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- + Bhumi Pednekar: conscious narratives
- + Chef Asma Khan: mindful menus
- + Shivya Nath: regenerative travel

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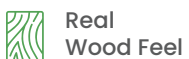
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EDITORIAL & ADVERTISING OFFICE

Burda Media India Private Limited
The Hub, Plot 66, Okhla Industrial Estate, Phase III, New Delhi - 110020

For editorial queries, write to editorial.airindia@burdaluxury.com
For advertisement queries, write to adsales.airindia@burdaluxury.com



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EDITOR'S NOTE



EDITOR'S PICK OF THE MONTH

Sustainability has to become a way of life for all of us if we want to see real change in the world.



In an era where sustainability has evolved from a buzzword to an urgent imperative, this shift reflects our commitment to moving beyond conversation and embracing meaningful action, one step at a time.

This year, to mark World Environment Day (5th June), we bring you stories of people who are driving real change. Actor Bhumi Pednekar, UNDP India's National Advocate for Sustainability Development Goals, is a perfect example of someone who walks the talk. She carries her own coffee cup and water bottle everywhere, and has banned plastic bottles in her vanity van. We speak to UK-based Chef Asma Khan, a fierce advocate for seasonal, local produce. And we go on a cultural immersion in Bali with author Shivya Nath, where she talks about the 'burden' of tourism on local communities and how we can help to regenerate the ecosystem.

Elsewhere, we highlight a story of conservation in Jawai, Rajasthan, where leopards thrive because of their mutually-respectful relationship with the Rabaris. In Arunachal Pradesh's Chug Valley, we meet the Monpa women who run a restaurant in a heritage home that showcases their cuisine and culture. We explore how heritage buildings in south Mumbai are getting a fresh lease of life thanks to the efforts of a conscious community. Sustainability and conservation may sound like big words, until we weave them into the daily fabric of our lives.

In Soul, an author overcomes hesitation to spend a day at Yosemite National Park among century-old towering sequoia trees. The Park can be accessed via San Francisco, which is where we have just opened the second signature Maharaja Lounge. Located in the International Terminal, it features a nostalgic Aviator's Bar, a dedicated Private Zone with a scenic tarmac view, and is a perfect blend of heritage and modern luxury. It is a glimpse of home before you even board.

Happy Reading!

– **Namaste.ai** Editorial Team

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THE BORDERLESS LIFE

By Satyan Gajwani, Times Black ICICI Bank Cardholder



The card runs on the Visa network, so it works the same way in every city I land in. That consistency sounds like a small thing. After a decade of travelling, I've learned it isn't.

For all the movement, India has stayed at the centre of it. Distance sharpens what you're rooted in rather than loosens it, and I suspect most Indians living abroad would say the same.

The clearest version of that, for me, was an evening Times Black hosted at the Red Fort. The monument was lit against the Delhi sky and closed for the night to everyone but cardholders. There were live performances carrying through the walls, and a menu built by Indian Accent. I've walked through the Red Fort many times. I had never seen it like that: history, music and food holding the same space, at that scale. It was unmistakably Indian, and it has stayed with me since.

That is what luxury has come to mean for me. Less friction in the ordinary, and a handful of evenings I won't forget.

Satyan Gajwani

Chairman, Times Internet
Board Director, The Times of India Group
Co-Founder, Major League Cricket, MMC

Last year, in the middle of a packed week of meetings in Tokyo, I tried to get a table at Daigo, a restaurant I'd wanted to visit for years. It was fully booked. I mentioned it to the Times Black concierge, more out of habit than expectation. A day later, the reservation was confirmed. No back-and-forth, no messages asking me to wait. It just happened.

I've thought about that small moment more than I expected to. Not the table itself, but how little of my attention it took.

TIMES BLACK

— x —

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My life has spread out over the years, building digital businesses, time spent around sport, conversations that move between Mumbai, London, New York, Bengaluru and San Francisco, often inside the same month. Somewhere along the way, I stopped finding travel romantic. What I notice now is friction, or the absence of it. The products I rely on are the ones I've stopped noticing altogether. They do their work in the background and ask nothing of me. Times Black is one of them.

A lot of my work now happens in transit. Airports stand in for the office, and a flight is often the only uninterrupted stretch of thinking I get all week. Between connections, I've come to depend on a few specific rooms - the Encalm Privé business lounge in Delhi, the Shalimar first-class lounge in Bengaluru. They give me half an hour of quiet before the next leg.



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Explore regenerative
travel in Bali



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On The Cover
Jatiluwh Rice Terraces in Tabanan Regency, Bali, Indonesia

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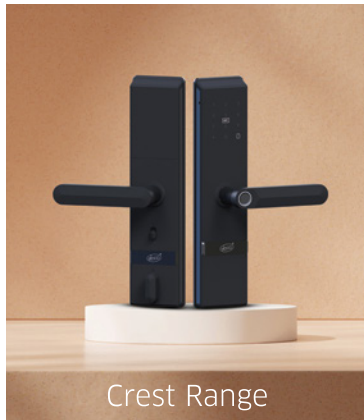


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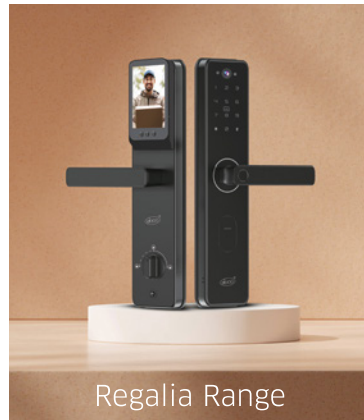
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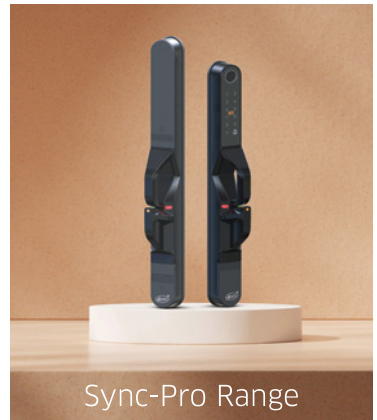
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CONTRIBUTORS

➔ Bhumi Pednekar

📍 @bhumisatishpednekar

A Bollywood actor and entrepreneur, Bhumi is also an ardent advocate for environmental causes. In 2024, she was appointed United Nations Development Programme (UNDP) India's first national advocate for Sustainable Development Goals. She talks about how meaningful change begins when our values around sustainability align with the creative platforms we use to shape the world. **page 12**



↑ Ruth Dsouza Prabhu

📍 @therdplife

Based in Bengaluru, Ruth is an award-winning independent author, journalist, and content developer. She loves fiery red curries, binge-watching series, and disappearing down rabbit holes to research stories, online or in person. She writes about discovering a different kind of wellness in Ladakh. **page 80**



↓ Asma Khan

📍 @asmakhanlondon

One of the UK's most prominent chefs, Asma delights diners with Indian fare at her London-based Darjeeling Express. A relentless advocate for social change, she has served as a UN World Food Programme Chef since 2022, and is the first British chef to feature on Netflix's *Chef's Table*. She believes opting for sustainable food choices is the only sensible option for the planet. **page 18**



↑ Soumya Deb

📍 @callmedeb_81

A Delhi-based Limnologist/Aquatic Ecologist, Soumya obtained his PhD from Kyoto University and spent seven years in Japan exploring its culture, cuisine, and landscapes. A passionate foodie and travel enthusiast, he enjoys discovering local cuisines and hidden neighbourhoods. In this issue, he draws from personal experience to share an immersive itinerary through Kyoto. **page 36**



↑ Tisca Chopra

📍 @tiscaofficial

An actress, theatre artiste, and producer, Tisca is a popular face in the Indian entertainment industry, known for choosing character-driven roles. She has also published two books—*What's Up With Me?* and *Acting Smart: Your Ticket to Showbiz*. A long-standing practitioner of yoga, she shares details about how this ancient Indian discipline has changed her life. **page 76**

MIND

Shifting Perspectives

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THE CHOICES WE MAKE

As UNDP India's National Advocate for SDGs, I feel change begins when our personal values of sustainability align with the creative platforms we use

words by
Bhumi Pednekar

Soaking in the sun and taking in the blue skies in Himachal Pradesh



Always mindful of her actions, Pednekar carries her own coffee mug when she travels

WHAT TRAVEL HAS TAUGHT ME

“Travel really opens your eyes to how systems can enable sustainable behaviour. In many countries, I have seen seamless waste segregation, efficient public transport, and a culture where sustainability is not treated as an option; it’s simply built into everyday life. What stands out to me is how convenience and sustainability go hand in hand there. That is something I strongly believe we need more of in India’s systems, so the sustainable choice becomes the easiest choice. On a personal level, I try to be very mindful when I travel. I always carry my own coffee mug and make it a point to fill it with hot water before boarding so I can have my tea or coffee without relying on disposable cups. I travel with an empty bottle and refill it at airport water stations. I also carry my own cutlery, and whenever possible, even a sectioned steel plate. I have consciously moved away from using plastic cutlery altogether.”

I have always believed that storytelling is one of the most powerful tools we have to shape culture. As artistes, we don’t just entertain, we influence perception, normalise conversations, and sometimes even challenge deeply ingrained beliefs. Whether it is sustainability, gender equity or social justice—cinema and art can humanise these issues and make them impossible to ignore. With that influence comes responsibility. It is about being mindful of the narratives we choose to tell and the values we amplify. Even small shifts in representation or messaging can create ripple effects in how people think and how they behave.

Learning mindfulness early

I grew up in a home where empathy wasn’t taught as a concept, it was practiced daily. There was always a sense of sharing. Sustainability was second nature and habits like minimising waste, reusing things, and respecting resources were a way of life. As I grew older and had more exposure, especially to the realities of climate change and inequality, that early conditioning evolved into a more conscious, informed commitment. Today, I combine those values with action and use whatever platform I have to amplify the urgency of these issues.

Becoming the United Nations Development Programme India’s

National Advocate for Sustainable Development Goals is incredibly meaningful because it aligns deeply with my personal values. It is a responsibility to contribute meaningfully to a global framework that is trying to create a more equitable and sustainable world. My key areas of focus are climate action, responsible consumption, and gender equality. Through campaigns, grassroots collaborations, and digital storytelling, the aim is to make sustainability feel like an immediate, shared responsibility.

Leading by example

Film sets are challenging environments when it comes to sustainability because

TOP AND BOTTOM
Backbay uses sustainable packaging and offers products that are clean and safe; Eco-friendly options have to become the easiest choices, for wider acceptability.

INVESTING IN WHAT I BELIEVE IN

"My brand, Backbay is a natural extension of my belief system. The beverage industry today is heavily dependent on single-use plastic and often filled with products that contain artificial additives, excessive sugar, and ingredients that are not necessarily good for long-term health. What we are trying to do with Backbay is clean up that space by offering sustainable packaging and products that are genuinely clean, safe, and accessible. The intention is to be mindful at every step, whether it is packaging, sourcing, or the quality of the product itself. As we expand into other clean beverages, that philosophy will remain consistent."



of the scale, pace, and sheer number of resources involved. But I believe change begins with small, consistent interventions and, more importantly, leadership. I am very mindful about reducing waste. In my vanity van, plastic bottles are not allowed. I encourage my team to move away from single-use plastic, avoid disposable cutlery, and be conscious of water usage and mindful of everyday consumption.

I think the bigger opportunity lies in systems. Whether it is managing excess food responsibly by ensuring it is redistributed safely or looking at ways to reuse and repurpose set materials—a lot can be done. Even digital waste (hard drives, equipment) is something we need to think about more consciously in terms of recycling and reusing. What's encouraging is that now there are companies that help

productions become greener, and the industry is slowly opening up to it.

Using platforms judiciously

Creatively too, I try to push for more climate-conscious storytelling. I often ask: how can our characters reflect these values? How can our heroes and heroines be seen as people who care about the environment? I am instinctively drawn to stories that say something meaningful about the world. That does not mean every film has to be issue-based, but I believe in choosing narratives that leave an impact whether it is by starting a conversation or shifting perspective. Ultimately, it is about balance, doing work that challenges me creatively, but also aligns with the kind of voice I want to have in the world.

—As told to **Deepali Dhingra**

RESTORING AN ECOSYSTEM

Hiking through farming villages and living with a local family allowed me to experience the richness of Balinese culture and glean lessons in regenerative travel

words by **Shivya Nath**

Bali's water temples are not just spaces for purification ceremonies but are also key components of its ancient irrigation system based on the 'Tri Hita Karana' philosophy



Balinese farmers tend to their fields on a rainy day

wake up to soft morning light flooding my face, a medley of birdsong from the wild organic farm next to our sleeping deck, and a sweet, nutty aroma wafting in from the adjacent open kitchen. The excited chatter of my Balinese hosts and fellow travellers draws me to one of the many communal spaces in the sprawling traditional Balinese house, where every generation of its 39 members has built living and shared structures: using bamboo, wood, stone and, lately, tin and concrete, too. Gede, our guide from the host family, bids me a chirpy welcome and offers me a warm cacao drink, and a bowl of traditional chewy Balinese black rice porridge.

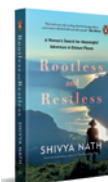
In the kitchen next door, his aunt is de-husking coconuts from the family's surrounding forest. We watch as she grates the coconuts, adds boiling water, kneads and sieves it, and distils the mixture to ferment it for a few days. An earlier batch of her hand-pressed coconut oil is more aromatic than any I have sniffed before. As we finish breakfast and ready our day packs, Gede's uncle asks if we would like a shot of his freshly-distilled

arak (similar to that found in India's mountain regions), a potent drink made by fermenting rice. After the previous day's long hike, it could energise us this morning, he promises!

