

The Neutral View

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Cocktails, Seafood, Sizzlers And More...

MELISA D'SOUZA

You never expect anything great from the restaurants dotting the busy Calangute-Baga road. However, I was surprised, rather thrilled to find a gem right amidst the chaos in Baga – Phat Cat Cocktail Bar & Lounge. As opposed to the number of shacks and nightclubs lining the stretch, Phat Cat is a breath of fresh air where the focus is more on the drinks and food, instead of parties. Having said that, they do have events during the season, but they comprise of acts by live bands and the like. On the other days, you have soothing soft rock adding to the ambience.

Phat Cat offers indoor as well as outdoor sitting and an arty little rooftop space. Though it's located right across the main road, it has a great vibe owing to the canopy of trees that covers and surrounds it. The cane chairs is what gives the restaurant a very beach-shack sort of appearance. This is one place, off the beach, where you can indulge in some good food and drinks, and at the same time, soak in some not-so-intense summer sun.

The bar is known to pour the best concoctions, most of which are curated and created by one of the owners, Suhail, who is a mixologist with several years of experience behind him. He has tried to infuse a lot of Goan flavours and also tried to reinvent the classics. Though they serve the regular cocktails as well, the list of special cocktails is the highlight.

We happened to try two, besides their white wine sangria. The white wine sangria – the right amount of



sweet, was made to perfection. He even told us the four ingredients to make the perfect sangria, but I am sure we can never manage to do it the way he does. Mixology requires expertise, which normal people like you and I lack. So, it's better to head to Phat Cat every time you want to have the best sangria.

From among the two cocktails we tried from their menu, I liked both. Both have a bit of Goan inspiration. One incorporated coconut water – the one element synonymous with Goa and the second one included feni – well, what can I say, another important local drink in Goa. The Mojo Jojo – a vodka and gin based cocktail had hints of passion fruit and lemon, besides coconut water. The Maid in Goa, a Cucumber Mint Daiquiri – a rum based cocktail, comprised of cucumber, mint, lime, sugar and hints of feni.

The food menu is vast, which I am sure is created considering the location which is frequented by all sorts of tourists and locals alike. They have everything from salads and sandwiches, to pizzas and burgers. While they do not serve authentic Goan food, they do offer some for someone looking for a bit of



well-made with prawns coated in ultra-light batter, which made for a crunchy snack, perfect to nibble on as we sipped our drinks.

For the mains, we picked a steak and a sizzler. The Peri Peri Chicken Sizzler – scrumptious chicken cooked in peri peri sauce, served with rice, exotic veggies and crispy fries.

The Phat Cat's special Tenderloin Steak consisted of a lipsmackingly delicious fillet of grilled tenderloin steak in mushroom sauce, served with mashed potatoes and exotic sautéed veggies. Though there are many restaurants serving steaks and sizzlers in Goa, the folks at Phat Cat nail it. Everything we ate was wholesome and flavourful. Combine it with excellent

service and chilled out ambience, that's enough to make your meal a memorable one.

We ended our lunch with the Sizzling Brownie, which was more like the showstopper – a warm and fudgy chocolate brownie served over a thin slice of green apple on a sizzler plate, topped with premium vanilla ice cream and flambéed with liqueur. I loved the burst of flavours the green apple added to the crumbly chocolate brownie.



Goan taste to their food. For example, they have a Cafreal Chicken Sizzler. The preparation style is so popular in chicken, and having a sizzler made in the marinade can be a great experience.

They also have a tandoor and a wood fire oven, hence it's obvious that they serve grills – meat, seafood and veg and also thin crust pizzas. They do seafood in almost every preparation, like most Goan restaurants along the coastal areas do. They also have a bit of Continental, Pan Asian and Indian cuisine as well. The food menu again, is created by the owners themselves and there aren't any 'chefs' in the kitchen. We were pretty surprised by the quality of food we received.

We started with Garlic Bread – a homemade baguette bread smeared with cheese and garlic, made in their bread oven. The Prawn Tempura soon followed. The classic Asian dish was

- Price for two: 1400/-
- Address: Phat Cat - Cocktail Bar & Lounge, 7/82, Opposite Villa Fatima, Baga Road, Baga.
- Timing: 12 noon to 1 am
- Must try: Special cocktails, finger food, steaks/sizzlers

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LET'S BE SAFE THAN SORRY WHILE PICNICKING ON THE RIVERFRONTS

The Nagarmadi waterfall tragedy that killed six youth from Goa sent shock waves across the state. The groups from different places of the state had visited this waterfall on the tragic day when the incident happened. Due to sudden rise in the water levels of the river, large number of people were swept with the flow. Many survived. Six died.

Social media circulated the pictures and videos of the incident which clearly showed the last minute attempt of the deceased to save their lives. The incident did not look like negligence as the water level rose suddenly.

Few people who were part of the group that had gone to the waterfall on the fateful day narrated how unexpectedly there was a rise in the water level.

The incident reminded me the childhood memories when a young girl from Dabhal in Sanguem was drowned at Kali river. Though drowning in the rivers or sea has not been new for me, as a journalist covering day-to-day news, but the particular incident at Dabhal was unforgettable. It was the first such incident that I had heard about during my childhood.

The river, which flows at its own pace, nurturing life surrounding it has been an integral part of our culture and upbringing. Those who were born in Goa's villages are not new for the rivers and the adventure associated with it. But hardly was it fatal in the past.



Fishing along the river side and taking a plunge in the steady water of river has been a part of our childhood memories. We were well informed about the places where we can swim and where we can't. The dangerous spots were always avoided, so also fatalities.

But now the time has changed, not the rivers. Picnicking specially during the monsoons have become a part of our recreational activity. There are several spots in the state which are frequently visited by people, mostly in groups, for their day-long enjoyment.

Several times, the youngsters go river hopping every Sunday. Due to availability of four wheelers, it is not difficult to reach from North of Goa to South to enjoy a nice scenic river spot.

There are times when the group is unknown to the perils of venturing in the water in that particular river. If you ask any local, he would certainly advice you, which are the spots where you can, and where you can't venture. But lack of knowledge leads to several accidents.

In these circumstances, there is an utter need to develop a concept of safety audit of the rivers. The state government along with the local panchayat bodies should do proper survey and mark the places with sign board informing people whether they can enter the water there or not. If they can do it on the beaches, why can't they do it on the rivers? Local panchayat bodies should be involved in the entire exercise.

The places which are safer to swim and which are not safe needs to be properly demarcated. This will help the first-timers to decide whether they want to enjoy the beauty sitting on the banks or can take a dip in the water. As it is rightly said, precaution is always better than cure.

While marking the spots as safe or unsafe zones, the panchayat bodies can develop the spots for tourism. The river banks can be a new beach front for the coastal state where local youth can be employed as lifeguards and facilities like restaurants can be created for the picnickers.

A strong economic activity along such spots can be developed. Few can gain employment, and those who go for picnic can also get the facilities that they require. This

will certainly boost the concept of hinterland tourism taking away the spot from crowded beaches.

The footfalls at Dudhsagar waterfalls is a living example of how a beautiful spot can be an attraction to the travellers from across the world. We have several such spots which have to be properly developed. A forward thinking in the tourism sector is required for that.

State government's proposed master plan speaks of encouraging hinterland tourism activities. Development of riverfronts can be one of the highlights in it. Let the world know that Goa lies along the rivers, just the way it is on the beaches.

While doing all this, the state government should also conduct a study probing the reasons behind each of the drowning. Every time there is a death, the local police register it as an unnatural death and shut the case being accidental. After that, the place is left for more people to die.

There is an infamous spot called 'Movacho Guno' in Sattari which is known for deaths due to drowning. Why can't state government let some expert agency study the cause of deaths due to drowning? Shallow water may not be the only reason. There is something more than what meets the eye. We need to know it. The scientific study of such places should be conducted. We can't let more people die.

The state government has recently made an appreciable move when it decided to make it as an offence to drink and venture in the sea. Make that as a law even in river waters. Let local police keep a check on those who drink and go for a swim in rivers. That will also stop the liquor parties along the riverside which usually leave behind a trail of broken bottles and piles of plastic.

While tragedies can certainly be avoided with proper efforts, there should be a consensus amongst the people that they will behave responsibly when it comes to water. Several times, it is not just a natural cause but also our own 'care a damn' attitude that pushes us into such kind of situation.

Let there be pure fun on the river banks with no liquor and safe approach towards the picnicking. Better be safe than sorry.

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WE GET ONLY ONE LIFE TO ACHIEVE OUR GOALS: DELILAH LOBO

THOMAS FERNANDES

Do you cherish any childhood memories?

While I was studying in the boarding at Our Lady of Perpetual Succour, Navelim, from standard 6th to 10th, I enjoyed there the most with a lot of friends. We lived like a family there. I still cherish those memories.

How did Michael Lobo come into your life?

Michael and I are both cousins and knew each other since childhood. We liked each other, and were ultimately united in holy matrimony.

Who encouraged you to join

politics?

It was entirely because of my husband Michael Lobo. He had contested elections to the village Panchayat of Parra and had lost, but for the following election, the ward was reserved for ladies so he plunged me into the fray and I won. Second time, I was elected unopposed and this is the third time I have won the elections from the same ward. This is my second term as the Sarpanch. What I am today in politics, it is only because of my husband Michael Lobo. As Sarpanch, I was able to make Parra garbage free, give a facelift to the village of Parra with daily garbage collection including Sunday plastic waste collection besides other developmental works.

Do you impose your views on your MLA husband Michael Lobo and does he agree?

As far as I am concerned and in the interest of village of Parra, I do impose my say and eventually come to an amicable solution as two minds don't really agree at all times.

Did you have any interest in sports?

Honestly, I was not so keen in sports but excelled in academics. I was the top ranker in school and college but never took active part in sports as there was not much encouragement for sports then. However, I very much encourage my children for sports.

My son Daniel plays football and has joined Sporting Clube de Goa while my daughter enjoys playing badminton.

Any specific message to the women?

Whatever you do, do it from your heart and soul as we get only one life to achieve our goals and success.

Which role is difficult to manage- parenting or politician?

I somehow manage both the roles equally well. While the children are out to school, I attend to people's work at the office of village Panchayat of Parra, and evening is fully devoted to children.



LEGAL EYE

TEAM TNV

We live in a funny world, where cows and goddesses are worshipped while girls and women are harassed. One way out to keep an eye on such disgusting happenings is to enact laws to keep a check on crimes against women. So, to help women know their rights and to help them fight back, here are 10 legal rights that a woman should know.

Right to free aid

A woman going to the police station without being accompanied by a lawyer is either ignored or humiliated for her statements. She should be aware of the fact that she has a right to get the legal aid and that she should demand for it. According to a Delhi High Court ruling, whenever a rape is reported, the senior house officer has to bring this to the notice of the Delhi Legal Services Authority. The legal body then arranges for a lawyer for the victim.

Right to no arrest

A woman can exercise her right of being present in the police station only during daytime. A ruling by the Supreme Court forbids the arrest of a woman after sunset and before sunrise as there are many cases of women being harassed by the police at wee hours. Even if there is a woman constable accompanying the officers, the police cannot arrest a woman at night. In case the woman has committed a serious crime, the police officers are required to get it in writing from the magistrate explaining why the arrest is necessary during the night.

Right to privacy

A woman who is a rape victim has the right to record her statement privately in front of the magistrate. She can also have her statement privately recorded with a lady constable or a police officer. The police officials will have to allow privacy to the rape victim under section 164 of the Criminal Procedure Code.

Right to untimely registration

Reputation of the family and threats from the culprit to harm her are some of the reasons as to why a woman would postpone going to the police to lodge a complaint. However, the police cannot say no to register her complaint, no matter even if it's too late to register.

Right to Zero FIR

Many women are unaware of the Supreme Court's 'Zero FIR' ruling. Sometimes, the police station under whose jurisdiction the crime takes place refuses to register the victim's complaint in order to avoid the responsibility, and tries sending the victim to another police station. In such cases, the victim has the right to lodge an FIR at any police station in the city under the Zero FIR ruling. The senior officer will then direct the SHO of the concerned police station to lodge the FIR. A rape victim can now register her complaint from any police station under the Zero FIR ruling by the Supreme Court.

Right to not being called to the police station

Under Section 160 of the Criminal Procedure Code, a woman cannot be called to the police station for interrogation.

The police can interrogate a woman at her residence in the presence of a woman constable and family members or friends. If a woman is called to the police station for questioning or interrogation, she can exercise this right by quoting Section 160 of the Criminal Procedure Code.

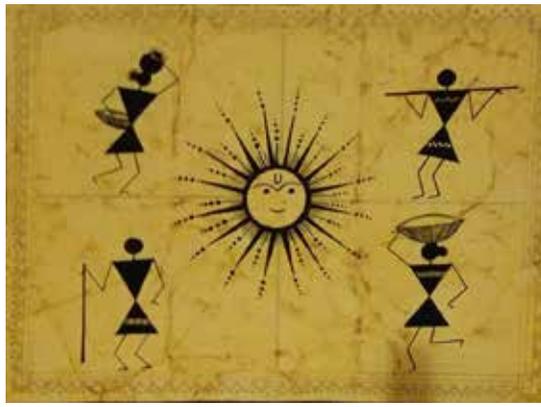
Right to confidentiality

The media or the police are forbidden to reveal the identity of a rape victim. The disclosure of victim's identity is a punishable offense under Section 228-A of the Indian Penal Code. The objective is to prevent social victimisation of a rape victim.

