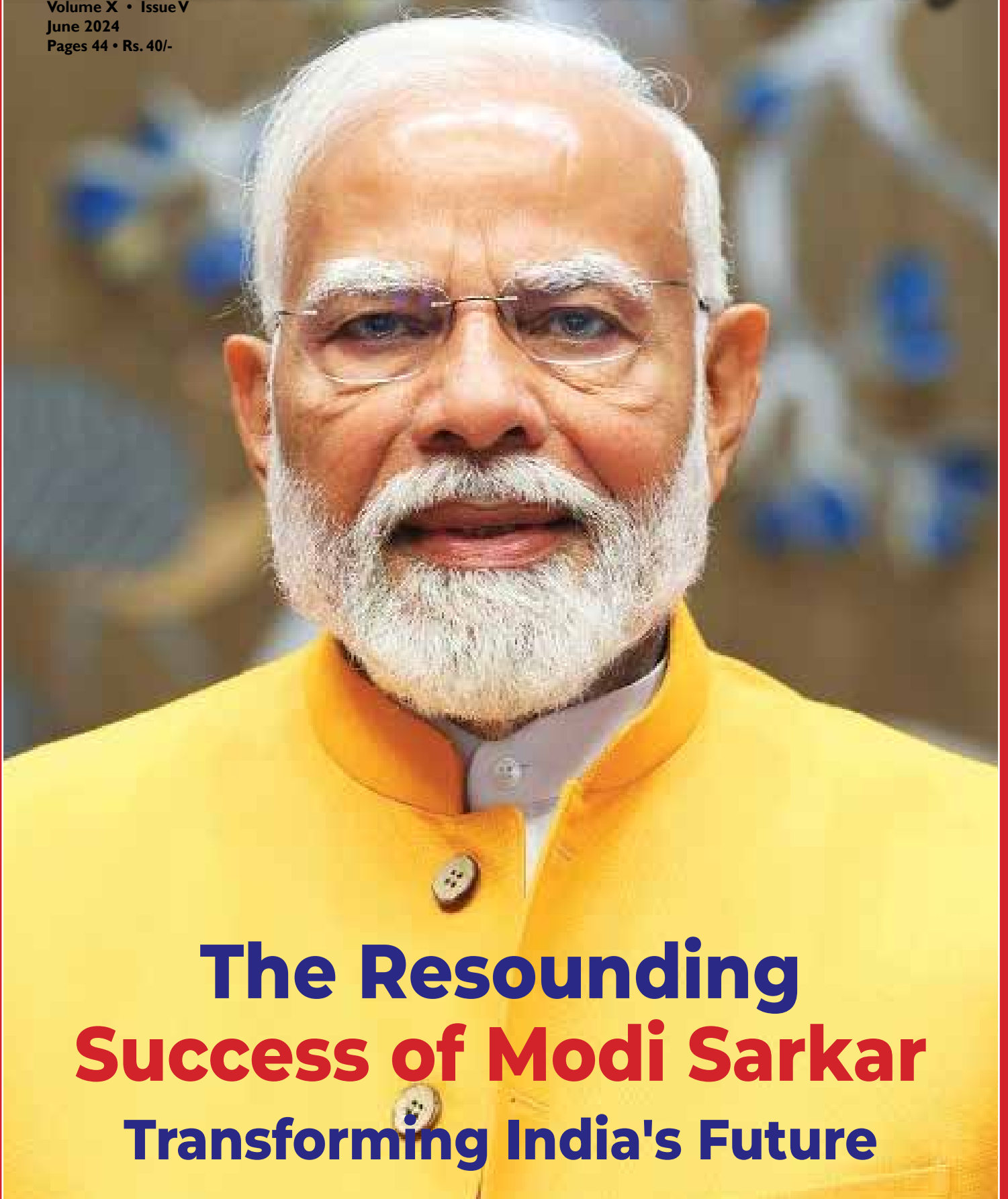


Politics & Democracy

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**The Resounding
Success of Modi Sarkar
Transforming India's Future**



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The Resounding Success of Modi Sarkar: Transforming India's Future

As Modi Sarkar moves forward, the focus on inclusive development, economic resilience, and global engagement will be crucial in addressing the challenges ahead. The transformative policies and visionary initiatives of Narendra Modi's administration have undeniably set India on a path of sustained growth and development. While the journey has not been without its hurdles, the strides made under Modi's leadership have laid a robust



The "Indian Army 'D5' Motorcycle Expedition" sets off to commemorate the 25th anniversary of the Kargil victory

As a tribute to the valour and sacrifices of heroes of Kargil War, the Indian Army has commenced a Pan-India Motorcycle Expedition today, a journey commemorating the 25th anniversary of Indian victory over Pakistan in the Kargil War of 1999. The expedition serves to showcase significant contribution and honour the legacy of our



Stay Fresh and Flawless in the Rainy Season

The monsoon season, with its refreshing rains and cooler temperatures, brings a welcome change from the scorching summer heat. However, the increased humidity and frequent downpours pose unique challenges for maintaining a flawless makeup look. The right approach to monsoon makeup can help you stay fresh, vibrant, and smudge-free despite the weather.



World No Tobacco Day 2024

Union Health Secretary reiterates India's commitment to safeguarding current and future generations from the significant health, social, environmental, and economic harms associated with tobacco on World No Tobacco Day 2024 "Protecting Children from



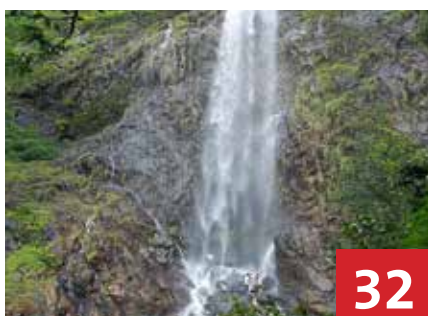
Monsoon Magic Discover Enchanting Destinations around the World

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Airlines Offering Enriching Free Stopovers

In the ever-evolving world of air travel, airlines are continually seeking ways to elevate the passenger experience. One trend that has gained significant momentum is the provision of free stopovers, allowing travellers to explore additional destinations



Monsoon Melodies of Goa

When one conjures images of Goa, the sun-drenched beaches often dominate the mindscape. Yet, as the monsoon weaves its magic, Goa transforms into an emerald lush of a haven. As the beaches skirt the state, magnificent waterfalls cascade their symphony in monsoons.

The Resounding Success of **Modi Sarkar** Transforming India's Future



As Modi Sarkar moves forward, the focus on inclusive development, economic resilience, and global engagement will be crucial in addressing the challenges ahead. The transformative policies and visionary initiatives of Narendra Modi's administration have undeniably set India on a path of sustained growth and development. While the journey has not

been without its hurdles, the strides made under Modi's leadership have laid a robust foundation for India's future. As we look to the years ahead, the legacy of Modi Sarkar will undoubtedly continue to shape the narrative of a New India—an India poised to fulfill its vast potential on the world stage.

One of the key achievements of Modi Sarkar has been its focus on inclusive development. The government has

implemented various policies aimed at uplifting marginalized communities, promoting gender equality, and empowering the youth. Initiatives such as Swachh Bharat Abhiyan, Beti Bachao Beti Padhao, and Skill India have not only improved the quality of life for millions of Indians but have also created a more inclusive and equitable society.

In addition to inclusive development,



Modi Sarkar has also prioritized economic resilience. The government has introduced structural reforms such as the Goods and Services Tax (GST), the Insolvency and Bankruptcy Code (IBC), and the Make in India initiative, aimed at boosting investment, simplifying business processes, and promoting manufacturing. These reforms have not only improved India's business environment but have also contributed to robust economic growth and increased foreign investment.

Furthermore, under Modi's leadership, India has significantly enhanced its global engagement. The government's proactive foreign policy approach has strengthened India's position on the world stage. The launch of initiatives such as the International Solar Alliance, Act East Policy, and the successful hosting of events like the G20



summit and the Howdy Modi event in the United States have showcased India as a key player in global affairs.

Despite the progress made, Modi Sarkar continues to face challenges such as job creation, climate change, and social inequality. However, with its unwavering commitment to sustainable and inclusive development, the government is well-positioned to overcome these challenges and lead India towards a brighter future.

