

Vol. 16 2020

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PLANNING  
A CAMPING  
TRIP

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NATURE'S  
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TRAVELLING  
AFTER COVID-19

INCREDIBLE  
WATERFALLS



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## FROM THE FOUNDER'S DESK

“Success is no accident. It is hard work, perseverance, learning, studying, sacrificing and most of all loving what you are doing.”

– Pele –

It has been now complete one year since the attack of the global pandemic COVID-19. Situations are easing out in many countries including Thailand, though in India the Third Wave of pandemic has been hitting with the coming of winter season. Despite the whole turbulence people have been trying to adapt to the new normal. Festivities are being celebrated with limited gathering and so has travel.

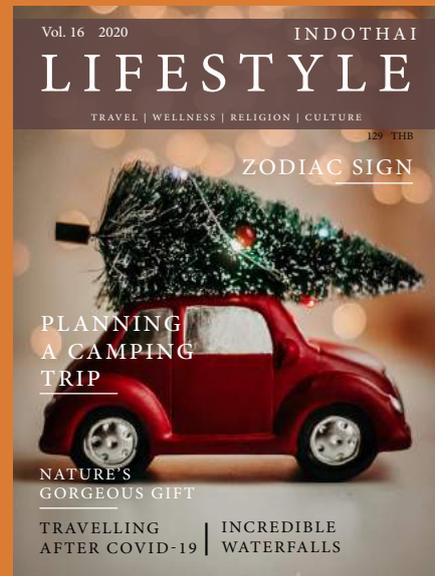
Travel lovers, bloggers cannot resist being home. For many countries/state tourism is the source of income. Similarly, for many travel bloggers it's their work which has been suffering from long. Indeed, with all safety and precautions, governments of countries are now encouraging people to start travelling again so that the economy can come back to its normal pace.

In this edition therefore, we have taking Travel as the theme to promote the tourism of India & Thailand. Indo Thai News has also been the Cosponsor of Pattaya Fireworks Festival this year. The full coverage of the event can be watched on our social media channels.

We Wish & Hope Good Health for Everyone.

Stay Safe || Wear Mask || Travel with Safety

**Pawan Mishra**  
Founder- Indo Thai News



Founder :  
Pawan Mishra

Production Manager:  
Maria Querijero

Marketing & Designing  
Ajay Sharma  
Bunty Sardwal

Contributors  
Kanika Sardwal  
Manish Kumar  
Nitin Rao  
Nancy Kapoor

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For Advertisement  
or any other query  
Kindly Contact :  
Info@indothainews.com  
Call : +66 90 975 2204  
WhatsApp : +66 90 975 2204



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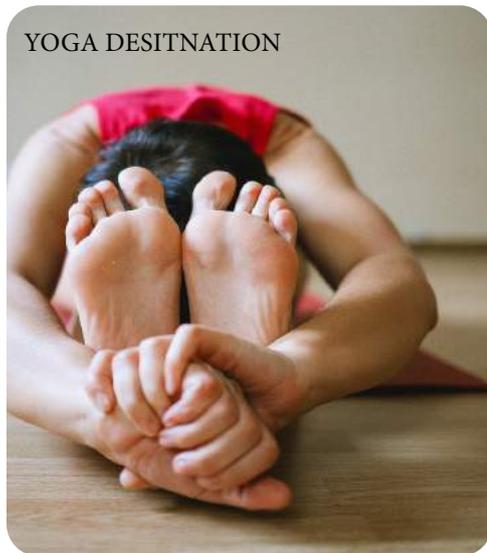
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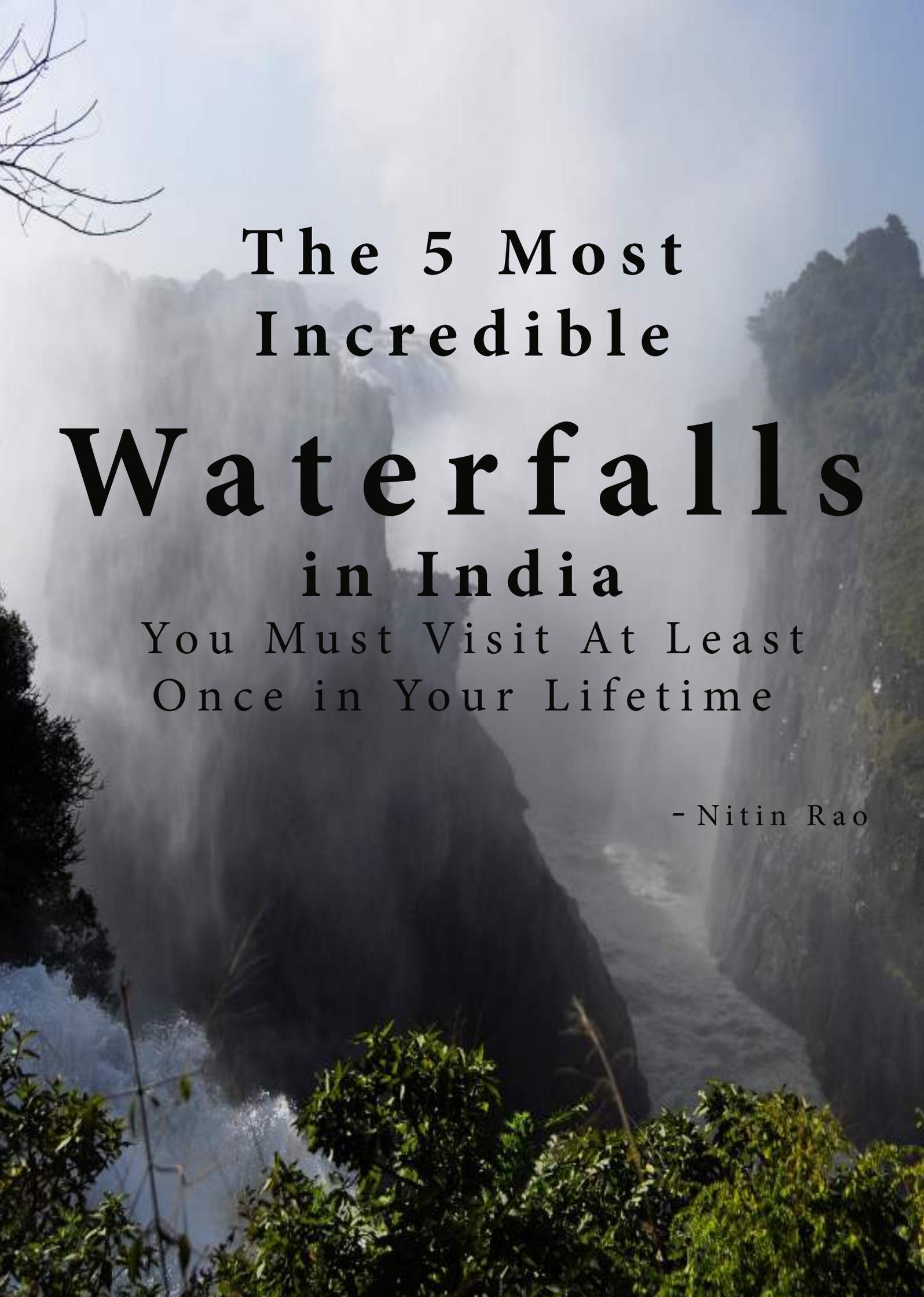
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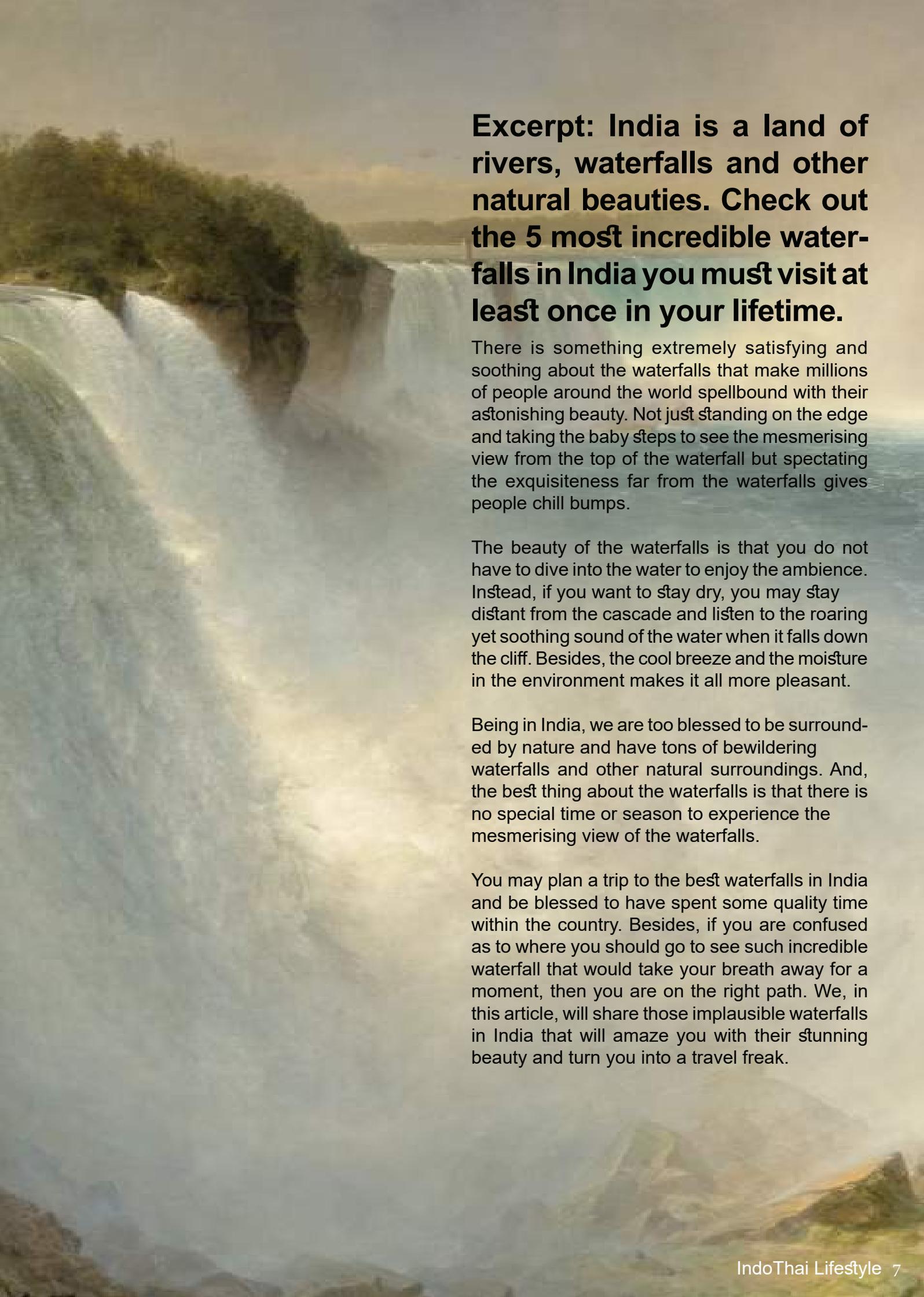
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**The 5 Most  
Incredible  
Waterfalls  
in India**

You Must Visit At Least  
Once in Your Lifetime

- Nitin Rao



**Excerpt: India is a land of rivers, waterfalls and other natural beauties. Check out the 5 most incredible waterfalls in India you must visit at least once in your lifetime.**

There is something extremely satisfying and soothing about the waterfalls that make millions of people around the world spellbound with their astonishing beauty. Not just standing on the edge and taking the baby steps to see the mesmerising view from the top of the waterfall but spectating the exquisiteness far from the waterfalls gives people chill bumps.

The beauty of the waterfalls is that you do not have to dive into the water to enjoy the ambience. Instead, if you want to stay dry, you may stay distant from the cascade and listen to the roaring yet soothing sound of the water when it falls down the cliff. Besides, the cool breeze and the moisture in the environment makes it all more pleasant.

Being in India, we are too blessed to be surrounded by nature and have tons of bewildering waterfalls and other natural surroundings. And, the best thing about the waterfalls is that there is no special time or season to experience the mesmerising view of the waterfalls.

