



**Government Polytechnic
College Palakkad**

COMMUNITY SKILLS IN INDIAN KNOWLEDGE SYSTEM

REPORT

SUB :- REPORT ON RAMASSERI VISIT

SUBMITTED BY:-

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GOVT POLYTECHNIC COLLEGE PALAKKAD

VISION

To be a centre of excellence In engineering education for providing valuable resources to industry and society.

MISSION

- 【 . 】Providing quality education in engineering and technology.
- 【 . 】Involving in the development of society through technology transfer, entrepreneurship and industry interaction.
- 【 . 】To inculcate social responsibility and ethical values among students through value education.

COMPUTER HARDWARE ENGINEERING

VISION

To become a centre of excellence in the field of Computer Hardware and Networking and to produce skilled engineers in the field of Information Technology.

MISSION

- 【 . 】To motivate the students for taking up rewarding careers in the industry.
- 【 . 】To encourage the students to take up higher studies.
- 【 . 】To create ethically motivated individuals with social commitment.

RAMASSERI IDLI

Ramasseri Idli is a type of idli, a popular South Indian breakfast dish. It is named after the town of Ramasseri in Kerala, where it originated.

Unlike traditional idlis, Ramasseri idlis are small and flat in shape. They are made using a special variety of rice called idli rice, which is soaked, ground into a fine batter, and fermented. The batter is then shaped into small, thin discs and steamed until cooked.

Ramasseri idlis are known for their unique taste and texture. They are slightly sour and have a distinct flavor that comes from the use of locally sourced ingredients, such as coconut oil, jeera (cumin seeds), and shallots.

Traditionally, Ramasseri idlis are served with coconut chutney and sambar. They are a popular breakfast item in Kerala and can be found in restaurants and street food stalls across the state.



There is an interesting story behind its origin that dates back to over 150 years. Legend has it that several decades ago, a few Mudaliar families came to Kerala from places like Tirupur, Kanchipuram and Thanjavur in Tamil Nadu. The families came to Kerala in search of jobs and settled in Ramassery in Palakkad. The men were weavers while the women were great cooks. And thus began the story of these idlis. Today, only a few Mudaliar families live in Ramassery and all these families are engaged in the business of making this renowned dish. The hamlet is famed for the dish, and people arrive from far and wide to relish the idli. The batter is prepared using rice, black gram, fenugreek, and salt. Its unique taste and shape is often ascribed to its method of preparation. The idli is steamed in

traditional hearths. Purists opine that you won't get the right taste if chulhas using firewood aren't used.



Sree Saraswathy Ramasseri Idli is a family-owned business that has been operating for over 150 years. The idlis made by Sree Saraswathy Ramasseri Idli are known for their unique taste and texture, which is achieved by using a special variety of rice, fermented batter, and a blend of spices and herbs. The idlis are steamed to perfection and served with coconut chutney and sambar. Sree Saraswathy Ramasseri Idli has gained a reputation for its quality and consistency and has become a popular choice for those seeking an authentic Ramasseri Idli experience.



The main processes involved in making Ramasseri Idli are:

1. Soaking: Rice and urad dal are soaked separately in water for several hours to soften them and make them easier to grind.
2. Grinding: The soaked rice and urad dal are ground separately using a stone grinder or a wet grinder to make a smooth batter. The two batters are then mixed together to form a homogeneous mixture.
3. Fermentation: The batter is then left to ferment for several hours, usually overnight, in a warm place to allow natural fermentation to occur. This process gives the idlis their unique texture, taste, and aroma.
4. Mixing and adjusting consistency: Once the batter is fermented, it is mixed with salt and a small amount of water to adjust the consistency. The batter should be of pouring consistency, neither too thick nor too thin.
5. Steaming: The batter is poured into small, shallow steel plates and placed inside a steamer. The steamer is covered and allowed to steam for about 10-12 minutes.
6. Serving: The cooked idlis are then removed from the steamer and served hot with coconut chutney, sambar, or any other side dish.

Overall, the main processes of making Ramasseri Idli involve soaking, grinding, fermenting, mixing, steaming, and serving. The traditional methods and techniques used in making this dish contribute to its unique taste and texture.





While the traditional methods for making Ramasseri Idli are still widely used and cherished, there are some improvements that can be made in the process to improve the quality of the idlis. Here are a few suggestions:

Use high-quality ingredients: The quality of the rice and urad dal used in making the batter is crucial to the taste and texture of the idlis. Using high-quality ingredients will result in a better-quality dish.

Use a mixie or food processor: While a traditional stone grinder is preferred by many, using a mixie or food processor can save time and effort in grinding the rice and urad dal. However, it is important to not over-grind the ingredients to prevent a change in the texture of the idlis.

Control fermentation: Controlling the temperature and duration of fermentation can help to achieve the desired level of sourness and texture of the idlis. Too much fermentation can make the idlis too sour, while too little can result in a dense texture.

