

RELIANCE

General Insurance

R Health Beat

Quarterly Health Magazine-Vol.8, December 2015

Cold Pressed Juice

- The elixir of
long lasting health

An Ode to Joy

Shape up like

Alia Bhatt

STEP UP

- FIND YOUR
PERFECT SOLE MATE

LUXURY IN THE LAP OF NATURE



RELIANCE

General Insurance

Reliance HealthGain Policy

**1 Policy.
7 Amazing benefits.
That's Smart!**

LiveSmart



**5% Premium
discount for girl child
or single woman**



**Cumulative bonus
at the end of a
claim-free year****



**Reinstate the policy
with 'base sum insured'
after it's exhaustion****



**5% Family
discount with an
individual policy**



**Claim and policy
service guarantee
in case of delay**




**Free auto-extension
of the policy for an
additional year*****



**5% Premium discount
for Reliance Private Car
Package Policy customers**

Join us on

 /RelianceGeneralIN

 /relicoltd

reliancegeneral.co.in

1800 3009

*More than 4 million policies issued and over 1 million claims settled for the period of April 2013 to March 2014 by Reliance General Insurance Company Limited. **Terms & conditions apply | ***In case of named critical illness | Note - Total of cumulative discounts shall not exceed 15%. For complete details on the benefits, coverage, terms & conditions and exclusions, do read the sales brochure, prospectus and policy wordings carefully before concluding sale. UIN: IRDA/NL-HLT/RGI/P-H/V.I/318/13-14. IRDA of India Registration No. 103. Reliance General Insurance Company Limited. Registered Office: 19, Reliance Centre, Walchand Hirachand Marg, Ballard Estate, Mumbai 400001. Corporate Office: 570, Rectifier House, Naigaum Cross Road, Next to Royal Industrial Estate, Wadala (W), Mumbai 400031. Corporate Identity Number: U66603MH2000PLC128300. Insurance is a subject matter of solicitation. Trade Logo displayed above belongs to Anil Dhirubhai Ambani Ventures Private Limited and used by Reliance General Insurance Company Limited under License.

More than 4 million policies issued and over 1 million claims settled annually*

From the Editor's Desk...

Dear Readers,

It is often said that change is the only constant and an inevitable part of life. No matter how predisposed we humans are to resist change, it is vitally important to re-evaluate and ideate to stand out. Before we usher into the New Year and mark the celebration of our next anniversary issue, we present before you a more refreshed and a revamped version of R HealthBeat with more sections, more pages and a new theme.

In this issue we celebrate the power of Being Healthy and take a pledge to make a lifetime commitment to fitness which would help each one of us to live a longer, healthier life.

“ *Perhaps running is the most natural exercise
a human can do and today running marathons is
the new fitness revolution in our country.* ”

Despite being in her teens, Alia Bhatt not only has garnered rave reviews for her performances in movies such as Highway, 2 States, Humpty Sharma Ki Dulhania and Shaandaar but also makes heads turn with her gorgeous looks. Read our cover story this quarter to know her fitness & beauty secrets.

While talking about running, we cannot tend to ignore the importance of choosing a good pair of running shoes. It is one of the vital pieces of equipment that a runner owns. Turn over to 'Fitness Today' section to get the low-down on everything you need to know about finding your best running shoe match before hitting the road.

On the request of our readers, we have re-introduced 'Ask the Expert' section where an expert answers the most common queries on injuries of bones and joints.

Considered to be the elixir of long-lasting health during our time starved and nutrient deprived lives, cold pressed juices have gained massive popularity across the country in the recent times. Learn more about this new juice trend in 'Nutrition' section.

Waking up to the twittering of birds and walking into the lush forests as soon as you walk out of your room has always been fascinating about tree houses. In the 'Travelogue', we have tried to list down a few magical tree house getaways where you can experience Nature and Tranquility in its complete glory. Explore these unexplored winter tree hose getaways during the upcoming holiday season.

Exciting things to look forward to!

Go Fit! Stay Healthy!