Off the beaten path

Away from the crowded beaches and viral hotspots of Bali, I joined Astungkara Way for a two-day walk and cultural immersion beyond the island's tourist map. Until then, despite venturing to the farthest reaches of the island, my interactions with Balinese people had been restricted to superficial exchanges with local staff at hotels and cafés, cabbies, and shopkeepers. I had caught fleeting glimpses of Balinese culture at street processions and temple ceremonies. But as we embarked on an 18km-walk through remote villages, met Balinese elders and culture-keepers, lived with a multi-generational local family, chatted with rice and marigold farmers, and engaged in layered conversations with our Balinese guides on the island's disappearing ways of life and their own aspirations shaped by tourism and social media, I finally had the chance to

In her second book, Shivya travels to far-flung destinations—from Iran and Uzbekistan to a remote island off the coast of Chile. Along the way, she forges deep connections with local communities, witnessing our shared humanity in an increasingly divided world.



Rootless and Restless
₹499; Penguin Random House

ASTUNGKARA WAY is a movement uniting farmers, travellers, youth, and hospitality to regenerate Bali's ecosystems and cultures. To sign up for a programme, visit astungkaraway.com



CLOCKWISE FROM TOP LEFT

Hiking through the forests gave the author a chance to see the indigenous flora and fauna; A herb-and-spice paste made with a mortar and pestle; Traditional dishes include tempeh, tofu, and banana flower.

experience the true richness and complexity of Balinese culture. Meeting locals in their homes was a rare opportunity to exchange ideas and thoughts as acquaintances and friends.

Rooting for balance

Strangely energised by the potent arak, we follow Gede through the family's food forest—where we had foraged greens and tapioca to cook together the previous night—and find ourselves in a magical bamboo forest: an old wooden bridge over gushing water, a small hill sprinkled with moss-covered rocks, secluded nooks with sculpted stone statues of Lord Buddha. Unlike the hipster yoga and sound healing studios of Ubud that mostly draw tourists, these are spaces for meditation and recreation used by village residents.

Under the candy blue skies and tropical palms, we walk along young green rice paddies and on the precarious edges of shared irrigation canals, learning about Bali's 'Tri Hita Karana' philosophy, which emphasises the interconnectedness of humans, nature, and the divine. Strutting ducks in a rice field appear almost on cue as an embodiment of this harmony.

Instead of chemical pesticides and fertilisers, Balinese rice growers long had a symbiotic relationship with ducks, who would feed on pests and fertilise the fields with their poop. The influx of tourism has disrupted this balance across the island, and by partnering with farmer co-operatives, Astungkara Way seeks to restore it. They offer training, financial de-risking, and market access to farmers to revert to climate-resilient heritage rice varieties, encourage them to reintroduce ducks in their fields and compost rice straw instead of burning it. Their walking trails across the island not only help travellers peel back the layers of Balinese culture but also contribute to the restoration of its fragile ecosystem.

Over many years of being a travel writer, I have been exploring how travel can shift from placing an 'invisible burden' on places and communities, towards regenerating their natural and cultural resources.

This walk across the untrodden heart of Bali, that ended with a water purification ceremony in a river and cave waterfall, was a reminder that regeneration is a conscious effort to revive a forgotten way of life—one that honours the relationship between place, people, and planet. And, therefore, keeps the promise of 'paradise' alive.



GETTING THERE

Air India flies non-stop to Bali from Delhi.





"SUSTAINABILITY IS PART OF MY INDIANNNESS"

There are no half measures when it comes to advocating for ecological balance as the sensible option for the planet

words by **Asma Khan**



When I started Darjeeling Express in the UK, I was very keen to ensure that the carbon footprint for my menu be as low as possible. Green produce is a fragile product—so when it is airlifted, it comes wrapped in plastic, and finally, if it does not sell, it is thrown away, something that I would have had to do if no one ordered that item. In our kitchen, we do not want ingredients that are going to go bad quickly. That is why I famously say: I do not want a jet-lagged okra on my plate. It is also why I do not source produce from African countries or India.

Top and bottom: Shutterstock; Asma Khan



LEFT AND RIGHT
Tangra Prawns served at Darjeeling Express;
Chef Asma Khan advocates seasonal produce.

FACING PAGE
(top and bottom) She encourages embracing
India's diverse rice varieties over just a few;
Badami Baingan at the restaurant.



Focus on farmers

The way the world works, farmers in these countries often get short-changed if their produce does not come up to standard. I have advocated for farmers at several forums, including [the World Economic Forum meeting at] Davos, and I will continue to do so because it is an issue close to my heart.

I focus on British farmers and buy produce following the seasons in England. For dishes that are most basic in Bengali cuisine, like beetroot chop, I use beetroot that is grown near Cambridge. And what does not come from the UK, comes via lorries from Spain, Portugal, and Italy, because the British climate does not support a lot of produce. When I cannot get the exact ingredient, I substitute it. There is a Bengali staple called *niramish*, where I swap the *turai* for zucchini (because

“If you are lucky enough to have a grandmother, ask her what is in season and eat accordingly. If your grandmother is no longer around, go to Google. Also, if you buy from a local seller, he or she is more likely to have in-season produce. If you want to research further, look at Ayurveda for foods that are good for you and boost your immunity naturally. You have only one body, so invest in your own health.”

it has the same texture), and replace certain beans with asparagus, because it is about being able to replicate the crunch. The only exception I make is for mangoes, for our mango lassi.

A common-sense approach

I do also think that the customer is

not always right. If they want to eat out-of-season foods, they can go somewhere else. At my table, we are all Indian home cooks, and we always ate according to the seasons. If I was taken blindfolded to a market in India, and I did not know what month it was, I would be able to make an educated



LEFT AND RIGHT

Puchkas are one of Chef Khan's favourite starters from the menu; At her restaurant, dishes like Kosha Mangsho are prepared using produce from the UK or Europe.



guess by just looking at the produce available (red carrots in winter or the *chausa* mango in July). But today's generation of Indians get ingredients from all around the world, and I really feel sad about it.

If someone wants a dish made from jackfruit at my restaurant, they will not find it. Jackfruit farming is largely being carried out in an unsustainable manner. If someone wants jackfruit because they want to be vegan, it is an appalling way to do it. Veganism is seen as being kinder to the environment, but not when it involves flying in food from miles away just to stay meat-free. That is counter productive and it applies to organic food too—when it is not local. I am very outspoken on this issue, though I do not want to offend anyone. But I want it to be a call to their conscience.

Our best advantage

I feel India does not get enough credit for its way of eating. Long before the West discovered sustainability, Indians

were already using every part of a vegetable as food. In Bengal, we have a dish made with the peels of various vegetables. We did meat-free days before the world discovered meat-free Mondays. We should be proud of how, in India, we have always been so close to the land, which is not the case everywhere else.

I do find it sad that Indian cuisine is considered unsophisticated, when it is, in fact, a complex one. People will pay a lot of money for Japanese or French food, and consider it elevated, but somehow Indians are seen as purveyors of spicy food that has no heritage. In one of the locations of the Indus Valley civilisation, a pot that had aubergine and spices—a complex dish that goes back centuries—was discovered. I also feel that a lot of chefs have not spoken enough about the deep spiritual connection between food and the people. In India, every religion views food through a spiritual lens.

Seasonal is best

Eating seasonally also means waiting for certain foods. I really question why people need to eat strawberries all year round. We have become consumers of food in the most terrible way and are no longer grateful for things because we eat as if it is our right. This also means that people lose out on eating a diverse array of food. There is research to show that eating a variety of foods boosts overall immunity. This is most prevalent in the way that everyone only chooses basmati rice, when we have so many varieties, including red rice.

I want to stay true to what is truly Indian. And for me, sustainability is part of my *Indianness* and not just about the environment.

—As told to **Mignonne Dsouza**



TOP AND BOTTOM
Oor transformed into a restaurant from a forex dealership; The House of Rose.



Top and bottom: Oor, The House of Rose.

A NEW LEASE OF life

Adaptive reuse is transforming heritage spaces in south Mumbai, ensuring they continue to serve a useful purpose

words by
Mignonne Dsouza

When Vijay Bhatia and his wife Panchali decided to open a restaurant in south Mumbai, they had trouble finding a suitable location. Some places were not equipped for kitchens and others were too small or expensive. “When we walked into a Grade 2-listed heritage building, nearly 100 years old, to inspect a ground-floor office that was once a foreign exchange dealership, I did not have much hope,” says Bhatia. But after cabin partitions were removed, beams exposed, and a striking wooden column revealed, the space transformed into Oor, exuding a design language that is as distinct as the nostalgia-infused South Indian cuisine it serves.

This conversion of spaces is part of a burgeoning trend of adaptive reuse taking place in the heritage buildings of south Mumbai. Simply put, this involves the revival of nondescript areas in such structures, and their careful alteration into boutiques, art galleries, restaurants, and other high-end spaces. One of the first and most prominent examples in the city was the conversion of the historic 110-year-old Ismail Building near Flora Fountain. It merged multiple offices and small shops to become an iconic Zara boutique in 2017 (it now houses Pernia’s Pop-Up Studio). Zara had followed in the footsteps of global giant Hermès, which opened in a ground-floor heritage space at Horniman Circle in 2011. Other premium retailers were swift to follow—designer Sabyasachi debuted a boutique in 2023 in Kala Ghoda (shifted closer to Horniman Circle since), the luxury fashion brand Chorus opened in the same area in 2025, as did Galeries Lafayette, and The House of Rose (a jewellery and watch boutique) in Ballard Estate. And just a few months ago, jewellery designer Farah Khan Ali inaugurated her jewellery store at Chemco House near CST.



CLOCKWISE FROM TOP LEFT
Architect Puran Kumar; His adaptive reuse projects include the Tianu store in Ballard Estate; Studio PKA.

It is not just retail spaces that have embraced the concept of adaptive reuse. Puneet Shah set up the Akara Modern and Akara Contemporary Galleries in Grade 2 and Grade 1 heritage buildings, respectively. “When clients look up at the façade of such colonial structures, they feel like they are entering a prestige address,” says Shah, and adds, “I feel that these buildings let people not only admire the exterior but also the interior and the history of the space.”

But along with the stories come the challenges. Architect Puran Kumar of Studio PKA, who has worked on adaptive reuse projects (and whose studio is housed in a heritage building) explains that adhering to standards set by the city’s municipal corporation, when it comes to heritage structures, requires attention to detail. “There is so much love that people feel emotionally





TOP AND BOTTOM
 French retailer Galeries Lafayette occupies a heritage space in Kala Ghoda; The Hermès store at Horniman Circle that opened in 2011.

“There is a certain honesty to a heritage space. You do not need to overstate anything. The space itself brings a depth that allows the experience to feel more authentic.”

Biren Vaidya



captured his attention when he first saw it. “We were not just looking for a location,” he says adding, “In many ways, Darabshaw House [around 100 years old] found us. Its heritage, scale, and atmosphere aligned perfectly with our vision of creating a luxury experiential destination.”

Aashni Shah, founder and creative director of Aashni + Co, also found herself drawn to Kala Ghoda for its character, history, and creative spirit. “The proportions, natural light, original detailing, and texture of the building create an environment that feels intimate, layered, and inviting,” she explains. “Being in a heritage building allows us to offer that sense of discovery and quiet elegance.”

Vaidya has also found customer reactions to be unique. “It becomes less about a transaction and more about how they feel while they are there,” he says. “There is a certain honesty to a heritage space. You do not need to overstate anything. The space itself brings a depth that allows the experience to feel more authentic.”

One can only hope that other cities in the country follow suit.

connected to these buildings, and to bring defunct areas to life is a wonderful feeling,” says Kumar, “But these are not easy projects because such buildings are a little disorganised in terms of their infrastructure. Sometimes, one needs to work with a structural engineer because they need to be braced and reinforced. Internally, there are often no proper shafts for

air-conditioning. So, one has to work around that.” Kumar also points to the fact that such buildings are the ultimate expression of sustainability because, “despite being around 100 years old, they still have value,” he adds.

But the design possibilities that these spaces afford makes the work worthwhile. Biren Vaidya, owner of The House of Rose, says the space

WHERE LEOPARDS ROAM FREE

In Jawai, Rajasthan, a centuries-old harmony between a shepherding community and the big cat offers a fence-free blueprint for wildlife conservation

words by
Nivedita Jayaram Pawar



The light is failing as we drive back from a sundowner. Suddenly, the jeep lurches. Our naturalist has spotted a pair of eyes glistening on the rocky hills. He swerves the 4x4, pushing through thorny bushes and leaping across massive boulders before cutting the engine. And then we spot her—sprawled on a flat rock like she had just finished a long brunch. After years of squinting at distant blurs through binoculars, this was my first true sighting. She simply watched us with terrifying indifference. In Jawai, the leopard is not a threat, but a neighbour.

While global conservation often relies on human exclusion, this rugged corner of Rajasthan, the Jawai Bandh Leopard Conservation Reserve, operates on inclusion. “Leopards here are far more relaxed than their elusive counterparts in the forest. Because they are not being hunted or chased, their fear response has reduced,” says Yudhister Jhala, General Manager of jüSTa Luxé - Highpoint Jawai, a fairly new wildlife retreat. This unique lack of fear exists because the leopards share every inch of this terrain with the Rabari, a nomadic herding

community. “For decades, the Rabaris have lived in close proximity to leopards with minimal conflict. Despite a high density of leopards, killings are extremely rare. Their livestock-based livelihood also indirectly supports the ecosystem. Leopards occasionally prey on weaker or sick animals, which many Rabari families accept as part of living in a shared landscape and sometimes even as a spiritual offering. This dynamic also contributes to maintaining healthier livestock herds. So the relationship is both cultural and ecological,” says Kushveer Singh Ranawat, a naturalist in Jawai.

The community’s practice of leaving animal remains in the hills provides a food source that supports larger litters and higher cub survival rates. In return, the leopards keep antelopes and wild boars away from cultivated fields.

The success of this relationship is rooted in the area’s unique geology, a landscape of vast granite hills. “The geography has subtly reshaped leopard behaviour,” explains Jaisal Singh, Founder and Chairman of Suján JAWAI (a Relais & Châteaux property), which pioneered conservation tourism here in 2013. “Instead of dense vegetation,

In the Jawai Bandh Leopard Conservation Reserve, Rajasthan, leopards coexist with the Rabari, a nomadic herding community



leopards use the granite outcrops for ‘denning’ [a safe space to raise cubs]. The open terrain offers excellent visibility, reducing their need to rely solely on darkness for safety.” Since its inception, the ranger team at Suján has recorded 130 leopards, including a female named Fenella, who has raised an unusual seven litters in these hills.

