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# Digital Detox

Summer  
Destinations





# A Travel LOVER'S Summer

## Heatwaves & Heartbeats

Summer in India is a paradox—it arrives with intensity, compelling many to seek shelter indoors as the sun casts its fiery spell across the land. Yet, for travel enthusiasts, the heat is no deterrent. Whether it's winter or summer, the spirit of exploration refuses to pause.

This unyielding wanderlust inspired us to craft a list of travel essentials tailored for summer adventurers. Contributor Umang Sharma brings together must-have items that ensure your outdoor journeys are both safe and enjoyable.

Summer also offers more than a break from the heat—it's a chance to escape digital fatigue. With screen time at an all-time high, many are seeking rejuvenation in serene, off-the-grid destinations. Ranjana, our contributor, highlights top places that invite you to unplug, breathe, and recharge.

As part of our ongoing effort to deliver something unique, we sat down with Jitendra Oghani, Principal of Sheth C. N. College of Fine Arts—the only government-recognized fine arts college in Ahmedabad. In a heartfelt conversation, he shares his journey in art, his experiences with students, and his perspective on how art shapes the human experience. A must-read for every art lover.

Hypertension is silently affecting millions in India. Our writer Jayesh Purohit explores how mindful travel—especially to clean, tranquil hill stations—can help reduce stress and support heart health. With expert insights and a curated list of seven pollution-free destinations, the article encourages readers to embrace travel as a natural therapy.

Amid these enriching stories, Gujarat Day deserves a moment of pride. Celebrated on May 1st, it marks the birth of a culturally rich and forward-looking state. From Gandhian values to Garba beats, intricate weaves to global Gujarati pride—Gujarat's legacy is worth celebrating.

Palitana, formerly known as Padlipuram, also finds a special place in this issue. Nestled on the sacred Shatrunjaya Hills, this revered Jain pilgrimage site features over 900 exquisitely carved temples. In this edition, Dr. Indira Nityanandam shares her deeply personal journey to Palitana—a story of spiritual quietude, ancient artistry, and timeless faith.

And of course, no edition is complete without our signature recipes! This time, delight your palate with Mangomisu, Keri nu Shaak, Chilli Mango Lemonade, and Mango Gazpacho.

We hope this edition adds inspiration to your summer. We'd love to hear from you—write to us at [tourismone@praveg.com](mailto:tourismone@praveg.com).

Happy Summer! 🌞



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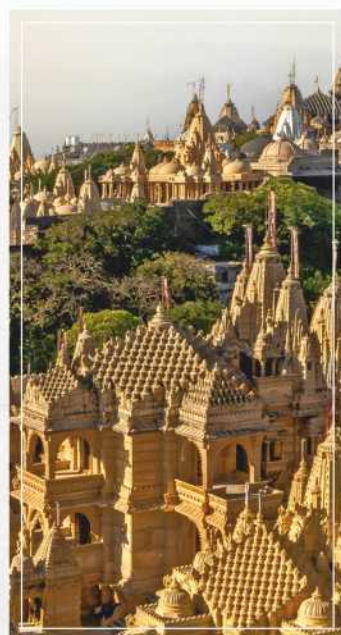
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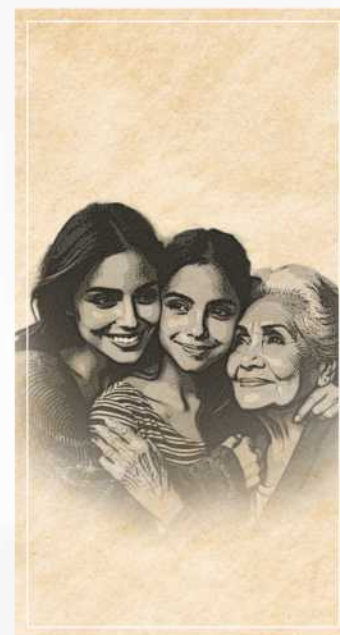
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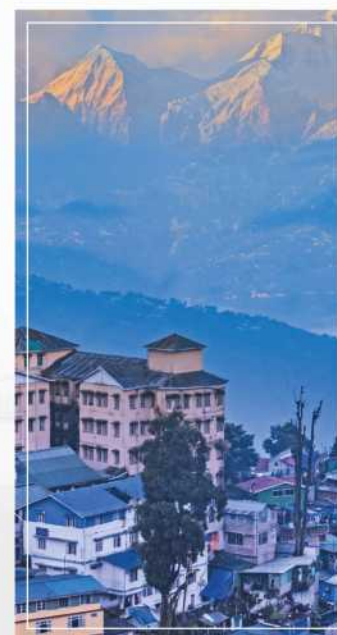
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# Digital Detox

## Summer Destinations

By RANJANA NAG, Contributor

“Travel brings power and love back to your life.”

- Rumi

According to a 2010-2025 ResearchGate study, digital fatigue is on the rise, prompting people to prioritise summer travel. An escape to relaxing, cooling destinations promises a respite from cognitive overload, frustration, and blurry work-life boundaries. To counter these challenges, modern professionals are seeking digital detox destinations.

A digital detox means travelling to a place where the only notification is a cool breeze welcoming you to explore the outdoors. Here, instead of a strong Wi-Fi signal, the mind wanders effortlessly to reconnect with the soul. And in peaceful surroundings, there is ample time to take a leisurely walk.

Take a look at our curated idyllic destinations for a complete digital detox to rejuvenate your body and mind.

Disconnect to  
Reconnect



# Spiti Valley

Himachal Pradesh

Embrace a simple lifestyle in the Spiti Valley, among the majestic landscapes that thrill as well as remind humans to stay humble in the presence of nature. You can visit the ancient Buddhist monasteries for inspiration and spiritual awakening, or spend time in solitude, driving through the breathtaking Kunzum Pass.

**Best Time to Visit:**  
June to September

# Ziro Valley

Arunachal Pradesh

If you seek diversion from digital life, Ziro Valley offers a unique cultural experience. Its farming system and lush paddy fields encourage people to live in harmony with each other and nature. Trekking through pine-covered hills to stunning viewpoints is a motivation to stay strong even in harsh weather and to respect the circle of life.

**Best Time to Visit:**  
September to October





# Pangot

Uttarakhand

Pangot is a perfect destination to leave your gadgets, as the place has limited mobile network. Instead, immerse yourself in the peaceful surroundings of dense oak, pine, and rhododendron forests. Or indulge in some birdwatching, with over 580 beautiful species naturally drawing your attention away from social media updates.

**Best Time to Visit:**  
March to June, October to February



# Kanha National Park

Madhya Pradesh

Disconnect from the city's concrete jungle and visit Kanha, one of India's largest national parks. It is well-maintained and has vast grasslands, dense sal, and bamboo forests. The sightings of the Bengal tiger, leopards, wild deer, and the rich diversity of bird species will amaze you. It's a complete sensory experience that a laptop wallpaper or a chirping bird ringtone cannot capture.

**Best Time to Visit:**  
October to June



# Tinaakara Island

Lakshadweep

Tinaakra Island is the ultimate summer destination to spend quality time with family and friends. Book a luxury resort like the Praveg Atoll for a beautiful stay experience overlooking the pristine blue waters. It offers comfortable amenities, facilities for water sports activities, and vegetarian cuisine for a relaxing and enjoyable getaway.

**Best Time to Visit:**  
October to May

## Types of Detox Vacations to Explore

Digital detox vacation can mean different things to young professionals, couples, and leaders in any field. The tourism industry has embraced this change and included experiences like yoga and meditation classes, juice cleanses, Ayurvedic massages, safari retreats, etc. Here are a few blissful options of resorts and wellness retreats offering therapeutic programs.



## 3-Day Yoga and Sound Healing Retreat: Find Your Bliss, Goa

**S**vabodha Yoga & Wellness offers a 3-Day Yoga and Sound Healing Retreat in Arambol, Goa. The restorative retreat provides a sanctuary from life's unending demands. Participants will experience gentle ancient yogic practices, sound healing vibrations, and connect with their deepest self. The guidance by expert instructors will enhance the mind-body connection in a tranquil setting.



## 11-Day Vipassana Silent Awakening Meditation Program in Rishikesh, Uttarakhand

**T**he Vipassana 11-day Intensive Meditation Program is part of the Abhyasa Yogmath yoga school in Rishikesh. It offers a sacred place among the Himalayan hills to practice meditation, yoga, pranayama, and philosophy classes. Experienced teachers help students find inner calm and mental clarity and improve focus through healing and self-introspection.



## 5-Day Silent Digital Detox Retreat by the Lake near Mumbai, Maharashtra

**F**ar from the bustling city of Mumbai, the Awata retreat ecosystem is remotely located by the lake. Participants are free to choose from activities like farming, pottery, art, and meditation. The space provides an optimum environment for exploration and reflection, encouraging silence with minimal use of technology.



## Long-Term Benefits of Digital Detox

**D**igital devices can be efficient for multitasking, but they can exhaust the mind and body, leading to disconnection and frustration. Therefore, to manage personal and professional life effectively, a disconnect from technology is necessary. The benefits of travelling to digital detox destinations are:

- Enhanced mental well-being - Digital detox and mindfulness practices enhance mental well-being by providing a space for rest and rejuvenation, improving focus and productivity, and better management of modern life demands.
- Improved cognitive functions - Minimizing digital distractions enhances cognitive functions, concentration, improved performance, and increased satisfaction in personal and professional life.
- Physical improvement - Regular physical improvement, like yoga and breathing exercises, reduces anxiety and heart disease symptoms, promotes restful sleep, strengthens the immune system, and improves mood.
- Better interpersonal relationships - Self-reflection and stress management tools enhance communication with loved ones, fostering deeper connections and increased feelings of social support and belonging.
- Respect for nature as a healer - Spending a few moments of silence in nature helps calm the senses, offering a grounding experience that contrasts with the visually dominant digital world.

