

## Unit 4

### History of Coimbatore from 1801 to 2000 A.D

#### 18MHI31C

#### Tourism

Coimbatore District is very much known for its tourist attractions. There are number of places to visit in and around Coimbatore. Coimbatore district is one of the biggest districts in Tami Nadu with lot of tourist attractions, shopping centres as well as religious places.

Some of the major attractions of Coimbatore District are Aliyar Dam, Monkey Falls, Siruvani Dam, Cholayar Dam, Botanical Garden, Horticulture Farms and Vaitheki Falls. All these places are worth visiting. Coimbatore serves as an entry and exit point to neighbouring Kerala State and the ever-popular hill station of Udthagamandalam (Ooty). It is the landing point for those who want to take the Mountain train that runs from Mettupalayam, just 35 kms from Coimbatore.

#### Isha Yoga

Project GreenHands (PGH) was established in 2004 as an environmental organisation. Its activity is largely focused on Tamil Nadu. The organisation received the Indira Gandhi Paryavaran Puraskar, the Government of India's environmental award in 2010.<sup>2</sup> The organisation's activities include agroforestry, plant nurseries in schools, 10 and tree planting in urban centres such as Tiruchirappall 19 and Tiruppur 1201

The foundation regularly organises gatherings (sathsangs) with Sadhguru in the Indian states of Tamil Nadu and Karnataka, where he delivers discourses, leads meditations, and conducts question-answer sessions with the attendees, 14 It also organises annual pilgrimages (yatras) to Mount Kallash and the Himalayas. The Kailash pilgrimage led by Sadhguru is among the largest groups to visit Kallash, with 514 pilgrims making the journey in 2010.

The centre also hosts an annual, seven-day-long music and dance festival which culminates in the all night celebration of Maha Shivaratri, a major Hindu festival honouring Shiva 171.

The Yoga Centre, founded at Isha Foundation in 1994,<sup>16</sup> offers yoga programmes under the name Isha Yoga. This customised system of yoga 5) combines postural yoga with chanting, breathing (prāṇāyāma),<sup>(5)</sup> and meditation (7) Isha Yoga does not belong to a lineage (paramparā), and its practitioners believe it to be based on the founding guru's unique insight. 7)

Yoga classes conducted for business leaders are intended to "introduce a sense of compassion and inclusiveness to economics. [8][19]

A yoga course for the Indian national hockey team was conducted in 1996.[10] Isha Foundation began conducting yoga programs in the United States in 1997[11][12] and, in 1998, yoga classes for life-term prisoners in Tamil Nadu prisons were initiated.

### **Manavala kalai Aliyar**

Yogiraj Shri Vethathiri Maharishi (14 August 1911 - 28 March 2006) was a spiritual leader, world peace activist, scientist, philosopher, Ayurvedic and homeopathic practitioner, and founder trustee of the World Community Service Center in 1958 in Chennai, India. His Theory of Universal Magnetism provides an alternative for the Big Bang theory, and includes the concepts of the evolution of atoms and God particles. He provided 14 principles for World Peace, He presented a blueprint at United Nations for World Peace.

Shri Vethathiri Maharishi wrote over 3000 poems on philosophical subjects. In the Indian philosophical tradition, his philosophy corresponds to pure Advaita. His language and attitudes are contemporary, non-sectarian and non-dogmatic. He authored about 80 books in Tamil and English, and continued to write until his death

He founded over 300 yoga centres around the world and wrote about 80 books, many of which became academic textbooks, Tamil Nadu government has recently approved to teach his Simplified Kundalini Yoga at Schools. He was declared the 19th Siddha by the Dravidian University.

Cultural pluralism is a term used when smaller groups within a larger society maintain their unique cultural identities, whereby their values and practices are accepted by the dominant culture, provided such are consistent with the laws and values of the wider society. As a sociological term, the definition and description of cultural pluralism has evolved over time. It has been described as not only a fact but a societal goal.

Coimbatore is known for its pluralistic society. The society includes Bengalis,Rajasthanis,Gujarathis, Anglo-Indians, Nepalese,Bohra Community people,Siks,Kannadigars,Malayalies and Telugu speaking people.These people settled her more than hundred years ago. They are feeling Coimbatore is their home town.