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**DR. SHEEJA G MANOJ:
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WITH VISION & COMPASSION**

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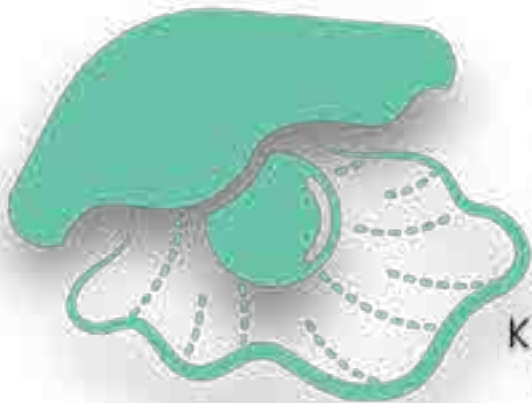
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LIC at 69

A Pillar of Trust and Strength

For nearly seven decades, the Life Insurance Corporation of India has been more than an insurance provider. It has been a symbol of trust, stability, and reassurance for millions of Indian families. On September 1, 2025, LIC marked 69 years of service, a milestone that reflects not only its remarkable journey but also its continued commitment to safeguarding the nation's financial future.

From its early years to becoming a household name, LIC has grown into one of India's most respected financial institutions. Even as the insurance sector transformed over the last two decades, LIC has retained its leadership with unmatched strength. In the financial year 2024 to 2025, it held 65.83 percent of the market in terms of policies and 57.05 percent of first-year premium income. Its total assets under management reached ₹54.52 lakh crore, proving the deep trust policyholders continue to place in it.

A key factor in LIC's sustained leadership is its ability to adapt and innovate. The corporation offers 35 individual products, 12 group products, seven individual riders, and one group rider, covering every stage of life and financial goal. From protection and savings to retirement and

health solutions, LIC ensures that every family finds a plan that suits its needs, available through both online and offline channels.

Digital transformation has further strengthened LIC's bond with customers. More than 2.4 crore users have registered on its digital platforms. New services like the LIC Digital NRI App, QR based premium collection, and WhatsApp enabled communication make managing policies easier. LIC Mitra 2.0, a multilingual chatbot in ten Indian languages, provides support for queries and claims, while the Jeevan Saakshya platform has simplified the issuance of existence certificates, with over 50,000 certificates already processed.

LIC's contribution to society extends far beyond insurance. Through its Golden Jubilee Foundation, launched in 2006, it has supported 926 projects, contributed ₹283 crore to social initiatives, and awarded 30,835 scholarships worth ₹80.62 crore.

Recognition of LIC's achievements continues to grow. In 2024 to 2025, it received 22 national awards, was named the fastest growing Indian brand by Brand Finance, and ranked second in Fortune 500 India 2024. It also secured third place among the world's strongest insurance brands.

With operations in 11 countries and a growing presence through its subsidiaries, LIC continues to expand while staying true to its founding principle: "Yogakshemam Vahamyaham" – your welfare is our responsibility. As it steps into its 70th year, LIC remains a trusted companion, safeguarding dreams and shaping India's financial destiny.



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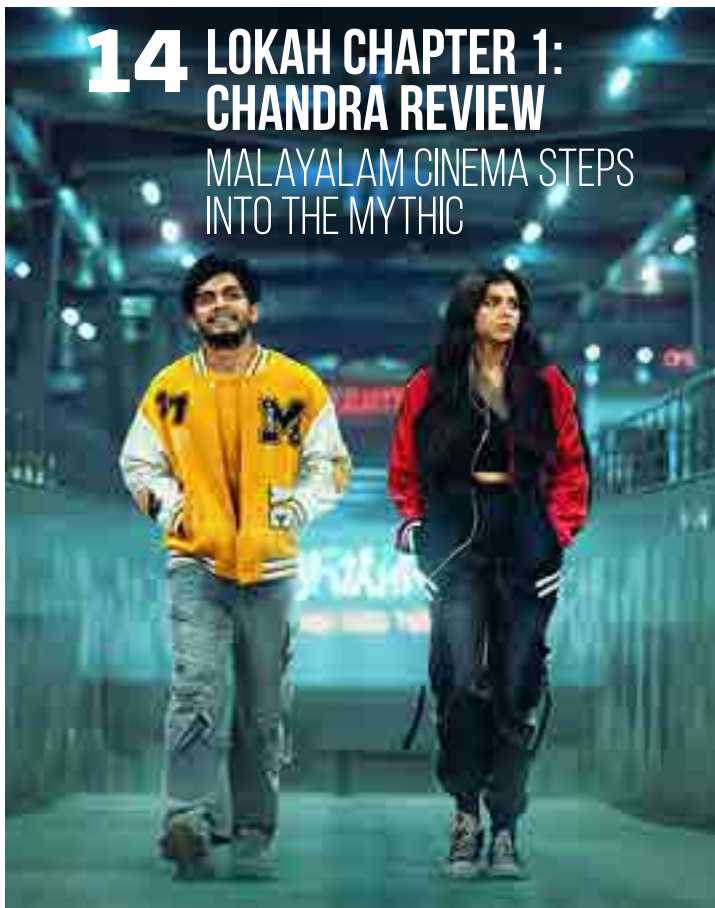
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Editor & Publisher	:	Nijith Raj
Executive Director	:	Sajitha Beegum
Editorial Assistant	:	Maneesh T.M.
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Creative Head	:	Naveen A
Photographer	:	Arun S
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Correspondent	:	Priya Gomez
Manager Sales & subscription	:	Jayaprakash
Manager- Marketing	:	Feni Felix
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Dear Readers,

October arrives with a quiet reminder of the values that shaped our freedom and continue to guide our conscience. As we commemorate Gandhi Jayanti, it is impossible not to reflect on the enduring relevance of non-violence. At first glance, it may seem like a fragile idea in today's restless world, where headlines are filled with conflicts, social unrest and divisions that run deep. Yet, if we look closer, non-violence is not weakness. It is the deepest form of strength we can cultivate.

Gandhi called non-violence a weapon of the strong. He believed that choosing peace in the face of provocation demands far greater courage than retaliation. This message still resonates in a time when anger is quick and aggression has become a natural response. Non-violence is not about silence in the face of injustice. It is about confronting injustice without hatred, about standing tall without striking back.

More than a philosophy of resistance, non-violence is also a way of living. It begins with our everyday choices like how we treat others, how we respond to conflict and how we nurture understanding in small but meaningful ways. When practiced sincerely, it becomes a quiet force that transforms not just societies but also the individual heart.

This month's issue is a celebration of that spirit. Through stories of resilience, features on culture and reflections on everyday life, we explore how harmony can still be nurtured in a noisy world. The message is simple yet profound. True progress comes when we dare to choose peace over conflict, dialogue over division and understanding over judgment.

Warm regards,

Nijith Raj
Editor & CEO
editor@huesoflife.online
www.huesoflife.online

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DR. SHEEJA G. MANOJ

REDEFINING HEALTHCARE WITH VISION, COMPASSION AND EXCELLENCE

Dr. Sheeja G. Manoj, Managing Director of GG Hospital is far more than extraordinary in transforming the healthcare industry by her visionary leadership. She has been instrumental in the excellent redefinition of medical care by making world-class healthcare accessible and affordable. Being a true exemplar of healthcare leadership, she possesses both the expertise and vision to navigate the complexities of modern healthcare management. Relentless in her pursuit of excellence, she has set new benchmarks in patient care, medical education and healthcare innovation, ensuring GG Hospital remains one of the world's premier destinations for advanced medical services.



Dr. Sheeja G. Manoj, armed with an MBBS, an MD in Radiodiagnosis, and an MBA in Hospital Administration, has channelled her dedication to healthcare administration, becoming a driving force behind GG Hospital's remarkable growth. With the ability to manage hospital operations on a massive scale, she has played a pivotal role in ensuring that the institution not

only delivers advanced treatments but also fosters an environment of well-being for patients. However, it is her deep-seated commitment to making quality healthcare accessible to all that defines her legacy. She envisioned a healthcare model that would bridge the gap between affordability and excellence, ensuring that even the most advanced medical services remain within reach of the common people. Under her leadership, GG Hospital has risen as a corporate healthcare provider, where cutting-edge medical advancements are seamlessly blended with compassion and reliability by offering world-class care to those who need it the most.

Success at GG Hospital is not solely an outcome of the exceptional quality of medical care but also the result of a deep-rooted social responsibility. Dr. Sheeja G. Manoj has carried forward her father, Gokulam Gopalan's long-standing vision of creating healthcare institutions that serve communities beyond just treating illnesses. She believes that healthcare encompasses not only curing ailments

but also fostering healthier, empowered communities. Under her leadership, GG Hospital has expanded community health initiatives, women empowerment programs and social welfare projects, reflecting the values instilled by her father and furthering his legacy.

The hospital's outreach to underserved populations has made it a trusted partner in enhancing public health. This unwavering commitment to compassionate care and community well-being was the driving force behind GG Hospital receiving the prestigious "Most Trusted and Socially Responsible Hospital" Award at the Sheroes Summit 2024. Further strengthening its reputation, GG Hospital was honoured with the AHPI – Patient Centric Hospital Award 2025, a recognition of its steadfast commitment to patient-focused care. This honour highlights not only the hospital's excellence in medical care but also Dr. Sheeja's dedication to continuing her father's vision of socially responsible healthcare leadership.

GG Hospital: A Beacon of Excellence in Patient Care

Founded in 2016, GG Hospital is a relatively new institution, but its rise has been nothing short of extraordinary. In a short time, it has established itself as a trailblazer in healthcare, setting new standards for medical excellence in South Kerala with its transformative care and cutting-edge treatments. As the flagship hospital of the Sree Gokulam Group, under the visionary guidance of Chairman Gokulam Gopalan, GG Hospital has redefined healthcare in the region. The hospital's NABL, NABH, Kayakalp, and EPIC accreditations exemplify its commitment to quality healthcare and patient safety, ensuring the



highest standards in medical practice. It is also an NBEMS-accredited institution conducting several postgraduate medical courses, including DrNB Critical Care (accredited from July 2019 to June 2029), DNB General Medicine (accredited from January 2021 to December 2025), and DNB OBG (accredited from January 2023 to December 2027).

The core mission of the hospital is to deliver exceptional healthcare that is both advanced and affordable. Dr. Sheeja G. Manoj, carrying forward her father's long-term vision, has propelled the hospital to offer the latest medical facilities alongside comprehensive specialized services. Her husband, Dr. K. K. Manojan, as Vice Chairman, supports the hospital's strategic operations, ensuring seamless administration and fostering a culture of clinical excellence.

