

**Dr. MCR HUMAN RESOURCE DEVELOPMENT INSTITUTE
OF TELANGANA**

STUDY TOUR (Bharat Darshan)
of FTP for ASOs DR of CSS of CGLE-2023
(28.04.2024-04.05.2024)

**REPORT ON STUDY TOUR
KARNATAKA**

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MINISTRY OF LABOUR & EMPLOYMENT

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I am highly indebted to Sri. P. Vinod Goud, Junior 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 Karnataka-Tamil Nadu-Kerala. I thoroughly enjoyed the study tour and learned a lot while visiting all the different places.

This endeavour would not have been possible without the utmost guidance and supervision of Director General, MCRHRD who provided all the 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 organised from 28.04.2024 to 04.05.2024 at Karnataka-Tamil Nadu-Kerala under the guidance of Sri. P. Vinod Goud, Junior Faculty and Bharat Darshan Coordinator.

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 study implementation of a policy/programme/scheme.
- To expose the Trainees to research and development work being done by the NGO;
- To get familiarised 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.

SCHEDULE OF STUDY TOUR & NGO VISIT

The study tour was organized by MCR HRD IT 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 Karnataka-Tamil Nadu-Kerala as per the following details:

□ DAY 01: 28th APRIL 2024: HYDERABAD – BANGALORE (FLIGHT) – OOTY, TAMIL NADU

08:30 AM: Depart from Hyderabad (BY INDIGO)

10:55 AM: Depart from Hyderabad (BY VISTARA AIRLINES)

10:00 AM: Arrival in Bangalore. Meet and depart by coach to Mysore

12:30 PM: Enroute lunch at Mysore

14:00 PM: Continue journey after lunch

22:00 PM: Reach Ooty via Mudumalai Bandipur. Hotel check-in

23:00 PM: Dinner at the hotel & Overnight stay at Ooty

□ DAY 02: 29TH APRIL 2024: OOTY

08:00 AM: Breakfast at Hotel.

09:00 AM: Visit Dodabetta peak.

12:00 Noon: Visit Tea and Chocolate Factory, Ooty

14:00 PM: Lunch at Ooty

16:00 PM: Boating in Ooty lake

19:30 PM: Back to the hotel with party games & Dinner. Overnight stay at Ooty.

□ **DAY 03: 30TH APRIL 2024: OOTY- WAYANAD, KERALA**

07:00 AM: Breakfast at Hotel.

09:00 AM: Check out & Departure to Wayanad

10:00 AM: Visit Botanical Garden, Ooty enroute Wayanad

13:00 PM: Visit Pykara lake & dam

14:00 PM: lunch at local Restaurant

14:30 PM: Continue journey to visit Chembra peak, Neelimala View Point

20:00 PM: Check in to Hotel, dinner & Overnight stay at Wayanad.

□ **DAY 04: 01ST MAY 2024: WAYANAD, KERALA**

07:00 AM: Breakfast at Hotel

08:00 AM: Depart to visit Edakkal Caves

12:00 Noon: Back to hotel for lunch

02:30 PM: Visit Kappad Beach, Kozhikode, Kerala

07:30 PM: Back to hotel

08:00 PM: Dinner & Overnight stay at Wayanad

□ **DAY 05: 02ND MAY 2024: WAYANAD-COORG, KARNATAKA**

07:00 AM: Breakfast at Hotel.

08:00 AM: Check-out and proceed from Wayanad to Madikeri (Coorg)

13:00 PM: Lunch at a local Restaurant

14:30 PM: Visit Abbey Falls and proceed to Ela camping

18:00 PM: Arrive at camping site

19:00 PM: Dinner & Overnight stay at Coorg

□ **DAY 06: 03RD MAY 2024: COORG-MYSORE**

07:00 AM: Breakfast at Hotel.

