

# Why 'Forest Bathing' is the new stress relief therapy

Aditi Malhotra

In today's fast-paced, technology-driven world, stress has become a constant companion for many. Amidst this chaos, a simple yet powerful practice is gaining attention as an antidote to modern stress—forest bathing. Forest bathing, or 'Shinrin-Yoku', is a Japanese practice that encourages people to immerse themselves in nature, using all their senses to connect with the environment.

**How to incorporate forest bathing into daily life**  
You don't need to travel to remote locations to experience the benefits of nature therapy. Visit a park or green space, take a slow, mindful walk, disconnect from technology and bring nature indoors.



## Understanding the art of immersion in nature

The term 'Shinrin-Yoku' was coined in Japan in the 1980s when researchers began exploring the health benefits of spending time in forests. The practice quickly gained popularity as an official part of Japan's national health program, with designated forest therapy trails created to encourage citizens to spend time outdoors. Forest bathing is different

## EMBRACING THE HEALING POWER OF NATURE

Forest bathing is about reconnecting with the natural world in a meaningful way. It is about remembering that we are not separate from nature, but deeply connected to it. As more people recognize the need for holistic wellness, forest bathing is emerging as one of the simplest, yet most powerful, stress-relief therapies available. Whether you immerse yourself in a dense forest, a quiet park, or simply a tree-lined street, embracing nature's rhythms can bring balance, healing, and a renewed sense of calm.

from a typical nature walk. It's not about reaching a destination, tracking your steps, or setting any fitness goals. Instead, it's about slowing down, engaging the senses, and fully experiencing the natural world.

## How nature heals the mind and body

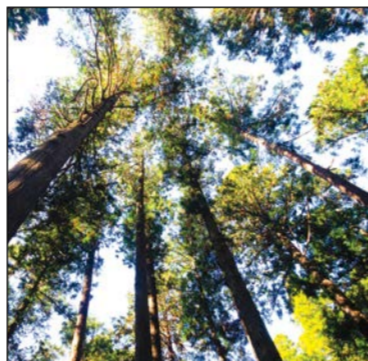
Numerous scientific studies have demonstrated its positive impact on health of forest bathing. Spending time in green spaces has been linked to lower stress levels, improved mood, enhanced focus, and even stronger immune function.

## Reduces stress and anxiety

One of the most significant benefits of forest bathing is its ability to reduce stress and cortisol levels (the stress hormone) drop significantly. Studies in Japan have shown that people who practice Shinrin-Yoku regularly experience lower blood pressure, slower heart rates, and reduced symptoms of anxiety. This is because nature has a calming effect on the autonomic nervous system, shifting the body from a state of 'fight or flight' to 'rest and digest'.

## Boosts mood and mental clarity

Spending time in forests increases the production of dopamine and serotonin, neurotransmitters associated with happiness and relaxation. This makes forest bathing an excellent tool for those dealing with depression, burnout, or



emotional fatigue. Many people report feeling a renewed sense of inspiration and clarity after spending time in nature.

## Strengthens the immune system

A fascinating discovery about forest bathing is its ability to enhance immune function. Trees and plants release airborne compounds called phytoncides, which have antimicrobial and anti-inflammatory properties. When we breathe in these phytoncides, our body increases the production of natural killer



(NK) cells, which help fight infections and even cancer cells. Studies suggest that spending just a few hours in a forest can boost immune function for up to a week, making nature one of the most powerful natural medicines available.

## Improves sleep quality

Forest environments promote relaxation, which in turn improves sleep quality. Unlike the artificial lights of screens that disrupt sleep patterns, nature's rhythms help regulate the body's internal clock.

## Why we need forest bathing now more than ever

With rapid urbanization, more people are living in concrete jungles rather than natural landscapes. Many of us spend hours in front of screens, exposed to artificial lights, noise pollution, and constant digital distractions. This lifestyle disconnects us from the natural world, contributing to higher rates of stress, anxiety, depression, and even lifestyle diseases.

Forest bathing reminds us of our intrinsic connection to the earth and allows us to tap into the healing power of nature without needing expensive wellness retreats or medications.



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**G**lossário (Konkani - Português; Português - Konkani) by Francisco Xavier Valeriano De Sa will be released at Fundação Oriente on March 27 at 6 pm to 7 pm. Francisco has authored 15 books in Portuguese on Goa and this book was first published in 2010 in Portugal. Now, with the initiative of Frederick Noronha of Goa 1556, this book is published in Goa.

