

Red flags to watch out for in a relationship

Being in love is a beautiful experience, but it's important to recognise warning signs before taking the plunge

Aruna Gracias Rathod

We all love being in love. But when we fall, we sometimes overlook red flags, too wrapped up in emotions to acknowledge signs of neglect, dishonesty, or bad behaviour. While both partners have every right to express themselves, the manner of expression matters. For example, if your partner frequently flies into a rage, that's a serious red flag.

Look out for both subtle and obvious signs—behaviours that may start by slightly annoying you but could reveal a deeper pattern over time. One of the best ways to identify red flags is to trust your instincts.

Psychologist Chetan Nerkar explains, "In a relationship, you have to use past experiences as a guide. Think about what made you uncomfortable in your previous relationships."

Falling in love should feel safe and fulfilling—not filled with anxiety, self-doubt, or fear. While no relationship is perfect, mutual respect, support, and healthy communication are non-negotiable. Trust your gut, listen to those who care about you, and don't ignore the signs—red flags often wave long before the storm hits.

Unfortunately, that's often easier said than done. Many people end up stuck in an unhealthy relationship for months or even years due to a lack of clarity.

Here are some common red flags to be aware of:

JEALOUSY AND CONTROLLING BEHAVIOUR

While a little protectiveness is natural, possessiveness that turns into control is a red flag. If you're going to an office party, you should be able to tell your partner without fear of their reaction. If their responses include, "Why do you have to attend?" or "Will there be drinking and dancing?"—this is more than concern. It could indicate the start of an abusive dynamic.

Taking space for yourself is healthy. Pay attention to how your partner reacts. If they pout, guilt-trip you, or become angry when you spend time with friends or don't reply immediately to texts, they may be displaying toxic possessiveness.

DEMEANING COMMENTS DISGUISED AS JOKES

The phrase "It was just a joke" doesn't make



hurtful comments okay. Excessive sarcasm or teasing that highlights your flaws isn't humour—it's often a subtle way of asserting control or belittling you. If the jokes continue even after you've expressed discomfort, it's time to recognize that this isn't harmless banter—it's a red flag.



RUDE BEHAVIOUR TOWARD SERVICE STAFF

Observe how your partner treats servers or ride-share drivers. Their behaviour in these situations reveals a lot about their values, upbringing, and attitude toward people they consider 'beneath' them. Rude behaviour is inexcusable, and chances are, it will eventually be directed at you. Drop this person like a hot potato before that happens.

CONSTANT FIGHTING OR SILENT TREATMENT

Occasional disagreements are normal, but frequent fights or extended silent spells indicate

deeper issues. If arguments dominate your time together, or if unresolved tension becomes a pattern, it may be a sign that you're simply not compatible. Your romantic partner should enrich your life, not drain it. A relationship built on conflict may not be worth holding onto.

THEY DON'T TRULY LISTEN

Listening is an essential relationship skill. While forgetting a few routine things is forgivable, disregarding your values, thoughts, or feelings repeatedly is disrespectful. If your partner is glued to their phone while you're speaking or consistently needs reminders about things that matter to you, it may be time to reconsider. Communication should feel mutual and valued.

LACK OF SUPPORT DURING TOUGH TIMES

In difficult moments—like family issues or personal struggles—does your partner offer comfort? You're not expecting miracles, but simple gestures of empathy or encouragement matter. A hug, a kind word, or just being present can make all the difference. If your partner seems indifferent or emotionally unavailable, it could signal that your emotional needs aren't being met.

FRIENDS AND FAMILY DON'T APPROVE

Sometimes, loved ones can see red flags that we can't. While jealousy may cloud one person's judgment, if multiple friends or family members express concern about your partner, take notice. Ask them individually what bothers them, and reflect on their answers. It may be a mirror you've been avoiding, but one worth looking into.

