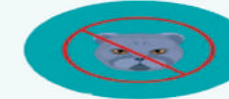

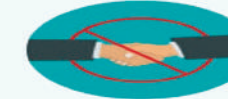






STATE TIMES

SUNDAY

Your Companion for a Funday



PROTECT YOURSELF FROM COVID-19

India's Best Little Travel Adventures For October



Deoria Tal

Fancy a lakeside holiday? Uttarakhand has some of the most picturesque lakes in India for that beautiful lakeside holiday you’ve been dreaming of. Most of these lakes in Uttarakhand are surrounded by meadows and hills big and small, and some of them are high up on the mountains. No matter where they are located, these lakes are popular and have some really fascinating backstory to them. We have hand-picked some of the best lakes in Uttarakhand to help your next lakeside holiday.

Deoria Tal
Deoria Tal can be reached after an hour and a half trek up the village of Sari on Ukhimath-Chopta Road. The way to the lake is an easy trek and a very popular one. Deoria Tal is surrounded by lush forests and meadows, and it is one of the best spots to see the peaks of the majestic Chaukhamba, Nikantha, Bandarpooch, Kedar Range and Kalanag. According to the Hindu mythology, gods or devtas used to take bath in this lake.

The best time to visit Deoriatal is from March to May and October to November. In winters, i.e., December – January, when the snowfall starts, the nights at Deoria Tal are extremely chilly and is only advisable if you are OK with surviving temperatures well below freezing point. Even June – July is hot when the sun is out but shades and night are a bit cooler though.

Monsoon season is generally not a suggested time period to visit the region of Chopta – Tunganath – Chandrashilla – Deori Tal due to landslides which are common in Garhwal.

In the winter season, you can easily get to see snowfall on the Deoriatal trek or around the Deoriatal lake. So, if you want to have some fun playing in snow then head out to Deoriatal – Chopta region in January to March.

Naini Lake
Probably the most popular one on the list, Naini Lake is one of the most beautiful features of Nainital hill station. The lake-side has boulevards lined with maple trees. Little curios and eateries are in plenty here. Come here during the regatta season.

Historical Significance of Naini Lake
Hindu scriptures such as the Skanda Purana mention a lake called the 'Tririshi Sarovar', which is believed to be the Nainital Lake. This name was derived from the names of three great sages who used to meditate here, namely Atri, Pulastya and Pulaha. A hole was dug by the three of them which soon got filled with water and came to be known as the Naini Lake or Tririshi Sarovar. According to the historical records, in 1839, a European businessman P. Barron while on a hunting expedition, accidentally found the Naini Lake and was captivated by its beauty. He then decided to build a European colony on the shores of the lake as a summer retreat for Englishmen.

Best Time To Visit
You can best enjoy the serenity of Naini Lake during the months of March, June, November and December when the weather is perfect for a boat ride.

