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Beautiful Bhubaneswar

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Dear Passengers,

It gives me great pleasure to share with you some of the exciting developments that mark the continued growth of our airline.

With the inauguration of Bhubaneswar as our 26th destination, we take another significant step in strengthening regional connectivity. This new service links the capital of Odisha with Jharsuguda and Hyderabad, opening new avenues for commerce, tourism, and cultural exchange while furthering our mission to connect emerging cities with the rest of the country.

At the same time, we are pleased to announce the resumption of flights to Jamnagar, Surat, and Bhuj effective 23 August 2025. These cities hold immense importance both economically and culturally, and their inclusion once again in our network will serve the needs of business travellers, families, and communities who depend on reliable air connectivity.

Complementing this expansion is the induction of our 6th Embraer E175 into the fleet. Each addition to our fleet represents not only increased capacity but also our steadfast commitment to providing safe, efficient, and seamless travel experiences.

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On behalf of the airline, I extend my gratitude to our passengers, partners, and employees, whose support and dedication make this journey possible. Together, we look forward to reaching greater heights.

Warm regards,

SANJAY D. GHODAWAT
Chairman

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OWNER
STAR AIR

CEO
CAPT. SIMRAN SINGH TIWANA

EDITOR-IN-CHIEF
SANDEEP SURESH

For Star Air business related enquiries, please write to: marketing@starair.in



CHAIRMAN
MANECK DAVAR

EDITORIAL
Deputy Editor
Nichola Pais

DESIGN
Art Director
Yogita Iyer

Sr. Graphic Designer
Sandeep Bhaire

SENIOR VICE PRESIDENT-ADMINISTRATION
BOBBY DANIEL

Spenta Multimedia Pvt. Ltd.
5th Floor, Industry House
159, Churchgate Reclamation
Mumbai - 400020
Tel: 022-6734 1002

For business enquiries, contact:

SPENTA MULTIMEDIA PVT. LTD.
Tel: 022-6734 1002
E-mail: ho@spentamultimedia.com

Content, design, and printing done at Spenta Multimedia Pvt. Ltd.



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This moment enshrined justice, liberty, equality, and fraternity as the core of our Republic. These values guide our mission to Connect Real India, ensuring every citizen enjoys access, opportunity, and connection.

As you travel with us today, we invite you to reflect on the strength of our democracy and the unity that binds us all.

Jai Hind!

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Beautiful Bhubaneswar

10 Reasons To Visit

Beyond its famed temple spires, Bhubaneswar reveals layers of ancient legacy, living traditions, and modern charm that invite you to linger

Text: **NICHOLA PAIS**



Star Air operates daily flights to Bhubaneswar from Jharsuguda and Hyderabad



City of a Thousand Temples

Step into Bhubaneswar and you step into a living museum. Known as the Temple City of India, it boasts hundreds of surviving shrines, each a sculpted marvel of Kalinga architecture. The towering Lingaraj Temple, dedicated to Lord Shiva, commands attention with its 55-metre spire, while the Mukteshwar Temple stuns with delicate latticework that has earned it the title 'gem of Odisha architecture'. Strolling through the old quarter, you'll find temple spires peeking through trees, their stone walls glowing gold in the late-afternoon sun.



Legacy Older Than Time

Long before Bhubaneswar became Odisha's modern capital in 1948, it was the heart of the ancient Kalinga kingdom. In the 3rd century BCE, this land witnessed Emperor Ashoka's fierce conquest and subsequent transformation from warrior to messenger of peace—a change immortalised in the rock edicts at Dhauli, to the South of the city. Just outside the city, the ruins of Sisupalgarh, one of the oldest known fortified cities in India, reveal a past stretching back over two millennia. Here, history isn't just remembered—it lingers in the air.

Rajarani Temple: A Poem in Stone

Unlike most temples, Rajarani Temple has no presiding deity! Instead, it celebrates the artistry of sculpture itself—slender stone figures frozen mid-dance, celestial beings carved in exquisite detail, and ornate pillars glowing honey-gold at sunset. Visit in January during the Rajarani Music Festival, when the temple transforms into an open-air concert hall, the notes of classical Indian ragas swirling through the night air.



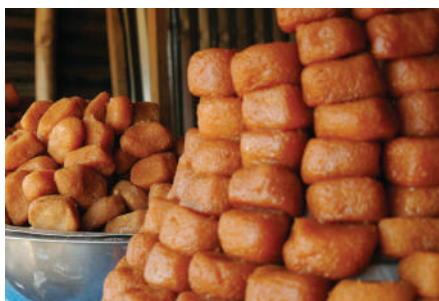


The City's Living Festivals

Bhubaneswar's festive calendar is a riot of colour and devotion. The Rath Yatra, when the deities of Puri—Lord Jagannath, Balabhadra, and Subhadra—travel through the streets in grand chariots, draws thousands. In December, the Mukteshwar Dance Festival transforms the temple courtyard into a luminous stage for Odissi, the classical dance form born in Odisha. Even smaller neighbourhood festivals spill into the streets, with music, food stalls, and the hum of community spirit.

Flavours You Can't Miss

Odisha's food is a delicate blend of subtlety and spice. While *dalma* is a comforting mix of lentils and vegetables, street food enthusiasts



should make a beeline for *dahi bara aloo dum*—lentil dumplings in tangy yogurt topped with spicy potato curry, a local obsession. And no trip is complete without *chenna poda*, a caramelised cottage cheese dessert that's as addictive as it is unique. For edible souvenirs, pick up packets of Odisha's famed *khaja* from local sweet shops.

Nature on the City's Doorstep

Despite being a bustling capital, Bhubaneswar wears its greenery well. The Bindu Sagar Lake, fringed by ancient temples and shaded

gardens, offers a tranquil escape in the heart of the city. On the outskirts lies Chandaka Wildlife Sanctuary, home to elephants, leopards, and sloth bears. The Nandankanan Zoological Park is another gem—part zoo, part botanical garden—where rare white tigers prowl and migratory birds gather by the lake.

The Twin Hills of Khandagiri & Udayagiri

Rising gently on the city's edge, these sandstone hills house rock-cut caves dating to the 2nd century BCE. Built for Jain monks, the caves are adorned with intricate carvings and inscriptions





Good to Know:

Many temples require modest dress and may restrict entry to non-Hindus inside the inner sanctum—but the artistry and atmosphere can be admired from the courtyards.

Did You Know?

Bhubaneswar Edition

Name Origins: Bhubaneswar comes from Tribhubaneswar, meaning Lord of the Three Worlds, a reference to Lord Shiva.

Temple Count: Once home to over 1,000 temples, the city still has more than 500 standing today.

Oldest Inhabitants: The ruins of Sisupalgarh, just outside the city, date back over 2,000 years—making it one of the world's oldest known urban settlements.

Stone Storytellers: The carvings on Mukteshwar Temple are said to be so intricate, they are nicknamed “poetry in stone.”

Green Heart: Nearly one-third of the city's area is covered by parks, lakes, and open green spaces.

Wildlife Wonder: Nandankanan Zoological Park is the first zoo in India to breed white tigers in captivity.

of centuries past, but Bhubaneswar is also looking firmly towards the future. It's a thriving IT and education hub, home to tech parks, universities, and modern cultural spaces. Malls, cafés, and co-working spaces hum alongside bustling bazaars. Its planned layout, designed after becoming the capital in 1948, ensures wide avenues and green belts—offering a sense of order and calm rare in Indian cities.

A Gateway to Much More

Bhubaneswar's location makes it an ideal base for exploring the rest of Odisha. In just an hour's drive, you can marvel at the UNESCO-listed Sun Temple in Konark, lounge on the golden sands of Puri, or watch flamingos sweep across the vast waters of Chilika Lake. The city invites you to linger, but also tempts you to roam. ★



Travel Essentials – Bhubaneswar at a Glance

Bhubaneswar is a city where time folds over itself—where you can greet the dawn at a 1,200-year-old temple, spend the afternoon browsing contemporary art, and end the day with spicy street snacks by a lakeside. Ancient yet evolving, serene yet spirited, it's a place that doesn't just tell stories—it lives them.

Best Time to Visit:

October to February, when the weather is pleasantly cool and ideal for sightseeing. December and January are also festival season, adding colour and music to the city streets.

Getting There:

Biju Patnaik International Airport connects Bhubaneswar to major Indian cities like Delhi, Mumbai, Bengaluru, and Kolkata, as well as a few international destinations.

Getting Around:

Auto-rickshaws and app-based cabs (Ola, Uber) are readily available. For short temple-hopping trips, cycle rentals and e-rickshaws are a fun, eco-friendly choice.

Must-See Highlights:

Lingaraj Temple – towering symbol of Kalinga architecture

Mukteshwar Temple – the “gem” of Bhubaneswar's shrines

Rajarani Temple – sculpture without a deity

Khandagiri & Udayagiri Caves – Jain rock-cut marvels

Bindu Sagar Lake – tranquil heart of the old city



that offer glimpses into ancient monastic life. A climb to the hilltop rewards you with sweeping views of Bhubaneswar's temple-dotted skyline and the lush countryside beyond.

