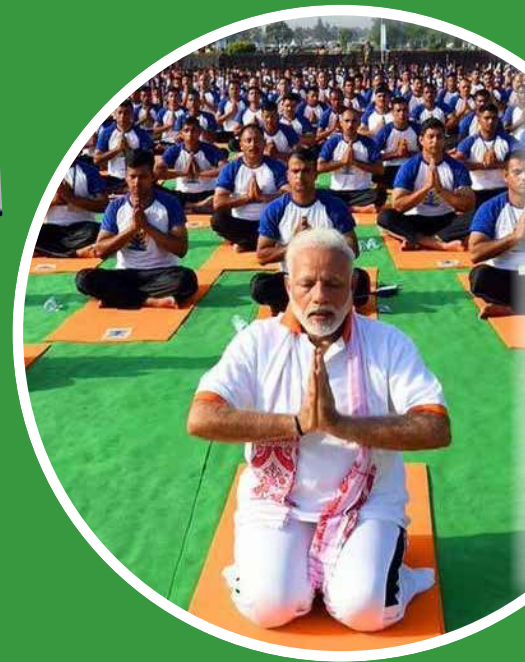


# Politics & Democracy



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## 4th Advance Estimates for 2018-19

The 4th Advance Estimates of production of major crops for 2018-19 have been released by the Department of Agriculture, Cooperation and Farmers Welfare on 19th August, 2019. The assessment of production of different crops is based on the feedback received from States and validated with information available from other sources. The estimated production of various crops as per the 4th Advance Estimates for

2018-19 vis-à-vis the comparative estimates for the years 2005-06 onwards is enclosed.

As per 4th Advance Estimates, the estimated production of major crops during 2018-19 is as under:

Foodgrains – 284.95 million tonnes, Rice – 116.42 million tonnes. (record), Wheat – 102.19 million tonnes (record), Nutri / Coarse Cereals – 42.95 million

tonnes, Maize – 27.23 million tonnes, Pulses – 23.40 million tonnes, Gram – 10.13 million tonnes, Tur – 3.59 million tonnes, Oilseeds – 32.26 million tonnes, Soyabean – 13.79 million tonnes, Rapeseed and Mustard – 9.34 million tonnes, Groundnut – 6.69 million tonnes, Cotton – 28.71 million bales (of 170 kg each) and Sugarcane – 400.16 million tonnes (record).

## 12th India Security Summit

The 12th India Security Summit on the theme “Towards New National Cyber Security Strategy” was held here today. During the conference, many issues were discussed such as protection of critical national infrastructure, emerging cyber threats: incidents, challenges and response.

Addressing the gathering, Dr Jitendra Singh, Minister of State (Independent Charge) for the Ministry of Development of North Eastern Region and Minister of State said that Indian society has gone through rapid evolution as far as technology, special communication

technology is concerned. He said that ‘digital culture’ is being transferred from generation to generations. He said that every technology has a utility; similarly cyber technology is a big boom nowadays. But besides being a boon the same technology has become one of the greatest threat, he added. He also mentioned about the cyber threat in the wake of national security.

The Minister said that the concept of security has itself undergone change in the last few decades. It has assumed proportions; external as well as internal. The Minister said that it is important to understand



that terrorism is terrorism and there cannot be a distinction based on caste, creed and religion. He added that we need to set the priorities. The Minister expressed hope that threat of cyber security will be overcome soon and we will find ways to deal with the cyber threat.

## Ease of Doing Responsible Business

Union Minister for Environment, Forest & Climate Change and Information and Broadcasting, Shri Prakash Javadekar attended the inaugural session of the 15th National Convention on “Housing for All By 2022” in New Delhi. The minister spoke at length on a range of issues related to environment approvals for building and construction projects.

Shri Javadekar said that environment approvals which used

to be a stumbling block before 2014, have now been simplified and standardized. “Before 2014, it used to take 640 days for a proposal to get Environment approval but we have simplified rules and now it takes 108 days for the same and very soon it will be further brought down to 60 days but at the same time without compromising on environment protection”, said the Union Minister.

The Environment minister said that we are entrusted with the work

of both environment protection and at the same time fostering growth. “Earlier projects above 50000 sqm used to be under the purview of centre but now even projects above 1.5 lakh sqm and delegated to states”, said Shri Javadekar. The minister stated that the efforts of the ministry is towards making rules simpler, making fewer rules but strict implementation of them and the focus is promoting ease of doing responsible business.





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# Fit India Movement

A healthy Individual, a healthy family and a healthy society are the essentials to make New India a Fit India: PM

• **Tarsh Sharma**

**T**he Prime Minister Shri Narendra Modi launched the Fit India Movement at a ceremony in New Delhi on the occasion of National Sports Day. The Prime Minister urged the people of the country to make fitness their life style.

Launching the people's movement on the birth anniversary of Major Dhyanchand, Prime Minister Narendra Modi paid tributes to Major Dhyanchand, India's sports icon who enthralled the world with his game and techniques. He also congratulated

the young sportspersons of the country who are keeping the tricolor afloat on the world stage through their efforts.

“Their medals are a not only the result of their hard work but reflection of a new zeal and new confidence of a New India”, the PM





said.

The Prime Minister said that ‘Fit India Movement’ should become a national goal and its aspiration. In an effort to inspire the nation, the Prime Minister said that Fit India Movement may have been started by the government but it is the people who have to lead it and make it a success.

“Success is related to fitness, success stories of all of our icons from any field of life have a common thread- most of them are fit, have a focus on fitness and are fond of fitness”, the PM added.

Prime Minister said, “Technology has reduced our physical ability and has robbed us of our daily fitness routines and today we are unaware of our traditional practises and lifestyle which could keep us fit. With time, fitness has been relegated a lower priority in our society. Earlier a person used to walk or cycle for kilometers, today mobile apps have to tell us how many steps we walked”.

“Today lifestyle diseases are on a rise in India affecting even the young. Cases of diabetes and hypertension is on the rise and even common among children in India. But small lifestyle changes can prevent these lifestyle diseases. ‘Fit India Movement’ is an effort to bring these small lifestyle changes”, the PM said.

The Prime Minister said that people in any profession can make themselves efficient in their profession if they are mentally and physical fit. If body is fit, then you would be mentally fit. Sports has a direct relation to fitness but ‘Fit India Movement’ aims to go beyond fitness. Fitness is not just a word but an essential pillar to a healthy and prosperous life. When we prepare our bodies for battle, we make the country strong as iron. Fitness is a







part of our historic legacy. Games and sports are played in every nook and corner of India. While working on the body they also train the mind, increasing focus and coordination of body parts. A healthy Individual, a healthy family and a healthy society are the essentials to make New India a Fit India.

“Swasth vyakti, swasth parivar aur swasth samaj, yahi naye Bharat ko shresth Bharat banane ka raasta hai. Today, on National Sports Day we pledge to strengthen the Fit India Movement”, the Prime Minister said.







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# FIT INDIA MOVEMENT: A National Goal

**The Chief Minister of Uttar Pradesh Yogi Adityanath launched the Fit India Movement at a ceremony in Adi Shakti Maa Pateshwari Public School, Balrampur on the occasion of National Sports Day.**

**T**he campaign is aimed at encouraging people to include physical activity and sports in their everyday life. The Prime Minister also administered a fitness pledge in his address, inviting all Indians to join in.

Sports competition was organized under the Fit India Movement in all government and private schools of Lucknow. A two-day hockey competition was organized at KD Singh Babu Stadium, Lucknow. At the same time, sports competitions were also organized in primary schools of all districts including Barabanki, Sitapur, Bahraich, Shravasti, Lakhimpur, Hardoi, Balrampur.

