

Herald Cafe



Goa's antique market all set to take off

It is a treasure trove of heritage, attracting collectors and enthusiasts alike. With its rich history and growing demand, the state is poised to become a thriving hub for the antique business

Elsa Angel Rose

Goa is home to many fanatics of antiques. A variety of antique pieces can be seen in stores these days. Pieces like roosters, saluting soldados, blue and white Portuguese

crockery, and more are an emotion for Goans. These pieces take this well-preserved Goan heritage abroad as well. While being enthralled with these, posing the question of whether Goa has a bright future in the antique business is very important.

GOA - AN IDEAL LOCATION FOR ANTIQUES

Gani Khan, an antique furniture store owner in Mapusa, said, "Goa is an ideal location for antique sale as it is one of the hottest tourist destinations of India." He also added, "The antique business is like a casino; sometimes you win, and other times you lose." Antiques can go out of business for perhaps three months and then later on make a



sale worth those three months of income in a single sale. According to him, customer satisfaction and trust are crucial. Ensuring that these two aspects are in place will work wonders for your business. He was keen to add that, "With more passionate people entering the Goan antique market, it has the potential to offer more and grow into something big."

NOT RAINING GOLD AND SILVER AT TIMES

Many antique dealers agree that this line of business is highly lucrative when you have a genuine interest and passion for antiques. Nonetheless, it is not always a rain of gold and silver. M S Khan, a local dealer of antiques in Parra, said, "I have been in this business for forty years, and at times you won't even have money to buy clothes." He also added that if it's peak season monthly on average he can earn Rs 20,000 to Rs 25,000. Peak season is when there are huge tourist crowds. Selling authentic and quality products is the key.

BRIGHT FUTURE FOR ANTIQUES

Yoshva Lobo, owner of a vintage crockery store in Parra, said, "In 2021, we had only one store and in 2022, we started an adjacent store and last year, we acquired another store as well." According to him, this business can be highly lucrative when you have good connections and networks. The store owner further added that many clients fly in from different cities of India such as Delhi, Mumbai, and Chennai and more to buy their antiques. Customer satisfaction, quality, and variety of products offered are essential to stay relevant in this business, Yoshuva stated. They are delighted that their business is doing well now and going forward they are interested in expanding.



ANTIQUE LOVER TURNED ENTREPRENEUR

A few passionate antique collectors have recently become entrepreneurs in the same field. Sydney, one such owner of an antique store, in Parra, said, "The business is actually quite good, but for the last four months, it has been down."

This antique lover gets most of his stock from dealer networks in Goa and Mumbai. One has to be vigilant about the sources of their antique supply. Doing

business with trusted dealers is core. He further stated, "Antiques are costly and hard to maintain which keeps many locals away from them." From this store, he can earn between Rs 30,000 to Rs 5 lakh monthly, depending on whether he lands a mega sale or not.

Combining immense passion with a sharp eye for business and a huge chunk of patience can drive this line of business to success. Possessing adequate knowledge about antiques, their authenticity, sources, supply, and market value will also come in handy.

DON'T MISS OUT ON THESE ANTIQUES IN GOA

- The rooster
- A saluting boy
- Blue and white Portuguese crockery
- Gadafaus bottles
- Dragon pots
- Goan rosewood cupboards



ANTIQUES IN HOSPITALITY INDUSTRY

These vintage finds have become indispensable for the hospitality industry as well. A few consumers, who were hotel management interns, said, "We buy different kinds of antique pieces regularly to use as interior decorations for our events." Hotels, Guest houses and more are loyal customers of many antiques. They use these as exterior and interior décor pieces.



