Whether you're heading to the beach, the city, or the countryside,

packing smart is essential. Less is more—choose versatile clothing that can be worn in multiple ways

Opt for lightweight, light-coloured

clothes like white, cream, or ecru that reflect sunlight and help

conceal sweat. T-shirts, tank tops,

and breathable fabrics that allow air to circulate are ideal for summer

travel. Pack a few staple items in neutral shades that can be mixed and matched easily. Don't forget essentials like a

wide-brimmed hat, sunglasses and comfortable sandals. Choose

up or down, so you're ready for both casual and slightly formal occasions. Most

importantly, make sure you're comfortable

in whatever you wear, especially during long

hours of travel

weather conditions

can leave your hair

pollution can wreak havoc

on your hair, leading to breakage

and unmanageable texture. A good hair

serum is a travel essential—it keeps hair

hydrated, smooth, and protected from

your usual beauty routine is disrupted.

leave-in conditioner or serum can help

combat frizz and dryness. Also include a

wide-toothed comb, a microfiber towel

and silk scrunchies to prevent breakage.

big difference in maintaining healthy.

products suited to your hair type. A

These small additions can make a

beautiful hair while on the move.

sun damage. It's especially helpful when

When packing, choose travel-sized shampoo, conditioner, and styling

dry, frizzy, or damaged.

Humidity, dry air, and

outfits that can be dressed



Why India's weather calendar Travel beauty tips makes for magical travel

Aditi Malhotra

n a country as vast and diverse as India the changing seasons don't just influence what we wear or eat—they completely transform how we experience a place. From snow-capped mountains to sun-drenched beaches, misty monsoons to crisp winter air, each season offers a new version of the same destination. For the curious and openminded traveller, planning trips according to India's natural calendar can lead to the most unforgettable, immersive adventures.

Seasonal travel isn't a new concept farmers have followed nature's rhythm for centuries, and festivals across India are often aligned with agricultural and climatic cycles. But in recent years, with the rise of curated itineraries and Insta-worthy hotspots, many travellers have begun choosing destinations without considering the best time to visit. The result? A trip that might tick the boxes, but miss the magic. When you travel with the rhythm of the weather, you're not just sightseeing—you're experiencing a place in its truest form



Why seasonal travel matters more than ever

In an era of over-tourism and climate anxiety, seasonal travel promotes sustainability. Visiting places when they're naturally in peak form ensures better experiences and supports local economies when they're best prepared. It also reduces pressure on destinations

Summer in the hills: Escaping the heat, embracing the Himalayas

Between April and June, when the Indian plains begin to sizzle, the mountains come alive. Summer is the season of escape, and the cool climes of Himachal Pradesh, Uttarakhand, Kashmir, and the Northeast offer welcome relief

from the sweltering cities. But it's more than just pleasant temperatures. Meadows are green, skies are clear, and mountain trails open up for trekking. **Orchards in Kinnaur** bloom, lakes in Sikkim

during off-seasons, helping preserve both infrastructure and environment. More importantly, it enriches your travel experience. Seasonal travel connects you to regional foods, festivals, flora, and

customs. You witness a

place not just in terms of

location, but in context—

October and November usher in a

gentle transformation. Rain clouds

retreat, the air turns crisp, and the

skies turn a clear, uninterrupted blue.

It's one of the best times to explore

India—no weather extremes, fewer

crowds, and a landscape in perfect

balance. It's also a festive season.

With Dussehra and Diwali lighting

up the calendar, cities and villages

come alive with rituals, markets, and

shimmer under sunlight, and Ladakh, emerging from its winter slumber, begins to welcome adventurers to its stark, surreal landscapes.

Travelling to the hills in summer isn't just about beating the heat-it's about experiencing these regions at their most vibrant and accessible. Locals reopen their homestays, roads are cleared,

and high-altitude passes become gateways to exploration.

how it breathes, celebrates in that moment of the year. Monsoon wanderings: Chasing rain and

celebrations. A trip to Varanasi during

Diwali or Mysore during Dussehra

offers a cultural immersion unlike

In the north, post-monsoon

freshness lingers in the valleys of

Kashmir and Himachal, while in

the south, Tamil Nadu and Andhra

Pradesh begin their festival season,

with temple towns adorned in

flowers and light.

any other.

romance From June to September, the monsoon is often seen as a time to stay indoors-but for the rain-loving traveller,

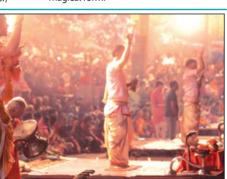
it's pure magic. There's something deeply poetic about India in the rain—the scent of petrichor rising from the earth, landscapes turning lush, and rivers swelling with life.

In Kerala, the backwaters mirror the sky and the hills are wrapped in mist. It's also peak season for Avurvedic treatments, believed to be most effective during the damp months. Goa, free from party crowds, takes on a quieter, more introspective charm. The Western Ghatsfrom Karnataka to Maharashtra—burst into bloom, a dream for waterfall chasers and trekkers who don't mind muddy boots.

