

Herald Cafe

Pedalling through paradise: THE RISE OF CYCLING IN GOA



Shashikant Naik

Beauty of nature

One of the major factors is the beauty they see when they are cycling. Adv Shashikant Naik said the beauty of nature in Goa was stunning and it was a huge motivation for him to go cycling. Amey said he had cycled long distances to Kanyakumari and the beauty and the weather was spellbinding. He said going on the cycle slowly gave him time to appreciate the beauty that nature had to offer. Finton Dourado said nature have him good vibes which helped him carry on with the day. Fredy Colaco said when he cycled in the morning he could hear the chirping of birds which cannot be heard during the day. He said, "You see sunrises which are so special that they leave you speechless". Santosh Sawal said the cycling trip to Dhanushkodi which was a journey over 1200 km was just spectacular due to the scenery.



Jay Vernekar

Cycling has grown in popularity in the State due to the increase in awareness of healthy living and the joy that comes with being with friends while cycling

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Cycling in Goa is gaining popularity as the day go by with a number of cycling groups and people using cycles as a mode of healthy transport. This is visible all over Goa. The number of cycling clubs in the State number around 10 and there are in excess of 6000 cyclists in the State. The increase in the number of fitness conscious individuals have played a role in the growing popularity of this healthy pastime.

A reason to start cycling

It was the health benefits that came from intense physical activity that attracted Adv Shashikant Naik in the first place. He started cycling 7 to 8 years ago to refresh his mind and control his then high cholesterol. He said, "It did wonders for me and helped bring my health under control. I used to go cycling everyday but now I go running. I now cycle three times a week. I have also done Goa to Rameshwaram cycling journey in 83 hours, which is 1200 kms. I have also done the 200 kms, 300 kms, 400 kms and 600 kms in one year." In addition to being an advocate, he is also a nature photographer. He does some serious bird watching. Earlier, he used to go everyday but now he does it every alternate day. Now he is preparing for the triathlon and has added swimming. He loves the fresh air and the aroma of nature in the morning which excites him. He says the best time

to train is in the monsoons when even if you sweat and feel tired, you still don't get dehydrated. Amey Kamat of the Panjim Cycling Club took it up three years ago, to control his weight. He had no health issues, no blood pressure issues or diabetes and wanted to stay healthy. He tries to cycle four

Goa, without any emissions as he put it. He said, "I am now fit and as a Super Randonneur and it is the best thing I have ever done".

Making new friends

For Jay Vernekar, a 62 year old businessman, it was an opportunity to get some serious workout and meet people with similar interests.



Fredy Colaco

HEALTH BENEFITS OF CYCLING

- Helps you lose weight
- Helps strengthen your legs
- Lowers cholesterol
- Boosts mental health and brain power
- Offers a positive start to your morning
- Helps prevent and manage medical conditions
- Reduces the risk of cardiovascular disease

times a week. He says it is a problem during the monsoons but he still goes out. Every time, he goes out he does 50-100 kms. He has also done the 200 kms, 300 kms, 400 kms, 600 kms rides. He has done it twice and is a Super Randonneur. He intends to do this for the rest of his life. Raju Keni was overweight and a lack of physical activity was causing health problems. He took up cycling in 2015 and changed his life while he had fun travelling around

He said, "In a week, I go cycling twice a week. On Sundays, I meet the group and go for an intensive session which is great because the group is there. It adds to the atmosphere". For Amey Kamat the long cycling sessions are made easier by the presence of people who are there for you. Finton said cycling in the villages around Panjim was made enjoyable while cycling with friends. For many of these cyclists, it is something they intend to do till the end of their lives due to how it makes them feel, the company of friends and the vibe that accompanies every cycling trip they undertake.



HARD WORK YIELDS FRUITS



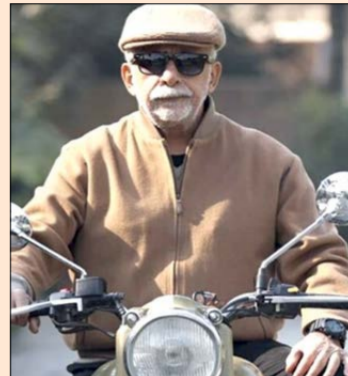
THE SYNCRETIC GOA: DEATH AND BEYOND

SWIPE RIGHT

Naseeruddin Shah slams films that celebrate hyper-masculinity

At the Kerala Literature Festival, Naseeruddin Shah shared how the Hindi film industry has changed over the years. He doesn't approve of films that celebrate masculinity and run down the femininity of the characters or films that debate women. The veteran actor stated that he doesn't know if they're a reflection of our society or if it is a reflection of the fantasies of our people in Bollywood.

