It will not be wise for anybody to stay here any longer!"

The second fish agreed, "I shall follow you, my friend, for what you say is correct. It will be unwise to remain here anymore!"

But the third fish disagreed. He laughed at the two fishes, and said to the fishes assembled, "See how cowardly these two act! This pond belonged to our forefathers, and it is our home now. For so long, no harm has ever come to the fishes of this pond."

He continued, "Just because some fishermen were discussing their plans, is no reason for us to panic and leave our home. Those who agree with me, I advise them to stay where we belong and not go to some unknown place."

He further said, "O Friends, the scriptures state that when the time for one's death arrives, one is not spared. If death has to come, let us rather die bravely in our home!"

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Thus, the fishes of the pond got divided into two groups. The group that wanted to stay laughed at the other group. However, within the very evening, the families of the first two fishes started their journey to a different pond through a small outlet. They were followed by many who believed them.

The next morning the fishermen arrived as they had planned, and trapped all the fishes that remained in the pond by casting net all over the pond.

Not a single fish was spared, and the fishermen were overjoyed with the big haul of fishes that they had caught.

The wise indeed say:
When you see a danger coming, act immediately.

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The Fitness Ball is in your court!



Lower Body

Overhead Ball Squat

While holding the stability ball with the arms extended overhead. Adding weight (nope, not quite light as air) while keeping the torso in an upright position engages the shoulders and deltoid muscles. Go for 10 to 15 reps of this bad boy.

Wall Squat

Stand about three feet from a wall with feet shoulder-width apart and the back to the wall. Place the ball between the lower back and the wall and squat down slowly until the legs form 90-degree angles at the knees. Use the ball to support the back as it rolls from the lower back to the shoulder blades. Slowly stand up again, and repeat for 10 to 15 reps.

Standing Ball Squeeze

Stand upright and place the ball between the legs, so the center is about even with the knees (it should not be touching the

floor). Squat down until knees form 90-degree angles, squeezing the ball to stay balanced. Hold the position as long as possible, working up to 30 to 45 seconds per set. Note: For this move, consider using a ball that's not the perfect fit. A larger ball makes this move more difficult, while a smaller ball is a little easier on the thighs. Beginners can also use a chair or wall for help with balance.

Hamstring Curl

Lie on the floor with arms extended perpendicular to the torso and lower calves and heels resting on the ball. Engaging the glutes and abs, lift the hips up from the floor. Use your outstretched arms for stability. Exhale and slowly bring the knees in towards the hips, so the feet are resting flat on top of the ball. Pause for a few seconds in this position and then inhale, straightening legs out again. Keep those hips up the whole time to get maximum gluteus maximus benefits. Aim for 10 to 12 reps of this total-body move.

Squat and Reach

Hold the ball with straight arms so it's about level with the face. Squat down, bringing the ball all the way to the left side, just above the left foot. Hang tight in this position for three slow breaths, and then untwist the torso and return to standing before repeating on the other side. For the best results, keep that butt down in the squats and hold arms straight out in front of the torso. Try 10 to 15 reps of this twisty move to get the arms, core, and legs in tip-top shape.

Ball Lunge

While standing, place the ball behind the body and put one foot top-down on the top of the ball. Step the other foot out about six inches, and bend both knees in a deep lunge. Make sure the knee of the front foot does not go over the toes. This advanced move will test stability as well as strength, so shoot for 8 to 10 reps on each side.

It looks very simple and most of us tend to ignore it, but the exercise ball or the stability ball is a very important feature in today's Gym routine. They are a great way to improve strength, cardio endurance, and balance. By tackling basic moves (like push-ups, squats, and planks) on an unstable surface, muscles get more bang for their buck. Stability balls are also great for getting back into shape after an injury because they can reduce muscle and spinal strain during certain movements.



Upper Body

Balance Push-Up

Lie facedown on the ball with hands and feet touching the ground and the stomach on the top of the ball. Walk the hands out until the shins are resting on the ball and the torso is in a flat push-up position. Lower the torso towards the ground until the upper arms are parallel to the ground. Return to the "up" push-up position and continue for 8 to 10 reps (or more, if you can hang).

Standing Plank

With one leg extended behind, rest the elbows and forearms on the ball (for a really tough challenge, try this with straight arms). Step the other leg back so the feet are together. Hold the position as long as possible, working up to 30 seconds per set.

