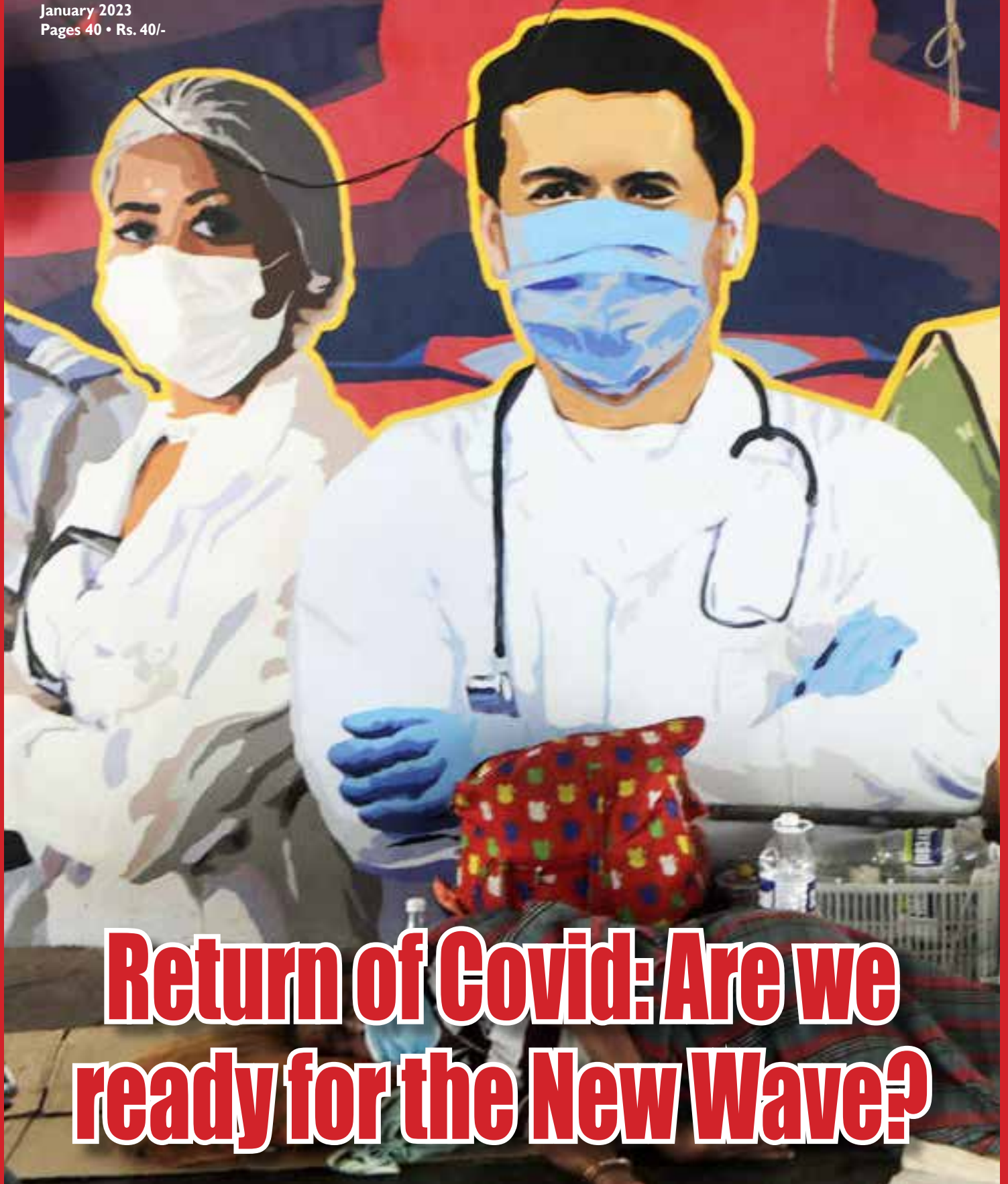


Politics & Democracy

Volume IX • Issue I

January 2023

Pages 40 • Rs. 40/-



**Return of Covid: Are we
ready for the New Wave?**

Rock Painting

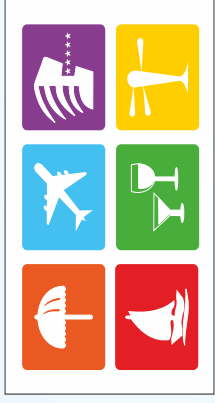
Earliest attempt by human beings to depict their natural world symbolically



Uttar Pradesh
Amazing Heritage Grand Experiences

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Amigos Alliance

FROM STRESSED TO STRESS FREE



TRAVEL AGENCY

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Return of Covid: Are we ready for the New Wave?

As India expects to be blow up by the fourth wave of the virus, companies are disowning the work-from-home model and are formulating innovative strategies to combat Covid.



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Air India and Air India Express associate with Kochi- Muziris Biennale

Air India and Air India Express have associated themselves with the Kochi-Muziris Biennale this year as the official travel partners for the largest art exhibition in the country and the biggest contemporary art festival in Asia.

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Fortune Hotels arrives at Haldwani

Fortune Hotels, a member of ITC's hotel group, announced the opening of Fortune Walkway Mall Haldwani pegged to be the first branded hotel of the city in the segment, and the upscale hotel chain's third hotel in the state of Uttarakhand.

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The Land of Yoga

Yoga has gain a considerable amount of popularity in recent years as a result of its multiple advantages for both mental and physical well-being.

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The Ministry of Tribal Affairs' NESTS has collaborated with Amazon to conduct a two-day capacity building program for teachers from EMRS as part of the Future Engineer Program.



- *The two-day face-to-face training workshop is being organized on 28th & 29th December, 2022 for teachers from 54 EMRS of 6 States.*

- *The training workshop includes a brief about early access to computer science education for tribal and other communities by way of exposing the students to simple computational skills all the way up to data-coding skills.*

National Education Society for Tribal Students (NESTS) is organizing two-days' face-to-face capacity building programme for EMRS teachers to implement Amazon Future Engineer Program (CSR Programme) in collaboration with the Learning Links Foundation (LLF).

On the occasion Union Minister for Tribal Affairs Shri Arjun Munda said that the collaboration between NESTS and amazon will empower teachers and students in the field of digital education.

He also added that in the present decade the initiative will help in initiating a digital communication with the people living in far flung areas. He said the students of EMRS will benefit a lot from the Future Engineer Programme. He also said "The Future Engineer Programme will serve as a stepping stone in creating Computer awareness for the tribal students of EMRSs."

In phase 1, a two-day face-to-face training workshop is being held on 28th & 29th December 2022 at YMCA Auditorium, New Delhi. One of the objectives is that Amazon Future Engineer (AFE) Program is being launched in around 54 EMRSs across 6 States namely, Andhra Pradesh, Gujarat, Madhya Pradesh, Odisha, Rajasthan, and Telangana in schools having access to digital infrastructure including a computer lab and stable active internet connectivity. Course modules

shall include Computer Science Fundamentals, Introduction to Coding, Logical Sequencing, Learning Loops, Block Programming using open secure source platforms like code.org, Class Chat Sessions to discuss tech space, different tech initiatives, etc.

Modern Information Technology shall enable early exposure to and bolster the preparedness of students for future careers in STEM education. Learning Links Foundation (LLF) is a philanthropic organization working for 'Amazon Future Engineer Program' that is unique in the area of computational skills training for students and teachers of EMRSs.

The proposed training workshop for EMRS teachers shall serve as a stepping stone in creating awareness about the potential of Computer Science in students of EMRS as well as access to quality IT education in our schools. ■



75
आज़ादी का
अमृत महोत्सव



पॉवर फ़ॉर ऑल
के तहत
1.47 करोड़ घरों
को बिजली कनेक्शन



डबल इंजन की सरकार - विकास की दोगुनी रफ़्तार



सूचना एवं जनसम्पर्क विभाग, उत्तर प्रदेश

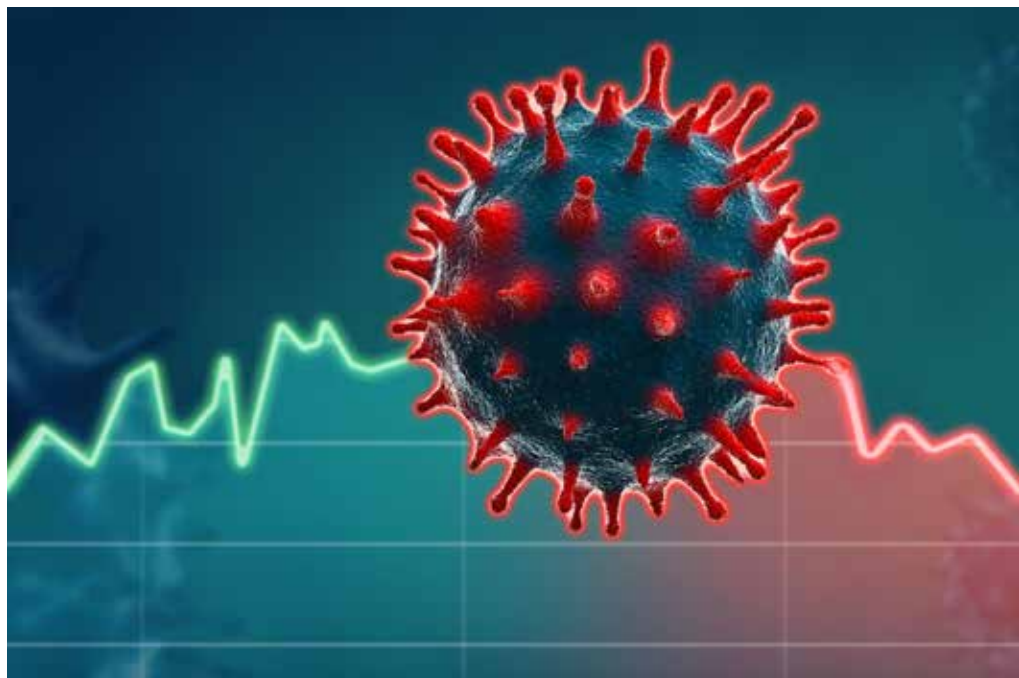


Return of Covid: Are we ready for the New Wave?

As India expects to be blow up by the fourth wave of the virus, companies are disowning the work-from-home model and are formulating innovative strategies to combat Covid.

At the stroke of midnight hour, when the whole world was asleep, it was awake. It was taking leaps to reach us and was planning to destroy the mankind. It was November 17, 2019 when the first case of COVID 19 was detected in the city of Wuhan. Days turned into weeks and further into months, yet the situation stood uncured.

