



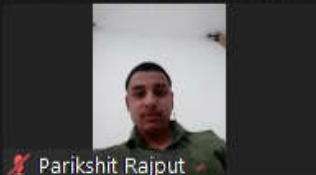




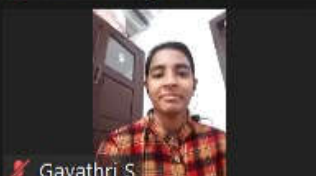




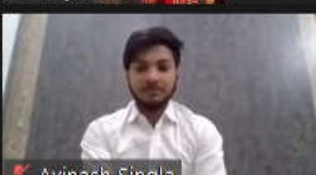


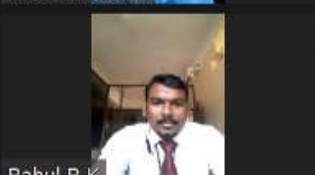

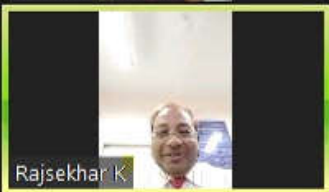
 Jeevanjith N	 IHM SHIMLA	 Adarsh Vyas	 RAHUL NAIR	 Maria Hasan
 Parikshit Rajput	 ABRAHAM ALAN JOY	 Sakshi Srivastava	 Aleena Ajay	 Sushil Dhiman
 Gayathri S	 Rachit Verma	 Mridul Mattu	 ANCY A. JOHN	 SANIYA ANTONY
 Avinash Singla	 MANJU SAJITH	 Sreevidya T. B	 Rahul R K	 MUKUL DIMRI
 Rajsekhar K				



JHM SHIMLA



RAHUL NAIR



Sushil Dhiman



Gayathri S



Rajsekhar K



Jeevanjith N



Mute



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Participants



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IHM SHIMLA



RAHUL NAIR



Sushil Dhiman



Gayathri S



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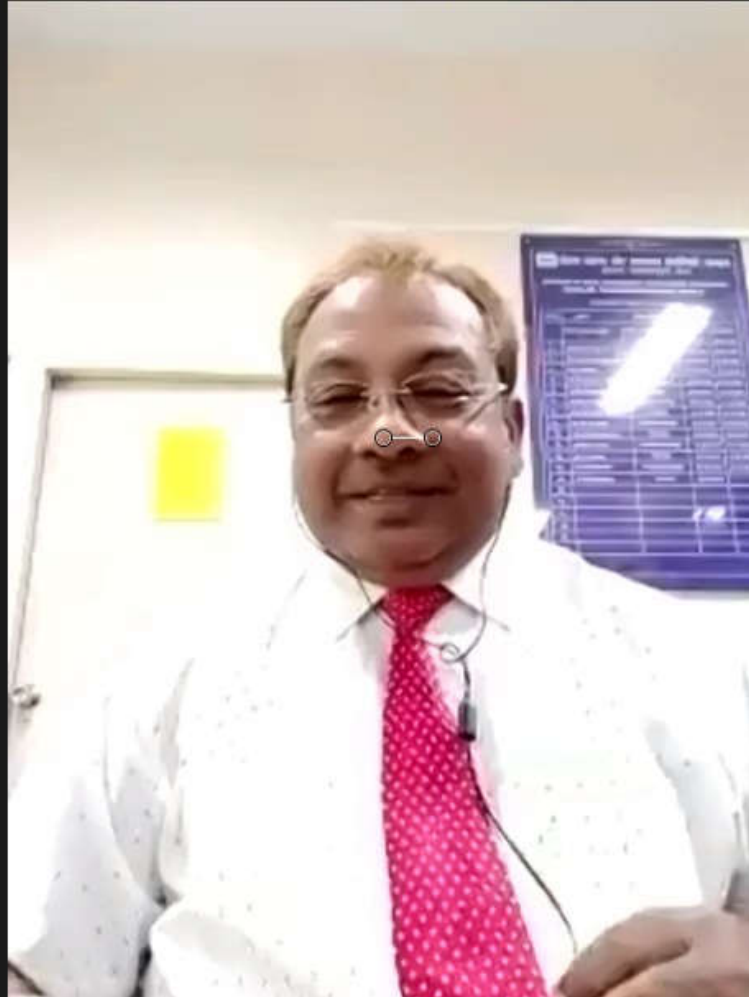


Jeevanjith N



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00:10:38



Rajsekhar K



MUKUL DIMRI

Webinar on "Culture, traditions and Cuisine of Himachal & Kerala"

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Rahul R K



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Rajsekhar K



Jeevanjith N



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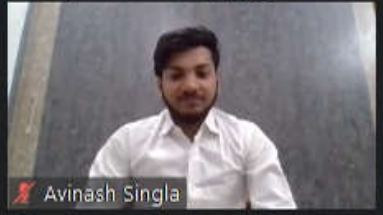
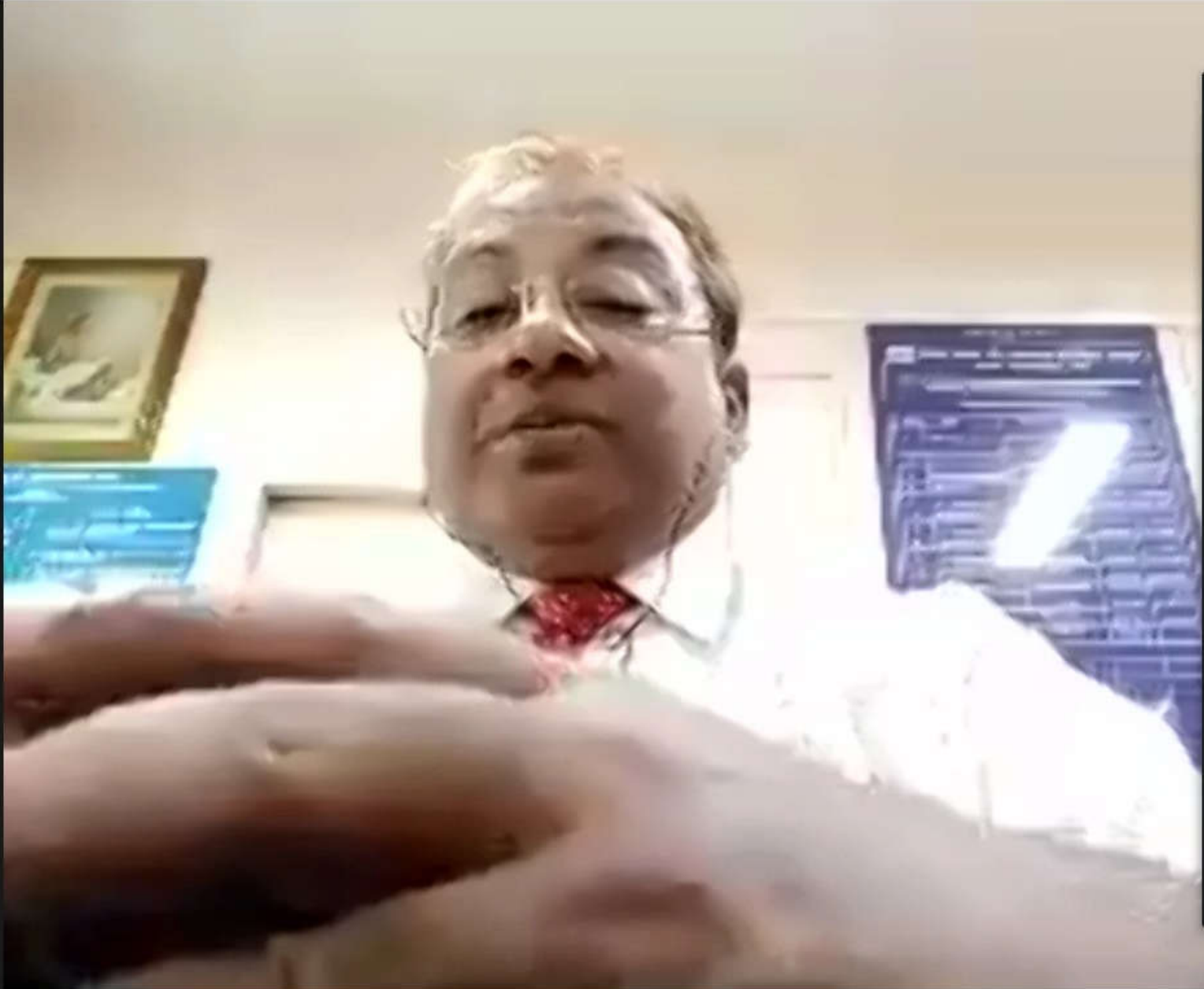
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00:12:26



Sushil Dhiman





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Maria Hasan



Participants (25)

Find a participant

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Avinash Singla (Co-host)	+ 🔊 📺
Adarsh Vyas (Co-host)	🔊 📺
Aleena Ajay (Co-host)	🔊 📺
Maria Hasan (Co-host)	🔊 📺
RAHUL NAIR (Co-host)	🔊 📺
Naresh Kumar (Co-host)	🔊 📺
Sushil Dhiman (Co-host)	🔊 📺
ABRAHAM ALAN JOY	🔊 📺
Rahul R K	🔊 📺
Rajsekhar K	🔊 📺
Alfy Mathew	🔊 📺
Gayathri S	🔊 📺
Jeevanjith N	🔊 📺
MANJU SAJITH	🔊 📺

Invite Mute All Unmute All ...

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00:20:39

HISTORY OF HIMACHAL



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.



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Mute



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Security



Participants



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Reactions



More

End

MAHABHARATA TIMES

3102-3137 BCE



Adarsh Vyas

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.



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MORANG FORT



Jeevanjith N



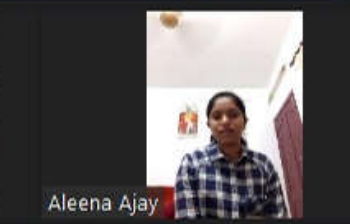
RAHUL NAIR



Maria Hasan



Adarsh Vyas



Aleena Ajay



Renuka lake

Lord Parshuram, the sixth incarnation of Lord Vishnu. Maharish Jamdagni and his wife Bhagwati Renuka Ji had meditated for long time at a hillock known as Tape Ka Tiba



Sakshi Srivastava



Sushil Dhiman



Rachit Verma

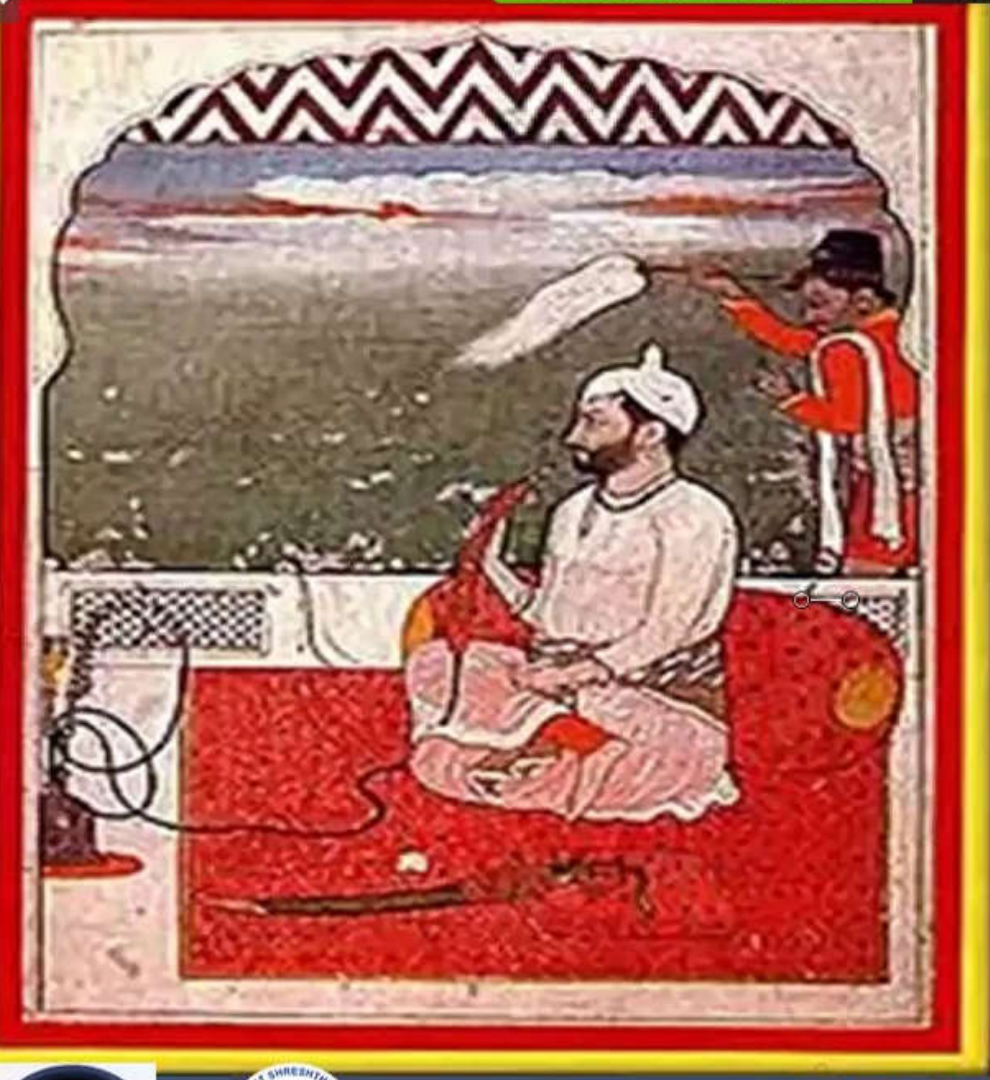


MANJU SAJITH

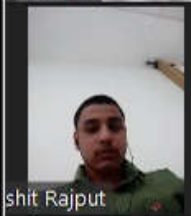


Rahul R K





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



एक भारत श्रेष्ठ भारत



ABRAHAM ALAN JOY



Sreevidya T. B



Gayathri S



Rahul R K



Mridul Mattu



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.



