



The Spirit of GOA

The enchanting shores of Goa offer
a warm welcome





The faithful have continued to gather at the Shri Shantadurga temple in Kavlem, Ponda through the ages





As the monsoon reaches its peak in Goa,
the Selaulim Dam brims with happiness

Inside

8

HERITAGE GOA

Celebrating the land
and people

30

DISCOVER GOA

Richness and
Diversity

42

EXPERIENCE GOA

Hinterland Tourism

52

GOA CARES

Clean and
Green Goa

64

FLAVOURS OF GOA

Food & Drinks
of Goa

74

SOUL OF GOA

Culture & Tradition

An Introduction

IT is an amazing testimony to India's leadership worldwide that the prestigious G20 summit is being hosted by an exciting land which marries the old and the new to great perfection. Moreover, Goa, being the exciting diamond studded crown on India's head, is honoured to do our bit at this momentous time.

We take great pride in showcasing Goa's art, culture, music, heritage and brilliance through this book's pages, which will evoke great interest in forging benign and lasting relationships between the countries that power the path to take our universe forward. Moreover, Goa's rich diversity, founded in centuries-old interactions across various cultures and civilizations of our planet, makes it the right spot for the confluence of ideas emanating from the leadership, which is so much the essence of G20.

Goa is a multi-cultural land propelled by an astute population that has transformed a laid-back locale into a bustling hub of economic success through tourism mining, real estate and other economic drivers. Tremendous opportunities abound since the state is on the threshold of something substantial, considering that Goa is the most sought-after destination for people worldwide seeking to embrace a unique land that is so evident all over. In addition to its wonderful people, Goa is a land blessed with the richness of nature, abundant rainfall, and rich soil that opens up vistas for water management, sustainable tourism, and development of culture hubs. Goa has created the right infrastructure to become a Food Capital of sorts, thus capturing the essence of organic food that has been

the hallmark of Goa's cooking through the years.

Goans have always been known for being outstanding business people, something that is evident through the success stories of the Goans in business enterprises across continents, from East Africa early on, to the Gulf in the second half of the 20th century, to the UK and other parts of Europe over the past few years. Moreover, Goans are known for their loyalty, intelligence, honesty and kindness, thus, making them one of the most sought-after groups of people in the business world. Goan musicians have left their indelible mark on the music scene in this country. Bollywood is totally in debt to the leadership provided by stalwarts with India's movie juggernaut hitching a ride on the Goan musical brilliance seen through the ages.

It is not surprising that this is the case since Goa has seen the mix of myriad musical influences from Africa, South America, Latin Europe, and, of course, India itself, thus making Goa one of the unique places in the world of music.

Certainly not lagging in sports, Goa has a solid foundation in the world's most exciting game of football, which also opens up opportunities for forging sporting relationships with so many G20 countries who are giants in this beautiful game. Goa's peaceful and culturally vibrant people are also keen learners who appreciate higher education for the youth. It opens opportunities to bring in world-class schools of art, culture, music, food, and higher education in medicine, science, engineering and the like. With a peaceful environment, there could be no better

place to create partnerships that will bring various cultures together via education, which also suits the pro-environment people of Goa. A right balance of development and sustainable environmental practices is needed if Goa is to live-up to her full potential of being called the Promised Land.

More than anything else, Goa is known as an open land full of ideas and thoughts that bring people together.

Our penchant for reaching out to various influences is well established, and it is only but natural that the G20 will bring opportunities of various types, and most excitingly, the traditional wisdom of India via Goa can marry the ideas of the other leaders of the G20, for the good of our world. May this book provide that simple but beautiful way to the heart of Goa, and may the readers have an enriching experience of this mystical land.



'One Earth, One Family, One Future' is a translation of the Sanskrit phrase 'Vasudhaiva Kutumbakam' taken from the Maha Upanishads. This means 'The World Is One Family'.

The G20 theme affirms the value of all forms of life – human, animal, plant, and microorganisms – and their interconnectedness on the planet and in the wider universe.





HERITAGE GOA

Celebrating the Land and People

Geography and history both define Goa, influencing and shaping its unique identity.

HISTORICALLY Goa has always been a part of larger empires. The Kadamba dynasty ruled over Goa for over 100 years (from 2nd century CE to 1312) with their capitals at Chandrapur (today's Chandor) and Gopakapattana (today's Goa Velha/Agassaim). The Mahadev temple at Tambdi Surla in the Mollem National Park is the only significant remnant of their architectural heritage.

Between 1312 and 1367, Goa was a part of the Delhi Sultanate. From 1367 to 1440, it was in the possession of the Vijaynagara Empire, a Hindu offshoot from the break-up of the Bahamani Sultanate. The Islamic faction of the Bahamani Sultanate took over in 1440 and established the port city of Ella (today's Old Goa, Portuguese-Velha Goa). In 1482 Adil Shah of Bijapur took over. The Adil Shah Palace at Panjim (Palacio da Idalcao) is the most significant architectural remnant of that era.

Situated about 20 km inland from the Arabian Sea, the Port of Ella was taken over by the Portuguese Viceroy Albuquerque in 1510. After his death in 1515, the Portuguese added the talukas of Bardez and Salcete to their territories by the middle of the 16th century. These three talukas (Tiswadi, Bardez and Salcete) were called the Velhas Conquistas (Old Conquests) and

have a significant Christian population as the zeal for conversion was at its peak in the 16th and 17th centuries. The talukas of Quepem, Ponda, Canacona and Sanguem were handed over by the Raja of Soonda in 1764 when he

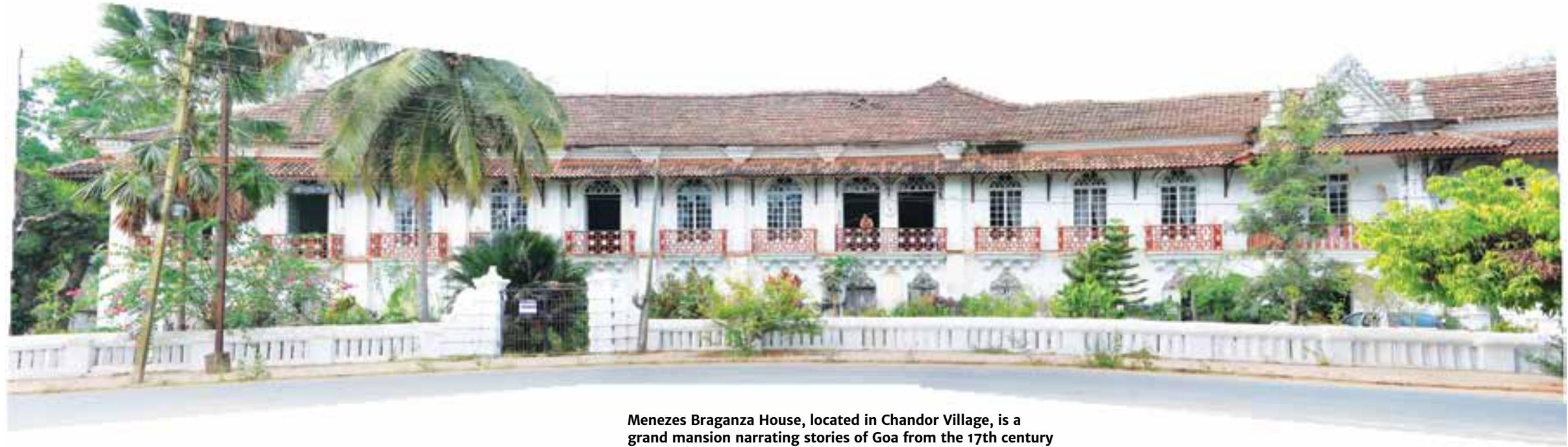
sought protection by the Portuguese from the rampaging Hyder Ali in 1764. Parts of Pernem, Bicholim and Sattari were handed over by the Bhonsle rulers of Sawantwadi in 1783 as they sought Portuguese help against the Raja of Kolhapur and the present northern boundary upto Tiracol fort was fixed in 1788. These talukas were called the Novas Conquistas (New Conquests) and have retained most of their traditional culture.

Ella or Velha Goa (Old Goa) was one of the most important trading cities of the world with its zenith between 1575-1625 when it was called 'Goa Dourada' (Golden Goa) and 'Pearl of the Orient'. Each street had a market where commodities like silk and porcelain from China, spices from Malacca and slaves from Africa were traded. Horses were imported from Persia and sold to the Islamic kingdoms of the Deccan and Vijaynagara Empire. Several splendid buildings and fine mansions dotted the

countryside. Its architectural splendor and ostentatious way of life led to the saying, 'He who has seen Old Goa need not see Lisbon'.

The advent of the Dutch led to the decline of the Portuguese Empire and consequently Velha Goa. Ravaged by a devastating epidemic in 1635, the population declined from 20,000 to 1600 by 1775 and by 1835, the city of Old Goa was inhabited by only a handful of priests, monks and nuns.

Today Old Goa's remaining churches and convents are protected as a UNESCO world heritage site and the area includes the Se Cathedral (1652), Basilica De Bom Jesus (1605), Chapel of St Catherine (1510), Church of St Cajetan (1661) and the convent of Santa Monica which houses the Museum of Christian Art.



The capital of Goa was eventually shifted to Panaji, then a small fishing village with an imposing white church built in the mid 16th century (Church of Immaculate Conception) used as a pit stop for sailors and traders before they entered the city of Old Goa. In 1843 Panaji was declared as the Cidade De Nova Goa (City of New Goa).

The first area to develop in Panjim was the palm grove called 'Palmar Ponte' popularly known now as Fontainhas. A large number of perennial springs led to a high demand for land. However, the land was parceled out randomly and the area developed in a haphazard manner. Narrow lanes interconnected at various points. The buildings were painted in red, blue, green or yellow and this along with the Portuguese language spoken by its residents led to it being called the 'Latin Quarter'. A vibrant tourist and social hub today, Fontainhas was declared a conservation zone in 1984. The Campal area

in Panjim and the area around the Holy Spirit Church in Margao are the other two conservation zones in Goa.

Each village in Goa, especially in the Old Conquests of Tiswadi, Bardez and Salcete could be considered as a model for planning. 'The layout of the Church, the Village Green, the market and the houses that defined the village were as if a master builder was at work. These houses had borrowings from the West, roots in the East and defined a people in search of its identity.' (Houses of Goa, Gerard da Cunha)

As the feudal system waned several of these houses fell into disrepair. However some houses can still be noticed in the villages of Loutolim, Chandor, Curtorim, Majorda, Chinchinim as well as in the city of Margao in South Goa.

Between 1799–1815 Goa was briefly occupied by the British who feared that Napoleon would invade Goa. The

Adil Shah Palace in Panjim, Goa, built by Yusuf Adil Shah of Bijapur in the 1500s, is one of the oldest structures in Goa and has been preserved to date



A beautiful heritage home in Margao

British cemetery at Dona Paula speaks of their presence in Goa.

India gained Independence in 1947 while Goa got liberated in 1961.

In the 1970's the hippies first discovered Goa, making it their winter home. Over the next few decades they created their own sub-culture especially in the North Goa beach belt, bringing a variety of foods to Goa at the Anjuna Flea Market and at Ingo's Saturday Night Market and creating a new genre of trance music called 'Goa trance'.



Our Lady of Piety Church, Piedade Village, Divar Island

As local infrastructure for tourism development took shape beginning with The Commonwealth Head of Governments meeting (CHOGM) held in 1983 at the Taj Fort Aguada hotel, European sun seekers started arriving by the late 80's on special charter flights. These were the mainstay of Goan tourism till the early 2000s when the domestic tourism market burgeoned and fuelled by the economic boom, the young and trendy moved into Goa.

Goa went on to earn various monikers like the 'Party Capital of India'. A 'holiday in Goa' for a lot of young Indians from the first decade of the 21st century was synonymous with letting one's hair down and having a wild time before settling down to more serious responsibilities in life.



The newly renovated Shri Saptakoteshwar temple welcomes devotees for prayers and festive observances



Shri Mahadev Temple, Tambdi Surla is a place that will take you back in time, dating back to the 12th century

Through its rule under various empires and dynasties, and with its constant influx of varied peoples, present day Goa is truly a sum of all its parts, and its identity and heritage has emerged as a confluence of multiple cultures. The tiny State continues to bewitch and attract people from around the world drawn by its beauty and joie de vivre.

Churches



The Basilica of Bom Jesus and the other majestic churches of Old Goa are a protected UNESCO World heritage site

GOA has a startling number of churches that are essentially part of the legacy of the Goan heritage. And it is because of these imposing churches that Goa is also called the Rome of the East. So if history and architecture even remotely draw you, these churches should be on your Goa vacation itinerary.

The Basilica of Bom Jesus is the most eminent church in Goa and a UNESCO heritage site. Visited by a high number of tourists from all over the world, this church is one of the oldest and exhibits Baroque architecture. The Basilica was built when the Jesuits came to India in the

15th century. This church is where the body of St. Francis Xavier lies, and it also houses the surreal impressionist paintings of Dom Martin.

Se Cathedral is one of the most important churches and convents in Goa. It was built in the 1600s to celebrate the success of Portuguese rule over India. This Goa church hosts the largest ancient bell in Goa and has also received the benediction of the Pope in the form of the Golden Rose.

The Chapel of Our Lady of the Mount is another must-visit church in Goa, located in Velha Goa, built in 1510. It has the most breathtaking views of the Mandovi River, the Chorao Islands, the surrounding hills, and Old Goa.

The Church of Our Lady of the Immaculate Conception is located in the capital city of Panjim. Established in the 17th century, it is also famous for an ancient bell that is believed to be the second largest in Goa

after the bell of Se Cathedral.

The Church of St. Cajetan is one of the most beautiful churches and is inspired by the architectural marvel of St. Peter's Basilica in the Vatican city. It is dedicated to St. Cajetan, a contemporary of St. Francis Xavier and the founder of the Order of monks called the Theatines. With its Corinthian Architecture and Baroque-style carvings, this church is the ideal place to see the Portuguese legacy in Goa.

Temples

GOA is called the sunshine State not just for its bright, sunny tropical landscape but also because it is vibrant with religion and culture. One can explore a diverse stretch of temples that are architectural marvels, some dating to the 12th century. The temples in Goa are the epitome of religious harmony and historic intricacy. Dating as long back as the medieval period and the era of the Mahabharata, when the Pandavas took refuge during their 12-year exile, to the traces of Buddhism, the temples share proof of diversity and peace in the sunshine State of India.

Shri Mahadeva Temple, (Lord Shiva) is a historical site located in Tambdi Surla in Mollem. The temple is etched out of black basalt stone, with extraordinary architecture. The temple houses the Shivling and the statue of the Nandi (bull), the vehicle of Lord Shiva. Shri Rudreshwar Temple, also known as Lord Shiva's Sanctuary, is in close proximity to the Harvalem waterfalls.