Rakesh Jain

Chief Executive Officer
Reliance General Insurance

1 Readers Connect

2 Doctors Corner

Ask your Expert - Get your queries on common orthopedic problems answered by Super-specialists

Celeb Speaks

Shape up like Alia -
Alia Bhatt shares her fitness & beauty secrets

6 Fitness Today

- Step Up...Find your perfect sole mate - A Guide to make a more informed decision while choosing your running shoe
- Boost your run with Aqua Jogging - Learn how water running is a viable alternative to dry land running

Food

- Recipe - Satisfy your sweet tooth whilst sticking to your healthy lifestyle
- Cold-pressed juices - The elixir of long lasting health



4



12 Technology in Healthcare

Mobile apps - Simplify your life and keep healthy with these innovative apps - Insta, Pause, Freeletics

9

13

Special Focus

An Ode to Joy



14 Leisure

In Nature's Lap - Experience tranquility & luxury in the lap of nature at these amazing tree-house getaways



Look what our *readers have to say* about R HealthBeat

"R HealthBeat is very informative and creative; they come out with different topics in their every edition. It's a brief knowledgeable health magazine which gives us valuable suggestions for leading a good and healthy lifestyle.

It is always eye-catching and captivating and I must say Reliance is doing a good job in showcasing the new ideas. Look forward to more reading."

Mr. Dinesh Kumar Taneja,

Senior VP, Volvo Eicher Commercial Vehicles Ltd.

"I want to congratulate the editorial team for choosing very relevant yet interesting health topics. The content in all these articles is very simple to understand and covers the topic well."

Dr. Varun Gupta,

Vice President, 1mg.com

"I have been receiving this magazine regularly and being a regular reader, I wanted to convey that it is very informative and useful for readers."

Ms. Shikha

General Manager, Rajiv Gandhi Cancer Institute and Research Centre, New Delhi

Scan the QR code to read the previous editions of R HealthBeat



GET IN TOUCH

We look forward to getting to know you better!

We welcome your suggestions, questions or ideas. Also to know more about our Wellness program you could write to us at rgicl.rcarehealth@relianceada.com.

Visit www.reliancegeneral.co.in for more articles and updates on Healthy living and Wellness.



ASK THE EXPERT

JOINT RELATED INJURIES IN YOUNG INDIANS

Dr. Madhan Kumar Ramanathan

Deputy Head, Sports Medicine and Rehabilitation
Sir H.N. Reliance Foundation Hospital
and Research Centre

I am a medium pace bowler and play regular cricket for my club. I was diagnosed with an ACL Tear a month ago. How seriously would this impact my cricketing career and are there any non-surgical alternatives I can consider?

- Pradeep Patil (Mumbai)

Hi Pradeep,

Presuming it's a full thickness tear, it is important for early surgical intervention to get normal stability of the knee joint if you want to continue to play cricket, especially bowling. With thorough and adequate rehabilitation you can return to bowling in approximately 6-9 months post-surgery, in certain special cases earlier than that.

If your tear is partial and does not require surgical intervention, with adequate rehab you can return to bowling 4-6 months with sports specific rehabilitation. However with improper care here is high likelihood of re-injury.



Is 'Bare Foot Running' advisable?

-Arihant (Jaipur)

Hi Arihant,

Bare foot running is not advisable for everyone. If you learn to run with shoes, then why change, as the biomechanics of the legs changes with every style of running. Hence my advice is to do what is naturally comfortable for you. However, you can train to run bare foot with correct coaching provided you are happy with the risks and benefits.

I am 36 years old and work for an IT company. My family physician has diagnosed the burning sensation in my index finger to be Carpal Tunnel Syndrome. Are there any specific investigations I need to do to understand the cause?

- Tanmay Biswas (Kolkata)

Hi Tanmay,

Carpal tunnel symptoms can be caused by various conditions, however in your case it appears to be related to your work. So a good thorough physical examination will help to understand the cause as well treatment options in the first instance. Nerve conduction studies will confirm the carpal tunnel syndrome. However, in the early stages, relative rest early physical therapy with wrist and hand splint (especially in night), anti-inflammatory medications and work station modifications will help resolve the symptoms. I would recommend you to consult a musculoskeletal physiotherapist for evaluation and treatment.

I am a 29 year old corporate employee. In my last comprehensive health check up my Vitamin D3 was found to be 7 mg/ml. I have always been very regular with my exercise and have healthy dietary habits. Besides medication to maintain this, are there any specific lifestyle modifications which I need to follow?

- Vinod Reddy (Hyderabad)

Hi Vinod,

Along with medication and vitamin D supplementation, sunlight helps in synthesizing vitamin D in the body. However it's important to diagnose why your vitamin D is low so that corrective measures can be taken to restore the balance. Lack of sun exposure is one of the key factors for vitamin D deficiency in the western world.



How effective are Ayurvedic practices, like Ashtavargam, Padahasthasana and Kerala oil massages, in curing low back ache? Can they be a substitute to a herniated disc surgery?

