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DEAR READERS,

Welcome aboard SpiceJet!

November brings with it one of the happiest times of the year. The festive spirit of Diwali can be felt everywhere, in homes lit up with *diyas*, markets buzzing with activity, gifts and sweets being exchanged, and families coming together. There is a special warmth in the air as people celebrate the festival of lights with their loved ones.

Diwali is a time for new beginnings, cherished traditions and, above all, being with the people who matter most. For some, that means heading home to celebrate with family; for others, it is a holiday, a reunion with friends or a chance to discover somewhere new.

We feel privileged to be part of these journeys, bringing families and friends closer and helping make these special moments even more memorable.

At SpiceJet, this festive season brings fresh momentum of our own. Our new aircraft have started arriving, and we are working to strengthen our operations for the busy winter months ahead. Several popular destinations are also back on our map, including Udaipur, Ahmedabad, Varanasi and Port Blair, along with Phuket and Goa.

These destinations offer plenty of reasons to plan a trip this winter, whether it is a few days by the beaches of Goa, a holiday amid Udaipur's lakes and palaces, time in Varanasi or a break in Phuket. With these routes returning to our network, we are giving our passengers more options at a time when many are looking to make the most of the festive season and the months ahead.

The arrival of new aircraft and the return of these destinations mark an important step in our efforts to expand our network and offer greater choice to our passengers. Our teams across the airline are working hard to prepare for the winter schedule, with a clear focus on serving you better as travel demand picks up.

As we enter this busy season, we remain grateful to you for choosing SpiceJet and for being part of our journey. Your trust matters to us, and we are committed to building on the progress we are making.

I wish you and your family a very happy Diwali. May the festival bring happiness, prosperity and fresh beginnings, and may the months ahead bring many wonderful journeys.

Happy flying.

Jai Hind!



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GENERIC PHARMACY

Affordable Medicines, Aspirational Wellness: The Davaindia Promise

Good health shouldn't be a luxury. Yet for many Indian families, a single prescription can strain the monthly budget, and a long-term one can quietly shape every household decision.

That's the problem DavaIndia set out to solve. The idea is simple. Access to quality medicines shouldn't depend on how much you can spend. Generic medicines contain similar active ingredients as their branded counterparts, at a fraction of the price. When a family saves on treatment, that money goes back into what matters: groceries, school fees, a little breathing room. DavaIndia puts that choice back in people's hands.

Consider the daily reality. A parent managing blood pressure for years. A young couple stretching a salary through a child's recurring illness. For them, a lower bill isn't a statistic. It's the difference between completing a course of treatment and cutting corners to save a few rupees. Affordability keeps people on their treatment.



Davaindia is a pioneering force in the " healthcare industry, reshaping the landscape by making high-quality generic medicines affordable and accessible to all. Our vision is to create a healthier and more equitable future for everyone we serve.

- Dr. Sujit Paul, Group CEO, Zota Healthcare Limited

But health isn't only about treating illness. More of us are thinking about prevention, skincare, personal care and the everyday habits that keep us well. For too long, wellness felt like something admired from a distance, on a shelf priced for someone else. DavaIndia is changing that, with a range of premium wellness products that more people can actually reach.

Affordable and aspirational, under one roof. That's what today's Indian consumer is asking for: value, quality and convenience, without having to choose between them. One visit can cover the prescription, the personal care and the wellness essentials, without the guesswork or the guilt.

Small savings add up. For a family, they mean one less worry. For a community, they mean more people getting the care they need, when they need it. And across a country as large and varied as ours, that adds up to something far bigger than a pharmacy bill.

DavaIndia is more than a pharmacy. It's a belief that better health should be within reach of every Indian. Not someday. Now



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Robb Report
BEST OF THE BEST
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RAISING THE BAR FOR BRANDED RESIDENCES



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LUXURY TAKES FLIGHT

BNW Developments' Robb Report recognition highlights Ras Al Khaimah's growing prominence on the global luxury real estate stage and the evolution of branded residences.

The UAE's luxury real estate story has reached a new cruising altitude.

BNW Developments has been named **Best Branded Residences Developer of the Year 2026** in Robb Report Monaco & Côte d'Azur's prestigious **Best of the Best** selection. The honour places the UAE-grown company among the names shaping contemporary global luxury and celebrates a journey that began with the confidence to recognise Ras Al Khaimah's potential before it became one of the region's most closely watched destinations.

Today, BNW is **Ras Al Khaimah's largest private developer**, with a Gross Development Value exceeding **AED 32 billion**. Its portfolio spans Al Marjan Island, Marjan Beach and RAK Central, destinations helping propel the emirate's next chapter in waterfront, hospitality-led and mixed-use living. helping propel the emirate's next chapter in waterfront, hospitality-led and mixed-use living.







IHCL | Tonino Lamborghini | fashiontv | Radisson BLU | WYNDHAM HOTELS & RESORTS

The award also recognises BNW's distinctive approach to branded residences: creating homes that carry more than a celebrated name. Through collaborations with **Taj Group of Hotels, Tonino Lamborghini, FashionTV, Wyndham and Radisson Blu**, the developer brings together global brand heritage, design intelligence and experiences conceived to hold meaning and value well beyond handover.

For Indian travellers and investors, the story lands especially close to home. BNW may be headquartered in the UAE, but its connections with India run deep. From its collaboration with Taj to the use of select Indian materials, manufacturing capabilities and craftsmanship across its developments, the company is giving Indian excellence a prominent address on the global luxury map.

With **13 developments already launched** and an ambition to create approximately **ten thousand luxurious residences over the next four years**, BNW is not simply collecting accolades; it is setting its course for the long haul.

Robb Report's recognition is a milestone, but it also feels like a departure gate to a bigger portfolio, bolder destinations and a new standard of branded living taking flight from the UAE.

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WHAT'S TRENDING

GIFTING FESTIVE LOVE

Haldiram's brings together traditional Indian favourites and contemporary treats in an extensive assortment designed for a wide range of tastes and occasions. The collection includes *mithai*, premium dry fruits, assorted nuts, *chikki,* dates, *baklava,* chocolates, savouries, cookies, and also curated hampers, offering options from cosy festive assortments to elaborate gift boxes. From Shahi Dhamaka – a 3.05kg hamper featuring an abundance of sweets and savoury delights, including *baklava*, *pralines, kaju burfi, dry fruit kachori*, baked cashews, almond brittle, and other favourites – to the regal Kesariya Saugat, which brings together classic Indian sweets and the finest confectionery.

What: Diwali gift hampers
Where: Across Haldiram's outlets Zomato & Swiggy





A TASTE OF UTTARAKHAND

From the house of **Amrit Bhawan**, the intimate heritage retreat by the Ganga in Haridwar, comes Naashta, a food label celebrating Uttarakhand's regional ingredients and traditional recipes. Handmade in small batches, this festive gifting collection brings together familiar Indian flavours but with a contemporary touch. The Chai Naashta Collection features Pahadi ragi cookies, *jhakhiya, gehat mathris,* and *masala chai*, while the Nostalgia Box celebrates old-fashioned teatime favourites. For more considered gifting, the Wellness Box combines *kuttu panjiri granola,* spiced jaggery, and herbal tea. The collection also includes the Mishti Box and customisable hampers, each accompanied by a story card and personalised greeting.

What: Amrit Bhawan festive gift hampers
Price: Starting at ₹1,495

MAKE ROOM FOR TIRAMISU

The festive season comes with a familiar line-up of indulgences. *Mithai* boxes make their rounds, dinner invitations fill the calendar, and sweet endings are practically guaranteed. But this Diwali, Tossin Pizza is giving the usual favourites some Italian competition. Its **Classic Tiramisu** brings together coffee-soaked Savoiardi biscuits, silky mascarpone cream, and delicate layers of cocoa, offering a sophisticated alternative for those looking to venture beyond traditional sweets. Prepared fresh using imported Italian biscuits, premium ingredients, and a restrained touch of rum, the dessert stands out for its thoughtful layering, with cocoa added between each cream layer to create a subtle bittersweet contrast.

Where: Across Delhi NCR
Price: ₹399 (250 g)



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Some nations give us a place to live. Others give us the courage to dream bigger.

For Kashesh Bhatia Garg, Founder of Kashesh Global, the UAE has been a place where vision meets opportunity and creativity finds its voice.

A Dubai-based luxury fashion house, Kashesh Global brings words, identity and craftsmanship together through its philosophy of Wearable Literature.

In a distinctive milestone, the house received permission to feature the words of His Highness Sheikh Mohammed bin Rashid Al Maktoum, Vice President and Prime Minister of the UAE and Ruler of Dubai, from his book Flashes of Wisdom.

This inspired the signature Words of Wisdom collection limited-edition creations where some words are expressed on the outside, while others are carried within, as personal reminders for the wearer.

Crafted to transcend seasons, each piece is more than a garment. It is a story to carry and a legacy to treasure.

As the UAE approaches its 55th National Day, Kashesh Global celebrates a nation that inspires us to dream beyond boundaries.

Some words are meant to be read...."Others are meant to be worn!





CLEAN BEAUTY FOR GLOWING SKIN

Clean beauty brand **Kiro Skin**, known for high-performance make-up, is entering skincare with a six-product collection designed for Indian skin, Indian weather, and real-life routines. At its heart is #ProofOverPromise, a formulation philosophy that asks not just what an ingredient can do, but whether it needs to be there in the first place. With a simple belief of 'no unnecessary complexity, no efficacy that leaves skin stripped, no ingredients without a purpose, and no promises without proof', Kiro Skin is here to bring change and give the desired result with every use.

What: Kiro Skin #ProofOverPromise
Available: https://kirobeauty.com/pages/skin

NEW OUTLET

Bengaluru's vibrant food scene has a new address for pizza lovers as **Tossin Pizza**, the homegrown gourmet QSR brand, opens its first flagship outlet in Koramangala. Bringing a distinctive approach to one of the world's most popular comfort foods, the brand introduces its selection of inventive pizzas, bold flavour pairings, and an indulgent all-day menu to a city celebrated for its diverse culinary tastes. The opening marks Tossin's entry into Karnataka, extending its presence beyond Delhi NCR, Mumbai, and Hyderabad. The menu reflects this adventurous approach, drawing from global culinary influences while incorporating flavours familiar to Indian diners.

What: Tossin Pizza's Karnataka debut
Where: 1A Cross, Building No. 14, Block 5A Koramangala, Bengaluru





CALLING BUDDING ENGINEERS

The **Vellore Institute of Technology** (VIT) has opened applications for VITEEE 2027, inviting aspiring engineers to take the next step towards their dream careers. Students can now apply online at https://viteee.vit.ac.in for admission to VIT's flagship engineering programmes, offered across its campuses in Vellore, Chennai, Amaravati (AP) and Bhopal (MP). The VITEEE 2027 entrance test will be conducted in a single phase, scheduled from 28 April to 2 May, 2027. The exam will be held in 133 test cities across India and at nine international centres, providing opportunities for candidates from India and abroad to appear.

What: Applications for VITEEE 2027
When: 28 April - 2 May, 2027 (entrance exam date)

Namrata Biyawat- A Journey shaped by Law, Disciple and Perseverance

How a legacy of classical music, a pioneering spirit, and an unwavering belief in the rule of law shaped one lawyer's journey.

Some careers are built in straight lines. Others are woven thread by thread, discipline by discipline, until a pattern emerges that is entirely their own.

Adv. Namrata Biyawat's journey belongs to the second kind. As the Founder of NB Legal and recipient of the Lokmat Excellence Award 2025, her story moves between seemingly different worlds: holding CS, L.LM degree and a wide spread legal practice, the sharp contest of litigation across forums, and



Namrata Biyawat
Founder NB Legal

remarkably the resonant strings of the sarangi, an instrument her grandfather, Pandit Ram Narayan, carried to international acclaim with the Padma Shri, Padma Bhushan and Padma Vibhushan.