08:00 AM: Depart from Coorg to Mysore

11:00AM: Visit Namdroling Monastery at Kushal Nagar

15:00 PM: Arrive at Mysore & Lunch at Restaurant

17:00 PM: Check in at Hotel

18:00 PM: Dinner & Overnight stay at Mysore

□ **DAY 07: 04TH MAY 2024: MYSORE – BANGALORE – HYDERABAD (FLIGHT)**

09:00 AM: Breakfast at Hotel.

11:00 AM: Visit Mysore Maharaja Palace

14:00 PM: Lunch at Local Restaurant & Depart from Mysore

14:30 PM: Shopping time at Mysore

16:00 PM: Visit Sri Ranganathaswamy Temple

18:00 PM: Enroute Kempegowda Airport, Karnataka. Depart by Indigo flight to Hyderabad

00:00 PM: Arrive at Hyderabad Airport

KARNATAKA

Karnataka, also known colloquially as Karunāḍu, is a state in the southwestern region of India. It was formed as Mysore State on 1 November 1956, with the passage of the States Reorganisation Act, and renamed Karnataka in 1973. Karnataka is the eighth-largest state by population, comprising 31 districts. With 15,257,000 residents, the state capital Bangalore is the fourth-most populated city in India.

Karnataka experiences four seasons. The winter in January and February is followed by summer between March and May, the monsoon season between June and September and the post-monsoon season from October till December.

Karnataka is home to a variety of wildlife. It has a recorded forest area of 38,720 km². These forests support 25% of the elephant and 10% of the tiger population of India. The Western Ghats, a biodiversity hotspot, includes the western region of Karnataka. The Bandipur and Nagarhole National Parks were included in the Nilgiri Biosphere Reserve in 1986, a UNESCO designation.

I.Madikeri (Coorg)

Madikeri is a hill station town in Madikeri taluk and headquarters of Kodagu district in Karnataka, India. Its original name was Muddurajanakeri which means "the city of Mudduraja". It is recognised as one of the world's eight "hottest hotspots" of biological diversity and also one of UNSECO World Heritage Sites.

Camping at ELA Glamping

At Ela Glamping, they cater to adventure seekers, nature enthusiasts, and luxury camping enthusiasts alike. Their glamping site offers a unique experience that is perfect for anyone looking for a one-of-a-kind getaway. If one is looking for an adventure, Ela Glamping has plenty to offer. From trekking to jungle trails, river walks to outdoor movie screenings, they provide an unforgettable experience for those seeking an adventure.



II. Namdroling Monastery

The Namdroling Nyingmapa Monastery or Thegchog Namdrol Shedrub Dargye Ling, or (Namdroling Vihara) is the largest teaching center of the Nyingma lineage of Tibetan Buddhism in the world. Located in Bylakuppe, part of the Mysuru district of the state of Karnataka, the monastery is home to a sangha community of over five thousand lamas (both monks and nuns), a junior high school named Yeshe Wodsal Sherab Raldri Ling, a religious college (or shedra for both monks and nuns) and hospital.



III. Abbey Falls

Abbey Falls (also spelled Abbi Falls and Abbe Falls) is a waterfall in Kodagu, in the Western Ghats of Karnataka, India. It is located 8 km from the Madikeri, 122 km from Mysore, 144 km from Mangalore and 268 km from Bangalore.

The waterfall is on the early reaches of the river Kaveri, located between private coffee plantations with stocky coffee bushes and spice estates and trees entwined with pepper vines. There is a hanging bridge constructed just opposite the falls. Flow is much higher during the monsoon season.

The Falls were earlier named Jessy Falls after an English chaplain's daughter.

IV. Mysore

Mysore officially Mysuru, is the second-most populous city in the southern Indian state of Karnataka. It is the headquarters of Mysore district and Mysore division. As the traditional seat of the Wadiyar dynasty, the city functioned as the capital of the Kingdom of Mysore for almost six centuries (1399 to 1947). Known for its heritage structures, palaces (such as the famous Mysore Palace), and its culture, Mysore has been called the "City of Palaces", the "Heritage City", and the "Cultural Capital of Karnataka". It is one of the cleanest cities in India according to the Swachh Survekshan.

