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Child-friendly Getaway for Summer Holidays





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Travok

TYOUR HONEYMOON INDELIBLE WITH TRAVOK





Editor & Publisher: Vedika Sharma

Director: Babita Sharma

Sr. Editor: Tarsh Sharma

Reporter: Parul Malhotra

Consulting Editor (West): S K Mishra

Consultant Art Director: Anita

Graphic Designer: Chandrajeet Kumar

Consulting Photographer : Ganesh Kapri

Manager Administration: Gaurav Kumar

Manager Circulation: Himanshu Mudgal

E-mail: vedika@fabianmedia.net, babita@fabianmedia.net

Website: www.fabianmedia.net

Editorial & Marketing:

babita@fabianmedia.net

Published, owned, Printed & Edited by Vedika Sharma 888, Pocket - D, Dilshad Garden, Delhi - 110095, Contact @ 011-41058470, 9560264449

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Dear Readers

13FS April 2023 issue is majorly focusing on Family vacations. Planning a kid-friendly itinerary, especially for an international travel might seem scary and daunting at first, but it's a lot of fun once you take the first step towards it.

Summer is here, and it is time to start thinking about your next vacation. There are numerous destinations that provide all of this and more, ranging from hill stations to serene beaches. While you can travel to any country with your kids, there are some countries which are especially kid-friendly due to the amenities they offer.

Amenities such as kids' clubs, kidfriendly attractions, wide variety of food for fussy eaters, and stroller-friendly walkways are some of the things which make a country seem more attractive for kids than others.

This summer vacation, surprise your kids with an international trip to these countries and see their happiness radiate!

In hospitality also we covered Chilling Summer Thrillers Hotspots. Summer vacation is the perfect time for families to create unforgettable memories and spend quality time together. With many families looking for the best places to stay during their summer vacation, it can be quite overwhelming to choose from the plethora of hotels available. In this article we will highlight some of the best hotels for kids and family summer

There are many hotels to choose from when planning a summer vacation with kids. The hotels listed here offer a variety of activities and amenities to keep kids of all ages entertained, making



for a memorable and enjoyable family vacation.

Whereas in lifestyle, we highlighted celebrity diet tips. Though various food fads and dangerous trends are being floated in the market through celebrities, which people begin to follow blindly, but there are a few celebs too who practice healthy habits of eating and exercise too.

Everyone looks at the physique of bollywood actors and begin to drool to achieve that dream body. So in story we featured few diet tips that you can follow and discard in context of achieving your dream body.

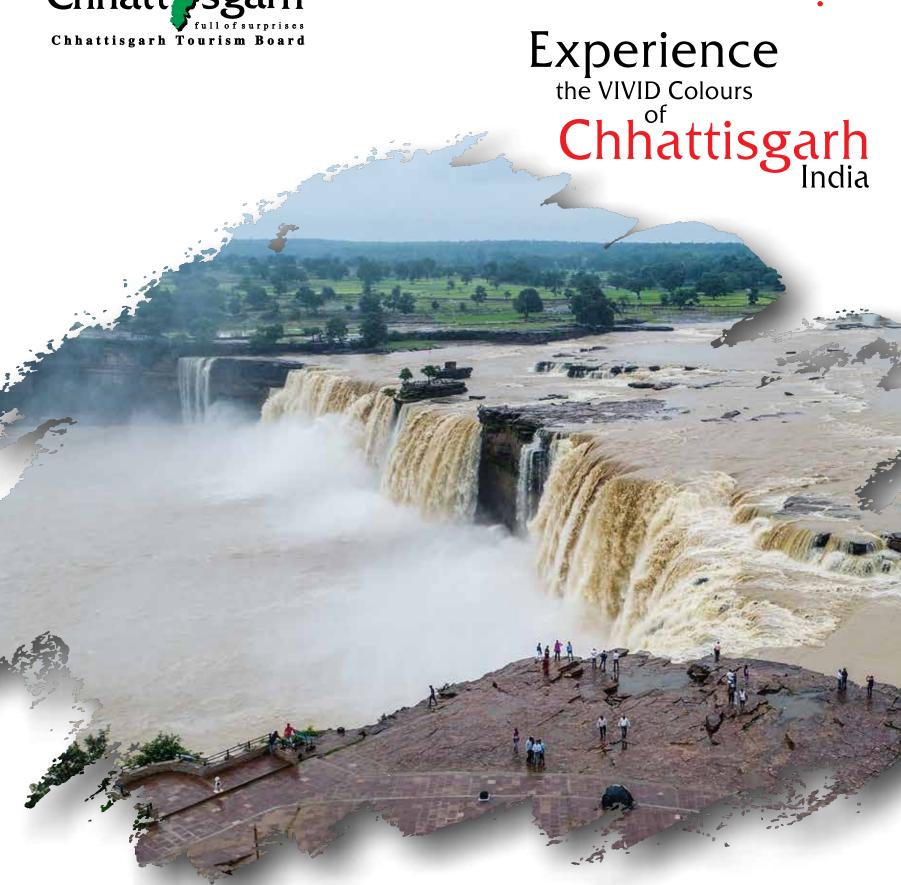




Runway to get the trends of current .scenario







Chitrakote

Niagara of Chhattisgarh, India

Chitrakote Waterfalls are supposed to be the Niagara falls of India, being the broadest waterfall in India. During monsoon one can see its might. The river Indravati falls from a height of 29 m (96 ft) to form this waterfall.

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Child-friendly Getaway for **Summer Holidays**

Planning a kid-friendly itinerary, especially for an international travel might seem scary and daunting at first, but it's a lot of funonce you take the first step towards

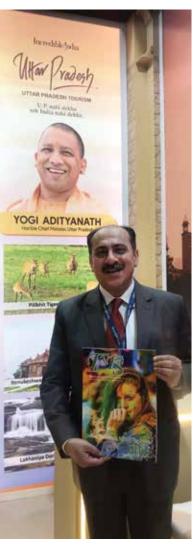
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Hidden Gems of Germany

Sun and beach holidays are the most popular type of holiday for Indian travellers in 2023.

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ITB Berlin 2023: Open for Change

With around 5,500 exhibitors from 161 countries, the World's Leading Travel Trade Show (ITB Berlin 2023) maintains its position as the leading platform for the global travel industry.

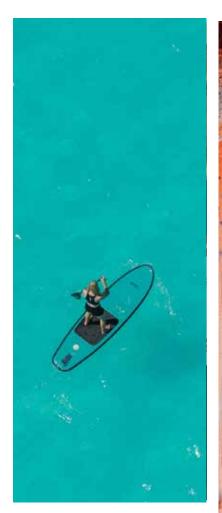
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AlUla to host inaugural gathering of Best Tourism Villages by UNWTO

AlUla, the ancient crossroads of civilisations in north-west Arabia that is now emerging as a global destination for cultural and natural heritage, will be the site of the firstever in-person meeting of representatives of the Best Tourism Villages by UNWTO.

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Chilling Summer Thrillers Hotspots

Summer vacation is the perfect time for families to create unforgettable memories and spend quality time together. With many families looking for the best places to stay during their summer vacation, ...

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Essence of Luxury

Come experience resplendent regality with Chomu Palace's heritage in class offerings.

Pg.44



Spring Food Trends

Spring is ready to step into the new menu of Armani / Ristorante, located on the 7th floor of the homonymous hotel in via Manzoni, 31.

Pg.46



Celebrity Diet Tips: Decoding 2023

Though various food fads and dangerous trends are being floated in the market through celebrities, which people begin to follow blindly, but there are a few celebs too who practice healthy habits of eating and exercise too.

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vacations/staycations. With the new trends in the travel industry Madhya Pradesh has emerged as one of the hotspots for travel lovers post covid because of its responsible and activity-based tourism. MP is home to several verticals which can attract any travel lover. The state is rich in wildlife, heritage, culture and spirituality and on top of that there are countless potential destinations which are relatively untapped in MP. However, talking about the unique summer experiences, 'The heart of Incredible India' offers an eclectic mix of forests, waterfalls and hills which is rich with natural beauty and recreational activities specially designed to promote wellness tourism.

Talking about the best summer spots of Madhya Pradesh, its impossible to miss out on the crown jewel of Madhya Pradesh; Pachmarhi. The hill station provides a sublime tourism experience for the visitors for wellness and spiritual tourism.

Pachmarhi is one of the most enchanting hill stations of central India which flourished around 10,000 years ago and is an exemplary example of archaeological treasure. Its also regarded as 'Satpura ki Rani' and is situated over 1000 meters from sea level which is also the highest point of Madhya Pradesh. The administration of the Pachmarhi is under Pachmarhi Cantonment Board, which serves the Indian Army. The hill station is developed around the Satpura Forest Area and there are plenty of natural recreational activities that are arranged for the tourists. These activities include gypsy

camping, tree camping, bird watching, star gazing, mobile camping and many more activities. Tigers, Leopards and Bisons are easily sighted in this region which is a once in a life time experience for many tourists. Other than that, plenty of adventure activities



like paragliding, ziplining, trampolining and bungee jumping are also facilitated. Sunrise-Sunset walks and cycling tours have also emerged as one of the most anticipated activities in Pachmarhi. The laser and sound show is conducted for the tourists to enjoy after the sunset, along with that tourists can also enjoy bonfire and live music. Pachmarhi is a great family destination which fits the adventure needs of all members of family. Waterfalls like Bee Falls, Apsara Vihar Falls and Silver falls are a must visit for visitors traveling in the summers.

HOW TO REACH PACHMARI By Flight

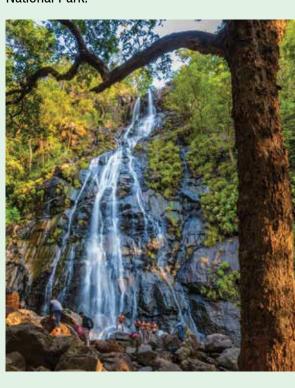
The nearest airport is Raja Bhoj Airport in the state's capital Bhopal (around 222 km) which has daily flight services from Delhi and Mumbai and 13 major cities of India. One can easily get a taxi from Bhopal to Pachmarhi. Jabalpur to Pachmarhi is also just 300 km, so one can opt for this route as well.

By Train

Pachmarhi is just 54km by road from the Pipariya railway station. Several direct trains link Pipariya with important cities like Surat, Nagpur, Ahmedabad, Kanpur, Patna, Pune, Kolkata, Agra, Delhi, Varanasi, etc. One can easily get a taxi from Pipariya to Pachmarhi as it is the most accessible way of reaching Pachmarhi.

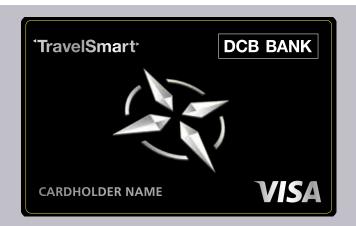
By Road

Plenty of state-owned and private buses are available for Pachmarhi from nearby cities like Bhopal, Jabalpur, Nagpur, Indore, and from prominent tourist attractions like Kanha National Park and Pench National Park.



DCB Bank launches TravelSmart Card for hassle-free international travel

DCB Bank, a new-generation private sector bank, launches DCB TravelSmart Card for international holidays, business trips and workcations.



DCB TravelSmart Card is a Debit Card when used in India. It offers the triple benefits of hassle-free travel without the need to purchase specific foreign currencies, insurance cover and enables customers to continue earning an attractive interest rate on the fund balance in DCB Savings Bank account.

DCB TravelSmart Card covers all major currencies, and temptingly offers mark-up fee as low as 2% on international transactions. A lower mark-up fee in relation to other cards means that customers overall save more by using this card while traveling abroad.

A package of insurance cover for traveller. DCB TravelSmart Card offers complimentary travel insurance with insurance cover on baggage loss, baggage delay, flight delay, loss of personal documents for international travel. Insurance cover of INR 1,00,000 (domestic and international) on accidental death (by rail, road or air only) and lost card liability cover (domestic and international) up to INR 2,00,000. The card holder also enjoys exclusive discounts and offers provided by Visa from time to time.

Unlike other travel and forex cards, wherein customers must load a specific foreign currency as per the destination country, DCB TravelSmart is a regular debit card linked to the customer's DCB Savings Bank account. Thus, customers continue earning an attractive savings account interest rate on the balance amount in their accounts. Whenever the cardholder swipes or uses the Card abroad, the currency of that country is automatically selected, and the money is debited from the Savings Bank account. The balance amount continues earning interest as per the Savings Bank account norms.

DCB Bank's Head of Retail Banking Praveen

Kutty said, "Indian travellers are opting for international experiences. Long and short holidays, staycations, business travel and medical travel are an increasing trend. DCB TravelSmart Card is an ideal international card with features that travellers would love to have. The last thing a traveller wants is the stress of loading the card, linking it with a bank account, and paying a high foreign exchange rate and mark-up fees. Thus, DCB TravelSmart makes international travel smooth and less stressful."

He added, "Moreover, no requirement of pre-currency change and insurance cover makes DCB TravelSmart Card a perfect travel buddy. Through this product, we aim to create unique travel experiences for our customers."

The replacement of an existing DCB Debit Card with the DCB TravelSmart Card is convenient and hassle-free.

Potential of Indian Tourism Market`

Indian tourism to leverage global opportunities and deliver highest ROI: KB Kachru, HAI Vice President



Speaking at the roundtable organised in the run up to the Global Tourism Investor's Summit later in May, Mr. Kachru, who is also Member of CII's National Committee on Tourism, asserted that the upcoming G20Summit will support the region in advancement of its economic goals with some of the most powerful countries in the world other than aiding the manifestation of

chaired by Shri G Kishan Reddy, Minister

of Tourism, Culture & NE States and Shri

Arvind Singh, Secretary, Ministry of Tourism,



the true spirit of 'Vasudhaiva Kutumbakam' or the 'World is One Family.' The discussion was attended by High Commissions and Ambassadors of various Embassies. Heads of Trade Missions also presented their perspective on India to the gathering in the presence of the

tourism minister.

Mr Kachru said, "The opportunity of touching the lives and heart of millions of people across the world is a huge responsibility for India and the nation is putting its best foot forward with the aim of bringing the world together."Addressing 42 Missions Heads, Mr. Kachru added that, "India is a land of opportunities with the youngest minds and a vast talent pool. Our niche tourist offerings are broad-based encompassing Cruises, Adventure, Medical& Healthcare, Wellness, Sports such as Golf and Polo, MICE, Ecotourism, Cinema, Rural, and Spiritual Tourism. G20 is a great opportunity for India as a nation to showcase our best spots. Tourism is going to be one of the key pillars of the economy and we need to strengthen it."

Heads of Trade Missions from other countries

present at the discussion praised the Indian government and private players alike for their efforts in providing the right amount of thrust to the tourism and hospitality sector.

Various steps have been taken to bring an ease in the processes and make Indian destinations easily accessible to all. Few major steps taken by States include developing rules and offering perks and incentives to draw private capital for hospitality, MICE infrastructure, wellness travel, eco travel, adventure tourism etc.

With the aim to supplement ease of doing business, the Ministry of Tourism is integrating with the National Single Window System (NSWS) platform to streamline approvals and reduce the number of approvals needed to set up a new project in the tourism and hospitality sector. Furthermore, almost seven States are actively collaborating with the NSWS to create a consistent interface for locating and requesting the approvals necessary for opening a hotel.

"Given the local pull factor & ability of our domestic market combined with recent government policies, we can showcase our diversity to attract foreign investment," Mr. Kachru shared. According to Ministry of Tourism, representatives, and Ministers from 29 nations will visit India as part of the G20 Summit. 56 Indian cities will host the Summit across 200 different venues with an inflow of more than 1.5 lakh international delegates. It is also anticipated that they will bring members of their family and friends.

Government of India.

Kerala Tourism's hospitality deeply impresses G 20 delegates at Kumarakom

Impressed deeply by the scenic settings of the venue and the warm hospitality extended by Kerala Tourism as the local host, the international and Indian delegates of the just-concluded G 20 Sherpas meet at Kumarakom lavished praises on the State Tourism Department for making the event a memorable one paying attention to the last detail.

ore than 120 delegates from G20 member countries, nine invite countries and various international and regional organisations attended the meet March 30-April 2), chaired by Indian Sherpa Shri Amitabh Kant, at the Waterscapes Resort owned by Kerala Tourism Development Corporation (KTDC).

The state's cultural heritage which was on full display at the famous sustainable tourism site in Kottayam district on the banks of the Vembanad lake and the eco-friendly initiatives made by the State Tourism Department received encomiums from the delegates.

Before leaving the site with enduring memories, the delegates thanked the local host with some of them recording their impression on staying in the place, enjoying the spice-rich





local food and the houseboat ride they had on the picturesque backwaters.

As many as 50 officials from the Department of Tourism had camped at Kumarakom for the successful coordination of the hospitality.

Tourism Minister Shri P A Mohamed Riyas said delegates were highly impressed by the extensive arrangementsmade by the dedicated team of the Tourism Department at Kumarakom that were on par with global standards,

Shrim Riyas said the holding of such an important conclave at Kumarakom has

imparted an impetus to Kerala Tourism as a whole and the recent initiatives that turned the site into a shining example of sustainable, heritage preserving and community-centric Responsible Tourism initiative received great appreciation.

A festive mood was palpable on all days, as the venue became live with cultural programmes that featured around 1,200 artistes, staged a replica of traditional Pooram, boat races on the placid Vembanad lake and performance of martial art Kalarippayattu along with a host of classical and folk arts.

A dance drama showcasing the tale of

legendary warrior Unniyarcha was one of the major attractions of the cultural programmes. Directed by filmmaker TK Rajeev kumar, the ballet was held on a 300 metre-long platform erected on the lake where Mohiniyattam, Kalarippayattu, Theyyam and ChavittuNadakam (a folk art) were also staged.

It turned out to be a unique experience for the delegates as traditional houseboats were arranged by Kerala Tourism for ferrying them.

On the concluding day, Kerala's iconic festival Onam was recreated at the venue. Onam's salient featureslike Pookalam, Onasadya, pulikali, Kummattikkali, Oonjalaattam (swing) and tug-of-war heightened the festive spirit, and the delegates took time off their busy schedule briefly to have a hands-on feel of the festivities.

Sticking to the green protocol fully, the delegates were served food on edible biodegradable plates made from wheat bran. After use, these plates were used as fertiliser and as feed for poultry and fish.

Top officials of the world's 20 largest economies held deliberations at the four-day summit to assess the work done so far under India's G20 presidency and chalk out the way forward in tackling several global issues and challenges.

Incredible India: Shining Star in the Sky of Tourism

India Bags Golden & Silver Star at The International 'Golden City Gate Tourism Awards 2023' In 'TV/Cinema Commercials International and Country International' Category at ITB, Berlin 2023.

The Ministry of Tourism, Government of India has won the Golden & Silver Star at The International 'Golden City Gate Tourism Awards 2023' In 'TV/Cinema Commercials International' and 'Country International' Category at the prestigious international Golden City Gate Tourism Awards 2023. The awards were received by Shri Arvind Singh, Secretary (Tourism) Government of India on 08th March 2023 at ITB, Berlin being held from the 7th to 9h March 2023.

The Golden City Gate Tourism Multi-media Awards are given annually in various categories



related to the Tourism and Hospitality sectors. The 'Golden City Gate' is a creative multimedia international competition for countries, cities, regions and hotels. The entries received for the awards are judged by an international jury comprising film and tourism experts. The annual award ceremony takes place at ITB Berlin, the world's leading tourism trade show.

The Promotional films / television commercials received the awards were produced by the Ministry as part of its Post Covid Promotional Global Campaign onIndia reopening. Ministry of Tourism has developed

the new Incredible India brand films for welcoming of foreign tourists to the country

after the pandemic. These brand films have been widely circulated within the domestic and international travel industry for wider usage in for promotional and marketing purposes.

The films were also widely promoted through the soical media handles of the Ministry which have been very well received the world over. The commercials have been produced in English with voice overs in 9 international languages, viz. German, French, Spanish, Italian, Russian, Chinese, Japanese, Korean and Arabic.

UNWTO and AVIAREPS Announce Partnership



AVIAREPS, the world's leading international representation, marketing and communications company for aviation, tourism, and hospitality, and the World Tourism Organization UNWTO today announced a partnership to join forces and support the development and growth of the international tourism sector in selected European UNWTO member countries. This will be achieved through the award of a fullservice destination marketing grant and four research grants.

AVIAREPS, an Affiliate Member of the UNWTO, will provide a diverse 360° portfolio of destination marketing and research services free of charge to a total of five countries chosen by UNWTO.

The UNWTO + AVIAREPS Destination Marketing Grant will include a suite of digital marketing services such as campaign websites, landing pages, webinars, online press conferences, e-learning programmes and virtual events provided via the AVIAREPS Ecosystem. The Digital Ecosystem is AVIAREPS' brandnew all-in-one marketing hub for the travel industry, which empowers everyone to market their destination and product to a global community online via a platform that combines several digital marketing services into one unified hub. The service portfolio furthermore includes Influencer Marketing services via AVIAREPS' matchmaking platform Swayfluence, which takes the guess work out of influencer marketing by making quality connections between brands and influencers for authentic and impactful campaigns.

