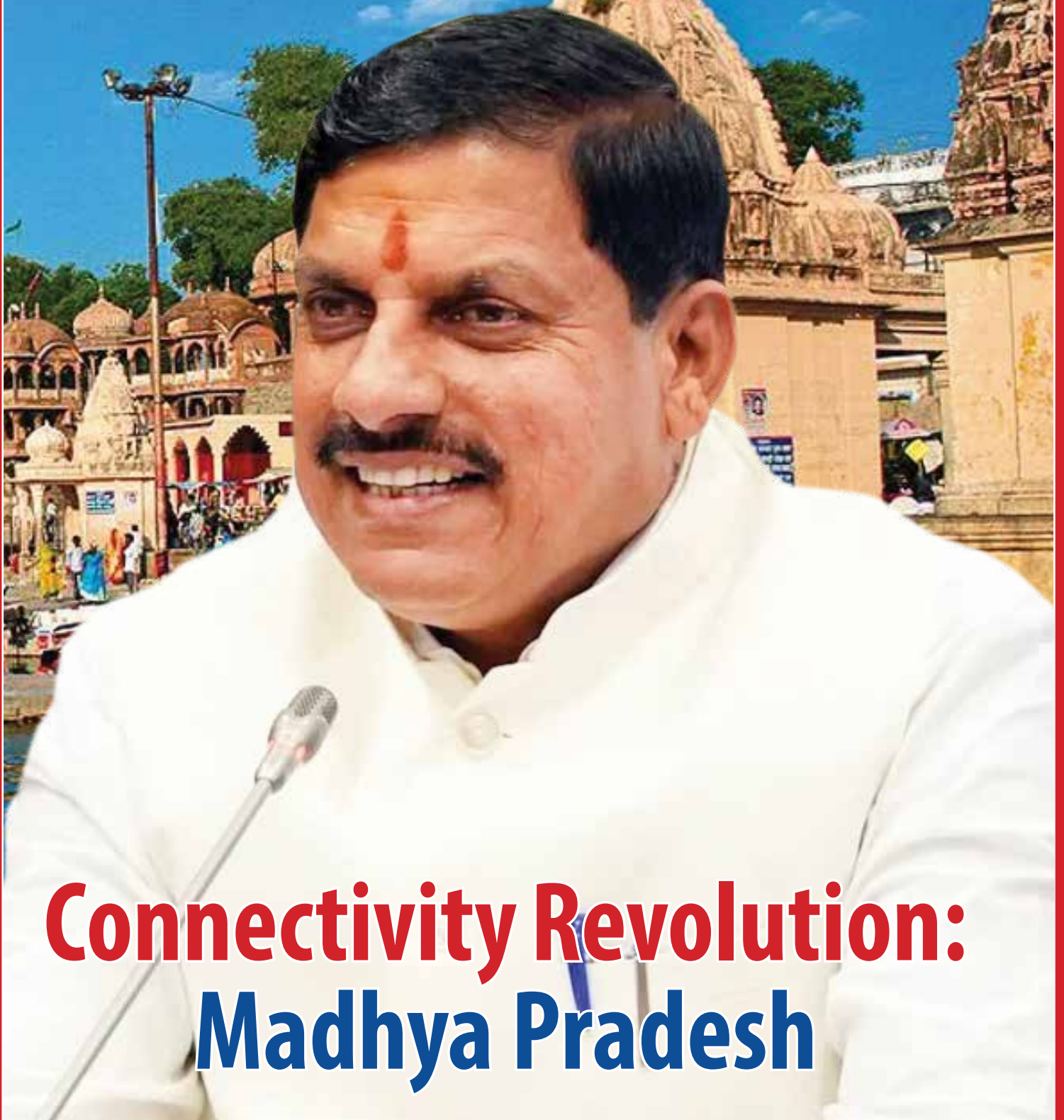
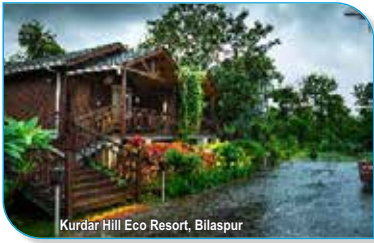


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Connectivity Revolution: Madhya Pradesh



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CONTENT

Politics & Democracy

Volume X, Issue -X | October 2024 | Pages 40 | Rs. 40

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8



10

Connectivity Revolution: Madhya Pradesh

Madhya Pradesh, under the leadership of Chief Minister Shri Mohan Yadav, is embarking on a transformative journey with the "PM Helishree" initiative, designed to revolutionise healthcare, tourism, and religious connectivity in the state.

Union Minister Jyotiraditya Scindia Leads "North East Trade and Investment Roadshow" in Bengaluru

The Ministry of Development of the North Eastern Region (MDoNER) successfully hosted the Northeast Trade and Investment Roadshow in Bengaluru, aimed at promoting investment in the North Eastern states. The event was led by Shri Jyotiraditya M. Scindia, Hon'ble Minister of Communications and MDoNER, along with senior...



16

Dr. Sukanta Majumdar Launches Safai Mitra Suraksha Shivar, Empowers with Swachhata Kits

In a significant move to recognize and support sanitation workers, Dr. Sukanta Majumdar, Minister of State for Education and Development of the North Eastern Region, inaugurated the Safai Mitra Suraksha Shivar at Shastri Bhawan in New...



20

World's Best Airline

This accolade is based on an evaluation of over 30 criteria, including punctuality, baggage allowance, route network, and inflight meal quality. The study leveraged data from more than 18 independent awards and reader polls to ensure a thorough assessment.



22

Dr. Mansukh Mandaviya Chairs 10th Convocation of LNIP in Gwalior

The 4th meeting of the General Council (GC) of the Khelo India Scheme was chaired by Union Minister of Youth Affairs & Sports and Labour & Employment, Dr. Mansukh Mandaviya, in New Delhi today. The meeting saw participation from senior officials of state govern...



24

The N(ex)t Chapter of your Life

Breakups can be significant life turning occasions that frequently lead us to go for adventure and comfort in the world. In addition to offering a pleasant diversion, seeing unusual places can be a means of self-discovery and recovery. Take a peek at these remarkable places if you want to venture outside the norm and engage...



30

Finding Solace

Breakups can be challenging, often leaving us in need of a reset—a chance to reflect, rejuvenate, and rediscover ourselves. Travelling solo can be one of the most rewarding ways to navigate this transition, providing a fresh perspective and new experiences.



President of India Inaugurates 16th ASOSAI Assembly

The President of India, Smt. Droupadi Murmu, attended the opening ceremony of the 16th Asian Organisation of Supreme Audit Institutions (ASOSAI) Assembly, hosted by the Comptroller and Auditor General (CAG) of India, in New Delhi.

In her address, the President highlighted the critical role of the CAG in ensuring transparency and accountability in public finance. She noted that the Indian Constitution granted the office of the CAG significant autonomy and responsibility, and praised its adherence to the highest ethical standards in its work.

The President also emphasized the evolving mandate of public sector audits, which now includes assessing the impact and equity of public welfare schemes. With the rise of digital technologies, she pointed out, audits must adapt to keep pace with technological advancements, ensuring effective oversight of public services delivered through platforms like artificial intelligence, data analytics, and geo-spatial technology.

She stressed the importance of Digital Public Infrastructure (DPI), which underpins modern governance and facilitates the delivery of public services. However, she warned that women and marginalized groups often face limited access to digital technologies, and called on Supreme Audit Institutions (SAIs) to ensure that digital systems are inclusive and accessible to all.

The President also noted that in a world often marked by opaque financial practices, SAIs play a crucial role in safeguarding public resources and enhancing trust in governance. She expressed confidence that the CAG of India, as the host of the 16th ASOSAI Assembly and the new Chair of ASOSAI for 2024-2027, would foster greater cooperation and innovation among member countries.

Smt. Murmu concluded by congratulating SAI India for its leadership role and expressed optimism that the assembly's discussions would drive progress in the field of public auditing.

President of India Addresses 10th Convocation of Atal Bihari Vajpayee Medical Institute



The Hon'ble President of India, Smt. Droupadi Murmu, addressed the 10th Convocation of the Atal Bihari Vajpayee Institute of Medical Sciences (ABVIMS), in the presence of Union Health Minister Shri J.P. Nadda and Dr. V.K. Paul, Member (Health), NITI Aayog.

In her address, the President honored the legacy of Dr. Ram Manohar Lohia and Shri Atal Bihari Vajpayee, stressing that both leaders prioritized the nation's welfare. She urged the medical professionals and students at ABVIMS to follow their example and contribute to society with the same commitment.

The President emphasized the vital role of doctors in society, stating that they hold the power to make the difference between life and death. "Doctors are revered as gods in our country because of their healing touch," she said, urging them to always approach their patients with empathy and care. Addressing the increasing violence against healthcare workers, the President called for greater patience and understanding from patients and caregivers, reminding everyone that no doctor wishes harm on their patients.

