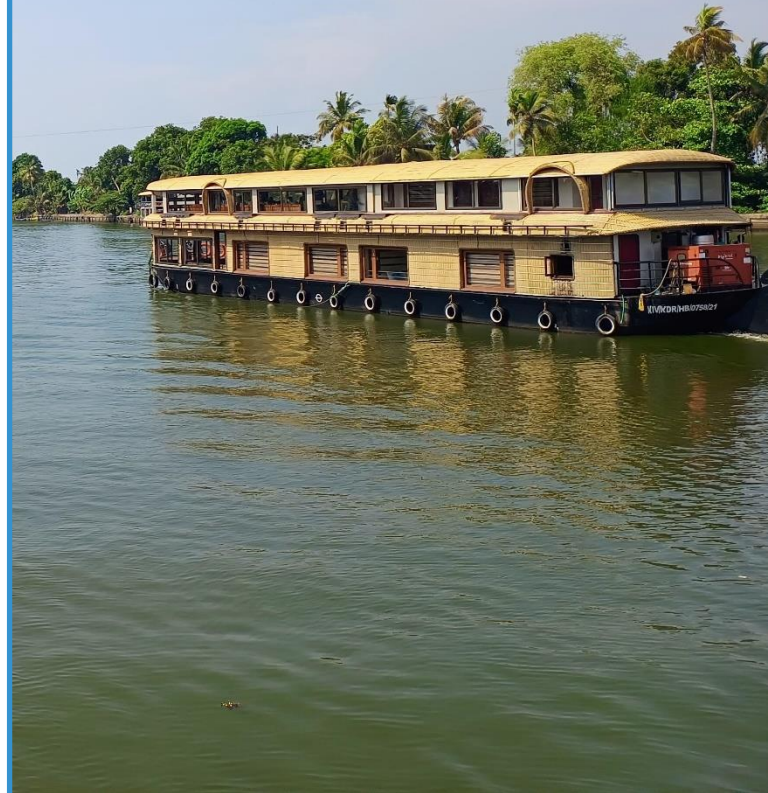


(Bharat Darshan)

**Study tour
of FTP for ASO of 2023 Batch
FOR
ASSISTANT SECTION
OFFICERS OF CSS
REPORT ON STUDY TOUR
KERALA**



(28.04.2024-04.05.2024)

**PREPARED BY -MANVI
A73, DEPARTMENT OF
PERSONNEL
AND TRAINING**



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Acknowledgment

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 Mr. Saka Venkateswara Rao, Senior Faculty 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 Kerala tour. I enjoyed the study tour and learned many things during the NGO attachment and Tea museum Visit as well.

