

Good food for a good mood

Nutrition plays an important role in creating a positive frame of mind. Change your diet to feel positive

Aruna Gracias Rathod

Nutrition and moods are closely related. So much so that a branch in Psychiatry concentrates on the connection between the two. Nutritional Psychiatry is a growing field which explores the powerful relationship between what we eat and how we feel. While some of us are aware, some of us don't understand the connection that our food habits play a very important role in our moods.



CHECK WHAT'S ON YOUR PLATE

In case you want to do an informal study, for a few weeks keep a note of what you eat and how you feel after eating a particular snack or meal. For instance, if you eat sugary foods you tend to feel energetic but that energy goes down quickly and after a while, you may end up feeling low, while if you are eating wholesome meals you find that you are more alert, and have sustained energy throughout the day. "Eating home-made meals like vegetables that aren't fried in oil, brown rice, curd or white meats is healthy," says Himangi Patil, dietician. "Over a period of time this kind of diet makes one feel light and healthy leading to a good mood most of the time." Poor nutrition can contribute to mood swings, fatigue, and mental fog, while a balanced, whole-foods diet can help

support focus, emotional stability, and resilience.

WHAT IS NUTRITIONAL PSYCHIATRY?

Nutritional psychiatry is a branch of mental health that focuses on how food and nutrients impact brain function and emotional well-being. Unlike traditional psychiatry, which often relies on medication and talk therapy alone, nutritional psychiatry considers mental health nutrition as a core part of treatment.

This branch includes evaluating dietary patterns, improving gut health, addressing nutrient deficiencies, and implementing dietary interventions for mental health to support the brain and body as a whole.

WHAT'S THE CONNECTION?

Food and how it breaks down is purely a chemical process. It is a simple connection - the diet we consume affects neurotransmitters in our brain

NUTRIENTS MAKE A DIFFERENCE

Research has indicated the key nutrients for mental wellness and these include Omega-3 fatty acids - for cognitive function and mood stability, B vitamins - crucial for energy and nervous system health, Magnesium - helps reduce anxiety and improve sleep, Probiotics and fibre - support gut health and the gut-brain axis

like serotonin and dopamine, which play a major role in regulating mood and emotional stability. Foods that are rich in nutrients help balance the neurotransmitters and help promote clarity, calmness, and resilience. Processed foods have a high content of salts and some have added preservatives which can lead to imbalance of hormones, resulting in 'bad moods'.

"Excess consumption of sugar in drinks or food items like cakes, desserts, may increase inflammation and emotional distress," explains Himangi.

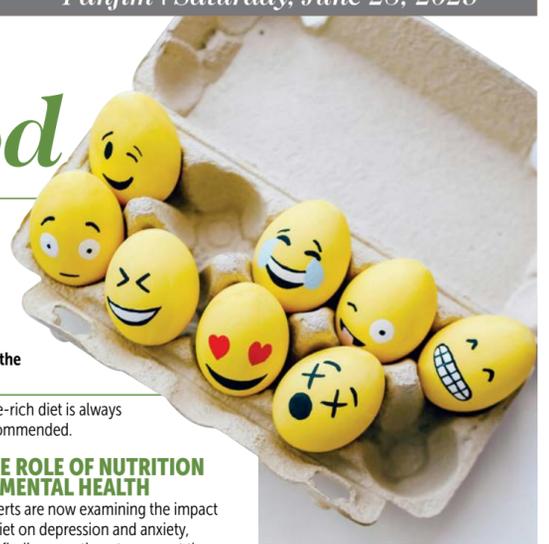
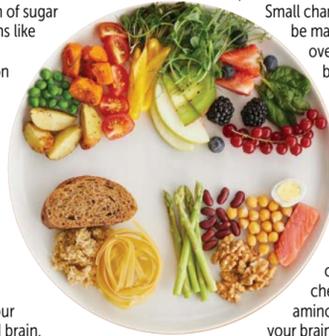
THE GUT-BRAIN AXIS

Nutritional psychiatry research studies the gut-brain axis, the communication pathway between your digestive system and brain. The gut is home to trillions of bacteria, collectively known as the microbiome, which influence everything from mood to immune function. A disrupted microbiome is linked to higher levels of stress, anxiety, and even depression. That's why improving gut health through prebiotics, probiotics, and a

fibre-rich diet is always recommended.

