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HUMAN RESOURCE DEVELOPMENT
INSTITUTE OF TELANGANA**

*REPORT ON STUDY TOUR (BHARAT DARSHAN)
OF FTP for ASO OF 2023 BATCH*

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Acknowledgement:

At the outset, let me express our sincere appreciation to the Department of Personnel and Training for extending this exceptional opportunity to partake in the mandatory training programme at the MCRHRD Institute of Telangana. I would also like to extend our heartfelt thanks to Smt. Usha Rani, Course Director at MCRHRD, for her invaluable support.

We owe a great debt of gratitude to Mr. Sukumar Rao, Senior Faculty and Bharat Darshan Coordinator, for his unwavering guidance and constant supervision. His assistance in providing essential information regarding the project, as well as his support in its completion, has been invaluable.

Our group experience during the visit to Tamil Nadu, Puducherry, and Karnataka (Mysore) was truly unique and enriching. The study tour, along with the NGO attachment and Tea-cum-Chocolate Factory Visit, provided valuable learning opportunities that we thoroughly enjoyed and benefited from.

Additionally, our sincere thanks go to the Director General of MCRHRD for providing the necessary support to ensure the successful completion of this study tour.

Once again, our deepest gratitude to the Department of Personnel and Training and all individuals involved for their support and guidance throughout this enriching experience.

Objective of the Tour:

During the Phase-1 Foundation Training Programme for Assistant Section Officers (ASOs) of the 2023 Batch at ISTM, a one-week Bharat Darshan was arranged from April 28, 2024, to May 4, 2024. This tour covered Tamil Nadu, Puducherry, and Karnataka and was led by Dr. Sukumar Rao, Senior Faculty (FTP).

A total of 61 participants from different Ministries took part in this Training Programme. The study tour aimed to achieve the following objectives:

- Introduce trainees to the research and development work carried out by NGOs.
- Familiarize trainees with India's diverse cultural heritage and arts.
- Foster team spirit, time management skills, crisis management, and adaptability to different 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 01: 28th APRIL 2024: HYDERABAD – CHENNAI (BY FLIGHT) – MAHABALIPURAM - PONDICHERRY**
 - 10:00 AM: Depart from Hyderabad (27 OTs – BY INDIGO)
 - 10:55 AM: Depart from Hyderabad (35 OTs – BY AIR-INDIA EXPRESS)
 - 11:30 AM: Arrival in Chennai Airport (27 OTs – BY INDIGO)
 - 12:15 PM: Arrival in Chennai Airport (35 OTs – BY AIR-INDIA EXPRESS)
 - 12:30 PM: Depart For Mahabalipuram by Bus
 - 01:30 PM: Enroute Lunch at Local Restaurant.
 - 03:00 PM: Proceed to Mahabalipuram and visit Sea shore Temple, Five Rathas.
 - 06:00 PM: Proceed to Pondicherry and check in to the hotel.
 - 08:00 PM: Dinner at the hotel & Overnight stay at Pondicherry.
- **DAY 02: 29TH APRIL 2024: PONDICHERRY**
 - 08:00 AM: Breakfast at Hotel.
 - 09:00 AM: Visit Auroville & NGO
 - 12:00 PM: Visit French Colonies
 - 01:30 PM: Lunch at Restaurant
 - 06:00 PM: Rock Beach
 - 08:00 PM: Dinner & Overnight stay at Pondicherry.
- **DAY 03: 30TH APRIL 2024: PONDICHERRY – ADIYOGI - COIMBATORE**
 - 07:00 AM: Breakfast at Hotel.
 - 09:00 AM: Check out & Departure to Adiyogi

