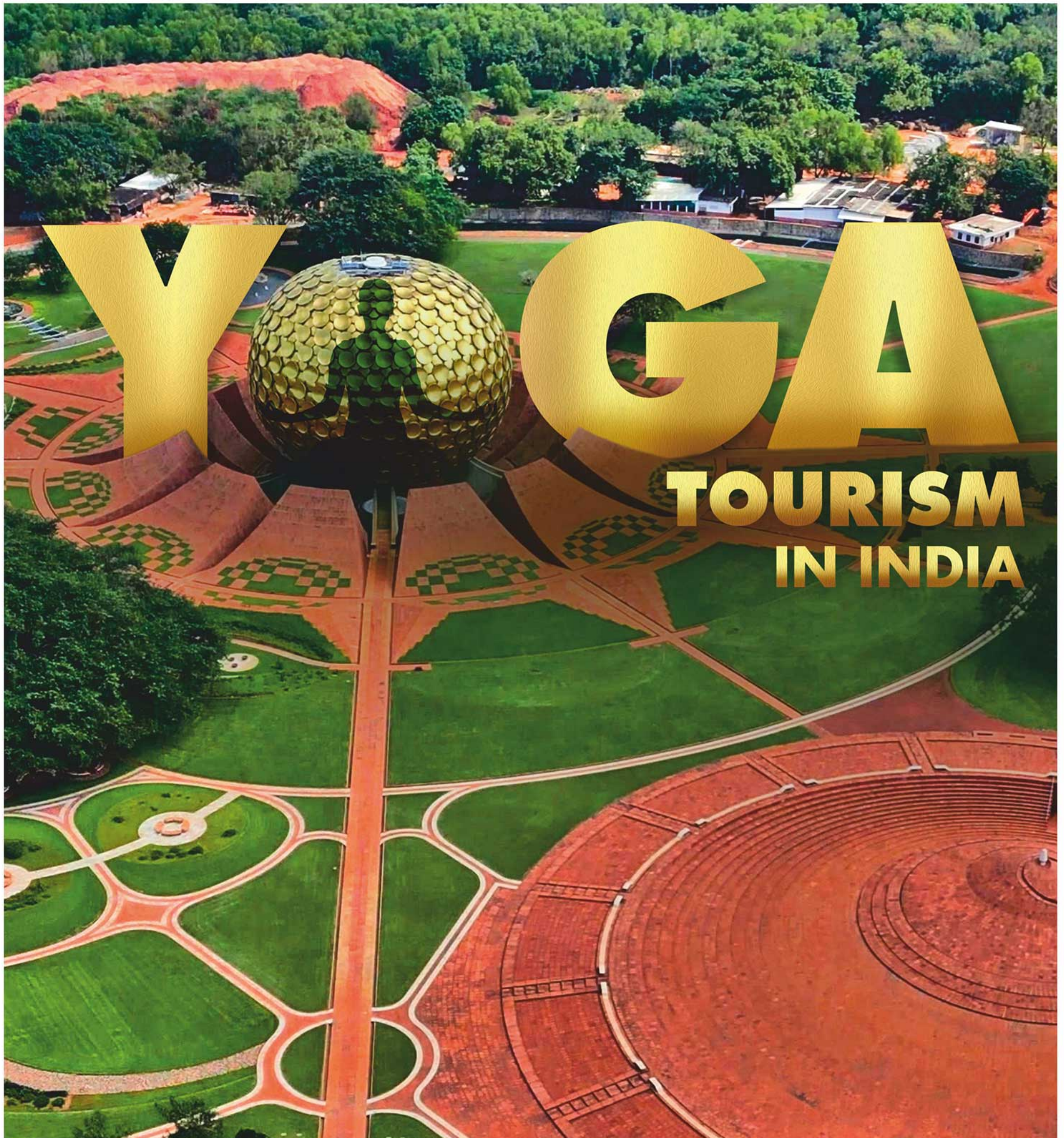


PRAVEG'S

JUNE 2024 | ₹ 200

tourism one

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HEALTHY BODY HEALTHY MIND HEALTHY EARTH


Our June issue brings you yoga tourism and accessories that help you achieve desired results by performing Yoga correctly.

This ancient art is a physical, mental, and spiritual practice that keeps you fit and healthy throughout life. Like a talisman one ties around the neck or an arm, Yoga has to be an integral part of our lives. Unlike Ayurved, which yields good results only when adopted as one of the life essentials, Yoga is both - a routine and a remedy. Perhaps, therefore, many health-conscious people have started Yoga even if they are hale and hearty. This exercise has delivered miracles for those suffering from life-threatening illnesses.

Apart from the benefits and value accepted by the people and medical fraternity, the global recognition of Yoga is largely credited to the sincere efforts of India's Prime Minister, Shri Narendra Modi, who addressed the United Nations in 2014. Modi's resolution received global support, with more than 170 nations co-sponsoring it in the UN General Assembly, where it passed unanimously.

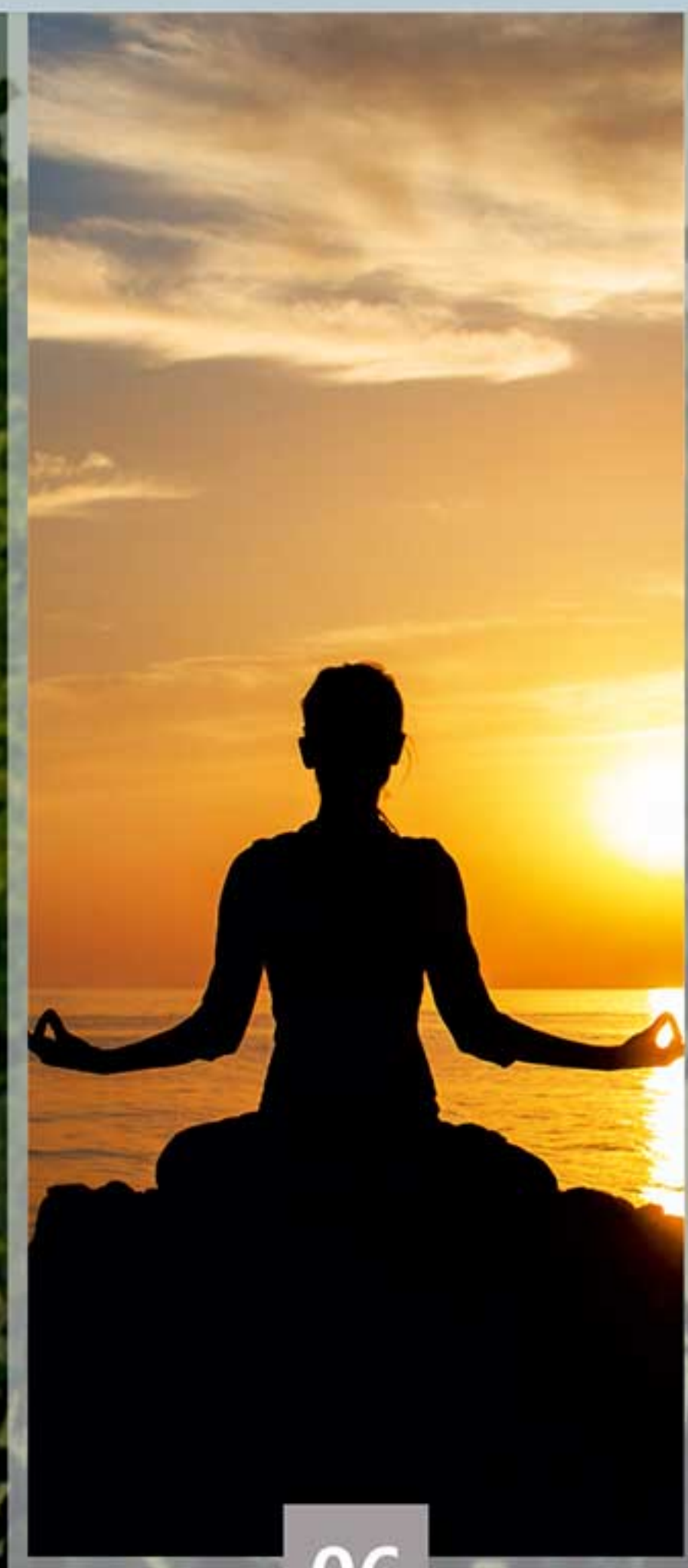
June brings another significant event: World Environment Day. Every year, the fifth day of June is celebrated to encourage awareness and action for protecting the environment. We have listed a few eco-friendly destinations in India; when it comes to environmentally-friendly places, North-East India is an undisputed leader with its beautiful and unspoilt natural wealth. Visit the locations listed in our article 'Eco-friendly Destinations in India' to indulge in the treasures of nature.

The magazine also serves a few spicy side dishes along with our main course. This includes Shyamola Khanna's personal note on St Petersburg and a brief account of the Angkor Wat temple, which received an unofficial title as the world's eighth wonder.

Have you ever visited any of the seven wonders of the modern world? Share your 'wonderful' story with us at tourismone@praveg.com. 