You may plan a trip to the best waterfalls in India and be blessed to have spent some quality time within the country. Besides, if you are confused as to where you should go to see such incredible waterfall that would take your breath away for a moment, then you are on the right path. We, in this article, will share those implausible waterfalls in India that will amaze you with their stunning beauty and turn you into a travel freak.



# The Coutrallam Five Falls, Tamil Nadu

Let us start the list of amazing waterfalls in India to visit with the Coutrallam Five Falls, which is also known as the Kutralam Five Falls. The Coutrallam Five Falls, as the name implies, is a collection of five strands of segregated waterfalls that are falling in a parallel manner.

The local authorities have built some infrastructure to make it convenient for the people to take bath and enjoy the surroundings of the waterfall closely. The authorities have also put in some fences to segregate the area for male and female visitors.

Two of the five strands from the left are assigned to the women while the remaining three on the right side are for men. You will find thousands of people enjoying the general area of the waterfall whereas tons of others having the pleasure of bathing area at the waterfall.

The Coutrallam Five Falls is also referred to as the 'Spa of South India'. The waterfall is located between the beautiful and scenic mountains and agricultural lands, which makes the Coutrallam Five Falls more appealing to the visitors. Once you visit

Coutrallam Five Falls, you will surely have an everlasting experience that you would cherish for life.

The Coutrallam is the place from where the Chittar River originates and is historically and culturally rich tourist destination in India. Other than delighting in the exquisiteness of the Coutrallam Five Falls, you will also have the local Ayurvedic spa treatments.





## Jog Falls, Karnataka

Jog Falls is another incredible waterfall in India that you must visit once in your lifetime if you are fond of the waterfalls. It is located in Shimoga, a district of Karnataka. The Jog Falls is the collection of four cascades that are referred to as the Raja (King), Rani (Queen), Rover and Rocket.

These four cascades, together, form a massive waterfall that merges into the Sharavathi River. The Jog Falls is the second highest and the tallest un-tiered waterfall in India. The Jog Falls offers quite a distinctive appearance, as the water of the Jog Falls does not fall from the cliff/ rock in a tiered manner.

Instead, you will witness the water loses contact with the cliff and thunders down the river. The Jog Falls is also known by other names such as the Jogada Gundi, Gerusoppe Falls and Gersoppa Falls. Other than the Jog Falls itself, the

surroundings of the waterfall are also quite astonishing and treat to the eyes of the spectators.

The Jog Falls has the lush green and scenic background and allows the tourists to hike up to the base of the waterfall to enhance their overall experience to the Jog Falls.

Apart from visiting the Jog Waterfall, you may also visit some other nearest tourist attractions. A few quite impressive tourist sites nearby Jog Falls are Sagara, which is a small town located around 30 kilometres from Jog Falls. Sagara is home to a few ancient temples. Siddapura is another small town, which is located in Kodagu district.

It possesses scenic and mesmerising mountain ranges that will blow your mind. Sirsi is a hill-station kind of a town that has multiple waterfalls and emerald green forests.

# The Dhuandhar Waterfall, Madhya Pradesh

You can visit the Dhuandhar Waterfall while your trip to Madhya Pradesh. It is located in Jabalpur district and falls into the Narmada River. The name Dhuandhar is the amalgamation of Smoke and Waterfall. The Dhuandhar Waterfall has marble rocks, which narrows down and plunges the water quite amazingly. This is the very reason why the Dhuandhar Waterfall is also known as the Smokhindhra Waterfall.

Other than witnessing and captivated from the charm of the Dhuandhar Waterfall, you may also opt for boating that is open for public from the months of November to May. Owing to the unexpected



tides in the Narmada River, the boating facility is not allowed during the rainy season.

You can measure the popularity of the Dhuandhar Waterfall by the fact that it not only grows the tourism of Jabalpur but also encourages people to make a trip to Madhya Pradesh.

Dhuandhar Waterfall is located approximately

25 kilometres away from Jabalpur city and attracts thousands of visitors from around the world every year.

## Dudhsagar Falls, Goa

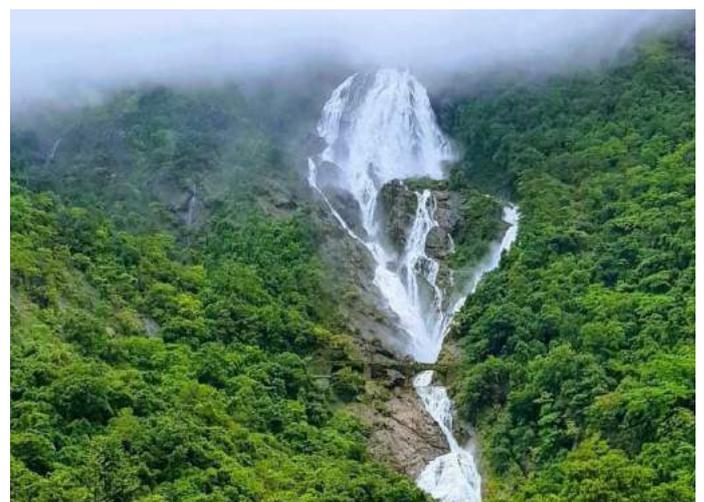
The name, Dudhsagar Falls, itself suggests that it is a 'sea of milk', and it actually seems true. The water that plunges from the Dudhsagar Falls is milky white and looks just magnificent.

The Dudhsagar Falls is located in the Mollem National Park, which is also known as the Bhagwan Mahaveer Sanctuary.

The Dudhsagar Falls welcomes thousands of local and international tourists from across the globe every year. The Mandovi River spouts down from over 1000 feet high massive mountain and creates a spectacular view that hypnotises the tourists.

You may take the Jeep Safari to ride through the Mollem National Park to witness the enthralling

Dudhsagar Falls. During the monsoon season when the Jeep Safari is not allowed, you may opt for trekking and make your trip to Dudhsagar Falls more interesting.



## Athirapally Vazhachal Waterfalls, Kerala

Talking about the most incredible waterfalls in India and not including the Athirapally Vazhachal Waterfalls in the list is nearly impossible. The reason why we made this statement is that the



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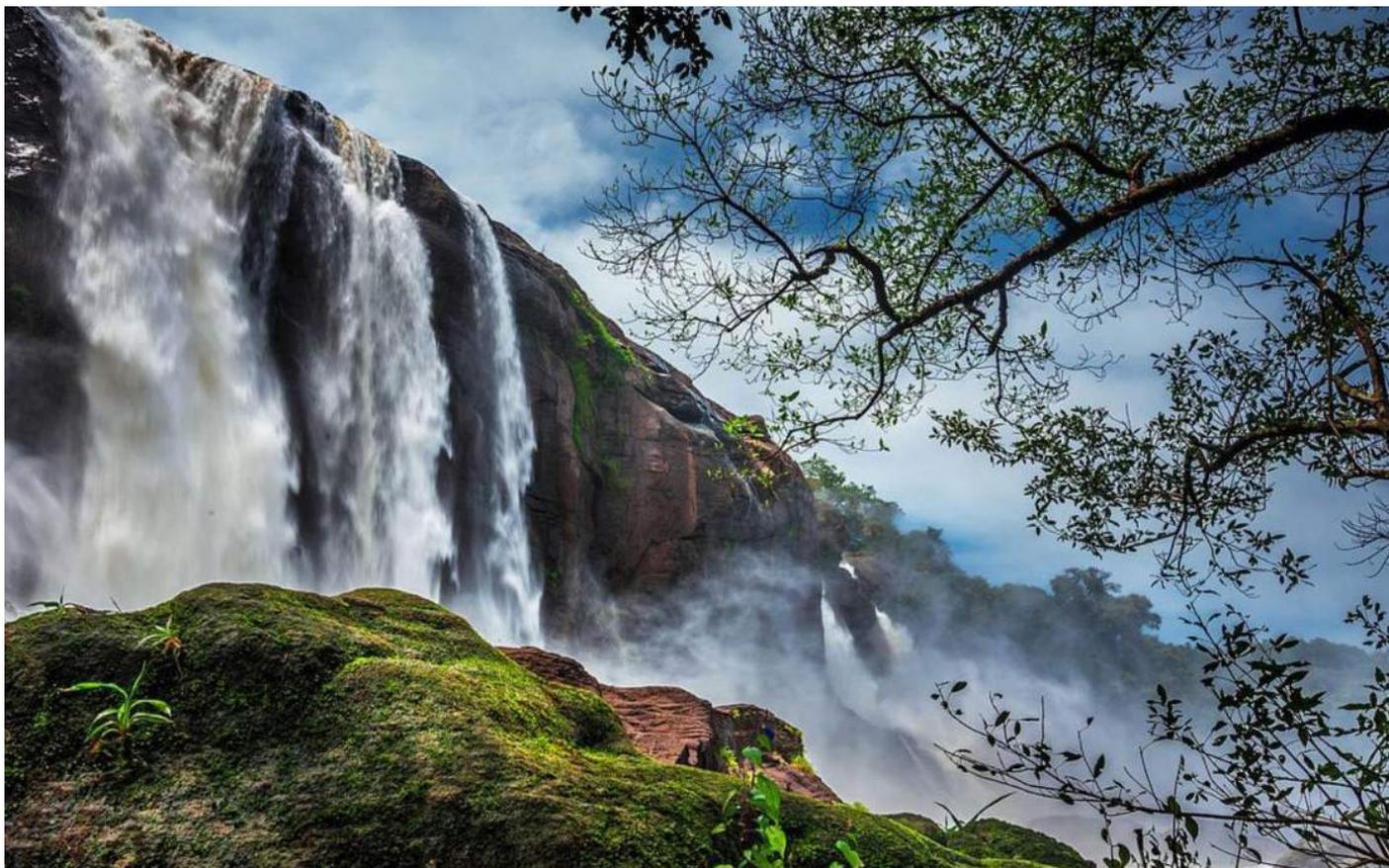
Athirapally Vazhachal Waterfalls is known as the Niagara Falls of India. Athirapally Vazhachal Waterfalls is the very waterfall where the Bollywood actress Aishwarya Rai danced on the song 'Barso Re Megha Megha' from the movie 'Guru'. Some other movies where you will get to see the glimpse of the Athirapally Vazhachal Waterfalls include Dil Se, Yaariyan, Khushi etc.

There are a few South Indian movies too, which exhibited the shots of Athirapally Vazhachal Waterfalls. It is amongst the most staggering and stunning waterfalls in India.

Vazhachal Waterfalls. It is amongst the most staggering and stunning waterfalls in India.

The place Athirapally itself is home to a lot many rivers, forests and of course, the waterfalls. Athirapally Vazhachal Waterfalls is located in Athirappilly Panchayath and is famous as the eco-friendly destination in Kerala. It is one of the largest waterfalls in the State of Kerala.

The Athirapally Vazhachal Waterfalls is surrounded by lush green regions and offers a large variety of flora and fauna. Other than the



### **Athirapally Vazhachal Waterfalls, Kerala**

Talking about the most incredible waterfalls in India and not including the Athirapally Vazhachal Waterfalls in the list is nearly impossible. The reason why we made this statement is that the Athirapally Vazhachal Waterfalls is known as the Niagara Falls of India.

