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A Report on
Study tour (Bharat Darshan)
of FTP for ASOs (DR) of 2023
Batch

Visit to Tamil Nadu

Conducted from 28.04.2024 to 04.05.2024

Report Submitted to:

The Director General
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We are highly indebted to Mr. Sukumar 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 the visit to Tamil Nadu- Puducherry- Karnataka. I enjoyed the study tour and learned many things during the NGO attachment and Tea-cum-Chocolate Factory 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 Study Tour

During this one of a kind Study Tour, we had to keep following objectives in mind:

- To study implementation of a policy/program/scheme in the area of visit.
- To get familiarized with developmental and citizen centric activities in villages including remote/tribal areas.
- To develop team spirit, time management, management of crisis and adaptability to various odd situations.

Objectives of the Study Tour Report

- Inculcating skills for effective writing
- Integrity in writing by giving due credit and other ideas
- Researching, inculcating timelines in task completion
- Developing word processing skills

Bharat, being a diverse country inculcates thousands of communities having their independent and inter-dependent cultures, methodologies, languages and socio-economic backgrounds, grouped widely in States, districts, cities and local wards and villages. During our Study Tour program, we been through various regions of Tamil Nadu and Karnataka, getting an overview of what diverse beauty lies within this beautiful piece of subcontinent we proudly know as Bharat.

Day 1: Mahabalipuram

Mahabalipuram, a coastal town in Tamil Nadu, India, renowned for its stunning rock-cut monuments and temples, reflecting the rich architectural and cultural heritage of ancient India. Among its most notable attractions are the Shore Temple, Five Rath Temples, and Arjuna's Penance, each offering a glimpse into the region's history and artistic prowess.



The Shore Temple stands as a testament to the Pallava dynasty's architectural brilliance, dating back to the 8th century AD. Carved out of granite, this temple complex sits majestically on the shores of the Bay of Bengal, earning its name. Its distinctive Dravidian architectural style features intricately carved sculptures of gods, goddesses, and mythical beasts, showcasing the Pallava's mastery over stone craftsmanship.

Adjacent to the Shore Temple are the Rath Temples, a group of monolithic rock-cut shrines resembling chariots. These temples, dedicated to various Hindu deities, exemplify the Pallava's experimentation with architectural forms. Each rath (chariot) is carved from a single granite rock and intricately adorned with detailed sculptures, showcasing the Pallava's devotion to art and religion.

Arjuna's Penance, a magnificent bas-relief carved on two massive boulders, narrates a scene from the Hindu epic Mahabharata. It depicts Arjuna, one of the Pandava princes, performing severe penance to obtain Lord Shiva's weapon, the Pashupatastra. The intricately carved figures of gods, animals, and celestial beings, along with the natural beauty of the surrounding landscape, make Arjuna's Penance a masterpiece of ancient Indian art and a testament to Mahabalipuram's cultural significance.

Together, the Shore Temple, Rath Temples, and Arjuna's Penance form an invaluable heritage site, attracting tourists, historians, and art enthusiasts from around the world. Their architectural splendor and historical significance not only showcase the Pallava dynasty's architectural prowess but also highlight India's rich cultural heritage and artistic legacy. Mahabalipuram stands as a timeless testament to the ingenuity and creativity of ancient Indian civilization.

Day 2: Pondicherry

Pondicherry, nestled on India's southeastern coast, is a quaint haven blending French colonial charm with Indian culture. Its serene beaches, adorned with colonial-era architecture and vibrant markets, offer a tranquil escape. We wandered along the picturesque Promenade Beach, delved into spiritual introspection at the Aurobindo Ashram and savored exquisite French cuisine at local cafes. Pondicherry's unique ambiance, with its fusion of cultures and tranquil vistas, promises a memorable retreat for travelers seeking solace and cultural immersion alike.

Places visited in Pondicherry

Pondicherry, a quaint coastal town on the southeastern coast of India, where history, spirituality, and natural beauty converge to create an enchanting experience. As we embarked on your journey through this picturesque destination, let me guide you through some of its most captivating attractions: Auroville, Rock Beach, and the French Colony

(i)Auroville: Our first stop was Auroville, an experimental township founded in 1968 with the vision of human unity and peaceful coexistence. As you enter this utopian community, you'll be greeted by the Matrimandir, a magnificent golden sphere surrounded by lush greenery. The Matrimandir serves as the spiritual center of Auroville, inviting visitors to experience inner peace and meditation. Take a leisurely stroll through the serene surroundings, dotted with quaint cottages, organic farms, and eco-friendly initiatives. Engage with the diverse community of residents from over 50 countries, each contributing their unique talents and perspectives to the collective vision of harmony and sustainability.



