

# GOA DIALOGUES

THE INTERNATIONAL CENTRE, GOA



FOR PRIVATE CIRCULATION ONLY

Volume 3, Issue 1

Newsletter

January - March, 2012



## Highlights

- **Our Swimming pool, Gym and Recreation Facilities are now open. Members/Room Guests are welcome to use it.**

## Director's Message



*Dear Friends,  
Greetings !*

*One of the most satisfying things which happens to me during the course of my normal day is when an emotionally overwhelmed member comes into my room just to say thank you. "Thank you, we have never seen the Centre look more beautiful and so active!" Believe me, it takes care of all my tiredness and charges me to do better than ever! And without blowing any trumpets, I must confess that yes, we have come a long way! My dream of making ICG into a truly holistic place of international standards is slowly taking shape now. We have a variety of activities, intellectual, cultural and social, local, national and international, to suit every palette and age group from eight to eighty.*

*Recently for International Women's Day, we decided to have a full ten days of action packed events, from seminars, debates to panel discussions, involving both men and women, and of course the youth. The Financial Literacy seminar, with a special focus on women, also honoured two very special women of Goa,*

*Adv. Albertina Almeida and Dr. Nishtha Desai. It never ceases to amaze me, that for a place as small as Goa, there are more activists here than any other state in India, and who have done more than anyone else to protect its environment, ethos and people. Both these courageous ladies are responsible for some revolutionary work, like the Child Protection Act 2001 and getting the SEZ scrapped by the High Court.*

*During the same week, we also organized an interactive session with women from the grassroots, updating them on their legal rights-for me personally it was an eye opener to see these strong, proud, no nonsense women, running their own businesses, be it hiring bikes or making 12,000 chappatis by eight in the morning and sending them to different outlets for sale! Some of them were doing unconventional jobs as well, e.g. one of them was a bus conductor! Three cheers and more power to them, I say.*

*After the initial one or two Art Camps that we ourselves organized, we are being flooded by various organizations to hold art camps and mostly for a good cause. We held one with 'Smile Train', where every well known artist from Goa participated and donated their works for raising funds for the poor and marginalized children with a cleft palette and hare lip. For those who don't know "Smile Train", is a fully equipped train with an operation theatre, beds and doctors, which goes from place to place, doing free operations on children with this problem.*

*After redoing the Reception and Reservation areas, our next target is the rooms, which are in dire need of a facelift-we are starting the process of refurbishing them by changing the curtains and upholstery and then slowly doing the rest. I have to again appeal to all philanthropists out there with a big heart - please do step in and donate for a good cause - after all I am sure you will like to see this Centre look as good as the best out there! And I shall say again-this is not even the beginning-we have many things planned for the future, an auditorium, art gallery, convention centre, etc, etc. Also I must mention here that it is heartening to see more and more members using our facilities now. Hope to see you all come in large numbers. On this optimistic note, I wish you all good health and good cheer!*

*Nandini Sahai*

**Nandini Sahai**

### **The International Centre Goa is now affiliated to Secunderabad Club**

*ICG members are welcome to use the Club's Facilities, namely:*

- a. Accomodation**
- b. Meeting Rooms**
- c. Restaurant and Bar Facilities**
- d. Athletic Club with Sauna and Steam Room (when staying in house)**
- e. Banquet facilities**
- f. Billiard and Reading Room**
- g. Attend Social Events**
- h. Visit and use the Sailing Annexe**
- i. Various other sports facilities**

### **BUZZ**

- **ICG Membership is now OPEN.** Please check <http://www.internationalcentregoa.com> for details
- **Apply for a Spouse Membership Card / Duplicate Card.** To download the form please check <http://www.internationalcentregoa.com>
- **Life Membership can now be transferred to the Spouse of the life member after his / her demise.** Please check <http://www.internationalcentregoa.com> for details
- **ICG Swimming Pool – Gym – Recreation Facilities are now OPEN. Usage is complimentary for in-house guests and members.** Please check <http://www.internationalcentregoa.com> for details
- **Special Monsoon Offers for NGOs, Corporates, Institutions & Individuals to hold Off Sites / Seminars / Conferences / Trainings / Workshops / Exhibitions.** Please check <http://www.internationalcentregoa.com> for details
- **ICG is now affiliated to Secunderabad Club. ICG members are welcome to use the Club's facilities in Secunderabad (Andhra Pradesh).** Please check <http://www.internationalcentregoa.com> for details
- **Special Summer Offer for Members and their families. Swimming Pool - Member's children (per child) Rs. 1000/- per month. Jacuzzi - Rs. 60/- for 30 min. (incl. of taxes)**

