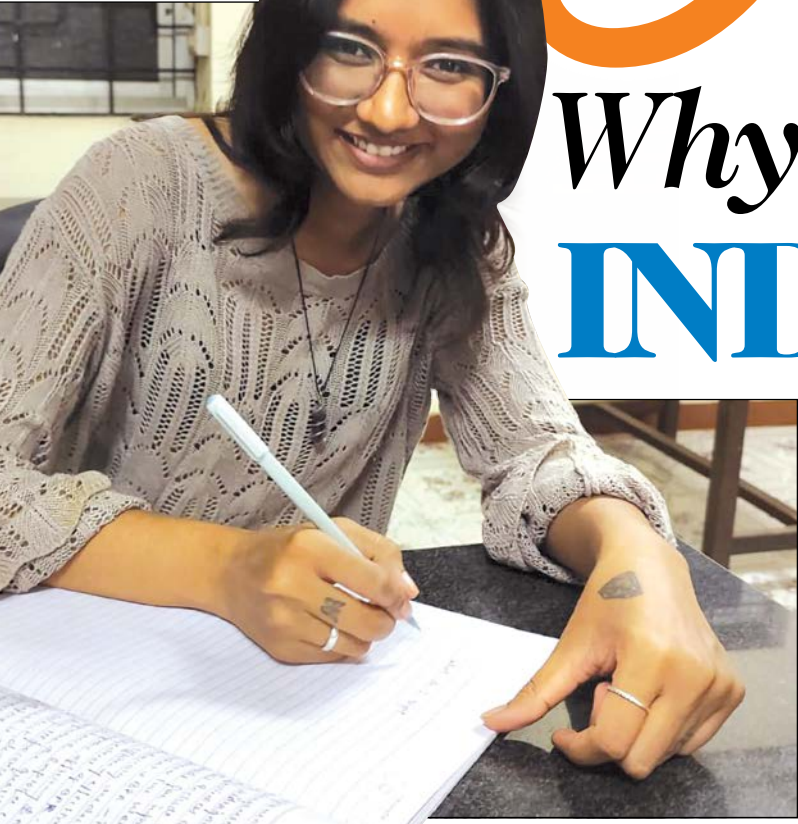




GOA COLLEGE OF HOME SCIENCE HOSTS 'KHOSHI LOKANCHEM FEST'



SHEDDING LIGHT ON GOA'S FADING MEDICINAL PLANT HERITAGE



Elsa Angel Rose

Many young women with dreams and goals are choosing this coastal state as their home away from home. With its laid-back vibe, supportive communities, and relatively safer environment, offering lots of freedom and opportunity, Goa is emerging as an appealing choice for them.

How conducive is Goa for women living alone?

Goa is welcoming, safe, and gives women living alone the freedom to enjoy life on their own terms. Dr Neetu Gupta, a homeopathic physician, said, "I have been living in Goa by myself for two years, and I am quite enjoying it; it's safe compared to many other cities of India I have stayed in." According to her, people are educated and progressive and are welcoming of outsiders. They encourage women to stay and earn on their own here. "I get a lot of community support from Goa, unlike Bangalore, where I did not experience much community support," said Jagori Mukherjee, a hostel resident in Mapusa. She further added that this support and community feeling make her feel at home in Goa.

Unique challenges for women staying alone in Goa

There are a few concerns that women seem to raise, like the difficulty when it comes to transportation. Dr Neetu, a PG resident in Mapusa, said, "Having your vehicle is a huge advantage, compared to people who use public transportation in Goa." Another concern is regarding high deposit money charged by hostels and apartments. "Stays here are not professional or functional enough. Sometimes, the amenities that are promised to you, you don't end up receiving," said Jagori, a hostel resident in Mapusa. To add to the dilemmas, there is some amount of gender bias when it comes to a woman staying alone. "Though generally open-minded, some Goan locals may still pass judgment on women in certain situations," said Ketaki Parob, founder of WOW Foundation Goa (NGO) and member of the Goa state commission for women. She further added, "Some people tend to be judgmental when it comes to a woman staying alone or working late nights."



Top priorities for women

Safety and security are first and foremost priorities for any woman. Having a watchman and security cameras can make a PG or an apartment an ideal one for women looking to move. "Women generally want to know how safe a PG is," said Edlyn Faria, owner of a working women's PG in Mapusa. Once safety is ensured, other basic amenities like room facilities, food, laundry facilities, and parking conveniences are taken into consideration. A key detail that is often missed is the importance of having a good environment in the hostel alongside top-notch infrastructure. Ensuring that a woman has a close-knit social circle or positively minded people surrounding her is also pertinent.