Crafts of Odisha

Bhubaneswar is a perfect launchpad to explore Odisha's artisanal treasures. A short drive takes you to Pipili, where vivid appliqué canopies, wall hangings, and umbrellas are stitched by hand. From Cuttack comes fine silver filigree jewellery—delicate enough to pass through the eye of a needle. And in the heritage crafts village of Raghurajpur, Pattachitra (cloth-based painting) artists bring to life intricate scrolls inspired by myth and folklore. For a one-stop shopping experience, Ekamra Haat in Bhubaneswar curates the best of the state's handicrafts under one roof.

New Bhubaneswar

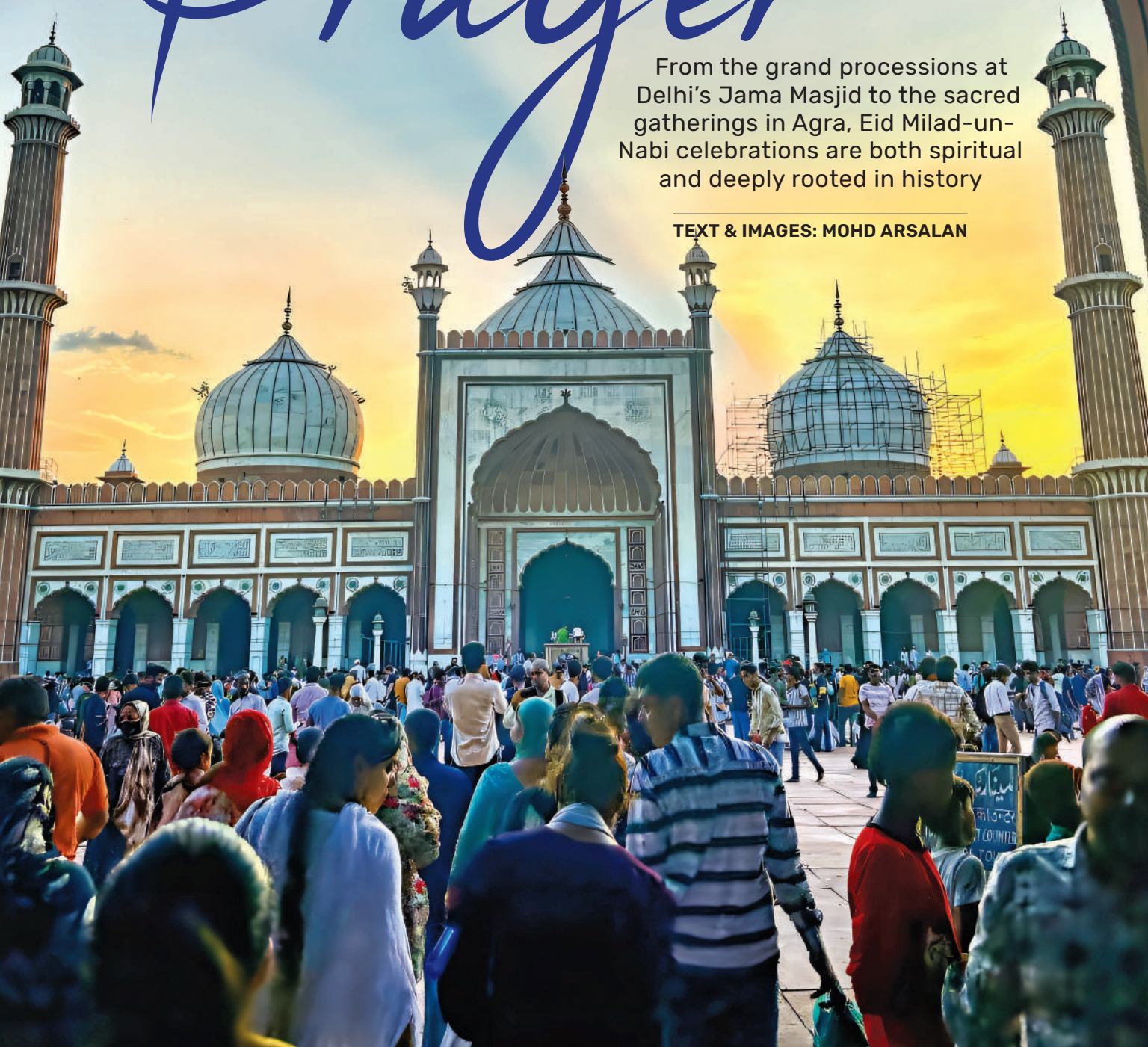
The city's temples stand as guardians

PROCESSIONS, POETRY

& Prayer

From the grand processions at Delhi's Jama Masjid to the sacred gatherings in Agra, Eid Milad-un-Nabi celebrations are both spiritual and deeply rooted in history

TEXT & IMAGES: MOHD ARSALAN





Faith, History & Heart

The 12th day of Rabi' al-Awwal, the third month in the Islamic calendar, is a deeply revered date in the Muslim world. Known as Eid Milad-un-Nabi, this day marks the birth anniversary of Prophet Muhammad (peace be upon him), the final messenger of Islam and a beacon of compassion, wisdom, and justice. Across nations and communities, Muslims come together to celebrate not just the Prophet's birth, but also his life, teachings, and legacy.

At the heart of this festival, also called Eid Mawlid or simply Mawlid, are religious gatherings known as Mehfil, where poetry in praise of the Prophet—known as *naats*—is recited with devotion. These gatherings often include Seerat conferences, during which speakers narrate the Prophet's life story, highlight his struggles and sacrifices, and reflect on his message of peace and brotherhood. There is a spirit of togetherness, contemplation, and love that permeates the day.

Charity and feeding the needy form another cornerstone of the celebration. Inspired by the Prophet's life of simplicity and service, many communities organise food distribution drives, donate clothes, and engage in social welfare activities. In numerous cities, processions wind through the streets with participants chanting praises, raising flags, and expressing their joy in collective remembrance.

Delhi's Devotion: Celebration Rooted in History

In India, Eid Milad-un-Nabi takes on unique regional flavours, and nowhere is this more visible than in Old Delhi. The city's lanes come alive with colour, lights, and the sounds of devotion. The tradition of commemorating the Prophet's birth here goes back to the era of the Delhi Sultanate and was further enriched during the Mughal period. Emperors like Akbar, Jahangir, and Shah Jahan are known to have supported



and encouraged Mawlid celebrations.

Today, thousands of people from various neighbourhoods gather in processions that begin mid-morning and slowly converge towards the majestic Jama Masjid. These processions are accompanied by *naats*, floral offerings, and the waving of green flags. Houses, shops, and mosques are illuminated and decorated in honour of the Prophet.

Jama Masjid becomes the epicentre of these celebrations—not just for its grandeur but also for its deep spiritual significance. Tucked in a corner of the mosque is Dargah Asar Sharif, which houses sacred relics believed to be associated with Prophet Muhammad and his family. Preserved in a large wooden case, these relics draw many pilgrims and devotees. A popular local tradition recounts that Shah Jahan once dreamt of the Prophet within these very walls, further heightening the spiritual atmosphere of the mosque.

Agra's Soulful Observance

While Delhi offers a panoramic view of history and grandeur, the celebrations in Agra are steeped in community warmth and memory. One of my earliest recollections is of a vibrant procession featuring horses and camels, a spectacle that imprinted itself vividly in my childhood memory.

Agra hosts several processions on Eid Milad-un-Nabi, all heading toward Nabi Sahab ki Dargah in the Bodla locality. This shrine holds a relic believed to be the Qadam Mubarak—a sacred footprint of the Prophet. Local tradition states that the relic was brought to Agra by the revered Sufi saint Khwaja Usman during the reign of Emperor Jahangir. The saint is buried directly beneath the relic, and his tomb remains a place of reverence and prayer.

Tradition, Taste & Togetherness

Festivals often express themselves through food, and Eid Milad-un-Nabi is no exception. In Agra, Sheermal or Shahi Sheermal—a sweet saffron bread garnished with dry fruits—is a staple. Its soft, fragrant presence on every table speaks of celebration, tradition, and a cultural identity passed down through generations. Prepared with care and served with affection, it is as symbolic as it is delicious.

The Soul of Mawlid

Ultimately, Eid Milad-un-Nabi is more than a commemoration—it is an embodiment of love. It reminds believers of the values the Prophet stood for: mercy, truth, humility, and service. While traditions like processions, Mehfil, and sacred food bring communities together, it is the spiritual soul of the festival that keeps it alive and meaningful.

