

Global Tourism Resilience Day celebrates the strength, adaptability, and innovation of the travel and tourism industry worldwide. Observed annually, it highlights how destinations, businesses, and communities bounce back from crises, from natural disasters to pandemics, ensuring sustainable and safe travel experiences. The day encourages reflection on lessons learned, promotes responsible tourism practices, and recognizes the efforts of professionals keeping the industry vibrant. Travelers and stakeholders mark the occasion by supporting local businesses, engaging in eco-friendly tourism, and appreciating the resilience that sustains global travel, fostering hope and renewal for the future of tourism.

#SHOW

Lights Faded  
The Truth Walked In

A high profile Indian fashion designer and couturier from Delhi was presenting his collection. It was breathtaking as the lehenga twirled with embroidery singing with gold



Varnika Agarwal  
(English Language Educator)

acophony of high pitched noises entered the opulent area of a popular hotel in Jaipur. The serpentine line of people snaked towards the entrance of a fashion show with bare minimum on themselves in the biting cold. As dusk set in and the people who stood outside with bated breath entered, perching themselves on the soft vivid red benches, each grabbing them like a game of musical chairs. While I sat like a queen in the first row next to my man who for that night seemed to be look like Mr. Darcy. His tall, strong proud demeanour gave him an air of quiet power. The women around me stared at my chunky gold necklace. I felt like I was in the shoes of Elizabeth Bennet, feeling the need to be judged on my first impressions. The stillness in the air was evident as the announcement to commence was made.

A high profile Indian fashion designer and couturier from New Delhi was presenting his collection. It was breathtaking as the lehenga twirled with the embroidery singing with gold. The men wore pristine white kurtas whispering secrets to the lights. It was a treat for the eyes as the opposite sex seemed like Greek Gods, with chiselled jawlines and six packs that set the tone for next thirty minutes. As the Rajasthani music lingered in my ears, the cheering crowd made me feel like an elf. Astonished



Shreya Prasad Sharma

Almaty, a city often overlooked by mainstream tourists, turned out to be one of the most remarkable discoveries of my New Yearly adventure. Nestled at the foot of the Tian Shan Mountains, Almaty is a hidden gem that offers a perfect blend of nature, adventure, and culture, all without the crowds that usually overwhelm popular destinations. What makes Almaty even more special is its tranquility, affordability, and its ideal setting for first-time skiers. This trip made me realize that, despite not being one of the world's top tourist spots, Almaty is more than capable of delivering an unforgettable experience.

Arrival and Stay at The Ritz-Carlton, Almaty

The journey started with my stay at the Ritz-Carlton in Almaty, and it couldn't have been more perfect. From January 1st to 5th, the hotel became my sanctuary amidst the snow-capped mountains. The hotel offered exceptional value for money without compromising on luxury or comfort. I had the privilege of staying in a suite that provided premium lounge access, where all-day drinks and snacks were on the house. The variety of snacks was impressive, from gourmet Italian delights to sandwiches and local delicacies. But the real highlight was the cocktails, some of the best I've had, paired with fresh fruit concoctions.



tions. Each morning, I was treated to an extraordinary breakfast spread that catered to every possible preference. From caviar to fresh fruits, the options were endless. There was also a special kids' breakfast section, which was a thoughtful touch for families. The view from the hotel was nothing short of magical, offering panoramic views of the Tian Shan Mountains, almost as if I were living in the clouds, surrounded by snow-covered peaks.

Skiing at Shymbulak and Medeu: A Mix of Adventure and Local Charm

Almaty is a hidden treasure for skiing enthusiasts, and Shymbulak Ski Resort and Medeu offered the perfect setting for my adventure. The resorts are ideal for newcomers to skiing, with well-trained instructors

Discovering  
Snow-Mobiling  
In Kazakhstan

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#ALMATY



found it to be the perfect spot for some quiet reflection amidst nature. A visit to Gorky Central Park of Culture and Leisure offered another peaceful escape. The park was lively yet relaxed, with families and locals enjoying the open space. Nearby, the Zeleny Bazaar brought me face to face with the bustling life of Almaty. The market was filled with fresh produce, spices, and Kazakh delicacies. I couldn't resist sampling a few, and the warmth of the locals made the experience all the more special. A memorable stop was at the Rakhat Lotte Chocolate Souvenir Shop, where I picked up some delicious chocolates to take home.

