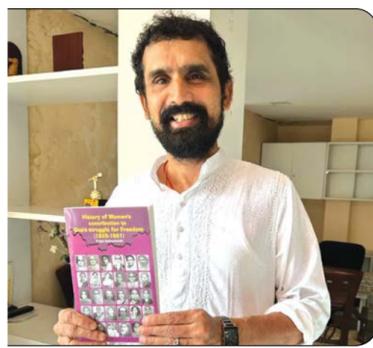


# Herald **Cafe**



WOMEN FINDING THEIR RIGHTFUL PLACE IN GOA'S FREEDOM STRUGGLE



BUILDING STRONGER SUPPORT SYSTEMS FOR PEOPLE WITH DOWN SYNDROME



## Lifting the limits of fitness in Goa

More and more women are pumping iron to achieve wellness and self confidence

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Goa is changing and how. For years, the fitness narrative for women revolved around cardio and weight loss, but times have changed. Women are now actively seeking strength, recognizing its impact on bone health, hormonal balance, and overall vitality. Strength training is no longer just a niche interest—it's

becoming a movement, empowering women to build muscle, age stronger, and take charge of their health in ways we haven't seen before.

Goa, often seen as a wellness hub, is catching up with this global shift. More women here are lifting weights, focusing on resistance training, and moving away from outdated myths that strength training makes them bulky. It's about functionality, longevity, and redefining what 'fit' means.

### STRENGTH TRAINING IS NON-NEGOTIABLE

One of the trainers in Goa is Helna Apte who has been lifting and strength training for over 18 years. She says, "I structure my clients' programs with 75% strength training, using progressive overload to help them build lean muscle, improve posture, and enhance metabolic health. For women, strength training is non-negotiable."

She further explains, "After 40, muscle loss accelerates, bone density declines, and hormonal changes make fat loss and recovery more challenging. Many of my clients—about 40%—are perimenopausal, menopausal, or dealing with PCOS, hypothyroidism, and postpartum

recovery. Strength training has helped them regain their strength, tone their bodies, and dramatically improve symptoms like fatigue, joint pain, and sluggish metabolism. It has also been a game-changer for postpartum women, helping them rebuild their bodies and beat postpartum depression."

Beyond the physical benefits, lifting builds mental resilience, confidence, and self-discipline. Women who once hesitated to lift weights now feel empowered, strong, and in control of their bodies.

When asked who was the more focussed of the two sexes, she says that

when it comes to advanced or elite women in training, they are just as capable as men—if not more. In fact, she says they often push themselves harder, driven by their focus and dedication.

However, with beginners, she says many women start with caution and uncertainty. Helna says, "In the initial weeks, it's important not to push too hard but rather to build their confidence gradually. The key is to help them enjoy the process—because once they do, they transition seamlessly into advanced training."



### POST-MENOPAUSAL FITNESS AND HOW STRENGTH TRAINING CAN HELP

**1. Prevents Muscle Loss & Boosts Metabolism**—Strength training combats age-related muscle loss (sarcopenia), preserving lean mass and keeping metabolism high to prevent midsection fat gain.

**2. Strengthens Bones & Reduces Osteoporosis Risk**—Lifting weights improves bone density, lowering the risk of fractures and osteoporosis caused by declining estrogen levels.

**3. Balances Hormones & Reduces Menopausal Symptoms**—Helps regulate insulin, reduce hot flashes, and stimulate testosterone and growth hormone production for better energy and mood.

**4. Enhances Mental Well-Being & Cognitive Function**—Improves sleep, reduces anxiety and depression, and supports brain health, lowering the risk of cognitive decline.

**5. Improves Joint Health & Mobility**—Strengthens muscles around joints, reducing stiffness, pain, and the risk of arthritis while improving posture and daily movement.



### FOR THE WOMEN WHO ARE TRAINING, IT IS AN ENJOYABLE EXPERIENCE

Puja C has been training for 8 months. She was at home during Covid, gained fat and wanted to get back in shape. Her trainer set a schedule to help

her lose weight especially to keep her diet in check. She gradually lost around 10-11 kilos in four months which

was a lifestyle change. She says, "I was working out and I do not binge eat. It keeps me positive. I lift weights and swimming everyday. I also do agility and cardio. I will be doing this for the rest of my life."

Shika Sardesai is a busy corporate executive who takes the time every afternoon to workout. She says, "I started when I was 16 and I am 33 now. I work on my muscles, 6 days a week. I work long hours for a company based abroad and I take 2 hours for my workout. I have to thank my trainer who has helped me so much to reach this level."

Aarti was always interested in being fit. She struggled with inconsistency and she was helped by her trainer to get disciplined. She has been with her trainer for a year. She

does weight training, runs, goes for a walk and then goes to work in an office. She thanks her trainer for all that she has achieved. She is blessed by the fact that her family supports her completely. She says, "Health has never been better, I am eating healthy. My workout schedule is not fixed. I try to workout in the morning or in the evening". A resident of Panjim, she either goes for a recovery run or goes to the gym to pull weights. Aarti says it keeps everything fresh because it all depends on how she feels that day.

For another corporate executive, Saumya Sinha, it has been a great feeling lifting weights. She says she was always interested in working out and staying fit. She wanted to get fit, stronger and toned. She met with a trainer and she got into a routine. She works out in the morning and does two sessions every week but tries to do another session by herself at home. Her work schedule is tight but she always manages to squeeze out a session. She says she will work out for the rest of her life.