## **PLEDGE BY YOGI ADITYANATH**

I will remain physically, mentally and spiritually fit. Along with this, I will motivate my family and all the people of the state to remain physically, mentally and spiritually fit. As a healthy body and a healthy mind are dependent on each other, so along with physical health, I will also focus on mental health, for this, I will be focused on ethics, dieting and other related aspects.



## YOGI ADITYANATH, CHIEF MINISTER, UTTAR PRADESH, INDIA

Development of any country is possible only on the basis of healthy citizens. India has a tradition of staying healthy for centuries. We should follow yoga and meditation to stay healthy in life. A healthy brain develops a healthy body. The economic and social progress of a country whose population remains healthy is also unmatched. I appeal to every citizen of the country to join the “Fit India Movement”. All students must include sports in their daily routine along with reading and studies. Every citizen of the country with a population of 130 crores is physically and mentally fit and can contribute to the nation’s building, with this objective the Prime Minister has started the “Fit India Movement”.

I am happy to start this campaign in Uttar Pradesh. Today this program is being inaugurated throughout the country on the occasion of birth anniversary of Hockey magician and famous player Major Dhyanchand and The National Sports Day. We are all fortunate that Major Dhyanchand has a connection with Uttar Pradesh.

### DO YOU KNOW?

- Healthy man means a healthy family which ultimately leads to a healthy society.
- Be it the boardroom or the Bollywood. Mind is hit if body is fit.
- Fitness should be a standard of living.
  - Zero investment, infinite returns.
- For efficiency at work, physical fitness is necessary.
- No elevator to success, you have to take the stairs.
- Fitness is necessary for our daily life for a healthy living.



# A Dream with Passion

“There is nothing that you can't learn.” - By Nikhil Srivas, I.A.S Allied

• **Vedika Sharma**

**C**learing IAS EXAM is not an easy task but if the candidate clears this exam at that stage where most of the students gave up is a commendable task. At the age 19 years Nikhil passed B.Tech from MNNIT Allahabad. With his job as Java Developer in TCS, he started preparing for many competitive exams and he cleared various exam conducted by SSC, SBI, IBPS etc before emerging successful in UPSC Civil Services Exam. Here in an exclusive interview with Nikhil Srivas let us know about his inspirational and motivational journey from a student of the lower middle-class family to IAS allied.

**VS: Tell us about your journey so far?**

**NS:** I had a humble beginning. Neither belonging to some ivory tower nor on a street, I was born like a majority of Indians are, in a middle-class family. During my childhood, we lived in a rented single room apartment with a kitchen in the corner. I went to a small, English medium school in my colony. With absolute zero idea of what my future will hold for me, I started my journey.

Blessed to have a supporting family, I was fortunate to get admitted into MNNIT Allahabad. By the time I had my engineering degree in my hand, I was barely a 19-year-old, figuring out my place in this large world. Unfortunately, it was the exact same time when my father had a heart attack and the financial need pulled me into the job. I worked for 1.5 years as a java developer and then left it for the preparation of civil services. I loved learning and exploring, this is the reason that a civil engineer worked as a software



developer, took geography as an optional subject and is handling communication finance.

**VS: What are the failures that you most cherish?**

**NS:** The failure which I cherish the most was my first attempt in civil services. Till the time I failed it, I barely knew the density of the word, the despair it brings and the hope needed to come out of it. Failing and then trying again for something is not an easy task. Society cherishes the success stories; people hardly bat an eye for those who genuinely tried but for some reasons could not get it. Failure makes a person more compassionate and humane towards others. I really feel happy that I failed before I cleared this examination.

**VS: How do you handle stress and pressure?**

**NS:** Do what you love and love what you do. Everything becomes interesting if you put your heart into it. We only feel stress or pressure if we are engaged in something which we don't want to do, or during our bad times. While the later is not in our control, the former is for you to decide.

Also always have a hobby, something apart from your daily work or schedule. Something to

take out time for, something to live for. Giving time to it will always make you feel happy. In my case, it was the smile that I brought on the faces of others, I worked in a few NGOs, taught for free, provided motivation lectures and counselling to rejuvenate myself. If the same thing interests you too, give it a try.

**VS. Is there are particular moments or memory that stands out for you?**

**NS:** A lot many moments formed the person I am today. Some being happy while others being not. They all inspired me to become someone better and I am thankful to all of them. The most recent being the face of my teacher who taught or rather scolded me a lot, in the tears of happiness when she saw me as a chief guest in the school. Words were not necessary to communicate at that moment; her teary smile was enough.

**VS. What expectations do you have of yourself?**

**NS:** To become a better person than I was yesterday. A person is made great not by his/her position, but rather by his/her works. If I can bring a smile on the face of a single person every day, I believe I have done something in my life.

**VS. What message you would like to convey in closing comment.**

**NS:** Life is journey full of tides and ebb, but there is always something which you cling upon. Be it your dreams, your aspirations, your parents or anything. Whatever it is, it is worth holding onto. Just look in the mirror and remind yourself. No matter how tough the time is, it will end and get better. So just keep smiling and cherish it.





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## India: A Mro & Leasing Hub

**S**hri Hardeep S Puri, the Minister of State (I/C) for Civil Aviation has stated that the government is moving in the direction to make India a MRO and leasing Hub.

Shri Hardeep S Puri, the Minister of State (I/C) for Civil Aviation was addressing a press conference at the conclusion of a workshop organised for the media persons covering the Civil Aviation sector. On this occasion the Minister also released an Air India Book titled “Air India-Celebrating India through Images”. He also launched the ‘Aviation Jobs Portal’ - a unique web-based portal which brings together job seekers and prospective employers in the Indian civil aviation sector. The Portal can be accessed at the following link:

<http://aviationjobs.co.in/>

The workshop began with an overview of the sector provided by Shri P.S Kharola, Secretary, Ministry of Civil Aviation and was followed by presentations from Shri Anuj Agarwal, Chairman, Airports Authority of India, Shri Arun Kumar, Director General of Civil Aviation, Shri Ashwani Lohani, CMD, Air India and Shri Jyoti Narayan, Jt DG, Bureau of Civil Aviation Security. Shri B.S. Bhullar, Chairman, AERA and senior officials of the Ministry also attended the workshop. More than 100 senior media persons covering the sector attended the workshop.

On the occasion Shri Kharola said that the fast-paced growth of Indian economy is reflected in ever



increasing passenger and cargo traffic at Indian airports. Double digit growth is registered in passenger traffic consistently during the last five years. Not only airports in Metro cities, but other major airports are also witnessing growth. According to IATA, India is poised to become the third largest aviation market by 2024. The same is reflected in terms of growth rate of 11.1% and 15.3% for aircraft movements and passenger traffic respectively during the last five years (2014-19) he said.

## National Sports and Adventure Awards

**T**he President of India, Shri Ram Nath Kovind, presented the National Sports and Adventure Awards at a function held at Rashtrapati Bhavan today (August 29, 2019) on the occasion of National Sports Day.





## Smart Policing Awards

35 Smart Policing awards were given to the officers. The Union Minister of State (Independent Charge) for the Ministry of Development of North Eastern Region and Minister of State for Prime Minister's Office, Ministry of Personnel, Public Grievances & Pensions, Departments of Atomic Energy and Space, Dr. Jitendra Singh said that policing has evolved over the years to adapt to the changing circumstances in view of the challenges arising out of the technological advances and other developments. He was speaking while presenting the Smart Policing Awards, at the Homeland Security 2019 Conference.

During the event, 35 Smart Policing awards were given to the officers for working in the areas of anti-

insurgency, child safety, community policing, crime investigation & prosecution, cyber crime management, emergency response, human trafficking, road safety & traffic management, smart police station, surveillance & monitoring, training & capacity building, women safety and other police initiatives. The Minister also released a compendium on 'Best Practices in Policing' on the occasion.