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

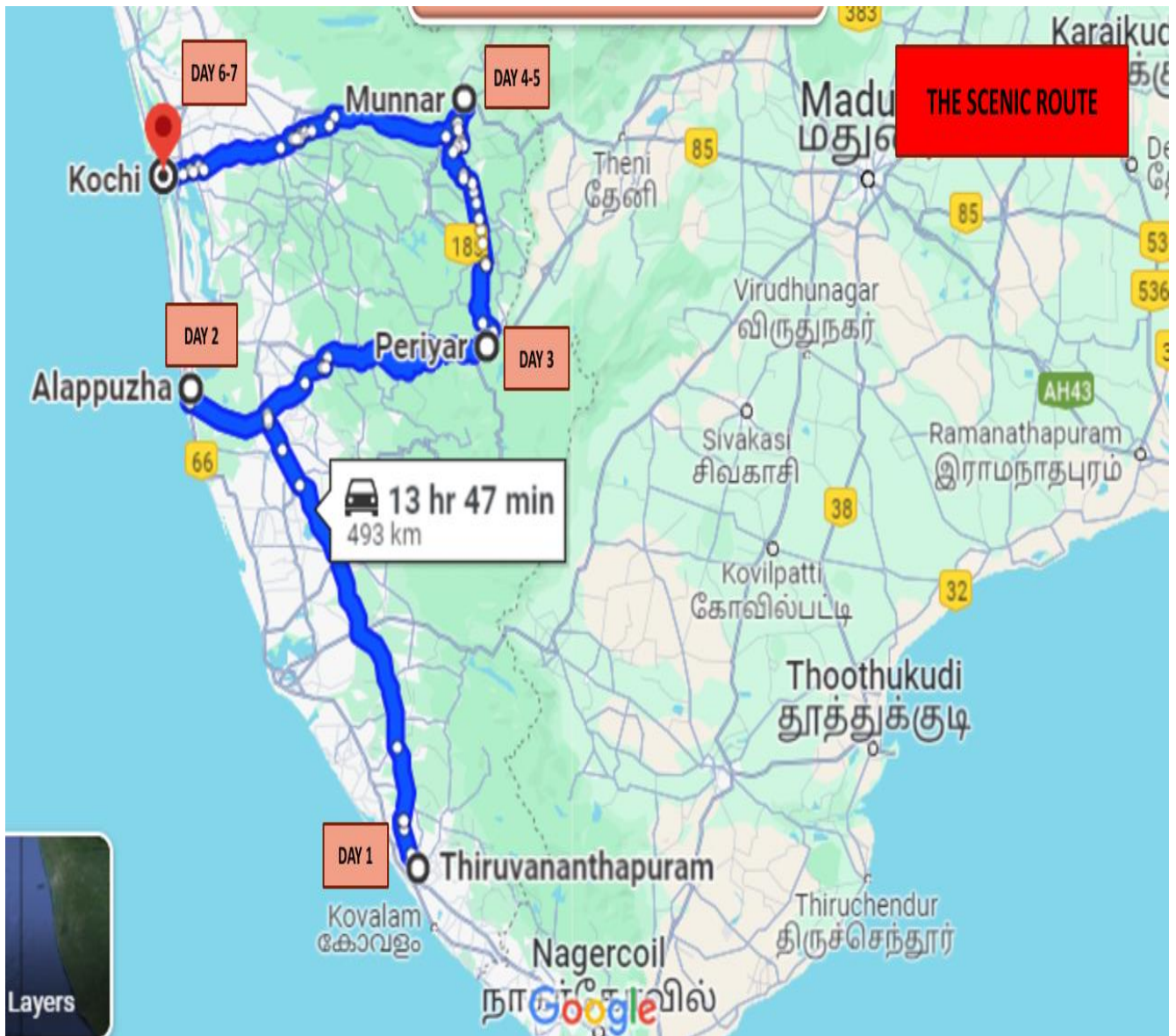
As part of the mandatory ISTM Phase-1 Foundation Training Programme for Assistant Section Officers (ASOs) of 2023 Batch, 01-week Bharat Darshan was organized from 28.04.2024 to 04.05.2024 in Kerala under the guidance of Mr. Saka Venkateswara Rao, Senior Faculty (FTP).

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 develop team spirit, time management, management of crisis and adaptability to various odd situations.**
- ❖ To familiarize the trainees with India's cultural heritage and arts.**
- ❖ To expose the trainees to research and developmental work being done by Public Sector Undertakings/ Autonomous Bodies.**
- ❖ 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 Tamil Nadu-Puducherry-Karnataka as per the following details:-



Day 1

**THIRUVANANTHAPURAM Shree Padmanabh Swami temple Veli tourist village
Kovalam beach**

Day 2

ALLEPPEY Houseboat cruise

Day 3

Periyar Tiger Reserve The Spice Route ayurvedic spice garden

Day 4

Eravikulam national park Kalari Kshetra (kalaripayattu)

