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EDITOR'S NOTE

Summer is here.
And with that comes the muchawaited holidays, inviting families and solo adventurers alike to set off on journeys of discovery and delight.

Dive into our latest edition to kick-start your summer escapades! In this issue, we proudly unveil our Cover Story, 'European Summer,' a comprehensive guide through the sun-kissed landscapes and hidden gems of the continent. From serene beaches to vineyards, and quaint picnic spots to cultural meccas, let us be your companions to experience the season's best.

But before you dive into our continental odyssey, glance at the cover and behold the magic of European Summers—an integration of an Augmented Reality experience to transport you to the region. Simply scan the QR Code and indulge in breathtaking sights even before you take off.

Furthermore, join us as we jet off to Dubai, courtesy our new non-stop flights from India. From there, we venture into the vibrant landscape of Hong Kong, exploring its architectural wonders and inspiring urban regeneration. Seeking solace? Join us as we uncover the tranquil allure of Rishikesh this International Day of Yoga, where the spiritual Ganges meets the majestic Himalayas.

As we strive to elevate your reading journey, your feedback is eagerly awaited. Thank you for your unwavering support and endless enthusiasm.

Happy reading and Namaste!

- Namaste.ai Editorial Team



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Khub Chand Sawhney's (KCS) Kashmir Shawl Emporium was established in 1950. We are a symbol of heritage, legacy and the perpetuity of fine craftsmanship. A place for finding something timeless and classic, something which can become a family heirloom and passed down over generations.







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A freelance writer based in Dubai, Chaitali writes on travel, food, culture, and design for leading global publications. She loves telling stories and searches for them in people, places, and objects. She also enjoys teaching children about the wonders of nature.





Louise **Aspinall**

@@luluaspinall

An author, integrative therapist, and coach, Louise is passionate about helping people with their mental health and well-being. Her book is titled Curb Your Anxietv: A Mindful Approach To Worry.



Punita Malhotra

@ @100cobbledroads

Delhi-based Punita veered from a career in entrepreneurship to pursue her passion of travel writing. Her quest for history, heritage, food, and fairy tales takes her to faraway lands.



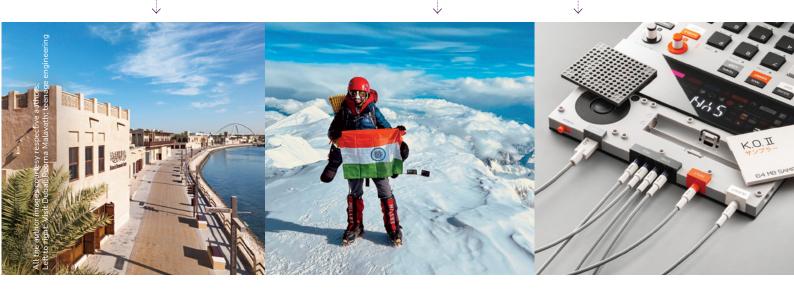


Roobina Mongia

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A tech journalist for more than a decade, Delhi-based Roobina currently writes independently. She's worked with noted brands and celebrities, and leaders like Tim Cook, Shah Rukh Khan, Priyanka Chopra Jonas, and many more.

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@@sushmitasrivastav

Nothing stirs Sushmita's heart like an impromptu trip! Based in Delhi, she harbours an innate passion for travelling, storytelling, cooking, and keeping an eye out for her next adventure.

1 page 74



Anubhuti Krishna

@@thatgirlinmuddyboots

Delhi-based Anubhuti is a curator and consultant writing about food, travel, and design for publications like The Hindu, Lonely Planet, Travel+Leisure, Architectural Digest, etc. amongst others. Her work focusses on India's cuisines, architecture, hyper-local arts, and culture. She hopes to author a book someday.



Rupali Dean

Recognised as

Writer in the Country' by the Indian Culinary Forum and the Ministry of Tourism, Rupali enjoys writing about food and travel. She travels the world for work and passion.

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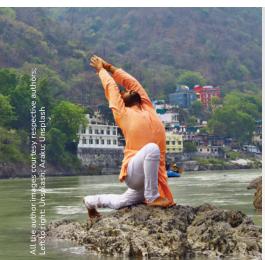


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A Chennai-based independent journalist, Kalpana has written for National Geographic Traveller, The Guardian, and Travel + Leisure. She's travelled to over 70 countries and loves sketching and reading. She writes about art, architecture, culture, environment, food, and heritage.

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Stunning modern architecture rubs shoulders with heritage monuments in Hong Kong



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> British author Diana Evans on visiting Jamaica



50 EVENTS

Events worldwide to attend this month

On the Cover: A lady enjoys a luxurious breakfast in Oia or la Town, Santorini, Greek islands, Greece

> Cover image courtesy Getty Images/serts Map courtesy Asia Media Design





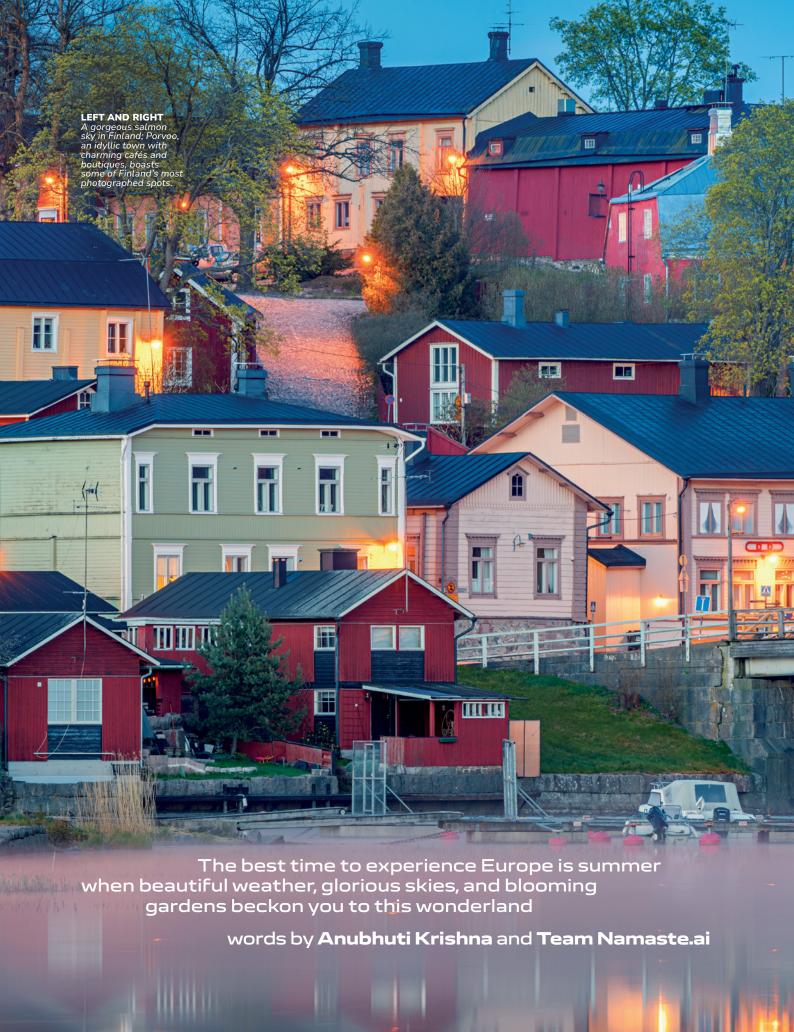




cover story european summer



EUROPEAN, SUMMER/





CALM SHORES

Tranquil and rejuvenating, the European coastline offers a variety of experiences

othing spells holiday like a beach. And these hidden beaches, oozing oodles of charm, are alluring. Take a walk on a pebbled shore, relax in a quiet alcove or go boating in a bay.

PRAIA DO CARVALHO, ALGARVE, PORTUGAL

Hidden behind high cliffs that surround its soft golden sand, Praia do Carvalho is just three hours from Lisbon—ideal for a day trip. Swim, cliff dive or hike to the nearby Benagil Sea Cave. The Alfanzina lighthouse has sweeping ocean views.

SAN GIOVANNI DI SINIS, SARDINIA, ITALY

Sunny all year round, San Giovanni di Sinis's landscape, created by the alternation of dunes and limestone rocks, makes it unique. The view—Gulf of Oristano on one end and Sardinian Sea on other—will leave you enraptured.

SVETI JAKOV, DUBROVNIK, CROATIA

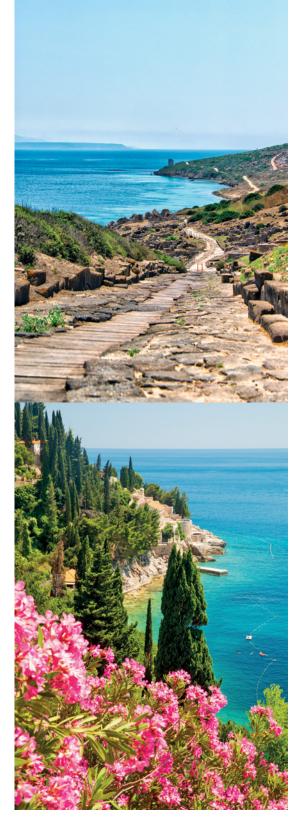
One of Croatia's best, Sveti Jakov is a pebble beach that offers a distant view of Lokrum island and Dubrovnik's Old Town. Plus, quaint restaurants, trendy beach bars, sea kayaking, jet-ski rentals, and a beach volleyball court.

SA RIERA, COSTA BRAVA, SPAIN

Characterised by typical Catalonian spirit, Sa Riera comes alive in the summer with pop-up restaurants, tourists, and water sport enthusiasts. Set by a fishing village, it has a concrete path leading to the shore's edge, allowing wheelchair and stroller access.

™ RAUÐASANDUR, WESTFJORDS, ICELAND

Forget typical palm-lined beaches and say hello to the spectacular Rauðasandur beach, or Red beach, a



CLOCKWISE FROM LEFT

The Praia do Carvalho beach in Portugal is just three hours from Lisbon; Ancient path to Tharros archaeolgical site near San Giovanni di Sinis, Bay of Oristano, Italy; Sveti Jakov is said to be one of Croatia's prettiest beaches.









supreme example of the country's volcanic black sands. Spot playful harbour seals and cute puffins or catch a glimpse of the Snæfellsjökull glacier in Sæfellsnes peninsula.

ᢒ ■ PALOMA BEACH. SAINT-JEAN-CAP-FERRAT, **FRENCH RIVIERA**

Painter Pablo Picasso used to spend time here with his family, which gave the beach its name (his daughter is Paloma). The playground of the rich and famous, it's dotted with lavish villas and luxurious hotels. Some of the beach is private, but there's a large area open to public.

TOMM IR-RIH BAY, MGARR. MALTA

A tiny bay in sunny Malta, Fomm ir-Riħ is beautiful. Meaning 'mouth of the wind', the beach offers the most beautiful view in Malta. Great for those who enjoy the quiet nooks, and admire its calm, azure waters.

CLOCKWISE FROM TOP LEFT Spain's Sa Riera comes

alive in the summer; A girl stands on the red-sand Rauðasandur beach, Iceland; The azure waters of Fomm Ir-Riħ bay in Malta; The Paloma Beach in the French Riviera boasts lavish villas and clubs.

Nearby Attractions

CHURCH OF SAN GIOVANNI

Dedicated to Saint John the Baptist, it was built on the remains of an ancient necropolis.

CASTLE OF SILVES

Set high upon a hill, it is a great place to witness the history of the Algarve region. The red bricks of the Moorish castle stand out against the whitewashed town.

THE ICELANDIC SEA **MONSTER MUSEUM**

In Bíldudalur, it offers insight into the legends of sea monsters that have been a part of Icelandic tradition for centuries.

PRIME WINERIES

Vineyards across Europe offer exquisite experiences and promise memories for a lifetime



<mark>⊗≡ Hotel Marqués de Riscal,</mark> Elciego (Álava), Spain

This Spanish vineyard, in the middle of the verdant Rioja region, also offers a taste of gorgeous local cuisine by Michelin star chefs, who use local produce to create seasonal meals.



⊗ <u>Domaine de la</u> Romanée-Conti, France

In the heart of Burgundy, this vineyard offers one of the finest Pinot Noirs in the world. Getting an appointment here is incredibly hard and a visit could very well be a once-in-a-lifetime experience.



A full day of harvest includes a lavish breakfast, cutting of the grape from vines, followed by a lavish buffet lunch, wine tasting, and grape stomping. Sleeping inside a giant wine barrelshaped room is added fun.



Burg Schwarzenstein, Rheingau, Germany

The intriguing 18th century architecture and breathtaking vistas of the Rhine Valley pinstriped with the finest Riesling and Pinot Noir plantations, make for a perfect pit stop. The finest wines are paired with gourmet offerings at Burgrestaurant.



S≡Borgo Condé Wine-Resort,Strada Provinciale, Italy

Apart from views of the vineyard, the villas are at an arm's length from a thicket of olives, large oaks, mulberries, figs, cypress trees, and blackberry brambles, inviting you to slow down and savour the quietude. Italian wines are prized possessions.