But look closer, and the worlds are not so different after all. Both law and classical music demand the same things: years of unseen practice, an ear for nuance, and the humility to keep learning long after the applause.

A Foundation Built on Two Disciplines

Adv. Biyawat's academic and professional background brings together legal education and the discipline of legal practice. It is a combination that has quietly shaped everything she does, from interpreting complex corporate structures to untangling civil disputes.

Her practice spans corporate law, civil litigation and property-related matters. She has appeared before the Supreme Court, various High Courts, and the National Company Law Tribunal (NCLT), handling matters of significant commercial value.

Different as these fields appear, they share one demand: a methodical examination of facts, documents and the statutory framework. And for her, every legal analysis begins the same way, with a genuine understanding of the matter at hand.

A dispute is never a specimen on a slide. It is a living thing rooted in facts, shaped by circumstances, pulled by rights and obligations, and governed by the law that surrounds it. A commercial transaction is no different. The agreement is not the whole story; it is only the script.

Read the clauses alone and you may know what the parties wrote. Read them against the factual background and you begin to understand what they were actually doing.

That is the difference between counsel who reasons carefully and counsel who concludes hastily. Allegation may knock on the door; only evidence gets to sit at the table. And the lawyer who cannot tell the two apart is not practising law he is guessing with a licence.

When a Dispute Spans 120 Years

Property disputes rarely stay contained. Historical transactions, succession, title documents and the legal consequences of long-ago dealings all leave their fingerprints on a case. When a dispute has stretched across years or in one notable instance, across more than a century understanding the sequence of events becomes not just helpful, but essential

Adv. Biyawat was entrusted with resolving a 120-year-old land title dispute involving a historic property, with title papers tracing back to the British era in public records. Records spanned generations. A single document's legal weight depended entirely on how it connected to other transactions and proceedings. Such matters require reconstructing history itself patiently, precisely before assessing the rights that emerge from the evidence and the law.

There is also a quieter truth: property is rarely just property. It carries family history, financial security, long-held expectations. Yet the resolution of a legal dispute must ultimately rest on evidence, governing law and the process prescribed for determining rights. That intersection of memory and law is precisely why property litigation demands sustained attention and a complete command of the record.

A Practice Without Borders

Adv. Biyawat's legal work has not been confined to Indian shores. She has represented clients in matters across India and abroad, including in Atlanta, Dubai and Mauritius. Each jurisdiction brought its own legal culture, its own procedural expectations, its own way of understanding the relationship and the laws of the land concerned.

Such international exposure has sharpened her appreciation for the universal principles that underpin legal practice and for the importance of adapting to different legal environments without losing sight of fundamental legal reasoning. Whether before an Indian tribunal or in an international forum, the discipline of preparation and precision remains constant.



TOP 10 EVENTS IN DECEMBER



1 Hornbill Festival

One of Northeast India's most celebrated cultural events, Hornbill Festival **brings together the traditions, music, dance** and craftsmanship of Nagaland's diverse Naga tribes. Held annually at the Naga Heritage Village in Kisama, near Kohima, the festival showcases traditional performances, indigenous games, local cuisine, handicrafts and folk music. Visitors can experience the region's cultural diversity through tribal displays, trying out ceremonial attire and community celebrations, while exploring Nagaland's scenic landscapes.

2 Rann Utsav

The kaleidoscopic Rann Utsav transforms Gujarat's White Rann into a vibrant destination celebrating the region's art, music, handicrafts and cultural heritage. **Starting on 1 December 2026** and running till 7 March 2027, the festival offers visitors an opportunity to experience the vast white salt desert, particularly during moonlit nights. The Tent City at Dhordo serves as a base for cultural performances, traditional Kutchi cuisine, craft markets, camel rides and adventure activities.





3 Tomorrowland Thailand

Tomorrowland Thailand will make history with its first full-scale Asian edition, bringing the internationally renowned electronic dance music festival to Wisdom Valley in Pattaya **from 11 to 13 December 2026.** The event is expected to feature multiple stages, elaborate visual production and an international electronic music lineup. The festival combines large-scale music experiences with Thailand's tourism appeal, encouraging visitors to explore Pattaya and other destinations in the country.

4 Khalid – India Tour

American R&B and pop singer Khalid will make his long-awaited India debut in December 2026 with three concerts as part of his *It's Always Summer Somewhere* World Tour. The singer is scheduled to perform at **HUDA Gymkhana Club in Gurugram on 13 December,** Bhartiya Mall in Bengaluru on December 15 and NESCO Centre in Mumbai on December 17. Known internationally for popular songs including Location, Better and Young Dumb & Broke, Khalid has built a global following through his smooth vocals and contemporary R&B sound.





5 Sunburn Festival

Sunburn Festival returns for its 19th edition on 18 and 19 December 2026, moving to Mumbai's iconic Mahalaxmi Racecourse for a two-day electronic music experience. **One of India's best-known electronic dance music festivals**, Sunburn brings together international DJs, large-scale stage production and immersive sound and lighting. The 2026 edition features major electronic music names, including DJ Snake and The Chainsmokers. Sunburn remains one of India's leading year-end music events, attracting music enthusiasts from across the country.

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From Maharashtra to the World: The Inspiring Journey of Manashanti Chaibar



Our dream is not just to sell tea, but to take the taste, tradition, and pride of India to every corner of the world.

— Bapu Shivaji Narute
Entrepreneur & Business Growth Strategist,
Manashanti Chaibar

The Entrepreneurial Journey of Mr. Bapu Shivaji Narute

Every extraordinary entrepreneurial journey begins with a dream and the courage to turn it into reality. For Mr. Bapu Shivaji Narute, the driving force behind Manashanti Chaibar's business growth, that dream is to take the authentic taste of Indian tea beyond borders and build a globally recognised Indian beverage brand.

Established in Maharashtra in 2019 under Sarthak Enterprises, Manashanti Chaibar has grown into a promising name in the tea premix industry, bringing together India's rich tea heritage, modern innovation, and a passion for quality.

A Vision Rooted in Indian Tradition

With Mrs. Sonali Bapu Narute leading the enterprise as Founder and Proprietor and Mr. Bapu Shivaji Narute driving business strategy and expansion, Manashanti Chaibar has developed a diverse portfolio of tea and coffee premixes.

Its flagship Jaggery Tea Premix celebrates the traditional taste of Indian tea while offering convenience and consistency. From cardamom and basundi to a variety of distinctive flavours, the brand combines familiar Indian tastes with modern preparation methods.



Driven by a commitment to quality, customer satisfaction, and continuous innovation, Manashanti Chaibar has built a growing distribution network across multiple Indian states.

Taking Indian Tea Beyond Borders

With a vision to introduce Indian tea traditions to international consumers, Manashanti Chaibar has expanded its journey to Dubai through Manashanti Chaibar International Trading LLC.

The company is exploring opportunities across the UAE and GCC markets, aiming to bring its distinctive tea premixes to cafés, restaurants, hotels, distributors, and beverage businesses.

For Mr. Narute, global expansion is about more than business. It is about introducing the warmth of Indian hospitality and the richness of India's tea culture to people around the world.

A Proud Milestone at Falcons of Majlis

Mr. Bapu Shivaji Narute's participation in Falcons of Majlis – Season 1, a UAE-based startup funding show, marks an important milestone in his entrepreneurial journey.

The platform provided an opportunity to showcase Manashanti Chaibar's story, its innovative products, and its international aspirations before prominent business personalities and investors.

The experience reflects the confidence, determination, and ambition of Indian entrepreneurs who dream of taking homegrown brands to the global stage.

Building a Legacy Beyond Business

For Mr. Narute, entrepreneurship is about creating opportunities, empowering people, strengthening relationships, and building something meaningful for future generations.

His vision is to establish Manashanti Chaibar as a trusted international beverage brand while preserving the authenticity of Indian tea traditions.

From Maharashtra to Dubai and beyond, Manashanti Chaibar represents the spirit of Indian entrepreneurship, where tradition meets innovation and every cup carries a story of ambition.

Manashanti Chaibar | India & UAE
www.manashantijaggerytea.com

6

DJ Snake – India Tour



French DJ and music producer DJ Snake will return to India in **December 2026 for performances in Bengaluru and Mumbai.** The artist is scheduled to perform at a Sunburn Arena event in Bengaluru on 18 December, followed by an appearance at Sunburn Festival in Mumbai on 19 December. Known for international hits such as Lean On, Turn Down for What, Taki Taki and Let Me Love You, DJ Snake is one of electronic music's most recognisable performers.

7

The Chainsmokers – India Tour

American electronic music duo The Chainsmokers will return to India for a three-city run in December 2026. The duo is scheduled to perform at **Sunburn Festival in Mumbai on 18 December,** the Indian Sneaker Festival in Delhi NCR on 19 December, and Sunburn Arena in Bengaluru on 20 December. Known for global hits including Closer, Something Just Like This, Don't Let Me Down and Paris, The Chainsmokers combine electronic dance music with pop songwriting.



8

Konark Festival



The Konark Festival is a major Indian classical dance and music event held against the backdrop of the magnificent Sun Temple in Konark. **Running from 1 to 15 December**, the festival brings together performers representing classical traditions such as Odissi, Bharatanatyam, Kathak, Kuchipudi, Manipuri and other Indian dance forms. The open-air setting combines the performing arts with Odisha's architectural and cultural heritage, creating a distinctive experience for audiences. Although it is not a mainstream pop concert, the festival is a significant destination event for lovers of Indian classical music and dance.

9

Formula 1 Abu Dhabi Grand Prix

The Formula 1 Abu Dhabi Grand Prix combines championship motorsport with a major live entertainment programme during the first week of December. **The 2026 race weekend is scheduled for 3–6 December**, with Yasalam concerts forming part of the wider festivities on Yas Island. Announced performers include Lewis Capaldi, Zara Larsson and Imagine Dragons, with additional entertainment planned during the event. The combination of Formula 1 racing, music acts, nightlife and attractions makes the Grand Prix one of the UAE's major destination events.



10

Christmas



The festival is celebrated around the world on 25 December commemorating the birth of Lord Jesus Christ. Popular destinations include Bethlehem, London, New York and Vienna, each offering a different blend of religious heritage and seasonal celebrations. **In India, locations such as Goa, Kochi, Shillong and Mumbai** are known for their midnight masses, carol singing and community Christmas celebrations.

Zuhaib Baig: Making Gold Ownership Accessible in the Digital Age

In a region where gold has long represented prosperity, security and generational wealth, *Mr. Zuhaib Baig, Founder and CEO of JustGold, is reimagining how people own, save and invest in this timeless asset.* With a vision to bring traditional gold ownership into the digital era, he is building a platform that combines the enduring value of physical gold with the convenience of modern financial technology.



With a clear focus on innovation, ethical ownership and customer confidence, Zuhaib Baig is positioning JustGold at the intersection of tradition and technology — bringing the timeless appeal of gold into everyday digital life.

Founded on the belief that gold ownership should be accessible to everyone, JustGold enables individuals across the UAE to buy, sell and save in real 24-karat gold directly through a mobile application, starting with as little as AED 10. The platform addresses traditional barriers to gold ownership, including high initial investments, storage concerns and cumbersome processes, making it easier for people to build their gold savings gradually and according to their financial goals.

At the heart of Baig's vision is a commitment to *trust, transparency and accessibility*. JustGold's digital gold holdings are backed by physical gold



stored in insured vaults in Dubai, with transactions recorded on-chain to support transparency.

The platform also offers real-time pricing, Shariah-compliant and interest-free gold ownership, and the flexibility to sell holdings or redeem them as physical coins and bars.

By bringing together technology, security and the cultural significance of gold, Baig is helping create a more inclusive approach to precious-metal ownership. His vision reflects an understanding that financial innovation is not simply about introducing new technology, but about making established forms of saving more convenient and accessible to a wider audience.

Under his leadership, JustGold is contributing to the evolution of the UAE's digital financial landscape, offering a contemporary alternative for individuals who value the stability and familiarity of physical gold while embracing the simplicity of digital solutions.

