

Not just a root — Five daily wins from eating beetroots



In this age of increasing cardiovascular diseases, lower muscle endurance, and more, it's important to revisit the health benefits of beetroot, a root vegetable which is easily available at any market. Packed with natural compounds like nitrates, antioxidants, and fiber, beetroot offers powerful support for cardiovascular health, athletic performance, brain function, and overall wellness. Incorporating beetroot into your daily diet can be one of the healthiest decisions you make.

LOWERS BLOOD PRESSURE

Beetroot is known to help lower blood pressure, making it a great addition to a heart-healthy diet. The main component responsible for this benefit is its high content of natural nitrates. When consumed, these nitrates are converted by the body into nitric oxide, a compound that helps relax and widen blood vessels. This leads to improved blood flow.

Several studies have shown that drinking beetroot juice or regularly eating beetroot can produce noticeable blood pressure-lowering effects within just a few hours. In addition to nitrates, beetroot is also rich in potassium, a mineral that helps regulate blood pressure by balancing the effects of sodium in the body. This combination of nutrients makes beetroot particularly effective for people with high blood pressure. Including beetroot in your daily meals, whether raw, cooked, or juiced, is a simple and natural way to support cardiovascular health.

ANTI-INFLAMMATORY IN NATURE

Beetroot has powerful anti-inflammatory properties thanks to compounds called betalains, which give it its deep red colour. These natural antioxidants help reduce inflammation by neutralising harmful free radicals in the body. Chronic inflammation is linked to many health problems like heart disease, arthritis, and certain cancers, so consuming anti-inflammatory foods like beetroot can be beneficial for overall health. Beyond betalains, beetroot also contains vitamin C and



other antioxidants that work together to fight inflammation and protect cells from damage. Including beetroot in your diet is a simple way to help reduce inflammation naturally and promote long-term wellness.

ENHANCES ATHLETIC PERFORMANCE

The rich nitrate content in beetroot makes it a jackpot for athletes and active individuals, as it is a natural performance enhancer. These nitrates help the body produce nitric oxide and thereby enhance muscle oxygenation. With better oxygen delivery, muscles work more efficiently, delaying fatigue and boosting endurance.

This means you can train harder and recover comparatively faster. Several studies have found that beetroot juice, taken a few hours before exercise, can enhance stamina and improve time until exhaustion in endurance sports. Beyond nitrates, beetroot also offers antioxidants that help reduce muscle soreness after intense workouts. Unlike

synthetic supplements, it's a whole-food option with added nutritional value. Whether you're a runner, cyclist, or just someone who wants more energy at the gym, beetroot can give you that extra edge, naturally and effectively.

SUPPORTS LIVER HEALTH AND AIDS IN DIGESTION

Beetroot is great for supporting liver health and aiding digestion. The betalains in beetroot help the liver detoxify harmful substances, improving its ability to process and eliminate toxins from the body. Beetroot also stimulates the production of bile, which is essential for breaking down fats and supporting digestion. Additionally, its high fiber content promotes healthy bowel movements, preventing constipation and keeping the digestive system running smoothly.

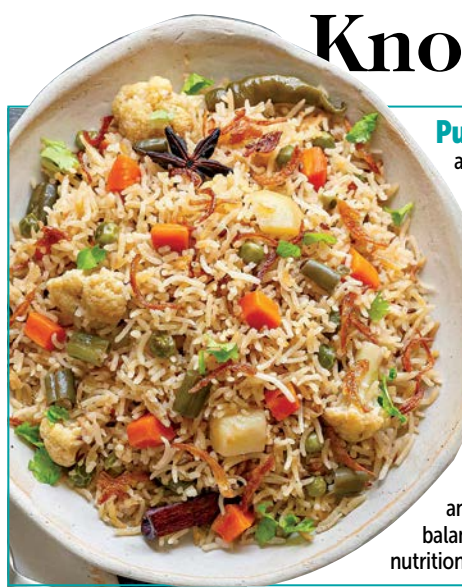
By supporting liver function and boosting digestion, beetroot helps maintain overall gut health and contributes to better nutrient absorption. Consuming beetroot daily will help keep your liver strong and your digestion on track.

IMPROVES COGNITIVE FUNCTION

Beetroot supports brain health by boosting blood flow to the brain and expanding blood vessels. This enhanced circulation can improve memory, focus, and overall cognitive function, especially as we age. Some studies suggest that regular beetroot consumption may slow cognitive decline and help maintain mental sharpness. Additionally, beetroot's antioxidants protect brain cells from oxidative stress and inflammation, two major factors linked to neurodegenerative diseases. Adding beetroot to your diet can be a natural way to support mental clarity and brain health over time.



