

GALAXIA QUEST

Leisurely Yours

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FROM THE EDITOR

The great Hellen Keller said "Life is either a daring adventure or nothing at all"

Welcome to Galaxia Quest. Let's call it GQ from here on. So why GQ? Anyways there are so many magazines, why add another one? Well that's precisely the reason why we are doing GQ. Because we aren't your typical run of the mill mag. We are the mag for the Gen Z with our uber cool content. We are the place for those who are done with the constant news breaks on their mobiles. We wish to be with you if you are tired of the forever changing nature of opinions on social media.

Through the magazine pages and related videos on our screens across multiple high visibility locations in India and the world, you will immerse yourself into stories that will make you feel happy. We want you to be informed of the "right things"! Stories that should bring a smile on your face. From leisure to travel, from food to cinema, you will find a diverse section in our magazine. And we haven't given up on politics by the way. Even if politicians themselves seem to be getting more cynical. We will have some political chutzpah as well.

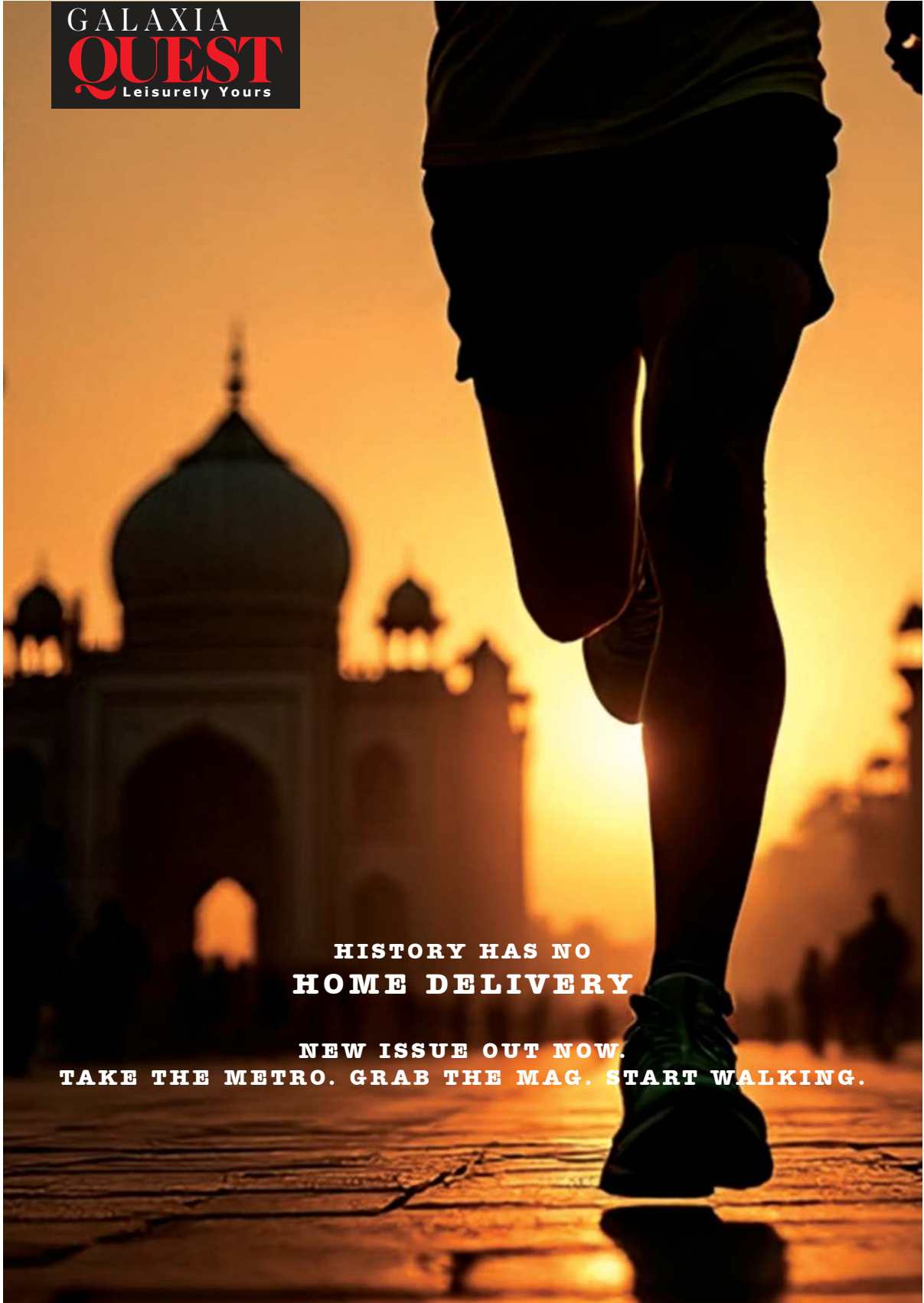
We want you to be a co creator for this magazine. Send us your pictures, your thoughts. And we will publish them. Look out for our screens across major airports to begin with. And do pick up your copy of the print edition.

Happy reading ! Here's to life with Galaxia Quest

Yours truly

Bhupendra Chaubey

GALAXIA
QUEST
Leisurely Yours



HISTORY HAS NO
HOME DELIVERY

NEW ISSUE OUT NOW.
TAKE THE METRO. GRAB THE MAG. START WALKING.



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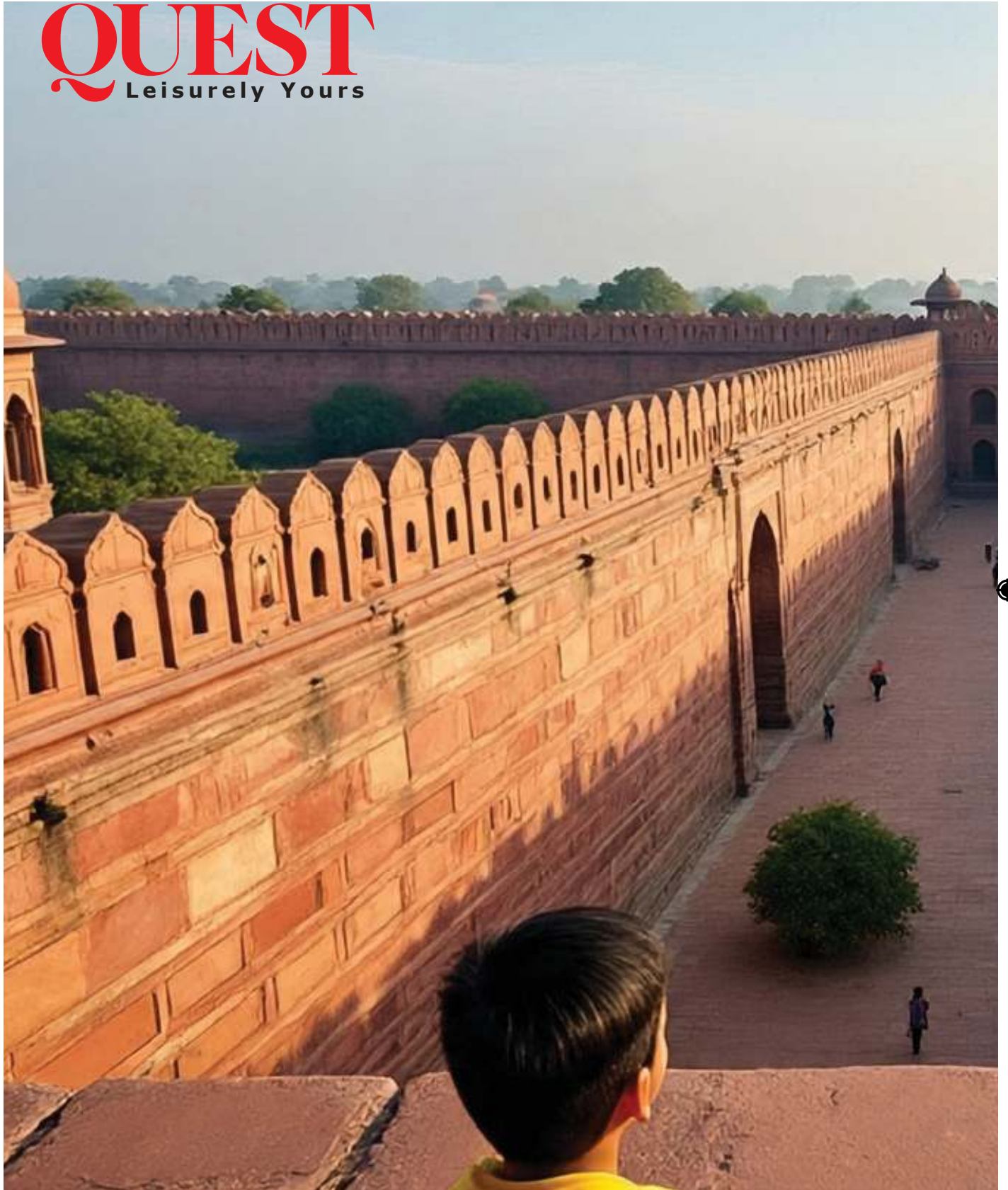
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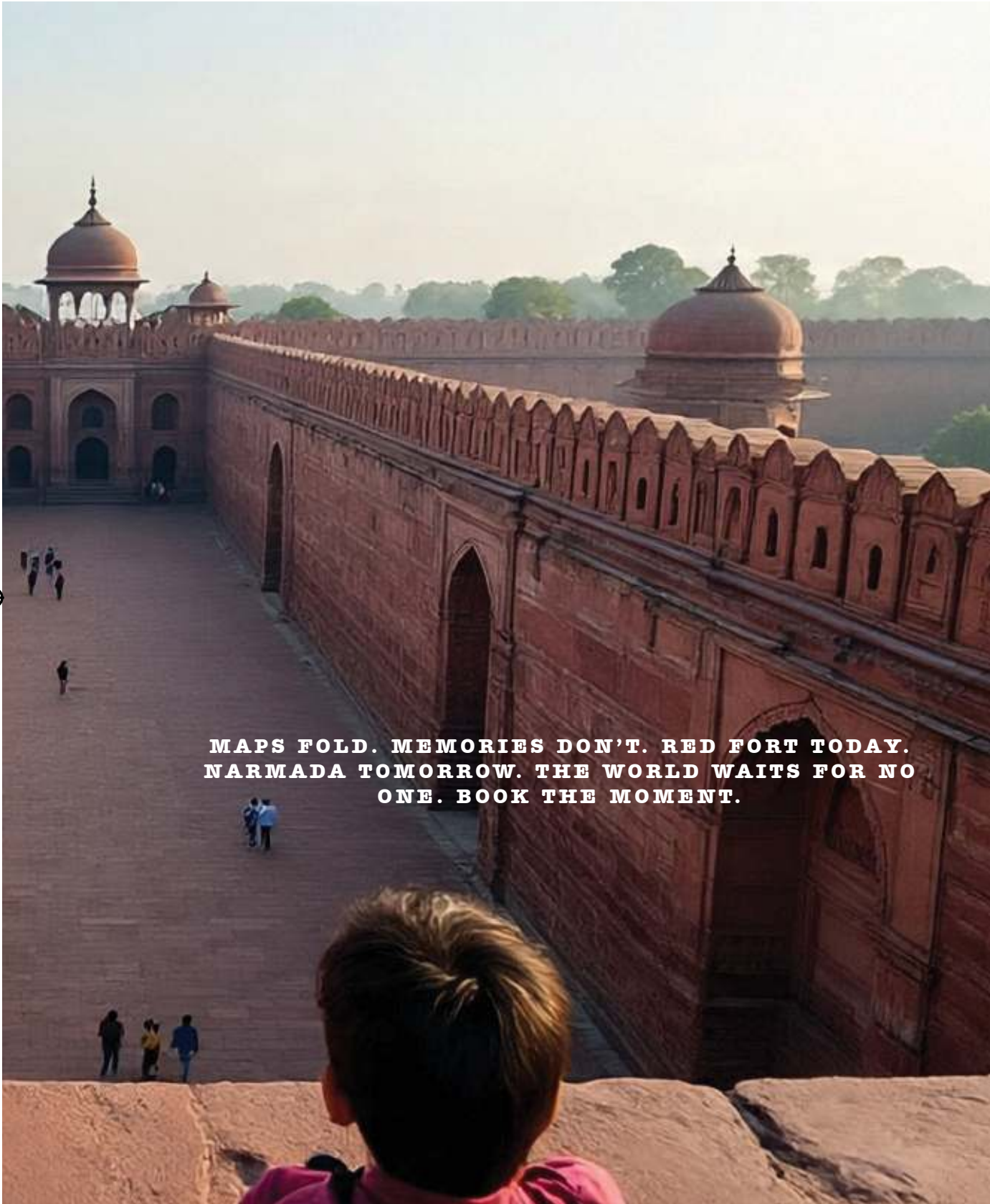