Tradition gives form to the celebration, but it is the soul—the heartfelt emotion and faith—that

gives it depth. One without the other is incomplete. Together, they preserve a legacy of love that continues to inspire. ★



(Born in Agra, Mohd Arsalan is a Tourism graduate and heritage-focused content creator and photographer. Find him on Instagram @heritage.with.arsalan)



Hill of Hope

Faith, festivity, and Mumbai's spirit meet every September in bustling Bandra



Faith without Fences

Last year, when Deepika Padukone and Ranveer Singh were spotted seeking blessings at Mount Mary Church in Bandra, it was another testament to the festival's broad and enduring appeal. The couple joined lakhs of others—across faiths and walks of life—who climb the steps to the Basilica of Our Lady of the Mount every September to mark the Feast of the Nativity of the Virgin Mary, and celebrate the iconic Mount Mary Fair. Though rooted in Catholic tradition, the festival is a shining example of Mumbai's spirit of inclusion. As a former rector of the basilica had once noted, "More than 80% of the devotees are from different faiths." Believers gather as one to offer prayers, light candles, and find solace under the Blessed Mother's gaze.



Legends & Devotion

The statue of Mary itself carries a compelling legend. Believed to have been brought from Portugal in the 16th century, it was vandalised by pirates around 1700. A local Koli fisherman later dreamt of the statue floating in the sea, and miraculously recovered it—sparking centuries of devotion and the birth of the fair. A defining ritual of the fair is the offering of wax votives—figurines shaped like hearts, limbs, eyes, babies, and homes—symbolising prayers for healing or gratitude for blessings received.

Faith Meets Festivity

Beyond prayer, the fair is a feast for the senses. Over 300 stalls line the hill and surrounding streets, selling everything from Goan guava cheese and mawa pedas to toys, bangles, candles, and prayer beads. Music and laughter mingle with incense and devotion. At its heart, the Mount Mary Fair is not just a festival—it's a pilgrimage of unity, where devotion transcends denomination, and Mumbai's soul is seen in full bloom. ★



When the King Returns



Onam, Kerala's beloved harvest festival, is a homecoming of values, memories, and the enduring spirit of unity in every heart

Legend of a Beloved King

Long ago, there lived a wise and generous Asura king named Mahabali, whose reign in Kerala was marked by prosperity, equality, and joy. So loved was he by his people that even the gods grew uneasy. Lord Vishnu, in the guise of the dwarf Brahmin Vamana, approached Mahabali during a sacred ritual and asked for three paces of land. The king agreed. But Vamana grew to cosmic size—covering the sky and earth in two steps. With no space left, Mahabali offered his own head. Touched by his humility, Vishnu granted him a boon: to return once a year to visit his people. That return, celebrated with great fervour, is what we now know as Onam.

Flavours & Fellowship

More than a festival, Onam is an emotion that unites all Keralites—regardless of religion or background. It signals the arrival of Chingam, Kerala's new year, with a familiar breeze that whispers, "He is coming. Let us prepare."

Preparations begin with cleaning homes and creating vibrant Pookkalams (floral carpets). The highlight is the Onam Sadya, a sumptuous vegetarian feast served on banana leaves, featuring dishes like *avial*, *olan*, and *payasam*. A saying goes, "Even if one must sell possessions, one must celebrate Onam with a feast," reflecting the cultural importance of the celebration.

Onam also bursts into life with community activities—the thrilling Vallam Kali (snake boat races), the lively Pulikali (tiger dances), and elegant performances of Kathakali and Mohiniyattam. Temples and community spaces become stages of art, faith, and festivity.



Return that Lives On

For those living far from Kerala, Onam is a deeply nostalgic reminder of home—of banana chips, sandalwood, temple bells, and togetherness. It's a time to pause, reconnect, and return to one's roots.

As Mahabali walks unseen among his people, Onam reminds us: true richness lies not in wealth, but in love, legacy, and the quiet power of community. ★



Call of the

Dhak

Capturing the sights,
sounds, and spirit of Durga
Puja as experienced from
within the heart of the
celebration

TEXT: SURANJAN ROY



The Spirit of Ashwin

“আশ্বিনের মাঝামাঝি উঠিল বাজনা বাজি,
পূজার সময় এল কাছে।/মধু বিধু দুই ভাই...”

(‘In mid-Ashwin [Ashwin, September/October], the sound of music is heard, /The Pujas are coming/ The two brothers Modhu and Bidhu...’)

These opening lines from Rabindranath Tagore’s *Pujar Shaaj* (Clothes for the Pujas)—a poem every Bengali child encounters at school—still ring true. They capture the joy and anticipation of Durga Puja, a time filled with music, nostalgia, and community spirit.

Durga Returns Home

Kolkata, once the capital of British India (1772–1911) and now the cultural capital of West Bengal, transforms into a city of celebration during Durga Puja. The festival spans five main days, from Mahashashti (the sixth day) to Bijoya Dashami (the victorious tenth), honouring Durga, the Mother and Warrior Goddess, who symbolises the triumph of good over evil.

According to Hindu mythology, Durga descends from her Himalayan abode at Kailash, accompanied by her children—Lakshmi, Saraswati, Ganesha, and Kartik—for her annual visit to her maternal home on Earth, after vanquishing the demon Mahishasura.





More Than a Religious Festival

Though rooted in Hindu tradition, Durga Puja transcends religious boundaries. As T S Eliot noted, “No culture has appeared or developed except together with a religion,” and in Bengal, the lines between the two often blur. For many, Durga Puja is as much a cultural celebration as a religious one—a time when even atheists revel in the spirit of the season.

This spirit is visible in the *Sharadiya Shonkha*—autumnal editions of Bengali magazines filled with new literature, poetry, and art inspired by the festival.

In 2021, UNESCO recognised Durga Puja by including it in the Representative List of the Intangible Cultural Heritage of Humanity.

Pandal-hopping & Street Culture

Kolkata’s famed *pandals*—elaborate, themed temporary structures housing the idols—are the soul of the celebrations. *Pandal-hopping* is a city-wide sport, drawing people from all walks of life into a shared experience of art, devotion, and festivity.

From traditional designs to avant-garde installations made of recycled materials or fibre glass, each *pandal* tells a story. Iconic neighbourhoods like Kumartuli, Kalighat, and others begin preparations months in advance. Idol-makers like Ramesh Pal and Mohon Banshi Rudra Pal have contributed to Kolkata’s aesthetic legacy with stunningly crafted clay figures.

Sounds, Rituals & Traditions

The festival truly begins with Mahalaya, a week before Mahashashti, marking Chokkhudaan—the ritual of painting the goddess’s eyes onto the clay idol. Since 1931, Mahalaya has been synonymous with the early morning radio broadcast Mahishasuramardini (The Slayer of the Demon), a hauntingly beautiful mix of hymns and narration that signals the start of the festive mood.

Traditional rituals include the Dhunuchi Naach—a devotional dance performed with incense-filled clay pots—and Sindoor Khela, where married women playfully smear vermilion on each other before the immersion. The rhythmic beats of the *dhak* drums, played with unmatched skill by *dhakis*, fill the air and hearts alike.

History & Evolution

Historical records trace the first public celebration of Durga Puja to 1611, by the Sabarna Roy Choudhury family. Over time, the festival evolved into Barowari Puja (literally “twelve friends’ *puja*”), later renamed Sarbojonin (community) *puja*. Kolkata alone hosted more than 3,000 public pujas in 2022.

Since 2019, the West Bengal government has offered grants to *puja* committees, recognising the festival’s role in boosting the local economy. In fact, ASSOCHAM estimated the contribution of Durga Puja to Bengal’s economy at ₹25,000 crore in 2013—rising to nearly ₹50,000 crore by 2022. From artisans and decorators to transport, tourism, and retail—everyone benefits.

Modern Themes & Green Concerns

Today’s theme *pujas* often explore contemporary issues, from environmental crises to social justice, bringing fresh relevance to ancient traditions. Alongside grandeur and spectacle, however, concerns over pollution—particularly from immersion of idols—have grown. Some organisers have adopted eco-friendly practices, using water cannons to dissolve idols in designated areas, preserving the spirit of the tradition while reducing environmental harm.

Celebration of Contrasts

Tagore’s Pujar Shaaj ends with a poignant reminder: a peasant family where the mother praises her son for accepting simple clothes, while wealthier families flaunt extravagance. It’s a sentiment that lingers today.

Durga Puja is a celebration of contrasts—light and shadow, tradition and innovation, faith and festivity. Despite evolving times, its essence remains unchanged: a joyous reunion, a shared cultural heartbeat, and the hope that one day, the shadows will recede for all. ★

(Suranjan Roy, a former banker and editor from Calcutta, is a lover of sports, films, theatre, and books)





Dancing till Dawn

Navratri is not just about tradition—it's about music, memories, and nights filled with dance. Read on for festive favourites and recommendations for where to experience the city's best Garba

TEXT: SAHIL MEHTA



something in me. Garba music is honestly the best. The moment it starts playing, you can't help but move — it's that infectious!

