

# Muddasachem Fest in Valpoi celebrates workers' spirit



On the occasion of International Workers' Day, Laudato Si' Farm in Valpoi, Sattari, came alive with the vibrant energy of Muddasachem Fest – a celebration of local culture, community bonds, and the enduring contributions of workers. The event was hosted by Fr Santana Gama, Fr Felix Lobo and the people of Valpoi, with curation by noted festakar Marius Fernandes, known for his community-driven approach to cultural celebrations.

The fest was declared open after the traditional lighting of the lamp by dignitaries Harold Andrade, Carmelito Andrade, Fr Santana, Fr Felix, Philip Dionisio and Marius. This was followed by a felicitation ceremony where Marius presented a shawl to Fr Santana.

Muddasachem Fest began with the festakarachi Pasoi – a heritage walk around the lush venue, offering



participants a moment of reflection and connection with nature. This was followed by Kottieacho Nach choreographed by Dr Gwendolyn de Ornelas, setting the tone for an afternoon rich in local flavour.

A hands-on cashew bhakri workshop brought culinary heritage to the fore, a forgotten dish of Goa, conducted by Dr Gwendolyn with Lucrecia Dionisio and a Khotkhotem workshop by Philip Dionisio.

These workshops brought back memories and nostalgia to the elders.

The students from Our Lady of Lourdes School, Valpoi, delivered captivating dance performances like the fugdi dance, Ghavti mitt dance that energised the gathering. School students also performed a dance on dekhni.



Designer Harold Andrade showcased his Kunbi collections through a fashion show with models Dr Gwendolyn, Dominic D'Souza and Marlene Henriques. Bolcãocheo Gozalli between Professor Carmelito Andrade and hosts Fr Santana Gama and Fr Felix Lobo discussing on how communities can be brought together. The highlight of the festival was cutting of the Birthday cake for our beloved Ghumot by ex-principal of Goa College of Arts, Willy Goes and encouraging people to buy ghumots and save the potter.

The villagers had live roasting of cashew nuts, saltfish, Philip Dionisio had a demo on the correct method of cutting the jackfruit, preparing the semi raw jackfruit traditional way on the chul.

The event closed with Balcaocheo Gozalli – a thought-provoking conversation between Dr Gwendolyn and local resident Francis Soares, highlighting stories of community and resilience.



## SIP THESE DRINKS TO HELP PROTECT YOUR SKIN

### Shahmas Husain

It's hard not to love a sunny day, but we all know the risks associated with prolonged exposure to ultraviolet (UV) rays. As temperatures increase, summer sun can leave your skin dry, tight, and more susceptible to irritation and inflammation. Drinking certain drinks can help protect against sun damage due to their antioxidant content, which can help combat the effects of UV radiation. Hydration goes a long way to help support your skin's ability to heal and protect itself. Avoid drinks with a high sugar or caffeine content – these may counteract your hydration efforts.

### Berry smoothies

Berries, the favourite summer fruits, can offer protection against UV damage due to their high antioxidant content. Specifically, berries like blueberries, strawberries, raspberries, and blackberries are known for their antioxidant properties, which may help protect against the harmful effects of UV radiation.

Try drinking this sun protection smoothie before spending time out in the sun. Take a glass bowl and put 40 grams frozen mulberry, 40 grams frozen raspberry, 40 grams frozen blueberry, 100 grams frozen banana, 40 ml oat milk, 30 grams yoghurt, a few fresh berries for garnishing, mixed seeds, toasted almonds, chia seeds and granola for garnish. Put all the ingredients in a blender and blend until very smooth. Sprinkle some chia seeds, granola, and toasted almonds for the crunch and some nutty flavour.

### Aloe Vera juice

Did you know that aloe vera is sometimes referred to as the 'burn plant' due to its tendency to treat burns? Aloe vera juice contains anti-inflammatory properties which help to calm skin conditions from UV rays. Aloe vera stimulates skin restoration after sunburn and hydrates and moisturises the skin. It also relieves rashes and irritations on the skin. Aloe vera also stimulates collagen production to improve elasticity and dryness within the skin. Generally, aloe vera juice can be consumed as a drink. Select pure, unsweetened aloe vera juice and drink moderately.

### Watermelon

Watermelon contains a powerful antioxidant called Lycopene, found in red-coloured fruits and which can help act as a natural sunscreen. Lycopene can eventually act as a natural sunblock, which absorbs both UVA and UVB radiation. If you consume watermelon regularly for a few weeks, it also helps as an anti-ageing ingredient. Lycopene helps to protect skin cells from harmful sun rays. It replenishes these cells and helps your skin act as a natural filter while allowing enough sunlight through for vitamin D production. Lycopene can help prevent wrinkles, strengthening the elasticity of skin tissues. When eating watermelon, try to serve it with some oil, such as salad dressing or olive oil, because this increases lycopene absorption.

