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OCTOBER 2024 | ₹ 200

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UNMISSABLE

MUSIC FESTIVALS IN INDIA



October's Journey Through India's Cultural Tapestry

October in India is a season of transformation. As the monsoon retreats, the skies clear, and the air turns crisp, there's a palpable sense of festivity. It's a month that embodies the richness of our culture, and Tourism One is here to celebrate it with you.

In this issue, we bring you closer to India's pulse. Our journey begins with a deep dive into Unmissable Music Festivals across the country. From the soulful rhythms of Rajasthan to the trance beats of Goa, we explore destinations where music is the heart and soul.

Next, take a fascinating detour with Fun Facts About the Statue of Unity. This marvel of modern architecture not only stands tall as a tribute to Sardar Vallabhbhai Patel but also as a reminder of our unity in diversity.

In a month of celebrations, we couldn't overlook the nine-day grandeur of Navratri. Our feature on the Significance of the Nine Forms of Goddess Durga unpacks the essence of each form, revealing the beauty and strength of feminine divinity.

To inspire wanderlust, our poetic touch comes alive in Explore the Wonders of the World—a verse encouraging you to open your eyes and embrace the beauty around you.

In our exclusive interview, Dietician Kanikka Malhotra offers expert advice on staying healthy while travelling, helping you savour the flavours of India without compromising your well-being.

Finally, World Rivers Day is celebrated with a stunning photo story that captures the lifeblood of our nation—its majestic rivers.

So, take a break from the daily grind, sit back, and let Tourism One guide you through October's offerings. Whether you're looking for inspiration, information, or simply a fresh perspective, we've got you covered. Happy Reading and Happy Traveling!



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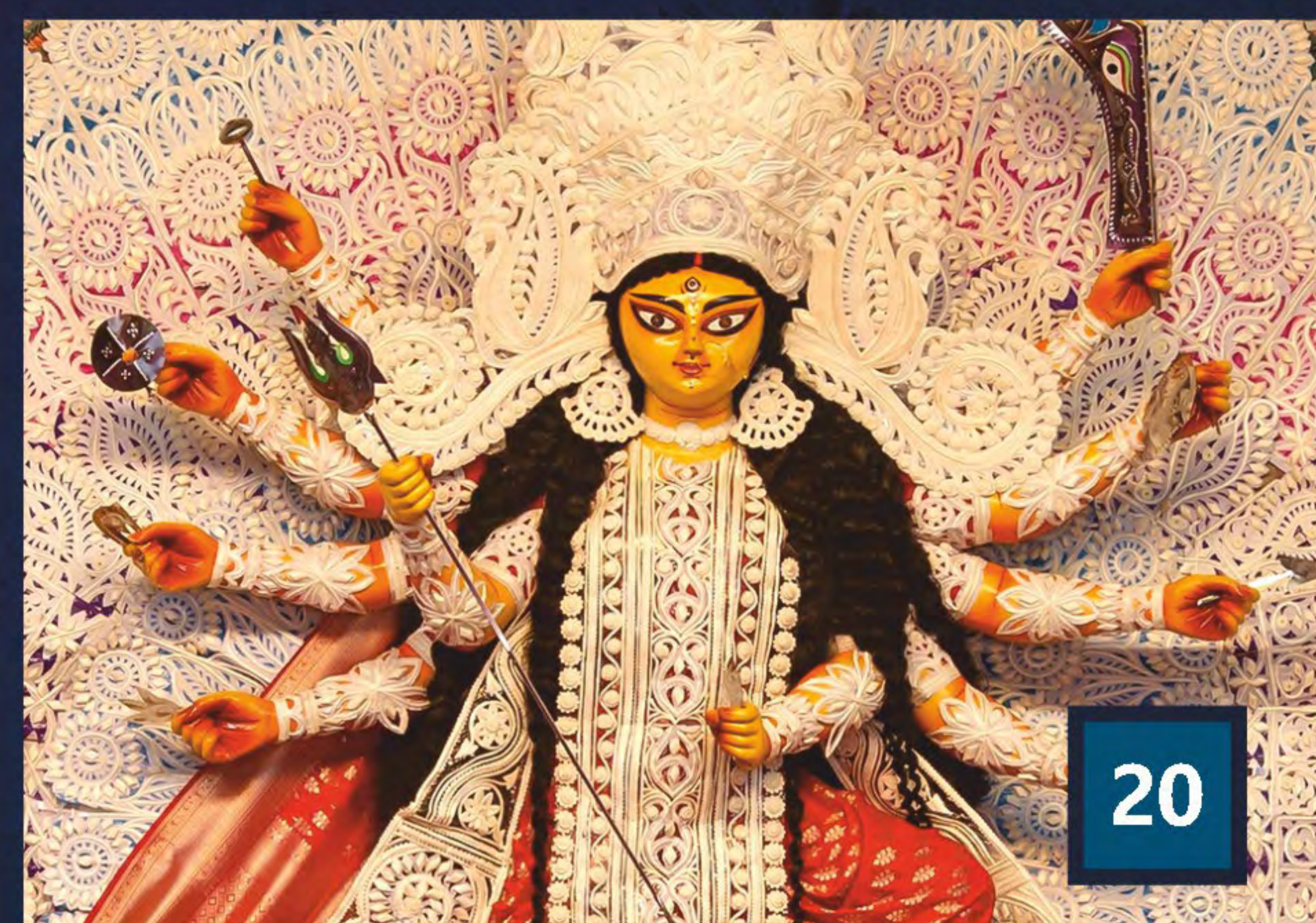
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11 Unmissable MUSIC FESTIVALS and Destinations in India

By UMANG SHARMA, Staff Writer

International Music Day, celebrated on October 1st, reminds us of the universal language of music and its power to unite people with different cultures. In India, a vibrant tapestry of such events unfolds during the months following this day, showcasing diverse genres and attracting music lovers from all over the world. Here's a detailed look at the notable music festivals happening across the country throughout the year.

Bangr Carnival

When: NOVEMBER 9-10, 2024
Where: CHANDIGARH

Details: Featuring a peppy lineup of artists like Talwiinder and The Yellow Diary, this carnival promises an electrifying atmosphere filled with diverse performances. Attendees can enjoy food stalls, art installations, and interactive activities that enhance the festive spirit.

Why Visit: Chandigarh is not just a city of modern architecture and greenery; it is also a burgeoning hub for music enthusiasts. With its energetic nightlife and numerous venues hosting live shows, the city offers a rich tapestry of musical experiences. The Bangr Carnival adds to this vibrancy by showcasing both local and national talent, turning it a perfect destination for those looking to immerse themselves in the energetic music scene.

International Independent Music Festival (IIMF)

When: NOVEMBER 22-24, 2024
Where: THIRUVANANTHAPURAM

Details: This feast celebrates independent music with performances from a variety of artists, including Martyr and Taba Chake. It aims to create a platform for emerging talent, promoting a sense of community among music lovers.

Why Visit: Thiruvananthapuram is steeped in cultural heritage and is known for its artistic community. The IIMF brings together diverse styles in a city that appreciates creativity and innovation. Attending it not only allows you to enjoy top-notch shows but also offers a chance to explore Kerala's abundant history and beautiful landscapes, making it a culturally enriching adventure.

OnePlus Music Festival

When: NOVEMBER 16, 2024
Where: DY PATIL STADIUM, MUMBAI

Details: A star-studded event featuring global sensations like Katy Perry and Dua Lipa alongside popular Indian acts. It promises an unforgettable experience with spectacular performances and high-energy entertainment.

Why Visit: Mumbai is the heartbeat of India's entertainment industry, providing it an ideal destination for any music lover. The OnePlus Music Festival promises an unforgettable event with its impressive lineup of global stars. Beyond the music, Mumbai's bright nightlife, culinary delights, and cultural diversity offer an exhilarating backdrop that enhances the overall fantastic vibe.

Mahindra Open Drive

When: NOVEMBER 8-9, 2024
Where: PANJIM, GOA

Details: This unique feast combines the thrill of road trips with live music. Various artists perform along scenic routes, allowing participants to enjoy a blend of adventure and music in the picturesque landscapes of Goa.

Why Visit: Panjim is known for its scenic beauty and Portuguese-influenced architecture, providing a picturesque setting for the Mahindra Open Drive. It merges the thrill of road trips with dazzling cultural encounters, allowing attendees to explore Goa's stunning landscapes while enjoying gigs from talented artists. It's an ideal way to immerse oneself in the laid-back yet vibrant Goan culture.



DGTL Mumbai

When: NOVEMBER 8, 2024

Where: BOMBAY EXHIBITION CENTRE, MUMBAI

Details: A techno and house music event showcasing both international and national DJs in an immersive environment. People can expect cutting-edge sound systems and a vibrant ambiance that celebrates EDM music culture.

Why Visit: As one of most cosmopolitan cities, Mumbai offers an unparalleled nightlife scene that perfectly complements the DGTL festival's focus on EDM music. This event attracts top DJs from around the world, making it a must-see for fans of techno and house genres. The energy of Mumbai combined with cutting-edge electr beats creates an electrifying atmosphere that is hard to resist.

Candlelight Concerts (Various Themes)

When: NOVEMBER 23, 2024

Where: BENGALURU

Details: These enchanting concerts feature classical music performed by candlelight with themes such as "Best Movie Soundtracks." The intimate setting creates a magical ambiance that enhances the listening journey.

Why Visit: Bengaluru is known as the Silicon Valley of India but also boasts a diverse cultural scene crammed with art and music. The Candlelight Concerts offer a unique background that blends classical music with an intimate ambiance created by candlelight. Attending these concerts allows you to enjoy beautiful melodies while soaking in the artistic vibe of the city, creating it a serene escape from the hustle and bustle.

Nh7 Weekender

When: NOVEMBER 29 - DECEMBER 1, 2024

Where: PUNE

Details: Known as "India's happiest music festival," it features an eclectic mix of genres from rock to indie in a sparkling ambiance. It also includes art installations and food stalls that celebrate native culture.

Why Visit: Pune has established itself as a cultural hotspot in country, attracting music lovers from all over. The NH7 Weekender encapsulates this spirit by offering an eclectic mix of genres in a festive background equipped with art installations and food stalls. It's not just about the music; it's about celebrating life with like-minded individuals in one of most vibrant cities.

Magnetic Fields Festival

When: DECEMBER 13-15, 2024

Where: ALSISAR MAHAL, RAJASTHAN

Details: Celebrating its tenth anniversary, this music fest combines electronic music with immersive art installations in a stunning heritage setting. People can enjoy world-class performances as they explore the majestic surroundings of Alsisar Mahal.

Why Visit: Alsisar Mahal is not just a venue; it's a historical treasure that enhances the Magnetic Fields Festival experience with its regal charm. It combines modern electro sounds with traditional Rajasthani architecture, creating an enchanting setting where attendees can revel in world-class concerts while appreciating the cultural richness of Rajasthan.



Sunburn Festival (Dates TBD)

When: DECEMBER

Where: GOA

Details: Typically held in December in Goa, this is one of Asia's largest electronic dance music events featuring top DJs from around the world. Expect an electrifying setting packed with high-energy gigs set against the backdrop of Goa's stunning beaches.

Why Visit: Goa's stunning beaches provide the perfect backdrop for Sunburn Festival's high-energy atmosphere packed with global DJs spinning tracks under starry skies. For EDM enthusiasts, it is a must-see destination that combines world-class performances with Goa's unique party vibe.

Shankar Ehsaan Loy Concert

When: DECEMBER 21, 2024

Where: BENGALURU

Details: A live performance by the renowned trio known for their engaging melodies and fusion of different musical styles. The concert promises to be an unforgettable evening filled with iconic hits and captivating stage presence.

Why Visit: Bengaluru is known for its dynamic arts scene and eclectic crowd; attending this concert offers fans an opportunity to experience live renditions of beloved tracks by one of the most celebrated musical trios in an energetic atmosphere.

The Soul Local Festival

When: DECEMBER 21-22, 2024

Where: KOLKATA

Details: This event focuses on showcasing regional talent while celebrating India's rich heritage through various genres. Attendees can expect a mix of traditional and contemporary shows that reflect Kolkata's artistic spirit.