FUN FACT

Winemaking predates the Roman Empire in Europe. The Greeks loved it so much that they **named a god after it—Dionysus!** Today, Portugal consumes the maximum wine per capita in Europe.

PICNIC WITH A VIEW

Get your baskets ready to enjoy Europe's most scenic spots, set amidst forests and mountains

hether it's a lovely public park with flowers abloom or a verdant valley with a regal mountain range for view, Europe offers some of the most picturesque locales for a picnic. It doesn't have to be fancy; just pack some sandwiches; better still, buy local delicacies and have yourself a relaxing day.

S IN FRONT OF MT. MATTERHORN, SWITZERLAND

The Wolli Adventure Park is a lovely spot by the Leisee lake, where you can take a dip. Carry a nifty little picnic for lounging with views of the Matterhorn Mountain and the Swiss Alps for company. In summer, you can spot marmots here.

₩ ESPLANADE PARK, HELSINKI, FINLAND

Designed by noted German architect Carl Ludvig Engel, this wonderful park (the most famous in Finland) is the city's favourite hang out. Locals come to sunbathe, sing, and dance—and to picnic. The tree-lined alleys and flowerbeds create a hall-like space, perfect to laze in the summer sun.

ᢒ ■ MONTENVERS MER DE GLACE, CHAMONIX, RHÔNE-ALPES, FRANCE

The hike from the Aiguille du Midi to the Mer de Glace is a beautiful way to witness the mountains intimately. While the walk is worth experiencing, a picnic in the shadow of the Alps lets you stop to absorb its beauty.





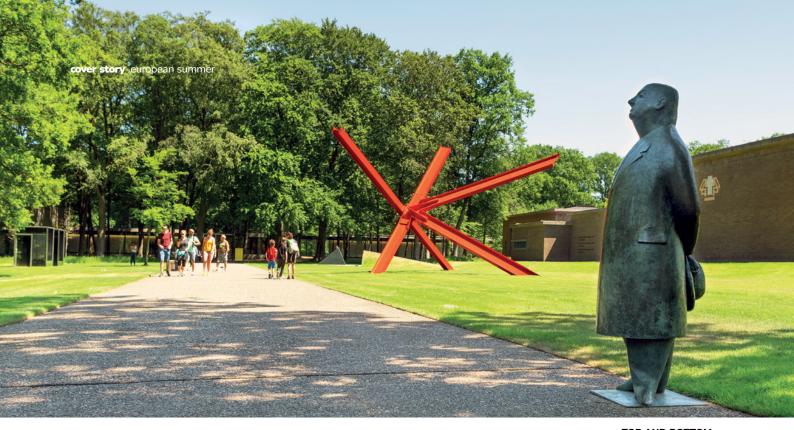
CLOCKWISE FROM TOP LEFT

A family enjoys a picnic with Mt. Matterhorn towering over; The Esplanade Park in Helsinki is a summer hang-out; Enjoy a picnic in the grandeur of Montenvers Mer de Glace, Rhône-Alpes, France; A fountain in Volkspark Friedrichshain in Berlin; Ice cream to cool off at The Oosterpark in Amsterdam.

Berlin's oldest address to hike, play, jog or rollerblade, the park is home to striking memorials and sculptures. Laid out between 1846 and 1848, it has two man-made hills, beautiful fountains, and space to barbecue.

⊙ OOSTERPARK, AMSTERDAM, THE NETHERLANDS

Located at the eastern end of Amsterdam, Oosterpark offers open spaces to make the most of the warm summer months. The dense green park is punctuated with typical Dutch style canals and tall dense trees. Also see the sculptures; they have cultural significance.



MUSEUMS ACROSS EUROPE

One-of-a-kind collection of arts. crafts, artists, and even magic around the continent

SKRÖLLER-MÜLLER MUSEUM, OTTERLO, THE **NETHERLANDS**

Helene Kröller-Müller was one of the world's first woman art collectors; her museum displays the world's finest collection of Vincent van Gogh paintings. Masterpieces by Claude Monet and Pablo Picasso are also seen here. Don't miss the sculpture garden.

MUSÉE DE LA MAGIE, PARIS, FRANCE

Set underground in 16thcentury cellars, it aims to showcase magic as an art form. The exhibits include secret boxes, mechanical toys, illusion equipment, and posters. Shows by the resident magician are said to be fabulous.

³ ■ MUSEUM OF **MINIATURES, PRAGUE, CZECH REPUBLIC**

It owns one of the largest collections of microminiatures in the world, including 29 exhibits that are viewed through a microscope or magnifying glass. The displays include a caravan of camels in the eye of a needle, and an inscription on a strand of human hair.



The Kröller-Müller Museum, the Netherlands, has the world's finest collection of Vincent van Gogh's works; The Musée de la Magie in Paris is set underground in 16th-century cellars.



DID YOU KNOW

Of Europe's 15,000+ museums, over 6,000 are in Germany. Funny, stoic, sad, and magical—they offer a slice of local culture and heritage.









WORLD ON YOUR PLATE

The vibrant culinary scene in Europe offers a host of regional specialities

repertoire of
signature dishes
distinctive to every country
and region. We bring you the
most delicious sweet and
savoury picks to try on your
next vacation.

X SAVOURY TREATS

Deep-fried snacks, baked flatbreads or meatballs and curry—the choice is vast. Crispy Spanish croquettes, created to use up leftovers, have become iconic with a béchamel and meat combination, and are a musttry. The queen of pizzas, Margherita, first created for Queen Margherita in the colours of the Italian flag, may have been born in Italy but has been adopted by the entire continent. Frikadeller, or Danish meatballs, are an interpretation of the kebab and are served

with a delectable creamy gravy, lending it a welcome wholesomeness.

Y SWEET INDULGENCES

In sweet pastry, it's tough to top European mastery. The indulgent pastel de nata is just one of many such examples. Said to be first made by nuns of Belém, Lisbon, to use up leftover egg yolks after starching their habits, nata is Portugal's signature dish, eaten best out of the oven with a stiff shot of coffee. The Italian cannoli and sfogliatella, on the other hand, are light and airy, showcasing the ingenuity of Italian chefs, with their crispy layers of pastry contrasting with a soft cream filling. Poland's paczki donuts are a combination of decadent rose jam with just a touch of alcohol.

Upcoming Food Events

Drop by at these unmissable culinary fiestas this summer

BORDEAUX FÊTE LE VIN (27th-30th June)

Bordeaux, France

(Re)discover delicious wines from Bordeaux and its nearby region. bordeaux-fete-le-vin.com

COPENHAGEN COOKING (16th-25th August)

© Copenhagen, Denmark Over 100 events, tastings, local producers, and more. copenhagencooking.dk

GRILLFEST (7th-8th June)

Ò Vallikäär meadow, Pärnu, Estonia

Nearly 300 local and international caterers toss up truly delectable fare. arillfest.ee



тор то воттом

Pasteis de nata or custard tarts are very popular in Portugal; Frikadeller (Danish meatballs) are served with a creamy sauce and stewed cabbage; Polish doughnuts are usually made on Fat Thursday (the last Thursday before Lent begins).

MUST-VISIT **MARKETS**

Brimming with seasonal produce and artisanal fare, these markets are a great way to immerse in local life



TOP AND BOTTOM

The Albert Cuyp Market is the largest and most popular outdoor market in The Netherlands; Barcelona's La Boqueria is any foodie's haven with a plethora of fresh produce and local delicacies.

S ALBERT CUYP MARKET, **AMSTERDAM**

Started in 1905, it's a favourite hangout for locals and tourists alike. Apart from farm fresh produce, it offers Dutch cheeses, freshly-made stroopwafels, and treats like raw herring.

🕠 LA BOOUERÍA. **BARCELONA**

With dedicated space for

fresh produce and local delicacies, it offers the finest Spanish ham, empanadas, wines, and tapas, apart from flowers, fruit, vegetables, and cheese. Pack some culinary souvenirs, too.

₩ PLACE DU JEU DE **BALLE, BRUSSELS**

A popular open market, it's a treasure trove for antiques, vintage art, local crafts,

books, comics, etc. The local dishes, here, are must-try.

❸ 🗏 NÁPLAVKA FARMERS' MARKET, PRAGUE

Located by the Vltava river, it comes up every Saturday and offers the choicest seasonal produce, along with home-grown cheeses, cold cuts, free-range eggs, juices, honey, pasta, and even handicrafts.



What's Up, Europe?

TOUR DE FRANCE 2024 (29th June-21st July)

🛚 Italy, San Marino, Monaco, and France

The first stage of the race will be between Florence and Rimini (Italy). letour.fr

VENICE BIENNALE (till 24th November)

Venice, Italy

The 60th edition showcases works of over 300 artists. labiennale.org

JAIPUR LITERATURE FESTIVAL (13th-16th June)

Valladolid, Spain

The second edition will welcome noted names like Christina Lamb, Oscar Puiol, and more. ilflitfest.org

Poorna Malavath

PEOPLE

24 ○ Q&A **28 ○** EXPERT SPEAK



Q&A | Poorna Malavath

"I WANT TO SHOW OFF INDIAN MOUNTAINS TO THE WORLD"

She scaled Mt. Everest in 2014 at the age of 13, then the youngest girl in the world to do so. Poorna Malavath's love for mountaineering has taken her to seven summits since

words by Punita Malhotra

TELL US ABOUT YOUR MOUNTAINEERING JOURNEY.

While in school, I was selected for a rock climbing training conducted in Bhongir in Telangana, after which I got chosen for Operation Everest. It involved rigorous training and I successfully broke the world record. The Everest experience sparked a deep interest in mountaineering, and I trained to climb seven of the highest peaks across the world. I wanted to take people along with me on my journey, so I decided to turn it into my profession.

WHAT WERE YOUR THOUGHTS WHEN YOU HOISTED THE INDIAN FLAG ON MT. EVEREST?

I cannot describe the intense emotions that swept through me. It felt like I had been given a huge reward for all the dedication and hard work that I had put in. As I stood at the highest point on Earth, looking at our tricolour waving in the wind, I was overwhelmed with pride and patriotism. It was

a deeply symbolic moment, not only for my personal achievement but also the spirit and potential of our great nation. I felt a profound connection to my country and a sense of responsibility to inspire several others to pursue their dreams relentlessly.

WHAT HAS BEEN THE MOST VALUABLE LESSON FROM YOUR CLIMBING EXPERIENCES?

I believe courage is essential for taking the first step. And courage itself has no limit.

HOW HAVE YOU EVOLVED PROFESSIONALLY SINCE YOUR FIRST SUMMIT?

My professional evolution has been deeply influenced by the guidance and inspiration of Shekhar Babu, whose leadership and vision ignited my passion for adventure. Joining TARC (Transcend Academy of Rock Climbing), India's premier adventure company, under his mentorship, was a pivotal moment in my journey. TARC gave me the

platform to channel my passion for outdoor exploration into meaningful initiatives. One of the most fulfilling experiences during this journey was leading school's juniors to the Everest Base Camp trek. This was an opportunity to not only share my knowledge and skills but also to inspire the next generation. Guiding them through the challenges, witnessing their growth, and instilling in them a sense of confidence and camaraderie reaffirmed my belief in the transformative power of outdoor activities.

"I HOPE TO
INSPIRE PEOPLE,
WORLDWIDE,
TO COME AND
EXPERIENCE
THE BEAUTY
OF OUR INDIAN
PEAKS."





ON YOUR RESPONSIBILITY AS AN AMBASSADOR FOR INDIA...

As an ambassador for India, I aim to promote Indian mountains and display their beauty to the world. I want to empower the women of my country, to show them that where you come from does not dictate where you can go. I want to create 1,000 more Poornas, who are confident, capable, and passionate about achieving success in their own fields.

WHAT DO YOU THINK OF INDIA AS A MOUNTAINEERING DESTINATION?

India is a fantastic destination for mountaineering. Its diverse landscapes offer everything from challenging peaks in the Himalayas to scenic trails in the Western Ghats. A huge part of the Himalayas fall within India but much of the adventure tourism tends to gravitate towards other global destinations. I believe that the potential for promoting Indian peaks is immense. This would necessitate the development of high-quality training for beginners, organised logistics and provisions, and other support. While various stakeholders are actively engaged in enhancing these aspects, there is still a gap and this is precisely what my team and I at TARC are trying to address. I aim to contribute towards elevating India's standing globally as a premier mountaineering destination.

WHAT OTHER ADVENTURES ARE **ON YOUR BUCKET LIST?**

There is no particular mountain on my bucket list but I want to climb Indian mountains and show them

A book on 50 inspiring women from Telangana featured Poorna in it: Poorna proudly waves the Indian flag at Khadey peak in Ladakh.

off to the world. I hope to inspire people, worldwide, to come and experience the beauty of our Indian peaks.

WHEN WORK MODE IS OFF....

I enjoy spending time with my family and being surrounded by friends and loved ones. I find joy in music and art, and I occasionally like to unwind with a good book.

