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Ajay Devgan

The Man Who Speaks Through Silence

There is a particular kind of star who does not need to raise his voice to command attention. Ajay Devgn is that star. For more than three decades, he has relied on a steady gaze, controlled expressions and carefully measured pauses to communicate emotions that other actors might need pages of dialogue to convey. In an industry where larger-than-life performances often dominate the screen, Devgn has built his identity around restraint. His characters can be intense without being loud, intimidating without being aggressive and emotional without becoming overly dramatic. It is this understated approach that has helped him remain one of Hindi cinema's most recognisable leading men.



Born Vishal Veeru Devgan in Delhi in 1969, Ajay grew up in an environment closely connected with the film industry. His father, Veeru Devgan, was a respected action director and stunt choreographer who contributed to numerous Hindi films. As a child, Ajay was exposed to the practical side of filmmaking, including action sequences, stunt preparation, camera setups and the demanding schedules of film productions. The atmosphere of film sets became familiar to him long before he entered the industry professionally. This early exposure gave him an understanding of the discipline required behind the scenes and helped shape his eventual approach to acting.

Devgan made his acting debut in 1991 with Phool Aur Kaante, a film that immediately established him as a promising new face. The opening sequence, featuring him balancing on two moving motorcycles, became one of the most memorable introductions of its era. The stunt demonstrated his willingness to embrace physically demanding roles and gave audiences an image they would associate with him for years. At a time when action heroes were an important part of mainstream Hindi cinema, his debut offered something distinctive. He possessed a serious screen presence, an unconventional style and a physical confidence that separated him from many of his contemporaries.

The success of Phool Aur Kaante opened the door to a career that would gradually move beyond action-oriented entertainment. During the early years, Devgn appeared in films that established him as a dependable performer in commercial cinema. However, he was not content to remain limited to one type of role.

Films such as Zakhm and Gangaajal demonstrated the depth of his acting abilities. In Zakhm, directed by Mahesh Bhatt, Devgn portrayed a man dealing with family tensions, religious identity and personal pain.

The performance required him to communicate complicated emotions through subtle expressions rather than dramatic speeches. His portrayal earned him the National Film Award for Best Actor, marking an important moment in his career. The recognition helped establish that he could deliver performances of substance as well as headline commercial entertainers.

In Gangaajal, directed by Prakash Jha, Devgn played an idealistic police officer confronting corruption and violence. The film explored the difficult relationship between law, justice and power, giving the actor a role that depended on authority and internal conflict. His performance was intense but controlled, reflecting the seriousness of the subject. The film also demonstrated his ability to work within socially relevant narratives while maintaining the dramatic appeal expected of a mainstream leading man.

Over time, Devgn developed a reputation for selecting characters who operate under pressure. Whether playing a police officer, a troubled family man, a historical figure or an ordinary person caught in extraordinary circumstances, he often brings a sense of internal calculation to his performances. His characters appear to think before they speak, and their silences can reveal as much as their dialogue. This quality has become a familiar part of his screen identity and allows him to move between commercial entertainment and more serious dramatic roles.

The release of Singham in 2011 introduced another important chapter in his career. Directed by Rohit Shetty, the film presented Devgn as an upright police officer who refuses to surrender to corruption and intimidation. With its memorable dialogues, stylised action and strong emotional appeal, Singham became a major commercial success and established a popular character for the actor. His portrayal combined physical strength with a firm sense of justice, giving audiences a hero who was direct, determined and deeply committed to his principles.

The success of Singham also helped develop a larger police-film franchise in Hindi cinema. Its popularity led to further stories and connections with other characters in Rohit Shetty's cinematic universe. Devgn's association with the franchise reinforced his position as a mass entertainer who could attract audiences through action and recognisable character traits. At the same time, it showed how a single successful role could grow into a long-running commercial property when supported by memorable storytelling and audience enthusiasm.

His achievements have been recognised through major honours, including two National Film Awards for his performances in Zakhm and Tanhaji: The Unsung Warrior. The latter film presented him as the Maratha military commander Tanaji Malusare in a historical action drama.



Yami Gautam:
From the Hills of Himachal to the Heart of Hindi Cinema



Ask Yami Gautam how her story began, and she will take you back to Himachal Pradesh, where she was born in Bilaspur in 1988 and later grew up in Chandigarh. Her journey into the entertainment industry was not shaped by the glamour of a typical film family or by an early introduction to the big screen. Although her father is a Punjabi film director, the dream of becoming an actor was entirely her own. It was a dream she pursued with patience, determination and a willingness to begin at the very bottom, working her way through television before finding her place in cinema.

Yami's early days in the entertainment industry were marked by small but important opportunities. Her television debut with Chand Ke Paar Chalo introduced her to audiences and gave her valuable experience in front of the camera. Television taught her the importance of discipline, consistency and emotional expression, while also helping her understand the demands of a profession where success rarely arrives overnight. Rather than waiting for a big break, she continued to work, gradually building the confidence and experience that would later become essential to her film career.

Her major turning point arrived in 2012 with Vicky Donor. The film explored an unconventional subject with humour and sensitivity, standing out in a period when mainstream Hindi cinema was often associated with familiar romantic dramas and larger-than-life entertainers. Yami's performance brought warmth and freshness to the story, helping establish her as a promising new face in Bollywood. The film's success opened doors, but it also gave her an opportunity to demonstrate that she could be part of projects willing to challenge conventional storytelling.

In the years that followed, Yami steadily expanded her range. She appeared in films that demanded different emotional registers, from romance and comedy to action and suspense.

What makes her career interesting is not simply the number of films she has appeared in, but the variety of roles she has chosen. She has shown that a performer does not always need an elaborate transformation or an extravagant screen resence to make an impact.

Sometimes, a controlled expression, a measured line delivery and an understanding of the character can communicate far more than dramatic gestures.

Her personal life has also reflected a preference for keeping things grounded. Yami married filmmaker Aditya Dhar in 2021 in an intimate ceremony in Himachal Pradesh, choosing a private celebration over an extravagant industry wedding. The couple welcomed their son in 2024, beginning a new chapter in their lives away from the constant glare of celebrity attention. Despite their professional standing, they have generally maintained a relatively private family life, sharing selected moments with the public while keeping much of their personal world to themselves.

Aditya Dhar's own career has also remained in the spotlight, particularly through his work as a filmmaker. His association with Dhurandhar, which has become a major subject of box-office discussion, has added another interesting connection between Yami's personal life and the wider world of Hindi cinema. Yet Yami has continued to build her professional identity independently, allowing her performances and film choices to speak for themselves rather than relying on the attention surrounding her family.

On 16 October, Yami is expected to return to theatres with Nayyi Navelli, a comedy-drama directed by Balaji Mohan. After several projects that have placed her in intense, serious and often high-pressure situations, a lighter film could offer audiences a refreshing change. Comedy and drama require their own kind of precision: an actor must understand timing, create believable relationships and make emotional moments feel natural without losing the entertainment value of the story. For Yami, the project represents an opportunity to explore a different mood and remind viewers of the versatility that has been present throughout her career.

The interest surrounding her return also reflects the audience's growing curiosity about actors who are willing to move between genres. In recent years, viewers have shown an appetite for stories that combine entertainment with strong characters and relatable emotions. Yami's film choices have often placed her within this changing landscape, where an actor's appeal depends increasingly on the ability to select meaningful projects rather than simply appear in a long list of releases. A comedy-drama could allow her to reconnect with the lighter side of her screen persona while continuing to evolve as a performer. Long before she became a familiar face in cinemas, Yami had already appeared in television programmes and advertisements. Many viewers remember her from commercials for a popular fairness cream and other brands during her early years. Advertising offered her an introduction to a different kind of camera work, where expressions, timing and the ability to communicate quickly were essential. Although such appearances may seem far removed from the demanding roles she takes on today, they formed part of the experience that helped her become comfortable in front of the camera.





A Year of Big Numbers:

What Hindi Cinema's 2026 Tells Us

Ten months into 2026, trade watchers are using one word more than any other: recovery. After a few uneven years marked by disappointing theatrical performances, changing audience preferences and the growing influence of streaming platforms, Hindi cinema appears to have found its footing again. The box-office numbers reported so far have given the industry reasons to feel optimistic, while also raising important questions about what audiences want from films today. From large-scale action dramas to mythological adventures and light-hearted comedies, the year has demonstrated that Bollywood's theatrical appeal remains strong when the right stories connect with viewers. According to the published tallies cited in recent trade discussions, Dhurandhar: The Revenge, directed by Aditya Dhar, has emerged as the highest-grossing Hindi release of the year, with a reported worldwide collection exceeding 1,800 crore. Border 2 follows with a reported total of



around 460 crore, while Hanuman Ansh, Mirzapur: The Movie, Bhooth Bangla and Dhamaal 4 have also attracted attention for their box-office performances. These figures should be treated as approximate, as collections can vary between reporting agencies and may be revised over time. Nevertheless, the reported results point towards a year in which several different kinds of films have managed to draw audiences into theatres. What stands out most is the variety of successful releases. A war drama, a mythological superhero film, a film based on a popular streaming property and comedies have all found audiences. This diversity challenges the long-standing belief that only one particular genre can work at the box office. Viewers are demonstrating that they are willing to explore different stories, provided the films offer engaging entertainment, memorable characters and a compelling reason to watch them on the big screen. For producers and directors, this is an encouraging development because it suggests that commercial success does not necessarily depend on following a single formula. The apparent recovery also reflects a gradual change in the relationship between filmmakers and moviegoers. Audiences have become more selective about their theatrical spending, particularly when entertainment options are available at home. A film must now offer something that feels worth the price of a ticket, whether that means spectacular action, an emotional story, comedy that works with a large audience or a visual experience that benefits from a cinema screen. The days when a familiar star or an expensive promotional campaign could automatically guarantee success appear increasingly uncertain. Viewers want entertainment that delivers on its promise. Another notable trend is the continuing popularity of sequels and established franchises. Audiences often feel a sense of familiarity with stories they already know, especially when earlier instalments have created memorable characters and emotional connections. This helps explain why several upcoming productions, including Drishyam 3 and other titles planned for the festive period, are continuations of existing stories. For studios, sequels offer a recognisable starting point for marketing, while viewers can approach them with some understanding of the characters and the world in which the story unfolds. However, familiarity alone is not enough to guarantee a hit. A sequel must provide a meaningful reason for audiences to return, whether through an unexpected development, a stronger emotional conflict or a fresh approach to the original concept. When a continuation feels unnecessary or repetitive, viewers can quickly lose interest. The challenge for filmmakers is to preserve what made the original successful while introducing something new. If handled well, franchises can become long-term theatrical attractions; if handled poorly, they risk exhausting audience goodwill.

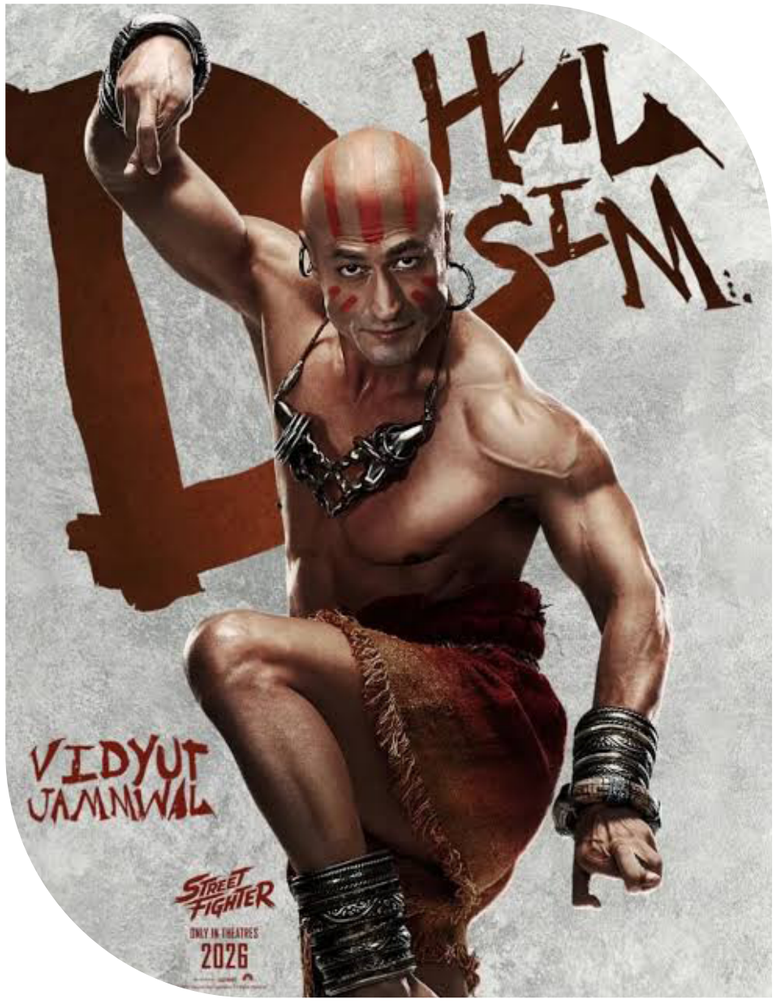


Vidyut Jammwal
Steps Into the Street Fighter Ring

Indian actors appearing in Hollywood films is no longer unusual. Over the years, several Indian performers have crossed international borders and found opportunities in major global productions. However, when an Indian martial artist steps into a prominent role as an Indian character in a major Hollywood action film, it becomes a particularly exciting moment. That is exactly what makes Vidyut Jammwal's casting as Dhalsim in Street Fighter noteworthy. The actor, known for his extraordinary physical abilities and commitment to action cinema, is set to bring his unique skills to one of the most recognisable characters in the popular video game franchise.

Vidyut plays Dhalsim, the stretchy, yoga-practising fighter from India who has remained a fan favourite among gamers since the early 1990s. Known for his unusual fighting style, spiritual outlook and remarkable flexibility, Dhalsim is one of the distinctive personalities in the Street Fighter universe. The character combines physical combat with discipline, balance and a philosophical approach to fighting. For Vidyut, the role feels almost custom-made because his real-life training and screen persona already reflect many of these qualities. His ability to perform demanding physical sequences and his long-standing interest in traditional Indian martial arts make him a natural fit for a character whose identity is closely connected with movement and body control.

Born in Jammu in 1980, Vidyut Jammwal developed an interest in martial arts at a young age. He began training in Kalaripayattu, Kerala's traditional martial art, as a child and spent years developing the strength, flexibility, coordination and discipline that would later become central to his career. Unlike actors who depend primarily on camera tricks or stunt doubles for action sequences, Vidyut has built much of his reputation around performing physically demanding movements himself.



His performances in films such as Commando and Junglee have showcased his athletic abilities and dedication to physically authentic action. In Commando, he demonstrated impressive hand-to-hand combat, agility and control, helping establish a style that audiences could associate with his name. Junglee, meanwhile, allowed him to combine action with a story centred on wildlife and the relationship between humans and animals. Across these projects, Vidyut has consistently highlighted the importance of preparation, physical fitness and disciplined training. His approach has helped attract audiences who appreciate action performances that rely on skill and precision rather than spectacle alone.

This is not Vidyut's first connection with Hollywood. He appeared in The Expendables 2 in 2012, marking an early association with an international action franchise. However, a role in Street Fighter offers the potential to reach a much wider audience, particularly because the franchise already enjoys a substantial following among gamers across different generations. Video game adaptations bring their own challenges, as filmmakers must satisfy long-time fans while introducing familiar characters to viewers who may not know the original games. Casting an actor with genuine martial arts experience in a role associated with Indian traditions gives the production an opportunity to connect the character's fictional abilities with a real-world cultural background.

