

# Herald Cafe



T-SHIRT PAINTING COMPETITION ON HIV/AIDS AWARENESS



VOICE OF CARMEL 2025 SINGING COMPETITION HELD AT CARMEL COLLEGE

## SHAPING UP IN PARADISE:

### Personal training is now changing lives

The demand for personal trainers continues to grow in Goa as the urge to get healthy increases in a competitive world

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Getting fit is the credo that has remained popular for a while. The pursuit of fitness has become increasingly popular, leading to a surge in gym memberships and personal training services. This trend, fueled in part by celebrity endorsements, has resulted in a growing number of personal training studios across the state.



#### GROWING POPULARITY

The number of studios that provide personal training in the State is steadily increasing. Anisha Singh heads three Pilates studios along with her mother. They are certified by Stott Merrithew. While she says that most people take group classes, the rise in one-on-one sessions was consistent. She says, "Pilates is trending because it is the best for physiotherapy for those undergoing rehab." The machines are ensured resistance based workouts which was great for people who had a hip surgery, knee replacement or were undergoing some form of physiotherapy. She informs that clients are willing to pay three times more than what anyone would pay in a group session.

#### DIFFERENT REVENUE MODELS

Helna Apte, a personal trainer for six years in Goa, has a busy schedule. She follows a different model. She has training for fitness enthusiasts offline from a studio in Dona Paula, she then goes to residences and also conducts training online with clients all over the world. She has clients of both the sexes and across age groups from the 20s to the late 60s. She says, "People with multiple problems need specific

training which is possible in a one-on-one sessions. Today, 80 percent of all people have some issue and have to be trained uniquely and differently."

#### SETTING GOALS FOR CLIENTS

Personal trainers have to set goals to get results and to ensure business keeps coming in. Nelson Paes has a gym where athletes come in. He says, "I curate a programme based on the clients' requirement. Some people want to lose weight around their stomach, others want to be a better boxers. I curate a progress chart. We go through their lifestyle and we have all the information. We assess them every month. There is more detailing. It helps them when they have a personal trainer and yes of course, it will cost them three times more than anyone working in a group."

#### KEEPING IT INTERESTING

Every personal trainer aims to keep their sessions interesting. Sunil Karmalkar owned a gym in Panjim for 20 years and has been conducting personal sessions since 2007. He says, "There is an increase in personal training. My style is different and it is not boring. I have seen quite a bit in my time as a personal trainer. Earlier, it was about training for prevention of health issues but today it is to recover from health issues. People are hiring personal trainers due to issues like diabetes and lower back problems. Most of them are above 35. Early morning sessions are all male but later in the day we get a lot of women." Many of the clients were long term clients while the short term clients would leave as soon as some progress was achieved. Personal trainers are being innovative to keep the client for a longer duration. The need to be healthy is growing in an extremely competitive world.



#### TEN ADVANTAGES OF A PERSONAL TRAINER

- They cater to your personal requirements.
- They help you set long-term realistic goals.
- They keep you accountable to your new fitness routine.
- They show you how to minimise time wasted and maximise results.
- They make your mental well-being a priority.
- They keep you on track to start and keep healthy habits.
- They offer consistency & customisation with a specialised training plan.
- They offer flexibility on where you want to train.
- They accommodate to your schedule.
- They challenge you in a way that a friend or family might not.

## SWIPE RIGHT

### Janelle Monáe to produce a heist memoir

Actress and singer Janelle Monáe is set to star in and produce the Universal Pictures adaptation of Tanya Smith's heist memoir 'Never Saw Me Coming: How I Outsmarted the FBI and the Entire Banking System—and Pocketed \$40 Million'. Monáe will produce the project about an unsuspecting woman who hatches a clever white-collar scheme that manipulates the US banking system out of millions. When the FBI finally cornered Smith, they refused to believe a black woman could be the architect of sophisticated financial crimes. For her financial wrongdoing as detailed in her memoir, Smith completed a harsh prison sentence, but today has become an advocate for prison reform, racial justice and economic equality.



