







# FISH DIE-OFF: ACTION UNFOLDS, FINALLY

## GSPCB identifies leachate from remediated dump as cause of Cacora fish death incident

THE GOAN | NETWORK

**MAPUSA**  
The Goa State Pollution Control Board (GSPCB) has determined that Tuesday's fish mortality incident in Cacora was caused by leachate from a nearby remediated dump and not by industrial pollution or chemicals.

This conclusion was reached following a prompt investigation by GSPCB officials on Tuesday evening.

Upon arrival at the site, the GSPCB team identified a legacy dump close to the rivulet as the source of the problem.

The dump, which had been remediated by civic authorities, released leachate into the water body during the first rains of the season.

This sudden influx of contaminants increased the concentration of pollutants in the water, leading to the death of the fish.

"Close to the waste treatment plant, there is a legacy dump that was remediated by the civic authorities. During the first rains, all the leachate seeped into the water body, suddenly increasing

## Govt agency inspects rivulet and collects samples

THE GOAN | NETWORK

**SANGUEM**

A team from the Goa State Pollution Control Board (GSPCB) and other officials inspected the rivulet at Cacora-Curchorem on Wednesday and collected water samples and some dead fish for inspection, after a large number of dead fish were found in the rivulet.

The inspection team was led by GSPCB engineer Rajmohan Prabhudessai and other officials present included Gajanan Kamat (Asst Manager Goa Waste Management Corporation), Kiran Burud (Engineer, Goa Waste Management Corporation), Thangaraj A. (Incharge of Cacora Waste Management Plant) and Shubham Patil (Chemist).

On Tuesday, locals from Cacora who had gone to the rivulet to fish were shocked to see a large number of dead fish all along the rivulet, which flows by the side



A GSPCB team collects samples from the Cacora rivulet on Wednesday.

### DEAD FISH IN CACORA RIVULET

of the Waste Management Plant at Cacora.

While eyebrows were raised over this unusual incident, many suspected that the fish may have died due to release of chemicals into the rivulet.

Locals present at the site during the inspection also demanded the GSPCB officials verify if any chemical substances were being released into the rivulet by the Waste Management Plant.

They claimed that such an incident had occurred for the first time. The residents normally go to the rivulet during monsoon to catch fresh water fish.

the concentration of pollutants and resulting in the fish mortality," explained Mahesh Patil, Chairman of GSPCB.

Patil emphasised that there was no evidence of industrial or chemical pollution contributing to the incident.

"It's only because of the remediated dump which drained into the rivulet and caused the fish to die," he added.

In response to the findings, the GSPCB has issued instructions to authorities concerned to clear the affected area to prevent further contamination.

The presence of a large number of dead fish floating in the rivulet near the waste treatment plant at Cacora-Curchorem was reported on Tuesday, drawing immediate attention to the environmental issue.

The GSPCB's swift action underscores the importance of monitoring and maintaining remediated sites to prevent unintended environmental impacts.

This incident highlights the need for thorough and ongoing oversight to protect local water bodies and aquatic life from contamination.

## Show-cause notice to Paradeep Phosphates over chemical leak

### Personal hearing held with company officials, told to submit action plan on improving housekeeping

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**MAPUSA**

The Goa State Pollution Control Board (GSPCB) has taken stringent action against Paradeep Phosphates Ltd after an investigation linked the recent mass fish mortality in Velsao bay to negligence in the company's housekeeping practices.

Following the discovery, the GSPCB has issued a show-cause notice to the company and conducted a personal hearing with its officials to address the issue and prevent future occurrences.

The GSPCB's preliminary investigations revealed that a significant amount of urea and fertiliser, which had been improperly stored and spilled across the factory floor, was washed into a nearby rivulet during the first rains of the season.

This runoff resulted in elevated concentrations of chemicals in the water, leading to the death of fish in the area.

"In the first rains, there is usually a lot of surface runoff," explained Mahesh Patil, Chairman of GSPCB.

"The urea and fertiliser,

### VELSAO FISH DEATHS

particularly in the railway yard where the fertiliser is loaded, got washed into the rivulet. This caused a sudden rise in the chemical concentration of the water, leading to the fish mortality."

Patil noted that while some parameters in the water samples collected from the rivulet showed slightly elevated readings, they were not alarmingly high. He emphasised that the primary issue was the poor housekeeping practices that allowed the fertiliser to be dispersed and subsequently washed away.

A comprehensive investigation conducted by the GSPCB confirmed these findings, prompting the Board to issue a show-cause notice to Paradeep Phosphates Ltd.

The company officials were summoned for a personal hearing on Monday, where they were instructed to devise and submit an action plan aimed at improving housekeeping practices to prevent similar incidents in the future.

"We have asked the company to clear the entire area where the fertiliser was lying, especially in the railway yard," Patil stated.

"They have agreed to improve their housekeeping and submit an action plan within a fixed timeline."

The incident, which occurred late last month, saw a significant number of dead fish washing up near the rivulet and along the shores of Velsao bay.

Local residents were quick to allege that the release of effluents into the water bodies was the cause of the fish deaths, drawing attention to the environmental impact of industrial activities in the region.

The GSPCB's swift action highlights the Board's commitment to environmental protection and its readiness to hold companies accountable for lapses in safety and environmental protocols.

As the investigation progresses, Paradeep Phosphates Ltd is expected to comply with the directives issued by the GSPCB and take concrete steps to rectify the identified issues.

## SP North gets taste of loud music nuisance at public meet in Anjuna

### Receives host of complaints against clubs, restaurants

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**MAPUSA**

The issue of loud music was the focal point of an intense discussion during a unique meeting with North Goa Superintendent of Police (SP) Akshat Kaushal on Wednesday evening.

The meeting, held at the Anjuna Police Station, saw a significant turnout of local residents eager to express their grievances about the persistent noise pollution along the Anjuna-Vagator coastal belt.

Residents complained about the incessant blaring of loud music from clubs and restaurants that operate along the coastal stretch, causing a continuous disturbance both day and night. The complainants specifically named several notorious establishments

known for their loud music, demanding stringent action against these offenders.

