



NEED STRONG MUSCLES?

Eating grapes could boost muscle health

Every year, people around the world consume approximately 30 million tons of grapes, making them one of the most widely eaten fruits. While they are valued for their rich nutritional content, their health benefits extend well beyond basic nutrition. Scientific research has shown that grapes positively impact various aspects of health, including cardiovascular function, kidney health, and skin vitality. Additionally, grapes contain compounds that support eye health by protecting against oxidative stress, which can contribute to vision decline.

A new study from Western New England University (WNE) has revealed that long-term grape consumption significantly impacts muscle health. Published in the journal *Food*, the study – which was partially funded by the California Table Grape Commission – tracked 480 mice over two and a half years, examining how grape consumption affects muscle gene expression at a fundamental level. The findings highlight how something as simple as adding grapes to our daily diet might help support muscle health during aging.

With this study, researchers have shed light on the dynamic influence daily grape consumption exerts on muscle gene expression. The effects are significantly more profound in females,

which intriguingly brings male and female muscle characteristics closer to each other at a metabolic level. Genes tied to lean muscle mass showed an upward trend, while those related to muscle degeneration displayed a decline, pointing towards improved muscle function.

Muscle loss affects millions of older adults worldwide, with 10-16 per cent of elderly individuals experiencing sarcopenia—the progressive deterioration of muscle mass and function that comes with age. Women often face greater challenges maintaining muscle mass, particularly after menopause, making this research especially relevant for aging females.

Researchers discovered that consuming an amount of grapes equivalent to two daily servings led to notable changes in muscle-related gene expression. While both males and females showed genetic shifts, the effects were particularly pronounced in females, whose gene activity patterns

GRAPE VARIETIES IN INDIA

- Bangalore Blue
- Isabella
- Gulabi (Muscat)
- Anab-e-Shahi
- Dilkhush
- Sharad Seedless
- Beauty Seedless
- Thompson Seedless
- Pusa Seedless
- Perlette
- Tas-A-Ganesh
- Sonaka
- Manik Chaman
- Flame Seedless
- Gulabi Syn
- Muscat Hamburg



began shifting toward those typically observed in males.

Additionally, genes associated with lean muscle mass were elevated, while those linked to muscle degeneration were reduced, indicating improved muscle function. The research said regular grape consumption could complement traditional muscle maintenance strategies like exercise and high-protein diets.

Dr John Pezzuto, senior investigator of the study and professor and dean of pharmacy and health sciences at Western New England University, said, "This study provides compelling evidence that grapes have the potential to enhance muscle health at the genetic level. Given their safety profile and widespread availability, it will be exciting to explore how quickly these changes can be observed in human trials."

BENEFITS OF CONSUMING GRAPES



- Packed with nutrients
- May aid heart health
- High in antioxidants
- Has anticancer effects
- Protects against diabetes and lower blood sugar levels
- May benefit eye health
- May support bone health
- May lower inflammation
- May benefit skin and hair health

OLYMPIANS' BOOST FOR FRAGNEL MULTIPURPOSE HIGH SCHOOL, VERNA



Former Indian Olympians Mervyn Fernandes and Joaquim Carvalho are all braced for the long haul as they launched an ambitious school hockey programme in collaboration with Agnel Technical Education Complex at the Agnel Ashram Ground in Verna. "Our aim is simple: we want more Olympians coming out of Goa. If I am not mistaken, the two of us may well be among the last Olympians coming out of Goa," Mervyn told eager students of the Fr Agnel Multipurpose High School, Verna.

"We are sort of convinced that the fruits of this programme may take a long time to manifest, but it will definitely happen in the long run and we will surely have some players coming out from Goa," he added. Mervyn and Joaquim have joined hands for a unique yet ambitious Fr Agnel Multipurpose High School Hockey Programme that will ensure the development of the sport at the grassroots level starting right at the primary school level. "This idea started off just a couple of months back during a casual chat with Fr Agnelo Gomes (Director of the Agnel Technical Education Complex), and here we are today actually ensuring that this programme takes off on a right note," Mervyn stressed.

On the cards were a couple of exhibition matches involving under-14 girls' and boys' teams following the welcome address delivered by Fr Agnelo Gomes. Participating teams were also handed out hockey kits at the hands of the chief guest and guest of honour.

"I was a student of Fatima High School in Ambemath, where the Pilar Fathers ran the school. A few of us who were interested in hockey went and told the priests that we

would like to field a team at the inter-school tournament. I was as big as the hockey stick. Who knew at that time that I would be one day playing for my country and even winning an Olympic gold medal," he recalled.

Both 65 now, Mervyn and Joaquim went on to serve Indian hockey for more than a decade during which time Mervyn added two silver medals (1978 Bangkok and 1982 Asian Games) to his 1980 Moscow Olympics gold, while Joaquim won silver at the Delhi Asiad and bronze at the Champions Trophy in Amstelveen the same year.

