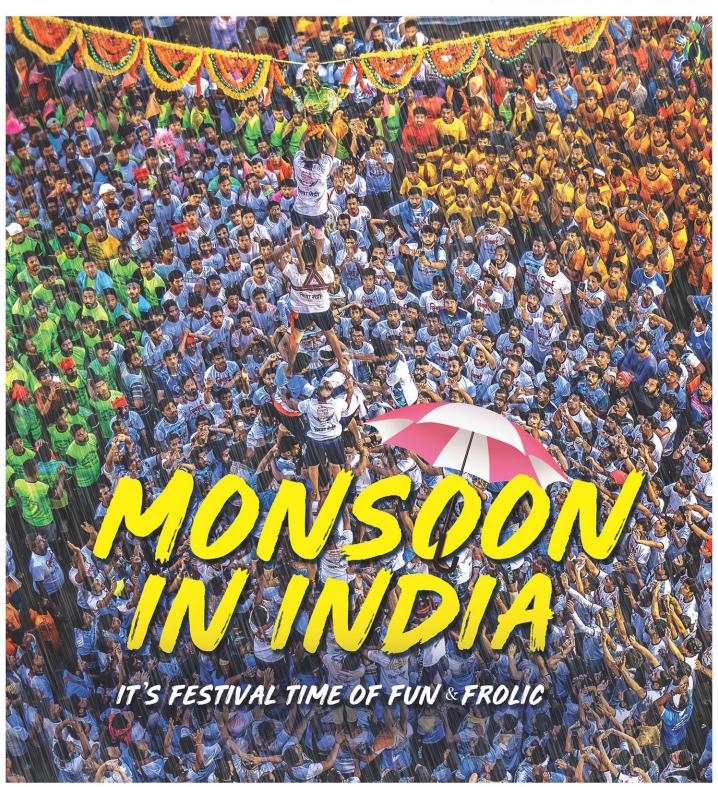
AUGUST 2024 | ₹ 200

tourism one

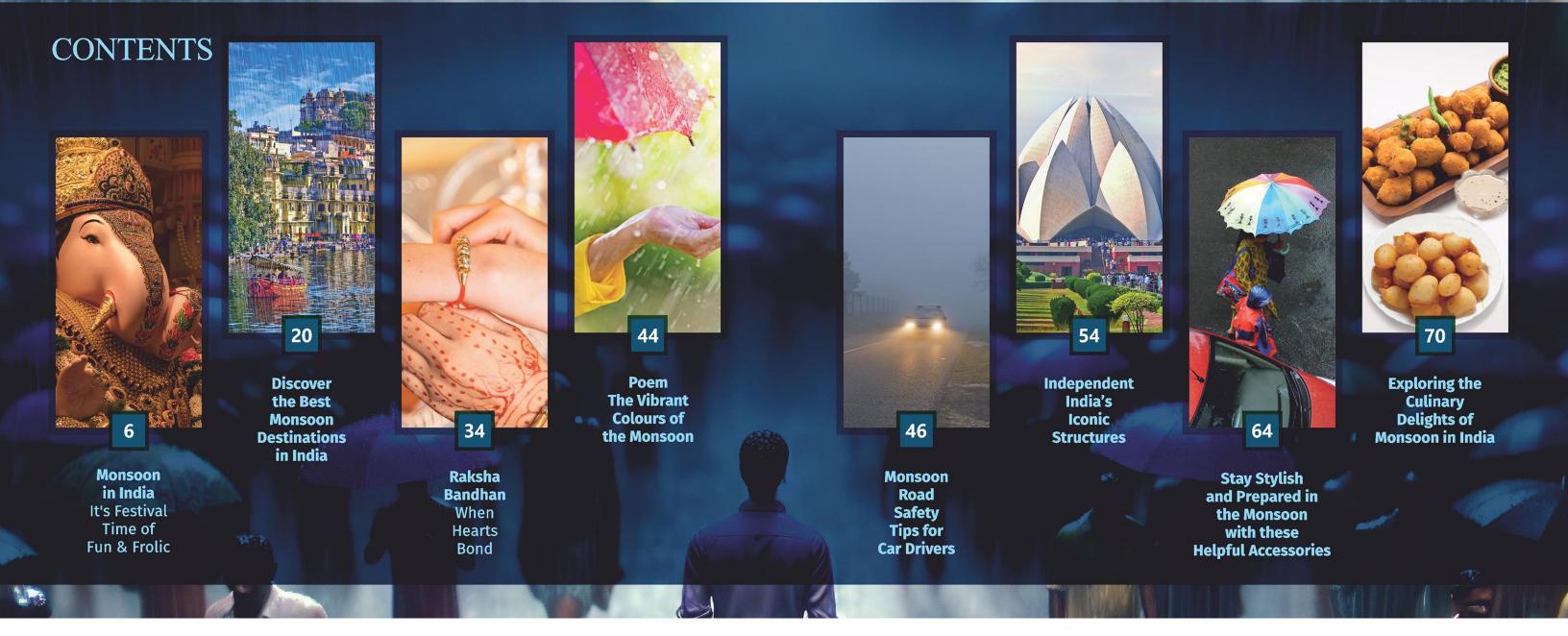
PRAVEG'S

A Trusted Friend for Travellers





COU I ISM ONE August 2024





Praveg Communications (India) Limited Westport 18th Floor, Sindhu Bhavan Road, Off S.P. Ring Road, Ahmedabad - 380059, Gujarat Contact No.: 78618 14696 e: tourismone@praveg.com www.dizcoverpraveg.com

Printed, Published by PARASKUMAR M. PATEL on Behalf of PRAVEG COMMUNICATIONS (INDIA) LIMITED and Printed LE GRIFFE OFFSET PVT.LTD 3, Lower Ground Floor, Popular House, Near Income Tax, Ashram Road, Ahmedabad and Published from Westport 18th Floor, Sindhu Bhavan Road, Off S.P. Ring Road, Ahmedabad - 380058, Gujarat Editor: PARASKUMAR M. PATEL

Editorial Team Jayesh Purohit **Umang Sharma**

Design Team Mahesh Patel Yagnesh Bhavsar Rakesh Bhavsar

Maunang Modi

DISCLAIMER: All information in Praveg's TOURISM ONE is derived from reliable sources. It is passed on to our readers without any responsibility on our part. All images are copyrighted by their respective owners unless otherwise stated. Opinions/views expressed by third parties are not necessarily shared by us. Material published in the magazine cannot be reproduced, whether in part(s) or whole, without prior permission.

Be a part of Praveg's Tourism One: Share with us some enthusiastic inputs like photographs, essays or anything related to tourism.

Have some suggestions for us? Go ahead and send us your ideas, valuable opinions or topics you would like to see more coverage on.
FOR SUBSCRIPTION QUERIES, CONTACT: tourismone@praveg.com

Download an e-copy of Tourism One from www.dizcoverpraveg.com



LEISURE PLEASURE BLEISURE

IN EQUAL **MEASURES**





14 + Resorts

750 + Rooms

Well-appointed Conference Halls

Multicuisine **Pure Veg Restaurants**

20k Spacious Wedding Lawn sq. m.

Swimming Pools















Regd. Office: Westport, 18th Floor, Sindhu Bhavan Road, Off S.P. Ring Road, Ahmedabad - 380058 Call: 9090899699 • (E) info@dizcoverpraveg.com

dizcoverpraveg.com































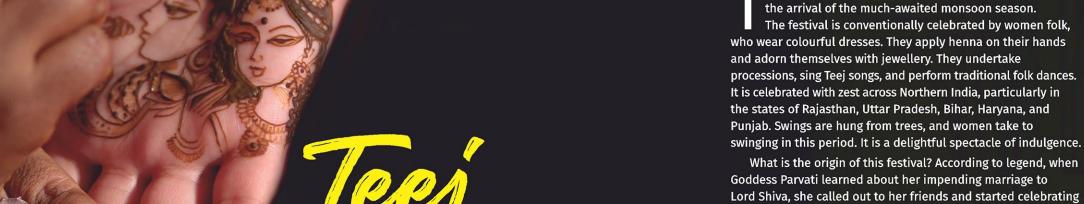
here was a collective gasp from the teeming, sweating people when the boy's leg slipped over the shoulder of one of the boys, forming the human pyramid. He was just a human length away from the Dahi Handi, strung high across the main road between the two rows of houses. But the lad's attention had not faltered. His eyes and mind were unwaveringly focused on the earthen pot that was tantalisingly just beyond his reach. With a stick in hand, he inched closer.

