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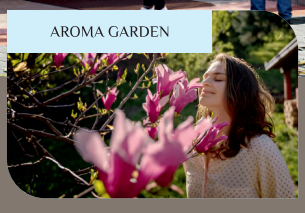
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I have always believed that India is a universe in itself, a magnificent tapestry where landscapes, cultures, and traditions shift dramatically within the span of a short flight. This season invites endless exploration. In the North, you can immerse yourself in the tranquil monasteries of Leh, the timeless valleys of Srinagar, or the verdant hills of Dharamshala. To the East, the cascading waterfalls of Shillong and the misty foothills of Bagdogra offer a gateway to the majestic Himalayas. Meanwhile, destinations like Shivamogga enchant travellers with their untouched greenery and quiet serenity.

To cater to this summer's holiday enthusiasm, we have scaled up our operations, adding multiple flights to India's most sought-after destinations to ensure your favorite retreats remain just a few flying hours away.

Travelling within our borders is also a deeply meaningful choice. In alignment with our Honorable Prime Minister's vision to champion domestic exploration, this season offers the perfect opportunity to rediscover the incredible diversity of Bharat. Every domestic journey does more than create personal memories; it directly fuels local economies. Your travel supports regional entrepreneurs, neighbourhood restaurants, artisanal markets, and transport providers whose livelihoods thrive on tourism. Very few nations can match the cultural wealth and geographic variety found right here at home.

Beyond travel, June brings us another reason to celebrate national pride. I want to extend my heartfelt congratulations to our young Indian boxers for their stellar performance at the Asian Boxing U15 Championships 2026 in Tashkent. The Indian contingent put on a spectacular show of discipline, skill, and grit. A special salute goes to our U-15 girls, who led the medal tally with fierce confidence and determination. Their success is a brilliant reminder that the future of Indian sports is exceptionally bright.

Thank you for choosing SpiceJet. We remain committed to making your travel seamless, safe, and comfortable. I wish you and your loved ones a season filled with wonderful discoveries and happy memories.

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# INSIDE THE 1XL PLATFORM

## Rethinking venture-building through systems, scale, and structure

In a world where entrepreneurship is often seen as a one-founder, one-company journey, a new approach is emerging - one that focuses not on building individual businesses, but on building the systems that create them.

In this edition of Spice Route, we speak with Dr. Dhiraj Jain, Founder & Chairman of 1XL Holdings, and Dr. Mamata Dhiraj Jain, Founder & Managing Director of 1XL Holdings, about what it really takes to build a platform capable of supporting 100+ ventures.




**The idea of building 100+ ventures challenges the traditional view of entrepreneurship. What prompted this shift in thinking?**

**Dr. Dhiraj Jain:** Because the traditional model, while powerful, is not easily scalable. If every business depends entirely on individual effort, then building multiple ventures becomes difficult. The shift was to move from thinking about individual businesses to thinking about repeatable systems.

**So is the real focus not the companies themselves, but the system behind them?**

**Dr. Mamata Dhiraj Jain:** Exactly. When you build a strong system, it can support multiple ventures. The idea is not to start from scratch every time, but to create a structure that can be applied across different opportunities.

**When you say "systems-driven," what does that actually mean in simple terms?**

**Dr. Dhiraj Jain:** It means bringing structure into areas that are usually left to chance. Instead of relying purely on instinct, we define clear frameworks that can guide how businesses are built and supported.

**Traditionally, entrepreneurship has been very personal and unstructured. Does a systems approach change that dynamic?**

**Dr. Mamata Dhiraj Jain:** It doesn't remove the personal element, but it supports it. Founders still bring vision and leadership, but they operate within a structured environment that reduces uncertainty and improves consistency.

**Why choose a platform-based business?**

**Dr. Dhiraj Jain:** Speed, scale, and repeatability matter most. Strong systems eliminate reinvention, accelerate growth, improve efficiency, and repeat processes.

**Does this approach also reduce risk?**

**Dr. Mamata Dhiraj Jain:** Yes, each new venture learns from past mistakes, helping the system grow, improve efficiency, reduce risks, strengthen decisions, and deliver better long-term results over time.

**Many would assume that building multiple ventures could dilute focus. How do you avoid that?**

**Dr. Dhiraj Jain:** Focus comes from structure. When each venture fits into a defined framework, it becomes easier to manage multiple businesses without losing clarity.

**How does this model impact the role of founders?**

**Dr. Mamata Dhiraj Jain:** It actually strengthens their role. Founders can focus more on strategic direction and leadership, while the system supports the broader framework around them.

**UAE is mentioned as an ideal environment for this kind of model. Why is that?**

**Dr. Dhiraj Jain:** UAE provides a combination of infrastructure, access to global markets, and a supportive business environment. It creates the right conditions not just for startups, but for scalable platforms.



**Is this approach limited to specific industries, or can it work across sectors?**

**Dr. Mamata Dhiraj Jain:** It is not sector-specific. The strength of a systems-driven approach is that it can be adapted across industries, as long as the underlying structure remains strong.

**What mindset shift is required for entrepreneurs to embrace this model?**

**Dr. Dhiraj Jain:** The shift is from thinking of a business as a standalone effort to seeing it as part of a larger framework. Once that perspective changes, scaling becomes more achievable.

**From an investor's perspective, what makes this approach compelling?**

**Dr. Mamata Dhiraj Jain:** It introduces structure into growth. Instead of relying on isolated success stories, investors are looking at a platform designed to create multiple opportunities.

**Looking ahead, how do you see venture-building evolving globally?**

**Dr. Dhiraj Jain:** The future will move towards platforms, not just individual companies. The real advantage will lie in the ability to build systems that can consistently create and scale businesses.

**If you had to summarise this philosophy in one line, what would it be?**

**Dr. Mamata Dhiraj Jain:** It's not about building one successful company, it's about building a scalable system that can continuously create many successful ventures, empower innovators, inspire future entrepreneurs, generate sustainable opportunities, and contribute towards long-term economic growth, innovation, and meaningful societal transformation across generations.

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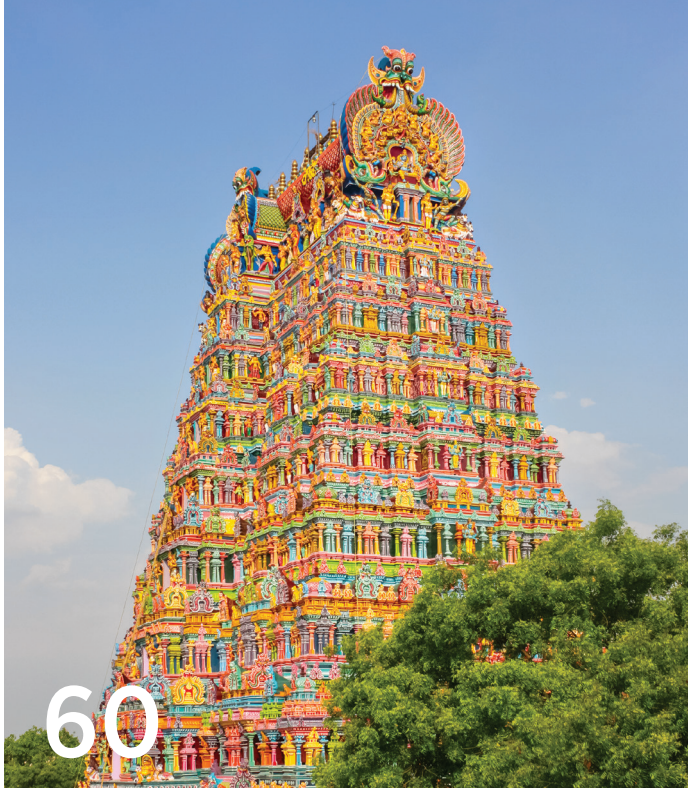






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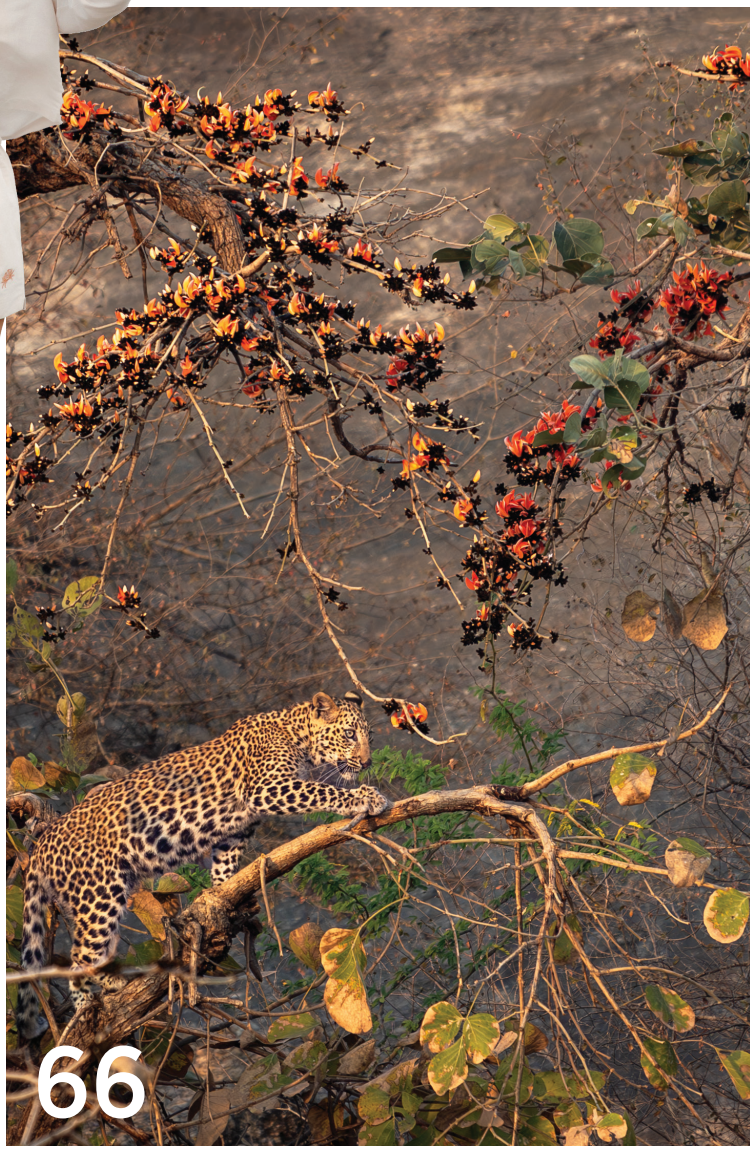


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### Internal Appreciation

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***Marketing***

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They say great design tells a story, and SpiceJet has been mine. Over 10 incredible years, I've had the privilege of turning ideas into visuals that millions experience at 35,000 feet. Every brief, every campaign, every pixel has shaped me as much as I've shaped them. This journey has been more than a career; it's been my creative runway where I have learned a lot and grown professionally.

