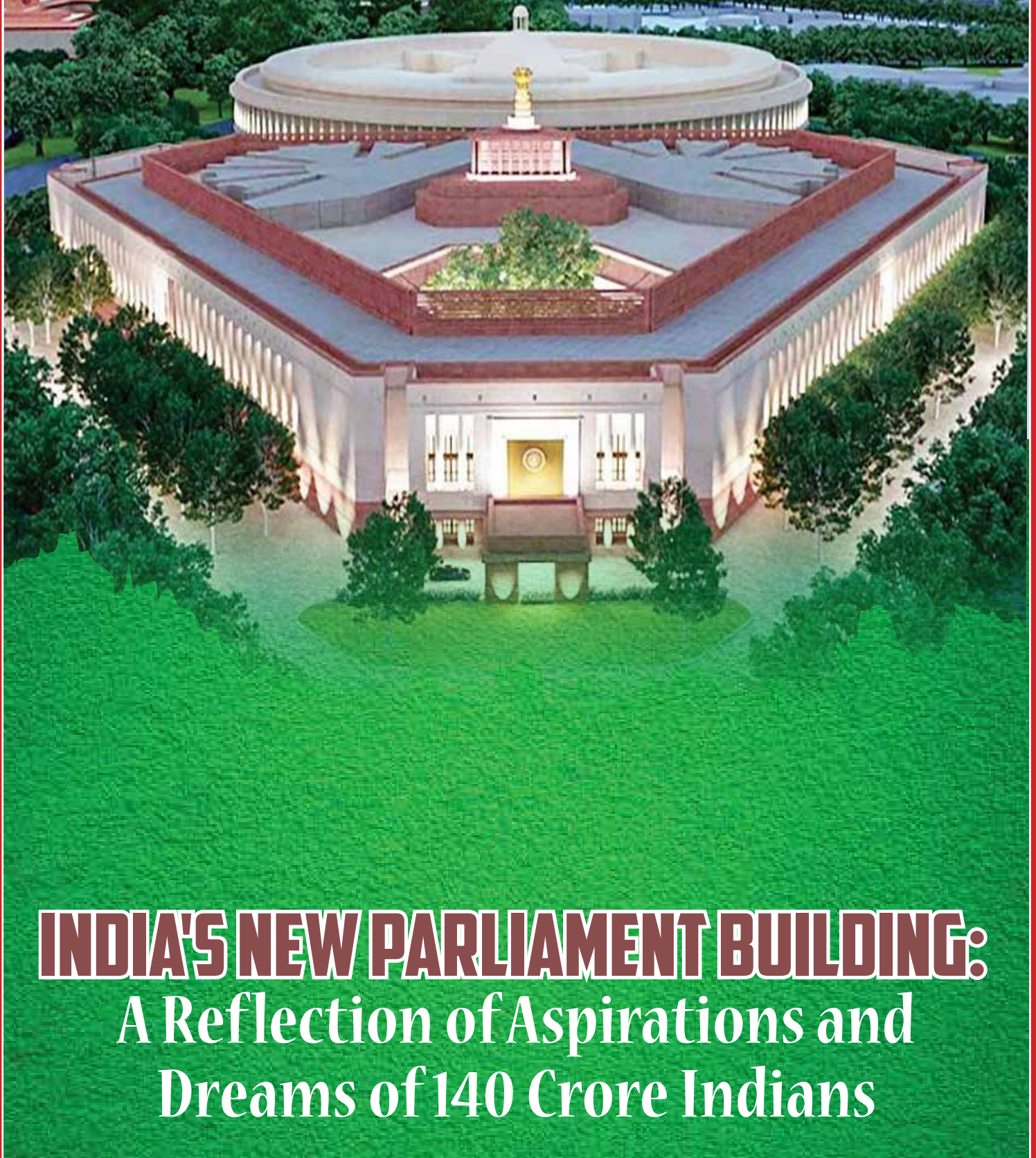


Politics & Democracy

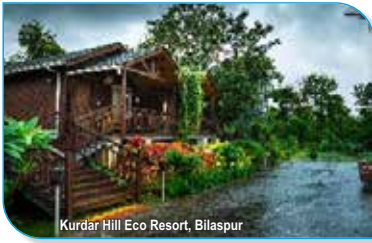
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INDIA'S NEW PARLIAMENT BUILDING:
A Reflection of Aspirations and
Dreams of 140 Crore Indians



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Editor & Publisher

Tarsh Sharma

Director

Babita Sharma

Group Editor

Vedika Sharma

Manager Sales & Marketing

Sumit Jindal

Trainee

Devanshi Chopra

Art Director

Manish Kumar

Graphic Designer

Chandrajeet Kumar

Photographer

Ganesh Kapri

Manager Administration

Gaurav Kumar

Manager Circulation

Himanshu Mudgal

E-mail : tarsh@fabianmedia.net,

Website : www.fabianmedia.net

Editorial & Marketing :

babita@fabianmedia.net

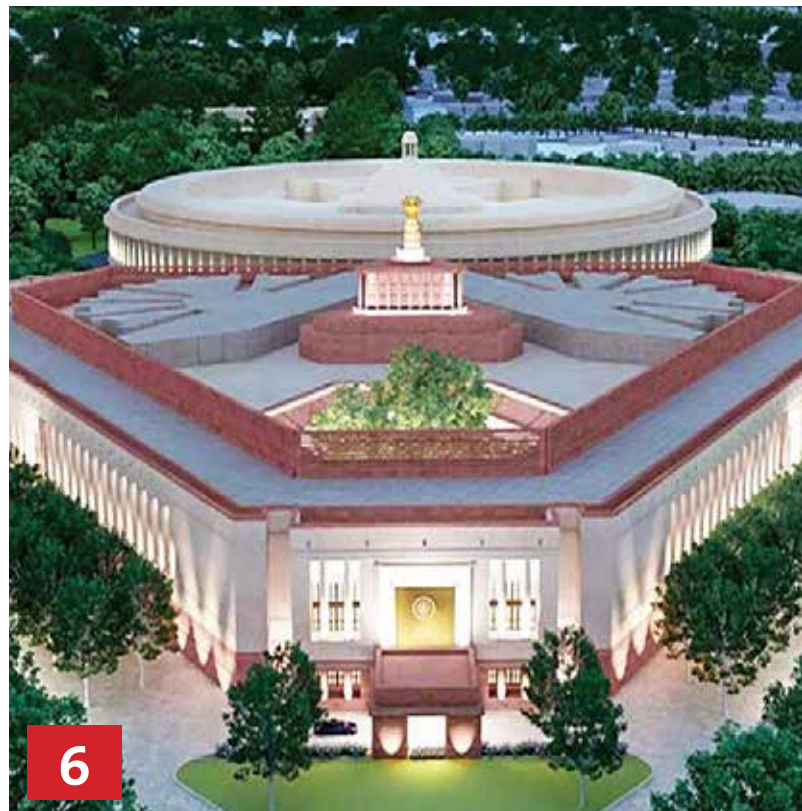
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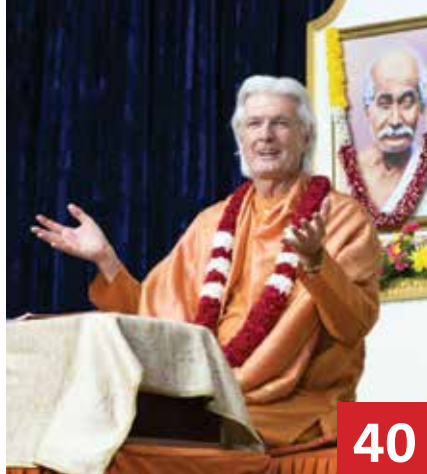
India's New Parliament Building: A Reflection of Aspirations and Dreams of 140 Crore Indians

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Over 2.33 crore persons including 1.57 crore students, 25.46 lakh teachers and 51.10 lakh people participated in JanBhagidari events till Day 12 in the run up to 4th Education Working Group Meeting of G20





Sri Sri Swami Chidananda Giri

President and spiritual head of Yogoda Satsanga Society of India/Self-Realization Fellowship

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VietJet expands its network in India

Vietnam's leading new-age carrier, VietJet officially welcomes Indian passengers on direct flights connecting Ho Chi Minh City (Vietnam) and Kochi (India) from August 12, 2023. Constantly expanding the flight network connecting India with Vietnam, the airline will operate with a frequency of four flights/week on every Monday, Wednesday, Friday, and Saturday.



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Holiday Priceless Treasures and Wondrous Pleasures

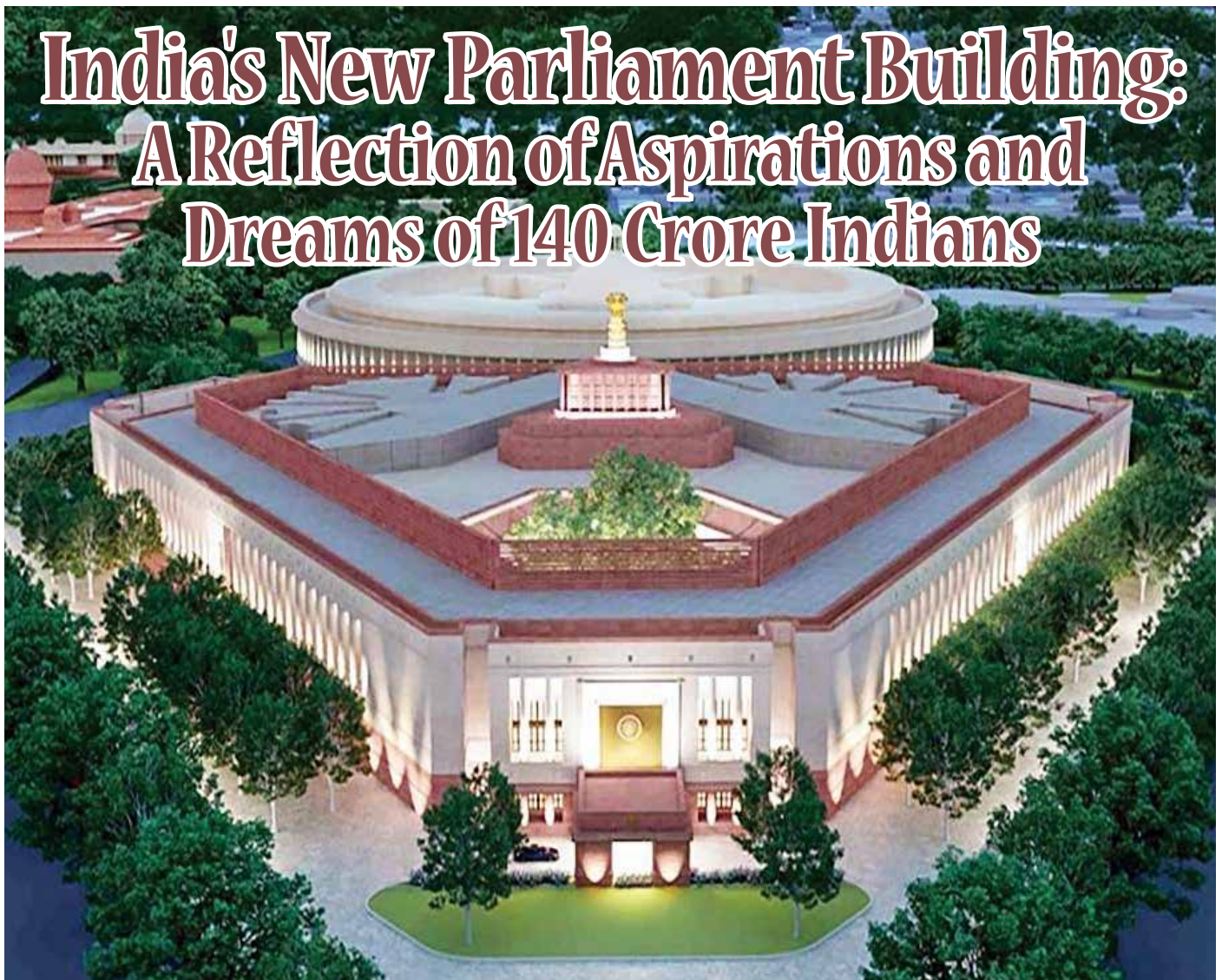
Family holiday with kids? These family friendly luxury hotels belong on your bucket list.



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Step into the nightlife of Kolkata

Kolkata's nightlife just got an upgrade with the launch of the new luxury nightclub, Space Bar and Kitchen.



In a momentous event that will be etched in the annals of Indian history, India proudly reveals its new Parliament House on May 28, 2023. The magnificent structure stands as a testament to the aspirations and dreams of the 1.4 billion people of India, embodying the nation's resolve and democratic spirit. The occasion, graced by Prime Minister Shri Narendra Modi, symbolized India's journey towards a prosperous future while honoring its rich heritage.

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and democratic spirit. The occasion, graced by Prime Minister Shri Narendra Modi, symbolized India's journey towards a prosperous future while honoring its rich heritage.

The new Parliament building, situated at the heart of Central Vista, represents a harmonious blend of ancient traditions and modernity. It encapsulates the essence of the Indian ethos, with every element

meticulously crafted to reflect the country's cultural and architectural diversity. The interiors of the Lok Sabha and Rajya Sabha are adorned with motifs inspired by the national bird, the peacock, and the national flower, the lotus, respectively. The presence of the national tree, the Banyan, on the Parliament premises further reinforces the spirit of unity and diversity.



Redevelopment of Parliament House and Central Vista

The Parliament House building construction began in 1921 and was completed in 1927. The circular shape of the building was finalized by architects Herbert Baker and Sir Edwin Lutyens, drawing inspiration from the Chausath Yogini temple in Morena, Madhya Pradesh. Over the years, the building underwent ad-hoc modifications, leading to distress and inadequate space, amenities, and technology.

To address these issues, the Master Plan aimed to restore the original symmetry of Central Vista while accommodating an expanded Parliament. The plan included retrofitting and refurbishing the existing Parliament building and constructing

a new Parliament building and Chambers for Members of Parliament. Additionally, a Common Central Secretariat with modern office buildings was proposed to house all Ministries and improve administrative efficiency.

Central Vista Avenue would be upgraded to provide better infrastructure for national events while preserving its character. The North and South Blocks would be refurbished to house the National Museum, showcasing India's history. The IGNCA would move to a new location, and the National Archives of India would have state-of-the-art facilities nearby.

The project also focused on providing an adequate and secure infrastructure for executive offices,

as well as residential facilities for the Vice President and the Prime Minister. Environmental sustainability and public space expansion were key considerations, including the development of the New India Garden and a National Biodiversity Arboretum.

Transit-oriented development principles would be integrated, with an Automated People Mover connecting the buildings of the Common Central Secretariat. This would reduce the need for private vehicle commuting and enhance connectivity with the metro network.

Prime Minister Shri Narendra Modi interacted with and honored the shramiks who built the new Parliament. A new gallery was put up in

the new building, immortalizing their contribution.

