



# AETHER

**A STUDENT TABLOID VENTURE  
VOLUME V - ISSUE VI- 15 SEPT. MMXIX**

## Aether

*...is quintessence, is the material that fills the region of the universe above the terrestrial sphere*

*...the pure essence that the gods breathed, filling the space where they lived, analogous to the air breathed by mortals*

*...also personified as a deity, Aether, the son of Erebus and Nyx  
...is related to αἶψα "to incinerate"  
... intransitive "to burn, to shine"*

*This is what we believe in - in order to be the best in what we do, we need to unlearn, to relearn and thus develop skills that will allow us to shine.*

*Aether contains the work output of the students of the Writing for the Media course. We are in our Fifth Year! But a long way before we can rest easy.*



**Chowgule College**  
AUTONOMOUS



psychology discussion forum

2



vacation...

6



students' council

8

cola beach and other spaces

13







The Department of Psychology organised its annual 'Discussion Forum 2019' on 30<sup>th</sup> August 2019. The theme for this year was 'LGBTQ Rights- The Journey of a Rainbow'. The event was held at Parvatibai Chowgule College and it began at 9:30am in the

Following her, Mrs. Rakhi Bhide touched everybody's heart with her story about being the mother of a lesbian daughter, and how she supported her and took pride in it. She set an example to everyone, both as a parent and as a person. Lastly, Chris Fernandes,

## Discussion Forum 2019

### 'LGBTQ RIGHTS- THE JOURNEY OF A RAINBOW'

upper auditorium, with a beautiful and mesmerising welcome song performed by the first year students of the department. This was followed by an address by the Head of the Psychology Department Dr Sobita Kirtani, who highlighted the theme of the event and its implications and relevance in today's times. 'Love is love, and everyone likes it. But even then, people raise their eyebrows when this love is between two people of the same gender.' she pronounced.

The guest speakers for the event were Preetha Mathew, Prassana Timblo, Rakhi Bhide and Christine Fernandes. Each speaker was introduced by one of the students after which each speaker was given 15 minutes to speak on the topic and share their views. Preetha Mathew, a psychologist by profession, very eloquently put forth her views on how the homosexuals are viewed in society, and how homophobia is conceived. She gave the audience food for thought on how the change begins with openly talking about the taboos, discussing and acknowledging them. Ms. Prassana Timblo, a lawyer, enlightened the audience on the legal aspects of the recent law passed regarding the section 377 of the Indian Penal Code. Her speech helped clear a lot of misunderstandings and misinterpretations that people had when the Supreme Court's verdict had come out and what it entailed.



**RAMYA WARRIER**

a gay woman herself, very frankly shared her story with everyone, seasoning it with hints of humour to go along. It was indeed inspiring to know of her journey, and how she fought for her rights and place. After the speeches, the forum was declared open to all and the people in the audience asked diverse questions,



MS. RAKHI  
BHIDE

which the speakers responded to wholeheartedly. They even contributed to the discussion with their own views with the speakers acknowledging their queries.

The forum was closed, followed by a prize distribution ceremony for 'Psychospectrum 2019'- the annual Psychology exhibition; held on 10 August 2019. The speakers were presented with handmade flowers and mementos by students. The vote of thanks was proposed by Asst. Prof Mr. Aresh Naik concluding the event at 2 pm. Everyone left the auditorium with smiling faces, enlightened minds and an accepting heart.



# Vox Populi: A Week's Notice

Recently our college implemented a new policy for granting Duty Leave (DL's) for students of the college. The new policy states that a student will have to provide a letter which is to signed by the Duty/Medical Leave Committee within a week of the event or absence due to medical reasons. It also states that Duty Leave applications must be submitted only on the 15th and 30th of every month to the committee.

Keagan Alvares, a SYBA student from the Depart-



Keagan

ment of English and Department of Sociology feels that this new system will make it easier for students to avail their duty leaves.