### Internal Appreciation

Vishnu has played an integral role in shaping SpiceJet's visual communication through his creativity, dedication, and strong design sensibility. Vishnu's contribution across campaigns and brand initiatives has consistently added value to the brand, and he has been an important part of the marketing team over the years. We wish Vishnu the very best in his career and hope he continues to grow.

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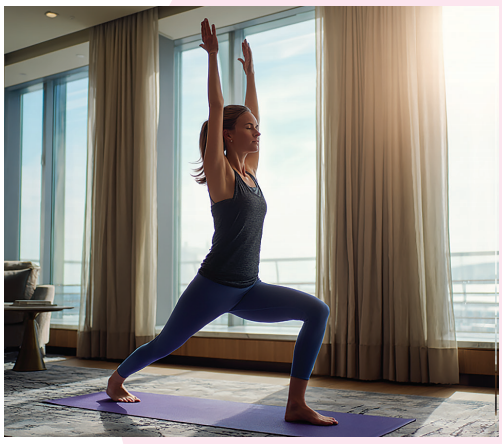
WHAT'S TRENDING

# SEASON OF LUXURY TRAVEL





**Shangri-La Hotels** and Resorts has unveiled 'Summer In Motion', a global seasonal campaign running across destinations including Paris, London, Toronto, Dubai, Abu Dhabi, Mauritius, Sri Lanka, Bengaluru and New Delhi. The initiative reflects a growing shift in luxury travel, where guests are increasingly seeking experiences that balance wellness, restoration, indulgence and cultural exploration. The campaign also ties into the rise of sports tourism and active travel, with activities ranging from curated running routes through Paris and wellness experiences overlooking the London skyline to golf retreats in Mauritius, movement-led escapes in Sri Lanka, and longevity retreats in India. Bringing together energy and ease, the campaign highlights a new way of experiencing luxury travel through exploration.

***What:*** Summer In Motion

***Where:*** Mauritius, Bengaluru, New Delhi and more cities





# THE STORY FROM FARM-TO-CUP

**Nandan Coffee** opens its first flagship at Embassy One on Bellary Road, Bengaluru, bringing the story of its origin into a new urban setting. Built on a three-generation legacy of single-estate, farm-to-cup coffee - the Bengaluru launch translates origin, craft and ritual into a coffee-focused experience. At the heart of the brand is the Nandanvan Estate in Kodaikanal, where certified organic coffee is grown within a biodiverse ecosystem. The space features an espresso bar with four roast profiles, manual brews including pour-over and French press, cold coffees on tap, and a dedicated Filter Kaapi Bar. Complementing the beverages is an all-day menu inspired by Kodaikanal and Mumbai.

***Where:*** Embassy One, Pinnacle Tower, 8, Bellary Road, Bengaluru

***When:*** 8 am – 10 pm (Monday–Sunday)

# FAMILIAR FLAVOURS, REIMAGINED

**Farzi Café,** Cyber Hub, introduces two menu experiences with the launch of its OG Menu and a new line-up of hero creations. The OG Menu celebrates timeless Indian flavours with dishes including Teen Mirch Paneer Tikka, Multani Paneer Tikka, Chicken Tikka, Mahi Tikka and Mutton Seekh Kebabs, followed by mains such as Paneer Darbari Mirchiwala, Pindi Choley, Malai Kofta Kaju Korma, Amritsari Kukkad Masala and Lal Maas Jodhpuri. The new hero dishes include the Avocado Masala Benne Taco and Masala Benne Taco, inspired by the comfort of the classic benne dosa and presented in a contemporary taco-style format. Together, the menu brings nostalgia and innovation to the table.

***Where***: Farzi Café, Cyber Hub, Gurugram

***When***: All-day dining



# KP GROUP: DRIVING THE NEXT ERA OF SUSTAINABLE ENERGY GROWTH

**A Bold New Vision :**

vision for the future — to surpass 10 GW of renewable capacity by 2030. KP Group's portfolio stands at 8.5 GW as of FY-26. With its three listed companies — KPI Green Energy, KP Energy, and KP Green Engineering — the group is building a holistic ecosystem that integrates renewable energy generation, advanced manufacturing, and infrastructure execution.

**Growth Momentum:**

- **Financial Performance:** In FY26, KP Group reported consolidated revenue of ₹5,498 crores, reflecting %61 growth, alongside a cash profit of ₹1,193 crores (+%77) and PAT of ₹826 crores (+%61).
- **Operational Scale:** The group's renewable portfolio now exceeds 8.5 GW, spanning solar, wind, hybrid, and battery energy storage systems (BESS).
- **Installed Projects:** KP Group has already crossed 1+ GW in the IPP category, supported by a land bank of 12,247 acres and 2,200+ km of transmission infrastructure.

**Big Orders Secured:**

Key wins included a ₹621 crore NTPC solar project, an ₹819 crore BSNL telecom infrastructure project, a 91.4 MW hybrid project from JK Paper, and 565 MW / 1130 MWh BESS projects.

**Expansion Across India:**

In the renewable energy sector, KP Group's rapidly expanding footprint now extends across Gujarat, Rajasthan, Maharashtra, Madhya Pradesh, Odisha, Karnataka, and Andhra Pradesh, with prestigious collaborations involving MAHAGENCO, Coal India, Adani Green Energy, SJVN, and Larsen & Toubro. Simultaneously, in the fabrication sector, the Group continues to secure diverse orders from Gujarat, Maharashtra, Goa, Jammu & Kashmir, Ladakh, Uttarakhand, Himachal Pradesh, Telangana, Tamil Nadu, and Karnataka, further strengthening its position as a leading force in India's infrastructure and clean energy growth story

**New Initiatives & Strategic Ventures:**

- **Green Hydrogen Facility:** Commissioned a 1 MW green hydrogen plant at Matar, Bharuch, integrated with Asia's largest galvanising plant.



**"Our focus is on building strong execution capabilities alongside scale," says Dr. Faruk G. Patel, Founder and Chairman & Managing Director of KP Group. "By integrating renewable energy and advanced manufacturing, we are creating a platform for long-term growth while contributing meaningfully to India's and the world's green energy transition."**

- **Future Segments:** Advancing into floating solar, offshore wind, pumped storage, and energy trading.
- **Trading licenses:** KPI Green Energy and KP Energy both secured inter-state and intra-state electricity trading licenses from CERC and GERC, enabling pan-India market expansion
- **Global Partnerships:** Signed a US$4 billion MoU in Botswana for up to 5 GW renewable projects, while strengthening ties in UAE, South Korea, and the US.

**Social Impact :**

Beyond business, KP Group continues to create meaningful social impact through the KP Human Development Foundation, positively touching 12.5 million lives across healthcare, education, environment, and welfare initiatives.
Key initiatives include building the world's first old age home for specially abled individuals and supporting 14,500+ students across India through scholarships and mentoring from primary education to civil services preparation. It is noteworthy that, considering the growing employment demand in the renewable energy sector, KP Group is also providing free education every year to 120 students under the Urjanoor Scholarship Program. In addition, under the Unnat Bharat Abhiyan initiative, the Group is providing training every year to 120 ITI students at SVNIT.
"As India moves toward a greener and more sustainable future, KP Group remains committed to building sustainable infrastructure that contributes meaningfully to economic growth and energy transition. In view of the recurring geopolitical challenges, there is an urgent need for the nation to reduce its dependence on other countries in the energy sector, and renewable energy makes this possible. In line with PM Modi's vision, we are moving aggressively forward and contributing towards the nation's sustainable growth," said Dr. Faruk G. Patel, Founder, Chairman & MD of KP Group.

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# MOMENTS OF REFLECTION

Thapar Contemporary presents **Wild, Ordinary, Enchanting, Excruciating Beauty,** a group exhibition curated by Vaibhav Raj Shah in collaboration with Jasone Miranda-Bilbao. On view until 21 June, 2026, the exhibition brings together eleven contemporary artists working across sculpture, installation, drawing and moving images. The show reflects on how lived experiences are shaped by overlapping conditions of uncertainty, contradiction and a shared sense of unease. The works invite viewers to explore a present where distinctions between personal experience and broader realities are difficult to sustain.

