



Showcasing strength and triumph, Goan women athletes shine

Goan sportswomen are carving their own character in the country's sports landscape and many of them hope to strike it rich in the international arena too

Ajit John
ajit@herald-go.com

SAILING WITH SERENDIPITY
Pearl Colvalcar is 19 and a highly accomplished sailor. Sailing was not her first preference. Pearl said, "I was into surfing. In 2017, my mother was a professor in Germany and her colleagues were into sailing. My mother conducted her research and learned that there was a windsurfing camp in Dona Paula. I went for the camp, did not know how to swim and was scared of the water. I was pushed into it the first day and conquered my fear."

After Covid, a championship was held where windsurfing was not there but sailing was and more specifically laser class. She started sailing in 2017 and started doing quite well in the championships and she went to the navy camp. Pearl's challenge was to find good coaches. She started representing the Armed Forces because they had all the good coaches. She also learned much by watching Youtube clips. Pearl was very clear when she said, "My biggest support is my family but here women don't get the support for sports. If your parents back you, you can achieve anything."



Pearl Colvalcar

KEEPING PACE WITH TABLE TENNIS
12-year-old Ishita Colaco is considered one of the bright stars in the world of table tennis. Her father took her for taekwondo and futsal too but once she saw Ulhas Raikar teaching table tennis, she was hooked to the game. She says, "We don't have many good coaches in Goa and we don't have good competition. Finance is a problem because I have to go for the zonals and nationals. I dream to play for the country and win medals".
The Class 6 student practices in the morning, waking up at 5.30 am and being present from 6 am to 8 am, followed by school and then practice between 4 pm to 8 pm. Her performance has been very good. She is ranked no. 1 in U-13, no 2 in U-15, U-17, U-19 and runner up in the women's section. She is confident about reaching her goals.



Ishita Colaco

ONE OF A KIND STYLE OF COACHING
Maymol Rocky is a former India football captain and after her career ended, she moved to coaching the national team and later the U-20 national women's team. Based in Vasco, her father worked in the Navy. She played for the school nationals which was a U-19 tournament in Kolkata. Her talent as a defender was shown and she went for the football nationals as part of the state team. Over the next two years, she went for the women's nationals held in Assam and then Punjab. Her performance stood out and she was called for the national team in 2001



against Chinese Taipei. She said, "Through my entire career, I have been helped by my coaches and I have made my choices which I stand by. It has all helped me." Two years in the national team, she was named the captain of the squad.
After her playing days, she started coaching the U-16 national team, which was a huge responsibility. Dealing with the staff and their concerns and ensuring the team did well was

quite an experience. In 2017, she was made the assistant coach of the national team and a year later she got the top job. She said, "2019 was the golden year for women's football in India. We played 30 matches and we lost quite a few and won a few. We won the SAF Championship. It was a great experience. The young woman of today needs to believe in themselves and enjoy whatever they are doing. They will go far."

BRINGING BRILLIANCE TO BADMINTON

Indian women have carved a distinct niche for themselves in world Badminton and it looks like the next queen is here. Sanvi Audi, another bright star, started off playing with

her father in front of their house in Mapusa. She started serious practice in Mapusa and later in Peddem. She gained prominence following her achievements in the U-15 and U-17 categories, including winning titles in the Goa State Ranking Badminton Tournament and progressing in mixed doubles at the Yonex-Sunrise All-India Sub Junior Badminton Ranking Tournament. But she still remains very unsatisfied. Her losses torment her.

She said, "I have reached many finals and lost. These losses, however, have taught me a great deal."

People have tried to demotivate me. But for me hard work and practise only matters. I follow An Se-Young, world number one in badminton and Viktor Axelsen in the men's section". This Class 9 student is good in her studies and she hopes to go far with her dreams.



Sanvi Audi



SOUTH VERSUS NORTH WITH NILAKANTAN RS



ASHA SADAN AND KIRAN NIKETAN'S LEGACY OF WOMEN'S EMPOWERMENT

SWIPE RIGHT

Raghav Chadha gets selected by Harvard University



Parineeti Chopra's husband Raghav Chadha recently gave her another reason to be proud of him. The politician recently announced that he has been selected by Harvard University for its program on Global Leadership and Public Policy for the 21st Century. Soon after he made the public announcement via a video, Parineeti took to her Instagram Stories and shared a clip of her husband to shower him with love. In the video, the politician can be seen announcing that he has been selected by the prestigious Harvard University for its global leadership program at Harvard Kennedy School in Boston.

