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Goa: Best leisure and recreation destination in India

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Abstract
Goa has emerged as the most favoured tourist destination in the country, both for domestic as well as foreign tourists. Goa is a tiny State on the Western Coast of India amply bestowed with natural beauty, lovely beaches along with its 105 Kilometers coast line segregated into various beach stretches, eco-friendly atmosphere, lush green hills, world heritage monuments, churches, temples and above all friendly hospitable people. Tourism is a major activity in Goa having direct and indirect impact on all other sectors of the economy. Tourism has contributed substantially to the economic development of the State by way of foreign exchange earnings, employment generation, infra-sectoral competition and it has also improved the living standard of people.
In this research article I explained Importance of tourism in Goa, Geography and Climate, Best beaches, Water Sports, Casinos, Food, Drinks, Hotels, Guest houses, etc.

Keywords: Geography, Beaches, Water Sports, Casinos, Food and Drinks

1. Introduction

Goa is a state on the southwestern coast of India within the region known as the Konkan, and geographically separated from the Deccan highlands by the Western Ghats It is surrounded by the Indian states of Maharashtra to the north and Karnataka to the east and south, with the Arabian Sea forming its western coast. It is India's smallest state by area and the fourth-smallest by population. Goa has the highest GDP per capita among all Indian states, two and a half times that of the country. It was ranked the best-placed state by the Eleventh Finance Commission for its infrastructure and ranked on top for the best quality of life in India by the National Commission on Population.

Domestic flights, number of Charter Flights land in Goa from U.K and other European countries. The E-Tourist Visa facility launched by the central government in December 2014 has proven to be a big boon for Goa. It is reaching out to foreign nationals from all the enlisted countries to avail of this facility and get direct and easy access to the state. Tourism in Goa has been essentially recognized as Beach Tourism destination in view of its long beautiful sun drenched beaches. The average stay of a domestic tourist in Goa is around five days while that of a foreign tourist is two weeks. Keeping in view the opportunities available the Department has taken various initiatives to diversify and develop new tourism avenues. These products include Eco Tourism, Adventure Tourism, Pilgrim Tourism, Rural Tourism, Cruise Tourism, Heritage Tourism, Medical Tourism, etc. As part of diversification of tourism products, interconnecting circuits have been identified covering Churches, Temples, Spice Plantation, birds and wild life sanctuaries, lakes, heritage houses, gardens, springs, monuments and waterfalls. However, in order to achieve above goals in the coming years, the infrastructural facilities in the form of access to the identified locations by road, inland water ways, cable cars/rope ways need to be substantially improved and provided wherever necessary. Goa have been made a permanent venue for International Film Festival, which has enhanced boost in the Tourism Industry to a large extent. Apart from the leisure tourism which is the backbone of Tourism in Goa, it is felt that Goa has sufficient potentials and it is possible to divert tourists to hinterland areas. Further, to diversify along with existing tourist attractions the Department is in the process of giving more emphasis on Adventure Sports like Inland Water Rafting, Yatching and Snorkeling, Scuba Diving, Wind Surfing, Para Sailing, etc., Tracking in the forest areas of Western Ghats, Museum and Art Galleries to service as an important tourist attractions. Goa has also emerged favorite beach wedding destination. Most of the foreigners/ NRI's/Indians prefer to celebrate their weddings in Goa considering its infrastructure and natural beauty.

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2. Research Methodology
In this article primary data was collected from tourists and the industry stake holders. Secondary data was collected from Department of Tourism in Goa, Goa Tourism Development Corporation, Goa News papers and Magazines. Assigning points to the parameters depending on the category assigned to them. For a few parameters the category assigned is subjective and is based on industry reports and discussions with senior Government officials, etc.

3. Review of Literature
Conducted by Government of Goa, observation of department of tourism "Goa to host Asian Beach Games" International event in 2018. In this event so many issues come out, future activities are better for the department.
In 2014 government of Goa has conducted big film festival. It is name "Goa becomes permanent venue for IFFI". After this festival government has take so many policies and development activities are increased for the foreign tourist arrivals.