## 7-Day Holistic Renewal and Wellness Retreat in Bengaluru, Karnataka

**K**shamavana is a wellness sanctuary in Bengaluru, Karnataka, focusing on restoring harmony to the mind, body, and soul. Their Ailment Care programs address conditions like cardiometabolic disorders, degenerative challenges, and autoimmune imbalances. Its philosophy is built on five foundational pillars, addressing the interconnected dimensions of health. The centre offers Naturopathy and Yogic treatments by experts for complete holistic well-being.



## Get Ready for Your Detox Escapades!

All these summer destinations encourage people to disconnect from technology and pay attention to their surroundings. Whether the place is in the hills or near the beach, a remote lake, or in a forest area, they are designed to explore the outdoors. Practising yoga and meditation, exploring art, and having time for self-reflection will heal all the stress, bringing inner calm. So, instead of hurrying to check the next notification, book a wellness retreat for a digital detox to refresh your body, mind, and soul.

Before you set out...

## What should I pack for a wellness retreat?

Check the detailed itinerary of the wellness retreat online to know about the amenities provided. Besides other travel things, also pack - a yoga mat, a water bottle, and a physical journal to note down your experiences. A mini pouch will keep your mobile and charger safe when switched off or in aeroplane mode.

## For a digital detox, is it better to travel solo or with a group?

It depends on your soul-searching journey on what type of digital detox you are looking for. Summer is the perfect time to spend quality time with family and friends. However, many companies also organise wellness retreats for the holistic well-being of their employees.

## What are the things to avoid on a wellness retreat?

Wellness retreats are organised near natural surroundings to soothe the senses. Therefore, refrain from talking loudly or playing music on your smartphone or your laptop. Also, be mindful of the environment and avoid littering. 🌿



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# 10 Must-Have Travel Essentials for Outdoor Adventurers

By UMANG SHARMA, Staff Writer

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₹ 468 [www.amazon.in/dp/B099WJW3MR](http://www.amazon.in/dp/B099WJW3MR)



## Neutrogena Ultra Sheer Sunscreen

Don't let the sun steal your glow. Neutrogena Ultra Sheer Sunscreen SPF 50+ is an ultra-light, invisible shield that fends off UVA, UVB, and blue light. Water-resistant and non-sticky, it's the dermatologist-tested secret to keeping your skin soft, smooth, and adventure-ready-all day, every day.

₹ 254 [www.amazon.in/dp/B00G7RTYT8](http://www.amazon.in/dp/B00G7RTYT8)



The call of the wild is irresistible—sun-drenched trails, misty mountain mornings, and the promise of adventure at every turn. But every explorer knows: the right gear transforms a good trip into an unforgettable journey. Whether you're planning a weekend escape, a cross-country trek, or a spontaneous city stroll, these ten travel essentials will elevate your experience from ordinary to epic.

## Hokipo Foldable Laundry Bag

Dirty laundry? No problem. The Hokipo Foldable Laundry Bag is a heavy-duty, eco-friendly hamper with padded handles and a waterproof lining. Its collapsible design means it disappears when you don't need it, and stands tall when you do—making laundry day a breeze wherever you roam.

₹ 850 [www.amazon.in/dp/B08BZBKDYV](http://www.amazon.in/dp/B08BZBKDYV)



## Gaiatop Mini Handheld Fan

Beat the heat wherever you wander. The Gaiatop Mini Handheld Fan is a pocket-sized powerhouse with soft, safety blades and up to 24 hours of cooling on a single charge. Foldable, rechargeable, and feather-light, it's the breeze you can bring anywhere.

₹ 597 [www.amazon.in/dp/B0B2J29NGR](http://www.amazon.in/dp/B0B2J29NGR)



## Heelium Bamboo Bath Towel

Wrap yourself in luxury after a long day outdoors. The Heelium Bamboo Bath Towel is ultra-absorbent, soaking up water 20% faster than ordinary towels while staying naturally germ-free. Exceptionally soft and gentle, it's a plush hug for sensitive skin—your reward after every adventure.

₹ 999 <https://www.amazon.in/dp/B07KXRZ5ZK>



## Safari Compact 15L Backpack

Lightweight, compact, and effortlessly stylish, the Safari 15L Backpack is your go-anywhere, do-anything pack. Its dual compartments, drawstring closure, and handy utility pocket make it perfect for day trips, hikes, or city adventures. Carry your essentials in denim-blue flair—just remember, it's not water-resistant, so dodge those downpours!

₹ 399 [www.amazon.in/dp/B07NSC4SL5](http://www.amazon.in/dp/B07NSC4SL5)



## Master Lock 4688D Luggage Lock

Dirty laundry? No problem. The Hokipo Foldable Laundry Bag is a heavy-duty, eco-friendly hamper with padded handles and a waterproof lining. Its collapsible design means it disappears when you don't need it, and stands tall when you do—making laundry day a breeze wherever you roam.

₹ 2,010 [www.amazon.in/dp/B003P0WLXG](http://www.amazon.in/dp/B003P0WLXG)



## Sleepsia Velvet Neck Travel Pillow

Meet your travel essential for comfort on the go. The Sleepsia Velvet Neck Travel Pillow isn't just a pillow—it's a portable cocoon of support, relief, and relaxation for every journey. With premium microfiber filling and a plush velvet cover, this ergonomic neck pillow offers 360° support, helping to prevent neck pain and discomfort whether you're flying, driving, or lounging at home. Its lightweight, compact design means it fits easily in your bag, making it the perfect companion for any adventure.

₹ 449 [www.amazon.in/dp/B0B5XKWDY7](http://www.amazon.in/dp/B0B5XKWDY7)



## Autofy Cool-Max Full Face Balaclava Mask

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₹ 195 [www.amazon.in/dp/B0DHYHVRXC](http://www.amazon.in/dp/B0DHYHVRXC)



**Summing Up:** Great adventures begin with great preparation. With these ten travel essentials, you're not just ready for the road—you're ready for anything. So pack your bag, slather on that sunscreen, don your sun hat, and step boldly into the wild. The world is waiting—are you? 🌍



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# SHATRUNJAYA

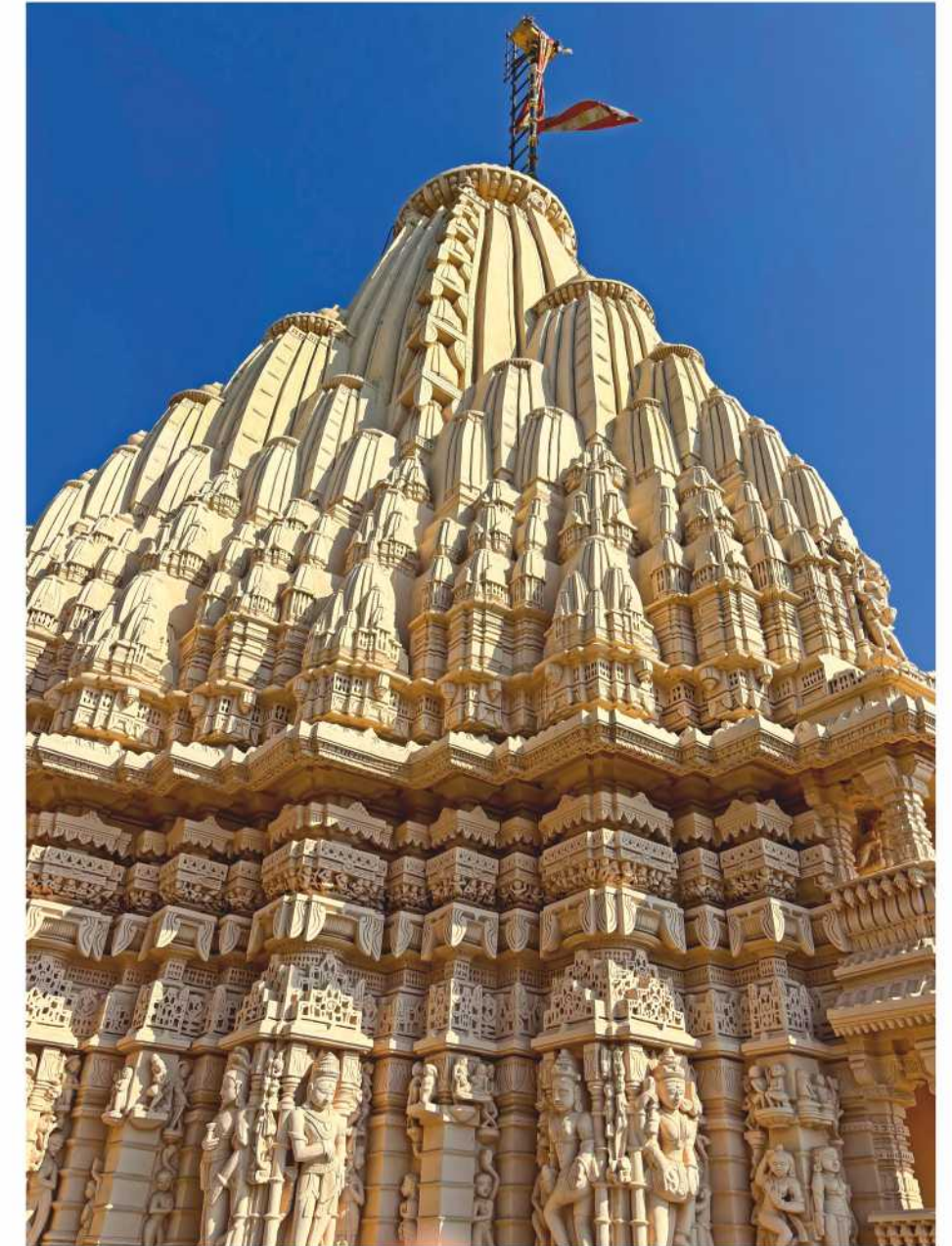
## LEGENDS CARVED IN MARBLE EXPLORING THE TEMPLES OF PALITANA

By Dr. Indira Nityanandam, Contributor

Once known as Padliptpuram, Palitana is considered one of the holiest pilgrimage sites in Jainism. Located atop the Shatrunjaya hills in Gujarat, it is home to over 900 exquisitely carved temples. For any traveller in search of spiritual solace and awe-inspiring heritage, Palitana offers both peace and panoramic wonder. This article is a first-hand account by Dr Indira Nityanandam, who explored the destination and now shares her journey through Palitana.







