

# Herald Cafe

## YOGA on beach for a fit Goa

Around 400 participants took part in the Fit India Yoga on the beach event at Miramar in the morning

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The first working day of the week witnessed 300 kids from Sharada Mandir School as well as children from the Sports Authority of India and Khelo India participating in the Fit India Yoga on the beach at Miramar. Organised by the Sports Authority of India, the students participated with great enthusiasm. The total crowd numbered around 400 as they showed great verve and flexibility. Yoga can be an effective tool for body shaping and these children showcased this discipline on the sand.

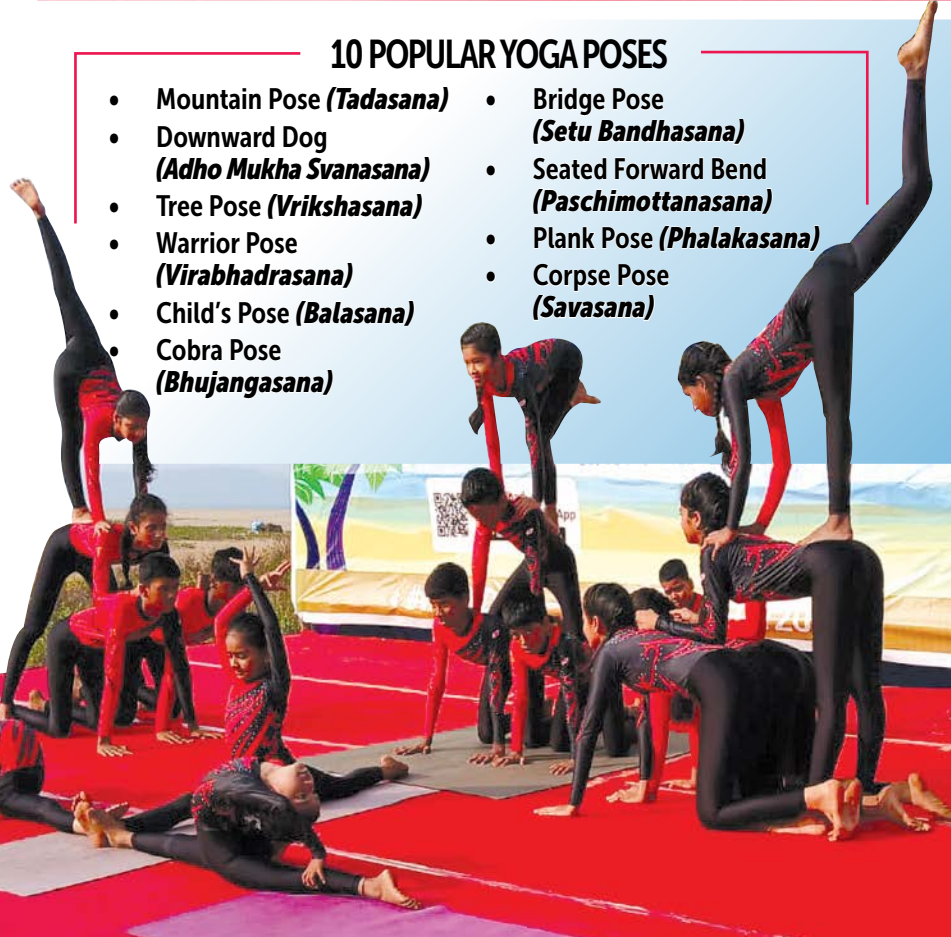
The event began with Damadar Govekar instructing the children with Surya Namaskar and a five-minute

meditation, promoting a balanced approach to wellness and mental peace. The children followed the instructions to the t. Pandurang Chate, Regional Director (In-charge) of SAI RC Mumbai said it is important to spread the message of fitness and the vital connection between fitness, yoga, and environmental sustainability. "I would like the children, to practice eco-friendly habits and embrace a holistic approach to health," he said. Dr Geeta Nagvenkar, executive director of the Sports Authority of Goa said, "This is a fantastic initiative in line with the PM FIT India movement to help get physically and mentally fit."

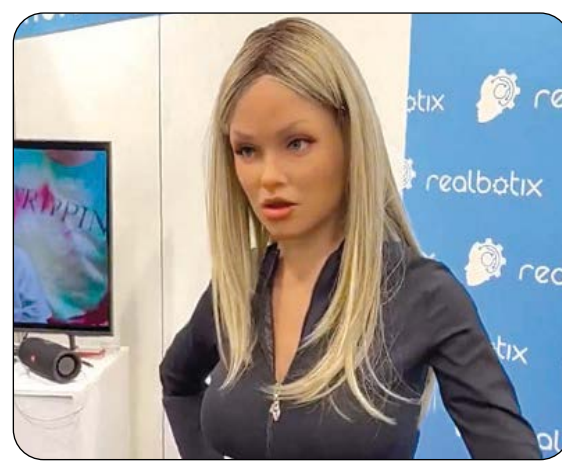


### 10 POPULAR YOGA POSES

- Mountain Pose (*Tadasana*)
- Downward Dog (*Adho Mukha Svanasana*)
- Tree Pose (*Vrikshasana*)
- Warrior Pose (*Virabhadrasana*)
- Child's Pose (*Balasana*)
- Cobra Pose (*Bhujangasana*)
- Bridge Pose (*Setu Bandhasana*)
- Seated Forward Bend (*Paschimottasana*)
- Plank Pose (*Phalakasana*)
- Corpse Pose (*Savasana*)