Day 5

MUNNAR Mattupetty dam Tata tea plantations and museum Sadya

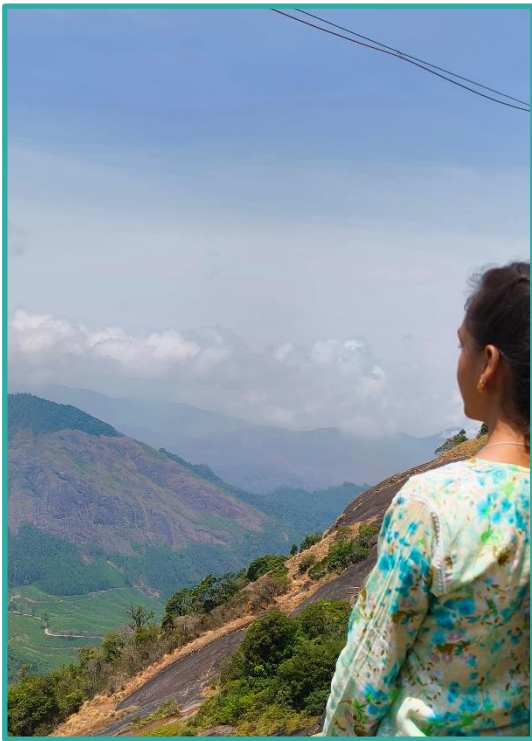
Day 6

**KOCHI Cherai beach Fort kochi Mattancherry palace St. Francis Church Santa Cruz
basilica Maritime museum Chinese fishing nets Jewish Synagogue**

Day 7

Theruvoram NGO

SIGHT SEEING IN KERALA



PADMANABHASWAMY TEMPLE,



- Across the world, the Sree Padmanabhaswamy Temple is renowned for its beauty and grandeur. Dedicated to Lord Vishnu, it is one of the 108 sacred Vishnu temples or 'Divya Deshams' in India.
- The origin of the Temple of Sree Padmanabhaswamy is lost in antiquity. It is not possible to determine with any exactitude, from any reliable historical documents or other sources as to when and by whom the original idol of Sree Padmanabhaswamy was consecrated. The great King of Travancore, Marthanda Varma is said to have done the renovation work that we see today. It was he who dedicated the temple to Lord Padmanabha.
- The gopuram of temple is 100 foot(30 m) high, it has 7-tier and it is built in Pandyan style. The temple has a corridor with 365 and one-quarter sculptured granite-stone pillars with elaborate carvings.

This is an architectural marvel built to last for centuries with some of the most stunning structures and artwork ever seen.

- In recent years, the temple gained global attention due to the discovery of hidden vaults within its premises containing immense wealth, including gold, jewels, and ancient artifacts. This discovery made the temple one of the wealthiest religious institutions in the world, sparking debates and discussions about its management and preservation.



VELLI VILLAGE

- Veli Tourist Village in Madhavapuram Colony, Trivandrum is a top player in the category Tourist Attraction in the Thiruvananthapuram. This well-known establishment acts as a one stop destination serving customers both local and from others parts of the world. It is located in part of Veli Lake where it submerge in Arabian Sea Pedal-boats are available here for tourist to explore the beauty of the lagoon.



KOVALAM BEACH

Overlooking the Arabian Sea, Kovalam is a stunning destination with black sand beaches and bustling life. It's a magnificent beach supported by sharply mounting headlands and enclosed by fertile coconut palms. Placed snugly in the southern part of Kerala, Kovalam has created its presence fingered on the worldwide tourist map, due to its clean and bizarre beaches lined with glittering sand and tall light houses Kovalam offers various water sports activities like swimming, surfing, and parasailing, along with Ayurvedic massages and yoga retreats. It's a popular tourist spot in Kerala, attracting visitors from around the world for its natural beauty and relaxing atmosphere.