Another part I love is dressing up. Each night I put on a different look — fancy kurtas, colourful jackets, a few accessories. It's fun to play with style and match the festive spirit.

If you're in Mumbai for Navratri, I'd highly recommend checking out Nesco, where Parthiv Gohil performs — his energy is insane and really gets the crowd going. For a younger, buzzing vibe, NSCI in South Bombay is the place to be. And of course, if you're a die-hard Garba fan, nothing beats the legendary Falguni Pathak — she's truly the best in the business.

At the end of the day, Navratri is about joy, community, and connection. Just have fun, stay spiritually rooted, and dance your heart out. ★

(My bunny teeth can cover up for my bad jokes, says the witty Sahil Mehta. Find him on Instagram @sahilmehtaa_)

Our country is full of festivals, and I love celebrating them all. But as a true Guju boy, Navratri holds a very special place in my heart. Dancing to Garba songs is something I wait for all year — the energy, the music, the memories... too many to count!

In Mumbai, my Navratri plans are always sorted. I'm part of a group of 20–30 people, and together we make it a point to visit different venues every year. We dance our hearts out at places like Nesco, NSCI, and the Jio Convention Centre — each one has its own vibe and charm.

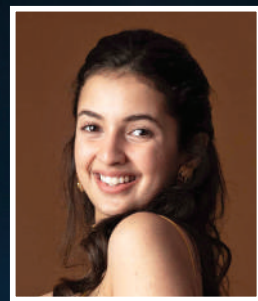
When I was a kid, Navratri was all about friendly competitions. My school friends and their parents would gather, and we'd have our own little Garba contest — complete with prizes for the best dressed and the best dancer. The excitement of who would outdo whom was unmatched, and those memories will always stay with me.

For me, music is everything during Navratri. Being Gujarati, I naturally connect with the songs — the beats just stir



Navratri is one of India's most vibrant and widely celebrated festivals. Celebrated over nine nights, it's dedicated to worshipping the divine feminine energy, Goddess Durga, in her nine different forms. Each day celebrates one form, representing power, wisdom, prosperity, and protection. In North India, people observe fasting, prayers, and the famous Ramlila plays that culminate in Dussehra (the victory of Lord Ram over Ravana). In West India, especially Gujarat and Mumbai, Navratri is synonymous with Garba and Dandiya Raas — community dance events that last all night.

Triumph of Light



The magic of Diwali lies in its lights, warmth, and the joy of being together

TEXT: JAANYAA JOSHI

Diwali for me is all about celebrating with my family, friends and loved ones. It's about *puja*, good vibes, lights, food, love and laughter! The entire family spends time together and a ritual that I absolutely love is decorating the house with beautiful lights, pretty *diyas* and fresh flowers that make the entire house amazingly fragrant!

Making decorative *rangolis* and getting ready with my sister is what I especially enjoy. We used to go to the Diwali market in the day time, come back home and then make *rangolis* together – that was and still is pure joy! Getting glammed up in the evening for *puja* and celebrations is another delight.

We usually spend Diwali at home, where we put the entire house together with lights and festive decor,

wear ethnics and my Nani cooks the best food in the world!

I grew up learning in school that Diwali is about celebrating good over evil.

Diwali at our place is a festival where family truly gets together and celebrates the love we share!

(Chandigarh-born actor, model, and storyteller Jaanyaa Joshi is making waves in Bollywood. . Find her on Instagram @jaanyaajoshi)

One Diwali Many Celebrations

Diwali most famously marks the return of Ram, Sita, Lakshman, and Hanuman to Ayodhya as told in the Ramayana. In North India—especially in Ayodhya—the festival reaches spectacular grandeur, with the city illuminated by countless *diyas* along the Sarayu river, vibrant processions, and grand aarti ceremonies.

In South India, the festivities open with Naraka Chaturdashi, commemorating Lord Krishna's triumph over the demon Narakasura, with traditions such as oil baths, and the preparation of sweets.

In West India, the festival dazzles with intricate *rangolis*, rows of glowing *diyas*, and a multi-day sequence of rituals. Diwali also heralds the Gujarati New Year, highlighted by Chopda Pujan.

In central India, cities glow under rows of *diyas*, bustling bazaars, and temple rituals honoring Goddess Lakshmi.

In East India, particularly West Bengal, Diwali coincides with Kali Puja, when homes and temples shine bright in devotion to the goddess.

Together, these celebrations paint a vivid tapestry of timeless Diwali across the country. ✨

Heart Attacks on the Rise

What You Need To Know

Hosted by sustainability and climate activist, Shreya Ghodawat, *Sustainable tea with Shreya* takes on one of the most pressing health challenges of our age: the rise of cardiac arrests and heart disease



Heart disease is no longer a distant concern – it's a health crisis unfolding in real time. Globally, cardiac arrests and heart attacks are on the rise, increasingly affecting younger individuals who seem perfectly healthy.

Be it in bustling cities or remote villages, heart attacks are arriving without warning, and the numbers are staggering.

Cardiovascular disease accounts for nearly 18 million deaths each year and, in India alone, deaths have doubled in recent decades – from 2.3 million in 1990 to 4.8 million by 2020.

The consumption of highly processed meat, dairy, other animal products, sedentary lifestyles, stress, and unknown risk factors like the

consumption of meat, dairy, other animal foods are fuelling this silent surge, making heart health one of the most urgent issues of our time. So, what can we do to protect ourselves, and where do we start?

Hosted by sustainability and climate activist, Shreya Ghodawat, *Sustainable tea with Shreya* takes on one of the most pressing health challenges of our age: the rise of cardiac arrests and heart disease.

In this episode, we're joined by Dr Arun Kalyanasundaram, an interventional cardiologist with years of expertise in diagnosing and treating heart disease. Dr Arun sheds light on why heart attacks are on the rise, the signs we often miss, and how lifestyle choices, especially those around diet,

can dramatically reduce our risks.

Together, they dive into the causes behind this surge, the myths surrounding heart disease, and the simple but powerful steps we can take to protect ourselves without pills or late-stage realisations.

Find out what's hurting our hearts, how you can reduce cardiovascular risk, detect early signs, food and diet impact, plant-based healing, and all you need to know about heart health.

Season 1 continues with a conversation that reminds us: when it comes to our hearts, awareness and preventive action are the strongest measures we can take.

Full episode streaming on YouTube. Watch now! ★



Own a piece of Star Air

1:100 Scale model of Embraer E175

₹6499



Reach out to your nearest cabin crew to buy!

Bringing Bhubaneswar Closer

Star Air Expands Eastward

Star Air celebrates its 26th destination with the launch of new flights to Bhubaneswar, strengthening 'real India' connectivity through faster, smarter regional travel



On 16 August, Star Air marked another major milestone with the launch of its new flights to Bhubaneswar, the capital of Odisha, officially becoming the airline's 26th destination. The event was a grand celebration of the airline's continued expansion across India's regional aviation landscape. Passengers can now conveniently fly between Bhubaneswar, Jharsuguda, and Hyderabad, bringing three important cities closer than ever. Notably, Bhubaneswar and Jharsuguda are now just a 45-minute flight apart, making regional travel faster and easier.

The launch ceremony was graced by the Honourable Chief Minister of Odisha, Mohan Charan Majhi; Smt. Usha Padhee, IAS, Principal Secretary, Commerce & Transport Department, government of Odisha; and other dignitaries, whose presence added great significance to the occasion.



The evening began with a traditional lamp-lighting, followed by a welcome address highlighting Bhubaneswar's importance as a gateway to Eastern India. The celebrations continued with a cake-cutting ceremony, uniting senior leadership, guests, and employees to commemorate the launch. The Chief Minister also interacted with the media, sharing his thoughts on how the new flights will boost connectivity and positively impact local communities.

A symbolic boarding pass handover to the first passenger soon followed. The highlight of the evening was the ceremonial flag-off of Star Air's Embraer E175 aircraft by the Chief Minister, which departed Bhubaneswar with great enthusiasm and was honoured with a traditional water cannon salute – a proud moment for both Star Air and Odisha.

With the addition of Bhubaneswar to its growing network, Star Air continues to strengthen its vision of "Connecting Real India", reinforcing its commitment to linking tier-2 and tier-3 cities across the country. ★



“Passengers can now conveniently fly between Bhubaneswar, Jharsuguda and Hyderabad, bringing three important cities closer than ever.



TOP OF THE WORLD

From combat missions to civil aviation, Capt (Dr) SS Malik's story reflects a rare blend of discipline, daring, and delight in the skies

Q What first drew you to aviation, and when did you know you wanted to be a pilot?

A. Beautiful clouds in the blue sky were the reason I wanted to be a pilot. I wanted to see what's above them, and whether I could walk over them! When I read stories about heroic pilots who fought in wars and saw the pictures of fighter/ bomber aircraft, I was determined to fly one of them.

Q Can you share a memorable moment from your training days?