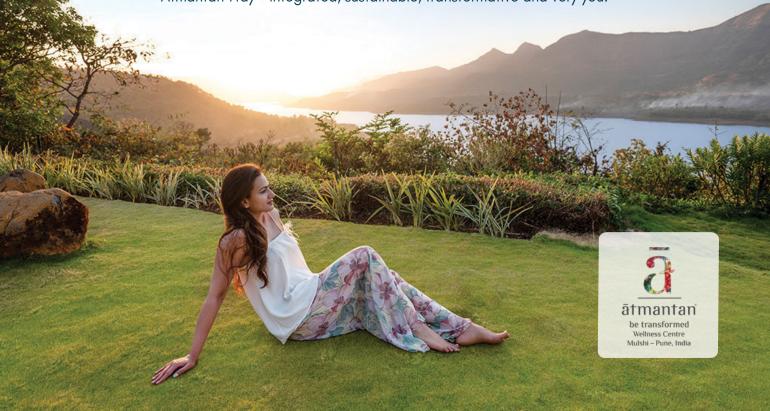
EVERY ONCE IN A WHILE, IT'S OKAY TO UNBUCKLE IN IT'S OKAY TO

Unbuckle from Your Mundane Life
Take time out to Rediscover Yourself
Heal Yourself in this Land of Prana

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WELLNESS IN THE SKY

These tips for long-haul flights will ensure your well-being—even after you touch down

words by Louise Aspinall

lying long-haul can be a joy if you make the most of your journey and take the opportunity to embrace new adventures. Your time spent air-bound is precious; use it to relax and indulge in the on-board duty-free, inflight entertainment, and meals. Taking time to consider your wellness will ensure a wonderful experience.

REPLENISH BEFOREHAND

Start hydrating with a good amount of water (approximately 8 glasses) at least 24 hours before your flight, so your body is well prepared. This will also result in fewer lavatory breaks during the flight since your body will be accustomed to the amount of water you're ingesting. While in the air, keep drinking water; have small amounts frequently. This will keep you hydrated and your skin looking fresh. Opt for light, balanced meals that are low in salt and rich in fruits and vegetables, to avoid feeling sluggish. Eating wisely will keep your energy levels stable.

SLEEP WELL

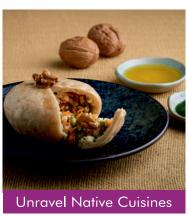
Get a good night's sleep before your flight to stay energised throughout. Sleep is essential to our well-being and makes a difference in productivity and mindset. If



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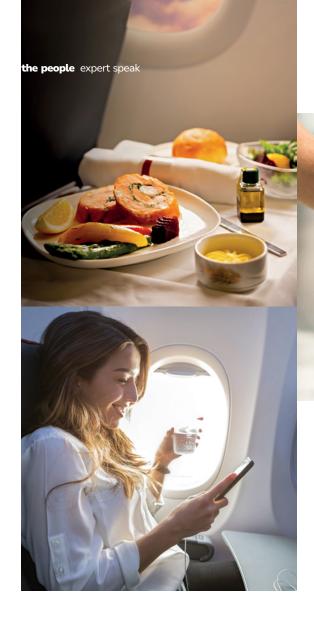












travelling across time zones, try to adjust your sleep cycle a few days before departure.

PAY HEED TO SKINCARE

Your pre-flight checklist should include a change to your skincare routine. Try double cleansing and deep moisturising your skin beforehand. A facial mask will help maintain hydrated skin and a fresh face. SPF is just as important while you're in the air. Though you're unlikely to get a sunburn on a plane, I'd recommend a moisturiser

with an SPF of 30 or higher.

KEEP ON MOVING

Movement is essential to encourage healthy blood flow. Some light exercises or stretching before heading to the airport will get your circulation flowing, and provide your body's tissues and organs with oxygen and nutrients. On the flight, wearing compression socks will help promote circulation and stave off puffiness. Maintain a good posture by sitting upright with your feet flat on the floor. Get out of your seat regularly to stretch and prevent stiffness.

RELAX A LITTLE

To wind down, use relaxation techniques such as the 4/4/4 deep breathing method. Breath in through your nose to the count of 4, hold your breath for 4, and then let go of your breath for 4 through your mouth. Subtle but highly effective, it will regulate your nervous system and make you calm.

AFTER LANDING

Drink plenty of water and make your next meal healthy to replenish your body's resources. Spend time in the sun—a tonic in itself. An easy walk will encourage good circulation. Plan ahead; if you are travelling for work, give yourself time to adjust before diving into meetings. To adjust to the local time zone, call it an early night to get a solid block of sleep.

MY TRAVEL ESSENTIALS

Compression socks, a travel pillow sprayed with lavender oil to help me wind down, and noisecancelling headphones are my essentials. My favourite travel accessory is a Kashmiri shawl that I use as a blanket. When we travel, our focus tends to be the destination but maintaining wellness during your entire journey means being more energised and reaping the benefits of every moment.

FUN FACT

The World Health Organisation's research reveals that drinking approximately 250ml of water for every flight hour can significantly enhance your travel experience.

AMD together we advance_PCs

Preparing for an Al-first future with AMD and Ryzen™ Al



VINAY SINHA

CVP & Managing Director, Sales

AMD India

In today's professional world, where technology is crucial for productivity, the right laptop can make a significant difference. AMD's integration of Ryzen™ AI into consumer Ryzen™ and professional Ryzen™ PRO laptops is transforming these devices from versatile tools to dynamic work partners, especially in a world increasingly driven by Artificial Intelligence.

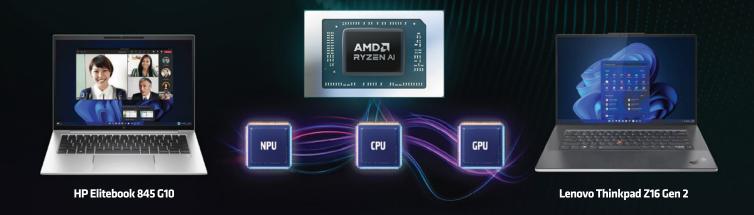
Envision yourself in various work environments - be it a busy cafe, a home office, or a traditional workplace. Your Ryzen™ PRO laptop is there to support a multitude of tasks. It's not just about document editing or presentation reviews; it's also about enhancing your communication through features like background blurring in video calls, Al-driven noise suppression for clear audio, and gaze correction for improved interaction. These advanced features, powered by Ryzen™ Al, optimize your virtual meetings, making them more professional and effective.

The introduction of Ryzen™ AI early last year marked a significant milestone in PC technology. AMD's Ryzen™ AI, a combination of NPU, CPU and GPU compute integrated into consumer and enterprise laptops with the Ryzen™ Pro 7040 series. With a new NPU based on AMD XDNA™ architecture it featured the world's first dedicated artificial intelligence hardware in an x86 processor, showcases AMD's commitment to enhancing AI capabilities in PCs. From automatic framing, eye contact correction, blurring backgrounds during office calls, enhancing image processing in real time to enabling more sophisticated AI models for language translation and voice recognition, the NPU is at the heart of delivering these experiences smoothly and effectively.

At AMD's 'Advancing Al' event in December 2023, AMD announced the 2nd generation of its Al processor, the Ryzen™ 8040, further extending leadership in Al-enhanced computing. The new series builds on the success of its predecessors, offering even more powerful and efficient processing capabilities tailored for the most demanding Al applications.

The Al market is in its infancy but it is obvious that it is one of the most important trends in the history of technology. Given this and the expected explosion of applications that will be enabled by an Al PC, it is expected that the PC with remain critically important to how people work, create and play.

As AI PCs evolve, AMD's dedication to enhancing power efficiency while delivering powerful AI-driven functionalities ensures that these next-generation devices will be more environmentally friendly than their predecessors.







MARCHING FORWARD

Dr. Sujit Paul, Group CEO of Zota Healthcare Ltd., sees Davaindia providing accessible and affordable healthcare solutions for all.

Featured in numerous national and international media platforms, Dr. Sujit Paul, Group CEO of Zota Healthcare Ltd., is a seasoned industry leader who has also served as a consultant and advisor to international beauty and retail brands.

Dr. Paul has been conferred with awards such as India's Impactful CEO by Times Now, Leading Healthcare CEO by Elets Technomedia, and Industry No. 1 CEO in Pharma Retail by BARC Asia. He has also been recognised as one of the Top 15 Promising Leaders in India by Moneycontrol. He has been featured among the 100 Top Global Leaders by AsiaOne in Dubai and in CEO Insights magazine's list of Top 10 CEOs in Healthcare.

Beyond his corporate roles, Dr. Paul is an accomplished author, motivational speaker, coach, and mentor, advocating for 'Positive Living'. His experience and contributions continue to make a significant impact on retail and healthcare industries.

HIGH QUALITY HEALTHCARE SOLUTIONS

In the Indian retail market, valued at US\$86 billion, Davaindia emerges as a transformative force in healthcare, dedicated to providing affordable yet high-quality healthcare solutions. The company is setting new standards for innovation and accessibility.

PIONEERING AFFORDABLE HEALTHCARE

Founded in 2017 by the visionary Mr. Ketan Zota, Davaindia has grown to a robust network of 900+ outlets, spearheading a paradigm shift in healthcare

"DAVAINDIA STANDS AS A PIONEERING FORCE IN THE HEALTHCARE INDUSTRY, RESHAPING THE LANDSCAPE BY MAKING HIGH-QUALITY GENERIC MEDICINES NOT JUST AFFORDABLE BUT ACCESSIBLE TO ALL. OUR VISION TRANSCENDS BOUNDARIES, AIMING TO CREATE A HEALTHIER AND MORE EQUITABLE FUTURE FOR EVERY INDIVIDUAL WE SERVE." accessibility. Dr. Paul's vision emphasises the universal availability of quality health products and comprehensive wellness solutions.

EXCELLENCE IN PRODUCTS

Davaindia's commitment to excellence is manifested in its array of healthcare offerings, from Generic Medicines to Over-the-Counter (OTC) products, to Cosmetics, Gym Supplements, and several wellness essentials. The COCO (company-owned, company-operated) store format amplifies market presence and introduces a personalised Al-driven supply chain.

GUIDING ZOTA'S SUCCESS

In his capacity, Dr. Paul leads a proficient team, operating under a well-structured framework of Strategic Business Units (SBUs). This alignment ensures autonomy, fostering a successful operational model. Davaindia's trajectory involves nationwide retail expansion and a keen focus on operational enhancements.

CHANGING PERCEPTIONS

Witnessing a positive shift in India's healthcare landscape, Davaindia plays a pivotal role in altering perceptions towards generic medicines. The growing acceptance among patients is a testament to Davaindia's delivery of high-quality products.

FUTURE ASPIRATIONS

Dr. Paul envisions Davaindia as a dynamic and versatile omni-channel pharma retail player with a nationwide presence. Davaindia aspires to cater to the needs of both urban and rural areas through different store formats. With a vision to become the preferred healthcare partner, Davaindia is committed to providing accessible and affordable solutions, contributing to a healthier and more equitable future for all.

Email ID: care@davaindia.com Website: www.davaindia.com

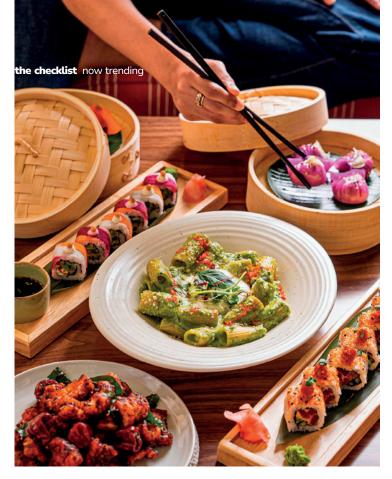
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Luuma House

THE CHECKLIST

34 NOW TRENDING 38 GADGETS 42 FOOD 50 EVENTS





LUUMA HOUSE

Why: With a cozy al fresco section, private dining area, and outdoor seating, the restaurant offers delicious global fare with crafted cocktails. Where: Juhu, Mumbai **Recommended:** House-made pastas, European-inspired Arbi Tuk, Trivandrum Fried Chicken



O ABRAHAM & THAKORE'S NEW DELHI STORE LAUNCH

Why: The designer-duo's latest flagship store in Defence Colony coincides with the release of the brand's latest collections across home and apparel. Highlights: The vibrant Spring/Summer 2024 collection, Body Language

ALL IN VOGUE

The latest launches. openings, and must-haves



STROKE OF A PEN

To mark 100 years of its iconic Meisterstück, Montblanc has opened a Chalet Pop-Up on Rodeo Drive, Los Angeles, the US, with a campaign by Wes Anderson.



BUILT FOR SPACE

The Bangalore Watch Company has launched India's first space-qualified watch, a limited-edition Karman Line, as part of its Apogee collection.





COLOUR ME BLUE

Jajaabor's SS '24 collection, Saudade, draws inspiration from Portugal and the beautiful Azulejo tiles, through trademark embroidery and prints.