It was Janmashtami, the birthday of Lord Krishna.
The city of Mumbai had turned into a cauldron of activity, coming alive with a series of festivities. However, the pièce de résistance of the Janmashtami celebrations was the Dahi Handi event. Inspired by the legend of the toddler Krishna stealing butter, groups of young men and boys, known as Govindas, form a human pyramid to reach and break a pot

filled with Lord Krishna's favourite food item - curd and butter. The earthen pot is suspended at least 10 to 15 meters above the ground. As the lad stepped onto the shoulders of the last boy, he swung the stick back and struck hard on the earthen pot, spilling the contents onto the milling crowd below. The people erupted in raucous shouts of joy.

Cultural programs and plays depicting episodes from Krishna's life are organised in various parts of the city. In Mathura, the birthplace of Lord Krishna, the festivities are deeply rooted in tradition and devotion. Pilgrims from all over India and abroad head for this holy city. The city of Mathura is decorated with lights and flowers. Temples and homes are adorned with rangolis. The entire town has come together to celebrate the birthday of the God known for his compassion, tenderness, and love.

Compassion
Tenderness
Love



A Delightful Spectacle of Indulgence

Woman Applying Henna on Her Palms

eej, traditionally considered a monsoon festival, marks

in anticipation of the occasion. During this time, women worship Goddess Parvati and seek her blessings for a harmonious married life.

There are three kinds of Teej festival. On Hariyali Teej, women pay obeisance to Lord Shiva. It is celebrated during the monsoon when the surroundings become green. Fifteen days later, during Kajari Teej, married women fast on this day and pray for the good health of their husbands. After another 15



days, on Hartalika Teej, women worship Shiva, Parvati, and Ganesha idols.

Rains are vital for agriculture and livelihoods. Tej is indeed a monsoon festival in India. It is celebrated with great brio by the women folks. It is a festival of joy and gaiety. After months of debilitating heat, it is time to step out and enjoy when the temperatures reach salubrious levels. It is a day to thank the Gods in the heavens to look forward to a bountiful season.



t Race on The Backwaters, Kerala

followed by a clap of thunder so loud that even the birds are jolted out of their repose and fly out in a flutter. Soon, I will hear the pattering of the rain on the dense green canopy of vegetation, forewarning

me of the approaching rain. I am in my hometown, Mararikulam, in the Alleppey district of Kerala. It is monsoon season, it's festival time, and it's Onam.

Legends associated with Onam go back to the Treta Yuga, an era in the cosmic cycle of time. Kerala was then ruled by the demon King Mahabali. However, the King was greatly respected are you? Can you reveal your identity?" in his kingdom as he was wise and incredibly generous with the people. But the King's popularity did not go down well with the Gods in heaven, who were jealous of the people's adulation for him. They feared that their dominance over the people would be diminished.

They approached Lord Vishnu and sought his help to stem the King's rising popularity. Lord Vishnu agreed. He decided to exploit the King's famed benevolence. He disguised himself as

a poor dwarf Brahmin called Vamana and approached the

Vamana asked the King, "I want a piece of land for myself." True to his magnanimity, the King replied, "You can take as much land as you need." But, to his surprise, Vamana said, "I want as much land as the length of my three footsteps."

"Granted," said the surprised king.

The dwarf immediately began to grow to cosmic proportions. In one step, he covered the earth, and in the second step, he covered the sky. There was no place for the third step, so Vamana asked the King, "Where should I place my third step?"

At this, the King bent his head and said, "You may place the third step on my head," With this, the king offered his head. Vamana placed his feet on the King's head and began pushing him to the nether world.

But before he could do it, the King asked Vamana, "Who

Vamana shed his image of a poor Brahmin and revealed his identity as Lord Vishnu.

"Lord, I have a request for you," said the King. "I should be allowed to visit my land once every year."

Lord Vishnu, pleased by the generous nature of the King, agreed, before pushing him down to the nether world. Onam is, therefore, the time when King Mahabali makes his yearly

The Dwarf (Vaman) Defeats the Demon (Mahabali)

The festival extends over 10 days in August. It is also the harvest season for the standing crops. The 10-day-long Onam festivities, also known as Thiruvonam, are celebrated with much fanfare across Kerala. Houses are cleaned, new dresses are worn, and the ladies wear traditional off-white or creamcoloured sarees with golden borders.

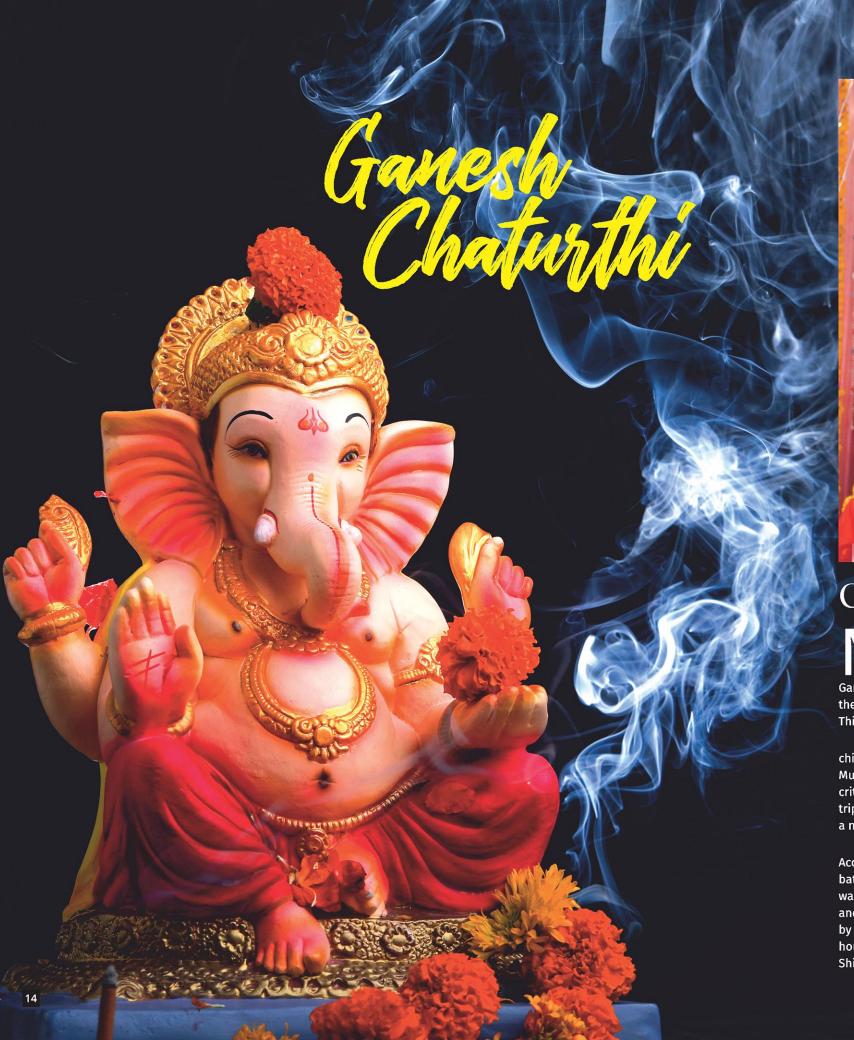
The front yard of the houses is decorated with floral carpets called Pookkalamsare. Most houses have this floral arrangement, believing it brings prosperity to the household.

Several folk dances are performed specifically for this festival by women. Kaikottikali is a clap dance in which they prance and move around in a circle, praising King Mahabali. Thiruvathira Kali is a women's dance performed in a circle around a lamp. The most popular folk dance is Kathakali, performed only by men. The faces of the dancers are vividly painted. They wear giant-size headgear, and their costumes are flamboyantly coloured. The dancers present a bewildering spectacle while enacting famous legends and folktales.

On the third day of the festival, people invite their relatives and friends for a celebratory lunch, commonly known as Onam Sadya. Thirteen dishes are cooked, including rice, several vegetable curries, and a sweet dish called

The piece de resistance of the festival is the Vallamkali or the Snake Boat Race. Spanning almost 120 feet and carrying about 120 paddlers, the snake boats speed through the waters at 50 kilometres per hour. The sight of 120 superbly synchronised paddlers paddling energetically to the drumbeat of the drummers is entrancing to watch.