SP Akshat Kaushal's visit to the Anjuna Police Station was part of a fortnightly initiative aimed at personally attending to the public's grievances by visiting different police stations in North Goa. This initiative provided a platform for the local residents of Anjuna and Vagator to directly communicate their concerns to the senior police officer.

During the meeting, the residents highlighted the chronic issue of noise pollution caused by clubs and restaurants that play music beyond the legally mandated 10 PM deadline.

"Several clubs and restaurants play loud music beyond the mandatory 10 PM deadline. The blaring music goes on all night and all the people

have to suffer because of it," a local resident pointed out, emphasising the widespread impact of the issue on the community.

The unexpected volume of complaints regarding loud music took the Superintendent of Police by surprise.

In response, SP Kaushal urged the residents to formalise their grievances by filing written complaints.

Seizing the opportunity, the attendees listed the names of the clubs and restaurants that were in violation of the law and promptly filed formal complaints at the police station.

One resident expressed his frustration, stating, "We have lodged many complaints with authorities concerned raising our voice against the ongoing noise pollution in the village. There has been no action even from police."

## Rider dies of injures in Usgao mishap

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**PONDA**

A 49-year-old scooter rider from Anmod but residing at Tisk-Usgao succumbed to injuries after he was involved in a mishap at Usgao on Tuesday night.

According to Ponda police, Tipana Ramu Warsekar was returning home from Usgao on his scooter on Tuesday at around 8.30 pm, when the scooter skidded near the Usgao panchayat following heavy rains.

Warsekar fell off the bike and sustained grievous injuries.

He was rushed to the Pilem Primary Health Centre and was later referred to the GMC hospital at Bambolim, where he died while undergoing treatment on Wednesday morning.

Police conducted the

### TRAGIC INCIDENT

■ A 49-year-old scooter rider from Anmod but residing at Tisk-Usgao died from injuries after a mishap in Usgao on Tuesday night

■ Tipana Ramu Warsekar's scooter skidded near the Usgao panchayat due to heavy rains, causing grievous injuries

panchnama under the guidance of Police Inspector Tushar Lotlikar.

Meanwhile, a car collided with a two-wheeler on the road in front of the MRF company at Tisk-Usgao on Wednesday morning.

The two-wheeler rider sustained injuries and was moved to the Pilem PHC for treatment.

## Local duped of ₹4.7L by fake CBI officials

THE GOAN | NETWORK

**PANAJI**

Two fraudsters posing as CBI officials duped a resident of Chimbhel to the tune of Rs 4.7 lakh.

According to reports, the two fake CBI officials got in touch with the resident and

got him to deposit Rs 4.7 lakh in their account, after claiming to have evidence that the person was involved in drugs and human trafficking.

Meanwhile, Goa DGP Jaspal Singh has appealed to people to be careful while attending calls from anonymous callers.

"The callers introduce themselves as from CBI, etc, and call people about their children getting into trouble having caught with drugs or kidnapped. Don't panic. Inform police about the calling number," stated DGP Singh in a post on 'X'.

## ALL HANDS ON DECK



Workers are seen waterproofing the roof of the main dome of the Assembly complex at the start of the monsoon season. Narayan Pissurlenkar

## MHA's new directive will benefit Portuguese passport holders: CM

THE GOAN | NETWORK

**PANAJI**

With the Home Ministry now accepting passport revocation orders by reverting to previous decision to accept 'revocation certificates' instead of 'surrender certificates', Chief Minister Pramod Sawant said the move will bring huge relief to Portuguese passport holders in Goa.

"After taking over the charge as a Union Minister for Home Affairs, Amit Shah cleared the proposal of considering the Revocation of Passport order issued by passport authorities in lieu of Surrender Certificate for permitting Visa/Exit Permissions and OCI card cases. This decision comes as a huge relief to the Portuguese passport holders (originally Goan residents) in availing OCI card," Sawant said as he expressed gratitude

### Tanavade thanks Centre for accepting revocation certificates for OCI status

**MAPUSA:** The State BJP President and Rajya Sabha MP, Sadanand Tanavade on Wednesday expressed his gratitude to the Centre to allow passport revocation order as an alternative document to surrender certificate, for granting visa/exit permission on valid Portuguese passport/OCI card.

He said the Ministry of External Affairs (MEA) directive comes after sustained efforts and advocacy by the Goa government and key political figures.

During the winter session of the Rajya Sabha on December 8, 2023, Member of Parliament Sadanand Tanavade highlighted the issue of passport revocations faced by Goans.

Over 70 individuals had their passports revoked after renewing their Indian passports post-registration of their births in Portugal.

to the Centre for the "pro-people decision."

In its communiqué on June 11, the MHA stated that the acceptance would be

solely based on the condition that these Goans have obtained Portuguese nationality as per the Portuguese Nationality Law.

## Inquiry into painter's electrocution remains unresolved 6 months later

**GUILHERME ALMEIDA**  
THE GOAN | MARGAO

On 11th November 2023, a middle-aged worker from West Bengal, working as a painter for a contractor, was electrocuted to death while executing the job of painting a four-pole electrical structure at Dicapale, on the outskirts of Margao. Senior power officials, led by Superintending Engineer Rajeev Samant, rushed to Davorlim after the unfortunate death to reassure the public that a detailed inquiry would be ordered to unravel the incident.

Exactly six months later, the findings of the inquiry still remain unknown. An inquiry into the electrocution incident was conducted by a senior power officer, but the findings are still under wraps. Even power officials at the Aquem Power House say they have no idea about the findings of the inquiry, let alone placing the report in the public domain.

This has only thrown up



File photo shows power officials inspecting the four-pole electrical structure at Dicapale after a painter was electrocuted on 11th November 2023.



a host of questions about who was responsible for the painter's death and if the department is to be blamed for the incident, whether any compensation has been

paid to the near and dear ones of the deceased.

