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EDITOR'S NOTE



Even as the world races ahead in modern pursuits, there is a quiet renewal brewing in the food industry. Only, this movement is harking back to age-old techniques, the wisdom of seasonality, and the warmth of culinary nostalgia.

In our Cover Story, we look at how slow cooking has made a comeback, and ask the question: is time the new currency of luxury? We also discover supper clubs in Mumbai, custodians of culture who are bringing regional fare and stories to guests. We speak to actor Mona Singh whose restaurants are built around the concept of nostalgia, where food is warm, comforting, and familiar. At Air India too, as we refresh our food and beverage menus, we attempt to offer regional dishes that speak to you and underscore our warm hospitality.

Exploring international flavours enriches your palate, so we have Michelin-star Chef Gaggan Anand giving us his recommendations for Bangkok, a city he has called home for more than 15 years. You may want to bookmark this one. We also take you to Chicago, Zürich, Singapore, and Madrid, to explore new vistas through the lens of culture, craft, and, of course, cuisine.

In our Soul section, author Pico Iyer talks about how his life has been strung together by a series of serendipitous events, and that may just inspire you to set off on unplanned explorations of your own. Sometimes, a lack of structure is just what you need to absorb, process, and heal—that is what our 'Introspection' story delves into. In Body, we decode two trends—biohacking and protein. While one involves using tech to measure metrics and make mindful changes, the other gives you options on ways to consume protein naturally and through supplements, after gauging how much your body truly needs. All you need to do, is listen.

Happy Reading!

– **Namaste.ai** Editorial Team

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CONTENTS

APRIL 2026



20

CONNECTION

Mona Singh talks about how food is linked to memories and emotions

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82

WELLNESS

Decode the science behind biohacking



66

INTROSPECTION

A poignant trip through Japan

MIND

12

FOOD GUIDE

Chef Gaggan Anand recommends culinary spots in Bangkok

14

SHOWCASE

Mumbai's supper club hosts are bringing back regional fare

23

TREND

Is patience the new luxury in world cuisine?

26

REFRESH

Our reimagined in-flight menu is a culinary treat

CHECKLIST

30

IN FOCUS

Jewellery brand Amrapali opens a new section in its Jaipur museum

32

EVENTS

A round-up of global festivals and celebrations

36

ON THE CLOCK

Explore the wonders of Chicago in 12 hours

40

FOOD

Discover Zürich in eight dishes—from the savoury to the sweet

46

BOOKS

Author Stephen Alter on the titles he cherishes

SOUL

50

REFLECTIONS

Author Pico Iyer on how his life has been a chain of serendipitous moments

58

CRAFT

Explore Singapore's iconic Peranakan tiles

BODY

74

EXPERT SPEAK

All you need to know about protein

YOUR AI

88

FLEET

Our machines

89

ROUTES

Our connectivity



106

A TRAVELLER'S TALE

Sanjana Sanghi on the joys of Madrid

On The Cover
A jar of pickle, a staple accompaniment to many Indian meals

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One of India's leading dietitians, Kavita is an author, speaker, and wellness thought leader. She translates nutrition science into simple daily habits that balance blood sugar, heal the gut, and build sustainable energy. She writes on the importance and benefits of protein in our daily lives. **page 74**



← Anita Rao Kashi

@anitaraokashi

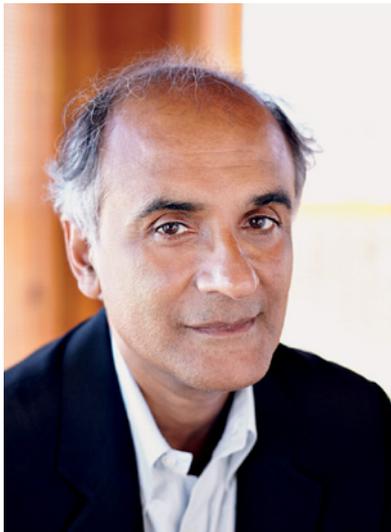
Bangalore-based Anita is a travel and food writer with nearly 30 years of experience. Her travels have taken her to some of the most fascinating countries. When not exploring or writing, she loves to read, cook, and listen to music, but not necessarily in that order. She curates a list of eight dishes that one must try in Zürich. **page 40**



← Mona Singh

@monaj Singh

A popular face on Indian television, OTT, and films, Mona is also a restaurateur, running two branches of her culinary establishment, Kona Kona in Mumbai. She shares how childhood memories of home-made food and love for regional flavours led her to open the restaurants. **page 20**



↑ Pico Iyer

An English essayist and novelist, Pico has written for Time, The New York Times, and more than 250 other periodicals worldwide, apart from authoring nearly 15 books. He recalls a few serendipitous journeys that have made a world of difference in his life, including meeting his wife. **page 50**



← Chef Gaggan Anand

@gaggan_anand

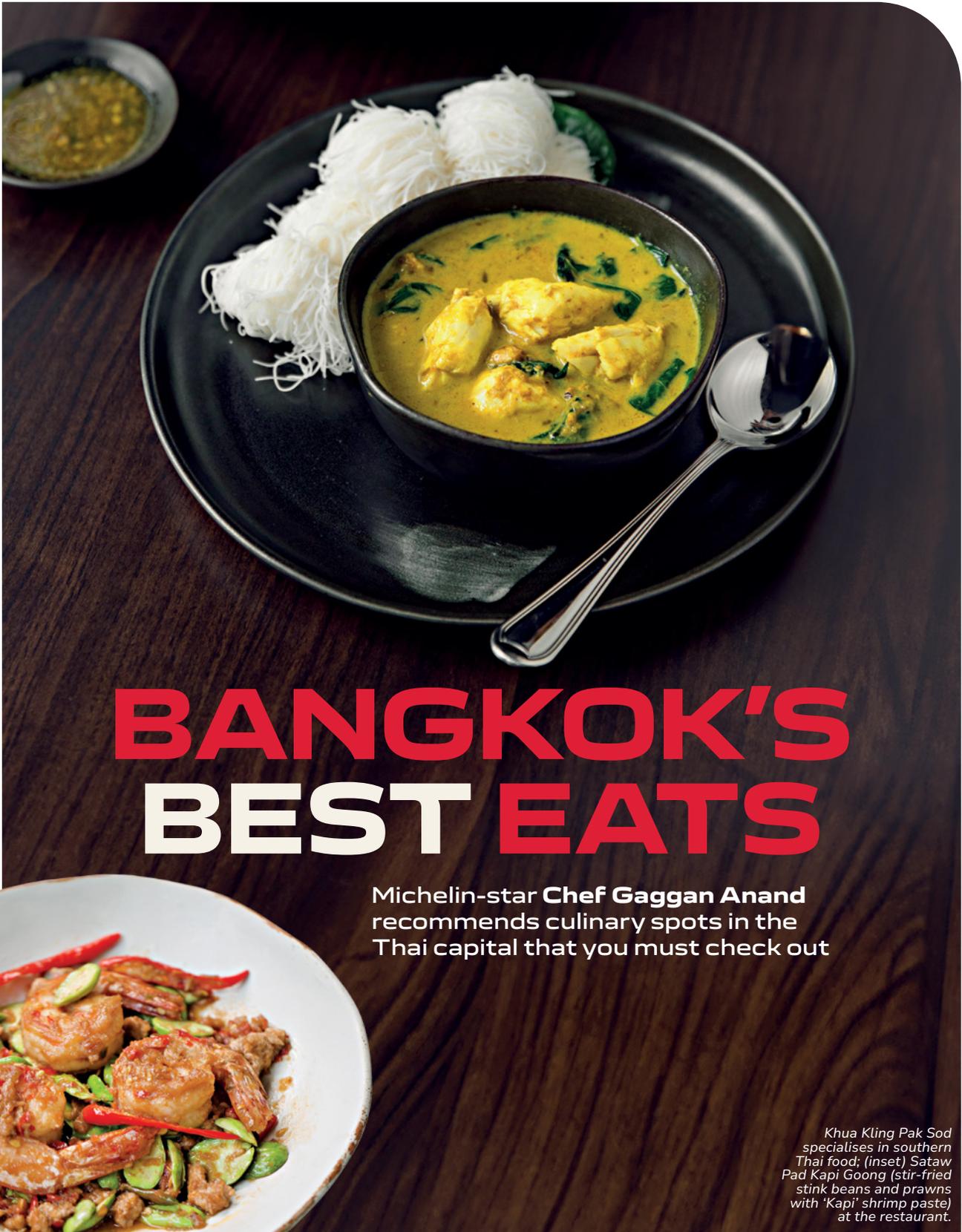
Lovingly called 'India's rebel chef', Gaggan describes himself as 'a musician, a dreamer, ... and a conductor of chaos in the kitchen.' He helms the kitchen at his Bangkok-based restaurant Gaggan that serves pioneering Progressive Indian Cuisine, transforming fine dining with globally inspired, modern interpretations of traditional Indian dishes. He picks out some quintessential culinary spots in Bangkok. **page 12**

MIND

Shifting Perspectives

- 12 ➔ FOOD GUIDE
- 14 ➔ SHOWCASE
- 20 ➔ CONNECTION
- 23 ➔ TREND
- 26 ➔ REFRESH





BANGKOK'S BEST EATS

Michelin-star **Chef Gaggan Anand** recommends culinary spots in the Thai capital that you must check out

Khua Kling Pak Sod specialises in southern Thai food; (inset) Sataw Pad Kapi Goong (stir-fried stink beans and prawns with 'Kapi' shrimp paste) at the restaurant.

Khua Kling Pak Sod



CLOCKWISE FROM TOP LEFT
The Bamboo Bar at the Mandarin Oriental; Chef Gaggan Anand; Bangkok's Chinatown; Wana Yook boasts one Michelin star.



Bangkok has had a very interesting journey as a city—it has evolved to become a fine dining destination, even though its street food is also very good. One should visit because the restaurants here offer better value for money than Dubai, Paris or London. We also have better service. That is my honest perspective.

To eat well in Bangkok, there is one rule that one could follow: go where there is no queue. But there are a few places that I can recommend. **Nhong Rim Klong** is one of them. This street food stall is casual but worth a detour.

Another choice of mine would be **Khua Kling Pak Sod**, which specialises in southern Thai food. Their central Bangkok location in Thonglor is the place to head to. **Wana Yook** in Ratchathewi also gets my vote. This fine-dining experience is helmed by

Chef Chalee Kader, who is half Indian and half Thai. It has received one Michelin star and offers delectable cuisine. **Beer Hima** in Chatuchak is another option that I would suggest.

When it comes to specific areas in Bangkok, I would advise a walking tour in the area of old Chinatown, around **Talat Noi**. This has such an amazing vibe and great seafood. And my advice would be to stay away from tourist traps like boat tours (that offer meals).

I do not drink alcohol or frequent bars, but **The Bamboo Bar** at the Mandarin Oriental is worth checking out. Finally, my wet market (for fresh produce and meats) recommendation would be **Or Tor Kor Market**. This has a great selection that you can take back to India, like Thai ingredients and curry pastes. It is your go-to spot for all kind of food souvenirs.

— As told to **Mignonne Dsouza**



TO EAT WELL IN BANGKOK, THERE IS ONE RULE THAT ONE COULD FOLLOW: GO WHERE THERE IS NO QUEUE.



GETTING THERE

Air India flies non-stop to Bangkok from Mumbai and Delhi.



Clockwise from top left: Getty Images; Gaggan Anand; Shutterstock; instagram.com/wana.yook



FLAVOURS OF HOME

A new wave of supper clubs in Mumbai is bringing regional Indian cuisines back to the table with renewed enthusiasm

words by
Rachana Parekh



In the restaurant capital of India, a quieter culinary movement is unfolding in intimate, homely settings. Across Mumbai, a growing community of supper clubs is inviting diners to gather at home tables for multi-course regional meals—dishes infused with history, a touch of reinvention, and stories that linger after the last bite.

The flavours of Punjab

As I dipped the soft, grainy *makai di roti* into a bowl of luscious *sarson da saag*, both glistening with melted white butter, along with unexpected accompaniments, the first bite was a revelation. The surprise elements—ghee and jaggery—brought together earthy, nutty, sweet, and salty notes in perfect balance. I might never have guessed had Mandeep Kaur, host of The Baithak Experience in Chembur, not shared the secret during the Punjabi Virasat – Holi Special lunch.

Inspired by her childhood in Ludhiana, Kaur—along with her daughter and son—opened her apartment, tucked away from the city's chaos, to recreate the warmth of a slow, homely dining experience. Her seasonal menu bursts with the flavours of Punjab, but unlike the



CLOCKWISE FROM TOP

The Baithak Experience is both authentic and intimate; Many, like Eight Around Dinner Club, welcome diners with traditional rituals; A thali at Jamanvaaar.

FACING PAGE

(left and right) Aloo Tikki at The Baithak Experience; Each dish at this supper club is labelled so guests can identify it.

region's famous butter chicken, this table celebrates an all-vegetarian fare.

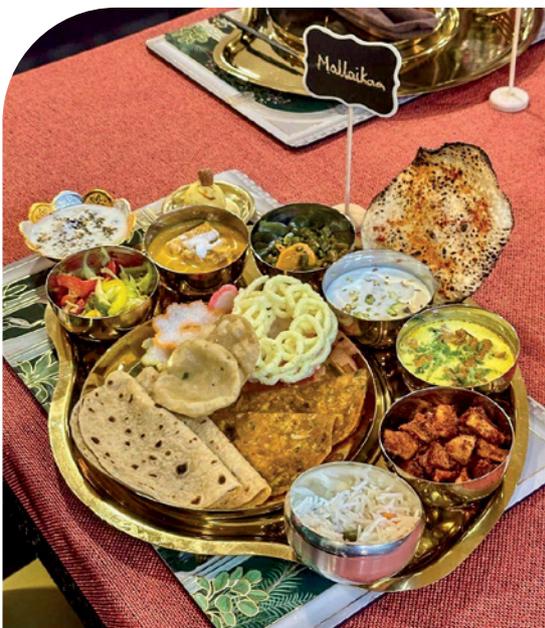
The festive meal began with freshly-made *thandai* and traditional *dahi bhalla*, followed by crisp *aloo tikki* topped with yoghurt and chutneys. At its heart was *sarson da saag* paired with *makai di roti* and a refreshing *amrod* (guava) craft lassi. Dessert was indulgent: kulfi topped with home-made *rabri*, paan-infused *falooda*, and a classic *gujiya*.

While the dishes are familiar, what sets them apart is their home-style flavour. Ingredients sourced from farms in Punjab and careful attention to traditional techniques define the experience. "We pay close attention to methods often overlooked today," says Kaur, describing the slow *ghotna*—hand-churning the *saag*—and the traditional lassi churned in a clay *chatti* using a wooden whisk.

Today, Kaur enjoys serving dishes that reflect her roots, while planning to expand her menu with recipes and techniques inspired by her travels.

A Gujarati feast

Bringing the vibrancy of the state on a plate is Jamanvaaar, a farm-to-table supper club in Juhu. Tejal Rakesh Mehta, whose goal is to make Gujarati cuisine exciting for young diners, has earned a reputation as the 'Queen of Jalsa (celebration)'.



Her thali is a colourful spread of *farsans*—*ghughra*, *muthiya*, green peas in crunchy *katoris*, and corn *bhajiya*—followed by classics like *undhiyu*, *sambharo*, seasonal vegetables, *bajra* rotis, fluffy *phulkas*, *rajwadi* pulao, and *kadhi*. Drinks range from masala *chaas* and *aam panna* to kiwi-strawberry punch, while desserts include *dudhi halwa* and *gajar halwa*. The meal is accompanied by sweet, tangy, and spicy Gujarati pickles and papads made from potato, *sabudana*, and dal. For Mehta, the menu evolves with nature's rhythms. With mango season approaching, she plans special meals

featuring *aamras* alongside *dhokla*, Gujarati-style mini *batata vada*, *poha*-and-cabbage samosas, and *khalwa* (crispy bitter gourd fritters).

Many dishes come from the women who shaped Mehta's culinary memories—her *dadi*, *nani*, mother, aunt, and mother-in-law. "I watched them cook everything slowly, from scratch. Some of those recipes are disappearing because they take time and effort," she says. Dishes like *pandoli*, a steamed yellow moong dal snack, or *tamiya*, a Gujarati dumpling influenced by East African flavours, are always on her menu.



MORE THAN JUST A MEAL

Each of these dining experiences go far beyond what is served on the plate. At Jamanvaar, guests are welcomed with an 'Atithi Devo Bhava' ritual, complete with a *tilak* and *mala* ceremony. Mehtaa and Gupta bring in folk singers from HP and Karnataka; Kaur and her children share stories about the traditions of Punjab to bring the meal to life. The Rokadias guide guests through age-old dining rituals—serving dates stuffed with almonds alongside jaggery water on arrival and inviting diners to wash their hands in the traditional *chilamchi lota* before the meal begins. From the history of the cuisine to traditional serveware and from elegant linen to seasonal flowers—every element is thoughtfully curated. In the end, what lingers is not just the flavours but the feeling of being welcomed into someone's home.



TOP AND BOTTOM
Buransh Paneer Tikka from Ver Roots; This supper club celebrates Himachali cuisine.