On the tenth day, Thiruvonam is celebrated as the conclusion of the Onam festival. People prepare for King Mahabali's departure. The flowers are removed, and the clay statues are immersed in the sea as the King returns to the nether world.





Celebrate Prosperity, Wealth, and Knowledge

othing brings the persistently occupied Mumbaikars together more than the festival of Ganesh Chaturthi. Undoubtedly one of the most popular festivals, Ganesh Chaturthi is the birth anniversary of Lord Ganesh, the elephant-headed God and the son of Shiva and Parvathy. This year, the festival falls in September.

As the God of prosperity, wealth and knowledge, this child God is popular throughout India, particularly in Mumbai. Devotees invoke his blessings before starting any critical venture in their life, be it a marriage, a new job, a trip, or

a new business venture.

How did this elephant God come to be created?

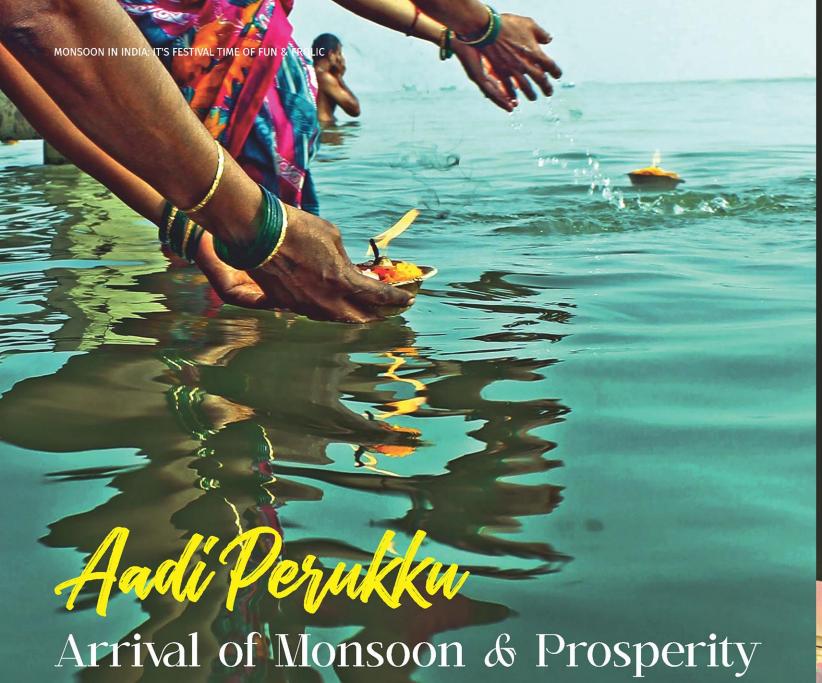
According to legend, when Goddess Parvati was having a bath, she created a boy out of mud and gave it a life. The boy was instructed not to let anyone pass through the doorway and disturb her bath. When Lord Shiva came, he was stopped by this boy and was not allowed to cross the threshold of the house. Lord Shiva reasoned. But the boy stood his ground. Shiva's notorious temper came to the fore. He took out

a sword, beheaded the boy, and threw it away. When Goddess Parvati learned about the boy's fate, a showdown ensued.

Lord Brahma fortunately intervened. The crisis was averted when Brahma agreed to two conditions of Goddess Parvati. The first condition was that his head was to be recovered and restored. The second condition was that obeisance should be made to him before any other Gods. Both conditions were conceded to. But his head could not be recovered. Instead, they transplanted it with the head of an elephant. The concession to the second demand is the reason why, to this day, Lord Ganesha's blessings are sought before embarking on a new enterprise.

The festival lasts 10 days, at the end of which a grand farewell procession takes place to immerse the idol in the sea or river amid rallying cries of "Ganapati Bappa Moraya", dance, and drum beat. Everyone is fired up with devotion. Hundreds of thousands of people gather as the gigantic idol is pulled through the narrow streets of Mumbai for the immersion. The immersion of the idol in the water body signals the return to his heavenly abode.





adi Perukku, also known as Pathinettam Perukku or the Aadi Monsoon Festival, is a Tamil cultural festival celebrated in July. The festival marks the arrival of the monsoon season in Tamil Nadu, a state perennially short of

rainfall. It acknowledges the importance of water for a

prosperous livelihood.

Offerings are made to rivers and other water sources, and people gather near water bodies for the celebrations. It is the month of sowing, rooting, and planting seeds and vegetation. On this day, devotees come to the Kaveri River for the ablutions. The women pray to Parvati, wife of Shiva, by offering different kinds of rice, like sweet pongal, coconut rice, curd rice, lemon rice, etc. Women create beautiful Kollam (Rangoli) designs at the entrance of their homes to welcome prosperity. Women create beautiful Kollam or designs on the floors at the entrance of their homes for good luck. Homes are cleaned and decorated with flowers and mango leaves.

Since the Eastern Ghats Mountain range partially blocks rain-bearing monsoon winds from reaching Tamil Nadu, the rainfall is substantially less than in many other Indian states. Tamil Nadu's average annual rainfall is around 998 mm, whereas Arunachal Pradesh receives about 2500 mm.

Aadi Perukku festival is an expression of gratitude to the Gods for the timely arrival of the monsoon. The people here do not take water for granted. They realise the paramount importance of this scarce commodity in their daily lives.

Monsoons are awaited with much anticipation. The Puranas have described the monsoon season as a time of renewal and fertility. The Mughal attitude towards the monsoons was a mix of reverence and practical concern. When the dark clouds gather over the horizon, the people turn to the rain Gods with gratitude and relief. They can look forward to another year of bounty and prosperity.



THE DIVINITY & CULTURAL ESSENCE

Ayodhya at Tent City Saryu, and offering a serene escape. where luxury and spirituality Delight in delectable vegetarian intertwine. Situated alongside the Banarasi cuisine that will leave peaceful banks of the Saryu River and in close proximity to the yourself in the vibrant local lively Ram Katha Park, our resort culture with easy access to the offers an unforgettable experience brimming with performances and other cultural comfort. Relax in one of our 39 festivities. Secure your tent today beautifully furnished air-conditioned tents, each

Step into the divine charm of equipped with modern amenities you yearning for more. Immerse renowned 'Ramleela' by contacting us.



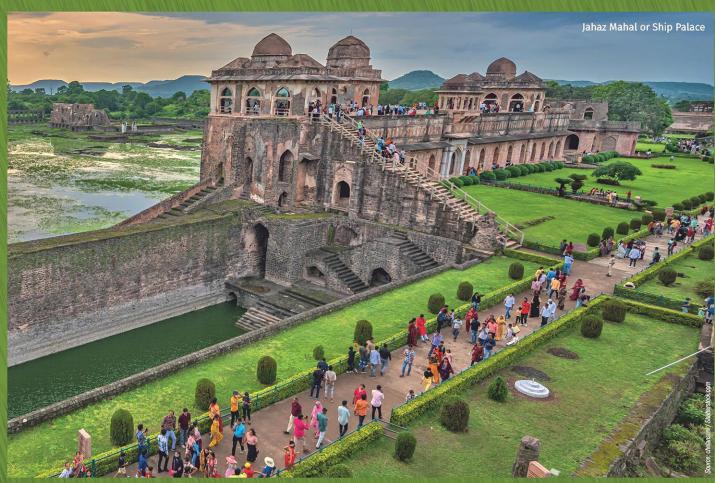
@ Ramkatha Park, Manza kala, Ayodhya-224123 (UP) Call: 96 74 123 123 • info@tentcityayodhya.com dizcoverpraveg.com





Mandu

Madhya Pradesh



andu, a historic fort city in Madhya Pradesh, is at its best during the monsoon season. The ancient remnants are a must-see for history buffs, but the scorching summer heat can detract from the experience. This period of year provides a fantastic opportunity to explore the area while revelling in the stunning lush greenery. The ideal time to visit is from October to March, when the weather is delightful, providing a comfortable setting for exploring the architectural marvels. These months are perfect for sightseeing and outdoor activities. Visitors can appreciate the grandeur of these historical sites without feeling uncomfortable on rainy days.