# Why Goa appeals to INDEPENDENT WOMEN

Is Goa a go-to place for women looking to live independently? Cafe dives into the lesser-seen side of Goa where women are stepping out, starting fresh, and haping their own paths

Being independent is the way to go

"It is a man's world; we are barely surviving in it," said Aarum, a hostel resident in Mapusa. The future generations of young girls should understand the importance of moving out on your own, figuring things out by yourself. Only then can women create real change and lead the way forward. Amrita Singh, a hostel resident in Panjim, said, "I love staying alone; now it has become a habit. Many significant life lessons are learned when you are alone." This generation and the coming generations require more and more women to step up and create change. "Every woman being independent, emotionally and financially, is the need of the hour," said Ketaki.



Goa, with all its quirks and comforts, is giving many women the space to find their voice and build their lives on their own terms. While challenges exist, they are often outweighed by the strength women gain from navigating them. This lush state has a lot to work on to grow more and offer more to these women. More affordable and efficient working women hostels and PGs can help attract more women to lead their dream lives in Goa. "An ideal stay for women will be the one where a woman has her freedom, her space, as well as where there are boundaries set where she feels happy," concludes Ketaki.

NECESSITIES FOR A WORKING WOMAN LIVING ALONE

<b>Strong safety measures</b> – Ensure the place has secure entry, CCTV surveillance, and trusted staff	<b>Clean and well-maintained rooms</b> – A tidy, hygienic space makes daily living more comfortable	<b>Availability of food</b> – Access to home-cooked meals or nearby tiffin services is a big plus
<b>Laundry facilities</b> – On-site washing machines or laundry service saves time and effort	<b>Good location</b> – Choose a spot close to work, transport, and basic essentials	<b>Sense of community</b> – Friendly neighbours or roommates make solo living feel less lonely
<b>Reasonable rent and deposit</b> – Fair pricing lets you manage your finances stress-free	<b>Rules that respect privacy and freedom</b> – Look for places that treat you like an adult	<b>Reliable amenities</b> – Consistent water, electricity, and Wi-Fi are absolute must-haves

SWIPE RIGHT

Love to play Tara Singh over again: Sunny Deol

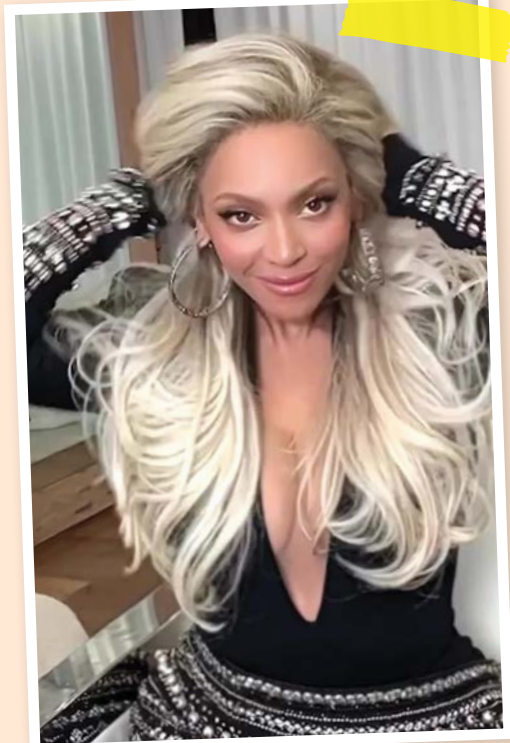


The Sunny Deol and Ameesha Patel starrer 'Gadar' franchise is among the most cherished film series by the Indian audiences. The first part of the romantic drama was released in 2001, and nearly 22 years later, the sequel to the film was released, receiving an equal amount of love. Fans are eagerly waiting for 'Gadar 3', and Deol recently admitted his wish to play Tara Singh over and over again. When asked about the third part of the 'Gadar' franchise. In response to this, the 'Jaat' actor responded, "I would love to play Tara Singh over and over again because it is such a wonderful character. He is a character which has got everything—he has everything in him and when he gets angry, he uproots everything," Deol explained with a laugh.

