

Students visit Aguad port and jail complex on Goa Revolution Day

On Goa Revolution Day, 188 school students from across the state visited the Aguad Port and Jail Complex in Sinquerim, getting a first-hand look at a slice of the state's history. In all, 43 students accompanied by two teachers from Dr K B Hedgewar High School in Bambolim, 122 students and 10 teachers from Hedgewar Primary



and High School in Assonora and 23 students, one tour guide and 10 teachers and parents from Vidya Prabodhini Primary School in Alto Porvorim, visited the Aguad Port and Jail Complex on the occasion of the historic day. The students engaged with Goa's history through the interactive museum's touch screens, informative displays and immersive installations. They had the opportunity to walk through the historic jail cells that once held Goa's freedom fighters. In the Core Block of the complex, the students solemnly observed the engraved names of those freedom fighters who had been imprisoned at the jail during the state's liberation movement, a reminder of their sacrifices.

Launch of home and community caregiver course in Goa

Led by the Pilar Sisters, Jeevan Spandan Institute is launching the 'Home and Community Caregiver Course,' a one-year programme designed to equip individuals with practical skills, emotional intelligence, and basic healthcare knowledge for elder care. The course, starting from July 14, is the first of its kind in Goa. Interested individuals are encouraged to register early and collect the syllabus. **Venue:** Fr Agnel College of Arts and Commerce, Pilar **Registration time:** 10 am to 12 noon

Doctor's special poetry recitation

Ravindra Bhavan, Margao is organising Doctor's Special Poetry recitation programme under the banner of Kavyanand. Dr Shyama Singbal, Dr Aman Prabhugaonkar, Dr Antonne Rodrigues, Dr Vyankatesh Hegde, Dr Arti Dinker and Dr Nutan Dev will be participating. Dr Anuja Joshi will preside over the Kavi Sammelan. Dr Kadambari Kulkarni will be compering the poets' meet. **Venue:** Ravindra Bhavan, Margao **Date:** June 27 **Time:** 6.30 pm



The embrace of a bleeding heart



Sr Molly Fernandes

Devotion to the Sacred Heart of Jesus, isn't just some old tradition, is it? It's about a heart that truly beats, for every single person. A heart that bled, literally, till the very last drop, when that soldier's lance pierced His side, Jn. 19:34. Just imagine that - a heart so full of love, it emptied itself for us. Though every family have a portrait or statue of the Most Sacred Heart of Jesus on the altar, yet, one behaves as inhumane and ungrateful wandering off into their own little worlds, hurting Him over and over again through others. One forget, doubt, deny, and even take revenge. But the mystery, that most compassionate Heart of Jesus, doesn't just judge nor condemn. It just embraces even when one least deserves it. The Bible paints a vivid picture of this profound compassion. Time and again, one reads how Jesus was "moved with compassion" (Mt. 9:36, Mk. 6:34). When He saw the crowds, He saw them as "like sheep without a shepherd" - lost, vulnerable, needing guidance. This wasn't a detached observation; it was a deep, internal ache for their suffering.

His compassion was intensely personal too. When He drew near and saw the city of Jerusalem, he wept over it (Lk. 19:41-44), grieving for those who would not recognise the path to peace. And at the tomb of Lazarus, as He witnessed the grief of Martha and Mary, "Jesus wept" (Jn. 11:35). These are lead-ins into the very soul of God, revealing a merciful, compassionate, and empathetic person. This

is the heart that beats for humanity - a heart that truly feels for you and for me. Gospel of St Mathew further highlights Jesus' concern for the vulnerable with those tender words, "Come to me, all you who are weary and burdened, and I will give you rest" (Mt 11:28). This is an open call to everyone struggling, feeling lost, burdened by life's hardships but aren't to the perfect. It's an invitation directly from that Sacred Heart, yearning to offer solace and peace. This is the beauty of the Sacred Heart of Jesus. It's not a heart that waits for us to be perfect. It's a heart that continually beats, aches, and reaches out, even when one is ungrateful, even when one has hurt Him. It tells that no matter how far one has strayed or messed up, that divine, compassionate heart is always open, ready to embrace, to heal, with the warmth of His love whispering, "Come, come back home". And in that whisper, in that gentle invitation, lies the true power and the profound comfort of the Sacred Heart of Jesus. An ultimate example of undeserved, boundless mercy that never gives up. On this feast day, may Jesus to make one's hearts like His merciful, compassionate, forgiving and ever embracing.

Kampus Snippet

HOLY SPIRIT INSTITUTE PARTICIPATED IN GOA REVOLUTION DAY COMPETITIONS



The Goa Freedom Fighters Association, Margao commemorated the 79th Anniversary of Goa Revolution Day at Lohia Maidan by organising various competitions. The enthusiastic students of Holy Spirit Institute participated in the various competitions under the guidance and motivation of the Headmistress Esmeralda Mendes e Fernandes. The students showcased their creativity and talent in essay writing, drawing and singing.