Activities : Trekking and nature walks

Notable for : Remarkable architecture, Jahaz Mahal, and Hindola Mahal

Nearest Airport : Devi Ahilya Bai Holkar Airport
 Cultural Insights : Home to the Malwa culture

Gavi



avi is a breathtaking destination nestled in the lush greenery of the Periyar Tiger Reserve in Kerala. This paradise truly comes alive during the monsoon season, from June to September, when the heavy rainfall blankets the region in exotic landscapes. Visitors can immerse themselves in the area's tranquillity, taking leisurely walks through dense forests and marvelling at the rich biodiversity surrounding them. This place includes various activities, such as birdwatching, boat rides on Periyar Lake, and visits to the Eco-Tourism Centre. Whether it's the panoramic greenery or the serene atmosphere, Gavi offers an unforgettable experience for all who visit.

• Activities : Spotting wildlife and hiking

• Notable for : Periyar Tiger Reserve

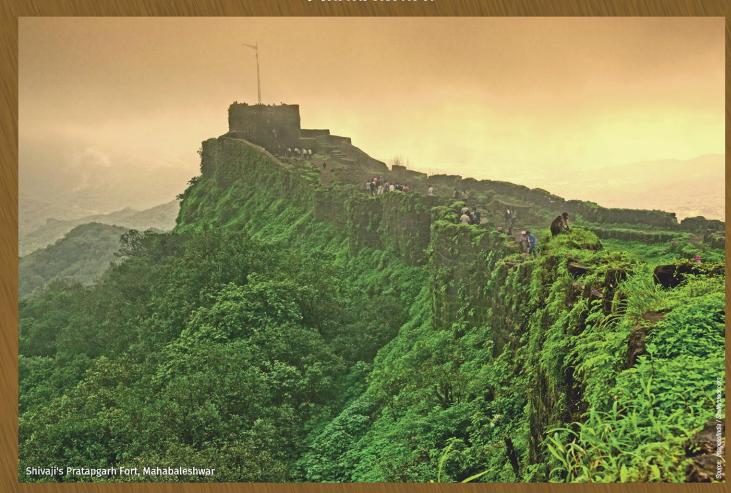
• Nearest Airport : Madurai Airport

• Cultural Highlights: Known for sustainable travel practices

22

Sahyadris

Maharashtra



he Sahyadri mountain range, nestled in the Indian state of Maharashtra, is a truly enchanting destination that beckons adventurers seeking a unique experience, especially during the monsoon season. From the months of June to September, this region transforms into a verdant paradise adorned with dense foliage, meandering streams, and serene lakes, creating a picturesque haven for eco-activists. Amidst the lush forests, visitors can partake in invigorating treks, encounter diverse wildlife, and marvel at the breathtaking panoramic views from iconic locations like Rajmachi, Lohagad, and Kalsubai. It's an unparalleled opportunity to completely submerge oneself in the awe-inspiring marvels of the natural world.

: Trekking and nature walks

: Rich green hills Nearest Airport : Belgaum Airport

Cultural Insights: Well-known for the Marathi culture

Kodaikanal

Tamil Nadu



scape the summer heat at Kodaikanal, a renowned hill station in Tamil <u>Nadu</u>. With the arrival of monsoon from June through September, this enchanting town undergoes a remarkable metamorphosis, as the gentle rain showers revive its lush surroundings. Immerse yourself in the allure of dense emerald forests, tranquil lakes reflecting the misty skies, and vibrant local markets bustling with the energy of the season. Don't miss the opportunity to wander along the iconic Kodaikanal Lake's serene shores and marvel at the grandeur of the Pillar Rocks standing tall against the horizon. Enthusiastic nature lovers will relish the chance to discover the diverse array of flora and fauna that inhabit this awe-inspiring setting, creating an unforgettable experience for all who venture here.

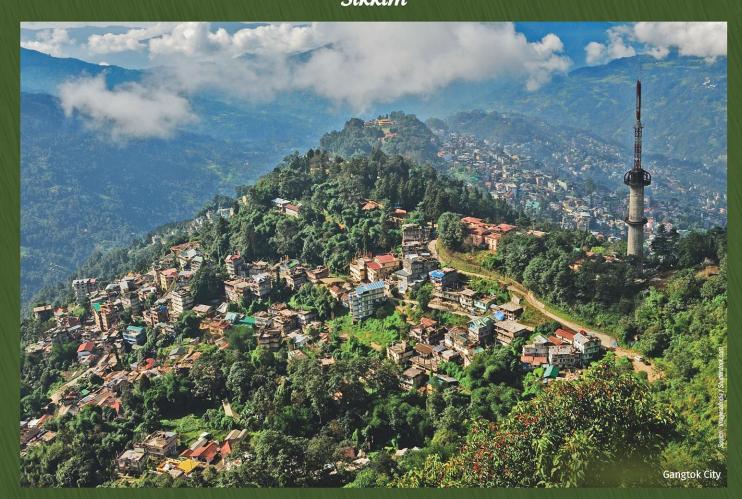
Activities Boating and trekking

Notable for Coaker's Walk and scenic views

Nearest Airport Madurai Airport

: Famous for its Tamil culture

Gangtok Sikkim



he enchanting city of Gangtok, situated amidst the breathtaking landscapes of Sikkim, offers a tranquil respite from the chaotic urban life. During the monsoon season, which lasts from June to September, the entire region experiences a remarkable metamorphosis. Heavy rainfall replenishes the land, turning parched earth into lush green landscapes. The verdant green foliage provides a stark and beautiful contrast against the misty hills and the clear, open skies, making it a truly captivating sight. Make sure not to miss the opportunity to explore the mesmerizing Tsongmo Lake, a serene high-altitude lake surrounded by unspoiled peaks, and the awe-inspiring Nathula Pass, a historic mountain route offering pretty vistas of the snow-capped Himalayas.

Activities : Monasteries and nature walks
 Notable for : Baba Mandir and scenic views

• Nearest Airport : Pakyong Airport

• Cultural Insights : Home to the Sikkimese culture

Landour

Uttarakhand



andour, a picturesque destination nestled in the serene hills of Uttarakhand, offers a perfect sanctuary from the scorching summer heat with its charming monsoon season, which typically begins in June and lasts until September. During this time, the region is enveloped in gentle, rejuvenating rain showers that not only provide relief from the weather but also enhance the natural beauty of the surroundings. Visitors can embark on exhilarating treks through verdant forests, stumble upon tranquil lakes hidden in the landscape, and immerse themselves in the lively ambiance of the local markets, where they can experience the unique culture and flavours of the location.

• Activities : Trekking, nature walks, and cultural experiences

• Notable for : Lal Tibba, Char Dukan, and scenic views

• Nearest Airport : Jolly Grant Airport

• Cultural Insights : Well-known for its Garhwali traditions

26

Ghoom

West Bengal



hoom, a charming town in West Bengal, is a sanctuary for those seeking respite from the sweltering summer heat. The arrival of the monsoon, typically spanning from June to September, breathes new life into the region, adorning it with a breathtaking tapestry of vibrant green hues. The copious rainfall further enhances the natural beauty of the destination, creating an enchanting atmosphere that is sure to captivate all who visit. The area is famous for its diverse traditions, food, and stunning scenery, guaranteeing that every guest has a truly one-of-a-kind and memorable experience.

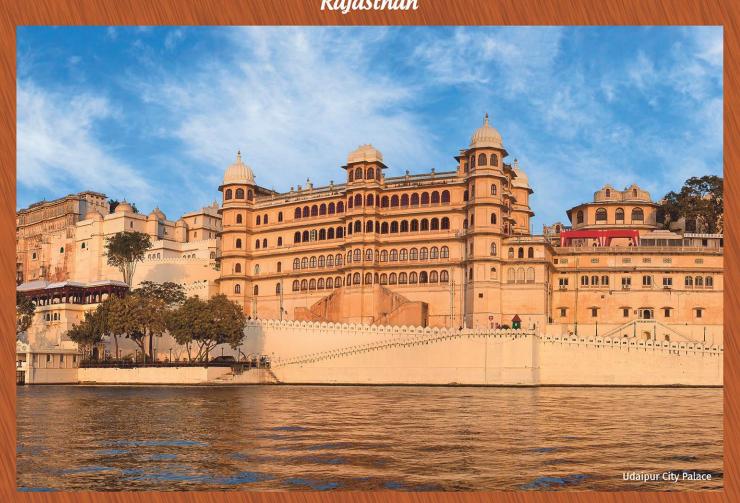
• Activities : Toy train rides, monasteries, and nature walks

Notable for : Ghoom Monastery, Batasia Loop

• Nearest Airport : Bagdogra Airport

• Cultural Insights : Recognized for the Bengali culture

Udaipur Rajasthan



daipur, nestled in the heart of Rajasthan, is a must-visit for travellers seeking a harmonious blend of a storied past and breathtaking natural beauty.

