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Head to Punjab and witness the heart-warming locals with thick twisted moustaches and overwhelmingly large and embellished turbans. It is fascinating to know that there are 5 “Ks” taken together to symbolize that the Sikh who wears them has dedicated themselves to a life of devotion to their Guru. These are 5 physical symbols that are worn by Sikhs who have taken the path of Khalsa! Kesh (uncut hair), Kada (a steel bracelet), Kanga (a wooden comb), Kachera (cotton underwear) and Kirpan (steel sword). It is a beautiful encounter to connect to locals and get an insight into their beautiful devotional life.

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THE FIVE “K” OF SIKHISM

Location: Punjab, India



NUDGE THE STORYTELLER IN YOU TO SUBMIT A PHOTOGRAPH FROM YOUR TRAVELS AND WIN A TRIP TO EXPLORE THE MARVELS OF INDIA.

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ESSENCE OF BALLE BALLE! IN PUNJAB

CROSSING CULTURES

Home to energetic Bhangra dance and music, golden mustard fields, the brotherhood of the Sikh religion, and the beautiful lively culture and traditions, Punjab is a delightful place to get close to India's heart. If you seek the taste of Punjab, venture through the cities, its outskirts to get a glimpse of its rural lifestyle. The simplicity and charm will surely amaze you! The word Punjab means 'The Land of Five Waters', referring to the rivers Jhelum, Chenab, Ravi, Sutlej, and Beas. It can probably be traced to the Sanskrit panca-nada, which literally means 'five rivers', and is used as the name of a region in the Hindu epic Mahabharata. Punjab is one of the most fertile lands of India that supplies the bulk of the country's demand for wheat and rice and is also a centre of India's textile and manufacturing industry.

Punjab has always fascinated travellers with its intriguing forms of art and craft, its legends, the incredible vibrant festivals and the charming rural lifestyle. It is a beautiful encounter to meet the locals and know more about their simple but graceful and content lives. It is not just the royal history, it is the colourful culture and a distinct tradition that will mesmerise your soul. It is easily one of India's most wealthy states, which is known for its zippy spirit and hospitality that comes from the core of hearts. **When you visit Punjab, don't forget to indulge in these beautiful experiences!**

Catch the vibrancy of festivals in Punjab

Soak into the cultural richness of the state as you indulge in the festivals of Punjab. One of the most significant festivals celebrated here is Baisakhi, held during the middle of April to celebrate the harvest of the first crop of the year. It also marks the first day of the Sikh New Year. At this incredible festival, houses are decorated, people wear traditional clothes, fairs are held in different regions and it is rejoiced by the sound of *dhol* and folk music with the popular *Bhangra* dance. Anandpur Sahib, a city settled in Punjab, is the best place to witness the celebration of **Baisakhi**. It is also the best place to catch the **Hola Mohalla Festival**, held immediately after Holi Festival. It marks the most impressive showcase of Sikh fearlessness. Instead of playing with colours, be prepared for some powered fuelled mock battles featuring sticks, knives, axes and swords. Festivals like **Lohri**, **Basant Panchmi**, and fairs like **Chappar Mela** and **Jor Mela** are also a must attend in Punjab.

Find the beauty in Art & Craft

The richness of a state is reflected by its unique art and handicrafts, and the people of Punjab are known for their artistry and intricate work. The creations from Punjab are acclaimed all over the world and the detailing

of their artwork will mesmerise you. **Mud work**, a famous rural practice from ancient times, is a trend to mud-plaster the house and create motifs and designs on the walls. **Metalwork** includes utensils that are used in households and for religious purposes. **Basketry** is one of the oldest art form followed in some parts of the state. **Folk toys** is another thing that is a perfect blend of art and culture. The earliest handmade toy in Punjab can be traced back to the Indus Valley Civilization, how fascinating is that! The **art of weaving and embroidery** can be seen in their daily lives. The needlework of *Phulkari*, a traditional pattern of weaving is among the most famous ones. It includes a detailing work of embroidering over the dupattas and shawls. The elegant Punjabi *Juttis* (shoes), a traditional footwear usually made up from leather is also a must buy in Punjab. Vibrant embroidery, patchwork, sequins, threads, beads, lace, decorative small mirrors are used to make *Juttis* more appealing. It is known for its versatility and a prominent part of local culture. Among the other popular art and craft of Punjab, the **woods work** is also a known one. A highly appreciated art, wooden work of Punjab is adored all over the world and don't forget to collect a memento before you head back.