The painter, a native of West Bengal, was electrocuted to death while he was executing the job of painting

a four-pole electrical structure for a 33KV feeder at Dicapale. The work was undertaken by the painter after the Electricity Department had arranged a shutdown to execute the work. So far, mystery continues as to how the painter was electrocuted to death when there was a shutdown and the person or persons responsible for switching on the line when the painter was on the job.

While the findings of the inquiry conducted by a senior power official are still not made public, the fate of the police inquiry into the incident also remains unknown. The findings of the inquiry into the electrocution incident were important, more so to find out how the line got charged when a shutdown was taken to execute the painting work.

Incidentally, the fate of the inquiry into the electrocution of a rag picker at Malbhat a year ago after he came into contact with advertisement boards at a shopping complex also remains unknown.

## GFP seeks probe into alleged corruption in Smart City works

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**PANAJI**

The Goa Forward Party (GFP) has called for an investigation by the Centre into the Smart City works in Panaji alleging corruption and mismanagement.

GFP President Vijai Sardesai has written to Prime Minister Narendra Modi seeking urgent intervention while he listed deficiencies and alleged irregularities in the ongoing project.

"This project envisioned to transform Panaji into a modern, efficient city, has degenerated, regrettably, into a monument of mismanagement, corruption, and negligence, severely impacting the quality of life of Panaji residents. The Smart City project has become a source of continuous distress for the citizens of Panaji. Despite the allocation of substantial financial resources, approximately Rs 1,200 crore, the execution of the project has been fraught with myriad issues, leading to widespread disillusionment, frustration and indignation among the residents," reads the four-page letter.











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THROWBACK THURSDAY  
On this day in 323 bce the king of Macedonia, Alexander the Great, died in Babylon

# How 70 years of AI in film can tell us about its relationship with humans

In the 1980s, digital AIs started to become connected to network computing – where computers ‘talked’ to one another in an early incarnation of what would become the internet

PAULA MURPHY

In 2024, AI is making headlines daily. We may be aware of the science, but how do we imagine AI and our relationship to it both now and in the future? Fortunately, film may provide us with some insights.

Probably the best-known AI in film is HAL 9000 from Stanley Kubrick’s 2001: A Space Odyssey (1968). HAL is an artificially intelligent computer housed on board a spacecraft capable of interstellar travel. The film was released less than a year before humans landed on the moon. And yet, even in this optimism about a new era of space travel, HAL’s portrayal sounded a note of caution about artificial intelligence. His motivations are ambiguous, and he shows himself capable of turning against his human crew.

This 1960s classic demonstrates fears that are common throughout AI film history – that AIs cannot be trusted, that they will rebel against their human creators, and seek to overpower or overthrow us.

These fears are contextualised in different ways during different historical eras – in the 1950s they are associated with the cold war followed by the space race in the 1960s and 1970s. Then in the 1980s it was videogaming, and in the 1990s the internet. Despite these differing preoccupations, fear of AI remains remarkably consistent.

My latest research explores how “strong” or “human-level” AI is depicted in film. I examined more than 50 films to see how they shed light on human attitudes to AI – how we interpret it and understand it through characters and stories, and how attitudes have changed since AI’s beginnings.

**Types of AIs**  
The idea of AI was born in 1956 at an American summer research project workshop at Dartmouth College in Hanover, New Hampshire, where a group of academics gathered to brainstorm ideas around “thinking machines”.



A mathematician called John McCarthy coined the name “artificial intelligence” and just as soon as the new scientific field had a name, filmmakers were already imagining a human-like AI and what our relationship with it might be. In the same year an AI, Robby the Robot, appeared in the film Forbidden Planet, and returned the following year in 1957 in the film The Invisible Boy to defeat another type of AI, this time an evil supercomputer.

The AI as malevolent computer appeared again in 1965 as Alpha 60, in the chilling dystopia of Jean-Luc Godard’s Alphaville, and then in 1968 with Kubrick’s memorable HAL in 2001: A Space Odyssey.

These early AI films set the template for what was to follow. There were AIs that had robot bodies and later robot bodies that looked human – the first of these appearing in Westworld in 1973, where a robot malfunction at a futuristic amusement park for adults creates chaos and terror. Then there were AIs that were digital like the evil Joshua in the 1977 horror Demon Seed, where a woman is impregnated by a supercomputer.

In the 1980s, digital AIs started to become connected to network computing – where computers “talked” to one another in an early incarnation of what would become the internet – like the one stumbled upon by Matthew Broderick’s high-school student in War Games (1983), who almost accidentally starts a nuclear conflict.

From the 1990s, an AI could move between digital and material realms. In Japanese animation Ghost in the Shell (1995), the Puppet Master exists in the

ebb and flow of the internet, but can inhabit “shell” bodies. Agent Smith in The Matrix Revolutions (2003), takes over a human body and materialises in the real world. In Her (2013), the AI operating system Samantha eventually moves beyond matter, beyond the “stuff” of human existence, becoming a post-material being.

## Mirrors, doubles and hybrids

In the first few decades of AI film, AI characters mirrored the human characters. In Colossus: The Forbin Project (1970), the AI supercomputer reflects and amplifies the inventor’s own arrogant overreaching ambition. In Terminator 2: Judgement Day (1991), Sarah Connor has become like the AI Skynet’s Terminators herself: her strength is her armour and she hunts to kill.

By the 2000s, human-AI doubles began to overlap and merge into each other. In Spielberg’s AI: Artificial Intelligence (2001), the AI “son” David looks just like a real boy, whereas the real son Martin comes home from hospital connected to tubes and wires that make him look like a cyborg.

In Ex Machina (2014), the human Caleb tests the AI robot Ava, but ends up questioning his own humanness, examining his eyeball for digital traces and cutting his skin to ensure that he bleeds.

In the past 25 years of AI film, the borders between human and AI, digital and material have become porous, emphasising the fluid and hybrid nature of AI creations. And in the films In The Machine (2013), Transcend-

ence (2014) and Chappie (2015), the boundary between human and AI is eroded almost to the point of non-existence. These films present scenarios of transhumanism – in which humans can evolve beyond their current physical and mental constraints by harnessing the power of artificial intelligence to upload the human mind.