She also highlighted significant achievements in India's healthcare sector over the last decade, including an increase in medical institutions, a doubling of postgraduate seats, and the establishment of new AIIMS. The President further noted the success of the Pradhan Mantri Jan Arogya Yojana in improving healthcare access for women.

During the ceremony, the President presented degrees to the graduating students, including 36 super-specialty students. Union Health Minister Shri J.P. Nadda congratulated the graduates and emphasized the government's focus on maintaining the highest standards in medical education. He encouraged the students to apply their skills in improving India's healthcare system, noting the unique challenges doctors in India face due to the country's high patient load. He also released the first edition of the ABVIMS journal, "Sanhita", presenting the first copy to the President.

President of India Attends 21st Convocation of NALSAR University of Law

The President of India, Smt. Droupadi Murmu, attended the 21st Convocation of NALSAR University of Law in Hyderabad, Telangana. Addressing the graduating students, the President highlighted the foundational principles of the Indian Constitution, emphasizing its reflection of the ideals of justice, liberty, equality, and fraternity, which emerged from the freedom struggle. She pointed out that the ideal of equality, enshrined in the Preamble and the Fundamental Rights, is further reinforced by the Directive Principles of State Policy, which calls for equal justice and free legal aid for all citizens, regardless of economic or other disabilities.

The President stressed that, unfortunately, access to justice is often unequal, with disadvantaged individuals lacking the same opportunities as the wealthy. She urged the young legal professionals to be the agents of change, working towards rectifying this injustice and ensuring that the legal system serves all equally.

Smt. Murmu reminded the graduates that as advocates, their role extends beyond serving their clients' interests to assisting the court in the fair dispensation of justice. Regardless of the legal



career path they choose, she encouraged them to uphold values of integrity and courage, and emphasized that speaking truth to power will only strengthen their position.

The President expressed her admiration for NALSAR's leadership in addressing key social issues, including disability rights, access to justice, prison reform, juvenile justice, and legal aid. She also commended the university for establishing the Animal Law Centre, recognizing it as an important step towards safeguarding animals, birds, trees, and water bodies for the future well-being of humanity.

In closing, Smt. Murmu called on NALSAR, along with its alumni, to contribute to a nationwide network of women advocates and law students. She emphasized that the safety of women is a societal responsibility and expressed confidence that such a network would play a crucial role in preventing atrocities against women and ensuring justice for victims.

Ayush's Future in Global Recognition & Integrative Medicine

A two-day National Seminar titled *Samyak Pariksha: Atur Suraksha* (Improving Diagnosis for Patient Safety) was organized by CARI-CCRAS, Ministry of Ayush, to highlight the importance of diagnostic practices in Ayush systems for fostering patient safety. The seminar aimed to explore the integration of Ayurvedic and modern diagnostic wisdom, focusing on the role of pharmacovigilance in ensuring patient safety and aligning with the WHO's theme of "Improving Diagnosis for Patient Safety" for the year.

During the event, Vaidya Rajesh Kotecha, Secretary of the Ministry of Ayush, emphasized that the future of Ayush lies in global recognition and the mainstreaming of integrative medicine. He also highlighted the critical role of professionals at Intermediary

Pharmacovigilance Centers (IPVCs) and Peripheral Pharmacovigilance Centers (PPVCs) in shaping the existing program. He stressed that patient safety is a key concern across all medical systems, including traditional and modern approaches, and the Ministry of Ayush is committed to enhancing the safety, efficacy, and credibility of traditional medicine systems in India.

The seminar also marked the signing of a Memorandum of Understanding (MoU) between the National Institute of Indian Medical Heritage (NIIMH), CCRAS, and Shri Narayan Prasad Awasthi Government Ayurved College, Raipur, Chhattisgarh, for the preparation of e-books on selected Ayurvedic Nighantu texts.

Vaidya Kotecha further elaborated on the Ministry's efforts to strengthen

the safety standards in Ayush, through initiatives like the Pharmacovigilance Program for Ayurveda, Siddha, Sowa-Rigpa, Unani, and Homoeopathy drugs, launched in December 2017. The program focuses on adverse drug reaction (ADR) reporting, surveillance of misleading advertisements, and patient safety awareness. Since its inception, the Ministry has conducted 1,580 awareness programs, reaching over 121,000 beneficiaries and identifying 39,428 objectionable advertisements.

The seminar was attended by esteemed guests, including Vaidya Jayant Deopujari, Chairman of NCISM; Sh. Satyajit Paul, DDG of the Ministry of Ayush; Prof. Dr. Rabinarayan Acharya, DG of CCRAS; Prof. Tanuja Nesari, Director of All India Institute of Ayurveda, and other distinguished experts in the field.



Union Minister Jyotiraditya Scindia Leads "North East Trade and Investment Roadshow" in Bengaluru

The Ministry of Development of the North Eastern Region (MDoNER) successfully hosted the Northeast Trade and Investment Roadshow in Bengaluru, aimed at promoting investment in the North Eastern states. The event was led by Shri Jyotiraditya M. Scindia, Hon'ble Minister of Communications and MDoNER, along with senior officials from MDoNER and representatives from eight North Eastern states.

Minister Scindia highlighted the significant potential of the North

Eastern Region, underscoring its strategic importance to India's vision of becoming a "Viksit Bharat." He noted that under the leadership of Prime Minister Narendra Modi, the region has received focused attention, with initiatives such as the Act East Policy and UNNATI driving holistic development. He also emphasized the government's efforts to improve connectivity in the region, covering rail, road, air, waterways, and telecommunications. Scindia pointed out the abundant opportunities in sectors like agriculture, healthcare, IT & ITeS, education, tourism, energy, and sports, particularly in boxing, archery, and football. He also emphasized the government's commitment to promoting regional sports leagues.

Shri Chanchal Kumar, Secretary of MDoNER, spoke about the growth in

connectivity and the region's thriving investment ecosystem, assuring that both MDoNER and state governments are committed to facilitating investments. Ms. Monalisa Dash, Joint Secretary of MDoNER, emphasized the region's untapped potential and the successful completion of key infrastructure projects in the last decade, which have benefited local communities.

The event attracted strong interest from businesses and investors, with representatives from FICCI, Invest India, and various North Eastern states presenting investment opportunities across multiple sectors. The Bengaluru Roadshow, which followed previous events in Mumbai, Hyderabad, and Kolkata, marked another key step in unlocking the North East's investment potential and fostering growth in the region.

World Ozone Day 2024 : "Montreal Protocol - Advancing Climate Actions"

The Ministry of Environment, Forest and Climate Change (MoEFCC) organized an event in New Delhi to mark the 30th World Ozone Day under the theme, "Montreal Protocol: Advancing Climate Actions." The event highlighted the crucial role of the Montreal Protocol in protecting the ozone layer while supporting global climate action. Ms. Leena Nandan, Union Secretary of MoEFCC, presided over the event and emphasized the need for continued climate action to protect the ozone layer for future generations.

In her speech, Ms. Nandan discussed how rising temperatures are leading to increased use of cooling systems like air conditioners and refrigerators, which,



in turn, worsen global warming. She stressed that the implementation of the Montreal Protocol is integral to breaking this cycle and advancing climate change mitigation efforts.

Ms. Nandan also highlighted India's leadership in the Protocol's implementation, noting that the country has met its targets for phasing out

controlled ozone-depleting substances ahead of schedule, contributing significantly to both ozone protection and climate action. She also mentioned government initiatives like Mission LiFE (Lifestyle for Environment), which promotes sustainable living, and the 'Ek Ped Maa Ke Naam' campaign, focused on tree planting.

The event included the announcement of winners of the National Level Poster and Slogan Competitions, aimed at raising awareness about ozone protection and climate-friendly lifestyles. These competitions received strong participation, with over 4,000 poster entries and nearly 1,300 slogans.



Raksha Mantri Launches Open Water Swim Expedition to 21 Islands named after Param Vir Chakra awardees

Raksha Mantri Shri Rajnath Singh flagged in a groundbreaking Open Water Swimming Expedition to the 21 islands of the Andaman and Nicobar archipelago, named after Param Vir Chakra (PVC) awardees. This remarkable expedition, involving 11 personnel from the Indian Armed Forces, covered over 300 kilometers over five months. The team successfully unfurled the National Flag at each island, sharing the inspiring stories of valor and sacrifice of the Param Virs with the public.

The expedition, titled 'Expedition Param Vir,' was launched by the Tri-service Andaman & Nicobar Command to commemorate the anniversary of the renaming of the islands by Prime Minister Narendra Modi on January 23, 2023. The initiative aimed to honor the sacrifices of the 21 gallantry awardees and to inspire the youth of the nation. Singh emphasized the importance of sharing these heroic stories, stating that such endeavors ensure that the sacrifices of soldiers are recognized and celebrated, especially by younger generations.