## Seminars

### 'Gender Discrimination at Workplace: Myth or Reality'



Some of our speakers at the Seminar...

“Despite decades of struggle particularly by the feminist movement, gender discrimination and sexual harassment - both breaches of human rights - continue to cast a shadow on women in the country. Women are seen as a recruitment liability due to maternity leave, child care leave. They have to compromise on their health in balancing home and office responsibilities. India has the best laws for women, but there is almost no awareness of the same”.

All these and more issues were discussed in a Regional Seminar on “Gender Discrimination at Workplace: Myth or Reality”, organized in association with Media Information and Communication Centre of India, Friedrich Ebert Stiftung - India, Goa University’s Centre for Women Studies and Goa Chamber of Commerce and Industry from 11 to 12 March. The seminar was inaugurated by Pratima Dhond, Chairperson, Women’s Wing, Goa Chamber of Commerce and Industry and Dr. Shaila DeSouza, Head, Centre for Women’s Studies, Goa University. Dr. Radhika Nayak, Principal, Dempo College of Commerce and Economics gave the Valedictory Address.

The sessions of the seminar were:

- The Balancing Act of Home and Office: Does one get compromised?
- Sexual harassment at workplace: why does it get swept under the carpet?
- Why Coverage of Women Issues Get a Raw Deal?
- What Stops Women from Shattering the Glass Ceiling
- Unconventional Jobs: Sharing of Experiences
- Open Forum - Suggestions and Recommendations



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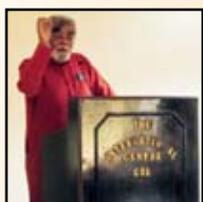
## Talk cum Interactive Sessions

### ‘Outsider’s Perspectives on Soft Power in Indian Foreign Policy’



Ambassador David Malone, President, International Development Research Centre (IDRC) & former Canada’s High Commissioner to India delivered a talk cum interactive session on “Outsider’s Perspectives on Soft Power in Indian Foreign Policy” on 24 January. This talk was part of the series on talks initiated by the ICG on national and international issues. International Development Research Centre (IDRC) is one of the world’s leading institutions in the generation and application of new knowledge to meet the challenges facing developing countries.

In a working paper on the topic published by the National University of Singapore’s Institute for South Asian Studies, he wrote: *“Time and history are on India’s side as it struggles to recover from several centuries of foreign domination and its consequences. Its re-emergence, particularly if it manages its significant domestic challenges with success, will be one of the major shifts of the 21<sup>st</sup> century.”*



### ‘Effective Use of RTI’ by Shekhar Singh

A talk cum informal interaction on “Effective Use of RTI” by Shekhar Singh, Founder member, National Campaign for People’s Right to Information (NCPRI) was held on 12 February. Mr. Singh spoke on the effective use of RTI at institutional and individual level.

His talk revolved around three topics, firstly how the RTI Act had made its impact nationally and globally, how innovative ideas were being developed and used to make RTI more actively functional in the country’s rural parts and lastly how the RTI was making its way and impacting the state of affairs in Goa. He urged the people to be persistent in their struggle for information, come what may.



### ‘Changing Attitude towards Animals’

Over the years, our attitudes towards animals have changed in a dramatic way. But can we apply the same standards to these animals which we use for humans? Do animals have rights? Is there a way we can treat animals in their own right? All these questions and more were discussed and answered by Prof. Dr. Peter Kunzmann in a talk cum interactive session on “Changing Attitude towards Animals” on 25 February.



