



Study tour (Bharat Darshan)  
of FTP for ASO of 2023 Batch  
(28.04.2024-04.05.2024)

FOR  
ASSISTANT SECTION OFFICERS OF CSS

REPORT ON STUDY TOUR  
KERALA

Prepared by –

**DEEPAK JOSHI**

**OT CODE: A44**

**MINISTRY OF HOME AFFAIRS**

## Contents

<b>Sl. No.</b>	<b>Particulars</b>	<b>Page</b>
1.	Acknowledgement	03
2.	Objective of the Tour	04
6.	Schedule of Study Tour & NGO attachment	05-07
7.	Visit to Sree Padmanabhaswamy Temple	09- 11
8.	Visit to Veli Village	12-14
9.	Visit to Alleppey	15-17
10.	Visit to Periyar Tiger Reserve	18-20
11.	Visit to The Spice Route	21-23
12.	Visit to Eravikulam National Park	24-26
13.	Visit at KALARIPAYATTU Site	27-29
14.	Visit to Matupaetty Dam	30-32
15.	Visit to Tata Tea Museun	33
16.	Visit to Cherai Beach, Fort Kochi, Mattancherry Palace, St Francis Church, Santa Cruz Basilica, Fort Immanuel, Maritime Museum	34-35
17.	Visit to THERUVORAM NGO	36-37
18.	Conclusion and Learnings	38

## **Acknowledgement:**

At the outset, I would like to convey our sincere gratitude to the Department of Personnel and Training for giving this unique opportunity to participate in the mandatory training programme at the MCRHRD Institute of Telangana. I would also like to convey my sincere thanks to Smt. Usha Rani, Course Director, MCRHRD for giving great support.

We are highly indebted to Sri Saka Venkateswara Rao, Faculty-CLP and Bharat Darshan Coordinator for his guidance and constant supervision as well as for providing necessary information regarding the project & also for his support in completing the project.

This was a unique experience to work as a group during the visit to Kerala. I enjoyed the study tour and learned many things during the NGO.

I would also like to express my gratitude to the Director General, MCRHRD for providing all necessary support for successful completion of this study tour.

## **Objective of the Tour**

As part of the mandatory ISTM Phase-1 Foundation Training Programme for Assistant Section Officers (ASOs) of 2023 Batch, 01-week Bharat Darshan was organized from 28.04.2024 to 04.05.2024 at Kerala under the guidance of Sri Saka Venkateswara Rao, Faculty-CLP.

There were 61 participants from different Ministries participating in this Training Programme. This study tour was part of the Training Programme and has following objectives: -

- To expose the Trainees to research and development work being done by the NGO;
- To familiarize the trainees with India's rich cultural heritage and arts;
- To develop team spirit, time management, management of crisis and adaptability to various odd situations.

## **Schedule of Study Tour & NGO attachment**

The study tour organized by MCRHRD for as part of the mandatory ISTM Phase-1 Foundation Training Programme for Assistant Section Officers (ASOs) of 2023- Batch, from 28.04.2024 to 04.05.2024 at Kerala as per the following details:-

### **DAY 01: 28<sup>th</sup> APRIL 2024: Hyderabad – Trivandrum (Flight) / Veli Village / Kovalam**

- 07:45 Hrs: Arrival in Trivandrum Airport
- 08:30 Hrs: Meet & Transfer to Padmanabha Swamy Temple
- 10:30 Hrs: Visit an NGO in Trivandrum
- 12:00 Hrs: Depart to Kovalam Hotel for Lunch & Check in
- 15:00 Hrs: Depart for Veli Village & back to Hotel
- 18:00 Hrs: Evening at Kovalam beach (Just behind the hotel).
- 20:00 Hrs: Dinner at Hotel & Overnight stay at Hotel.

### **DAY 02: 29TH APRIL 2024: Kovalam – Alleppey**

- 07:00 Hrs: Breakfast at Hotel
- 08:00 Hrs: Depart to Varkala Beach from Kovalam
- 09:30 Hrs: Visit Varkala Beach
- 11:00 Hrs: Depart from Varkala Beach drive to Alleppey
- 13:00 Hrs: Alleppey Houseboat Cruise with Lunch
- 17:00 Hrs: Disembark the Cruise.
- 18:00 Hrs: Depart from Basilica & Drive to Hotel
- 18:30 Hrs: Check in to Hotel & Free at leisure
- 20:00 Hrs: Dinner at Hotel & Overnight stay at Hotel.

### **DAY 03: 30TH APRIL 2024: Alleppey – Thekkady – Munnar**

- 07:00 Hrs: Breakfast at Hotel
- 07:30 Hrs: Proceed to Thekkady
- 12:00 Hrs: Lunch at Hotel Sandra Palace
- 13:00 Hrs: Depart for Periyar Lake for Boating (We Should be there at exactly @ 13:15 Hrs)
- 17:30 Hrs: Proceed to Munnar
- 20:30 Hrs: Arrive Munnar Hotel for Dinner
- Check in & Overnight stay at Hotel.