India is dotted with temples, both ancient and contemporary. Each temple brings with it a wealth of history and legend, faith and spirituality. A rough estimate says there are about 649,000 Hindu temples and about 16,750 Jain temples in India. The number of pilgrims to each of these may vary from hundreds to thousands, depending on the season or the main festivals or sacred days observed.

Can you imagine 900 temples, atop a hill – in fact, a mountain, which itself

makes it unique! If you want to see one, welcome to Palitana (Padliptapuram earlier) in the Bhavnagar district of Gujarat. Associated with the Svetambara sect of Jains, it is considered one of the holiest pilgrimage centres for them: The Digambara Jains have only one temple here. The other is Shikharji (where 20 Tirthankaras attained Moksh) in the state of Jharkhand. Probably the world's largest temple complex, it has a total of almost 3000 temples spread over the Shatrunjaya (a place of victory against inner enemies) hills. Some records

suggest that they were built over a period of about 900 years, (by succeeding generations) most of the temples are exquisitely carved of marble. However, epigraphy and architectural considerations suggest that the Palitana temples were built, damaged and restored over a period of 900 years. In due course, wealthy patrons began adding temples here and this tradition continues almost to the present days. Though managed by a trust today, it was a princely state during the British rule.

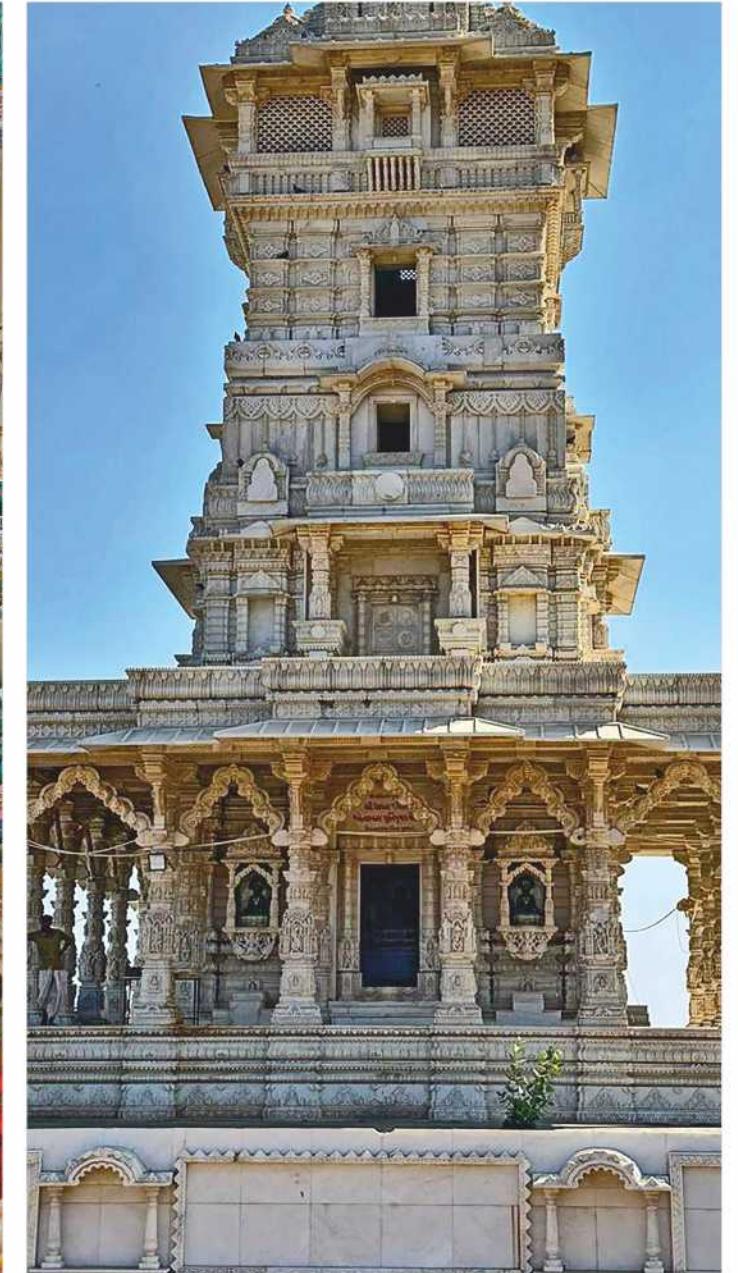
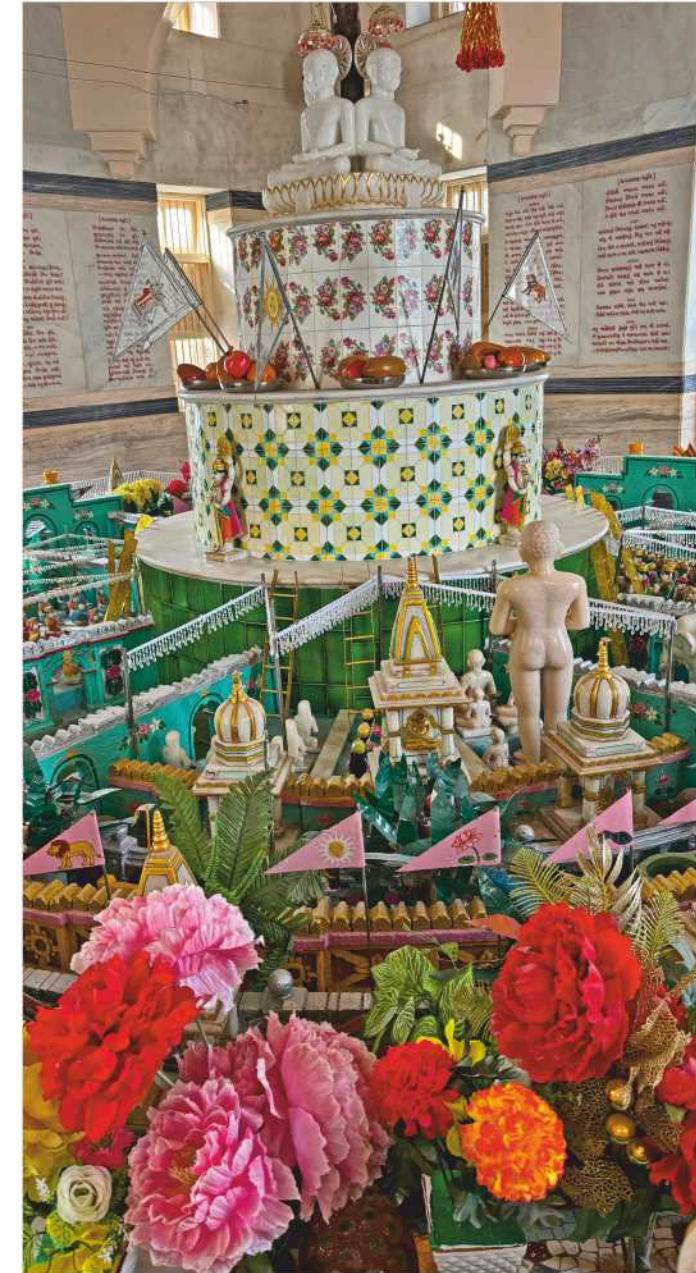
The Palitana hills are actually twin hill-tops with a saddle-like valley. At a height of 219 feet (67 metres), devout Jains do believe in walking up the arduous route, with steps (about 3,750 stone steps hewn into the mountain side) and slopes in equal measure. As one climbs up, there are small temples all along as well as rest stops and drinking water. The route is as picturesque as the summit, as the panoramic view keeps unfolding. But I chose the doli, which is more like a sling chair here. Can't say I wasn't scared

though the carriers were very confident.

The sight from the entrance, at the bottom of the hill, is breathtaking. As with all temple towns, legend and folk lores combine to make it an interesting trip, even if you are not a devout Jain. An interesting feature in all the temples here is that arti is offered only with covered lanterns as open lamps may cause insects to die. As it is a holy place, one cannot stay there after sunset, and no food items can be taken up the hill. To Jains, the sanctity also comes from

the belief that it was visited by all the Tirthankaras, except Neminatha. Hence, the primary deity in Palitana is the first Jain Tirthankara Adinath, also known as Rishabhanatha. Also, a must-see is the 'raiyan' tree (Ceylon Ironwood or Milk Tree), which continues to be a significant pilgrimage sight for Jains. Considered holy because Adinath, the founder of Jainism, meditated under this tree. It is worshipped as it is believed that the tree is a protection against illness. The footprints there are of Adinath. Another event which adds to the sacredness of





the place is the belief that Tirthankara Rishabha delivered his first sermon here. Among the important temples are those dedicated to deities as well as Tirthankaras like the Adisvara temple, the Vimal Shah temple, the Chaumukh temple, the Parsvanatha temple and the already-mentioned Adinath temple.