Know these healthy delights



Pulao: Pulao is a one-pot rice dish often enjoyed across Indian homes. Traditionally cooked with basmati rice, whole spices, and a mix of vegetables, it offers a warm and satisfying meal with minimal effort. It provides a balanced combination of carbohydrates, fiber, and essential vitamins, especially when made with a generous portion of vegetables. When paired with a side of yogurt or raita, it becomes a complete and wholesome meal. To make it healthier, you can use brown rice, foxtail millet, or quinoa in place of white rice and include vegetables like beans, carrots, peas, and more. This boosts the fiber, antioxidant, and nutrient content. It's a delicious, balanced dish that brings comfort and nutrition together in every spoonful.

Indian comfort food holds a special place in every household, offering warmth, nostalgia, and a sense of home with every bite. While traditionally rich and indulgent, many of these beloved dishes can also be made nutritious without compromising their familiar flavours. From the soothing simplicity of khichdi to the hearty richness of rajma chawal, these meals provide not just comfort but also essential nutrients when prepared mindfully. Here are five popular Indian comfort foods and learn how they can be made both healthy and satisfying.

Khichdi (Rice & Lentil Porridge):

Khichdi is the ultimate Indian comfort food, simple, warm, and gentle on the stomach. Traditionally made with rice and lentils, it's easy to digest and deeply satisfying. It is rich in plant-based protein and fiber, supporting digestion and satiety. It's easy on the stomach, making it ideal for detox, recovery, or light eating. When made with vegetables and whole grains, it provides a balanced dose of essential nutrients. To make it healthier, you can use brown rice or quinoa instead of white rice and add vegetables like carrots, spinach, peas, or bottle gourd. This boosts the fiber,

vitamin, and mineral content while keeping it light and nourishing's a perfect one-pot meal that balances comfort with nutrition.

Poha (Flattened rice):

Poha is a light Indian breakfast dish made from flattened rice. Traditionally tempered with mustard seeds, curry leaves, green chilies, and often garnished with peanuts and fresh coriander, it's quick to prepare and easy to digest. Poha is a good source of iron and healthy carbohydrates, providing sustained energy without feeling heavy. It's especially comforting in the morning or as a midday snack when you want something warm and nourishing. When made with minimal oil and packed with



texture and flavour.

Rajma Chawal (Rice & Kidney beans): Rajma Chawal is another comfort food, hearty, flavourful, and deeply satisfying. Traditionally made with kidney beans simmered in a spiced tomato-onion gravy and served with rice, it's a wholesome, filling meal. Rajma is rich in plant-based protein and fiber, which helps regulate blood sugar, support digestion, and keep you full for longer. It's especially comforting on cold days or when you're craving something warm and grounding. When paired with brown rice or millets, it offers a balanced combination of protein, complex carbs, and essential nutrients. To make it healthier, you can use minimal oil, reduce the salt, and add vegetables like spinach or grated carrots into the curry. It's a classic one-bowl meal that delivers both nourishment and nostalgia.



Dalgado Konknni Akademi celebrates the birth anniversary of Reginaldo Fernandes

Dalgado Konknni Akademi (DKA) commemorated the birth anniversary of Reginaldo Fernandes at Cuelim, Cansaulim. The celebration was graced by Chief Guest Aurora D'Souza, Headmistress of Rosary High School, Navelim. DKA President Celso Fernandes, Secretary Fr Myron J Barreto, Fr Jose Silveira, Fr Ave Maria Alphonso, and Fr Joaquim Fernandes occupied the dais.

The event featured a keynote address on Reginaldo Fernandes' life, complemented by a musical presentation by a diverse group of participants, including children, youth, and elderly individuals from Arossim and Cansaulim. Fr Jose Silveira, the keynote speaker, delivered a talk on the life and contributions of Reginaldo Fernandes. "He was Goa's finest and most prolific Romi Konkani writer, affectionately known as Romanxincho Patxai. He authored over 200 novels. He remains an enduring inspiration for the promotion and preservation of Konkani literature," he said followed by a song titled Sundorem, composed by Reginaldo Fernandes.