एक भारत श्रेष्ठ भारत



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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



एक भारत श्रेष्ठ भारत



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ABRAHAM ALAN JOY



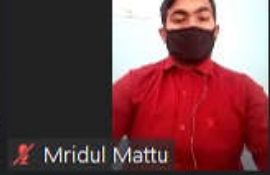
Sreevidya T. B



Gayathri S



Rahul R. K



Mridul Mattu





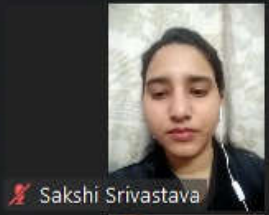
Himachal Pradesh was established in 1948 as a Chief Commissioner's Province within the **Union of India**



एक भारत श्रेष्ठ भारत



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HIMACHAL PRADESH

On 18 December 1970 the State of Himachal Pradesh Act was passed by Parliament and the new state came into being on 25 January 1971

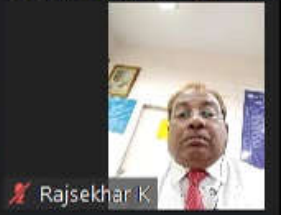


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V.FREELANDMAPS.NET

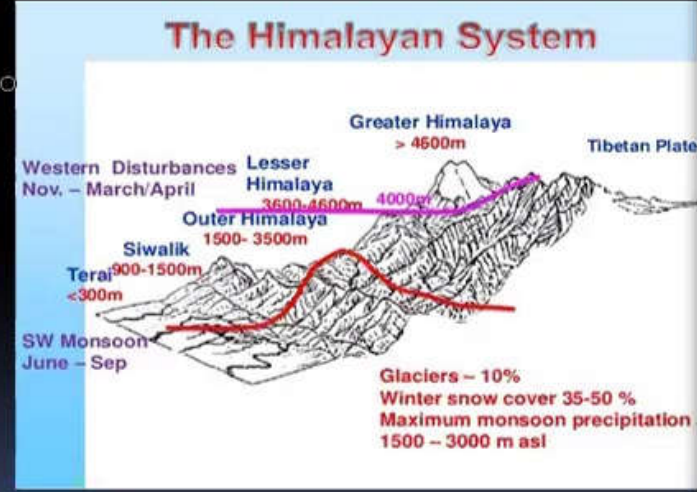


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GEOGRAPHY OF HIMACHAL

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

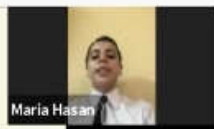


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- Chetan Thakur 🙌
- Prashant Vijeta Great effort
- Aanchal Sharma fantabulous
- yatharth chauhan 🙌🙌
- Scorpio Parmar good luck students

IHMSHIMLA LIVE

Say something...

0/200

LIVE on YouTube



MUKUL DIMRI



The general physiographic divisions from south to north are:
The outer Himalayas (Shivaliks)
The lesser Himalayas (central zone)
The Great Himalayas (northern zone)



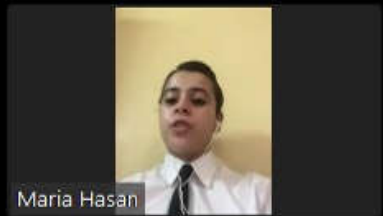
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DISTRICTS IN HIMACHAL PRADESH



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SHIMLA



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,



एक भारत श्रेष्ठ भारत



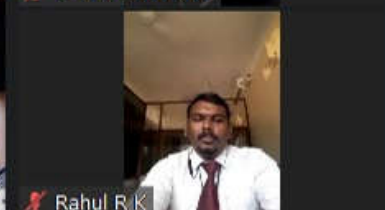
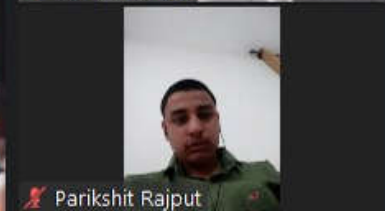
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Dalshone and Cholamba

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



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Navigation arrows and a red mute indicator.



Traditonal dresses of Himach



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 weaved manually. The handloom has risen to become the cultural identity of Himachal Pradesh.



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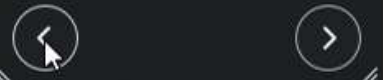
Sakshi Srivastava

Aleena Ajay

Sushil Dhiman

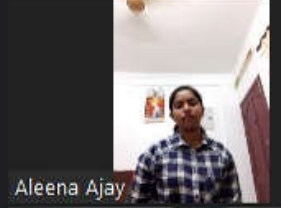
Rachit Verma

MANJU SAJITH





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.



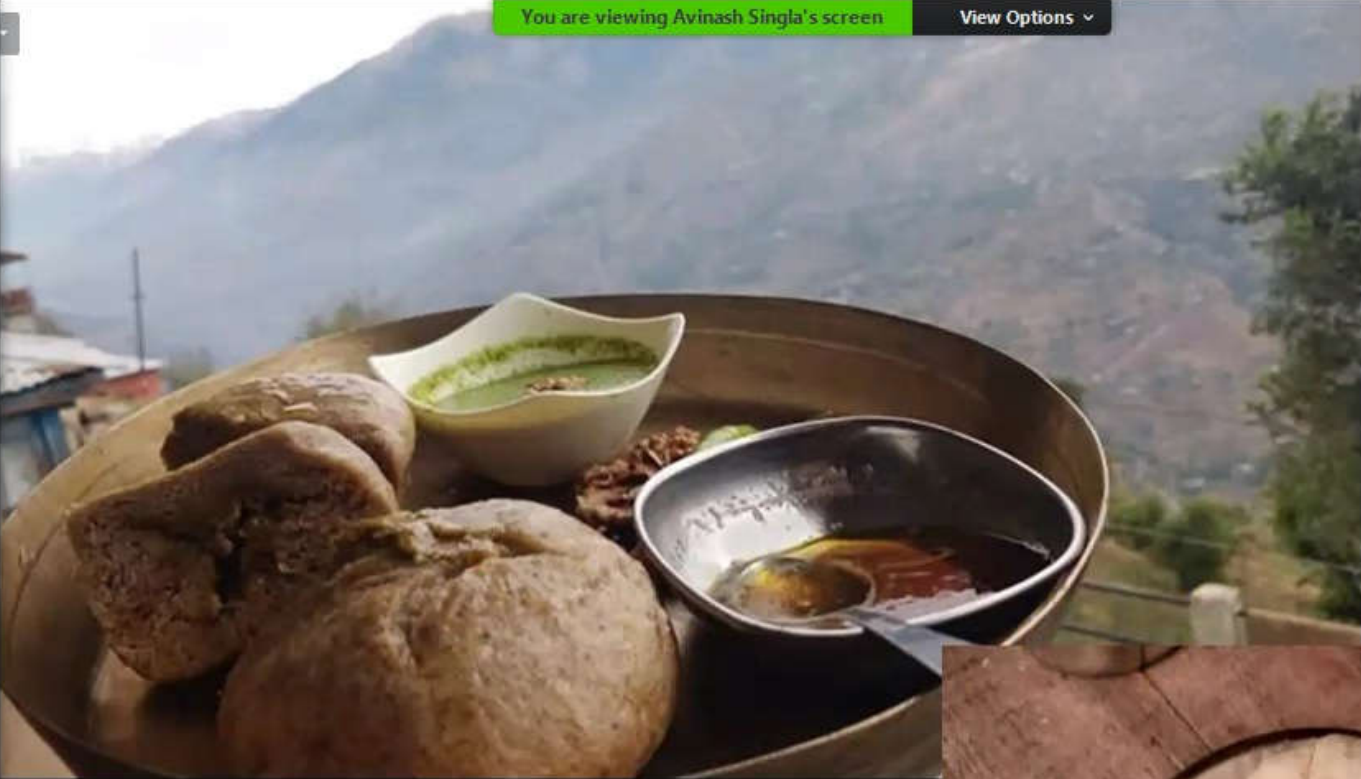
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Sidu



Made from wheat flour, Sidu is a local side-dish of Himachal Pradesh which greatly complements the main course of mutton or some vegetables



JKUL DIMRI

inash Singla

rikshit Rajput

NIYA ANTONY

hul R. K

Kullu Trout Fish



Video call participants:

- avanjith N
- HUL NAIR
- Hasan
- sekhar K
- h Vyas



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.



एक भारत श्रेष्ठ भारत



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BHEY



. 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.



एक भारत श्रेष्ठ भारत





Mittha is the sweet dish of Himachal Pradesh prepared on special occasions. It has sweetened rice mixed with dry fruits and raisins.



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HIMACHAL ARCHITECTURE



एक भारत श्रेष्ठ भारत

YEARS OF CELEBRATING THE MAHATMA

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NAGGAR CASTLE



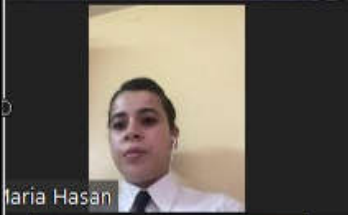
The Naggar Castle is a large timber bound structure built in a style indigenous to the western Himalayas



Jeevanjith N



RAHUL NAIR



Faria Hasan



Rajsekhar K



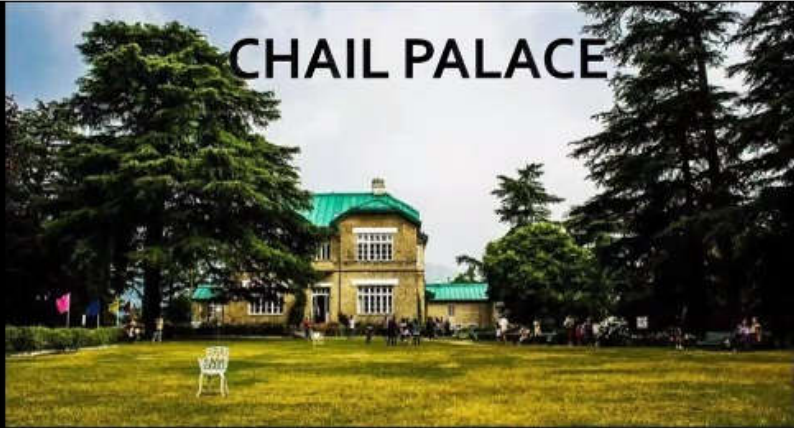
darsh Vyas



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CHAIL PALACE

Chail a salubrious hill station on a forested ranges 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

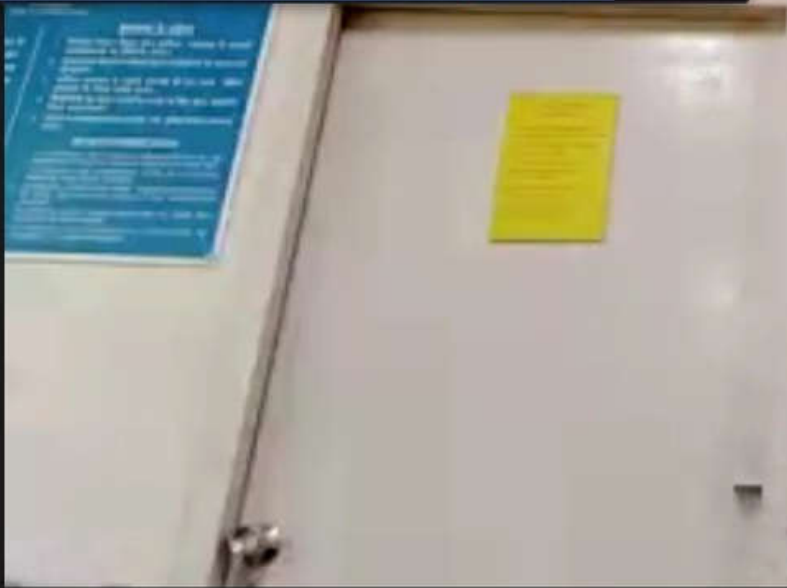


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Rajsekhar K

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L NAIR

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WAR MEMORIAL DHARAMSHALA

Set amidst the pine timberland, dharamshala War Memorial is the fateway to the history paying tribute to the brave hearts who relinquished their lives to safe guard the motherland

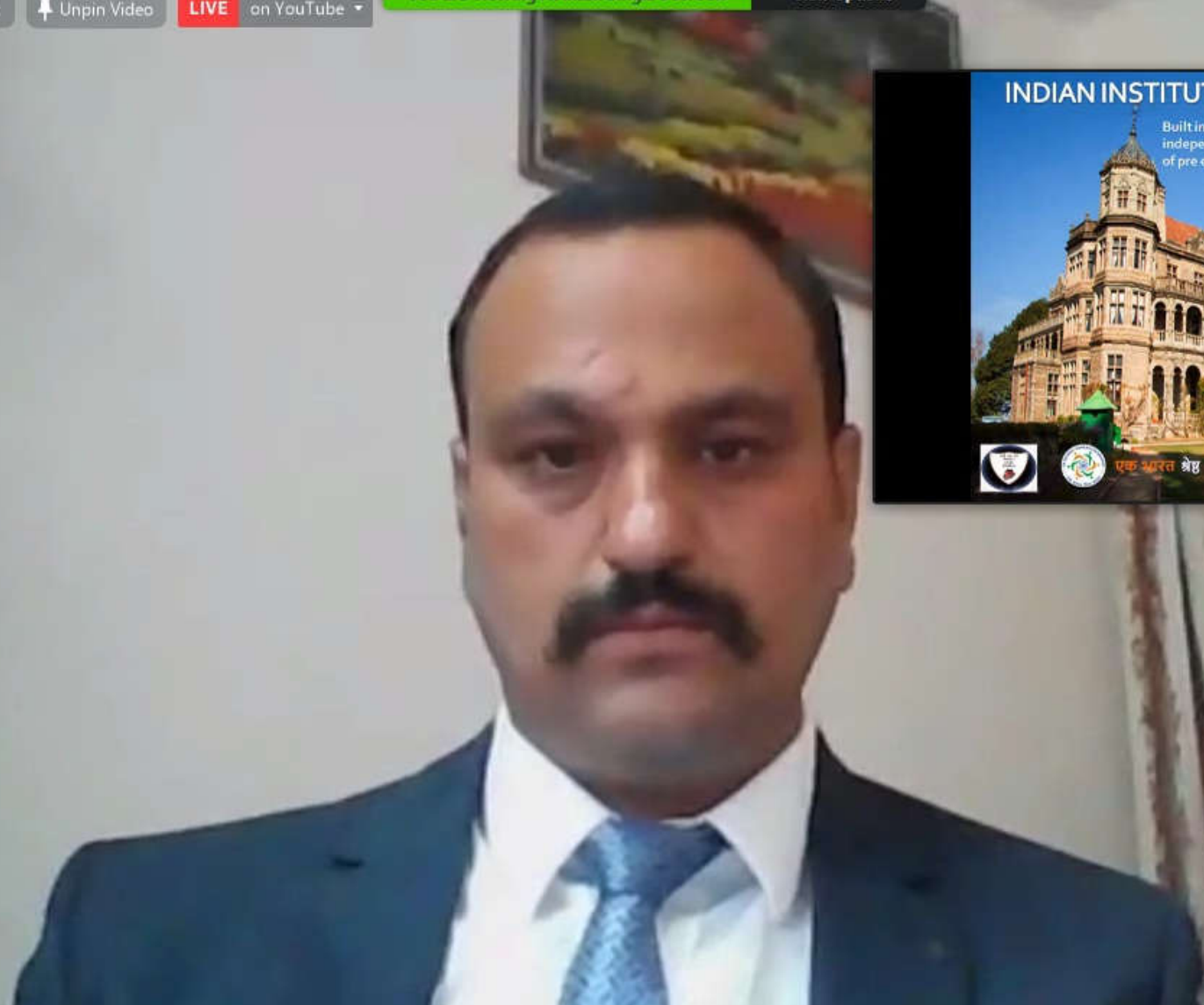


एक भारत श्रेष्ठ भारत



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

STATE MUSEUM



INDIAN INSTITUTE OF ADVANCED STUDIES

Built in 1888, the Indian institute of advanced studies before independence served as the Viceregal lodge, and was the seat of pre eminent power of British rule.