The architectural marvel is combined with a very geometric arrangement. Interestingly, the temples are grouped into enclosures called 'tunks'. Each one of these has a central temple which is flanked by a number of minor ones.


Each one is different and has legends associated with them. (Every visitor should ensure to have enough time for the stories have great significance and sanctity). Some of the temples highlight the Maru-Gurjara architecture found in western and north-western parts of our country. This school preserves the Nagara shikhara with ornate inner and outer walls. One can see ornate arches and toranas in addition to the pillared halls and lavishly decorated ceilings. Some of the most elaborate and open architecture temples were built as late as the nineteenth century.

The sculptures all over the complex point to the aesthetic sense of those involved in the process of construction. With marble being the preferred material, the carvings are absolutely stunning. Unfortunately, as it is hailed as a religious place, not much importance has been given to the artistic components of the place. Some art critics have compared these to the sculptures of Khajuraho. However, the details of various activities like dancing, archery, music or even decking up, writing a letter, show a variety of poses which have been captured on marble.

An important incident is recorded and spoken of with great reverence, though some argue that it is mythistory (a combination of myth and history). Alauddin Khilji (made more infamous after the Bollywood blockbuster 'Padmavat') has always been known for his religious intolerance. Tales of his plunder are part of the history and literature of India. When he attempted to raid the rich Jain temples, a Sufi saint today called Angaarsha Pir ('Angar' is fire), is supposed to have invoked a divine fire. This protected the holy site by burning Khilji's army. Today there is a

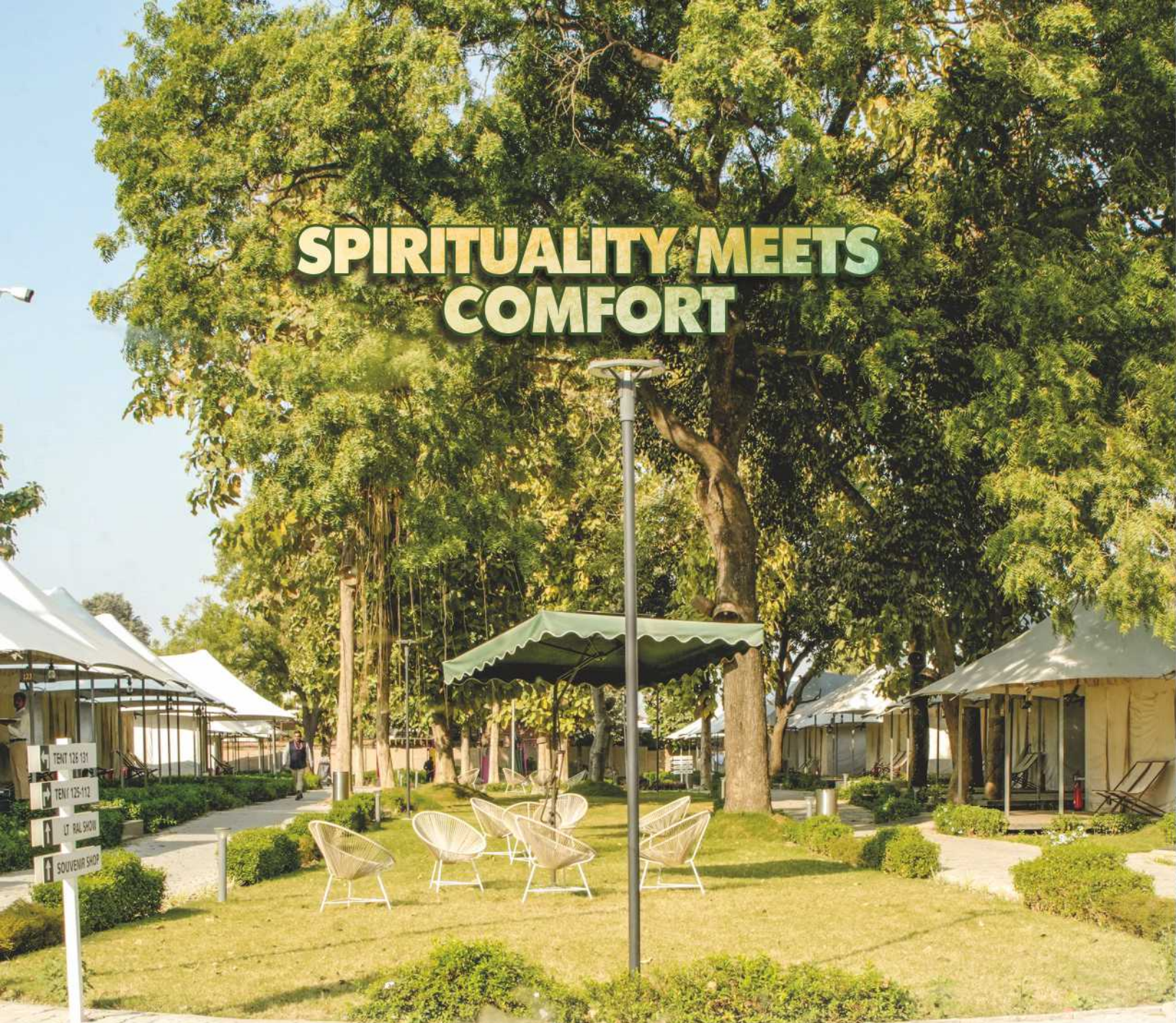
Dargah (which one can see from the entrance) dedicated to him and is visited by both Jains and Muslims. This stands as a testimony to the harmony among different faiths, even though barriers continue to increase elsewhere.

Having lived in Gujarat for over three decades, a visit to Palitana never happened till a couple of years ago. It would have been interesting to have been able to walk up, enjoying the natural beauty. An interesting recent addition to the temple premises is the

Palitana Rangmandap, which manages to find a balance between heritage and architecture without reducing the spiritual and cultural significance of the place. It also hopes to mitigate the harsh climatic conditions without obstructing the view of the temples. Another relatively new temple at the foothills is the Kirtistumbh, with exquisite idols made of precious and semi-precious stones. Also, must visit the Panch Parvat and the imposing statue of Bahubali before bidding adieu to the magnificent Shatrunjaya hills. 



# SPIRITUALITY MEETS COMFORT



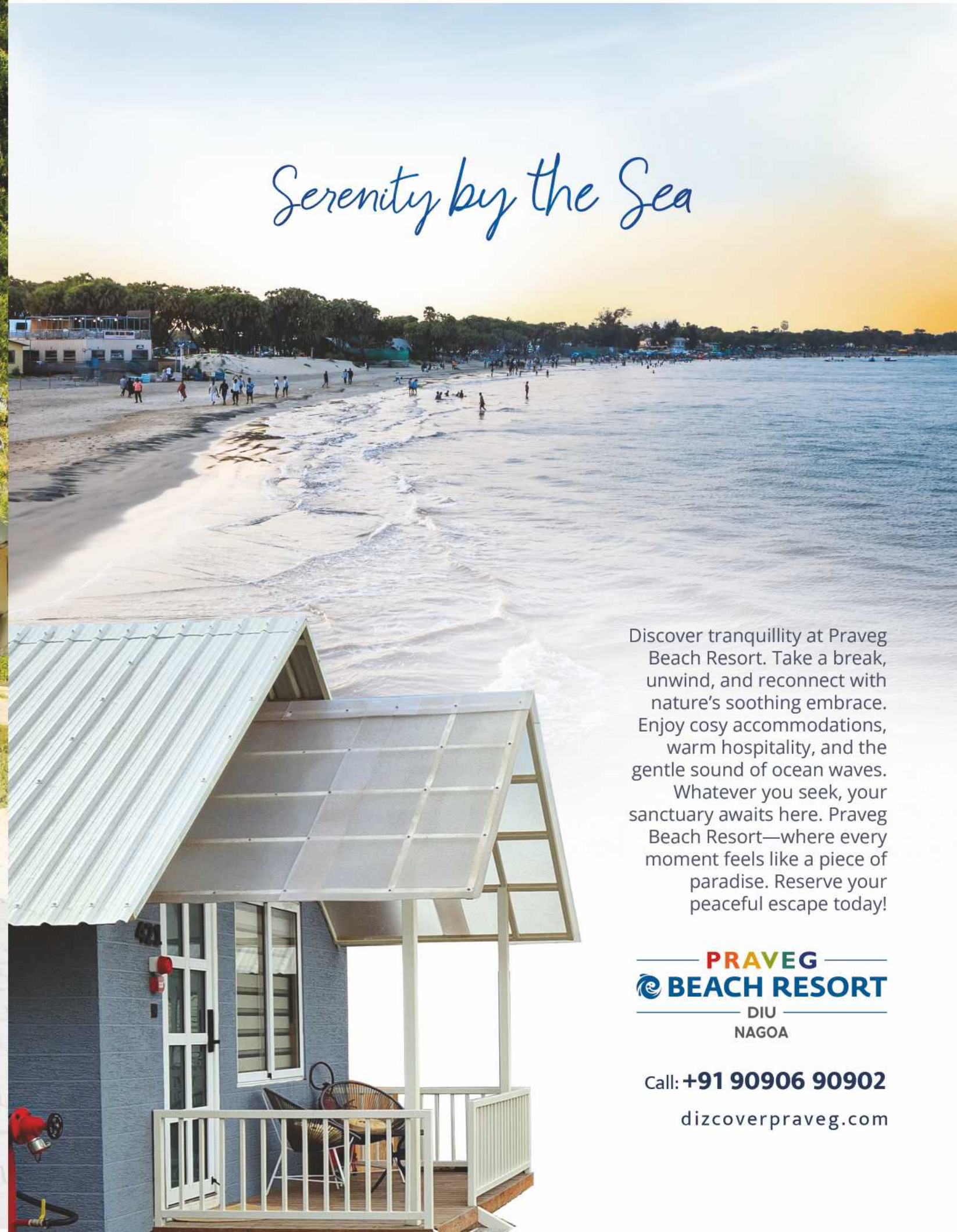
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# Whispers of a Mother's Love



She toils through the day and into the night,  
Yet never wavers, even as time takes flight.  
In her gentle embrace, I find solace and peace,  
A simple nap in her lap brings my worries to cease.