During the flag-in ceremony, the team presented the Expedition Flag to the Raksha Mantri, a symbol of their journey and camaraderie. The expedition, which started on March 22, 2024, faced significant challenges, including severe exhaustion and encounters with marine life, yet was completed without any incidents. This achievement stands as a testament to the skill and dedication of the participants, many of whom were new to open water swimming. The culmination of their efforts on August 15, 2024, not only marked India's 78th Independence Day but also highlighted the enduring spirit of bravery and patriotism among the nation's Armed Forces.)

Indian Army Hosts "Army Sports Conclave"

The Indian Army hosted the highly anticipated "Army Sports Conclave," emphasizing its pivotal role in India's sporting landscape as the nation gears up to host the 2036 Olympics. This conclave served as a vital platform for collaboration among various national stakeholders, focusing on strategies with the Indian Olympics Association, the Sports Authority of India (SAI), and National Sports Federations to boost India's global sporting ambitions.

With a proud tradition of contributing to national sporting achievements in prestigious competitions like the Asian Games and Olympics, the Indian Armed Forces recognize the importance of sports in fostering national pride and fitness. Since establishing the Mission Olympics Wing in 2001, the Army has been dedicated to nurturing talent, currently training 9,000 athletes across 28 sports nodes. Collaborating with SAI, there are 18 Boys Sports Companies and two Girls Sports Companies aimed at young athletes aged 9 to 16, along with a specialized Paralympic Node for training disabled soldiers.

The event featured notable attendees, including Dr. Mansukh Mandaviya, Hon'ble Minister of Labour and Employment & Minister of Youth Affairs and Sports, and Colonel Rajyavardhan Singh Rathore, AVSM (Retd), Hon'ble Minister of Industry & Commerce for Rajasthan. General Upendra Dwivedi, Chief of the Army Staff, also attended.

In his keynote address, Colonel Rathore outlined the government's initiatives to enhance sports, particularly through the 'Khelo India' program, and shared a vision for maximizing Olympic medal counts by 2036. He acknowledged the Army's significant contributions to promoting a sports culture in India.

Dr. Mandaviya commended the Indian Army for its essential role in the sports ecosystem, advocating for a joint multi-agency approach to promote sports nationwide. He discussed the need for a comprehensive roadmap to success in the Olympics, integrating short-term and long-term strategies for talent development.

The conclave featured insights from former athletes and Olympians like Anju Bobby George, Mary Kom, and Tarundeep Rai, who shared their experiences and perspectives on excelling in sports. The discussions highlighted the importance of sports education, resource sharing, and best practices, focusing on integrating sports science at the grassroots level and developing tailored mental and physical preparation for athletes aiming for the 2036 Olympics.

Through collaborative efforts involving the Ministry of Youth Affairs & Sports, the Indian Army, and other key stakeholders, the conclave laid the groundwork for a comprehensive roadmap aimed at ensuring India's success on the global stage.

Connectivity Revolution: Madhya Pradesh

Madhya Pradesh, under the leadership of Chief Minister Shri Mohan Yadav, is embarking on a transformative journey with the "PM Helishree" initiative, designed to revolutionise healthcare, tourism, and religious connectivity in the state.

Recognising the state's vast geography and diverse population, the initiative aims to enhance accessibility and mobility through helicopter and air services. By focusing on religious tourism, emergency healthcare, and expanding tourism infrastructure, the state government is committed to creating new economic opportunities while providing essential services to its residents.

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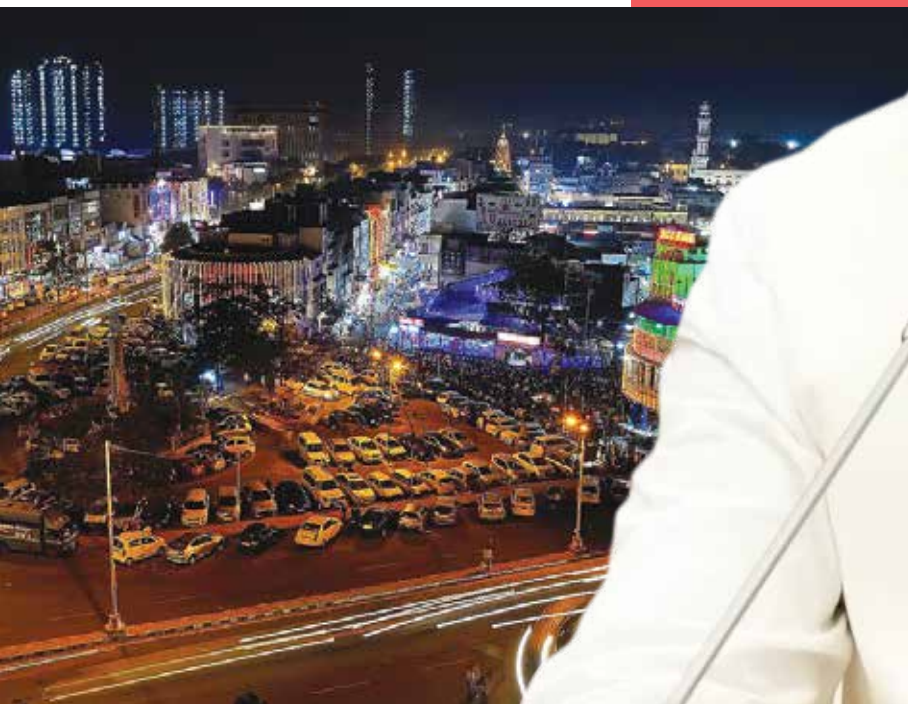
Dr. Mohan Yadav

Chief Minister, Government of Madhya Pradesh

The PM Shri Religious Tourism Heli Service signifies more than just facilitating travel to Shri Mahakaleshwar and Omkareshwar. It represents a commitment to unite devotees from across the country and the world towards the Jyotirlingas, the epitome of our faith. Today, we celebrate this momentous occasion, bolstered by the announcement from Shri Narendra Modi for the construction of an airport in Ujjain.

Additionally, an Air Ambulance Service has been launched, allowing Ayushman card holders and other citizens to access swift medical transport. This service is particularly vital for reaching remote areas in challenging geographical conditions, ensuring timely advanced medical treatment and airlifting patients to higher medical centers when needed.

The PM Shree Tourism Air Service, dedicated to our Prime Minister, aims to benefit the tourism, industry, trade, education, and medical sectors in the state. With the Prime Minister's support, Madhya Pradesh has also established the country's first helicopter pilot training school in Khajuraho. The state government will collaborate with pilot training institutes and nearby universities to offer degrees and diplomas, fostering employment-oriented education and attracting investment.





A Comprehensive Approach to Development



The PM Helishree initiative reflects a holistic approach to development. By tapping into its rich cultural heritage, the state enhances religious tourism, while the air ambulance services address urgent healthcare needs in isolated regions. Under the leadership of Chief Minister Shri Mohan Yadav, the Madhya Pradesh government is demonstrating the transformative

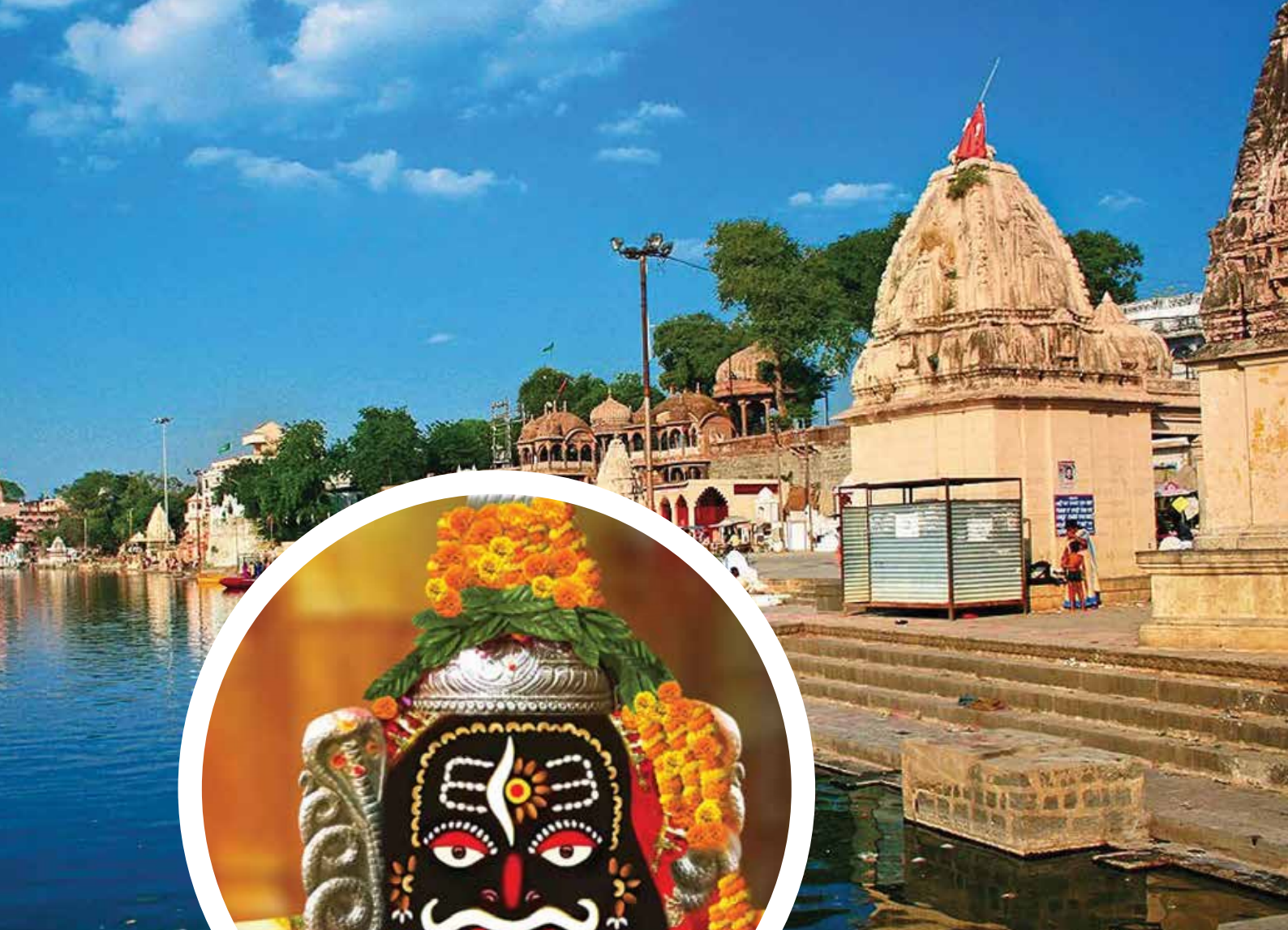
potential of integrated air services for regional connectivity and community upliftment.

