



**Dr. Marri Channa Reddy Human Resources
Development Institute of Telangana, Hyderabad**

STUDY TOUR REPORT

**ISTM PHASE-1 Foundation Training
Programme for Assistant Section Officers
(Probationer), CSS of 2023 Batch**

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Acknowledgment

At the outset, I would like to express our sincere gratitude to Department of Personnel and Training for providing us with the opportunity to take part in mandatory training program at the Dr. Marri Channa Reddy Human Resource Development Institute of Telangana. I would also like to thank Smt. Dr. Kandukuri Usha Rani, Course Director, for her constant guidance and support during this tour. This was a unique experience for all of us and we learned quite a lot during this period.

I would also like to express our gratitude to the Director General, Dr. MCR HRD Institute for providing all the necessary support for successful completion of this study tour.

Objective Of This Study Tour

As part of mandatory ISTM Phase-01 Foundation Training Programme for Assistant Section Officers (Probationers) of CSS Cadre of 2023 batch at Dr. MCR HRD Institute of Telangana, 7 days tour was organized from 28.04.2024 to 04.05.2024, which I underwent under the guidance of Shri Dr. K. Sukumar, Senior faculty and Bharat Darshan Coordinator.

There were 183 participants from different Ministries who participated in this Training programme. The objective of Training programme can be summarized as below: -

- 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.
- Exposure to our environment and wild life conservation.

Schedule Of Study Tour

The study tour organized by ISTM for ISTM Phase-1 Foundation Training Programme for Assistant Section Officers (Probationers) of CSS Cadre of 2023 batch and was scheduled for the period from 28.04.2024 to 04.05.2024 as per the following details:

Day	Places	Activities
28 th April 2024	Trivandrum	Visit to <ul style="list-style-type: none"> • Padmanabhaswamy Temple • Veli Village • Kovalam
29 th April 2024	Alleppey	Visit to <ul style="list-style-type: none"> • Alleppey
30 th April 2024	Periyar	Visit to <ul style="list-style-type: none"> • Periyar • Thekkady
1 st May 2024	Munnar	Visit to <ul style="list-style-type: none"> • Eravikulam national park • Kalaripayattu Show
2 nd May 2024	Munnar	Visit to <ul style="list-style-type: none"> • Matupetty dam • Tata Tea Museum
3 rd May 2024	Kochi	Visit to <ul style="list-style-type: none"> • Fort kochi • Mattancherry palace • St Francis Church • Chinese fishing net
4 th May 2024	kochi	Visit to <ul style="list-style-type: none"> • NGO • Cochin International Airport