Right to no sexual harassment

According to a guideline issued by the Supreme Court, it is mandatory for every employer, public or private, to create a Sexual Harassment Complaints Committee within the organisation to resolve matters of sexual harassment. The committee must be headed by a woman and should comprise of 50 percent women as members.





A Journey of Self-Discovery for Sophia Rodrigues



DEVIKA SARDESAI

What started as just as an interaction turned into a medium of motivation and strength for women to explore their hidden talents. I intended to take down every word she said but her anecdotes captivated me so much so that I could meagrely pen a few words down, she just made me speechless. Meet Dr Sophia Rodrigues, an obstetrician by profession and painter by interest.

No doubt you are a wonderful doctor but what inspired you to pick up the brush and paint your imagination?

We women, at times, need inspiration to realise the talents within us but also need to discover and rediscover ourselves. I was blessed with this opportunity because I consider the life I am living as a rebirth. Twelve days after the birth of my child, due to certain medical complexities, I was under the ventilator that supported my lungs and in turn my survival. If not for that, I would've died. Doctors could do nothing and so had just surrendered me in the Almighty's hands. As the saying goes, 'doctors are just the instruments in God's hand but they can't be God'. This experience nudged me to venture into paintings which was initially my pastime. I had become resistant to antibiotics. But miraculously the fever just left my body, an unexplainable event in medical science. I guess prayers did what antibiotics couldn't. This experience was an eye-opener. It was a life changing experience that changed my perception about everything. I realised how beautiful life was. We as human beings tend to focus more on the wrong rather than discovering



correct solutions. I feel that we shouldn't try to earn more and live less. We have to invest quality time in our loved ones as well as make some new friends. All this is only possible because of the divine forces that constantly inspire us in our lives.

This is my first exhibition. My collection comprises of around 48 paintings. Although there was a big gap in this pursuit of mine, I would say, with my husband Adolf V. as my constant support, I was able to reach out to people. He always says, 'in your dying years, you shouldn't regret not doing something.' When we got engaged, I gifted my paintings to his colleagues on various occasions. Their praises filled me with a renewed energy and motivated me to do better.

You play a double role, that of a gynaecologist and a mother, and they both are closely linked. How was the delivery of your children different from the children you

punished by their husbands for trying to discover financial independence. Freedom is being curtailed. It's probably because the husband is worried that the wife may become financially stable and not need him anymore. Surprisingly, this factor is absent in international community.

What was your husband's contribution with regards to your painting, and would he like the legacy to be followed by your daughter?

My husband was very supportive about my passion. His constant encouragement exhilarated me but our human nature makes us undervalue our self-worth and makes up lame excuses of 'not having the time'. My husband says, 'being talented is one thing but showcasing the same is a huge deal'. Art is within. You need to bring it out and let it flow. He feels it should be matter of pride and not ego.

My daughter has started showing signs of moving on the same path but we as parents encourage her to follow her dreams and not our heart's desire. Leaving a lasting impression in someone's heart is what matters.

Would you like to be recognised as a painter or doctor?

I believe that irrespective of one's profession, people should remember you for who you are as a person.

What message would you like to convey to all the women?

Believe in what you do. Do not underestimate yourself. Do not hesitate to get the thing on board with passion and sail towards the success you always dreamed of. If you love yourself, only then can you love others.



The Divine Feminine

PRITHVIRAJ THALI

Hinduism is perhaps one of the few faiths which boasts about the worship of the sacred feminine. As the force that bears the seed of life, the feminine element is revered and accorded the highest stature through the millennia. Though the Absolute is perceived as undifferentiated and unqualified, the creation of the entire cosmos, both conceptual as well as its resultant physical manifestation, is attributed in Hindu scriptures to the primordial interplay of Shiva, the male element which represents the passive consciousness that is essentially self-absorbed and its divine consort Shakti, the personified creative power of Shiva. Shakti, thus, represents the dynamic aspect of Shiva.

The Divine Trinity – Brahma the Creator, Vishnu the Preserver and Shiva the Destroyer -- are represented on the material plane in their active aspects in the forms of their consorts Saraswati, Laxmi and Parvati respectively. While the Absolute is embodied as Divine Justice in the male trinity, their feminine embodiments represent its aspect of Divine Mercy. Human procreation, on the terrestrial plane, thus follows the archetypal function of the Absolute in its twin aspects of Shiv and Shakti. In this sense, all creation is thus feminine as it cannot self-exist without the unborn, ever-existing Absolute which being the only male reality. On the individual level, the relation of the human soul with Atma (the Universal Spirit) is only a microcosmic representation of the macrocosmic co-existence of Shiv – the Creator and Shakti – the created.

The Hindu thought uniquely centres on the worship of the Goddess as the giver of life and material abundance. Virtues such as valour, bravery and profound intelligence, that are stereotypically associated with men in other faiths, are conceived as innately feminine. There are records of able women in the roles of preceptors and warriors in classical Hindu texts, which admirably reveal that Hindu thought, despite being wondrously polytheistic, still rightfully accords the highest status to the feminine. While Goddess Laxmi, Vishnu's divine consort is worshipped for wealth and abundance, Goddess Saraswati is said to bestow learning and wisdom upon her devotee. Parvati,

Shiva's consort, is the Goddess of strength and power, and also said to bestow fertility, love and devotion.

Philosophic thought and ritualistic traditions are indistinguishably intertwined in Hinduism. Ideas and nature also find their most eloquent expressions in the forms of numerous other goddesses. For instance, Aditi is the protective Goddess of space and infinity, who helps overcome obstacles, while Agneya is the daughter of the Fire God Agni. Chhaya is the Goddess of shadows and the consort of Surya, the Sun God. Maya is the Goddess of illusion and represents the manifested world. Goddess Durga, another prominent Hindu deity, is a fierce, demon fighting Goddess. She is honoured during the festival of Navratri, which is celebrated over a span of nine nights. She is said to have killed the demon Mahishaasur after a fierce battle, earning her the title of 'Mahishaasur-Mardini', literally meaning, 'killer of Mahishaasur'. Though the festival is celebrated differently in different parts of India, the theme of battle and eventual victory of good over evil is common to all of them.

The symbolism of Navratri is strikingly pertinent to and reflective of our domestic plane. Battle implies strife,

conflict and disharmony as necessary prerequisites. This necessitates the acknowledgement of the presence of the unnecessary, the unwanted and the evil which needs purging. Durga is perceived as that divine agent which brings about this purging. It is the ever sane voice of conscience within the mad cacophony of confusion and chaos in us. Thus, the nine-day celebration symbolically enacts the subtle drama of victory of the good over the long-reigning demons of baser sense tendencies. Discrimination and discernment are Durga's sword with which she cuts through the dross of human nature. She bestows us with 'seeing eyes' which perceive the true nature of this world and our role in it.

Saints and mystics of India have

navratri



been known to worship and behold the divine in the form of Divine Mother. The lives of Shri Ramkrishna Paramhansa and Swami Vivekananda are exemplary in this respect. The divine feminine represents archetypal female qualities such as insight, receptivity, acceptance, surrender and empathy. It has nothing to do with the distorted psyche which believes and projects the feminine as weaker or inferior to its more aggressive male twin. Durga's truest representation dwells in every compassionate thought and every benevolent act that promotes well-being and virtuousness. She is the voice of virtue and the power of reason. She resides in the loving hand of a mother as she embraces her child. Durga is that woman who bestows health and happiness as she devotes herself to her family and nurtures them. She is also the one who surmounts innumerable obstacles and sacrifices effortlessly for the good of her dear ones. She is seen personified in all walks of life where women have made their mark.

I am reminded of the moving poem by William Ross Wallace who celebrates the feminine when he says, "... For the hand that rocks the cradle; is the hand that rules the world". May the festival invoke in us Goddess Durga in the form compassion, receptivity, understanding, insight and surrender.

Why is it a given that, post marriage, the woman has to give up her career and independence to look after the family? Things have certainly changed now but there are still a number of people out there who believe in this sucker punch of an idea. There is also no valid reason as to why the woman has to give up her premarital home and move into the home of her in-laws.



WO(AH)..MAN

CHARLENE FARRELL

What a wonderful world we live in. As the years passed by, things have improved so much for women. We are really lucky to have been born at this time where we have our basic rights. As a woman, sitting here sipping my cup of tea, alone at a café, writing this article on a laptop I have bought for myself with the money I have earned, I have this sense of empowerment and a feeling of strength. Today, most of us have opportunities which our past counterparts never dreamt of. Women today are doing it all, while carrying on with their roles of mother, wife, daughter, sister, aunt and friend, they are also doubling up as educators, managers, CEOs politicians, performers, artists and every career that every man has ever dreamt of taking. With all these giant leaps, we are taking forward however, there are still some road blocks that are being strategically placed to trip us on our way to the top.

India is a patriarchal society and no matter how much we try to deny it, it still remains a fact. There are still miles for us to go before we can actually be free from the bondages of stereotypes. Even in the most educated of families we still find the slight, sudden, slip into the past. Women still find themselves being short-changed when it comes to safety and all around inequality. We are all witnesses to the unimaginable brutalities woman go through. What am I talking about? Most, if not all women and young girls have experienced

those snide comments, those sleazy looks, those unfair and uncomfortable remarks, and of course those moments of being overlooked for a certain promotion because 'apparently' the work hours are not flexible enough. Excuses like, you might get married soon, or what about motherhood have been reasons a number of highly competent women have been passed over for a certain position. Inequality is still rampant and today it is masked under layers of things like concern.

In the 21st century, we still hear things like 'women need to be soft spoken and decently dressed.' What is being decently dressed? Does decency equal layers of clothes in a climate that calls for shorts? There are actually people out there, even now, who believe that the reason women are raped and molested is because of the way we dress. The age of male entitlement hasn't past as yet. There are men who still feel women need to be on a different level. Exploitation is still ridiculously high. The more we try to break free, the more there are elements trying to quieten the voice. The lack of safety for women is also being blamed on the women. It's time we are allowed true freedom in the real sense and it is time for us to be given equal consideration.

There are many other ideals that we should question. Why is it a given that, post marriage, the woman has to give up her career and independence to look after the family? Things have certainly changed now but there are still a number of people out there who believe in this sucker punch of an idea. There is also

no valid reason as to why the woman has to give up her premarital home and move into the home of her in-laws. Why can't there be an equal amount of adjustment? like both building their lives together, independent of everyone else.

Another extremely important area that needs tackling is the glass ceiling. The glass ceiling effect is the term used for gender inequality at work. Here, the top of the ladder is visible to a woman, she also feels like it's within reach, but as she rises up the ranks, she realises that there is an invisible block that is keeping her from going higher. What is that block? oh nothing, just the fact that she is the wrong sex. Even today, women are constantly under pressure to prove themselves worthy and thus spend a great amount of energy juggling work and home to meet this end.

Considering all the negative there is alas, light at the end of the tunnel. It is extremely satisfying to know that there are some wonderful men who see no need for gender roles. These wonderful individuals fight for the rights of women by being their support and encouragement. These are the kind of men who take pride in the success of the women in their lives and see them as whole, productive human beings rather than baby producing housekeepers. It is true that the maternal instinct is strong enough for women to decide on what is required for their children, but at least the choice of other options is a great idea.

Change is on the horizon, we can all feel it. With an increase in the number of men who have broken stereotypes and changed their perception, a free, equal world is definitely turning into a reality. We all know that for every bird to take flight, an initial push is necessary. As women, let's not wait to be pushed, but rather, join hands and help each other up.

Even today, women are constantly under pressure to prove themselves worthy and thus spend a great amount of energy juggling work and home to meet this end.

WALK THE TALK – WITH ALL WOMEN TASK FORCE



SANGITA SHARMA

India's burgeoning population and its many needs and aspirations are largely responsible for the innumerable challenges that its economy faces today. There is much talk, debates and heated exchange of ideas but very less in terms of 'walk the talk'. Between the talk and the walk there is a missing link which if put in place, shall yield positive results in our country's socio-economic growth.

And what might that link be? The answer is simple. It is the population itself which has created the problems in the first place. The need to involve the citizens of this country in resolving issues is becoming inescapable as the government machinery alone cannot solve all the problems. Citizens have to be made responsible as well as to participate in civic issues if the country has to progress at a faster pace.

The call of the hour is to set up 'Citizens' Task Force' for particular and specific problems. This is neither a new idea nor a failed one. Whenever implemented, it has shown promising results. Our own country can boast of Bengaluru as one city where citizens' task force, known as the 'Bangalore Agenda Task Force' has been set up and been able to fulfil its targets and aims to a large extent.

Task force is basically a temporary grouping of people under a leader for the purpose of accomplishing a definite objective. It is generally considered to be a more formal ad-hoc committee, usually of experts, formed for the purpose of studying a particular problem and evaluating

and formulating solutions. But the scope of citizens' task force needs to go beyond the aforesaid role. Organising, implementing and actually completing the task in a particular period of time for which it has been set up is by far the most important part of the entire process.

