

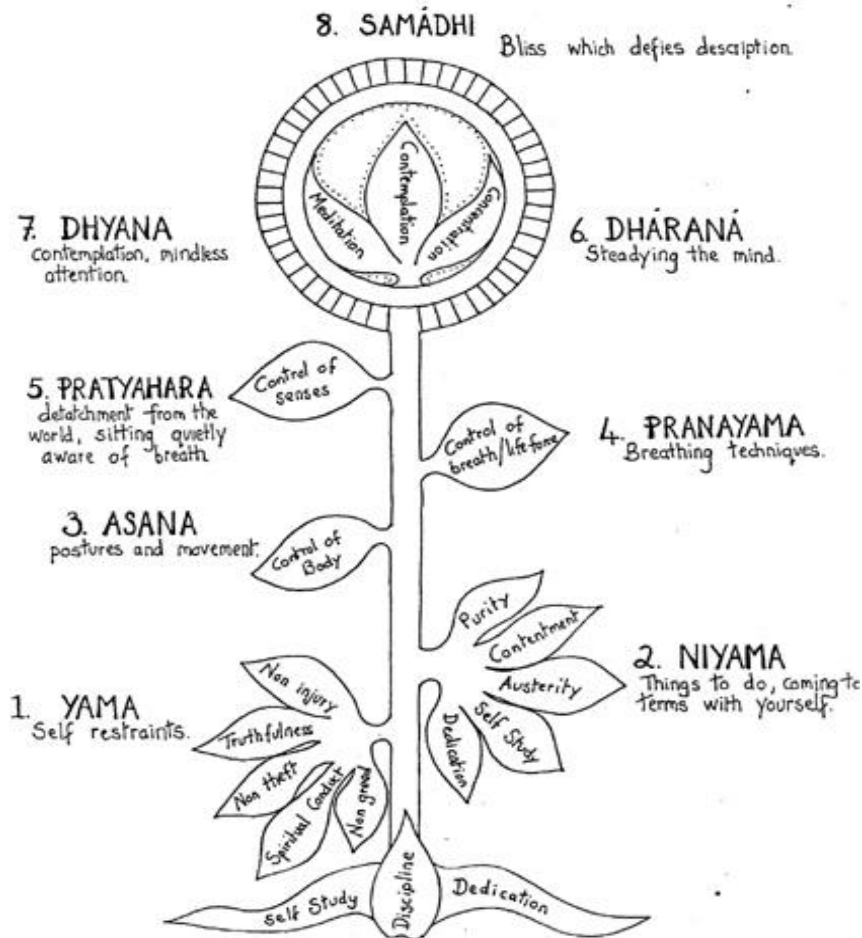
# MY EXPERIENCE IN KERALA, INDIA 2011



By Diane Capuano

# REASONS I CHOSE INDIA TO STUDY ABROAD

## THE EIGHT LIMBS OF YOGA

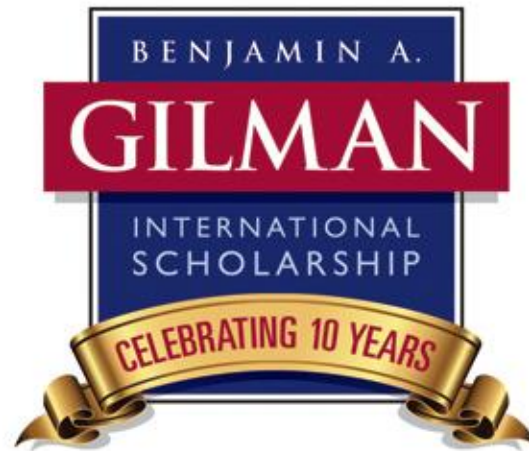


- Yoga
- Meditation
- Ayurveda
- Photo Exhibit at the CSU's art gallery in Spring of 2010
- Location
- Climate



# REASONS I WAS ABLE TO STUDY ABROAD

- Benjamin A. Gilman International Scholarship
- CISP Education Abroad Scholarship



# PRE-ORIENTATION

- Gathering at Professor Nair's
- Wore Indian dress
- Indian dinner prepared by Viji Chechi
- Learning more of Indian Culture and each other



# WHERE IS KERALA?

- Kerala is a state on the southwest coast of India
- Capital: Thiruvanthapuram or also called Trivandrum- where we flew into
- Official language of Kerala: Malayalam
- Often referred to as God's Own Country