Addressing the gathering, Dr Jitendra Singh said that these kind of initiatives are supplementary to the efforts of the Government and society as a whole. Congratulating the awardees, he said that they have worked hard to earn this kind of distinction. He said that the nature of policing and the challenges has changed over the years since independence. Some of the changes



could not even be imagined few years ago, he added. He spoke about the challenges faced by police such as militancy, terrorism and cyber crime. He said that under the leadership of Prime Minister Shri Narendra Modi, many initiatives have been taken for the benefit of security forces. The Minister further said that the Central Government is committed to make policing more effective specially with regard to laws related to women and drug trafficking.

## Jordan: Revenue Hitting \$3.2 billion

Latest figures show that Jordan's tourism saw an 8.6% increase in revenue hitting \$3.2 billion from around the world within 7 months of 2019 (January- July 2019). The total number of tourists to Jordan has increased by 9.8 % as compared to 2018 for the same period.

This year Jordan will further confirm its status as one of the most attractive holiday destinations by making visa-on-arrival process easy. The Queen Alia International Airport, Amman has recently introduced 12 new visa processing, purchasing counters for non-Jordanian passengers for entry visa.

Commenting on the increase of tourism revenue, Dr. Abed Al Razzaq Issam Arabiyat, Managing Director, Jordan Tourism Board said, "We are very pleased to see a notable increase in the tourism revenue and it will definitely spill over in remaining

months of 2019 and into 2020 as well. Aqaba has recently unveiled its first Underwater Military Museum with 19 decommissioned pieces of military hardware at the bed of Red Sea coast which will help us attract more visitors.

The military machines are stationed along the coral reefs imitating a battle tactical formation, that have formed the most exciting underwater escapade, intriguing divers and snorkelers to discover more and more of the dive site, not expecting what to see next and leaving them with a totally unique experience. This museum will help



put Aqaba on the diving World map. We look forward to welcoming even more tourists especially from India as it is an emerging market with a huge population and a growing economy, especially in the IT sector, which caters for the potential in the Indian market for MICE tourism, faith tourism, weddings, and movie production."



## GoAir's OTP Leadership for 11 Consecutive Months

GoAir, India's fastest growing airline, has created a record of sorts by emerging as the most reliable airline, yet again.

**G**oAir has achieved the highest On-Time-Performance (OTP) amongst the scheduled domestic carriers for the 11th consecutive month in July 2019. As per the data released by the Directorate General of Civil Aviation (DGCA), GoAir posted 80.5% OTP, the highest among scheduled domestic airlines. It must be noted that July was a tough month with the onset of monsoon and inclement weather conditions across the nation.

One of the most important aspects for travelers in our dynamic industry is the need to reach the destination on

time. From various research studies, it is evident that achieving better customer satisfaction is not about only airfare and flight availability. When travelers consider an airline, they assign higher weightage to on-time-performance and consider timely arrival as one of the major factors to develop their trust in an airline.

GoAir's OTP leadership is the result of continuous focus on enhancing customer experience without compromising on service deliveries. During the month of July 2019, GoAir flew 13.26 lakh passengers, with barely 0.46%

cancellations and one complain per 20,000 passengers.

GoAir currently operates over 300 daily flights to 24 domestic destinations including Ahmedabad, Bagdogra, Bengaluru, Bhubaneswar, Chandigarh, Chennai, Delhi, Goa, Guwahati, Hyderabad, Jaipur, Jammu, Kochi, Kolkata, Kannur, Leh, Lucknow, Mumbai, Nagpur, Patna, Port Blair, Pune, Ranchi and Srinagar and 6 international destinations, including Phuket, Malé, Muscat, Abu Dhabi, Dubai and Bangkok with another 2 destinations to take off soon.

### Jeh Wadia, Managing Director, GoAir



DGCA's top ranking in OTP for 11 months is the highest recognition for GoAir. It is a proud moment indeed for each and every GoAir employee who has burnt the midnight oils to make this happen. They don't take punctuality as a duty, rather it runs in their veins as a passion. GoAir is pleased to offer a reliable travel service wherein we assure travelers to get them to their destination in a timely manner. Thank you dear customer – let me reassure you that GoAir will continue to invest in operational excellence.

## Lufthansa's first Changemaker Challenge

**W**ith the launch of the Changemaker Challenge, the Lufthansa Group and its new digital business unit Lufthansa Innovation Hub are aiming to explore the full potential of digitalization in the context of sustainable travel and mobility, focusing not only on aviation, but the entire travel chain.

Submitted ideas can range from solutions that make the individual's ecological impact transparent throughout their journey to those that support sustainable decisions during the booking process and innovative transportation technologies. Early-stage startups, students, and young professionals worldwide are welcome

to participate. Starting today, ideas can be submitted online until October 30, 2019.

Lufthansa has therefore partnered with three category leaders from the Travel & Mobility Tech ecosystem: Expedia Group, Google, and Uber.



## Boom in Frequency

Air New Zealand and Cathay Pacific have welcomed the decision by the Minister of Transport Phil Twyford to re-authorise their joint venture alliance for a further five years to 31 October 2024.

Air New Zealand Chief Strategy, Networks and Alliances Officer Nick Judd says the Cathay Pacific partnership plays a significant role in the airline's Pacific Rim network strategy.

"Since forming an alliance in 2013, we've together increased frequency and capacity between New Zealand and Hong Kong, providing travellers with up to four services a day.

"Hong Kong is an important gateway for travel within North Asia, including into Southern China and

beyond. We have a strong partnership with Cathay Pacific and together we can stimulate tourism and trade, as well as providing customers with better connectivity and choice."

Cathay Pacific Director Commercial Lavinia Lau says New Zealand is an important part of its network and a popular destination for customers.

"Our joint venture alliance with Air New Zealand has allowed us to offer more flights and more seats between Hong Kong and New Zealand, while

also enabling us to introduce new routes such as our non-stop seasonal service to Christchurch which will step up from three to four flights per week this year. With this partnership extended for a further five years, we can continue to offer more choice and convenience to our customers when they fly with us."

During peak months, the alliance partners jointly operate a total of 25 return services per week, including four services between Christchurch and Hong Kong.

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# Hahn Air Introduces NDC Platform

The market leader in airline distribution, Hahn Air, unveiled its new NDC platform.

The company is extending its suite of products for partner airlines and travel agencies with a solution powered by IATA's New Distribution Capability (NDC) standard. To mark the occasion, the German airline and ticketing expert welcomed the first passengers holding NDC-enabled Hahn Air tickets on one of its scheduled flights from Luxembourg to Dusseldorf on 16th August 2019.

Hahn Air's NDC platform will bring the following benefits to partner airlines:

- Airlines, irrespective if they are already NDC capable or not, can add an additional distribution channel and thereby extend their global customer base.
- In addition, airlines can join the world of NDC by using Hahn Air's NDC platform without having to develop their own solution. Thereby they save time, money and resources and don't have to deal with the complexity of the new standard.

Travel agents will benefit as follows:

- All travel agents, regardless of which system they are using, can easily connect to Hahn Air's NDC



platform. Only one implementation is needed to gain access to multiple partner airlines of Hahn Air.

They will find exclusive carriers and flights via Hahn Air's NDC platform.

- Travel agencies can continue to use their preferred forms of payment in almost any market, including cash, credit cards and transactions via BSP with the respective forms of payment.

Any airline with an NDC interface, a proprietary Application Programming Interface (API) or traditional

reservation and ticketing interfaces – whether it is an existing Hahn Air partner airline or not – will be able to take advantage of Hahn Air's new NDC solution. This includes access to Hahn Air's network of connected agencies and aggregators, with the option to make additional connections to the airlines' preferred agency partners. The new NDC platform is powered by 2e Systems, a software development company specializing in web, mobile and communications solutions for the airline industry.