Task forces should be local based as the citizens are in sync with the problems and challenges and perhaps have the best solutions. However, it can be a partnership between citizens, corporates and administrative agencies. By this, citizens come together along with other stakeholders and address issues of common interest. This makes the efforts and results transparent and citizens' participation becomes spontaneous, determined and full of zeal. Once a particular problem has been identified, short term work should be undertaken and completed quickly. This would show visible results and at the same time generate confidence amongst the people. Also by participating, members would realise their potential to solve problems and this could result in planning and finding solutions for long term reforms.

Participation of experts, retired government personnel, educated college going youth and women would create a mix bag of people whereby it would be possible to get expert opinion as well as manpower to implement projects. Monetary compensation to participation and job opportunities for the youth in times to come, would help in more citizens participating. Issues that could be dealt by the citizens' task

force could be road improvement projects, beautification and cleanliness of parks & beaches, creating awareness of garbage disposal & sanitation and also use of public toilet facilities, road safety, food & shelter for the homeless and helping find medical help for people suffering from mental disorders etc. Also they could bring to the notice of concerned authorities, certain issues like dilapidated buildings and structures which could collapse and cause death. Besides, to ensure that ours is a robust democracy, citizens' task force could help in creating awareness of the election system in the country and to improve it and reduce corruption and irregularities. Encouraging honest and upright citizens to participate in the democratic process of the country would help in bringing changes.

The women form a major section of our society. They are the backbone of our country. Empowering and emancipating women in the true sense means giving them the confidence to charter out their own destinies not only when they are young, but also when they age. Citizens' task force is a good platform to get the marginalised section of women into the main stream, whatever their monetary condition or educational qualifications may be. Task forces help to give direction and achieve goals and aspirations.

Swami Vivekananda said; "There is no chance for the welfare of the world unless the condition of women is improved. It is not possible for a bird to fly on only one wing."

It is a sad fact that India stands on the 29th position amongst 146

countries globally on the 'Gender Inequality Index'. India needs to transform its women force into an effective human resource. The Constitution of India guarantees equality to women in all facets of life and the government is continuously making efforts to do the same. However, implementation gaps exist. To overcome this, the government or community based bodies like 'All Women's Task Force' must be set up to implement, monitor and audit programmes devised for the welfare of women. Also, providing social security, justice and legal help will be faster if the issues are taken up by women's task force and followed up with agencies responsible for the same.

In the present-day scenario, it is becoming extremely crucial to make women economically strong and legally aware. Emphasis should be on having more cooperatives, life skill and income generating programmes for women. Women should be educated not only academically but they should also be made aware of their legal rights. To give women a break from their mundane existence, a women's task force can organise exhibitions, festivals, picnics, visits to places or events of interests and sports meet where women are able to participate without any hesitation. Besides generating a sense of freedom and happiness, all these group activities help to create team spirit and renew bonds of friendship.

So, let women come forward and make 'Task Forces' and show the world what it means to 'Walk the Talk'.

Throughout Goa, from Pernem to Canacona, the cult of Sateri worship is dominating. However, Sattari taluka has a large number of Sateri temples. There are also the sacred groves wherein the forest cover along with the biological wealth has been given protection by the local community. Some of these sacred forests contain the stone sculptures of the goddess Santer in the forms of Mahishasurmardini.



Santer Worship Tradition In Goa

RAJENDRA P. KERKAR

The land of Goa since time immemorial has the rich and varied tradition of Santer worship, aniconically in the form of an ant-hill and iconically during the later period in the form of Mahishasurmardini. This is the most popular goddess of the Goan community, irrespective of the caste or tribe, and is worshipped from the pre-Portuguese period and has reference in the old folksongs. The eco-feministic festival of 'Dhalo' that is celebrated during the Paush, the tenth month of the lunar calendar, and 'Dhillo' which is celebrated during the Ashwin-Kartik, the seventh and eighth month, has the melodious songs in the honour of the goddess Santer.

In Goa, Santer was once worshipped widely in the form of ant-hill, locally known as 'roen'. This ant-hill is also worshipped as Bhumka,

Mauli and Shantadurga whereas the iconic form of Mahishasurmardini is worshipped as Vitthala devi and Pavanai in various parts of Goa.

From the hoary past, people living in Goa and Konkan worshipped different aspects of the nature like soil, water, air, plants and animals. The Indian tradition worships the feminine form of Shakti in various other forms. The agricultural communities living in different parts of country began displaying love and affection for the fertility power possessed by the women as well as the earth.

Through agricultural activities, people realised that the earth is generous in giving bountiful food grains for their livelihood and this might be the reason accounted for establishing the tradition of mother goddess worship.

The ant-hill symbolically represents mother earth as it is made up of clay particles. The tradition of ant-hill worship is prevalent for many

years on the West coast of India. Ecotheological roots of many religious beliefs can be traced to human proto-historic and pre-historic lifestyles.

If most of the rituals and practices related to the ant-hill, worshipped as goddess Sateri or Santer, are examined through the angle of eco-theology, we would be able to identify many relations to cycles of nature. Through the ant-hill worship, our ancestors have expressed their respect for the creative powers of earth. People living in Goa and Konkan, in tune with nature, have known earth's creative, fertile and ecologically magical powers, due to which they respect the ant-hill as the living entity.

Earlier, most of the temples in Goa were worshipping goddess Santer in the form of ant-hill. However, when Goans were influenced by the worship of stone sculpture of goddess Mahishasurmardini, they preferred to worship the stone sculpture instead of

navratri

ant-hill.

Goddesses such as Ela, Parvati, Mahamaya, Kamakshi, Navdurga, Vijaydurga are worshipped in the forms of stone sculpture as Mahishasurmardini. The earliest worship of Mahishasurmardini has been found in Lamgao village of Bicholim taluka. In this sculpture, the goddess is shown without a crown. She is shown wearing ear-rings, necklace and bracelets. She is holding a trident in the upper right hand and in the lower right hand she holds a sword. The left hand is on the back of the buffalo and in the other hand, which is broken, she is holding a bell. According to the archaeologist and historian, Dr. V. R. Mitragotri, this Mahishasurmardini has early Chalukyas characteristics and belongs to C. 600 A.D.

There are stone sculptures of Mahishasurmardini, discovered in Sattari, depicted on the boat. These unique sculptures are worshipped by the devotees as Santer or Shantadurga and throws light on the aspect of goddess taking devotees across the difficult ocean of existence and also on the navigability of the river Mhadei in the hoary past.

During the nine nights of this festival, celebrated as Ashwin Navratri, the devotees observe different rituals. On the tenth day, which is on the day of Vijaydashami, the marriage ceremony between the insignias (tarangas) of Santer as the consort of Ravalnath takes place. This ritual known as 'Shivlagna' indicates union of male entity with the female for facilitating the procreation.

Throughout Goa, from Pernem to Canacona, the cult of Sateri worship is dominating. However, Sattari taluka has a large number of Sateri temples. There are also the sacred groves wherein the forest cover along with the biological wealth has been given protection by the local community. Some of these sacred forests contain the stone sculptures of the goddess Santer in the forms of Mahishasurmardini.

The sacred grove of Taide in Tambdi Surla has the biggest sculpture of goddess Santer in Goa. Goa's tribals and non-tribals as well as the communities belonging to higher castes are considering Santer as their family and village deity. Worship of Santer in the form of ant-hill signifies the respect for mother earth. Today, by worshipping Santer, the Goan culture has successfully woven a tapestry of Vedic and Dravidian, tribal and non-tribal, pastoral and agrarian threads, and has been deriving blessings of the mother earth.



BONDLA ZOO- WAITING FOR ITS NEW PAIR OF TIGERS

TEAM TNV

Located within the Bondla Wildlife Sanctuary- Goa's only zoo, Bondla, occupies a pride of place amongst the eco-tourism sites of the state. Although it is the smallest of all the wildlife sanctuaries in Goa, Bondla has managed to attract the visitors- right from school kids to the older generation. But now, with the new season commencing in November, the zoo authorities are with their fingers crossed following the death of the tiger couple, Rana and Sandhya, which was the main attraction since 2009.

Moreover, the much needed facelift of the zoo- which has proposed to increase the area of the zoo from 10 hectares to 40 hectares, is pending since 2008 due to lack of funding.

Spread over an area of 60 hectares enveloped by the wildlife sanctuary on all its four sides, the Bondla zoo was initially established

as an animal rescue centre of the forest department in the year 1969. It was accorded the status of 'small zoo' by the Central Zoo Authority in 2006.

There are a number of animals that make their home in this place. They include, Goa's state animal, gaur, sambhar deer, jungle cat, leopard, toddy cat, wild boar, porcupine, crocodile, scaly anteater and the Malabar giant squirrel. There are watchtowers set-up at strategic locations where one can observe the animals in their natural habitats.

However, the pair of tigers-Rana and Sandhya was the heart of the zoo. Brought in from Indira Gandhi Zoological Park, Visakhapatnam in 2009 as a part of an exchange programme, the couple attracted a lot of visitors to the zoo.

A senior zoo authority official states, "the tigers were the main attraction of the zoo. Kids use to love watching tigers, especially when they roared".

As per the available data, for

the year 2016-17, nearly 1.13 lakh visitors that included 36,000 students and children, 74,000 adults and 1,912 foreigners, visited the zoo. The figures were less compared to 2015-16, that reported 1.15 lakh visitors.

The drop in visitors' footfall is attributed to the death of tiger Rana, who died a natural death in December 2016.

The zoo lost its female tiger Sandhya in July, this year. She too died a natural death.

Now, the forest department has written to the Biological Park of Mangaluru, Zoological Gardens- popularly known as 'Mysuru Zoo' and another zoo at Bangalore for procuring new pair of tigers in exchange of either a bison family or deer family. The process has begun.

Even the male hippo is waiting for a companion since last five-six months, after his female mate died during an internal animal conflict. The forest department failed to get mate for the male hippo till now.

Located in Ponda taluka, the zoo has been well-maintained with the forest department officials abiding by the guidelines of the central zoo authority.

This facility would have been improved to a greater extent if the master plan drawn up a decade ago had been executed. The lack of funding and last minute refusal by Central Zoo Authority to provide finance for the improvement of Bondla facility left this zoo in the lurch.

The forest department had undertaken a facelift of the zoo according to the master plan drawn in 2008. As per the master plan, the area of the zoo was supposed to be increased from 10 hectares to 40 hectares. The plan had also proposed to increase the number of animal species in the zoo along with improved facilities for the visitors.

"There is no such plan at least for now. Funding is a major issue and we need to sort that out first," a forest department official said.

VINOD PALYEKAR: THE MAN ON A MISSION

TEAM TNV

You recently spoke about the threat to your life. Is it true or it was just a perception?

Any person talking against the drug mafias will have a threat, but that won't deter me and my will power to finish off this drug menace

How strong is the drug lobby in the coastal belt?

It is a big nexus. Over last 15 to 17 years it has spread like a cancer in every nook and corner of the state.

What do you think is the reason behind this lobby getting support in the coastal belt?

These mafias try to control the tourism industry in the coastal belt. Nowadays, Goa is known just for drugs and sex. We have to change this image. Goa is a family destination. We have our own traditions like Carnival, Shigmo etc. which need to be promoted as tourism events across globe. Quality tourists have to come to see these things. We have to focus on 'Goem Goemkar Goemkarponn' in order to promote our tourism.

Being a part of the government, do you feel that failure to curb the drug menace also amounts to failure to govern?

Not at all. Chief Minister Manohar Parrikar is fully supporting me in this fight against the drug mafias. We are working as a team to fight out this menace of drugs.

Do you think international drug lobbies are involved in it?

They should be. It's up to the police to investigate this. The police have to be properly motivated to fight this out.

What are your plans to save your constituency from this problem?

I have declared a war against drugs in my Siolim constituency. I don't mind these drug mafias working against me in the elections but I will see to it that I will break the backbone



of drug mafias with the help of my leader Vijai Sardesai and Chief Minister Manohar Parrikar. Both have been supporting me on this issue.

Is it true that the drug menace has reached to the villages too, and it is not just limited to the coastal belt anymore?

Drugs have reached into the hinterlands of Goa. Especially in areas of Ponda, Sanguem, Salcete etc. We have to find out the source from where the drugs are coming.

With the tourist season to begin soon, what mechanism do you think should be adopted to control the rave parties?

It's simple. All the government agencies should activate themselves in order to keep illegal activities under control.

What is your stand on EDM?

I am not against music. We can have music festivals which would include pop, jazz, classical music etc. but anything which goes hand in hand

with drugs should not be allowed

What kind of tourism will you prefer in your constituency?

I would prefer that hospitality tourism should grow in my constituency. Maybe some good five star hotels would bring in some quality tourists in the areas of my constituency like Anjuna and Vagator. High-end tourists are the need of the hour for Goa. We need quality tourists and not quantity tourists just for the sake of yearly numbers

I like to fly with my nest: Asha Arondekar



TEAM TNV

The name Tatva Salon & Spa is a renowned brand in the wellness industry of Goa. Team TNV talks to the owner of this popular brand, Asha Arondekar, and tries to unveil the story of her journey to its readers.

“Unlike my present profession, I belong to a pharma background and hail from a Pune based staunch Rajput family where medical profession dominated the careers. I did not want to be a doctor. So, against my family’s wishes, I began my own pharma company at the age of 19,” recalls Asha.