For Zuhaib Baig, the future of gold ownership lies in making a trusted tradition relevant to a new generation of savers. Through JustGold, he is working towards a future where building a gold reserve can begin with a small step, managed conveniently from a smartphone, while remaining connected to the enduring value of real gold.

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with Amaal Mallik at the set of Infinity Talks Podcast

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OF SUN & SEA
PORT BLAIR

DEWNISTH RAI



Gateway to the most amazing archipelago, Port Blair (now renamed Sri Vijaya Puram) is a great escape for adventure enthusiasts as well as nature lovers. With sandy beaches, islands and numerous water sports options, Port Blair has a lot to offer.

1 MORNING AT THE BEACH

Spend your morning at peaceful Corbyn's Cove, just a few kilometres from the city centre. With its soft, golden sand and rows of tall coconut trees, this beach will help get you into the ideal frame of mind for the day. Dawn here is serene, the gentle waves creating a soothing atmosphere for a dip, a few minutes of meditation or yoga—or an invigorating glass of fresh coconut water.

2 BEAUTY IN RUINS AT ROSS ISLAND

Ride the waves to Ross Island (now known as Netaji Subhas Chandra Bose Island) for a tryst with history. Once the seat of British administration, the island calls out to the visitor with stories of its colonial past, for all that its churches, offices, and homes are gradually yielding to thick vegetation. Yet, there's charm even in the ruins. History lesson over, partake of a light and leisurely brunch at any of the island's quaint cafés. Offering an engaging blend of curiosity and comfort, Ross Island makes for an enjoyable diversion.

3 AMAZING UNDERWATER WORLD

Snorkelling or scuba diving on your mind? North Bay Island is a paradise for water-sports enthusiasts like you. But that's not all. Here, in waters tranquil and blue, you can swim with tropical fish or admire breathtaking coral reefs without having to go far. Even when you'd rather remain dry, you can gaze upon the abundant and dazzling marine life from the comfort of a glass-bottom boat. North Bay's mix of adrenaline and natural splendour promises an unforgettable excursion.

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4 REVISITING HISTORY

Towards evening, make your way to the Cellular Jail, an imposing yet dignified monument to India's fight for freedom. As dusk sets in, the Sound and Light Show here brings to life the prison's past, using history as a backdrop to depict the courage and sacrifices of the freedom fighters, through moving images and soul-stirring narration. It's an experience that's as poignant as it is enriching.



5 SHOP HOPPING

After the emotion of the sound and light show, treat yourself to a visit to bustling Aberdeen Bazaar, the commercial hub of Port Blair. The shops and stalls here boast a colourful range of products, from handicrafts and woven fabrics to aromatic spices and basic provisions, for you to take back home as souvenirs. Not too far away is Sagarika Emporium, with its carefully chosen display of tribal arts and locally crafted items, each a wonderful slice of Andamanese culture. It's a chance for you to connect with the local traditions, pick up meaningful gifts, and support the region's artisans.





6 CULINARY DELIGHT

End your day with a delicious seafood dinner, the catch fresh off the boat, served in both traditional and contemporary styles. Take your pick from smoky grilled lobster cooked in butter and native herbs; tangy fish curry prepared in rich coconut milk with tamarind and spices; or, for those who yearn for a more robust taste, tandoori fish and barbecued prawns marinated and grilled to juicy perfection. Light House Residency boasts an upscale setting and thoughtfully prepared seafood dishes, while Mandalay at Fortune Resort Bay Island tempts with casual, outdoor vibes in which you can enjoy regional and coastal favourites sat under the stars, kissed by the ocean breeze ●



Island Hopping: Hop on a boat at Port Blair and indulge in an island tour. Baratang features limestone caves and mangrove creeks, while Havelock has beautiful coral reef formations, alongside the most pristine and peaceful beaches—Radhanagar here has been consistently ranked among the cleanest beaches in Asia.

Chidya Tapu: Found at the southern end of the islands, Chidya Tapu (Bird's Island) is renowned for its stunning sunset views. The island's quiet beaches and forest walks make it an ideal destination for nature enthusiasts—and for anyone looking to get away from the hubbub of city life.

Best Time to Visit: Plan a vacation anytime between November and April, when the weather is pleasant and the ocean is perfect for water-sports. Avoid summers (hot and humid) or the monsoon, the latter season characterised by frequent downpours and turbulent seas.



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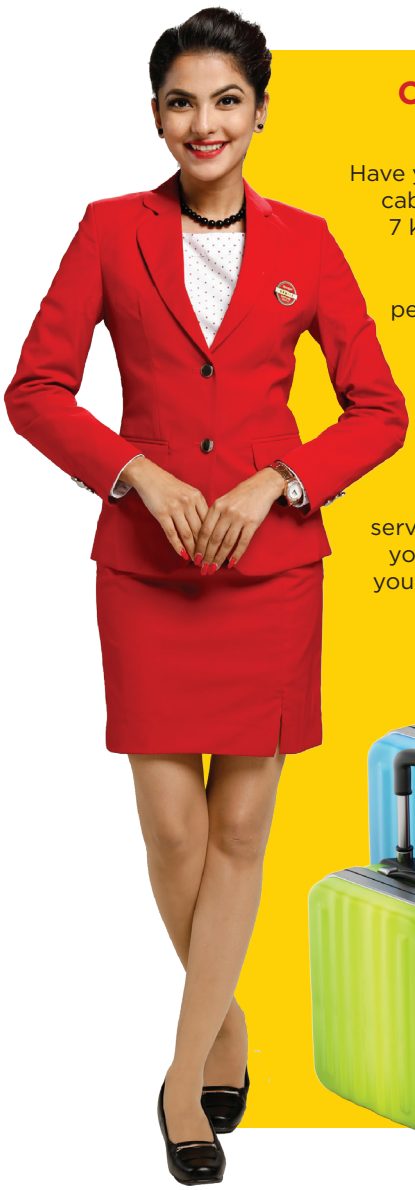

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It's the most memorable day of your life. Wholesome, momentous, and joyful. And if you have imagined the celebrations – and the destination of your choice – to be regal, intimate, moving, and truly exceptional, you deserve to have all your wishes come true.

The latest in weddings? Ditching conventional settings and transforming individual aspirations into unforgettable moments. For, it is no secret that Indians love to splurge on marriage ceremonies but post the pandemic, the focus has been less on the number of guests and more on the depth of the experience, in the company of a chosen few. From exchanging vows under the jaw-dropping backdrop of the Himalayas to walking down the aisle amid the tranquil backwaters of Kerala, and from saying 'I do' inside the elegant spaces of a heritage property to hosting an understated cultural affair in the vicinity of a jungle, couples are not shying away from tailoring their ceremonies according to their wishes.

"Today's couples are well travelled and increasingly interested in experiences that feel authentic and meaningful to the destination," points out Gorab Deb, Chief of Operations, Niraamaya Life (Niraamaya Retreats), adding, "Kerala's cultural elements – from traditional Kasavu attire to regional music and dance forms – offer opportunities to create meaningful experiences for guests."





Moreover, couples are seeking a cultural immersion that is faithful to the land. A region's distinctive character, for instance, is captured best by locally sourced gifts and regional delicacies. For, along with location, food is critical to every wedding experience. Soon-to-be newlyweds are now much more involved in planning the menu, as they look to balance family favourites, local treats, and gastronomic creations of the moment.

As destination weddings move from the fringes to the forefront, the most visible trend is a gradual shift away from established hubs such as Jaipur, Udaipur and Goa to niche retreats. Given the vastness of India, there is no dearth of compelling getaways where cultural themes, opulence, and timelessness come together beautifully.

NUPTIAL HIGHS IN THE HIMALAYA

Handpicked Himalayan towns and villages are leading with spectacular backdrops and mindful settings. The evolving wedding landscape has embraced Rishikesh and Corbett in Uttarakhand, and towns like Naina Tikker and Dharamshala in Himachal Pradesh, for their matchless blend of natural beauty, tranquillity, and wellness.

A case in point is a picture-perfect mountain property for those seeking to get hitched. Anand Kashi by the Ganges, Rishikesh - IHCL SeleQtions, offers a cosy riverside escape steeped in history, serenity, and spirituality.

"A trend we are increasingly seeing in Uttarakhand is the intimate, multi-



Top Left & Above
The Wedding menu today is especially curated keeping in mind the global food trends as well as guest's favourites

The choice of wedding venues range from royal palaces to mountain weddings and beach locations

day wedding where the itinerary is deliberately unhurried. For us, a destination wedding should carry a genuine sense of its location. Uttarakhand offers an incredibly rich canvas through its Himalayan setting, the Ganges, its traditions, and its distinctive culinary heritage," says Manoj Mishra, Cluster General Manager-Operations, and GM, Taj Rishikesh Resort & Spa.

Adds Mishra, "The idea is not simply to host a wedding in a beautiful destination, but to allow the spirit, flavours, and traditions of the destination to become part of the celebration itself."

MEMORIES BEYOND MARRIAGE

In the heart of India, soon-to-be-wed couples can choose from architectural grandeur and cultural diversity to forested landscapes and hushed riverside settings. Indeed, Madhya Pradesh has it all. Orchha boasts Bundela palaces, ornate courtyards, historic havelis, and the Betwa's rocky banks and dramatic backcloth – perfect elements to populate a wedding canvas. Jabalpur's appeal, meanwhile, lies in the interplay of its scenic beauty, rich heritage, and an ever-improving hospitality infrastructure.

There is also old favourite Khajuraho, and of course Mandu, which draws you in with its imbued-with romance legacy, the striking Vindhyas, and the splendour of a bygone era. These destinations are ideal for gatherings that are "culturally rooted



Above & Below
Riverside weddings have been rising in popularity

Wedding rituals like Haldi and Mehndi in open setting are most sought after







Above & Inset
Hindu wedding ceremony in progress

Locations in South India are blissfully beautiful

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yet contemporary in execution," claims Divyanshu Sharma, General Manager, Welcomhotel By ITC Hotels, Jabalpur.

"There is a growing appreciation for incorporating a destination's identity into wedding celebrations. In Madhya Pradesh, this creates opportunities to showcase regional cuisine, local art, traditional design influences, and cultural elements in contemporary ways," he adds.

So, at Welcomhotel Jabalpur, families and guests can expect thoughtfully curated culinary experiences, design elements that evoke the legacy of the Bundelas, locally influenced décor, and personalised amenities. And besides, Madhya Pradesh's connection with the Narmada, reminds Sharma, can inspire wedding details and keepsakes. These are small but heartfelt touches to remember the occasion by.

MATCH MADE IN SOUTHERN HEAVEN

And as we travel south, Kumarakom, Alappuzha, Kochi, Bekal and Kovalam present multiple wedding aesthetics. In Kerala, the expansive waterfront spaces, placid backwaters, coconut groves, tea gardens, and impossibly lovely beaches bring out the state's geographical charm and do all the storytelling.

"Our retreats are particularly suited to intimate, bespoke celebrations where personalised hospitality and the destination itself are central to the occasion. Local cuisine is a very significant part of a wedding," maintains Deb of Niraamaya Life. "For example, a traditional Kerala Sadya served on banana leaves to a gathering of around 50-70 guests, offers an opportunity to experience the region's culinary heritage in a communal setting.

"We have also hosted celebrations where Kerala's rituals and customs have been incorporated alongside the traditions of the families involved." Within an embrace of cultures, then, a sensitive gesture.

The success of any destination wedding depends on how considerately it engaged each guest and accommodated every generation. Comfort that spoke to all, accessibility, seamless transportation, variety in dining, attentive service, preparedness for every urgency – and wellness too, if we are to go by the trend of today – are each as important as the venue. After all, who wouldn't love to attend a marriage in a gorgeous location, book themselves a spa appointment, indulge in the local food, and take back memories to last a lifetime ?