HOUSEBOAT CRUISE ALLEPPEY



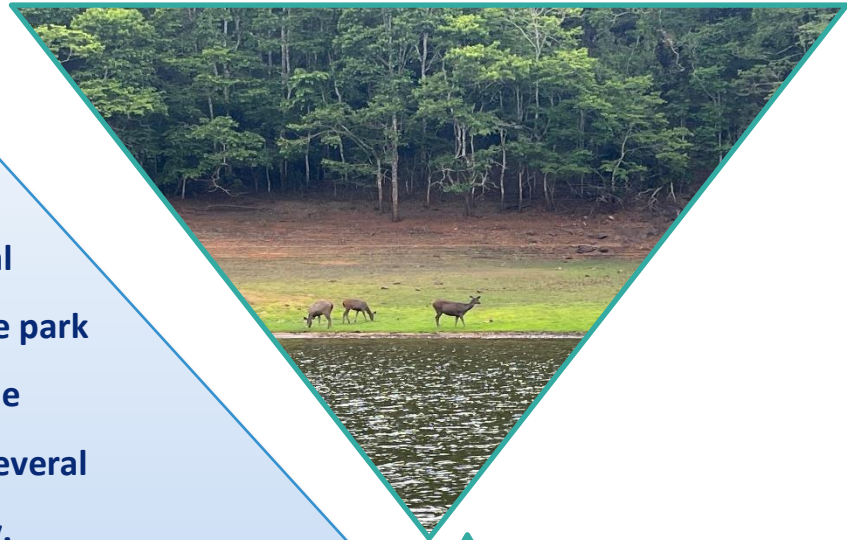
Lush greenery, perfect beaches and the calm tranquil of houseboats on serene backwaters of Alleppey in Kerala is nature's way of bestowing God's bounties on human beings. Cruise Land is a key network member of Kerala's tourism sector and enables the best houseboat experience to people that come in from all around the world. Houseboats in Kerala were traditionally cargo boats that carried rice, spices and other commodities, which now are transformed into luxury boats complete with bedrooms, kitchen, living area, bathrooms and other amenities. Today, these allow travellers to enjoy the breath-taking beauty of Alappuzha while gliding along its backwaters. Exploring the tranquil backwaters of Alleppey on a houseboat is a life time experience.



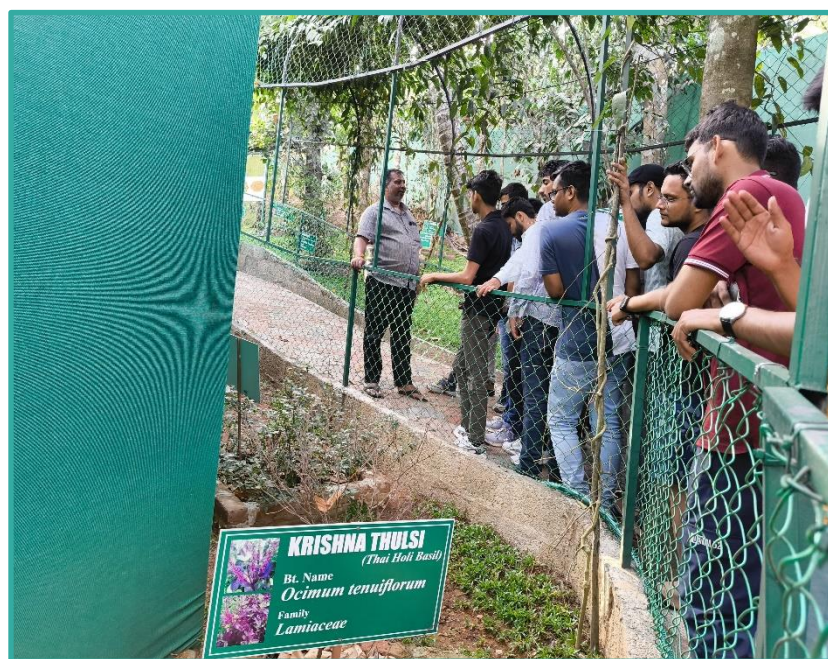
PERIYAR TIGER RESERVE



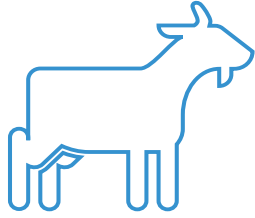
Periyar National Park, also known as Periyar Tiger Reserve, is located in the mountainous Western Ghats of Kerala, southern India. This national park's rich biodiversity is on point. The park is embellished with a quaint lake at the heart of the haven which is artificial several years (100 years) old lake at Thekkady. Thekkady is popular for its wild elephants and heavily set up Western Ghats jungle. It is enclosed by abundant evergreen and in-depth forests, shelter for several animals such as deer, elephants, sambar, Nilgiri Langurs, and many more mind-blowing animals. living in the Periyar National Park



