

PRAVEG'S

MARCH 2025 | ₹ 200

tourism one

A Trusted Friend for Travellers

Ancient Wisdom for Modern Wellness

Seven Wondrous
Wildlife Safari
Destinations in India

TRAVEL, WELLNESS & THE SPIRIT OF EXPLORATION

United by Unique—this was the theme of World Cancer Day, recently observed across the globe. But why has cancer become such a pressing global concern? While traditional wisdom warns us against tobacco and alcohol, the reality is that cancer can stem from far more sources than we often realize. Diet, obesity, infections, physical inactivity, radiation, pollution, medical procedures, sexual and reproductive behaviour, food additives, and industrial products—all contribute to its rise. The sheer number of risk factors can be overwhelming, even for the healthiest among us.

This month, Tourism One brings you a thoughtfully curated list of wellness destinations designed to aid in your healing journey. These holistic retreats offer more than just relaxation—they provide a sanctuary for the body, mind, and soul, fostering rejuvenation through nature, Ayurveda, yoga, and therapeutic practices.

Solo travel is an empowering experience for women, and having the right travel accessories can make the journey smoother and safer. In this issue, we present a handpicked selection of products designed to enhance comfort, security, and convenience—because every woman deserves a seamless and enjoyable adventure.

We are delighted to feature the travel story of Dr. Indira Nityanandam, a retired professor of English literature and an ardent explorer. With a passion for discovering new places, she has travelled extensively across India and beyond. Her recent trip to Badami, Karnataka, remains etched in her heart, and now, through her evocative storytelling, it finds a place in the pages of our magazine.

This issue's interview section features Mohan Sivanand, former Editor-in-Chief of Reader's Digest India. With over 32 years in journalism, he has witnessed the media landscape evolve dramatically. Now dedicating his time to teaching and pursuing artistic endeavours, Mohan reflects on his illustrious career, the shifting dynamics of print publications, and his views on tourism in India.

For adventure seekers, wildlife safaris offer a thrilling blend of excitement and awe. This month, we spotlight seven of India's most spectacular wildlife experiences. Whether it's tracking tigers in Ranthambore, spotting Asiatic lions in Gir, or witnessing the raw beauty of Kaziranga's rhinos, these safaris promise an unforgettable rendezvous with nature. Which one will you embark on this year?

Travel is about creating lasting memories, not just for yourself but also for those who host you. Our staff writer, Umang Sharma, shares insightful tips and tricks for hospitality professionals on how to craft unforgettable guest experiences. Have any thoughts on this? We invite you to join the conversation.

No issue of Tourism One is complete without our two beloved sections—recipes and poetry. This time, we bring you two summer-perfect delights: Kanji Vada and Shrikhand. Instead of picking them up from street vendors, why not prepare them at home and surprise your loved ones with an authentic homemade treat?

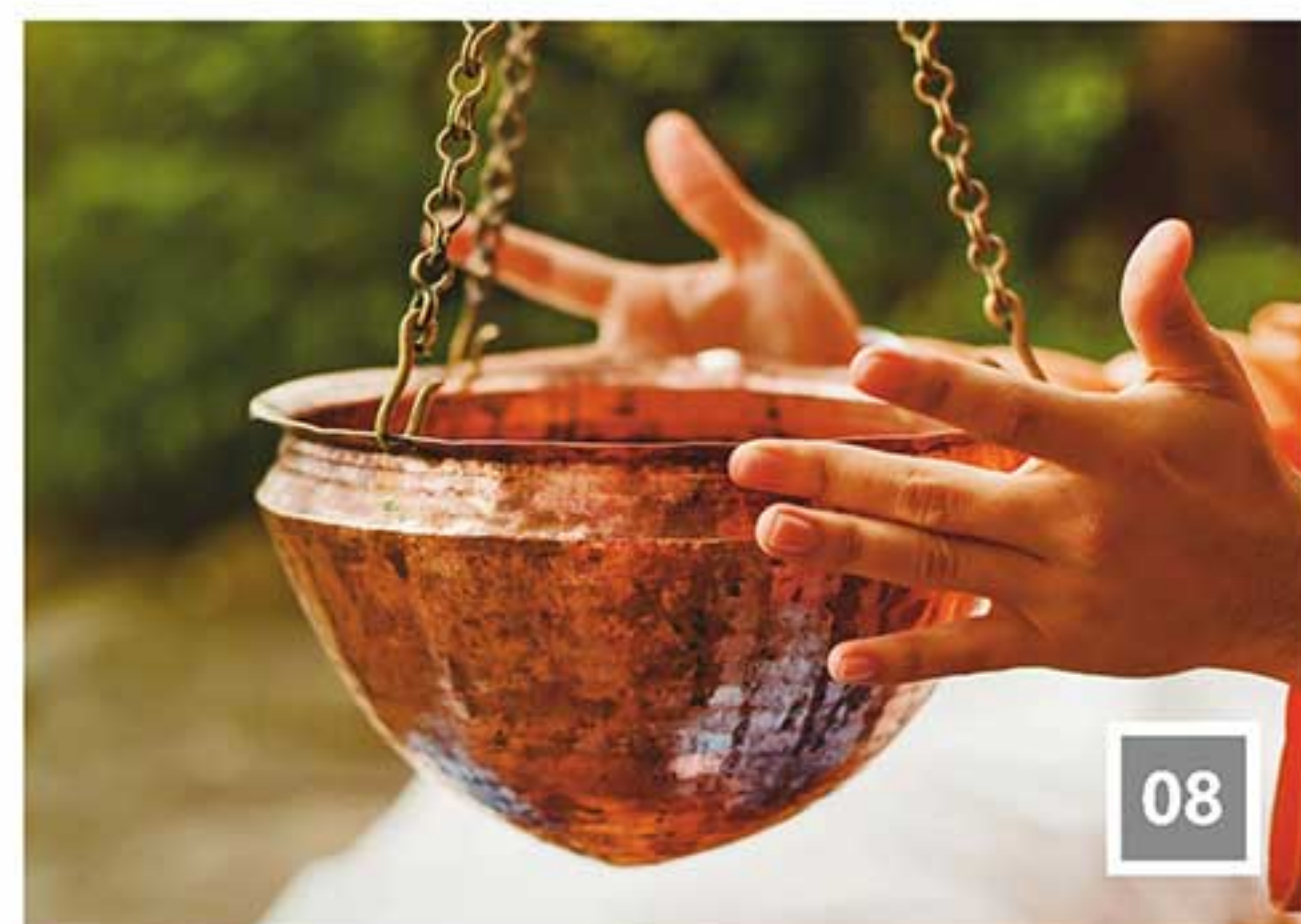
In the poetry section, The Lush Canvas of India's Diversity, Umang takes you on a literary journey through India's majestic landscapes and vibrant cultures. Let the verses transport you to the ethereal beauty of this incredible nation.

Travel is more than just a change of location—it is a transformation of the spirit. It broadens our horizons, enriches our minds, and deepens our connection with the world around us. As you continue your journeys, embrace the adventure, seek new experiences, and let every destination leave an imprint on your soul.

Stay inspired, stay curious, and keep exploring with Tourism One. 🌍



CONTENTS



08

ANCIENT WISDOM FOR
 MODERN WELLNESS



16

SEVEN WONDROUS WILDLIFE
 SAFARI DESTINATIONS IN INDIA



36

SCRUMPTIOUS
 RECIPE CORNER



38

THE LUSH CANVAS OF
 INDIA'S DIVERSITY



26

MOHAN SIVANAND REFLECTS
 ON INDIA'S TOURISM LANDSCAPE



32

BADAMI: KARNATAKA'S
 HIDDEN GEM IN ROCK



42

HOW HOSPITALITY CAN CREATE
 HAPPY EXPERIENCES FOR GUESTS



50

BEST TRAVEL ACCESSORIES
 FOR WOMEN

PRAVEG

Praveg Communications (India) Limited
 Westport 18th Floor, Sindhu Bhavan Road,
 Off S.P. Ring Road, Ahmedabad - 380059, Gujarat
 Contact No.: 78618 14696
 e: tourismone@praveg.com
 www.dizcoverpraveg.com

Printed, Published by Dr. Vishnu Patel on
 Behalf of PRAVEG LIMITED
 Printer K K PRINTING & ADVERTISING
 G-12, Ravi Estate, Dudheshwar, Ahmedabad - 380004
 Published from Westport 18th Floor, Sindhu Bhavan Road,
 Off S.P. Ring Road, Ahmedabad - 380058, Gujarat
 Editor: Dr. Vishnu Patel

Editorial Team
 Jayesh Purohit
 Umang Sharma

Design Team
 Rakesh Bhavsar
 Maunang Modi

Disclaimer: All information in Praveg's TOURISM ONE is derived from reliable sources. It is passed on to our readers without any responsibility on our part. Images used in the magazine are for editorial purposes only and are duly credited. All images are copyrighted by their respective owners unless otherwise stated. Opinions/views expressed by third parties are not necessarily shared by us. Material published in the magazine cannot be reproduced, whether in part(s) or whole, without prior permission.

Be a part of Praveg's Tourism One:
 Share with us some enthusiastic inputs like photographs, essays or anything related to tourism.
Have some suggestions for us?
 Go ahead and send us your ideas, valuable opinions or topics you would like to see more coverage on.
FOR SUBSCRIPTION QUERIES, CONTACT: tourismone@praveg.com

Download an e-copy of Tourism One from
 www.dizcoverpraveg.com

ITCHY FEET
DON'T MIND
HOT SAND

They Just Crave the Sea!

SUMMER @
DIU

This summer, let your wanderlust take you to Diu's finest beachside retreat, where the waves kiss your toes, and the sea breeze cools your soul. Stay at Praveg Beach Resort Diu, where the beach is your front yard, and every sunrise is an invitation to paradise.



Book your summer escape now!

PRAVEG
BEACH RESORT
DIU

CHAKRATIRTH • GHOGHLA • NAGOA

Our Summer-Proof Amenities
• Hobbit-inspired Cottages • Kids Play Area • Spa
• Rooftop Cafe-cum-Bar • Rich Green Lawn • Pure Veg Cuisine

