

# Why India's weather calendar makes for magical travel

Aditi Malhotra

In 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 open-minded 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

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.



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—

how it breathes, celebrates in that moment of the year.

## Monsoon wanderings: Chasing rain and romance

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



## Autumn Adventures: A Golden Transition

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

celebrations. A trip to Varanasi during Diwali or Mysore during Dussehra offers a cultural immersion unlike any other.

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.

# Travel beauty tips for your summer holidays

Shahnaz Hussain

Summer 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 nutrient-rich 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 beta-carotene 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



## Travel Packing Tips

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 outfits that can be dressed 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 dry, frizzy, or damaged. Humidity, dry air, and 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 sun damage. It's especially helpful when your usual beauty routine is disrupted.

When packing, choose travel-sized shampoo, conditioner, and styling products suited to your hair type. A 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. These small additions can make a big difference in maintaining healthy, beautiful hair while on the move.



## Prep your skin for the sun

Sunlight boosts mood and helps your 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



PICT: INACIO NORONHA

## 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.

The 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.



# Herald Gaming Console

## Dilbert



## Garfield



## Wizard of id



## crossword 4845

### ACROSS

1- Wall Street pessimist; 5- Flip out; 10- Broad; 14- Actress Sommer; 15- Like some statesmen; 16- An apple .....; 17- Util. bill; 18- Decorate; 19- Take a meal; 20- Bank employee; 22- Caribou; 24- Gastropod mollusk; 25- Close up again; 26- Sniffer; 28- 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

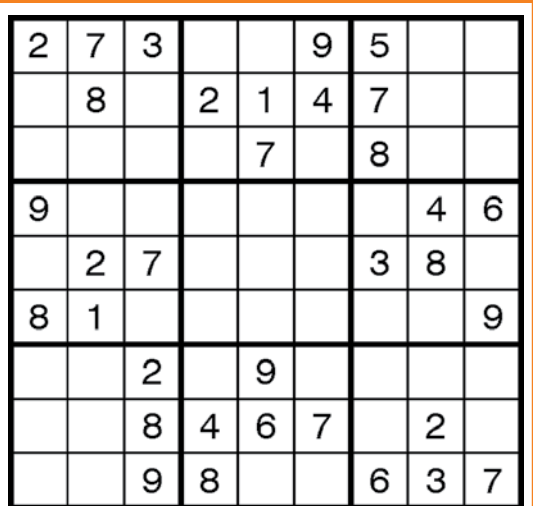
1-Borscht veggies; 2- Actress Barkin; 3- Pack leader; 4- Lean back; 5- Equipment; 6- Ancient; 7- Like a lot; 8- Israel's Shimon; 9- Tennessee Ford; 10- Walked like a duck; 11- Romeo's last words; 12- Hamlet, for one; 13- Watchful one; 21- 'Xanadu' band, for short; 23- Western pact; 25- Funny Fox; 27- Part of a process; 29- Roman tyrant;



## solution 48454



## sudoku 4845



## Instructions for Sudoku

9 x 9 letter: To solve a Sudoku puzzle, every number from 1 to 9 must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes

## solution 4484

