

The Neutral View

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Regional Plan 2021 Revival

Is Goa heading for
another protest??



PG 10

Getting ready to
Beat the Heat

GOA GIRL
NASEMA
AREWALE TO
REPRESENT INDIA
AT MISS ECO
INTERNATIONAL
2018 PAGEANT IN
EGYPT

PG 14



Mixed Fruit Juice

INGREDIENTS

- 1 cup green grapes
- 2 tablespoon lemon juice
- 1/8 teaspoon ginger
- 1 pinch salt
- 2 sprigs Mint Leaves
- 1 orange
- 1 tablespoon Honey
- 1/2 cup Water
- 1 mango
- 1/2 cup Ice cubes

METHOD

- Step 1
Clean the grapes. Peel and deseed the orange.
- Step 2
Mix grapes, lemon juice, orange, grated ginger, chilled water and salt. In a blender, blend together all ingredients.
- Step 3
Strain with a not-too-fine strainer. Pout into glass, and mix honey.
- Step 4
Stir it well. Garnish it with chopped mangoes, ice cubes and mint leaves. Serve chilled.



Orange Squash

INGREDIENTS

- Orange juice 2 1/4 cups
- Sugar 2 1/2 cups
- Citric acid 3 teaspoons
- Orange colour 1 teaspoon
- Orange essence 1 teaspoon
- Potassium metabisulfite (KMS) 1/2 teaspoon

METHOD

- Boil together sugar, two cups of water and citric acid till all the sugar has dissolved.
- Line a strainer with a muslin cloth and keep it over a bowl.
- Pour the sugar syrup into the strainer and strain.
- Add orange juice and cool. Add colour and essence and mix well.
- Dissolve the KMS in a little water and add to the squash. Pour into bottles and store.



Fruit Salad with Ice cream

INGREDIENTS

- 1 Apple
- 1 Pineapple small
- 1 cup Grapes (Green and black seedless)
- 2 Banana
- 1 Mango
- 3 tbsps Lime juice
- 6 tbsps Sugar
- Ice cream
- Cherry
- Cashew nuts
- Jam Mixed fruit

METHOD

- Cut all fruits into small cubes.
- Add lime juice and sugar into it. Mix it well and refrigerate for 20 minutes.
- Take ice cream bowl. Add some jam into it then add fruit mix on top of it add some more jam
- Then place 2 scoops of ice cream. Top of it add crushed cashew nuts and cherry for garnish.

When Sankhalim MLA used to travel by bus to the assembly

RUPESH SAMANT

The MLA of Sankhalim, which was then Pale constituency, used to travel in a bus to reach to Panaji during Assembly sessions.

He used to stand up and travel if there were no seats available. I am not bluffing! Seriously I am not bluffing! And I am also not talking about Pramod Sawant.

During a usual social function in the village of Honda, which is on the periphery of Sattari and Bicholim taluka, I came across a frail personality interacting with the people around. He was humble. Dressed in a shirt and pant which is ubiquitous to every alternate aged person in the village.

Meet our former legislator of Sankhalim constituency, Vishnu Rama Naik. For some time, I was searching a person in sparkling white dress, expensive coolers and attitude in the crowd. But at the first glance, the personality of Naik made me utter respectful towards him.

There was no aura of being the former MLA, though he was one amongst the legislators who has seen the changing of face of Goa's politics. He has seen the time when politicians used to change political parties, similar to that of changing their shirts.

The political career of Naik started in the year 1972 when he was elected as the Sarpanch of Sankhalim Panchayat, which is now a municipality. He remained in the chair till 1982.

It was a time when Goa's politics was into a transition. MGP which ruled the State from 1963 onwards had started withering away. The firm grip of the party on Goa's politics was loosening. It was a period after death of Goa's first Chief Minister Dayanand Bandodkar.

His daughter Shashikala was not able to wield the kind of political command and respect that her late father had enjoyed. The stalwarts like Pratapsinh Raoji Rane who began their career in MGP had started looking at Congress for their political future.

It was a time when Congress emerged as a political force to reckon with in the tiny State of Goa, which saw regional parties ruling it.

Naik got elected on MGP ticket in the year 1980 in the 30 member legislative assembly which had 28 seats of Goa and two of Daman and



Living a retired life right now at his home at Harvalem in Sankhalim, Naik recalls the olden times when they used to travel by bus to reach to the Assembly Session. "It was a normal sight to see MLA travelling in a bus. The life was easy then," he remembers getting nostalgic about the times when Sankhalim was a village.

Diu each. That was the first time since liberation that MGP went into opposition and Congress was ruling with Rane as its Chief Minister.

With the MGP losing its hold, the political class thought it was wise to cross over to Congress party so as to keep their future afloat. Naik recalls the time when he had an option to support Dr. Wilfred D'Souza from

United Goans or Rane from Congress.

"I chose Rane because he is our neighbour and he was from our area. Had I to support Dr. Willy, people would have revolted against me," said Naik who later went on to Head Goa Housing Board Corporation.

It was during his tenure that he procured lands in the areas of Sankhalim, Bicholim, Mapusa, Betim and Margao. "I did not want people to lose their fortune in the name of Housing Board projects. So, I had put up a condition that Board will directly purchase the lands from the owners and not through the government," Naik stated.

The land prices that time in Goa were minimal. The lands were purchased for the cost as meagre as Rs. Seven per square metres.

Naik, who then owned five buses and equal number of trucks, recalls

that he fought his entire election by spending Rs.1.20 lakh. "I invested entire money from my savings. I did not take a single paisa from the party. That was a time when people were not greedy. You didn't had to buy the votes," he said.

After his first tenure, Naik hung his shoes. When asked why; he replies- "I am not a politician. I was not willing to do the circus that everyone used to do. So I decided not to contest," he said.

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[The writer is a senior journalist]

HOPING MANOHAR PARRIKAR TO COME BACK SOON

It is certainly high time that the state government should come clear how long Chief Minister Manohar Parrikar will be out of the State for his treatment.

Though there is no two-ways in wishing a speedy recovery for the Chief minister, the state also can't be left headless for a long time especially when it is going through a crisis situation, and no solution is in sight for many of the issues.

It was unfortunate and sad that Parrikar had to leave the State at the time when it is going through an unprecedented crisis affecting the livelihood of many of the citizens.

The mining industry had faced unexpected closure due to the order of the Supreme Court on February 7, which quashed 88 mining leases. When this happened, almost two lakh people were looking at Parrikar with much expectation. I still remember talking to him during a press conference and he had assured that the SC order would be cushioned with several measures that the State government is intending to take up.

Mining was one of the issues that needed the Chief minister to intervene personally. If not Parrikar, then any other Chief minister should have been there because it is a position that command more powers compared to other ministers in the cabinet.

The situation would have been smoother with Parrikar in the chair as he was the mines minister and also had law portfolio with him, both of whom are required to find out the solution for the problem.

It was unexpected that Parrikar would fall sick and remain away for such a long duration.

There are several other aspects regarding the governing of the State that has been suppressed in the absence of Parrikar. The Budget for the Financial Year 2018-19 is tabled but the expectations from it are yet to

be fulfilled.

The state was seeking solutions to several of its problems through this budget and Parrikar was expected to announce some of the really populist schemes as a part of it. The pleasant surprise factor from the budget was missing.

The government, which was formed with many of promises of Goenkarponn, was also expected to bring smiles on several fronts through the presentation of Budget.

The Budget Session was much awaited by the population but Parrikar's absence forced to curtail it.

And then the way Parrikar arrived to present the budget looked like 'he is back.' We saluted his courage to come out from the hospital bed and present the budget, showing a real statesmanship. However, our happiness did not last long as his health continued making problems.

At present, Parrikar is not in the country since March first week and entire affairs of the State are handled by Cabinet Advisory Committee. The committee has restricted power, and it does not enjoy the strength of the Chief minister.

The state is seriously missing Manohar Parrikar and his acumen to rule. We don't want to undermine the efforts of Sudin Dhavalikar, Vijai Sardesai and Francis D'Souza, but they can't be a match to Parrikar as they are not the Chief minister.

Vijai Sardesai is trying to make a difference in governance for the sake of government and for the sake of his Goa Forward Party. Nevertheless, that is not enough. We need the Chief minister.

There is no clarity on how long Parrikar will remain away from the State. The recent announcement states that he will be back next month. But the same announcement was made last month, and he did not turn up in April.

There are several administrative decisions that have been hanging in the balance due to the absence of Parrikar. The Investment Promotion Board, which had set on some ambitious targets for itself during the current tenure, is left headless. Without Chief minister, who is the chairman, the investment promotion board cannot clear the proposals.

So the investment in the state has boiled down to zero in the absence of Parrikar.

The industrial growth at this point of time was required as people are left jobless due to closure of the mining industry. The job opportunities need to be created. The State government's job sector has been saturated. There are no more jobs created and in absence of Finance Minister, who is Parrikar, they cannot be created.

The facts that I am putting across through this editorial may be indigestible for many. But let me say, we are not speaking against Parrikar but want that the State should run smoothly. Also, we wish he could come back with revived health tomorrow itself and take over the reigns of the state. But that does not seem to be happening.

So in these circumstances, the State government should either give a clear idea of when will he exactly come back or find out a proper stop-gap arrangement in the form of a new face.

If there are any fears that the coalition partners like Goa Forward Party or Maharashtrawadi Gomantak Party will withdraw the support to the government if Parrikar is asked to step aside for some time, then they could be assured that he will be back once his health permits. That should be purely a stop-gap arrangement, as we need a Chief minister who can take the decision and responsibility surrounding it.

The state is going through a weird phase where Congress is no more an opposition. It has turned into a party, which is fighting amongst itself and could not decide who should be their state chief. The party has gone into hibernation, which is not good for its political health.

In such a situation, there is no watchdog, which can actually keep a check on the functioning of the government, which is without a Chief minister.

Leader of Opposition Chandrakant Kavlekar has become synonym with three monkeys of Gandhiji, and he has a reason to be so. Congress is going nowhere in the state though it has few of the most experienced lawmakers.

To sum, at first, we expect that Chief minister will be back soon with the revived health and if he is taking time, we hope that some person would be appointed in his position who will take care of the State till Parrikar is back.



There is something special about me!

SINI FERNANDES

2nd April is internationally recognized as World Autism Day. As we talk about autistic children, we also have to look around to the other children with special needs who are termed as intellectually disabled in psychology. We have come a long way from calling them 'mad' 'crazy' and 'mentally retarded' and it is indeed a big and much needed change.

There have been research papers published and scientific discoveries done but what is really needed is a change in people's perspective. As Aditi Phaldesai, incharge of Lokvishwas Pratisthan, a special school in Cancona says "We do not want people to look at our students/other children as 'Special children' rather we want people to perceive them as children with special needs", why Aditi says this is because, the minute people look at them as 'Special children', they pour out unwanted sympathy and pity towards them, something that actually harms a child's growth. As Aditi further adds on, "Giving a chocolate to a 15 year old intellectually disabled child and then unwrapping the chocolate thinking that the child won't be able to do so is in a way undermining the child's ability. They need age appropriate behaviour and most importantly equal respect".

Which brings us to the second and the most crucial factor, 'respect'. Isn't that something that we all seek out? Don't we say that respect is much more important than mere love? Then why make a difference when it comes to those children? Yes, they are different but they are humans first. They have much more harder life than us and they do make little accomplishments which are a bigger stepping-stones for them, their parents and their teachers. Respect them and you will see them grow. Wherever it might be, in bus, in market, in library, just look at them and talk to them with respect. That's all they need.

Parents play a major part in children's lives. When it comes to children with special needs, parenting is much more difficult and stressful. People say that parents should just accept the fact that they have a special child and walk along



but put yourself in their place and think about it. Is it easy? And as an outsider, is your pity or taunts going to help their journey? As Aditi says, 'all they need is a simple understanding and a little help.'

This reminds me of one incident, I was teaching a group of migrant children under one company's project last year. We had our classes on the ground nearby to their houses and teaching them was really an enriching experience. All students were really keen on studying except for one. He was really notorious and even though he was 12 years old, he did not know basic alphabets or numbers. As I paid more attention to him, I realized that he was intellectually disabled and other children made fun of him because of

When it comes to being a special education teacher, it is a much bigger responsibility. You have to be truly passionate about this field. Aditi further on adds that, "you should be in this field by choice and not by chance", that sums up everything.

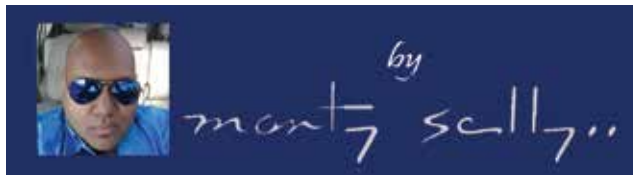
that. Nobody looked at the fact that beneath that exterior of notoriousness, he was a really kind hearted child. As I talked with his parents, I realized their pain; their neighbours called him mad and because of that, the other children

did the same. This was not just their situation. This can be seen in every strata of the society. Don't they deserve a normal level of understanding? A slightly better behaviour?

When it comes to being a special education teacher, it is a much bigger responsibility. You have to be truly passionate about this field. Aditi further on adds that, "you should be in this field by choice and not by chance", that sums up everything. When you teach a child, you are taking a responsibility of making him/her a good person and a good citizen as whole and it is true not just for special education teachers but also for regular teachers. You have to be a dedicated teacher.

Home and school is not the only limited area for children with special needs and it should not be. Aditi said that many children opted not coming to school when there was no school bus because they were literally humiliated in public transports. Remember, even your look says a lot. It is our responsibility to make them feel safe and respected. It is our responsibility to reach out to their parents through small gestures so that they know that we do understand them. The world does not run on sympathy, if there is something that can truly connect us, it is empathy alone.

[Freelance writer]



When senior police officers have brush with the law in Goa

TEAM TNV

Goa has had some of the most controversial IPS officers in the recent past. In what could be a coincidence or an irony, these officers invite trouble for themselves during their posting in the susegado State, and it's a record till date that all of them have gone scot-free.

To begin with the list is the then Chief of the anti-narcotics cell Veenu Bansal, whose transfer from Goa was amidst serious allegations against him. Way back in 2010, Bansal was instrumental in arresting Israeli drug dealer David Driham alias Dudu from Anjuna in what was termed as a major success. Soon thereafter, another Israeli drug dealer Yaniv Benaim alias Atala was caught on camera confessing police-politician-drug mafia nexus.

The IPS officer became the toast of Goa Police for 'taking on' the powerful Israeli drug mafia. But these arrests ruffled the feathers of the police and the political establishment.

His name hit controversy after one of his subordinates in the ANC sub-inspector Sunil Guddler, was caught in a sting operation conducted by Dudu's kin wherein the latter claimed that he paid hafta (protection money) from drug peddlers to his superior officer. Bansal had refused to make any comment even as deposition of the drug peddlers and over a dozen policemen – accused in the case – hinted at Bansal's involvement into demanding and accepting bribe.

While several policemen were suspended and arrested within a span of 3-4 months after the expose, Bansal once again slipped into controversy as he was seen angling with friends aboard a marine police patrolling boat belonging to the marine police. A photograph published in a newspaper had shown Bansal's guests wearing life jackets meant for Goa's coastal security police force.

These two issues were enough for this officer to allegedly seek a transfer from the Ministry of Home Affairs, which was approved and he was shunted to Arunachal Pradesh. The then State government did not take time to relieve him from Goa Police. However, even after over eight years of the drug nexus expose, the investigating team of Goa Police failed to summon him for



questioning.

Insiders claim that Bansal pushed him then ANC team into trouble and he easily walked out of it without any action. Only time will tell whether the officer would ever be called for interrogation into the serious offense.

While the police department had still not come out of this controversy, another officer – this time a Goan officer promoted to IPS-rank Atmaram Deshpande was entangled into an alleged scam. During his then tenure as superintendent of police of the Valpoi police training school, Deshpande, it is learnt had swindled a large amount of money. The anti-corruption branch, after much hullabaloo in the State had initiated an inquiry also as a complaint was filed by NGO Generation Next for Goa, who demanded immediate inquiry into rampant corruption and illegal activities into the process of purchasing kit articles, law books/stationary items, electrical works and civil work done by the PWD at the PTS, Valpoi.

Deshpande was promoted to PS rank in the AGMUT-cadre in November 2011. Interestingly, while he had managed to stall his transfer in 2012 to Mizoram, in the very same pace he got an urgent transfer to the very same state after the issue snowballed into huge controversy in 2015. As the Goan lad conveniently moved out of Goa Police, over four years after ditching his first IPS posting in Mizoram; this corruption case is out of mind too as sadly, the ACB's report to the government cited lack of evidence against him.

The story of controversial IPS officers in Goa does not end here and this time it involves inspector general of police

and deputy inspector general of police.

The 1992-batch IPS officer Sunil Garg's transfer from Goa Police was also amidst allegations of corruption leveled by a local businessman. Posted to Goa in September 2014, he was transferred to Delhi in October 2016.

What's interesting is that the officer undertook various initiatives to make Goa Police public friendly and launched a Senior Citizen Helpline, dedicated e-mail for women complainants, women's helpdesk in all police stations, held regular public meetings, started an anti-corruption helpline and upgraded the forensic science laboratory, and police website etc. In just a year of his posting he had received the highest awards for the police – President's medal for various challenging tasks taken in his career.

