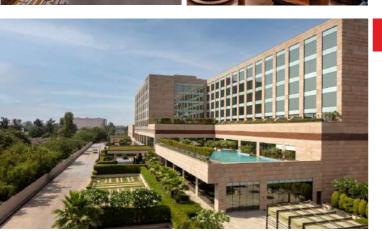


NEWLY OPENED HOTELS









Welcomhotel By ITC Hotels, Bhubaneswar

Where? Bhubaneswar, Odisha

What is unique? Adorned with lush landscapes, unique sandstone temples and iconic Buddhist and Jain monuments, Bhubaneswar – the capital city of Odisha – has been the cornerstone of many glorious tales rooted in ancient history. One of the first modern cities of independent India, Bhubaneswar is an administrative, information technology, education and tourism hub of the state

Why? Drawing inspiration from the magnificence of the 500+ temples that adorn this marvelous city, Welcomhotel Bhubaneswar is a visual ode to the architectural traditions and eventful history of the Golden Triangle of the East. Heavily influenced by local indigenous stone architecture, descending roofs with pronounced overhangs, covered walkways and spacious gardens await your exploration. From scrumptious Odia recipes and international gourmet cuisine to detailed traditional artistry that puts your comfort at the forefront, the hotel has much to offer at every step.

Hyatt Centric Sector 17 Chandigarh

Where? Chandigarh City Centre, Chandigarh

What is unique? Hyatt Centric Sector 17 Chandigarh is a modern lifestyle hotel located in a unique neighbourhood surrounded by the Rose Garden, A hotspot for shopping enthusiasts. Sector 17 Market has been the city's favourite hangout place for years. From vibrant sightseeing opportunities such as the Rose Garden, the Rock Garden and the Sukhna Lake to a shopping indulgence amidst some of the best Indian and International brands in the artistically landscaped Sector 17 market or the new-age Elante Mall. Experience the best of both worlds in the city beautiful.

Why? Hyatt Regency Chandigarh is centrally located. In the heart of the bustling city - 22 KM, 20 min from Chandigarh airport .Rooms and suites have a view of the Elante Mall and courtyard. Featuring minibar, a smart TV, a separate shower cubicle, a bathtub and some rooms also feature a balcony. Free Wi-Fi is provided in all rooms. The property offers a restaurant with two cuisines, Italian and Asian on the rooftop, café, bar and lounge. It also offers a landscaped pool, Meeting and fitness facilities

Radisson Resort, Goa Baga

Where? Goa, Baga

What is unique? Located in the popular tourist hotspot of North Goa, guests will stay close to nearby attractions, including the upbeat Saturday Night Market, top night clubs, and a selection of popular beaches. For culture lovers, there are also nearby places of worship and World Heritage-listed architecture just waiting to be discovered.

Why? An upcoming upscale hotel in the heart of Baga, North Goa.







Strategically situated just 800 meters from the famous Baga Beach, 39 kilometers from Dabolim Airport, Radisson Resort Goa Baga is a favorable weekend destination for leisure and business travelers.

Hyatt Regency Jaipur Mansarovar

Where? Jaipur, Rajasthan

What is unique? Hyatt Regency at Jaipur Mansarovar is the first Hyatt Regency in Rajasthan to create an energizing and timeless experience for its guests. Experience Jaipur's flamboyance at this architectural marvel, located near city center, and area attractions. The hotel represents a breath-taking marriage of classic architecture and contemporary décor imagined, showcasing work of art, and carefully chosen interiors. An architectural marvel showcasing the art and culture of Rajasthan, the hotel features 245 well-appointed rooms, 02 dining destinations, Bakery and 5000 sqm of event space

Why? Conveniently located from airport which is 7 kms, Jaipur Railway station which is 11 kms, Jaipur Hawa Mahal (City center) which is 16 kms, famous Lord Krishna temple called Iskcon temple is a short walk and World trade mark is 7 kms away from this majestic hotel

Ramada by Wyndham Gangtok Hotel & Casino Golden

Where? Gangtok, Sikkim

What is unique? After marking its grand presence in over 60 countries, Ramada by Wyndham Gangtok Hotel & Casino Golden now becomes the first Ramada hotel in Sikkim. At a mere distance of 10 minutes from the main mall area at M. G Marg and 45 minutes from the closest operational airport Greenfield Pakyong, this is the perfect place to enjoy 5-star luxury services along with serene views of the mighty Kanchenjunga range. Additionally, enjoy the live Casino which boasts of the biggest live gaming area in the entire country

Why? Your thrill of playing at India's largest live casino begins here. With 10,000 sq. ft. of space spread across two decadently decorated floors, coupled with expert dealers, live entertainment & gourmet cuisine options, get ready for an unforgettable casino experience.

STORIES OF INDEPENDENCE, CHANDNI CHOWK AND HAVELI DHARAMPURA



It was Aug 16, 1947 (not Aug 15th) the atmosphere at the Red Fort was very festive. Apart from loud speakers and flags attached to every pole, Thandi Sarak in Chandni Chowk was fenced on both sides, as was the Red Fort – fenced with chairs for dignitaries. People were in a

festive mood and the khomche wallahs (street food vendors) did roaring business. People loved to hear Nehru in his characteristic and charismatic style, slow and clear. Later, attending the National Independence Day ceremony at Red Fort and listening to Nehru's speech became a yearly ritual.

Even till date, the rooftops in Delhi's Chandni Chowk celebrate Independence day with huge enthusiasm. Rooftops are abuzz with families flying kites, dancing to Hindi music with patriotic fervour and throwing big lunch parties.

Haveli Dharampura is a restored 19 century mansion set in a quiet alley right in the heart of Chandni Chowk in Old Delhi. The location gives you the opportunity to get a feel of the Mughal era, delight in the sights and sounds of old Delhi, explore the bazaars

Read More...

HIT BY LONG COVID? YOU MIGHT WANT TO READ THIS ARTICLE

Mahesh Natarajan - COO Ananda in the Himalayans tells us how the new program at Ananda might be the answer to Brain Fog and reduced Immunity



Sama dosha Sama agnischa Sama Dhatu Mala Kriyaahal Prasanna atma indriya manaha swastha iti abhideyate ||

An individual who maintains a balanced state of the body, blissful condition of soul, satisfied senses and a happy state of mind is Swastha or a healthy person Sushruta Samhita, Chapter 15, verse 41

Ananda is a journey of discovery, creating pathways of learning into holistic health and wellness. Years of research by Ayurvedic, Yogic and international wellness experts have enabled Ananda to create a unique integrated focus on physical, mental, and spiritual elements which guide their guests on a sustainable journey towards a healthier, enriched lifestyle

Last 2.5 years have been devastating for several people on account of Covid; this seemed to have affected different people in different ways depending on the vulnerable aspects of their bodies.

Many of them continue to experience symptoms of COVID-19 and do not fully recover for several weeks or months after the start of their symptoms. That is what is understood to be Long Covid; about one in five people have symptoms of long Covid 5 weeks after an initial infection and one in seven after 12 weeks, a survey suggests.

People with long Covid experience

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