THE SPICE ROUTE



Spice Route is Established in 2014, Spice Route Ayurvedic & Spice Garden Delights has been a pioneer In delivering exquisite spice experiences to culinary enthusiasts worldwide. It evokes the spirit of the ancient trade routes that connected diverse cultures through the exotic treasures of the East. The allure of Kerala's spices, including cardamom, black pepper, and cinnamon, traveled along these routes, enriching the world with the flavors and healing properties that define the region. With a commitment to authenticity and a deep respect for the healing wisdom of Ayurveda, the Spice Route ayurvedic & spice garden play a crucial role in keeping these traditions alive.



THE ERAVIKULAM NATIONAL

The Eravikulam National Park, also known as Rajamalai Wildlife Sanctuary, is a UNESCO World Heritage Site. Situated in the Kannan Devan Hills of the southern Western Ghats, the wildlife park with an area of 97 sq. km. can be reached via Munnar. Visitors are allowed only to the tourism area that is in Rajamala, the region lying beyond the road entry into Eravikulam. Eravikulam is also famous for the natural habitat of Nilgiri Tahr, the endangered mountain goat and this park is built with the aim of conserving them. Elephants, Nilgiri langurs, Nilgiri martens, the largest moth in the world, lion-tailed macaques and small-clawed otters can be spotted here. It is one of the spots, where the blooming of Neelakurinji can be spotted. This park situated in the high ranges of Kerala offers the magnificent view of hills with tea plantations.



KALARI KSHETHRA KALARIPAYATTU



Kalari Kshethra is the center of the oldest form of martial arts of Kerala - Kalaripayattu and Kathakali, the traditional form of Indian Classical Dance. The center is the place where one can witness the rich cultural heritage of Kerala showcased in the form of dance. Famed as the mother of all martial arts, Kalaripayattu is the traditional martial art practiced in Kerala. The martial art is said to be more than 3,000 years old. This ancient art-form is believed to have been adapted into various martial art forms like karate, kung-fu, and judo. The one-hour evening performance show of Kalaripayattu in Munnar includes showcasing body control, flexibility and various forms of exercises. Performed by skilled and trained artists, this show showcases their fighting skills with bare hands and metallic weapons like



MATTUPETTY DAM

Mattupetty Dam, near Munnar in Idukki District, is a storage concrete gravity dam built in the mountains of Kerala, India to conserve water for hydroelectricity. It has been a vital source of power and huge revenue for Idukki District. The water body that forms as a result of this gravity dam is often termed as Mattupetty Lake. It is a perennial lake which never dries up even in the summers, while swelling to its maximum capacity in the monsoon when the rains add to its volume. By the sheer strength of the dam's weight, it can hold back a total of 55.4 million cubic metres of water! This availability of water continuously round the year makes it very popular with birds and wild animals that rely on this reservoir to quench their thirst.



TATA TEA PLANTATIONS AND MUSEUM



Munnar is famous for fragrant tea plantations that line up its mountains and valleys. Infact many of the first settlement in Munnar were Tea planters and plantation workers. The tea Museum was established by Tata Tea in 2005 at Nallathanni estate. The museum chronicles the journey of the growth of tea in Munnar. The museum has many photographs and machines celebrating the legacy of the plantations owners and workers who ensured the survival of tea plantations here for long. The transition from the rudimentary tea roller to the modern fully-automated tea factory is an interesting sight to watch. So is the process of tea making. The demonstration room here attracts most tourists. Some of the most exotic tea in the world are available here. Tea Museum is a delightful experience for tea lover.

SADHYA

Sadhya is the traditional multi-course vegetarian meal served on the festive occasion, on a banana leaf featuring over 25 dishes. It is meant to be relished with hands. The meal consists of traditional dishes from across the state, including fried snacks, variety of curries like Payar upperi, Aviyal, Koottukari, Masala curry, pickles like Mango pickle, Injipuli, Beetroot thoran, sweets include Semiya payasam, cherupayar payasam, gothamb payasam served alongside red rice. Traditionally, Sadhya is served on a banana leaf and the leaf should be folded and closed once the meal is finished.