The impact of this is evident at dawn. At 6am, at the base of a granite outcrop, we watched three cubs emerge from a crevice. They turned the slope into a playground, tumbling over each other and scrambling up trees. Eventually, the noise drew the mother from her cave. She stepped into the light, stretched, and settled onto a ledge. Despite the cluster of jeeps nearby, the family remained oblivious of our presence.

Beyond biology, there is also a deep spiritual bond. “Many Rabaris believe leopards are linked to regional gods and are protectors of the hills,” Singh adds. “A livestock kill is sometimes interpreted as an offering to the deity, reducing the impulse for revenge.”

“What makes Jawai so special is that it’s protected by its own people. If we can bring that kind of mutual respect to other parks, we can sustain the leopards,” says Ranawat.

However, the ease of sighting has turned the region into a tourist destination. Unlike strictly regulated national parks, the absence of vehicle caps here often leads to crowding, while reports of baiting threaten to distort natural hunting patterns. Ensuring responsible tourism is critical to preserving ecological balance. “As the younger generation [of Rabaris] moves into tourism or urban jobs, the old cultural framework could weaken. The future depends on creating new incentives that make preserving traditions worthwhile,” notes Jhala.

On my last night, Panna Lal, an elderly Rabari, chatted with me about the cats with the casualness of someone talking about his pet. For him, there was no ‘wild’ and ‘domestic’, only the hill and those who lived on it. I realised that this is the norm here: a human living beside the wild, rather than against it.

TOP AND BOTTOM

The Rabaris consider livestock loss caused by leopards to be part of the natural order of things; Leopard sightings are common occurrences in Jawai.

STYLISH STAYS

Suján JAWAI

Tented suites with sweeping views of the Jawai wilderness, horseback rides across the granite hills, and more.

jüSta Luxé - Highpoint Jawai

Luxury villas with private gardens and pools, expert-led safaris, and cultural interactions with the Rabari community.

Bijapur Lodge

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AN ODE TO LEADERS

The Pradhanmantri Sangrahalaya has added new 3D features to its Holobox gallery, taking the interactive element up a notch

words by **Geetika Sasan Bhandari**

Even if you are not a history buff, you cannot help but be impressed. Dedicated to India's 15 Prime Ministers, the Pradhanmantri Sangrahalaya showcases the strides the country has made in various fields (Nuclear Programme, modernising the Indian Armed Forces, Telecom etc.), linking it to the PMs under whom the initiatives were rolled out. With 43 experiential galleries, it offers audio-visual glimpses into each PM's life and tenure, offering a bird's-eye view of what nation-building looks like across 70 years. Some of the interesting galleries I saw were the Constitution gallery, which highlights major amendments made to the Constitution, and the Toshakhana, which displays gifts various PMs have received on official visits.

What makes the Museum really stand out though, is the use of tech. The AI-powered Holobox has just added a 3D avatar of Mahatma Gandhi, along with the existing Sardar Patel and Dr APJ Abdul Kalam, and will soon add Atal Bihari Vajpayee. You can engage in a Q&A with these leaders and the answers will be delivered in their voices. Selfie with PM allows you



TOP TO BOTTOM

Prime Minister Narendra Modi's early life in pictures; The Freedom & Unity room traces the freedom struggle led by Mahatma Gandhi, the integration of states by Sardar Vallabhbhai Patel, and the story of Netaji Subhas Chandra Bose and Indian National Army; The 3D avatar of Mahatma Gandhi in the AI-powered Holobox.

to take a selfie with your favourite PM through an immersive Augmented Reality experience. I loved the Handwritten Letter, where you receive a letter with a quote from any PM of your choice; it is fascinating to see the interactive robotic technology at work, writing your name and signing in that PM's handwriting. Audio guides make the tour engaging and informative.

Prime Ministers Museum and Library, Teen Murti, New Delhi





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PURRFECT DEBUT

Catch Andrew Lloyd Webber's legendary theatrical sensation *Cats* for the first time in India

words by
Shrabasti Anindita Mallik



Forty-five years after its debut at London's West End on 11th May 1981 and the start of its Broadway run on 7th October 1982 at the Winter Garden Theatre in New York City, *Cats*—the award-winning stage musical by English composer and theatrical producer Andrew Lloyd Webber—has finally reached India.

For 11 days in June, The Grand Theatre at the Nita Mukesh Ambani Cultural Centre (NMACC) will host this spectacular staging, where soaring melodies, larger-than-life characters, and theatrical grandeur will bring to life one of the most legendary productions in theatre history.

Inspired by TS Eliot's *Old Possum's Book of Practical Cats*, the musical follows the Jellicle Cats as they come together under the Jellicle moon for the Jellicle Ball, a magical annual gathering. Under the watchful eye of their wise elder, Old Deuteronomy, one cat is selected to journey to the Heaviside Layer (a fictional feline afterlife) and be reborn into a new life. Among the colourful group are the mischievous Rum Tum Tugger, the conjuring Mr. Mistoffelees, the



TOP AND BOTTOM Andrew Lloyd Webber with the cast of *Cats* at the Neil Simon Theatre in New York City; In 1981, illustrious choreographer (late) Dame Gillian Lynne won the Olivier Award for the Outstanding Achievement of the Year in Musicals for *Cats*.

scheming Macavity, and Grizabella, the once-glamorous cat who longs for acceptance.

John Napier's oversized junkyard set transforms the stage into a fantastical playground, while the late Dame Gillian Lynne's groundbreaking choreography, which earned her an Olivier Award, remains hugely influential in musical theatre. Complemented by David Hersey's lighting and David Cullen's orchestrations, the production creates an immersive world on stage.

And at the heart of the production are the compositions by Webber, one of the few artistes to have achieved EGOT status (an acronym for the four major performing-arts awards in North America: Emmy, Grammy, Oscar, and Tony). The legendary score features *Old Deuteronomy*, *Macavity: The Mystery Cat*, *The Jellicle Ball*, and one of the most treasured songs in musical theatre: *Memory*.

17th–28th June (no shows on 22nd June)

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STYLISH STAYS

- 1/ Sowaka:** A beautifully restored *ryokan* in Gion, it blends traditional Kyoto charm with modern luxury.
- 2/ The Shinmonzen:** This luxury boutique hotel, designed by legendary architect Tadao Ando, is ideal for modern travellers.
- 3/ BnA Alter Museum:** A one-of-a-kind stay where each room is designed by an artist, it blends contemporary art with comfortable living.



CLOCKWISE FROM TOP
Gion Yamagishi serves delicious kaiseki (a traditional Japanese meal); Minamiza Theatre; The bustling Shijo Kawaramachi (street); The Kiyomizu-dera Temple.



GETTING THERE

Air India flies non-stop to Tokyo (Haneda). Then connect to Osaka with our Codeshare Partner, ANA.



🕒 03:30PM
Retail therapy
📍 Shijo Kawaramachi (street)

If you are looking for souvenirs that scream Japan, head to this lively part of the city where heritage meets everyday life. From traditional kimonos and *katanas* to luxury brands like Chanel and Hermès—you will find it here. Stop by local shops offering matcha treats and Kyoto finds.

🕒 05:30PM
Thermal escape
📍 Tenzan no Yu

Unwind with an *onsen* experience (the first 'sodium-calcium chloride spring' in the Kyoto Basin) offering soothing indoor and open-air baths surrounded by natural elements. Let the mineral-rich waters relax your body and mind, while the calm setting provides a perfect moment to slow down and recharge in true Japanese style.

🕒 07:00PM
Curtain call
📍 Minamiza Theatre

Catch a performance in one of Japan's oldest kabuki theatres. Here, tradition comes alive through dramatic performances, elaborate costumes, and stylised storytelling. While the building's Momoyama-style façade preserves history, it is updated with modern facilities.

🕒 08:45PM
Comfort bites
📍 Gion Kappa

This is a cozy, long-loved spot in Gion known for its simple, authentic Japanese fare. Fresh sushi, comforting native dishes, and honest flavours make it a favourite among locals, perfect for an easy, satisfying end to your Kyoto evening. Tip: do not miss the *yakitori* (grilled skewers) and *obanzai* (Kyoto home-style dishes).



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AN INSIDER'S GUIDE TO TORONTO

Look beyond the obvious and you will find that the city's districts are an interesting mix of history and culture

words by **Nupur Singh**

In Toronto, no matter where you hail from, you will find a neighbourhood from your country. The city, in fact, is often referred to as the most multicultural in the world. While some dismiss it for being rough around the edges or a bit dull, to me Toronto has always been a no-nonsense city that embraces differences. The original York Township was formed in 1793, and it was once called Dublin. Its depth is rooted in its past—a journey from a muddy colonial outpost to a metropolis where history still breathes beneath the shadows of the modern glass-and-steel glinted skyline.

The Distillery District

To truly touch that history, I begin at the pedestrian-only Distillery District's cobblestone road with my guide, David. He explains how founders Gooderham & Worts built the world's largest distillery by 1877. He says, "Toronto was quite a drunk city then, largely due to doctors prescribing whiskey as medicine

The sun sets dramatically over the iconic city skyline, as seen from Toronto Island

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TOP AND BOTTOM
 Gooderham & Worts built the world's largest distillery in Toronto by 1877; You can pick up this Cosman & Webb maple syrup from Blackbird Vintage Finds.



against cholera." I visit The Cooperage Marketplace, home to seven independent, founder-operated Canadian businesses, including Yummi Candles where my daughter and I once crafted clean-burning soy wax candles.

Back on the red bricks, the creative legacy continues. I always love strolling for a salted maple latte at Arvo Coffee before wandering into Blackbird Vintage Finds for antique apothecary jars and maple syrup, a Canadian staple. I visit the store of Anu Raina, whose *Dundas West* collection transforms maps into wearable art, then admire Jenny Greco Jewellery's gold and silver ornaments, and Orso's activewear made from recycled fishing nets. Finally, I head to the Soma store to breathe the chocolate air,

never leaving without their spiced pecans or a bar of Old School Dark.

Toronto Island

I hop on a tangerine e-bike toward the Jack Layton Ferry Terminal. After a brief detour to the Hockey Hall of Fame—an iconic institution of the sport where I stop to admire the silver glow of the Stanley Cup—I meet my friend and acclaimed film director, Peter Lynch. "The Toronto Islands are a beautiful accident," he says, "Formed

by a sandbar broken from the mainland by the storms of the 1850s." He explains that these lands remain sacred to Indigenous nations, including the Mississaugas of the Credit, the Anishnabeg, the Haudenosaunee, and the Wendat people. Peter describes the island's enduring bohemian heart; it is a car-free sanctuary for artists and free spirits. To me, the area is pure magic. Peter says bye and jets off for a screening while I scavenge for sea glass along the

STYLISH STAYS

The Broadview Hotel

A restored 1891 landmark in the Riverside neighbourhood, this boutique gem preserves its Romanesque charm.

Nobu Hotel Toronto

It houses the city's flagship Nobu Toronto Restaurant that serves iconic fusion fare under a kimono-inspired chandelier.

The Four Seasons Hotel Toronto

This Yorkville icon boasts a 30,000sqft spa encompassing 19 treatment rooms, including an infrared sauna.

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shore and catch my favourite skyline view at sunset as planes from the Billy Bishop Toronto City Airport soar over Lake Ontario.

St Lawrence Market

Next, I bike to this historic site, established in 1803, to meet Troy Cabarios, Chef de Cuisine of Bosk at the Shangri-La Toronto. A weekly regular, Troy navigates the stalls with flair. He insists on four essentials: creamy Portuguese custard tarts, *cragel* (a cross between croissant and bagel) from St Urbain Bagel Bakery, veal parmigiana from the legendary Uno Mustachio, and oyster of the month—the Hanky Panky—from Prince Edward Island. Nothing ever disappoints here, Troy notes, as we sample Kozlik’s mango and maple mustards.

I wave Troy goodbye and head towards The Well area to soak at AIRE Ancient Baths. Set in a restored 1912

warehouse, AIRE blends original wood beams with candlelit thermal pools. For lunch, I am spoiled for choice; I often reserve a table at Casa Madera for its high-energy Mexican-Mediterranean fusion or Nobu for its legendary Japanese-Peruvian elegance. However, today I want to try something unique: the newly opened Noyaa. It is a glamorous global affair where I am drawn to the crispy Wagyu *maki* roll with gold leaf.

Yorkville

With a happy belly, I make my way to meet an insider of Yorkville: novelist and society columnist, Shinan Govani, for the juiciest bite of the city. Long before the Prada storefronts, Shinan reminds me, this was a boho hub—Canada’s equivalent to San Francisco’s Haight-Ashbury. “In the 1960s, hippies flocked here to see rising talents like Joni Mitchell or hear a

young Margaret Atwood read poetry. Now a lioness of literature, Atwood still lives nearby, though she would hardly recognise the *bougie* metamorphosis the neighbourhood has undergone. Today, the pendulum swings toward a new generation drawn to lifestyle brands like Kith or the Powder Room, which recently welcomed Nick Jonas for an intimate brunch,” says Shinan.

Being in this luxurious enclave inevitably drags me toward a Canadian icon: Four Seasons Hotel Toronto. I conclude my journey at Café Boulud, indulging in the Poulet à la Crème by Chef William Kresky. This hearty meal of whole rotisserie chicken in morel mushroom cream sauce, paired with French beans *amandine* and a crisp baby green salad, is the perfect finale to a day spent traversing Toronto’s multihued, storied layers.

LEFT AND RIGHT
Candlelit thermal pools at AIRE Ancient Baths; The Yellowtail jalapeño at Nobu Toronto.

The city, in fact, is often referred to as the most multicultural in the world.