O ANEKA'S BOLD GLOBAL LAUNCH

Why: Rechristened from Her Story to Aneka, the haute couture jewellery brand has expanded its footprint to foreign lands. Where: Le Printemps Haussmann (Paris, France) Highlights: Men's collection and their Charkha collection, among others



IN HIGH SPIRITS

Liven up your gatherings with the iconic Don Paloma, a concoction featuring Don Julio Blanco and London Essence grapefruit soda, perfect for summertime.



O RANGE ROVER HOUSE INDIA

Why: The first of its kind outside the UK, it will showcase the newly-launched and locally-manufactured Range Rover and Range Rover Sport. Where: Alibaug, Maharashtra Highlights: Bespoke Studio, Design Studio, Fragrance Lab, and more





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This World Music Day, upgrade your phonic game with the best audio gear!
words by **Roobina Mongia**



SAMSUNG MUSIC FRAME

You will cross the frame on the wall but you will never make out that the tune you are dancing to is coming from it. That's the magic of Samsung's Music Frame, this year's bold innovation in audio entertainment. The sleek photo frame, with a black exterior and a white, matte interior, doubles as a high-fidelity speaker system. The picture hides a powerful 6-driver speaker system with Dolby Atmos to create an immersive listening experience, perfect for movies and music. And to be in sync with the flavour of the season, it features Al-based Adaptive Sound for automatic volume adjustment. Connects wirelessly with Wi-Fi, Bluetooth, Airplay 2, and Spotify Connect. The Music Frame is more than just a speaker, it's a conversation starter and a stylish way to fill your home with beautiful sound.

Best for: Awesome audio quality and pleasing the eye

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The ultimate travel companion, the upgraded version of the AirPods (Pro 2nd Gen) blocks out double the noise and gives you onthe-go convenience with the new USB-C charging. Immerse yourself in 20-bit, 48 kHz Lossless Audio and superior sound, powered by the H2 chip, but stay aware of your surroundings when needed with the Transparency mode. Comfortable, sweat-proof, and stylish, they offer up to 6 hours of listening time on a single charge, with the case extending it to 30 hours. If you misplace them, simply use Find My.

Best for: Seamless connection with Apple devices, blocking out distractions, and iconic sound

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9 TEENAGE ENGINEERING EP-133 K.O. II

The teenage engineering EP-133 makes music simple for anyone. This stylish sampler lets you capture sounds from around you and transform it into mesmerising loops. With 64MB of memory and 999 sample slots, your creativity has endless space to roam. Create your next demo track, become an inflight DJ or simply explore the world of music production. Built-in effects and MIDI output allow you to experiment and better your sound, while the USB-C connection and 4 AAA battery option keep you powered up for hours of fun. Unleash your inner musician with the teenage engineering EP-133!

Best for: Turning any sound into music in minutes US\$299





© FiiO R9

The FiiO R9 is a beautiful and versatile all-in-one powerhouse for audiophiles. It combines a high-fidelity streamer, a powerful headphone amplifier, and a premium DAC (digital-to-analog converter) in a single unit. The R9 boasts a sleek aluminium and glass build with a large touchscreen. With its intuitive Android interface and powerful Snapdragon 660 processor, it lets you download all your streaming apps from Google Play Store—Tidal, Spotify, YouTube Music etc. Packing cutting-edge audio tech like dual ES9038PRO DAC chips and THX AAA 788+ amplification, the R9 delivers exceptional performance. You can stream highresolution music, play local files or enjoy Bluetooth connectivity.

Best for: Sounds and looks good; brings all the connectivity you could ever wish for, on-board

US\$1,679.01* (via national distributor-Headphone Zone)

SONY WH-1000XM5

Overhead headphones never go out of fashion! Super comfortable, they are pure sonic bliss, and Sony's WH-1000XM5 headphones offer the best noise cancellation. With the new 30mm driver design, these headphones let you sink into your music or podcast without distraction. From booming bass to crisp highs, hear every detail with precision audio. Need to stay connected? Presenting crystal-clear calls and 30 hours of battery life. Plus, Speak-to-Chat is a handy feature: if you begin talking while the headphones are on, they'll halt and pump in ambient sound.

Best for: Comfort. Sound. Silence. All next-level

US\$329.99



US\$ 1,120.81 billion

> is the expected market size of True Wireless Stereo, worldwide, by 2033.

SOURCE: Spherical Insights & Consulting





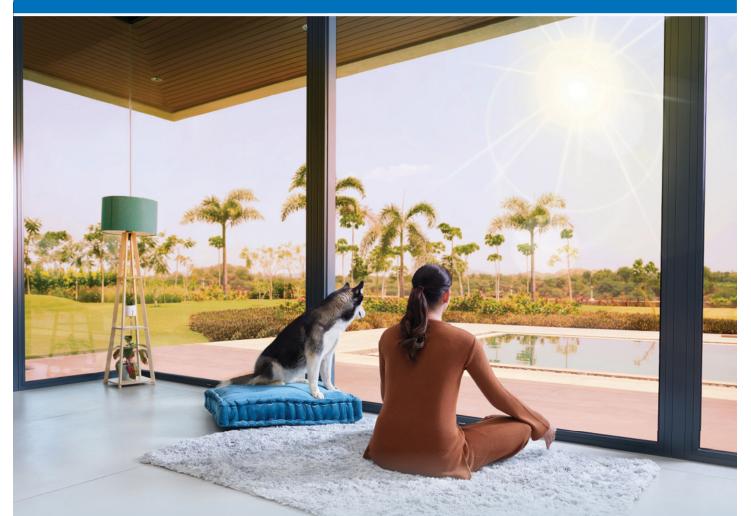








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DINING WITH CARE

This World Environment Day, discover restaurants that value mindfulness and sustainability through their culinary ethos

words by Rupali Dean

OPEOPLE OF TOMORROW ODELHI

This 100 per cent vegan haven forges a bond with food, underlining its roots as a driver for sustainable living. The kitchen ethics focusses on ingredient-centric dishes mindful of ecological impact. Through collaboration with city chefs, the menu is crafted and aligned with environmental priorities. Supporting local farmers and favouring seasonal produce helps reduce carbon footprint. Vendor selection takes into account packaging and quality.

STAR DISHES: Tomatoes of Tomorrow (a zero-waste dish glorifying all parts of a tomato) and The Big Biang Biang noodles



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MASQUE MUMBAI

Chef Varun Totalani's menu highlights locally-grown ingredients by using home-grown and home-made goods, and working with small-scale farmers. Each dish is accompanied by a brief story that shares insights into its origins, ingredients or cooking techniques. Additionally, they embark on foraging expeditions to discover uniquely Indian ingredients. On offer is not just a meal, but a narrative that lets diners appreciate their food on a deeper level.

STAR DISHES: Strawberry | Ponkh (a chaat-like mix of different textures of strawberry) and the pani puri with red tamarind and chewy beetroot





MOZIMO CHANDIGARH

In 2021, Priyanka and Amritanshu set out on a two-year journey; they explored markets, cocoa plantations, and learned chocolate making in Europe. Their mission was to create artisanal chocolates using sustainable practices and quality beans, blending tradition with innovation in craft chocolate. Today, Mozimo leads as India's top creator of European-crafted bean-to-bar artisanal chocolates, celebrating single-origin cocoa beans.

STAR DISHES: Nutty Inclusion Bars, gourmet assortment of pralines, and the velvety hazelnut and pista spreads



Established in 1860, this tea estate with 1,600 acres of lush greenery, villages, and scenic river valleys offers an inclusive tariff and emphasises connection through locally-sourced, expertly-prepared meals. Personalised touches like morning bed tea, breakfast under a pomello tree, lunches in verandas, picnics in scenic spots, and candlelit dinners create memorable moments while offering a rich tapestry of regional cuisines.

STAR DISHES: Afternoon tea with Tea-leaf Pakoras, Nepali Thali at The Glenburn Orchard, and the Bengali menu







RANKINGS & ACCREDITATIONS



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O CAVATINA O GOA

Chef Avinash Martins embodies the spirit of 'local heart, global soul'. This ethos shapes their menu by celebrating the dedication of the locals in farming, fishing, and baking, and spotlighting their hard work of crafting food rich in heritage and flavour. Cavatina ensures every dish tells a meaningful story, drawing inspiration from Goan culture and Avinash's personal journey. Cavatina transforms simple ingredients into extraordinary dishes with positive energy and each bite triggers memories.

STAR DISHES: Prawns Who Drank The Feni, hay-smoked mackerel, and Spanakopita (filo pastry stuffed with red amaranthus and cashew butter)

U ARAKU MUMBAI

Chef Rahul Sharma excels at repurposing food waste creatively. Bread trimmings become crispy chips, lemon skins transform into a unique condiment, and croissant leftovers turn into spice crumbs. Innovative techniques like using butter whey for sauces and onion skins in bread showcase sustainability and culinary flair. The menu highlights common ingredients transformed ingeniously. Mindful sourcing and nourishing meals drive their seasonal menus.

STAR DISHES: Charred Brussels Sprouts, Pesto Calzone, Araku Ramen, Okra Risotto, and Espresso Cake

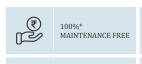












100+ SHADES AVAILABLE

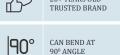


WATER AND

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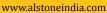
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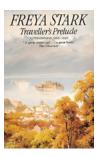






TOP FIVE READS

British travel writer and novelist Colin Thubron CBE, FRSL, FRAS shares his all-time favourite titles



TRAVELLER'S PRELUDE: **AUTOBIOGRAPHY** 1893-1927

(Freya Stark)

The author recounts her early childhood and desire to travel, which shaped her destiny as a travel writer of rare talents. Arrow Books; ₹1,039



THE GOLDEN TREASURY (Francis Turner Palgrave)

A childhood favourite, this poetry collection had a big effect on me. As a child, when other little boys were reading detective fiction, I read this. Macmillan Collector's Library; ₹880



TOP TRAVEL READ MONDAY TO

FRIDAY (Shubham Khurana)

A witty collection of comics, it's about what the days of the week have come to mean. Simon & Schuster India; ₹899



LORD OF THE FLIES (William Golding)

A fable on human nature, it's about a group of children stranded on an island and how they begin to turn against each other. Putnam; ₹400



INVISIBLE CITIES (Italo Calvino)

An imagined Marco Polo narrates stories to Emperor Kublai Khan about 55 ideas of cities, like a fantasy; all reflect Venice. Vintage Classics; ₹370



A TIME OF GIFTS (Patrick Leigh Fermor)

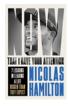
It is a rich, poetic, and romantic account of a young man journeying from London to Hungary between the World Wars. John Murray; ₹703

NEW ON THE **SHELF**



THE RED MUNIA (Kamini Puri)

Follow Laila as she navigates the highs and lows of life as she sets off to London to meet the Queen of England. StorvMirror: ₹349

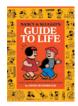


NOW THAT I HAVE YOUR **ATTENTION**

(Nicolas Hamilton)

The athlete's journey to becoming the first speciallyabled athlete to ever compete at the top level of British motorsport.

Hachette India; ₹599



NANCY AND SLUGGO'S **GUIDE TO LIFE**

(Ernie Bushmiller)

This collection brings together a selection of the beloved Nancy strips as well as newlyselected cartoons.

New York Review Books; ₹2,077





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😯 CASA HAVANA: MOIRA, NORTH GOA



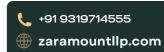


💡 CASA VINO: NACHINOLA, NORTH GOA



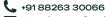


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CULTURAL MÉLANGE

Hand-picked events from around the world for you to attend this June





24th June

Known as the feast of St. John the Baptist, it is marked by a few traditional rituals. In one, a newlywed man is invited to his in-laws' home to celebrate the occasion. Locals get creative and decorate their boats in festive colours and nature-related themes.

agoa-tourism.com



👽 Makhanda, Eastern Cape, **South Africa**

20th-30th June

What began in 1974 as a small event has today become one of South Africa's longest running and most diverse arts festivals, featuring works across languages and genres. To mark its 50th edition this year, there will be an exhibition that documents the journey and evolution of the festival in the last five decades. Another highlight includes Third Space, a collective of three performance pieces by cultural organisations from across the country. The Village Green Craft Fair will run alongside the festival. nationalartsfestival.co.za





Till 15th June

This annual winter festival features 3D light projections, cultural performances, thoughtful discussions, and more.