Rural and heritage tours

Farming is at the heart of Punjab, and we know some of the best places that are perfect to experience the rural living of the state in the middle of a farm surrounded by beautiful fields. Punjab is home to one of the oldest and richest cultures and heritages of the world. Archaeological excavation have found evidence of the great, 5000 years old, Harappa culture that flourished in Punjab. The Vedic and later periods were socially and culturally the most creative. Punjab was home to number of ethnicities, including the Aryans, Persians, Greeks, Afghans and Mongols, thus bestowed with a rich tangible heritage. It is the place that dazzles with composite culture and secular heritage. The locals here not only profess and practise hospitality but they have been carrying it from centuries. The rural and heritage tours of Punjab are a perfect way to showcase rich heritage and culture to the travellers, the essence of its traditions and the soulful people will surely make you fall in love with the state. With the chirping of birds, crops swaying in the fields and tractor running, it is the ultimate place to have a great experience by enjoying the fresh air, delicious home-cooked meal, connecting with the nature and splendid ambience. Take a ride of a tractor across the streams and fields, walk through a vegetable farm, ride a bullock cart, take a trip to a dairy farm & try milking a cow with your hands and indulge in cooking the traditional Punjabi cuisine. Connect with the locals, know more about their traditions and get lost in the tranquillity of the countryside and farm life of Punjab.