DAY 1: Trivandrum

Shri Padmanabhaswamy Temple

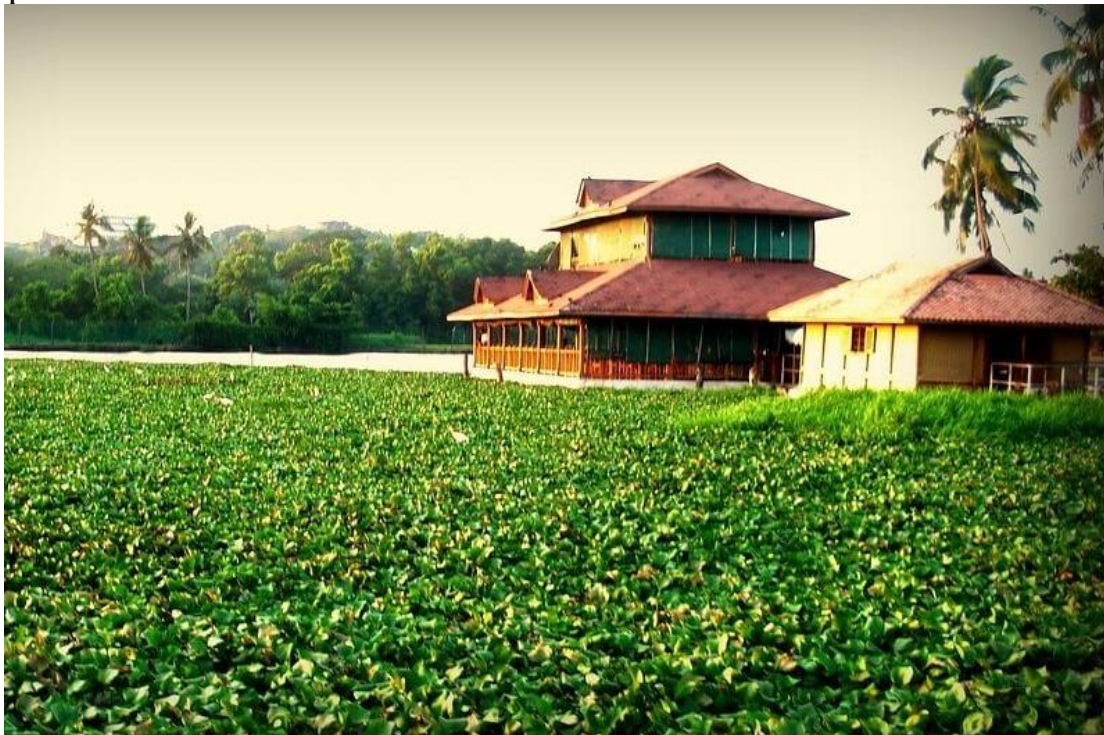
Padmanabhaswamy Temple, situated in Thiruvananthapuram, Kerala, India, is not just a place of worship but also a treasure trove of history, culture, and architectural marvel. The temple is dedicated to Lord Padmanabhaswamy, an incarnation of Lord Vishnu, and has a rich history dating back to several centuries. Padmanabhaswamy Temple has the classic Dravidian style of architecture, having intricate carvings, towering gopurams (gateway towers), and spacious corridors. The sanctum sanctorum houses the principal deity, Lord Padmanabhaswamy, in a reclining posture on the serpent Anantha, signifying the cosmic sleep of the universe. The temple's treasury, famously known as the "Vaults of the Anantha Padmanabha Swamy Temple," gained international attention due to the discovery of immense wealth, including gold, jewels, and artifacts, in its underground chambers in 2011. Padmanabhaswamy Temple is a major tourist attraction, drawing visitors not only for its religious significance but also for its architectural beauty and historical importance. The visit to this sacred site provides a profound insight



into India's diverse cultural tapestry and timeless.

Veli Village

Veli Village is located in beautiful part of Kerala, surrounded by greenery and coconut trees. It's a peaceful place with stunning views and lots of opportunities to enjoy nature. The village is renowned for its efforts in organic farming, waste management, and conservation of natural resources. Agriculture forms the backbone of the local economy in Veli Village, with coconut cultivation, paddy fields, and fishing being the primary sources of livelihood. These sustainable practices not only benefit the environment but also contribute to the well-being and resilience of the community. Despite its natural beauty and cultural richness, Veli Village faces several challenges, including infrastructural deficiencies, economic disparities, and environmental degradation. However, these challenges also present opportunities for growth and development.



Kovalam

Kovalam, located on the southern coast of Kerala. Its name, translates to "grove of coconut trees,". Kovalam boasts three main beaches, each offering its own unique charm. Lighthouse Beach, named after its iconic red-and-white striped lighthouse, serves as the focal point for tourists. Hawah Beach, known for its tranquil ambiance and gentle waves, provided moments of serene contemplation as we watched fishermen haul in their daily catch. Samudra Beach, nestled away from the crowds, offered a quieter retreat, ideal for leisurely strolls and introspection. One of the highlights of our journey was the opportunity to interact with the warm and hospitable people of Kovalam. Although language barrier was hindering but our conversations with local fishermen offered insights into their traditional way of life and the symbiotic relationship between the community and the sea. Some of our friends also tried helped them tie their boats.