- Rakesh (Bengaluru)

Hi Rakesh,

There is nothing called curing lower backache. Most of the lower back symptoms are mechanical in nature that can be corrected with adequate physiotherapy, strength training and conditioning.

On Ayurvedic practices their effectiveness in pain relief depends on the nature of the back problem. They cannot be a substitute to herniated disc surgery if the herniation has lead to nerve tissue related symptoms (sciatica). Severe progressive pain and weakness of the involved side, functional limitation not resolving with conservative physiotherapy and pain management is a recommendation for surgery.



I am a 32 year old male and am planning to take part in the 21km SCMM half marathon. As a first timer, need expert advice on preventing myself from injuries during my run.

- Sailesh (Pune)

Hi Sailesh,

Congrats on your first step towards joining the running world. If you have run medium distances before and thought you want to give half marathon a go, then building up from your previous run distance with increase in 10-15% distance is one of the safe way to prepare for half marathon. Visit a physician and a fitness expert to do a basic runner screening tests to evaluate the musculoskeletal and cardiovascular injury risk.

Shape up like Alia

From a dream debut as a happy-go-lucky teenager in Student of the Year, to a young woman who develops Stockholm syndrome in Highway, to the upcoming thriller on substance abuse in Udta Punjab, Alia has proved her mettle in all aspects of the acting spectrum. At only 22 years, she is a veteran of over 10 films, several awards and brand endorsements. Despite being born into one of Bollywood's most famous families, success has not come easy to Alia.



As an actress it's evident that you travel a lot. How do you maintain your sleep, food and exercise regimens during travel?

A. There are certain foods that work good for me. Irrespective of where I travel, there are healthy options you can always find like fruits, yogurt, egg whites and boiled vegetables. I don't have egg yolks because I am a vegetarian. So without having to ask for too much I just stick to the basic diet and food. Despite the hectic travel I try to avoid in-flight food as much as possible. When I travel by air, I prefer to eat at the airport lounge or carry some home cooked food such as porridge or dahi chawal. Dahi chawal is something I recommend for everyone. Even a small portion of it soothes your stomach and it is just a perfect food for travel.

I try my best not to miss my daily workout. Usually there is a gym available everywhere I go. In case there's no gym available I do yoga. I keep checking on innovative freehand and isometric exercises online to keep my workouts interesting.

I make sure that I catch at least 7 hours of sleep in a day. In case I do not get the required sleep then I increase my water intake for the day to keep myself hydrated.

You had lost 16 kgs in 3 months post auditioning for Student of The Year. Do we have a shortcut to successful weight management?

A. That was my initial weight loss; I lost most of my weight during past one year. There is no shortcut to a good healthy weight loss. The weight loss that stays is the one that actually takes time. The slower and steadier the weight loss, the more it stays. Each and every body type is different and one needs to understand what works best for you. If I want to lose weight I stay off gluten. Instead of normal wheat roti, I have jawaar roti. So it's very important to know which food suits you. I don't have carbs at night. I don't have too many meals; I just have breakfast, lunch and dinner. I also have my fruits only in the morning as I feel eating every two hours is like tiring your digestive system. I make sure, I have a nice breakfast and lunch; and a light dinner. If I am hungry in between, I have nimboo pani, green tea, chai or a smoothie. Another thing that I personally try to follow is to eat dinner before 8 pm.

We have heard that you are great at charcoal painting, is this your way of meditation and stress relief?

A. You can say that. Though I have not painted in a

Alia Fact Check

- *Alia Bhatt studied at Jamnabai Narsee School and was involved in extra-curricular activities like dancing and was quite proficient in handball*
- *Alia Bhatt made her Bollywood debut in 1999, when she was just 6 years old in Sangharsh. She played the younger version of Preity Zinta's character*
- *She is half Kashmiri and German on her mother's side and Gujarati from her dad's side*
- *She is an active supporter of PETA and has shot a special ad to support cats and homeless animal*
- *She learned Tamil for her role in Two States*

long time, painting is something that eases me and relaxes my mind.

What is your normal exercise routine?

A. I do cardio and pilates or I do functional training with cardio and yoga.

You love to gorge on French fries and your favorite food are pasta, kheer and rabdi. Yet you look the way you are. How?

A. I am a big foodie but of late I have started having healthy nutritious food. My cheat meal would comprise of pasta, risotto or dimsums. I have completely given up on processed junk food.

You have one of the most flawless skin in the industry. Could you share some of your skincare secrets?