LEARNING TWO BEAUTIFUL LANGUAGES, KONKANI AND PORTUGUESE



WHY 'FOREST BATHING' IS THE NEW STRESS RELIEF THERAPY

SWIPE RIGHT



Neha Kakkar booed on stage at Melbourne concert



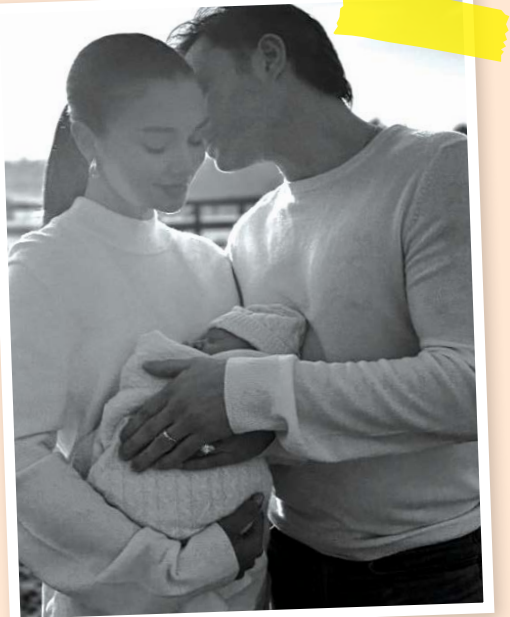
Neha Kakkar arrived at her Melbourne concert three hours late and was left in tears after the audience booed her. Her emotional appeal and apology had no effect and a section of the crowd remained unimpressed. They accused her of being unprofessional. Some in the audience however accepted her apology and clapped to boost her morale though others continued to express their disappointment. A video of Neha breaking down on stage in Melbourne has gone viral on social media. Amid the loud booing, Neha addressed the audience and apologized.

Sunny Deol to make his debut in South Indian cinema

Sunny Deol has joined hands with filmmaker Gopichand Malineni, who predominantly works in Telugu cinema. Together, the two artists are coming up with the action-thriller film, 'Jaat'. The



Bollywood actor opened up about considering settling in the South. The 'Gadar 2' actor spoke highly of the South Indian film industry and praised its producers and filmmakers. Sunny stated, "Entire North has seen the strength of this hand. Now, South will see it." He went on to state, "I wish Bollywood producers learn something from South producers. Make it Hindi cinema first, and then learn how to make cinema." Comparing the Hindi and South Indian film industries, the actor stated that there, the script is the hero there. Hence, he had a lot of fun during the making of the film, which marks his debut in South Indian cinema.



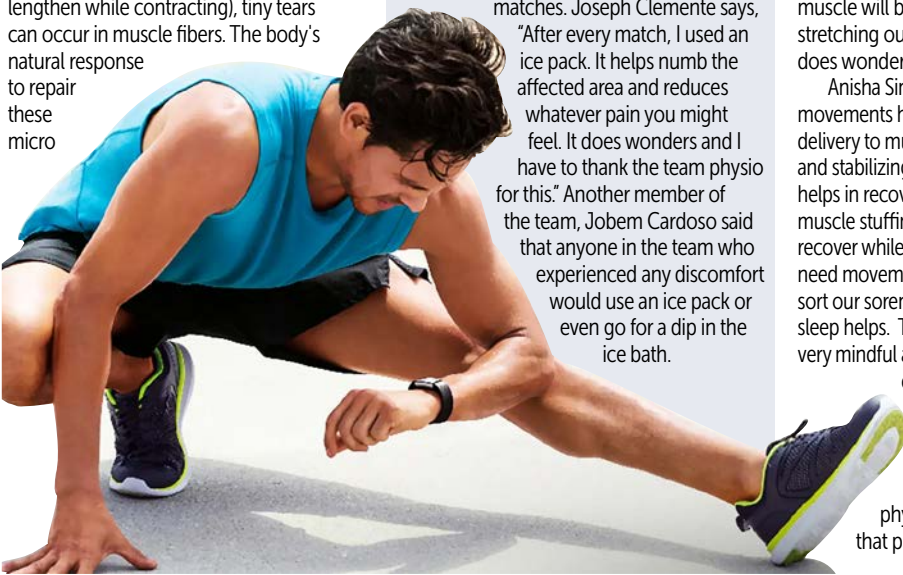
Amy Jackson and Ed Westwick have finally been blessed with a baby boy. The couple made the big announcement on social media.