Why Visit: Kolkata is renowned for its artistic heritage and vibrant traditional scene, making it an ideal location for The Soul Local Festival. This event highlights local artists and immerses guests in the city's varied traditions through music. By attending it, visitors can explore Kolkata's diverse arts scene and enjoy live performances that reflect its unique cultural identity. This event attracts top DJs from around the world, making it a must-see for fans of techno and house genres. The energy of Mumbai combined with cutting-edge electr beats creates an electrifying atmosphere that is hard to resist.

Conclusion

As International Music Day approaches on October 1st, the excitement builds for the myriad of music festivals that will grace India in the following months. From the serene landscapes of Ziro Valley to the bustling vibes of Pune and Kolkata, these events not only celebrate music but also foster community and cultural exchange. Whether you're a local or a traveller, these events offer an opportunity to immerse yourself in the diverse sounds that define India's rich musical heritage. 🎵

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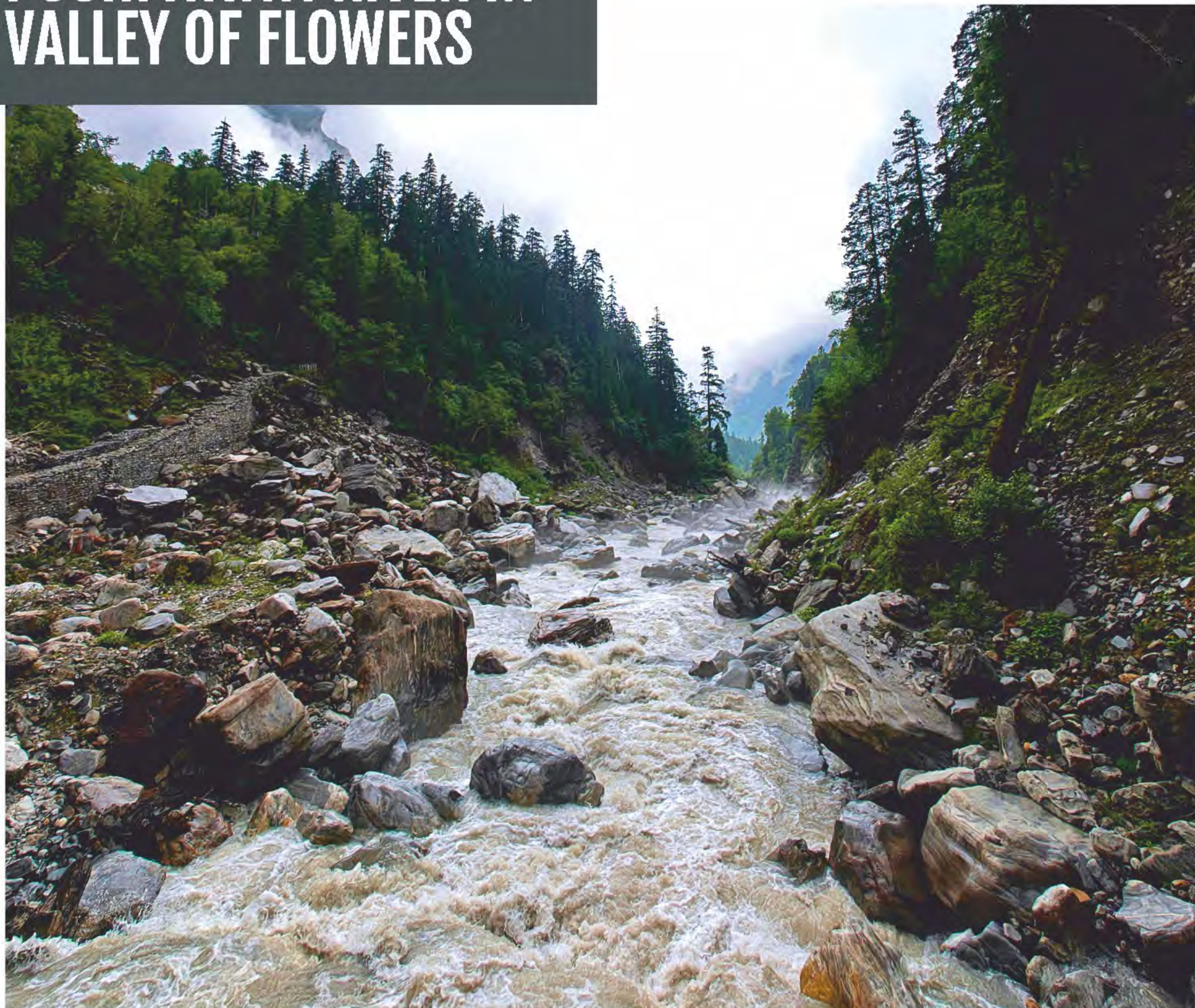
By MEGHNA SEIPAL

A BRIEF HISTORY OF SIX IMPORTANT RIVERS OF INDIA

It's universally acknowledged that the greatest civilisations in the world have flourished along the banks of rivers. Humankind's reverence for rivers as a Mother or a Goddess is a fitting tribute to the value rivers add to our lives. Last month, we celebrated 'World Rivers Day' on the fourth Sunday. India's contribution to the global economy largely rests upon the rivers flowing here from time immemorial. Here's a brief history of six important rivers of India; this small article delves into the historical significance and cultural influence rivers have on present India.

Devprayag, Alaknanda and Bhagirathi Rivers

PUSHPAWATI RIVER IN VALLEY OF FLOWERS



The Pushpawati River courses through the Valley of Flowers in the Chamoli district of the Garhwal region in Uttarakhand. Renowned for its powerful current and icy waters, Pushpawati stands as one of the state's principal rivers, gracefully bordered by the region's diverse flora and fauna.

Originating from the Tipra Glacier near Rataban, in the heart of the Garhwal Himalayas, the river flows southward to converge with the Bhyundar Ganga near Ghagharia. This confluence gives rise to the Lakshman Ganga.

Mythology recounts that the Pandavas, during their exile, observed flowers being carried downstream by the river, which led them to christen it 'Pushpawati'.

GANGA (GANGES)



Originating in the Himalayas and flowing into the Bay of Bengal, the Ganga has been a sacred river in Hinduism from time immemorial. Its spiritual significance is evident in its vast and forceful flow, which irrigates a quarter of India's land and sustains hundreds of millions of lives.

The Ganga begins at Gaumukh in the Himalayas, growing stronger as it receives water from numerous tributaries. Its religious importance is unparalleled by any other river globally. Banaras, one of the world's oldest inhabited cities, sits on the Ganga's banks and has been a center of Aryan culture since before the second millennium BC. For pilgrims, Varanasi represents a spiritual haven where the Ganga offers liberation from sins and the path to Nirvana.

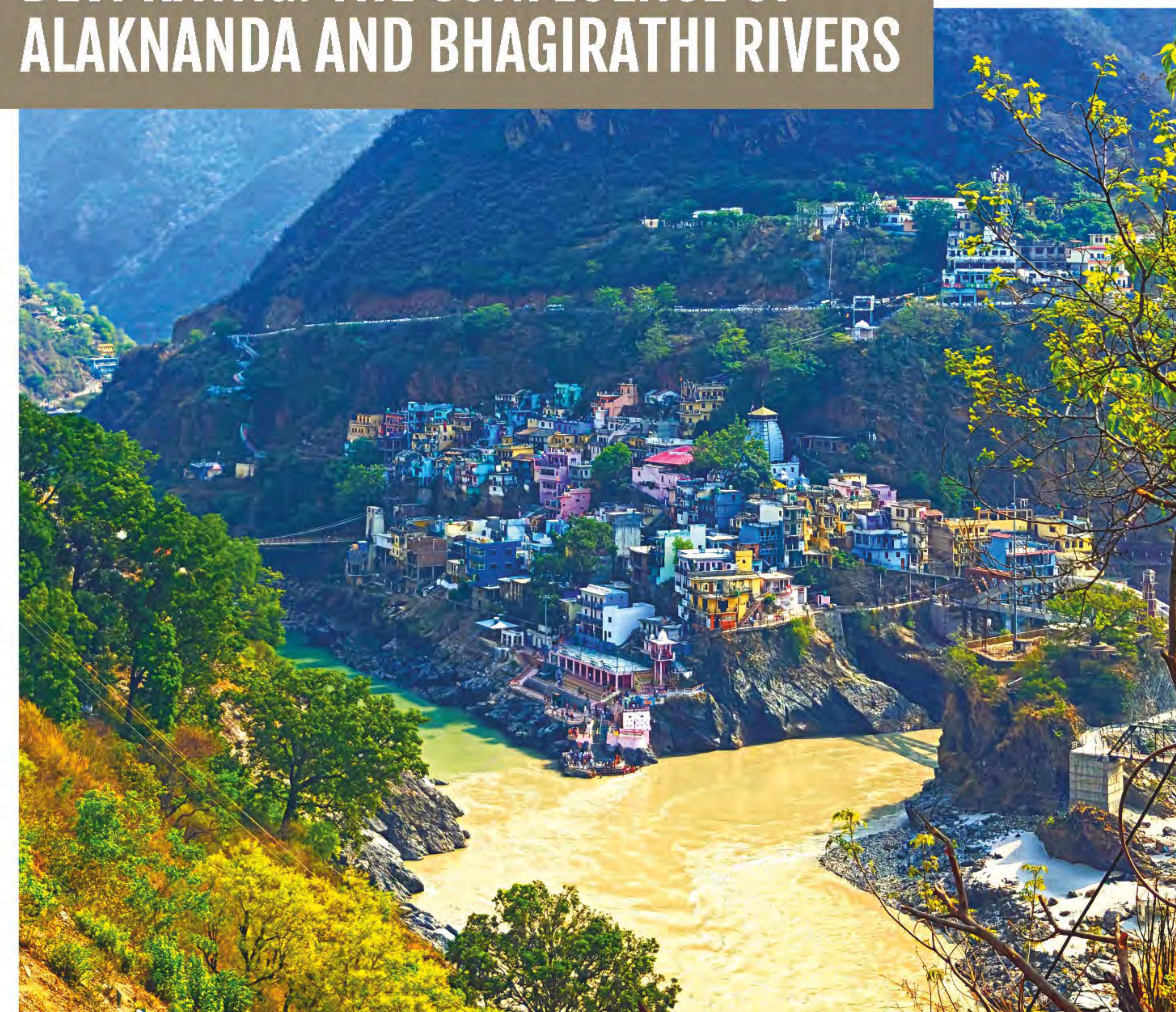
KABINI



The Kabini River, also known as the Kapila River, is a significant tributary of the Cauvery River in southern India. It arises near Kavalumpara in Kerala's Kozhikode district at the confluence of the Panamaram and Mananthavady Rivers. The river then flows eastward through the Wayanad district and enters the Mysore district of Karnataka, where it joins the Kaveri River.

Near the town of Sargur, it creates the vast Kabini Reservoir that becomes a wildlife haven, particularly in the summer when the water level drops to reveal rich grassy meadows. The Kabini Forest Reserve is one of Karnataka's most visited wildlife destinations, famed for its easy access, verdant landscape around a large lake, and frequent sightings of elephant herds and tigers.

DEVPRAYAG: THE CONFLUENCE OF ALAKNANDA AND BHAGIRATHI RIVERS



Devprayag translates to "Godly Confluence" in Sanskrit. As per Hindu scriptures, it is a revered place where the two celestial rivers, Alaknanda and Bhagirathi, meet to create the sacred Ganges.

Alaknanda originates from the confluence of the Satopanth and Bhagirath Kharak glaciers in Uttarakhand, close to the Tibet border. The Bhagirathi begins at Gaumukh, at the base of the Gangotri and Khatling glaciers in the Garhwal Himalayas. These two hallowed rivers unite at Devprayag to form the Ganges. It is also believed to be the site where Lord Rama and his father, King Dasharath, did penance.

