Find calm in your life

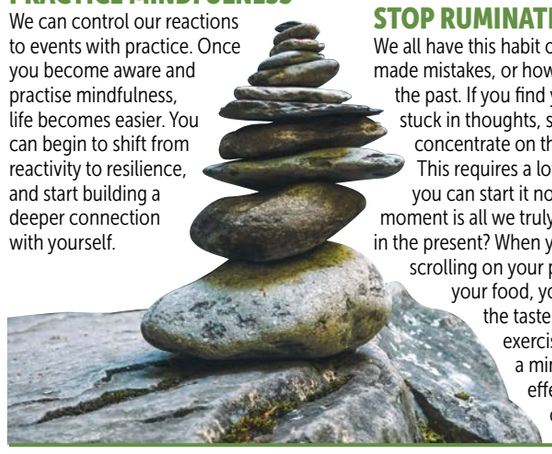
Learn to add mindfulness into your life by being conscious in small ways with simple practices that will help bring more balance in your life

Aruna Gracias Rathod

The recent air crash in Ahmedabad has shaken us all. While families have lost their near and dear ones, the news of the fatal crash has left us shaken. When these incidents happen, it leads us to think about the meaning of life. The world is full of constant distractions, stress, and pressure, and we are all looking at finding peace. So how does one find peace? One cannot run away from challenges and life itself. One needs to learn how face life with calm, clarity, and compassion.

PRACTICE MINDFULNESS

We can control our reactions to events with practice. Once you become aware and practise mindfulness, life becomes easier. You can begin to shift from reactivity to resilience, and start building a deeper connection with yourself.



ACCEPTANCE OF WHAT IS

If you can accept your life for what it is, and not wish how they should be ideal, it will help a lot. Life is full of uncertainties and elements we can't control. Accept the reality of the situation and work with it than against it.

STOP RUMINATING

We all have this habit of thinking how we made mistakes, or how good life was in the past. If you find yourself getting stuck in thoughts, snap out of it and concentrate on the present moment. This requires a lot of practice and you can start it now. The present moment is all we truly have. How to live in the present? When you are eating, stop scrolling on your phone, just observe your food, your surroundings, the taste of the meal. This exercise gives your brain a mini-vacation and the effect induces a sense of inner peace.

CULTIVATE A POSITIVE MINDSET

This has been hammered into us about positivity but the true test is how to apply it. Our minds are powerful things. They can act as our greatest ally or our worst enemy. How to cultivate a positive mindset? It may seem difficult, but start your day with a gratitude prayer, write down three things that are going well for you. If a negative thought tries to sneak in, notice it and ban it.

PRACTICE SELF-CARE

You have to take care of yourself, in every way - physical, mental, and emotional wellbeing is a must. Become aware of these three areas of your life. How to practice self-care? Schedule in some 'you-time.' Do things that make you feel good – reading, massage, a walk – it could be anything and do it often.

LEARN TO BREATHE IN A WAY THAT HELPS YOU CALM DOWN

Breath is what keep us alive. Research has proven that deep breathing helps us relax. It can have a profoundly calming effect. In moments of stress or anxiety, take a few moments to focus on your breath. How to breathe effectively? Breathe in, hold, breathe out, hold. Do this at your own pace. You can also learn to breathe in and exhale longer than your inhale. This will help you calm down.

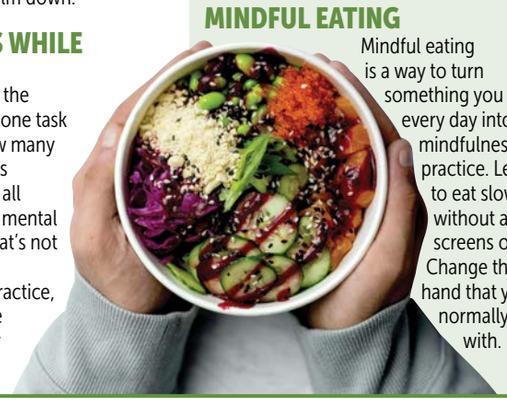
MINDFULNESS WHILE WORKING

If you're working on the computer, focus on one task at a time. Check how many windows are open as you work – are they all necessary? Clear up mental space by closing what's not required.

To deepen the practice, focus on how you're breathing, how your body feels in your seat, or how your feet feel against the floor, the sensation of the air or your clothes against your skin, the structure and posture of your body – all this helps develop mindfulness

MEDITATE – SIMPLY OBSERVE YOUR BREATH

If you think meditation is not for you, just close your eyes, and observe your breath. This will automatically relax you. Once you feel comfortable, then take a deep breath and exhale very slowly. Just a few minutes can make a big difference.



MINDFUL EATING

Mindful eating is a way to turn something you do every day into a mindfulness practice. Learn to eat slowly, without any screens on. Change the hand that you normally eat with. .