A. I drink almost three litres of waters every day and it's the best thing for me. I also eat according to the season. I avoid having dry fruits in summers. It is also very important to choose a face wash that suits your skin type. I wash my face at least thrice a day to remove excess oil and dirt to stay away from pimples.

What does the coming year have in store for the fans of Alia Bhatt?

A. Well, my next film is 'Kapoor and Sons', that's gonna be quite interesting. I will speak about it closer to the release. It's a very special film to me. This is one such film where I did more for the film rather than just doing good to my role. I really loved the story of this film. After this there will be 'Udta Punjab'. I would love to do a comedy film sometime, kind of surprise and shock you with different variety of roles.

-Text by Lubna Parveen



Step Up - Find your perfect sole mate



The human foot has...

26 bones, **33** joints, **20** muscles,
and more than **100** ligaments

It works hard every day carrying us through our daily tasks while we walk, stand, lift, climb, work and exercise. Thus it is of utmost importance to take care of our feet and protect them from swellings or blisters.

Having a good pair of workout shoes would enhance performance and prevent injuries. Therefore, follow the below mentioned fitting facts while purchasing a new pair of shoes.



Know your Running surface



Road

- Choose shoes that are light and flexible
- Have enough cushion support to stabilize your feet



Trail

- Choose shoes with aggressive outsoles for solid traction
- Should be sturdy and offer enough stability

Know your Feet

Pronation: It affects the sideways motion of your foot as you propel the foot forward

ARCH: The height of arch determines the direction of how your ankle rolls (pronation)

- Flat arches normally **Over-pronate**
- High arches usually **Under-pronate**



ANKLE:

Over-pronation:

Motion control shoes are preferred

Under-pronation:

Neutral cushioned shoes provide flexibility

Know your Fit



Room it: Have about a thumb's width of room between the end of your longest toe and the front of the shoe.



Flex it: Hold the heel and press the tip of the shoe into the floor. If the shoe flexes at the same line as your foot, then you have the right shoe.



Feel it: Having a quick jog in the store (while buying) will give you a fair idea of how the shoes will feel.

Know when to retire a running shoe



A good rule of thumb is to replace your running shoes every 300 to 400 miles, depending on your running **style, body weight and the surface** on which you run.



If you run on rough roads, you'll need to replace your running shoes sooner than if you primarily run on a treadmill.

Boost your run with

Aqua Jogging

Aqua jogging is a great form of cross training for runners as it closely mimics the running movement while providing considerable improvements in fitness. Since water offers six times the resistance of air, water running strengthens the muscles critical for proper running.

The hydrostatic pressure assists the return of blood from the muscles to heart and lungs where waste products are expelled and oxygen is picked up to be delivered back to the muscles to make energy. In this way, heart rates are lower in the pool than on land for the same level of intensity.

What aqua jogging really provides, though, is a simple means of going through the motions of running



Technique:

Hold your head in neutral position

Hold your body in a slight forward-lean, just as in running. Do not lean forward too much.

Swing in arms the natural way, lightly hold hands in fist and don't paddle in water

Avoid short abbreviated strides

Toes should not be pointed, but relaxed and flexible as in running

Focus on stretching out and do not fully extend your forward leg (just like in running, it never moves to full straight position). Bring your foot through and follow through backwards.



Remember: Kindly consult a medical practitioner before starting any new exercise regimen

Benefits

An optimal form of cross training which helps your muscles recover and repair faster after hard workouts

It is easy on your muscles and joints while the water resistance adds an additional strength element to your workout.

Doesn't require much equipment, just a pool and an aqua jogging belt (which is optional).

If you aqua jog through an injury, you maintain a higher percentage of your fitness than with complete rest or even other forms of cross training.

Source: (<http://www.active.com/triathlon/articles/a-new-kind-of-brick-try-aquajogging-to-boost-your-run>, <https://coachdeanhebert.wordpress.com/2007/09/25/is-aqua-jogging-any-good-for-real-runners/>, <http://www.dailymail.co.uk/health/article-105265/How-aqua-exercises-help-slim.html>, <http://blog.brainhq.com/2010/04/22/top-12-brain-based-reasons-why-music-as-therapy-works/>, http://stress.about.com/od/tensiontamers/a/music_therapy.htm, <https://www.pinterest.com/pin/308567011940906971/>, <http://www.vobium.com/view/courses/1-4184-234/certificate-in-music-therapy-certificate-by-met-institute-of-alternative-careers>)

Christmas

Trifle



by Chef Smita Duggar MasterChef India - Season 1 finalist



About the Chef:

Smita Duggar is a MasterChef India - Season 1 finalist from Hyderabad. An expert in delectable desserts and fusion food, she enjoys travelling and experimenting with various local cuisines she comes across.