### Cucumber and mint infused water

Cucumber and mint both contain antioxidants that can help protect against cell damage caused by free radicals, which can contribute to sun damage. Cucumber and mint-infused water can offer benefits for sun protection, primarily through hydration and antioxidant support. Cucumbers possess cooling and hydrating qualities, while mint provides a refreshing flavour and antioxidants, resulting in mild anti-inflammatory effects.

Take 8 cups filtered water, two cups thinly sliced cucumber, two small lemons, rind removed and discarded, sliced and ½ cup packed fresh mint leaves, torn. Stir water, cucumber, lemons and mint together in a large pitcher. Cover and chill for at least 4 hours to blend flavours. Strain out solids, if desired. Take one litre of water, a small handful of mint leaves, one piece of ginger, a handful of slices of cucumber and a few slices of lime. Add a few slices of lime to a one-litre bottle. Take one piece of ginger, slice and press down a bit. Add a small handful of mint leaves. Keep refilling the bottle the whole day and drinking with this infusion. This will help you increase your water intake and also drink it 30 minutes before and after each meal.

While these nutrient-rich, whole foods may support the health of your skin when exposed to UV light, keep in mind that they're not a substitute for sunscreen.

## Konkani Cinema Day celebrated



Dalgado Konknni Akademi (DKA) celebrated 'Konknni Cholchitr Dis' at St Lawrence Chapel, Assolim. The event witnessed the presence of several prominent personalities on the dais, Celso Fernandes, president of DKA; William Fernandes, vice president of DKA; Fr Myron Jeson Barreto, secretary of DKA; chief guest Swapnil Shetkar, director of the movie 'Questão de Confusão'; Premanand Lotlikar, former president of DKA; and noted actors Reshma Naik, Antonet De Sousa, Anil Pednekar, and Espirito Fernandes.

Konkani Cinema Day, also known as Konknni Cholchitr Dis, is celebrated to commemorate the release of the first Konkani film, 'Mogacho Aunddo', which premiered on April 24, 1950. The film was produced



and directed by Al Jerry Braganza. The programme began with paying floral tributes to Al Jerry Braganza's portrait. The welcome address was delivered by Celso Fernandes. A special felicitation ceremony followed, where the actors were honoured by Swapnil Shetkar.

Swapnil emphasised the importance of supporting and promoting Konkani cinema. He remarked that although the cost of producing a Konkani film is on par with any other productions, the returns are minimal

due to lack of audience support. "Our own people do not go to watch Konkani movies. We must take the initiative to support our language and culture," he said. He also urged the government to officially recognise and promote Konkani Film Day and called on the Government to take initiative to celebrate 'Konkani Cholchitr Dis' every year on April 24.

The Guest of Honour, Premanand Lotlikar, echoed similar sentiments, encouraging the public to watch Konkani movies and support local talent. He further stated that the government has done an injustice to Romi Konkani by excluding it from the Official Language Act. "Today, Romi Konkani thrives solely due to the efforts of religious institutions. To support our Romi Konkani language, we must speak in Konkani, purchase Konkani magazines, and books, and actively work to safeguard and protect it," he said.

Fr Myron delivered the vote of thanks, while Sonia Gomes ably compered the programme. The formal function concluded with the National Anthem, followed by the screening of the film, 'Questão de Confusão'. Hundreds of people participated in the event, showcasing their love and enthusiasm for the Romi Konkani language.

## Portuguese book discussion

Institute Camões will celebrate the 50th Anniversary of the Portuguese Carnation Revolution. Portuguese writer, Clara Macedo Cabral is invited to Goa by the Portuguese Language Centre of Camões, IP and the Consulate General of Portugal in Goa, to take part in the commemorations of World Portuguese Language Day. She will be presenting her book, 'Enterrem-me na Vertical Dr. Cabaninhas - Uma vida pela liberdade'.

Venue: Camões Portuguese Language Centre in Goa, Panjim  
Date: May 3  
Time: 6 pm

## Under the Mango Tree concert

The Live Music Project (TLMP) x Art Escape x Silva Heritage presents TLMP Live 'Under the Mango Tree' concert. World fusion music band from Mumbai, the legendary Ravi Iyer Quartet will perform live for the first time in Goa. The line-up includes Ravi Iyer (double neck guitar and compositions), Krishnan Narayanan (mridangam), Madhur Padwal (bass) and Rupak Dhamankar (tabla).

Venue: Silva Heritage, Benaullim  
Date: May 3  
Time: 8 pm

## Sylwester Fernandes compiles 100 original English Gospel songs

Christian musician and singer-songwriter Sylwester Fernandes has released an extensive album collection comprising '100 Original English MP3 Gospel Songs of Faith and Devotion', all composed, sung, and produced by himself. Sylwester says, "This collection is dedicated to spreading the message of Jesus Christ. It brings together worship, praise, hope, and salvation in 100 original English gospel songs." Each song in the album reflects Sylwester's calling to glorify the Lord

through both his English and Konkani music. "Singing Konkani gospel songs and uploading them on my YouTube channel has been an incredible journey. I've received a great response from around the world, and my channel is now close to reaching two million views." Originally from Siolim, Sylwester