THE ROLE OF NUTRITION IN MENTAL HEALTH

Experts are now examining the impact of diet on depression and anxiety, and findings continue to support the link between nutritional changes and improved mental well-being. Small changes can be made to your overall diet to see benefits. Being consistent is also important. Diets higher in protein can support your mental health. Protein contains chemicals called amino acids, which your brain needs to produce chemicals called neurotransmitters. These help to regulate your thoughts and feelings. If you're finding it difficult to get enough protein in your diet, you could try adding some grated cheese to a meal, or having a glass of milk. Or you could eat a packet of nuts or seeds.



AVOID CAFFEINE

Caffeine is present in tea, coffee, chocolate, cola and other energy drinks. It is a stimulant. This means it can give you a quick burst of energy. Too much of caffeine over a period of time ends up making you feel anxious and depressed, it may lead to sleeplessness, lead to irritability and bouts of depression sometimes if you give it up suddenly. If you think caffeine is affecting your mood, you could try to slowly reduce the number of coffees in a day and also restrict colas.

IS YOUR GUT HEALTHY?

Stress and anxiety can work negatively on your gut leading to digestive problems, bloating or constipation. Change your diet and add fibre to your intake in the form of fresh fruits, vegetables and whole grains. Probiotics, such as live yoghurt (homemade dahi), and kimchi, are also good for gut health. Your brain needs certain fatty acids, such as omega-3 and omega-6. Add nuts and seeds to your diet, oily fish like mackerel and sardines.

Sao Joao amidst stormy seas at Tiracol

Govind S Poteker

St Anthony's Church located in the precincts of Tiracol Fort celebrated the feast of St John the Baptist, and invoked blessings from saint. The focus was shifted to the scenic locale along the northern bank of the river Tiracol meeting the Arabian Sea. Parishioners, especially young men, sporting Sao Joao blazers ventured into rough sea in a motorised canoe carrying a giant



Kopel to crown the Cross with the Kopel. The villagers of Tiracol, gather every year from wherever they might have settled to witness the signature moments of Sao Joao that is celebrated for more than 100 years. The festival is unique and traditional without any hullabaloo of commercialisation. People gathered at village Maand (sacred spot) near the bank of the river. As the revelers crowned the Cross with a giant Kopel and hoisting of a white flag adorning a Holy Cross, people applauded as the famous lyrics of Sao Joao song by legendary C Alvares rent the air to mark the beginning of festival.

Reaching the Cross in itself was a challenge due to rough weather and high waves lashing with tremendous force. Juze Godinho, the village representative from Tiracol informed, "People here wear Kopels only in the evening when they participate in the cultural programme." "A day before the feast, the villagers gather at the chapel of Our Lady of Mount Carmel. One of the village elders pray for the wellbeing of youth, good health and for safety of all and the soul of deceased.

Blessings of Sao Joao invoked for the success of the festival," says Connie Godinho. While the morning is more of a ritualistic start to the festival, joy and fun is what we engage in the evening with each one of us wearing a colourful Kopels made of flowers and fruits, Connie noted.

Agnelo Godinho, president of St Anthony Tenant Association, who along with other villagers entertained with live music and popular songs playing to the beats of ghumot and mandalem speaking about the main festivity of the village said, "Sao Joao is the most important festival which is celebrated with great fervour as the Saint has blessed the village immensely through many miracles. Childless couples were blessed with child and sick persons cured of their ailment and many other miracles."

Tradition of this Cross is weaved in ancestry. The Cross is a marker of village as water level never rises above the neck. It protects people going to the sea for their livelihood and boats from getting damaged and keeps the village safe, Agnelo acknowledged.



Recollecting his heydays, Michael Rodrigues, whose residence is touching the river reminisced how as a youngster he would be all excited about Sao Joao festivity. Michael said, "Understandings of our ancestors then were limited, but their respect for nature was unquestionable and we would listen to the elders whatever they told us and we still continue the old customs and tradition they passed on to us. The main thing in life is our culture and the nature, which is our heritage." Today we know the teachings of the Saint better and focus

on his teachings. We assemble here to remember the sacrifice of Sao Joao and Jesus by crowning the Cross with Kopel, he added.

Michael says, "The cross is most important for the village as we were told by our ancestors that if the cross submerges then our village would be inundated. Till date, the Cross has saved us. In 2019, when there was a storm, water level had reached alarmingly close to two steps of my house, but still the Cross was visible, which was a real miracle. We hear about tragedies in many places, but despite Tiracol lying near the mouth of the river meeting the sea, the village has remained safe and sound due to the blessings of saints."