It is about women finding their own space and wanting to be fit on their own terms. And that is something to be commended.



## Fight against atrocities towards women

Pio Esteves

**Tiatr:** 'Advarlolim Follam'  
**Writer/Director:** Menino Mario Araujo, Jayendranath Haldankar

**Institution:** Machi Mogi, Santa Cruz, Goa

**Cast:** Rosario Botelho, Sendrisha Fernandes, Kenny Fernandes, Nitin Naique, Wilson Dias, Joe Cardoso, Jose Gonsalves, Aaron Serrao, Mcaiden Sequeira, Clive Pereira, Clyde de Araujo, Kleona Pereira, Josma Braganza, Joe Fernandes

**Band:** Vitorino Araujo (first trumpet), Francisco Azavedo (second trumpet), Roy Menezes (saxophone), John Araujo (keyboard), Neville Cardozo (bass), Xavier Fernandes (drums)

**Stage Sets/Lights:** Kapil Chari, Rohtak Mangeshkar

**Makeup/Costumes:** Sagar Haldankar, Dilecta Goes



The curtains unfold to a scene at the Margao railway station wherein Rabiya (Sendrisha Fernandes)

abandons her new-born near an aged man resting on the platform and disappears from the site. The aged man Salvador (Rosario Botelho), who is a bachelor, picks up the child and decides to adopt.

On the other hand, there's an official (Joe Cardoso) serving in the Indian Railways and back home there's Rabiya

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**'Advarlolim Follam'**

residing with him. After the death of her mother, this official takes care of her.

But under the disguise of care and protection, this officer takes advantage and exploits her to the maximum. When Rabiya is carrying his second child outside the

wedlock, she informs him about the same and he assures to do the needful.

Rabiya is excited by the assurance and trusts the official. She asks him to get refreshed, while she gets his favourite food ready for the celebration. But leaving behind a letter and a cheque of Rs 5 lakhs, he departs from her.

Rabiya is again disheartened, but determined not to abort the unborn. Instead, she gives birth and abandons the second child at the feet of the same old man at the railway station. She also leaves cash of Rs 5 lakh behind for the expenses of the child.

Salvador brings up the adopted children, Mikal (Clive/Clyde) and Zeena (Kleona/Josma) as his own. But he has reasons to hate Mikal and show extra affection towards Zeena.

Encouragement from a priest (Joe Fernandes), where they are schooling, both get trained in music and singing. As the siblings grow older, they form their own band 'Mik-Zee' and shine in musical shows.

Will the railway officer return to Rabiya and unite in marriage? Meanwhile, in what

state of mind is Rabiya? Will she trust the same man again? How do Mikal and Zeena encounter their biological parents?

Tiatr 'Advarlolim Follam' throws light on exploitation of women and the forbidden fruits outside the wedlock, the challenges ahead and the guts to fight against all odds.

All the artistes have played their respective roles with ease and confidence. But among all, Rosario Botelho as the old man and Sendrisha Fernandes as the victim of violence stand out among the rest.

For some lighter moments, there's Yessu (Kenny Fernandes) and Kessu (Nitin Naique) as coolies at the railway station and they are supported by Wilson Dias and teenagers Aaron and Mcaiden as 'chaiwalas'.

In the section of songs, the opening is a choral of 8 singers, followed by 7 solos, 2 duets and one each of duo, trio and quartet. Live music by Vitorino Araujo and team was appealing to the ears.

The stage sets by Kapil Chari deserve a mention, but unfortunately the light designs were unsatisfactory, especially for the renditions.



### SWIPE RIGHT

Varun Dhawan, Pooja Hegde to shoot in Rishikesh



Varun Dhawan, along with his co-star Pooja Hegde, will be heading to Dehradun. A reliable source informed us that the stars will be reaching Rishikesh for a 3-day shoot of the next movie together. "It would be a 3-day shoot, and they would be shooting a sequence of river rafting," stated the industry insider. Apart from the two actors, the Ramesh Taurani production might also see Mrunal Thakur and Sreeleela playing key characters. Varun and his father, filmmaker David Dhawan, will be working together on a comic caper, 'Hai Jawani Toh Ishq Hona Hai'. A source revealed the quirky title of the film is in sync with the world that David Dhawan is looking to create with Varun and other actors. Moreover, it's a fun family entertainer.

### Guns N' Roses announce exit of drummer

Guns N' Roses drummer Frank Ferrer has left the band after nearly 20 years, bringing an end to his journey as the group's longest-tenured drummer. The 'Welcome to the Jungle' rockers announced Ferrer's "amicable" departure in a statement shared to Instagram. "Guns N' Roses announce the amicable exit of Frank Ferrer," the statement read. "The band thanks Frank for his friendship, creativity and sturdy presence over the past 19 years, and wish him success in the next chapter of his musical journey." The statement continued: "Frank first joined GNR during a show in June 2006 helping anchor the rhythm section during subsequent tours, including their recent outings featuring the reunited trio of Axl Rose, Slash, and Duff McKagan. His last show with the band took place November 5, 2023 in Mexico."



Demi Moore shared photos from Bruce Willis' 70th birthday celebrations on Instagram, showing her, Bruce's wife Emma Heming Willis and Moore's daughter Tallulah Willis spending time with the 'Die Hard' actor