Chief guest Aurora D'Souza commended DKA's efforts in honouring contributors to literature, thanking the singers and musicians for keeping the spirit of music alive. She said, "We remember Reginaldo for his immense contributions to Romi Konkani through literature and music. His numerous



novels sparked interest among readers and inspired many to contribute to literature. Reginaldo had a dream, and he fulfilled it. Let us too dream big and work tirelessly to achieve those dreams."

The musical evening featured a talented ensemble of singers, including Janeska Monteiro, Anora Pereira, Abigail Rodrigues, Anisa Rodrigues, Derina Azavedo, Akishia Fernandes, Quiana Fernandes, Ralph Monteiro, Avrel Fernandes, Dylan Mascarenhas, Domingos Mascarenhas, Edger Martins, Lucy Pereira, and Sandra Pereira. They were accompanied by skilled musicians Joyd Antao, Aryan Dias, Abram Dias, Shane Fernandes, Eugene Da Costa, Sigourney Gomes, Nathan Fernandes, and Aaryan Da Silva.

The event began with the garlanding of Reginaldo Fernandes' portrait. The musical tribute was paid with performances of songs composed by Reginald. Sonia Gomes ably compered the event.

Goa Arts Grants application deadline extended

The application deadline for the 6th edition of the Goa Open Arts Grants has been extended to June 20. They are offering two grant categories- The Catalyst Grant and the Engage Grant. Individuals, collectives, or groups can apply, provided the lead applicant is Goa-based. Grantees will be announced on August 1, and the grant period

runs from August 1, to February 1, 2026. A public exhibition of selected projects will take place from February 20 to 25, 2026. Each selected project under both the Catalyst and Engage categories will receive a grant amount of INR 50,000. **Venue:** Visit www.goaopenarts.com **Date:** The application deadline is June 20.

Herald Gaming Console

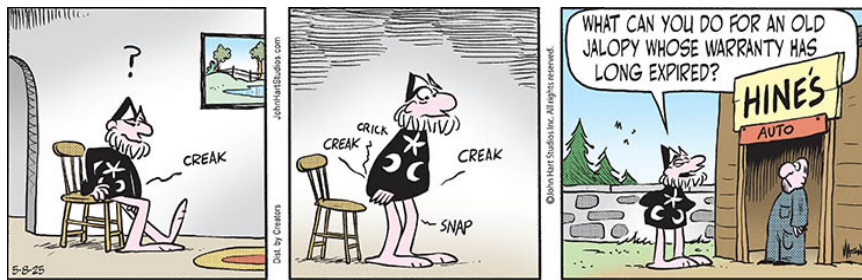
Dilbert



Garfield



Wizard of id



crossword 4873

ACROSS

1- ____ lift?; 6- Evident; 11- Lyric tribute; 14- Slender boat; 15- We ____ please; 16- Gun, as an engine; 17- Aquatic mammal; 18- Fatty part of milk; 19- Notice; 20- Concepts; 22- Bedeck; 24- Kelp; 28- January birthstone; 29- Mother of Calcutta; 30- Make ____ for oneself; 32- "Tosca" tune; 33- Country in the Himalayas; 35- Droops; 39- Stadium level; 40- Tell it like it isn't; 41- Graf ____; 42- Actress Ward; 43- Parsonage; 45- Party to; 46- Existence; 48- Passenger ships; 50- Roma's land; 53- Luggage; 54- Sublease; 55- Monte ____; 57- Brit. lexicon; 58- Actress Berry; 60- Sensation provided by buds on the tongue; 65- U-turn from SSW; 66- 1996 Madonna role; 67- Perfect; 68- Georgia, once: Abbr.; 69- Speedy; 70- Legal wrongs;

DOWN

1- ____ lift?; 6- Evident; 11- Lyric tribute; 14- Slender boat; 15- We ____ please; 16- Gun, as an engine; 17- Aquatic mammal; 18- Fatty part of milk; 19- Notice; 20- Concepts; 22- Bedeck; 24- Kelp; 28- January birthstone; 29- Mother of Calcutta; 30- Make ____ for oneself; 32- "Tosca" tune; 33- Country in the Himalayas; 35- Droops;

solution 4872

LENA LENO PLOT
ESAU AREEL ROTO
STET BASRA ECHO
ESSO ESSS SACHET
WESAS REINDEER
TANYA PAINE ELLE
ATTY THING LAMA
LEER ROSE SYNOD
IRRITATE LEEDS
TACO VIES
YOGURT RIN MARS
ELLA OBESE ALEC
LEAL ROBSE ALSO
LADS OATS MATI

sudoku 4873

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

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 4872

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