Directed by Kitao Sakurai, Street Fighter brings together performers from different areas of entertainment, including film, television, martial arts and professional wrestling. The wider cast includes Noah Centineo, Andrew Koji, Callina Liang, Jason Momoa and David Dastmalchian, alongside professional wrestling stars such as Roman Reigns and Cody Rhodes. With such a physically imposing ensemble, the film promises an action-driven experience built around larger-than-life characters, confrontations and spectacular fighting sequences. Each performer brings a different screen presence, and the combination of martial artists, actors and wrestlers adds another dimension to the production's appeal.

For Indian viewers, Vidyut's casting carries a sense of quiet pride. It is not simply about an Indian actor appearing in an international production; it is also about seeing an Indian performer associated with a character whose identity draws on yoga and Indian cultural imagery.





The Kitchen Pharmacy

Everyday Herbs Our Grandmothers Trusted

Long before wellness became a billion-dollar industry, Indian homes had their own quiet pharmacy: a shelf of spices, a pot of tulsi on the balcony and a grandmother who knew what to do when someone sneezed.Tulsi, or holy basil, is perhaps the most loved. It is traditionally brewed in tea with ginger and a little honey when the weather changes, and it is grown in countless courtyards across the country. Haldi, or turmeric, appears in everything from dal to the famous haldi doodh, a warm cup of milk with a pinch of turmeric taken before bed.Ginger is the go-to for a heavy stomach, and jeera, ajwain and saunf, cumin, carom and fennel seeds, are the usual remedies for gas or bloating. A spoon of roasted saunf after a meal is still common in many households and restaurants. Amla, rich in vitamin C, is eaten fresh, as murabba or as juice during the cooler months.

Ayurveda also places importance on routine, or dinacharya. Traditional suggestions include drinking a glass of warm water on waking, cleaning the tongue, a short oil massage before bathing and eating the largest meal at midday when digestion is believed to be strongest. None of this is complicated, and much of it fits easily into a busy day.The important thing, as practitioners themselves often point out, is moderation and common sense. A herb being natural does not mean it is harmless in every quantity or for every person. Pregnant women, young children and people on regular medication should check before trying anything new.Some of these remedies are surprisingly simple. A teaspoon of honey in lukewarm water, taken in the morning, is a common household practice. A pinch of black pepper with ginger is used in many homes during the first signs of a cold. A teaspoon of ghee with warm rice is regarded as comforting and easy on digestion. Methi seeds soaked overnight are often taken by those who want to support healthy digestion, though anyone with a medical condition should check first.

Spices also do double duty. Cardamom, clove and cinnamon are not just flavourings but are traditionally valued for their warming and digestive qualities. Hing, or asafoetida, added to dal and vegetables, is thought to ease heaviness. The practice of tempering spices in hot ghee or oil, known as tadka, is as much about releasing flavour as about helping the body digest.Modern science has begun to study several of these ingredients, and some, like turmeric and ginger, have attracted considerable research interest. Researchers generally caution, however, that findings from laboratory studies do not always translate directly to everyday food, and that more careful work is needed. Treat the kitchen as a source of good habits and good flavour rather than a replacement for a doctor.Used sensibly, the kitchen pharmacy is a wonderful reminder that good health often begins with small, steady habits rather than expensive products. Sometimes the best remedy is already sitting in the spice box.







SHARAD RITU

How Ayurveda Asks Us to Eat and Live in Autumn

If you have felt a little irritable, warm or acidic this month, you are not alone. According to Ayurveda, October falls in Sharad Ritu, the autumn season, which follows the damp months of monsoon. Traditional texts say that heat stored in the body during the rains tends to flare up now, particularly the quality called pitta. Pitta is associated with heat, digestion and sharpness. When it rises, people commonly report acidity, skin rashes, burning eyes, short temper or excessive thirst. The traditional advice is simple and sensible: cool the system down gently. On the plate, that means favouring foods that are sweet, bitter and astringent in taste. Rice, moong dal, bottle gourd, ridge gourd, pumpkin, coriander, fennel, pomegranate, amla and ripe seasonal fruit are all traditional choices. Ghee, taken in small amounts, is considered soothing. Very spicy, oily, fermented and sour foods, heavy non-vegetarian meals and curd at night are best reduced.

Daily habits matter too. Traditional guidance recommends rising early, taking a cool but not cold bath, wearing light cotton and avoiding long hours in harsh midday sun. A gentle walk in the early morning, when the air is calm, suits this season well. The festival of Sharad Purnima, the full-moon night of the season, has a lovely tie-in. Families prepare kheer and leave it under the moonlight before eating it. Whatever one believes about the moon, the dish itself is exactly what the season calls for: light, sweet, cooling and eaten in company.

Ayurvedic texts describe the year in six seasons, each lasting about two months, and recommend adjusting food and routine to match them. Sharad, the season after the rains, is seen as a time when the body is slowly drying out from monsoon dampness while the sun is still strong. That mix of leftover moisture and rising heat is why seasonal fevers, skin complaints and acidity tend to be more common now Bitter vegetables like karela, in moderate quantity, and leafy greens are traditionally recommended in this season. A glass of coriander-seed water, made by soaking a spoon of crushed seeds overnight and straining it in the morning, is a well-known household cooling drink. Coconut water and buttermilk, taken in the daytime and not at night, are also popular choices.

Walking in the open air during early morning and evening, especially under the soft light of the moon during the full-moon period, has a long cultural tradition too. Many families still set aside one evening for sitting together outside, sharing fruit and kheer, and simply resting. It is an old habit that modern life has mostly forgotten, and yet it fits a season of mellow weather very well. A gentle note: these are traditional guidelines and not a substitute for medical advice. If you have a long-standing condition, diabetes or are taking regular medication, speak to a qualified doctor or a registered Ayurvedic practitioner before changing your diet significantly.





Dr. A.P.J. Abdul Kalam– The Teacher Who Built Rockets



Every year, 15 October offers an opportunity to remember a man who never lost his love for learning, even after reaching the highest office in the country. Avul Pakir Jainulabdeen Abdul Kalam, born on 15 October 1931 in Rameswaram, a small island town in Tamil Nadu, became one of India's most respected scientists, a distinguished President and an enduring source of inspiration for millions of young people. His life was a remarkable journey from a modest childhood to the forefront of India's scientific progress, yet he continued to believe that his greatest achievement was encouraging students to dream boldly and work towards their goals.

Kalam's early life was shaped by simplicity, discipline and a strong sense of responsibility. His father, Jainulabdeen, owned boats and served as an imam, while his mother, Ashiamma, cared for the family. Their household was not wealthy, and Kalam learned the importance of hard work from an early age. As a schoolboy, he delivered newspapers to contribute to the family's income while continuing his education. Those early experiences taught him self-reliance and perseverance, qualities that would remain visible throughout his life. He often spoke about the influence of his parents, teachers and childhood surroundings, showing that ambition does not require a privileged beginning.

Education became the foundation of Kalam's journey. He studied physics at St. Joseph's College in Tiruchirappalli before pursuing aeronautical engineering at the Madras Institute of Technology. Fascinated by aircraft, flight and the possibilities of science, he chose a field that would eventually place him at the centre of India's space and defence programmes. His years as a student demanded concentration, discipline and determination. The challenges he faced helped shape his belief that talent becomes meaningful when it is supported by effort and a willingness to learn from mistakes.

After completing his education, Kalam began his professional career in India's scientific and defence establishments. He initially worked with the Defence Research and Development Organisation (DRDO), before joining the Indian Space Research Organisation (ISRO), where he became closely involved in the country's developing space programme. At a time when India was building its technological capabilities with limited resources, scientists and engineers had to find practical solutions to demanding technical problems. Kalam became known for his ability to work with teams, encourage young colleagues and keep the larger national objective in view.

His contribution to India's space programme reached an important milestone with the development of the Satellite Launch Vehicle-III, or SLV-III. Under his project leadership, the vehicle successfully placed the Rohini satellite into orbit in July 1980. The achievement demonstrated India's growing ability to launch satellites using an indigenously developed rocket system. It was an important moment for the country's scientific community, strengthening confidence in domestic engineering and laying a foundation for future advances in launch technology.

Kalam's career later returned to the defence research sector, where he became a prominent figure in India's guided missile development programme. His association with projects involving systems such as Agni and Prithvi earned him the popular title of the "Missile Man of India." The nickname reflected his public role in the country's missile programme, but his work also involved managing teams, coordinating research and helping scientists translate complex technical ideas into operational systems. His career demonstrated how scientific progress depends not only on individual knowledge but also on collaboration, persistence and the ability to solve problems under pressure.

He also played a significant role in India's defence-science establishment during the nuclear tests conducted at Pokhran in May 1998, serving as a scientific adviser and working alongside other senior scientists and officials. These tests became a defining event in India's strategic history. Kalam's involvement placed him among the country's most prominent scientific figures, although his public identity was never limited to defence technology. Over time, he became equally recognised for his views on education, national development, innovation and the responsibility of young citizens to contribute to society.

Colleagues frequently described Kalam as a leader who valued teamwork and encouraged younger scientists to take responsibility. He believed that leadership involved accepting accountability when projects encountered difficulties and sharing recognition when teams succeeded. This approach helped create a reputation for humility despite the scale of the projects associated with his career. He was known for asking questions, listening to people with different levels of experience and encouraging young engineers to think independently rather than simply follow instructions.

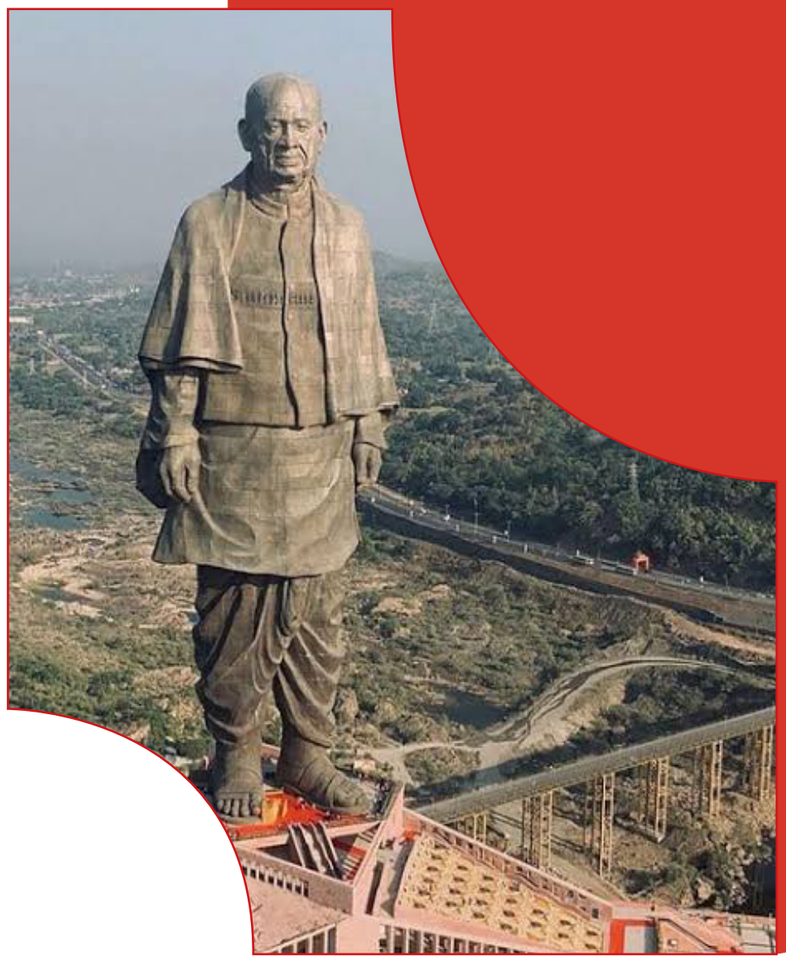
In 2002, Kalam entered a new chapter of public life when he became the eleventh President of India. His election brought a scientist into one of the country's most visible constitutional offices, and his five-year term became closely associated with his accessibility to students and young citizens. Rather than keeping public engagement limited to formal ceremonies, he regularly visited educational institutions, interacted with students and responded to questions from people who wrote to him. His simple manner and enthusiasm for education helped earn him the affectionate title "People's President."

For Kalam, the presidency was an opportunity to communicate ideas about learning, scientific temper and national development. He spoke to students about the importance of setting goals, acquiring knowledge and contributing to the country through meaningful work. He encouraged young people to ask questions instead of accepting every idea without examination. His speeches often combined optimism with practical advice, urging students to develop competence, integrity and a sense of responsibility. In doing so, he made scientific and civic themes accessible to audiences who might otherwise have considered them distant from everyday life.

Kalam was also a prolific writer whose books carried his ideas beyond classrooms and public speeches. His autobiography, Wings of Fire, became widely read among Indian students and aspiring professionals. The book recounts his early life, education and scientific career, offering a personal account of the people and experiences that shaped him. Its central message is that one's background does not have to determine one's future, provided ambition is matched by discipline, effort and a willingness to learn.

Other works, including India 2020: A Vision for the New Millennium and Ignited Minds, explored his hopes for India's development and the role of its young population in achieving that progress. He wrote about science, technology, education, agriculture, infrastructure and the need to create opportunities for people across the country. Rather than treating development as a task reserved for government or industry, he encouraged students, teachers, researchers and citizens to see themselves as participants in shaping the nation's future..

Sardar Patel:
THE IRON WILL BEHIND A UNITED INDIA



Every year on 31 October, India observes National Unity Day, also known as Rashtriya Ekta Diwas, in memory of Sardar Vallabhbhai Jhaverbhai Patel, one of the most influential leaders in the country's freedom struggle and early years of independence. Born on 31 October 1875, Patel's 151st birth anniversary falls in 2026, offering an opportunity to revisit the extraordinary life of the man remembered as the Iron Man of India. His contribution went far beyond politics: he helped bring together a country divided into numerous princely states and played a significant role in shaping the administrative foundations of independent India.

Patel was born in Nadiad, Gujarat, into a farming family. His early life was marked by simplicity, hard work and determination. Unlike many prominent leaders of his time, he did not begin his journey with the advantages of an elite education or an established political network. He studied with remarkable self-discipline, worked towards his ambitions and gradually built the qualifications needed for a career in law. His determination eventually took him to London, where he trained as a barrister. After completing his studies, he returned to India and established himself as a successful lawyer in Ahmedabad, earning a reputation for his sharp reasoning, confidence and ability to handle difficult cases.

In his early professional years, Patel was known for his polished appearance and formal Western clothing, reflecting the image of a successful lawyer. Yet his priorities changed as he became increasingly involved in India's struggle against British rule. His association with Mahatma Gandhi proved particularly important. Gandhi's philosophy of non-violent resistance and mass participation influenced Patel's political outlook, encouraging him to move away from a comfortable professional life and devote his organisational abilities to the freedom movement. Over time, he adopted khadi and became closely associated with the struggle for self-rule.

Patel's strength was not simply his ability to deliver speeches or attract public attention. He had an exceptional talent for organisation, planning and bringing ordinary people together around a common objective. He understood that a successful movement required discipline, clear communication and the willingness of people from different backgrounds to work collectively. These qualities became especially visible when he began supporting farmers who were struggling under difficult economic conditions and colonial taxation policies.

One of the early milestones in his public life came during the Kheda Satyagraha of 1918. Poor harvests had placed farmers in a difficult position, leaving many unable to meet their land revenue obligations. Patel worked alongside Gandhi and other leaders to organise the peasants and press for relief from the colonial administration. The movement demonstrated how collective action, when carefully organised, could challenge an established authority without relying on violence. It also helped establish Patel as a leader who understood the everyday hardships faced by rural communities.

A decade later, Patel led another significant campaign in Bardoli, Gujarat. In 1928, farmers protested against an increase in land revenue that they considered unjust, particularly given their economic circumstances. Patel helped coordinate the resistance, maintain discipline among the participants and negotiate with the authorities. The Bardoli Satyagraha eventually became an important success in the history of India's freedom movement. Following the campaign, women in the region began addressing him as Sardar, meaning leader or chief. The title stayed with him for the rest of his life and became inseparable from his public identity.

