



OUT OF THE CLOSET:
BHUPEN IN GOA WITH
GULAMMOHAMMED SHEIKH



GUT HEALTH AND THE MICROBIOME:
WHY YOUR DIGESTIVE SYSTEM IS KEY
TO OVERALL WELLNESS

PICS: SAGUN GAWADE



LOKOTSAV bring India's artisans to Goa

Lokostav, a ten-day cultural festival brings local traditional art from different states of India to a single venue in Goa, Kala Academy, Panjim. An annual art fair, people in Goa look forward to buying these art forms that are found particularly in these Indian states

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The ten day Lokotsav festival currently on in Panjim brings together crafts, treats and exclusive pieces from across the corners of India over a ten day period which ends on January 26.

MOJARI SHOES, RAJASTHAN

Rajasthani Mojari, is a traditional handmade shoe originating from the colorful state of Rajasthan. Based in Jaipur, Wasim Khan is an artisan whose family for over hundred years has been involved in the art of making shoes. Artisans predominantly use high-quality leather and adorn the shoes with intricate embellishments, showcasing the vibrant colors synonymous with Rajasthan. Wasim said, "All the work is done by hand for the shoes which are fashionable and party wear. I have been doing it for ten years. My mother and father and the entire family are involved in the design and making of these shoes."

Wasim said his father and his grandfather were all involved in this business. He has been visiting Lokotsav in Goa since 2017 and he said the response by the customers in Goa was very good. He said, "I have been treated with respect and they purchase from me which keeps me in a good frame of mind". The shoes cost Rs 350 per piece. Now, there were mojari with heels which was the latest fashion and could be worn with a saree, jeans or western dresses. "We always consider the customer's needs when designing a Mojari. The shoe should not bite the feet or cause any other discomfort to the feet. The pasting that is used in these shoes was similar to those found in branded wear," said Wasim.



TRADITIONAL KAUNA BAGS, MANIPUR

Longjam Ramgopal makes traditional Kauna bags using Kauna grass, soft, spongy reed or rush that grows in the wetlands of Manipur and he makes this as part of a collective called the Green Crafts. They use different design and he makes around two pieces a day. Longjam said, "Bags can cost anywhere between Rs 200 to 1200. This business of making this traditional bag is in my blood. My grandparents ran a small stall and after they passed away, my aunt ran it but after Covid it became my responsibility."

He learned the art from his relatives who lived around him. He admitted that it started off as a time



pass activity but he was focused on upgrading the standards and so he got serious. Longjam said, "I interact with over 160 artisans in the state." He revealed that they could make

three bags a day depending on the design. The moon bag is very popular among the general public. "We also customise a bag depending on the demands of the customer, different sizes and dimensions. We receive orders from all over India as well as a few clients from abroad in cities like Dubai and Paris. Right now we are focused on business in the country," said Longjam. This is his first time to Lokotsav in Goa and it has been a great experience with everyone being helpful and business being very good.

HANDWOVEN ERI SILK SAREES, ASSAM

Purnima Pathak is an artisan from Assam who makes sarees made of traditional silk called Muga and Eri. The silk was from Assam and produced in the state. She said, "I make the sarees myself and have been coming to the Lokotsav for the past ten years. The response to the sarees have been excellent from the local Goans who visits the festival. They like the quality of the work and I have

been involved in this art form for the past 18 years. Everything in the saree is locally sourced and the processing of the thread takes at least a month." A saree takes around 15 to 20 days to make but if it is a heavy design then it can even take a month to make a single piece. Anything that takes 2 to 3 days will cost around Rs 1500 and the ones that take fifteen days can cost as much as Rs 15,000. The sarees with heavy design which take a month can cost as much as Rs 70,000 to Rs 80,000. She said, "During my visit to Goa, I sell around 25 to 30 sarees. In India every state had something unique and in Assam this was certainly unique."



TRADITIONAL JEWELLERY, RAJASTHAN

Naval Kishore Jagatia is an artisan who makes ceremonial traditional jewellery in Jaipur. In the business for over 15 years, his interest in the art form was developed by being around artisans who made them. Naval said, "I specialize in Meenakari art.



This process involves using glass powder which is placed on metal and subjected to heat. It melts to create an enamelled finish. It is special to Rajasthan and I make around 500 pieces a day thanks to the staff I have employed. Everything is made by hand. It starts from Rs 50 per earring and can go up to Rs 200." He has been a regular visitor to the festival for the past five years. Naval said, "The awareness among the young population has increased and they would come and buy the earrings. I always talk to my customers to gauge their changing tastes and I incorporate them in the designs. My designs were traditional with a modern touch."

PATTACHITRA, ODISHA

Known for their vibrant colors, creative designs, and mythological themes, Pattachitra is a traditional hand painting style from Odisha. Sonali Pahi is an artist who has been involved in creating and selling these works of art which is prepared on a coconut leaf which is peeled and cut and then joined and then painted upon. Sonali said, "This work is done by the family and we use stone colours for the art work. These colours have a long life and they don't get



spoiled by worms and get black. The time required to make them depends on their sizes. Some get ready in a couple of hours, others in two days and I make them all by myself." She also makes creative bookmarks on which she paints tribal art, images of Lord Ganesha and other gods. She said, "My mother has been doing this for 35 years and she also trains other people. The material used to frame a photograph was Beth, a kind of wood which we would treat with turmeric water for a month. It is then dried and used. It stays strong for a very long time." They have been coming to Goa for 25 years and the response has been very good.