CONTENTS



06

**YOGA
TOURISM
IN INDIA**



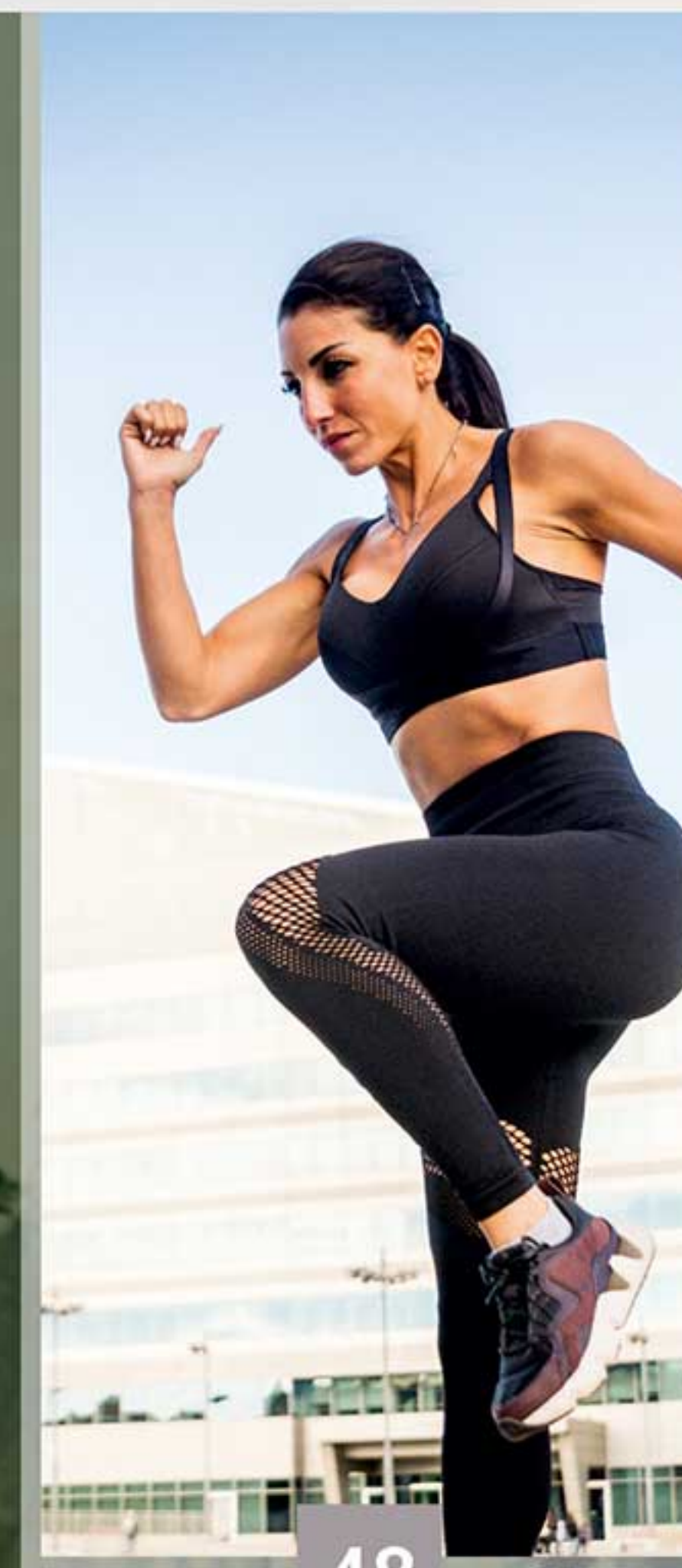
22

**ENHANCE YOUR YOGA
EXPERIENCE WITH
THE RIGHT ACCESSORIES**



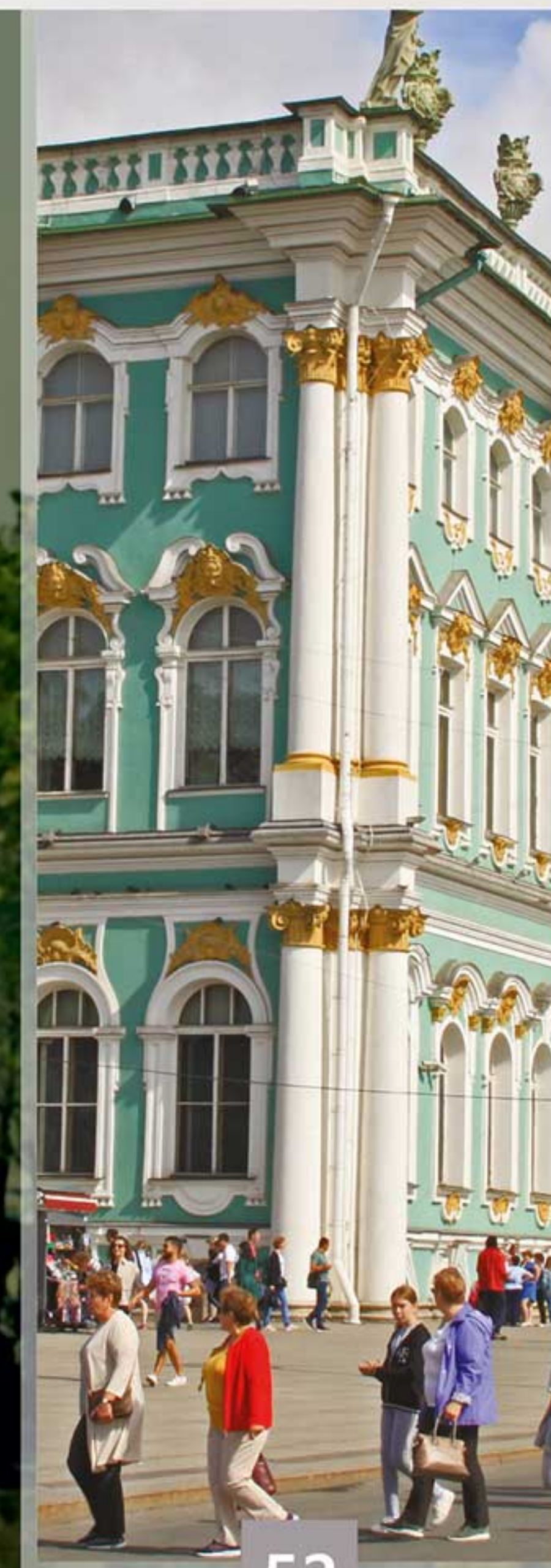
32

**TOP ECO-FRIENDLY
DESTINATIONS IN INDIA FOR
SUSTAINABLE TOURISM**



48

**PHYSICAL FITNESS
& EMOTIONAL
WELLNESS CREATE
A MEANINGFUL LIFE**



52

**ST PETERSBURG:
RUSSIA'S
MOST BEAUTIFUL CITY**



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YOGA

TOURISM IN INDIA

By JAYESH PUROHIT, Staff Writer

Yoga is physical (exercise) and spiritual (philosophy). This ancient Indian practice that keeps our body, mind, and soul in sync has now travelled across the globe. Thanks to the efforts of B K S Iyengar and others, Yoga has gained recognition worldwide. The best thing about Yoga is that anybody of any age can learn it without using external devices. One has to use one's body as a tool to achieve good health.

However, it goes without saying that you need some guidance and directions to perform Yoga. Under the supervision of a teacher or a guru, you can quickly learn a few essential things about Yoga. Moreover, an instructor has a keen eye to correct your postures, which, if done erroneously, can cause trouble.

Worldwide, this wellness practice has gained recognition through the efforts of Indian yogis and practitioners. This encourages foreigners to visit India to find inner peace and solace in their turbulent lives. To meet this demand, Indian experts set up ashrams (hermitage) dedicated to yoga teaching. A new wave of tourism has flourished in the last few years, called yoga tourism.

Whatever the purpose of your travel, you can always explore a few good Yoga destinations in India. These fitness abodes also welcome foreigners seeking mental peace and spiritual uplift.

PHYSICAL FITNESS
MENTAL PEACE
SPIRITUAL UPLIFT



Rishikesh Uttarakhand

Rishikesh conjures images of white-water rafting in the Ganga and camping sites along the river. However, the city is also known as the world's yoga capital. Thanks to the Beatles' visit, the city has become a popular destination among Beatles fans worldwide.

Once in Rishikesh, you may begin your yoga journey from Maharishi Mahesh Yogi's Ashram (now popularly known as the Beatles Ashram). Maharshi Yogi is the founder of Transcendental Meditation - a non-religious practice that involves repetition of a mantra or sound for 15-20 minutes twice a day. This method of achieving full potential of life attracted many visitors to the Ashram.

The International Yog Festival is an annual event held in Rishikesh. Organised by the Uttarakhand Tourism Development Board, it invites participants from all over the world. People who attend this festival are called yogis, who practice meditation to awaken, connect, and discover a new self.



Meditation Caves, The Beatles Ashram

The Beatles Ashram, Anand Bhavan, and Siddhi Bhavan





Matrimandir Amphitheater

Auroville

Tamil Nadu

Auroville has a French connection. The name of this town is a portmanteau of Aurore (dawn) and Ville (village); thus, Auroville means a City of Dawn. Sri Aurobindo visualised the experimental township, and the Sri Aurobindo Society in Pondicherry established the town in 1968 with Mirra Alfassa (known as "the Mother") as founder and architect Roger Anger as architect.

This brief introduction about the destination makes it crystal clear why the town is ideal for yoga tourism. Sri Aurobindo had a multidimensional personality, and Yoga was one of the vital traits of his life.