Day-2 Alleppey

Trip to Alleppey and Back Water Boat Journey

Alleppey, officially known as Alappuzha, is a coastal city located in the southern Indian state of Kerala. Situated between the Arabian Sea and a network of interconnected rivers, lakes, and canals

One of the highlights of visiting Alleppey is embarking on a houseboat cruise through its backwaters. These traditional rice barges, converted into comfortable floating homes, glide silently through the tranquil waters, surrounded by lush greenery and picturesque villages. It's an experience like no other, offering a peaceful retreat from the hustle and bustle of city life.

No trip to Alleppey is complete without savoring its delectable cuisine. From fresh seafood delicacies to aromatic rice dishes and spicy curries, the local food scene was tantalizing the taste buds.

Alleppey offers a sense of serenity that's hard to find elsewhere. Simply taking a leisurely stroll along the water's edge gave peace and tranquility at every turn.

Speed boating at the lake gave a thrilling experience.

In conclusion, Alleppey is truly a gem of Kerala, offering a perfect blend of natural beauty, cultural richness, and tranquility. Trip to Alleppey gave an unforgettable experience that gave a chance to connect with nature.



Day-3 Periyar

Periyar Tiger Reserve

Periyar Tiger Reserve, nestled in the Western Ghats of Kerala, is a haven for nature lovers and wildlife enthusiasts alike. Spanning across lush forests and serene water bodies, this sanctuary offers a thrilling glimpse into the rich biodiversity of the region.

Boat Safari on Periyar Lake

A boat safari on the smooth waters of Periyar Lake for gave a unique perspective of the reserve's wildlife. Gliding past verdant forests and catch glimpses of elephants, deer, and exotic bird species congregating along the shoreline. It was a serene experience that offered a peaceful escape into nature's embrace.

Conservation Efforts and Eco-Initiatives

From community-based ecotourism initiatives to sustainable wildlife management practices, Periyar serves as a model for responsible tourism and environmental stewardship.

In conclusion, a visit to Periyar Tiger Reserve was not just a journey into the wilderness but was a chance to immerse in the beauty and wonder of nature. Every moment spent in this sanctuary was bound to leave an awe-inspired and rejuvenated in the minds.

Spread across the majestic landscapes of Munnar, this sanctuary boasts diverse flora and fauna, making it a must-visit destination for anyone seeking a rendezvous with nature.



Spice route Thekkady

Munnar - Jewel of Kerala's Spice Country. The region's fertile soil and ideal climate create the perfect conditions for cultivating a diverse range of spices, including cardamom, pepper, cinnamon, and cloves.

Thekkady's spice plantations are not only a source of aromatic treasures but also a vital part of Kerala's cultural and economic heritage. Cardamom, Black Pepper, Cinnamon, Cloves, Nutmeg, Mace, Turmeric: Thekkady's lush plantations boast a diverse array of spices, including fragrant cardamom, fiery black pepper, and aromatic cinnamon. Cloves, nutmeg, mace, and turmeric also thrive in this fertile land, contributing to Kerala's rich culinary heritage.