4. Importance of Tourism in Goa
Tourism is generally focused on the coastal areas of Goa, with decreased tourist activity inland. In 2010, there were more than 2 million tourists reported to have visited Goa, about 1.2 million of whom were from abroad. As of 2013, Goa was a destination of choice for Indian and foreign tourists, particularly Britons and Russians, with limited means who wanted to party. The state was hopeful that changes could be made which would attract a more upscale demographic.
Goa stands 6th in the Top 10 Nightlife cities in the world in National Geographic Travel. Notable nightclubs in Goa include Chronicle, Mambos and Sinq.
One of the biggest tourist attractions in Goa is water sports. Beaches like Baga and Calangute offer jet-skiing, parasailing, banana boat rides, water scooter rides, and more. Patnem beach in Palolem stood third in CNN Travel's Top 20 Beaches in Asia.
Over 450 years of Portuguese rule and the influence of the Portuguese culture presents to visitors to Goa a cultural environment that is not found elsewhere in India. Goa is often described as a fusion between Eastern and Western culture with Portuguese culture having a dominant position in the state be it in its architectural, cultural or social settings. The state of Goa is famous for its excellent beaches, churches, and temples. The Bom Jesus Cathedral, Fort Aguada and a new wax museum on Indian history, culture and heritage in Old Goa are other tourism destinations.

4.1 List of cities and towns in Goa
The state is divided into two districts: North Goa and South Goa. Each district is administered by a district collector, appointed by the Indian government. Panaji is the headquarters of North Goa district and is also the capital of Goa.
North Goa is further divided into three subdivisions – Panaji, Mapusa, and Bicholim; and five taluks – Ilhas de Goa (Tiswadi), Bardez (Mapusa), Pernem, Bicholim, and Sattari (Valpoi), Margoa is the headquarters of South Goa district.

South Goa is further divided into five subdivisions – Ponda, Mormugao (Vasco da Gama), Margoa, Quepem, Dharbandora and even taluks - Ponda, Mormugoa, Salcete (Margao), Quepem, and Canacona (Chaudi), Sanguem, and Dharbandora.
Goa's major cities include Panaji, Margao, Vasco da Gama, Mapusa, Ponda, Bicholim and Valpoi. Panaji has the only Municipal Corporation in Goa. Goa has a total number of 334 villages.

5. Geography and climate
Goa encompasses an area of 3,702 km (1,429 sq mi). It lies between the latitudes 14°53′54″ N and 15°40′00″ N and longitudes 73°40′33″ E and 74°20′13″ E.
Goa is a part of the coastal country known as the Konkan, which an escarpment is rising up to the Western Ghats range of mountains, which separate it from the Deccan Plateau. The highest point is the Sonsogor, with an altitude of 1,167 metres (3,829 ft). Goa has a coastline of 160 km (99 mi).
Goa's seven major rivers are the Zuari, Mandovi, Terekhol, Chapora, Galgibag, Kumbarjua canal, Talpona and the Sal. The Zuari and the Mandovi are the most important rivers, interspaced by the Kumbarjua canal, forming a major estuarine complex. These rivers are fed by the Southwest monsoon rain and their basin covers 69% of the state's geographical area. These rivers are some of the busiest in India. Goa has more than 40 estuarine, eight marine, and about 90 riverine islands. The total navigable length of Goa's rivers is 253 km (157 mi). Goa has more than 300 ancient water-tanks built during the rule of the Kadamba dynasty and over 100 medicinal springs. The Mormugao harbour on the mouth of the River Zuari is one of the best natural harbours in South Asia.