Notably, Madhya Pradesh is the only state in India with this type of air service. The government's innovative efforts are set to elevate the tourism sector to new heights, expanding facilities and opening new avenues for development.

Commitment to Connectivity

During the inauguration, Chief Minister Shri Mohan Yadav emphasised the initiative's significance for both residents and visitors. Targeting rural and remote regions, the scheme provides rapid medical support while promoting the state's religious and tourist destinations.

The initiative encompasses the PM Shri Religious Tourism Heli Service and the PM Shri Tourism Air Service, both aimed at enhancing air connectivity to significant cultural and historical sites. These services utilise a fleet of helicopters and twin-engine aircraft to ensure safe and efficient travel, catering to a growing number of tourists and critical healthcare needs in hard-to-reach areas.



Religious Tourism Boost: PM Shri Religious Tourism Heli Service

Religious tourism plays a vital role in Madhya Pradesh's cultural identity, with destinations like Ujjain, Omkareshwar, and Mahakaleshwar attracting millions of devotees annually. The PM Shri Religious Tourism Heli Service specifically caters to this demographic, providing helicopter services to enhance accessibility, particularly

for elderly and differently-abled pilgrims.

Chief Minister Mohan Yadav highlighted that connecting remote spiritual locations via helicopter will not only promote the state's cultural heritage but also stimulate local economies. Helicopters are stationed in key hubs like Bhopal, Indore, and Ujjain, ensuring rapid and safe travel for devotees.

Highlights:

- In the first phase, air service has been initiated from Bhopal to Ujjain and Omkareshwar, as well as from Indore to these routes.
 - Online booking is available through the Madhya Pradesh Tourism Portal and other popular travel websites, including IRCTC.
 - Helicopter options range from two-seaters to twelve-seaters.
- The fee is set at a competitive Rs 5,000.

Madhya Pradesh boasts a rich array of historical and natural attractions, from ancient temples and palaces to national parks and UNESCO World Heritage sites like Khajuraho. The PM Shri Tourism Air Service aims to enhance access to these sites by providing air connectivity across the state.

With two 8-seater twin-engine aircraft, the service connects major cities such as Indore, Bhopal, Jabalpur, Gwalior, and Khajuraho, along with smaller, less accessible airports. This initiative significantly reduces travel time for tourists, making it easier to explore Madhya Pradesh's diverse attractions. The Chief Minister stated that this will add previously inaccessible areas to the tourism map, stimulate local economies, and create job opportunities.

Tourism Expansion: PM Shri Tourism Air Service



Highlights:

- Eight cities are being connected: Bhopal, Indore, Jabalpur, Rewa, Ujjain, Gwalior, Singrauli, and Khajuraho.
- Tourists can find information about offers, schedules, and fares at www.flyola.in. The service is operated by the Madhya Pradesh Tourism Board in partnership with M/s Jetserve Aviation Pvt. Ltd. (Flyola).
- Booking counters have been established at the airports in Indore, Bhopal, and Jabalpur.



Healthcare Integration: Air Ambulance Services

The PM Helishree initiative also addresses critical healthcare needs in rural and underserved areas. The geographical diversity and remote tribal regions often pose challenges for residents seeking timely medical care. The inclusion of an air ambulance service is a key component of this initiative.

These air ambulances are designed to transport critically ill patients from remote locations to advanced medical centers, ensuring rapid intervention and improved healthcare outcomes. Strategically stationed for quick response, the service underscores the government's commitment to providing life-saving medical services, even in the most isolated communities.



Highlights:

- The air ambulance service, operated from the Command Center in Bhopal, will connect all primary health centers and district hospitals in the state. Medical experts will also be transported to remote locations as needed.
- Ayushman Card Holders will receive free air ambulance services, while non-card holders can access this vital transportation.
- This initiative marks a significant advancement in emergency medical services, enhancing healthcare accessibility across the state.



Economic Impact and Employment Generation



A key objective of the PM Helishree initiative is to boost the local economy through job creation and increased tourism revenue. By improving connectivity, the state government aims to bring economic opportunities to rural and tribal areas, traditionally lacking in infrastructure and market access. The expansion of air services not only enhances tourism but also supports local businesses, generating new income sources for residents.

Multiple contracts have been signed with private organisations, such as Flyola Aviation, to manage and operate these services efficiently. This private sector involvement ensures

high operational quality and opens up avenues for local employment through training programs and hiring processes in aviation management and customer service.

Future Prospects and Expansion Plans

The Madhya Pradesh government's vision for the PM Helishree initiative extends beyond its current scope. Plans are in place to expand both tourism and healthcare air services to more destinations, integrating

additional remote areas into the state's economic and cultural framework. The Chief Minister has expressed a commitment to developing infrastructure, enhancing safety measures, and reducing travel costs to make these services accessible to a broader segment of the population.

This initiative aligns with national goals, such as enhancing connectivity under the "Ude Desh ka Aam Nagrik" (UDAN) scheme, which aims to make air travel affordable and widespread across India. By leveraging these policies, Madhya Pradesh is positioning itself as a model for regional development through strategic transportation initiatives.

Dr. Sukanta Majumdar Launches Safai Mitra Suraksha Shivar, Empowers with Swachhata Kits

In a significant move to recognize and support sanitation workers, Dr. Sukanta Majumdar, Minister of State for Education and Development of the North Eastern Region, inaugurated the Safai Mitra Suraksha Shivar at Shastri Bhawan in New Delhi. The event marked the beginning of the Swachhata Hi Seva (SHS) fortnight, running from 17th September to 2nd October 2024, with nearly 100 sanitation workers receiving Swachhata Kits—a symbolic gesture of the government's ongoing commitment to ensuring the safety, welfare, and dignity of these frontline workers.

The Safai Mitra Suraksha Shivar aims to extend far beyond just the distribution of kits. It is a part of a larger government initiative to honor the selfless work of sanitation workers and provide them with much-needed support, including health screenings, welfare schemes, and educational programs. The kits distributed during the ceremony included essential items such as shirts, caps, hand towels, shoes, gloves, masks, and sweets, all designed to promote the workers' safety and well-being in their challenging daily tasks.

Dr. Majumdar expressed his gratitude to Prime Minister Narendra Modi for making Swachhata (cleanliness) an integral part of national life, turning it into a mass movement that encourages citizens to take ownership of their surroundings. He pointed out that this vision has led to transformational changes across India, from the provision of toilets in every household to the spread of hygiene awareness. The Minister emphasized that Swachhata is not just a goal but an essential part of India's journey toward becoming a Viksit Bharat (Developed India). He called upon citizens to go beyond token gestures and adopt a sustainable, holistic approach to cleanliness in every aspect of life.

In his address, Shri K. Sanjay Murthy, Secretary of the Department of Higher Education, also highlighted the importance of involving every individual in maintaining hygiene. He explained that a whole-of-government approach had

mapped out the various needs of sanitation workers, and several major government initiatives would be put in place to address those needs. He encouraged all higher education institutions and autonomous bodies to actively participate in the three primary pillars of SHS 2024: Swachhata Ki Bhaagidari (Public Participation), Sampurna Swachhata (Complete Cleanliness), and Safai Mitra Suraksha Shivar (Safai Workers' Welfare Camps).

