

VOL.3 2019

INDOTHAI

# LIFESTYLE

TRAVEL | WELLNESS | RELIGION | CULTURE

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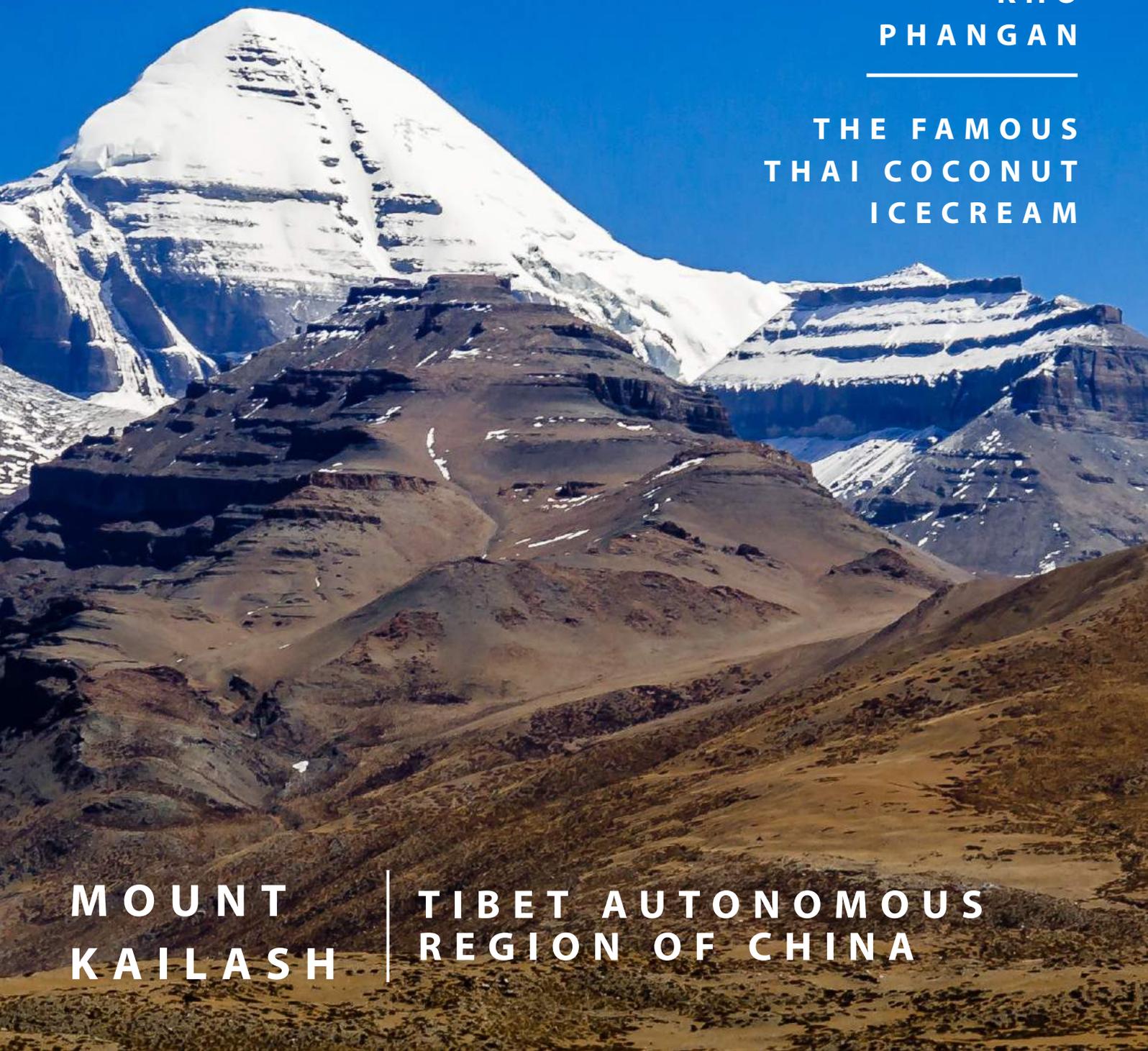
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## FROM THE FOUNDER'S DESK

**W**e consider ourselves as the torchbearer of Indo-Thai relationship and we feel proud to highlight some of the best cultural aspects of India and Thailand. We also feel good for the appreciation and support we have received from numerous eminent personalities from India and Thailand. Your appreciation motivates and encourages us to bring some of the best stories from these two great Asian nations.

Following our success in printing copies - with over 20,000 Copies of Indo Thai Lifestyle Magazine effectively distributed in Thailand & India, we have taken measures to publish digital copies for new age readers. We hope, this will make it easy for the readers who want to access and read our Lifestyle Magazine on their mobile device. Soft/Digital Copy of the edition is available on Indo Thai News website & Mobile Application (Android + iOS) for global outreach.

In our previous edition, we have covered different interesting stories. Ranging from the mega-events like Kumbh Mela 2019, Pravasi Bharatiya Diwas, The Rann Utsav to the travel stories from Nainital, Pattaya, Thai travel tips and more. And more after that, we have covered news stories like Miss Universe Thailand, Parthiv Shivling in Thailand and International Yoga Day celebration in Bangkok that you will be able to enjoy in this issue.

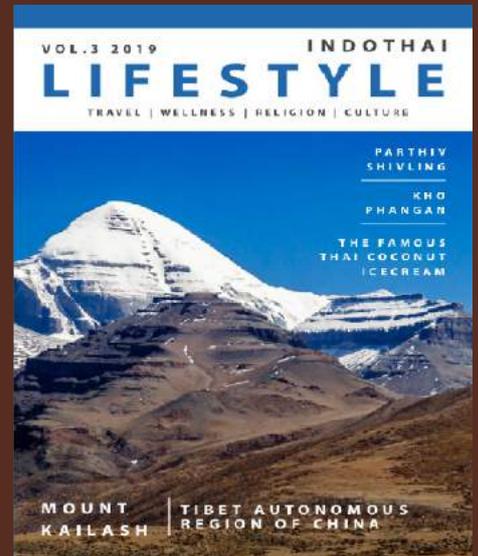
We have also started collaborating with Tourism Authority of Thailand & Tourism Council of Thailand (TAT & TCT) to circulate and distribute our magazine in broader extent including the places like TAT offices in Bangkok and Suvarnabhumi Airport's arrival halls.

We are aware of the expectations of our esteemed readers and we are committed to fulfilling it. We work with a great team of writers, editors, designers and support staff without which we would not be able to deliver quality content to everyone.

We are overwhelmed by your love and support and it is our responsibility to fulfil your expectations in our upcoming editions. So, we promise that we will continue to come with some of the best stories from India and Thailand and we believe our future stories will reveal many unknown facts to you.

Enjoy reading!

**Pawan Mishra**  
(Founder- Indo Thai News)



**Founder & Publisher :**  
Pawan Mishra

**Managing Editor:**  
Maria Querijero

**Graphic Designer:**  
Phenphet Libnukool

**Photo Editor / Researcher:**  
Jaspar Paul

**Contributors**  
Apurva Kulkarni  
Aastha Bagga  
Deval Haria Gosrani  
Radhika Bhasin  
Sneha Tiwari  
Vaishali Shukla  
Shilpita Roy  
Kailash Mansarovar

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**For Advertisement  
or any other query**

kindly contact :  
Info@indothainews.com  
editor@indothainews.com  
Call : +66 90 975 2204

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# AN ENCHANTED VISIT TO SRI MAHA MARIAMMAN TEMPLE SILOM, BANGKOK

.....  
*SHILPITA ROY*



Vanakkum!, i.e., Greetings in Tamil. Here is an alluring, informative and insightful guide to the popular Sri Maha Mariamman Temple situated in Silom, Bangkok.

So, do you want to know what is so special about this stunning temple? After reading this, you will definitely add it to your travel list. Well, in today's digital world, from checking emails, attending meetings, drinking coffee, finishing important papers, fixing programs, we all miss the natural serenity and peace. The way the blowing wind touches our cheeks, the way the rain- water droplets touch our skin, the same peace is felt at Sri Maha Mariamman Temple.

## THE STORY BEHIND IT

Tamil Nadu is a place that has a pure soul of its own which is rich in art, dance, music and literature. The essence of India can be seen and felt in Bangkok, especially when it comes to visiting the Sri Maha Mariamman Temple. The Stunning Sri Maha Mariamman Temple is a piece of art, in itself. It is also known as Wat Khaek and Maha Uma Devi Temple. It is the most popular Tamil Hindu Temple in Thailand. You can visit it in the Bangrak district at the corner of Pan Road and Silom Road. So, the story goes back in the year, 1858. When the British Empire colonised India, numerous people from Tamil Nadu preferred to leave the country rather than staying at a place which will not feel of their own. A few people from this group shifted to Bangkok as the gemstones' traders as well as cattle ranchers. This group had a leader named Vaithi Padayatchi, he is the one who built this beautiful temple which symbolises Indian culture. It is one of the most important and oldest temples in Thailand.

## THE SCENIC BEAUTY

When you step a foot in front of the Sri Maha Mariamman Temple, the peaceful aura will immediately purify your mind and pull you out of the stress caused by the gloomy and monotonous daily life. The road in front of this temple has stalls of flowers all around selling offerings to the god with many other beautiful things for the deities.

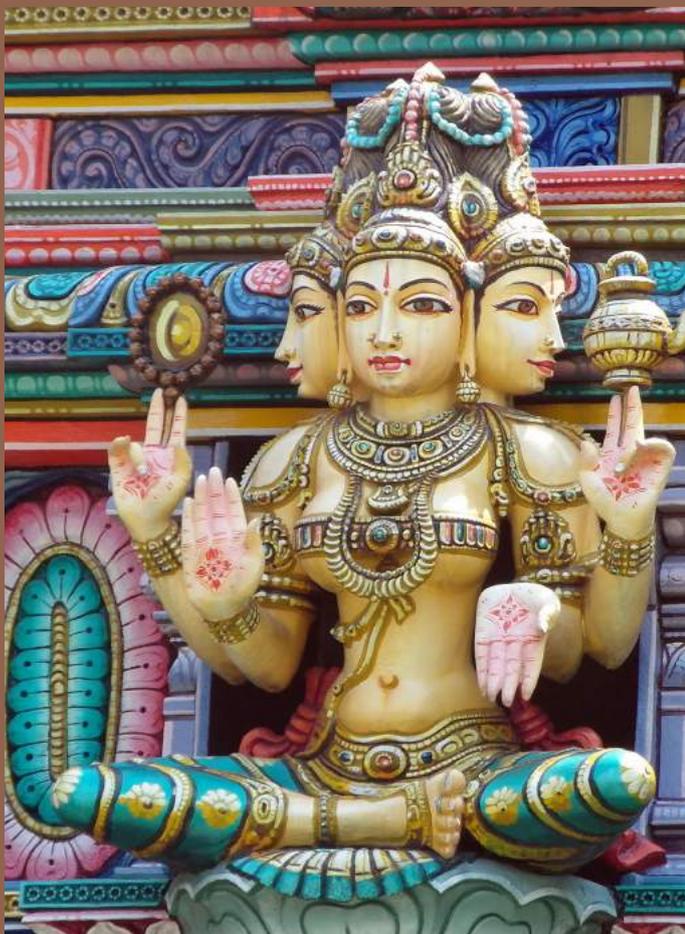
Your mind will relax automatically as the soothing fragrance of the alluring flowers will capture your sense of smell as well as the sense of sight.



The vendors here have stalls and sell pure saffron – colored flowers of marigold and varied kind of fruits as the offerings to the Gods for the worshippers. The beauty of this temple is at its par at the month of September/ October as it is the Navratri festival and at this time, the whole temple is decorated with vibrant colors and vivid festive items. The alluring Goddess Sri Maha Mariamman is specially paraded through the temple streets.

## THE INSIDE OF THE TEMPLE

At the entrance of Sri Maha Mariamman Temple is a tower with a height of 6 meters and is covered all over with the engraved images of the varied Hindu deities. It is known as Gopura. After walking inside it, you will get mesmerised with the beauty of the main shrine which has a dome that is alluringly covered and decorated with a sheen copper plate.



Its facade is extremely alluring which is made of florid style filled with multiple colors even making a rainbow shy. While entering it, you will automatically take a deep breath of satisfaction and contentment. Your eyes will get stuck at the amazing artist design of this Hindu Temple. Your first look will not allow you to blink your eyes even for a second due to its stunning beauty with the mixture of peaceful surroundings. This temple has engraved images of Hindu Gods and goddesses in varied sizes and shapes like a stunning collage. The carved sculptures with bold colors of Hindu gods are a work of art as the details in it will blow your mind. This temple is basically an anchor for the Hindu community. This amazing opulent temple will make the Indians feel like home due to the temple and the Indian owned stalls and varied shops all around this area. The smell of food, the taste of the flavours will excite your tongue as it will taste like home.



The temple has many gods and goddesses. When you are within the temple area, you will get to observe the fascination of the three shrines which are dedicated to Lord Ganesh, Lord Kartik and the Goddess Sri Maha Mariamman. The sequence of worship starts with Lord Ganesh, then Lord Kartik and then the main Goddess Sri Maha Mariamman. There are many other gods who are worshipped here too such as Lord Shiva, Lord Brahma, Lord Vishnu. The decoration of the main shrine has beautiful images of Goddess Kali, Goddess Saraswati, Goddess Mahalakshmi and Lord Hanuman.



## THE CELEBRATION OF SRI MAHA MARIAMMAN TEMPLE CARNIVALS AND FESTIVALS

This temple is a mandatory landmark for the Tamil Hindu community enchants every Bangkok soul with its culture. Around 85% of people residing in Thailand visit this temple. Thailand is mainly inspired by Buddhism, but the people here believe that Hinduism is actually a branch of Buddhism, so everyone worships this temple with a peaceful heart. In accordance with the Tamil calendar, the Navratri festival is celebrated here in the month of September/ October with full excitement, dedication and love.

It is celebrated with a belief that it gets rid of all the bad luck and escalate the prosperity and happiness. It is held for 10 days and on the last day, the street in front is decorated with candles and pretty yellow flowers. A parade of the Goddess Sri Maha Mariamman takes place. At the Diwali festival i.e. the festival of light, the temple is lit up with diya, candle and fairy lights. The worshipers believe that the blessings from the Goddess will bring Good luck in life.

If your soul desires to experience moments which cannot be expressed in mere words, you should surely visit this alluring temple to satisfy your wandering mind. You will leave this temple with a peaceful smile.



# FABRICS OF THAILAND AND INDIA

.....  
*Apurva Kulkarni*



Two distinct lands weaving their cultural threads and rich heritage over the years and creating unique patterns and techniques that are distinctive to each region is the beauty of the two countries – India and Thailand. Stark differences and overt similarities in techniques, designs and the nature of origin can be observed when learning about the fabrics of the two nations. Me, personally am a huge lover of all things history and fashion and learning about the fabrics just makes the two worlds come together.

India, the land of diversity, where each state has its own distinct cultural identity and the attire of the locals is an integral part to brave the climatic conditions that are geographically different from region to region.

From the low temperatures in Kashmir, high up in the north to the sweltering heat in Kanyakumari the southern-most tip of the sub-continent, the weavers and the artisans are known to create magic with the treads and fibres to brave the climatic conditions. It's not just the outfits of the people that are different from region to region, but also the fabrics used are varied and unique to each state. The clothes that were designed to be more functional than and now functional and stylish to keep upbeat with the changing trends and fashion.

A quick glimpse at some of the fabric of a few Indian states or regions shows the diversity of the land –

Kashmir	> Pashmina
Assam	> Muga Silk
West Bengal	> Jamdani
Uttarkhand	> Panchachuli Weave
Uttar Pradesh	> Chikankari
Orissa	> Sambalpuri Silk
Bihar	> Bhagalpuri Silk
Madhya Pradesh	> Chanderi
Maharashtra	> Paithani
Karnataka	> Mysore Silk
Kerala	> Kasavu
Tamil Nadu	> Kanjeevaram
Andhra Pradesh	> Kalamkari
Punjab	> Phulkari
Rajasthan	> Shisha
Gujarat	> Bandhani

The predominant textiles associated with India and south east Asian countries are cotton and silk owing to the hot and humid climatic conditions in the major parts of the regions. Much like the Indian handloom artisans, the Thai fabrics are also hand woven and cannot be duplicated through commercial methods. Silk which is a fabric that forms the essence of Thailand, has its own method of weaving and dyeing that is specific to the different regions of Thailand.

