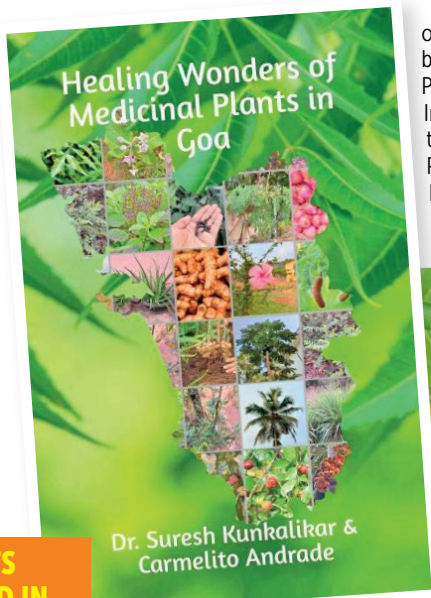


'Healing Wonders of Medicinal Plants in Goa' shines light on traditional remedies

'Healing Wonders of Medicinal Plants in Goa' is the first book of its kind to document traditional healing practices using local flora. Authored by Dr Suresh Kunkalikar and Carmelito Andrade, the book blends scientific insight with cultural wisdom

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Goan kitchens are known for their abundance of spices such as black pepper, cinnamon, cloves, cumin, fenugreek seeds, nutmeg, and turmeric. These not only add flavour to food but are also renowned for their medicinal properties. The book also features a variety of fruits, including ash gourd, bael, banana, betel nut, coconut, custard apple, Indian gooseberry, Indian hog plum, Java plum, kokum, lime, mango, papaya, soursop, star fruit, and tamarind.

Each entry in the book includes the plant's name, its scientific classification, and its common names in both English and Konkani. The book features 50 medicinal plants and will be available

online in two versions, a coloured and a black and white book. In the foreword, Prof (Dr) Digambar Mokate, Principal Investigator and Regional Director of the Department of Botany at Savitribai Phule Pune University, writes, "The book is exclusive and provided details of medicinal plants by interacting with



local peoples and traditional healers. The book will be useful for the professionals and enthusiasts who are associated with the medicinal plants. I congratulate authors and Marius Fernandes (Festival Man of Goa) for their efforts."

Dr Suresh Kunkalikar developed a love for agriculture early on. He earned his PhD in plant pathology and virology from the University of Agriculture, Dharwad, and has over 25 years of experience in national and international research on invasive plant viruses. As Principal and

Dean of Goa College of Agriculture, he is committed to promoting agricultural education and campus development. Passionate about Goa's heritage, he regularly participates in cultural events and has created a medicinal plant garden to help preserve traditional knowledge. "This book was completed within a month and a half with regular meetings with Carmelito. We discussed which plants would feature in the book and then he clicked the photographs of the plants which was also a very important feature to showcase how to identify these plants," says Dr Suresh.

Carmelito Andrade, a farmer and beekeeper from Salcete, combines his love for agriculture with a solid academic background in electronics and telecommunication engineering. He is a certified drone pilot and also trains students in 3D printing, IoT, Edge AI, and drone technology. Inspired by his grandmother's traditional use of medicinal plants, he maintains a garden with species collected from across Goa, integrating tradition, technology, and education in his approach to sustainable living.

"I was especially motivated to write this book so that knowledge can be shared on medicinal plants in Goa, which was passed down to me by my grandmother and other elders in the family. In today's world, medicine is consumed as food in capsule form, instead of using plants in food as medicine. In addition, our diets have shrunk with respect to the variety of plants/herbs used in food. This book is written to give the reader an insight—on how some of these plants can be used to cure and moreover prevent certain diseases," concludes Carmelito.

A visual dialogue between Portugal and India through Paulo Nabais' lens



'Crossed Glances' is a photography exhibition by Portuguese artist Paulo Nabais, initiated by the Consulate General of Portugal in Goa and Camões – Portuguese Language Centre and supported by Sunaparanta Goa Centre for the Arts. The exhibition commemorates the 50th anniversary of the reestablishment of diplomatic relations between Portugal and India, and presents a visual dialogue between the two countries, highlighting realities that are both distinct and connected.

In today's world of fast-paced digital consumption, photography is often seen "in an instant." Yet the photographs in 'Crossed Glances' were captured "in an instant" — the precise instant of a facial or bodily expression, of the light, the reflections, the background image, and the photographer's momentary



interpretation of the scene observed at that moment.

The images from Portugal reflect years of near-ethnographic work, documenting both central and remote areas, and portraying a deeply rooted social and cultural reality. The photographs from India were taken during two trips, offering glimpses into its diverse people, places, and traditions — where the exuberance of colour and light often echoes that of Portugal. 'Crossed Glances' will be on view till June 11, 10am to 6.30 pm.