Even Rajasthan, often overlooked during the monsoon, reveals hidden pleasures—desert rainstorms, rare but breathtaking, and palaces that gleam under stormy skies. Travelling during the monsoon means embracing the drama, not avoiding it.

Let the weather lead

There's something beautifully old-fashioned about letting nature dictate your travel plans. It slows you down. It reminds you that the best experiences aren't always planned around holidays or long weekends, but around seasons—when the mangoes ripen, the rivers swell, the flowers bloom, or the fog rolls in. So the next time you find yourself craving a getaway, don't just ask where—ask when. Follow the monsoon, chase the winter sun, walk through spring fields, or escape to the hills just before summer hits. Because in India, to travel with the seasons is to witness the country in its truest, most magical form.



for your summer

Shahnaz Hussain

holidays

ummer is here, bringing with it beach days, pool parties, vacations, and plenty of sunshine. One of the best parts of summer is enjoying long days at the beach. However, excessive time in the sun can lead to oily skin, rashes, pimples, sunburn, roughness, and patchiness. While basking in the sun can be invigorating, it's important to adjust your skincare routine to protect your skin from sun exposure, heat, and humidity.

Whether you're planning a beach getaway, a mountain retreat, or a relaxing staycation, looking and feeling your best will enhance your experience.

Here are some practical tips to get your skin and hair 'holiday-ready':

Mind your diet

You can't eat sunscreen, but your diet can support your skin's defence against sun damage. A diet rich in antioxidants can help protect your skin from harmful UV rays. Start your day with a nutrientrich breakfast to support a healthy glow while on vacation. Include foods rich in beta-carotene and carotenoids, such as Peppers (especially red, orange, and yellow), Sweet potatoes, pumpkins, spinach and kale, tomatoes, peas, squash, mangoes, apricots, and melons.

Carotenoids give your skin a natural glow and act as powerful antioxidants. Red and yellow peppers, in particular, contain up to 11 times more betacarotene than green ones.

Eat dinner early—preferably before sunset—as late-night eating can impair enzymes responsible for repairing sun-damaged skin. Also, include a mix of vitamins C and

E and polyphenol-rich foods in your diet

to boost your skin's ability to recover from sun exposure. Combining these nutrients is an effective way to protect your skin from UV damage.

Take care of your hair Just like your skin, your hair needs

special attention when you travel. Constant movement, climate changes, and exposure to different water and

Prep your skin for the sun Sunlight boosts mood and helps our skin synthesise vitamin D, crucial for bone health and immunity. However, after months of limited exposure, it's important to reintroduce your skin to the sun gradually. This step is especially important for people with fair skin or sun sensitivity. Slowly increasing sun exposure through short, controlled sessions helps your skin build tolerance. Skin that

hasn't seen the sun in a while is



more vulnerable to UV damage. As skin dries out under the sun, it becomes more prone to damage. Use a good moisturising cream to restore its protective layer. While moisturisers don't provide UV protection, they help limit the drying effects of the sun.

Society of the divine word celebrates 150 years of foundation

Autumn Adventures: A Golden Transition



ne Society of the Divine Word (SVD) Seminary in Raia, is a small yet vibrant formation house of the Society of the Divine Word (SVD)—a global Catholic missionary congregation founded by St Arnold Janssen on September 8, 1875 in Steyl, Netherlands. The Society of the Divine Word began its mission in India in 1932, establishing its first base in Indore, Madhya Pradesh. Since

then, the SVD presence has expanded nationwide and is now organised into four provinces and one region including INM (India Mumbai Province): Kerala, Karnataka, Goa, and Maharashtra.

In 1964, the SVD mission took root in Goa when Fr Peter Verhaelena, a German missionary known for his deep

love for both people and nature—founded the SVD Mission Seminary in Raia. Boys typically join the seminary after completing Class 7, beginning a journey of holistic formation that nurtures spirituality, academics, music, sports, and character development. Over the years, the Raia seminary has produced more than 45 SVD priests, many of whom now serve across India and abroad



Raia seminary has expanded its outreach through several impactful initiatives: Ashirvad – A Psycho-Spirituality

Centre: Offering spiritual direction, healing, and retreats. Its youth and student retreats have become particularly popular and transformative for young Goans.

Arnold Seva Kendra (ASK, Goa): A social outreach centre working especially with migrant communities in Goa, focusing on empowerment, skill development, and integration. Chotanagpur Youth Group, Goa: A vibrant wing of ASK, this group brings together young people from diverse backgrounds through faith-based and community initiatives.

This year marks the 150th anniversary of the Society of the Divine Word. The SVD Seminary in Raia stands as a living testament to this enduring legacy and invites young boys who have completed their Class 7 to feel the stirrings of a divine call to consider joining this noble mission.

SUMMERCRAFT CHILDREN'S FESTIVAL

The Museum of Christian Art (MoCA), Old Goa on the occasion of International Museum Day will present the second edition of Summercraft, an exciting two-day Children's Festival by children for children On the first day, a special exhibition of

children's art will open at 4 pm, followed by a Children's Bazaar to give young artisans and creators a platform to display their own handmade products. A glass painting with alternate materials workshop, will conclude the first day. In this workshop, children will create their own sun-kissed artworks inspired by the museum collection.