### ‘Empowering Women from the Grassroots’

An interactive session on “Empowering Women from the Grassroots” with Adv. Harsha Naik, Ms. Chitra Kshirsagar and a Block Development Officer was held on 13 March.

Adv. Naik explained all the laws that have formed by the government especially for women. She also explained the legal rights about dowry, divorce, harassment etc. Women from many self-help groups and housewives too participated and benefited from the interactive session. It was suggested to have a full day seminar or workshop on the legal rights for women.

## Other Activities



### Inter-College Debate on ‘Is Women’s Empowerment a myth or reality?’

Inter-College debate on “Is Women’s Empowerment a myth or reality?” was held on 14 March.

The 1st prize was awarded to Devika Dhond of Goa College of Pharmacy and the 2nd prize to Darpan Kamat of Goa College of Engineering. Disha Mashelkar of Don Bosco was awarded the best interjector.



### Goa Meditation Group - ‘Contemplative Practice in Shamatha Meditation’

Mr. Harish Rao organized a “Contemplative Practice in Shamatha Meditation” on 24 March.

The word shamatha in Sanskrit (Tib.: shi-ne) means *“peacefully abiding.”* Peacefully abiding describes the mind as it naturally is. The word “peace” tells the whole story. The human mind is by nature joyous, calm and very clear. In shamatha meditation we aren’t creating a peaceful state—we’re letting our mind be as it is to begin with. This doesn’t mean that we’re peacefully ignoring things. It means that the mind is able to be with itself without constantly leaving.

## Workshops

### ‘Financial Literacy workshop with Special Focus on Women’



After 109 successful seminars across the country, Moneylife Foundation conducted its flagship, full day “Financial Literacy with special Focus on Women”, a non-partisan workshop on 10

March.

It was conducted by Sucheta Dalal and Debashis Basu, Founder Trustees of

Moneylife Foundation. The workshop was supported by ICICI Bank and Moneylife Foundation.

Sucheta Dalal spoke on “How to be safe with your money” and “Women, be smart with your money”. Debasis Basu spoke at length on topics like “Know your asset classes and inflation risks”, “Make your mind, your friend” and “Mutual funds and Portfolio Management”. Managing Director, Experian Credit Information - Mr. Mohan Jayaram spoke on “Credit crossroads”.

The workshop focused on what a person needs for a safe and secure financial life - bank deposits, insurance, gold, credit cards, real estate, mutual funds and other tax saving instruments. It also focused on women and their financial needs. Adv. Albertina Almeida, Founding and Managing Trustee, Saad Aangan and Dr. Nishtha Desai, Director, Children Right’s in Goa were felicitated. The workshop was well attended by over 100 participants from all over Goa.

### ‘Communication Skills for the Workplace on How to Say What You Mean’

The ability to communicate is the primary factor that distinguishes human beings from animals. And it is the ability to communicate well that distinguishes one



individual from another. Communication plays a very important role in an organization. A business enterprise has employees from different strata of society with different culture, language and backgrounds. Considering the diversity found in an organization, communication becomes a very important tool in the hands of the management to achieve the organizational goals. Lack of effective and open communication can result into high employee turnover, low motivation and wastage of organizational resources.

Maryann Lobo D’Mello, Consultant - Psychosocial Development discussed the importance of communication skills at workplace during a two-day workshop on “Communication Skills for the Workplace: How to Say What You Mean” from 28 to 29 February. The workshop was held exclusively for the staff and members of ICG. But it was attended by other guests also.

The workshop was very interesting and lively with lots of activities, powerpoint presentations, group discussions and group presentations on different situations in communication.

Maryann Lobo emphasized on verbal communication, listening skills and non-verbal communication including telephone etiquette, body language, eye contact.



### ‘Acrylics on Canvas: Painting workshop for Women’

“Acrylics on Canvas: Painting workshop for Women” was held from 12 to 16 March. This workshop was conducted by Vaishali Lall, Visualizer cum Graphic Designer at The



### International Centre Goa. Madhubani Painting

A Workshop on “Madhubani Painting” was conducted by Ms. Chitra De from 17 to 18 March.