India experienced severe displacement and was surprised by the virus. The fact that we knew so little about the illness and had no idea how it was spreading, what the precise symptoms were, or how to prevent or





treat it caused the populace to become paranoid. Numerous people lost their life, as well as numerous loved ones. The worst part of it all was that people were prevented from meeting and interacting with one another, which led to mental illness. The youth of today was asked to stay inside, lock the doors, and was forbidden from exiting their houses and apartments. The future adults who are full of energy, are always eager to meet new people and see new places, those who are on a rigid diet of junk food at least once a day. The wanderers, who hardly speak to their families and are constantly looking for new weekend getaways, were cooped up in their homes for prolonged periods of time.

We have seen that the lockdown had a large impact on India's economy both during and after it ended. Numerous people lost their jobs as a result of the significant losses experienced by almost all sectors. Despite the fact that the disease has since resurfaced, people had nearly forgotten about Covid and had started walking the streets again without face masks most of whom are not fully vaccinated against the virus. The new virus has caused many deaths in China, and cases are apparently emerging in India. Is India prepared for a fourth wave as its economy continues to recover from waves one, two, and three?

New Variant

The variation is an Omicron mutant and has one of the highest contagious of any Covid variant. Studies have shown that this mutant has a R0 value of approximately 10-18.6, which indicates that any individual who is affected can transfer the disease to 10-18.6 others nearby.

Symptoms?

The same signs and symptoms that accompanied earlier Covid-19 iterations of the virus still exist today, including upper respiratory tract illness, fever, cough, sore throat, muscle aches, and fatigue. Pneumonia is a different sign that appears frequently in the elderly





or in people with underlying medical issues. Omicron and its subvariants typically produce more symptoms of the upper respiratory tract than older variations like delta, which affected the lungs.

Who are more likely to get in contact?

A greater risk exists for those who are not vaccinated. Children, the elderly, pregnant women, and individuals whose immune systems are tainted as well as those with a number of coexisting conditions, such as uncontrolled diabetes, cancer, kidney, or heart disease, are more susceptible to getting this infection.

Various Sectors during Covid

Hospitality

The hospitality industry was one of the business sectors most severely impacted. Since travel was outlawed and everyone was cooped up in their houses, hotels lost their most valuable resource: their patrons. It was one of the industries that caused massive firings, as the market went through the worst kind



of economic downturn. The COVID-19 catastrophe is still having a significant impact on how hospitality businesses run, despite the sector's accelerated recovery. In the COVID-19 business environment, hospitality organisations are expected to significantly alter their operations in order to ensure the health and safety of their staff and clients, while also attempting to increase clients' willingness to be using their services.

IT Sector

The majority of the world was confined to their homes while the

epidemic propagated. In an attempt to prevent the virus from spreading further IT organisations however had moved their employees to work away from within their home. Even though it might have been viewed as a drawback in plenty of other sectors, almost all the companies ended up finding Work from Home to be beneficial in the long run. Since commute time was no longer necessary, the average workday length increased for nearly every one of the employees. Since the companies no longer required an office, businesses were spared from spending money on

things like electricity, wifi, food, and even the annual parties that most other IT companies are known for. Despite the fact that it's been three years, many businesses are still working under the new economic environment of work from home.

Medicine

In terms of medical treatments and medical practitioners, India is consistently regarded as being among the best. Even in those challenging circumstances, during which there was a serious shortage of humanitarian equipment, doctors sacrificed their own lives and stood front and center before the crowd to assist the people of India. The medical staffs at all hospitals turned down to return to their respective homes for days and stayed in isolation at several incidents, putting their lives at risk in order to safeguard lives of their fellow Indian citizens. In order to make certain that India is prepared to deal with any situation, the Union Minister of Health and Family Welfare and Chemicals and Fertilizers, Dr. Mansukh Mandaviya, can still be seen trying to discuss the status, sufficiency of COVID management drugs, and access to distribution channels with representatives of pharmaceutical companies.

Union Minister of Health & Family Welfare, Dr. Mansukh Mandaviya

India's pharmaceutical industry is robust, resilient and responsive. It is due to their strength that we could not only meet our down demand during the pandemic, but also be in a position to supply medicines to 150 countries without hiking prices. I recently reviewed the COVID 19 status and preparedness of prevention and management of COVID with State Health Ministers. Mock drills are being conducted across the country today to review the preparedness for management of COVID19, for which clinical readiness at hospitals is crucial.



Government as well as private hospitals are undertaking mock drills today. State Health Ministers are reviewing the drills in their respective states. COVID cases are rising all over the world and India might witness a spike in cases too. Hence it is important that the entire COVID infrastructure in terms of equipment, processes and human resources are at a state of operational readiness. Based on our previous experience of managing this pandemic, we are undertaking several exercises, one such being the mock drill that will happen across the country tomorrow. Such exercises would help our operational readiness, help in filling gaps if any and will consequently strengthen public health response.

Uttar Pradesh Chief Minister, Shri Yogi Adityanath

India has given a model to the

world for COVID management and vaccination. While people worldwide protested against restrictions imposed by governments, in India under the visionary leadership of Prime Minister Shri Narendra Modi, COVID guidelines and regulations were followed enthusiastically by 140 Cr people. India took the pandemic as an opportunity to revamp its health infrastructure at a rapid pace. India's health sector has witnessed a remarkable transformation in the last 8 years. Every health and wellness centre will have tele-consultation available as well as disperse medicine on a regular basis. For this purpose, health ATMs will be installed at all HWCs. However, there is a need for enhancing awareness amongst the masses regarding health seeking behavior and inter-ministerial collaborations for achieving healthcare outcomes. ■



Interviewing the 46th Shankaracharya of Jyotish Peeth

Avimukteshwaranand Nand Saraswati Ji Maharaj is the Shankaracharya of Jyotish Peeth. He was born on August 15, 1969, in the Uttar Pradesh village of Pratapgadh. Swami Avimukteshwaranand received diksha from Swami Swaroopanand in 2006. He has since been in charge of overseeing all of the extracurricular and religious activities at the Jyotir Math in Uttarakhand. He was hailed as the 46th Shankaracharya of Jyotish Peeth.

When Swamiji was five years old, he began to do sadhana. He is a scholar of

several sacred texts and the editor of the monthly magazine Shri Mata. His sole aim in life is to carry out the teachings of the great Guru.

He is constantly attempting to clean the Ganga and stop religious conversion with the aid of direction from the holy Maharaj. By helping them attempt to convert to Hinduism, he has so far freed thousands of people. Due to his years of consistent travels to Uttarakhand, particularly to Haridwar, Swami Avimukteshwaranand has cordial connections with all akhadas and

ashrams.

● **Being on this post in this country what do you think we, the people related to it should be doing for Vaishnavism? What are some challenges that you come across and your solutions for them when they arise?**

The youth of today are uninformed of the genuine meaning and teachings of "Sanatandharm." My Guru took part in the independence struggle and received a prison sentence as a result. Upon his return, he declared, "If I had known that India would end up becoming a country without culture, I wouldn't have taken part in the struggle for freedom." The Indian Constitution's Article 30 permits minority groups to teach their children about their scriptures but prevents larger communities from doing so. The only location where Hindus could learn about their theology was in Gurukuls, but sadly, in 1835, the British government outlawed them. Thus, the younger generation is deprived of the proper education about their religion. The initial difficulty we are currently experiencing is this. The second is preventing young minds from being exposed to individuals who have entered Vaishnavism and have distorted its actual meaning to suit their own goals. Thus, the two actions demanded of us are, first, the repeal of Article 30, and, second, the restoration of Gurukuls, which were outlawed and destroyed by the British in an effort to undermine India's educational system and to support their continued rule over the country.

● **Keeping in mind that Elections are just round the corner and for all the parties the last resort is to involve dharm in their political addresses to the people. What are your views on 'Use of dharm as a political agenda'?**

Now that individuals are aware that these are all political objectives, they can be used to manipulate voters and gain personal advantage for the parties. The majority of people do not benefit from this, but some do. The only way that



should be taken for a better existence is Sanatandharm, not this "politically influenced dharm."

● Many groups have come forward in protection of Cows. Yet, some butchers can be seen slaughtering cows. Recently, we came across your comment on declaring 'Cows as national animal'. What do you have to say in the context?

Cows shouldn't be categorized as an animal. Anybody who refers to them as animals must be disowned. Cows are mothers; thus, they may even be referred to as the mother of the country. There should be a process for honoring cows, and those who fulfill it should receive compensation. We have established communication with those who support and acknowledge our proposition, and we recently planned a conference in Delhi where it was decided that moving forward, the cow will be referred to as the nation's mother and that no part of our mother would be taken.

● One major problem that we see is that as soon as the Cows stop giving milk they are abandoned by their owners on the streets. How do you think of curbing this existing problem?



We intend to provide 1000 farmers with Indian cows. We will purchase from those farmers any byproduct of those cows, including milk, manure, and urine. We want to alter how people view raising cows. We really would like to inculcate in their thoughts that cows are self-sufficient and can afford their fodder along with sustenance for their owners, dispelling the common misconception that it is expensive to pet a cow.

● Over the years 'Dera Chalan' has reached its prime and has managed to gather mobs. Now people who believe in Dera are parting ways from Sanatandharm and Temples. They

usually do so, as they feel Temples are running business one way or another. What do you feel about people's inclination towards Dera?

The younger generation is uninformed about Vaishnavism, as previously mentioned. However, a love for spirituality develops, and in an effort to find their way towards authentic dharm, they become persuaded and subsequently become followers of anyone who even tangentially mentions dharm without carefully considering the goals of their new mentor. One must first examine whether or not their claims are factually truthful in order to solve the problem of people seeing temples as running businesses. Given how affluent the Deras have become over time, whereas the Pandaals have remained unaltered and have not added anything new, the Deras are wealthier than the Pandaals.

● What now is your foremost step towards restoration of Vaishnavism and what are your plans to attain that goal?

According to the country's current circumstances and my guru's final wish, a Gurukul must be re-established where at least 10,000 people must be taught about history and Vaishnavism in order to enlighten them with their true dharm and offer them a moral path to follow. This Gurukul will be called the "Jagat Gurukulam," as he suggested.

● Can you enlighten us towards the visualization of Jagat Gurukulam and about languages that will be paid attention to?

Students at Gurukulams are encouraged to comprehend Sanatandharm and to possess the fundamental elements of true Indian culture. We have no issues with other languages, but Sanskrit would be the main one as it appears in all of our scriptures. In light of this, the student will receive training in four different languages. Major languages include both the learners' native tongue, Hindi, which is widely spoken in the country, and the language they would like to study. ■

IMA's national president, a compassionate surgeon who doesn't chase luxury



'Logon Ka Maseeha' Dr. Sahajanand Prasad Singh

Dr. Sahajanand Prasad Singh, National President Indian Medical Association is a renowned surgeon. He is Member of National Medical Commission and is registrar of Bihar Council of Medical Registration.