- 03:00 PM: lunch at Restaurant
 - 06:00 AM: Visit to Adiyogi
 - 11:00 PM: Check in to Hotel & Overnight stay in Coimbatore.
- **DAY 04: 01ST MAY 2024: COIMBATORE – COONOOR - OOTY**
 - 10:00 AM: Breakfast at Hotel
 - 12:00 PM: Departure to Ooty
 - 02:30 PM: Lunch in Local Restaurant in Ooty
 - 07:00 PM: Check in Hotel in Ooty.
 - 08:00 PM: Dinner & Overnight stay at Ooty with Party games & Dinner.
- **DAY 05: 02ND MAY 2024: OOTY**
 - 08:00 AM: Breakfast at Hotel.
 - 09:00 AM: Visit Dodabetta Peak
 - 01:00 PM: Lunch at Restaurant
 - 02:30 PM: Visit Tea Factory & Tea Museum
 - 04:00 PM: Boating at ooty Lake.
 - 07:00 PM: Back to Hotel. Dinner & Overnight stay at Ooty.
- **DAY 06: 03RD MAY 2024: OOTY – MYSORE**
 - 08:00 AM: Breakfast at Hotel.
 - 09:00 AM: Departure to Mysore
 - 11:00AM: Enroute visit Pykara Lake & Dam.
 - 01:30 PM: Lunch at Restaurant
 - 06:00 PM: Arrive Mysore & Check in at Hotel.
 - 07:00 PM: Free for Shopping in Mysore
 - 09:00 PM: Back to Hotel. Dinner & Overnight stay at Mysore Hotel.
- **DAY 07: 04TH MAY 2024: MYSORE – BANGALORE (BY ROAD) / BANGALORE – HYDERABAD (FLIGHT)**
 - 08:00 AM: Breakfast at Hotel.
 - 09:00 AM: Visit Chamundi Hills, Mysore Maharaja Palace
 - 01:00 PM: Lunch at Local Restaurant & Departure from Mysore.
 - 06:30 PM: Arrive Bangalore & Drop in Airport
 - 08:50 PM: Depart by Air-India Express Airlines to Hyderabad.
 - 10:05 PM: Arrive at Hyderabad Airport.

DAY-1: Sight Seeing In Mahabalipuram

SEA SHORE TEMPLE:



- The Shore Temple of Mahabalipuram is a UNESCO World Heritage Site located in Tamil Nadu, India. It was built during the 7th century AD by the Pallava dynasty. This temple is renowned for its intricate architecture and stunning coastal location, making it a significant pilgrimage site and tourist attraction. The temple complex comprises three shrines dedicated to Lord Shiva and Vishnu, showcasing the rich cultural heritage of ancient India.
- Despite facing erosion and damage over the centuries due to its proximity to the sea, the Shore Temple has stood the test of time, remaining a symbol of India's rich cultural heritage and a testament to the craftsmanship of the Pallava artisans. Today, it continues to attract visitors from around the world, offering a glimpse into India's glorious past and spiritual traditions.

Krishna's Butterball:



- The Krishna's Butterball is a huge balancing rock, measuring 5 meters in diameter, perched on a smooth slope, seeming to defy gravity. It weighs over 250 tons and sits on a small, slippery area of a hill, appearing to challenge the laws of physics.

- This massive granite rock is located in Mahabalipuram, India, and is originally named Vaan Irai Kal, meaning "Stone of The Sky God" in Tamil, the local language.
- The rock balances on just a 4-foot area of the hill and leans at a precarious angle of 45 degrees, firmly attached to the hill below. It is larger and heavier than the monolithic stones of Ollantaytambo, Peru, and even surpasses the rocks found in the famous Machu Picchu.
- According to Hindu mythology, Lord Krishna, known for his love of butter, would often steal handfuls from his mother's butter jar as a child. The Krishna's Butterball is said to resemble the bolus of butter young Krishna would sneak away with. It sits near the Ganesh Ratha on a hill slope.

Pancha Rathas:

The Pancha Rathas, also known as the Five Rathas or Pandava Rathas or Ainthinai Kovil, is a group of ancient monuments located in Mahabalipuram, Tamil Nadu, India, along the Coromandel Coast of the Bay of Bengal. These structures are a remarkable example of monolithic rock-cut architecture.

Initially, it was believed that the complex was carved during the reign of King Narasimhavarman I (630–668 CE). However, historians like Nagaswamy later attributed all the monuments in Mahabalipuram to Narasimhavarman II (c. 690–725 CE) after the discovery of new inscriptions.

Managed by the Archaeological Survey of India (ASI), the Pancha Rathas is a part of the UNESCO World Heritage site known as the Group of Monuments at Mahabalipuram.

The Pancha Rathas complex features five monuments, each resembling a chariot, carved from a single granite stone. The stones slope slightly from north to south. Although people sometimes mistake them for temples, they were never finished or consecrated because construction stopped after the death of Narasimhavarman I.