Mysore is situated at the foothills of the Chamundi Hills.



St. Philomena's Cathedral

St. Philomena's Cathedral is a Catholic church that is the cathedral of the Diocese of Mysore, India. The full name is the Cathedral of St. Joseph and St. Philomena. It is also known as St. Joseph's Cathedral. It was constructed in 1936 using a Neo Gothic style and its architecture was inspired by the Cologne Cathedral in Germany. This is one of the tallest churches in Asia.

The church was designed by a Frenchman named Daly. It was designed to be built in the Neo Gothic style with inspiration drawn from the Cologne Cathedral.

V. NGO- The Organisation for the Development of People (ODP)

THE ORGANISATION FOR THE DEVELOPMENT OF PEOPLE' (ODP), is the Diocesan Social Service Society (DSSS) of Mysore intended for an integrated human development of the socially and economically disadvantaged, the underprivileged and the marginalized sections of Society. Inspired by Christian values of love, sharing, caring, universal brotherhood, concern for the needy, Equality, Justice and Peace, the Diocese of Mysore established and registered the Organisation (ODP) on 4th January 1984. Fr. Becket D'Souza

was appointed its first secretary and Founder-Director. The Bishop of Mysore heads the Organisation as President.

Since its inception, ODP has worked towards bringing about changes in the society for better. It evokes changes in people's unhealthy attitudes and inappropriate social value systems.

Objectives :

- 1) Organize poor and marginalized women to develop courage and self esteem.
- 2) Strengthen sanghas, central committees, taluk and district level federations and the apex body (Mahilodaya Women's Federation) through training's, awareness, exposure and interactions with other groups / institutions.
- 3) Initiate savings among sangha members for mutual help and support during times of need and to avoid exploitation by middle men / money lenders.
- 4) Increase income and assets for women – at individual, house hold and community levels.
- 5) Enable women to manage resources productively and expand their sources of livelihood.



VI. Mysore Palace

Mysore Palace, also known as Amba Vilas Palace, is a historical palace and a royal residence (house). 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 palace is in the centre 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. However, the Mysore Palace refers specifically to the one within the new fort.

The land on which the palace now stands was originally known as mysuru (literally, "citadel"). The first palace inside the Old Fort was built in the 14th century, which was set ablaze and reconstructed multiple times. The Old Fort was built of wood and thus easily caught fire, while the current fort was built of stone, bricks and wood.



VII. The Ranganathaswamy temple

The Ranganathaswamy temple or Sri Ranganathaswamy temple in Srirangapatna, in the Mandya district of Karnataka state, India, is dedicated to the Hindu god Ranganatha (a manifestation of Vishnu). The temple is Classified one among the 108 Abhimana Kshethram of Vaishnavate tradition. It is one of the five important pilgrimage sites of Sri Vaishnavism along the river Kaveri for devotees of Ranganatha. These five sites are collectively known as Pancharanga

Kshetrams in South India. Since Srirangapatna is the first temple starting from upstream, the deity is known as Adi Ranga.

According to the Archaeological Survey of India (ASI), the temple is one of considerable antiquity. An inscription at the temple reveals it was constructed in 984 AD by a local chief called Tirumalaiah, a vassal of the Western Ganga dynasty. Earlier mentions of the existence of the deity at Srirangapatna have been made, this indicates that a temple was likely built atop an already existing shrine of Raṅganāthaswāmi.



TAMIL NADU

Tamil Nadu is the southernmost state of India. The tenth largest Indian state by area and the sixth largest by population, Tamil Nadu is the home of the Tamil people, who speak the Tamil language, one of the longest surviving classical languages and serves as its official language. The capital and largest city is Chennai.