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Wedding shopping in JAIPUR

PAMELA MUKHERJEE

From heirloom-worthy jewels and vibrant textiles to handcrafted treasures, the Pink City turns wedding shopping into an unforgettable cultural encounter.





Jaipur isn't just a shopping destination; it's a sensory overload, beautiful and chaotic at the same time. With its rose-hued architecture, bustling markets, and centuries-old craft traditions, Rajasthan's capital is a dream destination for anyone preparing for a wedding ceremony. From the glitter of gemstones to the delicate beauty of handblock-printed fabrics, the city makes every shopping expedition an experience.

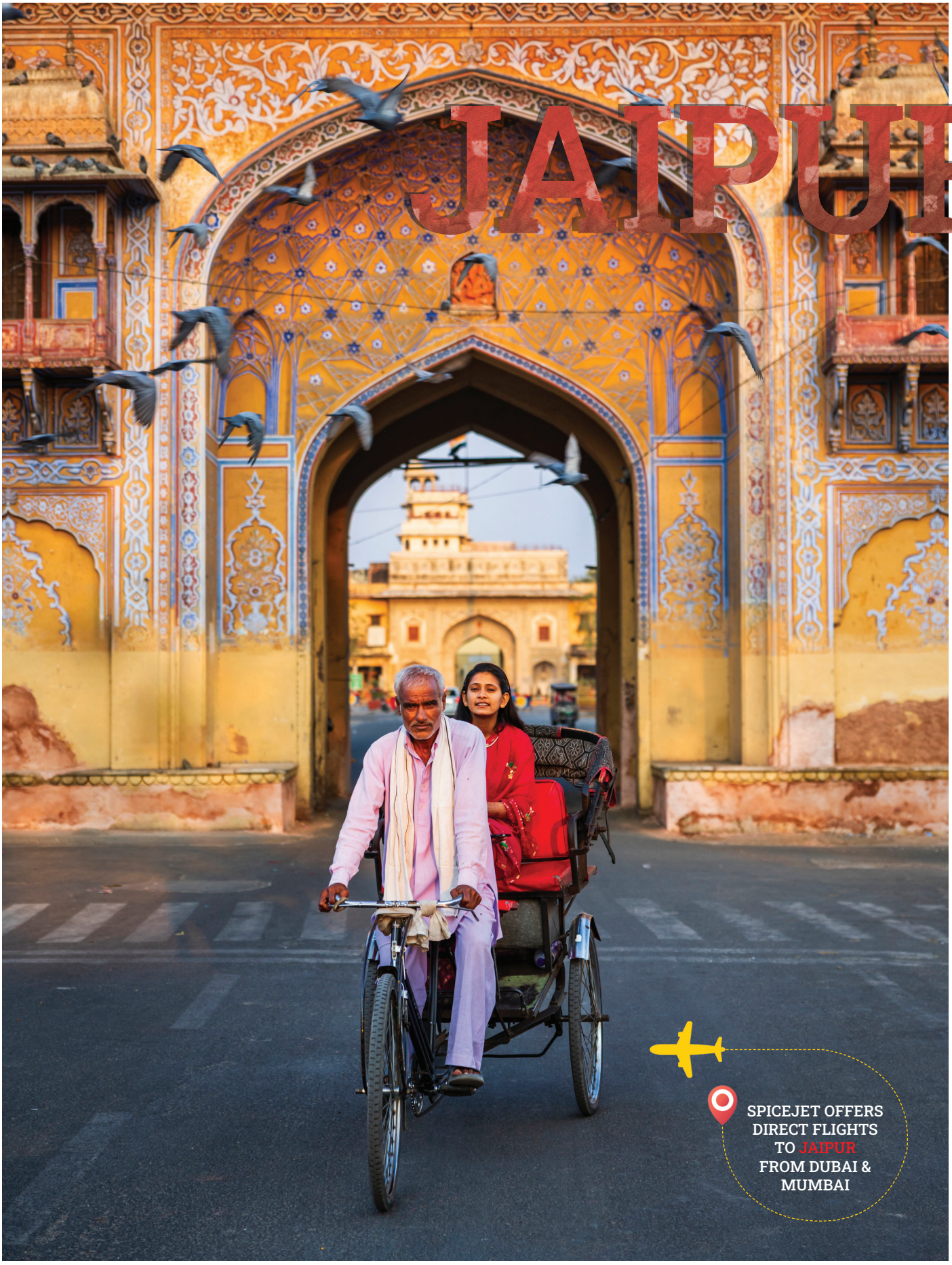
Best of all, a considered purchase helps you support local artisans and bring home something with a genuine connection to the region. So, whether you're the bride or groom, or a guest trying to upgrade your festive wardrobe, here's how you can navigate the Pink City's famous bazaars without getting overwhelmed.

HEAVY METALS

JOHARI BAZAAR

Begin your shopping trip at Johari Bazaar, one of Jaipur's most fêted jewellery destinations whose lively streets are lined with stores displaying gold ornaments, silver pieces, colourful gemstones, and traditional bridal jewellery. The city is particularly renowned for Kundan (uncut gemstones set in gold foil) and Minakari (intricate

JAIPUR



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enamel work of many colours) craftsmanship, making it an excellent place for brides seeking statement pieces that complement time-honoured wedding ensembles.

Kundan jewellery, with its elaborate setting of gemstones, lends a regal touch to bridal wear, while Minakari's vibrant enamelwork adds dollops of colour and artistry. These designs pair beautifully with lehengas, sarees, and heirloom outfits. Bridesmaids and wedding guests can also explore modern interpretations of vintage jewellery, from gemstone earrings to layered necklaces.

The key is to shop thoughtfully. When buying precious jewellery or gemstones, choose reputable sellers, ask for appropriate certification, and understand the materials and workmanship that go into each piece.



FABRICS & FITS

BAPU/NEHRU BAZAARS

If jewellery brings the sparkle, textiles bring the drama. Jaipur and its surrounding craft centres are celebrated for block printing, tie-and-dye fabrics, and textile methods that have travelled through generations.

Bapu Bazaar and Nehru Bazaar are excellent starting points for textiles of vivid hues, traditional garments, accessories, and souvenirs. Keep your eyes open for Sanganeri prints – known for their delicate floral patterns – and Bagru prints, which often feature earthy tones and distinct motifs. Both offer beautiful possibilities for pre-wedding celebrations, and can capture everything from the relaxed *mehendi* look to matching family styles.

For brides who love a personal touch, buying fabric and having it tailored can be a rewarding alternative to choosing a readymade outfit. A printed textile can become a breezy festive suit, a statement blouse, a *dupatta* – or even a thoughtful gift for wedding guests. Bandhani and *leheriya*-inspired designs



add another layer of colour, making them particularly appealing for *haldi, mehendi*, and other daytime functions.

And while at Bapu Bazaar, search for *mojaris,* the timeless leather shoes; they add a sharp Rajasthani touch to your look and are infinitely more comfortable for dancing at a sangeet than heels or stiff shoes. Mojaris are also an especially useful option for wedding guests who want something more distinctive than conventional footwear.

THE DETAILS
TRIPOLIA BAZAAR

Still, no wedding look is complete without the accessories. For which, head to Tripolia Bazaar, renowned for its traditional *lac bangles*, which impart a festive charm to bridal and celebratory outfits. Available in a variety of shades and designs, they can be matched to a wedding palette or mixed for a more playful look.

For those with an eye beyond fashion, Jaipur's handicraft shops offer marble artefacts, decorative objects, and other locally made pieces. These make for memorable wedding gifts, particularly for couples setting up a new home.

And then there are the Jaipuri quilts, known for their lightweight feel and bright patterns. These *razais* make for lovely additions to a new home.

SHOP AT YOUR
OWN PACE!

The best way to explore Jaipur is to give yourself time. Start early, wear comfortable shoes, and keep a list of the wedding essentials you need, whether for yourself or as gifts for relatives. Compare prices and quality before committing to a major purchase – and ask about alteration timelines if you are shopping for made-to-measure garments.

And between shopping stops, pause to admire the Pink City's architectural heritage, or enjoy a typical Rajasthani meal. Jaipur's beauty lies in the way its everyday life and royal past coexist, making even a simple stroll between shops feel like part of the journey.

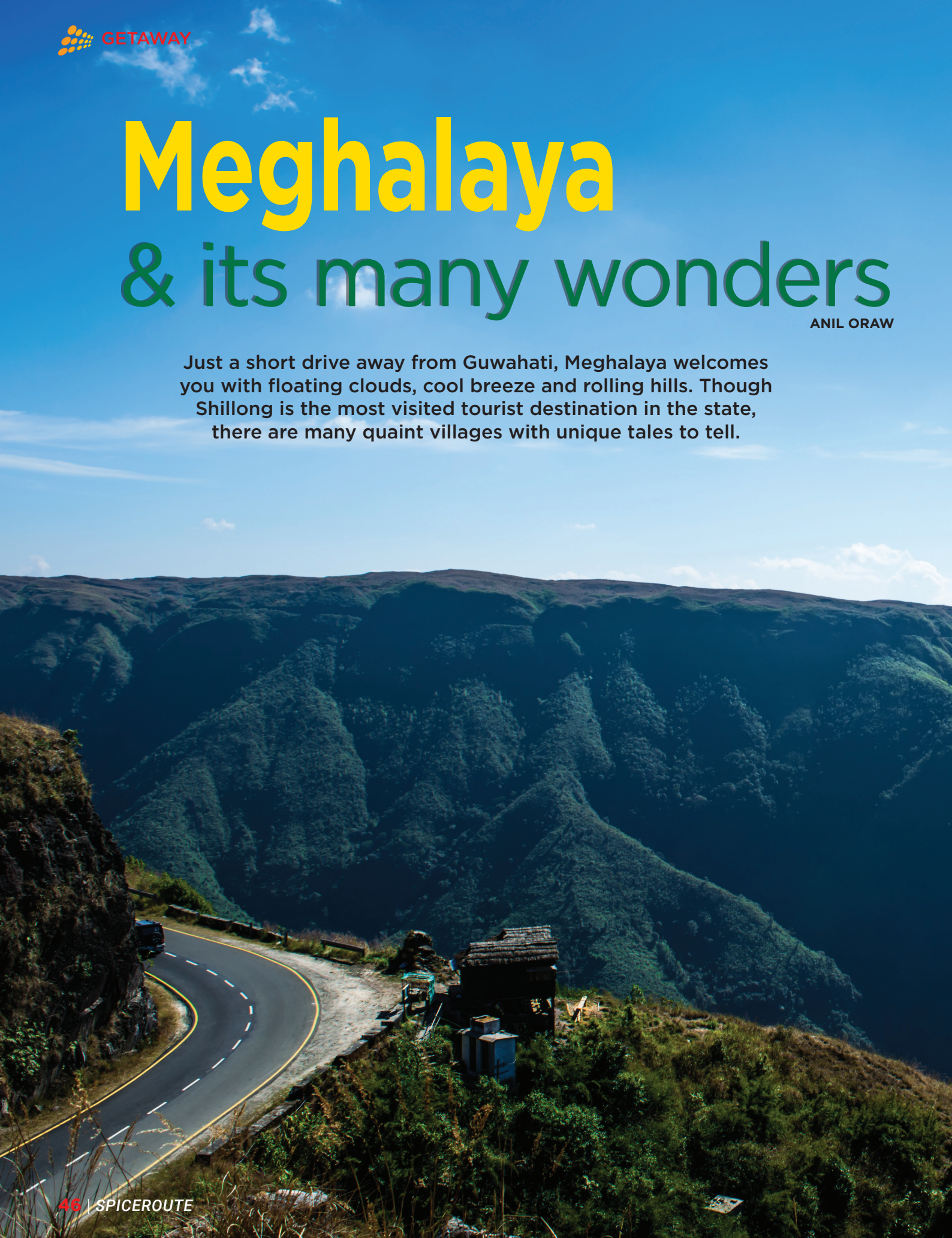
Ultimately, more than just a place to tick items off a wedding shopping list, Jaipur is where colours, traditions, and craftsmanship come together to create something deeply personal. It's a city that will forever be coupled with a celebration you'll remember for years to come ●



Meghalaya & its many wonders

ANIL ORAW

Just a short drive away from Guwahati, Meghalaya welcomes you with floating clouds, cool breeze and rolling hills. Though Shillong is the most visited tourist destination in the state, there are many quaint villages with unique tales to tell.





