

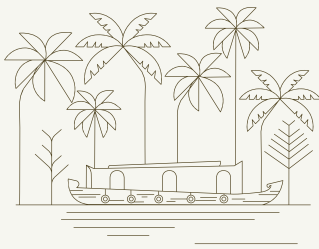
Young INTACH

THE KERALA TIMES



GOD'S OWN COUNTRY

Kerala takes great pleasure in being the leader of a culture that not only honours its history but also moves forward with development and advancement. The state is very proud of its achievements, which include having the highest life expectancy rates, the lowest infant mortality rate in India, 100% literacy, and top-notch health care systems.



ITS ALL ABOUT LOCATION

Kerala located on the southwest coast. It is a small state, making up about 1% of the nation's total land area. Kerala's length along the Malabar Coast is around 360 miles (580 km), with its width ranging from 20 to 75 miles (30 to 120 km). It is bounded to the north and east by the states of Tamil Nadu and Karnataka (previously Mysore), and to the south and west by the Arabian Sea. On the northwest coast, it also encircles Mahe, a part of the state of Puducherry. Thiruvananthapuram, or Trivandrum, is the capital.



THE BEAUTY OF TRADITIONAL WEAR

A TREND THAT MANY YOUNG PEOPLE LOVE NOW

WHAT ARE THE TRADITIONAL WEARS OF KERALA?

The traditional clothing of Kerala reflects the underlying simplicity of the people who live there. Women wear sarees most of the time, but they also have a traditional two-piece outfit called mundum neriyathum. An unstitched piece of cloth worn around the waist is called a mundu. One end of the neriyathu is tucked in at the waist and worn

diagonally from the left shoulder. The fabric is composed of cotton that is handwoven and is often cream or white in colour, with a border known as the Kara which is coloured or golden (Kasavu). The border and the blouse match. The Set-saree, also known as the Kerala saree, has replaced the two-piece set in current times. It is a five and a half metre long sari that is worn similarly to a regular sari. The sari's hue and border, however, stick to the

conventional set. Men also don shirts and mundu. Men now, however, prefer putting on in shirts and pants.

The "Pattu Pavada," a long silk skirt and blouse, is the traditional attire for young girls and teenagers. However, these days, this clothing is usually reserved for formal events and occasions. The younger generation is more comfortable wearing more relaxed attire.

ADVERTISEMENTS

APPUKUTTY'S RESTURANT

COME TO XYZ JUNCTION, KOCHI FROM 12 P.M TO 4 P.M

GRAB THE BEST OFFER THIS WEEKEND FOR THE BEST TRADITIONAL MEAL ON A BANANA LEAF WITH 30% DISCOUNT!!

16 DISHES SERVED WITHMATTA RICE LIKE PARIPPU, SAMBAR, RASAM, PULISSERI AND OTHERS LIKE KAALAN, AVIAL, THORAN, OLAN, PACHADI, KICHADI, KOOTTUKARI, ERISSERY, MANGO PICKLE, PULINJI, NARANGA ACHAAR (LIME PICKLE), AS WELL AS PAPADAM, PLANTAIN CHIPS, SHARKARA UPPERI, BANANA, PLAIN CURD AND BUTTERMILK!!

LIMITED SEATS; FIRST COME, FIRST SERVE ONLY!




MUNNAR TEA RESORT

**₹1000 PER NIGHT FOR A SUIT
GET 10% OFF FOR 5 NIGHT WITH COMPLIMENTARY BREAKFASTS EVERYDAY!!**

- GYM
- CONTINENTAL AND TRADITIONAL CUISINE
- AYURVEDIC MASSAGE
- YOGA CLASSES
- TEA PLANTATION VISIT
- HIKE





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A WALK THROUGH CULTURE



KERALA IS WHERE **KALARIPAYATTU**, ONE OF THE WORLD'S OLDEST AND MOST DISCIPLINED MARTIAL ARTS, ORIGINATED. PRAISED AS KERALA'S PRIDE, IT ENJOYS INTERNATIONAL RECOGNITION AND ESTEEM.

THE INITIAL PHASE OF THE TRAINING IS TO MASSAGE THE BODY WITH OIL UNTIL IT IS SUPPLE AND FLEXIBLE. OTHER ESSENTIAL ELEMENTS OF THE ART FORM ARE FEATS LIKE MARICHIL (SOMERSAULT), OTTAM (RUNNING), AND CHATTOM (JUMPING). ADDITIONALLY, THERE ARE INSTRUCTION IN THE USE OF WEAPONS SUCH AS MACES, SWORDS, DAGGERS, SPEARS, AND BOWS AND ARROWS.

THE ULTIMATE GOAL IS COMPLETE MENTAL-BODY EFFECTIVENESS. A EMPHASIS ON TRADITIONAL MEDICINE IS ONE OF KALARIPAYATTU'S OTHER AREAS OF STUDY. KALARIS ARE SIGNIFICANT LOCATIONS FOR RELIGIOUS WORSHIP AS WELL.