MAKAR SANKRANTI AND SESAME SEEDS



MEET ARIA SHE COULD HELP YOU FIGHT LONELINESS

### SWIPE RIGHT

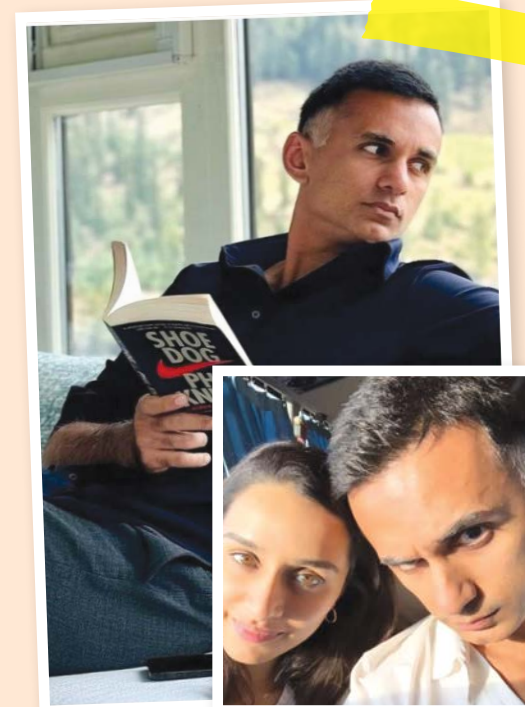
Aamir Khan reveals real reason behind quitting smoking

Aamir Khan, who is currently on a hiatus from films, recently revealed that he has quit smoking after years of heavy consumption. He shared that he chose to quit smoking at a time when his son is all set to establish his career in the film industry. He said, "My son's film is about to come out. I felt it was the right moment to quit, so I vowed not to smoke. Whether it works or not, as a father, I wanted to make this sacrifice." Urging people to quit smoking and to not smoke first hand, he added, "I am very happy to say that I have quit this bad habit, and since a lot of people are listening and watching, I would also like to tell them, please quit this, it's not a good habit, it shouldn't be done."



Justin Bieber to make comeback as he needs the money

Justin Bieber is eyeing a return to music after four years, as insiders say he's motivated and recharged for a bounce back in his professional endeavours. The Canadian pop star, 30, 'needs the money and wants to work,' sources said. The 'Love Yourself' singer - who in August welcomed his first child, son Jack Blues, with wife Hailey Bieber, 28 - 'still owes' the touring company AEG tons of money for his cancelled tour in March of 2023. Bieber's financial issues come two years after he sold rights to his catalogue for \$200 million in 2023. Bieber's rumoured return to the musical world comes more than four months after musical artist M.G., 28 said that he had written and recorded tracks with Bieber.



'Stree' actress Shraddha Kapoor's photo went viral online where she was holding her mobile with the wallpaper with rumoured boyfriend Rahul Modh She has been rumoured to be dating the scriptwriter for a while now.

## Capturing the moods of Goa's canines



### LOVE FOR THE FOUR-LEGGED ANIMALS IN AN EXHIBITION

"I live between Goa and Delhi and I have my own dogs which are stray dogs, all from the beaches. The dogs went to the launch of the exhibition," says Rohit, who was accompanied by the dogs as they admired the photographs on the walls of Aguad Port and Jail Complex, Sinquerim. He adds, "I have been photographing the dogs for three years on the same series. After this, the show will travel to the Museo Camera Centre for the Photographic Arts in Gurgaon, and will be on view from January 26 and then it will travel across the country."

Renowned Indian photographer Rohit Chawla has showcased his obsession with photographing stray dogs at Ashvem beach through his exhibition, 'Rain Dogs' at Aguada

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Dogs Stray dogs bring their own character on their surroundings and can even help an award winning photographer bring out a unique photography exhibition. Rohit Chawla is an internationally acclaimed Indian photographer, but it was the simple,



carefree dogs on Ashvem beach that caught his attention and not just for a few days or months but a whole three years. In 2021, during the pandemic, Rohit lived in a sea-facing room at a hotel at Ashvem beach instead of his home in Goa. On his walks on the beach, he was followed by stray dogs. "As I recall, when I began shooting these pictures, more than turning a pack of neglected dogs into a photographer's subject, I was trying to form a frame around my own vulnerability, my disparate thoughts, and my inability to articulate those thoughts even to myself. Thus, these images are the quietest, introspective work I've done," says Rohit about a collection of over 10,000 photos which were narrowed down to 100 as part of the exhibition, 'Rain Dogs' at Aguad Port and Jail Complex, Sinquerim. Rohit is now on his next project, documenting the Mahakumbh Mela.

### COFFEE-TABLE BOOK

He informs, "The book features 100 photographs and it got 30 of India's biggest writers writing on dogs. I'm doing the book launch at Jaipur Literature Festival on February 1.

### GOLD LION IN THE INDUSTRY CRAFT LIONS CATEGORY

In 2023, at the prestigious 70th Cannes Lions International Festival of Creativity, the campaign 'Untangling the Politics of Hair' won the Gold Lion in the Industry Craft Lions category, a first for India. 'Untangling the Politics of Hair' was produced by FCB India for STIR, and was created and conceived by Rohit Chawla and Swati Bhattacharya. "It felt good because it was not given to an Indian for 70 years and it's a very special thing. Craft is the most precious thing. We all take a lot of pride in being rewarded for a craft because craft is the purest thing. And now, in the world of AI, I think craft is soon going to disappear from the vocabulary of the world that we knew. So, it's precious to get something for your craft. And when you're competing with the biggest brands in the world who spent billions of dollars and a small thing that we did could stand out. So, that feels good," says Rohit.