Dr. Prasad has always had a keen intellect and excelled in academics in school. He achieved first division on the ISC Exam and later, in 1972, was admitted to TNP College in Bhagalpur where he majored in Zoology. He rode his bicycle many miles each day to his college considering he came from an impoverished farming background.

His family arranged for his admission

to Nalanda Medical College in 1975, where he met a few brilliant medical professionals who taught him skills to operate. In the month of July 1981, he started working at the ESIC Model Hospital in Phulwari, Patna.

As a devotee of Lord Krishna, Dr. Prasad begins each workday by chanting "Om Bhagate Vasudevay Namah." He has always favoured for and aided those from low socioeconomic backgrounds those who cannot afford to seek quality medical care. His success rate is 90%, and 40% of his patients often come from the social weak backgrounds. He merely charges them Rs. 50 in fees.

Both of Dr. Sahajanand's sons

pursued medical education and are now assistant professors at the Indira Gandhi Institute of Medical Sciences; one is an orthopaedic surgeon and the other specialises in laparoscopy. Motivated by their father both of them only charge their underprivileged patients Rs. 100.

Dr. Prasad owns two hospitals Sahaj Surgery 1 and Sahaj Surgery 2 especially dedicated to treat Pooors. For excellence in his field and exceptionally helpful attitude towards people he has been awarded with IMA Dr. A K N Sinha national award by Alkem and IMCON in 2003, AIMS Conference special Award IMA in 2006, Chikitsa Ratna Award in 2006, Bharat Jyoti Award in

“Dr Sahajanand sir visited so many branches for resolving branches issues and for the election by consensus to promote unity and strengthen IMA. I will definitely continue this. Apart from this he uses his political contacts for better communication with the Government and that also inspire me to follow with the help and support of Sahaja sir. His simplicity is praise worthy and his listening skills and patience is exemplary which every leader should follow. I am not a person who believes in changing entire things but I believe in following the footprints of predecessors towards betterment of the society at large and members.” said Dr. Sharad Aggarwal, next in run National President IMA.



2009 and Global Excellence Award for Healthcare Services in Bihar in 2019.

Why did you choose doctor as your profession?

My uncle and my dad have always encouraged me in pursuing my career as they wished to see me become a doctor. Additionally, I have always felt compassion for the nation's underprivileged, especially those who have a desire for the medical profession. I was constantly inspired and motivated by seeing doctors like Dr. R. Thakur, Dr. Bhushan Prasad, and many more

working for the impoverished. I am a retired professor of surgery and have only charged the poor Rs. 50 in fees.

Which is the best moment of your life?

About 10,000 doctors, along with the chief and health ministers of our nation, were present at the ceremony where I was elected as the National President of the IMA, and it was the happiest moment of my life. A packed house of doctors from throughout the nation filled the reserved hall. In addition, as I went to Dev Nagar, people, particularly those from the poor community, had

beautifully decorated the roads with banners at frequent intervals along the way, praising me and commemorating my most recent accomplishment.

What is that one message you would want to convey to young doctors out there?

Be an honest physician if you practice medicine. A brilliant doctor never chases money; only excellence. Make certain to volunteer your time and expertise for those who cannot afford decent medical facilities, and develop respect and humbleness for all. ■

Air India and **Air India Express** associate with **Kochi-Muziris** Biennale

Air India and Air India Express have associated themselves with the Kochi-Muziris Biennale this year as the official travel partners for the largest art exhibition in the country and the biggest contemporary art festival in Asia.



The four-month-long Biennale commencing on 23rd December 2022 will have Indian and international artists exhibiting artworks across a variety of mediums including film, installation, painting, sculpture, new media and performance art. Alongside the exhibition, the Biennale offers a rich programme of talks, seminars, screenings, music, workshops and educational activities.

As part of this association, Air India will be flying international artists and art enthusiasts to Kochi to participate in the festival while Air India Express supports the event as sponsor. With over 38 flights per week, Air India connects Kochi to international and domestic destinations. Air India Express is the single largest international airline

operating from Kochi airport in terms of number of flights. The airline connects the city to all major destinations in Gulf with 80 flights per week.

Air India Express has distinct livery designs, each tail of its aircraft portraying the diverse art and culture of the country. Recognising this unique feature, artists at Kochi Biennale Foundation will design an exclusive tail art for Air India Express. A newly inducted Boeing 737-800 aircraft will flaunt this tail art, taking the spirit of Biennale to the global stage. Besides, five unique mural paintings highlighting Air India's international destinations will be displayed at the Biennale.

The association of Air India and Air India Express with this Art extravaganza is in sync with

the airline's long and rich legacy of encouraging art and artists. The pioneer of Indian Aviation and the creator of Air India, JRD Tata had set the tone for this aesthetic mission for the airline with his vision of putting "a little bit of India" in most of Air India's international establishments and his passion for preserving and promoting Indian art and culture. One of the most impactful artworks in the booking office's interiors were the specially-commissioned large murals placed mostly in the lounges or behind the booking counters. The liveries of Air India Express aircraft are unique with each tail portraying the beauty and diversity of India's rich culture and heritage. These tail arts make the fleet the cultural ambassadors of India. ■

Air India launches FogCare initiative

Air India, India's leading airline and a Star Alliance member, announced its "FogCare" initiative to mitigate the impact of disruptions due to fog on passengers.



This initiative, which will initially be launched for flights departing from and arriving at IGI airport, New Delhi, aims to take care of unforeseen circumstances such as delays and cancellations of flights amid thick fog that engulfs northern India during the winter season. Under the new FogCare initiative, Air India will be taking proactive steps to isolate the impact of fog on flight operations, which usually takes place in the early mornings and late evenings, but often also cascades throughout the day.

Air India will proactively reach out to customers during periods of Fog and give them easy options to reschedule or cancel their impacted flights at no extra cost. Passengers of impacted flights can make the decision to not travel to the airport and avoid the inconvenience of long waits. This will also serve to ease congestion at the airports. Customer-friendly e-mails, calls, and SMS with

flight-specific advisories will be sent to passengers on impacted flights, giving them easy options to minimize inconvenience due to fog-related disruptions.

The airline is also ensuring adequate availability of aircraft, pilots, maintenance, and cabin crew to be able to deal with fog-related exigencies. With a fully trained cockpit crew, that is equipped with the capability to operate in low visibility conditions through the CAT-III Instrument Landing System (ILS), Air India has geared up to minimize disruption due to Fog.

Additionally, a campaign to create awareness around the FogCare initiative will be launched, along with a dedicated FogCare web page that is being created on www.airindia.com. Passengers can find more information, including detailed FAQs, live information on the flight status as well as support for rescheduling and refunds on this page.

Cathay Pacific Welcomes Quarantine-free Travel

In light of today's announcement, Cathay Pacific will more than double its flights into the Chinese Mainland, operating 61 return flights per week between Hong Kong and 13 Mainland cities from 14 January 2023. This compares to the 27 flights per week from Hong Kong to the Mainland, and 50 flights per week from the Mainland to Hong Kong that the airline is currently operating.

Cathay Pacific is working actively to resume and add more flights progressively between Hong Kong and the Chinese Mainland in the coming weeks, with the aim of operating over 100 return flights per week by March 2023.

From 8 January 2023, Cathay Pacific will increase its flights between Hong Kong and Beijing to 10 pairs per week, and between Hong Kong and Shanghai (Pudong) to 21 pairs per week. The airline is also resuming flights to Guangzhou with five return flights per week.

Meanwhile, from 14 January 2023 the airline will increase its flights between Hong Kong and Xiamen to four pairs per week, and between Hong Kong and Chengdu to six pairs per week.



Emirates Signs Pact to Support Visitor Arrivals to The Bahamas

Emirates, the world's largest international airline, has sealed an agreement with the Ministry of Foreign Affairs of The Bahamas to promote tourism to the Caribbean archipelago. The airline and The Bahamas' Ministry of Tourism will embark on joint initiatives to boost visitor traffic into the islands from key markets across Emirates' network.

The Memorandum of Understanding (MoU) was signed by HH Sheikh Ahmed bin Saeed Al Maktoum, Emirates Group Chairman and Chief Executive and HE Tony Joudi, Ambassador of The Bahamas to the UAE and the State of Qatar at the Emirates Group Headquarters. Also present at the signing ceremony was Adnan Kazim, Emirates' Chief Commercial Officer and Salem Obaidalla, Emirates' Senior Vice President of Commercial Operations for the Americas.

Spread across 16 major islands, The Bahamas boasts more than 100,000 sq. miles of the world's clearest ocean. Its coveted beaches and pristine shorelines make The Bahamas one of the most popular tourism destinations in the Caribbean, offering a rich mix of leisure and cultural activities for visitors.

Under the MoU, both parties

will partner on joint promotional campaigns to benefit the airline and boost tourist arrivals into The Bahamas, by showcasing the destination's appeal to visitors and holiday-makers. The agreement will see also marketing activities including media and trade familiarization trips, in the first quarter of 2023, and the development of tailor-made tour packages, through its tour operating arm Emirates Holidays, which can be booked by customers across the airline's vast network. Both parties have also agreed to explore opportunities to collaborate on joint advertising campaigns to promote the West Indies destination. Emirates currently flies to 12 points in the US in addition to Toronto. Emirates' customers from across its global network can utilise its services to fly to US destinations such as Houston, Chicago, or Newark before connecting to Nassau on United, thanks

to the partnership between both airlines. Travellers can also fly to The Bahamas via Toronto, with Canada's national carrier Air Canada, which activated its codeshare partnership in November.

While the majority of visitor traffic to The Bahamas is comprised of travellers from the US and Canada, The Bahamas also attracts tourists from other international points in Emirates' network including the United Arab Emirates, Greece, India, China, the Philippines and Singapore.

Currently Emirates customers can connect to Nassau airport on codeshare flights with Air Canada via Toronto and from major US airports including Houston (IAH), Newark (EWR), and Chicago (ORD) on interline flights with United. Emirates operates a modern fleet of Boeing 777 and Airbus A380 aircraft to a network of more than 130 destinations across six continents. ■

flydubai celebrates Argentina national football team's World Cup victory with two special liveries



flydubai, the Dubai-based airline, has unveiled a special livery on two of its Boeing 737 MAX 8 aircraft to celebrate the Argentina national football team's victory in the final of the World Cup 2022. As the regional partner for the Argentine Football Association (AFA), flydubai carried the champions from Abu Dhabi to Doha after they concluded their training on 18 November, marking the start of their race to the cup.

The new livery features the iconic World Cup trophy and the Argentina national flag over the winning team including Julian Alvarez, Rodrigo De Paul, Angel Di Maria, Lautaro Martinez, Lionel Messi, Nicolas Otamendi and Paulo Dybala. The "Campeon" decal and the three-starred AFA logo are added to the celebratory liveries.