Reinforcing the supper club's farm-to-table ethos, much of the produce comes from Mehtaa's farm and other locations in Gujarat.

A taste of the hills

Acclaimed chef Sherie Mehtaa of Ver Roots brings the flavours of Himachal Pradesh (HP) to Mumbai through her Himachali Dham, a celebratory meal traditionally served at weddings and festivals. A classic *dham* includes rice, lentils, curd, and vegetables, along with *siddu* (fermented steamed bread) and *madra* (a yoghurt-based curry), and intriguingly begins with a sweet dish. Each region of HP—from Kangra and Chamba to Bilaspur—interprets the *dham* differently.

Mehtaa adds her own twist, reinterpreting *dham* specialities to create distinctive dishes for both vegetarian and non-vegetarian diners.

The meals begin with sweets like *safed gajar halwa* or *mirchi halwa*, followed by such inventive appetisers as *ube* and *chauli kebabs*, *palakkai* with *solam* (chaat made with root vegetables). The main course remains rooted in tradition, featuring dishes like *chana* or *rajma madra*, *mooli ka saag*, *rongi sepu vadi*, and Kangri *dhadu gosht*, served with *siddu*, *beduan roti*, and *kulath ki khichdi*, among other dishes.

Himachali cuisine is known for its foraged ingredients, and Mehtaa incorporates *bharg ke beej* (hemp seeds), stinging nettle, and *buransh*, presenting them in ways that suit first-time diners.

"Growing up in Shimla, I realised hardly any people outside the state knew about Himachali food," says Mehtaa. After hosting pop-ups across the country, she now welcomes diners into her Powai home and has been

recognised by the Himachal Pradesh government for promoting the cuisine beyond the hills.

The Bohri platter

In Thane, Eight Around Dinner Club, run by Husain and Alefiya Rokadia, offers an immersive Dawoodi Bohri dining experience. Like a regular Bohri meal, the fare is served in a *thaal*, a large communal platter around which six to eight diners gather. Guests first take a pinch of salt from a *namakdani*, a small vessel passed around the table. It is believed to protect against digestive ailments. This is followed by *sodanna*, a quarter plate with ghee at the bottom, topped with a few grains of rice, sugar crystals, ghee, and a *peda* or other sweet treats. Only then does the meal begin.

What follows is a carefully orchestrated 10-course feast. A typical



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meal might move from a *kheema lasan* (mutton mince topped with green garlic and raw egg, finished with scorching ghee) to flaky paratha with chicken drumsticks in Kashmiri gravy to chicken *seekh* biryani to dal *chawal palida* (the cuisine's comfort food) served alongside a smoky brinjal, green onions, and *dahi* salad. Family recipes frequently appear—*moong* and pineapple salad, *kheema puri*, and a modernised *suttarfeni*, the delicate thread-like sweet treat layered with strawberry cream and compote.

"My wife and I are food lovers," says Husain. "We wanted to share that joy with others in a comfortable space."

Bringing the Deccan to the table

At The Supper Club Mumbai, well-known chef Rajshri Gupta explores the culinary crossroads of Karnataka and Maharashtra. Although she works professionally with international cuisines, Gupta's experiences in her Andheri home celebrate her roots.

"I might get the flavour of our recipes, but the technique of plating and using ingredients is what I want to put out here to create an experience for guests," she says.

Her seven-course meals often begin with *hesaru* hummus, a green *moong* hummus topped with fresh green *chana* and Parmesan or a playful reinterpretation of sambar vegetables served as a salad with curry leaves, red dry chilli tempering, breadcrumbs, and masala as topping. The mains highlight fish or chicken or paneer or cauliflower ghee roast with *neer dosa*, *kori roti* with chicken *gassi* or South Indian cucumber and pineapple *gassi*, and *anas menaskai* (a sweet-spicy pineapple curry from coastal Karnataka). The meal's highlight is often *Donne biryani*, a speciality made with *seeraga samba* rice, a short-grain rice from Tamil Nadu.

The course ends with a delicate coconut milk dessert inspired by childhood memories—simple, comforting, and quietly nostalgic.



CLOCKWISE FROM TOP LEFT Afghani Walnut Halwa with ice-cream at Eight Around Dinner Club; Chef Rajshri Gupta interacts with diners at The Supper Club; The beet dish reflects Chef Gupta's plating skills.

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All images courtesy respective supper clubs

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RENEWING MEMORIES

For me, food has always been about emotions and that is why I wanted my restaurants to exude the warmth and nostalgia of childhood

words by
Mona Singh



Singh at the Andheri West (Mumbai) branch of her restaurant, Kona Kona

“ WHEN SOMEONE TELLS YOU THAT YOUR FOOD REMINDED THEM OF HOME, THAT IS HONESTLY THE BIGGEST COMPLIMENT YOU CAN GET.



LEFT AND RIGHT

The Andheri West branch of Kona Kona opened in May 2025; The spicy Kill Bill is a signature cocktail, crafted with tequila.

I grew up in a Punjabi household, so there was always something comforting cooking in the kitchen.

Food in my house was about family time. One of my strongest food memories is of my mom making *rajma chawal* or *kadhi chawal* on weekends. Those simple meals felt like a celebration. Even today when I eat *rajma*, it instantly takes me back to my childhood and the warmth of home.

For me, food has always been about emotions. Some dishes carry memories,

stories, and even entire childhoods within them. Which is why, when we were conceptualising Kona Kona, we wanted it to feel like a friendly neighbourhood bar where people could walk in, relax, and enjoy food that feels familiar and comforting. Celebrating regional Indian flavours that people have grown up with felt like the most natural direction. Nostalgia connects people instantly; it reminds them of home, their grandparents, and their hometowns. That emotional connection

was really the heart of the idea. And people often come up to us and say that a particular dish reminded them of something their mother or grandmother used to cook. When someone tells you that your food reminded them of home, that is honestly the biggest compliment you can get.

As an actor, I am always excited about roles that challenge me and allow me to explore different characters. Hospitality, however, is a completely different world. On a film set, you have a script and a schedule, but in a restaurant, things are constantly evolving. One of the biggest learnings for me was understanding how much work goes into the details—from sourcing ingredients to ensuring consistency in every dish. It taught me patience and the importance of trusting your team, because running a



CLOCKWISE FROM TOP LEFT
Duckman Prawns has flavour in every crispy bite; The Alleppey raw mango and coconut fish curry is a coastal classic; Opened in January this year, the Andheri East branch of the restaurant exudes a warm vibe.

restaurant is truly a daily commitment.

We frequently hold regional food pop-ups at our restaurant. That is honestly my favourite part. Meeting chefs from different regions and hearing the stories behind their dishes is fascinating. Every recipe has a history—sometimes it is a family tradition and sometimes it represents an entire community. These interactions really make you realise how incredibly rich and diverse Indian cuisine is. In the future, if we expand, I would love to explore concepts that continue to celebrate Indian food culture in different ways.

India has such incredible regional cuisines that many of us have still not explored fully. I would love to bring more north-eastern flavours, coastal cuisines, and lesser-known regional

dishes to the table. The idea is to keep discovering these flavours and sharing them with people who might be tasting them for the first time. In fact, when I travel, I love trying local food because it is the best way to experience a place. But after a few days of experimenting, I always start craving something comforting like dal, rice or a simple home-style meal. That is the beauty of Indian food—it always feels grounding no matter where you are. Mumbai, where I live, has some amazing places that instantly make you feel at home. But honestly, when I crave comfort food, I usually go for something simple—a plate of *rajma chawal*, *chhole bhature*, or a classic dal-roti meal. Sometimes the simplest dishes are the most satisfying.

Life today is so fast and constantly

changing. In the middle of all that chaos, food that reminds you of home gives you a sense of comfort and stability. Nostalgic dishes carry emotions and memories, and people are naturally drawn to that warmth.

— As told to **Deepika Bhutra Nandal**

BUILT ON MEMORIES

The **Andheri West branch** is a warm, stylish neighbourhood hangout and its menu includes regional dishes like Jhol Jhal Momos and Ambodi Poi.

The **Andheri East branch** is a 100-seater bar with a relaxed vibe. It offers signature cocktails and dishes like Himachal Paneer Sidhu.

SLOW IS THE NEW SIZZLE

From dum-sealed *handis* and aged curries to quiet fermentation, chefs around the world are rediscovering the flavour of patience

words by
Tanisha Saxena



TOP AND BOTTOM
Fermentation is now back on the culinary radar; The charred watermelon at Farmlore.



By the time I sat down to lunch at Loya, the chicken had already been marinated overnight.

At this restaurant at the Taj Palace, New Delhi (which serves north Indian cuisine), the preparation of the Dum Murg begins long before service.

Yoghurt and ground spices are worked carefully into the meat and left to rest, so that the dairy tenderises it and the masalas settle. Later, the pot is sealed with dough and cooked under dum, trapping the steam inside. When it arrives, the sauce clings to the meat, balanced and composed. The flavour does not strike at once; it builds slowly.

At Loya, slow cooking is approached through a broader regional lens. The philosophy draws from cooking



practices across the Himalayan belt—Punjab, Kashmir, Himachal Pradesh, and Uttarakhand—where time, fire, and seasonality shape the rhythm of the kitchen. “Slow cooking appears through several techniques. Dum is one part of the story but so are *sigdi* (cooking on an open fire), *dhungar* (smoking), *baghar* (tempering), and the use of iron and earthen vessels that allow heat to build gradually. Each method contributes a different dimension of flavour and texture,” says Chef Rajesh Wadhwa, Grand Master Chef at Loya that has branches in Delhi, Bengaluru and Mumbai.

This is the real flex in the world’s most ambitious kitchens right now—time. “Guests are increasingly curious about marination timelines, soaking durations, cooking vessels, and the calibration of heat,” adds Chef Wadhwa. According to him, this curiosity reflects a larger shift in how people around the world engage with food now. Diners today are more informed and interested in the story behind a dish. Social media, open kitchens, and chef-driven storytelling have also made the cooking process more visible, prompting guests to ask deeper questions about how long something is marinated, why a particular vessel is used or how heat is controlled over many hours rather than minutes.



LEFT AND RIGHT
Watermelon at Farmlore that has been roasted for 16 hours; Masalas are prepped at Loya the old-fashioned way.

Reinvented traditions

Slow cooking, of course, is hardly new. But what feels new is the cultural moment around it. In a world defined by instant delivery and hyper-efficiency, diners are increasingly drawn to food that signals patience, craft, and continuity.

At Masque and Paradox in Mumbai—restaurants where traditional techniques meet contemporary tasting-menu formats—Chef Varun Totlani sees fermentation less as a trend and more as something Indian kitchens have always practised.

From idli and dosa batter and *kanji* to fermented pickles, the technique has long been embedded in everyday cooking. What has changed, he says, is the deliberate way contemporary chefs now work with time, allowing grains, microbes, and natural processes to quietly deepen flavour and complexity. One example is the Black Garlic Pulao at Masque. The garlic is aged in the restaurant’s lab for three months in a controlled chamber, where its natural sugars gradually caramelize. Over time, the cloves turn dark, soft and intensely savoury, adding a deep,

SLOW MIXOLOGY

The trend is also having a moment in bars. “It is not theatre. It is prep,” says Pankaj Balachandran of Countertop India and Boilermaker. Room-temperature infusions, cold extractions, and lacto-ferments work quietly for days or weeks before a drink reaches the table.

At The Lab in Goa, the cocktail Red Amaranth uses pickled onions to flavour gin. Siolim Salsa slowly infuses tequila with grapefruit, pineapple, and *gochujang*. In Bengaluru, Maize & Malt experiments with patient infusions. “We explore slow-crafted methods to deepen flavour and complexity,” says General Manager Keshav Keshu. Globally, Almanac (Philadelphia), Penicillin (Hong Kong), and The Aviary (Chicago) rely on fermentation, preservation, and long prep.



sweet umami richness to the dish.

Restaurateur Vedant Newatia of Masala Code in Indore, which serves pan-Indian cuisine, echoes the idea that many Indian dishes depend on patience long before they reach the stove. “Onions slowly caramelize for gravies, spices warm gently, and curries simmer before resting. When cooking slows down, flavours settle and balance naturally,” explains Newatia.



TOP AND BOTTOM
Lobster with Goan choriz and seaweed at Masque, Mumbai; The Barrel-Aged Boulevardier at Maize & Malt in Bengaluru.

In Bengaluru, Farmlore also approaches time as an ingredient in itself. “One of the dishes we serve is *darbusini* (Tamil for watermelon). We place the whole fruit inside a wood-fire pit and let it cook slowly for 16 to 18 hours,” says Johnson Ebenezer, Executive Chef and Co-Founder of Farmlore. “As it cooks gradually, the texture changes; it becomes almost jerky-like, dense, and savoury, even though it is still watermelon.”

Many of Chef Ebenezer’s cooking methods require time. “Curing is a fundamental step in some dishes. Take duck breast: whenever duck appears on the menu, it is first cured with *koji*, a fermentation culture. It is then coated with the mould and left to rest. What this does is gently draw out moisture without applying heat, while also beginning a slow transformation of flavour. In many ways, the cooking process starts three days before the dish is served,” he says.

A worldwide trend

The slow cooking trend is not limited to India. At Gaa (Bangkok), the two Michelin-star restaurant led by Chef Garima Arora, an entire fermentation programme supports the menu. Split peas are transformed into miso, lychee is fermented into liqueur,

and house-made *garums* deepen savoury notes in dishes inspired by Indian flavours.

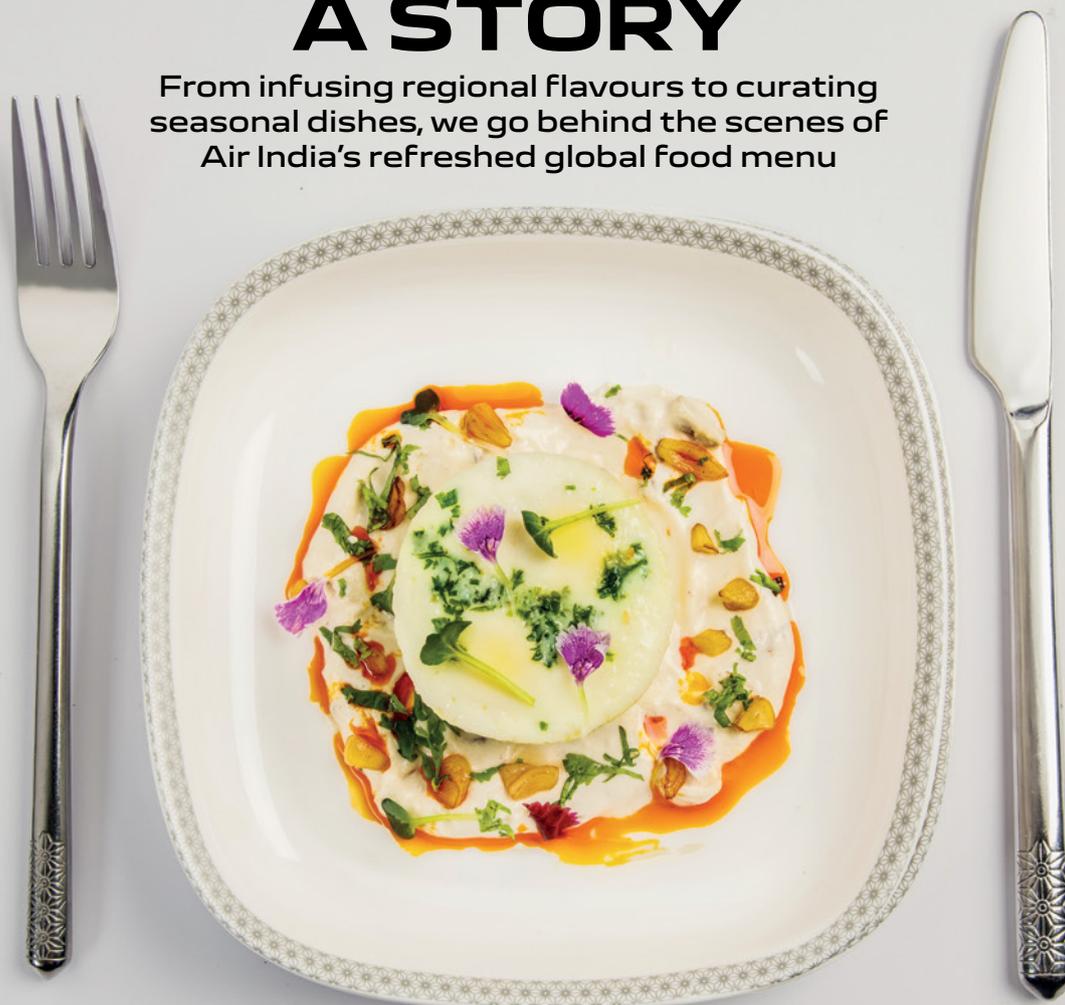
At Osteria Francescana in Italy, Chef Massimo Bottura builds dishes through processes that rely on slow reductions, aged (Parmigiano Reggiano) broths, and carefully developed sauces—techniques that gradually deepen flavour. The restaurant’s *tagliatelle al ragù* also follows an older method rarely seen today: large cuts of meat are slow-cooked, then hand chopped into the sauce rather than minced, a process that unfolds over three days.