***Where***: Thapar Contemporary, The One, Kapashera Estate, Rajokri Crossing, New Delhi

***When***: On till 21 June 2026 | Monday–Sunday | 11 am – 7 pm

# COUTURE WITH A HISTORIC LENS

Anjalee and Arjun Kapoor unveils **Mughal Reverie 2026**, a couture collection where the romance of the European Renaissance meets the grandeur of Mughal heritage. Designed by Anjalee Kapoor and Arjun Kapoor, the collection blends regal silhouettes, heritage craftsmanship and contemporary couture. Inspired by Renaissance architecture and Mughal artistry, the collection features sculptural forms, luxurious embellishments and rich textures. Hand-embellished 3D corsets are paired with draped pencil skirts, while couture lehengas feature circular-panel constructions designed for movement and volume. Draped lehenga skirts are styled with heavily jewelled Sherwin's, bringing together traditional detailing with contemporary couture expression.



***What:*** Mughal Reverie 2026

***Where***: New Delhi, Mumbai, Dubai, London & Hong Kong







# DAY-TO-NIGHT DINING

The newly opened **Dandy & Dandy** is a new-age hospitality concept by Rehan Guha that brings together dining, cocktails, music, and nightlife within one amazing space. Rooted in the philosophy of 'Two Dandies. One Door. Same Room. Two Moods', the venue transitions seamlessly through the day from a relaxed and refined dining destination in the afternoon to a high-energy nightlife experience by evening. The food menu offers globally inspired shareable plates designed for social dining, while the cocktail programme moves from lighter pours during the early evening to bolder, spirit-forward drinks later into the night. Positioned as an accessible premium destination, Dandy & Dandy is designed for long lunches, intimate dinners, after-work drinks, and late-night gatherings.

***Where***: THE LOFT, Nexity, HITEC City, Hyderabad

***Operational Hours***: 12pm - 12am

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# FROZEN DELICACIES





**CinCin** introduces Sol Italia, a new seasonal menu inspired by the easy charm of leisurely Italian summers. The menu is built around refreshing sorbet cocktails, spritz and zero-proof drinks designed for long afternoons and evening gatherings. Flavours include blueberry basil, raspberry, guava, mango and coconut, alongside grapefruit, peach, watermelon and limoncello-led combinations inspired by Italian aperitivo culture. The experience also extends to Aperitivo Hours with a 1+1 offering between 4-7 PM daily. Located in Mumbai's Bandra Kurla Complex, the restaurant brings together summer-inspired flavours and Italian-inspired drinks in a bright seasonal menu.

***Where:*** CinCin, BKC, Mumbai

***When:*** Summer 2026 | Aperitivo Hours: 4-7 pm daily



# TO FATHER WITH LOVE

Father's Day is a perfect occasion to pamper the most important man in your life. And for fathers who appreciate a well-crafted cup of coffee, the **Budan Sofia Espresso** machine is a gift that blends functionality with everyday indulgence. Designed for home brewers looking to recreate a café-style experience, the compact machine combines beginner-friendly controls with professional-grade features such as PID temperature control, a dual thermoblock system, and a 58mm commercial-style portafilter for consistent extraction and rich crema.

***What:*** Budan Sofia Espresso machine

***Price:*** INR 39,999

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# TOP 5 EVENTS IN JUNE




## 1 Hemis Festival in Ladakh

The Hemis Festival, held at the historic Hemis Monastery in Ladakh, is one of the most significant Buddhist celebrations in India. The festival is marked by vibrant masked dances (Cham), traditional music, and sacred rituals performed by monks.

## 2 Ambubachi Mela

The Ambubachi Mela, held at the revered Kamakhya Temple in Guwahati, is one of India's most unique spiritual festivals. The festival marks the symbolic menstruation cycle of Goddess Kamakhya and draws thousands of devotees from all across. The temple remains closed for a few days before reopening with grand rituals, attracting pilgrims seeking blessings.







## 3 Yamuna Pushkaralu

Yamuna Pushkaralu is a rare and spiritually significant river festival celebrated once every twelve years along the banks of the Yamuna River. The event attracts pilgrims from across India who gather to take ritual baths believed to cleanse sins and bring blessings. Religious ceremonies, devotional gatherings, cultural activities, and community events take place across several riverfront cities.

## 4 International Yoga Day

Celebrated worldwide on 21 June, International Yoga Day highlights India's global contribution to wellness and holistic living. Major events take place in New Delhi, Rishikesh, and other cities, featuring mass yoga sessions, workshops, and wellness programmes. With large-scale participation across public spaces, heritage sites, and global cities, it has evolved into one of the most widely observed cultural festivals in India.







## 5 Sao Joao Festival

Marking the feast of St. John the Baptist, the festival is known for its unique tradition of jumping into wells and water bodies, symbolising joy and abundance. Participants wear floral crowns and take part in music, dance, and boat parades. The festival reflects Goa's Indo-Portuguese heritage and has become a distinctive tourist attraction.

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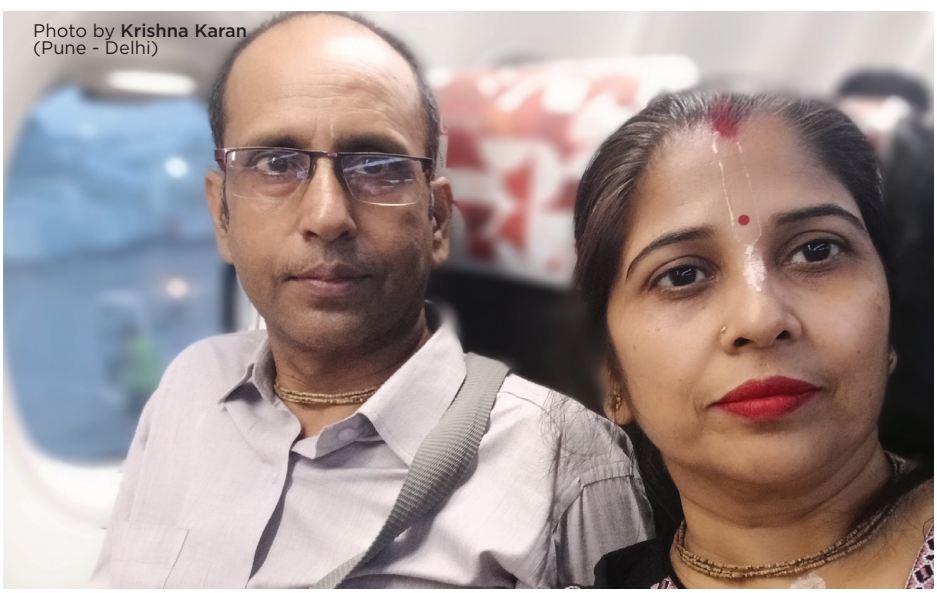

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# “I DON’T THINK TOO MUCH ABOUT ACTING”

**Pankaj Jha’s** life as a painter and poet deeply influences his artistic voice and distinctive screen presence. Best known for his portrayal of **Vidhayak Ji in ‘Panchayat’**, we caught up with the NSD alumnus during his recent solo exhibition - Horizon, at Triveni Kala Sangam, Delhi.

PALLAVI SINGH





*Pankaj Jha signing his book for filmstar Amitabh Bachchan.*




## Through meditation and working on myself, I realised that the wealthiest person is the one who has the most time for himself

**Which of these mediums—acting, painting, writing—do you feel most 'yourself' in?**

While I was with the NSD Repertory, I also created illustrations for India Today, Hans, and several other magazines, so people knew me as an illustrator too. But naturally, I feel most at ease while painting because that is purely my own world — just me, the colours, and the canvas. I paint for my own joy and expression, without any pressure or thought of exhibition.

**Your portrayal of Vidhayak Ji in 'Panchayat' has become iconic for its restrained menace and humour. What was the hook that helped you find the soul of this character?**

If you are soulful, that soulfulness becomes visible in every character. I don't think too much about acting. Whatever comes from within me, I simply live that, and people see it as a character.

**Having worked in acclaimed films like 'Monsoon Wedding', 'Company', and 'Gulaal', which role do you feel was the turning point, that truly tested your range?**

I never look back or remember characters after living them. I move on completely. I've never gone around asking for work. Whatever work I got happened because someone saw one performance and offered me another. That has been my journey through nearly 60-65 films, beginning with Mira Nair selecting me for 'Monsoon Wedding' from among 250 people in Delhi.

**How do you ensure that your characters remain grounded in reality without becoming caricatures?**

I do not care who sees me as a caricature. To me, cinema is very superficial. But among filmmakers, Majid Majidi is one of my favourites. His films 'Baran' and 'The Color of Paradise' truly move me. When a film or any form of art brings you back to the heart, that is what I call real cinema.

**What draws you to the complexities of villainy, and how do you find the humanity within villains?**

The word 'humanity' is a very profound thing, and what truly matters is the search for sensitivity and humanity







within ourselves. Osho was a great influence in my life, and I worked deeply on myself through his meditative and therapeutic processes. Society often labels people who speak the truth as dangerous or villainous. I feel the idea of a villain is much deeper than we usually think. Sometimes, in our own lives, we become our own villains by constantly trying to please people or achieve things.

**What does success look like to a man who finds equal joy in a finished canvas and a well-delivered monologue?**

I do not think someone else can decide success for me. Success and failure exist within your own eyes. For me, the fact that we are alive and happy is the greatest success in the world. Real joy does not come from external things; it comes from simply being yourself. Even sitting under a tree, watching birds or flowers moving in the wind, can bring immense joy.

**Do you feel that poetry can express things that acting or painting cannot?**

My writings may be called poems, but to me they are *sutras* of life. I feel that where words end, real life and truth actually begin. These poems or sutras simply point towards the unknown, towards the mystery of where we come from and where we go.

**How has the digital space changed the game for actors like yourself?**

OTT platforms and entertainment do not really change anything for me. I see cinema largely as a business. But meaningful cinema is created out of joy and honesty. Even when 500 people watch the same film, each person is actually seeing a different film through their own experiences and emotions.