Although these stories are imaginary and their characters fictional, they vividly depict our fascinations and fears. We are afraid of artificial intelligence and that fear never goes away in film, although it has been questioned more in recent decades, and more positive portrayals can be observed, such as the little trash-collecting robot in WALL-E. But mostly we are afraid that they will become too powerful, and will seek to become our masters. Or we fear they may hiding among us, and that we might not recognise them.

But at times, too, we feel sympathy towards them: AI characters in films can be pitiful figures who wish to be accepted by humans but never will be. We are also jealous of them – of their intellectual capacity, their physical robustness and the fact that they do not experience human death.

Surrounding this fear and envy is a fascination with AIs that is present throughout film history – we see ourselves in AI creations and project our emotions onto them. At times enemies of humans, at times uncanny mirrors, and sometimes even human-AI hybrids, the past 70 years of films about AI demonstrate the inextricably intertwined nature of human-AI relationships.

## Passenger banned from US flight over neck pillow travel hack

A traveller at Orlando International Airport was banned from a flight after he tried to get around paying for a checked bag by putting all his belongings into a pillowcase and claiming it was nothing more than a pillow. A TikTok user shared the clip of a man arguing with security about his ‘pillow’ which later involved police. The airport also gave the man a chance to pay to check his items, however, he waited up until the authorities closed the doors, to pay for the extra items.



## Train yourself to look up..!

I love reading the comments for my columns from readers, and something I’ve noticed is that there are readers who get motivated by the inspirational columns, and others who say, ‘it can’t be done!’

There’s a picture I saw in a magazine, it showed two passengers in a train, one man was looking out and up at the tall, snow-capped mountains and smiling. The other man was looking down at the floor of the train and frowning angrily.

The man looking out was enjoying the beautiful view. The man looking down was seeing only the dirt on the floor and was missing the scenery outside!

As you know, some people spend their lives looking down. Downcast in spirit, they hang their heads and lead negative and joyless lives. Frankly, it’s a difficult way to live.

Others are constantly looking out, but in a fearful way. They watch anxiously for problems, real or imaginary, that they feel will threaten their happiness. Because they are scared of risks, they seldom challenge themselves to grow and rarely build themselves up in life.

There are others too, who always seem to be looking around. Forever searching for a better partner, a better job or a better situation. They keep a watchful eye out and seldom want or experience a long lasting commitment.

And others yet can be found looking back. They believe their best days are behind them and they have no hope for the future. They can’t fully enjoy today because their eyes are on yesterday. They always spend their time talking about the past. About the good old days.

But a few vibrant and enthusiastic people are usually found looking up.

These strong individuals have learned how to look beyond problems and to find solutions, beyond discouragement and to find hope. Their positive attitude also draws others to them. They see the good in everything because they look for it. They are encouragers and, very often, their hopeful attitude inspires those around them.

For such people who learn the habit of looking up, the reward is usually satisfaction and joy. As Earl Nightingale correctly stated, “Our attitude toward life determines life’s attitude towards us.”

Let us go back to the picture of the two men in the train: Strange, isn’t it? You can tell a lot about a person simply by noticing which direction they are inclined to look. Do they look down? Or do they look out? Maybe they are often found looking around or looking back. But there will always be some who will look up. Are you one of them? If not become one, become that man in the train who sees the beautiful snow capped mountains and smiles with joy. They are the leaders of this world, and once you train yourself to look up, you will automatically become one, yourself.

Dare to look up..!

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BOB’S BANTER

BY ROBERT CLEMENTS

# Navigating wet weather conditions for an enjoyable ride

Embracing the challenge of riding in the rain not only enhances your skills as a motorcyclist but also instills a sense of resilience and confidence in the face of adverse weather conditions

THE GOAN | PANAJI

Riding a motorcycle in the rain can be a thrilling yet treacherous experience. As the skies open up and droplets cascade onto the pavement, riders face a myriad of challenges that demand heightened attention, skill, and caution. From reduced visibility to slippery surfaces, navigating through wet conditions requires a strategic approach to ensure both rider safety and enjoyment.

## Gearing up

Before embarking on a rainy day ride, adequate preparation is paramount to enhance safety and comfort. Start by donning appropriate gear designed specifically for wet weather conditions. Invest in a high-quality waterproof jacket and pants to keep yourself dry and insulated from the elements. Opt for gloves with good grip and waterproof boots to maintain



control and stability while maneuvering your bike. Additionally, consider installing anti-fog visors or goggles to ensure clear vision despite the misty environment. Remember, staying dry and comfortable is the first step towards a safe and enjoyable ride in the rain.

## Ensuring traction

One of the most critical aspects of riding in the rain is maintaining optimal traction on wet and slippery roads. Start by inspecting your tires regularly to ensure they are in good condition and properly inflated. Worn-out or under-inflated tires can significantly compromise grip and stability, increasing the risk of accidents in rainy conditions. Consider investing in high-quality tires with deep treads designed to channel water away from the contact patch, thereby enhancing traction and control on wet surfaces. Additionally, reduce your speed and avoid sudden acceleration or braking

maneuvers to minimize the risk of skidding or hydroplaning. By prioritizing tire maintenance and adopting a cautious riding approach, you can significantly reduce the likelihood of accidents while riding in the rain.

## Enhancing awareness

Limited visibility is a common challenge faced by motorcyclists when riding in the rain. As raindrops obscure your vision and fog up your helmet visor, maintaining awareness of your surroundings becomes increasingly challenging. To mitigate this risk, equip your bike with bright and reflective lights to enhance visibility to other motorists on the road. Additionally, activate your headlights and tail lights to ensure maximum visibility in low-light conditions. Invest in a quality helmet with an anti-fog visor or apply anti-fog treatments to maintain clear vision despite the misty environment. Furthermore, periodically wipe your visor with a clean cloth to remove water

droplets and debris that may obstruct your view. By prioritising visibility and awareness, you can navigate through rainy conditions with confidence and safety.