Zurab Pololikashvili, UNWTO Secretary-General: "Tourism is one of the most dynamic sectors in the world, and UNWTO is committed to driving innovation forward and supporting education and training at every level. With our Affiliate Member AVIAREPS, we are proud to support tourism professionals across Europe build skills and knowledge to promote their destinations and accelerate recovery".

VFS Global wins the prestigious Golden Peacock National Training Award

VFS Global received the Golden Peacock National Training Award 2023 in recognition of the organisation's exemplary learning and development practices for the second consecutive year. The



world's largest specialist in outsourcing and technology services for governments and diplomatic missions had also won the award in 2017, 2020 and 2022.

Established by the Board of Directors of India (IOD) in 1991, the Golden Peacock Awards are recognised worldwide as a benchmark for outstanding companies. In 2023, more than 260 companies competed in four award categories: Innovation, Business Excellence, Quality Management, Learning & Development.

"We are honoured and proud to have won this award for the fourth time since 2017 and twice in a row. Training and workforce development has been the primary KPI of Nurturing. Our Colleagues, one of the five fundamental pillars of VFS Global's sustainability strategy. This recognition reiterates our underlying philosophy of developing future leaders and building an agile workforce through dynamic learning and development curriculums," said Nirbhik Goel, Chief Human Resources Officer, VFS Global.

Child-friendly Getaway for Summer Holidays

Planning a kid-friendly itinerary, especially for an international travel might seem scary and daunting at first, but it's a lot of fun once you take the first step towards it.

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Amenities such as kids' clubs, kid-friendly attractions, wide variety of food for fussy eaters, and stroller-friendly walkways are some of the things which make a country seem more attractive for kids than others.





Singapore

With loads of fun activities and vibrant places to visit, Singapore is an ideal travel destination for kids. It is extremely safe, public transport such as cabs and buses are affordable, and it offers many child-friendly attractions such as the Singapore Zoo, Sentosa Island, and Changi Jurassic Mile.



Lapland

Located in Finland, it is also known as the land of Magical Natural Phenomena, or Santa Claus's hometown (yes, you heard us right!). It looks literally like a land out of a fairy tale! Kids can meet the 'real' Santa Claus, play in snow-laden forests, and even feed baby reindeers (baby Rudolph maybe?). It also offers plenty of options for parents to enjoy – watch the Northern Lights, Midnight Sun, stay in an igloo among others.





Australia

Australia's diverse cities and natural landscapes have something for everyone – from young adventurers and teen beach-seekers to culture-craving grown-ups and foodies of all ages. Visit the Grampians if you want a taste of adventure, roam around Sydney and go to National Dinosaur Museum, explore the Gold Coast, go snorkeling at The Great Barrier Reef, see kangaroos and koala bears.









COVER STORY

Spain

Spain continues to be one of the most sought-after travel destinations in Europe, offering a bewildering array of trips and experiences that are not to be missed. Imagine magnificent beaches surrounded by the Mediterranean Sea, surreal Moorish palaces, interesting mediaeval towns, verdant national parks, and top-notch museums where you may admire Picasso and Salvador Dali's masterpieces.





Goa

Goa's beautiful beaches, warm weather, water sports activities, cultural heritage, and lively nightlife make it a perfect destination for those looking to escape the summer heat and enjoy a memorable holiday. If you want to experience these activities with a great option for a relaxing holiday in Goa then RCI affiliated Karma Royal Palms and Sterling Goa Varca are the best options that offer comfortable accommodation, a range of amenities such as swimming pools, spa services, fitness centers, restaurants and recreational facilities and a location close to the beach.



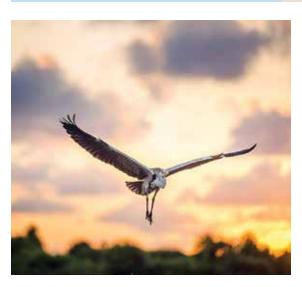




Maldives

Maldives offers a perfect combination of natural beauty, luxury, and cultural experiences, making it an ideal destination for summer vacations. Along with this Maldives is an ideal destination for swimming, snorkeling, and diving. This summer if you are looking for a luxurious and relaxing accommodation option then Medhufushi island resort and Filitheyo island resort offer luxurious accommodation, excellent dining options, and a range of activities and amenities to ensure a memorable and enjoyable summer vacation in Maldives.









Vietnam

Vietnam is an ideal summer vacation destination with its beautiful beaches, ideal climate, rich culture, delicious cuisine where you can enjoy Swimming, sunbathing and water sports. If you're looking for a luxurious and unforgettable stay in Vietnam, the Alma Resort and Garden Suites are definitely worth considering. Nestled in the picturesque coastal town of Cam Ranh, this resort is a true oasis of relaxation and comfort. With their stunning location, spacious and comfortable accommodation, and range of facilities and activities, you're sure to have a truly memorable stay here.









Essential things to remember while planning an international trip



Keep this checklist handy while planning your international trip:

Research, research and research - It is important to plan everything to avoid lastminute hiccups, including the weather of the country you want to visit, the political climate, attractions, adventure activities, entry fees to the transport cost, the accommodation to the eateries, the laws to the safety regulations, and the culture to the locals.

Keep your travel-related documents in one place - These include passport, visa, international driving license, travel maps, flight tickets, travel insurance, and medical prescriptions, if any.

Check in with the Indian Embassy and register yourself - To be safe in a foreign land while far from home should be one of the most important things in your checklist. As soon as you land, get yourself registered at the Indian

Embassy to ensure your safety, especially in case of an emergency.

Pack all your essentials – These are the items that you require on a day-to-day basis such as mobile chargers, USB cables, electronic gadgets, power banks, and first-aid kit among others.

Get an affordable mobile plan -The three telecom operators in India -Airtel, Reliance Jio and Vodafone Idea offer International Roaming plans which will allow you to stay connected with everyone seamlessly while avoiding a hefty mobile bill.

After conducting an extensive customer research which showed that many customers find International Roaming packs in general confusing across the whole global telco industry, Airtel has come up with One Plan for travelling to 184 countries.

Dubbed "World Pass", these affordable plans can be availed by both prepaid and postpaid users. Some of the benefits include 24*7 customer support, special packs for long stay/

frequent travelers that offer upto 1 year validity, and availability of unlimited data for emergency usage and messaging applications.

Customers can manage their entire international roaming needs on the Airtel Thanks app, with updates on usage, billing amount or addition of data or minutes as needed.

Similarly, Vodafone Idea offers a "Truly Unlimited Data and Voice Experience" for its customers travelling abroad that offers benefits like unlimited calls and data with no speed throttling. These packs are applicable for travelling to 80 countries, and Reliance Jio IR packsare applicable for travel to 170 countries.

Accommodation- Fortunately for those last-minute planners, today RCI's timeshare programmed provide more options which make your travel experience relaxing as well as flexible. Plan your trip right away since RCI (Resort Condominium International) offers stay options.

Hidden Gems of Germany

Sun and beach holidays are the most popular type of holiday for Indian travellers in 2023. Look no further than Germany's nearly 1,200 kilometres of coastline and islands with their unspoilt natural beauty and long stretches of golden, sandy beaches to see some truly stunning landscapes. From the Wadden Sea National Park on the North Sea to Rugen Island with its magnificent white chalk cliffs on the Baltic Sea, there is a lot to discover. Travellers are spoilt for choice and do not need to venture far to escape the crowds and find some tranquillity.

idden beaches are often closer than one may think and can be found in the most unexpected places. Similarly, many beautiful lakes can be found all across the country such as the famous Lake Constance, the extensive Mecklenburg Lake District and the spectacular Lake Koenigssee nestled in the Bavarian alps. The GNTO's global campaign Embrace German Nature showcases beautiful natural landscapes and sustainable holiday experiences in Destination Germany. It encourages travellers to venture off the beaten tracks to discover the country's many beautiful outdoor highlights.

The following are some examples of hidden gems for those seeking a little peace and quiet during their stay in the beautiful natural landscapes of Germany.

Island of Usedom

The sunniest regions in Germany are located on the Baltic Sea coast. The very top performer is the little village of Zinnowitz on the island of Usedom. An average of 1,917 hours of sunshine are recorded here per year - more than in any other region. But that's not all that makes Usedom a paradise. A gentle breeze blows over the sand dunes, cries of seagulls fill the air and quaint bathing resorts invite you to enjoy a leisurely stroll.

Bluest of skies

Anyone looking for brilliant blue skies in Germany has two good options: they can either travel to the Baltic Sea in the north or head to the foothills of the Alps. In the latter case, deep in the south of the country, visitors can find places such as Traunstein in Bavaria, nestled in an idyllic setting between the Chiemsee and Königssee lakes. A sunny stroll through the historic old town is a must. The sunny weather is also a good excuse for a little break in a





café - and some ice cream, of course. The warm, dry autumn wind that keeps the clouds in check is responsible for the impressive sunshine record at the foot of the Alps in Bavaria and Baden-Württemberg.

Balcony with a view of the Elbe

Sunny moments relaxing on a balcony are among life's most pleasurable experiences. And sun lovers can look forward to a real treat in Hamburg's Altona district, in the form of an extra-large balcony. Occupying an elevated position on the high bank of the River Elbe, the Altona Balcony offers impressive panoramic views over the bustling activity in the harbour and the striking curves of the Köhlbrand Bridge. In a lush green setting, you can spread out your picnic blanket and enjoy that summer feeling.

Reaching new heights

You have to look up to the sun to find

it – this sounds logical and it also turns out to be true. The Zugspitze, Germany's highest mountain, is a particularly sunny place. The warm, dry autumn wind keeps unpleasant clouds at bay. But you very soon realise that long periods of sunshine are not necessarily synonymous with high temperatures. Up there at 2,962 metres, it can get extremely icy. And if bitter winds start to blow, there's no chance of sunbathing - even if the sky is still a beautiful shade of blue.

Romit Theophilus, Director, German National Tourist Office in India, said, Hiking, biking or simply taking in wonderful views; With so many different natural highlights, Germany has a surprise for Indian travelers around every corner. From powder-soft sandy beaches to idyllic natural beaches for long walks, Destination Germany beckons for all kinds of bathing fun at the sea, lakes and rivers.

The GNTB promotes forward-looking

tourism in line with the objectives of the German government. The focus here is on sustainability and digitalisation.

To make inbound tourism more sustainable and competitive, our organisation follows a three-pillar strategy that combines the sharing of knowledge with external partners and a supporting communications strategy with our internal sustainability initiative. The GNTB positions Germany as a sustainable and inclusive destination in the international travel market.

The GNTB is a pioneer when it comes to using immersive technologies (virtual, augmented, and mixed reality), voice assistants and other conversational interfaces, and artificial intelligence applications such as chatbots. To ensure that tourism offerings are visible on AI-based marketing platforms, the GNTB coordinates the German tourism industry's open-data/knowledge graph project.





he industry expects 2023 to be a record year despite economic challenges -Fully booked halls on the trade show's return: Personal contact crucial for tourism as a people's business – Positive response to the three-day focus on B2B customers - Growth in leading international buyers - 24,000 convention attendees at the leading travel industry event of its kind.

At ITB Berlin the international travel industry was delighted with the huge demand and people's desire for travel, despite the challenging market situation. Following the break due to the pandemic and taking as its slogan 'Open for Change', the World's Leading Travel Trade

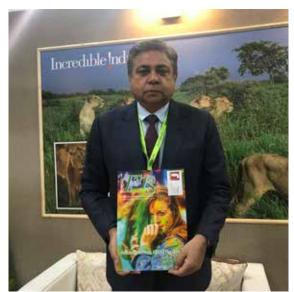
Show was back for the first time as an exclusively B2B event and confirmed its standing as the leading platform of the global travel industry. Over the three business days a total of 90,127 attendees from more than 180 countries were in Berlin. For ITB Berlin, the ITB Buyers' Circle with its 1,300 members was also an impressive success. Membership of this exclusive circle was limited to leading travel industry buyers. Their sales volume increased noticeably, and international participation grew from 50 per cent in 2019 to 70 per cent overall. The international nature and diversity of the approximately 5,500 exhibitors from 161 countries was equally impressive. ITB Berlin also













attracted considerable media attention, with around 3,000 media members and 333 travel bloggers and high-profile international political figures at the event.

Big boost for the industry

At ITB Berlin the industry agreed that 2023 could become a record year - people's desire for travel is back in many parts of the world. Only the Asia-Pacific region is lagging somewhat behind - due among other reasons to China opening up its borders late. "Over the past few days the tourism industry has displayed incredible confidence despite the difficult overall situation and geopolitical crises", said Dirk Hoffmann, Managing Director of Messe

Personal contact crucial for tourism

"This year's ITB Berlin was proof of the vital need to meet face-to-face. We are delighted with the trade show's spectacular comeback as a live event and the huge response from exhibitors and visitors. Our industry is a people's business, and not without reason - everyone at ITB Berlin agreed with that". Numerous networking formats including the ITB Speed Networking event, get-togethers and events on exhibitors' stands as well as evening events on the exhibition grounds and in Berlin's city centre were proof of the desire to meet in person.

The ITB Berlin Convention with high-

profile figures attending offered wide-ranging orientation on specialist subjects. At 18 theme tracks, 400 internationally recognised top speakers took part in a total of 200 sessions and discussed highly pressing topics as well as current trends including digitalisation, Artificial intelligence and the skills shortage. Under the heading 'Mastering Transformation', experts presented ways to turn the pressing global challenges facing the industry into opportunities. A total of 24,000 attendees visited the lectures, panels and discussions at the leading international thinktank of the travel industry.

Notwithstanding the joy and euphoria following the global recovery of the markets, the industry also agreed that having overcome the pandemic it now faced enormous challenges. Prior to the pandemic criticism had already been mounting that "business as before" would no longer really be possible and that growth could only achieved by taking all aspects of sustainability into account. Socially responsible tourism has long been on the agenda of the World's Leading Travel Trade Show. This year it again offered a wide range of panel discussions, seminars and lectures, in order among other things to raise awareness for social responsibility in tourism. The Equality in Tourism Award, presented for the first time on International Women's Day at ITB Berlin 2023, aims to draw global attention to gender equality in tourism. Three candidates made to the final - the award went to the tour operator

Travel Excellence from Costa Rica, followed by Adventure Women from the USA and Etur from Ecuador

Fully booked halls on the trade show's return

Fully booked halls also reflected the industry's positive mood. Exhibitor numbers were especially high in the Travel Tech and Cruise segments at this year's show. Among individual regions the Arab countries were particularly well represented. Overall, many exhibitors occupied noticeably larger stands this year and a lot of tourism companies were back after a long break. Others in turn were newcomers at this year's ITB Berlin. The new multi-purpose hall hub27 made a successful debut.

As well as ITB Berlin, the Official Host Country Georgia also welcomed visitors with open arms. Taking as its slogan 'Infinite Hospitality', the destination also presented its tourist attractions at a spectacular opening gala on the eve of the show, attended by both the host country and high-profile figures from the industry and politics. Over the next few days, B2B customers visiting the new multi-purpose hall hub27, Hall 4.1, the south entrance and attending many activities and events throughout the exhibition grounds were able to gain an insight into the wide-ranging tourist attractions the country in the Caucasus had to offer.



AlUla to host inaugural gathering of Best Tourism Villages by UNWTO

AlUla, the ancient crossroads of civilisations in north-west Arabia that is now emerging as a global destination for cultural and natural heritage, will be the site of the first-ever in-person meeting of representatives of the Best Tourism Villages by UNWTO.

ZURAB POLOLIKASHVILI, Secretary-General, UNWTO

For rural communities everywhere, tourism can be a true gamechanger in providing jobs, supporting local businesses and keeping traditions alive. The Best Tourism Villages by UNWTO showcase the power of the sector to drive economic diversification and create opportunities for all outside of big cities.

♦he villages, including AlUla Old Town District were recognised in December as part of UNWTO's Best Tourism Villages (BTV) initiative, "recognises villages that are an outstanding example of a rural tourism destination with accredited cultural and natural assets, that preserve and promote rural and community-based values, products, and lifestyle

HE AHMED AL KHATEEB,

Minister of Tourism, Ministry of Tourism of Saudi Arabia

The Ministry is proud to partner with UNWTO to host the Best Tourism Villages 2022 Awards Ceremony and



and have a clear commitment to innovation and sustainability in all its aspects - economic, social, and environmental."

transforming the tourism sector.

UNWTO have organised the first iteration of the Best Tourism Villages Award Ceremony and meeting of the BTV Network in AlUla on March 12-13. The event will be a forum for knowledge-sharing on topics such as best

several purposes for RCU: it allows us to share insights with destinations that share our commitment to sustainable regeneration, it showcases Maraya as a leading venue for conferences. It also provides our guests with the opportunity to visit AlUla, including the remarkable site of Hegra, which in 2008 was inscribed as Saudi Arabia's first UNESCO World Heritage Site.

practices, community empowerment, and public-private partnerships. It will also review the programme's 2022 activities and 2023 work

Delegates originating from Switzerland to Vietnam will gather at AlUla's Maraya multipurpose venue, which holds the Guinness record as the world's largest mirror-clad building, with mirrors covering its 9,740 sqm surface. The UNWTO Secretary-General, ZurabPololikashvili, is expected to attend.

The BTV programme aligns with Saudi Arabia's Vision 2030, which aims to triple tourism's share of the national economy to 10%. In 2019 Saudi Arabia introduced eVisas for citizens of 49 countries, and this February the Kingdom introduced a 96-hour stopover visa.

For the Royal Commission for AlUla (RCU) the gathering affirms AlUla's legacy as a cultural crossroads. A place of collaboration and cultural exchange for a millennia, there is a natural synergy between the destination and the UNWTO's BTV programme. The inclusion of AlUla on the 2022 list is an accolade in support of RCU's careful regeneration, cultural rejuvenation, and curated redevelopment of heritage destinations. RCU is honoured not only by AlUla's inclusion as a BTV but by its selection as host of this inaugural BTV global gathering.

Bahrain Awaits you for Your Next Women's Trip

Bahrain is the perfect vacation spot for women as it provides a unique blend of cultural experiences, modern amenities, breathtaking scenic views, festivals, and activities. Women who desire to travel and immerse themselves in a new culture will find the nation to be an appealing choice. There is something for every type of woman traveler, whether you're seeking adventure, relaxation, or cultural immersion.

hen choosing a destination for a solo trip or with your girls, safety is one of the main decision-makers, Bahrain as a destination is an extremely safe place for women travelers due to its incredibly low crime rate. In addition, to this it is known for its welcoming culture and friendly people, making it an ideal destination for women travelers. The locals are hospitable and helpful, and many speak English, which can help to make communication easier.

Here are some of the reasons why women will love Bahrain as a vacation destination.

Islands and beaches to relax and soak up the sun

Being an island destination in the Middle East, it is home to some of the most serene and beautiful beaches like Al Dar islands, Al Jazayer beach, Marassi beach, Jarada island, etc. These tranquil beaches and islands are the perfect spot to plan a day trip with your girlfriendsto unwind, enjoy water activities like jet-skiing, kayaking, etc.,or simply lounge around and enjoy the sunshine. When visiting the islands of Bahrain, one activity you most certainly have to experience is pearl diving where you have the chance to find your very own pearl and keep it. If diving isn't in your comfort zone, you can opt for pearl shucking where you can choose your oyster from pre-picked ones and open them to try your luck at finding a pearl. Many of these beaches and islands also feature charming cafes and eateries where you may savour mouth-watering cuisines.

Shopper's paradise

Bahrain's sophisticated malls, classic souks, and variety of retailers provide tourists with the best shopping experience. Bahrain is home to some of the best modern malls in the area, which sell everything from high-end luxury brands to reasonably priced clothing. Some of Bahrain's most well-known malls are Avenue Mall, Moda Mall, City Centre Bahrain, and Seef mall. Here you will also find some of the top designer shops and stores, including labels like Louis Vuitton, Gucci, and Prada, for those seeking high-end luxury shopping.

Bahrain is also famous for its gold shopping experience. Gold City, located in Manama, is the ultimate destination for those looking for gold jewellery. For anyone seeking a unique shopping experience, the traditional souks are a must-visit. They offer a variety of traditional and handmade goods, including ceramics, jewellery, spices, and textiles. One of the most well-known souks, Bab Al Bahrain Souk, is situated in the center of Manama.

Nightlife

When traveling with your friends, you want to explore a night out around the town. Bahrain's nightlife scene is diverse, lively and offers a range of activities and attractions that cater to all tastes and preferences. The island's nightlife is centered around the Adliya area, which features a wide range of clubs that offer a mix of international and local music. The rich cultural heritage of this destination is also reflected in its nightlife scene as it is home to a range of cultural performances, including traditional Arabic music, dance, and theatre.

