

# Heading to the beach? Watch out for blue bottles!



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However, the exact reason why they are washed up the Goan shores isn't known yet. "It's difficult to say exactly why they are washing up in large numbers. Could be due to a number of reasons but currently no such study has been conducted to ascertain the exact causes. It could also be a natural phenomenon which occurs for a few days at a time. Some views suggest that increased pollution, low fish stock and decrease in predator species such as turtles might lead to an increase in

such organisms, but that needs to be verified through a scientific study," says Puja, adding, "We need to build awareness about marine species and ecosystems, so that people are able to recognise such species and respond accordingly."

**LIFEGUARDS ISSUE WARNING: 'DO NOT VENTURE CLOSE TO THE WATER'**

Lifeguards are doing their bit to caution the public against any Portuguese Man O' War attacks. "We issued an

advisory for the locals and visitors cautioning them about the Bluebottle jellyfish. The lifeguards manning the beach stretch are personally reaching out to the visitors and advising them not to venture into the sea along the Baga-Sinquerim coast as the Bluebottle could possibly be present in the waters or along the shoreline," says Pandey.

**IT'S NOT A JELLYFISH**

One of the most common mistakes is to confuse a blue bottle with a jellyfish. A blue bottle is a siphonophore – a colo-

nial organism composed of several individual animals called zooids. It gets its name from its uppermost part, which is a gas-filled bladder and looks like an old warship. It has thin, long tentacles with venom, which deliver an extremely painful sting.

"These animals are Siphonophores, which are colonies of multiple organisms. Sometimes they become stranded on beaches, where their toxic nematocysts can remain potent for weeks or months in moist conditions. They are very venomous and can cause an extremely painful sting, which if you have a tendency for allergic reactions, or a heart condition, etc. can send you into anaphylactic shock," says Puja. However, they are unlikely to be fatal unless someone has a serious allergic reaction. Reportedly, even when dead, blue bottle jellyfish can pack a mean sting.

**WHAT TO DO IF YOU ARE STUNG**

The best way to avoid a bluebottle sting is to not touch them or try to get close to them. "Researchers found many potential treatments – including dousing the sting with urine, alcohol, soda, lemon juice and dish soap – all caused the cnidae, which are the microscopic capsules tipped with stingers that do the damage, to discharge more toxins. None of these treatments stopped them from stinging. One common treatment, rinsing the sting with seawater, was particularly bad and just spread the cnidae over a wider area," says Puja.

Experts suggest some first aid tips and recommends getting immediate medical help. "None of these tips are fool proof and collated from a list of articles on this issue," warns Puja. But you can try any of the tips. "Wash the area with hot water (as hot as you can stand it). Vinegar can also help if rubbed directly on the stung area. Place ice packs to reduce the swelling and pain. Note any chest pains, difficulty in breathing. Lifeguards have been made aware of this, and can provide help. Report immediately to the nearest medical centre you can access," says Puja.

Pics: Shashank Sane



## On a musical odyssey

Ameya Dabli and Dada J P Vaswani

Internationally acclaimed singer Ameya Dabli launched his music album *Ekam Satt - One Truth, One Humanity, World Music* at the hands of global humanitarian and spiritual leader Rev. Dada J P Vaswani as part of the latter's centenary birthday celebrations in Pune. The album is available on all digital platforms through Times Music. Inspired by respected Dada's message of selfless love and service for humanity, the album features the works of legendary poets and saints such as Kabirdas, Mirabai, Narsinh Mehta, Guru Nanak Dev, Khwaja Garib Nawaz, Buddha, Tukaram, Tulsidas, Gospels and others.

Given the continuous stress and turmoil that individuals across the globe face, there is an urgent need for each of us to pause, reflect and connect with each other, cutting across our religious, social and cultural beliefs. The album's songs focus on this precise

message of love and unity across cultures and society globally, Ameya and his business partner Purvi Soali quit their successful corporate careers to become social entrepreneurs.

A versatile singer, Ameya has performed over 1,500 concerts across 15 countries. The music from the album is already a rage with live renditions by Ameya across 25 locations including for large corporates like Aditya Birla Group and at the Indian High Commission in London. He is currently touring India, US and Dubai for his other musical concept 'Heart 2 Heart' covering melodious *ghazals* and folk music.

His 10 city 'Heart 2 Heart' tour covering melodious *ghazals* kicked off in Mumbai yesterday and will further move to Bangalore, Pune, Hyderabad, Kolkata and other cities.



The launch was attended by a large number of people

# Decor trends you could try

Following décor trends can help you create a stylish, chic and welcoming vibe in your home. There are some styles that are easy to follow and can be quickly adapted to suit the décor needs of your house. Some of these can be modified to reflect the quirky elements of your personality in a seamless manner.

One of the major surface trends this year is reclaimed, rustic wood. These are cheaper than natural ones and can literally transform your home – be it the kitchen, bedroom or the living area. Using brass finishes for light fixtures, furniture and gadgets, is another trend that is popular.