Call: ☎ +91 90906 90902 • dizcoverpraveg.com

Ancient Wisdom for Modern Wellness

Boost Your Healing Journey at India's Best Wellness Destinations

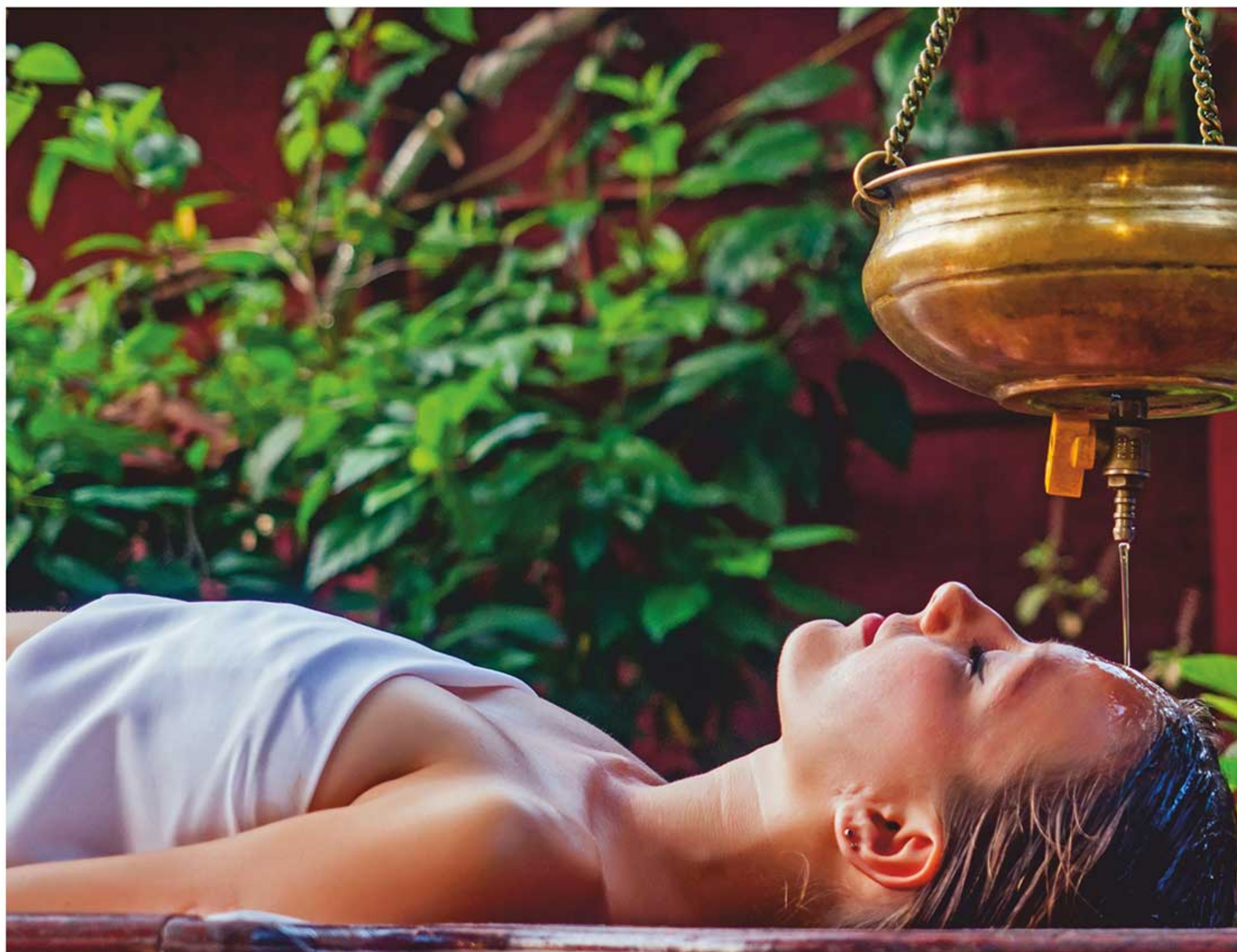
By MAHEK SIDDIQUI, Contributor

The 4th of February marks World Cancer Day and offers a chance to reflect on the resilience of those who have faced cancer and the importance of holistic healing in recovery. While medical advancements continue to improve survival rates, healing is not just about treatment—it's about restoring balance to the body, mind, and soul. This is where India's rich tradition of wellness comes into play.

Known as a global hub for medical tourism, India attracts patients from around the world seeking top-quality, cost-effective healthcare. But beyond hospitals and clinics, India is also a haven for wellness tourism, offering time-honored practices like Ayurveda, yoga, meditation, and naturopathy to aid recovery and renewal.

Whether you or a loved one has fought cancer, a wellness retreat can work wonders in helping you regain strength, manage stress, and embrace a healthier lifestyle. In this article, we explore some of the best wellness destinations in India—places where ancient wisdom meets modern facilities, helping you embark on a transformative journey toward healing.

KERALA for Ayurveda



Often called the Cradle of Ayurveda, Kerala is one of the world's top wellness destinations. Nestled between lush green landscapes and serene backwaters, the state offers a perfect setting for rejuvenation and healing. Ayurveda, India's 5,000-year-old system of natural medicine, is deeply rooted in Kerala's culture, with numerous authentic Ayurvedic retreats and wellness centres dedicated to holistic well-being.

For cancer survivors and those on a healing journey, Kerala's Ayurveda-based therapies—such as Panchakarma detox, herbal treatments, therapeutic massages, and yoga therapy—help restore energy, reduce stress, and enhance overall wellness. Many renowned retreats, such as the Somatheeram Ayurveda Village, Kairali Ayurvedic Healing Village, and The Ayur Villa, offer personalized healing programs that combine ancient wisdom with modern well-being practices.

With its pristine environment, experienced Ayurvedic practitioners, and time-honoured healing traditions, Kerala is an ideal destination to reconnect with your body, mind, and soul.

DAMAN, DIU, and LAKSHADWEEP for Serenity, Spas, and Seaside Healing



For those seeking a tranquil escape, Daman, Diu, and Lakshadweep offer the perfect blend of natural beauty, luxurious spas, and holistic wellness experiences. The coastal gems, with their pristine beaches and soothing sea breeze, create an idyllic setting for rejuvenation and recovery.

In Diu, wellness seekers can unwind at Praveg Beach Resorts in Chakratirth and Ghoghla, where the sound of waves and breathtaking ocean views provide a naturally healing environment. At Lakshadweep, Praveg boasts two beautiful resorts - Bangaram and Tinnakkara, where you will experience soothing and rejuvenating spa treatments. Swedish massage, deep tissue massage, and full body therapies are the hallmarks of Praveda Spa at Praveg resorts.

It's the ideal retreat for anyone looking to de-stress and restore balance. Whether it's a rejuvenating massage, a seaside meditation session, or simply soaking in the sun on the tranquil beaches, Daman, Diu, and Lakshadweep offer the perfect sanctuary for body, mind, and soul renewal.

GOA

for Luxury Wellness Experiences and Holistic Detox



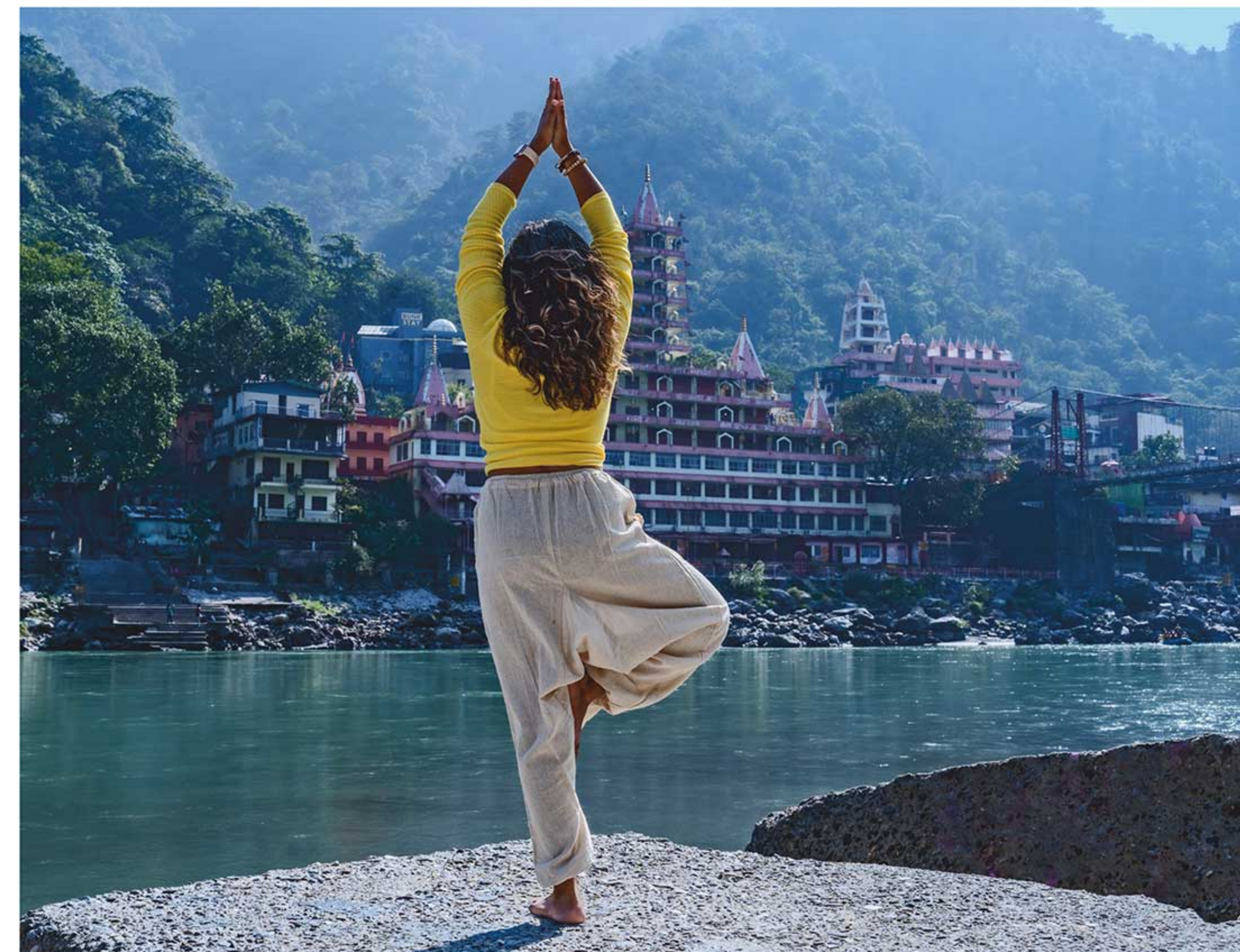
If you're looking for a little more pizzazz than Daman and Diu, India's most popular coastal destination is a luxurious alternative. Known for its golden beaches and vibrant energy, Goa is also a premier destination for luxury wellness retreats and holistic detox programs. Beyond its lively nightlife, the state is home to world-class wellness resorts, beachfront spas, and Ayurveda retreats, making it an ideal place to unwind and heal.

For those recovering from illness or seeking deep rejuvenation, Goa offers detox programs, hydrotherapy, naturopathy, and Ayurvedic healing combined with organic nutrition and mindful living. Luxury wellness resorts like the Ashiyana Yoga Retreat and The Leela Goa Spa provide bespoke experiences, including therapeutic massages, stress-relief therapies, and guided meditation by the ocean.

Whether you're looking for a complete body detox, a luxurious spa retreat, or a serene escape into nature, Goa's wellness offerings cater to every need, ensuring a revitalizing experience that nurtures both body and spirit.

UTTARAKHAND

for Spiritual Healing and Wellness in the Himalayas



For centuries, spiritual seekers from across the globe have flocked to the foothills of the Himalayas to practice the ancient healing practices of yoga and meditation along the sacred banks of the Ganges. Uttarakhand is known as "Devbhumi" (Land of the Gods), so of course, it's a sacred and serene wellness destination where spirituality, yoga, and nature-based healing come together. With its snow-capped peaks, holy rivers, and ancient ashrams, the state offers the perfect environment for deep rejuvenation and self-discovery.

For those seeking holistic healing, Uttarakhand is home to renowned wellness retreats and meditation centers that focus on yoga therapy, Ayurveda, naturopathy, and mindfulness practices. Destinations like Ananda in the Himalayas, Vana Retreat in Dehradun, and Sattva Retreat in Rishikesh provide personalized wellness programs, including detox diets, sound healing, forest bathing, and guided meditation to help restore inner balance.

Whether you're looking to heal through Ayurveda, embark on a spiritual retreat, or simply reconnect with nature, Uttarakhand's tranquil landscapes and ancient wisdom make it an ideal sanctuary for total well-being.

HIMACHAL PRADESH

Himalayan Healing with Nature and Ayurveda



Tucked away in the majestic Himalayas, Himachal Pradesh is a sanctuary for those seeking nature-infused wellness, Ayurvedic healing, and mindful retreats. With its pristine mountain air, tranquil monasteries, and rejuvenating hot springs, this northern state is perfect for holistic healing and deep relaxation.

For those recovering from illness or simply looking to reset, Himachal Pradesh offers wellness retreats that combine Ayurveda, naturopathy, and yoga with the therapeutic power of nature. Places like Ayuskama Ayurveda Institute in Dharamshala, Moksha Himalaya Spa in Parwanoo, and Shakti 360 Degrees Leti provide personalized healing experiences, including detox therapies, herbal treatments, and meditation practices designed to restore balance and vitality.

Whether it's practising yoga amidst pine forests, meditating in Tibetan Buddhist monasteries, or soaking in natural hot springs, Himachal Pradesh offers a serene escape where your body, mind, and soul can heal in harmony with nature.

