

Potekar Fest 2025:

A Celebration of Divar's Heritage



St Mathias on Divar Island transformed into a lively hub of culture, nostalgia, and sustainability as it hosted the vibrant Potekar Fest 2025. This unique festival, curated by Festaçar Marius Fernandes, brought together people from across Goa.

The festival commenced with the much-anticipated Festaçar passoi, a symbolic procession from the Ghumot Museum to the balcão, where the 93-year-old Anna Regina, the oldest Potekarn, warmly inaugurated the celebration. This was followed by the ceremonial lighting of the lamp by guests, including Prakash Kamat, Rena Menezes, Maria Gorretti Fernandes, and Dominic D'Souza,



Jacqueline Alvares, and Mariano Ferrao. Their presence set the stage for a day filled with cultural exchange, nostalgia, and shared learning.

Potekar Fest drew enthusiastic participation from various Goan regions, including Corlim, Panjim, Mapusa, Divar, Sarzora, and Nuvem, reinforcing its spirit of inclusivity. The festival ensured that individuals of all backgrounds and abilities could actively participate, making it a true community event.

The festival featured several engaging cultural elements, one of the most cherished being the Balçaoachao Gozalli—a platform where Miguel Braganza, Prakash Kamat, and Mariano Ferrao shared their insights and experiences with Festaçar Marius Fernandes. Their discussions provided a rich tapestry of Divar's past, offering attendees an immersive experience of the region's



heritage. They spoke how those innocent days has changed and we all have to be more aware of our surroundings due to the advent of social media and vloggers and how they can distort our traditions due to lack of knowledge.

Adding to the nostalgic atmosphere, Festaçar Marius Fernandes shared his childhood memories of Goa's age-old traditions and artistic expressions.

A major crowd-puller was the mesmerizing Kottieacho Nach (Coconut

Shell Dance), conceptualized by Dr Gwendolyn de Ornelas. The rhythmic performance captivated onlookers, highlighting Goa's dynamic folk traditions. Live musical performances further enhanced the festivities, with renowned singers Jacqueline Alvares and Leena Fernandes leading the audience through timeless Konkani melodies. The festival was a sensory delight, offering a blend of Goan culinary and artisanal traditions. A special workshop on Doce de Grão, conducted by Dr. Gwendolyn de Ornelas and Dorothy De Souza, provided attendees with a hands-on experience of this beloved Goan delicacy, fostering a sense of community and cultural pride.

Reflecting on the success of Potekar Fest 2025, Festaçar Marius Fernandes said, "We are deeply grateful to our visitors, performers, and everyone who made this event possible. This marks our 98th community festival, and we look forward to continuing this journey of celebrating unity."

More than just a festival, Potekar Fest 2025 stood as a testament to Goa's cultural richness, inclusivity, and commitment to sustainability.

Enjoying the healthy powers of Onion Seeds



The tiny black onion seeds, known as nigella seeds or kalonji, have been used for centuries in cuisine and in traditional medicine for their diverse medicinal properties. According to the Asian Pacific Journal of Tropical Biomedicine, use of onion seeds can be traced back several centuries as a natural remedy.

Onion seeds are a rich source of essential nutrients. The seeds are antioxidants that fight free radicals, protecting your cells from damage and reducing your risk of chronic diseases. These contribute to the unique flavour and aroma of the seeds, while also offering antimicrobial and anti-inflammatory benefits. The calcium, iron, potassium, and zinc, all vital for various bodily functions are found in onion seeds.

Onion seeds are safe for consumption but excessive intake may cause side effects like stomach upset or diarrhoea. Onion seeds are a natural and potent source of health benefits. By incorporating them into your diet, you can tap into their power to boost your immunity, protect your heart, improve digestion, and much more.

You can add onion seeds to your meal by sprinkling them on salads, soups, and vegetables. Use them to add a nutty flavour to dips, sauces, and marinades. Grind them into a powder and add them to smoothies, yoghurt, or cereal. Make onion seed tea by steeping the seeds in hot water.

HEALTH BENEFITS OF ONION SEEDS

BOOSTS IMMUNITY:

The antioxidants and hymoquinone in onion seeds can help strengthen your immune system, making you more resistant to infections and diseases.

LOWERS CHOLESTEROL:

Studies have shown that onion seeds can help lower bad cholesterol (LDL) and increase good cholesterol (HDL), leading to improved heart health.

IMPROVES DIGESTION:

The seeds can stimulate the production of digestive enzymes and promote healthy gut bacteria, leading to better digestion and reduced constipation.

MANAGES BLOOD PRESSURE:

Onion seeds may help control blood pressure levels due to their diuretic and vasodilatory effects.

SUPPORTS BONE HEALTH:

Onion seeds are a good source of calcium and other minerals essential for maintaining strong bones and preventing osteoporosis.

REDUCES INFLAMMATION:

The anti-inflammatory properties of onion seeds may help alleviate symptoms of conditions like arthritis, asthma, and inflammatory bowel disease.