## Safely slowing down in wet conditions

Effective braking is crucial for safely navigating through wet and slippery roads. However, braking in the rain requires a delicate balance between deceleration and maintaining control of your bike. To optimise braking performance in wet conditions, adopt a progressive braking technique that involves applying gentle pressure to both the front and rear brakes simultaneously. Avoid sudden or aggressive braking maneuvers, as this can cause your tires to lock up and skid on slick surfaces. Instead, anticipate your braking distance and start slowing down well in advance to avoid last-minute panic stops. Additionally, be mindful of road hazards such as puddles, oil slicks, and debris that can further compromise traction and stability. By mastering the art of controlled braking, you can safely navigate through rainy conditions and reduce the risk of accidents on wet roads.

## Embracing the challenge

Riding a motorcycle in the rain presents a unique set of challenges that demand skill, caution, and adaptability. Embracing the challenge of riding in the rain not only enhances your skills as a motorcyclist but also instills a sense of confidence in the face of adverse weather conditions. So, gear up, stay vigilant, and embrace the adventure of riding through the rain-drenched roads with skill and determination.











## Decor tips

# Making a rock garden in your apartment

ANWESHA BARARI

To build a rock garden (also called Alpine garden) is one of the easiest things to do because you are basically dealing with plants that grow in harsh terrain under not so favourable conditions. Also, it is built on rocks; now how difficult or expensive is it to find rocks? While making a garden in the Alpine way you must remember that it is not just a garden you are building but a work of art. To begin with, a basic rock garden should not take too much trouble to make.

The choice of place will depend on what kind of plants you are growing. Most alpine or mountain plants are good with bright open sunshine but there are a few that prefer shady spots. If it is a tropical climate you are looking at then it is best to have this spot of the garden indoors in a place that receives slant sunlight.

What you really need for a perfect rock garden is a slope. Any kind of inclined surface is the best suited for making a garden of this kind because it ensures that the water flows out of the soil quickly. Rock plants are used to growing on slopes and cannot stand water logged soil.

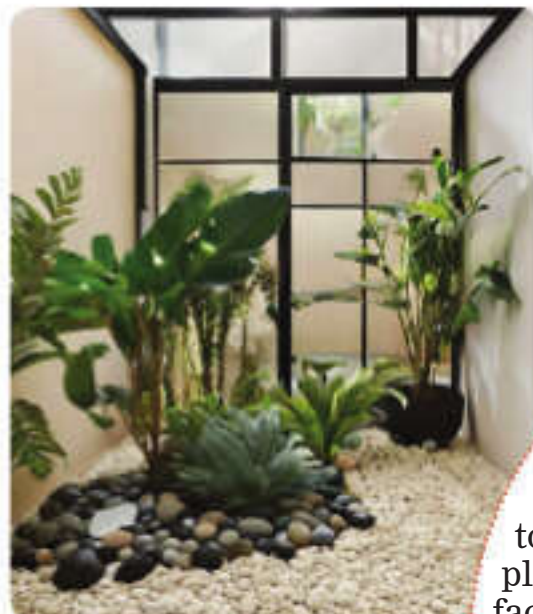
The rocks that you choose for making the structure should be rock solid. You need to start with two huge rocks and then balance the smaller ones on it as you go up. It is always better to have two rocks that are gripping each other for that perfect balance that can be rarely achieved with a single stone.



You can also try doing what mountain farmers do; terrace planting. Plant the rock plants at different levels of rocks so that the topsoil washed from one level gets deposited on the nest and that brings us to the most important element, water.

Almost any kind of stones will yield results but an expert's pick would be lime stone because it is porous and the plants can extract calcium from the lime. Granite provides stability and a burst of colours to your garden. It is not like all the rocks have to be from the same family; you can mix and match to add contrast to the ensemble.

After you have built the rock structure, you need to fill in the gaps with soil for the indoor plants to grow in. Now you need to be very careful while choosing the composition of the soil. Mountain soil is fertile but grainy with sand that makes it well draining. When you are growing rock plants they need to have more humus rich fertile topsoil and the percentage of sand needs to increase in the lower layers.



Most rock gardens have a flowing source of water. You can easily make this yourself with the help of a motor pump and a couple of pipes. You need to have the pump at the back and a water pool made of rubber or polythene in front of the garden.

AMRUTHA NAIR

Plucking the eyebrows is kept for the time we are feeling lazy and we want to push our eyebrow appointment a week further. Because to be real, doing your eyebrows can instantly make-up you look well put-together. Well-groomed eyebrows make you feel confident and good about your appearance. But, what about the time you are unable to visit the parlour? Like the self-quarantine period today. Dealing with hair is one of the major struggles of being stuck at home. And while waxing the arms, legs and bikini area probably has to wait until after the quarantine is over, your eyebrows can be easily dealt with at home by yourself. The problem that we face is the pain that we have to undergo. Let us help you with that. These tips and tricks are certainly going to make dealing with the eyebrows at home a lot less painful.

## 1 Cleanse and exfoliate first

The specks of dirt or any product that you have applied to your face makes the process of plucking tricky. The moisturiser and face creams make your skin slippery and hence difficult to pluck. Clean skin is a better way to get things done and make it less painful. If you have ingrown eyebrow hair, we suggest you exfoliate before starting to do your eyebrows. It will save you the trouble of having to dig the eyebrow hair before plucking.



# How to trim your eyebrows at home

## 2 Get a sharp plucker or trimmer

When you are plucking, your equipment- a pair of tweezers in this case- should be sharp and able to do the task at one go. If you have a pair of tweezers that are thick and blunt at the ends, you will have a bad grip and hence it will do a lousy job of plucking the eyebrow hair while also making the process painful.

## 3 Do not wait for the full growth

The more you allow your eyebrow hair to grow, the more painful it is going to be. If you know that it is going to be sometime before you can get to visit the parlour next, let your hair grow to the length that it is easy to grip and pluck them. Not longer than that and definitely not shorter. You will also notice that your eyebrow hair grows at a different pace at different places. The growth near the ends is faster as compared to the hair growth at the beginning of the brows. So, that means if you wait for the brows to grow evenly, you would be dealing with a lot of eyebrow hair and that will be painful. Even if you have to groom the eyebrows every few days, do it to avoid the pain.