From the hills to the ocean, India is blessed with an abundance of nature destinations that are the perfect spot for wellness retreats. A trip to any of these healing sanctuaries can help you restore balance and reconnect with your body for a healthier way of life. And when you're healthy, you can say no to illness and yes to even more travel experiences! 🌿



अयोध्या

FIND YOUR *Inner Peace* IN A HAVEN OF COMFORT

Immerse yourself in the divine serenity of Tent City Ayodhya, nestled near the sacred Saryu River and Brahmakund. With eco-luxury tents offering modern amenities like air conditioning and Wi-Fi, this property is a perfect blend of spiritual tranquillity and contemporary comfort. Enjoy delectable vegetarian Banarasi cuisine at the in-house restaurant, and let your family unwind in the lush surroundings or explore nearby spiritual landmarks like Ram Janmabhoomi. Whether you seek peace or adventure, Tent City Ayodhya promises an unforgettable stay amidst spiritual Splendor. Book your escape to tranquillity today and experience the magic of Ayodhya!

BRAHMA KUND: B/h. Gurudwara, Ayodhya-224123 (UP)

SARYU: Ramkatha Park, Manza kala, Ayodhya-224123 (UP)

dizcoverpraveg.com | Call: **96 74 123 123**

— **PRAVEG** —
▲ **TENT CITY**
— **AYODHYA** —
BRAHMA KUND • SARYU



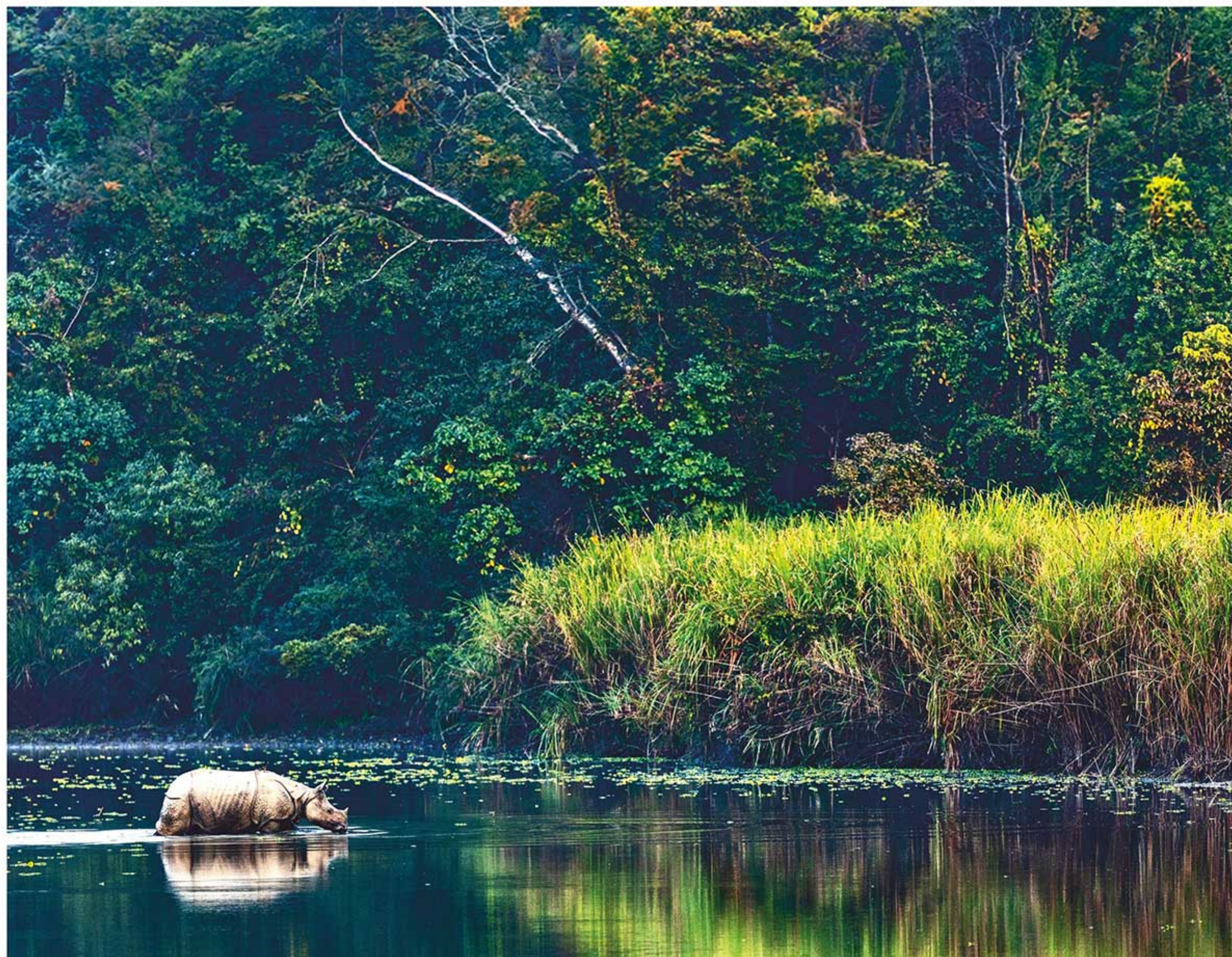
Seven Wondrous Wildlife Safari Destinations in India

By MAHEK SIDDIQUI

India's vast and diverse landscapes are home to some of the most breathtaking wildlife experiences in the world. From dense jungles echoing with the roars of Bengal tigers to sprawling grasslands where herds of regal elephants roam freely, the country offers a rich tapestry of safaris for nature lovers and adventure seekers alike.

Whether you dream of spotting the endangered Bengal tiger, Asiatic lions, or the one-horned rhino, India's wildlife safaris promise unforgettable encounters with nature's finest creatures. Here are seven of the most remarkable destinations to add to your itinerary.

JIM CORBETT NATIONAL PARK, UTTARAKHAND



Kaziranga National Park

The Realm of the One-Horned Rhino

A UNESCO World Heritage Site, Kaziranga National Park in Assam is famed for its thriving population of the Indian one-horned rhinoceros. Home to over two-thirds of the world's one-horned rhinos, this vast expanse of floodplains, tall grasslands, and dense forests also shelters elephants, wild water buffalo, swamp deer, and a rich diversity of birdlife.

Kaziranga offers jeep and elephant safaris, providing a thrilling way to explore its diverse terrain. The park is also a tiger reserve, boasting one of the highest densities of Bengal tigers in India, though these elusive big cats are rarely seen. The breathtaking landscape, crisscrossed by the Brahmaputra River, makes Kaziranga a paradise for nature lovers and wildlife photographers. If you're looking for a safari that offers a unique and unforgettable glimpse into India's biodiversity, Kaziranga National Park is a must-visit.



Ranthambore National Park

The Kingdom of Tigers

Ranthambore is world-renowned for its thriving population of Bengal tigers. Spread across 1,334 square kilometers, this former royal hunting ground is a mesmerizing blend of rugged terrain, dry deciduous forests, and ancient ruins, including the majestic Ranthambore Fort, which adds a historical charm to the wilderness.

The park offers jeep and canter safaris, giving you a chance to witness not only tigers but also leopards, sloth bears, jackals, and an incredible variety of birds. Ranthambore's tiger sightings are among the best in India, with these majestic predators often seen lounging near lakes or patrolling their territory. An unforgettable experience awaits in this kingdom of tigers!

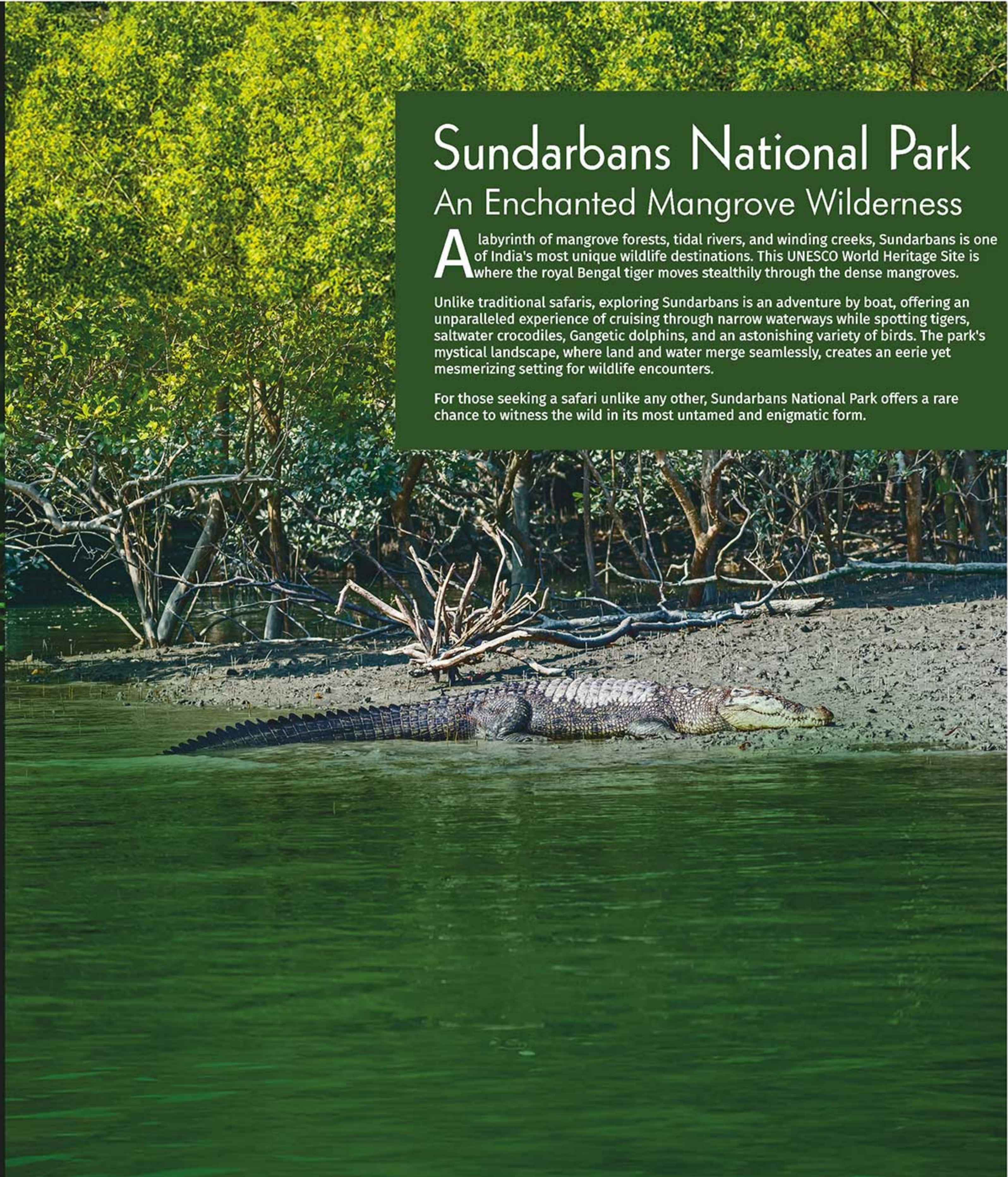


Jim Corbett National Park

The Land of Roaring Legends

Nestled in the foothills of the Himalayas, Jim Corbett National Park is India's oldest national park and the first park to come under the Project Tiger initiative, making it a prime destination for tiger enthusiasts. Spread across 1,318 square kilometers, Corbett's diverse landscape of dense sal forests, grasslands, and winding rivers provides a haven for a rich array of wildlife, including elephants, leopards, sloth bears, and over 600 bird species.

Safari options include jeep safaris, elephant safaris, and canter rides, allowing you to explore different zones like Dhikala, Bijrani, and Jhirna, each offering unique wildlife sightings. Whether you're a wildlife photographer, a nature lover, or an adventure seeker, Jim Corbett National Park should definitely be at the top of your bucket list.



Sundarbans National Park

An Enchanted Mangrove Wilderness

A labyrinth of mangrove forests, tidal rivers, and winding creeks, Sundarbans is one of India's most unique wildlife destinations. This UNESCO World Heritage Site is where the royal Bengal tiger moves stealthily through the dense mangroves.

Unlike traditional safaris, exploring Sundarbans is an adventure by boat, offering an unparalleled experience of cruising through narrow waterways while spotting tigers, saltwater crocodiles, Gangetic dolphins, and an astonishing variety of birds. The park's mystical landscape, where land and water merge seamlessly, creates an eerie yet mesmerizing setting for wildlife encounters.