Speaking about the book, Frederick says, "When I saw the book (a few copies of the Portuguese edition were being sold via the Museum of Christian Art), I realised how important it would be to both languages. Sergio de Sa, the late author's son, was very helpful in granting permissions for a Goa edition. The response to the book has been very good. Many people are surprised to recognise how much useful work the author has produced on Goa. I do think we need a lot more non-fiction books on Goa, including language learning ones, in all languages. Goa is a multilingual space and language should build bridges, not create walls, between people."

Francisco Xavier Valeriano de Sá was born in Diu in 1931, where his parents Valentim Azarias de Sá, from Goa, a doctor and pharmacist, and Catarina Eugénia Amaltea Machado were stationed between 1928 and 1936. However, it was on the island of Goa (Santo Estêvão), where he grew up from 1936 to 1962, which remained in his heart throughout his life. In 1950, he completed the Complementary Course in Science at Afonso de Albuquerque High School in Panjim and later graduated in Finance from the Instituto Superior de Economia at the Technical University of Lisbon.

In 1954, he joined the Banco Nacional Ultramarino in Goa, working in Margão and Panjim (Goa), and Bissau (Guinea, 1962-1965). Later, he transferred to the bank's headquarters in Lisbon, where he worked in the Superior Inspection of Overseas Territories and the Department of Personnel and Economic-Financial Analysis of Companies until his retirement in 1992.

In 1965, he married Maya Olívia das Angústias da Costa, from Chinchim, with whom he had two children: Sergio Valentim Costa de Sá and Osvaldo Daniel Costa de Sá. In addition to his family and professional life, he dedicated his time to music, painting, photography, cooking, and writing.

Throughout his life, he was part of several musical groups: Ases do Ritmo in Goa (1957-59); Coro Alegre Cantabile (1990-2003); and the Portuguese popular music and instrumental group Banarinos (1992-2006), both from Banco Nacional Ultramarino, Lisbon; the research group on Indo-Portuguese folklore Ekvat (1992-2011); and the youth musical group Gâmät, performing

# LEARNING TWO BEAUTIFUL LANGUAGES, KONKANI AND PORTUGUESE

Goan, Portuguese, and other musical styles (2008-17), both from the Casa de Goa in Lisbon.

He was an academic of the Academy of Letters and Arts of Portugal, Monte Estoril. He promoted the recital, 'Harmony of Two Guitars' with himself on the Portuguese guitar and Prof Miguel Costa on the classical guitar, at the Academy of Letters and Arts, Estoril, in 2016. Holder of four prizes in photography contests, he held seven solo photography exhibitions, one solo exhibition of painting and pyrography in Lisbon, and three painting exhibitions in Goa and Lisbon.

He authored 15 books, including 'Vices Reis e Governadores da Índia Portuguesa (Viceroy and Governors of Portuguese)', 'Banco Nacional Ultramarino - Crónica do Seu Percurso (Banco Nacional Ultramarino, a Chronicle of its Journey)', 'Composições de Duarte Costa para Guitarra Portuguesa (Compositions by Duarte Costa for the Portuguese Guitar)', 'Páginas Dispersas - Um Goês Viajando pela História (Scattered Pages - A Goan Travelling Through History)' and 'GOA - Sabores, Saberes e Segredos (Goa: Flavours, Knowledge and Secrets)'.

Dr Paulo Gomes, director of Fundação Oriente in India, says, "I reckon that this book is important in today's times because it's essential to develop events that promote Konkani as a central language, as it's the official language of Goa. Additionally, it's important to recognise the presence of the Portuguese language in Goa, especially among the some part of the Goan community. A glossary that addresses both languages can be a valuable tool for those who identify with both cultures and want to learn more about them."

## SOME RICE-RELATED WORDS FROM THE KONKANI-PORTUGUESE DICTIONARY

**ADON** – Água para cozer o arroz.  
**BHAT** – Arroz cru com casca, Bate.  
**BUDDKULO** (buddcullô) – Panela de barro para arroz.  
**GOTTO** (gôttô) – Grão de cereal, Bago de arroz cozido.  
**KONNIO** (côniô) – Trinca de arroz, (arroz partido).  
**KOILLOLI** (côillôli) – Apa de arroz.  
**PULAV** (puláu) – Arroz refogado com diversos ingredientes.  
**SANON** (sanón) – Sanon (bolo de farinha de arroz com coco ralado e jagra).  
**TANDLLA PITTH** (tandllá pitt) – Farinha de arroz.  
**UNDDI** (unddi) – Punhado de arroz cozinhado.  
**XIT** – Arroz (cozinhado).

He further adds, "The goal is to promote mutual understanding and respect between the two languages and cultures, without overlapping one with the other. The relationship between Konkani and Portuguese languages is a rich and historical confluence that unites Portugal and Goa. Promoting this relationship can add value and represent the two cultures that have walked together for centuries."