As the independence movement expanded, Patel became one of the leading figures within the Indian National Congress. He worked with Gandhi, Jawaharlal Nehru and other national leaders, contributing to political campaigns and organisational decisions during a period of intense change. His practical approach sometimes differed from the methods favoured by other leaders, but his ability to manage people and handle difficult negotiations made him an important figure in the national leadership. His political career reflected a combination of discipline, realism and a strong commitment to building an independent country.



The Cholas and the Great Temple of Thanjavur



Every year on 31 October, India observes National Unity Day, and the man at the centre of the observance is Vallabhbhai Jhaverbhai Patel, known to the country as Sardar. His 151st birth anniversary is only weeks away, and it is a good moment to look at the life behind the monument.Patel was born in 1875 in Nadiad, Gujarat, into a farming family. He did not have an easy start. He studied largely on his own, saved money for years and finally travelled to London to train as a barrister. He returned a polished lawyer in Ahmedabad, known for his sharp mind and his formal Western clothes, which he would later give up for simple khadi. The turning point came when he met Mahatma Gandhi. Patel became a committed worker in the freedom movement and showed a rare ability to organise ordinary people. In 1918 he helped farmers in Kheda who could not pay taxes after crop failure, and in 1928 he led the Bardoli satyagraha against unfair land revenue. After the success at Bardoli, the women of the region gave him the title Sardar, meaning leader.

After independence in 1947, he became India's first Deputy Prime Minister and Home Minister. The task before him was enormous. Hundreds of princely states, large and small, had to decide how they would join the new nation. With the help of his trusted civil servant V.P. Menon, Patel spent months in negotiation, persuasion and careful diplomacy. By 1950 most of the states had joined the Indian Union, giving the country the shape we recognise on the map today. Historians continue to discuss how each state came into the fold, and different accounts stress different details. What most agree on is that the speed and scale of the process were remarkable, and that Patel's administrative skill was central to it. He is also remembered as the founder of the modern All India Services, which still form the backbone of the civil administration. He died on 15 December 1950, only three years after independence. He was awarded the Bharat Ratna posthumously in 1991. The Statue of Unity near Kevadia in Gujarat, unveiled in 2018, rises to 182 metres and is among the tallest statues in the world, drawing visitors from across the country.

For readers of this magazine, the simplest tribute may be a small one. Take a moment on 31 October to reflect on how many languages, faiths and traditions share one flag. It did not happen by accident. A good way to teach children about the day is to look at an old map of the princely states beside a modern map of India, and ask how each piece came to fit together. The answer is a lesson in patience, courage and negotiation.



Sabudana Khichdi: The Fasting Favourite That Became Everyone's Favourite





Ask any Maharashtrian household what they eat when a fast is on, and the answer will almost certainly be sabudana khichdi. Made from sago pearls, which come from the starch of the tapioca root, this simple dish has crossed from the fasting plate into the tiffin box, the railway platform and the Sunday breakfast table. With Navratri beginning on 11 October, it is exactly the right time to learn to make it properly. The usual complaint about sabudana khichdi is that it turns sticky and lumpy. The secret lies in the soaking. Many cooks fail because they add too much water. The pearls should be just barely covered, not drowned, and they need enough time to swell.

Ingredients (serves 3 to 4): 1 cup sabudana, about 3/4 cup water for soaking, 1/2 cup roasted peanuts, 2 medium potatoes cut into small cubes, 2 to 3 green chillies chopped, 1 teaspoon cumin seeds, 2 tablespoons ghee or oil, rock salt (sendha namak) to taste, a pinch of sugar, juice of half a lemon, fresh coriander and, if you like, a little grated fresh coconut.

Step 1. Rinse the sabudana in a sieve under running water until the water runs almost clear. Drain well, add the 3/4 cup water and leave for 4 to 6 hours or overnight. The pearls should be soft when pressed between two fingers and should not stick together in clumps.

Step 2. Coarsely crush the roasted peanuts. Mix them gently into the soaked sabudana along with the rock salt and sugar. Rest for about 30 minutes so that the flavours settle.

Step 3. Heat the ghee in a wide pan. Add the cumin seeds and let them crackle, then add the green chillies. Add the potato cubes and cook on medium heat, stirring occasionally, until they are golden and cooked through. This takes around 8 to 10 minutes.

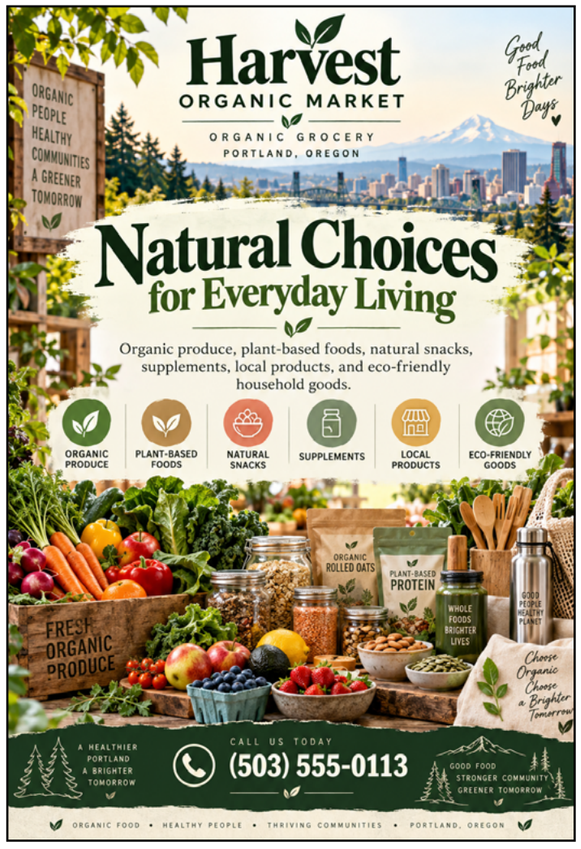
Step 4. Add the sabudana mixture. Keep the heat low to medium and stir gently. Cook for 4 to 5 minutes, until the pearls turn translucent and look glossy. Avoid cooking for too long or they will become gummy.

Step 5. Switch off the heat, squeeze in the lemon juice, scatter coriander and coconut and serve hot with plain curd or a little sweetened yoghurt.

A few friendly tips: use a wide pan so that the pearls spread out and do not steam. Some families add a little roasted peanut powder at the end for extra crunch. If you plan to cook it for a fast, use rock salt and avoid ingredients that are not traditionally permitted on your fasting day, since customs differ from family to family. Leftovers will firm up as they cool, so reheat with a spoonful of water on a low flame. Either way, the dish remains a reminder that simple ingredients, handled with care, can be truly satisfying.









Diwali Special:

Traditinal Homemade Karanji



Karanji is one of Maharashtra's most cherished traditional sweets, prepared especially during Diwali. These beautiful crescent-shaped pastries have a crisp, golden outer covering and a delicious filling of coconut, sugar, dry fruits and aromatic cardamom. Similar to gujiya in northern India, karanji holds a special place in festive celebrations and is often prepared in large batches to share with family, friends and guests. Its rich flavour, crunchy texture and delightful sweetness make it an essential part of the Diwali faral, the traditional assortment of homemade festive snacks.

Ingredients: For the outer covering, 2 cups all-purpose flour (maida), 3 tablespoons warm ghee, a pinch of salt and water as needed. For the filling, 1 cup grated dry coconut, ½ cup powdered sugar, 2 tablespoons chopped almonds and cashews, 1 tablespoon raisins, ½ teaspoon cardamom powder and 1 tablespoon poppy seeds (optional). Oil or ghee is required for frying.

Method: Begin by preparing the dough. Combine the flour, salt and warm ghee in a large bowl, rubbing the mixture between your fingers until it resembles breadcrumbs. Gradually add water and knead into a firm, smooth dough. Cover with a damp cloth and let it rest for 20 – 30 minutes.

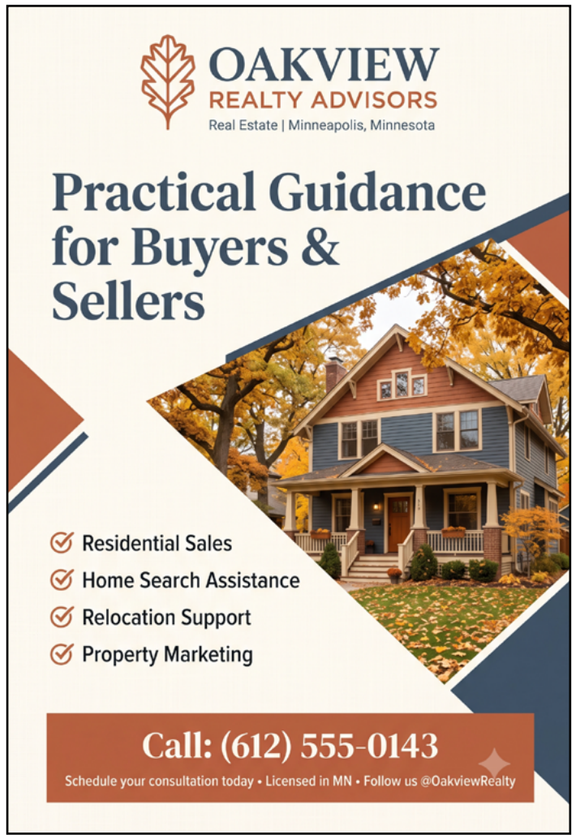
Meanwhile, heat a pan over low heat and lightly roast the grated coconut until fragrant. Allow it to cool completely before mixing in the powdered sugar, chopped nuts, raisins, cardamom powder and poppy seeds. Divide the rested dough into small, equal-sized balls and roll each into a thin circle. Place a spoonful of filling in the centre, fold the circle into a half-moon shape and seal the edges firmly. Trim the edges or create a decorative pattern using your fingers. Heat oil in a deep pan and fry the karanjis over medium-low heat until crisp and golden brown, turning gently for even cooking.

Remove and drain on absorbent paper. Let them cool completely before serving or storing in an airtight container.

Tips for Perfect Karanji: Keep the dough firm and cover it while working to prevent it from drying out. Make sure the filling is cool before stuffing, and avoid adding too much filling, as this may cause the edges to open during frying. Fry slowly over medium-low heat to achieve a crunchy texture without burning the pastry. Always allow the karanjis to cool completely before storing them to maintain their crispness.

A plate of homemade karanji brings the authentic taste of Maharashtra's Diwali traditions to every celebration. Whether served to visiting guests, shared with neighbours or packed into festive gift boxes, these sweet treats represent the warmth, happiness and togetherness that make Diwali so special.









Diwali, The Festival of Lights

Diwali, the festival of lights, will be celebrated on 8 November 2026. Across India, homes will glow with rows of traditional diyas, colourful rangoli and decorative lights as families gather to celebrate one of the country's most cherished festivals. The occasion symbolises the victory of good over evil, light over darkness and knowledge over ignorance. In northern India, Diwali is associated with Lord Rama's return to Ayodhya after fourteen years of exile and his victory over Ravana. According to tradition, the people of Ayodhya illuminated their homes with oil lamps to welcome him. In many households, the festival is also dedicated to Goddess Lakshmi, who represents wealth and prosperity, and Lord Ganesha, who symbolises wisdom and the removal of obstacles.

Preparations for Diwali often begin several days in advance. Families clean and decorate their homes, arrange colourful flowers, hang decorative torans at entrances and illuminate balconies and windows with strings of lights. Markets become lively with shoppers looking for new clothes, jewellery, sweets, gifts and festive decorations. Potters and local artisans prepare thousands of clay lamps, while sweet shops display beautifully arranged boxes of traditional delicacies. For many families, these preparations are as meaningful as the festival itself, creating an atmosphere of excitement and togetherness that grows with each passing day.

One of the most beautiful traditions of Diwali is the lighting of diyas. These small earthen lamps, traditionally filled with oil or ghee and fitted with cotton wicks, represent hope and the triumph of goodness. Families place them near doorways, windows, balconies and prayer spaces, creating a warm and welcoming atmosphere. Rangoli designs made with coloured powders, flower petals and rice flour decorate entrances, often featuring flowers, geometric patterns and auspicious symbols. Marigold garlands, lanterns and colourful decorations add to the festive charm. Many households also choose locally made clay lamps and reusable decorations to support artisans and make their celebrations more environmentally friendly.

Food plays an equally important role in Diwali celebrations. Kitchens fill with the aroma of freshly prepared sweets and savoury snacks, many of which follow recipes passed down through generations. In Maharashtra, traditional faral includes karanji, chakli, chivda, shankarpali and ladoos. Northern India is known for delicacies such as gujiya, kaju katli and gulab jamun, while other regions prepare their own special sweets using coconut, jaggery, rice flour and milk. Families often spend hours preparing these treats together before arranging them on festive plates for guests. Sharing homemade sweets with neighbours, relatives and friends is a cherished custom that expresses affection, hospitality and goodwill.

Although Diwali is celebrated throughout India, its customs vary from region to region. In Ayodhya, the festival is closely connected with the story of Lord Rama, while Varanasi is renowned for its spiritual atmosphere and illuminated riverfront during the festive season. In Maharashtra, Lakshmi puja and the preparation of traditional faral are important household traditions. In Gujarat, Diwali is associated with prosperity, worship and the Gujarati New Year, which follows the main festival in many communities. In southern India, Naraka Chaturdashi is particularly significant and is marked by early-morning rituals, traditional oil baths and festive meals.

In Amritsar and other Sikh communities, Bandi Chhor Divas is celebrated around the same time, commemorating Guru Hargobind Ji's release from imprisonment. These regional traditions reflect India's rich cultural diversity and the many stories associated with the season. Diwali is also a time for family reunions, exchanging gifts and beginning new ventures. People visit relatives, share festive meals and give sweets or thoughtful presents to express appreciation. Many businesses perform special puja and consider the period auspicious for new beginnings.

Children look forward to decorating the house, enjoying festive treats and spending time with family, while elders share stories and explain the significance of traditional rituals. Communities also organise cultural programmes, charity activities and gatherings that bring people together beyond their immediate families. These customs help preserve cultural heritage while creating memories that last for years.

In recent times, more people have begun embracing eco-friendly ways to celebrate Diwali. Choosing locally made diyas, using natural rangoli colours, avoiding excessive plastic decorations and reducing firecracker use can help minimise environmental impact. Families can also celebrate by donating food, supporting small businesses and sharing sweets with people who may otherwise be left out of the festivities. Thoughtful celebrations are particularly important for children, older people, pets and others who may be affected by loud fireworks and air pollution. Small changes can preserve the joy of Diwali while making the occasion more considerate and sustainable.

Diwali remains much more than a festival of lights and decorations. It is a celebration of faith, gratitude, generosity and the enduring strength of family and community bonds. From the gentle glow of a diya to the sweetness of homemade karanji, every tradition carries a message of hope and renewal. As India celebrates Diwali in 2026, the festival will once again remind people to welcome new beginnings, spread kindness and allow goodness to guide their lives.



Pushkar Camel Fair:

A Colourful Celebration of Rajasthan's Heritage



Dates: 17 – 24 November 2026 | Location: Pushkar, Rajasthan

Every November, the historic town of Pushkar in Rajasthan transforms into a lively gathering of camels, livestock traders, pilgrims, artists and travellers from across India and around the world. The Pushkar Camel Fair, also known as Pushkar Mela, is one of Rajasthan's most distinctive cultural events, combining traditional livestock trading with religious rituals, folk entertainment and colourful local markets. Set against the backdrop of the Aravalli hills and the desert landscape, the fair offers a fascinating glimpse into Rajasthan's rural life, artistic traditions and enduring cultural heritage. The 2026 fair is scheduled for 17 – 24 November, with celebrations associated with the sacred occasion of Kartik Purnima.