CHERAI BEACH

Cherai beach is one of the most captivating beaches in Kerala with calm and quiet atmosphere. This beach is mostly less crowded, presenting a cosy atmosphere. The 10 kilometer long Cherai Beach is the longest beach in Kerala. It is located on the northern end of Vypeen Island. Government run boat services are also accessible from major island boat jetties in the city. The 15 kilometer shoreline of Cherai beach is also known for being one of the cleanest beaches in India. The shallow depth of the water here is safe for swimming and other water sports.



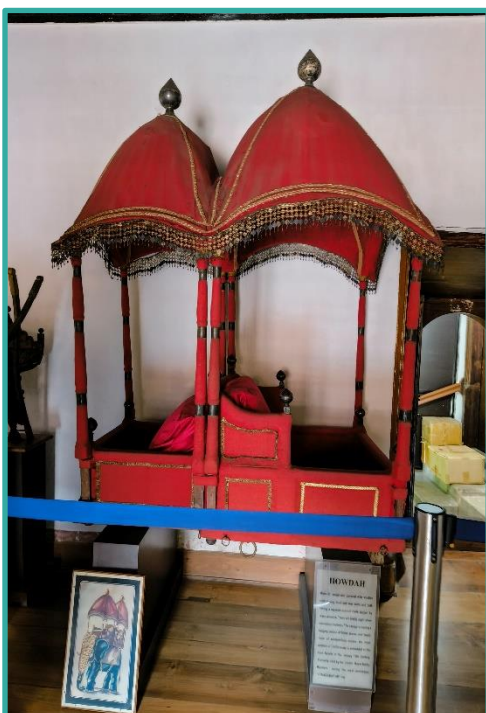
FORT KOCHI



Fort Kochi in Ernakulam district of Kerala is the first European township in India. Chinese fishing nets along the Vasco Da Gama Square, Santa Cruz Basilica, St Francis Church, VOC Gate, Bastion Bungalow etc. are some of the major attractions in Fort Kochi. It offers decadent living with a mix of Dutch, Portuguese and British architecture coupled with delicious pan-European, Indian and Kerala food. Centrally located on Princess Street, many of the city's attractions are actually within walking distance, making it a perfect location to stay while exploring the city. This place is steeped in the history and culture of all who have occupied it through the ages.

MATTAN CHERRY PALACE

Mattancherry palace is Also called Dutch Palace, this palace was built by the Portuguese in 1555 as a gift to the Kochin Raja. It is built in traditional Kerala Nalukettu style with a central courtyard. The rooms & bedchambers inside are adorned with stunning Kerala Murals depicting Hindu temple art and the palace also plays host to some beautiful portraits of Kochin Rajas executed in a western style



ST. FRANCIS CHURCH

St. Francis Church in Fort Kochi, originally built in 1503, is popularly known as the first church Europeans built in India and has great historical significance. Interestingly, it has served as a Roman Catholic church, a Dutch Reformist church & an Anglican church depending on them European nation in power at each given time.

The Portuguese explorer Vasco Da Gama was first interred here after his death in Kochi in 1524, making the church a mecca for travel buffs across the world.



SANTA CRUZ BASILICA

Santas cruz basilica is Located on Bastian Street, this church is one of the oldest Catholic Churches in India and one of the eight basilicas in Kerala. Built originally in the gothic style by the Portuguese it is interesting to explore its architectural & artistic grandeur - one of the must-see places for every visitor to the city!