The book launch will be held at Fundacao Oriente, Fontainhas, Panjim followed by a panel discussion. The panelists will include Dr Isabel Santa Rita Vas, Dr Pratap Naik and Damodar Ghanekar.

# Conversing with artists about traditional engraving



Sunaparanta Goa Centre for the Arts will be hosting an open studio and conversation with artists-in-residence, Annabel Schenck from France and Sourav Chatterjee from India. They participated in a 45-day Artist-in-Residency-Lab (AIR-L) programme at Sunaparanta, exploring the impact of coastal development on the environment and local communities by drawing parallels between Panjim's coast and the Mediterranean.

Annabel Schenck, a printmaker, collaborated with local artists to expand the possibilities of traditional engraving.

She developed new tools, experimented with different materials, and explored spatial print arrangements. As part of a week-long exchange at The Directorate of Art and Culture, Panjim, she engaged with Goan printmakers, exchanging techniques and processes.

Sourav Chatterjee immersed himself in Panjim's daily life, translating societal attitudes and emotions into paintings that address pollution, over-exploitation, and climate change. Having spent seven years in Europe, he brings a perspective that blends familiarity and distance. His work reinterprets Indian miniature painting with

contemporary global influences.

Schenck and Chatterjee will be in conversation with Goan printmakers Swapnesh Vaigankar, Viraj Naik, Asavri Gurav, Leticia Alvares, Sachin Naik and Shripad Gurav today, March 26 at 6 pm at Sunaparanta Goa Centre for the Arts, Altinho, Panjim. The open studio will be held till April 5 from 10 am – 6 pm at the centre.

## World Theatre Day celebrations

Kala Academy Goa is celebrating World Theatre Day. NGO Cultural Diversity for peaceful future, Georgia will stage a play entitled 'Life of a Clown' by Liberty Theatre. Georgian Theatre experts will conduct a workshop at Black Box on March 27 between 9.30 am to 1 pm. This workshop will provide hands on experience in unique performance techniques, benefiting students and faculty. The workshop will expose theatre enthusiasts to international theatre forms, enriching their artistic perspectives.

**Venue:** Dinanath Mangeshkar Kala Mandir, Panjim  
**Date:** March 27  
**Time:** 6.30 pm

## Film screening



Cinephile Film Club will be screening Alfred Hitchcock's 1946 film 'Notorious', starring two big names, Cary Grant and Ingrid Bergman. Over the years, the film which is a spy thriller, has been recognized as one of the most visually appealing films made by the master filmmaker, with several remarkable shots. Ingrid Bergman plays an American recruited by an agent (Cary Grant) to infiltrate a spy ring led by Sebastian (Claude Rains) who once loved her. A love story with espionage as the backdrop, this engaging film has it all, including Hitchcock's trademark MacGuffins.

**Venue:** Audi 1, Maquinez Palace, ESG, Panjim  
**Date:** March 27  
**Time:** 6.30 pm

# Herald Gaming Console

## Dilbert



## Garfield



## Wizard of id



## crossword 4802

### ACROSS

1- Too bad!; 5- Like an abyss; 9- Boater or bowler; 12- 'Goldberg Variations' composer; 13- Fall bloomer; 15- Unadulterated; 16- To (perfectly); 17- Customary; 18- Bahrain bigwig; 19- It bites you in your sleep; 21- Frozen dessert; 23- Painful throb; 25- Jacob's twin; 26- This was produced by Van Gogh, for example; 29- Former Ford; 31- Female sibling; 35- gratias (thanks to God); 36- Greek fabulist; 38- Model Campbell; 39- Angers; 41- Dig find; 43- Caustic substances; 44- 71% is under water; 46- Accept eagerly; 48- Before, in poems; 49- Imaginary; 51- Nerve network; 52- Bad start?; 53- Chicago paper, for short; 55- Hwy.; 57- Mosaic; pieces; 61- Beast; 65- Circle of light often seen around the head of saints; 66- Take (at try); 68- Sauce brand; 69- Brockovich; 70- Stable compartment; 71- Airline since 1948; 72- Cockpit abbr.; 73- Vogue rival; 74- 1994 Jodie Foster film;

### DOWN

1-Simple rhyme scheme; 2- Not punctual; 3- Breezed through; 4- Come Back, Little (to); 5- Female descendant; 6- Road curve; 7- Toilettes case; 8- Freedom from war; 9- Actor Cronyn; 10- Opera solo; 11- School period; 14- Like non-oyster months; 15- Scrutiny; 20- Bruins' sch.; 22- First son of Adam and Eve; 24- Ford flop; 26- French farewell; 27- Aired

## sudoku 4802

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

## 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 4801

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