

# TODAY'S traveller

CORPORATE BUSINESS, AVIATION, MICE & LEISURE TRAVEL MAGAZINE

NOVEMBER 2022 - ₹50

**STUNNING  
MEDIEVAL CITIES**

**GLORIOUS  
SUNSET POINTS**

**MANIPUR SANGAI  
FESTIVAL**

**BEST TIGER  
RESERVES**



**HOLIDAY MAGIC**





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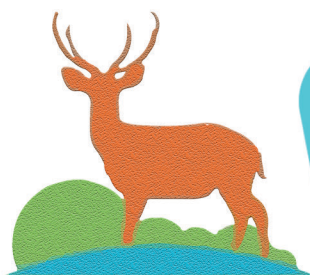


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Venue : 4 Mapal Kangjeibung and Kangla Polo Ground	Venue : 8 Behiang and Khuga
	Venue : 9 Makhel



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# STUNNING MEDIEVAL CITIES TO DISCOVER IN INDIA

Are there really medieval cities to discover in India? Yes, cities rich in their medieval history flourish side by side with their newer avatar and are waiting to be discovered. No doubt these medieval cities can never cease to amaze and delight.

TT BUREAU

The Middle Ages, sometimes known as the medieval period, spanned roughly from the fifth through the late fifteenth and sixteenth centuries. Indigenous kings, such as the Chalukyas, Pallavas, Pandyas, Rashtrakutas, and finally the Mughal Empire, dominated medieval Indian history.

A good guide can take you to the old quarters of these cities and tell you the history and legends surrounding these monuments, structures, and ruins that are deeply steeped in tradition and folklore.

## FATEHPUR SIKRI, UTTAR PRADESH

Fatehpur Sikri was the beautiful but short-lived capital of the Mughal empire. Akbar, the great Mughal emperor, built the town in 1569. Early Mughal structures may be found in Fatehpur Sikri, with Muslim and Hindu architectural elements. The palace of Akbar's wife (Jodha Bai), a special audience hall, and dwellings are among them. Because Fatehpur Sikri's water supply was insufficient, the Mughal capital was relocated to Delhi in 1586. Fatehpur Sikri was named a UNESCO World Heritage site in 1986 and is being maintained as a historic site.



Fatehpur Sikri, Uttar Pradesh





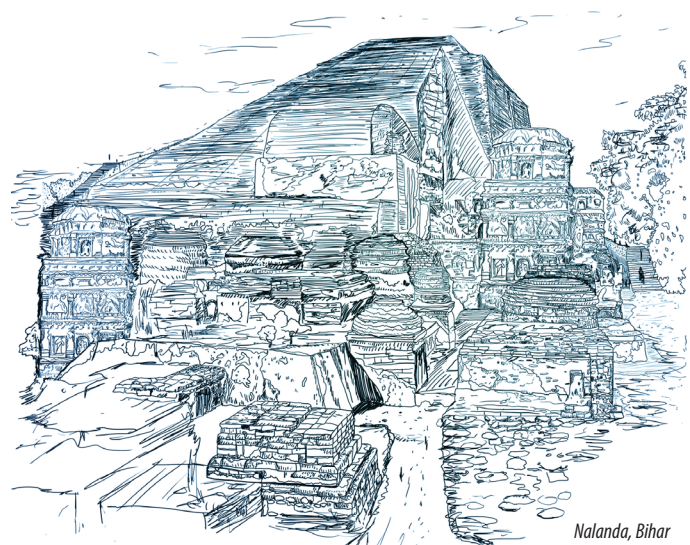
The sandstone city in rose pink remains beautifully preserved and one can spend an entire day in the romantic pavilions and palaces, huge courtyards, rooftop platforms and jharokas that catch the breeze, and the marble tomb of Salim Chishti where people of all faith come to seek blessings.

### **JODHPUR, RAJASTHAN**

To visit Jodhpur is to journey back in time. The ancient city of Jodhpur has its roots in medieval history and was built during the reign of the Rajput ruler "Rao Jodha". The living heritage city is surrounded by a long barricade with eight entryways and more than one hundred towers all around the barrier.

The Rathore Clan is thus central to Jodhpur's history. Rao Jodha, the Rathore clan's head, is credited with founding Jodhpur in India. In 1459, he founded Jodhpur. Previously, it was known as Marwar. When India acquired independence in 1947, the state was absorbed into the larger state of Rajasthan, with Jodhpur serving as its capital.

There are so many palaces, monuments, age-old temples, and forts with wonderful legendary tales. One of the most popular monuments of Jodhpur is the UNESCO World Heritage Site - the great Mehrangarh Fort built atop a mountain. There are ancient hidden stepwells and traditional bazaars with old stone shops that bring alive its medieval charm.



### **NALANDA, BIHAR**

Nalanda presents a magnificent site of culture and learning and was established in the 5th century BC. With rich traditions, monasteries and ancient monuments, this medieval city is an amazing destination for history lovers.

In India's ancient kingdom of Magadha (modern-day Bihar), Nalanda was a renowned Mahavihara, a major Buddhist monastery. From the fifth century CE to 1200 CE, the location was a center of learning about 95 kilometers southeast of



Patna, in the town of Bihar Sharif. In the 5th and 6th centuries, Nalanda flourished under the Gupta Empire's sponsorship, and afterward under Harsha, the Emperor of Kannauj.

It was designated as a World Heritage Site by the United Nations Educational, Scientific, and Cultural Organization (UNESCO).

The ruins and relics of the ancient Nalanda university along with the beautiful temples remain a testament to the splendid past of Nalanda. It is a pilgrimage site for Buddhism, as it is believed that Lord Buddha visited here several times. It is also a special place as Hiuen Tsang, a famous Chinese historian was a part of Nalanda University for 12 years.

## AGRA, UTTAR PRADESH

Agra is a city with medieval roots, located on the banks of the Yamuna river about 210 km south of the national capital New Delhi.

Despite the fact that Agra was an ancient city dating back to the period of the Mahabharata (see above), Sultan Sikandar Lod, the Muslim monarch of the Delhi Sultanate, built the city in 1504. Sultan Ibrahim Lodi, the Sultan's son, inherited the city after his father died.

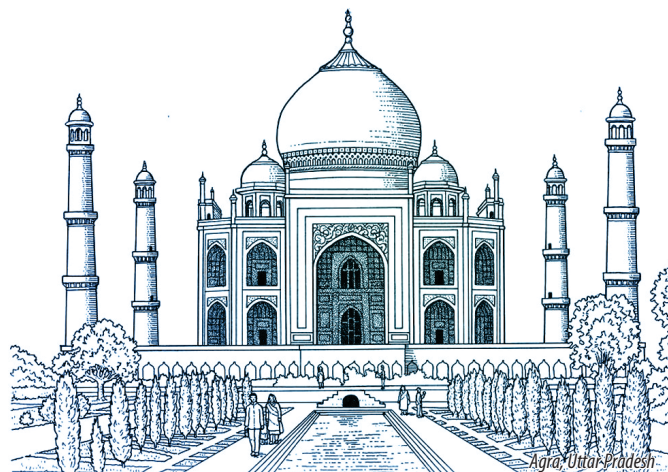
This ancient city holds India's most iconic historical monuments, some of which are essential UNESCO world heritage sites, including the world famous wonder of the world -Taj Mahal, the magnificent red sandstone Agra Fort, several beautiful palaces, monuments, and verdant ancient gardens.

The old alleys and quarters of this ancient city still echo the tales of its great history and culture. It remains a vibrant hub for Indian culture, music and dance, an amazing Indian handicrafts heritage as well as home to delectable Mughlai cuisine.

## HASAN, KARNATAKA

The medieval city of Hasan typifies the eventful and rich history of Karnataka. The ancient city is famous for its beautiful natural scenic terrain which in turn holds a veritable treasure-house of stunning Hoysala architecture and sculpture, the best examples of which can be seen at Belur and Halebeed.

The Hoysala era (1026 CE – 1343 CE) was known for its artistic, architectural, and cultural achievements. The Hassan district of Karnataka, India, was the epicenter of this activity.

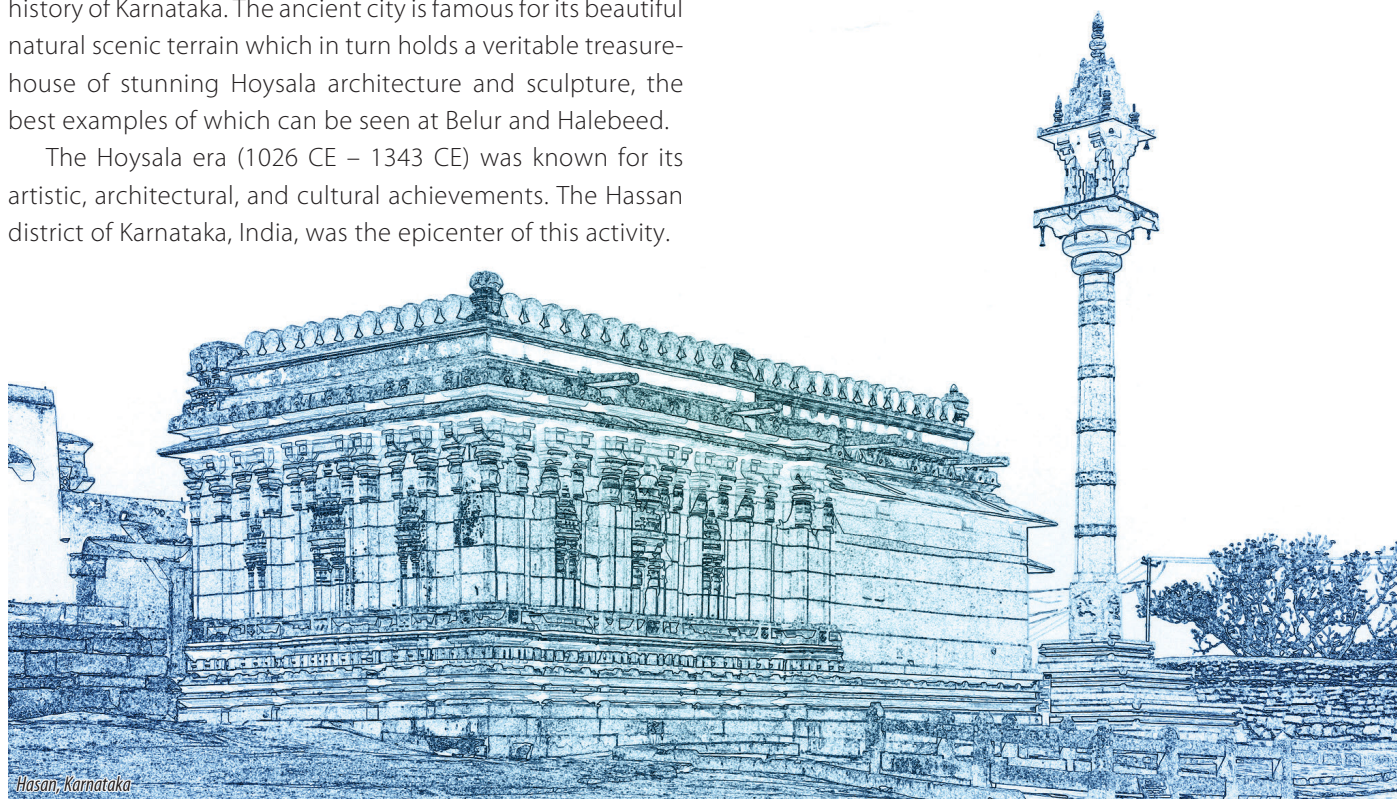


Without a doubt, the most notable achievement of this age is in the realm of architecture. The desire to outperform the Western Chalukyan Empire (973 CE – 1189 CE) in its own domain provided even more motivation to succeed in architecture.

Shravanabelagola for instance is dominated by Jain monuments and is a popular pilgrimage centre for the Jains. The long-held belief is that the place is called Hassan after the goddess Hassan-amma or Hasanamba, the blessed deity of the Hasanamba temple located in the old town area.

## LOTHAL AND DHOLAVERA, GUJARAT

The archaeological remnants of the Harappa port-town of Lothal, said to be 4,500 years old may be found in the Gulf of Khambat, along the Bhogava river, a tributary of the Sabarmati. Lothal is 80km southwest of Ahmedabad. Archaeologists are of the opinion that the city formed part of a major river system that was on the ancient trade route used from Sindh to Saurashtra in Gujarat.







The city was a thriving trading port during 3700 BCE. Lothal features two main zones inside its quadrangular defensive layout: the upper and lower town. Lothal's thick (12-21 meter) exterior walls, which spanned around 7 hectares, were built to withstand the city's frequent tidal floods, which most likely led to the city's demise.

Dholavira is the larger of these two significant excavations of the Indus Valley Civilization or Harappan culture. Dholavira is spread over 100 hectares of semi-arid land on Khadir island in the Great Rann of Kutch. The journey to UNESCO World Heritage Site Dholavira is remarkable, as it takes you through giant salt desert plains of the Great Rann. Here you can see wildlife such as flamingos and other bird life, chinkara and nilgai among others.