Santa Cruz Cathedral Basilica
DIOCESE OF COCHIN
THIS CHURCH IS A PLACE OF WORSHIP
AND PRAYER, NOT A MUSEUM.
THEREFORE, THE FOLLOWING RESTRICTIONS
ARE INTRODUCED.
TOURISTS ARE PERMITTED
From 11.00 am & from 02.30 pm to 05.30 pm
(from Monday to Saturday)
TOURISTS AND VISITORS ARE NOT PERMITTED
DURING LITURGICAL SERVICES.
Only visitors are permitted entry, no tour guides.
SUNDAY IS THE DAY OF WORSHIP AND THEREFORE
when no liturgical services are in progress.
Every First Friday of the month is a day of Adoration,
therefore, no visitors are allowed.
Kindly switch off your mobile phones and
enter the Church with reverence.
RECTOR, SANTA CRUZ CATHEDRAL, BASILICA



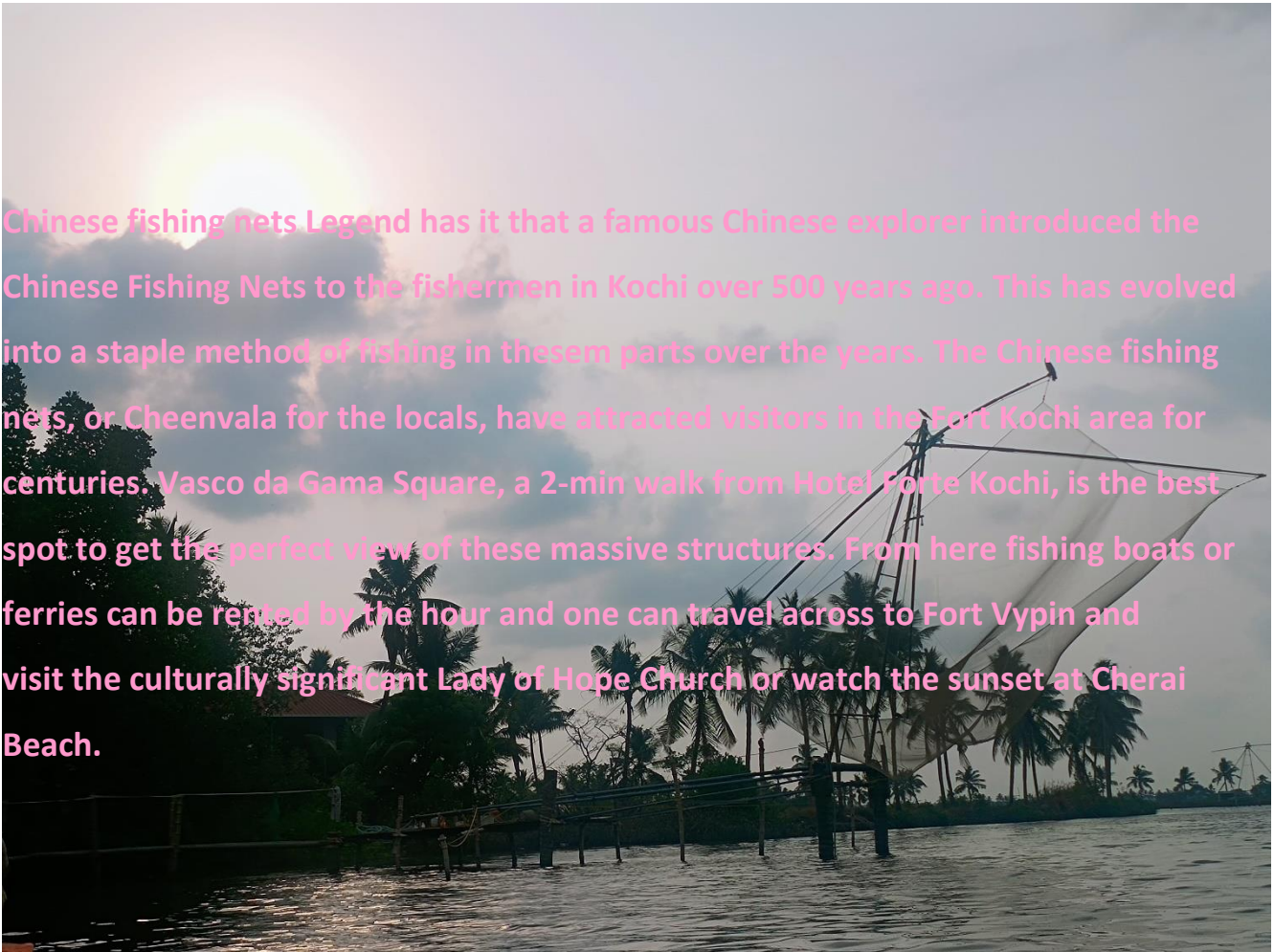
MARITIME MUSEUM



It is a good place to get to know the history of the Indian Navy. Antique pistols, Navy warships and aircraft carriers are displayed here. A special section dedicated to post-independence naval victories, which include Junaghad Operation, the Goa Liberation, Indo-Pak Conflicts of 1956 and 1971, Operation Cactus, Operation Pawan and the strategic manoeuvres during Kargil War. This place is perfect to explore in leisure.

CHINESE FISHING NETS

Chinese fishing nets Legend has it that a famous Chinese explorer introduced the Chinese Fishing Nets to the fishermen in Kochi over 500 years ago. This has evolved into a staple method of fishing in these parts over the years. The Chinese fishing nets, or Cheenvala for the locals, have attracted visitors in the Fort Kochi area for centuries. Vasco da Gama Square, a 2-min walk from Hotel Forte Kochi, is the best spot to get the perfect view of these massive structures. From here fishing boats or ferries can be rented by the hour and one can travel across to Fort Vypin and visit the culturally significant Lady of Hope Church or watch the sunset at Cherai Beach.



JEWISH SYNAGOGUE



The Malabar Yehudans or the Cochin Jewish community built this synagogue in 1568. The Jews of Fort Kochi fled their homeland, Israel and the diaspora embraced Fort Kochi as their second home. The Synagogue lies adjacent to the Mattanchey Palace and houses many rare antiques and artefacts



KAYAKING IN KOCHI BACKWATERS

At Kochi Kayaking, the natural beauty of Kochi can be experienced like never before with on the Vembanad Lake. The kayaking journey takes one through a captivating route that winds through narrow canals, flanked by lush coconut groves, verdant paddy fields, and thriving prawn farms. The highlight of the tour is reaching the open expanse of Vembanad Lake at Verampuzha, offering a breathtaking panoramic view of the backwaters. It's a serene and eco-friendly way to explore Kochi's natural wonders and witness its stunning landscapes.