GETTING THERE
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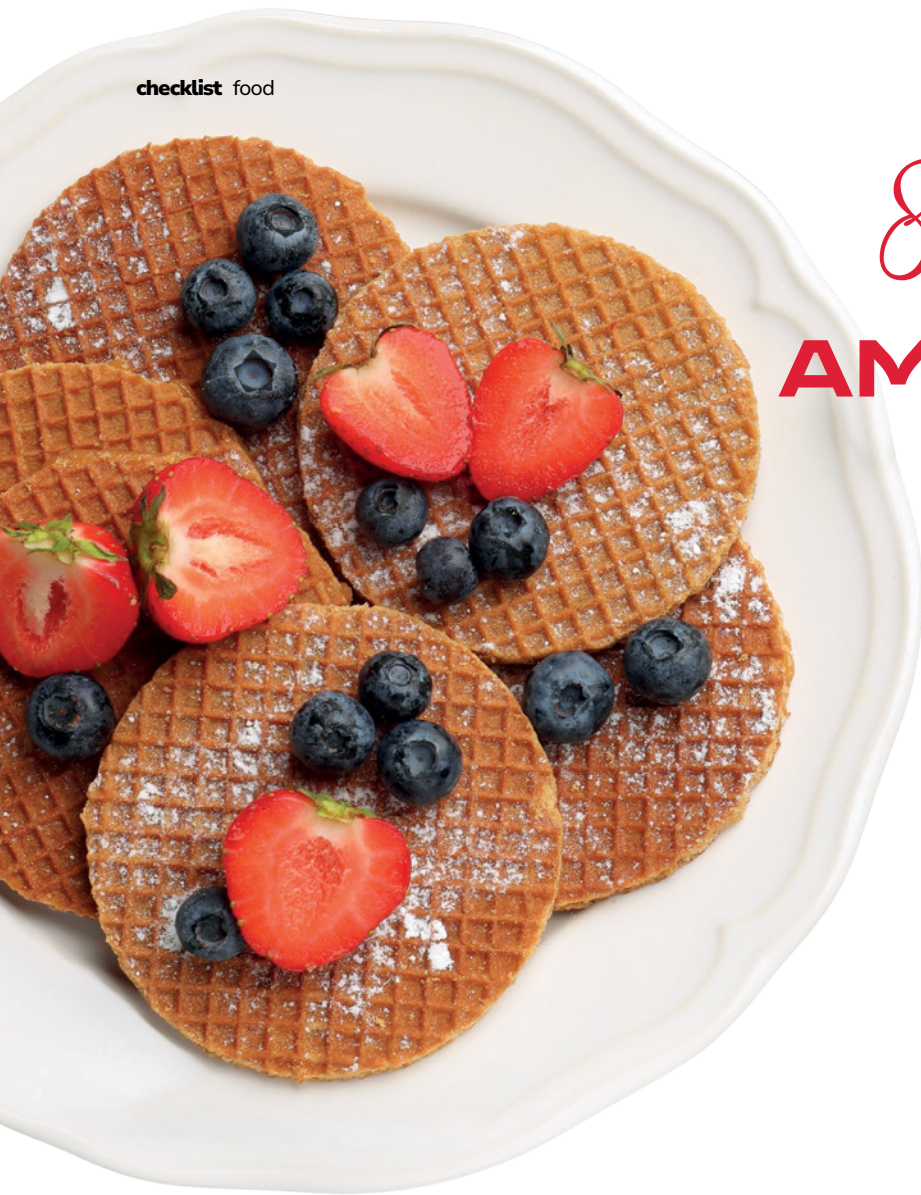
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8 dishes TO TRY IN AMSTERDAM

The city's food is largely simple—think quick, practical, no-frills fare. Yet, it reflects a layered history

words by **Tejashee Kashyap**

➤ STROOPWAFEL

Nothing says you have arrived in Amsterdam quite like this treat. Locals love to slip one in here and there—a barista might hand you one with your coffee or you may find an extra alongside dessert. My advice: skip the packaged versions and go straight for the fresh ones. Hot off the press, these are a revelation: thin, crisp, delicately sweet, with a gooey caramel centre that makes them truly addictive. Watch the syrup stretch as you pull it apart, then rest it over your coffee for a minute before taking the first bite. Sometimes they are dipped in chocolate or Nutella, then finished with a scattering of candy toppings.

Where to try it: Lanskroon, Singel 385, 1012 WL

➤ PATATJE OORLOG

One of Amsterdam's most familiar sights is of someone holding a bunch of fries wrapped in a brown paper cup. It sums up the capital's street food code: order, eat—standing or moving. *Patat*, or *frites* as locals call them, is a city favourite, and is paired with heavy sauces and an astoundingly wide variety of toppings.

One of the classic variants is *patatje oorlog*, a mix of satay sauce, *fritessaus* (mayo-like sauce), and raw onions.

Where to try it: Chippy King, Muntplein 5, 1017 CN



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📍 RIJSTTAFEL

This fare may be an Indonesian feast, but it is deeply tied to the Netherlands' colonial past. It is less of a single dish and more of a wholesome experience that captures the layered cultural influences shaping Dutch cuisine today. At the table comes rice, surrounded by a spread of small dishes—curries, meats, vegetables, pickles, and condiments balancing sweet, salty, bitter, and spicy notes. There might be *nasi goreng* with smoky wok heat, *gado-gado* (with a real bite in the peanut sauce), and chicken satay with charred edges. Order wisely; portions add up quickly, so ask for fewer dishes with more depth. This is one feast you will not forget anytime soon.

Where to try it: Tujuh Maret, Utrechtsestraat 73, 1017 VJ

📍 APPELTAART

The Dutch have a sweet tooth, and I realised it quickly when I noticed how much of the city seemed to be filled with dessert shops and cafés. The classic one to go for is the traditional Dutch apple pie, *appeltaart*. It has a tall, sturdy build, a cookie-like crust, and a spiced apple filling. Served simply—sometimes with a dollop of cream on top—it is comforting without being overly sweet. It is the kind of warm dessert meant to sit beside coffee at a café window seat while you watch the bikes drift by. You could easily plan your whole morning around apple pie and coffee.

Where to try it: Winkel 43, Noordermarkt 43, 1015 NA



📍 KIBBELING

If you are more of a *snacker*, this is your go-to. These are deep-fried bites with a perfectly crisp, golden shell, and soft chunks of fish inside, typically cod. They are often served with a mayonnaise-based *remoulade* (similar to *tartar sauce*) or a garlicky dip, with pickles on the side. There is a clear similarity to British fish and chips but here, the batter is lighter and more delicate, and it comes as bite-sized pieces rather than a whole fillet. They are the kind you order without thinking when you are having a beer. However, if you are not fond of fish, try the meat-based local favourite, *bitterballen*—crunchy, bite-sized croquettes filled with rich ragout, usually served with mustard sauce.

Where to try it: Café 't Smalle, Egelantiersgracht 12H, 1015 RL



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1 ERWTENSOEP

It might be yellow-green, but it is more delicious than it looks. Also called Hollandse erwtensoep, it is a hearty split pea soup loaded with onions, celery, leeks, carrots, and slices of smoked sausage. And if you are ordering takeaway, you will find vegetarian versions too. This is pretty much the Dutch soup classic, and every family has its own version. Most families, though, will agree on one thing: the spoon test. The soup should be so thick that a spoon can stand upright in the middle of the pot without falling over. A bold way to have this soup is by pairing it with beer.

Where to try it: Cafe 't Papeneiland, Prinsengracht 2, 1015 DV

2 TOMPOUCE

There are also desserts tied to specific occasions, which somehow makes them feel even more special—though thankfully, you can find many of them all year round. Tompouce is one of those classics: a rectangular pastry layered with cream and topped with a smooth sheet of icing, most famously pink. Sometimes, it is finished with an extra line of whipped cream on top. Delicious, yes, but also notoriously difficult to eat in a neat way. Locals have their own methods, like lifting off the iced top layer and placing it underneath before taking a bite.

Where to try it: Patisserie Holtkamp, Vijzelgracht 15, 1017 HM



3 STAMPPOT

For the Dutch, this dish is steeped in nostalgia—tied to childhood memories and family tables—and remains one of their ultimate comfort classics. Mashed potatoes are mixed with kale, spinach, endive, turnip or sauerkraut into a warm, comforting heap, traditionally served with rookworst. Vegetarian versions feature mushrooms, caramelised onions or root vegetables, and are usually finished with gravy or jus. The version with potatoes, carrots, and onions is known as hutspot.

Where to try it: Moeders, Rozengracht 251, 1016 SX



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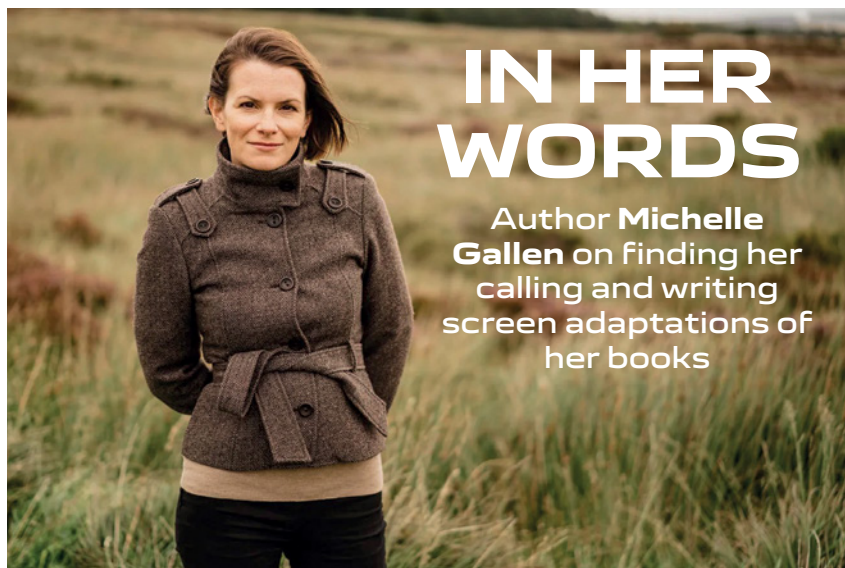
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What inspired you to write?

It is a funny story. Growing up in Northern Ireland, I wanted to be a vet. Then I saw what vets had to do, and decided against it. After that, I wanted to be a Catholic priest thinking that by the time I grew up, there would be female Catholic priests. But that did not happen. Then I wanted to be an artist but got rejected from art college. So, I ended up following my writing, because it was the only place I had not been rejected from at that point. But I did have a long career in tech and worked in the field for a very long time before I found success in writing.

Who were the authors who shaped you?

There is an Irish author, Walter Macken, who wrote these long, sweeping novels about Irish history, families, and relationships. You could lose yourself in the pages. I remember reading Patrick McCabe's *The Butcher Boy*. It is an extraordinary portrait of a kid who is not properly looked after, and he ends up committing crime. What I loved about it was small

town, real dialogue. Then there was Christy Brown's *Down All the Days*, an inspiring story of a young, paralysed boy who painted and wrote with his left foot. And I remember this book almost giving me permission, to just write things the way they are.

Ireland—your hometown—feels like a character in your books...

It plays a central role. I've realised that all three of my books are set in the same small-town environment, but across different decades. My first book was set in 2004, the second in 1994, and my third—*China Bowl* (due February 2027)—is set in 1984. In fact, the latter explores two cousins—one Irish, one American—whose contrasting worlds highlight culture, family, and the lasting influence of place.

How does it feel to see your works go from page to screen?

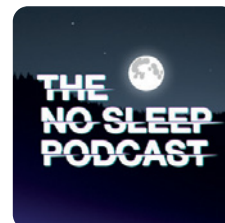
I am working on the adaptation for both books, and I have little to no experience of writing for screen. So, that is a very interesting place to be.

—As told to **Shrabasti A Mallik**



LISTEN UP

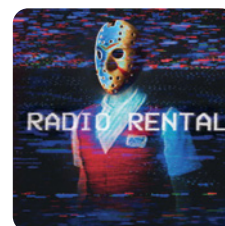
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Author's image: Brieden Baxter and Deci Gallen/Simple Tapestry; The author was a speaker at the Jaipur Literature Festival, 2026; Podcasts (top to bottom): The NoSleep Podcast; Apple Podcasts; youtube.com

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← OF JEWELS AND MEMORIES

Farah Khan Ali's new collection *Zarine — The Golden One* is created in memory of her late mother and first muse. Another collection, *The Rose* is an ode to romance and memory, and brings together poetic hues of soft blush, velvety red, and tones reminiscent of Mughal gardens and Renaissance art. All the pieces are crafted in 18k gold.



↑ A NEW ADDRESS

Anavila's new store in Delhi unfolds as a courtyard sanctuary shaped by craft, memory, and atmosphere. Rooted in earthiness, it has handcrafted terracotta pottery by master artisan Bhuvnesh Kumar, complementing the store's understated architectural language.

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TOP AND BOTTOM
Damu's Heritage Dine
is run as a community
project by local
women; The cuisine
showcases indigenous
ingredients.



DAUGHTERS OF THE VALLEY

Damu's Heritage Dine is an award-winning community restaurant in Arunachal Pradesh that champions local cuisine and culture

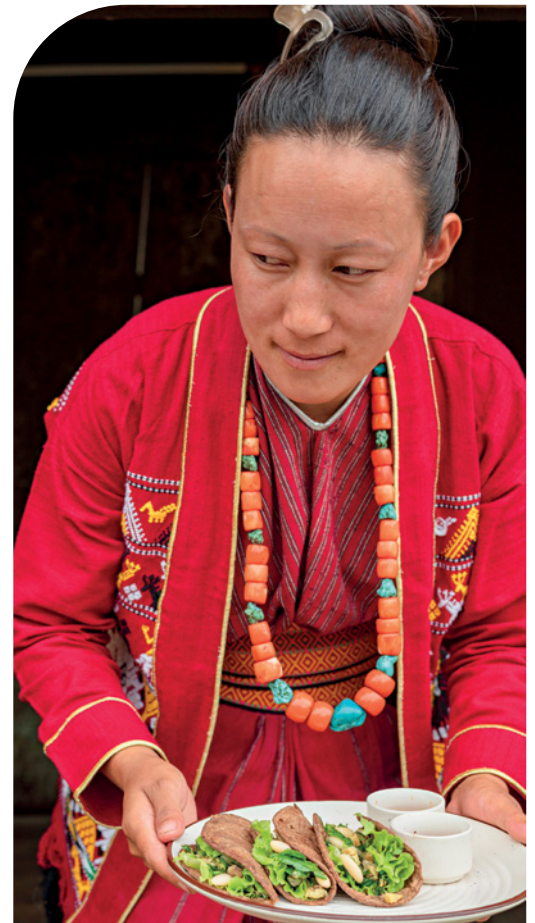
words by **Navjot Nagi**

It was 2024. Damu's Heritage Dine had been invited to Delhi to receive a Special Award for Community Empowerment from the International Centre for Responsible Tourism, an honour they had never imagined. It was the first time the women running the community restaurant were stepping out of Arunachal Pradesh and also their first time on a plane.