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MELODIOUS VILLAGE OF THE EAST

Just 150 kms from Guwahati, Kongthong welcomes you with a melody. Our excitement went up a level as we neared Kongthong. From far away, we could hear faint whistling sounds. Initially, I thought that it must be the birds chirping but the owner of the tea shop where we had stopped by for a hot cuppa, explained that people working in the field and forest were calling out to each other. After recording these calls, we were on our way.

The village has a traditional – and very well built – welcome gate, hailing visitors in both Khasi and English. Alongside is a small plaque highlighting a few distinctive features of Kongthong. When we entered the gate, we could see people of all ages calling each other by their 'whistle name.' It was the most unique thing I had ever seen (or heard) in my long years of travel across India, or abroad for that matter.

On the outskirts of Guwahati, the drive gets beautiful, perhaps even more than any destination. The road, though smooth and elevated, challenges the traveller with hairpin bends, making the journey both exciting as well as adventurous. En route, we stopped at Mylliem, site of the popular Bulls Trek. With its lake and pine forest, this is a place of unmatched beauty - it is serene and untouched, with not a tourist in sight. We enjoyed the mesmerizing surroundings here before heading onwards to Kongthong - the whistling village.



HIGH ABOVE THE CLOUDS

We gave the very popular Umiam Lake a miss and instead took a pitstop at Shillong Peak before proceeding further. The drive to Shillong Peak is most picturesque. With minimum human settlement along the road, this countryside drive is most amazing. Shillong Peak offers a panoramic bird's eye view of the city below. The red roofed houses, the churches with tall steeples and long winding roads below make for a sight to behold. Perched at approximately 1,965 meters, one can on a clear day get to see the plains of neighbouring Bangladesh. The view point is located within the Indian Air Force (IAF) radar station, so carry a valid ID card along.







LIVING A LEGACY

In December 2023, the village had approximately 145 households and a population of 750, which meant it had close to 750 unique 'whistle' or 'tune' names. Here, it is believed that because sound and sight are among the earliest identified – and most recognized – senses in humans, people began using whistle names when children were born. And since then, whistling has become a norm in the village, giving Kongthong the tag that has brought it national (and global) renown.

So, from the time of birth, the mother starts to whistle to her child, a 'tune' he or she would hear from day one. It's a sound that comes from the mother's heart, a reflection of her love and affection for her offspring. While people in Kongthong do have their individual names – required as they are for documents, and for getting admitted to school, etc. – it is the whistle name that is used to call out and communicate with each other. And when one is whistled at, they reply back using the other's whistle name or tune.

Visitors like me could not differentiate much between the sounds, but unsurprisingly, the locals are pros, able to understand each other's whistle names with ease. Rothell Khongsit, the head of the village, informed me that the sounds can be as short as two or three seconds, and as long as 15 to 20 seconds. A mother would use a short whistle when calling anyone at home, while a long whistle would be reserved for someone outside.



GOOD FOOD AND STARLIT NIGHTS

Having spent the entire day meeting locals from Kongthong and soaking in the village's breathtaking beauty, we drove down to the guest house that was our stopover for the night. It was the most inviting cottage, made from organic materials and with a thatched roof supported by bamboo pillars. We got a chance to unwind under the moonlit sky and relish some fresh local cuisine. A scrumptious meal of rice cooked in banana leaf and bamboo chicken was a perfect closure to a day well spent ●



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Dressing for the SEASON

NIVI SHRIVASTAVA

With the festive and wedding calendar gathering pace, the season calls for pieces that work as hard at the office as they do at a celebratory dinner.







1. Model in Anushree Reddy couture at the Lakme Fashion Week 2. Actress Sara Arjun in Anushree Reddy couture 3. Mirror work festuve ensemble by Abhinav Mishra

Winter dressing is a balancing act between warmth and wardrobe ambition. The trick lies in getting the foundations right, then introducing colour, texture and a little eccentricity. Think considered layering, craft-led occasion wear and accessories with enough personality to rescue even the most familiar outfit. A little colour, a clever combination and a willingness to break the rules can make the season's most familiar pieces feel entirely your own.

LAYERED CHIC

Winter layering is less about piling on clothes than knowing what works together. Parkas, hoodies, cashmere jumpers and waistcoats bring oomph to everyday dressing, while fleece jackets, soft wool scarves and sharp suits offer more polished alternatives. A multi-pocket, three-in-one jacket or a slim-fit puffer with a hood is a practical investment for unpredictable temperatures, particularly when the day moves between meetings, errands and evening plans.

The season leans towards grounded shades of olive, tan, rust, navy, charcoal, beige and off-white, with pastels offering a softer counterpoint. Keep the base understated and introduce a pop of colour through a scarf, bag or pair of shoes. Gender-neutral silhouettes remain relevant for their ease and adaptability, working across body types and occasions.

MAXIMALISM

Winter festivities have little patience for playing it safe. At the recently concluded Lakmé Fashion Week x FDCI, the appetite for expressive dressing was evident in the emphasis on craft, texture and occasion-ready glamour. Luxe prêt collections are bringing indigenous textiles and traditional techniques into sharper focus, with mirror-work lehengas, shimmering saris and embellished kurta sets making a case for dressing with intent.

Velvet, silk and khadi lend depth to the winter wardrobe, while jewel tones and shades of gold, burgundy and



4. A model in Sumissura outfit shows how to ace work chic
5. Keep it warm with Uniqlo layering
6. Add a metallic sheen with Antistatus jewellery
7&8. Models in Decathlon winter jackets









9. Actress Mrunal Thakul styles a Tissot watch at a public outing
10. Actress Priyanka Chopra flaunts her Rolex with her chic suit
11. Ferragamo bag
12. Polo Ralph Lauren bag
13. Prada kitten heels

navy establish a celebratory mood. Patent leather adds a polished finish; velvet brings a softer richness. The silhouettes, however, need not be elaborate. Relaxed straight-cut suits, A-line kurtas, fluid anarkalis and silk saris offer elegance without excessive fuss. Co-ordinated kurta sets with loose trousers or soft skirts are equally versatile. For a contemporary take on festive dressing, oversized shirts can be paired with draped skirts, cropped jackets layered over dresses, and dhoti pants styled with relaxed waistcoats.

METALLIC SHEEN

If maximalism is the mood, metallics provide the punctuation. Liquid chrome, molten silver and fluid gold have moved beyond the obligatory gala appearance to become more adaptable wardrobe statements. Silver trousers, shimmer-flecked knits, metallic leather jackets and statement heels offer ways to work the trend into daytime dressing and after-dark plans alike.

Accessories are following suit, with sculptural earrings, textured hoops and oversized cuffs making a case for jewellery that holds its own. Mixing metals is no longer a styling transgression; done thoughtfully, it adds dimension. Drawing on biker culture, gothic aesthetics, music and contemporary streetwear, statement rings, pendants, necklaces, bracelets and silver belt buckles bring a tougher edge to festive looks.

For Antistatus founders Pallavi Singh and Manav Sethi, jewellery is increasingly an expression of individual identity. They say, “Consumers are moving beyond conventional ideas of value and looking for pieces that reflect their stories, personal style and individuality. Jewellery is no longer just about special occasions; it is about creating a personal collection that can be layered, mixed and worn differently.”

ACCESSORIES

Accessories can change the register of an outfit without requiring a complete wardrobe overhaul. Handbags and leather goods are balancing functionality with sculptural design, while footwear is finding its festive





14. Actor Jim Sarbh in a sharp tailored suit by Ashish N Soni at Lakme Fashion Week

layers with heritage references and silhouettes suited to India's relatively mild winter temperatures. Loafers and slides in black or burgundy patent leather, alongside black and petrol-blue velvet footwear, bring a note of evening polish. Smart shoes, pocket squares, vintage brooches and sunglasses complete the look without making it feel overly studied.

Designer Gautam Gupta, founder of circular and sustainable fashion brand Avartan, points to the growing relevance of textile-conscious dressing. He says, "A big focus this season is on sustainable textiles, and shirts and blazers made of recycled cotton, linen, old textile scraps and natural dyeing are perfect to style for festive occasions. Breathable cotton kurtas, shirts and loose pants in shades like ivory, butter yellow, powder blue, purple and soft earthy browns are perfect to invest in." These pieces offer a welcome alternative to heavy occasion wear, particularly when celebrations call for movement as well as polish. A well-cut blazer over a breathable shirt, or a cotton kurta with relaxed trousers and refined footwear, can feel just as considered as a more formal ensemble ●

footing in burgundy or gold patent-leather kitten heels, embellished pumps and feminine mules with architectural block heels. Rich textures and considered details give these pieces their appeal. The microbag's moment is making room for larger, structured carryalls that accommodate the realities of daily life.

The guiding principle is to choose accessories that complement rather than compete. Watches too are embracing colour and jewellery-like detailing. Dials in signature greens, reds and marine blues introduce a lively accent, while smaller cases, integrated bracelets and vintage-inspired designs lend a more considered finish. For weddings, gem-set bracelet watches bring craftsmanship to the fore, with satin-finished bracelets offering a restrained counterpoint to the sparkle.

SHARP TAILORING FOR MEN

Men's festive dressing is moving towards a more relaxed interpretation of tailoring, combining breathable



15. Sustainable shirts from Avartan by designer Gautam Gupta

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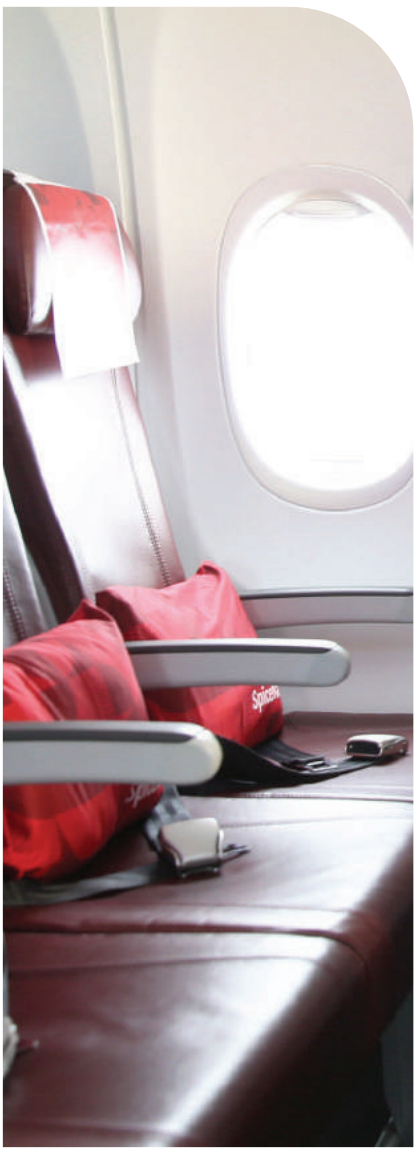

