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TOP 10 UNHEARD

# SUMMER SPECIAL

DESTINATIONS FOR  
MEMORABLE VACATIONS

# LAKSHADWEEP





# Hey Summer, How Dare You Stop Me From Travelling!

**T**he mercury is rising, and the kingdom of the sun has officially begun its reign. But will the blazing summer skies dampen your travel spirit? Probably not. After all, you're an unshakable explorer—and no soaring temperature or helium-bright sun can keep you from discovering the treasures of this earth. If your travel plans are rooted within India, this is the perfect time to explore lesser-known, summer-special destinations that promise to make your vacation memorable.

While your itinerary may be non-negotiable, a few wise summer travel tips can make all the difference. In this issue, we've consulted expert dieticians, fashion stylists, and medical professionals to bring you practical advice on staying cool, healthy, and stylish while travelling across India in peak summer. From what to wear to what to sip—these tips are your passport to a safer, smoother journey.

In our Interview section, we bring you a rare conversation with internationally acclaimed wildlife photographer Dhritiman Mukherjee. A master of capturing nature in its rawest form, Dhritiman shares insights into his fascinating journey, his photographic philosophy, and what it takes to click that one unforgettable frame.

Travel isn't just about moving from one destination to another—it's also a form of healing. Sounds like a bold claim? Don't miss Healing Journeys: How Travel Can Be Therapy, a heartfelt article by our contributor Ranjana Nag.

Our staff writer Umang Sharma presents a crucial piece on travellers' rights—because whether you're in India or abroad, knowing your rights is the first step toward travelling with confidence.

And finally, cool down with our Scrumptious Recipe Corner, where we bring you four refreshing drinks—Mango Coconut Iced Coffee, Matcha Green Tea Mango Smoothie, Shikanji, and Nimbu Paani—to keep you hydrated, energised, and summer-ready.

Happy reading—and as always, we'd love to hear from you at [tourismone@praveg.com](mailto:tourismone@praveg.com).





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# LAKSHADWEEP

## Escape to **A CORAL-CLAD PARADISE**

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TOP 10 UNHEARD

# SUMMER SPECIAL

## DESTINATIONS FOR MEMORABLE VACATIONS

By UMANG SHARMA, Staff Writer

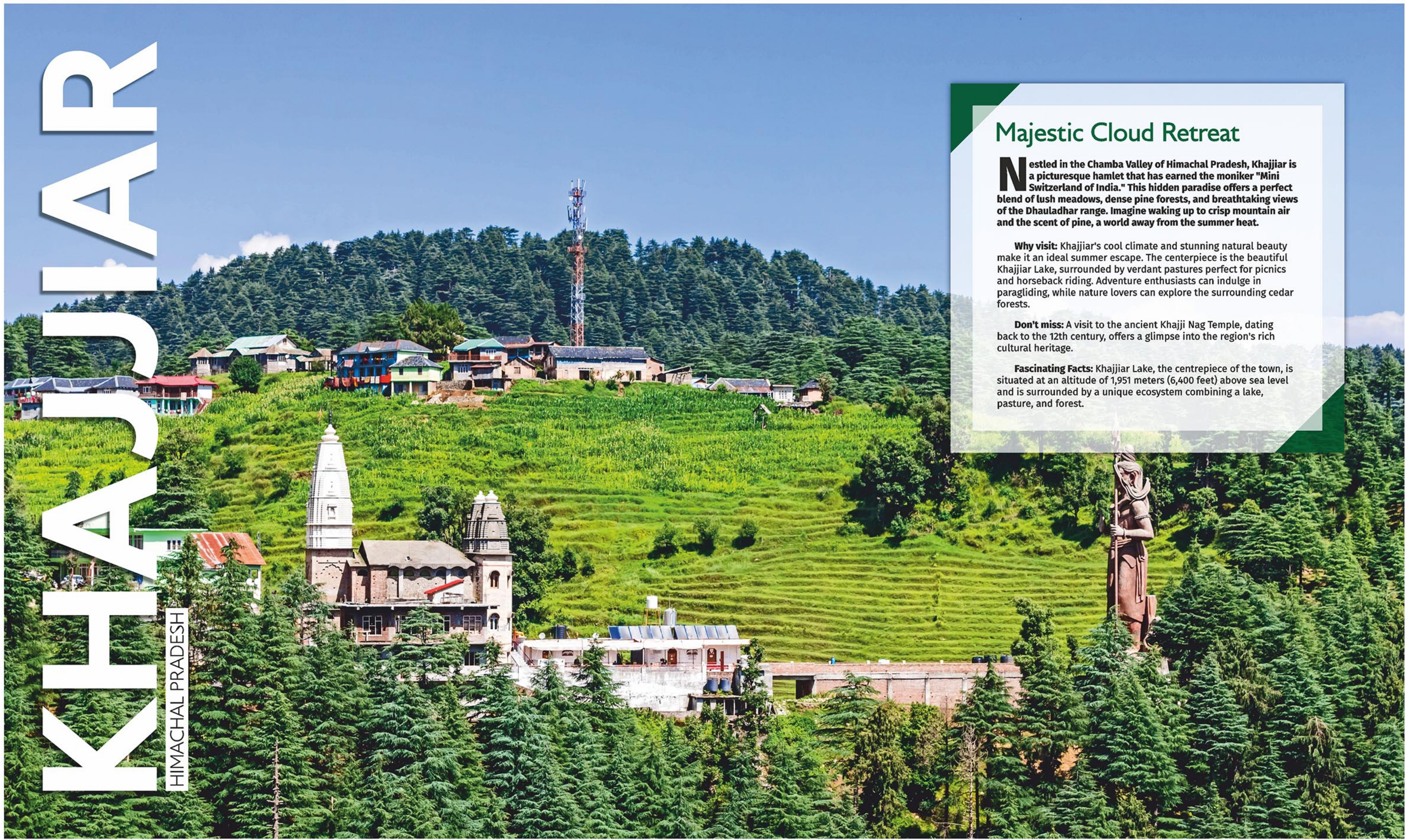
**A**s the scorching summer sun beats down on India's bustling cities, savvy travellers are seeking out hidden gems to escape the heat and crowds. Forget the usual suspects like Shimla and Manali - this year, it's time to venture off the beaten path and discover India's best-kept summer secrets. From misty mountain retreats to serene coastal havens, here are ten unheard-of destinations that promise unforgettable summer getaways in 2025.

Explore India's  
Best-kept Summer Secrets

# LAKSHADWEEP

Atolls  
LAKSHADWEEP





# KHAJJIAR

HIMACHAL PRADESH

## Majestic Cloud Retreat

**N**estled in the Chamba Valley of Himachal Pradesh, Khajjiar is a picturesque hamlet that has earned the moniker "Mini Switzerland of India." This hidden paradise offers a perfect blend of lush meadows, dense pine forests, and breathtaking views of the Dhauladhar range. Imagine waking up to crisp mountain air and the scent of pine, a world away from the summer heat.