**DAY 04: 01<sup>ST</sup> MAY 2024: Munnar**

- 08:00 Hrs: Breakfast at Hotel
- 09:00 hrs: Departure to visit Mattupatty Dam
- Drive around the tea estates of Munnar and tata tea museum,
- 13:00 Hrs: Lunch at local restaurant
- 14:30 Hrs: Depart for Pallivasal falls & free time for spice shopping.
- 17:00 Hrs: Evening visit the Kalari Shetra in the evening for Kathakali Show.
- (The entry to be borne by individuals directly)
- 20:00 Hrs: Dinner and overnight stay at Munnar.

**DAY 05: 02<sup>ND</sup> MAY 2024: Munnar – Eravikulam National Park - Cochin**

- 08:30 Hrs: Breakfast at Hotel
- 09:30 Hrs: Depart from Hotel and proceed for Eravikulam National Park in Munnar.
- 12:00 Hrs: Arrive back in Munnar. Lunch at a local restaurant in Munnar.
- 14:30 Hrs: Depart from Munnar.
- Enjoy the scenic drive through the Western Ghats and the beautiful tea plantation.
- 18:00 Hrs: Arrive at the Hotel in Cochin. Check-in.
- 19:30 Hrs: Dinner at the Hotel in Cochin. Overnight stay at Cochin.

**DAY 06: 3<sup>RD</sup> MAY 2024: Cochin – Guruvayur – Thrissur – Athirampally falls - Cochin**

- 07:00 Hrs: Breakfast at Hotel.
- 08:00 Hrs: Depart for Guruvayur temple.
- 10:30 Hrs: Arrive Guruvayur temple. Have Darshan of Lord Krishna.
- 12:00 Hrs: Depart from Guruvayur for Trisshur. Lunch at a local restaurant.
- 14:00 Hrs: Depart for Athirampally falls.
- 15:30 Hrs: Arrive at the falls. Enjoy at the falls for an hour and half.
- 17:30 Hrs: Depart from Athirampally.
- 20:00 Hrs: Arrive at the Hotel in Cochin.
- 20:30 Hrs: Dinner and overnight stay at Cochin.\_

### **DAY 07: 04<sup>TH</sup> MAY 2024: Cochin – Hyderabad (Flight)**

- 07:00 Hrs: Breakfast at Hotel.
- 09:00 Hrs: Check-out your hotel rooms and leave the bags in the concierge.
- This morning, we will have a city tour of Cochin covering Chinese Fishing Nets, Jewish Synagogue, Fort Cochin, Mattancherry Palace etc.
- 13:30 Hrs: Lunch at a local restaurant in Cochin.
- Free time for shopping and back to Hotel.
- 17:00 Hrs: Collect your luggage from the Hotel.
- Depart from the Hotel to the airport to take your flight back to Hyderabad.



## Sight Seeing In Kerala



# SREE PADMANABHASWAMY TEMPLE

## 1. Introduction

- The Sree Padmanabhaswamy Temple, situated in Thiruvananthapuram, Kerala, India, stands as a symbol of architectural grandeur and religious significance.

## 2. History

- The temple's origins date back over a thousand years, with mentions in ancient texts like the Puranas and the Mahabharata.
- It was rebuilt in its present form in the 18th century by the rulers of Travancore.

## 3. Architecture

- The temple is a fine example of Dravidian style architecture, characterized by intricate carvings, towering gopurams (entrance towers), and a sprawling layout.
- The sanctum sanctorum houses the deity Padmanabhaswamy, reclining on the serpent Adi Shesha.

## 4. Religious Significance

- Devotees flock from all over the world to pay homage to Lord Padmanabhaswamy, considered to be an incarnation of Lord Vishnu.
- The temple holds immense spiritual significance for Hindus, especially those of the Vaishnava tradition.

## 5. Cultural Heritage

- Sree Padmanabhaswamy Temple is not just a place of worship but also a repository of cultural heritage, preserving ancient rituals, music, and dance forms.
- The temple's festivals, such as the annual Arattu festival, attract thousands of pilgrims and enthusiasts, showcasing the rich cultural tapestry of Kerala.

## **6. Royal Patronage**

- Historically, the temple enjoyed patronage from the Travancore royal family, who contributed to its expansion and maintenance.
- The temple's association with the royal family adds a layer of historical intrigue and reverence.

## **7. The Vault Controversy**

- In recent years, the temple gained global attention due to the discovery of hidden vaults containing immense wealth, sparking debates on heritage preservation and temple governance.
- The management of these assets has been a subject of legal and ethical scrutiny.