एक भारत श्रेष्ठ भारत

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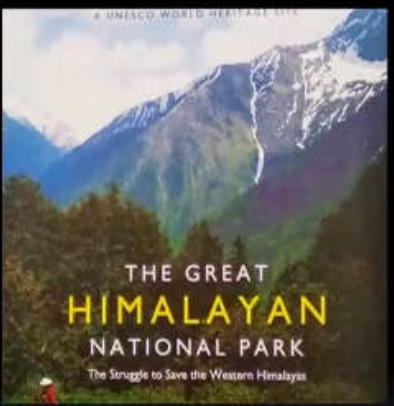
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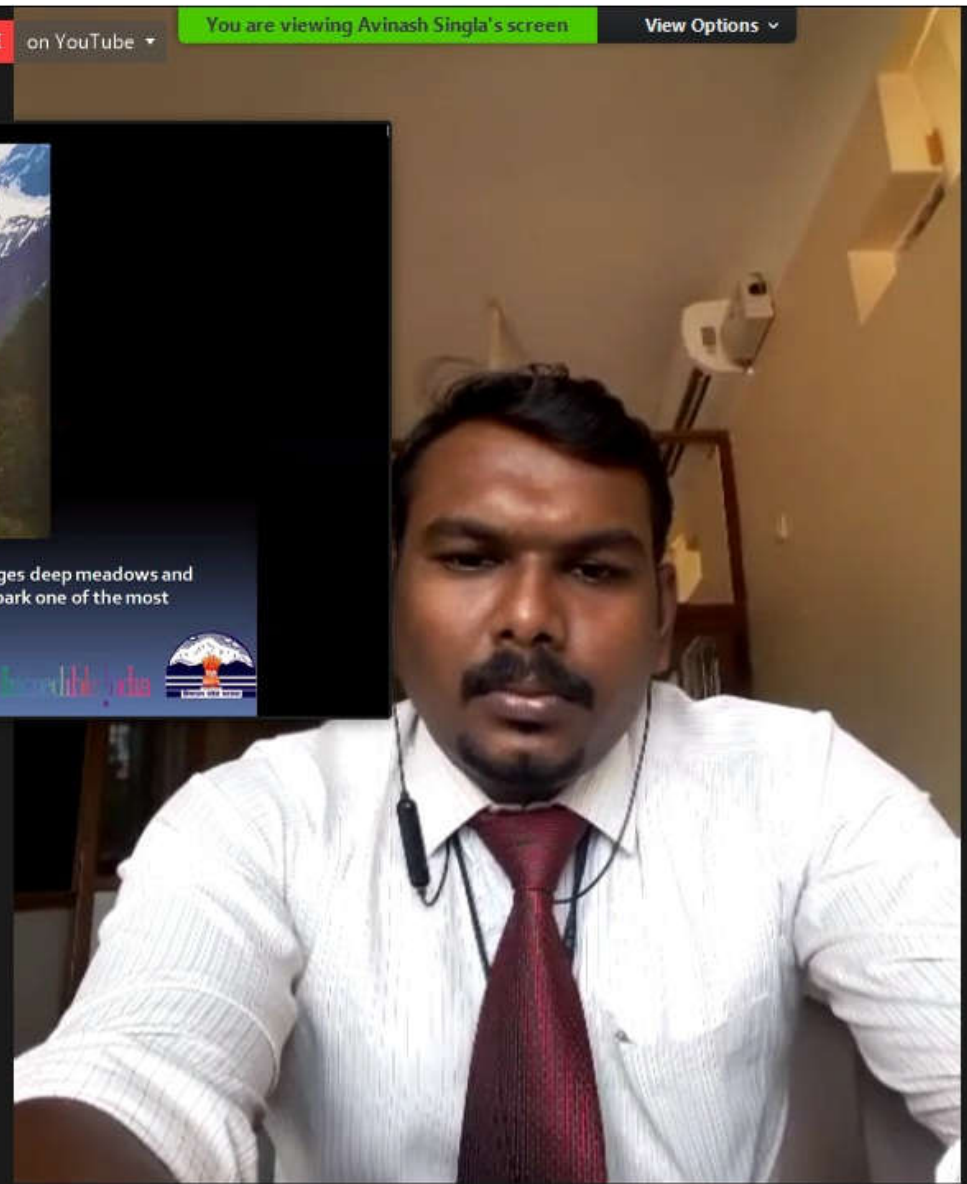
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THE GREAT HIMALAYAN NATIONAL PARK

The Struggle to Save the Western Himalayas

High ridges , valleys with snow moving glaciers , deep gorges deep meadows and closed virgin forests make the great Himalayan National park one of the most scenic destinations for nature lover



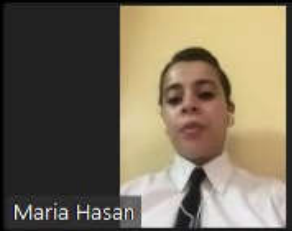
Rahul R K

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FLORA AND FAUNA



Maria Hasan

Simbalbara
National Park

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



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SNOW LEOPARD –STATE ANIMAL



Adarsh Vyas

Western Tragopan
STATE BIRD



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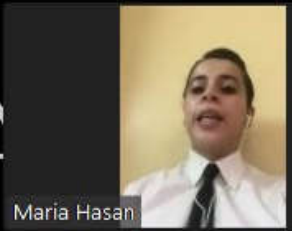
Himalayan yak

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PINK RHONDODENDRON STATE FLOWER



Himalayan Black Bear



DEODAR-STATE TREE



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



एक भारत श्रेष्ठ भारत



ikshit Rajput

NIYA ANTONY

hul R.K

ammed Ashiq k

RAHAM ALAN JOY

Mathew

LIVE on YouTube

MOUNTAIN CYCLING



STILL WATER SPORTS



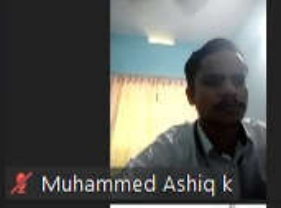
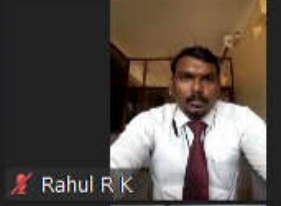
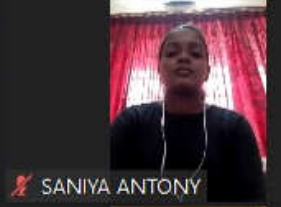
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RIVER RAFTING

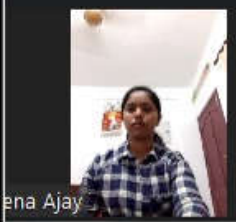


TREKING



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ena Ajay



Sushil Dhiman



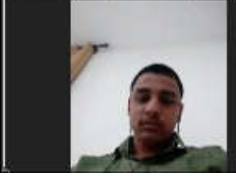
MANJU SAJITH



MUKUL DIMRI



Avinash Singla





RIVER RAFTING



Adarsh Vyas

TREKING



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Manali Winter Carnival



Adarsh Vyas

Gaiety and fanfare mark the week long winter carnival festival in the first week of January at Manali.



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150

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Reactions

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JWALAMUKHI TEMPLE (KANGRA)



Sushil Dhiman



MUKUL DIMRI



Avinash Singla



Parikshit Rajput



SANIYA ANTONY



Muhammed Ashiq k

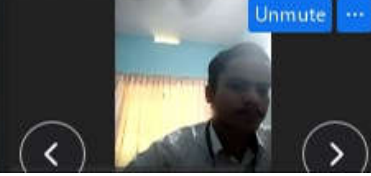


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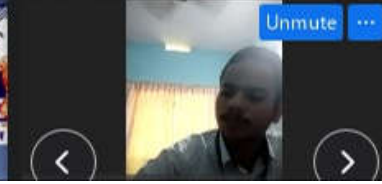
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Sushil Dhiman

THANK YOU

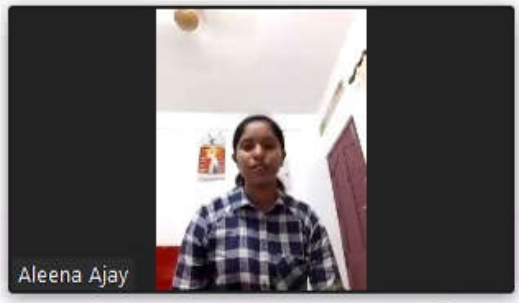


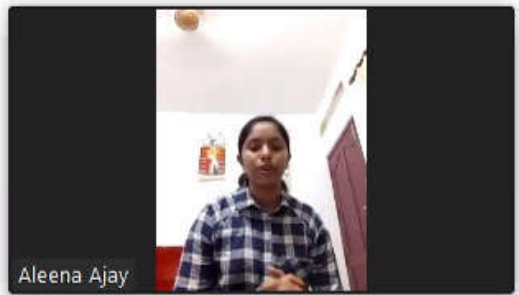
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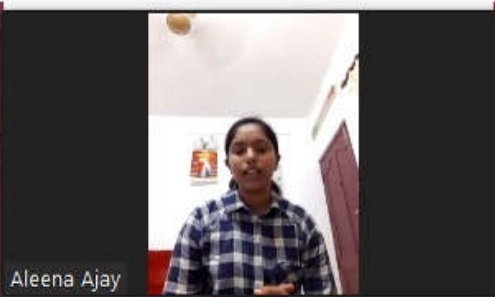
Aleena Ajay

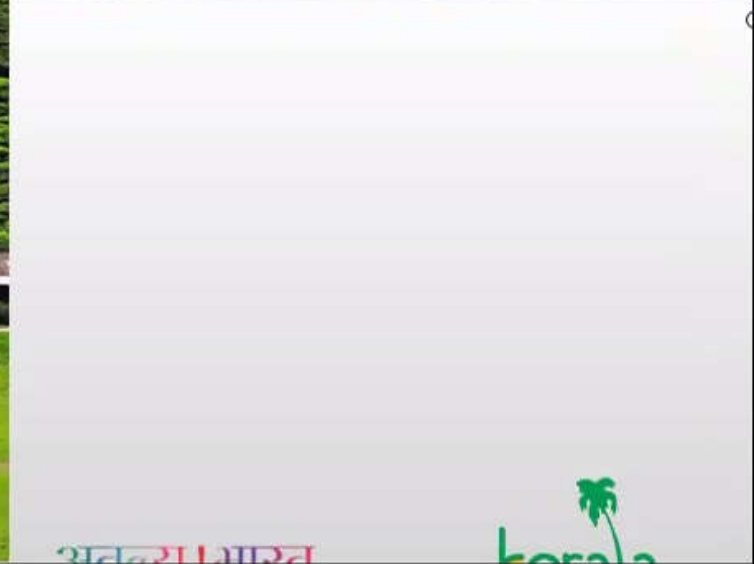
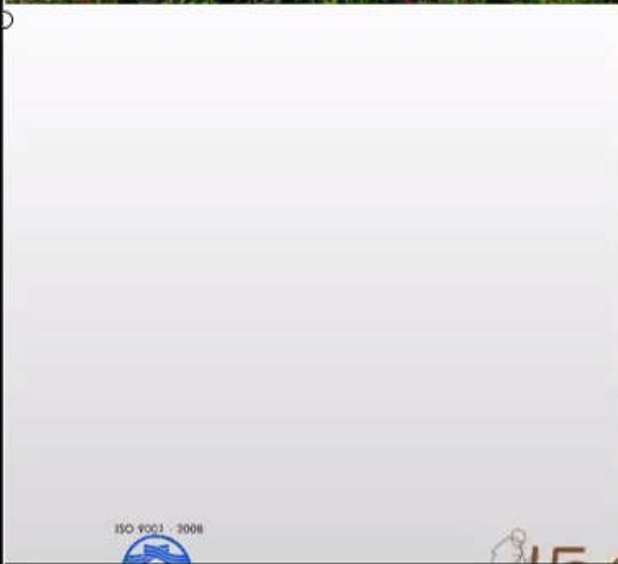
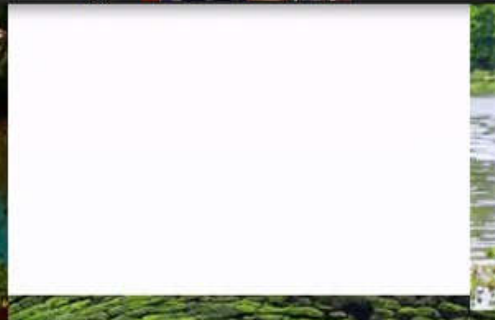
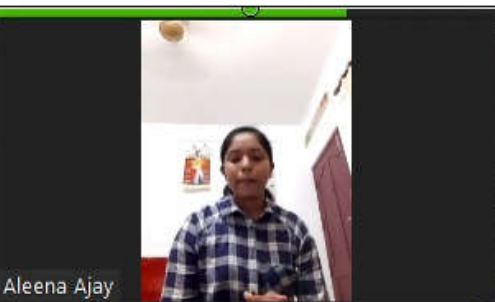
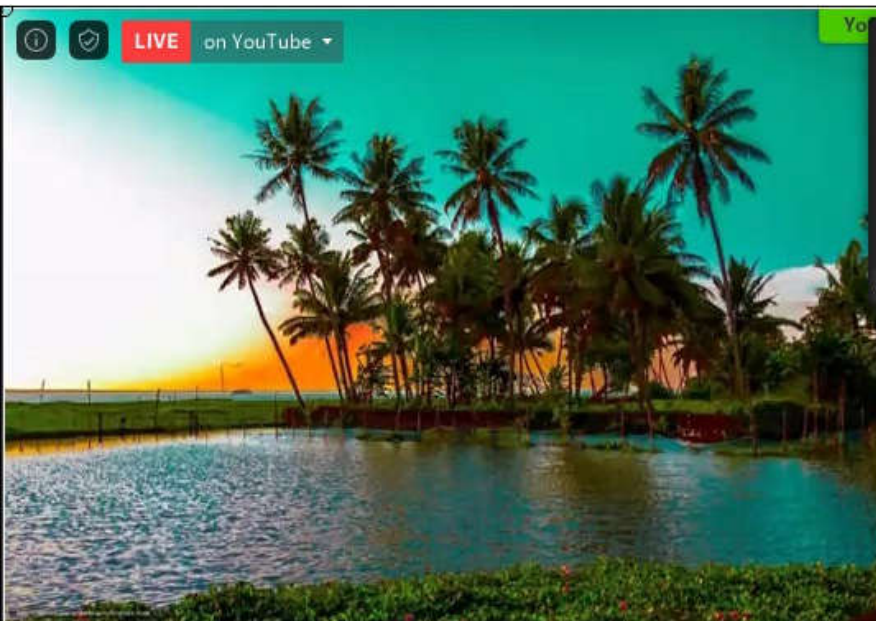


**INSTITUTE OF
HOTEL MANAGEMENT
AND CATERING TECHNOLOGY**
THIRUVANANTHAPURAM, KERALA

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.