(ii)Rock Beach: Next, we head to Rock Beach, a lively promenade overlooking the Bay of Bengal. Feel the cool breeze on your face as you walk along the sandy shores, lined with granite boulders and vibrant fishing boats. Immerse yourself in the rhythmic sounds of crashing waves and chirping seagulls, creating a soothing melody that calms the soul. Indulge in a variety of water sports activities, from surfing and kayaking to beach volleyball and sunset cruises. As the sun dips below the horizon, witness the sky ablaze with hues of orange and pink, casting a mesmerizing glow over the tranquil waters.



(iii) French Colony: Our final destination is the French Colony, a charming neighborhood steeped in colonial history and architectural splendor. Meander through the cobblestone streets adorned with pastel-colored buildings, adorned with wrought-iron balconies and wooden shutters. Admire the fusion of French and Tamil influences in the architecture, evident in the ornate facades and elegant courtyards. Stop by quaint cafes and bakeries to savor delectable French pastries and aromatic coffee, reminiscent of a bygone era. Explore boutique shops and art galleries showcasing local handicrafts and contemporary artwork, perfect for picking up unique souvenirs to commemorate your journey.



Day 3: Isha Foundation, Coimbatore:

Adiyogi, the front face of Isha Foundation, located in Coimbatore, Tamil Nadu, is a magnificent 112-foot-tall statue of Lord Shiva, recognized as the world's largest bust sculpture. This iconic statue, unveiled on Mahashivratri in 2017, stands as a symbol of spirituality, yoga, and profound wisdom.



Designed and consecrated by yogi, mystic and spiritual leader Sadhguru Shri Jaggi Vasudev, founder of the Isha Foundation, Adiyogi represents the first yogi or the Adi Guru, who transmitted the science of yoga to humanity thousands of years ago. The statue's significance lies not only in its colossal size but also in its profound spiritual symbolism.

Adiyogi's serene countenance exudes a sense of tranquility and inner peace, inviting visitors to delve into the depths of their consciousness. The seven-tiered structure of the statue represents the **seven chakras** or energy centres within the human body, symbolizing the journey of self-realization and spiritual awakening.

Surrounding the statue is the vibrant Isha Yoga Centre, a sprawling complex that serves as a hub for spiritual practices, meditation, and self-discovery. The centre offers various yoga programs, workshops, and retreats aimed at promoting holistic well-being and inner transformation.

Adiyogi has emerged as a global landmark, drawing pilgrims, tourists, and seekers from all corners of the world. Its message of inclusivity, unity, and inner exploration transcends cultural and religious boundaries, resonating with people of diverse backgrounds.

Beyond its physical presence, Adiyogi serves as a powerful inspiration for individuals to embark on their spiritual journey, explore the depths of their being, and unlock their true

potential. It stands as a timeless reminder of the ancient science of yoga and its profound relevance in the modern world.

Further, in the Isha Yoga Centre, we have undergone some serene experiences of **Sarv Dharm Smarak, Surya Kund (for males), Bhairavi Temple (abode of Devi Bhairavi), Chandra Kund (for women only), Patanjali** (yogi and propounded Patanjali's Yoga Sutras on Kriya Yoga), Banayan Tree and at last the Dhyanalinga Temple. The Dhyanalinga is a mercury linga concentrated with all seven chakras for providing support system for awakening all seven chakras in the body as a goal carried by Sadhguru from his 3 lives as mentioned by him.

Isha Foundation has also occurred as an umbrella organization embodying various initiatives in Rural, Educational, Social and Spiritual landscapes. Programs like Isha Vidhya, Isha Samskriti, Project Green Hands, Rally for rivers, Cauvery Calling, Inner Engineering and other yogic and rural initiatives in health, coexistence and social sectors all make lives of people better day by day.

In essence, Adiyogi and Isha Yoga Centre in Coimbatore embodies the timeless wisdom of yoga and the boundless potential within each individual to realize their ultimate nature. It stands as a beacon of light, guiding humanity towards a path of inner peace, harmony, and self-transformation.