Akash Gaonkar, Class Representative, SYBA, feels that it is necessary to implement this policy so as to maintain discipline. With forms being provided online, he believes it will be easier for the students who are eligible for duty leaves to get them. This measure will ensure that all issues regarding duty leaves will be solved, he believes.



Akash

Dion Rodrigues, a TYBA student from the Psychology Department on the other hand, believes that this new system of getting a letter signed and submitting it within a week's time will be time consuming and could be an annoyance to all the parties involved. He feels that the previous system was much easier.

Bakhita Afonso, a SYBA student from the Department of Psychology and Department of Sociology, feels that although this system may sound helpful



Bhakita

and systematic, it makes the whole process a bit more complicated as many a times when students attend athletic meets or other events, duty leaves are provided only after a month or so. In such cases students could be at a loss. Another problem this system has according to her is that a student has to personally go and submit the application and in case if a student meets with an accident and takes three weeks off as a result of the accident, then a question could arise about the application's authenticity. She feels the old system was simpler and less complicated.

Thus, students are currently divided on the issue as to which system is better, as both systems have their advantages and disadvantages. Personally, I feel that the old system was better as it was simpler. But that's not to say that this new system is completely bad, for all we may know, if implemented correctly, this new system could be way better than its predecessor.

**NATHAN COLACO**





# VACATION...

A couple of days before our Chaturthi break, we were discussing topics to write for our sixth edition of *Aether*, and finding suitable topics related to college was wee bit of a task. That's when I thought, 'why should we be given work to complete during the holidays?' And that is how we eventually came up with the idea for this article. So, we conducted a discussion via a WhatsApp group between teachers and students on the topic, **Vacation or Mid-term: Should students be given work during the holidays?**

The official document issued by the Directorate of Education terms the breaks as 'vacation/break', citing, *Chaturthi Break*, *Winter Break*, *Christmas Break*, and *Summer Vacation*. The term vacation

means 'a fixed holiday period between terms in universities and law courts'. It also means, 'the action of leaving something one previously occupied'.

We think that a break is a time of relaxation and enjoyment, with minimal tasks. But the over extensive workload doesn't give one much choice. It is either that the design of the syllabus isn't effective, or that we just lack efficiency. Either way, as students and teachers, we need to draw a line and find equilibrium between work and life.

The following dialogue between our participants will give you an insight into the viewpoints of both sides; it is essential to have a balance between assignments and holidays.

What is your take on giving "group assignment" during this break?

Worse than individual assignments in my opinion. Group members have different plans during breaks and this clash results in not enough time devoted into the assignment. Communication becomes difficult and the work is usually done in haste and not with optimum dedication and effort. - Dion Rodrigues (TYBA)

: Group assignments can be very beneficial as the work is equally distributed between the group members and it's not just one person pressurizing himself/herself with workload. But during holidays it's not possible because there is no co-operation. In the end the work/assignment is discussed or completed only once college begins - Nikita Siquera (TYBA)

These are mostly effective during college hours as students are already together and don't have anything else on their minds. Dividing work takes up less time and we learn a lot from the other person. We should adopt a more approachable system that would see to it. Mixing work and life should be a choice and an option, but not a compulsion. - Krupa Manerkar (SYBA)

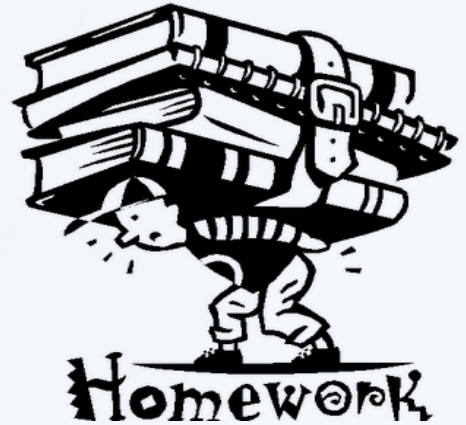
I agree, it should be left up to an individual to work during hols or to not work during hols. If we're expected to work during break anyway, why should we have a break in the first place? Certain academic requirements such as study tours sometimes need to be completed during the break, but even that should be optional. Finish all the work before break instead of wasting time during the semester -Shrusti Prabhudesai (SYBA)



RACHEL DIAS



# #SCAM?!



Should students be given work to do during holidays/ breaks?

