



Tamil Nadu

Here the wellness heritage is deeply influenced by Siddha medicine, an ancient system traditionally associated with sage Agastya. Unlike many approaches focused only on remedies, Siddha places emphasis on varam or vital energy points, along with the use of raw herbs and natural ingredients. In the Tenkasi district lies Kutralam, often called the 'Spa of South India.' Surrounded by dense forests rich in medicinal plants and wild herbs, the region is famous for its cascading waterfalls. For generations, locals and visitors have stood beneath these powerful falls, where the force of the water creates a natural hydro-massage experience. The flowing water, enriched by botanical elements from the surrounding forests, is traditionally believed to help relieve physical fatigue and soothe certain skin conditions. The experience is often followed by a traditional head massage using cooling, house-pressed neem or sesame oil.

Karnataka

In the state's coastal regions and mist-covered highlands, wellness remains closely tied to household traditions and seasonal rhythms. Around Mangaluru and Udipi, Saturdays are traditionally associated with Enne Snana or the oil bath. The ritual involves a careful application of warm castor oil or pure coconut oil infused with brahmi, massaged into the scalp and body. It is washed off using natural ingredients such as seekkali and green gram paste instead of conventional soap. The practice is traditionally believed to help maintain balance and prevent excess body heat. In Coorg, wellness takes a more forest-based form. After the monsoon rains, local communities gather maddi thopp, the leaves of Justicia Wynaedensis. On a particular day in August, these leaves are believed to develop 18 distinct medicinal properties. Boiled into a deep purple extract, they are used in sweet puddings to protect against joint pain and respiratory ailments.



Concluding our wellness travel series, we head toward the South this week. Discover how communities across the region turn local landscapes and ancient practices into traditions of healing...

THE HEART OF HEALING

BEYOND the familiar world of heated stones and standardised resort therapies, South India's approach to wellness unfolds in a far more intimate way. Here, healing is closely connected to geography, seasons, local ingredients and practices passed down through generations. For travellers seeking an authentic experience of regional wellbeing, these traditional rituals offer a glimpse into how communities have long balanced the body and mind through nature-led therapies.



HEALING PRACTICES AT A GLANCE

- AYURVEDA Oil therapies, herbal detox & rejuvenation
SIDDHA Herbal medicine, varam therapy, detox & longevity
YOGA & MEDITATION Breath, posture & mindfulness
DIET & RITUALS Seasonal foods, herbal drinks & daily routines
NATURAL THERAPIES Hydro-massage, steam, poultices & plant baths

Andhra Pradesh & Telangana

Across the Deccan region, traditional wellness is closely linked to folk medicine, known locally as Natu Vaidyam and highly specific dietary practices. Places such as Urvakonda in Anantapur and certain areas of Guntur are known for practitioners who use herbal poultices made from ingredients such as egg white, turmeric and wild jungle weeds. These treatments are traditionally used to support joint alignment, ease deep-tissue inflammation and improve posture. Given the region's naturally spicy cuisine, especially the famous Guntur chillies, local wellness traditions also focus on restoring internal balance. Cooling practices include consuming gongura (sorrel leaves) and drinking generous amounts of fresh buttermilk blended with crushed curry leaves and asafoetida. These traditional dietary practices are believed to soothe the digestive system and help flush out accumulated heat from the body.

Kerala

God's own country may be globally recognised for Ayurveda, but the most culturally significant time to experience its wellness traditions is not necessarily the peak tourist season. The monsoon month of Karkidakam, usually between July and August, holds special importance in the state's healing calendar. During this period, locals follow Karkidaka Chikitsa, a seasonal rejuvenation practice, making it an ideal time for therapies such as abhyanga — a synchronised full-body oil massage using medicated sesame oil — along with steam treatments. A central part of this seasonal wellness routine is Karkidaka Kanji, a nourishing medicinal rice gruel prepared with broken rice, coconut milk and a blend of 15 to 30 indigenous herbs, including garden cress, fenugreek and cumin.