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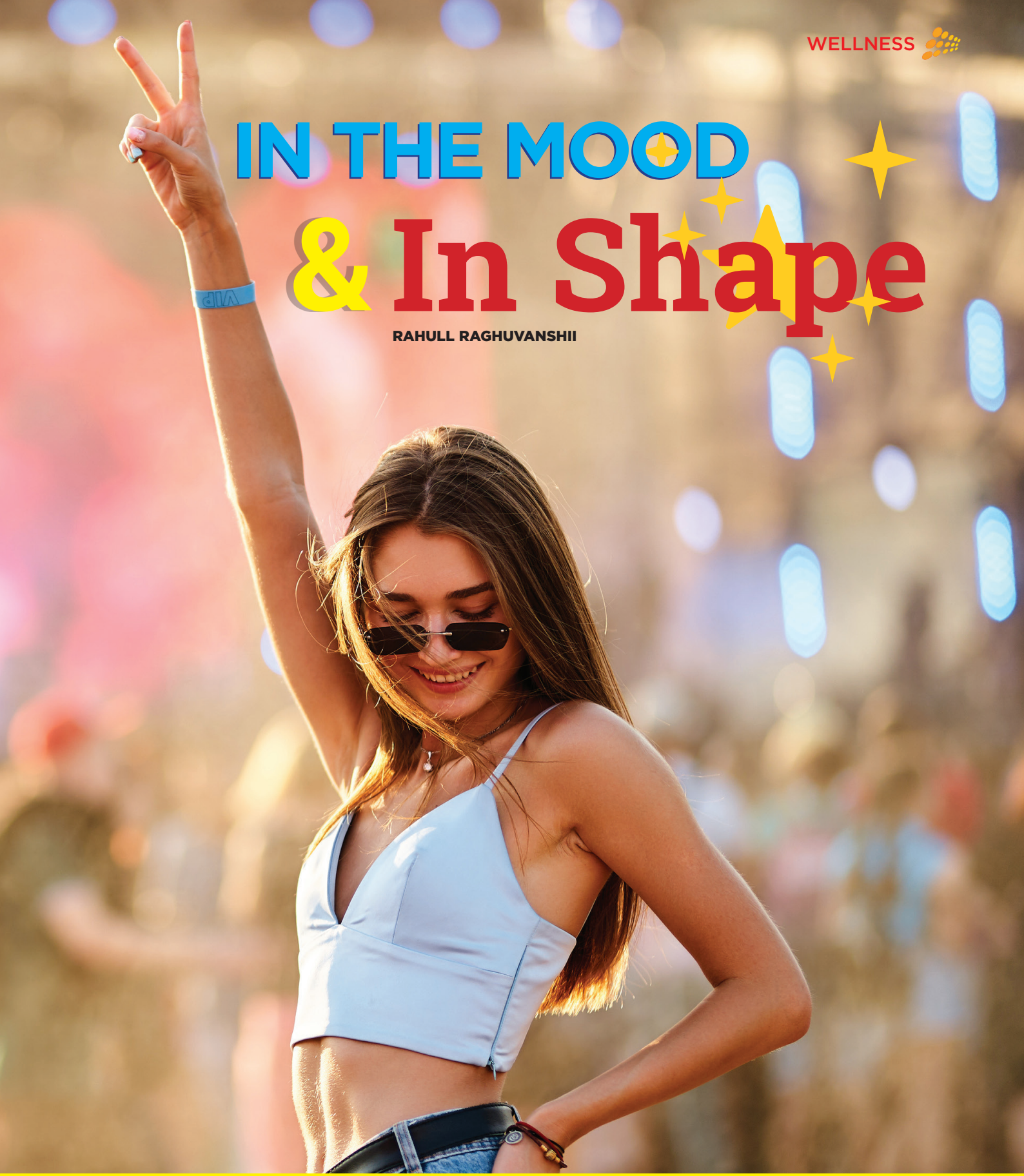
IN THE MOOD & In Shape

RAHULL RAGHUVANSHII



You can enjoy every festival and stay on your fitness track, as long as you stop seeing it as a choice between the two.



India's festive calendar is a joy, but it is also a test of discipline. From Navratri and Diwali to Christmas – and weddings that seem to fill every weekend – the months between October and January are packed with sweets, fried snacks, late dinners, and travel. For many people, fitness routines quietly disappear during this stretch and take weeks to rebuild afterwards.

The problem is not the celebration itself. It is the all-or-nothing mindset that comes with it. People treat festivals as a break from their health, then treat January as a punishment. It is this cycle that does the damage.

Here are some tips on how you can balance festive indulgence with a consistent fitness routine:

LOWER THE BAR (DON'T DROP IT)

Adjust the routine, don't abandon it. A festival week may not allow your usual 60-minute session, and that is fine. If you normally train five days a week, aim for three shorter sessions during festive weeks. Twenty to 30 minutes is enough to keep the habit, the strength, and the momentum. Short home workouts built around squats, lunges, push-ups, planks, and skipping can be done in a hotel room, a relative's living room – even the departure lounge of an airport. Because, restarting is always harder than continuing.



MOVE BEFORE YOU FEAST

Exercise earlier in the day if you have a big meal or party planned. A morning workout or a brisk 30-minute walk helps the body handle a heavy meal later, and makes it easier to enjoy the evening without second thoughts. If you know the evening is going to be indulgent, move in the morning – you will enjoy the food more and feel better the next day. A 10- to 15-minute walk after dinner also supports digestion and prevents that heavy, sluggish feeling.

EAT WITH A LITTLE STRATEGY

Don't skip meals to save calories for a feast. It's a habit that usually backfires. Arriving at a party starving is the surest way to overeat, so make sure to have a balanced breakfast, and lunch with protein and fibre. Then you can make choices instead of reacting to hunger. Eat a small, protein-rich snack before heading out, fill your plate with salad, dal, and grilled items first, and add the mithai afterwards. Pick the sweets you truly love rather than sampling everything on the table. Stay hydrated and go easy on sugary drinks and alcohol, which add calories quickly and disturb sleep.

TRAVEL & FITNESS CAN COEXIST

Even a single session during a trip keeps the fitness habit alive, and often clears the mind. Because the festive season means long journeys, and routines unravelling on the road. I recommend walking around the airport rather than sitting at the gate, stretching during long flights, taking the stairs, and exploring your destination on foot. A resistance band takes almost no luggage space and allows a full-body workout in a hotel

room. Also, check whether your hotel has a gym, or find one nearby.

DON'T NEGLECT SLEEP

Sleep is the most underrated part of fitness. When you are tired, you crave sugar, skip workouts, and make poorer choices. Further, late nights, travel, and celebrations disrupt rest, which affects appetite, mood, and recovery. It's vital to protect at least six to seven hours of sleep during busy weeks, and to catch up when you can.

INCLUDE THE FAMILY

Festivals are about togetherness, and fitness can be part of that. A group walk after a family meal, a game of cricket or badminton on the terrace, or a dance session during Navratri all count as activity. Garba is one of the best cardio workouts there is, and nobody calls it exercise. Look for those moments and count them.

FORGIVE THE SLIP, RETURN QUICKLY

Avoid guilt and extreme corrections, for even with the best intentions, there will be days when you overeat or miss a session. Do not starve yourself, or punish yourself with a two-hour workout the next morning. Simply return to your normal meals and routine.

FESTIVE MINDSET

Balance comes from perspective. Food is part of celebration in India, and the aim isn't to avoid indulgence but to keep it from becoming the default for weeks on end. Celebrate fully, move daily, and keep your routine flexible. That is all balance really means.





Those with existing health conditions, including diabetes or heart concerns, should consult a doctor before changing their diet or exercise routines during the season ●

Rahull Raghuvanshii is a certified fitness professional and Managing Director, Jetts Fitness India



TIMELINE

Story Of The Automatic

SUJIT GUPTA

An automatic watch had been a dream of watchmakers and watch owners for a long time. Such a device eliminated the need for regular winding by hand. Abraham-Louis Perrelet, in the 18th century, came out with the first version of an automatic pocket watch, followed by Hubert Sarton.



Till the first decade of the 20th century, pocket watches ruled supreme, with hardly any wristwatches in sight. It was the advent of the First World War that popularised the idea of wearing a watch on your wrist, making it easier to check the time. This also, in a way, marked the death of the pocket watch. The revolution saw many manufacturers, mostly based in Switzerland, bring out a range of wristwatches.

EMERGENCE OF THE AUTOMATIC

In 1924, Englishman John Harwood took a patent for an automatic wristwatch. It harnessed the energy from the natural motion of the wearer's wrist to wind the mainspring that powers the watch. The Harwood automatic wristwatch that entered the market in 1928 – in collaboration with Fortis Watches – proved very popular, with around 30,000 models produced in the late 1920s.

The Harwood had no crown and was adjusted through the bezel. But it had its limitations. The mechanism wound the mainspring only when moving in one direction. The weight did not rotate a full 360°; spring bumpers limited its rotation to about 180°, to encourage a back-and-forth motion. Which is why these early automatic watches came to be known as 'bumper' automatics.

Many other innovations, based on the 'automatic' principle, were attempted at the time. Glycine founder Eugène Meylan developed his own self-winding mechanism. Meylan's design was unusual: a separate component that could be used with almost any watch movement. Léon Hatot came out with the Rolls watch where the whole movement moves sideways. Autorist, Harwood's one more offering to the automatic world, was powered by the flexing of the lugs on the strap.

HERE TO STAY WITH ÈLAN

The Great Depression of the late 1920s hit the watch industry hard. Exports plummeted, jobs were lost, and companies struggled to stay



The golden age of automatic watches came after World War II. Eterna introduced its Eterna-Matic automatic winding system in 1948, revolutionising watchmaking by mounting the self-winding rotor on five miniature ball-bearing

afloat. But out of the gloom, and into the market, came some path-breaking technical and design innovations. The most iconic of them was the 1931 Rolex Oyster Perpetual automatic watch. This timepiece had a centrally mounted 360° rotating rotor, and could be wound both manually and through the rotor, which was one of its standout features. The new rotor system, along with the iconic bubbleback case, helped establish Rolex as a leading manufacturer. Their system was widely adopted by other watch companies once the patents expired.

The golden age of automatic watches came after World War II. Sales soared and companies came out with new designs. Eterna introduced its Eterna-Matic automatic winding system in 1948, revolutionising watchmaking by mounting the self-winding rotor on five miniature ball-bearings. Universal Genève launched the micro rotor system, in which the automatic-movement mechanism was placed on slim cases. The post-war decades also saw Japan's Seiko emerging as a powerhouse to take on the Swiss giants.

However, with the arrival of quartz technology in the early 1970s, sales of automatics suffered. To survive, Switzerland's classic watchmakers repositioned automatics as high-end luxury pieces. And the new millennium saw renewed interest in automatic watches – and the advance of technology, including silicon parts, which are unaffected by shifts in temperature, and high-power reserve, which allows watches to run up to 80 hours straight.