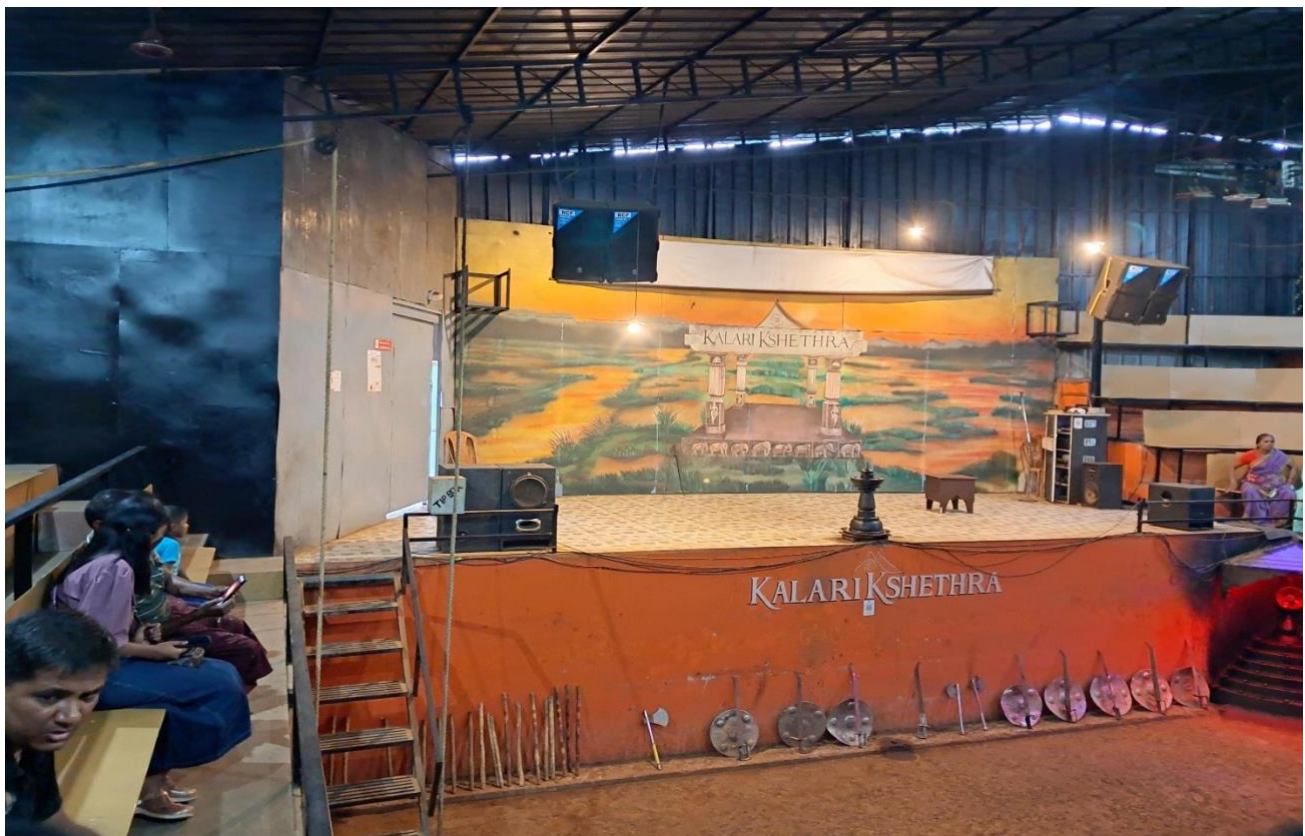


Kalaripayattu

Kalaripayattu is one of the oldest known martial arts in the world, originating from Kerala, India.

It emphasizes rigorous physical training to develop strength, agility, flexibility, and endurance. Kalaripayattu includes training with various weapons like swords, shields, spears, and knives, alongside empty-hand techniques. It involves intricate footwork, stances, and body movements, which are often performed with rhythm and precision. While historically used for self-defense and combat, Kalaripayattu is also practiced as a form of physical exercise and cultural preservation. Over time, Kalaripayattu has gained international recognition and has influenced various other martial arts, particularly in Southeast Asia.

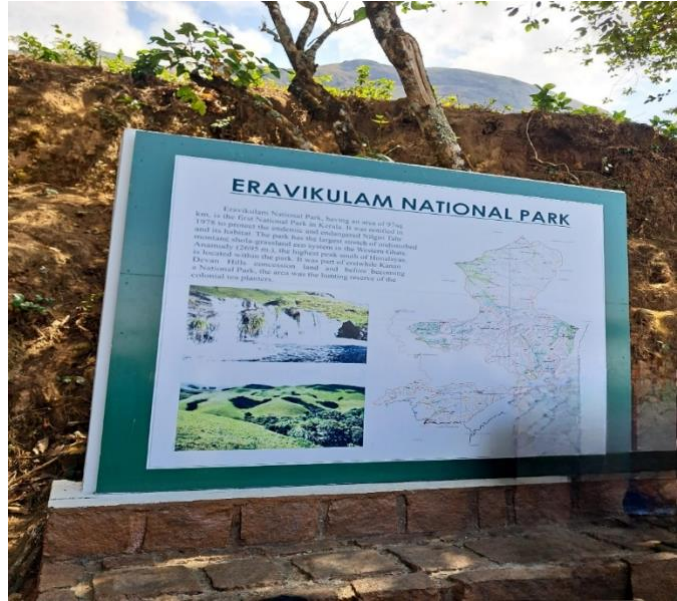
In conclusion, Kalaripayattu stands as a testament to the rich cultural heritage of Kerala, India, embodying a harmonious blend of physical prowess, mental discipline, and cultural tradition. Its ancient roots, rigorous training methods, and emphasis on both weaponry and empty-hand techniques make it a unique martial art form with global influence. Beyond its practical applications in self-defense and combat, Kalaripayattu serves as a source of physical fitness, artistic expression, and cultural preservation, continuing to inspire practitioners and enthusiasts worldwide.