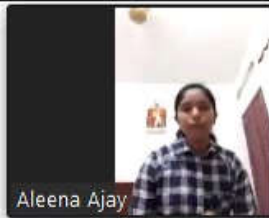
HISTORY:

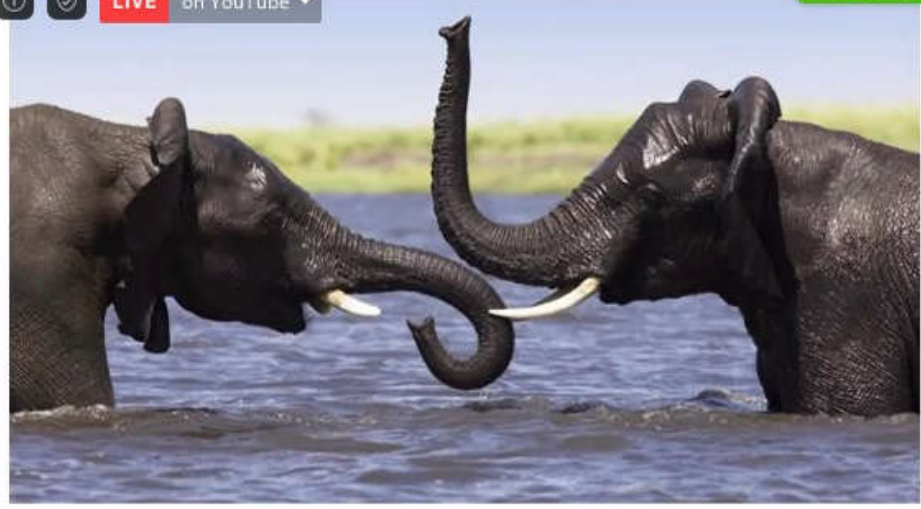
- Kerala was first Epigraphically recorded as Kerala Putra (Cheras) In 3rd century BCE by Emperor Ashoka Of Magadha.
- Cheras collapsed after repeated attacks from Cholas.
- In 1498, VASCO DA GAMA established a sea route to Kerala which marked the beginning of the colonial era of Kerala.
- The state 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 assebly were held under E.M.S.Namboodiripad





COUNTRY	INDIA
STATEHOOD	1 NOVEMBER 1956
CAPITAL	THIRUVANANTHAPURAM
DISTRICTS	14
TOTAL AREA	38,863 KM ² (15,005 SQ MI)
POPULATION	33,387,677
POPULATION RANK	13
DEMONYM(S)	KERALITE , MALAYALI
SEX RATIO (2011)	1084 ♀/1000 ♂ ^[7]
LITERACY (2011)	94% ^[7]





KERALA STATE ANIMAL

ELEPHANT

SCIENTIFIC NAME : ELEPHAS MAXIMUS
INDICUS

KERALA STATE BIRD

GREAT HORNBILL

SCIENTIFIC NAME : BUCEROS BICORNIS





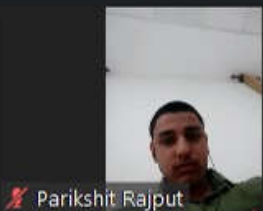
KERALA STATE FISH

PEARL SPOT(KARIMEEN)

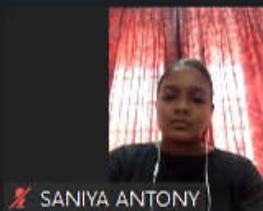
SCIENTIFIC NAME : ETROPLUS SURATENSIS

KERALA STATE TREE

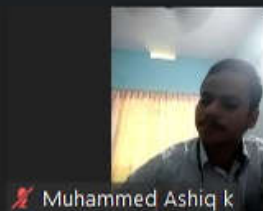
COCONUT TREE



Parikshit Rajput



SANIYA ANTONY



Muhammed Ashiq k



Gayathri S



Alfy Mathew



Rahul R.K



KERALA STATE FLOWER
LAVURNAN (KANIKONNA)

SCIENTIFIC NAME : ACACIA PYCNANTHA

KERALA STATE FRUIT
JACKFRUIT



Aleena Ajay



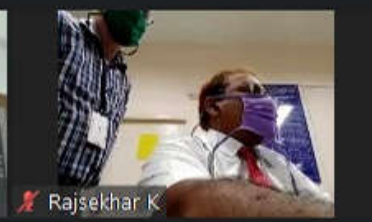
RAHUL NAIR



Sushil Dhiman



MUKUL DIMRI



Rajsekhar K



Avinash Singla



kerala Culture





RAMADAN

Mubarak



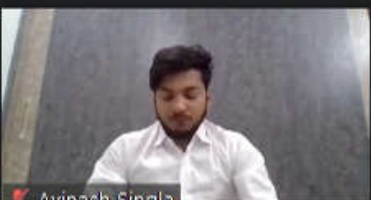
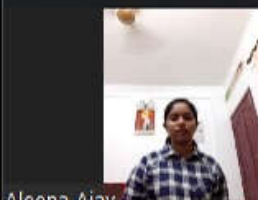
ena Ajay RAHUL NAIR Sushil Dhiman MUKUL DIMRI Rajsekhar K Avinash Singla



ISO 9001 - 2008 25 Share Screen Record Reactions More End

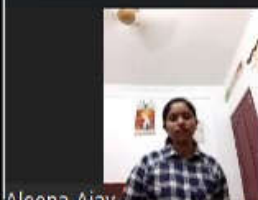


Merry Christmas



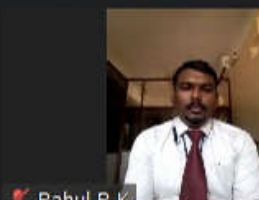
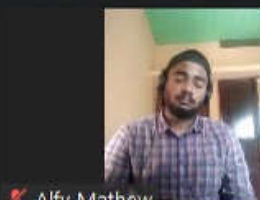
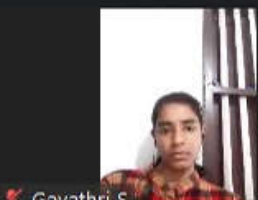
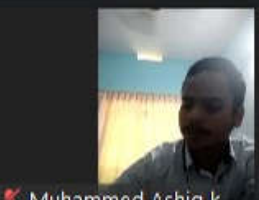
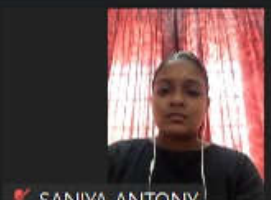
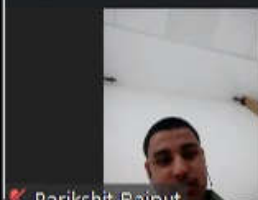


HAPPY VISHU

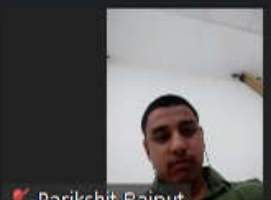
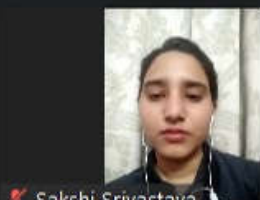
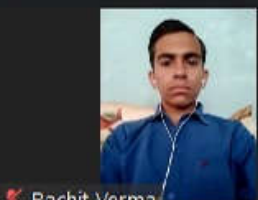
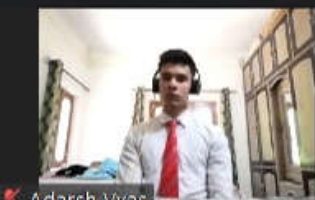




Onam



SADHYA





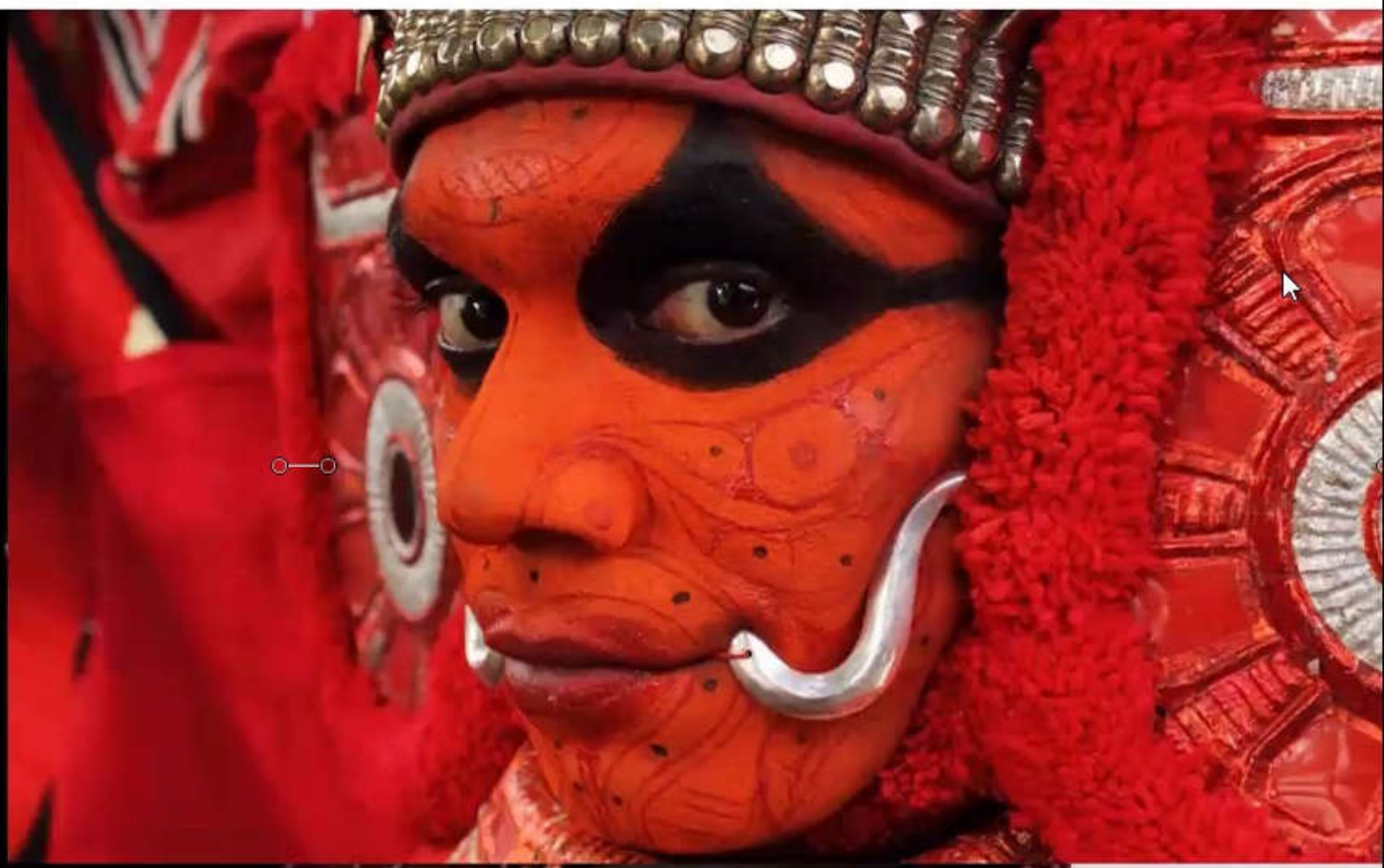
ART FORMS OF KERALA

Navigation icons: back, forward, search, and a grid icon.

Participant thumbnails and names:

- MIVA ANTONY
- Muhammed Achin k
- Gayatri S
- Alfy Mathew
- Rahul P K
- ABRAHAM KUNJILY

Theyyam



Aleena Aiy...

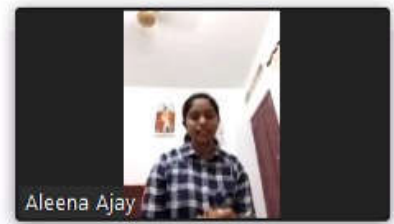
RAHUL NAR...

Suchil Dhiran...