These structures are named after the five Pandava brothers and their wife Draupadi from the epic Mahabharata. The largest one is the Dharmaraja Ratha, followed by the Bhima Ratha, Arjuna Ratha, Nakula Sahadeva Ratha, and Draupadi Ratha.



DAY 2: Sight Seeing In Puducherry

Auroville Beach:



Auroville Beach, also known as Auro Beach, is a serene coastal stretch located near Auroville, an international township in Tamil Nadu, India. This beach offers a tranquil escape from the bustling city life, with its soft golden sands and gentle waves of

the Bay of Bengal lapping against the shore. Visitors can relax, sunbathe, or take leisurely walks along the coastline, enjoying the picturesque views and the soothing sound of the waves. Additionally, Auroville Beach is known for its vibrant sunrise, providing a perfect backdrop for morning strolls or meditation sessions. Overall, Auroville Beach offers a peaceful retreat where visitors can unwind and reconnect with nature.

Auroville Village and NGO:

Auroville is a unique township under development, designed for up to 50,000 people from all over the world. The idea of Auroville, as a perfect town dedicated to testing human unity, was first conceived by the Mother in the 1930s. In the mid-1960s, the concept was presented to the Government of India, which supported it and took it to the UNESCO General Assembly. In 1966, UNESCO passed a

resolution praising it as a project vital for the future of humanity, offering full support.

The main goal of Auroville is to achieve human unity within diversity. Today, Auroville is recognized as the first and only international experiment officially endorsed for promoting human unity and transforming consciousness. It is also focused on researching sustainable living and meeting the future cultural, environmental, social, and spiritual needs of humanity.

At the heart of Auroville is the Matrimandir, known as the "soul of the city." It's a place for quiet meditation, located in a Peace Area shaped like an oval and surrounded by a lake. Beyond the lake, there are four Zones: Industrial (north), Cultural (northeast), Residential (south/southwest), and International (west). Each zone focuses on a different aspect of the town's life. Around the township, there will be a Green Belt made up of forests, farms, and sanctuaries.





Some other tourist places visited in and around the Pondicherry:

FRENCH COLONY



ROCK BEACH



DAY 3: Sight Seeing In COIMBATORE

ADIYOGI:

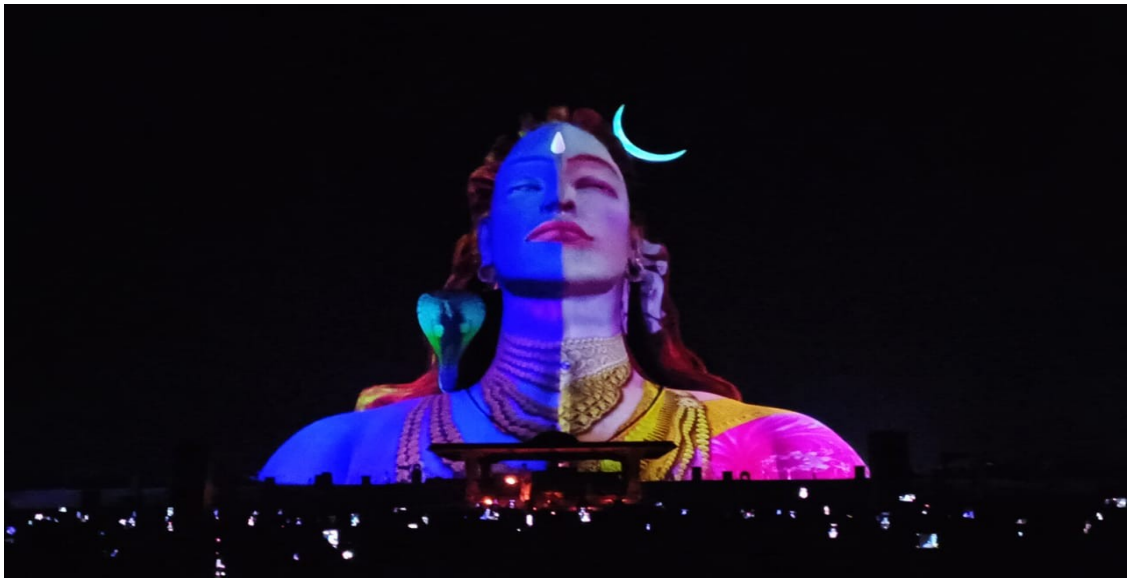
- **Adiyogi Statue:** The centerpiece of the premises is the 112-foot-tall Adiyogi statue, a mesmerizing depiction of Lord Shiva as the first yogi. The statue's striking presence captivates visitors and serves as a focal point for meditation and introspection.
- **Surrounding Landscape:** The Adiyogi premises are surrounded by lush greenery and scenic landscapes, creating a tranquil atmosphere conducive to inner exploration and relaxation. Visitors can take leisurely strolls amidst nature or find quiet spots for contemplation.
- **Yoga Spaces:** The premises include dedicated spaces for practicing yoga and meditation. These may include open-air yoga platforms, meditation halls, and tranquil alcoves where visitors can engage in various yogic practices under the guidance of trained instructors.
- **Visitor Facilities:** Facilities such as restrooms, seating areas, and informational displays are

