

Full-time work, part-time study

Working women are adding to their qualifications, while fulfilling the requirements of a 9 to 5 job. The pros and cons of studying while at work

Aruna Gracias Rathod

With increasing opportunities and the will to excel, women are taking up professional courses while working at a full-time job too. With technological advances, Artificial Intelligence (AI) and newer tools, the younger generation is learning newer skills faster than ever before, while those who are already working feel a bit insecure with the new generation's sharpness with tech skills.

Most working women are finding the competition intense from the younger



generation and feel the need to upgrade their skills. Not to be deterred, women are enrolling for online courses or weekend classes to enhance their skills, or equip themselves for better prospects.

For Shashi Gopal (27), housekeeping was a hobby that she turned into a profession with a degree. After three years, she felt she needed to upgrade. She enrolled for a short-term course to specialise, in which she learnt newer skills with the latest software. While initially it was difficult, it became easier to manage once she made a time table to suit her schedule. Today she is the supervisor in her firm.

WORK OUT THE COSTS
If you are doing the course on your own, work out if the fees suit you. Don't forget to include buying books, membership, exam fees and excursions if any into the final costs.

IS IT TRULY NECESSARY?

While upgrading one's skills is a great way to improve, overdoing it could have a negative impact too. "Anything in excess is a problem, over emphasis on achievement and becoming a super woman is a syndrome - doing things out of a need for perfection or gaining sense of identity out of achievement and being productive in work is long term stress," explains Dr Chetan Nerkar. He emphasises

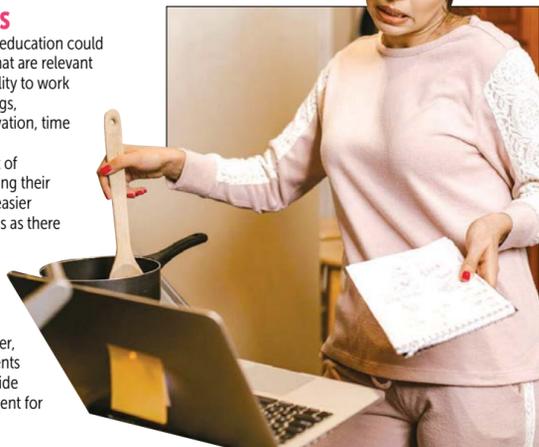
that if you take up professional courses to just prove your worth, that's stress behaviour. "It gets worse when women start postponing pregnancy due to the pressure to do well; they start feeling that staying in an organization and proving is much important for their identity after motherhood they have no existence and hence they try to compete by enrolling in education programs."

LEARN BALANCING SKILLS

With an additional qualification, the education could be helpful in improving 'soft skills' that are relevant to most professions and sectors: ability to work remotely, conducting online meetings, effective communication, self-motivation, time management among other things.

Women in this century have a lot of aspirations when it comes to achieving their career or financial goals. It's much easier than earlier to get extra qualifications as there are online resources, online groups, and videos online to help with syllabus.

Once the decision is made to enrol for a new course, ask yourself: If the course is to advance your career, does the course fulfill the requirements for professional registration, or provide you with a necessary entry requirement for further study.



HOW TO COPE

Some people choose to get up an hour earlier to study, while others might wait until the kids have gone to bed. Everyone has their own unique learning style. Try to work with your natural rhythm if you can.

Study in a dedicated space, keep your study material in one place so that it's easily accessible.

In case you get stressed, recognise the stress. Dr Nerkar cautions, "Any kind of stress is bad for our physiological and psychological health. So it is very important that we learn to de-stress as well. Our hectic lifestyle increases the stress levels in our body which leads to the rise in the cortisol level which is one of the reason for causing low immunity which can make us susceptible to various illnesses. Lifestyle illness like diabetes, blood pressure and cardio vascular diseases are also connected to stress. The rise in the cortisol level in the body is also linked with cancer."

The Intuitive Artist

Samira Sheth

Senior artist and founder of the Art Chamber, Yolanda de Sousa Kammermeier continues to make space for and support creative endeavor in Goa. Some years ago, she instituted an award to foster cultural connection and appreciation in memory of the late Dr Pedro Cabral Adão, former Consul General of Portugal in Goa, 2005-2006, and a great supporter of the arts. "In his short span of time spent as Consul General in Goa, Dr Adão showered Goa, Goan arts and artists with a kind of respect and love not experienced until then by the art community in Goa," says Yolanda.