As the monsoon sets in from July to September, the city undergoes a stunning transformation, adorned with lush greenery and captivating vistas. The gentle rain showers enhance the charm of the surroundings, painting a picturesque panorama for visitors to savour. Delight in leisurely explorations of the mesmerizing lakes, immerse yourself in the lively local bazaars and uncover the timeless tales within the opulent palaces. Furthermore, relish the region's renowned traditions and indulge in its diverse culinary offerings, promising each visitor an unforgettable and personalized journey.

• Activities : Boating

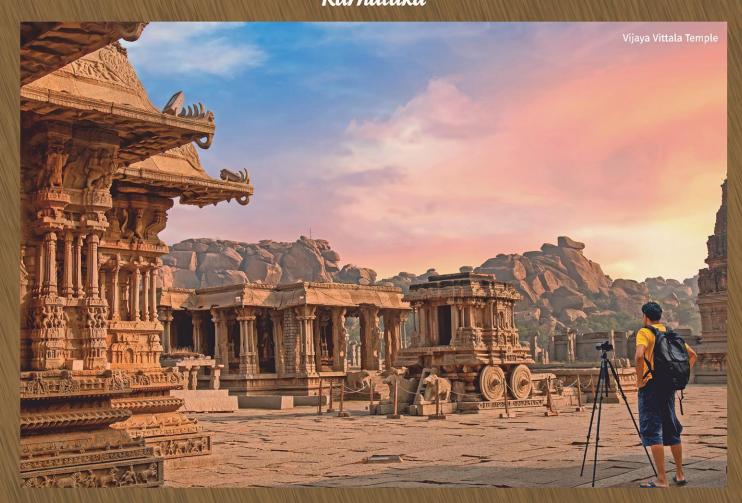
Notable for : City Palace, Lake Palace, and scenic views

Nearest Airport: Maharana Pratap Airport

• Cultural Insights : Known for its Rajasthani culture

28

Hampi Karnataka



ampi, situated in Karnataka, is a mesmerizing destination that seamlessly blends the allure of bygone eras with the untamed beauty of nature. During the monsoon season, which stretches from the months of June to September, the landscape transforms into a captivating tapestry of lush greenery, as gentle rainfall enhances the charm of the surroundings. This time of year offers visitors a unique opportunity to immerse themselves in the region's rich history while being enveloped by nature's resplendence. Hampi's crown jewels include the awe-inspiring Virupaksha Temple, the magnificent Vittala Temple, and the Elephant Stables, each a testament to the area's architectural and cultural legacy.

Activities : Exploring ancient ruins, trekking

Notable for : Virupaksha Temple and scenic views

Nearest Airport : Jindal Vijaynagar Airpor

• Cultural Insights : Famous for its Kannada culture

Andaman & Nicobar

Islands



he Andaman & Nicobar Islands, an exquisite union territory of India, captivate and enthral travellers seeking a tropical haven. When the monsoon season arrives from June to September, nature transforms the islands into a mesmerizing spectacle, enveloping them in lush greenery. The abundant rainfall during this time enhances the natural beauty, rendering it an irresistible destination for visitors. Here, people can indulge in the pristine beaches, delve into the clear waters while engaging in activities such as snorkelling, and deeply immerse themselves in the vibrant local markets. The region's colourful culture and cuisine further enrich the overall appeal, promising a truly distinctive and unforgettable experience for every traveller.

Activities

: Snorkelling, diving

Notable f

: Radhanagar Beach, Elephant Beach

Nearest Airport

: Veer Savarkar International Airport

Cultural Insights

: Known for its diverse marine life

Summing Up

The monsoon season in India is truly magical, as nature comes alive with vibrant colours and soothing showers that bring joy to all living beings. During this time, the country's breathtaking natural beauty shines through, offering travellers unforgettable experiences that capture the essence of the enchanting rainy weather. Whether it's the lush greenery, the glistening rain, or the rejuvenating atmosphere, these destinations serve as perfect showcases of diverse and stunning landscapes, inviting explorers to immerse themselves in the marvels of the monsoon.



Nestled along the pristine shores of Chakratirth Beach, Praveg Beach Resort offers an idyllic escape where the symphony of crashing waves and stunning sunsets create a mesmerizing backdrop. The thoughtfully designed sea-view cottages, adorned with lavish king-size beds, contemporary amenities, and panoramic views of the Arabian Sea, provide a tranquil retreat. Indulge in a delectable array of local and international delicacies with a complimentary breakfast and savour a refreshing welcome drink, setting the tone for an unforgettable stay. Impeccable service and a diverse range of activities to exhilarating water sports, ensure that Praveg Beach Resort is the quintessential destination for your monsoon getaway.

PRAVEG-**® BEACH RESORT**

@ CHAKRATIRTH BEACH, Next to INS Khukri Mamorial, Diu-362 520

For Booking: (2+91 90906 90902

booking@pravegbeachresortdiu.com

www.dizcoverpraveg.com



Indulge the enchanting backdrop of Tent City Narmada, the ultimate wedding destination in Gujarat. With a sprawling 10,000 sq.m. green lawn, state-of-the-art amenities, accommodation in 200 luxurious AC tents, a dining hall for 400 quests, three banquet halls, personalized décor services, and professional event management, we offer an unforgettable outdoor celebration. Treat yourself to our hospitality with regional, Indian, and global cuisines, a VIP lounge, and entertainment options. Our tailored packages are designed to cater to your specific desires and budgetary considerations. Get in touch with us to embark on planning your perfect wedding at Tent City Narmada.



Opyke-3, Sardar Sarovar Dam Site, Ekta Nagar-393151, Dist. Narmada, Gujarat, India.

info@tentcitynarmada.com | Call: 72 40 40 40 40



Raksha Bandhan When Hearts Bond

restivals have significance. For most, it is a day to pay obeisance to the lord and a day of enjoyment. For many others, it is a day to do something different from their quotidian activities. It is a day to wear new clothes, make and eat delectable food, and enjoy camaraderie with friends and relatives. It also allows making amends, forgetting, and forgiving. The festival of Raksha Bandhan strengthens sibling bonds and opens the door for bygones to be bygones.

Bond of protection

aksha Bandhan, which translates to "bond of protection", falls on the full moon in the Hindu month of Shravana (usually August). It is a ritual-based festival. The ritual involves a sister tying a Rakhi (a sacred thread) on her brother's wrist, seeking his protection, and strengthening sibling bonds. In return, the brothers traditionally offer gifts to their sisters. These can be in the form of clothing, jewellery, or money. It can also be something they know their sister desires.

Over the years, the festival has evolved to encompass a broader range of relationships. It is not uncommon for sisters to tie Rakhi on their brothers-in-law, cousins, close friends, or anyone considered a brotherly figure. On the day of Raksha Bandhan, there is a perceptible increase in traffic when sisters travel to meet their brothers to tie Rakhi on their hands. The tradition of Rakhi continues even after the sister is married off.



Origin of Raksha Bandhan

hat is the origin of Raksha Bandhan? The exact origin remains to be determined, but references are found in epics and scriptures. There is plausible evidence that the practice of tying threads for protection could go back to the Indus Valley Civilization, which, if true, takes this ceremony back at least 6,000 years.

Artefacts unearthed at Indus Valley civilisation sites depict human figures with bands or threads on their wrists, plausibly indicating ritual practices involving thread or binding. But these are mere speculations. While some aspects of Raksha Bandhan may have ancient origins, the specific form and rituals of the festival may have changed with time and been influenced by various cultural and religious factors.

But what gives Raksha Bandhan its sanctity? Numerous narrations in mythology lend weight to the importance of this festival. The continuity of these cultural practices in South Asia suggests that some traditions have ancient roots. The concept of a priest tying protective amulets or threads is common in various ancient cultures.

Mythological Connection

n mythology, Hindu epics and scriptures mention Raksha Bandhan-like ceremonies. In the Mahabharata, Draupadi, the wife of the Pandavas, tied a piece of her sari around Lord Krishna's wrist when he was injured in battle. In acknowledgement of her nursing, Krishna vowed to protect her. Later, when she was forced to disrobe in the Kaurava's court, Krishna's intervention saved her from dishonour.