Rejuvenate at the wellness centers

The wellness retreats in Bahrain offer a range of programs that cater to different needs. Some focus on yoga and meditation, while others offer spa treatments and healthy cuisine. Many of the retreats are in luxury resorts and hotels that offer world-class amenities and services. The spas here offer a variety of wellness treatments that help you achieve mental and physical wellness. These places are a sanctuary for complete relaxation and rejuvenation of mind, body, and soul through their services like remedy therapy, aroma therapy baths, etc. When in Bahrain you should definitely try the unique thalassotherapy, which is a treatment that uses seawater and seaweed to promote healing and relaxation.

Festivals and Events

The country hosts a variety of cultural, religious, and sporting events throughout the year that attract visitors from around the world. Some of the most

popular festivals and events include the Bahrain International Music Festival, the Bahrain Grand Prix, the annual food festival, and the Spring culture festival, etc. The annual National Day celebrations are also worth experiencing.

Indulge in the food of Bahrain

Most traditional dishes in Bahrain include fish, meat, rice, and dates. The flavours of dishes range from sweet to savoury. Block 338, known as the "dining district," is a foodie's haven. Restaurants here serve cuisines from all over the world. There's Japanese, Thai, Irish, European, American, seafood, Italian, Mexican, you name it, and they have it.

When in Bahrain, the perfect way to start your day is with a traditional Bahraini breakfast known as Balaleet. Machboos, a dish comprised of rice with meat or fish, is the most well-known dish in Bahrain. The destination is picking up its game when it comes to vegan and vegetarian food. If you enjoy sweets, try some of Bahrain's delectable desserts like Khan faroosh and Luqaimat.

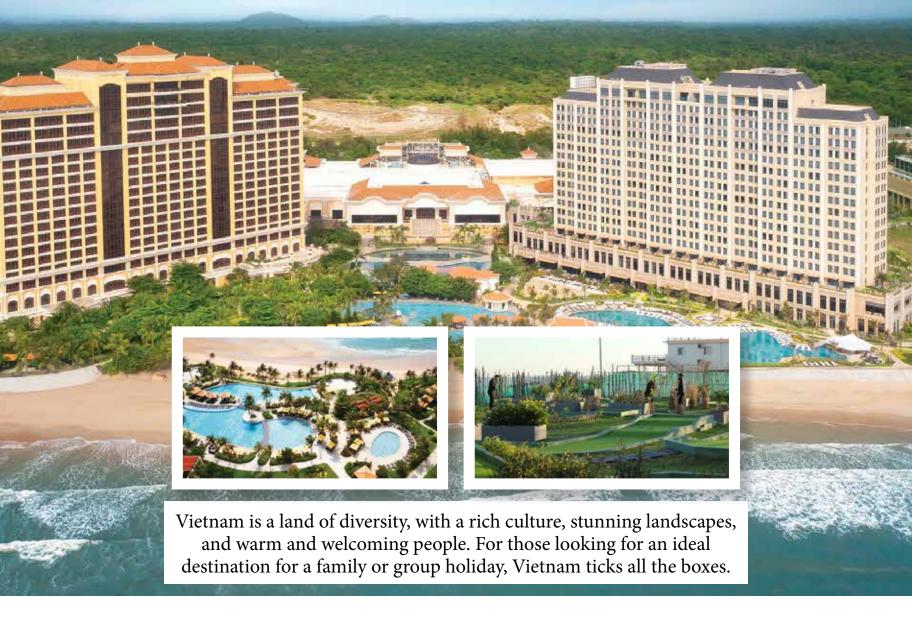
Activities and sightseeing

When it comes to sightseeing options and things to do, this destination will have you spoilt for choice. It is home to 3 UNESCO world heritage sites, and breath-taking forts like Riffa fort, Arad fort etc. The Bahrain National Museum is a must-visit attraction for anyone interested in the country's history and culture. Al Fateh Grand Mosque is one of the largest mosques in the world and a beautiful example of modern Islamic architecture. When it comes to unique wonders Bahrain is home to the very rare mystical and magical 'Tree Of Life' which is a tree that is over 400 years in the Sakhir desert. If you want to add a little adrenaline to your vacation then head on over to Gravity and try out indoor skydiving, go-

Circuit, 4x4 activity, horse riding etc.
In conclusion, whether you're
traveling solo or with friends, Bahrain is
a great destination for women who want
to experience a different culture and
create unforgettable memories.

karting at the Bahrain International Karting

Vietnam's Hidden Gem



he country offers something for everyone, from historical sites and natural wonders to mouth-watering cuisine and exciting nightlife. Vietnam's best kept secret is The Grand Ho Tram Strip, an entertainment haven that offers something for everyone and is perfect for all ages. It's an exclusive and private playground that provides the perfect backdrop for a getaway and promises an unforgettable vacation experience.

The Grand Ho Tram Strip is an exquisite and extravagant complex nestled on the pristine beach overlooking the East Sea in Vietnam, just a two-hour drive from Ho Chi Minh City. Comprising of two resorts, namely, InterContinental Grand Ho Tram and Holiday Inn Resort Ho Tram Beach, The Grand Ho Tram Strip boasts world-class amenities and facilities that will leave even the most discerning of travellers breathless. From Vietnam's first international casino to a championship golf course- The Bluffs, 15+ restaurants and bars, and a host of other entertainment activities and facilities, this destination truly has it all for all ages, making it a perfect destination for families or groups.

For adults, The Grand Ho Tram Strip has a bustling nightlife scene, with a variety of bars and restaurants to choose from. It also features a vibrant nightclub and a karaoke lounge, making it the perfect destination for those looking to dance the night away or showcase their singing skills. The destination's casino is a popular attraction, offering an extensive selection of games for guests to try their luck. From fine dining to casual eateries, The Grand Ho Tram Strip has an array of dining options to cater to all tastes. For golf enthusiasts, there is a championship golf course, The Bluffs, which is a must-play. Designed by Greg Norman, this awe-inspiring course boasts stunning views of the ocean and the surrounding landscape, providing a memorable and unparalleled experience for players of all skill levels.

For kids, The Grand Ho Tram Strip has a host of activities to keep them entertained. The destination's Kids Club is a popular attraction, with activities ranging from arts and crafts to games and sports. It also entails a fun mini golf course, perfect for families looking for a leisurely game. Additionally, there is a bowling alley, providing another exciting option for

families to spend quality time together. The beach is also a great place for kids to enjoy, with plenty of sand, sea, and sun to soak up. The swimming pool is another popular spot for families, with a range of water activities for all

Aside from The Grand Ho Tram Strip, Vietnam is full of exciting activities and sights to explore. From the historical city of Hanoi to the natural beauty of Ha Long Bay, there is no shortage of places to discover. The vibrant city of Ho Chi Minh is also a mustvisit destination, with a range of cultural and historical sites, as well as excellent shopping and dining options.

In 2023, Vietnam is set to be a popular destination for families and groups, thanks to its unique blend of culture, natural beauty, and warm hospitality. The Grand Ho Tram Strip is an excellent choice for families or groups looking for a fun holiday with plenty of activities and amenities for all ages. With its stunning location and wide range of activities, The Grand Ho Tram Strip is an ideal choice for a family holiday that promises to create lasting memories.

Discover why 'Yas Hai Khaas'

Yas Island Abu Dhabi has evolved as one of the world's leading leisure and entertainment destination. It offers a plethora of adventure and endless entertainment opportunities with its world-renowned theme parks, topnotch sporting events and star-studded performances.



f you are looking for a fun-filled destination during this summer travel season, Yas Island should be on the top of your list. Take a break from the hustle and bustle of your daily routine and indulge in thrilling experiences and plenty of high-end shopping. Be prepared to pack your bags and spend one of the most unforgettable summers of your life at Yas Island Abu Dhabi. It is an ideal holiday pick for travellers who are looking to spend some fun time with their family and friends.

Access the holy trinity of enjoyment on each day of your stay when you book the Stay and Play package providing access to one theme park every night along with world-class stays and complimentary breakfasts. From award-winning family-friendly attractions to top waterfront dining experiences, and world-class hotels - YasIsland has it all!

Mesmerize yourself with world-famous attractions!

With the most iconic theme parks in the world, Yas Island has something for everyone. The highly sought-after Ferrari WorldAbu Dhabidistinguishes itself from other theme parks by offering rides that are both inspired by the Ferrari brand and suitable for all ages. Go on and beat the summer heat by taking a dive at Yas Water world known as 'Water's Greatest Playground. The Water world features all things water, right from record-breaking slides to peaceful river rafting and its massive wave pools. Take the opportunity to immerse yourself in a fantasy landwith the world's largest indoor theme park -Warner Bros. World™ Abu Dhabi and surround yourself with your favourite DC superheroes, and iconic cartoon characters. Each of these theme parks are sure to give you a distinguished experience and



leave you with memories for a lifetime.

Feel the thrill of driving like a Formula 1 champion at the Yas Marina Circuit or call shotgun and have yourself seated with a professional racing driver for the ride of your life. The circuit also allows you to indulge in activities such as top speed dragging, go-karting and so much more. Finally, level up and experience the two record-breaking adventures together at CLYMB™ Abu Dhabi, which includes the world's biggest indoor skydiving flight chamber and the region's tallest indoor climbing wall. The place features as UAE's ultimate indoor adventure hub and offers year-round exciting sports experiences. Treat yourself to delectable dining experiences at thebustling waterfront dining hot spots Yas Bay and Yas Marina. Featuring wide variety of cuisines catering to all taste you are sure to be spoiled for choices with dining options such as Cipriani, Asia Asia, Amerigos, Diablito, Iris and many more.

Keep an eye out for these enticing upcoming events at Yas Island While Yas Island boasts unlimited attractions, it is also home to amazing recurring concerts and events. As the outdoor season begins in the UAE, the island has curated a spectacular month for your summer vacation with the most iconic boy band - BackstreetBoys on 07th May 2023. The five-member band will take you on a sensational musical journey and perform their charttopping hits. Once again Yas Island is all set to roll out the red carpet and host the 23rd edition of IIFA on the 26th and 27th May 2023, bringing Bollywood megastars and many revered celebrities of the silver screen under one roof.

As June begins, witness the Global rock phenomenon and one of the most successful American rock bands of all time 'Guns N' Roses' as they light the stages of Etihad Arena on fire. This is just the tip of the iceberg with a plethora of events lined-up for the entire year.



Striding Forward in a Steady Recovery



The Hong Kong **Tourism** Board (HKTB) held the Hong Kong **Tourism** Overview 2023 in Hong Kong Convention and Exhibition Centre, returning physically for the first time since the city is back to normal.

he Tourism Overview discussed tourism trends and shared details of the HKTB's latest strategic plans with more than 1,600 participants on-site and online, including trade representatives from Hong Kong, mainland and overseas travel agencies, attractions, hotels, airlines, retailers, restaurants, meeting and exhibition operators, cruise lines, and other travel sectors.

With the theme "Striding Forward in a Steady Recovery",Dr Pang Yiu-kai, Chairman of the Hong Kong Tourism Board, said, "Hong Kong has returned to normal and is welcoming back global visitors. The tourism industry will recover progressively. The Tourism Overview today is the exact platform that gathers members of the travel trade together to explore the way to revive the city's tourism industry. Hong Kong is not only a destination with universal appeal and an astonishing array of attractions, but also a gateway between the Mainland and the rest of the world. We can work with neighbouring cities to build a Greater Bay Area tourism brand for the region and the international market. With the continued collaboration of all sectors, we can bring Hong Kong's tourism to the next level of excellence."

In his business update, Mr Dane Cheng, HKTB Executive Director introduced HKTB's four strategic focuses of the coming year. First, the HKTB will drive a strong recovery across all travel-related sectors, while strengthening Hong Kong as an event capital. In addition, the HKTB will continue to develop Greater Bay Area (GBA) tourism and multi-destination tourism with cities in GBA. The HKTB will also maintain close partnership with the trade to gear up and strengthen support for them, enhancing the service

In addition, the HKTB also invited industry leaders and international corporate representatives to share insights on the themes "A Deep Dive into the post pandemic Mainland Travel Trends" and "Global& Regional Consumer Trends affecting Tourism in Asia in 2023", providing multiperspective insights into the post-pandemic trends and development of tourism and capturing new opportunities.



Singapore Tourism Board Sparks Reimagining a New Era of Travel

earing cutting-edge insights through a panel discussion, keynote address and product sharing sessions, more than 250 attendees from across India's business world learnt more about the power of technology in revolutionizing MICE travel, harnessing data to effectively understand and engage young Indian consumers, and reimagine Cruise travel to tap into new consumer segments.

The sessions focused on how changing consumer preferences have prompted the industry to respond and reimagine tourism experiences to stay ahead of the curve. Experts in the cruise industry spotlighted the importance of creating immersive experiences that align with the values and preferences of young travelers, deploying innovation and technology in the process. With 67% of Indians under the age of 35 years and the average age of Indian cruise travellers being 37 years, which is among the youngest in the world, there is much potential to tap into and grow cruising interest among the young Indian adults.

With millennials - and Gen Z soon in the future – travelling frequently for business, Sukumar shared his insight that experiential travel is slowly becoming the norm in MICE movements. With more and more business travellers combining leisure elements as part of their trips, these bleisure travellers seek out diverse experiences in the destinations, including culinary, lifestyle and cultural. Importantly, both the sessions on cruise and MICE independently addressed the growing need for sustainability in the sector - including a clear signal that consumers are revisiting conscious, sustainability-focused destinations.

India was the top source market for cruise tourism in Singapore in 2019, with over 160,00 Indian travellers who cruised from Singapore; post pandemic in 2022, cruise bookings were on a good recovery track, with more

G.B SRITHAR. Regional Director for India, Middle East, **South Asia& Africa, Singapore Tourism Board (STB)**

Singapore's proximity, within a 3.5 to 5.5 hour flying radius, and the extensive network of flights directly connecting 16 gateways across India to the destination, allow Indian travellers the chance to easily and repeatedly experience Singapore's boundary-pushing destination experiences. Travellers could choose 'Fly-Cruise-Stay' holidays to soak in the best of experiences both on land andonboard a cruise ship, as well as M&I trips featuring uniquely immersive, unconventional experiences. With our reimagined MICE and Cruise experiences, and bolstered by our worldclass capabilities, facilities, and infrastructure, we are confident that Singapore will continue to meet the unique needs of tomorrow's Indian travellers.

than 49,000 of the 686,000 Indian travellers arriving into Singapore via sea. With a strong growth trajectory in cruise travel and the evolving expectations of discerning, affluent and sophisticated Indian travellers, destinations are increasingly reexamining their offerings could be reshaped to meet the consumer

Ras Al Khaimah Tourism **Development Authority** and FTI Group Strike **Landmark Agreement**

Ras Al Khaimah Tourism Development Authority (RAKTDA) and the FTI GROUP one of Europe's leading outbound tour operators, have struck a newagreement that paves the way for the launch of twice-weekly flights from Munich to Ras Al Khaimah International Airport in the fourth quarter of this year.



he agreement, which was signed by Raki Phillips, Chief Executive Officer of Ras Al Khaimah Tourism Development Authority and Ralph Schiller, CEO of the FTI GROUP ranked among the headline announcements on day one of the Arab Aviation Summit, which is currently being staged at Al Hamra International Exhibition & Conference Centrein Ras Al Khaimah. It will significantly expand air connectivity between Ras Al Khaimah and Germany, one of the emirate's top five visitor source markets for many years.

Germany ranks among the global tourism industry's most important outbound source markets and is projected to account for almost 118 million travellers annually by 2024, according to a recent report published by GlobalData.

"This agreement withthe FTI GROUP marks a major milestone in Ras Al Khaimah's tourism development strategy, as we look to drive inbound traffic from Germany, which counts among our fastest-growing visitor source markets," commented Raki Phillips, Chief Executive Officer of Ras Al Khaimah Tourism Development Authority.

"In 2022, we've experienced 81% growth in German visitors to Ras Al Khaimah compared to the previous year, and the addition of twice-weekly direct flights from Munich, one of the country's most important aviation hubs, should see this number grow substantially. In fact, our robust relationships with all leading trade partners in Germany will all play a key role in reaching our target of 3 million visitors annually by 2030, while boosting tourism's GDP contribution from 5% today to almost a third of Ras Al Khaimah's economy in the near future."

The FTI GROUP is a major player in Germany's tourism sector, accounting for a 15% share of the market and US\$4 billion turnover in FY2021/22. It has agreements with more than 10,000 partner travel agencies in Germany, making it an important strategic partner in support of RAKTDA's visitor growth targets.

Ralph Schiller, CEO of FTI GROUP commented: "The signing of this agreement significantly strengthens our partnership with Ras Al Khaimah Tourism Development Authority and aligns with our business development plans by boosting outbound tourism to the Emirate. With this long-term partnership, we are contributing to Ras Al Khaimah's growth story. We look forward to the great future that lies ahead of Ras Al Khaimah and are excited to be a part of it."

The announcement of the expanded partnership with the FTI GROUP coincides with the signing of an agreement also announced at the Arab Aviation Summit between the tourism authority and Qatar Airways that will see the Qatari flag carrier launch direct daily flights to Ras Al Khaimah International Airport, commencing 1 November. Both agreements reinforce RAKTDA's strategy designed to boost inbound tourism by enhancing global air connectivity to the Emirate.

Glorious 20-years of Tourism New Zealand in India

Tourism New Zealand, the official tourism board responsible for promoting New Zealand, celebrated its 20th year anniversary in India through frontline training workshops and networking events in Delhi and Mumbai. The attendees comprised of members of the travel trade fraternity, airline partners, media and other key stakeholders.



20-member delegation participated in the frontline training with 200 travel sellers across Mumbai and Delhi. The delegation included a diverse mix of Regional Tourism Organisations, hotels, attractions, airports and airlines from New Zealand. The focus of the frontline training workshops was for the New Zealand industry to reconnect with Indian travel trade. They shared the latest destination information and experiences in New Zealand and highlighted destination readiness as India approaches its peak travel season which coincides with New Zealand's autumn and winter. This was also a great opportunity for Tourism New Zealand to celebrate 20 years of operations in India with trusted partners and pay tribute to the role they played in the growth of Indian tourism to New Zealand.

On this momentous occasion, Ms. Angela Blair, GM International, Tourism New Zealand said, "We are delighted to celebrate 20 years of inspiring travelers in India, which is one of our priority markets. New Zealand is known for its rich culture, arts, scenic beauty and stories that await to be discovered by high-quality Indian visitors. This special occasion was also a way to thank all our trade partners for contributing immensely to our journey and we look forward to their continued support in the years to come."

The first Tourism New Zealand office in India was set up in 2003 and over the years have rolled out several campaigns and partnerships with advocates, airlines and trade partners to build preference for Destination New Zealand. India had demonstrated strong growth pre-Covid, with holiday arrivals doubling between 2015-2019 to reach 66,775 visitors.

Air India Express **Launches Direct Flights** from Goa to Dubai

Air India Express, India's first international budget airline, announces the commencement of operations from Goa International Airport (Dabolim Airport) with the introduction of four weekly direct flights on the Goa-Dubai sector.



The first flight, IX 840, took off at 1:00 AM on Monday with 148 passengers on board.

To mark the occasion, Aloke Singh, Managing Director, Air India Express and AirAsia India, said:"We are thrilled to start our maiden international services from Goa under the Air India Express banner, which is amongst India's most popular tourist destinations. We take pride in being the only airline that offers direct connectivity to Dubai from Goa. Air Asia India, which is set to merge

with Air India Express, already operates 13 daily direct flights to/from Goa, connecting five domestic cities. We hope to be a part of the tourism success story of the state and remain committed to offering the best of services to our customers."

Earlier in the evening, the Goa travel trade joined the celebrations marking the entry of Air India Express to Goa at a function held at a city hotel with the senior leadership teams of Air India Express and Air Asia India.

Vistara Announces Direct Flights between Mumbai and London

Vistara, India's finest full-service carrier and a joint venture of Tata group and Singapore Airlines announced the addition of a new long-haul route to its growing international network.

The airline will be ramping up its presence at LHR (London Heathrow) with direct, 5x weekly flights between Mumbai and London starting 01 June 2023. Vistara will operate its brand-new Boeing 787-9 Dreamliner, featuring a three-class configuration, on the route as it enhances connectivity between India and the UK. Bookings for the flights are being progressively opened on all channels, including Vistara's website, mobile app, and through travel agents.

Vinod Kannan, Chief Executive Officer, Vistara, said, "We are delighted to announce Mumbai-London as our fourth route to Europe after connecting Frankfurt, Paris and London with Delhi. The launch of this new route is also a reflection of our customers'



growing preference for Vistara, for travel between India and the UK. This additional gateway also offers our customers more options and flexibility with their travel itineraries while choosing to fly the country's most loved airline. We look forward to further expanding our presence in Europe, especially with more wide-body aircraft joining our fleet in the coming months."

IndiGo commences operations from Dharamshala

IndiGo, India's leading carrier commenced direct flights from Dharamshala, its 78th domestic and 104th overall destination, operating the flight between Delhi-Dharamshala.