# DETAILS OF THE TRIP



- 12 Undergraduate and Graduate students including myself
- Stayed at Loyola College of Social Sciences
- Daya meaning kindness or mercy
- How to introduce yourself in Malayalam

Ente peere Daya-  
My name is Daya



# WEEKEND EXCURSIONS



- Kanyakumari-where 3 oceans merge
- Wayanad
- Backwaters of Kerala



# FIRST DAY IN INDIA

- Welcoming ceremony with the staff of Loyola and our grad assistants Harikrishnan and Jayalakshmi
- Shopping for Indian dress
- Second welcoming ceremony with Loyola Masters students





# INDIAN DRESS



- Salwar Kameez
- Sarees
- Men wear long white pieces of cloth
- Tunics
- Bindi



# FIRST WEEK ACTIVITIES

- Discussion with Professor Deepak-city planning
- St. Xavier College, Jesuit Undergraduate School-interactive discussion with students
- Lecture Discussion with Reverend George Thenadikulam-anthropologist- studies folklore
- Learned tribal dance and song!



# FIRST WEEK ACTIVITIES CONT.

- Local zoo
- Art Museum
- Mango Festival



# FIRST WEEK ACTIVITIES CONT.

- Technopark
- Software Incubator



# WEEKEND AT KANYAKUMARI

- 3 hour travel
- Western Ghats
- Kanyakumari- where 3 oceans merge (Indian Ocean, Bay of Bengal, and Arabian Sea)