On being asked about what caught her interests in the wellness sector, Asha had her own story to tell. “I noticed that Goa did not have any salon and spa or any hub for rejuvenation services. The ones that were available were either the small beauty salons or very high-end spas which were out of the reach of a common man. The reason behind this was; to Goan people, grooming always meant getting decked up for functions. The concept of one’s own fitness, well-being and maintenance was completely alien.”

“This pained me a lot as people needed to know that grooming is not only occasional but it is an important part of our well-being. People had to know that it is a great way of rejuvenating oneself from the daily hectic routine, which is a necessity in today’s world.”

“I wanted to do something about this situation, so I joined VLCC and I was the first person to get VLCC to Goa. I started two outlets in Goa.”

Asha began to do research and travel nationally and internationally in order to understand the intricacies of this business and start her own salon and spa. “My main focus was on such a salon and spa that could be afforded by the middle class as well. My aim was to make all such rejuvenation services available to the Goan middle class without them having to burn a hole in their pockets.”

“It took me two years to do all that, and finally, I launched my own brand under the name ‘TATVA SALON AND SPA’ in 2011. My first branch was

opened at Panaji. Since then I did not look back, and today, I have 13 outlets all over Goa, plus I have tie-ups with 10 different hotels for spa services.

On being asked why the name ‘Tatva’ for her salon and spa... she said that the name signifies the five elements of nature and that one has to be connected to them. “If one is relaxed, he/she can find peace of mind, which is what I want my customers to experience once they enter Tatva,” says Asha.

Apart from being an entrepreneur, Asha is also inclined to spirituality and loves to travel.

She has also started the ‘Orchid Awards’ for women, wherein women who are successful in the areas of business, sports, art & culture etc. are honoured. This year, the awards will be held on the 4th of November.

Her future plans regarding her brand are that she is soon opening an outlet in Margao and also wishes to make Tatva a national brand.

While giving credit to her success, she says that her daughter has been a major source of motivation and a constant pillar of support for her growth. She also gives tons of credit to her husband for his support.

In her message to the readers, Asha says that one must not focus on the goal but on the journey. “Journey keeps you going and it teaches you a lot, whereas goal focused journey becomes stagnant once the goal is achieved, and one thing that I don’t like is to stop moving. I like to fly with my nest,” Asha says with a smile.

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THE FUTURE OF VIRTUAL REALITY

CHRISTON RIEN

Virtual Reality is widely associated with gaming, but some believe it could evolve into the next computing platform, change the way we watch sports, affect all of our senses and grow into a multibillion-dollar industry if consumers are willing to adopt it.

Virtual reality (VR) and augmented reality (AR) technologies have received a lot of attention over the past few years. Sony's PlayStation VR headset is currently shining in spotlight on the viability of VR gaming, while Google Cardboard and new Daydream View headsets are pushing mobile VR into the mainstream.

The success of widely famous 'Pokemon Go' last year showed that smartphone users are ready and willing to adopt augmented reality. Microsoft's development of its HoloLens goggles aims to prove that both, virtual and augmented reality, will soon be a part of our reality. VR has also shown promise in the world of sports and could quite possibly be the future of sports broadcasting.

Two years ago, virtual reality startup 'NextVR' privately demonstrated the future of sports broadcasting with a 360-degree camera placed courtside at an NBA basketball game in Oakland. The following night, NextVR returned to Oracle Arena in Oakland, this time with seven cameras, about 30 crew members, a full-scale TV production truck and three announcers presenting the Golden State Warriors vs. Minnesota Timberwolves game in virtual reality to a relatively small but paying audience. The vast majority of basketball fans still watched the regular TV broadcast and were probably unaware that the three

dimensional experience was also available. This is a sign of how the VR industry is trying to get off the ground and find an audience.

However, these events showed how much progress live VR sports has made. Live sports could be the key to getting people hooked on to virtual reality. A survey taken last year by a San Francisco firm showed that 39 percent of sports fans were very interested in watching live VR sports. This interest could quite possibly grow into something huge and can change the way we experience live games. Even though it may take four to five years before live VR broadcasts develop into a major market, streaming big events live in VR will be central to the non-(video) game VR experience. There are many other promises as well that virtual reality aims to fulfill. The most famous one includes that it could be our next computing platform. Much of the attention surrounding VR currently has to do with gaming, films and other entertainment. However, Facebook CEO Mark Zuckerberg believes that VR could surpass all of these categories. Zuckerberg thinks it will take a while for us to get there, but he's quite optimistic that VR could be a primary form of communication technology in the near future. If that's the case, people will have a much more realistic experience conversing with friends and family that are in a distant place.

Photos are richer than text, and videos are richer than photos. But that's not the end. It's like we are in an indefinite continuum of getting closer and closer to being able to capture and share our natural experiences and design it, and also share it with whomever we want.

VR is still in its early stages, and it's likely that it will take many more years before it becomes mainstream. As time passes it will get better and better and could eventually impact all of our senses.

Currently, it is only limited to a user's visual and auditory senses, but in the future it will most likely be enhanced. Breaking the barrier between the virtual and physical world using high-end touch sensors could take virtual reality to a whole new level. VR developers are not thinking short term, rather they are focused on long term success as they plan to take this technology from immersive to fully interactive.

The virtual reality market was worth about \$1.9 billion in 2016, but that's expected to climb to \$22.4 billion by 2020. Those numbers include hardware and software sales. And when you factor in AR, the market will skyrocket even higher. The good news for investors is that companies are just getting started with AR and VR, which means there are more opportunities to benefit from. As more companies rally around these new technologies and make necessary investments to get them off the ground, we are likely to see the future of AR and VR develop over the next few years.



TNV Enters New Spheres

NEUTRAL VIEW CLUB

Parvatibai Chowgule College of Arts and Science is a premier educational institute affiliated to Goa University that offers courses at Graduate and Postgraduate levels. Chowgule College was granted autonomy in the year 2014 in an attempt to improve the quality of education imparted at the institute. Autonomy grants this college the freedom to design its own evaluation system, programmes, courses and methods of instruction. This allows for the possibility of an updated syllabus based on the latest development which in turn improves the scope of the course.

Under autonomy, the college follows a choice based credit system (CBCS) and semester-pattern of study. The choice based credit system allows the students to pick the subject of their choice followed by the papers they would like to study during their semester excluding the compulsory foundation courses set by the college.

Along with the credits allotted to their respective courses, the students are also expected to complete a total of 10 credits during the three years of their study (2 credits are awarded for 60 hours of contact training). It is made compulsory, under autonomy, for a student to complete an internship for a minimum duration of 120 hours. A total of 4 credits are allotted to the internship program. The student is required to complete the remaining 6 credits by participating in club activities, sports and other extracurricular activities.

Clubs are further divided into credit based clubs and non-credit clubs with the simple understanding that credit based clubs are authorised to allot credits while the non-credit hours are purely interest based with



no benefit added. Co-curricular clubs are important and beneficial as they help the students to improve their life skills, no matter which area their club's interests lie. The college houses a total of 44 clubs – 23 sports clubs and 21 co-curricular clubs – that are authorised to allot credit hours. Students are often cautioned that all clubs are not authorised to allot credit hours to their members. It is the students' responsibility to confirm the authenticity of the club rather than believing in Chinese whispers.

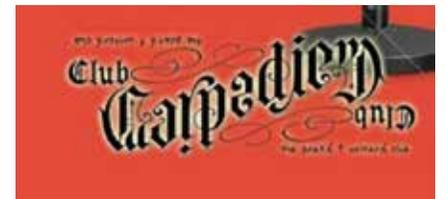
The Tigers Badminton Club, for example, is one of the leading clubs in the campus. The Tigers Badminton Club is a highly functioning and independent club authorised to allot credit hours. The club is known to have its own management system which includes a treasurer, secretary and president, elected through elections held every year in a democratic manner. The club is not only responsible for training it's

members in the sport but also holds matches, competitions and takes part in inter-college events and forms the college team when required to.

Club Acousita is another classic example of a highly functioning club. Club Acoustica is a club that focuses on music. It is responsible for all the musical events held on the campus and on other intermediate levels. The club aims to find new talents on campus and guide them to sharpen their skills in the years to come. Unlike the badminton club, members of this club are selected via auditions, held during the first semester, wherein good musicians are selected. The management of these performers, allotment of programmes and the responsibility of their participation is taken by the club. The club is also known to have jamming sessions, DJ sessions and concerts on campus, making it an exciting experience for all present there.



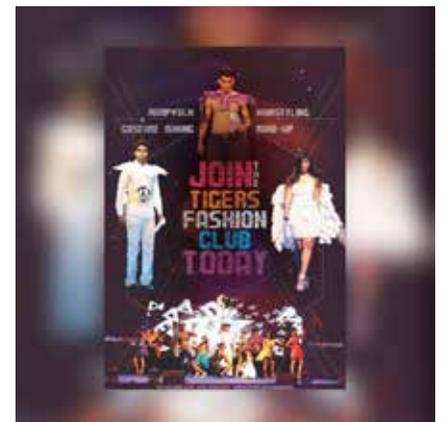
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Carpe Diem

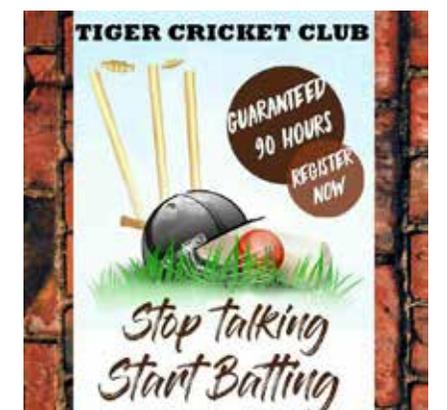
Carpe diem provides a platform for the young poets and writers, and encourages them to perform. The activity to recite their poem and other such creative activities helps the individual to develop a sense of pride for themselves and get rid of stage fear. Let your words and thoughts flow.

Fashion club



This is a club where you can showcase your talents. From make-up and hair to modelling and designing costumes, they do it all. The fashion club participates in various events.

Tiger Women Cricket club



The club members train on the Fatorda ground under a female coach Ms. Anuradha. They train for two hours every time they meet for a practice session. They look forward to the university matches in February. They have the zeal to work hard and achieve their dream.

Andrew Barreto

Assistant professor

Since when are you teaching news media? How do you think it will help the students?

I introduced the paper into the affiliated system. When there was a review of three years of elective papers in the old system, I proposed this skill based paper. It was an offshoot of the mass communication paper as it was more of theory based paper at that time. I had large number of ideas which I then pushed into writing for media paper which is more focused on practicality, which is the writing aspect than the theory aspect.

How you first got involved in writing for media?

I got interested in writing for media in college. I brought out a copy of the college newsletter when I was a student in Chowgule College. It was titled 'Papyrus'. This magazine started out because prior to that there was a college newsletter which was bad. I made remark about it and the student editor who was in charge of it told me that, "if you think you know better then why don't you try it?". So, I did. I accepted his challenge. And that's how I started out and realised what a tough job it was. I had to learn how to design the pages. I was already into creative writing but I had to learn how to write reports and other stuff. We came out with five issues of the newsletter.

How has the experience been teaching this subject so far?

It is good. It is more enjoyable than teaching theory. It has been a good experience. I am doing what I like to do, getting practical work done. Theory will lead you only to a certain distance. Applying a theory, making mistakes and correcting it is what learning is all about.

How different is writing for media than writing essays and other articles?

If you tell school students that their essay is going to be published, they will probably judge it and evaluate it. They will then write differently and pay more attention to what they are writing. In writing for media you have to always keep the target audience at the back of your mind. If you don't, you are just



writing a general piece which does not target anyone or any group of people.

What are the important things to keep in mind while writing for media?

Things to be kept in mind are the focus, the target audience and the structures. In writing for media structures are very important. It may be report structures or feature structures. You should be unbiased and your feelings and thoughts should not influence your writing.

Do you think media has an impact on the students?

Yes, it does. It's the social media that has the biggest impact on the students. Regarding news, students read news on social media sites rather than on the traditional modes of news like newspaper. Teenagers perceive every article on the internet to be facts. They overlook the source. In writing for media another important feature is going to a valid source that will provide you with correct information.

What are your views of Target Rating Point? Do you think news that is delivered to the people is affected by TRP?

Nowadays, the volume of anchors is increasing. They don't deliver exactly news but debates. They are interested in shouting and stating their opinion which should not happen. A good news reporter does not state his opinions. The anchors appeal to the emotions of the people.

What do you think about TNV club?

I'll wait and watch to comment about the TNV club as it has just begun. I believe it has started with the best of intentions and I hope it benefits the students. Well I am looking forward to its issue.

What are the things TNV club should focus on while offering internships?

Skill development ought to be one of its prime focus but through an enjoyable process along with on the job experience. This should include some tough love as well.

cover story

Dr. Nandkumar Sawant

Principal Chowgule college

Tell us about your experience as the principal of Chowgule College?

I believe the 'processes of doing something is very important. I have observed that students here have been too focused on the product and not on the process that derives such a product. If any professor gives an assignment, the students would be more focused on delivering it in time rather than delivering a quality product which is where students make a mistake. My time here at Chowgule College has been about encouraging skill building.



importance to remember how to work as a team.

Tell us a little about team building methodologies.

Two things. TIME MANAGEMENT and FOCUS!

There are a lot of things that students want to do and as such, we have also facilitated

that space on our campus. However, to succeed, focus is also another most important ingredient along with time management.