Drake says, 'I DM'd but no reply' to Bieber's post



Will Drake and Justin Bieber reunite for a new collaboration? The 'Sorry' singer posted an Instagram carousel of three nondescript images and a dark selfie, with a caption that read: "Dm me if u wanna make music together." While several fans of the pop star eagerly responded, fellow musicians offered up their names – including Drake. The rapper, 38, replied in the comments: "I DM'd but no reply." Despite Drake's public comment, Justin, did not directly respond to his comment or the other musicians who commented, including Big Sean, Kehlani, Jaden Smith and country star Bailey Zimmerman. The two Canadian musicians collaborated over a decade ago, in June 2012, on the song 'Right Here'.



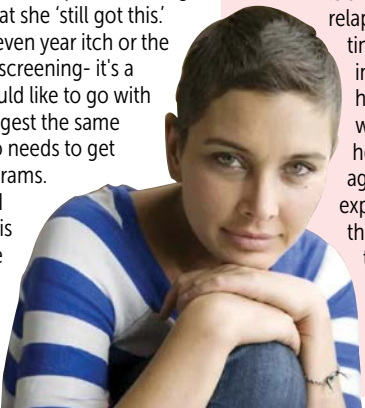
Beyoncé shows off her lush blonde locks as she launches her new haircare range.

## B-town actresses who fought cancer gracefully

Tahira Kashyap is the latest among several prominent actors who have battled the dreaded disease with determination and poise

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Actor Ayushmann Khurrana's wife Tahira Kashyap revealed that her breast cancer has relapsed for the second time. She was initially diagnosed with stage 0 breast cancer in 2018. 'Sharmajee Ki Beti' director took to her social media handle and penned a long post, revealing that she 'still got this'. Her post read, "Seven year itch or the power of regular screening- it's a perspective, I would like to go with the latter and suggest the same for everyone who needs to get regular mammograms. Round 2 for me...I still got this." She is yet another name in the long list of actors who have confronted the big C and won.



**LISA RAY:** Lisa Ray, a Canadian-Indian actress, was diagnosed with multiple myeloma, a rare blood cancer, in 2009, and she has spoken openly about her cancer journey and recover. She underwent an autologous stem cell transplant using her own stem cells and announced she was cancer-free in April 2010. While she went into remission, she relapsed three years later, around the time of her wedding in 2012. She incorporated nutrition and holistic healing into her recovery, and within three months of changing her diet, she was in remission again. Ray has been vocal about her experiences with cancer, including the emotional challenges and the importance of expressing emotions. She also advocates for early detection, crucial lifestyle changes, self-care, and changing outcomes for cancer patients

**HINA KHAN:** An Indian actress who appears in Hindi and Punjabi films and television, Hina Khan, is widely recognised for portraying Akshara Maheshwari Singhania in 'Yeh Rishta Kya Kehlata Hai'. Recently, Hina Khan shared her diagnosis of stage 3 breast cancer with her fans, stating that her treatment has already begun and that she is determined to overcome the disease. She continues to share her journey on Instagram with her most recent post throwing light on the discolouration of her finger nails, "Nail discolouration is one of the most common side effect of chemotherapy. My nails have become brittle, dry and sometimes lift up from the nail bed. But Butttttt. You know what's the good part. All of this is temporary.. And remember, we are healing. (sic)."



**SONALI BENDRE:** Sonali Bendre was diagnosed with metastatic cancer in 2018 and underwent treatment in New York, sharing her experiences and positive outlook. Her treatment included chemotherapy and surgery, and returned to India in December 2018. She successfully overcame the disease and is now a cancer survivor.



**MAHIMA CHAUDHRY:** Mahima Chaudhry, the actress known for films like 'Pardes', 'Deewane', 'Lajja', etc., revealed that she was diagnosed with breast cancer in 2022 and underwent successful treatment. Her openness about her cancer journey and her support for others has been widely praised, highlighting the importance of early detection and the strength of survivors.

**KIRRON KHER:** Kirron Kher was diagnosed with multiple myeloma, a cancer of plasma cells, in 2020. She has been undergoing treatment and her husband, Anupam Kher, shared updates on her health and treatment. Despite her illness, Kirron has continued to work and has spoken candidly about her battle with cancer, emphasizing the importance of staying positive and proactive about health.

**MANISHA KOIRALA:** In 2012, Manisha Koirala was diagnosed with stage IV ovarian cancer. She underwent treatment at Memorial Sloan Kettering (MSK) in New York, including optimal debulking surgery and six cycles of chemotherapy with paclitaxel (Taxol) and cisplatin. Manisha recovered successfully from her cancer and was declared cancer-free.