## **8. Tourist Attraction**

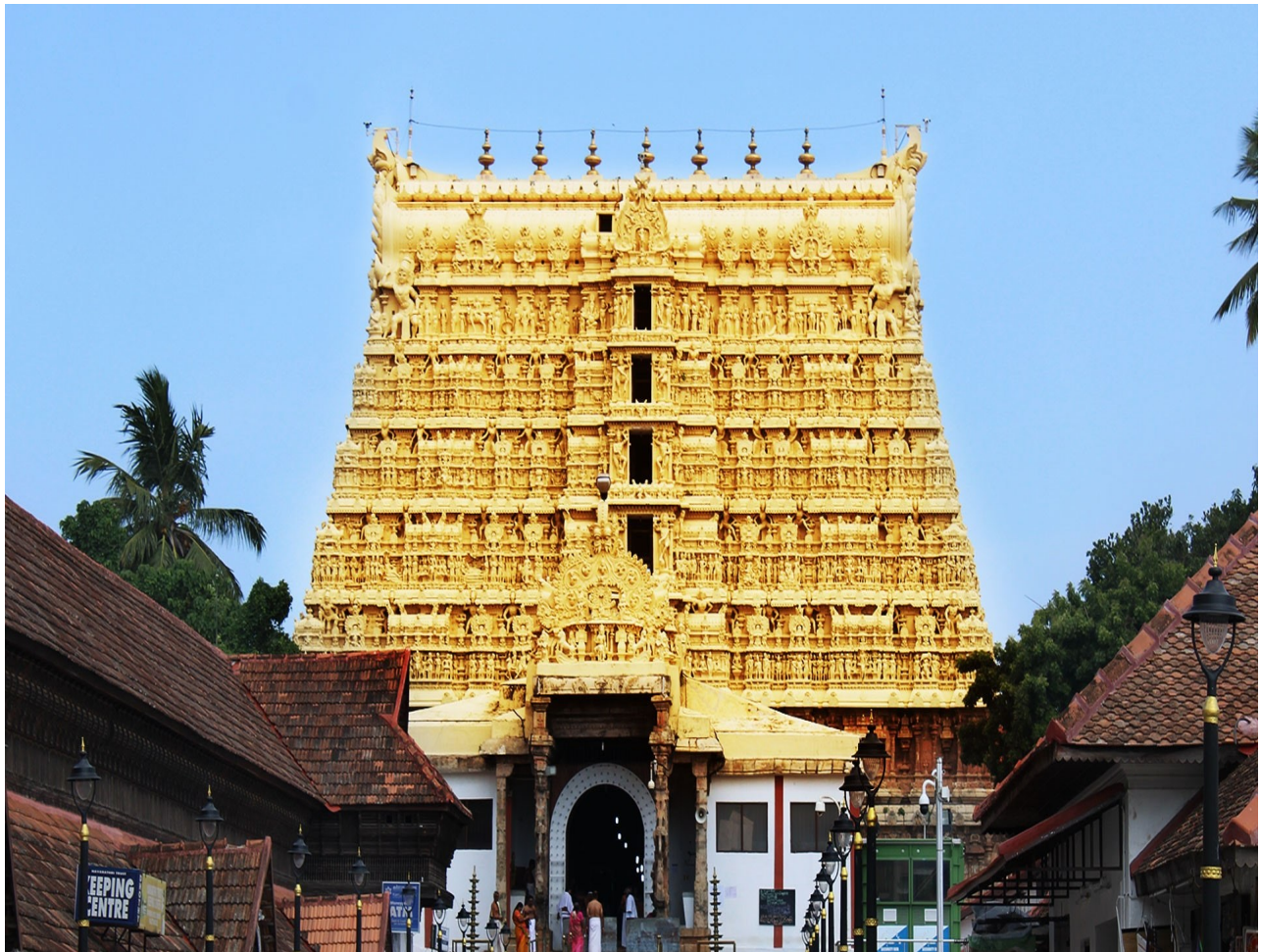
- Beyond its religious and cultural significance, the temple is a major tourist attraction, drawing visitors with its architectural splendor and spiritual ambiance.
- Visitors can marvel at the intricate sculptures, explore the temple's various chambers, and witness traditional rituals.

## **9. Conservation Efforts**

- Efforts are underway to preserve and restore the temple's architectural marvels, ensuring that future generations can continue to appreciate its beauty and historical significance.
- Conservation projects aim to maintain the structural integrity of the temple while safeguarding its cultural legacy.

## 10. Conclusion

- The Sree Padmanabhaswamy Temple stands as a testament to India's rich cultural heritage and religious diversity, captivating visitors with its architectural grandeur and spiritual aura. As it continues to evolve amidst modern challenges, it remains a cherished symbol of devotion and legacy.



# VELI VILLAGE

## 1. Introduction

- Nestled amidst the lush greenery of Kerala, India, Veli Village is a serene haven that offers visitors a tranquil escape from the hustle and bustle of city life.

## 2. Location and Setting

- Situated on the outskirts of Thiruvananthapuram, the capital city of Kerala, Veli Village is blessed with picturesque surroundings, with the Arabian Sea on one side and the serene Veli Lake on the other.
- The village is characterized by its pristine beaches, swaying coconut palms, and tranquil backwaters, creating a captivating ambiance that soothes the soul.

## 3. Natural Attractions

- Veli Beach, with its golden sands and azure waters, is a popular spot for leisurely strolls, picnics, and water sports activities such as beach volleyball and kite flying.
- The Veli Lake offers opportunities for boating and kayaking, allowing visitors to explore its tranquil waters and admire the surrounding mangrove forests and birdlife.