The destination marks airline's entry in Himachal Pradesh and will strengthen domestic connectivity, provide accessibility, while making travel more affordable and hassle-free for customers during the summer

Speaking on the occasion, Mr. Vinay Malhotra, Head of Global Sales, IndiGo said, "We are extremely pleased to announce the launch of our operations from Dharamshala, the 78th domestic destination in the 6E network, making our way into the serene valleys of Himachal Pradesh. Direct connectivity to Dharamshala will provide a gateway for the tourists to explore the local markets, temples and monasteries, museums, churches and unwind in the picturesque waterfalls and mountains of Himachal Pradesh. This move aims to bolster passenger traffic even further as we have witnessed a strong demand for connectivity to Himachal Pradesh.The direct flights from Delhi, will also connect Himachal Pradesh to the rest of the country and international destinations in Asia, Middle East, and Europe. Our commitment to provide courteous, on-time, hassle free, and cost-effective travel experiences remains unwavering as we continue to expand our regional connectivity."

Located in the western Himachal region, Dharamshala is the perfect place to unwind and experience the scenic beauty of the valley and local markets. It is the winter capital of Himachal Pradesh and the residence of the spiritual leader, the Dalai Lama. A wellknown location for studying Buddhism and experiencing the culture's origins is Dharamshala. The hill station is divided into two distinct parts - Lower Dharamshala which is the commercial market district. and Upper Dharamshala with places like McLeod Ganj and Forsyth Ganj, which serve as historical markers for this region. The area makes a great starting point for hikes and treks into the Dhauladhar mountain range.

dnata and **American** Airlines Expand **Partnership**

Dubai-based dnata, a leading global air and travel services provider, has expanded its long-standing partnership with American Airlines to support the carrier's growing business in India.

The Texas-based airline currently operates daily flights between New York and Delhi, as well as offering domestic services through its partnership with IndiGo, with plans for further expansion.

dnata Representation Services will provide a comprehensive range of sales and marketing services to American Airlines as its General Sales Agent (GSA) in India. It will act as the essential link between the carrier and local trade, supporting its commercial operations in the market. dnata's vast network, extensive experience in airline representation and broad marketing, sales and operational expertise will help American Airlines enhance its market



SIMON WOODFORD Vice President of Global Air Services at dnata Travel Group

The expansion of our partnership with American Airlines into India is a testament to our excellent cooperation,



spanning almost five decades. We will continue to work hard to ensure American Airlines achieves its business objectives and delivers on its growth plans across the country, in a highly competitive business environment.

presence to meet rapidly increasing demand across the country. dnata Representation Services, part of the dnata Travel Group, has

TOM LATTIG, American Airlines Managing Director of Sales for EMEA

Outstanding customer service and consistency around the globe are very important to us. dnata knows our business model



well, and we are pleased to expand our partnership with them in India.

served as GSA for American Airlines in Dubai and the Northern Emirates for more than 45 years. The air division of dnata Representation Services serves as the GSA of choice for 24 major airlines, with networks across the world. The unit is an integral part of dnata's overall business strategy in India, where the company also offers a range of travel services from its offices in Delhi, Mumbai, and Bangalore.

Emirates and United Activate Codeshare Partnership

Emirates and United have activated their code share partnership, allowing Emirates customers to enjoy easier access to an expanded choice of U.S. destinations.

Emirates customers now fly to three of the nation's biggest business hubs - Chicago, Houston or San Francisco - and connect easily to an expansive network of domestic U.S. points on flights operated by United. Tickets are available to purchase on emirates.com as well as through trade channels including travel agencies. With the launch of the partnership, Emirates customers heading to the U.S., can now look forward to access to more than 150 U.S. cities in the United network, via the three gateways. Similarly, Emirates customers in the U.S. planning trips to Dubai and beyond have a myriad of choices and can utilise United's services to easily connect to Emirates operated flights bound for Dubai, via Chicago, Houston or San Francisco. The world just got bigger for U.S. travelers journeying to Emirates' extensive network beyond Dubai, including many unique destinations across the Middle East, Africa, Central Asia and the Indian subcontinent. On the flights, passengers can enjoy Emirates' award-winning services and a host of convenient travel benefits afforded by the

agreement. Travellers with itineraries on Emirates' codeshare flights can plan their entire trip on a single-ticket and take advantage of the airline's baggage allowance, in addition to convenient bag check-through to the final destination.

Emirates is also enabling its Skywards members to earn and redeem miles on all flights across United's worldwide network.

The partnership unlocks a host of popular destinations accessible from Emirates gateways such as Atlanta, Austin, Denver, Minneapolis and Phoenix. Emirates passengers planning trips to destinations such as Detroit, can fly direct from Dubai to Chicago or Houston, and simply connect on a United flight to the final destination, while enjoying the hassle-free flight benefits. The reciprocal benefits extend to passengers flying out of the U.S. using Emirates services to fly to Dubai, with the same easy access from a vast network of domestic cities and connection at one of the three hubs. Emirates and United have an interline arrangement that allows passengers to easily reach a

ADNAN KAZIM, Emirates' Chief **Commercial Officer**

We are extremely delighted to activate this historic partnership with United and

domestic points.



wider choice of destinations in the Americas outside of the U.S. Emirates customers will be able to choose from dozens more destinations in Canada, Mexico, the Caribbean, and Central and South America, while also enjoying conveniences such as the simplicity of flight itineraries on a single-ticket and smooth connections via the three hubs (Chicago, Houston and San Francisco).

Etihad Airways New General Manager for Indian Subcontinent

Etihad Airways, the national airline of the UAE, has appointed Salil Nath as General Manager of the Indian Subcontinent.

Based in New Delhi, Salil will be responsible for all commercial activities across a key cluster for the Etihad network within the central region - India, Bangladesh, Sri Lanka, Maldives & Seychelles.

Since joining Etihad in 2012, Nath has served as the Regional Sales Manager of key sectors starting with Bangalore-Hyderabad, followed by the North and East India. During the COVID-19 restructuring, he took on the additional responsibility of managing Central India as well as Bangladesh & Seychelles.

Prior to joining Etihad, Nath has worked with Kingfisher Airlines, part of the United Breweries Group, and a brief stint at renowned multinational travel management company Amex GBT, overlooking corporate sales and client servicing respectively.

Nath holds a degree in Hotel Management from Welcomgroup Graduate School of Hotel Administration in Manipal, specializing in Sales and Marketing. Nath will be succeeding Neerja Bhatia, who is retiring after 18 years of service at Etihad Airways.

AMER KHAN, Vice President Middle East, Africa, & The Sub-Continent, Etihad Airways

India plays a crucial role in Etihad Airways' growth strategy, contributing significantly to the airline's global operations, and we are honoured to support demand in one of the fastest-growing aviation markets in the world. As we look to expand our operations, we are delighted to have Salil take up the new role, leading Etihad's commercial activities in the region. Neerja's astute leadership over the years has been a defining factor for the growth of the airline in the Indian subcontinent. On behalf of Etihad Airways, we extend our heartfelt gratitude for Neerja's unwavering support and dedication.

SALIL NATH, General Manager of the Indian Subcontinent, Etihad Airways



Flydubai Touches Down in Milan-Bergamo

flydubai, the Dubai-based airline, touched down in Milan Bergamo Airport (BGY) to a watercannon salute and warm welcome by the airport officials. This marks the start of flydubai's five-times weekly operations to the city, growing its network in Italy to four points including Catania, Naples and Pisa.

Flights to Milan Bergamo Airport (BGY) started on 10 March with a five-times weekly service. The carrier will increase the frequency to a daily service from 18 April 2023. Emirates will codeshare on these routes and the flights will operate from Terminal 3 at Dubai International (DXB), offering travellers more seamless connections through Dubai's international aviation hub. Bergamo, a historic city in northern Italy, has been designated alongside

Brescia as the Italian Capital of Culture for 2023. This prestigious title recognises the city's vibrant cultural scene, with a year-long programme of exhibitions, concerts, performances, and other events highlighting its artistic heritage and contemporary creativity. Milan Bergamo Airport offers passengers convenient access to the city with various transportation options including buses and private transfers.

GHAITH AL GHAITH, Chief

Executive Officer, flydubai

We are pleased to see our network in Italy grow to four points since our first entry to the market in 2018



from Italy onboard to Dubai and beyond

onto the growing flydubai network.

EMILIO BELLINGARDI, Managing

Director, SACBO

The start of flydubai's operations is of great importance as it further expands Milan Bergamo Airport's network and offe



that have made Milan Bergamo Airport the

"Best European Airport" in the five to 15

million passenger category in 2022.

nai act

Operations and E-commerce, flydubai We are looking forward to increasing the frequency to the market to accommodate the increasing demand for travel in the summer. Passengers can enjoy the convenience of travelling to Dubai as well as explore popular holiday destinations including the Maldives, Sri Lanka and Thailand. Our flights will be operated by

our fleet of Boeing 737 MAX aircraft which

feature a lie-flatseat in Business Class and

additional comfort in Economy Class.

JEYHUN EFENDI, Senior Vice

President, Commercial

30 Trendy Travel Trade with Food & Shop

IndiGo Expanding the 6E Network to 103 **Destinations!**

IndiGo, India's leading carrier, commenced direct flights from Nashik, the 77th domestic and 103rd overall destination in the 6E network.

The airline operated the first direct flights between Nashik-Goa, Nashik-Ahmedabad, and Nashik-Nagpur. Nashik is the 7th destination on the 6E network in Maharashtra and will increase intrastate and inter-state accessibility, while promoting trade, tourism, and mobility through these new connections.

Nashik, an ancient holy city in Maharashtra, is well-known for its connection to the Ramayana. Situated on the banks of Godavari River, Nashik is best known for being one of the Hindu pilgrimage sites, that of Kumbh Mela

which is held every 12 years and attracts many pilgrims. Panchavati, Saptashrungi, Trimbakeshwar, Sita Gufa and Pandavleni Caves are also some of the popular sightseeing tourist destinations in the city. The city is called the "Wine Capital of India" as more than half of India's vineyards and wineries are located here. Around 90% of all Indian wine comes from the Nashik Valley. Nashik is home to several wine festivals, such as SulaFest in the harvest season. It is one of the fastestgrowing cities in India and has been a major industrial center in automobile hub.

VINAY MALHOTRA, **Head of Global Sales.**

regional connectivity.

We are delighted to announce the launch of our operations from Nashik, marking our 77th domestic destination. This move connects India's golden triangle to a plethora of domestic and international locations through our 6E network. By enhancing accessibility to Nashik, famous for its rich history, we aim to promote commerce and tourism and boost economic growth in the region. Inclusion of these direct flights in our summer schedule will offer more choices to tourists visiting Nashik, India's wine capital, and professionals travelling to the major industrial hub for automobile companies. Our commitment to providing courteous, on-time, hassle-free, and cost-effective travel experiences remains unwavering as we continue to expand our



LOT Polish Airlines Healthy Growth in 2022

Despite difficult conditions, 2022 was a successful year for LOT Polish Airlines. The latest forecasts confirm that the Polish airline managed to grow significantly again after overcoming the Covid-19 pandemic.

In 2022, LOT Polish Airlines operated more than 85,000 flights and carried around 8 million passengers. Thereby, the airline achieved a turnover of presumably over 8 billion Polish zlotys (PLN; approx. 149 billion INR) and generated a net profit of more than 100 million PLN (approx. 1.864 billion INR).

LOT Polish Airlines further expanded its network in 2022. In addition to the India's

business capital Mumbai, the airline also added Cairo (Egypt) and Baku (Azerbaijan) to its schedule. Flights to Beijing made a comeback and North America, traditionally an important market for the airline, was served up to 50 times per week during the summer schedule season. In total, the route network comprised 167 destinations (as of the end of 2022).

"The forecast results for LOT Polish Airlines clearly demonstrate that the airline is on the right track," said Katarzyna Lewandowska, CEO & President of the Management Board. "This is particularly pleasing in light of Russia's war of aggression on Ukraine, especially as we also have to recover from the aftermath of the Covid-19 pandemic."

Noida International Airport Development Making Significant Headway



Noida International Airport (NIA) is on track to meet completion timelines for phase I, with one runway and one terminal in operation by the end of 2024.

ince Tata Projects Ltd. was awarded two contracts for engineering, procurement, and construction (EPC) last year, the earthwork, leveling, and excavation work has been completed across the project site. Vertical construction is ongoing, and substructures are taking shape. Multiple buildings will come up in the next few months, including the passenger terminal building, office blocks, sewage and water treatment plants, and electrical substations at the site.

NIA has floated tenders for various aeronautical and non-aeronautical concessions for the airport. Air India SATS (AISATS) was recently selected to develop a multi-modal cargo hub (MMCH) at the airport, while Roseate Hotels and Resorts have been awarded the concession to develop an airport hotel at the Noida International Airport.

Multi-Modal Cargo Hub

Noida International Airport selected AISATS to develop a multi-modal cargo hub (MMCH) at the airport. Spanning across 80 acres of land, the upcoming cargo hub will provide quick, convenient, and intermodal connectivity to and from manufacturing hubs in the country. The cargo and logistics infrastructure and ecosystem will cater to a differentiated catchment and several upcoming industrial clusters in NCR and Uttar Pradesh, creating a cargo gateway for Northern India. The MMCH will include a cargo terminal as well as an integrated warehousing and logistics zone. This unique logistics zone will offer a transhipment center, as well as a warehouse zone for freight forwarders and integrators. The MMCH will also provide for transportation facilities to support road-toroad, road-to-air, and air-to-road movements. The cargo infrastructure at Noida International Airport's MMCH is designed for efficient,

scalable, and seamless process flows as well as common digital infrastructure and systems.

Terminal design inspired by India

The passenger terminal's design is inspired by India and will include various elements synonymous with the region's architecture. The terminal forecourt will feature flights of steps like the famous ghats of Varanasi and Haridwar, welcoming and bringing together people. Delivering the look and feel of a haveli, a courtyard will allow fresh air and sunlight into the terminal building. Inspired by the important rivers of the region, a white, translucent, wavy roof will give the effect of a flowing river. The passenger terminal will feature intricate ornamental lattice screens, inspired by Indian architecture. Noida International Airport will showcase a grand entry to the state of Uttar Pradesh.

Runway and ATC Tower

The airport will feature a 4,000m long and 45m wide runway. The ATC tower will stand tall at a height of 40m. It will give a 360-degree view of the airport to air traffic controllers, who will be able to see the airport's runway, aprons, and taxiways.

Sustainable Planning

NIA has earmarked 8 Ha of land to develop a forest park using trees from the project site. It will serve as a space for passengers and visitors to spend their leisure time and become an attractive destination for health/fitness activities as well as for nature-focussed recreational activities. This will be a sustainable green grove for the airport. NIA plans to preserve native species and be nature positive throughout the development of the airport. In line with

its aspirations to be a green airport, NIA is committed to providing infrastructure and facilities for 100% electrically powered vehicles at the airport in a phased manner. NIA will produce or procure power from sustainable sources such as solar, wind and hydroelectric.

Quick Facts:

- The NIA site spans 1334 hectares
- One floor plate of the passenger terminal is almost 34,000 sqm, which is equivalent to 4 football fields
- Over 2600 workers are currently deployed at the NIA site; peak strength is expected to touch 6000
- To date, our partners have completed over 4.2 million man-hours of work without injury
- Over 400 heavy and small machinery deployed at the site
- 32,000 cubic meters of concrete have been poured to date
- 14,000 tons of steel have been used in construction so far

The airport will enhance connectivity for western UP and add capacity for air travel to/from Delhi NCR, while acting as a catalyst for infrastructure development, economic growth, and job creation in the region.

India now features as the third largest aviation industry in the world, on the back of strong recovery and growth. According to a report by the Centre for Asia Pacific Aviation India (CAPA India), Indian carriers are expected to place orders for additional 1,000-1,200 aircraft, which underlines the future potential of the sector. NIA is committed to delivering a seamless and convenient experience to its passengers, as more Indians look towards air travel in the coming years.





Singapore Changi Airport named World's **Best Airport**

Singapore Changi Airport has been voted the World's Best Airport at the Skytrax World Airport Awards.

his is the 12th time Changi Airport has been awarded this prestigious accolade, a record number since the award was first given out in 1999. In addition to the World's Best Airport award, Singapore Changi Airport also garnered awards for the World's Best Airport Dining, Best Airport for Leisure Amenities, and Best Airport in Asia.

At present Changi Airport is linked to 16 Indian cities, including major hubs such as Bangalore, Mumbai, Delhi and Hyderabad, with 7 airlines (Air India, Air India Express, DrukAir, IndiGo, Scoot, Singapore Airlines, and Vistara) providing approximately 241 weekly services. Apart from those visiting Singapore, Changi serves as a major transit airport for Indians travelling to Australia, the USA, Indonesia, and beyond. With India being a key market for Changi Airport, CAG has consistently focused on 360-degree marketing efforts to promote Changi through campaigns such as 'First in Jewel' in 2019, and 'Chalo Changi' in 2022.

As travel resumed, passenger traffic from India has witnessed a steady recovery with January 2023 seeing the number reaching 85% of pre-covid levels.

The Skytrax World Airport Awards reflect the views of airport customers. Each year, respondents of more than 60 nationalities take part in a global customer satisfaction survey to assess facilities and customer service across more than 550 airports. The World Airport Awards are independent of airport input and fully funded by Skytrax.

Post-pandemic rebound travel from India and beyond

With the roll-back of Covid-19 measures and the return of global travel, passenger traffic at Singapore Changi Airport has recovered to about 80% of pre-Covid levels and is expected to reach 100% by 2024. Changi Airport's top five passenger markets for 2022 were: Australia, India, Indonesia, Malaysia, and Thailand.

Changi Airport re-opened Terminals 2 and 4in 2022 due to strong travel demand. Terminal 4 (T4) resumed operations in September after a two-year hiatus due to the pandemic. As part of continuous efforts to enhance the passenger experience, Singapore Changi Airport embarked on expansion and renovation works at Terminal 2 (T2) in 2020. T2's phased reopening began in May 2022.

Enhanced infrastructure and passenger touch points for travellers

Upon completion in 2024, T2's expansion will increase Changi Airport's total capacity by

five million passengers per annum (mppa) to 90 mppa. The project adds 15,500 square metres of space, allowing for larger Departure and Arrival Halls, and consequently, more room for operations including check-in and immigration clearance.

New leisure, dining, and retail experiences

At the same time, Changi Airport has been adding to its growing range of offerings that cater to different interests and tastes. Apart from the nature-themed attractions of Jewel, the family-friendly experiences at Changi now also include a rock-climbing attraction and a 16m-tall play structure called Chandelier. Travellers can also catch the latest blockbusters at Changi Airport's 24-hour movie theatre which offers free movie screenings.

Dining delights representing culinary influences from around the world include the Flavours of Singapore F&B outlets showcasing local specialties and homegrown brands. Avenues for retail therapy continue to grow with the addition of more international retailers as well as exclusive designer labels. Changi Airport is also ramping up pop-up events to offer travellers exclusive promotions and the world's first product launches.

LEE SEOW HIANG, Chief Executive Officer of Changi Airport Group (CAG)

Changi Airport is honoured to be named World's Best Airport for the 12thtime. This recognition is great encouragement to our airport community, who stood firmly together to battle the challenges of Covid-19 over the past two years. We thank them for their dedication to serve Changi's passengers and the perseverance to keep Singapore connected to the world. To our passengers, we are deeply grateful for your vote of confidence. Your continued support encourages us to keep pursuing service excellence as we expand our offerings to redefine the Changi Experience. We look forward to welcoming everyone to Changi Airport as we rediscover the magic of travel again.

EDWARD PLAISTED, CEO of Skytrax

This recognition for Changi Airport is from the airport customers and serves to underline the airport's popularity with international air travellers. Winning this award as the World's Best Airport is a very clear recognition of the team effort amongst all staff at the airport who contributed to Changi Airport's success.



Qatar Airways Launches Daily Flights to RAK

Starting from 1 November 2023, Qatar Airways will operate daily flights to Ras Al Khaimah International Airport, signifying a major boost to Ras Al Khaimah Tourism Development Authority's (RAKTDA) strategy to enhance global connectivity to the Emirate.

Announced at the Arab Aviation Summit (AAS), which took place at Al Hamra International Exhibition & Conference Centre, the move will strengthen direct international travel to Ras Al Khaimah. The daily flights will offer greater choice, flexibility and opportunities for travellers looking to explore the Emirate, leveraging Qatar Airways' expansive global network of over 150 destinations spanning Europe, the Middle East, Africa, South Asia, Asia Pacific, North America, and South



SHEIKH SALEM BIN SULTAN AL QASIMI, Chairman of The Department of Civil Aviation, Ras Al Khaimah & Ras Al Khaimah International Airport

Ras Al Khaimah is continuing to establish itself as a major aviation hub, driven by the success of an inspiring tourism



strategy that is growing from strength to strength. Our latest partnership with Qatar Airwaysis primed to deliver significant progress against this roadmap, while strengthening our operational footprint. We are excited to explore a long and fruitful relationship together.