### **VARANASI, UTTAR PRADESH**

Varanasi, one of the oldest living cities in the world is situated in Uttar Pradesh, India, that dates back to the 11th century B.C. Mark Twain, described Varansi or Benaras in these words: "Benaras is older than history, older than tradition, older even than legend and looks twice as old as all of them put together."

This medieval city of temples, religion, art, culture, and tradition is also known as Kashi and has long been regarded as the ideal Hindu pilgrimage destination. The city thrives and lives its legends and history and is one of India's most loved cities that visitors throng to.

Hindus believe that dying in Varanasi's holy land will offer them salvation and deliver them from the cycle of birth and rebirth. Varanasi's origins are unknown. Lord Shiva and Parvati

call it home. The Ganges in Varanasi is said to have the power to wash away grave sins.

Varanasi remains a great center of learning and civilization for over 3000 years. Considering that Sarnath, the place where Buddha preached his first sermon after enlightenment, is just 10 km away, the city is also the starting point for Buddhist pilgrims.

Varanasi has long been famous for its trade and commerce and has traditionally been known for the finest silks and gold and silver brocades, since ancient times.

### **BADAMI, KARNATAKA**

The ancient city of Badami is picturesquely situated at the mouth of a ravine between two dramatic rocky hills. This sets the mood of exploration in this medieval city with its exquisite sculptures and sandstone cliffs that bring alive many a tale from history and folklore. There are four rock-cut caves dominated by ancient carved pillars and sandstone bracket figures that overlook the Agastya Theertha lake, where its banks are dotted with a series of beautiful Bhutanatha Temples.

The city of Badami holds significance in the heritage history of Karnataka. Badami, formerly known as Vatapi in Northern Karnataka, was the capital of the Chalukyas, one of Southern India's largest and most enduring kingdoms.

The 'Badami Chalukyas,' who ruled here from 543 to 753 CE, was the first of three branches of the Chalukyas. As a result, there is a magnificence to the palaces, temples, and even the caves found here. The Ravana Phadi Caves, Badami Caves, Navbhamra series of temples, and Virupaksha temple at Hampi are examples of Chalukya's contribution to temple architecture.





# MAGNIFICENT TIGERS! INDIA'S BEST TIGER RESERVES TO VISIT IN 2022

So how about exploring one of the most exciting, heartbeat-stopping locations to plan your holidays? We are talking about visiting the best Tiger Reserves in India

**TT BUREAU**

India is recognized for being the proud home to more than 70% of the world's tiger population. This magnificent species has been designated as India's national animal, indicating its significance as a cultural and natural value to the country.

So, for all travel fanatics, what greater trip than spotting a tiger in India? Photographers all across the world are drawn to these remarkable cat species in their natural habitat. There are a wonderful number of tiger reserves in India across different states.

So, here is a list of the top ten tiger reserves in India where you may see these majestic creatures. You can simply

organize a weekend getaway trip to one of the below-mentioned tiger reserves.

## **RANTHAMBORE TIGER RESERVE, RAJASTHAN**

Once the hunting point of the imperial Rajasthan Royals, Ranthambore is one of the largest and most stunning tiger reserves in India. The spectacular state is known for the reserve which is located across an area of 1.134 sq. km with a high number of tigers.

It is best regarded for being the home of Bengal tigers and for its crystal blue lakes. The reserve's three lakes including Padam Talao, Raj Talao, and Malik Talao, offer the best fauna





tourist spot. A safari ride is a necessary thing to do while visiting Ranthambore. Along with tigers, one can witness other animals and reptiles such as sloth bears, hyenas, jackals, and Indian foxes.

#### **BEST SEASON TO VISIT**

The best season to visit the Park is between October and March

#### **JIM CORBETT TIGER RESERVE, UTTARAKHAND**

Jim Corbett National Park is located in the Himalayan foothills, known as India's best tiger reserve and one of the prime places to head in Uttarakhand.

The national park was established in 1936 and spans 500 square kilometers. Very few tiger reserves have the features that this National Park in Uttarakhand has. The reserve displays 500 species of birds, 7 amphibian species, and 400 types of trees.

During the jungle safari, watch the exotic wild animals. Another significant way to experience the entire region is to witness an elephant safari experience.

#### **BEST SEASON TO VISIT**

The best season to visit the Park is between November to February

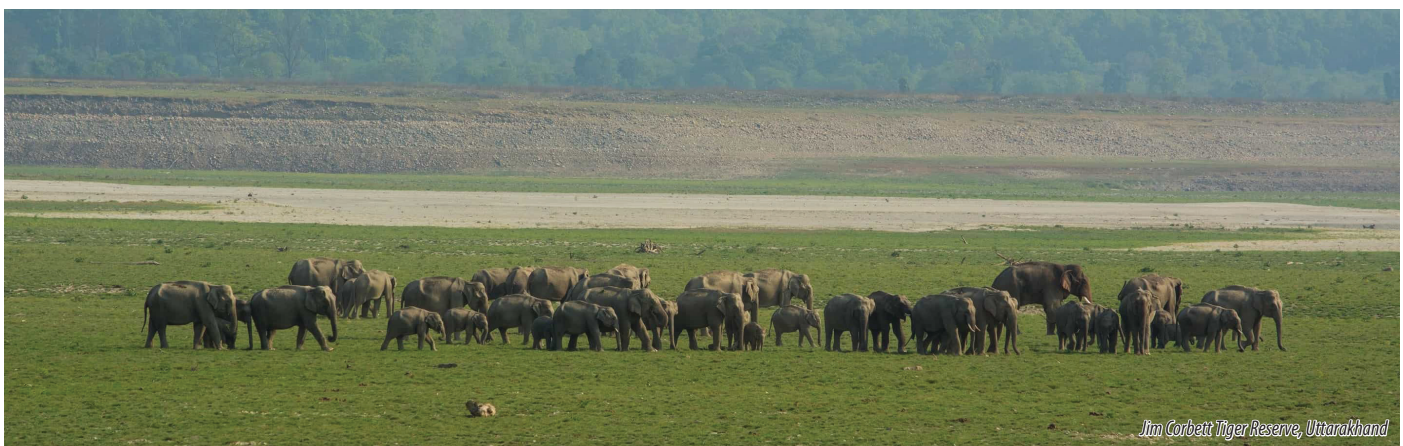
#### **BANDHAVGARH TIGER RESERVE, MADHYA PRADESH**

Bandhavgarh Tiger Reserve, one of India's top tiger reserves, is spread across 1536 square kilometers and is visited by hundreds of people every day. It is situated in the heart of Madhya Pradesh's Umaria district. Bandhavgarh National Park is home to the historical Bandhavgarh Fort, and it was designated a tiger reserve in 1993 due to its high population of Royal Bengal Tigers.

This tiger reserve is ideal for your next vacation with your family or friends since it is covered with many types of birds, animals, reptiles, and magnificent heritage. All wildlife photographers can see colorful birds such as the Hoopoe, Brown fish owl, and Green-headed barbet.

#### **BEST SEASON TO VISIT**

The best season to visit the Park is October-March is the peak season; April-June is the moderate season.







*Nagarjunsagar-Srisaillam Tiger Reserve, Andhra Pradesh*

### **NAGARJUNSAGAR-SRISAILAM TIGER RESERVE, ANDHRA PRADESH**

The Nagarjunsagar-Srisaillam Tiger Reserve is India's largest tiger reserve, covering an area of 3,728 square kilometers. This tiger reserve, established in 1983, is notable for its diverse flora and wildlife, temples, lakes, and rivers.

You may see animals such as the Bengal Tiger, sloth bear, and Indian Leopard, as well as reptiles such as lizards and snakes. After an exciting jeep safari, you must pay a visit to the Lord Mallikarjuna temple, which is located within the Tiger reserve, and seek the blessings of the primary divine.

#### **BEST SEASON TO VISIT**

The best season to visit the Park is October to March

### **SUNDERBANS TIGER RESERVE, WEST BENGAL**

Sunderban Tiger Reserve was established in 1984 and is a UNESCO World Heritage Site. The attractions of this lovely tiger reserve in West Bengal include Bengal Tigers and migrating birds. The Ganges, Brahmaputra, and Meghna rivers all have tributaries that run through this picturesque tiger sanctuary.

The Sunderban Tiger Reserve is home to 248 bird species and 400 tigers. Sunderbans, being distinct from most of the country's national parks and reserves, does not offer jeep safaris. Instead, you must experience the boat ride to see fascinating creatures and take in the lush vegetation and breathtaking scenery.

#### **BEST SEASON TO VISIT**

The best season to visit the Park is October and March

### **SARISKA WILDLIFE SANCTUARY**

The Sariska Wildlife sanctuary known as the hunting grounds of the Maharajah of Alwar spreads across 800 sq. Km of land amidst the captivating Aravalli Hills. There are many land terrains found in this tiger reserve, like rocky terrain, wide grasslands, hill slopes and sharp cliffs, dry and arid shrub forests, and more.

The Kathiawar and Gir forests and the Sariska Tiger Reserve form part of the region, and today it has become a favorite spot for history lovers and wildlife fans. There is also a protected area where you can witness the rare Royal Bengal tiger in the Sariska Tiger Reserve. Here, you can find lions, leopards, antelopes, hyenas, crocodiles, and a variety of wild colorful birds.



*Sunderbans Tiger Reserve, West Bengal*



### **BEST SEASON TO VISIT**

The best season to visit the Park is between October-February

### **PERIYAR TIGER RESERVE, KERALA**

Periyar Lake Reserve was established in Kerala in 1899, and it was later designated as a wildlife sanctuary in 1950. This exquisite sanctuary was designated a tiger reserve in 1978.

Surrounded by beauty and tranquility, it is an excellent destination for people seeking an experience with everything that nature has to offer. It has spread over 777 square kilometers, and an artificial lake enhances its scenic views. While touring this reserve, you may easily spot Bengal tigers, white tigers, Asian elephants, and Indian giant squirrels. Keep an eye out for birds such as the blue-winged parakeet, Malabar gray hornbill, and Nilgiri wood pigeon.

### **BEST SEASON TO VISIT**

The best season to visit the Park is between September to April

### **BANDIPUR TIGER RESERVE, KARNATAKA**

Bandipur Tiger Reserve was formed in 1974 in the Chamarajanagar district of Karnataka. It is one of India's most visited tiger reserves since Karnataka has the country's second-largest tiger population.

The reserve is home to tigers, sloth bears, jackals, Indian elephants, gaurs, four-horned antelopes, and Indian rock pythons. However, what distinguishes it from the others is a wide range of adventure activities such as camping, nature walks, white water rappelling, jeep safari, backpacking, and river rafting.

### **BEST SEASON TO VISIT**

The best season to visit the Park is between July and September

### **KANHA TIGER RESERVE, MADHYA PRADESH**

Kanha Tiger Reserve located in Madhya Pradesh stands among India's largest tiger reserves for its dense green forest, clear streams, and a huge exclusive variety of flora and fauna. It is also famous as Kanha-Kisli National Park and is home to Bengal tigers, sloth bears, Indian Leopard, as well as barasingha.

Kanha National Park has over 43 species of Mammals, 300 species of Birds, 26 species of Reptiles, and over 500 species of Insects. Look out for the Indian Python especially if you are a reptile watcher.

Many people don't know that the State animal of Madhya Pradesh is the Hard Ground Barasingha which is only found in the Kanha Tiger Reserve. With great effort, the Tiger Reserve has been able to improve the population of this deer species which was once on the verge of extinction.

### **BEST SEASON TO VISIT**

The best season to visit the Park is April - May, and November to March

### **MANAS NATIONAL PARK, ASSAM**

Manas National Park is also placed in UNESCO World Heritage Site. Its major highlight is the picturesque landscapes and magnificent wildlife. Spread over an area of 500 sq. km, it is famous for its huge population of tigers.

Aside from this, the park offers an elephant reserve. Travelers can experience a variety of exciting activities, including elephant rides and boating in the Manas River. The park is a paradise for everyone due to its stunning natural beauty, a bountiful population of tigers and elephants, amazing wildlife, crystal lakes, and eye-catching flora.

### **BEST SEASON TO VISIT**

The best season to visit the Park is between November to December and March to April





# GLORIOUS SUNSET POINTS THAT MAKE YOU GO OOH!

Does watching a sunset make you all warm and fuzzy? Here are some great sunset points to inspire you.

TT BUREAU

According to research, sunsets have many psychological effects that enhance the long-lasting satisfaction of life and physical benefits and have been proven to relieve stress. No wonder the time when the sun sets or rises is called 'The Golden Hour'. For all Instagrammers, "the golden hour" or "magic hour," provides the perfect light to capture awesome photos.

Here are a few lesser-known destinations in India where you can watch beautiful sunsets in India and marvel over the splendour of the scenic views.

## LION'S POINT, MAHARASHTRA

This beautiful sunset point located in Lonavla is a must-visit. It is a prominent tourist attraction famous for its sunset and sunrise views. Enjoy some tea and snacks from the numerous

food stalls present there. Although it is a steep drive to the point, the beautiful view is worth it.

## ARAMBOL BEACH, GOA

Arambol beach is one of the most famous beaches in Goa. It is located in the north of Goa and is a great place to relax and enjoy. Tourists from all over the world visit this beach due to its chilled-out vibe. This beach is especially popular among musicians who come together to make music. Grab a hot cuppa and watch the sun go down.