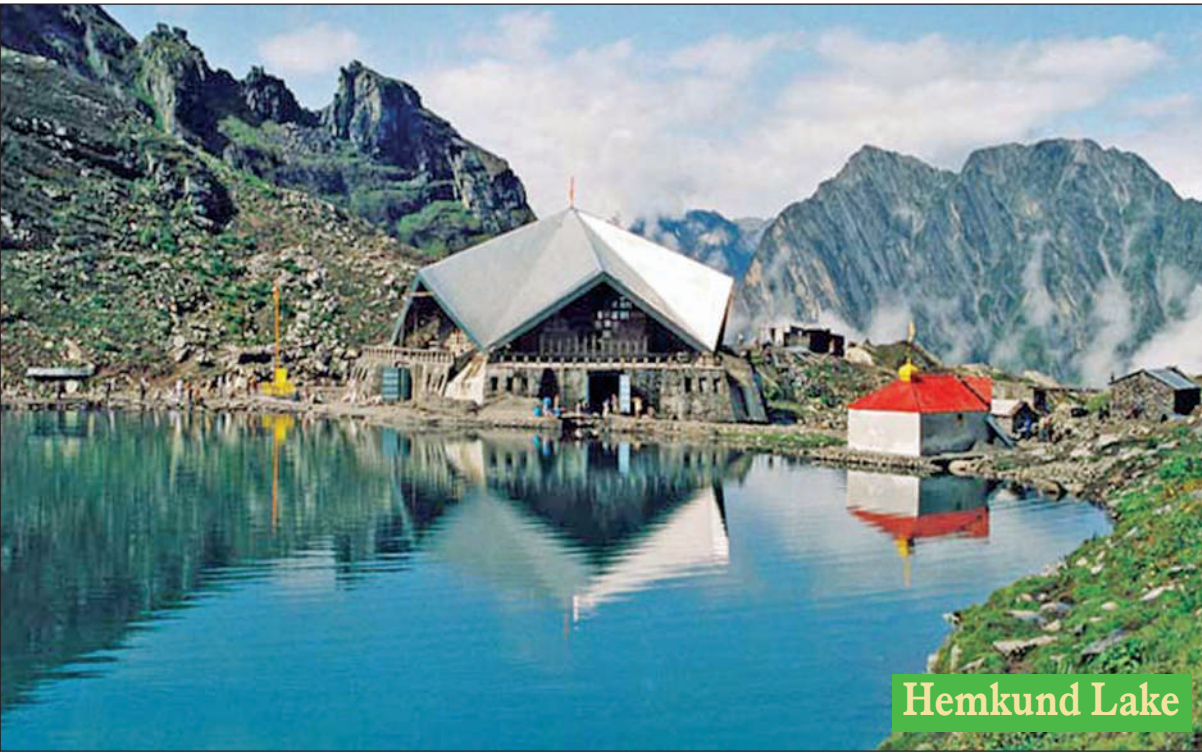
Bhimtal Lake
Named after Mahabharata’s Bhima, the Bhimtal lake is a popular destination in Uttarakhand. Surrounded by lush greenery, Bhimtal lake and the surrounding area is a very good birdwatching spot.

Historical significance of Bhimtal
After the Anglo-Nepalese war, also known as Gorkha War of 1814-1816, Bhimtal came under the British rule. There are still the then used pedestrian routes connecting Kathgodam and other Kumaoni regions. These routes also lead to Tibet and Nepal and are speculated to be the part of the ancient silk route.

The famous Shiva temple alongside the Bhimtal lake is believed to be built by Baz Bahadur, the king of Kumaon and ruler of Chand Dynasty in 17th century AD.

Best time to visit Bhimtal
Bhimtal welcomes its tourists at almost all times of the year. The months of March, April, May, October, November, and December are the best ones to enjoy Bhimtal, fully bloomed during the first three and covered with snow during the later three.

Roopkund
Located in the Chamoli district, Roopkund Lake is shrouded in mystery. Roopkund is one of the most famous trekking routes



Hemkund Lake

in India and rightly so. It is magnificent. Roopkund is a fairly shallow lake which stays frozen for the most part of the year. But when the lake thaws, one can see a bunch of skeletons – human and animal. It is said that some of the human skeletons are a lot bigger than the normal size human skeleton. Talks about giants are not unheard of in this region.

Best Time to visit Roopkund Lake Trek
Due to the climatic changes, Roopkund is accessible for only 3 to 4 months a year. It depends totally on one's personal preference, whether you'd want to trek in the thick white blanket of snow or clear vibrant fields. Should you choose to trek in the snow, you must go there between mid-May to the end of June.

Regardless, the best time for trekking would be in autumn which is in mid-September until October, simply because of the magnificent crystal clear view and lesser crowds in the trails. You must also not forget that this is the time when the snow melts and you witness the skeletons near the lake. Nevertheless, it depends upon one's comfort zone. You should also avoid trekking during the monsoons.

Dodital Lake
This freshwater lake is located in Uttarkashi district in the Garhwal region of Uttarakhand. According to the Hindu mythology, Dodital is the birthplace of Lord Ganesha. There is a temple dedicated to Lord Ganesh in one of the corners of the lake.

Best Time to Do Dodital Trek
Dodital trek is a very beautiful and an moderate trek in the District Uttarkashi Uttarakhand , The Dodital Trek is great for those people who have a great passion for mountaineering. Hills and consider it a special purpose in their life.