## Christopher Allison, Head of NDC at Hahn Air

As Hahn Air today supports travel agencies in 190 markets and airlines of any size and business model, we carefully developed a scalable solution that meets the needs of all our current and future partners in a changing airline industry. We are leveraging on the expertise we have acquired during our 20 years of being the leader in airline distribution solutions, as well as our involvement in the IATA activities driving and developing the NDC standard from the very beginning. We have been actively participating in several IATA committees and are currently holding the chair position of the NDC Orders Group, as well as a seat on the Shop-Order Board and the Architecture and Technology Strategy Board.



# Qatar Airways Launch Flights to Langkawi

To announce the launch of Qatar Airways flights to Langkawi, Malaysia, Qatar Airways Group Chief Executive, His Excellency Mr. Akbar Al Baker, hosted a press conference at the Four Seasons Hotel Kuala Lumpur.

The press conference was attended by Qatari Ambassador to Malaysia, His Excellency Mr. Fahad Mohammed Kafoud, Chief Minister of the State of Kedah, Dato' Seri Mukhriz Tun Mahathir and Chief Executive Officer of Langkawi Development Authority (LADA), Dr. Hezri Bin Adnan.

The new service to Langkawi, starting 15 October 2019, is part of the airline's strong expansion plans in Southeast Asia and marks Qatar Airways' third destination in Malaysia after Kuala Lumpur and Penang. Qatar Airways will initially start with four-times weekly Langkawi tag services via Penang with an increase up to five-times weekly services from 27 October 2019 on its state-of-the-art Boeing 787 Dreamliner aircraft, featuring 22

seats in Business class and 232 seats in Economy class, with spacious cabins and specially-designed interiors.

Forested hills, stunning white-sand beaches and glimmering turquoise waters are among the reasons why travellers enjoy Langkawi Island, an archipelago of 99 picturesque islands surrounded by the azure Andaman Sea on Malaysia's west coast. Known as 'the Jewel of Kedah, Langkawi is home to lush tropical rainforests and mangroves rich in flora and fauna.

Qatar Airways seamlessly connects passengers from Malaysia to more than 160 destinations across six continents via its award-winning Hamad International Airport in Doha.

The National Carrier of the State of Qatar has launched a host of exciting



new destinations in 2019, including Lisbon, Portugal; Malta; Rabat, Morocco; Davao, Philippines; Izmir, Turkey; and Mogadishu, Somalia; and will add Gaborone, Botswana to its extensive network in October 2019.



## His Excellency Mr. Akbar Al Baker, Chief Executive, Qatar Airways Group

Langkawi is one of the most highly sought-after destinations in Malaysia and I am certain our flights will help increase accessibility and boost inbound tourism to this beautiful archipelago. With five weekly flights to Langkawi, our service offers a gateway for passengers to travel and experience Langkawi's magnificent offerings. We also aim to offer greater connectivity for passengers travelling from Malaysia to our extensive global network of over 160 destinations. Our new flights reflect our commitment to growing our presence not just in Malaysia, but in Asia as well.

## Chief Minister of the State of Kedah, Dato' Seri Mukhriz Tun Mahathir

I'm thrilled to know that Qatar Airways' service expansion now includes the magnificent Langkawi as this will definitely lead to greater opportunities not only for Malaysia's burgeoning tourism industry, but for Kedah as well. Qatar Airways' service to Langkawi will soon bring the world right to the doorstep of the island, allowing them to experience the Langkawi UNESCO Global Geopark in all its majesty.



## Dr. Hezri Bin Adnan, Chief Executive Officer of Langkawi Development Authority (LADA)

The launch of Qatar Airways' direct services to Langkawi certainly bodes well for the island and goes in line with our plans of further cementing its position as an international tourist destination. Not only that, it also augurs well for Langkawi's economy and tourism industry as we get ready to welcome visitors from across the globe to experience the island's distinctive culture and scenic views at one of the finest tropical gems in Malaysia.

# Mythology to Learn From

In an exclusive interview, Apurv Jhawar, Managing Director of Usha Breco Limited shares about Jatayu Sculpture Tour.

## • Vedika Sharma

**VS:** Tell us something about Cable Car Ride and Jatayu Sculpture Tour.

**AJ:** This is a Swiss cable car, which has a capacity of 500 people per hour. The destination was inaugurated last year and was well-received by the public. Once you arrive at the destination, you can use the cable car to reach the hilltop. During the cable car ride, you can enjoy the views as well as have enough selfie moments with the Jatayu sculptor in the background. After you have reached the sculptor, customers can spend enough time on top of the hill to understand mythology as well as enjoy the natural surroundings. There will soon also be a 12D theatre and a digital museum inside the bird sculptor.

**VS:** Is it only for spiritual tourists or has something for the youth in terms of adventure? If yes, please specify.

**AJ:** There are lots to do here. There is an adventure park for the youth, breath-

taking views from the cable car and of course enough mythology to learn from!

**VS:** Tell us the procedure of cable car booking for the public as well as Travel agents or Tour Operators.

**AJ:** The booking system is completely online. You can log on to [www.udankhatola.com](http://www.udankhatola.com) and click on Jatayupara to take you to the booking engine for tickets. Even if you show up there, there are ticketing counters from which you can buy tickets.

**VS:** What's the best time to visit Jatayu Earth Centre.

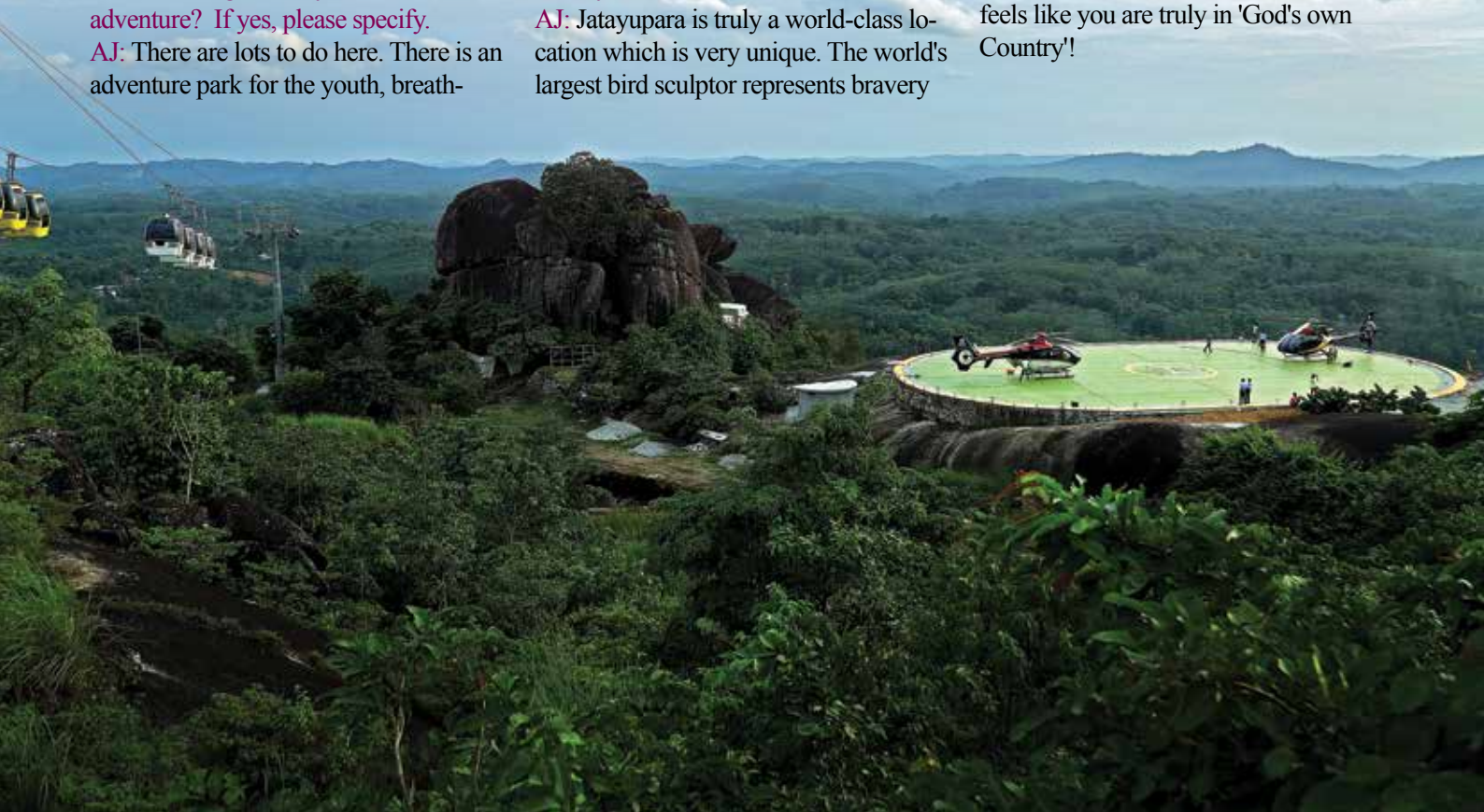
**AJ:** Either 10am-1pm or 4pm onwards since the sunset views are amazing.