For those seeking a safari unlike any other, Sundarbans National Park offers a rare chance to witness the wild in its most untamed and enigmatic form.



Gir National Park

The Last Refuge of the Asiatic Lion

Nestled in the dry deciduous forests of Gujarat, Gir National Park is the only place in the world where you can witness Asiatic lions roaming freely in the wild. Spread across 1,412 square kilometers, this unique sanctuary is a conservation success story, bringing the lion population back from the brink of extinction.

Beyond its famed lions, Gir is also home to leopards, striped hyenas, jackals, crocodiles, and a rich variety of bird species. Visitors can embark on jeep safaris, offering an excellent chance to spot lions in their natural habitat—whether lounging under the shade or on the prowl through the arid landscapes.

For wildlife enthusiasts and conservationists, Gir National Park provides the rare opportunity to see some magnificent big cats in one of the most distinctive ecosystems in the world.



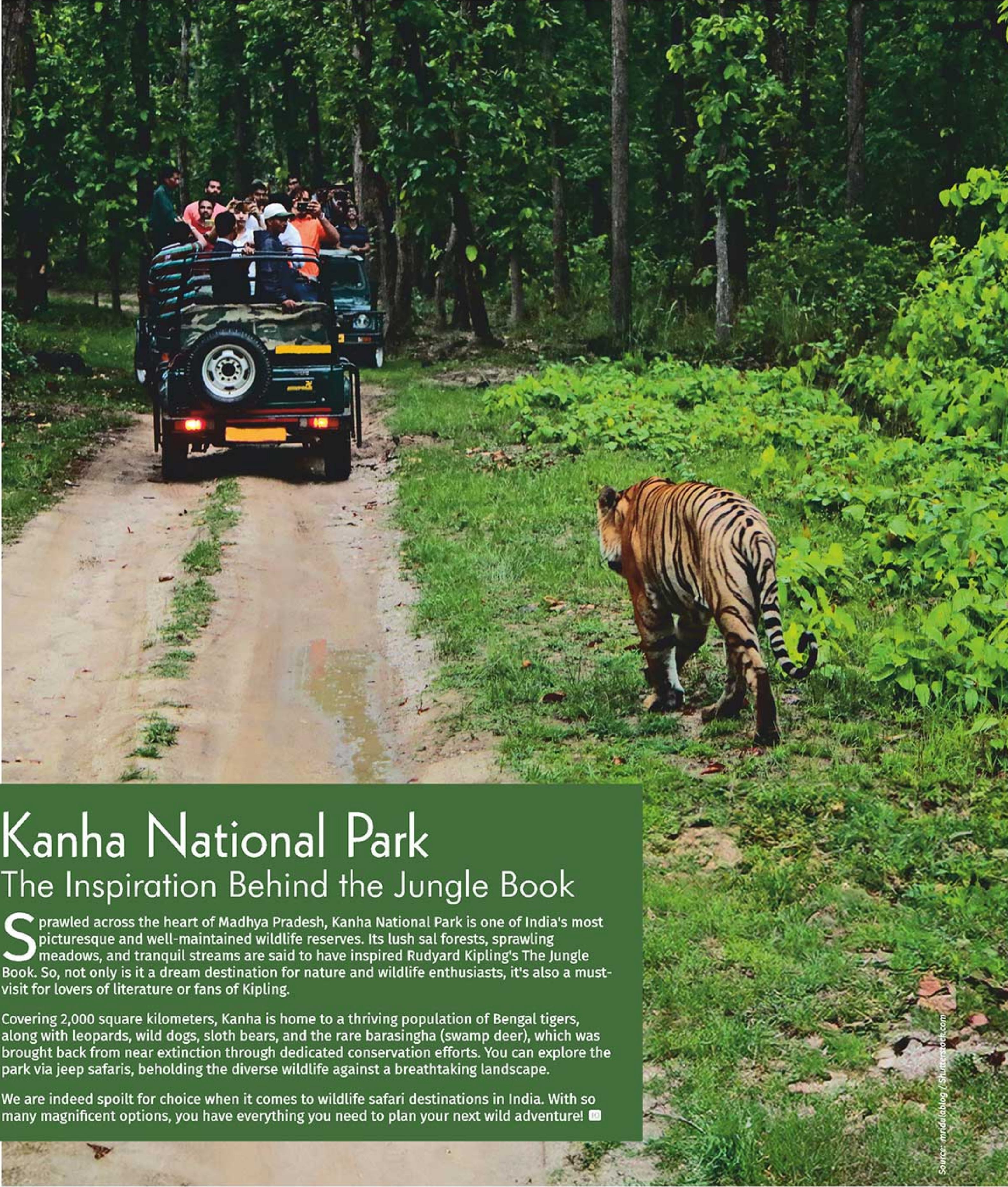
Bandhavgarh National Park

A World of Wild Serenity

Adventure seekers who want to wander off the beaten path should head to Bandhavgarh National Park in the Vindhya Hills of Madhya Pradesh. Once a royal hunting ground, this park now serves as a vital tiger reserve, where visitors have a high chance of spotting these majestic big cats in their natural habitat.

Spanning 1,536 square kilometers, Bandhavgarh's diverse landscape of dense forests, rocky hills, and open meadows is also home to leopards, wild boars, sloth bears, and over 250 bird species. The park's jeep safaris take visitors deep into its core zones, offering thrilling encounters with wildlife amid ancient ruins and historical caves.

With its rich biodiversity and legendary tiger sightings, Bandhavgarh National Park is a dream destination for wildlife lovers, photographers, and adventure seekers alike.



Kanha National Park

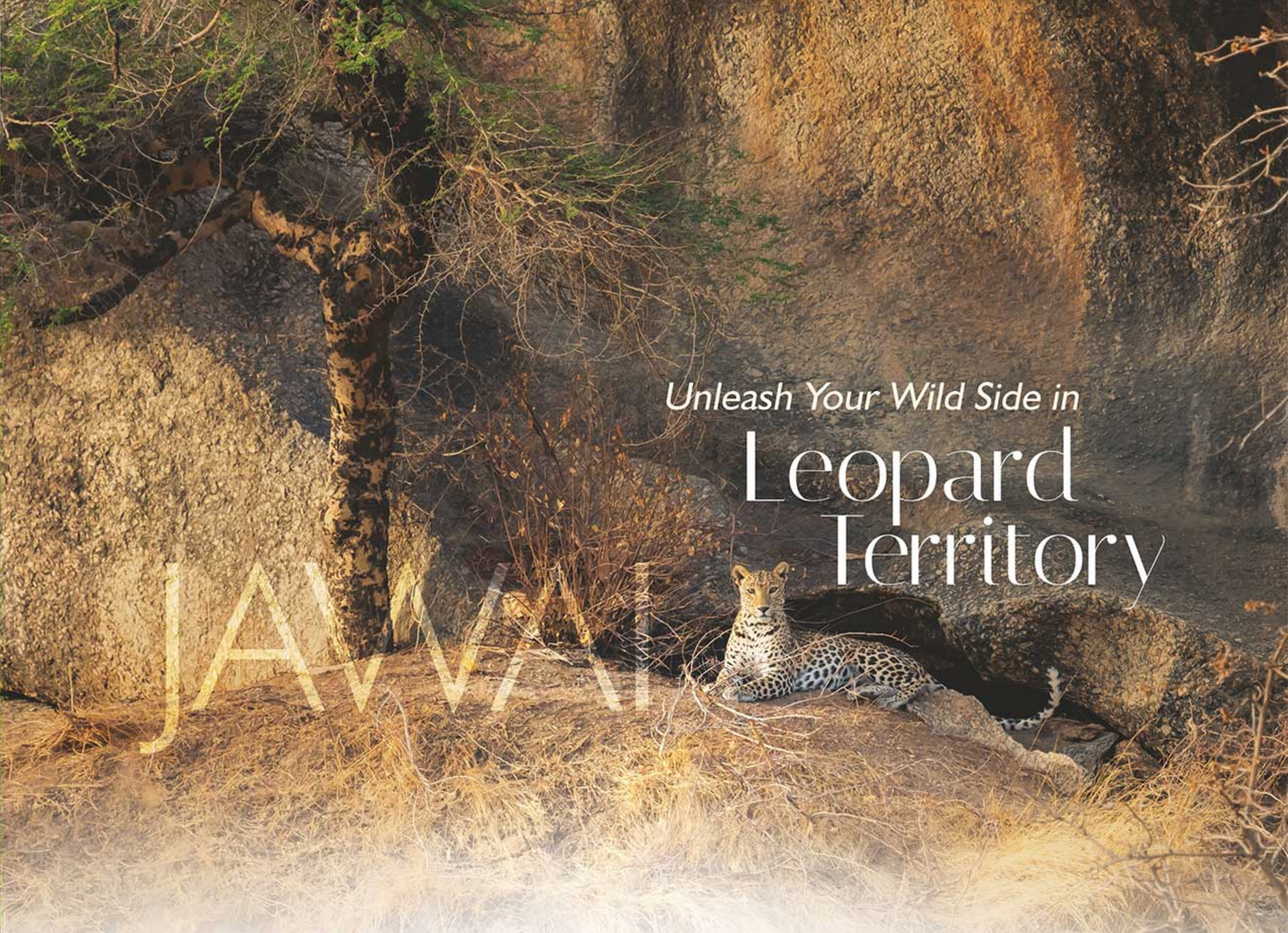
The Inspiration Behind the Jungle Book

Sprawled across the heart of Madhya Pradesh, Kanha National Park is one of India's most picturesque and well-maintained wildlife reserves. Its lush sal forests, sprawling meadows, and tranquil streams are said to have inspired Rudyard Kipling's *The Jungle Book*. So, not only is it a dream destination for nature and wildlife enthusiasts, it's also a must-visit for lovers of literature or fans of Kipling.

Covering 2,000 square kilometers, Kanha is home to a thriving population of Bengal tigers, along with leopards, wild dogs, sloth bears, and the rare barasingha (swamp deer), which was brought back from near extinction through dedicated conservation efforts. You can explore the park via jeep safaris, beholding the diverse wildlife against a breathtaking landscape.

We are indeed spoilt for choice when it comes to wildlife safari destinations in India. With so many magnificent options, you have everything you need to plan your next wild adventure! 🐾

Sources: www.ndt.com / www.ndt.com



Unleash Your Wild Side in Leopard Territory

JAWAI

Step into the wild at Praveg Caves Jawai, a unique retreat set amidst the rugged beauty of Rajasthan's leopard territory. This property combines rustic charm with modern indulgence, offering luxurious cave-style accommodations that blend seamlessly with their natural surroundings. Experience thrilling wildlife safaris, witness majestic leopards in their natural habitat, and relax under starlit skies. Perfect for adventurers and nature enthusiasts, Praveg Caves Jawai promises an unforgettable journey into the heart of the wilderness. Embark on your wild adventure today—book your stay now!



PRAVEG CAVES
@ Near Jivda Gate, Bija Pur Road,
Bijapur, Jawaband Road
Sumerpur (Pali), Rajasthan 306126

Call: 77790 84007

booking@cavesjawai.com | dizcoverpraveg.com

A Passionate Traveller, Storyteller, and Artist

MOHAN SIVANAND REFLECTS ON INDIA'S TOURISM LANDSCAPE

The Role of Social Media Influencers, and
The Need for Better Eco-tourism Practices

By JAYESH PUROHIT, Staff Writer

Mohan Sivanand, former Editor-in-Chief of Reader's Digest India, dedicated over three decades to the country's largest-selling English magazine. Now retired, he continues to engage with the world of journalism education, explore his passion for painting, and cherish time with family. Despite stepping away from the active media, his curiosity remains insatiable—whether through sketching, storytelling, or travelling. A true explorer at heart, he and his wife Sheila take slow, immersive journeys, relishing history, art, and local cultures.

In this conversation with Tourism One, Sivanand reflects on his remarkable career in journalism, the evolution of media, the future of print publications, and his thoughts on tourism in India.

Read on, and share your feedback at tourismone@praveg.com.