GG Hospital's rapid growth can be attributed to a clear strategic vision, backed by investments in modern medical technology and a relentless commitment to operational excellence. The hospital's dedication to quality extends across all its services from in and out patient care, diagnostic imaging, and emergency care to complex surgeries and rehabilitation. Dr. Sheeja ensures a team of skilled professionals under her who dedicate themselves to the best outcomes, while Dr. Manojan oversees operational efficiency and administration, creating a synergistic leadership model.



The hospital environment is designed with meticulous attention to detail, providing a serene and comfortable setting for patients. Spacious patient rooms, state-of-the-art diagnostic and surgical facilities, and thoughtful design elements make the patient experience as stress-free as possible.

GG Hospital takes a forward-thinking approach that fuses the best of modern medical technology with a deep commitment to ethical, patient-centered care. Advanced digital technologies integrated under Dr. Sheeja's leadership ensure safety, security, and efficiency for patients and healthcare professionals alike.

GG Family Clinic, the first NABH accredited Allopathic Clinic in Trivandrum is a satellite arm of GG

Hospital Trivandrum, extends the hospital's commitment to high-quality healthcare with specialized services across ENT, dental, gynaecology, paediatrics, physiotherapy and diagnostics. Conveniently located near Technopark, the clinic combines cutting-edge technology with expert medical care, reflecting the shared vision of the hospital's leadership, Chairman Gokulam Gopalan, Vice Chairman Dr. Manojan and Dr. Sheeja, to enhance patient well-being across the region.

Ongoing Professional Development: GG Hospital's Role in Advancing Medical Knowledge

GG Health Academy is a state-of-the-art healthcare ed-tech company established in 2023 with a view to professional education in clinical as well as non-clinical disciplines. With the visionary guidance of Dr. Sheeja G. Manoj as the corporate sister concern, it has been providing to many with industry-first online and blended learning experience through content development and delivery partnerships. Industry veterans & healthcare experts at GG Hospital make inspirational role models out of the future medical professionals. It is about changing lives, businesses and healthcare systems through

digital upskilling and collaborative abilities, that is, an extremely dynamic set of skills for the future.

GG Health Academy is dedicated to empowering healthcare professionals through continuous education and skill development, with a mission to deepen expertise and enhance patient care. In collaboration with the Government of Kerala's skill development programs, the academy is launching a hybrid-mode Hospital Administration course at both undergrad and postgraduate levels. It also offers a variety of paramedical and competency-based training programs, including diplomas in Dialysis Technology, ECG Technician, and Radiology & Imaging, as well as competency training for Operating Room and Cath Lab Nursing. These programs cater to both freshers and experienced professionals, providing hands-on training and expert mentorship. The academy, in partnership with the Kerala Government's ASAP program, is revolutionizing professional education in various hospital administration courses.

As a corporate sister concern of Sree Gokulam Healthcare Institutions, GG Health Academy leverages its strong healthcare brand to deliver industry-first experiences in online and blended learning. Focusing on digital upskilling and collaboration, the academy aims to cultivate a dynamic skill set that transforms lives, businesses, and nations, with specialized hospital administration courses designed to prepare professionals for leadership and management roles in healthcare organizations, covering aspects like healthcare systems, financial management, human resources, patient care, and legal compliance.



Associated with BSS, the academy offers other certified programmes in Pharmacy Assistant, Anaesthesia Technician, and Patient Care Assistant. Affiliated to esteemed GG Hospital and other institutions, GG Health Academy is committed to shaping skilled healthcare professionals ready to take on dynamic roles in the sector.

GG Hospital does not only pave the way forward in health delivery but also continues to push for further progress with medical education. Their Fellowship in Vascular & Interventional Radiology, along with Sree Gokulam Medical College & Research Foundation, trains excellent professionals within the healthcare industry. The modules encompass diagnostic angiographies, thrombolysis, angioplasty and vascular as well as non-vascular interventions. It provides for hands-on experience, filling the gap between theoretical knowledge and practical essentials in the very fast-evolving field of interventional radiology.

Nurturing Future Nurses: GG School of Nursing's Pathway to Excellence

GG School of Nursing, a sister concern of GG Hospital and a unit of Paragon Hospital Kerala Pvt. Ltd., was established in 2023 with the vision of fostering excellence in nursing education. The institution combines knowledge and skill transfer with innovative ideas to support the evolving needs of the healthcare industry. It envisions providing the highest standards of quality healthcare, similar to those offered at its parent hospital, in an advanced and cost-effective manner, while

aiming to become a Centre of Excellence in Nursing Education. The school strives to create highly skilled nursing professionals equipped with the strength and expertise to navigate complex healthcare environments and diverse practices. Accredited by the Kerala Health and Family Welfare Department, Kerala Nurses and Midwifery Council, and the Indian Nursing Council, the nursing program ensures that the curriculum meets rigorous standards of quality and excellence. The parent hospital is also fully accredited by NABH, NABL, Kayakalp, Epihc, CAHO and AHP, further reinforcing its commitment to delivering high-quality care and education.

The mission of GG School of Nursing is compassionately to educate a diverse community of nurse leaders who demonstrate excellence in advancing interprofessional, equitable and ethical care. It is achieved through excellence in evidence-based teaching, learning, and assessment, along with a focus on advancing the practice of nursing in hospitals and communities for improving global health. Through a strong undergraduate curriculum, graduate programs and continuing education that focuses on professional development, the GG School of Nursing provides the foundation for conducting evidence-based practice, scholarly activities and applying knowledge in health sciences to promote better healthcare delivery.

By imparting a pluralistic and cosmopolitan perspective while raising the professional and social consciousness of its students, the school prepares them as future leaders in healthcare.





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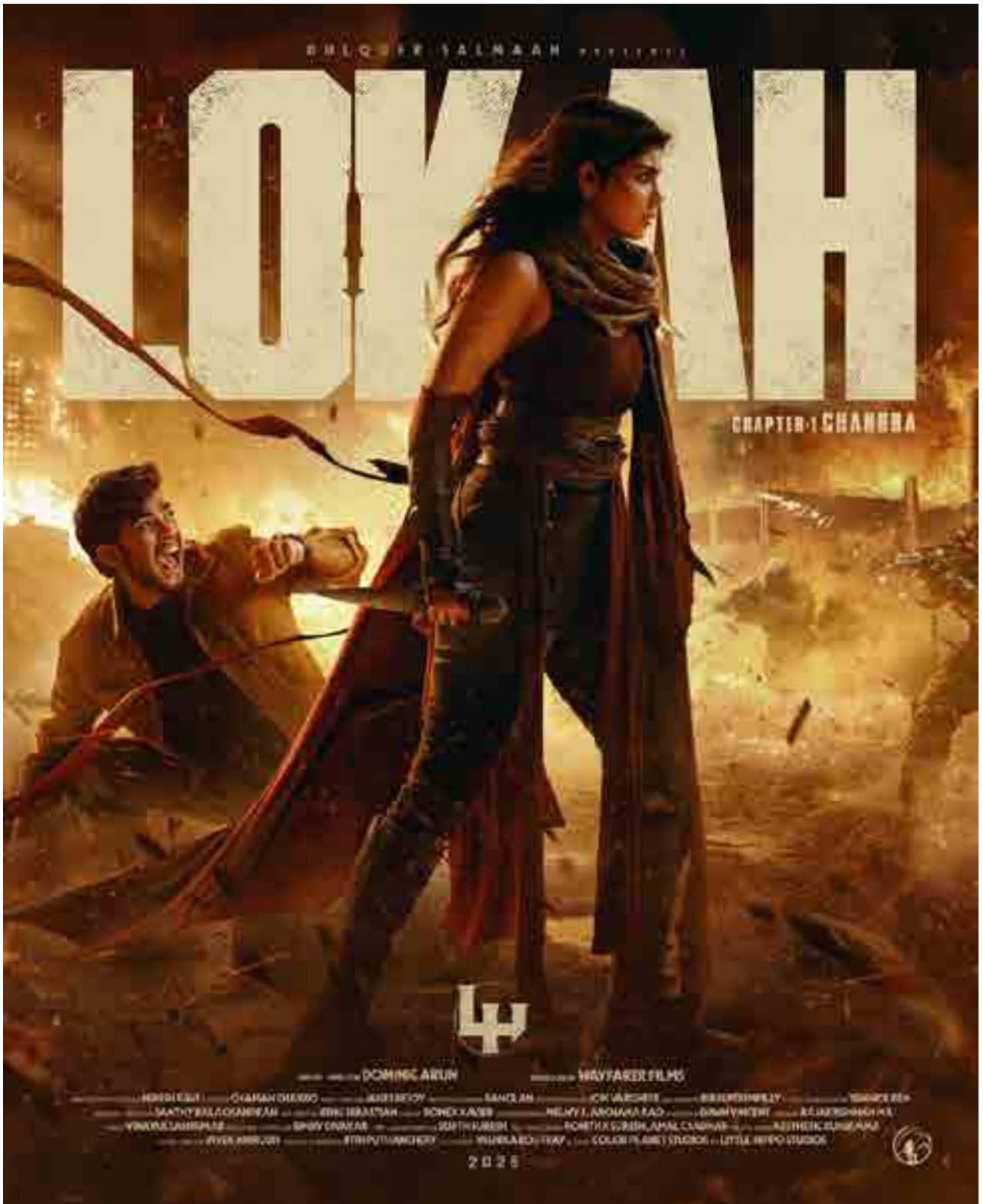
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LOKAH CHAPTER 1: CHANDRA REVIEW

MALAYALAM CINEMA STEPS INTO THE MYTHIC

For decades, Malayalam cinema has been praised for its storytelling rooted in realism. From the golden age of the 1980s to the celebrated new wave of the 2010s, the industry has earned its place by making intimate human stories that resonated far beyond Kerala. Yet every industry, no matter how rich its traditions, eventually reaches a point where it must expand its boundaries. Lokah Chapter 1: Chandra, directed by Dominic Arun, represents one such moment. It is not just another Onam release or another star vehicle. It is an attempt to craft a mythic universe, a daring experiment that signals Malayalam cinema's readiness to explore genres that were once left to Hollywood or big budget Indian industries like Telugu and Hindi cinema.

The film opens with fire and fury, with Chandra (Kalyani Priyadarshan) cutting through armed enemies against a backdrop of burning buildings. It is a scene that feels unlike anything Malayalam audiences have been accustomed to. Instead of small-town drama or domestic conflict, we are thrown into a world that feels mythic and cinematic at once. This bold opening is not just spectacle for its own sake. It signals the arrival of a new kind of storytelling, one that merges folklore, fantasy and modern action in a language that Malayalam cinema has rarely spoken.