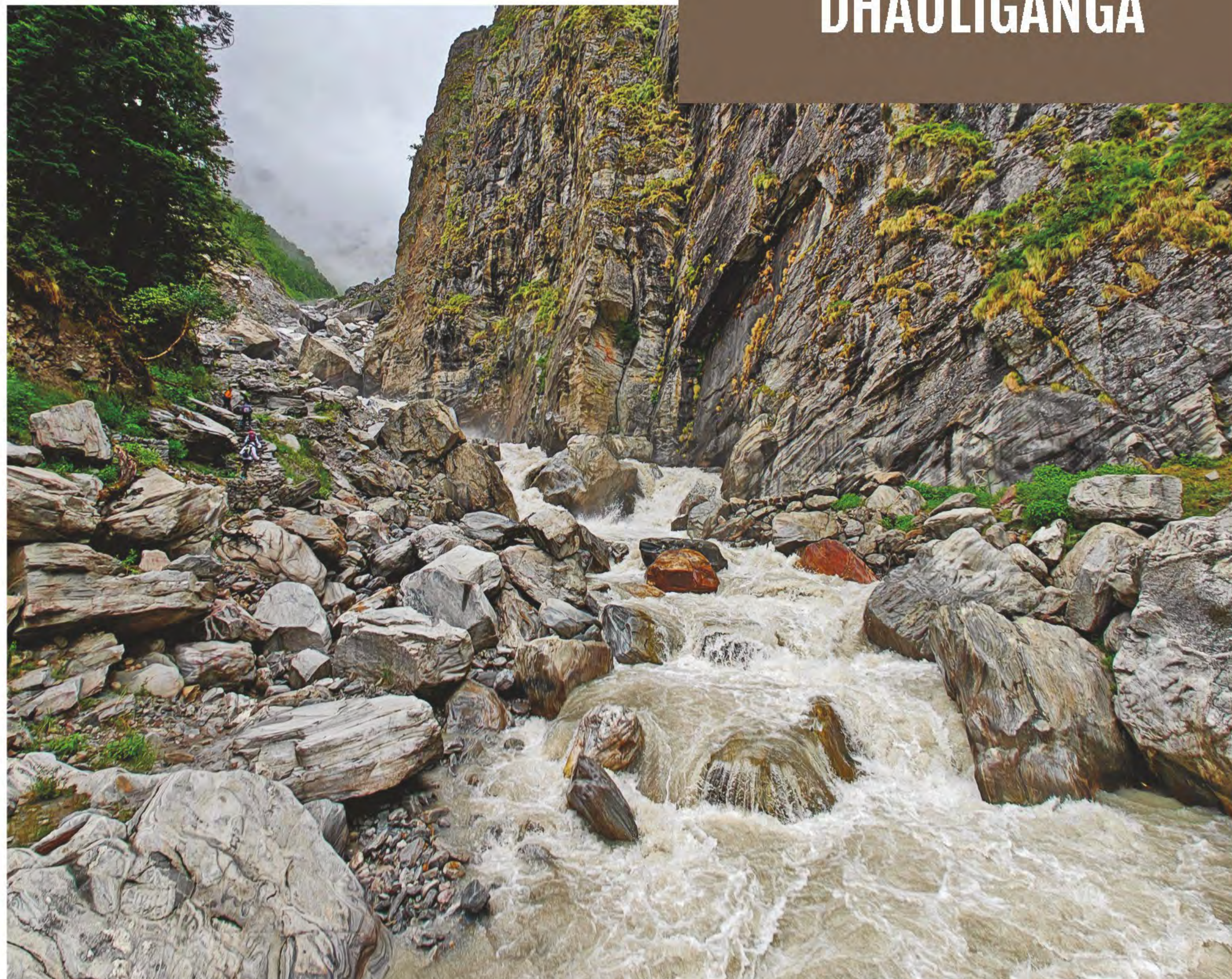
INDUS AND ZANSKAR RIVER CONFLUENCE, LADAKH



One of the most captivating natural spectacles in Ladakh is the Sangam, the confluence of the Indus and Zaskar Rivers. Tucked between the breathtaking mountains of the cold desert, there's a viewpoint approximately 35 km from Leh, near the village of Nimmu on the Leh-Srinagar Highway, where one can behold the scenic confluence of these majestic rivers.

The Indus River, one of Asia's longest rivers, was the cradle of the ancient Indus Valley Civilization. The Zaskar River, a significant tributary of the Indus, is formed by the confluence of the Doda and Lungnak Rivers in Zaskar's central valley. At Sangam, Indus appears a brilliant blue, contrasting with the Zaskar's murky green.

DHAULIGANGA



Dhauliganga River, situated in Uttarakhand, India, is an important tributary of the Ganges. It springs from the lofty Himalayan heights, meandering through the Garhwal region's picturesque valleys. Celebrated for its translucent waters and scenic beauty, the Dhauliganga plays a vital role in the local ecosystem and community life. It is a key source of agricultural water and supports a rich variety of plant and animal life. Furthermore, it is instrumental in the area's hydroelectric energy production. The river's unspoiled environment and cultural significance render it an invaluable component of the Himalayan terrain. 🌿

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NAVRATRI 2024

Understanding the Significance of Nine Forms of Navdurga

By JAYESH PUROHIT, Staff Writer

Shardi Navratri is celebrated as the longest dance festival worldwide. While devotees are engaged in this boisterous revelry, little do they know about the significance of the nine forms of Nav Durga—the different stages of Goddess Durga. This infographic illuminates the nine significant stages of Durga and signifies its value in the life of a woman who, in Indian culture, is worshipped as a Goddess, a symbol of strength and power. Along with its form, you may also find the Beej Mantra (sacred utterance), a chanting believed to bring good omen into our lives.



Shailputri

Daughter of Mountain

Vehicle (Vahan): **NANDI (BULL)**



Parvati is in her childhood stage, with the divine and principal form being Durga.

Shailputri is the daughter of Mountain (Kailash). She is adorned with light ornamentation on her limbs and is clothed in red and pink robes. Her hands hold a trident and lotus. She is seated upon the behind of a white bull.

Beej Mantra

ॐ देवी शैलपुत्र्यै नमः

Brahmacharini

Mother of Devotion and Penance

Vehicle (Vahan): **NONE**



Brahmacharini is the second phase of asceticism.

Since she is in the age of learning and growth, Brahmacharini doesn't hold any weapon in her hands. This phase denotes austerity in life; therefore, she is not given any vehicle like a lion or tiger.

She is dressed as a female ascetic and is adorned with dried-up Rudraksha beads and flowers as her ornamentation. She has two hands carrying a rosary and a metal pot of water.

Beej Mantra

ॐ देवी ब्रह्मचारिण्यै नमः

Chandraghanta

Destroyer of Demons

Vehicle (Vahan): **TIGER**



Durga in the form of Shakti.

Chandraghanta is the Goddess's marital status. During this phase, she is shown with ten hands. Nine of them are armed with a trident, mace, bow, arrow, lotus, sword, bell, and waterpot, while one other hand blesses her devotees. She is seated upon a fierce tiger.

Beej Mantra

ॐ देवी चंद्रघण्टायै नमः

Kushmanda

Goddess of the Cosmic Egg

Vehicle (Vahan): **LION**



Durga in the form of Mahashakti.

'Kush' means Cosmic, and 'Anda' means egg. This phase of the Goddess portrays her as a mother. This form of Goddess Durga is worshipped to gain health, wealth and strength. She has eight hands, six of which held a discus, mace, lotus, bow, and arrow in one hand, sword and rosary, and the two other hands carried a jar of honey and waterpot. She is mounted upon the back of a lion.

Beej Mantra

ॐ ऐं ह्रीं क्लीं कृष्णंडायै नमः

Skandamata

Goddess of Motherhood and Children

Vehicle (Vahan): LION



Skandamata is the fifth stage of Durga, and she is now in her motherhood. She has four hands, two holding lotuses, the third holding her son, the six-headed infant Kartikeya seated on her lap, and the fourth saving her devotees. She is sitting on the back of a lion.

Beej Mantra

ॐ देवी स्कन्दमातायै नमः

Katyayani

Goddess of Power

Vehicle (Vahan): LION



Durga in the warrior stage. She is adorned with heavy ornamentation on her limbs and is dressed in green and pink vestments. Her four hands each carried a sword, shield, lotus and trident. She's seen seated on a fearsome lion.

Beej Mantra

ॐ देवी कात्यायन्यै नमः

Kalaratri

Goddess of Auspiciousness and Courage

Vehicle (Vahan): DONKEY



Durga in her form of destruction. She has three bloodshot eyes and unkempt hair and wears a garland of skulls around her neck, which shines like lightning. Her four hands hold a trident, scimitar, vajra, and cup. She is seated on a donkey, which is her vehicle.

Beej Mantra

ॐ देवी कालरात्र्यै नमः

Mahagauri

Goddess of Beauty and Women

Vehicle (Vahan): OX



Durga in her form of recovery. She has four hands, three of which carry a trident, mini-drum, and pink lotus, while her fourth hand promises protection to her devotees. She is seated upon a white ox.

Beej Mantra

ॐ देवी महागौर्यै नमः

Siddhidhatri

Goddess of Supernatural Powers or Siddhis

Vehicle (Vahan): LOTUS



Durga is in the stage of reaching her highest and supreme form as Mahashakti.

Her four hands carry a discus, conch shell, pink lotus, and mace. She is seated upon a fully bloomed lotus.

Beej Mantra

ॐ ऐं ह्रीं क्लीं सिद्धिदायै नमः



Unlike Chaitra Navratri, which symbolizes spiritual renewal, Shardiya Navratri celebrates the transition to autumn and the upcoming harvest season. However, Lord Ram is associated with the culmination of both Navratris. Chaitra Navratri ends on Ram Navami, and Dussehra is Shardiya Navratri's last day. Let's pray for the well-being of all. I wish you a powerful and divine Navratri filled with the blessings of Shakti and Bhakti. May prosperity and success be with you always! 🙏



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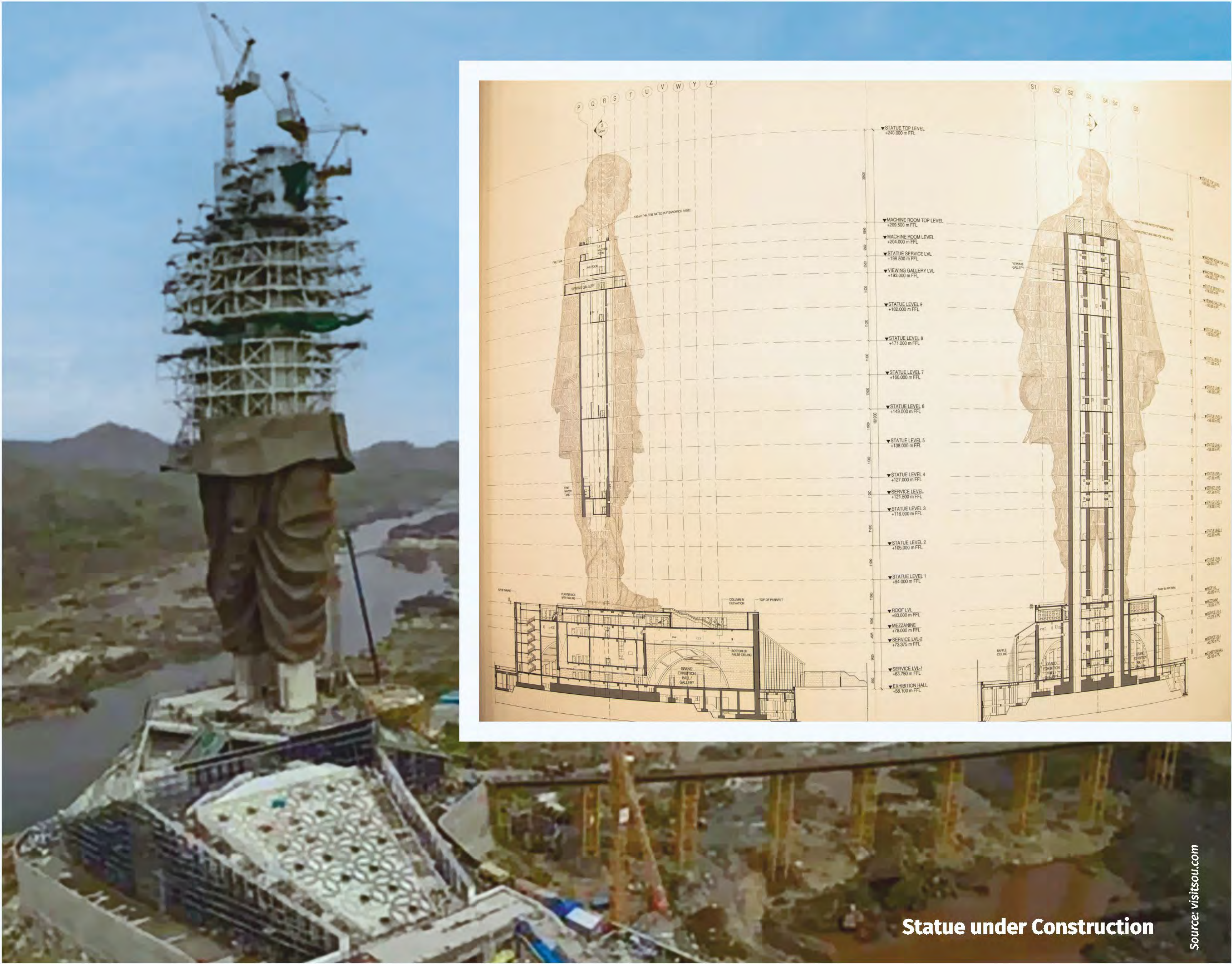
DISCOVER