Ranjit's Suaasa, Amritsar

TOP
spot

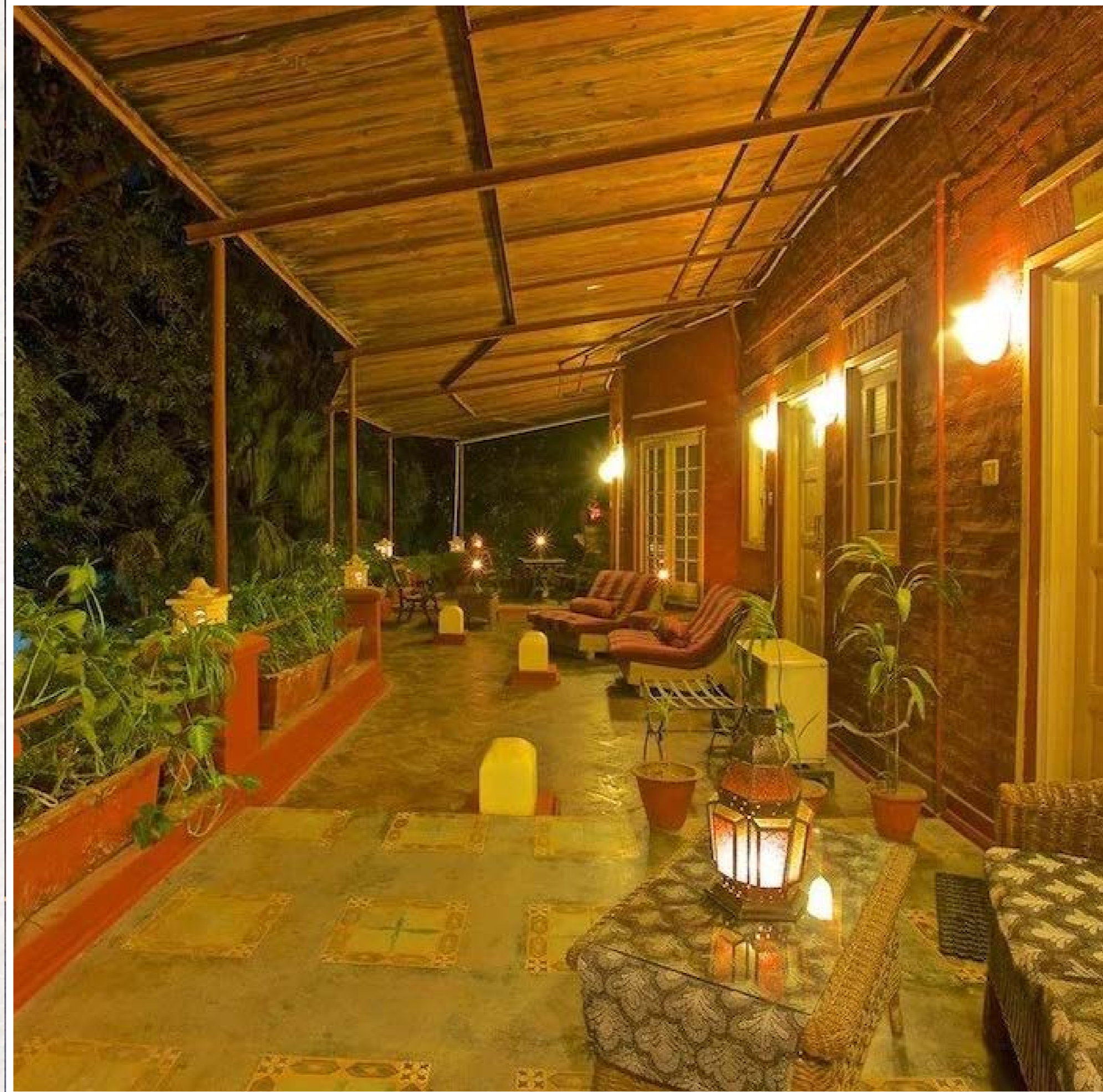


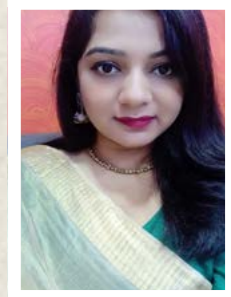
Settled in one of Amritsar's oldest mansions, Ranjit's Svaasa, a 200 year old Heritage Boutique Haveli is a luxurious spa retreat located just off the Mall Road. Dating back to over 200 years ago, it a perfect place to rejuvenate with yoga and meditation sessions, a fitness room and other wellness therapies. Uniquely designed with traditional Indian fabrics and warm colour tones, the air-conditioned rooms that comes with an electric kettle, tea tray and a personal safe. En suite bathrooms feature a hairdryer and naturally made toiletries. Ranjit's Svaasa is located 2 km from Amritsar Railway Station and 12 km from Raja Sansi International Airport. It is a 10-minute drive from Golden Temple and Jallian Wala Bagh.

Highlights:

- A lovely boutique hotel in the heart of Amritsar
- Ranjit's Svaasa's focus on wellness with an excellent spa makes it one of the best luxury retreat
- It is an amazing experience to explore the Colonial red-brick style architecture with many nooks and crannies!
- A fresh and delicious Punjabi cuisine is on the cards!
- The owner, Mrs. Rama Ranjit, a renowned Alternative Medicine Practitioner will be your guide to Nirvana
- A Pet friendly hotel, it is one of the best places to soak in the serenity of Amritsar

TOP
spot





KANIKA CHOPRA

Discover the graceful city of Amritsar

Sometimes the longest journeys are those that take you back to yourself, and we do not doubt that we have been to that place! We have been to many cities and temples all over the country. But none of them is as amazing as this particular one. A visit to Golden Temple of Amritsar is like finding that eternal peace in the middle of a chaotic but beautiful city. Steeped in history and heritage, brimming with myriad cultural, traditional narratives and lip-smacking food, it's no wonder that Amritsar is one of India's topmost places to visit to get the real taste of the country. Founded by the fourth Sikh Guru, Ram Das in 1577, the city is divided into Old City to the South, where you'll find the glittering Golden Temple and other historical monuments. The North side of the town is the contemporary side with gleaming towers, modern houses, and restaurants. But as you dig deeper into the city, you will find tons of fascinating experiences that will instantly make you fall in love with Amritsar. To soak in the essence of the place, to encounter the splendour of the holy city, we have listed some of the best experiences that are must-haves in Amritsar.

Find the absolute bliss at Golden Temple

There's nothing like strolling around the serene temple, sitting down for a communal meal from temple's massive, volunteer-run kitchen, and paying your respect to the shrine, a once-in-a-lifetime experience. It is undoubtedly the top attraction of Amritsar, the Golden Temple is a two-story structure covered in real gold and surrounded by a 5.1-meter-deep manmade pond. One of the most sacred places in



the world for Sikhs, to visit this pilgrimage site you will need to cover your head, remove your shoes, and step through a small stream of running water to cleanse your feet. The moment you enter the complex, you will be greeted with the devotional chanting of text from the Holy Scripture, Guru Granth Sahib, just one of the many things at Golden Temple that will leave you mesmerised. Take a clockwise stroll around the pond as you make your way to the holy inner sanctum and be amazed by the beauty of the shimmering gold reflecting on the surface of water where worshippers chant and take a holy dip. The temple has the world's largest community kitchen that welcomes anyone to sit on the floor and savour the vegetarian meal with other visitors. It is delightful to see a massive number

of volunteers chopping onions, peeling garlic and cooking gigantic pots of lentils and rotis (Indian bread) every day. Witness the ceremony in the morning or at night, also called the **Palki Sahib ceremony**, where Guru Granth Sahib (Holy book of Sikhs, which is the central deity of Gurudwara Harmandir Sahib) is taken from the main shrine to the inner sanctum on a gilded palanquin to put to bed or taken back in the morning to the main sanctum after a night's stay at a dedicated room. It is accompanied by devotees singing and chanting hymns and the sound of the drums fills the air. We will also recommend you to visit the temple at the sunrise to get the best of the vistas and vibes.