ICHTC 2025: A step towards a sustainable future



The International Conference on Hospitality, Tourism & Commerce (ICHTC) 2025 was successfully held, bringing together global experts, scholars, and industry leaders to discuss the future of sustainable tourism and commerce. The event was organized by VM Salgaocar Institute of International Hospitality Education (VMSIHE), Manora, Raia, in collaboration with the Directorate of Higher Education, Government of Goa, Government College, Borda, and César Ritz Colleges, Switzerland.

Themed 'Sustainable Future: Integrating Innovation, Technology, and Global Collaborations in Hospitality, Tourism, and Commerce,' the conference featured distinguished keynote speakers, research paper presentations, and expert panel discussions.

The keynote addresses were delivered by Manoj Chacko, Professor Dr Giuseppina Menconi, and Professor Dr Sandeep Kulshreshtha, covering topics like sustainable aviation, corporate social responsibility, and stakeholder engagement.

A workshop on manuscript writing by Dr Ranjana Tiwari provided valuable insights into academic publishing. A panel discussion on 'Integrating Innovation, Technology, and Global Collaborations in Hospitality, Tourism, and Commerce for a Sustainable Future' featured industry experts who deliberated on sustainability challenges and innovative solutions.

The valedictory function was led by Bhushan Savaikar, director, Directorate of Higher Education, who stressed the need for sustainable practices in everyday life.

The Best Research Paper Awards were presented to Dr Derek Monteiro for 'Sustainability through Sacredness: Innovating Tourism Development in Goa's Sacred Groves,' Gilbert Anthony Mende for 'Artificial Intelligence in Hospitality and Tourism Education: Focus on Personalized Learning,' Dr Gavin Dais for 'Empowering Local Communities through Sustainable Tourism and Commerce: Challenges and Opportunities.'

Benaulim enjoys the Bem-Vindo de Carnival vibe

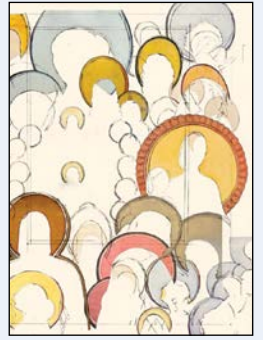
The Benaulim Carnival Committee held the Benaulim Bem-Vindo de Carnival Float Parade 2025, with Rocatho Gomes as King Momo on the theme, 'Carnival the Local Way'. The parade was held from Voltar to Holy Trinity, Maria Hall, and concluded at the Benaulim Beach parking area.



Fonseca with Nishant Saldanha

The fourth edition of a walkthrough of the exhibition, 'Fonseca. An Indic Lexicon,' will be held with Nishant Saldanha. Nishant is an artist who uses drawing, photography and writing as the core practices in his work. His best known work, Mr Good Guy, is an award winning character-driven comic with an experimental approach to form and visual storytelling. Mr Good Guy was anthologised in Houghton Mifflin's The Best American Comics 2019. As the walkthrough has limited seats, registration is required.

Venue: Xavier Centre of Historical Research, Porvorim
Date: March 4
Time: 5 pm



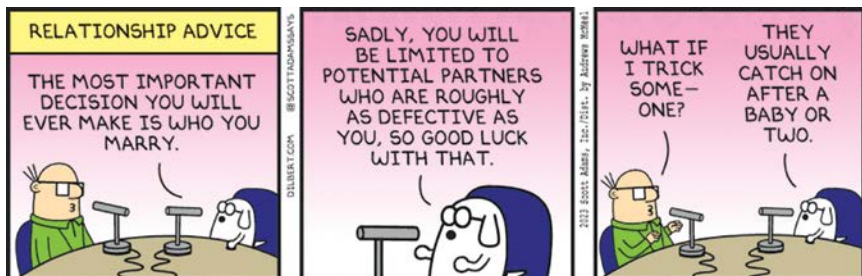
State Art Exhibition in the Students Category

The 49th State Art Exhibition of Kala Academy in the Students Category will be held between March 13 to 17 at the Art Gallery, Kala Academy, Panjim. Entry forms along with the rules and regulations will be available at the Kala Academy's office & also on Kala Academy's website kalaacademygoa.co.in from March 3.

Venue: Art Gallery, Kala Academy, Panjim
Date: The entries along with the exhibits will be accepted on March 10 and 11
Time: 10 am to 1 pm and 2 pm to 4 pm

