

Goa College of Home Science hosts 'Khoshi Lokanchem Fest'



The Goa College of Home Science hosted the 99th edition of Goa's iconic cultural revivalist festival, curated by the renowned Festakar Marius Fernandes. Titled 'Khoshi Lokanchem Fest' (Festival of Happy People), the event was a vibrant celebration of Goan culture, creativity, and community spirit, with a strong emphasis on inclusion and sustainability.

The festival served as a platform for students to showcase their talents in music, dance, and performance, while also emphasizing the importance of preserving and propagating Goa's rich heritage. The theme of inclusivity was brought to life by providing stalls and a dedicated forum for persons with disabilities to present their handcrafted products and share their personal journeys. The session was facilitated by veteran journalist Prakash Kamat, who encouraged dialogue on empowerment and social integration.

Adding depth to the theme of heritage, the Pereira family tree of Quitla, Aldona—tracing roots back to the 1920s—was on display. Despite being dispersed globally, the Pereira family continues to hold annual reunions, showcasing the strength

of lineage and intergenerational bonding. The visual documentation of family history was a reminder of the enduring power of connection, even across continents.

The college unveiled its very own musical ensemble, the 'Home Science College Sunshine Band', featuring a soulful blend of student and faculty performers. Led by Advita Pai on guitar and Yvette Rodrigues on violin, the band captivated the audience with

nostalgic renditions of Goan folk songs, both popular and obscure. Equally applauded was the performance by the all-girls percussion group, 'SG - Global Goan Girls Ghumot Group', which drew attention to the cultural and ecological relevance of the Ghumot, a traditional Goan instrument. "The Ghumot is not just a drum; it's the rhythm of Goan soil," said Marius Fernandes, who also raised awareness about the endangered monitor lizard, often poached for its skin used in traditional Ghumot construction.

Dynamic dance performances choreographed by Alfiya Yakundi (SYBSC), Rajvi Naik (FYBSC), and college counsellor Luella Dias formed part of the cultural medley 'Goyenche Noxettra'—an energetic showcase involving teaching, non-teaching, and support staff that had the audience on their feet.

The festival opened with a traditional Passoi (procession), which included guided tours of the Textile Research Laboratory - The Loom and Thread Studio. Under the mentorship of Associate Professor Dr Charlotte Facho, the studio demonstrated handloom weaving, natural dye tie-and-dye techniques, and sustainable fabric development. "We aim to preserve our textile heritage while adapting it for modern, eco-conscious learners," Dr Facho shared.

A standout academic component of the fest was a series of workshops on fitness, nutrition, and healthy eating, spearheaded by Dr Gwendolyn de Ornelas and conducted by assistant professors Sheryl Afonso and Suman Gosavi. These workshops skillfully blended traditional Goan food practices with contemporary nutritional adaptations. "Our goal was to reconnect people with the health benefits of traditional foods while demonstrating how small modifications can enhance their nutritional value without compromising on taste," said Suman Gosavi. Sheryl emphasized, "Healthy eating doesn't mean letting go of our cultural roots—it's about



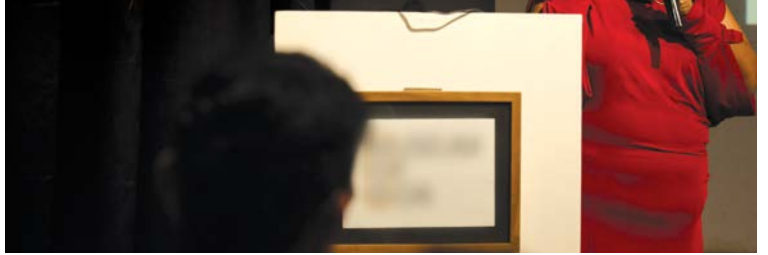
A book on transcontinental love for Goa

A major cultural highlight was the release of the book **Across Three Continents: The Legacy of Antoinette Fernandes**, authored by Nicole Soares and published by Dr Gwendolyn de Ornelas. The book chronicles the inspiring transcontinental journey of Antoinette Fernandes, the mother of Festakar Marius, and stands as a testament to cultural resilience and family legacy.

understanding them and finding mindful ways to innovate." She also conducted a practical demonstration of simple home-based exercises designed to improve balance and coordination, particularly beneficial as one ages.

The groundwork for the festival—including coordinating practice schedules and organizing participating teams—was efficiently managed by Assistant Professor Sheryl Afonso and College Counsellor Luella Dias, ensuring smooth execution and enthusiastic participation across all segments of the event. Principal Prof Mahesh Pai expressed heartfelt appreciation for the collective efforts that brought the festival to life. "This was more than just a cultural event—it reflected our values: inclusivity, tradition, innovation, and community. I extend my deepest gratitude to all those who made this celebration a resounding success."

Shedding light on Goa's fading medicinal plant heritage



In an age where modern medicine reigns supreme, Dr. Maryanne Lobo is staging a quiet rebellion with leaves, roots, and flowers.

The well-known Goan Ayurvedic physician, on a mission to revive Goa's fading medicinal plant heritage and ancient remedies that once formed the backbone of local healthcare, shed light on the importance of conservation and its crucial link to our lives during her recent lecture at MOG Sundays at the Museum of Goa in Pilerne.

"For generations, our ancestors relied on the healing properties of local herbs and plants, many of which have been forgotten. By reconnecting with this lost knowledge, we can create a sustainable and holistic approach to wellness that blends tradition with modern science," she said during her lecture.

Lobo's journey began when she noticed a growing disconnect between Goans and their natural heritage. While Goa is renowned for its biodiversity, urbanization and lifestyle changes have led to a decline in the use of native medicinal plants. Determined to bridge this gap, she has been working closely with local communities, traditional healers, and environmental experts to identify, cultivate, and promote these natural remedies.

