

How can art benefit the growth of a child?

From a young age, children naturally communicate through art. They get intrigued with colour and are often seen scribbling with crayons, markers, pens, and whatever else they can get their hands on. Children should be encouraged to explore art as it is not just a fun and a colorful pastime but also has a positive effects on pre-schoolers and young children.

ART CONTRIBUTES TO FINE MOTOR SKILL DEVELOPMENT

Educators report more and more children are entering schools with underdeveloped fine motor skills. Dexterity skills are typically taught at home at a very early age simply by exploring grip and pencil control. Creative activities are a fun and easy way to change things up and help with fine motor control. Paintbrushes are held like pencils, but the strokes are less exact and the result is a lot more exciting than writing down vocabulary words. Painting

teaches hand-eye coordination as little artists attempt to draw lines, shape, direction, and patterns.

ART CONNECTS KIDS TO PEOPLE AND THE WORLD

Art is a universal language and acts like a gateway to cultural awareness. When kids start making their own art, they naturally become curious and excited about other people's art. The creative process helps establish a lasting affinity for arts and culture in kids that's vital to connecting to new people.

ART PROMOTES SELF-ESTEEM AND SELF-EXPRESSION

Children thrive when they can practice decision-making and express themselves without worrying about a right or wrong answer. They can learn how to trust themselves and communicate their thoughts and feelings with art. The more they can freely practice self-expression, the more confident they'll feel. It's also a great language development opportunity because they can pick up new art terms along the way.



ART STIMULATES CREATIVITY AND PROBLEM-SOLVING SKILLS

An art project begins with a creative spark and lets kids bring their imagination to life, but it also strengthens their logical thinking skills too. Art is an excellent tool for helping kids take a creative concept from start to finish, work through artistic challenges and mistakes, and have fun while learning.



ART BUILDS MEMORY AND SELF-CONTROL

Having strong visual-spatial abilities leads to better memory and self-control. When creating an art piece, children naturally work on self-discipline. They can't jump into any approach, color, or technique they feel like if they want a painting that looks like a pair of cute pink unicorns or a space explorer. If they're painting from memory, they'll work on recalling images.

ART INCREASES ACADEMIC PERFORMANCE

Reducing stress, improving memory, increasing confidence — these are all ingredients for academic success. A study of over

10,000 students in art classes showed improvement in writing scores and lowered disciplinary issues. It also boosted aspirations among school students.

ART PROVIDES REST, RELAXATION, AND REWARD

Studies have shown that art making decreases stress levels and lowers anxiety, helping with a child's overall mental health. Creativity — whether your little artist is doodling, sculpting with clay, or making noodle art — also activates the reward centers in the brain. For young people, this means that arts and crafts activities make them feel good and help them naturally relax. They walk away with a sense of accomplishment and the motivation to get creative again.

CELEBRATING THE JUBILEE OF THE WORD OF GOD

Br Malvino Alfonso OCD

The Diocesan Centre for Biblical Apostolate of the Archdiocese of Goa and Daman celebrated the Jubilee of the Word of God at St Thomas Church, Aldona on the occasion of the Sunday dedicated to the Word of God. The Eucharistic celebration was presided over by Fr Henry Falcão, Episcopal Vicar for the North Zone.

Fr Mariano D'Costa, director, Diocesan Centre for Biblical Apostolate, Fr Tomas Lobo, parish priest, St Thomas Church, Aldona, Fr Mario Leitao, parish priest, St Sebastian's Church, Calvim, Fr Caitano D'Souza, chaplain, St Rita of Cascia Chapel, Carona, Fr Gualberto D'Souza, chaplain, Our Lady of Piety Chapel, Quitla, Fr Angelo Simoes, assistant to the parish priest, St Thomas Church, Aldona and Deacon Jason Travaso concelebrated the Eucharistic celebration.