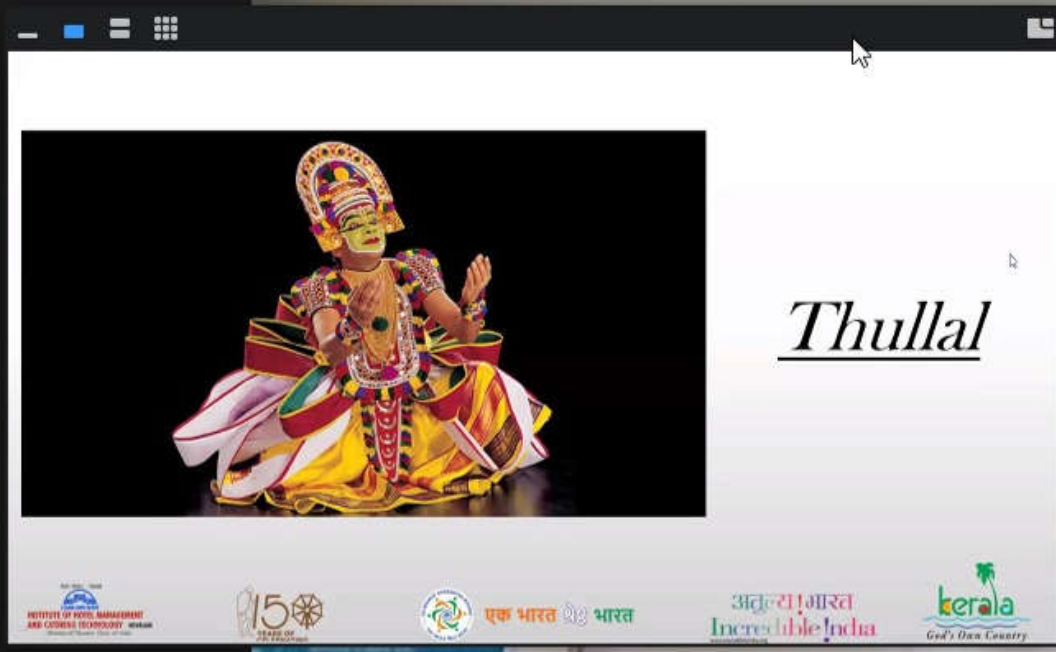
MUKUL DIMPI...

Rajeshkar K...

Avinash Singa...



Padayani





Pulikalli





RAHUL NAIR



Kathakali



ISO 9001 - 2008

Unmute Start Video

Security

Participants 25

Share Screen

Record

Reactions

More

End

LIVE on YouTube

You are viewing RAHUL NAIR's screen View Options

01:05:28



RAHUL NAIR



eamstime

ISO 9001 - 2008

Unmute Start Video

Security Participants 25

Share Screen

Record

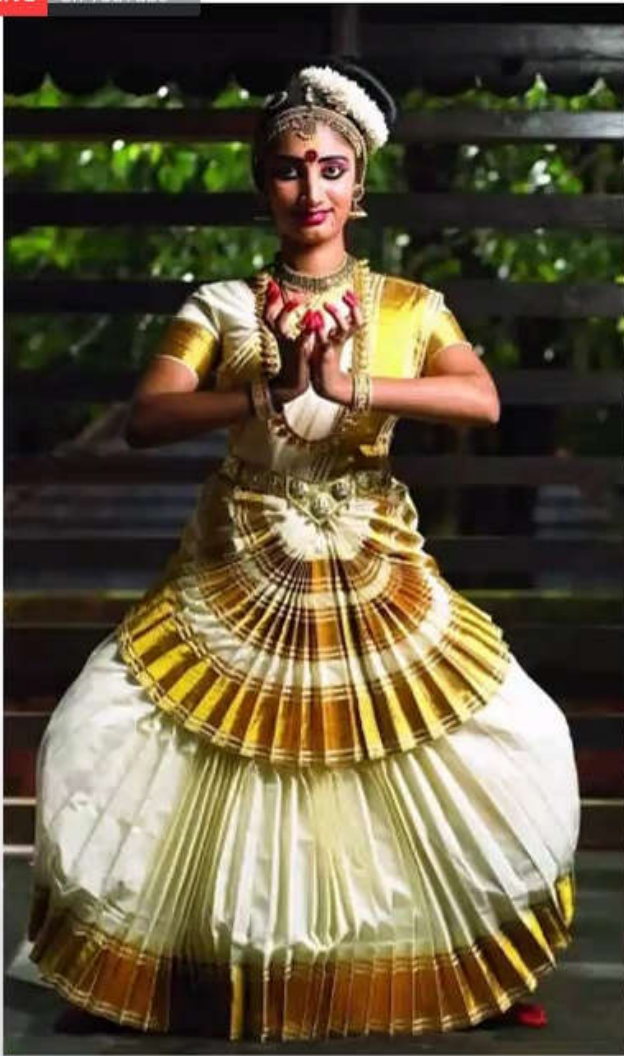
Reactions

More

End

अभय लाल

koraa



Mohiniyattam

Margam Kali



Video conference participant thumbnails:

- ena Ajay
- RAHUL NAIR
- Sushil Dhiman
- MUKUL DIMRI
- Rajsekhar K
- Avinash Singla



Video conference control bar:

- ISO 9001 - 2008
- Unmute
- Start Video
- Security
- Participants 25
- Share Screen
- Record
- Reactions
- More
- End



Duffmuttu



SANIYA ANTONY



Muhammed Ashiq k



Gayathri S



Alfy Mathew



Rahul R K



ABRAHAM ALAN JOY



Thiruvathirakali

ISO 9001 - 2008



अभिलाषा



Unmute



Start Video



Security



Participants 26



Share Screen



Record



Reactions



More



End



ABRAHAM ALAN JOY



ANCY A. JOHN



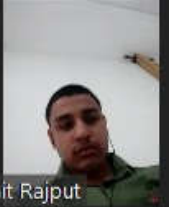
Mridul Mattu



Adarsh Vyas



Sakshi Srivastava



Parikshit Rajput





Adarsh Vyas



Sakshi Srivastava



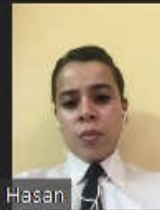
Parikshit Rajput



Sreevidya T. B



Rachit Verma



Maria Hasan



ISO 9001 - 2008

Unmute Start Video

Security Participants 26

Share Screen

Record

Reactions

More

End

अभिलाषा कला केंद्र

koraa

Switch to Shared Content

Unpin Video

LIVE on YouTube

You are viewing RAHUL NAIR's screen

View Options

01:07:59

Exit Full Screen



MAJOR ATTRACTIONS

26 Participants

Share Screen

Record

Reactions

More


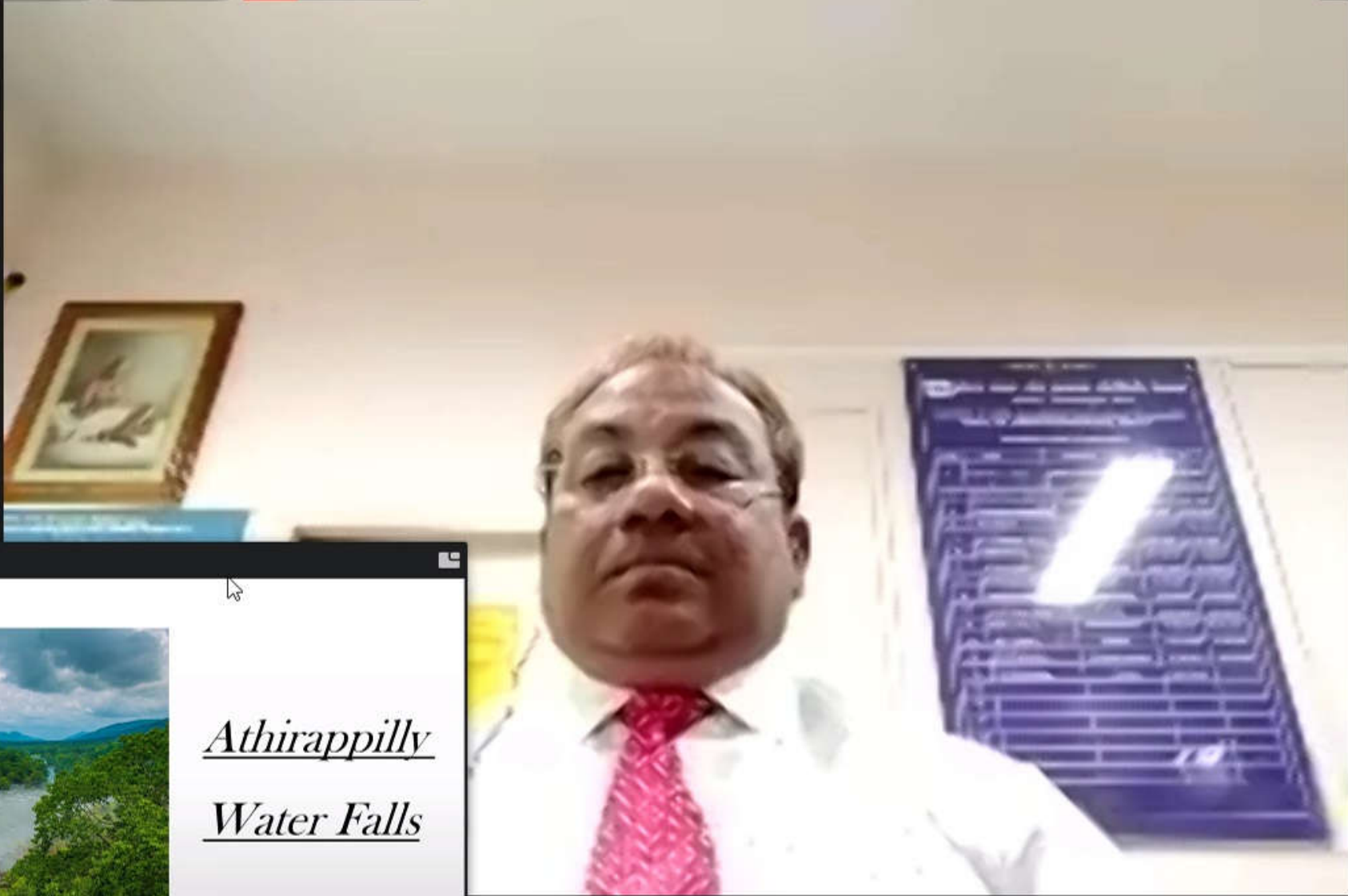
End



Aranmula Boat Race

Kovalam Beach

Ministry of Tourism | 150 | Ekam Bharat Shree Bharat | Incredible India | Kerala God's Own Country