Joaquim had the onerous and tricky task of negotiating Indian hockey out of a slump when he was asked to lead the men's national hockey team as coach at the 2008 Olympic Qualifiers, the 2007 Asia Cup, the 2007 Champions Challenge, the 2007 Sultan Azlan Shah, the 2007 Indo-Belgium Series and the 2008 Four Nations Tournament in Perth and Darwin. "The aim of this program is to catch them young and instill in our students the finer points of this lovely national game which is lagging behind in Goa," said Fr Agnelo Gomes. He further said, "We are planning to include hockey coaching as part of the regular curriculum of the students. They will be practicing hockey during their PT period so that they don't have to come back for hockey practice after school. We also plan to create a hockey culture so that eventually a decade later these students could be playing at the state and national level."

After the formal launch of the program, Joaquim Carvalho and Fr Agnelo Gomes, had an interactive session with parents and guardians of the school kids who will be involved.

E-BOOK ON MEDICOLEGAL GUIDELINES AND AUTOPSIES RELEASED

An E-Book on Medicolegal Guidelines and Autopsies has been released recently. It has been edited by Dr R G Wiseman Pinto - Professor of Pathology and former Dean of Goa University and President of Asian Society of Cytopathology.

The E-Book contains guidelines as to when the autopsies are to be made Medicolegal or Pathological. It also has details of the types of autopsies, such as medicolegal or forensic or coroners autopsy, pathological or clinical or medical autopsy, complete autopsy, partial autopsy or restricted autopsy, panel autopsy, digital autopsy or virtual autopsy or virtopsy, history of autopsies in the world and history of autopsies in India; besides the prominent professors of pathology in India who encouraged pathological autopsies in the country.

These medicolegal guidelines were formulated by Dr Pinto on February 21, 2009, with inputs from Dr Silvano Dias Sapeco, Dr N G Dubashi, Dr Edwin Gomes, Dr Ponraj S, Dr Dilip Amonkar, Dr F P Noronha, Dr M Nazareth, Dr Guruprasad Pednekar, Dr Savita Chandra, Dr C P Das, Dr Philomena D Sousa and Dr Zelio D Mello. The E-Book can be obtained free of cost from Dr R G Wiseman Pinto.

Special Education students ready for first tech challenge



Three Teams from Goa: Curious Minds #25250 from Sanjay Centre For Special Education Goa, Tech Infinity #25005 from Saraswat Vidyalaya and Progressive Bots #28948 from Progress High School will be participating in the National level First Tech Challenge which will be held at Pune from February 28 to March 2.

From Sanjay School, ten students have been selected which include those with learning disabilities and hearing impairment who will come together to show case their talent in the world of technology. The sheer hardwork and sincerity has proved their resilience which has surpassed all boundaries. State Commissioner for

Persons with disabilities, Guruprasad Pawaskar, has gone that extra mile to help these students vanquish this feat. As one would understand that technology is here to stay, and being in par with it, will benefit these students not be in dismay.

From the parent's perspective, it is learnt that they have seen how their child has progressed a quantum leap; all credit to their mentors, Royce Fernandes, Swati Phadte and Kiran Chopdekar for corroborate and invigorated their self-confidence. But, most importantly, believing that the students were able to master this challenge.

"I believe in my mentors and my students. And I know each student

is a vanquisher of its own," remarks headmaster, Tatu Kudalkar who has been instrumental in motivating the students. The acquiescence along with encouragement from the Chairman, Sidharth Kuncolienkar and Member Secretary Neetal Amonkar has aided the students transcend through.

The holistic approach in inculcating this training and comprehension, has shaped these students with special needs for a better and phlegmatic tomorrow.

Saiesh Gandhi, Bhikaji Gawade gave their continuous support and guidance and Archit Borkar provided the valuable CAD sessions for the students.

GOAN HOMEMADE DISHES AT SALIGAO

Saligao Institute will come alive with the spirit of Goa at the Made in Saligao Community Market. Goan homemade dishes like Vonn, Samarachi Kodd, Melgor, croquettes, Rissos, Choris Pulao, Stew Sorpotel, Chicken Cafreal, Manos, Pork Admas, Fish Fry, are some of the dishes that will be on display. Odette Mascarenhas, the guest speaker, will take the audience through the centuries-old legacy of Goan cuisine.