Do you have any suggestion for the TNV Chowgule News club?

Since TNV is at its initial stage of establishment, I would recommend you to write responsibly and refrain from writing about things that are still under experimentation like your own club. It would not be fair to review TNV at this point as it still has a lot of growing to do. Similarly, everyone or everything deserves a chance to grow. I would recommend you to include things that have flourished in time and has had returned beneficial outcomes.

Vasant Hede

Internship officer

As an internship officer, what are your responsibilities at Chowgule College?

I work as a marketing and internship officer here at Chowgule College and it is the first autonomous college under Goa University.



My job involves connecting companies to the college so that the students are able to get maximum opportunities and gain hands on employment experience that enables future employment opportunities.

Professional opinion about TNV club as an internship officer?

Firstly, I am mighty pleased to see the approach of TNV. They are a start-up and wants to connect to the youth. TNV has been very professional. We have signed an MOU with TNV. I am really happy and looking forward to have a tie-up as TNV agreed to pay students who are really good.

Any message to the students of Goa through this issue?

I would say that these are exciting times and the markets are changing drastically. All education systems are changing and Chowgule College is at least taking a step ahead in that direction where we want to make sure that corporate and college meet as often as possible. There are exchanges happening, and TNV News club is one of the ways through which this exchange is happening where students are contributing to a professional newspaper and they are also being provided with the necessary skill training.

Endless Dreams

TEAM TNV

Two childhood friends Neeraj Shukla and Shivkumar Joshi always dreamt of being successful businessmen since school days. With no family background in business and limited financial resources, they got together fighting against all odds and started Golden Collection showroom at St.Inez in August 1998. The Golden collection showroom was dealing in home and office furnishing, with personalised attention and excellent customer service. The business flourished, and they soon started two more stores namely Sleepwell World and Golden Plaza. Team TNV listens as Neeraj Shukla and Shivkumar Joshi narrate their success story

How did the idea of starting a business come about?

Since childhood I always dreamt of doing business. The very idea of working for someone else did not go well with me. I thought I would never be happy working from 9 to 6, though initially we worked in different companies for one or two years due to some constraints, but we finally quit our jobs to pursue our dreams.

What were the difficulties you faced initially while setting up your business?

At a young age we were bursting with business ideas but the main problem was finance. Both, me and Neeraj came from families which had no business background. When we started, there was no one to guide us. Neither our family nor friends had any business background. So, with no finance and business experience, we started this journey on our own. We learnt it the hard way with a lot of trial and error. Initially we started with small time contracts like cleaning, painting and fabrication work etc. to raise funds and finally set up our furnishing business.

Why have you exclusively chosen Sleepwell brand over others?

In my last 15 years of selling,

Sleepwell is the most trustworthy brand. There are as good as no complaints and they also have a wide range of mattresses to choose from. We would personally recommend our customers to go for Sleepwell mattresses.

Your journey has been a very inspiring one. Are you satisfied with what you have achieved?

I would say yes. We have achieved all our goals which we had set for ourselves when we started initially. We achieved all that we had dreamt of at the start, but there is no end to our dreams. As we grew and the business expanded, old goals were achieved and new goals were set. We crossed one milestone at a time. It is a continuous process and I feel that the day we are satisfied with achieving our goals we will stop growing.

What do you think is the key to success in any business?

There is no substitute for dedication, hard work and passion towards your work. Be updated with the latest trends, choose the right product and stay one step ahead of your competition.

Tell us about your best business moments.

Well, there is not one in particular. However, the feedback from a customer saying job well done is very special.

What would you advise youngsters? should they go for business?

With your degree if you can run a company independently for someone else and earn him the profits while accepting a petty amount as a salary, why not do the business yourself. If you have the talent than go ahead with a business plan and become an entrepreneur. Be a job giver instead of becoming a job seeker. This will solve the employment problem of the country to a huge extent

What are the changes you find in Goa over the years?

Recently, we are watching a lot of Goans who are venturing into business line rather than running after jobs or going abroad. Nowadays,



Goans are always called susegad how do you look at it?

We feel that being susegad is not being inefficient. If our needs are fulfilled and we are not ready to compete in today's fast and hectic working style and want to live peacefully, and for this we are labeled as susegad then it is totally acceptable for us because it is a privilege which we are enjoying. Being susegad is a feeling of peace, and a lot of people living outside Goa may not have the same privilege.

many youth have started setting up their own businesses. This trend is creating more job opportunities for locals and strengthening the state economy.

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Auda Viegas; A One Woman Army

TEAM TNV

The founder president of a voluntary organisation, Bailancho Ekvott (Women Unity), from 1992 till date, Auda Viegas is one name which comes to the minds of all the aggrieved women of Goa. Auda Viegas has helped 1000's of women from harassment and tortures, and has given justice to several women who have sought help from her.

A brief look in her yester years proves how much she has been involved in the social work after finishing her education. Auda Viegas has a long list of voluntary public service and activities she has done for the society. Auda was also a member of Samata Andolan, committed to National Unity Integration, against inequalities of caste and creed. She has been working as a panel member of Taluka and District Legal Services of South Goa, aimed at creating awareness on legal rights. She is also working on the panel for Lok Adalats and Counseling & Conciliation Cell for speedy justice. She has also been a panel member for Lok Adalat of consumer forum.

Auda also assists Goa police in the rescue of women and children trafficked to Goa for commercial sexual activity or for domestic work or other prohibited employment.

She is an active panel member under different Sub Divisional Magistrates to conduct inquiry under Section 17(5) of the Immoral Trafficking and Prevention Act.

Auda also holds a membership of the anti-ragging committees of colleges and is also the chairperson of the Local Complaints Committee at Workplace under the District Magistrate, South Goa.

As a former member of the Juvenile Justice Board for South Goa, she has an experience of more than five years in assisting the rehab and education of several children in conflict with the law.

Auda has also been a one-time councillor for Ward XIV of Margao Municipal Council.

With a list of so many committees and the commitments she handles, Auda also takes up cases of women/child abuse to appropriate authorities and makes sure they are taken to their logical end.

In the past, Auda also has an active participation in state and people related issues like- the Opinion Poll, statehood



for Goa, Konkani language agitation, Konkani Railway agitation, Teachers' agitation etc. She has also supported the movement against Nylon 6.6, and has opposed the polluting industries like Goa Carbon at St Jose de Areal, Meta Strips and nuclear plant project at Kaiga.

Auda has won several awards for her selfless service. She was honoured with- The Mitra Bir Award in 1995, Goa Sudharop Award in 2002, Yashodamini Puraskar in 2003, Godfrey Phillips Gold Award 2003, Kannagi Stree Shakti Puraskar by Government of India in 2003, P Orchid Award 2015, True Legends 2016 and many more.

A very soft spoken and helpful woman, Auda is always available at her office at any given hour. Many women, men and children approach her for counselling, help, support, and also seek advice to take their problem to its logical end.

In the present year, Auda has filed several proceedings under the Protection of Women from Domestic Violence Act 2005, for battered and abused women.

In 2017, Auda has conducted two awareness programmes for women namely Auxilium Centre Women Human Rights and Labour Day programme on the rights of women workers.

In a recent interview with TNV,

Auda Viegas said, "this year has been very fruitful for me apart from being satisfying. I have been able to launch my book titled 'Diary of a Servant', on which I have been working since last 25 years. I always had a dream of documenting the work done by me."

"The book is dedicated to the brave and courageous women and children of Goa who have learnt to cast off the chains of inequality. I released my book on the 6th of May 2016, the date being commemorative of the 50th death anniversary of my late mother, who was also my true inspiration," she added.

"The book encompasses a journey I started 25 years ago and contains a few of my experiences and the lessons that I have learnt from the same. My life and work that I do have helped me evolve as a woman and a human being to levels I never thought would be possible. I am proud of my achievements," says Auda. She further adds that, "I have worked selflessly towards the upliftment of women and children. All these people have in turn helped me shape my life and make me the person I am today; selfless, independent, passionate and above all a good human."

Best wishes for Navratri




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PRESERVING CULTURAL HERITAGE IS EVERYONE'S RESPONSIBILITY: ANIKET CHARI



TEAM TNV

A group of young boys from Bastora have come together to form the 'Shiv Satpurush Aarti Mandal' and are already creating waves in competitions across Goa. Team TNV talks to Aniket Chari about his group and their journey.

Tell us about your group

Almost a year back we all came together and started practicing with whatever knowledge we had. Then, we were approached by Pradyumna Chari who saw us practicing and offered to train us. It was he who instilled in us the confidence to perform at higher levels and motivated us to perform in major competitions.

At this young age when boys are busy with gadgets and follow western music, how did you think of starting an aarti group?

I was always attracted towards our

folk music. Initially, we started on our own by learning from whatever source we could. Most of our group members are very young and still studying in school. There are many more who will be joining us soon. We were lucky to find an able mentor who guided us well and the rest followed.

You are saying that the youth in Goa are interested but there is no proper guidance, do you think the existing established groups should take up the responsibility to handover the art to the coming generations?

Yes, I think preserving the cultural heritage that we have is everybody's responsibility. Be it from the established groups or from the family from one generation to another. We also train boys in the locality and will be conducting workshops in schools so that those interested in the art can learn it. It is our duty to pass the art to the future generations.

Sustaining a group requires funds, especially for instruments, costume and travelling to various places for competition. How do you manage to generate funds for the group?

We perform at programmes in village and we also get invitations to perform on many occasions. Also, all group members contribute whenever need arises.

Nowadays we find a lot of experimentation done in

traditional songs, sometimes even following Bollywood tunes, how do you look at it?

The art that has come to us today has been passed on to us since many generations, it is our duty to preserve it in its original form, but I am not against changes. We have a group member who has painted the Ghumat beautifully. I think experiments should complement the art and not change the very core completely.

Singers: Roshan Salgaonkar, Suchit Naik, Pritesh Bandekar, Om Madgaonkar, Vishwesh Bandekar, Pradyumn Bandekar, Rajesh Dhargalkar, Rupesh Kerkar
Ghumat: Viraj Pednekar, Ashwin Salgaonkar, Anand Kerkar, Aniket Chari
Shamel: Ramnath Naik, Tanvesh Naik
Kasal: Pavan Salgaonkar

THE CORE OF GOAN CULTURE

RAJARAM BHOSLE

Mahendra Gaonkar is a name well known in the cultural circuits of Goa. Being a multi-dimensional personality, a singer and a theatre actor, he plays musical instruments and trains young children in Goan folk arts. His contribution in the field of Goan folk art is unparalleled. Till date he has trained over 5000 children and has performed all over India representing Goa at all major cultural events.

Let us hear from him about his journey.

Tell us about yourself and how you got associated with folk art?

I was born in the village of Volvoi which has a rich legacy of some of the most well known names in the field of music. The atmosphere at home was also very conducive. My father Tulsidas Gaonkar used to sing bhajans and play roles in natak while my mother also used to sing folk songs. I was just following them. They encouraged me in singing and doing small roles in village plays at a very young age. Later, we shifted to Kumbharjua but my love for music remained and I kept pursuing it.

You have done a lot of research on the traditional Goan folk arts and music. Tell us more about your research.

Goan folk music is very rich and it has its roots deep into the hearts of Goans. It also survived 400+ years of Portuguese occupation. It passed on from one generation to another despite of cultural and religious persecution. For example, take the Ghumat. Though Hindu religious activities were banned during the inquisition, Ghumat survived with our Catholic brothers who performed with it in folk forms like Mando. The folk music of Goa is not about any religion, it is about us, the Goans.

What do you think about the Goan folk arts nowadays?

Well, there are two sides to it; one where the things are commercialised. In this you see dance troupes all



dressed in one common uniform performing on stages at events. Most of those same boys and girls are hesitant when it comes to perform in their own villages. Folk art is not about competitions only. I am not against competitions. I take my group to participate in many competitions. Competitions are necessary as they encourage the participants. But, it should not be only about winning; it should also be about performing and propagating your culture. Secondly, folk and classical music are two different things. Goan folk has its own flavour whereas learning classical music always helps but the core of the Goan folk should not be altered. Experiments are welcome but we should not dilute the flavour of the music which has been passed on to us and has survived in adverse eras.

At an age when people retire, you keep coming up with new concepts and venture into new projects. What keeps you motivated?

I don't look at it as work. I love what I am doing. I have travelled across

India performing in various events, presenting our art at national levels. What is satisfying is the appreciation you get. I have received many awards including a senior fellowship from the Ministry of Art & Culture, Govt. of India.

Tell us something about your research on some of the Goan temples?

The history of the traditions

followed at many temples in Goa is very intriguing. The customs followed have a reason behind it. I spoke to the elders in the village and documented it. Along with our group we also made a short film about the complete history of Shantadurga Kumbharjuvekarin temple. I am currently documenting the history of more such temples so that it is available for the coming generations to learn from it.

Wishes you a *Happy Navratri*

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Aditya Kankonkar (extreme left) and Amogh Phadke (extreme right) with the group.

New horizons of Goan music

PRAVIN P AJGAONKAR

In some of its previous editions, team TNV has covered artists and individuals who have dedicated their lives for the promotion of Goa's popular Ghumat, a musical instrument used in Goan folk songs as well as in cultural and devotional songs. Team TNV's Pravin P Ajgaonkar introduces us to yet another Ghumataarti group from Nagueshi in Bandora. President of Shree Katamgal Dada AartiMandal, Aditya Kankonkar, talks to Pravin and shares his experience.