The Lord Brahma Temple in Sattari, Goa, also called the Brahma Karmali Temple, is the only temple in Goa dedicated to Lord Brahma, the creator of the universe. The intricately crafted idol of Lord Brahma enshrined in this temple dates back to the 12th century.

Shri Mangeshi Temple in Mangeshi village, Mardol is another amazing piece of architecture. It is dedicated to

Lord Mangesh, who is an incarnation of Shiva. Lord Mangesh is worshipped here as Shivling. The decor includes chandeliers from the nineteenth century, and centrally located in the temple is the idol of Lord Mangesh.

The Mahalaxmi Temple, located in Bandode, has been in existence since 1413. The rituals of the temple are found written on stone plaques carved during the reign of Nanjan Gosavi Pratihast over Goa. Today the temple beholds two idols of Mahalaxmi. The second statue of Mahalaxmi was brought in from Colva's Mahalaxmi temple. The main idol of the Goddess Mahalaxmi is taken out during the festival of Mahashivratri, on a chariot. The second Goddess Mahalaxmi from Colva is taken out in a procession only once a year on the auspicious day of Ramnavmi.

A rare Shri Brahma temple in Karmali, Valpoi, amidst the verdant fields brings devotees from all over Goa



Forts

GOA is one coastal city whose history is privy to constant invasion by foreign rule. Be it the Mughals, Portuguese or the Dutch, Goa was always on the radar of colonists who found a secure island site with excellent harbour facilities on either side.

The forts of Goa around the periphery are a distinct testimony to the land's eventful history. The rulers reigning in Goa in every era, built forts in multitude to defend themselves from invasion. However, once the defence priorities receded, the forts, too, were abandoned by the Portuguese.

Aguada Fort overlooks a panoramic ocean vista showcasing the Mandovi River's confluence with the

15th-century fort at Reis Magos is strategically located at the mouth of River Mandovi



Arabian Sea. Within its premises is a lighthouse and a jail which is turned into a Museum.

Tiracol fort, facing the Tiracol River, was built in the 17th century. The fort's remains are converted into a heritage hotel called the Terekhol Fort Heritage. Within the fort's courtyard sits the century-old Church of St. Anthony.

Chapora fort offers a fantastic view of Vagator beach. It was built as a border watch post in 1612 by the Portuguese. Today the ruins of the fort give a spectacular view of the Arabian sea, giving a mixed feel of nature and history.

Reis Magos Fort is one of the majestic forts in Goa that depicts the history of the Indo-Portuguese era. The first restructuring of this fort was done in 1493 by the Adil Shahi Sultanate of Bijapur. Later captured by the Portuguese, the Fort went through a series of restructurings to position it as a strategic line of defence for them until the 1900s. The fort is tactically located at the merger of the Mandovi River with the sea. It is a well-preserved fort in Goa that has become a prominent tourist attraction.

The Cabo De Rama Fort is situated at Canacona taluka in southern Goa. It is said that Lord Rama, the hero of Ramayana, stayed here with his wife during their 14 years of exile. The fort has been under Portuguese and Indian rule, changing hands several times. This fort is mostly in ruins; the only remaining structure in one piece is the church. Visit the fort for a blissful view of the Arabian Sea and the nearby Cabo de Rama beach.



The sluice gates are the old mechanisms to control tidal waters on khazan lands

Khazan Lands

ONE of the unique features of Goa, the Khazan lands are managed ecosystems which have been reclaimed from tidal low lying lands by an intricate system of dykes, sluice gates and canals and put to multiple productive use such as agriculture, aquaculture and salt panning. These flooded coastal wetlands were reclaimed from the sea and guarded by bunds (dykes) with the ingress of water controlled through sluice gates. The proximity of the river to the sea can result in salt water ingress upto 40 km inland and it was important that the same was regulated. A number of Goans believe that this unique system should be considered a globally important agricultural heritage system (GIAHS).

Khazan Lands are one of the most fertile lands for agriculture.

On Goa's Museum Trail



Museum of Christian Art, Old Goa, houses rare sculptures, paintings, ivory, furniture pieces from the 17th century

To piece together a slice of history, a visit to the various museums scattered across the State will offer a birds-eye-view into what Goa was. In Old Goa, the recently refurbished Museum of Christian Art holds an impressive collection of Indo-Portuguese

Christian art. Rare sculptures, paintings, ivory, furniture pieces, and textiles are part of the displays. In the vicinity, in the precincts of the Convent and Church of St Francis of Assisi, the ASI museum exhibits a formidable set of the portraits of the former Portuguese Viceroys and former Governors of Goa. The museum also contains a phenomenal collection of stamps, religious artifacts, and other treasures.

To understand the various influences that merged to create Goa's iconic domestic heritage homes, the Houses of Goa museum in Salvador do Mundo presents every aspect from architecture, building materials, interiors, etc. Its unique architecture in the form a ship stands tall amidst the contemporary architecture in the State.

Art lovers can soak in a few hours of color and inspiration at the Museum of Goa by the renowned Subodh Kerkar in Pilerne. Contemporary art takes prominence on the displays, along with historical sculptures, paintings, photography, and installations fused with Portuguese lifestyle and Goan culture.

As you move to the slow-paced South, Benaulim village is home to museum man Victor Hugo Gomes and his massive lifelong journey with Goa Chitra. The premises hold three mini museums, each taking you on a journey through long forgotten memories of Goa. In Goa Chitra, one traces Goa's agrarian roots through each painstaking detail and object on display. Goa Chakra pays tribute to India's story of the wheel through the collection of carts from across India. The third mini museum, Goa Cruti offers a peak into the household objects existing in the Portuguese era.

A Year-Round Celebration

For Goa, festive fervor abounds all year. Centuries of cultural intermingling gave all communities signature feasts and festivals distinct to the Goan soil.

In January, for the Feast of the Three Kings in Reis Magos and Cansaulim, a procession of three little children on horses dressed as kings make it unique. February-March calls for a continuous celebratory mood with Carnival and Shigmo. Carnival in Goa marks the three days of festivities before the Lenten period of fasting. The potekars of Divar come out of their year-long hiding to haunt and scare children and passers-by during the three days.

As Shigmo approaches, the hinterland livens to unique traditions that occur only at night. In Molcornem, Quepem, under the cloak of darkness, men light cow dung cakes and douse their bodies with the hot embers. Across Goa, Shigmo parades with traditional dances, colours and religious tableaus attract hundreds.

Eid celebrations are marked with great fervor across Goa.

The Lenten season observes the traditional procession of Saints in Agacaim. Devotees gather along the streets to catch a glimpse and pray to their favorite patron saint.



Mud Games galore at Chikhol Kalo

As the monsoons lash down the countryside, locals in Siolim are ready to jump into their neighborhood well to celebrate the feast of St John the Baptist. The unique boat parade is a crowd-puller.

Each month brings its significant celebrations. Amid the thundering skies, large crowds gather at the Devki



Navratri sets off a festive mood with Makharostasav, specially dedicated to the Goddess



Taking the plunge into the festive spirit of São João

Krishna temple in Marcel to watch the playful mud fights. Locally known as Chikhol Kalo, Chikol means mud in Konkani. It mimics the playful nature of child Krishna. Games like chakra remind one of the games Krishna played as a youth.

At St Anne's Church, the unique Touxeachem Feast at Talaulim village brings devotees from across Goa. Childless couples flock to seek blessings of the patroness with cucumber offerings.

In the port city of Vasco, the annual Saptah, attracts a huge mela along the main Swatantra Path. The seven-day celebrations carry on for a week and is a reminder of the time the city was saved from the plague.

Nature worship holds a special significance in the festive calendar, with the harvest as one such occasion. Islanders in Divar prepare for the traditional Bonderam festivities to mark the end of the old rivalries between the different wards.

In Goa, Ganesh Chaturthi festivities acquire a unique celebration. At home, each day calls for a lavish feast of vegetarian food with a spread of local preparations with tempting sweets of modak, neureos and besan laddoos. A vojem is sent by the bride's family to the groom. Life-size Sarvajanik Ganeshas bring out the creativity of the Goans across the State.

A day before Diwali, monsters stare at you along the streets in towns across Goa. Some as tall as buildings, these narkasurs catch the creativity of the young and old. Competitions bring out the best talent. It marks the slaying of the demon. The effigy is burnt at dawn, and goodness prevails with the celebrations of Diwali, the festival of lights.

The year ends with the entry of Santa Claus as Christians celebrate Christmas. The feast spreads cheer as happy faces wait to unite with the extended families. An array



Bidding good bye to Ganpati



Kicking off the traditional Shigmo festivities with Naman at Mardol

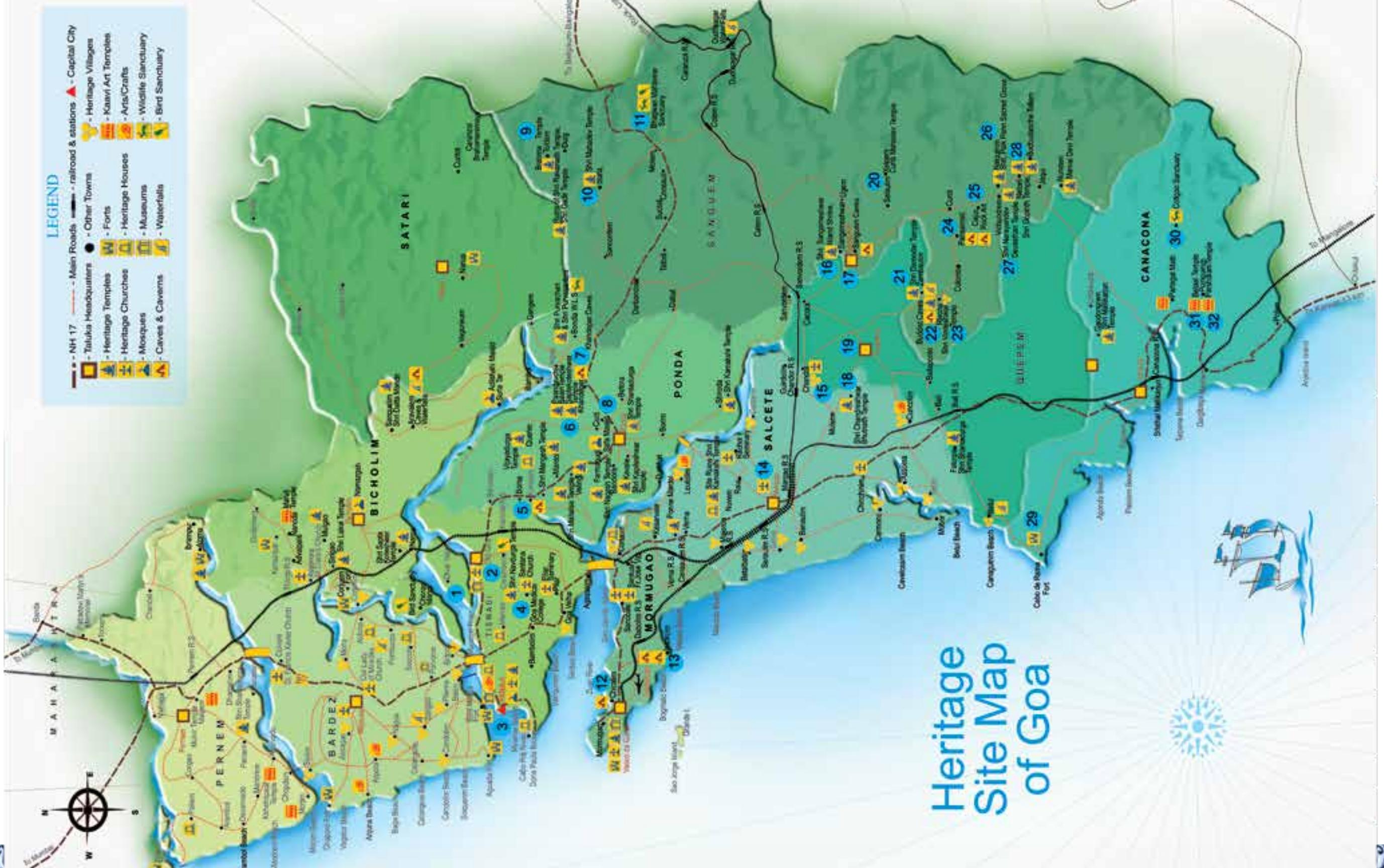
of sweets and homes get a thorough cleaning, cobwebs cleaned as they prepare for the big day. After the 25th, local folks witness the large outdoor cribs in the villages.

With such a vast spectrum of feasts and festivals, communal harmony thrives on the festive fervor among Hindus, Christians, and Muslims. Only in Goa do celebrations cross religious boundaries as festivities unite two communities. In Mapusa, the Church of Our Lady of Miracles is said to be built on the temple of Mirabai, one of the seven sisters of Lairai from Shirgao. After the

conversion, Mirabai became Milagres. Hence, the main feast dedicated to Our Lady is a joint celebration for both communities.

Goans love their festivals, and there's always a reason to celebrate.

Heritage Site Map of Goa



Finance-Goa acknowledges the efforts put together by the entire team of the Goa Heritage Action Group for creating the Heritage Map of Goa and a very special thanks to Ms. Heta Pandit for granting us permission to use the same in the Planet-Goa magazine.

1. Divar

The island of Divar is famed for Bonderam, the festival held on the river island on the 4th Saturday of the month of August. Bonderam means the festival of flags. Its high point is a mock battle to commemorate the property wars that took place here over a century ago. Its landmark is its Indo Portuguese Architecture.

2. Old Goa – Cidade de Goa, Velha Goa

The story of old Goa begins at a rather modest shrine of Shri Gomanteshwar up in the hills at a distance from the river. The city moved to the banks of the river Mandovi (then called the Gomati) at the end of Kadamba rule. Royal life then revolved around the Saptakoteshwar Temple (where the church of Our Lady of Divine Providence stands today) until the Deccan Sultans made it their capital and called it Ela. The Portuguese wrested it from Adil Shah and began building "The Rome of the East" with churches, chapels, markets, houses and a bustling trading post. The city fell to disease and economic ruin as a consequence of religious persecution and the capital moved to Nova Goa or Pangim (Panaji) in the middle of the 19th century.

3. Panaji – The Capital

The only thing that distinguishes Goa from any other city in India is the 7 km long promenade, built on

a planned grid system with a unique storm drain system and perhaps the only city in India that has relocated stone by stone from the capital that fell to disease and ruination. The architectural styles vary from the Goan Domestic Indian Art Deco, Indo European, and Indian Baroque to British Colonial. This place has art combined with functionality. Apart from its architectural wealth the city has a deep treasure chest of cultural patterns and traditions.

4. Santana Church, Telaulim, Tiswadi

One of the five models after which all the churches and chapels followed suit, this one perhaps is the most fascinating church of all.