The Prime Minister tweeted:

"Today, as we inaugurated the new building of our Parliament, we honored the Shramiks for their tireless dedication and craftsmanship."

Prime Minister Narendra Modi Dedicates New Parliament House to the Nation

The Prime Minister, Shri Narendra Modi, dedicated the new Parliament House to the nation. Earlier in the day, the Prime Minister had installed the Sengol with Nandi at the top facing East-West direction in the new Parliament House. He had also lit up the Diya and offered flowers to the Sengol.

Addressing the gathering, the Prime Minister remarked that few moments in every nation's history were immortalized. He said that the 28th of May, 2023, was one such day. "People of India have given themselves a gift for the Amrit Mahotsav," he said. The Prime Minister congratulated everyone on this glorious occasion.

The Prime Minister said that the new Parliament building was not merely a building but a reflection of the aspirations and dreams of 140 crore Indians. "This is a temple of our democracy that gives a message of India's resolution to the world," he said. He continued, "This new Parliament building connected planning to reality, policy to realization, willpower to execution, and Sankalp to siddhi". This would be a medium for realizing the dreams of the freedom fighters. It would witness the sunrise of Aatmnirbhar Bharat and would see the realization of a Viksit Bharat. The Prime Minister said that the new building was an example of the coexistence of ancient and modern.

"New models can be established only by treading new paths," the Prime Minister remarked as he highlighted that the new India was realizing new goals and paving new ways. "There is a new energy, new zeal, new enthusiasm, new thinking, and a new journey. There are new visions, new directions, new

resolutions, and new trust," Shri Modi exclaimed. The Prime Minister said that the world was looking towards India's determination, its citizens' vigor, and the life of human power in India with respect and hope. "When India moved forward, the world moved forward," he remarked. The Prime Minister underlined that the new Parliament House would invoke the development of the world from the development of India.

Referring to the establishment of the sacred Sengol, the Prime Minister said that in the great Chola empire, Sengol was seen as a symbol of the path of service duty and the nation. He said that under the guidance of Rajaji and Adheenam, this Sengol became the

sacred symbol of the transfer of power. The Prime Minister once again bowed to the Adheenam saints who came to bless the occasion that morning. "It is our good fortune that we could restore the dignity of this sacred Sengol. This Sengol will keep on inspiring us during the proceedings of the House," he said.

"India is not only a democratic nation but also the mother of democracy," the Prime Minister said as he noted that the nation was the principal foundation for global democracy. He underlined that democracy was not just a system that was practiced in India but it was a culture, thought, and tradition. Referring to the Vedas, the Prime Minister highlighted that they taught us



the principles of democratic assemblies and committees. He also mentioned the Mahabharata where one could find the description of a Republic and said that India had lived and breathed democracy in Vaishali. “The Anubhav Mantappa of Lord Basweswara is a thing of pride for all of us,” Shri Modi added. Highlighting the inscriptions found in Tamil Nadu belonging to 900 AD, the Prime Minister said that it surprised everyone even in today’s day and age. “Our democracy is our inspiration, and our Constitution is our resolution,” Shri Modi said as he noted that the biggest representative of this resolution was the Parliament of India. Reciting a shloka, the Prime Minister explained that luck ran out for those who stopped

moving forward, but the fate of those who kept moving forward continued to soar.

The Prime Minister said that after years of slavery, after losing so much, India resumed its journey and reached the Amrit Kaal. “Amrit Kaal was a period of forging new dimensions of development while preserving our heritage. This was Amrit Kaal of giving a new direction to the nation. This was Amrit Kaal of fulfilling innumerable aspirations,” he said. Underscoring the need for new lifeblood for democracy through a verse, the Prime Minister emphasized that the workplace of democracy, i.e., Parliament, should also be new and modern.

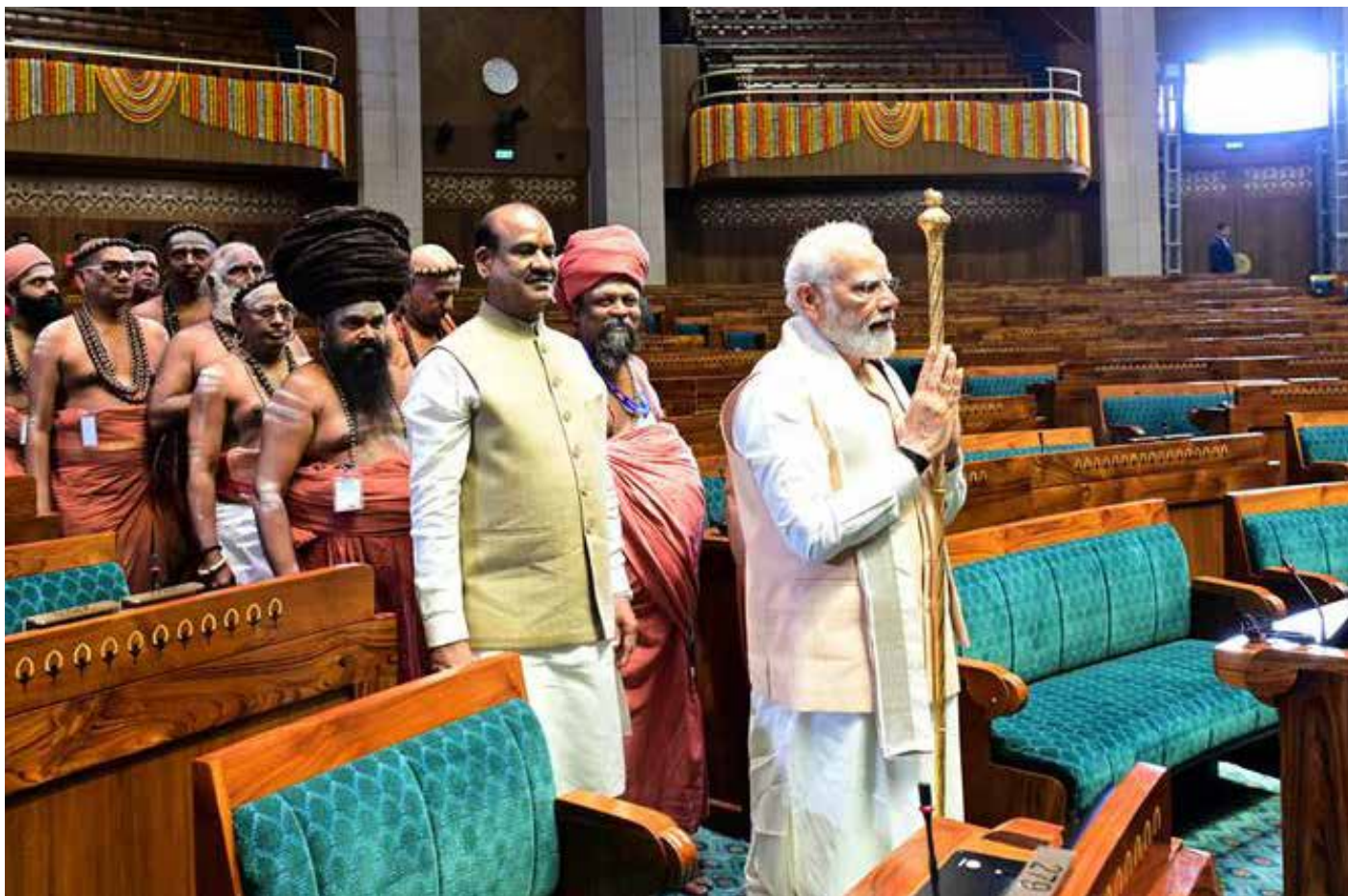
The Prime Minister recalled the

golden period of India’s prosperity and architecture. He said that centuries of slavery had robbed us of this glory. The Prime Minister said that India of the 21st century was filled with confidence. “Today’s India is leaving behind the mentality of slavery and embracing that ancient glory of art. This new Parliament Building is a living example of this endeavor,” the Prime Minister said. “This building has Virasat (heritage) as well as Vastu (Architecture), Kala (art) as well as Kaushal (skill), sanskriti (culture) as well as notes of Samvidhan (Constitution). He pointed out that the interiors of Lok Sabha were themed on the national bird peacock and Rajya Sabha on the national flower lotus. The Parliament premises had the national tree Banyan. The new building incorporated the specialties of different parts of the country. He mentioned granite from Rajasthan, timber from Maharashtra, and carpet by Bhadhoi artisans. “We witnessed the spirit of Ek Bharat Shreshtha Bharat in every particle of this building,” he said.

The Prime Minister pointed out the difficulties faced by the Parliamentarians in getting work done in the old Parliament building and gave examples of challenges due to the lack of technical facilities and paucity of seats in the House. The need for a new Parliament, the Prime Minister said, had been discussed for decades, and it was the need of the hour that a new Parliament should be developed. He expressed delight that the new Parliament House was equipped with the latest technology and the halls were also sunlit.

Recalling his interactions with the ‘Shramiks’ who had contributed to the construction of the new Parliament, the Prime Minister informed that 60,000 sharks had been given employment during the construction of the Parliament, and a new gallery had been put up in the house highlighting their contributions. “It is the first time that the contributions of Shramiks have been





immortalized in the new Parliament,” the Prime Minister remarked.

Talking about the last 9 years, the Prime Minister said any expert would treat these 9 years as years of reconstruction and Gareeb Kalyan. He said that in this hour of pride for the new building, he also felt satisfied with the 4 crore houses for the poor. Similarly, the Prime Minister expressed satisfaction with measures like 11 crore toilets, more than 4 lakh km of roads to connect villages, more than 50 thousand Amrit Sarovar, and more than 30 thousand new Panchayat Bhawans. “From Panchayat Bhawans to Parliament, only one inspiration guided us, that is, the development of the nation and its people,” he added.

Recalling his address to the nation from the Red Fort on the occasion of Independence Day, the Prime Minister said there came a time in the history of every country when the consciousness

of that country was awakened. He underlined that such a time had come in India 25 years before independence during Gandhi Ji’s non-cooperation

movement which had filled the entire country with a belief. “Gandhi Ji had connected every Indian with the resolution of Swaraj. This was the time when every Indian was fighting for freedom,” the Prime Minister remarked as he highlighted that its result was India’s independence in 1947. Shri Modi said that the Azadi Ka Amrit Kaal was a stage in independent India that could be compared to the historic period. He noted that India would complete 100 years of its independence in the next 25 years which was the ‘Amrit Kaal’. The Prime Minister emphasized the need to make India a developed nation in these 25 years with the contributions of every citizen. “History is witness that the faith of Indians is not limited to the nation itself,” the Prime Minister noted as he highlighted that India’s

freedom struggle had awakened a new consciousness in many countries of the world at that time. “When a country like India, full of diversity, with a huge population that tackles various challenges, moves forward with a belief, it inspires many countries of the world. Every achievement of India is going to become an achievement for different countries in different parts of the world in the coming days,” he said. The Prime Minister underlined India’s responsibility became bigger as its determination to develop would become the strength of many other countries.

The Prime Minister said that the new Parliament Building would strengthen the nation’s belief in its success and would inspire everyone towards a Viksit Bharat. “We will have to move with a spirit of - Nation First. We will have to keep the path of duty above all. We will have to be an example with our conduct while constantly improving ourselves.

We will have to tread our path,” he said.

The Prime Minister said that the new Parliament would give new energy and strength to the largest democracy in the world. He said while our Shramjivis had made the Parliament so grand, it was the responsibility of the Parliamentarians to make it divine with their dedication. Stressing the importance of the Parliament, the Prime Minister said that it was the resolution of 140 crore Indians that consecrated the Parliament. He expressed the hope that every decision taken there would adorn the coming centuries and strengthen the coming generations. The Prime Minister underlined that the path of empowerment of the poor, Dalit, backward, tribal, disabled, and every deprived family of the society, along with prioritizing the development of the deprived, would pass through this Parliament. “Every brick, every wall, every particle of this new Parliament House will be dedicated to the welfare of the poor,” Shri Modi said. In the next 25 years, the Prime Minister emphasized that the new laws to be made in this new Parliament House would make India a developed nation, help in pushing poverty out of India, and create new opportunities for the youth and women of the country.

The new building of the Parliament would become the basis for the creation of a new, prosperous, strong, and developed India. “This is an India that walks the path of policy, justice, truth, dignity, and duty and becomes stronger,” the Prime Minister concluded.

What does the Historic "Sengol" signify?

At the inauguration of the new Parliament House, PM Modi established the historical and sacred "Sengol" in the Parliament House. This sacred "Sengol" symbolized the transfer of power from the British to India, as stated by Shri Shah. Shri Amit Shah emphasized that

the Parliament House was the most appropriate and sacred place for this historic "Sengol." It became a symbol of Amrit Kaal, an era that witnessed the new India taking its rightful place in the world.

On May 24, 2023, the new Parliament House was dedicated to the nation, and Prime Minister Shri Narendra Modi received the sacred symbol of fair and equitable governance, the Sengol. He installed it in the new Parliament House. This Sengol was the same one accepted by the first Prime Minister of India, Shri Jawaharlal Nehru, at his residence on the night of August 14, 1947, in the presence of several leaders.

Recalling the event of India's independence, Home Minister Shri Amit Shah mentioned that many people in India were not aware of the transfer of power through the handing over of the Sengol to Pt Jawaharlal Nehru. The special occasion took place on the night of August 14, 1947, celebrating India's independence. Nehru received the 'Sengol' from the Adheenams (Priests) of the Thiruvaduthurai Adheenam (Mutt) in Tamil Nadu, who had specially arrived for the occasion. This moment marked the transfer of power from the British to the Indians. The Prime Minister decided to adopt the Sengol as a national symbol of the Amrit Kaal. The new Parliament building witnessed the same event, with the Adheenams repeating the ceremony and vesting the Prime Minister with the Sengol.

Shri Amit Shah further explained the significance of the Sengol, derived from the Tamil word "Semmai," meaning "Righteousness." It was blessed by the high priests of a leading Dharmic Mutt in Tamil Nadu. The top of the Sengol featured a hand-carved Nandi, symbolizing "Nyaya" (justice). The recipient of the Sengol was entrusted with the "order" ("Aanai" in Tamil) to rule justly and fairly. The same Sengol from 1947 was installed by the Prime Minister in the Lok Sabha,

near the Speaker's podium. It would be displayed for the nation to see and brought out on special occasions.

Shri Amit Shah expressed that the Parliament House was the most appropriate and sacred place for installing the historic "Sengol."

The establishment of the "Sengol" made the spirit of August 15, 1947, unforgettable. It symbolized boundless hope, possibilities, and a resolve to build a strong and prosperous nation. It represented the Amrit Kaal, witnessing the glorious era in which India would take its rightful place.

The Tamil Nadu government acknowledged the role played by the Mutts of the state in the Hindu Religious & Charitable Endowments Department (HR&CE) Policy Note of 2021-22. The document highlighted their role as Royal Counsel. The plan was prepared in consultation with the presidents of the Adheenams. All 20 Adheenam presidents were present on this auspicious occasion, showering their blessings and reminiscing about this sacred ritual. Gratitude was expressed to 96-year-old Shri Wummidi Bangaru Chettyji, who was associated with the construction of the Sengol and participated in the sacred ceremony.