Although it is said to be vacation, there is an inherent understanding that the time is still a student's or Teacher's time to complete things they haven't completed. Unfortunately, both have a large workload now, which spills over into these breaks. And projects/field trips etc. can't be completed in the regular timings, so the break maybe utilised. - Asst Prof Andrew Barreto

I don't think so. Students should be given time to unwind and perhaps focus on extracurricular activities. The assignment should not be burdensome but rather less time consuming - Krupa Manerkar (SYBA)

Depending on the schedule certain communion of assignment is given. Third-Year project has restriction due to filed work. For any assignment completion minimum 15 days before announcement is done ideally. The teachers announce their course schedule in the beginning of the semester with all the exam dates and modes of assessment (to include assignment), student should plan well in advance and accordingly. - Prof Rupali

In terms of long vacation break, I think giving some holiday work is fine in order to maintain the skills the students have been working on. But not during short term breaks. Because finally the students get some time from the hustle and bustle in college, to spend with our family and friends. Assignments especially are given simultaneously by all the teacher in order to complete things before our final exams. - Nikita Siquera (TYBA)

A break is meant to rejuvenate ourselves. Sadly, the workload spills over. Teachers utilize their breaks for completing evaluations and presentations. As far as students are concerned, I firmly believe that no work should be assigned. It's probably the best time to work on projects and internship. As students we often don't value our time within which we can achieve what we can't otherwise. - Prof Shobita Kirtani

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K.Spear

"But if Grandpa says the world is hopeless, what's the point of doing my homework?"

**JESSELYN FERNANDES**







## WHY ARE THEY IMPORTANT?

All students long for vacations to come by so that they can relax, take a break from doing all the long and tedious assignments and a whole lot of reading. These vacations are very much needed for many reasons. The most important one would be to just relax. Every student needs their own personal space and time for relaxation because taking on all the work without sparing some time for themselves is just too cumbersome. Vacations are firstly about relaxing. Though things like summer classes or one month certificate courses are beneficial, one should never take too many classes during the term breaks because constantly engaging in classes is exhausting. Secondly, vacations helps in boosting the mental health of the students. Breaks give them time to relieve themselves of all the stress and pressure that they go through during their academic year. According to some psychological studies, lack of vacations or regular rest can lead to chronic stress, which affect the body's ability to resist infection, maintain vital functions, and avoid injury. This makes some amount of rest essential. However, just sleeping and doing nothing isn't productive either. Practising hobbies, which are normally hard to focus on during the term could be taken up during the breaks – such as finishing a painting or a sketch that you kept on hold or reading a book or even going to places that you wanted to visit for a long time or meet people you don't generally have the time to visit.

So, with the term coming to an end soon, I assume a lot of students have already planned out their vacations but if you could, make sure to include an ample amount of recreations to yours.

## EXPECTATION VS REALITY

Vacation is a time which everyone dreams of throughout the year. Our busy schedule makes this time even more precious. 'Yes! Finally some peace!' ; these are always my joyous cries when I hear the declaration of vacation by the college.

On the very first day of my vacation, I feel relieved as I no longer have to wake up early in the morning and go to college. Consequently, I wake up late and peacefully enjoy my morning breakfast which I hardly do during my regular college days. Then I start making up plans as to what I'll do during my vacation. Learning something new, exploring new places and hanging out with my friends are always on my top list. After a few days of vacation I then get transformed into a lazy creature, who just enjoys lying on the couch watching Netflix and binging food. It becomes a ritual to wake up late in the morning. My demand for mom's specialties (food) also rises during this period of the vacation.