The aircraft A6-FKA and A6-FKB will operate on select

flights on the last day of the Match Day Shuttle service between Dubai World Central (DWC) and Doha International Airport (DIA). Since the launch of these special Match Day Shuttle flights on 21 November, flydubai has carried more than 145,000 football fans from across the globe to Doha to take part in the biggest event in the world.

Hahn Air expands network with 14 new partner airlines in 2022

Hahn Air added 14 new carriers to its leading network of more than 350 airlines throughout 2022.

With Hahn Air's solutions, the partners can sell their flights in 190 markets, including markets outside of their route network, where they are not available with their own distribution set-up. When the partners sign an interline agreement with Hahn Air, travel agents can book their flights in the GDSs and issue them on the insolvency-safe Hahn Air HR-169 ticket, even in markets where the airlines are not participating in the local payment system (e.g. BSP or ARC). With the products H1-Air and X1-Air, partner airlines with no or limited GDS presence benefit from being available in all major GDSs under the H1 or X1 code and can be ticketed with Hahn Air as the validating carrier.

The five new interline partners are Fly Pelican from Australia, ITA Airways from Italy, Jordan Aviation from Jordan, Safarilink from Kenya, and Transair from Senegal. Nine partners opted to outsource GDS sales to Hahn Air, therefore Nauru Airlines from Australia and Nepal Airlines (on behalf of President Travel & Tours) are now available in GDSs under the H1 code while Animawings from Romania, As Salaam Air from Tanzania, Cabo Verde Airlines from Cabo Verde, EZ Air from Curacao, Fuji Dream Airlines from Japan and Jambojet from Kenya can be found in major GDSs under the X1 code. And finally, one carrier, World2Fly from Spain, came on board as a dual partner opting to combine an interline agreement with the X1-Air solution.

With its ticketing and distribution solutions, the German airline Hahn Air facilitates global business between travel agencies and airlines. Its global connectivity with all major Global Distribution Systems (GDS) and almost all Billing and Settlement Plans (BSPs) enables 100,000 travel agents worldwide to issue the flights of Hahn Air partners on the HR-169 ticket.

IndiGo announces 21 additional flights in winter schedule for 2022-23

In-line with its vision to strengthen regional connectivity, IndiGo, India's leading carrier, has launched 21 additional flights as part of its winter schedule for 2022-23.



The operations commenced December 09, 2022, onwards for flights from Hyderabad and Kolkata to beach destinations like Port Blair, Kochi, and Goa respectively. These seasonal additions are being introduced to cater to the increasing demand and improve accessibility in the region.

These locations are well-known for their beautiful and spectacular tourist attractions. Hyderabad also called the City of Pearls is known for its heritage including famous monuments like Charminar, Chowmahalla Palace, the Falaknuma Palace, Qutub Shahi Tomb. Kolkata or 'the city of joy', is known for its colonial architecture, museums, art galleries, traditional food, temples, music, theatre, and a very rich culture. It is an amalgamation of traditional and modern as it was the capital of the British during their rule. Victoria Memorial, Princep Ghat, Alipore Zoological Garden, St Paul's Cathedral, Park Street, Howrah Bridge

are some of the most visited tourist attractions.

Goa on the other hand is one of the most favorite destinations among Indian tourists due to its beaches and night life. It is famous for its churches, age-old ruins, palm-fringed beaches, coconut groves, ferry rides, and night life. With its 131-km-long coastline, and beaches like Baga, Calangute, Vagator and Anjuna make Goa an important destination in every tourist's itinerary. Rich in culture and diversity, Port Blair with its historical tourist spots, make it a perfect gateway to Andaman and Nicobar Islands. It is also famous for the historic Cellular Jail and other small islands like Corbyn's Cove, Wandoor, Ross Island, Viper Island and so forth, which were once home to British colonists. Port Blair has also been selected as one of the cities to be developed as a smart city under the Smart Cities Mission. Kochi, also known as Cochin, is one of the

most picturesque destinations on the southwest coastline of Kerala. An all-weather harbor and a grand seascape mark it as the "Queen of the Arabian Sea". Cochin Port is a cruise port and has witnessed an encouraging growth with the arrival of luxury cruise liners to its shores. Destinations like Hill Palace Museum, Santa Cruz Cathedral Basilica Fort, Fort Kochi, Mattancherry, Bolghatty & Vypeen Islands, Cherai & Vypeen beach, Andhakaranazhi beach and Marine Drive are some of the must visit places in Kochi.

The new flights are designed to cater to travellers who are constantly on the lookout for new and affordable flying options to access destinations which help in building businesses and are known for their tourist attractions. Customers who wish to plan their travel can book tickets via our official website. The introduction of these flights will further bolster the domestic connectivity. ■

Scoot: "Back to Work" Sale

Scoot, the low-cost subsidiary of Singapore Airlines Group (SIA), has launched a "Back to Work" sale till 10 January 2023. Travellers may consider planning ahead for their next holidays to enjoy great fares to over 30 destinations, starting from ₹5,700.

Scoot currently operates non-stop flights between Singapore, and Amritsar, Coimbatore, Hyderabad, Thiruvananthapuram, Tiruchirappalli, and Vishakhapatnam. It also provides convenient one-stop connections via Singapore, to destinations including Bangkok, Bali, Melbourne, and Yogyakarta.

Scoot General Manager of India, Brian Torrey, said, "India remains one of Scoot's important markets and we are committed to connecting travelers conveniently to and from India with other parts of the world. Besides an extensive network, we will also continue to offer quality services, differentiated products and unique experiences at



affordable fares and the highest safety standards that customers have come to expect from a member of the Singapore Airlines Group."

Last year, Scoot celebrated 10 years since its inaugural flight. The airline

now serves 71 destinations across 15 countries and territories in Asia-Pacific, the Middle East, and Europe, and has a fleet of over 50 aircraft comprising widebody Boeing 787 Dreamliners and single-aisle Airbus A320 family aircraft. In the spirit of celebrations, Scoot partnered The Pokémon Company and became the first international airline in the ASEAN region to launch the Pokémon Air Adventures project. The collaboration includes a themed flight experience on board the Pikachu Jet, exclusively designed on the outside and inside. Additionally, Scoot hosted its largest flight ticket giveaway, rewarding customers and fans 10,000 free tickets to anywhere across the airline's network.

Indian Carrier Vistara Joins Airline Association BARIG



With a fleet of over 50 modern aircraft, Vistara operates more than 250 flights daily to more than 40 destinations within India and globally. Vistara, represented by Friends Touristik Marketing GmbH & Co. KG in the German market, serves Germany – India's largest EU trading partner – with six flights a week between the Indian capital Delhi and Frankfurt am Main.

Michael Hoppe, BARIG Chairman and Executive Director: "With Vistara, an airline joins BARIG that has been able to grow very dynamically since its first flight in October 2013. We are

looking forward to the professional exchange and the joint work in our association's various committees."

Jai Prakash Tiwari, Country Manager Germany at Vistara: "The work of an airline association such as BARIG at the interface with, for example, politics or the authorities and airport operators is of great value to air traffic. Important, forward-looking topics are advanced here. As a member of BARIG, we want to participate in this and look forward to working with other airline representatives and association partners."

Since the start of operations in 2013, more than 35 million passengers have already travelled with Vistara. A fleet expansion by more than 20 narrow- and wide-body aircraft to over 70 airplanes is planned for 2023. By now, the airline is already operating one of Asia's youngest fleets. At the Skytrax World Airline Awards 2022, Vistara was named 'Best Airline in India and South Asia' for the second time in a row. Moreover, Vistara was also ranked first in other categories, such as 'Best Business Class in India and South Asia' as well as 'Best Airline Staff Service' and 'Best Cabin Crew' in the region. ■

Fortune Hotels arrives at Haldwani

Fortune Hotels, a member of ITC's hotel group, announced the opening of Fortune Walkway Mall Haldwani pegged to be the first branded hotel of the city in the segment, and the upscale hotel chain's third hotel in the state of Uttarakhand.



Strategically located on the high street of Haldwani, atop a premium mall, the stylish hotel boasts of contemporary well-appointed and elegant rooms and suites that open into the lush green views of the scenic Himalayas and the buzzing street below.

An aesthetically designed lobby, thoughtfully crafted food and beverage experiences, a relaxing spa, a well-equipped fitness centre, a plush club lounge, and other modish amenities add a touch of class to the other modern, contemporary comforts that the warm and trendy hotel exudes.

Being in close proximity to the nearest industrial hub of Sitarganj and just 35 kms from Nainital, makes Fortune Walkway Mall Haldwani, a perfect pitstop for guests looking for a relaxed business or leisure stay. Easily accessible by air, rail and road the hotel is just 2.6 km away from Kathgodam, and around 35 km from Pant Nagar airport.

Guests can choose to dine at Zodiac, the all-day dining multi-cuisine

restaurant that showcases an extensive a-la-carte menu featuring the best of Indian, European, Western, and pan-Asian cuisines; relax and meet close friends at Neptune the chic bar and lounge serving a wide selection of wines, spirits, and appetising food in a chic and contemporary setting; or enjoy a stone fire pizza in the panoramic alfresco area and get awestruck by the mesmerising mountain views it has to offer.

Additionally, the stunning hotel has an aesthetically appointed banquet hall embellished with modern interiors, ornate and elegant décor that opens into a stunning terrace courtyard to help guests celebrate their special occasions in style. With a capacity to host upto 250 guests, the hotel is a perfect destination for small weddings, company off-sites, social events, celebrations, conferences and more.

Besides Fortune Walkway Mall Haldwani, Fortune has two other hotels in Uttarakhand- one each in Mussorie and Haridwar. ■



SAMIR MC, Managing Director, Fortune Hotels

Fortune Hotels have always travelled beyond the known vistas, into new markets to extend our branded offerings to the city residents and our old and new guests alike. With the Haldwani addition we yet again become flag bearers of growth, entering a tertiary city of India that holds immense business potential. We are on track to achieve our expansion goals. Fortune Walkway Mall is a perfect place for business and leisure travellers and we look forward to delighting them with our warm hospitality and the impeccable Fortune experience.'



Strong Body, Strong Mind, Gentle Spirit

Want to discover the secret behind the super toned and fit bodies of top-rated Hollywood stars? Some great tips and routines will be unveiled at the anything-but-ordinary wellness retreat by Hollywood Celebrity Trainer Ramona Braganza at the tropical island destination Kandima Maldives!

Celebrities always seem to know the latest trends! They have the most effective nutrition programs, train with the latest techniques, know how to maintain their mental health and seem to have ample time with an assistant, chef, trainer, and nanny. But what if you are not a celebrity, can you still look like one, feel fit and be healthy like one? Are there shortcuts you can learn to make you feel strong in your body and your mind?