The theme this year is 'Vivid Sydney, Humanity'. Look out for the iconic sails of the Sydney Opera House that will be illuminated by visual artist Julia Gutman; performances by Jen Cloher (at Machine Hall) and Emma Donovan (at Carriageworks); and an engaging discourse on Al. a vividsydney.com



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ON THE RADAR



BALINALE Bali, Indonesia

1st - 7th June

The 17th edition of this prominent film event will screen 60 films across genres, from 25 countries.

balinale.com



2024 WORLD DJ FESTIVAL Seoul, South Korea

15th and 16th June

This year's line-up includes world-renowned EDM artistes like The Chainsmokers and Alan Walker. wdjfest-com



CANADIAN GRAND PRIX Montreal, Canada

7th - 9th June

Catch some of the world's best F1 racers take 70 laps of the 4.4-km Circuit Gilles-Villeneuve. formula1.com



PORTLAND ROSE FESTIVAL Portland, Oregon, the US

Till 8th June

For over a week, the city transforms into a visual spectacle with numerous parades, musical performances, local art, and stunning floral arrangements. Attractions include a Starlight Parade, a Junior Parade, and a time-honoured tradition of a Oueen's Coronation, all of which culminates in the Grand Floral Parade. A colourful reflection of local, regional, and international communities, it features traditional large all-floral floats and minifloats, dancers, equestrian units, drill teams, vintage vehicles, llamas, and more. @ rosefestival.org



MONTH OF FESTIVITY FESTAS JUNINA Across Brazil

1st - 30th June

One of Brazil's largest festivals—June Party—celebrates some of the country's primary saints. Also a harvest festival, it's marked by lively square dances, traditional feasts, and fun-filled celebrations. If you're in the north-east, try the Forró, a traditional dance of the region. Fans can attend the popular Forró Caju 2024 in Aracaju (23rd - 29th June). Also savour such orn-based delicacies as tamales and hominy. *wisitbrasil.com*

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TIME WARP

Luxury timepieces spotted at the 2024 Met Gala that are worthy additions to your collection

compiled by Shrabasti Anindita Mallik







1/ TAG HEUER CARRERA CHRONOGRAPH 60th ANNIVERSARY

Suited in black with the timepiece as the only accessory, Nicholas Galitzine embodied the word 'dapper'. US\$7,600

2/ CHOPARD ALPINE EAGLE As if the watch was meant to match Chris

Hemsworth's perfectly tousled hair.

Price on request

3/ PIAGET POLO 79

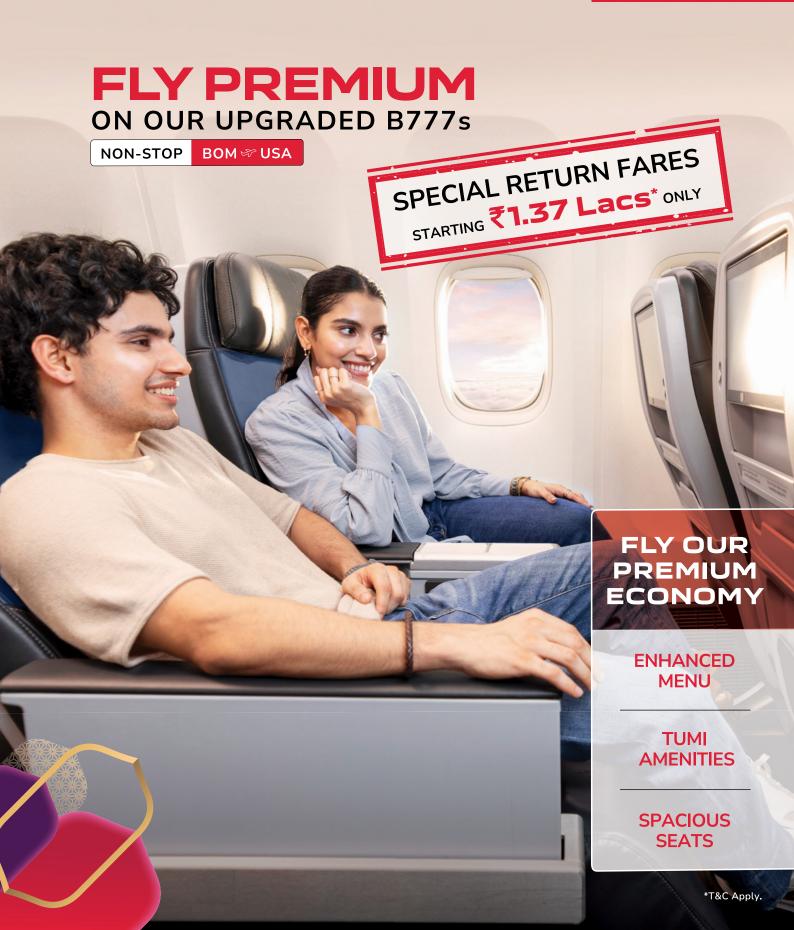
The allgold watch complemented Brooklyn Beckham's white ensemble.

Price on request

4/ HUBLOT CLASSIC FUSION **RACING GREY** CHRONOGRAPH TITANIUM

Alexander Skarsgård looked debonair in a suit and a bow tie, accentuated by the timepiece. US\$11,200





THE PLACES

58 ON THE CLOCK 62 HONG KONG 74 TRULY INDIA





07:00AM

Sample Emirati fare

Arabian Tea House,ΔI Fahidi

Sit down for a traditional breakfast at the white-and-blue Arabian Tea House, set in a former pearl merchant's home. Under a large tree with birds for company, order their Emirati breakfast platter, which includes balaleet, a vermicelli dish flavoured with cardamom and saffron. Wash it down with Arabic coffee.

→ 08:30AM

Go back in time

Al Fahidi Historical Neighbourhood

Wander through the stone-paved alleyways of the Al Fahidi Historical Neighbourhood, once home to pearl merchants and traders. Old abodes with barjeels, or wind towers, made from wood and coral blocks, hark back to a bygone era. Pop into the Coffee Museum to learn about the history of the bean and how it changed the world. At the quirky XVA Art Hotel & Café, see works by the region's upcoming artists.

10:00AM

Let your imagination run wild

Museum of the Future

The Museum of the Future's engaging exhibits encourage visitors to imagine what our collective future will look like. Head into space, listen to the trees of the Amazon communicate with each other, give a thought to species facing extinction, and get a sneak peek into what Dubai will look like.

① 12:30PM

Eat around the world

Time Out Market Dubai

Go on a gastronomic iournev around the world at the Time Out Market Dubai, a unique dining concept that brings together all the city's best restaurants—under one roof. A food hall with 17 kitchens and 3 bars, it has options ranging from pizza to fine dining fare. You'll also find vegetarian and vegan choices. Since it has regular live gigs and events, this is a vibrant spot to grab a meal or a drink any time of the day.





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Mirzam's guided tour will give you an insight into chocolate making; Witness the Dubai Creek in the Al Fahidi Neighbourhood; To learn about coffee's history and sip freshlybrewed java, visit the Coffee Museum.





GETTING THERE

Air India flies to Dubai from Delhi, Mumbai, Hyderabad, Chennai, and Kochi.

STYLISH STAYS

- 1/ Jumeirah Zabeel Saray is a nod to the glory and opulence of the Ottoman era, and offers unbeatable views of the ocean.
- 2/ Atlantis The Royal goes all out to make you feel like royalty with impeccable service, top-notch F&B, and stylish interiors designed by the world's best.
- 3/ Sofitel Dubai Downtown combines French elegance with Arabic hospitality and is a stone's throw from the popular Dubai Mall.

① 02:00PM

Get your hands messy

Mirzam

Immerse yourself in all things chocolate at the Mirzam store, café, and production unit. A guided tour takes you through the process of chocolatemaking with plenty of tasting included. Their single-origin chocolate, ground using granite wheels, is silky smooth. Look out for unusual flavour combinations like chocolate and halwa.

() 04:00PM

Go on an arty detour

Alserkal Avenue

In the creative neighbourhood of Al Quoz, Alserkal Avenue is the place to go to for all things artsy. Check out the Leila Heller Gallery, the largest of its kind in the UAE; Ishara Art Foundation, that focusses on contemporary art from South Asia; or artist eL Seed's studio. There's always something happening here. Grab a coffee at Nightiar Coffee Roasters or an invigorating cup of tea at Pekoe Tea & Bread Bar.

① 06:00PM Chase the sun

Nessnass Beach

Catch a spectacular sunset at the Nessnass Beach, Jumeirah. With a sky crowded with kaleidoscopic kites and a relaxed vibe in the air, this is a great spot to hit the beach minus the daunting crowds. Walk on the promenade or get on an e-bike and cycle from end to end as the sun makes a dramatic exit from the Dubai sky.

Try Middle East flavours

Orfali Bros Bistro

Let the trio of the Syrian Orfali brothers take you on a culinary journey you'll remember long after your meal and holiday is over. Their casual restaurant in Jumeirah serves up Syrian and Arabic dishes featuring unusual ingredient pairings and flavour combinations. The younger two siblings are expert pâtissiers, so keep space for their sublime pastries, éclairs, and other decadent treats.



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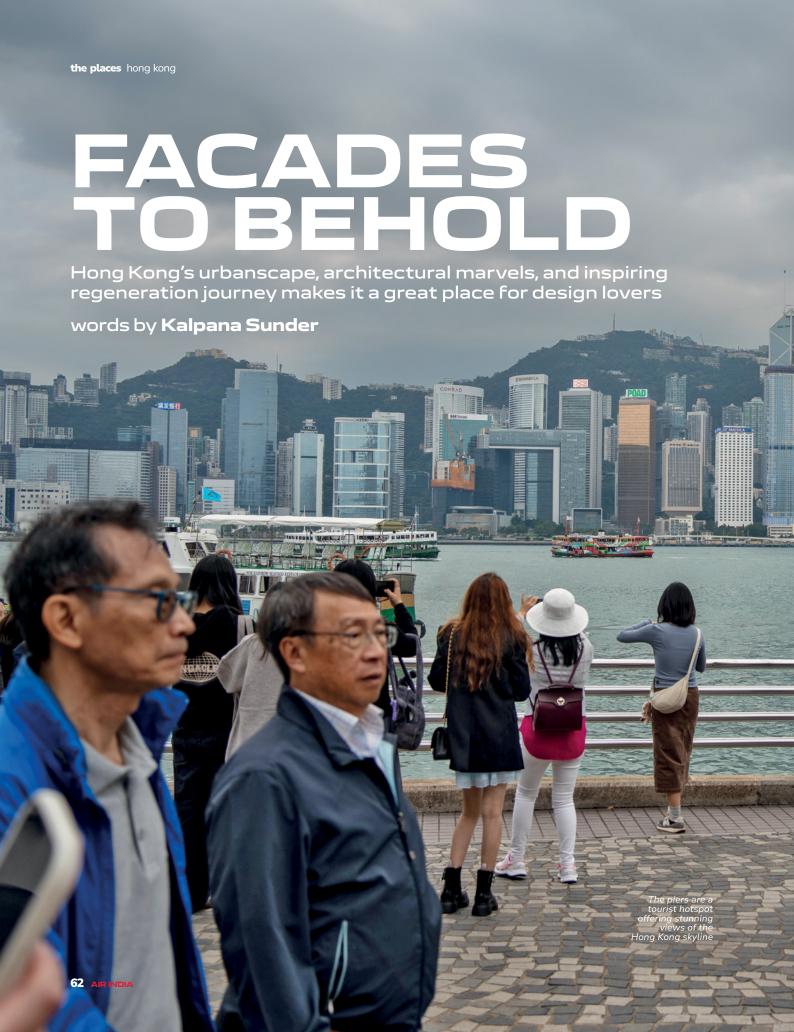
















hiny, glass-walled banks mingle with grimy residential blocks; cars, taxis, and double-decker buses clamour for space; and unexpected greenery beckons at every corner. The name Hong Kong (HK) literally means 'fragrant harbour' and was derived from the area around Aberdeen on Hong Kong island, where fragrant incense was once traded.

With the world's largest number of skyscrapers, Hong Kong has been called the most vertical city, though it started as a small fishing village. Its melting pot history has made it a laboratory for architectural styles. Before the British arrived, the locals lived in walled villages and built temples with sloped roofs and dragon carvings. The British introduced Victorian and Edwardian architectural styles from the mid-19th century; wooden shutters and verandas were added to beat the humidity.

A number of them are concentrated in the **Central** district, where the British gathered. The **Murray House**, one of the oldest British-era surviving buildings that served as a garrison, was dismantled and relocated to the seaside town, **Stanley**, in the early 2000s. With





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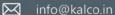
























To get a closer peek into the modernistic architecture, we take a walk in the Central district. Most of the skyscrapers have been built on the site of old colonial buildings. They say that many building here is built strictly in accordance with the ancient Chinese art of placing objects—feng shui. A skyscraper complex called **Lippo** Centre, designed by American architect Paul Rudolph, with a blue curtain wall and geometric facades, housed several businesses that saw a downfall; consultants suggested the building had bad feng shui because of the glasswalled extrusions.

We spend a neck-cricking hour taking in other iconic buildings like Chinese-American architect I. M. Pei's Bank of China building that is designed to look like a bamboo shoot, and the layered **HSBC Main Building**, designed by English architect Norman Foster. The 99,000sq m skyscraper of HSBC was revolutionary, as the builders chose to construct the building's structure from its centre to its exterior, with a 10-storey atrium inside, where a bank of mirrors reflects the light outside.

We also catch a glimpse of Two International Finance Centre. which most people remember as the building actor Angelina Jolie parachuted from in the Lara Croft: Tomb Raider - The Cradle of Life. And don't miss the 52-storey Jardine House, constructed

Best time to visit

The best time to visit Hong Kong is spring (March to May) or autumn (late October to November-end). December is filled with Christmas cheer, though hotel and flight rates might be higher.