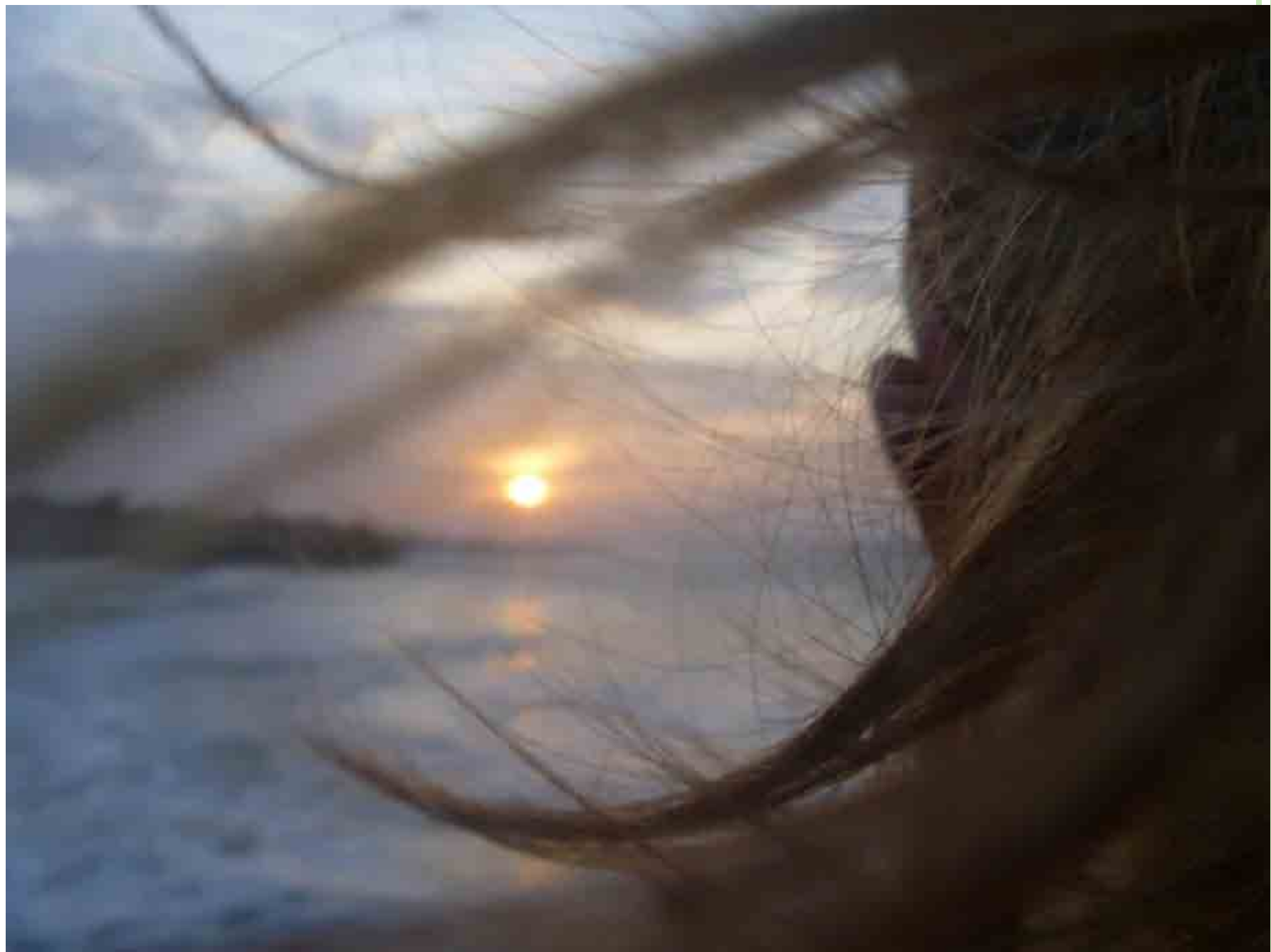


# KANYAKUMARI

- Stayed at Vivekanandapuram-natural spiritual retreat
- Gramodaya Park
- Friday Night- Sunset
- Sat. Am-Sunrise
- Kanyakumari Temple
- Ferry ride to Vivekananda Rock Memorial









# VIVEKENANDA ROCK MEMORIAL



# THIRUVALLUVAR STATUE



# SRI PADMANABHASWAMY TEMPLE

- Dedicated to Lord Vishnu
- 1300 years old
- Musical Pillars
- 2500 year old tree





# WEEK 2 ACTIVITIES



- Art of Living Course
- Interactive session with junior & senior level students
- Council meeting for small community village
- Comparing customs of Indian and American culture with Dr. Antony Palackal
- Lecture on women's empowerment movement in India by Dr. Elizabeth Mathew



# WEEK 2 ACTIVITIES CONT.

- Visit Art of Living School
- Visit local Ayurveda Hospital
- Santhigiri Ashram
  - Siddha Medical Hospital
  - Herbal Gardens and plantation of peppers, cashews, mangos, and much more





# WAYANAD

- Located in Northern Kerala
- 10 hr train ride
- Visit school of under-privileged children
- Naming ceremony
- 2-night stay at cottage located on a coffee, rice, and ginger plantation
- Visit local tribes- Viyalavottom
- Safari
- Campfire
- Shaman experience





# NAMING CEREMONY



# WAYANAD SCENERY



# SHAMAN EXPERIENCE

- Been practicing for 58 yrs
- Normally does rituals on Tues & Thurs
- Worships goddess Kali





## WEEK 3 ACTIVITIES

- Asianet Idol, Star Singer
- Ayushya Workshop (ayu=long life)
  - Meditation Research
- Vice Chancellor Kerala University
- Malayalam Movie
- Elephant Riding!!!!



# LADIES AND GENTLEMEN MEET JAYSREE!





**Definitely one of  
my favorite  
days!!!!!!**



# ASM AYURVEDA HOSPITAL

- Chief- Dr. P.K. Mohan Lal
  - 4<sup>th</sup> Gen Physician
- Gouri Lekshmy
  - 4<sup>th</sup> Gen Physician
- Meaning of ayurveda
- Doshas & Elements
  - Vatta
  - Pitta
  - Kappa





# PANCHAKARMA TREATMENT



- Purification techniques
- Sukha Chikiltsa
  - Preventative therapy
- Ela kizhi
  - Massage w/ medicated leaves
- Pizhichil
  - Hot oil bath



# CONCEPTS OF AYURVEDA

- “Perversity of the mind”
- Prajhaparadha
- Ailments Assoc. w/ Doshas
- Diagnostic procedures
- Food as Medicine!



# PONMUDI MOUNTAIN

- Golden Mountain
- Meenmutti-fish valle



# LAST DAYS IN INDIA



- o Indian wedding
- o Cultural Exchange Event @ Loyola
- o Backwaters



# HOW TO GET SCHOLARSHIPS

- Gilman Scholarship
  - Pell Grant @ time of application or during term of study abroad trip
  - Applying to or has been accepted into a study abroad program
  - At least 4 week long trip
  - Any country but Cuba
- Application
- Transcripts
- Essays
  - Statement of Purpose
  - Follow-on Service Project Proposal
- **<http://www.iie.org/Programs/Gilman-Scholarship-Program>**