The inauguration of India's new Parliament building on May 28, 2023, signifies a momentous occasion in the nation's history. It stands as a testament to India's democratic values, seamlessly blending the rich heritage of the past with a vision for a modern and prosperous future. The redevelopment of Parliament House and Central Vista highlights India's unwavering commitment to preserving its architectural heritage while adapting to the evolving needs of a vibrant and dynamic democracy. With its profound significance and dedication to democratic ideals, the new Parliament building serves as a guiding light and a resounding reminder of India's remarkable journey towards progress and unity. ■

Infrastructure development plays a pivotal role in shaping the socio-economic landscape of any nation.

Paving the Path to Progress: Infrastructure Development in India

In the case of India, a country of over 1.3 billion people, infrastructure holds immense significance as it fosters economic growth, improves living standards, and enhances overall competitiveness. This article explores the diverse facets of infrastructure development in India, highlighting key sectors and initiatives that are driving progress across the nation.

Transport Infrastructure:

India's transport infrastructure is witnessing significant expansion and modernization efforts. The National Highways Development Project (NHDP) aims to develop a vast network of highways, connecting major cities and promoting seamless inter-state travel. The development of expressways, such as the Delhi-Mumbai Expressway and the Eastern Peripheral Expressway, has enhanced connectivity and reduced travel time. Additionally, the Indian Railways, one of the largest

rail networks globally, is undergoing transformation with initiatives like the Dedicated Freight Corridors and the introduction of high-speed trains.

- Roads and Highways: India has been focusing on expanding its road network, with a special emphasis on the construction of expressways and national highways. The flagship Bharatmala Pariyojana project aims to develop approximately 35,000 kilometers of highways, promoting connectivity, trade, and tourism across

the country.

- Railways: The Indian Railways, one of the world's largest rail networks, has undergone significant modernization. Projects like the Dedicated Freight Corridors are revolutionizing freight transportation, while high-speed rail corridors, such as the Mumbai-Ahmedabad Bullet Train, promise to transform passenger travel.

- Airports: The government's Regional Connectivity Scheme (UDAN) aims to enhance regional air





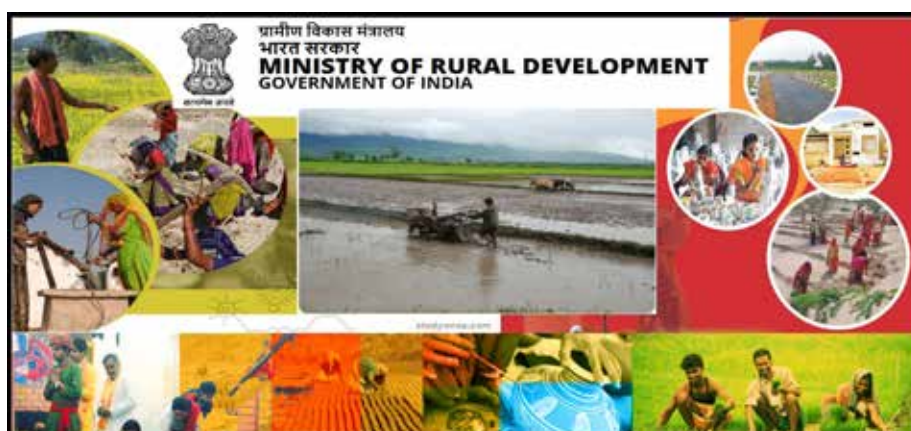
connectivity by developing airports in underserved areas. Additionally, the modernization and expansion of existing airports are facilitating a surge in air travel, fostering economic growth and tourism.

Energy Infrastructure:

India's energy infrastructure is undergoing a notable shift towards sustainability. The government's focus on renewable energy sources, particularly solar and wind power, has propelled the country's renewable energy capacity. The Jawaharlal Nehru National Solar Mission has catalyzed the installation of large-scale solar power plants, while wind farms in states like Gujarat and Tamil Nadu have contributed significantly to the country's renewable energy generation. The electrification of rural areas through schemes like Saubhagya has improved access to reliable power, transforming lives and supporting economic activities.

Urban Infrastructure:

India's urban centers are witnessing a surge in infrastructure development to cater to the needs of a rapidly urbanizing population. The Smart Cities Mission aims to transform 100 cities into technologically advanced and sustainable urban centers. These smart cities leverage digital technologies to improve transportation systems, enhance waste management, ensure efficient water supply, and optimize governance processes. Additionally,



affordable housing schemes like Pradhan Mantri Awas Yojana (PMAY) are addressing the housing needs of the urban poor, promoting inclusive development.

Digital Infrastructure:

India's digital infrastructure has undergone a significant revolution, fostering the country's digital economy. The National Optical Fiber Network (NOFN), now known as BharatNet, aims to provide broadband connectivity to all villages in India, bridging the digital divide and enabling access to digital services in rural areas. The Unified Payments Interface (UPI)

has revolutionized digital payments, making transactions seamless, secure, and accessible to millions of Indians. The expansion of data centers and the promotion of emerging technologies like artificial intelligence and Internet of Things (IoT) further support India's digital infrastructure development.

Rural Infrastructure:

India's rural infrastructure development is crucial for balanced

growth and improved quality of life in rural areas. Initiatives like the Pradhan Mantri Gram Sadak Yojana (PMGSY) have focused on connecting rural areas with all-weather roads, improving access to markets, healthcare, and education. The construction of rural infrastructure such as schools, healthcare centers, and irrigation systems has boosted agricultural productivity and overall rural development.

India's infrastructure development journey is a testament to its determination to achieve sustainable and inclusive growth. From transport and energy infrastructure to urban and digital development, the nation has embarked on an ambitious path to transform its physical and digital landscape. As these initiatives continue to unfold, India is poised to harness the potential of its vast population, unlocking new opportunities and propelling the nation forward on the path to progress. ■



India's G20 4th Education Working Group and Education Ministerial

Over 2.33 crore persons including 1.57 crore students, 25.46 lakh teachers and 51.10 lakh people participated in JanBhagidari events till Day 12 in the run up to 4th Education Working Group Meeting of G20

The Ministry of Education is all set to host the 4th and the final Education Working Group (EDWG) meeting in Pune, Maharashtra from 19th to 21st June, 2023 under the theme of "Ensuring Foundation Literacy and Numeracy, especially in the context of blended learning" and culminate with the Education Ministerial meeting on 22nd June 2023.

Secretary, Higher Education, Shri K. Sanjay Murthy; Secretary, Department of School Education & Literacy, Shri Sanjay Kumar and Secretary, Skill Development and Entrepreneurship, Shri Atul Kumar Tiwari today interacted with the media at the curtain raiser press conference and briefed on the

Shri Sanjay Murthy informed that like the previous meetings, a seminar will be preceding the main EdWG Meeting and it will be based on the priority area of Foundational Literacy and Numeracy. He further informed that at the moment, countries such as Spain, Australia, Indonesia, USA, UAE, Saudi Arabia, China and UK have all expressed their interest in the topic of the seminar and will be participating as panellists. He explained that as a precursor to the G20 EdWG meeting, the Department of Higher Education is organising a seminar in collaboration with ELSEVIER on 16th June at IISER, Pune. The seminar will be held on the theme 'Accessible Science: Fostering collaboration'. This event will convene stakeholders across the scientific community to discuss best practices for accessible Science, how accessible Science can be applied across individual nations with differing local capacities, and ways to utilize science practices to support global progress, he added.

Shri Murthy also informed that the Education Working Group meeting will conclude with the Ministerial Meeting, which will witness the participation of Education Ministers from G20 members and invited countries. Outcome documents such as a compendium of best practices amongst



upcoming G20 4th Education Working Group meeting, Ministerial Meeting, Jan Bhagidari events and precursor events to be held in Pune.

nations in the priority areas, a report and the ministerial declaration will be presented at the Ministerial Meeting. As of date 14 ministers have confirmed



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participation in the ministerial meeting from the following nations: UK, Italy, Brazil, China, Saudi Arabia, South Africa, Singapore, Oman, Mauritius, Japan, Bangladesh, Egypt, UAE and Netherlands.

Shri Sanjay Kumar, informed about the various precursor events being organised by the Department of School Education and Literacy. As a run-up to the main event, a 2-day National Conference on Foundation Literacy and Numeracy, 'Creating the Base for Lifelong Learning' will be organised from 17th to 18th June at Savitribai Phule University, Pune. The conference will help identify and discuss the best practices states are adopting in creating an environment that facilitates foundational literacy and numeracy in young learners. He also informed that the objective of the conference is to reflect on two important themes - teaching learning approaches and pedagogy for FLN in the context of Multilingualism & capacity building and training of teachers in blended mode. The experts from various fields have been invited to share their experiences and learning with the audience to identify the areas of joint initiatives, cross learning & the challenges in the implementation. Representatives from the Education Departments of all States & UTs

in India, Knowledge partners of Government of India (UNESCO & UNICEF) and civil society agencies will be participating in this event, he added.

Shri Kumar further informed that, concurrently, an exhibition will be inaugurated on 17th June at Savitribai Phule University, Pune. It will showcase innovative practices being adopted in education and FLN, Digital initiatives, Research & Skill Development, in particular by the States, UTs and other agencies in the field of education. Around 100 exhibitors will be participating in the exhibition. He ended by saying that lifelong learning begins when Foundational Literacy ends.

He also informed that to involve people from all strata of life, numerous activities, including Janbhagidari events, workshop, exhibitions, seminars and conferences have already been started from 1st June, 2023 at State, District, Block, Panchayat and school level to involve people from all strata of life in the run up to the fourth Education Working Group Meeting of G20. The entire program is turning out to be a huge success, and has already witnessed a total participation of more than 2.33 crore including 1.57 crore students, 25.46 lakh teachers and 51.10 lakh people from community till Day 12, which is not only unprecedented but

also reflects a high level of interest and engagement among masses.

Shri Atul Kumar Tiwari informed about the success of Jan Bhagidari in Odisha and said a similar campaign is being held based on a set of pre-identified 35 themes such as financial literacy in lead up to the 4th EdWG meeting. He informed that MSDE has been able to mobilise 2300 skill based institutions such as ITIs, JSS, PMKK, Polytechnic, Indian Institute of Entrepreneurship and some schools, colleges and universities and have witnessed 10 lakhs plus participation in Jan Bhagidari activities ranging from webinars, workshops, skill quizzes to awareness programs, rallies from across the country. Shri Tiwari said that MSDE has been constantly working with the Ministry of Education towards the Education working group meetings.

In addition to this, Ministry of Education has launched a pledge titled 'Shiksha Sankalp' on mygov.in portal to encourage students, teachers and the general public to pledge to pursue education and lifelong learning to contribute towards the progress of the nation and to keep on developing skills and knowledge to become a responsible citizen of India. More than 1.5 lakh people have taken the pledge so far in less than a week's time. ■



Embracing Serenity: International Yoga Day in India

Yoga is a trend that has been flourishing over the years; rather, it has become a trendsetter in maintaining physical and mental well-being. Each Yogic activity is a key to improving flexibility, strength, balance, and harmony.

International Yoga Day, observed on June 21st every year, is a celebration of the ancient practice of yoga and its global significance. In India, the birthplace of yoga, this day holds special significance as it symbolizes the nation's commitment to promoting holistic well-being and the integration of mind, body, and spirit. This article explores the significance of International Yoga Day in India, its origins, and the country's enthusiastic participation in this global event.

Origins of International Yoga Day:

The United Nations declared June

21st as International Yoga Day in 2014, following a proposal made by Prime Minister Narendra Modi during his speech at the UN General Assembly. The declaration was unanimously supported, highlighting the universal appeal and relevance of yoga as a means to promote health, harmony, and peace.

Celebrations in India:

In India, International Yoga Day is celebrated with great fervor and enthusiasm across the country. The day begins with thousands of people, including government officials, citizens, and yoga enthusiasts, gathering in various public spaces to participate in

mass yoga sessions. The iconic Rajpath in New Delhi serves as the centerpiece of these celebrations, with Prime Minister Modi leading a large-scale yoga event attended by people from all walks of life.

Promoting Holistic Well-being:

International Yoga Day in India serves as a platform to raise awareness about the numerous physical, mental, and spiritual benefits of practicing yoga. Yoga, a 5,000-year-old discipline, combines physical postures (asanas), breathing exercises (pranayama), and meditation techniques to foster overall

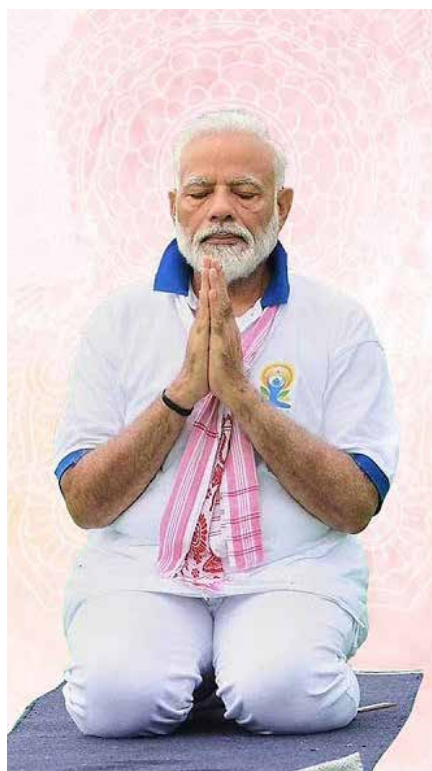
well-being. The day emphasizes the importance of incorporating yoga into daily routines to promote a healthy lifestyle and combat stress and lifestyle-related ailments.

Inclusivity and Diversity:

International Yoga Day in India is a testament to the country's diversity and inclusivity. People of all ages, backgrounds, and abilities participate in the events, reflecting the universal appeal of yoga. From school children to senior citizens, from urban centers to rural communities, yoga serves as a unifying force, transcending cultural, religious, and linguistic boundaries.

Global Participation:

India's commitment to International Yoga Day extends beyond its borders. Indian diplomatic missions and cultural



Day in India is often aligned with the United Nations' Sustainable Development Goals (SDGs). Yoga's holistic approach to health and well-being resonates with the SDGs' focus on eradicating poverty, promoting gender equality, ensuring good health, and fostering peace and justice. The practice of yoga encourages a mindful and compassionate approach to life, empowering individuals to contribute positively to society and the environment.

International Yoga Day in India is a celebration of India's ancient heritage, promoting the holistic well-being of individuals and fostering a sense of unity and harmony. The day exemplifies India's commitment to sharing the timeless wisdom of yoga with the world, encouraging individuals to embrace



centers worldwide organize yoga events to commemorate the day, promoting the essence of yoga as a means to foster peace, harmony, and well-being. These events showcase India's rich cultural heritage and contribute to strengthening

international bonds through the shared practice of yoga.

