

Herald Cafe



Breaking the Silence: Women battling alcoholism in Goa

The number of women alcoholics is increasing in Goa, according to people involved in treating them and it is important to understand that it is a disease that needs to be treated

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Alcoholism is a sickness that approximately 5 to 7 percent of the human population is susceptible to. It is not a gender specific illness. The incidence of young women going out and partying has increased dramatically. The patients are found across the various strata of society. Maria Cardozo, who wrote a book about the effect of alcohol on families, 'Diamonds under my feet', said that during her research, she came across women alcoholics who did not like to come out in the open. The journey of the female alcoholic is varied in Goa.

SLIPPING INTO ALCOHOLISM

In 2011, Sukanya (name changed) began living in a tiny village of North Goa. A former NGO director who led a busy life, she now had more time and joined a yoga class where she was introduced to new friends who would drink on their holiday in Goa. Sukanya picked up a drink at the age of 40. She did not know that her genetic tendency to alcoholism was 90 percent as both her maternal and paternal sides exhibited alcoholism. Sukanya's drinking habit remained restricted to 1 or 2 pegs of whiskey at a frequency of once or twice a week, in this period of two years of active drinking. With the guidance of her husband, also a de-addiction NGO founder, Sukanya came to the rooms of Alcoholics Anonymous (AA) in Goa, well in time before the chronic deadly illness of alcoholism could damage her.

WHEN DEATH WAS A RELEASE

AA North Goa helpline received a call from a husband whose young wife, Rebecca (name changed) was having a drinking problem. For a year Rebecca managed to stay away from drink but later her desire was too much and she sadly

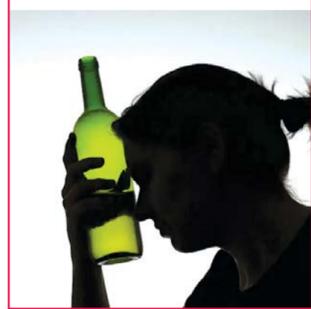
passed away from chronic alcoholism within a year.

IMPORTANT UNDERSTANDING IT IS A DISEASE IS IMPORTANT

Jyoti (name changed) is a 33 year old mother to a 10-year-old son living in Panjim. Her legs hurt due to the long hours of standing required at her job in a boutique, she found taking a drink in the afternoon helped her deal with the pain. Her owner began discovering empty quarters of whiskey in the shop and in a few instances found Jyoti completely inebriated and passed out. Jyoti was very fortunate to have an employer who understood the

THE DEADLY VICE

- A woman consuming alcohol for two years is equal to a man consuming it for ten.
- A woman's liver is only 950 grams and that of a man is 1.5 kilograms.
- Availability of alcohol on call is making the problem worse.



condition. He arranged for Jyoti to be sent to a woman's rehab in Mangalore in agreement with her husband.

Jyoti went through the stages of detox and stabilization of cravings with medical support available at the rehabilitation centre and was introduced to the AA-12 step program. Jyoti joined the AA meetings at Don Bosco in Panjim and every Tuesday and Friday her kind employer made sure that she attended the meetings. A year has passed in this routine of work, home and meetings.

SEEKING PROFESSIONAL HELP

A senior professional who runs a rehabilitation centre in Mangalore said, "We get a lot of

women from Goa. There is certainly an increase in the number of cases involving women. Now people know it is a disease. Out of every ten alcoholics, 2 or 3 will be a woman. Women are more independent and start drinking in their teens. I have been working in this field for 14 years and we get inquiries every month from Goa. The youngest case I have dealt with is a 19 year old girl. Many of them go to Goa Medical College, Bambolim and they then come here. We provide them with the encouragement and the motivation to stay dry."



WHAT DO THE DOCTORS SAY?

Dr Rajesh Patil, HOD, Emergency Medicine & Trauma, Goa Medical College, said the numbers of cases of women alcoholics were consistently increasing and this was visible from the time when Covid struck. He said, "People were staying at home and ordering everything including alcohol. As health professionals, we can see that out of every 100 women, nearly 6 percent are alcoholic. And this number will continue to increase until the family does not get involved."

Many times, the patients are shy to address

this issue and then it gets worse. He adds, "In the surgical department, we get at least one a month without fail. We have to deal with the effects of alcoholism like cirrhosis of the liver. The woman's liver weighs around 950 grams in comparison to that of a man which weighs around a kilo and a half. The alcohol can affect a woman's liver very fast." He said it was difficult to get figures because women would not come out. If there was a medical emergency and when an investigation was conducted then it would come out that the woman was an alcoholic.