While time will continue to travel, and new 'time machines' emerge, the pleasure of wearing an automatic watch will never fade •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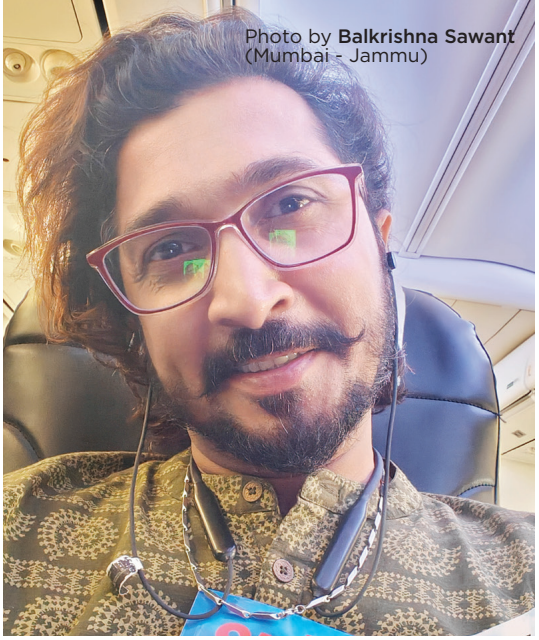
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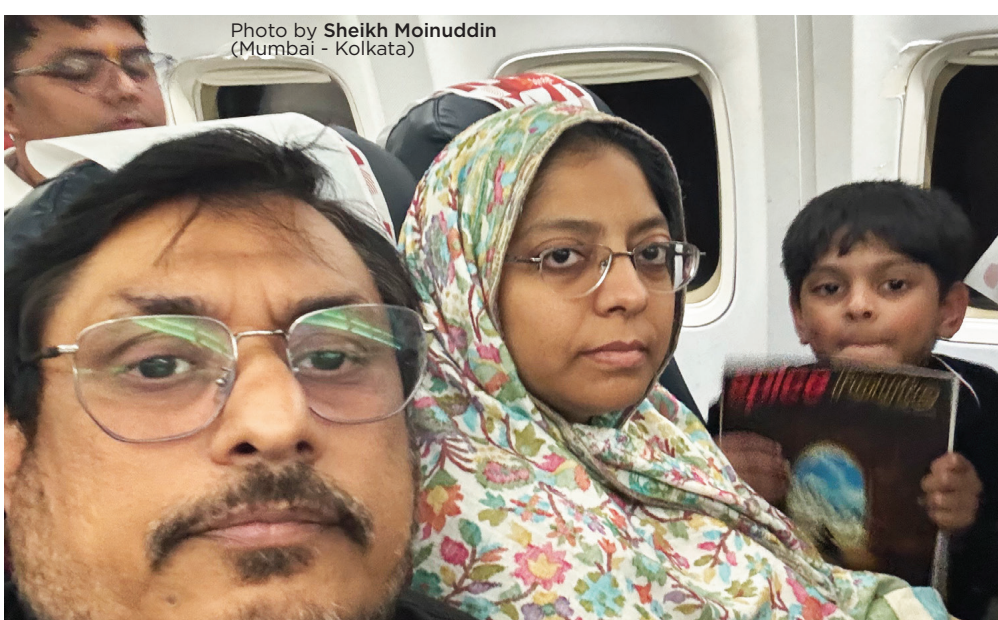
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NKN Media Hits AED 300 Million Valuation

Strengthens Global Media and Entertainment Ambitions

NKN Media is strengthening its position in the global media and entertainment industry, with its valuation reaching AED 300 million following a strategic investment of AED 15 million. The UAE-headquartered company is expanding its business beyond television distribution, focusing on original intellectual properties (IPs), international events and entertainment formats as it looks to build a diversified media portfolio with a global reach

Strategic Investment Marks a Key Milestone

The year 2026 marks major investments, the latest made by Dhiraj Jain, Founder and Chairman of 1XL, who acquired a 5% stake in NKN Media. Jain's association with the company also extends to Falcons of Majlis, its UAE-focused reality funding show centred on the country's growing startup ecosystem.

The investment comes as NKN Media advances its strategy to develop a diversified media business with an emphasis on original content, entertainment formats and international partnerships. Its AED 300 million valuation represents a significant milestone in this transition, as the company looks to strengthen its position across the global media and entertainment landscape.

Expanding Beyond Media Distribution

Headquartered in Dubai, NKN Media has been steadily broadening its operations beyond conventional television distribution. The company is building a portfolio of original properties designed to connect with audiences across India, the Middle East and other international markets.

Its growing portfolio includes Falcons of Majlis, Dubai Property Expo, Indo-UAE International Property Expo and Icons of UAE. These properties span entrepreneurship, real estate, business and entertainment, reflecting the company's approach to developing platforms with the potential to build audiences across markets. By investing in original formats alongside its existing media operations, NKN Media aims to create a more diversified business model and establish properties that can deliver value beyond traditional distribution-led activities.

Falcons of Majlis Adds to Original IP Portfolio

Among its latest ventures, Falcons of Majlis brings together entrepreneurs, investors and prominent personalities from business and entertainment. The format features selected startups pitching their businesses to a panel of investors, drawing on the UAE's expanding entrepreneurial ecosystem.

The show features personalities including Suniel Shetty, Chitrangada Singh, Ankur Agarwal, Tauseef Khan and Dhiraj Jain, alongside other investors and entrepreneurs. The property forms part of NKN Media's broader effort to develop distinctive entertainment formats that can appeal to audiences across geographies.

Building an International Media Platform

NKN Media has a presence across the UAE, the UK, Singapore, Malaysia, Canada, Bahrain, India and Sri Lanka. Its distribution partnerships include leading broadcast networks such as Republic TV, Aaj Tak, India Today and Times Now. The company also publishes SpiceRoute, the in-flight magazine of SpiceJet.

This combination of broadcast partnerships, publishing, events and original intellectual properties provides the foundation for the company's next phase of expansion. Its international footprint also positions it to develop content and platforms that connect businesses, audiences and entertainment markets across regions.

With its valuation reaching AED 300 million, NKN Media is entering its next growth phase with a focus on expanding its original IP portfolio and strengthening its global presence. The company's strategy centres on building a diversified media and entertainment platform from the UAE, with scalable properties and partnerships supporting its long-term ambitions.



Dhiraj Jain of 1XL Holdings Acquires 5% Stake in NKN Media


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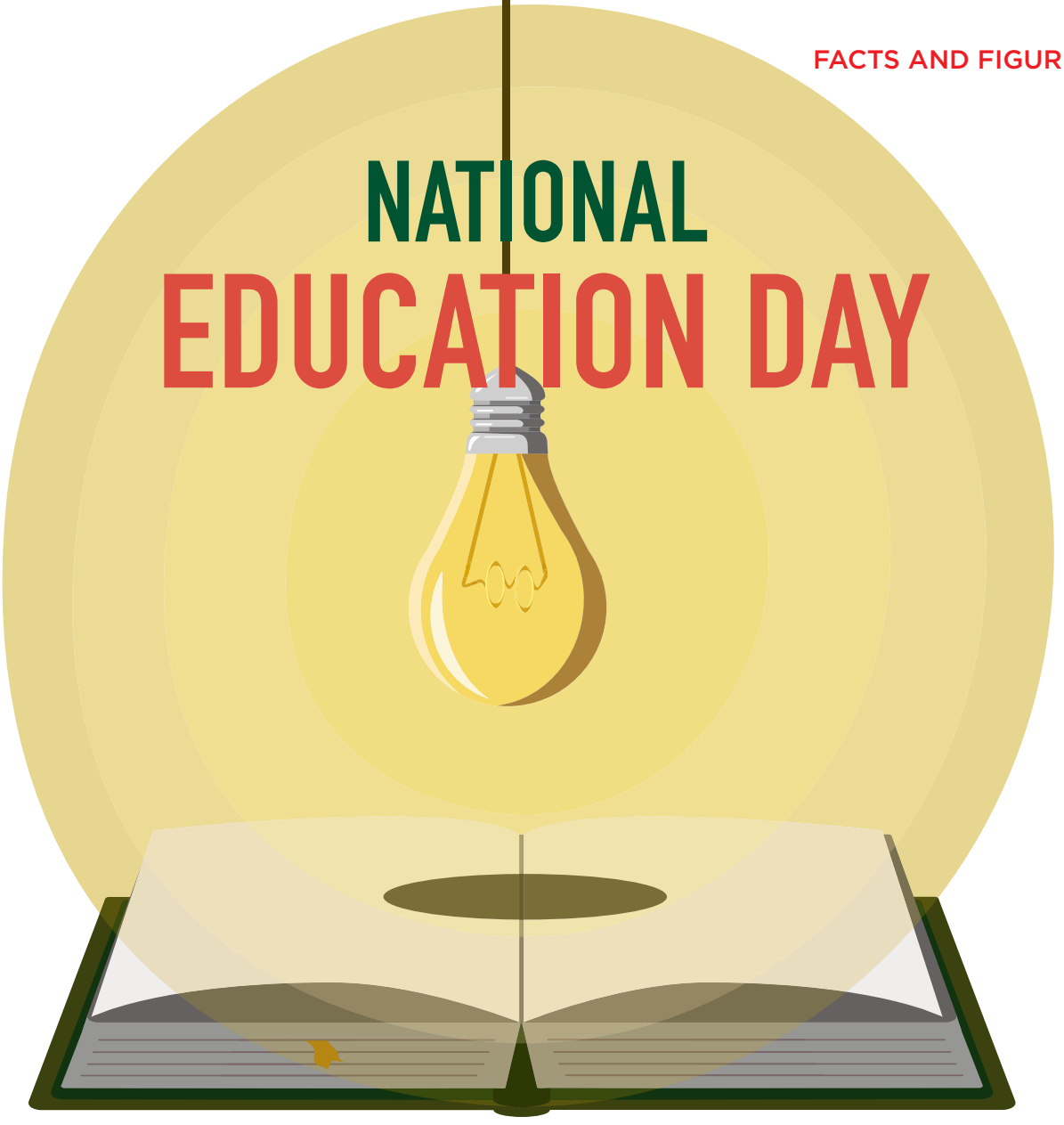

National Education Day is observed across India on 11 November every year to commemorate the birth anniversary of Maulana Abul Kalam Azad, the country's first Education Minister.

The **National Education Day** recognises his contributions to strengthening India's education system and highlights the importance of accessible, inclusive and quality education in national development. **National Education Day was first observed on 11 November 2008**, following an announcement by the Ministry of Human Resource Development. Maulana Azad played a key role in shaping India's education system in the years following independence.

The secondary-level dropout rate declined from 21% in 2013–14 to 13% in 2021–22, according to the Ministry of Education.



According to Ministry of Education data, ***98.5 lakh students*** were enrolled in undergraduate, postgraduate and ***PhD-level STEM disciplines in 2021–22***. It merges four distinct academic disciplines - Science, Technology, Engineering, and Mathematics – into a unified system that fosters critical thinking, creativity, and real-world problem-solving.





India recorded 4.33 crore students ***enrolled in higher education in 2021–22, an increase of 91 lakh since 2014–15.***

Female enrolment in higher education

Over the years since Independence, female enrollment into foral education has increased exponentailly. Female enrolment reached *2.07 crore in 2021–22*, an increase of *50 lakh compared with 2014–15.*



According to the Ministry of Education's **UDISE+ 2023–24** report, **24.8 crore** students were enrolled in schools across India during the academic year.



Universities and higher education institutions

India had **1,168 universities** and university-level institutions in 2021–22. As per the Ministry of Education's All India Survey on Higher Education (AISHE), the country had **45,473 colleges in 2021–22. In 2021–22,** India had **17 women**-exclusive universities and **4,470 women**-exclusive colleges.

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Diwali Vibes Happy Times





The Festival of Lights, Diwali brings families and friends together. It marks Lord Ram's return to Ayodhya after 14 years of exile. The festival is marked by different traditions across states, and special days including Dhanteras, Lakshmi Puja and Bhai Dooj. Cities such as Ayodhya and Varanasi offer distinctive experiences, from illuminated sites and decorated markets to traditional food and cultural celebrations.

In North India, Diwali is celebrated with Lakshmi Puja in every household. Families and friends come together to share joyous moments with one another.





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The ghats of Varanasi are adorned with earthen lamps, especially during Dev Deepawali which is celebrated 15 days after Diwali on Kartik Purnima. With thousands of diyas burning, the riverfront transforms into a breathtaking sea of lights.

In West Bengal on this day, Goddess Kali is worshiped. Midnight pujas are done to mark the victory of good over evil. Devotees offer red hibiscus flowers along with other offerings to the Goddess.







Clockwise from top

On Diwali, the Golden Temple in Amritsar, is illuminated with lights and diyas offering the most breathtaking view for visitors. Devotees from far and locals come to offer their prayers. At night when kaleidoscopic crackers burst, it turns into the most breathtaking view above.

Lights and diyas are an integral part of Diwali and every household lights up their homes with beautiful oil lamps.

The panoramic Jaisalmer Fort is illuminated with lights every Diwali. The gigantic 'only living fort' in India is worth a visit on Diwali.

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My Town

In our series, we travel to various Indian destinations with a SpiceJet family member. This time, Prity takes us around her home, Kolkata.

PRITY ROY
CABIN CREW



Where is your hometown, and what makes it so special?

Kolkata is a charming city distinguished by its vibrant culture, intellectual spirit, and gastronomic variety. The warmth and friendliness of the residents, their passion for life (and love for debate), as well as Kolkatans' unmatched enthusiasm for celebrating festivals, have earned it the moniker, 'City of Joy'. Indeed, Kolkata is its people, and a living, breathing city that is more than just a collection of historical monuments.

