

# Herald Cafe



## Challenges in promoting yoga in Goa's changing landscape

Yoga is making significant strides globally but in Goa, despite being home to centres that provide training to students from all over the world, the local populace is yet to embrace the ancient technique in a big way

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Originating in India, yoga is an ancient practice that combines breathing, movement, and meditation to improve your physical and mental health. It is not surprising to see masses of foreigners doing yoga in places like Times Square in New York. The popularity of yoga is certainly increasing by the day. In Goa, however, is it as popular among the local population?

### CHALLENGES OF PRACTISING AND TEACHING YOGA

The response in the years that Stacy has been teaching yoga is good but the ratio of the non-Hindus practising yoga is still comparatively lesser. The challenge for her was that people had to understand that yoga is for everyone. Stacy said, "Yoga is beyond caste, class, religion etc. The biggest challenge I face is people watching social media and assuming things. For example, only particular yoga postures can help lose weight. Secondly, certain practices which are prescribed according to body type are openly shared on social media and people try it and face problems as well after trying. Gaining half knowledge from social media and helping the people who approach me to understand what is reality is, is a challenge."

- Goa is a popular destination for people wanting to learn yoga.

- The number of national and international students coming to learn yoga is on the higher side.

- Goans seem more interested in going to the gym than learning yoga.

- The instructors seem confident about yoga slowly gaining acceptance among the locals in the State.

### PRACTISING YOGA

Clisha Diniz has been practising yoga for a year and is on a break now. She intends to go back to the group and start again. She said it was great doing yoga because it helped her handle her diabetes. "It was a great experience, and I hope to do it all my life," she said.

Stacy Rodrigues, who conducts classes where she teaches holistic yoga practices said it was always interesting practising yoga in the State. She said, "The students are very motivated for sure. I am doing my duty of providing health so I have no complaints on that front. The experience has always been good but what feels bad is the approach of people towards yoga. People simply practice yoga only as a physical exercise but yoga is much more than that. Yoga is a science and very few people approach it or even know about it in that way. And this approach towards yoga is not just with Goans but even people around India and around the world. Secondly, people still feel yoga is coming from a religion but this is not the truth. It is sad that we don't want to inquire about the depot and only speak with the limited knowledge that we have."



### STILL MOTIVATED

Anisha Naik, a Goan who does yoga said she was interested and participated in a class four times. People around her were all into yoga and she intended to continue doing it for the rest of her life. "It gives me peace of mind

as well as helped give my life focus," Anisha said.

Sonia Fernandes said she was interested and would be taking up yoga shortly though she did not say when. She said she had attended a class once and was quite taken up with it but due to paucity of time she had not taken the step. She said she would prefer to go in the morning and start the day with yoga. Yoga has definitely found its roots in Goa but it will certainly take some time before Goans take to its magic in droves.

### LOCAL APATHY

George, the administration in charge of a yoga institute in the south, was focused on training teachers who would guide students. They received interested people from all over the country and from places like London, Dubai and Paris but Goans were not part of the group. George said, "I feel the Goans are interested in going to the gym instead of learning yoga. Perhaps, it is their diet that makes them go to the gym as their focus is on non-veg food."



GLOBAL HITS GET A KONKANI TWIST



FOLLOWING THE JOURNEY OF MAYURI IN ENGLISH

### SWIPE RIGHT

## Guns N' Roses set to rock Mumbai after 12-year absence



Rock legends **Guns N' Roses** will return to India after more than a decade as part of their global tour, with a performance scheduled at Mumbai's Mahalaxmi Racecourse, BookMyShow Live has revealed. The concert, produced and promoted by BookMyShow Live in partnership with Live Nation, marks the 'Sweet Child O' Mine' and 'November Rain' band's first appearance in the country since 2012. The Mumbai show is part of a sprawling global tour that kicks off in Incheon, South Korea, before heading to Japan, India, the Middle East, and then an extensive European leg that includes stops in Portugal, Spain, Italy, Germany, the UK, and multiple eastern European countries. Various special guests will join different legs of the tour, including Public Enemy, Rival Sons, members of the Sex Pistols, including Steve Jones, Paul Cook and Glen Matlock, and Frank Carter.

