

A TATA SIA JV

# VISTARA®

THE INFLIGHT MAGAZINE

AIRVISTARA.COM

SEPTEMBER-OCTOBER 2020

VOLUME 6 ISSUE 7



## OPEN FOR REFLECTION

Timeless Destinations:  
Udaipur, Kashmir  
& Varanasi

## LOOKING INSIDE

The Journey to  
Mindfulness



## *The Soul Issue*

**GETTING TRAVEL-READY** THE VISTARA GUIDE TO LONDON, COLOMBO & DUBAI



1

AS THE WORLD MOVES FORWARD, WE have to learn to introspect and rely on new ways to engage our senses. We should look at seeking inspiration from our surroundings and reflect, refresh and reset.

That's what makes 'The Soul Issue' the perfect issue to debut the all-new Vistara inflight magazine. Through a revamped editorial format, your favourite travel companion has evolved to better reflect the aspirations of today's global discerning traveller. The digital-only (at present) magazine features a brand-new design and a contemporary approach to travel, wellness and lifestyle. Be it holiday inspirations, local insights on a destination or the latest in food, fashion and wellness, the new Vistara inflight magazine will help you explore while keeping you abreast of global trends.

As we take you on a journey of self-discovery, we hope this Soul Issue evokes a sense of comfort as you reset your mind and find peace in the belief that there is hope, both around you and within. In this issue, we have curated exceptional wellness experiences, easy guides to get acquainted with some of your favourite destinations and advice to make your environment—and your travels—more soulful. Dive into our new

THE INFLIGHT MAGAZINE  
*The Soul Issue*

section, *Suitcase*, and discover offbeat itineraries for London, Dubai and Colombo. As part of India's bilateral transport bubble with the UK and the UAE, you can now fly Vistara, India's only five-star airline, to and from London and Dubai.



2



3

While you plan your travels, let our *Escape* section take you on a rejuvenating and tranquil journey through Udaipur, Kashmir and Varanasi. To ensure that you travel with confidence, we have made concerted efforts for your well-being by introducing comprehensive safety protocols covering every touchpoint.

In our endeavour to provide you with an unmatched flying experience, we have inducted two new aircraft in our fleet: the Boeing 787-9 Dreamliner deployed on long-haul and the Airbus A321neo on domestic routes. In fact, this issue gives you a first-hand experience of the fabled A321neo aircraft and how it complements our world-class service.

We welcome your feedback, and we look forward to having you on board. Together, let's make flying feel safe again. ⚙️

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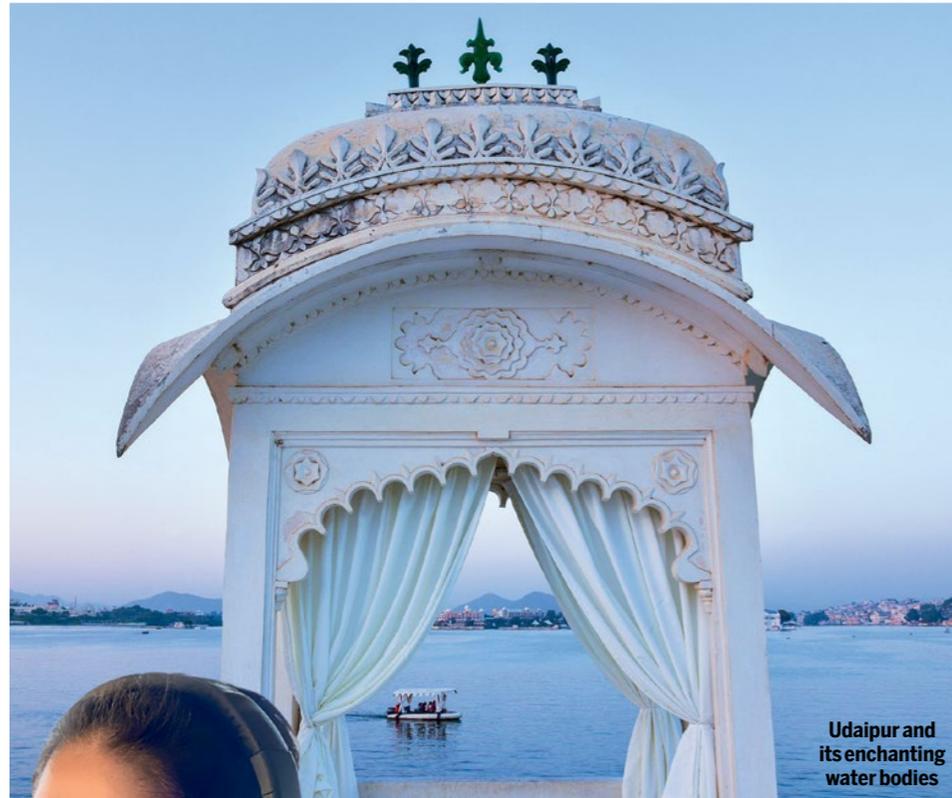
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SEPTEMBER-OCTOBER 2020



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**ON THE COVER**

Udaipur, the City of Lakes  
photographed by **MRIDUL VAIBHAV**

# vistara UPGRADE

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[airvistara.com](http://airvistara.com)

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## WINNERS OF THE VISTARA QUIZ (JULY-AUGUST 2020)

**Q:** Name the device that measures how long the aircraft is in use?

**A:** Hobbs meter

► **NAINESH SHAH**  
► **PRISHI JAIN**

**Q:** Which is the only riverine port of India?

**A:** Kolkata port

► **BONAVENTURE STEPHEN GOMES**  
► **YOGESH JAIN**

# vistara MEET & ASSIST

Make flying a smooth and hassle-free experience.

Vistara Meet & Assist ensures that your departure and arrival experience is seamless and hassle-free. This service is ideal for business travellers, senior citizens in need of assistance, first-time travellers and passengers travelling alone.



# CONTRIBUTORS



## SHAYAMAL VALLABHJEE

One of India's best known wellness experts, Shayamal is also a sports scientist and performance psychologist. He has trained Olympians, celebrities and champions, and is the author of the holistic well-being bestseller, *Breathe Believe Balance*.



## VINEET VOHRA

A self-taught photographer, Vineet is the first Indian Leica Ambassador, a mentor and judge. Passionate about street photography, he founded APF (*apfmagazine.com*) with his brother, to give emerging artists a platform to showcase their talent.



## GEETIKA SASAN BHANDARI

A lifestyle writer and editor for more than two decades, Geetika spends most of her time writing for publications and digital media, and working on her brand new parenting blog *Let's Raise Good Kids*—that's when she's not travelling.



## ANAND KAPOOR

A true renaissance man, Anand is the co-founder of the award-winning Image Foundry Studios and president of the Creative Services Support Group. He's had stints in sports law, PR and design, and writes for the world's best magazines.



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[www.airvistara.com](http://www.airvistara.com)



© Dr Saket Badola

**PROTECT THE WILD**

# Asian Elephant



© Dr Saket Badola

#DYK that elephants spend nearly 19 hours a day feeding and producing about 220 pounds of dung while wandering. This helps to disperse germinating seeds across a large area crucial to the health of the forest. Elephants use tusks to dig wells to access water and, in the process, create watering holes for other animals.

## VICTIMS OF AN 'ELEPHANTINE' CRISIS



© James Morgan/WWF



© WCCB

With a population of 27000+ distributed across 23 states of India, the Asian Elephant *Elephas maximus* is found in subtropical broadleaf forests, tropical broadleaf moist forests, dry forests, and grasslands of the country. It has been accorded the highest protection under the Indian wildlife laws. The international trade of elephants and their body parts is also prohibited.

Elephants in India are revered, and hold a significant position in the nation's culture and religion. Despite this, the largest herbivore of the country has been facing a serious conservation crisis. Encroachment of forests, degradation of habitat and loss of migratory corridors are leading to escalation in human-elephant conflict, often with harmful outcomes on both the sides.

Elephants in India have also been a victim of poaching and illegal wildlife trade. Elephants are hunted mainly for their tusks (ivory) which are used to make jewellery, artefacts and other decorative items. Their body parts like skin, tail hair, molar teeth, bones and others are also in demand in national and international illegal wildlife trade markets.

## YOU CAN HELP!

**DO NOT BUY** wildlife products made from elephant ivory. **SUPPORT** initiatives that help protect and conserve wildlife. **CONTRIBUTE!** Scan the QR code to know more.



# VISTA

PERSPECTIVES ON AWE-INSPIRING LANDSCAPES

## Antarctica

The beauty of Antarctica lies in its rarity. Almost everything about the continent is exclusive to it in a nearly humbling way. Whether it's the Adélie penguins that steal stones from each other, or the jagged glacial monuments that cut through the azure water, its innocence is both overwhelming and a call for us to protect the continent.



*"Antarctica is a land without people. It gave me a perspective on how this world would be without human civilisation, the feeling of the true wild. It refreshed me completely. When we reached human civilisation back after Antarctica and saw the first few houses and cars after two weeks, our hearts sank. The trip made me more conscious of ecology."*

**IMTIAZ ALI**  
Filmmaker

David Merron Photography/Getty Images

VISTA PICTURE PERFECT

# Andaman & Nicobar Islands

There's an air of mystery to the Andaman & Nicobar Islands—perhaps it's because out of the 500-plus islands that it consists of, very few are actually inhabited. The rest are untouched. It's this quiet sense of seclusion that attracts visitors to experience the reefs, the diving and the deep excursions through mangrove forests.



*“Being in the Andamans is like being in so many different worlds at the same time—in one instant you’re surrounded by a green cover, and in the next, you’re diving into a sea of unknown.”*

**PRAGYAN OJHA**  
Cricketer

© S. PHOTOS / iStock

# #TRENDING

YOUR WORLD THIS MONTH

## MONTEREY

### Monterey Jazz Festival

MJF has decided to go virtual for its 63rd edition and you can simply visit their YouTube channel at 5pm (Pacific Time) to revel in the glory of both upcoming and world-renowned jazz artists. [montereyjazzfestival.org](http://montereyjazzfestival.org)

25  
SEPTEMBER

#### WHO'S PERFORMING?

Expect performances from Herbie Hancock, Diana Krall, Dianne Reeves and a special tribute to the legendary Quincy Jones. The line-up also includes a conversation between Clint Eastwood and Tim Jackson.

#### STREAM TEAM

The two-hour virtual event will be streamed for three days on the festival's YouTube channel.

#### GOOD CAUSE

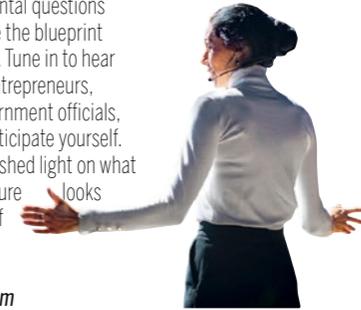
Doubling as a charity crusade for racial equality, all online contributions will be donated to various funds and jazz artists.

## GLOBAL

### TEDCountdown

The ongoing crises have reminded us of our dependency on nature. Launching with a live session at 11 am (ET), the TEDCountdown seeks to answer fundamental questions that will help create the blueprint for a cleaner future. Tune in to hear leading thinkers, entrepreneurs, scientists and government officials, or apply now to participate yourself. The discussion will shed light on what a zero-emission future looks like, and pioneers of change will be highlighted. [countdown.ted.com](http://countdown.ted.com)

10  
OCTOBER



## THE NEW NORMAL FOR CONCERTS



While virtual events will be around for a while, organisers are finding ways to bring people together in a safe way. Case in point: the concert at the Virgin Money Unity Arena that just took place. People were allowed to enjoy music from the likes of Sam Fender in a live setting but there were some precautions:

#### ARENA VIEWING

Each person/group was allotted a separate pod; the pods were spaced out through the field.