**Are there any literary works or historical figures that you are yearning to bring to life on screen?**

I am not eager for anything anymore. For me, cinema is meaningful in one way—it supports me financially in this worldly life. I cannot do a regular job, and cinema is simply a skill I happen to have that gives me financial support.

**What can we expect from your upcoming projects, and will we see more of your poetry or art being integrated into your public life?**

I live in the present moment and do not think much about the future. Right now, my second collection of poetry, 'From the Known to the Unknown', will be released. My biography, 'Misfit', is also coming out.

**What one piece of advice would you give young artistes who feel they don't fit into the traditional Bollywood mould?**

Bollywood is not separate from the world. Acting happens everywhere—in every household and in every relationship. Perhaps that is why Shakespeare said the whole world is a stage, and we are all actors in it •

## Rapid Fire

***The first thing you reach for in the morning — a paintbrush or a pen?***
Neither. I live with myself.

***Your favourite actor, poet, author?***
My favourite poet is Pankaj Jha, and my favourite actor is also Pankaj Jha — who is not an actor.

***A movie that changed your life perspective?***
When I began to observe the film within my own self, I became the Seer; the one who observes both the spectacle and the spectator becomes the Seer.

***The most beautiful place to you as an artist?***
My own being.

***An actor (past or present) you wish you could have shared a scene with?***
Amitabh Bachchan

***Street food in Patna or a fine-dining experience?***
Sattu Paratha

***Solitude in a forest or the energy of a theatre stage?***
Neither forest nor stage — only ekant (solitude)

***One word to describe Vidhayak Ji?***
Positive



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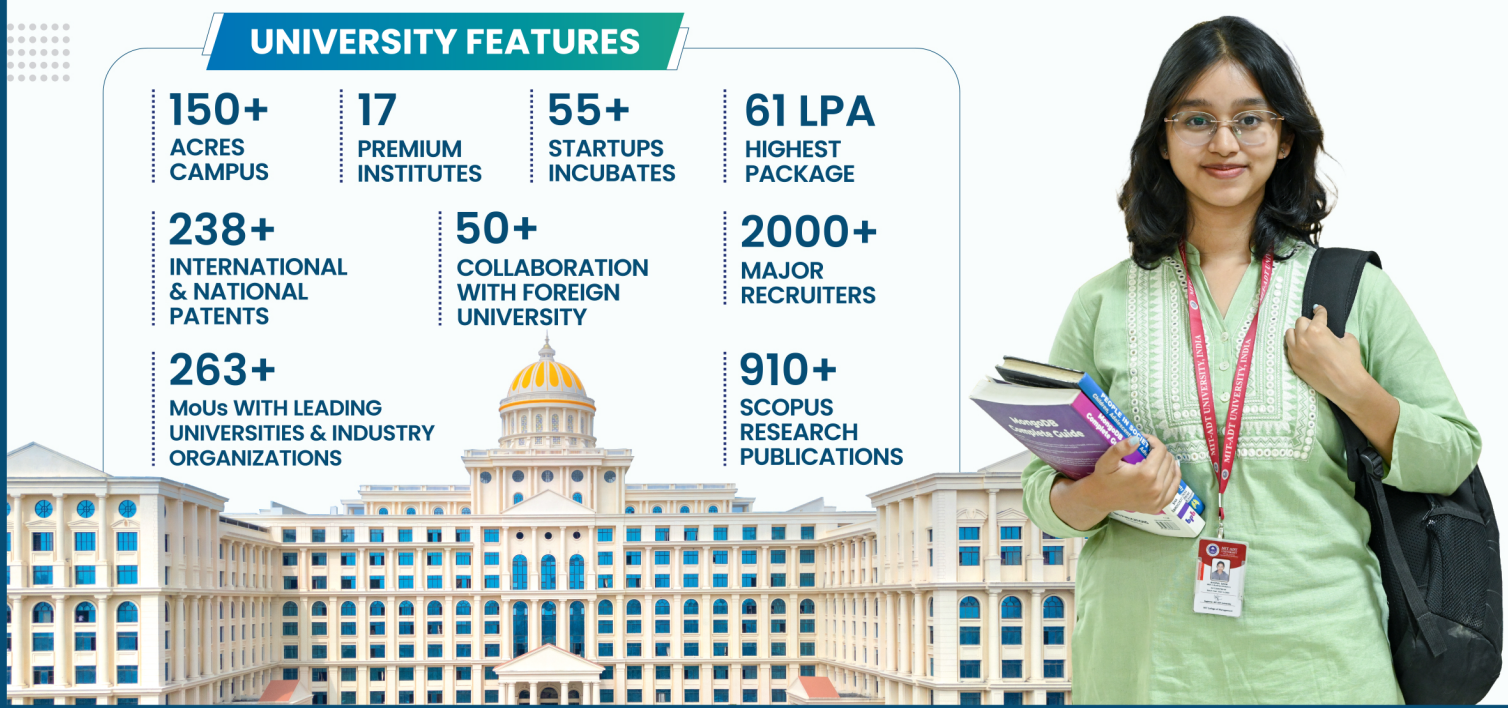


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**Dr. Nidhi Panchal,**
Chairperson (National Victor Public School, I.P. Extension, Delhi)

## Social Media: Friend or Foe for Gen Z's Mental Health

By the chairperson

Social media is no longer a choice for Gen Z; it is a reality. As the first generation to grow up entirely in the digital age, today's students experience the world through screens as much as through real-life interactions. Social media platforms influence how they communicate, learn, form relationships, and perceive themselves. While these platforms offer unprecedented opportunities for connection and learning, research increasingly urges us to examine their impact on the mental health of young minds.

Studies conducted by global health and education bodies indicate that moderate and purposeful use of social media can have positive outcomes for adolescents. Access to educational content, peer collaboration, and global awareness campaigns helps students broaden their horizons beyond textbooks. Research highlights that students who use social media for learning, creativity, and constructive interaction often demonstrate improved digital skills, confidence, and social awareness. Online platforms also provide opportunities for self-expression through art, writing, debate, and innovation—skills that align closely with 21st-century learning goals.

From a mental health perspective, social media can foster a sense of belonging. Adolescence is a stage of emotional development where acceptance and identity play a crucial role. Research shows that students who find positive peer communities online—such as interest-based groups or academic forums—often experience emotional support and validation. Mental health awareness campaigns and peer-support initiatives on social platforms have also contributed to breaking stigmas and encouraging open conversations, making help more accessible to those who may hesitate to seek it offline.

However, research equally warns us about the risks associated with excessive and unregulated use. Psychological studies consistently link prolonged screen time with increased levels of anxiety, stress, and sleep disruption among adolescents. One major concern highlighted by researchers is social comparison. Constant exposure to curated images and idealized lifestyles creates unrealistic standards of success,

> **Nidhi Panchal**
> Not everything that is faced can be changed, but nothing can be changed until it is faced.
> —James Baldwin

beauty, and happiness. Young minds, still developing emotional resilience, may internalize these standards, leading to low self-esteem and self-doubt.

Cyberbullying is another serious concern supported by extensive research. Unlike traditional bullying, online harassment is persistent and pervasive, often occurring anonymously and publicly. Studies indicate that victims of cyberbullying are at higher risk of emotional distress, withdrawal, and academic decline. The pressure to remain constantly connected—driven by notifications, instant responses, and the fear of missing out (FOMO)—further contributes to mental fatigue and reduced attention span.

At our school, we believe that education extends beyond academic excellence. Our core values emphasize holistic development, emotional well-being, responsible citizenship, and balance. Technology, when aligned with these values, becomes a powerful tool for growth rather than a source of harm. As educators, we recognize that the solution does not lie in banning social media, but in educating students about its responsible and mindful use.

Research strongly supports the integration of digital literacy into school curricula. Teaching students how to evaluate online content critically, manage screen time, protect personal privacy, and understand the psychological effects of social media equips them with lifelong skills. Emotional intelligence and resilience-building programs further help students navigate online challenges with confidence and maturity. When students understand that online validation does not define self-worth, they are better prepared to use social media responsibly.

Equally important is nurturing balance—an essential value we uphold as a school community. Research emphasizes the positive impact of offline engagement on mental health. Physical activity, sports, arts, reading, community service, and face-to-face interactions significantly improve emotional regulation and social skills. By encouraging participation in co-curricular activities and mindful routines, schools and families together can counter digital overload and promote healthier lifestyles.

Parental and educator involvement remains critical. Studies show that adolescents benefit most when adults model balanced digital behavior and maintain open communication rather than strict control. Regular dialogue, shared guidelines, and mutual trust help students develop self-discipline and accountability. When children feel supported rather than monitored, they are more likely to make responsible choices online.

Gen Z does not need disconnection from technology; it needs direction rooted in values. Social media is neither inherently friend nor foe—it reflects the awareness with which it is used. With the right guidance, it can inspire creativity, learning, empathy, and leadership. Without boundaries, it can undermine mental health and emotional stability.

"Our responsibility is not to raise children who merely survive the digital age, but to nurture individuals who thrive with balance, wisdom, and purpose."

By fostering research-informed practices and value-based education, we can empower our students to navigate the digital world consciously—transforming social media into a meaningful ally in their journey of growth and well-being.

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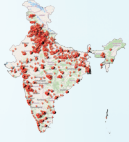

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## GUWAHATI

*Sandbank Sojourn*

If living on a temporary sandbank was possible, Guwahati, on the banks of the mighty Brahmaputra, would be that place. The river, notorious for its monsoon floods, is actually calm and navigable in other seasons. Entering Assam from Arunachal Pradesh, already a force of nature, and having crossed the Tibetan plateau and punched through the deep gorges of the eastern Himalayas, the Brahmaputra is scattered and tamed by the time it rolls into the capital. Still, cruises leaving from Guwahati's ghats — Uzanbazar and Fancy Bazar are departure points for boats crossing over to Umananda island (and for leisure rides) — give a sense of the river's scale. And between October and March, when the water recedes, you can camp on the sandbanks; it makes for a unique experience, knowing that the sandbar will soon disappear under the Brahmaputra.