## 4. Cultural Heritage

- Veli Village is steeped in cultural heritage, with its quaint fishing villages, traditional Kerala architecture, and vibrant local markets showcasing the rich tapestry of Kerala's cultural traditions.
- Visitors can immerse themselves in the local way of life, interacting with friendly villagers, sampling delicious Kerala cuisine, and witnessing traditional art forms such as Kathakali dance and Theyyam rituals.

## 5. Tourist Attractions

- The Veli Tourist Village, located at the confluence of the Veli Lake and the Arabian Sea, is a major attraction in the area, offering facilities for boating, fishing, and water sports, as well as scenic walking trails and landscaped gardens.
- The Veli Floating Restaurant, shaped like a giant lotus flower, is a popular dining destination where visitors can savor fresh seafood delicacies while enjoying panoramic views of the surrounding landscape.

## 6. Recreational Activities

- Veli Village offers a range of recreational activities for visitors of all ages, including cycling along scenic trails, exploring nature trails through the mangrove forests, and indulging in rejuvenating Ayurvedic treatments at local spas and wellness centers.

## 7. Conservation Efforts

- Efforts are underway to preserve and protect the natural beauty and biodiversity of Veli Village, with initiatives focused on sustainable tourism practices, conservation of mangrove ecosystems, and community-based ecotourism projects.

## 8. Conclusion

- Veli Village beckons travelers seeking a peaceful retreat amidst nature's splendor, offering a harmonious blend of scenic beauty, cultural heritage, and recreational activities. Whether exploring its pristine beaches, tranquil backwaters, or vibrant cultural traditions, visitors are sure to be enchanted by the timeless charm of Veli Village.



# ALLEPPEY

## **1. Introduction**

- Nestled amidst the lush greenery of Kerala, India, Veli Village is a serene haven that offers visitors a tranquil escape from the hustle and bustle of city life.

## **2. Location and Setting**

- Situated on the outskirts of Thiruvananthapuram, the capital city of Kerala, Veli Village is blessed with picturesque surroundings, with the Arabian Sea on one side and the serene Veli Lake on the other.
- The village is characterized by its pristine beaches, swaying coconut palms, and tranquil backwaters, creating a captivating ambiance that soothes the soul.

## **3. Natural Attractions**

- Veli Beach, with its golden sands and azure waters, is a popular spot for leisurely strolls, picnics, and water sports activities such as beach volleyball and kite flying.
- The Veli Lake offers opportunities for boating and kayaking, allowing visitors to explore its tranquil waters and admire the surrounding mangrove forests and birdlife.

## **4. Cultural Heritage**

- Veli Village is steeped in cultural heritage, with its quaint fishing villages, traditional Kerala architecture, and vibrant local markets showcasing the rich tapestry of Kerala's cultural traditions.
- Visitors can immerse themselves in the local way of life, interacting with friendly villagers, sampling delicious Kerala cuisine, and witnessing traditional art forms such as Kathakali dance and Theyyam rituals.

## **5. Tourist Attractions**

- The Veli Tourist Village, located at the confluence of the Veli Lake and the Arabian Sea, is a major attraction in the area, offering facilities for boating, fishing, and water sports, as well as scenic walking trails and landscaped gardens.
- The Veli Floating Restaurant, shaped like a giant lotus flower, is a popular dining destination where visitors can savor fresh seafood delicacies while enjoying panoramic views of the surrounding landscape.

## **6. Recreational Activities**

- Veli Village offers a range of recreational activities for visitors of all ages, including cycling along scenic trails, exploring nature trails through the mangrove forests, and indulging in rejuvenating Ayurvedic treatments at local spas and wellness centers.

## **7. Conservation Efforts**

- Efforts are underway to preserve and protect the natural beauty and biodiversity of Veli Village, with initiatives focused on sustainable tourism practices, conservation of mangrove ecosystems, and community-based ecotourism projects.

## **8. Conclusion**

- Veli Village beckons travelers seeking a peaceful retreat amidst nature's splendor, offering a harmonious blend of scenic beauty, cultural heritage, and recreational activities. Whether exploring its pristine beaches, tranquil backwaters, or vibrant cultural traditions, visitors are sure to be enchanted by the timeless charm of Veli Village.





# **PERIYAR TIGER RESERVE VEGETATION**

## **1. Introduction**

- Nestled in the Western Ghats of Kerala, India, the Periyar Tiger Reserve stands as a testament to the state's commitment to wildlife conservation and biodiversity preservation.

## **2. Location and Landscape**

- Spread across the districts of Idukki and Pathanamthitta, the reserve encompasses a vast expanse of tropical rainforests, grasslands, and moist deciduous forests, interspersed with glistening streams and serene lakes.
- The centerpiece of the reserve is the majestic Periyar Lake, which serves as a lifeline for the region's flora and fauna.

## **3. Wildlife Sanctuary**

- Periyar Tiger Reserve is renowned for its diverse array of wildlife, including the majestic Bengal tiger, which serves as the flagship species of the reserve.
- Other iconic inhabitants include elephants, sambar deer, bison, leopard, and a rich variety of bird species, making it a paradise for wildlife enthusiasts and nature lovers alike.