At Santani Wellness Resort & Spa in Kandy, slow cooking is guided by the Ayurvedic principle of *Rasa Haya*, the balance of six tastes that has long shaped Sri Lanka’s food culture. “Gentle temperatures preserve moisture, protect nutrients, and create refined textures without heavy sauces,” says Indika Bandara, Executive Chef of the resort, pointing to dishes like slow-cooked lentils, braised vegetables, and *sous vide* chicken.

In many ways, slow cooking is the rediscovery of something kitchens have always known: flavour rarely arrives in a hurry. The real luxury today may be time itself—the quiet, transformative ingredient behind memorable meals.

EACH BITE TELLS A STORY

From infusing regional flavours to curating seasonal dishes, we go behind the scenes of Air India's refreshed global food menu



Baked eggs served over a creamy garlic yoghurt base, finished with a drizzle of chilli oil, fresh herbs, microgreens, and edible flowers

Air India has rolled out a renewed and reimagined menu selection, all in a bid to cater to the taste and preferences of its guests and ensure that the inflight meal becomes a truly elevated and satisfying experience.

Regional focus

Great care has been taken to keep a sense of Indian-ness and include regional specialities like biryani and Malai Palak Kofta. Also, a new concept of 'refreshment bowls', reflecting the authentic dishes of various countries,

has been introduced. These include international favourites like Korean bibimbap and kimchi, Japanese teriyaki bowls, and Thai dishes like *krpow* (stir-fry) and fried rice, to give travellers a genuine flavour of the destination even

before they land. For instance, on the Delhi-Hanoi flights (due to commence soon), guests can enjoy the much-loved butter chicken, and also sample Vietnamese staples like *banh mi* and rice paper rolls. Flights to Europe, on the other hand, will serve lasagna.

Seasonal fare

An element of seasonality has also been brought in, as only ingredients that are at their peak can truly enhance



TOP AND BOTTOM

Green Tea Matcha Delice is a light dessert with a layer of cream cheese; The Laksa Bowl has a creamy spicy coconut broth as its base.



the flavour of dishes. Therefore, summer menus will feature more citrus options and hearty vegetable dishes, while winter will see more flavourful choices like butter-poached offerings. Global trends have also been kept in mind while curating the menu. Microgreens have been added to salads and appetisers, like the Insalata Caprese, which features microgreens, a balsamic crackle, and edible flowers.

Health first

To help guests stay refreshed and

feeling light, healthy meals have been added that use nutritionally-dense but flavourful ingredients. Think lean proteins and smart carbs. The menu is also mindful, and uses less oil. The aim is to present vegetarian-friendly, high-fibre, and low-fat options that are adaptable to various diets and align with contemporary wellness trends.

Feels like home

Simple, home-style dishes like Millet Khichdi have been added to the menu so guests can find familiar choices

onboard. At the same time, the menu boasts festive treats as Air India has begun to celebrate festivals in the air. Besides Holi, Eid, Diwali, and Christmas, the airline will also commemorate days like Mother’s Day by rolling out some special dishes.

Behind the scenes

No effort has been spared to ensure the food tastes delicious and fresh when it is served during the flight. Cooking temperatures are maintained precisely, and only meats and vegetables that hold structure and moisture are chosen. Particular attention is paid to choosing chilled meat items that do not disintegrate. Furthermore, precise sauce-to-protein ratio is maintained for dishes like Kadhai Paneer or stews.

Extensive trials are also conducted before new meals are introduced so that when the selections are plated and served, the flavour profile remains steady and the dishes stay consistent.

THE WORLD ON A PLATE

“Our reimagined menu is a celebration of diversity that brings together the vibrant spices of India, the authenticity of global refreshment bowls, and the comforting tastes of home. The menu refresh is a testament to our mission of elevating the guest experience through consistency, health-conscious innovation, and regional storytelling.”

—RAJESH DOGRA
Chief Customer Experience Officer,
Air India

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A JOURNEY IN JEWELS

Jaipur's Amrapali Museum opens a new floor with audio-visual experiences and exquisite displays

words by **Shrabasti Anindita Mallik**



A sculpture of Lord Vishnu stood in front of me, set against a blank grey wall. Every aspect was intricately detailed—from the hands holding the conch, discus, lotus, and mace to the calm expression on the face. Slowly, a ray of light was projected on the crown of the idol. The music of *Prasanna Vadannam* filled the hall and the sculpture turned into the canvas for a light and sound show.

I was on the new floor of Jaipur's Amrapali Museum, a repertoire of jewellery artefacts with historical value, and this is one of the two audio-visual experiences the new section promises. In addition are stunning displays of jewellery the brand has crafted for films like *Baahubali* and *Manikarnika*. What caught

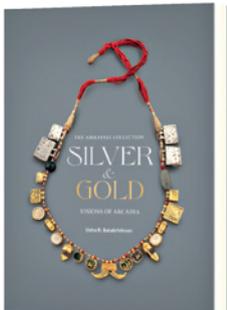


my attention, however, was a beautiful silver Jain temple *palki* (palanquin) with lion-paw feet and guardian figures marking the corners of the pierced foliate panels that enclose the seat.

Another notable display is the *Vasudev Patra*. Sourced from Uttar Pradesh and dated 19th-20th century, the vessel portrays the scene of Vasudev carrying a baby Lord Krishna on his head. A video shows how water, when poured inside, miraculously 'gives way' just

before it touches the Lord's feet, engaging viewers. The new floor also features selfie spots and a display of the luminaries who have donned the brand's jewels. amrapalimuseum.com

CLOCKWISE FROM TOP LEFT
A miniature painting of Lord Krishna from Rajasthan; Even the staircase has been used as a display space; Exhibits at the new wing; This coffee table book was launched at the opening of the new wing; A statue of Lord Vishnu.



GETTING THERE

Air India flies non-stop to Jaipur from Delhi and Mumbai.

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BLOSSOM TIME TULIP FESTIVAL

📍 Srinagar, Jammu and Kashmir

Till mid-April

Visitors to the Indira Gandhi Memorial Tulip Garden this year will be able to see around 18 lakh tulip bulbs, comprising more than 70 varieties, in bloom. Other spring flowers like hyacinths and daffodils have also been planted to create a spectacular display. 🌐 jktdc.co.in



BRUSH STROKES GO EASY ON ME BABY... IT'S MY FIRST TIME TOO

📍 New Delhi

Till 3rd April

Gallery Pristine Contemporary presents works by Singapore-born, Brooklyn-based artist Nature Shankar. On display: 14 mixed-media paintings, including five large-scale works, foregrounding her ongoing enquiry into the body as a site of emotional memory.

🌐 gallerypristine.com



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HIGH POINTE

A TALE OF DREAMS AND DESTINIES

Bengaluru, Karnataka

12th April

Yana Lewis and The Lewis Foundation of Classical Ballet's forthcoming production will be staged at the Prestige Centre for Performing Arts. Based on a classic tale from *One Thousand and One Nights*, this dance has been conceptualised, choreographed, and produced entirely in India. in.bookmyshow.com



CULTURAL POTPOURRI

SIKKIM ARTS AND LITERATURE FESTIVAL

Gangtok, Sikkim

26th-28th April

The second edition takes place at Ridge Park and is set to explore a wide range of themes, including climate change and environmental awareness, heritage, and more. teamworkarts.com



ON THE RADAR



KASAUJI RHYTHM AND BLUES FESTIVAL

Kasauli, Himachal Pradesh

3rd-4th April

The 10th edition will feature acts by Prince Mulla, Mansa Jimmy, and more. genesis-foundation.net

SEVILLA SWING FESTIVAL

Seville, Spain

9th-12th April

From dance classes and live concerts to parties and events, experience swing culture at its best.

sevillaswingfestival.com



SIAM SONGKRAN MUSIC FESTIVAL

Bangkok, Thailand

11th-14th April

Martin Garrix, Gorgon City, and Marshmello will take the stage. siamsongkran.info

Clockwise from top left: The Lewis Foundation of Classical Ballet; Shutterstock; Siam Songkran Music Festival; instagram/sevillaswing; Kasauli Rhythm and Blues Festival



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WINDY CITY WONDERS

Chicago is a joy at many levels—from its towering skyscrapers and great shops to its distinct gourmet vibe

words by Rameshinder Singh Sandhu

The Chicago skyline is an iconic one, dominated by structures like the former John Hancock Center (now officially renamed 875 North Michigan Avenue)

🕒 08:00AM

Art icon

📍 Millennium Park

Opened in 2004, this is home to many intriguing art installations. But it is *Cloud Gate*, affectionately known as 'The Bean', that brought it global fame. This large stainless-steel installation by celebrated Indian-born British artist Anish Kapoor, reflects everything that surrounds it, including the sky.

🕒 09:30AM

Chocolate delight

📍 Palmer House, a Hilton Hotel

This historic place is said to be where the first-ever brownie was created by Bertha Palmer (wife of the hotel owner) in the late 19th century. Loaded with walnuts, the brownie comes in a bowl topped with berries bathed in apricot jam, and is served warm. Pair it with coffee at the property's grab-and-go café, Lockwood Express.

🕒 10:30AM

Museum halt

📍 Art Institute of Chicago

One of the oldest and largest art museums in the country, it houses a permanent collection of 3,00,000 artworks, including bronzes, contemporary design, textiles, and installation art. Keep an eye out for special exhibitions. Comb through its gift shop to pick up a unique souvenir.

🕒 12:00PM

Architecture class

📍 Chicago River

Take the 90-minute 'Chicago River Boat Architecture Tour' (with live commentary) to discover the city's unique heritage. You will also learn how the buildings played different roles over the years. Do not miss the Tribune Tower, a tall Gothic structure embedded with fragments from historic sites like the Berlin Wall, Pompeii, and the Kremlin.



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**CLOCKWISE
FROM TOP LEFT**
Cloud Gate; Deep dish
pizza is a local favourite;
The Ledge at Skydeck
Chicago, Willis Tower;
A cruise along the
Chicago River is a must
do; Brownies were said
to be invented at the
Palmer House.



STYLISH STAYS

1/ The Drake: Dating back to the 1920s, this legendary property faces Lake Michigan and is located on the Magnificent Mile.

2/ Swissôtel Chicago: A contemporary all-glass hotel, it overlooks the Chicago River. Expect 360-degree views from its top-floor rooms.

3/ The Gwen Hotel: This luxe boutique property boasts a cosy vibe and is just steps away from Michigan Avenue.

GETTING THERE

Air India flies non-stop to Chicago from Delhi.

🕒 02:30PM

The right slice

📍 Deep dish pizza

Head to Pizzeria Uno on Ohio Street for this Chicago speciality. A pan with a tall wall is used for baking so that the crust is able to easily hold the hearty filling of mozzarella, topped with chunky tomato sauce, herbs, and veggies. Choose from both veg and non-veg options.

🕒 03:45 PM

Shopping time

📍 Magnificent Mile

This section of Michigan Avenue is Chicago's counterpart to New York's Fifth Avenue. It is peppered with an array of fashion stores like J Crew, Lululemon, and Aritzia, along with Harry Potter Shop Chicago and American Girl Chicago. You will also find large department stores like Nordstrom, Bloomingdale's, and Saks Fifth Avenue.

🕒 05:00PM

Panoramic views

📍 Willis Tower

One of the world's tallest buildings, it offers a bird's-eye view of the city and breathtaking sights of Lake Michigan. Standing on The Ledge at Skydeck Chicago, a glass balcony on the building's 103rd floor, is an adventure in itself. You can stay on till the city lights up.

🕒 8:30PM

Gourmet perfection

📍 Alinea

This multi-award-winning restaurant in Lincoln Park, helmed by Chef Grant Achatz, has gone from strength to strength ever since it opened its doors in 2005. Today, it holds three Michelin stars. The American modernist cuisine, presented across multiple courses, aims to impress diners as the team views food as performance art.

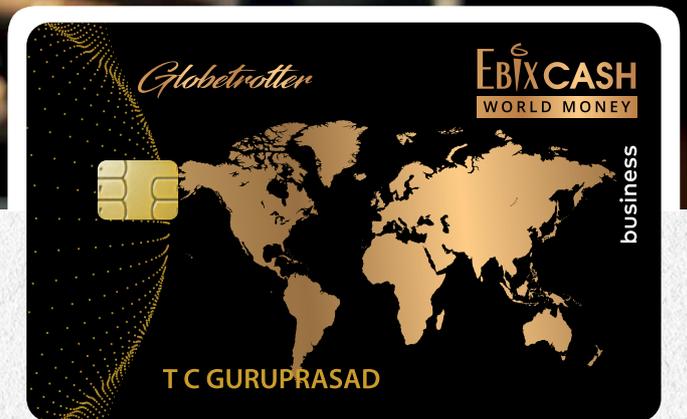
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8 dishes TO TRY IN ZÜRICH

↓ FONDUE

Stemming from the French word 'melting', this is one of Switzerland's most iconic dishes. The classic version uses typically Swiss cheeses like Emmental, Gruyère, and Appenzeller, melted with white wine, though others can be added, taste depending. This concoction bubbles away in a thick metal or ceramic pot while diners spear a variety of foods—bread cubes, potato chunks, pearl onions, gherkins, pieces of cured meat, and even fruit chunks—into it.

Where to try it: Chäsalp, Tobelhofstrasse 236

The culinary scene in this Swiss city is a glorious amalgamation of tradition and local ingredients

words by Anita Rao Kashi



↑ LUXEMBURGERLI MACARONS

Chocolates and chocolate brands in Zürich are everywhere. But Swiss luxury confectionery manufacturer Confiserie Sprüngli, known for its truffles and pralines, offers something even more popular. Called Luxemburgerli, these are like French macarons, but smaller, lighter, airier, and melt-in-the-mouth soft. They come in a huge variety of flavours, though the ones with citrus undertones are the most complex and piquant. Also deliciously indulgent is the salted caramel flavour.

Where to try it: Confiserie Sprüngli, Bahnhofstrasse 67

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➤ **SAFFRON RISOTTO**

Risotto might not come to mind when you think of Zürich, but the Swiss city has a version of its own. The dish traces its ancestry to Ticino, in the country's Italian-speaking region, but differs in that it is supposedly made with saffron produced in the canton of Valais. Called red gold, strands of this saffron give the creamy risotto a beautiful golden colour and impart a subtle, rich flavour. It can be served on its own or paired with gently-roasted seasonal vegetables. For extra creaminess, sometimes Gruyère cheese is also added.

Where to try it: Cantinetta Antinori, Augustinergasse 25

➤ **RACLETTE**

Though both *raclette* and fondue are described as melted cheese, from the taste to how they are served, they cannot be more different. In their own way, both are quite dramatic too. A half wheel of *raclette* cheese is heated on a special grill to the point of melting and the molten cheese is scrapped off on to a plate of boiled potato chunks, pickles, pickled onions, and cured meats. The nutty, slightly salty, and savoury taste and the rich, creamy texture of the cheese combine perfectly with these accompaniments. Although it has a pungent aroma and takes a bit of getting used to, the flavours far outdo any discomfort from the smell.

Where to try it: Raclette Factory, Rindermarkt 1



➤ **ZUGER KIRSCHTORTE**

Among Switzerland's most popular desserts, this owes its origin to Zug, a town close to Zürich. At its simplest, it is a layered cake, but what makes it cherished is the complexity of flavours and textures of the constituent ingredients. At the heart of it is cherry brandy (which provides a kick), but it also has a crispy meringue base, gets its crunchiness from ground hazelnuts, silky smoothness from buttercream, and nuttiness from almonds. A light dusting of sugar powder adds a dash of sweetness without becoming cloying. It is best paired with a cup of strong coffee.

Where to try it: Treichler (birthplace of this cake), Bundesplatz 3



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➔ ÄLPLERMAGRONEN

Roughly translated, this means Alpine mac and cheese with potatoes. Served over a little stove at the table, this is a hearty dish of bubbling macaroni (or any tube pasta) with cream, cheese, and potatoes. The fresh and clean flavours of Swiss cheese make the dish savoury but what elevates it is the layer of fried onion sprinkled on top. It is entirely soul-satisfying, especially after a hike in the mountains. There is another quirky addition—it is typically served with apple sauce, the sweetness acting as a counterpoint to the strong cheese and the heaviness of the potato.

Where to try it: Swiss Chuchi, Hotel Adler Zürich, Rosengasse 10



➔ BRATWURST

These traditional German sausages are much loved in Zürich. Usually prepared with minced meat, they are best eaten hot. Generally served with *rösti* (potato pancake) or paired with sauerkraut and mustard, they are crisp-skinned on the outside, while being succulent and juicy on the inside. Though there are many varieties to choose from, a handful of local favourites rule the roost—St. Galler bratwurst, which is milk-infused, and *wiedikerli*, spiced with fennel and chilli pepper. Aficionados eat them with *bürli*, the traditional bread roll.

Where to try it: Sternen Grill, Theaterstrasse 22

GETTING THERE

Air India flies non-stop to Zürich from Delhi.

➔ RÖSTI

At first glance, this can look like a super-sized hash brown. But where hash browns are thin and crispy, a *rösti* is a thick disc—crispy on the outside, soft and buttery on the inside. It is also large, usually quarter-plate sized, and can be eaten either as a side or by itself. Prepared with grated boiled potatoes and fried in butter, it can be topped with fried onions, cheese, herbs, and meat.

