

When Goa became a creative escape for Kerala artists

A vibrant art exhibition and camp at Kala Academy saw the two states' themes blend on canvas

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A bunch of artists from northern Kerala, bound by a shared dream to bring art closer to the community, came together two years ago to form a collective called One Art Nation. Since then, they have kept a busy calendar — hosting exhibitions, art camps, and seminars across their home state.

This month, they took a bold new step: their first programme outside Kerala, choosing the culturally rich setting of Goa's Kala Academy. Over two days (April 26–27), their exhibition, titled GOART, displayed works by about 35 artists. Alongside it, a lively three-day art camp called Go-vaa (April 26–28) unfolded, attracting 49 artists. The name 'Go-vaa' — a clever blend of 'Goa' and the Malayalam word 'vaa' (meaning 'come') — captured the spirit of invitation and exploration that defined the event.

The camp was a whirlwind of creativity, with artists drawing inspiration from Goa's vibrant motifs and landscapes. Some works were bold and abstract, others richly realistic, but all carried the



and received encouraging inquiries. Many of us also created fresh pieces inspired by Goa. I, for one, completed two watercolours drawn from the local surroundings."

Among the showstoppers was an acrylic painting by Nishesh Karunakaran that captured the surreal sight of casinos floating on the Mandovi River beneath a brooding sky. Meanwhile, Anesh Arya's imaginative canvas fused Kerala's traditional chenda melam and theyyam performances with the imposing beauty of Panjim's Immaculate Conception Church. This piece was later presented to Governor P S Sreedharan Pillai, who hosted the artists for a warm reception at Raj Bhavan.

With vibrant new friendships, works that captured the spirit of Goa, and promises of future collaborations, the artists returned home with memories — and canvases — richly coloured by their experience.



this project possible," said Dhanesh Mamba, the collective's chairman. "We exhibited around 125 works

unmistakable imprint of the place.

"We have a few friends in Goa who supported us wholeheartedly, making



Jubilee of Divine Mercy celebrated at Carambolim

The Divine Mercy Movement of the Archdiocese of Goa and Daman celebrated the Jubilee of Divine Mercy during the Archdiocesan level Divine Mercy Sunday celebration held at St John the Baptist Church, Carambolim. The Eucharistic celebration was presided over by Fr Kenneth Teles, Episcopal Vicar for the South Zone. He was joined by Fr Donato Rodrigues, Rector of the Patriarchal Seminary of Rachol; Fr Ashley Fernandes, President of the Divine Mercy Movement; Fr Ronald D'Souza, Superior of the Carmelite Seminary Mapusa, Fr Manuel Gomes, parish priest of Our Lady of Amparo Church, Mandur and several other priests who concelebrated the Mass.



Delivering a homily on the theme 'Go, experience, live, and proclaim the Mercy of God', Fr Kenneth inspired the faithful to embrace and share the message of Divine Mercy in their daily lives. He urged the faithful to draw from the spiritual sources available to them, "Take prayer, the Word of God, and the sacraments—especially the Sacrament of Reconciliation and the Holy Eucharist—as the means to experience mercy, and then go forth to live and

presented to the priests as a gesture of love and appreciation. Carambolim Parish Choir led the congregation in soul-stirring liturgical singing.

Fr Ashley Alphonso proposed a vote of thanks, acknowledging the contributions of all who made the celebration a success. The event witnessed the active participation of members from Divine Mercy groups across the Archdiocese, along with the parishioners of Carambolim.

proclaim it." Fr Mario Costa expressed his joy for the opportunity to host this meaningful celebration. During the event, gifts prepared by the parishioners were

Sharjah Goans celebrate Cajuchem Fest



Bryce D'Souza

The Goan community in Sharjah hosted a vibrant celebration at Al Majaz Park to honour the cashew fruit, a staple of Goan summers. Attendees dressed in bright cashew-inspired colors and participated in fun activities, including

a high-energy ice-breaker led by Cathy Almeida, who challenged everyone to guess famous Goan facts — while simultaneously keeping a balloon in the air. A creative fashion parade was held where participants paraded their finest cashew-inspired fashion, complete with props crafted by Victoria Alphonso as they

walked to the music by Savio Braganza. The event concluded with the potluck. Homemade Goan dishes and fruit, non-alcoholic drinks flowed freely as people celebrated the cashew.