Later, when someone asked one of them about the happiest moment of her life, she did not speak of awards or applause. She simply said, "When I took that flight."

Since then, they have returned twice. Once, for a National Rural Livelihood Mission programme and, more recently, for a cooking pop-up that brought the flavours of their Himalayan valley to the Capital.

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LEFT AND RIGHT
The restaurant is nestled inside a 200-year-old house; Here, momos are made using millet flour.



Fund for Nature-India (WWF-India), Damu's Heritage Dine opened in March 2024 in the Chug Valley of Arunachal Pradesh. It is positioned as a space to preserve traditional Monpa architecture and give travellers a taste of the local cuisine.

A collaborative project

Named after the Monpa word for 'daughter', the 11-seater restaurant is housed in a restored 200-year-old home and run by eight women from the community. Most grew up farming and manage the restaurant jointly. Sinku Zangmu handles the accounts and book-keeping, lending a hand in the kitchen when necessary, and Rinchin Jomba—the leader of the group—keeps the unit cohesive, assigning work based on the needs of the day. Decisions are made collectively and they have begun to see themselves as torchbearers for the community, fashioning a new

blueprint that blends tourism and heritage, and allows the community to not just survive but also flourish without compromising their identity.

What the land grows

The cuisine is deeply reflective of the environment. Most ingredients are sourced locally from farms, kitchen gardens, and the forest. Local grains like millet, buckwheat, and corn, which were fading from the local economy, find a place on the menu. The buckwheat flour used to make *puttang khazi* (buckwheat noodles) and pancakes, and the corn dough base used for *phurshing gombu* (an indigenous dish) are still ground in traditional water mills known as *chuskor*. Red rice comes from the valley, ghee from local yaks, and herbs, including water celery, Himalayan prickly ash pepper, fish mint, and fresh greens, are foraged by season. Even

BEYOND THE FOOD

The traditional home in which Damu's is located, has become a living museum. Elsewhere, endeavours are underway to revive almost-lost traditions like handmade paper-making. "Damu's Heritage Dine, the Duhumbi Heritage Fair, and other initiatives being developed across West Kameng and Tawang districts aim to empower local communities by demonstrating how sustainable income can be generated through mechanisms like Payment for Forest Ecosystem Services (PFES). This approach is particularly important here, where tourism is increasingly being promoted by the state government and recognised by local communities as a key source of livelihood," says Nishant Sinha, Coordinator, Community Based Tourism, Western Arunachal Pradesh, WWF-India. The organisation has worked in this region for over two decades, supporting communities to protect forests and build livelihoods with dignity. Damu's is one such space where a part of the earnings flows back into protecting their forests.

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CLOCKWISE FROM TOP
Water celery, fish mint, and fresh greens are foraged from kitchen gardens; Corn is made into a dough and roasted over charcoal to make phurshing gombu; Pancakes prepared with buckwheat flour.

kamtang, is made with river weeds that grow only in clean, fast-flowing water.

The restaurant's founders are also working diligently to popularise the cuisine beyond their lush landscape. In 2025, they organised a pop-up in Delhi to acquaint the wider world with their heritage, where I had the privilege to discover both them and their food. The meal began with a delicate buckwheat pancake layered with orange marmalade and fresh slices of fruit—simple yet bright. Another highlight was an orange salad dressed in homemade sweet garlic chilli oil, scattered with pickled radish, caramelised popcorn, and tender white rajma. For dessert, we sampled *khapse*, a delicately crisp, mildly sweet treat made with *amaranth* flour; it offered a comforting end to the meal.

the chillies are unique to the region, now being studied for Geographical Indication (GI) status. Only some items—oil, salt, and occasionally chicken—come from elsewhere (traditionally, the Monpa community does not slaughter animals).

Cuisine that reflects culture

The dishes are, expectedly, very different. Corn is shaped into dough cups and roasted over charcoal, finished with resin from the Chinese lacquer tree—edible when harvested and stored properly—to create *phurshing gombu*.

The menu also features hand-rolled buckwheat noodles paired with stews like *phinang thukpa* (prepared with foraged greens), along with millet dumplings and soft, handmade cheese. One of the dishes, *ciplam churra*

Taking a legacy forward

As I savoured these specialities, I appreciated the uniqueness of not just the ingredients but also the talent of these women who, even in an unfamiliar environment, recreated the taste of their homes so perfectly. It is a story of daughters holding on to a memory while gently reshaping the future—one that lingers on the palate long after the meal has ended.

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PUSH THE ENVELOPE

Once I was able to cross the hurdles of doubt and worry, Yosemite National Park revealed its unparalleled beauty

words by **Komal Virwani**

The rocks and mountains at Yosemite National Park in California bathed in unreal hues at sunset



I almost did not go. I had just returned from Los Angeles, was running on very little sleep, and could not decide what was more foolish: skipping Yosemite or trying to squeeze it into a single day with barely any energy. In the end, even a glimpse of that wilderness felt better than missing it entirely, so I booked the tour and asked the guide what to bring. “Just a jacket,” he said.

At 5:30am, a black Sprinter van pulled up outside my hostel in San Francisco and over the drive into the Sierra Nevada, our guide wove stories of the California Gold Rush and the almond farms we passed, each paired with a fitting song. Not long after, we entered Yosemite National Park. Spread across nearly 3,100sqkm, it is a landscape of granite mountains, powerful waterfalls, ancient sequoia trees, and forests that seem to stretch forever.

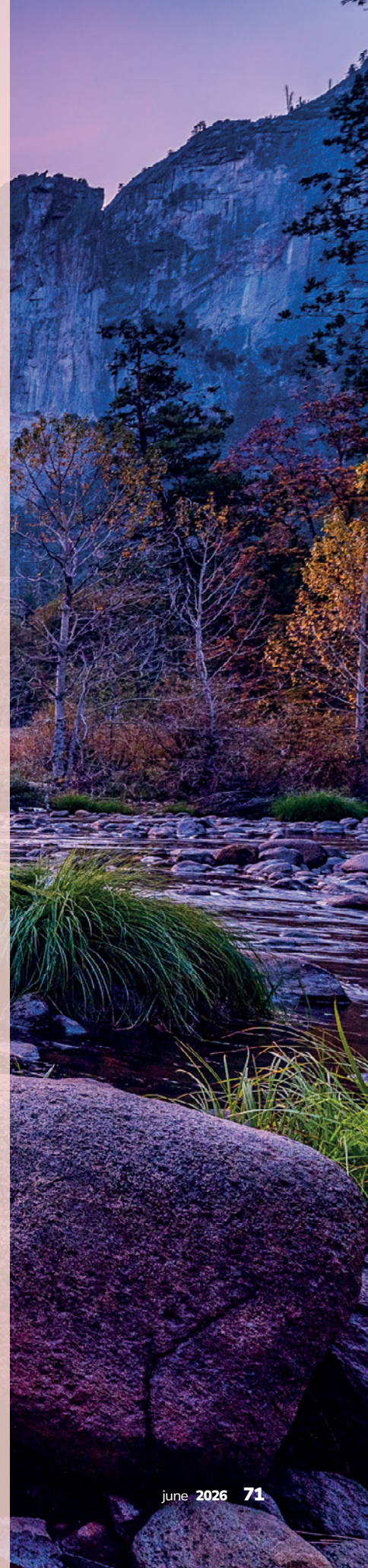
Our first stop was Tunnel View, a lookout point that gives you one of the most famous panoramic views of Yosemite Valley. El Capitan rose on the left, Bridalveil Fall spilled down the right, and the valley floor opened below in layers of green and gold. I stood there breathing in what felt like the freshest air of my life, until the cold reminded me that I had packed the wrong jacket.

As we moved deeper into the valley, our guide pointed out a massive granite mountain with a rounded top that looked as if one side had been sliced clean off. This was Half Dome, one of Yosemite’s most famous landmarks, whose silhouette, he told us, inspired The North Face logo. Later, he pulled out a telescope and aimed it at a near-vertical section of El Capitan, the park’s enormous granite cliff. This part of the rock face is called the Dawn Wall, one of the most difficult climbs in the world. Through the lens, I could see a tiny yellow tent hanging like a speck against the granite. He told us about mountaineers who spend days on that wall. Even after we drove on, that image stayed: someone choosing to spend the night on a wall I could barely comprehend from below.

Our final stop was Tuolumne Grove, home to giant sequoias that have stood for centuries. Reaching them meant a 4km round-trip hike through a snow-covered forest. By then, the cold had set in completely. My hands were numb, my energy was low, and I was standing at the trailhead in sneakers that were clearly not made for it.

For a moment, I considered staying back. The rest of the group had already begun moving ahead. But our guide encouraged me to at least give it a try, and I held on to that. I reassured myself I could always turn back if it felt too difficult. What I could not promise myself was another chance to return to Yosemite.

Ahead, the snow was thick and slippery, and every step demanded care. I fell behind almost immediately, my breath loud in the otherwise silent forest. At one point, I could no longer see anyone from the group. There was





CLOCKWISE FROM LEFT
A rainbow over Bridalveil Fall in Yosemite Valley; The author in the Park; The majestic granite monolith El Capitan; Tuolumne Grove is home to about two dozen mature giant sequoias.

no phone signal and no clear marker in sight; only the crunch of snow beneath my feet and tall trees rising around me.

I had not reached the sequoias yet, and had no idea how much farther they were. I expected my first solo trip abroad to feel frightening. Instead, what came over me was pride. Not because I was doing anything remarkable, but because I was still walking. I had almost skipped Yosemite that morning. Now I was here, cold and tired, but still choosing not to turn back.

The sequoias, when I finally reached them, were worth every step. Their trunks were massive, their bark rough and reddish-brown, and their tops disappeared above me. Standing among trees that had survived centuries of change, the hesitation I had felt that morning no longer seemed relevant.

I had arrived exhausted but it did not matter anymore. I had made it there, and that was enough.

On the drive back, our guide played a documentary about Tommy Caldwell, who climbed El Capitan's Dawn Wall after losing a finger. Hours earlier, I had stood below that same granite face, unable to understand how anyone could even begin. Watching his story did not make it feel easy. But it did make me understand something I had not earlier. What had seemed impossible from below now felt as though it began the same way everything else does: with the decision to start.

I did not climb anything that day. But I had shown up when I was not sure I had it in me, and walked through snow in shoes entirely wrong for it. And that, it turned out, was enough for today.

FITNESS CHECK

- **Easy:** Valley floor walks—Bridalveil Fall trail (0.8km, round trip), Lower Yosemite Fall (1.6km loop), Sentinel Bridge, and Cook's Meadow Loop. Flat, well-paved, suitable for all ages.
- **Moderate:** Tuolumne Grove sequoia hike (4km, round trip) and Mirror Lake loop (8km). Some elevation gain, sturdy shoes are essential.
- **Strenuous:** Upper Yosemite Falls (11.6km, round trip, 823m elevation gain), Four Mile Trail to Glacier Point (15.5km, round trip). Strong fitness and hiking boots are required.



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Actor Tisca Chopra never skips pranayama, even during hectic schedules

“YOGA HAS TAUGHT ME STILLNESS AND PATIENCE”

Celebrating the International Day of Yoga (21st June), actress Tisca Chopra talks about how it keeps her mentally, emotionally, and physically grounded

words by
Veenu Singh

What inspired you to take up yoga, and how long have you been practising it?

I started in school because I needed to lose weight before joining college and it worked like magic. But, I also gained a feeling of steadiness, something rare in one's teens. That grounded feeling has stayed with me.

Today, there are film sets, writing deadlines, travel, motherhood, hormones—all beautifully chaotic—but I manage them because I ground my mornings with *pranayama*.

When did you become aware of its deeper, holistic benefits?

Honestly, like most urban Indians, I probably entered yoga through the 'flat stomach' gate and discovered the temple behind it. You begin with downward dog and end up confronting your ego. Over time, I realised that yoga is not only about touching your toes but more about how you react when life touches a raw nerve.

Do you train with a teacher or practise on your own?

Both. I think it is important to learn alignment and breathwork correctly from trained professionals, especially in the beginning. Otherwise, one can confidently damage a knee while feeling spiritually evolved.

Now, I practice both with my trainer Ashish Jauhri and alone, depending on where I am and what my body needs. I love how it is a feeling-based practice.

Do you follow a fixed routine or flow intuitively? How much time do you dedicate to yoga?

I do not miss *pranayama*. It is the first thing I do every morning. The flow is something my trainer Ashish and I decide, based on our goals. Some days the body wants strength and pulsing, some days it wants softness, and some days it just wants to lie in Balasana. Ideally, I practise four to five

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times a week; sometimes for an hour, sometimes a little more.

Which are your favourite asanas?

I love Surya Namaskar because it feels like a moving prayer involving both the body and the mind. I also love inversions because they literally change perspective. And *pranayama* is gold in my book.

How has yoga helped you navigate such a demanding career?

Acting requires emotional access. Public life requires emotional armour. Yoga somehow helps me hold both without losing balance. It has improved my stamina, concentration, recovery from fatigue, and, made me more patient, which is extremely useful on film sets.

