

Herald Cafe



Season of 'March'ing out

Many gyms attract new sign-ups in the New Year but the challenges that come with working out results in people dropping out

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The urge to stay healthy is growing year on end and more and more people are now hitting the gym. Young as well as the old are now keen on staying fit and getting the most out of life. This has also led to many people with varying degrees of motivation taking a decision to become fit. This happens especially when the New Year resolutions are made. The start of the New Year many people make resolutions. They want to do something new that will change them. Some people

decide to read books regularly, others plan to go running every day and then there are those who decide to go to the local gym and work out. They want to develop muscles and look fit and be popular in their circle of friends. A chat with those who run gyms in Goa gave a very interesting picture.



NOT SERIOUS

But for Sankar Naik who has a gym in Calangute said people signing up in the New Year and dropping out in a month or two was normal. Sankar said, "It is a problem of motivation. Many of them come with ideas of building up their arms and getting six packs. It is tough and difficult and takes discipline to get a six pack. Many of them are not willing to change their lifestyle to achieve their goals and find it too tough and just drop out."

It is obvious that the general public is interested in getting fit but there still remains a percentage of the population that is not interested in doing the hard yards required.

- Numbers of new sign ups increase in the New Year but not as apparent in the past.
- Many of them are in their early 20's and are keen on getting quick results.
- Not many people can deal with the challenge that come achieving fitness.
- It is common to have dip in the festive season.

THE GROUND REALITY

Anisha Singh runs a number of Pilates studios in the state. She says unlike in gyms where people may come and then leave after a couple of months, people have a long standing affair with fitness at her studio. Explaining the reason for this behaviour she said, "The cost of a gym per month is approximately in the few thousands whereas with us it is several times that amount. The people who decide to come with us are motivated and stay with the program. Our sessions are not long drawn out affairs. They last for 55 minutes and one can come for any session between 7-8 am till 7-8 pm." Another important reason she said was that in the gym one would focus on a part of the body everyday while in her studio, the entire body was in focus on a given day. Motivation, Anisha said was never in short supply.



INTERESTING TREND

Bashir Sheikh, who is the owner and coach of a gym in Panjim, said trends are forever changing. Bashir said, "Last year more people signed at the start of the year. This year not even 50 percent of that number. For example if 10 to 15 people signed up, then ten people stayed and the rest left. The reasons given were pressures at work and preparations for the exams."

Sunil Karmalkar who owns a gym in Panjim and has been in the business for 20 years smiled and said the trend of people signing up in the New Year was not visible for the past three years. Sunil said, "They don't make any new year resolution. They just decide and come over. People have enjoyed themselves during the festival season and then come in Jan 10-15 and many of them are still with me. They want to get fit or stay fit."

Another major player in the business is Norbert D'Souza who has a number of gyms around the state. He said earlier there would be a rush at the gyms around Goa with 50 percent of them dropping out in a month or two but now the dropout rate had reduced to 20 percent. Norbert said, "Now during the festive season

there is a drop but they tend to come back. This is also due to the fact that people from outside are now living in the State and many of them are aware and very conscious of staying fit."

Similar sentiments were expressed by Advait Madkaikar who runs a gym in St Inez. The festival season he said always resulted in the number of dropouts increasing but they always came back. Advait said, "Now Ramadan and lent is going on so quite a few will drop out but they will come back next month"



KA's 50th 'A' Group Competition 2024-25 'Kelolem Urta'

Goa leaves nasty thoughts flowing in the minds of Richard and his spouse.

Is James equally greedy for share of ancestral property as his brother? What cooks up among the siblings and other

members of the family is worth the watch during the second half of the drama.

Tiatr 'Kelolem Urta' revolves around 'do good and you get good; do bad and you get bad in return.' You get to watch various situations wrapped with emotions unfolding in every scene, but the concluding scene in the cemetery did not hit the climax.

All the artists have given good performances. Desmond and Luiza stand tall as grandparents, while Sunil, Ashley and Shania are good as siblings. They are ably supported by Neefa, Melinda and Frederick Dias. Teens Ronav and Samyrah have enacted their respective roles with ease. As an activist, Amrut Naik too has brief, but bold entries.

Frederick and Sweta (Urvashi Gaonkar) come together in between the acts to entertain with some laughter pills.

