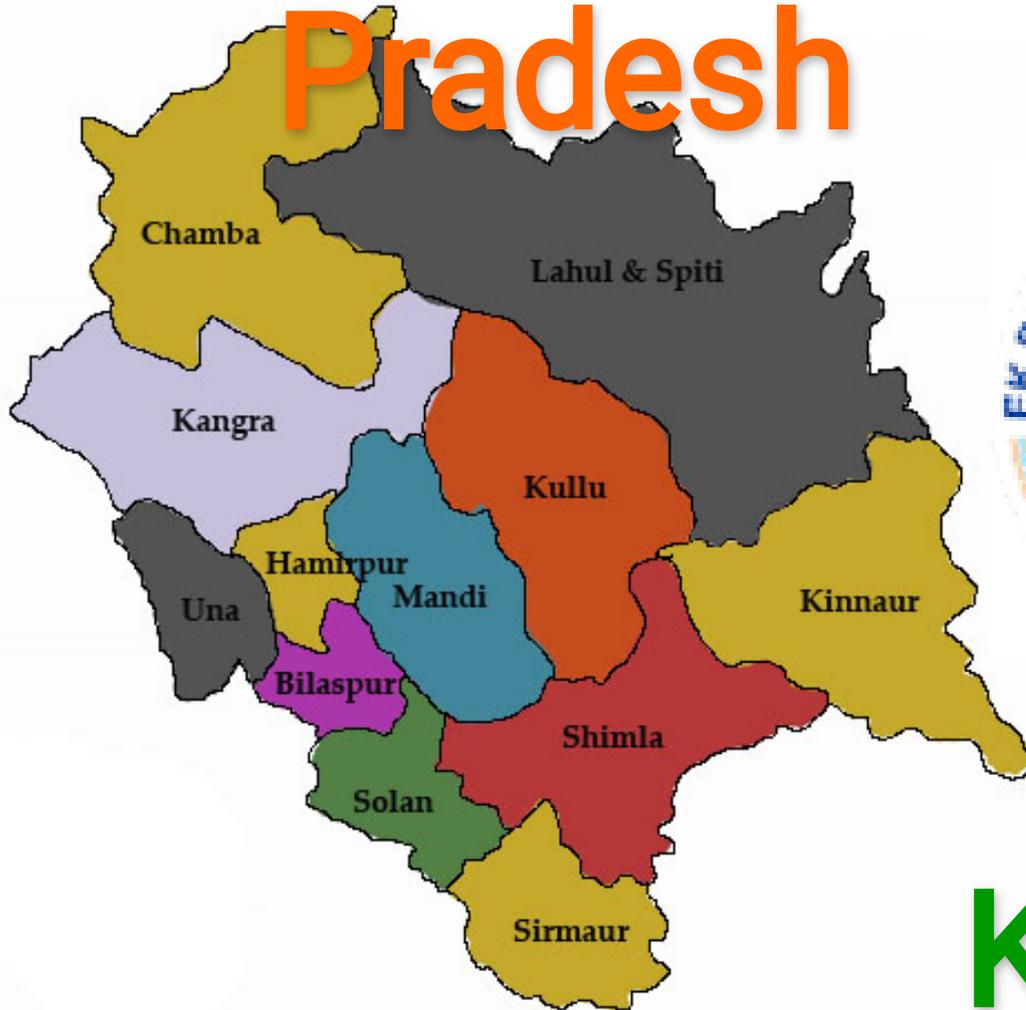


एक भारत

श्रेष्ठ

भारत

Himachal Pradesh



Kerala



RALA GOD'S OWN COUNTRY

The most popular legend would have it that the land crust that forms the State was raised from the depths of the ocean. Parasurama, the Brahmin avatar (incarnation) of Lord Vishnu, had waged an epic series of vengeful wars on the Kshatriyas.

Came a moment when Parasurama was struck by remorse at the wanton annihilation he had wrought. He offered severe penance atop the mountain heights. In a mood of profound atonement, the sage heaved his mighty axes into the midst of the distant ocean.

The waves foamed and frothed as a prawn-shaped land extending from Gokarnam to Kanyakumari surfaced from the depths of the sea to form the State and hence

VERNANCE AND ADMINISTRATION

United State of Travancore and Cochin was created on 1 July 1949 by the merger of two former Princely States, the kingdoms of Travancore and Cochin with Thiruvananthapuram as the capital. It was renamed **State of Travancore-Cochin** in January 1950.