### Reviving Goa’s Family Farms

A workshop on “Reviving Goa’s Family Farms” was conducted by Miguel Braganza, Yogita Mehra & Karan Manral on 21 January. The purpose of this workshop was to provide people who own agricultural land in Goa, with realistic and practical information on whether it is feasible to revive those farms. The session involved the sharing of case studies and



details on various types of information, resources, pitfalls and expenses involved in this kind of initiative. It also provided the participants with a sense of the diverse reasons why urban residents are deciding to go back to their ancestral properties.

## Exhibitions

### Painting Exhibition ‘Wild Flowers of Dona Paula’

A Painting Exhibition “Wild Flowers of Dona Paula” was held from 9 to 11 February. The exhibition was inaugurated by Smt. Uma Dasgupta author of Rabindranath Tagore: A Biography.

The International Centre Goa in association with Harshada’s Art Gallery had organised a residential Art Camp on Wild Flowers of Dona Paula from 19 to 21 August, 2011, to document some of the very popular and endangered wild flowers of the Bambolim-Taleigao-Dona Paula plateau. Paintings from this art camp were displayed during this exhibition.



### ‘Waste Management Exhibition’

Clinton Vaz along with students from Sweden set up a “Waste Management Exhibition” along with other participating schools and GOACAN on 14 February. The exhibition consisted of posters and interactive props which covered waste topics such as recycling, composting, mercury contamination, battery collection and recycling programmes in Goa. Besides the exhibition, movie screenings, talks and workshops for students and the general public were also held.

### ‘Art Residency Camp with Hungarian Artists’

The Art Indulge Foundation in cooperation with the Hungarian Information and Cultural Centre, New Delhi (HICC) and The International Centre Goa hosted a 10 day Art Residency Camp from 2 to 12 March and 5 days Art Holiday in Goa from 7 to 12 March. The Camp was inaugurated by eminent installation artist Dr. Subodh Kerkar on 2 March.

10 acclaimed Artists from Hungary were invited to the Art Residency Camp at Goa headed by the Vice President of European Federation of Artist’s Colonies, Mr. Imre Szakaacs accompanied with Ms. Ilona Deak, Mr. Tibor Brada, Mr. Andras Gaal, Ms Maria Kiszely, Mr Jozsef Buhaly, Mr. Jakab Forster, Mr. Laszlo Zoltan Kiss, Mr. Gyorgy Verebes and Ms. Orsolya Csuros.



## Library cum Business Centre

New Arrivals - Books			Magazines	Newspapers
Sr. No.	Title	Author		
1.	The Greatest Show on Earth	Jerry Pinto	Femina	<b>English</b>
2.	Modern Makers of India	Ramchandra Guha	Filmfare	Gomantak Times
3.	Aleph	Paulo Coelho	Good Housekeeping	Herald
4.	The Valley of Masters	Tarun Tejpal	Health & Nutrition	The Navhind Times
5.	The Last Men in the Tower	Arvind Adiga	India Today	The Times of India
6.	Songs of Blood & Swords	Fatima Bhutto	News Week	The Hindu
7.	Shivaji The Great	Sriman Yogi	Prevention	The Indian Express
8.	Revolution 2020	Chetan Bhagat	The Week	
9.	River of Smoke	Amitav Ghosh	Outlook	<b>Marathi</b>
10.	JS & Time of My Life	J. S Suraiya	Goa Today	Tarun Bharat
11.	Only Time Will Tell	Jeffrey Archer	Reader’s Digest	Gomantak
			Planet Goa	Lokmat
			Viva Goa	Navprabha
			Business Goa	Goa Doot
			My Goa	
			Goa Life	<b>Konkani</b>
			Life Positive	Sunaparant

Library timings: 9.30 am - 5.30 pm | Business Centre timings: 9.30 pm - 11.00 pm | Exclusive Lease Line High Speed Wi-Fi Internet Connectivity

## Health Talks



### Good Hygiene for Good Health

Proper grooming and healthy personal habits can help you ward off illnesses and feel good about yourself. All this and more was discussed during a Health Talk on “Good Hygiene for Good Health” by Dr. Vijay Naik on 17 February. This talk was specially held for ICG’s staff and was also attended by the staff of ICG’s hospitality contractor Kota Hospitality and Ecoclean Solutions.