The resounding success of Modi Sarkar in transforming India's future is evident in its focus on inclusive development, economic resilience, and global engagement. The government's transformative policies and visionary initiatives have set the stage for India to realize its vast potential in the years ahead. As India continues on its path of progress, the legacy of Modi Sarkar will

undoubtedly continue to shape the narrative of a New India, poised to flourish on the global stage.

Inclusive Development

One of the key achievements of Modi Sarkar has been its focus on inclusive development. The government has implemented various policies aimed at uplifting marginalized communities, promoting gender equality, and empowering the youth. Initiatives such as Swachh Bharat Abhiyan, Beti Bachao Beti Padhao, and Skill India have not only improved the quality of life for millions of Indians but have also created a more inclusive and equitable society. These initiatives have fostered social cohesion and ensured that the benefits of growth and development reach every section of society, thereby narrowing the socio-economic divide.

Economic Reforms and Growth

In addition to inclusive development, Modi Sarkar has also prioritized economic resilience. The government has introduced

structural reforms such as the Goods and Services Tax (GST), the Insolvency and Bankruptcy Code (IBC), and the Make in India initiative. These reforms aim to boost investment, simplify business processes, and promote manufacturing. The GST, implemented in 2017, stands out as a landmark achievement. By unifying the fragmented tax structure, GST has simplified business processes, boosted revenue collection, and fostered a more integrated national market. This bold move



has been instrumental in enhancing the ease of doing business in India, attracting foreign investment, and promoting economic growth.

Modi's "Make in India" initiative further exemplifies his commitment to economic revitalization. Launched in 2014, this campaign aims to transform India into a global manufacturing hub. By incentivizing domestic production and encouraging foreign companies to set up operations in India, the initiative has not only generated employment but also bolstered India's position in the global economy. Additionally, the Insolvency and Bankruptcy Code (IBC) has improved the financial sector's health by addressing bad loans and facilitating quicker resolutions of bankruptcy cases, thereby restoring investor confidence.

Digital India: Bridging the Digital Divide

The Digital India campaign, launched in 2015, has been another hallmark of Modi Sarkar's success. With the goal of ensuring that government services are made available



to citizens electronically, this initiative has revolutionized the digital landscape of the country. The rapid expansion of internet connectivity, particularly in rural areas, has empowered millions of Indians by providing them with access to information, services, and opportunities that were previously out of reach. In addition, the push for digital payments and the adoption of digital technologies in various sectors have not only enhanced efficiency and transparency but have also contributed to the reduction of corruption and the informal economy. By bridging the digital divide, Digital India has laid the foundation for a more inclusive and digitally empowered society.

Infrastructure Development and Urban Renewal

Under Modi Sarkar, a significant emphasis has been placed on infrastructure development and urban renewal. The ambitious "Smart Cities Mission," launched in 2015, aims to transform 100 cities across India into technologically advanced, sustainable, and citizen-friendly urban centers. By leveraging technology and innovative solutions, the mission seeks to address urban challenges and improve the quality of life for residents. Furthermore, the "Pradhan Mantri Awas Yojana" (PMAY) initiative has endeavored to provide affordable housing for all by 2022. Pioneering the use of innovative construction technologies and encouraging public-private partnerships, PMAY has made significant progress in addressing



the housing needs of the urban and rural population.

Skill India Mission focused on Skill Development in youth

The Skill India Mission, initiated in 2015 by the Government of India, is a comprehensive effort aimed at equipping the country's youth with the skills necessary to enhance their employability and entrepreneurial potential. The mission has set ambitious targets, intending to train over 400 million people across diverse sectors such as manufacturing, construction, IT, healthcare, and others by the year 2022.

Central to the mission's objectives is the provision of industry-relevant training and certification, ensuring that participants acquire skills that are directly applicable in the workplace. This approach not only seeks

to bridge the gap between demand and supply in the job market but also aims to foster a culture of entrepreneurship among the youth, thereby promoting economic growth and innovation.

Moreover, the Skill India Mission emphasizes the importance of job placement and sustainable livelihood opportunities, thereby contributing to the overall socio-economic development of the country. By addressing the evolving needs of the global economy and empowering the youth with relevant skills, the mission strives to create a workforce that is competitive, adaptable, and capable of driving India's growth in the 21st century.

Healthcare Initiative – Ayushman Bharat

Ayushman Bharat - Pradhan Mantri Jan Arogya Yojana (AB-PMJAY) is a healthcare initiative in India designed to ensure equitable access to medical services nationwide. It operates on principles of portability and universality, allowing beneficiaries to receive treatment at any empaneled hospital across the country, regardless of their location. This is particularly beneficial for residents of remote or underserved areas, enhancing accessibility to healthcare.

The scheme aims to cover all socio-economic sections, including vulnerable and economically disadvantaged individuals and families, without discrimination. Each family is entitled to health coverage up to Rs. 5 lakh per year for secondary and tertiary hospitalization needs, offering financial



protection from healthcare costs.

AB-PMJAY emphasizes both preventive and curative healthcare measures to enhance overall health outcomes. Preventive initiatives include disease screening and early detection programs, while curative measures ensure timely medical treatments and surgeries without financial barriers. This comprehensive approach aims not only to reduce out-of-pocket healthcare expenses but also to achieve the broader objective of universal health coverage, ultimately improving the well-being of millions of Indians.

Foreign Policy and Global Leadership

Modi's proactive and dynamic foreign policy has propelled India onto the global stage, strengthening its position as a key player in international relations. The "Neighborhood First" policy, coupled with outreach to major powers, has bolstered India's regional and global influence. The successful implementation of the International Solar Alliance, a coalition of solar resource-rich countries, further

demonstrates India's commitment to global cooperation and sustainable development.

Additionally, India's leadership in organizations such as BRICS (Brazil, Russia, India, China, South Africa) and the G20 has allowed it to contribute to important global discussions on economic and geopolitical issues. India's role in promoting peace and stability in its immediate neighborhood, particularly in Afghanistan and the Indian Ocean region, has also been significant.

Furthermore, India's proactive diplomacy and engagement with countries in East Asia, Africa, and the Middle East have expanded its reach and influence on the global stage.



The "Act East" policy has prioritized India's engagement with Southeast Asian countries, while its partnerships with African nations have strengthened through initiatives such as the India-Africa Forum Summit. India has also deepened its ties with the Gulf countries, leveraging its economic and energy interests to build strategic partnerships.

In terms of global leadership, India has advocated for reforms in international institutions such as the United Nations Security Council, aiming to reflect the current geopolitical realities and give more representation to developing countries. With its growing economy and technological advancements, India has positioned itself as a key player in addressing global challenges such as climate change, cybersecurity, and counter-terrorism.

Overall, India's foreign policy under Modi's leadership has aimed to enhance its global standing and contribute to a more multipolar world order. By engaging with a wide range of countries and actively participating in global initiatives, India continues to assert itself as a leader in global affairs.





The "Indian Army 'D5' Motorcycle Expedition" sets off to commemorate the 25th anniversary of the Kargil victory

As a tribute to the valour and sacrifices of heroes of Kargil War, the Indian Army has commenced a Pan-India Motorcycle Expedition today, a journey commemorating the 25th anniversary of Indian victory over Pakistan in the Kargil War of 1999. The expedition serves to showcase significant contribution and honour the legacy of our brave soldiers.

Three teams of eight motorcyclists each have embarked on this historic journey from three corners of the country - Dinjan in the East, Dwarka in the West, and Dhanushkodi in the South. These riders will traverse diverse terrains and challenging routes, symbolising the unity and resilience of our Armed Forces. On their way, the riders will reach out to Kargil War heroes, Veterans and Veer Naris who are residing at various places enroute. They will also pay homage at War Memorials enroute, raise awareness and encourage youth to join the Indian Army.

Eastern Route encompasses movement

from Dinjan to Delhi, via Jorhat, Guwahati, Binaguri, Katihar, Danapur, Gorakhpur, Lucknow and Agra covering 2,489 Kms approximately.