Another legend involves Yama and his sister Yamuna. Yama and Yamuna are twins; one brings death, and the other brings life. According to the story, Yamuna tied a Rakhi on Yama's wrist, granting him immortality. Touched by her affection, Yama declared that any brother who receives a Rakhi from his sister and promises to protect her will be blessed with a long life and prosperity.

More references to thread-tying rituals and festivals emerged in the Vedic period, which spans 1500 to 500 BCE. The Vedas and other early texts describe various rituals involving the tying of threads for protection and blessing, which might be the forerunners of the Raksha Bandhan ceremony.





In 326 BCE, Alexander's wife, Roxana, sent a sacred thread to King Porus, asking him not to harm her husband in battle. Porus refrained from killing Alexander when he had the chance; this is the power of a fragile thread of love and sanctity.

Many instances in the mediaeval period indicate the exchange of Rakhi threads between royalty. Rani Karnavati of Chittor sent a Rakhi to Mughal Emperor Humayun, seeking his protection when Bahadur Shah of Gujarat threatened her kingdom. Humayun responded by honouring the Rakhi and setting out to defend Chittor. However, he arrived too late to prevent its fall.

There are, however, no written records for the incidents referred to above, and they remain unsubstantiated.

Science Behind Raksha Bandhan

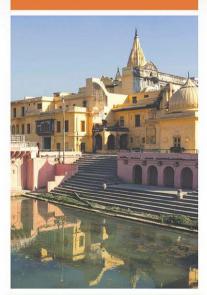
s there a science behind Raksha Bandhan? It does seem plausible. Such rituals do create a sense of security and belonging. Studies suggest that rituals can promote social bonding, reduce stress, and foster positive emotions. Further, the belief that the Rakhi offers protection might have a placebo effect. The ritual of Raksha Bandhan makes one feel protected and cared for. It can also contribute to various health benefits, including lower blood pressure and an improved immune system. It can also be an easy way to reset your relations with friends or relatives. Studies have shown that carrying

a grudge through life can have a deleterious effect on one's health. It is a burden that one can live without.

In Varanasi, there is a house called Kashi Labh Mukti Bhawan. Old people who are aware of their imminent demise come to this place to die because to die in Varanasi is to attain Liberation or Mukti. They knew that their days were numbered. The caretaker of this house, Bhairav Nath Shukla, had seen over 12,000 deaths. He was asked by an interviewer, Deepak Ramola, what life lessons he had learnt from the people who came to die here. Shukla listed 12 life lessons. And one of them was: Resolve all conflicts before you go. He said that people pass through life harbouring hatred and bitterness. They carry this enormous burden on themselves, only wanting to drop it at the end of their life's journey. The trick, he said, lies in not having any conflicts but resolving everyday disputes as soon as you have them. It should not be allowed to fester.

Raksha Bandhan not only strengthens sibling bonds and family relationships but also offers an opportunity to reach out and bury the hatchet. The festival provides a chance to start anew. Therein lies the magic of Raksha Bandhan.

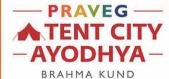




EMBRACE DIVINITY AND CREATE LIFETIME MEMORIES

Experience spirituality and luxury in Tent City Ayodhya, just steps away from the iconic Ram Lalla Temple. Our upscale resort offers 30 beautifully designed air-conditioned tents, each providing a serene and comfortable retreat. Enjoy modern amenities, including spacious interiors with elegant furnishings, a mini fridge, an electric kettle, and a safety locker. Indulge in mouth-watering vegetarian Banarasi cuisine and special Awadhi dishes at our delightful buffet. Immerse yourself in Ayodhya's rich cultural heritage with engaging evening performances. Choose from our tailored packages for a fulfilling spiritual journey. Our warm hospitality and dedicated staff are committed to making your stay memorable. Book your unforgettable stay today!

dizcoverpraveg.com



@ B/h. Gurudwara, Ayodhya-224123 (UP)

Call: 96 74 123 123

info@tentcityayodhya.com







Before You Hit the Road

Check Your Vehicle A. Ensure your car is in good condition: i. Monitor tire pressure and tread depth ii. Examine brakes and suspension iii. Inspect the proper functioning of lights, wipers, and horn Consider getting a complete inspection

Plan Your Route

- A. Sidestep underwater areas and low-lying streets
- B. Use GPS or maps to find alternative
- C. Check for track closures and construction

Driving in Monsoon Season

Slow Down A. Reduce speed to match the road state B. Leave extra space between vehicles

- C. Refrain from sudden braking or acceleration

Use Fog Lights

- A. Turn on your headlights to increase visibility
- B. Use yellow cellophane on the headlight if there are no front fog lights
- C. Do not use high beams, which can lower the sight



Maintain a Safe Distance

- A. Stick to an appropriate distance from other
- B. Keep away from tailgating and rapid stops.
- C. Use your mirrors and review your blind spots

Avoid Flooded Roads

- A. Never drive through still water
- B. Turn around and find an alternative route
- C. Abstain from driving through drowned areas, even if it seems shallow



Preventing Fog Inside the Car Windshield

- A. Lower the temperature in your car
- Turn on the defrost vent with cool air
- C. Adjust the car's ventilation system

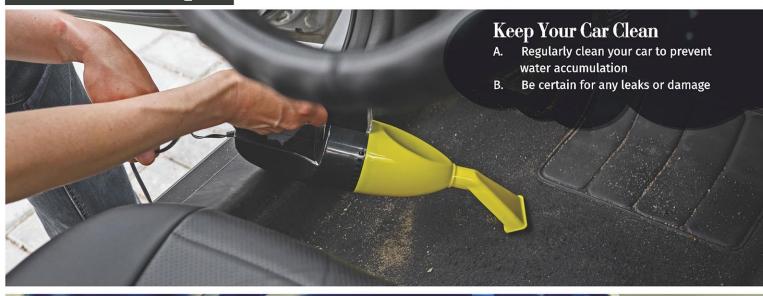


Be Prepared

- A. Pack an emergency kit in your vehicle:
 - I. Flashlight, first aid kit, and jumper cables
 - II. Extra clothes, food, and water
 - III. Mobile charger and backup power source

MONSOON ROAD SAFETY TIPS FOR CAR DRIVERS

Additional Tips









50





ICCRIC STRUCTURES



Iconic Structures of Modern India

By VIJAY KURUP, Contributor

This year, India will be celebrating 77 years of independence. Much has happened since India stepped out from the shadows of the British Raj. India has advanced exponentially in the areas of science and technology. Today, we are capable of exporting technology. The extent of technological advancement is evident in the post-independence iconic structures that have made it a Mecca for tourists. Here is a selection of iconic structures of modern India which hold their own against the ageless architecture of the past.

Lotus Temple New Delhi

ow can you think of Delhi without referring to the Qutub Minar of the Delhi Sultanate, Red Fort, Shahjehanabad, Chandani Chowk and Jama Masjid of the mighty Mughals, the ancient Ashoka Pillar or the Rashtrapati Bhawan and Old Parliament House of Central Delhi? These are must-visit places for any tourist. However, the Lotus Temple or The Baháí House of Worship, in South Delhi, is as much a place of tourist interest since its opening in

December 1986. It presents a spectacular aerial sight when you fly into the city from the eastern side.

The temple is open to all people regardless of religious background. It aims to promote the oneness of humanity and the acceptance of all religions. Baháído does not have a clergy. As the name suggests, the Lotus Temple's design is based on the flower itself. The lotus flower can grow in any environment; it can emerge beautiful, fresh, and pristine from a well-tended household pond or a squalid water body. The flower symbolises overcoming challenges in a harsh environment.

Its architecture is a unique blend of art and science.
Iranian architect Fariborz Sahba designed it, and Larsen &
Toubro Limited, an eminent Indian engineering and
construction company, carried out the construction.