Hong Kong tram: Unsplash; Rest: Shutterstock



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with a metal frame and a curtain wall with round windows.

In Hong Kong, reclamation of land and reconstruction of buildings for development, is the norm. The Victorian-era General Post Office, from 1911 on Pedder street, was demolished in 1976. A new commercial building came up on the vacated land and the Central Station of the Mass Transit Railway (MTR) was constructed underneath. Thereafter, another GPO was constructed in 1976 in

Connaught Place.

Hong Kong's latest case of urban renewal is Tai Kwun, a centre for heritage and contemporary art. Presently, it is home to 16 revitalised heritage buildings, including the former Central Police Station, the Victoria Prison, and the Central Magistracy. After 8 years of extensive renovations costing a whopping US\$485 million, it was opened in 2018.

I take a tour of the old jail and its re-created cells with video displays that make history come alive. I unwind over a drink at the sea green-and-blue art nouveau-inspired bar called Dragonfly. Here 120 vintage stained glass, dragonfly-adorned mosaic lamps hang from the ceiling at alternating lengths, creating a stunning visual.

Hotels, restaurants, and bars in this city are also architectural delights. Like the luxurious The Langham Hong Kong in Kowloon, with European charm, silk panels, and timber accents, where we have a cocktail at Artesian, the award-winning bar with romantic



GETTING THERE Air India flies non-stop to Hong Kong from Delhi.





art deco interiors. Another great hotel in terms of design, is **Mira Moon Hotel**, a boutique property in **Causeway Bay** district, reinterpreting the Chinese Mid-Autumn Festival mythology through its interiors with red accents.

Having a meal in HK can also be an aesthetic experience. One memorable French meal is to be had at **Louise**, with art deco patterns on the floor and ceiling.

To get a peek into the island's Chinese heritage, we walk down Hollywood Road, crammed with stalls selling exotic antiques, and visit one of the city's oldest temples, Man Mo, dedicated to 'Man', the God of Literature, and 'Mo', the God of War. It's a riot of colours with painted doors and a red and gold interior. There are orderly piles of oranges and pork arranged as offerings to the gods, wishes scribbled on scraps of paper.

and the air is thick with smoke, from spiral coils of incense.

Over the lastt couple of years, Hong Kong's architecture has shifted focus on providing more green spaces for the public and encouraging environmentally-friendly concepts. Buildings are now being designed to be energy efficient and sustainable.

We visit the **West Kowloon Cultural district**, a case in point. It's a new arts, design, and architecture space sprawling across 40 hectares with cafés and restaurants, a waterfront promenade, and museums. The **M+** museum focusses on contemporary visual arts, the **Hong Kong Palace Museum** exhibits artefacts loaned from the Palace Museum in Beijing, and the **Xiqu Centre** is a performing arts studio. Walking along the promenade, we feast on the sunset views. It is the best place to spend our last day in the city.

HOTELS TO STAY AT

Regent Hong Kong

Located on the Kowloon harbour-front and designed by Hong Kong-born and Milanbased design visionary Chi Wing Lo, it is minutes away from the city's rich cultural attractions and key shopping areas; it also boasts an exquisitely-curated art collection.

W Hong Kong

With an enchanted forest theme, symbolic of the city of skyscrapers, it offers harbour views from its windows and boasts the award-winning Bliss spa. Plus, it's at a great location near the Kowloon station.

Mandarin Oriental HK

A luxurious hotel with spacious rooms and suites, it offers magnificent views of the famous Victoria Harbour and Hong Kong's skyline. It has an opulent spa and a collection of nine restaurants and bars, including two with Michelin stars.

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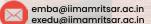
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TRIPURA RIGNAI-PACHRA TEXTILE

Rignai-Pachra, also known as the Rignai, is a traditional dress worn during special occasions and festive ceremonies in Tripura. Among Tripura's prized handloom traditions is the Pachra, a long cloth garment traditionally worn below the knee by the state's women. Featuring distinctive striped patterns and vibrant colours, the Pachra showcases the region's indigenous weaving expertise. Commonly paired with the Risa, a shorter upper cloth covering, the Pachra is an iconic part of the traditional attire among Tripura's tribal communities like the Reang. The Pachra exemplifies how handloom weaving is deeply intertwined with Tripura's cultural fabric, passed down through generations of skilled artisans. Experimenting with fusion, the Pachra drape endures as a symbol of the state's rich sartorial heritage.



BADLAPUR JAMUN

The succulent Badlapur Jamun hails from the town of Badlapur in Maharashtra's Thane district. This indigenous black plum variety is prized for its large size, sweet-tart flavour, and striking colour that transitions from green to deep purple as it ripens. Beyond being a beloved fruit, jamuns are revered in Ayurveda for their medicinal properties in treating ailments like diabetes. Jamun, known as the 'Fruit of God' in Ayurveda, serves as a source of nutrition, and is used in Unani, Siddha, and Homeopathy; it is also used in making Sri Lankan and Tibetan medicines. The seeds, leaves, and bark of the jamun tree are used to prepare various health supplements that are available in both capsule and tablet form.



SURAT SADELI CRAFT

Originating from the city of Surat in the state of Gujarat, Sadeli is a form of marquetry that showcases the art of decorating the surface of wooden articles with delicate pieces of wood and other materials in precisely-cut geometrical shapes. *Sadeli* craft has been mainly practiced by the Petigara community since time immemorial in Surat. The craft showcases the artistic skill of embellishing wooden objects with finely-crafted patterns using different materials arranged in geometric designs. *Sadeli* craft, used to adorn palace doors centuries ago, is today used in modern home décor items, showcasing India's heritage craftsmanship. Decorate your home with Surat's *Sadeli* craft items for a unique look.



JAUNPUR IMARTI

The small town of Jaunpur (Uttar Pradesh) has earned fame for its sweet preparation—Imarti. Made from *urad* dal, rice, and natural flavourings like saffron and rose, it is shaped somewhat like a circular pretzel, is deep-fried to perfection, and then soaked in a sugar syrup. It has a chewy, sugary texture. Jaunpur's *Imartis* are a delectable part of the region's cultural identity; relish this sweet GI product.

EVERY SOUL'S REFUGE

Soulful, thrilling, healing, and liberating at the same time-Rishikesh is where enlightenment meets exhilaration through a series of immersive experiences

words by Sushmita Srivastav



listening under the soft early-morning sun, the emerald-green flow of the holy Ganges appears silvery. Before me, a suspension bridge sways as a herd of mules tread over it, the craggy Shivalik ranges stand tall in the backdrop and the shimmering white

sand crumbles under my toes. Sitting on a rock as the subtle gurgles of the icy cold water fill the air, I close my eyes, my hands thoughtlessly fold into a namaste, and with a deep breath, I begin to take it all in. I had stumbled upon a rather secluded beach in Rishikesh and decided to do what one can do best

here—enjoy a peaceful yoga session by the Ganges.

Ever since The Beatles visited Maharishi Mahesh Yogi's ashram in the late 1960s, Rishikesh has turned into a magnet for spiritual seekers. Today, it styles itself as the 'Yoga Capital of the World', with numerous ashrams and all kinds of yoga and meditation classes



Visitors and locals gather at the Parmath Niketan Ashram in Rishikesh before the daily evening Ganga aarti

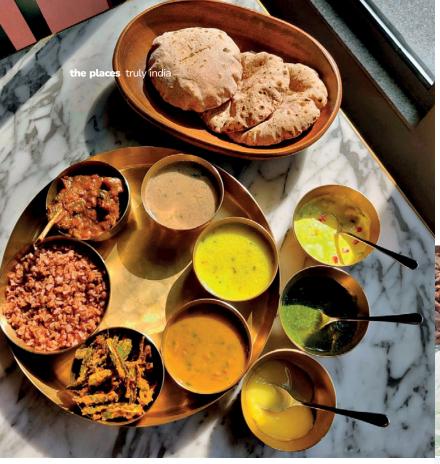
available. From yogis and spiritual seekers to hippies, pilgrims, and adventure seekers—the city attracts hundreds of thousands each year. This little hill town in the foothills of the mighty Himalayas, hence, is a true multi-layered, immersive experience for whosoever comes seeking spiritual reflection, holistic wellness

or thrilling escapades. It offers something to everyone who visits.

YOGA CAPITAL

The quest to learn yoga in India often ends up at Rishikesh. Every year, particularly on the International Day of Yoga that falls on June 21, the city is generously flocked

by expert yogis and curious first-timers alike. Begin your yogic journey with a learner's retreat at one of the many ashrams. Vinyasa Yoga Ashram or Parmarth Niketan Ashram are good picks, where you get to discover the serene mystique of Rishikesh by indulging in yoga sessions by the banks. There are several specialised



CLOCKWISE FROM LEFT

A nutritious and wholesome that at The Roseate Ganges Rishikesh looks inviting; A group navigates the rapids while white-water rafting in the Ganges; The country's highest platform for bungee jumping is in Rishikesh, if you're adventurous enough.

classes, including Hatha, their Char Dham Yatra. The lyengar, and Kundalini yoga, interspersed with nutritious and Shri Trayambakeshwar lndian meals. Once you are temple dominate the east through you can head to bank of Lakshman Inula, and

classes, including Hatha, lyengar, and Kundalini yoga, interspersed with nutritious Indian meals. Once you are through, you can head to the famed Beatles Ashram for a deep transcendental meditation session against the backdrop of urban graffiti on the walls. Or you could do it my way—find a secluded, lesser-known beach (Singthali beach, in my case), to perfect your sun salutations!

TEMPLE TOWN

It is believed that a dip in the holy waters in Rishikesh brings one closer to the attainment of *moksha*. When here for your spiritual calling, listen to the legends of yore and say a prayer or two at the most iconic ancient temples, which are always abuzz with devout followers who visit before they begin

bank of Lakshman Jhula, and is home to dozens of shrines of Hindu deities at each level. Next, follow hundreds of dedicated pilgrims who hike along a forested path from Swargashram for three hours (you can drive there too) to reach the famous Neelkanth Mahadev Temple dedicated to the Hindu deity Lord Shiva. But do make it back in time for the Ganga aarti at Parmarth Niketan Ashram or Triveni Ghat. Sitting around the holy fire on the banks of the Ganges at sunset, chanting devotional hymns with hundred others, is a magical feeling hard to describe.

ADVENTURE LAND

If your interests extend



Do not miss

Rishikesh is perfect for a **detox** as alcohol and non-veg are scarce, if at all. Try delicious veg and vegan options instead the **Garhwali thali** at the **Chotiwala Restaurant**, **Israeli fare at Om Freedom Cafe** or traditional **Tibetan** at **Little Buddha Cafe** are all great options.



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beyond exploring the peaceful, spiritual side of Rishikesh, the city also bursts with adventure activities-from white-water rafting to bungee jumping, zip lining, canoeing, and more. With the country's highest platform for bungee jumping (270ft), Jumpin Heights at Mohan Chatti near Rishikesh lets you take the big leap under the supervision of jump masters from New Zealand (the native place of the extreme sport). You can also try the Giant Swing or Asia's longest Flying Fox experiences here for added thrill. For rafting, trust Red Chilli Adventure to take you on a three-hour adrenalinepumping expedition from Shivpuri to Nim Beach.

GLOBAL ATTRACTION

It is the allure of the most immersive, transformative experiences that has drawn luminaries from all walks of life to Rishikesh. In 1968, The Beatles—Paul McCartney, Ringo Starr, John Lennon, and George Harrisonarrived in this hill station to study transcendental meditation from Maharishi Mahesh Yogi. This six-week trip not only inspired them to write over 30 songs, but also placed the tiny Himalayan city on the global map! That was probably the beginning of Rishikesh's global recognition. Over the years, Rishikesh has welcomed the likes of Steve Jobs, Mark Zuckerberg, Emilia Clarke, Gerard Butler, Mick Jagger of The Rolling Stones, singers Madonna, and Sting, King Charles and Queen Camilla, and many more. Not to forget, Julia Roberts' journey to north India in 2009 to shoot the film adaptation of Eat, Pray, Love. While the Hollywood actress' character inspired many to follow in her footsteps and seek spiritual transformation, Roberts herself began practicing yoga post her visit.



GETTING THERE

Air India flies to Delhi from all major cities worldwide. Rishikesh is around 265.7km from the airport.

HOTELS TO

Jane Asher and Mal

Evans, at Rishikesh in 1968 to celebrate

George Harrison's 25th birthday; King

Charles and Queen

Actress Mia Farrow with Maharishi

Camilla visited Rishikesh in 2013;

Mahesh Yogi.

Taj Rishikesh Resort & Spa, Uttarakhand

CHECK

Deciduous forests, the Shivalik ranges, and the majestic Ganges in the Singthali village are the setting for this gorgeous Taj property. tajhotels.com

The Roseate Ganges

Offering an unparalleled, luxury retreat on the banks of the holy river in Shivpuri, The Roseate Ganges is the perfect spa staycation. roseatehotels.com

The Foresterie at Atali

For quietude, The Foresterie at Atali is a boutique option that offers two swanky four-bedroom villas in the heart of a thick forest, close to the riverbank.