Western Route encompasses movement from Dwarka to Delhi via Dhrangadhra, Ahmedabad, Udaipur, Jodhpur, Ajmer, Jaipur and Alwar covering 1,565 Kms approximately.

Southern Route encompasses movement from Dhanuskodi to Delhi via Madurai, Coimbatore, Bengaluru, Anantapur, Hyderabad, Nagpur, Bhopal Gwalior and Alwar covering 2,963 Kms approximately.

The teams will converge in Delhi on 26th June, and proceed ahead along two different routes to Dras. One through Ambala, Amritsar, Jammu, Udampur and Srinagar covering 1,085 Kms while the other via Chandimandir, Manali, Sarchu, Nyoma, Tangse and Leh covering 1,509 Kms. The expedition will be finally culminating at Gun Hill in Dras, a place etched in history for its strategic importance during the Kargil War. This final leg of the expedition will not

only retrace the paths of bravery but will also serve as a reminder of the relentless spirit and dedication of our soldiers.

Flag-off and flag-in ceremonies at all prominent places will be conducted in the presence of eminent dignitaries to include senior military officials, Veterans, Veer Naris and distinguished guests, who will felicitate & encourage the riders and the cause they represent. Kargil War Veterans and Veer Naris will also be felicitated recognising their sacrifices and unwavering support during the war.

The expedition is being led by the Regiment of Artillery which played a pivotal role to ensure success in Operation Vijay. Artillery's precision, firepower and strategic support were vital in turning the tide in favour of the Indian Armed Forces. As the riders travel through the length and breadth of the country, they will carry with them the stories of courage, sacrifice and patriotism. This expedition is not just a tribute, but a symbol of enduring spirit of the Indian Army.

The Chief of the Air Staff launches the inaugural Emergency Medical Response System of IAF at CHAF Bengaluru

In order to provide expert guidance and definitive care during medical emergencies of serving personnel and their families of the Indian Air Force (IAF) across the nation, an Emergency Medical Response System (EMRS), was inaugurated by Air Chief Marshal VR Chaudhari, Chief of the Air Staff, Indian Air Force at Command Hospital Air Force Bangalore (CHAFB) on 21 May 2024.

The EMRS is a first of its kind 24/7 telephonic medical helpline for serving IAF personnel and their families across India. The system aims to provide prompt response by a team of medical and paramedical professionals to the caller experiencing the emergency anywhere across the country. The responding medical professional shall provide immediate advice to the caller, while simultaneously getting in touch with the IAF medical facility nearest to the caller. This facility symbolises IAF's commitment towards incorporating technology to deliver high quality healthcare in the event of an emergency. The sole aim of EMRS is to save valuable lives.



The event featured a demonstration of the system's capability and outreach, highlighting the ease with which expert guidance would be provided to the distressed caller, as well as expeditious launch of a medical support team from the nearest medical echelon. The CAS, who originally envisioned this concept, highlighted the importance of the EMRS and further added, "This initiative is not just a milestone for the Indian Air Force but a significant advancement in medical readiness, representing a critical step forward in the ongoing efforts to provide immediate and expert medical care during emergencies".

On the 10th International Day of Yoga, the Indian Coast Guard conducted sessions at more than 60 locations nationwide. In New Delhi, the Director General of the Indian Coast Guard participated in a yoga session along with 1,000 personnel and their families

The Indian Coast Guard (ICG) organised coordinated yoga sessions at over 60 locations across the country to mark the 10th International Day of Yoga on June 21, 2024. The main event was held in New Delhi, which was led by Director General Rakesh Pal and attended by more than 1,000 personnel and their families. DG ICG while addressing the gathering, highlighted the importance of integrating yoga into daily life, especially for those in



demanding roles like the Coast Guard.

During the event, trained yoga instructors guided the participants to

perform a series of asanas, pranayama, and meditation techniques. Renowned Yoga Instructor Ms Neha Mehtani and her nine-member team shared valuable insights and techniques with the participants.

Special focus was given to practices that can be easily incorporated into daily routines of personnel, aiding in stress management and enhancing overall resilience. The sessions were designed to cater to all levels - from beginners to seasoned practitioners - ensuring inclusive participation.

"Olive Green - Going Green": Indian Army Receives Its First Hydrogen Bus

Displaying a firm resolve towards finding green and sustainable transport solutions, the Indian Army has collaborated with Indian Oil Corporation Limited (IOCL) for demonstration trials of Hydrogen Fuel Cell Bus technology. The Indian Army is known for its commitment to innovation and environmental stewardship.

A Memorandum of Understanding (MoU) was signed between the Indian Army and the IOCL in presence of General Manoj Pande, Chief of the Army Staff (COAS) and Mr Shrikant Madhav Vaidya, Chairman of Indian Oil. During the event, one Hydrogen Fuel Cell Bus was received by the Indian Army. This marks the commencement of mutually beneficial partnership between Indian Army and IOCL. The MoU emphasised the commitment to fostering innovation and advancing sustainable transport solutions for the future.

Hydrogen Fuel Cell technology offers a clean and efficient alternative by converting Hydrogen gas into electricity through an electro-chemical process. The process leaves water vapour as the only by product, thus ensuring zero emission.

The Hydrogen Fuel Cell Bus has a seating capacity of 37 passengers. It promises an impressive mileage of 250-300 km on a full 30 kg onboard tank of Hydrogen fuel.

Notably, on 21st March 2023, the Indian Army became the



first government entity to ink an MoU with National Thermal Power Corporation Renewable Energy Limited for installation of Green Hydrogen based Microgrid Power Plants along the Northern Borders. A pilot project is being setup at Chushul, where a 200 Kilo Watt Green Hydrogen based Microgram will provide 24x7 clean electricity to troops deployed in inhospitable terrain and extreme climatic conditions.

With a focus on innovation and environmental responsibility, the Hydrogen Fuel Cell Bus endeavour between Indian Army and IOCL represents a significant stride and pave the way for a cleaner and greener transport solutions.

The Japan-India Maritime Exercise 24 (JIMEX-24) began in Yokosuka, Japan



Indian Navy's indigenous Stealth Frigate INS Shivalik arrived at Yokosuka, Japan to participate in the bilateral Japan – India Maritime Exercise 2024 (JIMEX 24). This is the eighth edition of JIMEX, since its inception in 2012. The ship was accorded a warm welcome by VAdm ITO

Hiroshi, Commander JMSDF Yokosuka District & Ambassador Sibi George, Ambassador of India to Japan.

The exercise includes both harbour and sea phases. The harbour phase will comprise professional, sports and social interactions, after which the two navies will jointly hone their war fighting skills at sea and enhance their interoperability through complex multi-discipline operations in the surface, sub-surface and air domains.

The IN is being represented by INS Shivalik and the JMSDF is being represented by the Guided Missile Destroyer JS Yugiri. Integral helicopters from both navies will also participate in the joint exercise.

Having grown in scope and complexity over the years, JIMEX 24 provides an opportunity to learn from each other's best practices and facilitates operational interactions between IN and JMSDF to foster mutual cooperation and reaffirm their shared commitment towards maritime security in the Indo – Pacific.

The Director General of the National Cadet Corps (NCC) launches a mountaineering expedition for boys and girls to Mt Kang Yatse-II in the Ladakh region`

The National Cadet Corps (NCC) boys and girls mountaineering expedition to Mount Kang Yatse-II peak was flagged off by DG NCC Lt Gen Gurbirpal Singh from New Delhi on May 28, 2024. The peak



is located in the Ladakh region at an altitude of 6,250m/20,505ft, and this is the 87th NCC Cadets mountaineering expedition since 1970.

The team comprises five Officers, 17 Permanent Instructors and 24 Cadets (12 Boys & 12 Girls) from various NCC directorates. The team will attempt to scale Mt Kang Yatse-II by the end of June 2024.

The DG NCC wished success to the team and highlighted the pivotal role of the NCC in youth development & the opportunities provided to the cadets to engage in diverse adventure activities. He encouraged the cadets to face the expedition's challenges with composure, courage, professionalism and an indomitable spirit.