provided to enhance the visitor experience. Additionally, there may be amenities like cafes or souvenir shops where visitors can relax and purchase mementos of their visit.



- **Educational Resources:** Informational displays, signage, and multimedia presentations may be available to educate visitors about the significance of Adiyogi, the history of yoga, and the teachings of Sadhguru Jaggi Vasudev.
- **Programs and Events:** The Adiyogi premises often host a variety of programs, workshops, and events related to yoga, meditation, spirituality, and holistic well-being. These offerings cater to individuals of all ages and backgrounds seeking personal growth and transformation.

- Overall, the Adiyogi premises provide a sacred space for seekers to connect with the essence of yoga, delve into their inner selves, and experience profound moments of peace and self-discovery amidst the beauty of nature.



DAY 4: Sight Seeing In COONOOR

SIM'S PARK:

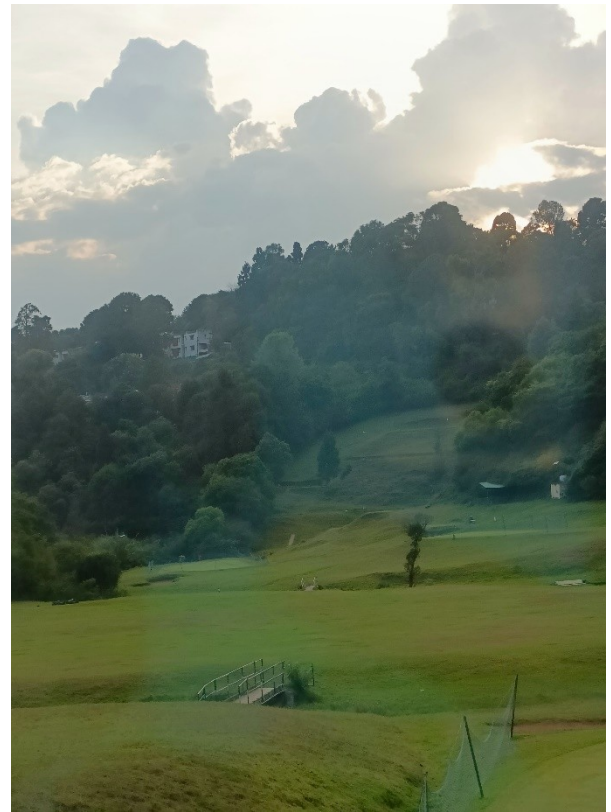


Sim's Park in Coonoor, India, is a charming botanical garden nestled amidst the scenic Nilgiri Hills. Established during the British colonial era, it boasts a diverse collection of rare and exotic plants, meticulously curated across manicured lawns and shaded pathways. Visitors are enchanted by the vibrant floral displays, tranquil ambiance, and stunning views, making it a beloved destination for nature enthusiasts and photographers alike. Throughout the year, the park also hosts cultural events and recreational activities, providing a peaceful retreat for visitors

to immerse themselves in the beauty of their surroundings.



DAY 5: Sight Seeing In OOTY



Doddabetta Peak:

- It is the highest mountain in the Nilgiri Mountains, reaching 2,637 meters (8,652 feet). It's located in Tamil Nadu, India, just 9 kilometers from Ooty on the Ooty-Kotagiri Road.
- The name "Doddabetta" means "Big Mountain" in the local Badaga language. It's a popular spot for nature and adventure lovers, drawing trekkers and outdoor enthusiasts.