The fair has deep roots in the region's agricultural and trading traditions. For generations, camel and livestock owners have travelled from rural communities to gather in Pushkar, bringing animals to trade and display. Camels, horses and other livestock are carefully groomed, decorated and presented to prospective buyers. Camels often wear colourful textiles, embroidered saddles, decorative beads and ornamental accessories that reflect the craftsmanship of Rajasthan. For local traders and herders, the gathering has economic importance, while for visitors it offers an opportunity to understand the traditional relationship between desert communities, animals and rural livelihoods.

One of the most memorable sights at the fair is the spectacular display of decorated camels. Their owners take pride in their animals' appearance, preparing them with elaborate ornaments and traditional decorations. Visitors can explore the livestock grounds, observe trading activities and experience the atmosphere of a centuries-old rural gathering. The fair is also known for entertaining competitions, including the longest-moustache contest, matka-phod challenges and other traditional activities. These events bring humour, excitement and community participation to the celebrations, making the fair appealing to visitors of different ages.

Beyond the livestock grounds, Pushkar Mela becomes a celebration of Rajasthan's music, dance and folk traditions. Cultural performances showcase energetic folk dances, traditional instruments, devotional songs and stories passed down through generations. Local artisans display handmade jewellery, embroidered textiles, leather goods, decorative items and colourful handicrafts.





Bhai Dooj – Celebrating the Beautiful Bond Between Brothers and Sisters

Bhai Dooj is one of the most heartwarming festivals in the Indian cultural calendar, celebrating the beautiful relationship between brothers and sisters. Observed on the second lunar day after Diwali, the festival brings families together through prayers, traditional rituals, delicious food and the exchange of gifts. In 2026, Bhai Dooj falls on 11 November. Known by different names across India, including Bhai Tika in Nepal, Bhai Phonta in Bengal and Yama Dwitiya in several traditions, the festival reflects the affection, trust and lifelong support that siblings share. While Diwali illuminates homes with lamps and decorations, Bhai Dooj adds a personal touch to the festive season by honouring the relationships that make family life meaningful.

The festival is associated with the legend of Yama, the Hindu god of death, and his sister Yamuna. According to popular belief, Yamuna warmly welcomed her brother into her home, applied a ceremonial mark on his forehead and offered him a delicious meal. Touched by her affection and hospitality, Yama blessed her and declared that brothers who received such blessings from their sisters would enjoy happiness and well-being. This story became an important part of the festival's traditional significance. Although different regions preserve their own versions of the legend, its central message remains the same: the love between siblings is precious and deserves to be celebrated with gratitude and care.

Preparations for Bhai Dooj often begin early in the day, with families cleaning and decorating their homes and arranging the items needed for the ceremony. Sisters prepare a puja thali containing roli or kumkum, rice grains, sweets, flowers, a diya and other traditional offerings. During the ritual, they apply a tilak to their brothers' foreheads, perform an aarti and pray for their health, happiness, success and long life. In many households, the ceremony is followed by the exchange of gifts and blessings. Brothers express their affection by giving presents to their sisters and reaffirming their commitment to supporting them through life's challenges. These simple but meaningful customs make the occasion a memorable celebration of mutual love and respect.

Food plays an important role in Bhai Dooj celebrations, with families preparing special dishes to mark the occasion. Homemade sweets such as laddoos, barfi, gulab jamun and kheer are commonly served alongside festive meals. Depending on regional traditions, the menu may include puri, vegetable curries, rice dishes and other family favourites. In West Bengal, Bhai Phonta is celebrated with distinctive rituals and a generous spread of traditional food, while communities in northern and western India follow their own customs. The act of preparing and sharing a meal adds warmth to the celebration, turning the festival into an opportunity for relatives to reconnect, exchange stories and enjoy one another's company.

Bhai Dooj is celebrated in different ways across the country, reflecting India's rich cultural diversity. In Maharashtra and parts of northern India, sisters traditionally welcome their brothers for the tilak ceremony and a festive meal. In Bengal, Bhai Phonta is marked by a ceremonial application of sandalwood paste or other traditional materials, accompanied by prayers and affectionate blessings. In Nepal, Bhai Tika forms an important part of the Tihar festival, when sisters apply colourful tika and offer garlands and blessings to their brothers. Although the rituals and names vary, each tradition celebrates the same enduring values of affection, protection and family unity.

The festival also has a special emotional significance for siblings who live far apart. In modern times, education, employment and travel often separate brothers and sisters across cities and countries. Many families make arrangements to reunite during the festive season, while others celebrate through video calls, online gifts and heartfelt messages. Even when siblings cannot meet in person, the occasion provides an opportunity to express appreciation and maintain close relationships. For many people, childhood memories of festive meals, playful arguments, shared celebrations and family traditions make Bhai Dooj especially meaningful. The festival reminds siblings that distance need not weaken the bond they share.

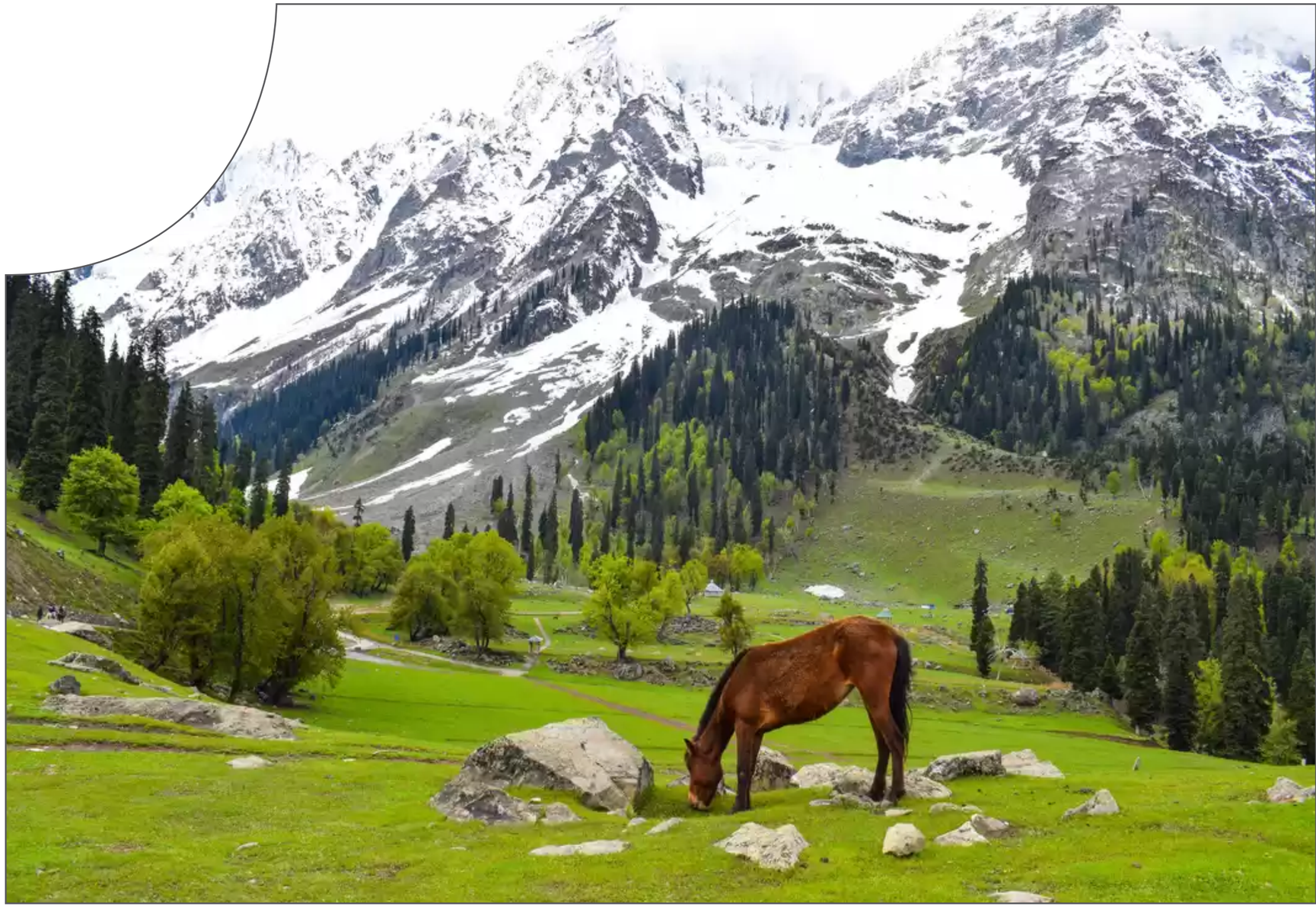






The Beauty Of Kashmir:

Valleys, Water and Quiet



Kashmir is often described as paradise on Earth, a place where majestic mountains, green valleys, sparkling lakes and peaceful landscapes come together to create extraordinary natural beauty. Nestled in the northern part of India, the Kashmir Valley is surrounded by the magnificent Himalayas and the Pir Panjal range. Its scenery changes with every season, from the delicate blossoms of spring to the lush meadows of summer, the golden colours of autumn and the snow-covered landscapes of winter. Whether viewed from a mountain trail, a lakeside garden or a traditional houseboat, Kashmir offers a sense of calm that makes it one of India's most enchanting destinations.

One of the most beautiful features of Kashmir is its remarkable landscape of valleys and mountains. Vast stretches of green fields, fruit orchards and pine forests lie beneath towering Himalayan peaks, creating breathtaking views in every direction. Places such as Pahalgam, Gulmarg and Sonamarg are known for their meadows, flowing rivers and dramatic mountain scenery. In spring, apple and almond blossoms add delicate shades of pink and white to the countryside, while summer brings fresh greenery and colourful wildflowers. Autumn transforms the famous chinar trees into brilliant shades of red, orange and gold, giving the valley a warm and unforgettable appearance.

Water is an essential part of Kashmir's beauty, adding movement and tranquillity to its landscapes. Dal Lake in Srinagar is among the region's most recognisable attractions, famous for its traditional wooden houseboats, floating gardens and colourful shikaras. Early in the morning, the lake often reflects the surrounding mountains and the soft colours of the sky, creating a peaceful atmosphere. Visitors can enjoy boat rides, observe local life along the waterfront and explore the floating markets that form part of the lake's unique character. Nigeen Lake, quieter than some of the busier areas of Dal Lake, offers another perspective on Kashmir's serene waters and traditional lakeside living.

The rivers and streams of Kashmir contribute equally to its charm. The Lidder River flows through Pahalgam, its clear waters winding between rocky banks, pine-covered slopes and open meadows. In other parts of the valley, mountain streams descend through forests and villages, creating refreshing natural settings. The sound of flowing water, the movement of leaves in the breeze and the distant calls of birds combine to create an atmosphere that feels far removed from the noise of busy cities. These landscapes are particularly appealing to travellers who enjoy nature walks, photography and quiet moments outdoors.

Kashmir's gardens reveal another dimension of its beauty, blending natural scenery with centuries-old landscaping traditions. Srinagar's Mughal gardens, including Shalimar Bagh, Nishat Bagh and Chashme Shahi, feature terraced lawns, fountains, flowing water channels and views of the surrounding mountains. Originally developed under Mughal patronage, these gardens reflect a distinctive approach to architecture and nature, where symmetry, water and greenery work together to create a sense of harmony. In spring, colourful flowers brighten the garden beds, while the changing foliage of autumn lends the pathways a different kind of beauty.

The region's natural surroundings are also closely connected with its traditional way of life. Wooden houses, carved balconies, local markets and historic mosques contribute to the cultural character of Kashmir's towns and villages. Srinagar's old quarters preserve examples of traditional architecture, while local artisans continue to practise crafts such as papier-mache, carpet weaving, wood carving and the making of finely embroidered textiles. Kashmiri shawls, especially those made from fine wool and traditional embroidery, are admired for their craftsmanship and intricate designs. These artistic traditions provide a glimpse into the patience, creativity and knowledge passed down through generations.

Food is another important part of the Kashmiri experience. The region's cuisine combines aromatic spices, carefully prepared meat dishes, rice and traditional breads. The famous wazwan, a ceremonial multi-course meal, holds particular importance at weddings and special gatherings. Popular dishes include rogan josh, yakhni and gushtaba, while vegetarian preparations and local breads are also enjoyed in everyday meals. Kahwa, a traditional green tea often flavoured with saffron, cardamom and almonds, is especially comforting in the colder months. Sharing a warm cup of tea while looking out at the mountains or a quiet lake adds a simple but memorable element to a visit.

Kashmir's seasons create distinct experiences for visitors. Spring is ideal for witnessing blossoms and gardens coming into bloom, while summer offers opportunities to explore green meadows, mountain trails and cool lakeside surroundings. Autumn attracts visitors with its striking colours, particularly the golden and crimson leaves of chinar trees. Winter brings snowfall to many areas, transforming the landscape into a white wonderland and creating opportunities for snow-related activities in destinations such as Gulmarg. Each season reveals a different side of the valley, making Kashmir a destination that rewards visitors throughout the year.

Despite its popularity, the true beauty of Kashmir lies not only in its famous attractions but also in its quieter moments. It can be found in the reflection of mountains on still water, the fragrance of apple orchards, the sight of sunlight moving across a meadow and the gentle rhythm of village life. Travelling responsibly, respecting local customs, supporting local artisans and helping protect lakes and natural habitats can contribute to preserving the region's distinctive character.

Kashmir remains a remarkable meeting place of natural splendour, cultural heritage and everyday tranquillity. Its valleys inspire wonder, its waters offer moments of calm, and its traditions tell stories of generations who have lived alongside the mountains. For those seeking beautiful scenery and a deeper connection with nature, Kashmir offers an experience that extends beyond sightseeing. It is a place where the simplest moments—watching the sunrise over a lake, walking through an autumn garden or listening to a mountain stream—can become lasting memories.

Kashmir's natural landscape is also home to a remarkable variety of wildlife and plant life. The Dachigam National Park, located near Srinagar, is famous for protecting the endangered Hangul, or Kashmir stag, a rare deer found in the region. The park's forests, mountain slopes, and streams provide shelter to numerous birds and animals, making it an important destination for nature enthusiasts. Higher in the mountains, the Himalayan landscape supports unique species adapted to cold temperatures and rugged terrain. Birdwatchers can discover a variety of resident and migratory birds, while nature lovers can appreciate the changing vegetation as the altitude increases. These protected areas highlight the ecological importance of Kashmir and remind us that its forests and mountains are not merely beautiful scenery but living habitats that require careful conservation.

Another fascinating part of Kashmir is its traditional connection with saffron cultivation. The fields around Pampore, often associated with Kashmir's saffron heritage, turn into a colourful landscape during the flowering season, generally in autumn. The delicate purple flowers are carefully collected, and their tiny red stigmas are separated by hand to produce the prized spice

THE TABLA:
Two Drums, One Language



Few Indian musical instruments can create such a wide range of sounds with such a simple appearance as the tabla. Made up of two hand-played drums, the tabla is an important part of Hindustani classical music and is also heard in devotional music, film songs, fusion performances and modern compositions.

The tabla consists of two main drums. The smaller drum is called the dayan and is generally played with the dominant hand. The larger drum is called the bayan and produces deeper sounds. Together, the two create a combination of sharp, clear notes and rich, resonant bass sounds.

One of the most interesting aspects of tabla music is its language. Tabla players learn rhythmic syllables such as “dha”, “dhin”, “na”, “tin” and many others. These syllables are not random sounds. They help musicians understand and remember complicated rhythmic patterns.

Rhythm, or taal, is at the heart of Indian classical music. A musician must develop a strong sense of timing and learn to recognise patterns. This takes patience. Beginners often start with simple exercises and gradually move towards more complicated compositions.

The tabla also teaches an important life lesson: progress comes through repetition.