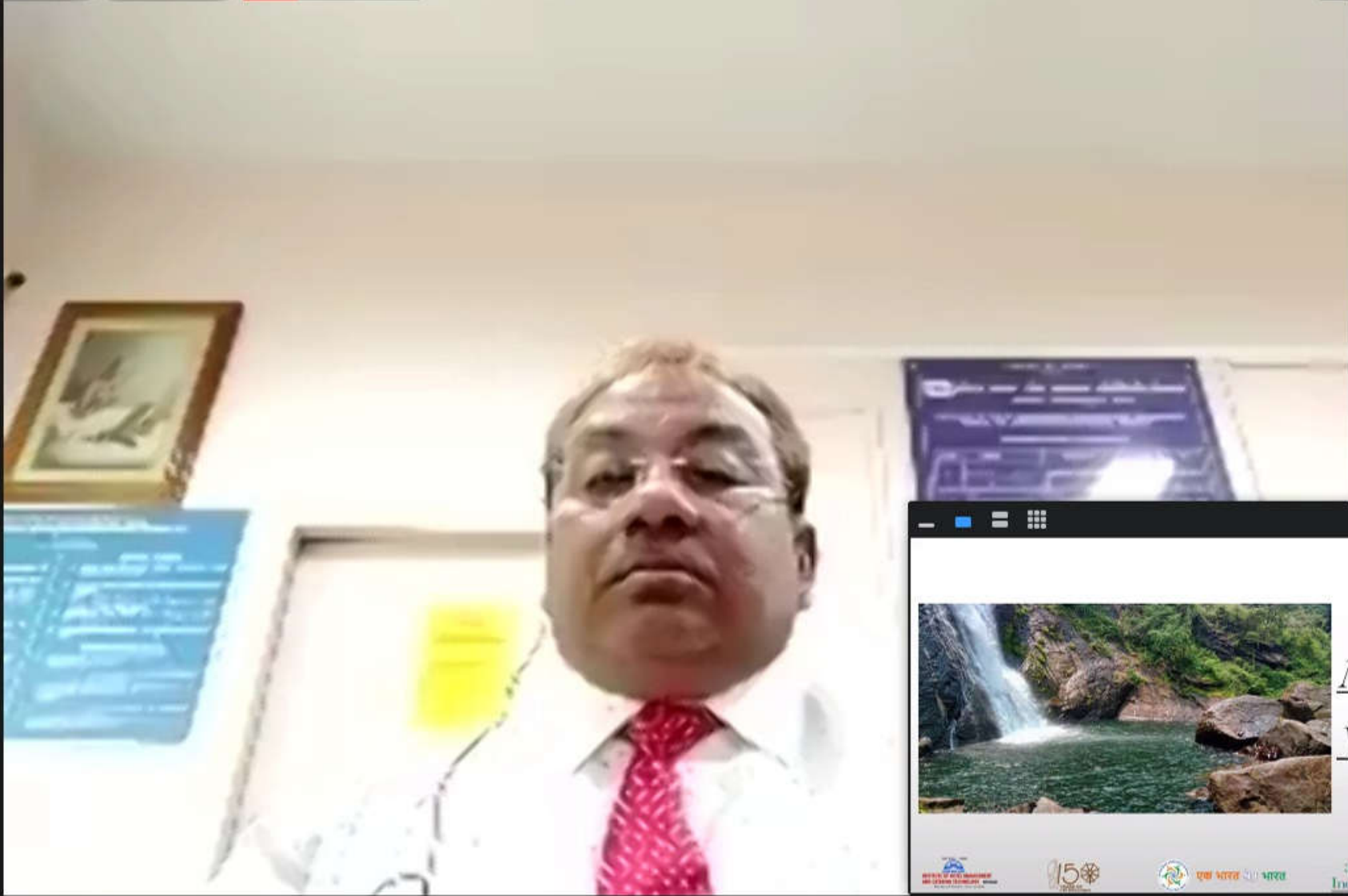


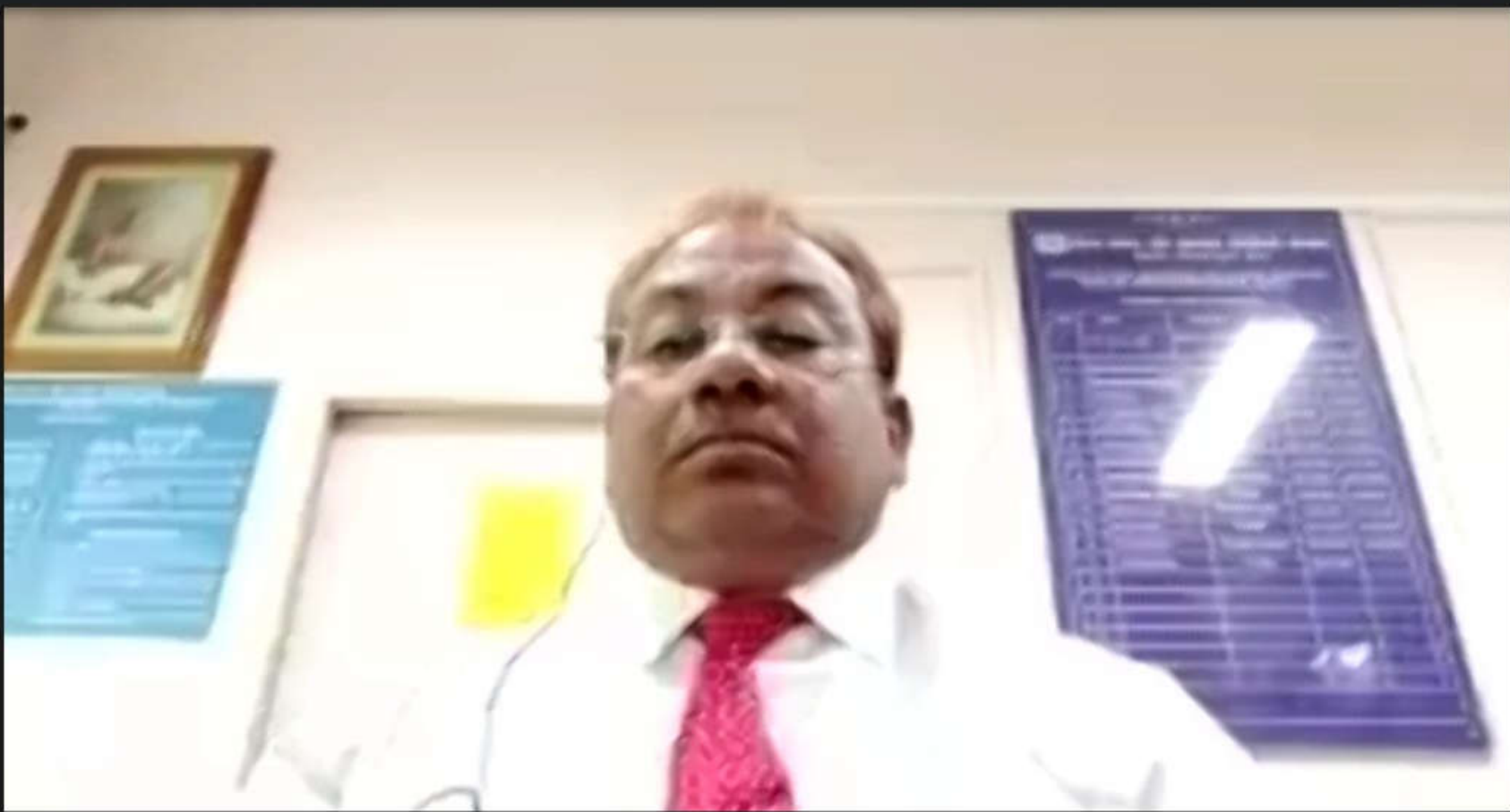
Athirappilly
Water Falls

Participants 26 | Share Screen | Record | Reactions | More

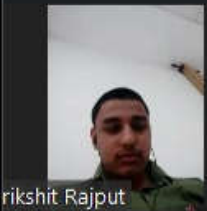
End

This block shows a thumbnail image of a waterfall in a lush green landscape. To the right of the image, the text "Athirappilly Water Falls" is written in a stylized, italicized font with underlines. Below the thumbnail, there is a navigation bar with icons for "Participants" (26), "Share Screen", "Record", "Reactions", and "More". A red "End" button is located in the bottom right corner of the video call interface.





Zoom meeting control bar. On the left, there is a signal strength icon, a microphone icon with a slash (labeled 'Unmute'), and a video camera icon with a slash (labeled 'Start Video'). In the center, there is a shield icon (labeled 'Security'), a group of people icon (labeled 'Participants 26'), a green screen icon (labeled 'Share Screen'), a camera icon (labeled 'Record'), a smiley face icon (labeled 'Reactions'), and a three-dot menu icon (labeled 'More'). On the far right, there is a red button labeled 'End'.



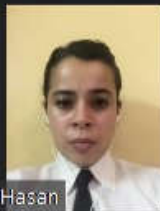
rikshit Rajput



Sreevidya T. B



Rachit Verma



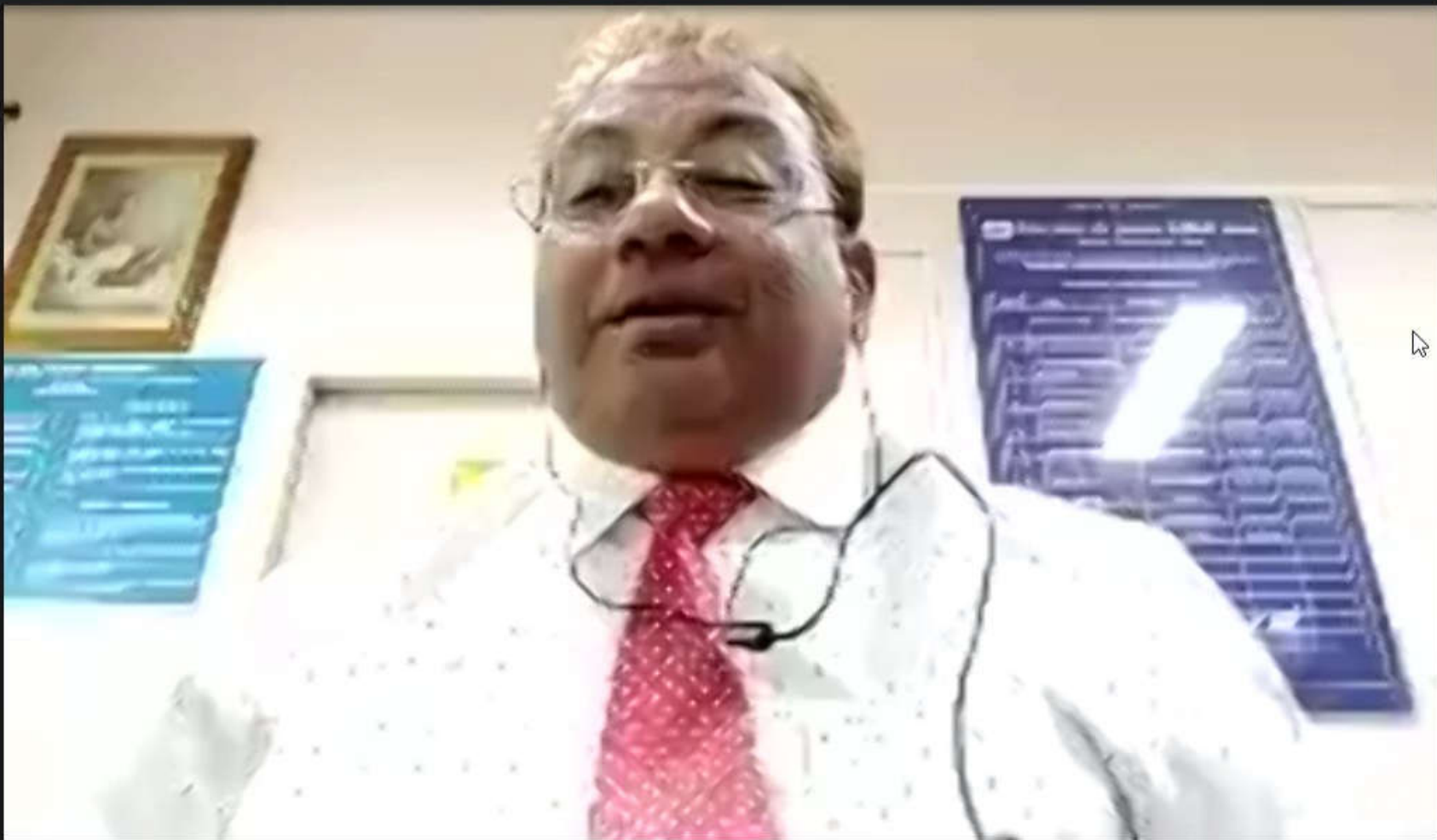
Maria Hasan



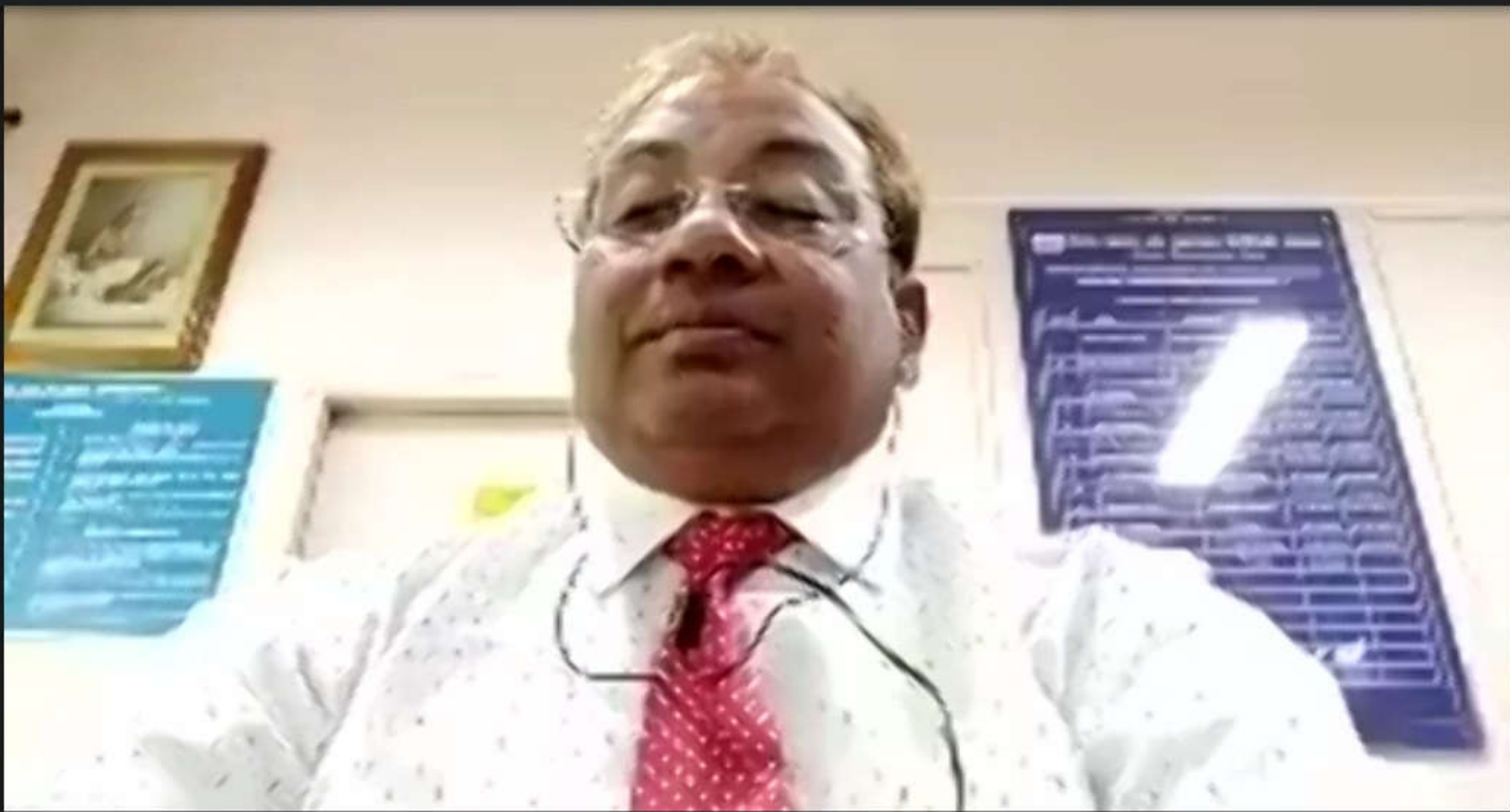
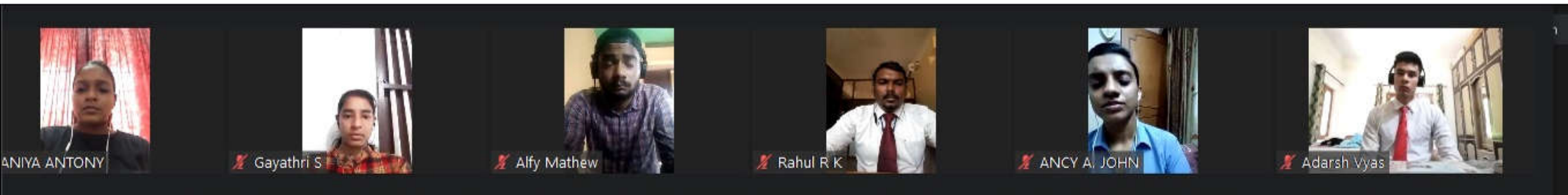
Mridul Mattu



MUKUL DIMRI



Rajsekhar K



Rajsekhar K

Unmute Start Video Security Participants 26 Share Screen Record Reactions More End