Cybertecture Mumbai

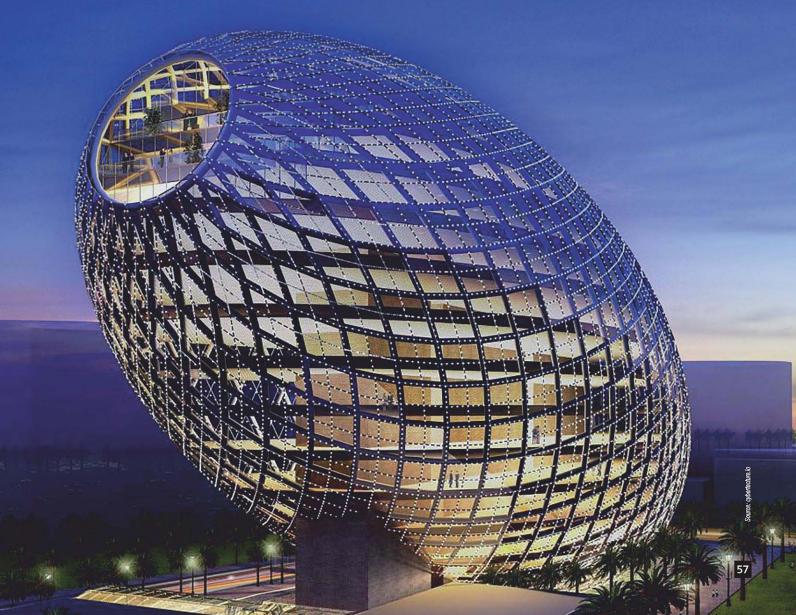
ho would like to avoid visiting the Gothic, Indo-Saracenic and Victorian buildings of South Mumbai? Even functional buildings have a rich architectural facade making this a lovely area to walk around. However, in the same city in 2010, the Cybertecture, a 13-story commercial building focused on sustainability, emerged. This unique structure has been built in the shape of an egg. The oval shape distributes pressure evenly, making it strong against compression. It requires less building material

compared to the traditional ones with a rectangular format. This can translate to cost savings and a lighter environmental footprint. The reduced surface area will lead to less heat gain or loss.

Constructed in the Bandra Kurla complex, the building offers 33,000 square metres of office space. The building incorporates an elevated garden, providing a green space within the urban environment. It was designed with eco-friendly features to minimise environmental impact.

There is a novelty in an egg-shaped building. It's the kind of building that you see in science fiction movies, and it creates a sense of fun and amusement in people's minds when they see it. Along with the colonial architecture, this modern structure draws attention to India's progress as an economic superpower.





Handicraft Museums New Delhi hile architecture has the power to draw visitors, India's diverse handicraft museums, such as the textile museums in Ahmedabad and Pragati Maidan in New Delhi, and the Dilli Haat, where artisans from across the country come to temporary bazaars and sell their wares directly to consumers. Each artisan gets a limited time at the Haat to display and sell their wares. From award-winning artisans to the humble cooperatives, all jostle for space in the neatly laid out stalls. Backed with food kiosks from all over India and a regular flow of traditional and folk Dilli Haat dances and the arts, it is a huge draw for domestic and foreign tourists to build or buy their own memories of India at hugely discounted rates. 58

St. John's Cathedral

Tiruvalla, Kerala

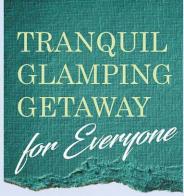
erala is known as God's Own Country and has a staggering number of temples, churches, mosques and even synagogues. The legends and myths are shrouded in history and mythology. But drive down to Thiruvalla in Kerala, and from afar, standing against the bright blue sky, the structure looks like a temple. And then you do a double take. All similarities with a temple end there. This building in Thiruvalla in Kerala is St. John's Cathedral, designed by the renowned British-born Indian architect Laurie Baker.

Laurie Baker is known for his cost-effective, energy-efficient architecture and designs that maximise space, ventilation, and light. He uses traditional techniques that dramatically reduce the cost of construction. He used low-cost materials such as laterite stone, lime plaster, and locally sourced timber for doors and windows.

It was built in 1972 and has a capacity to hold 2000 people.

The cathedral has a traditional temple-like exterior. It has a gopuram, a sizeable pyramidal tower seen in every Indian temple. But inside, it has all the conventional designs of a church; beautiful stained-glass windows depicting biblical themes, portraying stories like the Good Samaritan, the Prodigal Son, and the life of Jesus Christ. The altar has paintings of the 12 apostles. It is a perfect example of the amalgamation of two different styles of architecture. It typifies modern India, where old and new blend together and the different faiths in Kerala coexist in architectural syntax as much as in on-ground harmony.





Immerse yourself in the tranquillity of Tent City Narmada, a luxurious nature resort located near the magnificent Statue of Unity. Our elegantly furnished tents offer a unique glamping experience with modern amenities, letting you embrace nature without sacrificing comfort. Indulge in delectable cuisines at our onsite restaurant and enjoy buffet-style dining, afternoon tea, and live entertainment in the midst of breathtaking natural beauty. Engage in guided tours and recreational activities, from exploring iconic attractions to relaxing by the outdoor pool. With complimentary parking, airport shuttle services, and exceptional hospitality, Tent City Narmada is the perfect nature retreat for couples, families, and friends. Book your unforgettable getaway today!

The Statue of Unity Narmada, Gujarat

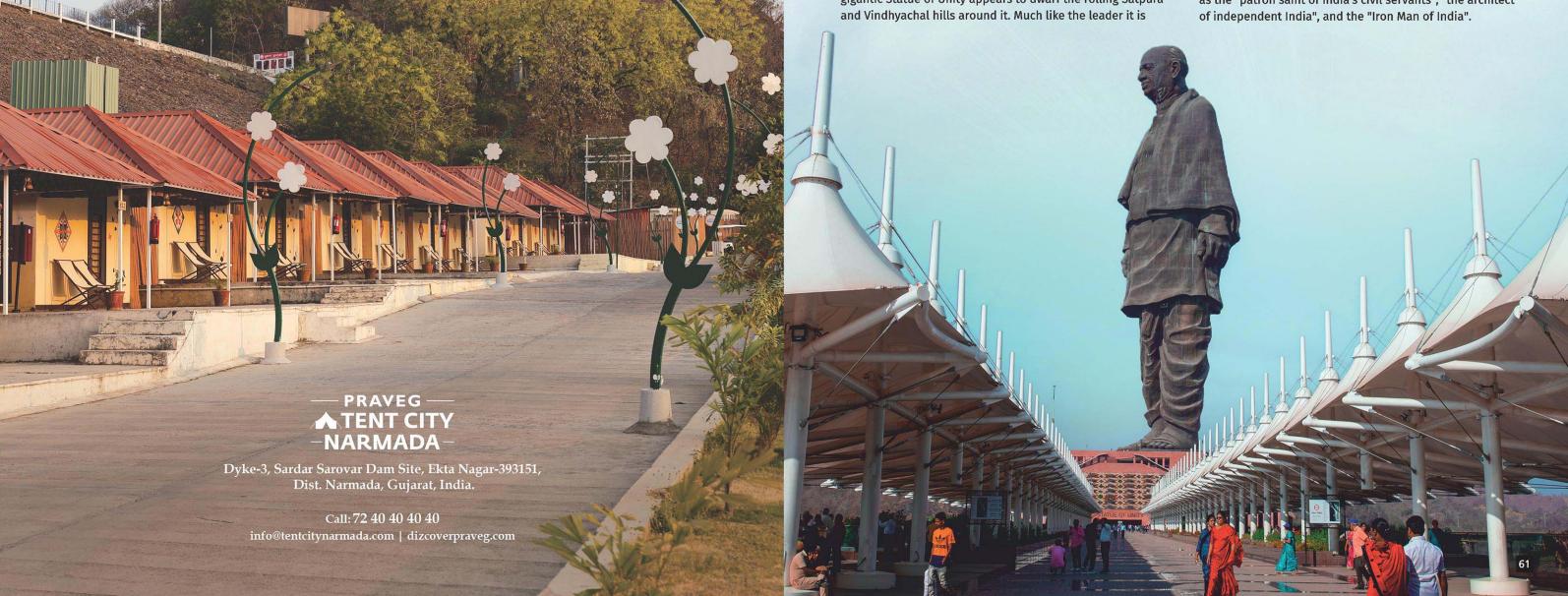
any visitors to India come to Mahatma Gandhi's memorial—Rajghat—on the banks of the river Yamuna in Delhi. As the primary proponent of non-violent struggle, Mahatma Gandhi influenced and continues to inspire people worldwide. Many come to sit at this temple of peace and listen to Bapu's favourite bhajans, such as "Vaishnavajana to tene kahiye," and lose themselves in the peaceful surroundings. Others come to take their pledge to fight injustice peacefully to emerge victorious.

