Bookmark These Little-Known Natural Attractions In Mae Hong Son, Thailand



Immerse yourself in nature with these four fascinating visitor attractions in Mae Hong Son, Thailand

Located in northern Thailand, Mae Hong Son is a mountainous retreat with a strong Burmese influ-

The quiet area is sparsely populated and not really geared for tourism; indeed the draws here are the fabulous mountains perfect for hiking and exploring, the hill tribe communities, and the cultural influences around.

Mae Hong Son can be reached via a six- to eight-hour drive from Chiang Mai.

Pang Ma Pha Grotto Cave

Tham Nam Lod - as this cave (main image) is locally known - is home to stunning natural stalactites and stalagmites surrounded by leafy

Because many prehistoric tools and utensils - thought to be about 2,000 years old - have been found in it, the cave is also an important archaeological site.

the grotto cave, which can be visited

Pang Ma Pha Grotto Cave 2

All visitors must be accompanied by a guide, who will provide a lamp and a raft; the cave is too dark and dangerous for those unfamiliar with

Zutongpae Bridge
One of the top tourist attractions
in Mae Hong Son, this bamboo bridge, which connects Kung Mai Sak Village with Dhamma Poo Sama Garden, is the longest bamboo bridge in Thailand. 'Zutongpae' means success in the Thai Yai lan-



guage, and local belief has it that if you stand in the middle of the bridge and make a wish for success, it will come true.

With its beautiful natural environment and the local village surrounding it, the bridge is beautifully sunlit every morning, even as mist envelops it, contrasting with the colour of the rice fields. This is also the time when monks make their rounds collecting alms along the

Pai Canyon

Also known as Kong Lan, Pai Canyon is the place to be at sunset for a 360-degree view of the sun setting behind the mountains. The canyon has been naturally created

by wind and rain erosion, with steep narrow pathways surrounded by trees and green-blanketed mountains - so be careful while you walk.

Sai Ngam Hot Spring Also called Pong Sai Ngam Hot Spring, this natural spring is located

15 kilometres away from Pai district. It has three terraced basins that look like small waterfalls; the highest is a favourite witah visitors because the water is clear and still, with white sand beneath.

The lower basin has green water. The spring is popular for its relaxing amid the lush natural setting. The fee is 20 baht per person.



4 Ways To Hop Onto The Quiet Luxury Interior Trend



Quiet luxury is a trend that has been here for decades and has now managed to take the décor industry by storm. The trend is synonymous with minimalistic aesthetics and high-end staples. The versatility, subtle colour palette and textures add comfort and class to any aesthetic. The use of elevated basics focuses on the refinement and elegance of personal space. Some examples of these basics can be mutedwood, marble, and classic solid-coloured décor items.

'Less is more' is a phrase commonly associated with quiet luxury, therefore decorating residential and corporate spaces with premium quality pieces is the key. The basic idea behind adopting the trend of quiet luxury is to reduce the chaotic approach towards décor and interior design. Instead of using bold prints, vibrant colours, and flashy décor, one can easily attain an appealing and luxurious home or workspace without using a lot of colours or décor pieces.

While it represents everything minimal, it isn't really a minimalist approach, but more of using the right palette of muted colours, playing with textures, and timeless décor items that add a sophisticated touch to any corner of the room. Here are a few of the easiest ways to inculcate this aesthetic in your own space and experience quiet luxury.

The Mantra Is 'Less Is More'

The simple concept that binds minimalism and quiet luxury or stealth luxury is making the best out of less. Minimalist luxury transcends overwhelming and flashy décor and details. Quiet luxury in fashion represents classic staples and elegant timeless pieces without loud prints and big logos. Similarly, interior

coloured walls, furniture with nude linens, matured design also embraces quiet luxury with the use of clean lines, organised spaces, and functional design.

Focus On Quality And Craftsmanship
To attain the exact quintessence of quiet luxury, there are multiple details and aspects of design you can leverage. Select fine raw materials and décor items with excellent craftsmanship and endurance. Employ natural materials like wood, stones, and plants. Using beautiful walnut wooden panelling on walls, opting for the right coloures stone/marble for flooring, and big and small planters to bring nature closer to you, can make a lot of difference.

Warm Or Neutral Colour Palette

The inclination towards a simple and sorted colour palette embraces the minimalist approach. The use of muted and neutral tones like soft greys, earthy hues, warm shades of beige, and a similar monochromatic colour scheme adds richness and depth to the space. Any organic colour palette that doesn't overpower the essence of the room would do wonders to the décor. Even Pantone Colour of the Year: Peach Fuzz makes for a good addition to this colour palette.

Soft Furnishings
Vintage and heirloom pieces and furniture scream 'old money' aesthetic. One can create a refined and warm effect.



exquisite atmosphere with them. Soft opulence can include anything from rich textured linen to wellcrafted neutral tone planters and more. These are just a few things you can include while planning your interiors. Quiet luxury is more than just a trend, it is a way of living and creating an uncluttered atmosphere to focus more on the people you love and the work you are doing. It helps you concentrate on the right things and creates a sense of peace due to its soft and

Natural Protein-Rich Foods That Can **Substitute Protein Supplements**



By Ritika Samaddar, Regional Head- Department of Clinical Nutrition and Dietetics, Max Healthcare

Protein is essential for overall wellbeing as it serves as the building blocks for muscles, tissues, and hormones, aids in metabolism regulation, supports immune function, and provides sustained energy.

While many people rely on protein supplements for convenience, the newly released dietary guidelines by Hyderabadbased National Institute of Nutrition (NIN) advise against their use for building body mass. This underscores the importance of understanding and prioritizing natural protein sources.