Adventure Beyond the City: Charyn Canyon and Kolsay Lake

From January 6th to 8th, I explored the wonders outside Almaty. Charyn Canyon, often referred to as Kazakhstan's Grand Canyon, was a

Food and Nightlife: A Culinary and Social Experience

Almaty's food scene is not just about traditional dishes but also an evolving fusion of flavours. I had the privilege of dining at some of the city's top spots:

- Beefsteak Dostyk offered a hearty meal with mouth-watering steaks. The ambience was top-notch, making it the perfect place to unwind after a day of exploration.
- Nuala provided a chic dining experience with exquisite dishes that combined international flavours with local ingredients.
- Tyubetika, a cozy restaurant, served the most comforting Kazakh food. I savored traditional dishes like beshbarmak and

surreal experience. The vivid red rock formations and the deep valley carved by the Charyn River were absolutely stunning. The Kolsay Lake and surrounding nature offered a tranquil retreat, perfect for nature lovers and photography enthusiasts. I also ventured to Tamgaly Tas, where ancient petroglyphs tell the story of Kazakhstan's deep historical roots. The City of Nomads Day Tour offered a fascinating glimpse into Kazakhstan's past, bringing the ancient nomadic culture to life through its ruins and scenic landscapes. The Ile River was equally mesmerizing, with its flowing waters creating a peaceful ambience, making it a must-visit for anyone looking to connect with nature. One of the best experiences I had in Almaty was with Ren Tour Extreme, which offers thrilling snowmobiling adventures through the snow-covered landscapes of the Tian Shan mountains. The rush of speeding through the vast, pristine snowfields, with nothing but the mountains surrounding you, was truly exhilarating. It's an unforgettable way to explore the natural beauty of Almaty's winter wonderland. Additionally, Altai provides an authentic horse riding experience, allowing visitors to explore the picturesque countryside like the ancient nomads once did. Riding through the snow-covered hills on horseback gave me a deep connection to the land, offering panoramic views of the mountains and valleys, and an experience that was both peaceful and awe-inspiring.

- plow, each bite full of warmth and history.
- SandyQ offered a delightful culinary experience with modern twists on Kazakh and Central Asian dishes. The flavours were rich, and the hospitality made it a standout spot for anyone looking to try something new yet familiar.
- For a night out, I visited Zhest Nightclub, which had an electric atmosphere and great music. The nightlife in Almaty was surprisingly vibrant and welcoming, offering an energetic contrast to the calm beauty of the daytime.
- Cicada Bar was another gem, offering great cocktails in a stylish setting. Nebo provided a rooftop bar experience with an unbeatable view of the city, perfect for a drink while watching the sunset.

Farewell to Almaty

As my time in Almaty came to a close, I was filled with gratitude for the experiences I had, from the serene moments in nature to the exhilarating adventures on the slopes. Almaty, with its undiscovered charm and warmth, proved to be one of the best travel experiences I've had. It's a city that offers everything, natural beauty, thrilling adventures, cultural treasures, and an emerging culinary scene, all without the overwhelming crowds that come with popular tourist spots.

Whether you're looking for a peaceful retreat, a skiing getaway, or an affordable yet luxurious escape, Almaty should be on your radar. With its breathtaking landscapes, rich history, and welcoming people, this underrated gem is a place worth discovering.

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#MEDICINE

Egyptian Doctors  
Were Ahead of  
Their Time

Archaeologists have discovered skulls from ancient Egypt with cracks and holes, the result of trepanation, one of the earliest known forms of brain surgery



Think your doctor is advanced? Think again. Over 4,000 years ago, Egyptian physicians were performing brain surgery, recording cases, and developing protocols that would rival, and in some ways surpass, modern practice. It sounds impossible. But the evidence is clear.

A Skull That Survived Surgery

Archaeologists have discovered skulls from ancient Egypt with cracks and holes, the result of trepanation, one of the earliest known forms of brain surgery. No hospitals. No machines. No anesthesia. And yet, the patients survived. The bone had healed completely, proving that these were not mere experiments, they were life-saving procedures performed with precision.

Written Knowledge: The Edwin Smith Papyrus

What truly sets Egyptian medicine apart is not just the surgery itself, but how systematic



cally it was documented. The Edwin Smith Papyrus, a 4,000-year-old medical text, contains 48 detailed surgical cases. Each case includes:

- The diagnosis
- Step-by-step treatment
- Instructions on what to do if the initial plan failed

Astonishingly, many of these instructions remain accurate today. The Egyptians had developed protocols, risk

assessment, and medical reasoning thousands of years before modern hospitals existed.

A Secret Worth Guarding

This knowledge was considered sacred and dangerous. Students who leaked these secrets faced execution. Surgeons whose patients died could have their hands removed, never to practice again. For 3,000 years, priests and physicians guarded this wisdom closely, passing it down only to the most trusted apprentices.