Oh mother! You radiate power and grace,  
I can sense the divinity in your gentle face.

What is it, I ponder, that makes you so grand?  
I thank the heavens that you're always close at hand.  
Though I know I'm not worthy of dust from your feet,  
Your kindness and sweetness make my life complete.

Oh mother! You radiate power and grace,  
I can sense the divinity in your gentle face.

Imagining a world without you is pure despair,  
You've given love beyond measure, always there.  
On this Mother's Day, I wish you joy and health,  
May your days be bright and filled with love's wealth.

Oh mother! You radiate power and grace,  
I can sense the divinity in your gentle face.

By UMANG SHARMA, Staff Writer

## SERENITY BY THE SACRED RIVER

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# Hill Stations and Heartbeats

## Travelling for Better Blood Pressure

By JAYESH PUROHIT, Staff Writer

“Hypertension is a growing health concern in India, affecting millions silently. Tourism One explores how travel—especially to clean, serene hill stations—can be a natural antidote to stress and high blood pressure. With expert insights and a curated list of seven pollution-free destinations, this article inspires readers to take a healing journey through nature and rediscover wellness through mindful travel and rest.”



**H**yertension, or high blood pressure, is a silent threat that affects over 294 million people in the WHO South-East Asia Region. Celebrated annually on May 17th, World Hypertension Day aims to raise awareness about this condition that often goes unnoticed until it leads to severe health issues like heart attacks, strokes, and kidney failure.

In India, the prevalence of hypertension is alarming, with around 30% of adults in cities like Mumbai affected. What's more concerning is the rising number of young adults developing high blood pressure due to factors like stress, poor diet, lack of exercise, and sleep deprivation. Dr. Vikas Chopra, Senior Consultant Interventional Cardiologist at Primus Super Speciality Hospital in New Delhi, notes, "Hypertension can result due to many issues like family history, sedentary

lifestyle, age, poor diet, and stress among others."

To combat hypertension, lifestyle modifications are crucial. Dr. Chhya Vaja from Apollo Spectra in Mumbai emphasizes, "Stress, smoking, and alcohol consumption are increasingly contributing to high blood pressure in young adults."

One effective way to manage stress and promote heart health is through travel. Exploring serene destinations can help individuals unwind, engage in physical activities, and experience a change of environment, all of which contribute to lowering blood pressure. Hill stations and areas with clean air and water offer the perfect setting for relaxation and rejuvenation.

Here are seven Indian destinations ideal for a hypertension-friendly getaway:

MUNNAR | COORG | DARJEELING | OOTY  
SHILLONG | KODAIKANAL | RISHIKESH

Embracing a healthier lifestyle and taking time to relax can go a long way in preventing and managing hypertension.

Munnar

Kerala

**N**estled in Kerala's Western Ghats, Munnar enchants with tea-covered hills, mist-laced mornings, and crisp, clean air. This serene escape is a haven for hypertension patients—its low pollution levels and soothing greenery work wonders on the mind and body. A walk through Eravikulam National Park or tea garden trails can melt stress away, leaving you lighter, calmer, and recharged by nature's gentle rhythm.





# Coorg

## Karnataka

Coorg, or Kodagu, is Karnataka's tranquil hill district famed for coffee estates and rainforest views. The air here is pure, infused with the scent of wild blossoms and coffee blooms. Visiting Abbey Falls or meditating at Namdroling Monastery can help reduce anxiety and regulate blood pressure. In Coorg's hush, hearts slow down, thoughts clear up, and inner peace takes root effortlessly.



# Ooty

Tamil Nadu

Ooty's rolling meadows, eucalyptus-scented air, and picturesque Nilgiri landscape offer a breath of fresh health. This Queen of Hill Stations helps lower hypertension through its peaceful pace and clean, cool climate. Visit the Ooty Botanical Garden or cruise on Ooty Lake to unwind. In Ooty, every breath is therapy and every sunrise a step towards wellness.



# Darjeeling

West Bengal

Crowned by the mighty Kanchenjunga, Darjeeling invites you to breathe easy in its cool, tea-scented air. The peaceful environment, minus city pollution, is ideal for hypertension relief. Take a quiet ride on the historic Toy Train or sip tea at Happy Valley Estate. Every corner of Darjeeling whispers calmness, making you feel healthier, lighter, and wrapped in Himalayan serenity.





# Shillong

Meghalaya

Dubbed the "Scotland of the East," Shillong mesmerises with pine forests, sparkling waterfalls, and cloud-kissed hills. Its air is crisp and pollution-free—perfect for healing stressed minds. Stroll around Ward's Lake or simply gaze at the rolling clouds from Shillong Peak. Here, nature coaxes you to slow down, breathe deep, and embrace the quiet joy of being.



# Kodaikanal

Tamil Nadu

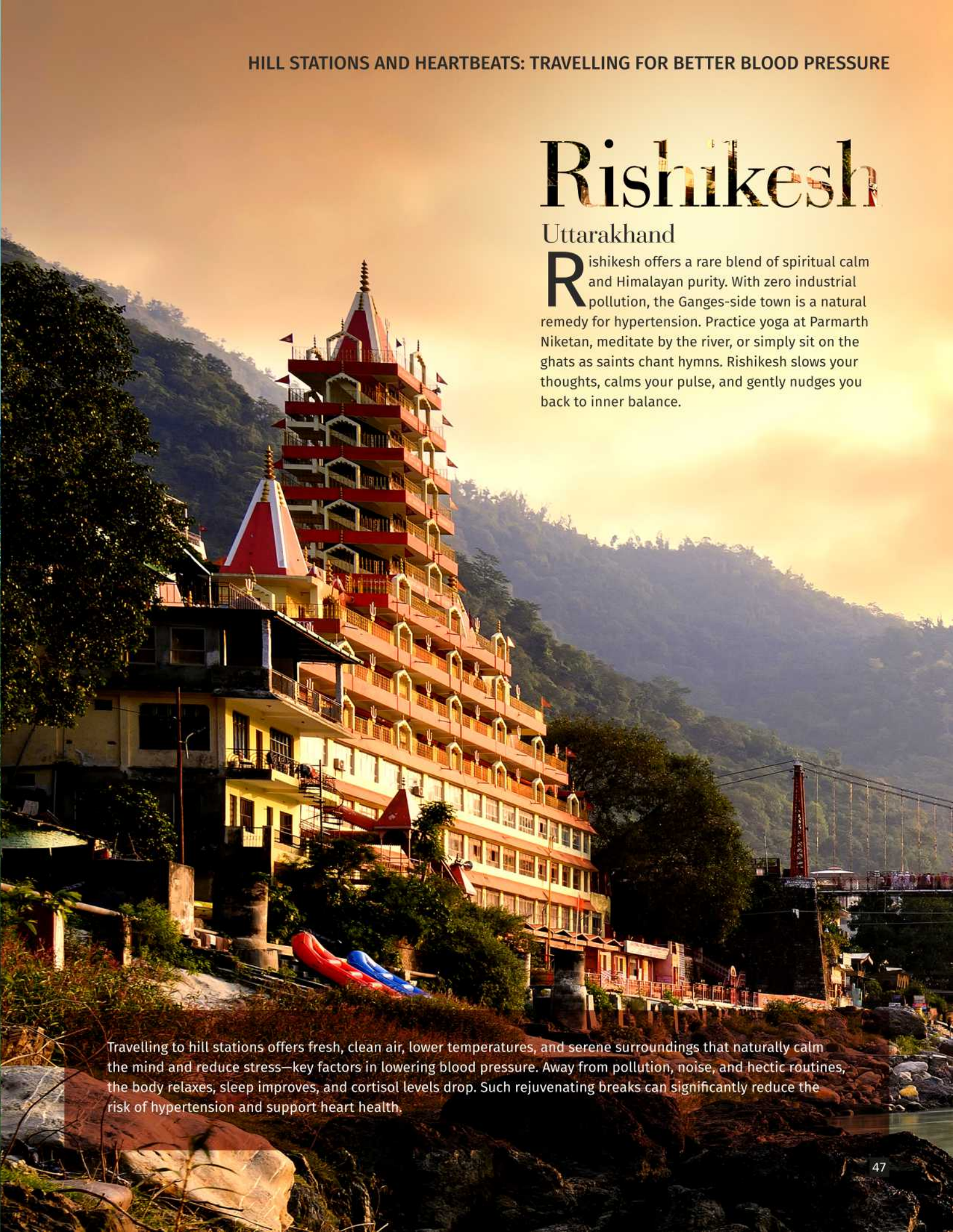
**K**odaikanal, the “Gift of the Forest,” wraps visitors in tranquility with its misty woods and starry skies. Blessed with a pollution-free atmosphere, it helps hypertension patients find relief in its gentle climate and laid-back charm. Walk along Coaker’s Walk or boat on Kodaikanal Lake to feel stress ebb away. Each moment here feels like nature’s gentle hug for your heart.