#### ARRIVAL TIMES

Different time slots were sent to prevent crowding.

#### PRE-ORDER

Want a drink? You'll have to order it before arriving.

#### STAY INSIDE

Once you reached your pod, you couldn't move around.

#### ADEQUATE RESOURCES

Each row of pods had its own designated section of restrooms, which required socially-distanced queues.

28  
SEPTEMBER

## PARIS

### Paris Fashion Week

The fashion show is all set to teleport viewers to the world of Parisian elegance. Fashion houses are devising strategies to make an impact digitally, but the show will also be physically held at select spaces in the fashion capital. [parisfashionweek.fhcm.paris](http://parisfashionweek.fhcm.paris)



3-17  
SEPTEMBER

## INDIA

### Art Therapy For Emotional Health

Hosted by Soul Therapy in collaboration with MensXP and iDiva, these sessions will teach you how to use expressive arts therapy, and will equip you with a new skill set to tackle stress. They will also help you understand your own frame of mind better.

[experiences.mensxp.com](http://experiences.mensxp.com)

## LONDON

### FLY LDN's Flow From Home

A London-based yoga studio, FLY LDN is committed to keeping their patrons meditating and moving, no matter where they are. Every week, trainers host three 45-minute live sessions on Instagram, covering everything from vinyasa and low-impact workouts, to Barre and Pilates. To attend, you require next to no equipment, and the week's schedule is shared every Sunday on their Instagram story. [flyldn.co.uk](http://flyldn.co.uk)

EVERY WEEK



## INDIA

### House Concert India

If music is key to your well-being, House Concert India's virtual concerts are made for you. They showcase artists from around the country, and their Instagram page has the schedule. [houseconcert.in](http://houseconcert.in)

EVERY WEEKEND



## NEW YORK

### Christina Tosi's Bake Club

If you love baking, Christina Tosi, the brains behind NYC's Milk Bar empire, will match your vibe at her Bake Club IGTV sessions every Monday at 2pm (ET). Sign up on her website and get a shopping list emailed to you on Sunday so you are ready with the ingredients. You'll learn to bake inventive goodies and old-school classics. [christinatosi.com](http://christinatosi.com)

EVERY MONDAY



CLOCKWISE FROM TOP: David Redfern/Getty Images; Gordon Koff/Shutterstock; Thomas M Jackson/Redferns/Getty Images; Peter White/Getty Images; image courtesy of Christina Tosi; Yergan Fotografi/Shutterstock; Mangostar/Shutterstock; Pressmaster/Shutterstock

# “I FEEL REBORN”

Singer **Sunidhi Chauhan** reflects on how the lockdown has helped her reset, and the big realisations it has prompted.

by GEETIKA SASAN BHANDARI photographed by HITESH SONIK

## How has the lockdown been for you?

Honestly, it's been a blessing. I know that with all the difficulties people have faced, not all of us can say this, but for me it has. It made me realise how beautiful this time is. I've been able to bond with my son Tegh, and my husband Hitesh. It's made me realise the benefits of doing nothing at all—it's really been wonderful.

## How has work been? Did it come to a standstill?

Live shows aren't happening, which is good because safety is important. Fortunately, I've been able to record songs at home, and I've realised it's a blessing to be able to record in the peace of your own house, in your favourite spot, just in your pyjamas! Compared to a studio where there will always be people and everyone has an opinion and you want to please them all, at home you can do your own thing. Of course, you keep in mind what is required, but I'm happy that whatever I sent was never sent back—it was perfect. Sometimes I put Tegh on my lap and record. I will always cherish this time—I had my baby on my lap and I recorded.

## Did you have the required equipment at home to record?

Thanks to my husband Hitesh, who does his background scores, etc. from home, it was easy. A lot of times we would record after Tegh fell asleep, and that was a lot of fun. There was



**Earlier, people were functioning as machines, constantly in a race; they had forgotten how to live life, but now they've realised they can have balance.**



some work that I couldn't take on because between running after my son, house work and cooking, there was hardly any time left. But, I've been busy like never before. Though, to be honest, even when I had help, being a new mom I used to do a lot by myself from Day 1, so I was used to it.

## So how long has it been since you stepped out of home?

February 28 was the last live show, so I think that was the last time I stepped out until last Sunday (16th August). During the lockdown, we took a few short drives for Tegh.

## That's a long time! So, what has kept you sane? People have taken to baking or vigorous workouts. What about you?

Insanity was before the lockdown, sanity is now. Looking after every corner of the house; that's been new. Plus, I've discovered the cook in me. Earlier, I didn't even know how to

make Maggi, but now I can make *paranthas, poha, uttapam, dosa*. You have to try my *palak ki khichdi*.

## Where do you turn to for recipes?

YouTube! I don't mean to promote, but Hebbar's Kitchen is a great channel with really good recipes.

## And what is your daily fitness routine?

I didn't do anything at all in the first few months; I was really busy in the house. Then I stepped on the scale and saw I had lost 8kg. I spoke to my trainer and he told me that if I'm active, then that's what matters. So, I took that as a good start and recently started working out on my elliptical machine—earlier, it was used to hang up my laundry!

## Has the lockdown prompted any reflections, any big realisations?

I've realised that nothing—not even a pandemic—can stop you from doing

something you really want to do. I can be sitting in Jhumri Telaiya or Interlaken and be recording from there. I feel content. I feel like there's a new beginning—I feel reborn. The mental rest has helped me, helped my vocals. We have to rest, restart, and personally I love starting something new, or going back to learning something again. We have to see the light instead of focusing on the dark.

## What's next? What are you looking forward to now?

For someone like me who has done so much work, I'm at peace when I get to record from home and it gets approved. To record like that, with just the pure joy of singing—that's liberating. A lot of things are changing—films are releasing only on the digital medium, there are no live shows for a while, and I'm fine with waiting it out. I'm looking forward to releasing singles. I'm ready. I've started to read books; I just finished *The White Tiger*.

## How do you see the world adapting to all these changes?

One thing I have realised is that come what may, life moves on. People are always fearful—what will happen if this happens, etc.—but see what happened! And we have found ways to keep going. Earlier, people were functioning as machines, constantly in a race; they had forgotten how to live life, but now they've realised they can have balance. You can do something you love and still deliver at your own pace and spend time with family. And you can also carve out time for yourself. ⚙️



#TRENDING MIND GAMES

# FIND YOUR ZEN

Going through a plethora of emotions? Well, these six apps are sure to guide you on your journey to mindfulness and balance.



## PORTAL



How does falling asleep to the sound of a river in Japan sound? Or maybe you're in the mood to meditate in the Scottish Highlands. So sit back and relax as the Portal app transports you to a meditative state amidst nature's orchestra. Available on iOS

## WIM HOF METHOD



Based on the premise that the amount of oxygen inhaled influences the energy released by cells, you'll be taken through breathing exercises to help improve your energy levels and immunity. The app also has other sections like guides to cold therapy and self-control. Available on iOS and Android

## REFLECTLY



By using cognitive behavioural therapy, Reflectly is 'a journal for happiness'. But, it doesn't pressurise you into documenting your whole day—instead, you answer AI-fuelled questions. These answers are stored as stories, giving you the chance to 'reflect' on them and make progress on your path to well-being. Available on iOS and Android

## MYLIFE MEDITATION



When was the last time you checked in with yourself? This app strives to help young adults and even children navigate their feelings. You define how you feel, and the platform simply provides sessions based on that information to help you find your balance again. Available on iOS and Android

## HABITICA



If you've been trying to inculcate a new habit but are having trouble holding yourself accountable, make a game out of it. Habitica starts out by having you create an avatar whose health depends on whether you follow through with your goals. Available on iOS and Android

## CALM



One of the best meditation apps, it's not hard to see why it's been downloaded as many as over 80 million times. A repository of sessions, there's a guide for whatever you're going through. For those struggling with insomnia, the app's Sleep Stories section even has bedtime stories for adults. Available on iOS and Android

## BREATHE

For a reset, follow this 4-7-8 breathing exercise, which can be done anywhere

▶ Exhale once to let go of any tension. Then, breathe in through your nose for four counts.

▶ After that, hold your breath for seven seconds.

▶ Slowly exhale from your mouth for eight seconds (imagine you're trying to blow out a candle).

FROM TOP: Antonio Guillen Fernández/Alamy Stock Photo; all logos courtesy of respective developers

All images courtesy of respective brands

#TRENDING VOGUE



## ALO YOGA HEADBAND

Not only good for workouts, this headband also makes for a solid (and quick) outfit enhancer when paired with a simple white shirt. [aloyoga.com](http://aloyoga.com)



## UNIQLO LINEN SHIRT

Made from a linen blend, this open collar shirt makes casual look a lot more elegant. [uniqlo.com](http://uniqlo.com)

## MARKS & SPENCER CARDIGAN

Add some understated class to your virtual calls with this simple cardigan that offers a surefire way to tie your ensemble together. [marksandspencer.com](http://marksandspencer.com)



## ISHARYA EARRINGS

Don't have time to put together an outfit? Let your earrings do all the talking. This structured pair is an easy way to quickly amp up a simple look. [isharya.com](http://isharya.com)

# STYLE EDIT

Wardrobe essentials to spruce up those video conferences, while making working from home look trendy and comfortable!



## THE LOOMART DRESS

Add bespoke craftsmanship to your work-from-home attire with the help of this button-down dress. The loose fit makes it easy to wear, while the finish makes it sublime to look at. [theloomart.com](http://theloomart.com)



## BANG & OLUFSEN BEOPLAY H9

Who says utility and style can't go hand in hand? These noise cancellation headphones are a practical yet chic addition to your virtual calls. [bang-olufsen.com](http://bang-olufsen.com)



## ADIDAS

Just because you're at home doesn't mean you can't have an enviable look. Choose from any one of these adidas Original statement pieces to put versatility and functionality back in fashion. [adidas.com](http://adidas.com)

## SUPERDRY SLIDES

You need some good shoes while lounging around, and these ones from Superdry fit the bill. The sturdy-yet-soft sole is the clincher. [superdry.com](http://superdry.com)



# WELLNESS ESCAPE

Level up with these super products for the house and yourself.