**Why visit:** Khajjiar's cool climate and stunning natural beauty make it an ideal summer escape. The centerpiece is the beautiful Khajjiar Lake, surrounded by verdant pastures perfect for picnics and horseback riding. Adventure enthusiasts can indulge in paragliding, while nature lovers can explore the surrounding cedar forests.

**Don't miss:** A visit to the ancient Khajji Nag Temple, dating back to the 12th century, offers a glimpse into the region's rich cultural heritage.

**Fascinating Facts:** Khajjiar Lake, the centrepiece of the town, is situated at an altitude of 1,951 meters (6,400 feet) above sea level and is surrounded by a unique ecosystem combining a lake, pasture, and forest.





# MAJULI

ASSAM

## Heartbeat of Tradition & Tranquility

**F**loating serenely in the mighty Brahmaputra River, Majuli is the world's largest river island and a hidden gem of Northeast India. As you approach by ferry, the island unfolds, revealing a tapestry of vibrant green landscapes and traditional Assamese life.

**Why visit:** Majuli offers a unique blend of natural beauty and rich cultural heritage. The island is home to several Vaishnavite monasteries known as "Satras," where you can witness traditional Assamese dance and music performances. The lush landscapes, dotted with bamboo groves and paddy fields, provide a serene backdrop for a relaxing summer retreat.

**Don't miss:** Explore the island on a bicycle, visit the mask-making workshops, and take a boat ride to spot the rare Gangetic river dolphins.

**Fascinating Facts:** Majuli is recognized by Guinness World Records as the world's largest river island, covering an area of approximately 880 square kilometers. The island is home to 22 Satras (Vaishnavite monasteries), some dating back to the 15th century.



# GOKARNA

KARNATAKA

## Pristine Shores & Spiritual Essence

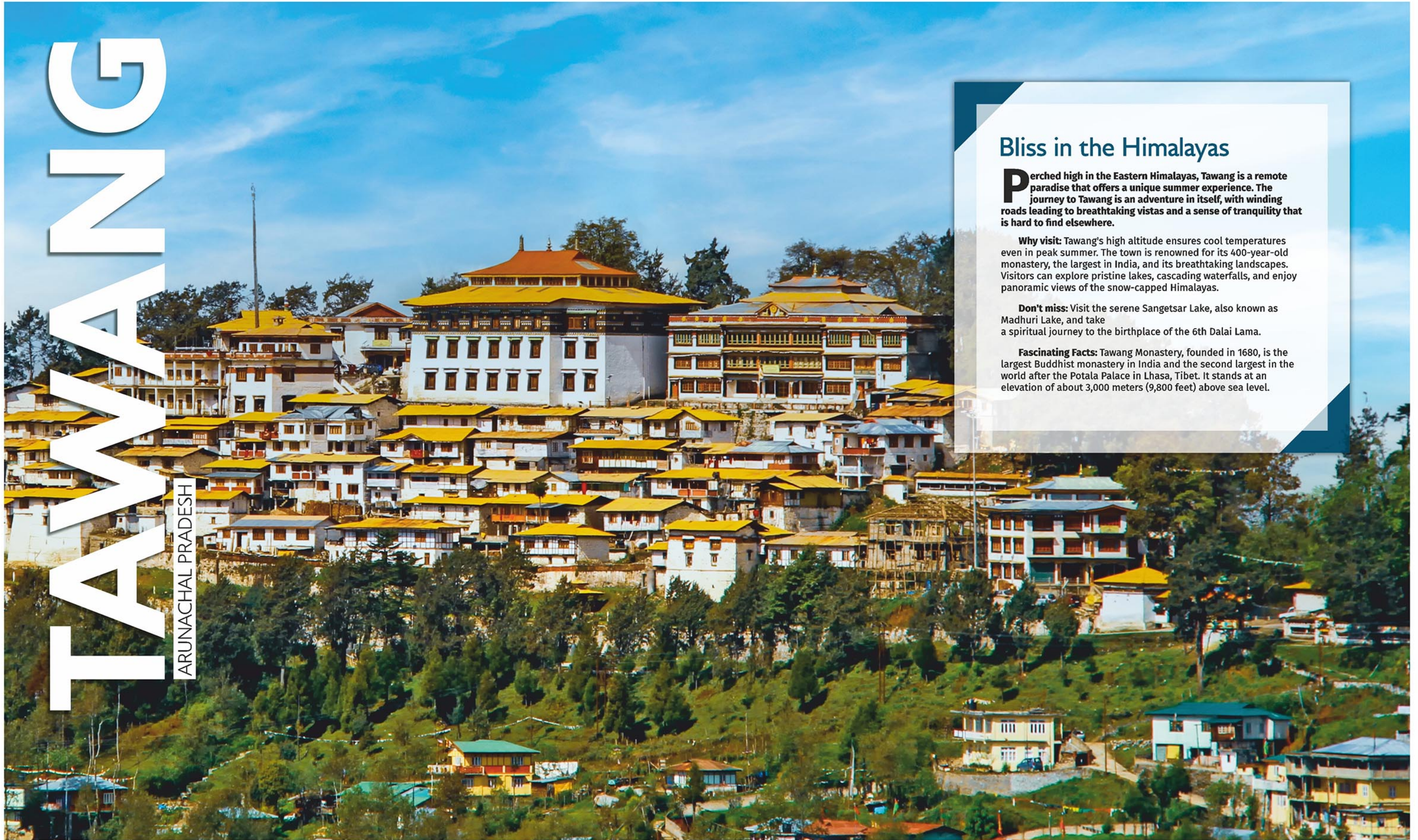
**F**or those seeking a coastal getaway without the crowds of Goa, Gokarna in Karnataka is the perfect alternative. This tranquil town offers a serene escape, where the rhythm of the waves sets the pace for a rejuvenating holiday.

**Why visit:** Gokarna boasts pristine beaches, a laid-back atmosphere, and a rich spiritual heritage. The town is home to ancient temples and offers a perfect balance of relaxation and adventure. Enjoy the unspoiled beauty of beaches like Kudle and Om, or trek to the more secluded Half Moon and Paradise beaches.

**Don't miss:** Watch the sunset from Om Beach, try your hand at surfing, and indulge in fresh seafood at beachside shacks.

**Fascinating Facts:** Gokarna is home to the ancient Mahabaleshwar Temple, believed to house the Atmalinga, one of the five Pancha Linga sites in India. The town's name "Gokarna" means "cow's ear" in Sanskrit, referring to the shape of the confluence of two rivers nearby.





# TAWANG

ARUNACHAL PRADESH

## Bliss in the Himalayas

**P**erched high in the Eastern Himalayas, Tawang is a remote paradise that offers a unique summer experience. The journey to Tawang is an adventure in itself, with winding roads leading to breathtaking vistas and a sense of tranquility that is hard to find elsewhere.

**Why visit:** Tawang's high altitude ensures cool temperatures even in peak summer. The town is renowned for its 400-year-old monastery, the largest in India, and its breathtaking landscapes. Visitors can explore pristine lakes, cascading waterfalls, and enjoy panoramic views of the snow-capped Himalayas.

**Don't miss:** Visit the serene Sangetsar Lake, also known as Madhuri Lake, and take a spiritual journey to the birthplace of the 6th Dalai Lama.