# Rishikesh

Uttarakhand

**R**ishikesh offers a rare blend of spiritual calm and Himalayan purity. With zero industrial pollution, the Ganges-side town is a natural remedy for hypertension. Practice yoga at Parmarth Niketan, meditate by the river, or simply sit on the ghats as saints chant hymns. Rishikesh slows your thoughts, calms your pulse, and gently nudges you back to inner balance.



Travelling to hill stations offers fresh, clean air, lower temperatures, and serene surroundings that naturally calm the mind and reduce stress—key factors in lowering blood pressure. Away from pollution, noise, and hectic routines, the body relaxes, sleep improves, and cortisol levels drop. Such rejuvenating breaks can significantly reduce the risk of hypertension and support heart health.



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# INTERVIEW

with SHRI JITENDRA OGHANI

Principal - Sheth C. N. College of Fine Arts

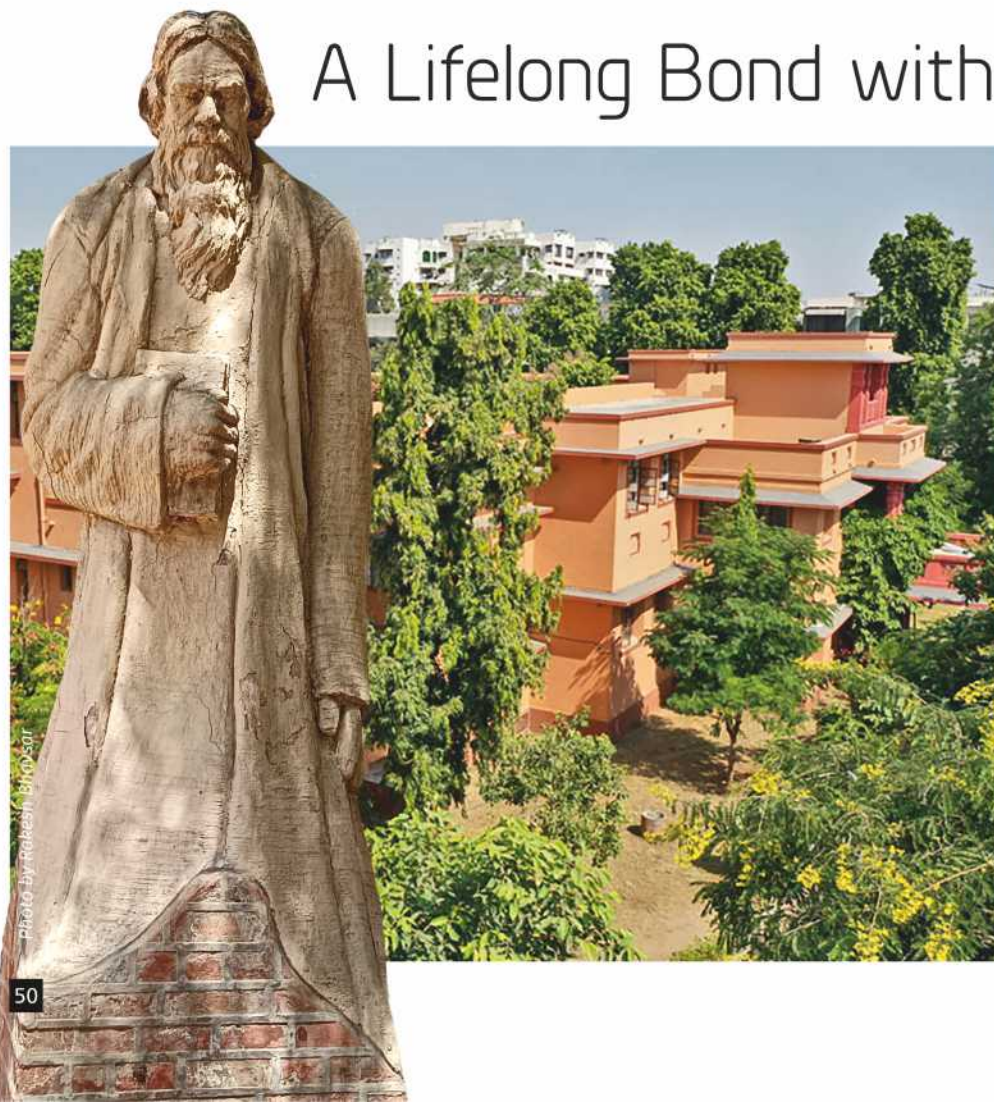
By JAYESH PUROHIT, Staff Writer with RAKESH BHAVSAR



“ You Can Throw Art Out Of An Artist, But  
You Can't Throw The Artist Out Of Art. ”

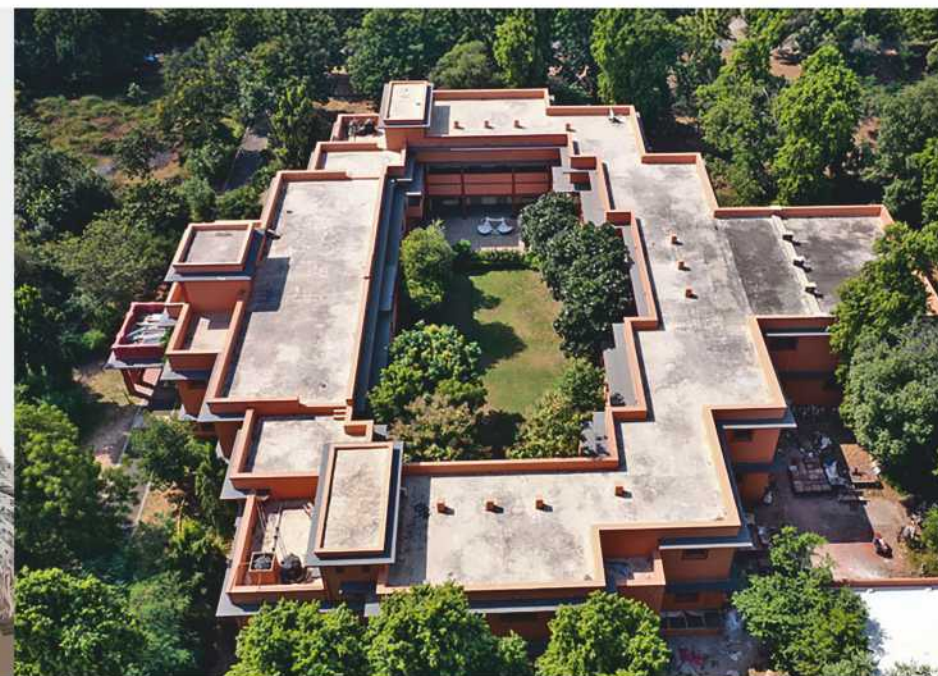
As the principal of the reputed Sheth C. N. College of Fine Arts in Ahmedabad, Shri Jitendra Oghani plays a key role in shaping the future of aspiring artists. Yet, despite holding this administrative position, he sees himself first and foremost as a lifelong art student. In an exclusive conversation with Tourism One, Mr. Oghani shares his thoughts on art, education, creativity, and his journey from a humble background to the helm of a prestigious institution.

## A Lifelong Bond with C N Vidyalay



Mr. Oghani's association with C N Vidyalay began as a student and has evolved over decades. He joined the institution as a lecturer in 2000 and now serves as the in-charge principal. He believes that in today's fast-paced and commercial world, even a government institute must offer more than self-financed colleges — not just in facilities, but in value-based education.

Founded by Sheth Chimanlal Nagindas and his daughter Smt. Indumati Ben, the college was built with a clear mission: to offer quality education in the arts, especially to students from middle-class and rural backgrounds. Mr. Oghani himself is a product of this very vision — raised in modest circumstances, he now gives back to the institution as its head.



Sheth Chimanlal Nagindas

Smt. Manekba

Smt. Indumatiben



## About the Institute

Sheth C. N. College of Fine Arts, established in 1960 by Morarji Desai, is the only government-recognized college of fine arts in Ahmedabad. It offers various courses after the 10th and 12th standards, including:

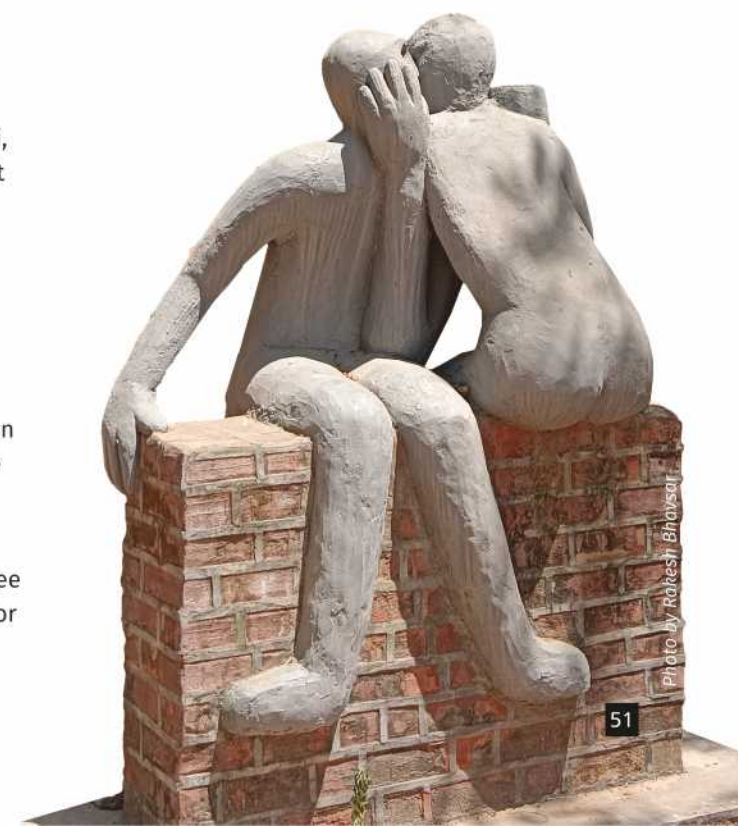
**Diploma in Painting, Diploma Commercial in Art**

**Diploma in Sculpture 10th**

**ATD (Art Teacher Diploma) 12th**

The college functions from a heritage building, designed by an architect Surendra Nath Kar, who designed the building of Shantiniketan - known for its natural light and ventilation, creating an inspiring space for creativity.