Auroville is the best place to explore Integral Yoga, developed by Sri Aurobindo and The Mother (Mirra Alfassa). As the name suggests, Integral Yoga combines different Yoga practices, such as Hatha yoga, Raja yoga, Karma yoga, Bhakti (devotion) Yoga, and Jnana (knowledge) yoga. One can achieve a complete transformation of consciousness and life by practising Integral Yoga.





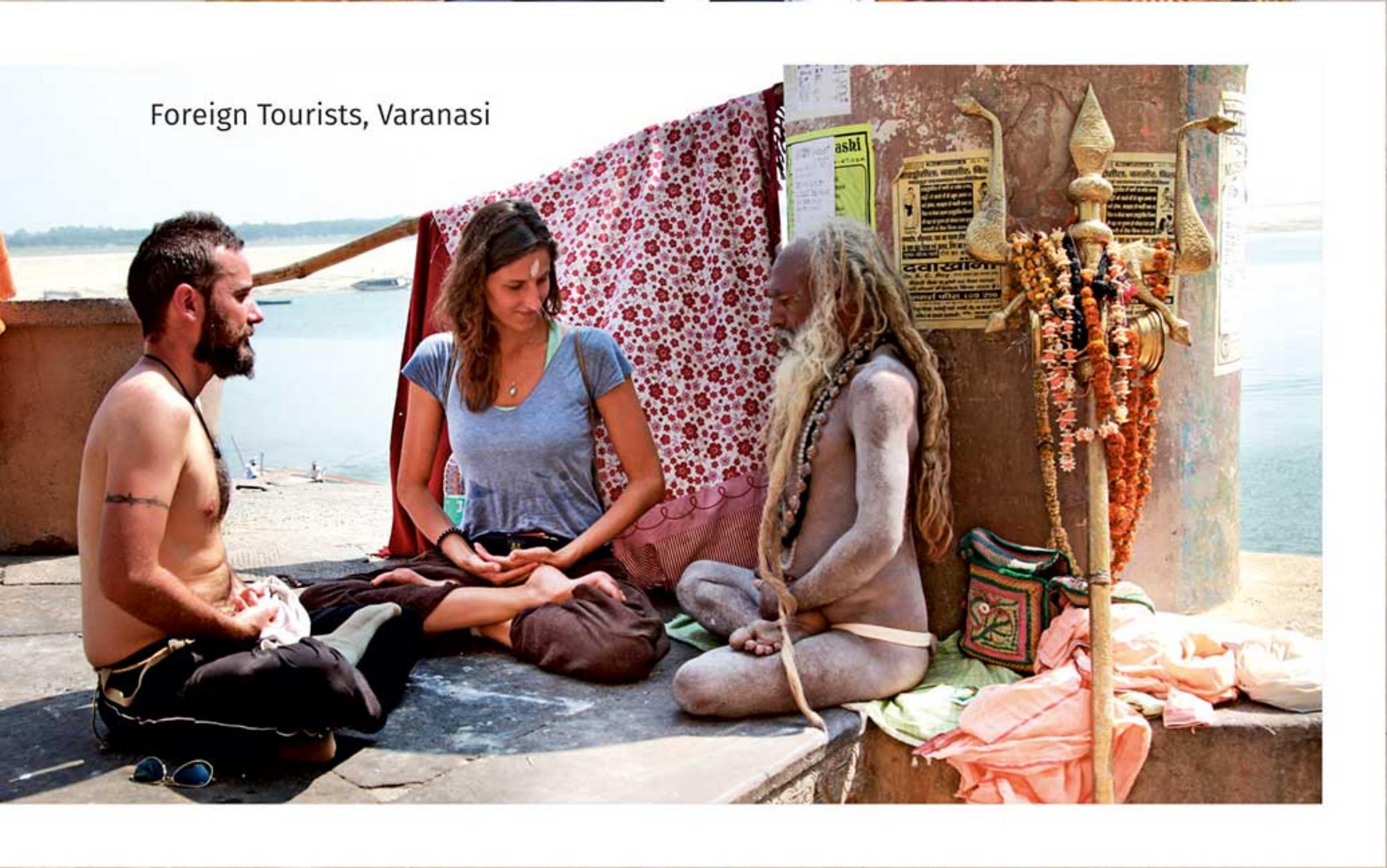
Varanasi

Uttar Pradesh

If Kerala is 'God's own country', Varanasi is 'God's own city'. Globally recognised as the oldest living city, Varanasi welcomes tourists to experience spiritual rejuvenation. Situated on the river bank of Ganga, the city is a perfect destination for visitors to experience sensory delight and spiritual bliss in the company of Lord Shiva and other divine bodies.

Historically and culturally, Varanasi is known to have celebrated death; however, the city displays a curious paradox of living a meaningful life and a peaceful death. After travelling thousands of miles, tourists find solace amid chaos.

The famous ghats of Varanasi provide a solid bedrock for tourists to perform Yoga every morning. Along with the gentle flow of the River Ganga, caressed by a cool breeze, it's an indescribable joy to achieve sublime blissfulness. This is the power of Yoga in Varanasi. The cultural capital of India has many Yoga ashrams where tourists can learn yoga and related practices.



Foreign Tourists, Varanasi

Morning Yoga Session, Assi Ghat



Goa

Goa and beaches are inextricably linked together. Tourism is a significant revenue generator in the state. Although it has a reputation for revelry and indulgence, a new wave of tourism has gained momentum as travellers are more concerned about their health and wellness.

A pleasant climate is a strong reason why Yoga tourism flourished here. Every famous and not-so-famous destination boasts a tinge of natural beauty. What more do you want than a gentle sun, sparkling sea, golden sand, and undisturbed seclusion? Every inch of this land is suitable for tourists to achieve sublime grace through Yoga.

A notable characteristic of Goa is that it welcomes everyone with open arms. There are no rules to follow, yet it has set up its own code of conduct that tells you to be yourself. You are not supposed to disturb anything, anyone, neither nature nor human nature. This philosophy perfectly supports Yoga tourism, which requires one to be alone but still surrounded by like-minded people. For an independent soul and a carefree heart, this heaven accommodates their 'who cares' attitude.



Lotus Pose

Yoga & Meditation, Goa Beach

Hatha Yoga, Goa Beach

Source: Yashvir Zingra/Shutterstock.com



Dharamshala

Himachal Pradesh

Dharamshala boasts a stunning cricket ground, is an administration-in-exile for the Dalai Lama, and is also the winter capital of Himachal Pradesh. Dharamshala flaunts many identities for tourists. However, a little-known fact attached to this hill station is Yoga tourism.

Often referred to as Little Lhasa, the city is known for its pine, oak, and cedar forests. This beautiful sight invites people to stay during summer when the maximum temperature remains 36 degrees Celsius between April and May. Monsoons bring heavy showers, and the total rainfall reaches up to 120 inches during the season; this makes the destination one of the wettest lands. Autumn and winter are the best seasons for tourists to visit Dharamshala.



Dalai Lama Tenzin Gyatso Giving Teachings



Dharamshala Cricket Stadium



Dalai Lama's Residence, McLeod Ganj



Kerala

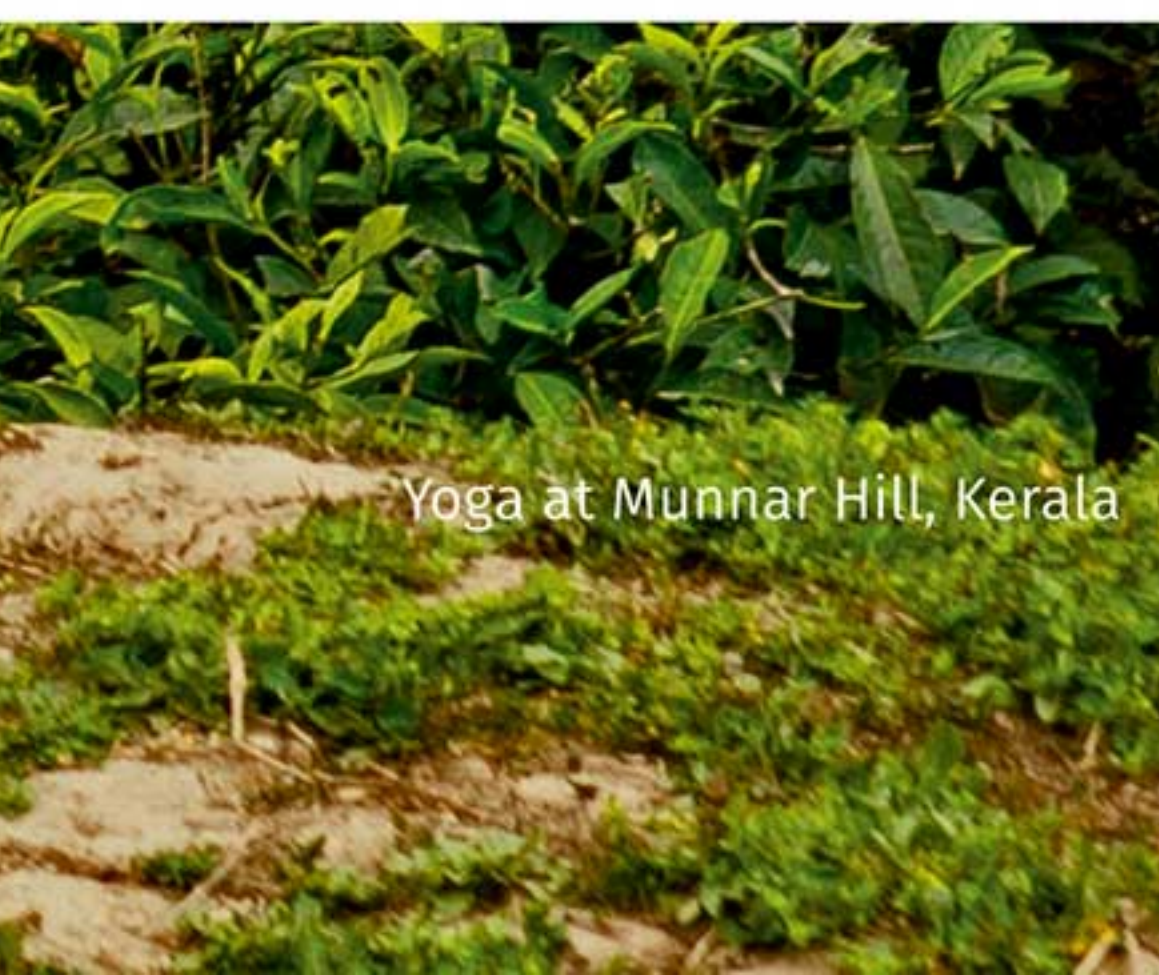
Tourism is one of the leading industries in Kerala. The state, also known as God's own country, combines its rich Ayurvedic traditions with Yoga to offer tourists a healthy holiday. Arguably, Kerala is the only state that boasts beaches, backwaters, hill stations, wildlife, historical monuments, and festivals. This might be the reason why domestic and international tourists love exploring this state.