**Fascinating Facts:** Tawang Monastery, founded in 1680, is the largest Buddhist monastery in India and the second largest in the world after the Potala Palace in Lhasa, Tibet. It stands at an elevation of about 3,000 meters (9,800 feet) above sea level.





# VAGAMON

KERALA

## Explore Verdant Hills & Whispering Winds

**T**ucked away in the Western Ghats of Kerala, Vagamon is a hidden hill station that offers a refreshing escape from the summer heat. Picture yourself surrounded by rolling hills, mist-covered valleys, and the soothing aroma of tea and spices in the air.

**Why visit:** Vagamon's landscape is a mesmerizing blend of lush green hills, pristine valleys, and cascading waterfalls. The region is known for its tea plantations, pine forests, and meadows carpeted with wildflowers. The cool climate and serene atmosphere make it perfect for nature walks, trekking, and paragliding.

**Don't miss:** Take a stroll through the fragrant tea gardens, visit the Kurisumala Ashram for a spiritual experience, and enjoy panoramic views from the Barren Hills.

**Fascinating Facts:** Vagamon is situated at an altitude of 1,100 meters (3,600 feet) above sea level. The hill station is known for its pine forests, which were first planted by the British in the early 20th century as an experiment in afforestation.



# DAPOLI

MAHARASHTRA

## Perfect Harmony of Sun & Sand

**N**estled in the Konkan coast of Maharashtra, Dapoli is a hidden coastal gem that offers a perfect blend of history, nature, and beach life. Here, the Arabian Sea kisses the shores of Maharashtra, offering a tranquil retreat away from crowded tourist spots.

**Why visit:** Dapoli boasts pristine beaches, ancient forts, and lush green surroundings. The town's relatively unknown status means you can enjoy its beauty without the crowds. Explore the historical Suvarnadurg Fort, relax on the secluded Karde Beach, or indulge in water sports at Murud Beach.

**Don't miss:** Visit the Ladghar Waterfall, sample authentic Konkani cuisine, and take a boat ride to spot dolphins in the Arabian Sea.

**Fascinating Facts:** Dapoli is often referred to as "Mini Mahabaleshwar" due to its pleasant climate. The town is home to the Dr. Balasaheb Sawant Konkan Krishi Vidyapeeth, one of the four agricultural universities in Maharashtra, established in 1972.



# CHERRAPUNJI

MEGHALAYA

## Indulge in Enchanted Waterfalls

**K**nown as one of the wettest places on Earth, Cherrapunji offers a unique summer experience with its misty landscapes and living root bridges. Prepare to be mesmerized by the ethereal beauty of this region, where clouds embrace the earth and nature thrives in abundance.

**Why visit:** Cherrapunji's high altitude ensures cool temperatures throughout the summer. The region is famous for its stunning waterfalls, lush forests, and the unique living root bridges - a testament to the ingenuity of the local Khasi tribe. Explore the Seven Sisters Falls, trek to the Double Decker Living Root Bridge, and enjoy the panoramic views of the surrounding hills.

**Don't miss:** Visit the Mawsmai Cave, one of the longest caves in the Indian subcontinent, and experience the local Khasi culture in nearby villages.

**Fascinating Facts:** Cherrapunji holds the Guinness World Record for the most rainfall in a calendar month, receiving 9,300 mm (366 inches) of rain in July 1861. The living root bridges found here, some over 500 years old, are recognized as a UNESCO World Heritage Site.



# THINNAKARA ISLAND

LAKSHADWEEP

## Heaven Beneath Turquoise Waves

**T**hinnakara Island is a secluded gem in Lakshadweep, perfect for travellers seeking a tranquil escape surrounded by untouched natural beauty. Picture yourself stepping onto powder-soft white sands, with the turquoise waters of the lagoon shimmering under the tropical sun and palm trees swaying gently in the breeze.

**Why visit:** Thinnakara Island is renowned for its pristine beaches, crystal-clear waters, and vibrant coral reefs. The island offers excellent snorkelling and scuba diving opportunities, with visibility often exceeding 30 meters and a kaleidoscope of marine life including colourful corals, tropical fish, turtles, and even the occasional manta ray or reef shark.

**Don't miss:** Visitors can enjoy kayaking, glass-bottom boat rides, and shipwreck snorkelling at the site of the Princess Royal, which now hosts rich marine life. Don't miss the enchanting boat ride from Agatti to Thinnakara and the chance to spend a night in a beachside tent under a starry sky.

**Fascinating Facts:** This tiny, teardrop-shaped island spans just 3.2 hectares and is situated about 8 km from Agatti airport. Known for its serenity and charm, Thinnakara offers a unique slice of paradise in the Arabian Sea.



# Udupi

KARNATAKA

## Culinary Delight & Spiritual Haven

**U**dupi, a coastal town in Karnataka, offers a perfect blend of spirituality, natural beauty, and culinary delights. This town is where ancient traditions meet the soothing sounds of the ocean, creating a unique and enriching experience.

**Why visit:** Udupi is known for its ancient temples, pristine beaches, and world-famous cuisine. The town's laid-back atmosphere and cool sea breeze provide a welcome respite from the summer heat. Visit the iconic Krishna Temple, explore the serene St. Mary's Island, and indulge in authentic South Indian vegetarian cuisine.

**Don't miss:** Take a boat ride in the backwaters of Kemmannu, visit the Manipal Museum of Anatomy and Pathology, and try the famous Udupi dosa at local restaurants.

**Fascinating Facts:** Udupi is famous for its Krishna Temple, which houses a unique idol of Lord Krishna that can only be viewed through a nine-holed window called the Navagraha Kitiki. The town is also the birthplace of the Udupi cuisine, known for its vegetarian dishes.





## Time Travel Among Forts

**W**hile Rajasthan might not be the first choice for a summer getaway, the small town of Bundi offers a unique and cooler alternative to the state's more popular destinations. As you wander through its narrow lanes, you'll be transported back in time, surrounded by stunning architecture and a palpable sense of history.

**Why visit:** Bundi is a hidden gem known for its impressive fort, intricate step wells, and beautiful frescoes. The town's architecture and rich history provide a fascinating glimpse into Rajasthan's royal past. Despite the summer heat, Bundi's numerous step wells and lakes offer cool retreats.

**Don't miss:** Explore the magnificent Taragarh Fort, visit the stunning Raniji ki Baori step well, and admire the murals at the Chitrashala in Garh Palace.

**Fascinating Facts:** Bundi is home to over 50 step wells or "baoris," with the most famous being the Raniji ki Baori, built in 1699 AD. The Taragarh Fort, overlooking the city, was constructed in 1354 AD and is considered one of the most impressive forts in Rajasthan.