Where to try it: Zeughauskeller, Bahnhofstrasse 28





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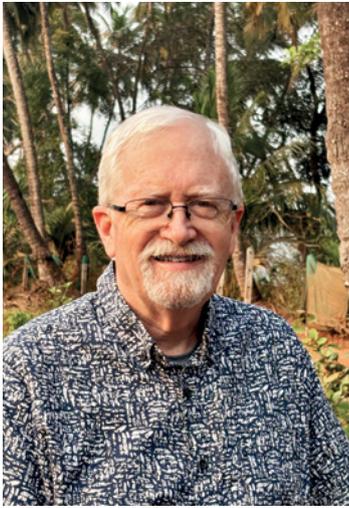
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TOP FIVE READS

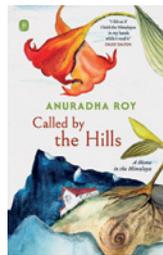
Author **Stephen Alter** on the books he has enjoyed reading the most



GREAT EXPECTATIONS
(Charles Dickens)

I did not read it as a child when I was supposed to, but when I did, I loved it. Now, it is a favourite.

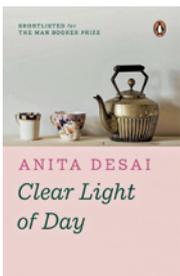
Union Square Kids; ₹1,380



CALLED BY THE HILLS
(Anuradha Roy)

It is the author's personal account of life in Ranikhet. I enjoy it for its simple and relatable narrative.

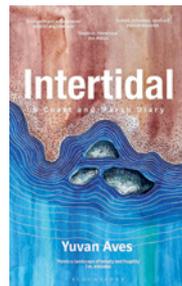
Hachette India; ₹1,430



CLEAR LIGHT OF DAY
(Anita Desai)

It is a simple book but has profound depth. It shows a Delhi that no longer exists.

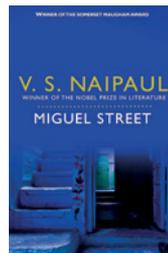
Vintage Books; ₹877



INTERTIDAL
(Yuvan Aves)

A good read on India's coasts and the ecology and conservation of the oceanfront area.

Bloomsbury India; ₹699



MIGUEL STREET
(VS Naipaul)

The powerful characters are what stay with me more than anything.

Picador; ₹401

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Author's Image: Ameeta Alter; The author was a speaker at the Jaipur Literature Festival 2026; Rest: Courtesy respective publishers; Podcasts (top to bottom): Apple Podcasts; facebook.com/InvestLikeABossPodcast; Apple Podcasts; Prices stated as is, at the time of going to press



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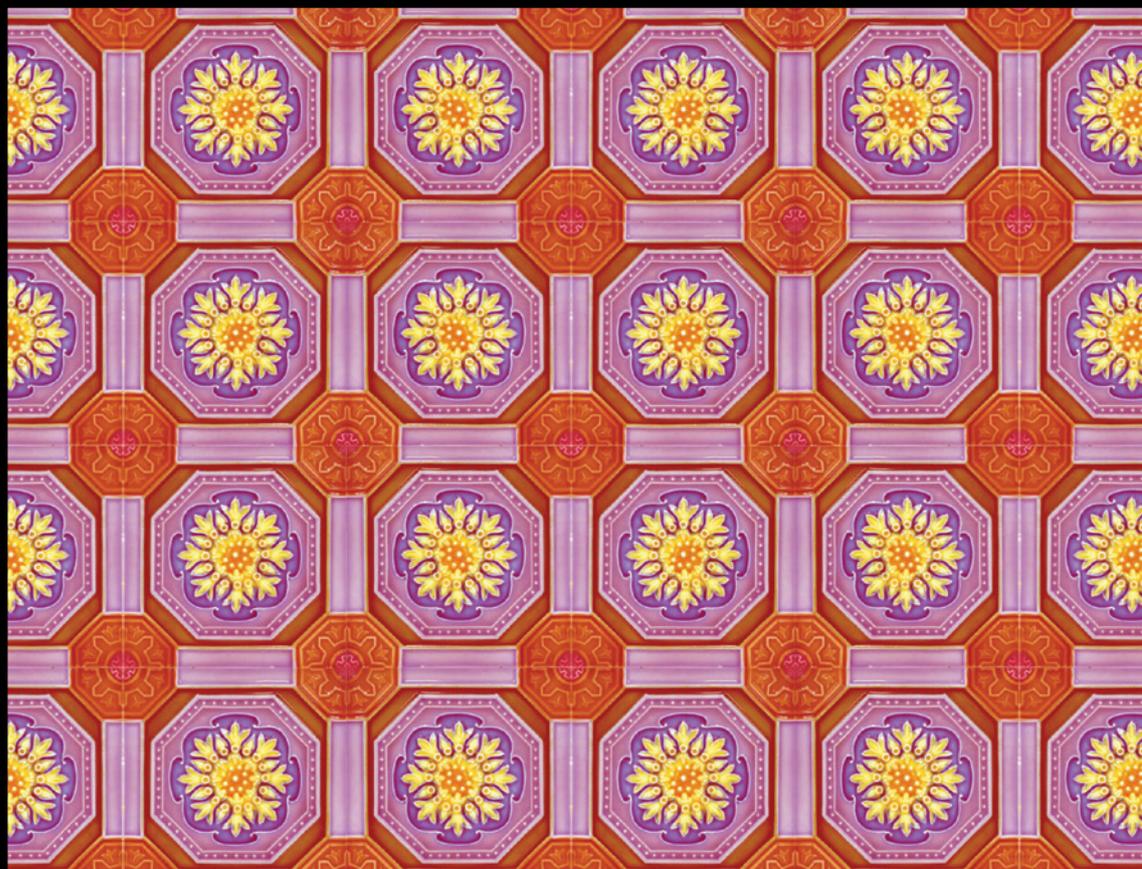


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50 REFLECTIONS
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Even though he did not know the language or anyone in Japan, Iyer decided to go and live in a temple in Kyoto

**"IT IS ONLY WHEN YOU
GET LOST THAT YOU
CAN BE FOUND"**

Every journey may start with a plan, but it is serendipity that gives it meaning

words by Pico Iyer



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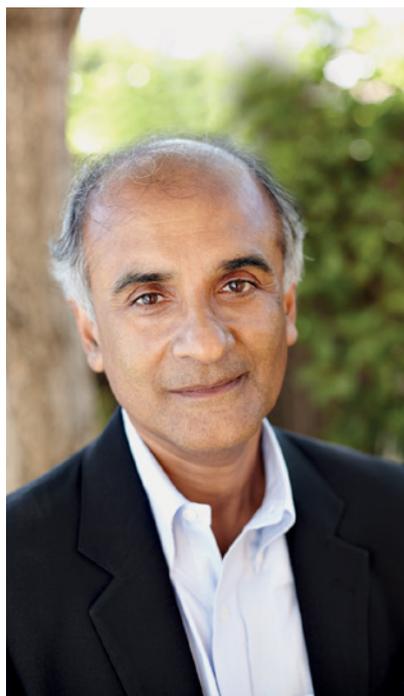


TOP AND BOTTOM
The author visited Kerala in January this year as a speaker at the Kerala Literature Festival; Pico Iyer.

At 29, I left my very exciting and somewhat glamorous job in Midtown Manhattan to go to live in a temple in the backstreets of Kyoto, Japan. At the time, I was a writer on world affairs for *Time* magazine, and with this leap, I was really flinging myself into a black hole. I knew no Japanese, I knew no one in Japan, and I had little sense of what I was getting into.

During my very first week staying in the temple, I went to a coffee shop and fell into conversation with a quiet American man sitting across from me. When I told him that my parents lived in Santa Barbara, California, he asked, “Do you happen to know a Mrs Iyer?”

It turned out that he had been a student of my mother. In an instant, this Zen-trained, kind-hearted painter named Michael became my guide to both Japan and Buddhism. Some time passed by and I eventually moved into a flat. Kyoto can seem as large and spread out as Delhi, but it turned out my new flat was just 20 seconds from where Michael lived. In my third week in Japan, he invited me to a special ceremony in which a Zen master was being elevated into an even higher



position. I sat down at the ceremony next to a Japanese woman, who is now my wife, my partner these last 38 years.

So, within a month of following intuition into the huge unknown of a new life in a faraway country, I had found a lifelong friend (Michael), a

spouse (Hiroko), and a perfect home.

This is one of the more striking examples but throughout my life such serendipity has kept recurring, suggesting that life is one of the most inspired and creative artists of all. A more recent incident is when, on my way to the Kerala Literature Festival in January this year, I was standing in a long queue at Mumbai airport’s Terminal 2, waiting to check in for my domestic flight. By complete chance, the man in front of me turned out to be an Indian gentleman I had met on a bus in Colorado four months ago in the US. Anyone who travels knows that, as when you are in love, quite suddenly everything makes sense and it feels as if there really are no accidents in the world.

Serendipity to me means that one is suddenly alive to the secret logic of the world. As they say, chance or coincidence is just the heavens’ way of reminding us that we are walking through a script fashioned by higher forces. Every traveller knows that it is only when you get lost that you can be found. And only when you make a wrong turn can you find yourself somewhere completely unexpected. The highlight of most journeys comes



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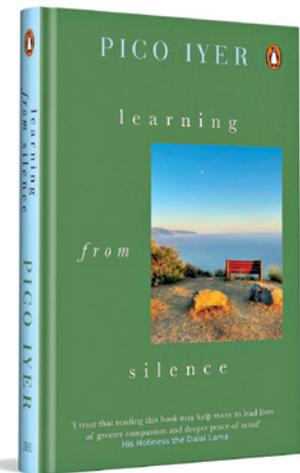
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LEFT AND RIGHT

The author met his wife Hiroko Takeuchi in Kyoto when he decided to leave his job in Manhattan to live in Japan; Iyer's book offers ageless counsel about the power of silence.



when you stumble upon something you had never heard of or thought about, and that usually takes place only after you have made a wrong turn.

I have been writing for a long time now and the longer I have been writing, the more I have discovered that the best work comes when I am taking a walk or watching a film or playing tennis: essentially, any time when I am away from my desk, my outline, my plans, and my notes. As long as I am hunched over my pages, I am at the mercy of my mind, which is very limited and runs along all too familiar lines. And as soon as I step away, more surprising and interesting things come to me. Just like travel—I often make plans hoping that they will

get overturned as soon as I am into the journey. Making plans gives one the confidence to get started, but once started, serendipity takes over, for which I am endlessly grateful.

To take one tiny example, I have been working for weeks to come up with a new passage in my next book. Last night, here in Kerala, I suddenly woke up and I had exactly the fresh paragraph I had been looking for. But I could never have found it by consciously looking for it. Serendipity—and the subconscious—took over! A writer—but maybe all of us—needs the patience to wait for serendipity to come forth with a solution that he or she could never have consciously discovered.

Insofar as serendipity seems a much more imaginative and unexpected travel planner than I could ever be, I am very glad that I have never used a cell phone. The world never ceases to surprise us, I feel, and so much of our sense of knowledge is an illusion. Sometimes ignorance can be less dangerous than the illusion of knowledge, and in that regard I am glad not to be filled with expectations or other people's opinions when I arrive at a new place.

My fear is that in the modern world it is so easy to get material at second-hand, that, in fact, in the age of information, we know less than ever before. We are so surrounded by images of so many places that we assume we know more than we really do. I would never recommend that anyone else live without a cell phone, but for myself, I feel I have too much data and distraction in my life already. What I do not have is the time and space to make sense of it all.

— As told to **Arunima Mazumdar**



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A STRIKING PATTERN

The Peranakan tiles of Singapore reflect the country's heritage and unique culture

words by
Kalpana Sunder

The tiles are said to be the equivalent of a family crest for the Straits Chinese community

THE FALCON: A DESIGN-LED BRANDED RESIDENCE RISING ABOVE GURUGRAM'S SKYLINE

The Falcon's identity is shaped through its collaboration with internationally-acclaimed designer Philippe Starck, who is known to create spaces that blend artistic expression with everyday functionality



Starck's design centres around fluid architectural lines and refined interiors



Expect curated spatial experiences defined by understated luxury



The Falcon will have around 96 ultra-luxury residences

Design lies at the very heart of The Falcon's identity, shaped through its collaboration with internationally-acclaimed designer Philippe Starck, YOO, alongside architectural firm UHA London. Known for creating spaces that blend artistic expression with everyday functionality, Starck's philosophy informs every layer of the development from fluid architectural lines and refined interiors to curated spatial experiences that prioritise privacy, proportion, and understated luxury.

Spread across approximately 2 acres, at the prestigious Golf Course Road in Gurugram, The Falcon is envisioned as a single iconic high-rise tower comprising around 96 ultra-luxury residences. It will offer expansive 3 BHK and 4 BHK homes, thoughtfully designed for contemporary urban lifestyles that place strong emphasis on privacy, exclusivity, and long-term value.



LEFT AND RIGHT
Peranakan tiles on the façades of buildings; Each unique motif has a meaning.

SEE PERANAKAN TILES AT

- **Katong-Joo Chiat:** The rows of bright shophouses along Koon Seng Road.
- **Emerald Hill:** Located just off Orchard Road are a line of Peranakan shophouses.
- **Blair Road:** A little-known pocket near Outram Park MRT Station, known for its beautifully-preserved shophouses with intricate tilework.
- **Tanjong Pagar:** Some shophouses here have been converted into boutique hotels and cafés.

Though a small city-state, Singapore can lay claim to a unique heritage, with numerous facets providing insight into its cosmopolitan culture. One such intriguing element is the glazed Peranakan tiles that adorn the façade of shophouses in neighbourhoods like Emerald Hill, Tanjong Pagar, and Katong-Joo Chiat.

These vibrant tiles fuse Chinese symbolism, Victorian elegance, and Malay design sensibilities, and are central to the identity of the Peranakans, also called the Straits Chinese. Derived from a Malay term meaning 'locally born', the people of this community are descendants of early Chinese settlers who

intermarried with Malay communities. Their language, cuisine, attire, and homes reveal a remarkable synthesis of influences. The tiles that adorn their homes reflect this fusion—in miniature.

When I first saw these beautiful tiles, I did not know that they were not merely decorative trims but indications of the community's prosperity, ancestry, and belonging. My guide also told me that these tiles were once a status symbol of the Straits Chinese, just like a family crest.

The glossy tiles in rich pastels and jewel-toned hues, including turquoise, pink, and emerald green, started off being laid as the floors of shophouses. Later they became more of an artistic expression and were laid on porches,

door frames, hallways, and courtyards. The process of making them involved pouring clay into iron moulds, then drying and firing in a kiln. Artisans then added paint, and the tiles went through a glazing process. After this, they were fired for the second time.

Locals say most of the tiles that found their way to Singapore in the late-19th and early-20th centuries were manufactured in Europe, particularly in the UK, Belgium, Germany, and the Netherlands. Later, the demand for tiles led Japanese tile makers to create designs based on auspicious Chinese motifs, including fruits, flowers, birds, and mythical creatures. Over time, the tiles were made in Singapore and Malaysia by local artisans.



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Souvenirs like plates, bags, and tea towels with Peranakan tile motifs can be bought from areas like Katong-Joo Chiat

STYLISH STAYS

Amara Singapore

A luxury property in the Tanjong Pagar neighbourhood, known for shophouses.

21 Carpenter

This is a boutique hotel in a restored heritage property on Carpenter Street.

Hotel Indigo Singapore Katong by IHG

Housed in the repurposed Joo Chiat police station, it has Peranakan-inspired décor.

I explored a conserved shophouse in the neighbourhood of Joo Chiat and noticed how the tiles shifted from the exterior to the interior. Outside, they gleamed in symmetrical arrangements, and inside, along corridors that stretched toward inner air wells, they softened into pastel florals and geometric borders.

The motifs convey a lot of hidden meaning. The peony stands for wealth and feminine beauty. The lotus is a symbol of purity. Birds like magpies, cranes, and phoenixes carry wishes for joy, longevity, and rebirth. The geometric lattice is believed to ward off evil spirits and bring good luck. There is also the rooster on a perch, a symbol of courage and strength. Interspersed among these Oriental motifs are also Western flourishes like Art Nouveau curves, neoclassical urns, and pastoral garlands, a nod to the cosmopolitan nature of Singapore.

The post-Independence decades brought rapid urbanisation to Singapore. Old neighbourhoods were cleared to make way for high-rise flats and expressways. Many shophouses fell into disrepair, their tiles chipped, painted over or sold. Entire panels disappeared into salvage yards.

In the late 20th century, the tide began to turn as conservation gained momentum. Government-led

efforts designated certain districts for protection, ensuring that rows of historic shophouses would survive redevelopment. Today, a small but dedicated community works to safeguard this fragile heritage. Some scour warehouses for vintage stock, matching century-old designs tile by tile during renovations. Others collaborate with manufacturers to reproduce classic motifs.