One of the best experts for this is the Hollywood celebrity trainer and Global Fitness expert Ramona Braganza best known for sculpting “hot” bodies in Hollywood for over 20 years by training dozens of A-list actresses, including Halle Berry, Sandra Bullock, Anne Hathaway, Scarlet Johansson, Dakota

Johnson, Jessica Biel, Kate Beckinsale and actors like Bradley Cooper, Michael Weatherly, Zac Efron, Ryan Reynolds and many more. Currently she is shaping up Jessica Alba for her new Netflix series.

Now world-renowned celebrity trainer Ramona Braganza will take you behind the scenes and share the secrets of the stars at her “Strong Body, Strong Mind, Gentle Spirit” - A life-changing 7-Day Wellness Retreat from March 14 - 21, 2023 held at the “kool” 5-star island resort Kandima. The modern lifestyle resort offers the widest selection of sport facilities and options in the Maldives. The one-week wellness retreat is based on Ramona's effective 321 workout along with her 321-nutrition plan designed

to boost metabolism and tone the overall physique and will also include relaxation techniques and yoga classes to balance body, mind, and spirit.

Ramona's “Strong Body, Strong Mind, Gentle Spirit” - A life-changing 7-Day Retreat from March 14 - 21, 2023 is starting at US\$ 5200 per person (this price includes accommodation plus Ramona's retreat cost)

Ramona's Wellness Retreat will take place at the seriously stylish lifestyle (desti)nation Kandima Maldives, located in the paradise location. A three-kilometre beach strip surrounded by a wonderful coral reef in midst the Indian Ocean the island resort offers a fantastic award-winning esKape spa and a wide range of sports facilities. ■



Radisson Hotel Group and DS Group strengthen their sustained partnership

Radisson Hotel Group today announced the signing of two new hotels with the DS Group - Namah Resort Jim Corbett, a member of Radisson Individuals, and The Manu Maharani Nainital, a member of Radisson Individuals Retreats, in Uttarakhand, the land of mountains and the Holy Ganges.

The DS Group, a multi-business corporation, and a leading FMCG Conglomerate, with a strong Indian and International presence, is home to a wide spectrum of brands cutting across verticals. The Group first joined hands with the Radisson Hotel Group, for opening Radisson Blu Hotel Guwahati in 2014. The development, in line with their sustained partnership, comes as a crucial enabler behind RHG's next phase of growth in key leisure markets across India.

Namah Resort Jim Corbett, a member of Radisson Individuals, the new entity is expected to be operational in Q1, 2023. Situated near Jim Corbett National Park in Uttarakhand, which is among the top leisure destinations in India, the resort is set to become the new landmark in the region. When open, guests can choose from three room categories, including premium

rooms, superior rooms, and suites offering spectacular views of the Kosi River. The resort would also be equipped with amenities like a swimming pool, fitness center, spa, specialty restaurants, and a 6,000+ sq ft of banquet area.

The Manu Maharani Nainital, a member of Radisson Individuals Retreats is expected to open in Q2, 2024 after comprehensive renovations. The revamped, high-end hotel will deliver bespoke experience-driven stays to its guests. The resort is located in the heart of Nainital and overlooks the popular Naini Lake & Naini Temple. It will feature facilities like a gymnasium, spa, lounge, all-day dining facilities, and a 1,000+ sq ft of banquet area. It will allow travelers quick access to Nainital's lakes, hiking trails, picturesque snow-clad mountains, temples, and lush landscapes. ■

Zubin Saxena, Managing Director and Vice President, Operations, South Asia, Radisson Hotel Group

In tandem with our ambitious five-year expansion plan for



South Asia, we remain invested in identifying the right partners for signing and opening brand-defining hotels. This would be a catalyst behind Radisson Hotel Group's next phase of domestic growth in the region driven by key leisure destinations. The DS Group continues to be a trusted partner for us, and we are elated to strengthen this association with the signing of two new hotels. Backed by an excellence-driven mindset, we are focused on our quality-first approach for ensuring guest satisfaction and value maximization for our owners.



Beach Club Vibes in the Dubai desert

This winter season, Terra Solis Dubai, the newly launched desert destination and the latest addition to the iconic Tomorrowland family, is offering a range of winter experiences within its energising glamping accommodation and chilled vibes at one of the region's largest desert- located pool.

The oriental-chic desert oasis is spread over 371,000 square metres and boasts three stunning glamping accommodation options, including the Polaris bell tents, the Perseid lodges and the Orion pool lodges, a vibrant pool scene and a fun party atmosphere with outstanding music and entertainment.

Terra Solis Dubai pool

Open to both overnight guests and day visitors, the super-sized swimming pool, one of the largest in the region, takes centre stage at the heart of the destination. Visitors can enjoy a vibrant yet relaxing setting under the Dubai winter sun with some of the finest music by carefully selected Tomorrowland resident DJs and local heroes.

The pool features cabanas and sun loungers, an eye-catching bar with a wide selection of drinks and cocktails and the Sala shisha lounge.

Polaris bell tent

Wake up in the stunning Polaris bell tents and start the day on your terms

Each of the 48 spacious, luxurious and beautifully decorated Polaris bell tents includes a comfortable double bed, soft bed sheets and a small hand wash basin. Each tent has air conditioning, a mini fridge, towels and a safe deposit locker. Shower and bathroom facilities are also available on the Terra Solis site.

Guests will also have access to all property facilities, including sun loungers, activities and entertainment, and breakfast.

Perseid lodges

The superb Perseid lodges are designed for the ultimate comfort while creating a magical experience for all guests. The unique lodges are fully air-conditioned with a king-size bed and ensuite bathroom and shower facilities and include a mini fridge, towels and a safe deposit locker.

Guest can while away the hours at the pool before enjoying a winter's night under the stars in the ultimate comfort.

Orion pool lodge

Stargaze into your dream and celebrate life by the pool in the spectacular Orion pool lodge



Offering guests the utmost in luxury, the spectacular Orion pool lodges located near the pool have been designed with attention to detail in mind and provide a truly unique experience.

In addition to a private pool, the centrally located Orion pool lodges also feature a large terrace providing the perfect space to relax and indulge in desert luxury, overlooking the entire resort. The private outdoor cabana and terrace are fitted with high-quality furniture and a dining setting, providing a unique area for friends and family.

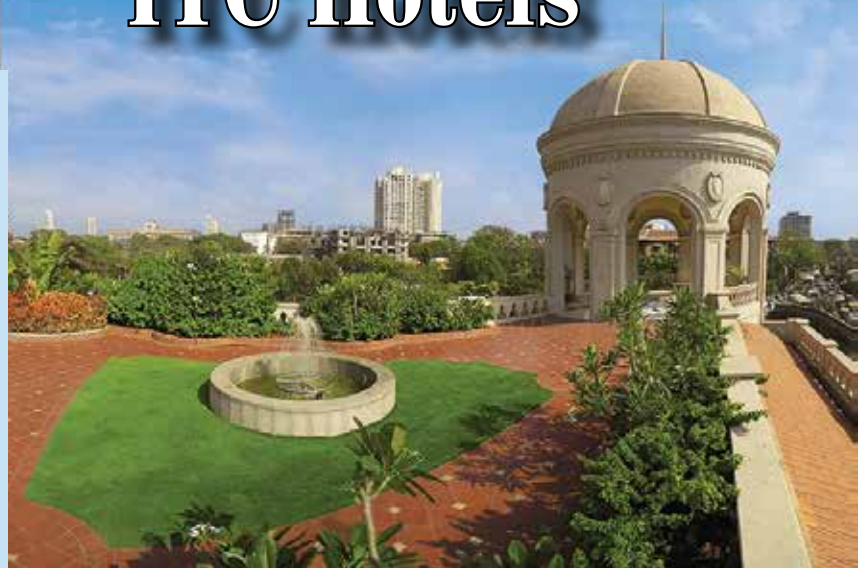
The Orion can host two guests to spend the night and accommodates up to 10 friends during the day.

In addition to a king-size bed and ensuite bathroom in the fully air-conditioned lodge, guests can also enjoy the private pool, terrace and dining area. ■

Net Zero Carbon Status: ITC Hotels

ANIL CHADHA, Divisional Chief Executive, ITC Hotels

Responsible Luxury is our guiding ethos at ITC Hotels. We endeavour to create planet positive experiences. The Net zero project aligns with India's vision of significantly cutting emissions and are a critical driving force behind the transformation of buildings, cities and communities to continue to sustain future generations.



Paving the way for the Global Hospitality Industry, in a one of its kind remarkable feat, 10 properties of the ITC Hotels Group have attained "Net Zero Carbon Status" by achieving coveted "LEED Zero Carbon Certification" by USGBC [United States Green Building Council]

This achievement reaffirms ITC Hotels commitment to responsible luxury and sustainability. Already, ITC Hotels is the world's largest chain with the maximum number of LEED Platinum certified properties as per USGBC.

LEED Zero, developed by the U.S. Green Building Council, is a complement to LEED that verifies the achievements of net zero goals and signals market leadership.

The first ten hotels in the world to have achieved this landmark are:

1. ITC Windsor, Bengaluru (1st Hotel in the World)
2. ITC Grand Chola, Chennai (2nd & Largest Hotel in the World)

3. ITC Gardenia, Bengaluru Hotel in the World) (3rd
 4. Welcomhotel Bengaluru Hotel in the World) (4th
 5. Welcomhotel Guntur Hotel in the World) (5th
 6. Welcomhotel Chennai Hotel in the World) (6th
 7. ITC Mughal, Agra (7th Hotel in the World)
 8. Welcomhotel Coimbatore (8th Hotel in the World)
 9. Welcomhotel Sheraton New Delhi (9th Hotel in the World)
 10. ITC Grand Central, Mumbai (10th Hotel in the World)
- LEED Zero Carbon Certification

recognizes buildings operating with Net Zero Carbon emissions on annual basis. The certification provides a transparent accounting of the carbon balance i.e. carbon emitted due to Energy consumption and occupant transportation v/s Carbon avoided to achieve Net Zero Certification, entity's carbon balance should be either '0' or -ve. [Carbon Balance = Total Carbon Emitted - Total Carbon Avoided]

At a time when the world is closely monitoring and benchmarking the carbon emissions by each and every sector, this achievement by the ITC Hotels group is a big global step towards Sustainability. ■



UAE's first NH Collection hotel to open on Palm Jumeirah in February

UAE-headquartered upscale real estate developer, Seven Tides, has confirmed that the Emirates' first NH Collection hotel will open its doors to the public in February 2023.

NH Collection Dubai The Palm is a 533-key property located on Seven Tides' Seven Palm development – a two-tower complex that overlooks the lagoon of Dubai's world-famous Palm Jumeirah.