When short on time, what asanas do you turn to for a quick practice?

Pranayama is non negotiable. Add a few spinal stretches and a few Surya Namaskars, and I am ready to roll.

Have you attended any of the yoga conventions that take place in Rishikesh or other centres?

Not in a formal guru-seeking way, no. But I have spent time in places where

yoga is treated as a way of living and not just a fitness class. Visiting Rishikesh for a yoga and meditation retreat is on my bucket list.

Your advice to someone who is considering yoga?

Start yoga with faith and choose gentle consistency over intensity. Listen to your body. It has its own intelligence. A body does not transform overnight. Committing to yoga is a life choice; what you put into yoga practice pays you back in unimaginable ways. You enter a fluid state and things begin to shift—in the mind, the body, and, therefore, even in the world outside.

“Yoga has taught me that stillness is not laziness and that the body keeps score of every emotion you pretend not to feel. I am still on that journey, and it has been deeply rewarding so far.”



PATOLA

BY NIRMAL SALVI

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Bangalore

Coming Soon

 patola_bynirmalsalvi

COCOONED IN healing

In Ladakh, well-being does not come in advertised packages. It is a way of living, intrinsically woven into the lifestyle

words by **Ruth Dsouza Prabhu**

Snow-capped mountains tower over the sand dunes in Hunder, Leh

For most travellers, Ladakh is about undulating mountains, endless blue skies, and an ever-changing terrain.

I thrive in city chaos—even though I complain—so my first visit was typical, characterised by the cathartic experiences I have heard about. But, during my 10-day visit, I also found something else. I discovered a sense of wellness. It was not advertised as an experience but fit into everything I did.

Slowing down amid silence

In cities, we turn to apps to simulate the sound of water for white noise. In Ladakh, it follows you everywhere. Along roads leading to the Leh market, besides homes and restaurants, and through narrow pathways. Mountain-fed streams flow uninterrupted because the region has grown around them.

As you travel further out, these streams widen, their sound deepening. On the drive from Leh to Hunder, we stopped by one such stretch. Water



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*Upcoming

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CLOCKWISE FROM LEFT

The sound of the river is a constant, providing a soothing backdrop all over Ladakh; An Amchi consultant in conversation with a Buddhist monk; The bio pool at Virsa Baltistan fed by glacial waters.

STYLISH STAYS

The Pal, Leh

A comfortable, all-vegetarian hotel that is walking distance from Leh market.

Stone Hedge, Hunder

This family resort offers immersive cultural and culinary experiences.

Virsa Baltistan, Turtuk

This boutique hotel showcases the region's unique hospitality.

moved steadily over rocks, cold and clear. Lunch was made there, with noon chai brewed over an open fire and vegetables rinsed in the same stream before being cooked. At some point, conversations slowed. People wandered off to sit by themselves. A few stretched out on boulders and fell asleep, despite the cold and the sound of the stream. Here, there is very little effort involved in slowing down.

Therapy of a different kind

In Ladakh, the Amchis—practitioners of traditional Tibetan medicine—continue to work with herbs, pressure-based therapies, and diagnostic methods that

have been passed down. My Amchi consultant felt the pulse point on my wrist and asked if I had pain in my neck and shoulders. The question caught me off guard because I have had spondylosis for years. He prescribed a herbal massage to ease both the persistent ache and the stress. Warm herbs, bundled in muslin, were worked slowly across my back, neck and arms for an hour, with Buddhist chants in the background. The relief held for the rest of the journey.

At Stone Hedge in Hunder, Amchi consultations are offered, alongside guided meditation sessions with Tibetan sound healing bowls. These sessions are set within

a glass-encased space surrounded by trees. I have always struggled to quieten my mind but here, the sound of leaves moving in the wind did most of the work for me, settling what usually feels like a railway-platform-at-peak-hour kind of headspace.

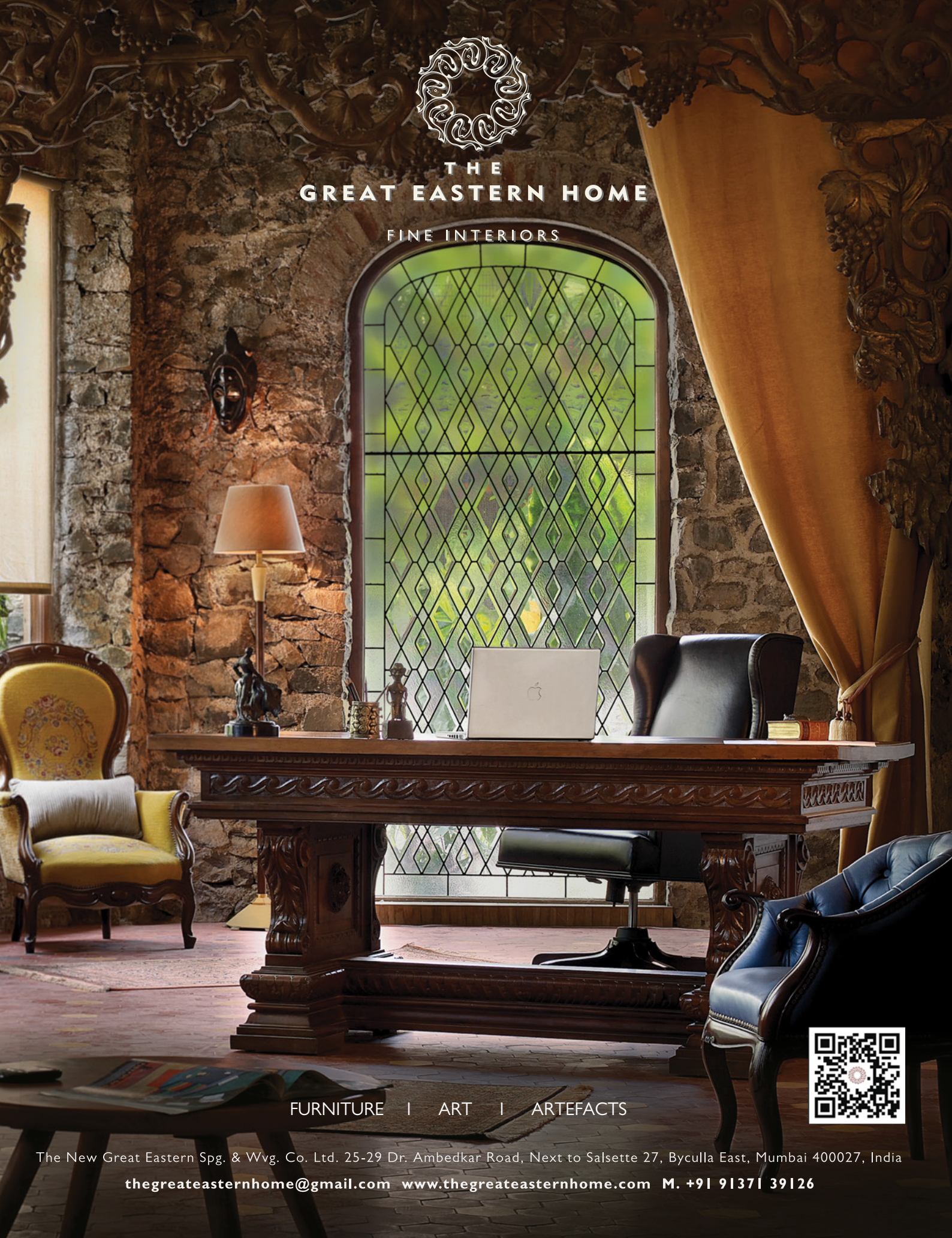
Thiksey Monastery, Diskit Monastery, and Hunder Monastery also open their doors for discourses with monks, offering a window into the Buddhist way of life. These are not structured sessions but conversations that unfold at a slow pace. At one of the discourses, the focus was on finding happiness in everyday life, which felt like a doable habit to carry back.

Clockwise from left: Getty Images; Stone Hedge; Virsa Baltistan



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CLOCKWISE FROM TOP LEFT
Stone Hedge offers meditation sessions with Tibetan sound healing bowls; The Balti Farm in Virsa Baltistan has a multi-course Balti cuisine tasting menu prepared by local women; Fresh sea buckthorn berries; Yoga on the sand dunes of Turtuk.

GETTING THERE

Air India flies non-stop to Leh from Delhi, Chandigarh, Jammu, and Srinagar.

Guided by nature

I do not practise yoga but on the sand dunes along the Shyok River in Turtuk, it felt entirely different. I stepped out before sunrise into the biting cold, my body resisting. The sand beneath my mat was unexpectedly soft, and the silence felt almost deafening for someone like me who relies on constant noise. But as the session unfolded and the sun rose, my body eased into it, the chill softened, and the silence slowly turned comforting.

The bio pool at the Virsa Baltistan hotel, fed by glacial water, was another experience I entered with hesitation. A full-body dip

felt like the next level of an ice bucket challenge. A few seconds in, and I was numb, convinced I had had an out-of-body experience and seen into some past lifetimes. But once I stepped out and took a warm shower, I felt my muscles loosen, my body going into reset, and for a while, everything felt lighter.

Food, as it is lived

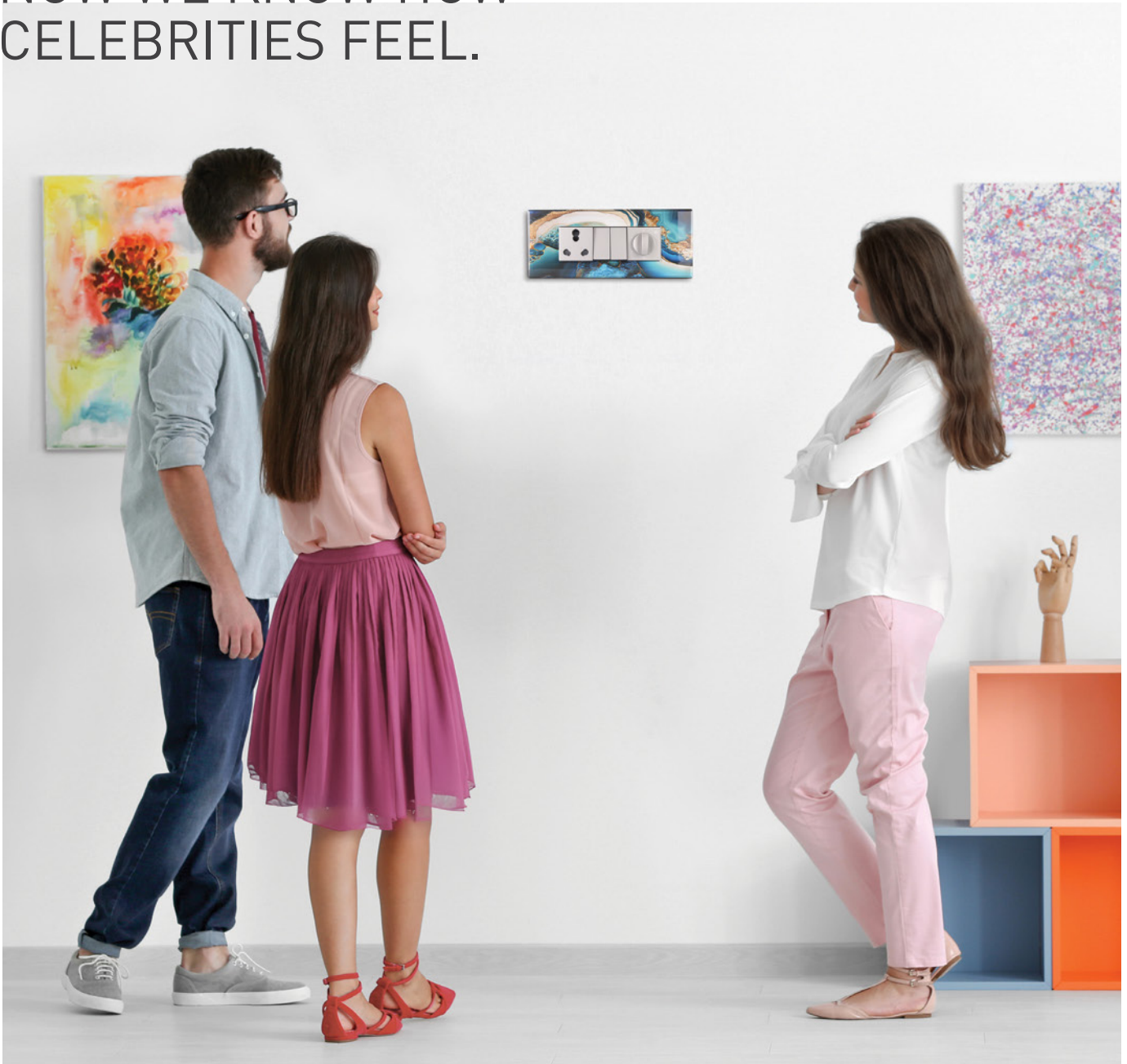
While modern kitchens and global menus have found their way into Ladakh, meals are still rooted in what the land offers. It is just as easy to walk along a path and pick something from a tree—apricots, apples, and sea buckthorn berries that

catch you off guard with their sharpness. One evening, our host pulled a turnip from the ground, rinsed it in the stream, and passed it around. There was a unique satisfaction in eating clean food right from the source. Ladakh does not frame eating well as a practice. It is simple, seasonal, and part of everyday life.

By the time I left, I had experienced a different kind of wellness. No structured routines and no insistence on mindfulness, exercises or forced efforts to disconnect. Everything around made it easier to let go of the pace I had come with—quietly and without effort.

Clockwise from top left: Shutterstock; Virsa Baltistan; Ruth Dsouza Prabhu; Virsa Baltistan

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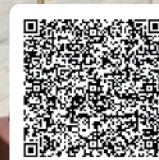
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FLEET

Take a look at our aircraft range that flies you across the world

p 92 ↑

ROUTES

We present our latest global connectivity, offering you unparalleled access worldwide

p 93 ↑

PARTNERS

Through our Codeshare and Interline partnerships, we try to bring the world closer

p 102 ↑



The design of the iconic Aviator's Bar draws inspiration from founder JRD Tata's historic 1932 first flight

A ROYAL

Air India opens its second signature Maharaja Lounge in San Francisco, extending its premium experience to a major international hub

PAUSE

After the fanfare around its flagship The Maharaja Lounge in Delhi, Air India has now opened its second—this time in San Francisco.