Geography

on the south-eastern coast of the Indian peninsula, Tamil Nadu is straddled by the Western Ghats and Deccan Plateau in the west, the Eastern Ghats in the north, the Eastern Coastal Plains lining the Bay of Bengal in the east, the Gulf of Mannar and the Palk Strait to the south-east, the Laccadive Sea at the southern cape of the peninsula, with the river Kaveri bisecting the state. Politically, Tamil Nadu is bound by the Indian states of Kerala, Karnataka, and Andhra Pradesh, and the union territory of Puducherry and shares an international maritime border with the Northern Province of Sri Lanka at Pamban Island.

Climate

The region has a tropical climate and depends on monsoons for rainfall. Tamil Nadu is divided into seven agro-climatic zones: northeast, northwest, west, southern, high rainfall, high altitude hilly, and Kaveri delta. A tropical wet and dry climate prevails over most of the inland peninsular region except for a semi-arid rain shadow east of the Western Ghats. A hot semi-arid climate predominates in the land east of the Western Ghats which includes inland south and south-central parts of the state and gets between 400 and 750 millimetres (15.7 and 29.5 in) of rainfall annually, with hot summers and dry winters with temperatures around 20–24 °C (68–75 °F).

Flora & Fauna

Deciduous forests are found along the Western Ghats while tropical dry forests and scrub lands are common in the interior. The southern Western Ghats have rain forests located at high altitudes called the South Western Ghats montane rain forests. There are about 2,000 species of wildlife that are native to Tamil Nadu, Common plant species include the state tree: palmyra palm, eucalyptus,

rubber, cinchona, clumping bamboos (*Bambusa arundinacea*), common teak, and royal fern.

Culture

- **Clothing:** Tamil women traditionally wear a *sari*, a garment that consists of a drape varying from 5 yards (4.6 m) to 9 yards (8.2 m) in length and 2 feet (0.61 m) to 4 feet (1.2 m) in breadth that is typically wrapped around the waist, with one end draped over the shoulder, baring the midriff, as according to Indian philosophy, the navel is considered as the source of life and creativity. The men wear a *dhoti*, 4.5 metres (15 ft) long, white rectangular piece of non-stitched cloth often bordered in brightly coloured stripes. It is usually wrapped around the waist and the legs and knotted at the waist.
- **Cuisine:** Rice is the diet staple and is served with *sambar*, *rasam*, and *poriyal* as a part of a Tamil meal. Coconut and spices are used extensively in Tamil cuisine. The region has a rich cuisine involving both traditional non-vegetarian and vegetarian dishes made of rice, legumes, and lentils with its distinct aroma and flavour achieved by the blending of flavourings and spices.

I.Doddabetta Peak

Doddabetta is the highest mountain in the Nilgiri Mountains at 2,637 metres (8,652 ft). There is a reserved forest area around the peak. It is 9 km from Ooty, on the Ooty-Kotagiri Road in the Nilgiris District of Tamil Nadu, India. It is a popular tourist attraction with road access to the summit. The word Doddabetta is derived from Kannada, meaning 'big hill'. There is an observatory at the top of Doddabetta with two telescopes available for the public.



II. Tea Factory

It is situated at a distance of 4 km from Doddabetta Peak and 5 km from Ooty bus Station & Railway Station, Tea Factory & Museum is situated on Doddabetta Road in Ooty. It is one of the popular tea factories in Tamil Nadu & Ooty in particular.

At an altitude of 1839 m, the Ooty Tea Factory is spread across nearly an acre; all covered with the emerald green tea plants. Visitors can see the entire processing method right from the freshly plucked green leaves to its packaging at the factory. It also houses the Tea Museum where visitors can learn about the origin of different kinds of tea leaves that are used across the globe along with the history of tea in India and its evolution in the Nilgiris. The Doddabetta tea factory in Ooty also offers beautiful views of the valley, and the towering mountain peaks surrounding it.