Viva Sao Joao was truly a community festival without alcohol or commercialisation, with Tiracol villagers coming together, creating an essence of Goan experience wheeled in antiquity and hospitality that is still visible in community living by nature.

St Francis Xavier's HSS, Siolim observes World No Tobacco Day

Consumer Welfare Club of

St Francis Xavier's Higher Secondary School, Siolim observed World No Tobacco Day focusing on creating awareness about the dangers of tobacco. Teachers along with students of Class 11 and 12 of Arts, Science and Commerce took the pledge of No tobacco. An Individual Bookmark Making Competition was also held on the topic 'Harmful effects of tobacco'. Sainath Morajkar, Laksh Mandrekar and Sakshi Narvekar were awarded the first, second and third prizes respectively. Consolation prizes were awarded to



Anushka Morajkar, Livianna Fernandes and Larissa Fernandes. The project was coordinated by the Consumer Welfare Club coordinator Sandhya Fernandes and other teachers.

EYEMYTH MEDIA ARTS FESTIVAL

The Goa chapter of the Eyemyth Media Arts Festival, India's premier decade-old independent media arts event will be held bringing its NextGen storytelling and innovative collaborations to Unbox Cultural Futures Labs in Goa. This programme includes Eyemyth Media Arts Symposium, a day-long gathering with over a dozen presentations by transdisciplinary artists from India, Australia, and Switzerland, exploring

immersive world-building, GenAI experiments, speculative futures, and experimental sound/visual performance. This will be followed by The Eyemyth weekender evening showcasing leading electronic musicians and live visual artists. **Venue:** Sadhana Dell'Arte, Mercus **Date:** June 28 **Time:** Symposium (11 am to 5 pm) Performances (7 pm to 10 pm)

Herald Gaming Console

Dilbert

ANXIETY ARBITRATOR
TINA, I UNDERSTAND YOU HAVE ANXIETY FROM WORKING WITH ASOK.
AND IS IT TRUE, ASOK, THAT TINA INDUCES ANXIETY IN YOU?
SO MUCH ANXIETY.
I RULE IT A TIE. GO BACK TO WORK AND CONTINUE KILLING EACH OTHER SLOWLY.
THAT'S FAIR.

Garfield

HAAACK!
SPLAT!
PROOF OF DELIVERY
CLICK
PING!

Wizard of id

Z
I SEE THE YARD WORK IS GOING WELL...

crossword 4883

ACROSS
1- One of the two equal sections of a cone; 6- Cowboy boot attachment; 10- Kind of fingerprint; 13- ___ fours (crawling); 14- London gallery; 15- Midday; 16- Water vapor; 17- Mozart's ___ kleine Nachtmusik; 18- Bring in; 19- Times to remember; 20- Takes into custody; 22- Main course; 24- Snare; 28- The continent; 31- Eye drops; 32- ___ Gras; 34- Admiration; 36- Cool drinks; 37- Paris possessive; 38- Least difficult; 41- Baseball's Met; 42- Dixie Chicks, e.g.; 44- Like Abner; 45- Call; 47- Wide open; 49- Woman's shoe style; 51- Give a new title to; 53- Alarms; 56- Four singers; 59- Sleeps briefly; 61- Ballet skirt; 64- ___ Cong; 65- Hawk's home; 66- ___ of Man; 67- French summers; 68- ___ we all?; 69- Jiffy; 70- Completely without madness; 71- Donkeys;

DOWN
1- Facial feature; 2- Cave; 3- Song of joy; 4- Calcined gypsum; 5- Common street name; 6- Sound system; 7- Duo; 8- Magazine founder Eric; 9- Pee Wee of the Dodgers; 10- ___ good deed; 11- Hide-hair connector; 12- First name in advice; 15- Lipton competitor; 20- Of flight; 21- Explosive stuff; 23- Uncouth; 25- Radioactive gas; 26- Narrow mountain ridge;

solution 4882

OKRA ONIT ERA
RIOT RETAG CREW
SEPT NADIA AIDE
OVEREAT LIT ONESS
APACHE SOFTBALL
CACTI STAEUR ELIE
ARR STAEU AMT
SEES PALO RAMBO
TESTCASE SOSOON
EON TAOS
SHINDIG INSURED
WAGO SLATE RARE
ARES HALLS ECOL
NPR DIET DESI

sudoku 4883

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

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 4882

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