Yoga for Sustainable Development:

The theme for International Yoga

this transformative practice. As India continues to lead the way in celebrating International Yoga Day, it reinforces the power of yoga to create a healthier, happier, and more peaceful world. ■

Peek into the History of Madhya Pradesh through Museums

Welcome to Madhya Pradesh, a state in central India known for its rich cultural heritage and historical significance. As we approach the International Museum Day on 18th May 2023, it is an opportune time to delve into the fascinating world of museums in Madhya Pradesh.

This state boasts a diverse collection of museums, each offering a unique glimpse into the region's past, art, culture, and natural history. Madhya Pradesh is home to several renowned museums that showcase the state's vibrant history and architectural marvels. Madhya Pradesh is often called the 'heart of India,' not only because it is geographically located at the center of the country but also because it is epitomizing the historical, culture and natural variety as well as the sheer antiquity of this land. Some of the oldest human and animal fossil in the world have been excavated in the Narmada valley, and the state's many rock art shelters are rich preserves of our ancestor's imaginations.

Dozens of museums across the state are aiding the efforts to document and preserve the history of Madhya Pradesh as it has come down to us in art and sculptures, pottery and fossil, jewelry and weapons. Let's have a look at a few museums of Madhya Pradesh.

MP Tribal Museum

The capital of Madhya Pradesh Bhopal, which is also known as the 'City of Lakes,' has several museums which have a lot of unheard truth of bygone era in its folds. One of the biggest attractions here is Tribal museum. The colorful museum is being divided into six different galleries

showcasing various tribes of Madhya Pradesh. The folklores, lifestyle, rituals and social customs of all seven indigenous tribes of MP- the Gonds, Bhils, Bharias, Sahariya, Korku, Kol, and Baiga are showcased in the museum through a repository of traditional art. In fact, lives of the region's seven tribes are being celebrated here via their craft. The moment you step into the galleries inside the museum, you get a strong feel about not just witnessing the galleries but a strong feeling of entering straight into the lifestyles of the tribes of Madhya Pradesh.

Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS)

Any exploration of a museum is incomplete without a visit to the Indira Gandhi Rashtriya Manav Sangrahalaya (IGRMS), in Bhopal. On a sprawling land of over 200 acres, one can see the open-air exhibition of tribal habitats from all corners of India. These dwells are made by the tribes themselves using the indigenous raw material that depict the lifestyle of tribal in the villages. The open-air exhibitions include Himalayan Village, Medicinal Trail, Mythological Trails, Desert Village and Rock-Art Heritage that displays 36 rock shelters with stunning prehistoric paintings. The museum also exhibits a collection of traditional outfits, agricultural & household objects and other crafts showcasing the

regime of the tribes!

Maharaja Chhatrasal Museum, Dhubela

Situated at a distance of 62km from Khajuraho, Maharaja Chhatrasal Museum is located in Dhubela on the Chhatarpur-Nowgaon highway in Chhatarpur district of Madhya Pradesh. Popularly known as Dhubela Museum, the palace was built by Maharaja Chhatrasal on the banks of Dhubela Lake. Established in 1955, the museum helps tourist to know the history of famous Bundela dynasty of Khajuraho. This museum has eight galleries, of which two galleries display inscriptions, copper plates, Sati pillars, lingas and inscribed images of the Gupta and Kalachuri period. The museum houses a wide range of sculptures of the Shakti cult. It has also a significant collection of Jaina images.

Adivart Tribal and Folk Art Museum, Khajuraho

Situated within the Chandela Cultural Complex in Khajuraho, this museum is an ideal place for history lovers, as it possesses a rich collection of tribal and folk art and artifacts. The museum offers the visitors a peek into the history of customs and rituals of different tribes in Madhya Pradesh. It houses over 500 tribal antiques, folk paintings, jewellery, masks, terracotta objects, metal craft and bamboo items. One can also buy some original paintings and prints here.

This museum also exhibits the evolution of centuries.

Gujari Mahal Archeological Museum, Gwalior

Gujari Mahal is one of the most visited places in Gwalior. The palace was built by king Man Singh for his beloved queen Mrignayani who was born in Gurjar family. It is now known as the Archeological Survey of India's museum in Gwalior. The archaeological heritage displayed in the museum is comprised of stone sculptures, terracotta figures, stone inscriptions, copper plate inscriptions, coins, bronze sculptures, paintings, arms & weapons and excavated material. ■

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flydubai Cargo adopts DG AutoCheck

flydubai, the Dubai-based carrier, has become the first airline in the MENA region to adopt IATA's Dangerous Goods AutoCheck (DG AutoCheck) digital solution. This demonstrates the airline's ongoing commitment to invest in the latest technologies and innovative solutions across the business to enhance operational performance.

DG AutoCheck is an IATA digital solution for the acceptance of dangerous goods shipments. The automated compliance solution will allow flydubai Cargo to optimise dangerous goods acceptance processes to ensure the highest level of safety.

Earlier this week flydubai participated at the DG AutoCheck Forum as part of the 35th International Air Transport Association (IATA) Ground Handling Conference (IGHC). At the IGHG, Mohamed Hassan, Senior Vice President of Airport Services & Cargo, received the IATA certification on flydubai's behalf.

Mohamed Hassan, Senior Vice President of Airport Services and Cargo



We are pleased to be the first airline in the region to adopt DG AutoCheck. Since the launch of flydubai Cargo in 2012, we have remained dedicated to investing in innovative solutions to optimise our cargo capabilities. The implementation of this digital solution for a commercial airline shows the highest level of commitment to adopting best-in-class practices in the industry. DG AutoCheck provides a digital solution to effectively manage the transport of dangerous goods by air for our customers while at the same time enhancing safety and compliance.



IndiGo Strengthens Regional Connectivity

The airline will connect North Goa to Ranchi via Patna, effective May 24, 2023. These flights are aimed at strengthening domestic connectivity and offering customers with increased flight options, to India's most popular tourist destination, Goa. The addition of these routes will take the tally of total 22 flights being operated from North Goa.

Goa is one of India's most popular tourist destinations and is known for its pristine beaches and nightlife. It carries a vast spectrum of cultural practices. Portuguese, Maharashtrian and Konkani influences are evident in language, food, architecture, dress, and dance. People from all around the country and beyond visit Goa for its beaches, majestic carnivals, churches, amazing delicacies, and forts. Beaches like Baga, Candolim, Calangute, Morjim, Arambol, Anjuna, and churches including, Bom Jesus, Saint Cathedral, St Francis, Chapel of St. Catherine, and more, are visited by tourists from all around the country.

These flights are designed to cater to business and leisure 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.

SAUDIA Group is all set for Hajj Season 2023

SAUDIA Group – Saudi Airlines, flyadeal, and Saudi Private Aviation – have announced its operational plan for Hajj season 2023, allocating over one million and 200 thousand seats for pilgrims from all over the world. The integrated plan includes optimizing the use of SAUDIA group's current fleet of 164 aircraft, with the provision of an additional fleet of 12 aircraft.

SAUDIA group will be transporting pilgrims from more than 100 scheduled destinations and 14 seasonal destinations to 6 airports in the Kingdom located in Jeddah, Riyadh, Dammam, Medina, Taif, and Yanbu. The 8 thousand cockpit and cabin crew can speak a total of 42 different languages and will graciously serve the guests during their trips; reflecting the generous nature of Saudi hospitality. The plan ensures synergy from all SAUDIA Group subsidiaries, especially those concerned with providing services to pilgrims, specifically, Saudia Aerospace Engineering Industries (SAEI), Saudi Ground Services (SGS), and Saudi Airlines Catering Company (SACC), all of which will operate at full capacity and around the clock throughout the Hajj season. SAUDIA aims to provide the best air transport and logistic services, as well as other integrated services across all locations through digital platforms and qualified personnel to serve pilgrims upon arrival and departure.

Mr. Amer Alkushail, Chief Hajj and Umrah Officer at SAUDIA Group, said: "Through our accumulated experience, capable employees, and our relentless pursuit to offer the best technical services that guarantee a smooth travel experience, SAUDIA Group is ready to implement a new Hajj plan. This operational plan is in line with the directives of the Supreme Hajj Committee, headed by His Royal Highness Prince Abdulaziz bin Saud bin Naif bin Abdulaziz, Minister of Interior; the Central Hajj Committee headed by His Royal Highness Prince Khaled Al-Faisal, Advisor to the Custodian of the Two Holy Mosques, Governor of Makkah Region; and in cooperation with the Ministry of Hajj and Umrah and the Pilgrim Experience

Program." Al Khushail also highlighted the importance of integrating performance with various government stakeholders at airports like the General Authority of Civil Aviation (GACA) along with all companies involved in organizing Hajj trips inside and outside the Kingdom. Al Khushail revealed that Prince Mohammad Bin Abdulaziz International Airport in Medina will receive the first flights arriving in the Kingdom on May 21. Recently, SAUDIA Group has concluded a number of agreements with various authorities to serve pilgrims in many countries, as part of its endeavor to increase its operational share and invest in its reputation by providing air transport services in a distinct spiritual atmosphere. In addition, SAUDIA Group aims to achieve operational efficiency while fully complying with safety standards, which are its top priorities. The company has mobilized its human and digital capabilities to provide the best services and implement the plan through various paths, including the performance monitoring team, the terminal operations centre team, as well as the team in charge of the follow-up and pre-coordination with all sectors and relevant authorities. All these teams work around the clock and with direct follow-up from SAUDIA's senior leadership.

SAUDIA Group provides pilgrims with many distinguished services, including issuance of boarding passes for the arrival and return flights from international departure and domestic terminals; staffing King Abdulaziz International Airport (KAIA) in Jeddah and Prince Mohammad Bin Abdulaziz International Airport (Madinah Airport) with navigators and employees fluent in the various languages; arranging the dispatch of Zamzam water

bottles to various destinations; and providing additional flights for pilgrims wishing to travel to Medina by air.

This is offered in addition to securing the operational requirements, including staff, labor and ground equipment, in proportion to the size of the operation. Therefore, SAUDIA Group has been working to train all front-line employees in the areas of Hajj protocol, crowd management, dealing with crises and responding to emergency plans.

As part of its endeavor to provide pilgrims with comprehensive services and enrich their travel experience, SAUDIA has updated its in-flight Islamic content including religious programs, especially those dedicated to raising awareness of Hajj. The updates include more than 134 hours of various religious programs and 590 hours of Quran recitations, in addition to many Islamic programs available in several languages such as Arabic, English, Indonesian, Chinese and other languages spoken by pilgrims. Moreover, SAUDIA's Inflight Entertainment system offers a unique collection of educational e-books on how to perform Hajj and Umrah in more than 14 languages.

SAUDIA Group has also expanded its Hajj season plan activities to include sharing awareness messages to pilgrims in their languages through the official means in their countries, Hajj missions, Hajj organisations present in Makkah and Madinah, and across Hajj residences. In these messages, the company clarifies all matters related to the pilgrims' journey, including details related to baggage, its weights and sizes, as well as mechanisms for accepting it at airports upon departure after the end of the Hajj, in order to facilitate their procedures beyond expectations. ■

VietJet expands its network in India

Vietnam's leading new-age carrier, VietJet officially welcomes Indian passengers on direct flights connecting Ho Chi Minh City (Vietnam) and Kochi (India) from August 12, 2023. Constantly expanding the flight network connecting India with Vietnam, the airline will operate with a frequency of four flights/week on every Monday, Wednesday, Friday, and Saturday.

Flight from Kochi will depart at 23:50 (local time) and land in Ho Chi Minh City at 06:40 (local time). Return flight will depart from Ho Chi Minh City at 19:20 (local time) and arrive in Kochi at 22:50 (local time).

Furthermore, VietJet expands its fleet to meet growing travel demand: Receives 6th A330 and Adds 3 A321 neo ACF Aircraft in May 2023. The new additions prioritize fuel savings, emission reduction, and environmental protection. These modern aircraft will replace older ones, enhancing operational efficiency, cost savings, and delivering exceptional flight experiences to passengers at affordable fares.

Additionally, the airline has also



announced international route, connecting Hanoi (Vietnam) with Hiroshima (Japan)

Starting from July 19, 2022, the airline will launch a twice-weekly service between Hanoi and Hiroshima, with flights operating on Wednesdays and Sundays: With a flight time of

approximately 4.5 hours, passengers will depart Noi Bai International Airport in Hanoi at 02:15 (local time) and land in Hiroshima International Airport at 08:45 (local time). The return flight will depart Hiroshima at 09:45 (local time) and arrive in Hanoi at 12:35 (local time).

VietJet's new direct link opens exciting

opportunities for Indian travellers, expanding network connectivity. With strategic expansions in Mumbai, Delhi, Ahmedabad and Kochi, the airline has established a strong presence and connectivity between Vietnam and India. The airline's modern fleet of A330 and A321 aircraft, constantly renewed, positions it as a global leader in cost-effective travel. Offering a wide range of destinations including Australia, Japan, Korea, Taiwan, Malaysia, Singapore, Kazakhstan and many more, VietJet provides attractive fares, convenient services, and meets diverse customer needs. As part of its global expansion plan, VietJet will continue to receive new aircraft, particularly large A330s, to further enhance its global network spanning five continents. ■

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Product View



UHD-777

DIGITAL I.T. BOX

Nexa Jimny

Dominate the Off-Road

Unleash Your Adventure with Maruti Suzuki's All-New 5-Door Off-Roader



Born in 1970, the Jimny has embarked on a remarkable and enduring journey down the evolutionary road of automotive excellence. Selected by nature for its ability to thrive in the harshest conditions, the Jimny has witnessed and triumphed over the harshest of conditions. With each passing year, it has grown tougher, wiser, and more resilient, honing its skills and gaining experience as its greatest teacher. This indomitable spirit has inspired generations of adventurers, urging them to embark on their quests and create stories that will be remembered for ages.

Jimny's design is rooted in the purity of function. Its ability to power through the roughest terrains—it is embedded in its very DNA. With a simplicity that is

purposeful and deliberate, the Jimny has become the driving force behind extraordinary journeys and legends that have stood the test of time.

Step outside, and you will be greeted by a captivating exterior that commands attention and respect. The Jimny's iconic LED headlamps, accompanied by washers, pierce through the darkness, illuminating the path ahead even in the most challenging and treacherous environments. Whether it's sand, mud, dirt, or snow, each adventure becomes a thrilling chapter in Jimny's story. The bold gun-metal alloys and robust design contribute to its rugged appearance, making you feel one with the terrain as you don the hat of an intrepid off-roader. The vertical slit grille, adorned with 5-slot chrome

plated openings in a striking shade, pays homage to the Jimny's rich off-roading legacy—a testament to its enduring spirit and unyielding commitment to adventure. The upright A-pillars and flat clamshell bonnet structure provide a wide-angle view of the world that lies ahead, ensuring you are always ready for every twist and turn along the trail. With optimized bumpers featuring angled edges, the Jimny increases clearance at the wheels, allowing you to navigate through obstacles with ease. And when the adventure draws to a close, the practical drip rail running along the side and rear edges allows for flexible installation of roof carriers while keeping you dry as you enter and exit the vehicle.