Ingredients

1/4 kg sponge cake

4 cups chopped fruits (combination of apple, tinned pineapple, strawberries, chiku, grapes, banana etc.)

1 cup orange juice

2 tbs. of sugar

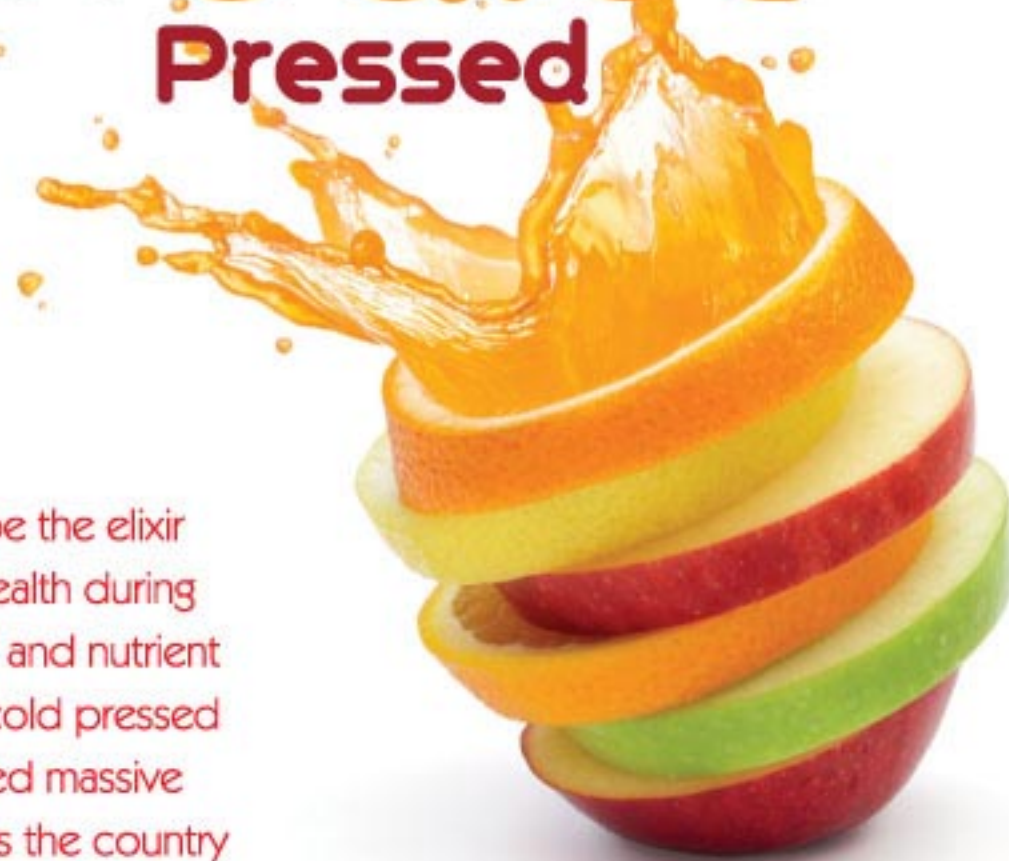
4 cups of thick custard made with low fat milk

2 cups of whipped cream or vanilla ice cream

Method

- Chop the cake in 1 inch pieces
- Mix the sugar and fruits. Refrigerate for half an hour.
- In a pretty glass bowl, pour in half the fruits
- Layer with half the cake pieces
- Sprinkle the cake pieces with 1/2 cup of orange juice to soak it
- Now pour half of the custard evenly over the cake
- Repeat the layers with fruits, cake, juice and custard
- Top with cream, ice-cream, fruits and serve chilled

Get Juice Pressed



Considered to be the elixir of long-lasting health during our time starved and nutrient deprived lives, cold pressed juices have gained massive popularity across the country in the recent times.



Cold pressed juices encompass a multitude of benefits such as detox, cleansing, boosting immunity, promoting weight loss and is power-packed with super nutrients.

Cold pressing is an age-old technology that involves applying tremendous pressure to fruits and vegetables in order to crush them together and extract every last drop of liquid from a fruit, vegetable or nut. The blades of a blender generate heat that kills vitamins and enzymes in produce. Once high pressure is applied to the raw juice, it is then placed into a container, sealed and put in a large chamber, which fills with water and applies a crushing amount of pressure to inactivate pathogens.