**Top & Above**

*The mighty Brahmaputra defines the Kaziranga National Park. It is here that the famous one-horned rhinos can be spotted.*

*The Brahmaputa in Guwahati is often the backdrop to many events and festivals*



## ALLEPPEY

*Backwater Bliss*

Kerala's backwaters are part of an intricate and ancient riverine network, spanning 900kms of canals, lakes, and lagoons across the southern lowlands. The houseboat, or Kettuvallam, was originally a rice barge, but is now retrofitted with bedrooms, open decks, and outdoor kitchens. This is the dominant grammar of travel here, and, guided by a push-pole, a wonderfully laid-back way of acquainting yourself with this unique rural landscape. From the mighty Periyar river cutting through the lush Nilgiris to the delta country of Kuttanad, Kerala is not only about journeys on water; it's slow travel at its best.

**Left & Below**

*A river cruise in Alleppey is every traveller's dream, and it is a perfect way to get a slice of local life.*

*Mandovi river besides being popular for cruise is also the lifeline of local fishermen.*

## GOA

*The Susegad Way*

Off the Arabian Sea lies an elaborate web of rivers, creeks, and rain-fed lakes. This is Goa, where the Mandovi meets the ocean at Panaji, running wide and brackish over laterite soil and past mangroves. Its tidal terrain, changeable, and particularly beautiful in the mornings, before the charter boats and floating casino vessels start revving up their engines. Opt for a traditional fishing boat adapted for a day charter, and explore the working life of the river — the ferry crossings, crab traps, and cormorants drying their wings on the channel markers. Head upstream where the mangroves thicken, motorboat traffic disappears, and the Mandovi conceals itself from the crowds. And make your way to the Dr. Salim Ali Bird Sanctuary, on the western edge of Chorao island (a short ferry ride from Ribandar); it is here that the river's ecology, and its diversity of avian species, is most visible.





## SUNDARBANS

*Delta Delights*

In the world's largest mangrove forest, water is everywhere. The Bengal tiger moves around the delta formed by the confluence of the Ganga, Brahmaputra, and Meghna, a place of tidal creeks and mangrove islands where the tides determine the boundary. From your boat, you look for life, scanning the muddy banks; most of the time you see the forest looking back, inscrutable. That mystery is the crux of the Sundarbans encounter. Boat safaris here typically last two-three days, on a craft — usually equipped with bunk beds and toilets — gliding through the creeks of Sajnekhali Wildlife Sanctuary, and going deeper into Dobanki and Sudhanyakhali. With a wildlife guide for company, you'll spot estuarine crocodiles and monitor lizards sliding off the banks, while spotted deer wade at the margins. Sundarbans, a World Heritage Site, is also known for its rich variety of bird species.



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**Left & Below**

*The rivers in Sundarbans are home to dolphins, crocodile and many reptiles. This is a perfect destination for a slow holiday.*

*The majestic view of the Tungabhadra from Hampi.*

## HAMPI

*Stones With Stories*

The wide and rocky Tungabhadra travels through Hampi gently, its course broken by enormous granite boulders, the very same that define the landscape, the ruins of the erstwhile kingdom of Vijayanagara. The coracle, a round wicker-and-tar boat, is the pride of Tungabhadra, and for centuries was the primary means of crossing the river; it still is. As it floats, the coracle spins slowly, reaching the other side in around five minutes. But those few minutes on the water present a view of the ruins that no land approach can match. Hire a boat for longer to drift past farms and quiet villages, existing as though the ancient empire along its banks was just a passing curiosity, and not the main character.



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**Right & Below**
*The Gurez Valley in Kashmir is known for its breathtaking views.*

*The Lidder flowing through Pahalgam adds to the idyllic beauty of the valley.*



SPICEJET OFFERS FLIGHTS TO SRINAGAR FROM DELHI AND JAMMU

## KASHMIR

*Untouched, Unchanging*

Himalayan rivers are temperamental. The Kishanganga, or Neelum, running cold and strong through the Gurez Valley near the Line of Control, has earned its isolation on the back of decades of restricted access shaping life along its banks; from the Dard-Shina villages with their timber-and-stone architecture to the pristine alpine reservoir, it flows into the Dawar village. Its shallow rapids navigate gorges and valleys, freezing in the winter like an icy dream. The Lidder River, by contrast, traverses stretches that most travellers carry in their imagination. Pine-framed and white-hued, it moves fast through Pahalgam, and the eponymous valley, then descends, before rising near the Kolahoi glacier, where its colour is an opaque grey-green. Trout gather in deep pools beneath the willows, and along the banks, daily life continues undisturbed: ponies crossing the shallow fords and woodsmoke drifting down from the hillside villages ●

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Vimal Jhajharia and Vikas Jhajharia (MBA from Australia) have delivered many lectures, conducted workshops, seminars and have widely travelled and provided consultancy on major projects already in operation without any changes or modifications. They are currently providing consultancy in the USA, UK, Australia, Canada, China, Hong Kong, Singapore, Thailand, South Africa, UAE, and South America, among others.

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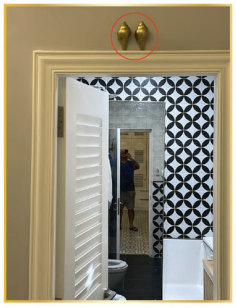
Vimal Jhajharia along with his son Vikas Jhajharia

Vastu is protection against unforeseen circumstances. It is used to increase personal energy in health, wealth and relationships of a person







### Does the Vastu Shankha Yantra really work for prosperity in factories and industries?

Yes, we have a big list of successful clients including businessmen, entrepreneurs, doctors, scientists, professionals, architects, interior designers, etc giving testimonials on our website.

Endorsing the Vastu Shanka Yantra is industrialist Sushil from New Delhi. He says, "My son and I are running a factory but were not getting the desired results. We came to know about Vimalji and Vikasji through one of their articles in inflight magazines. Upon showing them the factory, we immediately realised our north was blocked and all the heavy machinery was placed along the north wall. We then got the Vastu Shankha yantras placed at certain places on Jhajharia ji's recommendation. Now, every new factory of ours is made under their able guidance and we also recomend them to all our friends and relatives"

### Can Vastu Shankha Yantra also help in selling a property?

Yes, we do a lot of Vastu correction for builders and developers and also individuals whose properties have been stuck for a long time and which are not getting sold because of some or the other Vastu defect. Vouching for success is Satish from Bangalore who was trying to sell his four acres property for two years. When we saw the property, we saw it had multiple corners & it was not a proper rectangle or a square. We then positively charged this property by placing our Vastu Shankha Yantras in various corners to help correct the magnetic field of the property and hence creating positive energy in the atmosphere.

## DID YOU KNOW?




- Mr. Vikas Jhajharia, is a 3rd Generation Vastu Expert
- Mr. Vikas Jhajharia is an MBA from Australia
- Vastukalp has been doing Vastu corrections since 40+ years
- Vastukalp provides consultancy globally in all 5 Continents (125+ countries)

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# MADURAI
## A TOWN AROUND A TEMPLE

MEENAKSHI J.

*Bustling Madurai's streets and markets rarely seem to pause. A day in Thoonga Nagaram, the city that never sleeps, takes shape around the Meenakshi Amman temple, with several revisits along the way.*

### 1 HALLOWED GROUND

Rise early for the first rituals of the day at the Meenakshi Amman Temple, when its long corridors are still relatively less crowded. Immerse yourself in Pandya lore and the ancient Hindu epics, ornately detailed on the ceilings and pillars, across the corridors and the 14 vibrant gopurams, and within the sub-shrines dedicated to the Hindu pantheon. While inside the complex, don't miss the 1,000-pillared Aayiram Kaal Mandapam, many of whose columns produce distinct musical notes.

**Next stop: Breakfast, a short walk away**

### 2 A SCRUMPTIOUS START

Step out onto West or East Masi streets, around where age-old eateries serve delicious idli, pongal, vada, and poori-masala, finished off with strong filter coffee. For something more leisurely, the reliable Murugan Idli Shop is known for its idlis and chutneys.

**Next stop: Stroll through the markets**





### 3 AROUND THE TEMPLE

The lanes and alleys around Meenakshi Amman are already decorated with kolam in the early hours, especially the Masi streets, where the city's everyday life unfolds. Flower sellers string together Madurai jasmine, the fragrant garlands of which catch the morning light, as shops open one shutter at a time. Make time for Pudhu Mandapam, the pillared hall opposite the temple, now filled with tailors, sellers of brass items, bookbinders, and small traders. It's part market, part relic of an older Madurai.

**Next stop: 10–15 minutes' drive**

### 4 QUICK MUSEUM STOP

As morning makes way for noon, step inside the Gandhi Memorial Museum, located within the historic Rani Mangammal Palace. Letters, photographs, and objects such as a bloodstained cloth worn by Mahatma Gandhi, trace moments and signposts from India's freedom movement. The museum is a sneak peek into India's history, and the regal architecture of the palace is worth admiring.

**Next stop: Lunch nearby**

### 5 MADURAI MEAL

When in Madurai, lunch is best taken as a proper, sit-down meal. A traditional South Indian saapadu of rice, sambar, rasam, vegetables and curd is both filling and restorative. The eateries surrounding the temple continue to serve simple, well-made food in both fixed and unlimited portions.