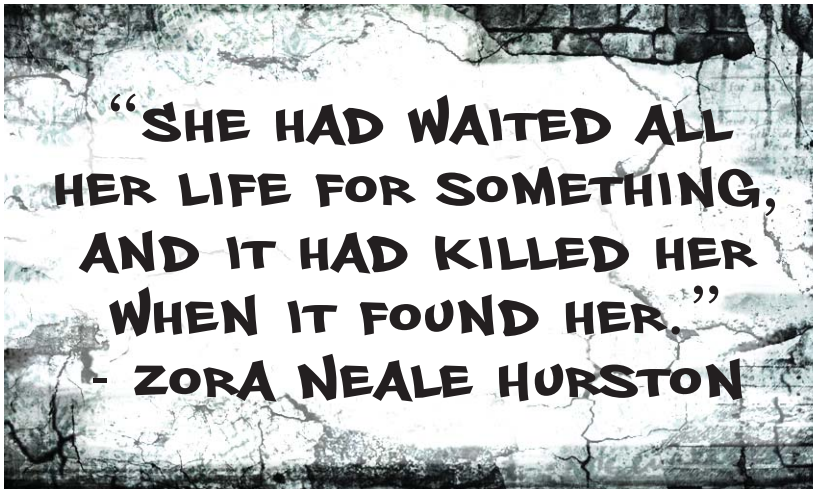
The Greek Connection

Eventually, the Greeks came. Hippocrates, often hailed as the Father of Medicine, studied in Egypt. He absorbed centuries of Egyptian knowledge, brought it home to Greece, and codified it, earning historical fame. Meanwhile, the Egyptian teachers who had pioneered these techniques were largely erased from history. Their innovations became invisible, credited instead to those who came later.

Rethinking Medical History

When you walk into a hospital today, you might assume that modern medicine began with Greece or Europe. But the foundations, surgery, diagnosis, documentation, even early anesthesia, began on the banks of the Nile. Egyptian doctors weren't just healers, they were innovators, engineers of the human body, and meticulous record-keepers whose work still echoes in medical practice today. The next time you think medicine is a modern invention, remember the skulls, the papyri, and the priests of ancient Egypt. They set the standard long before hospitals, universities, or stethoscopes existed.

THE WALL

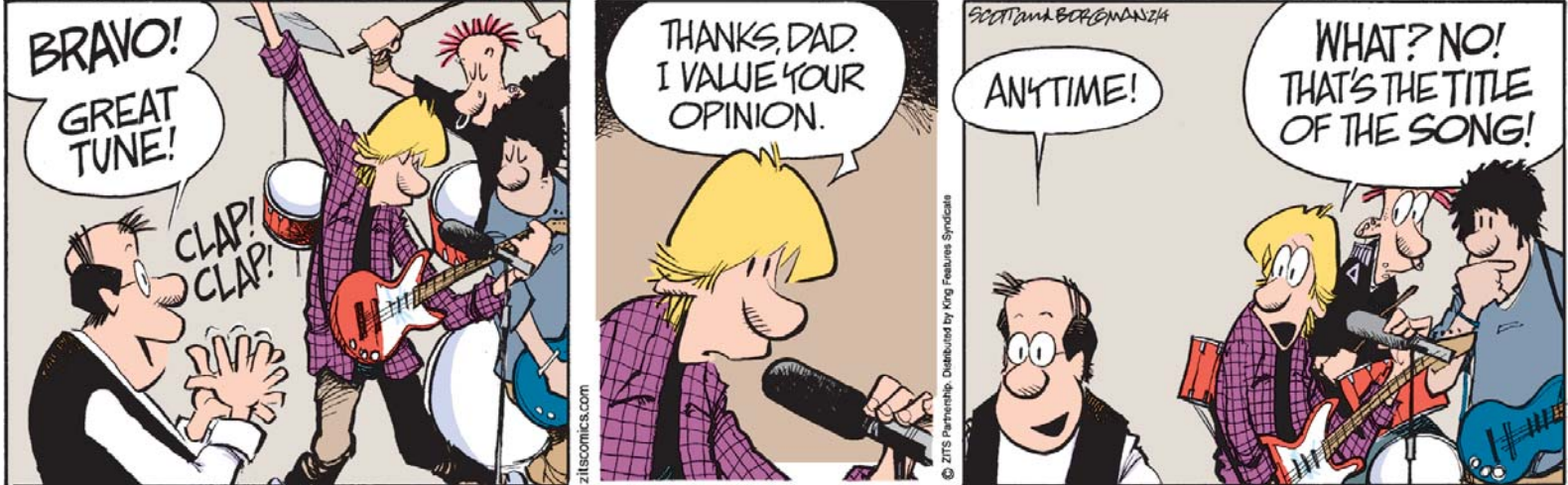


BABY BLUES



By Rick Kirkman & Jerry Scott

ZITS



By Jerry Scott & Jim Borgman