III. Ooty Lake Boathouse

With the mountain railway running through one of its banks, the Ooty lake is among the most beautiful and picturesque lakes that you will come across in South India. And with greenery all around, it's a must-visit place to experience and appreciate the beauty of Ooty. Ooty Lake is an artificially constructed lake with picturesque natural surroundings. Originally constructed for the purpose of fishing, the lake has become all but an important tourist landmark in Ooty.

The Ooty lake is often referred to as Ooty boat house as boating is one of the prime attractions of the lake throughout the year. You also find a lot of shops selling local items like eucalyptus oils and shawls at competitive prices around the lake.



IV. Botanical Garden (Ooty)

The Botanical Garden is a botanical garden in Udhagamandalam, near Coimbatore (Ooty), Tamil Nadu state, India laid out in 1848. The gardens, divided into several sections, cover an area of around 22 hectares (54 acres), and lie on the lower slopes of Doddabetta peak. The garden has a terraced layout. It is maintained by the Tamil Nadu Horticulture Department.

It ascends the slopes of the hill at an elevation of 2250–2500 metres above mean sea level. The garden enjoys a temperate climate, with an average rainfall of 140 cm, the most of which is received during south-west monsoon, with frosty nights from November to February. The maximum and minimum temperatures are 28 °C and 0 °C respectively.

Its architect was William Graham McIvor.

The gardens have around a thousand species, both exotic and indigenous, of plants, shrubs, ferns, trees, herbal and bonsai plants. In the centre of the gardens lie a fossilized tree trunk estimated to be 20 million years old. The gardens consist of several lawns with flowering plants, ponds with lilies, beds of flowers and ferns laid out in an Italian style, several plots of flowering plants, a variety of medicinal plants.





V. Pykara Falls

Pykara is a river 19 kilometres (12 mi) from Ooty in the Indian State of Tamil Nadu with a village by the same name nearby. The Pykara River is considered very sacred by the Todas. It rises at Mukurthi peak, flows northwards, and then turns to the west after reaching the edge of the plateau. The river flows through Mukurthi, Pykara and Glenmorgan dams, and forms part of an important hydro-electric power project.

The river flows over a series of waterfalls, the last two of 55 metres (180 ft) and 61 metres (200 ft) being known as Pykara Falls. The falls are approximately 6 kilometres (4 mi) from the bridge on the main road. There is a forest rest house at Pykara. A boat house on the Pykara reservoir is an added attraction for tourists. Pykara boasts well-protected, fenced sholas, Toda settlements, large grassy meadows and good wildlife habitat.



KERALA

Kerala, called Keralam in Malayalam, is a state on the Malabar Coast of India. It was formed on 1 November 1956, following the passage of the States Reorganisation Act, by combining Malayalam-speaking regions of the erstwhile regions of Cochin, Malabar, South Canara, and Travancore. Spread over 38,863 km² (15,005 sq. mi), Kerala is the 21st largest Indian state by area. It is bordered by Karnataka to the north and northeast, Tamil Nadu to the east and south, and the Lakshadweep Sea to the west. Kerala is the 13th-largest Indian state by population. It is divided into 14 districts with the capital being Thiruvananthapuram. Malayalam is the most widely spoken language and is also the official language of the state.

Geography

The state is wedged between the Lakshadweep Sea and the Western Ghats. Kerala experiences humid tropical rainforest climate with some cyclones. The state has a coast of 590 km (370 mi) and the width of the state varies between 11 and 121 kilometres (7 and 75 mi). Geographically, Kerala can be divided into three climatically distinct regions: the eastern highlands; rugged and cool mountainous terrain, the central mid-lands; rolling hills, and the western lowlands; coastal plains.

Climate

With around 120–140 rainy days per year, Kerala has a wet and maritime tropical climate influenced by the seasonal heavy rains of the southwest summer monsoon and northeast winter monsoon. In Kerala, the influence of the Northeast monsoon is seen in southern districts only. The mean daily temperature ranges from 19.8 °C to 36.7 °C.

