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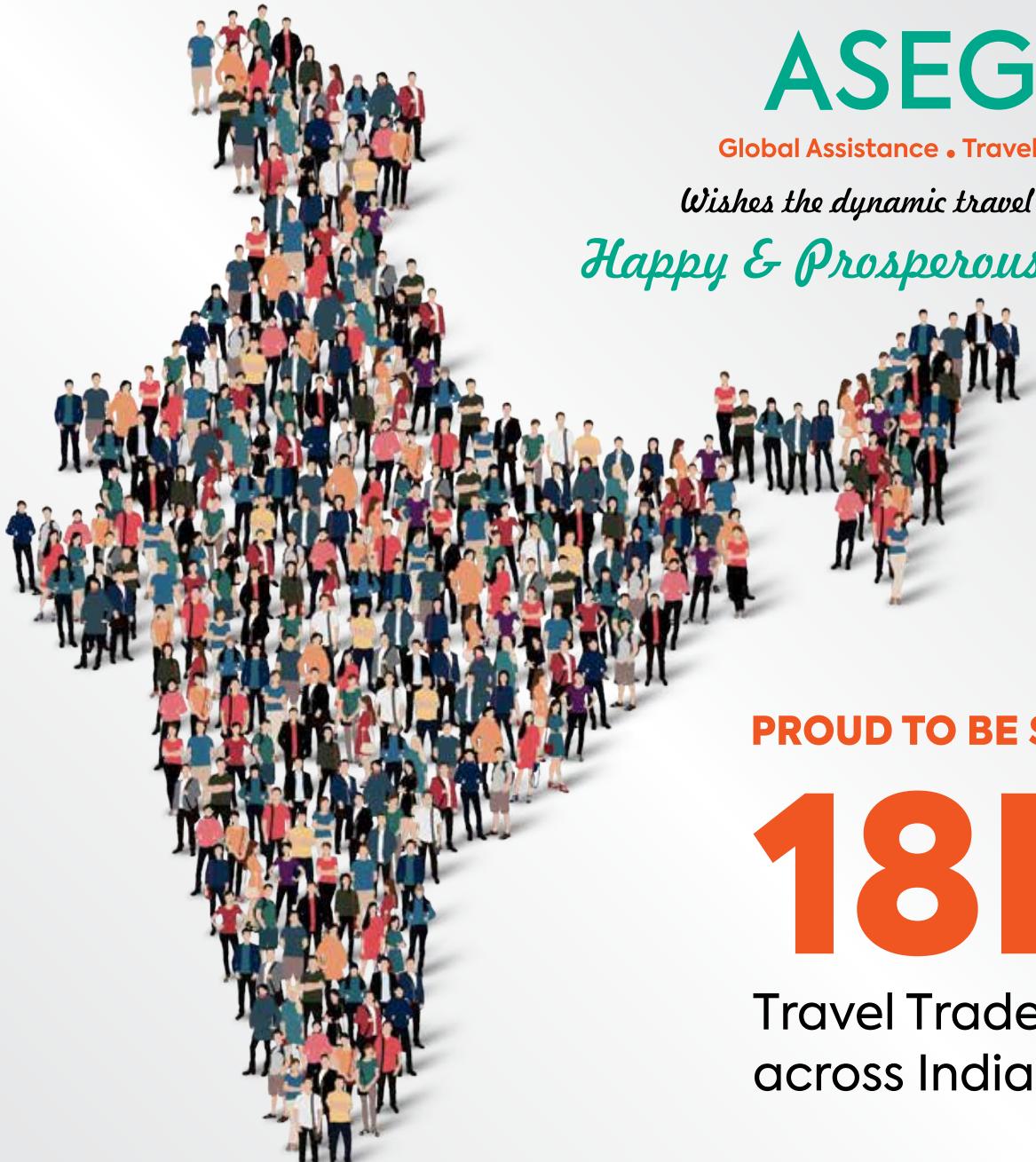
Trendy Travel Trade with Food & Shop

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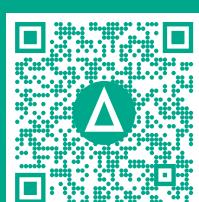
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PUBLISHER'S NOTE

Dear Readers

Yoga has gained a considerable amount of popularity in recent years as a result of its multiple advantages for both mental and physical well-being.

When the word "Yoga" is uttered, most people would immediately associate it with asanas and pranayama. However, asanas and pranayama only make up a small portion of yoga, not the entire practise. In Uttarakhand story, we discussed a lot about yoga.

Not only this, we captured the "Ram Van Gaman Paryatan Paripath". The land, rivers and the forests of present-day Chhattisgarh have played a vital role in the epic of Ramayana. In an effort to enrich the experience and beliefs of people, the Chhattisgarh Government has been identifying places which have a belief of association with Ramayana. The first 9 such sites are being developed under Phase 1 of the flagship Project "Ram Van Gaman Paryatan Paripath" in the form of a religious tourist circuit to strengthen the faith and facilitate the visitors with provision of required infrastructure.

Whereas, moving forward we featured Sheraton Phu Quoc Long Beach Resort. The tropical island of Phu Quoc in Vietnam has welcomed Sheraton Phu Quoc Long Beach Resort – the first Marriott International property to open on the North of the island.

In lifestyle, we focused on Solo Date Ideas: Promoting Self-Love. In this day and age, when we face a significant amount of anxiety in our daily lives, we must learn to spend time doing things that we relish the



most. Everyone is unique and should not settle for anything less than they deserve. Self-love is a way to safeguard one's physical and emotional health. It is significant because it is a practise for maintaining one's health and boosting one's confidence. Considering all of the aforementioned reasons, we are in desperate need to stop postponing activities we enjoy doing because no one is joining us and to encourage loving ourselves by putting our needs ahead of anyone else in order to promote the concept of self-love in a time when 'true love' is rare.

Vedika Sharma
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Uttarakhand Tourism Development Board

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The 37th IATO Annual Convention

The 37th IATO Annual Convention held in Lucknow from 16 -19 December 2022 was a milestone for IATO as the number of delegates crossed 1000 from all over the country.

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Luxuriously Comfortable Footwear 2023

When it comes to shopping, hardly anything pains more than spending a fortune and then never touching the product.

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Experience
the VIVID Colours
of
Chhattisgarh India



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.

Yoga has gained a considerable amount of popularity in recent years as a result of its multiple advantages for both mental and physical well-being.

• Yashika

When the word "Yoga" is uttered, most people would immediately associate it with asanas and pranayama. However, asanas and pranayama only make up a small portion of yoga, not the entire practise.

What is Yoga?

Yoga is a Hindu aesthetic and transcendent discipline that includes breathing exercises, simple meditation, and the adoption of specified physical postures. Yoga is particularly emphasized for healing and relaxation.

Yoga is a derivative of a Sanskrit term that refers to "yoke" or "unity." To yoke is to assemble, to integrate, or to bind together. The body, mind, spirit, and universal conscious experience are envisioned to be emotionally attached with each other or linked considered in the present way. Yogis are able to achieve profound sensations of liberation, peace, and self-realization through such a method of amalgamating the physical, mental, emotional, and spiritual elements of oneself.

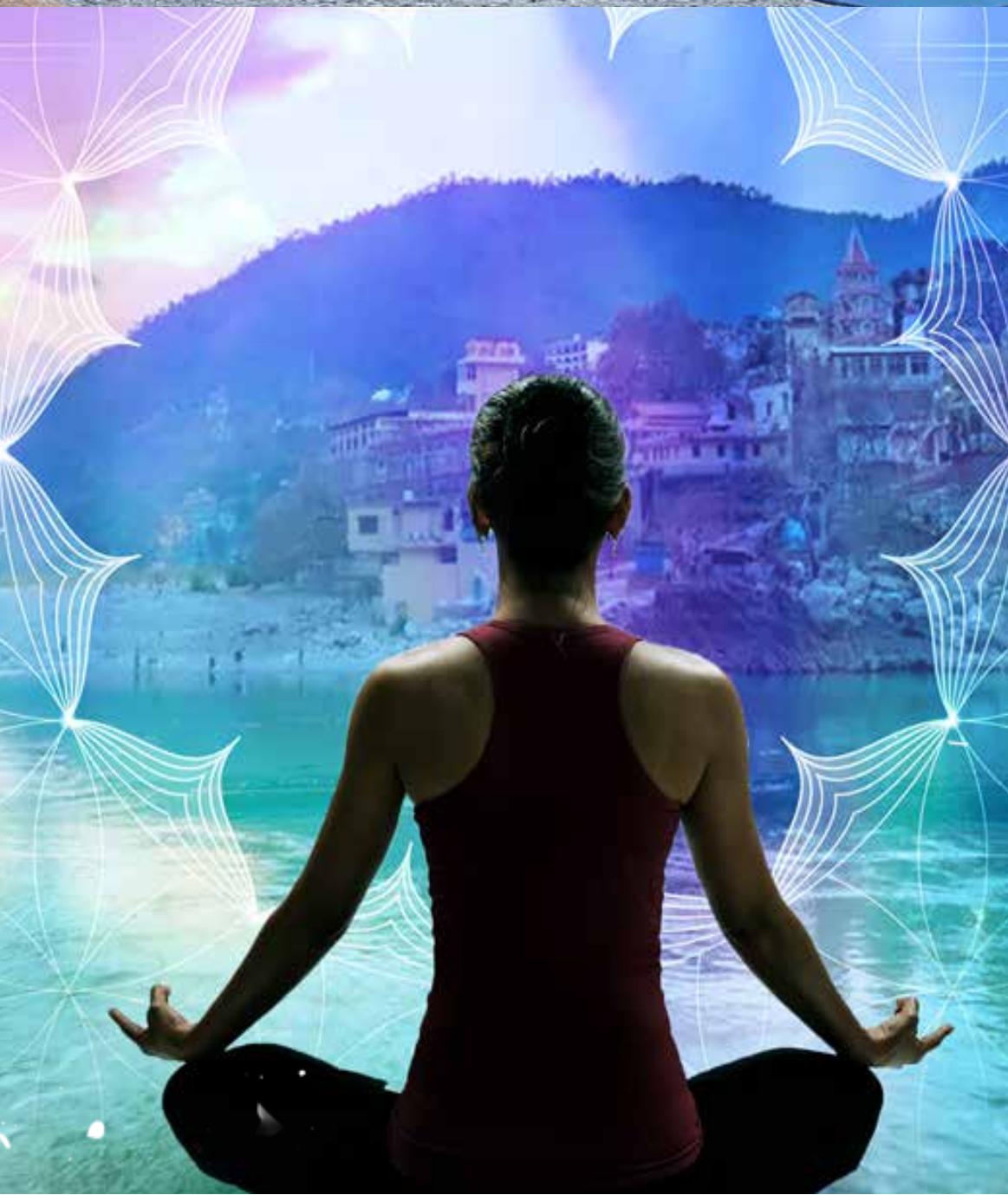
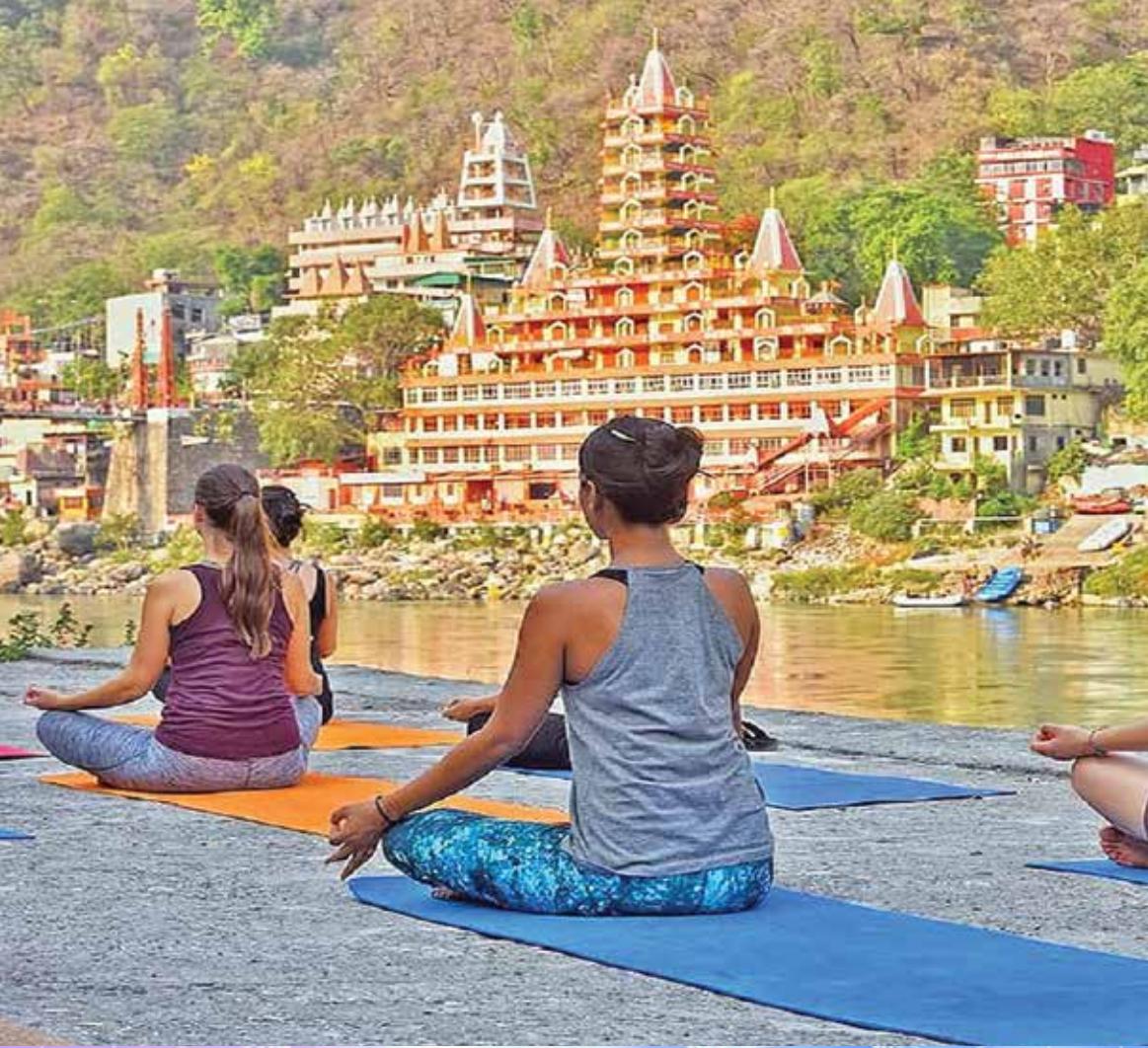
History

Centuries before the earliest religious or spiritual beliefs were developed, the science of yoga was derived. Shiva is acknowledged as the very first yogi, or Adiyogi, as well as the invitational Guru, or Adi Guru, in yogic literature. Adiyogi transmitted his comprehensive knowledge to the legendary Saptarishis, popularly regarded as the "seven sages," several thousand years ago on the shores of Kantisarovar Lake in the Himalayas.

In addition to Asia, the Middle East, Northern Africa, and South America, the sages also transmitted this profound yogic wisdom to other continents. Intriguingly, contemporary scholars have observed and been astounded by

Uttarakhand The Land of Yoga





that of the striking similarities between ancient cultures from all around the world. However, the yogic system's greatest manifestation was only discovered in India. Agastya, the Saptarishi who travelled the Indian subcontinent, created this civilization around a fundamentally yogic approach to life.

Pre-Vedic periods (2700 B.C.) and subsequently, up until Patanjali's era, issued historical evidence of the practise of yoga. The Vedas, Upanishads, Smritis, doctrines of Buddhism, Jainism, Panini, Epics, and Puranas are the primary sources from which we understand about the methods of yoga throughout the whole time period and the literature that has been correlated to them.

India presently embraces Modern Yoga, which is distinct from the Ancient Yoga that we previously cultivated.

What is Modern Yoga?

Modern yoga encompasses a wide range of yoga techniques with varied goals, including tantric and devotional practises, physical postures derived from Hatha yoga, and approaches for Hindu nation-building. Its various forms also encompass yoga philosophy inherited from the Vedas.

In 2004, the scholar Elizabeth de Michelis devised a four-part categorization of contemporary yoga, grouping it into psychosomatic, denominational, postural, and meditational styles. While other academics have acknowledged that her work sparked investigation into the history, sociology, and anthropology of contemporary yoga, not all of them have concurred with her typology.

They have highlighted the cross-cultural interactions, diversity of beliefs and practises, degree of continuity with older traditions such as ancient Indian philosophy and gothic Hatha yoga, relationship to Hinduism, claims to promote health and fitness, and tensions between the physical and the spiritual, or between the esoteric and the scientific, in modern yoga. They have also emphasised the multicultural nature of modern yoga and its claims to advance fitness and health.

Beginning in the 1920s, Yogendra, Kuvalayananda, and Krishnamacharya developed the current form of yoga as exercise. It was primarily physical, made up of asanas, which are poses drawn from those of hatha yoga with some influence from western gymnastics. They gradually dropped its religious overtones while promoting this kind of exercise under the pretext that certain postures had purportedly specific medicinal benefits. This was fostered by the dominant Indian nationalism, which required something to project an image of a powerful and active nation.



How is Modern Yoga different from Traditional Yoga?

1. Breathing exercises, yoga postures, and self-love techniques are all taught in traditional yoga. It also incorporates yoga philosophy and human psychology, which helps one become more prepared to handle obstacles in life and people from all backgrounds. Modern yoga, on the other hand, places its sole emphasis on physical growth and does not take into account any of these factors in its practise.

2. Traditional yoga may or may not usually proceed with the body and asanas since its primary objective is to purify the mind.

Modern yoga, on the other hand, places a strong emphasis on physical wellbeing, beginning with asanas.

3. The theory of yoga serves as the basis for traditional yoga, which emphasises Sankalpa Shakti (willpower), Kriya Shakti (power of action), and Iccha Shakti (Power of Desire). The spiritual parts of yoga are typically not emphasised and instead, modern yoga teaches the methods of pilates.

Who is the Father of Modern Yoga?

Tirumalai Krishnamacharya was an Indian scholar, yoga practitioner, and ayurvedic healer. Due to the considerable influence he had on the development of postural yoga, he

is recognised as one of the most important gurus of modern yoga and is popularly referred to as the "Father of Modern Yoga." Such earlier pioneers who were inspired by planned physical exercise, like Yogendra and Kuvalayananda, he contributed to the revival of hatha yoga.