KOCHI WATER METRO

Kochi Water metro Kochi, Kerala has become India's first city to have a Water Metro Project after the launch of its first boat in December 2021, namely 'Muziris,' among the 23 battery-powered electric boats being manufactured by Cochin Shipyard Limited. The Kochi Water Metro is an innovative and sustainable mode of transportation that connects various parts of the city through its intricate network of waterways. The project aims to reduce traffic congestion and improve the connectivity of the city while promoting eco-friendly means of transportation.





MARINE **DRIVE KOCHI**

Marine Drive, also known as APJ Abdul Kalam Marg, is a famous promenade in Kochi, India. It is built facing the backwaters. It is an economically thriving part of the city of Kochi. It is a great place to relax and enjoy the evening with friends and family. It offers beautiful sunset views and is a bustling hub with ships.





CENTRAL / STATE
GOVERNMENT OFFICE



THE RUVORAM NGO

Theruvoram is an NGO founded by Murukan S Theruvoram, a social worker, for the rehabilitation of street people in Kochi. It was established in the year 2007. Theruvoram had been in service in the past years without accepting fund or grants from Government and public. It aims to reach out to the most marginalized children and old age people to provide interventions of shelter, medical, repatriation, rescue, death related, sponsorship, emotional support and guidance



CONCLUSION

The study tour was successful, informative, pleasant, enjoyable and enriching. It was a success in terms of accomplishment of objectives and goals. This tour was a great learning experience and provided us with an opportunity to explore the rich and diverse culture of our country.

This study tour has exposed us to the socio-economic differences in the country and left an indelible mark on all of us. The exposure to different villages will serve as an encouragement to us to work harder in order to directly or indirectly affect people's lives through various central schemes.

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

Apart from this, this tour also developed our ability to work in groups through a number of team-building activities. All in all, the tour could be termed a big success and we would like to express our sincere gratitude to Department of Personnel and Training for providing us with this opportunity to explore our country.