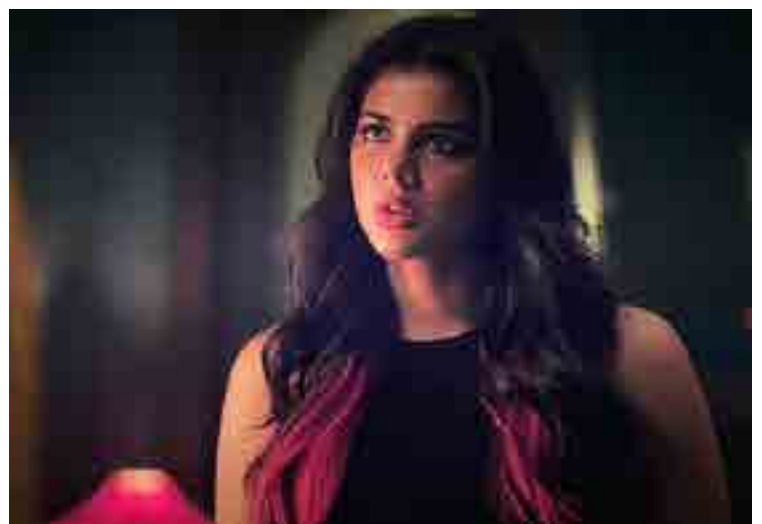
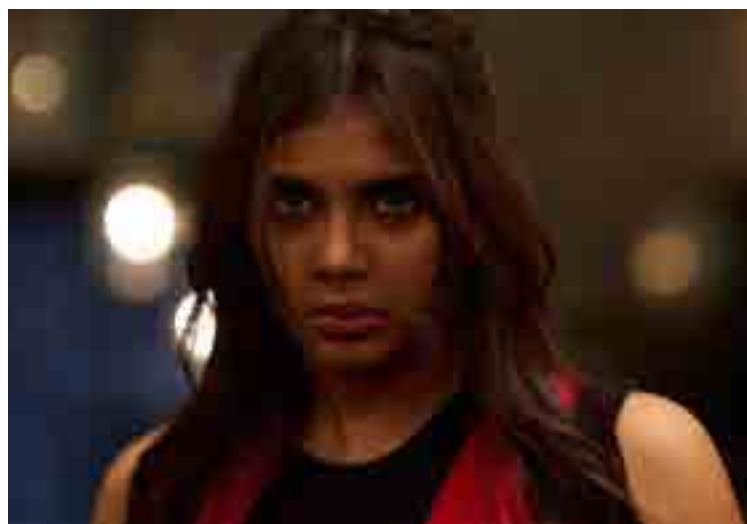
At the centre of this experiment is Kalyani Priyadarshan, whose Chandra is both familiar and otherworldly. Malayalam cinema has long celebrated heroines for their emotional depth, but rarely has it placed a woman at the centre of a superhero narrative. Kalyani plays the part with conviction, balancing vulnerability and power, silence and intensity. In her, we see an attempt to redefine how Malayalam cinema imagines female protagonists. For an industry where the

idea of a "mass hero" has usually belonged to men, Chandra is a statement that women can lead mythic universes too.

But a film like this cannot be judged by performances alone. Its true significance lies in its world-building. Malayalam cinema has, until now, avoided large-scale cinematic universes. The closest we have come are recurring themes across genres or spiritual successors between directors' works. Lokah Chapter 1 dares to plant the seed of a franchise. It wants to create not just a story but a mythology. It takes fragments of Kerala's folklore, the whispers of immortals, the echoes of moothon, the symbolism of names like Chandra and Sunny, and reimagines them in neon lit cityscapes and combat arenas. This is not folklore preserved in its traditional form; it is folklore reinterpreted for the age of cinema universes.

Technically, the film shows how far Malayalam cinema has grown in its craft. Cinematographer Nimish Ravi lights Bengaluru as though it were part cyberpunk dream, part mythic battlefield. The colour palette of reds, blues and oranges pushes the visual identity beyond the muted tones usually associated with Malayalam cinema. Production designer Banglan fills the frames with detail, ensuring that the universe feels lived-in, even when the story stretches our imagination. Jakes Bejoy's background score, though occasionally conventional, rises to the occasion in key moments, especially when Chandra's mythic identity is revealed. These elements, together, prove that Malayalam cinema can now compete with industries that have long claimed dominance in spectacle.

Yet what is most interesting is not the film's polish but its ambition. Malayalam cinema has





historically been cautious about large budgets and high-risk genres. The focus on realism often meant fantasy and science fiction were left unexplored. Lokah breaks that caution. It does so imperfectly, as the narrative sometimes stumbles, the pacing dips, and certain subplots feel underwhelming compared to the grand setup. But the very act of attempting this scale matters. Every industry's growth has been marked by films that dared to step outside comfort zones, even if they carried flaws. For Malayalam cinema, Lokah could be one of those films.

The humour, an essential part of Malayalam cinema's DNA, is not lost here. Naslen and Chandu Salimkumar bring an earthy energy that grounds the story, even as it ventures into myth. Their presence reminds us that Malayalam cinema, even when experimenting with genre, must remain tied to character and wit. This blend of the local with the fantastical is what allows Lokah to feel distinctly Malayali, rather than an imitation of Hollywood superhero tropes.

Still, the film is not without its shortcomings. The organ trafficking subplot that dominates parts of the narrative feels ordinary compared to the grandeur promised at the beginning. The climax arrives too quickly, as though the film were pausing itself for the next instalment rather than delivering a full arc. These flaws, however, do not erase the

achievement of beginning something new.

In the larger picture of Malayalam cinema, Lokah Chapter 1: Chandra should be seen less as a finished product and more as a milestone. It asks a vital question: can an industry known for realism also carve out space for myth and spectacle? Judging by the film's ambition, the answer is yes. It may take future instalments to refine the vision, but the path has been laid. If nurtured well, this could grow into a cinematic universe rooted in Kerala's own legends, rather than borrowed mythologies.

For audience, the film may feel uneven, but it will also feel historic. It is not every year that a Malayalam release invites us into a new world, one that mixes folklore with futuristic aesthetics. Lokah deserves to be remembered not just for its story, but for its courage. Like its protagonist, who dares to fight injustice despite warnings to remain hidden, the film dares to fight against the limitations long imposed on the industry.

Lokah Chapter 1: Chandra is not perfect, but it is necessary. It is a step toward a new phase of Malayalam cinema, where myth and magic can stand alongside realism, where the local imagination expands into universes. And if legends truly carry an element of truth, then perhaps this legend of Chandra is just the beginning of a cinematic future waiting to be told.



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THE GILDED ZENITH

EXPLORING THE ROYAL PAGEANTRY AND PROFOUND HISTORY OF MYSORE DASARA

As the monsoon retreats and the air clears, the city of Mysuru (Mysore) in Karnataka undergoes a spectacular, ten-day transformation, shedding its modern skin to reveal the opulent heart of its royal past. The annual celebration of Dasara, or Navaratri, in this historic city is unlike any other in India; it is a meticulously preserved theatre of heritage, a spectacular fusion of spiritual observance, martial tradition and aristocratic grandeur that has unfolded for over four centuries. More than just a festival, Mysore Dasara is a living, breathing testament to the enduring legacy of the Wodeyar dynasty and the cultural soul of Karnataka. The city's moniker, "City of Palaces," feels particularly earned during this period. The centrepiece, the Amba Vilas Palace, is dramatically illuminated by nearly 100,000 bulbs, turning the already majestic structure into an ephemeral, glowing fantasy against the night sky. This luminescence sets the stage for a period of intense activity, solemn ritual, and magnificent public display, culminating in a procession that remains one of the greatest ceremonial spectacles in the Indian subcontinent.



A Four-Century Dynasty: The Wodeyar Legacy

The unique character of the Mysuru celebration is fundamentally tied to the royal family. The festival was instituted in 1610 by Raja Wodeyar I, shortly after shifting his base from Srirangapatna to Mysuru. This act cemented the Wodeyar dynasty's commitment to the tradition, intertwining the fate of the royal house with the grand public festivity. While other regions focus solely on religious narratives like the victory of Rama over Ravana or the divine triumph over a demon, the Mysore tradition layers this spiritual victory with the ceremonial renewal of royal and state authority.

The heart of the Navaratri observances lies within the Mysore Palace, where the royal family performs the Khas Durbar (private audience) rituals. These daily ceremonies are not mere photo opportunities; they are sacred, complex rites symbolizing the sovereign's connection to the divine. Key among these is the placement of the legendary Golden Throne (Simhasana) in the Durbar Hall. This intricately carved throne, steeped in mythology and said to date back to the Pandavas, is ceremonially dismantled and reassembled each year, representing the cycles of power and continuity. On the ninth day, Mahanavami, the royal sword is worshipped alongside state weapons, elephants, horses and cattle—a poignant reminder of the military prowess and judicial duties historically associated with the throne.

The Spiritual Essence: Devotion to Chamundeshwari

The religious framework underpinning Dasara is the veneration of the Mother Goddess, Chamundeshwari, a fierce form of Shakti. According to legend, Chamundi killed the buffalo headed demon Mahishasura on the hill now named after her (Chamundi Hills), securing the safety of the region, which gave Mysuru its name. The ten days are dedicated to Goddess Chamundeshwari, worshipping her in nine different forms—one for each night—known as the Navadurga.

During these nine nights of Navaratri, the palace and its residents are steeped in liturgical practice, culminating in a series of musical, dance and dramatic performances. The Gombe Habba or Doll Festival, is a charming and significant domestic ritual, where families arrange tiered displays of dolls, figurines and deities, passing on the cultural and mythological narratives to younger generations.





bands and ceremonial guards. The sight is an overwhelming kaleidoscope of sound and motion, watched by hundreds of thousands of spectators who line the streets, offering flowers and prayers to the Goddess as she passes. The procession culminates with the Torchlight Parade at Bannimantap, a mesmerizing display of mounted cavalry skills, acrobatics and fireworks, drawing the great celebration to a formal close.

This private reverence and public cultural outpouring serve to purify the land and invoke divine blessings for the upcoming year.