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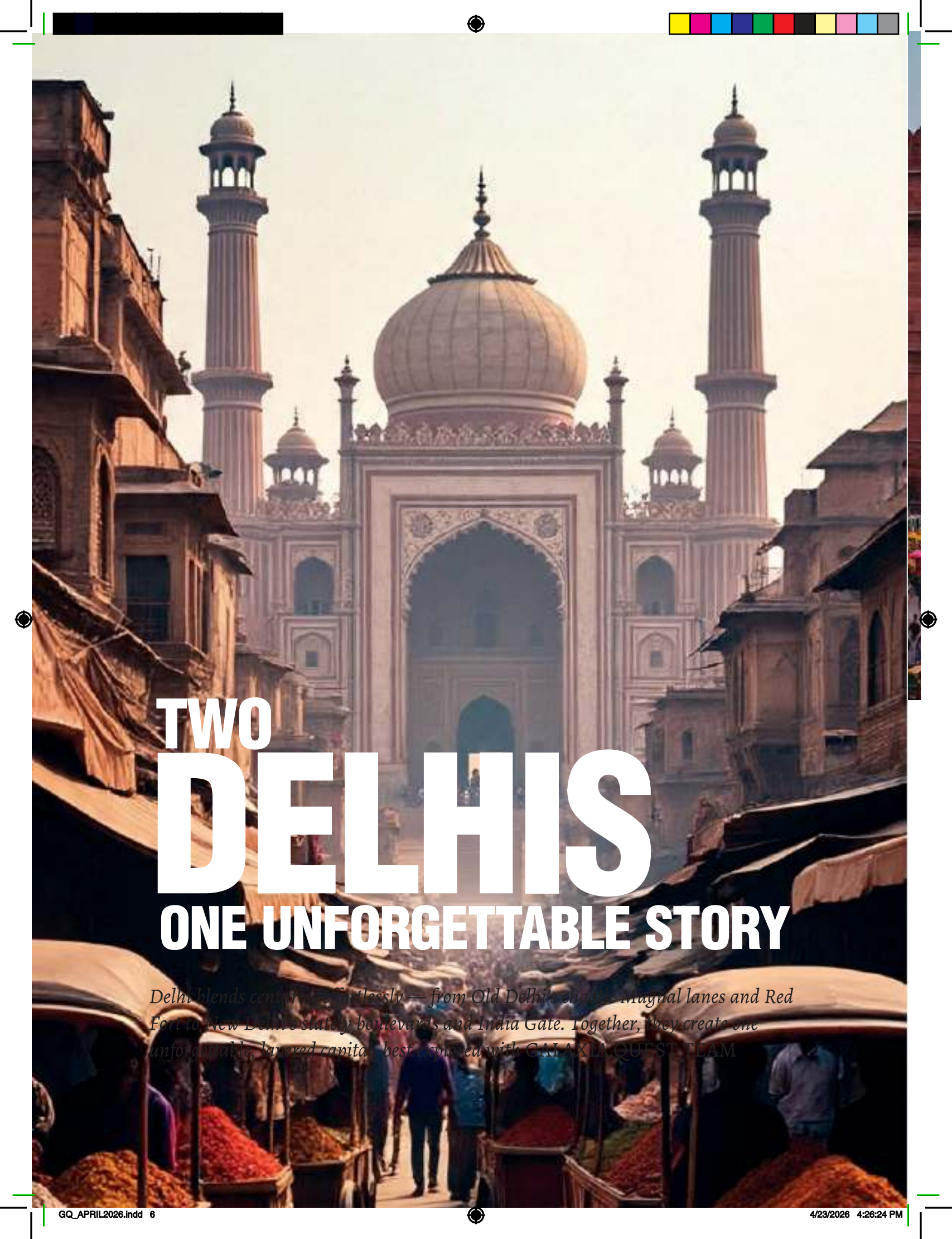
GALAXIA
QUEST
Leisurely Yours





MAPS FOLD. MEMORIES DON'T. RED FORT TODAY.
NARMADA TOMORROW. THE WORLD WAITS FOR NO
ONE. BOOK THE MOMENT.





TWO DELHIS ONE UNFORGETTABLE STORY

Delhi blends centuries fearlessly — from Old Delhi's chaotic, Magnal lanes and Red Fort to New Delhi's stately boulevards and India Gate. Together, they create one unforgettable, layered capital, best explored with GALAXIA QUEST TEAM



Few cities in the world wear their history and modernity as effortlessly as Delhi. For a tourist, the city unfolds like a richly layered narrative—one that moves seamlessly between the chaotic charm of Old Delhi and the structured elegance of New Delhi. Together, they form a compelling contrast that defines the Indian capital's unique identity.

Step into Old Delhi, and you are instantly transported back in time. Founded by the Mughal emperor Shah Jahan in the 17th century, this part of the city thrives on history, culture, and sensory overload. The imposing walls of the Red Fort stand as a reminder of imperial grandeur, while the majestic Jama Masjid calls out to both the faithful and the curious. But it is in the labyrinthine lanes of Chandni Chowk that the true spirit of Old Delhi

comes alive. Here, rickshaws jostle for space, street vendors tempt you with sizzling delicacies, and centuries-old shops sell everything from spices to silver. The experience is immersive, intense, and unapologetically vibrant.

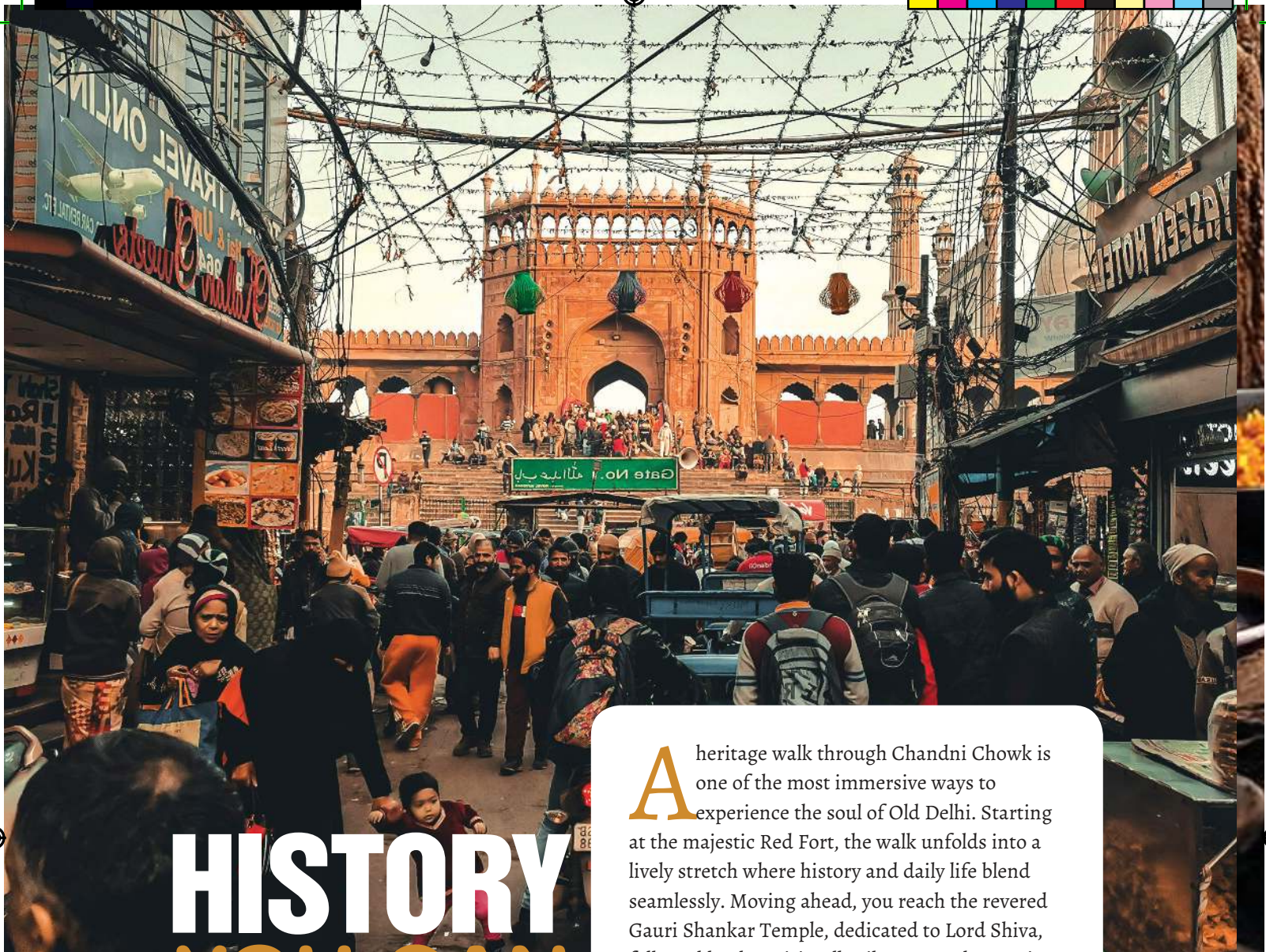
Old Delhi is not just a place you visit; it is something you feel. The aroma of freshly baked naan, the calls of shopkeepers, and the sight of heritage havelis evoke a sense of nostalgia. It may appear chaotic at first glance, but beneath that chaos lies a rhythm that has endured for generations. For tourists seeking authenticity and a glimpse into India's past, Old Delhi offers an unforgettable journey.

In stark contrast, New Delhi represents order, ambition, and modernity. Designed by British architects Edwin Lutyens and Herbert Baker during the colonial era, this part of the city is defined by wide boulevards, lush green avenues, and grand governmental buildings. Landmarks like India Gate and Rashtrapati Bhavan exude a sense of dignity and architectural symmetry.

For tourists, New Delhi offers a more relaxed and curated experience. The bustling markets of Old Delhi give way to upscale shopping hubs, fine dining restaurants, and cultural centres. Places like Connaught Place blend colonial charm with contemporary lifestyle, making it a favourite for both locals and visitors. Tree-lined streets, art galleries, and museums provide a calmer, more spacious environment to explore.

Yet, the beauty of Delhi lies not in choosing one over the other, but in experiencing both. Old Delhi and New Delhi are not opposites; they are complementary halves of the same story. One preserves the soul of the past, while the other embraces the promise of the future.

For a traveller, this duality is what makes Delhi truly unforgettable. In a single day, you can savour centuries-old recipes in a crowded alley and then enjoy a quiet evening drive past illuminated monuments. It is this seamless blend of chaos and calm, history and progress, that ensures every visit to Delhi feels like discovering a new city within the old. ▀



HISTORY YOU CAN TASTE

*Experience Old Delhi's soul on foot through Chandni Chowk. Start at Red Fort, visit Gauri Shankar Temple and Sis Ganj Sahib, then taste parathas, Karachi halwa, and dahi bhalla near Fatehpuri Masjid. Go early, take metro. **GALAXIA QUEST TEAM***

A heritage walk through Chandni Chowk is one of the most immersive ways to experience the soul of Old Delhi. Starting at the majestic Red Fort, the walk unfolds into a lively stretch where history and daily life blend seamlessly. Moving ahead, you reach the revered Gauri Shankar Temple, dedicated to Lord Shiva, followed by the spiritually vibrant Gurdwara Sis Ganj Sahib, a place of deep historical significance for Sikhs.

From here, step into the famous Paranthe Wali Gali, where generations-old shops serve indulgent stuffed parathas. A short walk takes you to Chaina Ram Sindhi Halwai, known for its iconic Karachi halwa and traditional sweets. Just behind it lies the serene Fatehpuri Masjid area, offering a quiet contrast to the bustling lanes. Don't miss Natraj Dahi Bhalle Wala for its legendary dahi bhallas.