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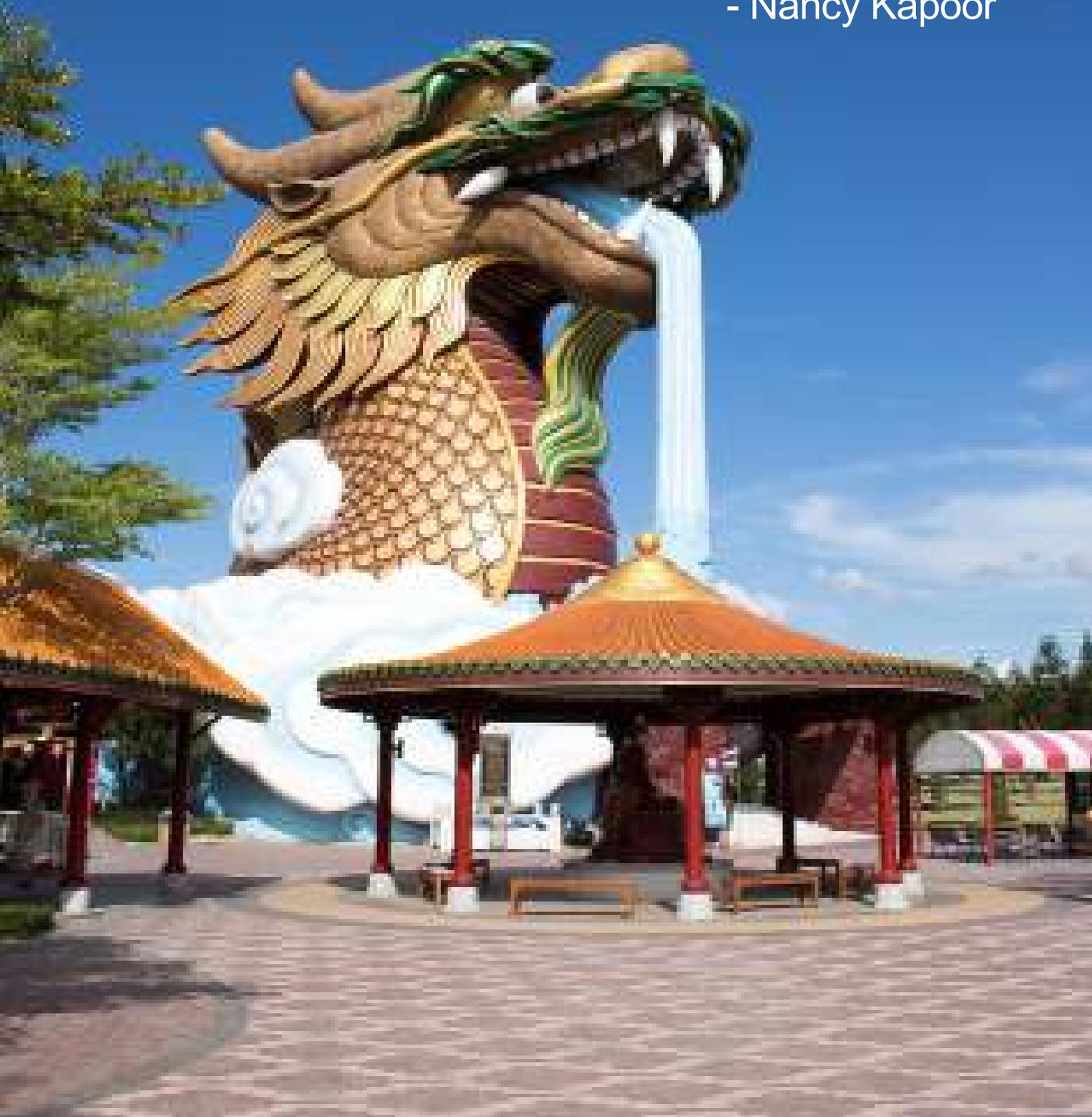
birds, forests, you may also witness animals like leopards, tigers, elephants, and many more. All in all, Athirapally Vazhachal Waterfalls is literally a treat to the eyes of the spectators from across the world.



# Suphan Buri

- A Less Explored Heaven in Thailand

- Nancy Kapoor



**Excerpt:** Suphan Buri is a lesser-visited city in Thailand with a lot to offer to its travellers. Read this article to know why you must include Suphan Buri in your itinerary.

Whenever people plan to pay a visit to Thailand, they include by and large only the popular cities such as Bangkok, of course, Phuket, Pattaya, Krabi and Chiang Mai etc. in their itinerary. However, Thailand is much more than that.

Therefore, here in this article, we will tell you about one of the beautiful cities in Thailand, Suphan Buri. Suphan Buri is a small city that has a rich history.

The most incredible thing about Suphan Buri that captivates a large number of tourists with its charm is that even after 1000 years, the city has preserved its history, heritage, and culture quite beautifully. Suphan Buri is located around 100 kilometres away from Bangkok and has the most serene environment as compared to the hodgepodge of Bangkok city.

If you are confused as to why you should choose to visit Suphan Buri in a country like Thailand that holds some of most beautiful places in the world, then let us tell you what all you may miss if do not include Suphan Buri in your next trip to Thailand. The city of Suphan Buri has been the hometown of King U Thong, who was the founder of Ayutthaya.



Suphan Buri serves a perfect blend of Thai and Chinese heritage to the people who visit this incredible city from across the world. Besides, Suphan Buri possesses the world's biggest dragon statue, which exceptionally, depicts the tales of Thai-Chinese people.

It also has the UNESCO's award winning Thai- Chinese market, which will blow your mind with its astonishing views.

So, if you are planning a trip to Thailand, Suphan Buri is a must-visit place to get closer to the history and culture of Thailand. Let us take a look at some of the most amazing places and sites that the city of Suphan Buri has to offer to its travellers.

### **Walk Around the Dragon Descendants**

Dragon Descendants is also known as the Dragon Park and is built around 10 years ago to

celebrate the diplomatic relationships of Thailand and China. The Dragon Descendants has a massive dragon-like structure made with the fibreglass, which comprises of multiple artefacts and inheritances. The structure is around 135 metres long and 35 metres high in the sky.

The visitors are allowed to go inside the structure and witness the beauty of the 5000 years old history of Thailand up until the period when Thai and Chinese dynasties merged and evolved as the people of Thailand that we know today.



The Dragon Park also has the Suphan Buri City Pillar Shrine, which is made in the Chinese style. You will get the free audio guides in multiple languages by which you can get to know the culture and heritage of Thailand more closely. Besides, there is a Celestial Dragon Village from where you can get tons of souvenirs as the memories of your trip to Suphan Buri.

### **Wat Phra Si Rattana Mahathat**

If you have seen tons of picture and statues of Lord Buddha throughout your lifespan, the chances are that a lot many of them are copied from the Wat Phra Si Rattana Mahathat.

There is a rich history and enigma hidden in this temple. One of the most mysterious things that happened in the Wat Phra Si Rattana Mahathat temple is the mystical appearance of the white robed sage that emerged from nowhere at the



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watch the buffaloes but also interact with them. Apart from that, you can perform all the activities that the Thai farmers generally do throughout the day.

You can help the local farmers with rice threshing, try out the world famous Thai massages, learn Thai about astrology and can acquire knowledge of the traditional Thai medicines and herbs for healing.

## **Bueng Chawak**

The Suphan Buri gives you the opportunity to get closer to nature with its beautiful wetland Bueng Chawak. Bueng Chawak has an incredible lake and a wildlife sanctuary that offers its visitors a bunch of activities and sightseeing options.

You will have a large variety of flora and fauna, along with the beautiful aquarium, vegetable farms, and a handicraft centre from where you can get handmade stuff as souvenirs.

time of completing the third sculpture and disappeared afterwards.

Other than that, a free museum is there in the Wat Phra Si Rattana Mathathat that you can go to during your visit to the temple. One thing that you must be mindful of is that it is a temple and hence, you must wear the appropriate attire to respect the culture.

## **Buffalo Village**

If you want to learn or know about the typical lifestyle of the Thai farmers and their traditional wisdom, the Buffalo Village is the right place for you. You will find a number of adorable buffaloes not only real ones but also the souvenirs.

It is a 27-acre field where you will see a water buffalo ranch. You will have the liberty to not only



## Sam Chuk Market

Once you visit the Sam Chuk Market, you will realise why the UNESCO included this market in its list of heritage sites. It is a Chinese community old-fashioned market that has the Thai style wooden-made shops that will give you a feel of living in a 100-year ago era. You can explore the traditional shops that have local sweets, coffee and herbs. Another thing that will astound you is that a local photography shop that uses 100 years old camera to take pictures of the visitors. It is a must-visit photography store in the Sam Chuk Market. You can also visit a museum in the Sam Chuk Market where it exhibits pictures of the olden days.

## Banharn-Jamsai Tower

The Banharn-Jamsai Tower is amongst the highest viewing platforms in Thailand. You can have a bird's eye view of the Chaloem Phatthara Rachini Park, which is often full of tourists around the world, from the 123 metres tall Banharn-Jamsai Tower.

If you do not enjoy places with a heavy crowd, this tower is the perfect place to escape the crowd and still enjoy the view. Besides, you can also visit the souvenir shops located on the first floor of the Banharn-Jamsai Tower. Other than that, there is a food court, historical exhibition, and a view deck to have a broader view of the surrounding area.

## Phu Toei National Park

Phu Toei National Park is among the most incredible places to visit in Suphan Buri if you are a nature lover. Here, you will have the perfect combination of forests and mountains where you can spectate a large variety of flora and fauna. The Phu Toei National Park has stunning views with tons of mountain pines, reservoir, waterfalls etc. The Phu Toei National Park also consists of a Buddhist Statue where local and international tourists come to pay their respects to Lord Buddha.

## Tham Weruwan

The Tham Weruwan or the Weruwan Cave is located approximately one kilometre away from the Phu Toei National Park entrance. There are

concrete stairs that have 61 steps, which will lead you to the entrance of the cave. The local authorities have installed the lights inside the cave, which will help you spectate the beauty of the interior of the cave. The cave has incredible icicle-shaped formations that will blow your mind.

Besides, the cave also has a Lord Buddha's image postured in the Pa Lelai. The district authorities have also set up a bamboo garden that has more than 10 species of bamboos.





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A large bonfire is burning at night, with a tall, dense column of sparks rising into the dark sky. The fire is bright orange and yellow, and the sparks are a mix of orange and red. The background is dark, with some silhouettes of trees visible.

Important Things You Must  
Consider Before Planning a

**CAMPING TRIP**

**Excerpt:** What are those important things that you must take into consideration before planning a camping trip to get the most out of it? Check out here!

Planning a trip, be it a camping trip, weekend getaways or some other outdoor trips would mostly begin with one question viz. where do we want to go? Therefore, the first and foremost step to plan a trip is the selection of the most suitable and exciting destination for the vacation unless you are a working professional and would have to wait for the long weekends or apply for leaves and then wait for your manager's approval.

In such a case, yes, choosing a suitable date and time would be more important. Nonetheless, it all comes down to one thing only, that is, where are you planning to go on your next trip? Besides, if you are willing to go for a camping trip, the importance of selecting the best place for camping in India or abroad increases even more.

Once you are done with the selection of the best camping site based on your preferences, there come other important questions, which you must find the answers of afterwards. These other significant questions include but certainly not limited to:



## Whom you are planning to go with?

While deciding where you are heading to for your camping trip, you should be certain as to whether it is a solo trip, family trip or you are going with your friends. The reason being is that it makes a huge impact on your camping trip. If you are going for a solo trip, you will be the sole captain of your ship on the trip and make alterations based on your preferences and inclinations.

However, if you are camping with your family or friends, you will need to either manage with them or make decisions based on their preferences and requirements. For instance, if you are planning a trip to a camping site with your family, there are chances that you are going to be camping with kids. If that is the case, you must choose the kids-friendly camping areas to avoid any mishap. Therefore, it is quite important for you to choose the camping site based on the people you are planning to go with.



## **Will you go for camping only or would you indulge in some other activities as well?**

Another important factor to plan a camping trip is to keep in mind the other activities you are planning to indulge in while being on the trip. It is quite common to plan a trip to enjoy multiple activities, especially when we are going on a camping trip.

Consequently, you must consider a few things while planning a camping trip. The first thing that you must research about is the accessibility of the activities from the camping site that you have selected. Besides, you must consider the interests and preferences of the people in your group and make sure everyone enjoys the trip to the fullest. You must also make sure to synchronise your camping trip with other outdoor activities efficiently so that it would not create any inconvenience to you or others whom you are going with.

## **When are you planning your camping trip?**

The timing of the trip is also a significant aspect that may influence your trip. You must be aware of the best time and season of the camping site you have selected. It is quite common that the public entry in many camping sites and other popular destinations is barred in a particular season or during certain months. Therefore, you must know what all activities are allowed at the time of your trip.

## **camping trip?**

The timing of the trip is also a significant aspect that may influence your trip. You must be aware of the best time and season of the camping site you have selected. It is quite common that the public entry in many camping sites and other popular destinations is barred in a particular season or during certain months. Therefore, you must know what all activities are allowed at the time of your trip.

## **What are the simplest and easiest ways and routes to reach your camping site?**

Reaching your camping site can either make or break the whole mood and vibes of your trip. Therefore, you must search for the most convenient and simplest ways to reach your destination. Remember, the actual trip starts after you reach the camping site, and you would require a lot of energy, stamina and enthusiasm for the entire trip. Consequently, you would not



want to reach the camping site either fully exhausted or spending half of the budget for your trip. Thus, maintaining a balance of both your energy and pocket is important.