The **Government of Kerala** was formed on 1 November 1956, after merging of **State of Travancore-Cochin** with the **Malabar district** of the Madras state as part of States Reorganisation Act, 1956.



Shri. Arif Mohammad Khan
Governor



Shri. Pinarayi Vijayan
Chief Minister



Shri. K. R. Jyothish
IAS

ABOUT THE STATE

Formed on 1st Nov 1956

Capital - Thiruvananthapuram

Language spoken – Malayalam

Official Language - English

Total Area - 38,863 Sq.Km.

Districts – 14

Major Cities

- Thiruvananthapuram,
- Cochin
- Calicut



FESTIVALS



Onam Festival



It is also the **national festival of Kerala**.

Onam falls in the Malayali month of Chingam (between Aug and Sept)

Onam is Celebrated to commemorate the Vamana avatar of Lord Vishnu and homecoming of King Mahabali.

On the day of Onam, there are games, music, dance and fireworks in all parts of the state. Onam Sadhya is the customary feast comprising a vegetarian spread of 20-25 curries and a couple of desserts.



Grandeur is a string of festivals celebrated in almost all temples across Kerala. Mostly named after the temple they are celebrated in.

Famous temples of Kerala host this festival and flaunt the grandeur with lavish decorations, adorned elephants, music, dance, fireworks and numerous religious traditions. The celebrations also feature hoisting of a holy flag, processions around the countryside, and offerings of rice and coconuts made to God as the procession moves ahead

The whole celebration gives a glimpse of the religious traditions of Kerala.



Boat Festival is celebrated from July to September

The race is all about enthusiasm and most importantly team spirit and sync between the members.

most popular races – Champakulam Moolam Boat Race (Alappuzha),
Nehru Trophy Boat Race (Alleppey),
Payippad Jalotsavam (Payippad Lake)
Vallam Kali (Punnamada Lake)



Theyyam Festival: Behold The Dance Of God is one of the most popular and indeed the most-awaited.

This 800-year-old festival flaunts folk dances and art. There are more than 400 varieties of Theyyam performances to pick from, of which the best ones are Kari Chamundi, Raktha Chamundi, Muchilottu Bhagavathi, and Wayanad Kulaven.

mythological acts are the highlights of the Theyyam festival. People dress up and paint the performer, who belongs to an upper caste, and adorn him with flowers, mask and color. The performer then undergoes self torture and dances to the rhythms in front of shrines.

Theyyam falls in the period between April to December.



Vishu: Celebrating The First Day Of The Malayali Year

Vishu marks the beginning of Malayali year. Mostly celebrated at home, a pooja with the family and the evening feast are the highlights of this Hindu festival.

A night before Vishu, a number of auspicious articles are collected and then arranged in a small vessel in a particular fashion. This vessel is kept in the prayer room. The morning starts with Kani Kanal – the first sight of Lord Vishu. Later, the whole family gathers to eat Sadya (mid-day feast), followed by fireworks in the evening.

Vishu falls in the month of April (known as Medam, as per Malayalam astrology calendar)



Makaravilakku: The Religious Processions This is celebrated for a whole week and occurs on the famous Hindu festival, Makar Sankranti.

On this day, people of Kerala worship Lord Ayyappa's idol. The whole program is organized at the Ayyappa Temple located in Sabarimala.

One can see Divya Jyothi from 9 different spots. One can take part in the Thiruvabharanam procession. In this procession and can see the Lord's accessories transferring to Sabarimala from the Old Palace



Attukal Pongala: The Largest Religious Gathering Of Women brings together women of all caste, religion, and color. Appreciated in the Guinness Book of World Records, for hosting the largest gathering of women for the religious purpose. The deity is offered Pongala (rice prepared with jaggery and other ingredients) as a gesture of praise by the ladies.



Christmas: account for over a quarter of the population, Christmas is definitely one of the most celebrated festivals in Kerala. The festival marks the birth of Jesus Christ.

Christmas trees are bought and decorated with gifts, lights, and other colorful items.

A Christmas mass is held in the churches where scenes of the life and birth of Jesus Christ are depicted through models.

After lighting the candles and singing hymns in the church, people savor delicious cakes and other delicacies.



Maha Shivarathri: All About Paying Homage To The Lord

This is one of those festivals that reflect the richness of religious aspect of Kerala. Like all the festivals in Kerala, this one too is celebrated with utmost enthusiasm and is therefore counted amongst the most significant ones.

