

Herald Cafe



THE SPIRITUAL BENEFITS OF FASTING: MORE THAN JUST A DETOX



SAVSAR PADVO, A CAPTIVATING EXPERIENCE



LILI AND SHREY TANDON

THE START: The couple met thanks to common friends in Chennai. Lili's friend was doing volunteer work in India. Shrey says, "I have to thank her because of her I met my future wife. Lili was struggling with the spicy food in Chennai. She was distressed. I made some simple food. If I was not a musician, I would have been a chef in a roadside dhaba. That food certainly settled her." Lili remembers when she introduced herself, Shrey yelled out that she shared a name with his mother. They got married in December 2021 in Kanpur as per the special marriage act, the city where he was born. His parents, a lawyer and an uncle were only present. Lili wore a saree and her only worry was how she would be able to manage with all that cloth. "It was fun but it was crazy," she says. They had a party in Goa two years later where her father was present. For Lili, life has been very good since she was in a long distance relationship after the marriage. She spent time in Germany and she missed her husband a lot. Shrey says it has been good and the decision to move to Goa was made keeping in light their value systems.

WHY GOA
Shrey says that despite living in Chennai and it being multicultural, he always felt like an outsider. They selected Goa because it was multicultural and he could see a lot of things like sustainability being practised here. There was importance placed on hygiene, cleanliness and mental health which was important to both of them. As a musician, he got to play with very good musicians in events which were very professional.

Love Across Borders: The joy of multiracial couples living in Goa

Multiracial couples based in Goa talk about their life and the challenges they face and the pleasure of living in the state

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Goa plays hosts to tens of thousands of visitors every year from all over the country and the world. The beauty of the place and its charm can work its magic on

people from all over. Here are four multiracial couples who have made Goa their home. One half of all these couples is a foreigner drawn by their love for their partner and the state.

ASHEEN LOBO AND ELISA KANTONIEMI

The Start: Asheen Lobo runs a restaurant in Candolim, where he met Elisa, through common friends. Asheen says, "Elisa is a wedding photographer who wanted to stay in India and later travelled to Goa as a tourist in 2008. We were friends for a year before we went out." Elisa adds, "I have always loved Indian culture. I like the contrast between Finland and India. As a wedding photographer, I have done Hindu and Christian weddings. Weddings are so different between the communities and also between here and Finland. We got married in 2019. It was a small court marriage. We needed a lot of paperwork which we had to get from Finland. We

had a small party for friends." Asheen says it has been great and he would recommend married life to everyone.

WHY GOA
Elisa says, "Goa is so laid back, it is easy to live here. It is hard to pinpoint what it is but I just love it here. The overall atmosphere, the laid back stress free environment ensures that life is awesome. For Asheen, Goa is home. He loves to travel to a new destination every year but it is great to be back home in Goa at the end of it all."



ANDREA THUMSHIRN AND ADITYA RAI

The Start: A German national, Andrea was heading the sports department at an international school in Mumbai. She met Aditya at the school where he was heading the basketball program. They had similar interests in sports and changing the sports infrastructure in India. She had also created an NGO in Rajasthan, teaching hockey. She says, "I wanted to show that sports and education can go together. Aditya and I are on the same page. He came with me to Rajasthan and helped me. The project ended in 2017 and we decided to come

together and spend our future with each other." The couple contemplating about living in India and even though Aditya is from Mumbai, he had enough of the big city life. They then decided to live in Goa.

WHY GOA
Andrea says, "We used to spend our holidays in Agonda but we also had to find a way to earn money. We were missing a good breakfast option. We thought a cafe would be a good idea. We set up an organic German bakery in Benaulim to make German bread." Aditya said, "We chose south Goa, we can call Goa our home and we are part of the community. Life is challenging but great, can't complain."

NUPURA AND HANNU HAUTAMAKI

The Start: This couple met in Mumbai when Nupura was in a marketing agency and Hannu was heading the operations of a Finnish company in India. Nupura says, "It was not love at first sight. He is very quiet. The first meeting took place in a restaurant organised by another Finnish friend. A couple of days later, my company was shooting an internal training film for a car company and all candidates for the evil foreign CEO were rejected. I then asked my friend about Hannu and it happened." Hannu says, "My first impression of her was that she was an interesting person."

The couple got married in 2008. It was a court marriage and then there was a party in the forest where Christian and Hindu rites were performed. Nupura says, "It was crazy. I came as a bride in a JCB truck which surprised Hannu and his relatives". When they lived in Finland, celebrating Diwali was a depressing affair whereas Nupura felt India is a joyous noisy place.

WHY GOA

Nupura was born in Mumbai and was abroad for fifteen years. Hannu did not want to go back and stay in another city and he loved India. Nupura's mother is Goan and she wanted to come back to her roots. Goa, they reasoned, was close to Mumbai and was good with health services. The quality of life in Goa was so much better with the benefits of city life available and so the decision was made.