## 4 Powder it

You might have noticed the parlour lady putting some powder on your skin before doing your eyebrows and upper lips. Well, this is done to remove any moisture in the skin. Our skin secretes sebum, a natural oil that moisturises and protects the skin. It also makes the skin greasy and difficult to do the brows. Putting some powder on the skin soaks up the oil, moisture and sweat and prepares your skin. This makes the task easier and reduces the pain.

## 5 Clip the upper eyebrow hair

Plucking your brows is easier for the hair growth under your brows. For a well-groomed look, you need to deal with your upper eyebrow hair as well. To make it quick and painless, just brush your eyebrow hair upwards and clip the extra hair gently. Be careful though not to clip more than necessary. You might have seen the salon lady do it multiple times but it is very easy to overdo it.

## 7 Save your tea and coffee for later

Caffeine in your system reduces your pain tolerance. So, avoid tea and coffee before you do your eyebrows.

## 8 Stretch your skin good

There is a common mistake that we make while doing our eyebrows- not stretching the skin. The skin under your eyes is thin and delicate and plucking without stretching has the risk of your pulling the skin along with the hair. This can be rather painful. In some cases, it can lead to bruising. And we need to avoid that. So, using your fingers stretch the skin before grabbing the hair and plucking it. After you stretch the skin, place the hair between the flaps of the tweezers, grab the hair and pull it quickly. Pull the hair in the direction of the hair growth for a good finish.

## 9 Put on aloe vera gel afterwards

After the excruciating task of pulling your eyebrow hair, your skin tends to become sensitive. In many cases, there is redness of the skin as well. And that is why a soothing gel or cream is applied to the area after your eyebrows are done.

Aloe vera gel is a great alternative to soothe the skin after you are done plucking. The soothing, moisturising, healing and anti-inflammatory properties of aloe vera gel give you immense relief. After you are done doing your brows, take a small amount of aloe vera gel and massage your skin with it until it is absorbed into the skin. Let it be and you do not have to worry about inflammation and redness of the skin.



## 6 Rub a piece of ice under your brows

This tried and tested trick is sure to keep your task painless or at least to lower the pain. Take a piece of ice and rub it under your eyebrows. Wait for the skin to get dry before starting with plucking your hair. What it does is to make the area numb for some time and thus it helps to reduce the pain.

NEHA GHOSH

# Foods rich in fluoride you didn't know

Fluoride is a vital mineral required for strengthening the teeth that helps to prevent cavities and related oral diseases. This mineral keeps your bones strong and aids in preventing tooth decay. According to the National Library of Medicine, the amount of fluoride that an average person needs totally depends on his/her body weight. Men should have 4 milligrams of fluoride each day, women require approximately 3 milligrams, and children need 0.5 milligrams of fluoride per day. Fluoride is found in many foods and beverages. It is mostly found in potatoes, shellfish, broths, stews, etc. This mineral is also found in toothpaste or mouthwash that contains added fluoride. So, have a look at the foods that are rich in fluoride:



## Black tea

Black tea is rich in fluoride. The amount of fluoride in the tea depends on the water that you use to make the tea. A 3.5 ounce serving of black tea contains between 0.25 and 0.39 milligrams of fluoride. This will provide you with 9.7 percent of the daily fluoride requirement.

## Raisins

The sweet and soft raisins are rich in fluoride too. They are also rich in vitamins like vitamin E, vitamin K, vitamin C, Vitamin B6, etc. Raisin is a type of dried grape which helps to relieve constipation, prevents anaemia, fever and sexual dysfunction.

## Shrimps

Shrimps are shellfish that survive in water, and they contain fluoride because of the fluoride content in water. They are packed with protein and other vital nutrients. Shrimps contain minerals like selenium, vitamin B12, phosphorus, choline, copper and iodine.

## Crabs

Crabs are also loaded with fluoride. And they are the most consumed shellfish after shrimps. Crabs are low in saturated fat and are good sources of vitamin C, riboflavin, niacin, iron, copper, vitamin B12, magnesium and phosphorus.

## Wine

White wine contains 0.06 milligrams of fluoride. This will provide 7.5 percent and 10 percent of the daily fluoride requirement for men and women, respectively. Avoid gulping down many glasses of wine and limit yourself to two drinks per day.

## Oysters

Oysters are another type of seafood that contain fluoride but in smaller amounts. Oysters contain 0.05 milligrams in every 3 ounces and most of the types of fish contain 0.02 milligrams in a 3.5 ounce serving. Start eating them now!

## Grapes

Did you know grape juice contains fluoride too? Grapes are also full of antioxidants and phytonutrients. It contains vitamin C, manganese, vitamin A, magnesium, vitamin B6 and iron. To increase the fluoride content, you can have a glass of grape juice.

## Flavoured water

Flavoured water made with natural fruit flavours contain fluoride too. The amount of fluoride in flavoured water largely depends on the water that you use to make it. Flavoured water with artificial sweeteners are not healthy and can increase the risk of tooth decay.

## Sodas

The amount of fluoride a soda contains will depend on the water used to prepare it. Though sodas are not good for your health, especially sugary sodas, these should be avoided. It's because the acidic composition in soda can cause tooth decay.

## Potato

Potato provides approximately 0.14 milligrams of fluoride. This will fulfil 3.5 percent of the daily fluoride requirement for a man. And for a woman, it will provide 5 percent of the recommended fluoride intake. You can either bake the potatoes or add them in your soups to get the most of the mineral.



SHIVANGI KARN

White peas, commonly called Safed vatana or Safed matar are produced by harvesting the pea pods or say, green peas when they are fully mature and then drying them followed by removal of their skins, after which they split naturally. When dried, the deep green colour of the peas turns white or slightly yellowish-white. These dried peas are starchier, harder with a more delicate flavour. As green peas are not available around the year, white

peas make for a perfect healthy and nutritious replacement for them. White peas are often confused with chickpeas (garbanzo beans), however, the prior can easily be distinguished due to their small size, spherical shape and white colour compared to the latter's bigger size and slightly beige or yellow colour. Though white peas belong to the family of beans and lentils, they are separated into another group due to the difference in the ways they are prepared. In this article, we will discuss the benefits of white peas. Take a look.