Once you get answers to all these questions, you are almost set to plan your camping trip. Now that you have selected the camping site based on the factors mentioned above, you must research on other aspects that may influence your trip. If you have selected a private campground, you can have detailed information about the things that may have an effect on your trip. Let us take a look at those important things and factors here:

### **Availability of Services and Their Charges**

To begin with, you must be aware of the services available at your camping site. Other than the available facilities, you must also know if there are additional charges for those amenities.



### **Availability of Guides and Attendants**

You must be also aware if there are any attendants or guides available on the camping site. If yes, you must get in touch with them and get a gist of how it is like to be camping on the site and what all the things you can and cannot do.

### **Accessibility of the First Aid Kit**

When you go on a camping trip, it is quite important that there is a dedicated first aid station available in case of any misfortune that may take place. You must also know the working hours of such first aid stations.

### **Most Suitable Routes and Transportation**

You must know if you can drive up to the camping site or it is situated at the remote location. If yes, you must know the most suitable route to reach the camping site conveniently from your location. If not, you must know other ways to reach efficiently.

### **Restrictions on Campfire or Bonfire**

You must know if the campfire and tents are allowed at the camping site or not and must plan your trip and activities accordingly. If the campfire is allowed, you should also be aware if you can use the fallen firewood at the camping site or you would require purchasing the firewood beforehand. Sometimes, campfires and bonfires are only allowed in specific seasons or particular months. Therefore, you must be aware of it as well.





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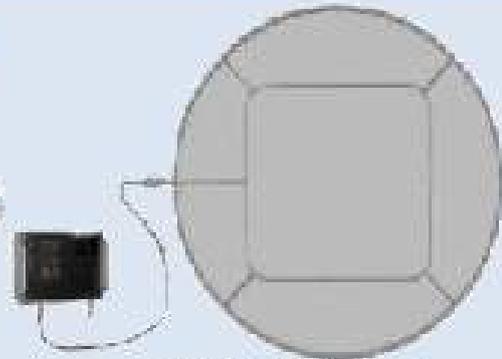
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**Fax: +66 2 746 1290**

**Mob: +66 81 735 5453**

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## **Presence of Any Insects or Harmful Wildlife Issues**

You must know if there are any insects or environmental issues that you are allergic to or may affect your health. Besides, if there are any poisonous or lethal animals or bugs that are harmful to you or your family and friends.

## **Vehicle and Parking Spot Rules**

You must be aware of the vehicle rules as well, as many campgrounds allow only one car for each group or require you to pay additional charges for bringing two or more vehicles on the camping sites. If that is the case, you must carry your luggage and essentials accordingly. The campground authorities set such rules to provide everyone with an equal parking spot and would not have to face much chaos.

## **Rules for Noise and Loud Music**

You must also be aware that there is a restriction on making noise and loud music during the night-time, as it may create unnecessary dismay or invite wild animals. Besides, silence is required for fishing and for those campers who want to enjoy the tranquillity to connect with nature during their camping.

Once you are aware of the above mentioned things about the camping site and do's and don'ts of the trip, you are good to go. Now, you can pack your bags accordingly and include/ exclude things based on your requirements.

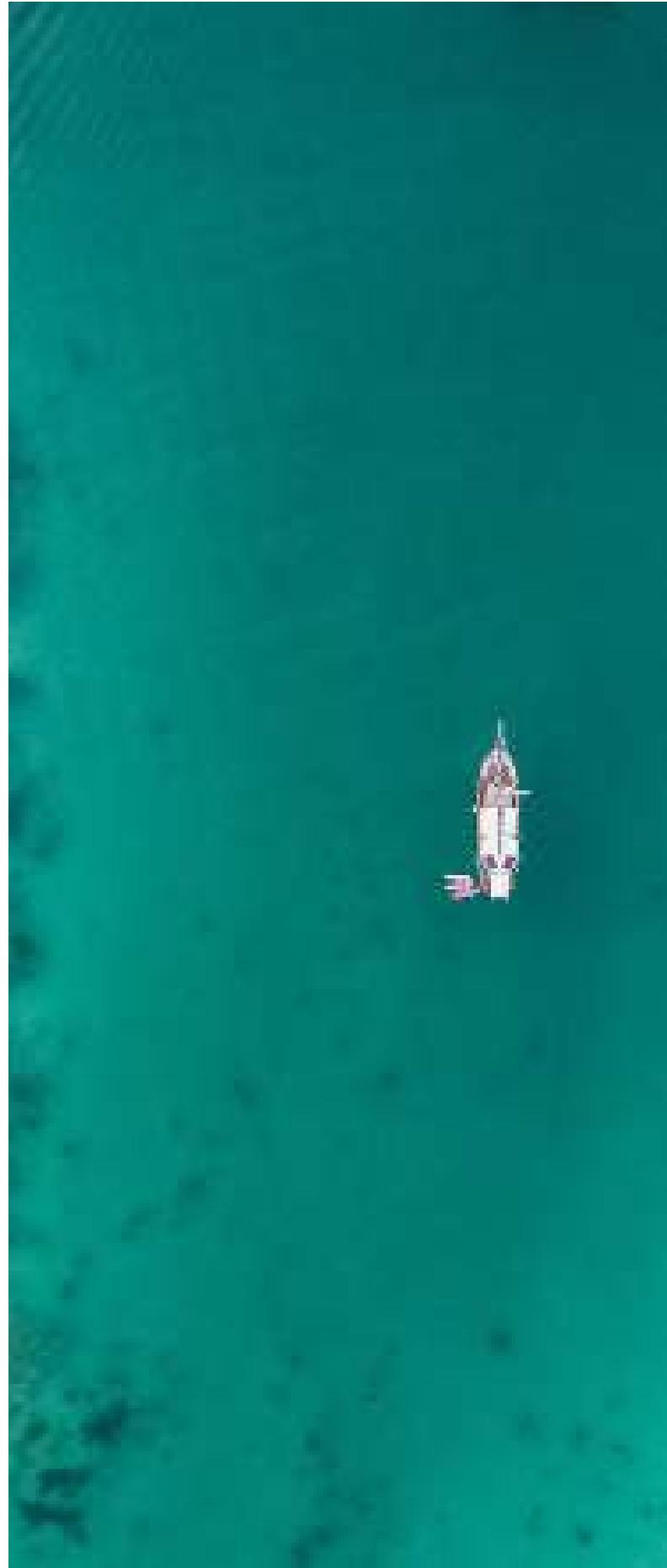
Furthermore, One mistake that a lot of travellers commit while camping is over packing. This is why we have mentioned a whole lot of things for you to know beforehand. If you are camping in the summer season, you should include sunglasses, sunscreen, hats, caps, sun blocks, light and lose outfits etc.

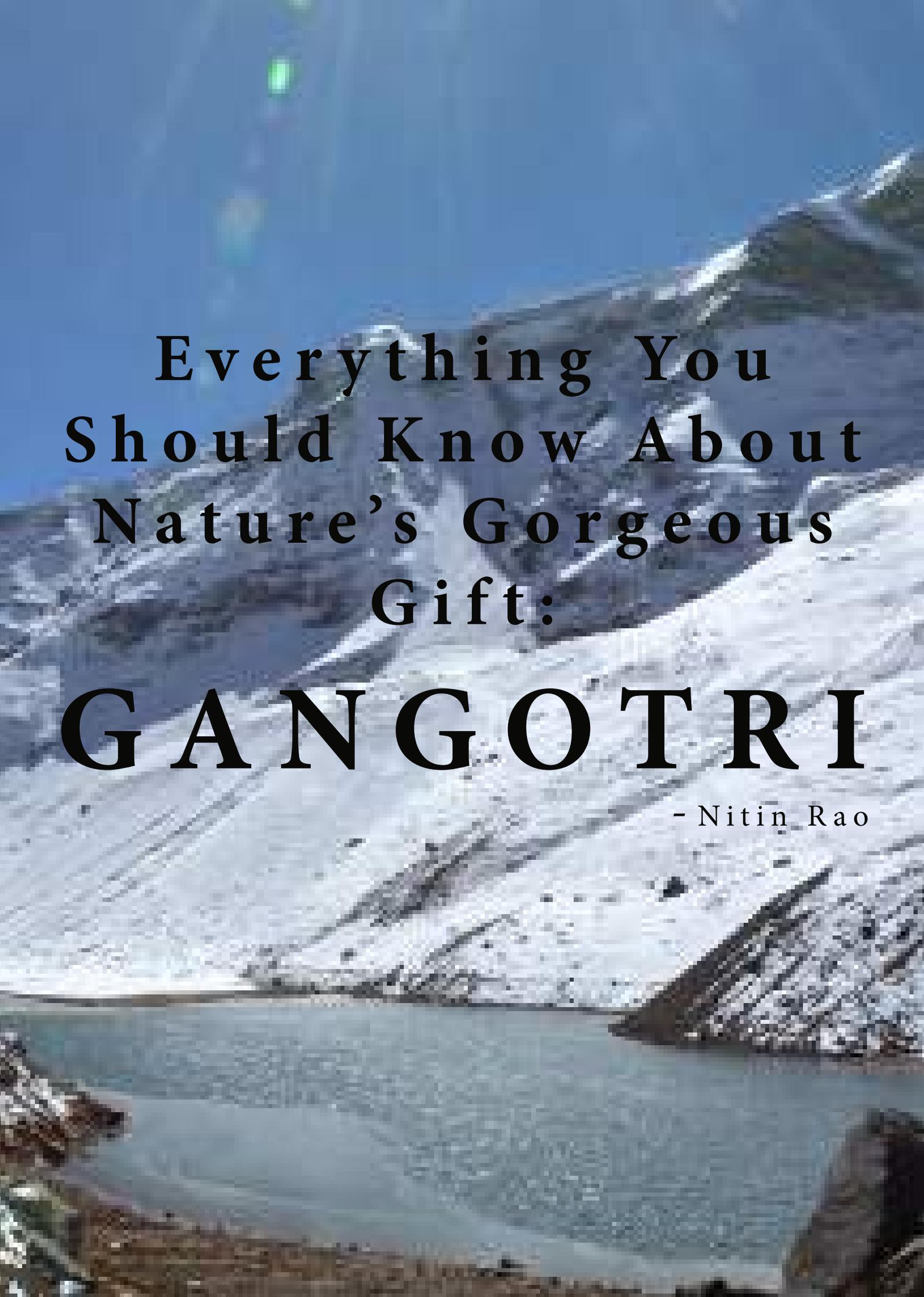
On the contrary, if it is a winter time, you should include woollens, jackets, gloves, and woollen caps etc. Besides, you must also be prepared for the bad weather, as it is not necessary that you always find the pleasant weather at camping sites.

Some of the basic things that almost every camper require on a camping trip are the cooking essentials, personal first aid kit, sleeping bags, additional footwear, insect repellents, umbrellas and raincoats, and appropriate outfits depending on the weather

conditions and season.

Camping is a great way to get closer to Mother Nature and experience the moments of serenity. Therefore, you must plan your camping trip properly to get the most out of it. You may also talk to frequent campers and take feedback about your camping site in advance. Have a Happy Camping!





**Everything You  
Should Know About  
Nature's Gorgeous  
Gift:**

# **GANGOTRI**

- Nitin Rao

**Excerpt:** Gangotri is an incredible destination and nature's beautiful gift to humankind. Let us look at everything you should know about before planning a trip to Gangotri.

Though Gangotri is a Hindu Pilgrimage, it is also considered as one of the special tourist spots in India. Gone are the days when the only tourists that used to visit Gangotri were the devotees who would reach Gangotri for their religious sentiments. With each passing year, the popularity of Gangotri has been increasing and so is the number of Indian and international tourists. However, nowadays, you will find a large number of tourists visit Gangotri to have an adventurous trip and to experience the magical ambience of Gangotri.

A large proportion of tourists you would witness during your trip to Gangotri are either the bike riders or trekking enthusiasts.

Every year, thousands of trekking lovers plan a trip to Gangotri to experience the ecstasy of the Gangotri to Gaumukh trek. Seeing the ever-increasing numbers of tourists visiting Gangotri, the tourism in Gangotri is booming with leaps and bounds.