**VS:** What message you would like to convey to our audience.

**AJ:** Jatayupara is truly a world-class location which is very unique. The world's largest bird sculptor represents bravery



and woman's safety. Surrounded by the natural beauty of Kerela, this destination feels like you are truly in 'God's own Country'!







# Ell Bee



ELLBEE GANGA VIEW, RISHIKESH  
355 Haridwar Road, Rishikesh – 249201 (Uttarakhand)  
+91-888 266 1577 | [reservations@ellbeehotels.com](mailto:reservations@ellbeehotels.com)





# Pure Adrenaline for Wanderlusts and Dare Devils

The COVELONG POINT SURF, MUSIC & YOGA FESTIVAL not only a platform for sports, entertainment, music, wellness but also a key to unlock the tourism opportunity in Tamil Nadu.

## •Vedika Sharma

For aficionados of Surfing, Music and Yoga, it could have hardly got any better. The COVELONG POINT SURF, MUSIC & YOGA FESTIVAL was held this year, August 23 to 25th at Kovalam, a sleepy fishing hamlet on the picturesque Chennai coast.

The 7th edition of the event brought

together national and international surfers for a three-day competition, alongside Yoga modules conducted by renowned Yoga instructors from across the world.

But the icing on the cake was a fascinating line-up of eclectic music, featuring artists from across India and the globe.



## Arun Vasu, promoter of Covelong Point Surf, Music and Yoga Festival

The Festival was conceptualized to promote the sport of surfing and stand up paddle in India, spread the message of importance of good health and wellness, provide a platform for India's artists to showcase their works, promote cultural tourism and facilitate social change for the better.

Year on year surf, music and yoga festival is growing, last year we witnessed 15,000 people and this year we crossed 20,000 people.

The reason we clubbed surfing yoga and music because it's kind of goes together in different aspects and also we wanted something for families to come out because surfing is relatively new in India and not everybody would come and understand what this guys doing in the water. So if we add little elements for everyone it attracts

a good crowd. Our main motive is to promote surfing in India which is not well recognized in india but in abroad its huge.





**Jonty Rhodes, the world-famous South African former cricketer, Festival's Brand Ambassador India with its thousands of**

kilometres of shoreline and beaches is a natural haven for pursuing surfing as a sport. It is only a matter of time before we see surfing champions emerge from this country.



The fact that surfing has emerged as one of the disciplines for the next Olympics augurs well for this sport and will soon gain larger acceptance across the world.



# 200 years of New Zealand wine

September 25, 2019 marks 200 years since the first planting of a grapevine in New Zealand, a history that may surprise many wine connoisseurs.

From the humble beginnings of a single vine planted 200 years ago in the Bay of Islands, the New Zealand wine industry has grown to become a NZ\$1.83 billion export earner, with an international reputation for premium, diverse and sustainable wines.

It may surprise many connoisseurs around the world to learn that New Zealand's wine story is older than they think.

Early arrival, Reverend Samuel Marsden, who was Chaplain to New South Wales (1765-1838), records September 25, 1819 as the day he planted a grape vine in the fertile grounds beside the Stone Store, at Kerikeri in New Zealand's Bay of Islands. That pioneering vine also gave New Zealand's wine heritage a unique story as one of very few countries in the world where the exact date of the planting of the first vines is recorded.

Throughout the 19th and early 20th century, a significant number of European arrivals established vineyards in different regions, contributing to the early establishment of the diverse wine regions of New Zealand. But it wasn't until the second half of the

last century that a new wave of Kiwi viticulturalists and winemakers began to earn their place in the international wine world, firstly with award-winning New Zealand Sauvignon Blanc and then latterly Pinot Noir wines.

Today, the New Zealand wine industry consists of over 700 wineries and more than 600 grape growers, with its growing success depending strongly on the commitment and passion of the people behind it.

Since the 1990s, there has been an evolution in the grape varieties planted throughout New Zealand. Sauvignon Blanc is now the most widely planted

variety, accounting for 76% of total production, followed by Pinot Noir and Chardonnay.

As New Zealand's wine industry prepares to raise a toast to the past, it is also looking ahead to the future with a commitment to sustainability and innovation that will protect these wine regions for at least another 200 years. This commitment has already seen 98% of New Zealand's vineyard-production land certified under Sustainable Winegrowing New Zealand (SWNZ), a voluntary scheme that is unmatched anywhere in the world.

New Zealand Winegrowers will be marking the 200-year anniversary of the first vine planting with an event that includes a ceremonial re-planting at the historic Stone Store, followed by a regional wine tasting and dinner on the nearby Waitangi Treaty Grounds.

In his diary, Marsden prophesied, "New Zealand promises to be very favourable to the vine, as far as I can judge at present of the nature of the soil and climate. Should the vine succeed, it will prove of vast importance in this part of the globe." His prediction has been brilliantly fulfilled.







### DO YOU KNOW?

- The first recorded New Zealand wine was made in the Bay of Islands in the 1830s.
- The first wine-maker was James Busby – representative of the British Crown in New Zealand.
- Busby lived in what is now known as the Treaty House in the Treaty Grounds at Waitangi.
- Busby was the architect of the Treaty of Waitangi – the founding document of the nation of Aotearoa New Zealand.
- When French naval explorer Jules Dumont d'Urville (commanding officer on the Astrolabe) visited the Bay of Islands in 1840, he was disappointed to find Busby was not at home.
- However, d'Urville sampled Busby's wine and subsequently penned New Zealand's first wine review: "With great pleasure I agreed to taste the product of the vineyard that I had just seen. I was given a light white wine, very sparkling, and delicious to taste, which I enjoyed very much."







## Time to Rejuvenate

When you choose a Rajputana Luitvista, you choose a feeling.

• **Vedika Sharma**

What you get is your own home comfort at your choice of vacation destination layered with all the comforts and necessities. You may choose to sit on the Terrace sipping your coffee consuming the view & expanse of the mighty Brahmaputra

River in Guwahati & your kids run around the Villa playing their usual games.

You are greeted with a Food Menu in your rooms but the real happiness is when you ask the Chef to make what you want & he does it for you. Ever wanted to invite your friends over for

a get together and this is where we encourage you to do so. Its time to look up your address book and give them a call to let them know that you are in Guwahati and its time to get together. At Rajputana Luitvista, we will work with you to host your treat & make every minute spent worth cherishing.