**Good Earth**  
Handcrafted and delicate, this glass bottle works as both a reed diffuser and a classy way to store essential oils.  
[goodearth.in](http://goodearth.in)



**Forest Essentials**  
With the power of geranium and lavender, this Tranquil Sleep spray will lull you into a deep slumber.  
[forestessentialsindia.com](http://forestessentialsindia.com)



**Vitruvi**  
Since the power of olfactory cells has been established, invest in a diffuser that will disseminate oils throughout the house and still make for a good accent piece.  
[vitruvi.com](http://vitruvi.com)



**Leaflandscape**  
The benefits of having an indoor vertical wall run beyond aesthetics. If you choose the right one, the air in your house will be purer, which can be a great energy booster.  
[theleaflandscape.com](http://theleaflandscape.com)

**Philips**  
Start your mornings on an energised note with the help of this lamp-clock that simulates the sunrise visually so that you wake up as naturally as possible.  
[philips.co.in](http://philips.co.in)



**Dyson**  
With a professional-grade filter, the Dyson air purifier makes your living space as healthy as it should be.  
[dyson.in](http://dyson.in)



**Panasonic**  
Bring the spa experience home with this mini steamer, which will open up your pores in no time, and will help remove the pollutants from your skin and keep it looking fresh and glowing.  
[panasonic.com](http://panasonic.com)



**HoMedics**  
This white noise machine will allow you to create an escape by choosing from natural sounds or white noise to drown out the outside world and look within.  
[homedics.com](http://homedics.com)



**Herbivore**  
A refreshing bath soak, this selection is formulated with essential oils and anti-inflammatory ingredients to help you unwind and zone out for a while.  
[herbivorebotanicals.com](http://herbivorebotanicals.com)

# A WANDERER AT WITS' END

Up for a book bingeing session? Who knows, these travel tales might just alter your understanding of life.

by AMEESHA RAIZADA

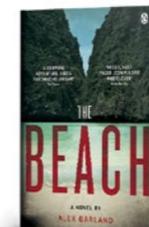
**DARK STAR SAFARI**  
*by Paul Theroux*

Often deemed cynical, this book not only highlights the thrill of discovering the unknown and the unexpected, but also the familiar. Read it to embark on a life-changing trip through Africa—a trip where everything is left to chance, arrival and departure times are inconsequential, and pure fulfilment can be experienced while balancing on top of a truck in the middle of nowhere. Embracing soul searching, *Dark Star Safari* holds the key to calming a perturbed mind.



**THE BEACH**  
*by Alex Garland*

Popular amongst backpackers, *The Beach* is a discourse on the urge of doing "something different and off the beaten path". Set in Thailand, it follows a young explorer as he searches for life's paradise through tranquil lagoons, self-sufficient plantations and underwater caves. The novel demonstrates how sometimes the search for an ideal can end up uncovering illusions, thus redefining the very meaning and essence of contentment.



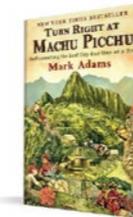
**ZEN AND THE ART OF MOTORCYCLE MAINTENANCE: AN INQUIRY INTO VALUES**

*by Robert M. Pirsig*  
In this unconventional narrative, Pirsig recalls his 17-day motorcycle ride from Minnesota to Northern California with his son Chris. Their philosophical odyssey has the two delve into the mysteries of life—while guided by Plato—and their summer trip through the vivid landscapes of America becomes one of discovery and acceptance.



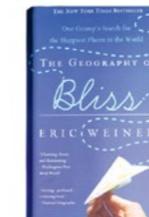
**TURN RIGHT AT MACHU PICCHU**  
*by Mark Adams*

This pick comes from an adventure author who hadn't even slept in a tent before this quest. Akin to time travelling, Adams tried to recreate Hiram Bingham's 1911 trip to Machu Picchu, taking readers through lost cities and cultures. An introspective and humorous read, this book will allow you to look into the mind of the naïve traveller and understand 'rediscovery' in its deepest sense.



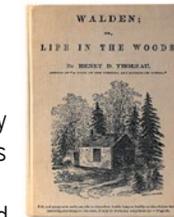
**THE GEOGRAPHY OF BLISS**  
*by Eric Weiner*

Imploring age-old curiosity, Weiner travelled across the globe in search of not the meaning, but the whereabouts of 'happiness'. Thanks to his enigmatic writing, the reader becomes the author's companion, together exploring the world. With poignant and surprising cultural observations, *The Geography Of Bliss* maps out the perfect bible for the restless mind on the move.



**WALDEN**  
*by Henry David Thoreau*

After spending exactly two years, two months and two days on the shores of Walden Pond, Massachusetts, Thoreau penned the OG guide to living in the wilderness. Inspired by transcendental philosophy, Thoreau tried to understand society through self-introspection and the observation of nature; the passing seasons can be interpreted as portraying his own personal development and growth.



All images courtesy of respective brands

All images courtesy of respective publishers

#TRENDING BINGE WATCH



# COMFORT ZONE

Enjoy our curation of feel-good movies that will infuse a sense of joy and nostalgia.

WHEN THE GOING GETS TOUGH, IT'S best to turn to something that helps us disconnect and puts a smile on our face: a dose of fiction. The pure unadulterated joy that sparks from a classic movie is unparalleled, and sometimes all you need are some peppy and fun movies to make everything right.

### THE INTERN

Heart-warming, funny and endearing—and that's just Robert De Niro's performance. Follow him as he, a 70-year-old widower, becomes a senior intern at a popular fashion start-up that's helmed by Anne Hathaway.

### THE PRINCESS DIARIES

Anne Hathaway strikes again as Mia in this fan favourite. In a dreams-do-come-true scenario, high school student Mia learns that she is the heir apparent to the throne of Genovia and she must learn the exalted ways of royalty.

### BADHAAI HO

While a comedy, the film also sheds lights on important topics like the value of family

and acceptance. Starring Neena Gupta as a middle-aged woman who unexpectedly gets pregnant and Ayushmann Khurrana as her eldest son who is embarrassed by this turn, there's many a lesson wrapped in this heartfelt film.

### THE SECRET LIFE OF WALTER MITTY

After finding himself on the brink of losing his job, Ben Stiller must stop daydreaming so that he can live the adventure of his dreams. Watch it to understand the extraordinariness of the ordinary.

### QUEEN

Eschewing outdated traditions and sounding a call for empowerment, the shy lead character, played by Kangana Ranaut, who has just been jilted before her wedding, sets off by herself on her honeymoon to Paris and Amsterdam.

### CHASHME BUDDOOR (1981)

When the meek one in the group wins the affections of the girl, his friends seek to break them up out of disbelief and jealousy. Cue laughter, redemption and the underlying value of friendship.

## IT ALL FITS

These TV shows pack the perfect amount of punch and joy for your journey.



### MALGUDI DAYS

Maybe you grew up watching the show, or you read the books, but you had to have spent some time in R.K. Narayan's town of Malgudi. If you didn't, do it now; the pace reminds one of a simpler time.



### LUCIFER

The show on everyone's radar right now. The title character Lucifer—who is the Devil—has just moved from Hell to Los Angeles. He begins to assist the police in solving crimes while running his own nightclub. Yes, bizarre but fun.

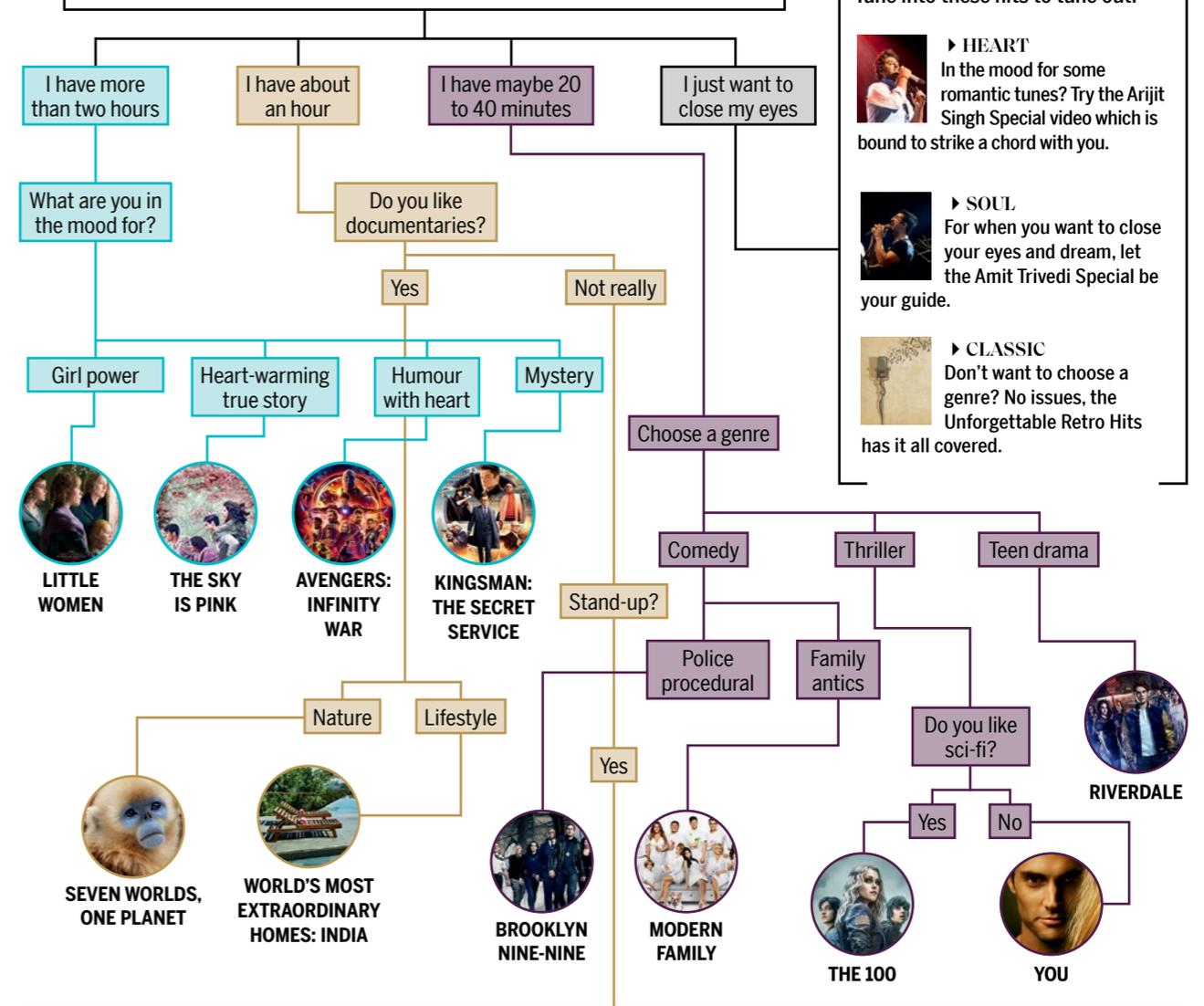


### FRIENDS

It's always a good time to re-watch any episode of this hit show and join the gang again. Tune in and it's guaranteed to leave you feeling a little lighter and happier.

# THE REEL TIME GUIDE

How should you spend your time on your screens... for entertainment!



## PEACEFUL PLAYLISTS

Tune into these hits to tune out.

▶ **HEART**  
In the mood for some romantic tunes? Try the Arijit Singh Special video which is bound to strike a chord with you.

▶ **SOUL**  
For when you want to close your eyes and dream, let the Amit Trivedi Special be your guide.

▶ **CLASSIC**  
Don't want to choose a genre? No issues, the Unforgettable Retro Hits has it all covered.



## THE LAUGHTER REEL

Give it up for our Artist of the Month.

In the current times, we're all searching for more comedy in our lives and the stand-up specials by Kenny Sebastian are gold. His notes on the middle-class family make his work a universal crowd-

pleaser. The routines range from short-form videos for when you need a quick pick-me-up, to longer videos to really immerse yourself in. So, what are you waiting for? Laugh away.

You can also stream these movies, series and songs onboard on Vistara World using your personal devices!

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and Terminal 3 at IGI Airport, Delhi.

2020  
**Travellers' Choice**  
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Best Airline, India

\*Flight schedule is subject to regulatory approvals. For T&Cs and FAQs, please visit our website. Flights currently operating till 24<sup>th</sup> Oct '20.