Fr Henry Falcão, in his homily on the theme, 'I hope in your Word,' called on the faithful to build their lives upon the Word of God. Fr Falcão, who also serves as the Director of the St Joseph Vaz Spiritual Renewal Centre in Old Goa, reminded the faithful that God's Word is not reserved for a select few but is for everyone. In his message, Fr Falcão also highlighted the significance of participating in the Bible course. He concluded his homily with a strong appeal for the faithful to take the Word of God seriously and allow it to transform their lives into something new.

Fr Tomas extended a warm welcome to all those present. Lavina Cardozo and Nelson Fernandes shared their experiences

participating in the Bible Course. The event was anchored by Sandhya Fernandes, while Fr Mariano D'Costa, director of the Diocesan Centre for Biblical Apostolate, expressed gratitude to all involved. The Eucharistic celebration was followed by a brief programme that included a prayer dance, devotional songs by the parish catechists and catechism students, and a Mando performance.

The occasion also saw the felicitation of collaborators who had been involved in the Bible course organized by the centre. A total of 134 participants from the Aldona deanery were awarded diplomas for completing the Bible course. The Rite of enthronement of the Bible was also conducted at the beginning of the Eucharistic celebration. The event was anchored by Sandhya Fernandes, while Fr Mariano D'Costa, Director of the Diocesan Centre for Biblical Apostolate, expressed gratitude to all involved.

During Bible Week, the Diocesan Centre for Biblical Apostolate will focus on Hopeful Horizons—daily reflections on Bible verses, an explanation of Biblical Symbols of Hope, an online Bible Quiz, and visits to the sick by Biblical Animators. During these visits, prayer services will be conducted in families.



Goa Association of the Deaf celebrates 15th anniversary



The Goa Association of the Deaf (GAD) marked its 15th anniversary with a remarkable event at the Directorate of Arts and Culture. The event brought together key stakeholders, advocates, and the deaf community for a day-long celebration of empowerment, culture, and inclusion. The program commenced with the GAD Pledge, reaffirming a commitment to the rights and inclusion of persons with hearing impairments. This was followed by a captivating dance performance, ALIBI-Sevadalza, setting the tone for the event. Gaurish Malgaonkar, President of GAD, delivered the welcome address, expressing gratitude to all participants and emphasizing the association's journey over the years.

Prasad Joshi, General Secretary of GAD, showcased the beauty of Sign Language, emphasizing its importance in fostering communication and accessibility. Peter Borges, assistant

professor, Goa University, highlighted the need for holistic support and advocacy for the deaf community. Anant Joshi, Chairman of GAD, and Milind Mate, Deputy Director of the Directorate of Arts and Culture, Government of Goa, reiterated the need for inclusive policies and community-driven initiatives.

A special highlight was the sign language address by Sunil Sahasrabudhe, President of the All India Federation of the Deaf (New Delhi), followed by an experience-sharing session by Niyati Malgaonkar, winner of Mrs Deaf Fashion 2024, India.

The event also recognized excellence within the community by presenting four awards to individuals for their outstanding contributions to deaf activities and exemplary GAD members. Varsha Naik, Director of the Department for Empowerment of Persons with Disabilities, Government of Goa, was the chief guest.

The event featured several engaging lectures and interactive sessions. Sunil Sahasrabudhe conducted a 45-minute lecture on sign language, followed by a session on 'Dos and Don'ts in Sign Language' by Rahul Kunkolienkar. Discussions extended to 'Positive vs. Negative Thoughts in ISL (Action)' and 'Language Deprivation and Acquisition', led by Lakhan Anandani.

Throughout the event, Josefine Fernandes and Muskan Shaikh served as Indian Sign Language (ISL) interpreters, ensuring seamless communication for all participants. Their invaluable contributions were recognized by GAD in appreciation of their unwavering support for the deaf community. The event concluded with a vote of thanks delivered in sign language by GAD President Gaurish Malgaonkar, followed by a heartfelt rendition of the National Anthem in Indian Sign Language (ISL).