Uttarakhand, The Yoga Capital of India

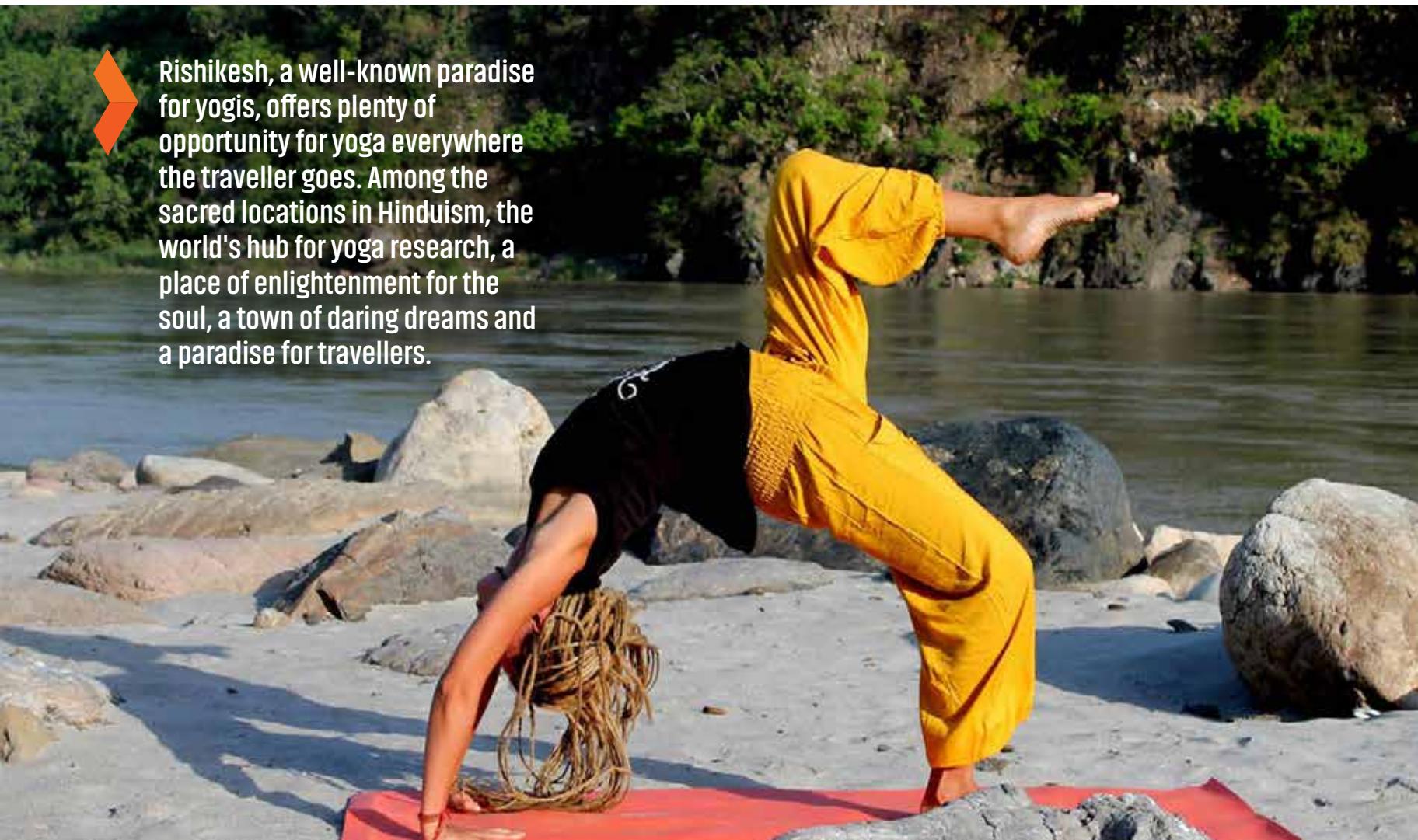
In today's competitive environment, which is riddled with stress and anxiety, the great potential of yoga as a kind of both physical and psychological rehabilitation has been brought to the forefront. Experts have noted that yoga practise balanced the neurological and endocrine pathways, which is exceptionally advantageous for all of the body's organs. This is the justification for inviting people from all over the world to engage in yoga practises.

One of India's most stunning northern states, Uttarakhand is ensconced in the Himalayas and captivates visitors with its breathtaking surrounding landscape. The state is always working to protect its diverse cultural and religious legacy, as well as its natural habitat. It has become popular with tourists seeking salvation and a life-altering experience as a result of its picturesque beauty.

The "Land of Yoga," Uttarakhand, is the ideal location for your brain to break free of all internal tension and acquire a state of tranquillity and serenity.

One of the few destinations across the globe where one can profoundly experience the divine touch that enables real

Rishikesh, a well-known paradise for yogis, offers plenty of opportunity for yoga everywhere the traveller goes. Among the sacred locations in Hinduism, the world's hub for yoga research, a place of enlightenment for the soul, a town of daring dreams and a paradise for travellers.



transformation is in Uttarakhand, where one can learn about asana and pranayama as well as absorb the teachings of these disciplines. The spiritual energies that have been left behind by enlightened masters who have practised yoga and meditation for thousands of years, the Mother Ganga's waters that the wind sweeps across your face with, and the Himalayan winds that infiltrate your respiratory system.

The highest quality destinations within Uttarakhand that attracts the most tourists wishing to unwind and practise yoga are listed below

Rishikesh

Rishikesh, a well-known paradise for yogis, offers plenty of opportunity for yoga everywhere the traveller goes. Among the sacred locations in Hinduism, the world's hub for yoga research, a place of enlightenment for the soul, a town of daring dreams and a paradise for travellers. Every year, thousands of yoga enthusiasts and wanderers visit Rishikesh to be enthralled by the magnificent surrounding environment. There are plenty of ashrams and yoga centres that are well-known around the world here; all you have to do is browse for one. Rishikesh is home to a number of significant ashrams, the largest of which being the Parmarth Niketan.

Even though there now exist a number of ashrams that even offer opulent lodging alternatives, they are still known for their modest amenities and way of life, which itself

is beneficial towards the practise of yoga. Yoga Studios in Rishikesh are recognized for it as well. However, as yoga has gained popularity, it has surpassed meditation in importance and is now sought after by both residents and visitors who want to absorb the ancient technique directly from its practitioners.

While there are several yoga studios and ashrams in the area, one can also practise yoga in one of the area's stunning naturalistic settings. In the centre of one of India's most revered spiritual havens, spots along the Ganges River, sacred stepping platforms along the river's banks, and beautiful woods in the Himalayan hills all help to give a serene and tranquil ambience backdrop for the harmonization of mind, body, and spirit.

Haridwar

The largest yoga school in the country, Patanjali Yogeeth, is located in Haridwar, the spiritual heart of India, the holiest place for Hindus, and a rising new yoga centre. This enormous ayurvedic facility was founded in 2006 and is named for Maharishi Patanjali, the purported creator of yoga.

Patanjali Wellness is an excellent and original notion for offering comprehensive healthcare through an efficient and reliable utilisation of Yoga, Naturopathy, Acupressure, and reliable herbs or medicinal plants. It operates with the blessings of Revered Swami Ramdevji Maharaj and under the guidance and direction of Lauded Acharya Balkrishnaji.

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Ayurveda, the science of ensuring longevity and health, Yoga, and Naturopathy, Patanjali Wellness presents a special fusion of both the antiquated conventional healthcare system and the modern diagnostic tools, bringing physical, mental, and spiritual health, happiness, peace, and prosperity to the entire human civilization suffering from terminal illnesses.

Mukteshwar

In the Indian state of Uttarakhand's Nainital district sits the town of Mukteshwar, a popular destination for travelers. The popularity of trekking to Mukteshwar is to soak in nature, listen to the air rush through the deodar forests, see birds, practise meditation, and find calmness. People seeking an escape from city life are drawn by the freshness, solitude, and wilderness. Mukteshwar is a beautiful and serene destination for yoga meditation.

Mukteshwar is the Gods Shiva Dham. The small hamlet is well-known for having a top-notch yoga teaching retreat, wellness center, and studio. People can reflect and meditate profoundly in Mukteshwar's natural setting thanks to its breathtaking vistas. The majority of visitors travel to Mukteshwar for yoga because there aren't as many bothersome temptations there. When you're on vacation, you have no deadlines to accomplish, providing you with the opportunity to make the most of your time in Mukteshwar by exploring yoga schools.

SAGA of SIYARAM IN CHHATTISGARH

The land, rivers and the forests of present-day Chhattisgarh have played a vital role in the epic of Ramayana. In an effort to enrich the experience and beliefs of people, the Chhattisgarh Government has been identifying places which have a belief of association with Ramayana. The first 9 such sites are being developed under Phase 1 of the flagship Project “Ram Van Gaman Paryatan Paripath” in the form of a religious tourist circuit to strengthen the faith and facilitate the visitors with provision of required infrastructure

Lord Rama, Mata Sita and brother Lakshmana spent a substantial part of their exile in the region that now comprises of the state of Chhattisgarh. Chhattisgarh is also believed to be the birthplace of Lord Rama's mother, Mata Kaushalya. It is, therefore, considered as the maternal home of Lord Rama. The region of Dandakaranya Forests as depicted in the

Ramayana is also believed to be the present-day forests of the state of Chhattisgarh, where Lord Rama lived out most of his years of exile.

From the district of Koriya in the north to Sukma in the south, the Government of Chhattisgarh has identified 75 places which have belief and stories of association where Lord Rama halted during his exile. The journey that Lord Rama undertook across the

region is being developed as a tourist circuit known as the Ram Van Gaman Paryatan Paripath. Out of 75 places such identified places, Chhattisgarh Government has decided to develop nine major spots in the first phase. The significance of the nine key spots being developed in the first phase of developing the Ram Van Gaman Paryatan Paripath is as follows:





SITAMARHI-HARCHAUKA

Lord Rama's exile in Chhattisgarh is believed to have started from this spot near Bharatpur on the banks of the Mavai River where they had a halt in a cave on the banks of the river. There exist several shivlings in multiple rooms in this cave. Sita Mata while staying here made food and hence the spot is known as "Sita Mata ki Chauki" which explains the significance of the name of this place "Sitamarhi-Harchauka". The place is being beautified and the waterfront and ghat are being developed as well under the Ram Van Gaman Paryatan Paripath project.



RAMGARH

The Ramgiri Parvat in Sarguja District finds mention in Pauranic and historical treatises, while the Sitabengra-Jogimara Cave near Udaipur has some of the oldest rock art in the world. It is believed that during their exile, Lord Rama and Sita spent some time here, hence the name Sitabengra. A number of components are proposed at Ramgarh under RVGP, including accommodation, signage, Ramayana interpretation centre, Gates, landscaping, etc.



Shri Anil Kumar Sahu, IFS

*Managing Director,
Chhattisgarh Tourism Board*

Chhattisgarh has been the highlight in tourism industry for easy accessibility and good connectivity through air, rail & highways. We are a green State with many untouched and untapped locales that offer varied tourism opportunities and experiences to the discerning traveller. Tourism here comprises of mesmerizing naturally carved gateways and distinctive tribal heritage, culture, art & craft. The confluence of various places of worship presents a wider version of religious tourism in the state.

Ram Van Gaman Tourist Circuit

is a humble endeavour to reinvent the saga of Ramayana. Our effort has been to create the required infrastructure and ambience for the tourists visiting such places of interest and also to spread the message of love and compassion. The project is not only an agent to activate visit of pilgrims to these mythological places through development of basic & recreational infrastructure but also helping the state in creating an identity of such socially inclusive infrastructure development attracting tourists from all over the country.

SHIVRINARAYAN

Soon Chhattisgarh will welcome pilgrims and tourists to embark on a heart-moving circuit that retraces Lord Rama's memorable journey in the region.

With rare scenic beauty, Shivrinarayan marks the confluence of the Shivnath, Jonk and Mahanadi rivers in Janjgir-Champa District. This pilgrim location is associated with the famous anecdote of Shabri, an ardent devotee who met Lord Rama and offered him the tasted berries, hence, the name. There is a temple here dedicated to Nar-Narayan and Shabri Mata near an ancient banyan tree. Kharod, near Shivrinarayan is also known as Kashi of Chhattisgarh. The ancient Lakshmaneshwar Mahadev Temple is believed to have been established by Lord Lakshmana.

A lot of development works are planned here like ghat beautification, construction of Ramayana interpretation centre & cafeteria. Some of the work is complete.



CHANDKHURI

A lot of the planned developments are in full swing, and many have already been completed. In Chandkhuri, the first two phases of work are complete and the third phase has started.

After visiting Sirpur on the banks of the Mahanadi, Lord Rama, Sita Mata and Lakshmana are believed to have travelled to Arang-Chandkhuri. Arang boasts Kaushalya Kund and the ancient Bageshwar Shiv Temple. Chandkhuri has India's only temple dedicated to Mata Kaushalya. The idol in the temple depicts Mata Kaushalya holding the child Rama in her Lap.

Apart from improving the temple precincts and beautifying the waterfront and ghats, Ramayana interpretation centre, construction of a 'deep stambh' and statue have already taken place.

TURTURIYA

Surrounded by forests near Balukini hill, Turturiya is a charming little hamlet. This is where Maharishi Valmiki's ashram was believed to be situated and where Luv and Kush, the children of Lord Rama and Sita were born. This makes it an extremely important place from a religious point of view. The river passes through natural stone formations here making a sound like 'tur tur', lending it its name Turturiya.

Apart from a Ramayana interpretation centre and beautification of the ashram, an entrance gate and the construction of food kiosks are planned for development.



RAJIM

Located at the confluence of three rivers—Mahanadi, Sondur and Pairi, the ancient town of Rajim is known as the Prayagraj of Chhattisgarh. During the Van Gaman, Lord Rama is believed to have spent some time at Lomesh Rishi Ashram here. There is a Sita Vatika here. Then on, Lord Rama, Sita and Lakshmana offered prayers at Kuleshwar Mahadev before heading for Panchkoshi.

Basic facilities on the Panchkoshi circuit are planned besides waterfront and ghat beautification, Ramayana interpretation centre, Rama's Statue and development of approach roads to Rajiv Lochan Temple and Lomesh Rishi Ashram. The 1st phase of work comprising of Toilet Complex, Ram's Statue, Deep Stambh and few other developments have been completed and recently inaugurated recently in presence of honorable Chief Minister of Chhattisgarh.



SIHAWA

Surrounded by dense forests and hills lies holy Sihawa. This is the source of the mighty Mahanadi, the lifeline of Chhattisgarh. King Dashratha's daughter and Lord Rama's sister Shanta was married to Shringi Rishi who are believed to have lived here. Beyond the Shringi Rishi Ashram in Sihawa is a mountain with the Shanta Cave in it. Given his close family ties to this area, Lord Rama spent a considerable part of his long exile here.

The development of the Saptarishi Ashram, yagyashala, Rama's Statue, Interpretation Centre, cottages in Mukundpur and Sihawa are planned.

JAGDALPUR

The spectacular Chitrakote Waterfall on the Indravati River are a sight to behold. The devotees believe that Lord Shiva and Goddess Parvati came to this scenic spot to meet Lord Rama. From Chitrakote, Lord Rama headed to Jagdalpur, the main settlement in Dandakaranya. Lord Rama then headed to Dantewada and onwards to Teerathgarh on the banks of the Kanger River. There is an ancient spot here called Sita Nahani. The next stop was the Kotumsar Cave, which is also known as Koti Maheshwar. Lord Rama prayed to Lord Shiva here.

RAMARAM

While wandering in Dandakaranya, Lord Rama took the riverine route from Kotumsar to Sukma. Beyond Sukma he arrived at a place now known by his name—Ramaram. Lord Rama's footprints have been found on a nearby hill. Lord Rama performed a puja to Bhu

Devi here.

Welcome Gate, Modular Shops, Signages, Interpretation Centre, Deep Stambh, Kiosks, etc, are planned to be developed here.

ACHIEVEMENTS OF RAM VAN GAMAN PARYATAN PARIPATH PARIYOJANA

A lot of the planned developments are in full swing and many of them have already been completed. In Chandkhuri, the first two phases of work is complete and the third phase is half way. At Shivrinarayan, ghat beautification, putting up of statues, Ramayana interpretation centre, and visitor facilities were unveiled on 10th April 2022. Recently, the statue of Shri Ram and public convenience facilities at Rajim were inaugurated on 7th January 2023. Development work is in progress at other locations and will be unveiled in phases. Soon Chhattisgarh will welcome pilgrims and tourists to embark on a heart-moving circuit that retraces Lord Rama's memorable journey in the region.





Embrace German Nature

Recent figures from the German National Tourism Board has revealed the number of travellers from India between January and September 2022 more than doubled* when compared to the same period last year, suggesting the country's ongoing campaigns focusing on nature and sustainability are hitting the mark and driving post-pandemic recovery.

The first eight months of 2022 saw an increase in overall foreign visitors to Germany rise 175 per cent compared to 2021, with India leading the way with an increase of 265 per cent* until September 2022. While the reopening of international borders and relaxing of stringent travel restrictions clearly plays a part in the rise, the fact travellers are choosing Germany over a range of other countries is testament to targeted campaigning by GNTB, who specifically created its Embrace German Nature and Feel Good campaigns following in depth research into what tourists want.

Both campaigns will continue into 2023 as Germany looks ahead to its winter season, with popular resorts including Zugspitze, Garmisch-Partenkirchen, Black Forest, Harz Region,

Taunus, Ore Mountains, all set to attract visitors to the incredible skiing and snow sports for all ability levels on offer.

"With our theme campaigns, we create active agenda setting for more sustainable tourism. Together with our partners said Mr. Romit Theophilus, Director, Sales & Marketing, India. We're also looking at the ever-popular winter and festive seasons, with the days being short and the evenings long, there is plenty of time for genuine cosiness, enjoyment, and wonderful traditions from all regions across Germany. The Christmas markets are a highlight for young and old alike, while atmospheric strolls through the alleys provide access to festively decorated stalls full of gingerbread snacks, candy apples, Christmas stollen, and hot chestnuts. Wooden

carvings from the Erzgebirge mountains, artistic glass baubles, and handmade unique items are on offer as souvenirs, decorations, and gifts for loved ones." Embrace German Nature, a campaign that has witnessed great success and a favourable reaction from the Indian market the unique natural landscapes in Germany in order to inspire nature-loving, leisure-loving travelers for Germany's diverse, protected natural area, aligning closely with Feel Good campaign.