For the best experience, start early morning in summer to avoid the heat, while winter allows flexibility throughout the day. The pedestrian-friendly stretch has no cars, making it ideal for walking. It's best to arrive by metro or park near Red Fort. Close by, you can also visit the historic Hanuman Temple Chandni Chowk, adding another spiritual stop to this enriching journey. ▀



OLD DELHI'S TIMELESS FOOD TRAIL

*Winding through Old Delhi's bustling lanes, food lovers discover timeless flavors—parathas, chaats, Mughlai feasts, and jalebis—each bite a cultural adventure curated by the **GALAXIA QUEST BUREAU.***

A walk through Old Delhi is incomplete without diving into its legendary food lanes. The iconic Parathe Wali Gali offers stuffed parathas fried in desi ghee, served with tangy pickles and chutneys—a nostalgic experience rooted in generations-old recipes. For meat lovers, Karim's near Jama Masjid serves rich Mughlai dishes like mutton korma and kebabs, rejecting the royal kitchens of the Mughals. Street vendors dish out chaats bursting with flavor—crispy aloo tikki, golgappas, and dahi bhalla



that balance spice and sweetness beautifully. Don't miss the legendary Jalebi Wala for hot, syrupy jalebis made in pure ghee. The aroma of spices, sizzling pans, and freshly baked breads fills the narrow lanes, making every bite a sensory experience. Eating here isn't just about food—it's about standing shoulder-to-shoulder with locals, sharing stories, and soaking in the vibrant chaos. Hygiene may not always match modern standards, but the authenticity and taste make it a must-try culinary adventure. ▀

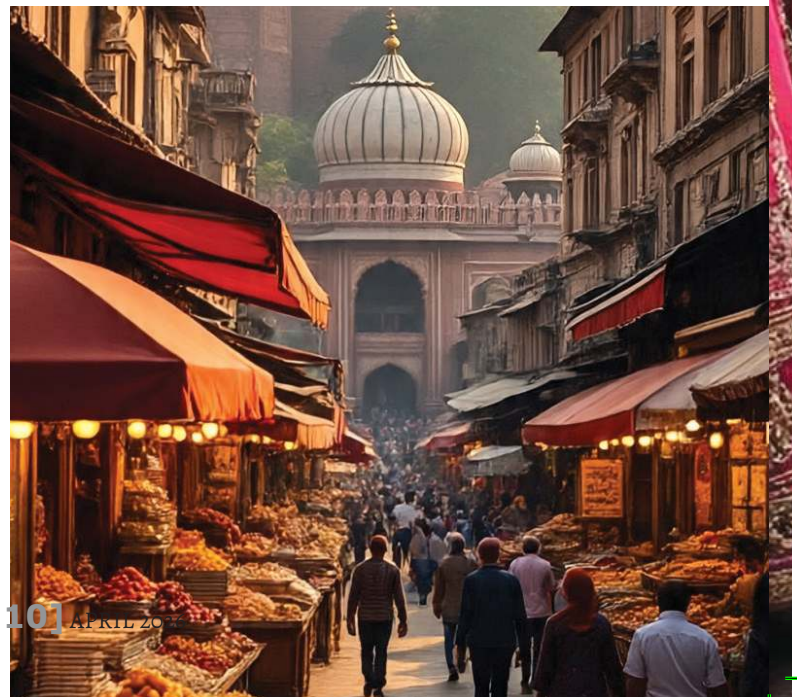


HERITAGE IN THE CHAOS

Walled City of Delhi: Red Fort's grandeur, Jama Masjid's minarets, Chandni Chowk's chaos, hidden havelis and temples. History lives in every lane, making Old Delhi a vibrant, walking museum.

The Walled City of Delhi is a treasure trove of history, where every turn reveals a story from centuries past. The majestic Red Fort stands as a symbol of Mughal grandeur, with its massive red sandstone walls and intricate interiors. A short walk away is Jama Masjid, one of India's largest mosques, offering panoramic views of Old Delhi from its minarets. The bustling Chandni Chowk itself is a historic artery, once designed by Jahanara Begum, where canals once reflected moonlight. Hidden within the chaos are serene havelis and temples like Digambar Jain Lal Mandir and Gurdwara Sis Ganj Sahib, representing Delhi's diverse spiritual fabric. Rickshaw rides through narrow lanes provide glimpses of old mansions with carved balconies and fading frescoes. Despite the crowds, there's a timeless charm in the worn-out walls and heritage structures that transport

visitors to a different era. Exploring these sites feels like walking through a living museum, where history coexists with everyday life in a uniquely vibrant way. ▀



*Shopping in Old Delhi is a vibrant adventure of colors, textures, and aromas. Chandni Chowk dazzles with bridal wear and fabrics, Kinari Bazaar sparkles with wedding accessories, while Khari Baoli overwhelms with spices and dried fruits—an experience enriched by the guidance of the **GALAXIA QUEST TEAM.***

BAZAAR TREASURES

SHOPPING THE SOUL OF OLD DELHI

Shopping in Old Delhi is an adventure filled with color, chaos, and unbeatable variety. Chandni Chowk is the heart of it all, offering everything from bridal lehengas to everyday fabrics. Nearby, Kinari Bazaar dazzles with wedding accessories, laces, and embellishments, while Dariba Kalan is famous for traditional silver jewelry. For textiles, shops offer rich silks, brocades, and cottons at prices that reward bargaining skills. The spice market at Khari Baoli is a sensory overload—sacks of turmeric, saffron, cardamom, and dried fruits fill the air with intense aromas. Watching traders weigh and sort spices is an experience in itself. Visitors can buy authentic Indian Refd to take home,

often fresher and Cheaper than retail stores. The lanes are crowded and sometimes overwhelming, but that's part of the charm.

Every purchase feels like a small victory, especially after negotiating prices. Whether you're hunting for wedding wear or aromatic spices, Old Delhi offers a shopping experience that is raw, immersive, and deeply rooted in tradition. ▼





EVERYDAY RHYTHMS

LIFE IN THE LANES

Life here pulses with tradition and modern bustle—rickshaws, vendors, and havelis shaping daily rhythms. Festivals, markets, and chai aromas define community spirit, an experience beautifully highlighted by the GALAXIA QUEST TEAM.



Life in Old Delhi moves to a rhythm that blends tradition with bustling urban energy. Narrow lanes are filled with cycle rickshaws, street vendors, and locals going about their daily routines, creating a vibrant yet chaotic atmosphere. Families often live in centuries-old havelis, many of which have been subdivided over generations but still retain their architectural charm. Community life is strong—neighbors know each other well, and festivals are celebrated with great enthusiasm, whether it's Eid near Jama Masjid or Diwali in nearby temples. Morning begins early with shopkeepers opening shutters and the aroma of chai and freshly cooked breakfast filling the air. Traditional businesses—jewelers, spice traders, cloth merchants—continue to operate much like they did decades ago, passing skills through generations. Despite modern pressures, there's a deep respect for heritage and routine. Evenings bring a different energy, with markets lit up and food stalls drawing crowds. While the infrastructure may feel dated and crowded, the warmth, resilience, and cultural richness of the people define Old Delhi's unique lifestyle. It's not just a place—it's a living, breathing legacy of Delhi's past. ▀

HOTELS

Near Chandni Chowk / Red Fort

Heritage /
Premium Stay

Haveli Dharampura

A beautifully restored haveli right inside Old Delhi—perfect if you want a royal, immersive experience.

Approx. rate:
₹12,000 – ₹18,000
per night



MID-RANGE (Comfort + Location)

Hotel Tara Palace

Chandni Chowk
Walking distance from Red Fort and markets; popular with tourists.

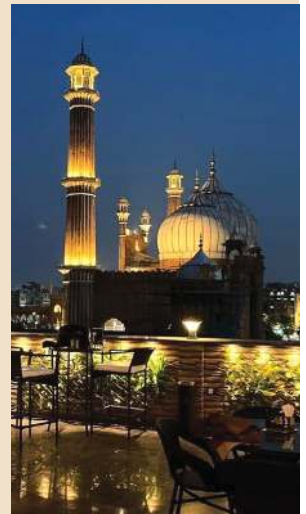
Approx. rate:
₹2,500 – ₹3,500 per night



Hotel Aiwan-e-Shahi

Very close to Jama Masjid and Chandni Chowk lanes.

Approx. rate:
₹2,500 – ₹3,500 per night.



Broadway Hotel

Slightly outside Old Delhi but more spacious and comfortable.

Approx. rate:
₹3,000 – ₹5,000



BUDGET OPTIONS

Hotel Wall City

Basic stay right inside Chandni Chowk area.

Approx. rate:

₹1,500 — ₹2,500



SLIGHTLY AWAY

(Better comfort, 10–15 min drive)

Hotel Tara Palace

Daryaganj
Close to Red Fort with slightly quieter surroundings.

Approx. rate:

₹2,000 — ₹3,000



Hotel Ajanta (Paharganj)

Best Western Darbar

The Park New Delhi
(premium, Connaught Place)

Approx. range:

₹2,000 to ₹7,000 + depending

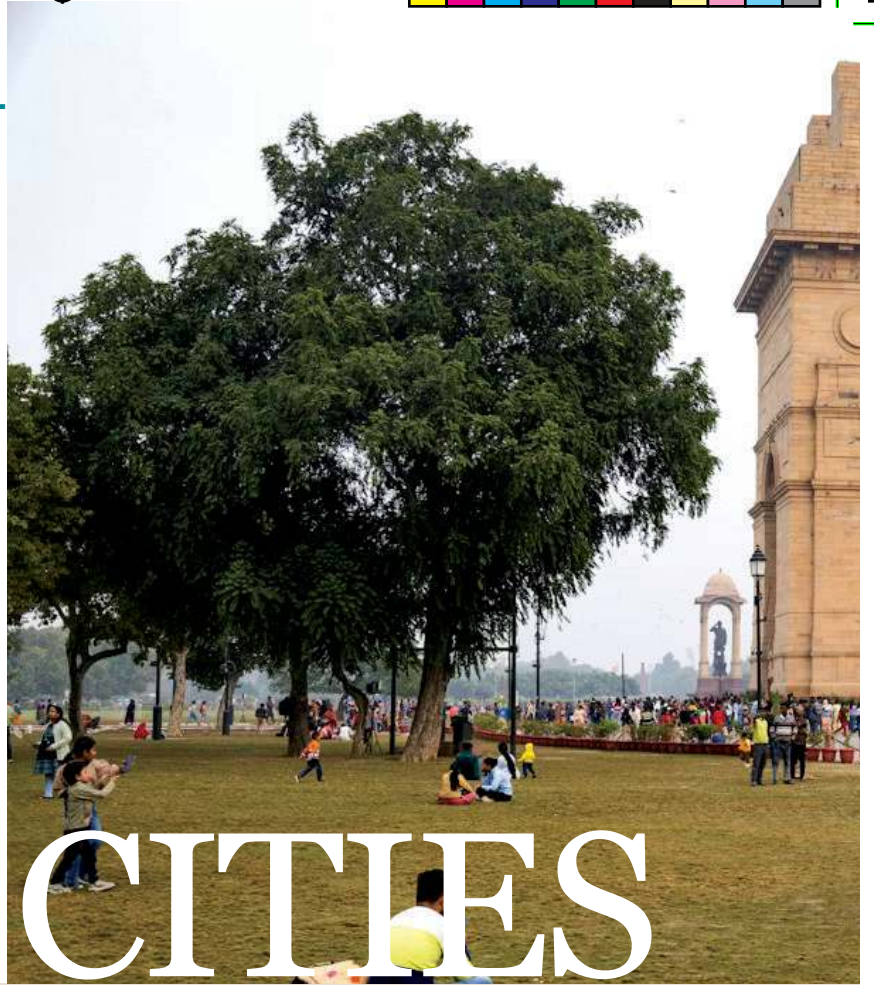
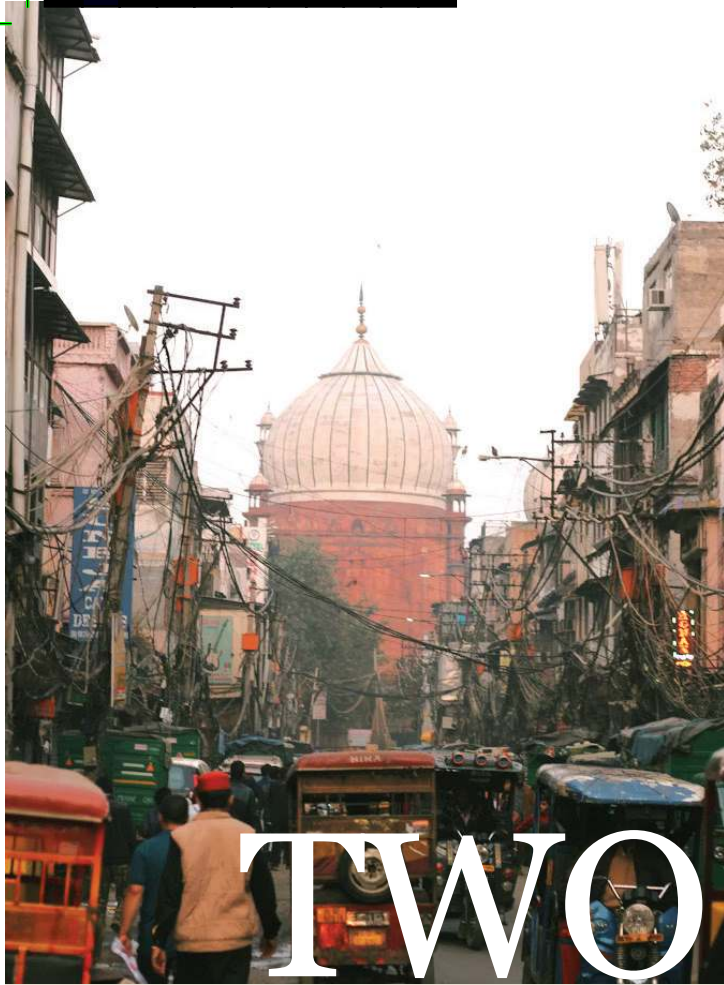


PRACTICAL TIP

- Stay inside Chandni Chowk if you want a heritage feel (but expect narrow lanes & noise).
- Stay in Paharganj / Connaught Place for better comfort and then visit via metro or cab.
- Hotels near Red Fort can start from ₹1,000 budget stays to ₹15,000+ heritage luxury.