Effective ways to soothe muscle soreness and speed up recovery

Muscle soreness is a reality for anyone who indulges in intense physical activity and the ways to deal with them are varied

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Muscle soreness is a feeling of discomfort or pain in the muscles, often described as a dull ache or tightness. During intense exercise, especially eccentric contractions (when muscles lengthen while contracting), tiny tears can occur in muscle fibers. The body's natural response to repair these micro



tears involves inflammation, which can cause pain and soreness.

Athletes speak

Members of the State football team at the recently held National Games were very clear about what helped them after the matches. Joseph Clemente says, "After every match, I used an ice pack. It helps numb the affected area and reduces whatever pain you might feel. It does wonders and I have to thank the team physio for this." Another member of the team, Jobern Cardoso said that anyone in the team who experienced any discomfort would use an ice pack or even go for a dip in the ice bath.

What trainers suggest

Sunil Karmalkar, who owns a gym said, "Stretching is very important, it is a microscopic tear in the muscle fibre and that's why the body is sore. When you stretch the blood flows and the lactic acid is flushed out. In a couple of days, the muscle will be fine. We are very firm about stretching out before a workout session. It does wonders for the body."

Anisha Singh says in Pilates, the movements help in blood flow and oxygen delivery to muscles with their stretching and stabilizing movements. She says "This helps in recovery from muscle soreness or muscle stiffness. We allow the muscle to recover while they are in the active stage. We need movement which is very important to sort our soreness. The food diet and food sleep helps. The movement of Pilates is very mindful and we don't do exercises that elevate the heart rate."

Health experts recommend

Dr Riddhi Sampat, a physiotherapist in Panjim says that physiotherapy is always the best

HOW TO RECOVER FROM MUSCLE SORENESS

HEAT THERAPY: Heat therapy can be effective for relieving muscle soreness by increasing blood flow, relaxing muscles, and promoting healing.



way to deal with a sore muscle. She says, "An ice pack or ultrasound can be used. If a muscle becomes weak then the ultrasound helps it get better. Muscle soreness is called DOMS which can happen during exercise or sports activity. This happens due to muscle

GENTLE STRETCHING: Gentle stretching helps to elongate muscles and improve their flexibility, reducing the stiffness and tightness that can contribute to muscle soreness.

PILATES: Pilates' gentle movements and focus on controlled breathing help increase blood flow to muscles, which can help 'rinse' away some of the chemicals contributing to soreness.

MASSAGE: Massage helps flush out metabolic waste products, such as lactic acid, that can contribute to muscle soreness and stiffness.

COLD SHOWER: When exposed to cold water, blood vessels in the skin constrict, reducing blood flow to the surface and potentially minimizing swelling and inflammation in the muscles.

stress or excess of physical activity or tissue mobilisation. In such cases, we apply ice packs or do gentle movements. We apply an ice pack or a heat pack but it is usually an ice pack. We ask patients to take rest, which is important."

Dr Saiel R Naik, who is the physiotherapist of the state football team, who participated in the National Games, says that footballers experience a kind of soreness called Delayed Onset Muscle Soreness or DOMS. This usually develops between 24-48 hours after the match. He says, "Players who have fine muscle activity and who exercise, do not get muscle soreness, they might experience some slight soreness. Coaches usually give some Vitamin C and E and protein supplements which are preventive approaches. This has been confirmed by research."

The doctor says that after high intensity training sessions, he always looks for active recovery. This is done with slight jogging for 2 to 3 minutes. He also makes the players stretch the major muscles and take ice baths which helps prevent soreness. Myofascial release is also used to release muscles that are tight and sore. Sometimes, the players are made to wear tight compression garments. It also helps to prevent soreness. If the soreness is high then he uses ultrasound or tends which is a machine which gives therapeutic electric currents which helps the muscles.