As you step into Jimny's cabin, you

will discover an interior that strikes the perfect balance between practicality and comfort. The Jimny understands the needs of adventurers, and its design reflects that understanding. The rugged exterior seamlessly transitions to the interior, creating an immersive environment that complements your off-roading experience. Every element is designed with intention and purpose, ensuring that you can fully focus on the journey ahead. From the intuitive placement of controls to thoughtful storage solutions, the Jimny caters to your every need. The cabin provides ample space for both passengers and cargo, allowing you to bring along everything you require for your epic adventures.

But its commitment to your well-being goes beyond its design and aesthetics. It prioritizes your safety on every terrain, providing you with the confidence to conquer any challenge. Hill hold assist empowers you to climb steep roads with the agility of a mountain goat, while hill descent control allows you to maintain control even on the most treacherous descents. Brake LSD ensures that no terrain is too stubborn for your unstoppable progress. With six strategically positioned airbags, the Jimny surrounds you with a protective shield, ensuring that the thrill of the ride is always accompanied by the utmost safety.

When it comes to performance, Jimny is unrivaled. It is engineered to conquer any fear, no matter how daunting. The proven ALLGRIP PRO 4x4 technology, combined with the low-range transfer gear, provides you with maximum torque and traction, allowing you to conquer the toughest and most unforgiving terrains with ease.

The ladder frame chassis delivers the necessary torsional rigidity to overcome any challenge, ensuring that the Jimny remains steadfast and unyielding in the face of adversity. The 3-link rigid axle suspension with coil springs guarantees increased tire contact with the surface, offering enhanced stability



and grip, even on deceptively slippery terrains. The Jimny's 1.5L K15B engine is a testament to its commitment to unparalleled off-roading performance. With a wide RPM range and impressive power output, this engine unleashes a new level of capability, propelling you to new heights and empowering you to conquer any obstacle that comes your way.

Jimny's design and engineering ensure that you can defy the odds and take outdoor exploration to a whole new degree. With ample body angles and generous ground clearance, the Jimny allows you to traverse even the most challenging landscapes, defying the limitations of conventional vehicles. Its exceptional departure and approach angles ensure that no obstacle is insurmountable, and the harshest terrains will bow before your unwavering determination and indomitable spirit.

A STORY PASSED DOWN FOUR GENERATIONS:-

THE 1ST GENERATION 1970: Born Tough The Jimny emerged as a tough contender among large off-roaders, defying stereotypes and captivating the hearts of adrenaline-seeking enthusiasts



who dared to explore the uncharted. It set a new standard with its robustness and ventured where others wouldn't.

THE 2ND GENERATION 1981: Iconic Gypsy The second-generation Jimny, known as the Gypsy, became an icon of the 80s. With its striking design, it conquered both city streets and rugged wilderness. People and animals alike couldn't help but be captivated by its presence.

THE 3RD GENERATION 1998: Comfort and Performance Building on its rough-and-tough spirit, the third-generation Jimny prioritized comfort without compromising on capability. Its sleek aerodynamic design, extended wheelbase, and refined suspension

brought a new level of refinement and maintained its dominance for two decades.

THE 4TH GENERATION 2018:
Conquering New Frontiers The fourth-generation Jimny took the legacy of its predecessors to new heights. With its flawless design and unrivaled performance, it fearlessly conquered treacherous terrains, setting new off-roading benchmarks worldwide.

Born for Off-Roading: A Companion for the Untrodden Path: The all-new 5-door Jimny is more than just a vehicle; it's a partner that shares your thirst for adventure. With off-roading in its veins, this remarkable vehicle is ready to take you further than ever before. Leave no stone unturned as you push the boundaries of exploration, venturing

Conventional Vehicles

Experience outdoor exploration on a whole new level with Jimny's ample departure and approach angles. Climb steep slopes with confidence, while the wide ramp break-over angle and high ground clearance allow you to conquer every obstacle in your path. This remarkable vehicle defies the limitations of conventional vehicles, empowering you to explore even the most challenging landscapes.

Unstoppable Power: Engineered for Off-Roading Excellence

Under the hood, the responsive 1.5L K15B engine of the Jimny unleashes its power as you set forth into the unknown. Designed specifically for off-roading, this engine generates strong

terrains. The combination of these features ensures increased tire contact with the surface, offering enhanced grip and stability. From rough roads to impassable tracks, Jimny's design and engineering will never let you down.

Commanding View and Uncompromised Design: Conquer with Confidence

A commanding view is essential when tackling tough terrains, and the Jimny delivers exactly that. With its upright A-pillars and flat clamshell bonnet structure, you'll have a wide and unobstructed view of the path ahead, allowing you to navigate with precision. Optimized bumpers with angled edges increase clearance at the wheels, enabling you to dodge obstacles effortlessly. The practical drip rail running along the side and rear edges ensures flexible installation of roof carriers and keeps you dry during vehicle entry and exit. LED headlamps with washers pierce through the darkness, making sure you never lose sight of your next adventure.

Intuitive Design and Comfortable Interior: Focus on the Journey Ahead

Inside the Jimny, you'll find a thoughtfully designed cabin that prioritizes your comfort and convenience. Intuitively placed controls, including switches, dials, and touchscreen controls, ensure easy operation even while tackling rough terrains or wearing gloves. The comfortable seat design absorbs shocks, ensuring a memorable drive regardless of the terrain. The Jimny's interior strikes the perfect balance between ruggedness and refinement, providing you with an immersive experience that complements your off-roading endeavors.

Safety First: A Reliable Companion on Every Terrain

While embarking on thrilling adventures, safety is paramount. The



into the unknown with unwavering determination and an indomitable spirit.

Unyielding Performance: Conquer Any Fear with Ease: The Jimny is purpose-built to conquer the most challenging terrains nature has to offer. No matter the obstacle, this rugged machine is relentless in its pursuit of daredevil stories. From jagged rocks to treacherous passes and strong currents, the Jimny's off-road prowess knows no bounds. Its off-road performance is unmatched, making every adventure a thrilling experience that will be etched in your memory forever.

Ample Body Angles and Clearance: Defy the Limits of

torque throughout a wide RPM range, ensuring unstoppable performance in any situation. Engage the ALLGRIP PRO's low-range transfer gear and experience a new level of off-roading capability. With maximum torque and traction, the Jimny effortlessly conquers every terrain, transforming the harshest landscapes into joyous playgrounds.

Tough and Resilient: Built to Overcome Any Challenge: The Jimny's 3-link rigid axle suspension with coil springs and ladder frame chassis provides the necessary toughness and resilience to overcome any challenge. With full-width rigid axles in the front and rear, this vehicle maintains stability and traction on even the roughest



Jimny is equipped with NEXA's safety shield, ensuring your peace of mind on every track you tread. Standard across all variants, the Jimny is equipped with six airbags to safeguard you against any eventuality. Additional safety features such as Hill Descent Control, Hill Hold Assist, and Brake Limited Slip Differential provide enhanced control and stability, making sure you stay on course even in the most challenging conditions.

Unplug and Connect: Tech to Enhance Your Journey

Escape the distractions of the modern world and connect with the essence of adventure. The Jimny keeps you connected to the technology that matters, without compromising your off-grid experience. The intuitively designed SmartPlay Pro+ infotainment system, available in 22.86cm (9") or 17.78cm (7") variants, pairs wirelessly with your smartphone via Android Auto[®] and Apple CarPlay[®]. Surround Sense with ARKAMYS takes your audio experience to new heights, offering signature ambiances that suit your every mood.

Space to Unleash Your Alter Ego: Ready for Anything

Jimny understands your need for freedom and self-expression. With ample storage space in the large boot, wider rear opening, hook screws, and a luggage box, you can securely store your tools and belongings. The front

seats can be adjusted all the way back, transforming into comfortable beds when needed. The Jimny offers space to secure your phone and bottle, along with a floor console for additional storage. Whether you're a light packer or embarking on an extended journey, the Jimny provides the versatility you need to script your own adventure.

Choose Your Style: Make a Statement

The Jimny comes in a variety of colors, each designed with function in mind. From conspicuous body colors to low-visibility options, there's a shade for every taste. The iconic Kinetic Yellow, inspired by adventure safety jackets, stands out as a symbol of adrenaline-fueled exploration. Additional colors like NEXA Blue and Pearl Arctic White, among others, offer a range of choices to suit your preferences. Regardless of the color you choose, the Jimny looks its best covered in dust and mud, a testament to the adventures it has conquered.

Embrace the Conqueror's Steed: Embody the Spirit of Adventure

The Jimny isn't just a car; it's a symbol of conquest and exploration. With its unmatched capability, timeless design, and unwavering reliability, it empowers you to push the boundaries and create extraordinary stories. Embrace the conqueror's steed and embark on a journey that will redefine your limits and

unlock a world of adventure.

Maruti Suzuki Jimny: Potential Choice for Indian Armed Forces

It is also worth noting that Shashank Srivastava, the Senior Executive Director of Marketing and Sales at Maruti Suzuki India Ltd., has announced that the Indian armed forces have shown interest in the Jimny, and the company is considering their request after the official launch of the vehicle in the market.

The all-new 5-door Jimny is not just a vehicle; it's a gateway to thrilling adventures and boundless exploration. With its off-road prowess, unyielding performance, and unstoppable power, the Jimny is built to conquer any challenge that comes your way. Its tough and resilient design, coupled with a commanding view and intuitive interior, provides the perfect balance of functionality and comfort. With safety features that prioritize your well-being and technology that enhances your journey without disconnecting you from the essence of adventure, the Jimny is a reliable companion on every terrain. Offering ample space for your gear and a variety of stylish colors to choose from, the Jimny allows you to make a statement and embrace the spirit of adventure. So, unleash your adventurous spirit, embody the conqueror's steed, and let the all-new 5-door Jimny take you on unforgettable journeys, where limits are surpassed, and the thrill of exploration knows no bounds. ■

HOLIDAYS

Priceless Treasures and Wondrous Pleasures

Family holiday with kids? These family friendly luxury hotels belong on your bucket list.



Its summer vacation and time for that incredible family holiday again! Here is a roundup of five amazing family friendly hotels and resorts that will ensure your family moments and memories last for life. These luxury destinations offer activities and services ranging from island excursions, treasure hunts, to specially curated spa menu for the kids, while also allowing parent and elders to take delight in some unparalleled luxury experiences.

Chateau Saint-Martin & Spa, French Riviera

Perched in the hilltops of Vence, with a splendid panorama of the Riviera hinterland, Château

Saint-Martin & Spa is a secluded hideaway of priceless treasures and wondrous pleasures. Children love the Château's history and gardens, this is a family haven immersed in nature. There is leisure for all from tennis to children's Spa, while the Kids Club flourishes with happy energy. The villas here are a popular option for families preferring more privacy.

Chateau Saint-Martin & Spa's Kids Club is a delightful Riviera rendezvous for Junior travellers, together new friends play amidst nature's beauty, discovering circus arts, floral workshops, balloon sculptures, pictures atelier, team sports, Olympic games. Programmes are devised according to the age of children and their personal enthusiasms.

The property offers a very special spa for your little ones. Kids can choose



from 100% organic treatments specially curated for the VIP Prince and Princess. The menu also includes a massage for minis and Fairy Nails polish. Teens will appreciate their specially devised spa with skin cleanse and shoulder destress. Make it top to toe, with a new French hair do! Chateau Saint-Martin & Spa is also the place to inspire your children's artistic instincts. They can view extraordinary collections by Picasso, Matisse and Renoir, then bring to life their own interpretations guided by the creative team at the Kids Club and inspired by the same sunlight as the masters.

The Château is set in 34 acres of spectacular natural beauty, and the surrounding countryside offers a range of recreational activities including magical walks through the hills. At the Château, guests have Spa Saint-Martin by La Prairie, a luxuriously therapeutic sanctuary, fitness facilities, two tennis courts, an Eden Being boutique and a truly majestic infinity pool.



Zulal Wellness Resort by Chiva-Som, Qatar

A stay at Zulal is different from anything you've experienced before because it's the first destination to offer a meaningful wellness experience for the entire family. You may have individual health goals, yet the resort also encourages you to come together to bond, develop, learn and be happy as a family unit.

Zulal Discovery follows Zulal's exclusive "Family Wellness" philosophy, based on the belief that individual wellness is intricately linked to fulfilling family life and the ability to build meaningful relationships, thriving to enhance them via special activities and practices. Facilities have been designed by child and family specialists to bring families together. Accommodation is offered in a range of set-ups across 120 rooms and suites.

Wellness at Zulal Discovery, is centered around wellness for the whole family, teaching children the value of a healthy and sustainable lifestyle with age-appropriate activities. While younger children are encouraged to explore, with nature-based outings, arts and crafts, older children can spend their time being active, with kayaking, dancing, and personal training. Retreats are divided by age groups, with four programs for the children, and separate ones for parents and grandparents.



Cheval Blanc Randheli



An island tailored for little ones, Cheval Blanc Randheli Maldives is a big wide world of wonder. The Maison welcomes its youngest guests with a collection of specially designed amenities and gifts. Babies are swaddled in refined equipment. Children are spoilt in kid-sized slippers and bathrobes. Made-to-measure baby purées and kid-friendly menus, and unforgettable family memories.

At the centre of the tropical world of Cheval Blanc Randheli, Le Carrousel, a children's kingdom crowned with a 500m² house-cabin facing the beach invites little explorers to expand their imaginations. As in the tale of “Alice in Wonderland,” everything is on a reduced scale. Walls painted with imaginary fishes enliven a playroom opening onto an outdoor trampoline and revealing a huge net-tree, a slide, and a climbing wall for ascending to the firmament of one's childhood dreams. On another wall, an interactive screen



allows children to create their own virtual fish, which evolves among the corals and lagoons of the atoll and will be reactivated by the child each time he or she passes.

For teenagers, Le Paddock offers exciting island excursions, various learning activities and many other activities for the entire group including yoga and stargazing. This teens' club is equipped with a media lounge, foosball table and ping-pong table. Its proximity

to the Watersports Centre also makes it an ideal place for teenagers to socialise and enjoy an exciting range of aquatic, thrill-seeking experiences.

Meanwhile, elders can enjoy the outdoors – and a bit of a mental challenge – with a life-sized giant chess game or a traditional pétanque set-up. Enjoy an unforgettable moment on board Cheval Blanc Randheli's bespoke seaplane with your entire family. Fly into the Maldivian sky and witness the turquoise beauty from the sky in an extraordinary 15-minute flight. Dress up for the occasion with your very own pilot hat and pilot's wings and meet the captain and the crew at the cockpit before take off for a pre-flight briefing! Then, take a seat in the cabin and watch the pilots during their take-off maneuvers. Snap as many photos of the lagoon where the water meets the sky for your memories. At the end, little ones receive their Cheval Blanc Seaplane pilot's license and a special mini-seaplane gift to take home.