5. Saptakoteshwar temple at Narva, Bicholim

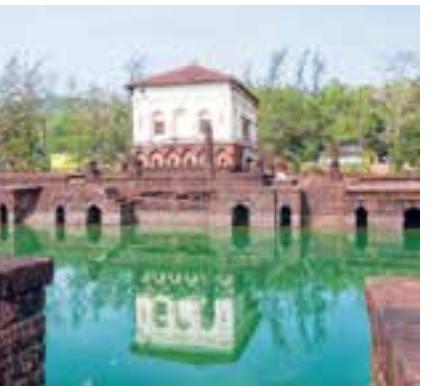
Originally located on the island of Divar in the hamlet of Narva since construction by the Kadamba Queen Kamladevi in 1155 A.D, it was destroyed by the Portuguese in 1541 when the deity was shifted across the river to new Narva Bicholim. Chhatrapati Shivaji Maharaj renovated this temple in 1668.

6. Man made Cave, Kundaim

This cave may have been a pre-historic shrine in active worship once. A State protected monument today, its survival hangs in a balance on the edge of a highway.

7. Khandepar Caves

Located in Khandepar Village of Ponda, these caves belong to the 12th century and were rediscovered in 1970. The caves are situated in close vicinity. The 4th cave was perhaps used for meditation and prayers, and has a pedestal to hold the 'Linga' in it.

8. Safa Masjid, Ponda

Safa Masjid in Ponda

This mosque was built by Ibrahim Adil Shah of Bijapur. Adjacent to the mosque is a well-constructed masonry tank with small dressing chambers with Mihrab designs.

9. Shri Brahma Temple, Valpoi

This temple is located in a small village of Nagargao in Valpoi. It dates back to the Kadamba period of the 12th century. A beautifully chiseled statue of Lord Brahma stands in the centre of the temple wearing a beard. Brahma is shown in Trimurti form that is the trinity of Brahma – Vishnu – Mahesh.

10. Shri Mahadev Temple, Tambdi Surla

This temple standing in the midst of a dense forest may date back to the 12th or 13th century A.D. It was built of black basalt stone masonry with no mortar used for bonding and has monolithic pillars. Facing the east the temple is raised on a plain moulded plinth.

11. Bhagwan Mahavir Wildlife Sanctuary

The sanctuary is located in the town of Mollem, and is the largest of Goa's four protected wildlife areas that is home to the Molem National Park.

12. Underground Caves, Chicalim

The serene village of Chicalim has caves which are believed to have existed since the Stone Age. These caves are actually underground cells, and a scientific study of the pot shards found dates back to the megalithic period.

13. Caves and Caverns at Issorcim, Hollant, Vasco

One of Goa's most recent discoveries these caves are obviously man-made but vertical to the ground. Cave dwellers probably suspended themselves into their rock homes with vines and then covered the entrance hole with circular discs at night.

14. Madgaon

The commercial capital of Goa is

one of the major towns in Goa. The buzzing local market has a labyrinth of stalls selling local food items. The majestic heritage homes are an attraction for all visitors.

15. Chandor Heritage Village

Visit Our Lady of Belem church for period furniture and statuary, the twin mansions of the Braganza-Pereira families and the heritage home of Sara Fernandes for a look and feel of Goa's colonial past. You can see Goa's oldest Fort wall, ruins of the 11th century Shiva temple dating to the Kadamba Period.

16. Sangameshwar Island Shrine, Sanguem

This shrine is located on a stone slab in the middle of the meeting of the three rivers, the Kushavati, Sanguem and Guleli. The confluence of three rivers has always been sacred in India.

17. Sanguem Caves

These caves are significant as they function as regular dwellings, unlike the other caves that are Buddhist and Jain colonies meant for offering shelter during the monsoons. They have architectural, archaeological and historic value and are located in the Sanguem town.

18. Shri Chandreshwar Bhutnath, Near Paroda

One of the few temples that still stands on its original ground, the original dates to the Bhoj dynasty

6th-7th century A.D. and was rebuilt by the Kadamba dynasty in the 11th century.

19. Palacio De Deao, Quepem

Originally the residence of the Dean, this palace has been recently restored and is open to the public.

20. Shri Mahadev Temple, Curdi, Selaulim, Goa

Shri Mahadev Temple, Curdi, Goa is dedicated to Lord Shiva

This 10th century Shiva temple was shifted from its original home to Curdi and rebuilt at an alternate site when it was threatened by submergence in the Selaulim Dam project. It was shifted stone by stone by the Archaeological survey of India.

21. Shri Damodar Temple, Zambaulim

Famed for its annual pink gulal festival, the original deity was moved from Madgaon to Zambaulim in the 16th century for fear of religious prosecution during Portuguese rule. It is located on the banks of the Kushawati River.

22. Buddhist Caves

Often called Pandava Caves, these are the few vestiges of Goa's past Buddhist presence when monks would seek sanctity from their austere lives as wandering mendicants and camp in caves for the monsoons. There is an underground cave with a well here too.

23. Shri Vimleshwar Temple, Rivona, Sanguem

This temple built by the Rivona comunidade or gaunkari an ancient system of co-operative farming and is a symbol of community participation.

24. Petroglyphs at Pansaimol, Vichundrem, Sanguem

This beautiful site on the banks of the Kushavati River is perhaps one of the early expressions of art and culture in Goa. Rock carving found here are believed to depict symbols of the fertility cult and religious cosmology.

25. Rock Art at Kajur, Quepem

These relatively unknown petroglyphs belongs to the same family as those discovered on the banks of the Kushavati River.

26. Shri Paika Pann Sacred Grove, Naiquinim, Sanguem

This temple complex is dedicated to the goddess Mahisasurmardini and is located in a sacred grove. It was built at the height of the Shivite cult.

27. Shri Narayandev Devasthan Temple, Vichundrem, Sanguem

The temple is dated to the 11th century and this deity is particularly worshipped by Vaishanavites. The frame surrounding Shri Narayandev is exquisitely carved showcasing the dashavatars or ten incarnations of Lord Vishnu.

28. Shri Gopinath Temple, Budbudanche Tollem, Neturli

The original idol of Lord Gopinath (Krishna) dates to 9th – 10th century. It was originally built keeping the concept of devghar or God's house. Located on a temple tank where water bubbles up to the surface every few seconds, this temple has been recently rebuilt.

29. Cabo de Rama Fort, Canacona

Built by the Soundekar kings towards the end of the 16th century, this magnificent monument has a moat, a fantastic view of the sea and two freshwater tanks. The ramps were meant for elephants and horses. This was locally called Ramachem Bhursir. Later taken over by the Portuguese in 1764, its name was changed to Cabo de Rama.



Aravalem caves are an attraction

30. Cotigao Wildlife Sanctuary

Kuskem waterfall may be seen in the Cotigao Wildlife Sanctuary in Canacona taluka. You can also see the ruins of ancient temples in this tiny village of Kuskem.

31. Shri Betaal Temple, Poinguinim, Canacona

Dedicated to a pre-Aryan deity, this temple displays rare endangered kaavi art.

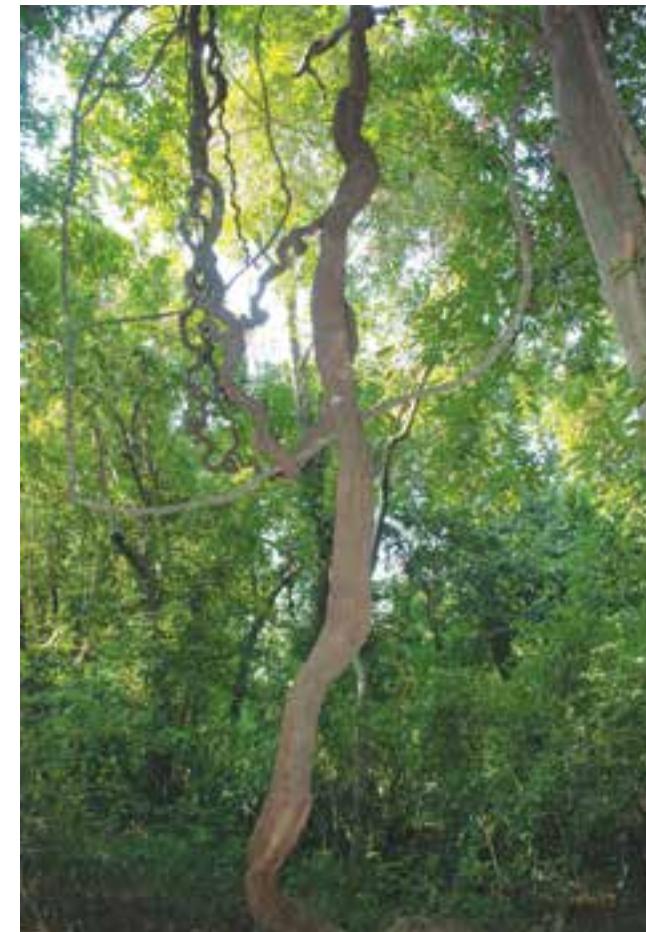
32. Shri Parshuram Temple, Poinguinim, Canacona

This temple is dedicated to the legendary Vaishnavite deity of Goa. It displays rare endangered kaavi art.

Pay Respect to the Sacred Groves

Goa's unique flora and fauna attract nature lovers from across the world.

What's unknown is the presence of ancient forest vegetation known as sacred groves found deep in Goa's jungles. The grove unites the village communities through common religious traditions. There are 93 such groves in Goa. Some of the recognized sacred groves are:



Sacred groves hold deep meaning in the local communities

Nirankarachi Rai:

Found in Sattari Taluka, these sacred groves are home to rare medicinal plants. One cannot cut a branch from these areas. It is classified as the Myristica Swamp forest and is known to be in existence for 250 years. It is home to rare species of vegetation and is protected by the forest department.

Holiyechirai of Caranzol:

About 15 km from Vapoi in Caranzol, the rough 45-minute climb is tedious and not accessible in the monsoons. The trees found are Vateria indica (dhup trees) and are believed to be around 200 years old. Other varieties of plants include Pterocarpus marsupium (Kino), Dalbergia latifolia (Shiso), Terminalia paniculata (Kindal), T. tomentosa (Matti), Syzgium cumini (Jambul), etc. The temple is dedicated to Shree Sateri.

Devachi Rai of Kopardem:

The perennial spring ensures water throughout the year. The rich canopy is home to beautiful avian fauna like the Malabar Pied Hornbills. Orchid varieties also flourish in this area. The unique characteristic feature is the luminescence of fungus seen on the forest floor on new moon nights. The two temples found at the entrance of the sacred grove are Brahmanimaya and Betal. Locals prepare a special preparation from rice, jaggery, and dal called Upaar.



Galgibaga Beach
offers a quiet corner
at the Southernmost
tip of Goa

DISCOVER
GOA

The Land of Beauty and Tranquility

GOA is situated on the western coast in the Konkan region nestled and nurtured by the Arabian Sea and the mighty Western Ghats. With an area of 3,702 sq.km, Goa is the smallest state in the country. Goa showcases a culture and way of life not seen anywhere else in the country. While this culture has been shaped by various dynasties and empires, the natural landscape too has played its part in defining the Goa that we know today.

Being at the confluence of the Northern and the Southern Western Ghats, the Goa section has floral and faunal assemblages that represent both these landscapes thus being unique in its own way. The northern most range of many of the Southern Western Ghat endemic species starts from Goa. The entire stretch of the Western Ghats and its forests within the Goa limits are legally protected by way of four contiguous wildlife sanctuaries viz, Mhadei, Bhagwan Mahaveer, Netravali and Cotigao and harbour some of the best biodiversity in this region. The other sanctuaries are the Bondla Wildlife Sanctuary which also houses a zoo and the Dr. Salim Ali Bird Sanctuary, a mangrove forest on one of Goa's well-known island, Chorao. Goa has 33% of its landmass under forest cover of which 62% is legally protected. The Ghats also offer us some unique habitats in the form of Swamp Forests and are some of the oldest



and primeval ecosystems on the planet today.

The Western Ghats, rightly called the Monsoon Mountains, give rise to 11 rivers that nourish the land. As the rivers move downstream through the rugged terrain of the Sahyadri, they give rise to numerous waterfalls that attract locals as much as they do visitors. From the

magnificent Vazrasakala Twin waterfalls to the Ladkecho Vozor with a vertical drop of 300 ft and the cascades of the Savari Waterfall to the now famous Mainapi Waterfall, the Goan countryside becomes replete with numerous waterfalls and cascades during the monsoons. And of course, one cannot miss the majestic Dudhsagar Waterfalls, one of India's tallest waterfalls with a height of 310m.

Between the Western Ghats and the coast are the midlands that are dotted with smaller hills and lateritic plateaus with paddy fields and plantations at the base. These landscapes with its natural and man-made environment supports a wide range of flora and fauna with diversity much higher than undisturbed forests. The ephemeral pools, the carpets of flowers, the insect diversity needs to be seen to be believed. The man-made environment of the mid-lands has a plethora of waterbodies that play host to numerous migratory waterfowl that visit Goa every winter. Hundreds of waterfowl from the far North fly thousands of kilometres to visit the nutrient rich waterbodies and wetlands of the State. One of our wetlands, the Nanda Lake has the distinction of being the first Ramsar Site in the State in the year 2023.

The rivers move further downstream and encounter the tidal effect of the Arabian Sea giving rise to Mangrove forests that line their banks. Goa has claims over some of the best mangrove forests on the western coast. These forests are the first line of defence for the inland paddy fields and settlements from any natural calamity, conserve soil and most importantly are the breeding grounds for many of the commercially important fish species. Goa's smallest

sanctuary, the Dr. Salim Ali Bird Sanctuary, is a mangrove forest. The Cumbharjua Canal that connects two of Goa's largest and important rivers, the Mandovi and the Zuari has some of Goa's best mangrove patches. The villages around perform a unique ritual of worshiping the freshwater Crocodile or the Mugger (*Crocodylus Palustris*) called the Mange Thapni. In Goa, the Mugger has adapted to the higher level of salinity in the coastal rivers and has thrived in the rich mangrove habitats that provides for both man and animal. The mangrove forest also hold a stable population of the Collared Kingfisher (*Todiramphus Chloris*) and Goa possibly is the only place on the entire western coast where one can guarantee sightings of this elusive bird.