**EXPLORE
BEYOND ORDINARY**

**MEET THE KEEPERS OF DELHI'S SOUL—
CULTURE, FOOD, AND STORIES WITH GALAXIA
QUEST MAGAZINE TODAY.**



TWO CITIES ONE IDENTITY

WHERE IMPERIAL GRANDEUR MEETS URBAN SOPHISTICATED

*Delhi's dual spirit shines—bustling bazaars meet modern avenues. Past and present flow together, a living experience captured by **GALAXIA QUEST TEAM**.*

If Old Delhi is a living museum of chaos and charm, New Delhi is its composed, spacious counterpart. Designed by Edwin Lutyens and Herbert Baker, New Delhi reflects colonial planning—broad avenues, symmetry, and imposing government buildings.

While Chandni Chowk thrives on dense bazaars and centuries-old traditions, areas like Connaught Place showcase modern retail, cafés, and global brands. Old Delhi is intimate and chaotic; New Delhi is structured and expansive.

The contrast extends to lifestyle — Old Delhi wakes to temple bells and street vendors, while New Delhi hums with corporate offices, embassies, and curated experiences. Yet both coexist beautifully,



offering visitors a rare duality: one rooted in history, the other evolving with modern aspirations. Together, they define Delhi's unique identity—where past and present are never too far apart. ▽



MUSEUMS THAT TELL INDIA'S STORY

For culture enthusiasts, New Delhi's museums offer rich insights into India's heritage. The National Museum houses artifacts spanning thousands of years, from Harappan relics to Mughal art. The National Gallery of Modern Art showcases works by India's leading modern artists.

A unique experience awaits at the Gandhi Smriti, where Mahatma Gandhi spent his final days. For interactive learning, the National Rail Museum is a favourite among families.

These museums not only preserve history but also present it in engaging, accessible ways. ▽



LANDMARKS THAT SHAPE NEW DELHI

New Delhi is home to some of India's most iconic landmarks. The majestic India Gate stands as a tribute to fallen soldiers, especially striking when illuminated at night. Nearby lies the grand Rashtrapati Bhavan, an architectural masterpiece surrounded by the Mughal Gardens.

The towering Qutub Minar, a UNESCO World Heritage Site, offers a glimpse into Delhi's early Islamic history with intricate carvings and surrounding ruins. Another must-visit is Humayun's Tomb, often seen as a precursor to the Taj Mahal.

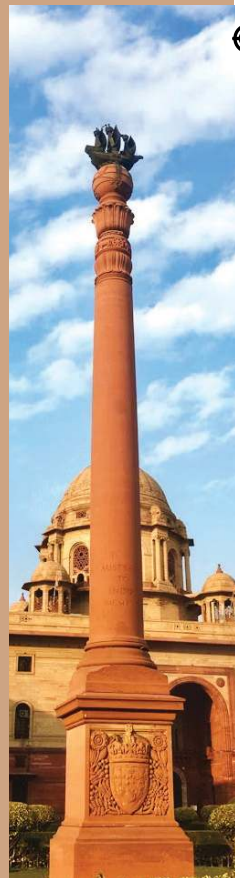
These landmarks reflect Delhi's layered history—from ancient dynasties to colonial rule—making New Delhi a fascinating destination for history lovers. ▽

POWER CORRIDORS & ICONIC SPACES

New Delhi is the seat of India's power, and its central vista reflects authority and elegance. The Supreme Court of India stands as the guardian of the Constitution. Nearby, the imposing North Block and South Block house key ministries and the Prime Minister's Office (PMO).

The ceremonial boulevard of Rajpath (Kartavya Path) connects India Gate to Rashtrapati Bhavan, offering one of the most striking urban vistas in the country. Close by, the lush Jaipur Polo Ground hosts prestigious events and adds to the area's colonial charm.

Walking through this zone gives visitors a sense of India's administrative and political heartbeat. ▽





POPULAR RESTAURANTS

WHERE TRADITION MEETS GLOBAL GASTRONOMY

New Delhi's dining scene is diverse and sophisticated. Iconic restaurants like Bukhara are globally renowned for their North-West Frontier cuisine. Indian Accent offers modern Indian dishes with a creative twist.

For a vibrant café culture, Khan Market is a hotspot with chic eateries and bakeries. Olive Bar & Kitchen combines European cuisine with a romantic setting near Qutub.

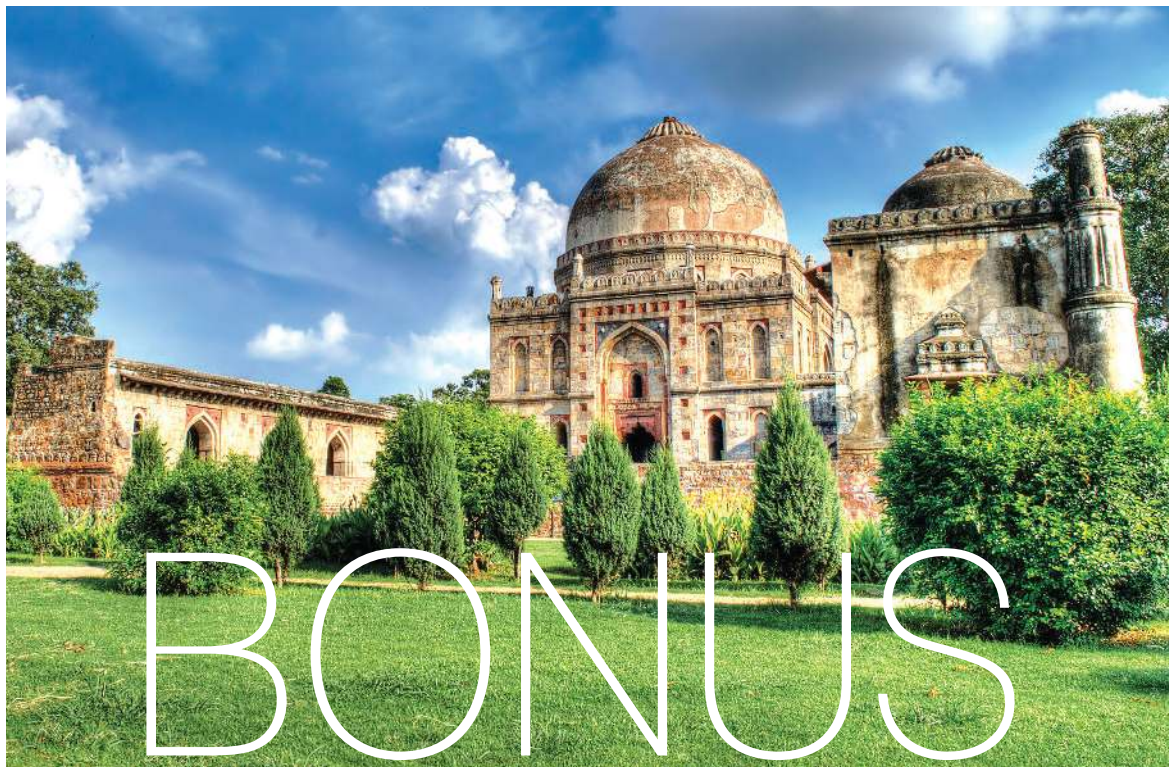
From street-side cafés to Michelin-recognised fine dining, New Delhi caters to every palate, making it a culinary destination in its own right. ▽



NIGHTLIFE & CLUBS

As the sun sets, New Delhi transforms into a vibrant nightlife hub. Areas like Hauz Khas Village come alive with trendy bars, live music, and rooftop lounges overlooking the lake.

Popular spots include Social for its energetic vibe and Privee for a more upscale clubbing experience. Connaught Place also hosts several lively pubs catering to a young, cosmopolitan crowd. ▽



BONUS

GREEN ESCAPES & MARKETS

Beyond monuments and nightlife, New Delhi offers serene green spaces like Lodhi Garden—perfect for morning walks among historic tombs. The Delhi Haat provides a curated shopping experience with handicrafts and regional cuisines from across India.

For upscale shopping, Select Citywalk and DLF Emporio offer global brands and luxury retail.

These spaces highlight New Delhi's balanced lifestyle—where urban sophistication meets pockets of calm and culture.



THE ESSENCE

New Delhi is elegant, expansive, and ever-evolving. If Old Delhi captures your senses, New Delhi soothes them—offering a refined, cosmopolitan experience that perfectly complements its historic counterpart.

STAY

DINE AND MOVE IN STYLE

A PRACTICAL GUIDE FOR THE MODERN TRAVELLER



WHERE TO STAY (WITH APPROX RATES)

LUXURY (₹10,000 – ₹30,000+)

THE LEELA PALACE

New Delhi — Diplomatic enclave
luxury, world-class service

THE OBEROI (₹30,000+)

New Delhi — Golf course views,
refined elegance

TAJ PALACE

New Delhi — Classic Indian hospitality

TYPICAL LUXURY ROOM

₹20,000+ per night

MID-RANGE (₹15,000+)

AEROCITY HOTELS

(Radisson Blu, Pride Plaza)

BOUTIQUE HOTELS

in South Delhi / CP

AVERAGE DELHI HOTEL

₹4,000 – ₹12,000

depending on season

BUDGET

(₹3,000)

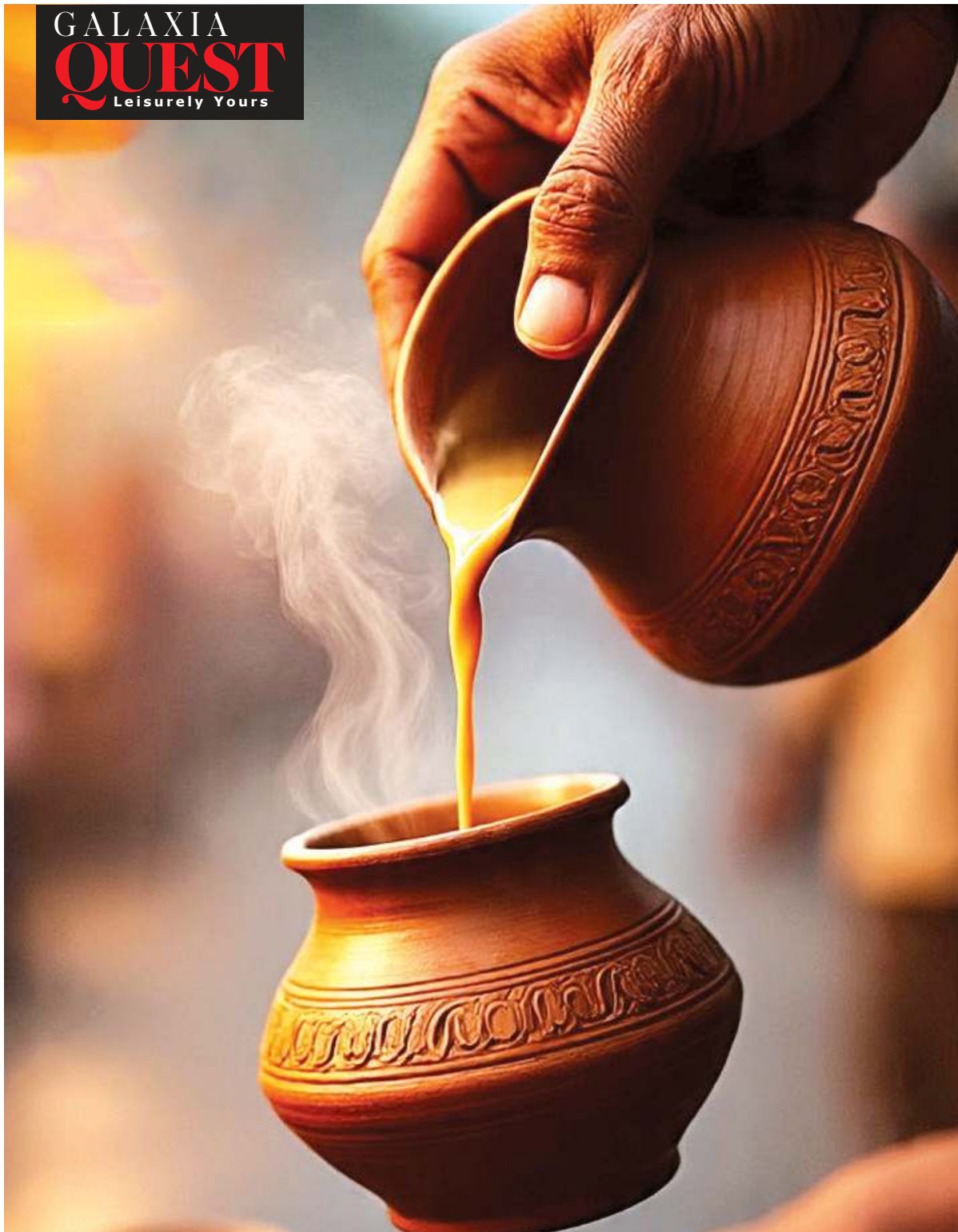
Karol Bagh / Paharqanj /
South Delhi guesthouses

HOW TO COMMUTE

METRO (Best option): Clean, fast, covers all major spots | **UBER/OLA**: Convenient, slightly higher cost | **AUTO / RICKSHAW**: Short distances

PRIVATE CAR: Good for South Delhi / Gurgaon | **AVG DAILY TRANSPORT COST**: ₹400 per person | **PRO TIP**: Use metro for sightseeing, cabs for evenings.