How did the idea of forming a Ghumat aarti group come about?

We used to perform Ghumata artis for inter-college competitions and we also used to get invited by the people in our locality to perform Ghumata artis in their homes. The people in our area started liking the way we used to perform and we also received a good response from the people. They also suggested us that we should form a group and participate in the competitions across Goa. So, we decided to form a group and we participated in our first ever competition at Kala Mandir in Ponda.

How big is your group?

When we started first, we had just seven boys in our group. We also started searching for talented boys in our locality and then we formed a group with 15 boys.

What were the difficulties you faced

while forming a group?

Since we had a good support from the people, we didn't face any difficulties as such. Our well-wishers also supported us financially. We would also like to thank Nagueshi youth club and Mrs. Anuradha Kankonkar for their unending support who helped us throughout our journey

Is there any specific reason that you include only youngsters in your group?

Yes, one of the main reasons of including only youngsters is that the group will remain stable for a longer period of time. We also believe that we should give an opportunity to the youngsters to showcase their talent. All the boys in our group are new. They have never performed before for any other group.

Tell us about your practice sessions

After all our members are done with their daily chores, we meet at the premises of

the Nagueshi temple and start our practices from 7:30 pm and continue till 10 pm in the night. Also, the people staying in the vicinity as well as the temple priests have been very supportive as they have always encouraged us and never complained about the noise.

In how many competitions has your group participated in so far?

Ever since we formed the group, we have participated in nearly 50 competitions.

Which has been your best performance till date?

When we were newly formed, it took us a few competitions to get some experience and learn a thing or two. After a few competitions, we started getting in rhythm and also started winning individual prizes. But if I have to tell about our best performance then it was at a competition at Xetrapal temple of Taleigao, where we won the

first place. There were many well-known Ghumataarti groups that had participated in this competition but we won the first place even after being a newly formed group.

Any message for the Goan youth?

Our message for the Goan youth is that Ghumat is a symbol of Goan identity, and if we do not preserve this heritage then it will be nearly impossible to revive it again. If every village in Goa forms its own Ghumat aarti groups then it will help us in the long run. It will also help us to promote this instrument outside Goa.

Gayak: Amogh Phadke, chorus: Praharsh Naik, Vishal Naik, Harshad Borkar, Shripad Kavlekar, Tanay Naik, Gitesh Ulvekar, Vikram Gaude, Ghumat: Aditya Kankonkar, Siddharth Kankonkar, Nikhil Naik, Sunil Gaude, Satyam Naik, Pranal Sawant, Shamel: Upendra Bongale, Gaurav Gaude, Kasale: Sanmesh Naik Pokle.

TOWARDS SUSTAINABLE CITIES AND SELF-SUSTAINING COMMUNITIES

SUUHAS TENDDULKAR

In the 1990s, new international research studies increasingly found the correlation between global pollution and anthropogenic actions, suggesting that local human actions had global ramifications. This growing body of research also brought countries together under different United Nations initiatives to mobilise urgent actions and identify the need for strict protocols for chemical testing and use. This was also the time when leading climate scientists acknowledged that climate change was resulting from the actions of human society. This was the era of intense international activism that, for the first time, attempted to define human progress and acknowledged the importance of non-economic indices like environmental/resource sustainability and social equity. This period saw great initiatives that helped spawn revolutionary changes in energy, agriculture, manufacturing and buildings sectors.

Urban sustainability gained considerable attention as urban population in the developed countries in the 90s accounted more than half the share of total population and contributed a lion's share of tax revenues to the state. The new school of thought in urban sustainability during this period went back to looking at urban planning from a system's perspective. Much of this new thought borrowed from earlier philosophies espoused by Howard and Mumford on garden cities and regional development plans. Two other major works that influenced development of analytic approach to urban sustainability were 'Urban metabolism' by Wolman and 'The cost of the sprawl' by the US government. The Urban metabolism concept likened cities to living organisms (Howard's concept) and quantified inputs (water, resources, food) and outputs (waste, sewage, air, etc) required to sustain a city. The cost of the sprawl, funded by the US government, tried to assess the impact of urban form (low-density or high-density) on the costs of public and private services and on pollution. Riding on these studies, increasing research efforts focused on defining urban sustainability indices which included aspects related to policy and governance, social equity, energy intensity, land use, water intensity,



waste generation and reuse, transport use and buildings energy use.

European cities were among the first to embrace the new concept of urban sustainability. City planning increasingly focused on efforts to revitalise city's core to reduce growth of sprawl. Mixed use community development was encouraged and practiced as a way to enhance accessibility to commercial hubs and social infrastructure. Walkability within the city came to be seen as a major focus and much of new city development, even outside Europe, increasingly planned new infrastructure that gave advantage to walkers and cyclists. These large scale efforts related to urban form and planning architecture were supplemented by policies and governance measures that aimed at reducing energy use, enhancing energy efficiency and use of renewable energy at the district level as well at the individual building level. Public transport was planned in consonance with the new vision of urban form, and private transport was disincentivised through congestion tax and high ownership costs. Resource use (water, electricity, heat) were monitored and metered, and new measures were adopted at the utility and retail level to encourage

water reuse, waste water recycling etc.

Stockholm, Sweden is one of the best examples of successful transformation achieved through integrated planning supported by strong policies and governance structure. In Stockholm, today, nearly 80% of the district heating system is powered by renewable/alternative sources, 33% wastes are recycled, 93% residents use public or non-motorised transport, 75% of the county's public transit runs on renewable energy and 85% of city population live within 200m of public green spaces with the per capita green space availability being 86sq m per inhabitant, the highest among the big cities. The impact of Stockholm's effort can be simply gauged from the fact that city has repeatedly surpassed its GHG emissions target. The city reduced the GHG per capita emission to 4.5 tonnes in 2000 against a target of 5.4 tonnes (1990 level). It again surpassed its target by reducing its emissions by 25% by 2005. Many other cities including Bonn, Copenhagen, Oslo, Portland, etc. have also been able to successfully transform themselves through integrated urban sustainability planning.

A more detailed assessment of these initiatives clearly suggests that effective

policies and efficient governance mechanisms are the necessary condition for developing a sustainable city. However, there have been significant variations in the policy suite and implementation approach which seem to depend more on a host of conditions including authority and jurisdictions related to city planning, land and resource ownership, extent of privatisation in utility services, redevelopment potential in the city, community engagement and participation, resource constraints, geographic limitations, etc.

This would suggest that there is no standard solution or methodology on urban sustainability, and the approach has to be customised for each city or cluster of cities within a country. Indian cities, which are already facing significant challenges related to local governance and accountability, may take some more time to find the right mix of policies and focus areas that can balance social equity with environmental and resource sustainability.

The next issue will look at India's initiatives in the urban sustainability and smart city movement. The article will also focus on Panaji's smart city plan and an alternative city/village development model that could be adopted in Goa.

THE MIDAS-TOUCH OF POPATLAL OSTWAL

GUNWANTI PARASTE

Popatlal Ostwal is the president of Poona Merchants' Chamber, and has seen the growth of Pune closely.

From the humble beginning to carving a niche for himself, the president of Poona Merchants' Chamber, Popatlal Ostwal is an institution in himself who is worth emulating by the current generation. Combining his business with nation building, Ostwal's shift from small-time town of Beed in Maharashtra to Pune is a story worth narrating.

Away from the limelight, Ostwal has been working for the traders' community through Poona Merchants' Chamber. He rightly feels that, "businessmen community plays a vital role for the nation, and protection of their right attains paramount importance."

A fighter in his life, Ostwal's never give up spirit has inspired many in the trade. "I started my business with a small grocery shop way back in the year 1971. The business began with a stock of just 10 kilograms of grocery," he recalls as we sat to interview him in his office for The Neutral View.

Ostwal's family belongs to Beed district, who shifted to Pune for trade.

"In 1971, my first grocery shop started in Pune's Ganesh Peth. It was a time to struggle. There were times when people used to purchase grocery items but recovering the payment was a tough job. On many occasions, the payment never used to come on time."

But that did not deter Ostwal family's march in the trade. Four years later, in the year 1975, they started another shop at Bhavani Peth.

"I encountered difficulties during the initial stages of business. The products were being sold but there was no recovery. Today, a family consumes 10 kgs of grocery. I had started my shop with 10 kgs of grocery. At that time, the total sale for the day amounted around Rs 10-15. And, if we had to make Rs 25 on a day, it was a big achievement," he remembers with a broad smile on his face.

The five brothers from Ostwal family worked together for years before beginning their own ventures. "There were unending problems during initial stages but we never gave up. We faced them. That contributed to our experience," he said.



The trials and tribulations faced by Ostwal during his initial days as a small businessman laid a strong foundation for his business today. "The things have changed now. My sons are handling the business," said Ostwal who now has a Kohinoor Agency, Puma Agency and a unique vegetable cutting business.

"Nowadays, families don't have enough time to cut vegetables. So, we do it for them. We supply through malls, clean and fresh vegetables which are already cut," he explains.

It was not just a matter of making profits for Ostwal, who is known in Pune's social circle for his leadership qualities. In the year 1999, he was appointed as the director of Laxmi Bank.

"That was the time when Laxmi Bank suffered financial crisis. Only Rs 36 cash deposit was available in the bank," he said. But the Midas-touch by Ostwal ensured that the bank flourished.

"The bank was shifted to another premises and then we worked on the financial model. The profits started

coming in after that. Today, the bank has a deposit of Rs 56 crore and has also opened three more branches," Ostwal said.

Today, the bank is also involved in providing free education for needy children and has also built a school for poor students on Katraj-Kondwa road.

Ostwal was selected as the vice president of Poona Merchants' Chamber in the year 1993, who went to head it in the year 1995-97.

"I always follow a policy in life. Think bigger and don't be scared of challenges. If you are right then there is no need to get afraid. Your positive thought will always help to build yourself in any field," he said.

Talking about current issues faced by businessmen, Ostwal has his reservations on GST. "There are no issues with GST but there are several doubts on it which needs clarity. We don't mind paying GST online but related website gets hung often and if there is a delay in payment we are fined. It is mandatory to file three

returns every month and if you tend to make any mistake in filing there is no scope for correction," he said.

"If you fill an amount in IGST in place of GST then there is no scope for a refund. Huge funds of businessmen are stuck with the government. It is difficult for the BJP government to get elected again because no one is happy with them," he commented.

"Lots of youngsters are facing job crisis, farmers are also not happy with the BJP government and those businessmen who were earlier supporting BJP are now unhappy," he added.

Giving his political comments, Ostwal said, "in BJP, only two people matter; PM Narendra Modi and Amit Shah. They work in a dictatorial fashion and thrust their decisions on common people. Their own party members are not happy with their behaviour," he said.

He predicted that there are less chances of BJP getting re-elected in the next election if current situation continues.

LADIES CAN ALWAYS BE BETTER ENTREPRENEURS: POONAM SHIRSAT

PRITESH NAIK

Poonam Shirsat, the zone president of JCI and a successful entrepreneur running an institute in Nagpur is a lady who is an inspiration for many. Despite the challenges life has thrown up to her she stood up to the challenges, we will talk to her and know more about her life and profession.

Tell us about yourself your childhood and your schooling?

A I did my basic schooling in Goa Velha followed by Peoples high school, Panjim. My dad was a customs officer so when he was transferred to Mumbai for two years I studied there. I did my higher secondary in Dhempe College followed by my electronics and telecommunication engineering. I had a fantastic childhood; there were a lot of values and discipline in which we grew. My parents never forced me to do anything against my wish.

You started your radio jockey training institute in Nagpur. How was the journey?

A My husband Ravi was the programming head at Radio Mirchi Nagpur. For almost a year I played the job of a homemaker, Cooking and watching Television which is very unlike me, this is when I thought of taking up a job and started appearing for interviews in engineering firms. At one such interview the gentleman there, as soon as he came to know I was from Goa and the only reason for me to be in Nagpur is because my husband was working there asked me if every time he travels you will also travel with him. All the questions in the interview were related to Ravi and not me. That person was more interested in knowing about my husband and not me, that annoyed me and I left the place politely. As a child I always wanted to be an entrepreneur but had never given it a thought as I come from a family where my father, uncle as well as my cousins are in service. As my husband Ravi was working for a radio station I thought of doing a course in Radio station management



and operations. After successfully completing the course I thought of starting our own institute. It was a big decision as there were already many institutes catering to the same which were run by locals. When we started I am sure many thought we were crazy. We worked hard and fortunately the efforts paid off and within six months we had our first placement, from then on there was no looking back. Initially we started participating in youth festivals with very few students that we had with us and kept on winning prizes year after year. Today we are a successful institute in Nagpur and the whole radio industry in Nagpur has our students.

You suffered a tremendous loss in your personal life when you lost your husband last year, how did you overcome it.

A Nobody can understand or measure the loss I suffered when I lost Ravi. It was a very difficult

journey. He was more of a friend to me, he encouraged me to do things independently. At that time there were two options, either give up or stand up and fight back. If I had to quit I would have disappointed Ravi, because he would never want me to quit. I decided to fight back.

Tell us about your association with JCI?