Munnalal Halwai had spilled the beans when he recorded a conversation between him and the IPS officer that had the latter demanding bribe for registering a cheating case. Halwai alleged that the officer demanded and accepted Rs. 5.5 lakh to register a FIR at Ponda Police Station and had submitted an audio recording of the conversation between Garg and Halwai in the office of IGP at Police Headquarters. He had approached Panaji JMFC to direct ACB to register an FIR against Garg in September 2016, as no action was forthcoming. Halwai, later approached the High Court as the Special Court even a year later had not decided on the matter, whereas the HC in December 2017 asked the Special Court Panaji to decide upon the petition filed under section 156 (3) related to bribery cases against Garg in eight weeks.

Following the HC directions an order was issued by JMFC to register the FIR, which has been challenged by Garg and is currently pending before the HC.

As the hearing is underway, then DIG Vimal Gupta was embroiled in a bribery allegations, this time to give a clean chit to a lady officer facing departmental inquiry. Among all the IPS officers facing allegations of corruption, only Gupta approached the court for anticipatory bail, which was granted. This corruption allegation came along with another IPS officer dragged into bribery charge by a Nigerian.

In a span of just 16 months of his posting in Goa, SP Special Branch Devesh Kumar Mahla was shunted to Mizoram whereas Gupta who was relieved by Goa government last December following allegations of bribery and awaiting posting, is transferred to Andaman & Nicobar Island. Both the orders had come in February 2018.

Both IPS officers of 2012 and 2003 batch respectively were facing allegations of corruption in different cases. Mahla, who was transferred to different units within the Goa Police Department during this period, was accused by a Nigerian of extortion and Gupta was charged with accepting bribe from a lady PSI Devyani Naik and constable to give her clean chit in a disciplinary enquiry. Although both have nearly come out clean in separate inquiries; Gupta approached the local court seeking anticipatory bail that was granted.

Mahla, who was last serving in Delhi Police, was initially transferred to Arunachal Pradesh in May 2016 but the MHA modified its order transferring him to Goa in October 2016. On the other hand, Gupta too didn't complete his three years in the State as his relieving order from Goa Police came following allegations of corruption. Chief Minister Manohar Parrikar had hinted at the IPS officer's role in the bribery case saying it was not the state government but joint cadres authority to take action into the allegation. Gupta was thus only relieved than facing suspension or police complaint.

An FIR against Gupta, PSI Naik (suspended), her husband and constable Chetan Morajkar are registered but the IPS officer has challenged the FIR against him in the high court.

New academic year set to start in two months; can we expect MoI panel to submit its report???

TEAM TNV

The new Academic Year is all set to knock the door from June 4. But the Government constituted panel on the Medium of Instruction (MOI) issue, is yet to submit its report. Moreover, there is no clarity as by when the panel is expected to submit its crucial findings, which could help the State government in zeroing upon the MOI policy for the students at the elementary education.

The then Laxmikant Parsekar led government has in July 2016 constituted a 17-member advisory committee in July 2016 headed by Prof. Bhaskar Nayak for wider consultation and facilitation to the government to decide on the contentious MOI issue. The committee, which was initially granted 120 days to submit its report, however, 21 months down the line, is yet to draft its report, turning out the entire exercise as mere eye wash ahead of 2017 State Assembly.

The panel - which managed to get five extensions to submit its report till December 2017- held as many as 15 meetings across the State with schools PTAs, pro-Konkani and Marathi language supporters and those in favour of English as MOI.

"We are in the process of submitting the report," Nayak told TNV without elaborating anything further.

The delay in submission of the report on the contentious issue of whether state grants to the 127 primary schools that recently converted to English medium should continue, goes on to vindicate the stand of the two parties involved in the MoI debate. The Forum for Rights of Children to Education (FORCE) and Bharatiya Bhasha Suraksha Manch (BBSM) had already "rejected" the committee when it was formed calling it delaying tactics on the part of the government to decide on the issue.

Also, being a coalition Government, BJP will have to ensure that it does not hurt its allies, who are divided on the issue. The



Maharashtrawadi Gomantak Party (MGP), which contested against BJP in alliance with anti-English medium school crusaders- the Bharatiya Bhasha Suraksha Manch (BBSM) formed Goa Suraksha Manch (GSM)- who are strongly demanding that the grants to English medium schools be withdrawn.

On the other hand, the Goa Forward Party (GFP) believes that the Parents should be given the choice to decide on MOI for its child.

Above all, if sources are to be believed, the Government panel received poor response to its every consultation held.

The medium of instruction (MOI) of a child at the elementary education is a contentious issue- not of ethnic but of religious identity in Goa. The issue that played a crucial role in 2012

assembly election to ensure, then Congress government's humiliating defeat, lost out its priority during the 2017 assembly elections- even as the rebel RSS group backed Goa Suraksha Manch (GSM) made its best possible attempt to woo voters.

Chief Minister Manohar Parrikar on the Floor of the House during the Monsoon session ruled out to make any change in the Government's Grant-in-aid scheme (medium of instruction) for the schools.

"There will be no change in grant in aid policy," Chief Minister said even as the legislators both from ruling and opposition benches demanded that the choice of medium of instruction should be given to the parents.

The MOI policy, drafted in February 2014, which was incorporated into

Goa School Education (amendment) Bill 2014, was referred to the Legislative Assembly's select committee headed by then Chief Minister Manohar Parrikar in August 2014 after MLAs raised certain issues about the bill.

However, with the new State Assembly being formed, all its previous committees

stands automatically dissolved and policies and bills before those committees stand lapsed. So is in case of MOI policy.

Sources at the State Assembly confirms that government will have to draft a new policy as the earlier State assembly failed to pass the policy to be incorporated as Bill, thereby standing it lapsed. "Once the new state assembly is elected, all its past committees automatically get dissolved and the pending bills or policies before it stand lapsed," sources said.

If one remembers, the Parrikar led then cabinet in January 2014 drafted the State MOI Policy, continuing grants to 136 English medium primary schools - the ones which were allocated grants by then Congress government. At the same time, it said that all the primary and secondary school where the medium of education is not in Marathi or Konkani, will have to teach one subject compulsory in Konkani or Marathi till standard X to get grants and recognition from the government.

It had granted powers to the government to withdraw grants and recognition to those schools which did not teach in the mother tongue, and said that those managements found to have criminal background or involved in any criminal case would be taken over and run by an administrator.

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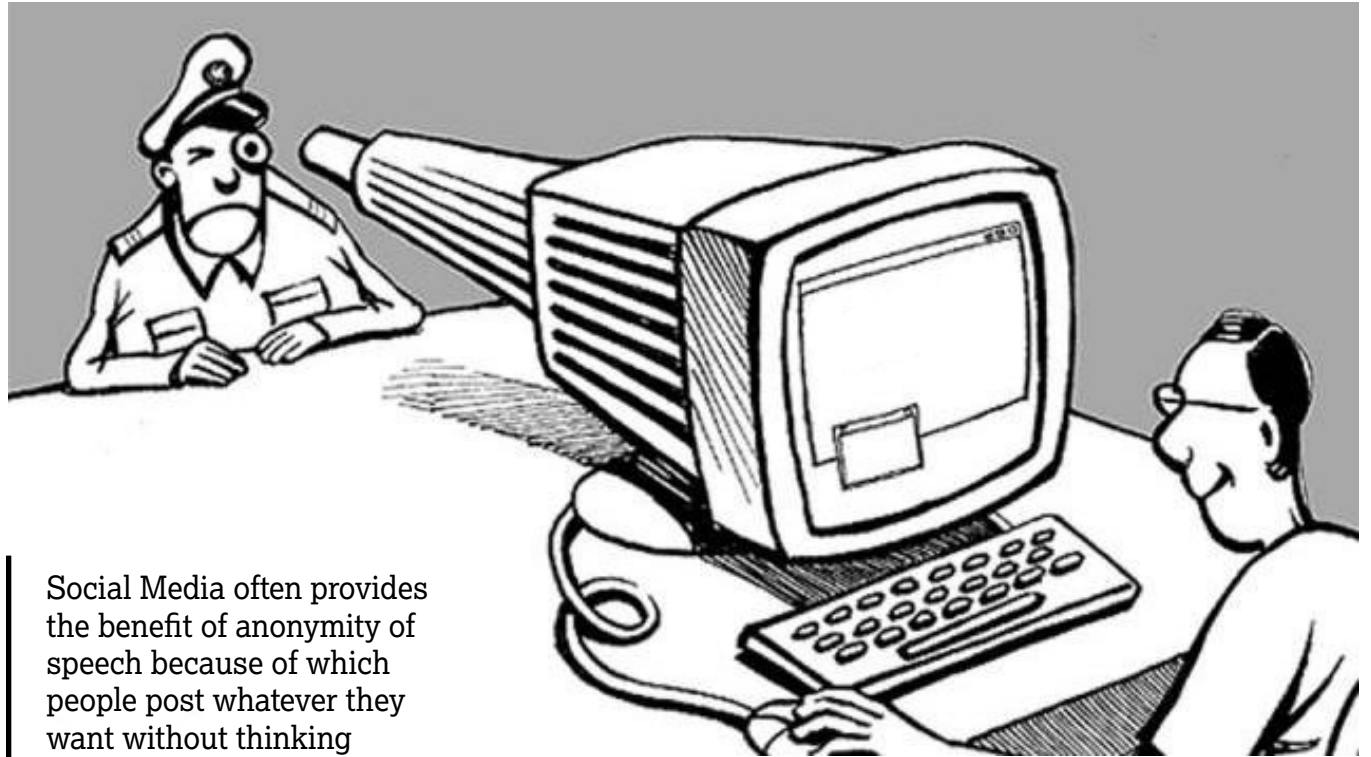
Regulation on Social Media

RAJSANKAR JAYAKUMAR

Social Media is a collection of online communication channels dedicated to community-based input, interaction, content-sharing and collaboration. Websites and applications that are dedicated to forums, micro-blogging, social networking, social curation and wikis are amongst the different types of social media. Social media involves technologies that enhance activities such as transmission of information, opinions, career interests and other forms of expression through virtual communities and networks. Social media services have some common features such as they are based on interactive Web 2.0 internet-based applications, they have user-generated content like text posts or comments, digital photos, videos, etc., they are designed and maintained by a social media organisation where users create service-specific profiles for the website or app and they facilitate the development of online social networks by connecting a user's profile with those of other individuals or groups.

Social Media has many uses. Social Media helps in expressing views in open discussion platforms, it provides world wide connectivity, it provides information on various aspects such as jobs, business, women empowerment etc., it also enables free advertising of different things, knowledge sharing and business networking and also it increases the speed of news cycle. FACEBOOK, INSTAGRAM, WHATSAPP, GOOGLE+, TWITTER, LINKEDIN, etc. are some of the most popular social media platforms in the world today.

Social Media is a free and open platform for expressing views and opinions over a wide range of topics. Social Media is being widely used by people for expressing their opinions and views and such views and opinions would be ideally protected as a fundamental right to freedom of speech and expression. Freedom of speech and expression is a natural right, inherent in the status of a citizen and a human being. It includes the right to speak and to express one's opinions by words of mouth, writing, printing, pictures or in any other manner. Therefore, it includes



Social Media often provides the benefit of anonymity of speech because of which people post whatever they want without thinking about the consequences of such postings. Therefore, there is a need for the regulation of social media by ban of posting of such illegal and offensive content and also access to such content by people.

expression of opinions via social media as well. However, this freedom is not absolute. It is subject to reasonable restrictions such as morality, public peace and order etc.

The words used in social media by people for expressing their voice can often take illegal, offensive, disparaging, inflammatory and even defamatory forms that can be very harmful to the society. Moreover, social media has expanded the definition of the word "speech" to include visual interpretations, artistic forms and symbolic speech as well. Social Media often provides the benefit of anonymity of speech because of which people post whatever they want without thinking about the consequences of such postings. Therefore, there is a need for the regulation of social media by ban of posting of such illegal and offensive content and also access to such content by people. By regulation,

social media and internet can make world a better place by becoming tools of development than destruction.

In India, the Information Technology Act, enacted in 2000, regulates, controls and deals with issues related to the information technology. The IT Act mainly deals with subjects such as legal recognition of digital signatures, legal recognition of electronic documents and offences, contraventions and justice dispensation systems for cyber crimes. The IT Act was amended in 2008 to include section 66-A because section 66 was found to be insufficient to handle all the issues of the internet by itself.

Following are certain offenses related to social media:

- (i) Posting of defamatory comment or material against someone and even liking or sharing of such comment.
- (ii) Posting of defamatory material or comment against someone.
- (iii) Posting or selling pornographic material on the internet.
- (iv) Posting secret information, documents of Government, photographs of prohibited places.
- (v) Posting of copied material on the internet.

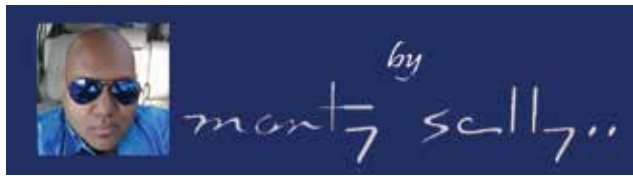
Section 66 of the IT Act proved to be insufficient because it was restricted only to hacking because of which

problems like illegal emails, messages and campaigns on social media like FACEBOOK and Twitter could not be combated. However, the new Section 66-A clearly restricts transmission, posting of messages, emails, comments etc., which can be offensive and unwarranted. The offending message can be in the form of text, image, audio, video or any other electronic record which is capable of being transmitted. Therefore, it has made the IT act more purposeful and effective in curbing the misuse of social media in any form.

Conclusion

Following are certain do's and don'ts to be followed related to social media:

1. Unknown people should not be made friends.
2. Seemingly offensive comments should not be shared or liked.
3. Offensive material should not be posted or shared even against known person.
4. No link should be shared with porn sites or no porn materials must be liked.
5. Copied material must not be posted without lawful cause because it might be violation of the Copyright Act.



Survival of the Fittest

TEAM TNV

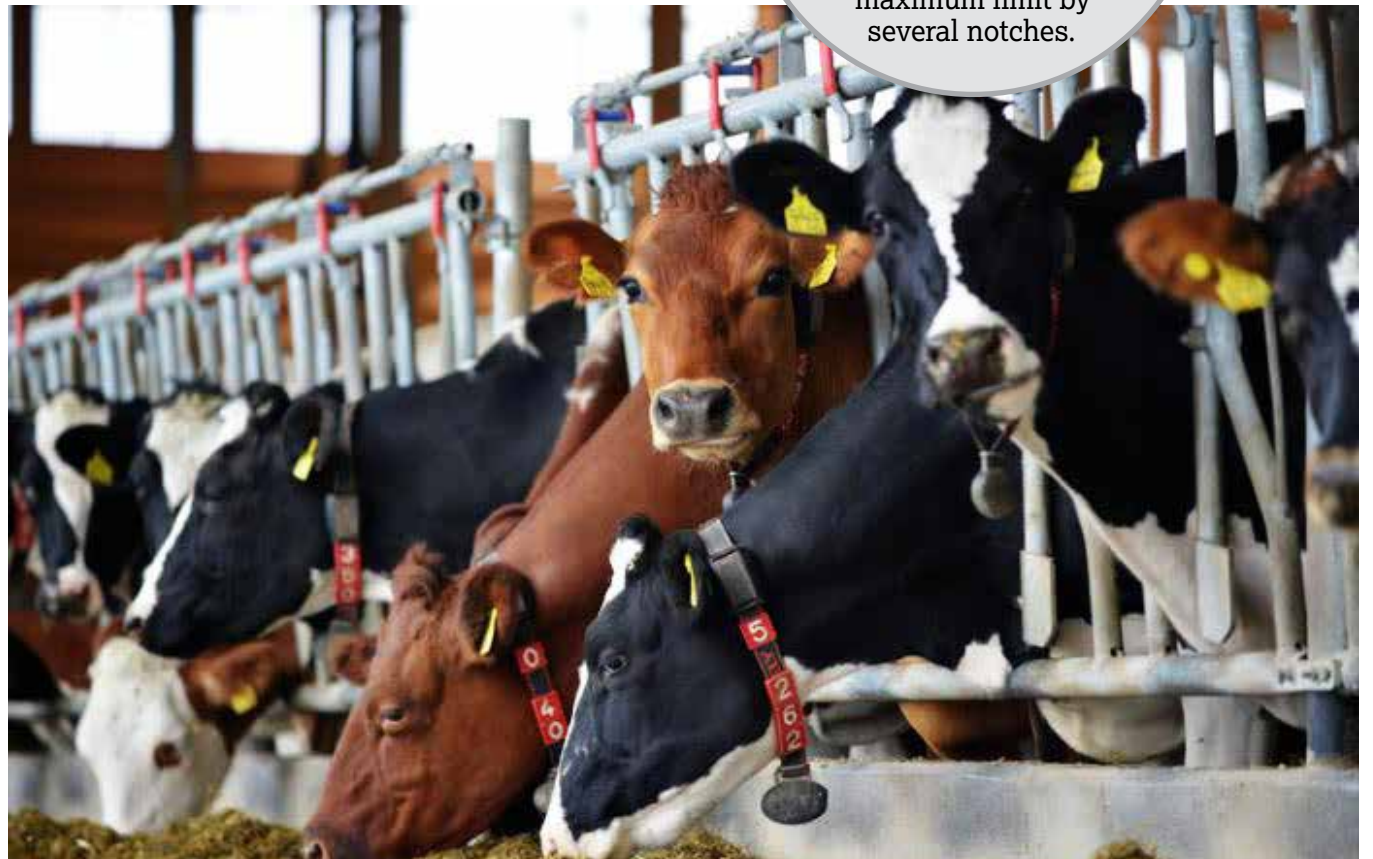
Nature is the powerhouse and it has a very crucial balance, a complex food web and a hierarchy of energy levels. Every element, biotic as well as abiotic, are interdependent and has a defined purpose to serve. All the environmental threats that our planet is marred with can be routed to an imbalance of this flamboyant force and this complex interaction.