The Role of Higher Education Institutions

Higher Education Institutions (HEIs) have been proactive in aligning with the goals of the SHS campaign. These institutions have undertaken a wide range of activities aimed at spreading awareness about sanitation, waste management, and sustainability. Some of these include tree planting initiatives under the Ek Ped Maa Ke Naam program, waste-to-art installations, street plays, cleanliness drives, and waste segregation awareness campaigns.

Moreover, these institutions have embraced the Swachh Bharat mission's emphasis on technological innovations in sanitation. For instance, IIT Roorkee has developed a low-cost filter designed to treat arsenic and fluoride in groundwater, while IIT Kharagpur has created a bio-electric toilet that generates electricity during the treatment of human waste. These initiatives, funded under the Swachhata Action Plan (SAP), demonstrate the commitment of



India's academic institutions to pioneering low-cost, sustainable sanitation solutions.

Safai Mitra Suraksha Shivar: Health and Welfare Support

One of the key components of the Safai Mitra Suraksha Shivar is its focus on the health and welfare of sanitation workers. During the camp, a team of physicians, including gynecologists, will provide talks on overall well-being, occupational hazards, and menstrual hygiene practices. In addition to health screenings, counseling sessions will be conducted to raise awareness about government entitlements and help workers

access various welfare schemes.

The event also served as a platform to highlight the urgent need for better recognition and compensation for sanitation workers, who often face occupational health risks due to their line of work. Dr. Majumdar urged everyone to make it a point to prioritize the safety and well-being of these essential workers who play a critical role in keeping public spaces clean.

A Step Toward a Cleaner, Healthier India

As part of the larger Swachhata Hi Seva campaign, the event also underscored the importance of community engagement and public participation. The campaign will continue with a variety of activities, including street vendor sensitization programs on waste segregation, beautification projects within Shastri Bhawan premises, and the creation of selfie points to celebrate cleanliness. Students from institutions like Jamia Millia Islamia will also showcase their creativity by turning waste materials into art, raising awareness about the importance of reusing and recycling.

The Safai Mitra Suraksha Shivar and the broader Swachhata Hi Seva campaign are not merely about cleanliness—they represent a national movement for dignity, empowerment, and social responsibility. By ensuring the safety and well-being of sanitation workers and encouraging active participation from citizens and institutions alike, the campaign contributes to a cleaner, healthier India.

As the country celebrates a decade of the Swachh Bharat Abhiyan this year, Dr. Majumdar's call to make Swachhata an integral part of daily life echoes a broader vision: one that fosters not only physical cleanliness but also a cleaner, more inclusive society. The ongoing initiatives reflect India's commitment to making cleanliness and sanitation an accessible and fundamental right for all.

International Literacy Day Celebrations at Vigyan Bhawan

He emphasised that such efforts are integral to realizing the vision of a "Viksit Bharat" (Developed India). "When we make someone literate, we empower them," Dhankhar stated, stressing that literacy is not just about reading and writing but about unlocking dignity, independence, and self-discovery.

Dhankhar's address highlighted that literacy is an essential facet of human resource development, describing the joy and fulfillment that comes from educating others. "You cannot imagine the happiness you will bring to someone's life by helping them learn," he said. Reiterating that education is the one possession no one can take away, Dhankhar urged the



nation to enter "mission mode" to achieve 100% literacy, which he believes is an achievable goal. He further shared his vision of India reclaiming its ancient status as a global center of learning, reminiscent of institutions like Nalanda and Takshashila.

The Vice President also reflected on the importance of the National Education Policy (NEP), urging states that have not yet adopted it to reconsider. He described the NEP as a transformative policy, designed to empower youth, harness their energy, and celebrate India's linguistic diversity. "In India, language is not just a means of communication, it is the language in which we dream," Dhankhar noted, emphasizing the value of education

in mother tongues as an avenue for self-expression and learning.

The event also saw the participation of Shri Jayant Chaudhary, Minister of State for Education, who highlighted the importance of literacy in improving public health, empowering women, and boosting national GDP. "Literacy is not just a national priority, it is a global imperative," Chaudhary stated, noting that efforts to promote literacy are in sync with international standards and aligned with global goals.

The Ministry of Education, in collaboration with UNESCO, also launched several initiatives during the event, including

the ULLAS (Nav Bharat Saaksharta Karyakram) film and the ULLAS DTH channel. These initiatives aim to address India's literacy gap by providing multilingual educational resources to underserved communities, especially adult learners in rural and remote areas. Cultural performances showcased India's linguistic diversity, further reinforcing the theme of multilingual education.

The Vice President's call to action emphasized the importance of collective responsibility. "Let each one of us make one person literate," he concluded, reminding everyone that this is not just a government effort, but a societal obligation that will contribute to the nation's development and growth in the years to come.

NCERT to Triple Book Publication, Ensuring Accessibility Nationwide: Pradhan



Shri Pradhan highlighted that this partnership aligns with the vision of the National Education Policy (NEP) 2020, aiming to make education more inclusive, accessible, and affordable. As part of the initiative, NCERT will increase its book publication output by three times, releasing 15 crore textbooks for the 2025-26 academic session. These textbooks will be made available across nearly 20,000 pin codes, ensuring that students, irrespective of their location, have easy access to quality educational resources.

Expressing his enthusiasm for the partnership, Shri Pradhan emphasized that the collaboration with Amazon will not only enhance accessibility but also make education more aligned with the government's "ease of living" agenda. He also commended NCERT's long-standing

role in shaping India's educational framework, noting that the organization has published over 220 crore books since its inception in 1963.

The partnership will see NCERT's textbooks available on the newly launched NCERT Storefront on Amazon, where they will be retailed at the prescribed MRP, ensuring affordability and eliminating counterfeit sales. The initiative will help bridge supply gaps, particularly in remote areas, by leveraging Amazon's vast delivery network. Additionally, it aims to curb the sale of pirated textbooks, enhancing trust in the educational material provided to students.

Shri Pradhan also shared plans for developing interactive, AI-driven e-books, including innovations such as "talking books" to make learning more engaging for India's 300 million students in the 'Amrit

In a landmark initiative to enhance educational access, Union Minister for Education, Shri Dharmendra Pradhan, presided over the signing of a groundbreaking Letter of Engagement (LoE) between NCERT and Amazon Seller Services Pvt Ltd. This collaboration will ensure that original NCERT textbooks are available at the printed price across major e-commerce platforms, benefiting students nationwide.



Kaal.' He underscored the importance of providing textbooks in 23 languages, describing them as India's "real soft power."

Furthermore, Shri Sanjay Kumar, Secretary of the Department of School Education and Literacy, emphasized the critical role of strengthening the textbook supply chain. He pointed out that textbooks represent 96% of total book sales in India and should be made widely available through platforms like Amazon to address regional shortages.

As part of the partnership, NCERT will also benefit from Amazon's customer feedback and data, which will guide future improvements in textbooks and distribution strategies. This collaboration is expected to create a more efficient, transparent, and equitable system for delivering educational resources to students across the country.

The initiative marks a significant step forward in achieving the government's vision of a fully literate India, ensuring that students across the country have the tools they need to succeed

‘Volunteering for Ullas’



The workshop, focused on ‘Volunteering for Ullas’, brought together students and faculty from Teacher Education Institutions (TEIs) across the country under the National Council for Teacher Education (NCTE) to actively engage with the Ullas (New India Literacy Programme - NILP) initiative, a key component of the National Education Policy (NEP) 2020. The event, attended by prominent figures such as Smt. Archana Sharma Awasthi, Joint Secretary, DoSE&L; Prof. Pankaj Arora, Chairperson of NCTE; Ms. Kesang Y. Sherpa, Member Secretary of NCTE; and Smt. Preeti Meena, Director, DoSE&L, aimed to mobilize the power of volunteerism among teacher trainees to push the boundaries of literacy in underserved communities. The initiative is a vital part of India’s broader mission to fulfill the NEP’s vision of ‘Jan Jan Saakshar’ or ensuring literacy for every citizen, a cornerstone of achieving a Viksit Bharat (Developed India).

Promoting Volunteerism for Literacy

Shri Sanjay Kumar, in his address, underscored the critical importance of teacher educators in shaping the future of literacy in India. He urged the participants to view literacy not as a simple educational goal, but as a tool of empowerment that could unlock new opportunities for millions of Indians. “We must come together to focus on the urgent task of promoting literacy across every section of our society. The gift of literacy is one that can transform lives,” he stated. Shri Kumar further encouraged teacher educators to guide their students to actively participate in Ullas, specifically through registering on the Ullas App to begin their journey as volunteer teachers.

The Secretary highlighted that engaging youth in volunteerism through the Ullas programme will not only contribute to the

nationwide goal of 100% literacy but also create a culture of social responsibility and community engagement. In the long run, this initiative is expected to help millions of illiterate adults across rural and urban India learn essential reading and writing skills.