**Lowers cholesterol**

White peas are a great source of cholesterol-lowering fibre. The fibre shows a positive effect on cholesterol levels by lowering the total and LDL cholesterol in the body. Also, the

presence of multiple vitamins and minerals such as vitamin B, potassium and magnesium in white peas help increase the good cholesterol and benefit the heart.

## Helps with weight loss

White peas are low in fat and high in protein and dietary fibre. When consumed, they help you lose belly fat by reducing the appetite, maintaining a balanced gut microbiome and promoting the overall health of the digestive system.

## Stabilises glucose levels

Dried peas are rich in fibre, proteins and phytochemicals such as flavonoids, phenols, tannins and alkaloids. They possess antidiabetic, antioxidative and anti-inflammatory properties which help manage the glucose levels and keep the pancreas healthy from the harmful effect of free radicals. This helps manage diabetes or prevent its risk.

## Prevents constipation

Fibre-rich foods are great for bowel movement and intestinal bacteria. They help bulk the stool and reduce the risk of constipation. The good amount of minerals, vitamin B and protein in white peas also help maintain the digestive health and prevent related problems like flatulence and gastric problems.

## Good for heart

Phenolic compounds like flavonoids and isoflavone in white peas act as potent antioxidants and help keep the heart healthy from the effect of various oxidative stress diseases such as atherosclerosis and stroke. The fibre in this food item also helps lower the cholesterol levels and prevent high blood pressure.

## Treatment of hyperpigmentation

The treatment is entirely based on the cause of the condition.

A medical expert will try to treat the underlying condition involved in causing hyperpigmentation. Common treatment methods are as follows:

**Laser treatment:** It is basically done to remove the birthmarks, on the choice of the person.

**Anti-pigment cream:** It includes dermatologist-proven topical creams to reduce excess melanin production.

**Chemical peels:** It involves exfoliating the affected skin by applying a chemical solution. Chemical peeling removes the dead skin and makes ways for the growth of new skin.

**Hydroquinone:** It is prescribed medicine to lighten the skin. This medicine must be taken strictly under dermatologist instruction as it may cause adverse effects.

**Broad-spectrum sunscreen:** Specially designed to protect from all types of harmful sun rays.

## Prevention of hyperpigmentation

- Using sunscreen of SPF of at least 30-40.
- Covering the face and exposed body parts from sunlight by wearing hats or gloves. Limiting sun exposure when it is strongest (10 am to 4 pm)
- Consuming vitamin C rich foods.
- Maintaining a proper skincare routine.

# Is hyperpigmentation a serious skin condition?

# Know about the causes, treatments and prevention

AMRITHA K

## Causes of hyperpigmentation

Melanin is a natural pigment that gives the skin its colour. When the cells responsible for producing melanin get damaged due to certain factors, they start producing more melanin and cause hyperpigmentation.

There are numerous factors that trigger excess production of melanin. Some of the common causes are:

**Sun exposure:** Melanin acts as a natural sunscreen for the skin but long-term exposure to sunlight can damage

the cells and cause hyperpigmentation.

**Melasma:** The condition is common in women during pregnancy. Melasma occurs due to hormonal changes that get excess when a woman is pregnant. It can also occur as a side effect of hormonal treatments.

**Skin inflammation/damage:** Caused due to skin infection, chemical exposure, burns or trauma to the skin.

**Medications:** Hyperpigmentation can be triggered as a side effect of certain

drugs or medications such as anti-seizure drugs, antimalarials and chemotherapy. It can also occur due to certain autoimmune or metabolic disorders and vitamin deficiency.

**Age:** As a person ages, the melanin production decreases causing uneven distribution of the pigment to body parts, leading to hyperpigmentation.

**Birthmarks:** It is a skin discolouration mark either from the birth or appears a few weeks after birth. Sometimes it goes with age while sometimes it can be permanent.



## Symptoms of hyperpigmentation

- Darkened skin (in patches or entire body)
- Vision problems (albinism)
- Skin sensitivity
- Symmetric patches on the face (melasma)
- White patches
- Age spots
- Acne



MODERN  
LOVE  
UNVEILED

Pashmina Roshan

Naila Grewal

Jibraan Khan

Rohit Saraf

A still from Ishq Vishk Rebound

gayi hai.” Opening up about her character in the film, she said, “I did not relate with my character because I am the kind of person who finds it difficult to say no and my character Sania finds it difficult to hear no. It was unique to play her but I liked it. I enjoyed setting a boundary and being a little gundi. It was different but now we are similar because I adopted some qualities from her into my personality.”

Naila said she is grateful for the opportunity. “We’ve made the film with a lot of heart and love. It’s so reassuring. I’m so grateful to be getting this opportunity. The makers have put in a lot of faith and belief in all of us. We’re all so new and fresh. I have come with no baggage and I just want everyone to enjoy the love that we have shown in the film. It will take you back to the quintessential love story which we adored in the 1990s and 2000s. It is back with a bang in 2024,” the actress shared.

Jibraan said it was a dream come true for him to make his debut as a lead with *Ishq Vishk Rebound*. He gushed, “This is a beautiful dream which I’m getting to share with wonderful people. I’m numb after all the things happening with me right now. It is a dream. I’m not able to process this. There is pressure because we want everyone to feel the love, we want people to come back to the cinema and enjoy the simple love story. We’ve worked hard and put in a lot of effort. I hope that transcends and you all keep giving the love which we all have been receiving.” The film is all set to release in theatres on June 21.

The cast open up about their upcoming film *Ishq Vishk Rebound*

RIA SHARMA

The makers of *Ishq Vishk Rebound* shared the trailer of the film at an event in Mumbai on Tuesday, giving the audience a glimpse of Rohit Saraf, Pashmina Roshan, Naila Grewal and Jibraan Khan’s world of modern love. Directed by Nipun Avinash Dhar-madhikari, the film delves into the complexities of today’s relationships. *The Free Press Journal* was present at the event.