Operated by Minor Hotels and adjacent to Seven Palm Residences, the tower housing NH Collection Dubai The Palm will offer a diverse range of high-end accommodation, amenities and food and beverage venues to guests, residents and visitors.

The hotel includes 227 guest rooms and suites as well as 306 studios and apartments. Guests will be able to

choose from 11 room categories, and those who opt for the destination's top-end accommodation will also gain exclusive access to the NH Collection Premium Lounge.

All rooms will feature NH Collection 'Sleep Better' mattresses, complete tea and coffee sets, rain-effect showers and LED TVs. The property's location offers direct access to the beach, downtown Dubai and Dubai Marina. Dubai International Airport is also located 30 minutes away, with private transfers available to attendees.

NH Collection Dubai The Palm includes five dining venues, serving up everything from haute

cuisine to healthy, post-gym bites. Maiora will offer an extensive range of dishes served all day. Te-Lounge will provide light refreshments and healthy snacks. Seven Sports Bar will be a more informal setting, offering classic snacks and drinks. Revo Café will serve creative and healthy dishes, and SEEN will be a modern rooftop venue.

For those looking to introduce a little luxury to their events, the hotel also includes five airy spaces replete with the latest technology and equipped to cater to gatherings of up to 45 people, making it the perfect venue for business meetings, conferences, celebrations and more. ■



Experience The Therapeutic Powers of Five Healing Arts

The Island Spa at Four Seasons Resort Maldives at Kuda Huraa has launched a new therapeutic arts menu, comprising Acupuncture, Cupping, Moxibustion, Physiotherapy and Reflexology.

The treatment is administered by Resident Acupuncturist and Physiotherapist Dinesh Man Lahke, who studied acupuncture in his native Nepal along with cupping and reflexology. Dinesh is also qualified in moxibustion (a complement to acupuncture) and has a physiotherapy degree under his belt.

Harboured a unique understanding of the body and determination to help rid people of

pain, Dinesh brings relief and ease to debilitating conditions, including musculoskeletal or postural-related pain, sciatica, headaches, disc compression injuries, frozen shoulder, or post-traumatic stress disorder through the therapeutic powers of five healing arts.

Opt for a “pure” session in one of Dinesh’s five areas of expertise or follow his blended approach, which incorporates two or more modalities.

लाएं ताज़गी भरा बदलाव

- हरित ईंधन प्राकृतिक गैस अपनाएं
- सार्वजनिक वाहन का इस्तेमाल करें
- प्रदूषण-मुक्त वातावरण बनाएं



#HawaBadlo



Yoga has gained a considerable amount of popularity in recent years as a result of its multiple advantages for both mental and physical well-being.

When the word "Yoga" is uttered, most people would immediately associate it with asanas and pranayama. However, asanas and pranayama only make up a small portion of yoga, not the entire practise.

What is Yoga?

Yoga is a Hindu aesthetic and transcendent discipline that includes breathing exercises, simple meditation, and the adoption of specified physical postures. Yoga is particularly emphasized for healing and relaxation.

Yoga is a derivative of a Sanskrit term that refers to "yoke" or "unity." To yoke is to assemble, to integrate, or to bind together. The body, mind, spirit, and universal conscious experience are envisioned to be emotionally attached with each other or linked considered in the present way. Yogis are able to achieve profound sensations of liberation, peace, and self-realization through such a method of amalgamating the physical, mental, emotional, and spiritual elements of oneself.

History

Centuries before the earliest religious or spiritual beliefs were developed, the science of yoga was derived. Shiva is acknowledged as the very first yogi, or Adiyogi, as well as the invitational Guru, or Adi Guru, in yogic literature. Adiyogi transmitted his comprehensive knowledge to the legendary

The Land of Yoga



Saptarishis, popularly regarded as the "seven sages," several thousand years ago on the shores of Kantisarovar Lake in the Himalayas.

In addition to Asia, the Middle East, Northern Africa, and South America, the sages also transmitted this profound yogic wisdom to other continents. Intriguingly, contemporary scholars have observed and been astounded by that of the striking similarities between ancient cultures from all around the world. However, the yogic system's greatest manifestation was only discovered in India. Agastya, the Saptarishi who travelled the Indian subcontinent, created this civilization around a fundamentally yogic approach to life.

Pre-Vedic periods (2700 B.C.) and subsequently, up until Patanjali's era, issued historical evidence of the practise of yoga. The Vedas, Upanishads, Smritis, doctrines of Buddhism, Jainism, Panini, Epics, and Puranas are the primary sources from which we understand about the methods of yoga throughout the whole time period and the literature that has been correlated to them.

India presently embraces Modern Yoga, which is distinct from the Ancient

Yoga that we previously cultivated.

What is Modern Yoga?

Modern yoga encompasses a wide range of yoga techniques with varied goals, including tantric and devotional practises, physical postures derived from Hatha yoga, and approaches for Hindu nation-building. Its various forms also encompass yoga philosophy inherited from the Vedas.

In 2004, the scholar Elizabeth de Michelis devised a four-part categorization of contemporary yoga, grouping it into psychosomatic, denominational, postural, and meditational styles. While other academics have acknowledged that her work sparked investigation into the history, sociology, and anthropology of contemporary yoga, not all of them have concurred with her typology.

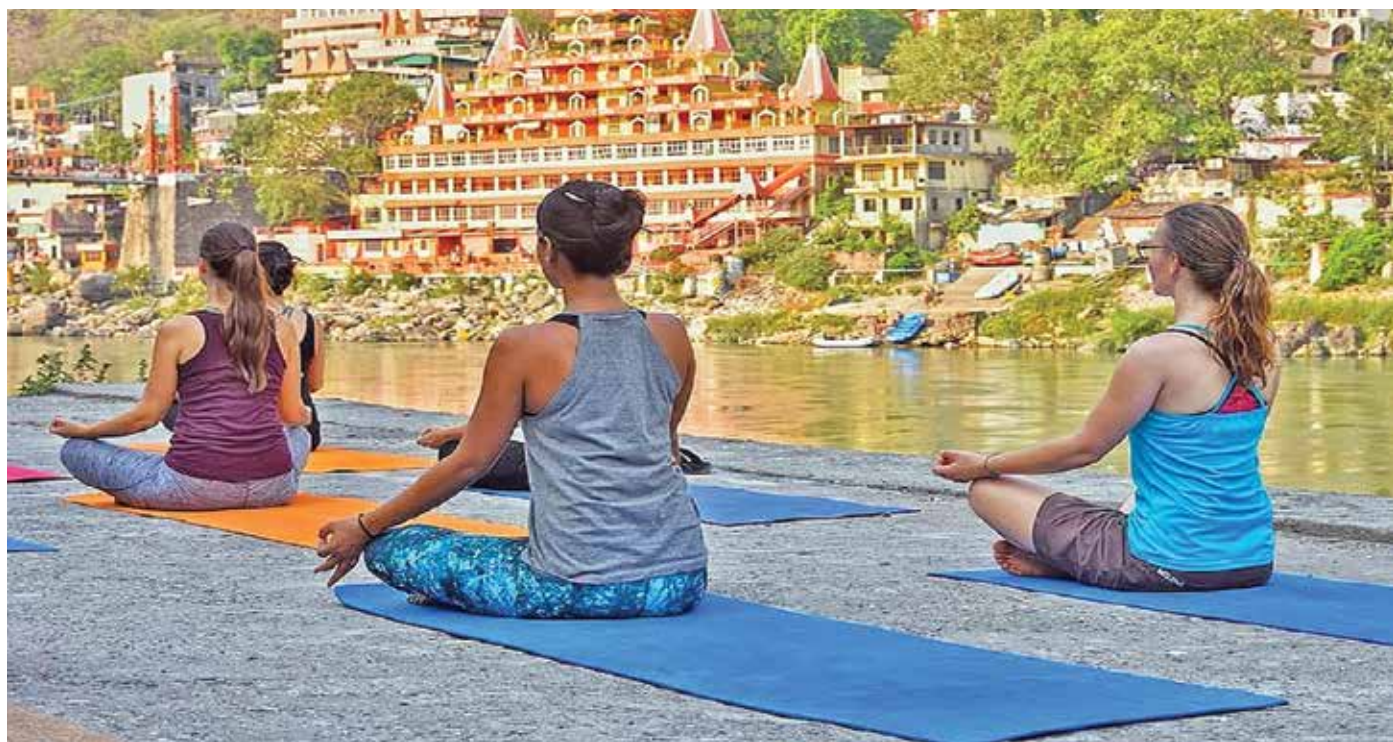
They have highlighted the cross-cultural interactions, diversity of beliefs and practises, degree of continuity with older traditions such as ancient Indian philosophy and gothic Hatha yoga, relationship to Hinduism, claims to promote health and fitness, and tensions between the physical and the spiritual, or between the esoteric and

the scientific, in modern yoga. They have also emphasised the multicultural nature of modern yoga and its claims to advance fitness and health.

Beginning in the 1920s, Yogendra, Kuvalayananda, and Krishnamacharya developed the current form of yoga as exercise. It was primarily physical, made up of asanas, which are poses drawn from those of hatha yoga with some influence from western gymnastics. They gradually dropped its religious overtones while promoting this kind of exercise under the pretext that certain postures had purportedly specific medicinal benefits. This was fostered by the dominant Indian nationalism, which required something to project an image of a powerful and active nation.

How is Modern Yoga different from Traditional Yoga?

1. Breathing exercises, yoga postures, and self-love techniques are all taught in traditional yoga. It also incorporates yoga philosophy and human psychology, which helps one become more prepared to handle obstacles in life and people from all backgrounds. Modern yoga, on the other hand, places





its sole emphasis on physical growth and does not take into account any of these factors in its practise.

2. Traditional yoga may or may not usually proceed with the body and asanas since its primary objective is to purify the mind. Modern yoga, on the other hand, places a strong emphasis on physical wellbeing, beginning with asanas.

3. The theory of yoga serves as the basis for traditional yoga, which emphasises Sankalpa Shakti (willpower), Kriya Shakti (power of action), and Iccha Shakti (Power of Desire). The spiritual parts of yoga are typically not emphasised and instead, modern yoga teaches the methods of pilates.

Who is the Father of Modern Yoga?

Tirumalai Krishnamacharya was an Indian scholar, yoga practitioner, and ayurvedic healer. Due to the considerable influence he had on the development of postural yoga, he is

recognised as one of the most important gurus of modern yoga and is popularly referred to as the "Father of Modern Yoga." Such earlier pioneers who were inspired by planned physical exercise, like Yogendra and Kuvalayananda, he contributed to the revival of hatha yoga.