Day 4-5: Ooty:

Nestled amidst the verdant hills of the Nilgiris in Tamil Nadu, Ooty, also known as Udhagamandalam, is a picturesque hill station renowned for its natural beauty, pleasant climate, and charming attractions. Among the plethora of sights to explore, Dodabetta Peak, Tea Museum, Chocolate Factory, and the boating experience at Ooty Lake stand out as quintessential Ooty experiences, each offering a unique glimpse into the region's culture, heritage, and natural splendor.

- (i) **Dodabetta Peak:** At an elevation of 2,637 meters (8,650 feet) above sea level, Dodabetta Peak stands tall as the highest point in the Nilgiris. A visit to this majestic peak promises awe-inspiring vistas of rolling hills, lush valleys, and dense forests blanketed in mist. Travelers can reach the summit by a scenic drive or opt for an invigorating trek through verdant trails, immersing themselves in the tranquility of nature along the way. The panoramic views from Dodabetta Peak offer a serene retreat for nature enthusiasts and photographers alike, providing the perfect vantage point to marvel at the beauty of Ooty's landscape.



(ii) **Tea Museum:** For those intrigued by the art of tea-making, a visit to the Tea Museum in Ooty offers a delightful journey into the region's rich tea culture. Housed within a colonial-era building, the museum showcases vintage tea-processing equipment, photographs, and exhibits that chronicle the history and evolution of tea cultivation in the Nilgiris. Visitors can delve into the nuances of tea production, from plucking to processing, and savor aromatic blends during guided tasting sessions. The Tea Museum provides an immersive experience that educates and indulges tea aficionados while highlighting the significance of tea in Ooty's heritage.



highlighting the significance of tea in Ooty's

(iii) **Chocolate Factory:** Indulgence takes center stage at the Chocolate Factory, where visitors can witness the artistry behind crafting delectable chocolates from bean to bar. Set amidst lush surroundings, the factory offers guided tours that unveil the chocolate-making process, from roasting and grinding cocoa beans to molding and packaging exquisite confections. Guests can sample an array of handcrafted chocolates, truffles, and pralines, tantalizing their taste buds with the rich flavors and textures of artisanal chocolate creations.



(iv) **Ooty Lake:** For a leisurely escape amidst serene environs, Ooty Lake beckons with its tranquil waters and scenic vistas. Originally constructed for fishing purposes during the British colonial era, the lake now serves as a popular recreational hub for boating enthusiasts and nature lovers. Visitors can embark on leisurely boat rides across the shimmering waters, soaking in the breathtaking views of verdant hillsides and lush greenery that adorn the lake's periphery. Whether paddling in colorful pedal boats or rowing in traditional rowboats, the boating experience at Ooty Lake offers a serene retreat that captivates the senses and rejuvenates the soul.



In essence, Dodabetta Peak, Tea Museum, Chocolate Factory, and the boating experience at Ooty Lake encapsulate the essence of Ooty's charm, blending natural beauty, cultural heritage, and culinary delights into unforgettable experiences that linger in the hearts of visitors long after their journey comes to an end. These iconic attractions epitomize the allure of Ooty as a timeless destination where every moment unfolds with beauty, serenity, and wonder.

(iv) Pykara Lake and waterfall: Pykara Lake, nestled in the Nilgiri Hills of Tamil Nadu, India, captivates with its serene beauty. Fed by the Pykara Falls, its crystalline waters reflect the surrounding verdant landscapes, inviting visitors to immerse in tranquility. Boating facilities offer a leisurely exploration of its expanse, while nearby pine forests and wildlife add to its allure, making Pykara Lake a serene retreat for nature enthusiasts.



Day 6-7: Karnataka

Karnataka, nestled in the southwestern region of India, is a treasure trove of diverse landscapes and rich cultural heritage. From the majestic ruins of Hampi to the pristine beaches of Gokarna, Karnataka offers a tapestry of experiences for every traveler. Explore the architectural wonders of Mysore Palace and the spiritual aura of ancient temples in Belur and Halebid. Delight in the lush greenery of Coorg's coffee plantations and the breathtaking vistas of the Western Ghats. Karnataka beckons adventurers, history buffs, and nature lovers alike to unravel its myriad wonders.