Finally, by the end of the vacation I realize that I have ended up doing nothing of my so called 'plans'. Some of the outdoor plans work out during this particular time of the vacation with combined efforts of friends and family. I enjoy this time to the fullest as I crave for it during my work days. This is also the time when I am most active on my social media accounts giving happy life updates to my followers. The last day of my vacation ends with a regret of not doing anything much productive. But even though I don't end up doing all the stuff on my check list, I enjoy my vacation because it gives me a break from the monotonous every day life. It revives my mind and soul in a special way.



**K. RUCHIRA**



**RUKMA KANOLKAR**



# LETTERS FROM PORTO

Srushti and Amanda have decided to fly out to Portugal to complete their fourth and fifth Semesters...erm.. or as many credits as they can finish in two semesters, abroad (These crazy overachievers!!). Charmaine is a TY student doing the same. In the last issue, we saw them all harried, before their departure, and now...

## Letters from Porto: Well... more or less...

So! We're finally here... after six long months of crossing our fingers and hurriedly completing CAs! You know the back story of how we applied for it... here's how we got there... physically.

We left Goa on the night of the 12<sup>th</sup> of September 2019. The flight was pretty nice, if of course you exclude the fact that a guy almost died... breathing issues, they gave him oxygen, he's fine now. Our flight from Mumbai to Istanbul was amazing... delayed, but amazing. We had movies at our disposal, free drinks, and amazing food. It was great! Well, until we reached the airport that is. We reached the airport and figured we had less than an hour to catch the next flight and then we just ran all through the huge Istanbul airport, only to find the flight had taken off. That's right, we had missed the flight to Porto and were stuck in Istanbul with no currency,

no internet and no way of getting word to our parents. \*cue the panicking\* We ran from pillar to post, asking for help, wondering where to go. We went to one information desk which informed us we'd have to pay 200 USD as penalty for missing the flight, but later on, we found the right desk which gave us free new boarding passes and a stay at a five-star hotel, because apparently it wasn't our fault. So, we randomly went out to Istanbul and lived there for a day, after which they took us back to the airport, from where we caught the flight to much awaited Porto. The flight was long but nice and we made a friend on the flight too who helped us get in touch with our landlord. We then dropped Charmaine off to the University and then retreated to our room, which also happens to be an attic.

Coming up next:  
Who are our flat mates...?  
Porto University  
Find out exclusively in Aether 7 ;)

**AMANDA D'COSTA****SRUSHTI PRABHUDESAI**





# STUDENTS' COUNCIL 2019



The elections for Students' Council for the academic year 2019-2020 were conducted in August 2019. The members of the Students' Council represent all the students in the college and help them solve their problems. They also encourage the involvement of students by organizing various events and other activities. The newly elected members of the Students Council have promised to work solemnly to maintain the honour and glory of the institution. We congratulate them with the hope that they will put in their best efforts and realise their responsibility towards the college.

We approached some of the members of the council to find out what have they planned to do for the betterment of the students and the faculty. Let's see what they have to say-



**ASHWINI SEQUEIRA**



## THE COUNCIL MEMBERS SPEAK

"First of all, I am here for the students. My future is based on what I do now. I always wanted my college staff and workers to be appreciated so I have a plan for organising some event in honouring their efforts. As the General Secretary of the college, I wish to always keep a positive environment in the college campus and display our students' unity to inspire



others in the future. Being from a reputed college, it is our sole responsibility to make our college proud and not to indulge in anything which will affect our reputation. The future holds so much that I cannot predict. However, as the female General Secretary, I would always be striving to set an example of how the college council should work."

-Sindiya Shivanand Faldessai  
General Secretary, TYBSc



"I would completely focus on the unity of our college and on the events which will benefit the students. We shall arrange functions for the non-teaching staff, all the workers who always maintain our campus and if possible, the council with the support of students and teachers will move out of the college and contribute in keeping our environment neat and clean."

-Shubhankar Sinai Khandeparkar  
Chairman, TYBA

"We are planning to put up many events this year like having some interclass tournaments with teachers versus students during the science exhibitions. The main aim will be to include every category in all sorts of events and mainly focus on students' demands and consider their suggestions and implement them as well. In achieving these goals the General Secretary will play a crucial part. Thus with these opinions, I will go ahead and benefit the council."