MINDFUL DRIVING

If you're driving your car, you can engage with the process by focusing on the weight of the vehicle underneath you, the texture of the road you're driving on, the sound of the tires against the gravel, or even the shape and feel of the seat against your rear. Then, you can focus on scanning your environment and becoming aware of other vehicles, lights, pedestrians, terrain, foliage, and skyline. With practice, you may even become a better driver.

THE POWER OF SILENCE

Silence helps us immensely. When was the last time you were just with yourself, no phone, no music, nobody around you. Even when we walk, we listen to music or talk to our walking partner – walk in silence for a change.

Organ donation awareness session held for Goa Board staff in Porvorim

Gabriel Pereira, an organ donation ambassador from the MOHAN Foundation, delivered an awareness talk on organ donation to the staff of the Goa Board of Secondary and Higher Secondary Education, Porvorim. Gabriel had visited the Board's office a day prior to coordinate the session. During his visit, he met with the Chairman, Bhagirath Shetye, and the secretary, Vidhyadatta Naik, who readily agreed to host the session the following day. The timing aligned with an ongoing teacher workshop, ensuring a larger and more engaged audience.

Using a PowerPoint presentation, Gabriel covered key aspects of organ and tissue donation, including organs and tissues that can be donated in cases of circulatory and brain stem death, the medical definition and implications of brain stem death, differences between coma and brain stem death and the process of pledging to become an organ donor.

The session also featured several informative videos, including an introduction to the MOHAN Foundation, an explanation of brain death, a short film titled 'Live Life Varun Size', and guidance on how to obtain and use an organ donor card. To further support understanding, Gabriel distributed Frequently Asked Questions (FAQs) flyers to attendees. He emphasised the importance of informing family members or next of kin about one's decision to donate organs, as family consent is a crucial step in the donation process.

Gabriel concluded the session by expressing gratitude to Bhagirath and Secretary Vidhyadatta Naik for facilitating the talk and supporting the cause of organ donation. Approximately 100 participants attended the session, which was well-received and served to enhance awareness and encourage positive conversations about organ donation within the community.

OINK, GIGGLE, REPEAT – Peppa Pig is coming to Goa!

This weekend, Goa is getting a delightful dose of oinks, giggles, and bright pink snouts as the beloved children's character Peppa Pig makes her grand stage debut in the state, alongside her parents Mummy Pig and Daddy Pig. The globally adored piglet, along with her little brother George and a cast of cheerful friends — Suzy Sheep, Pedro Pony, and Gerald Giraffe — is bringing "Peppa Pig's Adventure!", a live theatrical experience that promises to turn family outings into unforgettable memories.

Set to take place at Kala Academy in Panjim on June 21 and 22, the show has been touring across India, delighting audiences in cities like Kolkata and Bengaluru. Now, it's Goa's turn to jump into the fun. The story follows Peppa and her pals as they embark on a camping trip filled with tent-building, singing around the campfire, stargazing, and, of course, their signature muddy puddle jumping.

This vibrant stage adaptation is tailored for little ones but promises just as much joy for the grown-ups. The show blends music, dance, puppetry, and interactive moments that leave young audiences squealing with excitement.

Tickets are available exclusively on BookMyShow, and with five shows scheduled over two days, families have plenty of chances to catch the fun. On June 21, shows will be held at 2.30 pm and 5.30 pm. On June 22, performances are scheduled for 10.30 am, 2.30 pm, and 5.30 pm.

Free yoga session and wellness talk

In celebration of International Yoga Day, Clube Tennis de Gaspar Dias will host a free yoga session followed by a talk on wellness by dietician and diabetes educator, Dr Mekhala Mandurkar. The yoga session themed 'Yoga for One Earth, One Health' will be led by national medallist Ashish Kumar Pal. Participants are requested to wear comfortable yoga attire and bring along a yoga mat and a water bottle. Following the session, Dr Mekhala will deliver a talk titled 'Nourish to Flourish' focusing on essential nutrition and food habits for overall health. Entry is free.

Venue for the yoga session: Flamingo Hall, Clube Tennis de Gaspar Dias, Miramar
Venue for the talk: Level 1, Clube Tennis de Gaspar Dias, Miramar
Date: June 21

Art exhibition on St Francis Xavier

An art exhibition, 'Goencho Saib Goenchea Akaran – Goencho Saib –In the hues and shades of Goa' will feature the works of over 20 artists and more than ten art aspirants. The inauguration of the exhibition will be held after the 6 pm Mass.

Venue: St Francis Xavier's Church, Duler, Mapusa
Date: June 21 (6 pm) and 22 (8 am to 5 pm)

Discernment in marriage and family

Pedro Arrupe Institute will be organising a seminar on 'Discernment in Marriage and Family' by resource person, Fr Joseph Cardozo. Learn and experience discernment in marriage as the basis for the practical and experiential application of Ignatian spirituality to every-day life.