## **4. Tiger Conservation**

- The reserve is a vital stronghold for the critically endangered Bengal tiger, with conservation efforts focused on protecting their habitat, mitigating human-wildlife conflicts, and monitoring their population dynamics.

- The Periyar Tiger Reserve plays a pivotal role in the larger landscape conservation efforts aimed at ensuring the long-term survival of this iconic species.

## **5. Ecotourism Activities**

- Visitors to the Periyar Tiger Reserve can partake in a variety of ecotourism activities, including guided nature walks, bamboo rafting expeditions, and boat safaris on Periyar Lake, offering unparalleled opportunities for wildlife viewing and photography.
- The Periyar Tiger Trail, a unique trekking experience led by experienced guides, allows adventurous travelers to explore the wilderness on foot and gain insights into the intricate ecosystems of the reserve.

## **6. Cultural Heritage**

- The reserve is not only a haven for wildlife but also home to indigenous communities such as the Mannan and Oorali tribes, who have coexisted harmoniously with nature for centuries.
- Visitors can learn about the rich cultural heritage of these tribes through immersive experiences such as tribal village visits and interactive sessions showcasing traditional art forms and lifestyles.

## **7. Conservation Initiatives**

- Periyar Tiger Reserve is managed by the Kerala Forest Department, which works in collaboration with various stakeholders including local communities, NGOs, and research institutions to implement innovative conservation initiatives.
- Efforts such as habitat restoration, anti-poaching patrols, and community-based conservation programs play a crucial role in safeguarding the reserve's biodiversity and ecological integrity.

## **8. Conclusion**

- The Periyar Tiger Reserve stands as a shining example of successful wildlife conservation and sustainable ecotourism, offering visitors a rare opportunity to immerse themselves in the pristine wilderness of Kerala's Western Ghats. As a sanctuary for iconic species like the Bengal tiger and a bastion of biodiversity, the reserve serves as a beacon of hope for the future of wildlife conservation in India and beyond.



# THE SPICE ROUTE

## 1. Introduction

- Kerala, known as the "Spice Garden of India," has a rich history deeply intertwined with the Spice Route, which played a pivotal role in shaping its culture, economy, and identity.

## 2. Historical Significance

- Kerala's strategic location on the southwestern coast of India made it a natural hub for the spice trade, attracting merchants from across the globe since ancient times.
- The region's abundant flora, including spices such as pepper, cardamom, cinnamon, cloves, and nutmeg, made it a treasure trove coveted by traders from distant lands.

## 3. Key Spice Trade Hubs

- Historic ports along Kerala's coastline, such as Calicut (Kozhikode), Cochin (Kochi), and Alleppey (Alappuzha), served as bustling trade hubs where merchants from Arabia, Europe, China, and beyond converged to trade spices and other commodities.
- These ports were pivotal in facilitating maritime trade along the Spice Route, connecting Kerala with the rest of the world and fueling the region's economic prosperity.

## 4. Cultural Exchange

- The Spice Route brought not only spices but also a rich tapestry of cultures, religions, and traditions to Kerala's shores, leading to a vibrant exchange of ideas, languages, and customs.
- Influences from Arab, Chinese, Portuguese, Dutch, and British traders can be seen in Kerala's architecture, cuisine, art, and festivals, reflecting the region's cosmopolitan heritage.

## 5. Culinary Delights

- Kerala's cuisine is renowned for its bold flavors and aromatic spices, which have been an integral part of the region's culinary traditions for centuries.

- Spices are used liberally in Kerala's dishes, whether it's the fiery fish curries of the Malabar Coast, the fragrant biryanis of the Mughal-influenced cuisine, or the delectable vegetarian fare of the backwaters.

## **6. Heritage Plantations**

- Today, Kerala's lush hills are dotted with sprawling spice plantations where visitors can embark on immersive journeys to learn about the cultivation, processing, and trade of spices.
- Plantation tours offer glimpses into the labor-intensive methods used in spice farming and provide opportunities to savor freshly harvested spices and aromatic teas.

## **7. Tourism and Conservation**

- The legacy of the Spice Route continues to attract tourists from around the world, who flock to Kerala to experience its rich cultural heritage, pristine landscapes, and aromatic treasures.
- Efforts are underway to preserve Kerala's spice heritage through sustainable tourism practices, conservation initiatives, and community-based development projects that empower local communities while protecting the region's natural resources.

## **8. Conclusion**

- The Spice Route in Kerala is not just a historical relic but a living testament to the enduring legacy of trade, exploration, and cultural exchange. As we journey through Kerala's spice-scented landscapes and vibrant markets, we are reminded of the timeless allure of the Spice Route and its profound impact on shaping the destiny of this coastal paradise.

per

BT Name: *Piper nigrum*

Family : Piperaceae



Black pepper

Red pepper

White pepper

# **ERAVIKULAM NATIONAL PARK**

## **1. Introduction**

- Eravikulam National Park, located in the Western Ghats of Kerala, India, is a pristine wilderness area renowned for its rich biodiversity, stunning landscapes, and unique ecosystem.