Phuket Museum

1. You spent 32 glorious years with Reader's Digest—an incredible achievement. Tell us about your experiences at the world's leading and India's largest-selling English magazine.

It was an excellent company to work for. It had good values, high journalistic standards, including thorough fact-checking, and good colleagues in India and across the world.

2. What were some of the biggest challenges you faced at Reader's Digest?

I came here after more than six years at a top publishing house, where I was writing, drawing cartoons and doing fine editing. After I moved to the Digest, I found I wasn't the good writer or editor I thought I was. But at age 30, I could still learn, and I had to. There was a lot of encouragement from Editor-in-Chief Ashok Mahadevan, who despite rewriting my stories in the early years, kept praising me and saying I had to take his place one day. I had to live up to that.

3. Reader's Digest usually steers clear of political content. Have you ever tried to interview political leaders during your tenure there for the magazine?

Yes, it was a stated editorial policy to stay out of politics and celebrity journalism. We had some articles on world politics and on great world leaders. I remember one that predicted in 1980 that Nepal would become a democracy. No, I did not interview political leaders, but two major articles I wrote on Anna Hazare and Arvind Kejriwal were published long before they entered politics. They were our heroes, as social workers fighting corruption.



Singapore



Mosque that Hindu Pilgrims visit en route to Shabarimala, Kerala

4. Language and storytelling define a publication. How would you describe your style, and what makes a good storyteller?

In the Digest, we are told to be good storytellers first. All writing is anecdotal, we deliberately build scenes, use simple, concise language, and are very careful about our choosing sources.

5. In your opinion, what should be the ideal proportion of photos and text in a magazine?

The Digest used a minimum of photos unless it was a photo feature. In its best days, it had mostly text, but as newer design changes came about, more photos and illustrations were included. I think readers really wanted good, compelling textual content in the Digest. Again, that may depend on the publication. Life magazine thrived on its photography, and so did National Geographic, which has excellent text too.



Dharamshala-2

6. With the rise of digital media, there has been a decline in magazine readership in India. How do you see the future of print journalism?

Of course, there has been a decline. In the Digest's case, digital publications did not hurt it too much, but I think social media did. So after Facebook and WhatsApp arrived, I noticed the interest shifting. Facebook is like several magazines combined. About the future, it's hard to say, but I teach journalism to PG students, and most of them do not read newspapers or any print publication. We have to ask them to read newspapers, so they understand basic concepts better. They get their news from the internet and even from things like In Shorts. Judging from that, the future for print may be bleak. That's only a shift to digital. There will always be a demand for good writers and editors.

7. What are your thoughts on new technology, particularly Generative AI, and the challenges it poses for creators—writers, designers, video creators, and others?

I'm no expert on this, although I have used AI for images. And for text, especially when I have to speak on a subject or teach, it helps. From the kind of quality images that AI, which is constantly improving, generates it's possible that it's going to be disruptive—many commercial artists and illustrators will lose their jobs. Even so, those who are very imaginative and articulate should survive. You may not get a better cartoon idea than your own from AI if you are a good cartoonist.



Bratislava

8. What is your favourite travel destination in India and abroad? Why? You may elaborate your answer by adding local culture, climate, natural wonders of the location etc.

We travel mainly because we like experiencing other cultures, and their food, and exploring history. Sheila, my wife, is a real traveller, and because of her, I've learnt to like hill stations, especially those in northern India. Abroad, I have enjoyed Vienna, Japan and Italy the most. We do all our research and planning, and we do very slow travel. One country or a couple of cities at a time, till we know our way around. Art galleries, old churches and cemeteries, where I read inscriptions, are particularly interesting.



Dharamshala-1



Ladies All Texting in A Park, Japan

9. Your thoughts on the current state of tourism in India?

We can do much better. Many small nations get far more tourists than India, although India is much more fascinating. We have to take that loss seriously and fix things: make our country safer, and cleaner, and stop charging tourists so much more to enter places like the Taj Mahal or a museum. I was in Vienna a few years ago and visited an art gallery. I saw a notice at the ticket counter offering a 50 per cent discount for seniors. So, I asked the ticket clerk if I'd also be eligible. "Why not?" he asked me. "Because I'm from abroad," I replied. "In that case," the clerk replied, "you are more than welcome to our discount."



Darjeeling Porter

10. A lot of travel bloggers and influencers are active on digital platforms. Do you see potential in their content, or do you think they just take advantage of trends and search engines?

It depends on what people are looking for. Gen Z travellers who want that Instagrammable pose and backdrop might emulate influencers. Vlogs have their place in the travel planning lexicon—you get to see actual places on reels where previously we did our research via maps and guides. I would advise tourists not to blindly follow everything they see because on social media there are groups by country and region, special interest clubs and experienced travel websites which will answer any doubt you may have. I enjoy reels from people who have settled into a new country because they offer plenty of tried and tested tips, which would help a newcomer.



Phuket Beach

11. The tourism industry is divided into various segments—adventure tourism, medical tourism, beach tourism, eco-tourism, cultural tourism, religious tourism, etc. Do you think these categories are relevant to tourists, or are they just a commercial strategy by industry players?

It makes sense to divide into these categories. Medical tourism for instance has specific needs and questions, and directing tourists to the right quarters would save them a lot of running around. Many state tourism pages clearly show what is on offer, like packaged religious routes, adventure sports destinations and safaris with an emphasis on those that have safety standards in place, or history tours. It's mostly private players who are taking advantage by filling the gaps and offering customized, specialist itineraries for bird watchers, gourmet groups, arts and crafts enthusiasts and so on.

12. Do you think the Indian government and hospitality players are doing enough for eco-tourism?

When you travel to other countries, even other Asian countries like Thailand, Bhutan, Singapore or Japan, you see how far we lag behind. Eco-tourism is offered as a kind of luxury, while it should be the main concern. Over-tourism, noise pollution, complete indifference to the environment and the sort of vandalism and damage engendered by entitled domestic tourists are wrecking our heritage, natural as well as cultural.



Dante's House, Florence



Cairo

India was recently voted second on the list of the world's dirtiest countries. It is a shame when we actually have the most magnificent monuments and natural wonders second to none, but we don't help to preserve these.

13. Between journalism/writing and painting/sketching, which is your first love? Do you consider painting a hobby or a passion? Which art helps express you better? How?

I've been painting since my childhood—albeit with long breaks—when my father helped me learn the basics. I started my journalism career as a cartoonist in my college days—there was Shankar's Weekly, which published my first cartoons, but it shut shop when the Emergency was declared in 1975. I joined The Times of India group as a journalist and also drew cartoons for several publications, but did not make cartooning my main career. Oil painting is a great hobby, but having focused on my job as a journalist first, I think I missed out on exhibitions after 1999. I was regularly exhibiting and selling my canvases before that. Maybe I had to subconsciously choose between the two or miss out on becoming the editor of Reader's Digest—something I had aimed for. At least I made my father, an avid Digest reader, proud.



Rome

14. Over the years, you have met and interviewed many people. Who has inspired you the most, and how did they influence your journey?

I can't tell who influenced me the most. But the Digest interviewed only top, inspiring people. While interviewing such people, we are with somebody great. When we are alone in the presence of Anna Hazare, actor Mohan Lal, or Tim Berners-Lee who invented the World Wide Web—to name just three people I interviewed for the Digest—I realized how small I was, I felt humbled, which is also inspiration described differently. But a basic tenet learnt back in journalism school was to "treat everybody as your equal". I had to act and behave that way, which brought out good interviews. 10



MEETINGS

INCENTIVES

CONFERENCES

EVENTS

In the Lap of Mother Nature

Surrounded by nature's richness, Tent City Narmada offers more than just a luxurious stay - it's an escape into serenity. Located closest to the iconic Statue of Unity, this retreat presents breathtaking views of the statue and the Narmada River. Here, every moment is enriched with unparalleled hospitality, elegant accommodations, gourmet dining, and vibrant cultural experiences. Whether it's an annual general meeting, an incentive retreat, or a corporate gathering, let nature be the perfect backdrop for your success.



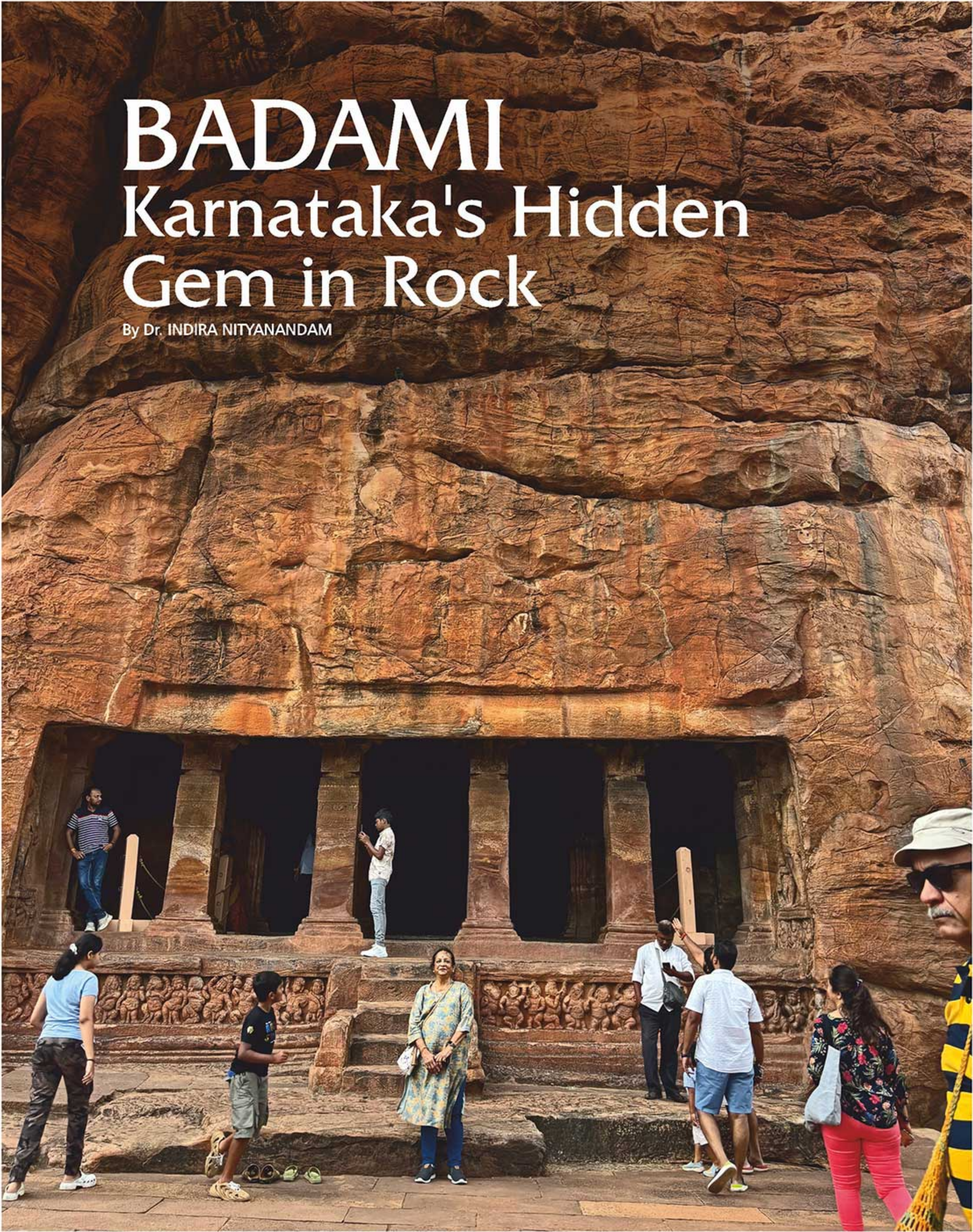
Plan your next MICE event at

— **PRAVEG** —
— **TENT CITY** —
— **NARMADA** —

📍 Dyke-3, Sardar Sarovar Dam Site,
Ekta Nagar-393151,
Dist. Narmada, Gujarat, India.