## KALO DUNGAR, GUJARAT

Kalo Dungar, situated in Kutch, is the highest point in the district at a height of 462m. It is also known as the Black hill and is a marvellous place for tourists to explore. There is a



Lion's point, Maharashtra



Legend that says Lord Dattatreya stopped to rest here and found a group of starving jackals. The Rann Utsav, provides a great excursion as the Rann looks beautiful from atop the hills. The sunset view from here is incomparable.

#### **AGUMBE SUNSET VIEWPOINT, KARNATAKA**

Located in Agumbe, this sunset point is one of the most famous tourist spots in Agumbe. It is perched at a height of 825m above sea level and is one of the highest peaks of the western ghats. The best time to visit would be from November to January as the sky will be clear during this period. The sunset point here is famous as it offers a magnificent view of the setting sun on the Arabian Sea.



*Kalo Dungar, Gujarat*

#### **SHILLONG VIEW POINT, MEGHALAYA**

Look at Shillong through a bird's eye view from this amazing sunset point. It has observational towers that offer magnificent views of Shillong. This point is the highest peak in Shillong at an altitude of 1,965m. According to the locals, the patron deity 'Leishyllong' resided at the hill and protects the city against all evils. With its breathtaking sunsets, this place is worth the visit.



*Agumbe Sunset Viewpoint, Karnataka*

#### **PONMUDI, KERALA**

The literal translation of Ponmudi is 'The Golden Peak' is one of the peaks of the westerns ghats. It is located at a distance of just 55 km from Thiruvananthapuram and is perched at an elevation of 3600 ft. This place



*Ponmudi, Kerala*





*Millennium Park, West Bengal*

offers panoramic views of the entire region and offers a glorious view of the sunset.

#### **MILLENNIUM PARK, WEST BENGAL**

Situated in the city of Kolkata, the millennium park is a perfect location to take a break. From here, you can get amazing views of the Ganges and Howrah Bridge. The entry fee to this park is Rs 10 per person which is a small price to pay to sit by the riverside and watch the spectacular sunset.

#### **ASTANMARG, KASHMIR**

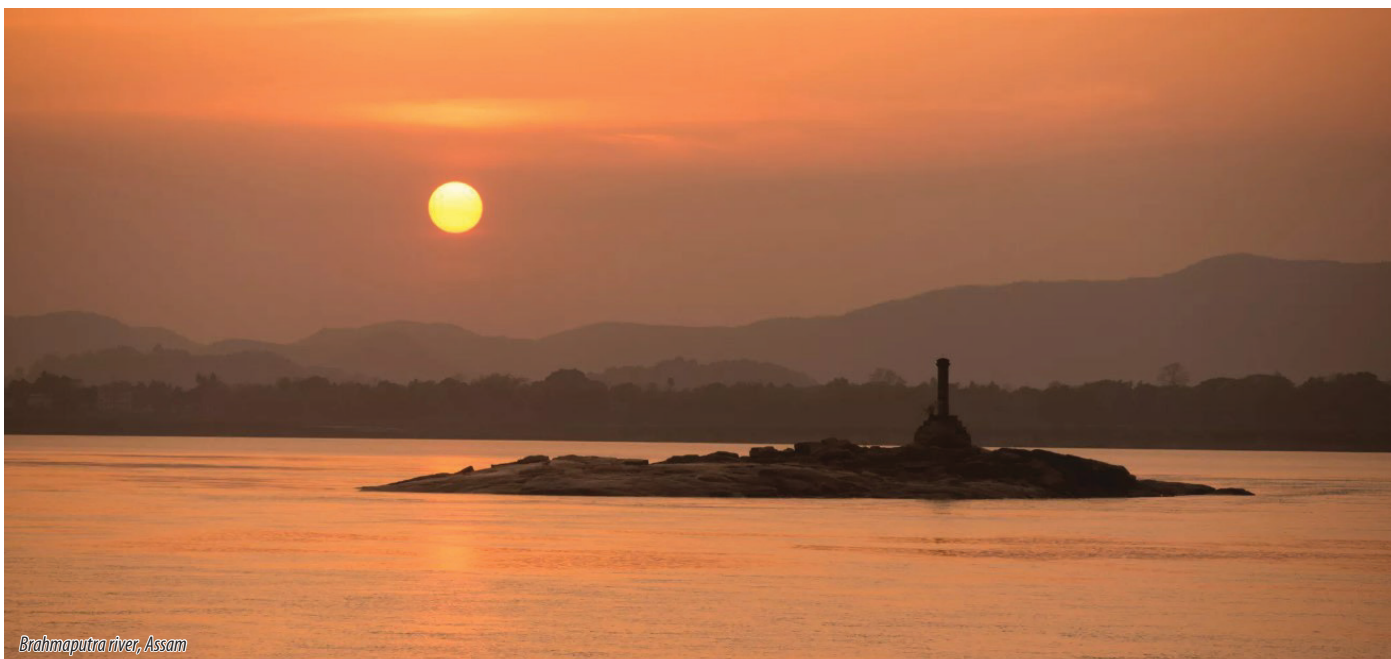
Astanmarg is a small hamlet located in Srinagar. This spot is famous for paragliding and is quite popular among tourists. It is a great place to visit for all you adventurous folks out there. End your day of fun with a splendid sunset view with the sky lighting the mighty mountains of the valley.

#### **PURI BEACH, ODISHA**

Also known as the golden beach, is located on the coastline of Odisha. It is an excellent spot for tanning and sunbathing with loads of fun water sports to do such as angling, surfing, boating, and much more. If you're not the adventurous kind, take a stroll along the beach in the evening with your significant other while appreciating the spectacular sunset dipping into the sea.

#### **BRAHMAPUTRA RIVER, ASSAM**

The Brahmaputra River is also known as the Dilao in Assam, is a transboundary river that flows through Tibet, India, and Bangladesh. Take the sunset cruise which starts at 5:30 pm to enjoy a relaxing time with an unforgettable sunset view.



*Brahmaputra river, Assam*



# *Destinations*





# BIODIVERSITY HOTSPOT ASSAM

Biodiversity hotspot Assam in northeastern India runs along the Brahmaputra and Barak River valleys. The state is a natural biodiversity hub, as it includes five national parks and 18 wildlife sanctuaries.

TT BUREAU

Assam is also one of the most populous subdivisions on the planet. The official and most widely spoken language of the state is Assamese, which is followed by Bengali in the Barak Valley and Bodo in the Bodoland Territorial Region.

Assam tea and silk are two of the state's most well-known products. The state was Asia's first oil drilling location. Assam is home to the one-horned Indian rhinoceros, as well as wild water buffalo, pygmy hogs, tigers, and a variety of Asiatic birds, and is one of the last remaining wild habitats for Asian elephants.

Wildlife tourism to the World Heritage Sites of Kaziranga National Park and Manas National Park helps the Assamese economy. The feral horses of Dibru-Saikhowa National Park are well-known. In the state, there are sal tree woods, which stay green all year due to copious rainfall. Assam receives

more rain than the rest of India, which feeds the Brahmaputra River, whose tributaries and oxbow lakes offer a hydro-geomorphic environment for the province.

Water resources abound in the state, as do wide swaths of agricultural land. Assam is also the country's third-largest producer of petroleum and natural gas, with huge limestone reserves. Power and energy, mineral-based industry, tourism, and crude oil refining are all viable investment opportunities.

To encourage investments and boost industrial growth, Assam has implemented a number of investor-friendly measures. The IT, tourism, and power sectors, as well as various other efforts such as the North East Industrial and Investment Promotion Policy (NEIIPP) 2007 and the Industrial and Investment Policy 2014, are among the key areas of attention. Memorable experiences in Biodiversity hotspot Assam.



*Sambar Deer at Kaziranga National Park*



### MAJULI, THE WORLD'S LARGEST RIVER ISLAND

Majuli is the world's largest river island, surrounded by the Brahmaputra River and noted for its varied cultures and customs. It's a terrific destination to visit in Assam. While the island is suffering from soil erosion as a result of environmental difficulties, its beauty is still worth seeing and photographing.

#### NOTE

- The ferry service begins at 8:00 a.m. and runs until 4:00 p.m.
- There is no admission cost to visit the island. To get to the island, though, you will have to pay for the ferry service.
- The island is located on the Brahmaputra River

### ADMIRE DIBRUGARH'S LUSH GREEN TEA GARDENS

Assam's tea fields are nearly synonymous with the northeastern state, and appreciating them is surely one of the best things to do in India. While each district has a light or dense plantation, Jorhat is the finest place to see the most natural beauty in all of its grandeur. Mangalam Tea Estate, Manjushree Tea Garden, and Meleng Tea Estate are three of Assam's best tea estates.

### KAZIRANGA NATIONAL PARK IS: A GREAT PLACE TO SEE ONE-HORNED RHINOS

Kaziranga National Park is a big attraction since it is home to the famous Indian one-horned rhinos and many other exotic species, making it one of the top things to do in Assam. The park's extensive terrains are covered in lush foliage and beautiful flora. Apart from rhinos, tigers, swamp deer, leopards, hoolock gibbons, and other species can be seen.

#### NOTE

- Timings: 7:00 AM to 6:00 PM
- Fees for entry: INR 50 for Indian tourists and INR 500 for foreign tourists, plus camera and activity fees.







Assamese couple in traditional attire

## BIHU AND TEA FESTIVALS ARE TWO VIBRANT FESTIVALS TO ATTEND

This is Assam's most well-known festival, held three times a year to welcome and appreciate the many seasons' offerings. If you're visiting Assam for a vacation, make sure you participate in the festivities because it's one of the most enjoyable things to do in the state. You'll be able to see everything here, from folk music to vibrant clothing.

### NOTE

- These various festivals take place throughout the day and all around the state of Assam

## CULINARY FEASTS: SAVOUR SCRUMPTIOUS DELIGHTS

Savouring the famous indigenous foods is a definite must-do if you visit Assam, India. You may not have tried Assamese cuisine before, and the state is a vegetarian's heaven. The native delicacies will astonish you with their wide range of selections, which include hot, spicy, and boiling dishes. Khorikaa, Paradise Restaurant, The Woking Mama, and others are some of the best places to eat in Assam.

## TAKE A CRUISE ON THE BRAHMAPUTRA RIVER

Cruising down the Brahmaputra River and watching the sunset is undoubtedly one of the most enjoyable things to do in Assam, and you cannot afford to miss it. This voyage will provide you with breathtaking vistas and unforgettable moments that will fill your heart with joy and excitement, as well as a billion memories to treasure for the rest of your life.



Assamese cuisine



Cruise on the Brahmaputra River



**NOTE**

- Time: 5:30 p.m. to 7:30 p.m.
- Fees range from INR 150 to INR 250.

**UNCOVER THE TRUTH ABOUT THE AHOM KINGDOM: SIVASAGAR**

The Rang Ghar (the amphitheatre) and Karen Ghar (the last palace of the kings) are two of Assam's most notable historical landmarks, located 360 kilometres northeast of Guwahati. These locations are thought to be connected to the interesting tales of the Ahom Kingdom, improving your vacation experience.

**NOTE**

- Timings: 6:00 AM to 5:00 PM
- Entry Fee: INR 5 for Indians  
INR 100 for Foreigners

**WITNESS SUALKUCHI, THE WEAVER'S MAGIC**

Assam is also famed for its handloom industry and for being a land of magicians. While every Assamese home has a weaving machine, Sualkuchi, which produces the highest quality silk in the state, has the best. If you're a fan of the cloth, you'll feel like you've stepped into a haven just 35 kilometres from Guwahati.

**ADMIRE NATURE'S MAGIC: RIVER LOBHA**

River Lobha, unlike other of the state's rivers, is a unique attraction. The river, which flows from Shillong to Silchar, changes colour with the seasons and is surrounded by spectacular landscapes. You can pause in the middle of your journey to marvel at nature's beauty while capturing some unforgettable memories.

**NOTE**

- Timings: While you may observe the river's splendour at any time of day, the ideal time to see it is during daylight hours.
- Location: Shillong – Silchar

**VISIT THE KAMAKHYA TEMPLE FOR A RELIGIOUS EXPERIENCE**

The famed Khamakhya Temple is the most captivating of all the temples in Assam. Even if you're not religious, you should pay a visit to this pilgrimage site to get a sense of the state's cultural side. The shrines, which are built on the hills, have a plethora of legends that will astound you.

**NOTE**

- Timings: 5:30 AM to 10:00 PM
- Location: Kamakhya, Guwahati, Assam





# UNESCO WORLD HERITAGE SITES THAT MUST BE ON YOUR BUCKET LIST

There are 1,092 UNESCO World Heritage Sites in the world, comprising 209 natural monuments and 845 cultural and historical sites — all of which are considered internationally significant and worthy of particular preservation.

TT BUREAU

Selecting our top ten UNESCO World Heritage Sites was, naturally, a difficult task. Although, those on our final list are deserving of the honor, and fortunately, all of the places are accessible and can be included in the plans of several global vacations.

So, what are the finest sites, and where can you discover them? Here is our selection of the top ten UNESCO World Heritage Sites.

## TAJ MAHAL, INDIA

People couldn't leave out the Taj Mahal from our ranking of the greatest ten UNESCO World Heritage Sites. The white marble mausoleum is widely beloved and, unsurprisingly, also seems on the bucket list of many visitors.