Since ICG also has a restaurant catering to the guests, this awareness was a must as poor personal hygiene is the most common route for transmission of diseases by food handlers in restaurants and food plants, and indeed it is the most common cause of food borne illnesses. Infections from E. coli, salmonella and other bacteria are most commonly attributed to poor hand hygiene habits. Even maintenance of equipment should be performed with clean hands.



### Know your Genes

Continuing with our series on Health Talk, in association with Rafael Medicare Centre, a talk on ‘Know your Genes - The Only Way to Good Health and Complete Wellness (Restorative Medicine & Nutrigenomics)’ was organized on 16 March.

Dr. Lenny Da Costa, Rafael Medicare Centre spoke on “Restorative Medicine”, Dr. A Sreekumar, Wellness Solutions Kochi explained the importance of “Nutritional Medicine”, Prof. Ian Brighthope, Founder President ACNEM, Chairman Gene Care presented on “Genes & Health.”

While George Pangios, GM - Gene Care Australia spoke on the core topic “Know Your Genes”. The talk ended by presentation on “Applications of Genes in Daily Life” by Chari Attanayake, Genetics Dept, Gene Care Australia.

For the first time in Goa, the most modern and beneficial path-breaking advancement in Gene or Genetic testing will be carried out to identify, treat and/or prevent hereditary diseases like diabetes, osteoporosis, heart ailments, haemophilia and also neurological disorders like Alzheimer’s and Parkinson’s disease in specific cases. This is a breakthrough revolutionary finding in medical science. This latest technology involves taking a sample of DNA from cheek swab or saliva sample, identifying any specific changes in the DNA and eliminating the mutated or the bad part. This will prevent the disease from passing from the parent to the child. When identified in newborns, it can prevent Down’s syndrome, sickle-cell anaemia, Turner’s syndrome etc.



### Amazing Kidneys

A Health Talk on “Amazing Kidneys” by Dr. Amol Mahaldar was held on 9 March. The staff of ICG had to undergo a mandatory test for kidney function at Manipal Hospital.

The earlier that kidney disease is detected, the more effective the treatment. Today people with early kidney disease in most cases can receive treatment that will delay or even prevent kidney failure. In addition, treatment can probably prevent many of the heart and vascular conditions, such as a stroke, that complicate kidney disease. People who have diabetes, hypertension (high blood pressure) or both should be checked regularly for kidney injury. Current guidelines call for yearly urine testing in people with diabetes.

## Film Festivals

### ‘We Care’ Film Festival on Disability Issues

Disability Rights Association of Goa (DRAG), & Brotherhood (New Delhi) in association with Kala Academy, BITS Pilani and V M Salgaocar College of Law, held a unique “We Care” Film Festival on Disability Issues from 23 to 25 January. Award winning films on disability issues were screened during the festival.

The film festival aimed to bring about attitudinal and behavioral changes in approaches to disability, promote the inclusion of people with disabilities and rid people of misconceptions, myths and prejudices surrounding disability issues. Around 60 documentaries from India and other countries were screened.



### ‘Asian Women’s Film Festival’

An “Asian Women’s Film Festival” featuring 46 films from 16 countries was organised from 16 to 18 March in association with the India Chapter of the International Association for Women in Radio.

The festival showcased the works of women film makers of Asian origin in a range of genres representing diversity in country, content and form. The theme of the Festival was MEDIATION, MOVEMENTS AND MEMORIES. The selection of films explored influences, issues and ideas shaping Asian identities and experiences, offering new perspectives on the contemporary world.