A I joined JCI in 2003 because of a friend, the very next year I became a trainer, the association continued and I was awarded the outstanding officer for the zone conference for continuous three years from 2014 to 2016. In 2016 I was elected as the Vice President of the zone. I am also the world congress director for the JCI world congress which is an annual event of JCI. It is held in different countries, in this event members from across the world gather every year to elect the world president, this year the event is happening in India and Goa is

the venue, it is a huge responsibility. Knowing Ravi was with me I had accepted it, but now since he is not there I will work to fulfill his dreams which he had seen for me.

What are your future plans?

A I want to take my academy to different places now and start more branches. In future I want to train school children in soft skills which I find are not included in the curriculum and is a necessity in today's world.

What is your message to women who want to be entrepreneurs.

A I personally feel ladies can always be better entrepreneurs because we are more stronger mentally, we can be good decision makers. You need to have an idea and be committed to it there are ample of opportunities. There are many organizations as well as the government which has a lot of schemes for women entrepreneurs.



WE DON'T JUST CONSTRUCT A BUILDING: ATUL GOEL

GUNWANTI PARASTE

“There are lots of people who enter construction line just for business purposes, but we entered this line with a unique theme- We don't just construct a building; we also construct a nation,” said Atul Goel, managing director of Goel Ganga group.

Atul Goel talks to The Neutral View and shares his experience. He said that Goel Ganga Parivar started its journey 35 year ago. “My father Jai Prakesh Goel had founded the Goel Ganga Parivar on the 15th of August, 1983, which is also our country's independence day.”

“The Goel Ganga Group has been in business for almost 35 years now, and we have successfully completed more than 100 projects.”

The Goel Ganga group has also built

India's first global mall In Nagpur with a local bazaar.

The Goel Ganga group is a prominent name in the realty sector of Pune. The group has developed around 30,000 houses under their various residential projects across Pune, Bengaluru, Nagpur and Mumbai. Atul Goel proudly says that, “every residential project built by us becomes a landmark of that area.”

Atul proudly says that his family has tirelessly worked as a team for the growth of their business. “My father is the main pillar of the business. My brother Amit Goel is also involved in this business. My brother always supports me to create and complete the ecosystem of any infrastructure. Even my wife, sister and mother are also handling Goel Ganga Parivar projects.”

Not just in construction line, the

Goel Ganga group is also a front runner when it comes to social initiatives for the welfare of the society. “We also participate in social activities and organise events for social welfare. We organise blood donation camp, free health check-ups etc. Every member of the Goel Ganga Parivar participates in the blood donation drive. The Goel Ganga Pariwar had also recently organised a city-wide traffic safety week to promote safe driving and road safety. Almost 20,000 citizens were present for this programme.”

“We also promote rural India, as rural culture is also an integral part of our nation's identity. We always take efforts to preserve and promote the rich and vibrant tradition of rural culture through our Chokhi Dhani programme. It is a good platform and initiative to promote rural culture and many artists from rural India

participate in this to display their talents.”

“Our group takes efforts to distribute food, provide dignified housing to the labourers and also educate them about the importance of good hygienic habits. We also raise funds to provide free education for these labourers' children.”

“In order to provide good and quality education to all, our group also runs GG International School. It is a CBSE school and provides education from kindergarten till 12th standard.”

Atul says that Shivaji Maharaj is an idol for him and his group. He says that they always try to take inspiration from his life and also encourage others to inculcate his thoughts. “We are trying to encourage the youth to follow the principles of Shivaji Maharaj and also learn his style of management,” adds Atul.

GARBAGE-FREE GOA; WHY NOT START FROM SELF???

TEAM TNV

Chief Minister Manohar Parrikar's call on the occasion of 'Swachh Bharat- Nitol Goem' on September 17-the birthday of Prime Minister Narendra Modi – to make Goa 'Garbage-Free' by 2022 may have struck a chord with the Goan masses, but on the ground it seems to be a heroic task. Undoubtedly, the BJP-led coalition government is making all out efforts to achieve its dream. Every citizen is duty-bound to provide a helping hand to the government to make this dream come true.

"Let us start from self. Let us stop creation of waste right at the beginning. Let us stop using plastic bottles, plates, cups or other items in our homes," Parrikar said, urging people's participation in the movement.

Dealing with Goa's garbage has always been an uphill task for the successive state governments. Adapting to the so called system of 'no to plastic' seems to be very difficult for the public who, despite having ban of plastic bags below 40 microns, encourages its sale.

Further, the saying 'not in my backyard' - goes down well with the state's people who on one hand want the government to tackle the increasing problem of the garbage but, at the same time, are the first to oppose the scientifically manned waste treatment facilities in their areas. The initial objection to the Solid Waste Treatment Facility at Saligao, by the locals, is the best example of the opposition that delayed the project.

Moreover, the duplication of work with involvement of 'multiple' agencies for collection of garbage right from panchayat, municipality to highways, leading to chaos and mismanagement, can also be

considered as a major roadblock.

The agencies like panchayats at village level, municipalities in the city-town areas are involved in collection and transportation of waste. Similarly, the Goa State Infrastructure Development Corporation (GSIDC) deals with the garbage piled along the national highways and the Tourism Department handles the garbage along the beaches.

The state was always in need of one dedicated agency to take care of garbage with no duplication of work.

On those lines, the government recently constituted Goa Waste Management Corporation (GWMC) - a full-fledged agency to deal with garbage problem. The corporation, in phase manner, intends to take over the garbage collection, transportation and management system for the entire state within their jurisdiction.

"Multiple agencies collecting garbage are creating a major roadblock in achieving our dream. They don't have the mechanism and trained people to deal with it. This results into non-effective implementation. Over the years, we have been facing this problem. Time has come when we need to have a dedicated agency for taking care of garbage which will also be held accountable for its failures," GWMC director and Deputy Speaker Michael Lobo told TNV.

"Making Goa garbage-free is not an easy task and it is not going to happen overnight. We need to work jointly along with large public participation, which is a must," Lobo, MLA from Calangute, stated.

Estimates suggest that across the whole state, including the villages, the figure could be in the range of 450-500 tonnes per day. Of this,

almost 60 percent of this waste is biodegradable.

"The panchayats and municipalities have to tackle the waste as per Solid Waste Management Rules. However, there is a failure on their part. Our records indicate that the local bodies are lacking in effective garbage management and treatment facilities. Also, there is no proper door to door collection of waste and also no segregation of waste at the source. This is creating a huge problem at the treatment level," official at Goa State Pollution Control Board (GSPCB) told TNV.

"Poor civic sense coupled with a haphazard manner in which agencies in charge are currently functioning has led to indiscriminate burning and dumping of waste across the state," the official admitted adding that the same has led to environmental pollution to a large extent.

In a bid to sort out these issues, GWMC is considering providing dustbins for door-to-door collection of garbage in the panchayat areas. Municipalities like Panaji, Margao, Ponda, have already adopted the system but it needs to be more effective. The corporation is also proposing to have mobile collection centres wherein the old discarded buses of KTC will be converted into collection centres for dry and wet waste.

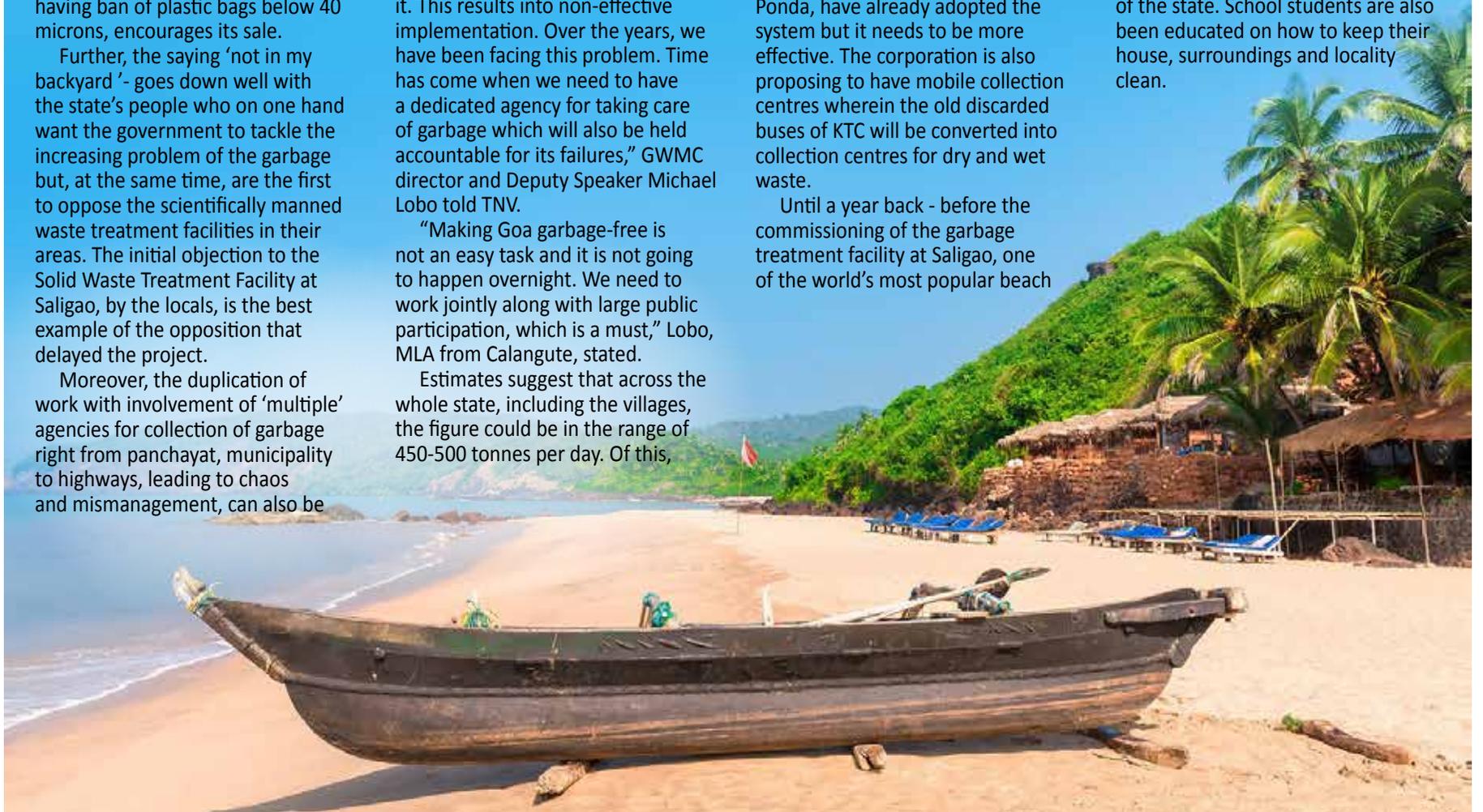
Until a year back - before the commissioning of the garbage treatment facility at Saligao, one of the world's most popular beach

tourism destinations did not have a single efficiently functioning solid waste management plant.

Following the success of Saligao plant, government now proposes to set up three such plants on Build, Own, Operate and Transfer (BOOT) basis at Bainguinim for central Goa, at Verna for industrial estates and at Cacora for South Goa. A 250 ton plant each would be set up within the next five years.

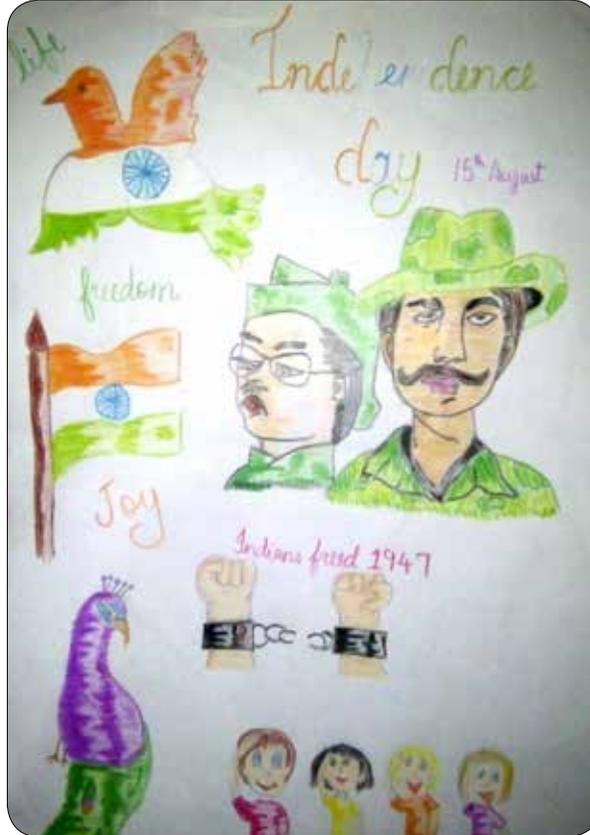
"We are coming up with three more plants for Goa. This will take care of the entire garbage treatment. We are also planning to have small grids of 500 kg to 100 kg biogas plants for smaller municipalities or cluster of villages for treatment of waste generated by them," Lobo said.

The corporation intends to appoint technical assistance to assist the panchayats and municipalities in handling and disposing waste. Along the national, state and district highways, garbage stations will be installed where commuters can deposit their household waste. The corporation also intends to take up sanitation, hygiene and garbage audit of the state. School students are also been educated on how to keep their house, surroundings and locality clean.