### **Anurag Singh, Founder, Rajputana Luitvista**

At Rajputana Luitvista you put your feet up and relax while we serve you in a way that makes you feel at home. Personal connect & serenity is what we curate for all our guests. All the rooms at Rajputana Luitvista has their own character and appeals to different senses. Our top priority is to make you feel at home where you are assured of not being bound by the usual Hotel House Rules and enjoy flexibility of relishing your Coffees or Meals whenever you want and in any part of the Villa. Sitting out on the Open Terrace with an uninterrupted view of the mighty Brahmaputra can be awakening.





## Magic Moments

"I'm a big fan of the historic Berlin on water and on land." – By Andre Kühne, Wedding Planner, Hotel Adlon Kempinski Berlin

### • Vedika Sharma

**Q** How would you describe your customer? What are their typical needs and expectations?

Our guests can be very demanding and expect the extraordinary. These of course also includes European luxury and the highest service quality. Furthermore, guests expect us to recognize and fulfill their wishes before they have to express them by themselves. But this is one of the main reasons why guests visit our Hotel Adlon Kempinski, they appreciate our work which ends in Magic Moments.

**Q** Which city tour do you recommend for destination wedding guests?

Since every couple has individual wishes and interests, there is not that one sightseeing tour that we recommend to our guests. Personally, I'm a big fan of the historic Berlin on water and on land. In general, however, every suggestion to our guests only comes into being when the preferences and interests of the couples crystallize out here. As Berlin is probably Germany's most multifaceted city, we can tailor very individual tours for our guests. Those who would rather discover the young and urban Berlin, receive a completely different proposal than the couple that is interested in

the historical and classical part of the capital. There is only one thing in common with every city tour: all tours start in our lobby at the famous Elephant Fountain, a gift from the Maharaja of Patiala.

**Q** What are your strategies to deal with irate client?

Why should a guest have reasons to complain - our job is to create a feel-good experience for every visitor. If this does not succeed, it is important to listen to every guest at first and to respond to them individually. Case by case. Standard handling does not exist in such situations, as it is our top priority to respond individually and to generate the perfect solution proposal.

**Q** What's the USP of your hotel in terms of destination wedding?

In addition to the incomparable location at the world-famous Brandenburg Gate in the center of Berlin, with walking distance to many other well-known attractions of the capital, our hotel has written stories that the world will not forget. Almost every well-known person, that visited Berlin, had already been a guest in our grand hotel. This fact gives our hotel a unique charm that can not be found in any other hotel.

Another USP we can offer are our passionate employees. Through their authentic, loving and attentive service our staff gives our guests the feeling of having a second home - home away from home.



# Travel Away from the Normal Trail

“Synergi is all about exploring. We encourage tourism that stems out from travelling to places that are far-flung from city life and is education while it connects local habitat to the world.” – By Shruti Pandey, Founder, Synergi Hospitality Marketing.

• **Tarsh Sharma**

**Q** Shed some light on your current portfolio of hotels?

Each of the Synergi partner properties is unique in their own ways. They are off-beat in their locations and take pride in their ability to connect the guests to the character & atmosphere of that locality.

There is a lot of outdoors with safaris, treks, heritage walks, tribal & textile tours and camping options. All these properties are either Heritage hotels or are Camps, Resorts & Retreats. We promote glamping or luxury mobile camping wherein temporary Camp set-up is created and operated at off-road locations. The last such event was at Prayagraj for Ardh Kumbh where we hosted the guests from National Geographic. There are semi-constructed Camps also which we promote in Jawai and Jaisalmer sand dunes.

On a fresh note, we have also started working with a Restaurant - The Finch - in Delhi, Mumbai & Chandigarh - to serve cuisines of choice to guests while they are travelling.

**Q** What sets apart Synergi hospitality from other hotel sales and marketing companies?

Synergi is all about exploring. We encourage tourism that stems out from travelling to places that are far-flung from city life and education while it connects local habitat to the world. Each property also takes responsibility for assisting in local growth and

sustainability.

**Q** How has been 2018 for your company in terms of growth? (Please share facts & numbers) What are your plans and targets for 2019?

2018-19 was very good for us. We saw a jump in numbers, especially for remote locations like Jawai and Gujarat. This hike has given us a boost to push more aggressively for movement towards these locations. We have started working on creating more activities to enhance experiences.

**Q** What are your plans for expansion? How are you doing your promotion in tier-II and tier-III cities?

We are already in touch with local travel agents at smaller cities like Aligarh, Nashik and Gwalior. The movements from such cities have been steadily increasing. Their choice of travel has started varying from travel to a city, now to more remote places where there is a lot of out-doors and lots of explore.

We do regular promotions in these cities as advertisements and package offer. The agents are also connected through telecalls and mails.

**Q** How does IATO help the travel industry and what are your expectations from the show?

IATO as the apex body for all inbound tour operators is the best platform to catch up with fresh thoughts and



plans for upcoming travel season. The convention gives us an opportunity to meet everyone under one roof. Fresh ideas for new travel itineraries and opportunities are exchanged here and they help precedent the future plans.

**Q** Please share your thoughts on the growth of the hospitality industry in India?

Last season (2018-19) went well, especially with no untoward incident in the country. There has also been an increase in interest towards India, following economic and cultural exchanges. With the advent of stability, Tourism is bound to gain more. The trade is also now ready to welcome more guests as there has been an expansion in infrastructure and related services.





# Spanish Cuisine in India

Radisson Hotel Group has signed an exclusive Master Franchise Agreement (MFA) with Tapas Club, a popular Singapore-based food and drink (F&D) brand, to roll out a series of stylish Spanish restaurants across its extensive portfolio of hotels in India.

Under the new deal, Radisson Hotel Group will have exclusive use of the Tapas Club name in India, allowing it to introduce premium Spanish cuisine to its guests, who are always on the lookout for new experiences. These lively restaurants will also attract local residents and non-resident guests to dine at Radisson Hotel Group's hotels. The company plans to open more than 10 restaurants in the next four years and will deploy top chefs trained in Spanish cuisine across its Indian hotels and resorts.

"Tapas Club is an excellent strategic fit for our business in India, where F&D trends point to the rising popularity of innovative cuisine. We are excited to introduce a new era of dynamic Spanish dining, tailored to Indian palates, to our hotels across the country. We aim to become flagbearers of Spanish cuisine in India," said Katerina Giannouka, President, Asia Pacific, Radisson Hotel Group.

Tapas Club was conceived to bring contemporary Spanish cuisine to the Asian market. Already present in Singapore, Indonesia and Malaysia, its restaurants specialize in authentic dishes that embrace the vibrant colors and flavors of the Iberian Peninsula. This makes it the perfect addition to the Indian F&D market, where diners – especially millennials – are increasingly seeking fresh and unique culinary adventures. According to a study by Deloitte\*, millennials now account for 34% of India's population and spend almost a third of their disposable income on entertainment and eating out.

"We are delighted to bring Tapas Club to India and look forward to adding value to our esteemed guests and partners. F&D is an important area for our business in India and we are exploring strategic tie-ups with other leading, high-quality culinary brands to further uplift our presence in this sphere," said Zubin Saxena, Managing



Director & Vice President Operations, South Asia, Radisson Hotel Group.

Rakesh Sethi, Radisson Hotel Group's Corporate Executive Chef in India, will work alongside the Tapas Club team to create extraordinary dishes that blend Indian flavors with Iberian flair. The menu will comprise of specialty dishes such as paella, Spanish omelette, croquettes, contemporary tapas and delectable desserts. All dishes will reflect Indian palates, with plenty of vegetarian options.

"It is our privilege to partner with Radisson Hotel Group in India, where the brand has operated for over 20 years and earned a huge brand equity. We are working with experts like Chef Sethi, to delve deep into India's rich culinary culture and develop new dishes that will delight foodies all over the country," said Jose Alonso, Executive Chef, Tapas Club.