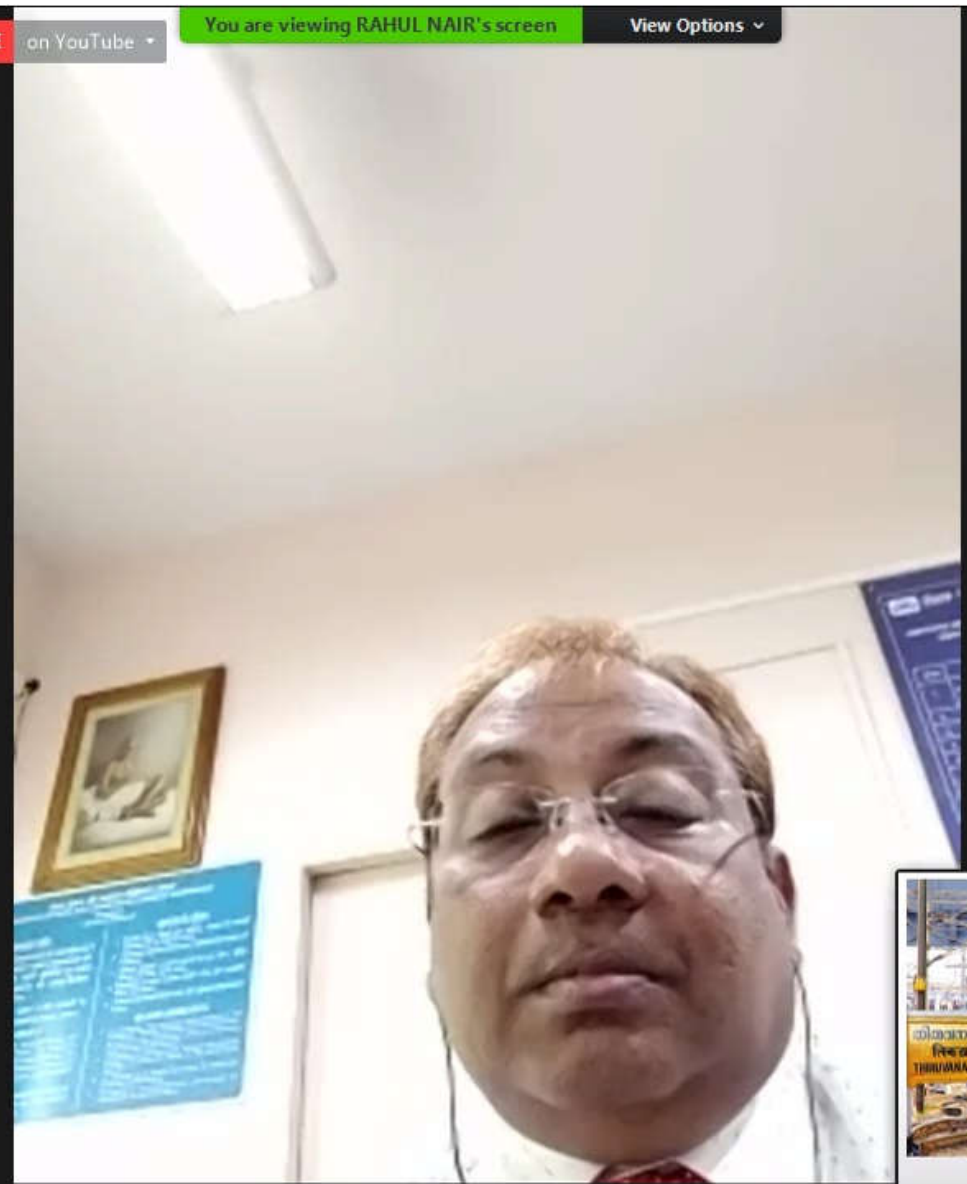
Switch to Shared Content Unpin Video

LIVE on YouTube

You are viewing RAHUL NAIR's screen

View Options

01:13:34 Exit Full Screen



Rajsekhar K

Unmute Start Video

Security Participants 26 Share Screen Record Reactions

Logos for Kerala State Planning Council, 15th anniversary, and other organizations.

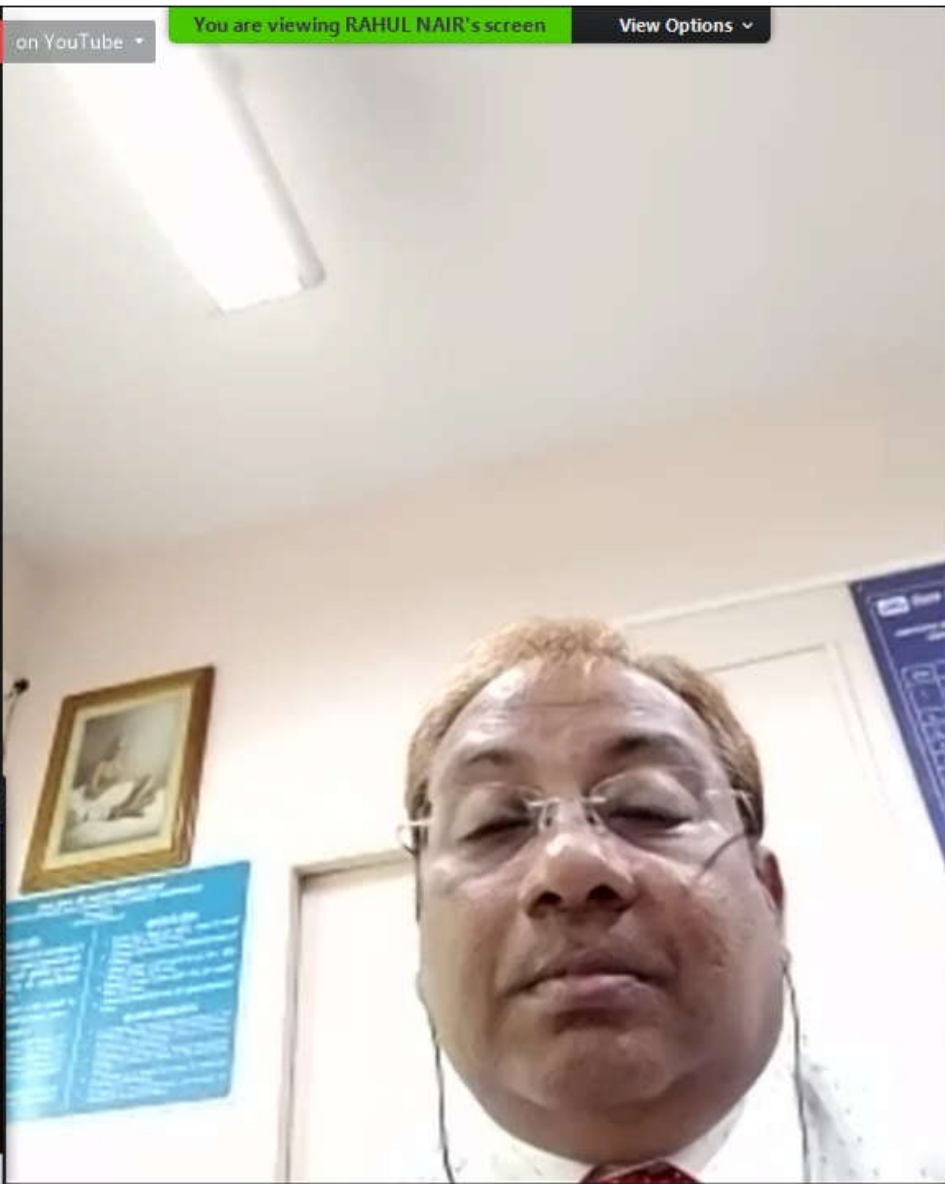
Switch to Shared Content Unpin Video

LIVE on YouTube

You are viewing RAHUL NAIR's screen

View Options

01:14:07 Exit Full Screen



TRADITIONAL KERALA CUISINE IS NOT TO BE MISSED

Unmute Start Video Security Participants 26 Share Screen Record Reactions More

End

LIVE on YouTube

01:14:38

TRADITIONAL KERALA CUISINE IS NOT TO BE MISSED



Coconut Oil



Mustard Seeds



Red Chilli



Tamarind



Curry Leaves



Coconut



A video conference interface showing six participants in a grid. From left to right: Aleena Ajay, RAHUL NAIR, Sushil Dhiman, Rajsekhar K, Jeevanjith N, and Avinash Singla. The interface includes window controls on the left and a mute icon on the right.

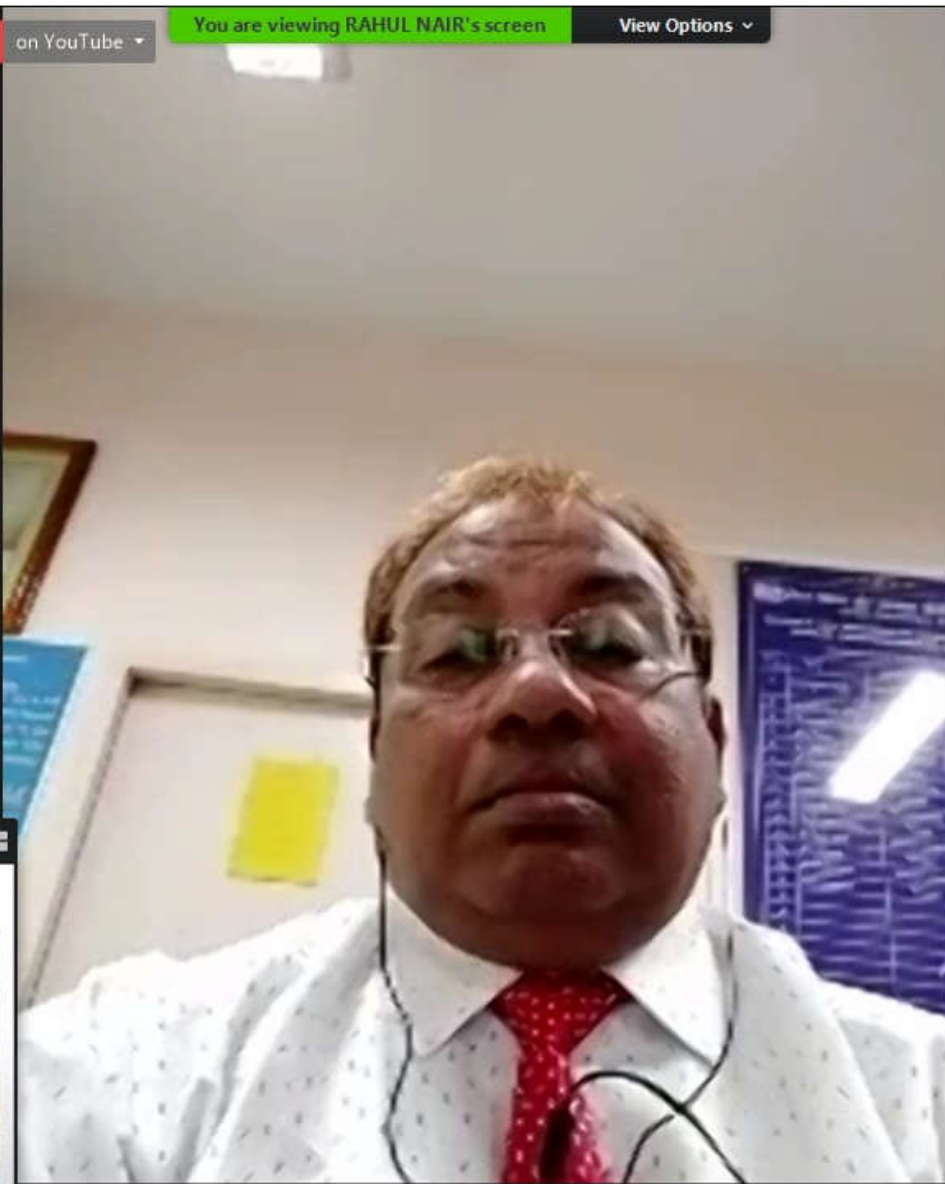
Switch to Shared Content Unpin Video

LIVE on YouTube

You are viewing RAHUL NAIR's screen

View Options

01:15:20 Exit Full Screen



Matta Rice (Brown Rice)



Unmute Start Video

Security Participants 26 Share Screen Record Reactions More

End

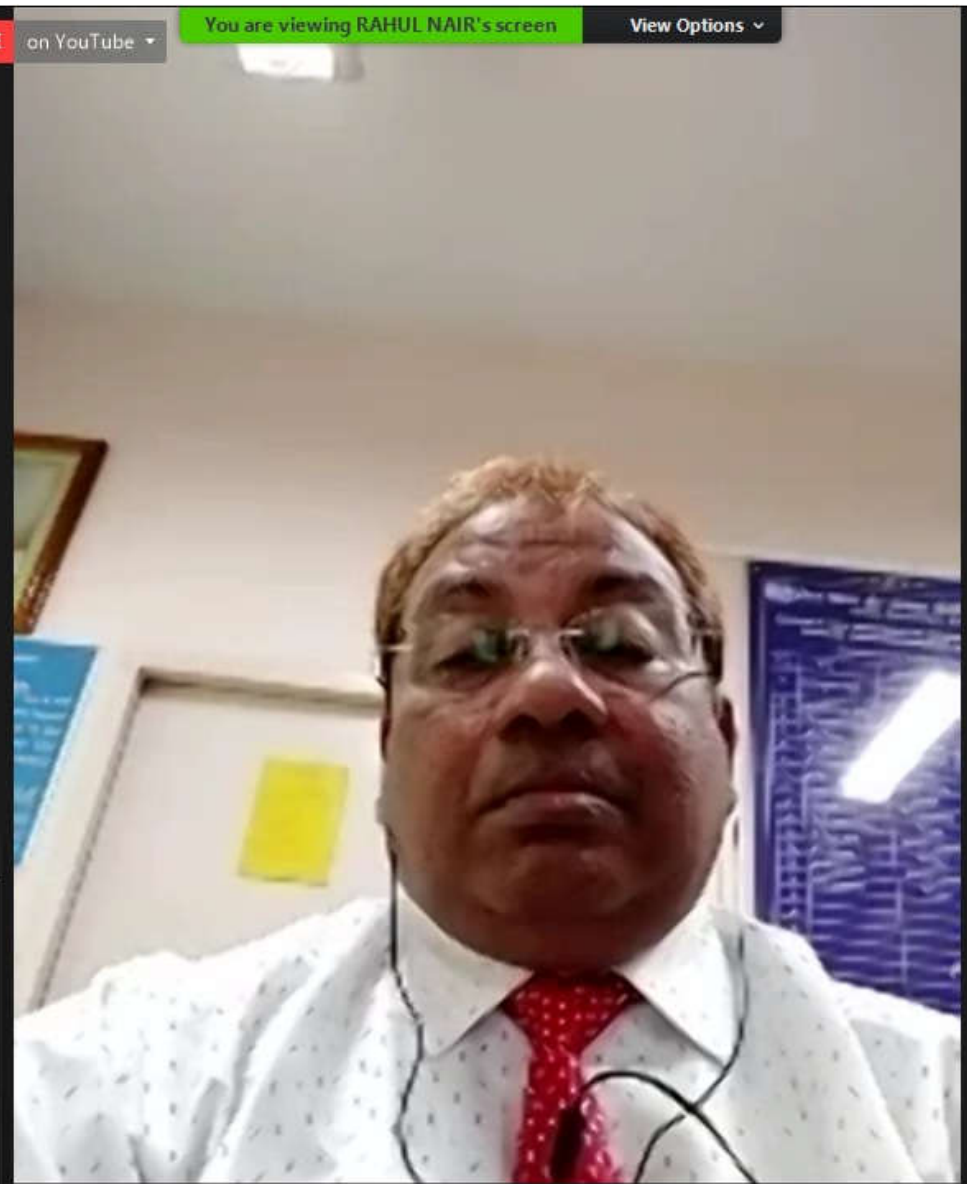
Switch to Shared Content Unpin Video

LIVE on YouTube

You are viewing RAHUL NAIR's screen

View Options

01:15:30 Exit Full Screen



Unni Appam

UNIVERSITY OF GULSHAN
15th Anniversary
കുറേ നാളോടൊന്നിച്ച് നമ്മുടെ
ആദ്യം വിശ്വസ്ത
Innovative Jobs
berala

Unmute Start Video

Security Participants 26 Share Screen Record Reactions More

End

You are viewing RAHUL NAIR's screen View Options



Aleena Ajay



RAHUL NAIR



Sushil Dhiman



Rajsekhar K.