DRDO successfully conducts flight test of RudraM-II air-to-surface missile from Su-30 MK-I over the Odisha coast

Defence Research & Development Organisation (DRDO) successfully flight-tested the RudraM-II air-to-surface missile from Su-30 MK-I platform of the Indian Air Force (IAF) off the coast of Odisha at around 1130 hours on May 29, 2024. The flight-test met all the trial objectives, validating the propulsion system and control & guidance algorithm. The performance of the missile has been validated from the flight data captured by range tracking instruments like electro-optical systems, radar and telemetry stations deployed by Integrated Test Range, Chandipur at various locations, including the on-board ship.

RudraM-II is an indigenously-developed solid-propelled air-launched missile system



meant for Air-to-Surface role to neutralise many types of enemy assets. A number of state-of-the-art indigenous technologies developed by various DRDO laboratories have been incorporated in the missile system.

Raksha Mantri Shri Rajnath Singh congratulated DRDO, IAF and industry on the successful test-flight of RudraM-II. The

successful test has consolidated the role of the RudraM-II system as a force multiplier to the Armed Forces, he said.

Secretary, Department of Defence R&D and Chairman DRDO Dr Samir V Kamat complimented the DRDO team for their untiring efforts and contribution culminating into the successful flight test.



World No Tobacco Day 2024

Union Health Secretary reiterates India's commitment to safeguarding current and future generations from the significant health, social, environmental, and economic harms associated with tobacco on World No Tobacco Day 2024 "Protecting Children from Tobacco Industry Interference" - the theme of the "World No Tobacco Day" 2024 Union Health Secretary announces key focus areas for tobacco control initiatives in 2024, including strict enforcement of India's National Tobacco Control Law - COTPA 2003 Indian badminton maestro, Ms PV Sindhu, announced as brand ambassador for Tobacco Control Operational guidelines for establishing Tobacco Cessation Centres in medical institutions unveiled India is the first country globally to regulate anti-tobacco warnings on streaming or OTT media platforms

The Ministry of Health and Family Welfare, Government of India, organized an event today to observe World No Tobacco Day 2024. This year's theme, "Protecting Children from Tobacco Industry Interference," underscores the urgent need to shield youth from the detrimental influences of tobacco consumption. Union Health Secretary Shri Apurva Chandra addressed the event through a video message, focusing on the devastating impact of tobacco use. He emphasized the Government's proactive stance, implementing measures across various levels—local, national, regional, and global—to significantly reduce tobacco prevalence and exposure to tobacco smoke, thereby fostering healthier communities.

Speaking on the occasion, he reiterated India's unwavering commitment to safeguarding current and future generations from the major health, social, environmental, and economic harms associated with tobacco

use. He highlighted how India's stringent enforcement of the WHO Framework Convention on Tobacco Control has yielded noticeable results, citing tangible outcomes evidenced by the tobacco surveillance and monitoring mechanisms in place.

Furthermore, he unveiled the key focus areas for tobacco control initiatives in 2024, which include strict enforcement of India's National Tobacco Control Law - COTPA 2003, intensified public awareness campaigns, increasing tobacco-free educational institutions, and establishing tobacco-free villages nationwide.

To motivate young children and youth to steer clear of tobacco in all forms, Indian badminton maestro Ms. PV Sindhu was designated as the brand ambassador for Tobacco Control today. In a compelling video message, Ms. Sindhu urged everyone to unite in the campaign against tobacco use, encouraging individuals to lead a

tobacco-free life and embrace healthier choices today for a better tomorrow.

Smt. V. Hekali Zhimomi, Additional Secretary of the Ministry of Health & Family Welfare, stated that in 2023, the Government of India extended the TV and Film rules to OTT platforms on the official gazette and is the first country globally to regulate anti-tobacco warnings on streaming or OTT media platforms.

Prof. Dr. Atul Goel, Director General of Health Services, emphasized the urgent need for innovative strategies to educate youth about the harmful effects of tobacco use from an early age. He highlighted the importance of curbing tobacco advertising and engaging more influencers to spread awareness. Dr. Goel called for individual participation in raising awareness and

with the guidelines set by the National Medical Commission to train graduates in holistic medicine. By offering these cessation services, medical institutions aim to substantially boost quit rates among tobacco users, thereby fortifying the overall

The Ministry of Health & Family Welfare has enabled an online “No Tobacco Pledge” through the MyGov platform. States, Union Territories, and all stakeholders have been encouraged to disseminate the pledge widely and



urged a thorough examination of all health concerns associated with tobacco consumption.

Dr. Roderico Ofrin, WHO Representative to India, commended India's leadership in tobacco control, highlighting its pioneering role in regulating tobacco depiction on OTT platforms and its policy on the prohibition of e-cigarettes. He urged for collective efforts to protect future generations from the adverse effects of tobacco consumption by raising public awareness and safeguarding tobacco control policies from industry influences.

Operational Guidelines for Establishing Tobacco Cessation Centres in Medical Institutions was also unveiled. The initiative aims to educate and sensitize medical students about tobacco cessation, aligning

healthcare system. The integration of tobacco cessation clinics into medical and other healthcare institutions will contribute to the universalization of cessation services and strengthen the health system as a whole.

During the event, awardees of the WHO World No Tobacco Day 2024 Award were felicitated. The WHO WNTD Award for 2024 was presented to the State Tobacco Control Cell, Odisha and the Regional Director's Special Recognition Award for 2024 was presented to Dr. Mir Mushtaq Ahmad, Nodal Officer Kashmir, National Tobacco Control Program and the Generation Saviour Association, Punjab. The awards are given annually by WHO on a nomination basis to individuals or organizations for their accomplishments in tobacco control.

encourage maximum participation in the No Tobacco Pledge campaign starting from May 31. All the participants, including the Ministry of Health & Family Welfare, State Government officers, and partner organizations, took a “No Tobacco Pledge”.

Under the National Oral Health Programme, an oral screening and tobacco cessation camp was also organized at Nirman Bhawan by the National Resource Centre for Oral Potentially Malignant Disorder (OPMD Hub) of the Lady Hardinge Medical College.

Dr. L. Swasticharan, Addl. DDG, Dte. GHS, Dr. Poonam Meena, Deputy Secretary (Tobacco Control), Ministry of Health & Family Welfare, and other senior officers of the Ministry of Health & Family Welfare were present on the occasion.

MONSOON MAGIC

Discover Enchanting Destinations around the World

As the scorching heat of summer gives way to the rhythmic patter of raindrops, travellers around the world eagerly anticipate the arrival of the monsoon season. Far from being a time to stay indoors, the monsoon offers a unique opportunity to explore destinations transformed by the arrival of rainfall. From lush rainforests and cascading waterfalls to vibrant festivals and rejuvenating spa retreats, the monsoon season unveils a world of enchantment

waiting to be discovered.

With a passion for uncovering hidden gems and off-the-beaten-path experiences, I invite you on a journey of exploration as we delve into some of the most captivating destinations to visit during the monsoon season. From the mist-covered hills of Southeast Asia to the vibrant landscapes of South America, these destinations promise to captivate your senses and leave you with memories to last a lifetime.

Cherrapunji, India: **The Wettest Place on Earth**

Nestled amidst the mist-covered hills of Meghalaya in northeastern India, Cherrapunji holds the distinction of being the wettest place on earth. During the monsoon season, the region comes alive with lush greenery, cascading waterfalls, and swirling mists that create an ethereal atmosphere. Visitors can marvel at iconic landmarks such as the Nohkalikai Falls, explore ancient living root bridges, and immerse themselves in the rich tribal culture of the Khasi people.





Munnar, India: Tea Plantations and Misty Mountains

Located in the Western Ghats of Kerala, Munnar is a picturesque hill station known for its sprawling tea plantations, verdant valleys, and mist-covered mountains. During the monsoon season, the region is transformed into a lush green paradise, with rain showers rejuvenating the tea gardens and creating a dreamy ambiance. Visitors can embark on scenic hikes through the Eravikulam National Park, witness the surreal beauty of the Mattupetty Dam, and indulge in authentic Kerala cuisine amidst the backdrop of rolling hills and cascading waterfalls.