Radisson Hotel Group now operates 94 hotels in India, making it one of the leading international hotel operators in the country. This strategic partnership with Tapas Club is the latest in a series of moves to enhance the group's F&D offerings in India.





# Shaadi By Marriott

The second edition of Shaadi by Marriott in the East was jointly hosted by The Westin Kolkata Rajarhat and JW Marriott Kolkata, the numero uno wedding destinations of Kolkata on 10th August 2019 in collaboration with celebrity designer Anita Dongre. The second chapter in the East witnessed Anita Dongre's exquisite Winter Bridal collection called 'Jaipur Love'. Through this event, the largest hospitality chain in the world, Marriott International Inc., once again re-affirmed its commitment of creating a wedding experience that was both superlative and unforgettable in every way, from ideation to execution.



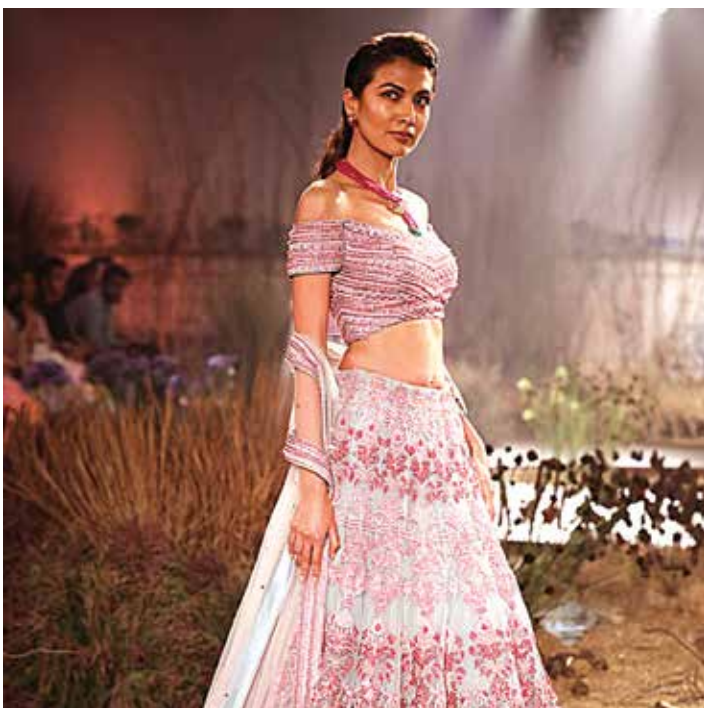


# The Savannah Saga

Reynu Taandon showcase 'The Savannah Saga' - inspired by the multi-faceted skies & its varying hues. This collection bespeaks of serenity, modernity & has a magnificent aroma to it! Reflecting the desires of a contemporary woman by portraying them as a beacon of beauty, love & mysticism.

'The Savannah Saga' is an amalgamation of pragmatism & graciousness with the right dash of sensuality. The fusion of traditional embroideries with modern satin bodices reflect two sides of the woman, showing both her delicate & feminine side topped with a bead of coquettish. The silhouettes provide a calm & placid feel & the Satin & Chanderi fabric adds a classic definition to the beautiful range. The collection is true to its inspiration as it brings out surreal powder pastels in garments which include floor length Anarkali's, lehenga & Sarees

The captivation of mirror work & graceful gold laser cuts enhances the embellishments & embroideries in perfect sync. Also, the soft color palette like powder lilacs, old rose, mint greens bring out the playful innocence in the collection. It's time to indulge in an everlasting tale of magnificent details with 'The Savannah Saga'





# The Renaissance Muse

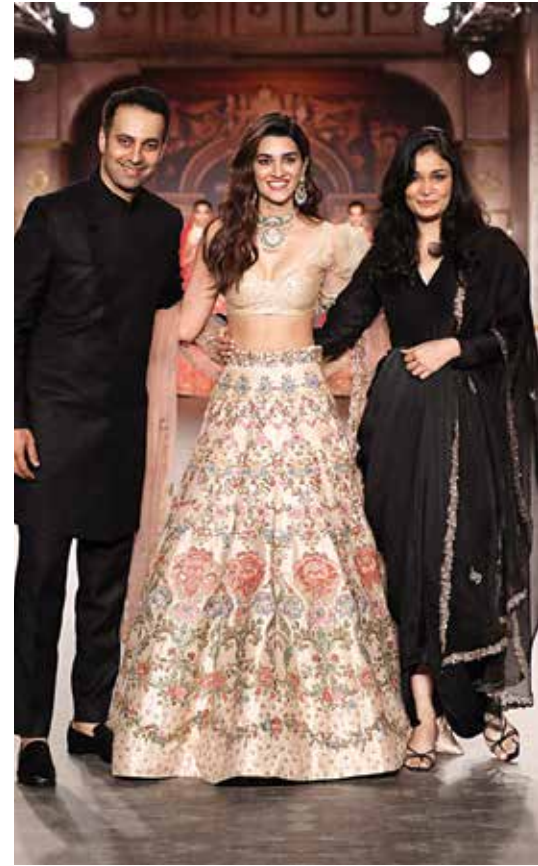
Shyamal and Bhumika's Indian Couture Collection for the season is inspired by the iconic period of renaissance which marks the rebirth of art, architecture, music, couture and theatre from the medieval ages to modernity. The famous designer couple travelled to the birthplace of the Renaissance cultural movement to explore inspirations for this Uber glam collection.

The collection comprises of timeless bridal couture, exquisite mens sherwani jackets, bias skirts with sensuous cholees, shararas, kalidaar paneled lehengas, trendy shoulder baring blouses, structures jackets, saris in sheer organzas, asymmetric hemlines, signature cowl dresses, trailing kalidaars, exquisitely crafted veils, peplum tops, poet sleeves, georgettes & translucent tulle and fun details for brides and grooms for a perfect romantic feel on their big day.

Shyamal & Bhumika menswear is designed in understated hand woven tussars, matkas and moonga variety of silks making it unconventionally elegant.

The interesting use of color has a blend of traditional Indian tones along with unusual vintage tones inspired by the ceiling frescos of the 15-17th centuries. To create an interesting variety of cut and colour, the collection has a wide range of jewel tones, vintage pastels, Indian reds, wine, blush pinks, watermelon, mood grey, powder blue, navy, muted olive, dusty mint, fennel green, emerald, almond beige and vintage cream.

The Shyamal & Bhumika Couture 2019 collection is a celebration of 'India to the World' giving employment to several artisans and craftsmen, maintaining a connect between their global muse of today and India's age old craft techniques.







# Geejgarh Eco Village Resort



Geejgarh Eco Village Resort  
Village Geejgarh, Tehsil Sikrai  
Dist Dausa

Contacts: 09899101554

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## Prediction for September 2019 by Poonam Sethi

“The more you give, the more you receive” is the motto of renowned Tarot card reader and holistic healer, Poonam Sethi, lives by. She has studied Feng Shui and Tarot card reading at several institutions across the globe and has, through extensive self-study, practice and perseverance, mastered the art of guiding people from the present into the future to precision.



### ARIES

Communicating with others will be a strain and you will be frustrated because you will feel you are in a ‘holding pattern’ and unable to make the kind of changes you want to see happen in your life. Something inside you is telling you something. Try to get in touch with yourself.

Lucky color: Yellow  
Lucky number: 3



### TAURUS

You will be dismayed at turn of events that seem to sabotage your best intentions, but in the final analysis, things will turn around and peace will be restored. Luck will be with you in the arrival of money or a long-awaited financial settlement.