Roll Out

Kneel behind the ball, with palms down on top. Slowly use the hands to push the ball forward until the triceps are resting on top of the ball and the legs are almost all the way extended with the knees on the ground. Remember: A tight core will keep the body moving straight ahead. Feeling pressure on the knees? Place a towel or yoga mat under them for a little extra TLC. Concentrate on maintaining the proper form for 10 reps straight.

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IN THE LAND OF HO CHI MINH

CASSANDRA HARADA

As an American, I was brought up to believe that Western Europe was the pinnacle of all travel destinations. German castles, beret-wearing French women and Vespa scooters were all front and center in the fantasies I entertained about being a globetrotter. While I've been to, and thoroughly enjoyed most of those places, I'm certainly glad my fantasies gave way to reality. Europe is great and offers many wonderful experiences, but I thoroughly believe that South East Asia is "where it's at".

In August, I spent a slow and beautiful week in the city of "Hoi An", in central Vietnam.

As I deplaned and hopped into a taxi in DaNang, I noticed quickly that Vietnam is incredibly clean and orderly.

The Taxis were lined up, all properly marked, and were being surveyed by an airport officer to assure that all drivers were following the rules. While I could hear distant motor scooter horns that hinted at the melee of DaNang's downtown, the airport exit was nothing like the chaos of Chicago's O'Hare.

Vietnam seems to be a country without tourism fatigue. From the moment I exited the airport, it was obvious to me that Vietnam wasn't the place I'd seen in war films from the 1980s. Wherever I went, I encountered polite, curious smiles, lots of friendly chatter, and while people did want me to spend money in their establishments, they were none too pushy about touting. A simple "no thank you" felt like more than enough.

I stayed in a local, mid-

range hotel on the riverfront in Hoi An. While differences in service were apparent, (the staff were not at all fussed about attending to us during their own meal times and they certainly didn't have the finesse of major hotel chains) It was refreshing to have energetic, local people that felt a sense of "hometown pride" in directing me to each of the points of attraction in the city. It was a kind of "large-scale homestay" that I would venture back to in a heartbeat and will search for when I travel again.

ABUNDANCE

I was reminded over and over, that while Vietnam might not be rich in money, they are certainly rich in resources. The food markets were bursting with every kind of herb, leaf, and vegetable. The wet markets were overflowing into the streets with giant shrimp, fish, crab, and pork, beef and chicken that had all been freshly slaughtered the morning of the sale. Hoi An seemed to be saturated with food resources that all residents can afford.

The streets of the historic district are lined with restaurants and food stalls. We slowly sampled just about everything the city had on offer, especially the regional specialties with locally made noodles, and shrimp dumplings (white rose) that

are nearly impossible to get outside of Hoi An. Something I did not expect, was the beautiful and comfortable cafes on nearly every corner. Hoi An even boasts their own chain of "Starbucks style" coffee shops called "The Hoi An Roastery" where I enjoyed "egg coffee" (espresso with a custard on top), and "Vietnamese coffee" (coffee with sweetened condensed milk) almost every day! Those shops were often air-conditioned, which was a welcome respite in the summer heat and humidity.

EARLY MORNING EXPLORATION

I'm a runner. The first thing I fantasize about when I decide to visit a new city is getting out early and exploring the streets before the rest of civilization rises from their beds. If the destination has a river, I usually begin there and venture out. Hoi An is home to the Thu Bon River. It's brown, unpleasant, and smelly at times (especially when the tide is out) but it made for some breathtaking morning scenery, and had a lovely path to follow, with a clean and well-maintained footpath. Running along the river at 5 AM, I saw the morning's catch being brought in from the boats, headless pigs dangling off the back of scooters, trucks packed full of green leafy veggies and

herbs, and cages stacked 10 high, each one with a "fresh chicken" inside. As the markets were just opening for the day, I also noticed that many restaurants and bars were just closing their gates from the previous evening, with some patrons still loitering outside with their groups of friends, trying to arrange transport home.

Hoi An's historic district is painted a beautiful shade of yellow. Anytime I wandered outside of the area near my hotel, I'd just look for the rows of golden buildings, and easily find my way back. I ran across the river some mornings and made my way into non-tourist neighborhoods. As I ran through, I realized that at about 6 am, every morning, the local people came out of their homes and did communal exercise. It was a beautiful thing to witness, and be a part of.

CITY OF LIGHTS

Around 5 pm every evening a party happens in Hoi An. The downtown area comes alight with thousands of beautifully crafted lanterns, the river glows with floating candles (available for purchase) that are released into the current, and the "night market" comes alive. Each evening in Hoi An felt special like a celebration was happening just for me. I made sure to keep my dinners light so I could sample all of the beautiful street food from carts that were suddenly wheeled into neat rows. The smells and sounds were far too appealing to resist but most of all, I enjoyed visiting and talking with all of the lovely people working and selling their treats.