THE FUN FACTS

ABOUT THE **STATUE OF UNITY**

By UMANG SHARMA, Staff Writer

October 31 marks the birth anniversary of Sardar Vallabhbhai Patel, a pivotal figure in India's struggle for independence and its first Deputy Prime Minister and Home Minister. This day is celebrated as National Unity Day (Rashtriya Ekta Diwas), honoring Patel's legacy and promoting the spirit of national unity. A monumental tribute to his contributions is the Statue of Unity, the tallest statue in the world, which was inaugurated on this date in 2018. It not only commemorates Patel's achievements but also stands as a reminder of his vision for a united nation, making it a site of great historical and cultural significance.



Key Features of the Statue of Unity

Height and Design: The SoU stands at an astonishing height of 182 meters (597 feet), making it the tallest globally, surpassing China's Spring Temple Buddha by 177 feet. The statue depicts Patel dressed in traditional attire, complete with a dhoti and shawl, symbolizing his deep connection to tradition and culture. Its impressive and distinctive design serves as a powerful tribute to Sardar Vallabhbhai Patel, highlighting his crucial role in shaping modern India.

Structure: SoU is an architectural marvel, constructed using a combination of 6,500 tonnes of structural steel, 1,700 tonnes of bronze cladding, 1,850 tonnes of bronze plates, 210,000 cubic meters of cement concrete, and 18,500 tonnes of reinforced steel. The design features two semi-joined cylindrical cores made from composite concrete, supported by a structural steel space frame. The innermost

layer consists of reinforced cement concrete (RCC) towers that rise to the figure's chest level, adding to its grandeur and strength.

Construction Timeline: SoU was an extraordinary achievement, completed in just 34 months. This swift construction reflects the dedication and expertise of the team involved, showcasing their ability to manage large-scale projects efficiently.

Engineering Marvel: Designed by acclaimed sculptor Ram V. Sutar, the figure employs advanced engineering techniques that give it a slenderness ratio greater than most skyscrapers. It is capable of withstanding winds up to 180 km/h and earthquakes measuring up to 6.5 on the Richter scale, exemplifying modern advancements in engineering and innovation.



Cultural Significance

A Symbol of Unity: SoU commemorates Sardar Vallabhbhai Patel's crucial role in integrating over 500 princely states into a single nation after independence. His leadership earned him the title "Iron Man of India," reflecting his strength and determination in shaping the country's destiny during a critical period in its history.

Visitor Experience: Visitors can access a viewing gallery situated 153 meters above ground level. This gallery offers breathtaking panoramic views of the landscape, including the Sardar Sarovar Dam and nearby mountain ranges. High-speed elevators transport visitors through the monument's core, enhancing their experience while learning about Patel's legacy.





Interesting Facts

Mass Participation: The base of this gigantic monument symbolizes national unity and grassroots involvement, incorporating iron collected from nearly 100 million farmers across 169,000 villages. This unique aspect highlights collective effort and collaboration among diverse communities, emphasizing harmony in shaping India's identity.

Cost and Investment: Constructed at an estimated cost of ₹2,989 crores (approximately \$420 million), the project has significantly contributed to local employment opportunities, boosting economic activity in the surrounding areas.

Educational Facilities: At the base of the statue lies a museum dedicated to Sardar Vallabhbhai Patel's life and achievements. This facility provides insights into his vital contributions to the freedom struggle and nation-building efforts, allowing for a deeper appreciation of his impact on history and culture.

Observation Deck: The observation deck, located at 135 meters, provides breathtaking panoramic views of the Narmada River and surrounding hills. Tourists are swiftly transported to this vantage point in under 40 seconds using high-speed elevators, offering a unique and memorable experience.

Museum: Spanning 4,647 square meters, the museum at the base of the statue houses an 18-foot bronze figure of Patel, along with engaging audio-visual exhibits that detail his life and contributions.

Laser Show: A daily laser show, using 51 high-resolution projectors, narrates Patel's life story through stunning visuals projected onto the statue itself. This 30-minute show aims to inspire a sense of national pride and patriotism among viewers, making it a must-see attraction.

Conclusion

The Statue of Unity is more than just an architectural wonder; it embodies India's unity and resilience. As we commemorate Sardar Vallabhbhai Patel's birth anniversary on October 31, we celebrate his enduring legacy through this magnificent structure, which continues to inspire millions across the nation. 🇮🇳



EXPERIENCE GRANDEUR *by the Narmada River*

Embark on an unforgettable journey to witness the majestic Statue of Unity, the tallest statue in the world, surrounded by the tranquil beauty of nature. Nestled along the serene banks of the Narmada River, indulge in a luxurious retreat at Tent City Narmada that combines comfort with breathtaking views. Enjoy exquisite dining options featuring local and international cuisine while immersing yourself in the vibrant culture of the region. This winter, secure your stay for a seamless exploration of this iconic landmark and create memories that will last a lifetime!

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NUTRITION DIET HEALTH FITNESS

By JAYESH PUROHIT, Staff Writer

are four pillars of our life. If one of the pillars shakes a little, we tend to feel a feasible jerk in our routine. To ensure these four stand firm in your life, we have Kanikka Malhotra, a renowned dietician and nutrition expert based out of Delhi. Kanikka's expert comments on difference between Nutritious Food and Diet Food, dietary and wellness choices, and essential nutrients for our body provide in-depth insights on how to lead a healthy life. She has also shared two recipes - Millet Pulao and Oats Dosa - are healthy & tasty options for people. Her thoughts on balanced diet are worth following.



KANIKKA MALHOTRA
Health Care Consultant
Dietician & Diabetes Educator

Kanikka Malhotra is a Delhi-based consultant dietician with a postgraduate degree in dietetics from the prestigious Lady Irwin College, DU, and holds a certification in diabetes education from the International Diabetes Federation. She has been working extensively with individuals dealing with obesity, diabetes, thyroid, and PCOD.

Her curiosity about social media management, ghostwriting, and brand marketing led her to pursue a professional course in digital marketing at IIM Kashipur.

Her career has spanned 17 years across digital healthcare, PSPs, nutraceuticals, disease management, and home healthcare. She has rich experience and expertise in hospital and community-based patient support programs, clinical behavior, corporate and digital wellness, and considerable expertise in leading chronic disease management projects.

Previously, she has worked for brands like Max Healthcare, Fortis Hospitals, Hexagon Nutrition, Nutrihealth, HexaHealth, HCAH India (HealthCare atHOME – (India's

largest hospital outside the hospital from the Promoters of Dabur), Brand Care Medical Advertising, Body-First (A Suniel Shetty Venture), Mindful Living, Antara Senior Care, and 2050 Healthcare in areas of critical care nutrition, implementation of nutrition strategies, and integration of nutrition and brand communications.

Currently, she is associated as a communications consultant with HealthPresso, an AI-based healthcare platform for HCPs, and Oaknorth Banks, Gurgaon.

She is a regular contributor of health content to The Indian Express, India Today, and The Times of India.

She is also actively involved with the Be Now Inspired (BNI), Indian Dietetic Association (IDA), Association of Diabetes Educators (ADE), Celiac Society of India (CSI), and Expert Nutrition Advocacy Council (ENAC).

Kanikka brings a rare blend of clinical nutrition, digital marketing, and healthcare communications expertise to the table.



WHAT IS THE DIFFERENCE BETWEEN NUTRITIOUS FOOD AND DIET FOOD?



Think of it this way: Healthy eating is like having a well-rounded friend who is always there to support you and give you a big hug full of vitamins and minerals. On the contrary, diet food is more akin to a passing acquaintance who can't fully replace the need for food but might give a sugar-free gummy bear.

Nutritious food is about balance and variety – it's the ultimate party planner, ensuring everyone gets their fair share of nutrients. Diet food, while often focused on calorie reduction, can sometimes feel like a crash diet – a quick fix that might not sustain you long-term.

Remember, a healthy relationship with food is like a good friendship: it's about quality, not quantity. So, ditch the fad diets and embrace the nourishing power of real, whole foods. Your body will thank you!

WHAT DIETARY AND WELLNESS CHOICES DO YOU PRIORITIZE?

Ah, the fascinating world of dietary and wellness choices—where science meets flavour and health meets happiness! My approach is like a well-balanced recipe: a pinch of science, a dash of creativity, and a whole lot of heart.

First off, I'm a staunch advocate of whole, plant-based foods. Think of it as giving your body a VIP pass to the healthiest party in town. Vegetables, fruits, nuts, and seeds are my go-to guests. Like the body's superheroes, they contain vitamins, minerals, and antioxidants. For instance, did you know that spinach and methi are not just pretty greens but are profusely packed with vitamin K and iron? Talk about a nutrient-packed dance-off!

But I don't just stop at veggies. I make sure to keep things gluten-free and lactose-free for those who need it. Imagine avoiding gluten like dodging traffic jam—smooth sailing for your gut and less bloaty traffic congestion. And for lactose, think of alternatives like almond or oat milk as your reliable sidekick in the quest for digestive peace.

In terms of wellness, it's all about balance and mindfulness. I encourage mindful eating - savouring every bite, appreciating the flavours, and listening to your body's cues. It's like tuning into your favourite playlist; you wouldn't skip the best tracks, so why skip the best nutritional choices?

Lastly, hydration is my secret weapon. Water isn't just a drink; it's like a spa day for your insides, flushing out toxins and keeping everything running smoothly.



So, in a nutshell, my dietary philosophy is to blend science with a touch of fun. Enjoy your nutrients like you're at a gourmet buffet, keep things gluten-free and lactose-free if needed, and stay hydrated and mindful. Your body will thank you with a happy dance of health!

WHICH ESSENTIAL NUTRIENTS SHOULD ONE FOCUS ON?

The fabulous world of essential nutrients—where each one has a unique superpower that keeps our bodies running like a finely tuned machine! Imagine them as the Avengers of nutrition, each with their unique abilities.

First up, we have protein, the Hulk of nutrients. It's the muscle-builder and repair expert of the group. Think of it as the construction crew always on-site, repairing and building new muscle tissue. Whether from legumes, nuts, or tofu, protein's got your back (and biceps)!

Next, let's talk about vitamin C, the Captain America of the Nutrient Squad. This vitamin is a top-notch immune system booster and antioxidant, fighting off those pesky free radicals like a shield-wielding hero. Citrus fruits, strawberries, and bell peppers are your go-to sources; they are your boon companions in the battle against illness.

Don't forget fibre, the unsung hero of the digestive system! Fibre is like the superhero that keeps everything flowing smoothly, ensuring your digestive tract is clear and happy. Whole grains, fruits, and veggies are its secret lairs, working tirelessly to keep you regular and feeling fantastic.