5.1 Sports
Normally other states are fond of cricket but association football is the most popular sport in Goa and is embedded in Goan culture as a result of the Portuguese influence. Its origins in the state are traced back to 1883 when the visiting Irish priest Fr. William Robert Lyons established the sport as part of a "Christian education". On 22 December 1959 the *Associação de Futebol de Goa* was formed, which continues to administer the game in the state under the new name Goa Football Association. Goa, along with West Bengal and Kerala is the locus of football in India and is home to many football clubs in the national I-League. The state's football powerhouses include Salgaocar, Dempo, Churchill Brothers, Vasco, Sporting Clube de Goa and FC Goa. The first Unity World Cup was held in Goa in 2014. The state's main football stadium, Fatorda Stadium, is located at Margao and also hosts cricket matches. The state hosted few matches of the 2017 FIFA U-17 World Cup in Fatorda Stadium.
A number of Goans have represented India in football and six of them, namely Samir Naik, Climax Lawrence, Brahmanand Sankhwalkar, Bruno Coutinho, Mauricio Afonso and Roberto Fernandes have all captained the national team. Goa has its own state football team and league, the Goa Professional League. It is probably the only state in India where cricket is not considered the most important of all sports. Goan's are avid football fans, particularly of the football teams from Portugal (Benfica, Sporting), and Brazil especially during major football events such as the 'European Cup' and the 'World Cup'

championships. The Portuguese footballer 'Ronaldo' and Brazilian 'Neymar', are revered superstar football players in Goa.

The Indian Olympic Association (IOA) has won the right to host the Asian Beach Games in Goa in 2020. India (Goa) is a member of the 'Lusophony Olympic Games' which are hosted every four years in one of the Portuguese CPLP member countries, with 733 athletes from 11 countries. Most of the countries competing are countries that are members of the CPLP (Community of Portuguese Language Countries), but some are countries with significant Portuguese communities, or have a history with Portugal. This event is similar in concept to the Commonwealth Games (for members of the Commonwealth of Nations) and the Jeux de la Francophonie (for the Francophone community).

6. 45 - List of beaches in Goa

1. Vagator Beach 2. Calangute Beach 3. Candolim Beach 4. Anjuna Beach 5. Arambol Beach 6. Morjim Beach 7. Miramar Beach 8. Ashwem Beach 9. Dona Paula Beach 10. Kalacha Beach 11. Mandrem Beach 12. Sinquerim Beach 13. Vainguinim Beach 14. Ozran Beach 15. Querim Beach 16. Chapora Beach 17. Shiroda Beach 18. Odxel Beach 19. Bambolim Beach 20. Coco Beach 21. Siridao Beach 22. Baga Beeach 23. Hollant Beach 24. Benaulim Beach 25. Cavelossim Beach 26. Velsao Beach 27. Patnem Beach 28. Betul Beach 29. Mobor Beach 30. Kakolem Beach 31. Polem Beach 32. Agonda Beach 33. Colva Beach 34. Galgibaga Beach 35. Varca Beach 36. Talpona Beach 37. Cansaulim Beach 38. Palolem Beach 39. Butterfly Beach 40. Betalbatim Beach 41. Majorda Beach 42. Arossim Beach 43. Rajbagh Beach 44. Canacona Beach 45. Bogmalo Beach.

7. List of best water sports in Goa

1. Scuba Diving 2. Snorkeling 3. Kayaking 4. Grande Island Trip & Water Sports Combo 5. Flyboarding 6. Parasailing 7. Sailing Tour De Tiswadi 8. Ringo Ride (tubing) 9. Water Ski 10. Banana Ride 11. White Water Rafting 12. Speed Boating 13. Wake Boarding 14. Wind Surfing 15. Kite Surfing 16. Surf Board 17. Jet Ski 18. Sport Fishing (Angling) 19. Dinghy Sailing 20. Water Zorbing 21. Adventure Water Sports 22. Upper Sauri Canyoning 23. Water Skiing at Majorda Beach 24. Banana Boat, Ringo Ride and Jet Skiing 25. Ringo Ride Mania at Mobor Beach 26. Winch Boat Parasailing At Mobor Beach 27. White Water River Rafting at Mandovi River 28. Windsurfing in Sun Drenched 29. Scuba Diving at Sao Gorge Island 30. Backwater Kayaking at Sylvan Siridao.