Herald Gaming Console

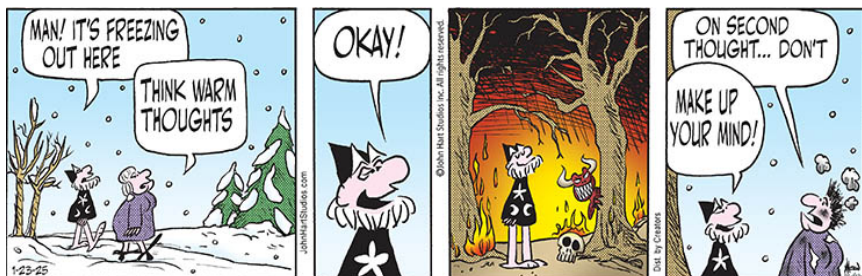
Dilbert



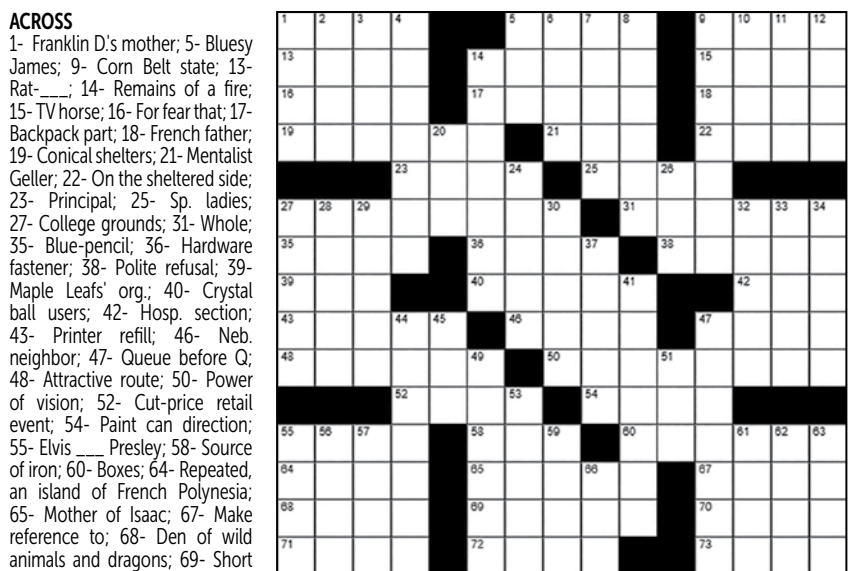
Garfield



Wizard of id



crossword 4783

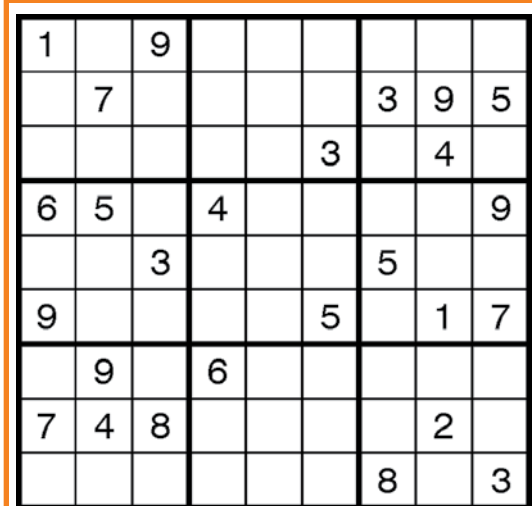


ACROSS
1- Franklin D's mother; 5- Bluesy James; 9- Corn Belt state; 13- Rat; 14- Remains of a fire; 15- TV horse; 16- For fear that; 17- Backpack part; 18- French father; 19- Conical shelters; 21- Mentalist Geller; 22- On the sheltered side; 23- Principal; 25- Sp. ladies; 27- College grounds; 31- Whole; 35- Blue-pencil; 36- Hardware fastener; 38- Polite refusal; 39- Maple Leaf's org.; 40- Crystal ball users; 42- Hosp. section; 43- Printer refill; 46- Neb. neighbor; 47- Queue before Q; 48- Attractive route; 50- Power of vision; 52- Cut-price retail event; 54- Paint can direction; 55- Elvis Presley; 58- Source of iron; 60- Boxes; 64- Repeated, an island of French Polynesia; 65- Mother of Isaac; 67- Make reference to; 68- Den of wild animals and dragons; 69- Short literary composition; 70- Singer Home; 71- Outer limit; 72- precedent; 73- Memorable times; 29- Pooh's creator; 30- Napped leather; 32- Of Thee; 33- Big name in copiers; 34- Blow one's top; 37- Cafeteria items; 41- Incomplete; 44- Trap; 45- Narrow inlet; 47- Extraordinary occurrence; 49- Shuts; 51- Baronet's title; 53- Clear the boards; 55- Word that can precede bodied and seaman; 56- Highway; 57- Not a dup.; 59- Prefix for white; 61- Wedding cake feature; 62- Sicilian mount; 63- Oceans; 66- Towing org.;

DOWN
1- Shaker contents; 2- To (just) so; 3- File; 4- Try; 5- Cornerstone abbr.; 6- Drive- window; 7- Eye drops; 8- Have high hopes; 9- The laying on of paint thickly; 10- Baseball's Hershey; 11- Used to be; 12- Zip; 13- Doo-Dah; 14- Aids; 20- de cologne; 24- Hawaiian state birds; 26- Margret; 27- Pennies; 28- Kind of



sudoku 4783



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 4782