## Conclusion

These ten unheard-of destinations offer unique and memorable experiences for your summer vacation in India. Whether you're seeking cool mountain retreats, serene beaches, or cultural explorations, these hidden gems promise to deliver unforgettable adventures away from the usual tourist crowds. So pack your bags and get ready to discover India's best-kept summer secrets in 2025! 🇮🇳





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# SUMMER TRAVEL TIPS FOR INDIANS EXPLORING INDIA

Smart Travel, Stylish Comfort, and Seasonal Wellness

By JAYESH PUROHIT, Staff Writer

Summer in India is a season of extremes. The blazing sun, sweltering heat, and rising humidity can feel like a test of endurance. Yet, Indian travellers remain undeterred. Come May or June, vacationers across the country pack their bags with excitement and head out, refusing to let the sun ruin their travel plans.

Popular hill stations like Shimla, Manali, and the higher Himalayan belt tend to overflow with tourists this time of year. But increasingly, Indian travellers are looking beyond the usual destinations—choosing offbeat hill towns, unexplored coastal villages, forest retreats, and even cultural heartlands for their summer getaways.

So, if you're among those who've decided to brave the heat and discover India during its harshest season—worry not. The key lies in travelling smart. Tourism One reached out to a panel of experts—dietitians, fashion stylists, and wellness professionals—to compile the ultimate Summer Travel Guide for the Indian traveller. Here's what they suggest.

## Dress for the Weather

Meghna Sejal – Styling Expert, Ahmedabad

**Packing for an Indian summer trip is about striking the right balance between comfort, function, and fashion.**

- **Fabrics That Breathe:** Opt for cotton, linen, kala cotton from Kutch, cotton rayon, or chambray. These materials absorb sweat and allow air to circulate, keeping you cooler for longer.
- **Easy, Breezy Silhouettes:** Avoid tight clothes. Go for loose-fitted tops, cotton palazzos, or airy trousers. Comfort-first fashion helps you avoid heat rashes and irritation.
- **Accessories with a Purpose:** Scarves, stoles, and hats made of lightweight fabric not only shield you from the sun but also double up as statement accessories.
- **Choose Earthy Over Shiny:** Ditch heavy metal accessories that heat up in the sun. Pick up jute, cloth, bamboo, or wooden accessories that are summer-friendly and unique.
- **Pastel & Earthy Colours Are Your Friends:** Light shades reflect heat, keeping your body cooler.
- **Footwear Matters:** Breathable walking shoes or sturdy sandals with temperature-regulating features will keep your feet fresh while exploring.
- **Don't forget the Essentials:** Sunglasses, sunscreen, and a reusable water bottle should always be part of your summer travel kit.

## Layering, Local Style, and Responsible Fashion

Meher Jetley – Founder, NOYRA

- Even in summer, unexpected weather changes—especially in hill stations—call for smart layering.
- **Always Pack a Light Jacket:** Whether you're heading to Ladakh or Mussoorie, evenings can get chilly. A light, foldable jacket will never go to waste. Explore and Buy Local: Indian hill stations are home to stunning local crafts and weaves. From quilted jackets to wool shawls, these make not only stylish keepsakes but also support traditional artisans.
- **Style with Substance:** Choosing handwoven textiles or locally crafted outerwear supports rural economies and helps preserve India's rich textile heritage.



## Health First

### Medical Tips for Safe Summer Travel

Dr. Urvi Joshi – Associate Professor, Community Medicine, Narendra Modi Medical College & LG Hospital, Ahmedabad

- Travelling during India's intense summer requires more than just style and snacks—it calls for smart health precautions.
- Carry an empty 500 ml water bottle, especially when flying. While airport security may discard filled bottles, empty ones are allowed and can be refilled at your hotel or resort with safe, filtered water. Branded bottled water isn't always reliable in remote areas, so ensure your source is trustworthy.
- Always wear a cap or hat when outdoors, and avoid heat-trapping clothes like jeans. Opt for loose, breathable clothing to stay cool and prevent heat-related illnesses.
- Be careful with food. Prefer open kitchens where hygiene is visible. If not, proceed cautiously. Fresh sugarcane juice and fruit juices without additives are ideal to stay hydrated and energised.
- Skipping a meal occasionally is fine, but irregular eating patterns can cause trouble—especially in the heat.
- Footwear matters more than you think. Choose well-cushioned, breathable shoes that protect your feet from heat and offer walking comfort.
- Keep essentials handy: a small bottle of sanitiser is airport-safe and helpful when clean water is unavailable. Carry a few disposable masks in a resealable pouch for crowded areas like stations or airports. Discard each mask after four hours for hygiene.
- And finally, don't forget to pack ORS (oral rehydration solution) pouches. They're quick, easy remedies for dehydration—absolutely essential in the scorching Indian summer.
- With a little preparation, your summer journey through India can be safe, healthy, and enjoyable.



## Eat Smart, Stay Cool

Kanikka Malhotra – Consultant Dietician & Diabetes Educator

**Hydration, digestion, and internal cooling are the three pillars of a healthy summer travel diet. The best way to achieve this is by leaning into India's age-old culinary wisdom.**

- **Cool Down with Traditional Drinks:** Sip on jal jeera, kokum sherbet, phalsa juice, or gond katira lemonade. These traditional thirst-quenchers aren't just refreshing—they're packed with antioxidants and cooling properties.
- **Power Snacks from the Past:** Sattu-based drinks and snacks are energy boosters and help regulate digestion. Pair raw mango or tamarind with seeds and nuts to create on-the-go energy bites.
- **Nature's Electrolytes:** Raw mango (Aam Panna) and bael juice are rich in electrolytes. Add aam panna to your salad or just sip it plain—it's your natural shield against sunstroke.
- **Stay Hydrated Creatively:** Carry infused water with tulsi, mint, coriander, cucumber, and lemon slices. Spiced buttermilk with black salt and ajwain is also a great digestive aid.
- **Choose Seasonal & Cooling Veggies:** Pumpkin, bitter melon, okra, and raw vegetable salads (topped with a pinch of asafoetida and turmeric) are both nutritious and heat-friendly.

## Final Thought

Yes, summer in India can be punishing—but for the determined Indian traveller, it's just another flavour of this vibrant, diverse country. Whether you're trekking in Uttarakhand, temple-hopping in Tamil Nadu, or enjoying a coastal breeze in Konkan, smart preparation is the key to a smooth, enjoyable journey.

As our experts remind us: Eat seasonal, dress light, stay hydrated, and travel local. Let the summer sun be your companion—not your challenge. Safe travels! 🌞



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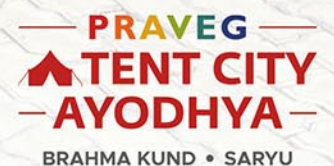
## **A HAVEN OF COMFORT**

Where spirituality intertwines with contemporary design, find sanctuary in luxurious tents adorned with traditional motifs at Tent City Ayodhya. Meditative gardens and curated cultural journeys offer respite, while lantern-lit pathways echo whispers of ancient wisdom. Begin mornings with yoga sessions bathed in dawn's first light, or lose yourself in the rhythmic chants of evening aartis. Here, every corner hums with quiet reverence, offering a bridge between earthly comforts and eternal serenity.

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DHRITIMAN MUKHERJEE

# TREADING THE LESS TRODDEN PATH

By JAYESH PUROHIT, Staff Writer



A wildlife photographer par excellence, Dhritiman Mukherjee shares his experiences in the wild, on and off camera.