Places visited in Karnataka

1.Mysore: Exploring the vibrant city of Mysore was a journey through time and spirituality, filled with architectural marvels and cultural richness.

(i) Amba Vilas Palace: visit commenced at the majestic Amba Vilas Palace also known as Mysore Palace, a magnificent epitome of Indo-Saracenic architecture. As we stepped into its opulent interiors adorned with intricate carvings, vibrant paintings, and ornate ceilings, we were transported to an era of royal grandeur. The Durbar Hall, with its regal throne and stained glass windows, left us awestruck, while the sprawling grounds surrounding



the palace offered a serene retreat amidst the bustling city.

(ii) St. Philomena's Church: Next on our itinerary was the serene St. Philomena's Church, a towering edifice that commands attention with its Neo-Gothic architecture. Standing tall against the azure sky, the church's spires seemed to reach for the heavens, instilling a sense of reverence in all who beheld it. Stepping inside, the lofty ceilings, intricate stained glass windows, and tranquil ambiance filled our hearts with peace and tranquility. It was a poignant reminder of the city's rich cultural tapestry and the enduring legacy of faith.



(iii) Chamundeshwari Devi Temple: Our spiritual journey continued as we made our way to the sacred Chamundeshwari Devi Temple atop the Chamundi Hills. Ascending the steps with anticipation, we were greeted by the resplendent sight of the temple's gopuram adorned with colorful sculptures depicting Hindu mythology. The air was filled with the fragrance of incense, and the sound of bells reverberated through the temple complex, creating an atmosphere charged with devotion. Inside the sanctum sanctorum, we offered our prayers to the goddess Chamundeshwari, feeling a profound sense of connection to the divine.



As we descended from the temple, the panoramic views of Mysore city sprawled below us, a testament to its timeless beauty and cultural heritage. The verdant hillsides dotted with ancient trees and winding pathways offered a picturesque backdrop to our spiritual sojourn. In every corner of Mysore, from its palaces to its temples, we found traces of its rich history and vibrant culture, a testament to the enduring legacy of this enchanting city.

Our visit to Mysore was more than just a sightseeing excursion; it was a journey of discovery and enlightenment, where each monument and temple spoke volumes about the city's glorious past and enduring traditions. As we bid farewell to this enchanting city, we carried with us memories that would linger in our hearts forever, a testament to the timeless allure of Mysore and its myriad wonders.

Takeaways from the Study Tour:

Being on this knowledgeable trip to the cultural and natural marvels of Mahabalipuram, Auroville, Adiyogi, Ooty, Mysore Palace, and Chamundeshwari Devi has been an enlightening odyssey, weaving together history, spirituality, and natural beauty.

Mahabalipuram, with its ancient rock-cut temples and intricate sculptures, taught us the significance of preserving our cultural heritage and the artistry of ancient civilizations.

At Auroville, we discovered the ethos of sustainable living and the power of collective harmony, witnessing firsthand the potential for communities to thrive in harmony with nature.

At Isha Yoga Centre- Adiyogi, the majestic manifestation of Lord Shiva, Devi Bhairavi Temple and Dhyanalinga instilled in us the values of inner exploration and self-realization, inspiring us to delve deeper into our spiritual journey.

In Ooty, amidst the serene hills and verdant valleys, we learned the importance of environmental conservation and the delicate balance between human development and preserving natural ecosystems.

Mysore Palace, a testament to opulence and grandeur, offered insights into the rich cultural heritage of Karnataka, showcasing the architectural marvels of bygone eras.

Finally, at Chamundeshwari Devi, atop the Chamundi Hills, we experienced the reverence and devotion of pilgrims, understanding the significance of faith and spirituality in people's lives.

We also learned this trip that unity and consistency of thoughts is unique and rare thing to achieve as a group. When our group divided into two, people were not able to stay at pace with others, the frustration and thoughts of separation delved into our minds and we at a fast pace separated among us. Most of the people who lack life experience were at the reason but ultimately we all were a part of it.

Through this enriching journey, we have not only expanded our knowledge but also gained a deeper appreciation for the interconnectedness of people, history, culture, and nature. Each destination has left an indelible mark on our minds, inspiring us to continue our quest for learning and exploration.

I again **Thank You** for providing us with this once in a life opportunity.

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