We humans, homo sapiens, are indisputably at the top of the food chain. But does that mean we are blessed to eat every animal enslaved in our food web just because they can't put up a good fight? Or should we go by the logic of the vegetarian's, that every animal has a natural wish to live?

Food habits are a personal choice, and anyone is free to feed on anything that's within the ambit of the law. The vegetarian's do have a moral point but what about the plants? They too have a life, if no emotions; albeit only until some pharmacognocist proves otherwise. Chasing that logic, if humans forego eating meat, it may trigger a population explosion and these animals who in the current scenario are already under cared for will run haywire and devour all the pastures, triggering a global catastrophe. Therefore it is wise not to rationalize either of them, rather let each one do thier part in establishing a state of equilibrium on our planet, in a sustainable manner; not to mention. Hence both these factions are vital, it is a crucial balance, remember?

While we are at it, eating all the delicious tubers, veggies and meat there is, it calls for a sustainable production as well as consumption. While over use of agri land, storage of grains, hoarding et al may be kept as a fodder for thought for a latter day, I will focus on meat consumption and slaughtering.

When we devour the steak without batting an eyelid, ignoring the process that gets that meat on the table, the regulatory bodies are busy honing their negligence skills. We the consumers need to introspect, and the authorities need to ensure, a painless and dignified



death to all the animals, either bred for the purpose of slaughter or sold to a butcher after its udder has run dry.

The social media is rife with videos which pan the inhumane brutality inflicted upon these animals; ghastly and atrocious acts. The ordeal begins late night when the cattle is loaded into trucks, cramped amongst several others, exceeding the mandatory maximum limit by several notches. They are fed before being loaded, seldom not, as they have to be alive at delivery. Most of the travel is at night to avoid gathering attention from authorities or animal sentinels like PETA.

The social media is rife with videos which pan the inhumane brutality inflicted upon these animals; ghastly and atrocious acts. The ordeal begins late night when the cattle is loaded into trucks, cramped amongst several others, exceeding the mandatory maximum limit by several notches.

Upon arrival at the slaughterhouse, they are again cramped in unhygienic and filthy sheds, left waiting for their turn to be ruthlessly killed. Various methods are used to silence their deafening cries for mercy; mostly beaten with a hammer, right at the forehead, to paralyze them, and while they are aground, the throat is slit when still alive, but incapacitated and left to bleed to death. Animals are even skinned before their last breath, especially in leather industries to prevent damage to skin which may occur while killing.

Prevention of Cruelty to Animals (PCA) Act, 1960, Transport Rules, 1978, Slaughterhouse Rules, 2001, and various high court and Supreme Court orders has not really helped in rectifying the possible feeling of impunity enjoyed by these butcher's. Although, Article 48 of the Constitution of India does exhort the State to prohibit the slaughter of cows, calves and other milch and draught cattle, it is placed in the DPSP and hence non-enforceable in court. At the same time, the Constitution has demarcated the

powers between the State and Centre with respect to cattle. The power to make laws on "preservation, protection and improvement of stock" is within the exclusive domain of the state legislature. It is under this entry (Entry 15) that the various cattle slaughter laws have been made by the states. The precise reason why the centre's decision in 2017 for a Pan India slaughter ban, using the powers vested under the PCA act 1960 didn't hold ground in the SC.

Various remedies can be formulated to ensure safe and ethical practices, but let the onus of promulgating that be on our able and dynamic civil servants. The nation's hopes and the animal's right to a dignified life and painless death lie on the shoulders of the steel frame of India. A lot has to be done to ensure ethical treatment to animals meant for slaughter and a spark needs to be ignited, not amongst the authorities, but amongst us, the layman. This spark will turn into a wild fire that will prod the authorities to act, and bring winds of change.

So have we started the fire? Yes, the fire rises!

GOA GIRL NASEEMA AREWALE TO REPRESENT INDIA AT MISS ECO INTERNATIONAL 2018 PAGEANT IN EGYPT THANKS TO RUBARU

TEAM TNV

Naseema Arewale from Goa is all set to represent India at this year's Miss Eco International competition to take place from April 10, 2018 to April 28, 2018 in the beautiful country of Egypt. The grand finale of this well-established international pageant is scheduled to take place on April 27, 2018 at the Cairo Opera House in Cairo, Egypt. Naseema Arewale was crowned Rubaru Miss India Elite – Eco International 2018 that gave her the rights to represent India at the Miss Eco International 2018 competition.

Naseema hails from the very beautiful Indian state of Goa. She is a model and marketing executive by profession. She completed her schooling from Don Bosco School in Panaji and graduated with a degree in commerce from the St Aloysius International University. This 22 year-old extremely beautiful Indian diva stands 5 foot and 9 inches tall and has brown eyes. She can speak four languages that include Hindi, English, Konkani and Arabic. She is regarded as one of the most beautiful female models from Goa.

The Rubaru Miss India Elite pageant is a national beauty pageant in India. The pageant is produced by Rubaru Group. The Rubaru Group is an NGO and talent promoting group based in the Northern part of India. It is regarded as one of the most successful pageant organizations in India. The organization is the producer of five beauty pageants and modelling contests that include the Rubaru Mister India pageant, one of the oldest and most celebrated pageants for men

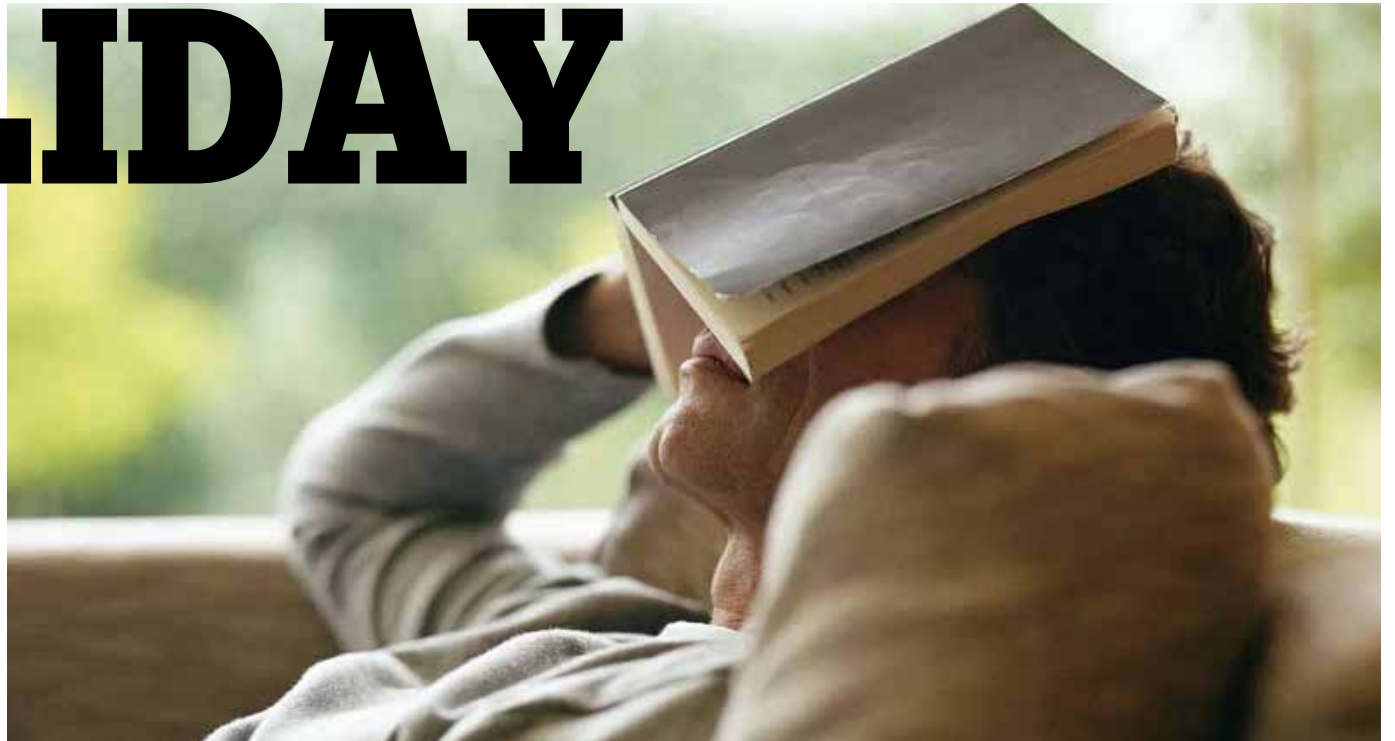
in Asia; Miss Supermodel Worldwide, the very first international modelling competition for women based in India; Mister Model Worldwide, the first ever international modelling competition for men based in India; Rubaru Mr and Miss Junior India, a talent and fashion event for kids and the Rubaru Miss India Elite pageant. The Rubaru Miss India Elite pageant was created by Rubaru Group in the year 2004 and since then the pageant has produced various beauty queens who have brought laurels and pride to the nation.

India has been participating in Miss Eco International since 2016, starting with Sophia Singh, Rubaru Miss India Elite 2015. The Miss Eco International pageant is an international fashion and eco-tourism event. It was created by Dr. Amaal Rezk in the year 2015. The pageant is supported by the government of Egypt and the United Nations and it aims to promote Eco – Tourism and works for various environmental causes. This year more than 60 international delegates from all over the world will be travelling to Egypt to take part in this international fashion and environmental event. They will take part in a series of fashion and social events and attend numerous workshops and sessions regarding eco-tourism and various other environmental causes. At the conclusion of the event at the grand finale on April 27, 2018 at the Cairo Opera House, the best performing delegate will be proclaimed as the winner of Miss Eco International 2018 competition. She will get various prizes and awards and will work with organizers and the United Nations as an environment ambassador.



HOLIDAY

DEPRESSION



KIRK DUARTE

Definition:

Feeling of sadness, loneliness, depression and even anxiety in and around the holiday season.

The holiday blues or holiday depression may occur during any holiday or vacation time, but most commonly happens during the December holidays when everyone else in the world seems to be celebrating.

The blues can result from a mismatch between high expectations for the perfect holiday mixed with memories of holidays past, loved ones no longer present and the reality of the current holiday.

Examples:

Holiday pressures can be the thief of joy and satisfaction that practically everyone will add to their debts. There is often unexpected inconvenience, merging with crowds of aggressive shoppers, waiting in line for a child's desired toy, or feeling frustrated that the instructions for assembling a toy seem written in an unfamiliar language. Rushing too many responsibilities and

hassles can come like furies around holiday times.

During a season like Christmas, one might feel unusually saddened remembering people you lost whom you loved. Statistically, more than 25 percent of losses occur during this season of the year, and the anniversary of such losses can kindle a profound sense of sadness, and in some instances, a downward spiral of depression.

Also, when it is fun to be around classmates in college or school and an unexpected holiday suddenly strikes the week, this too could be a cause of holiday depression as is faced by many students.

Tips to prevent holiday stress and depression

When stress is at its peak, it's hard to stop and regroup. Try to prevent stress and depression in the first place, especially if the holidays have taken an emotional toll on you in the past.

1. Acknowledge your feelings: If someone close to you has recently died or you can't be with your loved ones, realize that it's normal to feel sadness and grief. It's OK to take

time to cry or express your feelings. You can't force yourself to be happy just because it's the holiday season.

2. Reach out: If you feel lonely or isolated, seek out community, religious or other social events. They can offer support and companionship. Volunteering your time to help others also is a good way to lift your spirits and broaden your friendships.

3. Be realistic: The holidays does not have to be perfect or just like the last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones. For example, if your adult children can't come to your house, find new ways to celebrate together, such as sharing pictures, emails or videos.

4. Set aside differences: Try to accept family members and friends as they are, even if they don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion. And be understanding if others get upset or distressed when something goes awry. Chances are they're feeling the effects of holiday stress and depression too.

5. Stick to a budget: Before you go gift and food shopping, decide how much money you can afford to spend. Then stick to your budget. Don't try to buy happiness with an avalanche of gifts. Try these alternatives; Donate to a charity in someone's name, give homemade gifts or start a family gift exchange.

6. Plan ahead: Set aside specific days for shopping, baking, visiting friends and other activities. Plan your menus and then make your

shopping list. That'll help prevent last minute scrambling to buy forgotten ingredients. And make sure to line up help for party prep and cleanup.

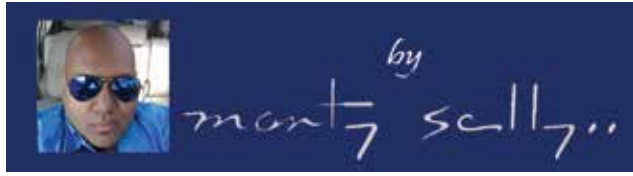
7. Learn to say no: Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity. If it's not possible to say no when your boss asks you to work overtime, try to remove something else from your agenda to make up for the lost time.

8. Don't abandon healthy habits: Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so that you don't go overboard on sweets, cheese or drinks. Continue to get plenty of sleep and physical activity.

9. Take a breather: Make some time for yourself. Spending just 15 minutes alone, without distractions may refresh you enough to handle everything you need to do. Take a walk at night and stargaze. Listen to soothing music. Find something that reduces stress by clearing your mind, slowing your breathing and restoring inner calm.

10. Seek professional help if you need it: Despite your best efforts, you may find yourself feeling persistently sad or anxious, plagued by physical complaints, unable to sleep, irritable and hopeless and unable to face routine chores. If these feelings last for a while, talk to your doctor or seek a mental health professional.

[The writer is a HR Executive in a private firm.]



Whenever you listen to your heart, success comes from within.. Kiran Dubey

GUNWANTI PARASTE

Actress Kiran Dubey, who started her career with serials like "Saas bhi Kabhi Bahu Thi" and "Kahaani Ghar-Ghar Ki", is now busy shooting for his forthcoming film "Love Temple" in Goa. After completing her studies from Pune's Fergusson College, Kiran Dubey may have joined the film industry but her love for Pune has never been done, therefore, she is always connected with Pune from her heart. Dubey helps the farmers of surrounding villages of Pune through social work and performs social work for orphans. Kiran Dubey shared a few moments related to her career and life in a special conversation with the representative of The Neutral view.

Your film Love Temple shooting is going on in Goa, tell me something about this?

Love Temple in Goa is present on Arambol Beach, this is a very beautiful place. And as the theme of our film is linked to spirituality, so we thought of shooting this movie at Love Temple located on Arambol Beach, Goa. We thought of making a movie related to spirituality. Every person is connected to the ideal in his life, whether it is linked to nature or through meditation, everybody wants to get peace through spirituality in their life and hence people from all over the world come to Meditation and peace on the Arambol beach of Goa, our film is also somewhere. Somewhere related to Spirituality.

Tell us something about the story of this movie?

The story of this movie is based on a girl, who is feud with her boyfriend and his heartbreaks, which makes her very unhappy and wants to end her life. But at such a time, she needs a support, when she comes to Goa's Love Temple, there are many changes in her life and she learns to live a new life. The film's story shows how we try to find happiness in others, what should we do to get real happiness? After watching this movie, the audience will learn a lot and it will be quite fun too.

The reason for signing this film was, how did the proposal for this movie come to you?

I came as a guest at the Love Temple place. Initially, I liked this place very much; there is no smoking place here, this place is quite good for vegetarian food and meditation. After a while, it occurred to me that when we can make various films just for entertainment, we can also make more films that are

realistic and related to life, that such films should be made. Everyone wants love and peace in their life. Through this film, we want to show people how to maintain balance in life and inspire life itself by living it fully. That is the very reason, we decided to make short films on Love Temple and shooting our film was a very good experience in Goa.

Tell some of your experiences about Goa?

Goa is my favorite place in the entire world. In the world, I have seen many shores on the banks of the river but there is no glimpse of Goa's Arambol beach, where people from all parts of the world come here for meditation and yoga, this place is quite creative so you will not see very thick people in this place. You may see people working here for their minds with their bodies. The body and the mind are no different from each other; they are but shadows of each other. I am coming to Goa since 2004. A different spiritual feeling is felt on the Arambol beach of Goa, I like Goa so much that I want to build my house in Goa, I like the culture of Goa quite well.

Tell us something about your Hollywood career?

I have worked in the movie "Where is She Now" in America. Which we shot in 10 countries, I was the actor and co-producer of the film. I also got the



Best Actor Award at the Hollywood International Film Festival in Los Angeles. I have worked in various big serials namely, "Saas Bhi kabhi Bahu Thi" and "kahani ghar ghar ki", but I'm now getting creative satisfaction in my life. I am quite happy with my career as an actor.

Tell us something about your career fluctuations?

I have seen a lot of ups and downs in my life and career. I never wanted to be a part of the crowd but sometimes regardless of our choice, we have to work, we have to sacrifice a lot in our work and life. I have always learned from the ups and downs of my life and career to listen to my heart and I do always listen to my heart. Whenever

you listen to your heart, success comes from within.