Kyoto, Japan: Tranquility Amidst Rain-soaked Temples

Kyoto, Japan's ancient capital, takes on a magical charm during the monsoon season, known locally as "tsuyu" or the plum rain. Visitors can explore the city's historic temples and Zen gardens, wander through atmospheric bamboo groves, and partake in traditional tea ceremonies amidst the soothing sound of raindrops. The Arashiyama district, with its iconic bamboo forest and historic temples, is particularly enchanting during this time, offering a tranquil retreat from the hustle and bustle of urban life.



Bali, Indonesia: Tropical Beauty and Cultural Richness

Bali, known as the "Island of the Gods," is a tropical paradise that comes alive with vibrant colors and cultural festivities during the monsoon season. Visitors can explore lush rice terraces, swim beneath cascading waterfalls, and participate in traditional Balinese ceremonies and dance performances. The Ubud area, with its thriving arts scene and tranquil surroundings, is a particularly enchanting destination during the monsoon, offering a perfect blend of natural beauty and cultural richness.



Kerala, India: Backwaters and Ayurvedic Retreats

Kerala, often referred to as "God's Own Country," is a land of serene backwaters, palm-fringed beaches, and lush greenery that flourishes during the monsoon season. Visitors can embark on tranquil houseboat cruises along the backwaters, rejuvenate their senses with Ayurvedic treatments at luxurious spa retreats, and witness the spectacle of traditional snake boat races that take place during the monsoon months. The monsoon also marks the beginning of the harvest festival of Onam, celebrated with colorful parades, feasts, and cultural performances across the state.





Luang Prabang, Laos: Timeless Charm Amidst Rain-soaked Temples

Luang Prabang, nestled amidst the mist-covered mountains and meandering rivers of northern Laos, exudes a timeless charm and tranquility during the monsoon season. Visitors can explore the town's UNESCO-listed heritage sites, including ancient temples adorned with glistening raindrops and ornate golden stupas, participate in traditional almsgiving ceremonies at dawn, and cruise along the serene Mekong River as rain clouds paint the sky in hues of gray and silver. The monsoon also coincides with the vibrant Bun Pi Mai festival, where locals celebrate the Lao New Year with colorful processions, water fights, and festive feasts.



Airlines Offering Enriching Free Stopovers

In the ever-evolving world of air travel, airlines are continually seeking ways to elevate the passenger experience. One trend that has gained significant momentum is the provision of free stopovers, allowing travellers to explore additional destinations without incurring extra costs.



As the world of travel continues to evolve, airlines are redefining the passenger experience by offering enriching free stopovers that unlock new destinations and experiences. Whether it's marvelling at natural wonders, immersing in vibrant cultures, or indulging in culinary delights, these ten airlines are empowering travellers to embark on multi-destination journeys that transcend the boundaries of traditional itineraries. As we look to the future of travel, the allure of free stopovers promises to inspire jetsetters to explore the world in new and exciting ways, one layover at a time.

Let's uncover travel trends and spotlight ten airlines that are leading the charge in offering enriching free stopovers. From iconic cultural hubs to breathtaking natural wonders, these airlines are empowering travellers to embark on multi-destination journeys that go beyond the confines of traditional itineraries.

Icelandair: Unlocking the

Wonders of the Land of Fire and Ice

Icelandair has long been celebrated for its pioneering stopover program, inviting passengers to discover the other worldly landscapes and vibrant culture of Iceland. With up to seven days to explore the Land of Fire and Ice, travellers can marvel at cascading waterfalls, soak in geothermal hot springs, and embark on exhilarating adventures under the mesmerizing Northern Lights.

Emirates: Embracing the Magic of Dubai



Emirates entices travellers with the allure of Dubai, a dynamic metropolis where innovation meets tradition. Passengers can extend their layovers in Dubai for up to 48 hours, immersing themselves in the city's architectural marvels, culinary delights, and world-class shopping experiences amidst the golden sands of the Arabian Desert.

Singapore Airlines: Unveiling the Charms of the Lion City

Singapore Airlines invites passengers to delve into the enchanting allure of



Singapore, a melting pot of cultures and a beacon of modernity in Southeast Asia. With complimentary stopovers, travellers can savour the flavours of hawker cuisine, wander through lush gardens, and admire the iconic skyline of this vibrant city-state.



Turkish Airlines: Delving into the Rich Tapestry of Istanbul

Turkish Airlines beckons travellers to indulge in the timeless allure of Istanbul, where East meets West in a captivating fusion of history and culture. With a complimentary stopover in Turkey's cultural capital, passengers can explore ancient landmarks,



wander through bustling bazaars, and savour the aromas of authentic Turkish cuisine.

Qatar Airways: Discovering the Essence of Doha

Qatar Airways offers passengers the opportunity to explore the cosmopolitan charm of Doha, the glittering capital city of Qatar. With complimentary stopovers, travellers can wander through futuristic skyscrapers, stroll along picturesque Corniche promenades, and immerse themselves in the vibrant cultural scene of this dynamic Gulf metropolis.

Finnair: Embracing the Serenity of Helsinki

Finnair invites travellers to experience the tranquillity of Helsinki, Finland's vibrant capital nestled amidst pristine natural landscapes. With complimentary stopovers, passengers can explore historic landmarks, unwind in traditional saunas, and embark on scenic excursions to the idyllic archipelago islands dotting the Baltic Sea.

Etihad Airways: Soaring to New Heights in Abu Dhabi

Etihad Airways offers passengers the opportunity to extend their layovers in Abu Dhabi, the glittering capital of the United Arab Emirates. With complimentary stopovers, travellers can marvel at architectural wonders like the Sheikh Zayed Grand Mosque, indulge in luxurious shopping experiences, and unwind amidst the opulent oasis of desert resorts.



Air Canada: Immersing in the Splendour of Toronto

Air Canada invites travellers to explore the vibrant multicultural mosaic of Toronto, Canada's dynamic metropolis nestled on the shores of Lake Ontario. With complimentary stopovers, passengers can discover iconic landmarks, indulge in world-class dining experiences, and immerse themselves in the diverse cultural offerings of this cosmopolitan city.

Thai Airways: Unveiling the Charms of Bangkok

Thai Airways beckons travellers to immerse themselves in the bustling energy and vibrant street life of Bangkok, Thailand's captivating capital. With complimentary stopovers, passengers can explore ornate temples, navigate bustling markets, and savour the tantalizing flavours of authentic Thai cuisine amidst the enchanting chaos of the City of Angels.

Air New Zealand: Experiencing the Allure of Auckland

Air New Zealand invites travellers to discover the natural wonders and cultural richness of Auckland, New Zealand's cosmopolitan hub set amidst stunning coastal landscapes. With complimentary stopovers, passengers can explore volcanic islands, sample world-renowned wines, and embark on unforgettable adventures in the adventure capital of the Pacific.

Air India Express: First airline to operate from two airports in NCR



Flight operations will commence on 1st August 2024. Inaugural fares are now open for booking on the airline's award-winning website, the Air India Express mobile app and other major booking channels.

Besides operating over 280 flights a week from Indira Gandhi International Airport (IGI) in New Delhi, AIX will be operating from Hindon Airport, ensuring enhanced connectivity to/from other cities in Western UP, Uttarakhand and Haryana. Hindon's strategic location within the National Capital Region (NCR) ensures seamless access for travellers based out of Central and Eastern Delhi, Noida, Alipur, Agra, Baghpat, Bulandshahr, Dadri, Dasna, Dehradun, Faridnagar, Hapur, Haridwar, Kharkha, Loni, Meerut, Modinagar, Muradnagar, Noida, NangloiJat, Pilkhuwa, Panipat, Rishikesh, Saharanpur, and Sonapat.

Speaking about the announcement, Alok Singh, Managing Director, Air India Express, said, "Our network expansion is focussed on enhancing connectivity across the rapidly growing domestic and short-haul international market, particularly the new

and underserved routes. The maturity and size of major metropolitan areas in India can support secondary airports, spreading the benefits of air connectivity and further stimulating growth. We believe the launch of our flights from Hindon is a pioneering effort towards this direction. It will benefit travellers from an extended catchment area, even beyond Delhi NCR, including Western Uttar Pradesh, Uttarakhand, Himachal and Haryana. The new services will complement our operations from the primary airport serving Delhi NCR, providing convenient options."