Book Your Dates: **72 40 40 40 40**

info@tentcitynarmada.com • dizcoverpraveg.com



OVER THE LAST
DECADE OR SO,
OUR HERITAGE
SITES
HAVE HAD
EXCELLENT
BILINGUAL
GUIDES

I know only 2-3 sentences about the Chalukyas from my class 7 or 8 history textbook. Now, as I began exploring places near Bengaluru, I came across Badami—at least a 7-8 hour drive—but that did not deter us. I had already visited Hampi and Mysore, the usual tourist destinations. So, we (a friend, her husband, and a driver for part of the trip) set out early one September morning.

The hiccups along the way, such as roadblocks from rallies, would require an entire essay to explain; let's skip that and get straight to Badami. (And yes, it is advisable to carry snacks because after the early breakfast joints, nothing tempting is available on the way).

The Importance of
a Good Guide

At Badami, it is essential to hire a good guide: over the last decade or so, our heritage sites have had excellent bilingual guides; I say excellent because most of them have done their homework and can answer our questions satisfactorily. As a seasoned traveller (both in India and abroad), I believe some background reading enhances our appreciation of the place. Well, each to his own!

Exploring Badami's
Rich History

Badami, also known as Vatapi (remember Agastya's 'Jeerno Bhava'?), was the capital of the Chalukya dynasty in the 6th century. Be prepared to walk—sometimes on flat ground, slopes, or steep steps—but each step is worth it. We are struck by the grandeur all around, and I wonder: how are these places chosen? Who are the advisors, architects, engineers, and workers? In all our temples, the anonymity of artists remains a great mystery. Occasionally, we find mentions of patrons (sponsors, as we call them today), but that too is more of an exception than a norm!



Caves by
the Malaprabha River

On the banks of the Malaprabha River (about 5 km away), stand the caves nestled between two mountain cliffs. Later, we walked down to Agastya Teerth—a picturesque man-made lake. Carved out of soft sandstone, only one cave has a definite date mentioned—Saka 500—which corresponds to 578-579 CE. With both Nagara and Dravidian styles intermingling, we can see representations of both Jain and Hindu deities. The structure is almost similar across caves, featuring a verandah entrance that we reach after climbing a flight of steps. Of course, nothing is left undecorated; each cave boasts at least one prominent sculpture ideal for selfie-crazy Gen Z visitors.

The Marvels of Cave 1

Among the many Hindu deities depicted, Cave 1 features an imposing Nataraja (Shiva in a dancing pose) with 18 arms. Our guide explained various points of significance regarding these arms from both scientific perspectives and classical Indian dance mudras. The variety of sculptures also reflects the religious faith of the period as we observe Shiva and Ganesha alongside Mahishasura Mardhini slaying the buffalo demon.

Artistry Beyond Time

Each sculpture demonstrates an incredible sense of symmetry achieved in an era devoid of modern engineering tools. As I paused before each one, I felt dwarfed by both—the enormity of the sculptures and the



Bhakti (devotion) that must have inspired these simple people to create such awe-inspiring pieces. I have seen images of Ardhanarishwara as relief sculptures; however, more astonishing was the nearly 3-metre-tall sculpture of Harihara—a fused image of half-Shiva and half-Vishnu with their consorts Parvati and Lakshmi.

Our guide interpreted these as reflecting the Chalukyas' philosophy regarding equal stature for both men and women by their kings. (My knowledge of history is not deep enough for me to either accept or dispute this). Each sculpture also features decorative borders carved intricately. Don't forget to look up at the ceiling where couples in courtship and erotic poses are depicted. I recall reading that all our temples portray

human life where sex and procreation are intrinsic aspects; Khajuraho and Konark came to mind.

Continuing Our Exploration

After exploring Cave 1, we were overwhelmed by its intricate details, beauty, and sheer scale. However, common sense dictated that we move on to Cave 2 dedicated

**EACH SCULPTURE
DEMONSTRATES AN
INCREDIBLE SENSE OF
SYMMETRY ACHIEVED IN
AN ERA DEVOID OF MODERN
ENGINEERING TOOLS**

to Lord Vishnu. We had to walk and climb quite a few steps to reach it. Here we saw Vishnu in various avatars, with his largest form being Trivikrama.

Some traces of colour remained on the walls and ceiling; our guide informed us that these indicated frescoes existed at some stage in the past. Some art historians have noted similarities with sculptures found in the Ellora Caves. I was reluctant to leave as there seemed so much more to see, admire, and understand.

The Grandeur of Cave 3

Cave 3 is dedicated to Vishnu as well; it features frescoes still visible on the ceiling along with a lotus medallion on the floor and a ceiling mural depicting Brahma with reliefs of many Vedic gods overhead. It is the largest cave temple with epigraphs indicating its inauguration on November 1st, 578 CE. This well-preserved cave showcases Vishnu in many avatars; more interestingly, the clothing and cosmetics depicted in each sculpture provide insights into cultural practices during that time.

Jain Heritage in Cave 4

Cave 4 can be classified as a Jain cave since it is dedicated to Tirthankaras. Believed to have been constructed later than others, there are various theories regarding its exact timeline; perhaps additions were made later is another theory. The Tirthankaras are portrayed in various poses which help us identify them immediately—Bahubali, Parshvanath, Mahavira, Gautama, etc.—and there is also a 12th-century Kannada inscription.

**A View from
Bhutanatha Temple**

In addition to these numbered caves, there are many more; however, we took our guide's advice and walked to Bhutanatha Temple beside Agastya Lake. The view of the four caves we had already visited looked amazing from this angle. I could only marvel at our kings who left behind such rich heritage for posterity. Badami can be fully understood and appreciated only after visiting Aihole and Pattadakal—but that is for another day!

Exploring Badami's caves was an overwhelming experience filled with intricate details and sculptures that showcased the artistic prowess of ancient artisans. Each cave revealed a new layer of history and culture, leaving me with a deep appreciation for the craftsmanship of the Chalukya dynasty. For anyone passionate about history and architecture, Badami is undoubtedly a destination worth visiting. ■

PHOTOGRAPHY
is the Art of
Freezing Moments
in Time



If you have this TALENT,
we'd love to see your work!

We invite you to showcase
your travel photography in our magazine

PRAVEG'S
tourism one

Send your profile to tourismone@praveg.com

We'll be in touch soon!

SHRIKHAND

The Taste of Summer

By JAYESH PUROHIT, Staff Writer

Cool, creamy, and irresistibly rich, Shrikhand is a summer delight loved in Gujarat and Maharashtra. This sweetened yogurt dish, infused with saffron and cardamom, is a staple at weddings and festivals.

Ingredients

Curd: Use full-fat yogurt for the best texture. Greek yogurt works as a shortcut.

Sugar: Powdered sugar balances the tanginess of the curd.

Saffron: Soaked in warm milk, it imparts a golden hue and delicate aroma.

Cardamom Powder: The soul of Indian sweets, adding warmth and depth.

Nuts (Optional): Chopped almonds and pistachios for crunch.



A Dish with a Legacy

The origins of Shrikhand remain a mystery, but its appeal is undeniable. Some say it was created to combine the cooling properties of yogurt with the indulgence of dessert—an excuse to enjoy one more sweet treat!

Simple Yet Divine

Shrikhand is made by straining fresh curd to remove excess moisture, resulting in a thick, creamy texture. Powdered sugar, saffron, and cardamom are then whisked in to create a silky-smooth delicacy that melts in the mouth.

Method

1. Strain yogurt overnight to make thick chakka (hung curd).
2. Whisk it until smooth and lump-free.
3. Add powdered sugar, saffron-infused milk, and cardamom powder. Mix well.
4. Chill for a few hours before serving. Garnish with nuts if desired.

A Spoonful of Bliss

Enjoy Shrikhand as a standalone dessert or pair it with hot puris for an authentic Gujarati-Maharashtrian feast.

Would you like any further refinements? 📩

Recipe Courtesy: www.indianhealthyrecipes.com

KANJI VADA

Marwadi Delicacy

By JAYESH PUROHIT, Staff Writer

Kanji Vada is a delightful Indian delicacy that brings a burst of flavours to any gathering. This traditional dish consists of a spicy, tangy fermented drink infused with asafoetida, red chilli, black salt, and other aromatic spices, served with crispy moong dal vadas. The perfect balance of tanginess, spice, and a hint of sweetness makes it a refreshing treat, easily prepared at home and enjoyed with family and friends.

Ingredients

- 2 Litre water
- 2 pinches of asafoetida
- 1 tsp turmeric powder
- 1/4 tsp red chilli powder
- 1 tbsp yellow mustard
- 1 tsp salt
- 1 tsp black salt
- 1 tbsp mustard oil

Ingredients for Vada

- 100 gms moong dal
- Salt to taste salt
- Oil (for frying)



Nutritional Value

- 701 Kcal Calories
- 26g Protein
- 38g Fats
- 60g Carbs
- 0g Cholesterol
- 115g Fibre
- 3898Mg Sodium
- 1396Mg Potassium
- 10Mg Iron

Method

1. Take water in a vessel and heat it until it simmers. Let it cool down, then pour it into glasses or a plastic container.
2. Add asafoetida, turmeric powder, red chilli powder, yellow mustard, salt, and black salt. Mix well.
3. Close the container tightly with a lid and set it aside for 3 days. Stir the kanji every day using a clean, dry spoon.
4. The kanji develops its tangy and spicy flavour by the fourth day. Your refreshing drink is ready to serve!
5. To make the vadas, rinse moong dal thoroughly and soak it in water for 2 hours. Drain the excess water.
6. Grind the soaked dal coarsely in a mixer. Transfer it to a mixing bowl, add salt, and whisk well.
7. Heat enough oil in a wok or pan for deep frying.
8. Take small portions of the mixture and drop them into the hot oil. Fry 8 to 10 vadas at a time or as many as the pan can hold.
9. Deep fry the vadas until they turn fluffy and golden brown from all sides.
10. Remove the fried vadas and place them on paper towels to absorb excess oil.
11. Soak the vadas in lukewarm water for 15 minutes, then gently squeeze out the extra water.
12. Place 4 to 5 vadas in each serving of kanji. Serve and enjoy this delicious, refreshing drink! 🍴

Recipe Courtesy: NDTV FOOD

THE LUSH CANVAS OF INDIA'S DIVERSITY

THE LUSH CANVAS OF INDIA'S DIVERSITY

Step into the heart of a vibrant land,
Where time and tradition walk hand in hand.

India calls, with wonders untold,
A journey of magic, both ancient and bold.

In the Himalayas, where the heavens kiss the earth,
Snowy peaks sing of nature's rebirth.

In Ladakh's dark skies, stars brightly gleam,
A cosmic ballet, a celestial dream.

Through Meghalaya's forests, where roots entwine,
Living bridges whisper of nature's design.

Walk their verdant paths, feel the forest's embrace,
A symphony of life in this enchanted space.

Behold the Taj Mahal, love's eternal flame,
Its marble whispers a timeless name.

In Madurai's Meenakshi Temple so grand,
Colours and stories by divine hands planned.

Khajuraho's carvings, a celebration of life,
Where divine and human dance without strife.

Konark's Sun Temple rises with pride,
A chariot of gods by the ocean side.

Feel the joy as cherry blossoms bloom,
In Shillong's pink-hued festive room.

Or join the millions at Kumbh Mela's shore,
United in devotion forevermore.

The Valley of Flowers bursts into view,
A canvas painted in every hue.

In Jaisalmer's Thar, where dunes unfold,
Sunsets blaze in a palette of gold.

Amarnath Cave stands sacred and still,
An icy shrine shaped by faith and will.

India beckons with arms open wide,
A land where contrasts and wonders collide.

Let its magic transform your soul anew—
An unforgettable journey awaits you! ■

Discover the rich tapestry of India's diversity, where majestic landscapes and vibrant cultures unite in harmony. Immerse yourself in the enchanting beauty and profound heritage that offers a unique journey for every soul.