Germany has long since led the charge for driving eco-friendly tourism offerings, and its Feel Good campaign continues to do that by providing tourists easy and adequate tips to reduce their carbon footprint and make sustainable choices when it comes to travel, stays, and responsible activities.

Tourism Australia Showcase its New Products and Experiences

Tourism Australia, in partnership with its State Tourism Organisations (STOs) viz; Visit Victoria, Destination New South Wales, Tourism & Events Queensland and South Australian Tourism Commission, organized an exclusive product development famili, to showcase new products and experiences to its twenty Premier Aussie Specialists from India.

The Premier Aussie Specialist Program seeks to recognize the invaluable advocacy that travel advisors, who have been selling Australian holidays for many years, deliver for the destination. Membership in the Premier Aussie Specialist category is an acknowledgement of the destination expertise, insider knowledge and strong ties with the Australian travel industry of Aussie Specialist agents with an established record of selling Australia.

Timed around the ICC T20 Men's World Cup, the Premier agents had the opportunity to explore the Southern Highlands Region in New South Wales; were apprised on all latest tourism developments in Brisbane and the Gold Coast; went road tripping from Melbourne to the Grampians region in Victoria all the way to Adelaide; explored the magical Kangaroo Island; got to experience the Broadway show of Harry Potter and the Cursed Child, and what's more – they also had an opportunity of a lifetime to watch the ICC Men's T20 World Cup semi-finals and finals at the iconic Sydney Cricket Ground (SCG) and Melbourne Cricket



Ground (MCG) respectively.
Nishant Kashikar, Country Manager (India &

Gulf), Tourism Australia says, "India continues to be an important market for Australia and is well poised to be the first inbound market to recover to 2019 levels. Our Premier Aussie Specialists are at the forefront of selling Australian tourism experiences, and initiatives like these will keep them abreast with the latest developments and wealth of new experiences that Australia has to offer. During the pandemic, Australia inaugurated over 100 new hotels and over 70 new tourism experiences, thereby offering an opportunity to channel India's pent-up demand for travel into actual visitation."

Premier Aussie Specialists who participated in the famili included representatives from Thomas Cook India Ltd, SOTC Travel Limited, All Four Seasons Travel, Pristine Vacations, Odyssey Tours and Travels, Amazing Vacations, Beyond Experience, Ahura Travels, Kesari Tours, Baywatch Travels, Carnations Holidays, Hyperlink Solutions, Nagsri Creating Special Moments, Peekay Holidays, Travel Arena, Travellers Paradise, Flightshop Holidays, Sunday Holidays and Pick Your Trail.

#Raknye 2023 Fireork Spectacle

Ushering in the New Year in legendary fashion, Ras Al Khaimah, already the holder of several world records for its renowned fireworks performances, welcomed 2023 with a mesmerising pyro-musicalshow, smashing two GUINNESS WORLD RECORDS™ titles.



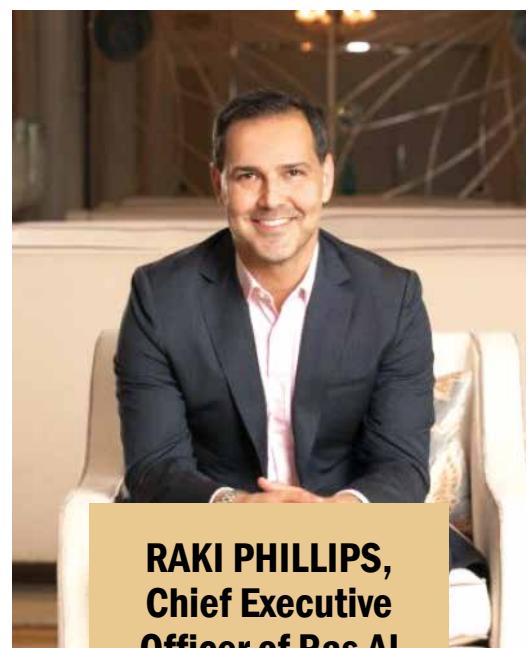
Securing the title ofthe 'largest number of operated multi-rotors/drones with a simultaneous fireworks display'with record-breaking 671 operated drones, andsetting a brand-new world record for the the 'largest aerial sentence formed by multirotors/drones created with 673 drones, the 12-minute spectacle lit up the sky witha jaw-droppingpyrotechnic performance and larger-than-life fireworks display.

Attractingvisitors from around the world, the showfeatured state of the art drones, nano lights, colours and shapes all choreographed to electric beats. Covering a stretch of over 4.7 kilometres, itreached a height of 1,100 meters andsmashed the previous record of 458 drones. Culminating in a'Happy New Year 2023' message to signal new beginnings, thedronesthen seamlessly transitioned into the Emirate's iconic 'RAKashida' logo to tie back to the destination.Taking inspiration from the 'kashida' concept in Arabic calligraphy – a line that connects letters to form a word – the logorepresents the Emirate's three uniquely recognizable natural elements: the sea with its perpetual swelling and subsiding, the desert with its undulating dunes, and the mountains with their staggering elevations.



Ensuring the best seats in the house, the celebrations were enjoyed by revellers of all ages as part of a family-oriented festivalacross Al Marjan Island. Offering the perfect midnight viewing platform, the community came together for an unforgettable evening, with entertainment from some of the UAE's best DJs and artists in an electrifying concert, mesmerising carnival-like performances, on-stage crowd karaoke, food trucks and much more. The dazzling fireworks show was also visible from the many hotels lined up from Al Marjan Island to Al Hamra while many thousand others followed the celebrations live on raknye.com. The festivities saw over 30,000 visitors and hotels across the Emirate fully booked, making it the most visited show to date.

Ras Al Khaimah has a strong track record for making history with its astounding New Year's Eve celebrations over the past four years, welcoming 2022 with the world



**RAKI PHILLIPS,
Chief Executive
Officer of Ras Al
Khaimah Tourism
Development
Authority**

Ras Al Khaimah has once again provenits position as a leading tourism destination that welcomes people from all over the globe. Not only have we set two new GUINNESS WORLD RECORDS™ titles for our #RAKNYE2023 celebrations, but we've also giventhousands of visitors and residents aNew Year's Eve show that they'll never forget. This marks a great start to what is set to be a hugely exciting and busy year for us as we continue to build the reputation of Ras Al Khaimah as the must-visit destination for 2023.

record for the 'Highest Altitude Multirotor/Drone Firework Display'. It also holds the GUINNESS WORLD RECORDS™ titles for the 'Most Unmanned Aerial Vehicles for Launching Fireworks Simultaneously' and the 'Longest Fireworks Waterfall,' gained in 2020, as well as records for the 'Longest chain of fireworks' and the 'Longest straight line of fireworks' with its 2019 New Year's Eve Fireworks. In addition, it is home to the world's longest zipline, Jais Flight, which spans an incredible 2.83km and recently announced its 100,000th visitor.

Travel Insurance – An indispensable element for a hassle-free travel.



With the blooming tourism sector, 2023 will definitely witness the metamorphosis of travel assistance & insurance from a prerequisite to a trip essential. "Stay protected, so that you can be rest assured and do what you're meant to do on a trip - Explore the world with peace of mind!" says Mr Dev Karvat, Founder & CEO, Aseglo.

• Vedika Sharma

The travel trade witnessed a massive upsurge in travel volumes as compared to 2021. Thanks to the enhanced mode of transportation and regulatory changes introduced by the Indian government to boost tourism. I am confident that 2023 will only amplify this emergence with recent technological advancements shaping the new market dynamics in India.

Today, India's tourism and travel insurance industry is experiencing a strong period of growth, driven by the burgeoning overseas, domestic and inbound travel. You will be surprised to know that over 75% of Indians who travelled to Dubai, Thailand and Maldives last year purchased Travel Insurance, which was not the case earlier. Not just that, on analysing customers' recent buying patterns, we realised that they have now grown highly product sensitive. They now seek more value, rather than just going for undervalued and inexpensive ones. They are willing to pay more for their products, provided the price of the product justifies the value they offer. And thus, travel insurance is now also being considered as a huge revenue-generating variable and offered as a very lucrative travel ancillary service option by many of our prominent travel partners.

Well, having said that, I cannot thank our travel agent partners enough, as they are one of the most vital pillars of this great Indian travel insurance revolution. They want their customers to have a holistic experience and therefore provide a complete travel package including travel assistance and insurance to their customers. This change in the mindset has

enabled us to lead as experts in this domain, and it is now much easier for us to reach out and understand their customer needs, to design tailor-made benefits for them. Additionally, we are equipping our partners with personalized marketing support to increase consumer awareness, cutting-edge technology for increased operational efficiency and dedicated relationship managers to help them boost conversions.

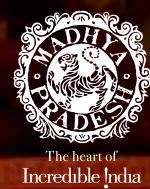
To further kindle this growth, we are also reintroducing the 'Travel Agent's Engagement Programme', one of the biggest initiatives that we commenced almost a decade ago with a vision to enrich pioneering minds in the industry. Today it is known to be a platform to enable our clients to tap various ancillary revenue generation opportunities that enables them to upsell.

Now, with the recent spurt of COVID-19 cases in China, Japan, the United States of America, the Republic of Korea and Brazil, travellers have become more cautious and are seeking relevant protection plans with higher sum insured and value-added services that cover unforeseen medical expenses and ensure them a hassle-free experience, throughout their trip. With 'Duty of Care' at the core of everything we do and as torchbearers of the travel assistance and insurance industry, we consider it our responsibility to enable it for each traveller.

Aseglo's array of travel assistance and insurance solutions safeguard travellers against various medical contingencies such as Covid-19, emergency hospitalisation, dental

treatments, out-patient care etc. and other non-medical eventualities such as missed/delayed flights and hotel/ flight cancellations while on a trip. With millennials reinforcing the global travel insurgence, we also offer special covers for travel risks such as loss and damage of gadgets, cyber security issues, identity theft, credit/debit card fraud, etc. along with specially curated protection plans for senior citizens, cruises, extreme adventure sports and other niche travel experiences. Additionally, our range of assistance services adds value and serves as a sigh of relief for every traveller, especially the ones who conclude their journeys without filing any claims.

We recently rescued a trekker struck by acute mountain sickness from the Everest base camp to the nearest medical facility through an air ambulance, where she could recover and recuperate from the unforeseen medical condition before returning home. We're glad that the trekker had opted for our Extreme Adventure sports cover, which helped relay details of the incident to all concerned parties in no time and the emergency evacuation team could kick into action immediately. All said and done, even the most meticulously planned trips could fall prey to unforeseen hurdles and result in a great deal of financial, physical, and emotional burden. Hence, I genuinely advise every traveller to first understand and identify their travel requirements and then opt for a travel protection plan that checks all their boxes, so that they can be rest assured and do what they're meant to do on a trip - Explore the world with peace of mind!



KHAJURaho Dance Festival



**Blend of dance,
art and culture**

At this festival MPTB has introduced activities like heritage walk, nature visits, e-cycle tour, and soft adventure sports by catering to the needs of all types of tourist

Located in the Chhatarpur district of Madhya Pradesh, the UNESCO site of 'Khajuraho Group of Monuments' is famous for its Nagara-Style architecture and graceful sculptures of nayikas and deities.

The temples of Khajuraho are India's unique gift to the world, representing life in every form and moods that has been captured in stone, testifying not only to the craftsman's artistry but also to the extraordinary breadth of vision of the Chandela Rajputs under whose rule the temples were conceived and constructed. The

Khajuraho temples were built in the short



span of a hundred years, from 950-1050 AD in a truly inspired burst of creativity. Of the 85 original temples, 22 have survived till today to constitute one of the world's great artistic wonders.

Every year in February, tourists witness Khajuraho Dance Festival in Khajuraho. This grand cultural extravaganza is a stunning blend of art and architecture. One gets to experience a wonderful symphony of mesmerising classical dance performances being performed by renowned artists coming from different cities and towns in India.

This mega festival is a spirited celebration of classical dance forms, art, and culture wherein renowned exponents of Indian classical and folk dances are performed throughout the week. Apart from the graceful dance performances, there are also other highlights that can be enjoyed simultaneously.

Activities and events like art exhibitions, panel discussions, interactive sessions, adventure sports, village tours and much more keep tourists

entertained throughout. The choice is yours to opt from a wide range of multidimensional activities.

Khajuraho dance festival is not only a festival of dances; it has been transformed into a wholesome festival of dance, literature, fine arts and everything. The celebration of art has been all along linked with the tourism in Madhya Pradesh. Madhya Pradesh Tourism Board (MPTB) has taken several initiatives to publicize and engage the tourists during the week of the festival.

At this festival MPTB has introduced activities like heritage walk, nature visits, e-cycle tour, and soft adventure sports by catering to the needs of all types of tourist. Be it a dance enthusiast or an adventure lover.

Screening of movies, documentaries, along experimental cinema of famous artists are also displayed to help viewers understand the dynamics of arts, music, literature, vocals, dance instrumental music, and various art forms.

One can also indulge in mouth-watering Bundeli recipes. Enjoy the widespread dishes and feel the goodness of Bundeli food.

Tourists, who visited Khajuraho and Panna during the dance festival, can also explore these activities



Camping : at Bear Valley Camp - Village Jhinna, District Panna: Luxury Tent (Swiss Tent also available for 15 person), Alpine tent for 18 persons, Team Games, Stargazing Trek to the hill of Panna, Bonfire, Night Jungle Safari, Live Music, Boat Safari

Village Tour : Old Khajuraho Village Tour: Start from Jawari Temple end in Brahma Temple, Demonstration of Old Panchayat System, Durga Mandir

E-Bike Tour : Visit of Khajuraho – Western group of Temples- Gol Market- Chaturbhuj Temple- Vaman Temple- Archaeological Museum

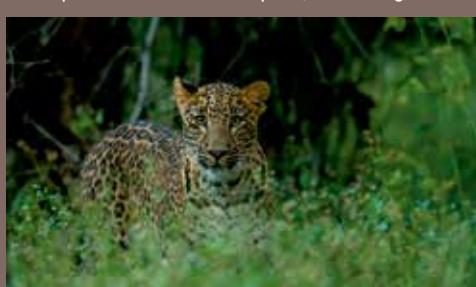
Segway Tour : Sunrisetour to Datla Pahad (2hours), Sundet tour to Dalta Pahad (2 hours),

Khajuraho by night – A joy ride (1.5 hours), Farm tour (2 hours), Trail Joy Ride (15 mins)

Water Sports : Speed Boat, Banana Ride, Shikara Boat, Raft Boat in Kutni Water Body and rafting in Ken River

A visit to Panna

If you are mulling to explore Khajuraho, do not forget to visit Panna National Park, situated just 32 km away and a mere 30-minute drive from Khajuraho. The jungles harbour many species of wildlife. The tiger can be glimpsed here, with other rare species such as the leopard, wolf and gharial.



Things to do in Panna

Explore wellness tourism at Kairali Ayurgram, Jeep Safari in Panna National park to explore wildlife in MP.

Places to visit in and around Khajuraho

Adivart Museum, Dhubela Museum, Kandariya Mahadeo temple, Chaunsath Yogini temple, Chitragupta Temple, Vishwanath Temple, Lakshmana Temple, Lakshmana Temple, Matangeswara Temple, Parsvanath Temple, Ghantai Temple, Adinath Temple, Duladeo Temple, Chaturbhuj Temple, Sound & Light Show, State Museum of Tribal and Folk Arts, Adivart Tribal and Folk Art Museum, Dhubela Museum

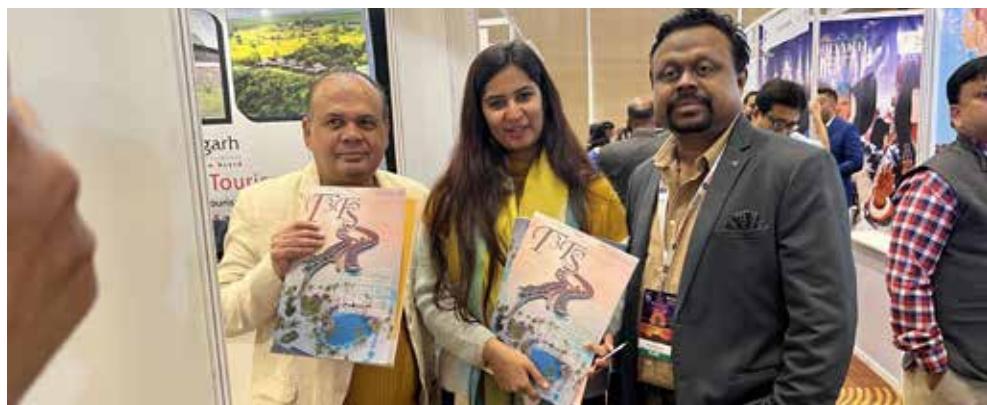
Places to visit in and around Panna

Wildlife, Fort of Ajaygarh, Mahamati Prannathji Mandir, Pandav falls, National Museum, Panna Diamond Mines

Plan a trip to this picturesque destination in Madhya Pradesh and be a part of the Khajuraho Dance Festival where all these multi-dimensional segments are waiting for you to explore.

The 37th IATO Annual Convention

The 37th IATO Annual Convention held in Lucknow from 16 -19 December 2022 was a milestone for IATO as the number of delegates crossed 1000 from all over the country.



After the convention, five post-convention tours were organized and about 300 delegates and spouses joined the post tour of their interest which concluded on 22nd December 2022.

The biggest attraction of the convention was Hon'ble Yogi Adityanath's presence as the Chief Guest during the Valedictory Session held on 18th December 2022 at the Centrum Hotel, Lucknow where he addressed over 1000 delegates present there who talked about the UP Government plans about development of tourism and incentives that have been announced by the UP Govt. He gave more emphasis on the Safety and Security of tourists and assured that Uttar Pradesh is today the safest state in India for the tourists. Shri Dayashankar Singh, Hon'ble Minister for Transport, Government of Uttar Pradesh, Shri

Arun Kumar Saxena, Minister of Environment, Forest & Climate Change, Govt. of Uttar Pradesh and Shri Mukesh Kumar Meshram were also present at the Valedictory Session. Shri Mangal Prabhat Lodha, Hon'ble Minister of Tourism, Govt. of Maharashtra through his video message invited all for the 38th IATO Annual Convention scheduled to be held in Aurangabad in September 2023. Mr. Rajiv Mehra, President IATO made a request to Hon'ble Chief Minister to help the industry for a 2 minute halt of Vande Bharat at Tundla Junction which would help the tourism industry to promote pilgrimage tourism to Uttar Pradesh.