In the category of songs, the opening was presented differently and a handful in the form of solos, duet, trio and quintet carried good messages on varied

subjects. Although a quartet went amiss, solos by Alias, Jennifer, Liza, Ena and a comedy solo by Ronav stood out among the rest. Queter Xavier and his musical troupe offstage accompanied all the singers with good music.

The stage sets by Gizan Fernandes and the lights, special effects by Sanket Bhandari deserve a special mention.



Good deeds speak louder than words

Pio Esteves

Writer: William Fernandes

Director: Sanket Bhandari

Institution: Drishti Entertainments, Curchorem

Cast: Desmond, Luiza, Sunil, Neefa, Ronav, Ashley, Melinda, Samyrah, Fredrick, Shania, Claster, Raheel, Eddie, Amrut, Urvashi, Presley, Joseph

Band: Queter Xavier, Richard Xavier (first, second trumpet), Ashben Cardozo (saxophone), Mario Rodrigues (bass), Benny Cardozo (keyboard), Mauvin Mascarenhas (drums)

Stage Sets/Lights: Gizan Fernandes, Sanket Bhandari

Makeup/Costumes: Urmila Gaonkar, Luiza Fernandes

John (Desmond Cardozo) and Suzie (Luiza Fernandes) are blessed with two sons, Richard (Sunil Naik) and James (Ashley Fernandes) and one

daughter Sonia (Shania D'Costa). All three are married, but both the sons are settled abroad, while the daughter is married to Ashu (Fredrick Dias), a lawyer by profession.

Holding a British passport, Richard (Sunil Naik) returns home after several years to unite with his wife Flossy (Neefa Clemente), teenage son Ronav (Ronav Talaulikar) and aging parents.

As a British citizen, Richard is no longer interested in his roots, but is keen on grabbing his share of property and fly back to the UK with his wife and son. Although Flossy is very much interested in accompanying Richard, their son Ronav doesn't care about going abroad. He looks content in the company of his grandparents.

John has a close family friend, Dr Tukaram (William Fernandes), who visits him occasionally and they share many things pertaining to Goa and the Goan community.

When Richard insists for a share of



KEEP YOUR STRESS IN CHECK



DOCUMENTARY 'THE CLUB' SCREENED AT CARMEL COLLEGE

SWIPE RIGHT

Aamir Khan confirms dating Gauri Spratt

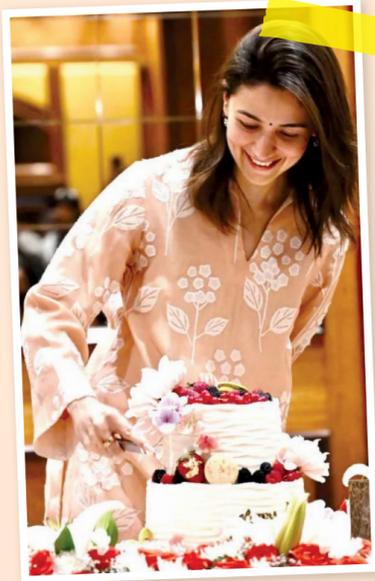


Ahead of his 60th birthday, superstar Aamir Khan has confirmed that he has found love again. He shared that he was in a relationship with Gauri Spratt. Aamir even revealed that he had introduced her to Shah Rukh Khan and Salman Khan. He reportedly introduced his new partner, Gauri Spratt, to them and shared that he had known her for 25 years. Aamir said, "Gauri and I met 25 years ago, and now we are partners. We are very serious and committed to each other. We have been together for a year and a half." Gauri apparently works in his production house.

The Biebers are house hunting in Europe?



Hailey and Justin Bieber are allegedly looking to move to Europe to get out of Hollywood and "reconnect" amid rumors of marital troubles. A source who claims they were contacted by the couple to find them a European home since they are looking to flee the country to "enjoy some time far away from the spotlight." "They want to enjoy a simpler life again," the insider said. The source also noted that the couple hopes to have "a slower pace of life to reconnect in a quiet environment." Justin expressed interest in potentially living outside of North America for most of the year.



Alia Bhatt is all set to make her debut at the prestigious Cannes Film Festival this year. She recently held a meet and greet session ahead of her birthday where she announced that she will be making her Cannes debut.