By Umang Sharma,
Staff Writer

WHERE
BIG DECISIONS
MEET

GRAND LUXURY

**This summer, take your business
beyond the boardroom
at Grand Eulogia, Ahmedabad.**

Nestled in the city's most posh locale, Grand Eulogia offers an impeccable setting for Annual General Meetings, high-powered conferences, executive retreats, and incentive programs. With 3 grand banquets, 2 state-of-the-art conference halls, 3 exquisite restaurants, a stunning infinity pool, a rejuvenating spa, and vast parking space, we provide the perfect blend of business and leisure. Elevate your corporate gatherings with a touch of five-star elegance.

THIS SUMMER, DON'T JUST MEET—MAKE AN IMPACT

Boardroom Brilliance. Banquet Grandeur. Only at Grand Eulogia.

Book your corporate event now: **+91 72111 98891**

Opp. Monte Cristo Party Plot, Sindhu Bhavan Road,
Ahmedabad, Gujarat - 380058 • info@eulogiahotels.com

**PRAVEG'S
GRAND
EULOGIA**



HOW HOSPITALITY CAN CREATE HAPPY EXPERIENCES FOR GUESTS

By UMANG SHARMA, Staff Writer

Creating happy experiences for guests is essential in the hospitality industry, especially as we celebrate International Day of Happiness on March 20, 2025. In India, a country renowned for its rich culture and diverse landscapes, the hospitality sector can play a pivotal role in ensuring that visitors leave with joyful memories. Here are several ways hospitality can enhance guest experiences across various Indian destinations.

Personalized Welcomes

A warm and personalized welcome is crucial in making guests feel valued. Simple gestures like greeting guests by name, offering their favourite snacks or beverages, and providing a handwritten note can significantly elevate their experience. For instance, in luxury hotels in cities like Jaipur or Udaipur, staff can greet guests with a refreshing cup of masala chai upon arrival, setting a positive tone for their stay.



Cultural Immersion

Integrating local culture into the guest experience not only enriches their stay but also fosters a deeper connection to the destination. Hotels can organize cultural workshops, cooking classes featuring regional cuisine, or guided tours that showcase local heritage sites. For example, in Varanasi, guests could participate in traditional Ganga Aarti ceremonies or learn about the art of silk weaving.

Thoughtful Amenities and Services

Small details often leave lasting impressions. Hotels should consider providing amenities that cater to the specific needs of their guests. This could include wellness options like yoga classes in Rishikesh or Ayurvedic spa treatments in Kerala. Such offerings not only promote relaxation but also align with the growing trend of wellness tourism.



Creating Social Spaces

Encouraging social interaction among guests can enhance their overall experience. Hotels can create communal areas such as lounges or gardens where guests can mingle and share stories. Organizing events like cooking competitions or cultural nights can foster a sense of community and belonging, making their stay memorable.

Exceptional Communication

Effective communication is key to ensuring guest satisfaction. Staff should be approachable and ready to assist with any inquiries throughout the guest's stay. Utilizing multiple communication channels—such as text messaging or social media—can help maintain rapport and ensure that guests feel supported from booking through to post-stay follow-up.



Feedback and Continuous Improvement

Finally, soliciting feedback from guests after their stay is vital for continuous improvement. Encouraging reviews not only helps hotels understand areas for enhancement but also builds trust with future guests. Implementing suggestions from past visitors demonstrates a commitment to excellence and guest satisfaction.



Focus on Sustainability

With an increasing number of travellers prioritizing sustainability, hotels should adopt eco-friendly practices. This could include sourcing local ingredients for meals, minimizing plastic use, and promoting responsible tourism activities. For example, resorts in Goa could offer eco-tours that educate guests about local wildlife while encouraging conservation efforts.



Practical Tips and Actionable Advice

To enhance your travel experience within India, consider these practical tips:

Travel Slow: India is vast; it's advisable to spend more time in fewer places. For example, dedicate two weeks to Rajasthan before moving on to Kerala rather than trying to see everything at once.

Be Open-Minded: Embrace the unpredictability of travel in India. Things may not go as planned, but this often leads to wonderful adventures.

Stay Safe: Exercise caution when dealing with strangers and be aware of common scams targeting tourists. Always verify information from reliable sources before making decisions.

Try Local Cuisine: Don't shy away from street food but be mindful of hygiene—opt for busy stalls where food turnover is high. Always drink bottled water and avoid raw foods unless you can peel them.

Get a Local SIM Card: Connectivity is crucial; getting a local SIM card upon arrival will help you navigate and communicate easily during your travels.

Summing Up: By focusing on personalized services, cultural immersion, thoughtful amenities, sustainability, practical tips tailored for Indian travellers, and addressing common questions, Indian hospitality providers have the power to create joyful experiences that resonate with guests long after they leave. As we celebrate International Day of Happiness this year, let's honour the incredible role hospitality plays in fostering happiness and connection among travellers from around the world. 🌍



— IF YOU —
SURRENDER TO THE SUN,
you betray your wanderlust



The sun blazes, the heat sizzles, and the world waits. Will you let the summer hold you back? True wanderers don't bow to the weather—they chase the horizon, defy the heat, and claim the adventure that calls.

At Praveg Beach Resort Daman, the beach is your playground, and the sea breeze keeps the heat in check. With the ocean at your doorstep, the sun isn't an excuse—it's a challenge.

Dare to venture. Dare to explore. Daman is waiting.

SUMMER
— AT —
DAMAN

Book your summer escape now ☎ +91 9090 82 9090

Our Summer-Proof Amenities: • Royal Cottages • Rooftop Cafe-cum-Bar • Kids Play Area • Rich Green Lawn • Pure Veg Cuisine

— PRAVEG —
BEACH RESORT
— DAMAN —

LIGHTHOUSE • JAMPORE



Best Travel Accessories for Women

By JAYESH PUROHIT, Staff Writer

Whether you are travelling with friends, family or alone, a few essential accessories can make your travel more comfortable and pleasant.

Embarking on a journey, whether solo or with loved ones, requires meticulous planning and the right accessories to ensure a seamless experience. For the educated, upper-middle-class Indian woman who values independence and style, selecting travel essentials that blend functionality with elegance is paramount. Whether you're traversing the country by bus, train, car, or flight, the following curated list of travel accessories will enhance your travel experience, making it both comfortable and stylish.





<https://www.amazon.in/dp/B0C7QS1P5K/?th=1>

Ladosa Travel Organizer

Kee your essentials neatly arranged with the Ladosa Travel Organizer. This compact yet spacious organizer allows you to pack away your toiletries, cosmetics, and small accessories efficiently. Its sleek design ensures it fits snugly into your luggage, helping you stay organized throughout your journey.

Priced at ₹449, it offers excellent value for money without compromising on style.

Storite Rucksack

For those who seek adventure, the Storite Rucksack is an ideal companion. Designed with ample storage and multiple compartments, it helps you pack in all your essentials without any hassle. The ergonomic design ensures comfort during long hauls, and its rugged build stands up to various travel conditions.

Priced at ₹999, this rucksack is a steal for its quality and durability.

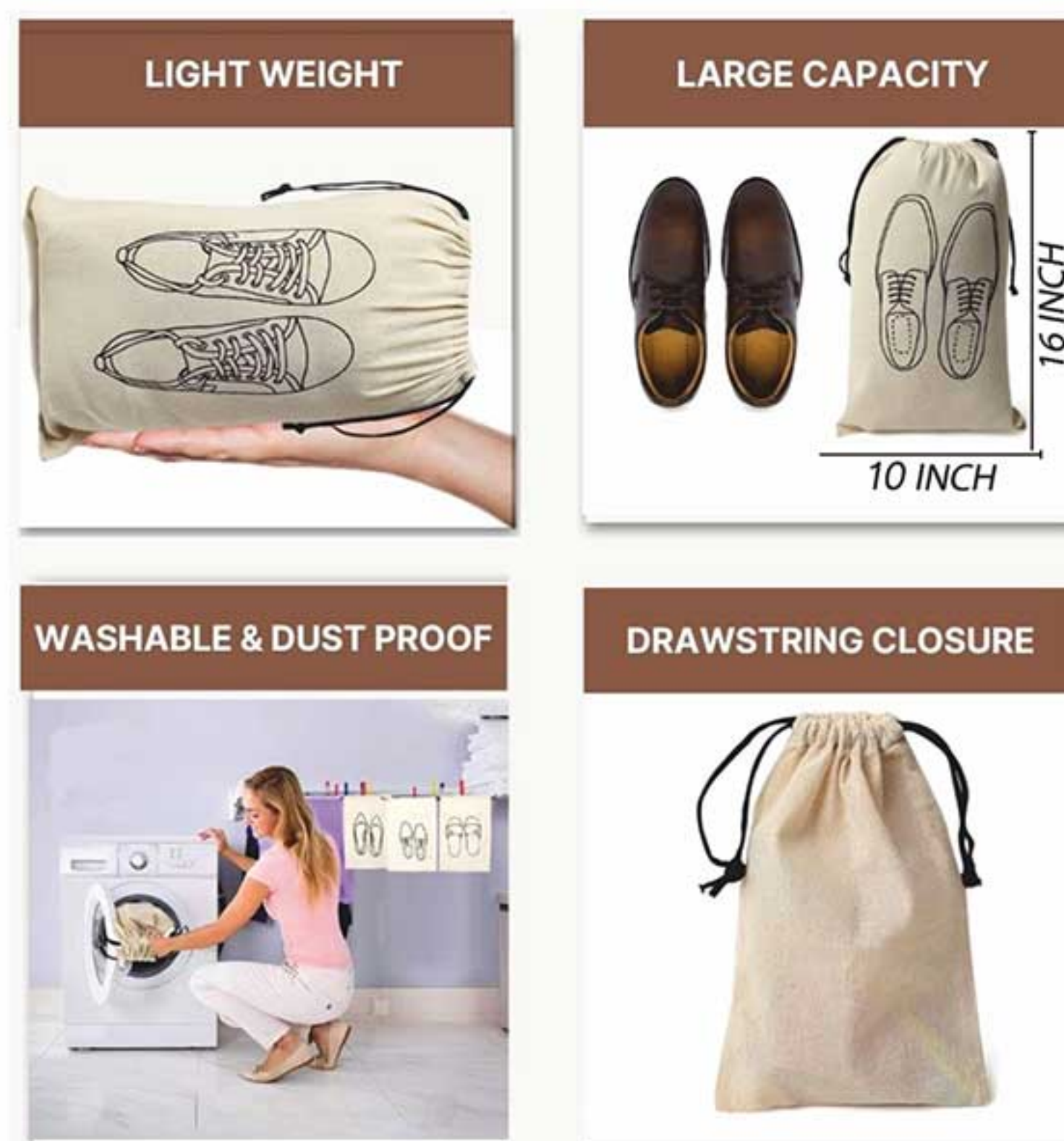


<https://www.amazon.in/dp/B0BV9ZH9ZF/?th=1>

IVILLAGE Fabric Shoe Covers/Bags

Protect your footwear from dirt and damage with the IVILLAGE Fabric Shoe Covers. These durable bags come in a set, allowing you to separate your shoes from your clothes, keeping everything clean and organized. Their lightweight fabric ensures they don't take up much space, making them a must-have for any traveller.

At ₹319, they are an affordable addition to your travel kit.



<https://www.amazon.in/dp/B0B3RW6ZQ2/?th=1>



<https://www.amazon.in/dp/B0CGD3LHVP/?th=1>

ABTRIX Travel Makeup Bag

Ensure your beauty essentials are always at hand with the ABTRIX Travel Makeup Bag. Its compact design allows you to tuck away your cosmetics neatly, while the sturdy material protects them from spills and damage. The chic design adds a touch of elegance to your travel accessories.

At ₹285, it's both stylish and budget-friendly.



GoTrippin Waist Bags

Kee your valuables close and secure with the GoTrippin Waist Bag. This stylish accessory allows you to carry your essentials like phone, wallet, and keys without the need for a bulky bag. The adjustable strap ensures a comfortable fit, making it perfect for sightseeing or casual outings.

At ₹989, it combines convenience with fashion.

<https://www.amazon.in/dp/B088LHS5LP/>

ProQ Neck Pillow

Ensure comfort during your journeys with the ProQ Neck Pillow. Designed to provide optimal support, it helps you catch up on rest during long trips, preventing neck strain. Its soft fabric and ergonomic design make it a travel essential.