The grandiose of this festival can be seen on the Periyar river banks.

It is a wonderful sight to see all the pilgrims coming to worship the Lord Shiva idol. One of the highlights at this festival are the various dance performances

DRESSING STYLE



www.indiavideo.org



The traditional costumes of women are called Mundum Neriyathum. The mundu is the lower cloth, neriyathu is the blouse.

Men wear the white colour costumes, which are called the Mundu. In olden days the men did not wear any cloth on the upper part of the body. The upper caste drape a piece of cloth on the shoulder. The occurring changes in the tradition and society, the men are wearing the shirt with white colour.

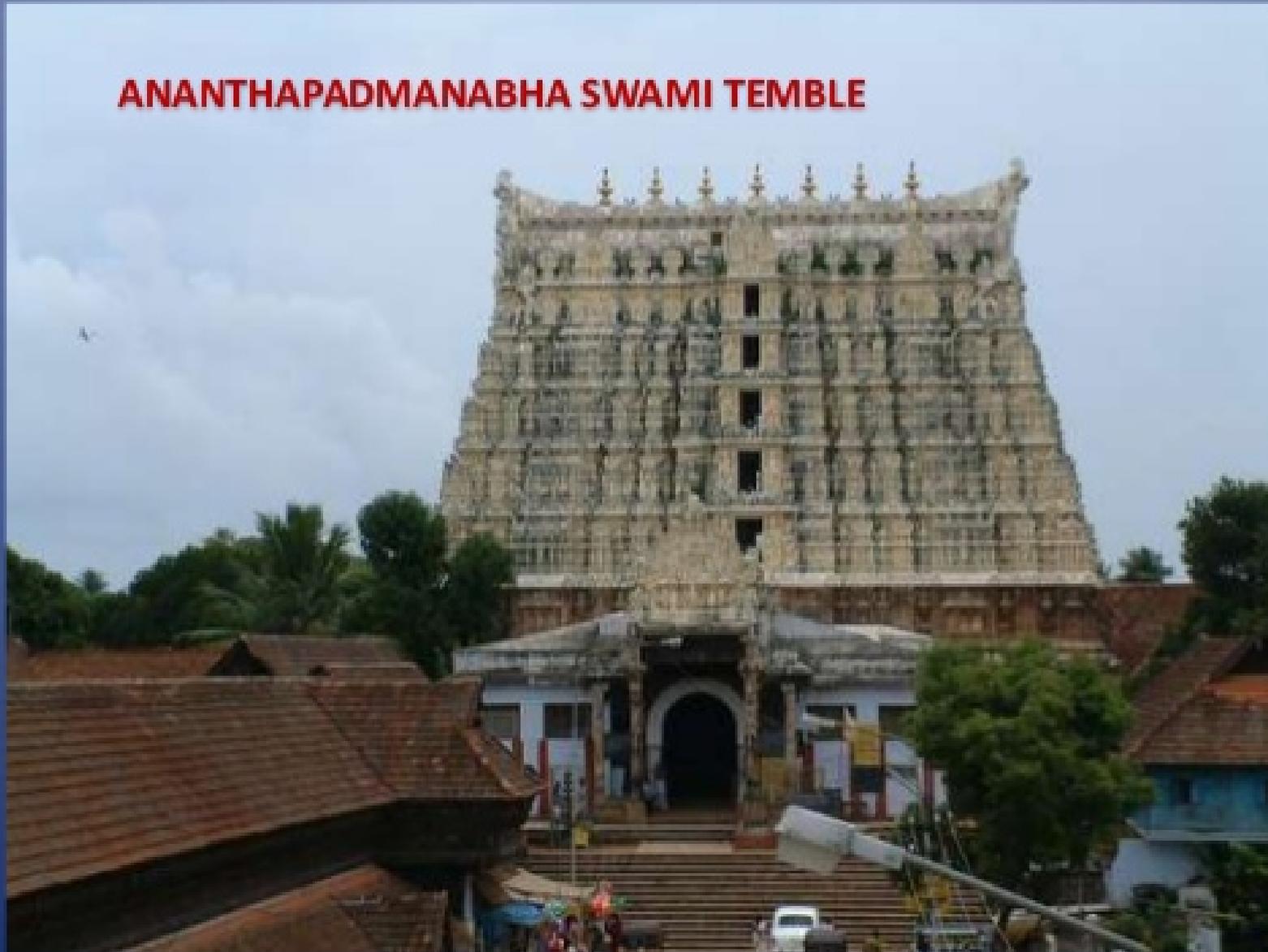
Kerala Cuisine



Popular **Dishes**. Idiyappam With Curry. Erissery (Pumpkin And Lentil Stew). Puttu And Kadala Curry, Appam With Ishtu (Stew), Ela Sadya. Parippu Curry (Dal Curry), Dosa Ghee Roast With **Kerala** Style Sambar, Idli Sambar.