Kerala has two schools of Yoga: classical and modern. The former emphasises physical and spiritual well-being, while the modern school is prominently concerned with postures (asanas) that improve the functions of the spine. Thus, the state protects this ancient art of Yoga by integrating the best of both.

Western world sees Yoga as a form of exercise that ensures physical fitness. For Indians, this practice is more than physical; it's a phenomenon that keeps our mind, body, and soul in sync. Further, Yoga is also eulogised in India as a spiritual exercise that connects our soul to the divine. Like Ayurveda, Yoga is not just a remedy but a way of life.



Sivananda Yoga Vedanta
Dhanwantari Ashram, Trivandrum



Yoga at Munnar Hill, Kerala



Statue of Unity

Narmada, Gujarat

With its romantic charm, natural splendour, and historical value, the Statue of Unity, the tallest monument in the world, has brought fresh enthusiasm to Yoga practitioners. Every year, millions of visitors revel in the monument's majesty.

The entire campus of the Statue of Unity is surrounded by natural beauty; the Narmada River and the dense forests of Vindhyachal add irresistible charisma to the destination. The lures of greener pastures, natural landscapes, and less crowded places undoubtedly entice city dwellers, who always seek peaceful space. Performing Yoga at such a place promises a quick boost to your health.

While the campus is teeming with many appealing aspects, your eyes cannot escape 23 places to visit and activities to indulge in near the Statue. Of course, we won't list all the nearby sights here. For your information, allow us to name a few well-known and stunning locations & activities: Valley of Flowers, Riverfront Cycling, Jungle Safari, Sardar Sarovar Dam View Points, Miyawaki Forest, Panchmuli Lake, Arogya Van or Herbal Garden, Zarwani Waterfall, River Rafting at Khalwani, and Shoolpaneshwar Wildlife Sanctuary.

A Yoga holiday at the Statue of Unity can be a memorable, meaningful and fulfilling experience for you and your loved ones. But wait! Book your stay at Tent City Narmada before you plan this trip. This luxurious resort is the best option for you and your family. A nature resort close to the Narmada River is an ideal place to make life more meaningful in every manner. There are 200 well-appointed tents, delectable cuisines (regional, Indian, and international), modern amenities and generous hospitality, a rich green lawn to perform Yoga and engage in other activities, and the highest safety and hygiene standards.

Tent City Narmada and the Statue of Unity are a perfect package for any family who wishes to spend a small Yoga vacation in the company of natural and man-made splendours. The best adventure resort in Gujarat is waiting for your arrival.

Conclusion : The diverse landscapes of India serve as sanctuaries for seekers of physical rejuvenation and spiritual enlightenment through Yoga tourism. From the tranquil shores of Rishikesh to the mystical aura of Varanasi, each destination offers a unique journey towards holistic well-being. With the ancient wisdom of Yoga seamlessly blending with modern wellness practices, India beckons travellers worldwide to embark on a transformative voyage of self-discovery and inner harmony. 🌿

Enhance Your YOGA EXPERIENCE with the Right Accessories

By UMANG SHARMA, Staff Writer

Achieve Balance and Harmony with These Top 12 Must-Have Items

Yoga is a practice that has transformed the lives of people all over the world, offering numerous physical and mental benefits, such as improved flexibility, strength, balance, and overall well-being. However, to get the most out of your preparation, it's vital to incorporate the right accessories. These range from yoga mats, blocks, straps, and bolsters to specialized clothing, water bottles, and towels. By selecting the proper accessories, you can enhance your experience, deepen your exercise, and achieve better results.

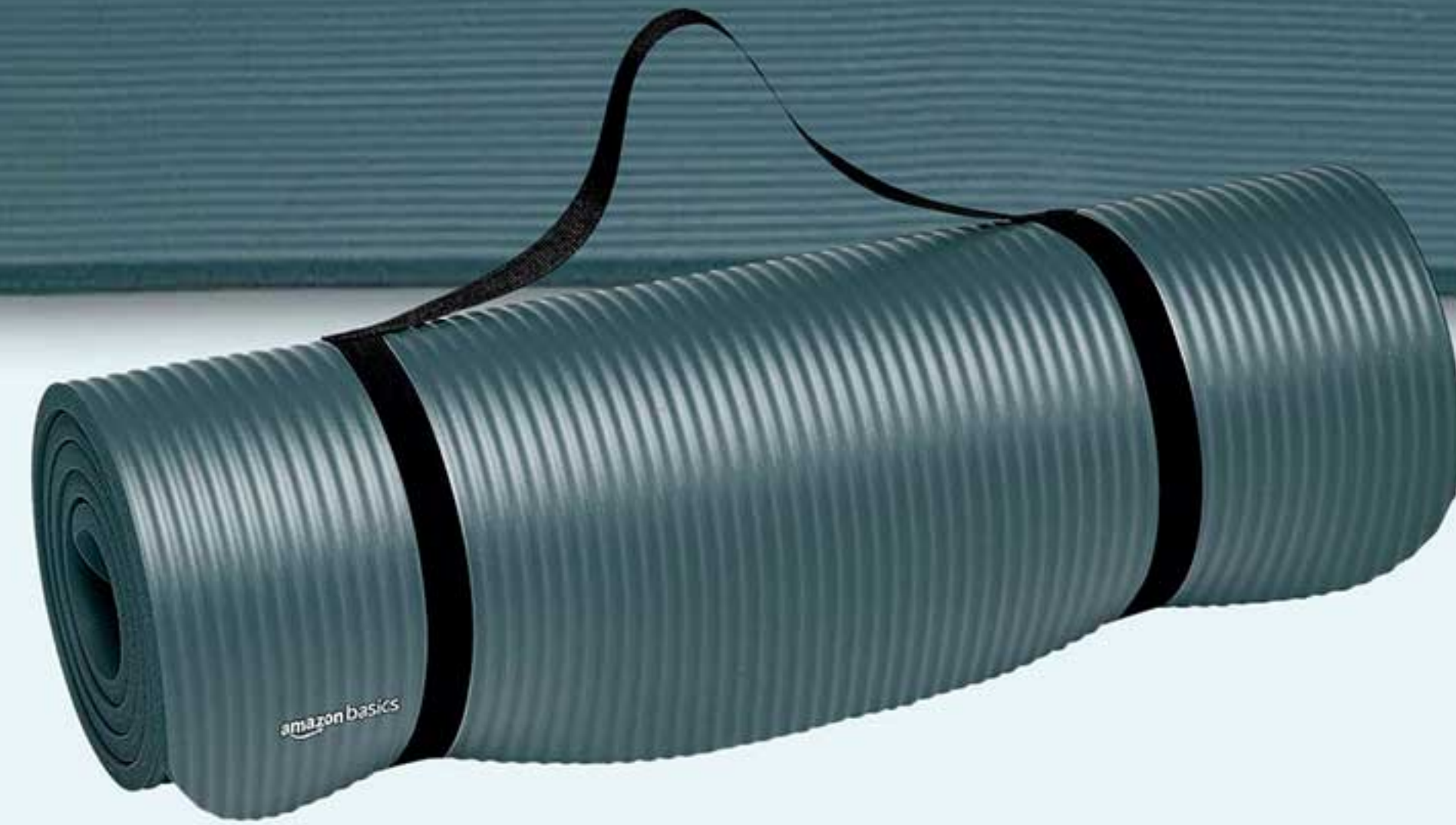
Yoga is
the journey
of the self,
through
the self,
to the self.