Do you miss to work in the theater?

I have worked with Alok Ulfat in Mumbai in the theater, I did not do much work in the theater, I always wanted to work in front of the camera, and so I do not miss the theater more.

Tell us something about your next project?

I'm working in a web series, whose name is "Where We Are Now", it's an American web series, along with that I am also working on Struggles Actor in Mumbai, many people in Mumbai worked in the film world come on in search and how to struggle.

[Freelance writer]

HOROSCOPE

ARIES

(Mar. 21- April 20)

Uncertainties regarding relatives will make situations uncomfortable if you attend a family function. Travel will be fun and entertaining.



TAURUS

(Apr. 21- may 21)

You may have difficulty trying to get your mate to understand your position. You will meet some interesting people if you attend promotional functions.



GEMINI

(May 22-June 21)

You will be looking for creative ways to make a little extra cash. Your flair for dramatic appeal will unleash itself at social functions.



CANCER

(June 22-July 22)

Depression may be likely if you're away from home. Partnerships with creative people could lead to financial gains.

LEO

(July 23-Aug 22)

Take special care in any home improvement project you work on this week, you'll be glad you did. Make alternate plans just in case you need to make a career shift.



VIRGO

(Aug. 23 -Sept. 23)

Be careful what you consume this week. Be inquisitive about unfamiliar circumstances. Problems with ear, nose, or the throat are likely.



SCORPIO

(Oct. 24 - Nov. 22)

Don't give your heart too readily. Your creative input will be appreciated by your boss. You can make personal changes that will enhance your appearance and bring about greater social activity.



LIBRA

(Sept. 24 -Oct. 23)

You will have original ideas for ways to make extra money. Hard work will not go unnoticed. Mishaps due to preoccupation will be upsetting.

CAPRICORN

(Dec 22.- Jan. 20)

Your stubbornness coupled with your mate's jealousy don't make for a favorable time. Be careful what you consume this week. To avoid any minor health problems, don't get too stressed.



AQUARIUS

(Jan. 21 -Feb. 19)

Your lover may feel rejected. Money problems will get worse if your partner hasn't been playing by the rules. You won't have much time for your mate this week. Compromising could be on the agenda this week.



SAGITTARIUS

(Nov. 23 -Dec. 21)

You will be extremely sensual; take precautions and don't take any risks. Be very careful while in transit or while traveling in foreign countries. There is not much you can do to alleviate the problem.

PISCES

(Feb. 20-Mar. 20)

You may want to get involved in some kind of creative group. Most partner problems are a result of both people not living up to their promises. Be careful not to misplace your wallet or belongings.





Getting ready to Beat the Heat

CHARLENE FARRELL

The summer break is the most anticipated break for children and teachers all over the country. Every year, these two sections of society wait with bated breath to usher in the holy grail of the education system..... the summer holidays. Being a teacher, I catch the envy in many a voice when they ask about my summer vacations. Children all over use this time to have an all-out blast. For the rest of the population, (the parents especially) this is an extremely crazy time. A lot of households today have both parents going out to work. Not everyone is lucky enough to have their vacations coincide with their children and so it turns into a time of panic. Parents have no idea how to occupy their young and sometimes kids spend their whole vacation doing nothing productive.

The great part about this day and age is that a number of people have started

taking this into consideration and have begun organising summer camps. Now, choosing the one that's best for you is also very important. Make sure that the camp you choose caters to the needs of your child and therefore, it is best if you share the literature you have about the camp with them and then decide on what suites them the best. Second, speak to the camp organisers and clarify all doubts. Make sure the camp trainers know what they are doing. The goal should be making the time worth it. Another thing, parents need to ensure is that their children stay in touch with their books. Very often, we find that when the child comes back to school after the long break, they tend to forget most of what is required for them to take them forward in class. Making sure they do a little academic work during the holidays is always a great idea and takes the stress off of them later. Creating a time during the day for leisure and not stressing on too much work but giving them fun learning experiences will create a great opportunity for a balanced holiday. Seeking out camps that also focus a lot

on life skills will help in this regard too.

Of course, this is also a great chance to get your children to learn during trips away from home. Ensuring quality time, family trips teach a child more than they can ever learn from a book in a classroom. Taking them out during the weekends or when you as parents have a day off is all you need, if longer breaks are not possible. Making sure that these small trips are child friendly and educational. It is important as these are lessons your kids will keep with them for a lifetime. It really doesn't matter how much time you get to spend with your child, what matters is the quality of that time. This country and yes this state, has more than enough culture, architecture and fun to go around, as long as you plan your trips keeping everything in mind and dedicate the entire time to them. We often do these trips out of obligations, but the beauty of all experience is that you can learn something more yourself and when you learn along with your children, there is absolutely nothing in this world that could measure up to that experience.

Another thing to keep in mind is keep yourselves healthy. As we know,

the summers are getting much more intense than they have ever been. Very often, when we are having fun, we tend to neglect some very basic health requirements. Keep yourselves hydrated and have plenty of water at hand. Make sure you take advantage of nature's beauty and keep the fruit intake going. Clothes that are made for the season will definitely trump fashion and make sure you are set for the summers with proper protection from the sun. Make your checklists before stepping out and check them twice.

And finally, have a great time with family and friends and take full advantage of the gift of time you have been given. Being part of the technological age, it is very easy for us to occupy our time with all the technology that surrounds us. There is absolutely no substitute for quality time spent with people. So leave those pesky phones on silent and live in the moment. Leave behind all the stress and hit the road. Be safe, be prepared and let this be a fruitful summer. Get set, get ready and beat the heat.

[The writer is counsellor by profession]



It's high time, the officials as well as citizens should understand the nuances of continuing plastic usage in this way and take necessary action to reduce plastic usage by individual as well as communal efforts. Businesses should take wise decisions of not promoting plastic bags in their shopping malls and super markets. Government should also play a key role in curbing plastic pollution. Western countries have Package Free Grocery Stores, may be its time we have one in Vizag too.

Man Made Island

The 196th country

VIVEK RATHOD

We have discovered a new island - a floating island in the Pacific Ocean that has formed in the recent 5-6 decades. A lush and colorful island, amidst vast sea. The island is double the size of Andhra Pradesh, Karnataka, Tamil Nadu and Kerala put together. Though a floating island, this island remains more or less in its present location only - thanks to the ocean currents that keep it as it is at its location. The island doesn't have too many visitors, except a few biologists, researchers and scientists. This island has recently been in the news as people wanted to get it recognized as a new country. There are campaigns on Change.org and a few websites to make it a new country.

People have even come up with new currency and passport designs for this island. But the unique thing about the island is that the average elevation of the island is just a few inches. Referring to this issue, Climate Reality Leader and Founder President, MEECONS's S. Ravi Kanth Reddy says "We are in a scenario where low lying island countries like Karibati are buying land in neighboring countries to ensure that their citizens have a place to live when their motherland gets underwater because of global sea level rise - which is a result of

human induced climate change. But in case of this island which is just a few inches in height, people are wanting it to be called a new country and want to become citizens of it too - strange...!" Mr. Ravi Kanth himself has shared the Trash Isles Currency Designs and Passport Designs with his friends, and some of them enquired about this also.

Even more amazing fact is that the former Vice President of USA, 2007, a Nobel Peace Prize Winner and Climate Change activist Al Gore himself wants this island to get recognition as a country. Indeed he wants to become the First Citizen of this Island. He and few of his friends have submitted an application in September 2017 along with 10 lakh signatures from people across the world, to get this Island a recognition of a country. If at all this happens, it would be the 196th country of this world. Seeing Al Gore in fore front, Climate Leaders across the world are posting pictures of the

proposed Island Nation Passport and Currencies on Social Media. They proposed the name Trash Isles to this island. Do you get any clue from the name? Yes, it is an island made of the trash we dump into the oceans. The island is a Garbage Patch that keeps floating in the Pacific Ocean. The primary component of this island is plastic - the plastic that we have been dumping into our water bodies from years. All of it is accumulating to specific places across the world through ocean currents.

"We have Six Garbage Patches across the world, of which the Pacific Garbage Patch is the largest, and hence is also called The Great Pacific Garbage Patch. All this activity of Al Gore and others to get this island recognized as a country is to highlight the plastic pollution issue, to bring to the notice of the people how serious is the plastic issue. Apart from forming these islands in oceans, plastic kills millions of marine life

forms including fishes, turtles, sea lions, whales, birds. It kills terrestrial animals including birds and cows. The plastic material and the chemicals it is made up of mimic female hormones, thus act as endocrine disruptors - affecting the reproductive system of those who are exposed to these chemicals. Some plastics like the popular Styrofoam cups (the white cups given by the Chaatwaalas) are made up of Polystyrene - a carcinogen (cancer causing). Imagine the harm you are doing to yourself by eating things in such cups. Furthermore, we think Plastic decomposes completely, yes it does but it just decomposes into finer plastic dust which remains so on Earth forever. All of us should make a note of all these things and make sure our plastic consumption is reduced considerably. Administration and Civic Bodies across the world should take measures to curb plastic usage in as many forms as possible. If a third world country like Rwanda bans plastic at the country level, why can't we do it at least at our city level?" adds Ravi Kanth.

It's high time, the officials as well as citizens should understand the nuances of continuing plastic usage in this way and take necessary action to reduce plastic usage by individual as well as communal efforts. Businesses should take wise decisions of not promoting plastic bags in their shopping malls and super markets. Government should also play a key role in curbing plastic pollution. Western countries have Package Free Grocery Stores, may be its time we have one in Vizag too.

[Freelance writer]



REGIONAL PLAN 2021 REVIVAL

Is goa heading for another protest??

TEAN TNV

Nearly six years after, it was kept in abeyance on grounds to rectify the land use plan, the controversial Regional Plan 2021 (RP21), is being revived by the BJP-led coalition government in its original format. The move, difficult to be digested for the social activists and NGOs, considering that the same BJP government in its earlier tenure had announced to scrap the plan is facing stiff opposition across cross section of society.

The demand to scrap the RP21 has once again raised its ugly head, with several Non-Government Organizations (NGOs) joining hands against the Government decision, which is alleged to be an attempt to legalize all the illegal conversions and encourage further conversions. Moreover, Goa today witnesses more and more PDAs with outline development plans (ODPs) being drafted bypassing the concept of One State, One Plan. Rampant conversions, developments are hallmarks of these planned processes hence have set the benchmark for anti-RP21 protest. Minister of Town and Country Planning (TCP), Vijay Sardessai through an order issued on March 28 revived the RP 21 allowing construction activities, on case to case basis, on the lands notified as settlement, commercial, institutional and industrial zones. It has prohibited development in eco-sensitive areas like low-lying paddy field, water bodies, khazan land, flood-prone areas, lands having slopes with over 25 percent inclination, and forest lands, including private forests. The land falling in the buffer zone of wildlife sanctuaries and those in the Coastal Regulation Zone (CRZ) cannot be developed without the prior permission of Forest department even if they fall under the settlement or developable zones. The department will now constitute a five-member technical expert committee to recommend to the government the projects with built up area of above 2000 sq. mts for approval under the RP 21.

Speaking to TNV about government decision to revive the plan, Sardessai said the developmental activities



Brief History of Goa's Regional Plan

- 1998 - Govt. mooted proposal for drafting the first RP 2001.
- 2001 - the plan was notified and widely accepted by the people.
- August 2006 - the RP 2011 was notified; but was not implemented due to strong protest from the people.
- January 2007 - RP 2011 was de-notified.
- October 2007 - CM led a task force formed to draft RP 21.
- October-Nov 2011- RP21 was notified in phase manner for eleven talukas.
- March 2012 - BJP govt. announced to scrap the plan and draft a new plan.
- June 2012 - Order issued to keep the plan in abeyance; open ups 2001 plan.
- December 2016 - committee under TCP Minister formed to rectify the RP21.
- December 2017 – three taluka plan rectified; but not notified.
- June 2017 - new Govt. announces to draft RP2030.
- March 2018 - RP21 plan revived.

would be allowed case-wise after following a proper procedure. "The government has been toying with the idea of rectification of the Regional Plan for Goa 2021 for quite some time. Permissions were being granted only for lands, which are falling under settlement or developable zones. Due to confusion and anarchy, illegal developments and fragmentation of orchard lands and other agricultural lands were on the rise," Minister said while justifying the decision to revive the RP 2021. Sardessai is on record to state that almost one crore of orchard and agriculture land has been illegally converted in the State over last few years.

All thanks to the previous Manohar Parrikar led BJP government that kept the plan in abeyance through an administrative order in June 2012, thereby opening up a 2001 land use plan. In October 2007, the then Congress government initiated a process to draft RP 21 and constituted a task force under town planner Edgar Ribeiro. The RP 21 was drafted by committees loaded with bureaucrats and architects. The plan notified in December 2011, saw activists and stakeholders criticizing it as an error-ridden plan. Though, use of improved mapping techniques and demarcation of ecologically sensitive zones in the plan was highly appreciated, the arbitrary increase in settlement and industrial zones not shown at the draft stage. This, as well as hotel projects in green areas, and omission of cultivable areas and water bodies irked activists. The protest came as an added advantage for the BJP just ahead of 2012 polls.

The saffron party went to the people promising to scrap the plan and it did worked out. The party formed the Government with historic majority. Soon after taking over, then Chief Minister Manohar Parrikar, through a notification issued on June 4, 2012, set aside 2012 plan and RP 2001 plan was used as a reference plan. After initially announcing to scrap the RP21 way back in 2012, the successive BJP government in a complete U-turn has gone back to the plan that has irked

many. "BJP fooled people and painted congress black in 2012. I had said it in the past and the BJP's decision to revive RP21 has proved that the plan drafted by my Government was perfect but needed some corrections. Despite all that BJP provoked anti-RP wave against us," former Congress Chief Minister Digamber Kamat said.

The then TCP Minister said that his government was ready to undertake the corrections but unfortunately the election code came into force halting the entire exercise. "Post elections our government was thrown out by the people by supporting BJP. Six years down the line, these people feel cheated by the BJP specially after reviving the plan and hence there is a protest", Kamat said. The process to draw up RP with a long-term perspective was initiated in 1997-1998. A draft RP 2011 was notified in August 2006. This plan sparked off extensive protests led by Goa Bachao Abhiyan - which managed to get it scrapped in 2007. This resulted in notification of RP 2021 by November 2011- which too was mired in controversy. In a major public meeting held at Azad maidan on April 6, attended by

over 2000 people across state, have demanded scrapping of RP21 by drafting a new State plan with people's participation and also scrapping of Planning and Development Areas (PDAs) terming them

unconstitutional. Goa Bachao Abhiyan (GBA), that spearheaded the protest against the Regional Plan way back in 2006, wants the government to implement 73rd and 74th amendment of the Constitution, which has granted powers to the people to decide on the planning in their respective villages. GBA has threatened that it will not allow any planning to take shape at the State or regional level unless the Constitutional amendments are imposed. In 1992 and 1993, the Government of India amended the Constitution to give the power to the people to plan their own development. This is done by the 73rd & 74th amendments, which are laid down as article 243G & 243W with Eleventh and Twelfth Schedules



defining exactly the scope of planning. While the Panchayati Raj Act has been amended in 1994 to conform to the Constitution, the Municipalities Act, 1968 has not been updated accordingly. "People have no power in planning their own villages or own area. Why should government plan for the people without taking them into confidence," asks Sabina Martins, Goa Bachao Abhiyan (GBA) convener.

She said that no one will protest against Government's planning process, if it implements the Constitutional amendments and give people the power and equal participation in the planning process. "We guarantee that," she commented. But what is interesting is that after initially demanding that the RP

21 be implemented in partial, the GBA now wants that government should draft a new plan- one State one Plan. "The time has come that the Government should go for One State One Plan idea rather than multiple plans. RP 21 needs to be de-notified and a new plan should be drafted," she demanded.

The protestors from North to South have come out

demanding scrapping of RP 21. This has irked Minister, who expressed his unhappiness in the manner the protest is taking shape against his decision. "When we kept the plan in abeyance, we were accused of bypassing RP and granting permissions. Activists and NGOs were demanding that permissions should be based on RP 21, as the entire plan was not bad. And now, when we are doing that, people are still opposing," he said. "I am confused as what exactly people want? I would request them to come forward and help the Government in planning process. I am ready to take their views," Sardessai said.

Government will soon initiate a process to draft RP2030. The step-by-step process of development starts with the Regional Plan, which outlines the broad vision of a planned development, followed by the ODP, which outlines the salient features or principles of a course action prior to the initiation of detailed planning. And that should be followed by a Comprehensive Development Plan (CDP), which goes into micro planning of each land area and the specific development within that area.

In Harmony with Life

SANGITA SHARMA

Many married women these days are taking upon themselves larger roles than before and are successfully pursuing their careers, professions, interests and passions. Marriage seems to be no hindrance in the way of what they wish to pursue. With supportive spouses and families, married women are being able to live their dreams while maintaining a perfect balance between the homefront and the workplace. They are truly living a life 'in harmony' with their inner aspirations and 'dear ones'.