A. During my training on MiG-21 T-77—which was so fast that it was also known as a sports car of the fighter aircraft—I enjoyed every bit of



the challenging air combat, low flying and rocket firing. Flying had presented me with a great opportunity to satisfy my urge for adventure. My typical rejoin pattern (coming back to land at base) was to come at the dead-side (non-traffic side, opposite to the

circuit area) of the airfield at a height of 4km, do a half roll and turn cross continuously descending to 300m for a curved approach to land. On certain days, while coming back from the firing range, I did rolls, barrel rolls, and loops, taking care that no traffic was around. It was a pure aviator's joy.

Q You flew the Su-30—one of the IAF's most advanced fighter jets. What was that experience like?

A. Sukhoi-30 MKI took my aviation experience to the next level because it is a highly manoeuvrable fighter with great thrust and long endurance, as well as range. It is the heaviest fighter aircraft in the IAF, which is feather-light on controls. I was fortunate to fly



it to the limit, Mach 2.0 (2350km/h at 12km altitude) a number of times, and also took part in a low-level aerobatic display at Aero India 2007. I also did a demonstration skydiving jump on the same day during this event.

Q Are there any life lessons from your time in the Air Force that still guide you today?

A. The best lesson that my experience in the IAF taught me is to be fearless. The only fear I keep is that I shouldn't do anything wrong to anyone.

Q What's the most exhilarating mission or flight you recall from your IAF career?

A. During my operational training on Su-30 K, which was a Russian Flanker jet, I flew a multirole mission. The mission included dropping practice bombs in a dive attack at a firing range in a borderline area, firing 30mm cannon guns at a target in the air, which was towed behind another fighter aircraft, followed by a 2 versus 2 air combat mission. The whole exercise needed three times my strength, attention and memory.

Q Coming to your transition to civil aviation, how different is it to fly a commercial aircraft compared to a fighter jet?

A. Smile, sit back, relax and enjoy the Star Air experience! Jokes apart, flying a commercial aircraft needs



more regulatory compliance, smoother flying, weather avoidance and good crew resource management.

Q What were the biggest adjustments you had to make when moving from the Air Force to commercial flying?

A. Being a student again, reading big manuals, and keep travelling.

Q What's your favourite route to fly with Star Air?

A. Flying to Shivamogga and Goa (Mopa). Shivamogga is a VFR aerodrome which demands a completely manual flying approach. It has a picturesque surrounding

with green hills, lakes and beautiful weather. Goa (Mopa), on the other hand, also offers glimpses of sea and a well-made runway, beautiful infrastructure and a generous sea breeze.

Q What advice would you give to aspiring pilots?

A. The best advice I can give is to join aviation only if you love flying; then the rest will fall into place. If you love what you do, you are ready to meet every challenge with excitement; otherwise, it becomes a burden.

Q How do you personally keep your skills sharp and stay motivated in the cockpit?

A. A healthy mind resides in a healthy body. Physical fitness, jovial temperament, and a ready to learn, curious attitude are the key ingredients for a flight. Every crew member should be able to go back home with a smile and should feel eager to fly again.

Q When you're not flying, how do you like to spend your time?

A. I consider free time as a gift from above. Three activities that are prioritised are meditation, physical fitness and writing. I have published 10 books and many papers based on extensive research and personal experiences. These are available on my website www.adventuressmalik.com

I also write songs and publish my music on my YouTube Channel @ssmalik.

Q If you could take a flight anywhere in the world, where would you go and why?

A. I would like to fly to South America and explore Machu Picchu. Located in the Andes Mountains of Peru, it has a mysterious history connected with ancient aliens. The Incas' architectural and engineering prowess was remarkable. I also want to climb Mt Aconcagua in Argentina. ★



Celebrating Our Star Performers



KODAMANCHILI DAVID MOSES

Assistant Manager - Security

- David Moses has quickly become a valuable asset to the team, demonstrating exceptional versatility and a consistently positive attitude.
- Having successfully cleared the AVSEC Instructor course, he brings a strong knowledge base and deep commitment to operational excellence.
- A true all-rounder, he willingly takes on any task assigned to him and never hesitates to support others.
- His cheerful disposition and constant smile make him approachable and well-respected among colleagues.
- Within a short period, he has already accomplished several significant goals, making a notable impact on the team's performance and morale.

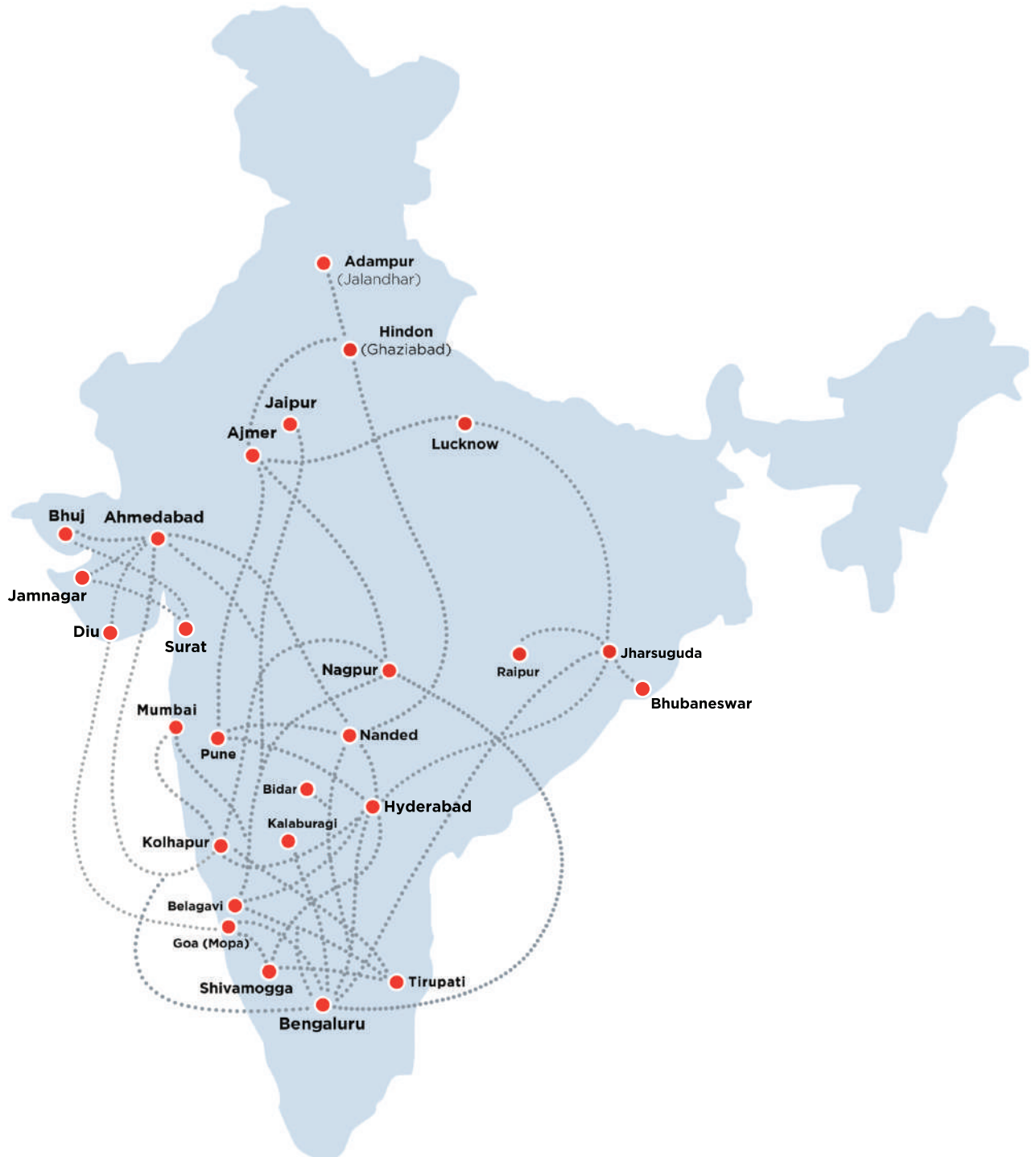
DIVIYA PALANISAMY

Executive-IOCC

- Diviya Palanisamy is a seasoned aviation professional with over 17 years of experience across airline operations, training and customer service.
- Currently serving as Executive – IOCC, she plays a key role in flight monitoring, delay management and pan-India coordination to ensure seamless day-to-day operations.
- With extensive exposure to customer experience, training, operational planning and front-line management, she demonstrates exceptional focus and efficiency in every responsibility entrusted to her.
- She excels in operational planning, inter-departmental coordination, vendor management and adherence to aviation SOPs and safety standards.
 - A hardworking and determined professional, she continues to make significant contributions to the growth and operational excellence of Star Air and the Indian aviation industry. ★



Connecting Real India



* Map used for general illustration only, and does not represent the political boundaries of India.