Air India Express will operate two daily-direct flights from Bengaluru and a daily direct flight each from Kolkata and Goa to Hindon, Delhi NCR. Guests travelling from these cities to Central, North & East Delhi, as well as other destinations in the National Capital Region, as well as a host of tourist & spiritual destinations in Uttar Pradesh, Uttarakhand, Himachal Pradesh and Haryana can now conveniently access these flights, while mitigating traffic congestion in the National Capital Region.

In addition to providing non-stop

connectivity to popular destinations such as Bengaluru, Goa, and Kolkata, Air India Express will connect Hindon through convenient one-stop itineraries to other key stations on its network, including Bhubaneswar, Chennai, Calicut, Kannur, Kochi, Hyderabad, Imphal, Bagdogra, Mangalore, Mumbai, Pune, and Thiruvananthapuram.

Loyalty members booking on the airline's website and mobile app get additional rewards and benefits, including exclusive discounts and special deals, up to 8% NeuCoins, and complimentary Xpress Ahead priority check-in, boarding, and baggage services. In addition to loyalty members, students, senior citizens, SMEs, dependents, and members of the Indian armed forces can also get special fares and benefits on airindiaexpress.com.

Located in the heart of Uttar Pradesh's Ghaziabad, Hindon Airport serves as an important secondary airport for the bustling National Capital Region (NCR). Hindon Airport's focused commitment to connectivity positions it as a pivotal gateway to tier-2 and tier-3 cities across India.

Celebration of Operational Excellence

Within the ten years of operations, the airport has triumphed as the 'World's Best Airport' three times at the SKYTRAX World Airport Awards and was ranked as the airport with the second-best air connectivity in the Middle East in Airport Council International's Air Connectivity Ranking 2023. These recognitions showcase the airport's commitment to innovation and continuous improvement, and its customer centric approach and effective operational management which offers passengers a reliable and seamless travel experience.

From May 2014 to May 2024, Hamad International Airport welcomed a total of 325.1 million passengers to its growing facility. The airport saw 2.1 million aircraft movements, carried 20.5 million tonnes of cargo and processed 258 million bags in 10 years. Qatar Airways' hub is currently serving over 45 airline partners – including 14 legacy airlines. The airport capacity grew to 58 million passengers per year after Phase A of the expansion in 2022 and currently serves over 200 destinations, including passenger, cargo, and chartered flight destinations.

In line with creating a bespoke airport experience, Hamad International Airport is home to over 40 permanent art displays by local, regional and international artists and offers over 200 retail and dining outlets, including many world-firsts, and exclusives.



Qatar Airways Group Chief Executive Officer, Engr. Badr Mohammed Al-Meer, who has been part of the airport's growth journey since 2014, said: "The growth and global position of Hamad International Airport since the start of its operations is a prime example of how investing in our people and facilities, adopting innovative solutions, and fostering industry collaboration, leads to excellence. We have overcome multiple challenges and set industry standards that have helped us earn the title of the World's Best Airport. As the industry evolves, so will our operations and retail and hospitality experiences. We will continue to empower our people and nurture our relationships with our partners for the next 10 years, and beyond."

Marking its 10th anniversary, Hamad International Airport's team and passengers celebrated together with a series of activations which included cultural performances and live music sessions to commemorate the special occasion.

Flyadeal Orders 51 Aircraft in Landmark Airbus Deal

The historic agreement for 12 Airbus A320neos and 39 bigger capacity A321neos was signed as part of a wider announcement by parent Saudia Group for a record 105 aircraft order – the largest in Saudi aviation history. The announcement was made on the opening day of the Future Aviation Forum being held in Riyadh this week.

His Excellency Saleh Al-Jasser, Saudi Arabia's Minister of Transport and Logistic Services and Chairman of Saudi Arabian Airlines Corporation, presided over the official signing by His Excellency Eng Ibrahim Al-Omar, Saudia Group Director General, and Benoît de Saint-Exupéry, Airbus Executive Vice-President Sales.

flyadeal's new fleet will support growth targets that will see a tripling in size from the current 32 all-Airbus A320neo and ceo variants to more than 100 aircraft by 2030, with its network reach rising sharply from 30 domestic and international destinations to over 100 within six years.

Steven Greenway, flyadeal Chief Executive Officer, said: "Today's historic announcement is a clear statement of intent of flyadeal's goals as we prepare for the next phase of dynamic growth beyond 2026 when we begin taking deliveries of the new aircraft.

"flyadeal has exciting plans with the new fleet, especially the A321neos which will give us the flexibility on high-demand routes and to slot-constrained airports by offering up to 240 seats that represent 30 per cent more capacity than our current 186-seat A320s. And of course these new generation, environmentally friendly aircraft will provide optimum fuel efficiency, very much in line with the Kingdom's sustainability drive and Saudi Vision 2030 to build a dynamic aviation industry."

flyadeal's current fleet comprises 21 A320neo and 11 A320ceo variants operating from three hubs in the Kingdom – Jeddah, Riyadh and Dammam. The airline is inducting on average one aircraft every month into the fleet from an existing order until the end of 2025.

Japan Airlines and IndiGo Agree on Codeshare Partnership



The cooperation will allow Japan Airlines to strengthen its connectivity into India initially, while enabling more travel options for IndiGo customers on JAL's extensive domestic and international network in later phases.

IndiGo, India's leading airline with over 60% market share, and JAL will commence codeshare on India domestic routes which connect to JAL operated flights from/to Delhi and Bengaluru.

Currently, JAL operates daily services between Tokyo Haneda – Delhi, and three times a week services between Tokyo Narita – Bengaluru, supporting the air travel demand between the two countries. Through this new partnership with IndiGo, which has the largest domestic network in India, JAL will be able to establish an extensive network throughout India, including major cities such as Mumbai, Chennai, Hyderabad, Kolkata, Ahmedabad, Amritsar, Kochi, Coimbatore, Thiruvananthapuram, Tiruchirappalli, Pune, Lucknow, Varanasi,

and Goa, that connect to JAL operated flights. With IndiGo, known for its high-quality in-flight service and punctuality, JAL will extend an exceptional service to even more travelers through this partnership. In the ensuing period, the carriers will seek to further expand the cooperation with IndiGo code sharing on JAL operated flights.

Abhijit DasGupta, Senior Vice President Network Planning & Revenue Management, IndiGo said, "We are pleased to expand our portfolio of codeshare partnerships with this agreement with Japan Airlines. Japan has been increasing in popularity amongst Indian travellers, as both countries are working to strengthen bilateral relationships and ease the visa norms. This phase of the partnership expands the choices available to Japan Airlines customers for journeys to/from Japan, using IndiGo's extensive network in India. This step to provide seamless connectivity to support trade, commerce, and tourism between the two countries. Over time, we intend to expand the scope of geographic and reciprocal

coverage of this relationship to further grow travel opportunities for customers of both airlines. With burgeoning demand for international travel, IndiGo is committed to offer an on-time, affordable, courteous, and hassle-free travel experience across an unparalleled network."

Ross Leggett, Managing Executive Officer, Senior Vice President Route Marketing, Japan Airlines, said, "We are excited to announce our new codeshare partnership with IndiGo, having the largest domestic network in India, and offering high-quality service to customers. With the extensive network, travelers to/from India and Japan will be able to book their flight on one ticket, and experience both IndiGo and JAL's exceptional service. In recent years, India has achieved remarkable economic growth, and the air travel demand between Japan and India are increasing more than ever before. Both partners are delighted to enter in partnership and hope to contribute further to the market by providing customers with more options and a great customer experience."

Qatar Airways Introduce Complimentary Starlink Wi-Fi Onboard

This strategic move solidifies the airline's commitment to elevating the passenger experience onboard, with plans to progressively extend SpaceX-powered technology across its entire modern fleet within the next two years.

The announcement took place on the second day of the Aircraft Interior Expo at Hamburg - Germany, in the presence of Qatar Airways Group Chief Executive Officer, Engr. Badr Mohammed Al-Meer, and Mr. Mike Nicolls, Vice President of Starlink Engineering at SpaceX.