**Next stop: Breather, followed by a short drive**




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## 6 ABODE OF MURUGAN

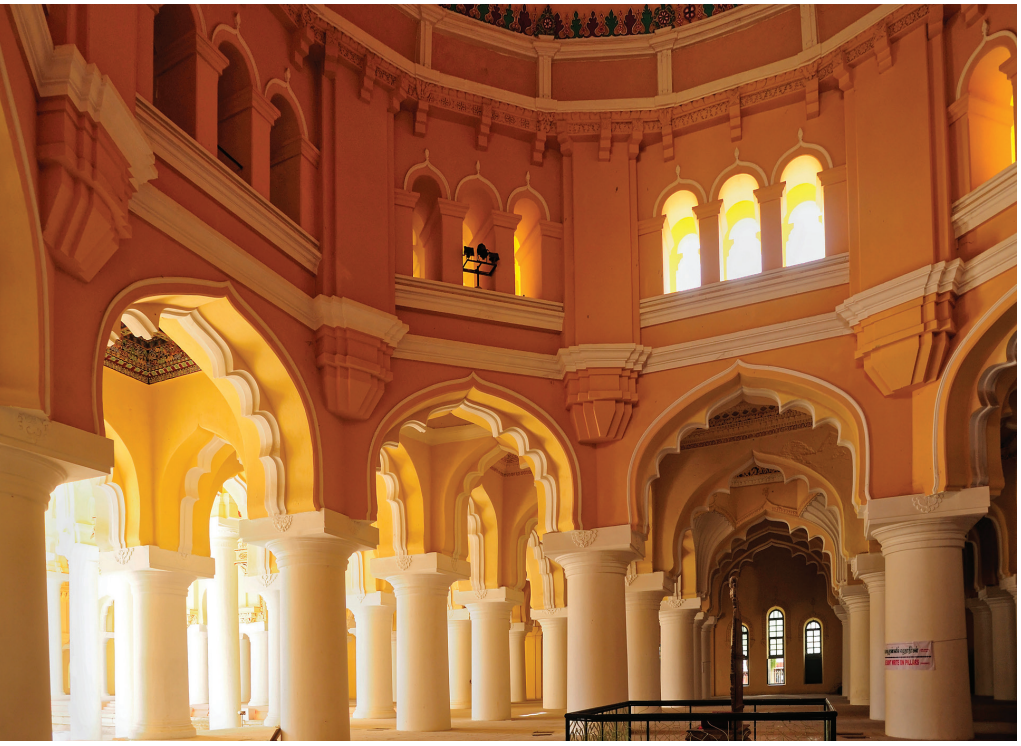
The 8th-century Thiruparankundram Murugan Temple, one of Murugan's six abodes, offers a chance to extend your temple circuit a little further, before returning to the city. Set against a rocky hill, this shrine, with its cool interiors and tranquil corridors, is usually quiet on non-festive days.

**Next stop: Drive back to Madurai**



## 7 PALACE INTERLUDE

Stop by the majestic Thirumalai Nayakkar near the city centre, a classic fusion of Indo-Islamic architecture (with strong shades of Europe), and admire its high arches, colonnaded halls, and spacious courtyards. Stay back for a riveting sound-and-light show, and learn about the palace's 17th-century origins and history..



**Next stop: 15 minutes' drive**

## 8 TWILIGHT AT THE TEMPLE

Return to Meenakshi Amman as night falls, its courtyards bathed in the soft light of dusk. The atmosphere is different now, and a lot busier. If you can, stay for the late-evening ceremony, and surrender to the devotional atmosphere as the processional deity is carried through the corridors amid Vedic chants.

**Next stop: 20 minutes' drive**

## 9 DINING IN STYLE

Dinner at the Sterling V Grand Madurai is an experience in itself. Grand Ayyanar, the hotel's multi-cuisine restaurant, serves authentic Madurai delicacies alongside Indian and global favourites. Guests can look forward to elaborate buffets, live counters and interactive kitchens, while savouring regional specialities such as Kari Dosa and Chettinad gravies. And for an evening under the stars, Upper Deck, with its rooftop poolside, promises alfresco seating, a live barbeque, panoramic city views, and a relaxing ambience ●



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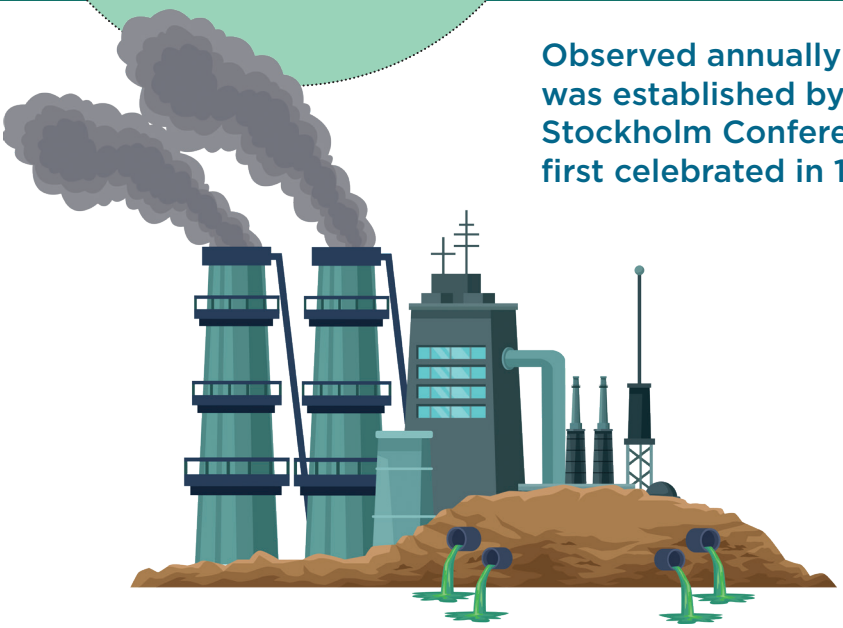
# WORLD ENVIRONMENT DAY

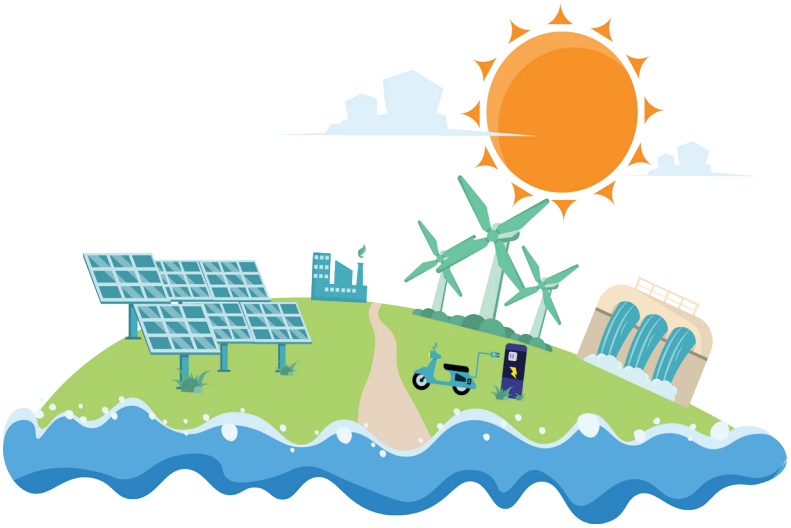
**However, despite the awareness, the world is currently facing three interlinked crises, climate change, biodiversity loss, and pollution.**

Observed annually on 5 June, World Environment Day was established by the United Nations in 1972 during the Stockholm Conference on the Human Environment, and first celebrated in 1973.

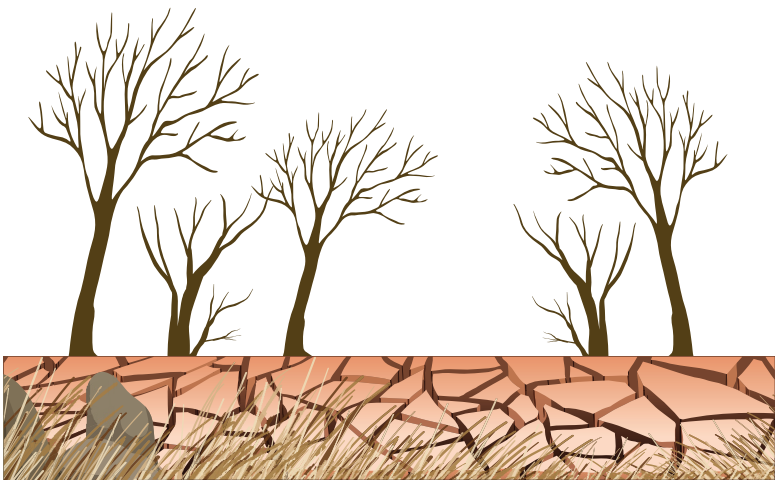


**Over fifty years** since its inception, it is regarded as the world's largest environmental outreach platform, with participation from over **150 COUNTRIES** and engagement that reaches millions of people globally.

***Global temperatures have already risen by approximately 1.1°C above*** pre-industrial levels, contributing to more frequent and intense heatwaves, floods, and droughts. At the same time, nearly **1 million species** are at risk of extinction, while plastic pollution continues to grow at an alarming pace, affecting both terrestrial and marine ecosystems.



Encouragingly, India has made notable progress in clean energy. Over ***50% of installed electricity*** capacity now comes from non-fossil fuel sources, including solar, wind, hydro, and nuclear.



Climate vulnerability is becoming increasingly visible. India has witnessed a growing frequency of extreme weather events, including prolonged heatwaves, **erratic rainfall, and floods, all of which have direct implications for agriculture, livelihoods, and urban infrastructure**.