Calcium is like Iron Man, with a focus on keeping your bones and teeth strong. It's found in dairy alternatives like fortified almond milk and leafy greens, giving your skeleton the sturdy support it needs to stand tall and strong.

And then there's omega-3 fatty acids, the soothing Doctor Strange of the nutrient realm. These essential fats are all about reducing inflammation and promoting heart health. Find them in sources like flaxseeds, chia seeds, and walnuts—your go-to mystical ingredients for maintaining a calm and balanced body.

HOW DOES SLEEP IMPACT ONE'S NUTRITION AND OVERALL WELL-BEING?

Sleep—the unsung hero of wellness, often overshadowed by its flashy daytime counterparts like diet and exercise. But in the realm of health, sleep is like the backstage band that ensures everything runs smoothly.

Think of sleep as the ultimate chef in the kitchen of your health. When you get quality sleep, your body's hunger hormones—ghrelin and leptin—are in perfect harmony. Ghrelin, the "I'm hungry" hormone, is kept in check, while leptin, the "I'm full" hormone, gets to do its job correctly. This means you're less likely to crave those midnight snacks and more likely to make healthier food choices. So, a good night's sleep can help you stick to that balanced diet without the urge to raid the fridge!



Finally, let's not overlook vitamin D, nature's gift we receive from the sun. It helps in calcium absorption and supports your immune system. A bit of sunshine and fortified foods can keep your vitamin D levels in check and your mood bright.

So, in the grand superhero team of nutrients, focus on protein, vitamin C, fibre, calcium, omega-3s, and vitamin D. Each has its unique role, working together to keep you healthy, happy, and ready to take on the world!

During sleep, your body engages in some serious metabolic housekeeping. It's like a nightly tune-up for your metabolism, ensuring everything runs efficiently. Poor sleep can lead to

metabolic mayhem, where your body struggles to process glucose effectively, increasing your risk of weight gain and insulin resistance. So, think of sleep as your metabolism's trusty mechanic, keeping everything in tip-top shape.

While you sleep, your body undergoes essential repair and recovery processes. It's like a nightly repair squad for your tissues and organs. These processes include repairing muscles, boosting immune

function, and supporting overall cellular health. A lack of sleep can hinder these processes, making you more susceptible to illnesses and slowing down recovery from physical activity.

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Coming Soon



CAN YOU RECOMMEND SPECIFIC FOODS AND SHARE SOME RECIPES?

Sure, here are my all-time favourites.

MILLET PULAO WITH A SPICY KICK



Millet is like the unsung hero of grains—packed with protein, fibre, and essential minerals. It's a fantastic choice for a hearty and wholesome meal.

Ingredients:

1. 1 cup millet (like foxtail or pearl millet)
2. 1 cup mixed vegetables (carrots, peas, beans), chopped
3. One onion, finely sliced
4. Two green chillies, slit
5. One teaspoon cumin seeds
6. 1/2 teaspoon turmeric powder
7. 1/2 teaspoon garam masala
8. One tablespoon of oil or ghee (clarified butter)
9. Salt to taste
10. Fresh coriander leaves for garnish

Method to Cook:

1. Rinse the millet thoroughly and cook it according to the package instructions. Set aside.
2. In a pan, heat ghee and add cumin seeds. Once they splutter, add onions and green chillies. Sauté until the onions turn golden brown.
3. Add the chopped vegetables, turmeric powder, garam masala, and salt. Cook until the vegetables are tender.
4. Stir in the cooked millet and mix well. Garnish with fresh coriander leaves.
5. Serve hot and enjoy a nutrient-packed pulao!

OATS DOSA RECIPE



Ingredients:

- 1 1 cup oats (instant or rolled oats)
- 2 1/4 cup rice flour
- 3 1/4 cup urad dal (split black gram) soaked for 2 hours
- 4 One green chilli, finely chopped
- 5 One small onion, finely chopped
- 6 1/2 cup grated carrots
- 7 1/4 cup chopped coriander leaves
- 8 1/2 teaspoon cumin seeds
- 9 1/4 teaspoon turmeric powder
- 10 Salt to taste
- 11 Water, as needed
- 12 Oil for cooking

Method to Cook:

- **Prepare the Oats:** If using rolled oats, grind them into a fine powder using a blender or food processor. Instant oats can be used directly without grinding.
- **Prepare the Batter:** Combine the oats, soaked urad dal, and a little water in a blender to make a smooth batter. The consistency should be slightly thick but pourable.
 - Transfer the batter to a bowl.
- **Add Vegetables and Spices:** Stir in the rice flour (for crispiness), chopped green chilli, onion, grated carrots, coriander leaves, cumin seeds, turmeric powder, and salt. Mix well. Adjust the water if the batter is too thick.
- **Heat the Pan:** Heat a non-stick or cast-iron griddle (tawa) over medium heat. Lightly grease it with oil.
- **Cook the Dosa:** (1) Pour a ladleful of batter onto the hot griddle and spread it in a circular motion to form a thin dosa. (2) Drizzle a little oil around the edges of the dosa and on top. (3) Cook for 2-3 minutes until the edges turn golden brown and crispy. (4) Flip the dosa and cook on the other side for 1-2 minutes.
- **Serve:** Serve the oats dosa hot with coconut chutney, sambar, or your favourite dip.

WITH THE RISING INCIDENTS OF HEART ATTACKS, WHAT ARE THE MOST EFFECTIVE METHODS TO MAINTAIN A HEALTHY HEART?

Heart—the ultimate life coach, tirelessly pumping away to keep us going. To keep this vital organ in tip-top shape, we must roll out the red carpet of heart health with some science-backed strategies.



1. Imagine your diet as a VIP party for your heart, and you're the exclusive guest of honour. Focus on foods rich in omega-3 fatty acids, like flaxseeds and walnuts, which are like the secret service agents of heart health—protecting your heart from inflammation and keeping things running smoothly. Incorporate whole grains, such as brown rice and millet, and load up on fruits and vegetables—they're like the bodyguards of your arteries, preventing plaque buildup and maintaining blood flow.
 2. Turmeric and garlic are like the dynamic duo of heart health. Turmeric's active compound, curcumin, is a potent anti-inflammatory, while garlic is a natural blood thinner, reducing the risk of clots. Add a dash of turmeric to your curries, or sprinkle garlic on your roasted veggies for a flavorful boost!
 3. Aim for at least 150 minutes of moderate aerobic activity per week—whether it's brisk walking, cycling, or dancing like nobody's watching. Exercise strengthens the heart muscle, improves circulation, and helps manage weight. Plus, it releases endorphins, making you feel fantastic!
 4. Stress is like a sneaky saboteur of heart health, so finding ways to relax is crucial. Engage in activities that calm your mind, like meditation, deep-breathing exercises, or yoga. Picture your stress melting away as you take deep breaths and unwind—think of it as giving your heart a spa day!
 5. Monitor your blood pressure and cholesterol levels as if you're checking the VIP guest list. Regular check-ups with your healthcare provider can help you stay on top of potential issues before they become major concerns. It's like having a heart health guardian ensuring everything is in order!
 6. Think of sleep as your heart's beauty rest. Aim for 7-9 hours of good-quality sleep per night to help your heart repair and rejuvenate. Poor sleep can lead to high blood pressure and an increased risk of heart disease, so create a soothing bedtime routine to ensure you get those essential Zzzs.
- So, there you have it—your heart health toolkit.



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WHAT ROLE DOES ADEQUATE HYDRATION PLAY IN MAINTAINING GOOD HEALTH?

Imagine your cells as little party-goers at a grand ball. They need a steady flow of water to keep the festivities going. Adequate hydration ensures that cells stay plump and happy, making them function efficiently. When you're well-hydrated, your cells perform their tasks with flair—transporting nutrients, removing waste, and keeping everything in balance. Without enough water, the party is running out of steam!

Water is the slick lubricant that keeps the digestive machinery running smoothly. Without enough hydration, your digestion can become sluggish, leading to constipation. So, keep that water bottle handy to ensure your digestive system operates like a well-oiled machine!

Water is like the secret sauce that keeps your joints moving smoothly. It lubricates your joints, reducing friction and preventing stiffness. Imagine your joints as well-oiled hinges—water ensures they swing effortlessly. Adequate hydration can help prevent joint pain and keep you moving like a well-tuned machine.



Your brain is your body's command centre, and water is your fuel. Staying hydrated ensures optimal brain function, improving concentration, mood, and memory. Dehydration, however, can make you feel foggy and less focused. So, keep sipping water to keep your mind sharp and alert!

WHAT IS YOUR DEFINITION OF A BALANCED DIET?



A balanced diet is like a healthy relationship with food—there's room for indulgence without guilt. I like to use the 80/20 rule: aim to eat healthily 80% of the time and allow yourself a little leeway for those 20% moments of indulgence. It's all about balance and moderation, ensuring you enjoy your favourite treats while keeping your health goals on track.

Colour and variety are the keys. Incorporate different colours and types of foods to ensure you get a wide range of

nutrients. Each colour represents different phytonutrients, antioxidants, and health benefits. Eating a rainbow of foods is like giving your body a full spectrum of health benefits!

A balanced diet isn't just about what you eat but also how you eat. Mindful eating is about savouring each bite, paying attention to hunger and fullness cues, and enjoying the experience of eating. It's like treating every meal as a celebration, ensuring you nourish your body and soul.

HOW CAN ONE MAINTAIN MOTIVATION FOR HEALTHY EATING?



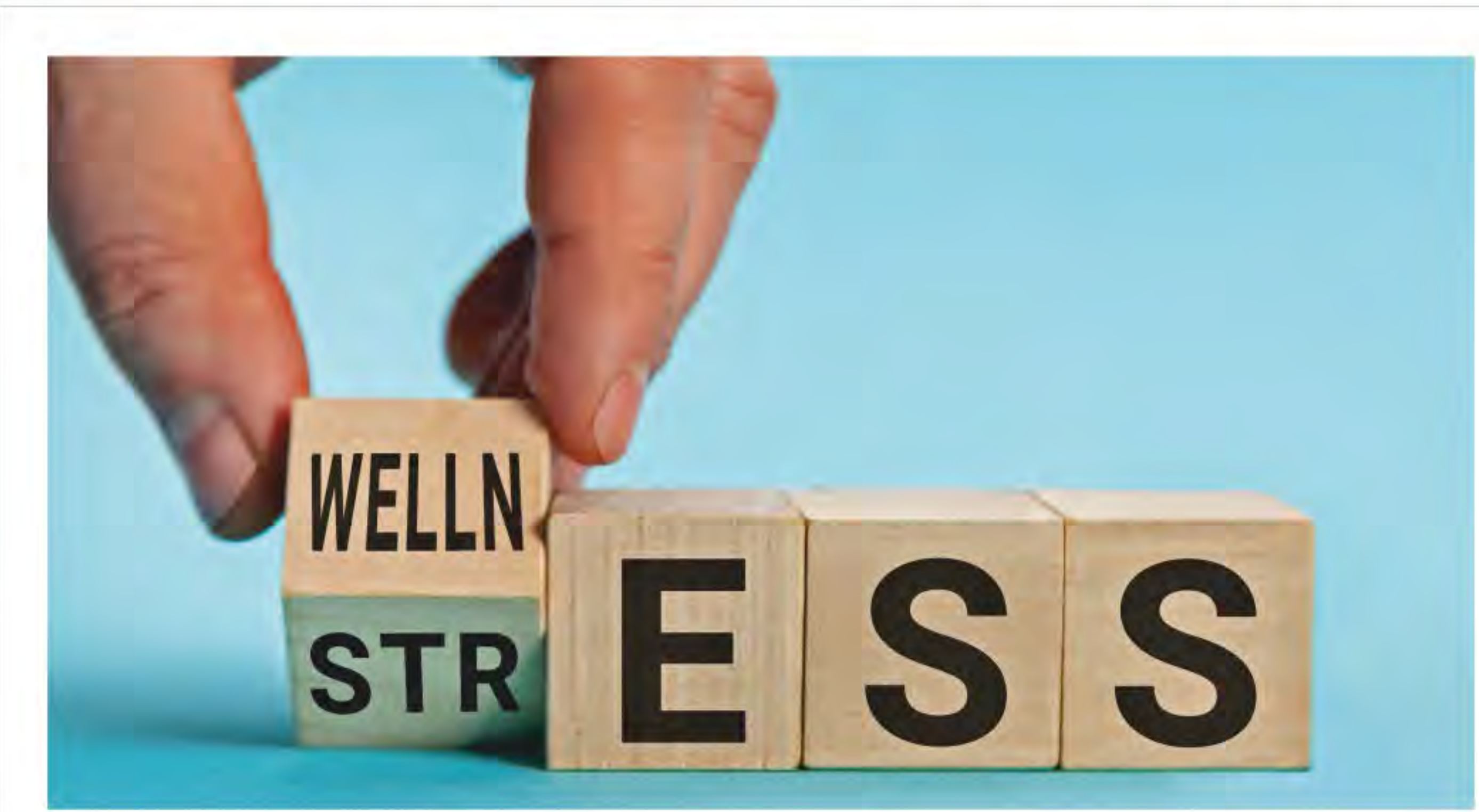
Healthy eating is a thrilling culinary expedition rather than a mundane task. Explore new recipes, try exotic vegetables, and experiment with spices. Imagine your kitchen as a laboratory and each meal as an exciting experiment. The more you explore, the more you discover delicious, nutritious treasures that keep your taste buds and motivation in high gear.