The Zenith of Pageantry: Jumbo Savari on Vijayadashami

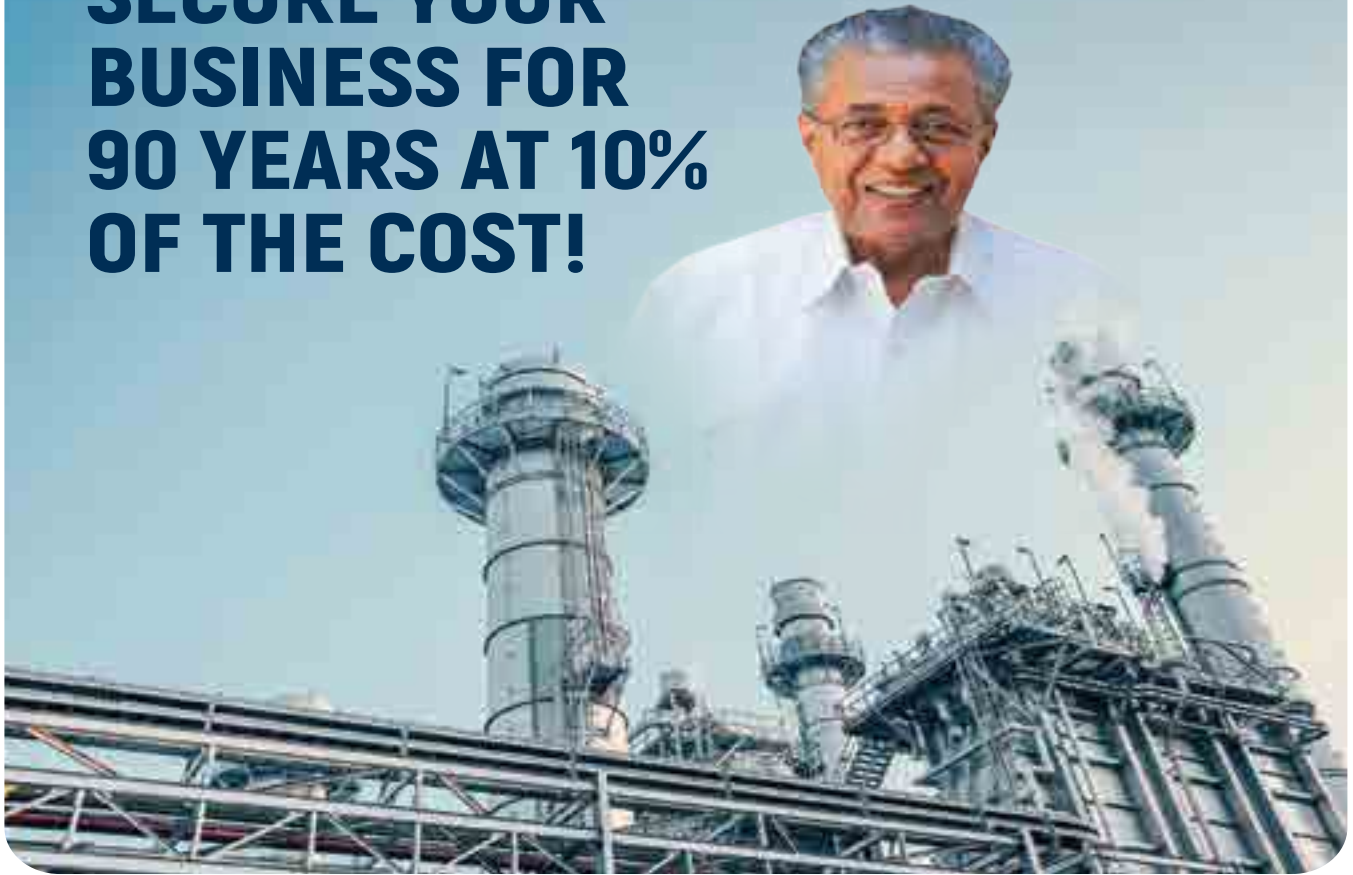
The celebrations reach their spectacular climax on the tenth day, Vijayadashami (The Day of Victory). This is the day of the famed Jumbo Savari, the grand procession that transforms Mysuru's streets into a river of colour, sound, and historical echo. The procession begins from the Mysore Palace and marches over a four-kilometre route to Bannimantap. The cynosure of all eyes is the main carrier elephant, majestically bearing the Golden Howdah (Chinnada Ambari). This extraordinary, ornate structure, weighing approximately 750 kilograms, carries the idol of the Goddess Chamundeshwari. For centuries, the Maharaja would ride the Howdah; however, since the abolition of the privy purse, the tradition evolved, and now the idol is carried, symbolizing that the Goddess is the true, eternal sovereign of Mysuru. The procession is a mobile museum of Karnataka's vibrant culture, featuring forty to fifty massive elephants, cavaliers, camels and hundreds of performers. Folk troupes—including the dynamic Dollu Kunitha drummers, the martial arts exponents, and traditional dancers—accompany military

Beyond the Gilded Confines: The People's Festival

While the palace rituals define the historical context of Dasara, the festival's spirit belongs equally to the public. Running concurrently with the main events is the renowned Dasara Exhibition (Dasara Gombe), initiated by the Maharajas in 1880 to showcase local craftsmanship and industrial progress. The exhibition grounds become a temporary city of commerce, entertainment and culinary exploration, providing an accessible and engaging counterpoint to the palace's formality. Mysore Dasara is truly a cultural and social phenomenon, a time when ancient traditions are not merely remembered but actively re-enacted, ensuring that the golden age of the Wodeyar dynasty continues to illuminate the present. It remains an unparalleled spectacle that draws global attention, reminding the world that history, when celebrated with such profound dedication and magnificence, can never truly be relegated to the past.



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Up to 50 Cr	20%	5 years	60 years	Nil

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NATARAJA

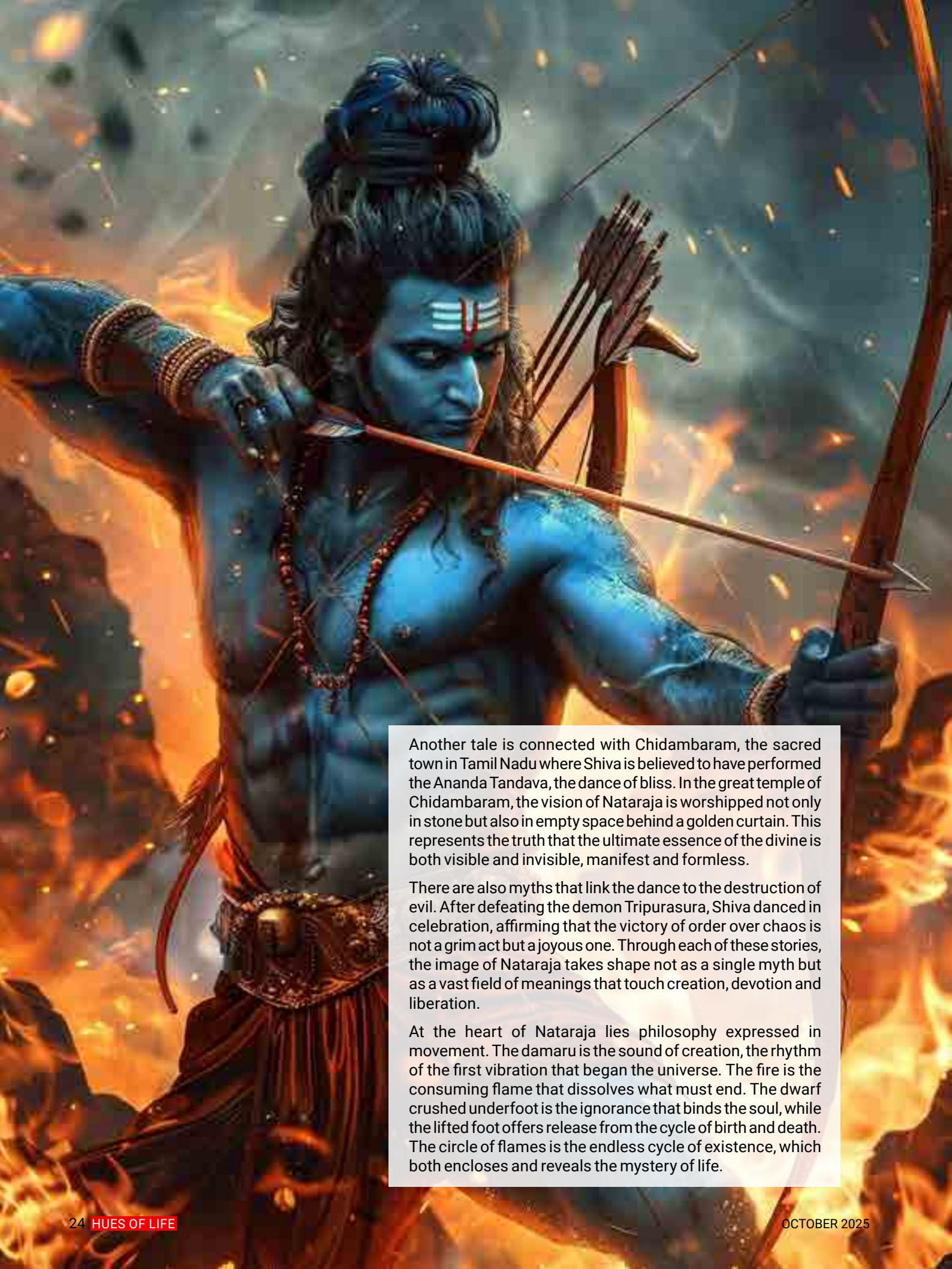
SACRED CHOREOGRAPHY OF COSMIC DIVINITY



Among the countless symbols of Indian spirituality, none blends art, philosophy and divinity as profoundly as Nataraja, the dancing form of Lord Shiva. The vision of Shiva as the cosmic dancer is not simply a sculpture or a ritual image. It is an eternal philosophy expressed through rhythm, balance and energy. In this form, the divine is not still but dynamic, not silent but resonant and not distant but immanent in the dance of the universe itself.

The classical image of Nataraja is a masterpiece of symbolism. Shiva dances within a circle of flames that represents the ever turning universe. His right foot presses down the dwarf Apasmara, who embodies ignorance and forgetfulness, while the left foot is raised, suggesting liberation and release. One hand holds the damaru, the small drum whose beat marks the beginning of creation. Another hand holds fire, signifying dissolution and transformation. A third hand is lifted in the gesture of protection, granting fearlessness, while the fourth points toward the lifted foot, inviting the seeker to find refuge in divine grace. His flowing hair spreads outward in rhythm, filled with images of the Ganga, the crescent moon and the power of the wind. Every element of the form is a metaphor. Creation, preservation, destruction, concealment and grace are all contained in a single eternal movement.