Not just the trekking venue but Gangotri has much more to offer to its visitors. So, if you are considering Gangotri for your next adventurous cum religious trip, let us share with you the detailed overview of what all Gangotri has to offer you.

### **What is Gangotri all about?**

Let us start with a brief introduction of Gangotri to make you more familiar with what Gangotri is all about. Gangotri is commonly known as the origin point of River Ganga and is located in the Uttarkashi district of the Uttarakhand State. It is one of the greatest Hindu pilgrimages, which is situated on the banks of the River Bhagirathi at an altitude of 3100 metres.

Now, let us cast a brief look at the Gangotri and its connection with mythology.

### **Gangotri and the Hindu Mythological Connection**

As per the Hindu mythology, the River Ganga was stem from the locks of the Lord Shiva's hair. Since Gangotri is a pilgrimage town, many mythological

stories are associated with it. Out of all those stories, let us share with you the most prominent one here. The River Ganga derives from the Gangotri Glacier, and its origin is known as the Gaumukh. Gaumukh is located somewhere around 19 kilometres from Gangotri. The path to Gaumukh is too steep and rigid that you can reach there by foot only.

Gaumukh, translate as the Mouth of a Cow, is the terminal point of the Gangotri Glacier and is the spot from where the River Bhagirathi commences. If you look at the pictures of Gaumukh, you will observe that Gaumukh seems like a massive hole in the glacier.

### **The Story of River Ganga and King Sagara**

There are tons of stories about the godliness and divinity of the River Ganga. Out of which, there is a most renowned story that we must share with you. According to Hindu Mythology, there once lived a king named Sagara. He had 60, 000 sons and wanted to become the most powerful man of the Universe. One day, he decided to perform an Ashwamedha Yajna, which would help him accomplish his goal. As per the Ashwamedha Yajna, he would require to slay not only his beloved horse but also all his 60, 000 sons.

However, when Lord Indra became acquainted with the King's plan, he got insecure about losing his throne. As a result, Lord Indra decided to interrupt the Ashwamedha Yajna to secure his throne.

Lord Indra knew that the Ashwamedha Yajna could not succeed without the slaying of the horse. Consequently, he stole King Sagara's horse and hid it in the Ashram of the Sage Kapila. When King Sagara realised that his horse is missing, he asked all of his 60, 000 sons to find it. All of his 60, 000 sons took the charge and started their hunt.

At last, they found the horse in the Ashram of the Sage Kapila and thought the Sage had stolen it. Considering him guilty, King Sagara's sons interrupted the meditation of Sage Kapila who then furiously opened his eyes in anger and turned all the 60, 000 sons of the King Sagara into ashes.

Sage Kapila, to make it worse, put on a curse on the souls of his dead sons that their souls would only find salvation after their ashes would be washed away by the holy water of the heavenly River Ganga. Today, it is believed that the reason for the massive hole in the glacier revolves around this story.

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## SolutionBuggy: Small step for achieving a big vision



Mr. Arjun N  
Founder & CEO

In 2008 when Bangalore was shining in IT glory, Arjun N, a young entrepreneur from Bangalore, took up the challenge to tread a different path. Unlike his friends, who decided to pursue career in booming software industry. He developed a product with a top tier technical institute in India and started his own manufacturing industry in 2014 and covered all kind of manufacturing industries across India interacting with multiple stake holders, Arjun realized the dearth of skill sets predominantly in MSME. This is where the Idea of Solution-Buggy emanated in his mind in 2016

"In the age of online businesses, apps & platforms, SolutionBuggy has been able to create a niche for itself by targeting MSME sector, that has been often neglected in the past. The priority now is to accelerate and benefit the sector by exerting geographically"

Today after 2 years of successfully running this start up the passion seems to be accentuated with time. He spent next 1 year in defining the concept, process and plan. The online platform today brags to be connecting 50,000+ manufacturing industries with 6000+ expert consultants in India



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Mr. Guruprasad Bangle  
Director - Operations



With 14 years experience in IT/Project Management + entrepreneurship Guruprasad Bangle (IIM B alumnus) has strengthened the management and operations in SolutionBuggy- he says " My ultimate focus for this platform has always been the most supportive back end and for the satisfaction of our users"



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## Is it Worth to Visit Gangotri?

Now comes the question if Gangotri worth your time and money. Well, you would need to figure out the answer to this question based on the things we share with you and tell you how it is like to be visiting Gangotri. As you know, Gangotri is among the major Hindu pilgrimages in India, and hence, for the religious people, it is obviously worth visiting. There are several temples and holy places to visit in Gangotri, and it is a heaven for those having religious sentiments. Besides, if you are an adventurous kind of a tourist who is looking for exploring Gangotri and the places around for adventure, you will have plenty of things to enjoy.

Starting with, there is the Gangotri to Gaumukh trek for the lovers of trekking and hiking. You will also have the option to halt at Rishikesh for revelling in the river rafting, bungee jumping, and camping at the banks of the River Ganga etc. Other than that, if you looking for the moments of peace and tranquillity and be surrounded by nature, Gangotri is an ideal place for you.

Owing to a popular pilgrimage, you will certainly find lots of tourists and devotees in Gangotri, however, the number of tourists are way lesser than the average tourists in other popular places like Shimla and Manali etc. Even after being quite popular and renowned place, Gangotri is still considered as the offbeat tourist destination, which, according to us, is a blessing for Gangotri.

## How is the Weather in Gangotri?

You will find pleasant weather in Gangotri throughout the year, thanks to the altitude at which Gangotri is located. Even in summers, you will find the weather in Gangotri quite similar to what we often experience in the plain areas around North India. To be exact, the temperature in Gangotri does not cross 20°C even in summers.

In winters, you may definitely expect extreme cold weather and snowfall, especially in the months of December, January and February. You may experience the temperature in Gangotri drops down to below zero in the nights of the winters. The monsoon season, however, is not very pleasant in Gangotri, as the weather can turn thrilling. Gangotri observes extreme rains in monsoon season, and it often causes landslides and floods.



## What is the Best Time to Visit Gangotri?

The best time to visit Gangotri is from April to June when the weather is pleasurable, the atmosphere is satisfying, and the sky is brighter and shinier. Another reason why it is the best time to visit Gangotri is that the gates of the temples are open during the summers.

By the end of June and starting of July, the monsoon arrives, and it starts raining heavily. Avoid visiting Gangotri in these two months as you might end up completing your trip to Gangotri in your hotel rooms only. After these two months of bad weather, you will again find the best month to visit Gangotri, September that is.

After the end of monsoon, you will find greenery and eye-soothing beauty everywhere in Gangotri. By October, the greenery turns into golden surroundings in the arrival of the autumn. Furthermore, if winters give you delights and pleasures, November to March are your months to take a tour of Gangotri.

## Some of the Essential Items that You Should Not Miss on Your Trip to Gangotri

Along with the things for your personal use, there are certain other things that you must not forget to carry while packing your bags for a trip to Gangotri.

Some of those essential items you must carry along include electronic devices, earphones/ headphones, chargers and power banks that you use, cosy pyjamas, trousers and trekking shoes for hiking, gloves and warm caps, first aid kit, sunscreen lotions and winter creams, sunglasses, thermals, and raincoat etc.

Other than that, you must carry some hard cash along with your ATM cards, as you might face trouble either finding the ATM machines or dispensing cash.

## Other Incredible Places to Visit in Gangotri

Some of the Tourist Places in and around Gangotri include Gangotri Temple, Gangotri Glacier, Gaumukh, Bhagirathi, Dharali, Bhairo Ghati, Gauri Kund, Gangnani, Kedartal, Tapovan, Pandava Gufa and Vishwanath Temple etc. So, plan a trip to the heavenly bliss on earth, Gangotri soon!



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# How to Cook Delicious and Authentic Sarso ka Saag and Makki ki Roti at Home?

- Kanika Sardwal

**Excerpts:** If you love Sarso ka Saag and Makki ki Roti like many of us but do not know how to cook it at home, check out this simple recipe to prepare it at home!

Punjabis are known across the world for their jolly nature, kindness and food, of course. And, when you think about Punjabi food, you just cannot skip Sarson ka Saag and Makki ki Roti out of the picture. Even the people who are not familiar with popular Punjabi dishes know about this delicious duo of Sarson ka Saag and Makki ki Roti.

The popularity of this classic Punjabi dish can be measured by the fact that in not only Punjab but Sarson ka Saag and Makki ki Roti is cooked all across North India, especially in the winter season. For people who are either food lovers or fond of Punjabi food, Sarson ka Saag and Makki ki Roti is not just a random dish, it is a soul satisfying food. Since winters are there and the dish is majorly cooked in wintertime, we thought to provide you with the delicious recipe that the people of Punjab (the actual village) use to make this delightful dish.

Let us first take a look at the authentic ingredients of Sarson ka Saag and Makki ki Roti that we are going to use to make the dish. Remember, you must use authentic spices and herbs to make Sarson ka Saag and Makki ki Roti. Otherwise, the authenticity of the taste and aroma might not be the same as you get from the genuine Sarson ka Saag and Makki ki Roti.

### **Sarson ka Saag and Makki ki Roti Ingredients**

- 600 grams of Sarson Saag, known as Mustard Green in English
- 200 grams of Bathua Saag, known as Chenopodium Album in English
- 200 grams of Palak, known as Spinach in English



- ¼ teaspoon of asafoetida for tempering (yes, now you can tell Rani from the movie Queen, what do we call Heeng in English)
- 1 tablespoon of Coriander Powder



are sure about that), Sarson ka Saag and Makki ki Roti.

## Sarson ka Saag and Makki ki Roti Authentic Recipe

### Start with the Green Leafy Veggies First

No matter which dish you are cooking, if you are including the green leafy vegetables, the first and foremost step would always be washing and cleaning them properly. The reason being is that the green leafy vegetables are grown in the ground soil, and hence, they are always muddy. After washing and cleaning the green veggies, chop them all into small pieces.



- 1 tablespoon of Garam Masala (Authentic Mixed Spices)
- 1 tablespoon of Red Chilli Powder
- 1 teaspoon of Mustard seeds
- 2 Green Chilies
- A Small Slice Ginger (approximately 2 inches)
- 2 teaspoons of Mustard Oil
- 2 whole Dry Red Chilli
- 3 to 4 Medium Sized Onions
- 4 to 5 Chopped Garlic Slices
- 5 to 6 Garlic Pods
- Salt as per your taste, of course
- Makki ka Atta, known as Maize Flour in English

We are assuming that you are familiar with each and every ingredient that we just mentioned above and must have figured out what all spices, herbs and other ingredients you already have in your kitchen and from where to buy the ones you do not have at your home. So, let us start cooking everyone's favourite (yes, we



## Now Come the Onions, Ginger and Garlic

After chopping green leafy vegetables, chop onions, garlic and ginger as well. You may use either your kitchen knife or food processor to get the job done.

### Mixing Them All

Once you are done with the chopping, take a large pan, which is deeper enough to fill in all the chopped green leafy vegetables along with chopped onions, garlic and ginger. Mix them all properly; add boiling water and some salt as you per your taste.

### Adding Dried Spices and Herbs

After all the greenies start boiling, it is time to add all the spices that we have mentioned above, except the asafoetida. Mix all the spices and herbs that you have put in the pan, then cover the pan with a lid and let it cook slowly. Do not forget to keep the flame at medium low.

### Prepare the Maize Flour Dough

While the greenies (Saag) are cooking on a medium low flame, prepare the maize flour dough. You should add some salt as per your taste, keeping in mind that you have put some salt in the Saag already.

### Keep Mashing and Mixing Greenies

Keep mashing and mixing greenies with masher or churner every now and then. After letting it cook for 30 minutes or so, add 3 to 4 tablespoons of maize flour and mash it properly to avoid the lumps of the maize flour.

You should bear in mind that the Saag would take 50 to 60 minutes to cook on the medium low flame. Therefore, you must keep on mashing it at regular intervals.

### Time to Temper the Saag

After the green veggies are cooked properly for about an hour, it is the time for aromatic tempering. Take another pan and add mustard oil in the pan. Once the oil heats up, add 2 dried red chillies, 1 teaspoon of mustard seeds, chopped garlic and asafoetida. After

mixing it well, add cooked Saag in it and let it all cook for 5 more minutes.