GALAXIA
QUEST
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READ. FEEL. LIVE

FRESH LIFESTYLE AND CULTURE INSIGHTS—OUR
MAGAZINE INSPIRES, INFORMS, AND DELIGHTS
WITH ENGAGING STORIES AND TRENDS.



Good

in summer

THE BEST-KEPT SECRET

WHY THE OFF-SEASON MIGHT JUST BE THE PERFECT SEASON



THE BIG IDEA

While most travellers flock to Goa between November and February, summer reveals a different, quieter, and far more intimate side of this coastal paradise.

Fewer crowds, better prices, and cleaner beaches make it an unexpectedly rewarding escape—especially for couples and relaxed travellers.

THE PRICE ADVANTAGE

Peak Season (Dec—Jan)

Hotels: ₹10,000 - ₹30,000

Flights: ₹8,000 - ₹20,000

Restaurants: Expensive & crowded

Summer (Apr—June)

Hotels: ₹3,000 — ₹10,000

Flights: ₹4,000 — ₹8,000

Same luxury, at 40—60% lower cost

A ₹20,000 beach resort can drop to ₹7,000-₹10,000





Beaches Without the Crowd

@ Summer Goa offers something rare—space.

- Beaches like Baga Beach and Calangute Beach are far less crowded, while South Goa gems like Palolem Beach feel almost private.
- Cleaner sands, fewer vendors, and uninterrupted sunsets make it ideal for long walks and quiet time.

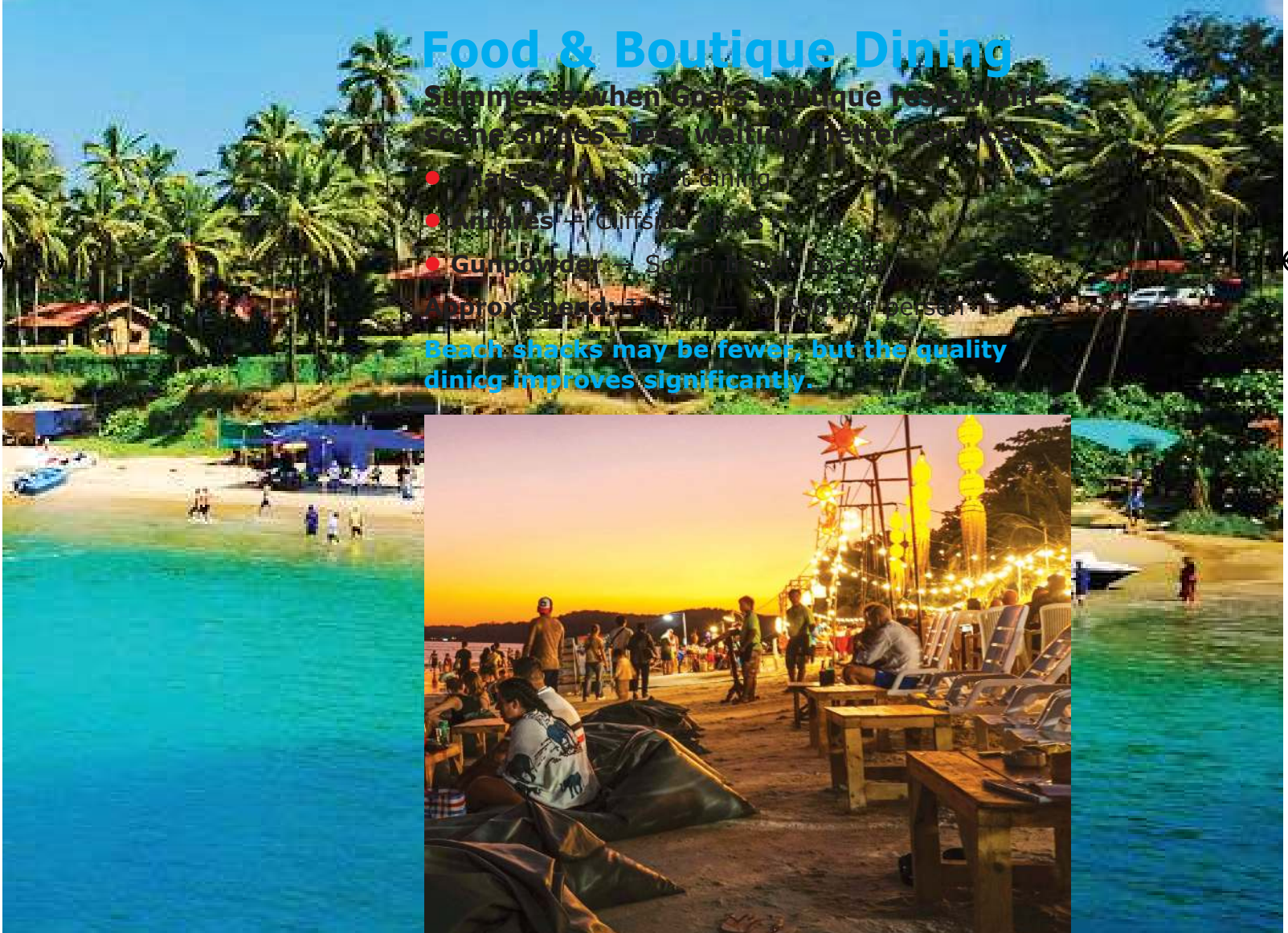
Food & Boutique Dining

Summer is when Goa's boutique restaurants scene shines—less waiting, better service.

- **Marsa** = Bungalow dining
- **Alfama's** = Cliffside dining
- **Gunpowder** = Southwestern fusion

Approx. spend: ₹1,000—₹2,000 per person

Beach shacks may be fewer, but the quality dining improves significantly.





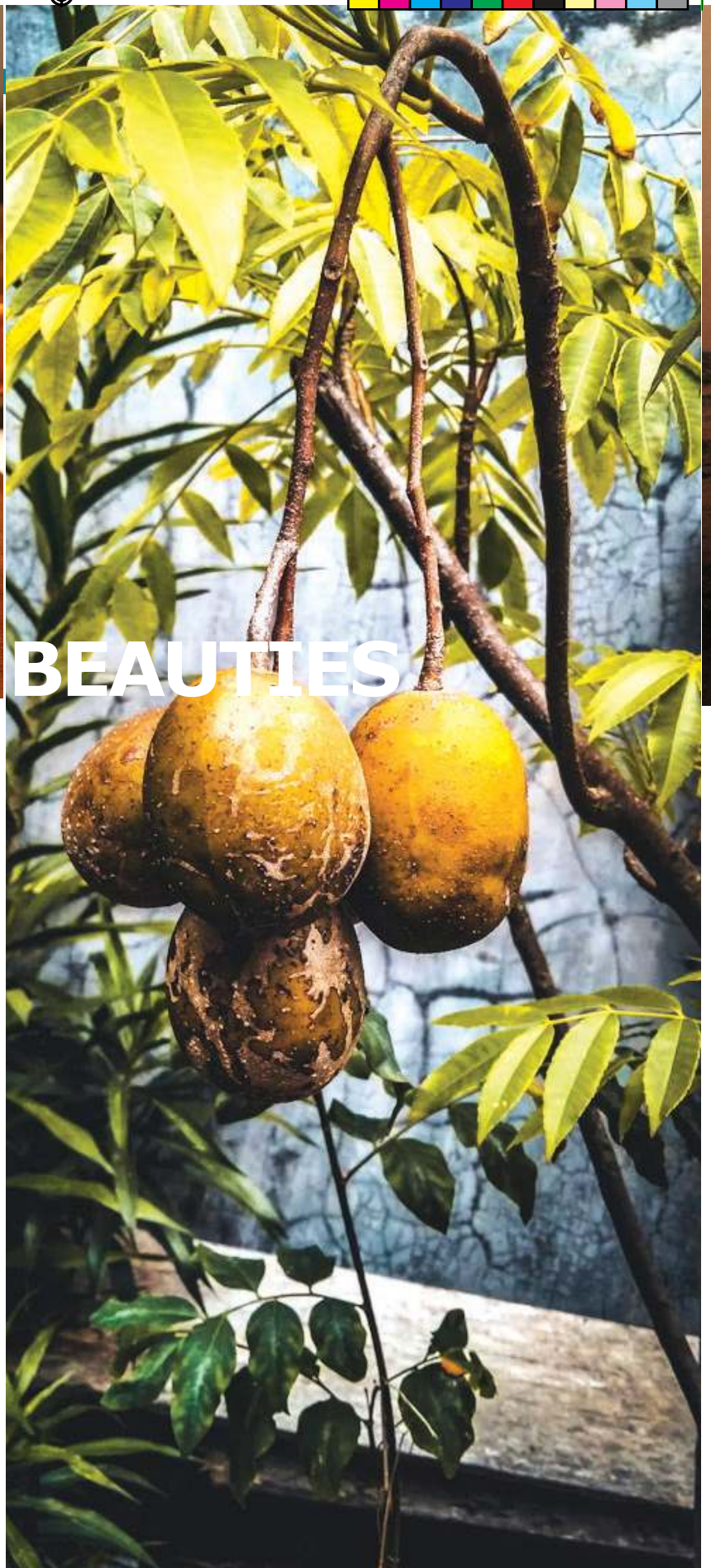
BEVERAGE BEAUTIES

(GOA SPECIALS)

Goa is a haven for locally crafted spirits

- **Feni** - Cashew/coconut spirit
- **Paul John Whisky**
- **Sula Wines** (widely available)
- **Boutique craft gins & rums** from local distilleries

Alcohol is significantly cheaper than most Indian states



WHEN GOA SIMMERS

WEATHER REALITY

Summer in Goa means warm days (32–37°C) and breezy evenings. Occasional pre-monsoon showers bring relief and greenery.

Mornings & evenings : Pleasant

Afternoons : Hot (plan indoor/siesta time)

Early monsoon (June) : Romantic, lush landscapes

GETTING AROUND

Rent a scooter
(₹400–₹800/day)

Self-drive cars
(₹1,200–₹2,500/day)

Cabs available but expensive

Best areas

North Goa : Party & cafés

South Goa : Relaxation & luxury



SHOPPING

Anjuna Flea Market — Clothes, Jewellery

Mapusa Market — Spices, local goods

Budget : ₹2,000 — ₹10,000 depending on shopping style



PRECAUTIONS & TIPS

- Stay hydrated (heat can be intense) "Use sunscreen & hats"
- Plan beach time early morning/evening "Check sea conditions (currents stronger pre-monsoon)"
- Some shacks/water sports may be limited

THE VERDICT

Goa in summer is not about wild parties—it's about slow travel, better value, and deeper experiences. It's quieter, more authentic, and far more affordable. For those willing to embrace a slightly warmer climate, the rewards are immense: empty beaches, great food, and luxury at half the price.



THE TAKEAWAY

- Skip the crowds. Skip the chaos.
- Discover Goa the way it was meant to be— calm, beautiful, and yours.



Australia
FOR TWO

A 10 to 14 Day Romantic Escape Across Cities,
Coastlines & Coffee Culture



THE DREAM BEGINS

Australia is romance, adventure, and luxury combined—sunsets, vineyards, beaches, and cities designed for unforgettable shared memories. — Team GALAXIA QUEST

Australia is not just a destination—it's a mood. For couples, it offers the perfect blend of romance, adventure, and effortless luxury. Think sunset walks by the harbour, long coastal drives, vineyard lunches, and slow

mornings over world-class coffee. From the iconic skyline of Sydney to the artistic charm of Melbourne and the golden beaches of Gold Coast, this journey is designed for shared moments and unforgettable memories.