Folk dances of Jharkhand and Odisha in Goa



Contact Base, in collaboration with the Axis Bank Foundation, recently hosted a three-day celebration of traditional arts and heritage, Folk Festival, at The International Centre Goa (ICG). Amitava Bhattacharya, founder of Contact Base and curator of the festival, said, "Audience enjoyed the workshop with Gadaba tribal dance of Koraput, Odisha and the Chhau festival on Sunday, where all three types of Chhau dance were showcased for the first time in Goa. The entire programme was presented

by Sai Panandikar with his theatrical narratives on Seraikela Chhau, Kharsawan and Manbhum Chhau."

The folk traditions of Jharkhand and Odisha—like Seraikela Chhau, Kharsawan Chhau, and Gadaba tribal dance was performed in Goa for the first time. The festival also featured Warli painting and Bohada mask makers from Maharashtra, along with Kotpad and Ikat weavers from Odisha. Lecture-demonstrations, performances, and interactive workshops were also held.



Feast of Our Lady of Fatima celebrated in Xellim

The parishioners of Our Lady of Fatima Chapel in Xellim-Loliem gathered in large numbers to celebrate the Feast of Our Lady of Fatima with deep devotion and reverence. The solemn Eucharistic celebration was presided over by Fr Silvester D'Souza, Provincial Superior of the Karnataka-Goa Province of the Order of Discalced Carmelites.

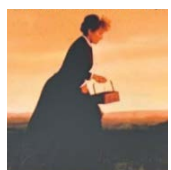
He was joined in concelebrating the Mass by Fr Rovel D'Souza, Superior of the Divine Springs Retreat Centre, Xellim; Fr Teodosio Fernandes, Chaplain of Our Lady of Fatima Chapel; Fr Alphonse Britto, Provincial Councillor; and several other priests. In his homily, Fr Silvester reflected on the scapular, describing it as a symbol of protection and a call to imitate the virtues of Mother Mary. He also spoke about different forms of prayer—petition, intercession, and especially



personal prayer—drawing inspiration from Jesus' own practice of seeking solitude to commune with the Father. The liturgical singing, led by the chapel choir, added to the solemn and prayerful atmosphere of the celebration. Fr Teodosio Fernandes expressed heartfelt gratitude to everyone who contributed to the success of the feast.

The feast was preceded by a nine-day novena, during which special Masses and reflections were held. The novena sermons were preached by a number of priests including Fr Rui Pereira (parish priest of St Sebastian's Church, Loliem), Fr Rayan Fernandes (assistant at St Teresa of Jesus Church, Canacona), Fr Soccoro Colaco (parish priest, St Teresa of Jesus Church, Canacona), Fr Baltazar Fernandes (assistant, St Anne's Church, Agonda), and Fr Agnelo Gomes (parish priest, St Anthony's Church, Galgibaga).

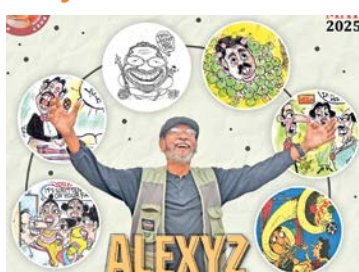
Film Screening



Cinephile Film Club will be screening the 1987 Danish film, 'Babette's Feast', which was the first Danish film ever to win an Oscar. Pope Francis had called 'Babette's Feast' his favourite film. Based on a popular short story of the same name, the film is set in the 19th century. It is about Babette, a political refugee from Paris. She works for free as a housekeeper and cook in a small village for two elderly sisters. A large part of the film dwells on Babette's efforts to throw a lavish feast for the sisters and the villagers after winning a lottery.

Venue: Maquinez Palace, Panjim
Date: May 15
Time: 6.30 pm

Alexyz to exhibit cartoons at Pilerne



education in our institutions does not effectively inculcate art appreciation. Visits to galleries and interactions with artists are rarely emphasized in the curriculum. My plan is to take art to the masses—right to the grassroots level. I've been inspired by our tiatrists and aim to follow a similar principle. By offering affordable art, visitors can take home a meaningful souvenir—and in the process, begin to appreciate art," says Alexyz.