Luckily, the representational masterpiece – a 17th-century memorial constructed in Agra to honor a Mughal emperor's beloved wife – is on the travel plans of most booked vacations to India, so you can admire the magnificent craftsmanship for yourself.

Early morning travels are more mystical and provide the best option to escape the heat and mobs. Maybe you'll get a chance to take a photo without much crowd.

## GREAT BARRIER REEF, AUSTRALIA

Any vacation to Australia would not be complete without visiting the Great Barrier Reef. And the natural World Heritage Site is spectacular, with the world's greatest variety of coral reefs, over 1,500 kinds of fish, 240 species of birds, and a variety of crabs, anemones, and marine worms.

It is also of significant scientific significance since it is the abode of endangered animals such as the dugong ('sea cow') and the giant green turtle.

Apart from this, Snorkeling in the picturesque Michaelmas Cay National Park, which is freely reachable from Cairns on the mainland, allows you to get up face to face with parrot fish, enormous clams, and perhaps even sea turtles. Glass-bottom boats ensure that landlubbers do not lose out.



Taj Mahal, India





### NUBIAN MONUMENTS, EGYPT

UNESCO recognized this landmark in 1979. It also depicts the historical magnificence and condition of the area during the reign of King Ramesses II even during the New Kingdom of Egypt. The spectacular rock-cut Temples of Ramses II and his queen Nefertari are not only a genuinely stunning sight at Abu Simbel but the truth that this renowned structure with its four towering sculptures was transferred to avoid the rising waters of the Nile adds to its grandeur.

Similarly, the Sanctuary of Isis at Philae, a temple devoted to the ancient Egyptian goddess, was relocated to its present position in the 1960s as part of an extraordinary UNESCO-led operation. This top ten World Heritage Site, known as the Nubian Monuments, should be a necessary visit on any Egypt vacation.

### CAPE FLORAL REGION, SOUTH AFRICA

Table Mountain National Park, Groot Winterhoek Wilderness Area, and De Hoop Nature Reserve are only three of the 13 South African protected areas covering an area of more than 1 million ha that comprise the Cape Floral Region, one of the world's most important sites of terrestrial biodiversity.

The region is a botanical hotspot, host to 20 percent of Africa's flora although comprising less than 0.5 percent of the continent's landmass, and was designated as a UNESCO World Heritage Site in 2004.

With two-thirds of the region's estimated 6,000 plant species categorized as endemic, and another 1,736 labeled as threatened, a trip to South Africa will be a lifetime experience trip.



### THE GREAT WALL, CHINA

While exploring visits to China, you will undeniably notice that the Great Wall of China would seem on the majority of vacation packages. That is correct. The UNESCO World Heritage Site stretches nearly 12,500 miles along the nation's wooded ridges, serving as a tremendous protective barrier,





one of the world's most powerful military structures – and the only man-made landmark viewable from the universe. Constructed from the third century BC to the seventeenth century AD, the primary body is composed of walls, watch towers, horse tracks, fortresses, and passes, and it is still regarded as a national symbol for ensuring China's and its folk's safety.

### KATHMANDU VALLEY, NEPAL

If you're considering a trip to Nepal, don't pass up the opportunity to see the Kathmandu Valley, which is among the top ten UNESCO World Heritage Sites. The Himalayan foothills are home to two Buddhist stupas, two Hindu temples, and three secular landmarks, all of which are historically and spiritually noteworthy.

These landmark regions are the Durbar squares or urban centers of Kathmandu (Hanuman Dhoka), Patan, and Bhaktapur, with their palaces, temples, and public spaces, as well as the religious complexes of Swayambhu, 14th-Century Boudhanath Stupa, Pashupati, and Changu Narayan.

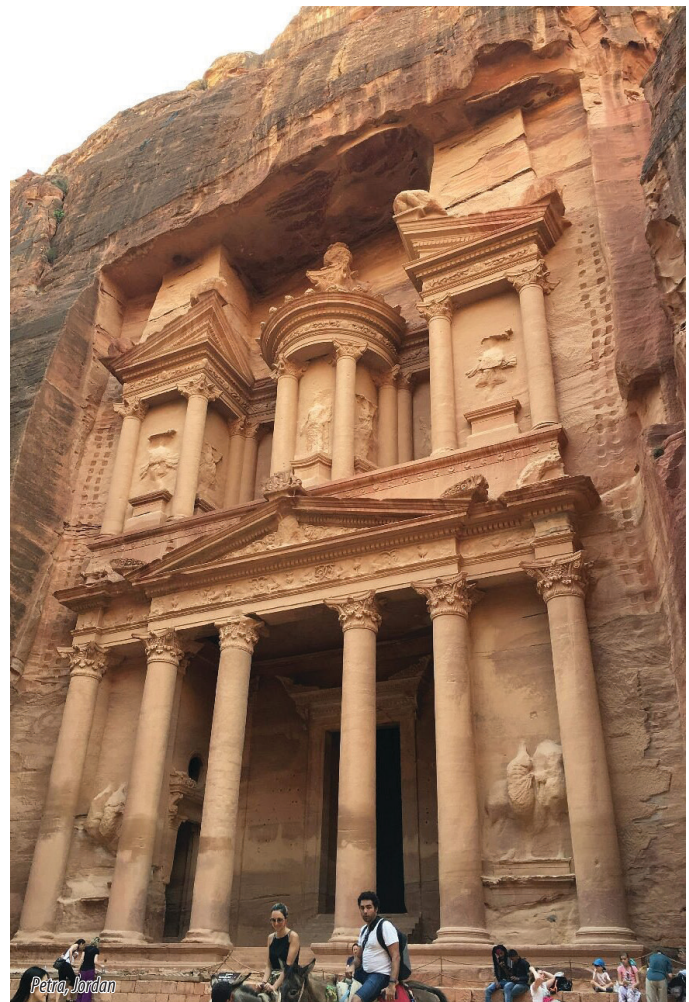
Since ancient times, the valley has been a focus of social, religious, and economic influence. The stupa's eyes, which dominate the cityscape, seemed to be watching your every activity.

### PETRA, JORDAN

Petra is not just a UNESCO World Heritage Site; the archaeological site in Jordan's southwestern desert has also been named one of the planet's new Seven Wonders.

Tourists are amazed by the massiveness of Petra, which is often referred to as the rose-red city, due to the stunning red sandstone surrounding the half-built, half-carved rock setup.

The Treasury, a 40-meter-high façade thought to have been built in the first century BC, would seem like a mirage through a slit in a slender gorge. The said exciting experience by itself is a motivation enough to learn more about Jordan vacations.



### YELLOWSTONE NATIONAL PARK, USA

While on vacation in the United States, you will undoubtedly take a stroll on the wild side at Yellowstone National Park. The country's first and exquisite nature reserve is a breathtaking combination of natural allure and steep wilderness, and it is home to grizzly bears, bison, and elk. Yellowstone also has the world's highest proportion of geysers, with over 300, or two-thirds of all geysers on this globe. The most renowned, Old Faithful, is by far the most dependable, erupting regularly







to the pleasure of onlookers. Lower Falls, the park's tallest waterfall, is almost double that of Niagara Falls and is a must-see attraction.

### **BRUGES, BELGIUM**

Nearer to home, the scenic city of Bruges creates our list of the most popular ten UNESCO World Heritage Sites, and it's simple to witness why. This chocolate-box journey is filled with magnificent medieval buildings, glamorous squares, and captivating canals, making it a must-see on any trip to Belgium.

Bruges' historic center is also known for its great Gothic architecture and world-renowned Flemish art by artists such as Jan van Eyck, whose classic works of art can still be found on the walls of the nearby Groeningemuseum. The Basilica of the Holy Blood, which houses a highly esteemed relic of Christ, is yet another highlight of your trip.

### **MACHU PICCHU, PERU**

The renowned Machu Picchu lies 2,430 meters above sea level on the eastern slopes of the Andes and is a must-see for every Peruvian vacation.

Machu Picchu was constructed in the Inca manner, with glossy dry-stone buildings. The Inti Watana, the Temple of the Sun, and the Room of the Three Windows are its three main attractions.

The most major Inca legacy, there is still much controversy about why Machu Picchu was created and then suddenly deserted.

The captivating religious, ceremonial, agricultural, and astronomical sanctuary, comprising over 200 buildings, is well acknowledged as a wonder to see. Allow your creativity to run wild as you wander through its walls, temples, and dwellings, marveling at the Lost City of the Incas.





# HOLIDAY MAGIC – UNUSUAL DESTINATIONS THAT CAST A SPELL!

From the breathtaking to the stunning! Come enjoy holiday magic as you travel through these unusual destinations, with deep-washed greens, sun-kissed skies, and rainbows arching from one end of the earth to the other.

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In much of India, the popular travel season runs from September to March. During this time, the climate is pleasant and cool (cold too!). We have put together a list of unusual holiday destinations that will cast a spell on you. Take a chance to visit these beautiful and lesser known locations with your friends, family or significant other and enjoy the scenic beauties of India.

## DARJEELING, WEST BENGAL

Many tourists visit Darjeeling during these popular months because they come to see the Kanchenjunga snow peaks, which are sometimes obscured by clouds. Darjeeling looks serene and the trees and forests are lush and green. All you

romantics out there must visit Darjeeling during this time as the perfect setting of clear blue skies and snow kissed mountain ranges, makes you feel like you're in a Bollywood movie.

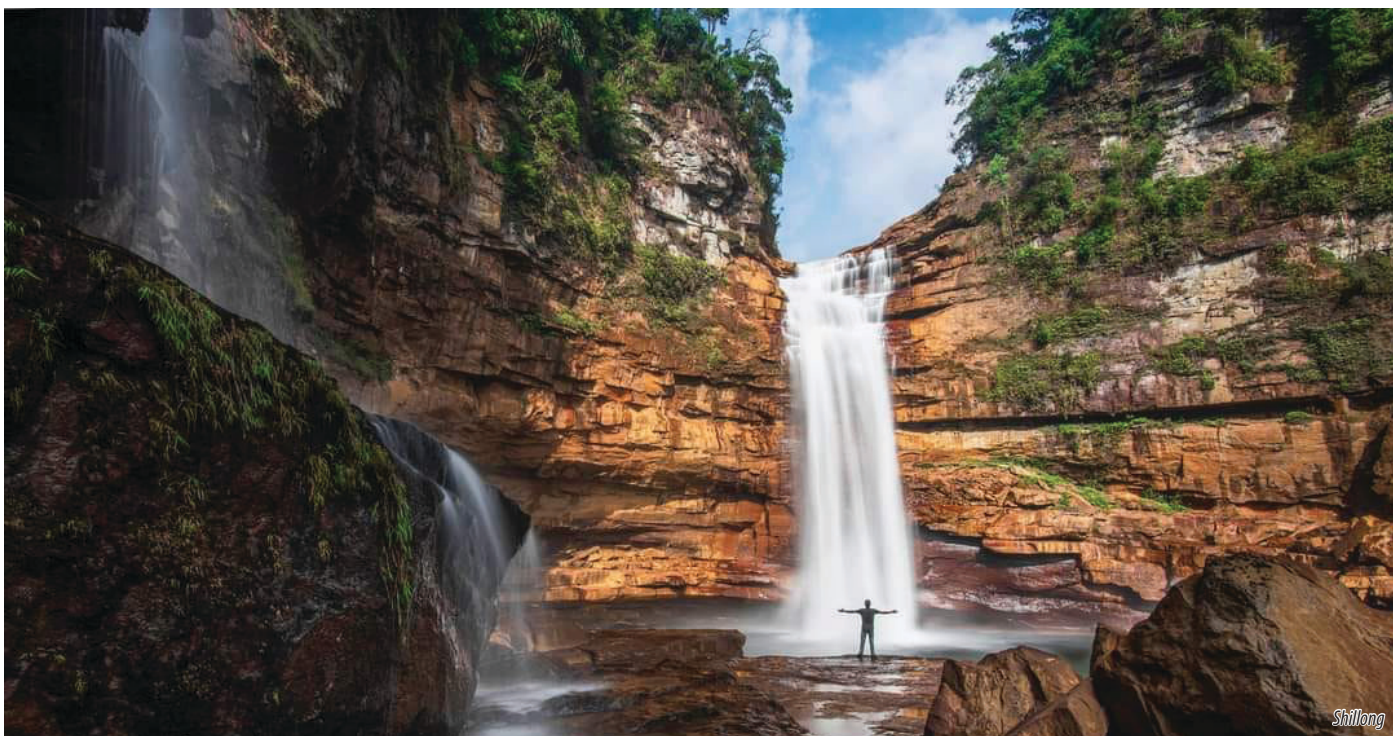
## SHILLONG, MEGHALAYA

Undoubtedly one of the most beautiful places in the country, Shillong is an absolute delight. With a name that means "abode of clouds," the cool temperatures and snow kissed higher ranges are unquestionably the perfect backdrop to plan a visit to Meghalaya. Shillong is ideal for adventure seekers, particularly nature enthusiasts and outdoor travellers. For food lovers, the local cuisine is an attractive draw as it has distinctive flavours and delicious aromas.