Capella Singapore

Create cherished memories with loved ones as you embark on exciting adventures. Immerse in tranquility amidst 30 acres of lush greenery, while the little ones revel in endless family fun. At the heart of Capella Singapore's Sentosa Island escape are two restored Tanah Merah colonial bungalows dating back to the 1880s, from which the hotel extends into gardens and grounds framed by the sea. At the heart of Capella philosophy is its visionary curation of culture and experiences. A series of enriching programmes and rituals that celebrate heritage, arts, gastronomy and wellness, each tailored to provide you with unique Capella moments will ensure a dream vacation with your family.

Every moment together counts, and nothing is more important than creating memorable family moments. Make the most of family time with carefully curated activities such as Breakfast with Peacocks, Sustainable



Art and Craft Workshops, Scavenger Hunt, Little Stars Culinary Workshop, Dimsum Masterclass and Lunch, and Shrinky Dink Charm Making.

Discover the rich heritage and colourful cuisine of the Peranakans, and how they have influenced Singapore as we know today with Capella Curates' A Peranakan Way Of Life. Retrace the steps of early Peranakans as they develop their roots in Singapore, and explore different



facets of this unique heritage intricately interwoven by both Malay and Chinese influences - from the timeless food, fashion,

lifestyle, and their various past times.

Capella Singapore also brings to us a perfect Family Escapade this summer with a unique package including \$150 resort credits (SGD) and complimentary entry to Universal Studios Singapore and more! Offering accommodation type of your choice, daily breakfasts for two adults and two children, complimentary admission tickets to Universal Studios Singapore for two adults and two children, including two-way shuttle bus transfer, and complimentary children's amenities, including one teepee tent throughout your stay.

How to stay chic even when it is pouring outside

As the monsoon season approaches, it's time to revamp our fashion and makeup choices to look effortlessly stylish even when the rain is pouring outside.

Monsoon fashion is all about finding the perfect balance between practicality and fashion-forwardness, ensuring you stay dry while turning heads with your impeccable style. We will delve into the world of monsoon fashion and makeup, exploring the latest trends, brand recommendations, and effective techniques to achieve a chic look regardless of the weather conditions.

Monsoon Fashion Trends:

Waterproof Outerwear: Investing in high-quality waterproof outerwear is a must during the monsoon season. A stylish raincoat, trench coat, or jacket made from waterproof materials like nylon or polyester is essential to keep you dry. Look for designs that not only offer protection from the rain but also add a touch of sophistication to your overall look. Brands like Hunter, Rains, and The North Face are known for their stylish and functional waterproof outerwear options.

Vibrant Rain Boots: Say goodbye to dull rain boots and embrace vibrant and colorful options. A pair of stylish rain boots can add a fun and playful element to your monsoon outfits. Look for brands like Hunter, Joules, or Burberry for their wide range of fashionable rain

boot collections. Opt for designs with sturdy soles and excellent traction to ensure stability on wet surfaces. Don't be afraid to experiment with bold prints and patterns to make a fashion statement even in the rain.

Lightweight Fabrics:

When it comes to monsoon fashion, lightweight and breathable fabrics are your best friends. Opt for materials like cotton, linen, or chiffon that dry quickly and keep you comfortable in the humid weather. These fabrics allow for better airflow and prevent you from feeling sticky and sweaty. Brands like Zara, H&M, and Mango offer a plethora of trendy clothing options made from lightweight fabrics, ensuring you stay stylish and comfortable during the monsoon season.

Playful Prints: Gloomy rainy days call for a pop of color and cheerful prints. Embrace bold and vibrant

prints to uplift your mood and add an element of excitement to your outfits. Floral, tropical, or geometric patterns are excellent choices to inject some vibrancy into your monsoon wardrobe. Look for brands such as ASOS, Topshop, and Forever 21 for a wide selection of playful prints. Incorporate printed tops,





dressess, or skirts into your ensemble to create a captivating and eye-catching look.

Stylish Umbrellas: Accessorizing with a stylish umbrella is both practical and fashionable during the monsoon season. Opt for umbrellas with sturdy frames and wind-resistant features to withstand gusty winds. Don't be afraid to explore unique prints, patterns, or even transparent designs that add a touch of flair to your overall look. Brands like Kate Spade, Fulton, and ShedRain offer a variety of fashionable and functional umbrella options that can complement your outfit and protect you from the rain.

Monochrome and Neutrals: Monsoon fashion doesn't always have to be about vibrant colors and bold prints. Embrace the elegance of monochrome and neutrals to create sophisticated and timeless looks. Opting for shades like black, white, gray, or beige allows for versatility and easy mix-and-match options. A monochrome outfit paired with statement accessories or a colorful umbrella can create a stylish and polished appearance even on rainy days.

Layering with Light Fabrics: Layering is a great way to add depth and dimension to your outfits during the monsoon season. However, it's essential

to choose lightweight fabrics to prevent feeling weighed down. Opt for sheer cardigans, lightweight jackets, or oversized scarves made from breathable materials to create stylish layers that won't add bulk. Layering not only adds visual interest to your look but also allows for easy adjustment to changing weather conditions.

Monsoon Makeup: Enhance Your Natural Beauty in Rainy Weather

Rain-Proof Beauty: Essential Tips for Flawless Monsoon Makeup:

The monsoon season brings with it refreshing showers and a cool breeze, but it can also pose challenges for your makeup routine. With the increased humidity and occasional rain showers, it's important to adapt your beauty routine to ensure your makeup stays intact and you look your best. In this article, we'll explore some essential tips and tricks to help you achieve a flawless and long-lasting monsoon makeup look.

Prep Your Skin:

Before applying any makeup, it's crucial to prepare your skin to withstand the humidity and potential moisture from the rain. Start by

cleansing your face with a gentle cleanser to remove any dirt or excess oil. Follow it up with a lightweight, oil-free moisturizer that provides hydration without clogging your pores. This step will create a smooth canvas for your makeup application and help it last longer.

Lightweight Base:

In monsoon, it's best to opt for a lightweight base to avoid a heavy and cakey look. Instead of a full-coverage foundation, consider using a tinted moisturizer, BB cream, or a lightweight foundation with a natural finish. These products provide a lighter coverage, allowing your skin to breathe while still evening out your skin tone. Remember to choose formulas that are oil-free and long-lasting to combat the humidity. Blend it well using a damp makeup sponge or a foundation brush for a seamless finish.

Waterproof Formulas:

One of the key aspects of monsoon makeup is investing in waterproof products. Look for waterproof mascaras, eyeliners, and eyebrow products that can withstand moisture and rain showers. These formulas are designed to resist smudging and smearing, ensuring your



eye makeup stays intact. Popular brands like Maybelline, Urban Decay, and Stila offer a wide range of waterproof makeup options that deliver both performance and style.

Minimalist Eye Makeup:

In monsoon, it's best to keep your eye makeup minimal and focus on enhancing your natural features. Opt for neutral and earthy tones like browns, taupes, and bronzes for a soft and natural look. Avoid heavy and elaborate eye shadow looks that can easily smudge in humid conditions. Instead, opt for a simple wash of color on the eyelids or define your eyes with a waterproof eyeliner along the lash line. Finish with a waterproof mascara that adds volume and length to your lashes.

Long-lasting Lips:

When it comes to monsoon makeup, long-lasting lip products are a game-changer. Swap your creamy and glossy lipsticks for matte or long-wearing lip stains. These formulas adhere to your lips and have a better chance of staying put throughout the day, even with rain and humidity. You can also try lip tints or lip stains that provide a subtle wash of color while being

resistant to smudging. Remember to moisturize your lips before applying any lip product to keep them hydrated and prevent dryness.

Set Your Makeup:

To ensure your makeup lasts through the day, it's essential to set it with a setting powder or spray. Opt for a lightweight and translucent setting powder that helps control shine without adding extra weight to your makeup. Gently dust it over your T-zone and other areas prone to oiliness. Additionally, consider using a setting spray that helps lock in your makeup and adds a dewy finish. Look for a setting spray that specifically mentions long-lasting or waterproof properties.

Blotting Papers:

During the monsoon season, excess oil and sweat can make your skin look shiny. Keep a pack of blotting papers handy to absorb any excess oil throughout the day. Simply press the blotting paper onto your skin, focusing on areas like the forehead, nose, and chin. This will help freshen up your makeup and reduce unwanted shine without disturbing your foundation or concealer.

Minimal Powder Highlighter:

While a subtle highlight can add a beautiful glow to your face, it's best to keep it minimal during the monsoon season. Opt for a powder highlighter instead of creamy formulas to avoid any potential smudging or melting. Apply a small amount to the high points of your face, such as the cheekbones, bridge of the nose, and Cupid's bow, for a natural and radiant look.

Quick Touch-ups:

Carry a small makeup bag with essential touch-up products for quick fixes on the go. Include items like a compact powder, a travel-sized mascara, a lip balm or lip color, and a small pack of blotting papers. These items will come in handy to refresh your makeup throughout the day and ensure you look your best, rain or shine.

In conclusion, monsoon makeup requires a light and long-lasting approach. Prep your skin, opt for lightweight and waterproof products, and focus on enhancing your natural features. Remember to set your makeup, carry blotting papers for touch-ups, and keep your look minimal yet radiant. With these tips, you'll be able to achieve a flawless and resilient makeup look that can withstand the challenges of the monsoon season. Embrace the rain with confidence, knowing that your makeup will stay intact and enhance your natural beauty. Don't let the rain dampen your fashion spirit. Embrace monsoon fashion and makeup to look chic even when it's pouring outside. From waterproof outerwear to vibrant rain boots, there are numerous trends and brands to explore. Remember to choose lightweight and waterproof makeup products, while keeping your look minimal and fresh. Monsoon fashion and makeup allow you to celebrate the beauty of nature and showcase your adaptability and resilience. So, step out confidently and make a splash in the world of fashion, rain or shine! ■



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Embracing the spirit of celebrating different festivals, Hyatt Regency Pune presents two extraordinary menus: "50 Shades of Red" at Zeta and "Aromas of Himalayas" at Pune 14. Additionally, guests can savour the flavours of fruity cocktails at Single Malts during the promotion period from 15th to 31st May 2023.

50 Shades of Red is a Gastronomic Adventure at Zeta. Embark on a tantalizing voyage of flavours with the "50 Shades of Red" menu, available from 19th to 28th May 2023 at Zeta. Indulge in a thoughtfully crafted à la carte selection that showcases the vibrant hues and exquisite tastes of red-themed dishes. Whether you prefer salads, appetizers, pasta, risotto, or delectable mains, this menu promises to delight your taste buds.

Start your culinary journey with refreshing salads such as the Roma tomato burrata salad, featuring the perfect combination of tomatoes and creamy burrata. For appetizers, savour the char-grilled prawn with chunky tomato sauce or the chicken parmigiana with bocconcini and basil leaves. The pasta and risotto offerings include the Zeta famous 60 yolk dough homemade linguini infused with beetroot, and the saffron risotto topped with char-grilled lobster.

The main course presents an array of irresistible options, including tomato-

baked chicken, grilled salmon with saffron béarnaise, and grilled lamb chops with ratatouille. Conclude your culinary experience on a sweet note with the luscious red velvet tiramisu or the refreshing berry panna cotta.

Aromas of Himalayas - A Himalayan Gastronomic Feast at Pune 14. Immerse yourself in the enchanting flavours of the Himalayas with the "Aromas of Himalayas" buffet spread rotation, exclusively available for dinner at Pune 14 from 19th to 28th May 2023. Delight in the rich culinary heritage of the Himalayan region, showcasing a fusion of flavours and traditional delicacies.

Begin your culinary expedition with mouth-watering appetizers such as palak ke kebab, aloo dal pakora, and Gadwal ki murgh kebab. The soup selection includes the flavourful chawal ka shorba, a soothing rice soup. The extensive main course buffet offers both vegetarian and non-vegetarian delights. Relish the Khatajimekand, a tangy yam preparation from Himachal, or the authentic Kashmiri-style Gosht

Indulge in Gastronomic Delights

The culinary journey at Hyatt Regency, Pune continues to delight food enthusiasts with its diverse offerings and unique experiences.

rojanjosh. The menu also features other Himalayan delights like Pahari murgh and Nadrubhey.

Complementing the main course, indulge in Gharwal kha fannah, a slow-cooked black lentil dish finished with desi ghee, and Tudkiyabhat, a spiced khichadi. The dessert island awaits with delightful treats such as lauki ka halwa and babroo, adding a sweet conclusion to your Himalayan feast.

Fruity Cocktails Promotion at Single Malts. Hyatt Regency Pune invites guests to savour the essence of summer with a promotion on fruity cocktails at Single Malts from 15th to 31st May 2023.

Celebrate the season with a wide selection of vibrant and refreshing cocktails meticulously crafted with the freshest fruits. ■

M.I.T.R.O.N: A Perfect Spot of Friendship

We rarely have time to meet with family or friends because of our busy schedules. However, there aren't any actual reasons stopping us from having a quick meeting with them, so here's Mitron and their new branch in Navi Mumbai.

M.I.T.R.O.N is here to bring to you a perfect spot of friendship, fun, and frolic with its wide array of mixology and culinary offerings.

The brand, which debuted in 2018, is quickly growing and has gained popularity. It recently opened its sixth location in Navi Mumbai.

Situated in a prime location, the new Mitron Cafe outlet will span an expansive area of 6000 square feet, providing ample space for guests to relax and enjoy their dining experience. Be it friendship or finance, handling bonds with care and trust remains at the core of their ideology and this inspired Mitron to take the liberty of creating a space that fosters bonding and friendship in all its glory. The cafe aims to create a welcoming atmosphere for food enthusiasts, offering a blend of indoor and outdoor seating arrangements.

One of the key highlights of Mitron Cafe is its commitment to serving an array of flavors from around the world. As a multicuisine restaurant, the menu features a diverse range of culinary delights- Truffle Fettuccini, Mitron Turnover, Mongolian Hot Pot Lamb, veg and non Veg platter, and many more, satisfying the cravings of guests with varied tastes and preferences. An interactive live station of your favourite Sushi, Dimsums and Pizzas, where you can choose your favourite add-on or how would you like it steamed, fried, or hand toasted to heighten the adventure of your gastronomic journey. From delectable Indian delicacies to savory



Chinese dishes and more, Mitron Cafe promises an unforgettable gastronomic journey for its patrons.

According to Mr. Gaurav Shetty, Director of Peninsula Hospitality, "We sell happiness sealed in exclusive bottles, at discounted prices, all day, every day, throughout the year!" We are looking forward to building even more valued memories with our customers with the opening of our new branch in Navi Mumbai. We place a strong emphasis on the value of bonding and enjoying exciting things at Mitrons with their "mitrons." Mitron emphasizes liquor shop offers and a 15% Corporate discount for all patrons to take full advantage of their menu.