Executive Officer of Ras Al Khaimah Tourism **Development Authority**

Our partnership with Qatar Airways and Ras Al Khaimah International Airportis an important step



indrivingRas Al Khaimah's continued growth as a destination of the future. Unlocking joint capabilities with one of the world's leading airlineswill raisethe overall competitiveness of our tourism ecosystem and meet the growing demand for travel to the Emirate. We look forward to working together to drivesustainable growth, in line with our ambition to attract 3 million visitors annually by 2030 and increase tourism's contribution to Ras Al Khaimah's GDP.

Vistara Commences Direct Flights to Mauritius

Vistara, India's finest full-service carrier and a joint venture of Tata group and Singapore Airlines, started direct, 5x weekly flights between Mumbai and Mauritius.



Mauritius is the 15th international destination, and the first in Africa, that Vistara has added to its growing network. The airline has deployed its recently inducted A321LR aircraft with a three-class configuration, as it becomes the only carrier to offer customers the choice of Premium Economy cabin in addition to Business and Economy Class, on this route.

Vistara will accept all eligible customers meeting visa/entry requirements in both countries, as specified by the respective government bodies. Vistara strongly encourages its customers to fully understand these

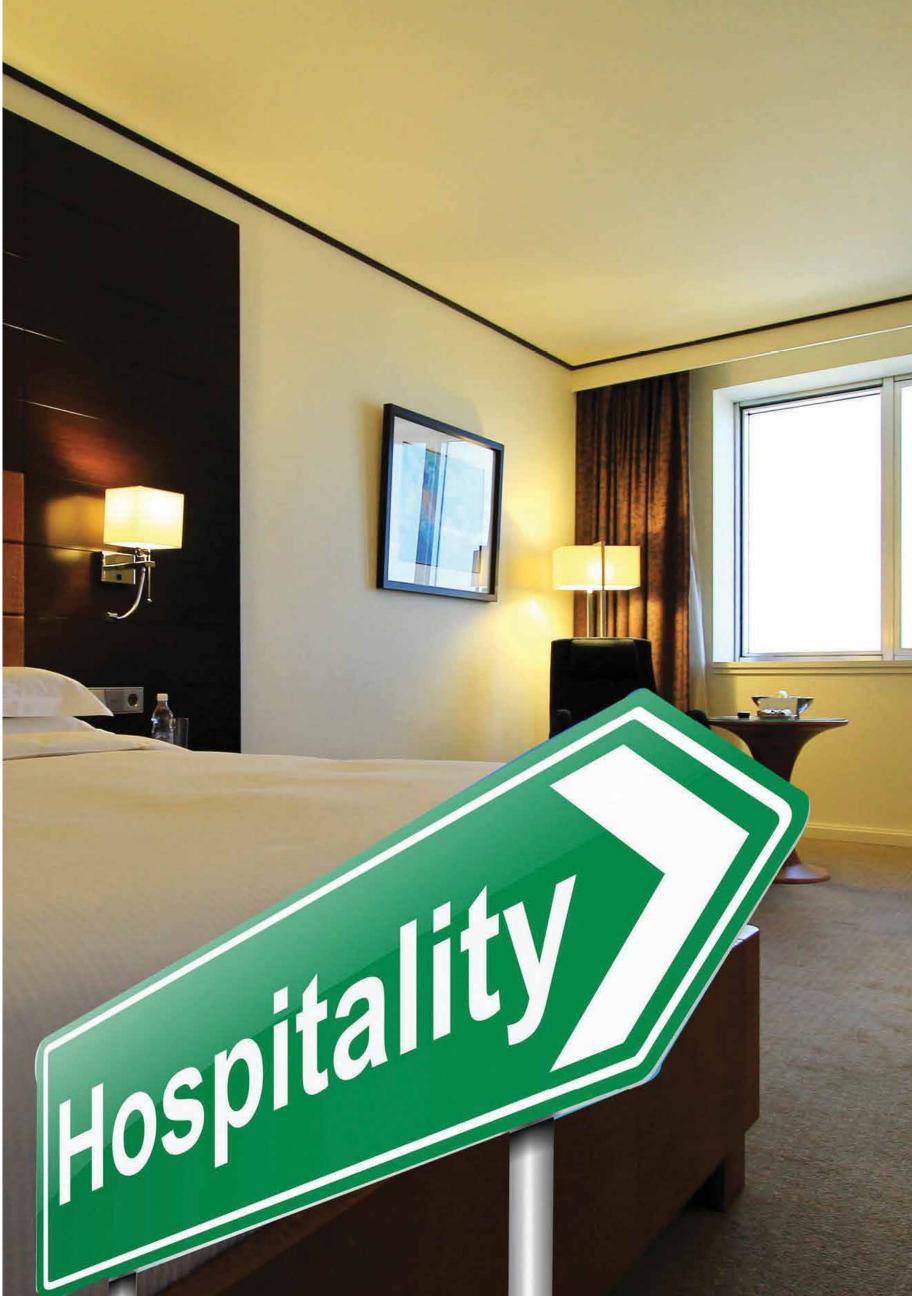
guidelines before making their bookings.

Vistara is India's highest-rated airline on Skytrax and TripAdvisor, and it has been the winner of several 'Best Airline' awards, besides being lauded for world-class cabin cleanliness and upholding high safety standards. The airline has recently been featured amongst World's Top 20 Airlines while being recognised as the 'Best Airline in India and Southern Asia' for the second time in a row, 'Best Airline Staff Service in India and Southern Asia' for the fourth consecutive year, 'Best Cabin Crew in India and Southern Asia' for the second time in a row and 'Best Business Class in India and Southern Asia', at the coveted Skytrax World Airline Awards 2022. Vistara also recently received the ch-aviation Asia's Third Youngest Airline Fleet award for the second consecutive

VINOD KANNAN, Chief Executive Officer, Vistara

We are delighted to take India's finest airline to Africa, as we launch operations to Mauritius. The long-standing relations and strong trade ties between the two countries, in addition to the growing tourism potential of the destination, make it a perfect fit in our network. We are confident that customers will appreciate having the option of experiencing Vistara's awardwinning product and services on this sector.









Summer vacation is the perfect time for families to create unforgettable memories and spend quality time together. With many families looking for the best places to stay during their summer vacation, it can be quite overwhelming to choose from the plethora of hotels available. In this article we will highlight some of the best hotels for kids and family summer vacation.

here are many hotels to choose from when planning a summer vacation with kids. The hotels listed here offer a variety of activities and amenities to keep kids of all ages entertained, making for a memorable and enjoyable family vacation.



Are you tired of all the hassle that comes with planning a dream holiday in the Maldives? Well, we've got some good news for you! The Hilton Maldives Amingiri is the ultimate solution for your holiday woes. Whether you're looking for a romantic adults-only getaway or a fun-filled summer family vacation, it's got everything covered. Here are five reasons why the Hilton Maldives Amingiri is the

perfect summer getaway:

outh-watering food - Food plays an extremely important role in any holiday. With six restaurants and bars to choose from, you're going to be spoilt for choice when it comes to world-class dining at the Hilton Maldives. Habitat, the high ceilings and open kitchen layout of this vibrant restaurant make for a delightful breakfast venue by the sea. Beach Shack, an unpretentious, feet in the sand dining venue that does not take itself too seriously. The shack is all about barefoot luxury, presenting wonderful flamegrilled dishes and craft beers amid sea, sun, and sand. The SIP Tea Lounge, a modern day tea house for refreshment and relaxation. From a delicious matcha latte, robust black teas of South Asia or modern take of iced and bubble tea, SIP provides a tea experience for the global traveler of all ages. Enjoying fresh and flavorful seafood at Origin, a first of its kind in the Maldives. Origin takes a mindful approach to dining, presenting seafood at its best through sustainable sourcing, aging, and reduced waste. Get creative at Aura Pool Bar & Cocktail Lab, a sophisticated yet welcoming pool bar, that brings a first to the Maldives with its Cocktail Lab – a room dedicated to the art of mixology, where mixologists brew bitters and kombuchas and blend creatively sustainable cocktails.

Kids entertainment

Looking for the ideal resort for your family vacation can be exhausting. In Hilton Maldives, our little VIP guests are in for a fun time at Krakengiri Kids' Club, one of the largest children's club in the Maldives. It is a purposebuilt space equipped with modern multicultural toys, games and a crafts area with an interactive

doodle wall. The club also has a spacious outdoor area that comprises a small sports ground, a swimming pool, a baby pool and a splash park that is great for children to enjoy some fun in the sun. Not only this, Hilton also has something for teens, a teens-only rooftop bar Re:Fuel a space exclusively dedicated to teenagers. The young ones are in for a real treat here with a milkshake barista on hand to serve up non-alcoholic drinks or help them make their own milkshakes. A cute seating area overlooks the sea where teens can lounge with their drinks and have a little me time away from their parents (or vice versa).

Soothing spas

A visit to a spa forms an integral part of the Maldivian experience simply because of the scenic natural backdrop the country provides, adding to the rejuvenating and calming experience brought about by therapeutic treatment. Book a couple spa at Skye Deck and take in infinite panoramas of the Indian Ocean. One can also stop by the bar for protein shakes, kombucha, and mocktails. Pair your massage with a couple's yoga session too, it's all about connection and letting go of the worries of life in the Maldives.

Adrenaline rush

Your island adventure awaits. Discover the extensive activities at Hilton's dive center. From snorkelling, glass kayaking, paddle boarding to scuba diving- the private lagoon offers one of the best diving experiences in the world. So put on your snorkel gear and explore the breathtaking world beneath or grab a jet ski and trim the waves. You could also watch the sunset while

glass kayaking and soak in the stunning views in the middle of the ocean, along with your loved one. There are many activities for kids too from swimming in the sea, kayaking, paddle boarding, snorkelling or just parasailing and jet skiing.

Blissful bubble

The resort occupies the entire Amingiri Island and features 109 expansive beaches and overwater villas, each offering private pools and gorgeous views of the surrounding tealturquoise lagoon. The villas lean heavily into the natural beauty of its location, with each villa featuring a unity of both Maldivian and contemporary touches, inviting an abundance of natural light through its floor to-ceiling windows.

All of this is enhanced by accents of the bright and dark blue Hilton colour palette that fittingly mirrors the azure sea and sky. So, if quality time, and staying-in is what you're keen on, the villas provide the perfect cocoon.

In a nutshell, imbued with the quintessential, Hilton promise of splendid luxury and stunning opulence, this island getaway resort has it all. What makes Hilton Amingiri Resort and Spa a great option is the thoughtful attention to detail that the staff put into making your stay a memorable one. From personalized guest experience manager's recommendations on excursions and dining options, to the endless possibilities of grabbing some much-needed rest and relaxation, be it at the spa or simply lounging about your private villa's deck. Or perhaps, having a picnic on the resort's white sanded beach, the sky's the limit



Escape to the Serene Hills

n route to the famous and larger hill towns of Shimla and Chail in the north of India, is the small town of Kandaghat. Surrounded by snow-capped mountain peaks, it promises long rejuvenating walks through hilly green pastures. Club Mahindra Kandaghat resort is located in this picturesque hill station of Himachal Pradesh, offering a perfect blend of natural beauty and comfort.

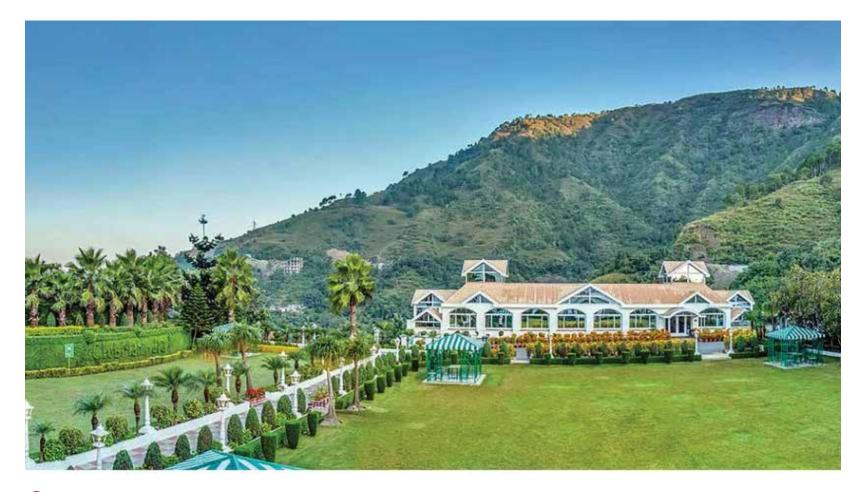
With breath-taking views of the surrounding hills and verdant forests, the resort offers a serene retreat from the hustle and bustle of everyday life. The resort is equipped with

luxurious amenities and services that ensure a premium and comfortable stay for guests. From elegant rooms to a relaxing spa, fitness centre, and restaurants, everything is designed to make your vacation memorable.

Wake up to the call of a bird and feel the fresh mountain air as you enjoy your morning tea. Start your day with yoga, go for a refreshing nature walk, observe the wide variety of flora and fauna that surrounds the resort, enjoy birdwatching, trekking, and so much more. Guests also have the option of staying indoors and enjoying fun games and entertainment

activities at the resort's Happy Hub. Kids absolutely love the experience as they get to learn new skill sets and indulge in their hobbies. The resort's delicious food is another key highlight of your stay. Relish local delicacies such as Siddu, Meetha Chawal, Sepu Vadi and treat your taste buds to a whole new palette of flavours.

So, if you are looking for a truly memorable vacation, look no further. Book your stay at the Club Mahindra Kandaghat resort and immerse yourself in the natural beauty of Himachal Pradesh.





A Spice-scented Tropical Haven

The Residence Zanzibar is a spice-scented tropical haven wrapped in bespoke hospitality waiting to be discovered

s there anything that can accentuate an African vacation? Yes, a villa-only resort nestled amid sprawling tropical gardens flanked by a mile-long powdery white sand beach can. Nothing better describes The Residence Zanzibar.

A perfect setting in the Indian Ocean

Listed as a Travellers' Choice on Tripadvisor in 2022, the 66-key resort located just off the coast of Tanzania showcases Zanzibar's African, Omani, and European heritage through the elegant design of its luxurious villas. Offering a perfect combination of space and privacy framed by enchanting Zanzibar sunset, the villas have private swimming pools and gardens, beach, or ocean views. A glass-walled pool overlooking the ocean is like icing on the cake. Whether one chooses to take a stroll on the beach or cycle their way through gardens, the resort makes a perfect spot to unwind and reconnect with the inner self.

An exciting gastronomical journey

True to the archipelago's cultural heritage, the menu takes a cue from Indian, Arabic, and Mediterranean flavours with a hint of local spices. This means guests can find paratha, biryani, and korma with a Zanzibar twist served at its restaurants or in the intimacy of a villa. The Dining Room with spectacular views of the beach and ocean serves international cuisine as well as regional cuisine peppered with spices that Zanzibar is so famous for. Situated within lush

grounds, which is a short stroll from the main hotel, The Pavilion has a menu best described as Middle Eastern meets Mediterranean. Its contemporary décor with touches of Middle Eastern culture and traditional music in the background offers a unique dining experience to guests. One can also relax by the poolside to relish snacks and drinks. The resort also takes great care of someone celebrating a milestone by arranging an intimate dinner. Guests can pick a venue of their choice, privacy of their villa, the terrace, or an evening barbecue on the jetty by the ocean.

Rejuvenating spa sessions in tropical gardens

Woven seamlessly into the natural landscape, the spa has six treatment pavilions and a relaxation area with a whirlpool. The signature healing massage works on chakra points, while the beauty treatments use local plants and spices to nurture the body.

The African vacation with a historical twist

Whether someone lounges on the beach, wanders through bustling bazaars, goes on a dolphin safari, or encounters indigenous wildlife, Zanzibar has all the tropes of a wholesome vacation, be it families, a group of friends, or solo travellers.

The Zanzibar archipelago – once a gateway for international traders voyaging between Arabia, India, and Africa - has been influenced by diverse cultures that make it a unique multicultural experience. As one walks through

the bustling Zanzibar City's old quarter Stone Town, a World Heritage Site, they come across story-like buildings including coral and stone houses with wooden doors carved with Quranic scripts, Indian houses with courtyards and balconies, and white-washed Arabian mansions of former sultans and Persian merchants.

A visit to a local spice plantation wraps travellers in the aromas of clove, nutmeg, cardamom, turmeric, cinnamon, chili, and black pepper. Nature lovers are in for a treat as they can explore the Jozani Forest Reserve, home to indigenous species of flora and fauna including the red colobus monkey. The village of Kizimkazi, famous for its dolphin safaris, is just 20 minutes away from the resort.

Travel Tips

Connected by many airlines, The Residence Zanzibar is located just 55 minutes from Zanzibar International Airport. Zanzibar is blessed with warm weather all year round, with an average temperature of 27°C in the summer months from October to May, and a comfortable 25°C between June and September. Highly valued for its privacy, the resort is located close to Menai Bay, Zanzibar's largest marine protected area inhabited by indigenous fish and marine mammals.

For those planning an Easter or Eid break, The Residence Zanzibar is offering packages for a stay at a luxury villa with a private pool that includes Easter lunch, a free meal plan, one 35-minute spa treatment, discounts on food & beverages and spa treatments, discounts on child's stay. ■

Unwind at Monteria Village 'Kabila': A Unique Traditionally Themed Experience

Monteria Village revamps the 'Kabila' experience and makes it a perfect destination to unwind this summer, surrounded by lush green farms, gardens, waterfalls and Sahyadri ranges.

ituated in Khalapur, Raigad District, Maharashtra, Monteria Village makes a perfect spot for people who love to spend time under the starry sky, mingle with people, wander in the natural settings, and spend some quality time with oneself. The place is designed to bring people together, engage socially, and keep away from the digital and fast urban life.

Inspired by the banjara community, the 'Kabila' today offers 46 comfortable themed rooms spread across 4 categories - Village Huts, Wooden Chalets, Kutchi Bhungas, and Premium Cottages - that dawns beautiful traditional architecture with modern amenities.

"The Kabila is designed to offer our guests a comfortable and rich village experience. We aim to provide our guests with an elevated experience of a quintessential village with a traditional appeal and modern necessities. At Monteria Village, there are a bounty of unique experiences for the guests." said Rahi Vaghani, Managing Director, Monteria Resort Pvt. Ltd.

"At Monteria Village, our aim is to recreate experiences for our guests who are looking to explore, and slowdown from the hustle bustle of urban living," adds Mr Vaghani.

Spread across 36 acres, Monteria Village offers a variety of activities and attractions for the guests. The property provides the guests a sneak peek into the village life through art, culture, and traditional activities. From nukkad snack shops to Sabras Restaurant that serves buffet, and an extensive a-la-carte menu at the



Cafe De Monteria and the Theka that serves a wide range of mocktails and cocktails, Monteria Village has something for every taste bud, blending well village authentic cuisines with the modern life callings.

Some of the key activities at Monteria Village:

A leisurely walk through the village

Once settled at the Kabila, a stroll to the village is a must to do activity to experience the rural setup of the property. Walk through the green farms, colourful Kutch houses, and Sarpanch house. Visit the Gaushala (cow shed), Bor lake, explore the cave tunnel, a bamboo groove, and the Om temple. Take a walk through the rail tracks at the abandoned makeshift railway station or take a dip at the swimming pool attached to the waterfall or a hike trail on a nearby hill.

Street food

Try the street food at rural nukkad stalls such as pani puri, golas, channa jor garam, and juices. Eat at Sabras restaurant, and sip kadak chai at local vendors. Women from the village also sell homemade pickles and papads.

Visit the mela

The evening village mela is a sight to witness with folk dances, music, and nautaki (entertaining art performances). The Lok Kala, performance stage, is where the performers showcase an array of folk music, dance, and theatre acts.

Shop handicrafts

Buy handicraft items from bamboo and furniture weavers. The village also has carpenter, black smith, barber, tailor and pottery and cycle repair workshops. One even has the option to get their own metal and get them remodelled with the artists at the village.

Play traditional games

Engage in traditional games such as marble, chakdo ride, obstacle course and swing circle around the tree cover, etc.

Open farming to Hydrophonic

From traditional to modern, you can explore every technique and process there is to know about farming.

Escape the Stress of Daily Life

The global wellness market is a booming industry, currently valued at \$1.5 trillion and growing by 5 to 10 percent each year. In today's world, where the line between work and personal life has become blurred, prioritizing one's physical, mental, and emotional health has become increasingly important. It is often said that wellness is a luxury, and health is wealth.

here are six categories of wellness that consumers are most interested in: health, fitness, nutrition, appearance, sleep, and mindfulness. While there are many options available for wellness experiences, there are only a handful of award-winning, medically supervised wellness resorts that provide the ultimate in wellness experiences. The Farm at San Benito is one such destination that offers a comprehensive wellness program that covers all six categories of wellness.

The Farm at San Benito is an ideal location for those looking to dabble in wellness or wholeheartedly commit to improving their mind, body, and spirit. Located in the lush forests of the Philippines, The Farm offers a unique experience with fresh air, verdant surroundings, and legendary hospitality.

