

Herald Cafe



EXPLORING THE NORTHEAST: WHY THESE SEVEN STATES SHOULD BE ON YOUR TRAVEL LIST



SALIGAO ASSOCIATION, MUMBAI, CELEBRATES ANNUAL FIESTA

All that's safe for your pet to consume

Can a little treat from the dining table hurt your pet? There's a lot of people food your pet should never eat as it is dangerous and some of the common foods will surprise you



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Winning a pet is rewarding but it is a role that is full of responsibilities. They have several needs which have to be met. One of the biggest duties is feeding them the right food. It is common knowledge that dogs love bones and cats love fish. But did you know that a bone can splinter and cause a cut in the digestive system and the same goes for fish bones for cats?

SERVING THE FURRY PETS

Well-known veterinarian, Dr Gustavo Pinto, has over 40 years of experience. "I always recommend natural food. The simple reason is that commercial feed has got a lot of preservatives and there are issues when you give commercial feed. Chocolates are not allowed for dogs for several health issues. They cannot tolerate cocoa. There is no issue with chicken feet, except the risk of choking. It can cause a choke in the gullet, in the food pipe. If they are giving chicken legs and feet, it should be properly chopped and cooked. It's not a great choice of food for dogs compared to curry



pieces. It is very healthy and it got a lot of flesh," advises Dr Gustavo. The same goes for thorns in big fish for cats.

Dogs don't eat fruits as a rule but dogs are extra sensitive of what they eat. "I have seen a few dogs that do eat fruits. I am surprised about it. Their instincts teach them to sense and smell it and they know what to be avoided," says Dr Gustavo.

The new fad is to avoid milk for cats and dogs. Dr Gustavo busts the myth. He says, "We have been giving milk for centuries. So suddenly this new fad of not giving milk to dogs and cats, I don't agree with it. The first thing we feed for puppies and kittens is milk and bread."

"However, I don't recommend raw food because the dog has a taste for eating raw food and blood. That should be avoided.

There is an argument that dogs have been given canine teeth. So they can tear flesh. But then they are domesticated, so it's like trying to return them to the wild. By giving raw food and inculcating a taste in them for flesh and blood, which is not good," informs Dr Gustavo.

FEEDING FEATHERED FRIENDS

In Goa, the most common birds that are found in avaries are parrots, parakeets and budgerigars. While there are a whole lot of packaged foods that are easily available in pet shops, it's always better to feed them a variety of grains.

Dr Lyanne Vaz practises at Campal and is a veterinarian working in small animal medicine with a special interest in neurology and exotic animal medicine and surgery. She specialises in treating birds. "For birds, one obviously wouldn't want to give chocolate, grapes and avocados. Grapes cause kidney damage and avocados are toxic and they will pass away immediately after eating avocados," says Dr Lyanne.

Often found on the coastal belt of Goa, Cuttlefish bone is an important dietary supplement for birds as it is an excellent source of calcium. However, Dr Lyanne advises against feeding it directly to the birds. She "You normally get it from a pet shop, because those bones have been cleared, cleaned and processed."



FOODS YOUR PETS SHOULD NEVER EAT

ALCOHOL

Beer, liquor, wine, or food with alcohol will effect a pet's liver and brain. It can cause vomiting, diarrhea, coordination problems, breathing problems, coma, even death.



COFFEE, TEA, AND OTHER CAFFEINE

Keep your pets away from cocoa, colas, and energy drinks. Caffeine is also in some cold medicines and pain killers. Get your pet to the vet as soon as possible if you think they mistakenly had consumed caffeine.



SUGARY FOODS AND DRINKS

Too much sugar can make your pets overweight and cause problems with their teeth. It can even lead to diabetes.



CHOCOLATE

Chocolate is bad for dogs as it contains theobromine. The most dangerous types are dark chocolate and unsweetened baking chocolate. Chocolate can cause a dog to vomit and have diarrhea. It can also cause heart problems, tremors, seizures, and death.



RAW MEAT AND FISH

Like raw eggs, raw meat and fish can have bacteria that causes food poisoning. Some fish can also have a parasite that causes poisoning disease. The first signs are vomiting, fever, and big lymph nodes. The fish has to be cooked to kill the parasite.