Motivation thrives on achievable milestones. Set small, realistic goals like incorporating a new vegetable each week or mastering a healthy recipe. Visualize yourself achieving your goals, feeling energized, and enjoying your meals. Create a vision board with pictures of your goals, whether it's a fitter

you or your favourite healthy dishes. Acknowledge and celebrate your progress, no matter how small. Keep a food journal or a digital diary of your healthy eating journey and reflect on how far you've come. Reward yourself with non-food treats, like a new kitchen gadget or a relaxing activity. It's like patting yourself on the back for a job well done!

Remind yourself of amazing benefits of healthy eating—better energy, improved mood, and overall wellness. Make a list of how good you feel when you eat healthily, and keep it handy. This list serves as a motivational cheat sheet, helping you stay focused on the positive outcomes of your healthy eating habits.

IN WHAT WAYS DOES STRESS INFLUENCE EATING PATTERNS?



Stress is like a mischievous character in the drama of our eating habits, turning our meals into a rollercoaster ride of cravings and comfort foods. When stressed, our body releases cortisol, the "stress hormone," which can amplify our

appetite and make us crave high-fat, high-sugar treats as a quick mood boost. This can result in an emotional eating extravaganza, where food becomes a comforting companion, offering temporary solace but not addressing the underlying stress. Stress can also mess with our appetite, either increasing it due to elevated cortisol levels or diminishing it if digestive issues arise. It disrupts digestion, turning our gut into a drama queen with symptoms like bloating or nausea.

Furthermore, stress makes mindful eating challenging, as we may eat on the go, distracted, or in more significant portions without paying attention to our hunger cues. For some, food becomes a coping mechanism, temporarily relieving stress. Recognizing these patterns helps us understand how stress affects our eating habits and encourages us to seek healthier ways to manage stress and nourish our bodies.

MANY PEOPLE EXPERIENCED A DECREASE IN IMMUNITY AFTER THE COVID PANDEMIC. HOW CAN ONE MAINTAIN STRONG IMMUNITY?

Your immune cells are like tiny superheroes that need the right fuel to stay strong. Feed them a diet rich in fruits, vegetables, nuts, and seeds packed with vitamins, minerals, and antioxidants that boost your immune function. Imagine each fruit and veggie as a superfood gadget, equipping your immune system with the latest technology to fend off invaders. Vitamin C from oranges, vitamin A from sweet potatoes, and zinc from nuts are just a few of the superheroes in this brigade!

Your gut is like the control centre for your immune system, housing many immune cells. A healthy gut microbiome supports a robust immune response. Eat fermented foods like yoghurt, kefir, and kimchi, packed with beneficial probiotics. These friendly bacteria help keep your gut (and your immune system) balanced.

Sleep is like the power-up station for your immune system. During deep sleep, your body produces and releases proteins called cytokines that help fight infections and inflammation. It's like giving your immune system a well-deserved rest and recharge. Aim for 7-9 hours of quality sleep each night to



ensure your immune heroes are well-rested and ready to tackle any challenge.

Vaccinations are like the ultimate security upgrades for your immune system. They prepare your body to fight specific pathogens and enhance your immunity. Stay current with recommended vaccines and consult your healthcare provider to ensure your immune system has the best protection.

WITH THE RISING USE OF THE INTERNET AND AI TOOLS, MANY INDIANS HAVE BEGUN TO PRACTICE SELF-MEDICATION. HOW FAR IS IT ADVISABLE FOR THEM?



The digital age—where information is at our fingertips, and the allure of self-medication is just a click away! While the Internet and AI tools offer a wealth of knowledge, self-medication can be like using a GPS without a map—sometimes, you might get lost in the details.

The Internet is like an all-you-can-eat buffet of medical information—some is nutritious, while others might be

questionable or misleading. When diving into self-medication, you might encounter a mix of reliable data and dubious sources. It's like navigating a maze with helpful signs and dead ends. Without professional guidance, you might end up with more confusion than clarity.

Health is highly individualized—what works for one person might not work for another. AI tools can provide generalized recommendations but lack the personal touch of a healthcare professional who understands your unique health needs.

Self-diagnosis using online tools is like being your detective without all the clues. While the Internet can provide insights, it doesn't replace the comprehensive evaluation that a healthcare professional can offer. Misdiagnosing yourself can lead to inappropriate self-medication, which might do more harm than good. It's like using a bandage for a broken bone—well-intentioned but ineffective.

While the Internet and AI tools are fantastic information sources, self-medication should be cautiously approached. Combining digital insights with professional medical advice is essential to ensure safe and effective treatment. Think of healthcare professionals as your guides on this journey—providing expertise, personalized care, and ensuring that your health path is safe and effective!

ACCORDING TO THE 10TH INTERNATIONAL DIABETES FEDERATION ATLAS 2021, THE NUMBER OF CHILDREN WITH TYPE 1 DIABETES IN INDIA IS 22,94,000, MAINLY IN THE 0 - 19 AGE GROUP.



This statistic is particularly concerning as it highlights the growing burden of the disease on the country's healthcare system and the well-being of young individuals.

The alarming increase in childhood type 1 diabetes in India has significant implications. Families face substantial financial

burdens due to the ongoing medical care, medications, and specialized equipment required for diagnosis and management. Moreover, living with the condition can negatively impact children's daily routines, school performance, and emotional well-being. To effectively address these challenges, investing in healthcare infrastructure and training healthcare professionals to provide adequate care for this growing population is crucial.

To effectively address the growing health crisis of childhood type 1 diabetes in India, it is essential to prioritize early diagnosis through screening programs and educating healthcare providers. Comprehensive education and support for children and their families are crucial for effective diabetes management. Investing in research to identify the causes of type 1 diabetes and develop preventive strategies can help reduce the incidence of the disease. Furthermore, raising awareness about the condition and advocating for supportive policies can improve access to care and reduce the stigma associated with type 1 diabetes.

MANY PEOPLE ARE UNAWARE OF THE DIFFERENCE BETWEEN DIABETES TYPES 1 AND 2. CAN THEY KNOW THE DIFFERENCE? HOW?

Type 1 and type 2 diabetes are both characterized by high blood sugar levels, but they have distinct causes and require different management approaches. Type 1 is an autoimmune disorder that destroys insulin-producing cells in the pancreas, while type 2 is often associated with lifestyle factors such as obesity and physical inactivity. Type 1 typically requires insulin therapy, while type 2 can usually be managed through diet, exercise, and medications.



DIABETES AFFECTS MULTIPLE ORGANS OF THE HUMAN BODY. WHAT DIET WOULD YOU RECOMMEND FOR PEOPLE WITH DIABETES?



A personalized diabetic diet is essential for effective blood sugar management. A one-size-fits-all approach doesn't account for individual variations in metabolism, activity levels, and personal preferences. A qualified dietitian can help create a customized meal plan that balances nutrient intake, portion sizes, and carbohydrate control. By understanding your specific needs and preferences, a personalized diet can improve blood sugar control, support overall health, and make diabetes management easier. Food habits play a significant role in managing diabetes. Consuming whole foods, limiting processed foods, and monitoring carbohydrate intake are crucial. By working with a qualified dietician, you can develop a sustainable and enjoyable diabetic diet that supports your long-term well-being. 100



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Explore the Wonders of the World

By UMANG SHARMA, Staff Writer

Embark on a journey to view the colours of the world,
It's a beautiful art by nature, a masterpiece unfurled.
Mountains are standing high, wearing a white cap,
Rivers are peaceful and deep, napping in nature's lap.
Forests are covered with a bedsheet of emerald green,
Beaches are so vibrant, look scenic and utterly serene.

Take a stroll alone and let your dreams grow,
Marvel at the wonders and let your mind blow.
Cities are bustling with many lives and sounds,
Must go there once where treasures are abound.
From mesmerizing cultures to delectable food,
Everything is incredible, which feels really good.

Discover every nook and unravel their history,
Learn about them and uncover their mystery.
So let your wanderlust guide you far and near,
As you soak in the beauty of this planet so dear.
Let's cherish and protect this bountiful Earth,
Admire it for its magic and awe of infinite worth. 🌍



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TOP 7 TRANSLATION APPS FOR SEAMLESS MULTILINGUAL COMMUNICATION

By UMANG SHARMA, Staff Writer

As our world becomes interconnected, language translation apps have become indispensable in our daily lives. With International Translation Day fast approaching on September 30, it's crucial to acknowledge the vital role these tools play in connecting people and promoting cultural understanding. Whether you're traveling internationally or communicating with non-English speakers locally, these softwares provide seamless and accurate interpretation, enhancing your overall experience. With features like real-time voice conversion and offline capabilities, these applications are designed to meet diverse linguistic needs, breaking down barriers. To help you navigate the many options, we've created a guide to the top seven translation apps for Android and iOS. Keep reading to learn more about them.



GOOGLE TRANSLATE

Google Translate is renowned for its wide range of language options, offering over 100 languages for translation. This free tool competes with Microsoft Translator and is trusted by millions of users globally. With its user-friendly interface and clear organization, it's no wonder this tool is so popular.

Features

- I. Text and Voice Translation: Users can input text or speak for interpretation and engage in two-way conversations in different languages.

ii. Camera Translation: This feature allows point the device's camera at printed text and receive instantaneous conversion in real-time.
- iii. Offline Functionality: Users can download language packs for offline use, particularly useful for travellers without the internet.

iv. Phrasebook: It lets save frequently used transliteration for quick and easy access.
- This app is indispensable for individuals who require swift and dependable translations while on the move.

 <https://apps.apple.com/gb/app/google-translate/id414706506>

 https://play.google.com/store/apps/details?id=com.google.android.apps.translate&hl=en_GB&gl=US&pli=1

Microsoft Translator

The Microsoft Translator is an incredibly versatile and powerful conversion tool that provides support for more than 70 languages. With its wide range of language options, it is a valuable resource for individuals and businesses looking to communicate effectively across diverse linguistic backgrounds.



Features

- I. Multi-Device Support: Users can seamlessly translate text, voice, and images across various devices, including smartwatches.

ii. Real-Time Conversations: It provides the capability for two-way conversations which is excellent for business environments.
- iii. Phrasebooks and Pronunciation Guides: The app contains helpful phrasebooks and audio pronunciations ideal for language learners.
- This application is particularly valuable for business professionals and academics who require precise translations across a range of contexts.

 <https://apps.apple.com/gb/app/microsoft-translator/id1018949559>

 <https://play.google.com/store/apps/details?id=com.microsoft.translator&hl=en-IN>

iTranslate

iTranslate is a comprehensive interpretation application available in 100 different languages. It caters to a diverse array of users by providing both free and premium features accessible to a wide range of people.



Features

- I. Voice and Text Translation: It supports seamless voice-to-voice and text-to-text translations, allowing communication effectively across different languages.