Darjeeling





### UDAIPUR, RAJASTHAN

Dubbed “the most romantic spot on the continent of India” by British administrator James Tod, Udaipur, is famous for its beautiful lakes and historic royal residences. The City Palace, which overlooks Lake Pichola, is a beautiful complex of 11 palaces, courtyards and gardens.

Udaipur during the upcoming winter months is extremely pleasant and relatively less humid, which is a pleasant change from its otherwise hot climate. The breezy and cool conditions in brings the ‘city of lakes’ to life. The Eklingji Temple in Udaipur is one of Rajasthan’s most beautiful temples and one of the nation’s and many prominent tourist spots. Its enormous and attractive construction illustrates the historical architectural masterpiece.

### ORCHHA, MADHYA PRADESH

Orchha is one of the most underrated places to visit in India. Many don’t consider it worth visiting as there is not much to do. However, this town has a very rich history. For more than three centuries, Orchha was one of Madhya Pradesh’s most prominent

cities. Over the course of 300 years, a blend of Mughal and Rajput architecture has left its mark. The lush green landscape and historic palaces and forts are incredibly attractive.

### KUTCH, GUJARAT

Because of the Rann Utsav, everyone knows about the Rann of Kutch, also known as the white desert. The famous Rann of Kutch, situated in the region of the Thar Desert is a salty marsh area perfect as a wildlife haven, particularly for the endangered population of Wild Asses. Walking up and down the shimmering silver sands of the Great Rann of Kutch are just a few of the top delightful ecological experiences.

The region’s unusual beauty is breathtaking. During winters, the beauty of other areas around the white desert is amplified, such as the Kalo dungar near the white desert, which is awesome.

### MUNNAR, KERALA

Although this destination remains beautiful all through the year, the winter season enhances the beauty of Kerala. Munnar’s stunning picture is created by lush green valleys,







magnificent waterfalls, and picturesque lakes. This picturesque town in South India, which is the essence of nature's beauty, is one of the most popular travel destinations among travellers who want to spend a week amidst the calm of nature.

#### **AULI, UTTARAKHAND**

Nestled in Uttarakhand, the place is an all-year-round destination which means the ideal time to visit Auli is throughout the year. If you're considering a winter holiday, Auli should surely be on your list. The winter sports facilities and perfect snowline makes Auli one of the best ski destinations in India.

#### **AGUMBE, KARNATAKA**

Agumbe is a famous UNESCO World Heritage Site and is known for its rich biodiversity, splendid waterfalls and beautiful sun-set over the Arabian Sea.

This small and tranquil village in the mountains is even more beautiful than usual during the winter season. Most of the time, Agumbe is green and cool, with lovely rainforests and stunning waterfalls. During the winter months the waterfalls are even more stunning on account of the clear blue skies and offers great opportunities for trekking and exploring Agumbe's rainforests.

#### **LONAVLA, MAHARASHTRA**

Lonavala is a picturesque hill station in Maharashtra which offers perfect weekend holidays. One of India's most beautiful retreats it offers great walking trails, ecological wonders and waterfalls. It is commonly referred to as the Sahyadri Mountains' jewel. Take the opportunity to visit Lonavla lake, Pawna lake, Dudhiware waterfall and the Karla- Bhaja caves which are all sights to behold.

#### **KODAIKANAL, TAMIL NADU**

The hill resort, which sits at an elevation of 2000 metres above sea level, is surrounded by lush green forests and is



known for its star-shaped, man-made Kodaikanal Lake, which is breathtakingly stunning.

Kodaikanal is the perfect destination to visit if you enjoy deep valleys, sun-kissed skies, and rainbows in the crisp winter air. Bear Shola Falls, Glen Falls, Fairy Falls, and Silver Cascade are just a few of the beautiful waterfalls found in this area. No wonder, the hill station is also nick named Gift of the Forest - its thick wooded forests, undulating soft hill slopes, blue meandering rivers, splendid waterfalls, and verdant green valleys are a joy to experience.



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# NATURE CONNECT - GREAT CAMPING TRAILS IN INDIA

Camping and Trekking are some of the best ways to connect with nature and explore it. A vacation into the woods is a welcome respite from city life, and all you need is a bag full of basics and the company of good friends or a special someone.

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The most memorable experience can be sleeping under a blanket of twinkling stars while surrounded by gorgeous landscapes.

## CHERRAPUNJI, MEGHALAYA

Cherrapunji is a sub-divisional town in the East Khasi Hills district of the Indian state of Meghalaya. The town is known for having one of the wettest climates on the planet, with rain falling throughout the year. The weather in the destination

will always be cool and pleasant, regardless of the season you visit. The experience will be enhanced with a historical walk in the region and a romantic outing on Lovers Road.

## KUDUREKUHA JAMLY, KARNATAKA

In Kannada, Kudremukh means "horse's face." The peak's unusual shape has given it this name. It is the third tallest peak in Karnataka, behind Mullayyangiri and Baba Budangiri, at an elevation of 6,207 feet.



Cherrapunji, Meghalaya



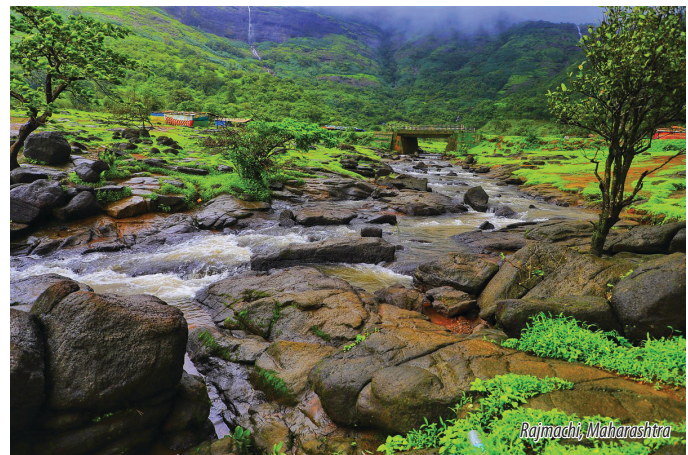


Kudurekuha Jamly, Karnataka

It's a lovely trek through the misty valleys and rolling green hills. You'll pass through grasslands, forests, and a number of minor waterways on your way there.

### **RAJMACHI, MAHARASHTRA**

Rajmachi Fort is one of the most stunning mediaeval forts in the Sahyadri mountains, situated amid the rough slopes. This fort is ideal for trekking and camping because it is surrounded by lush green mountains, stunning flora and fauna, waterfalls, and verdant valleys. Explore the history and architecture of the Shrivardhan and Manaranjan Forts with your friends and family.



Rajmachi, Maharashtra

### **WAYANAD, KERALA**

At this lovely trekking and camping area, you may hike through dense forests, lush valleys, high altitude frigid deserts, get off the beaten path, participate in adventure sports activities, and much more. Deep forest camping, staying with tribals, road vehicle rides, jungle safaris, and peak climbing expeditions are all available. Join in other thrilling activities such as zip line, human slingshot, human gyro and trampoline park and have the time of your life.

### **KASOL, HIMACHAL PRADESH**

The Kasol Kheerganga Trek begins in Kasol, a tiny village in Himachal Pradesh's Kullu district. It is tucked away in the picturesque Parvati Valley and is quickly becoming a popular destination for budget travellers. Kheerganga's history is thought to extend back thousands of years when the natural site was created as Lord Shiva's home. The Kasol Kheerganga (Khir Ganga) hike is a popular choice among backpackers in Kasol and Kullu.



Kasol, Himachal Pradesh

### **YUKSOM, SIKKIM**

The Yuksom Dzongri Hike, which leads to the famed Goecha La, is the most popular trek in Sikkim. The best walking trail





in Sikkim, Goecha la Trek, takes trekkers up and closer to the mighty Kanchenjunga, as well as a majestic vista of the other Himalayan giants inside the mountain ranges. The Yuksom-Dzongri Trek, which is a continuation of the Dzongri Trek, takes travellers beyond the meadows to the natural domain of the towering peaks, where they can experience the raw trekking adventure at its best.

#### **MANEBHANJAN, WEST BENGAL**

The hike route from Sandakphu in the Darjeeling district begins in Manebhanjan, a tiny township at an elevation of 7,054 feet. Singalila and Sandakphu are both accessible from here. It is a year-round hike with varying views, such as in fall when rhododendrons can be seen all along the trail. The greatest time to visit is from October to December when the sky is likely to be clear and one can see all of the peaks.

#### **BHITARKANIKA, ODISHA**

After the Sunderbans, Bhitarkanika is India's second-largest mangrove habitat. The National Park is mainly a network of streams and canals that are inundated with water from the Brahmani, Baitarani, Dhamra, and Patasala rivers, creating a

unique ecology. Odisha is a wonderful destination for keen trekkers, with its immense forest expanse and undulating plains. This activity allows you to explore and take in the state's spectacular splendour.

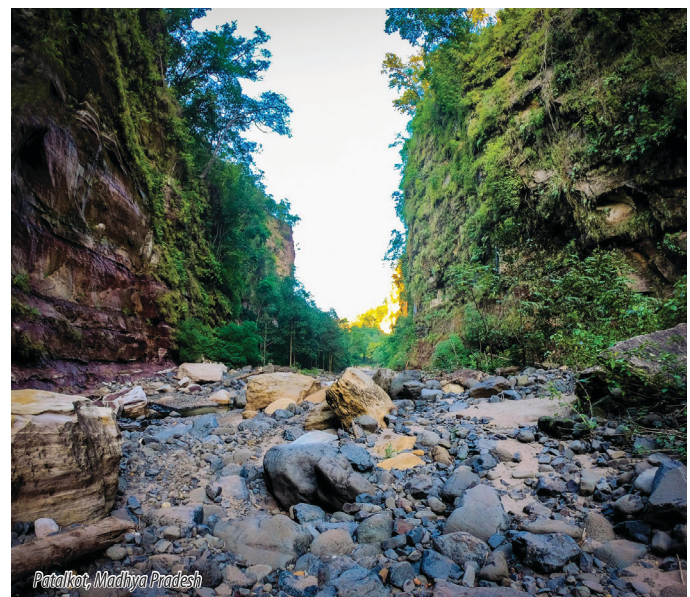
#### **GARHWAL AND KUMAON, UTTAR PRADESH**

The higher reaches of Uttar Pradesh are a sight to behold, surrounded and cocooned by the Himalayan range and with the Ganga River flowing right through it. The greatest trekking trips in Uttar Pradesh are in the Garhwal and Kumaon regions, where you may select between an easy to moderate walk or a more challenging trek if you're feeling more adventurous.

#### **PATALKOT, MADHYA PRADESH**

Patalkot is one of Madhya Pradesh's top campsites, where you may spend your vacation mingling with other campers, singing your heart out over the campfire, and having the time of your life!

For adventure and environment lovers, trekking and camping out is a tremendous change and makes you one with nature. You can enjoy the stunning beauty of nature right there in its midst - from the comfort of your tent.







# *Traditional Wonders*

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## BASILICA OF BOM JESUS, GOA

More than 400 years old, located in old Goa, 10 km east of Panji, Bom Jesus Basilica is a UNESCO World Heritage monument.

This Roman Catholic basilica is Goa's most famous church and most revered by Christians, despite being partially in ruins this church is the very example of simplicity and elegance. This church is dedicated to 'infant Jesus' or 'good/holy Jesus' which is the literal translation of its name 'Bom Jesus'.

Built with Jesuit architecture, it is one of the finest examples of baroque architecture and Portuguese colonial architecture in India and also serves as one of the seven wonders of Portuguese origin in the world.

The foundation stone of this magnificent church was laid in 1594 and was consecrated in May 1605 by Archbishop Dom Fr. Alexo de Menezes. This monument is a landmark in the history of Christianity as it contains the body of St Francis Xavier, a very close friend of St Ignatius Loyola with whom he founded the Society of Jesus (Jesuit).

He died on a Chinese island named Shang Chuan but his body was buried in three different countries and each time when the body was exhumed it was found to be as fresh as the day it was buried.

First taken to Portuguese Malacca, the body was finally brought back to Goa after two years in accordance with his wish. It is said to have miraculous healing power and it still attracts a huge number of tourists from all over the world, especially during the public viewing of his body every ten years (last held in 2014).



Basilica of Bom Jesus, Goa



You can visit the church from 9:00 am to 6:30 pm (Monday to Saturday) and 10:30 Am to 6:30 Pm on Sundays.

### MANARCAD CHURCH, KERALA INDIA

Located 9 km from the town of Kottayam in Kerala, India, St Mary's Jacobite Syrian Cathedral is one of the oldest and most famous pilgrimage sites in India.

According to the inscriptions written on this church's stone, it is estimated that it is more than 600 to 1000 years old.

Ancestors of Christians of that region started to pray for the purpose of wanting to construct a holy place for conducting religious ceremonies. On the 8th day of the prayer, they got a vision to construct a church where a cow and a calf were lying, where the fish and deer could be caught and canes were scattered around, after a long search they found the exact location where this church is standing till now.

Initially built with bamboo before the tenth century, this church was reconstructed in Portuguese fashion in the 16th century while the construction of the present church was completed in 1954.

It is famous for the annual eight-day feast called 'Ettu Nombu Feast' where thousands of people participate with decorated umbrellas and gold and silver crosses on the 8th day which is made up of rice, jaggery, and milk is served.