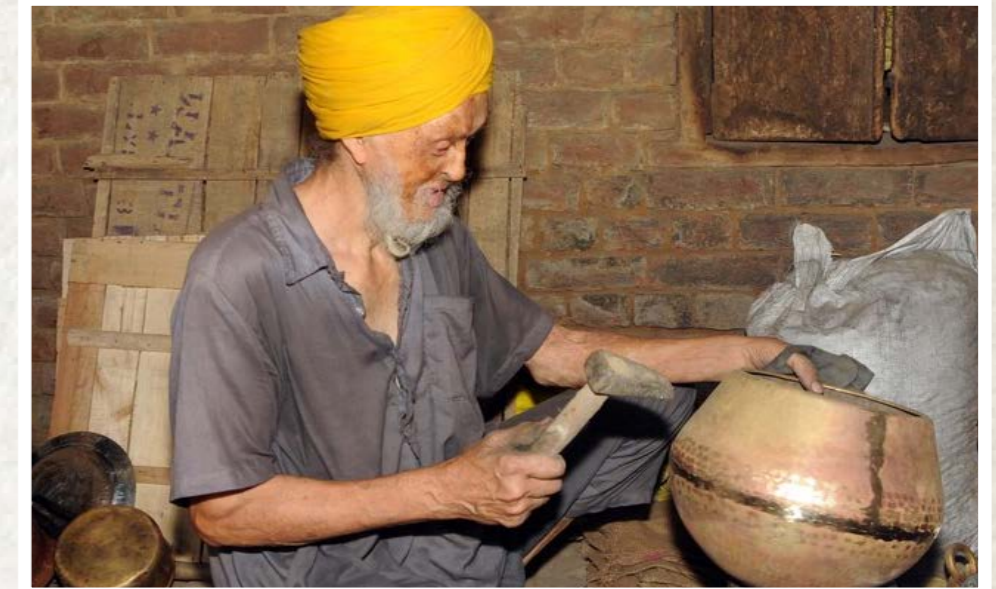
A walk through the old Bazaars

It is a perfect day out when it is about shopping! Visit the bustling and vibrant markets of Amritsar and shop your heart out. A one-stop destination for handicrafts, home décor, clothing, carpets, shawls, wooden bangles to fine silver jewellery, the city will delight you with its markets. Don't forget to buy the traditional Phulkari Embroidery dupatta or cloth material, a traditional art form of Punjab, and the charming Punjabi Juttis (shoes). Hall Bazaar, Katra Market, Shastri Market, and Lawrence Road are some of the best places to shop in the city!

Craft by Thatheras in Jandiala Guru

The dying art of making copper and brass utensils by the Thatheras (metal smiths) is the first Indian traditional art to be listed under UNESCO's List of the Intangible Cultural Heritage. The metals used – copper, brass and certain alloys in making the utensils are believed to be beneficial for health if you drink or eat out of them. It is a beautiful traditional skill that includes techniques like using the mud-brick kiln, traditional implements, specific type of wood chips, and the specialized process of hammering the metal sheets, and knowledge that is best known only to this community. These traditional utensils are

manufactured by the Thatheras and are not found in the modern market. Settled in a small town of Jandiala Guru about 10 km from Amritsar, Bazar Thatherian



(market of the Thatheras) and Gali Kashmirian is the specific settlement where you can find a handful of these metal smiths.

Feel the goose bumps at Wagah Border and Jallianwala Bagh

A 30 km drive from the city will take you to the international border, where an intriguing border-closing ceremony takes place at sunset every day since 1959. The Retreat Ceremony is where guards from the Indian Border Security Force and the Pakistan Rangers salute each other, lower & fold their flags, and close the gates at the border. However, it is a patriotic party, a few minutes of Bollywood music is played people dance on the street, while those in the stands wave Indian flags, a memorable day indeed!

Tucked behind the Golden Temple, a visit to Jallianwala Bagh will leave you in a daze. You can still see the bullet holes that were fired by British soldiers on peaceful protesters who were demanding the release of the imprisoned leaders of the Indian Independence Movement in 1919.