The conventional Thai fabrics and the Thai culture are interspersed and cannot be separated. Be it a millennial wearing the hill tribe tunic or jacket to sport the Boho look for the social media or a working woman walking down the market in the Thai silk sarong, the choices for the clothes scream “I’m Thai”. Unlike the Indian fabrics which are known since time immemorial, the Thai silk weavers gained their popularity in the 19th century.

Much like most of the countries of the world, cultural influences can be identified from India, China or Mongolia in the fabrics of Siam. The blend of the techniques and the patterns that originated from different countries blending in with the Thai style of weaving have culminated in a big handloom industry that the Thai pride themselves with. The Indian fabrics in contrast although have been inspired from Persia and China are largely steeped in tradition even today.

The weaving techniques and pattern cutting methods that were prevalent centuries back are still very much in use even today. With increasing focus attributed to sustainability and upcycling, the handloom industry has reemerged in the current times. Niche brands like Nicobar or Pahadi local who are renowned to house the works of the handloom artisans are thriving in India and abroad.



Wearing local and tradition has become the new age style mantra, be it in India or Thailand, more and more millennials are looking at local brands, small time artisans and inhouse fabrics as opposed to the high street fashion brands. So the next time you are in either of the countries, don't forget to swing by the local fabric store or even a designer store to have a closer look at the yarns and fabrics.



# KHAO PHANSA

.....

*APURVA KULKARNI*

When the calendar flips to the month of June or July and the rain clouds start hovering, the Thai folk gear up to celebrate the much-awaited festival of “Khao Phansa”. The dates for celebrating Khao Phansa are variable since the Thai much like the Indians, follow the lunar calendar. The day after the full moon in the eighth lunar month is what marks the beginning of the rains and the retreat for the monastics. Of the many festivals celebrated in the Asian countries, the festival of Khao Phansa has an underlying spiritual vibe mingled with the celebrations.

In the age-old times, during this time of the year when the days became shorter and the nights became longer, the locals came together and bestowed wax candles upon the monks who studied after the sunset by the candlelight. This beautiful tradition which started long ago is still very prevalent in the existing times and the association of Khao Phansa with wax and candles is sighted in many rituals and practises followed even today. The olden days candles are now replaced by expansive wax figurines which are paraded around the town during the festive processions. The festival is all about the art and the entertainment in forms of décor, music and dance performances.

Being an avid enthusiast of history and philosophy, it brings me great joy in seeing the traditions of different countries coming together. For instance, the origin of Khao Phansa dates to India where the retreat of the monks was as per Buddha's counsel. In India, the season of monsoon brings torrential rains in most parts of the country and travelling by foot, which was the frequented method of transport in the olden days, was a rather tedious task.

The monks who frequently climbed the hills and mountains up to the monasteries had to wade through the mud puddles and overflowing rivers which made the travel a cumbersome venture. Besides, during the monsoons, a lot of reptiles and animals tend to abandon their underground burrows to seek shelter in warmer places in the tropical subcontinent that houses a variety of flora and fauna.

The travelling monks were afraid of stepping on these creatures accidentally on their way, and to circumvent these troubles, Buddha suggested that the monks observe a period of retreat during these months so as to avoid these obstructions altogether.



He also suggested the monks partake a leave of 7 days to visit ailing members of the family or to attend a Dharma teaching. The practise that was once started due to functional issues has carried through over the years, and even today monks alike in India and Thailand observe the tradition of retreat.

While for most of us in India, monsoons mean crispy hot pakoras (fritters) and steaming cups of Chai (Indian Tea) with the rain pouring down, for the Thai folk, the auspicious day of Khao Phansa is a day of fasting and abstaining from liquor and non-vegetarian fare. In different parts of Thailand, the festival is celebrated in different ways. For example, in the ancient capital city of Ayutthaya the ornate candles are taken to the local temples across the city in vibrantly coloured boats that sail down the Lad Chado canal.

The visitors to the festival can meet and mingle with the locals whilst getting a glimpse of the festivities. While the celebrations in Ayutthaya are more ritualistic and simpler, the annual event of International Wax Candle Festival held in Ubon Ratchathani is quite ostentatious.



The International Wax Candle Festival that takes place in Thung Si Mueang Park is one of the grandest events that takes place in the country during Khao Phansa. The grandeur of the festival lies in the variety of the displays of the ornate wax artworks that are designed by candle makers. The candles are painstakingly carved and designed all year long to be exhibited at the International Wax Candle Festival. A lot of tourists and traveller tend to flock the city to glimpse the works of art and to take in the celebratory vibe. If you're visiting Thailand during this period, make sure you visit Thung Si Mueang Park to dip into the Thai culture and to explore the traditions. Join in the festivities by shaking a leg with the folk dancers or simply taking a few polaroids in the traditional Thai dress.

This year, the festival of Khao Phansa marks its beginning on the 20th of July, so mark your calendars and plan a quick getaway to catch in the celebrations.

If you happen to be in India during the time, head to one of the monasteries in the north eastern regions of the country to explore where they practise the tradition of retreat still. However, if you happen to have any other sightseeing activities planned, ensure to double check since Khao Phansa is a day of national holiday and a lot of places especially establishments serving liquor are closed on this day.

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# KOH PHANGAN

– A Vision in Blue –

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*APURVA KULKARNI*

EXCERPT – What was once a preferred destination of the Thai royalty, is now a famed tourist destination. Koh Phangan is a blend of unmarred landscapes, pristine waters and lively jamborees.

Koh Phangan or more commonly known as Ko Pha Ngan, which was once the preferred travel destination of the Thai Royalty is now a tourist destination. Located in the south gulf of Thailand, the island is a blend of unmarred landscapes, pristine waters and lively jamborees. Koh Phangan has two sister islands that are just a stone's throw away, the highly frequented Koh Samui to the south and the lesser known scuba diving haven of Koh Tao to the north.



It is said that “the best places to visit are the ones that are hard to reach”, I firmly believe in this after we spent a long day travelling to get to the Island. Koh Phangan is just a short ferry ride away from Koh Samui which is just 35 kilometres away, but having come all the way from Mumbai, the travel time seemed quite prolonged. The journey seemed quite well worth it once we saw the turquoise waters and the lush green coconut plantations across the coastline.

A bird’s eye view of the island exhibits emerald interiors that are the tropical rain forests surrounded by powdery white shores and turquoise waters on the outer perimeter. As in most civilisations, the topography of the island is such that most of the settlements are along the coastline. On our way to the resort, we could barely resist the urge to ditch the luggage and dive into the sea that looked all so welcoming.

Away from the hustle bustle of the city, the island is a vision of green and blue that’s easy on the eye and the mind. It is considered by many as a spiritual sanctuary with a number of Buddhist temples dotting the island and a thriving meditation and spa industry. Most of the resorts or hotel have their inhouse spas and meditation centres to offer the visitors a wholistic experience, be sure to check them out when you do visit.





For the ones whose mantra is work hard and party harder, explore the many sights by the day and head straight to the Haad Rin Beach in the evenings which is renowned for its Full Moon Parties that happen once every month on the beach.

The Full moon parties are attended by over thirty thousand visitors each month and the blaring electronic music is sure to make you groove. Drinks alcoholic and otherwise are available at the many stalls where one can also grab a quick bite to eat before hitting the dance floor. The half moon parties or the weekly parties at the beach are also worth a visit if you're the clubbing sorts and even if you're not it's a fun people gazing experience and the fire shows are worth a visit.



If your idea of a holiday like mine is to wake up late and laze around leisurely, then do just that. Tuck into a wholesome breakfast in bed with a hot cuppa coffee and then walk around the town exploring it along the way on your own time. Climb up the rocky path to Domsila view point to peer at the picturesque views and to click some pictures for your Instagram stories. Walk down the alleys and explore the jungle trail, chat with the local to hear their interesting tales of the island life or simply lay on the white sand beaches with a tender coconut and so that you can sport a tan when you're back home.

Whether you're a part person or an adventure seeker or just a wanderlust, the island's offerings are sure to satiate each traveller's desires. The song "Vision in Blue" perfectly describes the island and couldn't be a better fit. The shades of blue and green that you see here is something that will stay with you long after you've bid farewell to Koh Phangan.





# KOLKATA

– The Food Capital of India –

.....  
*Aastha Bagga*



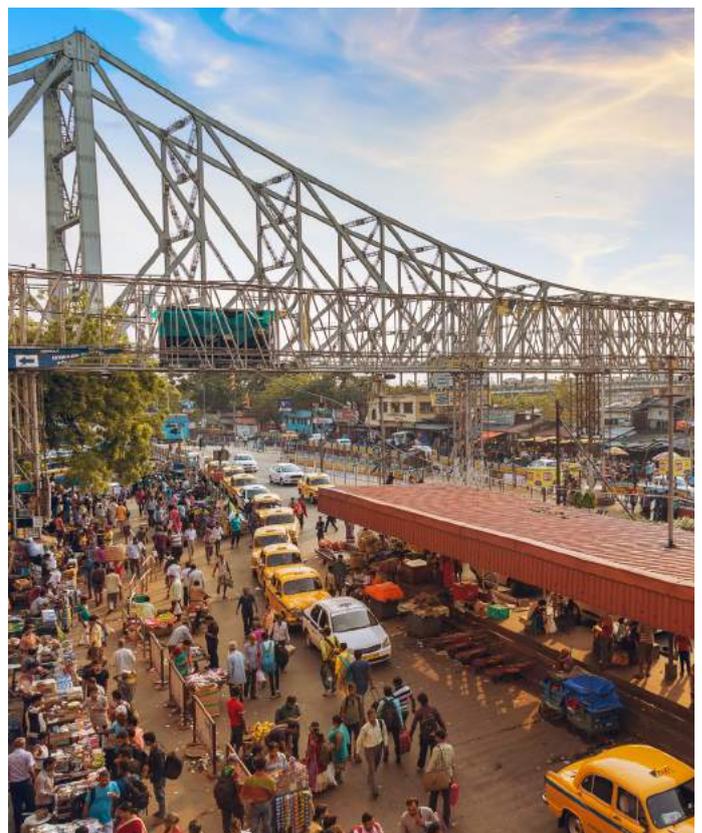
As George Bernard Shaw puts, “There is no sincere love, than the love of food”. My ardent love for a gastronomical experience took me to Kolkata or in the language of my predecessors, Calcutta. Well, Shakespear has said, “A rose by any other name would smell as sweet”. Whatever name you may call it with it sounds sweet as does its world-famous Mishti Doi which is a delicate mixture of curd and palm sugar or jaggery. Despite the simple ingredients, preparing it is a work of art. Milk is made to boil till it thickens and sugar is added. The mixture is then kept for fermentation overnight. Some also like adding cardamom for both taste and fragrance. Traditionally it’s served in clay earthenware.

Though with commercialization the many big companies have made their way into yogurt preparations and in my part of India have tasted mishit doi sitting in my home but still, the authentic and sublime taste of Kolkata’s iconic misti doi is far more than just being luscious.



The tourist in me took me to the banks of Hooghly, a tributary of the vast Ganges. The crooning of the fishermen under the mighty Howrah Bridge, which as told to me by a local historian was one of the busiest bridges in the world, carrying around 150,000 pedestrians and 100,000 vehicles every day. My historian friend and I decided to take a nouka ride in the Princep ghat.

My piquant tongue drove me to the bustling streets and lanes of Kolkatta. Puchka as Kolkatta knows it, or pani puri or golgappas as you and me know it, is one of the most loved street food in Kolkatta. Puchka is a common snack in India. Fine flour is kneaded to make small round balls that are flattened and fried. These are then filled with tamarind chutney, chick peas and filling of potato. Some prefer adding coriander/mint chutney and curd. All the five senses can feel a blast as soon as the puchka is placed on the tongue. Not only savoring it is a euphoric experience also it's preparation is a delight to look at.





Nouka is a traditional wooden boat that was earlier used as a means of transportation across the river. I spent my evening as most people in Kolkata do, a long conversation about how Kolkata is transcending today; over of 'Bhar Cha'. Bhar cha is tea served in a handmade clay cup. The clay that is from the banks of Hooghly adds to the flavor of the tea. In Kolkata tea is incomplete without a Chur Mur which I love with a generous helping of tetul gola (pulp extracted from tamarind). Chur Mur is a light savory evening snack made by mixing broken puchkas, mashed potatoes, onion, tomato, and some Indian spices.

The most common mode of tourist transportation in Kolkata is the Yellow Ambassador Taxi, that drives basically by locals, who know every nook and corner of the city and barely need a GPS tracker. But I preferred taking the hand-pulled rickshaw to tour the city to reach the shop selling Chanar Jilipi, which was all I needed to satisfy my sweet tooth craving. This mouth-watering jalebi is made by cottage cheese and is thicker than normal jalebi. Also, the melt in mouth Bengali Rosogollas is once in a lifetime experience.



My next stop for comfort food was a Bengali friend's house. They served me the staple diet of Bengal, Macher jhol (fish stew) and Kosha Mangsho (mutton curry). To balance the spice of the non-vegetarian dishes Cholar dal (Bengal gram dal) was also served. I enjoyed it with white rice and Luchi (deep-fried flatbread). I finished the deal with Chomchom, which is a dessert made of flour, sugar, lime juice and cream. Kolkata is an amalgamation of cuisines. It is interesting to know that East Kolkata is inhabited by people of Hakka Chinese origin, who came down to settle here some two hundred years before. The area is called Tangra, after the word tanneries. These hakka Chinese not only excel in the business of making some world-class leather products but also make the most amazing food. This small area is also known as China town by the local population. The place is famous for honey chicken, thai soup, fried wontons and giant plates of hakka chow. The food with time has acquired Indian flavors and can be best described as Indo-Chinese.



Kolkatta is one of the few colonial cities in India that have kept intact, its traditions and art. Humanity comes alive in Kolkata. It is one of the few cities where you can stop a passerby for a chat that can last till eternity. The city opens it's arms to strangers and colors them in their own color. From discussing food to football, you will find intellectual spell over everyone. The City of Joy is not just a beautiful experience for a food lover, but offers a lot for everyone's palate; be it an art lover, or literature enthusiast, the city will never fail to mesmerize all and the sundry.





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# MEDICINAL VALUES OF INDIAN SPICES



**RADHIKA BHASIN**

Flavors for a very long time have been utilized to make nourishment increasingly attractive if not intriguing. There are numerous nations on the planet that develop and back the herbs for the sole reason for exchange and dissemination. The shippers of flavors were among the most mainstream brokers in the antiquated occasions. India is outstanding for flavors with a wide assortment and normal plans that are zest bound. Flavors accompany various advantages other than making incredible dishes by the day's end. There are Indian eateries in Ireland today that you can get the opportunity to attempt.

There are 36 kinds of flavors utilized in India and some of them are stuffed with a few medical advantages, found in pretty much every Indian kitchen and furthermore utilized as home solutions for basic cold, acid reflux and lifts insusceptibility. Flavors of India are the most significant piece of the Indian cooking, utilized as seasoning specialist and stacked with a rundown of restorative properties and medical advantages –



## TURMERIC

Turmeric is likewise from the ginger family and utilized as shading operator in cooking, Turmeric powder has since quite a while ago utilized in Ayurvedic prescription for inside injury, knee torment and for as resistance sponsor.

This is a standout amongst the most widely recognized flavors from India. It accompanies shading and flavor that can be utilized to make a wide scope of dinners look and taste better.

Turmeric accompanies highlight that makes it extraordinary for its clients as far as wellbeing. It is cell reinforcement and has been known to battle and furthermore oversee malignant growth. It is likewise a famous arrangement with regards to avoiding Alzheimer ailment and the aggravation of body joint. The flavor additionally accompanies the advantage of keeping the liver safe by purifying it from poisons that accompany abundance liquor.

## ASAFOETIDA

Asafoetida is a perpetual herb, utilized as a stomach related guide and essentially developed in close-by India. Hing is the Hindi word for Asafoetida and a significant element of numerous Indian veggie lover cooking alongside turmeric and garlic.

This is one of the most grounded flavors with a sharp flavor from India. It will change the taste and the smell of any sustenance that it is put into. It is utilized to plan khatti mithi dal, a renowned dish in India. This zest accompanies various advantages under its name including treating asthma, Coughs, bronchitis, and absorption. It is likewise known to diminish excruciating menses in ladies just as inordinate ones.