NCTE’s Role in the Ullas Mission

Prof. Pankaj Arora, Chairperson of the National Council for Teacher Education, emphasized that the NCTE was fully committed to realizing the vision of Viksit Bharat by ensuring universal literacy. He noted that Ullas is not just a literacy program but a national movement that requires collective participation from all sectors of society, particularly from educational institutions. “Teacher Education Institutions are the backbone of our literacy movement. By training future educators to be involved in community service through Ullas, we are building a robust foundation for the literacy ecosystem,” Prof. Arora remarked.

Ms. Kesang Y. Sherpa, Member Secretary of NCTE, elaborated on the crucial role TEIs play in the implementation of the Ullas programme. She shared that, for the academic year 2023-24, the NCTE had mandated that each TEI connect 8-10 students with the Ullas initiative. These student-teachers are encouraged to become volunteer educators, helping spread literacy in their communities and, in turn, gaining valuable experience and community service credits. Ms. Sherpa also mentioned that the active involvement of TEIs in Ullas would allow students to earn 2 Credits for Community Engagement & Service, further incentivizing their participation in the national literacy drive.

A Collaborative Effort for Transformative Change

The event also featured a presentation

by Smt. Preeti Meena, Director of DoSE&L, who provided a comprehensive overview of the steps involved in implementing Ullas in TEIs. She highlighted the significance of mobilizing resources at the grassroots level and creating a support structure for volunteer teachers. By integrating Ullas into the curriculum of teacher training programs, Smt. Meena emphasized the dual benefit of empowering future educators while simultaneously addressing the literacy needs of the nation.

The workshop served as a call to action, rallying over 18,000 teacher education institutions, faculty, and student-teachers to participate in the literacy campaign. The sheer scale of the initiative signifies its potential to reshape India’s educational landscape and equip the country’s youth with the skills and mindset needed to drive meaningful change.

A Vision for a Literate India

The Ullas initiative is a cornerstone of the NEP 2020’s goal of universalizing education. By targeting illiterate adults and enabling young volunteers to play a hands-on role in this mission, Ullas embodies the ethos of Jan Jan Saakshar—a nation where literacy becomes a collective responsibility, and every individual is empowered through education.

The workshop on Volunteering for Ullas marks the beginning of a national movement to engage India’s youth in building a literate society. The vision is clear: a Viksit Bharat, where literacy is no longer a privilege but a fundamental right for every citizen. The government’s ambitious efforts to promote literacy through volunteerism and teacher engagement show how education can be a powerful catalyst for social change. As more TEIs come on board and teacher educators guide their students, India’s dream of 100% literacy seems not just possible, but within reach.

World's Best Airline

This accolade is based on an evaluation of over 30 criteria, including punctuality, baggage allowance, route network, and inflight meal quality. The study leveraged data from more than 18 independent awards and reader polls to ensure a thorough assessment.

Described as a "worthy winner," Emirates excels in nearly every category, particularly for operating the largest fleet of double-decker Airbus A380s, known for their spaciousness and passenger comfort. The airline's premium economy and business class offerings are highly rated, featuring amenities like chauffeur service, extensive wine selections, and high-quality dining options.

In 2024, Emirates has already secured 19 additional awards, including seven prestigious accolades at the Skytrax World Airline Awards, where it was celebrated for its inflight

entertainment and luxurious first-class services. The airline also performed exceptionally well at the Pax International Magazine Awards, winning for inflight connectivity, and at the Business Traveller Middle East Awards, where it was named 'Best Airline Worldwide.'

Emirates is particularly renowned for its award-winning inflight entertainment system, iFC, which provides over 6,500 channels of diverse content in multiple languages. Its first and business class experiences are industry benchmarks, offering luxurious private suites, gourmet dining, and access to premium lounges around the world.

The airline's Premium Economy Class is also highly regarded for its



comfort and thoughtful features, making it a favorite among travelers. Emirates goes the extra mile for families, providing priority boarding, dedicated inflight meals for children, and entertainment options tailored for younger passengers.

With its commitment to enhancing customer experiences, Emirates continues to thrive in global rankings, achieving recognition without affiliations or sponsorships in any awards. The airline's focus on quality service and innovation ensures it remains a leader in the aviation industry.

Etihad Airways Unveils New Skypad Technology



The airline is committed to continuously developing Skypad, with future upgrades aimed at personalising guest experiences and expanding its capabilities. Etihad envisions a fully connected journey for passengers, integrating all touchpoints for a seamless travel experience from booking to arrival.

Elevating Customer Service

Developed by Etihad's Digital

Transformation and Innovation team, Skypad marks a significant advancement in personalised and

efficient air travel service. Cabin crew in premium cabins are now equipped with tablets running the Skypad application, allowing them to access real-time flight updates and anticipate guests' needs more effectively.

"At Etihad, we are dedicated to leveraging technology that enhances our guests' journeys," said Turki Alhammadi, Director of Product Development & Hospitality. "Skypad reflects our commitment to excellence,

merging innovation with our renowned hospitality."

Streamlined Dining Experience

The Skypad's Meal Order Taking feature simplifies the ordering process, enabling cabin crew to efficiently manage meal requests. Its real-time inventory tracking enhances resource management, minimizing waste and bolstering sustainability efforts.

"The launch of Skypad signifies a new chapter in our service evolution," Alhammadi noted. "We are continually exploring new functionalities to enhance this tool, always aiming to provide an exceptional guest experience."

LATAM Airlines Shines at Investor's Day

LATAM Airlines Group S.A. rang the opening bell at the New York Stock Exchange, marking its return after exiting in 2020 due to the pandemic and financial restructuring. Originally listed in 1997 as LAN Chile, LATAM was the first Latin American airline to trade American Depositary Receipts (ADRs).

Later, sLATAM hosted its inaugural "Investor Day," focusing on its



unique value proposition and plans for sustainable, profitable growth. The event featured key presentations from CEO Roberto Alvo, CFO Ramiro Alfonsín, COO Hernán Pasmán, and Chief Customer and Experience Officer Paulo Miranda. The presentations

emphasized LATAM's competitive edge as South America's largest airline group and the tenth-largest globally, showcasing its commitment to excellent travel solutions, financial stability, and sustainability through innovative technologies.

Best Airline App 2024



The app was evaluated by customers and selected for the final round, where a panel of experts assessed four nominees in a competition dubbed the "Battle of the Airline Apps." Ultimately, the Lufthansa Group app triumphed over competitors from Emirates, Qatar Airways, and Air India.

Dieter Vranckx, Member of the Executive Board for Lufthansa Group, stated, "The

Lufthansa Group App prioritizes our customers, offering user-friendly services and transparent information throughout their journey. I'm incredibly proud of our team's progress over the years. This award motivates us to further enhance our digital services across Lufthansa, Austrian Airlines, SWISS, and Brussels Airlines."

Oliver Schmitt, Head of Digital Customer Solutions, added, "The mobile experience is crucial for our

guests. The app has evolved into an essential travel companion. Recently, we've focused on improving service offerings, especially during irregularities, and simplifying processes to benefit our frequent flyers."

The World Aviation Festival is a premier global conference for the aviation industry, spotlighting advancements in technology, passenger experience, digitalization, and sustainability.

Dr. Mansukh Mandaviya Chairs 10th Convocation of LNIPE in Gwalior

The 4th meeting of the General Council (GC) of the Khelo India Scheme was chaired by Union Minister of Youth Affairs & Sports and Labour & Employment, Dr. Mansukh Mandaviya, in New Delhi today. The meeting saw participation from senior officials of state governments, national sports federations, sports control boards, and key representatives from central ministries.

A major announcement made during the meeting was the release of a Draft Sports Policy on the Ministry's website for public consultation. The policy aims to modernize and align India's sports framework with the evolving national landscape. Stakeholders, including state and union territory governments and the general public, are invited to submit feedback. Once finalized, the policy will also serve as a model for states that have not yet developed their own sports policies.



Dr. Mandaviya reviewed the progress of the Khelo India Scheme and discussed improvements to sports infrastructure and athlete performance. He emphasized the importance of a Whole-of-Government Approach to ensure better coordination among various agencies involved in talent identification, from central and state

schemes to national sports federations.

The Minister directed the reconstitution of sub-committees to focus on key areas, including improving recruitment policies for sportspersons, enhancing athlete welfare, and strengthening grassroots talent identification programs.

Additionally, Dr. Mandaviya announced the creation of a dedicated portal for sports recruitment, which will provide information on vacancies across central ministries. States will also be encouraged to use this platform to advertise sports quota openings, promoting greater accessibility and transparency in recruitment.

The meeting concluded with a review of the progress on creating a unified sports infrastructure database under PM Gati Shakti. The Minister directed the collection of data from states, sports federations, and other relevant bodies to develop a comprehensive inventory of India's sports infrastructure.