- The slopes of Doddabetta are covered with thick shola forests, providing a scenic retreat for visitors. Tourists often hike to the summit to catch stunning sunrises and sunsets. Birdwatching is also a popular activity, especially in the early morning.
- At the peak, there's an observatory called Telescope House, equipped with telescopes for public use. Managed by the Tamil Nadu Tourism Development Corporation, it opened on June 18, 1983.



The Tea Factory & The Tea Museum:



Nilgiris is one of the pioneers in tea production and export. Railway lines were built to transport tea from Nilgiris to Cochin. A large number of Indians are ardent lovers of this beverage which originated in China.

Origin: The Ooty tea factory situated four kilometres away from Ooty city also has a tea museum. By visiting the factory, you will get to learn on the history of tea in India and its evolution in the Nilgiris hills. It will also tell you about the origin of different kinds of tea leaves used across the world. The Tea Factory &

Museum is situated on Doddabetta Road in Ooty, amidst the blue hills of Nilgiri.



Ooty Lake:

- Ooty Lake was made by John Sullivan in 1824.
- Initially, it was for fishing, and ferries were used for crossing.
- It's a significant spot in the Nilgiris district.
- The lake covers an area of about 65 acres.
- The lake is surrounded by diverse plants, attracting many tourists.
- It's in the Western Ghats, one of the most biodiverse regions globally.
- You'll find various trees and plants, including tropical, semi-tropical, and temperate ones.
- There are tea gardens, grasslands, pine, eucalyptus, and Shola vegetation, home to around 650 plant species.
- Many birds and animals live around the lake, like the Indian rock python and the King cobra.
- The elusive panther is a rare sight here.
- There are rumors of tigers in the forests toward Karnataka.
- Some areas near Ooty are essential elephant pathways, protected by forest officials.

- Boating, gardens, amusement parks, and 7D cinemas are available at the lake.



PYKARA FALLS:

- Pykara Falls is situated near Ooty in the Nilgiris district of Tamil Nadu, India.
- The waterfall cascades from a height of approximately 180 feet, creating a breathtaking sight.
- Surrounded by lush greenery and rugged terrain, Pykara Falls offers a picturesque setting for visitors.
- Pykara Falls is a popular tourist destination, offering activities such as boating in the nearby Pykara Lake and picnicking amidst the natural beauty.
- Depending on the season, the water flow of Pykara Falls varies, with the monsoon season (June to September) witnessing the highest volume of water.
- Efforts are made to preserve the natural ecosystem surrounding Pykara Falls, ensuring that it remains a haven for flora and fauna.



DAY 6: Sight Seeing In MYSORE

CHAMUNDESHWARI TEMPLE:

- The Chamundeshwari Temple is situated at the top of Chamundi Hills in the city of Mysore, Karnataka, India. It is one of the most prominent temples in the region.
- The temple is dedicated to Goddess Chamundeshwari, a form of the Hindu Goddess Durga. She is revered as the fierce slayer of demons, embodying strength and courage.
- The temple has a rich history dating back several centuries. It is believed to have been built in the 12th century by the Hoysala rulers and later expanded by the Wodeyar kings of Mysore.
- The temple showcases traditional Dravidian architecture, characterized by intricate carvings, ornate pillars, and towering gopurams (gateway towers). The main gopuram of the temple is adorned with

colorful depictions of Hindu deities and mythological figures.

- At the entrance of the temple complex stands a colossal statue of the demon Mahishasura, whom Goddess Chamundeshwari is said to have defeated. The statue is a symbol of the victory of good over evil.
- The temple attracts a large number of devotees, especially during festivals like Navaratri, which is celebrated with great fervor and grandeur. The festival involves colorful processions, cultural performances, and religious rituals.
- Apart from its religious significance, the Chamundeshwari Temple offers breathtaking panoramic views of the city of Mysore and the surrounding countryside from atop Chamundi Hills. Many visitors ascend the hill not only for worship but also to enjoy the scenic beauty.



PHELOMENA CHURCH:



- St. Philomena's Church, also known as the Cathedral of St. Joseph and St. Philomena, is

located in Mysore, Karnataka, India. It is one of the largest churches in the country.