Holy Family Convention

A Holy Family Convention will be held on the theme, 'Then when you call upon Me and come and pray to Me, I will hear you.' Jeremiah 29:12. The retreat will be led by Fr Dibin Aluvassery, Divine, Mumbai, Dn Deuben Azavedo, Divine, Nuvem and All for Jesus Band.

Venue: Divine Retreat Center, Nuvem
Date: February 14 to 16
Time: 2 pm – 7 pm

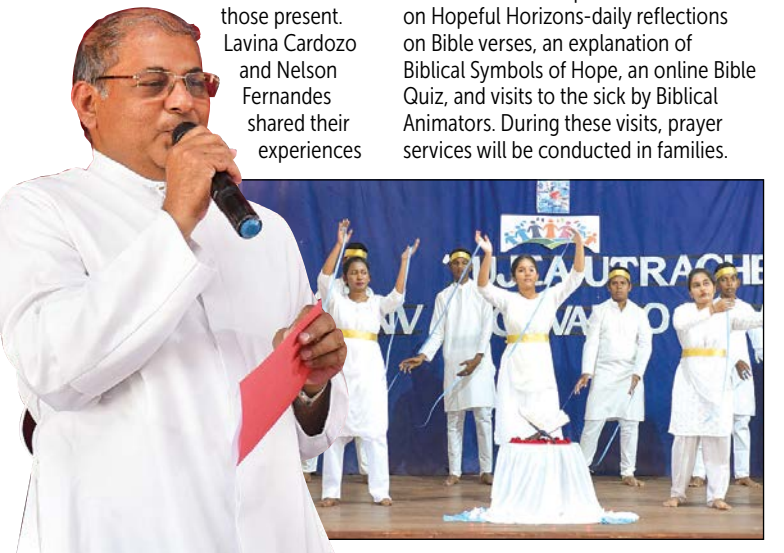


Feast of the Sacred Tongue of St Anthony



The Parishioners of Veroda, along with their parish priest Fr Benjamin Sacrafamilia will celebrate the Feast of the Sacred tongue of St Anthony with religious fervour. Auxiliary Bishop Simiao Fernandes will be the main celebrant of the mass. The feast will be preceded by a three days 'triduum' to prepare for the feast. The Triduum will be held on Feb 12, 13 and 14 with St Anthony Chaplet at 5.15 pm followed by mass at 5.30 pm. his Excellency Auxiliary Bishop Simiao P Fernandes will also bless and inaugurate the new prayer room. Every Tuesday devotion of St Anthony takes place at Veroda Church with a Eucharistic Celebration at 7 am followed by the Novena of St Anthony.

Venue: 'grotto' of St Anthony, in the church compound, Veroda Church, Cuncoim
Date: February 15
Time: 5.30 pm