Preservation demands patience, research, and a reverence for detail. I met Victor Lim, 61, a passionate collector who owns the Peranakan Tiles Gallery (which houses over 30,000 antique tiles) in Chinatown. He started collecting tiles from the 1970s, when old houses were being demolished. Lim has friends who inform him when heritage shophouses and bungalows are about to be torn down or renovated so that he can save the tiles. Collectors and architects buy old tiles from him. His factory, Aster by

Kyra, also makes replicas. Lim has tiles as old as 265 years in his gallery.

The allure of these tiles lies in their paradox. They are at once delicate and durable, ornamental and meaningful, both imported and local. They were born of global trade and have survived monsoons, occupation, and bulldozers.

As Singapore continues to evolve, rising upwards, these mosaics remain, grounded, colouring the nation's story in their own vibrant way.



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The author visited Japan shortly after losing his father and found the country's green spaces to be very comforting

IN THE SILENCE OF JAPAN

A trip to the country helped me deal with a personal loss. There, I realised, grief did not need to be resolved, it just needed space

words by Anand Kapoor

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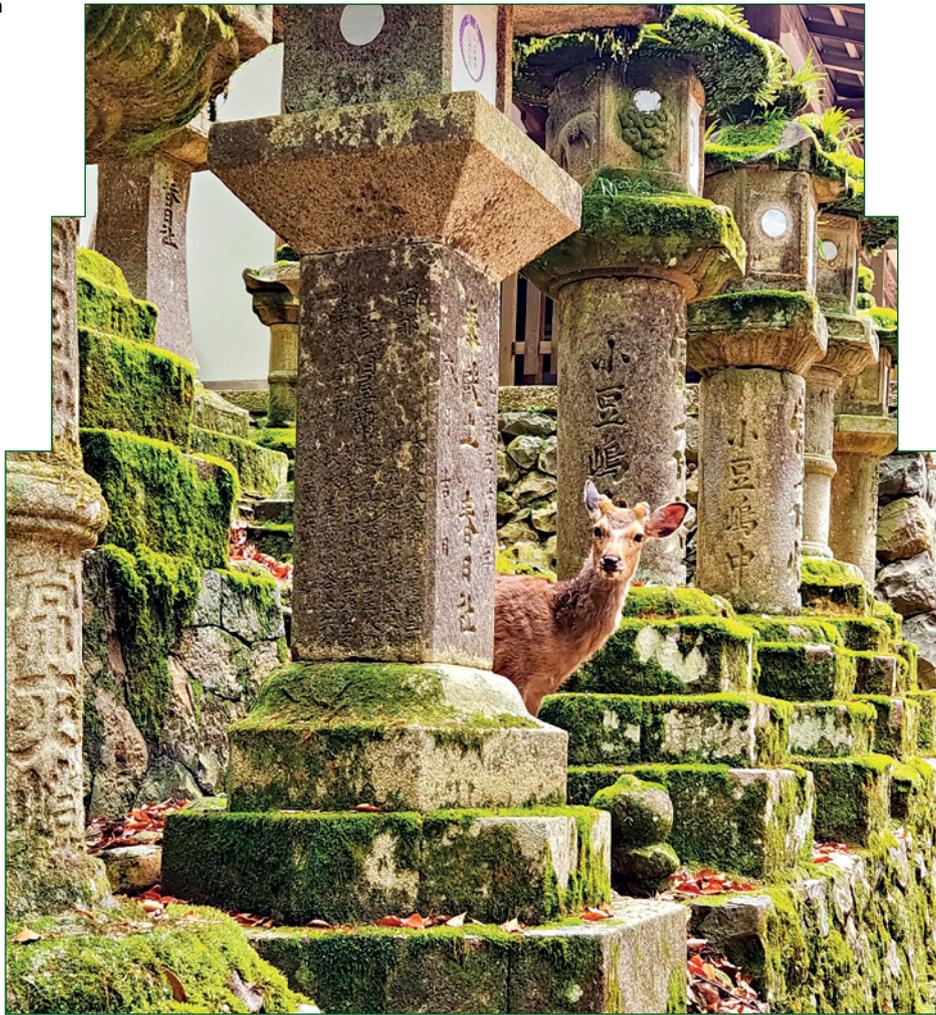
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The town of Nara and its iconic deer gave the author a sense of peace

Japan is often imagined through speed and spectacle. Bullet trains, neon streets, and technological precision. This is a country admired for its efficiency and advancement, for how seamlessly it seems to move forward. Yet beneath that surface exists another Japan, quieter and more attentive, shaped by stillness, nature, rituals, and the spaces between things. It was this Japan that met me when my father passed away suddenly, and a long-planned journey became something else entirely.

I went with no itinerary. Only the quiet need to keep moving. Normally, I research obsessively—charting places and experiences in advance, trying to anticipate what a place might offer.

This time, preparation felt beyond me. I arrived without expectation, lacking any emotional energy, which allowed the country to reveal itself slowly. Early summer had settled in. It was just after the cherry blossoms had fallen. The air was warm and damp, and the landscape, deeply green. It felt like a season in transition, and I recognised myself in it.

In Kyoto, stillness revealed itself slowly. The bamboo groves rose high and close, filtering the light until the world narrowed to the sound of my footsteps and the wind moving through the leaves. Walking there required no effort. The body adjusted on its own, pace softening, shoulders lowering, thoughts loosening their grip. Nothing asked to be understood or interpreted.

Temple gardens offered the same quiet invitation. Stone, moss, and water were arranged with such restraint that attention naturally fell inward. I found myself sitting longer than intended, watching rain gather and slip from leaf to leaf, noticing how the mind settles when it is not being pulled forward.

There was a sense that the landscape was not separate from those moving through it. Trees, paths, and air felt active rather than ornamental, as though they carried memory of their own. Standing among them, it was easy to feel held without being distracted, grounded without being fixed. Grief did not recede; it softened, finding a place where it could exist without demanding attention.

As I travelled onward, what stayed

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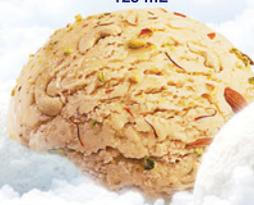
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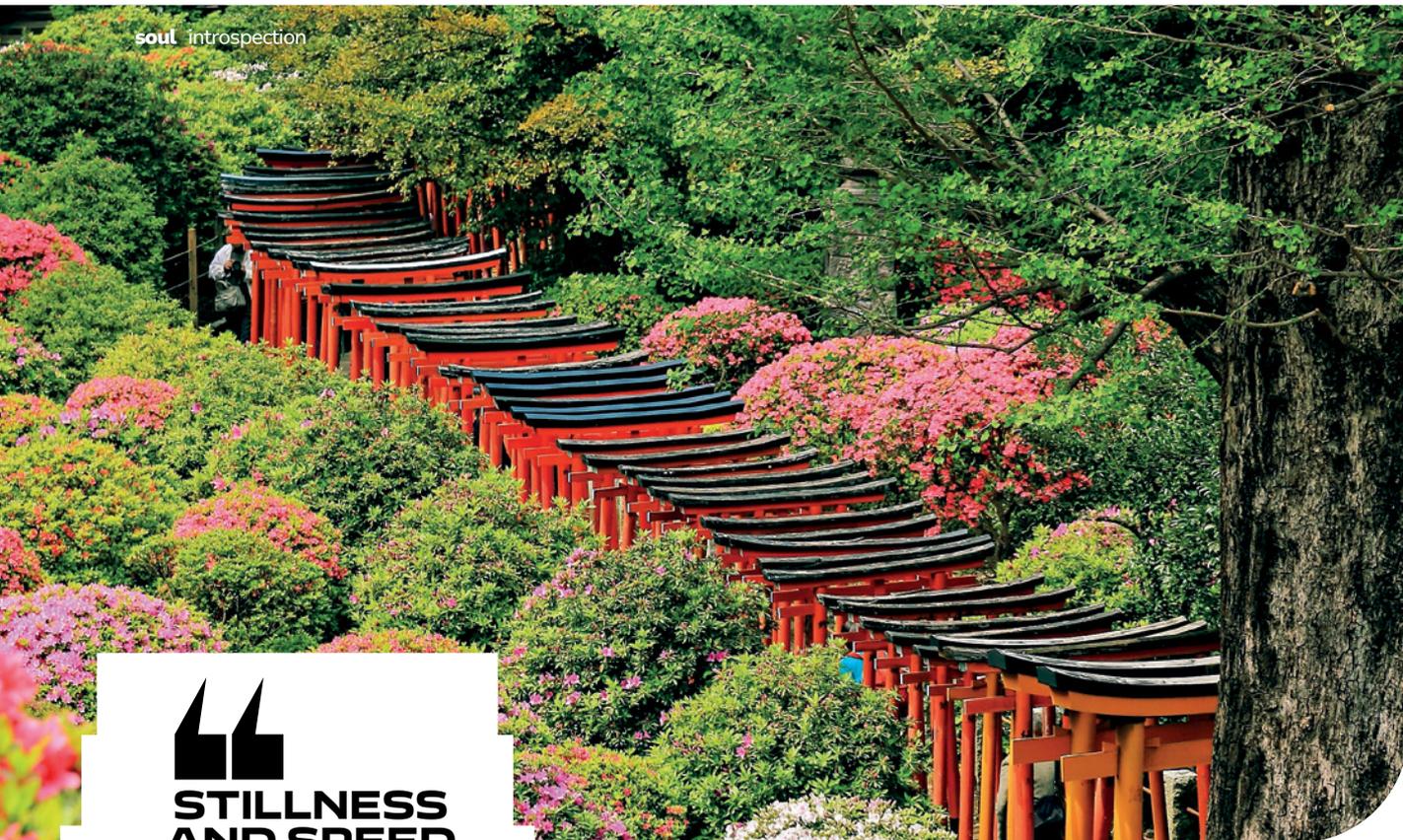
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**STILLNESS
AND SPEED
DO NOT
NEED TO BE
OPPOSITES,
BUT PART OF
THE SAME
DESIGN.**

with me was how seamlessly the sacred and the everyday coexisted. In Nara, deer wandered freely through temple grounds and public paths, moving calmly among people as though boundaries were unnecessary. Their presence was gentle and knowing, neither symbolic nor staged. Watching them, I felt a quiet reassurance and a sense of healing.

Tokyo, which I expected to feel overwhelming, was also a revelation. Though a city of frantic movement and motion, there were also pauses everywhere. Wandering through parks set back from busy streets and discovering shrines tucked behind wooden gates demonstrated that stillness and speed did not need to be opposites, but part of the same design.

I walked late at night, when the city softened rather than slept. Lights still glowed, but the urgency receded. Streets felt spacious, reflective, and almost contemplative. Even in the city's density, there was room to breathe. Nature was not excluded by development but quietly threaded through it. The effect was grounding rather than stimulating, a reminder that balance does not require withdrawal from the world.

Everywhere I went, Japan's devotion to equilibrium was evident. It is a country shaped as much by impermanence as by continuity, where change is not resisted but observed. That sensibility began to realign something within me. Grief, I realised, did not need resolution. It needed some room.

The journey did not take away the loss. Nothing could. But it offered a gentler rhythm to carry it. A way of moving through the world that allowed sorrow to sit beside life, rather than eclipse it. In Japan, I learned that

Visiting Tokyo's shrines helped the author cope with his loss

endings and beginnings are never separate. They exist together, like the turn of seasons—one giving way to the next without insistence.

I left with the same absence I arrived with, but with a deeper calm alongside it. Not healed, not concluded, but steadied. Sometimes, it is not answers that help us endure loss, but quiet places that teach us how to stand within it.



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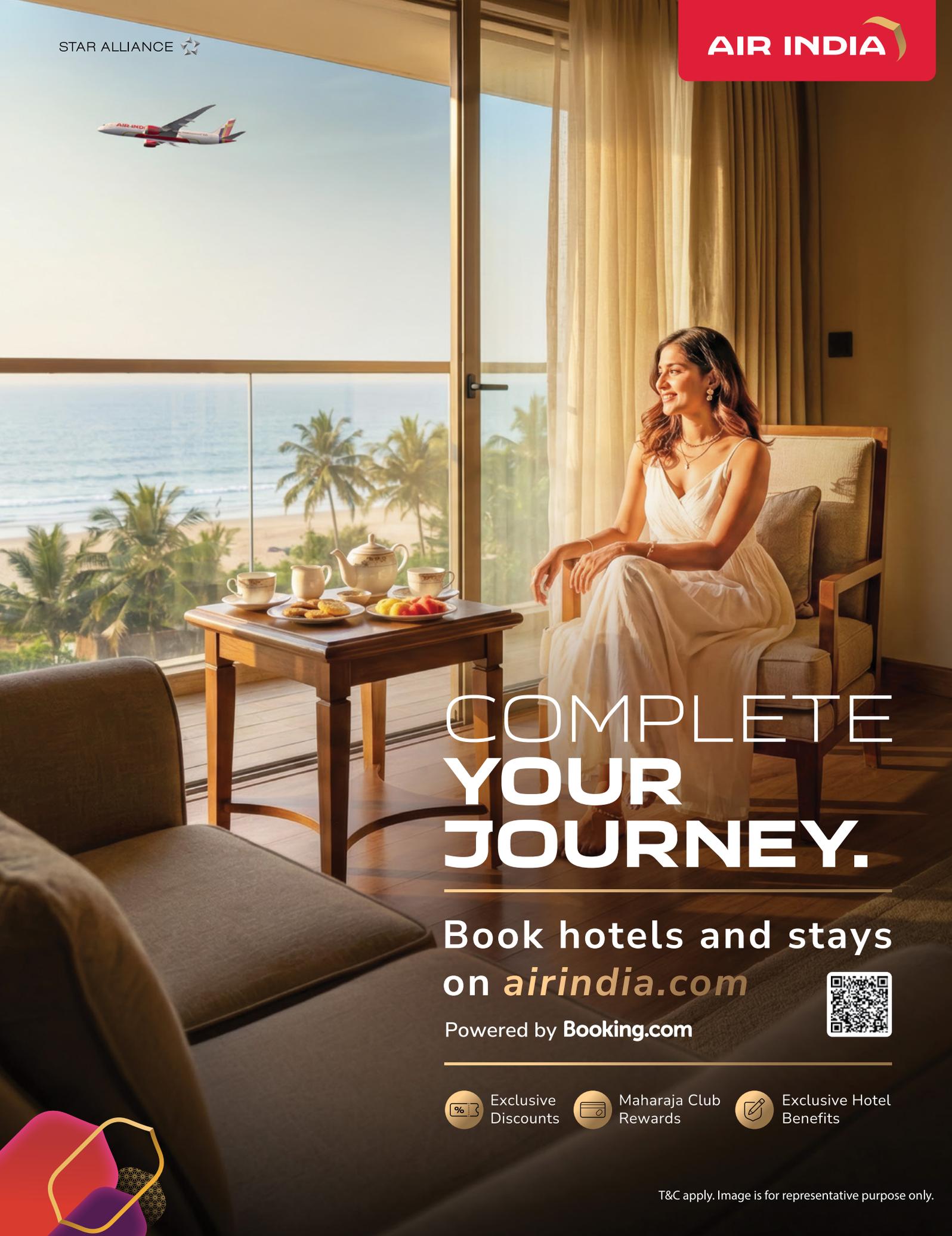


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WEIGHING IN ON PROTEIN

It is important to make the right choices when it comes to this food category, especially given the viral hype around it

words by **Kavita Devgan**



A daily dose of protein is essential because our bodies do not store it

Protein absolutely deserves attention—but not panic. What we are seeing today is a swing from one extreme to another. For years, especially in India, our diets were carb-heavy and protein-light. Now, suddenly, protein is being marketed as the magic solution for everything—weight loss, muscle gain, hair health, immunity, even longevity. However, the truth lies in balance.

How seriously should we take protein?

We should take this food category quite seriously, but intelligently. Protein is not just for bodybuilders. It is a macro-nutrient that is omnipresent and lives in every cell in our body. That is a clear indication of just how important it is to eat enough protein daily. We need it every day because, unlike fats and carbohydrates, it is not stored in the body. And yes, protein is essential for everyone, not just those who frequently hit the weight racks at the gym.

Yet, one of the biggest silent problems I see in my practice is chronic under-consumption of protein, especially among women and older adults. Many Indians consume barely 40-50 per cent of their daily protein requirement.

But more is not automatically better. Excessive consumption of protein powders, bars, and



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LEFT AND RIGHT
One can focus on eating natural sources of protein like chana: Grilled chicken is also a good source of protein.

fortified foods—especially without resistance training—does not magically improve one’s health.

Protein works best in the following circumstances:

- 1.** When it is consumed adequately, considering both quality and quantity. The focus should be on eating complete protein with all nine essential amino acids.
- 2.** When it is distributed across meals. Around 20-30gm per main meal is often more effective than one heavy dose of protein at one go.
- 3.** When it is eaten in conjunction with fibre and micro-nutrients, for better metabolic impact.
- 4.** When it is paired with physical activity.

What quantity is sufficient?

Protein adequacy matters at every age. When it comes to a minimum requirement, a good rule of thumb is 0.8gm/kg of body weight per day. Around 1-1.2gm/kg is optimal for many adults, while active individuals should aim for around 1.2-1.6gm/kg. Consistently going far beyond 2-2.5gm/kg per day, without high physical activity, is usually unnecessary and may create an imbalance. If not strength training, surplus protein is stored as fat.