Leonardo DiCaprio in talks for Evel Knievel biopic

Will Evel Knievel be revving his engines? That is a question facing Paramount as it looks to close a deal with Leonardo DiCaprio to star in a biopic as the motorcycle daredevil who became famous for jumping over cars, fountains and canyons. Damien Chazelle, who last directed 'Babylon' and has a first-look deal with Paramount, is due to helm the feature. The dealmaking has been going on for months, since late last year at least, and while that process plays out, eyes are on other roles. Adrien Brody, who just won a best actor Oscar for his work on 'The Brutalist', may be one of those waiting in the wings.



Janhvi Kapoor stepped out to greet the paparazzi on her 28th birthday and cut the cake with them but didn't taste it as she wished to stick to her diet, proving that fitness is her priority.

Celebrating Indian Women through Stamps

Women have been part of Indian stamps for decades. The first Indian woman on postage was that of Mirabai, issued on October 1, 1952 and was for 2 annas. Since then, hundreds of Indian women stamps were issued

Dr M R Ramesh Kumar
Indian women have excelled in all branches or walks of life. The 2025 theme, 'Accelerate Action', calls for rapid advancements in gender equality. The famous devotee of Krishna, Mirabai was the first Indian woman to be on a postal stamp in 1952. A First Day Cover with the Mirabai which was released on October 1, 1952. A block of 4 of the 525th Birth Anniversary of Saint Meera Bai and a first day cover on the 525th birth Anniversary of Saint Meera Bai was also released.
Many stamps were released on important women who were the first freedom fighters and fought shoulder to shoulder for India's independence. Some of the early

stamps included Sarojini Naidu, Kamala Nehru, Indira Gandhi, Rajkumari Amrit Kaur and Vijayalakshmi Pandit.

INDIAN CINEMA

On February 13, 2011, six commemorative stamps featuring famous Indian actresses—Meena Kumari, Nutan, Leela Naidu, Devika Rani, Savitri Devi and Kanan Devi—were released at Indipex.

PERMANENT COMMISSION TO WOMEN OFFICERS IN THE INDIAN ARMY

Army Chief General M M Naravane in

2022 released a set of 4 postage stamps, commemorating permanent commission to women officers in the Indian Army. A First Day Cover with the four stamps was released with the Panaji Cancellation.

During the recently held Paris Olympics in 2024, Manu Bhaker became the most successful Indian woman shooter in history. She teamed up with Sarabjot Singh to win bronze in the 10m air pistol mixed team event, making her the first athlete from independent India to win two medals at a single Olympic Games. A Picture Postcard on Manu Bhaker was released.



GOAN CONNECT:



BHAKTI KULKARNI
Indian chess player Bhakti Kulkarni received the FIDE titles of Woman Grandmaster (WGM) in 2012 and International Master (IM) in 2019. A picture postcard on her was released by the Chief Postmaster General, Maharashtra Circle, on International Youth Day 2022 under the title 'Saluting the youth icons of Maharashtra and Goa'.

LIBIA LOBO VAMAN SARDESAI
Voice of Freedom was an underground that transmitted across Portuguese Goa from 1955 to 1961, by late Vaman Sardesai and Libia Lobo Sardesai, advocating the cause of the Goan Independence Movement. Further, she received the Padma Shri Award for Social Work which was announced recently.

LATA MANGESHKAR

With a career spanning eight decades, Lata Mangeshkar is considered to be one of the greatest singers of the Indian Subcontinent. Lata Mangeshkar and Mohammed Rafi had sung more than 400 plus duets during their long musical career. A special Cover on Lata Mangeshkar with Mohammed Rafi stamp.



Dr M R Ramesh Kumar will be exhibiting a 5 frames (80 sheets) Philatelic Exhibition on Women who stamped their legacy through stamps at the Goa Science Centre, Miramar, on March 8 and 9. The Department of Posts, Goa Postal Division will be releasing a special cancellation at the Philatelic Bureau, Panaji on March 8 on International Women's Day.