The 105 kms coastline is much more than just the famous sandy beaches. While it is the beaches that have attracted people from all over the world, it is the rocky

Olive Ridley Turtle hatchling making its way into the ocean, at a Goan beach





Goa's avian guests enjoy their perch along the mangroves

shores, mudflats, coral reefs that play host to a plethora of organisms from molluscs and crustaceans, clams and oysters to the dependent birds and the elegant Indian Ocean Hump-backed Dolphins (*Sousa Plumbea*). The Chicalim Bay on the Zuari harbours the only breeding colony of Windowpane Oysters (*Placuna Placenta*) on the entire west coast of the country. This bivalve is an endangered species and accorded the legal protection under the Wildlife Protection Act, 1972. Our coastal habitat while hosting the regular migrants, is also a staging ground for many migratory birds that take a small stopover before moving onwards in their migratory journeys. Birds such as the Crab Plover (*Dromas Ardeola*), Oystercatcher (*Haematopus Ostralegus*), Grey-Plover (*Pluvialis Squatarola*) and many more can be seen at two of the important sites viz., Morjim in the North and Agacaim mudflats in the South. Some of

our offshore islands such as the Grande Island, the Bat Island, St. George Island and their surroundings are home to coral reefs that attract tourists for snorkelling and diving. Newer reefs are being found in the North of the State as well and hold immense conservation and economic potential.

The mountainous regions along with the varied ecozones such as the plateaus, grasslands, mangrove habitats, wetlands, mudflats and the beaches, collectively support amazing diversity of life-forms. Goa is home to 486 species of birds, more than 35% of the country's diversity, a big number considering

the geographical size of the State. The State proudly celebrates this diversity every year with the celebration of the annual Goa Bird Festival in January. Goa has been on the birdwatcher's radar since the 80's when the British and European birders would spend 10-15 days observing and documenting birds during the winters. For that matter, whatever we knew about the birdlife back then was thanks to the visiting birdwatchers. With the tourism scene turning more domestic over the years and more Indians taking up birding and bird photography as a hobby, Goa's charm as a preferred birding destination has only grown.

Whether you seek a mix of culture, biodiversity, adventure, cuisine, heritage, pristine coastline, night life, art or an all-inclusive experience, Goa has it all and will never disappoint.

The Magnificent Beaches of Goa



Fishermen readying their nets for a fresh catch

GOA is a land that is blessed with natural beauty in abundance. The sun-kissed stretch of the western coast of India creates an almost unbroken strip of gold with whispering palms that fence the string of sandy beaches. The splendour of these gorgeous landscapes is breathtaking at any time of the day. Whenever you visit the beaches of Goa, you find them becoming an exhibit of nature's best paintings.

You can choose what beach you wish to visit—a pristine, secluded one or one bustling with activities, music, and a hippie vibe. Goa has all of it in one stretch. So, whether you wish to walk

on the unspoiled golden shores, go for morning yoga classes, or watch the bioluminescence that sparkles the shores with its brilliant light, there's a stretch of sand suited to your liking.

Escaping the crowds is possible with beaches like Querim, aka Keri Beach, Majorda Beach, Agonda, and Galgibaga (also home to the Olive Ridley Turtles nests), and Mandrem Beach.

Then there are the shacks that add the susegad touch to every beach with their delicious Goan food and drinks.

Goa's Wonderful Green World

From the towering Sahyadri Mountains to the meandering rivers that flow into the Arabian Sea, Goa has it all.

Physical Features



Palolem Beach, Goa – A place of serenity and scenic beauty

The Konkan coast runs along the West from Thane, Mumbai, Raigarh, Ratnagiri, and Sindhudurg in Maharashtra, to Karwar and Mangalore in the South and Goa sandwiched in between. The State occupies a coastline of 3,702 sq. km from the extreme Northern point at Terekhol River to Galgibaga beach in the South. Goa's physical divisions lend a distinct topography. A small State like Goa is blessed with the Sahyadri mountain range or the Western Ghats in the east, the plateaus in the central portions and river basins alongwith the coastal plains. The Western Ghats house a variety of flora and fauna, not to mention famous waterfalls like Dudhsagar, Harvalem, and Surla. The plateaus are abundant with paddy and kullaghars cultivating spices, areca nut plantations, and other fruit-bearing trees. As you move to the lowlands, the rivers Zuari and Mandovi

form fertile basins consisting of the khazan lands. The lesser river basins ultimately flow out into the sea. The craggy coast creates a shimmery golden shoreline that one admires from the air entering Goa.

Goa's first Ramsar site, Nanda Lake in Curchorem covers 42 hectares. The vast area is known for sightings of the black-headed ibis, common kingfisher, wire-tailed swallow, bronze-winged jacana, brahminy kite, intermediate egret, and little cormorant to mention a few.

Flora and Fauna



Mangroves are the most sustainable natural ecosystem on planet earth and need to be preserved. The Dr. Salim Ali Bird Sanctuary has an immense spread and is a must visit in Goa

Goa's unique topography is a fertile breeding ground for diverse flora and fauna. The earliest record of Goa's botanical bounty can be found in the treatise by renowned Portuguese Jewish physician Dr. Garcia da Orta, titled *Coloquios dos Simples e Drogas e Cousas Medicinais da*

India, printed and published in Goa in 1563. The Panjim Municipal Garden bears his name and contains several medicinal plants. Tropical evergreen vegetation thrives along the Western Ghats. Along the estuaries, mangroves flourish along the banks. The wild growth includes cocos nucifera and Casuarina equisetifolia. Trees like the palm, cashew, and mango are a common sight.

The vegetation attracts diverse fauna, some endemic to the region and others migratory. A trek into the Western ghats may bring you up close to a slender loris in Molem and Canacona, or a curious monkey may jump at you if you're exploring a village. Sightings of big cats like tigers and leopards have made headlines too. The jackal and wild dogs are known to be inhabitants too. A lucky sighting would be the friendly otters coming up to the banks.

Wild Life Sanctuaries



The majestic Gaur is the State animal of Goa

Ideal day trips for the entire family, the Cotigao Wildlife Sanctuary in Canacona has perennial streams and a thick forest cover of 86 sq km. You may find yourself face-to-face with a gaur. In Ponda, the famous Bondla Wildlife Sanctuary is 38 km drive from Margao. Deciduous with small patches of semi-evergreen trees cover the forest. Summer days call for picnics, strolls around the sprawling botanical garden, and children enjoy visiting

the animal enclosures. Birdwatchers have been known to sight the State bird (Ruby Throated Yellow Bulbul), the Common Grey Hornbill, and Golden Backed Woodpecker. The Bhagwan Mahavir Sanctuary in Mollem is one of the largest sanctuaries, providing shelter to Gaur, Sambar, Leopards, Spotted Deer, Slender Tories, Jungle Cats, Malayan Giant Squirrels, Pythons, and Cobras.

Birding



The State bird of Goa – Ruby Throated Yellow Bulbul

Goa's avifauna includes diverse winged visitors that migrate from other parts of the country, and some are easy to spot resting on a branch. For birding activities, a morning trip to the Dr. Salim Ali Bird sanctuary, named after India's famed ornithologist, on Chorao island would please birders. The Socorro plateau is a quiet spot where you can see Black hooded orioles, Golden-mantled leaf birds, White-cheeked Barbets, Plum-headed Parakeets, Bronze drongos, and more. Other lakes at Pilerne, Carambolim attract their share of feathered beauties like the Pied kingfishers, Small blue kingfishers, Bronze-winged jacanas, Purple Herons, Indian rollers, Marsh Harriers, and other birds. The Sanctuaries are ideal to spot some of the rare birds like the white-bellied woodpecker, velvet-fronted nuthatch, heart-spotted woodpecker, white-eyed eagle, rufous woodpecker and the Malabar-crested eagle seen in Cotigao.

Events Capital of India

GOA really does have it all -a rich and deep heritage, stunning natural beauty with its beaches, waterfalls, emerald fields and lush greenery and a vibrant cultural life. No wonder it draws people from across India and the globe to its shores and is now also the events capital of India!

The first significant event of its kind to be held in Goa... the The Commonwealth Heads of Government Meeting (CHOGM) in 1983 laid the infrastructure for tourism in the tiny State.

Now the State offers a plethora of amazing events, most of which have made Goa their annual home and of course its most famous festival – a huge cultural event – the Goa Carnival!



King Momo leads the celebration for Carnival, a time to eat, drink and make merry in Goa

Goa Carnival, also called Carnaval, Intruz or Entrado, is the largest in India and one of the few traditional celebrations of the western Christian festival of Carnival or Mardi Gras. Because traditionally many people go on a fast during Lent, giving up meat, sugar or other foods and drink, carnival is an opportunity to enjoy these treats for the last time. It is a time to celebrate and party, with music and dancing in the streets. With its origins in the introduction of Roman Catholic traditions during Portuguese rule in Goa, Goa's most famous festival has been celebrated since the eighteenth century and has turned into a major tourist attraction for the State.

Today, the urban parade includes floats put up by local villages, commercial entities and cultural groups. Carnival is still organised in a very traditional manner with streetside local plays and performances and with a lot of gaiety and colour. Goa is taken over by King Momo, usually a local resident, who presides over the festival during its four day span and urges people — 'Khaya Piya Anni Majja Kara' (eat, drink and make merry) before Lent begins.

Among the biggest festivals of the State, Shigmo is celebrated in Goa with a lot of pomp and fervor. Heralding spring, the festival falls either in March or April. Celebrated with music, song and dance, the festivities include colourful float parades that move through the villages and towns of Goa. Large crowds gather to witness the spectacular performances and parades.

Other annual events include the International Film Festival of India (IFFI) which has gone from strength to strength since it made Goa its permanent venue in 2014. Held under the aegis of the Government of India in collaboration with the Government of Goa, IFFI

previews an eclectic selection of films in Goa bringing top filmmakers, prestigious jury members, actors, critics, writers, film professionals and people interested in the arts together in Goa.



A view of the stunning craft exhibit Srijan curated by Anjana Somany at the Serendipity Arts Festival 2022 in Goa

The Serendipity Arts Festival brings some show-stopping programs to Goa over a week in mid-December every year now for 5 years. India's largest multi-disciplinary festival showcases theatre, visual arts, dance, music, the culinary arts, performances and more in eclectic venues across Panjim city, transforming it into a hub of creative energy.

Sunburn Festival is a commercial electronic dance music festival held in Vagator Goa for many years now. The festival has grown to be ranked the third largest dance festival in the world and as big as Tomorrowland and Ultra, as per the IMS APAC Business Report 2014. It was ranked by CNN in 2009 as one of the Top 10 Festivals in the world. Spanning over three – five days, the festival has multiple stages with top musicians, DJs and artistes from around the world playing simultaneously to huge crowds.

The Goa Arts & Literature Festival (GALF), a small homegrown mainly volunteer driven event is quickly becoming a annual stop on the cultural calendar. Held in December, the Festival hosts an interesting roster of book readings, panel discussions, talks and book launches and has brought a number of literary stars to Goa including Amitav Ghosh, Teju Cole and Nobel laureate Abhijit Banerjee among others.

Difficult Dialogues, an annual conference held in Goa for about 5 years now, is founded on the belief that a healthy dialogue can resolve most conflicts. The prestigious series of talks and panel discussions touches upon issues relevant to South East Asia and gathers educationists, policy makers and law enforcers from different spaces to engage in conversation. Topics under discussion have included the state of law in India, global finance and civil society, health, gender equality and education.

Other significant events include the DD Kosambi Festival of Ideas held by the Directorate of Art & Culture which gathers experts in various fields to hold a series of lectures on meaningful themes. Previous speakers have included Lord Meghnad Desai, Sudha Murthy, Ramachandra Guha among others.



An exciting range of adrenalin
fuelled experiences await the
adventurous in Goa

EXPERIENCE GOA

Responsible Tourism is the Core Essence of Destination Goa

Goa is widely regarded as one of the most alluring tourist destinations in India. The local economy in many ways is fuelled and dependent on the tourism industry. It has emerged as a top tourist destination, with Hinterland Tourism becoming a buzzword.

As you drive towards the interiors of Goa, away from the coastline, the rustic settlements of Goan villages start to appear amidst the thick forest cover. It is an experience in itself to drive towards the interior on a long stretch of road laden with dense forests on both sides. It is the prettiest picture you can paint of Goa, unseen and untouched. The hinterland is where you experience the real Goa. It is said that if you want to see the real culture and life of a city like Goa, visit the rural areas. It is in the vicinity of the villages where the people are most connected with nature and their traditions, something city dwellers aren't used to.

Goa is so much more than just the beaches, and has a lot more to offer from the tourism perspective. Goa's inherent beauty lies in its hinterland and rural landscape. The state has shifted its focus on eco-tourism by promoting eco resorts and homestays, eco farms, the revival of springs, lakes, and ponds, and nurturing and

protecting the flora and fauna in its hinterland. Ever since, many eco resorts, homestay options with cottages in villages, and spice farms have opened that are focusing on responsible tourism.

These stays provide its guests with the option of exploring the gorgeous natural ecosystem that Goa has to offer like the Western Ghats, which is home to many species of flora and fauna, natural lakes, and waterfalls that are a real treat to visit during the monsoon season. The entire stretch of the Ghats with its forest cover is protected under the wildlife preservation act of 1972, via the sanctuaries in this region. From hiking to jungle trek, nature walks, birding, these exotic locations give tourists ample opportunities for wonderous activities.

The village homestays of Goa will give you an experience of a lifetime; living in a natural and raw habitat. Eco homestays like Bhakti Kutir and the Palm Tree Ayurvedic Heritage in Canacona, the Khaama Kethna Ecological



Jungle Trails Homestay provides comfortable stay in a village setting

Village in Palolem, South Goa, and the Mangaal Farmstay near Netravali Wildlife Sanctuary create a village life for you in the most sustainable yet comfortable way. The Wildernest Nature Resort Goa in the Chorla Ghats, the Postcard Hideaway, Capella Forest Retreat & Homestay, and Cabo Sarai are some of the selected few that are remarkable pro-environment stays.

Cojoined efforts from both government and the hospitality zone are made while promoting clean and green means of tourism to avoid the hinterlands turning into commercial spots. Henceforth, the government of Goa are taking steps to promote hinterland tourism in moderation. Because the villages and the destination with huge natural reserves are the soul of Goa, preservation and maintaining the sanctity of these zones is of extreme importance. Therefore, hinterland tourism is promoted in

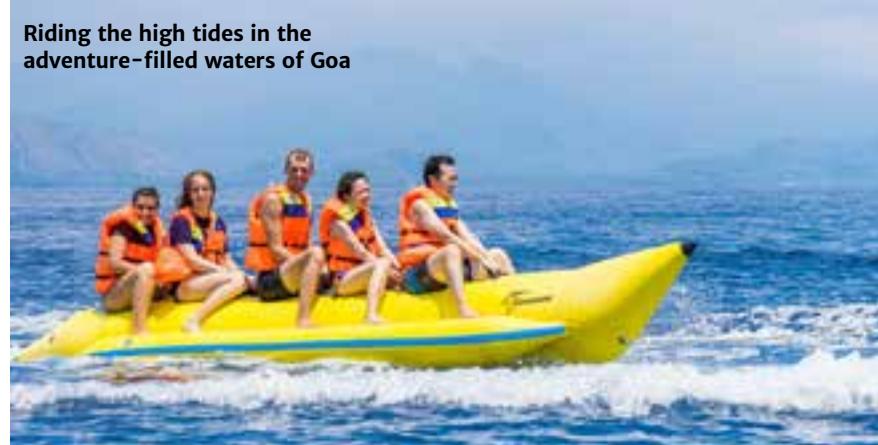
such a way that responsible tourists visit who appreciate and respect rural life and local traditions. They work closely with the local communities to promote local festivals, culture, and heritage to everyone visiting Goa. While infrastructure, like transportation and accessibility, is improving, the authorities are also ensuring the true nature of these places is preserved. Ecotourism based on environmentally sustainable practises is critical for attracting high-end tourists. The opening of tourism in the villages has empowered the villagers to become self-reliant and self-employed.