7.1 Casinos in Goa

Goa is often synonymous to brilliant beaches, a non-stop nightlife and best of all casinos. We can visit these casinos in Goa any time of the day or night and there are numerous casinos to choose from each offering different attractions such as food, drinks and beautiful views of the sea. Poker, Roulette, Black Jack, there is a casino in Goa promising a thrilling time. List of 16 famous Casinos in Goa

1. Deltin Royale Casino - Goa's Casino Royale 2. Casino Pride 3. Deltin Caravela Casino 4. Deltin Jaqk 5. Dunes - The Casino 6. Casino Strike 7. Chances Casino 8. Casino Palms 9. Casino Paradise 10. Casino Dice 11. Grand 7 Casino 12. Las Vegas Casino 13. Treasures Casino 14. Casino Pride-II 15. Maharajah Casino by Big Daddy 16. Casino Carnival

8. Food

Rice with fish curry (*xit koddi* in Konkani) is the staple diet in Goa. Goan cuisine is famous for its rich variety of fish dishes cooked with elaborate recipes. Coconut and coconut oil are widely used in Goan cooking along with chili peppers, spices, and vinegar is used in the Catholic cuisine, giving the food a unique flavour. The Goan cuisine is heavily influenced by Portuguese cuisine.

Goan food may be divided into Goan Catholic and Goan Hindu cuisine with each showing very distinct tastes, characteristics, and cooking styles. Pork dishes such as Vindalho, Xacuti, chourico, and Sorpotel are cooked for major occasions among the Goan Catholics. An exotic Goan vegetable stew, known as Khatkhate, is a very popular dish during the celebrations of festivals, Hindu and Christian alike. Khatkhate contains at least five vegetables, fresh coconut, and special Goan spices that add to the aroma.

Sannas, *Hitt*, are variants of idli and *Polle*, *Amboli*, and *Kailoleo* are variants of dosa; all are native to Goa. A rich egg-based, multi-layered sweet dish known as bebinca is a favourite at Christmas.

There are some places in Goa which are famous for Goa's traditional & special cuisines. Ros omelette is one of the most popular snacks and street foods in Goa, it is traditionally sold on food carts on streets.

The most popular alcoholic beverage in Goa is feni; cashew feni is made from the fermentation of the fruit of the cashew tree, while coconut feni is made from the sap of toddy palms. Urrak is another local liquor prepared from Cashew fruit. In fact the bar culture is one of the unique aspects of the Goan villages where a local bar serves as a meeting point for villagers to unwind. Goa also has a rich wine culture.

8.1 Best drinks in Goa

1. Feni, 2. Sula Wine, 3. Kings Beer 4. Desmondji Spirits and Liqueurs 5. Armada 6. Port Wine 7. Kingfisher Beer 8. Urrak 9. Sol Kadhi 10. Sugarcane Juice 11. Lemonade/Lime Soda 12. Kokum Juice 13. Coconut water 14. Amrut 15. Paul John Brilliance

Table 1: Tourism arrival statistics

Year	Domestic	Foreign	Total	Percentage
2012	2337499	450530	2788029	4.38
2013	2629151	492322	3121473	11.96
2014	3544634	513592	4058226	30.01
2015	4756422	541480	5297902	30.55
2016	5650061	680683	6330744	19.50
2017	6895234	890459	7785693	22.98
2018	7081559	933841	8015400	2.95
2019 (P) Upto May 2019	2272002	4 47152	2 719154	0

P = Provisional A

E-Tourist Visa for the Year 2019: In this year government of India issued 135 countries and 83,326 foreign tourists E-Tourist Visas.

Cruise Liners for the year 2019 – In this year 31 Vessels – 45,936 Passengers are booked.

Transport: Road and Train Transportation facilities various places from India. Air transportation facilities from Dabolim International airport operations are domestic and International services available.

Hotels - Hotels in North Goa – 2806, Hotels in South Goa – 711.