We are are doing this trek for years, we have every experience related to this trek. The right time to do this trek is from Winter popular for winter & Summer specially in the months of June, green and coluerfull bugyal meadows, which makes your trek very memorable. During the day the temperature of Dodital trek is around (Winter -5°C to -10 °C and during the Summer temperature 10 °C to 18 °C which is very good for your trek

Hemkund Lake
Hemkund Lake is one of the most sacred lakes in India. It is a place of pilgrimage for Sikhs as it is situated next to Hemkund Sahib shrine. This glacial lake, also known as Lake of Snow, is located in Chamoli district.

Best time to visit Hemkund Sahib
Hemkund Sahib Gurudwara opens in May every year and closes just before the onset of Winter, around October. People visiting the temple on a pilgrimage go throughout this season. Hemkund Sahib's weather changes during these months, from snow to monsoon. As a trekker, the best time to do Hemkund Sahib trek is around July/August. The monsoon would have started making it cool. And you have the chance to do the spectacular Valley of Flowers trek as well.

Sattal
Not one but a cluster of seven lakes – Panna Tal or Garud Tal, Naldamyanti Tal, Hanuman Tal, Sita Tal, Ram Tal, Laxman Tal, Sukha Tal or Bharat Tal, Sattal is one of the less explored places in Uttarakhand. It is mostly visited by birdwatchers as the forest surrounding Sattal is home to a very healthy population of resident as well as migratory birds. Sita Tal is a very good place for boating, and there are many cool camping grounds nearby.

Best time to visit Sattal Lake
Best time to visit Sattal is during the months of March to May and again during December to January. On the other hand, travelling in off season is cheaper and you'll encounter fewer tourists. Best to avoid monsoon season.09

Naukuchiatal Lake
Perfect for those looking for a quiet holiday, Naukuchiatal is a gem of a destination. The place gets its name from the Naukuchiatal Lake which, when translated, means lake of nine corners. The lake is pretty deep and clean.

Tehri Lake
Tehri Lake is a beautiful lake and an exciting water sports destination which was created after the construction of Tehri Dam. The lake is surrounded by verdant hills, and water sports options are in plenty. Tehri is also one of the most popular weekend destinations from Delhi.

6 ways to build trust in a relationship

Trust in a relationship is foremost. If there is no trust, any relationship is doomed. Sometimes, when trust is lost due to whatever reason, and we still want the relationship to work, there are ways to build it all back but you do need patience for the same as these things cannot be built back in a day. So there are 6 ways that can help build trust in your relationship.

Work on your mistakes
If you have been making mistakes and saying sorry repeatedly without really working on them then it is time to wake up and let your partner know that they can trust you and that your words hold weight.

Communicate
To build trust, you must begin practicing open communication if not already. Don't be secretive about anything with your partner. The more secrets you keep, the worse it will get. Secrecy erodes trust slowly like slow poison in a relationship. It gets better when you both slowly come on to the same page. This makes you both feel closer. Open communication makes both partners trust each other; let their respective guard down and it is the best advice anyone would give you.

Create positive experiences
To build trust in all offices and work places, you must have noticed that there are trust building exercises for teams for a better work culture. The same translates into a relationship. You must do activities together to build trust. Create positive experiences together. Join some games, try cooking and gar-



dening together; etc. You could even join some dance classes

Take responsibility
You must take responsibility in your relationship especially if it is a marriage. All the burden cannot be on one person. Once you have established those rules, the responsibilities follow through. Do not give your partner that window to feel that you cannot be trusted. A mistake once or twice is human but a regular charade can make your partner lose trust in you.

Be honest
This is the most important point and it goes without saying that lies can only worsen your relationship. Be honest about everything with your partner. Tell the truth and remember that lies diminish trustworthiness. If you do not like something your partner said, let them know. If you met a former crush and you know it has no romantic meaning behind it anymore, let your partner know. Be true.

Express your feelings
It is not just criticism that should be expressed. In a relationship, it is important to show your feelings and love. It is crucial that you let your person know that you love them, care for them and not just with words, physically as well. Telling someone they are wrong all the time, or only things that disturb you, can be very hurtful for a person. It breaks them down slowly. The moment you just say and express your feelings, the entire day of a person can change. You are also building a sense of trust in that person, encouraging them too to open up to you.