## CUMIN SEEDS

Otherwise called Jeera, this is a standout amongst the most widely recognized flavors in the home. It is utilized to set up a wide assortment of dishes and will work in nearly anything. It is utilized to plan Odiya in India which is a conventional dish. The medical advantages of cumin seeds incorporate a lift in the safe framework, relief from discomfort, alleviating queasiness, stomach torments and issues, heartburn, and lose bowels.



It is additionally utilized as an iron enhancement making it a decent enhancement. Cumin seeds have utilizes in conventional drug and known for its particular flavor and smell in cooking. The seeds powder additionally used to season various business nourishment items.

## CARDAMOM

Found in the wilds of India, the flavor has to mend properties like those of ginger. It is utilized to enhance sustenances running from sweet potatoes, cakes to squash. It additionally makes chai tea taste extraordinary.



## GINGER

Ginger has a long history in India and numerous other Asian nations. Ginger is a root simply like turmeric, utilized as a flavor and a key element of Indian food particularly in thicker sauces and furthermore utilized in people drug as a home solution for sore throat and normal cold. It is an extraordinary tuber that is utilized to zest up various suppers. It is difficult to miss as far as the smell and state in sustenance. It accompanies numerous medical advantages including easing colds, joint agonies and directing circulatory strain.



## BLACK CARDAMOM

Black cardamom backs out stomach related issues and diminishes fart, it is known to give alleviation from throat issues, chest clog, and gum contamination. Because of its mitigating properties and the way that it can lighten muscle fits, dark cardamom is a redeeming quality for asthmatics. It is an incredible element for respiratory issues.



## SAFFRON

Saffron can treat melancholy, avoids loss of vision, and improves memory. The disgrace of the bloom can furnish alleviation from stomach related problems with the assistance of its calming, cell reinforcement and upper properties. In drug, saffron is utilized in fevers, despondency, and extension of liver and spleen. In Ayurvedic drug it is utilized to recuperate joint inflammation, ineptitude and fruitlessness.



## BLACK PEPPER

Black pepper can expand the creation of hydrochloric corrosive that the stomach needs to help in processing. It is additionally against - bacterial in nature, diminishes circulatory strain and contains iron that is helpful for the body. Black Pepper or peppercorn is typically dried and utilized as a zest, local to the territory of Kerala, have been utilized in customary prescription. Long pepper additionally offers taste like peppercorn and the plant itself is a local of India.

## GARLIC

Garlic with its antiviral and antibacterial properties helps in boosting immunity. Garlic's capacity to battle contaminations and microorganisms makes it a successful remedy for moles and skin issues. Garlic's antibacterial and anesthetizing properties can help fix toothaches.



## THE BOTTOM LINE

Other most famous and solid seeds found in India are Poppy seeds or khaskhas, Kalonji or Nigella seeds, Chia seeds, Sesame Seed, Alsi or Flax seeds utilized in Ayurvedic drug, sabja seeds and lotus seeds or makhanas.





# MUST VISIT PLACES FOR FAMILY/KIDS IN BANGKOK

*DEVAL HARIA GOSRANI*

.....

The Thai capital, “Bangkok” is known for its sleazy bars and the ladyboys. Why is it that none of us talk about the rich Thai culture? Thai people are just like us, soft-spoken and kind-hearted. Thailand has some amazing tourist places to visit and its warm weather across the year makes it be an incredible country to go on a vacation with your kids and family.

Bangkok precisely has some excellent accommodation options and a lot of exciting places to visit with your kids and family. Taking your kids and family just to theme parks will be not much of use instead also, take them to floating markets, temples and on a canal tour to experience and learn something about the Thai culture along with the theme parks.



## CANAL TOUR IN BANGKOK

Known as the 'Venice of the East,' Bangkok has an extensive set of canals which are still well maintained. Booking a canal tour for you and your family which will take you around to flower market, an old artist's house for masks paintings, to see a traditional puppet show and to eat a traditional Thai meal.

## WAT PHRA KAEW & WAT PHO

Known as the 'Venice of the East,' Bangkok has an extensive set of canals which are still well maintained. Booking a canal tour for you and your family which will take you around to flower market, an old artist's house for masks paintings, to see a traditional puppet show and to eat a traditional Thai meal.

## FLOATING MARKET

Taking your family and kids to a floating market will be a lot of fun. It is considered to be as a food lover's heaven. A visit to a floating market will make you all experience the feel of the real Thai culture. DamnoenSaduak, Amphawa, Talin Chan, Khlong Lat Mayom, and Bang Nam Pheung are some of the floating markets in Bangkok where you can take your family and kids.

## SEA LIFE BANGKOK OCEAN WORLD

To make your kids see the sharks, seahorses and spider crabs, you should surely guide them to Sea Life Bangkok Ocean World which is located in Siam Paragon, a massive shopping mall. The kids, for sure, would love the glass bottom boat ride and the 4D cinema in Sea Life Bangkok Ocean World. It is advisable to reach their early so that you can avoid the crowd and enjoy it peacefully. Also, it is recommended to buy the tickets online to avoid standing in the long queues and waste time.



## ASIATIQUE THE RIVERFRONT

This open-air mall is located at a riverside where you can enjoy with your family and do all the fun things in Bangkok at night. Here, you can go for souvenir shopping, enjoy the local food and can also watch some street performances. Also, there are a lot of restaurants here where you can eat and enjoy your meals and watch some cultural shows which also includes Muay Thai and enjoy the Ferris Wheel ride.

## DREAMWORLD

Bangkok's Disneyland, "Dreamworld" is one of the most famous places for kids in Bangkok. It's a theme park having a variety of rollercoasters and rides which are suitable for kids of all the ages. It also has various shows to watch, many fairytale characters whom you can meet and a snow park where you can play in the snow.

## SIAM PARK CITY

This place is a perfect choice when you visit Bangkok with your family and kids on hot days. It has thrilling rides for the whole of your family along with water slides to keep yourself cool from the scorching heat of the sun. It also has the largest wave pool in the world. It has five fun zones of which X-Zone is for adventure lovers and Small Zone for the kids.



## KIDZANIA

Kidzania is a very popular place to visit with your family in Bangkok. It is one of the educational entertainment centers across the world, where the kids can learn about various vital roles, can also role play in 70 different activities. For instance, Become a fireman, and save people from the fire, become a doctor, and help the sick.

## SIAM NIRAMIT

Siam Niramit is a place where you can take your family and kids at night in Bangkok. It is one of the popular attraction in Bangkok. It is a cultural show which features traditional dances and acrobatics along with spectacular graphics and musical effects.



## FUNARIUM

It is one of the famous indoor playgrounds for the whole family right in the center of Bangkok. It has incredible play equipment with all the safety measures, arts, and craft activities and also, has a café which serves delectable healthy local and international cuisine food. Even the parents can play with their kids here or can relax as well.

## BOUNCE THAILAND

Who does not love bouncing off a trampoline and fly in the air? Bounce Thailand in Bangkok is an indoor trampoline park where you and your family can enjoy to the core by jumping in the air and bouncing off the walls. It is very massive, and it is at two different places in Bangkok. So while you are in Bangkok, do not forget to go.

## SAFARI WORLD

This place is one of the most popular places to visit with your family while in Bangkok. It is divided into two separate areas i.e., Safari Park and Marine Park. Well in Safari Park you can go around in a car or a bus as it is an open zoo and also, it has a bird park. Marine Park, on the other hand, is a beautiful zoo with too many ongoing shows, food stalls, and souvenir shops.



So now that you know, the places that you can visit with your family and kids in Bangkok. It's the right place with a blend of culture and fun. Your next family vacay destination should surely be BANGKOK without fail!!!

# LITTLE INDIA IN THE CITY OF BANGKOK

.....  
**VAISHALI SHUKLA**

Every country has something or other specific and unique to itself. Some have vivid culture, others have flora and fauna. These specialities and peculiarities of the country aid its tourism. Stepping out of your city makes you feel the change of air in the environment. When this change stretch to another country, with air, the culture, food, language, currency everything changes.

India is known across the globe for its food, cultural and geographical diversity while Bangkok is famous for its nightlife and food. While Bangkok is probably the hottest capital in the world, the climate in India changes as you move north to south and east to west. Despite being so different culturally and geographically, Bangkok and India have a lot in common.



Today, in this article we will focus mainly on Phahurat which is popularly known as Little India. Phahurat is an ethnic neighbourhood around Phahurat road. It is based in the Phra Nakhon district of Bangkok. Like most of the cities in India, Phahurat has an ancient history and many stories associated with it.

## HOME OF MANY SOUTH ASIAN

Phahurat accommodates many South Asian Hindus and Muslims till date. The Sikh resident of the area built Siri Guru Singh Sabha Temple which isn't only a sacred place for Sikh community but is also a landmark of the place.

The golden dome Siri Guru Singh Sabha Temple and its popularity in the area will remind you of Golden Temple of Amritsar, India. Being a hub of many South Asian resident, it is full of South Asian cuisine restaurants and market.



## THE INDIAN AIR OF PHAHURAT

Nothing is more heartwarming and nostalgic than meeting people from your country in foreign. This is specifically true for Indians. Phahurat carries vibes of India, it has so many Indian Sikh established there making it more comfortable and friendly for Indian tourists. What else can be better than talking in Hindi or Punjabi with a resident of a foreign country? One such conversation can change the entire experience and fill you up with immense satisfaction and happiness.

## INDIAN EMPORIUM

My experience says that the true value of our products can be determined outside our country. The products of the manufacturing country are somewhat taken for granted in that country. Exploring Indian goods outside India makes every citizen proud. Phahurat is a glimpse of India in Thailand. It feels as if it is a part of India just a little away from it.

## FOOD AND MARKET

India and Indians are not complete without good food and at least a dozen bag of shopping. Phahurat provides you with every bit of it. The tasty cuisine of the place won't let you miss your home town.

The ride on tuk-tuk in Phahurat market will remind you of a rickshaw ride in Chandni Chowk Market of Delhi in India. The market is also no less than Indian street market. From the best piece of art, craft and clothing to the yummy and tasty food you will get it all in there. Who doesn't need a delicious street food after enjoying the shopping session?



## DO YOU EXPECT TEMPLES IN PHAHURAT?

It is called Little India for a reason. India can never be complete without its religious history, temples and culture. Bangkok has many temples though its nightlife is more famous across the world. This is another similarity between Phahurat and India, it has equally religious vibes in the air as can be experienced in a city like Banaras in India.

## FACT CHECKED

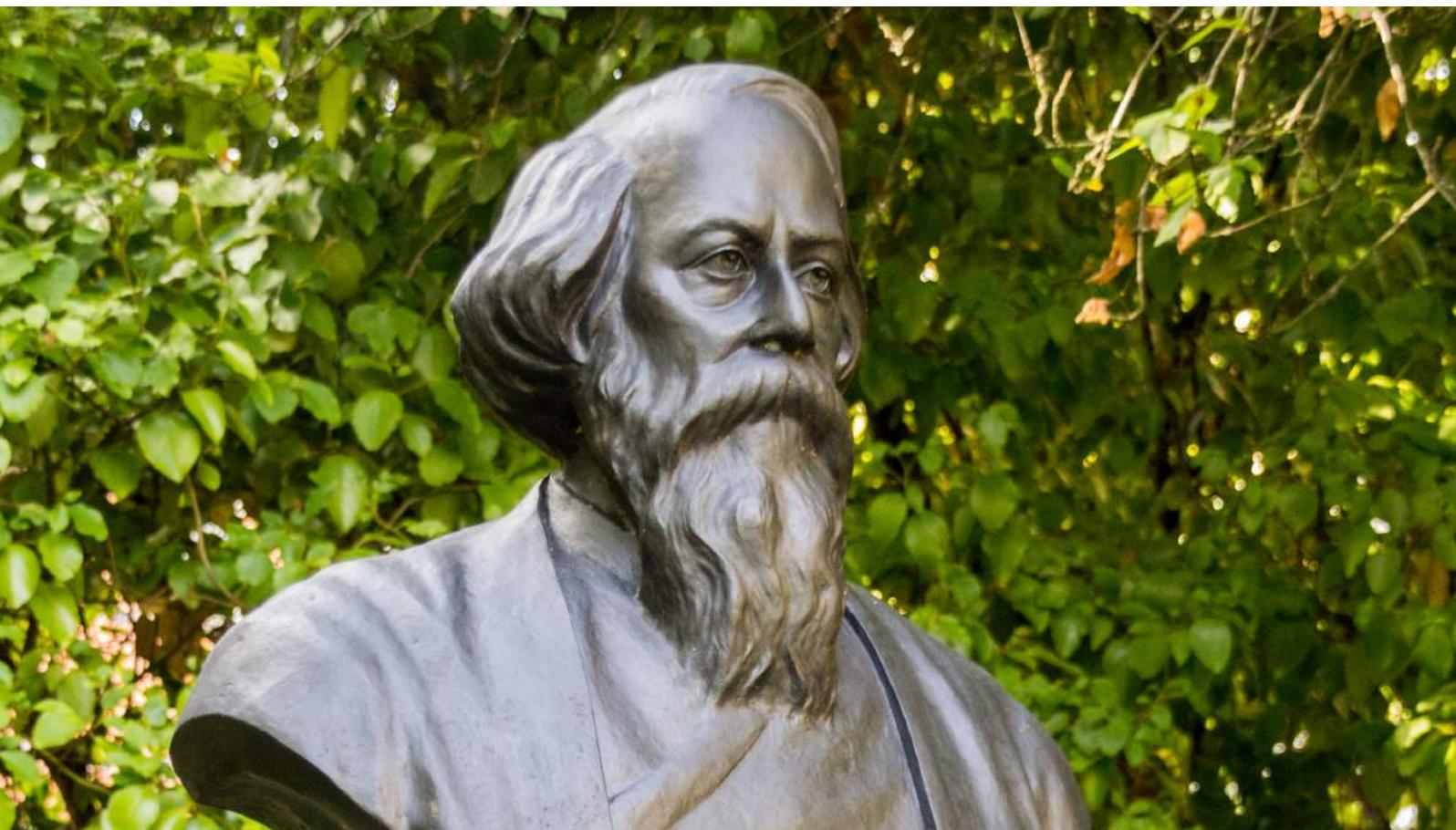
Siri Guru Singh Sabha Temple of Phahurat is the biggest Sikh temple in a foreign land. If not anything else, this must excite you to visit the land.

# RABINDER NATH TAGORE

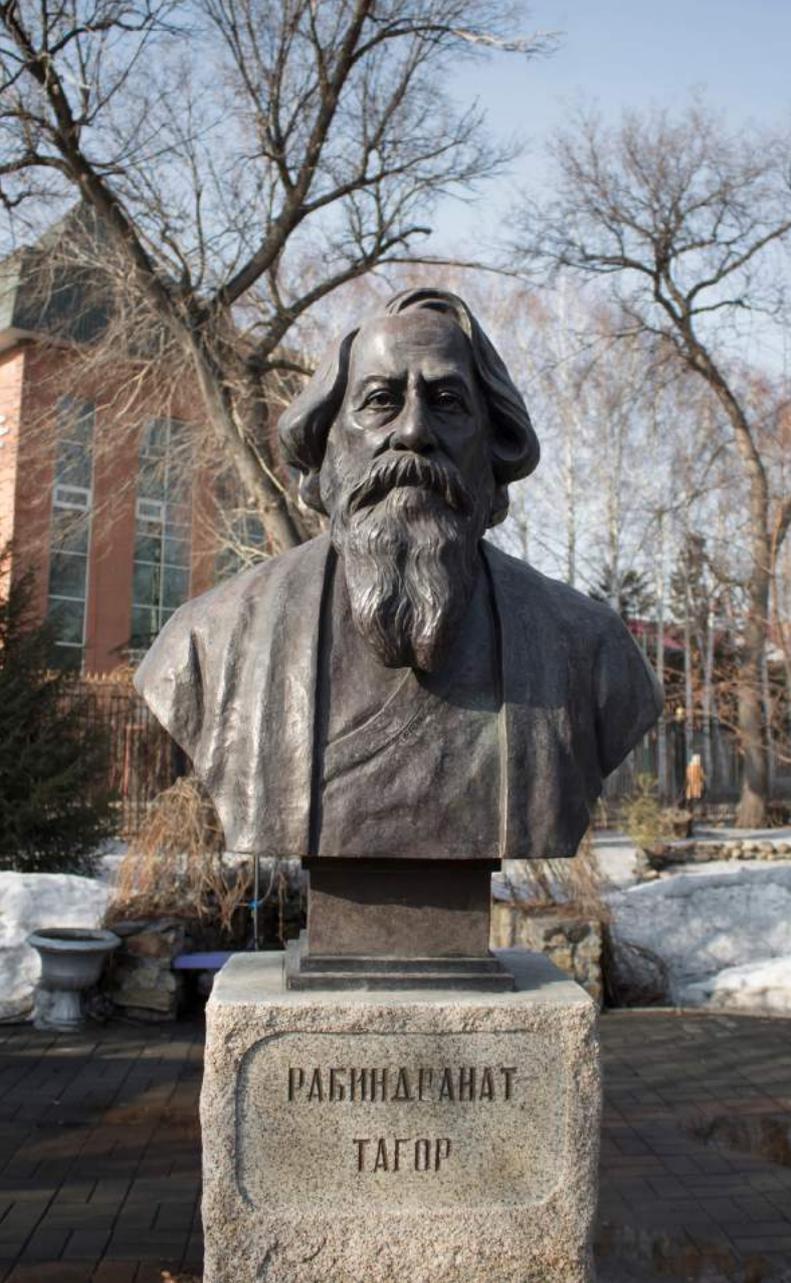
- The First Nobel Prize Winner -

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**AASTHA BAGGA**



Once there lived a wealthy merchant in Jorasanko mansion in Calcutta with his wife and eight children. His wife was expecting their ninth baby. Finally, after all the strenuous wait a beautiful child with curly hair was born. After some years the mother passed away and since the father was mostly busy with his business travels to other countries the child was brought up by domestic helps and his siblings. He was home tutored and grew up in the company of philosophical men and women. His home was the center of culture and heritage, where poetry blossomed and art flourished. All this had a great influence on the boy and he started writing poems at the age of eight.