- The Bhagavad Gita

Amazon Basics NBR Yoga and Exercise Mat

The Amazon Basics NBR Yoga and Exercise Mat is designed to provide both comfort and durability.

Measuring 190 x 61 x 1.2 cm and weighing 1.08 Kg, it offers a textured surface for improved traction and features extra-thick, 1/2-inch foam for optimal cushioning support. Additionally, the mat comes with a convenient carrying strap for easy transportation and is suitable for use on wood, rubber, or carpeted floors.



Benefits:

- Versatile Props
- Improved Alignment
- Deepened Stretches
- Released Tension

Ratings:

4.1 with 90,682 ratings

Price: ₹ 989

Gaiam Yoga Bolster

Introducing the Gaiam Yoga Bolster - a high-quality product made in the USA. It weighs 2.36 kg and features a hassle-free design for uninterrupted yoga practice. Safety is not an issue as it comes in safe packaging. Order now to enhance your yoga experience!

Benefits:

- Supports During Restorative Positions
- Comfort During Meditation
- Promotes Relaxation
- Releases Tension in The Body

Ratings:

4.6 with 2,115 ratings

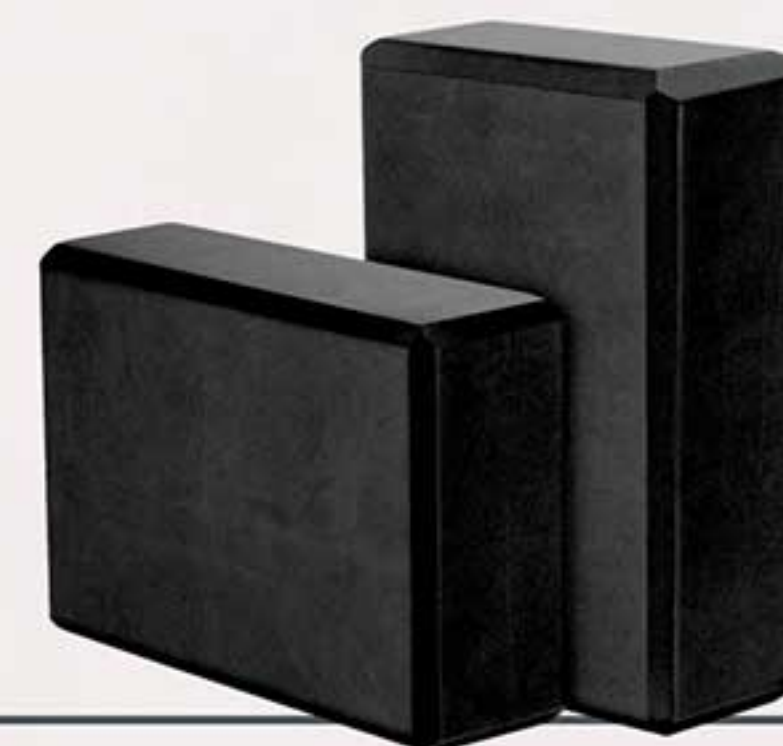
Price: ₹ 12,530



Gaiam Yoga Block



Gaiam Essentials Yoga Block - A must-have! Provides stable support, is lightweight, and is made from high-density EVA foam. Modify yoga poses, align, deepen, and enhance your practice. Easy to maintain and clean. Includes two standard-size blocks (8.3x6x3 inches) perfect for all yogis.



Benefits:

- Improved Flexibility
- Reduced Pain or Discomfort
- Increased Balance
- Increased Confidence

Ratings:

4.8 with 6,409 ratings

Price: ₹ 465

Strauss Yoga Strap & Stretching Belt

Experience the ultimate comfort and support with the Amazon Basics NBR Yoga and Exercise Mat. This lightweight and durable mat measures 190 x 61 x 1.2 cm and weighs just 1.08 kg. Its textured surface provides excellent traction, while the extra-thick, 1/2-inch foam ensures comfortable cushioning support. With the added convenience of a carrying strap, this mat is perfect for use on wood, rubber, or carpeted floors.



Benefits:

- Deepened Stretches
- Enhanced Flexibility
- Improved Alignment
- Assistance for Practitioners with Limited Flexibility

Ratings:

4.2 with 1,984 rating

Price: ₹ 219



S&T INC. Yoga Towel

S&T INC. Yoga Towel is a soft, absorbent, and quick-drying microfiber towel that's perfect for yoga and workouts. Use it to cover gym benches and machines or to dry sweat. With 85% polyester and 15% polyamide, it's durable and machine washable. Get your hands on this must-have accessory today!

Benefits:

- Maintains Hygiene
- Absorbs Sweat
- Prevents Slipping On the Mat
- Enhances Grip

Ratings:

4.6 with 3,296 ratings

Price: ₹ 575



Nolava Designs Eye Pillow

Immerse yourself in the refreshing comfort of the Nolava Designs Eye Pillow in vibrant green. This adult eye pillow is made from lightweight organic cotton and features a convenient hook and loop closure. Its solid pattern adds a touch of style. Remember to hand wash only to keep it fresh and clean.



Benefits:

- Promotes Relaxation
- Blocks out Light during Savasana or Meditation
- Helps to Achieve a Deeper State of Relaxation
- Enhances Your Overall Yoga Experience.

Ratings:

4.3 with 204 ratings

Price: ₹ 4,236



Hugger Mugger Yoga Sandbag

Discover the Hugger Mugger Yoga Sandbag - the essential yoga accessory! Complete with a zippered cover, 10 lbs of Silica Sand, and a durable handle. Crafted with heavy-duty packing material and high-quality Nylon Packcloth. Elevate your practice today!

Benefits:

- Deepened Stretches
- Targeting Hips and Legs
- Adding Weight and Resistance
- Enhancing Effectiveness of Postures

Ratings:

4.6 with 177 ratings

Price: ₹ 3,734



Rock Paper Scissors Yoga Pants

Rock Paper Scissors Yoga Pants are made from lightweight, sweat-absorbing fabric. Crafted from premium polyester, this durable fabric is microbe-resistant and sweat-free, providing a four-way stretch for any workout activity. The elastic waistband provides a solid grip without being too tight. Enjoy the perfect ankle length, eliminating the need to adjust the tights during your workout. With a four-way stretch, feel relaxed and move freely as you please.

Benefits:

- Unrestricted Movement
- Comfortable Fit
- Breathable Fabric
- Moisture-Wicking Properties

Ratings:

4.1 with 2,636 ratings

Price: ₹ 615



Wahl Deep Tissue Therapeutic Massager

The Wahl Deep Tissue Therapeutic Massager is a powerful percussion massager designed to deliver deep tissue massage therapy. It features adjustable intensity settings, allowing you to customize the massage experience according to your preferences and needs. This massager is ideal for providing quick and effective relief from everyday aches and pains, promoting relaxation, and reducing muscle tension. Additionally, it helps to improve local blood circulation, contributing to overall well-being and comfort.



Benefits:

- Releases Muscle Tension
- Promotes Relaxation
- Alleviates Soreness
- Aids in Recovery

Ratings:

4.2 with 16,396 ratings

Price: ₹ 2,899



Boldfit Yoga Ball

The Boldfit Yoga Ball offers ultimate care and protection with slow deflation and burst resistance, reducing the risk of injury. Its non-slip surface is ideal for Pilates, Yoga, pregnancy gymnastics, and low-impact exercises. Perfect for ab exercises, spine stretches, and overall muscle development, it's easy to inflate and provides a stable grip for a safe and comfortable workout.

Benefits:

- Increased Core Strength
- Reduced Back Pain
- Better Cardiovascular Health
- Increased Energy and Focus

Ratings:

4.0 with 3,689 ratings

Price: ₹ 643



Amazon Basics Yoga Dumbbells

Benefits:

- Adds resistance to yoga exercises
- Helps build strength
- Tones muscles
- Suitable for lunges, squats, and arm extensions

Ratings:

4.4 with 95,917 ratings

Price: ₹ 659

This set of 2 dumbbells is designed to enhance your strength and resistance training. The easy-grip neoprene coating ensures a secure hold, while the printed numbers and color-coded end caps make it easy to identify weights. With a hexagonal shape to prevent rolling, these dumbbells provide stability during workouts, making them perfect for fitness classes or at-home routines. Plus, they are backed by a 1-year limited warranty.



www.amazon.in/dp/B01LR5RG08



SDO Copper Yoga Water Bottle

The SDO Copper Yoga Water Bottle, with a 1000ML capacity, is crafted from pure copper, offering ideal hydration for yoga, travel, and Ayurvedic health benefits. To preserve its quality, hand wash the bottle and avoid using dishwasher detergent, steel wool, or abrasive cleaners. Hand washing is recommended for sustained durability.

Benefits:

- Maintains Optimal Hydration Levels
- Helps Replenish Fluids Lost During Practice
- Enhances Physical Performance
- Increases Focus and Concentration

Ratings:

3.5 with 1,436 ratings

Price: ₹ 599

Summing Up: Incorporating these ten essential yoga accessories into your practice can significantly enhance your experience, improve alignment, deepen stretches, and promote relaxation. Whether you are a beginner or an experienced yogi, investing in quality accessories tailored to your needs can elevate your exercise and help you achieve balance and harmony in body, mind, and soul through your yoga journey.