Herald Gaming Console

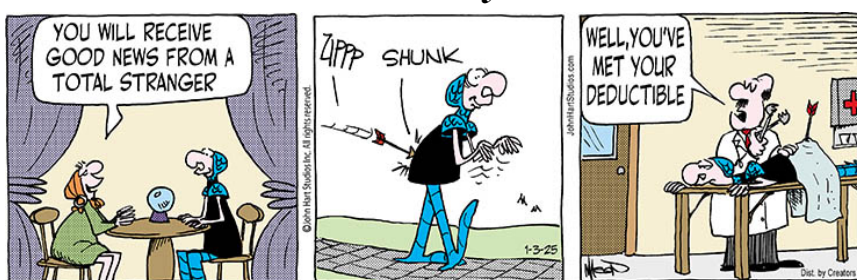
Dilbert



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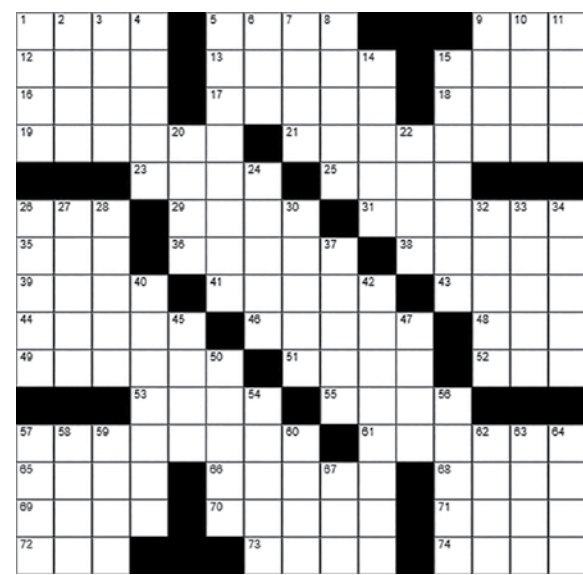
crossword 4766

ACROSS

1- Alcoholic drink; 5- Scottish refusals; 9- Hide-hair connector; 12- Uncouth; 13- Go along; 15- Singer Braxton; 16- Increases; 17- Pertaining to punishment; 18- Joie de vivre; 19- European-style restaurant; 21- Rousing; 23- Congers, e.g.; 25- Wine glass feature; 26- _____-jong; 29- Long time; 31- Prolific inventor; 35- Greek vowel; 36- Cowboy display; 38- Alamo's county; 39- River deposit; 41- Twangy, as a voice; 43- Off-ramp; 44- Attentive, warning of danger; 46- Backpack part; 48- Dawn goddess; 49- Flowing water; 51- _____ good example; 52- _____ Cat (winter vehicle); 53- Knighted Guinness; 55- Depression in a surface; 57- Flat flour or corn bread; 61- Less cluttered; 65- I cannot tell _____; 66- From head _____; 68- Web locale; 69- Crystal gazer; 70- Agitates; 71- Walked on; 72- Mama's boy; 73- 'His and _____'; 74- Longings;

DOWN

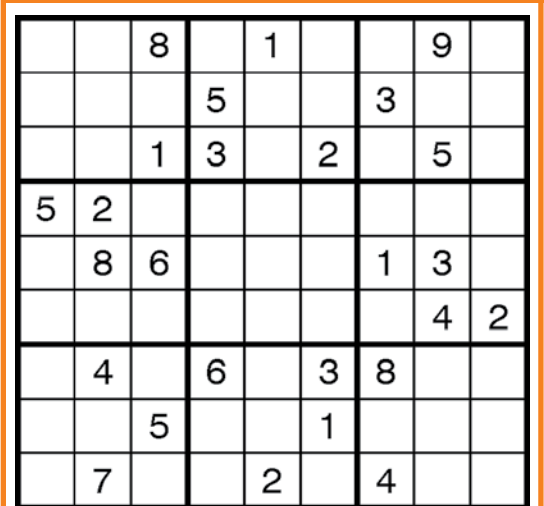
1-Snatch; 2- Designer; 3- Probability; 4- Beau _____; 5- Former gold coin of France; 6- Tree-ring indication; 7- Sea birds; 8- Chairs; 9- _____ me tangere; 10- _____ epic scale; 11- Circular band; 14- Best of a group; 15- White ant; 20- Bring up; 22- Decorate anew; 24-



solution 4765

Fountain treats; 26- Flat-topped formations; 27- Leaning; 28- More healthy; 30- Bird homes; 32- Male and female; 33- Constellation containing Rigel; 34- False; 37- Paddled; 40- Tab grabber; 42- Delay; 45- Anklebones; 47- Window piece; 50- Thaws; 54- Fabric; 56- Delicious; 57- Soviet news agency; 58- Toast topping; 59- Nothing in Nice; 60- Play to _____ (draw); 62- Make weary; 63- Collar type; 64- Ohio nine; 67- Hockey great Bobby;

sudoku 4766



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 4765