The melodious voice of the students helped the school to bag the third place in the Inter-School Patriotic Singing Competition, bringing home a trophy and a cash award of Rs 2000. While Vachel Colaco with her literary talent and creative style bagged the fourth place in the essay writing competition. The students from Class 5 to 9 also participated in the drawing and painting competition held on this occasion.

INFANT JESUS HSS, COLVA CELEBRATES INTERNATIONAL YOGA DAY AND INSTALLS ECO CLUB



Infant Jesus HSS, Colva celebrates International Yoga Day and installed its Eco Club for the new academic year. The programme began with a warm welcome by the Principal, Alarico Antao. This was followed by Claxe Vaz highlighting the significance of Eco Club. Loveleen Pereira then administered the pledge. The session on yoga began with the floral welcome to the resource person and lighting of the lamp by the Principal and the Resource person, Vishwanath Swar, ex-principal of MES Higher Secondary School.

He began his yoga session with motivational stories and highlighted the need for yoga in modern times. He demonstrated various simple asanas helpful in daily life. He advised students to begin their day with yogic exercises and connect with nature by undertaking trekking and other activities. The programme ended with the presentation of memento to the resource person. Audrey Vaz compered the event and Hooran Sheikh from Class 11 proposed the vote of thanks.

SANT XAVIER VIDYALAYA, KORGAO OBSERVES INTERNATIONAL YOGA DAY



Sant Xavier Vidyalaya, Korgao celebrated the 11th International Yoga Day with great enthusiasm, marking the occasion with the theme 'Yoga for One Earth, One Health'. The Yoga preparation for morning assemblies almost lasted for three weeks in the school. The final celebration was participation of headmistress, faculty, and students from the school. Through a series of daily yoga sessions, PPT presentation, and discussions, and in dance form the event highlighted the transformative power of yoga in fostering self-confidence, resilience, and a sense

of communion among all. The event commenced with warm-up exercises, and all participants, including faculty members performed various sitting and standing asanas such as Shavasana, Vajrasana, Trikonasana, Surya Namaskar, Chakrasana and Meditation. Throughout the session, the importance of each asana was explained in detail. Faculty members were taught how to incorporate yoga into their daily lives to maintain harmony between the body and mind. The session lasted for over an hour, with active participation.

Herald Gaming Console

Dilbert

Garfield

Wizard of id

crossword 4882

ACROSS
 1- Gumbo ingredient; 5- Put a lid ____; 9- Slice of history; 12- Civil disturbance; 13- Put a new price on; 15- Ship's company; 16- Equinox mo.; 17- Gymnast Comaneci; 18- Helper; 19- Stuff oneself; 21- Pride woman; 23- Singing voice; 24- ____ King Cole; 25- Geronimo, e.g.; 28- Form of baseball; 33- Desert plants; 34- Light brown; 35- Author Wieselt; 36- Part of ETA; 37- Madame de ____; 38- Invoice fig.; 39- Goes out with; 41- ____ Alto; 42- Stallone role; 44- Precedent setter; 46- Already?; 47- Awfully long time; 48- Town near Santa Fe; 49- Elaborate dance party; 53- Having a policy with GEICO or Allstate; 57- Texas city on the Brazos; 58- List of candidates; 60- Describes a gently cooked steak; 61- Father of Deimos and Phobos; 62- Assembly rooms; 63- Environmental sci.; 64- 'Car Talk' airer; 65- Cut calories; 66- Lucy's husband;

DOWN
 1- Roughly; 2- Ukrainian capital; 3- Thick cord; 4- Allure; 5- Elaborately adorned; 6- Peachy!; 7- ____ be an honor; 8- Follow; 9- Great Lake; 10- Cincinnati club; 11- Amazes; 14- Profitable; 15- No way!; 20- K through 12; 22- Granola morsel; 25- With ____ of thousands!; 26- European capital, in song; 27- Farm measures; 28- Climb; 29- Sweet sandwich; 30- San Antonio landmark; 31- Transitional state; 32- Divulge; 34- Greek letters; 37- Class where you learn ser, estar, and haber; 40- Shorthand pros; 42- Outback hoppers; 43- Confident; 45- Atlantic food fish; 46- Most reasonable; 48- Championship; 49- Stately aquatic bird; 50- Heavenly strings; 51- Bakery worker; 52- Happy; 54- Contest, ethnicity; 55- Greek god of love; 56- Sandwich shop; 59- Rhyming boxing champ;

sudoku 4882

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

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 4881

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