Timings to visit: Monday to Thursday from 7:00 am to 8:00 am, Friday and Saturday from 7:30 am to 8:30 am, and on Sundays from 9:00 am to 10:30 am.

The best month to visit is September when you can witness the annual feast of the Virgin Mary's birth.

### THE AFGHAN CHURCH, MUMBAI

Also known as the church of St John the Evangelist is located in Navy Nagar in the Colaba area of South Mumbai,



Maharashtra. It is designated as a Grade I Heritage monument by the Government of India.

Built by the British in 1847 and 1858, this 160-year-old monument stands tall surrounded by a beautiful garden with peepal and banyan trees in the midst of the metropolis of Mumbai.

The idea behind the construction of this church was to make a memorial for thousands of soldiers who laid their lives in the Anglo-Afghan war held between 1835 and 1842. This church is well known for its well-finished gothic arches and stained glass windows and is based on English gothic revival architecture. Now owned and managed by The Indian Navy it regularly hosts weekly services.

Timings to visit this famous monument are Monday to Saturday from 9:00 am to 5:00 pm and on Sundays 7:30 am to 7:30 pm.

### ST. PAUL'S CATHEDRAL, KOLKATA

Located across Bishop's house at 51, Chowringhee Lane, cathedral road, Kolkata, West Bengal this church is one of the finest examples of Indo-gothic architecture.

It is the largest church in Kolkata and the first Anglican cathedral in Asia. The cathedral was built to replace St John's church which had become too small for the growing European population of that time. The special bricks used to make this cathedral's building were lighter and at the same time highly compressible to withstand extreme climatic conditions. The cathedral complex also consists of a library situated over the western porch.

Timings to visit: Monday to Saturday from 9:00 am to 12:00 pm (morning), 3:00 pm to 6:00 pm (evening) and on Sundays: 7:30 am to 6:00 pm.

### ST JAMES CHURCH, DELHI

Situated near Kashmiri Gate at the intersection of church road and Lothian road St James Church which is also known as Skinner's Church is the oldest and the first church built in the capital city of India and is designated as a grade II heritage monument by the Government of India.







Built in 1836 by colonel James Skinner showcasing the basic style of renaissance revival which is on a Greek cruciform plan with three porticoed porches, elaborated stained glass windows and a central octagon dome this Christian shrine exuberates serenity and spirituality in the midst of busy city life.

Apart from organizing various religious activities this church also runs a Sunday school for children which aims to connect them with their culture.

Timings of this shrine vary in accordance with the season. In summer, service starts from 8:30 in the morning to 5:00 in the evening, and in winter (October to March) it starts from 9:00 am to 4:30 pm.

#### **BASILICA OF OUR LADY OF GOOD HEALTH, TAMIL NADU**

This Roman Catholic Marian Church also known as Velankanni church is located in Velankanni, Nagapattinam, Tamil Nadu in south India. It is also called the Lourdes of the East as it is one of the most frequent pilgrimage centers in South Asia.



This church was built as a thatched chapel in mid 16th century and became a parish church in 1771 when Indian Catholics were persecuted in the erstwhile Dutch coromandel, finally, in 1962 the shrine was elevated to the special status of the minor basilica and merged with the basilica of St Mary in Rome by Pope John XXIII.

Built with a fine Gothic style architecture this basilica contains three chapels, our Lady's tank, a church museum, stations of the cross, stations of rosary, and shrine mega Mahal. The building is painted in white with the roof made up of red tiles.

This site witnesses the extended influence of Hinduism and Catholicism as the Virgin Mary is depicted wearing a saree here and people also shave their heads as an offering and perform ear piercing rituals which are of major significance in Hinduism thus making it a grand meeting point of two major world religions.

The best time to visit the church is during the annual festival between 29th August to 6th September and on Christmas. This church is visited by over 5 million pilgrims each year during the festival time. Mass timings are: 5:40 am to 6:00 pm on weekdays and 7:00 am to 6:00 pm on weekends.

#### **SANTHOME CHURCH, CHENNAI**

St Thomas Cathedral Basilica is a Roman Catholic minor Basilica and is located in the emerging hub of information technology Santhome, Chennai, Tamil Nadu, India.

This 498 years old church was first founded by Portuguese explorers in 1521 and was rebuilt in 1896 by the British in the Neo-Gothic style of architecture with a rib vault ceiling made of teak wood, 16 windows, and 34 stained glass with a main stained glass in the Altar which represents 'St Thomas touching the wound of Jesus Christ'. This church is one of the three





Santhome Church, Chennai

known churches in the world which are built over the tomb of an apostle of Jesus that are still standing today. Timings to visit are: 6:00 am to 9:00 pm

#### **ALL SAINTS CATHEDRAL, UTTAR PRADESH**

Also known as 'Patthar Girja' (church of stones) this magnificent church is located in Prayagraj, at the center of a large, open space at the crossing of two principal roads of Prayagraj MG Marg and SN Marg, Uttar Pradesh, India.

This beautiful shrine was founded in 1871 and consecrated in 1887. It is modeled after 13-century gothic-style churches and is one of the gothic revival structures built by the British during their rule in India. The church celebrates its annual anniversary on November 1 on All Saint's Day. Timings to visit are 8:30 am to 5:30 pm.

#### **ST ALOYSIUS CHAPEL, MANGALORE**

This beautiful Christian chapel is located in the heart of the city on lighthouse Hill in Mangalore, Karnataka in the southwest region of India.

It was built by Jesuit missionaries in 1880 and its interiors were painted by Italian Jesuit Antonio Moscheni in 1899. The interiors offer an eye-capturing site of paintings that depicts the real-life of Saint Aloysius Gonzaga.

Timings to visit this chapel are: 9:30 am to 1:30 pm (morning) and 3:00 pm to 5:30 pm (evening) except on Monday timings differ (9:00 am to 12:30 pm, 2:00 pm to 4:00 pm).

#### **ST PHILOMENA'S CATHEDRAL, MYSORE**

Standing as one of the tallest churches in Asia this majestic church is located just 2 km away from Mysore Palace, in the city of Mysore.



All Saints Cathedral, Uttar Pradesh



St Aloysius Chapel, Mangalore



St Philomena's Cathedral, Mysore

It was built in 1936 using Neo-Gothic style and its architecture was inspired by Cologne Cathedral in Germany and is said to be designed by French artist Daly. The church was made in the shape of a cross and the main attraction being the twin spires with a height of 175 feet which can be spotted even from a mile away. Timings to visit are: 5:00 am to 6:00 pm.



# DEEP DIVE INTO INDIA'S BEST WELLNESS RETREATS

Come, follow us as we introduce you to India's best Wellness retreats to heal and rediscover yourself.

TT BUREAU

**T**hanks to centuries-old proven therapeutic therapies like Ayurveda, meditation, and naturopathy, India is one of the most popular global destinations for health and medicinal tourists seeking a holistic break for rejuvenation of mind, body and soul.

From the Himalayan mountains to the beaches of Kerala, Tamil Nadu, and Goa, India offers a diverse range of treatment centres and wellness retreats that offer preventive health services, stress relief, exercise packages, and detox therapies of the highest standards.

Ancient healing practises are practiced on a regular basis as these are considered imperatives for good health in many local communities. This belief system has led to traditions of holistic healing to remain vibrant and alive in their richness and traditional effectiveness.

This practise and application of ancient healing systems is what puts Indian health therapies and wellness retreats at a different footing amidst global spas and rejuvenation centres.

Panchakarma (detoxification) and rejuvenation therapies (Rasayana) strengthen the body, prana, and mind, according to Ayurveda. Panchakarma cleanses and detoxifies the body



Chenapuri, Meghalaya



thoroughly without causing tissue damage. It strengthens the immune system and makes the body healthier, stronger, and less susceptible to chronic illnesses. These therapies hasten physical, pranic, and mental healing.

The Panchakarma (detoxification) and Rasayana therapy (rejuvenation) programme is a once-in-a-lifetime opportunity to cleanse and rejuvenate both physically and mentally in a pure, spiritual, and yogic environment. The programme should be approached with the intention of taking a break from daily life and reconnecting with one's body, prana, and mind.

### **WELLNESS RETREATS TO REDISCOVER YOURSELF**

#### **ANANDA IN THE HIMALAYAS**

Ananda, located in the foothills of the Himalayas on the Maharaja of Tehri Garhwal's former royal estate, is one of the country's most popular luxury wellness resorts. It provides visitors with a choice of suites and self-contained villas surrounded by the sal forest.

Ananda offers 80 different wellness treatments, including Ayurvedic treatments like abhyanga, Shirodhara, shloka, takradhara, and mukh lepa. Its team of experts, doctors, nutritionists, yoga instructors, and therapists work together to create custom packages that address guest wellness needs.

#### **ATMANTAN, PUNE, MAHARASHTRA**

Atmantan is a luxury wellness resort in Maharashtra that specialises in Ayurvedic and Western wellness treatments. It is located on the banks of the pristine Mulshi Lake. There are 106 guest rooms and villas at the resort, all of which have attached balconies or private sit-out gardens. The resort promotes



eating habits that feed the mind as well as the body, with a wellness cuisine that is both nutritious and delicious.

A high-tech gymnasium, saltwater pool, physiotherapy wing, functional studio, spinning studio, and yoga, Pilates, and dance studios are among the fitness facilities.

#### **SOMATHEERAM AYURVEDA RESORT, KERALA**

Ayurveda is one of the world's oldest medical systems, and Kerala is frequently regarded as its epicentre. Set on 15 acres





of Chowara Beach, Somatheeram Ayurveda Resort offers a variety of ayurvedic treatments as well as an Ayurveda hospital and training centre.

Treatments include Ayurveda, Panchakarma, Ayurvedic body care, Ayurvedic beauty care, yoga and meditation, and diet and medicine. The resort's natural medicine line is made with herbs sourced from the surrounding area.

### **SOUL & SURF, KERALA**

If you're looking for a wellness vacation with a beach component, head to Varkala, Kerala, where this resort combines the search for inner peace with the thrill of riding the waves. Soul & Surf, as the name suggests, combines Yoga classes with opportunities to learn or practise surfing. For its simple pleasures, friendly staff, and a stretch of pristine beach, the resort comes highly recommended.

Specialities included in addition to yoga and surfing classes are a variety of workshops, talks, fitness, and music sessions, as well as the opportunity to meet new people in the area.

### **VANA RETREAT, DEHRADUN**

While Vana Retreat prioritises its guests' well-being, it also pays close attention to remaining in tune with its surroundings. The property uses environmentally friendly water harvesting and waste management techniques. These and other efforts to stay in tune with nature contribute to the retreat's holistic atmosphere. Ayurveda, Sowa Rigpa (Tibetan traditional medicine), and daily yoga sessions are all available at Vana.

Vana is one of the few places on the planet where Sowa Rigpa is available in its complete form. Tibet's centuries-old traditional medical system is known as Sowa-Rigpa.

### **JINDAL NATURE CURE INSTITUTE, BENGALURU**

Jindal Nature Cure Institute, located on 100 acres on the outskirts of Bengaluru, offers a wide range of natural

treatments that claim to help with cholesterol, obesity, skin problems, arthritis, and addictions. The institute recommends that guests enroll in a three-week treatment, but it also offers a 10-day programme. Budget dorms or a private air-conditioned cottage are available for visitors.

The facility employs 12 different therapists and practitioners who work with each patient to develop a unique diet and treatment plan based on their symptoms. In these non-invasive and drug-free treatments, natural medicines





are combined with yoga, diet therapy, physiotherapy, and acupuncture.

### **ASHIYANA: YOGA AND SPA VILLAGE, GOA**

Ashiyana, located along Goa's Madrem beach, is a popular choice for those looking to study yoga and kickstart a healthier lifestyle thanks to its signature Holistic Yoga Therapy (HYT), which combines traditional Yoga therapy with modern lifestyle assessment. Visitors to this yoga resort can relax in the sun and sand while receiving one of the many treatments available.

Specialities include Acro Yoga, inversions, Yoga Nidra, karma yoga, painting, essential oils, and creative writing are among the creative activities and workshops offered at Ashiyana, in addition to tailor-made yoga sessions, Ayurvedic treatments, and massages.

### **YOGA AND AYURVEDA RETREAT (TEMPLE OF CONSCIOUSNESS), COIMBATORE**

Given that Great Mount's Coco Lagoon in Coimbatore provides an engaging Ayurvedic and Yoga wellness experience, a visit to the Temple of Consciousness, 28 kilometres away, is a must. The legendary Yogic Vethathiri Maharishi, who created over 300 yoga centres around the world, inspired the yoga practice at the Temple of Consciousness. The Temple of Consciousness, located between the Annamalai mountain range and the tranquil reservoir of Aliyar Dam, is where it all began.

### **SOUKYA HOLISTIC HEALTH CENTRE, BENGALURU**

Ayurveda, homoeopathy, yoga, and naturopathy are among the traditional, time-tested, and natural systems of medicine offered at Soukya, a 30-acre property in Bengaluru that promises to restore the natural balance of mind, body, and spirit. Ayurveda, homoeopathy, naturopathy, and yoga are some of the specialities.