Located near A Gates at the international terminal, the 3,300sqft lounge accommodates up to 80 guests and has been designed to evoke comfort, pride, and timeless sophistication ahead of long-haul travel. A dedicated Private Zone reserved exclusively for First Class guests forms part of the offering.

Campbell Wilson, CEO and MD, Air India, said, "The opening of the Maharaja Lounge at San Francisco International Airport marks a key moment in our global expansion. As our first signature lounge outside of India, it serves as a premier gateway for our international guests to experience the warmth and sophistication of the 'New Air India.' This facility is a testament to our commitment to the North American market, blending world-class amenities with our rich heritage. As we advance in our transformation, we are

strengthening our international hubs to deliver a world-class experience that reflects the new Air India, wherever our guests travel from."

Designed as a blend of heritage and modern luxury, the space aims to offer travellers an introduction to India before their journey begins.

The interiors bring together Air India's evolving visual identity and cultural legacy through a palette of champagne, ivory, and deep reds, while brand motifs are integrated into walls and furniture. Local art forms



showcasing regional heritage sit alongside installations incorporating upcycled aircraft components, reimagined as contemporary art pieces.

One of the Lounge's key highlights is the Aviator's Bar, conceived with a speakeasy vibe and featuring warm, rich hues. Anchored by a curated cellar of wines and whiskies, and complemented by signature Air India cocktails, it will appeal to the discerning traveller.

The tarmac-facing seating areas in both the Business Class lounge and Private Zone offer uninterrupted views of aircraft movements, creating what the airline describes as a 'wine and dine with a view' experience, particularly for

plane-spotters and curious travellers.

Adjacent to the Bar is the Social Zone, designed as a communal space that reflects the movement and rhythm of a major international hub. Seating arrangements are intended to encourage interaction while maintaining moments of privacy and exclusivity.

Dining remains central to the entire lounge experience, with a wide menu spanning Indian and international cuisines, plus beverage stations.

Meanwhile, the First Class-only Private Zone has been positioned as a quieter retreat within the lounge, designed to offer heightened privacy, comfort, and elevated service for

CLOCKWISE FROM TOP LEFT
Bespoke chairs ensure you can work or dine comfortably; Limitless is a signature Air India cocktail; Ample seating to enjoy the cuisine; The Lounge entrance; The extensive buffet offers a range of delicacies.

travellers seeking a more discreet pre-flight environment.

For Air India, the SFO opening represents more than another premium airport facility. It signals the airline's continued effort to shape a globally recognisable hospitality experience rooted in Indian identity—one that begins well before passengers board their flight.



HEALTHY IN A BOWL

The new salad meals in Business Class help you eat light and nutritious in the sky



The way we travel is changing. And with it, so are our food choices. Today, an increasing number of Air India's travellers are preferring light yet nutritious salads that not only keep them full but also satiate their taste buds.

Keeping this in mind, the airline has introduced a Healthy Meal Bowl Collection. Inspired by global café-style nutrition bowls, each serving is prepared with a balance of supergrains, lean plant proteins, fresh vegetables, and heart-healthy fats, offering guests meals that are easy on the tummy yet fortified with superfoods.

The bowls combine a colourful and vibrant array of ingredients like cherry tomatoes, cucumber, quinoa, black olives, mixed greens, beans, sprouts, roasted vegetables, feta cheese, and edamame. The dressings are thoughtfully paired too—lemon-herb vinaigrettes, balsamic drizzles or light oriental sauces—ensuring optimum flavour without the heaviness.

Each bowl reflects a distinct taste profile—Mediterranean, Asian, Middle Eastern, Indian, and European. Some of the options include Asian rice noodle bowl with asparagus, Moroccan couscous salad with herb-marinated vegetables, Grilled tofu and quinoa bowl, Plant-based protein *krapow* with vegetable noodles, and Mixed bean bowl with roasted cauliflower and olives.

Each bowl offers a complete mini-meal experience that is crafted to leave guests feeling refreshed instead of weighed down—perfect for Business Class passengers seeking culinary balance as they travel.

The image displayed is for representational purposes



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OUR WINGS

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

Airbus A319

 **04**

Boeing 777-300ER

 **19**

Airbus A320neo

 **94**

**Boeing 787-9
Dreamliner**

 **08**

Airbus A320ceo

 **04**

**FLEET
STRENGTH
184**

Airbus A321ceo

 **13**

**Boeing 787-8
Dreamliner**

 **26**

Airbus A321neo

 **10**

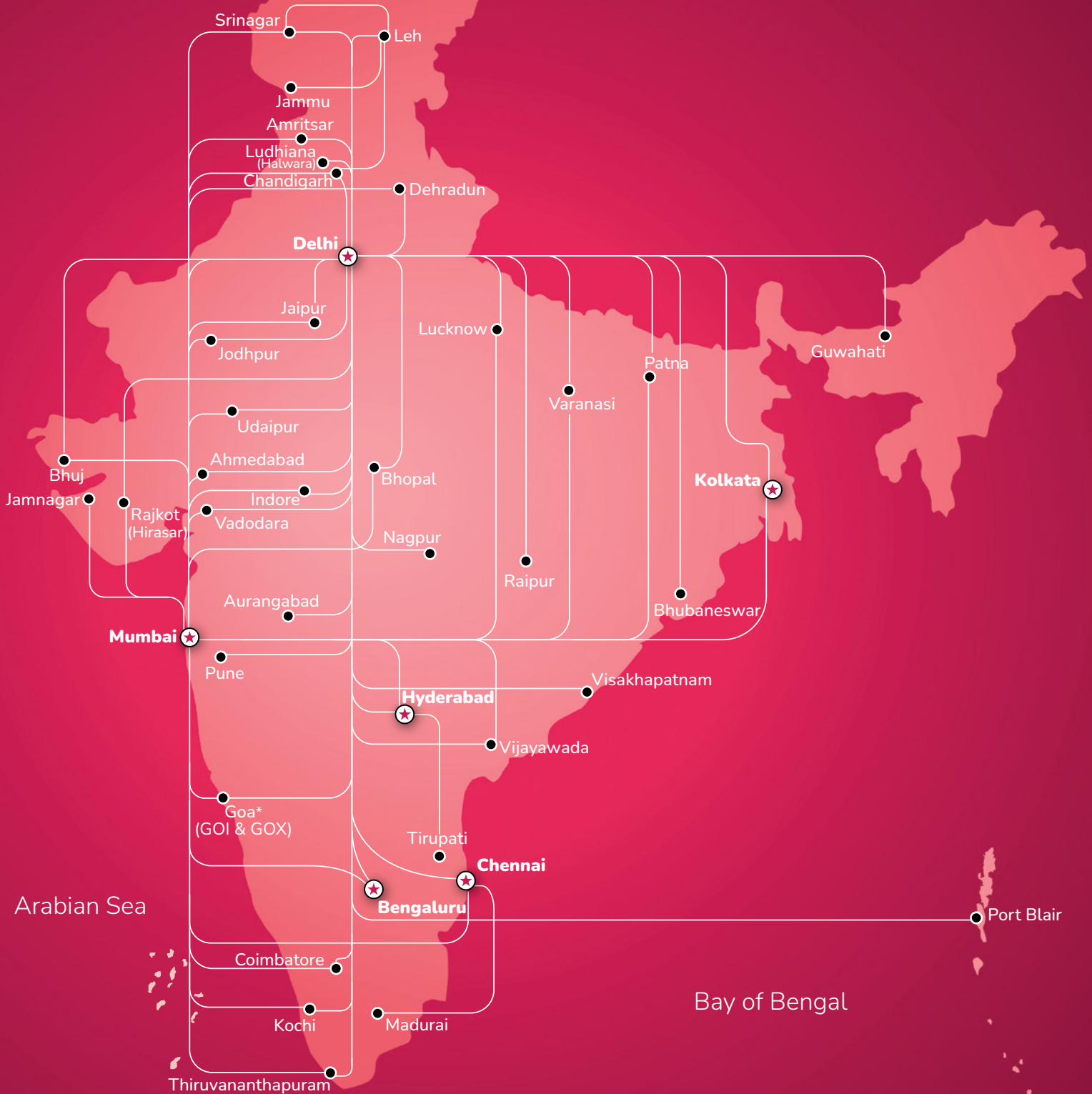
Airbus A350-900

06

*Total number as on 7th May 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; Delhi-Goa is operational via GOI (DEL-GOX is currently under temporary suspension)

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 19th May 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



Newark (EWR)	←-----→	DEL*	BOM
New York (JFK)	←-----→	DEL	BOM*
San Francisco (SFO)	←-----→	DEL	
Toronto (YYZ)	←-----→	DEL	
Vancouver (YVR)	←-----→	DEL	

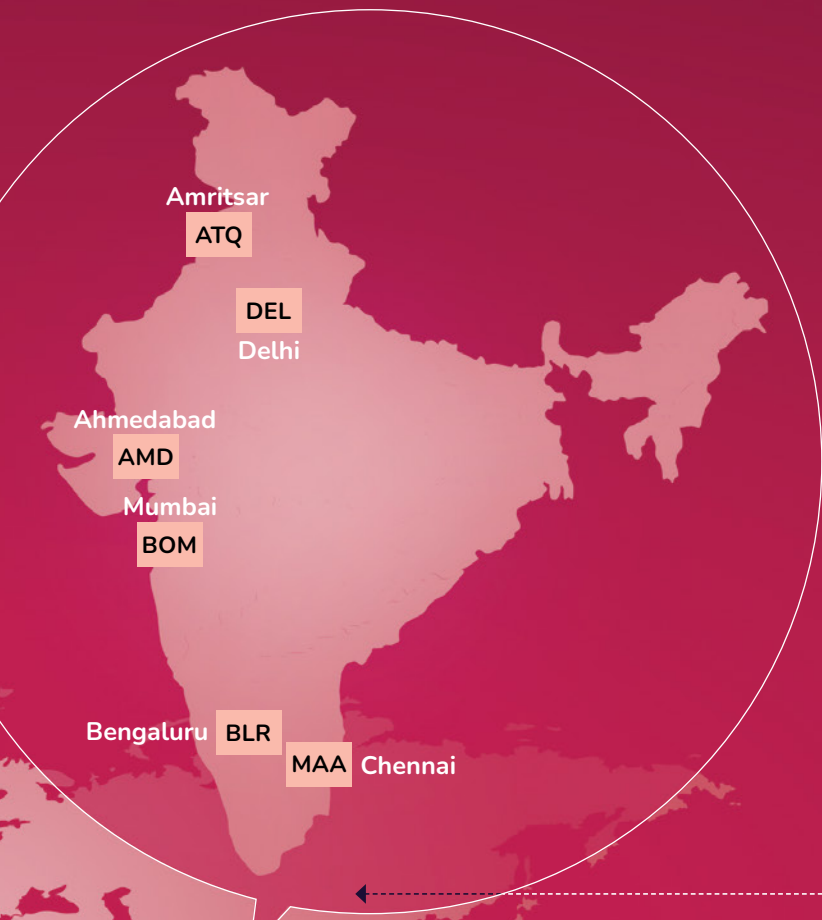
Middle East



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

Connect beyond Delhi, Mumbai, and Bengaluru to over 50 Indian destinations with Air India and Air India Express. Please turn to page 97 to see domestic route connectivity via Air India Express.

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 19th May 2026
 *Currently under temporary suspension



 **Far East**

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

 **South East Asia**

- Bali (DPS) <-----> DEL
- Bangkok (BKK) <-----> DEL BOM
- Hanoi (HAN) <-----> DEL
- 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
- Kathmandu (KTM) <-----> DEL
- Malé (MLE) <-----> DEL*
- Yangon (RGN) <-----> DEL