Lucky color: Orange  
Lucky number: 4



### GEMINI

You could experience problems on the home front. Better keep your attitude in check so you won't get sucked into an emotional storm or a situation you'd rather not be in. you will attract money, favors, assistance, or leverage. Watch out

for allergies.  
Lucky color: White  
Lucky number: 1



### CANCER

People might not get your concepts or see things the way you do, but you won't be left out in the cold. Someone will come to your aid or give you the opportunity to utilize your skills or talents. You will tend

to scatter your forces, but being around others will be good therapy.  
Lucky color: Green  
Lucky number: 7



**LEO**

You will want to escape from an oppressive or abusive personality and probably will choose your friends wisely, and use more discrimination. There will be surprising developments in your

social affairs, and romance will inspire several exciting moments.

Lucky color: Red

Lucky number: 6

**VIRGO**

Don't blame yourself for the faults of others..walk away or say 'no'! You will get a business referral or a lucky break in a legal matter or financial gain will come through an investment or profit sharing an investment or profit sharing. Your stomach

will act up so be cautious.

Lucky color: Peach

Lucky number: 8

**LIBRA**

You could have bouts with uncontrollable depression or nostalgia over a lover who is gone.. so much so that you will feel like a zombie or become wrapped up in your work that you won't feel

anything. A surprise is in store for you.

Lucky color: Sea Green

Lucky number: 9

**SCORPIO**

Complications regarding incorrect work methods or programs will end, but so will the possibility of merging with another in a business venture or personal matter. Travel plans may get delayed or shelved for now. Watch for nausea and pains in abdomen.

Lucky color: Fuscia

Lucky number: 7

**SAGITTARIUS**

You will want to liberate yourself from limitation and lack, other people's problems, negative attitudes and forced confrontations. You're in laws could be a burden on your mind that you won't want to deal with.

An arrival of someone unexpected will cause excitement.

Lucky color: Sea Green

Lucky number: 2

**CAPRICORN**

You have got to make a move or take the first step. Do something different, and be alert or receptive to new ideas. Act on the alternatives that will be presented. A financially rewarding excursion or business

trip is in the offing.

Lucky color: Grey

Lucky number: 1

**AQUARIUS**

Don't try to assess situations and effect solutions in advance. The time will come when you'll know what is true or what to do. You will regret an impromptu expenditure, but it will prove a

wise decision. A visit to a doctor is on the cards.

Lucky color: Golden Yellow

Lucky number: 3

**PISCES**

Abortive attempts, or delays, are in your favor. New ideas or actions will replace old ones and something better will be established that could not have happened otherwise your involvement with the law, or someone who is married will cause anxiety.

Lucky color: Black

Lucky number: 9

# Sat Chit Ananda

An Engineer by qualification, Psychologist by passion, Bureaucrat by profession, Meditator by soul journey and a Healer by destiny, Abhay Singh, IAAS, Deputy Director under CAG of India, believe that we all are the embodiment of – Sat Chit Ananda – Truthful Consciousness resulting in Eternal Bliss. Only a ‘small’ push in terms of right meditation is needed for reconciliation to this divine truth.

• **Vedika Sharma**

**Q Tell us about your journey towards Tibetan Pulsing.**

I started travelling quite early in my life. Touchwood, all was going great in my life, be it the personal, professional or social front – and yet there were some eternal questions haunting me since adolescence. This quest took me to several people and places, in and outside India, who taught me valuable lessons of life. I also stumbled upon Osho’s teachings and after some time took Sanyans. On my path, I experienced and got enriched from the ancient wisdom of different forms – Hatha Yoga, Sufism, Bioenergetics, Hypnosis, Tantra, Taoism, Pranic Healing, Shamanism... but something that I felt most drawn to was Tibetan Pulsing and once in it’s safe hands, stuck to this ancient esoteric modality since several years, yet carrying deep respect for all the different teachings learnt so far. Now I know, the answer I was searching all this while, simple lies within me.

**Q What exactly is Tibetan Pulsing? Please elaborate.**

TP is an ancient esoteric and secretive meditative technique which originated in monasteries of Tibet. It combines bodywork, acupressure and sound. TP is a partner and group-oriented practice, and hence is often also called as Tibetan Pulsing Tantra. There is no nudity in the process (as misunderstood many times on

reading the word 'Tantra') but lots of sacred touch in form of bodywork and pointwork. First, the body energy of the recipient is amplified by bodywork. By bodywork we mean different kind of bodily postures known as Mandalas. These mandalas involve two persons to start and can go on getting bigger and bigger too. Next, this amplified energy is made to flow in particular channels of the nervous system by pressing certain points on the body. This amplified energy in motion dissolves the blocks present in these particular channels, leading to permanent healing of issues associated with the energy blocks. The points that need to be pressed will be worked out individually for each participant considering the major negative emotion that a person is facing currently. TP not only heals the negative states, it further transforms this negativity to a positive manifestation. For example, a feeling of lack of support not only disappears but also transforms into a sense of inner strength and freedom from external validation. And similarly for other negative emotions too. So, TP brings triple benefit - deep relaxation, healing as well as a positive transformation. As a result of this healing plus transformation, we start living a life full of spontaneity and of continuous Bliss. So far, we have invested too much into our mind. Now, for once we may allow our heart to lead us to a holistic life, using its transformative power, called Pulse.



**Q As you know in this hustle-bustle of life most of the people seeking their inner relaxation. Do you think Tibetan Pulsing is the right place for them?**

Yes, You are at the right place in case you are looking for deep inner relaxation amidst outer chaos or If you looking for healing of one (or more) of the following troubled states of being that you experience quite often -Feeling unsupported / Anxiety / Anger / Powerlessness / Betrayal / Burdened / Uncentred / Stagnation / Restlessness / Insomnia / Stress / Self-doubt / Lack of Vitality / Being Stubborn / Self-hatred / Dissatisfied / Distrust / Panicky / Fear of future / Indecision / Disorientation / Identity issues / People Pleasing / Self-destruction / Jealousy.

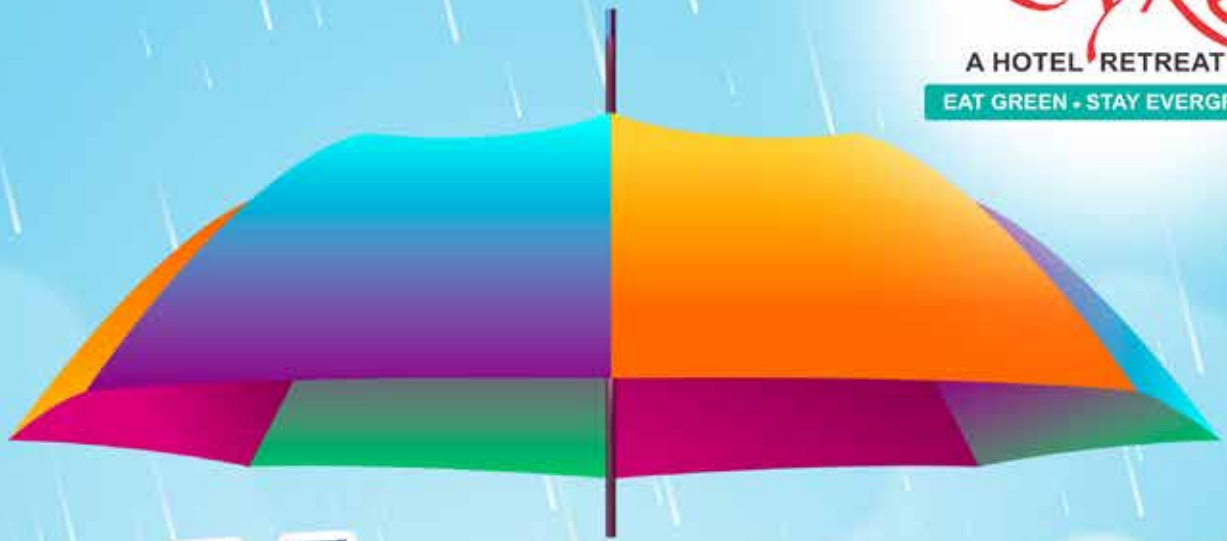




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