Himachal
The Land of Celestial Beauty.
About 2 million years ago man lived in the foothills of Himachal Pradesh, viz in the Bangana valley of Kangra, Sirsa valley of Nalagarh and Markanda valley of Sirmour. The foothills of the state were inhabited by people from Indus valley civilization which flourished between 2250 and 1750 B.C.
There is a legend, which stems from the Bhagwad Gita, that the Pandavas brothers spent part of their time in exile on the top of this Himalayan mountain. Having gambled away their fortune and wife, they were cast out from their clan for thirteen years.

Chindi in Karsog Valley

The name Karsog is derived from Kar Shok (mourning). Local folklore says, the Pandavas spent their Van Vaas in these parts.
MORANG FORT
Renuka lake

Lord Parshuram, the sixth incarnation of Lord Vishnu. Mahashri Jamdagni and his wife Bhagwati Renuka Ji had meditated for long time at a hillock known as Tape Ka Tiba.
In about 883 AD Shankar Verma, the ruler of Kashmir exercised his influence over Himachal Pradesh. The region also witnessed the invasion of Mahmud Ghazni in 1009 AD, who during that period looted the wealth from the temples in the North India. In 1043 AD the Rajputs ruled over the territory.
The Gurkhas who migrated from Nepal captured this area and devastated it. In the early 19th century the British exercised their influence and annexed the areas of Shimla after the Gurkha War of 1815-16.
British period
This led to the **Anglo-Gorkha** war. They came into direct conflict with the **British** along the **tarai** belt after which the **British** expelled them from the provinces of the **Satluj**. Thus **British** gradually emerged as the paramount powers. In early 19th century the British annexed the areas of **Shimla** after the Gurkha War of 1815–16. Himachal became a centrally administered territory in 1948 with the integration of 31 hill provinces and received additional regions in 1966.
Himachal Pradesh was established in 1948 as a Chief Commissioner's Province within the Union of India.
On 18 December 1970 the State of Himachal Pradesh Act was passed by Parliament and the new state came into being on 25 January 1972.
GEOGRAPHY OF HIMACHAL

Himachal is in the western Himalayas. Covering an area of 55,673 square kilometers (21,495 sq m) it is a mountainous state. Most of the state lies on the foothills of the Dhauladhar Range. At 6,816 m, bordered by Jammu and Kashmir on the north, Punjab on the southwest, Haryana on the south, Uttarakhand on the southeast and Tibet on the east. Himachal is a mountainous region, rich in its natural resources.
Webinar on “Culture, traditions and Cuisine of Himachal & Kerala”

On 18 December 1970, the State of Himachal Pradesh Act was passed by Parliament and the new state came into being on 25 January.
The general physiographic divisions from south to north are:
The outer Himalayas (Shivaliks)
The lesser Himalayas (central zone)
The Great Himalayas (northern zone)
DISTRICTS IN HIMACHAL PRADESH

Chamba, Lahaul Spiti, Kangra, Kullu, Hamirpur, Hamirpur, Mandi, Kullu, Kinnaur, Hamirpur, Una, Bilaspur, Shimla, Solan, Sirmour
also known as Simla, is the capital and the largest city of the Indian state of Himachal Pradesh. In 1864, Shimla was declared as the summer capital of British India.
Dalshone and Cholamba

The Dalshone and Cholamba dance forms belong to the Ropa valley. The pattern formed by the dancers seems to resemble coiled serpents.
Traditional dresses of Himachal

The attire of Himachal people is very beautiful and vibrant. And it’s made according to the harsh weather conditions that linger all year round. Warm and cozy, the handwoven dresses are an attraction for people who visit the state from other parts of the country and world. Right from the caps to the dresses to the footwear, most of it is woven manually. The handloom has risen to become the cultural identity of Himachal Pradesh.
Himachali Channa Madra

Madra is originally a delicacy that belongs to the Chamba district of Himachal Pradesh. The dish mainly consists of the soaked chickpeas (chana) or vegetables.
Made from wheat flour, Sidu is a local side-dish of Himachal Pradesh which greatly complements the main course of mutton or some vegetables.
Himachal Pradesh promises a great number of non-vegetarian delicacies. Kullu trout is a famous dish of Kullu region which is prepared with trout fish.
Bhey is a delicious dish which is prepared with the lotus stems. Thinly sliced lotus stems are then cooked in the ginger-garlic, onions and gram flour which adds the unique and great taste to the dish.
Mittha is the sweet dish of Himachal Pradesh prepared on special occasions. It has sweetened rice mixed with dry fruits and raisins.
The Naggar Castle is a large timber bound structure built in a style indigenous to the western Himalayas.
CHAIL PALACE

Chail a salubrious hill station on a forested range was founded as a summer residency town by the former maharaja of Patiala. Chail palace set on a ridge, has the regal setting with spectacular views, plush lawns and aesthetic interiors.
Once the private residence of Lord William Beresford, a Victoria Cross decorated soldier, the colonial mansion in Shimla was turned into Himachal state Museum in 1974.