With 550 students and a teacher-student ratio of 1:30 (or 2:32), the institute is known for its personal attention and quality teaching. The fee structure is highly affordable (Rs. 240/-, with an additional Rs. 2500/- for the computer lab), staying true to its mission of accessible education.







Painting by Jitendra Oghani



Painting by Jitendra Oghani

# Commerce and Art – A Fine Balance

**Q. Should art be linked with commerce?**

**A.** Art is a form of expression — and there are many such forms: music, theatre, painting, and more. Money is a necessity, but it's not everything. An artist is both gifted and hardworking. Instead of merely commercializing their work, artists should focus on expanding the reach of their art and touching lives in a meaningful way.

Commercial avenues like the India Art Fair are important. They add value to art and increase visibility. However, many artists struggle to fit into such commercial systems. That's where intermediaries like art galleries play a crucial role — bridging artists with audiences.

## Talent vs Training

**Q. What about those who aren't naturally gifted but love art?**

**A.** Education is essential for a professional career in the arts. Rigorous training can transform an enthusiast into an

artist. Gifted individuals may absorb things quickly, but others can develop vision through continuous learning. Reading, observing other artists, watching meaningful films — all these stimulate creativity.

## Literature as Art

**Q. Literature wasn't always seen as art - how do you see literary arts?**

**A.** Literature becomes art when it's infused with imagination. Mere information doesn't make literature. Powerful imagination creates literary art. In any form of art — painting or writing — imagination is central to new creations.

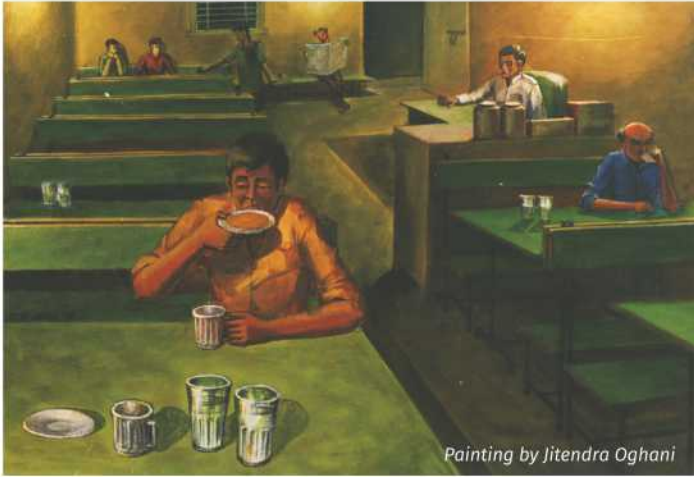
## Grammar of Art and Breaking the Rules

**Q. What is the role of the 'grammar' of art?**

**A.** Fundamentals are important. Academics teach you the



Painting by Jitendra Oghani



Painting by Jitendra Oghani

rules — but life teaches you how to make art. Discipline and repeated drills build grammar. Watching good movies, observing objects, and keeping up with current trends help sharpen artistic vision.

## Personal Journey

Born in Thangadh in 1966, Mr. Oghani came from a humble background. His father was a mason. He was passionate about drawing from childhood. A cousin's friend introduced him to formal education in fine arts. Though he aspired to study at MS University, fate had other plans. He worked in an ad agency, Girdhar Graphics, from 1988 to 1998, and explored photography during that time. In 2000, he joined CN College and embraced teaching - a path that continues to inspire him.

He believes in experimentation, lifelong learning, and keeping the mind blank to remove academic biases and grow as an artist.

## Art and Society

**Q. Should art be a medium of political or social commentary?**

**A.** Art is a powerful form of expression. If an artist chooses to engage with political issues, that's valid — but as educators, we must maintain neutrality within academic spaces. Truth and reflection are essential in socially conscious art.

**Q. Does visual art lead art movements, or is it the other way around?**

**A.** It's not always one-way. Sometimes a story inspires a painting; other times, a painting influences literature or film. The flow of inspiration is fluid across art forms.



Painting by Jitendra Oghani



Painting by Jitendra Oghani



Painting by Jitendra Oghani



Students engaged in learning activities



Students engaged in learning activities





Students &amp; Teachers during Annual Display 2025

Photo by Rakesh Bhavsar

The college encourages students to put their creations on display for the public. This is a great opportunity for students to engage with the external world and showcase their creative endeavours.

### On the Process of Creation

- Q. William Wordsworth said poetry is “emotion recollected in tranquility.” Does that apply to visual art?**
- A.** Absolutely. Artists often capture an emotional moment — sometimes by taking a photograph — and then recreate it on canvas later. Memory plays a huge role. Creativity is often born from memories. Whether it's a balloon vendor or a simple lamppost, images from the past become the seeds of artistic expression.
- Q. So memory is central to creativity?**
- A.** Yes. Memory disturbs the mind until it's released through creation. It's a form of catharsis.

### On Commercial Art

- Q. What is your take on commercial art?**
- A.** There's nothing lesser about commercial art. In fact, some of the most creative work is found in advertising — take Piyush Pandey's Fevicol ads, for example.
- Q. What about students who want to break rules without learning them?**
- A.** That's the reality of our times. Many students are overconfident. They latch onto the idea of “breaking rules” without first learning the fundamentals. But I believe things will change. With time and maturity, students realize the importance of mastering their craft.



Students engaged in learning activities



Photo by Rakesh Bhavsar



Photo by Rakesh Bhavsar

### Message to Young Artists

Art is about patience. You must control your thoughts and focus on just a single line at first. Mastery takes time.

***“Be original. Don't download and imitate work from the internet.”***

Even imitation, when approached honestly, becomes unique. In a batch of 30 students sketching the same model, every drawing will be different — reflecting the mindset and temperament of each individual.

Art may be imitation, but it's also transformation.

### Eminent Alumni

The college boasts several renowned alumni, including:

- Natvar Bhavsar

- Himmat Shah
- Madhav Ramanuj

These names are a testament to the institution's legacy and contribution to the world of art.

The school takes pride in having the finest faculty in town—art teachers who don't just teach, but inspire by example. Actively engaged in their own creative pursuits, they bring passion, practice, and real-world experience into every classroom.

### Teachers at Sheth C N Vidyalay

- Rajesh Baraiya
- Gayatri Trivedi
- Rikin Halpati
- Anal Parmar
- Manish Modi



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# Mango Gazpacho

## Chilled Mango Soup

By JAYESH PUROHIT, Staff Writer

A sunny twist on Spain’s classic cold soup, Mango Gazpacho brings the flavours of Andalusia to your summer table. Traditionally enjoyed during the hot months, this refreshing dish blends ripe mangoes with crisp vegetables and citrusy notes. Perfect for cooling off on warm days, it’s a light, vibrant recipe ideal for travellers seeking a taste of seasonal indulgence.

### Ingredients:

- 1. 2 cups 1/4-inch-diced fresh mangoes
- 2. 2 cups orange juice
- 3. 2 tablespoons extra-virgin olive oil
- 4. 1 seedless cucumber, cut into 1/4-inch dice
- 5. 1 small red bell pepper, seeded and cut into 1/4-inch dice
- 6. 1 small onion, cut into 1/4-inch dice
- 7. 2 medium garlic cloves, minced
- 8. 1 small jalapeno pepper, seeded and minced (Optional)
- 9. 3 tablespoons fresh lime juice
- 10. 2 tablespoons chopped fresh parsley, basil or cilantro
- 11. Salt and freshly ground black pepper



### Nutrition Facts (per serving)

Calories: 147 | Fat: 5g | Carbs: 26g | Protein: 2g

### Method:

In a blender, combine diced mangoes, orange juice, and olive oil until smooth and velvety. Pour into a mixing bowl and stir in cucumber, bell pepper, onion, garlic, jalapeno, lime juice, and herbs. Season with salt and pepper. Chill for a few hours to let the flavours meld. Serve cold and enjoy.

Courtesy: <https://www.allrecipes.com/recipe>

# Mangomisu

## Light, Creamy, and Perfect for Hot Weather

By JAYESH PUROHIT, Staff Writer

Mangomisu is a tropical take on Italy’s beloved tiramisu, reimagined with juicy mangoes and no baking required. Light, creamy, and perfect for hot weather, it’s a summer favourite across Australia and beyond. Whether served at a festive gathering or as a weekend indulgence, this mango-laced dessert delivers a refreshing burst of flavour in every chilled, velvety bite.