### Prepare Makki ki Roti Now

Once the Sarson ka Saag is cooked, it is the right time to prepare Makki ki Roti. For making delicious Makki ki Roti, you must have an iron griddle (Tava). Place it on gas and let it get hot enough to make Chapati. Take a rolling board and rolling pin, popularly known in Indian kitchens as Chakla-Belan, and prepare Chapatis using the maize dough.

Though you may make Chapatis based on your preference, however, the standard size of the Makki ki Roti is around ½ to 1 cm thick and 3 to 4 inches in width.

After shaping it on the rolling board – as per your preference – place it on the hot griddle and let it cook for a few seconds. If necessary, add a little clarified butter, also known as Ghee, on the griddle so that the dough does not stick on the griddle.

Turn it over when you start seeing dark spots on the heated side and flip it again until you are satisfied. Now comes the authentic Punjabi way to make it more delicious. Hold the Roti with tongs and put it on the direct heat of the gas for a few seconds. Once you start seeing brown spots on both the sides, put it again on the griddle and spread clarified butter on both sides of the Makki ki Roti.

Once cooked, serve hot and delicious Sarso ka Saag; add toppings of white butter as per your taste on both Sarson ka Saag and Makki ki Roti. Enjoy the delight with your loved ones at home.

PS: You must remember that the Sarso ka Saag is cooked on a medium low flame and takes time to prepare. Therefore, you must be extremely patient while cooking Sarso ka Saag.



WHICH  
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IS LUCKY  
FOR YOUR  
ZODIAC SIGN?

- NITIN RAO



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**Excerpt:** Wear your lucky gemstone and experience their magical effects on your life. Check out which gemstones suit your zodiac sign and how you should wear them?

Every one of us, secretly, wait for some magic to happen that changes our lives for better. Some of us work hard and long hours for that magic to happen, whereas others find different ways to make the things right in their lives. There are millions of people living in India, and a large proportion of them believe in astrology, Sun Signs, Gemstones and their magical effects on our lives.

Lots of people love the gemstones for their miraculous effects on human lives other than their sheer beauty, of course. So, if you believe in astrology or are willing to give it a try to see if it actually affects your life in a positive way, you must know which gemstone is perfect for your zodiac sign. Therefore, here in this article, we will take a deep look at the recommended gemstones based on zodiac signs and their impacts.

## **Aquarius and its Lucky Gemstone**

The planet Saturn owns the Sun Sign Aquarius. People having Aquarius are Sun Sign often silent. They believe in hard work and religion. The most suitable gemstone for people with Aquarius Sun Sign is Blue Sapphire. Substitute stones for Aquarius include Amethyst, Black Agate, Lapis and Black Star.

## **Things You Should Know About Blue Sapphire**

Blue Sapphire is quite a valuable stone. It comes with Purple, Dark Blue, Sky blue and Light Blue colours. The planet Saturn rules Blue Sapphire. The chemical composition of the Blue Sapphire is Cobalt, Aluminium and Oxygen. The Blue Sapphire Stones must have the web structure or dark spots inside; otherwise, they might not be genuine.

## **How Should You Wear Blue Sapphire?**

You should wear Blue Sapphire in either silver, gold or iron. You must keep Blue Sapphire in a copper utensil and add sugar, Gangajal (Holy Water) and fresh milk before wearing it. It must be worn on either Friday or Saturday morning.



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### What are the Positive Effects of the Blue Sapphire?

Blue Sapphire is believed to suppress the faults and misdeeds that are related to the planet Saturn. Blue Sapphire works really fast, and it can either have positive or negative effects.

Therefore, you must be very cautious while wearing it. However, you may wear Amethyst before wearing a Blue Sapphire. If you feel Amethyst is working



positively for you, you can surely wear Blue Sapphire then. Blue Sapphire is believed to bring good fortune, health, wealth, peace, glory and happiness. It is good for people having their own business. Blue Sapphire is believed to change the luck of the people having Aquarius and Aquarius Sun Sign. Blue Sapphire is great at overpowering bad luck and brings good fortune rapidly.

### Aries and its Lucky Gemstone

The planet Mars owns the Sun Sign Aries. People having Aries Sun Sign are confident, courageous, affable and possess good decision-making ability. They are often not very keen on religious and social things. The most suitable gemstone for people with Aries Sun Sign is Coral. Substitute stones for Aries include Red Agate and Red Onyx.



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## Things You Should Know About Coral Stone

Coral Stone is found in the sea and not in mines. The planet Mars rules Coral Stone, and it might possess White, Red or Crimson Red colours. The chemical composition of the Coral Stone is Calcium Carbonate.

### How Should You Wear Coral Stone?

You should wear Coral Stone in either gold or copper. You must wear Coral Stone in the third finger of your right hand on Tuesday after washing it with Gangajal (Holy Water) and fresh milk.

### What are the Positive Effects of the Coral Stone?

Coral Stone is believed to suppress the faults and misdeeds that are related to the planet Mars. Coral Stones also help clean and circulate the blood in the body. Coral Stone is ideal for the people who believe they have many enemies and want to overcome the fear of getting defeated by them. Coral Stone is

believed to change the luck of the people having Aries and Scorpio Sun Sign. Coral Stone is also known for providing general health benefits and is believed for achieving success in business and jobs.

### Cancer and its Lucky Gemstone

The planet Moon owns the Sun Sign Cancer. People having Cancer Sun Sign are very emotional, artistic, creative, possess a brilliant mind, and always walk towards success. The most suitable gemstone for people with Cancer Sun Sign is Pearl. Substitute stones for Cancer include Milky Agate, Moon Stone and White Coral.

### Things You Should Know About Pearl

Pearl is found in the mollusc sea or the shell of the



snails. The planet Moon rules Pearl, and it might possess White, Black, Blue and Pink colours.

## How Should You Wear Pearl?

You should wear Pearl in silver. You must wear Pearl before 10 am on Monday after washing it with Gangajal (Holy Water) and fresh milk.

## What are the Positive Effects of the Pearl?

Pearl is believed to suppress the faults and misdeeds that are related to the planet Moon. Pearl is believed to eliminate the negativity from within and improve the decision-making ability of the people wearing it.

Pearl also calms the mood swings and helps create positive vibes. Pearls are known to detox the human body and are good for digestion and heart problems.

## Capricorn and its Lucky Gemstone

The planet Saturn owns the Sun Sign Capricorn. People having Capricorn Sun Sign are fearless and possess very clear thoughts. They believe in dreaming and chasing their dreams. The most suitable gemstone for people with Capricorn Sun Sign is Blue Sapphire. Substitute stones for Capricorn include Amethyst, Black Agate, Lapis and Black Star.

## Things You Should Know About Blue Sapphire

Blue Sapphire is quite a valuable stone, and it possesses Sky blue, Dark Blue, Light Blue and Purple colours. The planet Saturn rules Blue Sapphire. The chemical composition of the Blue Sapphire is Aluminium, Cobalt and Oxygen. If the Blue Sapphire Stones do not have the web structure or dark spots inside, they are probably fake.

## How Should You Wear Blue Sapphire?

You should wear Blue Sapphire in either silver, gold or iron. You must keep Blue Sapphire in a copper utensil and add sugar, Gangajal (Holy Water) and fresh milk before wearing it. It must be worn on either Friday or Saturday morning.

## What are the Positive Effects of the Blue Sapphire?

Blue Sapphire is believed to suppress the faults and misdeeds that are related to the planet Saturn. Blue Sapphire shows its effects quickly. However, the only catch is that the results can either be positive or negative. Therefore, it is advisable to wear Amethyst before wearing Blue Sapphire.

If the outcomes for Amethyst are positive, you can wear Blue Sapphire without any fear. Blue Sapphire is believed to bring health, wealth, happiness, peace and fame. It is good for people having their own business. Blue Sapphire is believed to change the luck of the people having Capricorn and Aquarius Sun Sign. Blue Sapphire is great at overpowering bad luck and brings good fortune rapidly.

## Gemini and its Lucky Gemstone

The planet Mercury owns the Sun Sign Gemini. People having Gemini Sun Sign are intelligent, courageous, fun-loving and possess perfection in everything they do. They are often fascinated by the opposite sex. The most suitable gemstone for people with Gemini Sun Sign is Emerald. Substitute stones for Gemini include Green Agate, Green onyx, Green Jade, Peridot and Turquoise.

## Things You Should Know About Emerald Stone

Emerald is also known as the dry stone. The planet Mercury rules Emerald Stone, and it possesses a green colour. The chemical composition of the Emerald Stone is Potassium, Sodium, and Liliun. If Emerald does not have the web structure, it not a genuine Emerald.

## How Should You Wear Emerald Stone?

You should wear Emerald Stone in either silver, gold or platinum. You must wear Emerald Stone before 11 am on Wednesday after washing it with Gangajal (Holy Water) and fresh milk.

## What are the Positive Effects of the Emerald Stone?

Emerald Stone is believed to suppress the faults and

misdeeds that are related to the planet Mercury. Emerald is beneficial for having a prosperous married life and is believed to provide fertility to childless couples. It is also good for attracting wealth, improving eyesight and memory.

Emerald Stone is believed to change the luck of the people having Gemini and Virgo Sun Sign. Emerald Stone is believed to boost the confidence level and is good for people with the stammering problem.

## **Leo and its Lucky Gemstone**

The planet Sun owns the Sun Sign Leo. People having Leo Sun Sign are quite stubborn and are often furious. However, they are good at heart. The most suitable gemstone for people with Leo Sun Sign is Ruby. Substitute stones for Leo include Garnet and Ratva Agate.

## **Things You Should Know About Ruby**

The planet Sun rules Ruby, and it is found in the rocks of Granite. Ruby is among the most expensive stones. It possesses rose colour, dark red colour and lotus colour. The chemical composition of the Ruby is Aluminium oxide.

## **How Should You Wear Ruby?**

You should wear Ruby in either silver or gold. You must wear Emerald Stone before 10 am on Sunday after washing it with Gangajal (Holy Water) and fresh milk.

## **What are the Positive Effects of the Ruby?**

Ruby is believed to suppress the faults and misdeeds that are related to the planet Sun. Ruby helps control the anger, fear and tensions of the person wearing it and is known for eliminating negativity from life. Ruby also increases wealth and helps calm the mind of the people.

## **Libra and its Lucky Gemstone**

The planet Venus owns the Sun Sign Libra. People having Libra Sun Sign are quite disciplined and amiable. They possess the problem-solving aptitude and are often very generous.

The most suitable gemstone for people with Libra Sun Sign is Diamond. Substitute stones for Libra include White Agate, Opal and Crystal.

## **Things You Should Know About Diamond**

The planet Venus rules Diamond and it is found in coal mines. Diamond possesses a white colour and is quite shinier. The chemical composition of the Diamond is Carbon.

## **How Should You Wear Diamond?**

You should wear Diamond in either silver or gold. You must wear Diamond in the third finger on Friday after washing it with Gangajal (Holy Water) and fresh milk.

## **What are the Positive Effects of the Diamond?**

Diamond is believed to suppress the faults and misdeeds that are related to the planet Venus. Diamonds are known for eliminating the mental and physical barriers of the people. It brings a smile on the faces of the people wearing it. Diamond helps improve the financial status of the people. Diamond is believed to change the luck of the people having Libra and Taurus Sun Sign. It also helps in removing sexual and weaknesses.

## **Pisces and its Lucky Gemstone**

The planet Jupiter owns the Sun Sign Pisces. People having Pisces Sun Sign are very patience, generous, hardworking, religious and good in nature. They are good decision makers and possess a good family life. The most suitable gemstone for people with Pisces Sun Sign is Yellow Sapphire. Substitute stones for Pisces include Yellow Agate and Golden Topaz.

## **Things You Should Know About Yellow Sapphire**

Yellow Sapphire is quite a valuable stone. It is transparent and heavy.

The planet Jupiter rules Yellow Sapphire. Yellow Sapphire comes in a Light Yellow colour. The chemical composition of the Yellow Sapphire is Hydronium, Chlorine and Aluminium. If the Yellow Sapphire



Stones do not have the web structure or dark spots inside, they are probably fake. Yellow Sapphire Stones are heavy and transparent.