The biggest mistake

people make is thinking that adding protein to one’s diet means consuming it in the form of powder. However, adequate protein intake is easily achievable through real, traditional foods if a conscious plan is made and the consumption is well-distributed across the day. Also, a focus on diversity is essential, as is paying attention to quality, not just quantity.

Good natural sources of protein are:

- Lentils, beans, *chana*
- Paneer, curd, Greek yoghurt



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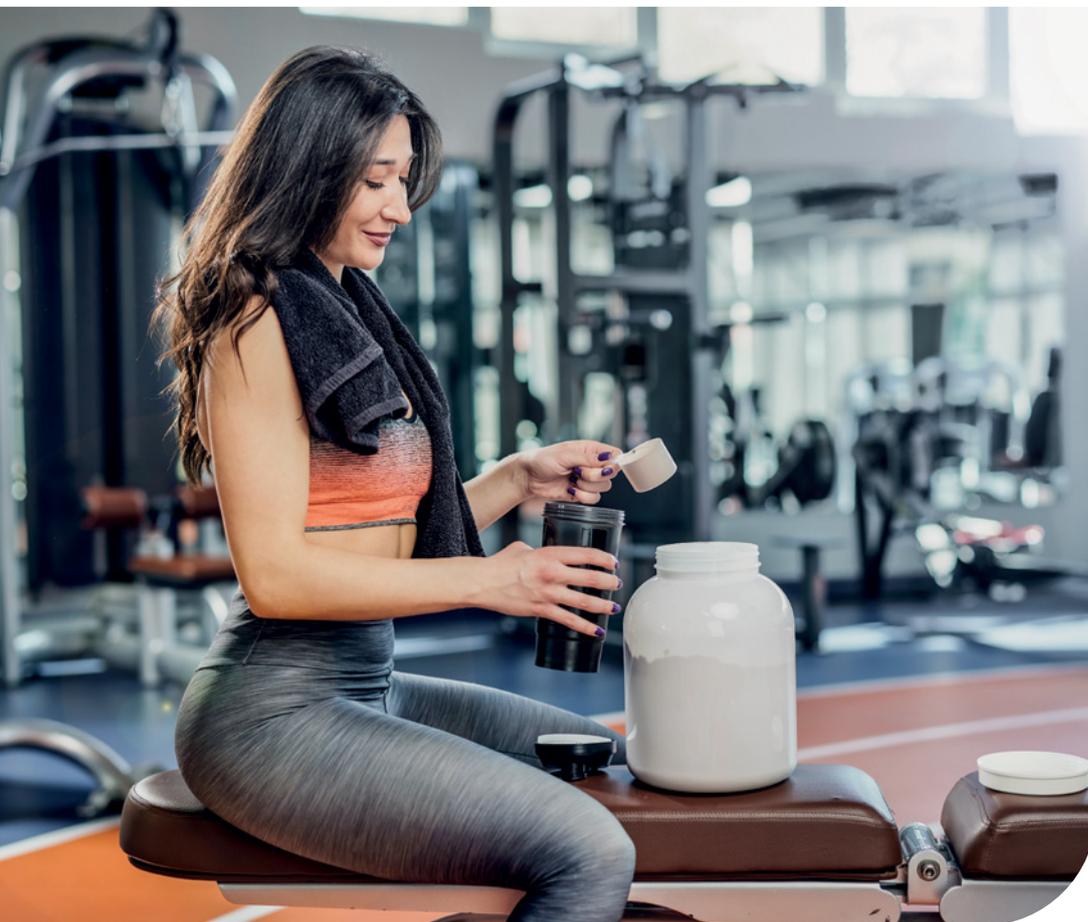
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NINE TELLTALE SIGNS YOU ARE NOT EATING ENOUGH PROTEIN

- Your balance is disturbed
- You are always tired
- You are gaining weight
- You are bloated
- Your memory is poor
- Your mood stays low
- You have poor skin, hair, and nails
- You fall sick too often
- Your wounds heal slowly

- Eggs
- Fish, chicken
- Nuts, seeds

Protein supplements

These are all the rage now but are only suitable for certain categories of people like active individuals and strength trainers. If you lift weights or train intensely and your requirement is more than 1.2-1.5gm/kg body weight, you need the extra protein in the form of powders. Similarly, adults aged 35 to 40 years, and above, may also require additional supplementation. At this time, muscle loss accelerates (sarcopenia

begins gradually), so if you are not able to plan enough protein in your diet, specially if you are a vegetarian, vegan or a busy professional, then a clean plant or whey protein can help bridge the gap.

Sedentary individuals eating adequate protein, teenagers with balanced diets, people using powders as meal replacement without fibre or micro-nutrients or those consuming it to 'melt fat' do not need to add protein powder to their diet.

One also needs to make the right choice when it comes to protein powder. Gym-goers can choose whey isolate, vegans can pick a pea

plus rice blend, and lactose-intolerant individuals can go for whey isolate or plant protein. Diabetics can opt for unsweetened whey or plant protein.

The fact is that just adding protein supplements to one's routine without a corresponding lifestyle change does very little. Do not fall for the hype: if protein is consumed in excess without strength training; when it replaces fibre-rich whole foods; if one opts for ultra-processed, high-protein products, mistakenly believing them to be health foods, this can do more harm than good.

Protein supplements are only suitable for certain categories of people like active individuals and strength trainers



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A HIGH-PROTEIN DIET

Breakfast (20-25gm protein)

Option 1 (vegetarian)

- 2 moong dal chillas
- ½ cup thick curd
- Mint chutney
- 5-6 soaked almonds

Option 2 (non-vegetarian)

- 2-3 egg omelette with vegetables
- 1 multigrain roti or sourdough toast
- 1 cup milk or buttermilk

Why this works: Protein taken early prevents the 11am crash and stabilises blood sugar.

Mid-morning (10-15gm protein)

Choose any one:

- Roasted chana (1 handful)
- Greek yoghurt with seeds
- Peanut chaat with lemon and onions
- Hummus with apples
(This is when most people miss protein and grab biscuits instead)

Lunch (20-30gm protein)

Vegetarian plate

- 1 cup dal (or rajma/chhole)
- 1 bowl curd
- 1-2 rotis or small portion of rice
- Large portion of sabzi
- Salad

Non-vegetarian plate

- Grilled chicken/fish (100-120gm)
- 1 roti or small portion of rice
- Sabzi and salad
- Optional sprouts chaat

Combine cereal and pulse (roti + dal/rice + rajma) for better amino acid quality.

Evening snack (10-15gm protein)

Choose any one:

- Paneer cubes with chaat masala
- Sprouts chaat
- Boiled eggs
- Hummus + vegetable sticks

Avoid carb-only snacks—that is when glucose spikes begin.

Dinner (20-25gm protein)

Keep dinner lighter but protein-anchored.

Vegetarian:

- Stir-fried tofu or paneer or tempeh
- Mixed vegetables
- Small millet/roti portion

Non-vegetarian option

- Fish curry/chicken curry
- Vegetables
- Small roti or skip grains if sedentary

Optional add-ons (if needed)

- A glass of milk before bed
- Protein supplement (only if daily intake is low or activity is high)



All views expressed in the article are that of the author

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DIY HEALTH

Biohacking encourages you to understand your unique biology and create personalised routines that support mental and physical health

words by **Lulu Aspinall**

For optimal health, incorporate strength training as it helps maintain muscle mass and supports longevity and well-being

A modern approach to lifestyle self-optimisation, biohacking involves making small, intentional changes to diet, daily habits, and the body to improve health, performance, and overall well-being. Rather than following a one-size-fits-all approach, it encourages people to pay attention to their own biology so they can create customised routines for themselves.

Core principles

Biohacking emerged in the

early 2000s, combining DIY biology, self-tracking, and longevity research. Communities of scientists, technology enthusiasts, and wellness advocates sought ways to optimise biology outside traditional medical settings. The philosophy is simple: we can all improve our health, resilience, and performance. But biohacking requires experimentation and observation. It entails monitoring energy, mood, sleep, digestion, and cognitive performance, then making small adjustments informed by this data. While

technology is a useful tool, the movement emphasises balance, self-awareness, and sustainability. Biohacking is not about perfection but about optimising body and mind in ways that can be measured and personalised.

Tracking my metrics

My own wellness routine includes elements of biohacking with minimal technology. A fitness app tracks my steps and the treadmill at my local gym analyses my running style to improve form. I prioritise simple rituals: stepping

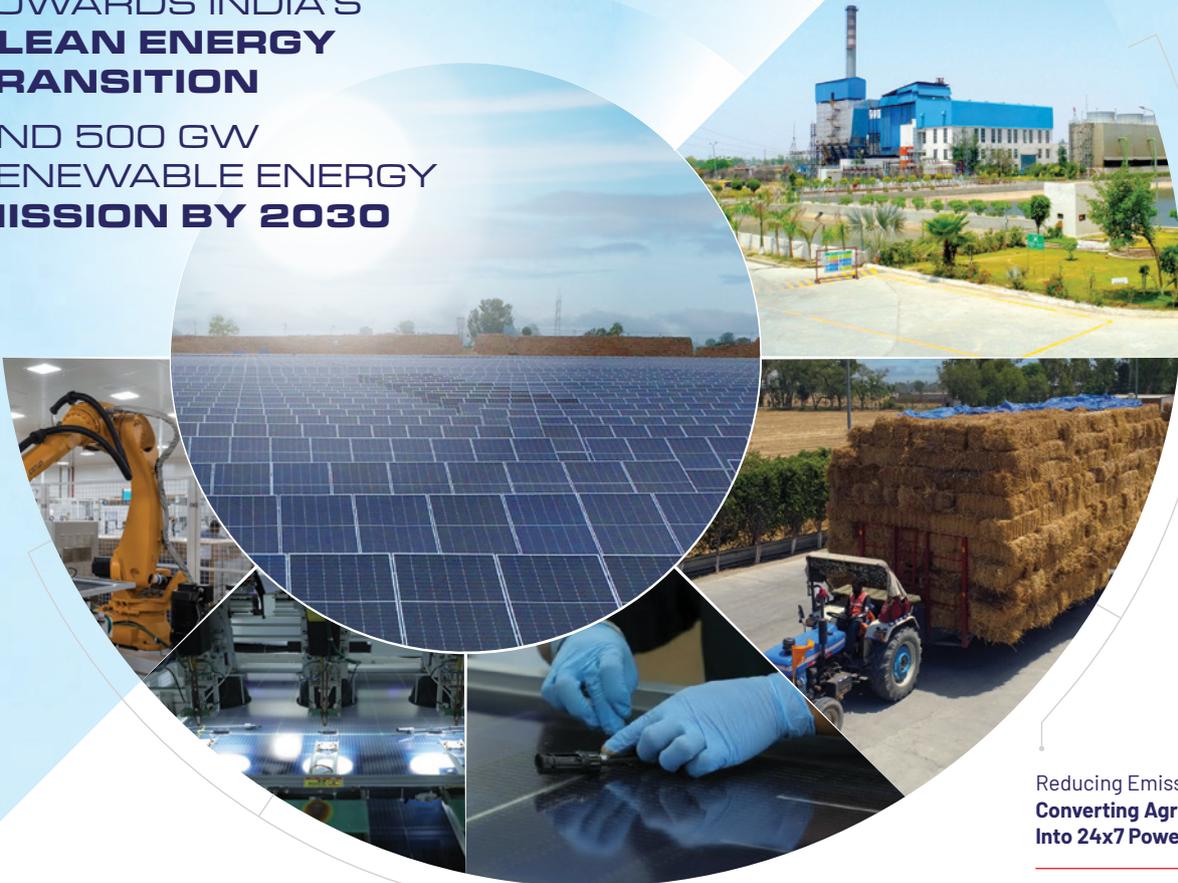
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LEFT AND RIGHT
A fitness routine at the Movement Lab, a gymnasium in Palazzo Fiuggi, Italy; The Oura Ring lets you monitor sleep, fitness, and stress patterns.

outside daily, maintaining a consistent sleep routine, incorporating meditation and nourishing meals, and topping up on vitamins with B12, C, and D shots. These practices form the foundation of what works for me.

Curious to explore the options available, I visited Energy Wave Brighton, to try their Energy Enhancement System (EESystems). The treatment blends scalar waves, biophotonic light, and tuned frequencies to support the body's natural ability to detoxify, regenerate, and heal at a cellular level. The session was non-

invasive, calming, and deeply immersive. Wrapped in a blanket and wearing an eye mask, I drifted into two hours of restorative relaxation. What struck me most was how effortless it felt yet how intentionally each element was designed. Biohacking is not only about data or devices, it is also about awareness and intention.

Global trends

Most of us already use technology to make better choices for well-being. Biohacking takes this further. Neurofeedback tools, wearable AI-integrated

sensors, cognitive enhancement technologies, and nootropic supplements are designed to help improve focus, resilience, and cognitive clarity. Widely available, they allow us to track such metrics as blood oxygen, heart-rate variability, and sleep patterns to reach peak performance.

Anti-ageing and longevity are huge trends right now, and supplements like NAD+, personalised genetic testing, and tailored nutrition plans are all part of the mix. At the same time, high-tech recovery tools are moving into the home.

TOP BIOHACKING DEVICES

- **The Oura Ring:** Tracks over 50 health metrics—from sleep quality and recovery to heart-rate variability—offering insights into stress levels and nervous system balance.
- **FLOW (headset):** Designed to stimulate the brain and support mood, sleep, and concentration.
- **The OneDevice:** Worn as a necklace, it uses light and sound frequencies to help regulate the nervous system.
- **WHOOP:** Built to be worn 24/7, it measures several metrics and offers customised guidance.
- **Levels:** A continuous glucose monitor pairs with their app to track blood sugar. Sensors are worn on the arm or abdomen for a few days, tracking data that helps optimise metabolic health.



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From red-light therapy and pulsed electromagnetic field therapy—which uses gentle electromagnetic pulses to support the body’s natural repair processes—to saunas, cold plunges, and even hyperbaric oxygen chambers, people are increasingly adding spa-style wellness rituals into their routines.

The rise of this trend has also influenced wellness travel. Retreats and clinics now incorporate advanced diagnostics, recovery therapies, and longevity treatments into programmes blending science, nature, and personalised care.

Small changes, big gains

Despite the technology associated with it, small,

consistent habits work:

- **Optimise morning light:** Thirty minutes in natural sunlight regulates circadian rhythms and improves sleep.
- **Prioritise sleep:** Consistent routines, screen-free wind-downs, and cool bedroom temperatures aid recovery.
- **Time-restricted eating:** A 12-hour eating window can support metabolic balance and energy regulation.
- **Cold showers:** Short bursts of cold exposure may boost alertness, circulation, and resilience.
- **Strength training:** Maintaining muscle mass supports metabolic health, longevity, and well-being.
- **Track but do not obsess:** Use data as a guide for informed decisions.

GLOBAL WELLNESS CENTRES

THE UNITED STATES

- Canyon Ranch – canyonranch.com
- YO1 Longevity & Health Resorts – yo1.com

ASIA

INDIA

- The Biohacker – thebiohacker.in

BALI

- Cocoon Medical Spa – cocoonmedicalsapa.com

EUROPE AND THE UNITED KINGDOM

THE UK

- Energy Wave Brighton – energywavebrighton.com
- Eterna Wellness Lab – eternawellnesslab.com

SPAIN

- SHA – shawellness.com

GREECE

- Euphoria Retreat – euphoriaretreat.com

ITALY

- Palazzo Fiuggi – palazzofiuggi.com
- Quellenhof See Lodge – quellenhof-seelodge.it

AUSTRIA

- Hotel Krallerhof – krallerhof.com

Biohacking encourages us to notice patterns in our energy, mood, digestion, sleep, movement, and recovery. When approached with curiosity and responsibility, it empowers us to take an active role in our well-being.

CLOCKWISE FROM TOP LEFT

Wearable tech makes monitoring metrics easy; Red light therapy is used as an anti-ageing treatment; Exposure to the morning sun can help regulate circadian rhythms.