STARair FLEET



Embraer E175

Seats : 76
Top Speed : Mach .82



Embraer E145

Seats : 50
Top Speed : Mach .78



Airbus H130

Seats : 1+6
Top Speed : 287 kmph

Airbus H135

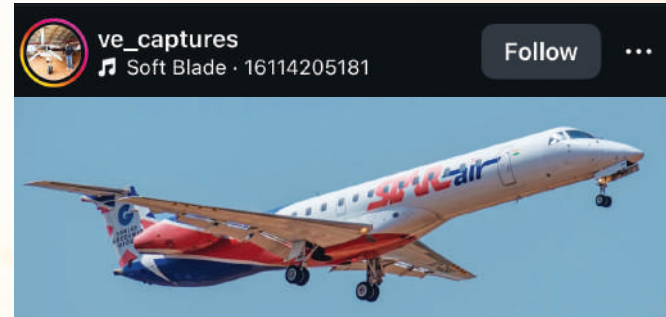
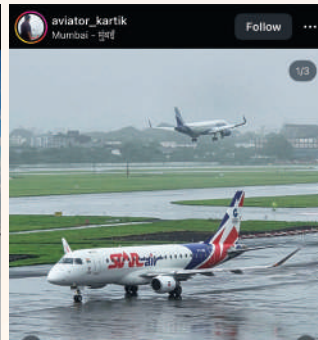
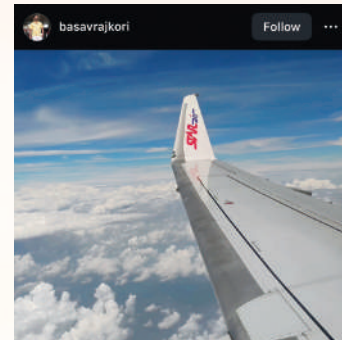
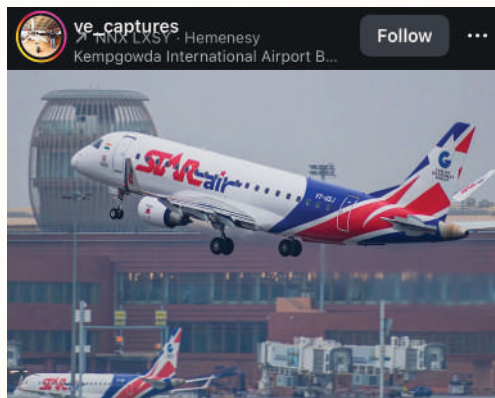
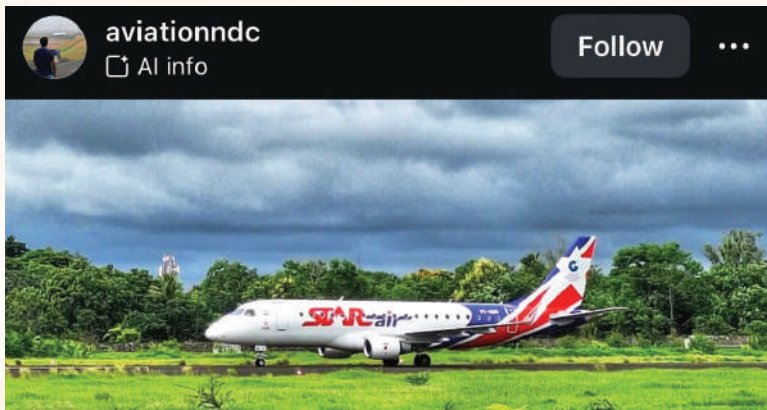
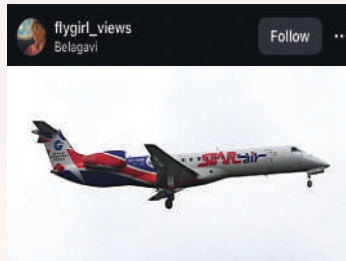
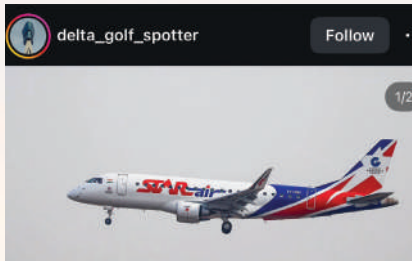
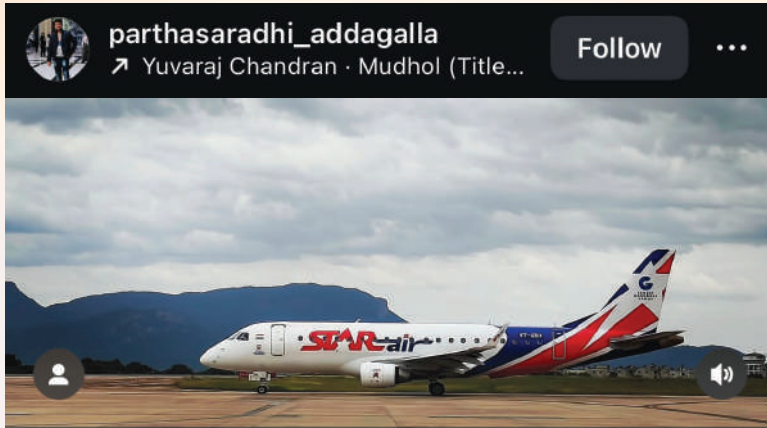
Seats : 2+5
Top Speed : 287 kmph

Airbus H120

Seats : 1+4
Top Speed : 280 kmph

Shooting for the Stars

Featuring some of the coolest photos of our constellation from social media



Bright Little Things

Celebrate the season with a curation of gifts designed to delight every heart

Golden Glow

Treat yourself or a loved one to Caratly's 18K gold and IGI-certified diamond jewellery — where timeless elegance meets modern minimalism. Aspirational, affordable, and always unforgettable, it's ideal for today's woman.

www.caratly.in

Timeless Precision

The Quartz, Chrono, and Automatic styles from Victorinox's Swiss Army collection emphasise the brand's exceptional quality, resistance, and versatility. With a design that enhances readability through plain dials and raised numerals, it is crafted to be as dependable as it is desirable.

<https://www.victorinox.com/en/Products/Watches/Men's-Watches/c/TP-mens-watches/>

Marine Elegance

Lukson Jewels Mystic Mermaid capsule of ocean-inspired rings, earrings, necklaces, and bracelets—crafted in Vermeil gold with IGI-certified lab-grown diamonds—blends ethical luxury with marine elegance.

<https://lukson.co/collections/mystic-mermaid-collection>

Chill Chic

Add a cool splash to your entertaining with the Elegance Ice Bucket. This classy looking ice bucket with chocolate brown leather and rich golden finish hardware is sure to turn heads. Comes with matching golden tongs.

<https://thebarcollective.com/products/leather-ice-bucket-black>

Treat, Repeat

Anand Sweets brings together heritage sweets, wholesome bites, and festive boxes designed to be shared, gifted, and remembered. A legacy of taste, wrapped in tradition. ★

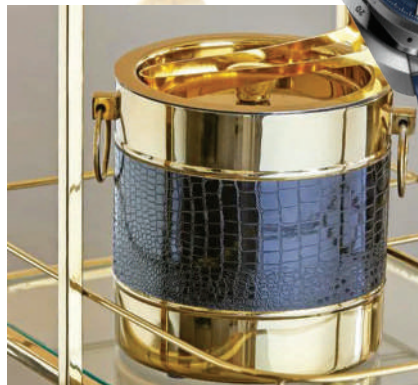
<https://www.anandsweets.in/>



Divine Spark

Bring home divine grace with Exclusively Yours' limited-edition rose quartz 3D hand-carved Ganesha, adorned with handcrafted silver ornaments. Symbolising love and harmony, this exquisite piece makes for an auspicious keepsake or a meaningful festive gift.

<https://exclusivelyyours.in/collections/idols/products/rq-3d-ganesha-5-6>



Celebration on Wheels

Six cars, six wallets: the smartest buys from ₹5 lakh to ₹50 lakh to drive home this Diwali

TEXT: MARK PAIS



Car shopping in India is like walking into a *mithai* shop during Diwali — dazzling choices, strong opinions, and the risk of overspending. Here's a quick guide through six price bands, from the humble ₹5 lakh hatchback to a ₹50 lakh electric spaceship.

Toyota Innova Hycross (₹30 lakh)

The Hycross reinvents the Innova's 'taxi' image. With hybrid tech delivering 23 km/l, business-class captain seats, and cavernous space for family, luggage, and snacks, it's built for long trips in comfort. Smooth, premium and reliable, it's finally an Innova you can flaunt at dinner parties without excuses.