Goa's culture is rich and diverse. It is only fair to celebrate and preserve the Goan spirit that thrives in its ecosystem, and maintain the sacredness of this pure land.

An Adventurous Plunge into Goa's Wild Side



Whitewater rafting on the Mhadei River in Goa is an exhilarating experience



Riding the high tides in the adventure-filled waters of Goa

GOA is riding high on the adrenaline rush. It's not just sunbathing or partying in Baga that's on the itinerary, but adventure activities like bungee jumping and water sports that allure tourists to chase their fear. Adventure junkies can take a giant bungee leap over Mayem Lake. Let your fear fly high as your parasail above the picturesque coast, or pump the adrenaline on a fast-moving jetski as you enjoy the water sports on the beach. Crags along the coast allow for adventurous coasteering trips, scrambling over boulders, and swimming. Kayaking in the backwaters in South Goa brings you up close to riverine beauty. Trekking into Goa's dense forests in the Mhadei region in the monsoons leads to cascading waterfalls and unparalleled vistas. It's advisable to accompany a seasoned guided trek into these areas for safety. You don't have to travel far to catch a magical sunrise from a hot air balloon. Hold your breath for an awe-inspiring ride above Chandor village at dawn as you reach out to touch the tree tops. Unleash your adventurous side on your next trip.

Now Enjoy Sun, Sea & Therapy in Goa

A few days surrounded by Goa's azure sea blues and under sunny skies work wonders for your mental health. However, those with serious physical ailments can avail of world-class treatments at some of the best hospitals in the State. The past few years saw a sizeable increase in patients seeking medical treatments in Goa.

Goa has a sterling record in a history of being ahead of its times in the field. The Goa Medical College is the oldest in Asia. The Portuguese were compelled to start medical education in Old Goa due to the rampant outbreak of plagues.

The health sector's concerted strides towards upgrading state-of-the-art hospital infrastructure with seasoned medical fraternity with expertise reaped results. The dual advantage of premier medical facilities and a holistic escape can boost Goa's image in medical tourism.

The Central Government's focus on wellness, especially Ayurveda and Yoga bolstered interest in these sectors, with India leading the way to alternate health care. Apart from private Ayurveda centers in Goa, the State



Yoga retreats have gained popularity in Goa

Government's boosted efforts in promoting Ayurveda across the State. Launching the All India Institute of Ayurveda, Dhargal, Pernem is a significant step in offering alternative medicine treatments. Also, the Department has Ayush centers all over Goa offering treatments for all types of diseases and patients.

Get treated by the best and recoup in the tranquillity and positive vibes Goa offers.

Eco Resorts and Home Stays

Responsible tourism is the new normal, with sustainable vacation homes in picturesque Goa.



Head out to the Cajueiro Homestead in Valpoi for an authentic eco experience in the midst of a 25 acre working cashew plantation also filled with jackfruit, papaya, guava, mango, lemon, coconut and jamun trees

THE opulence and charisma of the State of Goa for its beauty is unmatched. The green ecosystem of Goa inherits the gift of nature in the form of dense forest cover in the western ghats, home to many species of flora and fauna, and the natural water sources and landscapes. While maintaining the richness of the ecosystem, eco-tourism in Goa is strongly increasing its

footprint. As a result, Goa has a beautiful spread of eco-resorts and homestays that bring you closer to nature. It's time that we all embrace living in nature and with nature. And these retreats are standing example of possibility of sustainable living.

Wildernest Nature Resort, as the name suggests, is an eco-stay located amidst the tranquil wilderness of North Goa. It stands on the sound principle of 'minimal interference'. The resort supports and sustains one of India's first and finest private sanctuaries that comprises 700 acres of biologically diverse evergreen forests of the Western Ghats, high-altitude grassland ecosystems, waterfalls, and caves.

Capella Forest Retreat and Homestay is an eco-homestay mindfully built to be inclusive rather than exclusive with nature. It is a minimal waste premise; following zero plastic use, and are consciously trying to abide by the pro-environment regulations. The eco-homestay aims to inspire the guests that living a 'conscious or sustainable lifestyle' is possible anywhere, even in the cities.

Nestled amidst the lush green hills of Netravali in South Goa, The Postcard Hideaway is the property to check into if you want to enjoy a slice of calm and serene Goa. Built on the sustainability concept, the resort has 20 wood cabins spread around 20 acres of property, and you get



Sustainability can be a way of life. The eco-stays in Goa are an exemplary model of living with nature

to be in a peaceful space while absorbing the lushness of the sanctuary.

The Red Crab Eco Resort at Cabo De Rama is built with eco-friendly materials and overlooks the beautiful Arabian Sea. With a 360-degree breathtaking view of the ocean, the property aims to minimise its carbon footprint by using as many eco-conscious practises as possible.

The Cabo Serai Eco Resort in Canaguinim is the second-to-last destination resort. Every element of the property, from its design and architecture to the food, is an attempt to create a conscious and nature-inclusive experience for the guests.

Jungle Trails Homestay is a quaint little hamlet located in Talde, Sacordem. It offers a comfortable stay in a village setting amidst a very hospitable community. The homestay resides in one of Goa's most visited places - the Bhagwan Mahavir Wildlife Sanctuary which also is an excellent birding spot. It promotes nature based activities like nature trails, treks, and bird watching by expert naturalists and local guides.

Several other properties offer unique eco-stay options in Goa, a trend that is catching on as travellers become more discerning with their choices. Mangaal Farmstay at Quepem offers a simple and farm-to-table culinary experiences whereas Bhakti Kutir, a health and nature resort offers a stay in unique cabanas built using local materials like rice straw and bamboo.

These stays will send you home with great memories, accompanied with a feel good factor of vacationing responsibly.



Nature is luxury itself at the Wildernest Nature Resort, Goa. The view of Chorla Ghats during the monsoon season is soul touching

A Ferry Crossing to Goa's Islands

A ferry across to Goa's islands unveils a life beyond the scripted image flashed in the media. Bird songs fill the fresh island air as you immerse yourself in the surrounding tranquillity. As the ferry glides through the still waters, the expansive views mesmerize. An interesting conversation with a local reveals nuggets from the past unwritten in history books. It's encounters like these that create memorable experiences.

Chorao Island



Enjoy the scenic beauty of Goa's waterways from the charming ferries that ply between its islands

A birder's haven, Chorao is one of the larger islands in Goa. The Ribandar ferry is one of the easiest and most scenic ways to get there. The trip to Choddenem, as it is known locally, takes half a day to explore the many sites. The first stop is the Dr. Salim Ali Bird Sanctuary which is advisable to visit in the morning before 9 am. The pleasurable drive around the beautiful neighborhoods

Divar Island



A heritage home on the historic island

brings you to magnificent monuments like the Our Lady of Grace Church and Chapel of St Jerome.

Across the Ribandar village are the islands of Chorao and Divar. Located 10 km from Panjim, the island is accessible via a ferry from Old Goa too. Divar shot to fame for the famed banyan tree scene in the movie Finding Fanny. The scenic drive takes you through paddy fields on both sides, and sights of the historical Old Goa monuments in the distance dot the horizon. The serpentine path with eye-catching heritage architecture at every bend are sights to behold. The villages of Piedade and Malar celebrate the Bonderam or the flag festival in August. The Church of Our Lady of Compassion on a hillock in Piedade village overlooks a stunning landscape. Malar is close to the tiny island of Vanxim. The ruins of the Saptakoteshwar temple are still visible.

St Jacinto



Views of the quiet island of St Jacinto, in the estuary of the Zuari River

Located en route to the port city of Vasco-da Gama, this little island is easily accessible by bridge. There's not much to explore on the island because of its size. The abandoned lighthouse and chapel on the top of the hill are inaccessible these days. You can admire the many hues of a spectacular sunset from your seaside perch.

St Estevam



An old fort at St Estevam Island

Did you know the island of St Estevam is also called Juvem or the island of lady's fingers? The small fort opens out to a mesmerizing horizon. There is a little chapel dedicated to St Francis as well. Enjoy a panoramic view from the hilltop with the statue of Christ the King brought in 1926 in the vicinity. The island has old sluice gates still in use to control the tides and prevent flooding. It's amazing how these old mechanisms still work after centuries.



GOA CARES

Clean & Green Goa



OANS will often tell you, while reminiscing about their childhood and memories of exploring Goa, about the pristine and diverse landscapes that today many visiting Goa know little of. A birds' eye view of Goa reveals the contiguous forests of the Western Ghats high up in the hills along the eastern boundaries of the small State, the numerous fresh water streams springing from these forests to become rivers that flow down to the white coasts along the western edge emptying into the sea. Along the rivers, are the green ribbons of lush mangroves and interspersed beyond the banks are the agrarian plains with endless lines of coconut trees. Goa also has many lakes, mostly manmade that were built to harvest rain water and provide water for agriculture.

The Khazans in Goa are unique man made systems that are more than 3000 years old, built by indigenous communities that utilised the flood plains along Goa's rivers to make embankments with shallow troughs and channels in between to facilitate the ingress of tidal waters. These sustain pisciculture, salt harvesting, fishing and growing paddy. The fish catch at the sluice gates is considered the best by the locals. The solar salt is available in local markets and because of its rich mineral content, is considered an important home remedy for sore throat and cough.

There are many fresh water lakes in Goa and among the manmade ones, Carambolim is a birding hotspot. Others like the Maina lake at Handi Khuris Curtorim, Macazana, Raidoll, KumTolle, MaimTollem, Bondvoll, Toyaar, etc besides having a high number of birds also help villagers to grow rice crops in two cycles besides the seasonal vegetables in the lower

plains of the village.

Riverine mangroves are unique ecosystems found along the 11 rivers of Goa. These form a strong defence against torrential rains, strong winds and high tidal waves. Their pyramidal roots form safe spaces for nearly 80 percent of ocean fish to lay their eggs here and be nurtured before they return to the sea as adults. Mangroves help in sequestering nearly 80% of atmospheric carbon. There are unique species of flora and fauna found in mangroves- mud skippers (fish that can stay out of water), fiddler crabs (with one large claw), mud lobsters with small turret like homes made of mud, flying fox (bat with a fox like face), smooth coated otters, marsh crocodile, jackal, lesser adjutant stork (the largest stork), seven species of kingfishers and more.

Goa's protected forests contiguous with the Western Ghats range that stretches across the 6 neighbouring states are biodiverse with high endemism and listed as





Fringed by swaying palm and coconut trees, Goa's beaches are its most famous and popular attraction

one of the 18 biodiversity hotspots in the World. Older than the great Himalayan range, it boasts of more than 5000 plant species, 475 plus bird species, around 175 amphibians, 157 reptiles, 219 fish species. A trek into the forests usually rewards one with sightings of Indian bison/Gaur, spotted deer, black panther, tiger scat, wild dogs, fishing owl and some unique prehistoric habitats like the myristica swamps.

Many responsible tourism entities are conducting walks and tours to help tourists and locals understand the history, culture, tradition, architecture and the green assets of Goa. Mangrove regeneration has been taken up as a pilot project and as a joint exercise by the State Forest Department along with volunteers, activists and NGOs working in the space of conservation, environment protection and outdoor learning. Professionals like architects, engineers and contractors are already making a shift from the unsustainable use of cement concrete to reviving mud as the most sustainable building material that can be used in high density urban areas as well as in rural hamlets where new investors from larger cities are making Goa their home.

Solar energy is gaining popularity in Goa with many homeowners, industrial units and gated communities opting for energy efficient and off grid solutions. Many enterprises are engaged in installing bio-digesters, bio gas systems as zero pollution solutions in lieu of the typical septic tank and soak pit models.

Panjim is the only city that popularised the installation of composting stations across the city. These were then adopted in gated colonies too and now most citizens practice composting kitchen waste. This is the reason why organic home gardening, terrace farming has also gained popularity.

The Konkan fruit fest and local fests organised by the Botanical Society of Goa, Goencho Festakar along with key departments of the Goa government, are the reason citizens and tourists are aware about the bounty of agrarian produce in Goa and the importance of many of these indigenous vegetables, fruits, millets and grains!

The future of the world will be promising only if we all commit to play our part, however small it may be. Each of us can make that difference to help protect the green world of yore, to conserve what is pristine and to sustain new development in a sensitive, conscientious and inclusive way. After all every drop makes an ocean. And we all care, don't we?

Every Drop Matters

Read on to find out more about rainwater harvesting attempts being made across Goa.

IMAGES: GOA UNIVERSITY

ANNUALLY, most of Goa receives around 250 cm to 400 cm of rainfall with the average being 320 cm per annum. Harvesting rainwater is an attempt at sustainable water management which is the 'need of the hour', given the rampant usage and consequent decline of the natural water resources.

Rainwater Harvesting (RWH), is an attempt to store and save rainwater for a later use. This water can be used for all purposes, except cooking and drinking in its unfiltered form. Goa is not only a tourist hub, but also has strong



RWH structures at Goa University: Deep trench, sand filter & recharge well.

industrial & institutional presence along with the high density of population.

The two most common ways to harvest rainwater for long term storage and use are: surface water & rooftop rain harvesting and recharging. In Goa, we have both these mechanisms at work at several locations. The writer spoke to a few people associated with several RWH projects in the state. One of the pioneers behind the rainwater harvesting project in Goa is Professor Chachadi from Goa University. The Goa university campus has implemented both the previously stated methods of harvesting rainwater. The Goa University RWH plant was also one of the first across the entire western coastal region.

In a typical surface water harvesting project, you need a catchment area (a pond in the instance of the university), a deep trench at the centre of the catchment area, a sand filter and a recharge well trench. Such a system is more apt for institutional and industrial purposes. Large housing societies can also effectively use this method.

In a rooftop RWH project, the catchment area is the roof, from where water is diverted to the storage tanks (surface or sub surface) through pipes. Such a system is highly useful for housing societies and individual houses. It can also be used for industrial and institutional purposes. At MES College in Goa, this mechanism is at work since 2012. The rooftop of the buildings have



Synoptic view of the Rain Water Harvesting Lake at the Goa university

been joined with the pipes through which the rainwater reaches the storage tank.