HARSHADA KERKAR, a graduate from SNTD College at Churchgate, Mumbai is an artist with an illustrious career in fine arts. Specialising and having worked in the medium of charcoal and dry pastels for years, she has many exhibitions and awards to her credit. Highly dedicated to her work, she has silently carved out a place of her own in the art circles of not only Goa but in India and abroad. She has been the recipient of gold medal for sketching at the J.J. School of Arts (1977). She has been awarded by the Bombay Art Society, Art Society of India and Goa State Art. Besides, she has been awarded by AIFACS and Women Achievers Orchid Award. Her solo shows include ones at Casa Goa, Portugal (2003), Kerkar Art Complex Calangute (2007), Lalit Kala Academy, Delhi (2001), Taj Holiday Village, Fort Aguada Beach resort and many other places. Being a part of group exhibitions, her work has been showcased along with renowned artists of India and other countries. Group shows include ones at Gallerie Nvya - Delhi, Gallery Beyond - Mumbai, Niv Art Centre - Delhi, Casa Goa - Portugal, Artist Centre - Mumbai, United Art Fair at Pragati Maidan - Delhi curated by Johnny ML in 2002, Menezes Braganza Hall - Panjim, thrice at Kala Academy - Panjim, Ruchika Art Gallery - Miramar, Gallery Gitanjali, Fontainhas Festival of Arts - Panjim and at Chitrakala Parishat - Bangalore. She has attended numerous art camps and residency programmes where interacting with other artists has always been an evolving and enriching experience. 'Harshada Art Gallery' started by her in 2003, has conducted over hundred art exhibitions of prominent as well as lesser known but highly talented artists. Harshada teaches art to less privileged children, whenever possible. She is also involved in women empowerment programmes

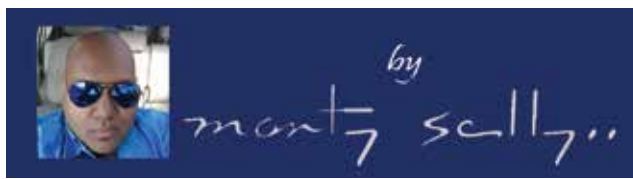


and exhibitions. She has a keen interest in environment and her initiative along with a group of children to make and promote eco-friendly 'Narkasur' has been lauded by one and all. Her husband Late Satish Sonak, a Lawyer and a Social Activist always supported Harshada in following her heart. The 'harmony within' is certainly evident in her beautiful art work.



AVIDA SWAMINATHAN, an Iranian married to an Indian has made Goa her home. Avid born and brought up in Tehran, Iran is a Bachelor of Fine Arts (in Persian Handicraft) and has specialised in Persian miniature paintings. She started her career as a freelance carpet designer for silk carpet manufacturers and was an art consultant for a computer programming company. She has also taught in vocational schools

for seven years. Married to Ganesh Swaminathan, a bank manager, changed the course of Avid's life as she left her home country to live in India. Her passion for art continued and she resumed her career as a designer with a leading carpet manufacturing company in Mumbai for three years. Destiny had other plans for her. During her stay at Mumbai, she met up with some enthusiastic women at their porcelain painting exhibitions and Avid switched over from carpet designing to porcelain painting. She has successfully exhibited her work twice in Mumbai and at Goa Art & Literary Fest (GALF) at International Centre, Goa (ICG). She aims to make porcelain art popular in India by highlighting its technical aspects as many consider it merely as a hobby. Goa is home to some beautiful tile work, inspired by the Portuguese style and work of the great artist Mario Miranda. Avid intends to promote and popularise her Persian style of tile work in Goa and as such has named her signature style as 'Persian Garden'. Avid is blessed with a beautiful daughter who is in the seventh grade. She is home schooled and Avid manages her routine with ease. She intends to build a confident young lady out of her daughter and so focuses on what she wishes to pursue in the future. Avid is supported in all her endeavours by her family. Her singularly beautiful and awe inspiring art work is a testimony that she is truly 'in harmony' with all that she does.



IRA PREM, the lady behind 'Dramapur Adventures' conducts bicycle tours in South Goa. Ira has done her Masters in Economics from Pune University and in Public Policy from the University of Massachusetts. She has worked in the area of environmental policy and economic research for ten years and is currently a consultant for a Mumbai based firm. In 2017, Ira moved to Goa along with her family and started the 'Dramapur Adventures', with the intent of keeping alive the spirit of adventure not only within her but also others. The half day cycle tours are conducted in South Goa. Premium geared bicycles and helmets are provided to the guests. The cycle trips are through the villages of Salcete to Cabo-de-Rama Fort and to the spice plantations in Netravali. At the end of the cycle rides, a hearty Goan meal is provided to the cyclists. Her role is one of accompanying guests on cycling tours, managing booking and marketing. Ira's husband Nipun gives her complete support. Having a Masters degree from Delhi University in Economics and a MBA (Finance) from the University of Iowa, he has worked in investment banking in the area of equity and macro marketing strategy for a number of years. A Hatha Yoga and Pranayam practitioner, he has blended his interests, work and adventure activities along with that of his wife to create an interesting life for his family. Their five year old son Malhar who is presently in Kindergarten is the CFO (Chief Fun Officer) of Dramapur Adventures. As Ira and her family savours the delights Goa has to offer, theirs is a life of fun and adventure. Away from the concrete jungles of big cities, they are in harmony with nature.



VISHAKHA is a lady with great grit and determination. She has taken upon herself the daunting task of running a restaurant which by no means is an easy job. Even though, it has been a very short while now, her restaurant 'Highway Kitchen' near Dabolim Airport is doing very well, serving delicious food. She does not have any previous experience in the restraint business but has worked for a couple of years in the travel industry. The key to her success is her tenacious and confident nature and a sound business instinct. Handling a staff of around eighteen people and her little daughter, she has a challenging routine from morning till late at night. Her husband Piyush is a pillar of strength for her in all that she aspires. Vishakha intends to diversify her venture further by starting a catering service for marriage and birthday parties as well as provide school meals. While Vishakha intends to make a success of all that she does, it is her 'inner harmony' that sees her through her hectic routine.



#IPL... the fever this season

SAIDUTT KAMAT

Cricketdnaiplis not only about cricket and entertainment but it is also about something more and most of the time we can witness thrilling contest between the two sides.

But, what can you expect more when the opening match itself starts with thrilling contest and that too amongst Arch Rivalries?

Yes, I am talking about Chennai SuperKings and Mumbai Indians, which are two most successful sides of IPL till date with Mumbai winning 3 titles and Super Kings emerging winners for 2 times but this year's story was emotional one for CSK and its fans as they returned after long wait of two years.

It was grand opening day of VIVO IPL 2018 and the Match started after grand opening ceremony at Wankhede stadium, Mumbai. CSK captain MS Dhoni won the toss and put MI into bat first. It was very slow start for Mumbai after losing early important wickets but Ishan Kishan and Suryakumar Yadav helped their



side to post 165 runs on Board.

It was not looking huge total for Mumbai at Wankhede stadium as sometimes even 200 is not safe score to defend on that surface but their bowlers had some other plans in the mind as they successfully picked up

early wickets in quick succession before Dwayne Bravo's spectacular 68(30) runs, which took team in, yellow home by just 1

Wicket. It was welcome return for CSK as they emerged winners in absolutely thrilling contest and that too in a very first match of the tournament against defending champions.

With this, it was once again a poor start of the tournament for Rohit Sharma and boys because even if they have managed to win the title in recent years, they always failed to register win in their first match of IPL. It doesn't matter if you win or lose in the first game in such a tournament but Mumbai Indians will definitely like to work on a good start.

On the other hand side, between these two arch-rivalries, MSD's CSK emerged as the winner in an important opening contest and once again gave a clean signal of their strong power within. Whistlepodu#bestvsbest #vivoipl

[Sports writer and commentator]

I Faced Gender Bias at home too: Sania Mirza

TEAM TNV

Ace Tennis player Sania Mirza, who faced a lot of flak for the length of her skirt during a match, has revealed it was not only in the society but also at home that she had to go through the gender bias.

The 31-year-old Hyderabad-based player handled the situation in the same way like she fights for it now and has she even raised her voice when her relatives pointed their fingers for being parents of the two daughters.

"We are family of two girls and we have never ever felt that, Oh! I wish we had a brother. I had fight with my own aunts and uncles who talk about it. When they come up and say you should have a son. For us, it was, daughters are daughters and child is a child and it has nothing to be like wanting a son. Also, I have not changed my surname. Lot of arguments that goes around with the demand of having son is that the family name goes ahead. But I have not changed my name, my name is still Sania Mirza and it is going to remain Sania Mirza and the family name is going to go forward," she said while addressing the Goa Fest 2018.

Sania, who is married to Pakistani



cricketer, said the couple even wishes to have a baby daughter in the future and the child will use the surname of both the parents.

"Today I will tell you a secret. My husband and I have spoken about it and we have decided that whenever we have a child, the child will be named as Mirza Malik and not just Malik. So that's where we stand as a family including my husband. He actually wants a daughter," she added.

Talking about the gender pay disparity, which also exists in Sports, she said the mindset needs to be changed towards the female players.

"It is a bit of a myth that the inequality or parity factor is just in this part of the world. It is across the world. In the world we still get the prize money at grand slam but we still need to justify why we get that much prize money. We have to justify why we should get equal prize money. But the question is why we should not, so that is something, which I stand for here. We are doing better as a country that we have started addressing these issues. We have understood that these things are there and we are aware about it. But every now and then you have someone making a statement and which will blow your mind."

Goa fest: guess what Sidharth Malhotra says, 'he looks an average'

TEAM TNV

Hindi Actor Sidharth Malhotra says that he does not consider himself as more than an average looking guy and there is nothing exceptional in the way he looks.

The 33-year-old 'Student Of The Year' star was here today to participate in the ongoing 'Goa Fest 2018', a congregation of advertising and marketing professionals.

Responding to a question on how does he go beyond his good looks as an actor, Malhotra said he does not think that the good looks are handicapped.

"I think people love to see good faces on the screen. I don't consider myself as more than an average looking guy," he said.

The actor who is known for his movies like 'Kapoor & Sons' said, "I don't believe that there is

something exceptional in the way I look."

Malhotra said that besides the looks, he gives lot of blood and sweat to his role in the movies, which can be seen through his roles like the one in 'Ek Villain.'

The actor said that he has been enjoying the glamour that he has got after his role in the films.

"I lived a regular lifestyle 25 years running as much as I can. We work all our life to get this fame which we should enjoy," he said.

"I am very much enjoying all the perks that I get as a celebrity," he added.

During a rapid-fire question round, Malhotra skipped the question on his relationship status. When asked whether you are single, he replied, "It depends on who is asking it."

The actor also reluctantly replied about his favorite co-star. "I have worked with several co-stars but going by sheer number, it is Alia (Bhat) as I have worked twice with her," the actor said.



THE RISE OF STEPHEN CURRY

KENNETH FERNANDES

Wardell Stephen Curry better known as Stephen Curry or Steph Curry is one of the most popular NBA players today. Currently playing for the Golden State Warriors, Curry is averaging 26.3 points, 6.2 assists, and 5.1 rebounds per game. Steph is the captain of the team, which consists of 3 other all stars Kevin Durant, Klay Thomson and Draymond Green. Curry is widely known for his shooting and is considered by many the greatest shooter in the history of basketball. But his road to stardom was not easy.

Steph is the oldest son of Wardell Curry. He was born on 14th March 1988. His dad played 16 years in the NBA. Steph was into sports at a very young age but was drawn towards basketball, as he wanted to follow his dad's footsteps. When he was in the 8th grade, he had made up his mind to play basketball professionally. Many colleges didn't recruit him during High School. Virginia Tech, his father's alma mater was the only school to offer him a scholarship. This motivated Steph to work even harder and he said in an interview that the right college and coach would make themselves known. This school came in the form of Davidson. Coach Bob McKillop was asked what he saw in Steph and his reply, was greatness!

In his first college games that had 9 turnovers in the first half and they were trailing, coach McKillop was rethinking whether Steph belonged in the starting lineup. He started Steph and they went on to win the game, next game Steph dropped 30.

In his sophomore season, he led the nation in scoring and led Davidson to the elite 8 of the NCAA tournament where they fell to Kansas Jayhawks. He decided to forego his senior year and declared himself for the 2009 NBA draft.

He was selected by Golden State Warriors. In his Rookie season, he averaged 17.5 points and 5.9 assists per game. He finished second in the Rookie of the Year voting but the next two seasons he was plagued with ankle injuries, which forced him to miss 56 games. Many critics started questioning his durability in the league.

He returned for the 2012-2013 season after signing of 44-million contract extension with the Golden State Warriors over the next 4 years. He scored a career-high 54 points against the New York Knicks. He set a record for 3 pointers made in a single season.

In the 2013/2014 season he made his first all-star appearance and led the Warriors to the playoffs where they lost to the Clippers in 7 games.

In the 2014/2015 season, led the Warriors 67-15 season. It set a new record for three pointers in a season, which shattered the following season. He led the Warriors to the first Championship in 40 years. He also won the MVP for the regular season.

Also, in the 2015/2016 season, he led the Warriors to a 73-9 season that broke the NBA record for most wins in a season, which was previously held by 1996 Chicago Bulls. The Warriors also set a record for Best start to a season going 24-0 before their first loss. He became the first player to make 300-3 pointers. He ended the season with 402 three pointers been made which eclipsed his old record of 286. He became the first and only unanimous MVP of the NBA. He led the Warriors to the NBA finals where they lost Cleveland in a series of 7 games in spite of leading 3-1.

In the 2016/2017 season, he along with newly assigned super star Kevin Durant led the Warriors to a 67-15 season. He made 300 pointers for the second consecutive year and led the Warriors to another NBA finals where they beat arch Rivals Cleveland in 5 games winning the second title in 3 years.

Steph being a superstar is no accident. He proved that no matter what others say, if you believe in yourself and put in the effort, you will always succeed.

[The writer is a basketball coach based in Goa]





You don't want to put all your energy in the first 50 meters and then after that you're totally exhausted. It's really important to know yourself and to work at a pace that you feel comfortable with. That you know you can do long-term.

1. Taking a break; seems quite a taboo for a lot of people. That is almost like shunned upon and it is almost like a rite of passage to just like working 24/7, grinding 24/7 every single day, every single year. It's almost like its frowned upon. It seems like a weakness 'you can't even hustle' and it is something that I feel like a lot of people just discourage each other from taking a break. These people are all the time like 'I just worked 20 hours, this last day and I only got two hours

of sleep. I know I'm back at it. I'm grinding away and I'm working it.'

2. Coffee; Every day the world consumes 300 tons of caffeine enough for one cup of coffee for every man woman and child. Caffeine is the world's most used psychoactive drug and with good reason it is pure awesome. It increases concentration, decreases fatigue and gives you a better memory. You know what else you can thank caffeine for? A little thing called the Enlightenment. In the 1600s, people drank more beer and gin than water but with the introduction of coffee and tea, people switched from a depressant to a stimulant.

Taking a break + Coffee = FIKA (There's actually more to that, but consider it as a slang.)

Though, what makes Fika so special? Taking a closer look at the popular Swedish coffee break, there are different definitions. Being in a

coffee house is Fika, when you talk to your friends or a get-together thing. It's just a word for what they do. Like the way they drink coffee, in the way they eat the pastries and hang around in like a coffee shop.

It's the essential Swedish word that you have to know, if you ever go to Sweden, knowing that word is not just a fun thing, it's actually a way of getting into society. So, Fika seems to be quite an important to Swedish people but it really is an institution.

In Sweden, it's something everybody does regardless of age. It usually involves some kind of hot drink usually coffee. Because Swedish love coffee. It's basically having coffee and cake and socializing with your friends. I think it's a great way for people to hang out and do things together. It doesn't necessarily have to involve socializing with other people; you can sometimes just bring a book and have coffee somewhere.

Coffee is an important part of daily life in many other countries as well. What makes Fika different from just a coffee break? It's such a cultural phenomenon in Sweden. You have the same concept in a lot of countries but you don't have a name for it. Traditionally people would sit down comfortably and sit for quite a long time at least an hour or more and have a proper Fika. And that is still an important part of Swedish culture. I think Fika means different things to different people but one thing is for sure it is the fundamental part of Swedish day-to-day life.

You can Fika at home as well. We Fika all the time, we have a Fika during the weekend with our friends too. It's just a very natural thing to do.

Coming back to breaks. When you take a break, you come back so much more energized, creative, passionate and enthusiastic about whatever it is that you're doing and that just helps you see even further.

So I'm not saying don't hustle all the time. I'm not saying that's a bad thing to do. It's just knowing, that when you get to that point of exhaustion, where you start feeling less productive and it's like everything starts to just go like a little bit slower. That's your cue. Take that Fika break. Then come back to it with a new clear, fresh perspective. That's what I'm talking about here.

Almost the same as like running a marathon. You don't want to put all your energy in the first 50 meters and then after that you're totally exhausted. It's really important to know yourself and to work at a pace that you feel comfortable with. That you know you can do long-term.

[Freelance writer]

what is fika?

SZWENSKA D'SOUZA

A tradition ritual coffee-break 'Fika' is an integral part of Swedish society that is widely unknown in most other countries.

It is a typical Swedish thing. It's an institution; it is like a mini break in the day. And it is about coffee, about cinnamon buns and of course, about people.

To help you understand better, let's talk about two topics.

SHIV SENA SAYS IT IS 'GOENKARACHI' NOW

TEAM TNV

It was in the run up for 2017 elections that Shiv Sena Chief Uddhav Thackrey made a frank confession. The leader of Sena who has taken over the reigns from his father, Balasaheb, admitted that it was a mistake of his party to give a walkthrough for BJP in Goa during late 80s. That was a time when BJP was not strong enough and Sena was roaring in neighbouring Konkan. Considering the geographical proximity between Goa and Konkan, it would not have been difficult for Sena to have its footholds in Goa.