A student may practise the same movement hundreds of times before it feels natural. The process can be slow, but every small improvement builds confidence.

Another beautiful thing about the tabla is its ability to communicate without words. A good tabla player can accompany a singer, respond to another musician or create an energetic solo performance. The instrument can sound joyful, peaceful, dramatic or powerful depending on how it is played.

Young people today can discover Indian instruments through music classes, online learning and performances. Learning an instrument is not only about becoming a professional musician. It can improve concentration, patience, listening skills and confidence.

Here is an original short song celebrating music:

Suron Ki Roshni

Ek sur se subah jagi,
Ek taal se shaam,
Dil ki dhadkan gaati jaaye,
Music mera naam.
Chhoti si ek dhun ho,
Ya saazon ka mela,
Jahan mile dil se dil,
Wahin rahe ujala.

Music has a special ability to connect generations. Grandparents may remember classical compositions, parents may have favourite film songs and children may enjoy completely different styles. Yet everyone understands rhythm, melody and emotion.

The tabla represents this connection beautifully. It is traditional, but it does not belong only to the past. It continues to find a place in contemporary music.

Perhaps that is the real strength of Indian musical traditions. They can change without losing their identity.

The history of the tabla is closely connected with the development of Hindustani classical music in India. Over time, the instrument became an essential part of musical performances, accompanying vocalists, instrumentalists, and dancers. Its ability to produce a wide variety of tones makes it suitable for both gentle accompaniment and exciting rhythmic solos. In a classical concert, the tabla player does more than maintain the beat. The musician listens carefully to the main performer, responds to melodic phrases, and adds rhythmic patterns that bring energy and depth to the presentation. This relationship between melody and rhythm creates a musical conversation in which every sound has a purpose.





Simple Beauty Habits That Actually Matter- Part 1



Beauty does not always require expensive products or complicated routines. Often, the most effective beauty habits are simple things we can do consistently.

1. Wash Your Face Gently

Use a gentle cleanser suited to your skin. Avoid scrubbing too hard, as excessive rubbing can irritate the skin.

2. Never Skip Sun Protection

Sunscreen is one of the most useful daytime skincare habits. Use a broad-spectrum sunscreen and reapply when needed, especially when spending time outdoors.

3. Drink Enough Water

Good hydration supports normal body functions and can help you feel fresher throughout the day.

4. Give Sleep a Higher Priority

Late nights may feel normal, but regular, adequate sleep is important for overall wellbeing and how you look and feel.

5. Remove Makeup Before Sleeping

Makeup should not become an overnight routine. Remove it gently before going to bed and cleanse your face.

6. Change Your Pillow Cover Regularly

Pillow covers collect sweat, oils and product residue. Keeping them clean is a small but useful hygiene habit.

7. Do Not Squeeze Every Pimple

Picking at acne can irritate the skin and may increase the risk of marks. Let troublesome acne settle or seek professional advice when necessary.

8. Moisturise Your Skin

Even oily skin can need moisturisation. Choose a product appropriate for your skin type.

9. Remember Your Lips

Lips can become dry, especially in winter or when exposed to sun and wind. A simple lip balm can help.

10. Clean Your Phone Screen

Your phone touches your hands and face repeatedly. Wiping the screen regularly is a simple hygiene habit.

11. Clean Makeup Brushes

Brushes can collect makeup residue, oils and dirt. Wash them regularly and allow them to dry completely.

12. Do Not Share Personal Makeup

Sharing products that touch the eyes or lips can spread infections. Personal cosmetics are best kept personal.

The most important lesson is that beauty routines should be realistic. A routine with ten products that you follow for three days is less useful than a simple routine you can maintain for months.

Skin is also individual. What works for one person may not work for another. If a product causes burning, severe irritation or a persistent reaction, stop using it and seek appropriate advice. True beauty care is not about trying to look perfect every morning. It is about taking care of yourself consistently.

Hair Care Made Simple – Part 2



Healthy-looking hair is often the result of ordinary habits rather than expensive treatments. Hair care begins with understanding that hair can be damaged by excessive heat, rough handling, harsh chemicals and poor everyday habits.

13. Do Not Brush Wet Hair Roughly

Wet hair is more fragile. Use a wide-tooth comb and work gently from the ends upward.

14. Choose a Wide-Tooth Comb

A wide-tooth comb can reduce pulling and unnecessary breakage, particularly for longer or curly hair.

15. Avoid Very Hot Water

Extremely hot water can leave the scalp and hair feeling dry. Lukewarm water is usually more comfortable.

16. Massage the Scalp Gently

A gentle scalp massage can be relaxing. Avoid scratching with fingernails.

17. Trim Damaged Ends

Regular trims can help keep the ends looking neat, especially when split ends are a concern.

18. Limit Excessive Heat Styling

Frequent use of straighteners, curling irons and high-heat dryers can contribute to damage.

19. Keep Your Hair Towel Clean

Use a clean towel and avoid rubbing wet hair aggressively.

20. Do Not Tie Hair Too TightlyVery tight hairstyles can pull on the hair and scalp. Choose comfortable styles whenever possible.

21. Protect Hair From Strong Sun

Long periods in strong sunlight can make hair feel dry. A hat or scarf can provide useful protection.

22. Give Your Hair Comfortable Days

Hair does not need to be styled elaborately every day. Simple, loose hairstyles can give you a break from tight clips and bands.

23. Wash According to Your Scalp

There is no single correct washing schedule for everyone. Consider your scalp type, activity level and hair needs.

24. Eat a Balanced Diet

Hair health is connected to overall nutrition. Include a variety of protein sources, fruits, vegetables, whole grains and other nutritious foods.

Hair care is also about avoiding unnecessary experimentation. Every week there is a new viral oil, mask or treatment online. Not every trend deserves a place in your bathroom.

If you have persistent hair loss, severe dandruff, scalp pain or sudden changes in hair growth, it is better to seek professional advice rather than repeatedly changing products.

Beautiful hair does not have to be perfect. Clean, comfortable and well-cared-for hair is more important than following every fashion trend.

The best hair routine is one that suits your lifestyle and that you can follow consistently.

Hands, Nails and Feet – Part 3



Hands, Nails and Feet – Part 3

Our hands and feet often receive less attention than our face and hair, even though they work hard every day. Simple care can keep them clean, comfortable and presentable.

25. Moisturise Your Hands

Apply hand cream when your hands feel dry, particularly after washing them frequently.

26. Keep Hand Cream Nearby

A small tube in your handbag, office drawer or bedside table makes regular use easier.

27. Keep Nails Clean

Clean nails are an important part of personal hygiene. Wash under the nails gently.

28. Avoid Biting Your Nails

Nail biting can damage the nails and surrounding skin and may transfer germs to your mouth.

29. File Nails Gently

Use a nail file instead of repeatedly cutting or tearing rough edges.

30. Moisturise Your Feet

Feet can become dry and rough, especially around the heels. Regular moisturisation can help.

31. Choose Comfortable Footwear

Shoes should fit properly. Fashion is enjoyable, but uncomfortable footwear can make walking painful.

32. Change Socks Regularly

Clean socks help maintain foot hygiene and comfort.

33. Do Not Tear Cuticles

The skin around the nails provides protection. Avoid aggressively cutting or pulling it.

34. Keep Jewellery Clean

Rings, bracelets and watches collect sweat and dirt. Clean them appropriately according to their material.

35. Remove Old Nail Polish

Letting old polish remain for long periods can make nails look untidy. Give nails occasional breaks if you enjoy regular polish.

36. Keep a Basic Manicure Kit

A simple kit with a nail cutter, file, clean towel and moisturiser is enough for basic home care.

Beauty care is often associated with appearance, but hand and foot care is equally about comfort and hygiene.

Small habits can make a noticeable difference. Washing hands properly, keeping nails clean, moisturising dry skin and choosing suitable footwear are practical forms of self-care.

Avoid cutting the skin around nails excessively or using unclean tools. If you notice persistent swelling, pain, unusual nail colour or infection, professional advice is better than attempting to treat the problem with random home remedies.

There is no need for an elaborate salon routine every week. A few minutes of basic care can keep your hands, nails and feet healthy-looking and comfortable.

Beauty is not only about what people notice first. It is also about caring for the parts of ourselves that quietly support us every day.

Smart Beauty Habits – Part 4



The final part of our 50 beauty tips is about making beauty routines safer, simpler and more practical.

37. Organise Your Products

Keep skincare and makeup products in one clean, organised place. You are more likely to use what you can easily find.

38. Check Expiry Dates

Cosmetics do not last forever. Check product information and discard products that are old, damaged or have changed smell or texture.

39. Patch-Test New Products

When trying a new skincare product, test a small area first if appropriate. This can help you notice irritation before using it widely.

40. Try One New Product at a Time

Introducing several new products simultaneously makes it difficult to know which one caused a reaction.

41. Do Not Follow Every Trend

A product being popular online does not mean it is suitable for everyone.

42. Read the Label

Take a moment to understand what a product is intended for and how it should be used.

43. Be Careful With Strong Fragrances

Fragrance can irritate some people's skin. If you are sensitive, choose products accordingly.

44. Clean Your Sunglasses

Sunglasses touch your face regularly. Clean the lenses and frames gently.

45. Clean Hair Accessories

Brushes, combs, clips and bands can collect oil and product residue. Clean them regularly.

46. Keep Makeup Away From Excessive Heat

High temperatures can affect some cosmetic products. Store them according to the manufacturer's instructions.

47. Enjoy Makeup-Free Days

Makeup is fun, but you do not need it every day to feel confident.

48. Smile

A genuine smile can change the way a person looks and feels more than another layer of makeup ever could.

49. Improve Your Posture

Standing and sitting comfortably with good posture can make you appear more confident.

50. Be Kind to Yourself

Do not turn beauty into a competition. Everyone's skin, hair, body and features are different.

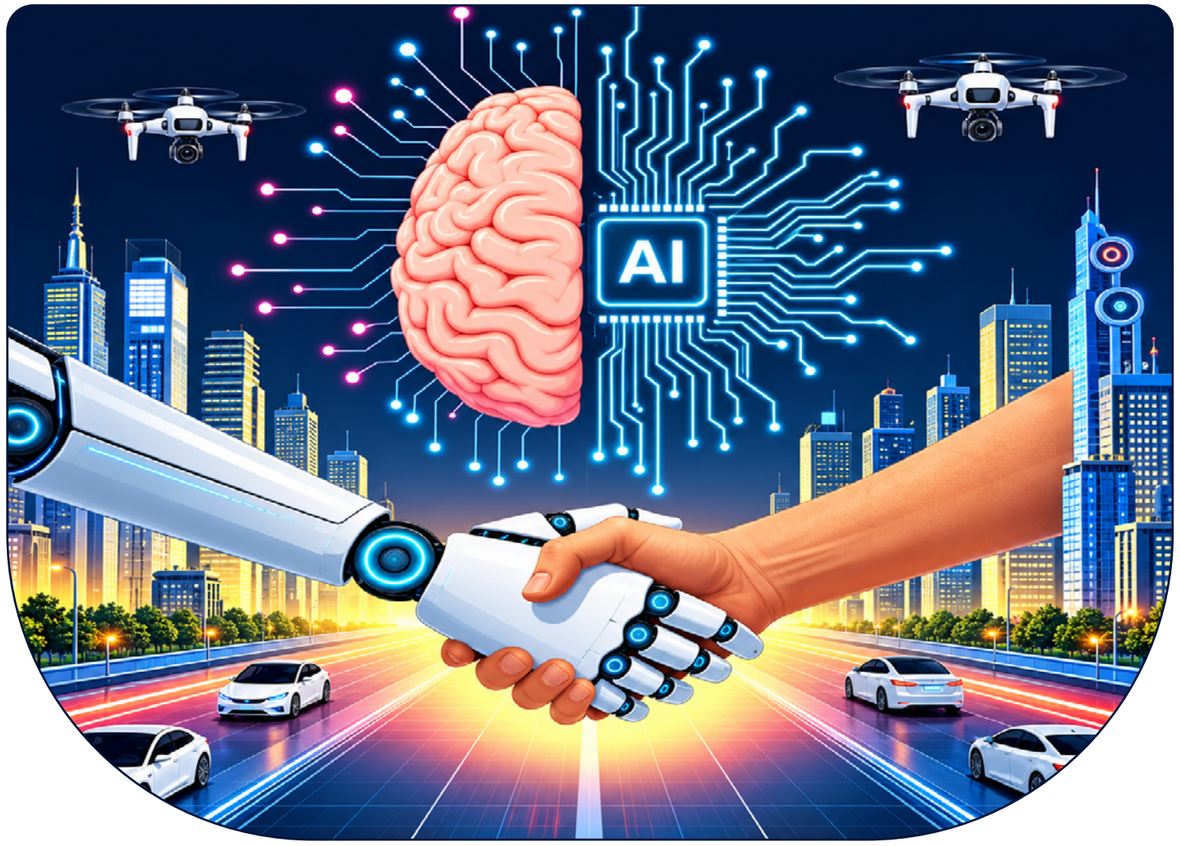
The biggest beauty mistake is believing that there is one perfect appearance. Social media often shows carefully selected photographs, lighting, filters and professional styling. Real people naturally have pores, lines, uneven skin tones, scars, grey hair and changing bodies.

A healthy beauty routine should support confidence rather than create anxiety.

Choose products carefully, avoid unnecessary experiments and remember that personal hygiene, sleep, nutrition, movement and emotional wellbeing are all part of looking and feeling your best.

After 50 tips, the most important one is perhaps the simplest: take care of yourself without constantly comparing yourself with someone else.

That is a beauty habit worth keeping.



AI Is Moving From the Screen Into Everyday Life

Artificial intelligence once sounded like something belonging to science-fiction films. Today, it is becoming part of ordinary life.

People use AI tools to write, translate, search for information, organise ideas, create images, study subjects and automate repetitive tasks. Businesses are using AI to analyse data, support customers and improve productivity.

India is already deeply connected with the technology industry, so the growth of AI is especially important. Indian IT professionals, engineers, software companies and students are increasingly working with AI-related technologies.

But AI is not simply a story about machines replacing people. In many situations, it is better understood as a tool that changes how people work.

For example, a teacher may use AI to prepare ideas for a lesson, but the teacher still needs to decide what students actually need to learn. A designer may use AI to generate concepts, but human judgement is required to choose the useful idea. A business may use AI to analyse information, but people remain responsible for important decisions.

The technology therefore creates opportunities as well as challenges.

One major issue is accuracy. AI systems can sometimes provide incorrect information in a confident way. This means users should not automatically believe everything an AI tool produces. Important facts should be checked against reliable sources.

Privacy is another concern. People should be careful about entering sensitive personal information into online services without understanding how the information may be handled.

There is also a growing problem of deepfakes and voice cloning. Artificial intelligence can make fake photographs, videos and voices look or sound convincing. This can be used for entertainment, but it can also be used for scams and misinformation.

A simple rule can help: pause before you trust, forward or pay.

If someone sends an urgent message asking for money, verify the person's identity through another channel. If a video looks shocking, check whether reliable news organisations are reporting the same event. If a voice call sounds like a family member asking for an emergency transfer, confirm directly before taking action.

The future of AI will depend not only on technology but also on responsible users.

Students should learn how to work with AI without becoming completely dependent on it. Workers should develop skills that allow them to use new tools effectively. Companies should think about privacy, security and fairness.

Technology changes quickly. The important skill is therefore not memorising one particular tool. It is learning how to adapt.

AI may become more powerful in the coming years, but human qualities such as judgement, creativity, empathy, responsibility and common sense will remain valuable.







INDIA'S CHIP STORY:
WHY SEMICONDUCTORS MATTER



Most people do not think about semiconductors when they use a mobile phone, drive a modern car or switch on a computer. Yet tiny electronic chips are at the heart of almost every modern device.