## **2. Geographical Location and Features**

- Situated in the Idukki district of Kerala, Eravikulam National Park spans an area of approximately 97 square kilometers, encompassing a diverse range of habitats including grasslands, sholas (tropical montane forests), and evergreen forests.
- The park is home to the Anamudi Peak, the highest peak in South India, which towers majestically over the surrounding landscape, offering panoramic views of the Western Ghats.

## **3. Flora and Fauna**

- Eravikulam National Park is renowned for its rich floral diversity, with over 750 species of flowering plants, including many endemic and rare species.
- The park is particularly famous for the Nilgiri Tahr (*Nilgiritragus hylocrius*), an endangered mountain goat species found only in the Western Ghats. Eravikulam is one of the few places where visitors can observe these majestic creatures in their natural habitat.
- Other notable wildlife species found in the park include Asian elephants, gaur (Indian bison), sambar deer, lion-tailed macaques, and a variety of bird species such as the Nilgiri pipit and the Malabar whistling thrush.

## **4. Conservation Efforts**

- Eravikulam National Park is managed by the Kerala Forest Department, which is responsible for protecting and conserving its rich biodiversity.
- Conservation efforts in the park focus on habitat restoration, anti-poaching measures, scientific research, and community engagement initiatives aimed at raising awareness about the importance of conservation among local communities and visitors.



## 5. Visitor Experience

- The park offers visitors a range of ecotourism activities, including guided nature walks, trekking trails, and wildlife safaris, providing opportunities to explore its pristine landscapes and observe its diverse flora and fauna.
- The Rajamalai region of the park, known for its lush grasslands and Nilgiri Tahr population, is a popular tourist destination, attracting nature enthusiasts, wildlife photographers, and trekkers from around the world.

## 6. Cultural Heritage

- Eravikulam National Park is not only a biodiversity hotspot but also a cultural heritage site, with indigenous tribes such as the Muthuvan and Malayarayan communities having coexisted with nature in the region for centuries.
- Visitors can learn about the rich cultural heritage of these tribes through immersive experiences such as tribal village visits and cultural performances showcasing traditional art forms and lifestyles.

## 7. Conclusion

- Eravikulam National Park stands as a shining example of successful conservation efforts in the Western Ghats, preserving its rich biodiversity and offering visitors a glimpse into the natural wonders of this ecologically significant region. As we continue to appreciate and protect places like Eravikulam, we ensure that future generations can also experience the magic of Kerala's wilderness.



# KALARIPAYATTU

## 1. Introduction

- Kalaripayattu, often hailed as the mother of all martial arts, is an ancient Indian martial art form that originated in the southern state of Kerala.
- With a history spanning over 3,000 years, Kalaripayattu is not just a physical combat system but also a holistic discipline encompassing physical fitness, mental agility, and spiritual development.

## 2. Historical Roots

- The origins of Kalaripayattu can be traced back to ancient texts such as the Dhanurveda (science of warfare) and the Kalari Chikitsa (treatment in the arena), which mention the practice of combat techniques and healing methods in Kerala.
- Over the centuries, Kalaripayattu evolved as a comprehensive martial art system, incorporating elements of indigenous fighting styles, yoga, Ayurveda, and traditional weaponry.

## 3. Training and Techniques

- Kalaripayattu training takes place in a specialized training arena known as the kalari, which is typically adorned with traditional symbols and deities.
- Students, known as kalari warriors or kalari disciples, undergo rigorous training under the guidance of a guru (master), who imparts knowledge of various combat techniques, body conditioning exercises, and mental disciplines.
- The core techniques of Kalaripayattu include strikes, kicks, grappling, locks, and weaponry, all of which are executed with precision, speed, and fluidity.

#### **4. Physical and Mental Benefits**

- Practicing Kalaripayattu offers a multitude of physical and mental benefits, including improved strength, flexibility, agility, and coordination.
- The rigorous training regimen and focus on breath control and meditation also help practitioners develop mental discipline, concentration, and mindfulness.

#### **5. Spiritual Dimensions**

- In addition to its practical applications in combat and self-defense, Kalaripayattu has deep spiritual dimensions rooted in the ancient Indian philosophy of yoga and meditation.
- The practice of Kalaripayattu is seen as a means of attaining physical, mental, and spiritual harmony, with practitioners striving to cultivate virtues such as discipline, courage, humility, and compassion.

#### **6. Cultural Heritage**

- Kalaripayattu is an integral part of Kerala's cultural heritage, with its influence evident in the region's art, literature, dance, and rituals.
- Traditional performances known as kalari demonstrations or kalari exhibitions showcase the prowess of Kalaripayattu practitioners, featuring dynamic displays of combat sequences, acrobatics, and weaponry.

#### **7. Global Recognition**

- In recent years, Kalaripayattu has gained international recognition as a unique martial art form with a rich cultural heritage and practical applications in fitness, self-defense, and performance arts.

- Kalaripayattu schools and training centers have emerged around the world, attracting enthusiasts from diverse backgrounds who seek to learn and experience this ancient art form firsthand.

## 8. Conclusion

- Kalaripayattu remains a living tradition that embodies the martial, cultural, and spiritual heritage of Kerala. As it continues to evolve and adapt to the modern world, Kalaripayattu serves as a timeless reminder of the indomitable spirit of its practitioners and the enduring legacy of India's martial arts tradition.



