# A closer look at Moira

Associacao Academica de Moira

Team Cafe cafe@herald-goa.com

This significant village in Bardez is more than meets the eye. Moira is a village that has contributed to Goa's history in different fields of life. 'Discerning Moira - A socio-cultural, religious, historical, political perspective' by Dr Caetano Francisco Raposo, is a research on the village of Moira. The book was released in Moira at the hands of Filipe Neri Cardinal Ferrão, Archbishop of Goa and Daman.

A researcher and professor of Political Science, Dr Caetano Francisco Raposo was selected for the prestigious 'DD Kossambi Scholarship' by the Art and Culture Department, Government of Goa. He was recently appointed as an expert panelist for the Award of MPhil and Phd led by high level delegation under the Directorate of Higher Education. Born and brought up in Moira, the idea of researching about the village struck him 12 years back. "It was a spark that hit my head around 12 years ago to be precise that I should do a pragmatic study of this beautiful village of Moira. I picked up cudgels and ventured into this journey of researching Moira from a researcher's point of view," says Dr Caetano.
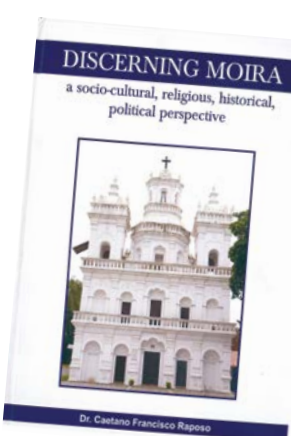
Dr Cajetan's self-published book comprises of 17 chapters, focusing on its unique socio-political, religious, and cultural heritage. Beginning with the geographical information, demographics, and the impact of migrant labour, the book highlights Moira's wards and how they got their names, the community life including the traditional occupations embodying their village life.
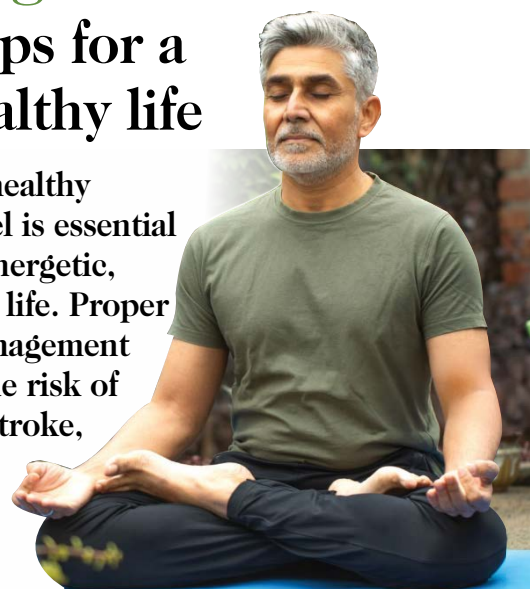
Religious life of the village is also highlighted through the history and architecture of the Moira Church, Our Lady of Immaculate Conception and its affiliated chapels, as well as Hindu temples. On the political front, the historical self-governing institution, Communidade and its role in village life, the evolution of local politics from 1963 to the present, highlighting the instability of the 1980s and 90s.

Dr Caetano also speaks about the legendary stories of the village as he says, "The village is famous for many things, among others for its banana plantation, which yield- big, long bananas, called munnouchim kellim in Konkani. The people are as famous, if not more that their Kellim, so famous indeed that they have passed into simile and proverb and legend."

The cover of the book is designed by Glenda Raposo and the chapters have photos to go along with the information about these significant places and people. One of the important people featured in the book is Dr Jack Sequeira. Interestingly, Dr Jack Sequeira was born in Burma but his ancestral village is Moira and he often visited his ancestral house situated in Bambordem ward while he lived at Campal, Panjim. "The chapter deals with the important and very significant role played by a fellow villager Dr. Jack De Sequeira in retaining our Goa's identity today. If not for Dr Sequeira's efforts and his valiant struggle to convince the people of Goa to fight for the cause of their beloved Goa, Goa would have been rendered a remote district of Maharashtra. It was Dr. Sequeira's foresight and no easy task that he fought with gusto and determination to win the Opinion Poll against its merger into Maharashtra," adds Dr Caetano.