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CLOCKWISE FROM TOP: Image courtesy of KEZNER INTERNATIONAL LIMITED; image courtesy of Anantara Hotels, Resorts & Spas; all images courtesy of respective restaurants and bars

# SUITCASE

YOUR GO-TO GUIDE FOR OFFBEAT ITINERARIES



## TRANSIT PAMPERING: DETOX IN DUBAI

### One&Only The Palm

In Dubai only for a stopover? That's good for you, because One&Only has a special deal for stopover trips, which includes a desert safari and a full-body massage at the famous Guerlain Spa. They can also organise personal transfers to and from the airport.

[oneandonlyresorts.com/the-palm](http://oneandonlyresorts.com/the-palm)

### Anantara The Palm

Not only will you be able to find your zen at the Anantara The Palm, Dubai, but you'll also get to choose how you want it. Boasting pretty much everything from a dedicated Ayurveda room and herbal bath to an ice grotto and salt inhalation room, you'll be spoiled for choice.

[anantara.com](http://anantara.com)

## THE LONDON PUB CRAWL: UNDERGROUND EDITION



# EYES ON LONDON

Whatever your idea of wellness is, the city has it covered in every form.

by ANAND KAPOOR



1

FROM TOP  
1. Henri Matisse's exhibition at Tate Modern; 2. The sublime Hill Garden & Pergola; 3. A fine dining experience at Barrafinna; 4. Bliss galore at the Bamford spa



2



3



4

TO SAY THAT LONDON has something for everyone would be a grave understatement—it has something and more, no matter what your travel inclination is. When you visit it the first time, you get the joy of crossing off the major museums and tourist attractions, but the second visit opens up the streets you missed the first time; the buzziest pubs that have an understated cool factor that seems to be exclusive to London; parks that continue to remain in the period they were created in, offering a time capsule to the past; and the smaller museums and markets, where it's not uncommon to find a rarity. So, whatever your niche is, London's calling out.

## WELLNESS AND YOU

Suffice to say that self-care is more important than ever, and more so in the times we're living in. You have options galore, including The House of Elemis in Mayfair, where you can try one of their speed services to unwind quickly. If your idea of wellness is more active, the Bamford Wellness Spa Brompton Cross has treatments that are steeped in both tradition and modernity, ranging from reiki rituals to mindful yoga or Pilates sessions (the latter have been tweaked to accommodate social distancing measures).

## NATURE'S EMBRACE

We all need a higher dose of the outdoors these days,



5



and London's sprawling acreage of greenery sets the bar for that. Start with The Hill Garden & Pergola, a well-kept secret that was created by a philanthropist for his family and friends to enjoy long summer evenings in the gardens. Close to the artsy town of Camden is Hampstead Heath, where you can escape the city and bask in the verdant greens that envelop you. Weave through the grass and imagine yourself to be in C.S. Lewis' magical world because legend has it that the heath played the role of the muse while Narnia was being made.

## GO GOURMET

Planning your trip around where you want to eat and drink is recommended when in London. For something local, Spaniard's Inn offers a toothsome menu with a twist and a ready selection of ales.

Should you prefer your culinary experience with a side of showmanship, Covent Garden's Barrafinna, an authentic Spanish tapas bar, has an open kitchen where you can see the chefs do their thing.

## CULTURAL STOPOVER

If you've come to London in search of cultural enrichment, begin at the Tate Modern. Home to works from the likes of Henri Matisse, Piet Mondrian and Andy Warhol, admission is free for the majority of the displays. But, consider the Tate an appetite teaser, as just around the corner is the iconic Shakespeare's Globe, which has been actively producing digital content during the lockdown in order to disseminate information regarding racism and discrimination. If you want to combine food for your mind with food for your



6

stomach, Borough Market checks both boxes. It's a 1,000-year-old market that sits at the foot of London Bridge; here you can sample fresh produce and interact with the local farmers to learn more.

**#FlyTheNewFeeling**   
As part of the bilateral 'transport bubble' formed between India and the UK, Vistara will operate flights between Delhi and London from 28 August to 24 October 2020. The schedule may be subject to change. Refer to [www.airvistara.com](http://www.airvistara.com) for the latest schedule.

FROM TOP  
5. An exciting culinary escapade at the Borough Market; 6. An afternoon well-spent at Hampstead Heath



## LONDON BY THE SEA

If you want to spend a day at the beach, hop on the train to Brighton

## CHANNEL YOUR INNER CHILD

Hit the Brighton Toy Model Museum to spark off nostalgia. Leave with fun souvenirs.

## PEER INTO THE PIER

Having seen its share of wars, the Brighton Palace Pier's past is intense. Now, arcades and rides abound...

## STROLL THROUGH

Once the heart of a fishing town, The Lanes is now a quirky amalgam of shopping, dining and pulsating nightlife.

ANTICLOCKWISE FROM LEFT: Justin Lalit/PA Images/Getty Images; Alena Weasey/Shutterstock; phustov/Shutterstock; image courtesy of Barrafinna; image courtesy of Bamford; Dan Kitwood/Getty Images; SHHAS2015/Shutterstock; GRANT ROONEY PREMIUM/Alamy Stock Photo; Elena Djour/Shutterstock

# A CANVAS FOR ALL

**With a sweeping array of options, Dubai's bustling art scene is waiting to be explored. So, all art connoisseurs (established and aspiring), make sure you add these galleries and destinations to your Dubai checklist.**

by GAYATRI MOODLIAR

## ALSERKAL AVENUE

Once an industrial warehouse, this hub in Al Quoz is relentless in its creative activities. Pop-up exhibitions are easy to find, and there are spaces set aside for performing arts, so simply wandering around will leave you immersed. Galleries that you shouldn't miss include Lawrie Shabibi, Showcase, Custot and 1X1 Art Gallery. If you can't make it here, the lockdown has prompted Alserkal Avenue to make some of their offerings and classes available online, making art accessible wherever you are.



CLOCKWISE FROM LEFT: Image courtesy of Custot Gallery/Alserkal Avenue; image courtesy of Opera Gallery/Alserkal Avenue; Photo: all images courtesy of respective artists, the Dubai Shutterstock

## OPERA GALLERY

With galleries across the world, the Opera Gallery is known to display absorbing artwork by modern and contemporary artists for over a decade now. Their house in the Dubai International Finance Centre does the same, and also organises fairs and exhibitions for artists to globalise their reach. The gallery represents artists such as Lita Cabellut, André Brasilier, and many of its locations have also displayed the works of Pablo Picasso, Marc Chagall, Andy Warhol and Manolo Valdés.



## DUBAI DESIGN DISTRICT

Popularly known as d3, the area is entirely devoted to creating a sort of creative ecosystem. With exhibitions, installations and sessions, d3's mission is to instil the spirit of collaboration among artists, while encouraging them to express their passion. The space has been used by various groups, including luxury brands and houses, and it is also home to shops and eateries in case you need a quick break.



## PIT STOP

**Need a caffeine fix? These cafés in Dubai are both über cool and know their beans.**



## BOSTON LANE

Pink arches and delicate touches await you here, where coffee comes with a dash of whimsy.



## COMPTOIR 102

For those who want to browse while sipping, the café is just one part of this concept store.



## TOM & SERG

This café aims to make gourmet food accessible and to create a culture that appreciates it.



## XVA ART CAFÉ

Along with serving food in serene courtyards, the complex has art galleries for you to check out.

## JAMEEL ARTS CENTRE

With the scenic Jaddaf Waterfront as its backdrop, the Jameel Arts Centre has helped build recognition for art in the Middle East and even South Asia. Exhibitions currently on display include installations by Michael Rakowitz, an Iraqi-American artist. His work is an attempt to connect seemingly disjointed spheres, like pop culture and the socio-political environment, via the common platform of art. Take a tour of the artists' rooms for solo exhibitions such as Lawrence Abu Hamdan's *This whole time there were no land mines*, a sound and video installation. In alignment with the new COVID-19 safety norms, you have to book your viewing slot at the centre in advance.

## #FlyTheNewFeeling

*As part of the bilateral 'transport bubble' formed between India and UAE, Vistara will operate flights between Delhi, Mumbai, Bengaluru and Dubai till September 30, 2020. The schedule may be subject to change. Refer to [www.airvistara.com](http://www.airvistara.com) for the latest schedule.*



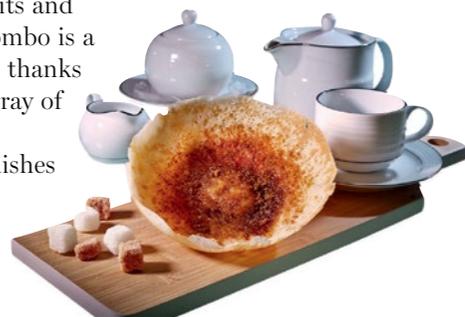
Seafood, spices and sunset. Here's the best of Colombo, served in eight splendid plates.

by MEGHA UPPAL

YOU'LL FIND THE BEST OF BOTH WORLDS IN COLOMBO.

The Sri Lankan capital has breezy beaches and a bustling city life; colonial architecture and a skyline of high rises; a vibrant, contemporary vibe and a quaint old-world charm. But what truly personifies Colombo, and sets it apart, is its food culture. A flag-bearer of the country's rich culinary traditions—a melange of the Dutch and Portuguese styles, South Indian influences, and signature Sri Lankan spices, fruits and tropical cuisine—Colombo is a gastronome's paradise thanks to the breathtaking array of options available.

So, here are eight dishes that truly define the city's food culture, and the places to experience them.



### 1 HOPPERS

These bowl-shaped pancakes made with rice flour and coconut milk are also known as *appam*. While they can be sweet or savoury, the most popular version is the egg hopper, which has an egg cracked in its middle.

**BEST PLACES TO TRY IT AT**

**Palmyrah Restaurant** 328 Galle Road

**Grand Oriental Hotel** 2, York Street

### 2 MURUNGA

The fruit of the horseradish tree, *murunga* aka drumsticks, is an essential part of authentic Sri Lankan cuisine, especially curries.

**BEST PLACES TO TRY IT AT**

**Upali's by Nawaloka**

No. 65, C.W.W. Kannangara Mawatha

**Curry Leaf** Hilton Colombo, Sir Chittampalam Gardiner Mawatha, 2 Lotus Rd



### 3 SRI LANKAN CRAB

The Sri Lankan lagoon crab is a delicacy—so much so that it is exported to neighbouring countries as well. The chilli garlic crab is an experience that one must not (cannot) miss in Colombo.

**BEST PLACES TO TRY IT AT**

**Ministry of Crab** Old Dutch Hospital Complex, 04 Hospital St

**New Hotel Mayuri** 451, Galle Road, Wellawatte

### 4 WOOD APPLE

A soft centre with crunchy seeds and a thick fibre, the wood apple is a controversial fruit, thanks to its pungent smell. It is, however, one of the city's signature offerings. Its sweet-and-sour taste makes it unique; have as is or in a smoothie.

**BEST PLACE TO TRY IT AT**

**Pettah Market** Keyzer Street

### 5 KOTTU

This Sri Lankan hamburger is made using fried *roti*, chopped up with vegetables, egg, or meat. The final result looks like fried rice, and is eaten with a spicy curry sauce—a go-to snack for locals.

**BEST PLACES TO TRY IT AT**

**Hotel de New Pilawoos** 21, Galle Road. Opposite

Seylan Bank, Wellawatta

**Nana's** Galle Face Drive



### 6 LAMPRAIS

Rice, *sambol* chilli sauce, any meat of your choice spiced with cardamom, cinnamon and clove, all of it steamed together in a banana leaf—that's Lamprais for you. This layered dish takes no time to become a favourite.