However, India also has many modern iconic structures that draw tourists. One such is the world's tallest statue – the Statue of Sardar Vallabhbhai Patel, in Kevadia, Gujarat. The Statue of Unity overlooks the Narmada River basin and the sprawling Sardar Sarovar dam. Seen from a distance, the gigantic Statue of Unity appears to dwarf the rolling Satpura and Vindbyachal hills around it. Much like the leader it is

dedicated to, who ruled the freedom movement and, in his role as a leader of newly independent India, who managed the amalgamation of princely states into the Indian union without bloodshed and divisiveness.

Standing 182 metres tall, it is two and a half times as tall as the Qutub Minar and as tall as 60 floors. It was built by Larsen & Toubro (L&T), a prominent Indian engineering and construction company. It is estimated to weigh about 67,000 tons. Taking the weight of a full-grown elephant at 4 metric tonnes, the Statue of Unity weighs as much as 16,750 elephants. The statue is visible from 7 km. However, there are reports that the statue is visible as far as 10 km on a clear day.

It is a fitting tribute to a man who was variously known as the "patron saint of India's civil servants", "the architect of independent India", and the "Iron Man of India".



Kashi Vishwanath Temple

Varanasi

aranasi is a unique city of death; people come here to die and be cremated on the banks of the mighty Ganges. Recently, Varanasi has been given an unprecedented makeover, bringing tourists in droves to the city. The Kashi Vishwanath temple corridor allows access directly from the river. All the ghats of Varanasi can be traversed on foot. The corridor is replete with stores and food courts; it is maintained clean to afford the visiting populace a great experience. From the exquisite Banarsi saree to the paan and peda, Varanasi is a complete experience. But today, it is not the widows thrown out of society or the old who seek solace in the religious aura of the city alone who come here. Even the famed Ganga aarti has a new viewing gallery - from boats on the now substantially cleaned-up river. The

cremation activities are still present but now confined to select ghats and a new corridor has been created from the river to the Kashi Vishwanath temple, which has drawn in the young and exuberant and the rich and famous from around the world.

From temples to commercial buildings, statues, and museums, India is showing a new-found confidence in its blend of modernity and tradition. While the makers have pride enough in the past to pick up ancient themes and traditions, there is a modern spin to the Ganga Aarti, the centuries-old handloom weaves, leaders from over 75 years ago, and sarees, sweets, and just about anything. But the merging of the two draws domestic and foreign tourists to the new idiom, India.







Lowercase Caps

owercase Caps are prepared to provide exceptional protection against heavy rainfall, offering a stylish and comfy appearance. Crafted using premium waterproof fabrics, this headwear effectively repels water even during rainy days. The adjustable straps and closures guarantee a comfortable fit for any head size, keeping it in place in windy conditions. With a variety of trendy colours and patterns, these caps combine functionality with style, allowing you to find the perfect match for your personal taste. Built to withstand weather challenges, it is made with durable materials and reinforced stitching, guaranteeing it lasts through multiple monsoon seasons without compromising its qualities or structural integrity.

₹ 299

www.amazon.in/dp/B097YT1CTH



Star Work Umbrellas

tar Work Umbrellas presents a trendy, top-notch design that blends sturdiness and practicality. Crafted with premium materials, these umbrellas are engineered to endure heavy downpours, powerful gusts, and harsh sunlight, rendering them ideal for all. This item guarantees secure storage when not in use, and its light and sleek style makes it effortless to carry in your bag while on the move. These products are adaptable accessories for various events, such as gatherings, weddings, and celebrations, enhancing your attire and shielding you from the weather.

₹ 716

www.amazon.in/dp/B0C3MDQYV1



Solimo Backpack Cover

he Solimo Backpack Cover is a durable and reliable accessory created to protect your belongings from the elements. Crafted with 100% waterproof material, this piece effectively shields your luggage from water, dust, spills, and mud and keeps essentials safe. The elastic edges provide a tight fit on the bag, and the buckle holds it in place for optimal protection. For added convenience, the pack comes with a storable pouch, allowing you to easily carry and store it even when wet or soiled after use.

₹ 239

www.amazon.in/dp/B07FQMN9VN



Spigen Pouch Bag

he Spigen Pouch Bag is a comprehensive kit that consists of a water-resistant pack with a waistband and a mobile case with a neck strap. It also accommodates phone cases with adjustable and detachable straps, providing you with the freedom to move. Certified to IPX8 standards, the enclosed devices are safeguarded with top-notch seal technology, allowing them to endure water depths of up to 30 meters/100ft. The touch screen is constructed of soft TPU materials for a gentle feel and responsive performance.

₹ 1,201

www.amazon.in/dp/B09Y8ZG5XN



Shoerella Shoe Cover

hoerella Shoe Cover is an improved model for 2024 and includes a complimentary pouch. The reusable, washable, and dust-resistant design shields your shoes from moisture, dirt, and blemishes, even during daily commutes or brief strolls. The stretchable sole-less patented structure offers a secure fit over all types of footwear, and the durable brass studs embedded on the flexible bands at the base provide stability while walking or running. This lightweight and user-friendly product can be easily packed into a compact size, allowing for convenient portability and quick application, enabling you to walk, run, or cycle in any climate year-round.

₹ 680

www.amazon.in/dp/B0D6LVKCXQ



Wildcraft Rain Suit

he Wildcraft Rain Suit is expertly crafted using 100% Nylon to provide exceptional durability and protection from the elements. The elasticated waistband not only offers a comfortable fit but also ensures that the suit stays securely in place. Additionally, the seams are sealed to prevent any water seepage, keeping you dry in harsh weather conditions. The double-flapped zippered pockets are designed to keep the zipper closure safe from rain, ensuring the security of your belongings. This high-quality product is ideal for adults seeking reliable and effective rain gear.

₹ 1,399

www.amazon.in/dp/B07SNWPJQY

Conclusion

Stay fashionable and prepared this monsoon with the essential accessories highlighted in this guide. From protective sleeves and caps to waterproof bags and ponchos, these versatile products will keep you dry, comfortable, and trendy, fully embracing the beauty of the rainy weather. Invest in these practical yet chic additions to elevate your rainy season experience and ensure a safe, enjoyable, and memorable time.

Disclaimer: The Monsoon accessories listed here are selected from the Amazon India website.

The accessories were available on the Amazon India website when the article was written. The price of accessories may vary from time to time. Tourism One or its editorial staff are not responsible for any change in the price.

■







www.dizcoverpraveg.com



Exploring the Culinary Delights of Monsoon in India

By UMANG SHARMA, Staff Writer

During the monsoon in India, food enthusiasts can look forward to a delightful array of culinary delights. As the oppressive heat gives way to cooler, wetter conditions, a rich tapestry of sumptuous dishes emerges. These lovely treats not only excite the taste buds but also provide much-needed comfort. From crispy pakoras sizzling in hot oil to the aromatic essence of

masala chai, cuisines from various regions of the country truly encapsulate the essence of the Monsoon.

Methi Na Gota and Dalwda

Discover the delightful Methi na Gota, also known as Methi Pakoda, a traditional Gujarati snack featuring a crispy exterior and a soft interior. Made with chickpea flour (besan) and fresh fenugreek leaves (methi), this savory treat offers a perfect blend of flavors and textures. Another popular choice is the Dalwada (Dal Vada), a savory snack primarily made from split lentils (dal). With its dense and flavorful profile, Dalwada is a must-try for snack enthusiasts.

Mysore Bhajjis

In South India, Mysore Bhajjis are a favourite delicacy. These delectable delicacies are crafted from a batter of gram flour mixed with a blend of aromatic spices. Once deep-fried to perfection, they boast a satisfyingly crispy texture that pairs perfectly with a steaming cup of flavourful masala tea.

Bhutta

A much-loved snack which is roasted corn on the cob, also known as Bhutta. Street vendors skilfully roast the corn over open flames, infusing it with a smoky flavour. The hot Bhutta is then generously slathered with butter, sprinkled with tangy lime juice, and a dash of spices, creating a mouth-watering treat that captures the essence of the rainy season.

Chai and Pakoras

In North India, enjoying chai and pakoras is a wonderful experience. It involves savouring the comforting aroma of masala chai and the satisfying sizzle of crispy pakoras. These fried treats, typically cooked from a mix of potatoes or onions, are a beloved tradition among locals as they gather to enjoy the rain.

Singhade ki Sabzi

A flavourful and nutritious dish from Delhi, Singhade ki Sabzi features water chestnuts seasoned with mustard seeds, cumin, turmeric, and dried mango powder. The combination of these spices offers a healthy and delicious culinary experience.