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FLEET

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p 88 ↑

ROUTES

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p 89 ↑

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p 102 ↑

OUR WINGS

A look at the aircraft in Air India's fleet*

Airbus A319

 **05**

Boeing 777-300ER

 **19**

Airbus A320neo

 **94**

Boeing 777-200LR

 **01**

Airbus A320ceo

 **04**

Boeing 787-9 Dreamliner

 **08**

Airbus A321ceo

 **13**

Boeing 787-8 Dreamliner

 **26**

Airbus A321neo

 **10**

Airbus A350-900

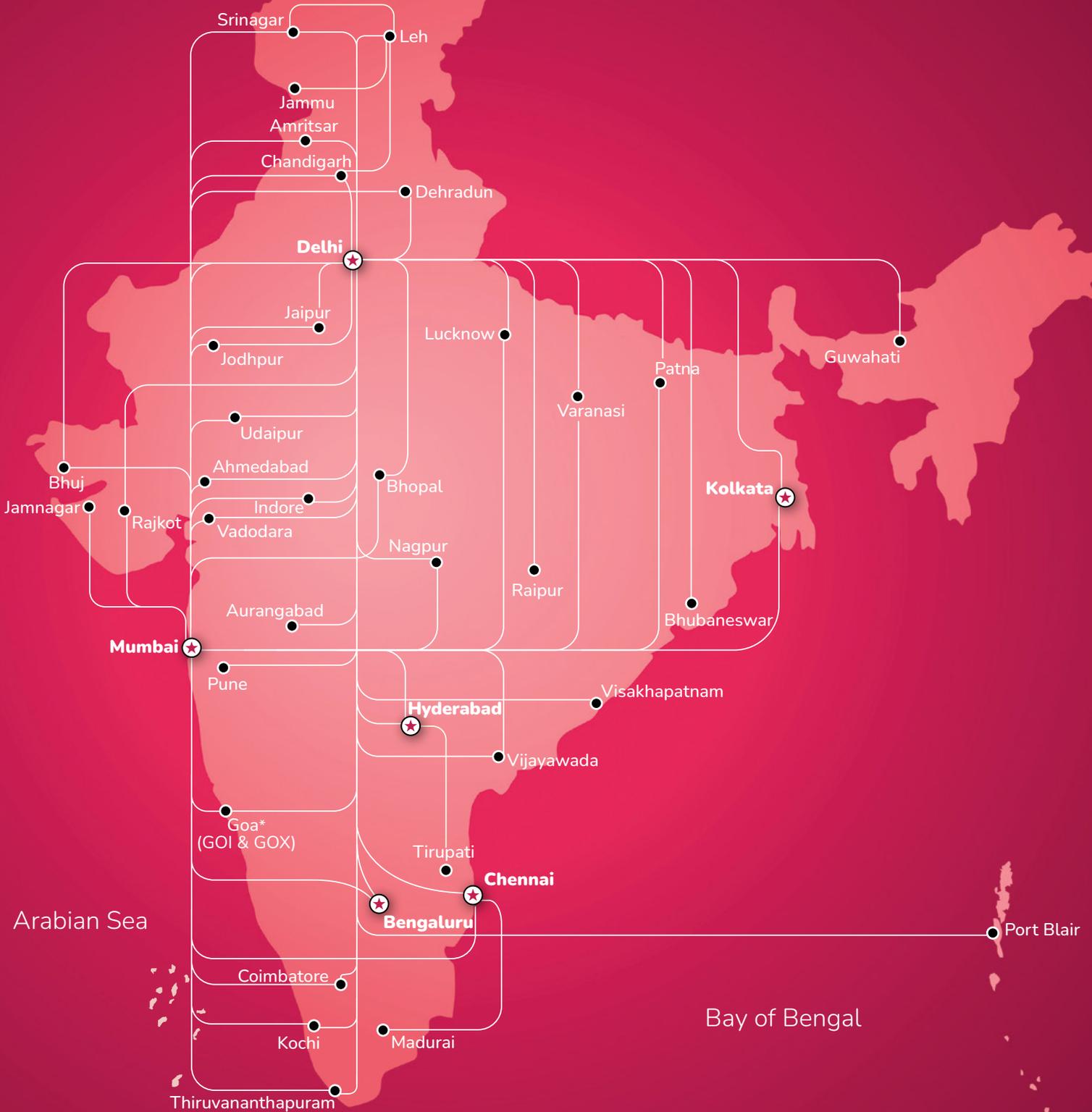
06

**FLEET
STRENGTH
186**

*Total number as on 9th March 2026;
This fleet count is exclusive of Air India Express
(Air India Group's low-cost carrier)



DOMESTIC CONNECTIVITY



*Mumbai-Goa is operational via GOI; Ahmedabad-Goa is operational via GOX; Delhi-Goa is operational via GOI and GOX

Map not to scale. The depiction and use of routes and boundaries are for informative purposes only

This route map pertains only to destinations served by Air India

Route map as on 18th March 2026

INTERNATIONAL CONNECTIVITY

Air India flies non-stop to 41 destinations across five continents from multiple Indian cities (pinned on the map of India)

Europe



Amsterdam (AMS)	←————→	DEL	
Copenhagen (CPH)	←————→	DEL	
Frankfurt (FRA)	←————→	DEL	BOM
Milan (MXP)	←————→	DEL	
Paris (CDG)	←————→	DEL	
Rome (FCO)	←————→	DEL	
Vienna (VIE)	←————→	DEL	
Zurich (ZRH)	←————→	DEL	

UK



Birmingham (BHX)	←————→	DEL	ATQ
<u>London</u>			
Gatwick (LGW)	←————→	ATQ	AMD
Heathrow (LHR)	←————→	DEL	BOM BLR

North America



Chicago (ORD)	←————→	DEL	
Newark (EWR)	←————→	DEL	BOM
New York (JFK)	←————→	DEL	BOM
San Francisco (SFO)	←————→	DEL	
Toronto (YYZ)	←————→	DEL	
Vancouver (YVR)	←————→	DEL	

Middle East



Dammam (DMM)	←————→	BOM
Doha (DOH)	←————→	DEL BOM
Dubai (DXB)	←————→	DEL BOM
Jeddah (JED)	←————→	DEL BOM
Riyadh (RUH)	←————→	DEL BOM
Tel Aviv (TLV)*	←————→	DEL

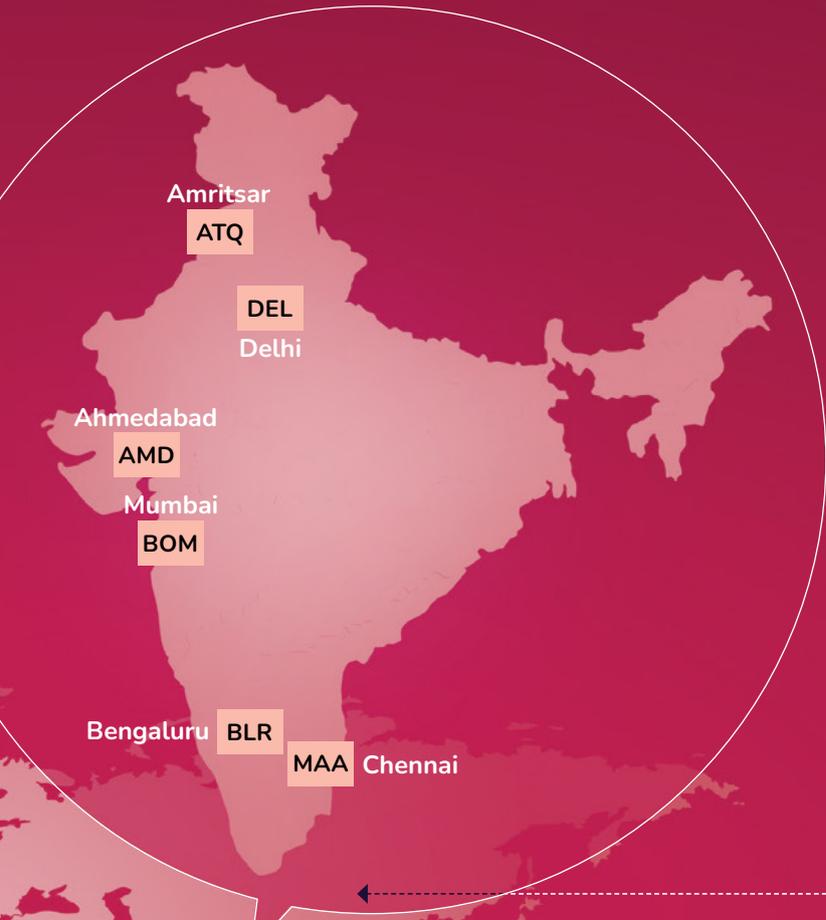
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This route map pertains only to destinations served by Air India

Route map as on 18th March 2026

*Flights to Tel Aviv are currently suspended



 **Far East**

- Hong Kong (HKG) <-----> DEL
- Seoul (ICN) <-----> DEL
- Shanghai (PVG) <-----> DEL
- Tokyo (HND) <-----> DEL

 **South East Asia**

- Bali (DPS) <-----> DEL
- Bangkok (BKK) <-----> DEL BOM
- Ho Chi Minh City (SGN) <-----> DEL
- Kuala Lumpur (KUL) <-----> DEL
- Manila (MNL) <-----> DEL
- Phuket (HKT) <-----> DEL
- Singapore (SIN) <-----> DEL BOM MAA

 **Australia**

- Melbourne (MEL) <-----> DEL
- Sydney (SYD) <-----> DEL

Indian Subcontinent

- Colombo (CMB) <-----> DEL BOM
- Dhaka (DAC) <-----> DEL BOM
- Kathmandu (KTM) <-----> DEL
- Malé (MLE) <-----> DEL
- Yangon (RGN) <-----> DEL

 **Africa**

- Mauritius (MRU) <-----> BOM

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- If this does not work, try an alternative browser and type <https://byod.airindia.com>.
- Power your device off and on, then repeat the steps.

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ABOARD AIX

A look at the aircraft in Air India Express' fleet*

 **Airbus A321neo**
04

 **Airbus A320neo**
12

 **Airbus A320ceo**
10

 **Boeing 737 NG**
26

 **Boeing 737 Max**
51

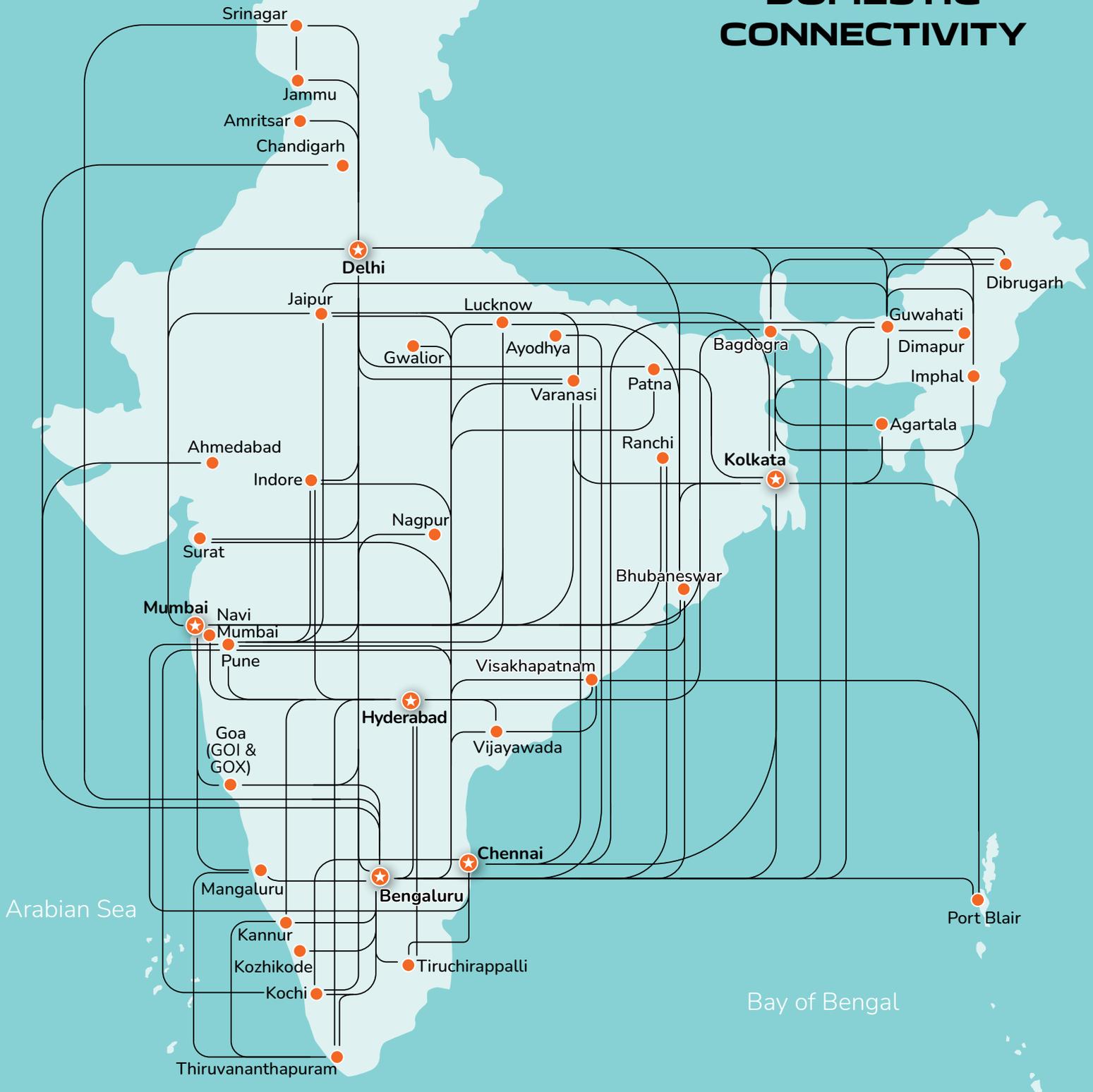
**FLEET
STRENGTH
103**



*Total number as on 26th March 2026

AIR INDIA express

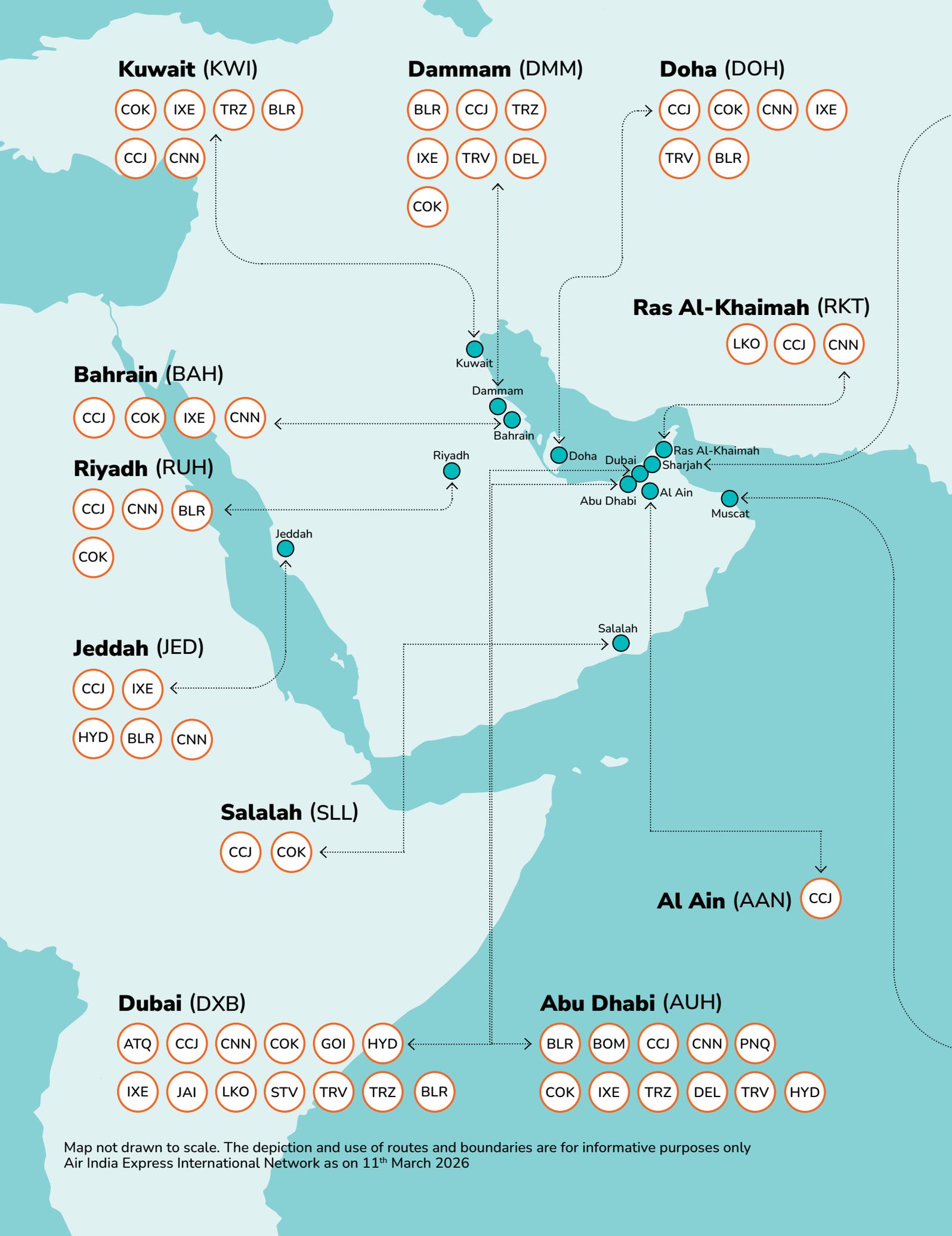
DOMESTIC CONNECTIVITY



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Indian Ocean

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Route map as on 11th March 2026



Kuwait (KWI)

- COK
- IXE
- TRZ
- BLR
- CCJ
- CNN

Dammam (DMM)

- BLR
- CCJ
- TRZ
- IXE
- TRV
- DEL
- COK

Doha (DOH)

- CCJ
- COK
- CNN
- IXE
- TRV
- BLR

Ras Al-Khaimah (RKT)

- LKO
- CCJ
- CNN

Bahrain (BAH)

- CCJ
- COK
- IXE
- CNN

Riyadh (RUH)

- CCJ
- CNN
- BLR
- COK

Jeddah (JED)

- CCJ
- IXE
- HYD
- BLR
- CNN

Salalah (SLL)

- CCJ
- COK

Al Ain (AAN)

- CCJ

Dubai (DXB)

- ATQ
- CCJ
- CNN
- COK
- GOI
- HYD
- IXE
- JAI
- LKO
- STV
- TRV
- TRZ
- BLR

Abu Dhabi (AUH)

- BLR
- BOM
- CCJ
- CNN
- PNQ
- COK
- IXE
- TRZ
- DEL
- TRV
- HYD

Map not drawn to scale. The depiction and use of routes and boundaries are for informative purposes only
 Air India Express International Network as on 11th March 2026

AIR INDIA express

INTERNATIONAL CONNECTIVITY

Sharjah (SHJ)

- ATQ
- BOM
- CCJ
- CNN
- COK
- DEL
- IDR
- VNS
- TRV
- TRZ
- VGA

Kathmandu (KTM)

BLR

Bangkok (BKK)

- PNQ
- STV
- BLR
- VNS

Phuket (HKT)

HYD

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Singapore (SIN)

TRZ

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ON A DIFFERENT PLANE

Air India Express VT-BWV acts as a canvas for artist Osheen Siva's magic

As part of its ongoing Tales of India initiative, where Air India Express aircraft become flying canvases for Indian art, the airline has unveiled its most ambitious expression yet, The Flying Canvas. Created in collaboration with multidisciplinary artist Osheen Siva, this special aircraft transforms into a moving work of contemporary art, carrying India's stories across skies and geographies.