ORGANIC FARMING

Hoi An is home to a large organic farming village called "Tra Que". In this village, they offered many traditional Vietnamese cooking classes, a chance to try farming techniques that have been used in that village



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for hundreds of years, and most importantly, visitors could meet and ride the local water bison.

COOKING CLASSES

As Southeast Asia, and especially Vietnam become more popular tourist destinations, a new industry has emerged from the desire of many tourists to not just "buy local products" but to "have local experience". In Hoi An, in the last 15 years, easily booked cooking courses have become a fixture on every street block. The most popular ones are offered by the infamous "Ms. Vy", a local chef who helped re-build Hoi An's economy after the war. I spent a day in one of her cooking classes and learned how to make peanut sauces, my own rice paper, spring rolls, soups, and other traditional Vietnamese delicacies. I still have the cookbook I received at the end of our lesson, and I truly believe learning skills and recipes I can take home with me and incorporate into my everyday life are the best souvenirs I could bring home.

TAILORING AND HABERDASHERY

Hoi An is home to one of the largest Tailoring villages in the world. The historic district is laden with



shops selling every kind of dress, suit, coat and bag one could possibly design themselves. The best part is that each item, once ordered, will be made specifically to fit the customer's body, in just a day's time. I visited three different shops in Hoi An and had some simple sundresses made. Great care was taken in getting correct measurements and a proper fit, and I'm sure they will be cherished, and well worn for years to come. In some of the higher end shops, the customer can even choose the quality and content of fabrics, linings and bias tapes used in garment construction.

After weeks spent in all sorts of exotic locations like Phuket, Thailand, and Bali Island, Vietnam has been one of the most pleasant surprises. While I expected delicious food, and a "tropical atmosphere", more than anything, I fell in love with the people. I hadn't yet visited a tourist hotspot where I felt genuinely accepted and thoroughly welcomed by the warm smiles and gentle curiosity of just about everyone I met. The visuals were stunning, the food was fantastic, but the people of Vietnam won my heart. I'll be going back soon.

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Over 2000 avid bikers celebrate the 6th India H.O.G. Rally

Harley-Davidson India hosted its 6th annual India H.O.G.® Rally in Goa from February 1-3, 2018 with a bigger celebration to mark 115 years of the brand. More than 2000 H.O.G.® members rode into the Goa from across 30 Chapters for the largest Motor Cycle Event of the Year.

Over three days the event saw live performances by popular local band Raagas 2 Riches along with a mashup by Valentine Shipley on acoustics and Rap-star Amandeep. The affair concluded on a high note with a scintillating performance by the timeless Lucky Ali adding to the commemorative spirit of the brand's milestone 115th year.

On the occasion of the 6th edition of the India H.O.G.® Rally, Peter Mackenzie, Managing

Director, Harley-Davidson India & China, said, "Popularly known as H.O.G.®, the Harley Owners Group is the world's original social network with over a million members worldwide. H.O.G.® plays a pivotal role in fueling Harley-Davidson's lifestyle and culture in India. The enthusiastic participation is a testimony to the brand's influence in the motorcycle community in India. The camaraderie among the riders celebrating their passion for motorcycling and love for Harley-Davidson is inspiring for us to continue hosting bigger and better rallies."

In customary annual tradition, H.O.G.® members displayed customized motorcycles stamped with their individual style at the Custom Bike Contest. The unique personalized representation of the 48



custom Harley-Davidson won Adil Dumasia an opportunity to visit the 78th Annual 2018 Sturgis Rally in South Dakota, USA, a mecca for motorcycle lovers.

The 6th India H.O.G.® Rally also welcomed the 'Dragon Chapter' Bhutan whose members rode to Goa to be a part of their first India H.O.G.® Rally. The India H.O.G.® Rally has been an

important platform to honor the members and their astounding achievements on the road. Apart from the annual Big 5 (the Big 5 medal commends riders on their passion and spirit for attending all the 5 H.O.G.® rallies held in the year) and Triple 5 (Medals presented to riders who have done three consecutive Big 5's) felicitations, 62

H.O.G.® members who traversed the length and breadth of 21 states across the country within a span of 365 days, were acknowledged with the 21/365 pin and patch. For the first time ever a new recognition called CLUB 100 was awarded to members who have completed over 100,000 KM on their Harley-Davidson Motorcycles.

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