A semiconductor is a material used to control electrical signals. Semiconductor chips can contain billions of tiny components and perform calculations, store information or control electronic systems.

Smartphones need chips. Cars need chips. Computers, medical equipment, communication systems and many household devices depend on them.

This is why semiconductor technology has become an important part of India's technology ambitions. India already has a large pool of engineers and a strong presence in software and chip design. The next challenge is to build a broader ecosystem that includes research, design, manufacturing, testing and advanced packaging.

Chip manufacturing is extremely complex. It requires specialised factories, highly controlled environments, advanced equipment, reliable electricity and water supplies, skilled workers and a network of suppliers. This is very different from writing software. A software application can sometimes be developed with a laptop and an internet connection. Manufacturing a semiconductor requires enormous infrastructure and precision.

However, India does not necessarily have to build every part of the global semiconductor industry at once. There are opportunities in chip design, research, packaging, testing and supporting technologies as well.

For students, this creates an interesting career landscape. Electronics, physics, mathematics, computer science and engineering can all connect to the semiconductor industry.

The growth of the sector also has a wider economic significance. A strong domestic electronics ecosystem can create skilled employment, support manufacturing and reduce dependence on long international supply chains. The global chip industry has shown how important supply chains are. When semiconductor production is disrupted, industries ranging from automobiles to consumer electronics can be affected. India's semiconductor ambitions are therefore not simply about producing small pieces of silicon. They are about building technological capability.

There are challenges, of course. Semiconductor factories require large investments, advanced technical knowledge and long-term planning. India must also continue developing research institutions and skilled talent. For ordinary consumers, the biggest impact may be invisible. A successful semiconductor ecosystem will not necessarily produce something dramatic that people can immediately see. Instead, it can quietly support the devices, factories and services that modern life depends upon.

This is one reason technology development is often misunderstood. Some of the most important innovations are not the products we hold in our hands but the systems that make those products possible.

India's chip journey is still developing, but it represents an important shift—from being mainly a user and service provider of technology to becoming a larger participant in the technologies that power the modern world.

The chip may be tiny.

The opportunity behind it is enormous.







India and the New T20 Challenge



Cricket continues to change, and T20 cricket has perhaps changed it more than any other modern format.

The shortest international format demands speed. A batter may have only a few overs to make an impact. A bowler must think carefully because even a single expensive over can change a match. Fielders have to react quickly, and captains constantly make decisions.

In October 2026, India faces the West Indies in a five-match T20I series beginning on October 6, with matches scheduled across several Indian venues. Such a series provides another opportunity to watch how modern T20 cricket is evolving.

T20 cricket is not simply about hitting sixes.

Successful teams need a combination of power, timing, fitness, bowling variations, fielding ability and tactical intelligence. Players must understand situations quickly.

A batter may decide to attack one bowler but play cautiously against another. A captain may change the field after just one delivery. A bowler may use slower balls, yorkers or changes of pace depending on the batter.

This makes T20 an interesting sport for young players because it combines physical skills with decision-making.

India's large cricket system also gives players opportunities to develop through domestic competitions and franchise cricket. But talent alone is not enough. Professional cricket requires fitness, recovery, nutrition and mental preparation.

The modern cricketer also works with data. Teams analyse batting patterns, bowling lengths, scoring areas and opposition tendencies. Technology can help players understand their performances in detail.

Yet numbers cannot completely replace instinct.

A match may reach a moment when a player has to make a decision in seconds. Experience, confidence and the ability to remain calm become extremely important.

For young cricket fans, T20 can also teach useful lessons. Quick games demonstrate the importance of staying focused. A team may be behind for several overs and then change the match in a few minutes.

That does not mean every moment has to be dramatic. Good cricket also depends on patience.

A bowler may set up a batter over several deliveries. A batter may wait for the right ball rather than trying to hit everything.

The balance between aggression and patience is what makes the format exciting.

Indian cricket has a huge audience, but the future of the sport depends on more than professional matches. Schools, academies and local clubs are important because that is where children first learn the basics.

Good coaching should encourage technique, teamwork and enjoyment rather than putting excessive pressure on young players.

The T20 era has made cricket faster, but the fundamentals remain familiar: watch the ball, understand the situation, support your teammates and stay calm under pressure.

Another important feature of modern T20 cricket is the growing importance of all-rounders. A player who can contribute with both bat and ball gives a team greater flexibility when selecting its playing eleven. All-rounders can strengthen the batting order, provide additional bowling options and help captains respond to unexpected situations. In a short match, this flexibility can make a significant difference. Wicketkeepers have also become important contributors with the bat, often playing aggressive innings while maintaining sharp reflexes behind the stumps. Teams now look for players who can perform several roles effectively rather than depending on one particular skill. This has encouraged cricketers to improve their overall game, develop new techniques and prepare for different match situations.

Fitness has become another major requirement in the T20 era. Although the format lasts fewer overs than a one-day international or a Test match, the intensity can be extremely high. Players must sprint between wickets, chase the ball across the field, dive to save runs and maintain concentration throughout the contest. Fast bowlers need strength and endurance, while batters require balance, coordination and the ability to generate power without losing control. Training programmes often include strength exercises, speed drills, flexibility work and recovery sessions. Proper nutrition and sufficient rest are equally important because a demanding cricket schedule can place considerable pressure on the body. Young players should understand that fitness is not simply about looking strong; it is about developing the stamina, mobility and control needed to perform consistently and reduce the risk of injury.

The mental side of cricket is just as demanding as the physical side. A batter who loses a wicket early must learn to accept disappointment and prepare for the next opportunity. A bowler who concedes several boundaries may need to forget the previous over and focus on the next delivery. Captains must make decisions while dealing with changing scores, crowd expectations and the pressure of limited time. These moments test a player's emotional control and ability to remain focused. Sports psychologists and coaches increasingly help athletes develop routines, confidence and strategies for handling pressure. Simple habits, such as taking a deep breath, visualising a planned delivery or focusing on one ball at a time, can help players avoid becoming overwhelmed. These lessons are useful beyond cricket because they encourage resilience, self-awareness and the ability to recover from setbacks.

Technology has also transformed how fans experience T20 cricket. High-definition cameras, slow-motion replays, ball-tracking systems and detailed score graphics help viewers understand important moments more clearly. Depending on the competition and the review rules in use, decision-review systems can assist officials in examining close calls. Digital platforms provide live scores, player statistics, highlights and expert analysis, allowing supporters to follow matches even when they cannot watch them on television. Social media has created new ways for fans to discuss performances, celebrate victories and connect with players. At the same time, viewers should remember that statistics and short video clips do not always tell the complete story of a match. Understanding the context behind a player's performance, the condition of the pitch and the situation of the game can make watching cricket more rewarding.

The popularity of T20 leagues has created additional opportunities for cricketers, coaches, analysts and support staff.



FIVE BOOKS THAT DESERVE A PLACE ON YOUR SHELF



Books do something that few other forms of entertainment can do: they allow us to enter another person's world while sitting quietly in our own.

India has produced writers whose works continue to be read by different generations. Here are five books that can introduce readers to ideas, stories and experiences worth remembering.

1. Wings of Fire – A.P.J. Abdul Kalam with Arun Tiwari

The autobiography of Dr A.P.J. Abdul Kalam is more than a story of scientific achievement. It describes his childhood, education, work in India's space and defence programmes and his journey to becoming one of the country's most respected public figures.

Its strongest message is about dreams, discipline and education. Young readers can especially connect with Kalam's belief that knowledge should be used to serve society.

2. The Blue Umbrella – Ruskin Bond

A short and gentle story, The Blue Umbrella captures village life through simple characters and an everyday object.

Ruskin Bond's writing has a special ability to make ordinary landscapes feel memorable. The book is suitable for younger readers but also enjoyable for adults who appreciate simple storytelling.

3. The Discovery of India – Jawaharlal Nehru

This is a substantial work that explores India's history, culture, philosophy and civilisational development.

It is not a quick read, but readers interested in understanding how India has been viewed through history can find it valuable. It encourages readers to think about the country as a civilisation with many traditions rather than as a single story.

4. Malgudi Days – R.K. Narayan

R.K. Narayan's fictional town of Malgudi has become one of the most recognisable settings in Indian literature.

The stories are filled with ordinary people—shopkeepers, students, teachers, travellers and families. Their everyday experiences become funny, touching and sometimes surprising.

The great strength of Malgudi Days is its simplicity.

5. The White Tiger – Aravind Adiga

This novel presents a very different picture of India. It explores ambition, inequality, class and the difficult choices faced by a man trying to change his circumstances.

It is a more mature read and raises uncomfortable questions about social and economic realities.

These five books are very different from one another. That is precisely why they make an interesting reading list.

One is a memoir, another is a children's story, another is a historical work, one is a collection of short stories and one is a contemporary novel.

A good bookshelf does not need to contain only books that agree with us. It should contain books that make us think.

Reading does not always have to be fast. Even ten or fifteen pages a day can gradually take us through an entire book.

In an age of short videos and constant notifications, opening a book can feel surprisingly peaceful.

Sometimes, the best journey is the one that begins by turning a page.



TURN OLD NEWSPAPER INTO A LANTERN



A festival does not need an expensive decoration to feel special. A handmade paper lantern can add colour to a room while also becoming a fun family activity.

What You Need

- Coloured paper or craft paper
- A ruler
- Pencil
- Scissors
- Glue or tape
- String or ribbon
- A small battery-operated LED light

Avoid using an open candle inside a paper lantern. A battery-operated LED light is much safer.

Step 1: Choose the Paper

Select a sheet of colourful paper. Traditional festive colours work beautifully, but you can choose any combination that matches your room.

Step 2: Fold the Paper

Fold the paper in half lengthwise. Do not crease it too heavily if you want the lantern to open easily.

Step 3: Mark the Lines

Using a ruler and pencil, mark several parallel lines from the folded edge towards the open edge. Leave a section at the top uncut so the lantern remains connected.

Step 4: Make the Cuts

Carefully cut along the marked lines. Younger children should do this step with adult supervision.

Step 5: Open the Paper

Unfold the paper and gently bring the two shorter sides together. Glue or tape them to create a cylindrical lantern.

Step 6: Add a Handle

Attach a strip of paper or a piece of ribbon across the top to make a handle.

Step 7: Add the Light

Place a small battery-operated LED light inside or near the lantern. Make sure the light is designed to be used safely in this way.

You can decorate the lantern further with stars, small paper flowers, dots or traditional patterns.

This craft is more than a decoration. It is also a simple way to spend time together.

Children can choose colours and designs. Parents or grandparents can help with measuring and cutting. Older children can create more complicated patterns.

The project can also be adapted for different occasions. Use orange and yellow for a warm festive look, bright colours for a children's celebration or simple white and gold for an elegant decoration.

The best part is that handmade crafts do not have to be perfect.

A slightly uneven cut or a different pattern can make each lantern unique.

DIY activities also encourage children to use their hands rather than only screens. Measuring, folding, cutting and assembling require concentration and patience.

Once the lantern is complete, hang it somewhere safe and enjoy the satisfaction of seeing something you made yourself.

A beautiful decoration does not always come from a shop.

Sometimes it begins with one sheet of paper, a pair of scissors and a little imagination.



TURN OLD NEWSPAPER INTO A USEFUL GIFT BASKET



Before throwing old newspapers into the recycling pile, consider giving them a second life.

With some patience, newspapers can be transformed into attractive handmade baskets that can be used for small gifts, stationery, storage or decoration.

What You Need

- Old newspapers
- Glue
- Scissors
- Cardboard
- Paint
- A brush
- Ribbon or decorative thread
- Clear varnish, if desired

Step 1: Prepare Paper Strips

Take newspaper sheets and fold them into long, narrow strips. Try to keep the strips approximately the same width.

Step 2: Make Paper Tubes

Roll each strip tightly around a thin stick or similar object. Glue the edge so the tube stays together.

Make plenty of tubes before beginning the basket. The number needed depends on the size you want.

Step 3: Prepare the Base

Cut two matching pieces of cardboard for the base. Place paper tubes between them in a radial pattern and glue them firmly.

Step 4: Start Weaving

Use another paper tube to weave over and under the vertical tubes. Continue around the base, gently shaping the basket as it grows.

Step 5: Build the Sides

Continue weaving until the basket reaches the desired height.

Try to keep the tension even so the basket does not become too loose or uneven.

Step 6: Finish the Top

Fold or tuck the remaining vertical tubes into the basket and secure them with glue.

Step 7: Decorate

You can leave the natural newspaper print visible or paint the basket. A ribbon around the top can give it a festive appearance.

A coat of suitable clear varnish can provide additional protection once the paint and glue have dried completely.

The finished basket can be used to hold chocolates, dry snacks, stationery, small toys or handmade gifts.

This is also a useful project for teaching children about reuse. Recycling is important, but reusing an object creatively can be equally satisfying.

The project requires patience because paper weaving takes time. That is actually part of its value.

In a world where many things are bought, used and quickly discarded, handmade crafts encourage us to think differently about materials.

An old newspaper may look like waste, but with imagination it can become something useful.

The next time you have a pile of newspapers waiting to be recycled, save a few and try making a basket.

You may discover that one of the most satisfying decorations in your home is something you made yourself.



Walking: The Exercise Most People Underestimate



Walking is one of the simplest forms of physical activity, yet it is often underestimated.

It does not require expensive equipment, a gym membership or advanced skills. For many people, walking can become the starting point for a more active lifestyle.

A walk can be short or long. It can happen in a park, on a safe street, around a workplace or even as part of daily errands.

The key is consistency.

People sometimes become discouraged because they believe exercise only counts if it is intense. That is not true. Regular physical activity of an appropriate level can be valuable.

Walking also provides an opportunity to take a break from screens. A twenty-minute walk without constantly checking your phone can give your mind a different environment.

For beginners, it is usually sensible to start gradually.

Someone who has been inactive for a long time does not need to suddenly walk for an hour every day. A short, comfortable walk can become the starting point. Duration and pace can be increased slowly as fitness improves.

Comfortable footwear matters. Shoes should fit well and provide appropriate support for your feet.

Hydration is also important, particularly in hot weather. In India's climate, walking outdoors during the cooler parts of the day can often be more comfortable.

Walking can become more enjoyable when it is treated as a routine rather than a punishment.

Walk with a friend. Listen to music when it is safe to do so. Explore a new neighbourhood. Walk with family after dinner.

The social side can make the habit easier to maintain.

Another useful idea is to look for opportunities to walk during the day. Take the stairs when practical, walk short distances instead of automatically using a vehicle and stand up regularly if your work involves long periods of sitting.

Of course, walking is not a cure for every health problem. People with significant medical conditions, severe joint problems, chest pain, dizziness or other concerning symptoms should seek appropriate professional advice before starting or changing an exercise routine.

Fitness should be personal.

You do not need to compare your walking speed or distance with someone else's. Your starting point may be different from theirs.

The important question is not, "Am I doing as much as that person?"

It is, "Am I moving more consistently than before?"

A daily walk may look ordinary.

But ordinary habits repeated for months can create meaningful change.

Sometimes the most effective exercise is not the most complicated one.





Strength After 40: Why Muscles Matter

When people think about fitness, they often think about weight loss, running or appearance. But as we grow older, strength becomes increasingly important for everyday life.

Muscles help us stand, climb stairs, carry shopping bags, lift objects and maintain balance. Maintaining strength can therefore support independence. Strength training does not necessarily mean lifting very heavy weights.

For beginners, simple movements can be useful. Chair squats, wall push-ups, resistance-band exercises and controlled bodyweight movements can provide a starting point.

Chair Squats

Stand in front of a sturdy chair with your feet comfortably apart. Slowly lower yourself towards the chair and then stand again. Keep the movement controlled.

Wall Push-Ups

Stand facing a wall, place your hands against it and bend your elbows to bring your body closer before pushing back.