Uttarakhand, The Yoga Capital of India

In today's competitive environment, which is riddled with stress and anxiety, the great potential of yoga as a kind of both physical and psychological rehabilitation has been brought to the forefront. Experts have noted that yoga practise balanced the neurological and endocrine pathways, which is exceptionally advantageous for all of the body's organs. This is the justification for inviting people from all over the world to engage in yoga practises.

One of India's most stunning northern states, Uttarakhand is ensconced in the Himalayas and captivates visitors with its breathtaking surrounding landscape. The state is

always working to protect its diverse cultural and religious legacy, as well as its natural habitat. It has become popular with tourists seeking salvation and a life-altering experience as a result of its picturesque beauty.

The "Land of Yoga," Uttarakhand, is the ideal location for your brain to break free of all internal tension and acquire a state of tranquillity and serenity.

One of the few destinations across the globe where one can profoundly experience the divine touch that enables real transformation is in Uttarakhand, where one can learn about asana and pranayama as well as absorb the teachings of these disciplines. The spiritual energies that have been left behind by enlightened masters who have practised yoga and meditation for thousands of years, the Mother Ganga's waters that the wind sweeps across your face with, and the Himalayan winds that infiltrate your respiratory system.

The highest quality destinations within Uttarakhand that attracts the



most tourists wishing to unwind and practise yoga are listed below

Rishikesh

Rishikesh, a well-known paradise for yogis, offers plenty of opportunity for yoga everywhere the traveller goes. Among the sacred locations in Hinduism, the world's hub for yoga research, a place of enlightenment for the soul, a town of daring dreams and a paradise for travellers. Every year, thousands of yoga enthusiasts and wanderers visit Rishikesh to be enthralled by the magnificent surrounding environment. There are plenty of ashrams and yoga centres that are well-known around the world here; all you have to do is browse for one. Rishikesh is home to a number of significant ashrams, the largest of which being the Parmarth Niketan.

Even though there now exist a number of ashrams that even offer opulent lodging alternatives, they are still known for their modest amenities and way of life, which itself is beneficial

towards the practise of yoga. Yoga Studios in Rishikesh are recognized for it as well. However, as yoga has gained popularity, it has surpassed meditation in importance and is now sought after by both residents and visitors who want to absorb the ancient technique directly from its practitioners.

While there are several yoga studios and ashrams in the area, one can also practise yoga in one of the area's stunning naturalistic settings. In the centre of one of India's most revered spiritual havens, spots along the Ganges River, sacred stepping platforms along the river's banks, and beautiful woods in the Himalayan hills all help to give a serene and tranquil ambience backdrop for the harmonization of mind, body, and spirit.

Haridwar

The largest yoga school in the country, Patanjali Yogpeeth, is located in Haridwar, the spiritual heart of India, the holiest place for Hindus, and a rising new yoga centre. This enormous

ayurvedic facility was founded in 2006 and is named for Maharishi Patanjali, the purported creator of yoga.

Patanjali Wellness is an excellent and original notion for offering comprehensive healthcare through an efficient and reliable utilisation of Yoga, Naturopathy, Acupressure, and reliable herbs or medicinal plants. It operates with the blessings of Revered Swami Ramdevji Maharaj and under the guidance and direction of Lauded Acharya Balkrishnaji.

Through the integrated therapy of Ayurveda, the science of ensuring longevity and health, Yoga, and Naturopathy, Patanjali Wellness presents a special fusion of both the antiquated conventional healthcare system and the modern diagnostic tools, bringing physical, mental, and spiritual health, happiness, peace, and prosperity to the entire human civilization suffering from terminal illnesses.

Mukteshwar

In the Indian state of Uttarakhand's Nainital district sits the town of Mukteshwar, a popular destination for travelers. The popularity of trekking to Mukteshwar is to soak in nature, listen to the air rush through the deodar forests, see birds, practise meditation, and find calmness. People seeking an escape from city life are drawn by the freshness, solitude, and wilderness. Mukteswar is beautiful and serene destination for yoga meditation.

Mukteswar is the Gods Shiva Dham. The small hamlet is well-known for having a top-notch yoga teaching retreat, wellness center, and studio. People can reflect and meditate profoundly in Mukteswar's natural setting thanks to its breathtaking vistas. The majority of visitors travel to Mukteswar for yoga because there aren't as many bothersome temptations there. When you're on vacation, you have no deadlines to accomplish, providing you with the opportunity to make the most of your time in Mukteswar by exploring yoga schools. ■

Luxuriously

Comfortable Footwear 2023

When it comes to shopping, hardly anything pains more than spending a fortune and then never touching the product.

We've all had the experience of admiring something while shopping only to discover that it is either too painful to wear or has grown out of our interest as soon as we reach back home and that it is like syringes in your heart. Finding the perfect pair of footwear is probably the most challenging component of shopping. A good pair of footwear must be comfortable, sturdy, gentle, and light

on the feet while also looking incredibly stylish, as footwear are no less than jewellery.

Fashion is widely associated with having to wear commodities all of which are aesthetically appealing but are uncomfortable to wear. High - end designer items are initially assumed to be durable but which can not be chosen to wear more and more often. Would you believe us if we tried to tell you that

you could be trendy and glamorous without sacrificing comfort?

To break the glass ceiling that fashion is uncomfortable, luxury brands have launched footwear that is luxurious, eye-catching, and reasonably comfortable for the year. Let's waltz right into it and look at Luxury yet Comfortable footwear design concepts for 2023.



Givenchy

Monumental Mallow low shoes in shiny rubber

The product is a smooth shiny rubber low-top shoes that runs in stand colour, shiny black. It has a sculptural graphic line and is a light-comfortable version.



Koio

Salernoin Stratus

Salerno lighter in weight and looks so elevated. This Stratus pair is handcrafted from soft Italian suede and detailed with a slim buckle-fastening strap for an adjustable fit. It is a unisex footwear fitted with a cushioned foot bed that mold into to your natural shape for a personalized feel, its set on a durable cork and rubber sole.



John Lob

Edmond- Tassel or Knot

The silhouette of Edmond loafer is characterised by its relaxed and rounded almond toe shape. Built on the signature tensile single sole, it features a French binding on the apron and top line. Key detail, an elegant tassel brings the final touch to this new loafer. Barefoot comfort within a welted shoe, Edmond will be the staple of your summer wardrobe.



Valentino Garavani

Roman Stud Calfskin Ballet

Valentino Garavani Roman Stud ballet in calfskin with straps embellished with maxi studs with an antique-brass finish. The ankle strap comes with adjustable maxi buckle fastening. The product comes in three colours; Black, Fondant and Rose Cannelle.



Balenciaga

Men's Defender Trainers

The shoe is leather free designed with a 15mm arch. These trainers are made of mesh and nylon and have a worn-out effect. It has an extreme tire tread sole and comes in colours; Black, Beige, Grey and Green. It has Balenciaga logo embossed on the tongue, edge of the toe and its back.



Y-3

Y-3 Kaiwa low-top sneakers

The sneaker is panelled design with a contrasting branded heel counter. It is a metallic panelled round toe shoe with front lace-up design. It has Y-3 logo embossed on its tongue and its side. It is designed with a chunky rubber sole and three colours; Taupe Brown, Silver-Tone and Cream White.

Saint Laurent

Isla Flat Sandals in Smooth Leather

Saint Laurent has come up with something minimalistic this year. The product is a Flat Sandal made with chrome-free and metal-free tanned Leather. It has a square toe featuring an interwoven strap with Cassandra embossed on the sole. It is a hundred percent Calfskin Leather and is available in black and brown colour.



Prada

Triangle-Logo Fisherman Sandals

Crafted from smooth leather, these black fisherman sandals are adorned with the timeless motif in silver-tone hardware. The round toe sandals have a buckle-fastening ankle strap and enamel triangle logo on its top. It has a branded insole with ridged rubber sole. The company's logo is embossed on its insole.



The 37th IATO Annual Convention

The 37th IATO Annual Convention held in Lucknow from 16 -19 December 2022 was a milestone for IATO as the number of delegates crossed 1000 from all over the country.



After the convention, five post-convention tours were organized and about 300 delegates and spouses joined the post tour of their interest which concluded on 22nd December 2022.

The biggest attraction of the convention was Hon'ble Yogi Adityanath's presence as the Chief Guest during the Valedictory Session held on 18th December 2022 at the Centrum

Hotel, Lucknow where he addressed over 1000 delegates present there who talked about the UP Government plans about development of tourism and incentives that have been announced by the UP Govt. He gave more emphasis on the Safety and Security of tourists and assured that Uttar Pradesh is today the safest state in India for the tourists. Shri Dayashankar Singh, Hon'ble Minister for Transport, Government of Uttar

Pradesh, Shri Arun Kumar Saxena, Minister of Environment, Forest & Climate Change, Govt. of Uttar Pradesh and Shri Mukesh Kumar Meshram were also present at the Valedictory Session. Shri Mangal Prabhat Lodha, Hon'ble Minister of Tourism, Govt. of Maharashtra through his video message invited all for the 38th IATO Annual Convention scheduled to be held in Aurangabad in September 2023. Mr.



Rajiv Mehra, President IATO made a request to Hon'ble Chief Minister to help the industry for a 2 minute halt of Vande Bharat at Tundla Junction which would help the tourism industry to promote pilgrimage tourism to Uttar Pradesh.

Inaugural function of the convention was held on 16th December 2022 with pomp and show at The Centrum Hotel, Lucknow. Mr. Ravi Gosain, Vice President & Chairman of the Convention started with the welcome address. Mr. Rajiv Mehra, President – IATO in his presidential speech thanked Yogi Adityanath who could not join for the inaugural function, owing to his busy schedule, for the support being

given by his office and giving IATO an opportunity to hold the 37th IATO Annual Convention in Lucknow. He thanked Mr. Arvind Singh, Secretary (Tourism), Government of India for all the support and Mr. Mukesh Kumar Meshram, Principal Secretary & Director General Tourism, Govt. of Uttar Pradesh for all the support and guidance given by him and his team of UP Tourism. Mr. Mukesh Kumar Meshram talked about New Tourism Policy of UP Government and incentives being given to the stakeholders. Shri Arvind Singh, Secretary, Ministry of Tourism, Govt. of India talked about G20 Presidency and thanked UP Government for

taking the lead. He also thanked Mr. Meshram for hosting the 37th IATO Annual Convention in Uttar Pradesh. Mr. Asim Arun, Hon'ble Minister for Social welfare, Government of Uttar Pradesh addressed the delegates and talked about the new infrastructure development being created in Uttar Pradesh. Shri Ashwini Kumar Patra, Hon'ble Minister of Tourism, Govt. of Odisha talked about tourism infrastructure and development in Odisha. Hall of Fame of Awards were given to Mr. Sunil Gupta, Managing Director, Travel Bureau and Late Shri Badri Bajaj, Managing Director, Perfect Travels & Tours Pvt. Ltd. and Adventure World (India) Pvt. Ltd. for their contribution to the tourism industry. Mr. Sunil Mishra, Hony. Treasurer and Co-Chairman Convention presented vote of thanks.