A RETURN TO ART



AN INIMITABLE PIECE OF ART AT VARCA

SWIPE RIGHT

Govinda and Sunita Ahuja to end 37 years of marriage



Reports suggest that '90s star Govinda and his wife Sunita Ahuja may be heading for divorce after 37 years of marriage. While the couple has not confirmed or denied the news, it looks like they've been facing challenges in their relationship. Known for keeping their personal lives private, Govinda and Sunita often wow fans with their playful humour during public appearances. However, it seems their marriage has hit a rough patch, with rumours of them living apart for some time. According to unverified sources, ongoing disagreements and differing lifestyles have led to frequent arguments between them, pushing their relationship to the brink. Sunita has recently made several media appearances, while Govinda has been notably absent.

Eminem to perform in India for the first time

Popular American rapper-songwriter Eminem is reportedly set to perform in India for the first time.

He will perform in Mumbai on June 3. So far, there is no official confirmation from the rapper or the event organisers. However, the leaked information is quickly garnering buzz. This will be Eminem's debut concert in India. This will be part of his Asia tour. His first stop will be in Tokyo, Japan and he will end his tour in Mumbai. His tour also includes Seoul, South Korea. He has a packed 2025 schedule that includes New York City, Los Angeles, Toronto, London, Chicago, Paris, Berlin, Melbourne and more.



Keerthy Suresh lit up her wedding reception, as she danced with husband Antony Thattil in an emerald gown with a bold silhouette.

Evan Telles: Goa's Youngest Chess Prodigy

At just six, Evan Telles has achieved what many chess players dream of—FIDE ratings in Standard, Rapid, and Blitz formats, making him Goa's youngest rated player

EVAN TELLES' ACHIEVEMENTS

Youngest Goan chess player to earn FIDE ratings in all three formats:

Standard: 1450

Rapid: 1470

Blitz: 1466



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At just six years old, Evan Antonio Telles has already etched his name in Goa's chess history. A Grade 1 student at Manovikas English Medium School in Margao, Evan is the youngest Goan chess player to earn FIDE international ratings in all three formats: Standard (1450), Rapid (1470), and Blitz (1466). His journey, which began during the Covid-19 lockdown, is a testament to his passion, dedication, and the unwavering support of his family and coaches.

Evan's story is not just about trophies and ratings; it's about a young boy's love for the game and his dream of becoming a Grandmaster. His parents, Jean Valadares, a dentist, and Enid Telles, an IT officer, have played a crucial role in nurturing his talent and ensuring he gets the best opportunities to grow.

THE EARLY DAYS:

Inspired by a Brother's Legacy

Evan's chess journey began at the tender age of four, inspired by his elder brother, Joshua Mark Telles, a 10-year-old chess prodigy. "I used to accompany Joshua to tournaments and was inspired by his glittering trophies," Evan recalls. During the

lockdown, Joshua taught Evan the basics of chess, and soon, Evan was defeating his mother in friendly matches. "I thought I was ready for a trophy," Evan says with a smile.

His first tournament, the All Goa Open Liberation Cup in Bambolim, was a memorable experience. "I had to sit on three stacked chairs to reach the board," Evan laughs. Despite the challenges, he won the Youngest Player trophy, marking the beginning of his remarkable journey.

ACHIEVEMENTS:

A Rising Star

Evan's achievements are nothing short of extraordinary. In 2023, he became the runner-up at the All Goa U-7 State Chess Championship and represented Goa at the U-7 National Chess Championship in Kolkata. The following year, he clinched the title of All Goa U-7 State Champion and represented Goa again at the U-7 Nationals in Mysuru. He also secured third place in the U-9 All Goa Open State Chess Championship.

Evan's recent triumph at the 3rd Goa International Open Grandmaster Chess Tournament 2025 further solidified his reputation. Competing in Category B and C, he dominated the U-7 age group, securing first place in both categories. "This was my toughest tournament," Evan admits. "I played against high-rated players, but it was a great learning experience."



A BRIGHT FUTURE AHEAD

Evan Telles is not just a chess prodigy; he's a symbol of perseverance and passion. From stacking chairs to reach the board to dominating national tournaments, his journey is an inspiration to young chess enthusiasts across Goa. With his family's support, his coach's guidance, and his own determination, Evan is well on his way to achieving his dream of becoming a Grandmaster.

As he continues to make strides in the chess world, one thing is certain: Evan Telles is a name we'll be hearing for years to come.

Sat. 1st Mar 7:00 PM - Ravindra Bhavan, Vasco
 Sun. 2nd Mar 7:00 PM - Ravindra Bhavan, Margao
 Mon. 3rd Mar 7:00 PM - Kala Academy, Panajim

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