



MALAPPURAM CUISINE - THE MAGICAL MIX



INDIA'S FOOD RENAISSANCE IN 2025



An ultimate guide to surviving & thriving in Goa's summer

Food, clothes, fitness - how you balance these three factors will go a long way in helping you deal with the rising mercury in the coming weeks

FOODS TO HAVE

Local seasonal Fruits & Veggies – Watermelon, muskmelon, cucumbers, oranges, local berries such as kanda chunan, charam, mangoes, bottle gourd, ridge gourd

Curd & Buttermilk – Great for gut health & cooling the body

Coconut Water – Natural electrolytes to stay hydrated

Lime Juice with sabja seeds – Helps prevent heat exhaustion

Mint & Coriander – Naturally cooling herbs



Light Proteins – Fish, eggs, dals, curd-based dishes instead of heavy meats

FOODS TO AVOID:

Deep-fried foods – Increases body heat, causes sluggish digestion

Excess caffeine & sugary drinks – Leads to dehydration

Heavy, creamy foods – such as ice-creams which makes you feel lethargic in the heat

Processed snacks – High in sodium, worsens dehydration



STAY HYDRATED

In the summer it is very important to stay hydrated. Providing tips Dr Jolene said, "Drink 2.5-3 liters of water daily. Have lemon water, coconut water, chaas (buttermilk), or aam panna to prevent dehydration and heat stroke. Please avoid ice-cold water right after being in the sun—it can shock your system and can lead to migraines and yes use a copper or clay bottle to keep water cool naturally."



STAYING FIT IN THE SUMMER MONTHS

Providing tips on staying fit in the summer she said the best time to exercise was early in the morning between 5.30 -7.30 am or in the evening 6.30 -8 pm to avoid extreme heat. She said it would be good to exercise indoors or in a well shaded place or outside wearing a cap and light clothing.

She suggested a great way to stay active and cool was to swim in a natural water body such as the beach, springs, rivers

and lakes. One could also do yoga, pilates, or strength training indoors. It was important to avoid wearing synthetic clothes during the summer and stick to cotton and breathable fabrics.

Anisha Singh who runs a pilates centre in Dona Paula said that while summer is here and while it's great to enjoy the sunshine, scenery and vitamin D, exercising outdoors can be challenging. Exercising in an indoor environment could be controlled and comfortable environment plus protection from harsh elements, dehydration, heat exhaustion, and sunburn. She suggested that pilates was the answer if one was looking for a way to stay active this summer without braving the heat. Anisha said, "Pilates is the perfect indoor exercise for hot summer days. It is a beautiful combination of strength, flexibility and mobility training. It increases core strength, improves your alignment, aids your cardiovascular health, all while being gentle on your joints. Plus, it's easy to modify to suit any age/ fitness level."

WHAT TO WEAR: Staying fit and being healthy is very important. But it is also important to dress properly in the weather to avoid complications. Monty Sally renowned designer said with an early summer it was important to choose fabrics that breathe i.e. fabrics and allow for the circulation of air. He said, "While linen and cotton are summer staples some alternate fabric options to go are Chiffon Georgette tulle organza which are apt for that languorous flowy diaphanous visual. Femininity takes centre stage with the "Delicate Dynamite" ethic with strong pastel earth and aqua tones. White as usual rules the colour spectrum. Cling and Bling is out with airy silhouettes and muted embellishments. Minimalism once again walks in proudly to state less is success". Speaking about footwear he said, "The feet will want to walk into the summers not with the regular beach slippers but with footwear made primarily with natural materials like cork and leather. Crochet, macramé lace will add softness to the summer vibe". The summer can be an uncomfortable time but it can be enjoyed with a bit of chutzpah.



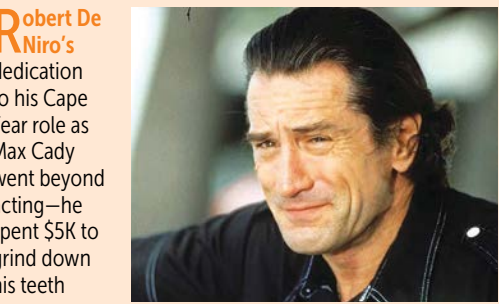
SWIPE RIGHT

Radhika Apte to Make Directorial Debut with 'Kotya'



Actor Radhika Apte is making her directorial debut with Kotya, an action-fantasy film in Hindi and Marathi. Announced at the CineV-CHD Market lineup, the film follows a young migrant sugarcane cutter who gains superpowers after a forced medical procedure and uses them to free her family from debt. Produced by Vikramaditya Motwane, Kotya marks a new milestone in Apte's career, already defined by acclaimed roles in PadMan, Andhadhun, Kabali, and Lust Stories.