Cork, an eco-friendly material, has shown up in home ware and home décor accessories. Concrete and cork are being used in unusual ways. Following are a few more trends that you could incorporate in your home...



**TROPICAL CALM**

Injecting a warm touch of the tropics to your home with large leaf prints on cushion covers, wallpapers, wall decoration, upholstery and other objects will lend a relaxed, fresh feel to your décor. Bringing nature in any form, even digital prints helps in stress reduction and contributes to emotional well-being.



**CLASSICAL ELEGANCE**

This is about classical themes and sophistication, with baroque design elements incorporated in home décor, thereby enriching the interiors.



**UNPAINTED, UNTREATED WALLS**

This look is surely not for traditionalists and the faint-hearted. The industrial look of plastered walls looks chic. Exposed brick walls are a big trend.



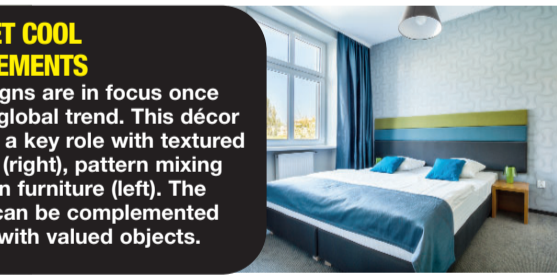
**CLUSTER LIGHTS**

Use a cluster of naked bulbs to get a contemporary look to your home décor



**ETHNIC YET COOL DECOR ELEMENTS**

Ethnic designs are in focus once again as a global trend. This décor trend plays a key role with textured wallpapers (right), pattern mixing and wooden furniture (left). The ambience can be complemented beautifully with valued objects.



**NATURE PRINTS**

Add some prints like the palm and Swiss cheese plant to your cushion covers and framed wall-hangings.



**GOING MONOCHROME**

Playful, fun and full of passion – the contemporary décor trend is about using a monochrome palette. Geometric designs rock the interior scene and are being used across objects – be it the carpet, cushion cover, upholstery, wallpaper, wall clock faces and more.

**THE VINTAGE LOOK**



The ever popular vintage look takes a delicate, sophisticated turn with much softer colours and a lot of extremely exhaustive patterns. Distressed furniture with an old-worldly look can nail the look.



**STATEMENT HEADBOARD**

Upholstered, statement headboards have been there for a long time and are a hot trend in the design world right now. Your bedroom can get the wow factor and this will also add a majestic charm to the overall décor.

**BRING IN THE GREENS**

Very few Mumbaiites can actually boast of a garden at home. Well, one of the biggest trends this year is about bringing the outside, inside, by creating your tiny garden in a glass container. Terrariums are a cool easy way to green up your homes.



# VOLCANOES THAT ARE PERFECT STUNNERS

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Fiery, molten lava dribbling out of mountain cones, crested by soufflés of thick clouds in the sky – if that pretty much summarises your idea of a volcano, then you are yet to explore the picture-perfect postcards that these deadly eruptions make, otherwise. Whether active or dormant like the recent Guatemala volcano eruption, they resonate with the intensity and vibrancy that can easily surpass the beauty of mere mountains. We bring you a pictorial guide of some of the most stunning volcanoes around the world...

**MOUNT BROMO, INDONESIA**

Last erupted in 2004, Mount Bromo is a part of the Tengger massif. Apart from its eerie landscape, this active volcano is a talked-about spot among travellers for the breathtakingly beautiful sunrise views it serves. Nestled in the middle of the 'Sea of Sand', Mount Bromo is a protected nature reserve since 1919.



**MAUNA LOA, HAWAII**

This subaerial volcano make quite a scenic sight for onlookers. Counted among one of the largest volcanoes on Earth, Mauna Lao is said to have erupted some 33 times, last being active in 1984. The name of the volcano translates to 'Long Mountain' in Hawaiian, while it captures about half of the Big Island.



**ARENAL VOLCANO, COSTA RICA**

Aged about 7,500 years, Arenal is an active andesitic stratovolcano, which is regarded as one of the youngest volcanoes in the world. Well-known for its awe-inspiring beauty, Arenal also attracts a lot of visitors every year because of its geothermal activity that results in soothing hot springs in and around the area.



**SANTORINI, GREECE**

Think Santorini, and the glimpses that come to mind are whitewashed homes sitting pretty on multi-coloured cliffs. But this travel hotspot is also the remnant of a volcanic caldera that dates back to 1600 BC. It comprises overlapping shield volcanoes that were thought to be last active in 1950. Visitors are also kept busy with hot spring and boat tours.

**MAYON VOLCANO, PHILIPPINES**

Well-known for its near-perfect symmetric conical shape, Mayon is a classic stratovolcano that, according to folklore, was named after a princess called Daragang Magayon. It forms part of the Pacific Ring of Fire, and looks gorgeous from every angle. The 2014 eruption of Mount Mayon forced thousands to flee the area.