He said, "I think the films which feed into the secret fantasies of men, who in their heart of hearts, look down on women, these are being fed." Calling it "terrifying", he stated that this explains the horrendous things that happen to women in a lot of places in India even today.



Bruno Mars is the first artist to reach 150m Spotify listeners



Spotify has announced its latest milestone, and it concerns the current most-popular artist on its service. Bruno Mars has become the first musician to reach 150 million monthly listeners on Spotify. His recent rocket in listeners is the result partly of his recent collaborations: 'Die With a Smile' with Lady Gaga; 'APT' with Rosé and 'Fat Juicy & Wet' with Sexy

Red. However, there's also his back catalogue: Spotify noted that 17 of Mars' tracks have passed 1bn streams on its platform.



Shilpa Shetty shimmered and sparkled in a gunmetal-toned strapless gown by designer Toni Maticevski when she stepped out to accept an award.

The largest student chefs' competition in the world comes to Goa

Student chefs from over 50 countries are gathering for a week in different cities of India for the 11th edition of the Young Chefs Olympiad

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The 11th edition of the Young Chefs Olympiad, will be held under the aegis of the International Institute of Hotel Management (IIHM) in partnership with the International Hospitality Council (IHC) London. The Young Chefs Olympians- student chefs from 50 nations will undertake two rounds of culinary challenges to attempt to win the coveted YCO 2025 Golden Toque. The competition rounds will begin at the IIHM campus kitchens, from February 3, in Goa, and from February 4 in Delhi, Pune, Hyderabad and Bengaluru. The top 10 Young Chef Olympians' as per scores in two rounds, will compete in the finale of YCO 2025 in Kolkata on February 8. Dr Suborno Bose, Chairman of International Hospitality Council (IHC) and Founder YCO, and Chairman IIHM said, "It's possibly the best we have

seen, referring to the YCO. The world has been challenged, but this has not stopped countries from travelling. This year, we also had the Young Chef India competition, where chefs from all the management schools across the country participated. The participating chef, the winner of the Indian round, was selected from among 140 finalists across 10 cities. We call our contestants Young Chef Olympians. One important aspect of YCO this time is the theme of AI with a human touch. It is all about humanity and how it is bolstered by AI." There is also the plate trophy and the Dr Suborno Bose Culinary International Challenge prize up for grabs. Each trophy, in this global platform, is bound to embellish the careers of young chefs and validate their skills. There will be another winner in this year's YCO. This winner



Contestant chefs from various countries with a multitude of national flags in a previous edition of the YCO

will not compete but be the catalyst for phenomenal change in global hospitality education - AI. IIHM has adopted a comprehensive framework to integrate AI into global hospitality education. This initiative prioritises inclusivity, human-centric values, and sustainability, reflecting the industry's evolving needs while preserving its essence. "With YCO and AI Suborno Bose has changed the realm of hospitality

education", said Padma Shri Chef Sanjeev Kapoor, principal judge and mentor for YCO 2025. He added, "There is excitement in the air and every country is looking forward to winning. We will witness history being made. It's that time of the year when the culinary world looks forward to what YCO has to offer. May this be the biggest event in the culinary world." YCO 2025 will also bring together the student chefs and chef mentors

for the 'United World of Young Chefs'. There will be World Cuisine display by the 10 participating countries at Bangalore at the Karnataka Food festival organized by IIHM Bangalore in partnership with Brigade Hospitality on February 3, while Hyderabad, Goa, Delhi and Pune will host a mini-UWYC, which will present the national dishes of participating countries in respective host cities to create awareness and break cultural barriers through the

universal language of food. Members of the public will also get an opportunity to participate. There will be an online voting opened to vote for the best dessert in round 1 of the main competition, and for the most popular national dish in the United World of Young Chefs competition. A book, 'Harmonizing Human Touch and AI in Tourism and Hospitality' by Dr Suborno Bose on the A to Z of AI in tourism and hospitality will be launched during the opening of the YCO in Goa.