 **Africa**


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

INDIA


ABOARD AIX


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

 **Airbus A321neo**
04

 **Airbus A320neo**
12

 **Airbus A320ceo**
10

 **Boeing 737-800 NG**
25

 **Boeing 737-800 Max**
53

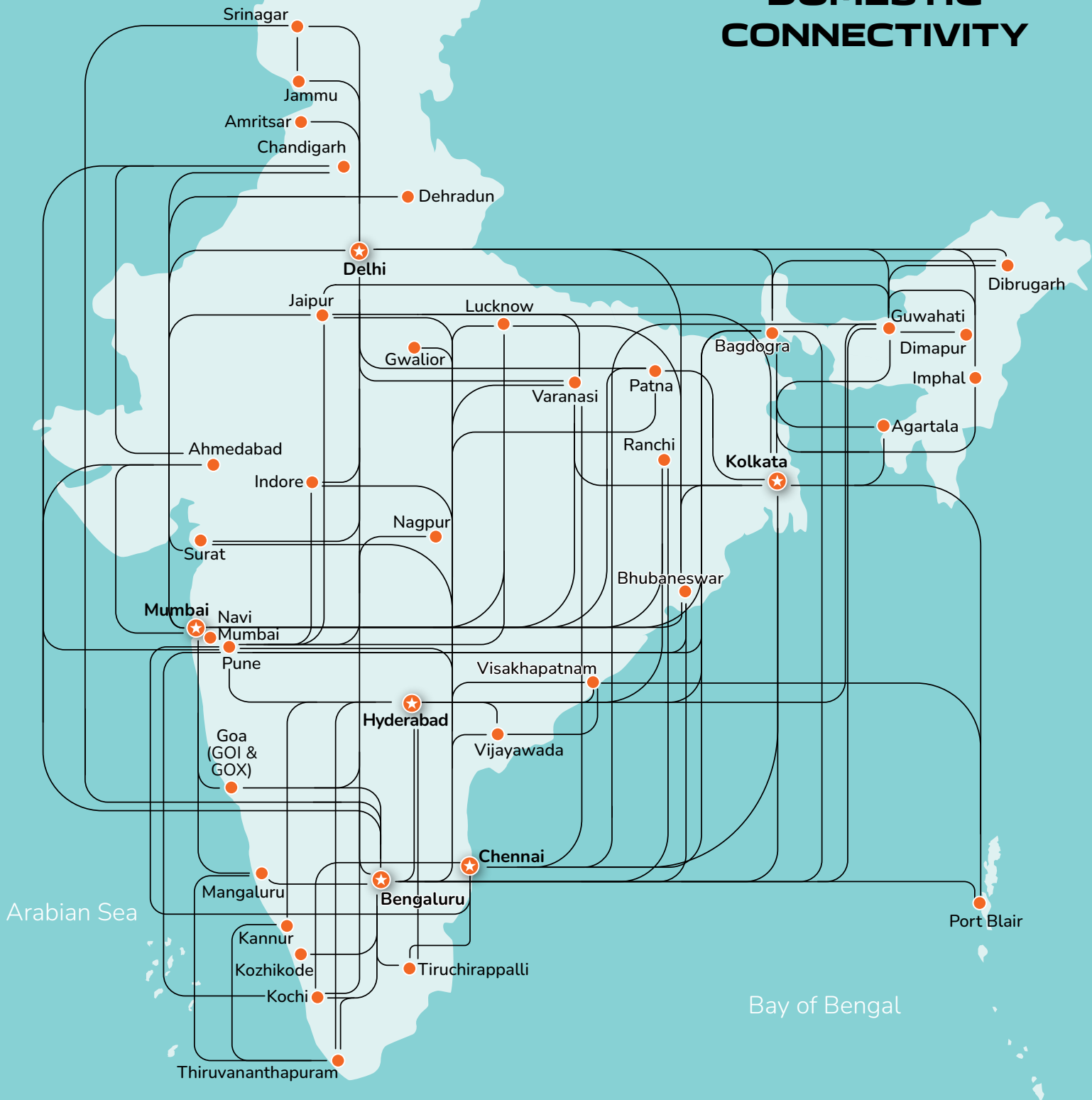
**FLEET
STRENGTH**
104



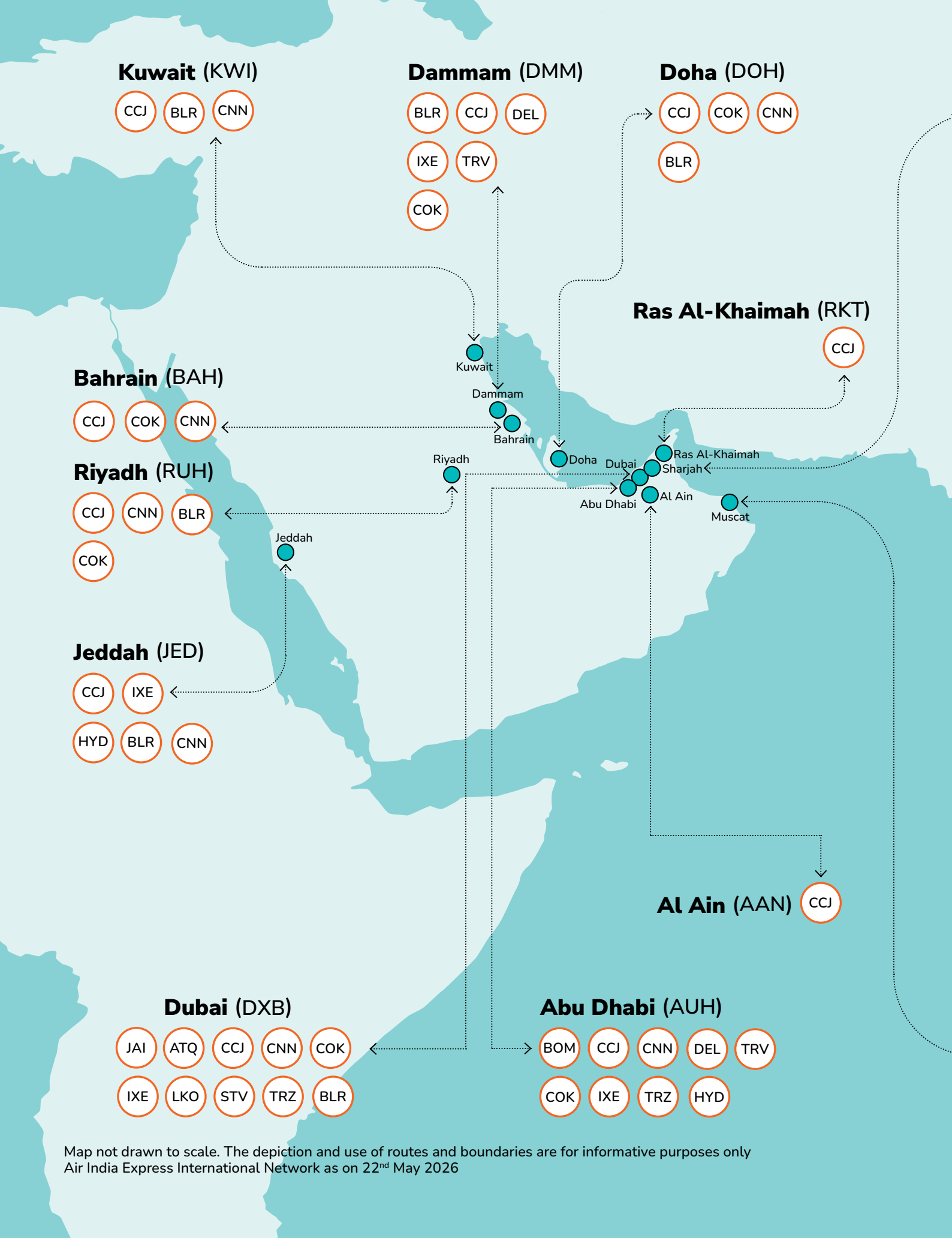
*Total number as on 18th May 2026

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DOMESTIC CONNECTIVITY



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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 22nd May 2026

AIR INDIA express

INTERNATIONAL CONNECTIVITY

Sharjah (SHJ)

- ATQ
- BOM
- CCJ
- CNN
- COK
- DEL
- VNS
- JAI
- TRV
- TRZ

Bangkok (BKK)

- PNQ
- VNS
- BLR

Phuket (HKT)

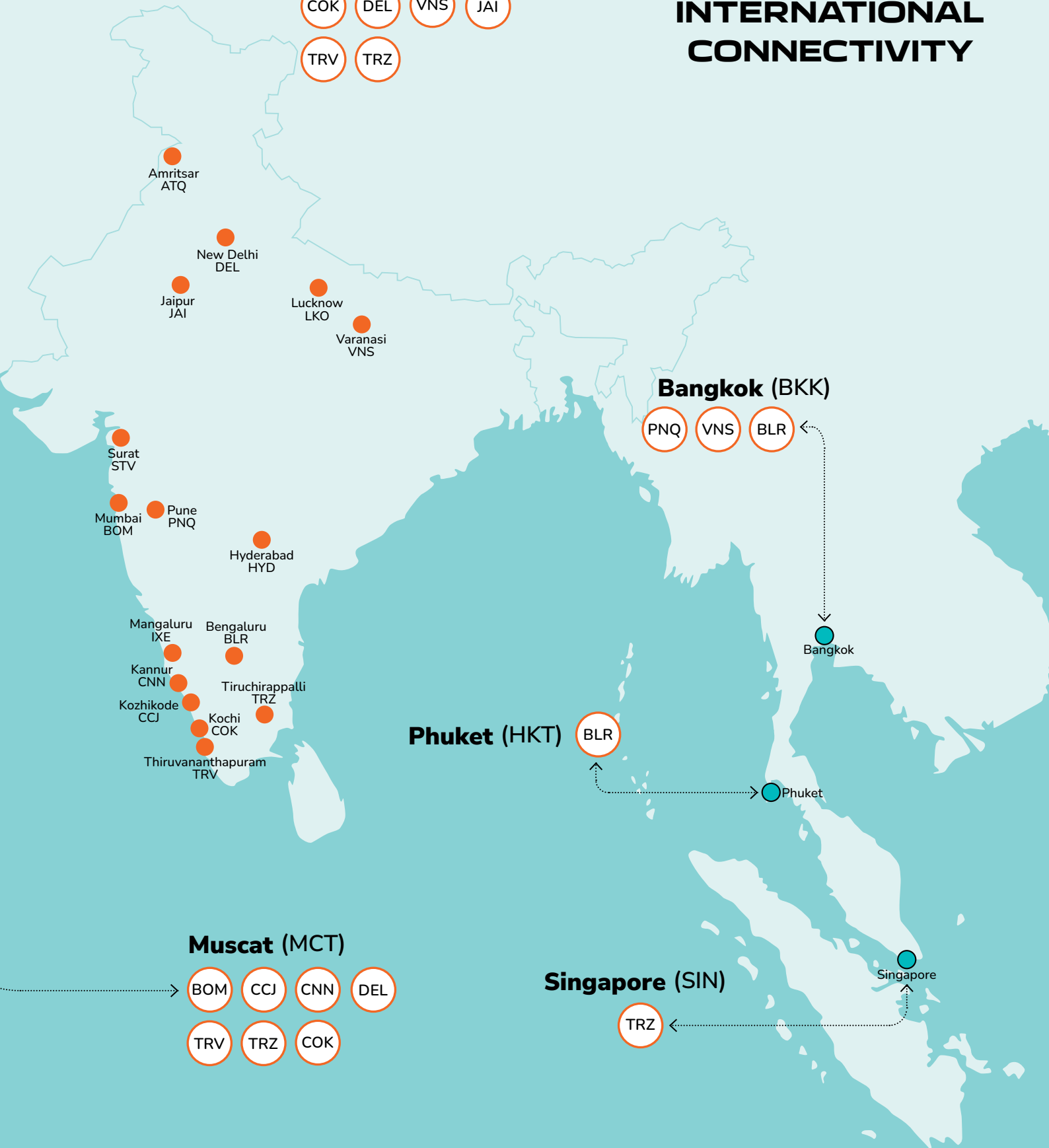
- BLR

Muscat (MCT)

- BOM
- CCJ
- CNN
- DEL
- TRV
- TRZ
- COK

Singapore (SIN)

- TRZ





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- ITA Airways
- KLM
- KM Malta Airlines
- Lufthansa City Airlines
- Scandinavian Airlines
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- Virgin Atlantic
- European Rail (Rail and Fly)

Deutsche Bahn (Rail and Fly)

Asia

- Air Cambodia
- Air China
- Air Macau
- Azerbaijan Airlines
- Bangkok Airways
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- Japan Airlines
- Jeju Airlines
- Juneyao Airlines

- Kam Air
- Korean Air
- Malaysia Airlines
- Maldivian
- MIAT Mongolian
- Myanmar Airways
- Nepal Airlines
- Philippine Airlines
- Scot
- Shandong Airlines
- Shanghai Airlines
- Shenzhen Airlines
- Starlux Airlines
- Thai Airways
- Vietnam Airlines

Middle East

- El Al Israel
- Emirates
- Etihad Airways
- Flydubai

- Gulf Air
- Kuwait Airways
- Middle East Airlines
- Oman Air
- Qatar Airways
- Royal Brunei Airlines
- Royal Jordanian

North America

- Alaska Airlines
- American Airlines
- Delta
- JetBlue
- United
- Westjet

South America

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*Both Codeshare and Interline Partners

Some airlines are represented under their respective group names
Codeshare and Interline partnerships as on 13th May 2026



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Take a ferry to Styrösö



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REGULATORY INFORMATION FOR ALL INTERNATIONAL FLIGHTS LANDING INTO INDIA

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MISSION LIFE

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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 अंको 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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A TRAVELLER'S TALE



SEA WHISPER

A trip to Thailand's Naka Island with her childhood friends, became an unforgettable memory for actor **Kritika Kamra**



MEMORIES FOR LIFE

In February, I went to Naka Island in Thailand with two childhood friends for a quiet girls' trip before my wedding. One evening, they surprised me with a small bachelorette celebration they secretly organised on the island. It became a core memory because we have shared every major milestone in each other's lives.

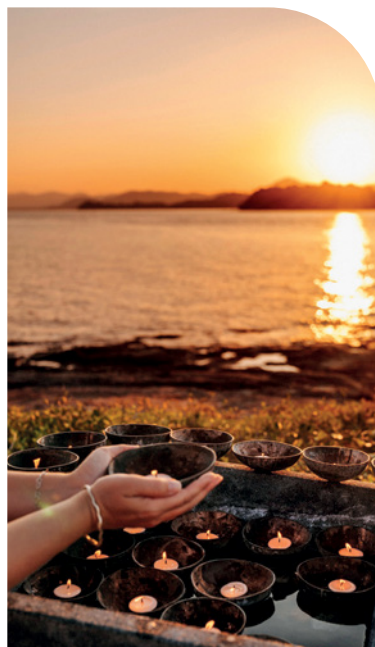
MY LOCAL EXPERIENCE

Thailand felt incredibly warm and welcoming. On the quiet Naka Island, we joined locals for a birdwatching walk and even spotted a rare hornbill. I also loved learning the islands' dragon folklore and taking part in a peaceful sunset ritual with diyas, flowers, and wishes by the sea.

A FARE TO REMEMBER

Thailand's food scene is incredible, especially on the islands where everything is fresh and local. Mango sticky rice is unbeatable during mango season, and even the dragon fruit tastes sweeter there. I stock up on snacks too, but the street food and underrated yellow curry are the real highlights for me.

— As told to **Shrabasti A Mallik**



TRANSFORMING LEARNING SPACES



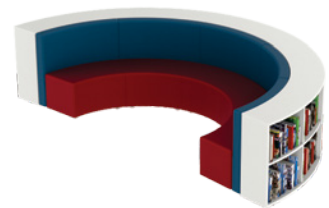
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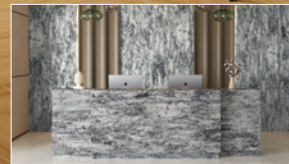
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