Venue: St John the Baptist Church Compound, Pilerne
Date: May 15 **Time:** 6 pm to 9 pm

Noted cartoonist Alexyz will be exhibiting his works at the Pilerne Heritage Market as an educative experiment. "Art

St Joseph Vaz Hospital inaugurated by the Cluny Sisters in Verna

The Congregation of the Sisters of St Joseph of Cluny (Cluny Sisters) recently inaugurated the newly established St Joseph Vaz Hospital in Verna. The event began with a solemn Eucharistic celebration. The Eucharistic celebration was presided over by Fr José Remedios Fernandes, Vicar General of the Archdiocese of Goa and Daman, with Fr Lucio Dias, Parish Priest of Holy Cross Church, Verna, and Fr Joaquim Fernandes, Episcopal Vicar for the Religious, among the concelebrants.

Fr José Remedios Fernandes unveiled the commemorative plaque, while the ribbon-cutting ceremony was led by Sr Annis Kallarackal, Provincial Superior of the South West Province of the Cluny Sisters, along with Sr Narcissa Sequeira, former Superior, officially declaring the hospital open.

In his homily, Fr José emphasized the importance of staying rooted in Christ to live fruitful and meaningful lives. He encouraged all present to grow in prayer and trust, reminding



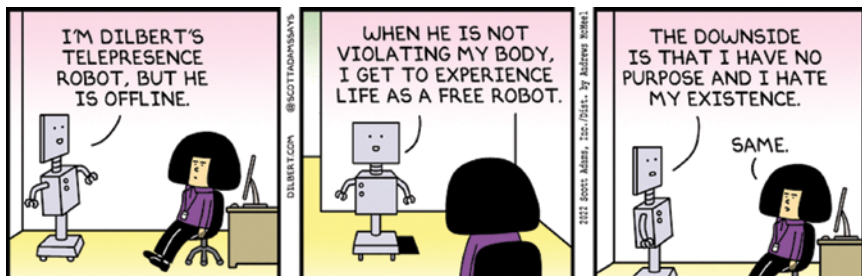
them that hospitals are not just places of physical healing but also spaces of spiritual renewal. He noted that patients and caregivers alike will have the opportunity to spend time in prayer before the Blessed Sacrament in the hospital chapel.

Fr José also led the Rite of Blessing for the hospital's chapel. He, along with other priests, blessed

the entire hospital building, invoking God's grace and protection upon all who would serve and be served there. Sr Sandra Fernandes, Superior of the community, expressed heartfelt gratitude to Fr José and Sr Annis. The Verna Parish Choir led the liturgical singing, with Alwyn Fernandes serving as the liturgical commentator and anchoring the felicitation programme.