SANIYA ANTONY

Rajsekhar K's network bandwidth is low

Switch to Shared Content
 Unpin Video
 LIVE on YouTube 01:15:51
 Exit Full Screen




Rajsekhar K.

Unmute
 Start Video


Security
 Participants 26
 ↑ Share Screen
 Record
 Reactions
 More

End


Navigation icons: back, home, search, grid, full screen.




Gayathri S




Alfy Mathew



Rahul R K



ANCY A JOHN




Adarsh Vyas

Navigation icons: left arrow, right arrow.

Rajsekhar K's network bandwidth is low

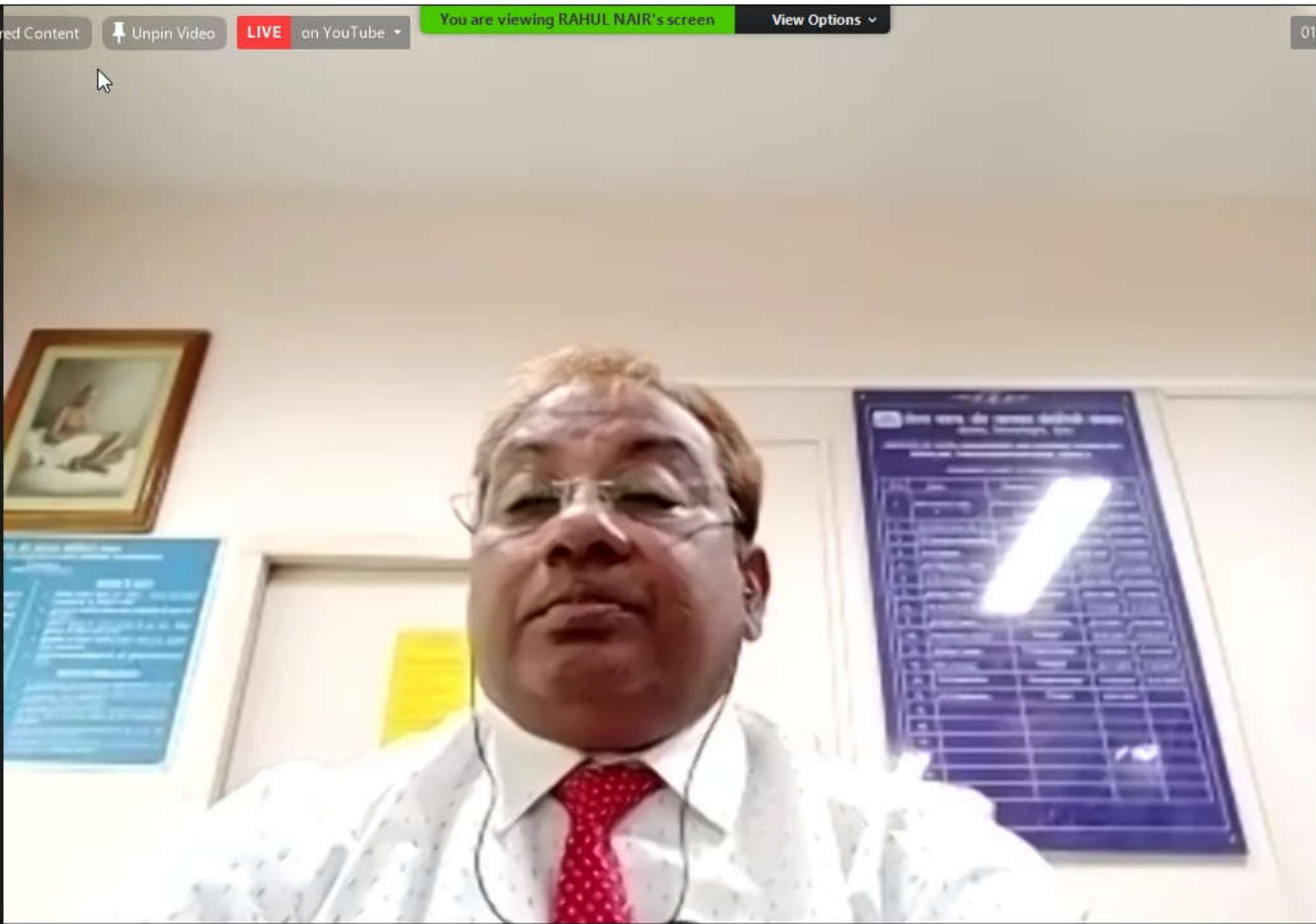
LIVE on YouTube



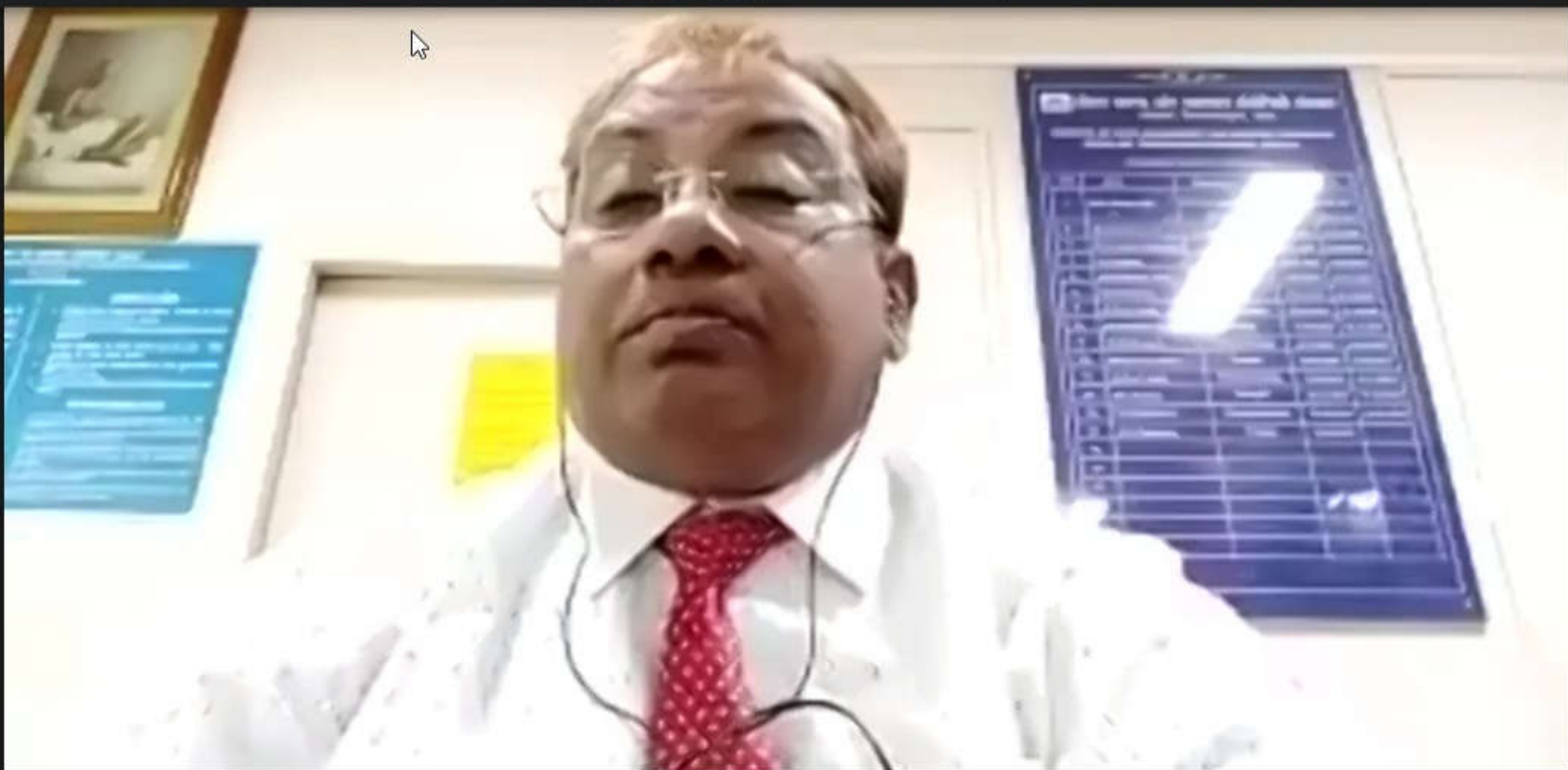
01:16:02

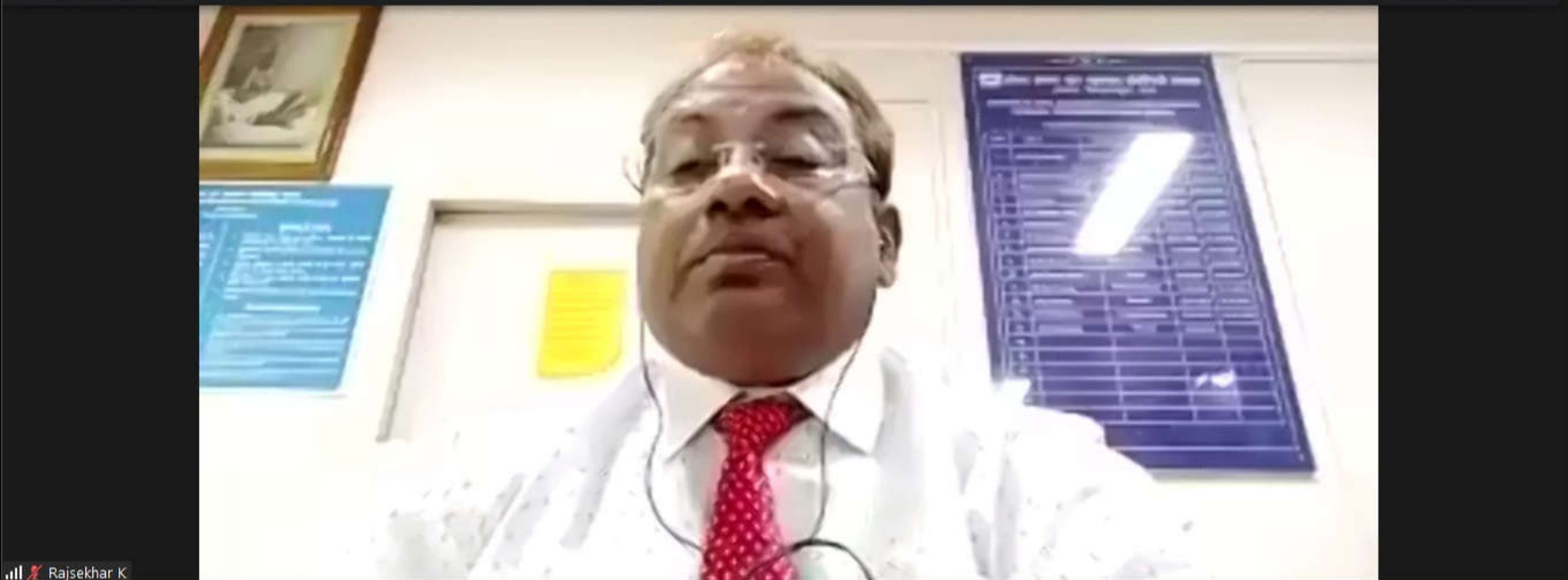
Rajsekhar K

eena Ajay



Rajsekhar K





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.



Rachit Verma



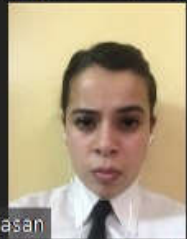
Muhammed Ashiq k



Avinash Singla



SANIYA ANTONY



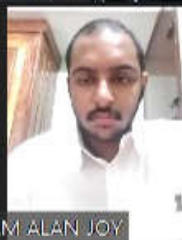
Maria Hasan



Sakshi Srivastava



Sreevidya T. B



ABRAHAM ALAN JOY



Gayathri S



Adarsh Vyas



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.



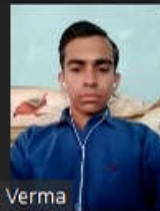
ANCY A. JOHN



Parikshit Rajput



Jeevanjith N



Rachit Verma



Muhammed Ashiq k



SANIYA ANTONY



ISO 9001 - 2008

Unmute Start Video

Security

Participants 26

Share Screen

Record

Reactions

More

End

LIVE on YouTube

Total non-video participants: 4

01:25:13

Speaker View

Exit Full Screen



RAHUL NAIR



IHM SHIMLA



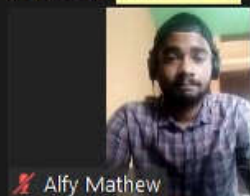
Aleena Ajay



Sushil Dhiman



Rajsekhar K



Alfy Mathew



ANCY A. JOHN



Parikshit Rajput



Jeevanjith N



Rachit Verma



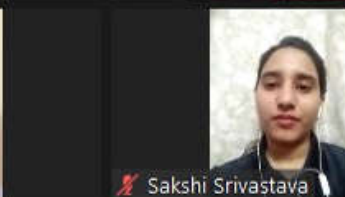
Muhammed Ashiq k



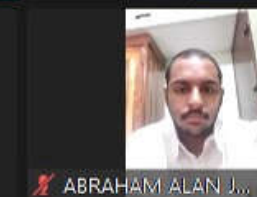
SANIYA ANTONY



Maria Hasan



Sakshi Srivastava



ABRAHAM ALAN J...



Gayathri S



Avinash Singla



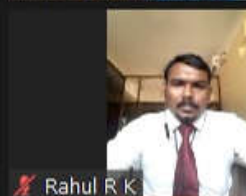
MUKUL DIMRI



Sreevidya T. B



Mridul Mattu



Rahul R K

Mute

Stop Video

Security

Participants 25

Share Screen

Record

Reactions

More

End