Inaugural function of the convention was held on 16th December 2022 with pomp and show at The Centrum Hotel, Lucknow Mr. Ravi Gosain, Vice President & Chairman of

the Convention started with the welcome address. Mr. Rajiv Mehra, President – IATO in his presidential speech thanked Yogi Adityanath who could not join for the inaugural function, owing to his busy schedule, for the support being given by his office and giving IATO an opportunity to hold the 37th IATO Annual Convention in Lucknow. He thanked Mr. Arvind Singh, Secretary (Tourism), Government of India for all the support and Mr. Mukesh Kumar Meshram, Principal Secretary & Director General Tourism, Govt. of Uttar Pradesh for all the support and guidance given by him and his team of UP Tourism. Mr. Mukesh Kumar Meshram talked about New Tourism Policy of UP Government and incentives being given to the stakeholders. Shri Arvind Singh, Secretary, Ministry of Tourism, Govt. of India talked about G20 Presidency and



thanked UP Government for taking the lead. He also thanked Mr. Meshram for hosting the 37th IATO Annual Convention in Uttar Pradesh. Mr. Asim Arun, Hon'ble Minister for Social welfare, Government of Uttar Pradesh addressed the delegates and talked about the new infrastructure development being created in Uttar Pradesh. Shri Ashwini Kumar Patra, Hon'ble Minister of Tourism, Govt. of Odisha talked about tourism infrastructure and development in Odisha. Hall of Fame of Awards were given to Mr. Sunil Gupta, Managing Director, Travel Bureau and Late Shri Badri Bajaj, Managing Director, Perfect Travels & Tours Pvt. Ltd. and Adventure World (India) Pvt. Ltd. for the their contribution to the tourism industry. Mr. Sunil Mishra, Hony. Treasurer and Co-Chairman Convention presented vote of thanks.

On 17th and 18th December 2022, there were deliberations in the business sessions.

Mr. Rajiv Bansal, Secretary, Ministry of Civil Aviation, Mr. Rakesh Kumar Verma, Additional Secretary, Ministry of Tourism, Mr. S.P. Singh, Joint Secretary, Ministry of Road Transport & Highways, Govt. of India, Mr. Mukesh Kumar Meshram, Principal Secretary & DG Tourism, Govt. of Uttar Pradesh, Mr. Sheo Shekhar Shukla, Principal Secretary, Tourism, & MD, MP Tourism Board, Mr. Sachin R Jadhav, Director Tourism & MD - Odisha Tourism Development Corporation, Mr. Abhay Sinha, Director General, Service Export Promotion Council were the key government speakers in the business sessions,

During the Valedictory Session on 18th December 2022, Hon'ble Chief Minister of Uttar Pradesh Yogi Adityanath Released the Coffee Table Book on Budelkhand and IATO Manual 2022-23

Air India and Air India Express associate with Kochi-Muziris Biennale

Air India and Air India Express have associated themselves with the Kochi-Muziris Biennale this year as the official travel partners for the largest art exhibition in the country and the biggest contemporary art festival in Asia.



The four-month-long Biennale commencing on 23rd December 2022 will have Indian and international artists exhibiting artworks across a variety of mediums including film, installation, painting, sculpture, new media and performance art. Alongside the exhibition, the Biennale offers a rich programme of talks, seminars, screenings, music, workshops and educational activities.

As part of this association, Air India will be flying international artists and art enthusiasts to Kochi to participate in the festival while Air India Express supports the event as sponsor. With over 38 flights per week, Air India connects Kochi to international and domestic destinations. Air India Express is the single largest international airline operating from Kochi airport in terms of number of flights. The airline connects the city to all major destinations in Gulf with 80 flights per week.

Air India Express has distinct livery designs, each tail of its aircraft portraying the diverse art and culture of the country. Recognising this unique feature, artists at Kochi Biennale Foundation will design an exclusive tail art for Air India Express. A newly inducted Boeing 737-800 aircraft will flaunt this tail art, taking the spirit of Biennale to the global stage. Besides, five unique mural paintings highlighting Air India's international destinations will be displayed at the Biennale.

The association of Air India and Air India Express with this Art extravaganza is in sync with the airline's long and rich legacy of encouraging art and artists. The pioneer of Indian Aviation and the creator of Air India, JRD Tata had set the tone for this aesthetic mission for the airline with his vision of

**MR NIPUN AGGARWAL,
Chief Commercial and
Transformation Officer,
Air India**

Air India has always promoted the distinct art and culture of India and the legacy continues with our support to this aesthetic event in association with Kochi Biennale, which provides local and international artists with a platform to exhibit their art to the world. Through this collaboration, we are also seeking to connect with a considerably large segment of aficionados of art and culture in India and abroad.



putting "a little bit of India" in most of Air India's international establishments and his passion for preserving and promoting Indian art and culture. One of the most impactful artworks in the booking office's interiors were the specially-commissioned large murals placed mostly in the lounges or behind the booking counters. The liveries of Air India Express aircraft are unique with each tail portraying the beauty and diversity of India's rich culture and heritage. These tail arts make the fleet the cultural ambassadors of India.

**MR ALOKE SINGH,
CEO, Air India Express**

The Kochi-Muziris Biennale's theme of connecting the modern with the mythical past, expressing that via contemporary art while making it accessible to the wider community, resonates well with what we stand for as an LCC and as the larger Air India group. We will proudly display a specially created artwork as 'tail-art' on an aircraft, to symbolise this association. Air India has always had a long and glorious history of promoting Indian art and culture with our distinct tail art on each aircraft, and this collaboration with KBF is another opportunity for Air India Express to support local and international artists.



**BOSE KRISHNAMACHARI,
founder member and
President of Kochi Biennale
Foundation**

We are elated to have Air India and Air India Express on board with us. Their tremendous support over the years for local art and artists is commendable. The Biennale is expected to offer the state's tourist and service industries a much-needed boost by putting Kerala on the map as a go-to location for art enthusiasts.



Air India launches **FogCare** initiative

Air India, India's leading airline and a Star Alliance member, announced its "FogCare" initiative to mitigate the impact of disruptions due to fog on passengers.

This initiative, which will initially be launched for flights departing from and arriving at IGI airport, New Delhi, aims to take care of unforeseen circumstances such as delays and cancellations of flights amid thick fog that engulfs northern India during the winter season. Under the new FogCare initiative, Air India will be taking proactive steps to isolate the impact of fog on flight operations, which usually takes place in the early mornings and late evenings, but often also cascades throughout the day.

Air India will proactively reach out to customers during periods of Fog and give them easy options to reschedule or cancel their impacted flights at no extra cost. Passengers of impacted flights can make the decision to not travel to the airport and avoid the inconvenience of long waits. This will also serve to ease congestion at the airports. Customer-friendly

e-mails, calls, and SMS with flight-specific advisories will be sent to passengers on impacted flights, giving them easy options to minimize inconvenience due to fog-related disruptions.

The airline is also ensuring adequate availability of aircraft, pilots, maintenance, and cabin crew to be able to deal with fog-related exigencies. With a fully trained cockpit crew, that is equipped with the capability to operate in low visibility conditions through the CAT-III Instrument Landing System (ILS), Air India has geared up to minimize disruption due to Fog.

Additionally, a campaign to create awareness around the FogCare initiative will be launched, along with a dedicated FogCare web page that is being created on www.airindia.com. Passengers can find more information, including detailed FAQs, live information on the flight status as well as support for rescheduling and refunds on this page.

**MR. RAJESH DOGRA,
Chief Customer Experience
Officer and Global Head of
Airport Operations, Air India**

We are pleased to launch the FogCare initiative, a customer centric measure to ensure the best possible experience for our customers. This is one more step in our journey to becoming a world-class airline and will significantly improve the passenger experience during fog affected days. We will strive to give our customers up to date information on whether their flight has been impacted by fog and help them make the best choice given the circumstances. By proactively tackling the issue, we will be able to maintain the overall network schedule integrity as best as possible, and offer a better experience to all passengers, particularly those on flights unaffected by fog in Delhi, who would otherwise have been subjected to the cascading effects of rolling fog delays.



Cathay Pacific Welcomes **Quarantine-free Travel**



Cathay Pacific welcomes the Hong Kong SAR Government's latest measures to facilitate quarantine-free travel between Hong Kong and the Chinese Mainland, as well as the lifting of transit restrictions, effective 8 January 2023.

In light of today's announcement, Cathay Pacific will more than double its flights into the Chinese Mainland, operating 61 return flights per week between Hong Kong and 13 Mainland cities from 14 January 2023. This compares to the 27 flights per week from Hong Kong to the Mainland, and 50 flights per week from the Mainland to Hong Kong that the airline is currently operating.

Cathay Pacific is working actively to resume and add more flights progressively between Hong Kong and the Chinese Mainland in the coming weeks, with the aim of operating over 100 return flights per week by March 2023.

From 8 January 2023, Cathay Pacific will increase its flights between Hong Kong and Beijing to 10 pairs per week, and between Hong Kong and Shanghai

**ANAND YEDERY,
Regional Head of Marketing and
Sales, South Asia, Middle East and
Africa (SAMEA)**



The new year has welcomed us with positive developments. We have always had strong connections into the Chinese Mainland and are delighted to more than double our frequency. With the Chinese Mainland lifting its quarantine and transit requirements, we anticipate the demand to travel further grow particularly with the upcoming Chinese New Year. The increase in operations will provide travellers, particularly from the business and trade segment with more options and accessibility to travel.

(Pudong) to 21 pairs per week. The airline is also resuming flights to Guangzhou with five return flights per week.

Meanwhile, from 14 January 2023 the airline will increase its flights between Hong Kong and Xiamen to four pairs per week, and between Hong Kong and Chengdu to six pairs per week.



Emirates Signs Pact to Support Visitor Arrivals to The Bahamas

Emirates, the world's largest international airline, has sealed an agreement with the Ministry of Foreign Affairs of The Bahamas to promote tourism to the Caribbean archipelago. The airline and The Bahamas' Ministry of Tourism will embark on joint initiatives to boost visitor traffic into the islands from key markets across Emirates' network.

The Memorandum of Understanding (MoU) was signed by HH Sheikh Ahmed bin Saeed Al Maktoum, Emirates Group Chairman and Chief Executive and HE Tony Joudi, Ambassador of The Bahamas to the UAE and the State of Qatar at the Emirates Group Headquarters. Also present at the signing ceremony was Adnan Kazim, Emirates' Chief Commercial Officer and Salem Obaidalla, Emirates' Senior Vice President of Commercial Operations for the Americas.

Spread across 16 major islands, The Bahamas boasts more than 100,000 sq. miles of the world's clearest ocean. Its coveted beaches and pristine shorelines make The Bahamas one of the most popular tourism destinations in the Caribbean, offering a rich mix of leisure and cultural activities for visitors.

Under the MoU, both parties will partner on joint promotional campaigns to benefit the airline and boost tourist arrivals into The Bahamas, by showcasing the destination's appeal to visitors and holiday-makers. The agreement will see also marketing activities including media and trade familiarization trips, in the first quarter of 2023, and the development of tailor-made tour packages, through its tour operating arm Emirates Holidays, which can be booked by customers across the airline's vast network. Both parties have also agreed to explore opportunities to collaborate on joint

His Highness Sheikh Ahmed bin Saeed Al Maktoum, Emirates Group Chairman and Chief Executive

We are pleased to collaborate with The Ministry of Foreign Affairs of The Bahamas in supporting its goals to boost the nation's tourism economy. Through our partnerships with United and Air Canada, we look forward to playing a key role in promoting The Bahamas as a key leisure destination. Our global customers from across our network can enjoy Emirates' services to our points in North America and benefit from enhanced connectivity and access to the islands.



advertising campaigns to promote the West Indies destination.

Emirates currently flies to 12 points in the

His Excellency Tony Joudi, Ambassador of The Bahamas to the UAE and the State of Qatar

I would like to thank Emirates for playing a role in strengthening the connection between the two countries.



Tourism is the lifeblood of our nation's economy and, by growing visitor arrivals to our tropical island paradise, we hope to achieve our goals of stimulating the tourism economy and providing impetus to the business climate.

Emirates is a facilitator of global connectivity and links the East with the West and we look forward to working closely with the airline to help us achieve our tourism targets. The economy at large will benefit from a further boost to tourism and our country has made significant investments in infrastructure to accommodate the anticipated boom in tourism. On behalf of the Government of The Bahamas and the nation's people, we look forward to organising a familiarisation trip early this year for influencers and media to experience first-hand the best of our nation's offerings and highlight it as a top tourist destination to their audiences.

US in addition to Toronto. Emirates' customers from across its global network can utilise its services to fly to US destinations such as Houston, Chicago, or Newark before connecting to Nassau on United, thanks to the partnership between both airlines. Travellers can also fly to The Bahamas via Toronto, with Canada's national carrier Air Canada, which activated its codeshare partnership in November.

While the majority of visitor traffic to The Bahamas is comprised of travellers from the US and Canada, The Bahamas also attracts tourists from other international points in Emirates' network including the United Arab Emirates, Greece, India, China, the Philippines and Singapore.

Currently Emirates customers can connect to Nassau airport on codeshare flights with Air Canada via Toronto and from major US airports including Houston (IAH), Newark (EWR), and Chicago (ORD) on interline flights with United. Emirates operates a modern fleet of Boeing 777 and Airbus A380 aircraft to a network of more than 130 destinations across six continents.



flydubai celebrates Argentina national football team's World Cup victory with two special liveries

flydubai, the Dubai-based airline, has unveiled a special livery on two of its Boeing 737 MAX 8 aircraft to celebrate the Argentina national football team's victory in the final of the World Cup 2022.

As the regional partner for the Argentine Football Association (AFA), flydubai carried the champions from Abu Dhabi to Doha after they concluded their training on 18 November, marking the start of their race to the cup.

The new livery features the iconic World Cup trophy and the Argentina national flag over the winning team including Julian Alvarez, Rodrigo De Paul, Angel Di Maria, Lautaro Martinez, Lionel Messi, Nicolas Otamendi and Paulo Dybala. The "Campeón"

decal and the three-starred AFA logo are added to the celebratory liveries.

The aircraft A6-FKA and A6-FKB will operate on select flights on the last day of the Match Day Shuttle service between Dubai World Central (DWC) and Doha International

GHAITH AL GHAITH, Chief Executive Officer at flydubai

What a fantastic fun-filled month of football it has been. The operation of up to 30 daily Match Day Shuttle flights between Dubai and Doha has been an unprecedented milestone in the region. This was possible thanks to the support and collaboration of all involved including Dubai Airports, dnata, Dubai Police, Dubai Immigration, the authorities and our partner Qatar Airways. To be able to partner with the winning team was a momentous achievement in flydubai's history. Congratulations to our partner, the Argentina national football team, and well done to all the teams who participated in this year's tournament that will surely go down in history as one of the most memorable editions of the World Cup to date.



Hahn Air expands network with 14 new partner airlines in 2022

Hahn Air added 14 new carriers to its leading network of more than 350 airlines throughout 2022.

With Hahn Air's solutions, the partners can sell their flights in 190 markets, including markets outside of their route network, where they are not available with their own distribution set-up. When the partners sign an interline agreement with Hahn Air, travel agents can book their flights in the GDSs and issue them on the insolvency-safe Hahn Air HR-169 ticket, even in markets where the airlines are not participating in the local payment system (e.g. BSP or ARC). With the products H1-Air and X1-Air, partner airlines with no or limited GDS presence benefit from being available in all major GDSs under the H1 or X1 code and can be ticketed with Hahn Air as the validating carrier.

The five new interline partners are Fly Pelican from Australia, ITA Airways from Italy, Jordan Aviation from Jordan, Safarilink from Kenya, and Transair from Senegal. Nine partners opted to outsource GDS sales to Hahn Air, therefore Nauru Airlines from Australia and Nepal Airlines (on behalf of President Travel & Tours) are now available in GDSs under the H1 code while Animawings from Romania, As Salaam Air from Tanzania, Cabo Verde Airlines from Cabo Verde, EZ Air from Curacao, Fuji Dream Airlines from Japan and Jambojet from Kenya can be found in major GDSs under the X1 code. And finally, one carrier, World2Fly from Spain, came on board as a dual partner opting to combine an interline

Airport (DIA). Since the launch of these special Match Day Shuttle flights on 21 November, flydubai has carried more than 145,000 football fans from across the globe to Doha to take part in the biggest event in the world.

Alexander Proschka, Executive Vice President Commercial at Hahn Air

Our indirect distribution solutions are the right fit for airlines with any business model and with any distribution set-up. We are the right partner for carriers that have no reservation system or GDS connections at all, as well as for carriers that already have a comprehensive distribution strategy in place. With our solutions they can unlock secondary markets and generate incremental revenue without any risk.



agreement with the X1-Air solution.

With its ticketing and distribution solutions, the German airline Hahn Air facilitates global business between travel agencies and airlines. Its global connectivity with all major Global Distribution Systems (GDS) and almost all Billing and Settlement Plans (BSPs) enables 100,000 travel agents worldwide to issue the flights of Hahn Air partners on the HR-169 ticket.

Malaysia Airlines: Something for Everyone



“Many travellers are now willing to travel to offbeat locations, as opposed to popular tourist destinations as they can experience a location like a local rather than as a tourist. This trend is expected to continue in 2023 as well.” said Mr Amit Mehta, Country Manager - South Asia, Malaysia Airlines

• Vedika Sharma

- Kindly elaborate on the load factor/ flight occupancy to/from India. Will Malaysia Airlines add more Indian cities to its network?**

In March 2022, Malaysia Airlines reinstated its scheduled commercial services from India with 31 weekly flights from five major cities, namely New Delhi, Bangalore, Mumbai, Chennai and Hyderabad. Since then, we have ramped up weekly flights on the existing routes and reinstated weekly flights from Kochi, and we are currently operating 52 weekly flights from India. We are continuously reviewing the opportunities in the Indian market and will gradually add new routes, increase frequencies or upgrade aircraft wherever needed to meet these demands especially during peak travel periods.