They missed a bus and now they are struggling to make their impact in this coastal state. The slogans of 'Jai Gomantak' are not accepted by the local population who wholeheartedly accepted BJP in the recent times. Sena remained an alien party trying to establish its base.

The people of Goa have witness how Sena has been nominating misfit people as its president. Upendra Gaonkar was somehow fitting the tag of Sainik till he was caught on camera extorting money from a casino owner. After that there has been no proper face to represent this party.

We have seen how the saffron party which roared like a tiger in Maharashtra remained lull in Goa. Politically immature decisions taken by the party are largely responsible for such devastation and non-start up for it.

Name the former Goa Sena presidents and you will get the answer of what went wrong with the party. Recently, Aji Singh Rane, a leader with leftist bend and who was close to Congress was nominated as the Sena Chief. It was expected that Rane will quit the party and then his last known political address is Aam Admi Party.

Little before that Sudip Tamankar was its chief. Tamankar is a known leader of the Private Bus Association who later turned into RTI activist. But never had a political acumen or a strength to build any organization.

That experiment failed and we saw Shivprasad Joshi taking over the party. Joshi is known for his closeness with MGP leader Sudin Dhavalikar. During his entire tenure, he never proved to be influential and finally



The people of Goa have witness how Sena has been nominating misfit people as its president. Upendra Gaonkar was somehow fitting the tag of Sainik till he was caught on camera extorting money from a casino owner. After that there has been no proper face to represent this party.

he was removed. Before joining MGP he addressed a press conference damaging the party.

In the entire bargain, if we analyse Shiv Sena there are some things which are extremely positive for the party. The formation of Goa Suraksha Manch

and their alliance with Sena would have worked wonders during 2017 assembly poll. But somehow they could not make impact. That does not mean that we can completely rule out the combination.

Besides this another factor that has surprised many. Fresh face in the form of Jitesh Kamat has taken over. And sudden surprise was the slogan of Sena which said 'Gonekaranchi Sena'. The usage of Konkani in the slogan is likely to work positive for the party.

The young blood like Kamat who has teamed up with Rakhi Prabhudesai Naik in South Goa has a power to build the party. In absence of opposition, it was Kamat-Naik duo through their press conferences and press notes had kept the government on the toes. Naik had guts to take BJP bigwigs like Amit Shah and Manohar Parrikar head on

through the press conferences. The points were well taken by the people

Another factor that cannot be ruled out is involvement of Sena leader Sanjay Raut. The Journalist-turned-politician has been giving a right direction to the party. He has been holding several organizational meetings with the state leaders.

We can see some of the new faces like Milind Gawas, Riya Patil, Vandana Lobo, Amol Prabhugaonkar, Rajani Veluskar and others joining the saffron party.

Raut has made it clear that the party is here to wait and will work during all the 365 days. He admits that the party used to come to Goa only during elections because of which it had no acceptance.

This changing face of Shiv Sena is likely to make impact in the State. It might not sit in the ruling benches during the next assembly election but certainly, it would be a force that other political parties would not ignore.

The upcoming Lok Sabha election can be a good starter for Shiv Sena which has already announced that it would contest on both the seats. The power of Goa Suraksha Manch is likely to propel further the prospects of Sena. And as an experienced journalist, I would say, nothing can be ruled out in politics.

WHY DO WE WORKOUT?

NIKHIL A JACOB

Industrial revolution 4.0 has set in, the age of Artificial intelligence (AI), robotics and Internet of things (IoT). Fancy gadgets and modern softwares are taking the world by storm. Developing nations like as of India, Brazil, Indonesia etc., are leaving no stone unturned to keep pace with this fast tracked environment.

But as life gets easier by the day, we are being accustomed to a more sedentary lifestyle, coupled with increased health consciousness; the reason precisely for the incessant sprouting of Gyms, Heath and fitness bars and diet clinics. But the question is, why do we exercise?

As the saying goes, 'exercise is to the body, what thinking is to the brain'. We are definitely pondering a whole lot more than olden times, quite evident by the strides of technological advancements achieved in such a short span of time. Albeit this has been at the cost of diminished physical activity, as about everything is accomplished with the aid of a smart gadget, sitting on a cozy couch. Pretty much how I am typing this article!! No you didn't just read it wrong, I am typing it, rather than penning it down, as that would save me the physical strain of visiting a post office to post it to TNV. I would rather e-mail it. Case in point.

Back to the topic, why do we exercise? The closest explanation would be that we exercise just to make up for all that loss in physical activity, caused by our sedentary lifestyle. A repercussion of our own actions. Down the line, we haven't made our life any easier, if not more complicated. We still need to burn those calories, the same calories we burnt doing normal life chores. Only difference being, now we do it by means of fancy workout patterns, a trainer bossing over and a big fat cheque down the drain.

That being said, it is really worth it? If yes, if we keep exercising the way we do; how long and how intense should we workout? Myths debunked in following paragraphs.

Yes, it is worth it, because returning to an old fashioned world away from e-mails, online banks and e-shopping sites would be blatantly foolish. So we need an alternate way to burn those excessive calories as human body is designed to stand, not sit. But this shouldn't be solely achieved by killing ourselves in the gym rather balanced out with a diet intake and that's too just a little surplus to fuel out sedentary world. That surplus is needed for growth, repair, development, thinking and the still excess should be shred in the gym, with minimal and quick workout.

Maybe, I just gave away the answer to question number 2, that is, how intense should we workout? Further elaborating, a 'one size fits all' approach isn't quite the magic formula when it comes to achieving personal

fitness goals. Be it weight loss, weight gain, tummy tuck, lower body fat reduction, enhancing or losing the gluteus and chest, losing the love handles, the cheek fat or neck girth (Yes, these are the usual requests that I have received, unusual ones are best left unsaid). In all the cases, it is quite a cliché but I m forced to reiterate on the fact that it is 70% diet, 30% workout, 50% patience and 50% perseverance. Yes! You need to put in your 200%.

As you noticed, just 30 of the 200% efforts you need to put is based on workout, in non-mathematical terms, it means you need not kill yourself in the gym or spend hours on the treadmill or break bones trying to jump around. You just need to eat just as much as your daily work demands, and work out just as much as your personal goals prescribe. Workout to achieve exhaustion of the target muscle group and not a complete physical drain. Draining yourself everyday will not just undo your efforts but also make you hate visiting the gym in the long run.

Exercise variation, common demand to keep changing workout routine like seasons is another whole topic that I will deal with the next time, until then, keep realistic goals and expend your energy judiciously. Diet, patience and perseverance is the key. Think straight. Stay fit. Stay strong. Stay motivated.

[The writer is a physical instructor, Heathedge Gym and Fitness, Taliegaon.]



Avoiding emotional hijacking turn debacles into success in life

VITHOBA MHALKAR

Where Intelligent Quotient is genetically inherited and remain constant over the lifetime EQ changes across lifespan and can be improved through training and life experiences. Emotional intelligence is important to each individual in their life because it helps in effectively understanding one's emotions, knowing others emotions and navigating through the emotions for better interaction and relationship in life.

So what's emotional hijacking ??????

Emotional hijacking is often referred to as "amygdala hijacking" since that is essentially what happens in the brain during these times of crisis. The term amygdala hijacking was first coined in Daniel Goleman's book, Emotional Intelligence. The amygdala is the emotional headquarter of the brain which regulates the flight or fight response. In flight or fight, our brain senses imminent danger and blasts adrenaline into our bodies to cope with the perceived danger at hand.

During emotional hijacking, the stressors that we react to actually disable the higher cortex of the brain, preventing us from making sound, rational decisions. A person suffering from emotional hijacking may become extremely reactive, defensive and lash out at the stressor. And if that stressor is another person, things can turn negative quickly. Preventing emotional hijacking from occurring in the first place is paramount to being successful in the life.

Enhancing Emotional Intelligence

The level at which people control emotional hijacking, or let it control them, is typically relates to their Emotional intelligence, also known as their "emotional quotient." The higher

the emotional intelligence, the more able a person is to understand, identify and subdue an emotional hijacking situation.

So how can you increase your emotional intelligence? By being aware, making choices to take a break, and proactively empathizing.

- Be aware. The first step in improving any fault is identifying the need to improve it in the first place. Be aware of your emotions at a moment in time. Look for consistent situations where you find yourself stressed or quick to anger and simply become aware.

- Take a break. Once you identify triggers that have the potential to set off your emotional hijack, do anything in your power to address them so you are able to do more than just react. Take a microbreak and walk away from a tense situation by going for a walk, getting a drink or just giving yourself a minute to calm down. If the triggers are recurring and driven by a specific individual, have

a respectful conversation with this person to diffuse the situation and find common ground.

- Practice proactive empathy. Lead by example by acting in a manner that demonstrates the type of behavior you wish to see by those around you.

Tips to avoid hijacking

- When your emotional trigger gets tripped, stop as soon as possible
- Count 1 to 6
- Take some deep breaths.
- Ask yourself what the best response would be, or how best to solve or address the problem you're facing
- After the fact, concentrate on calming down even further
- Finally, have a short command you can issue when you feel yourself losing it

Be a detective of your emotions and identify your emotional finger prints, label the emotion and handle life situations accordingly

Advantages of identifying emotional fingerprints.

Once you have determined your emotional fingerprint, you will learn how to:

- Take control of your life, revolutionize your relationships, and beat the odds.
- Turn any negative situation into a positive experience.
- Change your mood and outlook for the better instantly.
- Master your emotional highs and lows.
- Clear your path of fears and anxieties.
- Make decisions you can be proud of.

It is evident that emotions follow a process in the brain and it can be conditioned in a proper way by means of training to prevent the so called emotional hijacking which will eventually help in preventing the harmful decisions in life. So prevent emotional hijacking and have a successful and happy life.



[The writer is lecturer at INE Bambolim and a certified emotional intelligence coach]

Young Sacrifice

AMEY JOSHI

In an age when most of the youngsters would be concerned about their education, career or starting a family, these three individuals had already dedicated their lives towards the freedom movement of the country. 23rd March 1931 was the day when young revolutionaries, Bhagat Singh (aged 23), Sukhdev Thapar (aged 23) and Shivaram Rajguru (aged 22) were hanged by the British Government.

These young freedom fighters were a part of Hindustan Republican Association which was later renamed as Hindustan Socialist Republican Association which was an organisation of many such young revolutionaries who came together to fight against the injustice.

Bhagat Singh had joined Hindustan Republican Association in 1923-24 at Kanpur, which was led by revolutionaries Ram Prasad Bismil, Yogesh Chatterjee, Ashfaq Ullah Khan, and Shachinder Sanyal. He took part in all the actions of that organisation right till mid-1928. Then after the arrest of

most of the leading figures of HRA, youngsters like Bhagat Singh, Sukhdev, Shiv Verma, B.K. Dutt, B.K. Sinha and others met at Delhi on 8th-9th Sept 1928 to reorganise themselves as Hindustan Socialist Republican Association.

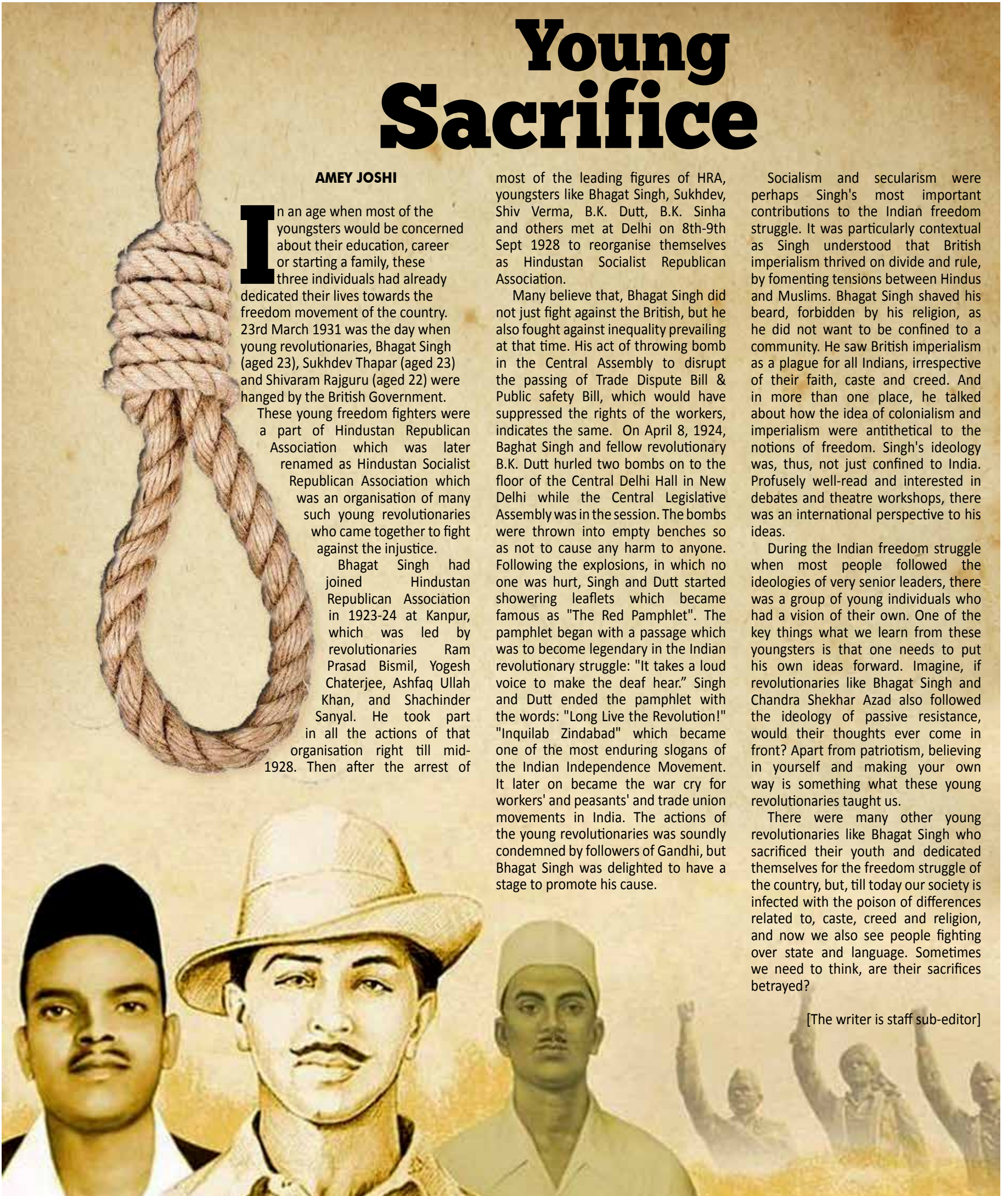
Many believe that, Bhagat Singh did not just fight against the British, but he also fought against inequality prevailing at that time. His act of throwing bomb in the Central Assembly to disrupt the passing of Trade Dispute Bill & Public safety Bill, which would have suppressed the rights of the workers, indicates the same. On April 8, 1924, Baghat Singh and fellow revolutionary B.K. Dutt hurled two bombs on to the floor of the Central Delhi Hall in New Delhi while the Central Legislative Assembly was in the session. The bombs were thrown into empty benches so as not to cause any harm to anyone. Following the explosions, in which no one was hurt, Singh and Dutt started showering leaflets which became famous as "The Red Pamphlet". The pamphlet began with a passage which was to become legendary in the Indian revolutionary struggle: "It takes a loud voice to make the deaf hear." Singh and Dutt ended the pamphlet with the words: "Long Live the Revolution!" "Inquilab Zindabad" which became one of the most enduring slogans of the Indian Independence Movement. It later on became the war cry for workers' and peasants' and trade union movements in India. The actions of the young revolutionaries was soundly condemned by followers of Gandhi, but Bhagat Singh was delighted to have a stage to promote his cause.

Socialism and secularism were perhaps Singh's most important contributions to the Indian freedom struggle. It was particularly contextual as Singh understood that British imperialism thrived on divide and rule, by fomenting tensions between Hindus and Muslims. Bhagat Singh shaved his beard, forbidden by his religion, as he did not want to be confined to a community. He saw British imperialism as a plague for all Indians, irrespective of their faith, caste and creed. And in more than one place, he talked about how the idea of colonialism and imperialism were antithetical to the notions of freedom. Singh's ideology was, thus, not just confined to India. Profusely well-read and interested in debates and theatre workshops, there was an international perspective to his ideas.

During the Indian freedom struggle when most people followed the ideologies of very senior leaders, there was a group of young individuals who had a vision of their own. One of the key things what we learn from these youngsters is that one needs to put his own ideas forward. Imagine, if revolutionaries like Bhagat Singh and Chandra Shekhar Azad also followed the ideology of passive resistance, would their thoughts ever come in front? Apart from patriotism, believing in yourself and making your own way is something what these young revolutionaries taught us.

There were many other young revolutionaries like Bhagat Singh who sacrificed their youth and dedicated themselves for the freedom struggle of the country, but, till today our society is infected with the poison of differences related to, caste, creed and religion, and now we also see people fighting over state and language. Sometimes we need to think, are their sacrifices betrayed?