**WAR MEMORIAL DHARAMSHALA**

Set amidst the pine timberland, dharamshala War Memorial is the gateway to the history paying tribute to the brave hearts who relinquished their lives to safeguard the motherland.
INDIAN INSTITUTE OF ADVANCED STUDIES

Built in 1865, the Indian Institute of Advanced Studies before independence served as the Viceregal Lodge, and was the seat of pre-eminent power of Britichrule.
INDIAN INSTITUTE OF ADVANCED STUDIES

Built in 1880, the Indian Institute of Advanced Studies served as the Viceregal Lodge and was the seat of pre-eminent power of British rule.
Simbalbara National Park - At the confluence of Terai Plains with the main Shivalik Mountain system, the Simbalbara Wildlife Park is a biological significant reserve where the flora and western Himalayas, Punjab plains and that of upper Gangetic plains do overlap.
SNOW LEOPARD – STATE ANIMAL

Western Tragopan – STATE BIRD

Himalayan yak
ADVENTURE SPORTS

ICE SKATING

Open-air ice skating rink in shimla is the best place to enjoy sliding and tumbling on ice. A very popular sport in the western world but conducted in very few places in India, the Shimla rink is the oldest one in the country.

SKING
MOUNTAIN CYCLING

STILL WATER SPORTS

PARAGLIDING

Incredible India
RIVER RAFTING

TREKKING
Gaiety and fanfare mark the week long winter carnival festival in the fiest week of January at Manali.
JWALAMUKHI TEMPLE (KANGRA)
THANK YOU
OBJECTIVE:

To develop Human Resource professionals for the Hotel and Catering Industry and to oversee hotel and catering education and training in the country at the national level. Training programmes are highly employment oriented.
Kerala was first Epigraphically recorded as Kerala Putra (Cheras) in 3rd century BCE by Emperor Ashoka Of Magadha.

Cheras collapsed after repeated attacks from Cholas.

In 1498, VASCO DA GAMA established a sea route to Kerala which marked the beginning of the colonial era of Kerala.

The state of Kerala was created in 1956 from the former state of Travancore-Cochin, the Malabar district, and the Kasaragod taluk.

In 1957 Elections for the new Kerala Legislative assembly were held under E.M.S.Namboodiripad.
<table>
<thead>
<tr>
<th>Country</th>
<th>India</th>
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<tbody>
<tr>
<td>Statehood</td>
<td>1 November 1956</td>
</tr>
<tr>
<td>Capital</td>
<td>Thiruvananthapuram</td>
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<tr>
<td>Districts</td>
<td>14</td>
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<tr>
<td>Total Area</td>
<td>38,863 km² (15,005 sq mi)</td>
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<td>Population</td>
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<td>Population Rank</td>
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<tr>
<td>Demonym(s)</td>
<td>Keralite, Malayali</td>
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<td>Sex Ratio (2011)</td>
<td>1084 ♀/1000 ♂</td>
</tr>
<tr>
<td>Literacy (2011)</td>
<td>94%</td>
</tr>
</tbody>
</table>
Kerala State Animal:
Elephant
Scientific Name: Elephas Maximus Indicus

Kerala State Bird:
Great Hornbill
Scientific Name: Buceros Bicornis
KERALA STATE FISH
PEARL SPOT (KARIMEEN)
SCIENTIFIC NAME: ETROPLUS SURATENSIS

KERALA STATE TREE
COCONUT TREE
KERALA STATE FLOWER
LAVURNAN (KANIKONNA)
SCIENTIFIC NAME: ACACIA PYCNANTHA

KERALA STATE FRUIT
JACKFRUIT
Merry Christmas
HAPPY VISHU
SADHYA

- Chenna dal payasam
- Puli inji
- Avial
- Olan
- Cabbage thoran
- Beana mezhukkupuratti
- Cucumber kichadi
- Vendakka pachadi
- Sharkare Payasam
- Naranga achar
- Pullissery
- Sambar
- Rasam
- Pulissery
- Beana mezhukkupuratti
- Cabbage thoran
- Cucumber kichadi
- Vendakka pachadi
- Sharkare Payasam
- Naranga achar
- Pullissery
- Sambar
- Rasam
ART FORMS OF KERALA
Theyyam
Padayani
Thullal
Pulikalli
Kathakali
Thiruvathirakali
Aranmula Boat Race
Kovalam Beach
Athirappilly Water Falls
TRADITIONAL KERALA CUISINE IS NOT TO BE MISSED
Rajsekhar K’s network bandwidth is low
Rakesh K’s network bandwidth is low
ACHIEVEMENTS

• Kerala has risen as an example in the fields of both health care and education.

• High life expectancy, low infant mortality, low birth rate are also certain other points that puts Kerala forward.

• With 3% of the whole population of the country, it provides about 2/3 rd of the Paliative care units in the country.

• Comparing the hunger index, it is moderately low for Kerala comparing other states.
COMBATING WITH NIPAH & COVID-19

• Kerala was prepared to face this global threat as we had already contained another deadly virus which came out in 2018, Nipah.

• Contact tracing and shutting down the containment zone were the first few steps.

• Kerala took the measure of shutting down the state even before the number of cases rose.