Priced at ₹747, it's a worthwhile investment for frequent travellers.



Travel Light: Packs as Small as Your Phone



<https://www.amazon.in/dp/B07RRB2SZ2/?th=1>

QONETIC Travel Soap Case

Maintain hygiene on the go with the QONETIC Travel Soap Case. This sturdy case ensures your soap stays dry and uncontaminated, preventing any mess in your luggage. Its compact size makes it easy to slip into any bag.

Priced at ₹265, it's a small investment for maintaining cleanliness during your travels.



<https://www.amazon.in/dp/B0DCSFTCN9/?th=1>

Coffeemate - 300 ml



<https://www.amazon.in/dp/B07DXHCJYQ/?th=1>

Borosil Vacuum Insulated Travel Mug

Kee your beverages at the desired temperature with the Borosil Vacuum Insulated Travel Mug. Whether you prefer hot chai or cold coffee, this mug ensures your drink stays at the right temperature for hours. Its sleek design fits into car cup holders, making it perfect for road trips.

At ₹590, it offers both style and functionality.



<https://www.amazon.in/dp/B0D6KS89W4/?th=1>

1 Jewels Jewellery Organiser

Carry your jewellery safely with the 1 Jewels Jewellery Organiser. This compact case allows you to tuck away your earrings, necklaces, and rings neatly, preventing tangles and damage. Its elegant design adds a touch of luxury to your travel accessories.

Priced at ₹349, it's an affordable way to keep your valuables secure.

Mildcares Stand & Pee Reusable Female Urination Device

A must-have for women on the go, this medical-grade silicone device allows urination while standing, ensuring hygiene in public restrooms or outdoor settings. Its leak-proof ergonomic design folds compactly, making it discreet and travel-friendly. Ideal for travellers, campers, and pregnant women, it offers comfort and convenience.

At just ₹188, it's an affordable, reusable, and eco-friendly solution to staying clean and stress-free on your journeys. Stay prepared, stay confident!

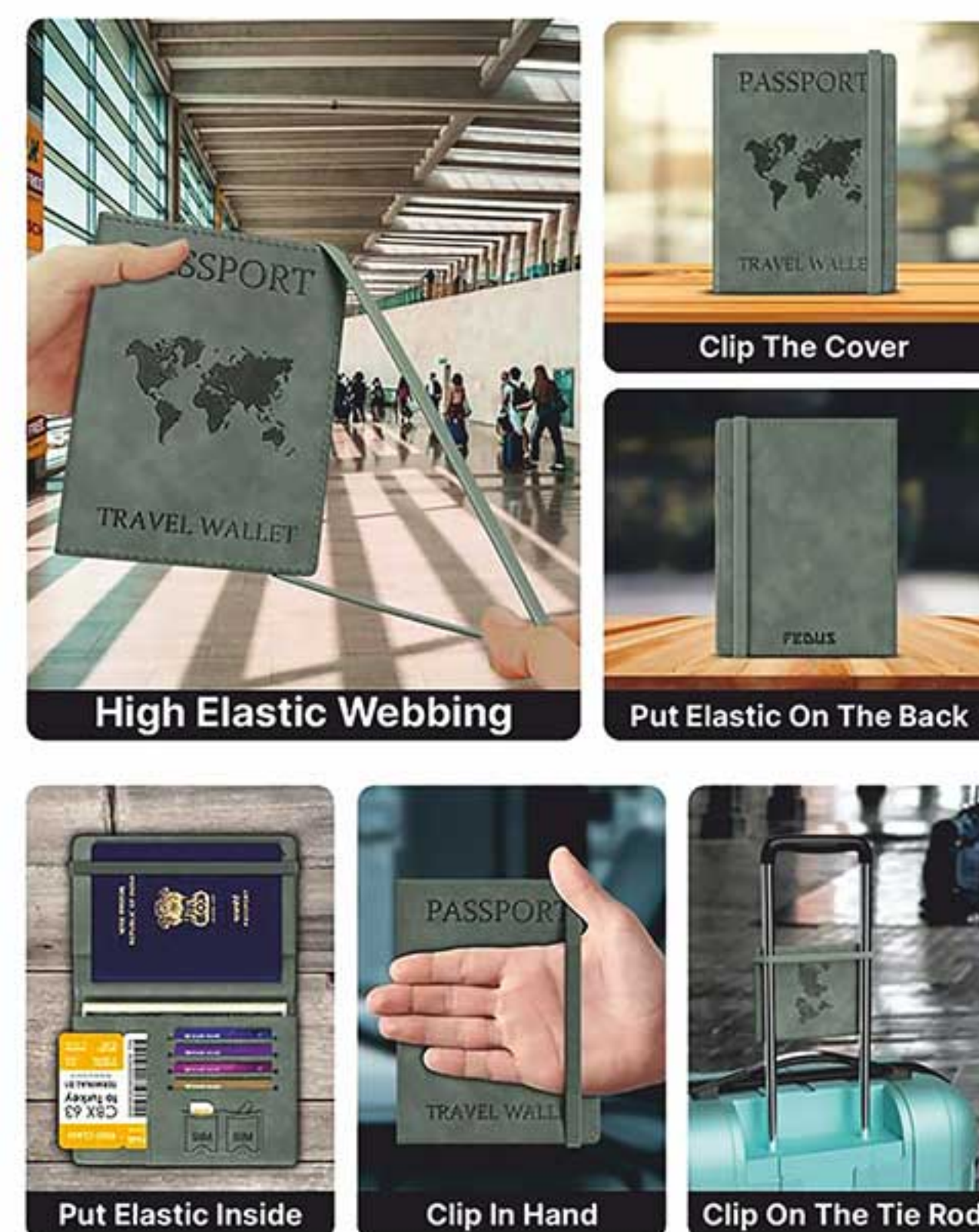


<https://www.amazon.in/dp/B096G1T663/?th=1>

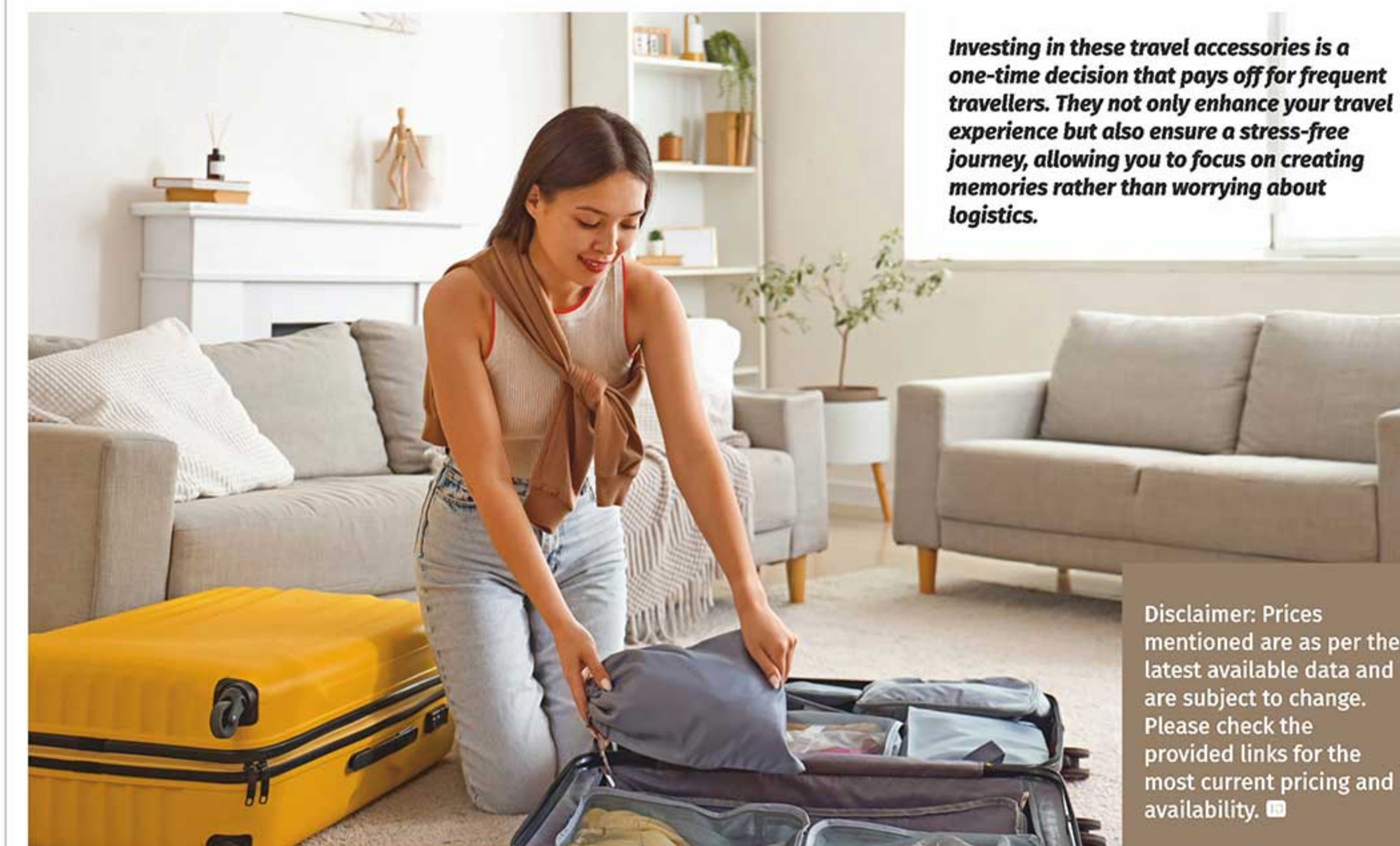
FEDUS Faux Leather Premium Passport Holder

Keep your travel documents in order with the FEDUS Faux Leather Premium Passport Holder. This stylish holder allows you to pack away your passport, boarding passes, and cards securely. The faux leather finish adds a touch of sophistication, making it both a functional and fashionable accessory.

At ₹426, it's a valuable addition to your travel essentials.



<https://www.amazon.in/dp/B0CKTLHL2D/?th=1>



Investing in these travel accessories is a one-time decision that pays off for frequent travellers. They not only enhance your travel experience but also ensure a stress-free journey, allowing you to focus on creating memories rather than worrying about logistics.

Disclaimer: Prices mentioned are as per the latest available data and are subject to change. Please check the provided links for the most current pricing and availability.

PRAVEG

CAN YOU CREATE
DELICIOUS TRAVEL PICTURES
WITH YOUR WORDS?

If yes, we'd love to have you
on board!

We invite you to showcase
your travel writing skills
in our magazine

PRAVEG'S
tourism one

Send your profile to
tourismone@praveg.com

We'll be in touch soon!

Step into **Heritage
& Luxury** Combined



Discover timeless elegance at Praveg Adalaj, located near the iconic Adalaj Stepwell in Gujarat. This luxurious property offers a harmonious blend of heritage and modernity, featuring opulent accommodations and world-class amenities. Explore the rich cultural history of the region or unwind in serene surroundings designed to rejuvenate your senses. Whether you are planning a wedding or any other event, Praveg Adalaj provides an exquisite setting for creating cherished memories. Plan your unforgettable experience and secure your reservation today!



B/h. Maharaja Hotel,
Nr. Sabarmati CNG Pump,
Adalaj, Gandhinagar

Book your fairytale wedding: **84404 44084**

dizcoverpraveg.com

A Tropical Dream
AWAITS YOU

LAKSHADWEEP

Discover paradise at Praveg Atoll's Lakshadweep, where pristine beaches meet unparalleled luxury. Located on Thinnakara and Bangaram Islands, this eco-responsible retreat features over 300 luxury tents surrounded by coral reefs and turquoise lagoons. Indulge in thrilling activities like scuba diving or host destination weddings against a stunning tropical backdrop. With wellness centres and gourmet dining options, Praveg Atoll's Lakshadweep offers a serene escape that rivals the Maldives, making it a must-visit for nature lovers and luxury seekers alike. Reserve your slice of paradise now and dive into the extraordinary!

PRAVEG
Atoll's
— LAKSHADWEEP —

Book your dates: **84088 40884**
info@dizcoverpraveg.com