One of The Farm's standout wellness programs is their Weight Management Program. The program is designed to help individuals address the root cause of their weight gain and bring their body back to a natural state of balance. The 6-night, 7-day program includes diagnostics, detoxification, a nutritional program to rejuvenate the body









at a cellular level, thermal and spa treatments, physical exercise, and psycho-emotional sessions to learn natural ways to develop a healthy lifestyle. The program takes a holistic approach to weight loss, addressing the underlying causes of weight gain and promoting healthy habits for long-term success.

The Peri-Menopause Program at The Farm is another standout program that helps women navigate the changes that occur during this phase of life. The program includes a range of activities and therapies, including hydrotherapy, aromatherapy, acupuncture, and nutritional counselling. The aim is to help women manage their symptoms and maintain their physical, emotional, and mental wellbeing during this

transitional period.

As consumers prioritize their health and wellness, wellness holidays have become increasingly popular. These trips are designed exclusively for those seeking a complete focus on self-care and mindfulness or as a complement to a well-deserved holiday. Regardless of the reason, all consumers deserve to prioritize their health and wellbeing.

In conclusion, The Farm at San Benito is an exceptional wellness destination that provides a comprehensive approach to wellness across all six categories. Whether you are looking to shake off bad habits and cleanse your mind, body, and spirit, or simply prioritize your health and wellbeing, The Farm is the perfect experience.



Cherished Memories for a Lifetime

Seeking an idyllic vacation destination for your family? Look no further than OZEN RESERVE BOLIFUSHI, where every member of your family can revel in a sumptuous island retreat that will leave you with cherished memories for a lifetime. Just a short 45-minute boat ride from the Male International Airport, the resort offers an array of bespoke amenities to ensure that you experience the most of your time in this paradise on earth. Opt for the all-inclusive RESERVE plan, allowing you to revel in all of the resort's indulgences.

hildren will adore the resort's Kids Club facilities, which provide an array of entertaining activities. For a truly unforgettable experience, why not celebrate your child's birthday on the island? With a plethora of options available, your child is bound to have a wonderful time.

For those seeking adventure, the resort's on-site 5-star PADI Best Dives Centre provides an opportunity to explore rare coral reefs and acquire diving certifications. In addition, snorkelling, kayaking, pedal-boating, stand-up paddling, windsurfing, jet-skiing, sea bobbing, wakeboarding, fun tubing, and banana boat riding are all available. The semi-submarine excursion provides a child-friendly approach to the underwater world.

Families looking for the ultimate luxurious experience should choose the Ocean Pool with a Slide 2 BR suite. Boasting a spacious area of 420 m2, this suite features a lavish master bedroom, a convertible second bedroom with an ensuite



bathroom, a living area for family gatherings, and a 23-meter water slide that takes you directly into the Indian Ocean's sparkling waters. You'll also enjoy a 35 m² private infinity pool, overwater hammocks, and a secluded beach deck. Parents can unwind at the private bar and full-size wine

For a tranquil experience, the spa and wellness centre offers a range of treatments based on the natural elements of wind,

water, fire, earth, and wood. Certified and internationally-trained therapists use Ila spa products to provide the most serene experience.

Guests who opt for the RESERVE abodes will enjoy the lavish RESERVE Experience, including a private catamaran transfer upon arrival, a grand arrival ceremony with special flower petals, and traditional Maldivian Boduberu drumming. Dine anytime, anywhere, and enjoy in-room services and floating breakfasts for a more private experience. The resort also offers packing and unpacking services, surprise gifts for children, and daily turn-down services.

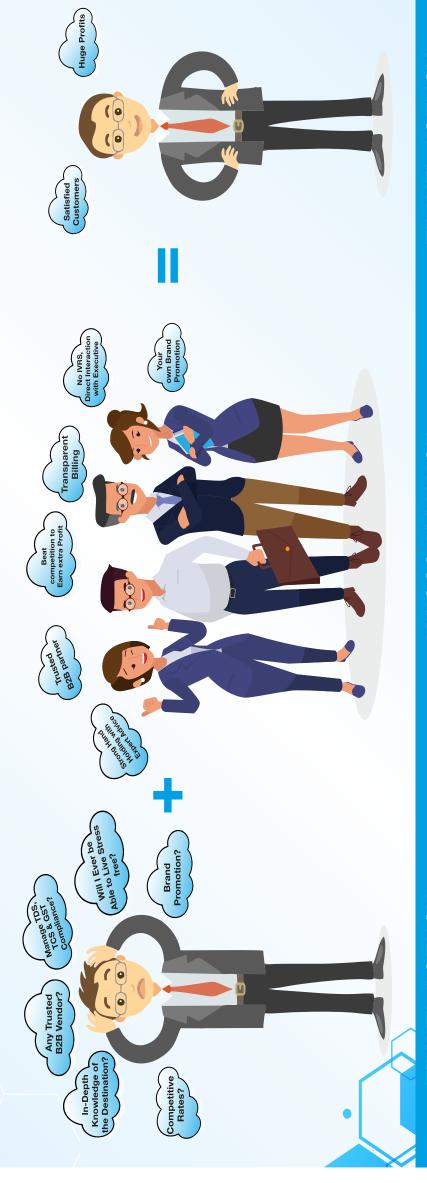
Indulge in a culinary adventure at the resort's exclusive overwater restaurant, ORIGINE, where guests can relish a range of gourmet delicacies. SANGU Beach and Bar offers modern Levant and Moroccan cuisines, while Tradition Saffron serves saffron-inspired dishes. Vista del Mar is an all-day restaurant offering international cuisine with a Spanish twist.







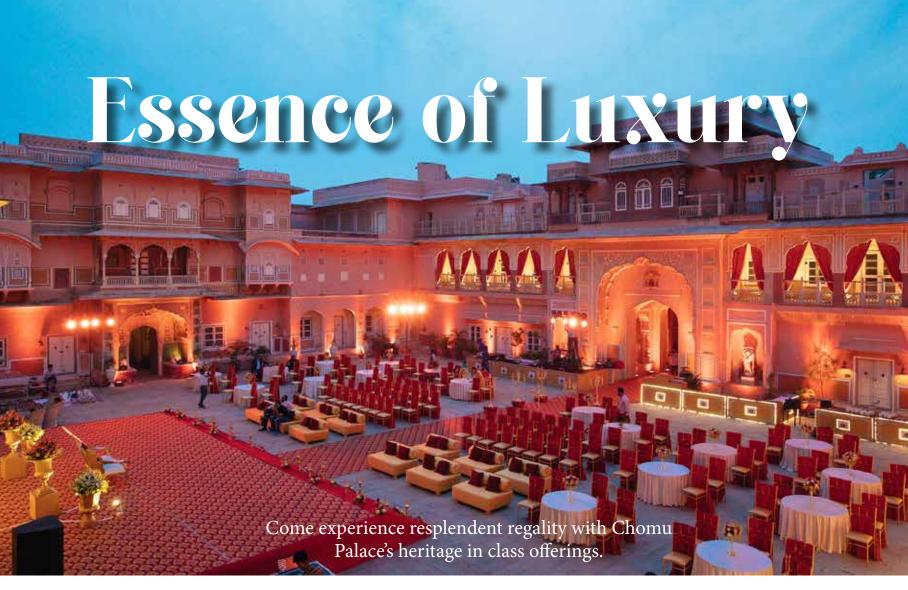
FROM STRESSED TO STRESS FREE



TRAVEL AGENCY

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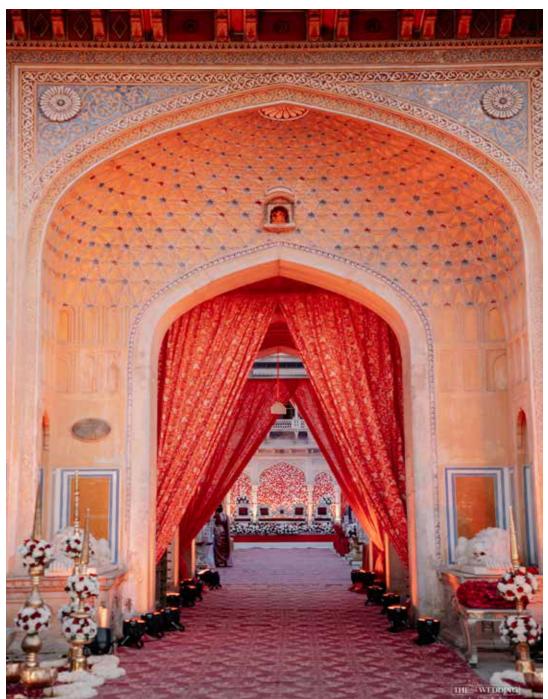
he demeanour of royalty is rightly felt the moment you enter the majestic fortress of Chomu Palace Heritage Hotel is a luxurious and historic property located in Chomu, a small town in the outskirts of Jaipur, Rajasthan.

The fort was originally built in the 18th century and has since been transformed into a stunning hotel, offering world-class amenities and services. The hotel's regal architecture and exquisite interiors make it a popular destination for royal destination weddings and other majestic celebrations.

For those seeking a truly luxurious wedding experience, Chomu Palace Heritage Hotel offers a range of bespoke wedding packages that are tailored to meet the needs and preferences of each couple. Hotel experienced event planning team works closely with the couples to create a memorable and personalized experience for them and their guests.

The wedding ceremonies at Chomu Palace Heritage Hotel are typically held in the hotel's open gardens or the grand Durbar Hall. The gardens are beautifully landscaped and adorned with fragrant flowers, providing a picturesque backdrop for the royal wedding ceremonies. The Durbar Hall, on the other hand, is a magnificent venue with soaring ceilings, intricately carved arches, and ornate chandeliers, giving it a regal and majestic atmosphere.

The hotel offers a range of accommodation options, including luxurious suites and rooms, which are elegantly decorated and equipped with all modern amenities. The suites and rooms are spacious, comfortable, and offer stunning views of the hotel's gardens or the surrounding





countryside.

The hotel's restaurants offer a range of culinary delights, including local and international cuisines, prepared by the hotel's expert chefs. The guests can enjoy sumptuous meals and beverages in the elegant dining rooms or in the garden, under the stars.

Apart from the wedding ceremonies, the hotel offers a range of activities and experiences for the guests to enjoy, such as cultural performances, spa treatments, and excursions to nearby tourist attractions.

If you want a first-hand glimpse of what you can be offered you can even opt for the virtual tour the hotel that the hotel has been conducting for the potential guests, which can be easily accessed via their website or also upon request from the hotel.

Accommodation

Chomu Palace Hotel has 100 Keys that reflect its regal past. Guests will find a good mix of old-world hospitality heritage and modern elegance. A night in this romantic, aristocratic ambience surrounded by antique furniture and grandeur with marble bathrooms and luxurious furnishings makes an experience as memorable as it is inspiring. Each suite is unique, but reflects love of quiet comfort and understated elegance

Traditional Dining Experience

The Palace's fine dining Restaurant offers a delightful gastronomic experience. They create something special, blending aromatic Indian spices with modern cooking techniques to produce an eating experience that is recognized as exceptional.

MICE

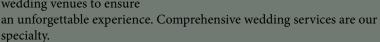
The Banquet halls reflect a fine blend of aesthetics and shape, practicality and flexibility. Banquet halls have different variations, each one versatile in its own way, to cater to varied needs. The halls ensure uninterrupted free movement. One can have big fat wedding also in 5000 sq ft ball room of the hotel.



C.P. Rathore, General Manager, Chomu Palace Hotel

Luxury & Royal weddings at Chomu

Luxury & Royal weddings at Chomu Palace set a new standard for once-in-alifetime occasions. From bridal showers, cultural etiquettes to grand gala dinners to afternoon tea to martini nights for bachelor parties and other ideas you may have only dreamed of, our professionals combine the finest elements with the most beautiful wedding venues to ensure



Chomu Palace Heritage Hotel is an ideal destination for couples who are seeking a luxurious and unforgettable wedding experience. The hotel's stunning architecture, exquisite interiors, world-class amenities, and personalized services make it a perfect venue for a dream wedding.



Travel is a profoundly meaningful experience, and are increasingly looking for immersive, authentic travel experiences. As travellers they don't just want to see a place, they want to feel it. Hotel stays are not just about tightly tucked beds, mini fridges and room service anymore; they are about memorable moments that complement and enhance the travel

It's clear; for hotels to appeal to the modern traveller's desire for authenticity, and to stand out from other hotels offering all the same features and amenities, they should focus on selling an experience, not just a pretty room. In other words, a hotel should be a destination in itself. This is where boutique and other independent properties have the upper hand and position to provide memorable stay experiences that reflect their local destination, the unique character of their property, and the desires of their target demographic. All it takes is a little passion and creativity.

Spring Food Trends



Spring is ready to step into the new menu of Armani / Ristorante, located on the 7th floor of the homonymous hotel in via Manzoni, 31.

ed by Executive Chef Francesco Mascheroni, the menu offers three tasting itineraries in balance with technique, trends, and local inspirations which welcome accents of international cuisines. The menus are "My Vegetable Cuisine", "Present" and "Evolving Traditions".

Asparagus (white asparagus, lettuce, and yuzu), Peas (coconut milk, puffed rice), Eggplant (miso, basil, almonds) are some of the dishes that make up the menu "My vegetable cuisine"; it consists of six courses where Spaghettone (Gragnano Gentile, yellow datterino tomato, 90 months aged Parmigiano Reggiano) is worthy of attention and which represents a delicious invitation to mop up your plate with bread. The distinctive trait of this menu is the fact that each dish, whether desired, may become vegan.

"Evolving Tradition" welcomes six courses, which are original reinterpretations of typical and local dishes, such as Aspic (made of veal tongue and bluefin tuna, green apple, trout roe, Pantelleria capers), Rice ("erburin", soy smoked eel), Like a Lasagna (duck ragout, green curry, coriander and lime) or Tripe (Milanese Sea tripe, sausage from Piedmont, fava beans, black cod), just to name a few.

Last but not least "Present", an offer of seven courses which represents the synthesis of the chef's current gastronomic belief and that perfectly matches with the seasonal ingredients. It consists of a lot of suggestions and creativity that embrace land dishes such as Lamb (cooked in a saucepan, grilled lettuce, reduced gravy), Veal (sweetbread, asparagus, morels, wild garlic) and seafood including Dim Sum (roasted dim sums, ginger, kimchi consommé, Gillardeau oysters, nashi pear) and San Pietro(wasabi white butter, parsley root).

The chef's essential style can be translated into a cuisine without borders in regard to ideas and raw materials, where the lowest common denominator is simplicity. It is however apparent simplicity which is expressed through dishes that captivate for their beauty filled with content. The clear contours and complex flavors pave the way to the pure taste of ingredients.

Furthermore, on the occasion of Easter, Armani / Bamboo Bar offers its Guests and the external clients of the Hotel a menu made of four courses, rich in tradition. It is available on Sunday, 9th April and on Monday, 10thApril for lunch.









Mumbai is a maximum city in all forms and manners, and rightly so. But we all need a space that relaxes us, calms us down and makes us reminisce about the good times. And that's precisely what Bustle — At the rooftop, Mumbai's newest all-day cafe and rooftop restaurant promises to offer.

estled in the prime area of Mumbai suburbs, Bustle is a charming all-day rooftop gastropub that effortlessly combines luxury and cosy ambience and is one-of-its-kind in the area. It oozes exuberant resort vibes, with its earthy decor, eclectic chic aesthetics and seating right under starstudded skies. The immaculate decor sits in stark contrast with the panoramic view of the hustling and colourful city in the backdrop, giving the restaurant's apt name a whole new meaning. Be it any time of the day or a beautiful sundowner, Bustle is the place to be.

Bustle is owned by Sunny Rachwani, a vibrant restaurateur whose family has been in the restaurant industry for 40+ years. After successfully running the crowd-favourite 90ft Above, Bustle is Sunny's newest passion project and his best one yet!

Commenting on the launch, owner Sunny Rachwani said, "We are extremely grateful for the success of 90ft Above, but after 7 years, we knew it was time to reinvent ourselves. With Bustle, we've gotten a whole new team, created an atmosphere that caters to people across ages but is youth-centred and brought in global vegetarian food that not a lot of other restaurants cater to.

The place champions both a lounge where you



can relax and a party place to dance to the tunes. Our food and drinks are going to be in line with our elevated and modern vibe and we can't wait to open up Bustle's doors to our loving patrons."

The restaurant specialises in 100% vegetarian global food, a rare sight to see, that too with an added Indian twist. It's headed by Chef Vinayak Mohite who's previously been associated with names such as London Taxi and Woodside Inn. The menu features fare across Indian, Lebanese, Mexican, Japanese, Chinese, Thai, Burmese and more, making sure that there's something in store for everyone.

Some of their must-have dishes include Mushroom and Truffle oil Flatbread with piped truffle cream cheese and black truffle oil glaze because there's no such thing as too much truffle, Guacamole On Table where chefs will prepare fresh guacamole with crispy Togarashi



Wonton chips, Stuffed Bhavnagari Chili on a bed of Makhni Gravy that combines Indian mirchi poppers with the classic makhani gravy for something old and new, and the sumptuous Chettinad jackfruit tacos and Ghee roast mushroom with Malabar paratha.

Pair this with their range of unique and carefully crafted cocktails such as their Casaba with sparkling wine, melon and lime, Déjà Brew with vodka, baileys and coffee or Elder Florita with rum, elderflower and mint. The bar is designed and stocked keeping in mind people's diverse tastes and the cocktails are lip-smacking enough to keep you coming back for more. And worry not if you're a teetotaller because their mocktails like Melon Burst with a splash of melon, lime and sparkling water, Cucumber Collins with a hint of cucumber and elderflower or peach-based Georgia on my mind are no less!

Four Seasons Bengaluru: **Unique New Sunday Brunch Experience at** Far & East

Four Seasons Bengaluru brings yet another exciting experience for all food enthusiasts in the city with the launch of its Sunday Brunch at Far & East.







he hotel's award winning Asian brasserie, located on the 21st floor, is all set to entertain guests April 2nd onwards with a special menu that has been expertly crafted by Chef Yonaha and Chef Wong. Guests can enjoy a delectable array of Japanese, Thai, and Chinese delicacies while taking in stunning views of the city and enjoying the Instagram worthy, rainforest inspired ambience.

The menu of the Sunday Brunch at Far & East is a thing of beauty, carefully curated to delight every appetite and mood. The Brunch will offer a unique dining experience, where guests can enjoy a wide range of dishes, including Yakitori, and an array of wok dishes prepared to perfection. While every dish is a winner, the standouts of the Brunch are sure to be the live stations, which will include Peking Duck, Sushi and Robatayaki Grill. For those with a sweet tooth, the dessert display features a selection of indulgent treats to satisfy any craving. In addition to the delicious food, the menu will also be offering a selection of wines and Asian cocktails, carefully curated to perfectly complement the flavors of the dishes. Whether you prefer a crisp white wine or a fruity cocktail, there is something for everyone on the menu.

Speaking on the occasion, Mr. Savio Fernandes, Director of Food & Beverage, Four Seasons Hotel Bengaluru said, "The hotel is known for its epicurean excellence. With the Launch of our Sunday Brunch at Far & East, we have tried to create a truly exceptional culinary experience, with a focus on craftsmanship, character, service and attention to detail. We can't wait to welcome our guests to this exciting new dining concept."

An ideal way to relax, unwind and enjoy a leisurely weekend in Bengaluru with family and friends, the Sunday Brunch at Far & East is a unique experience that can't be missed.





Catch the Excitement of IPL Matches with the **BIG GAME** CHAKNA

It's that time of year again when tosses are thrown, fans cheer for their favorite teams, and stadiums across the country prepare to host the most exciting cricket extravaganza of the year - the IPL T20, 2023. So, get ready to be bowled over this T20 season as Hard Rock Cafe, New Delhi brings you the excitement of live screenings and a special 'BIG GAME CHAKNA' menu inspired from the local flavor palates. There are amazing deals on cocktails and beverages, and an extremely scrumptious Chakna menu to try from 31st March to 28th May, 2023.



hether you're rooting for the Mumbai Indians or the Kolkata Knight Riders, pumping your fist for the Royal Challengers Bangalore, or cheering for the Delhi Capitals, watch your favorite teams battle it out live only at Hard Rock Cafe New Delhi. The menu deserves an applause since it includes a variety of dishes right from a regional dishes like Koliwada Prawns to Korean Chicken Slider to a very eclectic Tostada Flatbread, a Fire Cracker Creole spiced Potato Wedges and a Pizza Margharita Dip. That's not all, we have an exciting drinks menu to pair it with the dishes like a classic Kala Khatta Ice tea made from infused 5 kinds of spirits and topping it off with a coke, Aam Panna Ice Tea which is a medley of flavours in this five spirited LIIT, Boston Iced Tea with

four bold spirits amped up with coffee liqueur and a splash of coke or be it 50 Shades Ice Tea which is a dark and delicious drink infused with 5 spirits, red wine and a hint of litchi makes this concoction irresistible.