YOUR AIR INDIA



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PREPARING TO ASCEND



n 2022, Air India had launched its five-year transformation programme, Vihaan.Al. Vihaan means "Dawn of a New Era" in Sanskrit and heralds a new beginning for Air India and Indian aviation. After fixing the basics in the initial Taxi phase, Air India entered the Take-off phase in April 2023, looking to consolidate on the foundation laid initially. Now. Air India has entered the Climb phase in April 2024 and is all set to achieve new milestones. The airline is optimistic in transcending to even greater heights.

The mission is to become the absolute best-in-class in customer service, technology, product, reliability, and hospitality.

Campbell Wilson, Air India's CEO and MD, had earlier unveiled the Vihaan.AI plan, with milestones focussing on growing Air India's network and fleet, and developing a completely revamped customer proposition. The transformation roadmap is built around five key pillars—exceptional customer experience, robust operations, industrybest talent, industry leadership, alongside commercial efficiency and profitability. The Climb phase focusses on establishhing scale to become a global industry leader. A strong momentum has been set to provide the tailwind to make Air India climb upwards in 2024.

OUR 2027 ASPIRATIONS

- Scale To grow fleet size 3x and expand global network
- Market share* Capture >30% of the domestic and international market
- Brand identity Identify as a global airline with an Indian heart, driven by technology
- Industry leadership Most technologically advanced, socially responsible, and innovative airline
- Employee experience Become India's most preferred employer in the travel industry

*Group airlines combined share

"April of 2024 marked the transition from the Take-Off phase of Vihaan.AI to Climb, where we put the foundations and capabilities we've built over the last 18 months to work, accelerating and growing toward our ambition of being a World-Class, Global Airline with an Indian Heart."

- CAMPBELL WILSON Air India CEO and MD



THE JOURNEY SO FAR

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- Renewed service of most of the grounded legacy aircraft
- Launched new brand identity, deployed new aircraft liveries for AI and Air India Express
- Revealed new uniforms in line with new brand
- Launched airline industry's first Generative Al chatbot
- Appointed design agency (HBA) to initiate lounge makeover at DEL and JFK
- Launched rebranded Loyalty Programme
- Initiated set-up of Al lounge at SFO (Al's 2nd international lounge)
- Became first and only Indian airline to offer self check-in and baggage drop services for US-bound passengers from India
- Reinforced customer feedback process; onboarded new service providers (catering, and ground handling).

- Leased new 57,000sq ft engineering warehouse for robust spares management
- Signed a 12-year agreement with SIA Engineering for A320 component and onwing engine support
- Signed MoU with Govt. of Karnataka to establish MRO facilities at Kempegowda International Airport (Bengaluru)
- Commenced crew training at the new Aviation Academy
- Adopted TaxiBot operations, automated aircraft cleaning, and minimised single-use plastic usage
- Architected a new IT infrastructure across the organisation.

- Shifted to modern and contemporary office premises in Gurugram
- Launched SOAR
- Al's first-ever campus engagement with premier B schools
- Welcomed 9,000+ new colleagues—1,000+ cockpit crew, 5,000+ cabin crew, and more
- Launched Cadet Pilot programme.

- Elected to the IATA Board of Governors and the Executive Committee of the Star Alliance
- Cleared Carbon
 Offsetting and
 Reduction Scheme
 (CORSIA) audit
- Bagged Gold at the 11th annual Aisa-Pacific Stevie Awards for its innovative and customer-friendly mobile app
- Received 'Best F&B in Central/Southern Asia' award at FTE APEX Asia Expo 2023
- Awarded 'Asia-Pacific Overall Deal of the Year' by Airline Economics
- Awarded 'Global Overall Deal of the Year' at the Airline Economics
- Awarded 'Cargo Airline of the Year -Region India' at the Air Cargo India 2024 Conference.

- Formalised order for 470 aircraft, in addition to 36 leased aircraft
- Signed Interline agreement with AccesRail, Bangkok Air, and Vistara, and codeshare with AirAsia
- Successfully integrated AirAsia India and Air India Express, forming single LCC
- Received India's and Air India's first A350-900 in December 2023
- Initiated Aviation
 Academy construction
- Inducted India's first A350 in January 2024
- Launched 16 new routes (5 domestic, 12 international) and added 6 new international stations in FY24
- Inducted 6 A320neos, 16 A321neos, 8 B777s, 6 A350s in FY24.

WANDER WORLDWIDE

Connect to 700+ destinations around the globe through our international Codeshare and Interline partnerships

CODESHARE*

Air India Express Air Mauritius All Nippon Airways Asiana Airlines
Avianca Croatia Airlines EgyptAir Ethiopian Airlines
EVA Air LOT Polish Airlines Lufthansa Singapore Airlines
SriLankan Airlines SWISS TAP Air Portugal

INTERLINE

AccesRail	Aegean Airlines	Aeroflot	Aerolineas Argentinas			
Air Astana	Air Austral	Air Canada	Air China	Air Europa		
Air France	Air Macau	Air Malta	Air New Zealand			
Air Niugini	Air Seychelles	Air Tanzania	Alaska Airlines			
American Airlines		Austrian Airlines	Azerbaijan Airlines			
British Airways	Bangkok Airways	Biman Bangladesh A	Airlines Brussels Airlines			
Cathay Pacific	Caribbean Airlines	China Airlines	China Eastern Airlines			
China Southern	ina Southern Airlines (Copa Airlines			
Delta Air Lines	El Al	Emirates	Etihad Airways			
Fiji Airways	Finnair	German Rail	Gulf Air	Hahn Air		
Hainan Airlines	Hong Kong Airlines	Iberia	Icelandair	ITA Airways		
Japan Airlines	JetBlue	Jetstar	JetStar Asia	Juneyao Airlines		
Kam Air	Kenya Airways	KLM Royal Dutch Air	lines Korean Air			
Kuwait Airways Madagascar Airlines			Malaysia Airlines			
MIAT Mongolian	Airlines	Middle East Airlines	Myanmar Airways International			
Nepal Airlines	Oman Air	Philippine Airlines	Qantas	Qatar Airways		
Royal Air Maroc Royal Brunei Airlines		1	Royal Jordanian			
RwandAir	Saudia	Scandinavian Airlines	andinavian Airlines			
Shandong Airlines		Shanghai Airlines	Shenzhen Airlines			
South African Airways		Thai Airways	Turkish Airlines			

TRAVEL TO WAITOMO GLOWWORM CAVES WITH US

Dive into global ventures with our tailored itinerary, designed with our valued partners



*DEL: Indira Gandhi International Airport (Delhi Airport), New Delhi, Delhi; *SYD: Sydney Airport, Sydney, New South Wales, Australia; *ALK: Auckland Airport, Mangere, New Zealand Auckland Airport: instagram.com/aucklandairport: Remaining: Shutterstock

*Both Codeshare and Interline Partners

Virgin Atlantic Vistara

United Airlines Uzbekistan Airways Vietnam Airlines







Property Features

✓ Home Automation

Double Height Living Room

✓ Private Garden

✓ Private Pool

Luxury Club

24 X 7 Hi-Tech Security



breathtaking views. Enjoy Hi-end luxurious

living in Escon Panache Villas.

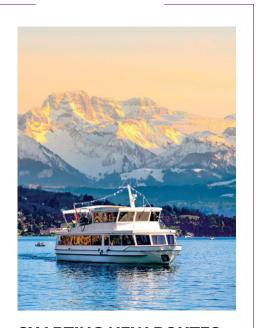


LEFT AND RIGHT Air India will soon operate additional flights to Copenhagen, Milan, and Amsterdam (clockwise

from top left) from Delhi; Air India is set to enter Switzerland with a non-stop Delhi-Zurich service.

O MORE **EXPLORE**

Air India has scaled up its European operations with additional flights to Amsterdam, Copenhagen, and Milan. From 22nd June, Air India will operate daily non-stop flights from Delhi to Schiphol Airport, Amsterdam, and Delhi to Milan Malpensa Airport. Also, Air India will add another flight on the Delhi-Copenhagen route from 1st July.



CHARTING NEW ROUTES

Air India will start its non-stop service between Delhi and Zurich starting 16th June, marking the airline's entry into Switzerland, and taking the total number of cities served by Air India in mainland Europe to seven.

ENHANCED IN-FLIGHT HEALTHCARE

Air India has partnered with MedAire, a premier aviation medical support provider, to ensure emergency on-board healthcare services. This sets a benchmark in the Indian aviation sector, making Air India the country's first airline to integrate MedAire's advanced medical assistance across its entire fleet.









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MASS COMM. & MEDIA TECHNOLOGY	COMMERCE & MANAGEMENT	EDUCATION
HOTEL & TOURISM MANAGEMENT	BEHAVIOURAL & SOCIAL SCIENCES	PHYSIOTHERAPY
AGRICULTURAL SCIENCES	APPLIED AND BASIC SCIENCES	PHARMACY
MEDICINE AND HEALTH SCIENCES	ALLIED HEALTH SCIENCES	DENTAL SCIENCES
INDIAN MEDICAL SYSTEM	NATUROPATHY & YOGIC SCIENCES	NURSING

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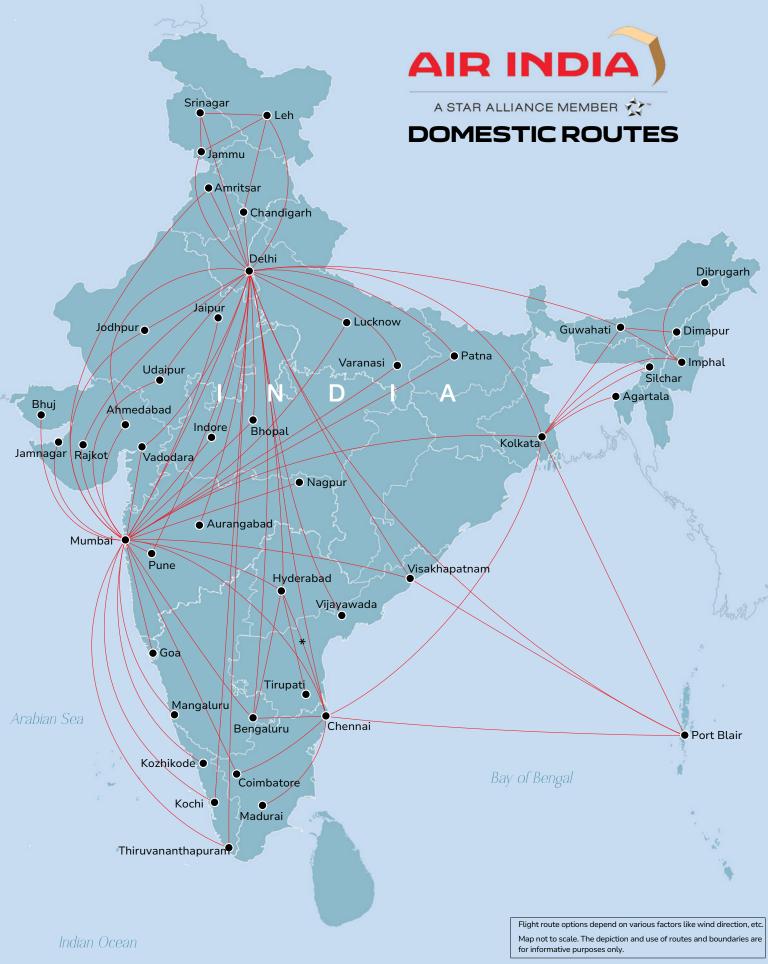
IGI Airport 20 Minutes Away



Airplane Mode on Click a pic.







^{*} Temporary operations with A350-900





Flight route options depend on various factors like wind direction, etc. Map not to scale. The depiction and use of routes and boundaries are for informative purposes only.

CREATING LOYALTY WITHA REWARDING **EXPERIENCE**

My insights from Air India's Flying Returns Programme



uilding a loyalty programme at Heads Up For Tails and scaling it has been quite a journey. In my quest to learn from the best, I had conversations with experts across various industries. One conversation that really stood out was with the team behind Air India's revamped Flying Returns programme. They were incredibly generous with their time and insights, walking me through their entire process and the research that went into it.

What really impressed me was how methodical

The writer, Rashi Narang, grew up around pets and had a strong sense of compassion for them. Her entrepreneurial journey started when she realised the lack of quality products in India for her pet dog Sara. In 2008, she initiated a home-based business called Heads Up For Tails (HUFT) to supply quality products to all pet parents. Today, 16 years later, HUFT is a renowned name in the world of pet care and grooming.

and customer-focussed their approach was. They didn't just stick to internal data; they went out and talked to customers from different airlines and benchmarked their programme against the best in the world. This deep dive resulted in a loyalty programme that's innovative and truly rewarding.

The Reimagined Flying Returns programme is built on three key pillars of Ease, Rewards, and Recognition. Let me break down what each of these means and why they're so effective.