IDEAL ITINERARY (12 Days)

DAYS 1 : Sydney

Days 5—8 : Melbourne

Days 9-12 : Gold Coast / Brisbane

Optional : Add Cairns (Great Barrier Reef) for 2—3 extra days

Total Budget (Couple)

₹5—10 lakh all-inclusive



SYDNEY HARBOUR ROMANCE!

No first trip to Australia is complete without visit to Sydney.

DAYS 1 : Sydney

Days 5—8 : Melbourne

Days 9-12 : Gold Coast / Brisbane

Optional : Include Cairns (Great Barrier Reef) for 2—3 extra days

Total Budget (Couple)

₹5—10 lakh all-inclusive



STAY & DINE IN SYDNEY

STAY

Shangri-La Sydney — Harbour-facing rooms

Park Hyatt Sydney — Ultra-luxury waterfront

DINING

Quay — Iconic fine dining

Bills — Famous brunch

COST

₹3,000-₹8,000 per person



MELBOURNE

ART, COFFEE & CULTURE

Welcome to Melbourne, often called the cultural capital of Australia.

Explore hidden laneways, visit Federation Square, and take the breathtaking drive along the Great Ocean Road—one of the world's most romantic coastal routes.

COUPLE HIGHLIGHT: Helicopter ride over the Twelve Apostles.

STAY

COFFEE & SHOPPING IN MELBOURNE

STAY

The Langham Melbourne Crown Towers Melbourne

COFFEE CULTURE

Melbourne is a paradise for coffee lovers. Try cafés like Higher Ground

Coffee: ₹250—₹400

Brunch: ₹1,000—₹2,000

Shopping: Queen Victoria Market





GOLD COAST SUN, SAND & FUN

TRAVEL & LOGISTICS

Flights from India
₹80,000—₹1.4 lakh
per person

Domestic flights
₹5,000—₹12,000

**Local travel via trains,
trams, Uber**

Daily commute
₹1,500—₹3,000

For a change of pace, head to Gold Coast.

Think long beach walks, luxury resorts, and a laid-back vibe. Visit Surfers Paradise, enjoy water sports, or simply relax by the ocean.

OPTIONAL: Theme parks like Movie World

STAY & INDULGE (GOLD COAST)

STAY

• JW Marriott Gold Coast Resort & Spa
• The Star Grand Gold Coast

DINING

Seafood and beachfront dining dominate here

COST

₹2,000—₹5,000 per person



BUDGET SNAPSHOT

- **Flights:** ₹2—3 lakh
 - **Hotels:** ₹1.5—3 lakh
 - **Food & experiences:** ₹1—2 lakh
 - **Shopping:** ₹50,000—₹1 lakh
- TOTAL:** ₹5—10 Lakh for 10—12 days

BEST TIME & TIPS

Best time: Oct—March
(Summer in Australia)

Carry light Jackets
(weather can change)

- Book early for best hotel deals
- Extremely safe and tourist-friendly

THE FINAL WORD



Australia is where romance meets freedom. It's not rushed like Europe, nor overwhelming like some destinations—it's balanced, beautiful, and deeply enjoyable.

Whether it's sipping coffee in a Melbourne laneway, watching the sunset over Sydney Harbour, or walking hand-in-hand along Gold Coast beaches—this is a journey designed for two, meant to be remembered for a lifetime.



GALAXIA
QUEST
Leisurely Yours

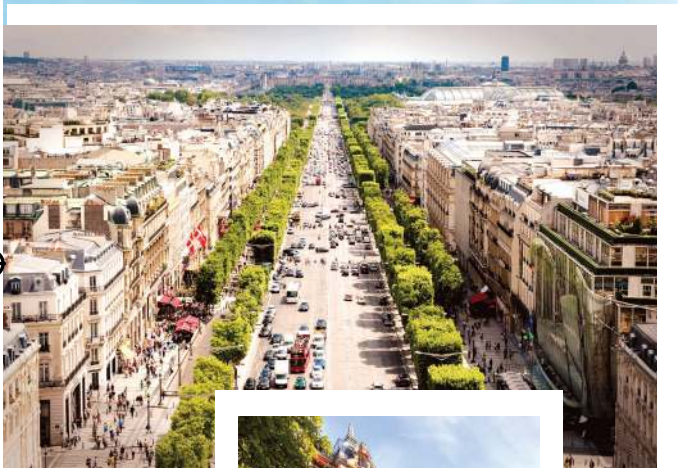


**DISCOVER KNOWLEDGE,
ADVENTURE, AND INSPIRATION**

GALAXIA QUEST
MAGAZINE TAKES YOU TO NEW WORLDS
WITH EVERY PAGE YOU TURN.

SHOPPING PARADISES OF THE WORLD

World shopping paradises sparkle with grandeur—glittering malls, bustling bazaars, designer avenues, and vibrant marketplaces—where fashion, culture, and indulgence unite seamlessly.



PARIS

LUXURY

- Champs - Elysées
- Avenue Montaigne

BUDGET / CHIC

- **Le Marais** - Trendy boutiques
- Galeries Lafayette (also mixed pricing)

MUST-VISIT STORE

- **Galeries Lafayette Haussmann** — Stunning dome & luxury shopping



USA

NEW YORK

LUXURY

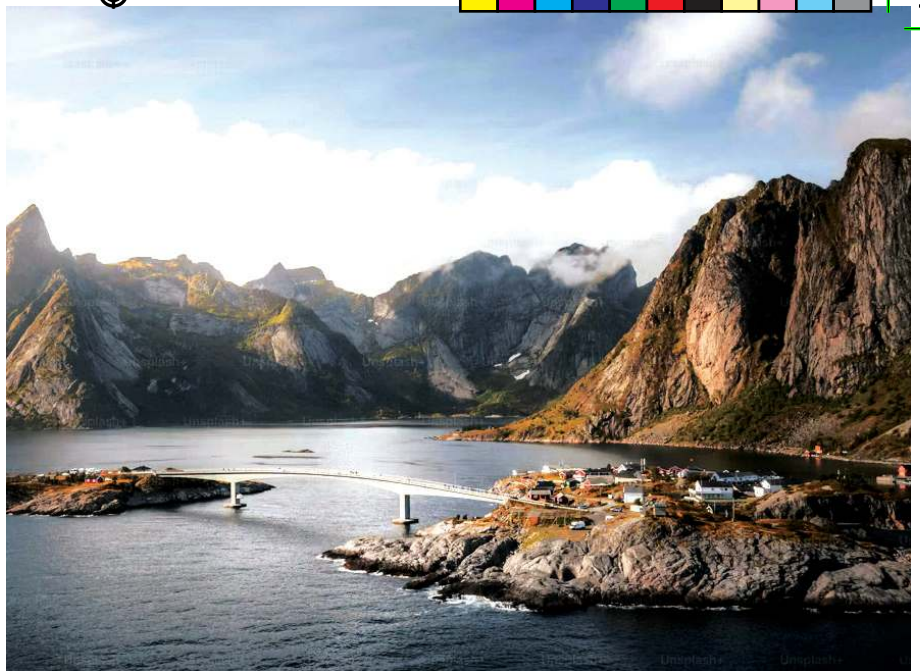
- **Fifth Avenue** - Global luxury hub

BUDGET / DEALS

- **Woodbury Common Premium Outlets** — Massive discounts
- **Macy's Herald Square**

MUST-VISIT STORE

Apple Fifth Avenue — Iconic glass cube



DENMARK

COPENHAGEN

LUXURY

- **Stroget** — One of Europe's longest pedestrian streets

BUDGET / LOCAL DESIGN

- **Torvehallerne** — Food + local shopping

MUST-VISIT STORE

• **Illums Bolighus** — Scandinavian design heaven



QUICK SHOPPING

INSIGHTS FOR INDIANS

- **Best luxury buys:** Italy & Paris
- **Best value shopping:** USA outlets
- **Best high-street mix:** London
- **Unique design products:** Denmark
- **Souvenirs & culture:** Austria

SMART TIPS

- Claim VAT refunds in Europe
- Shop during seasonal sales (June—July / Dec—Jan)
- Carry an extra suitcase
- Compare prices—luxury goods often cheaper in Europe than India

THE TAKEAWAY

- Each destination offers a distinct shopping personality. Italy for fashion, Paris for elegance, London for variety, Austria for souvenirs, and Denmark for design.
- For Indian travellers, shopping here isn't just retail—it's part of the travel experience itself.



ITALY

ROME / MILAN / FLORENCE

LUXURY

- Via Montenapoleone (Milan) — Italy's fashion capital
- Via dei Condotti (Rome) — Designer heaven

BUDGET / VALUE

- Via del Corso — High-street brands
- Florence leather markets

MUST-VISIT STORE

- **Gucci Garden** — A fashion museum-meets-store experience





AUSTRIA

VIENNA

LUXURY

- **Kärntner Straße** — Elegant shopping boulevard

BUDGET / LOCAL

- **Mariahilfer Straße** — Affordable brands & variety

MUST-VISIT STORE

- **Swarovski Kristallwelten Store Vienna** — Iconic Austrian crystals

LONDON

LUXURY

- Bond Street
- Harrods

BUDGET / HIGH STREET

- Oxford Street Camden Market

MUST-VISIT STORE

- **Selfridges** — A landmark shopping experience





SEPTEMBER 8, 1933
APRIL 12, 2026

A sha

The Sonic Chameleon

Asha Bhosle, India's eternal songstress, enchanted generations with her unmatched versatility, emotional depth, and timeless voice across eight decades, leaving behind a musical legacy of over 12,000 songs that defined and transformed playback singing.

NOSTALGIC NUMBERS



Manoj K Arora

April 2026 saw the end of a musical era with the departure of Asha Bhosle. A career spanning 8 decades, a repertoire of over 12,000 songs, a musical style unbelievably versatile and a persona which was full of grace and love.

Asha began singing at the age of 10. Her first break in Hindi films came in 1948 where she sang a song each for *Chunariya* and *Andho Ki Duniya*. Her first solo was for a 1949 film, *Raat Ki Raani*. *Hai Mauj Mein Apne Begaane*. Composed by Hansraj Behl, presented the raw voice eager to shape up. She was 16 then. Her last song was recorded a few weeks before her passing. *The Shadowy Light*, for the Ninth Studio album, *The Mountain*. She was 92 then.

Asha had two major influencers in her life. OP Nayyar and an association of 20 years (1952-72) where she developed a bold, sensuous, and rhythm-driven style that broke away from the classical purity



dominant at the time. 70s brought RD Burman into her personal and professional life. In between, she worked with practically every composer, sang in almost all Indian languages and left us with a body of work that is a national treasure.

What truly set her apart was her vocal architecture. Her singing style was built on flexibility. She could glide effortlessly between high-energy rhythms, deeply-classical compositions and delicately-crafted ghazals. *Parde Mein Rehne Do, Piya Tu Ab Toh Aaja, Dum Maro Dum,*

Hone Lagi Hai Raat Jawan, Chain Se Humko Kabhi, Yeh Mera Dil Pyar Ka Deewana reflect the versatility and range of her voice. She got Filmfare Awards for these songs.

Unlike the more linear style of many contemporaries, Asha often used dynamic modulation, playful pauses, subtle improvisations and emotional undertones. Her voice was described as elastic reflecting exceptional timbre modulation. In cabaret numbers, like *Raat Akeli Hai*, she employed a breathy, slightly nasal tone,



**PARDE MEIN REHNE
DO, PIYA TU AB TOH
AAJA, DUM MARO
DUM, HONE LAGI HAI
RAAT JAWAN, CHAIN
SE HUMKO KABHI,
YEH MERA DIL PYAR
KA DEEWANA
REFLECT THE
VERSATILITY AND
RANGE OF HER
VOICE. SHE GOT
FILMFARE
AWARDS FOR
THESE SONGS**

enhancing intimacy and allure. In ghazals and semi-classical, like *Mera Kuch Samaan*, she shifted to a rounded, fuller resonance, reducing breathiness and increasing tonal depth. Moving between head voice, chest voice, and mixed registers was a hallmark of her technical mastery.

Asha had also mastered the rhythmic agility which was fully exploited by RD Burman. *Piya Tu Ab To Aaja* reflects not only her ability to ride the rhythm but also her ability to use phrasing to mirror instrumental patterns thereby merging the

voice and the instruments into a single continuum.