As a globally recognised leader in innovation, Qatar Airways consistently delivers advanced technologies to redefine the in-flight experience for passengers. By offering an ultra-high-speed Wi-Fi connectivity of up to 500 megabit per second per plane, Qatar Airways' passengers can use the high-speed and low-latency network with a simple 'one-click-access' to enjoy a variety of internet-based services such as video streaming of their favourite entertainment and sports videos, online gaming, enriched web-browsing and much more.

Qatar Airways Group Chief Executive Officer, Engr. Badr Mohammed Al-Meer, said: "This exciting collaboration with Starlink is a testament to our customer-first mindset and commitment to elevating our passengers' experience to unprecedented heights, as we continue furthering our innovative offerings to meet and exceed passengers' expectations throughout their journey with Qatar Airways."

As the first-ever service of its kind in the MENA region, the



collaboration with Starlink, the world's largest satellite internet constellation engineered and operated by SpaceX, marks a new milestone for the national carrier of the State of Qatar. This strategic initiative will further elevate the airline's unparalleled onboard experience.

Mike Nicolls, Vice President of Starlink Engineering at SpaceX, said: "High-speed, low-latency internet is the future of aviation connectivity, and we're excited to work with Qatar Airways to start flying Starlink on their fleet by the end of this year. Soon, all Qatar Airways passengers will be able to enjoy all the benefits of the world's best in-flight connectivity from the comfort of their seats."

Starlink delivers high-speed, low-latency internet to users all over the world. Qatar Airways is the largest airline to partner with Starlink.

Air India Non-Stop Service between Bengaluru and London

The service, which will further strengthen Air India's presence in the UK, reinforces the strong economic and cultural links between India and the UK.

Air India will operate 5x weekly between Bengaluru and London Gatwick, thus taking the total count of its flights to and from London Gatwick to 17x weekly.

The airline will use its Boeing 787 Dreamliner aircraft on the route, featuring 18 flat beds in Business class and 238 spacious seats in Economy.

"We are delighted to offer our guests



convenient, non-stop flights between Bengaluru and London Gatwick. This new route caters to the growing demand for travel between these two important business and leisure destinations, and strengthens

our commitment to expanding our global network," said Campbell Wilson, Chief Executive Officer & Managing Director, Air India.

Bookings for the flights progressively open today on all channels, including Air India's official website (www.airindia.com), mobile app, and authorised travel agents and partners.

Air India currently connects four other Indian cities to London Gatwick, namely Ahmedabad, Amritsar, Goa, and Kochi. The airline additionally operates 31x weekly to London Heathrow, and 6x weekly to and from Birmingham.

SriLankan Airlines Unveils New Office in Trivandrum



This exciting move signifies the airline's commitment to strengthening its presence in Southern Kerala and delivering an enhanced service to passengers from the Pathanamthitta; Kollam; Varkala; Kovalam; Marthandam; Nagercoil; and Tirunelveli areas.

SriLankan Airlines, renowned for its expansive network in India, initiated flights to Trivandrum in April 1980. Since then, SriLankan has maintained consistent connections between Trivandrum and Colombo and a plethora of global destinations via Colombo including the United Kingdom, Germany, France, Australia, Saudi Arabia, United Arab Emirates, Kuwait, Qatar, Male, Singapore

and many others. SriLankan Airlines currently operates four weekly flights between Trivandrum and Colombo, specifically on Mondays, Tuesdays, Thursdays, and Fridays.

"44 years ago, SriLankan Airlines was one of the first international airlines to launch flights to Trivandrum, and we have not looked back since. It has been our absolute privilege to serve the people of Southern Kerala and Trivandrum and connect them with the world through our comprehensive flight service that comes with a touch of true Sri Lankan hospitality. I am confident that this new partnership will enable us to take our service to even greater heights in the future,"

commented Head of Worldwide Sales and Distribution of SriLankan Airlines, Dimuthu Tennakoon.

With Sri Lanka being the closest international destination to South Kerala and Trivandrum, the country remains one of the most preferred holiday spots among Keralites. The increasing number of Indians visiting Sri Lanka only illustrates its growing popularity. Besides the welcoming cozy familiarity between the cultures, Sri Lanka offers an abundance of unique sights, cuisine, and experiences that can only be found in its local milieu.

The airline anticipates serving customers in South Kerala and Trivandrum with a renewed focus on service delivery in partnership with its new GSA and office. Head of Worldwide Sales and Distribution of SriLankan Airlines; Regional Manager for India, Bangladesh and Nepal of SriLankan Airlines, Fawzan Fareid; Area Manager Trivandrum of SriLankan Airlines, Sandun Jayasinghe; and the Managing Director of Translanka Air Travels, B. Ramesh Kumar attended the inauguration of the office and affirmed the airline's enduring commitment to its customers in the region.

VietJet opens new direct route to Australia

This route is Vietjet's sixth route connecting Vietnam and Australia, with two round trips every Tuesday and Saturday. The airline currently operates 58 weekly flights connecting Australia and Vietnam and will launch the Sydney—Hanoi route on June 8, 2024.

With the two new routes, Vietjet has further solidified their position as the largest airline operating between Vietnam and Australia. In India, it has also established several strategic expansions, operating a total of 29 weekly round-trip flights and creating direct connections between Vietnam and four key Indian cities – New Delhi, Mumbai, Ahmedabad, and Kochi. VietJet's footprint and connectivity between Vietnam and India are well established, expanding through modern fleets, dedicated crews, and attractive promotions specific to Indian customers.

Vietjet offers a premium Business Class experience that includes an exclusive check-in line, priority lanes, business lounges, authentic hot and fresh dishes served throughout the flight, up to 60kg of checked baggage plus a golf set, a private cabin, and 180-degree flatbed seats. From now until June 14, Business Class fares are available at a 50% discount (*) with the promo code SBJUNE50.

All passengers flying with Vietjet will also receive free SkyCare travel insurance, covering benefits from health and medical expenses due to accidents and illnesses to flight-related issues (such as flight delays, baggage delays, lost baggage, and personal documents), and 24/7 global medical and travel assistance services. Additionally, passengers flying with Vietjet this summer can earn points and redeem rewards with the Vietjet SkyJoy loyalty program and participate in lucky draws.

Monsoon Melodies of Goa

When one conjures images of Goa, the sun-drenched beaches often dominate the mindscape. Yet, as the monsoon weaves its magic, Goa transforms into an emerald lush of a haven. As the beaches skirt the state, magnificent waterfalls cascade their symphony in monsoons.



Here are five of the best waterfalls to add to your to-do list during your visit to Goa during the monsoon to offer yourself nature's embrace.

The earthy scent of rain-soaked soil fills the air as adventurers walk these trails trekking through lush hinterlands to discover hidden waterfalls and serene pools. Picnics become tales of laughter and joy. Visiting these waterfalls is not merely an escape into nature's embrace but an invitation to explore the untamed,



verdant heart of Goa. So, as we listen to the cascading waterfalls hum their melodies when monsoon bestows their beauty, let us also be stewards of its preservation.

Kuskem Waterfall, South Goa

Situated in the picturesque Kuskem village within Canacona Taluka, this waterfall is 20 km from the Cotigao Wildlife Sanctuary off NH 17. The waterfall is approximately 12 km from Hathipal, the sanctuary's entry point, where visitors can stay in the forest department's eco cottages. Anvli waterfall, situated nearby additionally complements this attraction. Reaching Kuskem involves a hike with breathtaking views of the lush forest and clear waters, ideal for a refreshing dip.

Netravali Waterfall, South Goa

This waterfall is located in Netravali Wildlife Sanctuary, about 50 km from Margao. Accessible by road, visitors can reach the falls after a 20-30 minute trek through lush forest. The waterfall forms a



pool with its curtain-like cascade. Due to its rich biodiversity, the sanctuary is idle for birdwatching and wildlife spotting. Netravali Waterfalls' visit is highly commendable as it is an incredible spot for picnics, nature walks, and photography.