Flora & Fauna

Most of the biodiversity is concentrated and protected in the Western Ghats. Over 25% of India's 15,000 plant species are in Kerala. Out of the 4,000 flowering plant species; 1,272 of which are endemic to Kerala, 900 are medicinal, and 159 are threatened.

Kerala's fauna is notable for their diversity and high rates of endemism: it includes 118 species of mammals (1 endemic), 500 species of birds, 189 species of freshwater fish, 173 species of reptiles (10 of them endemic), and 151 species of amphibians (36 endemic).

Indian elephant, Bengal tiger, Indian leopard, Nilgiri tahr, common palm civet, and grizzled giant squirrels are also found in the forests. Reptiles include the king cobra, viper, python, and mugger crocodile. Kerala's birds include the Malabar trogon, the great hornbill, Kerala laughingthrush, darter and southern hill myna. In the lakes, wetlands, and waterways, fish such as Kadu, Red Line Torpedo Barb and choottachi; orange chromide—*Etroplus maculatus* are found.

Cuisine

Kerala cuisine includes a wide variety of vegetarian and non-vegetarian dishes prepared using fish, poultry, and meat. Culinary spices have been cultivated in Kerala for millennia and they are characteristic of its cuisine. Rice is a dominant staple that is eaten at all times of day.

I. Wayanad

Wayanad, the green paradise is nestled among the mountains of the Western Ghats, forming the border world of the greener part of Kerala. Clean and pristine, enchanting and hypnotizing, this land is filled with history and culture. Located at a distance of 76 km. From the sea shores of Kozhikode, this verdant hill station is full of plantations, forests and wildlife. Wayanad hills are contiguous to Mudumalai in Tamil Nadu and Bandhipur in Karnataka, thus forming a vast land mass for the wild life to move about in their most natural abode.



II. Edakkal Caves

The Edakkal caves are two natural caves at a remote location at Edakkal, 25 km (15.5 mi) from Kalpetta in the Wayanad district of Kerala in India. They lie 1,200 m (3,900 ft) above sea level on Ambukutty Mala, near an ancient trade route connecting the high mountains of Mysore to the ports of the Malabar Coast. Inside the caves are pictorial writings believed to date to at least 6,000 BCE, from the Neolithic man, indicating the presence of a prehistoric settlement in this region. The Stone Age carvings of Edakkal are rare and are the only known examples from South India besides those of Shenthurini, Kollam, also in

Kerala. The cave paintings of Shenthurini (Shendurney) forests in Kerala are of the Mesolithic era (middle stone-age).

These are not technically caves, but rather a cleft, rift or rock shelter approximately 96 ft (29 m) by 22 ft (6.7 m), a 30-foot-deep (9.1 m) fissure caused by a piece of rock splitting away from the main body. The petroglyphs inside the cave are of at least three types. The oldest may date back to over 8,000 years. Evidence suggests that the Edakkal caves were inhabited several times at different points in history.



III. Kappad Beach

Kappad, or Kappakadavu locally, is a beach and village near Koyilandy, in the district Kozhikode, Kerala, India. A stone monument installed by government commemorates the "landing" by Vasco da Gama with the inscription, 'Vasco da Gama landed here, Kappakadavu, in the year 1498'.

In 2007 a Rs. 1.5 crore program to beautify the beach was launched by [Kerala] Tourism Minister Kodyeri Balakrishnan. It is now completed and Kappad beach has a cornice and park. The park includes a restroom, restaurant and seating.

The nearest major railway station is Koyilandy, about 10 km away from Kappad. The nearest airport is Calicut International Airport (CCJ), which is about 25 km from the town of Kozhikode. Private transport buses are available from the main bus stand, or visitors can reach the beach by stopping at Thiruvangoor on National Highway 66 between Kozhikode and Vadakara. It is a Blue Flag beach.



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

Bharat Darshan was a valuable and enjoyable part of our cadre training programme. We are utterly grateful and thankful to the MCR HRD IT, the Course Director, the Study Tour Committee, and all the other people associated with this tour in making it 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.