Rabinder Nath Tagore was a polymath. He was a poet, philosopher, writer, novelist, storyteller, painter, a scholar, a traveler, a social reformer, an artist and above all a nationalist. He also wrote the National Anthem of India and Bangladesh and the National Anthem of Sri Lanka was also influenced by one of Tagore's creation. He loved nature and wrote a lot of poetry about the environment.

His short stories depicted every day India and the emotions of people of all genres. Surprisingly Rabinder Nath Tagore also made his mark in acting. He composed and acted in a play "Valmiki Pratibha" that was based on Valmiki's life. Tagore was also known for his paintings that had a unique style to them. Nearly 102 paintings of Rabinder Nath Tagore are displayed in New Delhi's National Gallery of Modern Art. He believed in the oneness of the world and traveled across India to spread his ideas.

One fine evening the little boy was reciting a poem written by him to the people gathered in his courtyard. His father who was resting in his room overheard him and called him to his room. The father asked the little boy to recite the poem again. But the child was scared to do so. The father affectionately requested him again. After a lot of pestering, the child agreed and began reciting the poem. The dulcet voice and the heartfelt deep meaning of the poem galvanized the father. He was so impressed that he gave Rs 500 to the little boy and encouraged him to keep writing. The little boy grew up and starting publishing his work with his pen name, Bhanusimha. Today the world knows him as Rabinder Nath Tagore.



An artificial lake and landmark in Kolkata, West Bengal, India

Tagore also was part of India's struggle for freedom. He said, "when the organization of politics and commerce, whose other name is the 'Nation', becomes all-powerful at the cost of the harmony of the higher social life, then it is an evil day for humanity". Today many of his works are adapted into television series and movies. Rabinder Nath was a restless soul. He has amply described his own life when he said, "I slept and dreamt that life was joy. I woke and saw that life was service. I acted and behold, service was joy."

Tagore's greatest collection of 103 translated English poems Gitanjali, published by the Indian Society of London, largely won the prestigious Nobel Prize in literature in 1913. Gitanjali basically means "Devotional Poems for God". The theme of the book is the omnipresence of God. Rabinder Nath Tagore was the first Non-European and the first Indian to win a Nobel Prize. His book was admired by people in the West and was translated in many languages. It also became part of the UNESCO Collection of Representative Works.

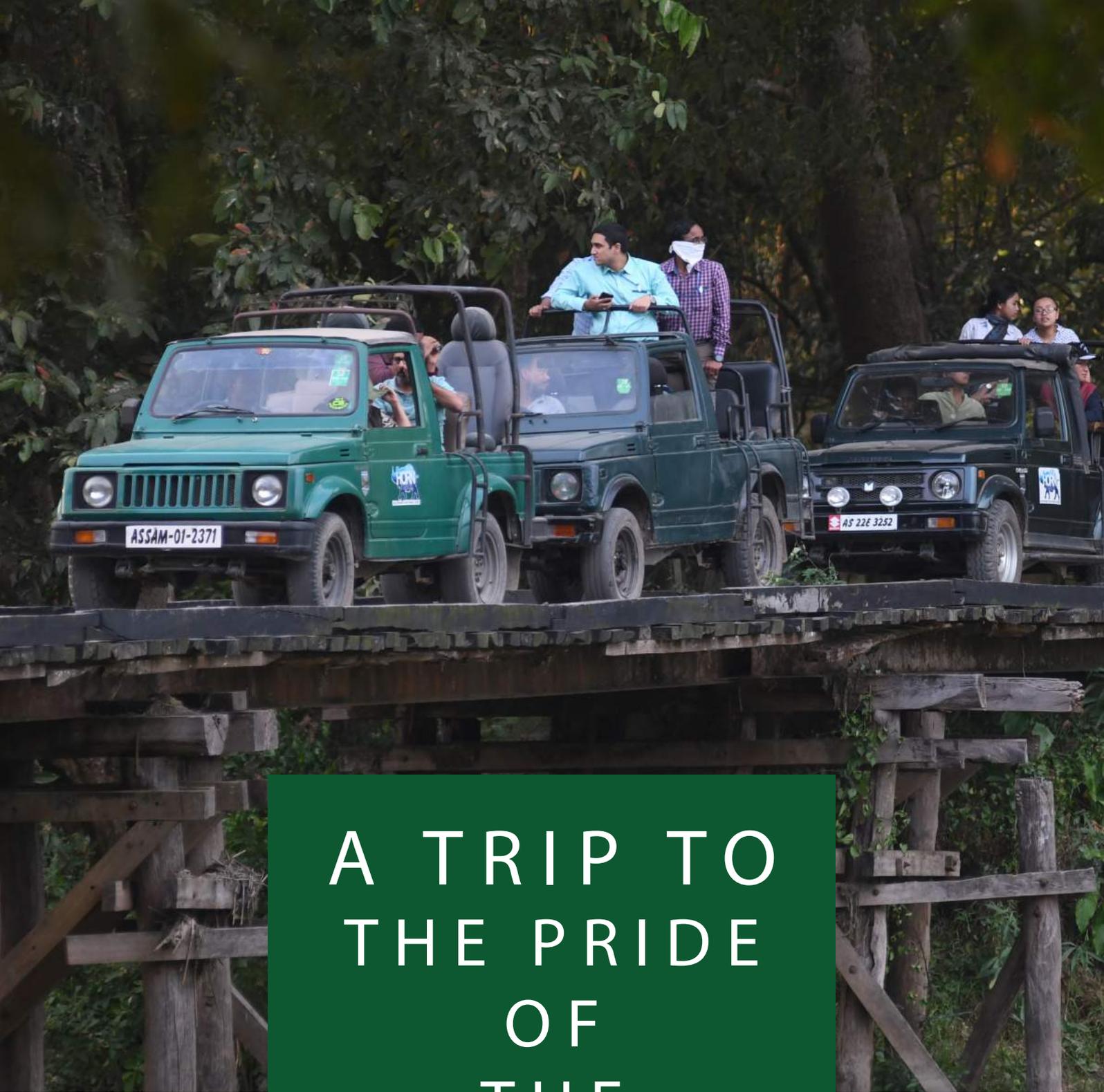


In Gitanjali he wrote, “My debts are large, my failures great, my shame secret and heavy; yet I come to ask for my good, I quake in fear lest my prayer be granted”. With the Nobel Prize money, Rabinder Nath Tagore built a village town Shantiniketan in Bolpur, West Bengal. In Shantiniketan, Tagore started a school on lines of Gurukul system and named it ‘Brahmchnary Ashram’. The school later grew into a university known as Viswa- Bharti which today is famous across the globe for its unique ways of teaching and learning.

Today when the world is struggling for peace, unity, and oneness, the ideas of Tagore can be our binding force for years to come. In the words of Gurudev himself, “The highest education is that which does not merely give us information but makes our life in harmony with all existence.”

Home of Rabindranath Tagore at  
Jorasanko, Kolkata, West Bengal, India





# A TRIP TO THE PRIDE OF THE NORTHEAST

- The Kaziranga National Park -

.....  
*SHILPITA ROY*



## ABOUT KAZIRANGA NATIONAL PARK

Located in the Golaghat and Nagaon district of Assam, Kaziranga National Park is one of the last natural areas in the north-eastern part of India that still remain unmodified and undisturbed. With the mighty Brahmaputra flowing right beside it, the Kaziranga has grown to be one of the finest refuges for the wild with its wet alluvial tall grassland areas combined with plenty of broad shallow pools. The green reeds, broadleaf forests, tall and short grasses, and patches of semi-evergreen woodlands have been home to numerous animals and birds for decades. But what makes the national park famous around the world is its effort to save the Indian one-horned rhinoceros from extinction and conserving them to create the single largest population of the one-horned rhino. The Kaziranga National Park had been declared a world heritage site by UNESCO in 1985 and since then, the park has done a commendable job in preserving the flora and fauna of the region.

## HISTORY OF KAZIRANGA NATIONAL PARK

With a sprawling area of approximately 430-sq-km, filled with swamps, broadleaf forests, tall elephant grass, and short grasses, Kaziranga is a beautiful and protected national park of Northeast India. A cozy home to two-thirds of one-horned rhinos of the world, the history of this park dates back to 1905 when Mary Curzon, the then Vicereine of India proposed the idea of converting Kaziranga into a reserve forest to save the one-horned rhinos of the area. In 1908, Kaziranga was declared a forest reserve, and in 1950, it was declared a wildlife sanctuary. In 1985, UNESCO declared Kaziranga a World Heritage Site for its natural environment that was quite unique and favorable for the birth and the growth of animals in the region. The park was also announced as one of the tiger reserves in India in 2006. Besides the animals, Kaziranga National Park has also been declared as an "Important Bird Area" by Birdlife International Society because of the various bird species that can be found visiting and living in the park.

## ATTRACTIONS OF KAZIRANGA NATIONAL PARK

Bounded by the moody and mighty Brahmaputra River on the North and the green Karbi Anglong plateau in the South, the Kaziranga National Park is breathtakingly beautiful. You can find four kinds of vegetation, and small and large water bodies in the park that adds a wide range of flora to the already diverse fauna of the region.

Thousands of tourists throng the region throughout the year, except the monsoon season, to tour this mesmerizing park with a unique topography, and a variety of flora and fauna. And each tourist goes back home with a bag full of memories and with an adventure of a lifetime!

## SO, WHAT CAN YOU EXPECT TO SPOT IN YOUR TOUR?

Besides the endangered Asian one-horned rhinoceros and the tiger, the three other animals that make the park popular are - the Asiatic Elephant, the Asiatic Water Buffaloes, and the Swamp Deer. The other animals that live in Kaziranga are - Sloth Bear, leopard, Hoolock Gibbon, Barking Deer, Jungle cat, Indian mongoose, Sambar, Common Otter, Asiatic Black Bear, Bengal Fox, Large Indian civet, Orange-bellied Himalayan squirrel, etc. You shall also find alligators, lizards, crocodiles, tortoises, and snakes. You can also spot different species of pretty migratory birds in the park, like the Lesser-white Fronted Goose, Swamp Francolin, Bear's Pochard, etc.





## THE KAZIRANGA NATIONAL PARK SAFARI

The park is divided into four ranges – Eastern Range, Agaratoli, Western Range, Bagori, Kaziranga (Central) Range, Kohora. Each zone is unique in regard to the animals, grasslands, the density of the animals and birds, the topography, etc. The park offers two kinds of safari to the visitors to go around and see the park – the jeep safari and the elephant safari. While the jeep safari can take you to all the four ranges of the park, the elephant safari is allowed in only two ranges – the Kaziranga (Central) Range and the Western or Bagori range. The safari is available in two shifts – morning and afternoon. The elephant safari timings in the morning are from 5 AM to 7 AM and 3 PM to 4 PM in the afternoon, while the jeep safari timings are from 7 AM to 9:30 AM in the morning and 1:30 PM to 3:30 PM in the afternoon.

## THE BEST TIME TO VISIT KAZIRANGA NATIONAL PARK

The park remains open to visitors from November to the end of April. You can visit the park any time during that period. The park remains closed from mid-May to the end of September because it faces floods every year during the monsoons. With the Brahmaputra getting flooded during the monsoons, the situation turns grave for the park every year during the monsoon season and so, it remains closed for safety reasons and also to protect the wildlife inside it.

## TRAVEL TIPS TO HAVE A GOOD TIME AT KAZIRANGA NATIONAL PARK

And last but not least, here are a few helpful travel tips to make the most out of your trip to this North-Eastern natural paradise.

- Don't miss the elephant safari as it can take you very close to the wild animals in the park without scaring them off.
- You can also enjoy a nice boat safari at the Eastern Range of the park
- Never disembark from your jeep or get down from the elephant during your safari ride
- Carry Binoculars to enhance your safari experience
- Do not feed the animals during your ride
- It is best to take the safari in the second half of the day if you are visiting the park in the winter season as the fog might disrupt your safari experience in the morning
- It might take two to three days to take a complete tour of the park
- If you love bird watching, head towards the central range as it is the best spot for sighting the pretty birds that visit and live in the park

Kaziranga National Park is one of the best places to visit in the warm and loving state of Assam. There are plenty of places to visit around the park too. So, take that much-needed break, pack your bags, and head over to explore this exquisite natural empire. I can assure you that you will not be disappointed!



**HIGH STYLE CONDOMINIUM**  
IN PATONG

*Some places become landmarks*

## MAKE YOUR TRIP WORTHWHILE AND STAY WITH US

High Style Condominium is located in the heart of Phuket. The condominium is 901 m from Patong that offers spacious apartments with a kitchen and free WiFi. The property features a pool, tour desk and laundry service. Guests can enjoy free scheduled shuttle service to Patong Beach.

The property is 1.9 mi from Kalim Beach. Jungceylon Shopping Center is 0.9 mi away. Local restaurants can be found within a 5-minute drive.

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# ENJOY

A DREAMY  
BEACH VACAY

IN THE PRISTINE  
ANDAMAN

AND NICOBAR  
ISLANDS

.....

*SHILPITA ROY*



## PLACES THAT YOU MUST VISIT IN ANDAMAN AND NICOBAR ISLANDS

### 1. HAVELOCK ISLAND

This is one of the most popular islands in Andaman and Nicobar. What sets this island apart from the rest of the islands is its white sandy beaches, rich corals, the unexplored virgin tropical forests, and the vast blue oceans. One can also enjoy water sports like scuba diving, deep-sea diving, kayaking and snorkeling in Havelock Islands. Spread across an area of 113.93 square kilometers, the Havelock Island comprises of five villages and is a part of Ritchie's Archipelago.

Covering an area of 8073 sq km and holding together a cluster of 572 islands, Andaman and Nicobar Islands is the perfect dreamy holiday destination that sits snugly on the Bay of Bengal.

If you have been craving for a holiday destination that has silky white beaches, quaint environment, sunny skies, and a pristine blue ocean to look forward to, Andaman and Nicobar island is the place in India where you should plan your next visit.



## 2. PORT BLAIR

Port Blair is the capital of Andaman and Nicobar Islands and the gateway to the Andaman Sea. Besides being the main tourist hub of the Union Territory, Port Blair also serves as the center of culture, finance, and all other activities of the region. Port Blair also serves as the focal point from where you can take a ferry to the other islands.

Surrounded by picturesque coastlines and tropical forests, Port Blair is the worthy capital of Andaman and Nicobar islands that is also filled with many tourist attractions.