Kesarval Waterfalls, South Goa

Kesarval Springs is distanced 22 kilometres from Panaji near the Verna plateau and the Zuari River. Accessible by a short trek, it is surrounded by tropical woodlands and betel-nut palms. The spring is famed for its medicinal properties, believed to heal skin and eye ailments due to the mineral-infused waters.

Bamanbudo Waterfall, South Goa

Located in Canacona, near Ambe Ghat, this waterfall resembles a waterslide, featuring high-force water sliding down the rocks, forming a stream at the bottom. Considering its easy access, it is perfect for family picnics.

Hivrem Waterfalls, North Goa

Hivrem offers stunning views of the Sahyadris and the Hivrem Waterfall. A 45-minute trek leads to this waterfall. The waterfall, surrounded by a heavy forest, is perfect for nature lovers and adventure seekers.

Discover Luxury Getaways: *Your Ultimate Summer Escape Awaits!*

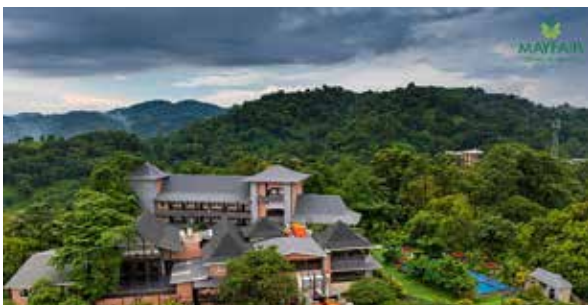
As the temperatures rise, there's no better time to plan a getaway to one of these opulent resorts, where comfort meets sophistication. From tranquil valleys to riverside havens, each of these resorts offers an oasis of relaxation amidst the bustling city life.

Join us as we explore the perfect destinations for your summer break in Guwahati, including the iconic Mayfair Spring Valley Resort and other esteemed establishments that promise to make your vacation truly unforgettable.



Mayfair Spring Valley Resort

Nestled amidst the serene valleys of Guwahati, Mayfair Spring Valley Resort epitomizes luxury and tranquility. With its lavish accommodations ranging from deluxe rooms to secluded villas, every corner of this 5-star haven exudes opulence. Immerse yourself in a world of indulgence as you dine at the Bay Leaf Restaurant, offering delectable delights amidst breathtaking views of rolling hills. Whether you choose to unwind by the pool or explore the nearby attractions, Mayfair Spring Valley Resort promises an unforgettable summer escape.





Vivanta Guwahati

Situated in the heart of the city, Vivanta Guwahati offers a blend of contemporary luxury and traditional hospitality. The spacious rooms and suites are designed to provide utmost comfort, while the rooftop infinity pool offers a refreshing retreat from the summer heat. Indulge your taste buds at the hotel's signature restaurant, serving a curated selection of local and international cuisine. With its convenient location and impeccable service, Vivanta Guwahati is the perfect choice for a stylish summer getaway.



Radisson Blu Hotel Guwahati

Boasting a picturesque location on the banks of the Brahmaputra River, Radisson Blu Hotel Guwahati provides a tranquil oasis amidst the bustling city life. The elegantly appointed rooms offer stunning views of the river or the lush greenery surrounding the hotel. Guests can relax and rejuvenate at the rooftop pool or indulge in a pampering session at the spa. With its world-class amenities and warm hospitality, Radisson Blu Hotel Guwahati ensures a memorable summer retreat.



Novotel Guwahati GS Road

Offering a perfect blend of comfort and sophistication, Novotel Guwahati GS Road is an ideal choice for discerning travelers seeking a luxurious summer getaway. The spacious rooms feature modern amenities and stylish décor, providing a haven of relaxation after a day of exploration. Guests can savor exquisite cuisine at the hotel's all-day dining restaurant or unwind with a refreshing cocktail at the rooftop bar. With its central location and impeccable service, Novotel Guwahati GS Road promises a memorable stay.



Kiranshree Grand, Guwahati:

Kiranshree Grand stands as a beacon of luxury and sophistication in Guwahati, offering a refined retreat for discerning travelers. The hotel boasts opulent accommodations, ranging from elegant rooms to luxurious suites, each designed to provide the utmost comfort and style. Guests can indulge in culinary delights at the hotel's gourmet restaurants, where a team of expert chefs curates an exquisite dining experience. With its impeccable service and attention to detail, Kiranshree Grand promises an unforgettable summer escape in the heart of the city.



Stay Fresh and Flawless in the Rainy Season

Monsoon makeup is all about achieving a balance between staying fresh and ensuring longevity despite the humidity and rain. By using the right products and techniques, you can maintain a flawless look that withstands the elements. Embrace the rainy season with confidence, knowing your makeup is ready to face the monsoon just as stylishly as you are! Here's your ultimate guide to monsoon-proof makeup.

Start with a Clean, Hydrated Base

A clean, well-moisturized face is essential for any makeup application, especially during the monsoon. The humidity can cause excess oil production, so using a lightweight, oil-free moisturizer helps keep your skin balanced. Follow this with a mattifying primer to control shine and create a smooth canvas for your makeup. Look for primers with ingredients like silica or dimethicone that help blur imperfections and keep makeup in place.

Opt for Waterproof Foundation and Concealer

The key to a lasting makeup look in the monsoon is using waterproof or long-wear foundation and concealer. These products are designed to withstand humidity and resist smudging. Choose a foundation that offers a matte finish to combat the natural shine caused by the humid weather. A lightweight, buildable formula will ensure your skin looks natural and fresh without feeling heavy.

Powder it Up

Setting your base makeup with a translucent

The monsoon season, with its refreshing rains and cooler temperatures, brings a welcome change from the scorching summer heat. However, the increased humidity and frequent downpours pose unique challenges for maintaining a flawless makeup look. The right approach to monsoon makeup can help you stay fresh, vibrant, and smudge-free despite the weather.



powder is crucial during the monsoon. A finely milled setting powder helps absorb excess oil and keeps your makeup intact for longer. Focus on areas that tend to get oily, such as the T-zone, to prevent shine and ensure a matte finish. Carry a compact powder for touch-ups throughout the day to keep your skin looking fresh.

Waterproof Eye Makeup is a Must

Monsoon season is synonymous with sudden showers, making waterproof eye makeup essential. Use a waterproof eyeliner and mascara to prevent smudging and running. Gel or liquid eyeliners tend to be more resilient in wet conditions compared to pencil liners. For eyeshadows, opt for cream-based formulas that are less likely to crease and smudge. Neutral shades with a hint of shimmer can brighten up your eyes without looking overdone.

Define Your Brows

Well-defined brows can frame your face and enhance your overall look. Use a waterproof brow pencil or gel to fill in and shape your brows. These products are more likely to stay put through humidity and occasional rain. For extra staying power, set your brows with a clear brow gel.

Choose Long-Wearing Blush and Bronzer

Cream blushes and bronzers are excellent choices for the monsoon as they blend seamlessly into the skin and have better staying power compared to powder formulas. Opt for products that offer a natural, dewy finish to give your skin a healthy glow. Avoid heavy contouring; instead, focus on adding a touch of color to your cheeks and warmth to your complexion.

Hydrating Lip Colors

Monsoon weather can sometimes make lips feel dry and chapped. Opt for hydrating lipsticks or tinted lip balms that provide color and moisture. Long-wear matte lipsticks are great for their staying power, but ensure they are not overly drying. A good balance is a semi-matte or satin finish that stays put without making your lips feel parched.

Setting Spray: The Final Touch

A setting spray is your best friend during the monsoon. A few spritzes of a good quality setting spray can lock your makeup in place and add a finishing touch to your look. Look for sprays that offer a matte finish if you have oily skin, or a hydrating finish if your skin leans towards dryness.

Keep Blotting Papers Handy

Blotting papers are a quick and easy way



to manage excess oil without disturbing your makeup. Keep them in your bag for quick touch-ups throughout the day. Gently press the blotting paper on your T-zone and other oily areas to remove shine and keep your face looking fresh.



Amigos Alliance

FROM STRESSED TO STRESS FREE



TRAVEL AGENCY

AMIGOS ALLIANCE

TRAVEL AGENCY