8.2 Guest house Accommodation

Central Goa: 1.Caranzalem, 2. Dona Paula 3. Merces 4. Miramar 5. Old Goa 6. Panaji 7. Ponda 8. Ribandar 9. Santa Cruz 10. St Inez

North Goa: 1. Anjuna 2. Arambol 3. Arambol Khalchawada 4. Arambol, Modholovado 5. Arambol, Socoilowado 6. Arpora 7. Assagao 8. Betim - Porvorim 9. Bicholim - Sanquelim 10. Candolim 11. Chapora 12. Calangute - Cobravaddo 13. Calangute - Gauravaddo, Porbavaddo 14. Calangute - Maddowaddo 15. Calangute - Sauntavaddo, Baga 16. Calangute - Umtavaddo 17. Calangute - Naikavaddo 18. Mandrem, Morjim, Siolim, Terekhol 19. Mapusa 20. Parra.

South Goa: 1. Assolna 2. Benaulim 3. Betalbatim 4. Bogmalo 5. Canacona 6. Canacona 7. Colva 8. Cortalim 9. Curtorim 10. Fatrade 11. Majorda 12. Margao 13. Vasco 14. Velim.

9. Aims or Recommendations

Tourism as an Industry plays a vital role in generating employment. Tourism has also been recognized as a major thrust area to derive economic growth and employment generation in India and Goa has the potential to achieve higher sustainable trend growth rates going forward. It also caters services of refreshments, food and drinks facilities to the visiting tourist s and beach goers. This facility provides in creating job opportunities to the locals and service to the tourists. Water Sports is also carried out in the coastal areas of Goa. The Department of Tourism along with Goa Tourism Development Corporation and Travel Trade participates in various Tourism related Events/Road shows in India and abroad to promote Goa as a prime and an ideal tourist destination, releases advertisements and electronic media to highlight Goa as a major World Tourist Destination. The Department provides infrastructural facilities such as construction/improvement of roads in touristic circuits, access roads to touristic spots, provision of Sulabh Shauchalays, provision of lighting arrangements at different places of touristic importance. Maintenance and cleaning of all beaches, deployment of life guards equipped with life saving equipments, demarcation of areas of beaches for bathing, Water Sports & Adventure Sports, etc., Encourages development of new avenues of Tourism, such as Adventure Tourism, Heritage Tourism, Pilgrimage Tourism, Hinterland Tourism, Wellness Tourism, Wedding Tourism, Health Tourism, Eco-Tourism etc. The tourists especially foreigners enjoy swimming and sunbathing. Cleanliness of beaches is the major task before the Department as such this Department is working relentlessly in order to ensure that beaches are kept clean and free from encroachments. This Department has engaged the services a contractors for cleaning, sweeping, collection/lifting and disposal of garbage including litters, plastic bottles/bags, waste and also garbage generated by shacks of including from the dune/vegetation area, parking areas/approach roads/access to the beaches etc. This ensures safety and security for the tourists and beach goers. It was of utmost importance to reduce the deaths due to drowning by instituting a more professional system which would focus on prevention aspects and rescue operations. The Government was committed to provide the state of art infrastructure for safety of tourists and its people. As such, Beach Safety Management has been introduced whereby work of development, deployment, managerial and operation of water safety patrol with state of Art facilities in the coastal waters of state of Goa for all major beaches of Goa done through private contractors. The main aim of the Government is to bring down the drowning deaths to zero. Government has also deployed Indian Reserve Battalion Personnel for safety and security of tourists/ visitors on the beaches of Goa and also in order to keep away the illegalities and unwanted elements from the beaches of the state. The major concern of the Department was safety and security of the Tourists on the beaches. There are Tourist Security Force comprising of Ex-serviceman in order to promote additional protection and guidance to the tourists visiting the state. Department has imparted training to tourist guides on topics which are relevant to a Guide and to Tourist Taxi Drivers on various topics of interest to them such as good manners, behavior, interaction, personal hygiene, etc. All the Hotels, Travel Agencies, Tour Operators, Tourists Taxis, etc. who are doing Tourism related activities has to register with Department under the Goa Registration of Tourist Trade Act 1982.

10. Conclusion

In this article I explained so many points are above. In coming days Goa Tourism Development corporation will be take better policies, amenities, development activities, to promote International events and festivals for the domestic and international tourists.

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