SWIPE RIGHT



Kelly Clarkson starts her own music label

Kelly Clarkson has taken a major leap in her career, revealing on an episode of her eponymous talk show that she has started her own music label. The news came while Clarkson, 42, was speaking with guest Keke Palmer, who has had her own record label for six or seven years, about her musical group DivaGurl. An impressed Clarkson then announced that she had recently made a similar move in the music industry. "I am so much older than you and it's my first time in my career, and I just now started my own label and I'm putting out my own stuff," she said. "And I've had some good teams to work with, but there is nothing like being that 10-year-old again, being excited, and nobody saying, 'Oh, you should do this' or 'you should do that.'"



Robert Pattinson is done with 'Twilight' haters

Robert Pattinson has had it with the 'Twilight' haters. "I love that people keep telling me, 'Man, Twilight ruined the vampire genre,'" Pattinson said in an interview. "Are you still stuck on that? How can you be sad about something that happened almost 20 years ago? It's crazy." Pattinson played the moody vampire Edward Cullen in the 'Twilight' films, which released five installments between 2008 and 2012. He was the love interest of Kristen Stewart's Bella. In 2022, Pattinson said he wanted to make Edward "as arty as possible," which resulted in studio execs telling him he was being "too emo."



Reese Witherspoon puts sultry spin on the skirt suit at 'You're Cordially Invited' London premiere

Traditions vs modern technology

Tiatr: 'Tempa Pormonnem, Mateak Khurponnem'
Cast: Ubaldo Fernandes, Amanda Dias Mariah Fernandes Ashila Simoes Fr Doel Dias Melburn Simoes, Wesley Fernandes, Lenoy Fernandes, Daksh Kavaleker and Ashley Fernandes
Director: Fr Doel Dias
Band: Senon D'Souza (trumpet) and his musical team
Stage/Lights: Jess Fernandes / Jess Fernandes

Pio Esteves

Tiatr 'Tempa Pormonnem, Mateak Khurponnem' written and directed by Fr Doel Dias and presented under the banner, Menino Jesus Kala Association, Chinchinim, was staged at Ravindra Bhavan, Margao, on the third day of Kala Academy's 10th Tiatr 'B' Group Competition 2024-25. Tiatr 'Tempa Pormonnem, Mateak Khurponnem' throws light on the practices



which were followed by our ancestors in the past and the thought-process of the present generation in the modern world.

On one hand, there's Robert (Ubaldo Fernandes), who is a scientist working on innovations. His spouse, Flacy (Amanda Dias) is dead against his profession as Robert is deeply and totally engrossed in the preparation of a robot, thus hardly giving his valuable time to his spouse and only daughter,

Myra (Mariah Fernandes). Filu (Ashila Simoes) serves as a maid in the house.

On the other hand, there's Caitu (Fr Doel Dias), a local practitioner with command over herbal medicine. And his expertise in curing all sorts of diseases helps him to win over all, young and old, who are ill in the vicinity.

Off and on when Caitu drops in at Robert's place, he is taken up by Filu and the twosome form a good chemistry with each other. But both are inexpressive about their feelings towards each other.

Flacy tries to argue with her spouse over the creation of a robot. She has genuine

10TH TIATR 'B' GROUP COMPETITION
Tiatr Review
DAY 3: Tempa Pormonnem, Mateak Khurponnem



reasons to counter all the statements made by deep thought. But Robert is determined to go ahead with his plans, gain satisfaction and win popularity.

As per Robert's plans, after the creation of a robot, the scientist thinks he has achieved something great. But what are the pros and cons of this machine? Will it be able to generate thought processes and feelings as

human beings? What are its advantages and disadvantages? The second half provides answers to all the queries. There's one statement made in the concluding scene as well which is to the advantage of creation of robots.

There are fine performances from Ubaldo Fernandes and Amanda Dias as spouses to each other. Child artiste Mariah Fernandes delivered her dialogues well, though she looked stiff at

some places. Child artistes Melburn Simoes, Wesley Fernandes, Lenoy Fernandes, Daksh Kavaleker and Ashley Fernandes extended good support to the main cast.

In the comic acts, Fr Doel Dias and Ashila Simoes try to entertain with some laughter pills. In their own way, they were good entertainers to the audience.

In the section of songs, there were 13 renditions in total and in all categories. The opening song was a choral by Fr Bolmax Pereira, Jeffery Viegas, Ruchita Gomes, Deepthi Coutinho, Ivy Pereira and Suzeta Pereira. Solos were rendered by Henrich, Ivy Pereira, Lynstel, Maraiah, Cliya and Fr Doel Dias. A duo on 'Al and Human' by Jeffery and Fr Bolmax carried a thought-provoking reflection. The band offstage led by Senon D'Souza (trumpet) and his musical team was appealing to the ears.

The stage sets were worked upon by Jess Fernandes, while Saude Fernandes handled the lights. The background music was provided by Anvil Fernandes, while Cliya and Amanda took care of the costumes and make-up respectively.