### **WHAT CAN I DO IN HAVELOCK ISLAND?**

Havelock Island has some of the best beaches in the region. Among them is the exquisitely beautiful Radhanagar Beach, which was declared the best beach in Asia and the 7th best in the world by Times Magazine. The other beaches that you can visit on the island are Kalapathar Beach, Elephant Beach, Guitar Island Beach, Bharatpur Beach, Vijaynagar Beach, etc. Among the plenty of activities available for tourists on the island, you must not miss out the sea walk experience that is available on Elephant Island. The sea walk experience lets you enjoy an underwater walk, right on the seabed. You must also not miss the one-hour long glass-bottom boat ride available at the secluded Bharatpur Beach. The ride gives you a glimpse of the fascinating underwater marine world right from your boat! The other activities that you can indulge in include seaplane ride, elephant ride, trekking, and sea walk.

And if you are in the mood to just rest and rejuvenate, you can simply climb into one of the hammocks laid under the canopy of tall palm trees by the white sandy beaches, enjoy the salty cool breeze, and sip on some tender coconut water. Sounds like the perfect holiday, ain't it?

## WHAT CAN I DO IN PORT BLAIR?

Be it studying the history of the area, indulging in fun activities, or touring beaches, you can do it all in Port Blair. The most popular place to visit, however, is the Cellular Jail, also known as Kaala Paani. Once a prison where the British exiled prisoners, today it stands as a monument that represents India's struggle for freedom. You can attend the light and sound show that is organized at its premises every evening to know about the struggle that India's freedom fighters had to go through back in the days. Among the other notable attractions are the Chidiya Tapu, which is a paradise for bird spotting. Some of the rarest birds in the world like the White-breasted Kingfisher, Andaman Serpent Eagle, etc. can be spotted here. You can also visit the adventurer's paradise, the North Bay Island. It is popular for its numerous diving sites and water sports. You must also visit the Marina Park that is home to more than 350 species of marine animals, Mount Harriet National Park, and Jolly Buoy Island.



## 3. BARATANG ISLAND

A trip to Andaman and Nicobar islands cannot be complete without a visit to the North and Middle Andaman Administrative district. While the region is still not very popular among tourists, it is a hidden gem that must not be ignored. Also known as Ranchiwalas Island, the Baratang Island is home to India's only mud volcano, beautiful limestone caves, serene secluded beaches, rainforests, and mangroves. The island is also home to the Jarawa tribe.

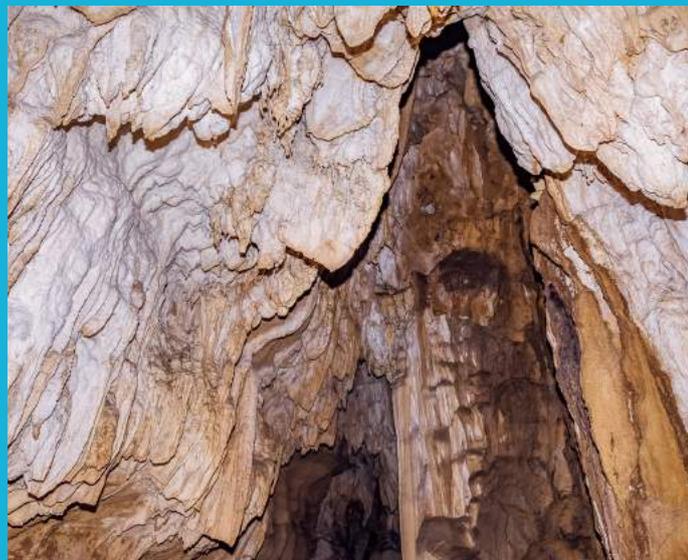
## **WHAT CAN I DO IN BARATANG ISLAND?**

One of the lesser-visited tourist places, Baratang Island is one of the few places in Andaman and Nicobar islands that can quench your thirst for adventure and provide you a chance to spend some quality time close to nature. Some of the places you can visit and things you can do while in Baratang are visit the Parrot Island, take a boat ride in the mangrove creek, hike to India's only mud volcano, check out the beautiful limestone caves, enjoy snorkelling at Bluff island, and relax in the peaceful and serene environment of the Baludera Beach.



## **WHERE TO STAY IN ANDAMAN AND NICOBAR ISLANDS**

Owing to the Union Territory's popularity among national and international tourists, each island in Andaman and Nicobar Islands have plenty of luxury resorts and budget hotels for the travelers. Some of the popular ones are Sinclairs Bay View in Port Blair, Barefoot Jungle Resort in Havelock Island, and Coconhuts Beach Resort in Neil Island.



## **THE BEST TIME TO VISIT ANDAMAN AND NICOBAR ISLANDS**

Andaman and Nicobar Islands enjoys a moderate climate almost throughout the year. However, the best time to visit this paradise on earth is during the summer and winter months, which is between October to May. This is when the skies remain clear and the weather, even though humid, stays pleasant, making it perfect for you to explore the beaches and tourist spots and also enjoy water sports.

## **HOW TO REACH ANDAMAN AND NICOBAR ISLANDS?**

You can fly to Veer Savarkar International Airport in Port Blair from any metro city in India like Chennai, Kolkata, Hyderabad, etc. Alternatively, you can also reach Andaman and Nicobar Islands through the sea. Ships from Kolkata, Vizag, and Chennai travel to Port Blair three to four times a month.



JENNIFER PAWEENSUDA  
"FAHSAI"  
SAETAN-DROUIN  
CROWNED  
MISS UNIVERSE  
THAILAND 2019

.....

*SHILPITA ROY*

Twenty-five year old Jennifer Paweensuda Saetan-Drouin, popularly known by her Thai nickname Fahsai, was crowned Miss Universe Thailand on 29 June 2019. The final round was held at the Thunder Dome in Bangkok on the night of 29 June and the judges selected Paweensuda Saetan-Drouin as the winner over the 50 more contestants participating in the beauty pageant. The first runner-up was Miriam "Mirisorn" Sornprommas and the second runner-up was Thanatchaphon "Bella" Boonsang.



## ABOUT MISS UNIVERSE THAILAND

The Miss Universe Thailand is a beauty pageant that has been held in Thailand every year since 2000. This contest is held every year to select and send a representative from Thailand to the international beauty pageant Miss Universe. The international Miss Universe pageant is one of the four big international beauty contests that holds a lot of significance all around the world. The Miss Universe Thailand was originally known as Miss Thailand Universe. The name of the pageant was changed to Miss Universe Thailand in 2012.

## THAILAND'S PERFORMANCE AT THE INTERNATIONAL MISS UNIVERSE PAGEANT

Porntip Nakhirunkanok from Thailand was the first Thai beauty to have won the title of Miss Universe in 1988. It was the 37th Miss Universe pageant and the event was held at Taipei in Taiwan. Thailand hosted the International Miss Universe pageant in 1992. The country again had the honor of hosting the event in 2005. It was a special year for the country because in the same year, Chananporn Rosjan, the then Miss Thailand Universe, was also awarded the Best National Costume award. Chananporn Rosjan is the first Miss Thailand Universe to have received this special award at the international pageant from Thailand. In 2006, Charm Osathanond, Miss Universe Thailand made her way to the top 20 finalists. The country was extremely proud of her as she was the first Thai beauty who made it to the semi-finale after 18 years of Porntip's win.

The following year, Farung Yuthithum, the then Miss Universe Thailand, also made her way to the semi-finale and was of the top 15 finalists. In 2015, Aniporn Chalermburanawong got placed among the top 10 contestants of the international pageant, which was a proud moment for the country. The next two years were also lucky for Thailand as Chalita Suansane, Miss Thailand Universe 2016 was one of the top six finalists and Miss Thailand Universe 2017 Maria Ehren ranked among the top 5 contestants in the international Miss Universe pageant. Miss Thailand Universe 2018, Sophida Kanchanarin was also a strong contestant and was one of the top 10 finalists in the pageant. This year, Jennifer Paweensuda Saetan-Drouin was crowned by the reigning Miss Universe Catriona Gray. She will be representing Thailand at the international pageant that is to be held on 19 December in South Korea.





## **ABOUT JENNIFER PAWEENSUDA SAETAN-DROUIN**

Jennifer Paweensuda Saetan-Drouin, also known as Fahsai, is a 25-year-old who was born and raised in Montreal, Quebec, Canada. Born to a Canadian father and Thai-Chinese mother on 12 October 1993, Jennifer graduated in kinesiology with first-class honors from the University of Calgary. She then moved to Thailand to pursue a career in modeling. She has also been work as a Disc Jockey (DJ). This was not the first beauty pageant for Jennifer. She has participated in many beauty pageants since 2013. She participated in the 2013 edition of Miss Thailand and emerged as the 1st Runner-Up. She also participated in the 2017 Miss Universe Thailand contest and was declared the 2nd Runner-Up. She was also one of the Top 8 finalists of the Miss Earth beauty pageant in 2017. Speaking about her desire to win the Miss Universe Thailand contest, Jennifer said, “I’ve been in so many pageants, but my dream has always been Miss Universe Thailand.” As a winner of the Miss Universe Thailand, Jennifer was gifted a cash prize of US\$ 49,039.50, a condominium, and a brand new a Volkswagen.

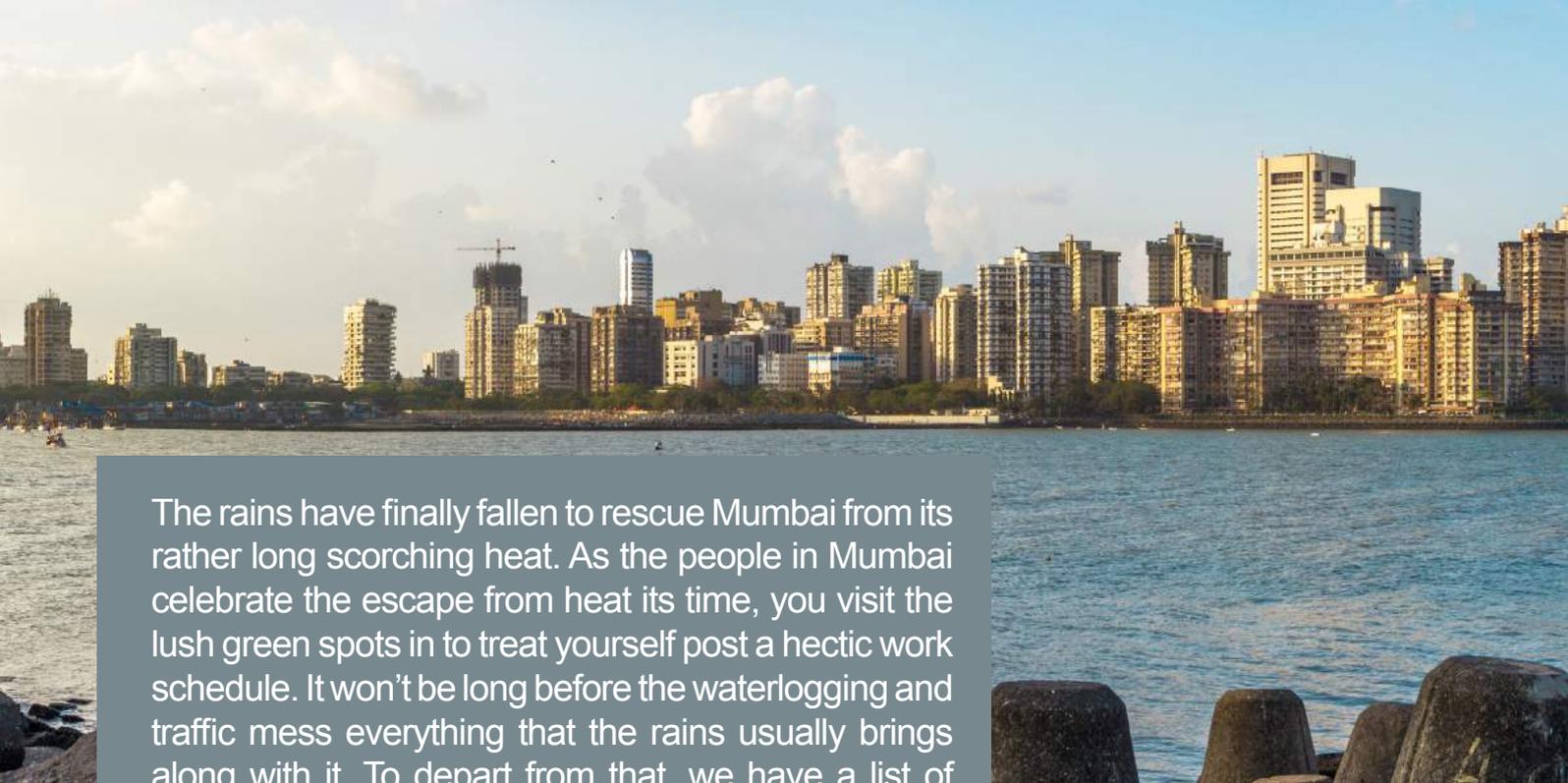
However, her being half-Canadian and half-Thai has drawn some negative comments and backlash. Jennifer is well aware of it and has said, “Everyone’s entitled to their opinion, but I know I’m Thai...What makes us Thai people is that we are open and we accept different people from different backgrounds,” she said. “I speak Thai. My heart is Thai. I know that I can be Thailand’s representative on the world stage and make everyone proud.”

Currently, Jennifer is on cloud nine and is very grateful to everyone who has supported her in this journey. We at Indo-Thai News wish her all the very best for taking over the big stage in December at South Korea.



# 5 BEST MONSOON GETAWAY SPOTS IN MUMBAI

.....  
*SNEHA TIWARI*



The rains have finally fallen to rescue Mumbai from its rather long scorching heat. As the people in Mumbai celebrate the escape from heat its time, you visit the lush green spots in to treat yourself post a hectic work schedule. It won't be long before the waterlogging and traffic mess everything that the rains usually brings along with it. To depart from that, we have a list of places excellent places to visit in Mumbai this monsoon. They make for a perfect weekend getaway



As the rain cleanses the city anew, here's a list of spots to visit in Mumbai during Monsoon to enjoy shoers at its fullest!



### #Marine Drive

Marine Drive is an all-season favorite the fresh air, fantastic crowd, and the magical sound of waves. Amidst all the hectic traffic, the place has the power to create a trance where you can stop and appreciate the beauty around. However, the place to best to visit during rains. Firstly you don't have to wait for the sun to go down and the high waves splashing on your face is almost like a mini-vacation. Walk along the Queen's Necklace with a cup of hot steaming cutting chai or coffee. It's the romance you shouldn't miss.

**How to reach:** The best way is to drive through Worli sea link to enjoy the ride. You may as well take the Mumbai local train, get off at Marine Lines or Churchgate.

## #Bandra Bandstand

If you stay around central railways or wanna miss the traffic Bandra bandstand is almost a replica giving you the same view. The immense stretch of the Arabian Sea, the fresh breeze of air and house of celebrities along the other side gets you all excited. Climb a little higher on the nearby ruins of the fort to witness the fantastic view the city offers. Have tangy corn with a cup of sizzling tea to make the most of it.