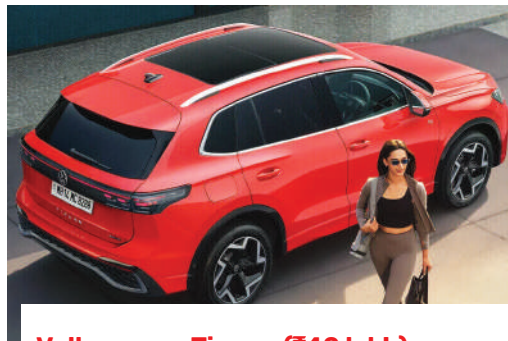
Maruti Suzuki Alto K10 (₹5 lakh)

'Lord Alto' still rules the entry-level bracket. India's favourite starter car keeps things simple but effective: a 1.0-litre petrol engine peppy enough for city runs, mileage of 24 km/l, and — surprise — six airbags with ESP. Once a compromise, the Alto now feels like common sense on wheels.



Hyundai Creta (₹20 lakh)

The Creta remains India's middle-class sweetheart. A refreshed design, new 1.5 turbo petrol, and a laundry list of features — ADAS, panoramic sunroof, ventilated seats — keep it miles ahead of rivals. It doesn't try to be extraordinary, just perfectly balanced, which explains why it sells like samosas on a rainy day.



Volkswagen Tiguan (₹40 lakh)

At this level, subtlety is the new luxury. While rivals show off oversized chrome grilles, the Tiguan stays understated. Its 2.0-litre TSI with 187 hp, paired with DSG and AWD, delivers confident European handling that makes highways addictive. It's for those who prefer their luxury quiet, like a tailored suit rather than a designer logo.

Hyundai Ioniq 5 (₹50 lakh)

The Ioniq 5 brings the future to Indian roads. Retro-futuristic styling, lounge-like interiors, and serious credentials — a 72.6 kWh battery, 600+ km range, and ultra-fast charging. Unlike most EVs that feel experimental, this one feels like it's already two steps ahead. Bold yet practical, it proves the electric age has truly arrived.



Tata Punch (₹10 lakh)

Think of the Punch as an SUV that went through the dryer and came out pocket-sized. Chunky looks, high seating, and a tough-feeling cabin make it far more appealing than a plain hatch. The 1.2-litre engine isn't thrilling, but Tata's 5-star crash test rating gives it confidence. For first-time buyers or young families, it's an easy pick.



(A digital marketing professional who fuels his days with cars and bikes, Mark Pais' true weakness is his feline friends)



Tradition Meets Trend

Festive wear is no longer about carrying the weight of the occasion — it's about moving with it. Fashion designers share cues you can use



WOMEN'S FESTIVE FASHION

Festive wardrobes are marrying heritage charm with contemporary ease. For women, comfort no longer plays second fiddle to glamour. Instead, the two are entwined, creating looks that move as easily as they dazzle.

Designers are steering clear of stiff, heavy ensembles in favour of fluid silhouettes, breathable fabrics, and thoughtful detailing that move as gracefully as they look.

Both **Anushree** of Label Anushree and **Ridhi Mehra** agree that 2025's festive mood is all about versatility and

individuality. Co-ord sets continue to reign, offering what Anushree calls "both versatility and style," while Ridhi points to a "return to refined nostalgia" with stitched *saree* skirts, sculpted blouses, corseted *cholis*, peplum layers, and jacketed *lehengas*. These pieces, she says, "give the wearer movement, shape and drama without the stress of carrying it around all day."

Fabrics are lighter and more expressive. Anushree's jewel tones and reimagined polka dots sit comfortably alongside Ridhi's duo and trio tonal layers of tissue, organza, and light silks — materials that "photograph beautifully and breathe



RIDHI MEHRA



even better." Colours extend beyond the expected, with mood-based palettes in soft lilacs, icy greens, muted pinks, nostalgic oranges, and even unconventional heritage prints.

And while trends have evolved, the real revolution is in comfort. As Ridhi puts it with a smile, "If you can't exhale, it's not luxury!" Anushree echoes the sentiment, championing modern *kaftans*, A-line *kurtas*, airy co-ords, and soft *sarees* that feel "as fuss-free as your everyday wardrobe."

The advice is clear: choose stitched over pinned, favour lightweight silks and organzas, layer thoughtfully with breathable jackets or peplums, and let one statement piece take centre stage. After all, as Ridhi sums up, "Festive style isn't about turning into someone else. It's about becoming the best version of who you already are."



Quick Cues

- Invest in matching co-ord sets for instant style
- Choose organza, tissue, and silks that breathe
- Let one standout element — a sculpted blouse or printed *lehenga* — take the spotlight
- Pre-draped *sarees* and stitched skirts save time and stress
- Jackets, peplums, or soft overlays add comfort and shape





SARAB KHANIJOU

cottons shot with metallic threadwork for a subtle festive shimmer.

Colour stories are becoming more refined. Muted olives, sand beige, midnight blue, smoky charcoal, and

earthy jewel tones like burnt aubergine and deep teal are taking centre stage. Pastels such as dusty rose and sage, along with antique gold and layered metallics, are making quiet but confident appearances. Embellishments, too, are toned down — from Kunal's tonal or metallic-thread embroidery to Sarab's architectural and digital-inspired motifs, applied with restraint.

For both designers, comfort is non-negotiable. They recommend natural, breathable fabrics that regulate temperature, lightweight construction with minimal padding, and jackets that are unlined or partially lined. Sarab suggests a well-cut *kurta* with a

lightweight Nehru jacket or unlined *bandhgala* for "immense comfort without sacrificing style." Kunal emphasises thoughtful accessories — cushioned *mojaris* or leather sandals, and layering with stoles or open jackets that can be shed as the evening progresses. ★



KUNAL ANIL TANNA

MEN'S FESTIVE FASHION

Festive menswear in 2025 is embracing lightness — in weight, colour, and attitude — without letting go of its roots. **Kunal Anil Tanna**

and **Sarab Khanijou** agree the modern man wants the craftsmanship of tradition with the ease of contemporary styling.

Both note a strong move towards softer tailoring: *bandhgalas* and *sherwanis* with cropped hems, subtle asymmetry, and layered *kurtas* paired with straight trousers or ankle-length pants instead of *churidars*. The effect is sleeker and far easier to wear through long evenings. "Style should move with you, not against you," says Kunal. Sarab describes today's silhouettes as "fluid in structure but precise in form," reflecting a balance between comfort and sharpness.

Fabric is where the transformation begins. Kunal leans towards handwoven silks, linen blends, and cotton-silk *chanderis* — fabrics that breathe, drape well, and still hold their shape. Sarab adds interest with silk-linen, *chanderi* with organza detailing, and handwoven



Quick Cues

- Opt for softer tailoring in *bandhgalas* and jackets
- Natural, breathable textiles keep you cool and sharp
- Experiment with muted and earthy palettes for understated elegance
- Choose removable jackets or stoles for changing comfort needs
- Minimal embroidery and fine textures elevate

Sweet Taste of Home

From Bhapa Doi and Dudhi Kulfi to Hayagreeva and Puran Poli, heirloom recipes carry the aromas, love, and stories of generations—bringing back the true flavour of the festive season

TEXT: NICHOLA PAIS



Indian festivals bring an assortment of traditional milk- and nut-based *mithais* and more, alongside fancier fusion creations like Rasmalai Tiramisu or Motichoor Cheesecake. Tempting, maybe—but can they really stand up to the power of home-prepared delicacies? Simple yet rich with the legacy of family recipes passed down through generations, stirred with care, and infused with love, these are flavours no artisanal chocolate box could ever hope to match.

And even if your forebears never maintained a handwritten recipe book, there's nothing to stop you from starting a new festive tradition, perhaps inspired by *Flavours of India: Heirloom Recipes from India's Kitchens*. A treasure trove of recipes and stories from across the country shared by the 40K+ strong GurgaonMoms community, it could be just what you need to bring back the real flavour to an increasingly commercialised festive season.





Neha Srivastava's recipe for Bhapa Doi (Steamed Yogurt) makes a fine start. She gives credit to her father for introducing this beloved Bengali delicacy to their Defence family. He had come across this "exquisite dessert at a quaint sweet shop" during his posting to Barrackpore in Kolkata. "Captivated by its unique taste, he was determined to recapture it at home," she narrates. Given her father's keen interest in cooking, he sought out the head cook of the Officer's Mess to learn the base recipe and its various adaptations. "Now at 70, he continues to relish making this dessert, often involving his grandkids in the process," she beams, making the recipe a cherished family heirloom.

In another kitchen, many miles away, Radhika Bakshi inherited from her maternal grandmother her recipe for Dudhi Kulfi (Bottle Gourd Kulfi) – a luscious, creamy-textured dessert flavoured with elaichi, its deep caramel undertones enlivened by the goodness of the humble *lauki*. Preparing this dessert has also become a link with her mother, who passed away 14 years ago, "a piece of my mum's unconditional love and joy in cooking for her family," she explains.

Time can make even the trite precious. Gulgula (Sweet Wheat Flour Dumplings) were not at all on Rachna Shukla's list of likes, as a child. "Yet today, as I prepare it for special occasions, I find myself relishing not just the taste but the memories and traditions it represents. It's funny how something I once dismissed has now become something I deeply treasure," she muses.