TOP SPOT

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Discovered in Bhimbetka, India's lone fossil of world's oldest animal



Hidden in plain sight, one of the rarest fossils in the world may have been discovered in the fascinating Bhimbetka rock shelters, a UNESCO site about 40 km from

Bhopal. Researchers believe they have found the first-ever fossil in India of a Dickinsonia —the Earth's 'oldest animal', dating back 570 million years — on the roof of what's called the 'Auditorium Cave' at Bhimbetka. The find has been published in the February edition of Gondwana Research, an international journal. Dickinsonia fossils have shown they could exceed four feet in length but the one found in Bhimbetka is 17 inches long. Like the awe-inspiring rock shelters themselves, this fossil was discovered by chance. Two experts from Geological Survey of India (GSI) were on a sightseeing tour of Bhimbetka ahead of the 36th International Geological Congress, which was scheduled for March 2020 but was postponed twice due to the pandemic, when they spotted the leaf-like impression. Eleven feet above the ground, almost blending with the rock and easily mistaken by laymen for prehistoric rock art, they found imprints of the Dickinsonia, believed to be one of the key links between the early, simple organisms and the explosion of life in the Cambrian Period, about 541 million years ago. The fossils were found in the roof of Auditorium Cave at Bhimbetka Rock Shelters, a UNESCO World Heritage Site for Paleolithic and Mesolithic cave art, near Bhopal. They are identical with Dickinsonia tenuis from the Ediacara member of the Rawnsley Quartzite in South Australia" says an abstract of the paper 'Dickinsonia Discovered in India and Late Ediacaran Biogeography' in Gondwana Research, posted on the web.

How did it lie undiscovered all these years? The Bhimbetka rock shelters were found by V S Wakankar 64 years ago. Since then, thousands of researchers have visited the site, but this rare fossil went undetected. "ASI deals in geologic time scale, quaternary period, that began 2.6 million years ago and extends into the present. Anything before the beginnings of human evolution is not covered," said retired ASI joint director general, S B Ota. A GSI team had conducted extensive work in the Vindhyan Hills some 20 years ago to meet operational guidelines of UNESCO before Bhimbetka was declared a world heritage site. GSI mapped the area and since then the number of rock shelters has increased from 400 to 1000, said Ota, who is also a Tagore research fellow. Vindhyan Hills, where these rock paintings are located is an area of massively sculpted sandstone rock formations clustered around cave-art rich Bhimbetka Hill. "Again, GSI scope was limited to quaternary," he said. Suddenly, time lapse has a whole new meaning at Bhimbetka. The ancient cave art is young, compared to Dickinsonia. According to UNESCO, the Bhimbetka rock art is believed to date from the Mesolithic period (around 10,000 years ago), through the Chalcolithic (Microlithic) and right into the historic, medieval and recent historic periods. "Cosmogenic nuclide dating is being deployed to determine time of earliest human culture. India's oldest stone-age tools, up to 1.5 million years old, are at a prehistoric site near Chennai," said Ota.

Kerala starts operations on Travancore Heritage Project



Kerala has launched work on the Travancore Heritage Project to conserve and showcase the cultural richness of the erstwhile Travancore kingdom and make the visit to the state capital and its surroundings a more riveting experience. Inaugurating the work, State Tourism Minister Kadakampally Surendran said, "Kerala Tourism is making a major stride by presenting before the world the heritage and legacy of Travancore.

The project is conceived in such a way that it will provide a complete experience to the visitors." Offering felicitations on the occasion, Minister for Ports, Archives and Archaeology, and Museum Department also within the ambit of the project. "The launch of the project is the result of an effort to firmly mark the rich heritage of Travancore on the world tourism map," said Rani George IAS, Principal Secretary, Tourism. "The realisation of the project would enable the visitors to delve into the history and culture of the erstwhile Travancore princely state," she said. The Travancore Heritage Project (THP) seeks to preserve old-world looks of the vintage structures. The first phase involves illuminating 30 heritage structures of the city to give them a greater visual appeal in the evenings. In the next stage, another 20 structures will be illuminated, and each heritage building will be maintained like a museum. Travancore Heritage Project overall covers heritage structures from Padmanabhapuram Palace, now in Kanyakumari district of Tamil Nadu, to the Parthasarathy temple on the banks of the Pampa in Aranmula of Pathanamthitta district.