Rooted in Siva's Tamil heritage, the work brings to life a visual language of Tamil Futurism, where tradition is not fixed in the past but continues to evolve into the future. At the centre of the artwork is a Tamil female figure who carries memory forward, embodying the idea that identity is shaped by what we inherit and what we imagine.

The jewellery in the artwork goes beyond ornamentation. It represents inherited memory, lineage, and cultural knowledge, reimagined through a contemporary lens. Here, it becomes both archive and assertion, reflecting continuity as well as change.

Nature flows through the composition, with floral forms emerging from the figure and intertwining with her body. This reflects a deep connection

between people and the environments they belong to, where the boundaries between self and landscape begin to dissolve.

Together, these elements speak of resilience, growth, and the enduring spirit of culture in motion.

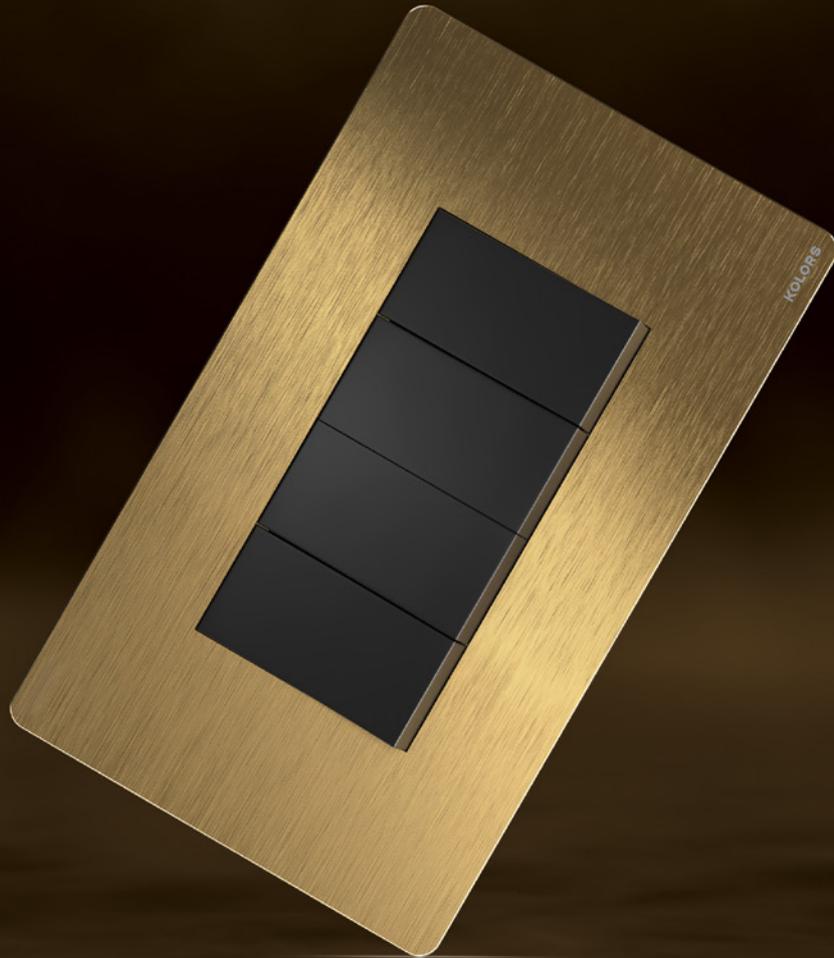
With The Flying Canvas, Air India Express extends its commitment to celebrating India's creativity, connecting people, places, and cultures through art. As the aircraft journeys across destinations, it carries not just passengers but a living expression of India's culture, taking its stories to the world.



ABOUT THE ARTIST

Osheen Siva is a multidisciplinary artist from Thiruvannamalai, currently based in Goa. Through the lens of surrealism, speculative fiction, science fiction, and rooted in Siva's Dalit and Tamil heritage, the artist imagines new worlds of decolonised dreamscapes, futuristic oasis with mutants and monsters, and narratives of queer and feminine power. Siva works in a variety of mediums, including immersive media, installation, performance art, public art, and digital illustration.





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| Aeroflot | China Eastern Airlines | Jeju Airlines | Royal Brunei Airlines |
| Air Cambodia | China Southern | JetBlue | Royal Jordanian |
| Air China | Condor | JetStar Australia | Rwand Air |
| Air Europa | Cyprus Airways | Juneyao Airlines | Scandinavian Airlines |
| Air France | Delta | Kam Air | Scotot |
| Air Seychelles | Emirates | KLM | Shenzhen Airlines |
| Air Tanzania | Etihad Airways | KM Malta Airlines | South African Airways |
| Alaska Airlines | Fiji Airways | Korean Air | Starlux Airlines |
| Avianca Costa Rica | Finnair | Kuwait Airways | Thai Airways |
| Avianca Ecuador | FlexFlight World Ticket | Lufthansa City Airlines | Turkish Airlines |
| Azerbaijan Airlines | Flydubai | Malaysia Airlines | Uganda Airlines |
| Bangkok Airways | Garuda Indonesia | Maldivian | United |
| Batik Air Malaysia | Gulf Air | MIAT Mongolian | Vietnam Airlines |
| Biman Bangladesh | Hahn Air | Myanmar Airways | Virgin Atlantic |
| British Airways | Hainan Air | Nepal Airlines | Westjet |
| Brussels Airlines | Hong Kong Airlines | Oman Air | |
| Bulgaria Air | Iberia | Philippine Airlines | |



*Both Codeshare and Interline Partners
Codeshare and Interline partnerships as on 13th March 2026



PLAN A TRIP TO SEE THE NATIONAL MUSEUM OF CINEMA



Fly non-stop to Milan (Italy) from Delhi with Air India



ABOUT THE ATTRACTION:

Housed in the city's architectural landmark of Mole Antonelliana (the tallest brick building in Europe when it was constructed in 1889, with a height of 167.5m), the Museum is spread across multiple levels. Discover, first-hand, the secrets of what goes on behind the camera and all the stages that go into making a film, through a fun and interactive experience: from shadow puppetry and early magic lanterns to spectacular special effects in modern cinema and VR.



Take a train from Milano Centrale to Turin with our Interline Partner, Trenitalia



Take a taxi to the National Museum of Cinema, Turin, Italy



YOUR ATTENTION, PLEASE

REGULATORY INFORMATION FOR ALL INTERNATIONAL FLIGHTS LANDING INTO INDIA

विदेश से कोई भी सैटेलाइट फोन भारत में लाने की अनुमती नहीं है।

Carrying any satellite phone from abroad to India is not permitted.

MISSION LIFE

मिशन लाइफ, जिसे माननीय प्रधान मंत्री श्री नरेंद्र मोदी द्वारा शुरू किया गया है, पर्यावरण की सुरक्षा और संरक्षण के लिए लोगों को प्रेरित करने वाला एक वैश्विक जन आंदोलन है। इसका मकसद लोगों को पर्यावरण के प्रति जागरूक करना और उन्हें पर्यावरण की रक्षा के लिए कदम उठाने के लिए प्रेरित करना है।

Mission LiFE is a global mass movement, launched by Honourable Prime Minister Shri Narendra Modi, to inspire people to protect and conserve the environment. Its purpose is to make people aware of the environment and motivate them to take steps to protect the environment.

AIR-SEWA

नागर विमानन मंत्रालय ने अपने एयर-सेवा पोर्टल को अपग्रेड किया है जो उपयोगकर्ताओं को ऑनलाइन शिकायतें जमा करने, ट्रैक करने और भारत में हवाई यात्रा के बारे में जानकारी प्राप्त करने की अनुमती देता है। सेवा संबंधी किसी और जानकारी के लिए, आप airsewa.gov.in पर लॉगिन कर सकते हैं।

The Ministry of Civil Aviation has upgraded its Air Sewa portal that allows users to submit and track grievances/complaints online and get information about air travel in India. For any further service-related information, you can login to airsewa.gov.in

DIGI YATRA

नागर विमानन मंत्रालय द्वारा प्रमुख हवाई अड्डों जैसे दिल्ली, बंगलुरु, वाराणसी, पुणे, कोलकाता, विजयवाड़ा, हैदराबाद, अहमदाबाद, मुंबई, जयपुर, लखनऊ, गुवाहाटी, कोची और अन्य के लिए, डिजी यात्रा की सुविधा शुरू की गई है। डिजी यात्रा ऐप डाउनलोड करके खुद को नामांकित करें, और इन हवाई अड्डों पर बिना रुकावट के यात्रा का अनुभव करें।

The Ministry of Civil Aviation has



introduced Digi Yatra facilities at major airports, including Delhi, Bengaluru, Varanasi, Pune, Kolkata, Vijayawada, Hyderabad, Ahmedabad, Mumbai, Jaipur, Lucknow, Guwahati, Kochi, and others. This platform aims to provide a seamless, hassle-free experience for travellers. To avail of this facility, simply download the Digi Yatra app and complete your registration.

PROHIBITION OF AERIAL/ GROUND PHOTOGRAPHY AND VIDEOGRAPHY, AND CARRIAGE OF SENSORY EQUIPMENT – SECURITY GUIDELINES AT DEFENCE AIRFIELDS (IAF JUAs - Joint User Airfields)

हवाई अड्डों पर और उड़ान संचालन के दौरान, विशेष रूप से 10,000 फीट से नीचे हवाई और ज़मीनी फोटोग्राफी और वीडियोग्राफी पर प्रतिबंध है। यह प्रतिबंध टर्मिनलों, विमानों और हवाई अड्डों के आसपास के क्षेत्रों सहित विभिन्न स्थानों पर लागू होता है, जैसे की:

- टर्मिनल के अंदर; •विमान तक, या विमान से दूर जाने वाले वाहनों में; •विमान के बाहर; •लैंडिंग के दौरान; •हवाई अड्डे पर; •पुशबैक, टैक्सीडिंग, टेक-ऑफ के दौरान, और जब विमान 10,000 फीट से नीचे उड़ रहा हो।

Please be informed that aerial or ground photography and videography are strictly prohibited at all times during a passenger's travel, including when he or she is inside the terminal; in vehicles en route to or from the aircraft; outside the aircraft; during

landing; at the airport; during pushback, taxiing, take-off, and while the aircraft is flying below 10,000 feet.

FTI - TTP (FAST TRACK IMMIGRATION – TRUSTED TRAVELLER PROGRAMME)

भारत सरकार द्वारा भारतीय पासपोर्ट एवं ओसीआई कार्ड धारकों के लिए ट्रस्टेड ट्रैवलर प्रोग्राम शुरू किया गया है। अब आप ftittp.mha.gov.in पर केवल 30 सेकंड में निशुल्क पंजीकरण करके स्वचालित ई-गेट से तेजी से इमिग्रेशन प्रक्रिया पूरी कर सकते हैं। We are pleased to inform you about the Government of India's Trusted Traveller Programme for Indian passport and OCI card holders. You can now complete your immigration quickly through automated e-gates by registering at ftittp.mha.gov.in – it's free and takes just 30 seconds.

FOR FLIGHTS ARRIVING IN DELHI (DOMESTIC FLIGHTS OPERATING FROM TERMINAL 2)

हम आपको सूचित करना चाहते हैं कि 26 अक्टूबर से प्रभावी रूप से, चार अंकों वाली आंतरिक उड़ान, जिनके नंबर 'AI 1500 से 1999' के बीच हैं, टर्मिनल 2 से संचालित होगी। यदि आप एयर इंडिया एक्सप्रेस की उड़ान से कनेक्ट कर रहे हैं, तो कृपया टर्मिनल 1 पर जाएं। टर्मिनलों के बीच हर 10-मिनट में फ्री शटल बस सेवा उपलब्ध है, टर्मिनल 2 और टर्मिनल 3 के बीच यह सेवा उपलब्ध नहीं है। दोनों टर्मिनलों के बीच पैदल चलने का समय 10-मिनट है। आपके आगमन पर यदि किसी प्रकार की सहायता की आवश्यकता हो, तो कृपया हमारे ग्राउन्ड स्टाफ से संपर्क करें।

Effective 26th October, domestic flights with 4-digit numbers starting from 'AI 1500 to 1999' will operate from Terminal 2. If you are connecting on Air India Express, please proceed to Terminal 1. Free shuttle buses are available every 10 minutes between terminals, except between T2 and T3, which are connected by a convenient 10-minute walk. Should you require any assistance upon arrival, please feel free to approach our ground staff.

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SPANISH AFFAIR

Actor **Sanjana Sanghi** turned a work trip into mother-daughter bonding time in Madrid



MEMORIES FOR LIFE

Over the years, I have used work trips as opportunities to explore different parts of the world. Recently, my mom flew in to join me for a lovely mother-daughter holiday in Madrid. Since I have been living in Mumbai for the last eight or nine years, we do not get to spend that much time together. So, this trip felt extra special.

MY LOCAL EXPERIENCE

It was in 2025, around late November-early December. The entire city was decorated with Christmas trees. They even have something called the 'Lights On Ceremony', where all the festive lights are switched on at the same time. I witnessed that and it was truly magical. Spanish people are also incredibly warm and welcoming. They never judge you for not knowing their language and are very patient and kind.

A FARE TO REMEMBER

I absolutely loved the Spanish omelette. And the coffee culture in Madrid is amazing. There are tiny coffee bars where you chat with the barista and describe the coffee you want. It is a whole experience.

I RECOMMEND

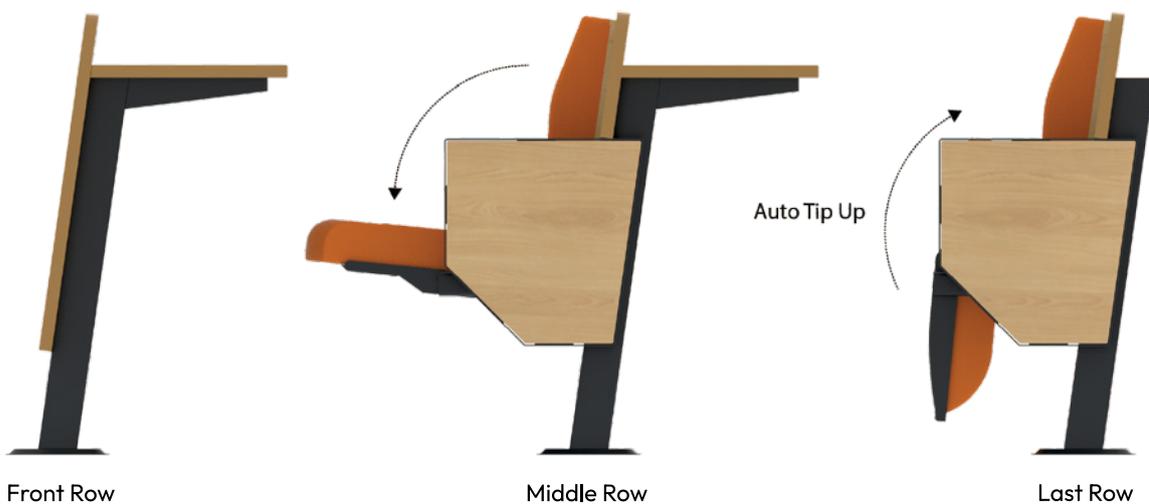
The Museo Nacional del Prado can keep you busy for days. That apart, one of my most unforgettable experiences was watching a live flamenco performance. This art combines live music with dance, and it is incredibly powerful. The dancers perform with such intensity and rhythm. The theatres are very intimate, and you sit quite close to the performers, so it feels like a community experience.

— As told to **Veenu Singh**

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