- In your opinion what are the new travel trends you see emerging?**

Some emerging trends include spontaneous travel, which means travellers will be looking for last-minute deals. Simultaneously, with consumer sentiment becoming more optimistic about travel, travellers may feel comfortable locking in their trips ahead of time, especially to enjoy the best ticket prices. This will ensure players across the tourism industry,

including airlines, will continue to launch campaigns, experiences and deals that excite and encourage customers to choose their business.

Another phenomenon that has gathered momentum in the aftermath of the pandemic is experiential travel. Many travellers are now willing to travel to offbeat locations, as opposed to popular tourist destinations as they can experience a location like a local rather than as a tourist. This trend is expected to continue in 2023 as well.

- The post-pandemic period has witnessed several companies across sectors imbibing technology in a big way. Tell us something about your initiatives.**

The pandemic has accelerated digitisation for many organisations. We fully realised that airlines need to rethink how they do business to come out of the crisis and empower our workforce to remain agile and be equipped with the necessary skillsets to meet the demands and challenges ahead. Digitisation will be the way forward in this ‘new normal’ air travel.

As part of our commitment to offering safe, seamless and digitalised end-to-end travel solutions for our customers, we recently launched MHPay which is a new

alternative payment method for consumers to purchase air tickets, ancillary products, and services via malaysiaairlines.com, offering a fast and secure way to purchase real-time airline tickets online as well as through our mobile app, with no additional service fees.

Our MH Group Bookings portal offers direct booking, prompt responses to all queries, end to end automation, optimised travel experience and much more. All of this is because we have moved a significant portion of our processes online and accelerated our digitisation efforts to ensure our staff can operate remotely and flexibly as a business.

- Please brief us on key MH products and services introduced recently.**

Malaysia Airlines offers something for everyone. We continuously enhance and devise our products and offerings to ensure a seamless, end-to-end travel experience for our customers – be it for leisure or business travel. As travellers look for more flexibility in their itinerary, we have also introduced various fare families and products that offer highly flexible and convenient perks, including free flight changes.

Our Horizontal Fare Family (HFF) offers customers a flexible fare based on their



travel needs, preferences, priorities and purchasing capabilities consisting of Lite, Basic and Flex where each fare family has different benefits such as baggage allowance, seat selections, priority services.

We also introduced the MHflypass ASEAN which provides convenience and flexibility, allowing for three return trips within 12 cities at a fixed rate within a one-year period.

Travellers can also plan their getaway fuss-free through the airline's tour operating arm, MHholidays, which provides a single platform for customers to choose and tailor-make their holidays according to their destination, budget and length of stay – this includes flights, accommodation, ground transfer services, as well as holiday packages.

With business travel steadily picking up, our MHbiz Pro and MHbiz Plus programmes are designed for small to medium-sized enterprises (SMEs) and corporates that wish to self-manage their corporate travel. We have also introduced MHbiz Events, a customised travel solution for events such as corporate incentive trips to large-scale events, be it domestic or international, with a wide range of services and connections across our expansive networks. Both organisers and delegates can get exclusive benefits, such as flight discounts, complimentary tickets and more.

On top of this, students enrolled in our MHexplorer programme can enjoy varying benefits including discounts on flight tickets all year round, additional baggage allowance,

shopping discounts and many more fun perks; enhancing their travel experience with a variety of great benefits and savings.

● What is your understanding of demand from the Indian subcontinent now?

While the aviation industry continues to face headwinds as an aftermath of COVID, the larger consumer sentiment is positive. The demand for travel is back, both on the domestic and international front.

India remains a key market for us and we have witnessed a strong surge in travel bookings, especially around the festival periods. We will continue to add new routes or increase frequencies, wherever needed, to cater to the pent-up demand in the market.

● Supply-chain issues are impacting aircraft deliveries. Does that concern you?

Supply chain strains and labour crunch have been significant challenges since the start of the COVID pandemic, and now we continue to face headwinds from rising fuel prices and inflation amid a rebound in travel. We are closely monitoring this situation and will adapt as per the prevailing market circumstances.

● Are there any offers that you are coming up with in the near future?

With the reopening of China's borders in January 2023, we hope to regain the remaining capacity for Malaysia Airlines' entire network for China and North Asia by the end of 1H23, which will help to spur

economic growth between Malaysia and China whilst giving a boost to the overall supply chain involving business and trade.

We are also working on providing voluntary offsetting that will allow passengers to offset their emissions in their travel, and we will be rolling this out in 2023. This is crucial as our customers can take part in our sustainability journey and play their part as responsible travellers and citizens.

Please convey any of your messages to our audience

Our 'Bonus Side Trip' programme provides fantastic value for those looking to stopover in Malaysia. The programme enables passengers to make the most of their itinerary by exploring one of seven domestic wonders in Malaysia at minimal costs. This is great for those who really want to experience Malaysian Hospitality in its totality, because they get to explore the diverse culture, warm hospitality, and delicacies Malaysia has to offer as part of their travel plans. As part of the programme, passengers get a chance to explore one of the seven domestic getaway destinations in Malaysia i.e., Penang, Langkawi, Johor Bahru, Kuala Terengganu, Kota Bharu, Alor Setar, Kuantan.

As we bid goodbye to 2022, we are witnessing a strong pent up demand for air travel. We will aim to capitalise on this in 2023 and continue to unveil exciting products and programmes into match the varied preferences of our customers.

VietJet Reinforces its Position in Vietnam and Korea

VietJet has resumed its non-stop service between Da Lat and Can Tho in Vietnam to Seoul in Korea. The relaunched routes increase VietJet's total flight traffic between the popular tourist destinations and Korea to 12 in total; Further strengthening its position in the region.

With the journey just over five hours in duration, travelers moving from Vietnam and Korea will be able to avail special prices during the year-end festivals and Lunar New Year of 2023. With airfares as low as INR 994, USD12/one-way (*), passengers can make reservation via the official website www.vietjetair.com, Vietjet Air mobile app or at Vietjet's worldwide network of official ticket offices and agents.

The only airline providing a direct route between the two regions, The Da Lat – Seoul (Incheon) flight service will operate on Tuesday, Wednesday, Saturday and Sunday, departing from Da Lat at 17:10 and landing in Incheon at 23:55. The return flight will take off from Incheon at 2:30 and arrive at Da Lat at 5:50 (All in local times).

Passengers moving between Can Tho & Seoul (Incheon) will be able to schedule their journeys every Monday, Thursday and Friday. The flight will depart from Can Tho at 16:50 and lands in Incheon at 23:55. The return flight will take off from Incheon at 2:30 and arrive in Can Tho at 6:20 (All in local times).

With the relaunch, VietJet will now connect Hanoi, Ho Chi Minh City, Da Nang, Hai Phong, Nha Trang, Phu Quoc, Da Lat and Can Tho to Seoul with 8 direct routes, plus an additional four direct routes between Hanoi, Ho Chi Minh City, Da Nang and Nha Trang & Busan.

Nguyen Thanh Son, Vice President, Vietjet

We are delighted to be the only airline operating direct services between Da Lat, Can Tho and Seoul on cost-effective and time-saving flights. The direct connectivity will bring flyers from Vietnam's Central Highlands and Mekong Delta regions to Seoul, Asia's famous destination and major transportation hubs. In return, travelers from Korea and Northeast-Asian region now have more options to explore the romantic city of Da Lat and the prosperous rivers in Can Tho, those among the top favorite destinations in Vietnam.



Indian Carrier Vistara Joins Airline Association BARIG

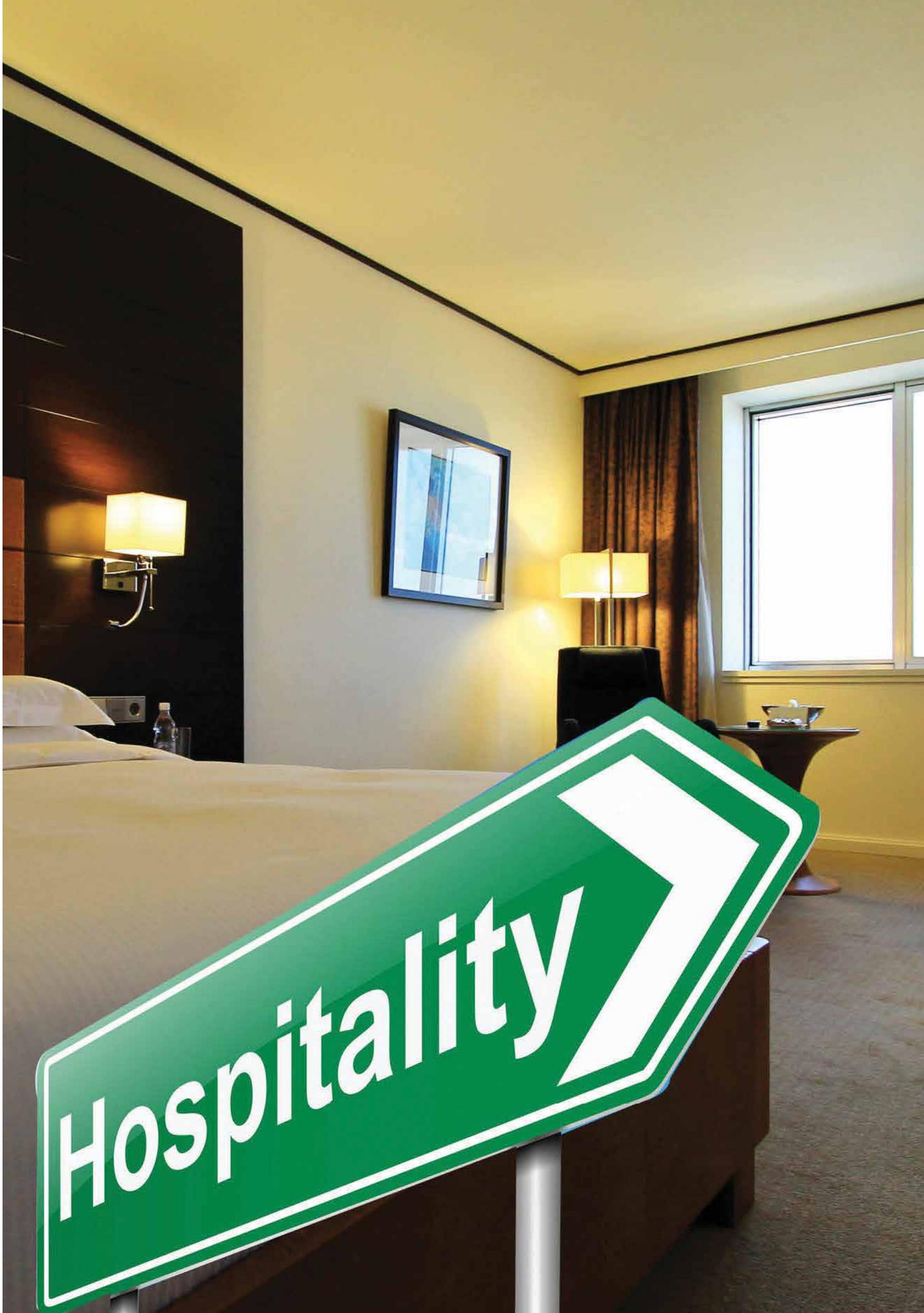
On January 1, 2023, the Indian carrier Vistara (TATA SIA Airlines Limited), a joint venture between Tata Sons Limited (51 percent) and Singapore Airlines Limited (49 percent), will become a member of the Board of Airline Representatives in Germany (BARIG), which is advocating the interests of national and international airlines operating to and from Germany.

With a fleet of over 50 modern aircraft, Vistara operates more than 250 flights daily to more than 40 destinations within India and globally. Vistara, represented by Friends Touristik Marketing GmbH & Co. KG in the German market, serves Germany – India's largest EU trading partner – with six flights a week between the Indian capital Delhi and Frankfurt am Main.

Michael Hoppe, BARIG Chairman and Executive Director: "With Vistara, an airline joins BARIG that has been able to grow very dynamically since its first flight in October 2013. We are looking forward to the professional exchange and the joint work in our association's various committees."

Jai Prakash Tiwari, Country Manager Germany at Vistara: "The work of an airline association such as BARIG at the interface with, for example, politics or the authorities and airport operators is of great value to air traffic. Important, forward-looking topics are advanced here. As a member of BARIG, we want to participate in this and look forward to working with other airline representatives and association partners."

Since the start of operations in 2013, more than 35 million passengers have already travelled with Vistara. A fleet expansion by more than 20 narrow- and wide-body aircraft to over 70 airplanes is planned for 2023. By now, the airline is already operating one of Asia's youngest fleets. At the Skytrax World Airline Awards 2022, Vistara was named 'Best Airline in India and South Asia' for the second time in a row. Moreover, Vistara was also ranked first in other categories, such as 'Best Business Class in India and South Asia' as well as 'Best Airline Staff Service' and 'Best Cabin Crew' in the region.



Hospitality

Fortune Hotels arrives at Haldwani

Fortune Hotels, a member of ITC's hotel group, announced the opening of Fortune Walkway Mall Haldwani pegged to be the first branded hotel of the city in the segment, and the upscale hotel chain's third hotel in the state of Uttarakhand.

Strategically located on the high street of Haldwani, atop a premium mall, the stylish hotel boasts of contemporary well-appointed and elegant rooms and suites that open into the lush green views of the scenic Himalayas and the buzzing street below.

An aesthetically designed lobby, thoughtfully crafted food and beverage experiences, a relaxing spa, a well-equipped fitness centre, a plush club lounge, and other modish amenities add a touch of class to the other modern, contemporary comforts that the warm and trendy hotel exudes.

Being inclose proximity to the nearest industrial hub of Sitarganjand just 35 kms from Nainital, makesFortune Walkway Mall Haldwani, a perfect pitstop for guests looking for a relaxed



business or leisure stay. Easily accessible by air, rail and roadthe hotel isjust 2.6 km away from Kathgodam, and around 35 km from Pant Nagar airport.

Guests can choose to dine at Zodiac, the all-day dining multi-cuisine restaurant that showcases an extensive a-la-carte menu featuring the best of Indian, European, Western, and pan-Asian cuisines;relax and meet close friends atNeptunethe chic bar and loungeservinga wide

selection of wines, spirits, and appetising food in a chic and contemporary setting; or enjoy a stone fire pizza in the panoramic alfresco area and get awestruck by the mesmerising mountain views it has to offer.

Additionally, the stunning hotel has an aesthetically appointed banquet hall embellished with modern interiors, ornate and elegant décor that opens into a stunning terrace courtyard to help guests celebrate their special occasions in style. With a capacity to host upto 250 guests, the hotel is a perfect destination for small weddings, company off-sites, social events, celebrations, conferences and more.

Besides Fortune Walkway Mall Haldwani, Fortune has two other hotels in Uttarakhand- one each in Mussorrie and Haridwar.



**SAMIR MC,
Managing Director,
Fortune Hotels**

Fortune Hotels have always travelled beyond the known vistas, into new markets to extend our branded offerings to the city residents and our old and new guests alike. With the Haldwani addition we yet again become flag bearers of growth, entering a tertiary city of India that holds immense business potential. We are on track to achieve our expansion goals. Fortune Walkway Mall is a perfect place for business and leisure travellers and we look forward to delighting them with our warm hospitality and the impeccable Fortune experience.'

Strong Body, Strong Mind, Gentle Spirit



Want to discover the secret behind the super toned and fit bodies of top-rated Hollywood stars? Some great tips and routines will be unveiled at the anything-but-ordinary wellness retreat by Hollywood Celebrity Trainer Ramona Braganza at the tropical island destination Kandima Maldives!

Celebrities always seem to know the latest trends! They have the most effective nutrition programs, train with the latest techniques, know how to maintain their mental health and seem to have ample time with an assistant, chef, trainer, and nanny. But what if you are not a celebrity, can you still look like one, feel fit and be healthy like one? Are there shortcuts you can learn to make you feel strong in your body and your mind?

One of the best experts for this is the Hollywood celebrity trainer and Global Fitness expert Ramona Braganza best known for sculpting "hot" bodies in Hollywood for over 20 years by training dozens of A-list actresses, including Halle Berry, Sandra Bullock, Anne Hathaway, Scarlet Johansson,

Dakota Johnson, Jessica Biel, Kate Beckinsale and actors like Bradley Cooper, Michael Weatherly, Zac Efron, Ryan Reynolds and many more. Currently she is shaping up Jessica Alba for her new Netflix series.

Now world-renowned celebrity trainer Ramona Braganza will take you behind the scenes and share the secrets of the stars at her "Strong Body, Strong Mind, Gentle Spirit" - A life-changing 7-Day Wellness Retreat from March 14 - 21, 2023 held at the "kool" 5-star island resort Kandima. The modern lifestyle resort offers the widest selection of sport facilities and options in the Maldives. The one-week wellness retreat is based on Ramona's effective 321 workout along with her 321-nutrition plan designed to boost

metabolism and tone the overall physique and will also include relaxation techniques and yoga classes to balance body, mind, and spirit.

Ramona's "Strong Body, Strong Mind, Gentle Spirit" - A life-changing 7-Day Retreat from March 14 - 21, 2023 is starting at US\$ 5200 per person (this price includes accommodation plus Ramona's retreat cost)

Ramona's Wellness Retreat will take place at the seriously stylish lifestyle (desti) nation Kandima Maldives, located in the paradise location. A three-kilometre beach strip surrounded by a wonderful coral reef in midst the Indian Ocean the island resort offers a fantastic award-winning esKape spa and a wide range of sports facilities.

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Beach Club Vibes in the Dubai Desert

This winter season, Terra Solis Dubai, the newly launched desert destination and the latest addition to the iconic Tomorrowland family, is offering a range of winter experiences within its energising glamping accommodation and chilled vibes at one of the region's largest desert-located pool.

The oriental-chic desert oasis is spread over 371,000 square metres and boasts three stunning glamping accommodation options, including the Polaris bell tents, the Perseid lodges and the Orion pool lodges, a vibrant pool scene and a fun party atmosphere with outstanding music and entertainment.

Terra Solis Dubai pool

Open to both overnight guests and day visitors, the super-sized swimming pool, one of the largest in the region, takes centre stage at the heart of the destination. Visitors can enjoy a vibrant yet relaxing setting under the Dubai winter sun with some of the finest music by carefully selected Tomorrowland resident DJs and local heroes.