Musical show 'Mainchem Bhangar' at Raia

Grace Sera Entertainment will be presenting a musical show 'Mainchem Bhangar' directed by assistant commissioner of Customs, Neves Oliveira. The singers include noted singers Hema Sardesai, Rita Rose, Betty Naz, Succorine, Lawry Travasso, Anthony San, Elvis Mascarenhas and others. Among the comedians feature comedian Filipe, Hortencio, Candida, Cidroy, Manisha and Ansh. The 10-piece band includes Norman Cardozo, Senon, Rishona, Vailani, John de Maddel, Grayston, Nolvert Cota, Nazareth and Sammy Braganza. Avito Menezes will compose the music.

Venue: Ilha-de-Rachol (Zumvear)
Date: April 29
Time: 7:20pm

Mango Festival at Saligao

Made in Saligao Community Market will celebrate the King of Fruits in all its glory. Enjoy the Mango Festival with mango mocktails, mango pickles, mango chutney, mango sticky rice, mango serradua, mango cheesecake, mango pancakes, mango sansav, uddamethi — and stock up on the freshest mangoes and raw mangoes for sale. A free ukulele session for kids will be conducted by Gigi from 5.30 pm – 6.30 pm. Kids must bring their ukulele, a plectrum, a notebook, and a pen.

Venue: Saligao Institute, Saligao
Date: April 29
Time: 5 pm to 8 pm

Food to protect skin from UV Rays



Shahnaz Husain

Arming yourself with plenty of sunscreen, sun hats, and cover-ups is an absolute must for excellent skin health and UV protection. Even if you're not sunbathing at the beach, you might have incidental sun exposure as you go about your day. However, certain lifestyle amendments can also help protect the

Herbs: Herbs like elderflowers, rosemary, and certain oils like coconut and red raspberry seed oil protect skin from sun damage. Herbs have a high potential due to their antioxidant activity. Although isolated plant compounds have a high potential in the protection of the skin, whole herbs extracts showed better potential due to their complex composition. Rosemary extracts are helpful against the sun's UV damage. Various studies concluded that taking an extract of rosemary and lemon regularly for more than eight weeks internally decreased UV damage in humans.

Rosemary extract is widely used in sun care creams. The sunscreen's photoprotective efficacy is enhanced by adding rosmarinic acid. Walnut extract has been shown in studies to be very effective as a self-tanning sunscreen agent. It has compounds that react with the keratin proteins in your skin to form colored compounds that protect you from UV rays.

Lavender not only has a lovely scent, but has been found in studies to inhibit the generation of the type of free radical that causes much of the damage from UVA/UVB radiation.

Red Grapes: Using grapes in your beauty regimen is a great way to protect yourself from harmful UV rays. Grapes are jam-packed with resveratrol, a powerful antioxidant that can improve your skin's defences against beaming sun rays. Regular intake of red grapes prevents sunburns from UV-light exposure. A grape diet acts as a sort of

skin from sun damage. The food items that we incorporate into our daily diet play a crucial role in protecting the skin from harmful UV rays.

In the quest for healthy, glowing skin, consider antioxidant-rich foods as your best ally during the summer season. Make sure that there are high levels of nutrients in your skin during the summer season to help limit that sun damage.

Salmon: Bursting with omega-3 fatty acids and antioxidants, this delicious fish can reduce inflammation from sunburns and block cellular damage from UV rays. Salmon is equipped with nutrients that can safeguard your skin from hazardous UV radiation. Salmon contains astaxanthin, which is more powerful than Vitamin C and Coq10 and a thousand times more effective than vitamin E. Astaxanthin can improve skin health by reducing cell damage caused by free radicals after being out in the sun for too long. You can add veggies like cauliflower, carrots, and leafy greens to your salmon meal for a power punch.