At present, the Goa government is also offering subsidies to individual households, residential and commercial complexes, and several other establishments, a subsidy if they were to adopt the practice of RWH. At the State level, RWH has been undertaken at several prominent water projects, like the Anjunem Dam, Salaulim Dam, Rivona village and more.

We all feel that, considering it rains heavily in Goa, the government should have no problem in supplying water throughout the year. This attitude is very wrong, as

during the monsoons, water filtering at municipal water supply plants is more time taking and difficult because of increase in contaminants & unwanted constituents. Thus, it is all the more important that as individuals, we make an effort. As is rightly said, 'Start Acting & Stop Complaining'.

Waste Management

“Better keep yourself clean and bright; you are the window through which you must see the world” – George Bernard Shaw

GOA'S rich and diverse landscape and biological ecosystem is the very soul of the land. The rusticity and rawness of the land is still intact courtesy the people of Goa who are an environment-loving populaces. Because the state relies heavily on tourism to fuel its economy, the authorities ensure that a robust waste management system runs across the city, keeping it as charming and welcoming as always.

The Government of Goa works relentlessly to run Goa Waste Management Corporation (GWMC). They are responsible for the safe and scientific disposal of all types of waste, and secondary collection of dry non-biodegradable waste, with support from Village Panchayats, municipalities, state and central government institutions, industrial estates, and other organisations. GWMC has also established a holistic Solid Waste Management Policy for the state and set an ambitious goal of achieving a Zero-Waste and Zero Landfill philosophy.



Every step, no matter how small, is crucial to save and sustain this planet. A recycling station in South Goa is one such small, but very crucial step

The Corporation of the City of Panaji (CCP) caters to the civic needs of Goa's capital city of Panjim. Through various efforts and campaigns led by CCP, Panaji has become one of the cleanest cities in India. By methods of multiple fraction segregation, improved recycling efficiency, and minimum waste to landfill through effective management has led Panjim to be a landfill-free city. CCP works diligently to keep the city beautiful, including maintaining manicured city gardens, a smooth network of roads, heritage buildings, and other essential facilities.

These civic authorities, along with many aggregators, have joined hands to create high social awareness on waste and public space hygiene on par with the best tourist destinations in the world. A few aggregators work closely with civic authorities like CCP and GWMC to ensure no stone is left unturned to keep Goa clean and implement sustainable practices at the grass-roots level.

Institutions like AYYA and SAAHAS play an important role in supporting the authorities. AYYA offers Waste Management as a service for the betterment and sustainability of the environment. With CCP, they have installed three waste segregation units in Panaji City. Saahas, on the other hand, has a vision of a zero-waste world through a circular economy. They provide zero-waste services to MNCs, tech parks, residential communities, and other bulk waste-generating organisations and institutions. In addition, they constantly measure the environmental and social impact in line with the Sustainable Development Goals (SDG) and ESG frameworks (Environmental, Social Governance).

Rooting for Organic Farming

Sowing Fresh Ideas to Boost Goa's Organic Farming



The markets are filled with local organic produce

GOA'S organic farmers are a beacon of hope for a new crop of eco-sensitive farmers. Over the decades, the small but rising green brigade ditched chemical pesticides for eco-friendly options. The fertile soil is fresh with ideas of taking organic farming to the next level.

Some of Goa's noteworthy green heroes, Fr Inacio Almeida, is hailed as the Father of organic farming in Goa. He is lasting contribution like the Jatropha biofuel plant is well-known.

Clea Chandmal runs a 100% organic farm in Valpoi. She is a recognized expert in regenerative systems. Her innovation, Forest Floor Way, can repair soil anywhere. Her long-standing research over 30 years developed a 'food forest' at the foothill of the Western Ghats. She teaches regenerative farming methods and sustainable habitat strategies.

The famous watermelons in Parra, a favourite of the late Shri Manohar Parrikar are known for their freshness and sweetness. Farms still cultivate the fruits in the village fields.

The fresh batch of organic farmers includes young guns who adopted complete sustainable farming practices on their properties. Vasudev Naik, the recipient of the Krishi Ratna award

with his wife Priyanka, opted for a career in agriculture. They run an organic farm growing vegetables, coconut, areca nut, and banana. They produce vermicompost, bio-enriched manures besides maintaining apiary units. Anitha Mathew from Sal Bardez, who won the Krishi Vibhushan Award cultivated vegetables, bananas, and pineapple through organic methods on 1.8 hectares of land.

The future is certainly in the good hands of these youngsters.

Clean Energy

THE CII Goa Conference on the theme of Clean Renewable Energy 2023 focuses on transforming business across industry, hospitality and real estate for sustainability.

The second edition of the conference aims to promote implementation and usage of clean and green energy, while providing industry with an opportunity to have fruitful discussions about latest technologies, engineering design methods, and best practices that address industrial challenges in the use of renewable energy.

The State has set a target of raising green energy production to 250 mega watts level in the next two years and plans for a 100% renewable energy status across all sectors by 2050. The government is committed to generating 150 MW of green energy in the next two years and will be setting up 100 MW solar power plants throughout Goa. The Goa government's New Solar Policy aims to meet power shortages and to boost the growth and production of solar energy in the State. Amendments have been made to the Goa State Solar Policy 2017, to allow consumers to purchase renewable energy up to 100% of their contract demand from open sources on a first come first served basis. The move is expected to benefit industries by over Rs 1 per unit.

The government also plans to use abandoned mining pits in the State to



generate hydropower and solar power and has initiated schemes to encourage industry to opt for renewable energy. The State government plans to come up with a 'Hydrogen Mission Policy' in tune with Prime Minister Narendra Modi's vision for a grey, blue and green hydrogen policy across the nation.

In consultations with stakeholders the energy action plan will soon be adopted and plans for sectors like electricity, transport, agriculture, fisheries and industries are already complete with a job creation potential of around 15,000 jobs and 500 jobs created annually in the solar and wind energy sectors alone.

There are also plans to find a greener way to treat grey water and pipelines for grey water have been laid through the city of Panjim.

Upcycling/Recycling

Launched by Goa based sustainability organization Sensible Earth the popular MakaNakaPlastic (Konkani for 'I don't want plastic') movement turns old clothing into upcycled reusable bags made by local women as an alternative to the single use plastic bag for everyday use. So far the project has made 50000 bags, trained 62 women and upcycled 35,000 garments.



The very popular MakaNakaPlastic turns old clothing into upcycled reusable bags made by local women as an alternative to single use plastic bags for everyday use

Encouraging Start-Ups in the Sustainable Space

Build3, the recently established startup studio in Goa helps develop ESG (Environment Social and Governance) aligned startups. What they are building is a one-of-a-kind integrated and innovative community that supports the development of startups that positively impact the mind, body and earth. Going beyond the contours of the conventional startup ecosystem, it's a future "where minimalism, sustainability, wellness, personal development, self-reliance, wealth distribution, and community living are the norm".

Zero-posro (Konkani for the ZeroShop)

ZERO-posro is a social enterprise conceived by Sensible Earth that is making everyday sustainability convenient by creating packaging, storing, transporting and delivering techniques that eliminate the use of single use plastic for agricultural produce both raw and processed, a majority of which are sourced locally. They have recently launched India's first Mobile ZeroWaste EV that delivers produce to the doorstep of customers.



Goan, organic and plastic free groceries sourced locally, stored traditionally and sold sustainably



Fresh, local, sustainable
- are longstanding
hallmarks of Goa's
culinary heritage

FLAVOURS OF GOA

Goa's Flavours

Food & Drink of Goa

EVERY State in India has traditions, stories and ways of life deeply embedded into its culture, most of which are undiscovered and have rarely if ever been a part of our understanding or perception of their communities. Goa, in fact is no different. Often termed as India's hottest tourist destination, the State is known for its parties by the beach and its water sports, and is eyed by every entrepreneur looking at starting a new business or food and beverage venture. However, although most domestic tourists across the country have visited Goa at some point in their lives, most are unaware of the traditions of the land, as well as the communities that form the true ecosystem of Goa beyond the facade of a party destination.

Goan food is an amalgamation of various cultures, from those of the Indo Portuguese to the Saraswat and Hindus and the natives and tribals. The cuisine spans way beyond the generic fish thali and vindaloos. Our ancestors of the State celebrated fresh and

seasonal produce with sustainable practices, which is a concept that has only recently been spoken about in the last 10 years by the global F&B industry.

Our aborigines of the land, namely the Velips and



Chicken Cafreal is a local speciality which is a must try to treat your taste buds to Goan cuisine

Gaonkars, have been nourishing themselves for centuries on vegan and gluten free diets, whilst simultaneously caring for and nurturing the land. Their cuisine is full of nutrition and is very healthy, as most of their cooking techniques involve steaming, boiling and stewing without the use of oil. Their food has never required the use of cooking oils, as vegetable and coconut based oils were luxuries that were inaccessible and unheard of. The only form of fat that they have made use of is the 'Bindel', which is the compressed seed of the kokum fruit. Being the year of millets, one can look to the cuisine of the aborigines. Various grains and lentils have also been used abundantly for centuries, such as 'Gondianche Tizan' (millet porridge), 'Torache Godshem' (toor dal dessert preparation sweetened with jaggery). As these communities have inhabited the forest ecosystem, a variety of tubers have also been incorporated into their cuisine, like 'chirke', 'mooliyo', 'konaga' 'zaddkonaga', acting as strong sources of starch and energy.

On the other hand, the Saraswat community incorporates



A bounty of fresh produce is available in local markets

both vegetarian and pescatarian dietary habits, and also believes in the Sattvic method of cooking. The use of ingredients such as kokum, tamarind, teppal or tirphal, coconut, turmeric, various gourds like pumpkins and squashes is abundant. Their cuisine also highlights the variety of seafood Goa has to offer, where each dish is based on the type of fish being used. For example, a bangda (mackerel) is used for an 'uddemethi', a curry prominent with the flavor of fenugreek, whereas a prawn would be used for a 'sungatam hooman', a mellow coconut gravy flavoured with teppal. Furthermore, for the rainy season, an abundance of dried seafood is used as a form of protein, such as 'bombilanchem sukem' (dried Bombay duck preparation) and fish/prawn kismur, a dried form of the fish which is popular amongst most other communities as well.

The Catholic community's cuisine is heavily influenced by the reign of the Portuguese, as ingredients such as chillies, potatoes and vinegar were brought to Goa by them and are now staples of the diet. Catholic cuisine

has a kaleidoscope of meat preparations, ranging from beef, pork, chicken and mutton. From feasts and festivals to homestyle food, the table showcases a vast variety of meat dishes such as 'beef assado' (beef roast), 'pork sorpotel' (from the Brazilian sarapatel meaning 'mismatch') and 'chicken cafreal' (a green marinated chicken originating from Mozambique). Unlike the other communities, the Catholics have relished the pairing of alcoholic beverages with their cooking. The concept of cashew feni and coconut toddy distillation, using toddy in dishes such as sannas and poie, and the art of local wine production made using ingredients like jamun and native fruits are all practices the Christians have carried out for years. Furthermore, whilst the Hindus are known for their various vegetable based pickles and ferments, the Catholics are known to have done the same with seafood and meats. These include 'kingfish molho', 'mackerel para' and 'prawns balchao'. The cashew nut, being one of Goa's biggest cash crops, is a popular snack but also used in a variety of savoury and sweet dishes such as 'dedos de damas', translating to 'lady's fingers'.

Although each community has its unique practices and styles of cooking, they have through the ages intertwined



The Goa government's Feni Policy 2021 paved the way to take the GI (Geographical Indication) Certified Goan Cashew Feni forward at par with other international liquors. Goan cashew feni is the first liquor product in the country to obtain 'Heritage Drink' status and got its GI certification in 2009. Feni is a brew made from coconut or cashew fruits and is synonymous with the Goan ethos and identity.

Neuri is a popular sweet of Goa, prepared specially during Ganesh Chaturthi and Diwali



and merged their cultures to become the face of Goa's cuisine that we know today. The neuri, for example, is a fried dumpling filled with jaggery and coconut, a preparation made for occasions such as Ganesh Chaturthi, Diwali and Christmas. Similarly, rice pancakes like 'pode' and 'koyleo' come from different communities but end up on the same dinner table at times. The infamous pao, once considered impure because of the use of toddy, is now found everywhere from a ross omelette stall to a chouriço pao.

All Things Spice and Flavour

WHEN you indulge in a hearty Goan meal, your taste buds explode with a riot of flavors and colors. There's plenty that goes into the Goan pot, from the home-ground masalas to the local varieties of veggies. Non-vegetarians have no shortage of meaty options.

What gives a Goan dish its distinct taste, author Biula V. Cruz e Pereira in *Food & Identity: A Journey of Goa's Food Customs* writes, is the four S': spiciness, sourness, sweetness, and saltiness. The Goan recipe requires a quick trip to the local bazaar to purchase the local ingredients like Kashmiri red chilies, garlic, cloves, and coriander seeds for the masala. Vinegar and tamarind give the dish a hint of sourness.

Some ideal bazaars to buy your ingredients include Mapusa, Margao, and Banastarim. The weekly markets attract local growers from all over Goa. Don't miss the striking reds of the chilies. You can always tell the curry from the chilies you use. Each community picks theirs based on what dish they want to prepare. The Kashmiri chilies are common in any Goan dish. Other varieties include the Aldona, Canacona, button, and the smaller piri-piri or Tarvoti chilies.

The preparation of masalas differs between communities as well. Catholics prepare the spicy recheado paste with vinegar and other spices. Fatima Gracias in *Cozinha de Goa: History and Tradition of Goan Food* explains that the Goan Hindu cuisine has four masala combinations. These are garam masala, simple masala, tondak masala,

and shagoti or xacuti. Coriander leaves, garlic, cumin seeds, ginger, and coconut lend to the aromatic flavor.

Diverse dishes and flavors burst forth with this unique combination, like cafreal, xacuti, and Vindaloo. And if all that spice is too much, Goa's dessert offerings like bebinca, serradura, and caramel custard can extinguish the fire.

As the saying goes, while in Goa, enjoy a meal like the Goans do.



A platter full of happiness (above) Goa's famous Fish Thali, (left) Chilies galore! Take your pick for your masalas

Sit, Sip, Relax

THESE days, local bars like Joseph Bar and Miski in Panjim have redefined the drinking experience. No fancy seating and glassware here. Dim-lit small settings with interesting stories for company make for an evening well-spent. Order the latest batch of feni and munch on Goan snacks to satisfy your hunger pangs.