To conclude, Dr Caetano says, "I hope my research will be of immense value for further research for Academia and the general public at large."

The modified oldest cross in Povocao ward

Carmel Beats

The PTA and Students' Council of Carmel College of Arts, Science and Commerce for Women, Nuvem will host 'Carmel Beats' with live music and food stalls.
Venue: College football grounds, Carmel College, Nuvem

Date: January 31
Time: 6 pm

XCHR Exhibition Walkthrough

The third edition of a Walkthrough of the Exhibition, 'Fonseca. An Indic Lexicon', will be held with Vivek Menezes. A widely published writer and photographer, the co-founder and co-curator of the acclaimed Goa Arts + Literature Festival, Vivek is currently working on the definitive cultural history of Goa. As there are limited seats, registration is required for the exhibition walkthrough.
Venue: Xavier Centre of Historical Research, Porvorim
**Date:** January 30
Time: 5 pm

Film screening

Cinephile Film Club will be screening the Akira Kurosawa epic, 'Kagemusha'. The film shared the top honours at the Cannes Film Festival and shared the Palm d'Or. It was also nominated for the Oscars. Described as epic in scope and awash with striking colour, 'Kagemusha' marks Akira Kurosawa's successful return to the samurai epic. The film centres around lowly criminal who impersonates a dying Samurai warlord, in order to dissuade opposing lords, who are unaware that he is a decoy. Stunningly shot with some grand scenes, the film is a treat on the big screen.
Venue: Maquinez Palace, Panjim
Date: January 30

KAGEMUSHA

Don Bosco – A saint of modern times
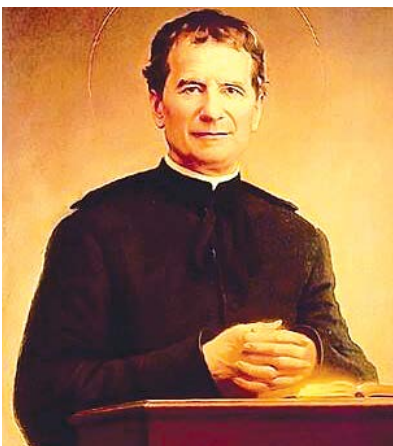
Cedric Silveira

The Don Bosco family will be celebrating the feast of their founder, St John Bosco on January 31. Although it may be years since the death of Don Bosco, the mystic behind him still remains. An Italian Catholic priest, educator and writer, he had a unique personality whereby he could attract people wherever he went. He was liked because he cared for youngsters and was always in their midst, charming them with his affability and warm affection.

Don Bosco was also flexible in his ways, and could easily adjust to the needs of the times and place. When he realized that the number of teachers to teach the students in his ever expanding Oratory was less, he came out with a novel solution of peer to peer education, something which is recognized by the intellectuals of our country today. He selected a few intelligent students and made them teachers of their companions.

For his humility and simplicity, the boys regarded Don Bosco as the Oratory's inspiration and centre. Don Bosco was also loved by his boys for his straightforwardness and being like one of them. Don Bosco was ahead of his times in terms of ways of education and controlling the students. He believed in holistic education too and in having formal educational institutes as well as non formal programmes for children on the streets. He chose a modern approach to education through loving persuasion instead of the medieval method of repression. According to him, he did not wish to manifest the total break from the repressive system so common during his time, but he also saw prevention of physical and moral harm through education and love and indispensable solution to the problems of abandoned youth.