"Many of these plants have the potential to address common health concerns such as stress,

inflammation, digestive disorders, and even cancer, yet they remain underutilized," Lobo explained. "By integrating them into everyday wellness practices, we can encourage a return to natural healing."

She emphasized that the human body has an innate ability to heal itself when aligned with nature. Traditional festivals like Vata Poonima, which involves the veneration of the banyan tree, are rooted in this deep connection with biodiversity.

"The body has an incredible ability to heal itself when we align it with nature's rhythms," Lobo said. "Ayurveda is not just about treating illnesses; it's about enhancing life through balance, nourishment, and mindfulness."

Elaborating on the role of nature in traditional practices, she highlighted how cultural rituals foster a love for the environment and ensure the conservation of vital plant species. "For instance, the banyan tree is not

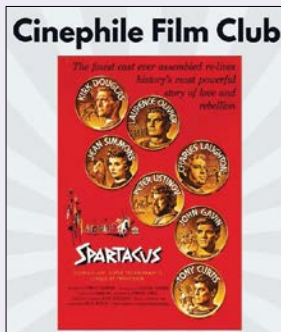
just beneficial to humans—it provides a home for countless birds and supports rich biodiversity," she noted.

Ayurveda, deeply woven into India's and Goa's cultural fabric, reinforces this symbiotic relationship, she added.

Seasonal diets were designed to align with nature's rhythms, ensuring sustainability while nourishing the body.

Film screening

Cinephile Film Club will host the screening of the Stanley Kubrick epic 'Spartacus', a big screen spectacle. The film has one of the greatest ensemble cast with Kirk Douglas as the leader of the rebels, Laurence Olivier as the politician Marcus Crassus, Charles



Laughton as the rival senator, and Peter Ustinov as Batiatus, in an Oscar-winning role, in this classic Roman saga. The film had six nominations and won four Oscars.
Venue: Maquinez Palace, Panjim
Date: April 10
Time: 6.30 pm

Batik printing workshop with Puja Guha



Batik is a traditional fabric art that dates back centuries, with its roots in Indonesia and influences from various

cultures worldwide. This fascinating technique involves using wax to create patterns on fabric before dyeing it, resulting in intricate, colourful designs. The wax acts as a resist, preventing the dye from reaching certain areas, allowing for striking contrasts and layered effects. Learn the intricacies of batik printing with Puja Guha with prior registration till April 11.

Venue: Carpe Diem Art Centre - Majorda
Date: April 13
Time: 11 am - 1 pm

When Goan artists interpret St Francis Xavier

Goencho Saib, Goenchea Akaran' is an art exhibition by the Parish Pastoral Council of St Francis Xavier Church, Borim was inaugurated by the chief guest Dr Keith D'Souza to celebrate the birthday of their patron saint. Fr Victor Ferrao, parish priest of St Francis Xavier Church, Borim, welcomed art lovers and the devotees to have a closer look at the artworks created by 21 professional Goan artists and 14 emerging young talents from the surrounding villages of Borim. The exhibition is curated by Raymond Pereira and will be on display till April 13 from 10 am to 7 pm. The inauguration was compered by Agnelo de Borim and was held in the presence of Dr Vishvesh Kandolkar and Nishant Irudayadason, professor of Philosophy and Ethics in Jnana-Deepa Vidyapeeth (JDV), Pune.



Herald Gaming Console

Dilbert



Garfield



Wizard of id



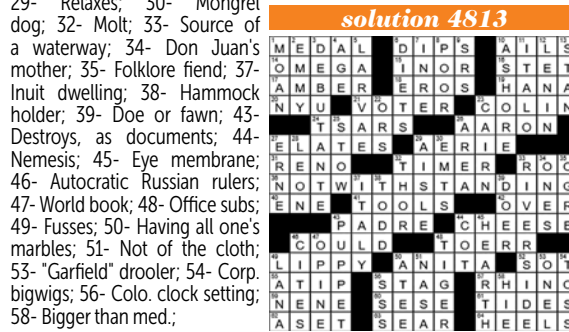
crossword 4814

ACROSS

1- Actress Anouk; 6- Biblical gift bearers; 10- la Douce; 14- Objects of devotion; 15- Like out of hell; 16- Approach; 17- Reason for a raise; 18- Abominable snowman; 19- Eye sore; 20- Did nothing; 21- Make of (write down); 23- Swedish imports; 24- Late bloomer; 26- Scope; 27- Thawed; 29- Overcast; 31- Small jazz combo; 32- Sweatbox; 33- Carnival site; 36- In spite of; 40- Salty sauce; 41- Welcome; 42- At any time; 43- Snow conveyances; 44- Change into ice; 46- California border lake; 48- It's human; 49- The Jetsons' dog; 50- Winter woe; 52- Ad- committee; 55- Roy's 'singin' pardner'; 56- Polite address; 57- France; 59- Toward the mouth; 60- Salon sound; 61- Marsh of mystery; 62- Flat sound; 63- Gumshoes; 64- Dreaded mosquito;

DOWN

1- Intentions; 2- Think tank output; 3- Death rate; 4- New Haven student; 5- Executor's concern; 6- Executive of a municipality; 7- Help a hood; 8- Fence opening; 9- Lord, is ___?; 10- Certifiable; 11- Price twice; 12- Perhaps; 13- Ancient Athens's Temple of ___; 22- Homer's TV neighbor; 23- The devil; 25- Put away; 26- Barrett of gossip; 27- Range; 28- Switch ending;



sudoku 4814

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

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 4813

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