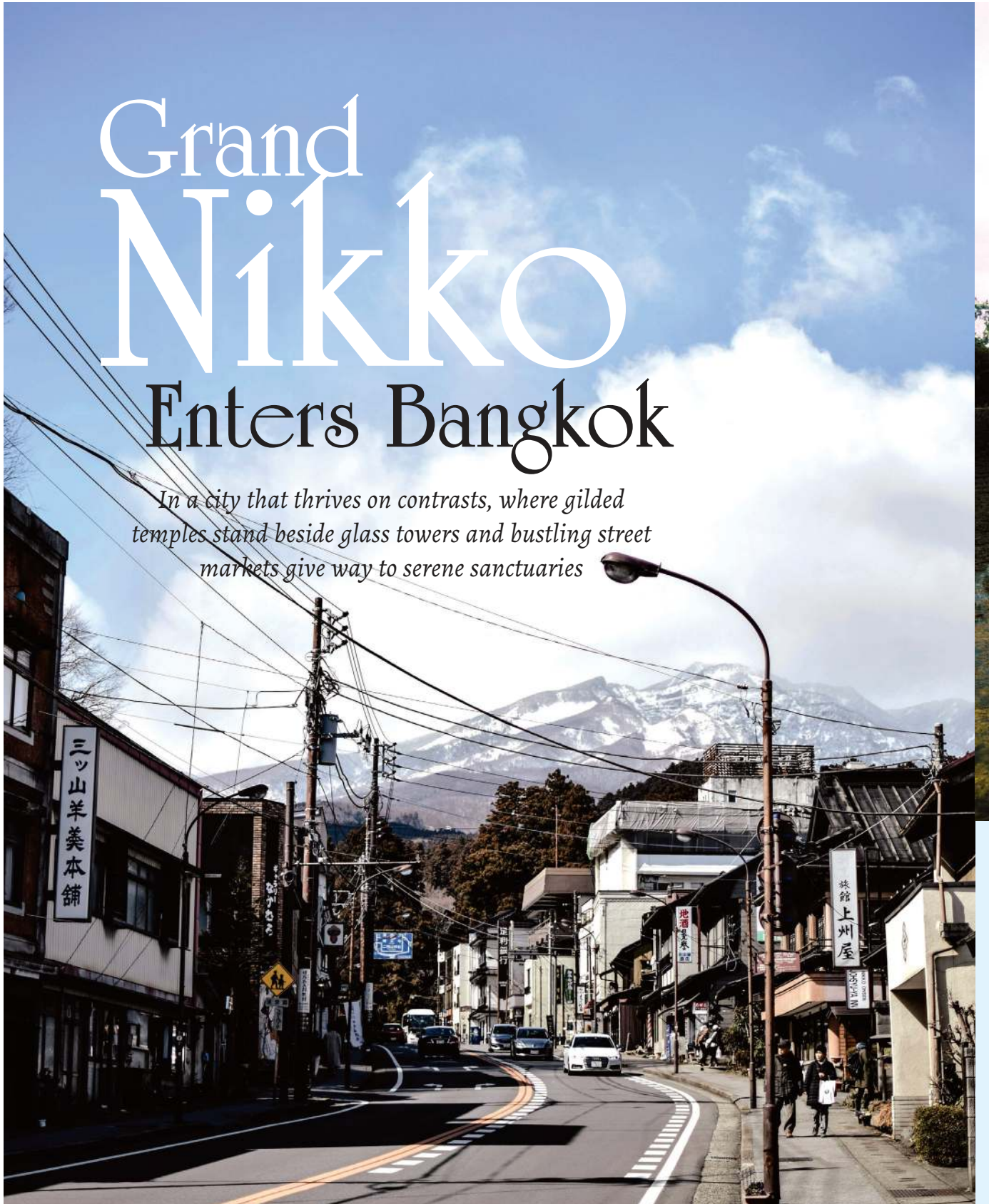
Perhaps her most distinctive technical trait was integration of acting into singing. Asha didn't just sing notes—she assigned emotional intent to micro-phrases. *Ye Kya Jagah Hai Dosto, Ab Ke Baras Bhej Bhaiya Ko, Do Lafzon Ki Hai* represent how she used method acting principles within playback singing, where the voice becomes a character rather than a neutral instrument.

More than just a playback singer, she was an institution—an artist who refused to be confined by genre, expectation, or tradition. Her voice didn't just adapt to change; it often led it. She was often referred to as the actor behind the microphone. ▀

(Manoj K Arora is a former civil servant)

Grand Nikko Enters Bangkok

In a city that thrives on contrasts, where gilded temples stand beside glass towers and bustling street markets give way to serene sanctuaries



**BANGKOK'S
HOSPITALITY SCENE IS
CONSTANTLY
EVOLVING. YET, EVERY
SO OFTEN, A NEW
OPENING CAPTURES
ATTENTION NOT
THROUGH
EXTRAVAGANCE, BUT
THROUGH QUIET
REFINEMENT. IN APRIL
2026, GRAND NIKKO
BANGKOK SATHORN
DOES JUST THAT.**

The hotel's philosophy is rooted in *omotenashi*, the Japanese art of hospitality that emphasizes anticipation over display. It's a sensibility that reveals itself gradually. There are no overt gestures of opulence—instead, the experience unfolds through thoughtful details, intuitive service, and a sense of calm that feels almost rare in a city as dynamic as this.

Step into one of the 405 guestrooms and suites, and the design language becomes clear. Clean lines, muted tones, and a careful interplay of textures define the space. Floor-to-ceiling windows frame the Bangkok skyline, while in-room comforts—like Nespresso machines and thoughtfully designed bathing spaces—add a layer of ease. For longer stays, the hotel's residences offer a more lived-in experience, ideal for those looking to settle into the city rather than simply pass through.

Dining here is less about excess and more about exploration. At SANUK, named after the Thai philosophy of enjoyment, the atmosphere is

G-Q Travel Team

Marking the debut of the Grand Nikko brand in Thailand, the hotel introduces a nuanced blend of Japanese precision and Thai warmth, set in the heart of Sathorn—one of Bangkok's most cosmopolitan districts. Known for its mix of corporate headquarters, embassies, and an ever-growing lifestyle scene, Sathorn offers a more polished, less frenetic version of the city. From here, the rhythm of Bangkok feels both accessible and contained.



relaxed yet considered. The menu moves fluidly between Thai classics, international comfort dishes, and Mediterranean influences, making it as suitable for a leisurely breakfast as it is for an unhurried dinner.

For a more immersive experience, ICHO presents teppanyaki with a contemporary edge. There's a certain theatre to it—the rhythm of knives, the heat of the grill, the precision of each movement—but it never feels overwhelming. Instead, it's quietly captivating.

As evening settles, the focus shifts skyward. TENKU 33, the hotel's rooftop bar, offers

sweeping views of the city's illuminated skyline. Here, cocktails are crafted with the same attention to detail that defines the rest of the property, while the atmosphere strikes a careful balance between energy and elegance.

For quieter moments, LA-MUN offers a pause from the city's pace. A coffee and patisserie space inspired by Japanese and Thai flavours, it's the kind of place where time slows—if only briefly.

What sets this opening apart is its phased approach. Rather than unveiling everything at once, the hotel allows its story to unfold over time. In the coming months, guests can expect



FOR QUIETER MOMENTS, LA-MUN OFFERS A PAUSE FROM THE CITY'S PACE. A COFFEE AND PATISSERIE SPACE INSPIRED BY JAPANESE AND THAI FLAVOURS, IT'S THE KIND OF PLACE WHERE TIME SLOWS—IF ONLY BRIEFLY.

the arrival of the signature Japanese fine-dining restaurant Benkay, the wellness-led Divana Spa, and an exclusive club lounge experience. It's a reminder that some destinations are best discovered gradually.

Location, of course, remains key. Just a short walk from Chong Nonsi BTS Skytrain station and within easy reach of Suvarnabhumi International Airport, the hotel offers seamless connectivity while maintaining a sense of retreat.

In a city known for its boldness, Grand Nikko Bangkok Sathorn stands apart through restraint. It doesn't seek to compete with Bangkok's energy—instead, it complements it. And in doing so, it offers something increasingly rare: a space where luxury feels not just seen, but quietly experienced. ▽



Mind Your Feet!

Ravi V. Chhabra *in conversation with* **Dr. Govind Singh Bisht**,
*Associate Director – Podiatry, Max Healthcare, New Delhi. They discuss
fungal infections, footwear, and why foot health remains India's most
overlooked specialty despite rising diabetes and lifestyle disease.*

What are the primary causes of fungal infections in the feet?

Fungal infections thrive in warm, moist conditions. Feet are particularly vulnerable when they remain sweaty or are not dried properly, especially between the toes. People with diabetes, low immunity, or those undergoing treatments like chemotherapy are at higher risk. Infections can also spread through contaminated surfaces such as swimming pools, gyms, shared bathrooms, and wet carpets.

What kind of footwear do you recommend for men and women?

Footwear should always prioritize comfort and support. I recommend shoes that are extra wide, have adequate depth, and are well-cushioned. Avoid narrow, pointed shoes that compress the toes. It's also important to wear activity-specific footwear, running shoes for running, sports shoes for sports and rather than using one pair for everything.

Do you recommend any specific footwear brands? Why or why not?

Rather than focusing on brands, it's better to look for essential features such as shock absorption, stability, motion control, and cushioning. The footwear should also be lightweight and suited to your foot's length and width. A good fit matters more than a popular brand name.

Are there enough qualified podiatrists in India?

Unfortunately, no. Podiatry is still an emerging field in India, and there are limited formal training programs, degrees, or diplomas available. This leads to a shortage of qualified specialists compared to global standards.

What is the training and qualification of a podiatrist?

A podiatrist is a medical professional specializing in foot and ankle care. Like other doctors, they undergo medical training followed by specialized education in areas such as diabetic foot care, sports medicine, gait analysis, and biomechanics. In many



countries, podiatrists focus exclusively on foot-related conditions.

It is common for people to soak their feet in warm salt water. What is your view?

For a healthy individual, soaking feet in warm salt water can be beneficial. However, people with diabetes should avoid it. Due to neuropathy, they may not feel heat properly, increasing the risk of burns. Even using hot water bottles or heaters near the feet can be dangerous.

What first aid do you recommend for foot injuries?

For internal injuries like sprains, follow the RICE protocol: Rest, Ice, Compression, and Elevation. If you suspect a fracture, immobilize the area with a splint and seek medical help. For external wounds, apply firm pressure with a clean cloth or bandage to stop bleeding, keep the foot elevated, and consult a doctor.

Can foot sores be treated at home?

It's always best to seek medical advice. If immediate care isn't possible, clean the wound with an antiseptic solution and apply a topical antibiotic dressing. Avoid contamination, especially from unclean water. If healing is delayed, consult a doctor without delay.

What are brittle nails and what causes them?

Brittle nails are dry, discoloured, and prone to cracking or breaking. They can result from environmental factors like excessive washing or chemical exposure, as well as underlying conditions such as hypothyroidism, iron deficiency, fungal infections, or compromised immunity.

What is the difference between a podiatrist and a pedicurist?

A podiatrist is a medically trained doctor who diagnoses and treats foot conditions. A pedicurist, on the other hand, is a non-medical professional who focuses on cosmetic foot care like cleaning, nail trimming, and removing dead skin.

What types of foot-related problems do you commonly see?

About 50% of my patients have diabetic foot issues, including neuropathy and non-healing ulcers. Other common problems include heel pain, corns, calluses, fungal infections, ingrown toenails, flat feet, high arches, and sports-related injuries.

How can one maintain healthy feet?**Good foot care habits are essential:**

- Wash feet daily with lukewarm water
- Dry thoroughly, especially between toes
- Wear well-fitted, cushioned footwear
- Cut nails straight across
- Moisturise dry skin (avoid between toes)
- Use powder for sweaty feet
- Wear clean cotton or wool socks
- Also, avoid self-treating corns or calluses and consult a doctor for any persistent issue.

Do you recommend any food supplements or foot creams?

Supplements are not required routinely unless prescribed. Foot pain can sometimes be linked to deficiencies like Vitamin B12, Vitamin D, or calcium, or conditions like high uric acid or arthritis. A balanced diet is key. For dry skin, use a regular moisturizer, preferably urea- or paraffin-



FOR QUIETER MOMENTS, LA-MUN OFFERS A PAUSE FROM THE CITY'S PACE. A COFFEE AND PATISSERIE SPACE INSPIRED BY JAPANESE AND THAI FLAVOURS, IT'S THE KIND OF PLACE WHERE TIME SLOWS—IF ONLY BRIEFLY.

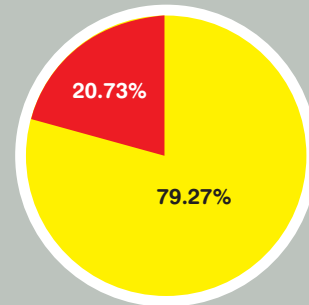
Result of questionnaire survey of all new patients in two Podiatry OPD*

Jan 2023 - Dec 2025

SAMPLE SIZE 1076 PATIENTS

Q: Do you know about Podiatry before?