### Blackpink announces 10-City Stadium World Tour



Blackpink, the 'Pink Venom' singers are currently in the midst of a banner year as solo artists. The K-pop supergroup announced their summer 2025 world tour. The group is heading out on a limited run to stadiums in 10 global cities. The tour will kick off in Seoul, South Korea, with two nights at Goyang Stadium before heading to a night at LA's SoFi Stadium, followed by nights at Chicago's Soldier Field, Toronto's Rogers Stadium and New York's Citi Field. The group then heads to Paris, Milan and Barcelona. The band will wrap up their summer stadium run at London's Wembley Stadium — making them the first K-pop girl group to perform at the venue before performing a finale at the Tokyo Dome in January 2026.



Mindy Kaling became the first South Asian woman to receive a star on the Hollywood Walk of Fame. She paired her classic black dress with a stunning diamond necklace as she accepted her star.

## Voices of angels echo at Kala Academy

With spiritual songs, dances enactments and performances unfolding into many spiritual scenes, the Sunday school children and the children's choir 'Sweet Voices of St Thomas' of St Thomas Parish Catechetical Association, Aldona presented a beautiful spiritual concert 'Bhorvanxeachim Yatrekaram' (Pilgrims of Hope) on the Jubilee theme 2025 'Pilgrims of Hope'

Br Malvino Alfonso

The Catechetical Association of St Thomas Church, Aldona, hosted a spiritual concert at the Kala Academy, Panjim. The event, themed 'Bhorvanxeachim Yatrekaram' (Pilgrims of Hope), aimed to help children grow in faith while showcasing their hidden talents. The event was organized under the leadership of Fr Tomas Lobo, Parish Priest of St Thomas Church, Aldona, who is also the Episcopal Vicar for the North Zone. Fr Agnelo Simoes, Assistant to the Parish Priest of Aldona, along with the catechists, parents, and parishioners of Aldona, provided valuable support.

The programme was presided over by Archbishop Filipe Neri Cardinal Ferrão, Archbishop of Goa and Daman, while Bishop Simão Fernandes, Auxiliary Bishop of the Archdiocese of Goa and Daman, was the guest of honour. The



special invitees included Fr Henry Falcão, Episcopal Vicar for the Central Zone, Fr Marcelin Rodrigues, director of the Diocesan Catechetical Centre, and Fr Mario Leitão, Dean of Aldona Deanery.

Archbishop Filipe Neri Cardinal Ferrão urged the gathering to deepen their relationship with Jesus and become Pilgrims of Hope. "This Spiritual Concert is being held in celebration of the Jubilee Year. The Church marks the Jubilee every 25 years, and last year, on May 9, Pope

Francis issued a Bull of Indiction titled Spes non confundit (Hope Does Not Disappoint). In it, he emphasized that the Jubilee should be a time of personal encounter with the Lord Jesus, the 'door' of our salvation, whom the Church is called to proclaim to all as our hope," Cardinal Ferrão said.

Cardinal Filipe Neri Ferrão is the president of the Conference of Catholic Bishops of India (CCBI) and the president of the Federation of Asian Bishops' Conference (FABC). He reflected on the lives and



missions of St Thomas the Apostle, the

parents, and all the parishioners for

patron of Aldona Parish, St Francis Xavier, and St Teresa of Kolkata. He urged the gathering to follow their example and become Pilgrims of Hope. He commended the Parish Priest, the Assistant Parish Priests, the Catechists, Catechism students,

organizing this meaningful spiritual concert. The event began with the lighting of the lamp, followed by a prayer dance based on the theme. It featured a variety of spiritual and Biblical presentations, including songs, dances, enactments, and performances that unfolded into beautiful spiritual scenes. These were performed by the Sunday School children, the Parish Choir, and the children's choir, 'Sweet Voices of St Thomas', accompanied by live music. It was conducted by Fr Tomas Lobo.

During the event, Cardinal Ferrão also released a souvenir that served as a meaningful memento, symbolizing the spiritual journey and collective effort of the community in organizing the concert.

The programme was narrated by Euan Ferrão, Aileen Vaz, Rosh D'Cruz, and Emmanuela Colaco. Sandhya Fernandes, catechetical animator of Aldona Parish, welcomed the dignitaries and the gathering and later expressed gratitude to all.