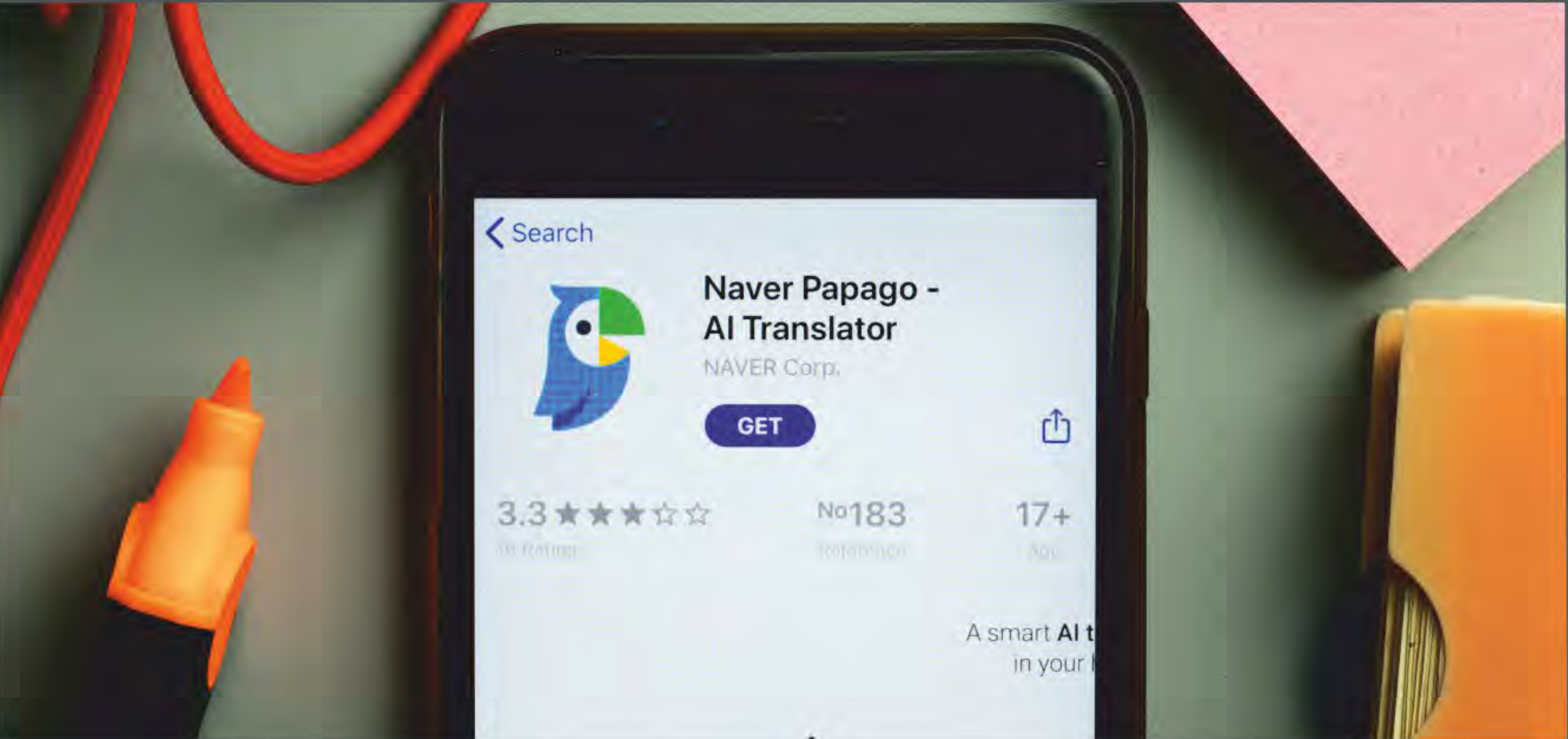
ii. Camera Translation: This premium feature instantly translates text captured in images. It's valuable for travellers and business professionals who work with signage, menus, and other visual text.
- iii. Dictionary and Phrasebook: iTranslate offers a visual dictionary and the ability to save favourite translations, turning it into a handy resource for language learners and frequent travellers.
- iTranslate is particularly well-suited for individuals who travel frequently or conduct business across language barriers, as it provides a versatile and user-friendly tool for various needs.

 <https://apps.apple.com/gb/app/itranslate-translator/id288113403>

 <https://play.google.com/store/search?q=iTranslate&c=apps&hl=en-IN>

Naver Papago

Naver Papago is an esteemed transformation tool known for its excellent performance in the Asia-Pacific region. It offers seamless translations among 13 languages that is a valuable resource for individuals and businesses operating in various linguistic environments.



Features

- I. Photo and Voice Translation: The platform enables users to seamlessly translate text from images and through voice input, enhancing accessibility and convenience.

ii. Handwriting Recognition: Naver Papago's handwriting recognition feature is particularly effective for East Asian languages perfect for multilingual communication.
- Papago's unique functionalities make it an ideal companion for travellers in Asia, offering tailored support for the diverse languages spoken across the region.

 <https://apps.apple.com/gb/app/naver-papago-ai-translator/id1147874819>

 <https://play.google.com/store/search?q=Naver%20Papago&c=apps&hl=en-IN>



DeepL TRANSLATOR

DeepL has become well-known for delivering remarkably accurate and high-quality translations, particularly for European languages. Their translation service has gained a strong reputation for its precision and fluency in capturing the nuances of different languages.

Features

- i. Contextual Translations: DeepL offers nuanced conversion that take into account the context of the text, resulting in more perfect and meaningful translations.

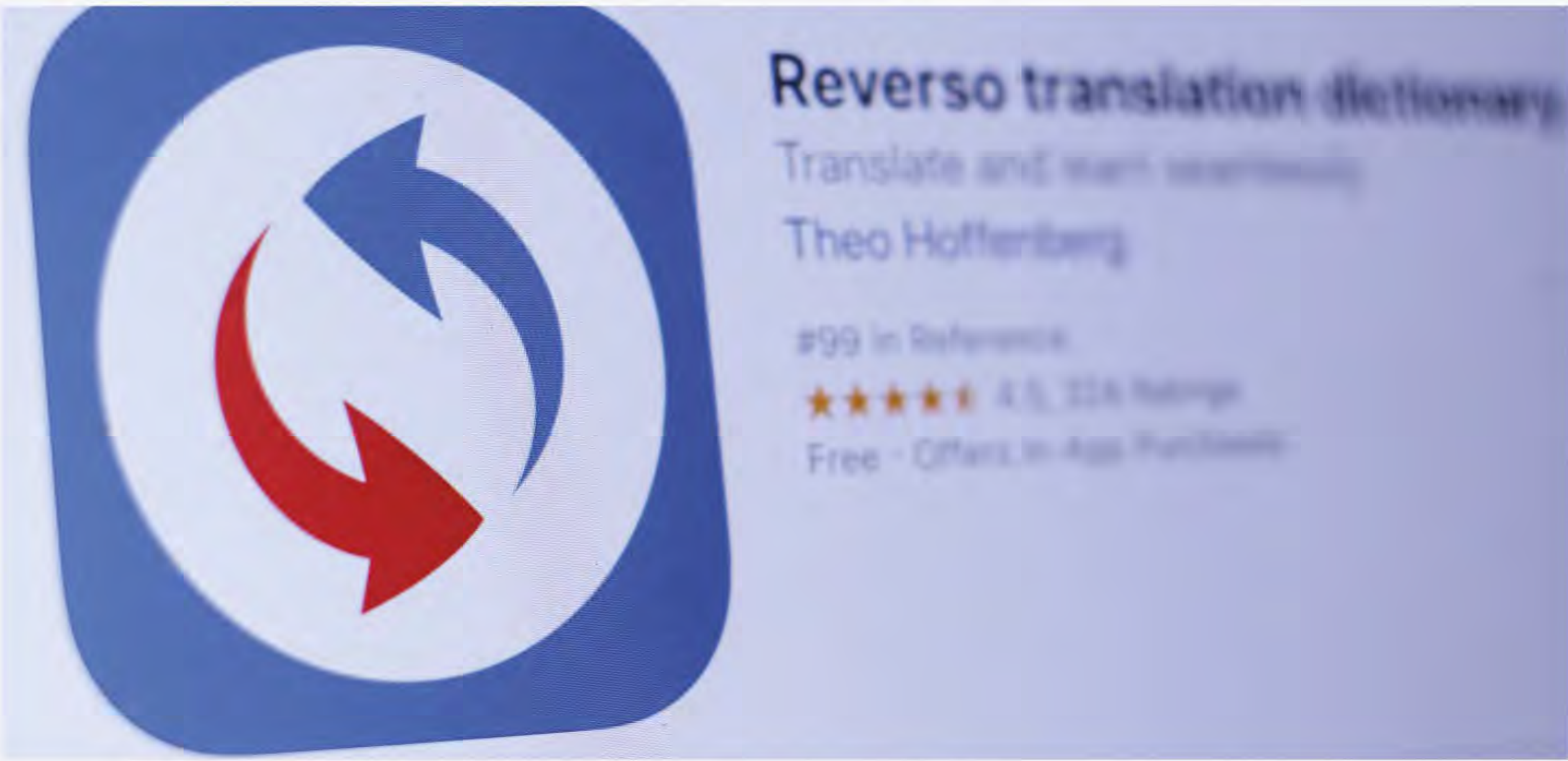
ii. Document Translation: Users have the ability to
- upload documents of various formats for transformation convenient for professionals and individuals alike.

DeepL is popular among professionals who require precise and reliable translations for written content.

🍏 <https://apps.apple.com/gb/app/deepl-translate-write/id1552407475>
🤖 Android – <https://play.google.com/store/search?q=DeepL%20Translator&c=apps&hl=en-IN>

Reverso

Reverso is an excellent mobile application that seamlessly integrates transliteration and language features. It offers a wide range of tools and resources, making it a valuable asset for anyone looking to improve their skills.



Features

- i. Contextual Examples: The app provides contextual examples of translations, allowing users to see how words and phrases are used in real-life situations.

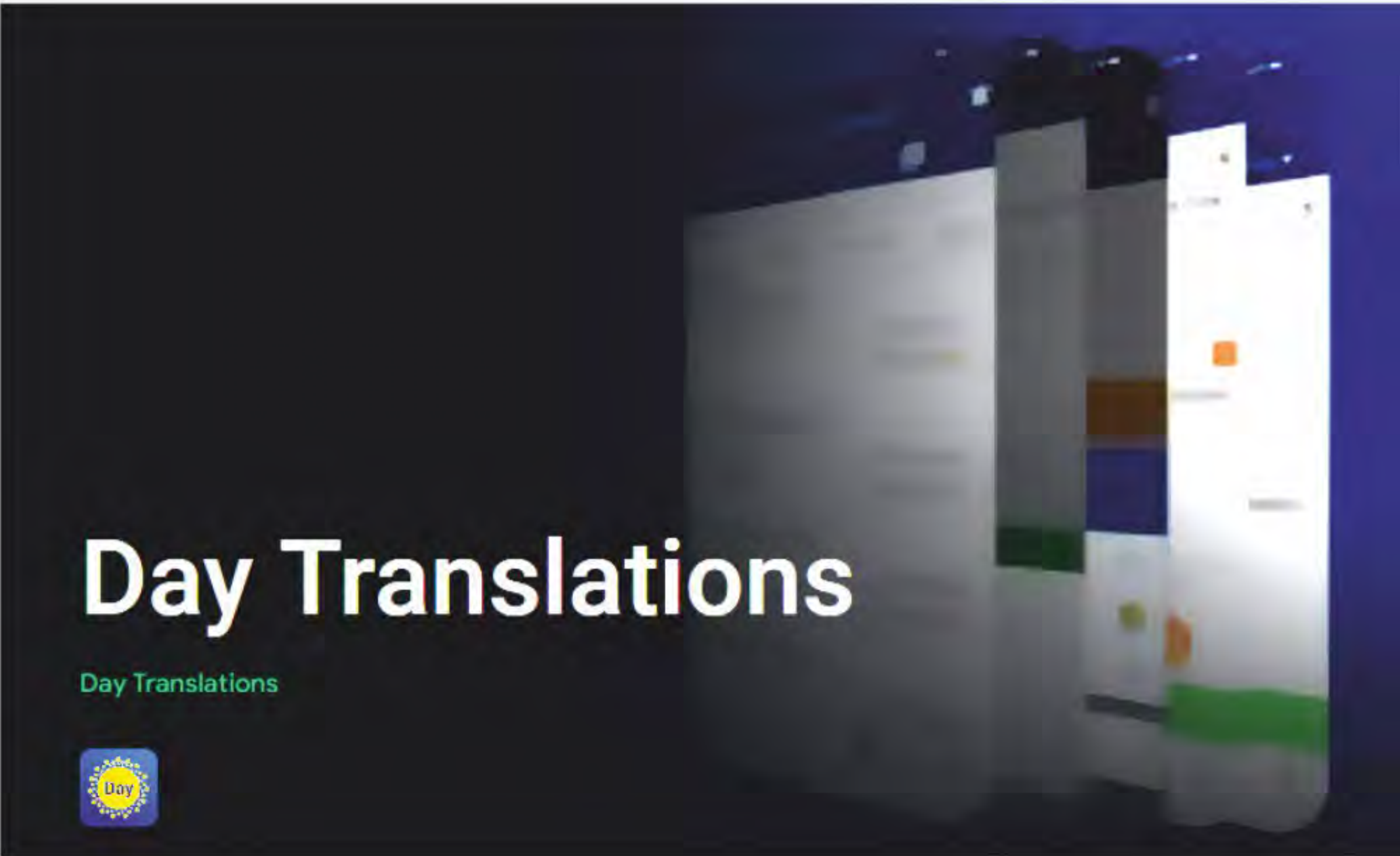
ii. Learning Tools: Reverso includes a variety of learning
- tools such as flashcards and quizzes, which are great for improving vocabulary and language.