NO 853 (79.27%)
Yes 223 (20.73%)



79% of patients are unaware of podiatry as a specialty

Urgent need for public health awareness campaign

Data from January 2023 - December 2025 from Two OPD Clinics in Delhi

By: Dr. Govind Singh Bisht, Associate Director Podiatry Max Healthcare New Delhi

January 2026

based but avoid applying it between the toes.

When should one visit a pedicurist and when a podiatrist?

A pedicurist is suitable for routine grooming and maintenance. However, for any pain, infection, deformity, or medical concern, you should consult a podiatrist. People with diabetes should have at least one annual foot check-up, even if they have no symptoms.

What is your advice for people who bite their nails or cuticles?

Nail biting can lead to infections and damage nail health. It may also indicate stress or anxiety. It's important to address the habit early through awareness or counselling, rather than ignoring it.

Why is foot care (podiatry) still neglected in India despite the rising burden of diabetes and lifestyle diseases?

Podiatry is still neglected in India in spite of rising burden of diabetes and lifestyle because, there is lack of awareness and education among healthcare providers about basics of diabetic foot care, and there

is no formal training program in medical colleges and universities to teach podiatry as a specialty.

How can Podiatry be integrated into primary healthcare in India to reduce preventable complications?

Starting of Preventive Podiatry Training Programs at district level and dissemination of Diabetic Foot Education is very important. Diabetic foot screening for neuropathy and vasculopathy with bio mechanical assessment should be an integral part of diabetic care. Diabetic foot education should be a must for all diabetic patients. Prevention of diabetic foot by preventive podiatry care is the best way to avoid diabetic foot complications. ▼

Dr. Govind Singh Bisht is a MBBS, CPP (Fellowship in Podiatry, BIDMC, Boston, USA) Associate Director – Podiatry (Foot Care), Max Multispecialty Hospital, Panchsheel Park, New Delhi & Gurgaon. Senior Consultant, Sri Balaji Action Medical Institute, New Delhi Clinical Director & Regional Clinical Advisor (Asia Pacific)



SUMMER SKIN SIMPLIFIED



*Summer skincare stays simple—
cleanse, hydrate, and protect.
Natural aids like cucumber, tomato,
and aloe vera refresh, keeping skin
radiant, calm, and resilient against
summer heat. **NELOFAR
CURRIMBOY** writes*

Summer skincare does not have to mean complicated routines or expensive products. Yet, a good daily routine will make you look fresher and take you through the summer without causing skin damage. Follow a daily routine which should become a habit. Cleanse your face with a mild face wash and follow it with a gentle scrub. Scrubs are important in the summers to remove the excess sweat and skin secretions that layer the face in hot weather. Now that you're nice and cleansed, it's time to use a light moisturiser in a small quantity. Just enough to soften the skin and get totally absorbed—make sure that your moisturiser does not float on your skin adding to the summer shine on your face. If you are stepping out make sure to apply a sunblock from a good brand. Carry it in your handbag to reapply. Some brands are coming with slight tints so it gives the added advantage of a mild day cover.

If you are a naturalist, here is the good news. Some basic ingredients sitting in your kitchen, such as cucumber, tomato, aloe vera, curd, and rose water, can actually help your skin stay calm and balanced if you do not overuse them. Think of these as low-effort extras. They are not replacements for cleanser, moisturizer, and sunscreen, but the little things that make your skin feel like it can breathe again.

- Cucumber is the obvious hero. There is something satisfying about putting cold cucumber slices on your face after you have been out in the sun—it just works. It cools down your skin instantly. If you are feeling slightly more ambitious, you can grate it and use the juice like a quick toner. It is the kind of small relief your skin appreciates in hot weather.
- Tomato is a natural skin fix it easily available in every kitchen. It is great if your skin gets oily or starts looking a little uneven in the summer. It works well for de-tanning and also helps to excess shine and sweat that is part of summer perils. A quick rub with a slice or a simple tomato-and-honey will de-tan the skin and give it a soft look. Keep it on for five to ten minutes.
- Aloe vera is the reliable skin care plant. It is an always-there-for-you ingredient, found in most home gardens. If you don't have one, growing one as a beauty ingredient is a worthwhile. If your skin feels irritated, slightly sunburnt, or just generally aggravated with the heat, aloe vera helps calm it down. Apply a thin layer at night, and you wake up feeling like things are under control again. It is light, absorbs easily, and does not feel heavy in already uncomfortable weather.
- Curd is underrated. When your skin starts looking dull and tired—which it does, thanks to heat and pollution—curd quietly steps in. It gently exfoliates, softens, and gives you that clearness that makes your skin feel scrubbed without trying too hard. Mix it with a bit of honey or turmeric, leave it on for about ten minutes, and you are sorted.
- A perfect skin scrub can be made with just one almond mashed to a granular form, mixed with a bit of fresh cream. A few drops of lemon

added to this makes a nice summer scrub and de-tan mixture you will see the benefits of as you wash it off.

- Then there is rose water—the easiest of them all. No effort, no thinking. Just dab it on or mist it whenever your face feels like it is melting. It is subtle, but it keeps things feeling fresh. The only real rule here is: do not get carried away. It is tempting to try everything at once because it is “natural,” but your skin does not love chaos. Pick one or two things, use them occasionally, and pay attention to how your skin reacts. Keep the basics solid, keep these extras light, and your skin will feel a lot less like it is fighting summer—and a lot more like it is handling it just fine. ▼





Each Indian summer, the Alphonso mango returns like royalty — golden, aromatic, impossibly brief. This year, scarcity deepens its mystique. From Konkan orchards to London markets, the prince of fruits demands patience, discernment, and memory.

BY Rimi Thapa

The Indian summer every year brings with it a bonanza of the flavorful and a plethora of luscious variety of mangoes – both raw and ripe. Needless to say, the Indian variety of mangoes is the most colorful and aromatic. While the mango is a beloved fruit of millions globally, India happens to be major exporter, parallel to none. The king of fruits, as it is endearingly

known, its supreme embodiment is the prince ‘Alphonso’.

For those who wait all year, the season is fleeting. In Mumbai, the first boxes arrive like quiet announcements of summer, stacked high in markets and carried home with care. Abroad, in cities like London, Dubai, and New York, they appear briefly in specialty stores, often at prices that only add to their mystique. The Alphonso is not



just a fruit, it is an experience, one tied deeply to memory, geography, and time. This year, however, that experience feels rarer.

Across the Indian state of Maharashtra's Konkan coast, the heartland of Alphonso cultivation, the farmers are navigating an unusually difficult season. Unseasonal rains and shifting temperatures have disrupted the delicate flowering process, leading to significantly lower yields in regions such as Ratnagiri and Devgad. The mango trees, which already follow a natural cycle of high and low production every few years, seem particularly affected this time, their output reduced and their fruit more limited than usual. The result is a season defined by scarcity. That inevitably, sharpens desire but also complicates authenticity. Not every mango that wears the Alphonso tag delivers the experience it promises.

THE TEXTURE

A true Alphonso reveals itself slowly. Its skin carries a golden-yellow warmth, sometimes brushed with hints of red. Slice it open, and the flesh glows a deep, almost luminous orange. The texture is smooth, buttery, and entirely without fiber, while the aroma is sweet, floral, and intense, lingers long after the first bite.

In contrast, imitations can appear deceptively similar. Their color may lean toward a paler yellow, their aroma less pronounced, their texture slightly fibrous. In a year when supply is tight and demand is unwavering these differences matter more than ever.

For travelers and culinary explorers, this makes the pursuit of the perfect Alphonso all the more rewarding. To taste one in its place of origin, perhaps in a sun-dappled orchard in the Konkan, or at a bustling local market where vendors speak passionately of their produce—is to understand the idea of terroir in its most delicious form. The soil, the sea air, the climate and all come together to create something that cannot quite be replicated elsewhere. Yet, even as the Alphonso retains its aura of exclusivity, another mango is quietly gaining ground.

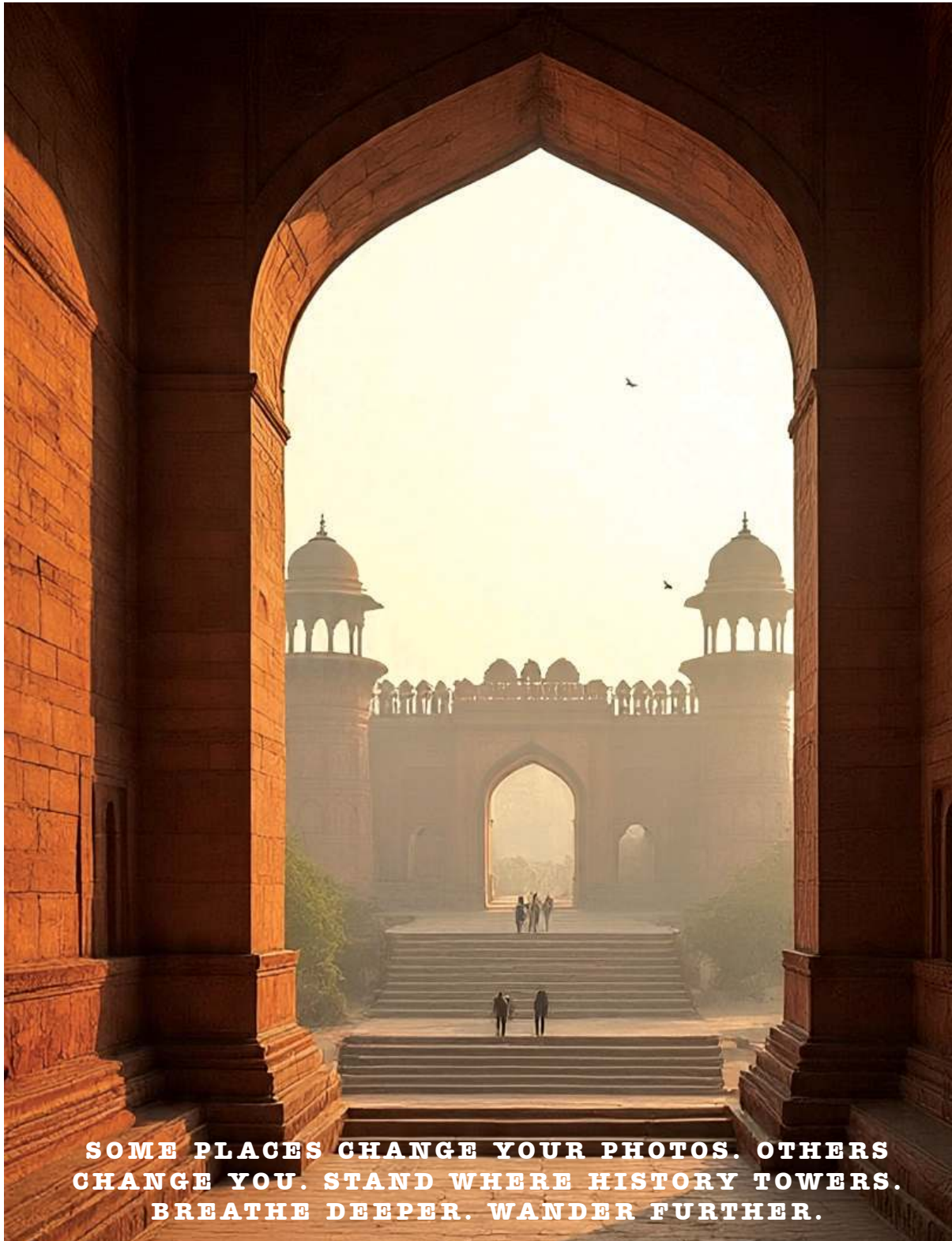
The Kesar variety is cultivated in Gujarat and parts of western Maharashtra, offering a different expression of sweetness. Its saffron-hued pulp, slightly firmer texture, and longer shelf life make it both travel-friendly and versatile. In global markets, particularly where logistics and durability matter, Kesar is increasingly becoming the mango of choice.

Still, for many, the Alphonso remains unmatched, not just for how it tastes, but for what it represents. It is a marker of seasonality in a world that often feels year-round, a reminder that some pleasures cannot be rushed or replicated.

This year, finding an authentic Alphonso may require a little more patience, a little more discernment. But perhaps that is part of its enduring appeal.

After all, the finest journeys, like the finest mangoes, are rarely the easiest to find. ▀

GALAXIA
QUEST
Leisurely Yours



**SOME PLACES CHANGE YOUR PHOTOS. OTHERS
CHANGE YOU. STAND WHERE HISTORY TOWERS.
BREATHE DEEPER. WANDER FURTHER.**