## Upcoming ICG PROGRAMMES

**28 March to 4 April, 2012 (ONGOING)**

### **Introspections, Expressions and Impressions**

Solo Exhibition of Photographs by Sadhna Marwaha

Time: 10:00 am to 7:00 pm

Organised by: The International Centre Goa in association with Sadhna Marwaha

ENTRY FREE, OPEN TO ALL

**Thursday, 5 April, 2012**

### **Talk cum Interactive Session on**

#### **DECODING THE BUDGET 2012: CENTRE & STATE**

Speakers: Manguirish Pai Raiker, President, Goa Chamber of Commerce & Industry and Sandip Bhandare, Chartered Accountant and Second Vice President, Goa Chamber of Commerce & Industry

Time: 5:00 pm to 6:30 pm

Co-organized by: The International Centre Goa and Goa Chamber of Commerce & Industry

ENTRY FREE, OPEN TO ALL

**Tuesday to Saturday, 10th - 14th April, 2012**

### **DIFFERENT – an Art Exhibition with Difference!**

It is an exhibition of painting of different genres, different styles, different mediums, different colours and different artists. It brings together portraits, modernism, surrealism, impressionism, abstracts & much more!

Featuring: Alex Rodrigues, known for his finger paintings globally. He paints with his bare hands...and fingers.

Other participating artists: Alpa Mistry, Libretta Rodrigues, Prashalee Gaikwad, Rajesh Navalkar, Raadhika Kerkar & Shilpa Shah

Time: 10:00 am to 7:00 pm

Organised by: The International Centre Goa in association with Music Mania Foundation & Impact

ENTRY FREE, OPEN TO ALL

**Wednesday, 18th April, 2012**

### **Workshop on ‘First Level REIKI Program’**

Resource Person: Ms. Sujatha

Time: 9:00 am to 12:30 pm

Co-Organized by: Sadhanalaya and The International Centre Goa

Fee: Rs. 700/- per person (including course material)

For registration, contact: Ms. Sujatha – 9421091823 (between 10 am and 6 pm)

OPEN TO ALL, ENTRY BY PRIOR REGISTRATION ONLY, limited seats

**Saturday - Sunday, 21 – 22 April, 2012**

### **Madhubani Painting Workshop**

Resource Person: Ms. Chitra De

Fee: Rs. 600/- per person for 2 days (inclusive of workshop material)

Time: 3:00 pm to 5:30 pm

OPEN TO ALL ABOVE 12 YEARS OLD

### **Continuing with the ICG SERIES OF LECTURES ON GOOD GOVERNANCE**

Topic: ‘Reclaiming the Idea of Government for the Poor’

Speakers: Harsh Mander, Social Activist & Writer; Heads - Aman Biradari (A People’s campaign for a secular, peaceful, just and humane world); and Member, National Advisory Council

Organised by: The International Centre Goa

ENTRY FREE, OPEN TO ALL

**Tuesday, 1 May, 2012**

### **Topic: IT FOR GOOD GOVERNANCE**

**Speaker: Kiran Karnik, former President, NASSCOM**

Time: 5:30 pm to 6:30 pm

**9 - 10 June, 2012**

### **Seminar on ‘HUMAN DEVELOPMENT ISSUES IN GOA’**

Organised by: The International Centre Goa, FES-India & MICCI

### **ONGOING on every Monday, Wednesday & Friday (up to April 13, 2012)**

#### **YOGA FOR THE BODY, MIND & SOUL by Juhi Prasad**

Time: Session I - 7:30 am to 8:30 am & Session II - 9:00 am to 10:00 am

Organised by: The International Centre Goa and Juhi Prasad

Registration Form is available here and at the ICG Reception

Fee: Rs. 200 per class or Rs. 2,000 for a set of 12 classes

For Details contact Juhi Prasad (Yoga Instructor) - 9604296012

OPEN TO ALL, BY PRIOR REGISTRATION ONLY

### **PLEASE NOTE:**

Sqn. Ldr. (Retd.) Walter Mascarenhas will not be available for FREE SWIMMING GUIDANCE at ICG in the first 2 weeks of this month. A separate email will be sent to inform about recommencement of the Sessions.



**For details about Membership, Programmes and Facilities, please visit our website: [www.internationalcentregoa.com](http://www.internationalcentregoa.com)  
Our quarterly e-newsletter is also available on: [www.goadialogues.com](http://www.goadialogues.com)**

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The International Centre Goa, Goa University Road, Dona Paula, Goa. 403004. India. Tel: +91 832 2452805-10