The myths that surround Nataraja deepen the power of the image. In one story, a group of sages in the Daruka forest became arrogant, believing that their rituals alone controlled the forces of the world. To humble them, Shiva appeared and began to dance with cosmic energy. The beauty and force of his dance shattered their pride and reminded them that the universe moves not by ritual alone but by divine rhythm.



Another tale is connected with Chidambaram, the sacred town in Tamil Nadu where Shiva is believed to have performed the Ananda Tandava, the dance of bliss. In the great temple of Chidambaram, the vision of Nataraja is worshipped not only in stone but also in empty space behind a golden curtain. This represents the truth that the ultimate essence of the divine is both visible and invisible, manifest and formless.

There are also myths that link the dance to the destruction of evil. After defeating the demon Tripurasura, Shiva danced in celebration, affirming that the victory of order over chaos is not a grim act but a joyous one. Through each of these stories, the image of Nataraja takes shape not as a single myth but as a vast field of meanings that touch creation, devotion and liberation.

At the heart of Nataraja lies philosophy expressed in movement. The damaru is the sound of creation, the rhythm of the first vibration that began the universe. The fire is the consuming flame that dissolves what must end. The dwarf crushed underfoot is the ignorance that binds the soul, while the lifted foot offers release from the cycle of birth and death. The circle of flames is the endless cycle of existence, which both encloses and reveals the mystery of life.

The dance itself represents the balance of opposites. It is serene yet powerful, still yet dynamic, destructive yet creative. It expresses the idea that the cosmos is not static but an eternal rhythm, a pulse in which everything arises and falls. This vision is at once terrifying in its grandeur and reassuring in its promise of liberation.

Tradition speaks of different forms of Shiva's dance. The Ananda Tandava is the dance of bliss performed in Chidambaram. The Rudra Tandava is a fierce dance, representing destruction and the storm of dissolution. There are also softer forms where the dance is playful, filled with grace and beauty. Each variation is not separate but part of a spectrum of divine expression, reflecting the many moods of creation itself.

In classical Indian art and literature, these dances have inspired poets, musicians and dancers for centuries. Bharatanatyam, one of the oldest classical dance forms, often draws from the imagery of Nataraja, embodying through the human body what the sculpture represents in bronze. The dancer becomes the divine, and the stage becomes the universe.

In modern times, Nataraja has moved beyond temple walls to become a global icon of Indian culture. A bronze statue of Nataraja stands at the European Organization for Nuclear Research in Geneva, symbolizing the connection between ancient spiritual insight and modern scientific discovery. Physicists have compared Shiva's dance to the subatomic dance of particles that sustain the universe. To scientists, artists and seekers alike, Nataraja offers a vision that is both poetic and universal.

The image of Nataraja is not confined to myth or sculpture. It is a mirror in which humanity sees the truth of existence. It reminds us that creation and destruction are not separate acts but parts of a single rhythm. It shows that ignorance is not permanent, for beneath the weight of darkness lies the promise of liberation. It teaches that even the fiercest flames hold within them the possibility of bliss.

To gaze upon Nataraja is to see movement captured in stillness. It is to witness philosophy transformed into beauty. It is to feel that the universe itself is a dance and that every being is a participant in that eternal performance.

The sacred choreography of Nataraja continues to inspire. It flows from the bronze of Chidambaram to the movements of dancers, from the pages of philosophy to the laboratories of science. Wherever it appears, it tells us that life is not random but rhythmic, not chaotic but purposeful. The cosmos is a stage, and the divine dancer moves forever at its centre.





BEYOND PERFORMANCE THE REFINED NTORQ



The scooter segment in India has always been a comfortable ground for commuters who prefer convenience over thrills. For decades, scooters carried the tag of being purely functional, often left out of conversations about performance and excitement.

TVS, however, had different ideas when it launched Ntorq 125 a few years ago. It broke the monotony, injected youthfulness and gave scooter buyers a taste of sportiness. Now, the company has taken an even bolder step with the introduction of Ntorq 150, a scooter that refuses to be confined to stereotypes.

At first glance, Ntorq 150 looks every bit the sporty contender TVS wants it to be. The design is aggressive, angular and full of sharp cuts that give the scooter a striking road presence. The front end is dominated by an LED projector headlamp flanked by boomerang-style daytime running lamps. The sides carry sculpted panels that flow neatly into the tail section, which houses a split LED tail lamp setup. Every element of its design speaks the language of a machine built for the young and restless. The colour palette is equally bold, with options like Racing Red, Turbo Blue, Nitro Green and Stealth Silver ensuring that the scooter never fades into traffic.

Moving beyond appearances, the heart of Ntorq 150 is what really defines it. The 149.7 cc, 3-valve, air-cooled, fuel-injected engine produces 13.2 PS of power and 14.2 Nm of torque, numbers that easily put it at the top of its class. These figures translate into brisk acceleration, with TVS claiming a 0-60 km/h time of 6.3 seconds. On an open stretch, the scooter is capable of touching a top speed of 104 km/h, which is remarkable for a machine of this category. Twist the throttle and Ntorq responds with eagerness, delivering power in a smooth, predictable manner while retaining enough punch to keep riders entertained. The CVT transmission is tuned to complement the engine's sporty character, and the inclusion of Street and Race riding modes gives the rider the ability to tailor responses based on mood and situation.

Performance, though, is not just about raw power. The way a scooter handles and stops plays a vital role in shaping the rider's confidence and TVS has paid special attention here. Ntorq 150 uses a telescopic fork at the front and a monoshock at the rear, offering a balance of comfort and control. The suspension feels pliant enough to tackle daily bumps and undulations, yet firm enough to hold its line when corners demand commitment. Braking is handled by a 220 mm front disc and a 130 mm rear drum, aided by single-channel ABS. The system feels progressive and reliable, ensuring that the scooter can shed speed quickly without unsettling the rider. Tyres are wide for the segment, with a 100 section at the front and 110 at the rear, giving Ntorq 150 a planted stance and reassuring grip.

On the practical side, TVS has retained all the qualities that make scooters a preferred choice. The 22-litre under-seat storage is spacious enough for a helmet or shopping bags, while a 2-litre glovebox adds extra convenience. The 5.8-litre fuel tank, coupled with efficient engine tuning, ensures decent range between refills. The kerb weight of 115 kg makes it easy to manoeuvre in city traffic, and a seat height of 770 mm means most riders can get both feet firmly on the ground.

Where Ntorq 150 truly differentiates itself is in its technology. The scooter is available in two trims – Standard and TFT. The Standard version features a hybrid digital console that covers essential information along with TVS's SmartXonnect system, which pairs with your smartphone to provide navigation, call alerts, SMS notifications and ride statistics. The TFT variant, however, takes things several notches higher. A crisp 5-inch colour display dominates the cockpit, complete with day and night themes. It supports smartwatch compatibility, Alexa integration, crash alerts and over-the-air software updates. A four-way navigation switch on the handlebar ensures that interaction with the system is safe and intuitive. In addition, the TFT variant benefits from traction control, a feature rarely seen in scooters of this category, further underlining its premium positioning.

In everyday riding, Ntorq 150 impresses with its versatility. In Street mode, it feels composed and efficient, ideal for commuting through congested city roads. Switch to Race mode and the throttle sharpens, unleashing the scooter's playful side. The riding posture is comfortable without sacrificing sportiness, with a wide handlebar and well-cushioned seat making longer rides enjoyable. Refinement levels are commendable, with minimal vibrations even at higher speeds.

Of course, all of this comes at a price. The Standard variant is priced at around ₹1.19 lakh ex-showroom, while the TFT variant costs roughly ₹1.29 lakh. This pricing places the Ntorq 150 squarely against the Yamaha Aerox 155 and the upcoming Hero Xoom 160. While the Aerox offers a larger engine and Yamaha's brand pull, Ntorq counters with a lighter kerb weight, a lower seat height, and an unmatched feature list at a more accessible price point.

The verdict is clear. With Ntorq 150, TVS has once again redefined what a scooter can be. It is not just about commuting anymore; it is about excitement, connectivity and lifestyle. The scooter delivers on performance, handling, practicality and technology in equal measure, making it a standout choice for young riders and enthusiasts alike. For those who still dismiss scooters as plain and uninspiring, Ntorq 150 arrives as a revelation, proving that thrill and utility can indeed ride together on two wheels.





HYDEL TOURISM CENTRE IN KERALA

EXPLORING NATURE THROUGH THE POWER OF WATER

Hydel Tourism Centre in Kerala: Exploring Nature through the Power of Water

What happens when industrial might meets natural splendour? In Kerala, the answer is Hydel Tourism, an innovative venture born from a simple experiment at the turn of the millennium. In 2000, the Kerala State Electricity Board (KSEB) decided to pull back the curtain on its impressive dams and power stations, inviting the public to witness these engineering marvels nestled within the state's lush landscapes.

The idea gradually gained traction as tourists began discovering the unique appeal of reservoirs and powerhouses. While many initially preferred traditional destinations, KSEB recognized an opportunity to transform these sites into immersive experiences. They carefully crafted a journey that blended the raw power of technology with the serene beauty of nature. The result was a new kind of tourism, one that educates as much as it enchants. Today, this vision is championed by the Kerala Hydel Tourism Centre, a venture by KSEB Ltd. Under a formal governing body led by the Hon'ble Minister for Electricity and the CMD of KSEB, the initiative has flourished. More than a dozen centres now operate across Kerala, transforming energy-producing sites into vibrant hubs for discovery and leisure.

These destinations offer a unique dual experience. Visitors can enjoy boating on vast, tranquil reservoirs and follow nature trails through verdant forests, all while learning about the fascinating process of generating electricity. It's an opportunity to appreciate both the state's ecological treasures and the essential infrastructure that powers its development. To ensure a complete experience for families, students, and nature lovers alike, these centres

are now fully equipped with amenities like tours, food courts and ample parking, proving that even the most functional structures can become sources of wonder and recreation.

Destinations under Kerala Hydel Tourism Centre

Banasura Sagar –Asia's Second Largest Earth Dam

One of the finest attractions in Wayanad, the Banasura Sagar Dam is famed as the largest earth dam in India and the second largest of its kind in Asia, built from massive stacks of stones and boulders. Located about 15 kilometres from Kalpetta, the dam holds a vast stretch of water set against the backdrop of the Banasura Hills, which, according to legend, were named after the Asura king Banasura, son of King Mahabali who is believed to visit Kerala during every Onam festival, as he is said to have performed severe penance atop these hills. The scenic expanse not only invites adventure enthusiasts to explore trekking trails but also turns spectacular during the monsoon when small islands rise in the reservoir as surrounding areas submerge, making the crystal-clear waters dotted with islets a delight for photographers. Visitors can enjoy boating on both speed and regular boats across the reservoir, take guided walks around the dam site or use van services to explore the area more comfortably. Photography and videography are permitted with proper entry passes, allowing tourists to capture the breath-taking scenery. Beyond its natural and mythological charm, the dam, built as part of the Banasura Sagar Project, incorporates both a dam and canal system, supports the Kakkayam hydroelectric power project, and ensures irrigation and drinking water supply during summer when shortages occur, making it a vital lifeline as well as a celebrated tourist spot under Kerala's hydel tourism.