The one thing that keeps on bringing you back again and again...

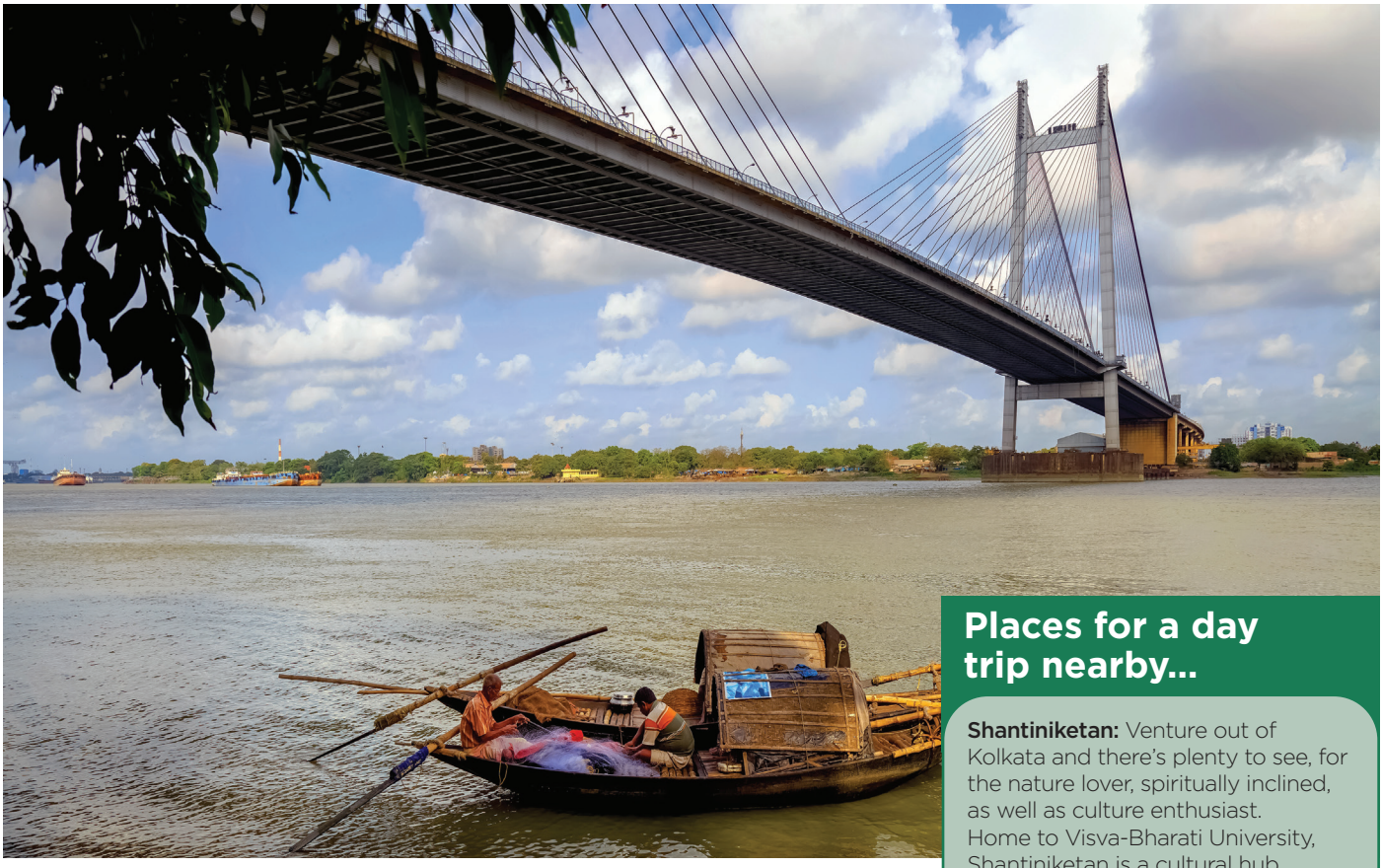
The warmth of family, the deep emotional bond I share with the city, and the unforgettable taste of authentic Bengali cuisine always draw me back to Kolkata. No matter where my travels take me, the city will always be home.

Which is the perfect hangout spot in Kolkata?

There's Millennium Park, along the banks of the Hooghly, which offers panoramic views of Howrah Bridge and the riverfront, while Rabindra Sarobar, a popular urban park centred around a tranquil lake in south Kolkata, promises an escape away from the hustle and bustle of the city.

Name one restaurant you would recommend to a visitor, and a can't-miss delicacy on the menu...

Kolkata is known for its food scene, and I highly recommend visiting a traditional Bengali restaurant such as Bhojohori Manna. A must-try on the menu here is *Kosha Mangsho,* a slow-cooked mutton curry, paired with *luchi* (deep-fried puffed bread) – this iconic combination offers a true taste of Bengali culinary heritage.



What is the best season to visit Kolkata and why?

Between the months of October and February, from autumn through winter and into spring, when the weather is perfect for sightseeing. October is particularly special due to Durga Puja, when the entire city lights up and transforms into a grand carnival of art, music, and creativity. The festival is a reflection of Kolkata's lively spirit and cultural pride.

Which must-visit places would you recommend back home?

With its colonial-era buildings, Kolkata is a magnet for architecture buffs. Prinsep Ghat, built in 1841 using a blend of classical Greek and Gothic styles, is a favourite spot for viewing sunsets, and evening walks under the illuminated Vidyasagar Setu. There's the iconic Victoria Memorial Hall, constructed between 1906 and 1921





in memory of Queen Victoria, whose elegant white marble – set amidst a sprawling landscaped garden – now houses a museum boasting a rich collection of British-era paintings, artifacts, and historical manuscripts. Among religious structures, you'll find Dakshineswar Kali Temple, a prominent Hindu shrine complex on the eastern bank of the Hooghly, founded by Rani Rashmoni in the mid-19th century; it is dedicated to Goddess Bhavatarini (a form of Kali), and is historically associated with the revered saint Ramakrishna Paramahamsa, who served as its priest. And you can't miss Park Street, the city's illustrious dining and entertainment hub, address of culinary establishments such as Peter Cat (renowned for its *Chelo Kebab)* and Mocambo. The stretch comes alive with extraordinary light displays over Christmas and New Year ●

Places for a day trip nearby...

Shantiniketan: Venture out of Kolkata and there's plenty to see, for the nature lover, spiritually inclined, as well as culture enthusiast. Home to Visva-Bharati University, Shantiniketan is a cultural hub founded by Maharshi Debendranath Tagore and expanded by Nobel Laureate Rabindranath Tagore. A repository of Bengali art and literature, Shantiniketan also hosts handicraft markets, and grand seasonal festivals like Poush Mela and Basanta Utsab (Holi).

Mayapur: A world-renowned spiritual centre, Mayapur located at the confluence of the Jalangi and Hooghly rivers. Besides being the birthplace of 15th-century saint Chaitanya Mahaprabhu, it is also the headquarters of ISKCON, and features the grand Temple of the Vedic Planetarium.

Bawali Rajbari: A meticulously restored 300-year-old heritage palace, Bawali Rajbari provides a wonderful glimpse into the history – and the architectural grandeur – of royal Bengal. Here, you can indulge in a traditional (and delectable) dining experience.

Diamond Harbour: Finally, there's Diamond Harbour, a scenic riverside destination located at the point where the Hooghly spreads out as it approaches the Bay of Bengal. Ideal for a day trip, it is popular for riverside picnics, fresh seafood, views over the water, and sunsets.

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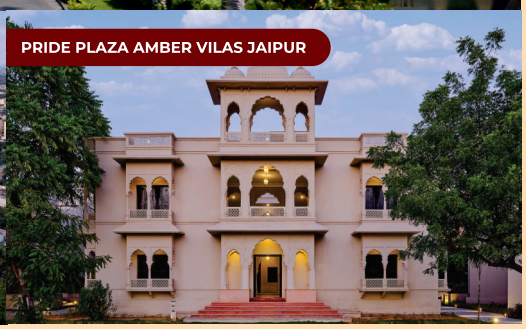

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PREDICTIONS
November 2026

Dr. Prem Kumar Sharma

(Astrologer, Palmist, Numerologist, Vaastu Consultant & 3-Time Limca Book of Records Holder)

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ARIES

Support at home can make everyday responsibilities feel easier to handle. Financial confidence strengthens through sensible choices and better control over savings. Work could move at a slower pace this month, so patience will be important. Relationships need a softer approach. Travel can become inconvenient at times.

Lucky Number: 17

Lucky Colour: Navy Blue



TAURUS

A journey can bring a refreshing change from routine. Love life feels warmer, with greater closeness developing naturally. Work remains steady, and consistent effort helps you stay on course. Some adjustment may be needed within the family. Property decisions deserve careful consideration.

Lucky Number: 2

Lucky Colour: Pink



GEMINI

Property-related plans begin to look more constructive after thoughtful evaluation. Robust health helps you manage a demanding routine with confidence. Also, communication improves and brings more warmth to romantic bonds. Travel calls for flexibility. Career growth could feel slower than expected, making persistence essential.

Lucky Number: 8

Lucky Colour: Green



CANCER

Career prospects stand out positively and consistent effort can bring recognition. Family support brings emotional comfort and makes important choices easier to manage. Property developments also carry favourable potential. Romantic equations could feel delicate this month and need thoughtful communication.

Lucky Number: 1

Lucky Colour: Silver



LEO

Property discussions can move in a promising direction. Career progress remains moderate and calls for patience. Finances stay manageable but be careful not to indulge in unnessesary expenses. A balanced routine supports your well-being. Family interactions may feel demanding, so calm responses work best.

Lucky Number: 3

Lucky Colour: Yellow



VIRGO

Family relationships create a comfortable atmosphere, bringing greater ease to daily life. Professionally, your organised approach can attract recognition and help you move ahead. Financial stability improves through disciplined planning. Health remains strong with consistent habits. Travel could feel tiring. Networking proves worthwhile and can introduce contacts that support future growth.

Lucky Number: 6

Lucky Colour: Red



LIBRA

Personal relationships feel more fulfilling as emotional understanding grows. Work brings encouraging recognition and could lead to greater responsibility. Family life needs occasional compromise. Health deserves extra attention if routines become irregular.

Lucky Number: 4

Lucky Colour: Peach



SCORPIO

Family support can ease pressure and help you handle important decisions with greater confidence. Excellent stamina keeps you active and productive. Finances remain stable when practical choices guide spending. Travel could prove inconvenient this month but social life remains balanced. Overall a good month for career growth.

Lucky Number: 7

Lucky Colour: Saffron



SAGITTARIUS

Relationships remain pleasant when communication stays simple and sincere. A supportive home environment adds emotional stability and makes responsibilities easier to manage. Career develops gradually and rewards patience. Travel requires better coordination. Unnecessary expenditure could place pressure on finances this month.

Lucky Number: 5

Lucky Colour: Beige



CAPRICORN

Travel looks favourable and could bring useful opportunities. Property-related developments also stand out, with buying, selling, or renovation plans showing strong potential. Excellent health supports an active routine. Romance becomes more reassuring as emotional closeness deepens. Finances need thoughtful budgeting rather than bold risks.

Lucky Number: 2

Lucky Colour: Green



AQUARIUS

An important responsibility at work can highlight your abilities and strengthen your professional standing. Family support brings stability and helps you manage demanding situations more comfortably. Relationships need extra attention to maintain warmth. Travel stays manageable despite possible schedule changes.

Lucky Number: 3

Lucky Colour: Orange



PISCES

Creative pursuits and social activities can bring a refreshing change to your routine. Financial planning strengthens long-term security and keeps you more confident about future needs. Health remains excellent and supports a productive pace. Career advancement remains gradual and rewards persistence.

Lucky Number: 6

Lucky Colour: Magenta

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