Resistance Bands

Resistance bands can provide different levels of resistance and can be used for a variety of movements.

The goal is not to rush through repetitions. Good form matters more than speed.

People returning to exercise after a long break should begin gradually. Muscles need time to adapt, and recovery is part of training.

Nutrition also matters. A balanced diet containing adequate protein and a variety of nutritious foods supports normal body functions.

Sleep is another important part of fitness. Exercise without enough recovery can leave the body tired rather than stronger.

Strength training can also support confidence. Being able to carry groceries, climb stairs or get up from a chair comfortably can make daily life easier.

For older adults, balance exercises can be particularly useful, although exercises should be selected according to individual ability.

Anyone with significant medical conditions, recent surgery, severe pain or other health concerns should obtain appropriate professional advice before beginning a new strength programme.

Fitness after 40 should not be about trying to look twenty again.

It should be about building a body that can support the life you want to live.





The Art of Not Reacting

We often believe that being strong means responding immediately. Someone says something rude, and we answer. Someone criticises us, and we defend ourselves. Someone sends an angry message, and we reply before thinking. But sometimes real strength is the ability to pause. Not reacting immediately does not mean being weak. It means giving yourself enough space to choose your response.

Imagine receiving a message that makes you angry. Your first instinct may be to write a long reply. But if you wait for ten minutes—or even a few hours—you may see the situation differently.

The problem may still be there, but your response can become calmer. This is an important spiritual lesson because much of our suffering comes not only from what happens to us but from how quickly we react to what happens. Someone's words may be outside our control.

Our response is more within our control. This does not mean accepting injustice or remaining silent in every situation. There are times when speaking clearly and firmly is necessary. The difference is between responding thoughtfully and reacting emotionally.

A reaction often says, "I must answer right now."

A response says, "Let me understand what is happening before I decide what to do." The pause between the event and the response can be powerful. During that pause, take a breath. Ask yourself: Is this worth my energy? Will my words improve the situation?

Am I responding to the actual problem, or simply to my anger?

Will I feel comfortable with this response tomorrow?

These questions do not make problems disappear, but they can prevent unnecessary damage. The same principle applies at home. A parent may become frustrated with a child. A husband and wife may misunderstand each other. Friends may disagree. If every uncomfortable moment becomes an argument, relationships become exhausting. Sometimes a quiet conversation later is more useful than a heated conversation immediately. Spirituality does not always need complicated rituals.

Sometimes it appears in very ordinary behaviour—choosing patience when anger is easier, choosing forgiveness when resentment feels comfortable and choosing silence when words would only make things worse.

A calm person is not someone who never feels anger. A calm person learns not to allow every emotion to control every action. That is a skill. And like any skill, it can be practised. The next time something upsets you, do not ask only, "How should I answer?"

First ask, "Do I need to answer immediately?"

That small pause may change the entire conversation.

Sometimes peace begins with one simple decision:I will not react before I understand.



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November 2026: A Month of Lights, Traditions and Togetherness



November is a vibrant month on India's cultural calendar, bringing together festivals of light, devotion, gratitude and family bonding. As the festive season continues, homes glow with lamps, temples welcome devotees, and communities gather for prayers, cultural programmes and traditional celebrations. From Diwali festivities and Chhath Puja to Dev Deepawali and Guru Nanak Jayanti, November offers many opportunities to explore India's rich cultural diversity.

November 6 – Dhanteras

Dhanteras marks an important beginning to the Diwali festive period. Many families clean and decorate their homes, light lamps and worship Goddess Lakshmi and Lord Dhanvantari, who is associated with health and Ayurveda. Purchasing gold, silver, utensils or other household items is considered auspicious in many communities. The festival encourages people to welcome prosperity, value good health and prepare their homes for the celebrations ahead.

November 8 – Diwali

Diwali, also known as Deepavali, is one of India's most widely celebrated festivals. Homes and streets are decorated with diyas, colourful lights, rangoli and flowers as families come together for prayers, festive meals and the exchange of sweets and gifts. The festival symbolises the victory of light over darkness and good over evil. Although customs differ across regions, Diwali carries a shared message of hope, renewal, generosity and the importance of spending meaningful time with loved ones.

November 10 – Govardhan Puja

Govardhan Puja is traditionally associated with Lord Krishna and the story of Govardhan Hill. According to Hindu tradition, Krishna protected the people of Vrindavan from heavy rains by lifting the hill. Devotees celebrate the occasion through prayers, food offerings and community gatherings. In some regions, the festival is also associated with Annakut, in which a variety of food preparations are offered to the deity. The observance highlights gratitude for nature, food and the resources that sustain everyday life.

November 11 – Bhai Dooj

Bhai Dooj celebrates the special relationship between brothers and sisters. Sisters traditionally apply a tilak to their brothers foreheads, offer prayers for their wellbeing and share sweets and festive meals with them. Brothers often express their affection through gifts and promises of support. While the rituals vary among communities, the central idea remains the same: family relationships deserve care, respect and appreciation. For many families, the occasion is an opportunity to reconnect and create lasting memories.

November 14 – Children's Day

Children's Day is celebrated in India on November 14 to mark the birth anniversary of Jawaharlal Nehru, India's first Prime Minister, who was popularly associated with his affection for children. Schools and educational institutions often organise cultural performances, games, creative activities and special programmes. The day also serves as a reminder of the importance of children's education, safety, health and overall development. Encouraging curiosity, creativity and equal opportunities helps children grow into confident and responsible members of society.

November 15 – Chhath Puja

Chhath Puja is a significant festival dedicated to the worship of the Sun God and is especially popular in Bihar, Jharkhand, eastern Uttar Pradesh and among communities living elsewhere in India and abroad. Devotees observe traditional rituals, prepare offerings and gather near rivers, ponds or other water bodies to offer prayers to the setting and rising sun. The festival is known for its discipline, devotion and emphasis on purity. Families and communities often work together to prepare the offerings and organise the observances, making Chhath a powerful expression of faith, gratitude and collective participation.

November 21 – Tulsi Vivah

Tulsi Vivah marks the symbolic ceremonial marriage of the sacred Tulsi plant, regarded as a form of Goddess Tulsi, with Lord Vishnu or his form as Shaligram. Many households and temples organise prayers, decorate the Tulsi plant and perform traditional wedding



rituals. The observance is associated with devotion, prosperity and the beginning of an auspicious period for certain Hindu wedding traditions. It also reflects the cultural importance of the Tulsi plant in Indian homes, where it is valued for its religious significance and its place in traditional practices.

November 24 – Kartik Purnima and Dev Deepawali

Kartik Purnima is a sacred full-moon observance in the Hindu calendar, marked by prayers, charitable acts and visits to religious sites. Dev Deepawali, especially famous in Varanasi, is associated with the lighting of thousands of lamps along the ghats of the River Ganga. The illuminated riverfront creates a memorable atmosphere of devotion and celebration. The occasion also has importance in several regional traditions, with communities organising temple ceremonies, river rituals and cultural programmes. The festival reminds people of the spiritual significance of light, generosity and gratitude.

November 24 – Guru Nanak Jayanti

Guru Nanak Jayanti, also known as Gurpurab, commemorates the birth anniversary of Guru Nanak Dev Ji, the founder of Sikhism. Sikh communities mark the occasion with prayers, devotional singing known as kirtan, processions and gatherings at gurdwaras. Langar, the community kitchen where meals are served to everyone without discrimination, expresses the Sikh principles of equality, service and sharing. Guru Nanak's teachings emphasise honest living, remembrance of God, compassion and respect for all people. The celebration offers an opportunity to reflect on these values and their relevance in everyday life.

More Than Dates, An events calendar is more than a list of festivals and observances. It helps families plan celebrations, communities organise cultural programmes and readers discover traditions from different parts of India. Each festival has its own stories, customs, foods, music and rituals, yet many share common values such as kindness, gratitude, faith and togetherness.

November is also a wonderful time to explore India's cultural destinations. Visitors can experience illuminated riverfronts, traditional fairs, temple celebrations, local handicrafts and regional cuisines. Such experiences provide a deeper understanding of the country's heritage while supporting local artists, artisans, small businesses and tourism communities.

For families, festivals provide an opportunity to introduce children to cultural traditions in an engaging way. Parents and grandparents can explain the stories behind celebrations, prepare traditional recipes together and encourage children to participate in age-appropriate rituals and community activities. Learning about different festivals also helps young people appreciate India's many languages, beliefs and customs.

Festival dates may vary according to regional calendars, local traditions and the rules used to determine religious observances. The dates listed above are a general guide for November 2026; readers planning religious ceremonies should confirm details with a local panchang, gurdwara or trusted community organisation.

November reminds us that India's cultural richness lies not only in its grand celebrations but also in the everyday values they encourage. Whether through lighting a diya, sharing a meal, offering prayers, serving a community or spending time with family, these occasions create opportunities to strengthen relationships and pass traditions to future generations. In a country filled with diverse customs and beliefs, every celebration adds another meaningful chapter to the larger story of Indian culture.



10 EVERYDAY HOME HACKS THAT MAKE LIFE EASIER

Life becomes easier when small problems have simple solutions. You do not always need a new product or expensive gadget. Sometimes, a little organisation is enough.

1. Make a Morning Basket

Keep frequently used items such as keys, wallet, watch and sunglasses in one place. It saves time during rushed mornings.

2. Use Labels

Label boxes, jars and storage containers. A few words can save several minutes of searching later.

3. Keep a Donation Bag

Place a reusable bag in a cupboard. Whenever you find something you no longer use, put it inside. When the bag is full, sort and donate appropriate items.

4. Photograph Important Documents

Keep secure digital copies of important documents where appropriate. Make sure sensitive information is stored safely.

5. Create a Cleaning Timer

Instead of waiting for a large cleaning day, spend ten or fifteen minutes on one small area.

6. Use the "One In, One Out" Rule

When buying something new, consider whether an old item can be removed. This prevents cupboards from becoming overcrowded.

7. Keep a Small Emergency Box

A household box can contain a flashlight, spare batteries, basic first-aid supplies and important contact information.

8. Prepare Tomorrow Tonight

Before sleeping, keep out the clothes, bag or items you will need the next morning.

9. Freeze Food in Small Portions

If you prepare more food than necessary, dividing suitable foods into smaller portions can make future meals easier.

10. Clean as You Go

After cooking, clean one area while another part of the meal is being prepared. This reduces the final workload.



Smart Phone and Digital Life Hacks



Our phones have become calendars, cameras, maps, wallets, entertainment devices and communication tools. But without a little organisation, they can also become sources of distraction.

1. Turn Off Unnecessary Notifications

Not every app needs permission to interrupt you. Keep important notifications and silence the rest.

2. Organise the Home Screen

Keep frequently used apps on the first screen and move distracting apps into folders.

3. Use Search Instead of Scrolling

Most phones allow you to search for an app quickly. This is faster than looking through several screens.

4. Back Up Important Photos

Important memories should not exist in only one place. Use a trusted backup method.

5. Review App Permissions

Check which apps have access to your camera, microphone, contacts or location. Remove permissions that are unnecessary.

6. Use Strong Screen Security

A strong passcode, biometric security and device updates provide useful layers of protection.

7. Keep Software Updated

Updates often include security fixes as well as new features.

8. Use a Password Manager

Instead of using the same password everywhere, use strong, unique passwords and a trusted password manager where appropriate.

9. Be Careful With Public Wi-Fi

Avoid entering sensitive information on unfamiliar networks unless you understand the security situation.

10. Verify Urgent Messages

A message saying "send money immediately" should make you pause, not panic.



SMALL BUSINESS, BIG OPPORTUNITY: WHY LOCAL ENTREPRENEURS MATTER



When people think about business, they often imagine large corporations, shopping malls and technology companies. But much of India's economic life is built around smaller businesses.

A neighbourhood grocery store, tailoring shop, repair service, food business, transport operator, salon, printing shop or online seller may appear small individually. Together, thousands of such enterprises form an important part of the economy.

Small businesses also have something large companies cannot always offer: closeness to the customer.

A local shopkeeper may know what customers in the neighbourhood prefer. A home baker may change a recipe according to a customer's request. A local service provider can sometimes respond more quickly because they understand the community.

Technology has changed the opportunities available to these businesses.

A small business can now create a digital catalogue, communicate with customers through messaging platforms, accept digital payments and promote products through social media.

But technology should solve a real business problem rather than become a distraction.

The first question for an entrepreneur should be:

What problem am I solving? A good business does not simply sell something. It provides value. Perhaps it saves customers time. Perhaps it provides better quality. Perhaps it offers convenience, reliability or a product that is difficult to find elsewhere.

Customer trust is another major asset. A business may spend money on advertising, but one satisfied customer can bring another customer through a recommendation.

This is why simple things matter—answering calls politely, delivering on time, maintaining quality, giving clear prices and accepting responsibility when something goes wrong. Financial discipline is equally important.

Business income is not the same as personal income. Entrepreneurs should track sales, expenses, inventory, taxes and cash flow carefully. A business can appear busy while still losing money if costs are not controlled. Another important lesson is to start realistically. Entrepreneurs sometimes believe that success requires a large office, expensive equipment and a huge staff from the beginning.

Often, it is wiser to test an idea on a small scale. If customers respond positively, the business can grow gradually. India's changing economy offers opportunities in food, logistics, education, healthcare services, manufacturing, digital services, tourism, agriculture-related businesses and many other areas.



THE NEW BUSINESS SKILL: LEARNING TO ADAPT



Business has always involved change. But today's businesses can experience major changes in technology, customer behaviour and competition in a very short period.

A shop that once depended entirely on walk-in customers may now receive orders online. A manufacturer may use automation. A bank may provide services through a mobile application. A small entrepreneur may sell products to customers hundreds of kilometres away.

The lesson is simple:

A business that refuses to learn eventually falls behind. Artificial intelligence is one example of this change. Businesses are experimenting with AI for customer support, data analysis, content creation, forecasting and repetitive tasks.

But technology is not automatically useful

A company should first identify where a tool can genuinely save time or improve quality.

For example, a restaurant may use digital systems to track inventory. A retailer may analyse which products sell most often. A service business may automate appointment reminders.

The goal is not to use technology because everyone else is using it.The goal is to use the right technology for the right problem.Customer expectations are changing too. People increasingly want convenience, quick communication and transparent information. Businesses therefore need to think about the entire customer experience.

A customer may remember not only the product but also whether the seller answered questions properly, whether the delivery arrived on time and whether a complaint was handled fairly.

Trust has become a competitive advantage. Another important business skill is financial planning. Revenue may rise during festival seasons and fall during quieter periods. A responsible business plans for both. Keeping an emergency reserve, controlling unnecessary expenses and avoiding excessive debt can provide valuable stability.

Employees are another part of business success.

People who feel respected and supported are more likely to contribute positively. Clear responsibilities, fair treatment and opportunities to learn can improve workplace culture. Small businesses can also benefit from partnerships. A local food producer may work with a delivery service. A designer may collaborate with a printer. A retailer may partner with another local business for a festival promotion.

Business does not always have to mean competing with everyone. Sometimes cooperation creates new opportunities.







International news can sometimes feel far away. A political decision in another country, a change in interest rates or a conflict thou–sands of kilometres away may appear unrelated to everyday life in India.But today's world is deeply connected. Oil prices can influen–ce transport and household costs. Decisions by major central banks can affect currencies and financial markets. International conflicts can influence supply chains. Political changes can affect trade and investment. As October 2026 begins, several important international developments are being watched closely.

In Europe, Spain's political situation has attracted attention after Prime Minister Pedro Sanchez called for an early election following a parliamentary setback related to his housing proposal. In the Middle East, developments involving Yemen and Saudi Arabia remain an important part of international security news. The region matters not only because of the humanitarian and political consequences but also because instability can influence global energy and shipping routes.