Disclaimer: The Yoga accessories listed here are selected from the Amazon India website. The accessories were available on the Amazon India website when the article was written. The price of accessories may vary from time to time. Tourism One or its editorial staff are not responsible for any change in the price. 📄



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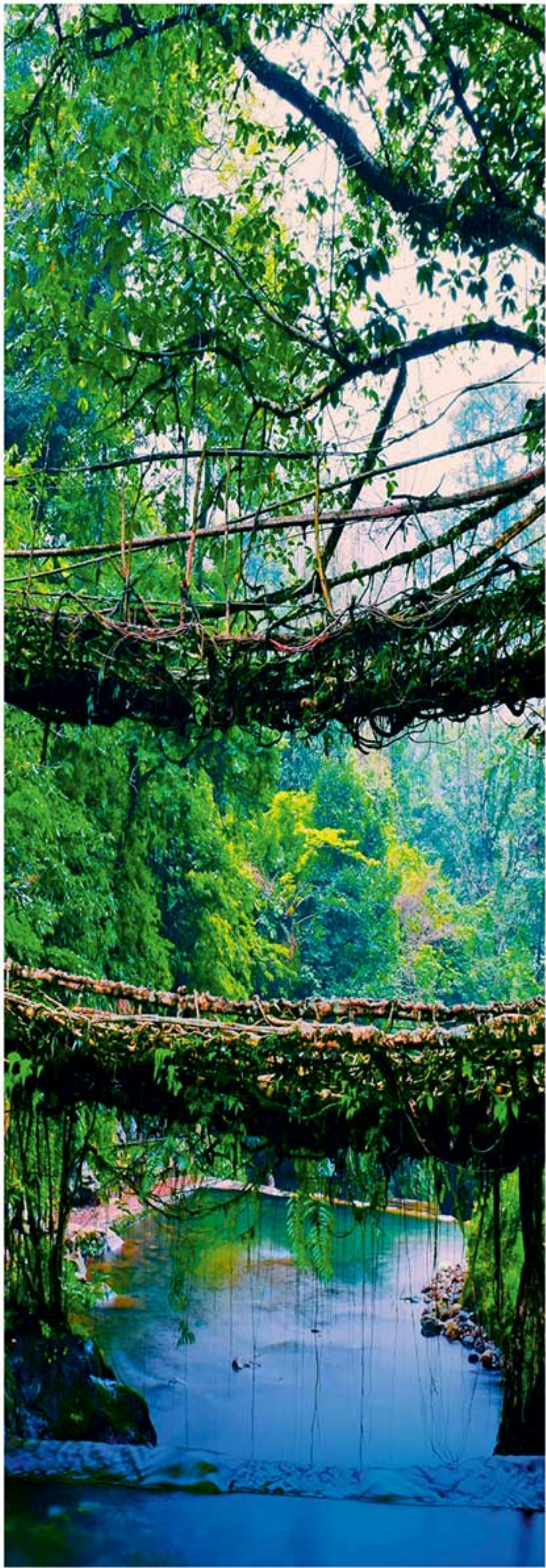
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TOP ECO-FRIENDLY DESTINATIONS

IN INDIA FOR SUSTAINABLE TOURISM

By UMANG SHARMA, Staff Writer



EXPLORE
ECO-FRIENDLY
DESTINATIONS
THAT REJUVENATE
YOUR SOUL

India is a country of remarkable natural diversity, offering a wide range of landscapes that make it a perfect destination for ecotourism. From the towering, snow-capped peaks of the Himalayas to the tranquil and verdant backwaters of Kerala, there are countless eco-friendly destinations that provide an exceptional opportunity to engage in sustainable travel. These locations not only showcase awe-inspiring natural beauty but also actively encourage responsible and ethical tourism practices, making them ideal for travellers seeking meaningful and enriching experiences.

Dzukou Valley, Nagaland

MAWLYNNONG

MEGHALAYA

Mawlynnong, a captivating village nestled in the lush and serene state of Meghalaya, has rightfully earned the esteemed title of Asia's cleanest village. The unwavering dedication of its community towards cleanliness and environmental conservation is strikingly evident in the immaculate and unspoiled natural surroundings. This destination is renowned for its extraordinary matriarchal society, where women wield significant influence in decision-making and governance, shaping the place's unique social fabric.

Furthermore, this place's strategic positioning along the Indo-Bangladesh border offers awe-inspiring panoramic views of luxuriant landscapes that extend as far as the eye can behold. The destination's stringent regulations, such as the prohibition of plastic usage and smoking, are rigorously enforced through substantial fines, fostering a culture of environmental responsibility. Thoughtfully placed bamboo dustbins are strategically positioned throughout the place, serving as a gentle reminder and encouragement for conscientious waste disposal practices.



Living Root Bridges, Meghalaya



Mawlynnong, Meghalaya

HOW TO REACH

The nearest airport is Lokpriya Gopinath Bordoloi International Airport (GAU) in Guwahati, Assam, which is approximately 170 km from the village. From the airport, you can hire a taxi or go with a bus to visit Mawlynnong.

THINGS TO CARRY

- Reusable water bottle
- Eco-friendly toiletries
- Biodegradable trash bags

PRO TIP

When visiting Mawlynnong, remember to respect local customs, dispose of waste responsibly, refrain from smoking, and interact with the locals to learn about their unique matriarchal society.

KHANGCHENDZONGA NATIONAL PARK

SIKKIM

The Khangchendzonga National Park, nestled in the heart of the Indian state of Sikkim, is a UNESCO World Heritage site celebrated for its awe-inspiring natural beauty and rich biodiversity. This unspoiled sanctuary boasts a diverse range of plant and animal species, including the elusive and endangered red panda. Visitors to the destination have the opportunity to engage in a plethora of sustainable and eco-conscious activities.

From embarking on immersive trekking adventures that offer an up-close exploration of the park's breathtaking landscapes to participating in bird-watching expeditions that allow for the observation of the rich birdlife, there are ample opportunities to gain a deep understanding of the unparalleled and diverse ecosystem.



Khangchendzonga, Sikkim



Buddhist Sanga Choling Monastery, Khangchendzonga

HOW TO REACH

The nearest airport is Bagdogra Airport (IXB) in West Bengal, which is about 124 km from Gangtok, the capital city of Sikkim. You can go in a cab or take a bus to Gangtok from the airport and then proceed to the national park.

THINGS TO CARRY

- Hiking boots
- Binoculars for bird-watching
- Refillable water container

PRO TIP

If you're planning outdoor activities in the park, be well-prepared with gear, follow park regulations, and consider hiring a local guide for a better experience.

THENMALA

KERALA

Thenmala, a charming town nestled in the verdant landscapes of the state of Kerala, holds the distinction of being India's very first meticulously planned ecotourism destination. This serene and idyllic setting offers an extensive array of environmentally conscious activities for visitors to partake in. From exhilarating hikes amidst the lush greenery to leisurely cycling expeditions, and tranquil boating experiences, this destination presents a diverse range of eco-friendly pursuits.

Moreover, tourists can engage in community-based tourism initiatives, including the opportunity to immerse themselves in the genuine warmth of homestays and participate in immersive experiences that provide valuable insights into the vibrant local culture and traditions through meaningful interactions with the community members.



Kollam Chenkotta Train, Thenmala, Kerala



Wooden Winding Pathway, Thenmala, Kerala

HOW TO REACH

The nearest airport is Thiruvananthapuram International Airport (TRV) in Kerala, which is about 70 km from Thenmala. You can get in a taxi or take a bus from the airport to Thenmala.

THINGS TO CARRY

- Lightweight trekking gear
- Eco-friendly insect repellent
- Solar-powered charger

PRO TIP

Embrace Thenmala's eco-friendly ethos with sustainable accommodations, community-based tourism, cycling, trekking, and interacting with the local community to understand their culture and traditions.

DZUKOU VALLEY

NAGALAND

Nestled at an elevation of approximately 2,438 meters along the border of the Indian states of Nagaland and Manipur, the breathtaking Dzukou Valley offers an enchanting retreat for adventure seekers and nature enthusiasts alike. This picturesque valley is renowned for its rolling green hills, a rich variety of flora including rare lilies, Rhododendrons, and Euphorbias, and abundant wildlife such as barking deer, leopards, and serows, making it an ideal destination for those seeking an immersive natural experience.

Additionally, visitors can opt for sustainable accommodation in charming eco-cottages nestled within the valley, offering a unique and environmentally friendly lodging option amidst the awe-inspiring landscapes. With its crystal-clear streams, lush meadows, and panoramic views of the Japfu Peak and the Dzukou River, Dzukou Valley provides a truly magical escape into the heart of nature.



Dzukou Valley, Nagaland

HOW TO REACH

The nearest airport is Dimapur Airport (DMU) in Nagaland, which is about 75 km from Kohima, the capital city of Nagaland. From the airport, you can reserve a seat in a cab or grab a bus to Kohima and then proceed to Dzukou Valley.

THINGS TO CARRY

- Camping gear
- Organic snacks
- Portable water filter

PRO TIP

When visiting Dzukou Valley, be prepared with trekking gear and minimize your impact to respect the environment. Consider staying in eco-cottages for a green experience.