The ingredients for the juice that helps in weight management include kale, spinach, bottle gourd, cucumber, celery, green apple and lemon, while a blend of tomato, carrot, celery, ginger and lemon provides the much needed dose of antioxidants.

"With the promises of glowing skin, clearer mindset, greater energy and more, it's no wonder - The Juice trend"



Give your life a dose of regular detox with cold pressed juices and feel refreshed all the way. Listed below are some of the brands that you can explore.

RAW Pressery

The first one in the country to offer cold-pressed juices, RAW Pressery from Mumbai has come a long way in just one year of operations (2014). Unlike single flavour juices available in tetra packs, RAW Pressery juices have action packed names that are a blend of ingredients to help you Trim, Glow, Shield, Build, Run and Flush. Each bottle of juice has been specially formulated to help achieve this.

Currently available in Mumbai & Pune.

Visit www.rawpressery.com for more details



Antidote

They offer five different juice cleanses - Skinny Down for weight loss, Exhale for detox, Light Up for skin and hair, Horsepower for energy and Nine Lives for anti-ageing. These juices contain superfoods ashwagandha, amla and the like. The drinks are made preservative-free and are 100 per cent vegan and can even be customized to incorporate food allergies.

Currently available in Delhi NCR.

Visit www.antidote.co.in for more details

Relish Nutrition

Based out of Chennai, Relish not only offers cold-pressed juices but also smoothies and nut milk. The base ingredient of the smoothie is organic whole milk and bananas with other ingredients thrown in, depending on the flavour and requirements - nuts, seeds, seasonal fruits, whey, oatmeal, peanut butter, cottage cheese.

Visit www.relishnutrition.co for more details.

Some other popular stores in India:

Just Pressed

Juicifix

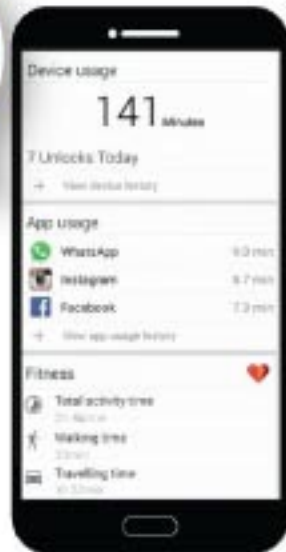
Fresh Pressery

JusDivine



REMEMBER: Most of these companies **work with nutritionists** to get the balance and flavour right, while some even get recipes certified by health authorities like the **Food Safety and Standards Authority of India (FSSAI)**. However, the end products remain fresh for only about two to three days when refrigerated, unlike the off-the-shelf brands. Also ask questions, speak to their in-house nutritionist and read the label. No two juices are the same. It is also recommended to consult a medical practitioner before starting any new diet regimen.

MOBILE APPS



Instant - Quantified Self

Now track all your activities automatically

The Grand Prize Winner of Google Fit Developer Challenge, INSTANT, gives you a dash of your life by running seamlessly in your smartphone's background. It provides a single window interface to track and provide interactive analytics on your day.

You could integrate this app with Google Fit to track your fitness data or use it to track time spent in places like home and work through geo-fencing. The app also provides stats on usage of phone, apps, travel and places visited.

Overall, it is an interesting way of journaling your day and is definitely worth downloading.

Availability: Download the free app on the Play store and iOS and offers in-app purchases | Rating: ★★★★★

Freeletics

Workout App (Health & Fitness)

FREELETICS is a training program to become fitter without having to use any equipment and weights. It has a community of over 6 million free athletes who train together, compete and motivate each other.

The app has 700+ workout variations and slow motion instructional videos to help you understand the right way of exercising. You could get your personal online coach for an additional premium giving you a customized fitness program, tailored to your fitness level and goals.

Availability: Download the free app on the Play store and iOS and offers in-app purchases | Rating: ★★★★★



FREELETICS



Pause

Relaxation at your fingertips

Developed by the digital product studio USTWO and Danish mental wellness company PauseAble, Pause is a new digital approach to ancient meditation practices. It is based on the ancient principles of Tai Chi and mindfulness practice. It brings the act of focused attention to your mobile device.

By slowly and continuously moving your fingertip across the screen, PAUSE triggers the body's 'rest and digest' response, quickly helping you regain focus and release stress within minutes. The calming audiovisual feedback in the app is designed to help you keep your attention and focus in the present moment.