Nadukani Hydel Tourism Centre – A Serene Hilltop Retreat

Perched 3,000 feet above sea level in the Idukki district, Nadukani offers breath-taking panoramic views of the Western Ghats, the Muvattupuzha River, Moolamattom Power House and the Malankara Reservoir. The centrepiece is a two-storey pavilion built in 1966 by the Kerala State Electricity Board as part of the Idukki Hydroelectric Project. Visitors can enjoy a leisurely stroll around the pavilion, relax on benches, or explore nearby trekking trails that wind



The Leadership Driving Kerala Hydrel Tourism Centre's Success



Kerala Hydrel Tourism Centre has scripted a remarkable story of transformation in recent years, emerging as a benchmark for sustainable and profitable tourism. This impressive growth is steered by the vision of the Hon'ble Minister for Electricity, Shri.

K. Krishnankutty, who has successfully championed the unique synergy between the state's energy infrastructure and its tourism potential.



Bringing this vision to life is the forward-thinking leadership of Director Shri. Harshil R Meena IAS. His strategic planning and innovative execution will elevate the Kerala Hydrel Tourism Centre (KHTC) into a progressive, globally-minded brand. The focus has been

clear: eco-conscious development, modern amenities, and world-class standards.

The results speak for themselves. Over the past five years, the organization has achieved significant financial gains, with annual revenues reaching ₹22–25 crore. With the introduction of online ticketing, visitor convenience has been prioritized, and the guest experience has been enriched with new boats and water sports.

Major infrastructure projects are redefining the landscape. The Munnar Hydrel Park has undergone a complete transformation, a ₹4.5 crore master plan is poised to upgrade the Banasura Sagar dam, and a spectacular new laser light show is set to launch at the iconic Idukki Arch Dam. With ongoing modernization projects valued at ₹5 crore, the commitment to excellence is clear.

This progress is built on a foundation of integrity and responsibility. Every centre has earned the distinction of being a "Green Entertainment Centre," and the Union Finance Ministry has certified the organization for its transparent financial practices, cementing its reputation as a model of sustainable and accountable governance.

through spice and rubber plantations. The area is also a haven for birdwatchers, with opportunities to spot various species amidst the lush greenery. While the pavilion itself is relatively simple, it provides a peaceful setting for visitors to immerse themselves in the natural beauty of the surroundings. The best time to visit is during the winter months, from October to February, when the weather is pleasant and the skies are clear, offering unobstructed views of the majestic landscape.

Cream Cascade – AdyanparaHydel Tourism Centre

Nestled in the heart of Nilambur at Kurumbalangode village, AdyanparaHydel Tourism Centre showcases the magnificent cascading Adyanpara Waterfalls and draws thousands of visitors each year. Operated by Kerala State Electricity Board Ltd (KSEBL), the centre combines natural beauty with recreational and educational facilities, making it a perfect destination for families, adventure enthusiasts and students. The waterfalls themselves form a unique water theme park created by nature, with multiple small and large cascades, crystal-clear ponds and gentle streams that are ideal for children, beginners or anyone hesitant to swim. Visitors can safely bathe in the shallow zones under the shade of large trees, while the surrounding rocks and flowing streams provide an enchanting environment for photography and leisure. The

centre also features an amusement zone for children, enhancing the family-friendly appeal. Beyond the natural splendour, tourists can explore the workings of the Adyanpara Hydroelectric Project, including a glass-walled generator and educational exhibits, highlighting the process of electricity generation. The annual production of the project is 9.01 megaunits, making it both a site of scenic beauty and technological interest. Post-monsoon months provide the most pleasant experience, as the waterfalls and ponds create a vibrant, park-like ambience. Visitors can stroll along the Parappuram, enjoy the shallow pools of the Kanjirapuzha tributary and witness the harmonious blend of nature, adventure, and hydel technology at this unique destination.

Idukki Dam – The Architectural Marvel

Nature stands in serene splendour as the Periyar, revered as the queen of rivers, flows gracefully through the forests and mountains of Idukki. The Idukki Dam, rising between the twin hills of Kuravanmala and Kurathimala, is not only an engineering marvel but also a symbol of local legend. It is said that a tribal couple, Kuravan and Kurathi, were once turned to stone by Lord Rama, and they pleaded for mercy, saying they had never lived apart. Touched by their devotion,



Rama promised they would remain together forever, and the two hillocks now face each other with the river flowing between them. When the arch dam was constructed here, the locals saw it as the fulfilment of that promise. Today, the site captivates visitors with its breath-taking beauty, the harmony of nature and human ingenuity, its rich folklore, and its status as one of Kerala's most treasured landmarks.

Hydel Park Munnar – Blossom Park

Just three kilometres from Munnar Town on the way to Kochi lies Blossom Hydel Park, a paradise where nature shows its full beauty with fresh flowers, the flowing Muthirappuzha River, lush green landscapes, mountain butterflies, and migratory water birds that attract tourists from distant cities and abroad. The park is located near the banks of the Muthirappuzha River and the misty Kannan Devan Hill Tea Estates and features sprawling landscaped mounts, colourful gardens, fountains, a fish aquarium, fish massage, a zip line, and open lawns that offer a wide range of experiences to relax and rejuvenate visitors. Tourists can enjoy the aroma of the abundant mountain flowers and evenings by a campfire with music playing in the background, which is especially popular among visitors. The park also offers stunning views of the exquisite Western Ghats and the mist-covered folds of Kannan Devan Hill Tea Estates, providing a rejuvenating experience through gentle air and the peacefulness of a solitary walk where Mother Nature whispers softly throughout the journey.

Munnar Echo Point – Nature's Adventure and Scenic Delight

Echo Point in Munnar, situated about 16 km from the town, is a picturesque tourist spot nestled amidst the rolling Nilgiri Hills. Set on the banks of a tranquil lake, it offers sweeping panoramic views of the surrounding hills, evergreen forests, tea plantations and spice gardens, making it a favourite destination for youngsters, families, adventure enthusiasts, nature lovers and photographers alike. The spot is renowned for its unique echo phenomenon, where visitors can hear their voices bounce back from the surrounding hills, creating a fun and unforgettable experience. Pedal boating and coracle rides on the serene lake are popular activities, allowing visitors to explore the waters and observe the local birdlife up close, while quiet spots along the lakeshore invite people to sit, relax and soak in the natural beauty. The surrounding slopes, covered in lush green grasslands, tea plantations and spice gardens, provide excellent trekking paths and gentle walking trails, perfect for leisurely strolls or more adventurous hikes. Echo Point also serves as an ideal picnic destination, with its velvety slopes, misty surroundings and shaded spots creating a perfect ambience for families and groups. Photographers find this location a true paradise, capturing the vibrant colors of the flora, the reflections on the lake and the serene landscape, all set against the backdrop of Munnar's pleasant climate. Whether you are boating on the lake, exploring the plantations, listening to your voice reverberate across the hills, or simply enjoying the calmness of the environment, Echo Point offers a comprehensive outdoor experience that blends adventure, relaxation and the pure joy of connecting with nature.





Shenkulam Dam – Serenity Amidst the Hills

Shenkulam Dam, located near the town of Idukki in Kerala, is a picturesque destination that combines natural beauty with the calm of a man-made reservoir. Surrounded by rolling hills and lush greenery, the dam holds back the tranquil waters of the Shenkulam River, creating a serene lake that reflects the surrounding landscape. The area is popular among tourists for its peaceful ambience, ideal for leisurely walks, photography and quiet picnics by the water. Visitors can also enjoy the gentle breeze and the soothing sounds of flowing water while taking in the panoramic views of the Western Ghats. The dam not only serves as an important water resource for the region but also stands as a serene retreat where nature and human ingenuity come together in perfect harmony.

Anayirangal Dam – A Tranquil Escape in the Western Ghats

Anayirangal Dam, located near Munnar in Kerala, is a stunning destination set amidst the misty hills and dense forests of the Western Ghats. Built across the Pambar River, the dam forms a serene reservoir that reflects the surrounding greenery and rolling hills, making it a perfect spot for nature lovers and photographers. The area is known for its peaceful ambience, scenic walking paths and abundant birdlife,

attracting tourists seeking a quiet retreat from city life. Visitors can enjoy the peacefulness, take in panoramic views of the lush landscape and feel the cool mountain air while watching the water ripple gently against the backdrop of tea plantations and forests. Anayirangal Dam is not just a functional water reservoir but also a place where the harmony of nature and human engineering creates a soothing and rejuvenating experience for all who visit. Anayirangal Dam to be gifted a beautiful peaceful ambience to the visitors. An amusement park nearby the Anayirangal Boating Centre features a that offers family-friendly especially children fun amidst the scenic surroundings.

Kundala Dam – Trout Lagoon Boating Centre, Munnar

Kundala Dam Lake, also known as Sethuparvati Dam, is one of Munnar's most popular tourist attractions and was constructed in 1946 as part of the Pallivasal Hydro Electric Project, making it Asia's first arch dam. Located about 26 kilometres from Munnar on the way to Top Station at an altitude of 1700 meters above sea level, the dam offers breath-taking views of lush green hills, tea plantations and misty landscapes. The area is famous for cherry blossoms that appear twice a year and the rare NeelaKurunji flowers, which bloom once every twelve years in the surrounding hills and valleys. Visitors can enjoy a variety of boating experiences on

the tranquil lake, including pedal boats, Kashmiri shikkara boats, row boats, coracles and kayaks, while a golf course maintained by Kannan Devan Hills Plantations Company Private Limited adds to the recreational options. The nearby Aruvikkad Waterfall enhances the scenic charm of the region, offering picturesque spots for photography and leisure walks. Munnar, the nearest town, is well connected by road with buses and taxis, while the closest railway stations are Ernakulam and Kottayam, from where private cabs and taxis are available to reach the dam. With its combination of historical significance, natural beauty, seasonal floral displays and recreational facilities, Kundala Dam provides a complete and rejuvenating experience for tourists visiting Kerala's hill country.



Both centres are set against the stunning backdrop of Shola forests, rolling hills, and expansive tea plantations, providing visitors with an immersive nature experience alongside fun-filled activities.