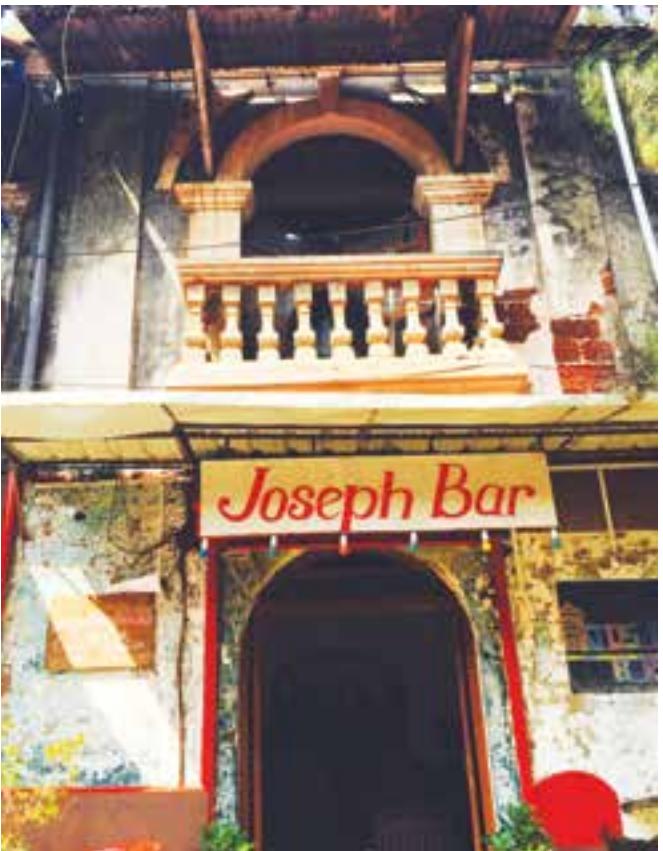
In the vicinity, enjoy a view of the old town from Soho-the Capital Bar. The modern interiors host special nights during the week. You can chill with friends while you enjoy a drink from their well-stocked bar.

In the heart of the city, Petisco's bartenders mix and shake a range of cocktails that satiate and satisfy. Add a touch of Goa to your evening with a blend of spices in Hot Toddy or a Fanhattan, they're take on the Manhattan with local feni. The food menu doesn't disappoint with its homemade pasta, pulled pork sandwich, and pan-fried mackerel.

Journey to Spain with Chef Arti Naik at Isbellas-Tapas bar. Offering authentic Spanish-Portuguese dishes, the Iberian styles bar is located on the first floor of the Edcon building in Panjim. One of the first vermuterias in India, signature cocktails are a must. Relish the small plates like Gambas al Ajillo (garlic prawns), a classic dish blended with garlic, and chili, paired with olive-based dip. The authentic Spanish chourico tickles the taste buds.

Move away from the city to Assagao, Soho-the Village Pub offers a laid-back vibe. The cool industrial deco and soft light create a cozy ambiance to enjoy the weekend of live gigs at the venue. Opt for a girlie night out on Fridays or salsa on Sundays, there's plenty to do with the gang. Dance the night away to the DJ's hits or play a round of pool.

If a laid-back, easy-going style is your vibe, Guru Bar in Anjuna is your haunt. The famous joint has been around since the 60s and has a reputation in the live music scene. The continental menu offers favorites in Goan and Chinese.



Tucked away in the winding lanes of Fontainhas, the local tavern Joseph Bar is a delightful find

The Story of Goa's Feni

THE cashew may be Goa's beloved fruit, but it's originally a Brazilian import. The cajueiro plant, brought by the Portuguese, thrived from the 15th century to become a mainstay in the food habits of the locals. Cashew, now recognized as the 'heritage spirit of Goa', received the first geographical indication (GI) in the State in 2009. It gives exclusive rights to brand the product. The drink has moved from the taverns to five star properties. Special festivals promote the fruit and drink.

Culturally, feni, the fiery spirit, is an integral part of socio-cultural life. During the Bhikream-jevon, a lavish meal for the poor before a wedding, lunch is washed down with a peg of feni. Traditional medicine in Goa used feni to cure various ailments, from colds to stomach-related illnesses.

The traditional process involves plucking the fallen fruit with a bamboo stick. The baskets are emptied into the stomping area,



Feni storage vessel - the clear spirit is aged in large glass bottles, sometimes covered in palm weavings



The pulp is hand-patted and tied to a boulder

a rock-cut basin called 'colmi.' The squeezed juice flows into an earthen pot, where it is allowed to ferment. The pulp left behind is hand-patted into small mounds, tied with a vine around a heavy boulder. The clear juice that oozes out is called neero and is put into a copper or earthen pot, kodem, buried halfway into the ground. It is left to ferment for a few days. No artificial yeast is added in this process.

The bhann is used in traditional cashew distillation. The larger pot empties into a smaller receiver called 'launni.'

Maendra Alvares, the owner of Big Foot mentions, 'The bhann is heated with wood fire while the launni is kept cool by continuously pouring cold water over it. The distilling process takes about eight hours.' The first distillate is a low-grade alcohol called urrack, cazulo is next, and the final is feni.

Pop in a crunchy nut or two to feast on this nutritious snack. Home chefs whip up numerous sweet dishes and even garnish a dish with cashew nuts.

Viva Cashew!

Pao, anyone?

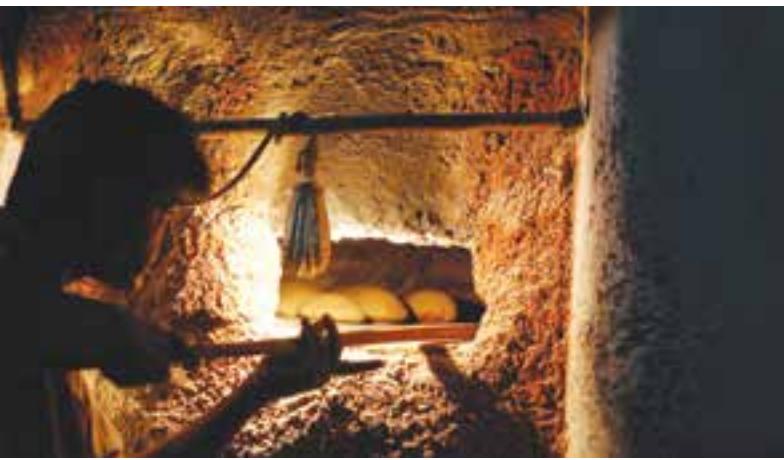
THE distinct sound of the baker's horn in Goa is bound to make you smile or feel hungry. As the breadman cycles his rounds, patrons flock to buy their share for the day. It's a much-needed accompaniment to any meal to soak in gravy or to be eaten with a bhaji.

The journey of the humble bread dates back to the 1520s. Author Fatima Gracias recounts every interesting morsel in her book on Goan cuisine, *Cozinha de Goa*. In the 1550s, the Jesuits passed on wine and bread-making skills to the locals. Most bakers were from the Christian community in Majorda and Salcete.

The recipe included sur or toddy due to the natural availability in abundance. It gave the bread its distinct taste. However, these days it's replaced with yeast. The dough is placed in wood fire ovens and ready in no time.

The specialties hot off the oven include other crunchy, crispy varieties of bread like kakna (bangle-shaped hardened bread), polli, undo, and katro.

A traditional oven fired up for baking bread



Enjoy a crusty accompaniment with a Goan snack

Made in Goa

FROM the homeland of the famous Feni comes a range of spirits produced in Goa. These brands are not your usual round of booze, but thoughtful, painstakingly bottled brews of beer, whisky, gin, rum, and of course, feni. Each has been infused with local or seasonal ingredients to entice you to take a sip and relax. You can set aside your Heineken for your drinks at home and opt for a Goa-brewed People's Lager instead. A tribute to Goa's rice-growing heritage, the creators of this light ferment use the locally-grown ukdo variety. For company, you could sit with Eight Finger Eddie, a popular beer by the same brand. It is named after Yertward Mazamanian, the legendary hippie who put the State on the hippie map.

Savor every moment of your evening with a bottle of Belgian Tripel from Maka Di. The first in India is a finely balanced ale bursting with aromas and a mix of contemporary flavors.

If you love your whisky, experiment with homegrown Paul John Whisky, Asia's most awarded single malt. Sip a peg of their Nirvana to enjoy a flavourful explosion of honey, caramel, citrus, and sweetness. India's much-loved gin, Greater Than is popular amongst the regulars. Stories from the Himalayas flow with each sip of the Hapusa, now gaining a following in watering holes across the country.

You can't visit Goa without tasting Cazulo's feni range. Available at all bars and restaurants, this signature drink contains centuries of traditions passed down



A number of homegrown brands rooted in Goa have emerged and are being used in exotic ways

by traditional distillers. While the feni looks like the same, but in taste lies its key differentiator. There are no artificial flavours added and the extracts are stored in antique glass garafaos for a year to allow Cazulo Premium Feni's own character to appear to the fullest.

True feni connoisseurs will vouch for Vaz's Big Boss Feni, another Goa home-grown brand. One of the pioneers in the business, a shot of their feni will surely raise your spirits

Say cheers, Goa style!



Fishing has long been one of the traditional occupations of Goa and the old methods are still carried out with their sense of bonhomie and community

SOUL OF GOA

Understanding the Soul of Goa

The soul of a land is always manifested in its traditional arts and crafts including music, dance and folklore. The meeting of soil and soul begets the traditions and culture of the people.

GOA is a beautiful creation of nature where its rich tropical natural resources have supported a vibrant and dynamic culture. The natural elements (panchamahabhutas) have blessed this land with a kaleidoscopic landscape, the very fountainhead of diverse folklore and cultural heritage. Endowed with scenic and breathtaking natural beauty, the tropical tourist paradise of Goa presents a fine sensitive blend of oriental and occidental, Indian and Western, especially Iberian, Latin, Luso Spanish culture in some respects.

Goa simply dazzles with glorious vistas of rivers, lakes, mountain springs, forest streams and wooded hills, white washed temples and majestic Indian Baroque churches which amplify the State's natural beauty. The legend of master archer and battle axe wielding Lord Parashuram, the sixth reincarnation of Lord Vishnu, associated with the genesis of this land and popular in Konkan, Goa and Malabar may point to us the immense feat of coastal engineering for systematic reclamation of low lying coastal and estuarine lands from the Arabian Sea to settle the farming class.

The findings of prehistoric stone tools such as Acheulian hand axes have shown the entry of primitive nomadic humans about 50-60000 years ago. The rock art and the petroglyphs indicate the evolution of the Mesolithic primitive culture in the Mandovi-Zuari river basins. An anthropological survey has revealed four races and 41 kinship groups in Goa pointing to vast human genetic heritage in a small population. The 400 plus Goan villages had a self-governing institution called the 'Gaunkaris' or the *comunidades* originally designed around the spatial concept and social matrix of the division of labour and artisanal skills or vocations and comprised separate wards for members of each occupation group, such as fisherfolk, washermen, goldsmiths, coppersmiths, potters, toddy tappers, scheduled castes, etc. These communities mostly depended on the local natural resources such as land, water, fishery, forest and labour.

Adivasis-the Tribals of Goa, the Earliest Settlers

Goa's tribal population, collectively known as Adivasis, falls into three main groups: the Gaude, Kunbis, and



Folk dances are an integral part of local culture in Goa

Goulis (also known as Dhangars). The first arrivals of Negritos, Australoids or Austric speakers, Dravidians or Mediterranean, and their descendants are all represented in the present population. There is a tiny SinoTibetan segment as well in the population.

The Gaude, the most important section of Goan aborigines, brought rice, coconut, black pepper, and other crops and diverse skillsets with them. They later turned to agriculture and subsistence fisheries and were later also engaged in manufacturing salt in salt pans. They are nature worshippers, believing in spirits, trees,

brooks, boulders, and precipices. The food habits of Hindu Gavade, dress, feasts, and festivals are mostly similar to those of the Kunbis. The staple diet of these tribal communities is rice and a pungent curry made of ground coconut, chillies, dried slices of a citrus fruits and salt. Originally, they were aniconic and nature worshippers but now their main deities include Mallikarjun, Mahadev, Ravalnath, Santeri or Shantadurga, Kamakshi, Nagesh, and Chamunda. The Gaude have a sacred ritualistic courtyard called the mand, where each year they sing and dance to perform the folk drama called Zagor. They represent characters from family and village life. Kunbi



The Dhangar dance is a traditional dance form of Goa performed by the Dhangar community

women celebrate the Dhillo or Dhalo festival for about a fortnight in the month of Ashwin (September–October).

Both festivals incorporate vigorous dancing. Women of all working classes assemble on the mand on moonlit nights during the month of Paushya (January) and perform their community dances, dhalo, fugdi and mock scenes for five to nine consecutive nights without any musical instruments.

In Shigmo however, local percussion instruments ghumat, shamel, dhol, taso, kansalem, and zanj are used. During the Shigmo festival, Kunbis shift at their original settlements atop a mountain or high hill. Males celebrate the festival with gusto for five consecutive days in the month of Phalgun (February–March), and then return to the foothills. The festival, an important cultural event, thus helps maintain family and community bonds, and fosters a feeling of solidarity among them.

Goulis or Dhangars are strictly agropastoral tribals of Dravidian lineage; they follow a religion that lays emphasis on eco-spirituality. Goulis wandered for centuries in the valleys of the Zuari and Mandovi Rivers and their tributaries in search of a permanent home, surviving wars and persecution at the hands of various rulers.

Cultural History in Transition

Goa had once occupied territory south of the Kundalika river in Konkan to the Gangavali river in south in Uttara Kannada. With the geopolitical boundaries constantly in flux Goa at different times in whole or in parts was ruled since the Imperial Mauryan

era, by more than 50 major and minor dynasties and small feudatories in Western and Southern India such as the Imperial Mauryas, Satavahanas, Western Kshatrapas, Chutus, Kuras, Mudanandas, Konkan Mauryas, Bhojas, Badami and Kalyani Chalukyas, Rashtrakutas, Northern and Southern Shilaharas, Banavasi and Goa Kadambas, Devagiri Yadavas, Hoysalas, Bahamanis, Vijayanagara, Adilshahi, Sunda kings, Bhosles of Sawantwadi and finally the Portuguese. During the 2000 years of fairly known history Goa became well known to navigators in the Indian Ocean. Goa's rich history of maritime trade and commerce is well documented.

The languages of early administration at different times were Sanskrit, Brahmi, Halekannada, Prakrit, Persian, Arabic, Marathi, Konkani, Portuguese and English. The scripts used were Brahmi, Devanagari and Modi, Arabic, Persian, Halekannada and Roman. Melodious Konkani language is the mother tongue of Goans with its own place as a sister language to Marathi. The influence of Konkani is found and is retained by original Goan

tribals like Kukna or Konkana, Gamit and Mavchis in Maharashtra and Gujarat and the Siddhi negrito tribals in Karnataka and Navayati Muslims in Bhatkal. This cultural footprint of Goa points to several important historical developments.