Robert De Niro Spent \$5K on Teeth for 'Cape Fear'



Robert De Niro's dedication to his Cape Fear role as Max Cady went beyond acting—he spent \$5K to grind down his teeth for a more menacing look and later paid \$20K to restore them. The Hollywood icon also bulked up with intense gym sessions and adorned himself with fake tattoos to embody the terrifying character. His extreme transformation paid off, earning him an Oscar nomination for Best Actor.



Actor Sobhita Dhulipala and hubby Naga Chaitanya recently shared photos from their vacations in Amsterdam, offering fans a glimpse into their travels

AI transforming healthcare: Diagnostics & Surgery

This emerging technology is transforming the healthcare sector by providing innovative solutions that improve patient outcomes, reduce operational costs, and enhance the efficiency of healthcare systems

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Artificial Intelligence (AI) is revolutionizing healthcare by improving diagnostics, treatment, and patient care. AI algorithms can analyze medical images for early disease detection, and predictive analytics help forecast patient outcomes.

AI IN DIAGNOSTICS AND PATIENT CARE

Personalized treatment plans, powered by AI, offer tailored healthcare solutions based on individual data. AI is also enhancing clinical decision-making and supporting virtual health assistants for continuous patient engagement.

Based on an exploding amount of available digital data, significant advances in hardware performance, as well as progress in

algorithmic and software approaches, the current capacities of AI are unprecedented. In healthcare, a growing number of AI applications are being developed, and the number of research and studies published in the field grows exponentially. Helping clinicians provide better care on a consistent basis is one of the key goals of Integrating AI," says dentist Tisha Mendes, from Margão

ADVANCEMENTS IN DRUG DISCOVERY AND ROBOTIC SURGERY

In drug discovery and robotic surgeries, AI speeds up processes and increases precision. Robotic surgeries are minimally invasive procedures that reduce recovery time and improve outcomes. AI's involvement in these areas accelerates medical advancements while maintaining high levels of precision and safety in

patient care.

"Speaking from a mental health perspective, the careful use of AI could assist people struggling with poor mental health needs by using AI-based chat bots, thus helping people vent their frustrations and feelings. AI-based tools could be made use of to point out traits associated with varied poor mental health components across people and with the help of mental health

professionals, address these concerns," says psychologist Leanne Mesquita, from Betalbatim.

Further, she says that AI could bridge the gap between delayed diagnosis and treatment. Thirdly, the use of AI in assisting parents with effective parenting strategies is undermined and could be of immense benefit. Apart from this, the use of AI in modern healthcare can help assess, diagnose and equip medical professionals with better treatment options and interventions.

OPTIMIZING HEALTHCARE OPERATIONS AND ETHICAL CONSIDERATIONS

AI optimizes healthcare operations, reduces costs, and improves the quality of care, making healthcare more efficient and accessible. However, ethical considerations are crucial for AI's responsible use, ensuring it aligns with privacy standards, patient safety, and human oversight in medical

decision-making.

"AI can assist doctors but can't replace doctors because of the doctor patient communication, patient's unique needs as each case is different, doctor's intuition in spot diagnosis. Besides there may be issues with medical ethics, lack of transparency while deciding for patient's care, breach of information privacy if AI system is not validated properly," says Dr Kimberly Andrade from Ambajim.



TRANSFORMING HEALTHCARE KEY AREAS

IMAGE ANALYSIS: AI enhances radiograph interpretation, often surpassing human accuracy, improving diagnosis speed and precision.

DATA SYNTHESIS AND PREDICTION: AI analyzes longitudinal patient data to provide a holistic view, enabling personalized, cost-effective treatment and reducing redundant tests.

EVIDENCE-SUPPORTED THERAPY PLANNING: AI aids in treatment recommendations, preventing overtreatment and supporting early intervention for better outcomes.

PATIENT INTERACTION AI tools inform patients, allowing them to engage actively in care, while doctors gain insights into routines, fostering integrated care and improved collaboration.