As a seasoned dietitian, I consistently advise my clients to steer clear of protein supplements and instead prioritize natural pro-

tein sources like almonds. These alternatives offer numerous health benefits without any side effects, contributing to overall well-being. In this article, I'll be sharing some natural protein sources that are not only highly nutritious but also easy to incorporate into your diet.

Almonds, Almonds are a protein powerhouse and an excellent natural source of this essential nutrient. They are incredibly nutritious and versatile, making them a popular choice for adding protein to your diet. Packed with 15 essential nutrients including protein, healthy fats, fiber, vitamin E, and magnesium, almonds offer a wide range of health benefits.

In fact, a recently published study funded

by the Almond Board of California, called the Witard study, revealed that consuming almonds reduced certain feelings of muscle soreness during exercise recovery. Whether added to salads, trail mixes, granola, or enjoyed on their own as a snack, almonds provide a convenient and delicious way to boost your protein intake and support over-

Lentils, Lentils are indeed a cornerstone in many diets, prized for their high protein content, versatility in cooking, and rich nutritional profile.

Packed with protein, fiber, and essential nutrients like iron and folate, lentils offer a nutritious boost to any meal. From hearty soups and stews to refreshing salads and flavorful veggie burgers, lentils can be incorporated into a wide variety of dishes, making them an excellent protein option.

Greek Yogurt, Greek yogurt is another protein-rich food that can be a valuable addition to any diet. It contains more protein than regular yogurt and is also a good source of calcium and probiotics.

Enjoy Greek yogurt as a snack or use it as a base for smoothies, dips, and dressings to increase your protein intake in a delicious

Eggs, Eggs, a versatile protein source, of-fer approximately 6 grams of protein per large egg and are also rich in vitamins B12, D, and choline. Whether scrambled, boiled, poached, or used in various recipes like omelets, frittatas, and baked goods, eggs are

a convenient and nutritious protein option.
Poultry and Fish, Poultry and fish are
both excellent sources of protein, essential for muscle growth, repair, and maintenance. Fish, in particular, is rich in omega-3 fatty acids, vitamins, and minerals, contributing to heart health, brain function, and immune

Hence, incorporating both poultry and fish into your diet can promote overall wellbeing and support a healthy lifestyle.

Quinoa, Quinoa, a gluten-free whole grain, is also a complete protein, containing all nine essential amino acids. Incredibly versatile, quinoa can be used in various dishes, including salads, stir-fries, and pilafs. Rich in fiber, vitamins, and minerals, quinoa is a nutritious addition to any meal

Water, Hope, and Empowerment: Sunita's story of resilience

Every mother dreams of providing the warmth of a secure home and a nurturing learning environment for her children, but for Sunita, the reality was starkly different. Living her entire life in a remote tribal village, in Patna, Chhatarpur district, Madhya Pradesh, Sunita did not have access to basic facilities that adversely impacted her life. Now, her 11-year-old daughter, Sapna, also faces the same future.

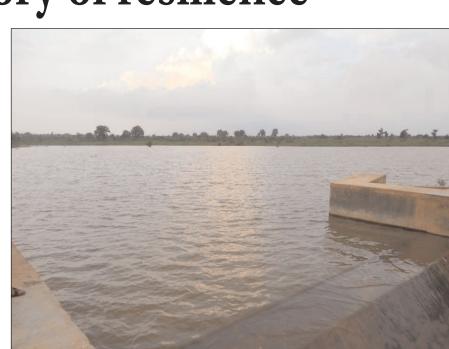
Sunita is from an economically marginalized family. Despite her humble beginnings, she aspired for a better

life after marriage. However, her dreams were shat-tered when her husband died at an early age, leaving her to fend for their children. Tragedy continued to strike as she lost her elder son in a terrible accident. Without any anchor now, the family struggled to make ends meet. The entire burden of running the household was on Sunita's shoulders. She had no choice but to leave her young daughter alone at home, traveling six kilometers every day to bring

This meant that little Sapna had to cook, do the laundry, clean the home, and partake in other household chores preventing her from pursuing her education despite being a bright student. Sunita always knew her daughter Sapna was interested in attending school, but the household situation led her to

take on tough responsibilities. Finally, hundreds of families like that of Sunita's and Sapna's could breathe a sigh of relief as Anandana-The Coca-Čola India Foundation, alongside Haritika, took on the crucial task of replenishing water in the village. This access to water liberated the villagers from the relentless cycle of water scarcity, allowing them to pursue other interests or jobs, including education and livelihood opportuni-

Sunita never had to step out of the



house again to fetch water and could take care of the household duties, while her daughter went to school. "A big tank has been constructed in our village through which I am getting tap water in my house. Now my mother and sister-in-law do not need to go out to fetch water and we can divide work among us. At last, I can go to school and pursue my dreams," said Sapna with a gleeful smile.

As part of Coca-Cola India's #SheTheDifference campaign, aimed at empowering women, many have benefited positively, gaining new-found self-reliance and financial independence. The water replenishment initiatives in the village proved transformative, not just for Sunita and Sapna, but for the entire community.

The installation of a substantial water tank improved the laborious task of more equitable and inclusive comwater collection that previously con- munity.

sumed much of the villagers' time and energy. Water, a fundamental necessity for life, was no longer a barrier but a catalyst for progress. With the burden of water collection lifted, families could allocate their time more effi-ciently, enabling them to engage in income-generating activities and improving their overall quality of life.

Moreover, the impact extended beyond practicalities to societal norms. Witnessing the positive changes brought about by the water initiatives, young boys in the village took up the household responsibili ties previously considered the domain of women, challenging en-

trenched gender stereotypes.

This shift not only empowered women like Sunita to dream of a brighter future but also fostered a