Hard Rock Cafe New Delhi is about more than just the food; it's about the team colors, the competition, the feverish excitement of watching the game with your crew, and everything else that's going on. We're celebrating the spirit of cricket, the men who play the game, and the fans who make it all exciting, with a regionally inspired menu and special deals on cocktails and drinks. This special menu is for our cricket lovers from different regions of the world bringing out the best to keep you entertained. Cheer along for your teams as Hard Rock Cafe New Delhi turns into a stadium.





Wyndham Hotels & Resorts Hosts Competition to Find Innovative Chefs

Wyndham Hotels & Resorts, the world's largest hotel franchising company with approximately 9,100 hotels in 95 countries around the world, recently concluded a competition, where nine chefs from Wyndham hotels in India competed for the prestigious opportunity to join Wyndham's food and beverage (F&B) Advisory Council in Eurasia.

The advisory council of chefs will play an instrumental role in guiding Wyndham's franchised hotels in the region to enhance their F&B offerings as well as strategically design and manage F&B operations. The event was held at the Indian School of Hospitality, Gurugram, with prominent personalities of the F&B industry in attendance.

India has always been an iconic destination for food and stands out globally for its diversity and richness of cuisine. The competition was crafted to explore it further by bringing in Wyndham's top chefs to showcase their skills and talents, whilst also challenging themselves with cuisines, culinary skills and creativity. The first prize was awarded to Yogendra Prasad, Executive Chef at Ramada by Wyndham Dehradun Chakrata Road, the second winning prize was awarded to Executive Chef, Manoj Rawat, Ramada by Wyndham Gurgaon Central and third place was awarded to Akash Bhalla, Chef de partie at Ramada by Wyndham

Dishes were judged based on creativity, taste, texture and appearance by esteemed judges and industry subject matter experts: Dilip Puri, Founder & CEO of Indian School of Hospitality and Bikramjit Ray, Editor-In-Chief ET Hospitality. Each Chef was also ranked based on hygiene and cleanliness (uniform, personal, workstation), food wastage, mise en place, culinary skills and visual appeal.

Dimitris Manikis, President EMEA, Wyndham Hotels & Resorts, said, "India is renowned for its culinary diversity, and a competition like this is a perfect platform to showcase the incredible talent in our Wyndham portfolio. As part of our initiative to empower, ignite and leverage F&B across the region, this competition created opportunities for innovation and creativity. I would like to congratulate all the participants and welcome Yogendra Prasad, Manoj Rawat and Akash Bhalla to the Wyndham Hotels & Resorts F&B Advisory council."

Nikhil Sharma, Market Managing Director, Eurasia, Wyndham Hotels & Resorts, said, "The F&B division contributes almost 50% of revenue for the group and therefore offers immense potential. With more than 50 hotels across India, the competition brought together culinary experts from the subcontinent's diverse regions, each with their own unique specialties and cooking styles. We look forward to continuing to learn, adapt and improve our F&B offerings with Wyndham's growing F&B Advisory Council to create dining experiences for guests that make their stay memorable."

The winners from this event will become part of the Wyndham Hotels & Resorts Eurasia F&B Advisory Council for 18 months.

The competitions winner, Yogendra Prasad, Executive Chef at Ramada by Wyndham Dehradun Chakrata Road has 15 years of culinary experience, working with renowned

names such as ITC Gardenia, Taj Hotels, Hilton and Radisson in India and around the world. The competitions winning dishes, prepared by Chef Prasad included jamboo flavoured, horse gram, stuffed dumplings with stone crackle vegetable consomme and mint, hemp chutney to start; home grown mustard leaf vegetable, local black bean curry, ragi millet bread and barnyard rice grain cake for the main and barnyard grain kheer with a hint of hemp oil (sugar free) to finish.

Executive Chef, Manoj Rawat, Ramada by Wyndham Gurgaon Central brings 20 years of experience working with some of the finest global hotel brands including The Oberoi Group, IHG Hotels & Resorts, Marriott, Hilton and Radisson. In second place, Chef Manoj created a smoked ham and cream cheese on salmon toast with kaffir lime aioli to start, followed by braised lamb morsels with jeera vegetables and khichdi parmigiano and for dessert, mewa kesar gujiya tart.

The third winning prize was awarded to Akash Bhalla, Chef de partie at Ramada by Wyndham Neemrana. Graduated from Institute of Hotel Management Gurdaspur, Akash holds a certification in industrial training from Hilton, Janakpuri. He is a specialist in curating Japanese cuisines and has a creative spark in bringing new ways of presenting dishes. In third place, Chef Bhalla prepared wasabi potato patty with steamed tamarind to start, vegetable katsu curry for the main and halva baozi for dessert.











ADANI Lounge at Mumbai **Airport unveils** their First Class Menu

¶irst class passengers will soon be able ◀ to enjoy this exclusive menu during their next trip. The menu has been curated by award-winning Chef Rajesh Shetty, Food & Beverage Consultant for the Adani Lounge Mumbai. He started his journey and trained with the prestigious Taj Mahal Mumbai, and over the last 26 years has been associated with crafting incredible culinary experiences within the travel sector.

Delectable Lobsters, Poached Brussel Sprouts, Vegan Rissottos and Bruleed Salmon among the many dishes on this menu, it is a true confluence of East meets West. "With this new rendition, we have a singular goal, of making a traveler savour the journey as much as the destination." noted Chef Rajesh Shetty. "We want someone visiting the lounge to not only unwind and relax before their flight, we want them to be immersed in a journey where food leads the way."

Travel Food Services is the Travel, F&B & Retail arm of the legendary K Hospitality, the company behind some of India's most loved restaurants Copper Chimney, Irish House, Bombay Brasserie and many others. With over 21 lounges and 300 outlets across travel hubs, Travel Food Services is a leader in airport hospitality and curating luxury experiences through their lounges.

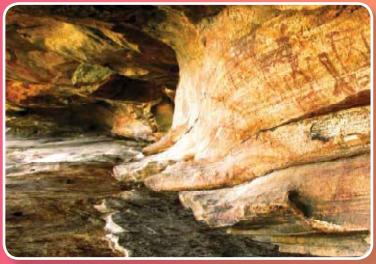
"Our Lounges are our pride and joy where we craft unique experiences that cater to the most discerning traveller." COO Gaurav Dewan added. "We want this to be the best part of their travel. We want to set a benchmark so high that very few F&B and hospitality experiences can come close."

A hearty discussion on Culinary, Luxury Dining, Hospitality and Cuisines followed by a 7 course meal, carefully designed to take the guests on an unmatched culinary experience marked the launch of the First Class Menu which is now available in the Adani Lounge.

Rock Painting

Earliest attempt by human beings to depict their natural world symbolically









Directorate of Tourism, UP PARYATAN BHAWAN

C-13, Vipin Khand, Gomti Nagar Lucknow- 226010 Tel.: +91-5222308916 | Email: upstdc@up-tourism.com





s part of the joint effort, a cohort of 15 students from Whitecliffe School of Fashion & Sustainability, also the recipients of Prime Minister's Scholarships for Asia, visited India and worked with the students of Pearl Academy and artisans of Kala Raksha for five weeks

Collaborating with the NGO Kala Raksha from Bhuj, Kutch - 30 students went on a trip and stayed with the artisans for over two weeks. The larger group was distilled into groups

and were assigned to make each garment. The embroidery work was done collaboratively with an indigenous group and students.

The students showcased their work through an innovative fashion event titled NO:MAAD:ISH on Tuesday 28th March at the New Zealand High Commission, New Delhi.

Speaking about the event, HEDavid Pine, New Zealand High Commission to India, said, "New Zealand and India hold strong education ties and the Prime Minister's Scholarship for





Asia symbolizes New Zealand government's commitment to further strengthen bilateral ties between both countries."

"We are thrilled to have 15 Prime Minister's Scholarship recipients from Whitecliffe College visit India and take this opportunity to collaborate with Pearl Academy students in fashion and sustainability. We believe such initiatives welcome diverse perspectives, develop student's ability to think creatively and collaboratively, and widen the avenues of knowledge around different cultures." he further added.

Perfect Diet to **Eliminate Botox** in Your **Growing** Age

Preeti Gupta, Dietician and Founder of Perfect Health by Preeti share about 5 things in your diet to keep the skin tight in old age.

s we age, our skin naturally begins to lose elasticity, which can lead to sagging and wrinkles and it becomes a necessity to provide extra nourishment to the skin. While there is no magic pill to reverse or stop the effects of aging, there are some dietary changes that can help you support the skin's health and promote a more youthful appearance. Here are five foods you can include in your diet for tightening the skin in old age.

These are simple foods that anyone can incorporate in their diet, but we still recommend to take your personal expert's advice before making any dietary changes.

Coconut water: Consuming coconut water as morning drink is really good for skin as it is a natural and refreshing drink that is known for its numerous health benefits, including keeping the skin tight in old age. Coconut water is an excellent source of hydration for the body, which is essential for maintaining healthy and youthful-looking skin. It is rich in antioxidants, which can help fight free radicals in the body.

Vitamin A, C, and E rich foods: Citrus fruits, ghee, green leafy veggies, milk, yogurt, coconut oil consists antioxidants which hydrates and prevent sagging of the skin. Vitamin A, also known as retinol, is essential for healthy skin. It helps to promote the growth and development of new skin cells Whereas, Vitamin C is an important nutrient for skin health and Vitamin E is powerful antioxidant that can help to protect the skin from damage caused by free

Banana: Bananas are a nutritious fruit that





can contribute to keeping the skin tight and healthy in old age. They are a rich source of potassium, which can help to regulate the water balance in the body. This can help to keep the skin hydrated and prevent it from becoming dry, which can lead to wrinkles and fine lines. Additionally, it also has Vitamin A that helps to promote the growth and development of new skin cells, which can help to keep the skin looking firm and youthful.

Cucumber: Cucumbers are high in water content, which can help to keep the skin hydrated and plump. It helps to maintain the elasticity of the skin. It has astringent properties, which can help to tighten and firm the skin. In addition to this, cucumbers also consists of compounds that have anti-inflammatory properties, which can help to soothe and calm the skin. Eating anti-inflammatory foods like cucumber can help to keep the skin healthy and youthful-looking. Collagen Protein rich food: Protein rich foods like egg whites are a popular home remedy for keeping the skin tight in old age. They are a rich source of protein, which is important for the structure and elasticity of the skin. When applied topically, the egg white dries and forms a film on the skin, which can create

a tightening effect. This can be particularly useful for areas of the face that are prone to sagging, such as the cheeks and under the eyes. In additional, egg whites also consists important vitamins, including vitamin B2, vitamin B3, and potassium.

Why does our skin starts to lose its elasticity with time?

During the aging process, our skin naturally produces less collagen and elastin, which are two proteins that give our skin its elasticity and firmness. This can be a major reason why out skin started loosing it's elasticity with time.

Is it allowed to get treats while trying to keep the skin tight in old age?

Yes, you can have treats while trying to keep your skin tight in old age. But note that there should be a proper balance. Consuming too much processed food can damage the skin.

• How long does it take for changes in the diet to show on the skin?

Generally, the changes in your skin shows up in several week but it can vary depending on several factors, such as your age, skin type, and overall health.

In conclusion, While starting to age it is important to provide your skin with extra nourishment as it also starts to lose its elasticity and firm. In this article, we. Discussed about 5 foods that can help you maintain that elasticity and keep your skin smooth for longer time frame. Note that it's is important to consult you health care giver before making any changes in your diet. We hope that this article helped you.

India Fashion Tex 23

To transform India's woolen textile industry and help India become a global hub for "Make in India" woolen textiles & apparels, Wool and Woolens Export Promotion Council (WWEPC) in association with Power loom Development & Export Promotion Council (PDEXCIL)under the aegis of the Ministry of Textiles and Ministry of Commerce & Industry, Government of India, jointly organized the 3rd edition of India Fashion Tex 2023-Reverse Buyer Seller Meet (RBSM) at Hotel Ashoka, New Delhi from 20th-22nd March.

he three day exhibition will be attended by over 200 international buyers from various countries like United States, EU, Scandinavia, UK, Australia, Japan, Middle East, Vietnam, Sri Lanka and many more along with them there will be more than 100 Indian exhibitors attended the exhibition. Some of the international brands including Impulse, Li & Fung, Triburg, Puma, Adidas, Ikea, New times Group, Falabella and many other established buying houses have showcased a wide range in textiles & apparels, while, there were a special Pavilion from J&K to exhibit variety and innovation.

The inauguration ceremony was graced by Smt. Shubhra, Trade Advisor and Development Commissioner (Handicrafts & Handlooms) Ministry of Textiles, Gov of India. While speaking during the inaugural address, Smt. Shubhra said "I would like to congratulate the Wool & Woollens Export Promotion Council





(WWEPC) and Powerloom Development & Export Promotion Council (PDEXCIL) for jointly organizing the RBSM-India Fashion Tex 2023. The Indian Textile industry is the second largest employment generating sector and the strength of India's textile industry is the manufacturing value chain base present in the country. The share of textile exports in India's total merchandise exports has been around 11% and there is lot of scope to grow further. The Export Promotion Councils can play a very important role in this context. India Fashion Tex is an excellent platform where all participants catering to different textile clusters can meet the foreign textile buyers and this will encourage the exhibitors from MSME Sector and will further uplift the Indian export at the global markets".

ShriRomesh Khajuria, Chairman, Wool and Woolens Export Promotion Council, during his inaugural address said "The Indian woolen textile industry have come a long way, from small beginnings as a cottage industry and is now able to meet the international standards through constant innovations in techniques, styles, textures and colors. Today, there has been a 29% of growth in exports of wool &woolen products during the period April 2022 to January 2023 as compared to same period previous year. Under the supreme guidance of Hon'ble Union Minister of Commerce & Industry and Textiles, Shri Piyush Goyal, the Indian textile industry showcased its strength at the international arena. I would also take this opportunity, to thank our Hon'ble Prime Minister Shri Narendra Modi ji for approving



India Fashion Tex also organized a dazzling fashion show which displayed the latest collections of participating companies on the ramp. The products on display are being designed keeping in mind the latest trends in the international market, colour themes and ongoing fashion practices. Various Indian and International models walked the ramp in traditional Indian and western garments which showcased different varieties of various Indian woolen wear.

seven PMMITRA Parks, this significant step will be a big boost for the Indian textile industry". He further said that "India Fashion Tex will be a great platform for all Indian textile MSMEs coming from different textile clusters under one roof to meet foreign textile buyers from across the world."

Shri Vishwanath R. Agarwal, Chairman, Powerloom Development & Export Promotion Council said, "It is my great pleasure to welcome you to "India Fashion Tex" a Grand Reverse Buyer Seller Meet, the Indian textile industry continues to show a strong growth despite challenges in the domestic and international markets. India is one of the fastest growing economies, holding about 4% share

of the global trade in textiles and apparel. PDEXCIL has a long history of organizing RBSMs and supporting the MSME textile and apparel entrepreneurs of India. "India Fashion Tex" is representing textile manufacturers and traders from all over India such as Delhi, Mumbai, Ichalkaranji, Solapur, Erode, Tirupur, Erode, Karur, Ahmedabad, Varanasi, etc. with each place having its own unique product. I am sure that the global textile buyers visiting the RBSM will get a good opportunity to source their requirements of various textile products under one umbrella of 'India Fashion Tex'. While speaking about the Powerloom sector he said "The Powerloom sector is producing all kinds of woven fabric and made-ups had an export of US\$ 8.3 billion approx".

The three-day exhibition will have an extensive range of woolen merchandises including Yarn & fabrics apparels, clothing knitwear, hosiery goods, pashmina shawls / stoles, Scarves, mufflers, blankets, blazers and home textiles crafted by Indian weavers and artisans.

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CELEBRITY DIET

Though various food fads and dangerous trends are being floated in the market through celebrities, which people begin to follow blindly, but there are a few celebs too who practice healthy habits of eating and exercise too.

Dietitian Garima Goyal

■ veryone looks at the physique of bollywood actors and begin to drool to achieve that dream body. So here are a few diet tips that you can follow and discard in context of achieving your dream body.

Deepika Padukone - She has mentioned in various interviews that she is a teetotaller and this helps her to maintain her figure. She swears on not following any strict diet or having fancy foods, rather consuming small quantities of her favourite foods in frequent intervals.

Anushka Sharma - To remain slim and for a beautiful skin, she is very conscious and avoids junk food as far as possible. She prefers to have homemade food and carries her tiffin box to shoots as well. The best thing in her diet regime is her breakfast which includes eggs, a great source of protein and energy.

Sara Ali Khan - She is a motivator for most as she had a jaw dropping transformation from 95 kg to 56 kg. She is very disciplined for her diet and workouts. She never misses her gym and always have homemade food, ditching all the processed food, pizzas and burgers.

Soha Ali Khan - She made her mark during her pregnancy journey by being a fitness freak, daily





practicing yoga and following a healthy diet. She considers yoga to be the best way to lose weight and stay fit.

This is just a small list but if you go through the celebrity interviews, you will find these things in common.

They give time to their body - They keep their body moving all the time. Some go for gym workouts, some are seeing doing pilates while some master the yogic postures. Everyone knows that losing weight involves 80 percent diet and 20 percent exercise, but that 20 percent is also important. Shilpa Shetty posted her yogic postures while she was in Manali for a film shoot and didn't let her busy schedule come in her way of exercise.

They practice interval training - Celebrities don't get even an hour for their work out on most days, so they use interval training and move their body in short bursts. For boosting metabolism and toning muscles, high intensity interval training (HIIT) is really helpful.

They achieve masters in both aerobic fitness and resistance training - Celebrities very well know that it's not only about losing weight. So along with doing cardio exercises for aerobic fitness, they also perform strength training that includes body weight exercise, battling ropes, kick boxing, chin ups etc. and move all their muscles.

For most, their health mantra is yoga - Shilpa Shetty, the Goddess of yoga made everyone believe that a well toned body is achieved by yoga. The benefit of yoga is that you can perform it anywhere and helps to achieve both physical and mental health. We are also seeing Alia Bhatt coming back to her shape after postpartum and recently she added a post that states that she completed 108 Suryanamaskars.

They perform mindful eating - Since they are travelling most of the times, celebrities always carry their healthy foods along or try to eat healthy foods. They try to add nutrient dense foods to the diet and give little space to their cravings.







#ARTOFMOTORCYCLING: It's Bigger! Its Better! Its Back!

Royal Enfield, the world's oldest motorcycle brand in continuous production is back with season 3 of its marquee creative campaign ArtofMotorcycling. Conceptualised to fuel creativity among artists, creators and motorcycling enthusiasts, the platform gives the community an opportunity to express their love for art and 'the motorcycling way of life'.

Por the first time, under
ArtOfMotorcycling, Royal Enfield will
take the art created by the community to a
whole new level with the Art on Street initiative.

Taking over popular art districts across Delhi (Lodhi Art District), Chennai (Kannagi Art District) and Mumbai (Mahim (E) Art District), the mural art will also integrate a first-of-its-kind

Augmented Reality-powered display for the larger community to experience. In an extension to this initiative, participants' designs from Season 1 and 2 will be showcased through several



Features

Royal Enfield's pursuit of pure art, the Art Of Motorcycling campaign, returns with season 3 - Notable artists Hanif Kureshi, and Santanu Hazarika to be part of jury

#ArtOfMotorcycling Season 3 to include exciting new initiatives like 'Art on Street' initiative, and interactive design sessions across colleges

Top 5 designs to be turned into NFTs and also feature on Royal Enfield merchandise | 2 designers to get an opportunity to intern with Royal Enfield

art installations in Tier 2 and 3 cities.

"The Royal Enfield rider community has always been known for its incredible creative energy, which finds expression both on and off their motorcycles - their canvases range from custom projects, photography, film, and music to name a few. We are constantly looking for ways to enable these journeys of creative exploration and self expression via platforms that push the boundaries of possibility. The Art of Motorcycling is one of the foremost examples of this phenomenon. It mixes artists, designers and motorcycling enthusiasts together on a single platform - and the results are always mind-blowing. The response to the last two seasons has been excellent, and with season 3 we are super excited to see what emerges next from this inspiring creative movement." saidMr. Mohit Dhar Jayal, Chief Brand Officer at Royal Enfield.

For Season 3, the jury comprises of leading

artist and designer - Hanif Kureshi, whose work in street art and typography has grabbed the attention of art lovers; Santanu Hazarika, a multidisciplinary autodidact visual artist who has been displaying and curating art across the world; and design stalwart, sculptor and Head of Industrial Design at Royal Enfield, S. Sivakumar. This year ArtOfMotorcycling will foray into leading design colleges across Delhi, Mumbai, Bangalore and Chennai wherein the jury will have interactive sessions for aspiring artists and designers.

Winners of season 3 will get the opportunity to win a myriad of rewards and showcase their work to a larger audience. The top five winners will be awarded 1.5L rupees each, and their designs will be featured on Royal Enfield's merchandise and converted into NFTs. Two of the top five creators will get the opportunity to intern with the Royal Enfield's design team and the next 15 winners from this season will have

their designs featured on 'Make It Yours' - Royal Enfield's personalisation and customization platform.