**BEST PLACES TO TRY IT AT**

**VOC Cafe** Dutch Burgher Union, 114,

Reid Ave., Bambalapitiya

**Cyril Rodrigo's Green Cabin** 7, Visaka Road

### 7 POL SAMBOL

A coconut relish, *pol sambol* captures the essence of Colombo with its mix of spices and seafood. Red onions, chillies, lime juice, salt and Maldivian fish, all blended together, form this side dish you'll find at every eatery.

**BEST PLACES TO TRY IT AT**

**Culture Colombo** No 25 Kensington Garden

**Curry Pot** 314/1/A, Kollupitiya Road, Marine Drive

### 8 PARIPPU

Parippu or *dhal* curry is a staple in the Colombo diet. A version of the Indian *masoor dal*, this one's made using fresh coconut milk, mustard seeds and curry leaves. The onion, tomato, green chilli mix with cumin, turmeric and fenugreek make this bouquet of flavours an indulgent dish.

**BEST PLACES TO TRY IT AT**

**Upali's by Nawaloka**

No. 65, C.W.W. Kannangara Mawatha

**Palmyrah Restaurant** 328 Galle Road

CLOCKWISE FROM LEFT: Bastijan Rodrigo/Shutterstock; agoc tran/Shutterstock; image courtesy of Ministry of Crab; sathya3p/Shutterstock; image courtesy of Renuka City Hotel

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# ESCAPE

CHRONICLES OF IMMERSIVE EXPERIENCES



## Books & Bricks

The name does the work, as this café is draped in pages and exposed bricks. And, the food is diner-inspired.



## Winterfell

Game of Thrones fans: the show never has to end, thanks to this café. It comes with its own Iron Throne!



## Chai Jaai

Serious about your tea? This Cotswold-inspired tea room also infuses Kashmiri tradition into its brews.

## CAFÉ TRAILS: THE SRINAGAR EDITION



## Lacima Café & Pizzeria

Inspired by European cafés; treat yourself to good coffee and delicious pizzas.



## 14th Avenue

Swing by this café for some coffee and cake with a view of the Jhelum river on the side.



## Tao Café

With a serene outdoor garden, this place offers a quick cuppa in a cosy and warm setting.

## THE EXPERIENTIAL FACE-OFF



### Lake hopping in UDAIPUR

#### IS GETTING THERE EASY?

\*Vistara has direct flights to Udaipur from Delhi

#### CAN I GET CLOSE TO NATURE?

Choose from an array of lakes

#### WILL I GET A CHANCE TO RELAX?

Udaipur has a laid-back vibe to it

#### IS IT FAMILY-FRIENDLY?

Yes! There's something for everyone

#### WHAT'S DIFFERENT ABOUT IT?

The sheer tranquillity and panoramic views



### Temple hopping in VARANASI

\*Vistara has direct flights to Varanasi from Delhi

Yes, the Ganga is omnipresent here

Witnessing the evening *aarti* can be calming

Soak your soul with a solo experience

The city's rich history and traditions

\*Please refer to [www.airvistara.com](http://www.airvistara.com) for the updated schedule

# Valley of Bliss

Dancing between rolling hills and snow-capped peaks, Kashmir is laced with serenity and wellness galore.

by BAYAR JAIN

1

CLOCKWISE FROM LEFT: Dr. Ashhad Ali Khan Suri/Getty Images; Jai Images/Shutterstock



*Agar Firdaus bar ru-ye zamin ast,  
Hamin ast o hamin ast o hamin ast*  
(If there is Paradise on Earth,  
It is this, it is this, it is this)

## PENNEED BY SUFI POET AMIR KHUSRAU

many moons ago in awe of Kashmir, the verse still stands true. Shining like a jewel in India's metaphorical crown, this northern Union Territory comes dressed in emerald-green villages posing daintily amid arid canyons and towering snow-capped peaks. A whiff of its cool air interlaced with fragrances of tulips, hyacinths and marigolds are an easy first step to relaxation. Pair this with the musk *attar* lingering in the air, and a feeling of inner peace is sure to seep in. Amid the rolling hills, galloping horses and alpine scenery lie wellness offerings ideal to help anyone looking to reset.

## FOR MOUNTAIN LOVERS

The Khyber Himalayan Resort &

Spa in Gulmarg is one such haven of serenity. Spread over seven acres of a coniferous forest, this mountainside luxury retreat captures the tranquillity of the surrounding views and brings it inside, without compromising the architectural heritage of Kashmir. Picture locally-sourced pine cottages and rooms adorned by Kashmiri wool carpets that overlook beautifully landscaped gardens and enchanting forests. However, this dreamy vibe can be taken a notch higher with The Khyber Spa by L'Occitane. Stunning panoramic views from treatment rooms aside, the gentle warmth of a private steam chamber, the soothing aromas, the soulful music, and the indoor heated swimming pool complemented with glazed windows heighten the zen-like atmosphere. Beyond the glass walls of the property lies the Gulmarg Gondola—one of the world's highest and longest ski lifts. The two-stage gondola flies over powdery soft snow, taking skiers to a

height of approximately 12,000 feet, resulting in a blissful view guaranteed to calm one's mind. The more adventurous folk can opt for a trek to the nearby Khilanmarg Valley, where summer transforms the land into a colourful canvas with spring flowers swaying in gentle harmony.

## FOR NATURE SEEKERS

For more immersive healing, The Orchard Retreat & Spa amid lush apple orchards and the ancient groves of Srinagar, doubles as an ideal escape. With windows that open up to views of the Zabarwan Hills, this property celebrates the abundance of nature that embraces it. This ethos of luxurious tranquillity permeates into their in-house spa, which captures the healing energies of sound, touch and the sea to craft bespoke treatments for individualised rejuvenation. To round up the wellness journey, head to the steam and sauna rooms, and follow that up with a dip in their

## ESCAPE SOJOURN

jacuzzi, where soft lounge music and Kashmiri *kahwa* (an aromatic green tea infused with the flavours of cardamom, cinnamon and saffron) greet you. While hydrotherapy, courtesy the jacuzzi, will help soothe overworked muscles and reduce stress, antioxidants present in the humble tea build immunity and keep seasonal infections at bay. As night befalls the open skies of this summer capital, a chill takes over, making the blazing heat from the bonfire ideal to soothe the soul. Lie down on the lush green fields to soak in the beauty of the starry sky. Pair this with Asian, Oriental and Mediterranean skewers straight off red hot embers for a memorable night that segues into a peaceful slumber.

### FOR LUXURY LOVERS

A more opulent affair awaits at Vivanta Dal View in the same town. Situated atop a hill and overlooking the famous Dal Lake, a freshwater lake lined by Mughal gardens, this six-acre property offers a bird's-eye view of the Tulip Garden. The Indira Gandhi Memorial Tulip Garden, as it is formally known, transforms into a rainbow of colours between March and May, owing to the many carpets of terraced flowers—with tulips making up the bulk—that bloom here. However, the five-star property has more than just famed flowers to showcase. During the winter, the snow-capped peaks of the Zabarwan range come to the fore, while the spring and autumn months are dedicated to the Gulmarg range and the Chinars respectively. The spirit of the valley, on the other hand, is celebrated all year long. Accentuated by copper and local timber carvings, each space of the accommodation lends itself to the Kashmiri way of life. And, whether it is sipping on



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2



3

speciality coffees or herbal teas at the Tea Lounge, or enjoying a lavish *wazwan* meal (a traditional, slow fire-cooked, multi-course meal) at the hotel's deck, local flavours sweep the palate. You can also drop by at The Vivanta Fitness Centre, where cardio machines and circuit training offer a different kind of destress.

### FOR SOLITUDE SEEKERS

Tucked away in Kashmir's Anantnag district is The Chinar Resort & Spa. Located in Pahalgam—a land adorned

by pristine waters, particularly of river Lidder, and lush green meadows that seem straight out of a fantasy novel—the resort has been crafted with a modern approach to architecture, but it still embraces nature in its entirety. Wake up to the absolutely gorgeous views of the Batakoot mountains and witness the morning sun gently caressing the peaks. This is truly a great destination to recentre oneself at. Because, after all, isn't nature the best healer? And in Kashmir, it exists in abundance. 🌿

#### OPENING SPREAD

1. The verdant terrain of Kashmir is a balm for the mind; 2. Pahalgam is known for its picturesque and seemingly endless fields

#### THIS SPREAD

1. *Ashikara* ride in Srinagar is a must; 2. Simply wandering through the meadows of Gulmarg will bring peace to your mind; 3. The majestic Zabarwan range, framed by fall's foliage

## IN THE KNOW



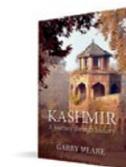
### WHEN TO TRAVEL

Kashmir is always sublime, but if you want snow-clad alpine views, any time between October and December will be a feast for your eyes.



### EAT

Head to Srinagar's **Food Gali** to indulge in an elaborate *wazwan* meal, or for a vegetarian affair, **Ahdoo's** offers exceptional *dum aloo*.



### READ

***Kashmir: A Journey Through History*** by Garry Weare shares valuable information and vividly describes the region's appeal.

CLOCKWISE FROM LEFT: Yawar Nazir/NurPhoto/Getty Images; imgolai-Photography/Shutterstock; mirbasar/Shutterstock; image courtesy of Hiyogi Books; imagesofindia/Shutterstock; WOLPX/Shutterstock



# THE NEW PRINCESS

Join us, as we take an exclusive look under the bonnet of the first-of-its-kind aircraft in Indian aviation history.

by SIMON CLAYS

IT WASN'T BUT A FEW MONTHS BACK THAT THE FIRST of Vistara's Dreamliner-9's was winging its way back from Boeing's monster production facility in Seattle. The introduction of this kind of cutting-edge flying technology, coupled with comfort, seemed a chess move capable of turning Indian aviation on its head. Now, as Vistara takes delivery of its very first Airbus A321neo, the airline looks to have a fleet strategy that can only be described as a genuine gamechanger.

Like Boeing's 737 range, Airbus' A320/21 variants are

the workhorses of the skies. There are more of these two civil airliners pushing tin around the planet than any other model of commercial airliners ever manufactured.

When Vistara's first neo touched the tarmac in Delhi, from its birthing nest in Hamburg, Germany, it marked a change in the way Indian travellers fly. For starters, the neo ups the efficiency ante of the Airbus 3 range. But, most importantly, its new engine type (neo is an acronym for New Engine Option) allows it around 10 percent more range to transport its fully loaded complement

of 188 passengers. In Asia, that's a *coup d'état* of the oriental skies, and for mainland Europe and destinations like the United Kingdom, absolutely and effortlessly an easy option. Suddenly, a narrow-bodied aircraft has just turbo'ed into a domain that is normally reserved for the wide-bodied kings of medium-haul.

Right now, we live in a world on the cusp. The way we operate as human beings is under the microscope (strange, unseen germs and all), and our lives are quite literally up in the air. It's another reason Vistara opted

Image courtesy of TATA SIA Airlines Limited

## A CLASS ABOVE

The Airbus A321neo boasts three classes of seats. Here's a look at the options available



### BUSINESS CLASS

In a 2-by-2 configuration, the 12 full-flat seats in this class come with a 16-inch display for your viewing pleasure.



### PREMIUM ECONOMY

The 24 seats in this section come with increased leg-room, and can recline back around 4.5 inches.