Underwater Photography

**F**or a wildlife photographer, risk is not just a possibility—it's part of the job. In pursuit of the perfect shot, he ventures where few dare: plunging into the depths of the ocean, scaling towering peaks, trekking through dense forests, and braving the fury of the sea. For Dhritiman Mukherjee—an internationally acclaimed wildlife photographer—this is not an occasional adventure but a way of life, spending nearly 300 days a year in the wild.

One of India's most accomplished nature photographers, Dhritiman has mastered the delicate balance between technique and artistry. In this exclusive interview, he shares insights into his journey, the nuances of wildlife photography, and the secrets behind capturing nature at its rawest. For aspiring photographers, Dhritiman's story is more than inspiration—it's a roadmap to mastering the craft.

Read on, and share your thoughts at [tourismone@praveg.com](mailto:tourismone@praveg.com).

**Tourism One:** Photography is a visual art. Experts have accepted it as an art form, but do common people also accept photography as an art?

**Dhritiman Mukherjee:** Photography is a tool. Whether or not it is an art, depends on its purpose and the person using it. For some, photography is an artistic endeavour; for others, it's science or casual documentation. The decision of whether photography is art is made by the creator, not the audience. For me, photography is a tool to connect people with nature. The way I use it may be artistic, but art is not the final goal—it's a medium to achieve something greater.

**TO:** That's an interesting perspective. Have

your photographs been exhibited?

**DM:** Yes, I've had exhibitions, but in today's digital world, exhibitions don't reach as many people. Online platforms have a wider reach, allowing more people to connect with nature through photography.

**TO:** I have seen your website and social media presence. You don't seem to be very active on social media.

**DM:** I do a lot of work, but I don't always post everything online. I don't get much time to manage it myself. My work is showcased on platforms like Round Glass Sustain and in

various magazines. I also give talks to connect with people.

**TO:** You are internationally renowned. Do you think photography chose you, or did you choose photography?

**DM:** That's an interesting question. First, let's be clear—titles like 'renowned' don't mean much. They are perceptions. For me, I just do my work. There are no absolute parameters to measure success in photography. Unlike sports, where time records determine the best, photography has no such standards.

Photography and I chose each other. I have worked in every state in India and various environments—underwater, in the mountains, and beyond. The sheer amount of work I have done might set me apart, but what matters is whether my work makes a difference.

**TO:** You have a deep connection with nature and wildlife. What challenges have you faced in your journey?

**DM:** Challenges are normal. Just like studying in school requires effort, any field of work



Cheetah Chasing the Prey







DHRITIMAN MUKHERJEE: TREADING THE LESS TRODDEN PATH

comes with its difficulties. However, I enjoy these challenges. They are part of the learning process. Life is a journey of continuous learning—there is no definite end.

**TO:** Have you had any transformational moments in your journey?

**DM:** I have been working for 27 years, and each day is memorable. Every day in the field brings new experiences. There was no single dramatic transformation; rather, it has been a gradual and continuous process of learning.

**TO:** You have photographed many elusive species. Any particular encounter that stands out?

**DM:** When I started, many species had not been photographed in India. I was, probably, among the first to capture snow leopards in Spiti. Back then, very few people had seen them. I also worked on brown bears, red pandas, and other rare species.

**TO:** Technology is rapidly evolving in photography. How do you balance technology with capturing nature in its purest form?

**DM:** Technology makes photography easier and provides opportunities, but the essence of photography is in capturing moments in nature. A camera is just a tool, like a pen for a poet. The real challenge is in the vision behind the lens.

**TO:** Many youngsters today call themselves photographers just because they have high-end smartphones and AI tools. What are your

thoughts on this?

**DM:** There is no harm in anyone considering themselves a photographer. However, whether the world agrees with their work is a different matter. Photography is not just about having a good camera—it's about storytelling and perspective. But there are no fixed definitions. Art evolves, and each person's approach is unique.



Crab Eater Seal

**TO:** Every art form has some fundamental principles or 'grammar.' Do you think photography has its own set of rules?

**DM:** Fundamental principles in any field evolve with time. Photography has guidelines based on past observations of what people tend to appreciate, but these are not rigid rules. Different people have different

perspectives on what makes a photograph impactful.

**TO:** If you could change one thing about how humans interact with nature, what would it be?

**DM:** People should stop thinking they are special in nature. We are just another species.

The planet doesn't need us, but we need the planet. If humans disappeared, nature would thrive. We must minimize our impact and learn to coexist rather than dominate.

**TO:** Documenting wildlife through photography and filmmaking—doesn't it disturb wildlife?

**DM:** Yes, human presence always creates some disturbance. The key is to minimize that impact while still educating and inspiring people about nature.

**TO:** Your insights are fascinating and will be valuable for our readers. Would you like to add anything else?

**DM:** I always tell people that our goal should not be to be 'the best.' Instead, we should aim to contribute to society. The idea of being the best is meaningless when there are no absolute standards. What matters is making a difference and doing meaningful work.

**TO:** Absolutely! Thank you so much for your time, sir.

**DM:** Thank you! 100



Snow Leopard



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# HEALING JOURNEYS

## How Travel Can Be Therapy

By RANJANA NAG, Contributor

Exploring the world through sightseeing, popular destinations, and adventure sports is just one aspect of travelling. Beyond that, it also serves as an escape from the chaos and burdens of life. While there are many ways to heal, such as a spa day or meditation class, travelling to a peaceful place provides a welcome break from the monotonous routine. It calms the mind and opens the heart to accept different perspectives by meeting new people.