PILGRIMAGES

ANANTHAPADMANABHA SWAMI TEMBLE





Sabarimala is the most famous Hindu pilgrimage centre in Kerala and India. Located in the Pathanamthitta district in Kerala, this temple is one of the oldest temples in India, with history of more than 5000 years old. This temple is dedicated to Lord Ayyappa.

Pilgrims needs to do around 4 kilometers trekking from Pamba in order to reach this shrine.

It is one of the most visited pilgrim centers in the world with an estimated 45 - 50 million devotees every year.



Padmanabhaswamy temple

Located in Thiruvananthapuram. The name of the city of Thiruvananthapuram in Malayalam translates to "The City of Lord Ananta", referring to the deity of the Padmanabhaswamy temple.

The principal deity Padmanabhaswamy (Vishnu) is enshrined in the "Anantha Shayana" posture, the eternal yogic sleep on the serpent Adi Shesha.

The **Padmanabhaswamy Temple treasure** is a collection of valuable objects including gold thrones, crowns, coins, statues and ornaments, diamonds and other precious stones. Five of its six vaults were opened on 27 June 2011 on the orders of the Supreme Court of India. **ONE Trillion Dollar Hidden Treasure is expected in this temple.**



Guruvayoor Sree Krishna Temple,

Popularly known as the Dwaraka of the South is situated at Guruvayoor in the Thrissur district.

According to the legend, this temple is created by Guru and Vayu. The outer enclosure known as Chuttambalam has a gold-plated 33.5 meters high Dwajasthambam. A pillar of lamps (Deepasthambam) of 7 meters high is another attraction of the temple. The sreekovil of Guruvayoor Sree Krishna Temple is square-shaped where main deity, Lord Krishna is placed. The temple also has a few sub-deities like Lord Ayyappa, Lord Ganesha and Edathedathu Kavil Bhagavathy.



Attukal Bhagavathy Temple,

Popularly known as the 'Sabarimala of women', this temple is dedicated to Goddess Kannaki.

Attukal Pongala is a very famous festival of this temple which celebrated in the Malayalam month of Kumbham (Feb/March) on Karthika day. Millions of women devotees gather around this temple on this day to prepare Pongala (a sweet dish prepare by using rice, jaggery and coconut) to offer to the Goddess of the temple in order to seek her blessings.

Attukal Bhagavathi Temple is only 2 kilometers away from the Sri Padmanabhaswamy Temple.



Mahadeva Temple, Chengannur

Oldest temple in the Alappuzha district dedicated to Lord Shiva.

The Goddess Parvati is also worshipped in this temple with equal importance.

This prominent Shiva temple is famous for its Thripoothu Arattu, a festival related with a menstruation ceremony.

During this festival, the images of Lord Shiva and Paravathi are taken to River Pamba on decorated elephants in a procession. The 28-days annual festival is celebrated during the months of December and January.



Malanada Duryodhana Temple, Kollam

Malanada Duryodhana Temple located at Alumkadavu in the Kollam is a unique temple dedicated to Duryodhana.

As it is known, Duryodhana was an anti-hero and infamous in the epic Mahabharata. It is believed that the Kuravas, a community in the state gave food and shelter to Duryodhana when he was in pursuit of the Pandavas.

Only the people from the Kurava community can be a priest in this temple. Many people visit this temple from different parts of the state to enjoy its annual Kettukazhcha festival.

Malanada Duryodhana Temple is one of the unique Hindu pilgrimage places in south India



Parassinikadavu Muthappan Temple

Located almost 20 kilometers away from Kannur, this temple is in northern Kerala on the beautiful banks of the River Valapatnam.

Sri Muthappan (a form of Lord Shiva) is the main deity of this temple.

People from all sectors of the society visit this temple irrespective of caste, creed and religion to offer prayers to Lord Muthappan.