Use a steamer with better control: Using a steamer with better temperature control can help to achieve a more consistent and evenly cooked idli.

Use non-stick plates or banana leaves: Using non-stick plates or banana leaves to line the plates can help prevent the idlis from sticking and breaking apart during the steaming process.

Overall, while the traditional methods of making Ramasseri Idli are still widely practiced and appreciated, incorporating some of these improvements can result in even better quality idlis.

TOOLS AND IMPLEMENTS

The tools and implements used to make Ramasseri Idli are simple and readily available. Here are the most commonly used tools:

Stone grinder or wet grinder: Used to grind the soaked rice and urad dal into a smooth batter. While a traditional stone grinder is preferred by many, a wet grinder or mixie can also be used.

Large bowl: Used to mix the ground rice and urad dal together to form a homogeneous batter.

Steamer: Used to steam the idlis. The steamer can be an electric or stovetop model and is typically made of stainless steel.

Idli plates: Used to hold the idli batter and steam the idlis. The plates are typically made of stainless steel and are small and shallow.

Ladle: Used to pour the batter into the idli plates.

Spatula: Used to remove the cooked idlis from the plates.

Water container: Used to hold water for rinsing the rice and dal and for adjusting the consistency of the batter.

Ramasseri is a small village in Kerala, India, where the traditional practice of making Ramasseri Idli has been passed down for generations. The village has a population of around 3,000 people and is primarily an agricultural area with paddy fields and coconut groves.

Water Management:

Water management is a critical issue in Ramasseri, as the village is located in a hilly region with limited access to water resources. The village has a small stream that runs through it, which is the primary source of water for the community. The villagers have developed several traditional methods to conserve water, such as building small check dams and bunds in the stream to regulate the flow of water and recharge the groundwater.

The villagers also practice rainwater harvesting by building small tanks and ponds to collect rainwater during the monsoon season. These tanks and ponds are used for irrigation, washing clothes, and other household purposes.

Waste Management:

The villagers of Ramasseri follow eco-friendly practices in waste management. Organic waste such as food scraps, leaves, and other plant material are composted and used as fertilizers in the fields. Plastic waste is collected and sent to recycling centers in nearby towns. The villagers also use cow dung as fuel for cooking, which reduces their dependence on firewood.

In recent years, the village has also implemented a waste segregation program, where households are encouraged to separate different types of waste such as plastic, glass, and paper, to make recycling more efficient.

Overall, the villagers of Ramasseri have developed sustainable practices for water and waste management that are rooted in their traditional way of life. These practices not only help to conserve the environment but also support the local economy and livelihoods.

NON CONVENTIONAL ENERGY HARNESSING IN RAMASSERI

- 1.Solar energy: The village receives abundant sunlight throughout the year, and many households have installed solar panels to harness this energy for lighting and cooking. Solar water heaters are also widely used to heat water for bathing and other household purposes.
- 2.Biogas: The villagers use cow dung and other organic waste to generate biogas, which is used for cooking and lighting. The biogas plant is a simple structure made of bricks and cement, and the gas generated is stored in a gas holder made of rubber.
- 3.Wind energy: The village is located in a hilly region that is exposed to strong winds, and many households have installed small wind turbines to generate electricity. These turbines are typically used to power lights and other low-power appliances.
- 4.Micro-hydel power: The village has a small stream that runs through it, and some households have installed micro-hydel power plants to generate electricity. These plants are typically small-scale, with a capacity of 1-5 kW, and are used to power lights and other low-power appliances.

AGRICULTURE AND IRRIGATION

Agriculture is the main source of livelihood for the people of Ramasseri. The village is located in a hilly region, and the primary crops grown here are rice, coconut, and other tropical fruits and vegetables. The villagers follow traditional methods of farming, which are adapted to the local climate and topography.

Irrigation:

Irrigation is essential for agriculture in Ramasseri, as the village receives rainfall only during the monsoon season. The villagers have developed several traditional methods of irrigation, including : Paddy field,Coconut groves,Rainwater harvesting,Drip irrigation.

CONCLUSION

In conclusion, a visit to Ramasseri offers a glimpse into a traditional and sustainable way of life that is rooted in the local environment and community. The village has developed innovative methods of agriculture, water and waste management, and non-conventional energy harnessing that not only support the local economy but also promote environmental sustainability and resilience.

The traditional practice of making Ramasseri Idli, which has been passed down for generations, is a testament to the villagers' commitment to preserving their culture and heritage. The process involves using locally sourced ingredients, traditional tools and implements, and time-honored methods of preparation.

A visit to Ramasseri is not just an opportunity to experience the village's rich culture and heritage, but also a chance to learn from the villagers' sustainable practices and apply them to our own lives. The villagers' innovative methods of agriculture, water and waste management, and non-conventional energy harnessing can serve as a model for other communities to follow, as we strive to build a more sustainable and resilient future for all.