Availability: Purchase the app on the iOS | Rating: ★★★★★

An ode to joy

“Our bodies like rhythm
and our brains like melody
and harmony” - Daniel Levitin

Did you know an average person listens to 25 songs per day?

Do you remember how you learned your ABCs? Through a song! The inherent structure and emotional pull of music makes it an easy tool for teaching concepts, ideas and information. Music is an effective mnemonic device and can ‘tag’ information, not only making it easy to learn, but also easy to recall later.

Research has shown that day-old infants are able to detect differences in rhythmic patterns. And a 5 month old can distinguish a happy song from a sad one.

Our brains are wired to respond to music, even though it's not ‘essential’ for our survival.

Effects of music on human body



Music causes the brain to release Dopamine - a feel good chemical



Music has the ability to increase or decrease your breathing and heart rate



Playing an instrument for just 6 months can improve memory, verbal fluency, cognitive function and planning abilities



What is Music Therapy?

A Music Therapist uses music to make your life better. Whether you need help socially, cognitively, physically, emotionally or in development, music can help you get better.

India's first certified Music Therapy course has been initiated by Mumbai Educational Trust. It is a 6 month part time course teaching therapeutic powers of traditional music and ayurvedic principles.

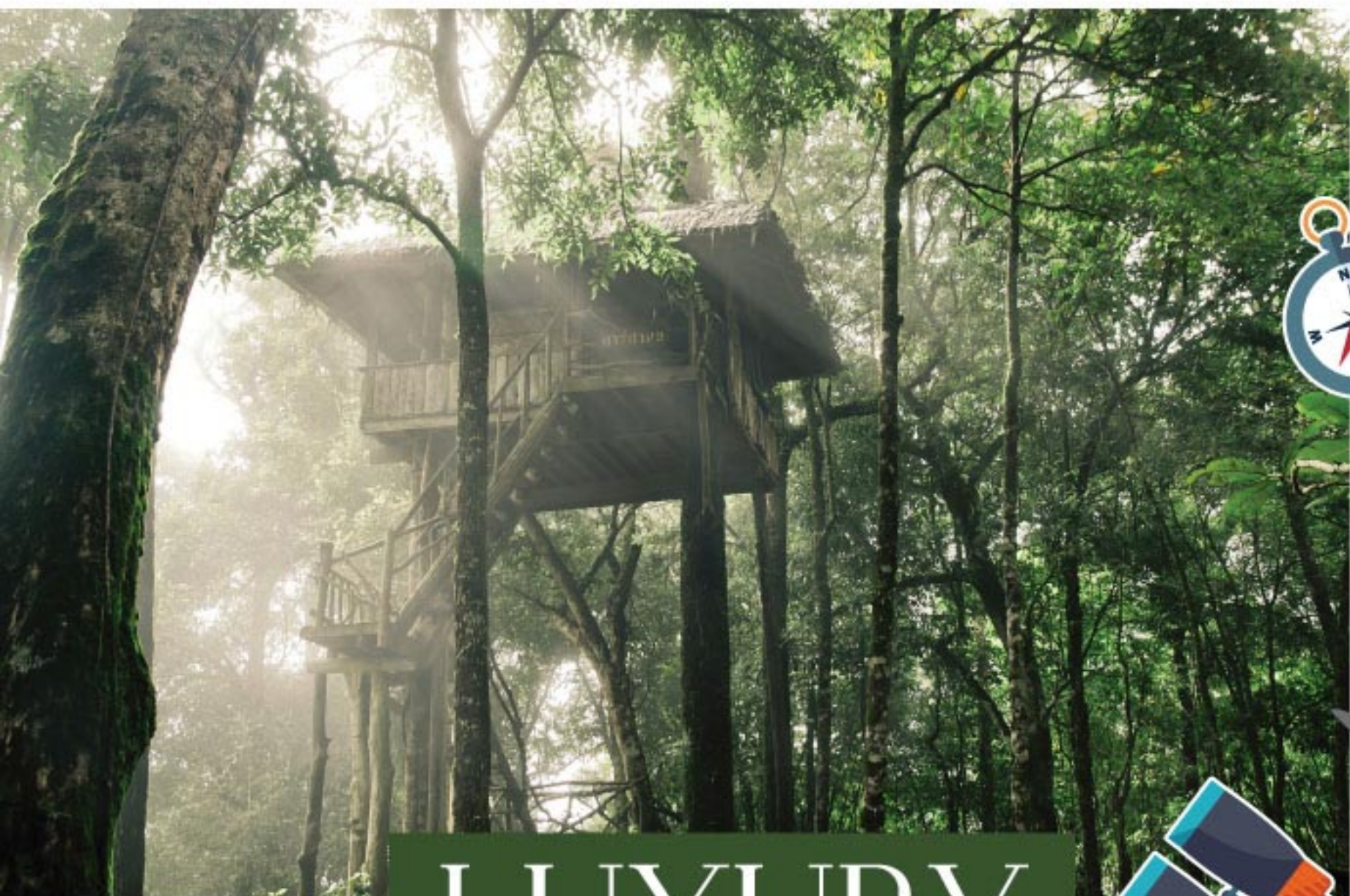


Studies have proved that listening to music for 1 hour over a period of 7 days increased feelings of power and contentment, while decreasing pain and depression



Other Benefits:

Prevents seizures, helps you get rid of addictions, returns lost memories, reduces the risk of stroke and boosts immunity.



LUXURY

IN THE LAP OF NATURE

Most of us have this primitive desire to escape to a simple, idealistic experience, living off the land - where Mother Nature satisfies our stomach. Waking up to the twittering of birds and walking into the lush forests as soon as you walk out of your room has always been fascinating about tree houses. Cunning craftsmanship keeps these lofty rooms in their place, and the rewards for the climb are peace and quiet, fresh canopy air and spectacular views.



TREE HOUSE RESORT

Where: Jaipur

Why you should visit:

Nestled amidst Jaipur's Syari Valley, the Tree House Resort is one of the largest tree house resorts in the world and offers stunning views of the Aravallis.

How to get there:

Nearest airport is Sanganer International Airport. The resort is a 30-minute drive from Jaipur and about three hours from New Delhi.

Visit www.treehouseressort.in for more information

TREE HOUSE HIDEAWAY

Where: Bandhavgarh

Why you should visit:

Situated in the 21 acres dense forest of Bandhavgarh tiger reserve, the lodge has 5 exclusive tree houses that offers comfortable stay at the heart of Indian wilderness. The Lodge also has a Machaan overlooking a water hole frequented by wild animals and if you are lucky then you can spot wild creatures from the safety of your tree house.

How to get there:

The nearest airports are Jabalpur and Khajuraho from where the lodge is a 4-6 hours journey by road.

Visit www.treehousehideaway.com for more information

RAINFOREST RESORT

Where: Athirapally, Kerala

Why you should visit:

Facing the largest waterfalls in the state, Athirapally Falls, also known as the Niagara of India, this resort is cradled by the green Sholayar rainforest and offers a panoramic view of the waterfall from its rooms.

How to get there:

It is a 1 hour drive from Cochin International airport.

Visit www.rainforest.in for more information

VERANADAH IN THE FOREST

Where: Matheran, Maharashtra

Why you should visit:

Acquired by Neemrana Group of Hotels as part of their amazing collection of Vintage hotels across the country, this resort thrives on a large 19th century colonial bungalow with a huge verandah (as the name would suggest). It's a walk away from the famous Echo Point and Charlotte lake.

How to get there:

It is a two and a half hour drive from Mumbai.

Visit www.the-verandah-in-the-forest.neemranahotels.com for more information



reliancegeneral.co.in
1800 3009

IRDA of India Registration no. 103. Insurance is the subject matter of solicitation.

Reliance General Insurance Company Limited.

Registered Office: Reliance Centre, 19 Walchand Hirachand Marg, Ballard Estate, Mumbai -400001. **Corporate Office:** 570, Rectifier house, Naigaum Cross Road, Wadala (W) Mumbai -400031. Corporate Identity Nuber:U66603MH2000PLC128300. Trade Logo displayed above belongs to Anil Dhirubhai Ambani Ventures Private Limited and used by Reliance General Insurance Company Limited under License.

An ISO 9001:2008 Certified Company.



Disclaimer - Reliance General Insurance Company Limited disclaims liability of any kind whatsoever arising out of the readers' use, or inability to use, the material contained in it. Reliance General Insurance Company Limited takes no responsibility for the views and advice proffered by its contributors. Recommendations offered are not a substitute for professional opinion and readers are advised to seek the guidance of specialists concerned. Adequate care is taken to compile articles for our users' reference. Reliance General Insurance Company Limited makes every effort to maintain accuracy of information provided and disclaims responsibility for any resultant loss or damage. None of the authors, contributors, sponsors or persons connected to Reliance General Insurance Company Limited can be held liable for reproduction of the material.