IHG debuts Staybridge Suites brand in India



Global hospitality company IHG Hotels and Resorts on 22nd February announced the debut of its extended-stay brand, Staybridge Suites, in India with the signing of Staybridge Suites Bengaluru Thanisandra. The property, signed as a management agreement in partnership with NR Greenwood Construction, is expected to be operational in the first quarter of 2023, IHG Hotels said in a statement. The property, aimed at both business and leisure travellers, will offer a residential-style of hotel experience with 170 suites featuring kitchenettes. Staybridge Suites Bengaluru Thanisandra is debuting in the 'Silicon Valley of India' is expected to benefit from the strong demand for extended stay branded hospitality options in the city, from domestic as well as international corporate travel segments.

"We are delighted to expand our portfolio in the country and introduce our global long-stay brand, Staybridge Suites, to the Indian market. The thriving corporate sector in Bengaluru and limited hospitality options for long-stay travellers present strong prospects for the success of the new hotel and will also pave the way for the brand's expansion in other cities," IHG Managing Director, South West Asia, Sudeep Jain said.

IHG currently has 42 hotels operating across five brands in south-west Asia, including Six Senses, InterContinental Hotels and Resorts, Crowne Plaza, Holiday Inn, Holiday Inn Resort and Holiday Inn Express, and a strong pipeline of 54 hotels due to open in the next 2-3 years.

Vistara inaugurates direct flight between Delhi and Frankfurt



Vistara on 18th February inaugurated its non-stop flights between Delhi and Frankfurt, under the travel bubble agreement between India and Germany. The inaugural flight, operated by Vistara's brand-new Boeing 787-9 Dreamliner, departed Delhi at 0330 hours (IST) on 18th February and landed in Frankfurt at 0755 hours (CET). The airline will fly between the two cities twice a week — on Thursdays and Saturdays.

Vistara's Chief Executive Officer, Leslie Thng, said, "The launch of our services to Frankfurt is another important step ahead in our commitment towards growing our global network and strengthening our presence in Europe. As one of world's busiest aviation hubs, Frankfurt promises great opportunities for India's best airline to grow in the global market. We are sure that travellers will appreciate having the choice of flying India's favourite airline on this route."

The airline announced last week that it would be starting special, non-stop flights between Malé and Mumbai from March 3, 2021 under India's travel bubble agreement with the Maldives.

NEWS & VIEWS



Hyderabad recognised as a 'Tree City of the World'



In a unique distinction, Hyderabad has become the only city in India to be recognised as a 'Tree City of the World' by the Arbor Day Foundation and the Food and Agriculture Organization (FAO) of the

United Nations. Hyderabad is placed alongside 119 other cities from 63 countries.

According to the official website, the 'Tree City of the World' programme provides direction, assistance, and worldwide recognition for communities' dedication to its urban forest, and provides a framework for a healthy, sustainable urban forestry programme.

To be eligible as a 'Tree City', cities need to conform to the following five standards:

Standard 1: Establish Responsibility

The city has a written statement by city leaders delegating responsibility for the care of trees within the municipal boundary to a staff member, a city department, or a group of citizens—called a Tree Board.

Standard 2: Set the Rules

The city has in place a law or an official policy that governs the management of forests and trees. These rules describe how work must be performed—often citing best practices or industry standards for tree care and worker safety—where and when they apply, and penalties for noncompliance.

Standard 3: Know What You Have

The city has an updated inventory or assessment of the local tree resource so that an effective long-term plan for planting, care, and removal of city trees can be established.

Standard 4: Allocate the Resources

The city has a dedicated annual budget for the routine implementation of the tree management plan.

Standard 5: Celebrate Achievements

The city holds an annual celebration of trees to raise awareness among residents and to acknowledge citizens and staff members who carry out the city tree programme.

The MAUD department said, "Hyderabad City has pledged its commitment by meeting five programme standards that show their dedication and determination towards planting and conserving trees for a greener future. Hyderabad City is demonstrating leadership in management of its urban trees and is serving as part of the solution to many of the global issues we face today."

The Government of India issues new guidelines for international arrivals under the Air Bubble Agreement.



The government on 17th February issued new guidelines for international arrivals amid the spread of mutant variants of coronavirus in many countries. The new

Standard Operating Procedures (SOPs) came into effect from 23.59 hours on February 22 until further orders. In the context of the spread of mutant variant of SARS-CoV-2 in many countries, the civil aviation ministry in consultation with the health and family welfare ministry has issued new guidelines for international arrivals, according to an official release.