### ECONOMY

Each seat comes with a high-definition touchscreen television and a four-way headrest for enhanced neck support.

for the neo; its numbers make for a greener, cleaner way forward, and how an airline's fleet can impact the future well-being of our planet is exemplary. Its engines are 50 percent quieter than any other variant; they are also 20 percent more fuel-efficient, and its built-in air filtration system flushes out bacteria and replenishes the entire cabin with fresh air every two to three minutes. So, breathe easy with the Vistara mantra: fly higher, healthier, safer.

But, perhaps, these points are hard to pick up on as you take to the skies, tricky for the layman to discern, even. Take a moment to look out of your window. Follow the plane's wing to its very end, and you'll see how

the neo's tip arcs way up into what Airbus calls its sharklet. This simple exaggeration of design and character is the main contributing factor as to why you are flying onboard one of the most aerodynamic, efficient and controllable aircraft in the skies. Simple.

Perhaps, Mr. Leslie Thng, Chief Executive Officer, Vistara, sums it up the most succinctly when he says, "The A321neo aircraft ensures operational enhancement, cost effectiveness, as well as reduction of carbon footprint for us, while enabling extra payload capacity, greater fuel efficiency and higher range. All of these aspects perfectly align with our international growth strategy."

So, that's what's going on outside and under the craft, but what about the business end of things and how you fly neo. Business is a very good place

to begin as Vistara's introduction of the neo over Indian skies, and outbound destinations, signals its launch of full-flat beds into the Business Class. This is a first in Indian aviation for a narrow-bodied jet, and the only one of its kind operating in South Asia. There is a total of 12 seats dedicated to flying in the pointy bit on Vistara's neo, configured two-by-two for maximum legroom and freedom of movement. That's if you can actually force yourself to think about doing anything other than sinking back into the comfort of a full leather finish. This is supported by 24 Premium Economy seats that occupy mid-deck, and a further 152 that make up the Economy seating in a single deck, three-by-three configuration.

Wherever you're seated, you'll be safe in the knowledge



## Catch our new inflight safety video on board the A321neo

This unique video showcases safety instructions demonstrated through Yoga *asanas* coupled with awe-inspiring Indian destinations; a true reflection of Vistara's Indian roots and global outlook.



Vistara is the first airline in South Asia to offer full-flat beds on a narrow-body aircraft

of two steadfast things: one, Vistara's impeccable in-flight service and catering and, two, that each of the neo's plots is supported by the latest in seatback screens. Business Class seats come with 16 inches of viewing pleasure, while all other seats onboard are equipped with an impressive 10-inch display. Undoubtedly, the main draw, in whatever seat you occupy, is the access to the whopping 700 hours of viewing content on offer on Vistara World, the airline's Inflight Entertainment (IFE) system. That's around 150 Hollywood and Bollywood flicks, a mix of near to 500 short-format multi-lingual programmes, and a roster of around 250 full audio offerings. Add in state-of-the-art mapping, flight tracking, USB port charging in every seat, and you've got quite the comfort package.

The A321neo is lithe, willing and more than able to unleash a new type of flying experience upon the Indian psyche. Expect more neos. Expect Vistara to announce more routes. Expect to reach more distant dots of Asia in comfort. Expect early morning business productivity with onboard equipment and the right tools to do the right job. Expect to exit your neo experience with a smile on your face. I, for one, expect so. ⚙️

All images courtesy of TATA SIA Airlines Limited

## ALL ABOARD

After its departure from the Airbus production facility in Hamburg, the plane landed in New Delhi to a socially-distanced but visibly excited reception.



# DAWN *at* THE CITY *of* LAKES

Udaipur offers a treasure trove of soulful experiences to soak up and uncover the city's inherent tranquillity.

by SUSHMITA SRIVASTAV

A view of Jag Mandir  
Palace on Lake  
Pichola

Tahir Ansari/Alamy Stock Photo

WITH THE ARAVALLIS CREATING A DRAMATIC BACKDROP FOR THE city, Lake Pichola snuggled in its heart like a coveted treasure, and gorgeous palaces that serenade visitors with stories of royalty, Udaipur has an uncanny ability to leave you with both a sense of awe and peace. Add to this, a sea of heritage hotels with holistic wellness treatments on offer, and a soulful local arts and crafts scene. The City of Lakes is for the mindful traveller who wants to stop and marvel at the regality of nature, and is an ideal pick if you are looking for a calming getaway that is swathed in Rajputana hospitality.

## POETRY IN WATER AND STONE

Although its name translates to 'the city of dawn', Udaipur really springs to life once the fiery desert sun sets and the sprawling mansions and *ghats* start to gleam in a soft golden glow by the shimmering waters.

As dusk starts to fall, the sky dons hues of lilac on a fading yellow base and the turquoise water of Lake Pichola—the *pièce de résistance* of the city's landscape—slowly turns into liquid gold. Birds start to return to their nests and the silence, occasionally punctuated by the sounds of ripples, feels surreal. Taking in this view while sauntering by the lake, or gliding on it in a boat as you watch the majestic City Palace wane in the background, is the best way to spend a balmy evening in Udaipur. Shrouded in greenery and peppered with lofty domes and ornate towers, Jag Mandir Palace looks like a true castaway island fantasy, shimmering in the middle of Pichola. Also make time to visit the Fateh Sagar Lake, which is home to the Nehru Park and Udaipur Solar Observatory. Udai Sagar, Doodh Talai, Swaroop Sagar, Rang Sagar and Govardhan Sagar are a few other lakes worth an evening stroll or two.

One can find the glorious past of the city living and breathing

right in its narrow lanes, in the hand-painted ancestral abodes, in the conversations with a local over evening *chai*, but most of all in the age-old forts and palaces. To truly connect with this city's heart, the best way is to simply move through it. Weave through the serpentine alleys; the hill-top forts that overlook the princely lakes; the Ahar Cenotaphs that honour the royalty who shaped the city; the Gangaur and Ambrai *ghats* that exude a sense of serenity; and then, pause. Pay heed to the culture and calm that envelops you, and its ability to clear a heavy mind. After all, legend has it that the city was created after Maharana Udaï Singh met a sage meditating in the Aravallis, which means Udaipur was born a healer.

For a peaceful time amidst nature, drive through winding swathes of green to the Sajjangarh Monsoon Palace to enjoy a panorama of the city. Sajjangarh Biological Park en route offers glimpses of sambar deer, hyenas, peacocks, Indian porcupines and, sometimes, even big cats. Saheliyon ki Bari, with its quaint maze of manicured gardens, pretty kiosks, cascading fountains, a lotus pool, and marble mannequins was built for Maharana Sangram Singh's beloved queen and her 48 maidens, and looks straight out of a pretty postcard.

## PLATEFULS OF SOUL

Whether it is traditional Rajasthani cuisine served by the lakeside, or a delicious Italian spread in a cute café, each meal in Udaipur is special as much for the food, as for its serene setting.

It is almost unreal how most of the dining options here are done in pretty al fresco settings next to a glittering lake. The Bedla family runs Royal Repast and leverages its expertise in serving up a sumptuous Rajasthani fare. For a wholesome *thali*, look no further than the famous Ambrai at Amet Haveli, where you can sit down in a *jharokha* in the lawn and look at the majestic City Palace. Upre is more of an informal, open-air setting, with private cabanas available on request, overlooking Lake Pichola.

It was the year 1983 when Roger Moore arrived in Udaipur to shoot the 13th James Bond classic, *Octopussy*. Years later, the city continues to bring the Hollywood star alive every evening in the cafés and bistros nestled in the busy by-lanes. Catch the Bond blockbuster on the big



1



2

screen as you indulge in pizzas loaded with farm fresh veggies at the artsy Café O'Zen. Millets of Mewar believes in the power of sustainable food—the menu includes vegan, gluten-free and organic options made with fresh local ingredients. A vintage villa that also works as a café is what you get at 1559 AD. Inspired by the year Udaipur was founded in, it is the favourite hangout of locals who flock here. The lovely art nouveau café of Palki Khana located at the Shiv Niwas Palace is famous for its European-influenced menu.

## HEART OF CREATIVITY

As much as Udaipur is known for its lakes, it is also known for its art and creativity, which manifests itself

in everything from wall murals to palaces. You would be remiss to not check out the works of local artisans who, owing to their rich lineage, churn out creations that surpass one's imagination.

No art aficionado should leave this city without buying a traditional *pichvai* painting. The age-old technique of painting on cloth traces its origins to Nathdwara near Udaipur more than 400 years ago, and has artists intricately showcasing tales from Lord Krishna's life. For a spot that has it all, Beyond Square stocks *pichvai* paintings, tables inlaid with marble and *thekri* work, and decorative

art and agate stone furniture. Or, try Gothwal Art, a store run by a husband-wife artist duo.

Make your way to Bada Bazaar, and expect to be greeted by nothing less than the city's renowned *kachori* stalls. The market, while known for its variety of bric-à-brac, has many spots where you can sit back and watch the medley of colours paint an ever-moving canvas of life. From silver jewellery, *jootis*, *bandhani* saris to leather diaries, you'll be able to pick up many reminders of your holiday. But, if you were to pick just one thing, let it be a pair of beautifully finished lacquer earrings from Hathipole market. ✨



3



4

**THIS SPREAD**  
1. Be sure to take a boat ride in any one of the city's many lakes;  
2. Experience a royal and indulgent stay at The Taj Lake Palace;  
3. The City Palace is a delight for those who appreciate architecture;  
4. Unwind with a view at RAAS Devigarh

CLOCKWISE FROM LEFT: Image courtesy of Taj Hotels; Katie May Boyle/Shutterstock; Mahantesh C Morabad/Alamy Stock Photo; Image courtesy of RAAS Hotels

## CURATED WELLNESS

**Jiva Spa At Taj Lake Palace, Udaipur** ([tajhotels.com](http://tajhotels.com)) earns top marks in luxurious spa experiences given their Jiva Boat Spa Session—a therapeutic massage of your choice on a boat on the serene waters of Pichola. Other signature therapies include Jivaniya, Mewar Khas and Sammardana. If you want to relax in one of India's only tented luxury spas, **ESPA At The Leela Palace, Udaipur**

([theleela.com](http://theleela.com)) spoils you with massages that use natural oils and cleansing muds. Each session is finished with a tea ritual enjoyed in a private sitting lounge. For those who can't decide what exactly they want, **The Oberoi Spa At The Oberoi Udaivilas** ([oberoihotels.com](http://oberoihotels.com)), sprawled on the banks of Lake Pichola, offers a variety of therapies. Their Energy Balancing with Himalayan Singing Bowl

or Salt Stones are both unique sensorial treatments designed to release tension and stimulate energy flow. A refurbished 18th-century palace, **RAAS Devigarh's** ([raasdevigarh.com](http://raasdevigarh.com)) spa has been created in collaboration with Ma Earth Botanicals. For an immersive experience, try their wellness retreats, which will include personal consultations with Ayurvedic healers, yoga sessions and nature walks.

# Moments in Time

Street photographers seek inspiration from how people interact with the world. Here are some frames that allow for reflection and introspection, while also giving you a sense of peace.

Curated by VINEET VOHRA



**1**  
*Serenity*  
Taking flight at first light, the birds create a blanket of white as they circle the river and the boats in Varanasi.

**2**  
*Nostalgia*  
The power of coming together can't find better personification. Playing outdoors will always be therapeutic, like these children in Delhi prove.

**3**  
*Rise*  
Often, it is just a fleeting glance that turns something ordinary into a powerful statement. This frame, shot in Vrindavan near Mathura, is a metaphor for thinking big and soaring higher.