-Aishwarya Thorat  
Science Association Secretary, SYBSc

**MARIA ADALIN COLACO**





## VANNA DA COSTA



By now I'm sure you've caught up on the fact that this issue is centered on the topic of vacations. Well I propose to you the question,

'Does one need to do something society considers productive, or is acceptable if one just wastes away their days relaxing?'

Let's take a look at most students, who during their vacations choose to just sleep in till noon

and watch movies, or go out with friends and relax. Now this may sound wonderful right? It is! But then they have to deal with

overbearing parents who yell at them for not waking up early or staying in their room all day, and then these kids get labeled as lazy bums who don't do anything. Students often

use their vacations to catch up on lost sleep from working late nights on assignments or pulling all-nighters for tests. They wake up early every other day and do their bit, well most do, and yet this is never acknowledged, and let's be honest, no vacation is ever really

a vacation because as students we always have some work to do. Trying to explain this to your parents is often times like talking to a brick wall and trust me, I've tried. So this is

my advice to all you students out there that feel the stress of your study life -- take a break every once in a while, don't let the stress and

anxiety of society's expectations bear down on you, because you've got a long way to go and you need to be at your best to do your best.

# HOLIDAYS: A TIME TO RELAX?

Holidays are a time when someone does not go to work or school and is free to do what they want, such as travel or relax. People may do different things on their holiday. Some of them may take a trip, some might celebrate a religious festival, some might use it as an excuse to visit family, and some might use it to spend time with themselves. The list goes on and on. However, people often misunderstand the concept of holidays and the term 'to relax'. Let's take a look at this.

For starters, let's look at our professors. Even though we see holidays as a time to chill out and not worry about anything, they see it as a time for us to work on our CA's and submissions. Even though all teachers don't do this, a lot of them tend to pile up work for us. And forget relaxing, we don't even get time to breathe!

Now that I am done criticizing the teachers, I'm going to criticize all of us. Most of our holidays are religious holidays, and for some reason, people like to set off firecrackers which cause pollution of all kinds. It not only causes pollution but scares the animals who live in fear throughout the festival. Besides this, it also disturbs the peace, and quiet people crave for during holidays. Firecrackers disrupt the concept of relaxing during the holidays in more than one way.

Firstly, it does not let mother nature relax for one second. Secondly, it does not allow our species or other species to relax due to the loud and annoying noise.

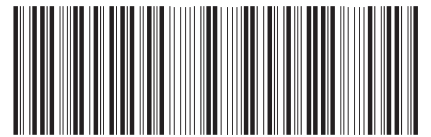
Lastly, I shall talk about the biggest misinterpretation of holidays. When we know we have holidays, most of us deal with anxiety about how to celebrate the holidays. All of us want to make the best use of the time and enjoy to the fullest. We want to have a better time than everyone on our Instagram list and make them jealous. When we plan big things for our holidays, we have high expectations and then are very disappointed when they don't turn out that way. It is because of these high expectations that we forget to relax and enjoy our holidays. We need to remember that we're in college now and once we start working, we won't have regular holiday, so we need to take a breather and remember to relax and enjoy our holidays.



## RUCHA PRABHUDESAI







# "IT'S TOO LOUD!"

## EFFECT OF DEAFENING CRACKERS ON HUMANS AND ANIMALS

Every year, since my childhood, I have come to dread Ganesh Chaturthi and festivals celebrated with bursting of firecrackers for myriad reasons. As an inhabitant of *Khareband*, the epicentre of noise and crime, the celebration of what is perhaps one of the biggest Hindu festivals, Ganesh Chaturthi, has transitioned from being a peaceful festival to becoming a festival of noise and pollution. The festival may be all about fireworks and fun for some, but it's not the same for birds

and animals. Cats, dogs and birds hide in fear, with some of them even falling victim to these noisy crackers.