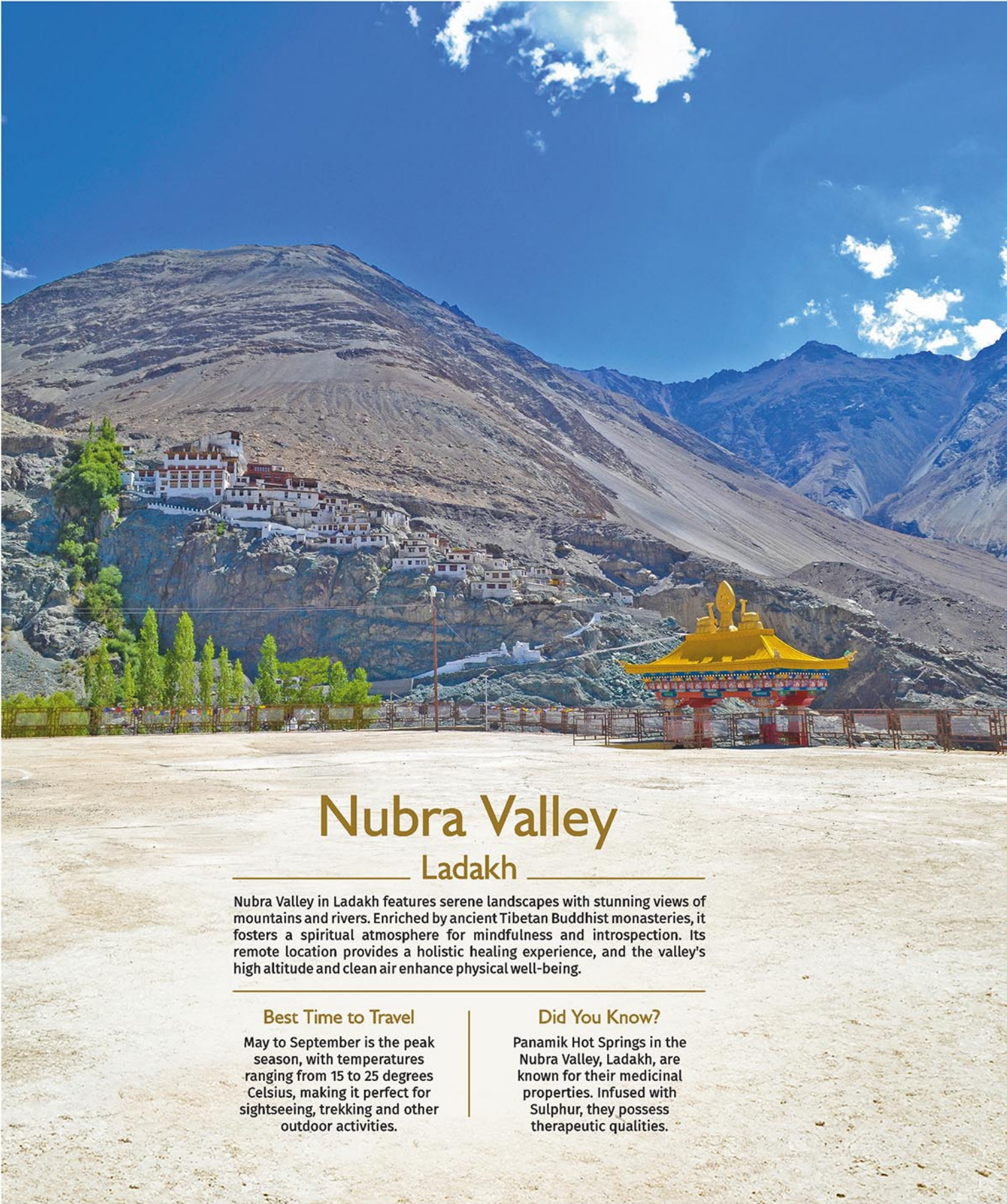
**Here are some more ways travel can serve as therapy and a self-healing journey:**

- Travelling allows the mind to reflect deeply on challenges and brings clarity to life's purpose and goals. When sudden changes seem overwhelming, moving to new surroundings offers emotional release, improves mood and boosts confidence.
- Exploring new cultures fosters acceptance of different perspectives, which strengthens relationships through trust and empathy.
- Spending time in nature, such as slow walks among the woods or a tranquil beach, calms the mind and body, revitalizes the senses, and restores positive energy.

### Tranquil Destinations for Complete Healing:

Travel becomes therapeutic when you find a place away from the hustle and bustle of busy streets, offering comfort and luxury amid peace. A retreat that provides breathtaking views of the landscape can improve overall well-being. This unique experience revitalizes the soul and reduces stress. Here's a list of destinations to explore, promising utmost tranquility and complete healing.





## Nubra Valley

### Ladakh

Nubra Valley in Ladakh features serene landscapes with stunning views of mountains and rivers. Enriched by ancient Tibetan Buddhist monasteries, it fosters a spiritual atmosphere for mindfulness and introspection. Its remote location provides a holistic healing experience, and the valley's high altitude and clean air enhance physical well-being.

#### Best Time to Travel

May to September is the peak season, with temperatures ranging from 15 to 25 degrees Celsius, making it perfect for sightseeing, trekking and other outdoor activities.

#### Did You Know?

Panamik Hot Springs in the Nubra Valley, Ladakh, are known for their medicinal properties. Infused with Sulphur, they possess therapeutic qualities.



## Majuli

### Assam

The world's largest river island, Majuli in Assam, offers a serene natural environment, tranquil riverbeds and traditional Assamese villages. The slow-paced surroundings serve as a form of therapy that fosters inner peace and mindfulness. The cultural immersion opens the mind to new experiences, and the local people's sustainable lifestyle is deeply connected to the Brahmaputra River, encouraging a sense of harmony with the natural habitat.

#### Best Time to Travel

October to March is when the weather is pleasant for exploring the island, visiting the Satras monasteries, and participating in local festivals.

#### What to Avoid

Respecting local customs and traditions, as well as maintaining hygiene, is very important. Dress modestly at religious sites and remain mindful of the fragile ecosystem.





## Lakshadweep

Have you ever seen your reflection in crystal-clear turquoise waters? That's Lakshadweep, with white sandy beaches and vibrant coral reefs. Away from other popular beach destinations, its untouched natural beauty has a calming and restorative effect on the mind and body. The soothing sound of gentle ocean waves crashing on the rocks provides a sanctuary to disconnect from the chaos and find a perfect space for self-reflection.

### Best Time to Travel

October to May is the ideal time to visit Lakshadweep when the weather is pleasant, and the sea is calm, perfect for island hopping or lounging on a hammock while watching the sunset.

### Visiting Permit

To visit Lakshadweep, obtain an entry permit online for a nominal fee of Rs 50. For foreign tourists, a valid passport with an Indian visa is necessary to ensure the preservation of Lakshadweep's unique ecosystem.



## Spiti Valley Himachal Pradesh

Another unique healing experience can be found in Spiti Valley, Himachal Pradesh, characterised by tall, rugged mountains and scenic lakes that invite people to embrace nature and live peacefully. Here, you'll also find Buddhist heritage and vibrant culture in a remote location, perfect for understanding different people and appreciating simple living. Due to the high altitude, Spiti offers spectacular stargazing opportunities that you can capture in both your camera and your heart.

### Best Time to Travel

May to September has warmer daytime temperatures when all the roads are open, allowing you to enjoy the outdoor scenery without the fear of extreme snowfall.

### Favorite Cuisine:

Due to high altitude, the Spiti people enjoy healthy and hearty cuisine, which consists of dishes like 'thukpa' (noodle soup with seasonal vegetables), 'skyu' (a thick stew), and 'tsampa' (roasted barley flour).



# Coorg

## Karnataka

Heading south of India is Coorg in the western Ghats of Karnataka, with a lush green landscape with vast coffee plantations, dense forest areas, and rolling hills. The secret to reducing stress is found in the calming effect of such surroundings, with nature offering waterfalls to flowing streams, contributing to a sense of tranquility. The laid-back pace of life in Coorg is a welcome change, allowing for relaxation, introspection and mental clarity.

### Best Time to Travel

October to February is ideal to explore the outdoors, but early morning and evenings can be chilly. March to May months are more pleasant and warmer, perfect for enjoying sightseeing.

### Fascinating Fact

Coorg is a well-known destination for Ayurvedic and wellness retreats offering traditional therapies, massages, and yoga sessions. They use local herbs and oils to boost the healing and cure many ailments.