Theyyam, a traditional art form performed daily on this temple as ritual, pilgrims can enjoy the charm of it conveniently by visiting this sacred place. Men wear colorful costumes and adorning masks to perform this temple art and watching it can be a blissful experience.



Alappuzha or Alleppey! Esteemed as the 'Backwater Capital of India' or the 'Venice of the East', Alleppey is known for its silent backwaters and bountiful beauty!

Seated on the banks of the azure Vembanad Lake, it is in fact one of the [most popular backwater destinations in Kerala](#) and one of the highest sought-after tourist places in Kerala.



Kochi or Cochin is a unique place in **God's Own Country**

Fondly called the 'Queen of the Arabian Sea', this imposing port-city has always been an attraction point since the beginning of history.

A melting point of numerous culture and traditions, Chinese nets, and the traditional spice markets, Cochin has embraced all the modern outlook to become one of the most developed metropolis in India.

INS Vikrant, also known as Indigenous Aircraft Carrier 1 (IAC-1), is an aircraft carrier under construction by Cochin Shipyard in Kochi for the Indian Navy. It is the first aircraft carrier to be built in India.



Kumarakom

Adorned by the magical charm of the Vembanad Lake, Kumarakom is another beguiling backwater destination. Located within the proximity to Kottayam city.

The evergreen coconut grooves, breezy rice fields, backwater cruise and houseboat stays are the most popular thing to do.



Munnar : A hill station in the lap of the fascinating Western Ghats. Munnar is the best tourist destination in Kerala.

Sprawling tea plantations, picturesque towns, winding lanes and holiday facilities make this a popular resort town.

Among the exotic flora found in the forests and grasslands here is the Neelakurinji. This flower which bathes the hills in blue once in every twelve years, will bloom next in 2030.

Munnar also has the highest peak in South India, Anamudi, which towers over 2,695 m.



Kovalam : Kovalam is an internationally renowned beach with three adjacent crescent beaches. It has been a favourite haunt of tourists since the 1930s. A massive rocky promontory on the beach has created a beautiful bay of calm waters ideal for sea bathing.

The leisure options at this beach are plenty and diverse. Sunbathing, swimming, herbal body toning massages, special cultural programmes and catamaran cruising are some of them. Thiruvananthapuram, the capital city of Kerala, is just 16 km away from Kovalam and getting there is no hassle.

Life on the beach begins late in the day and carries on well into the night. The beach complex includes a string of budget cottages, Ayurvedic health resorts, convention facilities, shopping zones, swimming pools, Yoga and Ayurvedic massage centres.



Kozhikode: Formerly known as Calicut. It was the Capital of Malabar during the Zamorin rule 500 years ago and is famous for its centuries-old trade in cotton and spices with Jews, Arabs, Phoenicians and Chinese.

Vasco da Gama had set his foot on the remote beach of Kappad in Kozhikode in 1498 and 'Discovered India' and established spice trade routes with the west.

Kozhikode city is the marketing centre for commodities like pepper coconut, coffee, rubber, lemongrass oil etc., produced in Kozhikode and the neighbouring districts of Wayanad, Malappuram and Kannur.

Vowels (Swaram)

അ	ആ	ഇ	ഈ	ഉ	ഊ	ഋ	എ	ഈ	ഐ	ഒ	ഔ	ഔ	അം	അഃ
	Aa	E	Ee	U	Uu	Er	Ea	Eaa	Ai	O	Oh	Oau	Aum	Ah

Consonants (Vyanjanam)

ക	ഖ	ഗ	ഘ	ങ	ച	ഛ	ജ	ഝ	ഞ
Ka	Kha	Ga	Gha	inga	Cha	chha	Ja	Jha	inha
ട	ഠ	ഡ	ഢ	ണ	ത	ഥ	ദ	ധ	ന
Ta	Tta	Da	Dda	Na	Tha	Thha	Dha	Dhha	Na
പ	ഫ	ബ	ഭ	മ	യ	ര	ല	വ	ശ
Pa	Ffa	Ba	Fa	Ma	Ya	Ra	La	Va	Sha
		ഷ		സ	ഹ	ള	ഴ	റ	
		Shha		Sa	Ha	Lha	zha	Rha	
	ഈ		ഈ		ഈ			ഈ	
	ilh		in		irr			Inh	

Thank you

Thank you in Malayalam is pronounced as "Nanni" (നന്നി/நன்னி) when spoken and while writing, it is written as "Nandi" (നന്ദി/நன்தி)