**How to reach:** You can hit the road along the BKC or hire an auto-rickshaw via Hill Road or Bandra station.

## #Prithvi Café

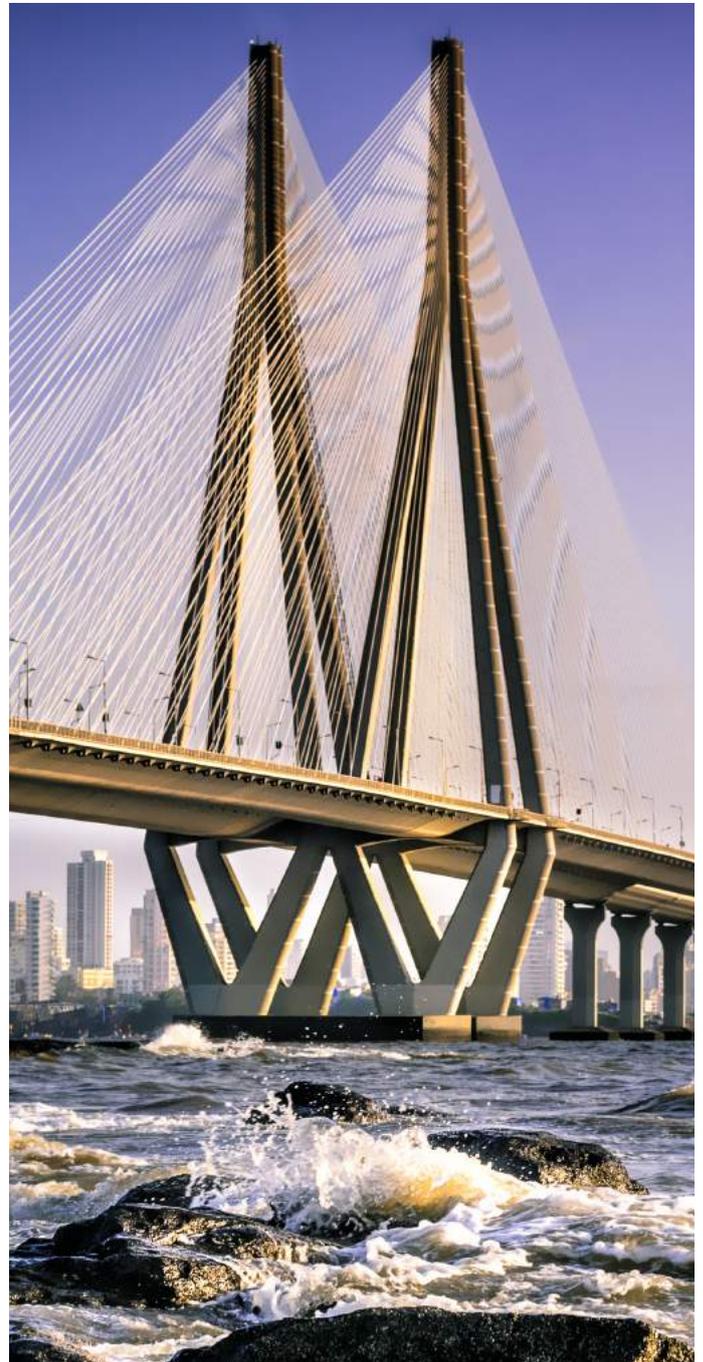
The charming Prithvi Café is snuggled within the famous Prithvi Theatre. Built by famous actor Shashi Kapoor in memory of his father Prithviraj Kapoor is a popular haunt for theatre enthusiasts. The cafe is abuzz with the hustle and bustle of the Bollywood actors. Read a book while you sip on a cup of hot coffee and enjoy the serene beauty around. As the sound of rainwater dribbling from the treetops and roof sets the monsoon mood just right. The beautifully-decorated walls, seats around the trees and dimly-lit ambiance only add to the charm. The menu highlights mouth-watering rolls, burgers, bun maska, and of course, cutting chai.

**How to reach:** Get off at Andheri or Ville Parle station on the Western Line and hop in an auto-rickshaw to Prithvi Theatre.

## #Bayview Cafe

The cafe endeavors a calm ambiance with a soothing breeze a distinctive view of ships sailing at a distance in the Arabian Sea. Bayview Café offers one of the most picturesque dining experiences accentuated by the rains. The rooftop café promises allow you to unwind, enjoying conversations with excellent views of waters pouring down on fierce waves.

**How to reach:** Book a cab from CST or Churchgate towards the Gateway of India.



# #Gateway Of India

Imagine the gushing sea waves while you are amid the drizzle makes the weather perfect for a romantic outing in the sea. Hop on a ferry ride that takes you around the India harbor. Travelers can choose to board on a one-hour trip to Elephanta Caves to visit the ancient ruins. Keep your cameras handy for majestic landscapes of the grey clouds surrounding the iconic landmarks: the grand Taj Mahal Hotel.

**How to reach:** Book a cab from CST towards the Gateway of India. Purchase a ticket for the ride (100-200 INR) from the counter located right at the entrance of the Gateway complex.





# 5

## Effective Weight Loss Tips

SNEHA TIWARI

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Can't get rid of your stubborn fat, In spite of squats, crunches, plank and what not. Are you mortified by the condition of your abs that you've banished your bikini and low-waist jeans to the darkest corners of your wardrobe? Well before you give up your routines for not providing you killer abs. You should identify the real culprit restricting your weight loss.

If you want to get rid of those flabby abs, you need to work on your diet twice as hard on your workout. Weight loss is 80 percent of what you eat. The exercise comprises just 30 percent of it. The best way to lose weight is calorie deficit in your everyday diet. Your lifestyle and activity ration also contribute to your weight loss.

We have listed six weight loss tips from the world's leading nutrition and weight loss experts and specifically designed to get lose 5-8 kgs in just eight weeks.



Fiber is the indigestible component of fruits, vegetables, and whole-grain foods. It helps you achieve flat abs for three reasons:

- It adds bulk to your meal without adding on the calories
- Its boost the digestive system
- Keeps you full for a more extended interval of time

## #H2O or Water

If you think drinking too much water will give them puffy abs or bloating, its just the opposite. Drinking adequate water can help flush toxins out of the body. Drink at least eight to ten glasses of water every day. Including low-calorie drinks like herbal tea, green tea, black coffee are best. Avoid regular soft drinks and soups as they contain excess sugar or sodium. Consume plenty of water-rich foods such as fruits and vegetables so you can get half of your water requirements from foods.

An easy way to know if you're drinking enough water is by checking the color and quantity of your urine. If it's pale yellow but high volume, you're doing OK. If it's dark and scanty, you're probably thirsty or dehydrated.



## 3 WEIGHT LOSS TIPS TO GO FROM FAT TO FIT

### #High Fibre Diet

To make a transition from fatter and flabbier ditch the fat and add daily intake of fiber to your diet. You need to eat at least 25 - 35 grams of fiber daily to show off firm and beautiful abs. However, it is important to add fiber gradually into your diet and spread it across all meal.



## #Meal Distribution

Eat five smaller meals that consist more of fruits and vegetables. Your body demands food every three to five hours. So rather than eating three large meals, try to split it across five smaller ones. Frequent intake of fiber-rich meals throughout the day will ensure proper digestion and utilization of fats. Divide your meal into breakfast-snack-lunch-snack-dinner. This shall keep you energized and avoid hunger pangs. Regular intake of food will provide an even energy flow, helping you make better and healthier food choices besides its the most efficient burning of calories.

Your body requires calories when you're active, not at night, and not while you sleep. Night calls for a natural rhythm is slowing down body clock. Having a high-calorie meal right before you sleep shall surely add a few pounds to the weight scale. Hence make sure to have a substantial breakfast, lunch, and stay super light on your dinner to keep your metabolism revved. However, if you have midnight cravings stick with fruit, vegetables or any low-calorie meal.

## #Stress

Stress hormones trigger the level of cortisol that turns up your appetite and accumulation of fat around the abdomen. A higher level of cortisol may also result in insomnia, the irregular body clock, weight gain, heart diseases, and blood pressure.

Worrying over an issue means one heck of a stress-related appetite and fat abs. To reduce stress-related eating practice meditation and relaxation technique. Cardio is especially useful in reducing stress and midsection weight gain.

## #Weight Training

The best way to gain muscles and loose weights is to hit the gym 4-5 times a week. Do a warm-up and start with weights irrespective of its lower body, upper body, or cardio. If you're a beginner, ask your trainer. As with weight training, the right posture is essential to avoid any muscle sprain.

Adding weights to your workout regime shall promote weight loss and boost your metabolism. Your body continues to burn fats post-workout too.



# LEH LADAKH

- A Spectacular Getaway -

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*SNEHA TIWARI*

A land like no other with exorbitance of enticements to visit and phantasmagoric and incredible panoramas. The amazing culture and tradition of people in Ladakh is enchanting. It is justly said heaven on Earth indeed.

## **WHERE IS LADAKH LOCATED?**

Ladakh is encircled by two of the world's most majestic mountain ranges, the Karakoram and the Great Himalaya. The place is mystical in all the spheres it covers, right from geography, sceneries nature to the modest cultures that it nourishes. The mouth-watering delicacies like sensational momos, outstanding gompas. The temptations to visit makes this city and experience the diverse culture make it heaven on Earth.

Jammu and Kashmir are partitioned into three divisions: Jammu, Kashmir, and Ladakh. Ladakh is further split into two districts: Leh and Kargil. Leh has gained his popularity due to its beautiful monasteries, picturesque locations, and new markets defining the place offers.





## MAJOR ATTRACTIONS AT LEH - LADAKH

### PANGONG LAKE

The famous and shimmering blue Pangong lake is situated near Leh-Ladakh in the Himalayas, approximately at the height of 4350 meters. The lake is 12 kilometers extending from India to Tibet. Owing to its elevation, the temperature here ranges from  $-5^{\circ}\text{C}$  to  $10^{\circ}\text{C}$ . The lake freezes during winters in spite of its salinity. A bizarre peculiarity of the lake is that it changes colors throughout the year. It varies from azure to blue to green and grey too! It has been an attraction point since years as it has been a hot-spot' for many film shoots.

### SHANTI STUPA

Shanti Stupa, a magnificent Tibetan structures with beautiful architecture is a must-watch. The beauty of this place is unexplainable. The white-dome structure dedicated to Buddhism. It is located on the hilltop of Chamspa in Leh. It has been one of the major tourist attractions in Ladakh not only for its religious significance but for the splendid views it offers. This astonishing construction is an example of the affinities between Japan and India.

### TSO MORIRI LAKE

Tso Moriri lake is a doppelganger to the Pangong Lake, positioned inside the Changtang wildlife sanctuary. It offers a spectacular spot of peace and tranquility. The measures about 28 km in length from north to south, with about 100 feet of depth. Beautiful snow-covered mountains surround the lake. Since it is lesser-known tourist point, the crowded frequency is less too.



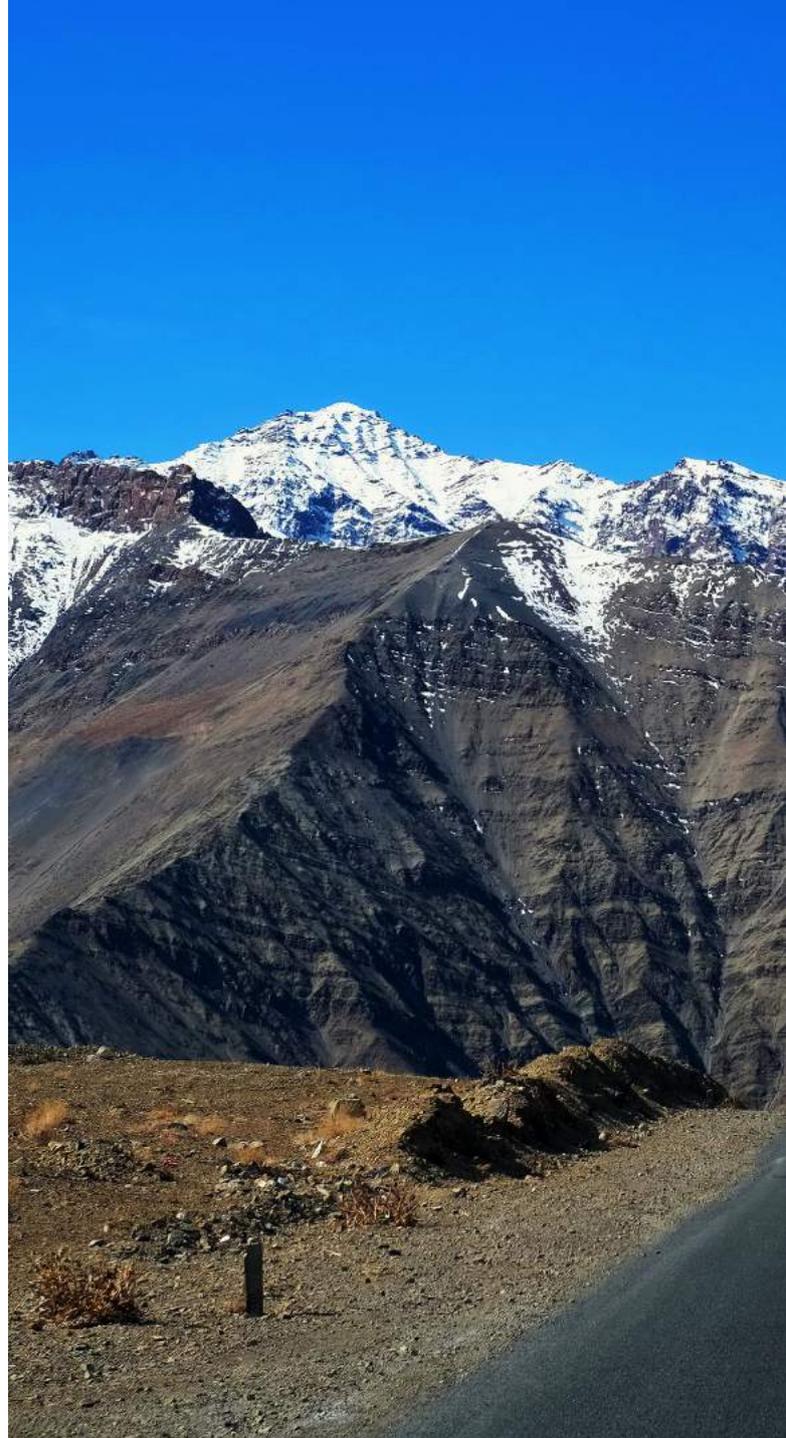
## LEH PALACE

The Leh Palace, also known as 'Lhachen Palkhar' is one of the most historically magnificent structures that can be found in the country. It is located in the breathtakingly beautiful Leh.

This impressive edifice was built around the 17th century by King Sengge Namgyal as a royal palace. The King and his family were the former residents of the Grand Palace. The Palace is also one of the most far-fetched buildings of its time with nine stories in all offers marvelous panoramic views of the town and Himalayan ranges.

## MAGNETIC HILL

Magnetic Hill is famously known to be a gravity hill where vehicles challenge the force of gravity. They move upwards on the hill when parked at the inscribed location. The hill lies at a distance of 30 km from the Leh. It lies at an elevation of around 14,000 feet above sea level. The great Sindhu River, originating in Tibet flows on the southern part of the hill. It is an essential stopover for all those who travel to Ladakh. The optical illusion of the Magnetic Hill has mysterious magnetic properties that attract tourists from across the globe.



## KHARDUNG LA PASS

Khardung is also known as the gateway to the Nubra and Shyok valleys of the Ladakh region in Jammu and Kashmir. It serves as an essential strategic pass into the Siachen glacier, claiming to be the world's highest motorable elevation of 5,602 m. The pristine air and the spectacular attraction one sees all around with a feeling of being on top of the world is magnificent.





# A BRIEF GUIDE TO BANGKOK STREET SHOPPING

.....  
*APURVA KULKARNI*

In a complete contrast to the picturesque islands to the south of Thailand and the quaint villages to the North, the capital city of Bangkok is a picture of vibrancy and dynamism. The bustling capital city is a must visit, especially if you're a first time visitor. Known for its high energy night life and the array of street shops, Bangkok is a city that doesn't sleep.

The blend of high street shopping malls with the local shopping markets is a delight for tourists who have shopping on their bucket list ! Markets they say are the best way to dive into the culture of a place, and street shopping in Bangkok offers just that.

Long after you've bid goodbye to Bangkok, the memory that will linger through your mind will be the amazing shopping experience. One can find just about anything here, and I mean that quite literally. Everything from clothes to skincare to gadgets and even reptiles and pets ! To make the most of your shopping experience, here are a few tips and tricks to ease the experience.

## **#PENNYFORYOURTHOUGHT**

Since the fun of street shopping is all about haggling and bargaining, it's good to have your currency exchanged to the Thai Baht. Be sure to have some smaller denominations so that you don't have to go looking around for change. Most of the street shops nowadays do tend to have credit card machines, however why let go of that beautiful dress just because the card machine is not working or he might not have network.

Once you have your stash all ready, go ahead haggle your way in and come out with bags full of goods!

## **#HIGHSTREET OR #HIGHEND**

Whether you're looking to splurge on some high end luxury brands or to simply shop the local merch, options are aplenty in the city. Siam Paragon one of the largest shopping malls in the heart of the city houses a plethora of luxury brands from across the world from Louis Vuitton to Harrods, you can find them all under one roof here. Even if you don't want to spend all the fortune here, the mall is worth a visit for the visual delights!

If you're looking to explore the Thai local shopping, head straight to the Chatuchak Weekend Market. It spans an area of over 1 kilometre and is known to boast around fifteen thousand stalls selling just about anything from all corners of Thailand. The Chatuchak market is a popular tourist destination and attracts over two hundred thousand excited shoppers. Ditch the high heels and ensure that you're wearing comfortable shoes so that you can walk around the market. Although fashion is most sought after at Chatuchak, other things include ceramic wares, furnitures, handicrafts, local spices and art. The market is dotted with various artists, each selling their unique creations. Beware of your belongings since the market is crowded and there may be pick-pockets. A map may also be handy to easily navigate through the market. Chatuchak can be reached by the sky train or the underground, check for the nearest stop from your location.