COORG

KARNATAKA

Coorg, often referred to as the "Scotland of India," is a mesmerizing ecotourism destination located amidst the breathtaking landscapes of Karnataka. This alluring region is renowned for its sprawling coffee, spice, and honey plantations, which offer visitors a unique opportunity to immerse themselves in the art of natural farming while being surrounded by the stunning natural beauty of the area. One of the main attractions is the Raja Seat Garden, which was once enjoyed by Coorg's royalty and continues to be popular with tourists.

The rolling hills adorned with a vibrant array of flowers and plants create a truly picturesque setting, making it a paradise for nature enthusiasts and thrill-seekers. This idyllic landscape provides a plethora of exhilarating experiences, from immersive treks across diverse terrain to unforgettable camping adventures under the awe-inspiring, star-studded night sky.



Raja Seat Garden, Coorg

HOW TO REACH

The nearest airport is Mangalore International Airport (IXE) in Karnataka, which is about 135 km from Coorg. From the airport, you can book a taxi or take a bus to reach Coorg.

THINGS TO CARRY

- Organic sunscreen
- Reusable shopping bag
- Eco-friendly camera strap

PRO TIP

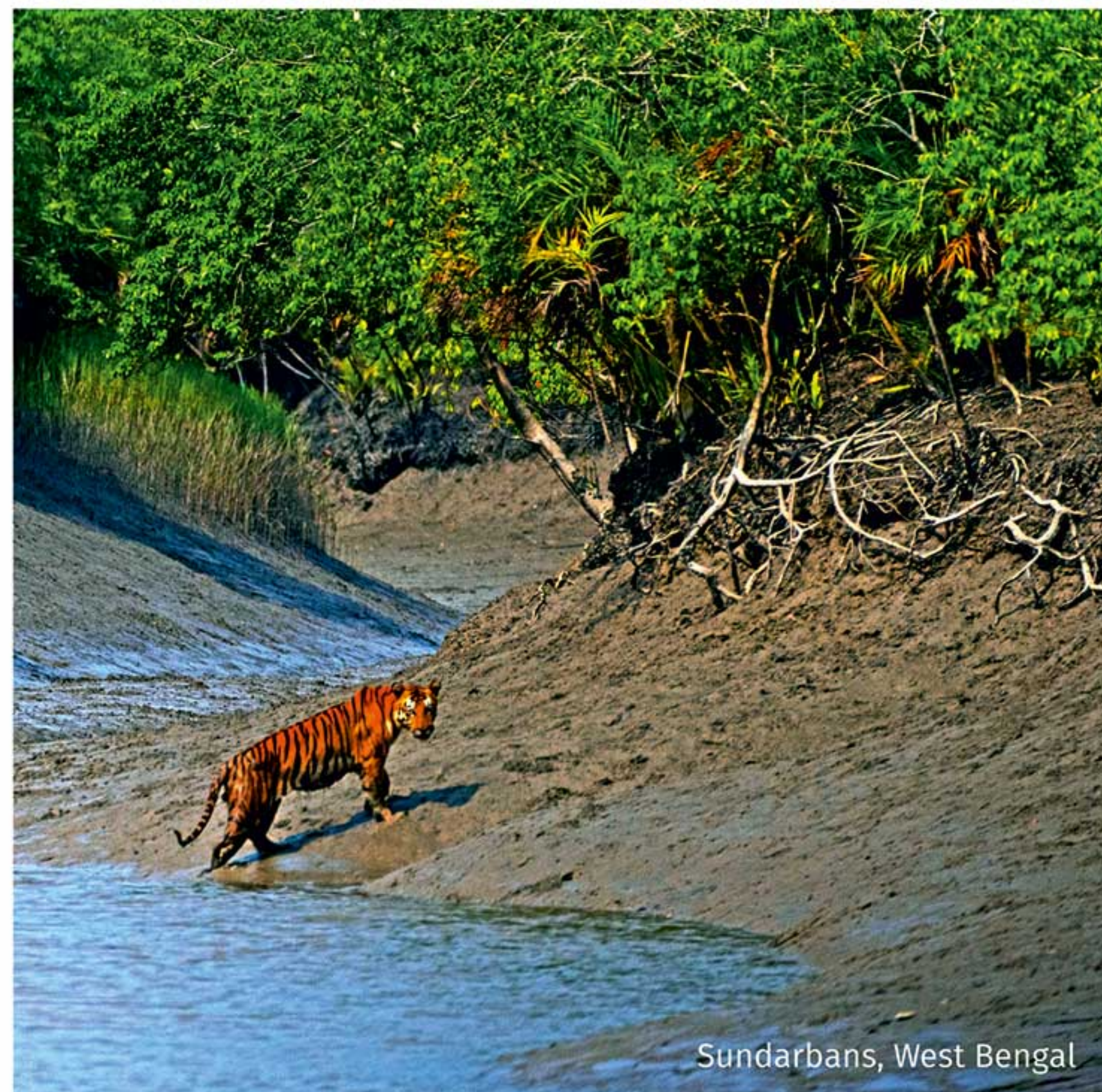
Support balanced farming by visiting local coffee, spice, and honey plantations. Enjoy eco-friendly activities like trekking and camping while learning about the region's unique flora and fauna from local guides.

SUNDARBANS

WEST BENGAL

The Sundarbans, situated in the delta of the Ganges, Brahmaputra, and Meghna rivers in West Bengal and Bangladesh, is the largest mangrove forest in the world. This UNESCO World Heritage site is not only a critical ecosystem for a wide variety of plant and animal species but also serves as a natural protective barrier against cyclones and tsunamis.

The region is famous for being the habitat of the endangered Royal Bengal Tiger, which has adapted to the unique environment of the mangroves. In addition to the iconic tigers, the Sundarbans is also home to diverse species of birds, reptiles, and marine life, making it a paradise for nature enthusiasts and wildlife photographers. Visitors to the destination have the opportunity to engage in boat tours, allowing them to witness the breathtaking scenery and observe the wildlife in their natural habitat.



Sundarbans, West Bengal



Delta Circa, Sunderbans

HOW TO REACH

The nearest airport is Netaji Subhas Chandra Bose International Airport (CCU) in Kolkata, West Bengal, which is about 112 km from Sundarbans. From the airport, you can hire a cab or take a bus to Sundarbans.


THINGS TO CARRY

- Mosquito net
- Eco-friendly sunscreen
- Waterproof backpack

PRO TIP

When exploring the Sundarbans, prioritize eco-friendly boat tours and follow safety guidelines. Listen to experienced guides and learn about conservation efforts and regional challenges.

IN THE END

These eco-friendly destinations in India provide a wonderful opportunity for travellers to engage in sustainable and responsible travel while immersing themselves in the breathtaking natural landscapes of the country. By opting to explore these locations, travellers not only get to enjoy the beauty of the environment but also actively contribute to environmental conservation efforts and support the livelihoods of local communities. With the increasing popularity of ecotourism, it's crucial for travellers to select spots that prioritize environmental sustainability and ethical tourism practices in order to make a positive impact. 

IMMERSE YOURSELF IN A TROPICAL PARADISE LIKE NO OTHER

Explore the crystal-clear turquoise waters, vibrant coral reefs teeming with marine life, and pristine white sand beaches of Lakshadweep with Praveg Atoll's Lakshadweep. Enjoy snorkelling, scuba diving, and glass-bottom boat rides to discover the wonders of the underwater world. Delight in delectable local cuisine and experience the warm hospitality of the islanders. Don't miss out on this slice of heaven on Earth - book your unforgettable getaway to Agatti Island today.



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Physical Fitness & Emotional Wellness

Create a Meaningful Life

By JAYESH PUROHIT, Staff Writer

For a travel enthusiast, maintaining physical fitness is not just a choice but a necessity. Your health is the foundation of your travel plans, and any disruption can lead to a cascade of cancellations—train tickets, resort bookings, safari trips, and more. By staying fit throughout the year, you ensure that you are in the best shape for your dream holiday, enhancing your travel experience and reducing the risk of health-related issues.

Fitness: A Challenge and a Necessity

In a completely overhauled social set-up, fitness has emerged as a challenge and a need of the hour. The demanding life consumes the human body and brain daily; continuous attention to professional life, social commitments, and family responsibilities drains our energy. Thanks to the new-age fitness centres that ensure physical fitness and take care of emotional well-being. Urban India is now equipped

with a repertoire of fitness solutions to keep your body and mind in good shape.

Holistic Healing

However, it's important to note that simply patching up our bodies is not enough. We need to embrace the concept of holistic healing - a comprehensive approach to self-improvement. In the past, our focus was primarily on our physical health, often neglecting our emotional well-being.

But with a growing awareness, we are now beginning to understand the importance of nurturing our minds as well, leading to a more balanced and fulfilling life.