Mattupetty Dam – Hills, Lakes and Adventure

Nestled amidst the misty hills of Munnar at an altitude of 1,700 meters, Mattupetty is a serene hill station known for its picturesque landscapes, tranquil waters, and rich biodiversity. Located just 13 km from Munnar town and in close proximity to the majestic Anamudi Peak, Mattupetty has become a popular tourist destination for nature lovers and adventure seekers alike.

At the heart of this scenic destination lies the Mattupetty Dam, a concrete gravity dam constructed in the late 1940s under the Pallivasal Hydro-electric Project. Originally built for water storage and electricity generation, the dam has since evolved into a hub of tourism, offering breath-taking views of the surrounding tea plantations and lush forests. The still waters of the dam reflect the surrounding hills, creating postcard-perfect scenery that draws visitors throughout the year.

Boating Units in Mattupetty: Mattupetty is home to two key boating centres that provide a range of recreational activities for tourists:

1. Mattupetty Dam Pedal Boating Centre

Situated directly on the calm reservoir formed by the dam, the Dam Pedal Boating Centre offers a serene boating experience amidst lush greenery and panoramic hill views. This facility is ideal for those looking to enjoy a peaceful and leisurely ride on pedal boats, with the cool mountain breeze and reflections of tea gardens enhancing the overall charm. It's a perfect spot for couples, families, and photography enthusiasts who wish to soak in the natural beauty at a relaxed pace.

2. Sun Moon Valley Boating Centre

Located near the dam, the Sun Moon Valley Boating Centre is a more expansive and activity-rich facility. It features a wide variety of boating options, including speed boat rides, Shikara houseboats, and pontoon boats, catering to those seeking both relaxation and adventure. This centre is also home to Cow Boy Park, an amusement park offering fun rides and attractions, making it especially appealing for families with children.

Kakkayam Reservoir – Nature and Adventure Combined

Hidden deep inside the forests of Kozhikode district, some waterfalls remain largely inaccessible by roads and can only be reached through wild streams or rivers that wind through the dense woods, offering visitors a taste of untamed splendour. The Ambalappara Waterfall near Kakkayam is one such hidden gem, which can be experienced only by taking a boat ride on the Kakkayam Dam Reservoir, recently opened to tourists under a hydel tourism project managed by the Kerala Hydel Tourism Centre, a subsidiary of the Kerala State Electricity Board. During the boat trip, visitors can witness the wild falls, dense greenery, and the unexplored facets of the forest, and those lucky enough may even spot herds of elephants and bison grazing in the catchment area. The tourist boats are powered by 50-hp engines and accommodate five tourists plus a driver, with safety measures including life jackets and buoys.

From Bold Experiment to Signature Adventure

Hydel Tourism Centre offers more than just a day out; it provides a profound look into the heart of Kerala's identity, where water, energy, and nature converge. These unique destinations serve as living museums, surrounding ecosystems are preserved for everyone to experience.

This initiative is also a powerful engine for local growth. By creating jobs and supporting nearby small businesses, it ensures that the benefits of tourism are shared with the community. More than just attractions, these centres are hubs of learning, offering students and visitors alike a real-world lesson in renewable energy and sustainable living. It's where Kerala's heritage of progress meets a deep respect for the environment.

From its experimental beginnings in 2000, Hydel Tourism has now firmly established itself as a must-see part of any Kerala itinerary. With over ten distinct destinations, it offers something for every type of traveller. stand in awe before the magnificent Idukki Dam, or lose yourself in the forested wilderness of Kakkayam. Each site tells its own story, but they all echo the same truth: water is both a source of incredible power and infinite wonder.

Ready to explore? You can now book your tickets for dam visits, boating, and other activities directly through the official Kerala Hydel Tourism website: www.keralahydel tourism.com. The simple online system allows you to reserve your spot in minutes.



Step into a world where majestic dams, misty hills, and sparkling waters create unforgettable experiences.

Feel the Rush, Live the Calm

- Speed Boats • Family Boats • Pedal Boats • Shikaras • Kayaks
- Water Sports • Thrilling buggy rides across Idukki Dam
- Nature walks • Adventure parks & Picnic Vibes

13 Breathtaking Destinations

- Banasura Sagar – Wayanad
- Hydel Blossom Park – Munnar
- Sunmoon Valley – Mattupetty, Munnar
- Dam Pedal Boating – Mattupetty
- Shengulam Dam – Munnar
- Kundala Dam – Munnar
- Echo Point – Munnar
- Idukki Arch Dam
- Nadukani View Point – Idukki
- Kakkayam Dam – Kozhikode
- Adyanpara – Malappuram
- Ponmudi Dam – Munnar
- Anayirongal Dam – Munnar



FOR BOOKING



Adventure. Nature. Memories
Discover Kerala like never before with Hydel Tourism



THE BEAUTY OF PERGOLAS IN MODERN LIVING

In the world of modern architecture and lifestyle design, outdoor spaces are no longer treated as afterthoughts. They have become extensions of our living environments, offering comfort, beauty and purpose. Among the many design elements that enhance these spaces, pergolas stand out as timeless structures that balance elegance with functionality. From private homes to luxury resorts and contemporary commercial projects, pergolas have carved a special place in modern living.

A pergola is more than a shaded walkway or a wooden frame with climbing plants. It is a bridge between architecture and nature, a design feature that creates atmosphere while serving practical needs. Whether built from wood, steel or modern composite materials, pergolas have the ability to transform an empty patio, deck or garden corner into a living sanctuary. Their beauty lies not just in their design but in the experiences they create.

The history of pergolas traces back to ancient Rome, where they were designed to frame pathways, support grapevines and provide shade in courtyards. Over centuries, the structure evolved across cultures and continents, but its essence remained the same—an open framework that invited both light and greenery. Today, pergolas are being reimagined to suit modern lifestyles. Clean lines, minimalist designs and innovative materials allow them to fit seamlessly into urban apartments as rooftop retreats or into expansive suburban homes as garden highlights. This blend of tradition and modernity is what makes pergolas unique in the architectural world.

In modern living, people seek spaces that can transition easily from relaxation to entertainment. A pergola creates exactly that. Families use it as a shaded outdoor lounge, complete with comfortable seating and subtle lighting. For others, it becomes a dining pavilion where meals are shared under the open sky. With growing interest in wellness and outdoor connection, pergolas also serve as spaces for yoga, meditation or reading, allowing individuals to reconnect with themselves amidst fresh air and natural light. What sets pergolas apart from gazebos or fully enclosed patios is their openness. They strike a delicate balance between shelter and exposure. The structured beams create rhythm and order, while the open spaces allow the sun, breeze and greenery to flow freely. This harmony creates a sensory experience that appeals to modern sensibilities.

Another reason pergolas have grown in popularity is their versatility in design. Architects and designers use them to define spaces without building walls. A pergola can frame a swimming pool, lead the way into a garden or extend the living room outdoors. In urban landscapes where space is limited, rooftop pergolas create oases above the city bustle. Materials also play a significant role in design expression. Wooden pergolas bring

warmth and a natural touch, while steel and aluminum versions offer sleek durability suited for contemporary homes. With new weather-resistant composites, pergolas now demand less maintenance while still delivering elegance. To complement the structure, many homeowners integrate climbing plants, LED lighting, or retractable canopies. This personalization makes every pergola unique. A pergola draped in bougainvillea feels romantic and



health and pergolas are at the heart of this shift. They create inviting corners where people spend more time outside, reducing stress and encouraging healthier routines. In climates where extreme sun exposure is a concern, pergolas provide the perfect balance by filtering light and reducing heat without blocking openness.

What makes pergolas especially relevant today is their role as lifestyle statements. Across continents, people are embracing outdoor living not just for relaxation but also as

Mediterranean, while one with a retractable fabric roof feels modern and functional. Designers across the globe are experimenting with such features to create pergolas that are not only beautiful but also tailored to the lifestyle of their residents.

The global push toward sustainable living has given pergolas even greater relevance. They encourage natural shading and reduce dependence on artificial cooling. By supporting greenery, pergolas also enhance biodiversity in residential and urban spaces. For city dwellers who crave a connection with nature, a pergola provides a daily reminder of the outdoors, fostering mental wellbeing. Recent studies highlight the positive impact of outdoor spaces on mental

a reflection of personal identity. A well-designed pergola signals appreciation for beauty, comfort and sustainability. From a luxury villa in Dubai to a minimalist home in Scandinavia or a tropical retreat in Bali, pergolas adapt to cultural contexts while keeping their universal appeal. Hotels and resorts have also embraced pergolas as focal points of their outdoor design. Poolside cabanas, beachfront lounges and garden dining areas often feature pergolas to enhance the guest experience. This global presence underscores their timeless beauty and adaptability.

The beauty of pergolas in modern living lies in their ability to combine structure with openness, tradition with modernity and elegance with practicality. They are not merely decorative frames; they are experiences shaped in wood, steel and light. In an age where living spaces are being redefined, pergolas represent a conscious choice to connect more deeply with the outdoors. They transform the simplest spaces into places of meaning, turning every moment spent beneath them into a celebration of modern living. As people continue to seek harmony between lifestyle, nature and design, the pergola remains a symbol of timeless beauty, proving that even the simplest structures can hold extraordinary power to elevate our daily lives.



MOHANLAL

THE CULTURAL HEARTBEAT OF MALAYALAM CINEMA

The news that our heartthrob Mohanlal receiving the Dadasaheb Phalke Award, India's highest cinematic honour, resonated far beyond the film industry, touching the collective heart and pride of Kerala. This recognition is more than a celebration of one man's extraordinary career spanning over four decades. It is a profound cultural affirmation that cements Mohanlal Viswanathan, affectionately known across generations as Lalettan, as the enduring cultural icon of Malayalam cinema. It also underscores how his remarkable body of work has elevated regional artistry to the national stage.

The Architect of Effortless Versatility

Mohanlal's cinematic journey began with a villainous debut in *Manjil Virinja Pookkal* (1980). What followed was a masterclass in versatility. Unlike many stars who anchor their careers in a single image or genre, Mohanlal made unpredictability his hallmark. He moved with unparalleled fluidity between portraying the ordinary man grappling with life's bitter realities and the larger-than-life hero who commands the screen with a single roar.

This duality defines his artistic genius. On one side, he gave us the heart-wrenching anguish of Sethumadhavan in *Kireedam* (1989), the vulnerability of the grieving brother in *Bharatham* (1991), a performance that won him his first National Award for Best Actor and the layered, melancholic depth of the Kathakali artist Kunjikuttan in *Vanaprastham* (1999), which earned him his second. These performances reveal an extraordinary ability to convey complex emotions with the subtlest of gestures.