PLUMS

The problem with this fruit is the seeds or pits. Seeds can cause problems in a dog's small intestine. They can also block their intestines. That can also happen if a dog eats the pit from a peach or plum. Peach and plum pits also have cyanide, which is poisonous to people and pets.

SWIPE RIGHT

Soha Ali Khan reveals her parents kept her grounded



Soha Ali Khan, daughter of former cricketer Mansoor Ali Khan Pataudi and actress Sharmila Tagore, recently opened up about her upbringing and shared how her parents raised her and her siblings, Saif Ali Khan and Saba Ali Khan, to stay grounded despite their privileged background. Soha revealed that her father often gave the impression that the family wasn't financially well-off. "He was very concerned about the cost of petrol and electricity," she said. Soha Ali Khan recalled her father would leave post-it notes around the house reminding them to turn off lights and save energy.

A\$AP Rocky acquitted in felony assault trial

A\$AP Rocky was cleared of all felony assault counts when a jury acquitted him of discharging a semiautomatic handgun at A\$AP Mob member A\$AP Relli during a fight in 2021. After the verdict, Rocky



hugged his family and girlfriend Rihanna in a tearful exchange. The rapper reportedly jumped over the railing to embrace his family. "Thank you all for saving my life. Thank you all for making the right decision," Rocky said after the verdict. The 36-year-old rapper had instead chosen a trial by jury over taking a plea bargain, with a possible sentence of up to 24 years if found guilty.



Sanya Malhotra is currently enjoying the love coming her way for her drama film, 'Mrs'. At the success bash, the B-town diva stunned in a black and gold gown with black boots for the fun night

No child's play, these are films for children

Ritika Shrotri



The second edition of the Bulbul Children's International Film Festival (BCIFF) 2025 is currently underway at Ravindra Bhavan, Margao with a plethora of films, insightful workshops, cultural events, and fun activities

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The much-awaited second edition of the Bulbul Children's International Film Festival (BCIFF) is witnessing the laughter and excitement of children as they make their way to Ravindra Bhavan, Margao. The festival organized by the Department of Information and Publicity, Government of Goa, is on till February 21 and will showcase an extraordinary collection of films, workshops, and cultural experiences designed to engage young minds and celebrate the magic of children's cinema.

Festival Directors Bipin Khedekar and Siddhesh Naik organised a great first edition of the festival last year, which encouraged them to bring more films to school children. BCIFF



Dance performance by Pooja and Aparna group

has gained international recognition from the European Children's Film Association (ECFA), which has officially recognized and published that BCIFF is a hotspot for children's cinema in India. This year, the festival has received more than 65 international films submissions in

addition to Indian live action, animations and a Goan animation film too.

This year, film submissions have come from countries such as Japan, New Zealand, Denmark, Canada, Norway, Taiwan, The Netherlands, Kenya, USA, UK, Ireland, Finland,

Germany, Belgium, Luxembourg, Argentina, Peru, Brazil, Spain and France.

The festival opened with the opening ceremony, followed by an exciting Bollywood Group Dance Competition. The opening film was 'Mukkam Post Bombilwaadi', a Marathi-language comedy-drama film directed by Pareshe Mokashi.

On the second day of the festival, audiences were treated to a mesmerizing performance by the singers of SARE GA MA Lil Champs, Mugdha Vaishampayan and Prathamesh Laghate. Dome Planetarium – an immersive celestial experience for children, a special exhibition on the theme of 'Expressions of Children', capturing the innocence, joy, and creativity of young minds is also on display.

Today, February 20, a 'Robotics & AI Workshop' will be conducted by Asier Solutions at 11 am followed by a workshop on 'Parenting' by Dr Rajendra Bhandankar, Vinod Deshpande and Shrinivas Bhide at 4 pm and

the final masterclass on Film Editing by Nitin Baid, editor of 'Masaan' and 'Gully Boy' at 5 pm. On February 21, 'Set Designing Workshop' will be conducted by Shashidhara Adapa, art director of 'Talaash' and 'Kadal' at 11 am.

The festival is absolutely free for all, although first preference will be given to children as the seats in the screening halls will be served on a first-come, first-served basis.



Anand Ingale