## #SHOPREFRESHREPEAT

All those shopping expeditions are sure to tire out even the fittest ones, grab on an icy tender coconut from the street side vendors to stay hydrated. Even better, take a break between shopping sprees and head to the many stalls to dig into some scrumptious Phad Thai to amp up the energy. Bangkok apart from the shopping is also known for its variety of street food, so be sure to tuck into some quick bites in between.

A quick foot rub or a massage might also help to relax the sore muscles after all that walking. Let the magic of the fingers soothe loosen your muscles before you head out again.



## #THAIOOTD

When in Thailand, dress like the Thai folk. Shop for some Thai prints or fabrics when you're around and take the style quotient on your OOTD posts a notch higher. Check out some of the Thai designers in Bangkok or simply head to one of the many bazaars to get the designer inspired outfits. Silk, prints, florals all give the outfit an edge whilst giving you a glimpse into the rich culture.

Markets form an integral part of the daily life in Bangkok since tourism is one of the primary industries of the country and Bangkok being the capital is a home of street shopping in Thailand. Its not just tourists who flock to these markets, but also the locals go about their daily shopping and it is often said that the most popular markets are the ones where the locals are headed to. Even if one is not a big shopper, its always fun to have a stroll around, watching people and soaking in the atmosphere of the place. Markets for me have always held a special charm and vibrancy as they're immersed in the history and culture of a place.

# Taevika

Designer

BRAND



## QUEEN OF JEWELRY

QR CODE FB



TAEVIKA BY K&N



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# THE FAMOUS THAI COCONUT ICECREAM

.....  
*DEVAL HARIA GOSRANI*

During one of my latest backpacking trip to Bangkok, I had this one of a kind traditional Thai Coconut Ice Cream. Though Bangkok is known for its fantastic variety of Thai seafood, this traditional Thai Coconut Ice Cream cannot be given a miss. The lip-smacking and mouth – melting ice cream is a treat to your tongue after a whole day of shopping and visiting the touristy places. While I visited Bangkok, it was hot. It wasn't scorching hot, but it wasn't pleasant either. The weather was hot and humid.

Thai people in general have a bit of a sweet tooth, and it is home to many kinds of delectable desserts that you will find in abundance wherever you go – from hotels to street vendors. The sticky mango rice, coconut ice cream, banana roti, bread with custard, and durian are some of the most common Thai desserts.

Amidst the busy lanes of Bangkok with mad traffic, honking horns, street vendors yelling to sell the products that they have in good deals; one cannot fail to take notice of the ice cream trucks around them.

All across Thailand, even in smaller towns; you would hear a Thai ringing the bell on a bicycle and selling these coconut ice creams. Especially the adorable Thai kids would come running, hearing the bell to eat the ice cream. While hovering around on Khao San Road, I came across many ice cream vendors.

The traditional Thai name of this ice cream is I Tim Kati. These ice creams are sold in many ways; one way was in a bowl made up from the half coconut shell topped with sticky rice or with crushed peanuts or freshly made jelly from the coconut water or rainbow sprinklers, another way was between the two slices of bread or a bun, and the third one was in a crusty cone. I preferred the one, in a bowl with some freshly made coconut jelly. Also, the best part about these ice cream vendors is they let you have unlimited access to the sticky rice, crushed peanuts, coconut jelly, and rainbow sprinkles for your ice cream. These ice cream vendors also provide chocolate sauce to drizzle over ice cream. Though to savor the authentic taste of the coconut ice cream, it's advisable to not to drizzle any chocolate sauce over it.



These ice creams taste dairy free, as they are entirely made with coconut milk. The texture of the ice cream is not the same as a milk/cream-based ice cream and not quite that of a sorbet. It's a cross between the ice cream and sorbet. Sometimes what is sold as plain coconut ice cream will have little bits of fruit or coconut in it.

Also, usually coconut is most commonly used in almost all the Thai food dishes. We all surely know the benefits of adding coconut in our daily diet. Thus, all the Thai people, in general, have fantastic skin and hair.

So as many days I was in Thailand, I had this traditional Thai Coconut Ice Cream every day. It was a lip-smacking dessert that I ever have had in my lifetime. Also, considering other Thai desserts, Thai Coconut Ice Cream is probably the best dessert one could have. One ought to taste it while in Thailand.

So don't miss it. Happy eating!!!

# TUGANATH TEMPLE

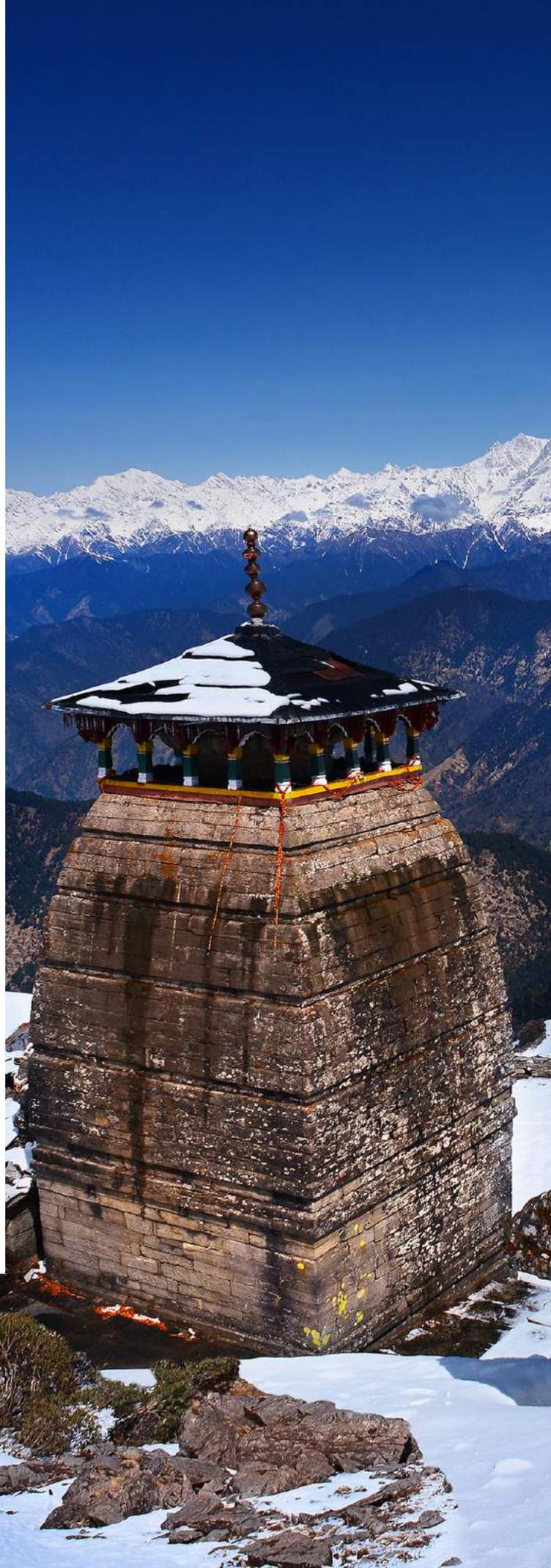
- Rudraprayag -

.....

**AASTHA BAGGA**

Amidst the fragrance of sandalwood paste and the marigolds flowers, the chanting of mantras and hymns, the snow clad peaks and the drifting white clouds, the icy waters of Akash-Yamini and Ling-Bodhini, the wild pink flowers and the strawberry bushes you attain Nirvana in Rudraprag's Tuganath Temple. Situated at an altitude of 3,680 mts above the sea level, it is world's highest temple of the Enigmatic Lord Shiva.

Every year pilgrims flock to the 1000 year old temple in great numbers to pay homage to their Lord who is often referred to the Destroyer or the Transformer in Hindu faith.





It has a lot of religious significance. It is one of the 5 Panch Kadar temples of Lord Shiva, the other ones being Kedarnath, Rudranath, Madhyamaheshwar and Kalpeshwar. It is a common belief that the temple was found by Adi Shankaracharya. There are many mythological stories associated with the temple. It is believed that Lord Ramchandra, the seventh avatar of Vishnu performed meditation at the place, where today stands the temple to release himself from the curse of Brahmahatya (killing of Brahmin) as he killed the mighty Ravana. According to another legend by Vyas Rishi, Pandavas after killing their brothers Kaurvas in the battle of Mahabharata felt guilty. For redemption of their sins they went to search Lord Shiva. Since Shiva was very infuriated on them, he denied meeting them when they came to Kashi. Not finding Lord Shiva, the Pandava kept searching the Lord in Himalayas and came to Kedar. To avoid Pandavas, Lord Shiva changed himself into a bull.

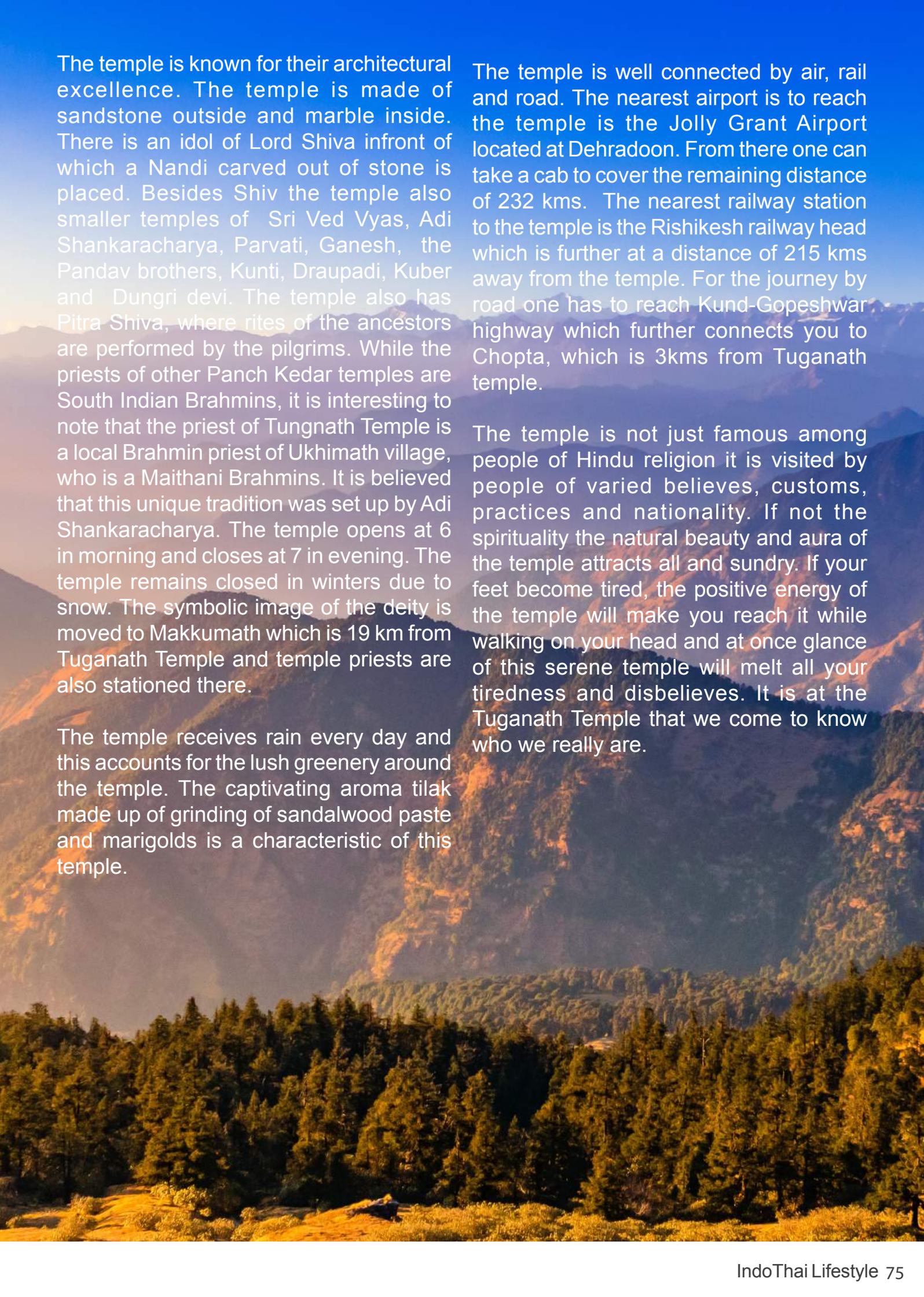
But Pandavas came to know that it was Lord Shiva, and one of the Pandavas, Bhim when moved towards the Bull, he went underground to Guptakashi. But Pandavas still kept chasing him. It is believed that Shiva's body in the form of bull's body parts rematerialized at five different locations which today represent the "Panch Kedar". At each Kedar Pandavas built temples of Lord Shiva to seek his blessings. Tungnath is the place where the hands (bahu) appeared. Hump surfaced at Kedarnath; head was seen at Rudranath; his navel and stomach appeared at Madhyamaheshwar; and his jata (hair or locks) resurfaced at Kalpeshwar. Yudhister, the eldest Pandava, erected arms around Tunganath temple symbolizing Lord Shiva adoring the Pandavas.

The temple is known for their architectural excellence. The temple is made of sandstone outside and marble inside. There is an idol of Lord Shiva in front of which a Nandi carved out of stone is placed. Besides Shiv the temple also smaller temples of Sri Ved Vyas, Adi Shankaracharya, Parvati, Ganesh, the Pandav brothers, Kunti, Draupadi, Kuber and Dungri devi. The temple also has Pitra Shiva, where rites of the ancestors are performed by the pilgrims. While the priests of other Panch Kedar temples are South Indian Brahmins, it is interesting to note that the priest of Tungnath Temple is a local Brahmin priest of Ukhimath village, who is a Maithani Brahmins. It is believed that this unique tradition was set up by Adi Shankaracharya. The temple opens at 6 in morning and closes at 7 in evening. The temple remains closed in winters due to snow. The symbolic image of the deity is moved to Makkumath which is 19 km from Tuganath Temple and temple priests are also stationed there.



The temple is well connected by air, rail and road. The nearest airport to reach the temple is the Jolly Grant Airport located at Dehradun. From there one can take a cab to cover the remaining distance of 232 kms. The nearest railway station to the temple is the Rishikesh railway head which is further at a distance of 215 kms away from the temple. For the journey by road one has to reach Kund-Gopeshwar highway which further connects you to Chopta, which is 3kms from Tuganath temple.

The temple is not just famous among people of Hindu religion it is visited by people of varied beliefs, customs, practices and nationality. If not the spirituality the natural beauty and aura of the temple attracts all and sundry. If your feet become tired, the positive energy of the temple will make you reach it while walking on your head and at once glance of this serene temple will melt all your tiredness and disbelieves. It is at the Tuganath Temple that we come to know who we really are.



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The temple receives rain every day and this accounts for the lush greenery around the temple. The captivating aroma tilak made up of grinding of sandalwood paste and marigolds is a characteristic of this temple.

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# WHY GO VEGAN?

- The vegan society -

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*RADHIKA BHASIN*

Is it accurate to say that you are pondering embracing a way of life that declines any creature based items? Here are a couple of things you should need to consider before you focus on it.

As opposed to prevalent thinking, veganism does not simply complete at being a veggie lover through eating routine. It means disposing of everything unmistakable made of creature items, directly from cowhide and silk to hide. It is a dietary decision that is certainly an outrageous type of vegetarianism. Individuals are taking to veganism for some, reasons including weight reduction among the other medical advantages it brings to the table. Truth be told, the long stretch of January is elevated as Veganary to urge individuals to receive this way of life or if nothing else attempt it for a month.

Talking about its rising notion, various chefs have explained that going vegan is way forward for protecting and loving animals. As an expanding number of individuals embrace plant-based weight control plans far and wide, cafés and gourmet experts are anxious to take into account the developing pattern by making veggie lover menus. Culinary specialists have begun presenting veggie lover dishes on their menu springs up occasions with veggie lover dishes on the menu.