Day-4 Munnar

Eravikulam National Park

It is situated in the Kannan Devan Hills of the southern Western ghats. The wildlife park has an area of 97 sq. km. and it is the first National park in Kerala. It is divided into three regions- the core area, the Buffer area and the tourism area. Visitors are allowed only to the tourism Area. After reaching main entrance of tourism area, a bus of Kerala forest And wildlife department took us to the starting point of Kurinji trail. The Magnificent view of beautiful tea plantations on our way was a sight to Behold. The trek from to kurinji is of one hour and the on the way one can



Witness herds of nilgiri tahr, the endangered mountain goat, for which Eravikulam is a natural habitat. The national park has the highest density And largest population of Nilgiri Tahr. The trekking journey also provides A mesmerizing view of the largest stretch of undisturbed montane sholagrassland eco system in the western ghats. Anamudy (2695m), the highest Peak south of Himalayas, is also located within the park.



In studying Eravikulam National Park, it becomes evident that it's not just a place of scenic beauty, but also a valuable ecosystem teeming with unique flora and fauna. The park provides an excellent opportunity for ecological research, including studies on biodiversity, habitat conservation, and the impact of human activities on fragile ecosystems. Exploring its trails and observing wildlife in their natural habitat offers firsthand insights into the delicate balance of nature and the importance of preserving such pristine environments for future generations

Day-5 Munnar

Matupetty Dam

Built in the late 1940s, Matupetty Dam is a gravity dam constructed across the Matupetty Lake. The dam is situated around 13 kilometers away from Munnar town,



Tata Tea Museum and Estate

The museum set up at the Nallathanni Estate of Tata Tea ensures that the legacy of those who worked hard to ensure the tea plantations survived this long is recognised Publicly. It shows the transition from the rudimentary tea roller to the modern fully automated tea factory. Various stages Of tea processing can be seen, which includes the making of black Tea. There was a sundial, placed on a granite block, which was Made in 1913 by the Art Industrial School at Nazareth, Tamil Nadu. It has other attractions like the ‘Pelton Wheel’ used in the Power generation plant in the 1920s, tea roller and a rail engine wheel of the Kundale Valley Light Railway. A demonstration room for tea tasting is another attraction where we came across different varieties of tea. We tasted some of the Most exotic varieties of tea available around the world here.

Tea estates

The tea museum is situated in the Nallathanni Estate, which is Owned by Kanan Devan Hills Plantations Company Private Limited. Some of the plantations of KDHP are open to public. We visited Some of the tea estates and saw how the tea workers plucked tea Leaves. For plucking the pluckers take first two leaves and a bud. Plucking is a labour intensive business and hand plucking is Economical than machine plucking.

In conclusion, The Tata Tea museum at Nallathanni Estate honors the legacy of tea cultivation, showcasing the evolution from rudimentary tools to modern automation. Visitors can explore the rich history of tea processing, indulge in tea tastings, and witness the labor-intensive art of hand-plucking tea leaves in the surrounding estate.



Day-6 Kochi

Fort Kochi, Mattancherry palace, St Francis And nearby places.