Mitron has DJ nights and Bollywood nights to keep their guests occupied with a great ambiance along with lip-smacking cocktails, and cuisine. They



also have Sunday brunches to make the weekend more happening and fulfilling.

In order to have the best dining experience, exquisite food, and make wonderful memories with your friends and family, we are now inviting all Navi Mumbaikars to the newly opened branch of Mitron Cafe.

Mitron Cafe, all-day dining invites everyone to join in the celebration of its newest outlet and experience the magic of its multicuisine delicacies. Whether you're a resident of Navi Mumbai or visiting the city, Mitron Cafe promises to be a destination that will satisfy your taste buds and create memorable dining moments.

Experience the cafe's offerings firsthand and enjoy an evening filled with tantalizing tastes, warm hospitality, and a vibrant ambiance that reflects the spirit of Navi Mumbai. ■

Step into the nightlife of Kolkata

Kolkata's nightlife just got an upgrade with the launch of the new luxury nightclub, Space Bar and Kitchen.



Situated on the first floor of Trinity Tower in Topsia, the 4,460 sq ft property it is lavish with bling as their theme along with rose gold metallic tones, glossy flooring, onyx tables, luxury Chester-style sofas and custom-made matrix lights running throughout the club. The seating arrangement can comfortably accommodate 145 people, including the VIP deck, high tables, and PDR section.

The club's heart and soul lies in its music with DJ Raunak as the resident DJ, keeping the party going all night long. Space Bar and Kitchen offers a variety of cocktails, including Space Out, Cranberry Gin Sour, Gold City, Olivoda Love, Dutch Rule, Moodswing Crush Can and Monongahela Mule.

The club provides an experience that Kolkata has never seen before, offering a feeling of extravagance to guests. With the unmatched db Sound and the

pioneering shisha involvement in India, Space Bar and Kitchen is set to give Kolkata a glimpse of global nightlife.

"An experience the city has never had before is to be had at Space Bar and Kitchen. We have the most perfect dolby surround sound system to give you that luxurious night club feel. It's time to give Kolkata an international club feel. From the music to the drinks and even shisha, it will all be top notch. We're bringing a one-of-a-kind shisha experience, which will be the first one in all of India, so watch out for Space Bar and Kitchen!" says Imran Hossain, Operator of the new lounge.

Aside from great music and drinks, Space Bar and Kitchen also offers delectable food options, including Cheese Dragon Roll, Black Charcoal Burger, Papdi with Kasha Mangsho, Cream Cheese Mushroom Dimsum, Chicken Banjara Tikka, Turkish Style

Chicken Pizza, and Gulab Jamun Cheesecake.

The owners of Space Bar and Kitchen have bigger plans for the brand, with intentions to expand it all over India and internationally.

"We endeavor to provide the city with a sensation that they have not encountered previously, and offer a feeling of extravagance to our guests. With the unmatched db Sound and the pioneering shisha involvement in India, we intend to present the Kolkata crowd with a glimpse of global nightlife."

The club is set to launch in Bombay shortly, offering a similar luxurious experience to party-goers in the city. With its extravagant interiors, exceptional music, and delectable food and drinks, it is set to become the go-to destination for those who want to experience the best of Kolkata's nightlife. ■

AM

ADIL MIRZA

Fashion Designer



Instagram- @Adamirza

Contact:- +918979924100

adilmrz6@gmail.com

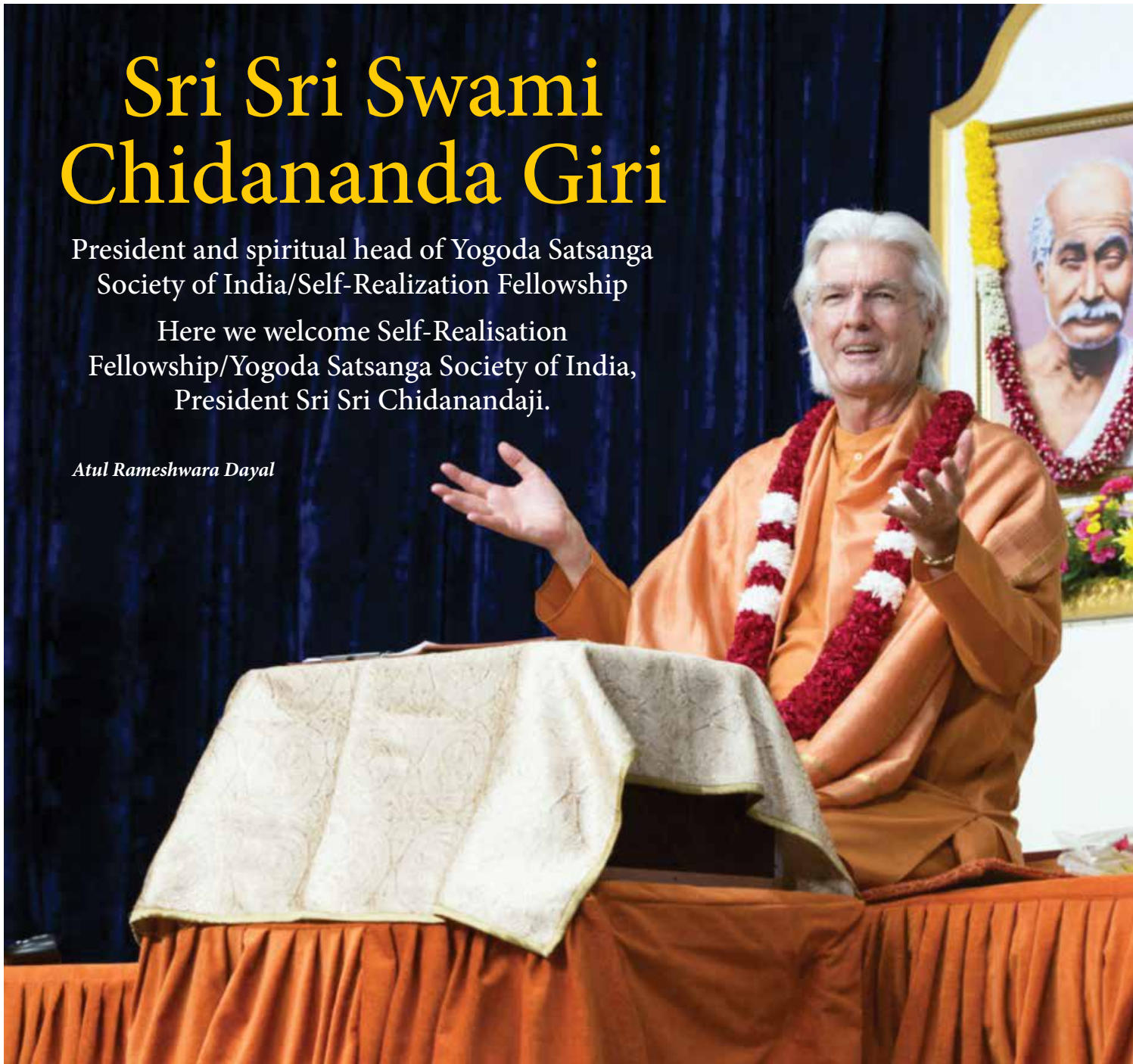
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Sri Sri Swami Chidananda Giri

President and spiritual head of Yogoda Satsanga Society of India/Self-Realization Fellowship

Here we welcome Self-Realisation Fellowship/Yogoda Satsanga Society of India, President Sri Sri Chidanandaji.

Atul Rameshwara Dayal



Q: Swamiji Pranam.

Swamiji: Pranam, it is a joy to be here with you today.

Q: Thank you Swamiji, thank you. So, Swamiji my first question is why is yoga important or essential?

Swamiji: Why is yoga important or essential? A beautiful question and I'll tell you why, because Yoga is the science, the exact methods, systematic

step-by-step methodology of bringing out of our innermost being the divine qualities that are our true soul nature. And without that, there is very little possibility of having a true balance, true success, true fulfillment in life. Because one goes through life without really even understanding what one truly is, which is the Atman—the Divine Spark that reflection of divinity within our souls.

Q: How can one make Yoga a part of our lives?

Swamiji: To make yoga a part of our life? Well first of all “Yoga” is a very broad term and some people take different aspects of yoga and apply it, maybe for health of the body, maybe for stress relief, maybe for other purposes. In Yogoda Satsanga Society as taught by our great Guru



Paramahansa Yoganandaji, when we talk about practising yoga in daily life, it's primarily a meditation practice and we have been given, by our lineage of Gurus, a methodology, a set of meditation techniques, which for us really are the essence of Yoga. Those are the techniques of actually stilling the mind, getting control of the life energies—the subtle pranic energies in the body and using all of those forces

to bring the mind into a state of divine awareness, a divine consciousness. So, when we say, “How to bring yoga into daily life,” — it means a disciplined, daily, persistent practice of scientific meditation.

Q: But I think people think that it is very tough and very difficult.

Swamiji: Well it is very tough and very difficult. So what else is new? The life is difficult, life is very tough. We don't tell ourselves, “Well I am so busy and I am so pressed and stressed, that I don't have time to eat, to eat my food and I do not have time to sleep?” Well, the same thing is when your understanding matures as a human being, you come to understand that without also making time for the nurture of your spiritual side of your nature, then you are missing out on what's really important in life. So, we say: “Yes, it's difficult. I don't have time and that.” You can make time. Anyone can make time, if they are, number one, convinced of the value of it.

Q: Right, is yoga for everyone?

Swamiji: Is yoga for everyone? Yoga is the science of the soul, everybody has a soul, therefore Yoga is for everyone.

Q: Swamiji, how can yoga help us to lead a life filled with peace and bliss?

Swamiji: Oh, Yoga is the actually the most direct way to living a life filled with peace and bliss and for very simple reason, because our innermost nature our very atman, our essence, our soul, is bliss, it is peace, it is wisdom and happiness and unconditional love and yoga is the way that we learn to access that, that we learn to open the windows and the doors of our consciousness, so that what's already there inside of us—that peace that bliss—is able to express outwardly in our actions and in our relationships with others.

Q: Swamiji, what is the difference between yoga and pranayama?

Swamiji: The difference between yoga and pranayama Well, there is no difference. Pranayama is one of the eight steps of Raja Yoga. Yoga, Raja Yoga, as taught by sage Patanjali in yoga sutras, consists of an eight-fold programme for achieving unity with Spirit, unity with the Infinite Divine Being that informs the universe and pranayama is one of those eight steps. It begins with moral behaviour, it then followed by asana or control of the body, to hold the body in the right posture for meditation, then comes pranayama. “Pranayama,” What does that word even mean? Prana means life energy, the animating force that makes us different from inanimate matter. It's what comes into the body at the time of conception and departs at the time of death.

So, “Prana” means life energy, “yama” means control. Pranayama means practice of definite techniques of meditation that give one the ability to direct and control that life energy so that we become the master of it rather than the slave of it. You see, in normal people, normal outwardly oriented individuals, the prana is what causes all of the senses, and the mind, and the faculties of knowledge, to be completely directed to the material world. That's because of the flow of prana. What yoga does, especially the technique of Kriya Yoga brought by Yoganandaji and his lineage of Gurus—that is a pranayama technique for gaining control of the outgoing energy and using it to centralise in the spine, in the brain, awakening these divine centres, the chakras, divine centres of knowledge, of spiritual perception. And that is all accomplished by right understanding and disciplined persistent practice of pranayama. Then it goes to the higher steps: interiorization—pratyahara, concentration—dharana, dhyana—true expanded consciousness of meditation and ultimately samadhi—union with

spirit. So, you see where pranayam fits into the overall programme of Yoga.

Q: If I talk about Kriya Yoga. What is Kriya Yoga?

Swamiji: Kriya Yoga is really a modern expression and a set of techniques that take that eight-fold path of Rajya Yoga and show us how to put it into practice, to put it into a daily routine of meditation and spiritual discipline. Kriya Yoga is a pranayama technique, it's also a way of life, it's a system of spiritualizing one's consciousness, one's activities, one's material and spiritual goals, but most of all, it's a science of deeply interiorizing and concentrating the mind and stilling the restlessness of the chaos, that is normally our mental environment, so that in that growing calmness within, we begin to see the reflection of what we really are —That Atman, That Soul!

Q: So nice, Ok, now I'll talk about Guru. How does one know that they have found their Guru?

Swamiji: How does one know that they have found their Guru? Well, it's not something that just happens like that, where you happen to run across a person and say, "I accept you as my Guru." Especially in today's world you know, there are....let's be... let's be realistic about it. There are qualified and there are unqualified individuals who call themselves "Guru." So, it definitely requires a period of careful research and experimentation. You find a path or a set of spiritual disciplines that seems to resonate with you and you try it out. You say, "Is this giving me what I am looking for spiritually?" And over a period of time, as you watch the teacher or the leaders or the founder of that particular branch of spirituality and over time you come to know; "Is this someone that I have implicit faith, implicit trust and implicit soul bond of divine friendship?" And all of those are very individual and very personal

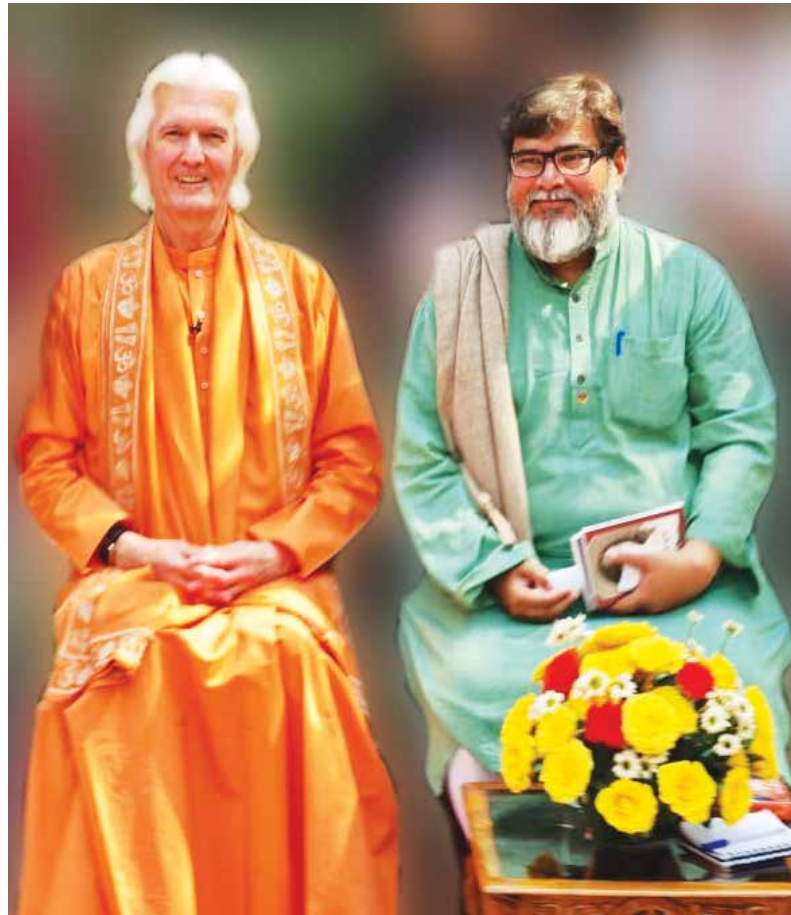
matters and the best really... that long winded way of coming to a short answer to your question is really, "You'll know when you know." But don't rush it, don't rush it. In YSS and SRF we don't even allow people to become formal disciples of our Guru until they have had an exploratory period of trying it out and seeing if this works for them.