'Virus of Fear' by author Shyam Gaonkar released



'Virus of Fear', a Konkani drama penned by Shyam Gaonkar was released by Chief Minister Pramod Sawant at Khedekar Hall, Sanquelim. Others present were Siddhi Prabhu, Chairperson of Sankhal Municipal Council, President of Goa Konkani Academy Purnanand Chari, well known writer Zilu Gaonkar, Prof Deepraj Satordekar and Prof Anil Vernekar.

Addressing the book release ceremony, Pramod Sawant expressed the need of creation of rich Konkani

literature. He said that there is a need to record the different formats available in folk literature and same must preserve for posterity for the benefit of the next generation. He underscored the different schemes that are run by the State government and urged the budding writers to avail the benefits of such schemes in order to bring out new books in literature.

'Virus of Fear' is the second book penned by Shyam who will be also publishing two new Marathi books.

Memory testing camp for elders

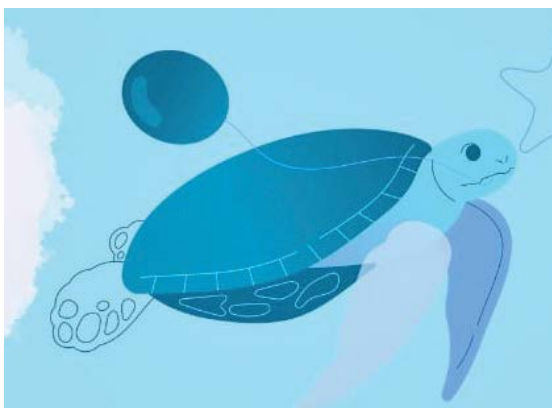
A memory testing camp for elders will be conducted for individuals aged 60 and above, family members seeking memory support for their elders and even elders noticing changes in memory, thinking, patient care at home or behaviour.

Pre-registration is required as the test is open only for 50 participants. The tests are conducted by mental health experts and are quick, simple and non-invasive. It is a free event.

Venue: Ground Floor, Aaji Care Assisted Living Centre, Old Goa

Date: June 5

Time: 10 am to 12.30 pm



Vagaries in monsoon: Role of oceans

On World Oceans Day 2025, an insightful talk on 'Vagaries in Monsoon: Role of Oceans' will be conducted by Dr M R Ramesh Kumar, chief scientist (retd) and former head of the Physical Oceanography Division, National Institute of Oceanography, Dona Paula. Learn how oceans influence monsoon patterns and why the monsoons have arrived early this year.

Prize distribution ceremony of the City Nature Challenge Goa 2025 will also be held and winners across categories by WWF-INDIA, AERO, and Mrugaya Xpeditions will be felicitated.

Venue: WWF-India, Goa Office, Miramar

Date: June 8

Timings: 4.30 pm onwards

Herald Gaming Console

Dilbert



Garfield



Wizard of id



crossword 4863

ACROSS

1- Italian wine region; 5- Brewery kilns; 10- San Francisco's Tower; 14- Whirl; 15- Try to bite; 16- Treater's words; 17- I could horse!; 18- Cordwood measure; 19- State bird of Hawaii; 20- Crucifix; 22- Contribution; 24- Hearing organs; 27- Singer Amos; 28- Frozen dessert; 32- Garden figure; 36- Pops; 37- Challenger; 39- Exterior; 40- Biblical paradise; 42- Lady of the house; 44- Elie Saanen's son; 45- Knight wear; 47- Conceals; 49- Purge; 50- Chairs; 51- Suitable place for setting a tent; 53- Hertz rival; 56- Horse color; 57- Defer; 61- Pavarotti, for one; 65- saw Elba; 66- Claw; 69- Slippery; 70- Prefix with dynamic; 71- Brides walk down it; 72- Hindu music; 73- Bank transaction; 74- Winter woe; 75- Laurel or Kenton;

DOWN

1- Wait; 2- Practice boxing; 3- One of the Jackson 5; 4- Momentarily; 5- Switch positions; 6- Small island; 7- Exceeded the limit; 8- Fortune teller's card; 9- Dictation taker; 10- Resume; 11- That's haven't heard; 12- expert; 13- Adolescent; 21- Reddish-brown gem; 23- Jason's craft; 25- Quantity of paper; 26- Mother of Isaac; 28- Thoughts; 29- Nucleus of a regiment; 30- Excess fluid in an organ; 31- Doc; 33- Cheri of "Saturday Night Live"; 34- Reason for a raise; 35- Eat away; 38- "M*A*S*H" name; 41- Written remarks; 43- Exec's note; 46- Invitation letters; 48- Petty quarrel, ejected saliva; 52- Scoffs; 54- Little bits; 55- Slowpoke; 57- Ring out; 58- Lunchbox treat; 59- Antitoxins; 60- Last word in a threat; 62- Cool; 63- Gymnast Korbut; 64- Tatum's dad; 67- Grand; 68- Opre; 68- Court divider;

sudoku 4863

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

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 4862

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