If you wish to enhance your abilities through transformation practice, Reverso is a brilliant choice.

🍏 <https://apps.apple.com/gb/app/reverso-translate-and-learn/id919979642>
🤖 <https://play.google.com/store/search?q=Reverso&c=apps&hl=en-IN>

Day TRANSLATIONS

Day Translations is a cutting-edge platform that provides a wide array of translation services. It seamlessly integrates the speed of machine transformation with the accuracy and nuance of human translators. Their innovative approach ensures that clients receive high-quality conversion that meet their specific needs and requirements.



Features

- i. Human Translation Options: Users have the ability to request professional interpretation for various types of documents and audio files, ensuring a high level of precision and attention to detail.

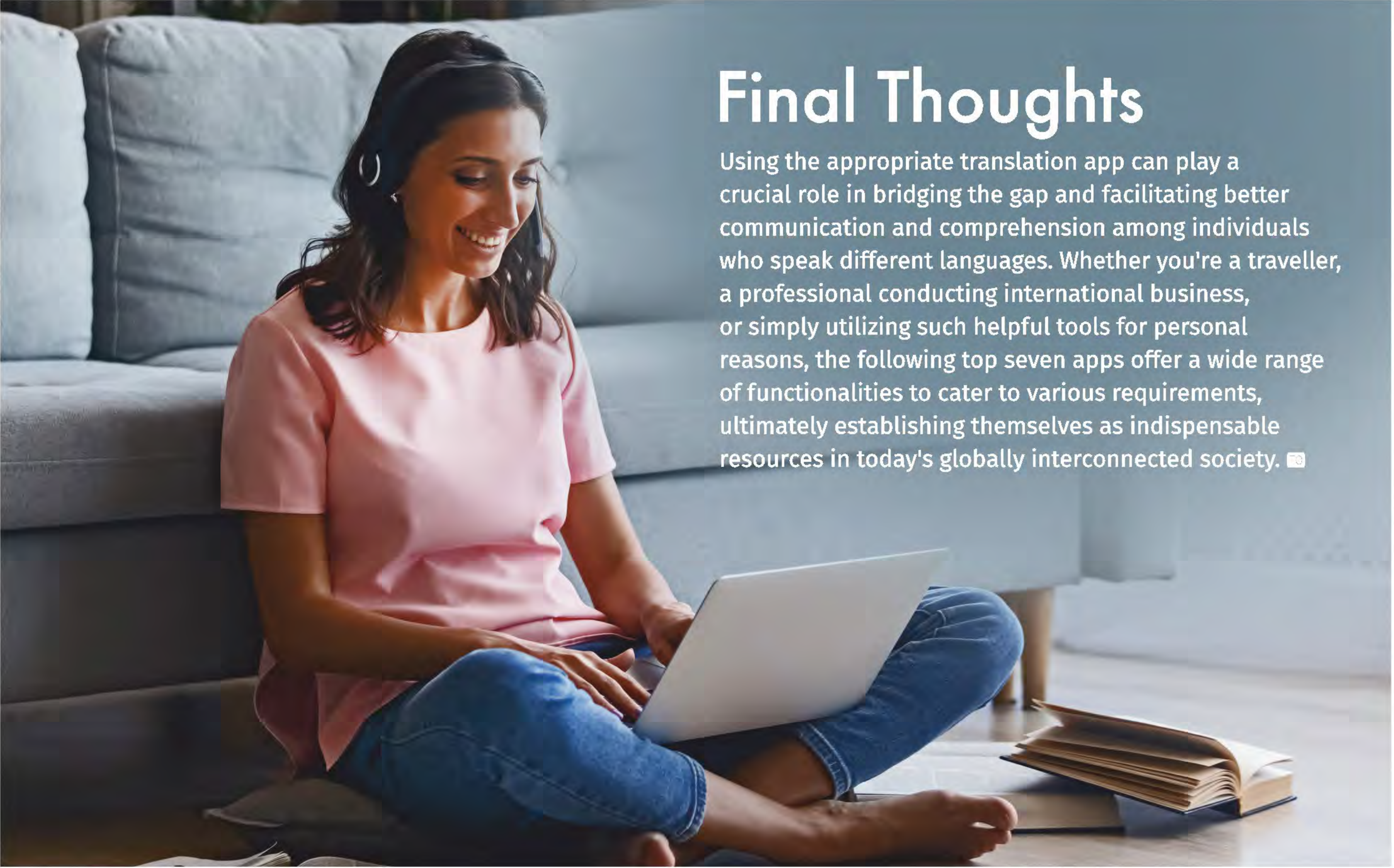
ii. Speech-to-Speech Translation: The app offers seamless and instant verbal translations, enabling effective
- communication in various languages.

This application is particularly well-suited for individuals and businesses that require precise and reliable translations, especially for important documents and critical communications.

🍏 <https://apps.apple.com/gb/app/day-translations/id1324948920>
🤖 Android – <https://play.google.com/store/apps/details?id=com.daytranslations.translate>

Final Thoughts

Using the appropriate translation app can play a crucial role in bridging the gap and facilitating better communication and comprehension among individuals who speak different languages. Whether you're a traveller, a professional conducting international business, or simply utilizing such helpful tools for personal reasons, the following top seven apps offer a wide range of functionalities to cater to various requirements, ultimately establishing themselves as indispensable resources in today's globally interconnected society. 📱



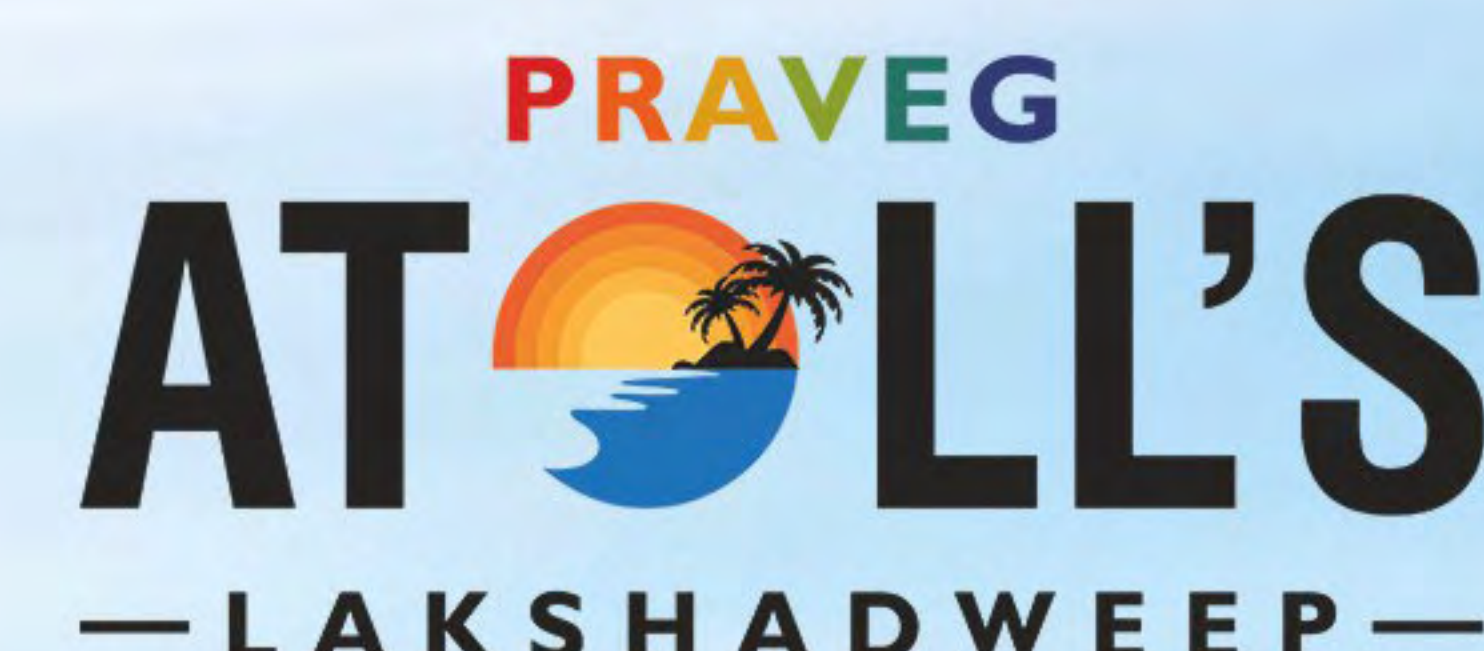
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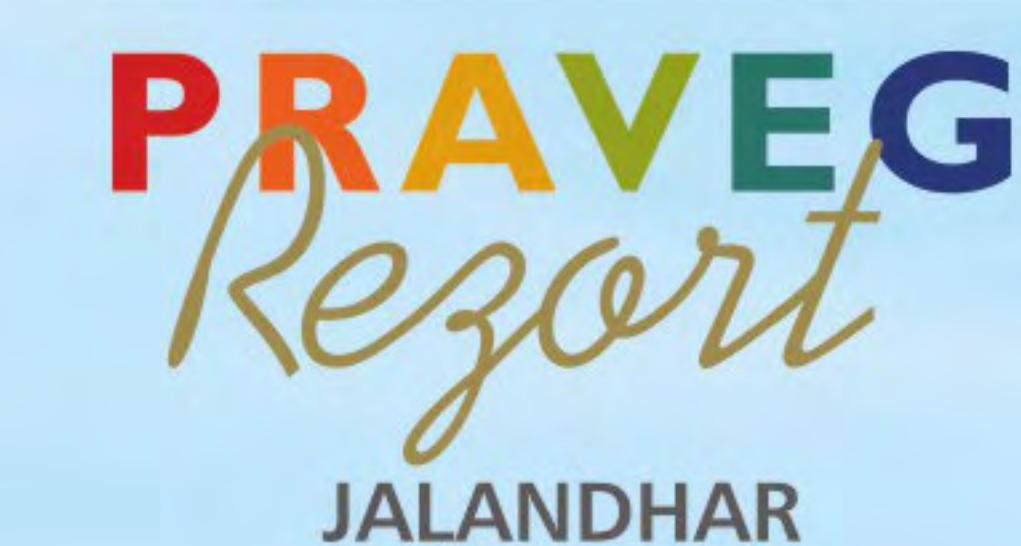
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