On the second day, the Children's Bazaar, will continue with handmade products. An open mic session will begin at 5 pm for young artists to showcase their unique talents and the Concert by Children's Groups from 6:30 pm to 7:30 pm will conclude the two-day festival. Venue: Museum of Christian Art

(MoCA), Old Goa Date: May 17 (4 pm to 6.30 pm) May 18 (4 pm to 7.30 pm)

Herald Gaming Console

Dilbert



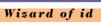


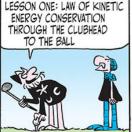


Garfield











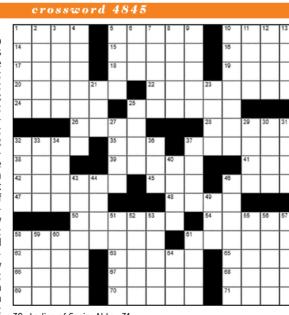


ACROSS

1- Wall Street pessimist; 5- Flip out; 10- Broad; 14- Actress Sommer; 15- Like some statesmen; 16- An apple Util. bill; 18- Decorate; 19- Take a meal; 20- Bank employee; 22-Caribou; 24- Gastropod mollusk; 25-Close up again; 26- Sniffer; High-strung; 32- Not acid; 35- NFL six-pointers; 37-Contemporary; 38- Queue after Q: 39- Excess fluid in an organ; 41- Way cool!; 42- Not up; 45- Intangible mixture of gases used for breathing; 46-Fling; 47- ___ Gay; 48- Injury reminder; 50- Late bloomers; 54- Poles for sails; 58- Kind of parent; 61- Turnstile; 62-Collectible frames; 63- Sporty Mazda; 65- London gallery; 66- Toward shelter: 67- Like a mosquito bite; 68- Nebraska City's county; 69- Classic cars; 70- Palm fruits; 71- Tear;

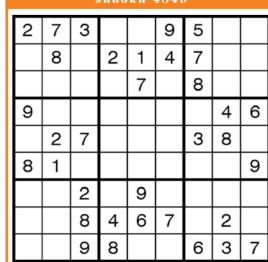
DOWN 1-Borscht veggies; 2- Actress Barkin; 3- Pack leader; 4-Lean back; 5- Equipment; 6-Ancient; 7- Like a lot; 8- Israel's Shimon; 9- Tennessee Ford: 10- Walked like a duck: 11- Romeo's last words; 12-Hamlet, for one; 13- Watchful one; 21- "Xanadu" band, for short; 23- Western pact; 25- Funny Foxx: 27- Part of a

process; 29- Roman tyrant;



30- Ladies of Spain: Abbr.; 31-Finishes; 32- Highland hillside; 33- Org.; 34- Normandy battle site; 36- Large body of water; 37- Artist Chagall; 40- Fail to hit; 43- Goes by; 44- Dawn direction; 46- Farm vehicle; 49- French friend; 51- Shy; 52-1996 Madonna role; 53- Hit back, perhaps; 55- Take to the ice; 56- Grand ___ National Park; 57- Spirited horse; 58-Rent-___; 59- Strike out; 60-Margarine; 61- Methods; 64-Everyday article

solution 48454													
A	³R	'R		'nR	°E	ŝ	'T	ŝ		°C	"L	12 O	Ď
L	Е	Е		15 A	R	Е	W	Е		Å	U	D	1
L	Е	С		N.	Е	w	Е	R		Β̈́	R	0	s
Α	L	Α	ď			gS	Е	Т	Ť	L	Е	R	
		Ľ	1	M	N N		"T	Α	М	Е			
A	L N	L	R	0	0	M		ร	Е	С	"T	s.	
т	Е		εE	Α	s	Е	"S		яN	Α	0	М	»I
0	Α	R		T	1	D	Α	L		⁴ R	Υ	Α	Ν
N	D	Е	Ď		R	1	٧	Α	L.		θE	L	K
Ě	s	s	Е	N		ů,C	0	W	Α	R	D	L	Υ
		ΉT	N	U	T ([™] R	s	т	U			
A	L.	L	s	т	Α	°R			Ε	D	oi I	EZ T	ss S
Р	Е	Е		°S M	1	Α	о М	°2		Ē	s	Α	U
Е	Α	s		ΈE	G	R	Е	Т		S	L	U	М
s	Р	S		Ğ	Α	Е	L	s		Ť	Е	S	s



Instructions for Sudoku

9 x 9 letter: To solv Sudoku puzzle, eve number from 1 to must appear in eac of the nine vertica columns, in each o the nine horizont rows and in each of

the nine boxes

e a	2	8	1	4	6	9	5	3	7
ery	3	4	9	5	7	1	6	2	8
9	6	5	7	8	3	2	4	9	1
ch	4	2	6	7	5	8	3	1	9
al of	7	9	3	1	4	6	8	5	2
al	15	1	8	9	2	3	7	4	6
of	9	3	5	6	1	7	2	8	4
	8	6	2	3	9	4	1	7	5
	1	7	4	2	8	5	Ø	6	3

solution 4484