*Ashiyana Yoga and Spa Village, Goa*



*Yoga and Ayurveda Retreat (Temple of Consciousness), Coimbatore*

### **SWASWARA, GOKARNA, KARNATAKA**

SwaSvara offers a variety of programmes that last anywhere from five to twenty-one days. The resort, which is located



*Soukya Holistic Health Centre, Bengaluru*





near the beachside town of Gokarna on the coast of Karnataka, offers mind, body, and soul rejuvenation through a combination of yoga, meditation, and hobby-type activities (e.g., painting and sculpting), and healthy living. Guests are also encouraged to go kayaking, hiking, and taking cultural tours of the nearby temple town to learn more about the area.

Zen tangle, a doodle-based art form, and yoga, a meditative and therapeutic practice, are among the specialities.

### AUROVILLE, PONDICHERRY

Auroville, unlike the other resorts on this list, is a township that is partially located in the former French colonial settlement of Pondicherry and the rest of the state of Tamil Nadu. There are several resorts and homestays in the town that offer wellness packages. You can stay at a yoga retreat or attend art, music, or dance therapy day sessions. Auroville has a variety of holistic wellness options for visitors.

During your stay at Auroville, consider volunteering with the community. Some businesses encourage visitors to get their hands dirty in the neighbourhood gardens, while others invite them to participate in renewable energy, education, and animal care projects.

### KAIVALYADHAMA ASHRAM, LONAVALA

Founded in 1924, this Yoga institute has a 170-acre property. Kaivalyadhama is not just one of the world's oldest, but also one of the largest Yoga Institutes. Since 1924, it has not only taught but also done a substantial and breakthrough study into nearly every area of Yoga practice.



Yoga, Ayurveda, and Naturopathy are used to provide health care. There are a variety of academic programmes available, including teacher training and a BA in Yoga. Yoga has been studied scientifically and philosophically. Yoga is also taught as part of the curriculum at a CBSE school.



# WHY? TO GET A STEP AHEAD OF DISEASE.

Today's lifestyle puts your body through a lot. Lack of sleep, irregular food, and stress. Although seemingly small, each of these opens a doorway to disease.

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# THE FESTIVE SPIRIT OF SANGAI

The annual tourism festival of Manipur is a unique one that showcases the land's beauty and diversity

TT BUREAU

At the easternmost corner of India lies the beautiful state of Manipur, largely untouched by corrupting influences of modern-day urbanization. Verdant, emerald-green, and breathtakingly beautiful, this radiant jewel of northeast India is known for its gently sloping hills, sapphire-blue lakes, and jade forests with an astonishing bio-diversity that is rarely found in other parts of India.

The warm and hospitable people of the state are fiercely proud of their heritage and largely retain their cultural identity despite the onslaught of modernity.

## ORIGIN STORY OF SANGAI FESTIVAL

To showcase the state's thriving cultural and artistic heritage each year, the state's tourism department organizes a





10-day-long tourism festival known as Sangai Kumhei or the Sangai Festival. Although the festival has long been generically called the tourism festival, in 2010, the name was changed to its current nomenclature to showcase the uniqueness of the shy and gentle brow-antlered deer, called Sangai, which also happens to be the state animal.

### A FESTIVAL UNLIKE ANY OTHER

The festival showcases the state's distinct artistic heritage, indigenous sports, performative arts, culinary gems and tribal culture. Attended by droves of international and domestic tourists, this festival is celebrated in different parts of the state, including in the Imphal valley.

Recently, however, the Bhagyachandra Open Air Theatre in Imphal has been converted into the main venue of the festival that hosts food stalls, exhibits by local artists and weavers, a sporting extravaganza, and displays by various Manipuri tribal communities.

This year the festival takes place at the end of November and is being organized under the guidance of the state's tourism department. From food to sports, from music to dancing, there is something for everyone at this festival.

### WHAT TO EXPECT?

From traditional dances to lip-smacking food, from sports to stunning textiles, weaves and handicraft products, the tourism festival is indeed a stunning display of Manipuri



culture and way of life. Here are some highlights you must not miss.

### DANCE

Dances have been a traditional part of the state. Manipuri dance is a classical dance form that combines graceful hand movements with dexterous turns and pirouettes. Being overwhelmingly Vaishnavites, the ethnic Meitei people celebrate Ras Leela, the divine dance of love between Krishna and his gopis (female fans of Krishna). You can catch a scintillating performance of the dancers at the festival. Other forms like Pung Cholom (Drum Dance), Luivat Pheizak Dance, Sim Lam Dance, and Thang ta Dance are also well represented.







## MARTIAL ARTS

The beautiful dances are matched in equal measure by Manipur's martial arts and sports. The locals showcase their talent in the famous martial arts of the state called Thang Ta (a combination of spear and sword) and their version of the polo sport called Sagol Kangjei. Apart from indigenous sports, one can also enjoy adventure sports, including trekking, white water rafting and parasailing at various locations where the festival is held.

## FOOD

Of course, a festival is never complete without a feast! The local exotic flavours of the state come alive at the various stalls on the festival ground. The culinary fare of the region depicts the intimate connection of the people to the land. Fresh fish, leafy vegetables and rice are consumed in abundance. Steamed rice to be devoured with kangsoi (a vegetable stew), ooti (a thick curry made out of green/yellow peas, chives and beans), nga atoiba thongba (fish curry), khangou (stir-fried vegetables), eromba (a mash of boiled vegetables) and singju (a salad made out of seasonal vegetables) are some of the famous dishes of the state.

## HANDICRAFT

Equally alluring are the striking handicraft items, weaves and textiles of the state that can be purchased at the festival stalls. Being a state rich in vegetation, the locals frequently incorporate bamboo into their craft. Stunning baskets made of bamboo, shawls to keep you warm in the winter, and dolls, etc. make for an enchanting collection.

If you planning to visit the state, there is no time better than this. This year, the festival will be organized at 13 different places between November 21 and 30 and promises to be a grand affair, thanks to all the efforts being put in by the government.



So come, and be a part of this unique carnival that celebrates the oneness and the common bond that ties all Manipuri tribes and communities together.



# Wedding





# THE MAGIC OF A COLOURFUL TRADITIONAL BENGALI WEDDING

Each and every Indian wedding is one-of-a-kind. A Bengali wedding, also known as a 'Biye,' is a sight to behold.

TT BUREAU

A plethora of deep, significant rituals steeped in culture and tradition are carried out among a swirl of colourful exquisite and wildly inventive decorations.

## PRE-WEDDING RITUALS

**PAKA KATHA OR PATI POTRO** - Elder members of the groom's and bride's families gather together for a formal agreement regarding various aspects of the marriage. The Ghotis refer to it as Paka Dekha, whereas the Bengali refers to it as Pati Potro.



Bengali Wedding Rituals





**AIBUROBHAT** – This is a type of bridal shower that occurs in the afternoon or evening before the wedding day. In most cases, the bride's closest friends and relatives assemble at her home to shower her with presents.

Then she is served a lavish meal of rice, fish, and a variety of vegetable dishes. As a spinster, this is believed to be her final meal. At the groom's house, where he eats his last meal as a bachelor, the same tradition is practised.

**GAYE HOLUD AND TATTWA** – The groom's mother and other married female relatives apply a turmeric paste made by grinding fresh turmeric with mustard oil to his body. He is subsequently bathed in the water he received earlier in the day. The remaining turmeric paste is placed in a silver basin and delivered to the bride's residence together with her whole trousseau, including a basic attire to wear during the Gaye Holud and a whole Rohu fish.

**BOR JATRI AND BORON** – After getting his mother's blessings, the groom departs from his home in a specially decorated car supplied by the bride's family, followed by a handful of his acquaintances and elderly male relatives, for the wedding destination. Bor Jatri refers to the people who accompany the groom or Bor.

The Groom and the Bor Jatri are greeted with great enthusiasm when they arrive at the wedding place, with conch shells being blown and ululations being sung.

The bride's mother greets him with a Baran Dala, a big cane tray filled with auspicious elements such as rice, turmeric, betel nuts, a bunch of bananas, and a lit diya. She places it on the groom's forehead, shoulders, and chest three times, then repeats the process.

**ASHIRBAAD** – The bride's elders take rounds blessing the husband and bestowing lavish presents like as jewellery, cash, or even watches on him. The elders who accompany the groom and the bride go through the same ceremony, blessing her and presenting her with jewellery.

**SAAT PAAK AND SUBHO DRISHTI** – Saat Paak occurs immediately after the bride is taken to the wedding mandap

while wearing two betel leaves over her face. Typically, the groom's brothers or relatives carry her in a Peerhi or wooden seat, and they make seven circles around him. On Shubho Drishti, the bride and husband stare at each other three times after this Saat Paak is completed.

**MALA BADAL** – The couple then exchanges their garlands in the Mala Bodol ceremony. When the bride's and groom's relatives hoist them up to make them difficult to reach, it adds a humorous touch. There is a lot of competitive fun and laughs.

**KANYA SAMPRADAN** – The bride is then taken into the Chhadnatolla, sits opposite the groom, and an elderly male member of the bride's family joins their hands and binds them with the sacred thread, while the priest repeats the mantras that formally give the bride away to the groom.

**SAPTAPADI** – The priest weaves a knot at the end of the bride's saree and the groom's shawl in Saptapadi. The pair must then go seven times around the fire while saying the seven sacred vows.

**LAJANJALI/KUSUMDINGE** – The bride's brother places puffed rice in her palms, the groom links her hands behind her, and the two of them pour the offering into the fire together. The husband then applies Sindoor to the parting of the bride's hair and drapes a new saree, known as the Lajjabastra, over her head.







## POST-WEDDING RITUALS

**BIDAAI** – Bidaai refers to the couple's departure from the bride's home. It is mostly a tear-jerking and emotional occasion. The bride tosses a handful of rice over her shoulder into the outstretched palms of her mother. The couple departs before dusk.

**BODHU BARAN** – The bride is welcomed into her in-laws' home in Bodhu Baran. Water is poured underneath the vehicle, and a jug containing milk and lac dye is set outside the door for the bride to step into, leaving an imprint on the white fabric. The elders of the house then bless her with cash and jewellery as gifts.

**KAAL RATRI** – On the night the bride arrives at her husband's home, the pair are not permitted to mingle and is placed in separate rooms.

**BOU BHAAT** – The bride is officially welcomed into the new family the next morning during the Bou Bhaat ritual. On a plate, the husband gifts his wife with clothes and sweets, promising to look after her for the remainder of their life. She then serves rice and ghee to the family members at supper.

**RECEPTION** – That evening, the groom's family hosts a reception for their relatives, where they can meet the new bride and send their best wishes.

## WEDDING ATTIRE

The Bengali groom usually wears a Dhoti and a Kurta, also known as Panjabi. While the Panjabi can be made of a variety of fabrics such as cotton, silk, or tussar, the Dhoti is usually made of Muslin or Tant, a Bengal handloom. The Panjabi is embellished with gold or diamond-studded buttons.

On the groom's forehead, there are spots of sandalwood paste. He also wears a conical head ornament fashioned of Shola or Indian Cork known as the 'Topor.' He also has tuberose and rose garlands around his neck. He is to change into a beautiful silk two-piece dress known as the 'Jor' when he attends the wedding. The groom is required to carry the 'Darpan,' a spherical brass device with a long handle, at all times.

The Bengali bride's dress is one of the most regal and gorgeous, turning her into a Goddess. She usually wears a red Benarasi saree adorned with gold zari threads and made of silk. The 'aath poure' style is historically Bengali, however, it can be draped in a variety of ways.

She covers her head with a veil and adorns herself with a plethora of jewellery. The distinctive decorations made on the bride's forehead with kumkum and sandalwood paste, focusing on that enormous red bindi, exemplify the quintessential Bengali aesthetic sensibility.

She must also wear a complimentary headdress, called Mukut, to the groom's topor. The Bengali bride must carry an elegant wooden jar filled with sindoor as well as the 'Gachh Kouto,' a one-rupee currency. She must also carry a 'Kajal Lata,' an oblong or eye-shaped flat metallic container containing Kohl, according to some customs.

## WEDDING FOOD

A Goan wedding will typically have a gastronomic feast laid out for guests which will include most of the following delicious dishes:

- **Fish Fingers:** From the first bite, these delectable fish fingers will captivate your heart. It's made with white fish that's been diced into bite-sized fillets. These fillets are marinated in a flavorful spice blend before being deep-fried for a crispy outside and juicy interior.
- **Chingri Macher Malai Curry:** Also called as Chingri Malai Curry, this dish combines curry spices with prawns and coconut milk to create a delightful and flavorful dish. It is an essential component of a traditional Bengali wedding dinner.
- **Begun Bhaja:** This dish is high in potassium, fibre, and Vitamin C and is made with eggplants or brinjal. Chopped eggplant slices are marinated in a spice combination and deep/shallow fried. This dish goes well with rice or roti.
- **Mangshor Jhol** is a traditional Bengali mutton curry made with large pieces of mutton and potatoes in a spicy, fragrant sauce. It is ideally served with a plate of steaming basmati rice and is a favourite of every Bengali home and mutton enthusiasts.
- **Muger Dal:** Muger is a lentil-based delicacy similar to moong dal, which is a staple of Bengali holidays.
- **Rice:** Bengalis are crazy about their rice! It's no surprise, then, that long-grain basmati rice is a staple of every meal, large or small.
- **Rosogolla:** No Bengali wedding is complete without a mention of the wet and spongy rosogolla. There are two types of rosogolla on the market: plain white rosogolla and jaggery (gurer) infused rosogolla.







