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Reflections of life

The four day Spandan Art Festival titled 'Incredible Talent' was held recently at Art Gallery, Kala Academy, Panaji. The art exhibition was inaugurated by Goa's Art and Culture minister Govind Gaude, artist Naguash Rao Sardesai and actor Kevin D'mello.

Curated by Anant Vikas, this was the 49th edition of the festival and is part of its global art festival. The exhibition showcased paintings and portraits by a number of artists like Pravathi Koutarapu, Dr DS Chougale, Dr Vinod Bitpalliar, Hemanth Kumar and Monika Sharada.

Pics: Narayan Pissurenkar



Pics: Sagun Gawade



Little artistes

The annual Patto colony cultural programme was held in a grand scale. The children who were performing stole the show. Various colourful activities were organised such as drama, dance among other events.



#MY JAM

I like the tune *City of Stars* from the movie *La La Land*. It's jazzy, relaxing and whimsical in a way - Ana Viegas, Dona Paula



MONDAY BLUES...

Napercise is the latest fad!

Not ready for another week ahead? Wish you could just sleep in? Well, maybe it's time we brought in this new gym trend that's currently taking over in the West. Called napercise, and created by David's Loyds Club in London, all you have to do is stretch a bit in the beginning and end of class while getting a solid 45 minute snooze in between - bed, blanket and eye mask provided. It's designed to 'reinvigorate the mind, improve moods, and even burn the odd calorie'.



Galgibaga Beach

A typical Goan beach is booming with shacks, tourists, music, party, small vendors, stall selling memoirs and clothing etc. But, Galgibaga Beach in Cancona, south Goa, defies these preconceptions. The uniqueness of this beach lies in its quietude, unlike most beaches. Interestingly, you won't see a single shack on this beach, and there are relatively few tourists visiting it. There are just a few restaurants located at a little distance from the soft sands. This beach is also famous for being the southern turtle nesting site, Morjim beach being the northern one. You may be lucky to see Olive Ridley turtles sunbathing or crawling about the beach.

The sea too is safe for swimming, though it is advised not to venture too far out and the undercurrent could be strong.

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Moreover, there are lifeguards to ensure safety of the people. This beach is quite an ideal one for a private picnic. Not that the whole beach is just to yourself, but the number of visitors there are relatively minimum. Also trees lining the beach provide shade to set up your tents and enjoy a relaxing siesta, after a warm swim in the waters. All you got to do is

carry your food, drinks, towel, hammock (if you like), sunning suit, sun screen, shades etc., set out for a picnic at this beach and leave the rest upto nature magic! If your ideal beach day-out is spend it in quietude, enjoy the voices of nature, meditate on the vastness of the horizon, observe the dance of the waves, then this is the beach for you!

Japanese Garden

And you thought that Goa only had a connection with the Portuguese? If you happen to be in the port town of Vasco da Gama, a visit to the Japanese garden for a stroll and an evening outing is certainly worth the while.

The Japanese garden is located at the same site where the Fortaleza Santa Catarina once stood. You can still see the ruined walls of the old garden.

The best part about the garden is the breathtaking view of the Arabian sea which it offers visitors, thanks to the fact that it is located right on the edge of the Mormugao Ridge overlooking the waters.

The garden is well-maintained, well-manicured and safe to visit

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because it is a favourite haunt for families from Vasco da Gama as well as young couples, who come here for some moments of quiet and solace. Down the garden is also a small beach stretch where you can wade into the waters of the Arabian sea.

The Japanese garden is located a short distance from Vasco da Gama. You will also find a small temple called Durgamata Shiv Mandir, on the path to the beach stretch. **Japanese Garden Vasco**

MAY 1

Book reading

Abhay Vaidya, Resident Editor of the soon to be launched Hindustan Times newspaper in Pune will present a slide show and read from his first non-fiction book, 'Who Killed Osho?' on May 1, 7:30 pm at People Tree, 6 Assagao and on May 2, 4:30 pm at DogEars Bookstore, Margao.

Fruits and flowers

The festival of Moti Talav is on till May 1 at Janaathrao Bhosale Udyan, Sawantwadi.