*"Street photography is about that transitory lie that lies behind the truth; it's a 'pause' button in a live movie, the minute we press the 'play' button, every character starts performing again."*  
VINEET VOHRA



*“Street photography is life. It’s a way for me to connect with the outside world and to make sense of my surroundings. I use it as both a stress buster as well as a diary to document the magic that the world around me offers.”*

SURESH NAGANATHAN

*Contemplation*

Self-care is a mantra to follow, and preferably by being one with nature, as it can be a soothing experience for your senses. Like on this beach in Mumbai amid the fluttering pigeons, the smell of the sea and the sound of the waves.

*Rumination*

It is a location that prompts philosophical renderings, and Pushkar is one of those places where the soul of the desert rekindles with the sun. This frame blurs the lines between dusk and dawn, time and space, now and forever.



*“Street photography relies on raw emotions and interactions with people on the street. But, most importantly, the size of the camera doesn’t matter.”*

ARPIT SAXENA





1

# On the Banks of Serenity

A paradoxical melange of chaos and calm, the city of Varanasi offers a cultural and spiritual reset.

by RASHIMA NAGPAL

ON THE BANKS OF RIVER GANGA, GOOD OLD BENARAS—now known as Varanasi—warrants a trip that is as spiritually engaging as it is culturally fascinating, almost any time of the year. While believers of Hinduism solemnly swear by the town's sacred character, many travellers from around the world have stood witness to its intoxicating liveliness. Not to mention, it is one of the world's oldest continuously inhabited cities. The 80-plus *ghats* in Varanasi are the obvious attraction for anyone who comes here for a trip that not only celebrates life, but also reminds you of its transient nature. But in its narrow winding alleys, away from the famous *ghats*, you will find glorious nuances that lend the city an appeal like no other.

FROM LEFT: ImagesofIndia/Shutterstock; Pascal Mannaerts/Barcroft Media/Getty Images

THIS SPREAD  
1. The *ghats* of Varanasi have seen many a spiritual divination; 2. The city is believed to be one of the oldest in the world and pilgrims from all over flock to it

The peaceful lanes of Kabir Chaura will take you 500 years back in time, to the period when mystic Kabir used to call Kashi (as Varanasi was then known) his home. Today, the Kabir Math is redolent of his spiritual life. You will find his slippers and water bottle preserved in a shrine, and the well from which he is said to have drawn water is located close to the graves of his parents, Niru and Nima. The Panchganga Ghat (supposedly the confluence of the five holy rivers), marked by a small shrine beside the river, is believed to be the site of his initiation. Surrounding the *math* are quiet paths lined with murals of his verses. Kabir Chaura is also home to many music schools, instantly recognisable by the music notes painted on their walls.

## A MELODIOUS JOURNEY OF THE SENSES

In another fascinating aspect of Varanasi, Indian classical music takes over your senses. From neighbourhood cafés that host musicians on a daily basis to full-fledged concerts such as the Sankat Mochan Music Festival, Dhrupad Mela, Ganga Mahotsav—the city's rich relationship with music is more than evident. Even today, you'll find disciples practising their *ragas* early in the morning. Locales such as the Bengali Tola Road are replete with age-old music schools and stores that sell handmade musical instruments, and are exclusively explored to experience the vibrant music culture. The International Music Centre near Dashashwamedh Ghat, run by a family of musicians, is popular as the oldest music school in Varanasi, and also hosts sublime performances by noted artists regularly.

Look for a 300-year-old *haveli*—Bhartendu Bhawan—hidden away in the bylanes of Thatheri Bazar. Easy to miss amid the cacophony of the market teeming with tourists, the house belongs to playwright, poet and author,



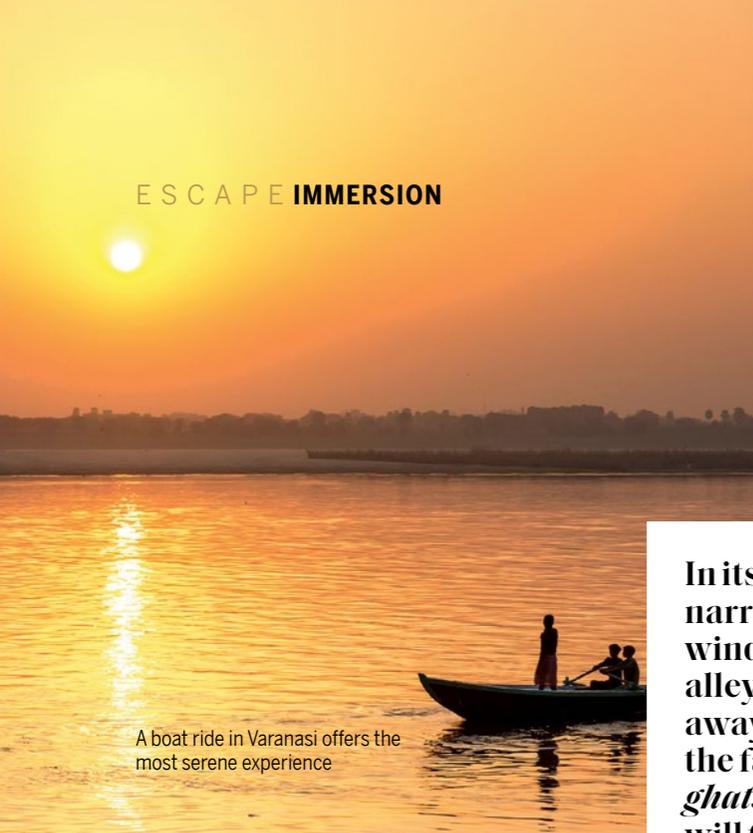
2

Bhartendu Harishchandra. If nothing else, his *Andher Nagri* would ring a bell. Inside the 18th-century *haveli*, a gazebo lit with vintage lamps stands in the middle of the courtyard, surrounded by numerous fountains. There are rooms on all sides of the courtyard, some of them still occupied by the poet's family. As somebody who was called the father of modern Hindi literature and who did exemplary work in his short lifespan of 34 years, Harishchandra's *haveli* in Varanasi is symbolic of the city's literary past, and offers an enchanting peek back in time.

Also in the streets of Varanasi, you will find a food culture bursting at the seams. From carts selling *baati-chokha*, *jalebis*, *kachauri-sabzi*; government-approved shops that offer 'special' *thandai*, which is infused with *bhaang* or cannabis; a range of *chaat* stalls, countless *paanwallahs*, and much more, the atmospheric city makes for a memorable food tour.

**20,000**  
ACCORDING TO ESTIMATES,  
THERE ARE OVER 20,000  
TEMPLES IN VARANASI

## ESCAPE IMMERSION



A boat ride in Varanasi offers the most serene experience

**In its narrow winding alleys, away from the famous ghats, you will find glorious nuances that lend the city an appeal like no other.**

### A DIVINE INTERVENTION

Predominantly associated with Lord Shiva, the city continues to be a treasure trove for those enthusiastic about mythology. For starters, mythically, Varanasi sits on the middle prong of Shiva's *trishul*. The Manikarnika Ghat, a major cremation ground, was apparently condemned as the spot to forever have funeral pyres by none other than Lord Shiva. There's definitely no escaping the dozens of

*lingams* dotting the temples, lining the walls, crammed against shelves. In an extraordinary instance, however, there's a Phaware Wale Masjid, where a Shiva *lingam* stands in the courtyard of the mosque. The fact that for over 300 years now, this has been a place of worship for a mix of communities, is a true revelation of the harmony this city imbues.

Every day in Varanasi is a treat in its own right, but this 'City of Lights' truly comes alive on Dev Deepavali. While most celebrate the triumph of good over evil on the new moon night of Diwali, Varanasi celebrates Dev Deepavali—literally, the Diwali of the Gods—on the full moon 15 nights after Diwali. During this time, the Gods and Goddesses themselves are believed to land on Earth. Another myth attributes the festival to the defeat of the demon Tripurasura by the city's patron deity, Shiva. Thousands of clay lamps light up the *ghats*, with the spectacular Ganga *arti* being performed in full fervour. It is an experience that, despite its energetic nature, makes time stand still.

On any given day, I'd round up a trip in Varanasi with a boat ride along the river at dusk, watching the vibrant Ganga *arti* from the other side, hoping to make a little more sense out of the city, and of life. 🌸

## VARANASI IN A NUTSHELL

Everything you need to know before heading to the city older than history



### Stay

Tree Of Life Resort and Spa ([treeofliferesorts.com](http://treeofliferesorts.com)) offers comforting solace away from the

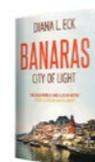
hustle of the main city. Suryauday Haveli ([suryaudayhaveli.com](http://suryaudayhaveli.com)) along Shivala Ghat and Brijrama Palace ([brijrama.com](http://brijrama.com)) along Darbhanga Ghat are great options for those who wish to stay in the heart of the city.



### Eat

Head to Kachauri Gali for a breakfast of *kachauri-sabzi* at the street stalls. For *mithai*,

head to the iconic Shree Rajbandhu in Chowk or Ksheer Sagar in Sonapura. Ganga Fuji Restaurant serves a mix of cuisines including Spanish and Japanese, along with a helping of Indian classical music every evening.



### Read

*Benares - The Sacred City of Hindus* by M.A. Sherring offers an outsider's perspective of the ancient city. *Banaras: City of Light* is a 1982 account of the city's local history by Diana L. Eck. In *Banaras: Walks Through India's Sacred City*, author Nandini Majumdar suggests walks through the city's 12 major neighbourhoods.

CLOCKWISE FROM TOP: Kanuman/Shutterstock; image courtesy of Penguin India; Rahul Banarasi/Shutterstock; image courtesy of Tree of Life Hotels & Resorts

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# ENGINEER YOUR ENVIRONMENT

Shayamal Vallabhjee highlights how balancing the external and internal environment is one of the best ways to calm yourself and manage uncertainty.

Juiza/Shutterstock

“WE ARE SURROUNDED BY environments. Everything you can see, hear, smell, taste and touch is an environment that is either adding energy to your life or draining energy from your life.’ These are the words of Jim Bunch, the founder of ‘The Ultimate Game of Life.’ Jim conceptualised the nine environments that make up your life, which takes the nature versus nurture debate to a level deeper. According to Jim, everything that you interact with, twenty-four hours a day, seven days a week, is a part of your environment.

When I first stumbled upon Jim’s concept, I was floored by its genius. Not because I did not consider the impact of these components on performance. We are always looking into each of them; but sometimes, in looking at the bigger picture, we inevitably turn a blind eye to some of the more nuanced components that play an integral role in performance enhancement. Jim’s list gives us tangible check-points that we can measure on a daily or weekly basis. As Galileo says, “Measure what is measurable, and make measurable what is not.”

**Remember that each environment impacts the next: so a positive change in one should bring about a positive change in another.**

You must have probably noticed how subtle the differences are between some of these micro-environments. When I first studied these micro-environments, I challenged myself: Am I optimising my environment for success or trying to optimise myself in my default environment?

I cannot overstate the importance of new-habit formation in becoming a better version of yourself. New habits can be developed by reprogramming your subconscious mind through the conscious repetition of an activity. Most of us struggle to cultivate a new habit because we are trying to do something new in an old environment. The old environment is your comfort zone; and trying to reprogramme a new habit within the comfort zone is incredibly

difficult, if not impossible. Which brings me to another significant realisation: You cannot heal yourself in the same environment that caused you pain.

To cultivate a new habit, you basically have two options: you can either rely on your will power to drive you, or design your environment to help you achieve it.

