

Herald Cafe



MOTHERHOOD AND MENTAL HEALTH: HOW TO COPE WITH POSTPARTUM ANXIETY AND DEPRESSION



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PICS: UPENDRA NAIK

SAMBA SQUARE:

Extravaganza of music, dance, and revelry!

Samba Square was the place to be as great food from all over the world and music to make for a very entertaining evening

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The vibe was electric at Samba Square over the weekend, as people came in droves to the Municipal Gardens on 18 June Road in Panjim to eat, drink, make merry and have a good time. There were visitors from all over the world who attended. For some, it was the great music provided by the three bands in the evenings. Complementing that was the culinary experience on offer. All in all, a heady mix.

Ashwin Philips came all the way from Kochi along with his friends to be at the Samba Square. He said, "I love the mood, there is nothing like this in Kerala. I love the music and the facilities. This is the first time I have come here. We are leaving tomorrow. It is just fantastic." His friend Ebin Chacko said, "I just love music. The lead singer's voice is just fantastic, they are singing songs that are old but his control is fantastic. I will remember his voice for a very long time. There is something similar in Kochi but this streets ahead in terms of the vibe."

The food on offer was from different



parts of the world. Chef Vasco Alvares who has a stall serving Mexican food and grilled pork chops Mexican style said business was decent this year even though the number of stalls had been increased to 40 and this

food is not very spicy even though it had a Mexican flavour," he said.

For Tania however, who had a stall selling vegetarian fare, business was not good. She said, "We are doing decently when compared to the others in our vicinity. We are selling pure vegetarian fare and we have our stall here for the first time. It is a learning experience for us. We are keeping our fingers crossed."

The food was certainly eclectic. Saurav Parashar had a stall promoting food from the north east. Business, he said, was very good. He said, "It is very well organised and the locals are coming in large numbers. We are selling pork ribs and chorizo momos which are very popular. We first created chorizo momos in 2015 and it has certainly caught on. Our pork ribs were sold out. Business has been decent. The first day was

excellent. The second day was good and on Monday we got a lot of repeat orders. We hope the final day will be a grand success."

Seafood is a staple diet in Goa. Vardhan has an outlet selling seafood and business has been good, according to him. Mussels have been very popular, he said. He also had tikkas and a big barbecue along with finger foods like lollipops and finger fries. They were fast selling items. He has been coming to the garden for ten years and he said that this year he liked the new setup. He said, "It is convenient for the visitors. Now they can go to the garden and sit and listen to the music. This time it is better. It is good for business. I am happy."

Karlmark D'Silva had a foodstall serving Jamaican style Jerk Chicken, Lebanese Shish Tawook and burgers and sliders. He said, "This is the first time we participated in Samba Square and we wanted to offer different cuisines. Business was good and people are open to trying new flavours."

I'm happy with the response over the three days. The music has been great and the food and music has been a crowdpullers to the event that will end the season before Lent," said Karlmark.



Mohan Agashe speaks on ageing in Goa lecture

The celebrated actor spoke on how the elderly seemed to live in the past instead of interacting with the youth, who were living in today's world

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Renowned actor, psychiatrist and social activist, Dr Mohan Agashe delivered an insightful talk about old age during a convention in Goa recently. The programme featured a special film screening and discussion, where Agashe shared his expertise on dementia, ageing, and the mental health challenges faced by the elderly. The engaging session ensured that participants gained valuable insights into early detection, care giving strategies, and the need for community support for individuals with dementia and other mental health conditions. He made his point with the aid of short films on healthy ageing and the changing



concept of family. He was in Goa after being invited by the Directorate of Social Welfare and the Humsaath Trust Goa.

He jolted everyone in the hall by urging them to forget whatever they had heard about him. He said, "Dementia is a blessing. It's a gift of God that you forget." He said it was important to keep in touch with young people because they were the

connection with the present. It was not important to talk about how it was in the old days but to keep track of what was going on these days.

Speaking about cinema, he said, "Cinema is much beyond popcorn. You also have to be aware of healthy entertainment, and junk entertainment. And that is called cinematic diet for health."

He said when he looked at young

people in 2016 when he made a film called 'Castle' which was about depression and suicide in young people, he knew what the problem was. That is when he started a programme to help young people sort out their emotions, since they are never taught about emotions. He said, "We have never talked about emotions, actually that is left entirely to our experience. And what we

are taught helps us only to analyse. It doesn't help us to understand. Because our formal education is entirely based on cognitive development and cognitive thinking."

Dr Agashe said he was always in search of people who read a lot and understood what they read. He said allow someone to read for an hour and ask him and they would recount the story in ten minutes.

The film he showed was about a son taking care of his father at home. He decided to stay and take care of him despite calls from work. He asked the participants how often they would like to be admitted to the intensive care unit. He laughed and said, "If you visit hospitals, particularly corporate hospitals, their critical care and intensive care unit are full of more than 90 percent or old people, who have a history of frequent admissions and discharges."

It seems these days you are not allowed to be dead, according to Agashe. He said technology will develop further and you could get technological aids but it does not give you humanity. He said he was aware of the problems in Goa. When the people get old, if one of them goes early then how they manage is difficult and it is important for the family to step in.

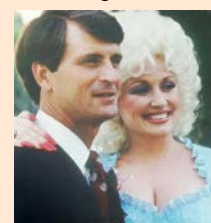
SWIPE RIGHT

Big B admits facing 'multiple age-related contingencies'

In his blog post, the superstar admitted facing 'multiple age-related contingencies'. He also spoke about making errors and having trouble memorising lines on sets. Talking about facing age-related complications, Senior Bachchan expressed, "As you age it's not just the hurdle of the lines one has to memorize, it's the multiple age-related contingencies that need to be followed to be able to deliver content as asked." It's only when he returns home that he realizes the "several errors made and how to repair them."



Dolly Parton's husband dead



Dolly Parton's husband, Carl Thomas Dean, has died at the age of 82. The country music icon, 79, announced the death of her famously reclusive spouse on Monday, after nearly 60 years of marriage. In a statement, the Jolene singer revealed that Carl passed away in Nashville.

In her heartbreaking tribute, Dolly reflected on the 'many wonderful years' the pair spent together as she expressed her deep love for Carl and thanked fans for their prayers. "Carl and I spent many wonderful years together. Words can't do justice to the love we shared for over 60 years. Thank you for your prayers and sympathy," Dolly wrote.