The pool features cabanas and sun loungers, an eye-catching bar with a wide selection of drinks and cocktails and the Sala shisha lounge.

Polaris bell tent

Wake up in the stunning Polaris bell tents and start the day on your terms

Each of the 48 spacious, luxurious and beautifully decorated Polaris bell tents includes a comfortable double bed, soft bed sheets and a small hand wash basin. Each tent has air



conditioning, a mini fridge, towels and a safe deposit locker. Shower and bathroom facilities are also available on the Terra Solis site.

Guests will also have access to all property facilities, including sun loungers, activities and entertainment, and breakfast.

Perseid lodges

The superb Perseid lodges are designed for the ultimate comfort while creating a magical experience for all guests. The unique lodges are fully air-conditioned with a king-size bed and ensuite bathroom and shower facilities and include a mini fridge, towels and a safe deposit locker.

Guests can while away the hours at the pool

before enjoying a winter's night under the stars in the ultimate comfort.

Orion pool lodge

Stargaze into your dream and celebrate life by the pool in the spectacular Orion pool lodge

Offering guests the utmost in luxury, the spectacular Orion pool lodges located near the pool have been designed with attention to detail in mind and provide a truly unique experience.

In addition to a private pool, the centrally located Orion pool lodges also feature a large terrace providing the perfect space to relax and indulge in desert luxury, overlooking the entire resort. The private outdoor cabana and terrace are fitted with high-quality furniture and a dining setting, providing a unique area for friends and family.

The Orion can host two guests to spend the night and accommodates up to 10 friends during the day.

In addition to a king-size bed and ensuite bathroom in the fully air-conditioned lodge, guests can also enjoy the private pool, terrace and dining area.

FROM STRESSED TO STRESS FREE

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Sheraton Phu Quoc Long Beach Resort now in Vietnam's Largest Island



The tropical island of Phu Quoc in Vietnam has welcomed Sheraton Phu Quoc Long Beach Resort – the first Marriott International property to open on the North of the island.

Marriott International's most global brand, Sheraton draws inspiration from the premium brand's roots as a community hub to create contemporary spaces with communal elements that promote long visits for both work and leisure. Sheraton Phu Quoc Long Beach is part of a strategic agreement with Vinpearl, Vietnam's largest hospitality and leisure chain, to convert and develop 2,200 rooms across six hotels in Vietnam.

Located on a four-kilometre stretch of a pristine beach on the west coast of Phu Quoc, Vietnam's largest island, Sheraton Phu Quoc Long Beach Resort blends traditional grandeur with modern simplicity, creating an

atmosphere of refined elegance. Rebranded from the existing Vinpearl Resort & Golf Phu Quoc, the property will offer 459 spacious rooms, suites, and villas alongside multiple food and beverage outlets, extensive conference space, three pools overlooking the turquoise ocean, a spa, a fitness centre and a kids' club.

Located in the popular Ganh Dau area on one of the Pearl Island's most scenic beaches, the resort offers proximity to popular landmarks, including Vietnam's largest theme park VinWonders Phu Quoc, Vinpearl Safari, Corona Casino, Grand World Phu Quoc entertainment complex and an 18-hole golf course.

Rooms, suites and villas

With views of the sparkling ocean at sunset or the resort's lush tropical garden at sunrise, 42-square-metre Deluxe Rooms come with private balconies and ample space for a family of three. The décor introduces soft tones and organic textures framed by natural surroundings to encourage a sense of calm. At 80 square metres, one-bedroom suites feature a separate living room and two balconies for perfect moments of serenity amid the breeze and birdsong. The resort's sumptuously appointed two- to four-bedroom villas, meanwhile, range from 190 to 360 square metres and come with a private



pool, fully equipped kitchen and living space offering views of the ocean or the garden.

Elevated island dining

Nestled at the water's edge, the swim-up Pool Bar with its glass dome and classical columns complements the acanthus mosaic of the sweet-water pool to create an ambiance of timeless sophistication. For a Pan-Asian a la carte experience with a focus on Vietnamese, Indian, Korean and Chinese flavours any time of the day, guests can settle in The Garden Court or opt for the Patio Lounge for something lighter. The lounge, with its comfortably upholstered high-back armchairs and soft light is an ideal place to start a new day with a cup of coffee or arrange an after-dinner social rendezvous and taste exquisite selection of wines to a backdrop of live music.

Prime Bar & Grill, a buffet restaurant with outdoor seating facing the sea, is open for breakfast, lunch and dinner serving everything from fresh local shellfish to premium steaks and an array of Southeast Asian flavours in a simple, modern setting framed by ocean views.

Inspiring events

With Vinpearl's world-class Convention Centre located only a five-minute ride from the resort, Sheraton Phu Quoc Long Beach Resort can host events of up to



3,000 participants, with lush outdoor space for team-building activities for up to 500 guests available on property. From open-air client gatherings and cocktail receptions on a spacious lawn to private BBQ dinners, companies have ample opportunity to elevate their function and unlock the teams' creativity with Sheraton's signature style and service. For couples, the resort's outdoor venues offer an inspiring setting for wedding ceremonies and receptions coupled with intuitive service and five-star catering.

Spa and leisure

The main 2,400-square-metre swimming pool comes with a swim-up bar, while a separate kids' pool and a hot tub-like pool offer additional leisure options for families and couples.

The all-day kids' club at Sheraton Phu Quoc Long Beach Resort offers daily-

changing supervised activities, and a fully equipped fitness centre comes with everything one needs to stay fit on a holiday. For moments of relaxation, guests can retreat to the serene Sheraton Spa where therapists use premium products formulated with organic and natural ingredients to offer rejuvenating facials, indigenous massages and other healing spa treatments influenced by the Balinese wellness tradition.

Just outside the resort awaits a world of exhilarating experiences for the entire family. VinWonders, the largest theme park in Vietnam, is a water wonderland of rollercoasters and daily shows, while Vinpearl Safari with almost 200 different species and a total of 3,000 animals offers an insight into local flora and fauna.

For shopping and additional dining options, holidaymakers can explore the numerous offerings at Grand World, an entertainment complex located just a five-minute free shuttle drive from the resort and offering a kaleidoscope of themed restaurants, seafood streets, night markets, BBQ gardens, and diverse beach clubs. Golf aficionados, meanwhile, can practise their swing at the 18-hole Vinpearl Golf course with unique terrain in the middle of a primaeval forest, right next door to the property, while punters can try their luck in the 24-hour Corona Casino.

For more information about Sheraton Phu Quoc Long Beach Resort or to make a reservation, please visit www.marriott.com/pqcsr-sheraton-phu-quoc-long-beach-resort



Experience The Therapeutic Powers of Five Healing Arts

The Island Spa at Four Seasons Resort Maldives at Kuda Huraa has launched a new therapeutic arts menu, comprising Acupuncture, Cupping, Moxibustion, Physiotherapy and Reflexology.

The treatment is administered by Resident Acupuncturist and Physiotherapist Dinesh Man Lahke, who studied acupuncture in his native Nepal along with cupping and reflexology. Dinesh is also qualified in moxibustion (a complement to acupuncture) and has a physiotherapy degree under his belt.

Harbouring a unique understanding of the body and determination to help rid people of

pain, Dinesh brings relief and ease to debilitating conditions, including musculoskeletal or postural-related pain, sciatica, headaches, disc compression injuries, frozen shoulder, or post-traumatic stress disorder through the therapeutic powers of five healing arts.

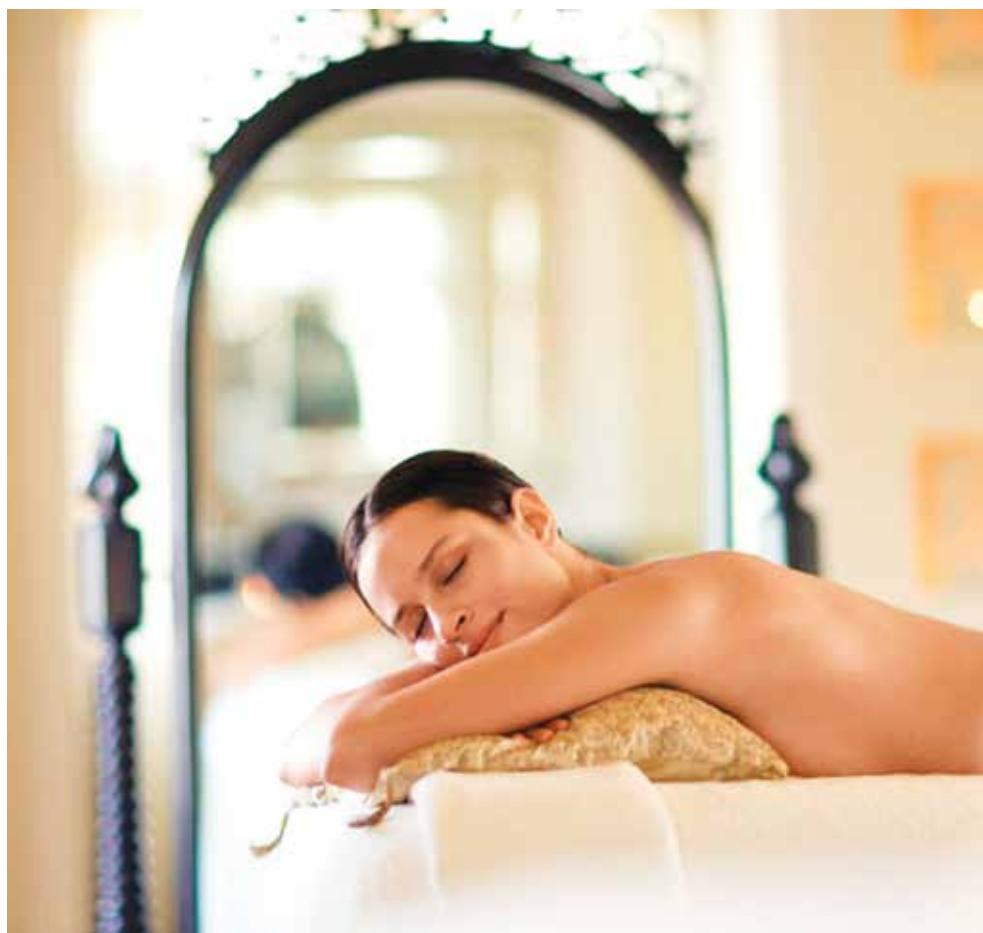
Opt for a “pure” session in one of Dinesh’s five areas of expertise or follow his blended approach, which incorporates two or more modalities.





Start 2023 with One of a Kind Rejuvenation Regime at Jiva Spa

While we bid adieu to 2022 and glide into 2023 with new goals and renewed vigour, it is also the time to re-direct our focus on self-care and wellness to balance the mind, body and soul.



Discover the magic of Jiva, the award-winning spa, where guests will find a unique range of spa treatments that amalgamate age old Indian healing techniques with the finest natural ingredients.

JivaSpa brings a treasure trove that offers guests a sumptuous experience of methods encompassing ancient wisdom and true deliverance of self-consciousness. Discover new heights of relaxation with Abhilaya, a meditation technique that is ideal for reducing the fatigue of daily life. Achieve a state of utter bliss with PadaMardana, a sublime massage treatment performed on the soles of your feet to create a profoundly relaxing experience. Liberating the body of impurities, Pavithri is a calming massage that uses a unique blend of oils with the goodness of tulsi, ginger and lime. Combined with the lymphatic drainage technique, the treatment works from within to cleanse the system of toxins.

The ultimate indulgence du jour, these therapies are crafted masterfully to encourage the renewal of the mind, body and the spirit along with soothing the senses and rejuvenating the body by using handmade oils and healing touches in a serene ambience. From the opulent decor and spa etiquette to the relaxing aromas, Jiva Spa aims to elegantly accentuate wellness of the body, mind and environment through a natural approach that coddles your senses - leaving you fresher, calmer and revitalized.



The Chambers Presents a Rendezvous with Gary Mehigan

The iconic Taj Mahal, New Delhi is proud to have hosted an exclusive Rendezvous with Chef Gary Mehigan who created an exquisite gastronomic experience at The Chambers on Tuesday, 20th December 2022.

As a part of its Rendezvous series, The Chambers, India's very first exclusive business club, brings to you a grand epicurean odyssey of signature flavours, thoughtfully paired with a selection of fine beverages. An experience that is unique and niche, designed to engage and entertain.

After a series of successful culinary Rendezvous at Taj West End, Bengaluru and Taj Lands End, Mumbai, Chef Gary Mehigan curated an epicurean experience at Taj Mahal, New Delhi - the Capital's landmark destination in the heart of the city.

The grand culinary soiree showcased a five-course dining experience amidst meaningful conversations and delightful interactions with

Flavours of Vietnam at Four Seasons Hotel, Bengaluru

In a story that celebrates a fusion of tastes and cultures, Four Seasons Hotel, Bengaluru, welcomes culinary artists Chef Quoc and Chef Ho Tin to the city.

The master-chefs from Four Seasons Resort, The Nam Hi, are in residence from January 8-15 for "Flavours of Vietnam", a food festival at CUR8, that features inventive menus and showcases the distinctive nature of authentic Vietnamese cuisine.

Born and bred in Vietnam, Quoc hails from a family of chefs and is passionate about exploring innovative ways of introducing Vietnamese cuisine to the world. Following the true principles of Central Vietnamese cuisine from the Quang Nam province, Chef Quoc is presently responsible for crafting Vietnamese cuisine at Four Seasons Resort, Nam Hi. A creative culinary curator at heart, he draws inspirations from authentic Vietnamese cuisines from the imperial city of Hue and Ho Chi Minh City, previously known as Saigon and once the capital of French Indochina. He is ably supported by Chef Ho Tin on this visit.

Under the duo's masterful supervision, lunch and dinner buffets

Master Chef Australia's Gary Mehigan – an English-Australian chef and restaurateur. The exquisitely curated menu featured signature flavours such as Jackfruit & coconut Rendang, Crispy green rice prawns, Crisp black fungus & rice noodle spring roll, Braised Bastilla of lamb, Dark chocolate & olive oil mousse

Commenting on the occasion, Chef Arun Sundararaj, Director of Culinary Operations – Taj Mahal, New Delhi, said "Taj Mahal, New Delhi has been a preferred hospitality destination in the heart of the Capital for over four decades offering timeless experiences and warm service. In our continued effort to bring innovative dining experiences to our patrons, we are delighted to welcome Chef Gary Mehigan and present a special Rendezvous where Chef unravels the culinary secrets of much-loved traditions and a contemporary world by creating his favourite flavours for our guests."



at CUR8 present the fresh flavours of Vietnamese cuisine through this entire week. Vegetarian and non-vegetarian salads, soups and main courses are mindfully evolved from the principals of five fundamental tastes that form the essence of the cuisine's philosophy: sweet, salty, bitter, sour, and spicy. The limelight is on the Parrillada grill that showcases meats, poultry and seafood with traditional Vietnamese rubs and marinades, with each dish reflecting one or more elements of this five-pronged philosophy.

Says Reuben Kataria, General Manager, Four Seasons Bengaluru, "Four Seasons Hotel have always prided itself on its culinary excellence and warm hospitality. With a blend of the freshest local ingredients, the hottest new flavours and the most talented chefs and mixologists the hotel is re-defining the dining experience for the food-savvy in Bengaluru."

Adds Savio Fernandes, Director of Food and Beverage, Four Seasons Hotel, Bengaluru, "We are delighted to welcome Chef Quoc and Chef Ho Tin to Bangalore and to extend the opportunity to savour authentic Vietnamese cuisine to food lovers in the city."

Guests can expect a variety of favourites including Vietnamese Fish Curry, Chicken Pho Rice Noodle Soup, Seasonal Vegetable Pho Rice Noodle Soup, Grilled Chicken with Lime Leaves, Prawn Summer Roll, Wok Fried Noodles with Tofu and Hoian Chilli Sauce, Banana Blossom with Smoked Duck, BanhXeoChay-Vegetable Pancake, Turmeric Rice and Vietnamese Cha Su Fried Rice.

As they say in Vietnam, "Chúc ngon miệng!", meaning 'enjoy your meal'. But of course you will!

Binge into the Burger & Beer Fest at Novotel Visakhapatnam Varun Beach

With the new year spirit, Novotel Visakhapatnam Varun Beach brings their "Burger & Beer" fest from the 3rd to the 15th of January 2023 for guests to relish different varieties of burgers, house salads, signature sauces with a combination of beers at the Harbour Vue.

With the magnificent skyline views from the Harbour Vue, the fest will showcase signature dishes with a combination of tastes and textures such as Red Kidney Beans Burger, Vegetable Burger, Cheese Potato Burger, Chicken Burger, Peri Peri Chicken Burger, Crispy Fried Chicken Burger, Tower Burger and signature sauce made from Bhut Jolokia, one of the world's hottest chili also known as the Ghost pepper served alongside crispy potato wedges and fries.



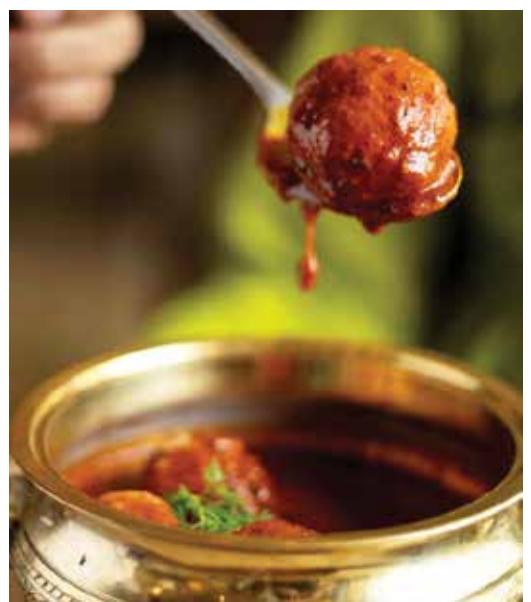
The Taste of Wazwan

With the beginnings of 2023, JW Marriott Bengaluru Prestige Golfshire Resort & Spa is all set to take you to an epicurean journey of Kashmir authentic delicacies with their Kashmiri Food Festival, Taste of Wazwan at Alishan from 6th January to the evening of 15th of January 2023 for a ala-carte lunch.

Wazwan is a multi-course meal in Kashmiri cuisine, the preparation of which is considered an art and a point of pride in Kashmiri culture. To bring this pride of Kashmiri culture to Bengaluru, the property is hosting a 10-day festival at Aaleeshan, a classic culinary house for authentic Indian delicacies in the property.