To honour his legacy, she sponsors the annually held Promising Artist Award followed by a solo show for the recipient at Art Chamber. Usually held to encourage fresh graduates find their footing in the art world. This year, the event takes the form of an exhibition of paintings by Sarah Kammermeier celebrating the young artist's considerable and diverse body of work.

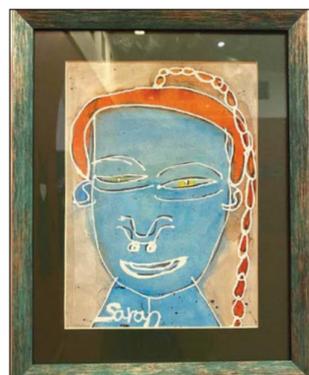
The use of colour, space, composition come naturally to Sarah without too much effort and her work has been lauded by artists and art teachers alike. While definitely not child art, the child in her art lives on. As Picasso said, "Every child is an artist. The problem is how to

remain an artist once we grow up. It took me four years to paint like Raphael but a lifetime to paint like a child."

A creative force into herself, Sarah retains her sense of innocence approaching her work with an uninhibited sense of joy and authenticity, not constrained by the demands of an art world that can be too competitive and commercially driven. While her forte continues to be watercolour on paper, she is gaining facility with acrylic on canvas and her abstract compositions and expressive figures resonate with vivid feeling. With this recent show, her 6th solo, she continues to draw inspiration from cinema, channeling the energy of the medium into her dynamic art with fluid brushstrokes and strong lines. When she's not painting colour filled abstracts or imaginary figures inspired by the movies she loves, Sarah loves dancing and playing dress up.

The remarkable artist has been painting since 2003 when the well-known Goan artist Anand Mohan Naik spotted her talent and showcased five of her works at an exhibition held by a Mumbai NGO in aid of underprivileged children where two works were sold. Since then, Sarah has steadily gained recognition for her unique style and diverse colourful imagery and built a loyal following among collectors in India and abroad.

Exuding a playful sense of joy, Sarah's work moves beyond technical skill and rigid limitations to celebrate the power of an innocent artistic spirit. Do catch this refreshing exhibition at Art Chamber. The show runs till end of March.



SANTOS PASSOS OBSERVED AT RAI

PIC: INACIO NORONHA



Santos Passos was observed at Our Lady of Snows Church, Raia. Fr Anthony Lopez was the

main celebrant for the Eucharistic celebration with Fr Rony and Fr Januario as concelebrants.

Father's Day at Siolim

St Anthony's Parish, Siolim will celebrate Fathers' Day. 'Our Fathers are our Treasures' is the theme chosen for the celebration with an Eucharistic celebration followed by a special programme by different parish associations, especially catechists, catechism children, altar servers and the youth. Fathers' Day will be marked with the cutting of the cake, popping champagne and a special feature along with different games and spot prizes.



Venue: St Anthony Church, Siolim
Date: March 19
Time: 5 pm

Jubilee celebration of Women's Day in Siolim

Clarissa Camelo

Siolim witnessed an evening of grace, empowerment, and heartfelt celebration as women from all walks of life gathered at St Anthony's Church, Siolim to mark International Women's Day. This year's celebration was extra special, as it coincided with the Jubilee Year of Women, the tenth anniversary of the Self-Help Group in Siolim, the 40th year of the establishment of the widow's group, called Women of Hope and the second anniversary of the formation of Women's Cell in the Parish.

The event commenced with a Eucharistic Celebration in the evening, presided over by Fr Dr Socorro Mendes, parish priest of St Anthony's Church, and concelebrated by Fr Peter Simon, Dean of Siolim Deanery and the parish priest of Our Lady of the Consolation of The Persecuted, Tropa, and Fr Menino Vales, parish priest of Our Lady of the Sea, Oxel. In his homily, Fr Mendes elaborated on the theme of International Women's Day 2025 - 'Accelerate Action', emphasising the need for gender equality, empowerment, and respect.

Following the Mass, the cultural program unfolded in the Church compound, featuring an array of performances that showcased the talent, creativity, and strength of women. The



evening saw a powerful skit, 'Borvaxeanchi Yatra', written by Braz Fernandes, highlighting the significance of the Jubilee Year of Redemption. The Life of Saints depiction by women of hope served as an inspiration, celebrating faith and virtue. A mesmerising fusion dance, choreographed by Avril Fernandes, infused energy into the celebration, while a Mando whose lyrics written by Braz Fernandes, 'Ontoraxthrik Ostoriancho Dis', paid tribute to women in the world.