BOAT RACES, OR **VALLAM KALLI**, ARE ONE OF KERALA'S MOST CELEBRATED FESTIVALS THAT ARE STILL GOING STRONG. ATTENDEES FLOCK TO THESE EVENTS TO WITNESS THESE GORGEOUS SNAKE-SHAPED WOMEN COMPETE IN TIME TO LOUDLY SHOUTED BOAT TUNES. ENORMOUS IN LENGTH, THESE 'CHUNDANVALLAM', OR SNAKE BOATS, LIVEN UP THE TRANQUIL BACKWATERS. DURING THESE OCCASIONS, A NUMBER OF SIGNIFICANT RACES TAKE PLACE:

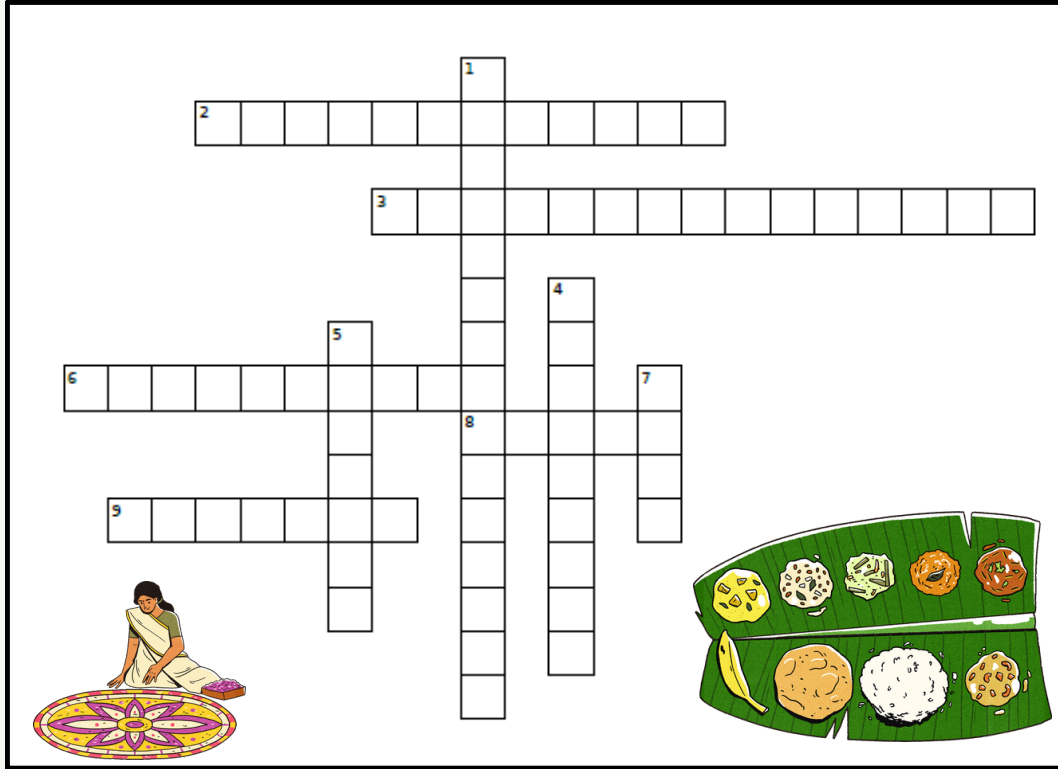
- CHAMPAKKULAM BOAT RACE
- NEHRU TROPHY BOAT RACE
- PAYIPPAD BOAT RACE
- ARANMULA BOAT RACE
- UTHRADAM THIRUNAL PAMBA BOAT RACE
- THAZHATHANGADI BOAT RACE
- PIRAVAM BOAT RACE
- KARUVATTA BOAT RACE
- MARINE DRIVE BOAT RACE
- KOTTAPPURAM BOAT RACE
- PRESIDENT'S TROPHY BOAT RACE
- PONNANI BOAT RACE
- CHAMPIONS BOAT LEAGUE

TO REALLY APPRECIATE THESE SIGHTS, ONE MUST WITNESS THEM IN PERSON.



ACTIVITY

CROSSWORD PUZZLE NO. 01



Down:

1. sweet dish made with milk, dry fruits, and rice ada is the last thing to be served as it helps in counteracting the spices.
4. dish includes pumpkin, red beans, and a generous amount of grated coconut.
5. yogurt-based dish for the feast, this is a curry made with either pineapple or bitter gourd, and grated coconut.
7. made with ash gourd and red beans splashed with a generous amount of hand-pressed, authentic coconut milk.

Across:

2. of the two types of pickles served at Onam Sadhya, this sour lemon pickle will certainly add some zest to your meal.
3. sweeter version of banana chips is made out of jaggery and though the sweet made be hard to eat.
6. made using loads of thinly sliced ginger mixed with yogurt, black sesame seeds and spices.
8. best mixed vegetable dishes made by mixing vegetable with grated coconut and is cooked in coconut oil and milk.
9. essential dish for the feast, each family has their own recipe and is cooked with every vegetable there is, from beans to potatoes to yam.



MISSING DOG!!



OUR BELOVED DOG, COCO, HAS BEEN MISSING SINCE LAST MORNING.
 LAST SEEN AT SSS JUNCTION, ALUVA.
 BREED - INDIE OR INDIAN PARIAH
 FAVOURITE FOOD - CHICKEN
 COLOUR - WHITE
 VERY LOVING, AFFECTIONATE DOG.
 PLEASE CALL XXXX9XXXXX8 OR 88XXXX99XXXX IF FOUND OR SPOTTED

- ACROSS
1. PALADA PRADHAMAN
 2. NARANGA CURRY
 3. SHARKARA VARATTI
 4. ELLISHERI
 5. PACHADI
 7. OLAN
- DOWN
8. AVIAL
 9. SAMBHAR