# **MATUPETTY DAM**

## **1. Introduction**

- Matupetty Dam is a picturesque reservoir nestled amidst the lush hills of Munnar, a popular hill station located in the Western Ghats of Kerala, India.
- Built in the late 1940s, the dam serves multiple purposes, including hydroelectric power generation, irrigation, and tourism.

## **2. Location and Surroundings**

- Situated approximately 13 kilometers from Munnar town, Matupetty Dam is surrounded by rolling hills, verdant tea plantations, and dense forests, offering visitors breathtaking views of the natural landscape.
- The dam is located in close proximity to popular tourist attractions such as the Kundala Dam, Echo Point, and the scenic Mattupetty Lake.

## **3. Reservoir and Hydroelectric Power**

- Matupetty Dam is built across the picturesque Matupetty Lake, which is formed by the waters of the Muthirapuzha River.
- The reservoir not only serves as a source of water for irrigation purposes but also generates hydroelectric power, contributing to the region's energy needs.

## **4. Tourist Attractions and Activities**

- Matupetty Dam is a favored destination for tourists seeking tranquility amidst nature's beauty. Visitors can enjoy leisurely walks along the dam's embankments, soaking in the panoramic

vistas of the surrounding hills and the shimmering waters of the reservoir.

- Boat rides are a popular activity at Matupetty Dam, allowing visitors to glide across the serene waters of the lake and admire the lush greenery and wildlife along the shores.

## **5. Flora and Fauna**

- The area surrounding Matupetty Dam is rich in biodiversity, with dense forests teeming with a variety of flora and fauna.
- Visitors may spot indigenous species of birds, butterflies, and small mammals amidst the verdant vegetation, adding to the charm of the natural surroundings.

## **6. Cultural Significance**

- Matupetty Dam holds cultural significance for the local communities, as it plays a crucial role in supporting agriculture and livelihoods in the region.
- The dam's construction also represents a triumph of human engineering and ingenuity, showcasing Kerala's commitment to harnessing its natural resources for the benefit of society.

## **7. Conservation and Sustainability**

- Efforts are underway to ensure the sustainable management of Matupetty Dam and its surrounding ecosystem, with initiatives focused on biodiversity conservation, watershed management, and eco-tourism development.
- Responsible tourism practices, such as waste management and conservation awareness programs, are promoted to minimize the environmental impact of tourism activities in the area.

## **8. Conclusion**

- Matupetty Dam stands as a testament to the natural beauty and engineering prowess of Munnar, offering visitors a serene retreat amidst the hills of Kerala. As a symbol of both natural and cultural

heritage, the dam continues to inspire awe and admiration, inviting travelers to immerse themselves in the tranquil beauty of its surroundings.







## TATA TEA MUSEUM

The Tata Tea Museum, located in Munnar, Kerala, India, offers a captivating journey through the history and evolution of tea production. Visitors explore the origins of tea cultivation in India, learn about the intricate process of tea-making, and gain insights into the socio-economic impact of the tea industry. The museum showcases vintage tea-making machinery, photographs, and exhibits detailing the cultural significance of tea in India. It's a delightful destination for tea enthusiasts and anyone curious about the story behind their cup of tea.



## **CHERAI BEACH**

Cherai Beach, nestled in the picturesque state of Kerala, India, is a serene and pristine stretch of coastline renowned for its golden sands and tranquil waters. Fringed by swaying coconut palms and lush greenery, this idyllic beach offers a perfect blend of natural beauty and tranquility. Visitors can unwind on the soft sands, take leisurely walks along the shore, or indulge in thrilling water sports like surfing and swimming. With its breathtaking sunsets and warm hospitality,

Cherai Beach is a popular destination for both locals and tourists seeking a rejuvenating seaside retreat.

## **FORT KOCHI**

Fort Kochi is a historic neighborhood in Kochi (Cochin), Kerala, India, known for its rich cultural heritage and colonial architecture. It was once a bustling trade port frequented by European powers such as the Portuguese, Dutch, and British, leaving behind a legacy of diverse influences evident in its landmarks and traditions.

## **MATTANCHERRY PALACE**

Also known as the Dutch Palace, Mattancherry Palace is a magnificent structure in Kochi renowned for its stunning Kerala-style architecture and vibrant murals. Originally built by the Portuguese and later renovated by the Dutch, it houses a remarkable collection of art, including intricate Hindu temple murals depicting scenes from the Ramayana and Mahabharata.

## **ST FRANCIS CHURCH**

St. Francis Church stands as a testament to Kochi's rich colonial history, being one of the oldest European churches in India. Constructed by the Portuguese Franciscan friars in the 16th century, it later became the final resting place of the renowned explorer Vasco da Gama, making it a significant pilgrimage site for Christians worldwide.

## **SANTA CRUZ BASILICA**

Santa Cruz Basilica is an iconic Roman Catholic church located in Fort Kochi, Kerala, renowned for its breathtaking architecture and intricate detailing. Constructed by the Portuguese in the 16th century, it boasts elegant Gothic-style arches, vibrant stained glass windows, and elaborate interior decorations, drawing visitors with its spiritual ambiance and historical significance.