One of the highlights of the evening was a captivating group enactment, masterfully written and directed by Anthony Gonsalves. Rich in insight, and thoroughly entertaining,

it held the audience spellbound which not only informed but also left a lasting impact. After a few captivating acts, the Parish Priest addressed the gathering, acknowledging the dedication and contributions of women in the community.

The event was impeccably documented through the lens of Gabriel D Souza's stunning photography, while Samuel De Souza's seamless live streaming ensured a wider audience could partake in the celebration.

A heartfelt vote of thanks by Rosy Viera concluded the celebration, expressing gratitude to all who contributed to making the event a grand success.

Live performance

The team of Maharashtra Hasya Jatra Live (MHJLive) will be performing at the Vasco Shigmotsav Stage. Noted actors like Samir Choughule, Chetana Bhat, Prasad Khandekar, Shivali Parab, Arun Kadam, Vanita Kharat, Prithvik Pratap and Onkar Raut will be there to make one laugh out loud.
Venue: Vasco Shigmotsav Stage, near MMC Building, Vasco
Date: March 19
Time: 7 pm

Lecture on The Right to Cultural Heritage

Sunaparanta Goa Centre for the Arts in partnership with Camões - Portuguese Institute of Culture will host a lecture, 'The Right to Cultural Heritage', by Professor Walter Rossa, architect & urbanist, University of Coimbra. The programme is in collaboration



with JH Cunha Rivara Chair in Indo-Portuguese Comparative Studies, Directorate of Visiting Research Professor, and Goa University. Open to all
Venue: Sunaparanta Goa Centre for the Arts, Altinho, Panjim
Date: March 19
Time: 6.30 pm

Herald Gaming Console

Dilbert

Garfield

Wizard of id

crossword 4796

ACROSS
1- Mexican money; 5- Majors in acting; 8- Xylem stem; 12- Boxer Spinks; 13- Center; 15- Kimono ties; 16- Carrier to Ben-Gurion; 17- Continental identity of a Chinese person; 18- mater; 19- An organization; 22- Debtor's note; 23- Netscape buyer; 24- Lab procedure; 26- River in a Strauss waltz; 29- More spine-tingling; 31- Modern address; 32- Like some bears and icecaps; 34- Meanies; 36- Meander; 38- Brand name for a copying machine; 40- Scottish refusals; 41- How some losses are shown; 43- Apple juice; 45- NFL stats; 46- Clown Kelly; 48- Rubs out; 50- 'Unforgettable' singer; 51- Yoko ___; 52- Seminary subj.; 54- Nearly exact; 61- 'The Time Machine' people; 63- Take the honey and run; 64- Fiber source; 65- Ailing; 66- Relaxes; 67- Suffix with cigar; 68- Grab hold of; 69- Little bit; 70- Posterior;

DOWN
1- 'Not guilty,' e.g.; 2- Snakelike fishes; 3- In order (to); 4- Borrowed; 5- Actress Kudrow; 6- Blue-pencil; 7- Morales of 'La Bamba'; 8- Feathery wrap; 9- Destroy; 10- Prom wheels; 11- Biblical twin; 13- Letterbox; 14- Govt security; 20- 'd'etat; 21- Sleuth Wolfe; 25- Indication; 26- Honeybee;

27- Device with a snooze button; 28- Choose; 29- Wear down; 30- Orchestra section; 31- Mentalist Geller; 33- Greek nickname; 35- Conscriptio org.; 37- Exec's note; 39- Copies; 42- Boxer Oscar Hoya; 44- Wife of a rajah; 47- Conical dwelling; 49- Gloomily dark; 52- What's left; 53- 'East of Eden' director Kazan; 55- Land map; 56- Parks on a bus; 57- Columnists' page; 58- Comic Johnson; 59- Toodle-oo!; 60- Cabinet dept.; 62- Tina's ex;

sudoku 4796

Instructions for Sudoku
9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

solution 4795

9	3	4	7	2	1	6	5	8
5	7	8	3	9	6	2	1	4
1	6	2	8	4	5	9	7	3
8	5	9	2	7	4	1	3	6
6	4	1	5	3	8	7	9	2
7	2	3	1	6	9	4	8	5
4	8	5	9	1	2	3	6	7
3	9	6	4	8	7	5	2	1
2	1	7	6	5	3	8	4	9