Sharing his experience of working on the film and the love he has been receiving from fans, Rohit said, “We all are nervous but also happy. I can’t tell you how incredible it feels when a dream is realised. I don’t feel pressurised but very secure. Doing work that I haven’t done before and taking risks by exploring new genres is an incredible feeling.”

On being compared with *Ishq Vishk* lead

‘It’s nobody’s business’

Actress breaks silence on wedding rumours with boyfriend Zaheer Iqbal

CJ DESK

Sonakshi Sinha is all set to tie the knot with actor and longtime boyfriend Zaheer Iqbal. For the un-awares, it has been reported that Sonakshi and Zaheer will marry in an intimate ceremony on June 23 in Mumbai.

However, in an interview, Sonakshi’s father, veteran actor and politician, Shatrughan Sinha said that he is not aware of the wedding plans. Recently, Sonakshi’s brother Luv Sinha too went on record to deny any involvement in the marriage. In an interview with news website, Sonakshi said that she fails to understand why people are so ‘concerned’ about her wedding. The Heera-mandi actress also stated that such media reports doesn’t bother her.

Reacting to rumours of her wedding, Sonakshi said, “Firstly, it’s nobody’s business. Secondly, it is my choice, so I don’t know why people are so concerned about it. People ask me about my marriage more than my parents, so I find that very funny. Now, I am just used to it. It doesn’t bother me. People are curious; what can we do about it?”

Sonakshi and Zaheer have been dating for quite some time now and they have never shied away from acknowledging their relationship in public. The two are often seen posting mushy posts about each other on their social media handles and never miss a chance to pack on some PDA.

They are also spotted outside restaurants and different locations in Mumbai. In January 2024, the couple also vacationed together. They collaborated for the 2022 film *Double XL* and for a music video titled *Blockbuster*.

The couple to have registered marriage on June 23 in Mumbai?

Bollywood actress Sonakshi Sinha is all set to get married to beau Zaheer Iqbal. The couple will have a registered court marriage on June 23. As per media reports, the invitations have been sent on the couple’s behalf to their dear ones. However, the invitation doesn’t detail any elaborate wedding ceremony. There’s going to be just a celebration of their union as per the itinerary. Earlier, it was revealed that the dress code for the wedding is formal and festive with the celebrations happening at a restaurant in the Dadar area of Mumbai. The couple has been reported living together for a year.

BIG B'DAY TODAY

CJ DESK

Aamir Khan is all set to host a grand party for his mother Zeenat Hussain on her 90th birthday in Mumbai today. The celebration, according to sources, will see over 200 family members and friends flown in from various cities to celebrate this special day. The grand celebration will take place at his residence. As per a source close to the actor, “Aamir Khan will fly in 200 plus family members and friends from different cities to celebrate his mother’s birthday on June 13. She has been unwell for over a year. Now that she has recovered and doing well, everyone wanted to do a large get together. Family and friends from all over India will gather to celebrate this special day. People are coming from Banaras, Bangalore, Lucknow, Mysore, and other cities.”

Aamir who shares a special bond with his mother often seeks her approval on scripts and films he does. She plays a very integral part in his personal and professional life. Aamir also kept his promise to his mother of taking her to Mecca for the holy *Haj* pilgrimage.

Director’s Cut

The Folklore Saga

Filmmaker is aiming for a longer theatrical run of his film

ROHIT BHATNAGAR

Known for Marathi blockbusters like *Mauli*, *Classmates*, *Zombivli* and *Faster Fene* among others, Aditya is currently basking in the glory of his recent Hindi theatrical debut with *Munija*.

Featuring Abhay Verma, Sharvari, Mona Singh, Suhas Joshi, S Sathiyaraj among others, the film released on June 7, 2024. In an exclusive interview with *The Free Press Journal*, filmmaker talks about what pushed him to make a film on the famous folklore from the Konkan region of Maharashtra and more.

*Munija*, that garnered more than 28 crores so far. When asked about the challenges to narrate the story through a CGI artist, he shares, “For me, this world isn’t new so I didn’t have to research anything on it. I had grown up with the story of *Munija*. With folklores, there are so many versions of it so there are several interpretations of *Munija* by different

A still from the film

people. We went with the common interpretation in the film. When this film came to me, it was mostly written. I had the first draft ready when I got to the screenplay of the film.”

“I was separately working on the similar story but only my team knew about it. They also knew that Dinesh Vijan was also working on the similar subject. So, I reached out to him and proposed a collaboration. Yogesh is the original writer of the film and it was earlier told through a female protagonist but we made certain changes and re-wrote it,” he adds.

Producer Dinesh’s horror-verse comprises of *Stree*, *Roohi* and *Bhediya*. Sharing further on *Munija* being the part of the existing slate of films, Aditya reveals, “Dinesh saw the potential in *Munija* to be a part of his horror-verse since he wanted to build it with the characters that have come from the folklore space.”

*Munija* saw an amazing crossover with Varun Dhawan’s *Bhediya*. When probed further on the sequel to his film, Aditya states, “*Bhediya* was majorly targeted by the older generation. It had a certain maturity to it. *Munija* is more for the *Harry Potter* audience. Even when we created the CGI artist, we kept a round and sweet face that has some innocence in him.”

On a concluding note, Aditya is keeping his fingers crossed for a bit longer theatrical run of his film than the usual especially when *Chandu Champion* is arriving this Friday. “We are hoping that if we could make it over this weekend and we are quite confident about it,” he signs off.

CAUGHT ON CAM

Celebs were snapped as they were out and about in Mumbai

Gaurav Kapur, Masaba Gupta, Sathyadeep Mishra, and Kritika Kamra spotted at a restaurant in Bandra

Aditi Rao Hydari rushes to her car after finishing her daily workout

Akanksha Puri strikes a pose as she spotted outside an event in suburbs

Ammy Virk and Sonam Bajwa pose for the shutterbugs as they snapped outside the Mumbai airport

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