Q: Swamiji, want to know how can an ordinary person reach the stage of seeing God in everyone?

Swamiji: Seeing God in everyone. What a beautiful idea.

Q: It is very tough na, I think.

Swamiji: Ya....it is ...it is very wonderful. But Let's put it into context, that it is quite a high state of consciousness when you are really conscious of the divine spark in every individual, every other being that you meet. So, I would say that, for most people, take it in steps, take it in gradual steps. First learn to be kind to people, first learn to be respectful of people, first learn to have harmonious relationships with people and that becomes the foundation where gradually you begin to relate to them more on a spiritual level, more as a... more as a ...that spark of divinity in every person. But there is really a more direct answer than that and you know what it is? There is no way to perceive God in others, until we perceive God in



ourselves. So, first thing is to meditate and feel that sense of joy, that sense of happiness, that sense of really... it is so ...automatically we respect that divinity when we experience it within ourselves and then we make a conscious effort and we don't even have to make that much of an effort because it flows naturally. We realize that same Spirit within me, is also in this person, this person and all of the children of the Divine.

Q: Now, want to know about yourself How you were connected with Swami Yogananda.

Swamiji: My connection with this path of Kriya Yoga began when I was just a young student at University in my early 20s.

Q: What was your age, 20?

Swamiji: When I first read the Autobiography of a Yogi, I was 21 and then I got so fascinated and so caught up, I immediately enrolled for the lessons that our Guru prepared, a home study course that gives the

knowledge and practice of meditation.

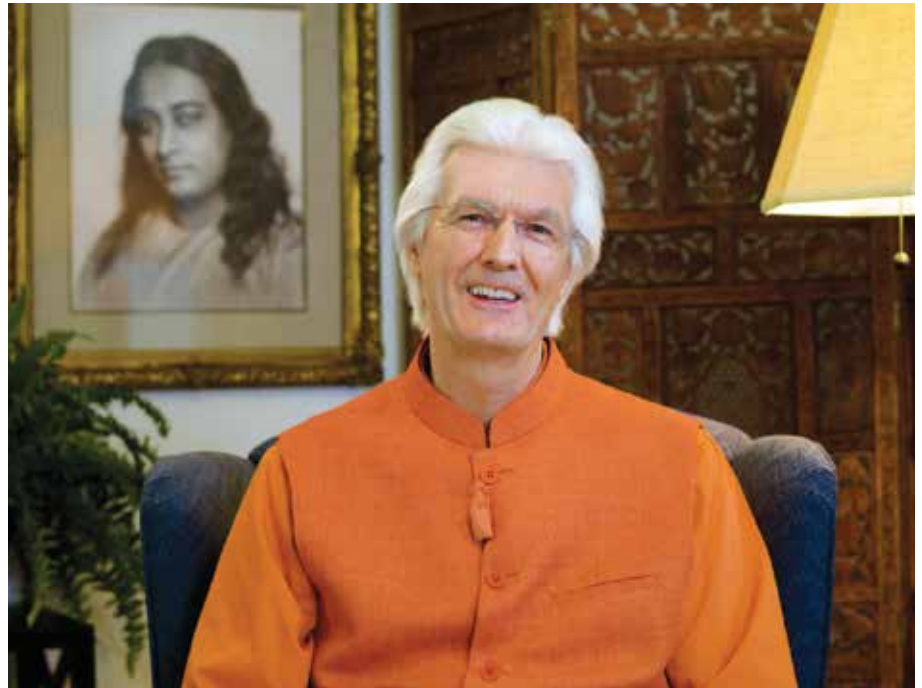
Q: In such a young age do you believe in the spiritual and all?

Swamiji: Of course no...you know... here's the thing...is that none of us is coming into this lifetime for the first time. Reincarnation is an absolute fact. In fact, I didn't believe in that, when I first came on the teachings, I thought "Well That's just a myth it's very far fetched." But the more you meditate, the more you actually contact that inner realm in its natural awareness, you realize, yes, my spiritual evolution has gone on for for many incarnations and just as in the Bhagavad Gita, that great scripture of Yoga, Lord Krishna says to Arjuna he says you know if you take up the practice of meditation, practice of yoga but then you die before you finish reaching your goal, don't worry because you come back and you pick it up where you left off before.

And we see this great interest, this great magnetic attraction of so many millions of souls around the world today to India's great science of Yoga. That did not come out of nowhere, that came because those souls had begun that journey in past incarnations, and no doubt I had some unfinished business from the past.

Q: Swamiji, just want to know about the Autobiography of a Yogi, this book is just a miracle book. Would you like to say interesting aspects of this book.

Swamiji: This Autobiography of a Yogi first of all, yes, it has such a dear place in my own heart because that's what opened these doors to the path of meditation, the path of Kriya Yoga to me. That was my first exposure and also for thousands and millions of others around the world. Very often the way that they discover Paramahansa Yoganandaji, the way they discover Kriya Yoga, is by coming across this book and it's



When I first read the Autobiography of a Yogi, I was 21 and then I got so fascinated and so caught up, I immediately enrolled for the lessons that our Guru prepared, a home study course that gives the knowledge and practice of meditation.

unique, it's not just a book, it has very instructive stories about Guruji's life, about India's ancient traditions of spirituality, all of these... everything that you really need to know to get an introduction to spirituality. But more than that, it's really a vehicle where somehow or other, it can't be quantified, it can't be measured in a laboratory, but somehow or the other, the consciousness and the vibration of Gurudev, somehow exudes out of those pages and just touches people and that's some kind of magic takes place when people read that book.

Q: Swamiji my last question, today's stressed life, a message for society?

Swamiji: Oh Well, you know the more complicated and the more stressful and chaotic our modern lives become, the more we need to realize that practice of meditation is an absolutely necessary survival

skill. We're gonna come to a point as a ...not just in India not just in western nations that are complicated, but the world family as a whole, as it continues to become more technologically sophisticated and therefore more complex, more stressful, more ceaseless barrage on the intellect and the mind and the senses. People are going to realise that just as is necessary to have good diet, good exercise program and so on, meditation is also an absolute survival skill. So, that's what I would say. Learn meditation, practise it, add it to your daily schedule and see what it does for your life.

Q: So so so good. So Swamiji thank you so much for joining us. Thank you. It's an honour to us. Thank you so much.

Swamiji: Thank you, It's been a joy to talk with you. My best wishes to you and all of your viewers. ■

The Mighty Oceans of the World

This World Ocean Day, spend some time in the marine world and pledge to celebrate its uniqueness. Dive deep to discover the corals, swim with the dolphins, save endangered Hawksbill turtles and learn about conserving their home.

Swim with butterflyfish in Koh Tao, Thailand

Koh Tao Island is no less than a tropical haven, thanks to the profusion of spectacular beaches, dive sites, and

a wealth of different activities to enjoy. Tanote Bay, located on the island's east coast, is perfect for travellers who wish to witness the Kingdom's marine life teeming with various species, such

as butterflyfish, angelfish, parrotfish, rabbitfish, and groupers.

The island encourages ethical and sustainable tourism by organising Spotlight Koh Tao, an annual



event comprising workshops and exhibitions which inspire tourists to participate in activities such as coral reef rehabilitation, sea glass jewellery making, coco tie-dye making, and fish aggregation with locals, among other initiatives that contribute towards marine conservation.

Witness the largest aggregation of whale sharks in Qatar

As a peninsula surrounded by the Arabian Sea and blessed with year-round sunny weather, Qatar is famous for crystal-clear beaches, waterparks, and marinas that invite everyone to try out activities and experiences.

The country also serves as the perfect habitat for many aquatic species that thrive in warmer temperatures, such as the Hawksbill Turtles that feed on marine delicacies at Al Ghariyah Beach. In addition, Qatar is home to the largest aggregation of whale sharks that prefer the warm and shallow sea waters of the country's northeast coast, located about 145 km from Doha and reached by yacht. Qatar also accommodates the world's second-largest population of Dugongs at the Al Thakira mangrove forest. One can witness these underwater creatures in full glory from April to September by kayaking.

Discover vibrant corals in the deepest atolls of Maldives

From heavenly beaches and lush palm trees to turquoise waters and diverse marine life, the Islands of Maldives embody everything perfect for a leisurely escapade. Designed in harmony with the natural environment, The Residence Maldives offers myriad activities catering to every traveller's interest, including the world's largest and deepest coral atolls.

The waters of the resort's GaafuAlifu atoll are home to over 1,200 species of corals, fish, sharks, green turtles, manta rays, and eagle rays. You can witness them by snorkelling and



deep-sea diving. The resort also largely contributes to marine conservation by being part of the Maldives Underwater Initiative promoted by the Maldivian Ministry of Tourism and the Protect Maldives Seagrass, an initiative launched by the Blue Marine Foundation.

Save the endangered turtles in Oman

Nestled between the majestic mountains and glittering waters of the Gulf, Shangri-La Barr Al Jissah, Muscat, reflects the beauty of this Middle Eastern country. The sea around the resort is replete with rich marine life, such as turtles, rays, eels, fish, coral reefs, and shipwrecks that make beautiful underwater sights.

A fully equipped and professionally staffed Dive Centre arranges daily excursions and guided diving tours. A night-time expedition and three daily dives are available too. Marine experts guarantee that everyone makes the most of their aquatic adventure. Oman is home to five different species of turtles, and one of the nesting sites is Shangri-La Muscat's private beach. The Turtle Care Project aims to protect the endangered hawksbill and green turtle species as a ranger looks after nests and protects them from potential threats. Between

March and September, when hundreds of turtles return to the resort's beach to lay eggs, guests are invited to witness hatchings, help to protect their nests and attend Turtle Talks at the hotel's Eco Centre.

The Gulf of Oman is also home to hundreds of dolphins, sometimes seen together in pods of 250. Every morning, tours depart from the resort's marina, even as marine experts talk about conservation efforts and ways to contribute to them.

Feel the adrenaline rush in Ko Pha-Ngan, Thailand

Akin to its sister islands, Koh Samui and Koh Tao, Ko Pha-Ngan is a paradise for thalassophiles and water sports enthusiasts. Travellers can indulge in water activities, such as snorkelling, scuba diving, wakeboarding, kitesurfing, parasailing, and kayaking.

COREsea, a marine research and conservation programme instituted on this island, has been educating people about Southeast Asia's marine biodiversity. They conduct independent research and experiments and even provide research vessels, diving equipment, and accommodations for those who wish to observe and volunteer in their marine conservation mission. ■

A Monsoon Retreat at The Dwarika's: Where Adventure Meets Tranquility

The Dwarika's, a renowned hotel group, invites guests to embark on a unique monsoon adventure in Nepal. With two stunning properties, The Dwarika's Hotel in Kathmandu and The Dwarika's Resort in Dhulikhel, guests can experience a perfect blend of cultural exploration and serene relaxation. Offering a range of exclusive activities, discounts, breathtaking views, and delectable local cuisine, The Dwarika's promises an unforgettable monsoon retreat.

Unique Monsoon Adventure Experiences:

Immerse in the Living Museum:

Known as the "Living Museum," The Dwarika's Hotel captivates guests with its elegant courtyards, buildings, and rooms, showcasing the traditional Newari architecture. Guests are encouraged to take a property tour, exploring the intricate wood carvings and striking brickwork. During the monsoon, the raindrops paint the buildings and courtyards, creating a tranquil historic atmosphere.

Wood Workshop Tour:

Delve into the art of traditional wood carving by visiting the Heritage and Training Workshop. Witness the intricate carvings and repair work while also trying your hand at carving under the guidance of skilled artisans.

The Dwarika's Resort, Dhulikhel:

Serene Spa Retreat:

Indulge in rejuvenation at the resort's spa, offering a serene ambiance amidst the monsoon season. Guests can enjoy soothing spa treatments while immersing themselves in the beauty of rain-drenched nature.

Cooking Class and Farm Visit:

Experience the art of Nepali cuisine through a cooking class, where guests can learn to prepare local favorites like momos and masala tea. Additionally, take a refreshing walk to the adjacent

farm, handpick fresh vegetables, and enjoy a customized meal, showcasing the rustic way of life.

Yoga, Meditation, Pottery, and Art:

Reconnect with mind and body through yoga and meditation classes offered at the resort. Engage in pottery sessions, allowing the clay to shape your creativity, and explore your artistic side with painting sessions. For holistic well-being, indulge in chakra therapy, harmonizing the body's energy centers.

Monsoon-Specific Discounts and Packages:

The Dwarika presents exclusive discounted package rates tailored for the monsoon season. Guests can choose from various packages:

- City Country Package: Experience the natural beauty of Dhulikhel and immerse yourself in Kathmandu's vibrant cultural heritage.

- Yoga Package: Harmonize your mind, body, and soul with dedicated yoga sessions.

- Cleansing Package: Detoxify and invigorate your senses through a comprehensive wellness experience.

- Rejuvenation Package: Enhance overall well-being with a holistic approach to relaxation and revitalization.

- Revival & Relaxation Package: Unwind amidst tranquil surroundings and indulge in pure relaxation.

Captivating Monsoon Views and Scenic Spots:

The Dwarika's Hotel in Kathmandu: Within the hotel's premises, guests can enjoy captivating monsoon views. The charming courtyards adorned

with traditional architecture and meticulously maintained gardens come alive with vibrant colors during the rainy season. The hotel's restaurants and outdoor dining areas offer an immersive dining experience amidst the monsoon scenery.

The Dwarika's Resort, Dhulikhel:

Nestled amidst lush greenery, the resort offers panoramic views of surrounding valleys and mountains. From the zero zone area, guests can witness mist-covered landscapes and rain-washed greenery. The resort's lush gardens provide a serene ambiance for strolling and embracing the beauty of the monsoon season.

Delightful Local Monsoon Cuisine:

At The Dwarika's restaurants, guests can savor a delightful array of local monsoon delicacies. The must-try steaming hot momos, filled with savory ingredients and served with flavorful dipping sauces, provide a satisfying culinary experience. The aromatic masala tea infused with herbs and spices offers comfort during rainy days. Guests can also enjoy udon noodles, Nepali Thali Set, and innovative cocktails at the hotel's various dining options.

The Dwarika's Hotel and Resort offer a unique monsoon adventure where guests can immerse themselves in cultural experiences, relax amidst serene surroundings, indulge in nourishing cuisine, and enjoy captivating views. With a range of activities, discounted packages, and delightful amenities, The Dwarika's ensures a memorable and rejuvenating retreat during the enchanting monsoon season. ■





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