On the other side, he defined the modern Malayalam superstar with iconic roles like the fiery Aadu Thoma in *Spadikam* (1995) and the magnetic alpha in the film *Narasimham* (2000). His mastery of comedy through

legendary collaborations with Priyadarshan in films like *Kilukkam* (1991) showcased yet another facet of his range. Mohanlal's career is not merely a list of films but a rich anthology of human emotion captured on screen, from nuanced arthouse portrayals that gained international acclaim (*Iruvar*, *Guru*) to blockbuster entertainers that became cultural milestones.

More Than a Star: Lalettan as a Cultural Icon

Mohanlal's significance extends far beyond his filmography. The affectionate title Lalettan holds the key to understanding his relationship with Kerala. It is not just fan devotion but an expression of familial affection, shared identity and collective pride. When the Secretary of the Ministry of Information and





Broadcasting introduced him by this beloved nickname during the National Film Awards ceremony, it was more than a gesture; it was the recognition of Kerala's cultural vocabulary on the national stage.

His characters, especially during the golden era of Malayalam cinema between 1986 and 2000, became archetypes of the Malayali psyche. He brought to life the unemployed graduate, the disillusioned intellectual, the steadfast friend, the frustrated artist and the village hero, all rendered with a realism that made them instantly relatable. When a character played by Mohanlal faced hardship, Kerala felt the pain; when he triumphed, it became a shared celebration.

His natural, seemingly effortless acting style, often described as "living the character" rather than performing it, dissolved the distance between audience and screen. Even as Malayalam cinema evolves and new genres emerge, younger generations continue to rediscover his classics, ensuring that his legacy remains vibrant and relevant. He embodies the resilience, complexity and quiet strength that Malayalis see in themselves, making him a living symbol of Kerala's cultural identity.

The Dadasaheb Phalke Award: A National Endorsement of Regional Excellence

The Dadasaheb Phalke Award, instituted in 1969 in honour of the father of Indian cinema, is the highest recognition in Indian film. It celebrates an artist's outstanding contribution to the growth and development of the medium. For Mohanlal, this honour carries profound significance.

Malayalam cinema has long been respected

internationally for its realism, narrative strength and technical brilliance. Mohanlal is only the second personality from Kerala, after the legendary filmmaker Adoor Gopalakrishnan, to receive this honour. His win underscores that Kerala's content-driven cinema stands shoulder to shoulder with the grand spectacles of other Indian film industries.

The award citation highlights his "unmatched talent, versatility and relentless hard work." Mohanlal's filmography, which includes acclaimed performances in Tamil, Telugu and Hindi cinema (Iruvar, Company), reflects a dedication to the craft that transcends language and region. His ability to blend stardom with artistic depth has inspired generations of actors across India.

A Tribute to the Fraternity

In his acceptance speech, Mohanlal displayed characteristic humility, stating that the award "is not mine alone" but belongs to the entire Malayalam film industry, the masters who came before him and the discerning audience. His words reflect the collective spirit of an industry known for nurturing talent across all facets of filmmaking, making this award a celebration for the entire fraternity.

For Mohanlal, the Dadasaheb Phalke Award is not just a lifetime achievement honour. It is a beautifully scripted chapter in a career that has profoundly shaped Kerala's cultural consciousness and elevated Malayalam cinema on the global stage. As he continues to dominate the box office and embrace diverse roles, Lalettan remains more than an actor; he is the cultural heartbeat of Kerala, resonating strong, timeless and true far beyond its shores.



THE POWER OF A SMILE

NURTURING ORAL HEALTH FOR A HEALTHIER LIFE

A genuine smile carries the power to uplift hearts, ignite happiness, and double one's confidence. It is a universal language of warmth and positivity. Would anyone wish to see this precious gift fade away? Absolutely not. The key to preserving it lies in one simple but often overlooked truth: oral health is as important as overall health.

Oral Health: The Gateway to General Wellbeing

Oral hygiene is often ignored until a problem arises. Unlike fever or fatigue, dental issues may not announce themselves loudly in the early stages. Yet everything we eat, drink and breathe passes through the mouth, making it a frontline guardian of health.

Poor oral care allows bacteria, fungi and other microorganisms to grow. This can lead not only to tooth decay, gum disease and infections but also contribute to serious health problems such as diabetes, cardiovascular disease and respiratory illnesses. In short, many systemic diseases begin their silent journey from an unhealthy mouth.

That is why August 1 is observed as Oral Hygiene Day in India, reminding us to give our oral cavity the same care and attention we give the rest of our body.

Oral Flora: The Hidden Protectors

Not all bacteria in the mouth are harmful. A healthy mouth is home to a diverse community of microorganisms collectively known as the oral flora. These beneficial microbes help regulate the mouth's pH, aid digestion, protect against bad breath and form a natural defense against disease-causing bacteria.

When oral hygiene is neglected, this delicate balance is disrupted. Harmful bacteria multiply and overpower the beneficial ones, leading to decay,

gum disease, ulcers and infections. Maintaining oral hygiene is not just about eliminating germs; it is also about preserving the natural balance that keeps our smile bright and our body healthy.

The Smile—Confidence Connection

Clean teeth, a fresh mouth and a healthy smile do more than brighten one's appearance. They strengthen the mind, boost self-confidence and enhance social interactions. Neglecting oral hygiene harms not only personal health but also public health. Germs from an unclean mouth can spread through direct contact, such as kissing or sharing utensils, or even through airborne infections like the flu or COVID-19.

A healthy smile, therefore, is both a personal responsibility and a public duty.

Avoid Harmful Habits

Tobacco: Cigarettes, betel nuts and chewing tobacco increase the risk of cancer and other serious oral diseases.

Alcohol: Its acids damage enamel, gums, and taste buds.

Drug use: Leads to dry mouth, infections, tooth decay, and oral cancer.

Dental Checkups

Regular dental visits help detect problems early, saving both health and money.

Modern dentistry offers painless treatments, preventive care and advanced solutions like tooth sealing and dental implants.

Oral Care in Children

Milk teeth are often dismissed as temporary, but they are vital for chewing, speaking, guiding the eruption of permanent teeth and supporting jaw development. Damage to them can lead to malalignment, improper jaw growth and long-term oral problems.



Dr. Anitha Shree L.

Chief Dental Surgeon & Managing Director

BestDent Dental Solutions, Nalanchira, Trivandrum

Smile Multi-Speciality Dental Clinic & Implantology Centre, Peyad, Thiruvananthapuram

The Essentials of Oral Hygiene

- Daily Care
- Brush twice daily with a soft-bristled brush.
- Clean the tongue, as it harbors countless bacteria.
- Floss at least once a day to reduce the risk of gum disease and tooth decay.
- Right Nutrition
- Eat a balanced diet rich in fruits and vegetables.
- Limit sugary drinks and processed foods.
- Drink plenty of clean, fresh water.

One issue that many parents overlook is the staining of milk teeth. Stains can result from poor oral hygiene, excessive sugary food and drink, prolonged bottle feeding or even iron in supplements. They can also signal early decay or bacterial buildup. Gentle brushing with a child-safe toothpaste twice a day, regular dental checkups and limiting sweetened liquids help prevent and address staining effectively.

Parents should also pay attention to harmful habits such as thumb sucking, mouth breathing, nail biting and tongue thrusting, as these can affect bone structure, facial growth and tooth alignment. Early professional intervention is essential to correct these habits.

Encouraging children to follow good oral hygiene, eat nutritious food and drink clean water builds the foundation for lifelong dental health. With modern painless treatments and child-friendly care available today, parents can seek dental help without fear. Healthy teeth and gums not only prevent disease but also improve a child's confidence and overall well-being.

Elderly Dental Care and Oral Health

As we age, oral care becomes even more essential. Older adults face unique challenges, and neglect can lead to serious consequences for their health and quality of life.

A common problem among seniors is reduced saliva production, often caused by medication or existing health conditions. A dry mouth increases the risk of cavities, gum disease, ulcers and infections. Staying hydrated, chewing sugar-free gum and seeking professional advice for saliva substitutes can help.

Tooth loss is another major concern. Missing teeth affect chewing, nutrition and speech. Replacing them with dentures, bridges, or implants restores these functions

and improves overall well-being. Treating damaged teeth promptly prevents further complications and allows seniors to maintain a balanced diet.

Older adults are also more susceptible to oral cancer, gum recession and root decay. Regular dental checkups allow early detection and treatment, and professional cleanings help maintain oral health. A diet rich in vitamins and minerals supports gum strength and tooth health.

Good oral care in old age does more than preserve teeth. It enhances comfort, supports nutrition, boosts confidence and helps seniors maintain social connections and dignity.

Dentures: Care and Hygiene

Dentures or artificial teeth restore chewing ability, improve speech and bring back confidence for those who have lost their natural teeth. However, many people mistakenly believe that dentures do not require much care. This misconception can lead to serious oral problems.

Improper cleaning of dentures allows bacteria and fungi to thrive, increasing the risk of infections such as denture stomatitis, a painful condition marked by redness, swelling and sores. The risk is even higher for people with diabetes. Dentures should be cleaned twice a day using a soft brush, mild soap and clean water. Toothpaste should be avoided as it can be abrasive and damage the denture surface. Removing dentures at night gives the gums time to rest and reduces the risk of fungal growth.

Good oral hygiene remains important even for denture users. Brushing the gums, tongue and any remaining teeth prevents infection and keeps the mouth healthy. Ill-fitting dentures can cause discomfort, ulcers, and difficulty in speaking or chewing, so regular dental checkups are important for adjustments or replacements.

Properly maintained dentures do more than replace lost teeth. They improve facial structure, support better nutrition and enhance overall quality of life.

Beyond Teeth: Health and Confidence

Those who prioritize oral health enjoy stronger teeth, improved overall health, reduced medical costs and greater self-assurance. From childhood to old age, a clean and healthy mouth enhances quality of life at every stage.

By avoiding harmful habits, following a nutritious diet and committing to regular oral care, each of us can protect our smile and safeguard our health.

A Smile for a Better World

A radiant smile does more than reflect good health; it spreads happiness and positivity. Oral hygiene is not just about caring for teeth but about building a healthier, more confident society.

Let us nurture our smiles, preserve them with care and share them freely. Because with every genuine smile, we do more than brighten a day – we make the world a little more beautiful.

We truly can win the world with a smile.

കേരളം കേരളം കേരളം



ലോകത്തെ കേരളം കാണിക്കൂ!

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