Venue: Pedro Arrupe Institute, Raia
Date: June 22 | **Time:** 9 am- 4 pm
(Inclusive of Sunday Mass and meals)

Governor of Goa revisits history at Goa Chitra

Goa Chitra Conglomerate of Museums welcomed His Excellency, PS Sreedharan Pillai, Governor of Goa, on the historic occasion of Goa Revolution Day. Founder and curator Victor Hugo Gomes personally led the Governor through the museums, sharing the institution's vision and purpose. Accompanying the Governor were Rita Pillai, Deputy Collector of South Goa, Mamlatdar of Margao, historian Sanjeev Sardesai, and other dignitaries.

The Governor was taken through all three museums that form the Goa Chitra Conglomerate, experiencing Goa's agrarian, domestic, artisanal, and transport heritage.

Victor said, "As custodians of Goa's heritage, we do not merely preserve objects, we preserve values, stories, and traditions that continue to define us as Goans. Your Excellency's presence here affirms the importance of this collective journey." In a gesture of encouragement, the Governor announced a donation of Rs 1,00,000 from the Raj Bhavan budget in support of the museums' ongoing work. He also penned a thoughtful message in the visitor's book, writing, "My visit to the wonderful Goa Chitra Conglomerate of Museums doubles concepts, and I congratulate Victor Hugo Gomes for his dedication to protect the achievements of our previous generations."

The visit concluded with a presentation of the Goa Chitra brochure, a symbolic token of the decades-long journey to protect and celebrate Goa's cultural heritage.

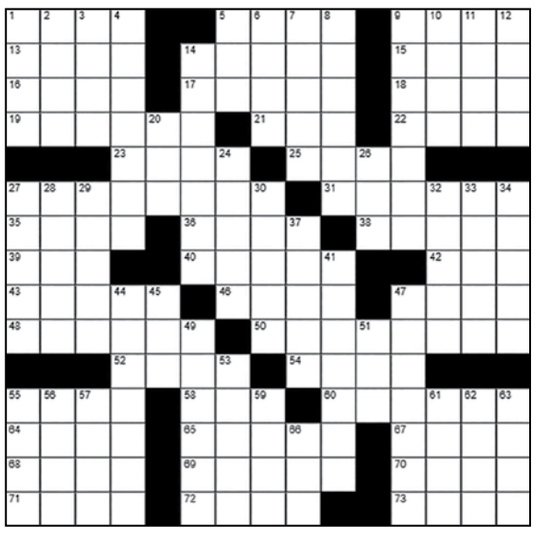
Herald Gaming Console

Dilbert

Garfield

Wizard of id

crossword 4877



ACROSS
1- Respecting; 5- Agreement; 9- Sail support; 13- Boyfriend; 14- Stun gun; 15- Too; 16- Wagon; 17- Blue book filler; 18- Fog; 19- Ice cream topped with syrup; 21- General on Chinese menus; 22- Untidy condition; 23- "The Thin Man" dog; 25- Schilling replacement; 27- Execration; 31- Names; 35- Diet successfully; 36- Sitarist Shankar; 38- Scarlett of fiction; 39- Nav. officer; 40- Rise to one's feet; 42- Impresario Hurok; 43- ___ is human; 46- To Live and Die ___; 47- Moon of Jupiter; 48- Help; 50- Interfered with; 52- Bingo call; 54- Power unit; 55- Just ___!; 58- Earthlink competitor; 60- Collect; 64- Actress Turner; 65- Grocery, e.g.; 67- I could ___ horse!; 68- Shake ___ (hurry); 69- Made a mistake; 70- Flows; 71- Describes a gently cooked steak; 72- Spool; 73- Hit with an open hand;

DOWN
1- Basics; 2- Linebacker Junior; 3- Small mountain lake; 4- Make obsolete; 5- Dance step; 6- Type of D.A.; 7- _____ and desist; 8- Audition; 9- Enormous; 10- That's ___!; 11- Flat sound; 12- Small children; 14- Seesaws; 20- Baseball bat wood; 24- Stradivari's teacher; 26- ___ de Janeiro; 27- Prince Valiant's wife; 28- They're taboo; 29- Donkeys; 30- ___-garde; 32- Coherent light beam; 33- Chip away at; 34- Dish of raw vegetables; 37- Acquired relative; 41- Wounded; 44- Enclosure formed by the chest bones; 45- They appear before U; 47- Correspondences; 49- One making fun; 51- School grp.; 53- ___ Dame; 55- Banned apple spray; 56- Room in a casa; 57- Cabinet dept.; 59- Folk wisdom; 61- Drag; 62- Sicilian spewer; 63- File; 66- Fam. reunion attendee;

solution 4876

sudoku 4877

		2				3		9
	6				3		5	
			2		4			
4		5	6					1
7								6
9					5	8		7
			5		8			
	5		9				1	
1		7				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 4876

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