[The writer is staff sub-editor]



Euthanasia

A Mutual Suffering

NIKHIL JACOB

On that blistering cold, fateful night of November 27rd 1973, a young and promising nurse of KEM Hospital, Mumbai met her traumatizer. The heinous offence (a controversy on its own), whatever it may be, left Ms. Aruna Shanbaug in a Permanent Vegetative State (PVS) for 42 long years, being force fed mashed food, before she finally left for her heavenly abode in 2015 ailing from severe pneumonia.

Neither did our society allow her to fructify the fundamental right to life enshrined in our constitution, vide article 21; nor did our judiciary permit her the right to die with dignity!

Euthanasia has been at the center of attention ever since journalist- activist Pinky Virani filed a writ petition in 2009 asking for the legalisation of 'mercy killing'. She viewed this as a noble service to the pious soul of Ms. Shanbaug, trapped in her body, seeking deliverance. She was just a drop in the ocean, one of the thousands

more who are in a similar condition of irreversible PVS.

Euthanasia is classified as active and passive; voluntary and involuntary. Active euthanasia is defined as death of a patient brought about by deliberately using a lethal substance or force, while passive is withdrawing or discontinuing medical support necessary for prolongation of life of a patient. Voluntary euthanasia is when the patient provides consent for this act, be it active or passive, through a living will or otherwise and involuntary euthanasia is carried out on the direction of the surrogate or discretion of the doctor, when the patient is unable to make an informed decision.

Euthanasia is a debatable topic, with regards to religion as well as before the law and a deliema for doctors. The purpose of this article is niether to rationalise nor ridicule the act but to analyze the views of major religions, address this dilemma of the medical practitioner who pulls the plug and ponder over the Supreme Court decision of legalising passive euthanasia.

In Catholic theology, life is sacred but not absolute, death may not be directly sought, but as an acceptance of human condition, death maybe tolerated as an inevitable side effect of one's goal of relieving someone from unwanted suffering of extraordinary treatment

that may be expensive and painful, yet not fruitful. But this may very well be just one side of the argument, orthodox beliefs may see this as a violation of the commandment that 'thou shall not kill'.

Hinduism has a divided approach, one faction considers mercy killing as an act that may damage the 'karma' of both the doctor as well as the patient. It also goes against the principle of 'Ahimsa'. While the other faction believes that euthanasia is a good deed, where the moral obligation of providing relief from suffering is fulfilled.

Muslim faith considers that all human life is sacred and Allah decides how long each one will live. Active euthanasia is a 'haram', while any mechanical support used to prolong a patient's life is considered temporary and hence if death is certain, one may opt to pull the plug. But akin to the other faiths, arguments against all forms of euthanasia do exist here too.

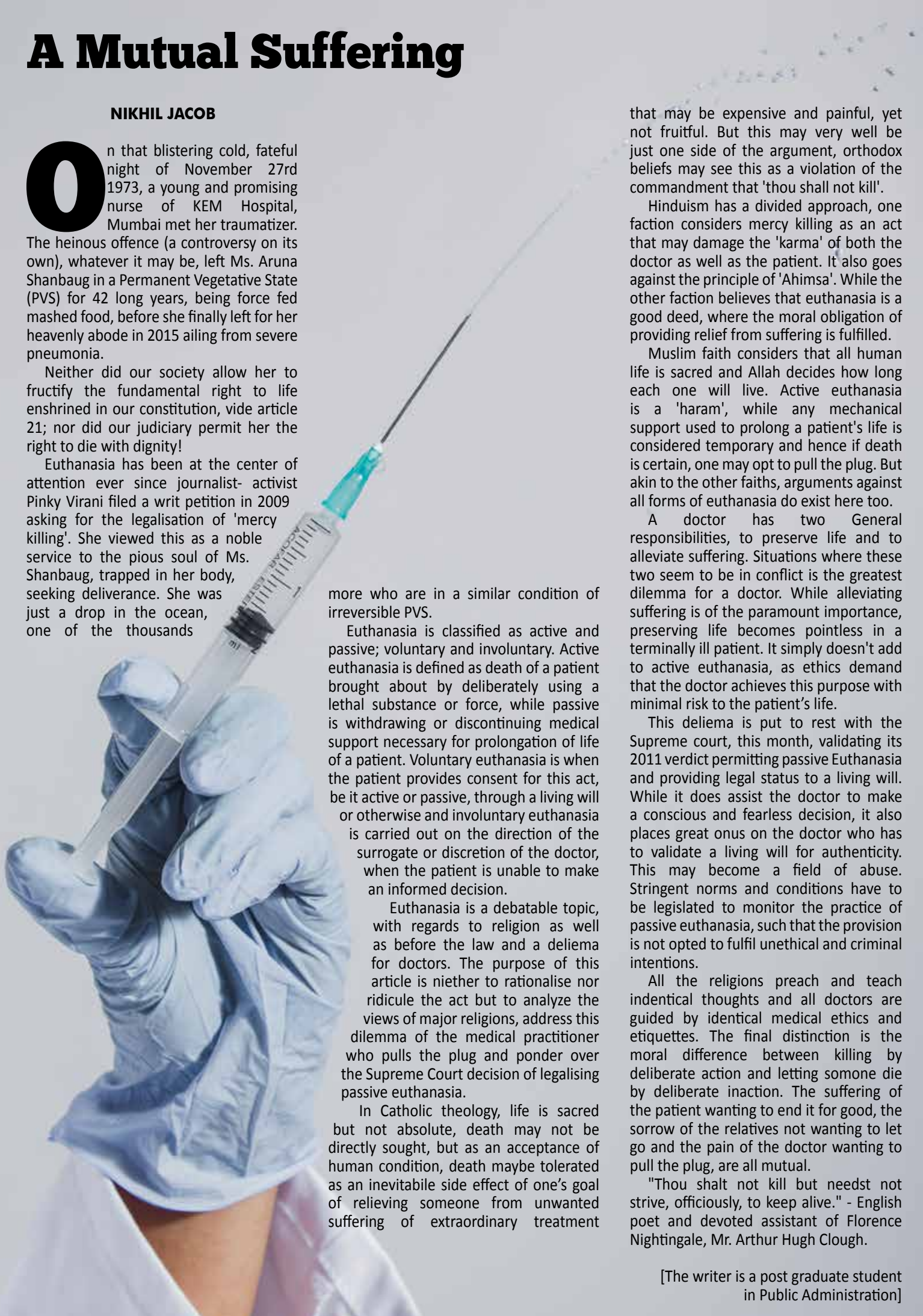
A doctor has two General responsibilities, to preserve life and to alleviate suffering. Situations where these two seem to be in conflict is the greatest dilemma for a doctor. While alleviating suffering is of the paramount importance, preserving life becomes pointless in a terminally ill patient. It simply doesn't add to active euthanasia, as ethics demand that the doctor achieves this purpose with minimal risk to the patient's life.

This deliema is put to rest with the Supreme court, this month, validating its 2011 verdict permitting passive Euthanasia and providing legal status to a living will. While it does assist the doctor to make a conscious and fearless decision, it also places great onus on the doctor who has to validate a living will for authenticity. This may become a field of abuse. Stringent norms and conditions have to be legislated to monitor the practice of passive euthanasia, such that the provision is not opted to fulfil unethical and criminal intentions.

All the religions preach and teach identical thoughts and all doctors are guided by identical medical ethics and etiquettes. The final distinction is the moral difference between killing by deliberate action and letting someone die by deliberate inaction. The suffering of the patient wanting to end it for good, the sorrow of the relatives not wanting to let go and the pain of the doctor wanting to pull the plug, are all mutual.

"Thou shalt not kill but needst not strive, officiously, to keep alive." - English poet and devoted assistant of Florence Nightingale, Mr. Arthur Hugh Clough.

[The writer is a post graduate student in Public Administration]





There was once a jungle that was ruled by a lion, who had a leopard, a jackal and a crow at his service, along with other animals.

As they did regularly, they were wandering about the jungle one day, when the lion saw a camel at a distance. This camel had separated from its caravan and was feeding itself on the green grass of the jungle.

The camel stood before the lion and bowed. He also narrated how he had gotten separated from his caravan and how he had reached the jungle.

On hearing this, the lion said, "Oh Camel, if you return to the village you will be made a beast to carry burden again. Stay in the jungle under my kingdom instead. You can feast on the abundant green grass of the jungle without any fear."

The camel accepted the offer, and they began to live together in peace.

Later one day, the lion got severely wounded in a fight with a mad elephant. Such were his injuries that he could not take a few steps, let alone go out of his for hunting.

Due to lack of food, the lion became weaker. The animals who served him were also starving since they were dependent on the lion for their food.

When the lion could not bear anymore, he called them and said, "Go and find any animal that I can prey upon even in my weak condition. This way I can provide food for you, and also for myself."

All the animals wandered about the jungle without any success to find such an animal. On their way back, the jackal had a plan.

He said to the crow, "There is no point wandering about the jungle when the food is right in front of us. The camel can provide us with the food for all of us for a long time."

The crow replied, "Indeed, what you say is correct. But the master has assured the camel of his safety under his rule. He will refuse to kill him."

The jackal said, "Leave that to me. I will influence the master in a manner that he will agree to feast on the camel. You wait till I return after a discussion with the lion".

The jackal met the lion and said, "Master, we

The Lion, the Camel, the Jackal and the Crow

have been looking all around the jungle but could not find an animal for you. All of us have not had food for so long that we can hardly walk properly. Under this circumstance, if you agree to kill the camel, his flesh can provide food for all of us".

The lion disagreed, "Shame on you! How can I kill the camel when he has my assurance that his life will be safe under my kingdom. It is a sin to think likewise."

But the jackal continued, "Master, it would indeed be a sin to kill him after you have given him the assurance of his safety. But if he offers himself as your food by himself, it would then not be a sin to kill him and accept his offer."

The jackal continued, "What good are we, if we cannot be of our master's service in his time of need. Please kill one of us for yourself, and the others to save the rest of us from dying of hunger."

The lion failed to justify the jackal and said, "Please do what you think would be in the best for all of us."

After this, the jackal returned to the other animals and declared, "Our master is sick and weak. If something happened to him, there would not be anyone to protect us. We have failed to get any animal after wandering throughout the jungle. The only way now to repay our debts to our master would be to offer ourselves to him. This way the rest of us would be saved from dying of hunger too."

As planned, all of them stood before the lion and bowed. They informed the lion that they did not

succeed to find any animal for their food.

The crow said, "Master, we could not find an appropriate animal for your food. So, I offer myself. Please eat me to save yourself from hunger."

The jackal interrupted, "You are too small to provide flesh for the master. Even if he agrees your offer, it will not be enough for his survival. Indeed, you have proven your devotion and by offering yourself, you have already freed yourself from the debts of the master."

He turned to the lion and said, "Please accept my offer instead."

The jackal stood humbly before the lion, "Master, please eat me to save yourself from hunger. If you accept my sacrifice, I will be honoured with a place in heaven".

General knowledge

Questions

- 1 Which is the animal referred as the ship of the desert?
- 2 Which is the nearest star to planet earth?
- 3 Which is the least populated country in the world?
- 4 Which is the fastest animal on the land?
- 5 Which is the longest river on the earth?
- 6 Which is the oldest democracy / parliamentary in the world?

Answers

1. Camel 2. Sun 3. Vatican City
4. Cheetah 5. Nile 6. Britain

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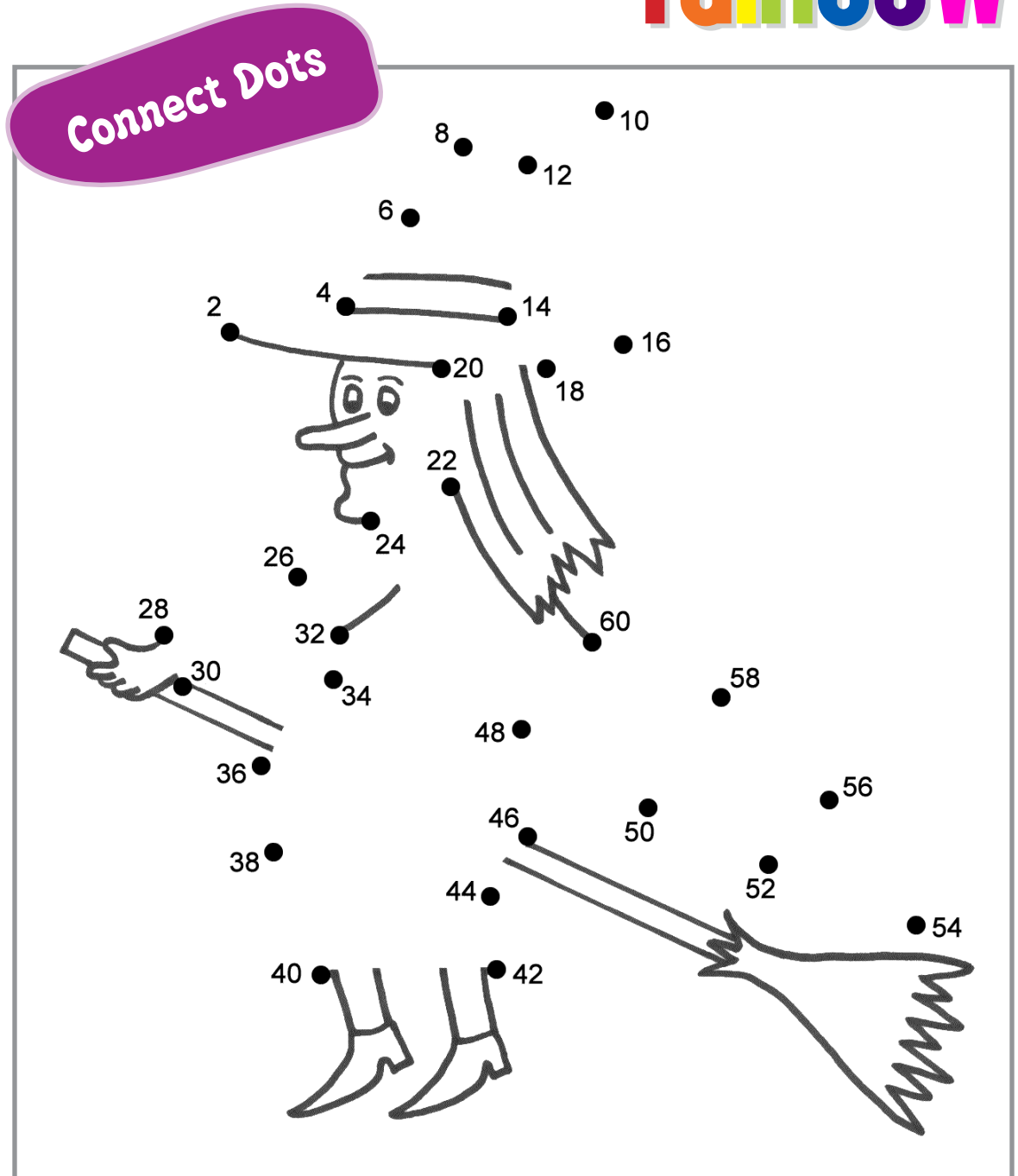
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8	4	5	2	3	1	6	9	7
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3	2	6	9	8	7	5	4	1



On hearing this, the lion shook his head in refusal. This way, the other animals started offering themselves, but the lion kept refusing to accept their offer.

The camel who was observing all this thought, "All of them speak beautifully about offering themselves, but the master refuses to kill any of them. I shall seek to impress the master in a similar fashion."

Thinking such, the camel said to the other animals, "You have offered yourself, but the master cannot eat you because all of you are carnivores and belong to the same category as the lion himself. Stand by, for I shall offer myself".

With this, the camel came forward and bowed before the lion.

He said, "Master, you need not kill any of these animals. Please eat me instead. I offer myself in return to your debts. I shall find my way to the heaven, if you may please accept my offer".

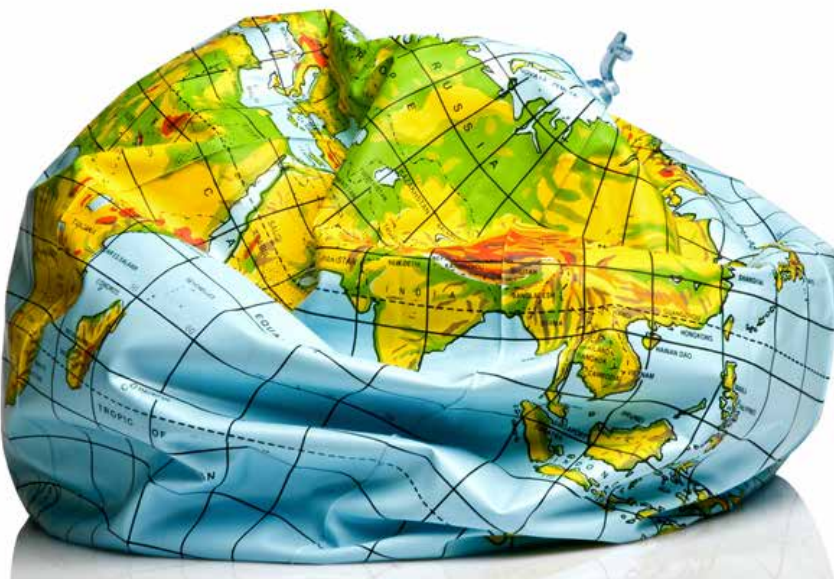
No sooner had he made the offer, the other animals cheered. Having already been influenced by the jackal, the lion jumped on him. He was killed, and eaten by all the animals together.