# Rishikesh

## Uttarakhand

The yoga capital of the World, Rishikesh, is a renowned destination for spiritual and physical wellness. There are many ashrams, located away from the streets, offering complete yogic healing with humble accommodations, practicing clean eating habits, a space for yoga and meditation, helping anxious people heal and rejuvenate.

### Best Time to Travel

October to February offers a comfortable daytime temperature and cooler evenings in Rishikesh. Outdoor activities can be enjoyed from March to May.

### Do Not Miss

The Ganga Aarti ritual takes place daily at different ghats in Rishikesh, each offering a unique variation and a memorable experience.





### Final Thoughts

Healing is a journey with many ups and downs, just like in life and while travelling. It is a gradual process that needs time and space, which is possible when you move away from the constant chaos to a quiet destination. Therefore, travel is therapy because it reduces stress, improves mental clarity and restores inner peace. Travelling to the tranquil places like Rishikesh, Coorg, and Ladakh helps reconnect the body and mind in perfect harmony. So, which one of these beautiful locations are you going to visit to find your happy place

### Traveler Testimonials

“ It isn't easy to manage a corporate job, and I was really tired of the constant negativity surrounding me. The hill stations and green landscape of Coorg gave me a space to heal. I enjoyed quiet mornings amidst clean, fresh air. I feel more energetic and refreshed after my visit to Coorg. ”

- Gaurav Taneja

“ Lakshadweep's clean, turquoise waters offered us a sanctuary that we needed during our retirement. The gentle waves, watching sunset and sunrise, were so much more peaceful than the daily family drama. Lakshadweep is a true paradise. ”

- Dhruv Kumar

“ I felt the calling of the sacred river Ganga, so I went to Rishikesh. This was an impulse decision, much needed to wash away the mental clutter. The daily yoga sessions and chanting mantras improved my focus on my writing work. ”

- Mridula Iyyar

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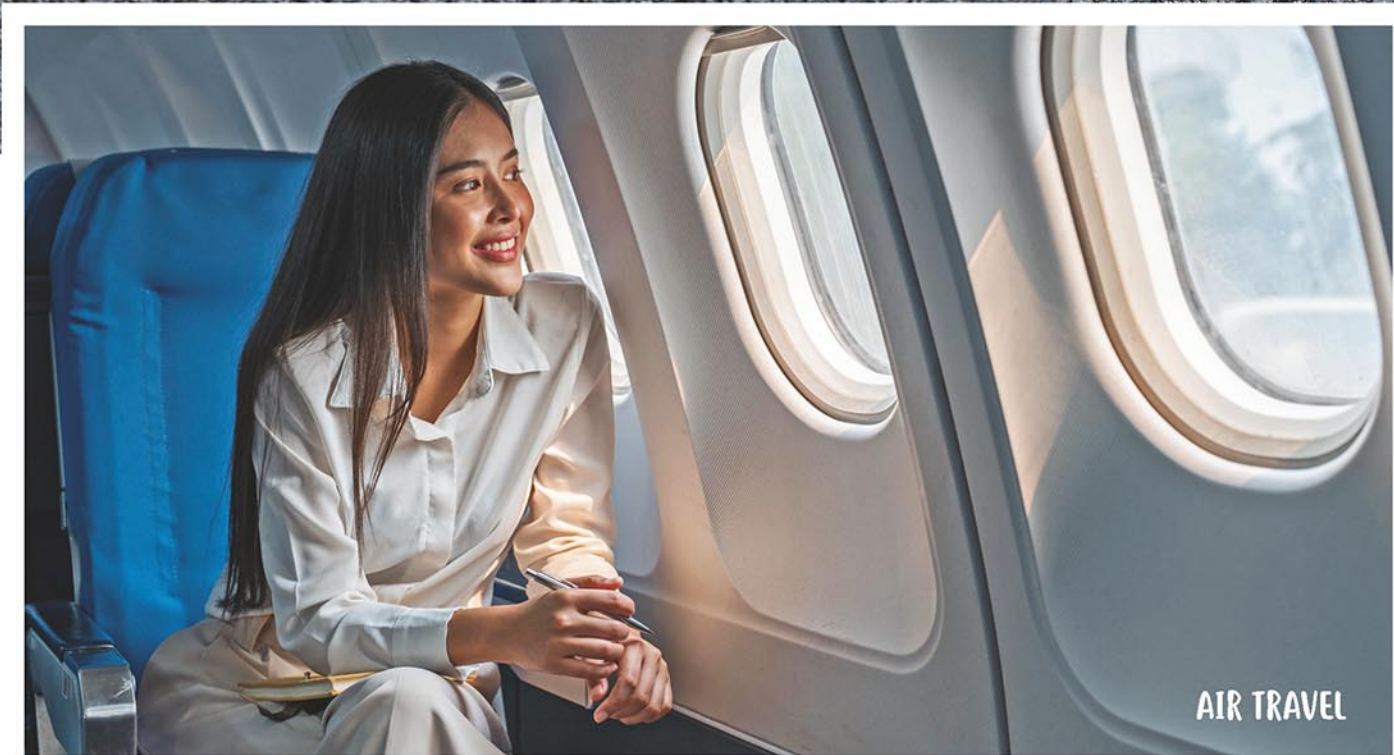


# How Well Do You Know Your Travel Rights?

By UMANG SHARMA, Staff Writer



Traveling is an exciting journey, but being aware of your rights as an Indian traveller can help you navigate challenges smoothly. Here's a tailored guide to essential travel rights and insights for Indian travellers across various modes of transportation.



## Compensation for Delays and Cancellations



- If a flight is delayed by 2–4 hours, airlines must provide meals and refreshments.
- For delays exceeding 24 hours, accommodation must be arranged.







### Refunds for Cancellations

Airlines must notify passengers of cancellations at least two weeks in advance. If notified within two weeks but more than 24 hours' prior, an alternative flight or full refund must be offered. For cancellations within 24 hours, compensation (up to ₹10,000) is mandatory.

### Denied Boarding Compensation

If overbooking prevents you from boarding, airlines must compensate you with ₹ 5,000 or more, depending on ticket value.

### Free Cancellation Window

Passengers can cancel tickets without charges within 24 hours of booking, provided the departure date is at least four days away.





### Lost or Damaged Luggage

Airlines are required to compensate passengers for lost, delayed, or damaged luggage as per DGCA guidelines.


### Railways

Airlines are required to compensate passengers for lost, delayed, or damaged luggage as per DGCA guidelines.

### Two-Stop Rule

Missed your train? You can board it from any of the next two stations, as your seat cannot be allocated to anyone else until then.





### Tatkal Refunds

If your Tatkal ticket is affected by delays over three hours or route changes, you are eligible for a refund.

### Night Peace

Ticket verification must be completed by 10 PM, and railway staff cannot disturb passengers after this time.

### Medical Assistance

Feeling unwell during your journey? Railway staff are obligated to provide first aid or arrange medical help at the next station.





### Facilities for Differently-Abled Passengers

Many state buses now include low-floor designs with ramps, kneeling features, and dedicated seats for differently-abled passengers. Bus stands are increasingly equipped with barrier-free facilities like ramps and wheelchair services.