Dr. Mansukh Mandaviya Launches Second Edition of Inclusion Conclave

Delivering the keynote address, Dr. Mandaviya said "Under the leadership of Prime Minister Shri Narendra Modi Ji, India has made remarkable strides in sports. Our focus remains on providing quality training, developing inclusive infrastructure, and discovering talent from the grassroots. This holistic approach ensures that everyone, regardless of background or ability, has the chance to excel and contribute to India's sporting success."

He emphasized India's dedication to advancing sports by empowering athletes with disabilities, all under the forward-thinking leadership of Prime

Minister Narendra Modi. Additionally, he highlighted the country's enhanced international collaboration and capacity-building efforts in the fight against doping. At the conclave, Dr. Mansukh Mandaviya unveiled the "NADA India's Anti-Doping Guide" in Braille, a significant step towards inclusivity in the anti-doping arena.

In her address, Ms. Raksha Nikhil Khadse underscored India's commitment to ensuring that everyone, regardless of background, gender, age, or ability, has the opportunity to excel in sports. She reaffirmed the nation's focus on inclusion, ethical practices, and anti-doping initiatives. The event featured

Mr. Rajesh Aggarwal, Secretary of the Department of Empowerment of Persons with Disabilities, and Dr. Mayumi YaYa Yamamoto from WADA, who participated virtually, along with other notable guests.

The conclave included engaging panel discussions on topics such as legal frameworks, technology, and sports values, as well as insights from para-athletes. With over 500 attendees, it served as a vital platform for collaboration and strategy development for fair play and tailored anti-doping programs. NADA India successfully concluded its second Inclusion Conclave, building on the momentum of its first event.

Youth will play an important role in developing India: Dr. Mansukh Mandaviya



Union Minister for Youth Affairs and Sports, Dr. Mansukh Mandaviya, emphasized the pivotal role of India's youth in shaping the nation's future during a program under the 'Viksit Bharat Ambassador - Yuva Connect' initiative at SP College, Pune, Maharashtra. The event was attended by Union Minister of State for Youth Affairs and Sports, Ms. Raksha Khadse, and marks the launch of this youth-focused initiative in Maharashtra.

In his address, Dr. Mandaviya highlighted Prime Minister Narendra Modi's vision of transforming India into a developed nation by 2047. He stressed that achieving this goal requires strategic planning, and the youth of India will be central to realizing this vision. "The youth will play an instrumental role in building a developed India," said Dr. Mandaviya, emphasising that India's progress hinges on the involvement and contributions of the younger generation.

The Viksit Bharat Ambassador - Yuva Connect initiative will involve



interactions with college students across Maharashtra to guide them about their responsibilities towards achieving the goal of a Viksit Bharat (Developed India). Dr. Mandaviya also noted the rich legacy of SP College, mentioning how its alumni have contributed significantly to various fields, strengthening the dream of a prosperous and developed nation.

The Minister further explained that Prime Minister Modi has taken several youth-centric decisions in the national budget, highlighting a strong, planned approach to national development.

Ms. Raksha Khadse, Union Minister of State for Youth Affairs, urged students to register on the My Bharat Portal, a platform

through which they can actively contribute to India's development. "Students are the future of the country," she said, adding that small steps through this portal can collectively lead to significant progress for the nation. The program also featured an inspiring speech by Olympic bronze medalist Swapnil Kusale, who shared his journey and urged athletes to take advantage of the various schemes offered by the Ministry of Youth Affairs and Sports. In line with the day's theme of environmental responsibility, dignitaries planted trees at the college under the 'Ek Ped Maa Ke Naam' initiative, further reinforcing the message of sustainability and community service.

The N(ex)t Chapter of your Life

Breakups can be significant life turning occasions that frequently lead us to go for adventure and comfort in the world. In addition to offering a pleasant diversion, seeing unusual places can be a means of self-discovery and recovery. Take a peek at these remarkable places if you want to venture outside the norm and engage in experiences that encourage rejuvenation.

After a breakup, traveling to unusual places might be a life-changing event. In addition to breathtaking beauty, each of these places provides an opportunity to rediscover oneself and embrace new experiences. The world is filled of amazing locations just waiting to support your growth and healing, whether you're looking for inspiration, seclusion, or the excitement of exploration. Seize the chance to go out on an adventure that will uplift your soul and rekindle your enthusiasm for life. The next chapter of your life is almost here!

Socotra Island, Yemen: The Alien Landscape

Often dubbed the "Galápagos of the Indian Ocean," Socotra Island is home to some of the most bizarre and beautiful flora and fauna on the planet. Its otherworldly landscapes are characterised by the iconic dragon blood trees and unique wildlife found nowhere else. Here, you can disconnect from the past and immerse yourself in nature's surreal beauty, allowing the tranquility of this remote paradise to wash over you.

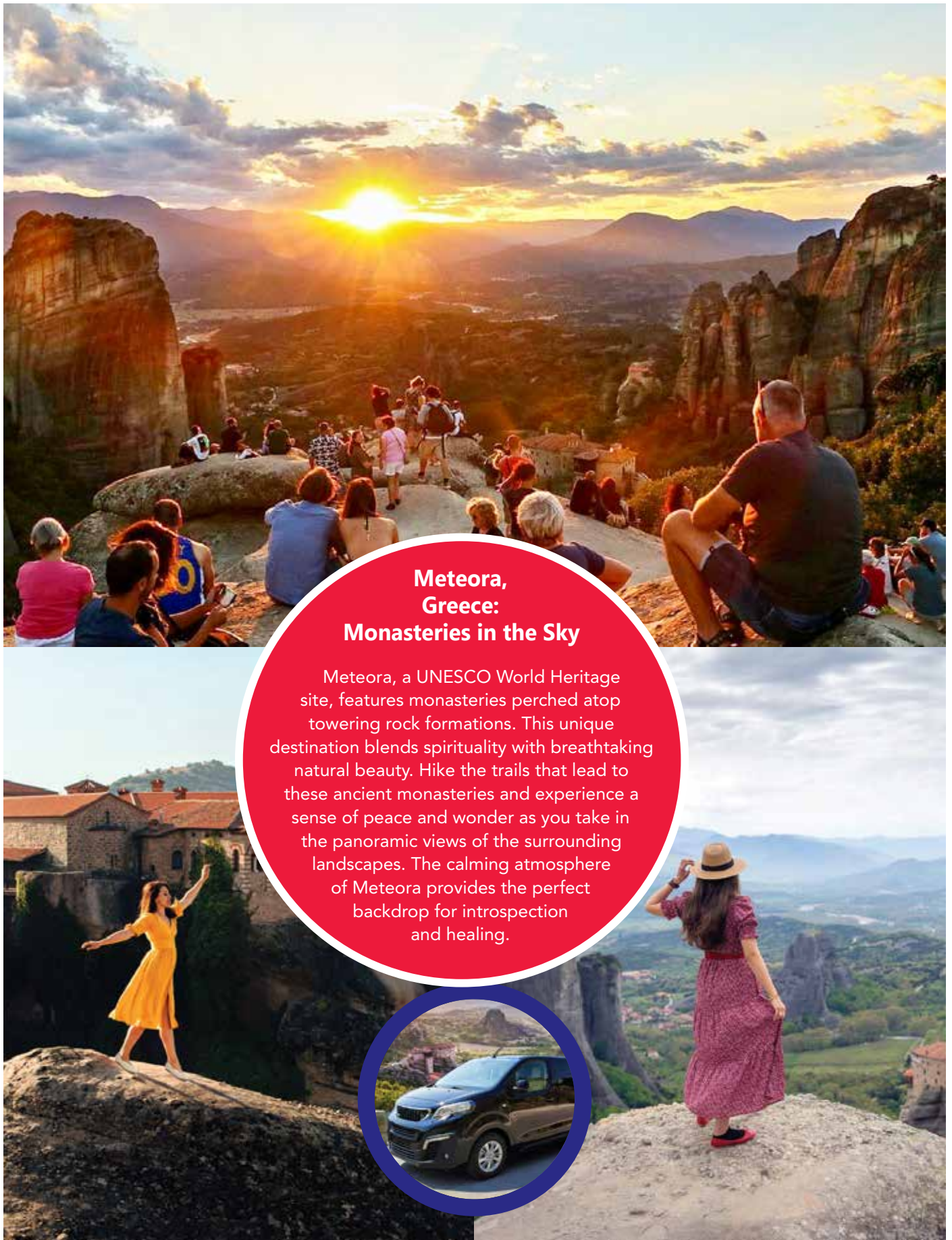




Lofoten Islands, Norway: Nature's Masterpiece

The Lofoten Islands offer dramatic scenery with jagged peaks, deep fjords, and picturesque fishing villages. This Scandinavian wonderland is perfect for those seeking adventure and inspiration. You can hike along breathtaking trails, kayak through tranquil waters, or simply soak in the stunning views. The ethereal glow of the midnight sun in summer or the enchanting Northern Lights in winter makes this destination an unforgettable experience for reflection and rejuvenation.