## **FORT IMMANUEL**

Fort Immanuel, situated in Fort Kochi, is a historic fortification built by the Portuguese in the early 16th century. Originally constructed as a defense outpost against rival European powers and local rulers, it serves as a reminder of Kochi's strategic importance in maritime trade during colonial times, offering visitors a glimpse into the region's tumultuous past.

## **MARITIME MUSEUM**

The Maritime Museum, located within the premises of INS Dronacharya in Kochi, Kerala, offers a fascinating journey through India's maritime history. Showcasing a diverse collection of ship models, navigation instruments, artifacts, and exhibits related to naval warfare, it provides insights into the country's seafaring traditions, technological advancements, and maritime heritage.

## **THERUVORAM**

- THERUVORAM, WAS FOUNDED BY MURUKAN S IN 2007 WITH THE NOBLE MISSION OF REHABILITATING STREET PEOPLE IN KOCHI.
- IT HAS OPERATED INDEPENDENTLY FOREGOING GOVERNMENT FUNDING OR PUBLIC GRANTS, WHILE STEADFASTLY SERVING THE COMMUNITY OVER THE YEARS.

- IT EXTENDS A COMPASSIONATE HAND TO THOSE ABANDONED ON THE STREETS AND INDIVIDUALS AFFLICTED WITH DISEASES SUCH AS LEPROSY, REGARDLESS OF AGE.
- IT WELCOMES INDIVIDUALS OF ALL AGES AND BACKGROUNDS, INCLUDING CHILDREN WOMEN AND MEN FACING VARIOUS DISABILITIES, BOTH PHYSICAL AND MENTAL.
- MURUGAN S, HAILS FROM THE TOWN OF PEERUMEDU IN IDDUKI DISTRICT OF KERALA
- IN INITIAL YEARS HE WORKED AT DON BOSCO SNEHABHAVAN WHERE HE FOSTERED LOVE AND COMPASSION FOR OTHERS AMID LIFE'S CHALLENGES
- LATER HE STARTED RESCUING PEOPLE ON HIS OWN AND HE FINANCED THESE EFFORTS THROUGH LATE NIGHT AUTO RICKSHAW SHIFTS
- IN 2007, MURUGAN FOUNDED THERUVORA PRAVARTHAKA ASSOCIATION NGO, DEDICATING TO REHABILITATING STREET PEOPLE WITH 24/7 ASSISTANCE.
- HE HAS RECEIVED NATIONAL AWARD FOR CHILD WELFARE-2011 FROM PRESIDENT
- IN 2017 HE WAS AWARDED BY HON. PM
- IN 2020 HE WAS AWARDED BY PRESIDENT FOR COMMUNITY DEVELOPMENT AND WOMEN EMPOWERMENT
- THE NGO HAS RESCUED NEARLY 30,000 HOMELESS BEGGARS AND DESTITUTES. UPON ENCOUNTERING BEGGARS ON THE STREETS, THE NGO PROMPTLY ENGAGES WITH LOCAL AUTHORITIES, OBTAINING NECESSARY PERMISSIONS VIA POLICE LETTERS
- IT HAS ORGANIZED VARIOUS DRIVES IN COORDINATION WITH THE POLICE AND LOCAL AUTHORITIES TO REHABILITATE THE HOMELESS AND MENTALLY UNSTABLE.
- THE NGO HAS MAINLY FOCUSED ON ACCOMMODATING INDIVIDUALS WITH PSYCHIATRIC DISABILITES, BEDRIDDEN, AND ELDERLY INDIVIDUALS.

- THE ORGANISATION HAS A TWO STOREY BUILDING SPANNING 1600 SQFT, WHICH INCLUDES A SMALL KITCHEN. IT ACCOMMODATES 30 HOMELESS INDIVIDUALS.



## **Conclusion and Learnings**

The study tour was a memorable and enriching experience for all of us. We learned a lot about the diversity and unity of India, the history and culture of different regions, the ecology and biodiversity of different ecosystems, the development and governance of different states, and the challenges and opportunities of different sectors. We also developed our skills and

competencies in team work, time management, crisis management and adaptability. We also made some lifelong friends and memories.

Some of the key learnings from the tour are:

- India is a land of contrasts and contradictions, where the ancient and the modern, the rural and the urban, the rich and the poor, the traditional and the contemporary coexist and interact.
- India has a rich and glorious history and culture, which is reflected in its monuments, temples, forts, palaces, museums, art, literature, music, dance, festivals, cuisine and customs.
- India has a diverse and rich ecology and biodiversity, which is manifested in its forests, mountains, rivers, lakes, deserts, islands, coasts, wetlands, grasslands and wildlife.

The study tour was a valuable and enjoyable part of our cadre training programme. We are grateful and thankful to the MCR HRDIT, the Course Director, the Study Tour Committee, and Officials for making this tour possible and successful. We are also thankful to our fellow participants for making this tour fun and friendly. We hope to apply and share our learnings and experiences from this tour in our future work and life. We also hope to visit these places again and explore more of our incredible India. Jai Hind!