Beyond Gym and Yoga Studios

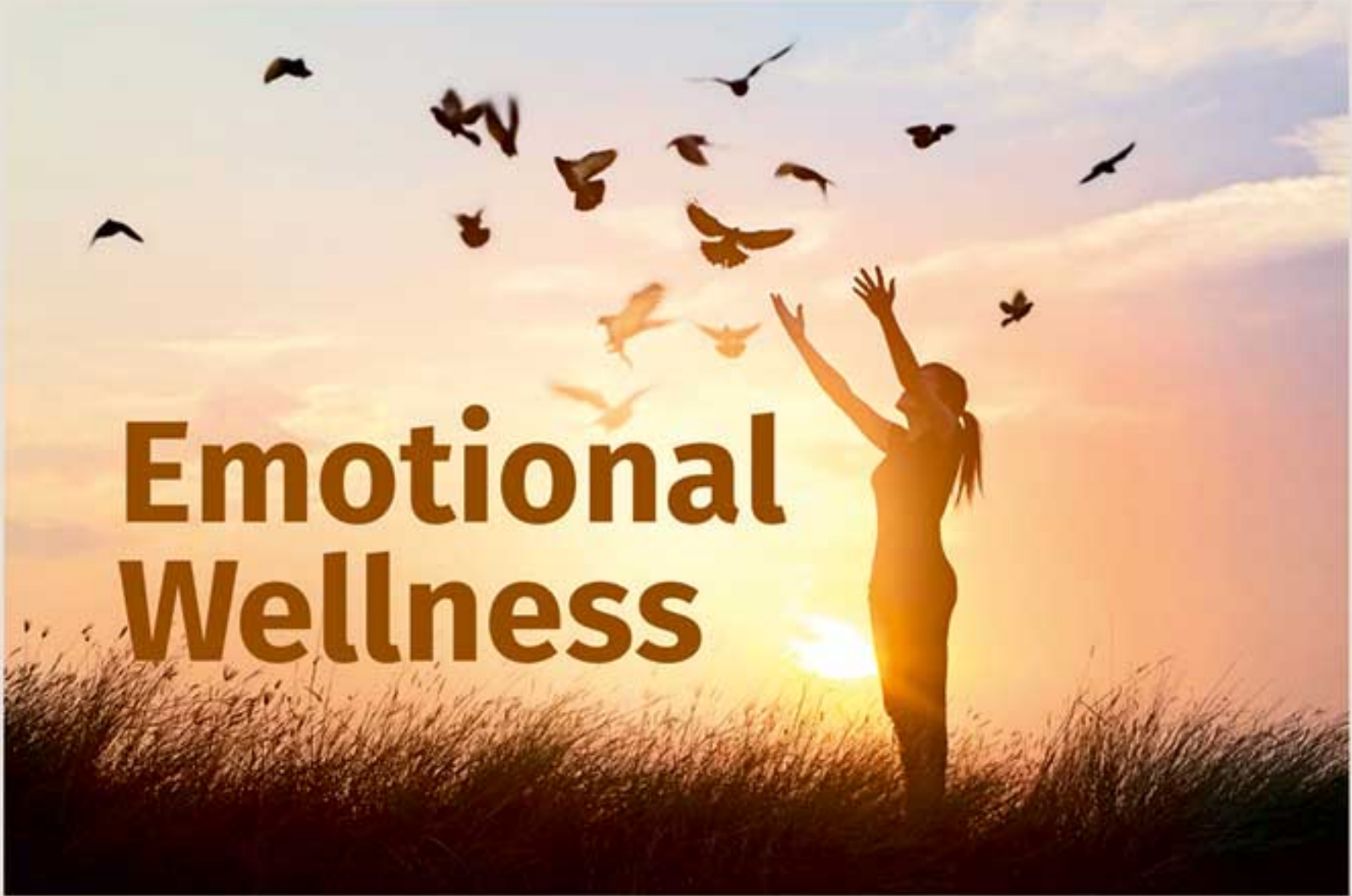
The definition of health is rewritten in the 21st century. Gone are the days when muscular physique was eulogized in glossy magazines and Sunday supplements. Even as Instagrammers are hell-bent on achieving toned abs, an

individual is considered fit only when s/he can effectively manage their emotions, cope with stress, maintain healthy relationships, and experience a sense of purpose and fulfilment in life.

A definition that is painted with such a broad brush takes in everything. Now, fitness is not something you achieve while you are conscious; it's a phenomenon that keeps working even when you are fast asleep (by the way, sound sleep is a hallmark of fitness). This calls for a new set of workouts, activities, and exercises that may or may not require a gym, yoga studios or any other apparatus made of metal or material.


Diet

In your efforts to scale the fitness peak, don't ignore your diet. Your daily meals, calories, and portions can go a long way. You have to form a habit of taking a healthy diet with reasonable measures (as prescribed by your dieticians) for a long time. This helps develop a strong metabolism, ensuring a fit body and mind.



Emotional Wellness

It's not just our body but also the mind that consumes something every moment. The information or data that our brain gathers is processed in tranquillity. Your happiness depends upon how your mind processes all those pieces of information. Similarly, your mind is eaten up by many human pests around you. Both have a detrimental effect on your emotional well-being. The best idea is to avoid the pest and shut your mind to those malicious data. Perform meditation, read good books, watch meaningful movies, and make friends with like-minded people. This is also one of the ways you achieve fitness in your life.

A meaningful life is always better than a successful life. In our daily grind of chasing material dreams, seeking social acceptance, and performing familial duties, we often forget about a life beyond all this—a life full of happiness. Creating happiness should be the goal of our lives. At the centre of a meaningful life are joy and contentment. 

EXPERIENCE

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St Petersburg: Russia's Most Beautiful City

By JAYESH PUROHIT, Staff Writer



Bay of Finland

In today's scenario, where Russia and Ukraine are desperately trying to destroy their cultural heritage along with the commoner, Shyamola Khanna's earnest endeavour is to recreate what we saw a few years earlier—a fairytale palace and city built by a scientist and a dreamer far removed from the glorious but clumsy onion domes of Moscow.



Hermitage Museum, Collection by Czarina Catherine the Great

When Tsar Peter came to the throne of Russia in 1701, the country was known as crude and primitive in its culture and very backward generally. While Germany and France were making great strides in architecture and scientific learning, Russia was still making do with smaller medieval structures, visible even today in the Kremlin in Moscow. The Tsar was very rich, while the people were poor and survived on their religious beliefs more than anything else.

St Basil's Cathedral at Red Square, Moscow, is a case in point. A conglomerate of several ancient churches built over centuries, this cathedral also represents Russia to the layman.

Tsar Peter wanted to create something beautiful and grand for Russia, away from the stodgy old palaces crammed with gold and china. When he visited France, he was bowled over by the grandeur and expanse of the palace at Versailles,



Gilded Hall

outside Paris. He wanted to create something similar for Russia. So he set about locating the perfect spot and zeroed in on the Bay of Finland. This spot would provide enough water for the elaborate fountains of Versailles, which he planned to recreate in the place named after his patron saint, St Peter. That it was to be Russia's first port was suitable for the trade also.

St Petersburg developed into a grand city with vast promenades and elegant churches. But the pride of place must rest with Peterhof—a large complex outside of St. Petersburg that contains grand palaces, gardens, fountains, and other amenities. The German name means “Peters courtyard”, which included the Mon Plaisir Palace and the original Grand Palace.

Peterhof served as the residence of Russian royalty for over two hundred years until the Empire ended in 1917. Many additions were made over the years. Peterhof is close to St. Petersburg; both sit directly on the Bay of Finland.

The ornate fountains spread across the complex, decorated with gilt statues that spray water in impressive patterns, really catch the eye. The fountains are beautiful and represent a significant engineering feat: they operate entirely by the force of gravity instead of pumps.

In 1990, Peterhof was included in the list of UNESCO World Heritage sites.

The magnificence of Tsar Peter's dream is truly visible in the Hermitage Museum--- five majestic palaces housing

Tsar Peter Transformed Russia with Grand Palaces, Engineering Marvels, and a Cultural Renaissance

the world's most extensive collection of fine arts from almost the whole world. To say that it is fantastic is only stating the obvious.

The second-largest art museum in the world, it was founded in 1764 when Empress Catherine the Great acquired an impressive collection of paintings from the Berlin merchant Johann Ernst Gotzkowsky. It has been open to the public since 1852.

Its collection includes over three million items, including the largest collection of paintings in the world. Five of the six buildings in the main museum complex are open to the public.

We waited nearly an hour the day we stood in line at the famous courtyard because five shiploads of tourists had come in before us. Our bunch of seniors chose to sit in the little alcoves rather than stand in line. For those of us with a bit of awareness of Western classical artists, it was undoubtedly a treat to see the original works of Rembrandt, especially the “Return of the Prodigal Son, which is claimed to be the world's finest oil painting!

The one piece that really fascinated me was the mechanical clock inside a glass case wherein a peacock,



Gilded Hall



Gilded Cupid & Candle Stands



Gilded Panels on the Ceiling

Experience Russian Splendor: From the Majestic Peterhof Fountains to the Timeless Hermitage Art Collections

a rooster and an owl sometimes spring into action. Back in 1777, it was made by James Cox and was owned, for a few years, by Prince Grigory Potemkin, the secret husband of Catherine the Great.

It has delighted visitors since the 18th century. It is the only large example of 18th-century robotics that has survived unaltered into the 21st century.

The Swan Lake by Tchaikovsky

We finally get to see the famous ballet, The Swan Lake, Tchaikovsky's immortal love story. We grew up fantasizing about Rudolph Nureyev as Prince Siegfried and Anna Pavlova as the dying Swan. Life magazine of the 60s and 70s was very generous in its arts and culture coverage, and it was a regular fixture in our old family home.

One tip: it is essential to know the story of The Swan Lake before one gets to the theatre because, unlike other theatre formats, the ballet has only dance and music and no commentary at all. I noticed quite a few of our group were nodding off, unable to follow the story. Besides, the music was very soothing indeed. 10

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