**Meteora,
Greece:
Monasteries in the Sky**

Meteora, a UNESCO World Heritage site, features monasteries perched atop towering rock formations. This unique destination blends spirituality with breathtaking natural beauty. Hike the trails that lead to these ancient monasteries and experience a sense of peace and wonder as you take in the panoramic views of the surrounding landscapes. The calming atmosphere of Meteora provides the perfect backdrop for introspection and healing.



Cappadocia, Turkey: A Fairy-Tale Escape

Famous for its unique rock formations and cave dwellings, Cappadocia is a magical destination that feels straight out of a storybook. Take a hot air balloon ride at sunrise for breathtaking views of the fairy chimneys and valleys below. The region's rich history and stunning landscapes provide a perfect setting for adventure and personal reflection, allowing you to rediscover your sense of wonder.





The Faroe Islands: Nature's Sanctuary

Tucked between Iceland and Norway, the Faroe Islands are a stunning archipelago characterized by dramatic cliffs, waterfalls, and lush green landscapes. Perfect for hiking and birdwatching, these remote islands offer a sense of tranquility and connection to nature that can be profoundly healing. The untouched beauty of the Faroe Islands encourages you to embrace solitude and self-reflection amidst breathtaking scenery.





The Azores, Portugal: A Natural Paradise

The Azores, an archipelago in the Atlantic, are known for their volcanic landscapes, hot springs, and stunning coastlines. This destination is ideal for those seeking adventure, with opportunities for hiking, whale watching, and soaking in natural thermal pools. The lush greenery and vibrant culture of the Azores provide a perfect escape for healing and rejuvenation.



Finding Solace

Breakups can be challenging, often leaving us in need of a reset—a chance to reflect, rejuvenate, and rediscover ourselves. Travelling solo can be one of the most rewarding ways to navigate this transition, providing a fresh perspective and new experiences.

Choosing the right hotel is crucial to enhancing this journey. Here's a curated list of remarkable hotels worldwide that offer comfort, inspiration, and opportunities for self-discovery.

Travelling solo after a breakup can be a transformative experience, offering opportunities to heal, reflect, and rediscover yourself. The hotels listed above provide not just luxury and comfort, but also the chance to explore new cultures and landscapes. Embrace this journey with an open heart, and allow these unique destinations to guide you towards renewal and self-discovery.



The Standard, High Line – New York City, USA

Nestled in the trendy Meatpacking District, The Standard, High Line boasts spectacular views of the Hudson River and the Manhattan skyline. Its modern design and vibrant atmosphere make it a favorite among solo travelers.

The hotel features a lively rooftop bar, perfect for unwinding with a cocktail as the sun sets. With art galleries, shopping, and a plethora of dining options nearby, you'll have plenty to explore. Embrace the city's energy while also finding quiet moments in the hotel's serene spaces.

Activities

- Explore the High Line Park for a peaceful walk.
- Visit the Whitney Museum of American Art.
- Treat yourself to a spa day or indulge in a solo dinner at one of the hotel's acclaimed restaurants.



The Retreat at Blue Lagoon – Iceland

This luxury spa hotel is set against the backdrop of Iceland's stunning landscapes. With geothermal baths and serene surroundings, it's an excellent choice for rejuvenation.

The Retreat offers a unique opportunity to connect with nature while indulging in spa treatments. The magical landscapes provide a perfect setting for reflection and introspection.

Activities

- Take a dip in the famous Blue Lagoon.
- Explore Iceland's stunning natural wonders, including waterfalls and geysers.
- Engage in wellness workshops focusing on mindfulness and relaxation.



Amanpulo – Palawan, Philippines

Amanpulo is a private island resort offering unparalleled luxury amidst pristine natural beauty. The serene atmosphere makes it a perfect escape for anyone looking to heal and reflect.

With secluded villas surrounded by lush greenery and white-sand beaches, this resort invites relaxation and rejuvenation. Engage in activities like yoga,

snorkeling, or simply lounging in a hammock.

Activities

- Enjoy a private sunset dinner on the beach.
- Explore the island's nature trails.
- Pamper yourself with wellness treatments at the resort's spa.





Hotel La Compañía –

Panama City, Panama

Located in the historic district, Hotel La Compañía beautifully blends modern luxury with rich cultural heritage. Its vibrant surroundings offer a perfect backdrop for solo exploration. This boutique hotel is known for its personalized service and unique decor. Wander through the lively streets, sample local cuisine, and immerse yourself in the vibrant culture of Panama.

Activities

- Discover the Panama Canal and its history.
- Explore local markets and enjoy street food.
- Relax in the hotel's rooftop bar with stunning city views.





The Chedi Muscat – Oman

The Chedi Muscat combines modern design with Omani heritage, offering a luxurious beachfront escape. The serene atmosphere makes it ideal for solo travelers seeking peace and relaxation.

With its stunning views, sprawling gardens, and multiple pools, this hotel encourages introspection and self-care. Indulge in world-class dining and spa treatments to enhance your rejuvenation journey.

Activities

- Take a day trip to the stunning Musandam Peninsula.
- Explore the local culture at the Sultan Qaboos Grand Mosque.
- Relax at the hotel's spa or unwind by the beach.





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#Iamoveryou

Moving on from a breakup is a journey of self-discovery and empowerment. By embracing these strategies, you can transform pain into purpose, emerging stronger and more resilient. Remember, this chapter is just one part of your story—there are countless pages waiting to be written. Embrace the possibilities ahead, and let your heart heal and grow.

Breakups can feel like a storm, turning your world upside down. But just as the skies clear after rain, there's a brighter horizon waiting for you. This edition, we explore empowering ideas to help you move forward with grace and confidence, transforming heartache into growth.

Here are some insightful strategies to navigate this journey:

Rediscover Your Passion

Breakups often lead us to forget

what we love. Take this time to reconnect with hobbies and interests that ignite your spirit. Whether it's painting, hiking, or dancing, dive back into activities that bring you joy. As wellness expert Sarah Jenkins says, "Engaging in what you love is not just a distraction; it's a way to rediscover yourself."

Create a New Routine

Routine can be a comforting anchor. Establish a fresh daily schedule that incorporates self-care, exercise, and



new activities. "Routines give your day structure and purpose, helping you regain control," advises therapist Dr. Maya Roberts.

Shop for a Fresh Start

Retail therapy can be surprisingly uplifting. Treat yourself to new clothes or accessories that reflect your new chapter. "Shopping can boost your mood and help you express your evolving identity," notes fashion stylist Mia Hart.

Explore New Places

Travel, even if it's just a day trip to a nearby town. New environments





can provide fresh perspectives and rejuvenate your spirit. "Traveling opens your eyes to new experiences and helps you let go of the past," says travel blogger Ethan Gray.

Connect with Friends and Family

Lean on your support system. Reconnect with friends and family who uplift you. Organise gatherings or simple catch-ups to share your thoughts and feelings. "Isolation can amplify sadness. Surround yourself with those who bring positivity," emphasizes life coach Lisa Tran.

Hobbies and Happenings

Engage in activities that bring excitement back into your life. Attend local events, workshops, or classes where you can meet new people. Whether it's cooking, art, or fitness classes, these activities can spark new friendships and experiences. "Meeting new people can invigorate your social life and broaden your horizons," suggests community organizer Jenna Brooks.

Practice Mindfulness and Meditation

In the midst of chaos, mindfulness can be a powerful tool. Incorporate

meditation, yoga, or deep-breathing exercises into your routine. "Mindfulness helps you stay grounded and focused on the present, making it easier to process emotions," explains mindfulness instructor Ava Chen.

Set Personal Goals

Use this time to set new personal and professional goals. Whether it's advancing your career or starting a new fitness journey, having objectives gives you something to look forward to. "Goals provide motivation and a sense of direction, transforming heartbreak into a springboard for growth," says motivational speaker Jamie Lee.

Embrace a New Look

Sometimes a change in appearance can reflect inner transformation. Experiment with a new hairstyle, wardrobe, or even a fresh skincare routine. "A new look can boost your confidence and symbolize a new chapter in your life," notes stylist Mia Hart.

Journaling for Clarity

Writing can be cathartic. Start a journal to express your thoughts and feelings. Reflect on the lessons learned and what you want for your

future. "Journaling helps you process emotions and provides clarity, making it easier to move forward," advises psychologist Dr. Amy Carson.

Limit Social Media Exposure

Social media can often trigger painful memories. Consider taking a break from platforms that remind you of your ex. "Curating your digital environment is just as important as your physical one," says digital wellness expert Mark Taylor.

Hobbies and Socialising

Explore casual dating or "hooking up" if you feel ready. Meeting new people in low-pressure settings can help rebuild your confidence and provide a fresh perspective on relationships. "Just remember, the goal is to have fun and rediscover your social self," adds relationship coach Tessa Lane.

Seek Professional Help

If feelings of sadness persist, don't hesitate to seek professional support. Therapy can provide valuable tools for healing and self-discovery. "Therapists can help you navigate your emotions and build resilience," emphasizes Dr. Roberts.



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