### Ingredients:

- 1. 600ml Woolworths Thickened Cream
- 2. 500g mascarpone
- 3. 2 egg yolks
- 4. 1/3 cup (50g) pure icing sugar, sifted
- 5. 1 vanilla bean, split, seeds scraped
- 6. 3 mangoes, flesh sliced 1cm thick
- 7. Juice of 2 oranges
- 8. 1/2 cup (125ml) Grand Marnier
- 9. 300g savoiardi (ladyfinger) biscuits
- 10. Raspberry sauce
- 11. 1/4 cup (55g) caster sugar
- 12. 250g fresh or frozen raspberries
- 13. Juice of 1 lemon

### Notes

Preparation Time: 10 minutes | Cooking Time: 05 Minutes | Servings: 10

### Method:

Line a 22cm springform cake pan with plastic wrap or baking paper, leaving some overhang. In a stand mixer, whisk cream, mascarpone, egg yolks, icing sugar, and vanilla seeds until stiff. Chill until needed.

Mix orange juice and Grand Marnier in a bowl. Dip half the savoiardi biscuits into the mixture and layer them in the pan. Spread one-third of the mascarpone mix and top with one-third of the mango slices. Repeat twice more, reserving the final mango layer for garnish. Chill for at least 2 hours.

For the raspberry sauce, heat sugar with 2 tablespoons of water until dissolved. Add raspberries and lemon juice, gently crush, then cool. Strain and refrigerate.

To serve, release the cake from the pan, garnish with the reserved mango slices, and drizzle with berry sauce.

Courtesy: <https://www.delicious.com.au/recipes>



## Chilli Mango Lemonade

*Sweet, Sour, and Spicy Summer Tale*

By JAYESH PUROHIT, Staff Writer

A zesty fusion of Indian summer flavours, Mango Chilli Lemonade is a refreshing beverage with roots in tropical kitchens across the country. Best enjoyed during the hot months when mangoes are in peak season, this drink balances sweet, sour, and spicy notes—making it a delightful thirst-quencher for both kids and adults, with endless customisation options.

### Ingredients:

1. 1½ cups mango pulp fresh or canned
2. ¼ cup lemon juice
3. ¼ tsp chilli powder
4. 3-4 tbsp jaggery powder or sweetener of choice
5. 1 tbsp chaat masala
6. 1 tbsp kala namak (black salt)
7. 2 cups chilled water



### Nutrition:

To prepare mango pulp using fresh mangoes, simply peel the fruit, chop the flesh, and blend it into a smooth pulp. For a kid-friendly version of the lemonade, skip the chilli flakes. To turn it into a vibrant cocktail for adults, add a dash of vodka for an extra kick.

**1 cup** = 250 millilitres | **Prep Time:** 15 mins | **Course:** Drinks | **Servings:** 2 people | **Calories:** 221 kcal

### Method:

Combine all the ingredients in a mixer or blender and blend until smooth and well combined. Taste the mixture and adjust the sweetness to your liking, if needed.

Pour the lemonade into two serving glasses. Add a few ice cubes, garnish with a pinch of chilli flakes and a wedge of lime. Serve chilled and enjoy this refreshing treat!

Courtesy: <https://kitchenmai.com/mango-chilli-lemonade/>

## Keri Nu Shaak

*Mango Curry: A little sweet, a little spice, just right.*

By JAYESH PUROHIT, Staff Writer

A beloved dish from Gujarat, Keri Nu - this mango curry is a celebration of summer's most nostalgic flavours, passed down through generations.

### Ingredients:

Servings: 4


1. 2 unripe mangoes – peeled and diced into 1-inch cubes (about 6 cups)
2. ¼ cup + 2 Tbsp jaggery – for that sweet balance
3. 2 Tbsp coriander-cumin powder
4. ¼ tsp turmeric powder
5. 2 tsp red chili powder
6. 1½ tsp achar masala
7. 1 tsp mustard seeds
8. 1 tsp cumin seeds
9. 1 tsp salt



### Serving Tips:

Serve with steamed rice, roti, or as a side with dal and sabzi. | Use it as a tangy chutney-style dip with snacks.

### Method:

1. Boil mango in 6 cups of salted water till fork-tender – 10 min.
2. Reserve ½ cup water, then drain.
3. Layer jaggery, mango, turmeric, cumin-coriander, achar masala.
4. Heat oil. Splotter mustard & cumin.
5. Add mango mix + chilli powder. Stir & simmer 5-7 min.
6. Add water if dry. Adjust taste with jaggery, chilli, or lime for sweet-spicy-tangy balance. 

Courtesy: <https://thechutneylife.com/keri-nu-shaak/>



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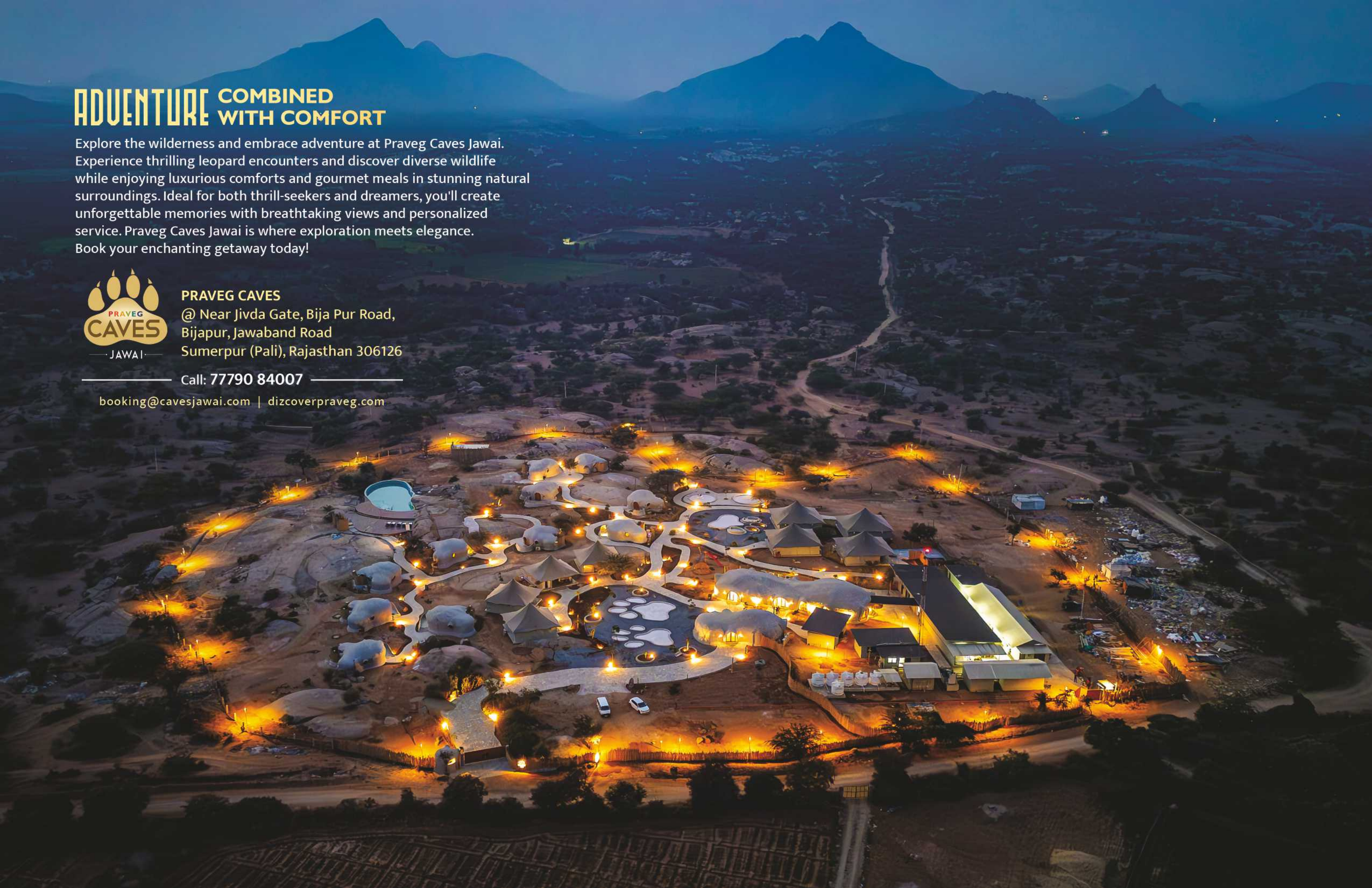


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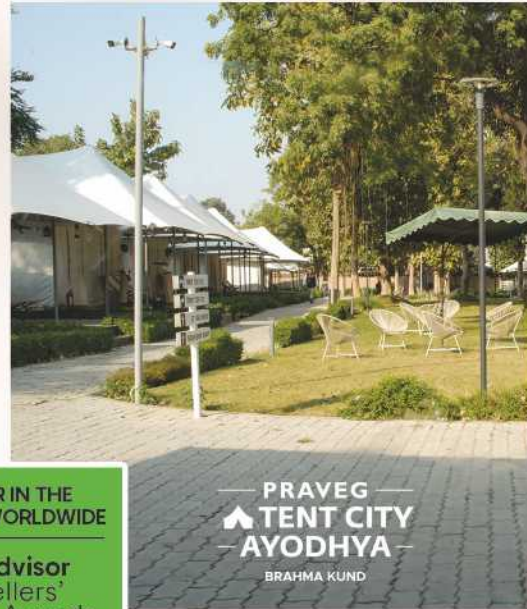
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