The old walls of Fort Kochi told old stories about the Portuguese, Dutch, and British who lived there long ago. Walking around. Big nets from China used for fishing and old buildings from when different countries ruled the area. It felt like a part of history, with interesting things to see everywhere, like cozy cafes and colorful art shops. It was a special place where one could feel the past all around ,like each rock had a story to share.

IMPORTANT PLACES IN FORT KOCHI

MATTANCHERRY PALACE

The Mattancherry Palace, also known as the Dutch Palace, is a



historic landmark located in Kochi, Kerala. Built by the Portuguese in the 16th century and later renovated by the Dutch, it showcases a unique blend of Portuguese, Dutch, and traditional Kerala architecture. The palace is famous for its exquisite murals depicting scenes from the Hindu epic, Ramayana, along with other mythological tales. These colorful and intricately detailed murals offer a fascinating glimpse into Kerala's rich cultural heritage and artistic traditions.



ST FRANCIS CHURCH

St. Francis CSI Church in Kochi is a historic church built by the Portuguese. It's one of the oldest European churches in India. Famous explorer Vasco da Gama's tomb is here. People visit to see its ancient beauty and learn about its important role in India's history.

SANTA CRUZ BASILICA

The Santa Cruz Cathedral Basilica in Kochi is a historic church with stunning architecture. Built by the Portuguese, it features beautiful Gothic-style interiors and intricate artwork. Visitors admire its grandeur and learn about its significance in the region's religious history. It's a must-visit for those interested in cultural heritage.



CHINESE FISHING NETS

The big nets from China at Fort Kochi swing back and forth near the water. They've been there for a long time, brought by Chinese traders years ago. People like to visit them because they show how people used to trade long ago and how different countries connected with each other.

Water Metro Taxi

The Kochi Water Metro is a transportation project in Kerala, India, aiming to alleviate traffic congestion by utilizing waterways. It includes 78 stations along 16 routes covering 76 km of waterways.

The Kochi Water Metro project values sustainability, aiming to reduce traffic congestion and pollution. It prioritizes eco-friendly transportation, utilizing electric boats to minimize environmental impact. It also emphasizes accessibility, connecting various islands and mainland areas, enhancing connectivity and mobility for residents while preserving the region's unique waterways and ecosystem.



Day-7 NGO Visit

Theruvoram, founded by Murugan S in 2007 with the noble mission of rehabilitating street people in Kochi.

Operated independently foregoing government funding or public grants, while steadfastly serving the community over the years.

Extends a compassionate hand to those abandoned on the streets and individuals afflicted with diseases such as leprosy, regardless of age.



Cochi International Airport

Last place we visited in Kerala was the Cochin International Airport. Started its

operation in 1999 it is Owned and operated by Cochin International Airport Limited (CIAL).

The airport is the First greenfield airport in India built under PPP and holds the record of World's first fully solar-powered airport.

Featuring Kerala's typical architecture it is 3rd busiest airport for international passengers and 7th largest overall in India connecting over 31 countries the airport acts as a link between India and middle-east countries.



Tour Conclusion

This study tour has exposed us to the socio-economic differences in the country and left an indelible mark on all of us. In conclusion, My Bharat Darshan journey through diverse area of Kerala encapsulates the diverse social, cultural, and economic facets of South India.

Socially – Interacting with locals and experiencing their hospitality offered a profound Insight into the region's communal fabric, fostering connections beyond geographical Boundaries.

Culturally – Exploring temples steeped in history, serene lakes reflecting timeless Traditions, and vibrant beaches echoing tales of folklore showcased the rich tapestry of

India's heritage, fostering appreciation for its depth and diversity.

Economically – Engaging in boating and rafting activities not only supported local businesses

But also underscored the significance of sustainable tourism in fostering economic Growth and preserving natural landscapes for future generation.

This journey has been more than a mere exploration, it has been a transformative experience, highlighting the interplay between society, culture, and economy in shaping

The identity of this magnificent region of Kerala. The exposure to different villages will serve as an encouragement to us to work harder to directly or indirectly affect people's lives through various central schemes.

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.