Contact: 9405632848
Email: cckokan@gmail.com

Summer camp

Samrat Sports and Cultural Club of Pajiford Margao will organize its summer camp for children starting from April 30 to May 14. This camp will be held at Junta Quarters Cultural Centre Hall, Junta Quarters near BPS Club Margao and Chougale College from 9 am to 12 noon. Children from KG to std. VIII are eligible

to participate in this camp. Email: samratsportsandculturalclub@gmail.com
Contact: 9422442838, 7263994458
8698722943

Summer classes

Learn Kudo under Sensei Nityanand, Bokwa dancing and Piloxing with certified trainer Shradha, basketball with coach Andy, carrom, badminton, cooking, Djember African beats and more from April 4 to May 10, 9 am to 12:30 pm (Monday- Saturday) at Kids' Kingdom International School, Porvorim
Ages: 1 1/2 to 12 years
Contact: 0832-2414887 / 9890178335

MAY 2

Piano recital

Kala Academy Goa in collaboration with Opus Gala and the Italian Embassy Cultural Centre (Mumbai Section) is organising a piano recital by renowned concert pianist Gabriele Carcano on May 2, 7 pm at the Kala Academy, Panaji. Entry passes are available at M/S Furtado's, Panaji,

M/S Garden Central Studio, Panaji and Kala Academy security counter, Panaji.

MAY 4

Embrace the outdoors

Learn to set up a campsite, design and build a treehouse, observe birds and nature etc from May 4 to 7 at Cajueiro Homestead, Valpoi. In addition you can eat nutritious local meals made from farm vegetables and fruits, learn jungle survival skills, make tools and weapons etc.
Contact: 9823572035

MAY 5

Music night

After an amazing, stellar night at Cafe Colinga, Anjuna, Third Pulse: the breathpulse trio is back on stage for yet another pulsating performance on May 3, 8pm onwards.

Papier mâché workshop

Enrol for a papier mache workshop and learn what you can do with paper

at Carpe Diem Art Gallery, Majorda from May 5 to May 7 from 4:30 pm to 6:30 pm
Email: info@carpediemgoa.com
Contact: 2881035

MAY 6

Lecture on climate

International Centre Goa, Dona Paula is organising a lecture on "Growth and Climate: Friends or foes", by Dr Rajat Khatwara (PhD University of Maryland, College Park), Director & Chief Executive, Indian Council for Research on International Economic Relations (ICRIER), on May 5, 6 - 7:30 pm.

Abba tribute

Purple is all set to organise The Show-A Tribute to Abba' on May 6, at Dr Shyam Prasad Mukherjee Indoor Stadium, Taleigao.

MAY 7

Musical evening

Positive People will celebrate 25 years of working for the cause of HIV/AIDS with



Snaden Shawn Dance Academy - Summer Dance Classes

Register today and avail early bird offer. Summer dance classes - Ballet, Hip-hop, jazz, Bollywood for kids - preteens - Adults. Call and enrol now for April & May
Contact: 9890163433 / 9637048183 / 7798609859.

an evening of music, dance, inspiration and celebration on May 7, 7 pm onwards at Open Air Auditorium, Kala Academy, Campal, Panaji.
Contact: 9923700342/9767200473



Celebrating Mango Moments!

It's that time of year when the King of fruits reigns. Cidade de Goa brings you the freshest and juiciest Alphonso mangoes in a delicious variety of desserts and beverages. Savour cakes tarts, pies, ice-creams and much more. This irresistible array of mango delights will be available from May 7 onwards at all our outlets from 12 noon-8pm. Join in for some mango treats! For more details, call Cidade de Goa on 2454545.



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Workshop on diabetes

A workshop on Diabetes Type I & II will be conducted by author and doctor B. R. Chowdhury at Institute Meneses Braganza, Panaji, on May 13 from 3 pm to 6 pm. He's a Post Graduation in Diabetes Education - International Diabetes Federation (Belgium), with a certificate in Raw Nutrition, Mint Culinary School (and a diploma in Echocardiography. Contact: 901122800 / 8975239900