## FOR THE LOVE OF ANIMALS

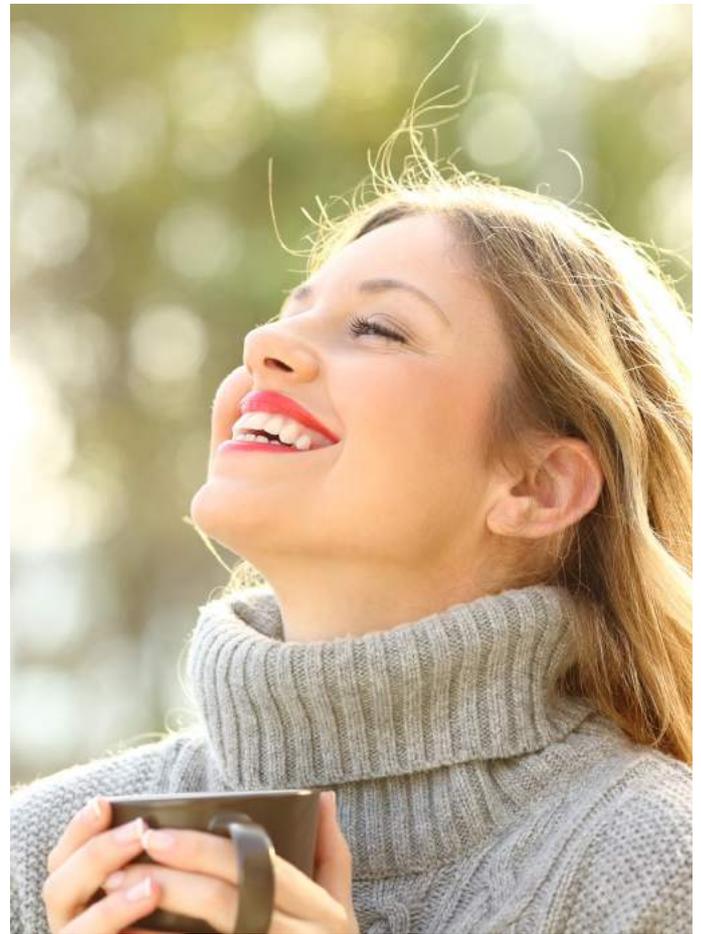
Forestalling and preventing the misuse of creatures isn't the main purpose behind getting to be a veggie lover, however, for some, it remains the key factor in their choice to go vegetarian and stay vegetarian.

Having passionate connections with creatures may shape some portion of that reason, while many accept that every single conscious animal reserve a privilege to life and opportunity. Points of interest aside, staying away from creature items is one of the most evident ways you can stand firm against creature cold-bloodedness and creature abuse all over the place.

## FOR YOUR WELLBEING

Well-arranged veggie lover diets pursue good dieting rules and contain every one of the supplements that our bodies need. Both the British Dietetic Association and the American Academy of Nutrition and Dietetics perceive that they are reasonable for each age and phase of life. Some exploration has connected veggie lover counts calories with lower circulatory strain and cholesterol, and lower rates of coronary illness, type 2 diabetes and a few sorts of malignancy.

Going veggie lover is an extraordinary chance to get familiar with sustenance and cooking, and improve your eating regimen. Getting your supplements from plant permits more space in your eating routine for wellbeing advancing alternatives like entire grains, natural product, nuts, seeds, and vegetables, which are stuffed brimming with helpful fiber, nutrients and minerals.



## FOR THE EARTH AND OUR ENVIRONMENT

From reusing our family unit refuse to cycle to work, we're all mindful of approaches to carry on with a greener life. One of the best things an individual can do to bring down their carbon impression is to maintain a strategic distance from every single creature item. This goes path past the issue of dairy animals tooting!

## BALANCING IS THE WAY

Make sure to glut on veggies, natural products, grains, lentils, nuts and sound fats. A well-adjusted eating routine would give the correct supplements that your body needs. Macronutrients and filaments are basic to keep you brimming with vitality, and plant nourishments are stacked with it.

## GET THE PROTEIN

Animal-based foods are high in great quality proteins and your supply may go down when you turn veggie lover. Along these lines, legitimate elective wellsprings of proteins, for example, tofu, soy beans, and so forth ought to be devoured in standard interims for the duration of the day.

## REMAIN HYDRATED

A veggie lover diet is wealthy in fiber and henceforth devouring adequate water is critical to improving the assimilation. Thus, ensure you deliberately taste water.

What's more beneficial than milk with a calcium-rich eating routine is additionally fundamental. Besides including iron-rich veggies and natural products, and dousing up some sun.



## INCORPORATE PROBIOTICS

Dairy items contain great microscopic organisms that help in our assimilation. So it's essential to discover a vegetarian benevolent probiotic source, for example, coconut yogurt or groundnut yogurt.

## THE VERDICT

Much the same as veganism is the feasible choice with regards to caring for our planet; plant-based living is likewise an increasingly maintainable method for nourishing the human family. A plant-based eating regimen requires just a single third of the land expected to help a meat and dairy diet.

With rising worldwide nourishment and water weakness because of a bunch of natural and financial issues, there will never be been a superior time to embrace a progressively supportable method for living. Keeping away from creature items isn't only perhaps the least complex ways an individual can lessen the strain on nourishment just as different assets, it's the easiest method to stand firm against wasteful sustenance frameworks which excessively influences the most unfortunate individuals everywhere throughout the world.



บริษัท โฟร์ ฟูดส์ จำกัด ก่อตั้งในปี พ.ศ. 2545

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# Is Yoga a Fame of Bangkok?

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*VAISHALI SHUKLA*

We all know that India is known in the world for ancient herb and yoga practices. In India, yoga is considered to be as old as human civilization. Yoga is a technique to purify the mind or the nervous system which apparently is considered as the basis of all the mental and physical issues of the body. It is believed and supported by facts of science that Yoga heals mental and physical health by curing the nervous system. The practice of Yoga has been propagated to many countries from India.

The UNESCO declared 21st June as the International Yoga Day in the year 2015. It recognized the importance of Yoga in daily routine to maintain a healthy lifestyle. The main purpose of celebrating Yoga Day is to take the onus of spreading the power of Yoga in the world besides inspiring one and all to practice it daily.

Bangkok celebrated fifth Yoga Day on 16th June 2019. Huge gatherings are organized in different parts of the country to unite and practice yoga and spread the power of it in the world.

**Yoga for travellers:** Bangkok is way more than its nightlife, bars and clubs. It provides a gamut of Yoga clubs wherein you may maintain your daily yoga practice by paying on per day basis. There are many clubs and centres which you may join to learn yoga.

Not many countries provide the facility of yoga classes for travellers. Bangkok is one among those rare perks which offer pleasure and peace of yoga even when you are away for a vacation.



Yoga Retreat Centres: You must take some time out to join the Yoga Retreat Centres of Bangkok in order to relax your body and mind in the true sense. These centres use different Yoga styles to treat and heal the mind and body of individuals. Most of these camps are amidst nature away from the hustle and bustle of the city.

Imagine how peaceful, healing and energetic it would be to be among nature, away from the noise of cars honking the horns in the traffic, pressure of responsibilities and work. Few days just for yourself, to explore your mind, heart and body. Few moments from the busy and running schedule of the life to know what's going on within you and to heal what's being damaged in you. Isn't the only thought of witnessing such a thing energetic and awesome?





India and Bangkok's Yoga Relation: The two Asian countries have a lot in similar, Yoga is one among the queue. India and Bangkok align together to give the most important therapy to the world, viz., Yoga. Many ancient gurus of India have had their contribution to the teaching and discovery of Yoga. Bangkok has the blessing of many such Yoga techniques to spread in cities of Bangkok.

There are massage, spa and yoga parlours across Bangkok which provide relaxing therapies. These therapies aid in healing mental as well as physical health of the person. Many pain, spinal and nervous issues which can't be healed by allopathy medications can be cured or controlled by Yoga and Spa therapies of Bangkok.

Plan your Next Trip Soon: Planning your next vacation to Bangkok may aid you with healing and rejuvenation. Besides the change of air, you can get changed and better mental and physical health. Along with Yoga retreats, Spa parlours, Bangkok facilitates you with one of the best Scuba Diving and other water activities. These activities are not once in a lifetime experience but also have the power of soothing the mind.

# WOT RONG KHUN

- The White Temple Chiang Rai -

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**AASTHA BAGGA**

Change is the internal characteristic of life, life exists where change exists and Thailand's Wot Rong Khun Temple is an example of it. The temple is white in color and is therefore often addressed as the White Temple. The temple also has a considerable use of glass that helps it radiate under the sun and be an onlooker's delight. The white color of the Wot Rong Khun temple is a symbol of purity which is often associated with Buddhism while the glass signifies Buddha's teaching, known as dhamma in Buddhism. The temple is an offering to Gautama Buddha, a sage who started the religion of Buddhism.

During the end of the previous century the temple was in very deplorable state. The renovation work was started but could not be completed due to paucity of funds. Seeing the original Wot Rong Khun in a miserable condition, a local visual artist Chalermchai Kositpipat, started rebuilding this temple with his own money. The artist is a staunch believer of Buddhism and believes that the project will make him immortal in human history. He has offered the temple to Lord Buddha. This architectural marvel, the White Temple is presently undergoing construction. Also in the course of construction, the temple survived an earthquake, though impacting the major part of the construction site. It is believed that this Buddhist temple will be completed by 2070.



To reach the main temple one has to cross the Bridge of Circle of Birth which is a small bridge over a lake having many hand like structures. These hands symbolize the never ending desires of humans which one has to overcome to cross to reach Gate of Heaven which is guarded by Death and Rahu who decide the fate of the individual. The temple has many images of Budha in mediation poses. Besides this the temple also has a golden building that represents our body and crematorium that represents death. The temple currently also has a wishing well where visitors can make a wish by throwing coin in the well. One of the unique feature of the temple are the concrete trees from which visitors can get medallions with one's name hanging from the tree for 30 Thai Bahts.



As planned by the Thai artist, the temple once completed will have nine buildings. The temple will have quarters for monks who shall be performing prayers in the temple, all around the temple. One of the most important features of all Buddhist temples is the ubosot. The White temple shall also be having a big and magnificent ubosot, which is basically a hall where prayers are offered. It is also known as Ordination Hall, as ordinances are performed in this place. Since meditation is an inseparable part of Buddhism, the temple shall also have a meditation hall. As quoted by Chalermchai Kositpipat, the temple shall also have an art gallery.

The temple is open to people of all faiths, believes and religions. The temple was formally opened in the year 1997. It opens at 8 in morning and closes at 6 in evening. The temple is accessible all around the year via public and private transport. While there is no admission fee for people of Thailand to visit the temple, foreigners have to pay 50 Thai Baht to enter the temple. Since the construction of the temple is a herculean task, Chalermchai Kositpipat is open to donations but the amount of donation is limited to 10,000 Thai Baht as the artist intends not to be influenced by rich donars as this is his personal project. The authorities strictly prohibit photography. But to carry back home memories for this beautiful temple one can buy art workers of Chalermchai Kositpipat. They are also an ideal gift to near and dear ones. Wearing shoes inside the temple is not allowed. Also, revealing cloths are a complete no in the temple premises.



Thailand is a jackpot for anyone who believes in spirituality, if not religion. Out of the thirty three thousand temples of Thailand, Wot Rong Khun is distinctive in all aspects. A visit to this unusual White Temple is a must. No visit to Thailand is complete without paying homage at this contemporary temple.



# PARTHIV SHIVLING

.....  
*VAISHALI SHUKLA*



## THE MYTH BEHIND PARTHIV SHIVLING AND ITS IMPORTANCE

Described as the Supreme Being and the god of divine energy, Lord Shiva has been worshipped by the Hindus from the ancient times. The word Shiva refers to the consciousness of an individual and signifies the presence of the omnipotent in everyone's consciousness. Lord Shiva is the God of art, destruction, dance, yoga and meditation and still considered as one of the most worshipped deities among Hindus in India, Nepal, Sri Lanka, Thailand and more countries across the world.

Lord Shiva is worshipped in many forms and the Lingam is one of the most popular and iconic forms found in India and many other countries. The Lingam or Shivling is depicted and formed in various shapes and designs and Parthiv Shivling is one of the most worshipped images of Lord Shiva.

## SIGNIFICANCE OF WORSHIPPING PARTHIV SHIVLING

Hindus across different countries including India and Thailand worship the iconic figure of Lord Shiva for different reasons. However, according to the Shivpuran, devotees who seek blessings to obtain good health, wealth or a son can worship Parthiv Shivling.

Married devotees who have been praying for a son for many years can worship the iconic form of Lord Shiva. The Shivpuran says that the practice of worshipping the Parthiv Shivling can cease the fear of premature death. Besides, everyone can worship the Shivling for personal and social welfare, as the practice can help devotees to get rid of Shani Dosha (Saturn Tragedy). Parthiv Shivling is also known as Sakata Lingam in many areas, which means the idol, is a combination of Linga and sand or earth.

The practice of worshipping Parthiv Shivling can also be referred to as an effort to get salvation for sins. According to the Hindu mythology, Lord Rama established a Parthiv Shivling made of the lingam, sand and clay in Rameswaram, which is now a part of South Indian state Tamil Nadu after killing Ravana because he wanted to get salvation for the sin of killing a Brahmin. The temple of Rameswaram remains a divine place for the devotees.

According to the Puranas and ancient Hindu scriptures, many devotees at that time got liberated from the sequence of life and death. This is believed to be the main reason why devotees still worship Shivling made of sand, mud or clay.

## HOW TO MAKE PARTHIV SHIVLING

Shivling can be found in many forms and most of them are made of different types of stones. As the name suggests, Parthiv Shivling is only made of sand/soil or clay. Apart from this, devotees often prepare solutions with the combination of filtered soil, jaggery, cow dung, honey, milk and sandalwood to make the Parthiv Shivling.

According to the Hindu scriptures, the height of the idol should not exceed the limit of 12 fingers. When making the Lingam, devotees pray to the Lord of divine energy and destruction to come to the earth and make his adobe in that Parthiv Shivling. Devotees offer the Prasad to those who have not touched the Shivling. In most cases, devotees come with the whole family to worship the deity to ensure peace and happiness in the family. Devotees who come to worship the Lingam chant Shiva Mantras or the Mahamrityunjaya Mantra to receive the blessings of the Supreme Being.



## WHEN TO PERFORM

The month of Saavan is considered as the best time to worship the Parthiv Shivling, as the Saavan is the month, which is very dear to the Lord. The idols of Parthiv Shivling that have been made in the month of Saavan are considered more special. When the devotee himself or herself makes the holy idol, it becomes a prayer of salvation.

In Hinduism, devotees can follow different methods to worship different deities but the practice of making and worshipping Parthiv Shivling is the easiest and most effective method. According to the ancient Hindu scriptures, worshipping the Parthiv Shivling is equivalent to crores of yagyas.



## CELEBRATIONS IN INDIA

The ritual of worshipping Parthiv Shivling has been celebrated by millions of the devotees across various parts of India. Since the month of Saavan is the best occasion to worship Lord Shiva, people across the country choose the month to seek blessings from the omnipotent.

People including men, women and children come in large numbers and worship the Lingam in temples, riverbanks, under the trees, in homes and many other places. In many places, the ritual lasts for four days, where devotees come with Parthiv Shivling in their hand. The bank of Holy Ganges is believed to be the most sacred place to perform the ritual and that is why millions of devotees visit the holy places located off the banks of Holy Ganges across Northern India. Haridwar, Kanpur, Varanasi, Allahabad, Patna are some of the most popular cities, where devotees perform the ritual of worshipping Parthiv Shivling.



## CELEBRATIONS IN THAILAND

The cultural, religious and lingual bond between India and Thailand is not a myth or fiction, as these two Asian nations have been enjoying a bon-ami relationship for many centuries. Like many other Hindu deities, Shiva is one of the most worshipped Gods in Thailand and the staggering number of Shiva temple across the country signifies the love and devotion of Thai people for the God of divine power, arts, dance, yoga and meditation.

Like India, the ritual of worshipping Parthiv Shivling has been celebrated in Thailand. People in many cities including Bangkok, Pattaya, Chiang Mai, Phra Nakhon, Surat Thani, Thani and have performed the ritual following different methods. People, who have not been able to reach the temples, made the idols on their own and organize everything in their homes.

It does not matter what method or guideline is, there was no scarcity of devotion and dedication among the devotees. Along with the people from Indian communities, native Thai devotees have also organized and participated in the rituals in large numbers.

Hindus across the Indian sub-continent and South-East Asia have been worshipping Lord Shiva for Thousands of Years and the importance and significance of the divine God remain unchanged. Lord Shiva represents the symbol of simplicity and he will always be there to help his devotees to get salvation for sins with his blessings.



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 +66 90 975 2204

 [editor@indothainews.com](mailto:editor@indothainews.com)  
[info@indothainews.com](mailto:info@indothainews.com)

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