### No Discrimination Against Women

Discriminatory practices like denying women the right to board first are punishable under the Motor Vehicles Act. Transport authorities have issued strict circulars to ensure fair treatment of all passengers.





HOW WELL DO YOU KNOW YOUR TRAVEL RIGHTS?

Other Vital Rights You Must Know




### Hotel and Booking Rights

- Cancellation Policies: Always check refund policies before booking hotels or tickets online.
- Hidden Charges: Hotels and service providers must disclose all charges upfront as per consumer protection laws.

### Digital Tools for Indian Travelers

- Use government portals like the Bureau of Immigration website for visa and immigration updates.
- Leverage apps like DigiYatra for seamless airport experiences and Aarogya Setu for health safety updates during travel.





### Protected Areas in India

Special permits are required to visit certain regions like Arunachal Pradesh, Sikkim, and the Andaman & Nicobar Islands.

### Consumer Protection Act (2019)

If you face unfair practices by airlines, hotels, or agents, file complaints under the Consumer Protection Act via the National Consumer Helpline (NCH).

### Did You Know?

- Domestic tourism in India reached 2,509 million visits in 2023!
- Indian travellers are spending more on unique experiences like adventure tourism and cultural exploration than ever before!

### Conclusion

For Indian travellers, understanding your rights across various modes of transportation—airlines, trains, and buses—can transform your journey into a smoother and more empowered experience. Stay informed about airline policies, government regulations, and transport agreements to make the most of your adventures!

Travel smart, travel safe! 🛫



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# MATCHA GREEN TEA MANGO SMOOTHIE

*A vibrant burst of flavour and wellness*

By JAYESH PUROHIT, Staff Writer

## A Cool and Clean Summer Sip

Start the day with a vibrant burst of flavour and wellness. Packed with frozen mango, banana, broccoli, and matcha green tea, this smoothie is a creamy, antioxidant-rich breakfast boost that's as nourishing as it is refreshing.

## A Morning Favourite

Not everyone is on the coffee train — some prefer the gentle energy of tea. Whether it's a classic milky black tea or a comforting tea latte, tea-based beverages have their own soothing charm. On busy mornings, when time is tight and routines rush by, this smoothie offers the best of both worlds — a green tea pick-me-up and a fruit-veggie powerhouse in one delicious glass.



## How to Make It

Making this smoothie couldn't be easier:

1. Add all ingredients to a blender.
2. Blend until smooth and creamy.
3. Pour into a glass and enjoy immediately.

Packed with antioxidants from matcha, vitamin C from mango, and fibre-rich greens, this smoothie is a refreshing way to stay healthy in the heat. Light, hydrating, and naturally energizing — it's summer wellness in a glass.

Recipe Courtesy: <https://www.heynutritionlady.com/>

## What's Inside?

A short and sweet ingredients list makes this recipe a go-to favourite:

- **Matcha powder** : Ceremonial grade preferred, but any high-quality matcha works.
- **Frozen mango** : Fresh mango can be used when in season.
- **Frozen banana** : Adds creamy texture and natural sweetness.
- **Frozen broccoli** : A stealthy veggie addition.
- **Spinach** : Fresh or frozen; fresh makes it greener.
- **Plant-based milk** : Oat milk is a great option.
- **Lime juice** : Adds zing and helps activate the matcha.
- **Chia seeds** : For a boost of omega-3s.

# MANGO COCONUT ICED COFFEE

*Coconut milk dancing with the sweetness of mango*

By JAYESH PUROHIT, Staff Writer

## A Tropical Brew with a Twist of Bliss

Imagine the creamy richness of coconut milk dancing with the vibrant sweetness of ripe mango, all wrapped in the bold aroma of freshly brewed coffee. This exotic blend is a sip of sunshine — refreshing, indulgent, and surprisingly good for you.

Whether you're jumpstarting your morning or cooling down in the afternoon, Mango Coconut Iced Coffee brings the island vibes with every sip. Packed with antioxidants, healthy fats, and natural energy, it's the perfect guilt-free treat for warm, breezy days. Tropical, energizing, and endlessly Instagrammable — this is summer in a glass.

## Ingredients

You'll Need:

- 1 shot espresso or ½ cup cold brew
- ½ cup coconut milk or coconut cream
- ¼ cup mango purée or blended mango chunks
- ½ tsp kaffir lime zest \*(optional)\*
- Ice cubes
- 1 tsp honey or coconut sugar \*(optional)\*



## How to Make It

1. Blend mango purée, coconut milk, and kaffir lime zest until silky smooth.
2. Fill a tall glass with ice and pour in the espresso or cold brew.
3. Slowly add the mango-coconut blend, letting the colours swirl.
4. Stir gently, sip slowly, and enjoy your tropical escape.

Mango and coconut bring tropical magic to coffee, blending creamy richness with fruity sweetness. This exotic duo has inspired unique brews worldwide, from Southeast Asia to the Caribbean.

Recipe Courtesy: <https://thejavajourneys.com/>

## The Perfect Food Pairings

This iced coffee pairs beautifully with light, summery dishes across all diets. In the morning, try almond flour pancakes topped with mango, or coconut chia pudding for a vegan delight. For afternoon cravings, enjoy a slice of coconut flour banana bread or indulge in mango sticky rice. In the evening, let a chilled mango sorbet or a flourless coconut mango cake complete the tropical experience. Every pairing elevates the coffee — and your summer mood.



# SHIKANJI

## India's Summer Saviors

By JAYESH PUROHIT, Staff Writer

### Nimbu Pani vs Shikanji - What's the Difference?

If you've travelled across India, you might have noticed that Nimbu Pani is more commonly found in Mumbai, while Shikanji is popular in Delhi and North India. Essentially, both are variations of lemonade, but Shikanji often includes additional spices like roasted cumin powder or chaat masala, giving it a bold and zesty kick.

At home, you can easily customize these refreshing drinks by adjusting the sweetness, saltiness, or spice level. Some people even use store-bought Shikanji Masala for an instant flavour boost. Whether you prefer the simple elegance of Nimbu Pani or the spiced-up punch of Shikanji, both versions are perfect for cooling down in the summer heat.



### Ingredients

- 4 cups water
- 2 lemons (or 3 limes)
- 6 to 8 tbsp sugar
- ¼ tsp black salt (or regular salt)
- ½ tsp roasted cumin powder (optional)
- Ice cubes and mint leaves for garnish
- Soaked sweet basil seeds (optional)

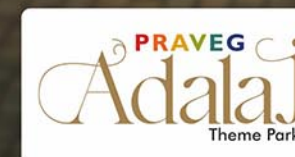
### Method

1. Squeeze the lemon or lime juice into 4 cups of water.
2. Add sugar and black salt, stirring until dissolved. Adjust sweetness as needed.
3. Stir in roasted cumin powder for an extra flavour boost.
4. Pour into glasses, add ice cubes, and garnish with mint leaves.
5. For an exotic twist, add soaked basil seeds before serving.

**Tip:** Prepare in advance and chill in the refrigerator for a refreshing drink anytime! 🍹

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