

STATE TIMES

SUNDAY

Your Companion for a Funday



Places in South India for this monsoon



South India has a lot more to offer than mere beaches and spice plantations. It's a melting pot of cultures, cuisines, traditions, and languages. From honeymooning couples to families, the southern states of Kerala, Karnataka, Andhra Pradesh, and Tamil Nadu welcome tourists with warmth and love. There's something to do for everyone here – water sports for the adventurous, backwaters for the romantics, trekking trails for hikers, and panoramic vistas for nature lovers.

Valparai, Tamil Nadu

This charming hill station sits at an altitude of around 3500 ft, and receives good rainfall during the monsoon season. Its dense forests, tea estates, cascading waterfalls, overflowing dams, and pleasant climate makes it an ideal place for a great vacation during this season in South India. A paradise for trekkers, nature lovers, and wildlife enthusiasts, you should definitely include this spot in your travel wishlist.

Agumbe, Karnataka

It's undoubtedly one of the most beautiful places to visit in South India during monsoons. Set at a height of more than 2100 ft, this destination is also known as the Cherrapunji of South India, as it receives the highest amount of rainfall in Southern India. Blessed with rich biodiversity, and scenic valleys, Agumbe is dotted with several numerous waterfalls that turn lively during the rainy season.

Wayanad, Kerala

Sitting comfortably atop the Western Ghats, it's one of those places in South India that sees good rainfall. And during monsoons, the bountiful rain turns this place even more breathtakingly beautiful. When here, do visit the prehistoric Edakkal Caves, trek through the rainforest area, enjoy a jeep safari to spot wild elephants, and much more.

Athirapally, Kerala

It's a known fact that monsoon brings life to waterfalls and nature. Likewise, the Athirapally waterfalls is one such place in Kerala that offers all the right reasons to visit during the monsoon season. Cascading from a height of around 80 ft that numerous parallel streams, the very moment you yav your eyes in this spot, you will remain awestruck! And during monsoons, when the water gets stronger and as all the streams come in together, it seems to appear like Niagara Falls, which is a sight to behold.

Ooty, Tamil Nadu

Also known as Udhagamandalam, Ooty is located in the Nilgiri Hills. During monsoons, this spot plays perfect host to vacationers with greenery all around, and perfect scenery that seems like straight out of a picture book. Touted as one of the most romantic places to visit in South India, plan your visit to this place during this time and you are in for a memorable trip.

Alleppey, Kerala

This place needs no introduction. A gem of a place in God's Own Country, this place is best for those who call themselves nature lovers. Blessed with lush greenery all around, beautiful backwaters, one of the experiences that you shouldn't miss when here is backwater cruising in a houseboat. Do visit this place during this season, and see for yourself what magic it plays on you!

Lambasingi, Andhra Pradesh

It's one of the less-known and less crowded destinations that deserves all your attention. Situated in the district of Visakhapatnam, this South Indian destination makes for a great visit during monsoons, where you get the opportunity to indulge in activities, and well as enjoy the season to the fullest. Fondly called the Kashmir of Andhra Pradesh, this destination is the only place in the entire state that receives snowfall and it's wonderful.

Kanyakumari

Located at the southernmost tip of India, this destination is famed for its breathtaking shoreline that offers beautiful views



of the Indian Ocean. During monsoons, this place becomes more lively when the ideal mix of cliffs, mountains, valleys and the sea create a scenery that you will never forget. Do visit this place if you can during this season, and you will be in for a memorable trip.

Lakshadweep

You should definitely try to visit this tropical paradise during monsoons, and you will be amazed to witness the beauty surrounding this place. Located off the coastline of Kerala, this well-known archipelago boasts of 36 rich coral reefs and atolls, which makes it a great destination to explore and see the unknown. Spend some time on its quixotic beaches, and you will make memories that you would feel like reliving again and again.

Meghamalai, Tamil Nadu

Fondly known as High Wavy Mountains, this spot is situated at an altitude of around 1500 m in the Western Ghats. This place is best suited for those looking for a tranquil and relaxed weekend getaway during monsoons. Surrounded by tea and cardamom tea plantations, Megamalai is as spectacular as it can get during this season, whereas its long winding roads through these plantations makes for an ideal nature walk.

Healthy and happy diet for kids: Foods to build their immunity

We all want our kids to get the right nutrition for their growth and development and to have a strong immune system. It is essential to monitor what they eat and make sure that we feed them nourishing food. However, kids are mostly attracted to junk food that can do more harm to their health than any good. One way to limit their junk food intake is to build healthy food practices from early on, so that the kids appreciate and enjoy the natural, nutritious foods which will help to keep all disease and infections at bay. In his book 'How To Bring Up Happy Children', Saamdu Chetri shares an interesting recipe to boost your kid's immune system. He says to make a practice of preparing a "honey-turmeric-ginger- garlic-lemon juice paste" and storing it in the fridge. Give half a teaspoon or less of this paste to your child every morning, depending on the child's age. This paste will keep their immunity strong.

Food Revolution expert Dr. Joel Fuhrman came up with the acronym "G-BOMBS", which refers to plant-based foods we should eat for health and happiness. These are anti-cancer, anti-diabetic, health-promoting foods which are effective at preventing chronic diseases and promoting longevity.

What Are GBOMBS?

G – Greens

Raw leafy greens are packed with nutrients. Green veggies contain substances that protect our blood vessels and are associated with reduced risk of diabetes. Leafy greens are also the most nutrient-dense foods. While cooking green vegetables, do not overcook them as they lose much of their properties due to the high heat.

B – Beans

Beans are a powerhouse of nutrition and the most nutrient-dense carbohydrate source. Beans are anti-diabetes and weight-loss food and have a stabilizing effect on blood sugar. They contain soluble fiber which lowers cholesterol levels. Eating beans, peas or lentils at least twice a week provides protection against cancer.

O – Onions

Onions, along with leeks, garlic, etc. are a part of the Allium family of vegetables, which have beneficial effects on the cardiovascular and immune systems. They have anti-diabetic and anti-cancer effects on the body. Studies have found that increased consumption of Allium vegetables is associated with lower risk of gastric and prostate cancers.

M – Mushrooms

Consuming mushrooms regularly is associated with decreased risk of breast, stomach, and colorectal cancers. A Chinese study found that women who ate at least 10 grams of fresh mushrooms each day had a 64% decreased risk of breast cancer. Keep in mind that mushrooms should only be eaten cooked. Do not eat wild mushrooms as they can be poisonous.

B – Berries

Berries including blueberries, strawberries, and blackberries are superfoods. They are delicious to eat and are low in sugar and high in nutrients. They come in vibrant colors and are full of antioxidants, including flavonoids and antioxidant vitamins. Berries are an excellent food for the brain as they improve our motor coordination and memory.

S – Seeds

Seeds and nuts contain healthy fats and are rich in micronutrients, including minerals and antioxidants. Seeds are abundant in trace minerals, higher in protein than nuts, and each kind of seed has its unique nutritional value. Flax, chia, and hemp seeds are rich sources of healthy omega-3 fats.