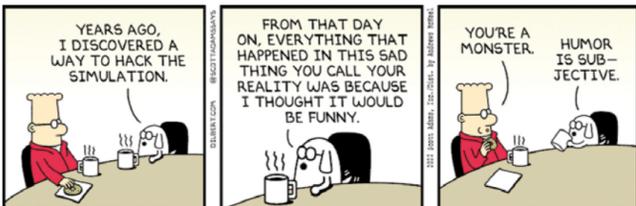


says, "Singing in English helps me to reach out to more people globally, as English is understood universally. My songwriting blends heartfelt lyrics with uplifting melodies, creating a small yet meaningful contribution to the Christian music scene." To date, Sylwester has completed 10 English gospel albums, each comprising 10 songs, now compiled into a single 100-song

collection. "The 100 Songs video album is just one among many powerful offerings of gospel songs, each produced with sincerity and anointing, praising and glorifying the Lord Almighty. They're inspired by the promises found in the Book of Revelation," he says. His music is ideal for churches, personal devotion, and Christian events seeking original English gospel songs. His songs are now streaming on all major platforms including Spotify, Apple Music, Amazon Music, iTunes, YouTube, and Saavn.

## Herald Gaming Console

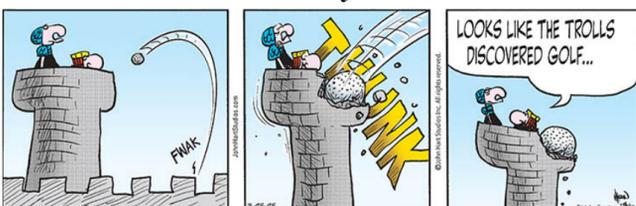
### Dilbert



### Garfield



### Wizard of id



### crossword 4835

**ACROSS**  
1- Rise to one's feet; 6- Bob and Elizabeth; 11- Biol. or chem.; 14- Alvin of dance; 15- Author Zola; 16- Sculler's need; 17- Pungent bulb; 18- Drop in on; 19- Daughter of Cadmus; 20- Singer; Baker; 22- Claw; 24- A chewy candy; 28- Stanzas; 29- 'Am not!' rejoinder; 30- Waker; 32- Lopsided victory; 33- Pertaining to birth; 35- Field yield; 39- Exxon, once; 40- Chile \_\_\_ came; 41- For \_\_\_ Jolly Good Fellow; 42- Clairvoyant; 43- Scope; 45- Med. school class; 46- \_\_\_ Dame; 48- Structure spanning a river; 50- Scoffs; 53- Become rough; 54- Nairobi's nation; 55- First American to orbit Earth; 57- Gardner of films; 58- Garr and Hatcher; 60- Fluff, as bangs; 65- Personal quirk; 66- \_\_\_ can of worms; 67- Bird of prey, score in golf; 68- Repair shop fig.; 69- Severity; 70- Salivate;

**DOWN**  
1- \_\_\_ Paulo; 2- Bronze component; 3- Clay, today; 4- New beginning; 5- Electric generator; 6- Satan; 7- Leave off; 8- Actress Bonnet; 9- Ivy Leaguer; 10- Dog breed; 11- Dirties; 12- Slender boat; 13- Removes wrinkles; 21- Noble gas; 23- Archie Bunker's is in the Smithsonian; 24- Feels for; 25- Got up; 26- Employ again;

**27- A lawyer; 28- Actor Kilmer; 30- Make amends; 31- Singer k.d.; 34- Rent-\_\_\_; 36- Tears apart; 37- Missouri feeder; 38- Communion plate; 43- ACLU concerns; 44- Black, in poetry; 47- Speaker; 49- Raved; 50- Take to the ice; 51- One of the Leeward Islands; 52- Make into law; 53- Actor Romero; 55- Golfer Norman; 56- Start to type; 59- Prefix with center; 61- Musical aptitude; 62- Past; 63- \_\_\_ mo reply; 64- Moray, e.g.;**

|    |    |    |    |    |    |    |    |    |    |    |    |    |
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| 14 | 15 | 16 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 |
| 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | 52 |
| 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 | 64 | 65 |
| 66 | 67 | 68 | 69 | 70 | 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 |
| 79 | 80 | 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90 | 91 |

**solution 4834**

|   |   |   |   |   |   |   |   |   |   |   |   |   |
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| B | A | M | B | I | N | O | A | T | L | A | B | E |
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| N | O | R | A | V | O | I | D | S | T | L |   |   |
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### sudoku 4835

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|   |   | 5 | 8 |   | 7 |   |   |   |  |  |
| 8 | 7 |   | 1 |   |   |   | 3 |   |  |  |
|   | 5 |   |   | 8 | 3 | 2 |   |   |  |  |
|   | 1 |   |   |   |   |   |   | 5 |  |  |
|   |   | 4 | 6 | 5 |   |   |   | 8 |  |  |
|   |   | 2 |   |   | 8 |   | 9 | 1 |  |  |
|   |   |   | 5 |   | 9 | 4 |   |   |  |  |
|   |   |   | 4 |   | 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 4834

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