EASE: MAKING LIFE SIMPLE FOR FLYERS

First up, Ease. This pillar is all about creating a seamless experience for their members. Air India's new website and interface ensures that everything a flyer might need is just a click away. Whether it's using cash plus points to buy tickets or the flexibility to travel anytime, anywhere without blackout days, they've made it incredibly convenient. The emphasis here is on making the flying experience as smooth and hassle-free as possible.

REWARDS: FASTER UPGRADES AND POINTS THAT LAST FOREVER

Next, let's talk about Rewards. This pillar is designed to offer greater benefits that add value for frequent flyers. One of the standout features is the faster tier upgrades,



"THEIR QUEST TO MAKE THE PROGRAMME MORE REWARDING WAS EVIDENT FROM HOW THEY HAD INTRODUCED NUMBER OF FLIGHTS AS A CRITERION." allowing members to access higher tiers quickly. Their quest to make the programme more rewarding was evident from how they had introduced number of flights as a criterion along with increased spends for tier upgrades.

Plus, the points never expire for active flyers. This is a big deal for those who might not travel all the time but still want to accumulate and use their points over a longer period.

RECOGNITION: EXCLUSIVE PERKS AND GLOBAL STATUS

The third pillar, Recognition, is all about making members feel special. Members get access to 1,000+ lounges around the world, along with a guest. This benefit is not just limited to Air India flights—tier status is recognised across 25 International Star Alliance Partners, too. This kind of

global recognition enhances the travel experience, making members feel valued, no matter where they are.

Several specific benefits really stood out for me. For top-tier members, perks like being able to fly early and having no cancellation charges are particularly appealing. The Family Pool for redemption is another thoughtful feature, allowing family members to combine their points and redeem rewards more easily. What's more? Higher tier members also enjoy dedicated customer service and expedited issue resolution.

Creating a loyalty programme, especially one as generous and well-thought-out as Flying Returns, is no small feat. It requires a deep understanding of what customers want and a commitment to delivering exceptional value.

As we continue to refine our own loyalty programme at Heads Up For Tails, the insights from Air India's Flying Returns will be invaluable. Their success shows the power of a customercentric approach and the importance of creating a loyalty programme that truly rewards and recognises its members.

I highly recommend checking out their programme to see the impressive benefits for yourself.



YOUR ATTENTION, PLEASE

DIGIYATRA

नागर विमानन मंत्रालय द्वारा 13 एयरपोर्टस्—दिल्ली, बेंगलुरु, वाराणसी, पुणे, कोलकाता, विजयवाड़ा हैदराबाद, अहमदाबाद, मुंबई, जयपुर, लखनऊ, गुवाहाटी और कोचीन के लिए डीजी यात्रा की सुविधा का शुभारंभ किया गया है । डीजी यात्रा ऐप को डाउनलोड करके खुद को नामांकित करें और इन एयरपोर्टस् पर र्निबाध और बाधारहित यात्रा का अनुभव करें।

The Ministry of Civil Aviation has launched DigiYatra facilities at 13 Indian airports, namely Delhi, Bengaluru, Varanasi, Pune, Kolkata, Vijayawada, Hyderabad, Ahmedabad, Mumbai, Jaipur, Lucknow, Guwahati, and Cochin. You can avail it and have a seamless and hassle-free experience at these airports. To avail the facility, you can download the DigiYatra app and register on it.

MISSION LIFE

पर्यावरण के प्रति जागरूक जीवन शैली को अपनाने की

दिशा में व्यवहारिक परिवर्तनों को प्रेरित करने के लिए. माननीय प्रधान मंत्री ने मिशन लाइफ—लाइफस्टाइल फॉर एनवायरनमेंट शुरू किया है, जो की भारत के नेतत्व वाला वैश्विक जन आंदोलन है। आइए हम सभी प्रो-प्लैनेट एक्शन लेने का संकल्प लें, जैसे ऊर्जा की बचत, पानी का संरक्षण, पेड़ों का पोषण और पर्यावरण के अनुकूल अपशिष्ट निपटान।

Mission LiFE—Lifestyle for Environment is an India-led global mass movement launched by Hon'ble Prime Minister for inducing behavioural changes towards adopting environmentallyconscious lifestyles. Let us all pledge to take Pro-Planet actions like saving energy, conserving water, nurturing trees, and eco-friendly waste disposal.

AIR SEVA

नागर विमानन मंत्रालय ने विमान सेवा पोर्टल को अपग्रेड किया है, जो इंटरैक्टिव वेब पोर्टल और मोबाइल ऐप के ज़रिए सुलभ है। इस नए संस्करण में:

- (क) सोशल मीडिया के साथ सुरक्षित साइन अप और लॉग इन
- (ख) अतिथियों की सहायता के लिए, चैट बॉक्स
- (ग) सोशल मीडिया शिकायत सहित, परिष्कृत प्रबंधन
- (घ) रियल टाइम उड़ान स्टेटस और विस्तृत उड़ान संबंधी जानकारी शामिल हैं सेवा संबंधी किसी और जानकारी के लिए आप airsewa.gov.in पर लॉग इन कर सकते हैं।

The Ministry of Civil Aviation has upgraded its Air Sewa portal, which is accessible through an interactive web portal and a mobile app. The new version includes:

- a) Secure sign-up and log-in with social media
- b) Chat box for traveller's support
- c) Improved grievance management, including social media grievance
- d) Real-time flight status and detailed flight schedule.

Air Sewa is available at airsewa.gov.in.



SIKSHA 'O' ANUSANDHAN



Accredited by NAAC with Grade 'A++'



UGC Graded Autonomy(Category-I)



NBA Accredited



ICAR Accredited



NABL Accredited



NABH Accredited



AICTE Approved



Approved



BCI Approved



Approved



Approved





DCI Approved



INDIA RANKINGS 2023

- 15th Best in University Category
- 27th Best in Engineering Category
- 09th Best in Dental Category
- 08th Best in Law Category





401-500 in Engineering Technology

601-800 in Computer Science

801-1000 in Health Sciences 801-1000 in THE World University Ranking



501-550 in QS Asia University Ranking 1201- 1400 in QS World University Ranking 143 in QS Southern Asia University Ranking



1st in Odisha

PLACEMENT 2023 HIGHEST PACKAGE 46 LPA



DIAMOND UNIVERSITY RATING

ENGINEERING AND TECHNOLOGY
B.Tech | BCA | M.Tech | MCA | M.Sc. (Physics) | M.Sc. (Mathematics) | M.Sc. (Chemistry) | Ph.D. | Post. Doc.

MEDICAL SCIENCESMBBS | MD | MS | DM | M.Ch | Ph.D. (Medicine) B.Sc. (Anaesthesia & ICU) | B.Sc. (Medical Laboratory Technology) | B.Sc. (Medical Imaging Technology) | B.Sc. (Optometry) | B.Sc. (OT Technology) | M.Sc. (Public Health) | M.Sc. (Clinical Psychology)

DENTAL SCIENCES BDS | MDS

MANAGEMENT SCIENCES

MBA | MBA (Hospital Administration) | Integrated MBA | BBA (Hons) | Ph.D. | Post. Doc.

HOSPITALITY AND TOURISM MANAGEMENT

BHMCT | MBA (Hospitality Management) | Ph.D. | Post. Doc.

VETERINARY SCIENCES

B.V.Sc. & A.H.

AGRICULTURAL SCIENCES B.Sc (Ag.) (Hons) | M.Sc (Ag.) | Ph.D. | Post. Doc.

PHARMACEUTICAL SCIENCES AND BIOTECHNOLOGY B.Pharm | M.Pharm | M.Sc (Biotechnology) | Integrated M.Sc (Biotechnology) | Ph.D | Post. Doc.

NURSING

B.Sc. Nursing | P.B. B.Sc. Nursing | M.Sc. Nursing | Ph.D. | Post. Doc.

 $\begin{tabular}{ll} \textbf{LEGAL STUDIES} \\ \textbf{BBA LLB (H) | BA LLB (H) | LLB (H) | LLM | Ph.D. | Post. Doc. \\ \end{tabular}$

A TRAVELLER'S TALE





ISLAND VIBE

British novelist **Diana Evans** on her

cherished family visit

to Jamaica



MY LOCAL EXPERIENCE

Although I have been to Jamaica a number of times, the last visit in October 2022 felt momentous as I was with my partner and two children. It was the first time all of us visited the island together.

MEMORIES FOR LIFE

Going around the island, visiting Montego Bay, climbing a waterfall, and staying at GoldenEye hotel, where Ian Fleming lived and wrote the James Bond novels.

LOCAL FOOD

I love ackee, a fruit that is traditionally served with salt fish but was specially prepared for me as I do not eat fish. Other popular dishes include curried goat with rice and peas, Jamaican fried dumplings, and jerk chicken. Savour the authentic fare at Miss T's Kitchen in Ocho Rios and M10 Bar & Grill in Kingston.

DO NOT MISS

The local experiences. And the music. Climb the Dunn's River Falls in Ocho Rios. In Kingston, visit the Bob Marley Museum and indulge in authentic Jamaican ice cream at Devon House I Scream.



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FOR INDUSTRIES, OFFICES & HOUSES

Internationally Renowned Vastu Expert Vimal Jhajharia, along with his son Vikas Jhajharia, has created a revolution in the field of Vastu Shastra. Their expertise in providing 'Vastu Remedies without Demolition' has earned them the faith and praise of millions of people in more than 40 countries across the globe.

Vimal Jhajharia and Vikas Jhajharia (MBA from Australia) have delivered many lectures, conducted workshops, seminars and have widely travelled and provided consultancy on major projects already in operation without any changes or modifications. They are currently providing consultancy in the USA, UK, Australia, Canada, China, Hong Kong, Singapore, Thailand, South Africa, UAE, and South America, among others.

Both of them have been felicitated several times for their outstanding knowledge on Vastu & have also won several awards of national and international repute.



Awarded in Dubai "the most Influential Vastu Expert under 50 yrs"



Awarded TIMES OF INDIA "Times Icon of the year 2017"



Awarded by Kangana Ranaut in Thailand "The Best International Vastu Guru"

What exactly is your famous Vastu Shankha Yantra and how cost effective is it?

Based on the principles of Vastu, the Vastu Shankha Yantra is an original conch shell used to potentially rectify any kind of land, Vastu or energy defects without making any modifications. It can potentially save a lot of time & money as it is used to create positive energy in places having major Vastu defects without changing the looks and beauty of the place.



Vastu is protection against unforeseen circumstances. It is used to increase personal energy in health, wealth and relationships of a person







Does the Vastu Shankha Yantra really work for prosperity in factories and industries?

Yes, we have a big list of successful clients including businessmen, entrepreneurs, doctors, scientists, professionals, architects, interior designers, etc giving testimonials on our wesite.

Endorsing the Vastu Shanka Yantra is industrialist Sushil from New Delhi. He says, "My son and I are running a factory but were not getting the desired results. We came to know about Vimalji and Vikasji through one of their articles in inflight magazines. Upon showing them the factory, we immediately realised our north was blocked and all the heavy machinery was placed along the north wall. We then got the Vastu Shankha yantras placed at certain places on Jhajharia ji's recommendation. Now, every new factory of ours is made under their able guidance and we also recomend them to all our friends and relatives"

Can Vastu Shankha Yantra also help in selling a property?

Yes, we do a lot of Vastu correction for builders and developers and also individuals whose properties have been stuck for a long time and which are not getting sold because of some or the other Vastu defect. Vouching for success is Satish from Bangalore who was trying to

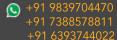
When we saw the property, we saw it had multiple corners & it was not a proper rectangle or a square. We then positively charged this property by placing our Vastu Shankha Yantras in various corners to help correct the magnetic field of the property and hence creating positive energy in the atmosphere.

DO YOU KNOW?

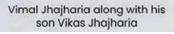


- Mr. Vikas Jhajharia, is a 3rd Generation Vastu Exper
- Mr. Vikas Jhajharia is an MBA from Australia
- Vastukalp has been doing Vastu corrections since 40+ years
- Vastukalp provides consultancy globally in all
 5 Continents (125+ countries)

Book Your Appointments Now Contact Mr. Vikas Jhajharia on



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+ Years

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India's Best Awards 2020-2023

Best Pan-Asian Restaurant

at Travel + Leisure's

Delicious Dinning

Awards 2020-2023

Conde Nast's top 50

Best Hotel for Business

Soy x Neung Roi

Top 50 restaurant at

Traveller

By CNBC Travel

Luxury Airport Hotel at

World's Luxury Hotel Awards 2018, 2019 & 2020

> Top 5 Best Business Hotels in India at

Hospitality Horizon Awards 2023 Best Spa Hotel at

The Global Spa Awards 2022 & 2023

Soy x Neung Roi grabbed a spot at

Top 50 Best Restaurants by Food Food Awards 2023

Best Airport Hotel in Asia

At Haute Grandeur Awards 2023

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Discover the magic of local charm.

Go beyond the tourist path and discover the essence of Bengal with an intimate homestay experience. Indulge in the rich heritage of customs and traditions, preserved carefully by the locals. Relish the taste of history with authentic regional cuisine, prepared using recipes passed down through time.

Seek out a home away from home at your next destination.