SWIPE RIGHT

Salman Khan on Bollywood's acceptance in South India

Salman Khan recently shared his thoughts on the evolving landscape of pan-Indian cinema. Ahead of his highly anticipated film, 'Sikandar', the superstar pointed out the contrast in audience responses, stating, "We accept South films here, but that hasn't happened yet. We go and watch them, but their fans don't always come to watch ours." Salman mentioned that making high-budget films requires significant responsibility and a solid script. He pointed out that while actors from Bollywood also charge similar fees, the key factor lies in having a strong storyline. Khan pointed out that while Bollywood audiences eagerly watch films featuring South Indian stars like Rajinikanth, Ram Charan, and Suriya, the same enthusiasm is not always reciprocated by South Indian audiences for Bollywood movies.



Megan Fox and Machine Gun Kelly welcome their baby



Megan Fox welcomed her fourth baby, her first with ex-fiancé Machine Gun Kelly. The 34-year-old rapper confirmed the birth of their baby girl by sharing a black and white video of him sweetly stroking his newborn's fingers. 'She's finally here!! Our little celestial seed,' Kelly captioned the post. The proud dad went on to reveal that he 'composed the score' of his little girl's birth with Travis Barker, Big Slim, Truck Norris, No Love for the Middle Child and Shaan Singh. Although he did not reveal the baby's name, Kelly detailed that she was 'born into 432 Hz' and that her arrival was 'an epic journey.' 'Praise God,' he declared on his Instagram Story.



Amid the fanfare over their new album, Selena Gomez was spotted wearing an all-red outfit in New York City with her fiancé Benny Blanco.

A healing touch to every wound

Tiatr: 'The Healing House'
Writer: Fr Milton Rodrigues
Director: Shantaram Pawar
Institution: Goan.com Socio & Cultural Association

Cast: Audrey Mohanan, Frebren Fernandes, Avyanna Xavier, Elcy Cunha, Kitty Carvalho, Mathew de Souza, Jacinta Fernandes, Andrea Dias, Alistar Fernandes, Joash Almeida, Joster D'Souza, Derrick D'Mello, Joao da Silva, Marta de Souza, Marcia Fernandes, Simon D'Silva, Regina Cunha, Fr Savio Costa, Leran Carvalho, Denelza Travasco, Nazareth Braganza, Jerrico Vaz, Robert Martins, Doyvina Mascarenhas, Christavio Fernandes, Joyson Fernandes, Karol Fernandes
Band: Roy Menezes (saxophone), Theodore Alvares (first trumpet), Semy Braganza (trombone), Cajetan Fernandes (keyboards), Benny Cardozo (bass), Xavier Fernandes (drums)
Stage Sets/Lights: Mayur Ghadi, Tejas Khedekar
Makeup/Costumes: Tulsidas Naik, Marcia Fernandes

Pio Esteves

The curtains unfold to a scene in the hospital wherein Dr Pinto (Audrey Mohanan) informs Mr Dias (Frebren Fernandes) that the newborn has liver complications and an immediate transplant is required to save the child. Mr Dias agrees for the deal and a woman volunteers to assist.

At the rehabilitation centre, there's reporter Raymond (Joash Almeida), who interviews Dr Joster (Joster D'Souza) for assistance to all those (young and old) addicted to drugs and alcoholism.

Dr Joster himself was an alcoholic once upon a time and over a period of time managed to overcome his weakness. At the rehab centre run by Dr Joster, there's Br Philomen (Mathew de Souza), Sr Juan (Jacinta Fernandes), Macky (Andrea Dias) and Donald (Alistar Fernandes), who are there to assist, in their own way, all the victims admitted.



As elderly patients, there's Jack (Derrick D'Mello), Johnny (Joao da Silva), Brenda (Marta de Souza) and others at the rehab centre, who have different tales to relate regards their addiction to alcohol. Apart from the seniors, there's also Aiden (Simon D'Silva) and Angel (Marcia Fernandes) in

KA's 50th 'A' Group Competition 2024-25 'The Healing House'

their youthful days. But the former is an alcoholic, while the latter is a drug addict.

Aiden and Angel cannot do without their daily dose and both look helpless and hapless at the centre. But Dr Joster, along with his assistants, tries his best to give them the treatment.

After a while, Regina (Regina Cunha) comes in for counselling, while Br Philomen is there to teach them yoga, breathing exercises and dance to get their minds diverted from the evil.

As part of the rehabilitation, when the inmates are sharing their own and unique stories, Brenda gets very emotional and goes into dementia. Many stories unfold among the inmates and their links and connections get unearthed over a period of time.

Tiatr 'The Healing House' focuses on the rehabilitation of alcoholics and drug addicts. Alcohol and drugs are not the sole option to overcome turmoil in life—this is the message conveyed in the presentation. There were many intricate stories woven in the presentation, thus

confusing the viewers.

There are some fine performances from the artistes on stage. Joster stands tall as the head of the rehab centre, while Marta, Derrick, Joao Simon and Marcia are good in their respective characters. Other artistes have extended good support to the main cast.

In the comic acts, there's Mathew, Jacinta, Andrea and Alistar with good dose of laughter pills, but exaggeration in some acts could have been avoided.

The section of renditions, the opening is a choral, followed by six solos, duo, duet, trio and quartet. A decent solo by Nathan Xavier and a comedy solo from Mathew Fernandes were appreciated by the audience. Roy Menezes (saxophone) and his musical team assisted all the singers on stage.

The stage sets by Mayur Ghadi and lights by Tejas Khedekar deserve a mention. The background music by Kiran Barve was tactfully handled.