To participate, prospective artists can head over to the #ArtOfMotorcyling section on Royal Enfield's website to register and download the toolkit. Participants can then create their own unique design and share it on Instagram, tagging @royalenfield and @royalenfieldlifestyle and using #ArtOfMotorcycling#REApparel. The last date to participate is April 10th, and the winners will be announced on April 17th.

Royal Enfield has long been a catalyst for self-expression, and through seasons 1& 2, the brand has successfully brought together riders and non riders of diverse communities across ages, professions and geographies under one creative umbrella. After a remarkable debut of the campaign in 2020, season 2 witnessed a 50% increase in participation, and the majority of participation was from Tier 2 and 3 cities.

Jeep[®] Renegade and **Compass**

Special Editions now available

The Jeep Renegade and Jeep Compass welcome to the family a new elegant yet fun-to-drive version with the Upland special edition, which combines offroad looks and legendary Jeep capability for off-road adventure with a well-appointed interior and upgraded content. In addition, the brand-new High Altitude e-hybrid trim is available on the Jeep Compass, combining rationality and

elegance. he Renegade and Compass Upland special edition is offered on the 240 hp 4xe plug-in hybrid version, where 4xe stands for enhanced performance, driving fun, fuel efficiency and environmental responsibility, integrates two electric motors and an 11.4 kWh battery pack, with a fuelefficient 1.3-liter turbo petrol engine and six-speed automatic transmission. This architecture provides two cars in one: a battery electric vehicle featuring an electric motor and a high-voltage lithium-ion battery pack on the rear axle and a conventional vehicle with an internal combustion engine fitted on the front axle. The increased torque generated by the electric propulsion system and the ability to adjust it with extreme precision ensures even greater four-wheel-drive capability on any

terrain, for challenging off-road adventures. Simultaneously, they are ideal vehicles for everyday driving in the city as, in full-electric mode, they allow customers to travel with zero-emission and an average range of 50 km. Finally, thanks to the plug-in hybrid electric technology, CO2 emissions are lower than 50 g/km in hybrid mode and the cost of ownership is reduced.

Offered on the Jeep e-Hybrid engine, the Compass High Altitude special edition guarantees a versatile and relaxing hybrid driving experience and offers 130 hp and 240 Nm of peak torque, coupled with a new 7-speed dual-clutch automatic transmission. The Jeep e-Hybrid can deliver full electric propulsion at launch, at low speeds, when cruising and in parking maneuvers. Various "EV features" allow the vehicle to move in electric mode, such as Silent Start, Energy Recovery, Boost & Load Point Shift, and Electric Drive.

"The Jeep Renegade and Compass are two of the Jeep SUVs that best express the legendary brand values of Freedom, Adventure, Passion, and Authenticity. Both Upland and High Altitude versions are fully equipped to offer a strong customer advantage. They can handle both smooth roads and the rockiest off-road terrain and allows customers to "Go Anywhere and Do Anything" - said Eric Laforge, Head of Jeep Brand Enlarged Europe.

Based on the popular Limited trim, the Jeep Renegade and Compass Upland and Compass High Altitude feature cornering fog lamps, full LED headlights with auto-high beam and roof rails. Inside the cabin, a 7-inch TFT





Features

The plentiful and diversified Special-edition gamma includes Jeep Renegade and Compass 4xe plug-in hybrid Upland, which pairs legendary Jeep 4x4 capability with unique and elegant design cues for an exceptional appearance inside and out.

In addition, a Jeep Compass High Altitude e-hybrid trim is now available for a versatile, and relaxing hybrid driving experience, combining rationality with elegance.

The Upland special edition is available on the 240 hp plug-in hybrid engine for both Renegade and Compass with 4x4 automatic system, while the Compass High Altitude is available on the 130 hp e-hybrid engine paired with a dual clutch 7-gears FWD automatic transmission.

Jeep Renegade and Jeep Compass Upland plus Jeep Compass High Altitude are now available for order.

cluster display and Uconnect with 8.4-inch touchscreen are offered on the Renegade, while Compass Upland and High Altitude come with a TFT color display of 10.25" and Uconnect with 10.1" touchscreen offering complementary and smart features. Indeed, the two Android Auto and Apple CarPlay applications can be associated with the system. In order to meet the needs of its increasingly demanding customers, special edition's Uconnect Services assure specific features for electrified driving and advanced on-board and off-board connectivity.

Continuing the Brand "design to function" premise, the Renegade and Compass Upland special edition has been specifically designed for those who wants to fully enjoy the off-road capabilities of Jeep vehicles with its cleanable

and washable seats. On Compass, a bronze MetaKrome finish enhances the entire profile of the dashboard. The Renegade cabin features bronze MetaKrome painted finishes on front speakers and air vent bezels. On both models, exclusive black cloth bucket seats with bronze inserts and Techno-leather steering wheel complete the offer.

Combining rationality and elegance, the Compass High Altitude special edition features exclusive black details and the unmistakable body-colored bumpers and mudguards that enhance its elegance and shape, all combined with the exclusive 19" glossy black alloy wheels. Its interiors are characterized by a dedicated set of cloth and vinyl seats enriched by the red stitching and completed with the 2-way powered lumbar adjustment. The distinguished

red stitching runs along the whole dashboard giving to the interior an elegant and exclusive design.

In terms of safety, the new enriched trims of both Renegade and Compass are equipped with a full pack of safety and security features, including standard Forward Collision Warning and Active Lane Management System, as well as Adaptive Cruise Control.

The Jeep Renegade and Compass Upland and the Compass High Altitude editions are available in Alpine White, Black, Colorado Red. The Upland special editions also add the adventurous Sting Gray and Shade Blue for a total of five exterior color options. All options - except for the solid black - can be matched with a two-tone black roof, for an even more customizable look.

Prediction for January 2023 by



APRIL 2023

charya Murari Pandey



ARIES

Profession: This month brings good news for artists who will work collaboratively to achieve their creative goals. Entrepreneurs will see a peak in their latest venture's success, while higher management will have better control over their workload. Job seekers will find new opportunities with their proactive approach.

Wealth: You can expect gains from government fiscal schemes this month. Be mindful of your expenses, particularly when officiating real estate deals. You may receive a financial windfall in the middle of this month. Pause before making any legal decisions, and be mindful of your spending.

Relationship: This month, singles may feel drawn to rekindle old attractions, while couples may face conflicts due to a lack of effort and neglecting responsibilities. Women should prepare for a few waves of nostalgia and reconnect with their cherished family members.

Health: Expect an increase in stamina and energy levels this month. However, prolonged working hours may lead to migraines or eyerelated issues. Pay special attention to your eating and sleeping habits, as heart or blood pressure may cause trouble.

Remedies: Walk 15 mins barefoot on the grass daily



Profession: Entrepreneurs should be ready to navigate new obstacles and reap significant rewards through non-traditional means. Marketing professionals should regroup and breathe new life into stagnant projects at the end. Initially, job seekers may find difficulty.

Wealth: Short-term investments can lead to quick financial gains this month. Passive income streams will yield rich dividends. Avoid loan agreements or overdrafts at the end of the month.

Relationship: Take some time for solitude this month, but also cherish the company of your loved ones. Singles may find themselves in a serious commitment after a strong attraction. Couples can restore their relationship with patience and love but avoid lashing out at loved ones.

Health: Replenish your energy this month, as you will need it later. Hasty exercise programs after the 14th may lead to accidents and injuries, so take time to stretch and rest to prevent strained muscles or back pain.

Remedies: Feed cows and crows every day.



GEMINI

Profession: You're likely to be promoted and get a well-deserved salary raise. You'll receive appreciation from your seniors for a job well done. Entrepreneurs should focus on trailblazing ideas to widen their product reach in untapped markets. Job seekers will get wider employment opportunities.

Wealth: Your wealth will see a boost this month with generous pay cheques flowing in from previously held-up investments. Those in real estate will witness the desired improvement in their money matters. New investment schemes can also be a rich source of profits.

Relationship: Singles will experience strong attraction towards a newly introduced love prospect. Couples can expect to receive the consistency and dependability from their partner that they were craving. However, it's important to avoid giving in to undercutting thoughts, which can cause resentments and conflicts to fester with your mother.

Health: Self-medication can turn out to be detrimental to your health, so it's important to work towards building up your immune system to keep seasonal flu at bay. Later this month, those troubled with recurring ailments can expect to experience a speedy recovery.

Remedies: Do shramdaan (volunteering) at any old-age home



CANCER

Profession: Artists will receive the recognition and fame they deserve. A collaborative idea will turn into a profitable project for entrepreneurs. Good news regarding your promotion or salary raise will come through. At the workplace, expect seniors to be in full support of your newfound ideas towards an important presentation. A brainstorming session or conversation on a stalled venture will spark major synergies for those in marketing.

Wealth: Expect hefty gains from passive income streams, commissions, or royalties. Profits from Real estate deals will double up your savings. However, those dealing with a tax bill or looming credit card costs will feel the increased fiscal strain.

Relationship: Sharing is caring. This month, loved ones will be vying for your attention and care! An attraction sparked recently will turn into a promising connection for singles. Keep the knee-jerk impulses in check as they will spin into a never-ending argument among couples.

Health: This month, in times of stress, simply slow down to avoid recurring ailments resurfacing. Seasonal flu and stomach issues will keep you troubled. Regular morning walks will help significantly reduce anxiety levels.

Remedies: Visit a nearby temple/religious place as often as possible and sit there in silence without a mobile phone for at least 21 mins.



LEO

Profession: You'll have a chance to cash in on your artistic talents. Entrepreneurs will also have a successful month as they explore new markets and use their skills to boost profits. Beware of jealous or malicious co-workers, as they may put your goodwill with seniors on the line. Job seekers will face challenges in securing a stable job.

Wealth: This month, you'll have the opportunity to shift some practical details to create a new level of power and abundance. Expect fresh revenue opportunities from real estate deals and new investment schemes to widen your cash flow sources.

Relationships: Singles may meet someone special through mutual friends. Couples may experience fluctuating moods, leading to hidden tensions. Keep knee-jerk impulses in check to avoid conflicts with the father. You'll enjoy traveling with new friends who share your expensive tastes.

Health: Stay disciplined with your eating habits to avoid indigestion or blood circulation issues. Some of you may be prone to minor accidents while walking or driving. In the later days, watch out for ailments related to the chest, spine, or throat that may cause trouble.

Remedies: Every Tuesday, distribute sweets near the Hanuman temple/other religious places.



VIRGO

Profession: Opportunities to progress to leadership positions with bonus rewards will be on the cards. Marketing professionals can expect recognition from industry influencers, while artists may find chances to expand their career horizons on new platforms. For entrepreneurs, it is wise to have a backup plan ready to tackle any curve balls thrown by rivals. Job seekers can look forward to promising employment with increased visibility in the industry circuit.

Wealth: This month, be mindful of where and how you spend your money and time. Investing in government schemes will prove fruitful, and a well-planned approach to market share investments can bring in overflowing profits. But locking any real estate or speculative deals can lead to money drainage.

Relationship: Couples can look forward to socializing and spending more time together, while singles may initiate relationships with people from different backgrounds. You may have minor squabbles with your family in the middle of the

Health: This month, prioritize rest to replenish your energy reserves. Avoid over-stressing, which can lead to stomach issues. Be extra attentive to your spouse's health, which may require extra attention. Be cautious in the second half of the month while driving or walking, as minor accidents may occur.

Remedies: Donate to gaushala during this month.



Profession: New opportunities for entrepreneurs and freelancers to expand their horizons. A coveted position of power and influence may also be in the cards. Job seekers should network actively to land high-paying jobs. Artists should seize this month to pursue their creative plans with confidence.

Wealth: Good news for those embroiled in legal battles or property disputes - things are finally starting to swing in your favor. Real estate investments may yield substantial profits, but be wary of shady money-making schemes. In the second half of the month, be careful with your expenses to avoid unnecessary purchases that could dent your wallet.

Relationships: This month, the stars are aligned to help you resolve any lingering disputes or disagreements with family and friends. Couples can look forward to strengthening their bond. For singles, a chance encounter could lead to a promising relationship.

Health: Don't let the pressures of work and life get to you - make sure to take regular breaks to avoid muscle aches and tension. Be mindful of stomach-related issues and consider treatments like acupuncture or massages to ease stress.

Remedies: Avoid lending money and refrain from keeping torn or worn-out clothes at home.



SAGITTARIUS

Profession: The beginning of the month is fruitful for entrepreneurs with lucrative deals in collaboration. Job seekers will find promising job opportunities by taking a decisive step forward. However, be cautious of getting caught up in office gossip, as it may lead to misunderstandings with co-workers. Be mindful when voicing your opinions to prevent heated discussions.

Wealth: You'll receive dividends from past investments. However, unforeseen expenditures may hinder your savings growth. Avoid entering into real estate agreements without careful consideration to prevent any cash restraints.

Relationship: Singles should be cautious when rushing into commitment and go through prospects carefully. Use a gentle approach when communicating with your mother to avoid conflicts from escalating. Couples may feel the urge to control each other, weakening their trust and bond.

Health: It's time to give yourself a break and focus on your health this April. Follow precautions to avoid any eye or chest-related issues. Indulge in physical activity to boost your stamina and de-stress.

Remedies: Help poor students by distributing stationery items



AQUARIUS

Profession: This month, challenging opinions recklessly may result in a war of words with seniors. For entrepreneurs, bold ideas will increase competition and pressure in ongoing ventures. But in the second half, hard work will pay off for professionals expecting long-term benefits. Job seekers will find opportunities.

Wealth: This month, real estate investments will bring fresh revenue streams. However, entering into speculations can lead to overburdening debts. Lending or borrowing money may cause financial pressures later, so it's essential to keep a good backup of funds. Expect returns from passive income streams towards the end of the month.

Personal: Relationships take center stage this month, and you'll be choosy with whom you spend your time and energy. Couples can maintain peace by avoiding triggering situations. Singles will attract compatible prospects by letting their authentic personality shine.

Health: This month, prioritize eating clean and healthy while challenging yourself with new fitness goals. You'll be in great health, and old ailments will fade away.

Remedies: Visit a nearby temple as often as possible, seek forgiveness for past mistakes, and resist temptation in illicit relationships.



SCORPIO

Profession: This month is an auspicious time for entrepreneurs to seal any joint ventures or collaborations. Job seekers who remain vigilant for promising leads may secure a stable work offer. Quick and calculated decisions will give you the edge over rivals and possibly lead to a promotion, bonus, or salary hike.

Wealth: Be cautious with investments this month, as there's a risk of experiencing financial hardships. Avoid further overdrafts or loans. Those caught up in litigation matters may find success in resolution. Keep an eye on spending habits, as a significant expense may drain your savings.

Personal: Choose your company wisely and re-think the terms of your relationships with your inner circle. Women should avoid oversharing sensitive information with new acquaintances, while couples should be careful as a small argument may spiral out of control. Singles may struggle to open up to love due to past trauma.

Health: Prioritize self-care this month to give your mind and body the break they deserve. Be aware of potential health problems such as breathing or blood-related ailments. In the next half of the month, quick recovery is foreseen for those dealing with recurring heart or indigestion issues.

Remedies: Distribute sweets to devotees and the needy near your house.



CAPRICORN

Profession: Job seekers can expect a high-paying position to come their way. For artists, your time to shine is approaching as your creative project receives its due recognition. Diplomacy is the key to dealing with seniors and those in management. Entrepreneurs, especially those in the metal industry, can expect a profitable month.

Wealth: This month, your savings can turn into revenue with the help of your spouse. Real estate deals can bring significant financial gains, while victory is on your side when it comes to court or legal matters. In the second half of the month, you may face unanticipated hurdles in the sale or resale of a property to avoid making any new investment deals.

Relationships: Women will focus their attention and energy on a select few close relationships this month. Singles can expect to meet someone new and exciting. Couples may take the next step in their relationship by introducing their partner to loved ones, announcing a pregnancy, or exchanging keys.

Health: This month, prioritize eating clean and healthy while challenging yourself with new fitness goals. You'll be in great health, and old ailments will fade away.

Remedies: Visit a nearby temple as often as possible, seek forgiveness for past mistakes, and resist temptation in illicit relationships.



PISCES

Profession: You will need to sharpen your skills and outwit your competitors to surge ahead in your career. If you're in marketing, you can expect to form some rewarding business connections that will open new doors for you. It's a great time to launch a new project, as success is assured. Job seekers should read the terms of the offer carefully before signing on the dotted line.

Wealth: April brings good news for those who have invested in foreign schemes, as it stabilizes your savings. However, dabbling in market shares may not be a good idea as it could dry up your hard-earned resources. Real estate deals may be delayed or held up, causing some frustration.

Relationship: This month, you may face some friction in your family and personal relationships. If you're single, you will attract a lot of admirers without even trying. And unresolved emotions could cause some differences to arise among couples.

Health: Change up your routines to achieve desired improvements in your health. If you are dealing with seasonal flu, heart problems, or blood-related issues, it is important to take extra precautions. To avoid stress-related issues, consider taking a midday walk or doing a workout to oxygenate your brain.

Remedies: Do physical volunteering in any temple or religious place

RENDEZVOUS WITH TARSH SHARMA

Summer Blossom



Summer Skincare 2023: The Latest Trends and Innovations in Sun Protection

Sun protection is an integral part of skincare and people have realized the importance of using sunscreen. With the onset of summer, it is necessary to use the right sunscreen to protect the skin from scorching sun rays. Sunscreen sprays are going to be quite a big hit this year. It is extremely convenient to use and very lightweight which helps with all types of skin types. Roll-on sunscreens or sunscreen sticks are gaining popularity as well as it makes the reapplication of sunscreen easier. Glowy sunscreens are also becoming more visible in the market as they are a great hybrid of makeup and skincare.

• The Best Skincare Tips for Combating Sweat and Humidity

Summers come along with humidity and sweat which can be a hindrance to your skincare. Excessive sweating leads to clogged pores which eventually result in acne. Use products that are gel or water-baes as opposed to heavy creams or moisturizers which tend to make you sweat more. Always carry a compact powder with you. Moreover, keep a set of blotting paper to dab off any sweat patch from the face. Using a face mist also aids in cooling down the face and combats effectively against sweat and humidity.

 How to Build a Summer Skincare Routine That Protects Against Pollution and

Environmental Stressors

With so much pollution, it has become necessary to protect our skin from environmental hazards. Start with the basic skincare routine that includes cleansing, toning, and moisturizing. Use cleansers twice a day. Sunscreen is extremely important that will ensure that your skin is protected from UVA and UVB rays and free radicals. Exfoliation is key as it will aid in getting rid of dead skin cells and will keep the pores unclogged. However, make sure that you moisturize your skin as sweat and humidity can lead to dryness which can further be damaged by pollution, dirt, and dust. Opt for the double cleansing method to get rid of all makeup residues at the end of the day.

The Importance of Hydration in Summer Skincare: Tips for Keeping Skin Moisturized and Refreshed

People tend to skip moisturizers during Summer. However, during summers due to sweat and humidity, the skin becomes drier. So, hydration is key if you want to keep your skin fresh and healthy. Use water-based moisturizers which are lightweight yet will keep your skin hydrated for a long. Carry face mists with you to give a quick boost of freshness to your skin while adding hydration. Sleeping masks are also great during the night as they will create a strong hydration barrier for your skin without making the skin heavy. Choose hyaluronic acid serum which as it helps to retain moisture on the skin.



Dr. Sonia Tekchandani,

Celebrity Dermatologist, Founder of Tender Skin International share tips on summer skincare.

Natural Summer Skincare Remedies: DIY Recipes for Gorgeous Glowing Skin

Mash a papaya and mix in one tablespoon of yogurt with it. Apply this paste to your skin and keep it for 15 minutes. Papaya is enriched with enzymes that are responsible for brightening the skin and yogurt helps in dealing with suntans. Another great natural skincare remedy is to apply milk and sandalwood powder. It helps reduce blemishes and gives a natural glow to the face.

The Ultimate Guide to Treating and Preventing Sunburn in Summer 2023

Sunburn can be a major issue during summer. Store aloe vera gel in the refrigerator and use the cold aloe vera gel on the affected areas. Cucumbers also help in soothing down sunburn. Grate a cucumber and squeeze out the juice and apply directly on the skin. For reducing inflammation, coconut oil is another effective method. For preventing sunburn, wear loose cotton clothes which cover most of your body. Use umbrellas and hats to stay protected from the sun. Drink lots of water and eat fresh fruits like lemon, grapefruit, strawberries, cucumbers, and watermelons to stay hydrated from within.

Beach and Pool Skincare Essentials: Must-Have Products and Tips for Protecting Your Skin

Summers definitely call for beach days and we must protect our skin. Lather a good amount of sunscreen on every exposed area of your body. Carry a sunscreen spray to reapply it. A facial mist comes in handy if you want to freshen up quickly. Keep a beach sun hat with you that will help in covering your face. Also, sunglasses and bandanas are great ways to look stylish and at the same time beat the heat whether you are at the poolside or basking on a beach.





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