For Deepa Verma, making Haldi Ki Pinni is more than just following a recipe: "It's about honouring Dadi's



legacy and sharing a piece of our history with every bite," she says of the Turmeric Energy Balls which are a testament to her tall, striking grandmother's culinary genius, in a quaint village named Lohia in the heart of Punjab.

Hayagreeva, the Sweet Channa Dal Dessert with Jaggery and Nuts, was a delicacy that Deepa Kulkarni's dadi would make during festivals, a beloved tradition in their Madhwa community. "This prasada is lovingly prepared at Vadirajaru Matha in Sonda. Ajji made it even more special by reciting *shlokas* while preparing it in Madi – a sacred practice where

food is cooked in a special way, on a wood fire, while wearing damp clothes and keeping the mind free from negative thoughts," shares Kulkarni.

Preparing this dish is a form of service to God – a deeply spiritual experience, while also allowing her to keep her heritage alive.

Despite having a plethora of sweets to gorge on at her *nanihaal*, Mukti Agarwal's favourite memory involves walking into her Ammaji (maternal grandmother)'s home and being greeted by the beautiful aroma of Kesariya Gulab Kheer. Infused with cardamom, saffron and rose, the kheer would be paired with Ajwain ki Poori. "It may sound like a weird combination for some," says Agarwal, "but for me, it is still the best dish that reminds me of '*Nani ke haath ka pyaar*'."

Seema Jain Krishnan's Puran Poli (Sweet Lentil-stuffed Flatbreads), Subhashini Ramasubramanian's Sarkkarai Pongal (Sweet Rice Pudding), and Anshu Singh's Thekua (Fried Wheat Flour and Jaggery Cookies) – these round up the festive treats whose sweetness goes beyond the palate to touch the memory and soothe the soul.

This festive season may be the right time to return to the heart of it all – the humble home kitchen. ★



Chaturmas

Nature's Wellness Retreat

Rooted in ancient wisdom, Chaturmas offers a seasonal detox for the body, mind, and spirit

TEXT: AMRITA SRIVASTAVA

Every year, as the first rains wash over the subcontinent and the air fills with the fresh petrichor of wet earth, India quietly slips into Chaturmas. Traditionally, it's a time demarcated for deepening one's devotion, introspection, and simplifying daily habits. Many households observe what's fondly called "festive fasting" – a gentle, seasonal pause that honours age-old customs while giving the body and mind a welcome reset.

In ancient times, people noticed that while the monsoon painted the world in fresh greens, it also brought a subtle shift within the body. Increase in humidity and cooler temperatures were believed to slow down *jatharagni* – the "digestive fire", responsible for breaking down food and converting it

into energy. When *jatharagni* burns low, heavy, oily, or excessively rich foods – so welcome in winter – can feel taxing and lead to a build-up of toxins. Interestingly, in the Hindu tradition, this shift to lighter eating marks the beginning of the season of festive fasting.

Starting with the holy month of Shravan, and continuing through Ganesh Chaturthi, Pitru Paksha, and Navratri, food becomes as much about purity as it is about nourishment. During these months, *satvik bhojan*—simple vegetarian

meals without onion, garlic, or heavy spices—replaces non-vegetarian fare. Fresh fruits, millet, amaranth, and dishes like *khichdi* take centre stage. Lighter, plant-based foods aid digestion in the humid monsoon, and linking them to religious observances ensured that the tradition endured for generations.

Chaturmas fasting has never been purely about food, though. It is equally about mental and spiritual nourishment. Traditionally, this period encouraged people to step away from excessive activity, devote more time to prayer, meditation, and self-reflection, and engage in small acts of service or charity. Eating less and living simply should not be viewed as deprivation but as a deliberate way to turn inward, listen more deeply, and connect with what truly matters. ★



(Founder-director of Ink Studio, Amrita Srivastava's expertise spans research, academic writing, creative storytelling, and digital marketing. Find her on Instagram@amritawonderworld)



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NEW SERIES | SEPTEMBER 12



 coolberg

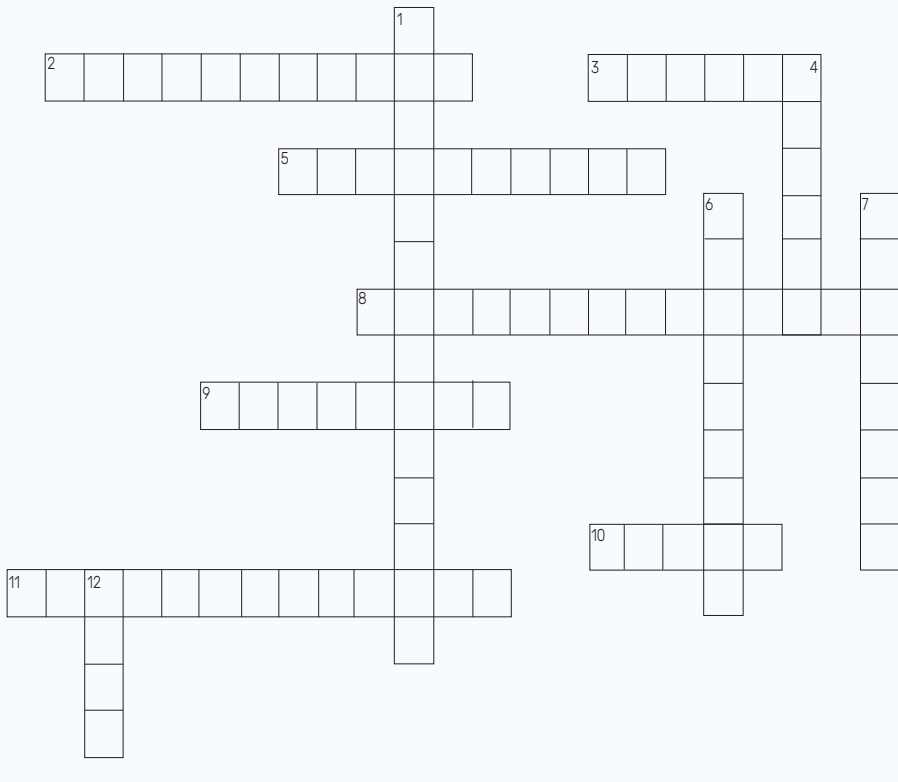
AVAILABLE ON:



zepto

0.0% ABV

The Festive Trail



9. The harvest festival of Punjab
10. Tibetan New Year celebrated in Sikkim and other Himalayan regions
11. This day commemorates the marriage of Lord Shiva and Parvati

DOWN

1. It is the first major festival of the year in India celebrated annually
4. It marks the return of Lord Ram to Ayodhya with his wife Sita and brother Lakshman
6. A year-end festival of good cheer and presents
7. It has similarities to the brother-sister festival of Raksha Bandhan
12. The annual spring festival that is also associated with the legend of Prahlad and his evil aunt

ACROSS

2. This day honours Subhas Chandra Bose's birth anniversary
3. Pongal, the harvest festival of Tamil Nadu, honours this god
5. Festival dedicated to the sun god, primarily celebrated in Bihar and North India
8. A coastal festival in which fishermen offer coconuts to the sea god

Use the clues to fill in the words above.

Words can go across or down. Letters are shared when the words intersect.

Spot the Spot

How many of these iconic Indian landmarks can you name?



Answers:
1. Amber fort - Jaipur 2. Statue of Unity - Kevadia, Gujarat 3. Mysore Palace - Mysuru, Karnataka 4. Victoria Memorial - Kolkata 5. Tawang Monastery - Arunachal Pradesh



100% real fruits & veggie chips

- **50% LESS FAT**
- **VACUUM COOKED**
- **NOT DEEP FRIED**



AVAILABLE ON:



zepto



BEVERAGE

₹150



₹150



₹150



Paper Boat

₹150



₹150

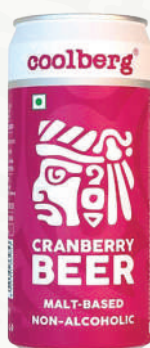


₹150



Britannia Winkin' Cow

₹200



Coolberg

₹100



Hot Beverages



* All menu items are subject to availability

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SNACK FOOD



Mr Makhana /
TBH Spiced Okra /
TBH Golden Sweet Potato

₹200



Almonds Roasted & Salted
/ Barbecue Cashews /
Daily Nuts / Southern
Pepper Cashews

₹200

TEMPTATIONS

₹300



Cup Noodles

₹200



Star Air Cookies

LIGHT MEAL

₹200



Rava Upma

₹200



Vegetable Poha

HEAVY MEAL

₹300



Vegetable Biryani /
Bisibele Bhath

* All menu items are subject to availability

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We hope you had a
Starry Experience

We would love to hear from you
namaste@starair.in

Share your experience and tag @officialstarair