Every year dogs and cats are displaced from their homes and some even end up getting lost for days. It is really sad to see your pets and stray dogs shivering, and barking during these tough times. Animals are the easiest targets for children who play the most inhumane game

of tying firecrackers on the tails of animals and are amused when the animal runs around panic-stricken ultimately burning itself. A dog's hearing ability is two times more than humans. When we cannot bear the loud sounds of the crackers, imagine what the poor dogs have to go through. Sudden, harsh changes in their surroundings push them to a scared and confused state.

Besides its adverse effects on animals, crackers are toxic for humans as well. Living on the main road I have noticed that every year, thousands of crackers are burnt right in front of my house and every single year someone or the other has either died or been injured due to this menace. It is a cause of Asthma and hypertension for many, especially the elderly. There are many more consequences of this ridiculous mania for bursting crackers. The

disposal of the residual garbage

from crackers is an extra burden to our already insufficient garbage disposal systems.

The scarcity of the miniscule population of birds and animals in our cities is proof to the excess of pollution we create. It is absolute

foolishness to burn

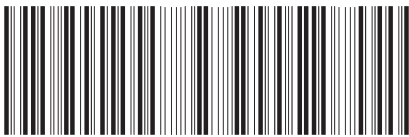
crackers only to create

irritating noise and polluted air. It is high time we try to celebrate our festivals with consideration given to other life forms besides our own. This article is not based on any religious bias of any sort because in the end, the ill-effects of our actions, especially those with regards to harming the environment, will fall upon us all, regardless of our religion and social status.



**MARIA LIZA VAZ**





# ALDONA!

MORE THAN  
JUST A VILLAGE



Aldona is a sleepy village in North Goa full of greenery and colourful people. This article will be covering the three famous landmarks of Aldona namely the St. Thomas Church, the Corjuem Fort and the Stone Bridge.

The St. Thomas Church of Aldona is a wonder of Aldona. The church was built in 1596 on a high plateau by the banks of River Mapusa, which is a tributary of River Mandovi. The church is richly decorated with symbolic biblical frescos and impressive statues. There was a tale in which the statues of the church were wound with jewellery. This was thanks given by the villagers for prayers answered. Unfortunately, the Churches were often robbed of these jewels. There is a rectory that surrounds a courtyard containing many fruit bearing trees.

The next landmark is the Corjuem Fort which is situated 4km from Aldona on the river island of Corjuem. The fort was built in 1705 and is one of the only two surviving

inland forts that are made of laterite stone. Many rulers and clans have occupied this fort such as the Desai's of Sankhali, the Sawant-Bhonsle of Sawantwadi and the Portuguese Viceroy Caetano de Mello e Castro. The fort was rebuilt by the Portuguese to rebuild defences. In the eighteenth century the fort protected the Portuguese from the Marathas, Bhonsles and the Rane Rajputs. The fort has an incident in which a Portuguese woman named Ursula e Lancastre, who was determined to see the man's world. She dressed up as a man and travelled the world. She enlisted herself in the Portuguese army and landed up in Corjuem. Unfortunately, she was caught and stripped. The Captain of the Guard was impressed by her daring and valour. He later courted and married her. The fort is built in a square shape. It has strongholds at each of the four corners with embrasures for cannons. The walls are wide and have multiple gun ports. At each corner of the fort is a ramp-like stair. There is also a well and a chapel dedicated to St. Anthony.

Near the vaddo of Goncoi there is a small Stone Bridge with three arches. It is a lovely place to enjoy the sunset. Locals come with their fishing rods and fish in this area. The place can be taken on hire and one can even go for a boat-ride or fish for prawns. Another bridge is the Cable Stayed Aldona-Corjuem Bridge which connects Aldona to Corjuem. The bridge was built in 2004 and it spans 235m. The bridge overlooks the Mapusa River which is a tributary of River Mandovi. The river is home to many crocodiles.

To conclude, Aldona is a village with many sites to visit and many more places to explore.