## Gigi Hadid's experience dating Bradley Cooper

Supermodel **Gigi Hadid** shared how dating **Bradley Cooper** has influenced her interests, particularly in theater.



"Bradley has opened me up to going to the theater more, and that's something that's so nice to bring back into my life," Gigi said. Gigi Hadid described their relationship as 'very romantic and happy' but admitted that dating as a public figure comes with challenges. She said it is difficult to have a normal dating experience and stated that even her friends who are not public figures struggle with where to go and how to meet people. She also mentioned the added concerns of privacy and security, sharing that while one wants to believe that others will be trustworthy, there is always uncertainty.



Jenna Ortega exudes gothic glam in a sexy cutout dress at 'Death of a Unicorn' premiere in New York City.

# Steadfastness is key to turmoil in marriage

Pio Esteves

**Director:** Vasudev (Vikas) Chopdekar

**Cast:** Joaquim Almeida, Maria Fernandes, Allwyn Souza, Candida D'Souza, Custodio Cabral, Pedro Vaz, Kashvina Cardozo, Maverick Alvares, Prashant Paddekar, Shanifa Pais, Gibson Vaz

**Band:** Selwyn Braganca, Theodore Alvares, Louis Mascarenhas, Bernabe Fernandes and Xavier Minguet Fernandes

**Stage/Lights:** Kapil Chari/Sainand Volvoikar

Tiatr 'Vavttoll' written by Pedro Vaz and directed by Vasudev (Vikas) Chopdekar and presented by the Taleigao Dramatic Troupe, Taleigao was staged on the second day of Kala Academy Goa 50th Tiatr 'A' Group Competition 2024-25.

The curtains unfold to a scene wherein David (Joaquim Almeida) and his spouse

Sarah (Maria Fernandes) assemble at the cross to celebrate their only son Edmer's (Allwyn Souza) wedding with Tamara (Candida D'Souza). The landlord Adolf (Custodio Cabral), their neighbor, Jacob (Pedro Vaz) and his daughter, Beatriz (Kashvina Cardozo) come together with people from the vicinity for the litany.

As the celebration continues, Edmer's friend, Jayden (Maverick Alvares), who is a lawyer, drops by and his presence there leaves Tamara perplexed. The landlord also has some revelations to make regarding their newly wed daughter-in-law to David and Sarah.

Tamara's ex-boyfriend Collin Raposo (Prashant Paddekar) steps in to blackmail her. If all his demands are not fulfilled, then he threatens her of uploading all the videos stored in his mobile on social media.

Tamara is hapless, but she tries to convince him about marriage. No attempts can change the mind of Collin and Tamara finally gives in. Meanwhile, Edmer comes with the good news of pregnancy and his promotion at work. Tamara shares the good news with



### KA's 50th 'A' Group Competition 2024-25 Day 2: 'Vavttoll'

Collin and he instantly demands abortion. On the other hand, Collin is in love with Sheena (Shanifa Pais), on the sly.

With the help of Collin, Tamara works

unveiled in the concluding scenes of the drama. It highlights the dire consequences of mistrust and infidelity among spouses.

As guardians, Joaquim and Maria have given fine performance. They are ably supported by Allwyn and Candida as newlyweds and Maverick Alvares, Custodio Cabral, Eurico, Shanifa, Wellington, Shekhar Naik, Isaiha, Aciano, Santana and Warner. Prashant Paddekar displays his talent as a villain.

In the comic acts, there's Pedro Vaz, Kashvina Cardozo and Gibson Vaz with a good dose of laughter pills under their sleeves. Kashvina is quite natural in her witty dialogues and flexible in body language.

In the section of songs, solos by teenagers Ozilia and Aciano and Allwyn, Stacie and Kashvina (adults), a duet by Livia and Kraig, a duo by Rosario and Custodio and a quartet by Custodio, Kashvina, Gibson and Stacie were appealing to the ears. Selwyn Braganca (trumpet) along with his band members Theodore Alvares (trumpet), Louis Mascarenhas (keyboards), Bernabe Fernandes (bass guitar) and Xavier Minguet Fernandes (drums) provided good live music to all the singers on stage.

Special mention needs to be made about the stage sets by Kapil Chari, including the light design by Sainand Volvoikar. Sagar Gauns assisted with the background music, while Amita Naik handled the make-up backstage.