There are fresh guidelines for all international travellers coming/transiting through flights originating from the United Kingdom, Europe and Middle East. The government has suspended international scheduled flights until 31st March. Overseas flights to and from India are currently operated as per air bubble agreements with various countries. As part of the new set of guidelines, all international travellers except the ones coming through flights originating from the UK, Europe and Middle East will have to submit self-declaration form on Air Suvidha portal before their scheduled travel. They will also have to upload a negative COVID-19 RT-PCR report with exception of those traveling to India in the exigency of death in the family. For seeking exemption, the travelling entity will have to apply to the online portal www.newdelhiairport.in at least 72 hours before boarding. The test should have been conducted within 72 hours prior to the journey and each passenger will also have to submit a declaration with respect to the authenticity of the report, as per the guidelines. At the time of boarding the flight, only asymptomatic travellers will be allowed to board after thermal screening. International travellers arriving through seaports/land ports will also have to undergo the same protocol, except that facility for online registration is not available for such passengers currently, as per the civil aviation ministry guidelines. All such clauses shall be applicable to travellers coming/transiting from flights originating in the UK, Europe and Middle East except for clauses on testing, quarantine and isolation, the ministry stated. Keeping in mind the testing requirements for passengers from the UK, Brazil and South Africa, who have to take connecting flights, airlines should keep the passengers informed about the need for transit time of a minimum 6-8 hours at the entry airport (in India) while booking the tickets for connecting flights, as per the guidelines.

Airlines should identify the international travellers arriving from/transiting through the United Kingdom, Brazil and South Africa (during past 14 days) and segregate them in-flight or while disembarking to facilitate the authorities to follow the due protocol in respect of these travellers, it stated.

All the travellers arriving from/transiting through flights originating in the United Kingdom, Europe or Middle East shall be mandatorily subjected to self-paid confirmatory molecular tests on arrival at the Indian airports concerned (port of entry). The state-wise passenger manifest of the flights originating from Europe and Middle East and landing at Delhi, Mumbai, Bengaluru, Hyderabad and Chennai airports in India for the said period shall be conveyed by the Bureau of Immigration to State Government/Integrated Disease Surveillance Programme, among others. For the international travellers on short stay (of less than 14 days) and who have tested negative and remain symptom free, shall undergo all the procedures as above and shall be permitted to leave India under proper intimation to their District/State health authorities, subject to them fulfilling the requirement of the airlines and destination country, as per the guidelines.

India may soon reopen doors for foreign tourists from 'COVID-safe' countries



India may soon reopen its doors to foreign travellers from nations where the coronavirus situation is in check, albeit the tourists follow the necessary health protocols. The

inter-ministerial talks are on in this regard for a "calibrated resumption of tourist visas on a country-specific basis," according to government officials. "The Union home, external affairs, health, aviation and tourism ministries are having discussions to finalise the proposed calibrated reopening for tourist visa holders. While tourists only from certain countries are likely to be allowed initially, the protocol for those coming here is being worked out in terms of quarantine and other health requirements."

"We are mulling issues like whether those coming with a negative report (as per requirement) and proof of having received the required number of COVID vaccine jabs need to be quarantined; if yes, for how long; or not. Several such things are being discussed," the official added.

NEWS & VIEWS





Dear Partners,

Beautiful land of five rivers, Punjab is best known for Amritsar and its ever-magnificent Golden Temple. Bestowed with the beauty of nature as well as a distinct culture and traditions, Punjab holds the country's pride in it. The city of Amritsar is not only the land of legends but also a place to seek spirituality. From peace, spiritualization to commercialization, Amritsar has everything enthralling regardless of what you seek. If you wish to witness the essence of Punjab, you must take a temple circuit. Temples of Punjab are an example of fine architecture, religion, devotion and serenity. Some of these temples are not just religious institutes but also places associated with Hindu mythology. A must visit temple in Amritsar, Durgiana Temple is built in the middle of a sacred lake and looks similar to the charming architecture of Golden Temple. Also known as Lakshmi Narayana Temple, Durga Tirth, and Sitla Mandir, the temple gets its name from Goddess Durga.