**JEFF D'CRUZ**







Goa is no doubt famous for its beautiful beach destinations and grand beach parties with large crowds. But at times we prefer spending our time in quiet and less populated places rather than such packed locations. Well, in spite of all the beaches we know of in Goa, there are many other unexplored and hidden places, mainly in the southern part of the state. In this article, we shall discover some concealed yet magnificent places and consider visiting it.



## Curdi

When spoken about hidden places in Goa, the first place that pops in my mind is Curdi, the place which is literally hidden underwater. Curdi is a village situated in the Sanguem Taluka, which completely submerges in water during the monsoons. But one can visit this beautiful place during the summers when the water dries up, revealing the remains of some houses, a church, and the Someshwar temple. The main reason behind the immersion of this village is the Salaulim Dam, which raises the water levels of the place and ends up submerging it. If you ever decide to visit this place make sure that you take a car or a bike.



## Butterfly Beach

In spite of the picturesque view of the beach, we hardly find people who know about the Butterfly Beach. The fact that it is so difficult to get there keeps the place from crowding up, making it 'A hidden Gem of South Goa'. The best way to travel to the location is by a boat from Palolem beach. Due to this very reason people believe that it is an island, but actually it's not. One can also reach the spot by trekking through the dense forest surrounding it, but let's face it, it's not everyone's cup of tea to walk up such heights. Nonetheless, this place is a paradise in itself and travelling to it, is worth while

## Kuskem waterfall

Kuskem waterfall is a beautiful seasonal waterfall in Canacona. To reach it you have to drive through the Cotigao wildlife sanctuary which also in itself is a worthwhile attraction. From here is a 20 km road ride to the waterfall passing through the peaceful and serene village of Kuskem, with lush paddy fields, bridges and little houses set in the backdrop of the forests. Once you

# The Hidden places of South Goa

To reach the village of Kuskem, you have to trek your way up the slope for around 2 km through the thick vegetation and rocks on the hill. As you climb up the steep hill you are welcomed by the



gurgling stream flowing downhill beside you and finally, the misty spray invites you to the waterfall. But you have to be very surefooted as you have to walk over the slippery rocks, into the cool pool of water, ready to enjoy the soothing downpour. Also have some snacks before you set out on this venture, as you cannot carry eatables along with you.

## Cola beach

Cola Beach is another beach that people aren't much aware of. It is situated in Canacona. On reaching this remote beach, one feels completely isolated from the remaining part of the state. It is an ideal place for relaxation, away from the hustle and bustle of city life. Since the place is rarely visited, it stays clean and quiet. The most distinct feature of this beach is its freshwater lagoon, in which you can take a dive or swim. The Rajasthani styled tents and foods stalls are another boon to its visitors. It is strongly advised to take a two-wheeler instead of travelling by car.



**MIZIA DIAS**





# LET'S DO IT HANNIBAL STYLE



The Fit Tiger's club of Parvatibai Chowgule College in association with Hannibal Race Goa conducted a demonstration/introductory session on Hannibal Race Goa and their activities on 31<sup>st</sup> August 2019. The seminar began at 3 pm in the upper auditorium of the college and ended at 5pm in the Futsal court of the college. The seminar was conducted to invoke the need for fitness and endurance amongst the students.

Hannibal Race Goa organised a small seminar/workshop with the students of Parvatibai Chowgule College to encourage students to focus on one's fitness and to educate them about the concept of the Hannibal Race. Mr. Amine Dib the Co-founder of Hannibal Race began the session by introducing the students to the concept of Hannibal Race and its benefits. He displayed many videos of Hannibal race's held in various locations. Mr. Abdul Rahim Shaik a \_2-time Mixed Martial Arts Champion was also present and gave a testimony and an inspirational talk on his experience with Hannibal Race. The seminar/introduction session ended with a small demonstration of different drills and procedures which were held in the futsal court. The students enjoyed the session and were excited to attend the Hannibal Race that is going to take place on the 22<sup>nd</sup> September.



**RAY GOMES**

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