

Ayush: Have you ever been to Rishikesh? I've been reading about it and it sounds magical.

Shourya: Yes! Rishikesh is often called the Yoga Capital of the World. People from all over come to learn yoga and meditation.

Ayush: That's cool. I heard it's right on the banks of the Ganga River.

Shourya: Exactly. The Ganga actually flows down from the Himalayas there, and the river is super clean compared to many other places.

Ayush: Isn't Rishikesh also famous for adventure sports?

Shourya: Totally. River rafting is huge there, especially during the summer months when the water flow is perfect.

Ayush: I've seen photos of Laxman Jhula. It looks iconic.

Shourya: It is. According to legend, Lord Lakshman crossed the river at that spot using a jute rope.

Ayush: Wow, that gives the place a spiritual vibe.

Shourya: Spirituality is everywhere there. The city has many ashrams like Parmarth Niketan, which hosts the famous Ganga Aarti.

Ayush: Ganga Aarti must be an amazing experience.

Shourya: It really is. Every evening, priests perform rituals with lamps, and the whole atmosphere feels peaceful.

Ayush: I also heard that Rishikesh is a vegetarian-only city.

Shourya: Yes, meat and alcohol are banned there because it's considered a holy city.

Ayush: That explains why it feels so calm compared to big cities.

Shourya: Another fun fact—The Beatles visited Rishikesh in 1968 and stayed at an ashram to learn meditation.

Ayush: No way! That's such a cool mix of culture and history.

Shourya: Exactly. You get spirituality, adventure, history, and nature all in one place.

Ayush: Now I really want to plan a trip there.

Shourya: Same here. Rishikesh feels like the kind of place that refreshes both the mind and the soul.