However, environmental pressures remain significant. **India generates approximately 3.5 million tonnes of plastic waste annually**. Water pollution is another area of concern, with around 311 polluted river stretches identified in 2022, indicating persistent stress on freshwater resources.

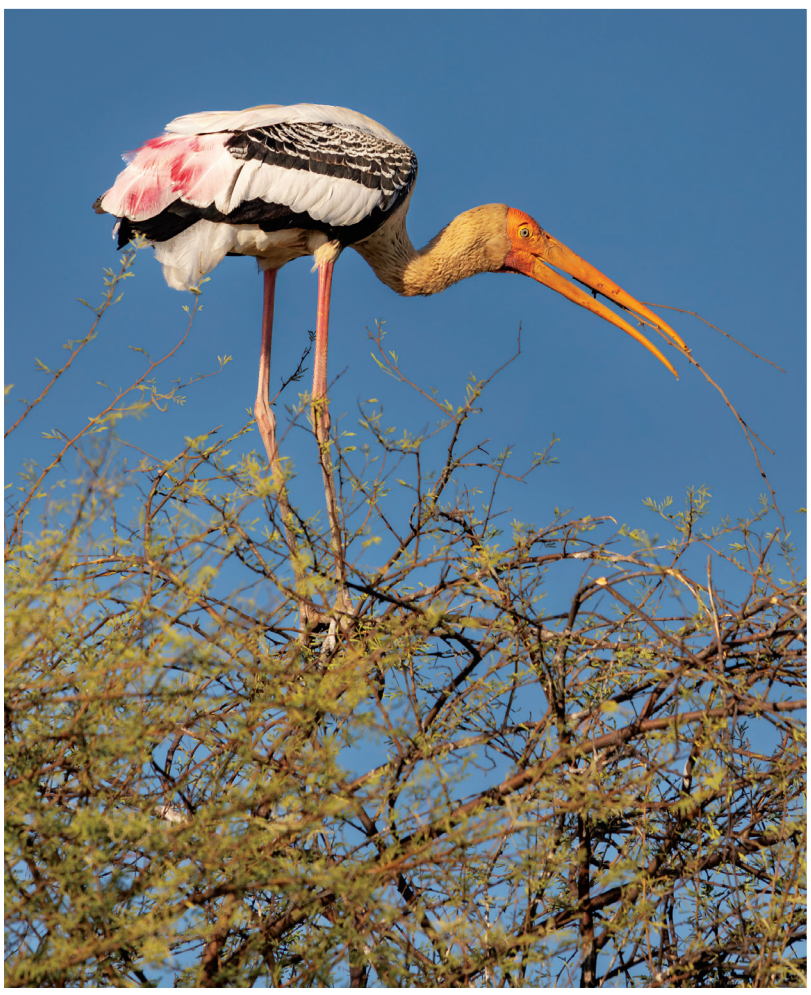



In response, policy measures have been strengthened. The Ministry of Environment, Forest and Climate Change has introduced frameworks such as **Extended Producer Responsibility (EPR) for plastics and e-waste**, expanded renewable energy capacity, and scaled up climate adaptation strategies. These efforts aim to balance economic growth with environmental sustainability while addressing both mitigation and resilience.

***Taken together, these figures present a dual narrative, one of progress and one of pressure. As the world marks World Environment Day 2026, the data serves as a clear reminder that while meaningful strides are being made, the scale and urgency of environmental challenges demand sustained, collective action.***

# Jawai
## *The untamed beauty*





Photos by Vikramaditya Singh Rathore

The wilderness of Jawai, in Rajasthan is simply mind-blowing. What makes the experience truly extraordinary is its rustic setting with ancient boulders, hidden caves, and scrublands. Add to this the perfect coexistence of humans and wildlife.

*Jawai is a once in a lifetime experience. Open safari experiences, sight of leopards resting on the rocks and with wilderness all around, the place lets you soak in the beauty of untamed nature. Adding to the magic is the sight of various avian species. The region is home to thousands of migratory birds. The marshy land around also has a good population of cranes, painted stork and herons.*





*Often referred to as 'Masai Mara of India' , Jawai is known for its high leopard density, and this increases the possibility of sighting here. Besides leopard, the region also boasts of desert cats, sloth bears, Indian wolves, and marsh crocodiles.*



*Though the highlight in Jawai might be its wildlife, the local life too is endearing. The simple and vibrantly dressed Rabari tribe adds to the magic of Jawai. Always greeting guests with a smile, they make the Jawai experience truly exclusive.*







An avid wildlife photographer and nature enthusiast, **Vikramaditya** is deeply connected to the landscapes and wildlife of Jawai. He is also a champion of wildlife conservation and sustainability.



# Fashion ON THE ROAD




***Summer holidays have quietly become fashion's happiest playground, where dressing up is less about perfection and more about pleasure.***

**NIVI SHRIVASTAVA**









There is something about summer travel that makes fashion feel lighter; perhaps, it is the promise of salty hair, melting gelatos, spontaneous beach walks—or the fact that no one looks unhappy in linen. Whether you are heading to misty mountain cafés in the hills or lounging beside turquoise waters with a coconut in hand, vacation dressing today is all about ease, personality, and versatility. Wardrobes are curated around movement, mood, and moments. And one outfit should ideally work for three photo-ops—a beach brunch, a museum stroll, and an impromptu dinner under fairy lights.

## THE NEW VACAY ATTIRE

Gone are the days when travel wardrobes meant panic packing and overstuffed suitcases. The new mood is intentional but carefree: airy silhouettes, happy colours, relaxed co-ords, and pieces that move effortlessly between day and night. Think oversized linen shirts worn over bikinis, crochet shorts paired with breezy tanks, silky slip dresses styled with giant sunglasses, or kaftans dramatic enough to deserve their own passport stamp.

## SMART FASHION MATH

Every seasoned traveller eventually learns one universal truth—you will always wear the same five things on vacation. And honestly, nothing feels more luxurious than clothes that let you breathe. Enter the wildly practical 3-3-3 rule, a minimalist packing method that involves carrying just three tops, three bottoms, and three pairs of shoes, all of which can be mixed and matched into multiple outfits.

A crisp oversized white linen shirt instantly becomes the hardest-working item in your suitcase. Wear it open over swimwear, tucked into trousers for lunch, or belted as a dress for sunset cocktails. Add classic denim shorts, relaxed white pants, a soft midi dress, and a printed co-ord set, and suddenly your holiday wardrobe begins to build






itself. Also, a good swimsuit should multi-task—one-pieces now double beautifully as bodysuits when paired with skirts, linen pants, or crochet shorts.

But true vacation style lies in mastering clothes that work around your life rather than interrupt it. Dipu Krishnamurthi, founder of Azurina, believes travel wardrobes should feel uncomplicated and joyful. She shares, “When I travel, I pack very light and focus on items that can multi-task, and can easily be laundered at the hotel. I pack dresses that I can easily pull over and go without worrying about matching tops/bottoms. I just accessorise them according to the venue—dressier/ chunkier necklaces or earrings at night with wedges and simple studs, and flip flops during the day.”

And Krishnamurthi is unlikely to forget packing the pajamas. “I treasure my sleep time while on vacations, so it’s important for me to come back to the hotel to clean, beautiful, comfy vacation-inspired PJs, so I pack quite a few that are also nice enough to wear to breakfast.” Wide-leg pants thrown over swimsuits instantly spark effortless Riviera energy. And pajama pants now happily pass off as dinner wear when paired with a cami and gold hoops. A button-down shirt can function as a beach cover-up by day and transform into a dress by night with the simple addition of a scarf tied around the waist.









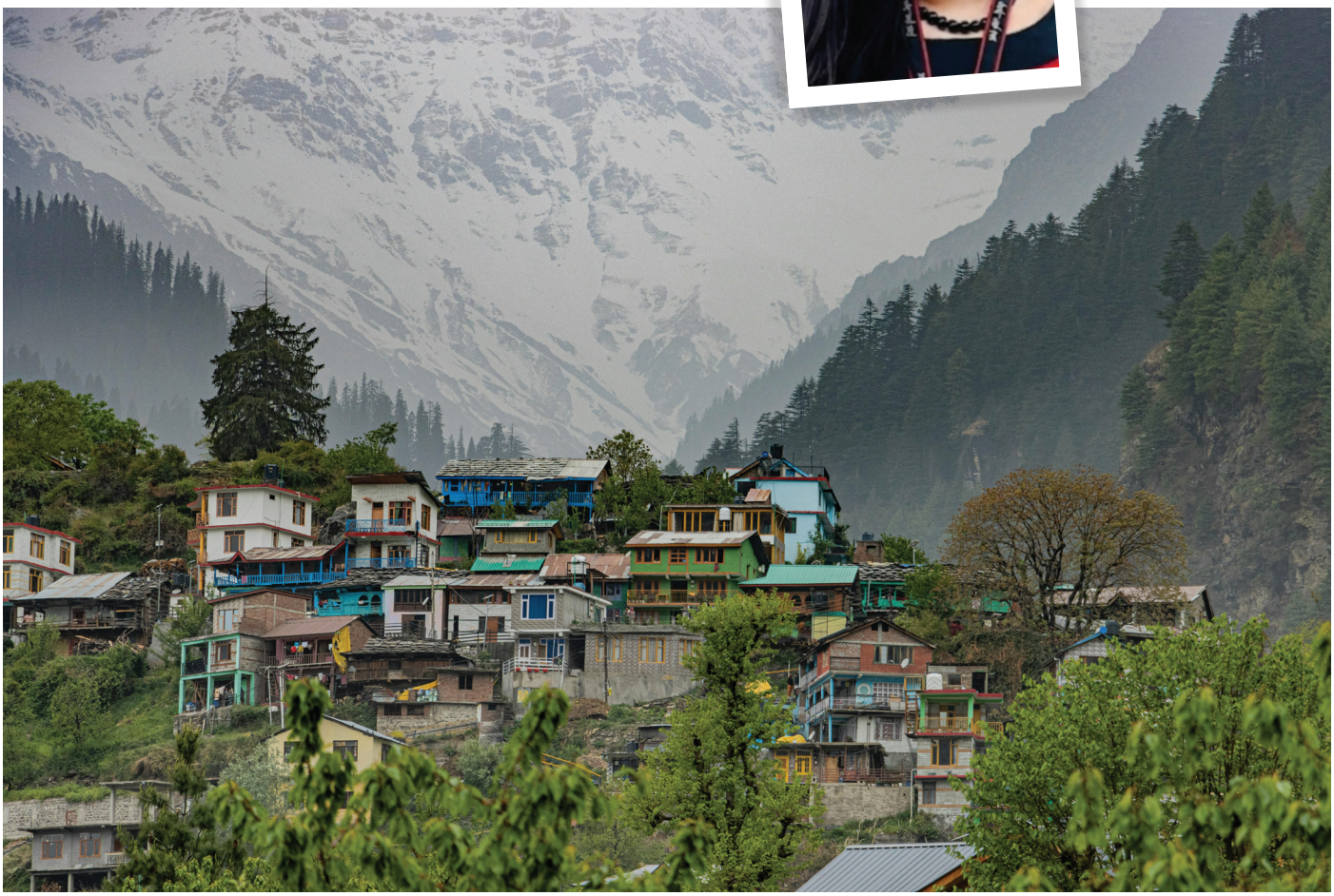
If you are in a mood to create some unforgettable memories, wear tropical prints at breakfast, giant shell earrings at noon, crochet at sunset, and a scarf as a belt simply because it feels fun. After all, there are no real rules on vacation, only moods and sun-kissed moments that will keep you warm even when you come back to real life •