Establishment of Gaonkaris possibly originated at the end of the Neolithic period. The Gaonkaris possessed vast agricultural and horticultural lands. The period from 300 B.C.–1000 A.D. could be marked for the entry of Jainism and Buddhism in Goa. The Vedic deities were popularized during the regime of the Bhojas and the Vijayanagara period. The expression of this cultural unity

is symbolically found in most of the folk performances. The specialty of this land could be seen in the worship of ant-hill, revered as Goddess Sateri (Mother Earth) linked to the Neolithic cults. It is interesting to note that the cultural traditions of all these settlers have fused homogeneously. This very character could be seen in the ecofeminist festival Dhalo and the male dominated spring festival called Shigmo. An exhaustive list shows that there are more than 50 folk performing art forms depicting various cultural aspects of Goa. There are typical forms of folk theatre like Perni Zagor, Gauda Zagor, Khell, Ranmalem and Dashavatari Kalo. Shigmo and Dhalo are the most popular folk festivals.



Periodic Heritage Festivals honour the State's diverse cultural traditions



A traditional Ghoff dance performance in progress

These are associated with spring festival and fertility cult respectively. Varieties of folk music and dances like Chowrang-Talo, Talgadi, Tonayam Mel, Morulo, Goph, Ghodemodni, Gajanritya, Romat are the vigorous dance forms of Shigmo whereas different types of Fugdi and mock scene performances is the integral part of Dhalo. The beautiful forms of Mando Dulpod, Tiatr, Cantaras and the recently revived Carnival are examples of Portuguese and Mediterranean influence and interesting cross-cultural fusion from the 18th century onwards. The Government of Goa established Kala Academy Goa and the Department of Art and Culture to generously support, preserve and promote Goa's artistic traditions.

Due to the religious persecution by the Portuguese, the natives had to face great hardships. There was an absence of the social and political freedom and people had to face cultural stagnation. However, a few positive aspects emerged and can be seen in art, architecture, music, dance, literature, culinary traditions as well as in agro-horticulture.

With the spread of Christianity Western music became an integral part of the life of the local converts. In art and architecture Goa was benefited with advanced European artistic techniques. In music and dance, we could find a rich blend of Indian and Western music. Tiatr is the most vibrant and commercially successful theatrical entertainment of Goan Catholics in which other communities also take keen interest now. Its distinct ingredients are drama, music, comedy, tragedy and improvisation. The State government is supporting this art form through a special Tiatr Akademi.

Goa's culinary heritage includes many dishes influenced by the Portuguese including Bebinca, Dodol, Sorpotel, Batak and Pinagre.

And Goa turned into a tropical botanical garden by introduction of various introduced crops like breadfruit, chikos, guava, custard apples, cashew, pineapples,

chilies, etc. Goa became a centre to teach plant grafting and the missionaries produced more than 100 different varieties of mangoes by grafting, recognised by popular heirloom names like Malcorado, Bemcurado, Fernandin, Malges, Musarad, Bishop etc.

Goa Trance is a remarkable style in Indian and Asian music, the birth of a novel psychedelic musical form with global potential. The International Film Festival of India (IFFI) has been firmly established as an annual and much anticipated event, drawing a host of creative people to the State.

Drawn by the peaceful and cultured quality of life in this tropical tourist paradise many people have moved to live in Goa. Respect and recognition of Goan identity, Goan cultural and natural heritage and Konkani cultural ethos and willingness to contribute to the welfare and happiness of all is the aspiration of everyone who loves, wishes to live and aims to visit and experience Goa. Beyond Sea, Sun and Sand there is this rich Soul of Goa. Let it remain as pure as possible for posterity.

Music

IT is impossible to imagine Goa without music! Either you hear the faint strumming of a guitar or loud techno beats, an Indian classical vocalist's rendition of a soulful raga at one of the many concerts of Hindustani music held here or your feet will start moving to the lively rhythms of popular Konkani music of their own accord. It is often said that Goans have music in their blood, a statement that gathers momentum with the sheer bounty of musical genres present and flourishing in Goa.

The plethora of styles range from indigenous music played on traditional instruments like the ghumot, dhol, mridanga, nagado and others to Western classical music using the piano, violin, cello, drums, guitar, organ, trumpet and saxophone to fusion music and more.

Hindustani classical music is deeply enjoyed in Goa as is Choral music and Fado, a style of Portuguese singing known for its expressive melancholic character. The unique Monte Music Festival has become a highlight of Goa's cultural calendar and celebrates dance, heritage and music drawn from both Indian and Western traditions.

A number of prominent musicians and singers from Goa drawn from both the Eastern and Western styles of music have made an indelible contribution to the world of music. Most notably, these include Lata Mangeshkar, referred to as the Nightingale of India, Asha Bhosle, Remo Fernandes, Lorna Cordeiro,



Ghumot, the earthen drum of Goa is an important part of folk and religious performances

known as the Nightingale of Goa, Fadista Sonia Shirsat, composer Anthony Gonsalves, Jazz saxophonist Braz Gonsalves, classical vocalist Kishori Amonkar, Dinanath Mangeshkar, Kersarbai Kerkar and more.

Electronic dance music or EDM, particularly a style called Goa Trance has its origins in the hippie scene in Goa. The psychedelic beats of Goa Techno propelled the State of Goa on the global musical map and Sunburn – the annual 3 day EDM Festival has grown to become one of the world's biggest music festivals, drawing a huge crowd to its shores.

IFFI

WITH Goa becoming the permanent venue of the annually held International Film Festival of India (IFFI), the number of creative people from all over the world coming to its shores has only grown by leaps and bounds.

IFFI has been steadily erasing boundaries within the worlds of art and cinema offering a platform to cinephiles and creators across the globe to showcase their work and talent; engage with film cultures of various nations and promote understanding of the social and cultural ethos of world cinema. Conducted jointly by the Directorate of Film Festivals and the State Government of Goa, the festival has been previously held in various cities including Delhi, Mumbai, Kolkata and Chennai before Goa became the permanent venue in 2014. The festival continues to work towards the discovery, support, and promotion of films across genres, cultures, and languages with a vision of connecting Indian cinema to the world and also bringing world cinema to India.



The prestigious film festival has made Goa its permanent home

Come November, the annual time for IFFI, a host of celebrities arrive in Goa, rivaling the glamour and excitement of other prestigious film festivals held around the world.

Art & Artists

GOA has made a significant contribution to the art landscape in India.

Kaavi art, an ancient form of mural painting originated across the Konkan belt and is found in the temples of Goa and also seen in old houses and small shrines. The centuries old technique known for its use of the rich reddish-brown Konkan soil depicts scenes from folk tales and local culture painted on the inner and outer walls of sacred and secular structures. Integral to Goa's cultural heritage, the art form is slowly dying out today.

The contemporary art scene in Goa pulses with vibrant energy. Some of India's top artists who achieve high prices at national and international auctions and are



The term Kaavi is derived from the local name for the maroon-red pigment made from laterite soil used to paint these ancient reddish-brown murals

collected by museums abroad come from Goa including FN Souza (1924 - 2002) and VS Gaitonde (1924-2001) a Padma Shri Awardee. Other Masters who leave behind an immeasurable legacy include the figurative artists Antonio Trinidad (1870-1935), Antonio Piedade da Cruz or 'Cruzo', (1895 -1982), Angelo da Fonseca (1902-1967), Vamona Navelcar (1930 - 2021) and the abstractionist Laxman Pai (1926-2010), a Padma Shri awardee, and Mario João Carlos do Rosario de Brito Miranda (1926-2011), a Padma Vibhushan awardee, are easily among India's most famous and beloved cartoonists.

Today, young artists are among others carrying this legacy forward. The tiny State has a huge wellspring of creativity and there is plenty to view and enjoy across

a range of media from paintings and sculptures to ceramics, stoneware and even art in metal and concrete.

Literature/Poetry



A galaxy of creative stars shines bright at the homegrown, largely volunteer driven Goa Arts & Literature Festival

THE small State of Goa has produced a significant amount of publication activity, possibly due to the fact that its people write in a number of languages, as many as 13, and also because of the large expatriate and diaspora population of Goans settled across the globe. Among its noted writers are Laxmanrao Sardessai (1904-1986), RV Pandit (1917-1990), both of whom wrote poetry and prose in Marathi, Konkani and Portuguese; Shenoi Goembab (1877-1946) whose Konkani writing helped to establish Konkani as a modern literary language; Ravindra Kelekar (1925-2010) among the 20th century's most important Konkani writers and Pundalik Naik, born 1952, whose 1977 novel 'Acchev' was the first Konkani novel to be translated into English. Respected writers include poet Bakibab Borkar (1910-1984) and Damodar Mauzo, born 1944, awarded the 57th Jnanpith Award, India's highest literary honour in 2021. The short story writer, novelist, critic and script writer in Konkani is also the recipient of a number of

other awards including the Sahitya Akademi Award and the Frank O'Connor International Award. Other literary stars writing in English and other languages include accomplished scholar and writer Maria Aurora Couto (1937-2022), Victor Rangel Ribeiro, born 1925, a writer, journalist and editor, who won the prestigious Milkweed National Fiction Prize for his work 'Tivolem' (1998), Venita Coelho, who has won recognition for her contribution to children's literature, Margaret Mascarenhas, Savia Viegas and more.

Since its inception in 2010, The Goa Arts & Literature Festival (GALF) has slowly emerged as one of the premier cultural showcases for India. The homegrown Festival has created a vibrant community of people interested in the arts and has periodically brought a distinguished list of speakers to Goa including Nobel Prize winner Abhijit Banerjee.

Traditional Occupations

VARIOUS traditional practices and occupations in Goa play an important if oft neglected role in its economy. Though these communities are diminishing now, they play an integral role in sustaining Goa's true culture, cuisine and history.

Poder: The traditional baker of Goa, baking bread in a wood fired oven.

Render: The toddy tapper, a dying practice of climbing coconut palms to retrieve the sap of the tree. Furthermore, they also distill feni.

Padekar: A traditional coconut plucker.

Nustekar/Kharvi: The fisherman.

Chourickar: The sausage maker.

Khumbar: The traditional art of pottery.

Shettkar: The rice farmer.

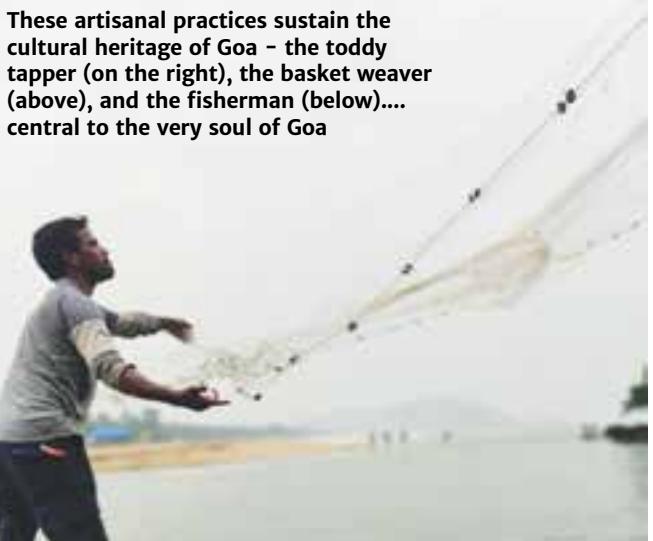
Kamar: The blacksmith that makes knives, sickles, spades, axes and choppers.

Tambott: Crafting of copper utensils such as a confro (sanna steamer) and various pots and pans.

Ragddokar: The traditional carver of stone, pestles and mortars.

Mesta/Thevoi: The carpenter who builds traditional kitchen utensils such as coconut graters.

Mastri/Randpinn: Home cooks hired to cater for special occasions.



These artisanal practices sustain the cultural heritage of Goa – the toddy tapper (on the right), the basket weaver (above), and the fisherman (below).... central to the very soul of Goa



Salt pans are part of a network of reclaimed wetlands of Khazans, found across the estuaries of the Zuari, Mandovi, Terekhol, Sal, and Chapora rivers

The Tiatr must go on...

Act 1: The red curtains open and the Backdrop is Mumbai, Costancio Lucasinho Caridade Ribeiro employed with the Italian Opera company is enamored by what he witnesses on stage, the performance of the operetta "The Italian Boy". When the troupe of performers exit the Indian stage our protagonist is left with the costumes which he now owns.

Act 2: On April 17 1892, a beautiful Easter Sunday Lucasinho Ribeiro with four of his friends as actors bring to life his first take on Tiatr, aiding him in this effort are Caetaninho Fernandes and João Agostinho Fernandes. The first day of 1894, Assagao sees the showcasing of "Italian Burgo" the Konkani adaptation Lucasinho's inspiration, which was the birth of Tiatr in Goa.



Act 3: Lucasinho Ribeiro mainly translated English Plays to Konkani but João Agostinho Fernandes is heralded as "Pai Tiatrist" or the father of Tiatr with 27 Konkani Tiatr's to his credit and The first original Tiatr script "Sundori Cavelchi" written and directed by him in 1895.

Act 4: The craze for Tiatr takes Goa by storm and many drama companies are born embracing the musical theatre format so beloved by Goans. The performance involves acts called "Podd'dde" dappled with songs called kantaram. Even after 200 years Tiatr still holds Goans in its sway due to its connection to Grassroots, Political satire, Musings on morality, Prevalent issues and Humour. The audience applauds and hopes that the curtains never close.

Pano Bhaju - A Traditional Goan Attire

As one peers through the mother of pearl paneled zonelam (windows) into Goa's past, one's mind opens up to the days of halcyon bliss of Mando nights on the balcaó. The atmosphere is alive with laughter, chatter and music, couples glide across the floor in their finery in tune with the rhythmic cadence of the mellow Mando music. This syncretic dreamscape of two cultures melding into one is a stirring sight. But for anyone interested in sartorial pursuits, their vision is beholden to the ladies dressed in the Pano Bhaju.

The Pano Bhaju is a velvet jacket with gold embroidery worn over a blouse with crotchet detailing; also forming a part of the garb is a narrow slim wrap skirt. Draped on the shoulder is a stole held in place by an ornate brooch. The footwear is "Chaussures en Velours" which has its fair share of gold embellishment, the jewellery is ostentatious and contributes to the beauty of the ensemble.

The history and origin of this traditional costume is a cause célèbre as it is said to be born of oppression or/ and the trade routes and is sewn together by cultures from Iran to Japan. The Pano Bhaju could be a fair representation of the world in a garment and is extremely important to Goa's identity.



Pano Bhaju Costume is worn while dancing to the tunes of folksong - Goan Mando

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No one captured the spirit of Goa like the iconic and beloved cartoonist Mario Miranda

The Spirit of GOA

This coffee table book is designed to engage its readers with Goa as the ultimate holiday destination. Goa's eminent authors, journalists, and bloggers have shared a comprehensive insider's view about the tropical paradise to take you on a journey into a land, that is the epitome of natural beauty and biodiversity, rich heritage and architecture, diverse traditions and cultures, and its people.