'oral sunscreen' that could supplement the topical forms that we put on our skin. The antioxidants in grapes can provide an extra layer of defence against sun-induced skin damage. This is why using grapes for skin can be a helpful addition to your sun protection routine.

Although sunscreen and protective clothing are the first line of defence against sun damage, a diet filled with antioxidant-rich foods can also offer UV protection. Just make sure to consume these foods during the day to fully protect your skin from harmful UV radiation.

Cocoa: Cacao and cocoa are excellent sources of antioxidant-rich polyphenols, helping to protect our skin from sun damage. Cocoa beans fresh from the tree are exceptionally rich in flavanols which contains significant photoprotection and can thus be effective at protecting human skin from harmful UV effects.

Cocoa flavanols are a powerful antioxidant present in high-quality dark chocolate that can protect your skin from sun damage when consumed regularly. Regular intake of 20 grams cocoa-based beverage for more than three

months significantly reduces the risk of UV skin damage. Cocoa not only offers sun protection, but also positive effects on skin elasticity and wrinkles. The high cocoa beverage increased blood flow and moisture retention in the skin. It's not unlikely that other forms of cocoa, such as chocolate, would have similar effects, but you want to stick with bars that have a cocoa percentage of 70 percent or more because they have a greater concentration of flavanols and less added sugar.

Flavanols aren't present in all types of chocolate. Conventional chocolate has no such effect. The one exception is dark chocolate, specifically the kind labeled, "preserved with HF (high flavanol) levels". Opting for lower-sugar options like dark chocolate is a great way to reap the benefits of chocolate without so much added sugar.



Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4831



DOWN

1- Equinox mo.; 2- Switch ending; 3- Record; 4- Viper; 5- Get there; 6- Tart; 7- Legal conclusion; 8- County in SW Scotland; 9- Tooth; 10- 1996 Madonna role; 11- Bowling alley divisions; 12- Hill toy; 14- Grommet; 22- Guys; 24- Cabbagelike plant; 25- Put on cloud nine; 26- Getting years; 27- Mariners can sail on seven of these; 28- "Power Lunch" network; 29- Hebrew

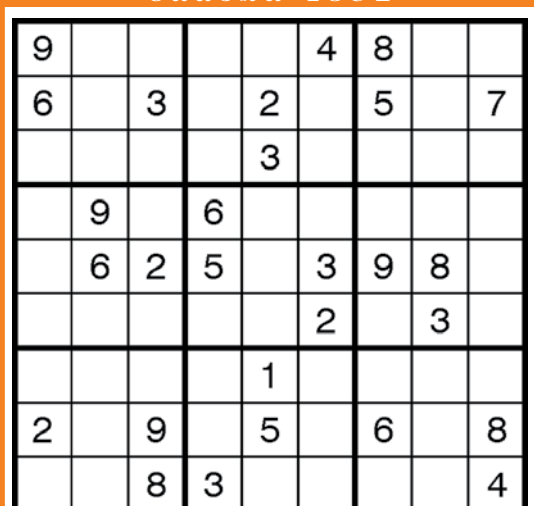
ACROSS

1- precedent; 5- Away from port; 9- "Alice" diner; 13- Clear the slate; 15- Optimistic; 16- Egg-shaped; 17- Opium flower; 18- Sorry sort; 19- Queue; 20- Wing-tip tip; 21- Chieftain, usually in Africa; 23- Moved over ice; 25- Mtn. stat; 26- Tara family; 27- Like some triangles; 30- Big fat zero; 31- Conclude by; 32- Exasperating; 37- Blind as ...; 38- Part of an act; 40- CPR pros; 41- Concealed; 43- Graceful birds; 44- Sorrowful; 45- Regret; 47- The continent; 50- Screen image; 51- Evaluate; 52- Out of control; 53- Tax-deferred nest egg; 56- Sports figure; 57- Soccer star Mia; 59- Finished, terminated; 61- Nintendo rival; 62- "Garfield" canine; 63- Noted Civil War biography; 64- Not e'en once; 65- Tailless amphibian; 66- Hair goops;

solution 4830



sudoku 4831



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 4830