TRIBHUVAN SHARMA
Adarsh High school, margao



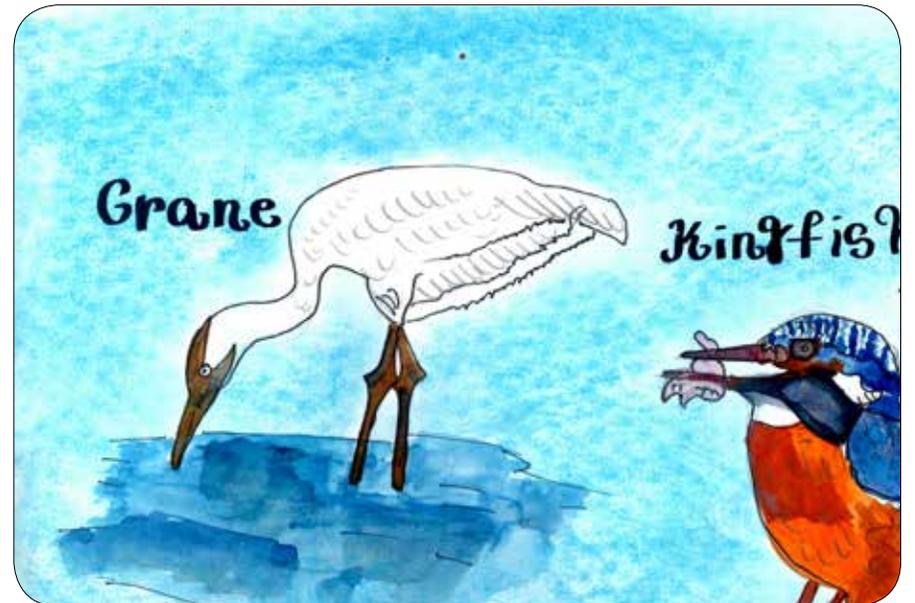
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UNDERSTANDING YOUR BODY

TARIQ MOHAMMAD

Majority of the people who join gyms are obsessed with fat loss...yet they are thoroughly confused as to what FAT really is. One of the reasons is their complete misunderstanding of the concept of fat loss and confusing it with sheer weight loss. Weight loss is the easiest thing to achieve...starve yourself on soups, salads and hit the treadmill for an hour a day. With this, you could end up losing 10kgs in a month.

The reason for this stupendous weight loss is not loss of fat but LOSS OF MUSCLE. Because people don't understand fat loss, they don't understand the value of muscle. If only they knew that the secret behind burning fat is simply an increase in muscle... To understand where this ugly unsightly soft -jelly like substance that we can pinch on our abdomen and hips and thighs (fat can be anywhere on the body but most often collects around these two places) comes from... we first have to understand the concept of Basal Metabolic Rate (BMR) as well.

It is a big mistake on our part to think of calorie burning to be associated solely with using the gym. Lots of people obsessed with calorie burning are surprisingly only concerned with burning more calories by extending their duration on a cardio machine such as a treadmill. This is achieved by probably extending their one hour run or walk to an hour and a half. They completely ignore the fact that the body is burning calories even outside the gym throughout the day. If they are so obsessed with calorie burning...shouldn't they be concerned about increasing their caloric output throughout the day???

The BMR is the rate at which the body burns calories through the day, no matter what the activity (including sleeping) just to keep the body alive. The digestive system, the respiratory system, the circulatory system, the central nervous system, brain function, immune system etc. all require tremendous amount of calories through the day and throughout life just to keep you alive. The very process of staying alive is a lot of work for the body, requiring a lot of calories. You may be working out for two hours a day but you are burning calories at your basal rate for 22 hours. You do the math and decide what is it that you



should be concentrating on to increase your caloric deficit; two hours or 22 hours???. Obviously, the answer is the rest of the day.

Once we have understood the concept of BMR, we have to understand that all of us are different in the way we consume fuel (calories). Some of us are fuel efficient, this means that we need very few calories to keep ourselves alive (low, sluggish BMR) and some of us are fuel inefficient requiring a lot of calories to sustain life (fast, racing, BMR)...the fuel efficient people end up fat and the fuel inefficient ones end up never gaining weight. To make things clearer lets add some figures. (These are mere assumptions.)

a) Sluggish BMR person needs 1300 calories per day and ingests 1600 calories. (300 calories more than his requirement)

b) Fast BMR person needs 1900 calories per day and ingests 1600 calories. (300 calories less than his requirement)

WHAT IS BODYFAT?

It's easy to understand why "a" would never gain weight as all his calories that he ingests are used up for energy. But in the case of "b" he has 300 surplus calories every day. What

does the body do with this surplus? Well, it stores the surplus for a rainy day and the body can only store calories as adipose tissue or fat. In other words, an unused calorie, whether from dietary fats, carbohydrates or protein, will be stored as body fat. So, let's have a definition for it... "BODY FAT IS YOUR BODY'S STORE OF UNUSED CALORIES."

This definition brings to light a very important concept that will help you win the war against body fat. It's not how many calories you eat that make you fat but how many calories the body requires to sustain life that determines whether you will end up fat or slim. The deciding factor between fat and slim thus becomes your Basal Metabolic Rate. Increase your BMR and enjoy a fat free slim body forever.

HOW TO REV UP A SLUGGISH BMR?

Now we come to the key issue of how to rid ourselves of this unsightly fat. When I told you that all the systems like the cardiovascular, digestive, circulatory, respiratory, central nervous, etc. contribute to the overall calories spent by the body in its effort to keep itself alive...I purposely skipped one big system which is a great consumer of calories through the day and a big contributor

to the extremely important BMR... this system is the MUSCULOSKELETAL SYSTEM, the complex of metabolically active voluntary cross striated muscles surrounding the skeleton that are responsible for every voluntary movement made by the body... constant shortening and lengthening of muscles goes on through the day to create a multitude of movements (you constantly toss and turn using your muscles even while you sleep) Now, it becomes very clear that the more muscle you carry, the more calories you will burn through the day (the higher your BMR) and the more calories you burn through the day, the less body fat you will have to store. There is a distinct inverse relationship between muscles and fat...in other words more muscle automatically relates to less fat and vice versa. I will further illustrate the importance of the role muscles have to play in the war against fat by the following two striking examples.

Fact #1: An average man carries less fat than an average woman.

Fact #2: An average 20-year-old carries less fat than an average 40-year-old.

Please note that in the above two facts, the common factor is that the people carrying less fat are also the people carrying more muscle.

In case of Fact #1 an average man carries more muscle than an average woman simply due to the predominance of the male hormone testosterone, which incidentally also happens to be the most important contributor to muscle growth. With women having minuscule quantities of it, their muscle mass is very limited. This simple fact gives men the edge over women in the BMR department thus causing them to store less fat than women.

In case of Fact #2 an average 20 year old will carry more muscle than an average 40-year-old simply because muscle loss is an inevitable part of the aging process. (Unless you engage in a fitness lifestyle that includes strength training and a focused approach to eating adequate quantities of protein.) This simple fact also gives younger people the edge over older people in keeping body fat at bay.

A simple analysis of above all prevailing examples should bring any right thinking individual of sound mind to the inevitable conclusion that if you want to rid yourself of fat, then you have to rev up your BMR and there is no better way of doing that than to increase the quantum of muscle in the body. One of the biggest reasons as to why you would end up fat is, losing muscle to the aging process.

There is a distinct and clear inverse relationship between muscle and fat.

MORAL: MORE MUSCLE... LESS FAT.

Leave nothing to chance

Suman Bhat



PALASH VOLVOIKAR

Goa is a land full of talented people, and every career has its own story to tell. Goa's own Suman Bhat started her designer label at a very young age, back in 2013, with a Facebook page. Named Lola by Suman B, the label has since then propelled to being quite a favourite among big Bollywood stars, having been worn by the likes of Katrina Kaif, Shilpa Shetty, Dia Mirza, Malaika Arora, Twinkle Khanna, Chitrangada Singh, Parineeti Chopra and many more. I managed to speak to her about her journey as she gears up to kick-start her new boutique at Fontainhas in Panaji.

Fashion designing is far from being an easy career choice. What drove you to picking it as your path?

I always wanted to do it, even when I was in school. My grandmother taught me how to stitch when I was a kid. After that, I always maintained an interest in stitching. Art, craft and drawing were things that I always loved and I would never get bored of them. I loved needlework, it was my favourite subject. So, I guess somewhere down the line I really enjoyed creating stuff with needle and thread. When I was in 2nd standard, I had to do a project about what I wanted to be when I grew up. I thought about it, and I knew that I had to do something

related to stitching, that's when I decided on becoming a fashion designer.

You started off your own brand, Lola by Suman B, through social media. What made you choose social media to market your business as compared to the traditional alternatives?

The thing is that you have to keep changing and reinventing the ways to get your product out. Social media is something that everybody has access to it, everybody wants to be on the network. It's a great platform to get the customers interested in

products that you might want to launch or have already launched. It's very dynamic, in terms of what a social media platform can do for your business. It can help it grow and also point out the weaknesses in your business. So, as long as your brand strategy and your vision for your product is in place, it all tends to work out well. It gives you a personal touch while keeping technology in the loop, so it's a great mix of both worlds.

Your designs have been worn by quite a few celebrities. How did you grow the business to its current form?

It's all about public relations. It's how you handle your PR and how you handle the image of your brand. It's also about how you grow the quality of your product over a period of time. Eventually you will start getting featured in editorials and stylists will get in touch with you. If



your product is good, over time everybody will see the value of it.

You have a boutique opening up in Panaji on the 29th of this month. What is your vision for



I am from Goa. Everybody told me to start my store in Mumbai or in some other big city. My clothing might not be typically Goan or Indian but the essence of the clothing and the brand has a lot to do with Goa. So, I always dreamed that I will open a boutique in my own city. There is this building that I really like at Fontainhas. I always thought that if I ever open a boutique in Goa, I would like it to be there. I got in touch with the owners of the building, took care of the paperwork and got a team from Mumbai to work on the interiors. It was important that the interiors of the boutique translated the design identity of the brand. It was also important that the ambience of the boutique reflected what the brand was about. I wanted to create a contemporary and luxury experience while making women feel better than ever. It's as much about bringing a product to your customers as it is about them coming to you.

Lastly, any advice you would like to give to young girls looking to pursue a similar line of career?

Leave nothing to chance. If you want something? Go get it!

The Lola by Suman B Boutique will be opening at Bento Minguel near Head Post Office, Fontainhas, Panaji, on the 29th of September.





ESTHETICA
Monsoon
Fashion Show

After successfully organising and conceptualising a series of exclusive fashion events and national beauty pageants like Miss Summer Tulip India, Kairos group is back and all set to hold its latest gala event titled "Esthetica". As the event name suggests, this monsoon fashion spectacle is a celebration of beauty and will feature a state of the art curated fashion show with various accomplished and aspiring fashion designers who will showcase their collections on industry super models like Shine Arora (Miss World Beauty) and super model Neelam Virwani. This event is slated to happen on Sunday, September 24, 2017. Designers participating: Kingshuk Bhaduri (Celebrity Designer), Kim Pereira (Celebrity Designer), Kavita Nakhawa, Sheena Dsouza, Deepashree Shet Narvekar, Atlanta Dsouza

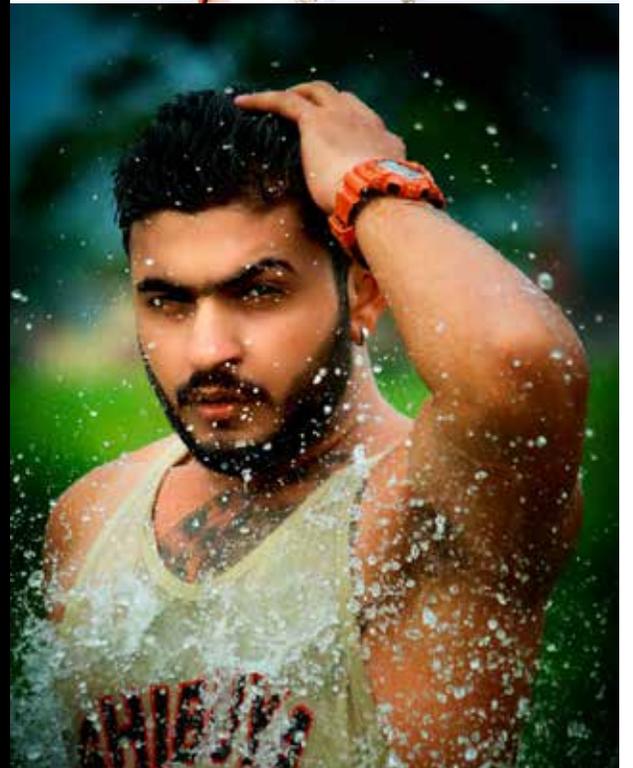
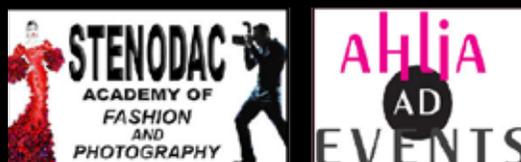
Event hosted by Goas Own MC Desmond Oliveira Fernandes. Event will take place at "PAUSE", Baga, a place renowned for its lush ambience and splendiferous backdrop.

24th September August 2017
At The Pause at Malts n Wines, Goa
Time: 7.30 p.m. onwards

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