Chef Quyoomhef Quyoom hails from a Kashmiri Muslim family and mostly learnt the art of cooking from his father, who was a 'khansama' and has organized several food festivals in renowned hotels and have been cooking for the past 25 years. He takes pride in cooking authentic Kashmiri Muslim dishes like Goshtaba, Rista, Haaq, Marchwangan korma, Tabak Maaz, Tchok wangan, Maaz seekh, Nadru Yakhni, Heddar kebab and speciality breads like Bakharkhani, Srinagari Sheermal, Girda Roti etc.

With the origins and traditions of the Kashmiris, sink into every dish and savor the Kashmir heritage only at Aaleeshan, the specialty restaurant. The a-la-carte menu will include the widest range of dishes. Relish these signature dishes at the Aviary during their Sunday brunches on the 8th & 15th of January 2023 while listening to feet tapping music and relaxing by the lap pool.



A stylized illustration of a woman's face and upper body. She has pale yellow skin, dark purple hair styled in a voluminous, layered cut, and a dramatic makeup look with dark purple eyeshadow and black eyeliner. Her lips are a bold, dark purple color. She is wearing a dark purple top with a diagonal striped pattern. The background features a city skyline with several skyscrapers of varying heights and a large, bright sun or moon rising behind her head. A large, solid purple circle is positioned above her head, containing the word "Lifestyle" in a white, sans-serif font.

Lifestyle

Luxuriously Comfortable Footwear 2023

When it comes to shopping, hardly anything pains more than spending a fortune and then never touching the product.

- Yashika

We've all had the experience of admiring something while shopping only to discover that it is either too painful to wear or has grown out of our interest as soon as we reach back home and that it is like syringes in your heart. Finding the perfect pair of footwear is probably the most challenging component of shopping. A good pair of footwear must be

comfortable, sturdy, gentle, and light on the feet while also looking incredibly stylish, as footwear are no less than jewellery.

Fashion is widely associated with having to wear commodities all of which are aesthetically appealing but are uncomfortable to wear. High - end designer items are initially assumed to be durable but which can not be chosen to wear more and more often. Would you believe us if

we tried to tell you that you could be trendy and glamorous without sacrificing comfort?

To break the glass ceiling that fashion is uncomfortable, luxury brands have launched footwear that is luxurious, eye-catching, and reasonably comfortable for the year. Let's waltz right into it and look at Luxury yet Comfortable footwear design concepts for 2023.



Givenchy

Monumental Mallow low shoes in shiny rubber

The product is a smooth shiny rubber low-top shoes that runs in stand colour, shiny black. It has a sculptural graphic line and is a light-comfortable version.



Koio

Salernoin Stratus

Salerno lighter in weight and looks so elevated. This Stratus pair is handcrafted from soft Italian suede and detailed with a slim buckle-fastening strap for an adjustable fit. It is a unisex footwear fitted with a cushioned foot bed that mold into to your natural shape for a personalized feel, its set on a durable cork and rubber sole.





John Lob

Edmond- Tassel or Knot

The silhouette of Edmond loafer is characterised by its relaxed and rounded almond toe shape. Built on the signature tensile single sole, it features a French binding on the apron and top line. Key detail, an elegant tassel brings the final touch to this new loafer. Barefoot comfort within a welted shoe, Edmond will be the staple of your summer wardrobe.



Valentino Garavani

Roman Stud Calfskin Ballet

Valentino Garavani Roman Stud ballet in calfskin with straps embellished with maxi studs with an antique-brass finish. The ankle strap comes with adjustable maxi buckle fastening. The product comes in three colours; Black, Fondant and Rose Cannelle.



Balenciaga

Men's Defender Trainers

The shoe is leather free designed with a 15mm arch. These trainers are made of mesh and nylon and have a worn-out effect. It has an extreme tire tread sole and comes in colours; Black, Beige, Grey and Green. It is has Balenciaga logo embossed on the tongue, edge of the toe and its back.



Y-3

Y-3 Kaiwa low-top sneakers

The sneaker is panelled design with a contrasting branded heel counter. It is a metallic panelled round toe show with front lace-up design. It has Y-3 logo embossed on its tongue and its side. It is designed with a chunky rubber sole and three colours; Taupe Brown, Silver-Tone and Cream White.

Saint Laurent

Isla Flat Sandals in Smooth Leather

Saint Laurent has come up with something minimalistic this year. The product is a Flat Sandal made with chrome-free and metal-free tanned Leather. It has a square toe featuring an interwoven strap with Cassandra embossed on the sole. It is a hundred percent Calfskin Leather and is available in black and brown colour.



Prada

Triangle-Logo Fisherman Sandals

Crafted from smooth leather, these black fisherman sandals are adorned with the timeless motif in silver-tone hardware. The round toe sandals have a buckle-fastening ankle strap and enamel triangle logo on its top. It has a branded insole with ridged rubber sole. The company's logo is embossed on its insole.





UGG

Classic Slipper II

Lined in signature shearling, this slipper-style Classic maintains the iconic feel of the original. Featuring a fluffy sheepskin collar, it's crafted from soft suede and finished with a Treadlite by UGG outsole for indoor-outdoor wearability. It has a 17mm sheepskin both on lining and on insole of the slipper. Alongside it has textile binding made from hundred percent recycled polyester fibers making it extremely comfortable and has UGG logo woven on the insole. It is available in colors; Charcoal, Goat, Rosy Pink, Red Pepper, Lavender Fog, Chestnut and Black.



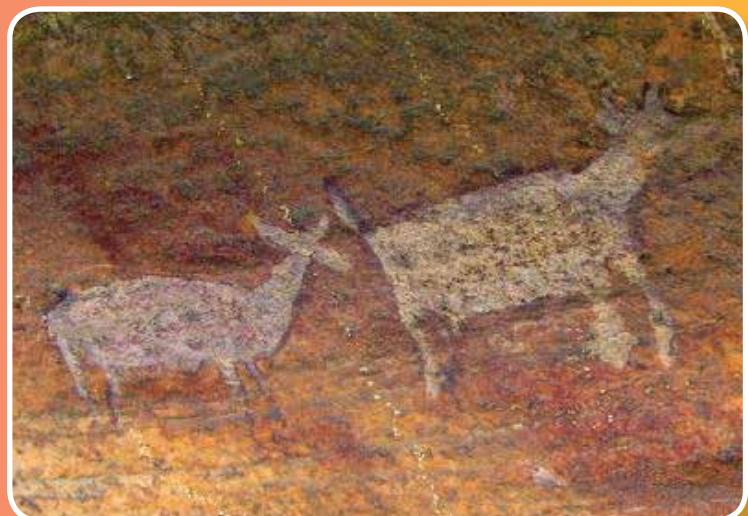
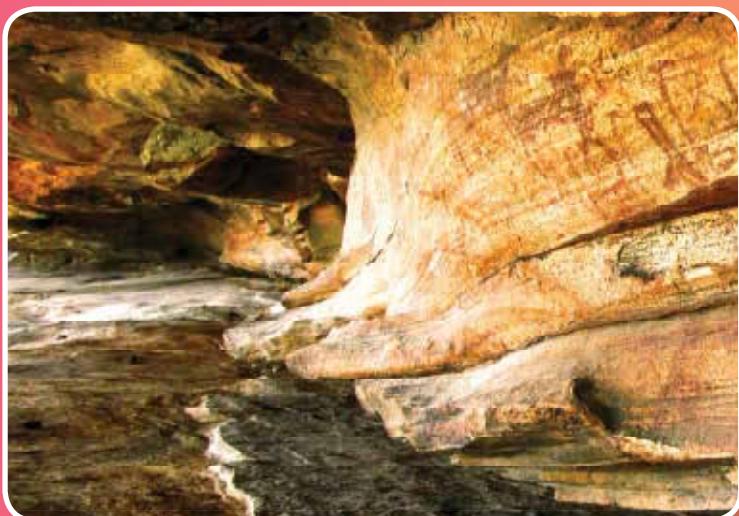
Yeda Boot

Multi Dégradé Nylon Snow Boots

Inspired by the dynamism and playful proportions of vintage sportswear, our Yeda snow boots arrive in a dégradé reminiscent of Alpine skies with our iconic monogram print. Crafted in padded nylon and rubber with a thick sole and lace fastening ensuring a comfortable fit across snowy terrain. The boots are designed with JC monogram print.

Rock Painting

*Earliest attempt by human
beings to depict their natural
world symbolically*





Solo Date Ideas: Promoting Self-Love

• Yashika

With Valentine's Day just around the corner, love is in the air everywhere we look. Lover's weeks is the most romantic time of year, with partners looking for new ways to express their feelings for one another. Even though the world has been referring to and celebrating the day as a symbol of love for decades, this is not what the day originally meant. Let's start by discussing where the day emerged from and understand what its early significance seemed to be.

Origin of Valentine's Day

Saint Valentine's Day is also known as the Feast of Saint Valentine. It began as a Christian feast day commemorating one or two early Christian martyrs known as Saint Valentine. An account of Saint Valentine of Rome's imprisonment in the third century for ministering to Christians persecuted by the Roman Empire proposed that Saint Valentine restored sight to his jailer's blind daughter. Numerous later additions to the legend have improved its connection to the theme of love: an 18th-century embellishment claims he wrote the jailer's daughter a letter signed "Your Valentine" as a farewell before his execution.

Later folk traditions have transformed the day into a significant cultural, religious, and commercial celebration of romance and love in many parts of the world. It evolved into a day when couples showed their love for one another by presenting flowers, offering confectionery, and sending greeting cards. Today's Valentine's Day symbols include the heart-shaped outline, doves, and the figure of the winged Cupid.

Valentine's Day is customarily a celebration for couples, but this can potentially trigger us to lose perspective of the real meaning of love. Being in love means being deeply committed to and connected to someone. This feeling of compassion defined as 'love' can be for anyone, including your soulmate, family, friends, and even yourself.

Understanding the true meaning of Self-Love

What is Self-Love?

Self-love is a feeling of love and appreciation for one's own that stems from actions that promote our physical, psychological, and spiritual development. It entails having a high regard for your own well-being and happiness, as well as attending to your personal wants and not forgoing your well-being to adore others.

Why do we need Self-Love?

In this day and age, when we face a significant amount of anxiety in our daily lives, we must learn to spend time doing things that we relish the most. Everyone is unique and should not settle for anything less than they deserve. Self-love is a way to safeguard one's physical and emotional health. It is significant because it is a practise for maintaining one's health and boosting one's confidence. Considering all of the aforementioned reasons, we are in desperate need to stop postponing activities we enjoy doing because no one is joining us and to encourage loving ourselves by putting our needs ahead of anyone else in order to promote the concept of self-love in a time when 'true love' is rare.

Let us normalise having to put our bodies first and loving ourselves zealously because we don't need anyone else. Let us remember that we are strong and self-assured, and that we do not entail opinions to fly or have a voice.

Bring your hands this year to break the social barriers and be the central protagonist of our story. Let's explore some cool, fun, and relaxing date ideas and tick a few items off your bucket list.

Entertainment Movies/Series

What's better than escaping the world and spending a few hours in the world of fantasy. To do this we have two ways. The question you need to ask yourself is whether you wish to go out or stay indoors. Nevertheless, the plan works out great regardless of the option you choose. Let's look deep within the two available options in the resort.

Theatres: All you need to do is pick up your phones look for your suitable genre and book a seat. Every month there are numerous movies in all languages releasing and being displayed in Cinema Halls around the country. The answer for why one should get out of their homes to watch a movie is to simply get out of one's comfort zone and boost one's confidence to enjoy spending time with themselves.

Indoors: For those who are usually travelling, staying indoor and being comfortable is always a priority. Keeping that in mind we suggest laying inside a blanket, all cosy with your favourite snacks by your side and have a movie marathon or maybe complete a series all together in one go. You can pick some new movies and series available on various OTT platforms or you can go for all time favourites. Some suggestions for all time favourites are; FRIENDS, The Big Bang Theory, The Office, Kota Factory, Mirzapur, Special Ops, Panchayat, College Romance and Sacred Games for Series and Titanic, The Notebook, The Lunchbox, Forest Grump, Shawshank Redemption, Sound of Music and SRK superhits, to learn all about love from the 'lovemaster' himself for movies. To spice things up you might even put a little bit of efforts for yourself and built a tent, light it up with some fairly lights, pop a mattress on the floor to heighten your

love mood.

Game Night

For all the viewers those who are skilled and in-love with online gaming world, this is the best date idea for you. Put on your headphones, dim the lights, pick up your controller and have a virtual, thriller and animated 'gaming night date.' Some best-known games to play on your Xbox and PlayStation would be Grand Theft Auto, Halo, Minecraft, Call Of Duty, FIFA and God Of War.

Karaoke Night

Karaoke is the term for music-only singing. Popular songs are sung into microphones while backing tracks have already been produced as part of this style of entertainment. Because it increases the bar for all of the things you typically do while singing alone or to yourself, participating in karaoke stimulates your brain. Your brain's neurons are also stimulated by it. These are the synapses that integrate mental, bodily, and emotional activities. Visit a bar or café in your neighbourhood that offers this type of entertainment on Valentine's Day. Eat, drink, and sing your heart out. Who knows, you might even meet someone while working toward developing the ability to love yourself. After all, there is no greater turn on than finding someone else who shares your taste in music.

Stand-up comedy

A comedic performance performed in front of a live audience in which the actor communicates to the crowd directly from the stage. What better way to cope with the aggravation that permeates our lives today than it is to realize "you are not alone"? Days are filled with frustration, and we can barely do anything but keep on with life. The comedians create a humorous storyline by choosing related and everyday normal concerns. It's a way of saying, "We're all in this together," to hear those stories and see how others may relate to them. So get dressed up and buy tickets to your favourite comedian's performance right away.

Pampering Skincare Day

No need to assume that our skin doesn't stand a chance in the midst of our busy schedules because we seldom ever get the leisure to pamper ourselves mentally. People initially notice our face, which is like a pearl encrusted pendant; their first impression of us is based on this. Your body is in good health if your skin is glowing, which draws attention to you and increases your self-confidence by making you look attractive. The majority of the time, we try to conceal our damaged and broken skin with cosmetics, but our skin also needs to be treated gently, kept cool, and allowed to breathe. So, use this as an opportunity to treat yourself. Break out the serums and sheet masks, and take the time to properly care for your skin. You could perhaps dedicate an entire day to your hair care routine, nourishing it all with oils as well as hair treatments.

Salon Day

Now, if you're tired of how you appear every

day, go to the salon nearest you because you're having a makeover. A few suggestions for achieving this include talking to your hairstylist in advance because you do not want to end up looking like something of a jumble. You have the option of receiving a straightforward keratin treatment, a haircut, or having your hair colored. Be courageous and bold, but make sure what you do also fits with your personality. Make an appointment for a mani-pedi, and for the ladies out there, go out and get your nails done because it's not just about the hair and the face.

Massage

Getting a chance to let all the tension out of your muscles and giving them a chance to rest is one of the nicest dates you can go on with yourself. For this kind of date, you have a wide range of possibilities, including receiving a massage in a spa or massage parlour, obtaining physiotherapy, and choosing from a number of clearly defined branches like chiropractor and acupuncture. Providing yourself with a space where all you have to do is unwind and enjoy yourself is the best form of self-love care.



Learn

Learning a new talent will undoubtedly improve your personality and profile. Everyone of us has things they need to try and learn but lacks the time to do so. Because of the strain from our jobs, we are all so preoccupied with them that we are letting our interests and hobbies die. The best option is to spend a day receiving instruction from a specialist in the skill you want to learn. Cooking, dancing, skating, and painting are just a few of the things that we may all learn. You can make an appointment in your calendar and attempt to allot one day to study the talent, whether it's a certain dancing style or your preferred food. There are numerous skate parks across the nation; all you need to do is show up at the right time to practise. All those who are interested in learning to skate now have the chance to do so, if not on exciting ice skating floors then at least on new ice skating rinks that have just opened.

Out of the box Solo Photoshoot

Now, the situation is becoming exciting. This is your time to seize the day and take a chance by looking for a unique location and being the model if you're tired of publishing the same boring photos with backgrounds of a café or holiday destination. Remind yourself that you are the star of your life, therefore be yourself in the photos.

Examining a hotel room is one option. You will have every location where you were photographed, including the shower, the bathtub, the bed, the kitchen, etc. Due to the fact that it will only be you and the photographer, you can strike all the crazy, entertaining, and fascinating poses yet while feeling at ease. Get those photos edited, and you'll be the newest "Hot Stuff" on social media.

Staycation

Staycations are the way to go if you want to leave your house and neighbourhood but don't want to spend a lot of money travelling. Book a place for yourself in your own city so that you can unwind, dine, and do whatever gives your mind the calm it needs while remaining in your city but being far enough away from your house to count as a vacation. One crucial piece of advice would be to put your phone aside so you may disconnect from your social media friends and accomplish other things. You are free to do whatever you want—sleep, eat, drink, watch movies or web series, read a book—as long as no one disturbs your privacy.

Tourist in your city

We have the ideal solo date for outdoor enthusiasts if you don't want to be confined to rooms on your off days. Take a tour of your own city with a guide you can hire. As residents of a city for years, we occasionally forget that there is much more to see than just the busy streets and our work location. Every city has a history and a symbolism. This is the date for anyone with only one day off. The nicest thing about this date is that it will offer you sufficient "me" time whilst also offering you an opportunity to meet new individuals so you won't grow bored.

Pet Café

This date is ideal for those who love animals, and if you really do, you undoubtedly understand that pets can be used as forms of therapy. Animals are true creatures and constantly transmit genuine, uplifting energy. Pet therapy has also been demonstrated to lessen sadness while enhancing patient satisfaction, energy levels, mood, and self-esteem. Enjoy your day by going to pet-friendly cafes and letting the negative vibes around you drift away as you love and are loved by these divine beings. There are numerous more activities one can do to enjoy one's alone time, such as taking a long drive while blasting music, planning a picnic with your favourite wine and charcuterie board, visiting a café or museum, going shopping, etc. However fundamentally, it's your decision to choose how you wish to spend your day and what suits you.