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Public Notice: This is to inform the Public that Auction of pledged Gold Ornaments will be conducted WIZZMONI FINANCIAL SERVICES LIMITED (formerly Unimoni Financial Services Ltd) on 24.06.2026 at 10:00 am at the respective centers given below. The Gold Ornaments to be auctioned belong to Loan Accounts of our various Customers who have failed to pay their dues. Our notices of auction have been duly issued to these borrowers. The Gold Ornaments to be auctioned belong to Overdue Loan Accounts of our various Customers mentioned below with branch name.

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CYBERABAD MUNICIPAL CORPORATION

Table with columns: Notice No., Name of the work, Estimate Amount in Lakhs, Bid document download/Sealed Quotation submission start date & time / Bid/Sealed Quotation submission closing date & time, Name & Address of officer Cell No.

कार्यालय अधीक्षण अभियन्ता, सार्वजनिक निर्माण विभाग, वृत्त - धौलपुर

कार्यालय अधीक्षण अभियन्ता, सार्वजनिक निर्माण विभाग, वृत्त - धौलपुर काकांक: 1068-80 दिनांक: 08.06.2026

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GOVERNMENT OF ANDHRA PRADESH EDUCATION & WELFARE INFRASTRUCTURE DEVELOPMENT CORPORATION, VIJAYAWADA

Tenders are invited for Procurement of Equipment and Machinery for Establishment of Footwear Manufacturing Unit at Yadavalli (V), Racherla (M) of Prakasam District and at Vellaturu (V), G. Konduru (M) of NTR District from the Original Equipment Manufacturers (OEM) Original Equipment Manufacturing firms/Companies / authorised dealers of Original Equipment Manufacturers (OEM). Further details may be viewed at http://tender.approcurement.gov.in

MAHAVITARAN TENDER NOTICE

Tenders are invited for supply of 11/0.433 kV and 22/0.433 kV 315 kVA Three Phase, Copper Wound, Indoor Distribution Transformer through e-tendering process with Estimated Cost of Rs. 10,958 Lakhs against MSEDCL advertised Tender on website vide No. MMD/T-HTM1-07/0626 due for submission on dtd. 06.07.2026. For details please visit website: https://etender.mahadiscom.in/etApp/

ICICI Bank PUBLIC NOTICE - TENDER CUM E-AUCTION FOR SALE OF SECURED ASSET

Table with columns: Sr. No., Name of Borrower(s)/Co-Borrowers/Guarantors/Loan Account No., Details of the Secured asset(s) with known encumbrances, if any, Amount Outstanding, Reserve Price Earnest Money Deposit, Date and Time of Property Inspection, Date & Time of E-Auction

The online auction will be conducted on the website (https://assets.matexauctions.com) of our auction agency Matex Technologies Private Limited. The Mortgages/Notices are given a last chance to pay the total dues with further interest by July 09, 2026 before 05:00 PM. The secured asset(s) will be sold as per schedule.

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ICICI Bank SYMBOLIC POSSESSION NOTICE

The Authorised ICICI Bank Officer under the Securitisation, Reconstruction of Financial Assets and Enforcement of Security Interest Act, 2002 and in exercise of the powers conferred under section 13(12) read with Rule 3 of the Security Interest (Enforcement) Rules 2002, issued Demand Notices to the borrower(s) mentioned below, to repay the amount mentioned in the Notice within 60 days from the date of receipt of the said Notice.

Table with columns: Sr. No., Name of the Borrower(s)/ Loan Account Number, Description of Property/ Date of Symbolic Possession, Date of Demand Notice/ Amount in Demand Notice (Rs.), Name of Branch

The above-mentioned borrowers(s)/guarantors(s) is/are hereby issued a 30 day Notice to repay the amount, else the mortgaged properties will be sold after 30 days from the date of publishing this Notice, as per the provisions under Rules 8 and 9 of Security Interest (Enforcement) Rules 2002.

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