The Ram Tirath Temple on the outskirts of the city holds mythological significance for the Hindus. Maharishi Valmiki's Ashram, also known as Ram Tirath Temple gets a special mention in the great Hindu epic of "Ramayana". It is where Goddess Sita, Lord Rama's wife, was given shelter by Valmiki after Lord Rama parted ways with her to fulfil his righteous duty towards his kingdom. The beautiful place has got more religious and historical significance as it is also the spot where Luv and Kush, Lord Rama and Goddess Sita's sons were born. It is where Sage Valmiki trained Luv and Kush and made them proficient in the realms of a religious and social life besides intricacies of warfare, martial arts and shastras (religious scripture). While Lord Ram's sons were growing up in the ashram, Lord Rama performed an Ashwamedh Yagna on the banks of the Gomti River to expand his kingdom. For the Yagna, Sita was needed, but since she was not there, Lord Rama used an idol of her and placed it beside him. The completion of Yagna required Lord Rama to send a horse all over the land and wherever the horse would go, he would acquire the land for his kingdom. The horse was found deep in the forest near the ashram and that's how Lord Rama met his sons. Amritsar is not only known for its glittering Golden Temple but holds a special place because of this sacred place.



Pay your respect at Jaliamwala Bagh, one of the most historical places in India that mention the massacre that occurred during the British Raj in 1919. Take a stroll through the lanes and walls still dotted with bullet marks and plaques narrating the horrifying story. Take a heritage walk through the city and explore places such as Town Hall, Udasin ashram Akhara Sangalwal, Chitta Akhara, and many more. If you want to explore the colonial architecture of Amritsar there are no better places than the DC Office building, GPO, Anglican Church, Victoria Hospital, Catholic Church, Ram Bagh and Town Hall. While you are here, take a walk through Partition Museum. India's partition resulted in the largest human migration in the world's history, affecting around 20 million people with an extensive loss of lives and property. The partition, which divided British India into India and Pakistan, led to riots and is believed to kill around a million people, and while around 1.4 million became refugees, the museum is one of its first kind that preserves the documents, pictures, experiences, and certain artefacts related to the period before and after the partition.



We will be happy to take you on a food binge spree in the holy city of Amritsar. Try some of the best street foods and authentic dishes like Amritsari kulcha, tandoori luchas, keema naan, mutton tikka, tandoori chicken, phirni, and kulfa (Amritsari version of kulfi) are a few dishes you must try, even if you aren't a foodie. Makhan Fish and Chicken Corner Amritsar Since 1962, Bade Bhai Ka Brothers Dhaba, Bhai Kulwant Singh Kulchian Wale, Sakhi's Wat'z Kulin, Kesar Da Dhaba, Giani Tea Stall, and Bharawan Da Dhaba are some of the best places to eat here! There's a lot more to this city than what meets the eye and its shopping sites prove just that. From commercial centres to famous street shops, some of the best places to experience shopping in Amritsar just like a local are Hall Bazaar, Guru Bazaar, Katra Jaimal Singh Bazaar, Lahori Gate Market, Shastri Market and many more. Don't forget to take Paranda (a hair accessory) worn by Punjabi women as a traditional decoration for their hair. It is also known that the Paranda is a symbol of love, which a bride-to-be gets from the husband, and she braids it around in her hair as a token of love.

So we invite you to take a plunge into the king-size life of Gabrus and indulge in the traditional folk activities like Bhangra and bottoms-up with Lassi, where the glass is bigger than you can imagine. After all, you are in Punjab!

Sunirmol Ghosh

RECIPE OF THE MONTH



The irresistible Butter Chicken!

- 1 cup butter, divided
- 1 onion, minced
- 1 tablespoon minced garlic
- 1 (15 ounce) can tomato sauce
- 3 cups heavy cream
- 2 teaspoons salt
- 1 teaspoon cayenne pepper
- 1 teaspoon garam masala
- 1 ½ pounds skinless, boneless chicken breast, cut into bite-sized chunks
- 2 tablespoons vegetable oil
- 2 tablespoons tandoori masala

Melt a few tablespoons of butter in a skillet over medium heat. Stir in onion and garlic, and cook slowly until the onion caramelizes to a dark brown, about 15 minutes. While you are doing this, preheat the oven to 375 degrees F (190 degrees C).

Now, melt the remaining butter in a saucepan along with the e tomato sauce, heavy cream, salt, cayenne pepper, and garam masala. Reduce heat to medium-low; cover, and simmer for 30 minutes, stirring occasionally. Then stir in caramelized onions.

While the sauce is simmering, toss cubed chicken breast with vegetable oil until coated, then season with tandoori masala and spread out onto a baking sheet. Bake chicken in preheated oven until no longer pink in the centre, about 12 minutes. Once done, add the chicken to the sauce and simmer for 5 minutes before serving. Voila! You are done! Serve this with Rotis (Indian Bread) or rice.

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