## **How Should You Wear Yellow Sapphire?**

You should wear Yellow Sapphire in either silver, gold or copper. You must wear Yellow Sapphire before sunrise on Thursday after washing it with Gangajal (Holy Water) and fresh milk.

## **What are the Positive Effects of the Yellow Sapphire?**

Yellow Sapphire is believed to suppress the faults and misdeeds that are related to the planet Jupiter. Yellow Sapphire is good for skin problems and other health issues. It is believed to bring mental peace, glory and success in business. Yellow Sapphire is also believed to be beneficial in problems between couples. People who are having unnecessary delays in their marriages should wear Yellow Sapphire.

## **Sagittarius and its Lucky Gemstone**

The planet Jupiter owns the Sun Sign Sagittarius. People having Sagittarius Sun Sign are generous and kind in nature. They are often very religious and possess good thoughts. The most suitable gemstone for people with Sagittarius Sun Sign is Yellow Sapphire. The substitute stone for Sagittarius is Golden Topaz.

## **Things You Should Know About Yellow Sapphire**

Yellow Sapphire is quite a valuable stone, and it possesses a Light Yellow colour. The planet Jupiter rules Yellow Sapphire. The chemical composition of the Yellow Sapphire is Chlorine Aluminium and Hydronium. If the Yellow Sapphire Stones do not have the web structure or dark spots inside, they are probably fake. Yellow Sapphire Stones are heavy and transparent.

## **How Should You Wear Yellow Sapphire?**

You should wear Yellow Sapphire in either silver, gold or copper. You must wear Yellow Sapphire before sunrise on Thursday after washing it with Gangajal

(Holy Water) and fresh milk.

## **What are the Positive Effects of the Yellow Sapphire?**

Yellow Sapphire is believed to suppress the faults and misdeeds that are related to the planet Jupiter. Yellow Sapphire is good for health, skin issues, fame, and memory. It is good for people having their own business. Yellow Sapphire is believed to be beneficial in problems between couples. People who are having unnecessary delays in their marriages should wear Yellow Sapphire.

## **Scorpio and its Lucky Gemstone**

The planet Mars owns the Sun Sign Scorpio. People having Scorpio Sun Sign are good at making decisions, confident and daring. They are friendly in nature and trust others easily. The most suitable gemstone for people with Scorpio Sun Sign is Coral. Substitute stones for Scorpio include Red Onyx and Red Agate.

## **Things You Should Know About Coral Stone**

Coral Stone is found in the sea. The planet Mars rules Coral Stone, and it might possess White, Red or Crimson Red colours. The chemical composition of the Coral Stone is Calcium Carbonate.

## **How Should You Wear Coral Stone?**

You should wear Coral Stone in either gold or copper. You must wear Coral Stone in the third finger of your right hand on Tuesday after washing it with Gangajal (Holy Water) and fresh milk.

## **What are the Positive Effects of the Coral Stone?**

Coral Stone is believed to suppress the faults and misdeeds that are related to the planet Mars. Coral Stones clean and increase the blood circulation of the person wearing it. Coral Stone is good for people with a large number of enemies. It boosts the confidence level and helps overpower fear. Coral Stone is believed to change the luck of the people having Scorpio and Aries Sun Sign. Coral Stone is also known for providing general health benefits and is believed for achieving success in business and jobs.

## Taurus and its Lucky Gemstone

The planet Venus owns the Sun Sign Taurus. People having Taurus Sun Sign possess good behaviour, artistic mind and start working on things after a great research and brainstorming. The most suitable gemstone for people with Taurus Sun Sign is Diamond. Substitute stones for Taurus include Crystal, Opal and White Agate.

### Things You Should Know About Diamond

Diamond is found in coal mines. The planet Venus rules Diamond, and it is of white colour and is quite shinier. The chemical composition of the Diamond is Carbon.

### How Should You Wear Diamond?

You should wear Diamond in either silver or gold. You must wear Diamond in the third finger on Friday after washing it with Gangajal (Holy Water) and fresh milk.

### What are the Positive Effects of the Diamond?

Diamond is believed to suppress the faults and misdeeds that are related to the planet Venus. Diamond always brings a smile on the faces of the people wearing it. It is believed to enhance the financial status and also helps in removing the mental and physical obstacles. Diamond is believed to change the luck of the people having Taurus and Libra Sun Sign. Diamond also works to overcome heart and sexual fragility. Additionally, it is good to overpower fears.

## Virgo and its Lucky Gemstone

The planet Mercury owns the Sun Sign Virgo. People having Virgo Sun Sign are generally good communicators, hardworking, educated, intelligent, and great leaders. The most suitable gemstone for people with Virgo Sun Sign is Emerald. Substitute stones for Virgo include Green Jade, Green Agate, Green Onyx and Turquoise.

### Things You Should Know About Emerald Stone



Known as the dry stone, Emerald is mostly found in India, Pakistan and Brazil. The planet Mercury rules Emerald Stone. Emerald Stones are green coloured. The chemical composition of the Emerald Stone is Liliun, Potassium and Sodium. If Emerald does not have the web structure, it is not a genuine Emerald.

### How Should You Wear Emerald Stone?

You should wear Emerald Stone in either silver, gold or platinum. You must wear Emerald Stone before 11 am on Wednesday after washing it with Gangajal (Holy Water) and fresh milk.

### What are the Positive Effects of the Emerald Stone?

Emerald Stone is believed to suppress the faults and misdeeds that are related to the planet Mercury. It is good for having a prosperous married life and is believed to provide fertility to childless couples. The Emerald Stone attracts wealth, improves the eyesight and memory of the people wearing it. Emerald Stone is believed to change the luck of the people having Virgo and Gemini Sun Sign. Emerald Stone helps boost the confidence level and is good for people with the stammering problem.

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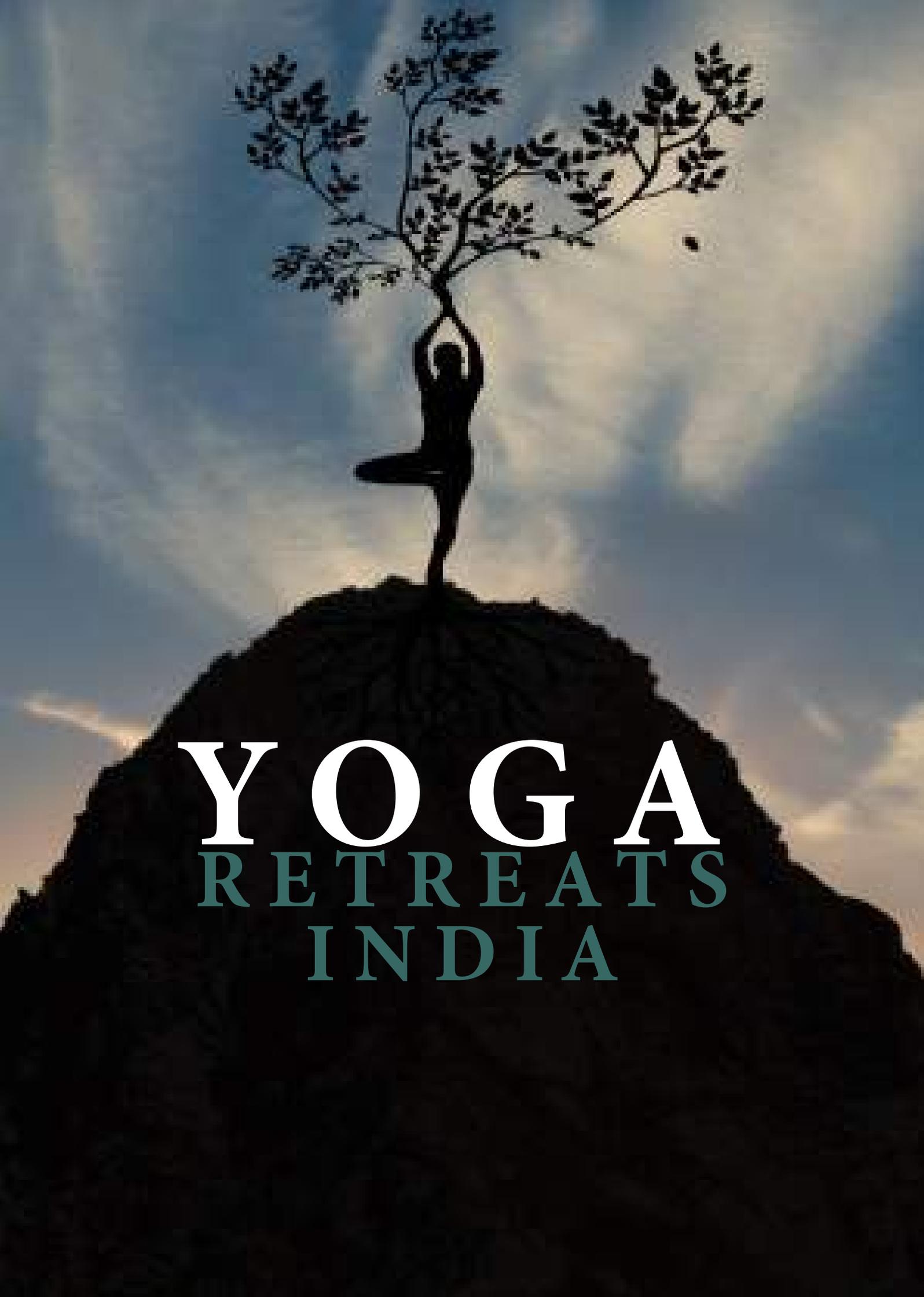
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India's sun-kissed coastlines, peace pervaded slope stations and blustery riversides offer a large group of nutritious nourishment, spas, yoga, detox treatments, Ayurveda, naturopathy, Vedanta and reflection systems, recovered and curated from the most antiquated of sciences and expressions. With endless approaches to keep both the mind and body adjusted, quiet and in flawless wellbeing, the nation is the ideal stopover to occasion at a milder pace.

It's all in the psyche, and pondered the body... Lets check out some of the popular destinations for Yoga which are a major tourist attraction as well.

### Rishikesh- The Yoga Capital

Settled in the Himalayan lower regions, Rishikesh is one of the most hallowed urban communities in northern India. Situated in the territory of Uttarakhand, Rishikesh is the center point of sages, yoga professionals and pioneers, who crowd the Ghats and sanctuaries. Lately, it has additionally become a middle purpose of experience sports, offering exercises like wilderness boating, bungee



hopping, paddling and others. Searching for harmony and motivation for their music, Rishikesh has been a most loved goal for soul-chasing. Regularly called the yoga capital of the world, the serene forested inclines on the city's edges are spotted with ashrams yoga foundations and lavish spa resorts. Rishikesh is likewise noted for Ayurveda, and is home to a few organizations offering training in the equivalent. It is likewise known for its yoga schools, some of which are profoundly regarded.

### Kumarakom- Backwater Space

Spread along the shores of the pleasant Vembanad Lake, the biggest in Kerala, Kumarakom is noted for its quiet backwaters. Cruising in houseboats along the lake while taking in the awe-inspiring magnificence of the environment and engrossing the neighborhood culture of the curious villas

lying on the edges, is a remarkable encounter. Kumarakom is eminent for an eponymous fowl asylum, which is a famous spot to get sightings of endemic and transitory winged animals.

Some not-to-be-missed avian breeds one can spot here are woodpeckers, songbirds, flycatchers, parrots, blue-greens, Siberian cranes, owls, water duck, and waterfowls. An interesting method to visit the haven is on a pontoon that offers a more intensive take a gander at the winged animals rushing around the water body.

## **Bangalore- Work & Joy City**

A city obliging practically all the common luxuries of a metropolitan, a wonderful all year climate and a clamoring shopping and culinary scene, Bengaluru, the capital of Karnataka, is the ideal goal to blend work in with joy. When renowned as a perfect city for senior residents searching for a casual life after retirement, today its mainstreams as the data innovation center of India, drawing youthful technocrats from the nation over.

Rich green stops and all-around spread-out nurseries hobnob with craftsmanship exhibitions, bars and eateries, giving the city a special varied vitality. From a languid cantonment territory during the British time to an advanced cosmopolitan, Bengaluru has had an intriguing adventure. Bengaluru is a perfect arrival cushion for customers, who can enjoy both road shopping and top of the line retail purchases.