# My Town

**In our series, we travel to various Indian destinations with a SpiceJet family member. This time, Shriya takes us around her home town, Manali.**



**SHRIYA PANDIT**
SENIOR CABIN CREW





***Where is your home town, and what makes it so special?***

I'm from Manali, a beautiful hill station nestled in the heart of the Himalayas, in Himachal Pradesh. Surrounded by snow-capped mountains, dense pine forests, and the flowing Beas river, my home town presents an enviable blend of nature and tranquillity. What makes Manali truly special is the way it slows life down; the crisp mountain air, breathtaking landscapes, and peaceful environment create a sense of calm that stays with you. It's not just a destination; it's a feeling you carry wherever you go.

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

It's the quiet and comfort of home. No matter where life takes me, I always find myself drawn back to Manali. The fresh air, the familiar views of the hills, and the simplicity of life here bring a sense of balance. There's also a deep emotional connection: the warmth of the people, the local culture, and the hushed moments spent in the embrace of nature make it impossible to stay away for too long.

***Which is the perfect hangout spot in Manali?***

Old Manali is my favourite place to unwind. It has a laid-back feel with cosy cafés, live music, and scenic views wherever you look. And the weather is ideal, whether you want to spend time with friends, explore the small streets, or just sit quietly with a cup of coffee while gazing at the mountains.









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

One place I'll always vouch for is Cafe 1947. Located right by the river, it promises a warm ambience along with a great menu. Their wood-fired pizzas are a must-try, and I would also highly recommend the fresh trout. The combination of good food and a picturesque riverside setting makes a meal here a memorable experience.

***What is the best season to visit Manali and why?***

Between the months of March and June, when the weather is pleasant and comfortable, ideal for sightseeing and outdoor activities. It's also that time of year when the valleys are lush-green, flowers are in bloom, and the overall vibe feels so fresh and vibrant—perfect whether you're looking to explore or just relax.

***Which must-visit places would you recommend back home?***

There's both adrenaline and spirituality not too far from Manali. Solang Valley is as breathtakingly panoramic in real life as it is in pictures. Those slopes of deodar and pine, verdant during the summers—a time for zorbing, parachuting, and paragliding—transform into a winter wonderland, and a paradise for skiers, once the snow arrive. Rohtang Pass, around 50kms from Manali, is a high-altitude mountain pass (13,058ft) that connects lush Kullu Valley to the craggy and barren heights of Lahaul and Spiti. The change in geography is as dramatic as it is visually stunning. and worth the journey. And away from the thin air and spectacular vistas is the Hidimba Devi temple, a cave shrine dedicated to Hidimbi Devi, wife of Bhima and mother of Ghatotkacha in the Mahabharata. Its setting, cocooned amid a Himalayan cedar forest, is as serene as it is beautiful ●

## Nearby places for Day trips

**Kasol** is one of those picture-perfect places, a pretty hamlet that's a base for neighbouring treks and also a restful space for a healing vacation.

**Tosh** offers gorgeous views, apple orchards, and lovely wooden houses; for all that it became a magnet for hippies, Tosh still retains its traditional appeal.

**Naggar** - capital of the erstwhile Kullu kingdom, which offers much for the traveller with time on her hands, including culture, spirituality, riverside charm—and a sturdy medieval castle.

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KOZHIKODE (CCJ)

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Mr Sachin Suri

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**APPELLATE AUTHORITY:**

Mr Kamal Hingorani

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**THE MINISTRY OF CIVIL AVIATION**, Government of India, has upgraded its Air Sewa portal, which is accessible through both interactive web portal and mobile app. The new version includes the following features:

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# PREDICTIONS
## June 2026

***Dr. Prem Kumar Sharma***

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

**email**: psharma@premastrologer.com | **web:** www.premastrologer.com



### ARIES

Quick thinking becomes your biggest strength, allowing you to stay ahead in demanding work situations. A money-making possibility could appear, but smart judgment will determine how beneficial it turns out. Someone at home may test your patience, making calm handling essential. . Pay attention to small health discomforts before they worsen.

**Lucky Number: 18**

**Lucky Colour: Red**



### TAURUS

Exploring a new setting or even considering a lifestyle shift brings a refreshing mental boost. At work, cooperation and a respectful attitude help you move ahead. Academic matters begin to feel lighter as consistency replaces pressure. Financial comfort allows for better planning, while quiet personal moments bring a deep sense of satisfaction.

**Lucky Number: 8**

**Lucky Colour: Green**



### GEMINI

June surrounds you with people who push you to aim higher, naturally improving your habits and daily discipline. Spending needs closer attention as your priorities begin to shift. Clear and confident expression strengthens your position at work. Emotional choices require maturity rather than quick reactions. Your social calendar stays active making your days fun-filled.

**Lucky Number: 6**

**Lucky Colour: Peach**



### CANCER

A meaningful emotional bond begins to influence your personal decisions, adding warmth to your life. Pending work matters start falling into place, giving you relief and confidence. Income flow remains stable. Family interactions bring joy, even if a few plans don't work out. Efforts toward learning start showing results, setting you on a clearer future path.

**Lucky Number: 2**

**Lucky Colour: White**



### LEO

A short break or change in surroundings helps refresh your outlook. Progress at work may feel slow, but patience keeps things moving in your favour. Managing money wisely prevents unnecessary stress. Irregular habits could affect your energy, making consistency important. Social interactions bring useful perspectives and much relief.

**Lucky Number: 11**

**Lucky Colour: Yellow**



### VIRGO

June highlights the results of your disciplined lifestyle, boosting both energy and self-belief. Domestic matters may need careful handling to avoid tension. Adjusting your budget helps you stay organised. Emotional involvement may feel limited, but casual interactions keep relationships smooth. Academic efforts improve with planning.

**Lucky Number: 5**

**Lucky Colour: Magenta**



### LIBRA

Work life begins to feel more organised, allowing you to handle responsibilities with ease. Financial awareness becomes important to maintain both comfort and security. Minor disagreements at home may call for patience and understanding. Emotional awareness pushes you toward self-reflection. Love benefits when you invest genuine effort.

**Lucky Number: 7**

**Lucky Colour: Pink**



### SCORPIO

A strong urge for deeper satisfaction pushes you to rethink your career direction. Staying alert helps avoid unnecessary setbacks. Financially, bold but thoughtful decisions can bring gains. Emotional comparisons may arise, but using them as motivation works in your favour. Patience in relationship helps in maintaining harmony at home and with friends.

**Lucky Number: 6**

**Lucky Colour: Dark Maroon**



### SAGITTARIUS

This month asks you to stay extra careful with financial decisions to avoid missing small details. New developments at work bring excitement and renewed motivation. Outside influences may distract you from healthy routines, so discipline becomes essential. It is best to have open communication as it improves your romantic connection.

**Lucky Number: 3**

**Lucky Colour: Royal Blue**



### CAPRICORN

Taking responsibility and managing tasks efficiently earns you recognition and satisfaction. Building new skills strengthens your professional journey. A major upcoming expense calls for careful budgeting. Supporting family brings emotional fulfilment. Maintaining a steady work out routine helps you stay physically fit and healthy.

**Lucky Number: 1**

**Lucky Colour: Orange**



### AQUARIUS

A clear sense of direction keeps you focused on meaningful goals. Consistent efforts begin to gain appreciation, even from unexpected quarters. Social interactions introduce connections that feel valuable. A supportive home environment encourages growth. Being financially prepared proves helpful. Maintaining a steady lifestyle preserves well-being.

**Lucky Number: 17**

**Lucky Colour: Blue**



### PISCES

As June gathers speed, work demands may increase but feedback helps you improve performance. Financial matters require close attention to avoid errors. Greater involvement in professional tasks may bring travel or frequent interactions. A younger family member benefits from your guidance. Consistency supports recovery from minor health issues.

**Lucky Number: 18**

**Lucky Colour: Beige**




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