In the United States, the Supreme Court has begun a new session with cases that could have important political and legal implications Financial markets are also watching global interest rates closely. On October 5, U.S. markets opened mixed while investors continued to monitor Treasury yields, oil prices and expectations about Federal Reserve policy. European markets were also affected by concerns sur–rounding France's political and fiscal situation.

Why should an Indian reader care about all this?

Because the global economy is connected. When oil prices rise, transportation and production costs can increase. When global interest rates change, investment flows may change. When currencies move sharply, imports and exports can be affected. India's businesses also increasingly operate internationally. Technology companies serve global clients. Indian students study abroad. Tourists travel across con–tinents. Families send and receive money internationally.

International news should therefore not be viewed as a collection of distant events. It is a picture of the environment in which countries, businesses and individuals operate. However, the speed of information also creates a problem.

Social media can make a rumour travel around the world before reliable organisations have confirmed what happened. Readers should therefore distinguish between a headline, an opinion and a verified report. A responsible news reader checks the source, looks at the date and avoids forwarding information simply because it sounds dramatic.









HOROSCOPE

Year 2026

HOROSCOPE, IN ASTROLOGY, A CHART OF THE HEAVENS, SHOWING THE RELATIVE POSITIONS OF THE SUN, THE MOON, THE PLANETS, AND THE ASCENDANT AND MIDHEAVEN SIGNS OF THE ZODIAC AT A SPECIFIC MOMENT IN TIME.



Gemini —
May 21 – June 20

November may feel socially active and mentally stimulating. New ideas, conversations and connections could open unexpected doors. Stay focused on one goal at a time so your energy does not become scattered. Relationships improve when you communicate clearly rather than making assumptions.

NOVEMBER -2026



Aries —
March 21 – April 19

November brings renewed motivation and a stronger sense of direction. Career matters may move forward once you take the initiative, but avoid rushing important decisions. Relationships benefit from honest conversations and a little extra patience. Financially, focus on practical spending and long-term priorities.

Taurus —
April 20 – May 20

This month encourages you to slow down, organize your priorities and protect your peace. Work may require consistency rather than speed, while a financial opportunity could emerge through careful planning. In love, small gestures will carry more meaning than grand promises.





Cancer —
June 21 – July 22

Home, family and emotional wellbeing take center stage this month. You may feel inspired to make your surroundings more comfortable or reconnect with someone important. Career progress comes through patience and preparation. Give yourself enough time to rest and recharge.

HOROSCOPE





Virgo —
August 23 – September 22

Organization becomes your strongest advantage this month. Clearing unfinished tasks will create space for better opportunities. Financial decisions should be approached carefully, especially around unnecessary purchases. Relationships become easier when you allow room for spontaneity instead of trying to control every detail.

Leo —
July 23 – August 22

November puts your natural confidence in the spotlight. Creative projects, leadership opportunities and social connections are especially favored. Avoid letting pride get in the way of useful advice. Romance may feel warmer and more playful as the month progresses.



Libra —
September 23 October 22

November encourages you to put yourself back at the center of your plans. Personal goals, appearance, confidence and relationships may all receive renewed attention. A meaningful conversation could help resolve an old misunderstanding. Financially, keep a healthy balance between enjoyment and responsibility.

HOROSCOPE

NOVEMBER -2026



Scorpio — October 23 November 21

Your birthday season brings intensity, confidence and the desire for change. This is a powerful month for setting personal goals and leaving behind habits that no longer serve you. Career opportunities may arise quietly, so pay attention to conversations happening behind the scenes.



Sagittarius — November 22 – December 21

The first part of November may feel reflective, but your energy rises strongly toward the end of the month. Travel plans, new experiences or educational opportunities could become especially appealing. Avoid making promises before checking your schedule and finances carefully.



Capricorn — December 22 – January 19

Professional goals take priority this month, and your disciplined approach can bring noticeable progress. Networking may introduce you to people who could become valuable contacts. Make time for family and relationships as well, especially if work has recently dominated your attention.



Aquarius — January 20 – February 18

November encourages you to think bigger. Career ambitions, travel, study or a new personal direction may begin to feel more important. An unexpected opportunity could challenge you to step outside your usual routine. Keep an open mind while staying realistic about your commitments.



Pisces — February 19 – March 20

This month is about deeper understanding and emotional renewal. You may feel ready to release an old worry, reorganize finances or strengthen an important relationship. Trust your intuition, but combine it with practical thinking before making major decisions.

THE SEA BEAUTY OF INDIA

Unveiling the Top 10 Must-Visit Destinations





01
Palolem Beach, Goa: . A beautiful crescent-shaped beach known for its tranquil atmosphere and picturesque surroundings

02
Radhanagar Beach, Havelock Island, Andaman, and Nicobar Islands: Often considered one of Asia's best beaches, Radhanagar offers stunning turquoise waters and a peaceful ambiance.



03
Agonda Beach, Goa: A less crowded alternative in Goa, famous for its clean shoreline and laid-back vibe.

04
Varkala Beach, Kerala: A unique beach with a stunning cliff backdrop and natural mineral springs nearby.



05
Kovalam Beach, Kerala: A popular destination with three adjacent beaches offering excellent water sports and Ayurvedic treatments.

06
Arambol Beach, Goa: Known for its bohemian atmosphere, Arambol attracts travelers seeking a more alternative and artistic experience.







07
Cavelossim Beach, Goa: A serene and clean beach, perfect for relaxation and sunbathing.



08
Marari Beach, Kerala: An offbeat destination with tranquil surroundings and swaying coconut palms.



09
Gokarna Beaches, Karnataka: Gokarna boasts several beautiful beaches, including Om Beach, Kudle Beach, and Half Moon Beach, each with its own charm and appeal.

10
Tarkarli Beach, Maharashtra: Known for its clear waters and coral reefs, Tarkarli is a great spot for water sports and diving enthusiasts.



Classic Indian

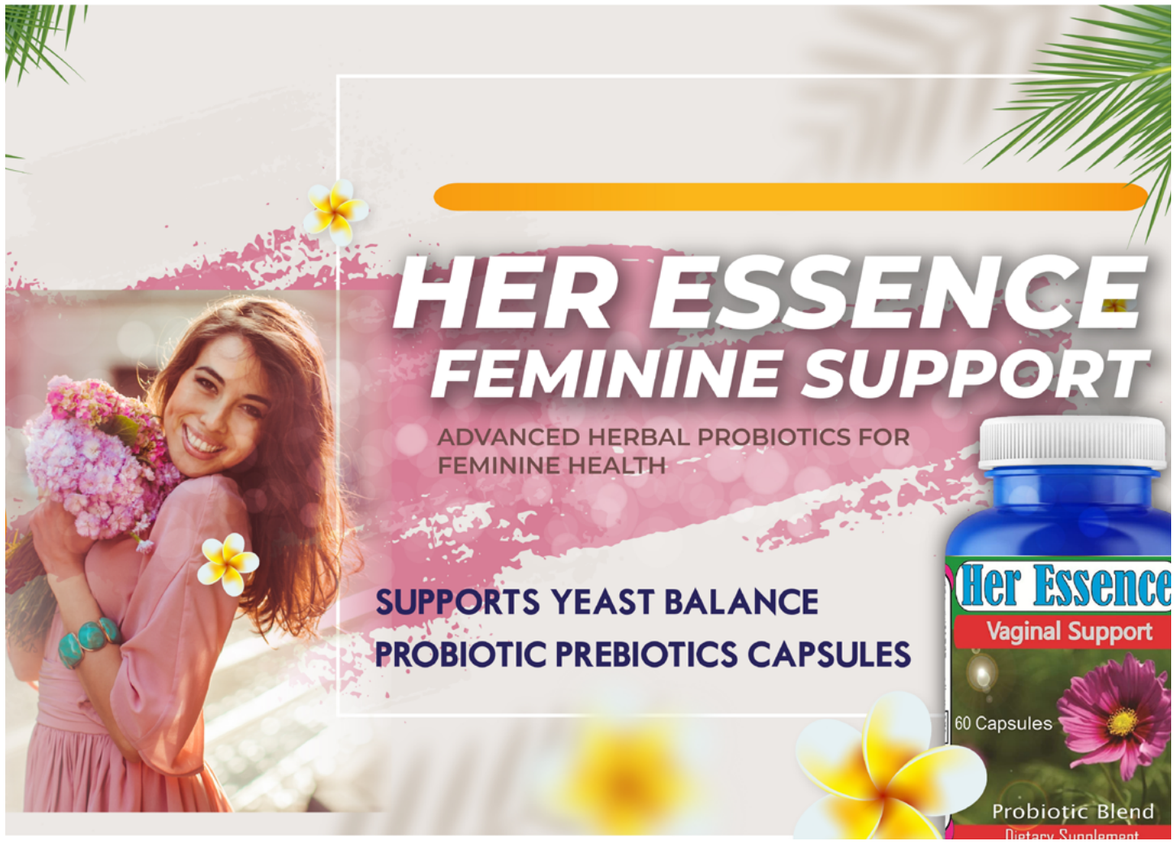
Tum Bin Jaon Kaha

Tum Bin Jaaun Kahaan,
Tum Bin Jaaun Kahaan,
Ke Duniyaa Mein Aake
Kuchh Na Phir
Chaahaa Kabhi
Tumko Chaahake,
Tum Bin Jaaun Kahaan,
Ke Duniyaa Mein Aake
Kuchh Na Phir
Chaahaa Kabhi
Tumako Chaahake,
Tum Bin
Ha Ha Ha Ha Haaaaaaaaa
Ha Ha Ha Ha Haaaaaaaaa
Ha Ha Ha Ha Haaaaaaaaa
Ha Ha Ha Ha Haaaaaaaaa

Reh Bhi Sakoge Tum Kaise
Hoke Mujhse Judaa..
Hat Jaayengi Deewarein
Sunke Meri Sadaa..
Aana Hoga Tumhe Mere
Liye
Saathi Meri..,
Suni Raah Ke
Tum Bin Jaun Kahaan
Ke Duniya Mein Aake
Kuch Na Phir Chaaha Kabhi
Tumko Chaah Ke
Tum Bin..

Kitni Akeli Si Pehle
Thi Yahi Duniya..
Tumne Nazar Jo Milai
Bas Gayi Duniya..

Dil Ko Mili Jo Tumhari La-
gan
Diye Jal Gaye..,
Meri Aah Se
Tum Bin Jaoon Kahaan
Tum Bin Jaaun Kahan
Ke Duniya Mein Aake
Kuch Na Phir Chaaha Kabhi
Tumko Chaah Ke
Tum Bin...







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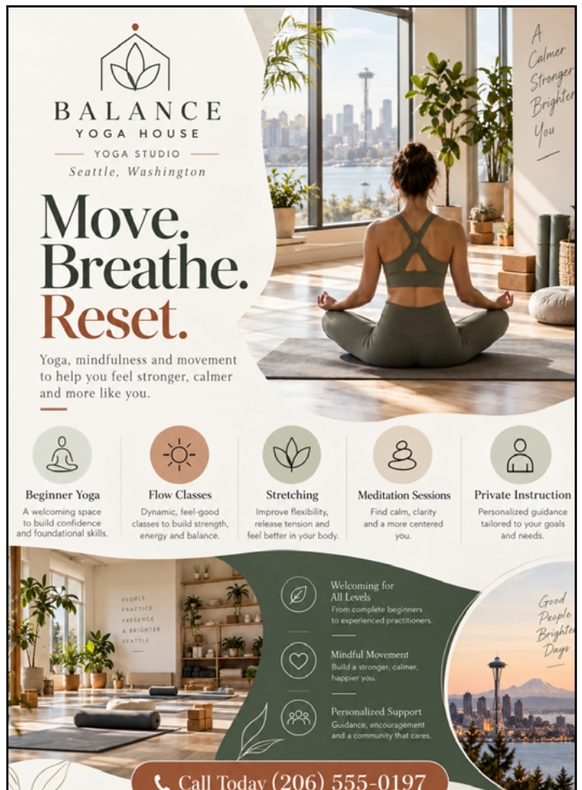
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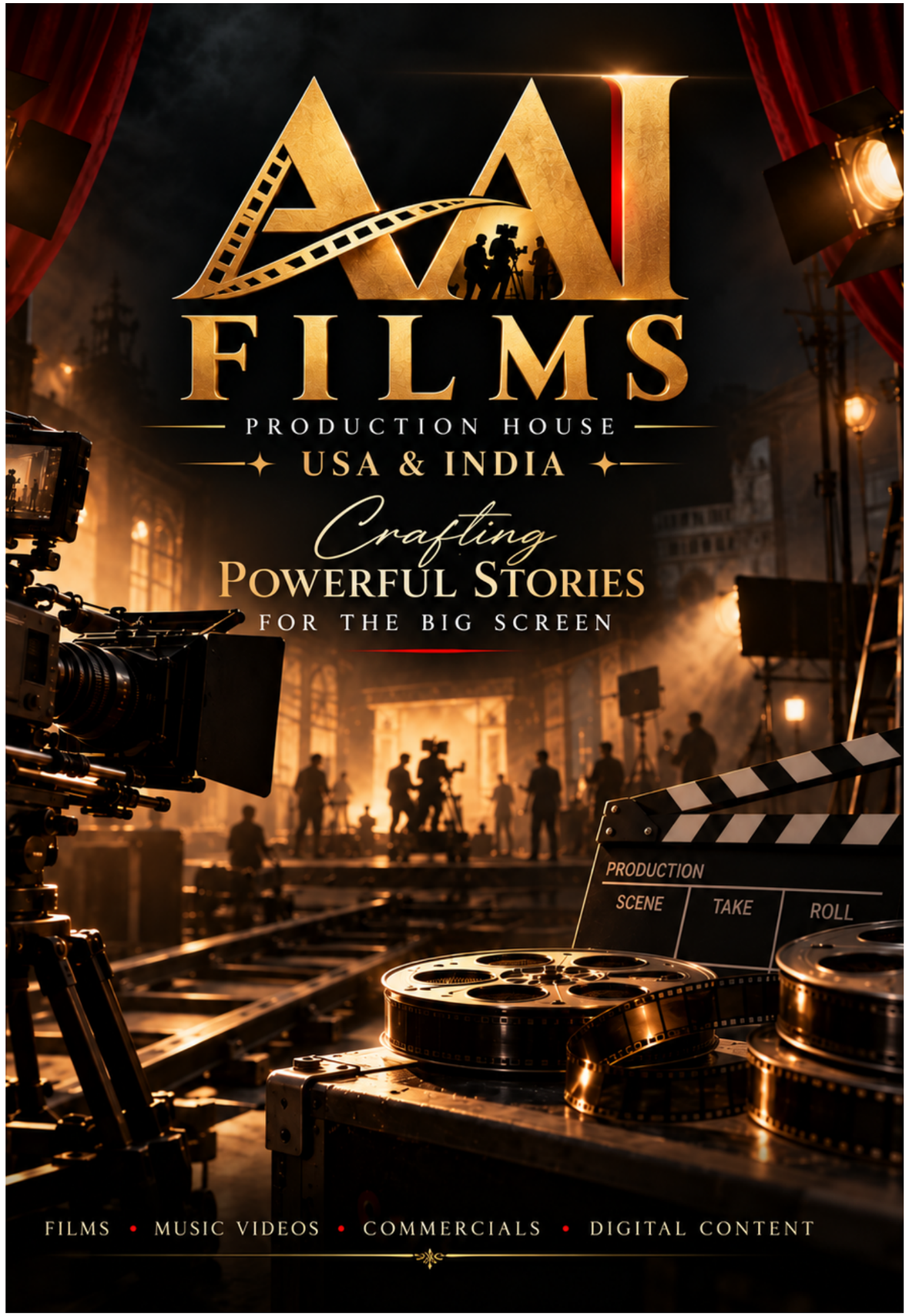
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