The wise indeed say:

Always be on guard when you are in the company of wicked people. Do not be taken in by their sweet words.



Our response to Climate Change is limited by our cultural conditioning



SUUHAS TENDULKAR

There seems to be conclusive scientific evidence that for the first time in evolutionary history, humankind may be the causative factor in the sixth round of extinction, now underway. It is quite clear that there is a great need for concerted action by society and the individuals. However, the capacity of societies and individuals to act in concert is constrained primarily because of flawed perceptions and lack of deep understanding about climate change.

A majority see climate change as an independent problem unrelated to social, economic and cultural context of the world. This is a flawed perception in more ways than one. Climate change is just the symptom of a larger malaise arising from our existing socio-economic systems and entrenched value structures on which the socio-economic systems have been built.

To elaborate, our worldview shaped by the existing value structures from society, religion, economy, and sciences has diluted and transformed a common-sense based value system that recognizes the importance of harmonious co-existence. For example, our collective social psyche shaped by religion supports an unabashed

anthropocentric view of the world where a man is made in the god's image and is expected to rule over the earth and has claim over everything the earth has to offer. The entrenchment of this view is evident in the dilution of the value 'sanctity of all life forms' to 'sanctity of human life' justifying exploitation of all non-human life for human consumption. The current economic philosophy of a 'free market economy' coupled with the emphasis on continuous growth for a growing population is in direct conflict with a real limited world battling with limited resources. The entrenchment of this philosophy is evident in the transformation of the value 'respect for nature and natural resources' to 'respect for technological prowess and economic progress'; a 'religion of growth' movement where nature and natural resources are seen as secondary to the production process.

Unfortunately, these underlying beliefs and value structures are so strongly etched in the socio-economic culture that any contrarian worldview is not only difficult to accept but is also prone to ridicule. The solutions required to address climate change and associated broader questions raise the very same contrarian questions about resource use, need for growth, etc. and therefore do not get the traction that is

To effect a real cultural change to tackle climate and associated broader ethical questions, it is very important to bring these alternative philosophies together on one platform so that people who are aware of climate change and feel a need to act are inspired and emboldened by these alternative concepts and by the work that these institutes and individuals are doing.

necessary to spur collective action.

In this context, a paradigm shift is required in our approach to climate change. It has to be acknowledged that climate change is not merely an independent problem that can be solved by science or technology alone; it is, at a deeper level, also a problem of ethics and underlying value systems and has thus also to be tackled at a philosophical level.

Interestingly, contemporary as well as historical models and their proponents in many of these disciplines have provided alternative worldviews specifying value structures that offer alternative paradigms on human progress, social welfare and the relationship between humans and the natural world.

Indian religion and philosophy has been deeply rooted in the concept of interdependence and respect for ecology and environment. Even beyond India, eastern philosophies and religions have also been, in general, more respectful of nature and broad minded in defining the concept of interdependence and equality between the Earth and the Man. This equality is emphasized in the insistence of many of these religions/philosophies to adhere to vegetarianism and practice

economy and prudence in the use of natural resources.

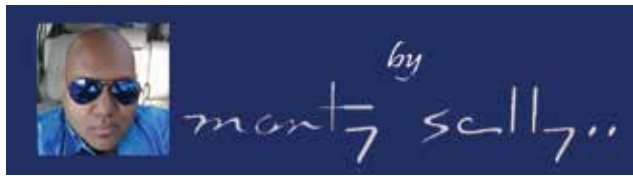
In the field of economics, the concept of steady state economics, fully developed by Herman Daly, combines the limits-to-growth arguments, with the theories of welfare economics, ecological principles, and the philosophy of sustainable development to develop a persuasive case for a steady economy that actually provides more welfare value and cultural growth to the human society. Other alternative thinkers, from E. F. Schumacher, Lester Brown, etc. raise the same questions about the effectiveness and the relevance of current socio-economic system in a rapidly changing world.

The ecological movement, in its turn, has also contributed significantly to the debate on value structures. The deep ecology movement, advocated by Arne Naess, hits at the root of anthropocentric thinking and advocates the concept of interdependence and sanctity of all non-human life forms, irrespective of their instrumental value. The abiding theme in the deep ecology movement is a deep appreciation for richness and diversity in nature rather than homogeneity or monopoly. The concept of holism as opposed to anthropocentrism has also been strongly advocated by James Lovelock in the concept of Gaia; the earth, as a living system.

All these worldviews, though diverse, actually recognize the shortcomings of the current socio-economic models and propose a simple alternative model of living, essentially a new culture of living.

To effect a real cultural change to tackle climate and associated broader ethical questions, it is very important to bring these alternative philosophies together on one platform so that people who are aware of climate change and feel a need to act are inspired and emboldened by these alternative concepts and by the work that these institutes and individuals are doing.

[Freelance writer]



Work Life BALANCE

BASMA YAKUB

“Work” and “Life” are considered to be two sides of the same coin. When we toss this coin, 50% of the chances are we get work and 50% we get life. This toss in real, depicts what we individually prioritize in our lives. The concept of work life balance was invented in the mid-1800. Work-Life balance means having an equal distribution of time towards “Work” that is professional life and “Life” that is personal time spent with family, relatives, friends and oneself. Although it is difficult to manage a coin in the middle position of work and life, today, it has become a need of the hour for us to manage this balance or else, it would be as the saying goes, “All work and no play makes Jack a dull boy”.

According to the statistic involved, most of the working class people find difficulties in having a balance in their work life and personal life. This happens due to many factors, some of which are:

AGE: You will always notice, young employees manage their work and personal life satisfactorily. This is because majority of those young employees have less responsibilities as compared to middle aged and senior employees. They enjoy their work life, as they know that there is someone to guide them in case if they go wrong. Plus, they go for outings, picnics, parties and much more, to keep in touch with the dear ones. Elder age group employees, on the other hand, usually tend to be the senior staff of an organization and hence they get more authority and responsibility from the company's end. This then adds to more work pressure. In the same way, when an employee starts growing older, family responsibilities increase because of which they tend to lose their work life balance. Hence, age can be one major factor for a drop in work life balance.

RESPONSIBILITIES: Sometimes certain employees, regardless of their age, gender or any other factor, tend to have more financial and family responsibilities that make them focus too much on their job so that they can achieve the best results and make their family conditions better. This makes them focus more on work life than their personal life. The opposite category do not really have to face this situation hence they can manage the balance.

GENDER: Functions, duties and responsibilities for each gender differ. Males have been taught since their childhoods that they are the earning pillars of the family and females are taught that they should nurture the kids and manage the home. However, today, women have started competing men at par. Women also go for work and along with that manage their homes. In some situations, men can manage a work life balance peacefully as per gender responsibility and women tend to tumble a bit due to other home responsibilities. Mutual balance of the gender roles in work and life should be practiced.

GOALS AND AIMS OF LIFE: Employees who are very goal centric and have always been overachievers tend to give away a lot of time to their work life than their personal life. They tend to be the active, hardworking and motivated employees in the company but fail in being a good son/daughter, father/mother or a friend for that matter. This is how an overachiever can also lose out on a perfect work life balance.

Reasons could be many for an employee to imbalance between work and life but there is always a scope for improvement. Some of the creative ways to manage work life balance could be:

PRIORITIZE THE RIGHT THING AT THE RIGHT TIME: Learn to compare the urgency of the report allotted to you to that of a friend's outing. If the urgency of the friend's outing seems more, then go for it and keep the report for later. In the same way, if the urgency of the report is higher than the friend's outing, then go for the report. An individual needs to understand that both of the duties are equally important as an employee from one end and as a friend from the other. But the urgency of both the duties might weigh a little different. Grab that as the exact reason and prioritize your plans accordingly.

USE TECHNOLOGY WISELY: Technology today has made things so flexible that an employee can also perform his work responsibilities right from home. The same way one can check their office emails and action them at home. However, one needs to understand that work emails, presentations and reports are given as office work and this should be done at the office desk and not on the bed while your kids are yelling and jumping around to spend some quality time with you. Hence, the best is to use technology wisely.

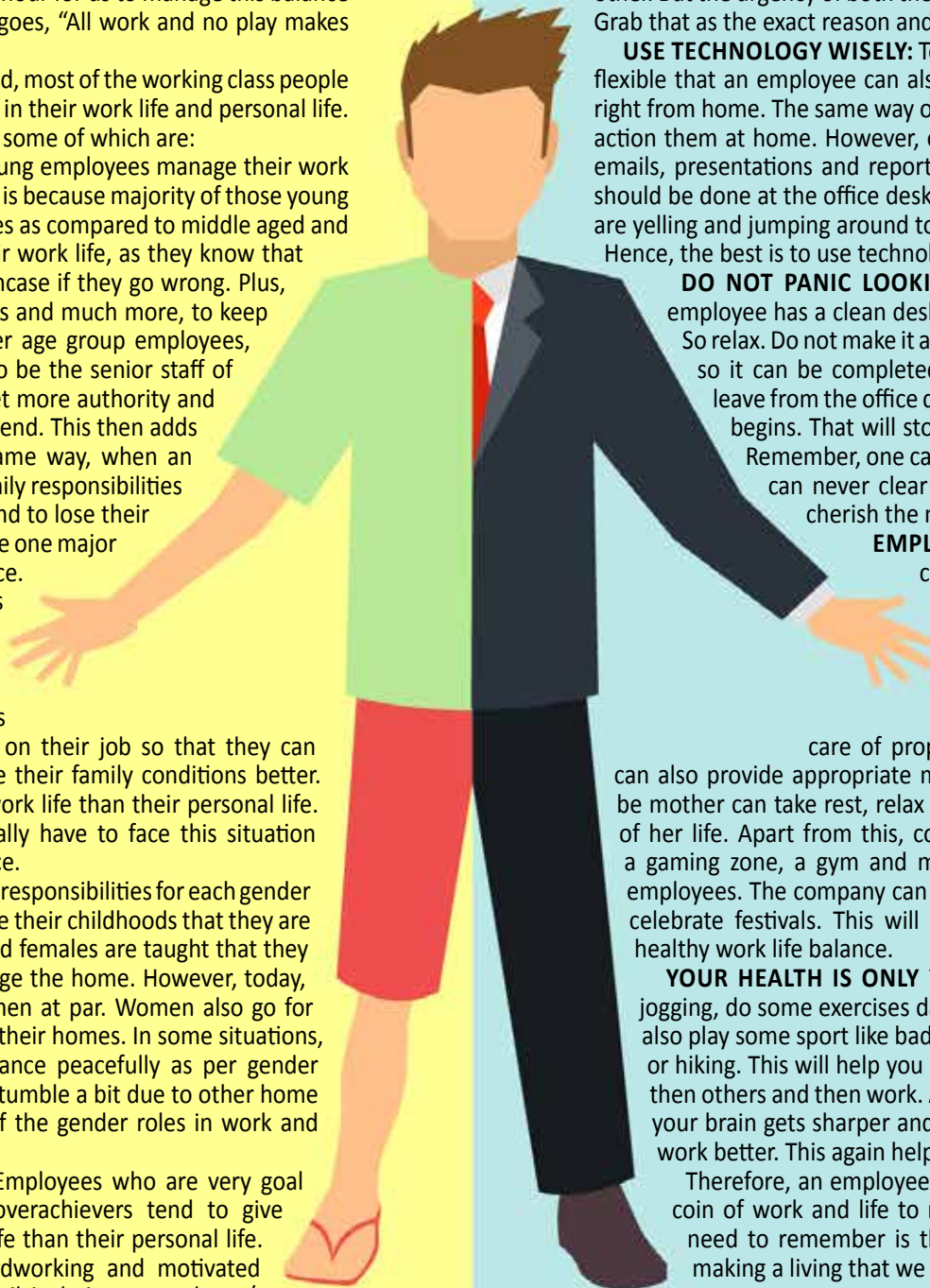
DO NOT PANIC LOOKING AT THE BACKLOG: Not every employee has a clean desk with no backlog sitting over them. So relax. Do not make it a habit to carry backlog work to home so it can be completed. Adapt to the fact that once you leave from the office door, your personal life responsibility begins. That will stop you from carrying work to home. Remember, one can always clear the office backlog but can never clear the personal life's backlog. Hence, cherish the moments as and when they arrive.

EMPLOYERS CAN HELP TOO: Employers can organize a lot of activities through which employees can manage a work life balance. By organizing a “Nanny Service” for young kids of mother employees so that their child can be taken care of properly while they are at work. They can also provide appropriate maternity leaves so that the would-be mother can take rest, relax and enjoy her most important days of her life. Apart from this, companies can keep a resting room, a gaming zone, a gym and much more for the pleasure of the employees. The company can also organize functions, picnics and celebrate festivals. This will help the employee in managing a healthy work life balance.

YOUR HEALTH IS ONLY YOUR WEALTH: Go for walking or jogging, do some exercises daily, meditate and do yoga. You may also play some sport like badminton or football. Go for vacations or hiking. This will help you in giving time towards yourself first, then others and then work. After all, when you activate yourself, your brain gets sharper and you will be able to concentrate on work better. This again helps in balancing work and life.

Therefore, an employee should always learn to balance the coin of work and life to maintain a healthy living. What we need to remember is that, we should never get too busy making a living that we forget to make a life!

[The writer is a Credit control executive in a private firm]





National Games 2018 Is Goa Prepared?

SANDEEP HEBLE

Goa will be a host to the 36th National Games, which are scheduled to be held, later this year in November 2018. The National Games are technically a bi-annual feature, which are organised under the patronage of the Indian Olympic Association, the Country's sports organising body. But rarely have the Games been organised every 2 years with most of the States faltering on their promises, mainly due to infrastructure issues. Goa was originally supposed to hold these games way back in 2011 but delays by Jharkhand and Kerala gave Goa the leverage of a few extra years.

The 35th National Games were held in Kerala in 2015, when it was announced that Goa would host the next edition in 2016. But this date was missed. The State establishment subsequently requested a further postponement to 2018. If everything goes as per plans then Goa will be host to the biggest sporting extravaganza in its history from November 4 to 17, 2018. This should be a proud moment for our small State. However, because of constant delays and postponements, which have been there, many questions pertaining to the Games are now being legitimately asked, Is the Establishment racing against time? Do we have sufficient funds to complete the infrastructure on track? With barely a few months remaining, is the State Establishment really prepared and geared up for all this?

Yes, if Mr. Manohar Babu Azgaonkar is to be believed. Speaking to media people at a Press interactive session held a couple of days back, the Sports Minister put up a brave face and appeared confident that the Games will go on as announced. "I am very confident that everything will fall in place. I am optimistic as the

government is working overtime and burning the midnight oil to have the plans finalised and approved", he declared with a smile. Azgaonkar sounded optimistic when he added, "Three tenders are out and the work order will be given soon. We will complete everything in five months. Contract will be awarded to whoever is willing to take up this challenge. We can pay a little more but we must host the National Games in 2018."

Azgaonkar might sound optimistic but his confidence may not exactly be rubbing off on the others since in the past too, Goa's politicians and administrators have given their word but have failed to keep it. Will things change now or will the same old story be repeated? While a lot of infrastructure was created during the Goa Lusofonia Games 2014, which can be utilized to host the National Games, yet there is a lot more which needs to be done. On the face of it, it looks like we are seriously behind the schedule. With the Chief Minister also undergoing treatment, it remains to be seen if others in the Government have the same kind of zeal and drive to push the works through.

So many sports disciplines like Cycling, Tennis, Squash, Badminton and Hockey do not have the facilities and stadiums to meet the National norms as of yet. As many as six new facilities need to be constructed or five facilities need to be refurbished and works haven't even started yet. While Lusofonia was just about 9 disciplines, the National Games on the other hand is at a whole different level altogether, with 35+ sports disciplines to be held. Apart from infrastructure, there has to be a Games village, a Games Secretariat, a whole organizational set-up to plan the arrangements of every single athlete and official. This should be planned properly and not be an eleventh hour exercise. There should not be any wasteful expenditure, which was

seen during Lusofonia due to bad planning and execution. Also, being hosts and expected to put up a good show, sufficient funds will need to train Goa's athletes so that we win a good haul of medals and are not placed among the bottom level. Are any thoughts being applied to this?

On the positive side, files have just started moving. The Government has tendered or is in the process of tendering many infrastructure facilities. There are Tennis courts and a Cycling velodrome which are supposed to come up at Fatorda, a Squash facility at Chicalim, a Multipurpose Indoor Stadium at Navelim (but there are some legal issues there), a Hockey facility at Peddem, a Multipurpose Indoor Stadium, Pernem; refurbishment of Multipurpose Indoor Stadium at Campal, Campal open ground development, refurbishment of Multipurpose Indoor Stadium at Ponda, and refurbishment of Multipurpose Indoor Stadium at Fatorda.

If funds are exclusively earmarked, then there is no reason why these works cannot be completed within the next 7 to 9 months. By December or January, the infrastructure should be ready which means the Games can realistically be held by February or March 2019.

Even if the Games are delayed by a few months, it should be fine as creation of the entire infrastructure will definitely be a positive development for upliftment of sports in Goa. So many new facilities will be created which will benefit Goa's sports persons and public at large. School and college children as well as top most athletes will have state-of-the-art infrastructure and environment to train in. But whether the Games will happen on schedule or not, we do not know as yet. We will keep our fingers crossed and hope for the best.

[The writer is Secretary of Goa Badminton Association. Views expressed are his own.]