Food





# THERE'S MORE TO BENGALI FOOD THAN LUCHI

We have Bengali cuisine to thank for amazingly delectable dishes.

## TT BUREAU

**B**engali cuisine is recognized for its diverse flavor combinations as well as the variety of confectioneries and sweets available. It has the only multi-course Indian subcontinent cuisine history that is fundamentally similar to the modern service à la russe style of French cuisine, in which food is served in courses rather than all at once. Here are some dishes that you can try and savor.

### ALUR DOM

Made with onions, tomatoes, and spices, it's a gently spicy and slightly sweet potato curry. This dish can be prepared in a variety of ways, such as Mughlai style or restaurant-style Dum aloo. The greatest combination is alur dom and luchi. They are like a made-for-each-other couple. The second-best options are Koraishutir kochuri, Radhaballavi, and Poori. Last but not least, our regular chapatis or rotis can also be served with this alur dom.





### TANGRA MACHER JHOL

Tangra Macher Aloo Peyaj Diye Jhol is a classic Bengali fish preparation that can be prepared on any given day. Bengalis are known for their ability to prepare the fish curry.

Tangra mach (Cat Fish) is used in a variety of tasty recipes, including Shorshe Tangrar Jhal, Tangra Macher Chorchori, Tangra Posto, Tangra Macher Aloo Peyaj Diye Jhol, Thangra macher Bhuna, and many others. It's a delectable comfort dish that pairs beautifully with cooked Basmati rice.

### SHUKTO

Shukto is a delectable dish of mixed vegetables cooked in mustard and poppy seed masala with panch phoran and milk. This meal has a strong mustard flavor that takes some getting used to.

The bitter gourd, along with raw banana, potatoes, carrot, and drumstick, is one of the main vegetables used in this dish. For a delicious lunch, serve the Shukto with Puri, Cholar Dal, and Begun Bhaja.

### ILISH MACHER JHOL

A runny Hilsa gravy perfumed with kalonji and turmeric powder is Ilish Er Tel Jhol. Green chilies are added to this sauce, which is finished with a drizzle of mustard oil.

When you want to eat something wonderful but don't want to put in a lot of effort, Ilish Er Tel Jhol is a great option. For a simple weekday lunch with your family, serve Ilish Er Tel Jhol with Steamed Rice and Kachumber Salad.

### ALOO POTOL POSTO

Aloo Potol Posto Recipe is a traditional Bengali vegetarian meal cooked with potato and "Potol," also known as "Parwal".



Poppy seeds, grated coconut, dry green chilies, cloves, cardamom, fennel seeds, cumin seeds, and methi seeds make up the masala, which is roasted and crushed separately to add depth to the complete meal. With stacked Lachha paratha, serve your delicious and spicy Aloo Potol Posto.





### JHAL MURI

Jhal muri is a tasty and popular Kolkata street food snack. Puffed rice, roasted peanuts, onions, tomatoes, boiled potatoes, spice powders, and herbs are used to make this vegan snack. 'Jhal' means spicy in Bengali, and 'muri' means puffed rice. Jhal muri, like most street food snacks, has a spicy, tangy flavor. Jhal Muri should be served immediately after making.

### BEGUN BHAJA

Begun Bhaja, also known as Baingan Bhaja, are marinated Aubergine slices that are pan-fried or shallow-fried. It's a Bengali dish with a plethora of variations. When the flesh is cooked, it becomes tender and has a slight sweetness to it. Simply serve them as a side dish with dal-rice, khichdi, or any other Indian meal. You can eat them with roti or bread, or sandwich them between two slices of bread.

### KANCHKOLAR KOFTA

Kanch kolar Kofta Gravy (Green Plantain Kofta Curry) in Bengali Style is a classic Bengali meal made with soft and crispy koftas immersed in a thin, acidic curry. Vitamins, minerals, and fiber are abundant in raw bananas. Serve the Bengali Style Kanch kolar Kofta Curry Recipe with hot Phulkas and steam rice (Green Plantain Kofta Curry Recipe).



### BHETKI MACHER PATURI

Bengali Bhetki Macher Paturi is a recipe for Bengali Barramundi Fish wrapped in banana leaf. The bhetki fish pieces are marinated in a spiced mustard paste before being individually wrapped in banana leaf and slow-cooked until tender. In Bengali, the word "Paturi" means "leaf." With Bengali Style Cholar Dal Recipe and Sweet and Spicy Tomato Chutney Recipe, serve this dish with plain steamed rice or Pudina Rice Recipe (Spicy Mint Pulao).

### MISHTI DOI

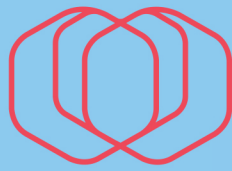
Mishti Doi is a traditional Bengali sweet made from milk, curd culture, and sugar or jaggery. Palm jaggery is the type of jaggery traditionally used to make mishti doi. 'Mishti' means sweet in Bengali, and 'doi' means curd. Mishti Doi is referred to as meetha dahi in Hindi. Mishti Doi can be served as a side dish or dessert.





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# WHERE TO EAT MUMBAI'S MOST POPULAR LOCAL STREET FOODS

Mumbai's cuisine culture is characterised by its street food. Roadside food vendors in Mumbai provide some of the greatest local food, sometimes a shade better than many restaurants, to people of all economic strata.

## TT BUREAU

Without the famed street food shops lining the main roads, near traffic intersections, or its many alleyways that lend the much-needed flavour to our life, Mumbai's streets appear incomplete, almost lifeless.

Vada Pav, bhelpuri, panipuri, sevpuri, Bombay sandwich, ragda-pattice, pav bhaji, omlette pav, and kebabs are some of Mumbai's most popular street foods. Kulfi and Ice Gola are two of Mumbai's most popular sweets. Must-Visit street food places in Mumbai.

### PAV BHAJI @SARDAR

This shop, located a 5-minute walk from the central station, is a favourite among Mumbai pav bhaji fans and foodies. Bhaji (thick

vegetable masala) topped with a slab of butter and the fluffiest pav (bread rolls) makes for a great snack. Sardar is known for its steamy, spicy, and tangy pav and bhaji that is featured in many restaurant aggregator's perfect pav bhaji collections, and believe us when we say that this pav bhaji is a mouth-watering dish.

Pav Bhaji is unquestionably Mumbai's best vegetarian street food. Fresh fruit juices are also available on the side.

**WHERE:** 166-A, Tardeo Road Junction, Janta Nagar, Tardeo, Mumbai

**PRICE:** INR 250 for two

**WHAT YOU ALSO MUST TRY:** Butter Pav Bhaaji, Cheese Pav Bhaaji, Sitafal Shake, Mango Milkshake







#### **FALOODA @ BADSHAH**

The Mughal kings are responsible for introducing us to falooda, which we can thank them for. Falooda is a modern take on Faloodah, a Persian dessert made with vermicelli, rose syrup, and sabza seeds in a creamy, thick milk. Many of its variations include kulfi, giving it the name kulfi-falooda.

There isn't a single falooda enthusiast in Mumbai who wouldn't recommend Badshah on Crawford Street for its creamy pleasure. Badshah has become an icon in its own right, with over 100 years of unwavering devotion to its devoted consumers.

You must try the Badshahi and Royal Falooda at this legendary cafe if you have a sweet taste that can't resist the charm of this cool dessert.

**WHERE:** Dr DN Road, Crawford Market, Mumbai CST Area, Mumbai

**PRICE:** INR 150 for two

**WHAT YOU ALSO MUST TRY:** Butterscotch Ice Cream, Pav Bhajji, Dahi Batata Puri, Pomegranate Juice, Corn Sandwich

#### **SAMOSA WITH CHOLA @ GURU KRIPA, SION**

This delicacy, known as Mumbai's most renowned samosa, is served with a chickpea sauce and has a tamarind flavour. It is topped with onion and coriander bits. For those who like to explore Mumbai street cuisine, this is a must-try.

**WHERE:** 40, Guru Kripa Building, Road 24, Near SIES College, Sion, Mumbai

**PRICE:** INR 300 for two

**WHAT YOU ALSO MUST TRY:** Gulab Jamun, Sweet Lassi, Chole – Bhature, Samosa Chole, Chole tikki Parantha Thali, Pattice Chole, Tikki Pav, Samosa Ragda, Ragda Puri



#### **NON-VEG SNACKS @ AARON'S, ORLEM CHURCH, MALAD**

Aaron's Bake and Brew is light on your wallet but heavy on your taste senses, and an afternoon spent here eating its delicious croissants and other simple and light pleasures will leave you feeling fulfilled.

**WHERE:** 5, Lourdes Heritage, Marve Road, Orlem, Marve, Mumbai

**PRICE:** INR 250 for two

**WHAT YOU ALSO MUST TRY:** Chicken Mayo Sandwich, Chicken Makhnwala rolls

#### **PANI PURI @ ELCO PANI PURI CENTRE**

Many people believe that the pani puri served here is the greatest they've ever eaten. This claim is definitely well-deserved, with its crispy puri (round, hollow, fried chips), mouth-watering pani (flavoured water with tamarind chutney, chilli, and chaat masala), and onion-potato filling.

Please note that the pani used is made from mineral water, making it a popular choice among health-conscious individuals. Elco has been operating for almost 40 years and is currently serving delectable treats.





**WHERE:** 2A, Elco Market, Hill Rd, Bandra West

**PRICE:** INR 150 for two

**WHAT YOU ALSO MUST TRY:** Dilli Ki Chaat, Basket Chaat, Ragda Patty, Dahi Puri Chaat, Pani Puris, Matka Rabdi

### MISAL PAV @AASWAD

At the worldwide Foodie Hub Awards held in London only last month, Aaswad won the accolade for The World's Tastiest Vegetarian Dish for their Misal Pav.

This dish, comprised of mixed beans sprouts, spices, chopped onions, and tomatoes, is not only a treat for your taste buds, but also a full nutritious meal.

For the past 30 years, homemade spices and the allure of crispy farsan (a Maharashtrian snack made of gramme flour) have made Aaswad's misal irresistible.

**WHERE:** Aaswad, outlets across Mumbai

**PRICE:** INR 150 for two

**WHAT YOU ALSO MUST TRY:** Other authentic Maharashtrian delicacies

### VADA PAV @ KIRTI COLLEGE VADA PAV OR ASHOK VADA PAV STALL

This vada pav kiosk, run by Ashok Thakur, is undoubtedly the city's most popular. It opened its doors to hungry people 35 years ago, near Dadar's Kirti college, after the proprietor couldn't find work in the navy, and we doubt he ever anticipated it would become such a rage. Since then, Ashok Vada Pav Stall has been consistently distributing vada pavs. Only one sort of vada pav is produced.

**WHERE:** Off Cadel Road, Kirti College Lane, Prabhadevi, Mumbai

**PRICE:** INR 100 for two

**WHAT YOU ALSO MUST TRY:** Churi Pav, Crispy Vada Pav, Butter Vadapav, Potato Fritters

### BHEL PURI @CHOWPATTY

Mumbaikars enjoy a leisurely walk along Chowpatty beach with their loved ones while snacking on some bhel puri with the chilly saltwater lapping at their feet, the setting sun, and



calming air. Bhel puri, a form of chaat prepared with puffed rice, exotic spices, onions, and tangy chutneys, has always enthralled both young and old.

**WHERE:** 2A, Elco Market, Hill Rd, Bandra West, Mumbai

**PRICE:** INR 150 for two

**WHAT YOU ALSO MUST TRY:** Dilli Ki Chaat, Basket Chaat, Ragda Patty, Dahi Puri Chaat, Pani Puris, Matka Rabdi

### ICE GOLA

With temperatures in Mumbai regularly hitting the 80s and 90s F, sampling cuisine on the streets may be tough. If you're lucky, you'll come across a seller offering ice gola, a sweet and salty snack that can help you battle the heat while also recharging your batteries for more food adventures.

Ice gola is made out of a ball of shaved ice that the seller moulds into an oblong form around the end of a stick and a cup of snow, to which the seller adds various fruit flavourings and salt, depending on the type of gola you want.

**WHERE:** At a local vendor

**PRICE:** INR 100 for two

**WHAT YOU ALSO MUST TRY:** All the available flavours of the gola

### DARA SINGH THALI @ THE MINI PUNJAB GROUP

When in Mumbai, however, I highly recommend trying the Dara Singh Thali, which is billed as Mumbai's largest Thali, with over 44 items including pani puri, black bean dal, fish curry, paneer cubes, butter chicken, fish koduva, minced mutton, Chicken Amritsari, prawn curry, chicken achar, khichdi, lamb curry, chicken biryani, and more.

This gigantic meal is wonderfully wonderful and diverse, but it's so large that I wouldn't advocate attempting to eat it on your own, as I did. I hardly scratched the surface! Get a group of five or six buddies to join you and have fun!

**WHERE:** At all chains of Mini Punjab across Mumbai

**PRICE:** INR 1500 for two

**WHAT YOU ALSO MUST TRY:** Koliwada Prawn, Rawas Fry, Fish Chilli, Authentic Punjabi Food, Boneless Chicken, Chicken Masala



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