The legacy feature of the city are the Mysore sarees, which are made of premium quality silk and sandalwood ancient rarities, which can be utilized for home stylistic layout. It is a perfect area for sightseers burning of making a trip to the slope stations and waterfront towns in the southern locale of the nation.

## **Kochi- Paradisiacal Setting**

A lively blend of craftsmanship, culture, nourishment, jamborees and celebrations, Kochi, spread along a lovely estuary in Kerala, is an intriguing traveler goal. Built up around Fort Kochi, which is the social nerve of the city. The city remains saturated with its legacy, which is reflected in different Portuguese, Dutch and British posts, royal residences and cottages that are dispersed all through.



Kochi is a mixed blend of assorted societies, where you can test a touch of everything. Head to the thin back streets of Jew Town and watch the city race by you as you gradually begin to look all starry eyed at Jewish culture and load up on uncommon collectibles and lovely handiworks.

Unwind at the educated bistros as you dive into valid dishes, while taking a gander at the clamoring market underneath.

Avoided by the unblemished outskirts of Kerala, Kochi appreciates a paradisiacal setting, making it a pleasure for vacationers to investigate. Journey



along the quiet Vembanad Lake in Alappuzha or sail into the dusk as you respect the southern edges of the city.

You can likewise take a refueling break at the beautiful Willingdon and Vypeen islands, which are connected by scaffolds and ships to the city.

### Coimbatore- Nature's Lap

Perhaps the biggest city of Tamil Nadu, Coimbatore is a significant center for industry, materials, and fabricating, and is likewise the portal to a few other traveler goals in South India. In any case, there is much more to Coimbatore than simply that.

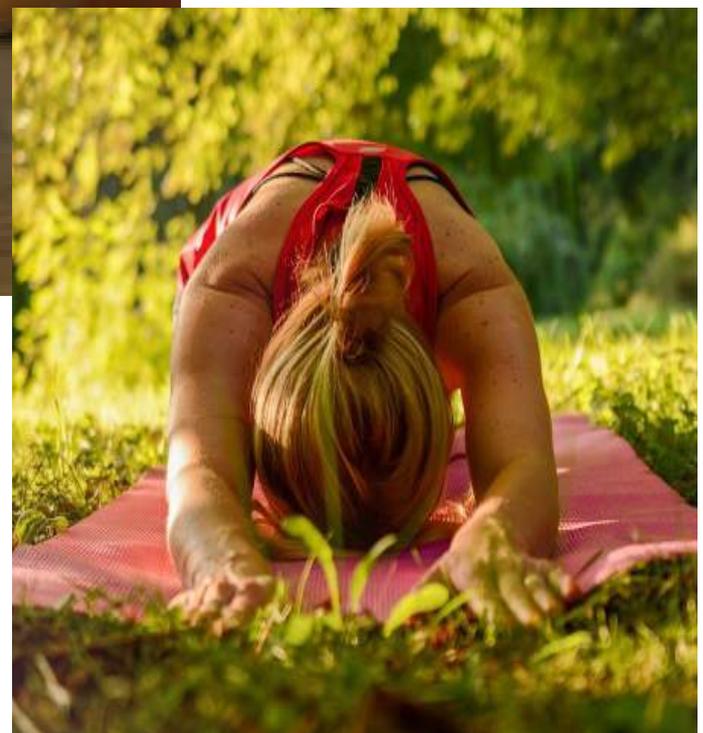
From antiquated sanctuaries to tasteful new structures, from amazing mountains to stunning cascades, from a mouth-watering food to charming climate throughout the entire year, Coimbatore has all that you might need to make for an ideal occasion understanding.

There are a few sanctuaries in and around Coimbatore, with a large portion of them being of significant recorded noteworthiness.

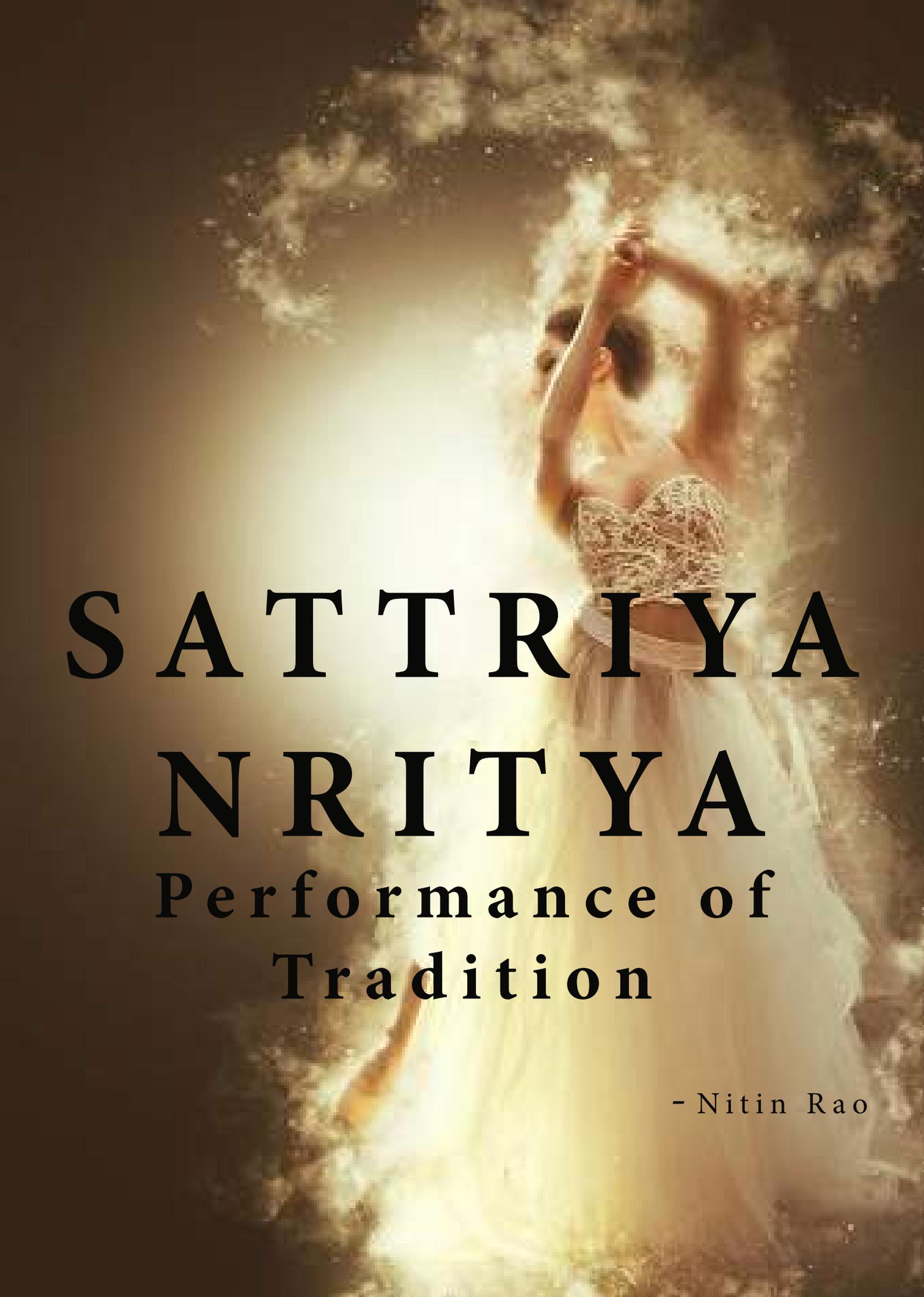
The multifaceted structural plans of these sanctuaries combined with the strict convictions

joined to them will entice you to visit them, and get a decent peep into the extravagant local culture of Coimbatore. Outdoors and trekking are well known activities in Coimbatore, so in case you're searching for a rush, remember to look at the most energizing trekking trails that the city brings to the table, for example, the Dhoni Hills, the Vellari Mala, the Perumal Peak, and the Thalaiyar Falls trek.

Coimbatore is home to a huge 112 feet tall statue of Lord Shiva, known as the Adiyogi Shiva Statue.



Included in the Guinness Book of World Records, this structural perfect work of art is an exceptionally famous place of interest in Coimbatore and stands as an image of self-change and inward harmony.



**S A T T R I Y A**  
**N R I T Y A**  
**Performance of**  
**Tradition**

- Nitin Rao

Dance forms have always been one of the ancient and popular foundation of communicating diverse enthusiastic vibes of human through non-verbal communication. The rich Indian legacy brought forth various old style move frames in India.

Of these the ones that depend on the otherworldly part of the Hindu folklore and are arranged with the songs of Vedic inception, the ragas, are commonly delegated the Classical Dances of India.

There are in excess of a couple of such moves however among those ten are eminent as the old style conventional Indian dances.

Sattriya is one of the celebrated Indian Classical Dance in the north-eastern region of the Indian sub mainland. The Sattriya Nritya is the first dance type of Assam. The dance form is basically a reverence to the Vasihnavya order of Hinduism and the plays are predominantly devoted to the lives of Lord Krishna and Goddess Radha or their historical symbols Lord Rama and Goddess Sita.

## Origin of Sattriya

It is believed that the beginning of theater workmanship in India was crafted by God Brahma, the maker, was approached to give humanity a fifth Veda, which, in contrast to the four prior Vedas in Sanskrit, would be effectively comprehended by everybody.

Brahma crafted the Natya Veda with the help of different divine beings and showed the mythic sage Bharatha who recorded his lessons in the Natya Sastra.

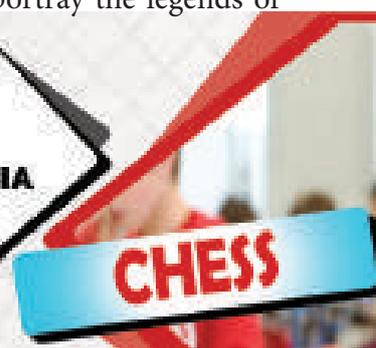
It turned into the essential discourse of every traditional dance form in India and is apparently the world's biggest and most far reaching workmanship manual. There are eight traditional dance forms in India based on the Natya Sastra.

Sattriya, was perceived by the Sangeet Natak Akademi as the eighth old style move structure just in the start of the 21st century despite the fact that it was performed only by male priests in the Vaishnavite communities known as Sattras for a long time. The priests or bhokots, as they were alluded, used to portray the legends of



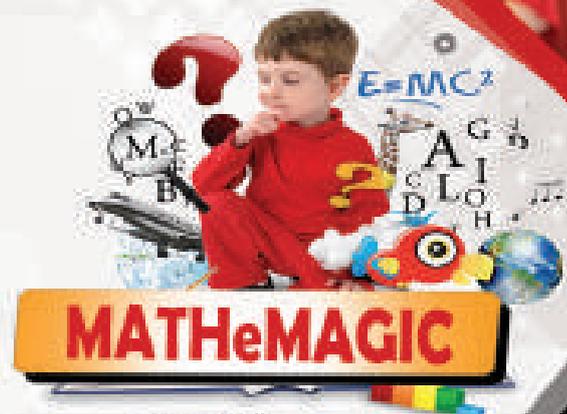
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Lord Krishna from the Bhagavatha Purana in a move dramatization group as a major aspect of their every day ceremonies.

### Music

Sattriya Nritya is joined by melodic creations called borgeets which depend on classical ragas. The instruments that go with a customary exhibition are khols (drums), taals (cymbals) and the flute. Different instruments like the violin and the harmonium have been late increases.

### Costume

The outfits are typically made of pat - Assam silk which is fetched from the mulberry plant - and woven with unpredictable nearby themes. There are two kinds of outfits - the male ensemble involving the dhoti and chadar and the female outfit containing the ghuri and chadar.

The abdomen fabric which is known as the kanchi or kingkini is worn by both the male and female artists. Traditional Assamese jewelry is adorned along with the costume.

### Dance Style

The Sattriya move can be characterized into two styles, specifically 'Paurashik Bhangi' for example Tandava or Masculine style and 'Stri Bhangi' for example Lashya or ladylike style. Six kinds of Anga (Limb), six sorts of Pratyanga, six kinds of Upanga (Lower appendage), nine unique kinds of Gatived (Movement), eight kinds of Dristived (Eye development), nine sorts of Shiraved (Head development), four sorts Gribaved (Neck development) are found in Sattriya move.



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