Herald Gaming Console

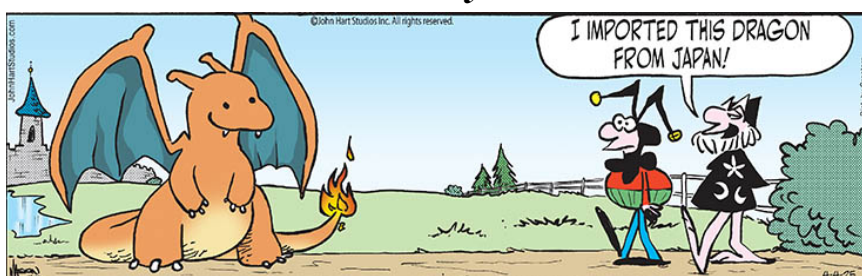
Dilbert



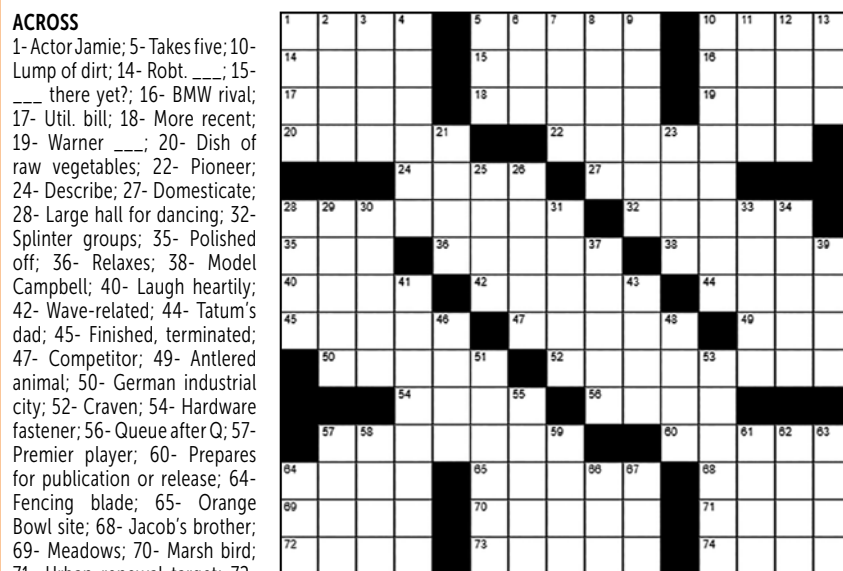
Garfield



Wizard of id



crossword 4844

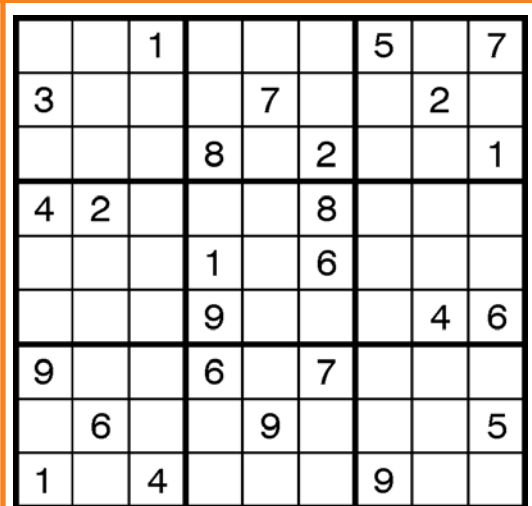


ACROSS
1- Actor Jamie; 5- Takes five; 10- Lump of dirt; 14- Robt. ____; 15- ____ there yet?; 16- BMW rival; 17- Util. bill; 18- More recent; 19- Warner ____; 20- Dish of raw vegetables; 22- Pioneer; 24- Describe; 27- Domesticated; 28- Large hall for dancing; 32- Splinter groups; 35- Polished off; 36- Relaxes; 38- Model Campbell; 40- Laugh heartily; 42- Wave-related; 44- Tatum's dad; 45- Finished, terminated; 47- Competitor; 49- Antlered animal; 50- German industrial city; 52- Craven; 54- Hardware fastener; 56- Queue after Q; 57- Premier player; 60- Prepares for publication or release; 64- Fencing blade; 65- Orange Bowl site; 68- Jacob's brother; 69- Meadows; 70- Marsh bird; 71- Urban renewal target; 72- Nile biters; 73- Some Celts; 74- Dick Tracy's love;

DOWN
1- Dues; 2- ____ breve; 3- Winner for holding flexible material; 4- Remember; 5- Sprinted; 6- Prior to, poetically; 7- Uses a Singer; 8- Chirp; 9- Some mattresses; 10- Tramway vehicle; 11- Entice; 12- Aroma; 13- Put down, in slang; 21- Urgent; 23- Some Feds; 25- Castle protection; 26- Polite denial; 28- Exposed; 29- Do penance; 30- Guides; 31- Doctor; 33- Fiddled; 34- Little; 37- Relish; 39- Pitch-black; 41- Uneasy; 43- Rules; 46- Cub Scout groups; 48- After the bell; 51- Spice; 53- Least polite; 55- Coniferous evergreen forest; 57- Mimics; 58- Jump; 59- Steak order; 61- Castaway's home; 62- Greek T's; 63- Adds; 64- Guido's high note; 66- Voice of Bugs; 67- T.G.I.F. part;



sudoku 4844



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 4843