His presence, practical insight, charm and charisma may be translated into three essential components of holistic growth. They are rapport, reason and religion, as attitudes of loving kindness, reasonableness and religion integrity. He was a positive realist for realizing that the emotional needs of youngsters for a trusting relationship could be met by the educators with kindness, by spending time with them, listening to them and being available for them. The rational need for intellectual enquiry could be met with reasonable dialogue and the spiritual need for personal and social happiness could be met with religious guidance.
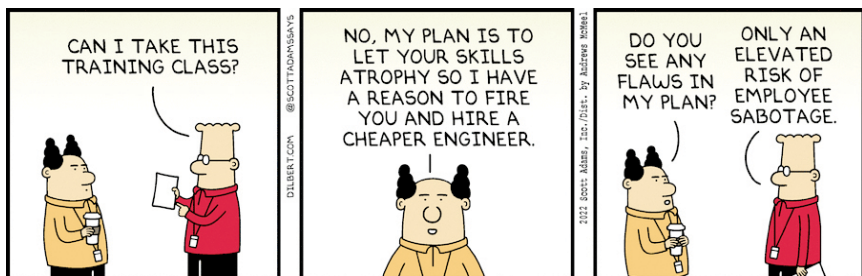
The Eucharistic feast mass will be celebrated on January 31, at 6 pm at the Shrine of Our Lady of Fatima at Panjim. Fr Patricio Fernandes, Rector, Bom Jesus Basilica will be the main celebrant. This will be followed by a cultural programme put up by the students of the institution.

Cracking the cholesterol code: Tips for a heart-healthy life

Maintaining a healthy cholesterol level is essential for an active, energetic, and productive life. Proper cholesterol management helps reduce the risk of heart disease, stroke, and other cardiovascular issues

Ajit John ajit@herald-goa.com

When serial entrepreneur Kunal Bahl noticed a sharp spike in his low-density lipoprotein (LDL), also known as bad cholesterol, he knew it was bad news. While a healthy person's LDL levels are under 100, his was at 170. He, like many other Indians, was suffering from high cholesterol.

One hears that word 'cholesterol' quite regularly in daily conversation at home or in the hospital. It is important to understand what cholesterol is. It is a waxy substance throughout the body. It's not "bad" unless you have too much of it. Your body needs it to build cells and make vitamins and other hormones. Cholesterol circulates in the blood. As the amount of cholesterol in your blood increases, so does the risk to your health. High cholesterol contributes to a higher risk of cardiovascular diseases, such as heart disease and stroke. That's why it's important to have your cholesterol tested, so you can know your levels.

The two types of cholesterol are LDL cholesterol which is bad, and HDL, which is good. Too much of the bad kind, or not enough of the good kind, increases the risk cholesterol will slowly build up in the inner walls of the arteries, such as those that feed the heart and brain. High-density lipoprotein (HDL) cholesterol is known as the "good" cholesterol because it helps remove other forms of cholesterol from the bloodstream. A higher level of HDL cholesterol is linked to a lower risk of heart disease. HDL cholesterol picks up excess cholesterol in the blood. It carries the cholesterol back to the liver. After the liver breaks down the cholesterol, the liver flushes it from the body.

If you've been keeping an eye on your blood pressure and cholesterol levels, there's something else you might need to monitor: your triglycerides. Dr Edelweiss Desa said, "It was important to maintain a healthy lifestyle which includes healthy eating, a vigorous fast walk for half an hour every day and swimming which would ensure you could stay away from all the problems."

Having a high level of triglycerides in your blood can increase your risk of heart disease. But the same lifestyle choices that promote overall health can help lower your triglycerides, too. If you are keeping an eye out for your cholesterol levels, then you have to also monitor your triglycerides. When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, particularly from high-carbohydrate foods, you may have high triglycerides (hypertriglyceridemia). When you eat, your body converts any calories it doesn't need to use right away into triglycerides. The triglycerides are stored in your fat cells. Later, hormones release triglycerides for energy between meals. If you regularly eat more calories than you burn, particularly from high-carbohydrate foods, you may have high triglycerides.

To maintain good cholesterol levels for a good heart, weight loss is important, quit smoking, eliminate fatty foods, drink alcohol in moderation, maintain a healthy diet and manage stress.

Dr Lenny Da Costa, a geriatric physician and functional medicine expert based in Pune had a very unorthodox view. He did not look at cholesterol levels as good or bad because what is considered bad is made in the liver to repair something in the body that has gone awry. Something awry was due to an existing disease in the body. The LDL is a vehicle that takes cholesterol to the site where it is required to repair the body. He said, "When there is too much oxidized stress on the body due to environmental and food pollution, the LDL gets oxidized, which is bad cholesterol. We measure LDL which is not the right measure."

To maintain good levels of cholesterol, it was important to do exercise in the morning. Alternating between fast and slow runs followed by exercise would do wonders. It had to be done in the morning when the body was fresh.