Konkani music by Agnelo will conclude the evening. Venue: Saligao Institute, Saligao Date: February 25 Time: 5 pm to 8 pm

CELEBRATION OF PADMBHUSHAN RAVINDRA KELEKAR

Ravindra Bhavan, Margao will organize the birth centennial year celebration of Padmbhushan Ravindra Kelekar on March 6 at 4 pm. Three youth writers/ prominent personalities will be awarded this year's 'Padmbhushan Ravindra Kelekar Yuva Srujan Puraskar'. Ravindra Bhavan Margao is also conducting Nibhandh Lekhan Competition



titled as 'Padmbhushan Ravindra Kelekar Nibhandh Lekhan Competition' within age group of 15 and up to 35 years. Venue: Interested persons may submit their entries along with their essay via email rbm-dac.goa@nic.in or may inward in the office of Ravindra Bhavan, Margao during the office hours

Date: Last date to send entry is February 25

Herald Gaming Console

Dilbert

I'D LIKE TO THANK EACH OF YOU FOR IDENTIFYING AS BLACK SO WE COULD MEET OUR DIVERSITY TARGETS.

EXCEPT FOR DAVE, WHO IDENTIFIES AS WHITE, AND I CAN'T TELL IF HE IS PRANKING US OR NOT.

AND A SPECIAL THANKS TO ASOK, WHO - FOR SOME REASON - HAD A HARDER TIME WITH IT THAN THE REST OF YOU.

Garfield

EATING AGAIN, CHUBBS?

THAT'S MY COUSIN, THE DIET APP

I HATE YOU BOTH

Wizard of id

I'M SORRY, BUT WE HAVE AN ORC INVASION AT 2 P.M. WE CAN, HOWEVER, PUT YOU ON A CANCELLATION LIST...

crossword 4777

ACROSS
1- Manhattan neighborhood; 5- Suffers; 9- ___ de cologne; 12- "Dilbert" intern; 13- Oktoberfest vessel; 15- Grounded jets; 16- Restaurateur Toots; 17- Gaze intently; 18- ___ Dogg; 19- Adventurous expedition; 21- Recently discovered; 25- Nothing special; 25- Fiddling emperor; 26- Mediterranean isl.; 29- Big name in razors; 31- Say again; 35- Shoebox marking; 36- Freshen, as a stamp pad; 38- Uncanny; 39- Woody's kid; 41- Spoils, with "on"; 43- Steak order; 44- Jam; 46- ___-foot oil; 48- One of a D.C. hundred; 49- Colonize; 51- Greek portico; 52- Mag, staffers; 53- Bubbly drink; 55- Skin marking, often due to injury; 57- So to speak; 61- Mythical sea monster; 65- Gossipy Barrett; 66- Hajj destination; 68- Bull; 69- Very small; 70- Oohed and ___; 71- Yalies; 72- ___-mo; 73- Boot bottom; 74- Rational;

DOWN
1- Disrespectful talk back; 2- Dept. of Labor div.; 3- Foot of a horse; 4- Gumbo pods; 5- Aided; 6- The Addams family' cousin; 7- Incline; 8- Femme fatale; 9- Isaac's eldest; 10- Envelope abbr.; 11- Secondhand; 14- More recent; 15- Meddling person; 20- Loud, deep utterance, especially used by lions; 22- At liberty; 24- Rigel's constellation; 26- Chairs; 27- High home;

28- Sublease; 30- Pays to play; 32- Rub out; 33- Ventilated; 34- Ages between 13 and 19; 37- "Endymion" poet; 40- Remain longer; 42- Enclosure; 45- Agricultural implement; 47- River to the Moselle; 50- Abnormal plant swelling; 54- Specific geographical places; 56- Gives a 9.8, say; 57- ___ and crafts; 58- Dirty; 59- uncertain terms; 60- Bounce back; 62- Soft drink nut; 63- go brag!; 64- It runs in the cold; 67- Cartoon frame;

solution 4776

A	N	E	T	A	L	E	C	A	R	C	O
A	A	R	O	N	T	A	L	A	R	E	A
R	E	N	E	E	O	N	M	E	E	D	E
E	S	E	A	O	N	E	S	L	A	S	E
T	A	R	G	E	T	S	E	A	S	E	S
A	M	I	E	R	S	A	L	S	A	A	T
R	E	N	E	G	A	D	E	O	N	E	A
U	N	L	E	S	S	A	S	E	A	S	T
S	O	I	L	T	A	L	E	T	R	A	I
E	T	A	L	A	R	E	A	S	E	S	S
R	E	D	S	X	M	A	S	S	E	A	S

sudoku 4777

2				9				5
		7	1	3				6
	4	3						
		1	3			9		
8				2				3
		6			5	7		
						5	8	
	8			6	2	4		
1				8				7

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 4776

2	1	4	7	3	9	6	5	8
3	5	8	2	6	1	7	4	9
9	7	6	5	4	8	3	1	2
1	2	7	4	9	6	5	8	3
8	6	9	1	5	3	4	2	7
4	3	5	8	7	2	1	9	6
5	4	3	9	2	7	8	6	1
7	8	2	6	1	4	9	3	5
6	9	1	3	8	5	2	7	4