## Jim Bunch’s *Nine Environments*

**PHYSICAL** Where you live, where you work, the clothes you wear and the devices/technology you use.

**BODY** Your overall physical well-being, the food you eat, your hygiene and fitness levels.

**MEMETICS** The information you consume through books, podcasts, films and websites.

**SPIRITUAL** Beyond meditation, breath-work, and mindfulness, this component refers to your level of empathy for those around you.

**FINANCIAL** Your accounts, investments, and things that can help secure you financially.

**RELATIONSHIPS** The quality of your interactions with people you surround yourself with.

**NETWORK** An extension of your relationships, but in particular, they represent the tribes, communities, and social networks you engage with.

**NATURE** The environment you interact with on a daily basis. Your outdoor ecosystem, your geography—macro (country, city) and micro (street, garden).

**SELF** Everything that defines you (feelings, values, strengths, weaknesses, personality, emotions). The self is the ninth environment in the external that transmutes into the internal.

Let's say you are someone who wants to wake up at sunrise to meditate. In your current environment, you may need to set an alarm and then rely on your will power to get out of bed. Engineering your environment for success could entail switching from black-out blinds to slightly translucent curtains that allow the morning sunlight in. This small redesign of your environment will help resync your circadian rhythm to the rising sun, and before you realise it, waking up will no longer be a chore. When you start to think about your environment as an extension of who you are, success is no more a matter of 'if it will happen' but rather 'when it will happen'.

Designing your environment to work for you requires mindfulness and awareness. First, you must identify what you would like to achieve. This is your vision board. I generally encourage people to break down their vision or goals into macro, meso and micro goals.

**Macro goals** are your long-term goals that may take you between one to two years to achieve. I wouldn't recommend having such elaborate goals that you cannot envision them materialising within two years. Besides being extremely difficult to remain motivated for that long, you are also evolving as a person. In two years, these goals may not be as important, or they may have changed.

**Meso goals** are medium-term goals that may take you between three to six months to achieve. They are broken up into weekly and monthly goals or targets that help you stay focused and allow you to assess your progress.

**Micro goals** are tiny habits and



immediate objectives that, when stacked up over time, help you achieve your meso and macro goals. These are the most important. This is where your focus should be.

When you think about designing your environment, you need to have your micro goals in mind. As a rule of thumb, if you are going to redesign your external environment, start with changes that are measurable. Remember that each environment impacts the next; so a positive change in one should bring about a positive change in another.

### The DIY Optimisation Guide

I am going to walk you through a few small changes you could make to your environments:

- Clean the air filters in your air conditioner, and use air purifiers at night, because dust pollutants can impact sleep.
- Keep the room at 19/20 degrees Celsius at night. Cooler temperatures promote better sleep.
- Switch to a standing desk at work. If you are sitting, you can swap your chair for a Swiss Ball. The ball improves your core stability and the

## The Power of Four

THESE ASANAS PROMOTE HOLISTIC WELLNESS



### Bitilasana

Also called the cow pose, this is a gentle and relaxing asana that warms up one's back before getting into the more advanced poses.



### Anjaneyasana

A great pose for balance, concentration and relieving stress, this is a heart-opening pose that also helps ease sciatica pain.



### Bhujangasana

This famous pose helps strengthen the back and core, and is one of the main poses in both hatha and traditional yoga.



### Surya Namaskar

A composite move of 12 postures, it is a holistic way of restoring joint mobility, improving balance and calming the mind.

constant movement is healthy for the spine.

- Spend twenty minutes a day walking barefoot. It grounds your energy, is rejuvenating, and stimulates the acupressure points on your feet. Preferably do this in nature.
- Cold showers in the morning and evening help reduce inflammation. If you cannot have a cold shower, try a hot/cold contrast shower (20 seconds cold, 10 seconds warm x 10 cycles)
- Switch your vegetable oils to cold-pressed oils. Vegetable oil is the biggest contributor to inflammation in the body.
- Deep breathing exercises (*Pranayama*) stimulate the vagus nerve which promotes relaxation,

reduces inflammation, improves memory and the neural conductivity between the gut and the brain.

- Improve your information absorption by writing down key points while you are listening to a podcast or audio book.
- Start journaling your thoughts and emotions. There should be a minimum of three entries a week. Practice being emotionally present when someone speaks to you. This is the secret to effective communication.
- Find a mentor who can guide you.

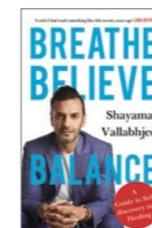
Knowing the type of person that you are is the first step to becoming the person you want to be. You can commit to a daily practice that helps

you centre yourself. Yoga, journaling, meditation, breath-work, and sitting in silence are all wonderful practices to explore.

These basic guidelines for each environment are only a starting point in your personal journey of growth. The purpose of life is to evolve into a better version of yourself. Because we are significantly affected by our environment, we must become mindful of the environment we create.

Spirituality teaches us that we are a part of the whole. Each of the nine environments is part of the whole. We may feel like we are experiencing a higher degree of success in one domain as compared to another, but because all parts are interconnected, success becomes interconnected too.

Use this reality to improve your life. Improvements in some domains will be easier. Use them as much as you can. Be mindful of the other domains but do not fight the initial resistance in the other areas. Embrace them and with time they will all merge organically. ⚙️



### BREATHE BELIEVE BALANCE

by Shayamal Vallabhjee

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CLOCKWISE FROM LEFT: Pixel/Shutterstock; image courtesy of Pan Macmillan



# A RAY OF HOPE

By educating children and women, and imparting the skill set they need to succeed in life, KHUSHII strives to empower and transform lives.

by PALLAVI SINGH

SEEING THAT QUALITY EDUCATION is one of the 17 global goals that make up the 2030 Agenda for Sustainable Development adopted by the United Nations, the commendable progress made by Kinship for Humanitarian, Social, and Holistic Intervention in India (KHUSHII) deserves the spotlight. Founded by former Indian cricketer Kapil Dev together with four other like-minded individuals, Vandana Luthra, Harveen Kapoor, Rita Bose and Kapil Kumria, the activities of the NGO revolve around giving children a chance to succeed by educating them, counselling them, teaching them vocational skills, and supporting their families and

communities. “From the day that we started KHUSHII, I had a vision of a prosperous India in my mind and my heart, with education being the torch. It is education that acts as the brightest star and a guiding light in our lives, especially for those who are less privileged,” says Kapil Dev, Chairperson, KHUSHII.

### COMMUNITY DEVELOPMENT

Having started with a 12-point community development programme in a village in Neemrana, Rajasthan, the organisation expanded its reach to 100 villages; the programme was eventually adopted by the state government. After that, the

NGO started remedial education and community development programmes in Delhi. The flagship project Swatantra Shikshaantra took shape at KHUSHII’s tributary school in Delhi’s Sangam Vihar locality. A community-based education centre, the school caters to students with learning difficulties and benefits approximately 400-500 students annually. Kalyani Devi, whose daughter studies there, says, “Apart from studies, my daughter Madhuri has become more confident. I wish to thank KHUSHII for helping my daughter’s all-round development.” Additionally, mid-day meals, psychological and career counselling

and health camps are provided to the students. This project was soon followed by Shikshaantra Plus in 2016, a programme that works within government schools to fill gaps in education and provide a holistic learning experience.

The NGO also works to improve the socio-economic status of families via their Shiksha Aur Vikas initiative. It holds vocational training and adult-literacy sessions for women and young adults to find livelihood opportunities for them.

### THE COVID-19 RESPONSE

Responding to those affected by COVID-19 was a clarion call for the country and the world. Joining forces with the government and frontline professionals, KHUSHII reached out to communities by adopting a two-pronged approach: one was to set up a COVID-19 Relief Fund to support relief activities on-ground in collaboration with the state governments and local health departments. The other was to share information with communities to keep them safe and contain COVID-19 through structured interactions with Anganwadi workers and direct messaging, phone calls and social media campaigns.

However, the most admirable part is that in spite of the surreal situation, the NGO has continued to run its regular education, mental health and community development programmes, while strictly adhering to the safety parameters prescribed by the government. Teachers plan a routine together with the children, have open conversations and conduct online activities for them. To ensure holistic development, they engage with the parents to share tips for supporting homeschooling. Om Prakash Meena, Principal, SDMC Pratibha School (for boys), New



*KHUSHII has been running mental health and counselling services for nearly 42,000 children.*

Delhi, says, “We are so happy that despite the lockdown, we have succeeded in reaching out to students by means of online tutorials. We have ensured that students have the requisite resources to study via a digital platform. It is our earnest desire that children do not lag behind on account of the pandemic.”

To support children facing the new realities of their parents’ temporary unemployment, homeschooling and lack of physical facilities, KHUSHII has initiated a blended learning project in nine locations around the country to deliver education via

mobile phones (both smartphones and feature phones) to encourage learning at home. The NGO has been running mental health and counselling services for close to 42,000 children through the Shikshaantra Plus programme in government schools.

Over the next few years, KHUSHII hopes to impact at least two million more lives through its work. The idea is to evolve the programmes to benefit from the government’s new education policy and broad base the use of technology and remote learning to maximise their impact. 🌟

All images courtesy of KHUSHII

VISTARA'S WELLNESS INITIATIVE | COVID-19 RELIEF



**90,000+**  
FOOD AND HYGIENE  
ITEMS DISTRIBUTED



**4,000+**  
PEOPLE SUPPORTED

April 2020–August 2020 (and counting)

## WHY I TRAVEL

Multi-hyphenate **Nora Fatehi** shares her travel essentials and what she misses the most about the joy of travelling.

### What comes to your mind when we say 'first travel memory'?

I remember the first time I was allowed to travel alone. It was the most liberating experience. I was 11-years-old and my mom—after I begged her for months—allowed me to travel to Paris alone to meet my cousin. I stayed with her for a month and got to see all the amazing places in the city. It was the first time I was away from my family for so long. The experience of travelling on the flight alone and reaching France gave me a sense of independence and a rush of excitement.

### What kind of traveller are you?

I'm a posh traveller. I love expensive places, restaurants, good food, amazing shopping, basking in the sun, spending time in really nice hotels, and visiting as many beaches as possible.

### Your all-time favourite destination?

I have a few all-time favourite destinations: Morocco, Dubai, Miami, Dominican Republic, and I'm sure there are many more places I need to visit first so I can add them to my list of favourite destinations.

### A destination on your bucket list?

Maldives, Egypt, Tunisia, Aruba, Jamaica and Ibiza.

### Three things you never travel without?

My swimwear, my make-up and my tracksuits.

### What is your idea of a perfect holiday?

My idea of a perfect holiday is the beach or the pool, sun-bathing, listening to music with my friends, and being close to the mall so I can shop in the evening.

### Your favourite travel companion?

My friend Marcelo is my favourite travel companion.

### How do you like to spend your day when you're not shooting?

When I'm not shooting, I love to spend time at home



or with my friends. If it's an outdoor shoot schedule and I have an off, I'll take Marcelo and run to the beach.

### Once restrictions are lifted, what is the first place you want to visit?

I want to go to the Maldives as soon as possible!

### Three things that have kept you grounded during this lockdown?

I've always been grounded, but the three things that have kept me sane are cooking/cleaning, FaceTiming with family and friends, and planning my future projects at home.

### What do you miss the most about travelling?

I miss absolutely everything about it and I can't wait to go back because travelling has become an integral part of my career and lifestyle in the last couple of years. 🌀

Image courtesy of Nora Fatehi