- The church is renowned for its impressive Gothic Revival architecture, reminiscent of medieval European cathedrals. It was designed by the renowned architect Reverend Rene Feuge, who drew inspiration from the Cologne Cathedral in Germany.
- Construction of the church began in 1933 under the patronage of Maharaja Krishnaraja Wadiyar IV of Mysore, and it was consecrated in 1941. The church's majestic twin spires, soaring 175 feet into the sky, dominate the city skyline.
- St. Philomena's Church is dedicated to Saint Philomena, a young Christian martyr whose relics were discovered in the Catacombs of Saint Priscilla in Rome in the early 19th century. She is venerated as the patron saint of infants, babies, and youth.
- The church's interior is equally impressive, featuring high vaulted ceilings, stained glass windows depicting scenes from the life of Jesus Christ and various saints, and ornate

marble flooring. The grandeur of the architecture and the intricate detailing leave visitors awestruck.

- St. Philomena's Church serves as a place of worship for Catholics in Mysore and is a significant pilgrimage site. It attracts devotees and tourists alike, seeking solace, spiritual contemplation, and admiration of its architectural splendor.
- The church is not only a religious institution but also a cultural heritage site, symbolizing the rich history and architectural legacy of Mysore. It stands as a testament to the enduring faith of the Catholic community in the region.
- St. Philomena's Church welcomes visitors of all faiths to explore its beauty and tranquility. It also hosts various religious ceremonies, including weddings, baptisms, and Mass services, adding to its vibrant atmosphere.
- Over the years, efforts have been made to preserve and restore the church's architectural integrity. The meticulous upkeep ensures that St. Philomena's continues to

shine as a beacon of faith and architectural marvel in Mysore.



Mysore Palace:

- Mysuru Palace, also known as Amba Vilas Palace, is a historical palace and a royal residence. It is located in Mysore, Karnataka, India.
- It used to be the official residence of the Wadiyar dynasty and the seat of the Kingdom of Mysore.
- The first palace inside the Old Fort was built in the 14th century, which was set ablaze and reconstructed multiple times.
- The current structure was constructed between 1897 and 1912, after the Old Palace burnt down, the current structure is also known as the New Fort.
- The palace is a three-story, gray granite, Indo-Saracenic building capped by a five-story tower that culminates in a gilded dome.
- The construction cost was placed at Rs 41,47,913 (around \$30 million adjusted to inflation) and the palace was completed in 1912.

- The palace is in the center of Mysore, and faces the Chamundi Hills eastward.
- Mysore is commonly described as the ‘City of the Palaces’, and there are seven palaces including this one.
- The land on which the palace now stands was originally known as mysuru (literally, “citadel”).
- Mysore Palace is one of the most famous tourist attractions in India, with more than six million annual visitors.





THE END

Conclusion and Learnings

- The study tour left an indelible mark on all of us, enriching our understanding of India's diversity and unity, history, culture, ecology, and governance. It was a journey that broadened our horizons and deepened our appreciation for the rich tapestry of our nation.
- Throughout the tour, we witnessed firsthand the contrasts and contradictions that define India—the harmonious coexistence of ancient traditions and modernity, rural simplicity and urban vibrancy, wealth and poverty. These experiences served as poignant reminders of the complexities inherent in our society.
- India's rich heritage, spanning millennia, unfolded before our eyes through its magnificent monuments, awe-inspiring temples, majestic forts, and vibrant festivals. We marveled at the cultural tapestry woven with threads of art, literature, music, dance,

and cuisine, each reflecting the unique essence of different regions.

- Amidst the breathtaking landscapes and diverse ecosystems we encountered, we discovered the intricate web of life that sustains our planet. From lush forests to towering mountains, from meandering rivers to serene lakes, India's natural bounty captivated our senses and instilled a profound sense of reverence for Mother Nature.
- The study tour was not just a journey of discovery but also a crucible for personal growth. We honed our skills in teamwork, time management, crisis resolution, and adaptability, forging bonds of camaraderie and friendship that will last a lifetime.
- We extend our heartfelt gratitude to the MCR HRDIT, the Course Director, the Study Tour Committee, and all officials involved for their tireless efforts in organizing and facilitating this enriching experience. We also express our gratitude to our fellow participants for their

companionship and camaraderie, which made the tour all the more enjoyable.

- As we return from this transformative journey, we carry with us a treasure trove of memories and insights that will guide us in our future endeavors. We are eager to apply and share our learnings, and we cherish the hope of revisiting these cherished destinations to delve deeper into the wonders of our incredible India.

“JAI HIND”