Staying adamant about going on your date, not being at all lazy, and most importantly sticking to your plans are the most critical things to do to make this self-love day successful. Everybody needs to learn to love themselves. If we are not content within, we cannot be joyful and sincere with others. The only way to achieve this is to spend time doing what you enjoy rather than what other people have planned for the day. With these Solo-Dates, let's work to legitimize the idea that engaging in activities you enjoy on occasion is totally acceptable and not the least bit selfish.

BaByliss

BaByliss Rose Blush 2200W Hair Dryer (5337PRE)

- Wattage: 2200W
- Fast controlled airflow, 3 heat / 2-speed settings, Cool shot button
- Titanium-ceramic, Advanced ionic frizz-control, Lightweight
- Removable rear filter, Slim concentrator nozzle
- 2.2m power cord

BaByliss 2498Pre Iron Hair Rose Blush 235 Plates Extra

- Power Source Type: Corded Electric
- Up to 235C
- Titanium-ceramic coated plates, Ultra-fast heat up, Advanced Ceramics heating system
- 13 heat settings 170C -235C, Extra-long plates, Auto shut off
- 3m salon swivel cord
- Heat wrap



Comment: Girls companion for your beautiful hair styling.

Rating: 9/10

Magniflex

When it comes to finding comfort and relaxation, only the best massage and the best mattress are reliable options. But what if you had a blend of these two in a single package? Well, there is an option that suits this need very well. Designed with special padding that provides a soft and soothing massaging action, helping to regenerate the body and alleviate fatigue, this option ensures that you get a night of optimal sleep and the ever-elusive rejuvenation factor. Whether you're dealing with muscle soreness, tension headaches, or simply want to unwind after a long day, this blend series is an excellent choice. So, what is this product?

Introducing the Massaggio series from Magniflex the perfect solution for the most relaxing night's sleep. 100% Made in Italy, the Massaggio series comes in 2 variants Massaggio Light, and Massaggio Deluxe. These are premium mattresses that combine the latest technology with the finest materials to provide maximum comfort and support as well as ensure durability and longevity.

The exceptional feature of the Massaggio series is that these mattresses are designed with special padding that offers a soft and soothing massaging action that helps regenerate your body and removes all the tardiness of the day.

In addition to its massaging action, the Massaggio series also includes patented weight-induced memory foam called Memoform which is designed to react to the weight of the body so that it adapts perfectly to each contour of the human body. This feature provides the sensation of well-



Comment: A Mattress? No...A Masseur, Made In Italy

Rating: 9/10

being and has beneficial effects on the spine, enabling it to relax. And, it is also highly breathable, and thus helps keep you cool and comfortable all night long. The combination of massaging action and weight-induced memory foam undoubtedly creates a truly exceptional sleeping experience.

There's more. The Massaggio mattress is also made up of an excellent composition of high-quality materials. These materials are hypoallergenic and the fabric is removable and dry-cleanable,

making it the best hygienic and healthy choice for a quality night's sleep.

It doesn't stop here! The Massaggio series is OEKO-TEX certified, meaning it has been tested for harmful substances and meets strict environmental and human-ecological requirements. With the Massaggio series, you can trust that you are investing in a product that not only provides comfort and relaxation, but is also safe and environment-friendly. Magniflex also sponsors the UN's Sustainable Development Goals (SDG) project, further demonstrating its commitment to sustainability and ethical production practices.

If you're looking for a mattress that will help you sleep better and wake up feeling refreshed, the Massaggio series is a perfect choice since you can enjoy the benefits of a massage while you sleep, helping you to feel your best every day. To find out more about our revolutionary mattress, call +91 9986156975 or visit magniflexindia.com. Give it a try, and you'll know the unparalleled comfort you were missing out on till now.

HONEYWELL



Honeywell Trueno U200 Wireless Bluetooth Speaker

- Seamless connectivity with Bluetooth V5.0.
- Built-in rechargeable lithium-ion 2000 mAh battery supports up to 200 hours of standby time.
- Get up to 15 hours of Playtime in just 4 hours of charge with a micro-USB cable.
- Easily make calls with an integrated mic.
- Compatible connectivity via TF Card, 3.5 mm Audio Jack, and USB.
- Hang your speaker wherever you want with its integrated rope loop.
- IPX6 (Waterproof). Voice assistant enabled.
- Experience the premium stereo sound from 44.45mm*2 drivers.
- Enjoy an uninterrupted audio experience with 10m of Bluetooth range.
- Output Power: 10W. Material: Waterproof Mesh Fabric.

Honeywell Air Touch P2 Indoor Air Purifier

- Removes 99.99% Micro Allergens and airborne Pollutants including PM10 and PM2.5
- Protect your family from smoke, Dust, Pollens, VOC, virus, and Pet Danger to give a safe indoor environment to your loved ones
- CADR of up to 550 m³/h and coverage area of up to 853 Sq. Ft
- 4 Stage Filtration process through Anti-Bacterial Filter, Pre Filter, High-Grade H13 HEPA Filter, and Activated carbon filter
- Equipped with UV LED to help Kill Harmful Bacteria
- Advanced filtration process with Air Purification Cycle every 12 minutes
- Real-Time PM2.5 level indicator
- WI-FI enabled with "Honeywell Air Touch" App
- Front and Upward Airflow with 3D Air Flow and Filter Life of Up To 3000hrs or 1 year
- 1 Year Warranty



Honeywell 65WGaN Ultra-fast charger-2xTypeC Ports

- Honeywell Zest GaN charger with 65W Max TypeC PD3.0 Output. Switchable plugs make it a perfect global charger with EU, UK, IN Plugs
- Charge 2 devices simultaneously. Charger auto matches & delivers optimal charging for both devices
- Comprehensive protection: Over-current/voltage/temperature/heating & Short Circuit protection. Completely safe for overnight charging
- GaN chargers are 3X better than silicon chargers, smaller, portable & charge upto 10X faster. They generate much less heat.
- 3 Year Warranty

Comment: Make your Honey well with Honeywell Appliance (High recommended by T3FS Magazine)

Rating: 10/10

Prediction for January 2023 by Acharya Murari Pandey

The more you give, the more you receive" is the motto of renowned Tarot card reader and holistic healer, Poonam Sethi, lives by. She has studied Feng Shui and Tarot card reading at several institutions across the globe and has, through extensive self-study, practice and perseverance, mastered the art of guiding people from the present into the future to precision.



ARIES

From the first week of January, people of Aries will continue to have auspicious and positive influence of the planets. Thereby, there will be great success more than your expectations in career and business areas. However, to keep this success in the second, third week of the month, you will need to work hard with unwavering passion. You are engaged in giving a partner a sense of the fact that you want them. People of Aries will be able to start earning their income from related sources of income. Planetary are signaling that your health will be good in the month.

Remedial Measures:

Chant "Sri Bajarang Baan" whenever feasible



TAURUS

The people of Taurus will be more successful in terms of their career. Regardless of whether it is a business or employment a positive planetary movement in the first week of this month will benefit you. You will continue to strengthen your personal relationships with your mentally and respect fellow's brothers. Thereby, the fragrance of sweetness in relations will remain. Taurus will be proactive to bring a financial project to earn some big profit. You will be able to make sense during this time. There will be signs of achieving good educational progress in the third and final weeks of this month. In this month, as per the planetary influence you will also get the auspicious results in regards to health.

Remedial Measures:

Donate Oil on Saturday and Chant "Sri Shiva Chalisa"



GEMINI

The people of Gemini will not be required to look back in career and business sectors because your planets will be auspicious and positive during this time. You will be engaged in managing relations. The result of this will be seen in the last week of this month. Your thoughts will continue to translate into success during this time. That means opportunities for good money benefits will remain intact. If you continue to concentrate on your studies in the second week of the month and do not spend energy on extravagant ideas, then there will be good and accurate results in this month. People of Gemini will continue to be careless about their health. The result will be the loss of disease resistant capabilities. This can cause pain in your body.

Remedial Measures:

Chant "Sri Ganesha Chalisa" on a regular basis.



CANCER

You are suggested to forget about useless and negative things and keep focusing on your work, so your career path will be easy. The people of Cancer will agree to see any desired movie or exhibition with their partner. They will be longing to give some gifts. But in the second week of the month, there can be big fights related to small things. For this, you will be in the mood to borrow money from some familiar people or from any financial institution. The people of Cancer will have many great opportunities to make their subjects better and reach the zenith of success whether be it music, film, tech etc. or any other, there will be clear signs of success. in the third week, health will be expected to be soft. So, you will continue to pay attention. Health will again resume in the last week of the month.

Remedial Measures:

Worship Lord Shiva and Chant Shri Shiv Chalisa

**LEO**

This January, there will be many good opportunities for the people of the Leo to move in the career areas. It will be a fun that your efforts will continue to translate into success during this time. There may be some trauma due to certain things of the companion in the love relationship. You will treat this as an

attempt to hurt your personal esteem in your friendship. You will see that you will be able to achieve success after some efforts. But in the second and third part of the month, the positive planetary transit will continue to give many desired successes. There will be a great success situation in educational areas. It will be worth considering in the last week of the month. You will be able to improve this in the month.

Remedial Measures:

Chant "Surya Chalisa" whenever feasible.

**VIRGO**

This January, the people of Virgo Zodiac will be worried about some things to improve their career and business. There will be good opportunities for business progress in the second and third week of the month. From this you will be happy. In the first week of this January, there will be some disturbance in the love relations of people of

Virgo Zodiac and you will need to clarify some things with your partner. Your expenses will remain high in the last week of the month. There will be some challenges in the fields of study of the caste of Virgo zodiac. The people of Virgo will be able to keep their health and happiness in a positive state because you will keep paying attention to the balanced diet.

Remedial Measures:

Donate Oil on Saturday and Chant "Sri Ganesh Chalisa" whenever feasible.

**LIBRA**

The people of Libra zodiac will be struggling to maintain their success in career. You will be ready to adopt some tough methods for improvements. You will continue to your partner some gifts. You will be walking with them. But in the second week of this month there will be fears of controversy in some matters. Many of your efforts will be successful during

this time. Thereby, there will be no shortfall in your status. People of Libra zodiac will remain good in the fields of medicine, research, and related areas of the film. From this you can lag behind in studies thereby you will need to pay attention. They will suffer some pain.

Remedial Measures:

Chant "Shiv Chalisa" whenever feasible.

**SCORPIO**

There will be a good progress in the fields of technology, medicine, literature, production and management for the people of Scorpio zodiac. You will get some big success, but do not underestimate your effective efforts. There will be happiness in relationships.

You will feel like this in the month. You will see that many of your efforts will be successful. The people of Scorpio will remain vigilant in the fields of education. That is, your preparations will continue to grow. You will remain on the high peak of success. People of Scorpio will think of retaining the freshness but there will be constant challenges to implement it.

Remedial Measures:

Donate Oil on Saturday and Chant "Hanuman Chalisa" whenever feasible.

**SAGITTARIUS**

In the first week of January, the people of Sagittarius will be very busy with career and business areas. That would be a good sign of business success. As a result, you will be able to earn high level of success. Due to some personal complaints in the second week of the month, you will be upset. But the third and last week of the

month will continue to give you great success. From the first week of January, you will be able to accelerate your money gains further. Your efforts will be successful. People of Sagittarius, who are following irregular daily routine, may have to suffer. If someone is suffering from an illness, then he will need to pay attention.

Remedial Measures:

Chant "Hanuman Chalisa" whenever feasible.

**CAPRICORN**

In the first part of the month of January, the people of Capricorn will be able to further improve their art and skills. Any expectations in the direction of career will be a sign of great success. However, laziness will remain visible in your efforts in the second part of the month. You will be happy to see improvement in their

personal relationships. Your love for your partner will increase. Thereby, interaction can be sparked in relations. Planetary signals are indicating that the people of Capricorn will be able to get expertise in subject's related to medical or management.

Remedial Measures:

Worship Lord Radha Krishna and Chant "Hare Ram Hare Krishna" whenever feasible.

**AQUARIUS**

From the beginning of the month of January, the people of Aquarius will continue to focus on improving their management system and administrative skills. With this you will keep giving the wings to your business ideas and imagination. People of Aquarius will be troubled about certain things in personal relations. However, you will make your partner your point of view. Patience will be

needed. The efforts will be to follow the benefits. Aquarius zodiac will be physically fit and healthy. If there is any pain and disease, then there will be signs of its decrease or ending. However the situation of weakness in your health will remain in the second week of the month. This will create trouble. Your health will improve in the third and the last week of the month. From this you will be happy.

Remedial Measures:

Chant "Sri Shani Chalisa" whenever feasible.

**PISCES**

The people of Pisces will continue to make their career successful. Your life will keep moving in the right direction. But you will be more worried at that time when your partner can make you responsible for any matter. The people of Pisces will remain more and more struggling to gain meaningful benefits. Results will not be good just by thinking more. Rather you will need to try in the right way.

Although in the second week of the month you will be able to earn profit. Although in the third week of the month you will be troubled by the expenditure load. But in the last week there will be good profits. The health of the Pisces people will remain pleasant and good. By this you will be able to do your work with abilities.

In the second week of the month, you will not eat outside food because of hesitation in the party. There will be trouble with such people who are sick of something. But in the third and the last week of the month, you will be

Remedial Measures:

Chant "Sri Krishna Chalisa" whenever feasible.

Manoj Tyagi, CEO of Sanskar TV Channel was born in March 1972 in Delhi, the capital of India. He is an Indian media veteran with more than two decades of experience developing spiritual TV programming. When he first joined Sankar TV, the company had only two TV channels which he had to manage. However, under his supervision, the Sankar TV group can today take pride in having a variety of TV channels, including Sanskar TV, Satsang TV, Shubh TV, Shubh Cinema, Sanskar Nepal, Sanskar USA, and Sanskar UK.

He also led the company's digital transformation, and within a few years, the devotional content produced by the Sanskar TV group gained enormous popularity and a large fan base on various social media and OTT platforms, making it simple for viewers around the world to access over 20 channels of content.

- **Please shed light on your route and sources of inspiration.**

Working with large groups of people provides a wealth of experience. I started out by holding the light with the cameraman in weddings. Once I became more familiar with how the camera operated, my interest intensified. I then had opportunities, began working with several saints' official videographers, and then relocated to Bombay. In the city, I got to know Mr. Rajesh Advani and Baba Satya Narayan Maurya, two of Zee TV's well-known employees. Using their recommendations, I was given a chance by Zee TV to create software for two of their shows, Bhakti Bhav and Jagran. My adventure started from there on, and ever since, I have had the privilege of working for numerous saints.

I began working for Aastha TV in 2003, three years after the launch of Sanskar and Aastha TV. Acharya Baal Krishan and Baba Ram Dev are in charge of both of these channels. Later on, in 2015, Sanskar Channel had the opportunity to cooperate with the Patanjali Group, and I received a transfer from the Aastha channel to Sanskar. It was a significant and fresh task for me to undertake since, unlike in previous years, I was assigned the sole responsibility for autonomously overseeing the entire project. Working for these channels is serving purposes that every person wishes and dreams for; I too receive pay to meet my family's financial needs as well as blessings from all the saints I am in contact with.

- **How do you intend to engage the young generation in this day and age when they are typically observed avoiding almost everything linked to devotion or spiritual matters?**

To start, I disagree with the notion that young people lack a devotional disposition and think it is essentially a myth. The majority of the saints and gurus, such as Baba Ram Dev, Satguru, Bageshwar Sarkar, and Nirankaris, are joined by young people. The majority of the new devotees joining them are between the ages of 18 and 30, and each one of them exudes a strong sense of spirituality and dedication. For young people, it has taken on a social significance, and they are associated with everything but spirituality.

Our channels primarily emphasise maintaining a connection to one's spiritual roots, enhancing one's quality of life, and understanding how to organise one's family so that it operates in accordance with moral and ethical standards. We created "Unplugged Devotional Music" to connect with and understand better how young people approach life. This music is comparable to what they listen to when they are exposed to different types of movie music.

Additionally, we have altered our attention to encourage "Spiritual Travel." We do recognise that the purpose of vacations is to find mental calm, hence we advocate visiting picturesque and relaxing locations in India. India is a beautiful country with destinations from Uttarakhand to Himachal Pradesh and areas in Southern India where one can travel and even spend time close to Spirituality.

- **What were some of the challenges you surmounted on the path to spiritual success?**

Any devotional channel's only issue is the fact that sponsors don't contribute much. The majority of people have the belief that people who are unable to make decisions for themselves only watch devotional channels, despite the fact that we do receive commercials from numerous well-known corporate houses. Programs from all of our devotional channels are seen everyday by a large number of people of all ages who are capable of making significant life decisions. With this in mind, the only thing I can conclude is that corporate entities should advertise devotional channels as much as they can.

- **What is your favourite memory during your ascent to the position of CEO at Sanskar TV?**

My journey began with event management, but later on, and I consider this to be my fortune and a family sacrament, I turned and began working from devotional channels. I have received countless blessings and well wishes from the gurus and saints that I have worked with, and I believe that having the opportunity to serve them and being in their energy and enthusiasm is my favourite experience.

- **What is the real meaning of devotion for you?**

To me, devotion is having a strong emotional connection to something and doing everything in your power to make that emotional bond come true. Whatever one has to accomplish, one should be committed and loyal to it. Devotion is not just confined to religion or religious gurus; it can



Dedication: A key to unlock your visions

An inspirational journey from holding the light at the back of a cameraman to CEO of a TV Channel

also include helping one's parents or taking the necessary steps in one's workplace.

- **What are some new changes that the audience would be able to observe this year?**

Sanskars TV has launched its OTT service, which includes live TV availability on Android TV and Firestick, in addition to the company's current satellite service, in light of the public's preference for and propensity for OTT platforms. Our brand-new mobile app is now available on both Apple and Android devices. In addition to programming on their Gurus like Bhagvat Katha, Ram Katha, and discourses, the public would always have access to about seven TV channels.

To add to your aforementioned question about 'changes for increasing engagement of youth', we have introduced a special program, "EsaKyun?". This programme is specially formulated to address people's particular concerns concerning long-standing societal customs, such as why tilak is applied when visiting a temple or why married ladies are expected to wear specific accessories.

- **What is your life "mool mantra"?**

One of the Saints that I have worked with once said, "If there is some problem in life that has a solution then why to worry and if there is a problem that does not have a solution then there is no point of being worried." This is the one saying that I have clung to all my life.

- **What is your message to the audience?**

As my guru, Baba Ramdev says, "Start your day early with yoga, eat well, stay healthy and work in abundance."



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