On 17th and 18th December 2022, there were deliberations in the business sessions.

Mr. Rajiv Bansal, Secretary, Ministry of Civil Aviation, Mr. Rakesh Kumar Verma, Additional Secretary, Ministry of Tourism, Mr. S.P. Singh, Joint Secretary, Ministry of Road Transport & Highways, Govt. of India, Mr. Mukesh Kumar Meshram, Principal Secretary & DG Tourism, Govt. of Uttar Pradesh, Mr. Sheo Shekhar Shukla, Principal Secretary, Tourism, & MD, MP Tourism Board, Mr. Sachin R Jadhav, Director Tourism & MD - Odisha Tourism Development Corporation, Mr. Abhay Sinha, Director General, Service Export Promotion Council were the key government speakers in the business sessions,

During the Valedictory Session on 18th December 2022, Hon'ble Chief Minister of Uttar Pradesh Yogi Adityanath Released the Coffee Table Book on Budelkhand and IATO Manual 2022-23 ■



The Chambers Presents a Rendezvous with Gary Mehigan

The iconic Taj Mahal, New Delhi is proud to have hosted an exclusive Rendezvous with Chef Gary Mehigan who created an exquisite gastronomic experience at The Chambers on Tuesday, 20th December 2022.

As a part of its Rendezvous series, The Chambers, India's very first exclusive business club, brings to you a grand epicurean odyssey of signature flavours, thoughtfully paired with a selection of fine beverages. An experience that is unique and niche, designed to engage and entertain.

After a series of successful culinary Rendezvous at Taj West End, Bengaluru and Taj Lands End, Mumbai, Chef Gary Mehigan curated an epicurean experience at Taj Mahal, New Delhi - the Capital's landmark destination in the heart of the

city.

The grand culinary soiree showcased a five-course dining experience amidst meaningful conversations and delightful interactions with Master Chef Australia's Gary Mehigan- an English-Australian chef and restaurateur. The exquisitely curated menu featured signature flavours such as Jackfruit & coconut Rendang, Crispy green rice prawns, Crisp black fungus & rice noodle spring roll, Braised Bastilla of lamb, Dark chocolate & olive oil mousse

Commenting on the occasion, Chef

Arun Sundararaj, Director of Culinary Operations - Taj Mahal, New Delhi, said "Taj Mahal, New Delhi has been a preferred hospitality destination in the heart of the Capital for over four decades offering timeless experiences and warm service. In our continued effort to bring innovative dining experiences to our patrons, we are delighted to welcome Chef Gary Mehigan and present a special Rendezvous where Chef unravels the culinary secrets of much-loved traditions and a contemporary world by creating his favourite flavours for our guests."

Binge into the Burger & Beer Fest at Novotel Visakhapatnam Varun Beach

With the new year spirit, Novotel Visakhapatnam Varun Beach brings their "Burger & Beer" fest from the 3rd to the 15th of January 2023 for guests to relish different varieties of burgers, house salads, signature sauces with a combination of beers at the Harbour Vue.

With the magnificent skyline views from the Harbour Vue, the fest will showcase signature dishes with a combination of tastes and textures such as Red Kidney Beans Burger, Vegetable Burger, Cheese Potato Burger, Chicken Burger, Peri Peri Chicken Burger, Crispy Fried Chicken Burger, Tower Burger and signature sauce made from Bhut Jolokia, one of the world's hottest chili also known as the Ghost pepper served alongside crispy potato wedges and fries.



Flavours of Vietnam at Four Seasons Hotel, Bengaluru

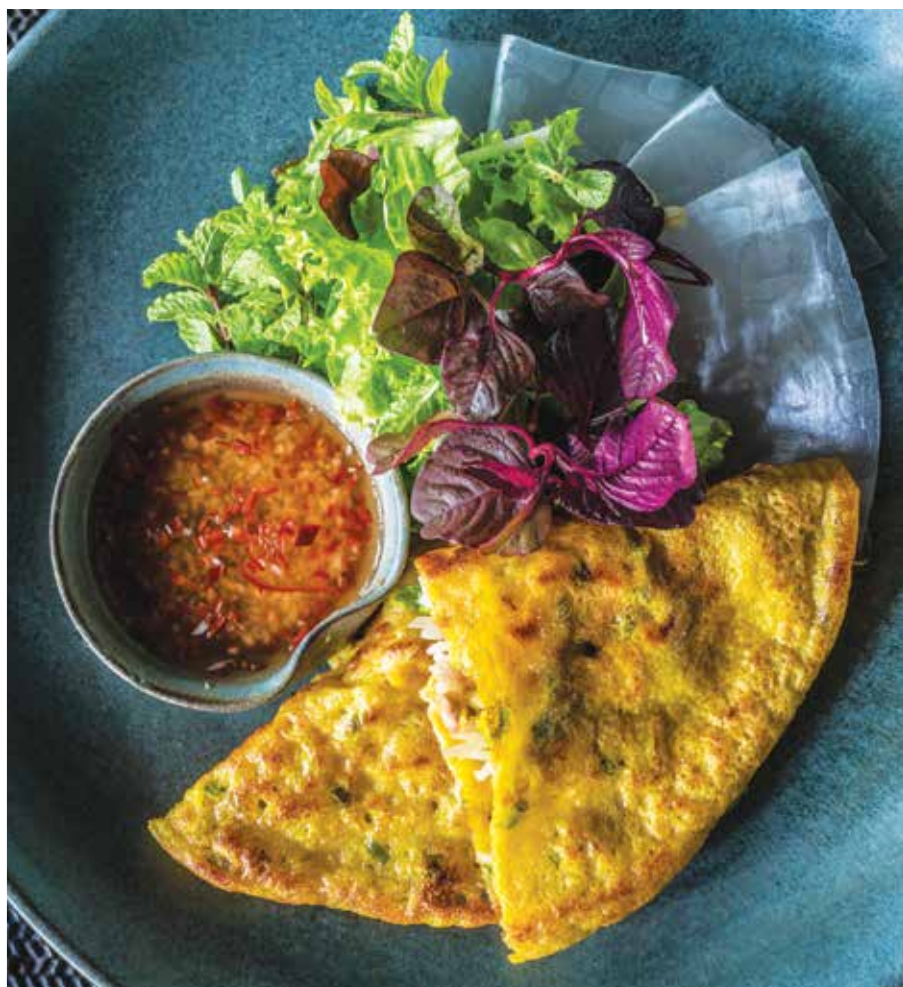
In a story that celebrates a fusion of tastes and cultures, Four Seasons Hotel, Bengaluru, welcomes culinary artists Chef Quoc and Chef Ho Tin to the city.

The master-chefs from Four Seasons Resort, The Nam Hi, are in residence from January 8-15 for “Flavours of Vietnam”, a food festival at CUR8, that features inventive menus and showcases the distinctive nature of authentic Vietnamese cuisine.

Born and bred in Vietnam, Quoc hails from a family of chefs and is passionate about exploring innovative ways of introducing Vietnamese cuisine to the world. Following the true principles of Central Vietnamese cuisine from the Quang Nam province, Chef Quoc is presently responsible for crafting Vietnamese cuisine at Four Seasons Resort, Nam Hi. A creative culinary curator at heart, he draws inspirations from authentic Vietnamese cuisines from the imperial city of Hue and Ho Chi Minh City, previously known as Saigon and once the capital of French Indochina. He is ably supported by Chef Ho Tin on this visit.

Under the duo’s masterful supervision, lunch and dinner buffets at CUR8 present the fresh flavours of Vietnamese cuisine through this entire week. Vegetarian and non-vegetarian salads, soups and main courses are mindfully evolved from the principals of five fundamental tastes that form the essence of the cuisine’s philosophy: sweet, salty, bitter, sour, and spicy. The limelight is on the Parrillada grill that showcases meats, poultry and seafood with traditional Vietnamese rubs and marinades, with each dish reflecting one or more elements of this five-pronged philosophy.

Says Reuben Kataria, General Manager, Four Seasons Bengaluru, “Four Seasons Hotel have always prided



itself on its culinary excellence and warm hospitality. With a blend of the freshest local ingredients, the hottest new flavours and the most talented chefs and mixologists the hotel is re-defining the dining experience for the food-savvy in Bengaluru.”

Adds Savio Fernandes, Director of Food and Beverage, Four Seasons Hotel, Bengaluru, “We are delighted to welcome Chef Quoc and Chef Ho Tin to Bangalore and to extend the opportunity to savour authentic Vietnamese cuisine to food lovers in the city.”

Guests can expect a variety of favourites including Vietnamese Fish Curry, Chicken Pho Rice Noodle Soup, Seasonal Vegetable Pho Rice Noodle Soup, Grilled Chicken with Lime Leaves, Prawn Summer Roll, Wok Fried Noodles with Tofu and Hoian Chilli Sauce, Banana Blossom with Smoked Duck, Banh Xeo Chay-Vegetable Pancake, Turmeric Rice and Vietnamese Cha Su Fried Rice.

As they say in Vietnam, “Chúc ngon miệng!”, meaning ‘enjoy your meal’. But of course you will!

The Taste of Wazwan



Wazwan is a multi-course meal in Kashmiri cuisine, the preparation of which is considered an art and a point of pride in Kashmiri culture. To bring this pride of Kashmiri culture to Bengaluru, the property is hosting a 10-day festival at Aaleeshan, a classic culinary house for authentic Indian delicacies in the property.

Chef Quyoomhef Quyoom hails from a Kashmiri Muslim family and mostly learnt the art of cooking from his father, who was a 'khansama' and has organized several food festivals in renowned hotels and have been cooking for the past 25 years. He takes pride in cooking authentic Kashmiri Muslim dishes like Goshtaba, Rista, Haaq, Marchwangan korma, Tabak Maaz, Tchok wangan, Maaz seekh, Nadru Yakhni, Heddar kebab and speciality breads like Bakharkhani, Srinagari Sheermal, Girda Roti etc.

With the origins and traditions of the Kashmiris, sink into every dish and savor the Kashmir heritage only at Aaleeshan, the specialty restaurant. The a-la-carte menu will include the widest range of dishes. Relish these signature dishes at the Aviary during their Sunday brunches on the 8th & 15th of January 2023 while listening to feet tapping music and relaxing by the lap pool.



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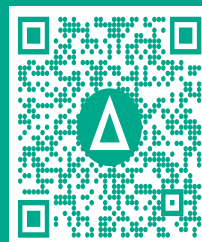


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