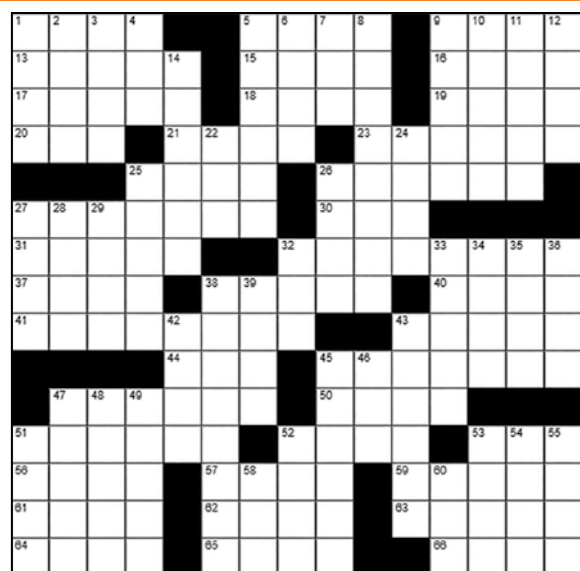---

Herald Gaming Console

crossword 4755

ACROSS
1- Swedish import; 5- Work like ___; 9- Roe source; 13- Extreme; 15- Narrate; 16- Pool division; 17- Capital of Egypt; 18- Like some shoppes; 19- Helper; 20- In the know; 21- Hindu queen; 23- Orchard items; 25- Look ___, I'm Sandra Dee; 26- Entertains; 27- Waitress; 30- Edge; 31- AKA; 32- Contribution; 37- Takes home; 38- Jargon; 40- Indian garment; 41- Weathered; 43- Breakfast roll; 44- Rockers Steely ___; 45- Needle-shaped; 47- Soldiers; 50- Panama and bowler; 51- Belonging to them; 52- Civil wrong; 53- Motor lodge; 56- War, to Sherman; 57- "Aquarius" musical; 59- Spine-tingling; 61- Aha!; 62- Corrida cheers; 63- Harvests; 64- Psychic; 65- Shipping deduction; 66- ___ we forget...;

DOWN
1- Parting is ___ sweet sorrow; 2- Wings; 3- Take ___ from me...; 4- I'm freezing!; 5- Did penance; 6- Sandwich shop; 7- Advanced in years; 8- Shining; 9- High-fives; 10- ___ Selassie; 11- Peaks of Peru; 12- Poor grades; 14- Main arteries; 22- What ___ chopped liver?; 24- Cougar; 25- Accumulate; 26- Elvis's middle name; 27- Prohibits; 28- "Hard ___!" (sailor's yell); 29- Hayworth or Moreno; 32- Pops; 33- Former Russian rulers; 34- "Othello" villain; 35- Mined materials; 36- The world's longest river; 38- Photograph; 39- Part of an eye or camera; 42- Stench; 43- Superior; 45- What Richard III offered 'my kingdom' for; 46- Train unit; 47- The ones here; 48- Noted Civil War biography; 49- Exxon Valdez, e.g.; 51- Not that; 52- A wedding cake may have three of these; 53- Dies ___; 54- Bites; 55- Tree house; 58- Menu phrase; 60- Moray;

solution 4754

sudoku 4755
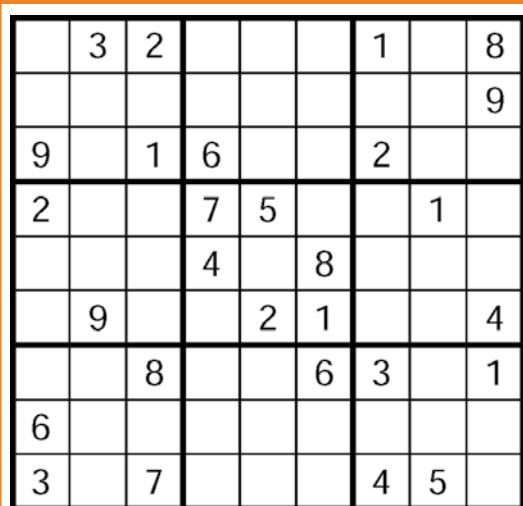
Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4754