

## Workshop on “Inner Sustainability”

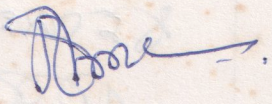
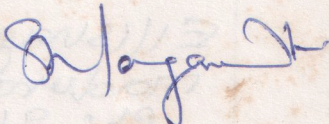
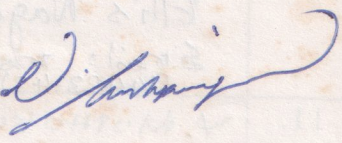
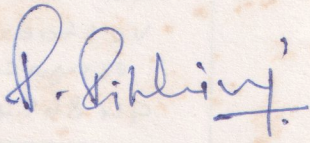
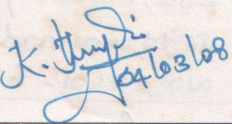
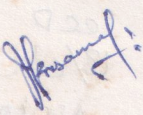
1. Name of the Organisation : Vivekananda Kendra-NARDEP  
Kanyakumari – 629 702
2. Sponsored by : CCD, Madurai
3. Venue : Technology Resource Center  
Anjaneyapuram, Kalluvilai
4. Name of the programme : “Inner Sustainability”
5. Duration : 5 days
6. Dates : 04<sup>th</sup> to 08<sup>th</sup> March, 2008
7. Participants : 21 from Tamil Nadu - (**Annexure – I**)
8. Syllabus, Daily routine and Resource persons : See **Annexure - II**
9. Communication method :
  - ❖ Lecture
  - ❖ Drama performance
  - ❖ LCD projector
  - ❖ Games
10. Visits :
  - ❖ Rock memorial
  - ❖ Wandering Monk Exhibiton
  - ❖ Gramodaya Park
  - ❖ Arise Awake Exhibition
  - ❖ Gangotri Exhibition





## Motivation Workshop for CCD Staff Members

Venue:-Technology Resource Center      Date:- 04-03-2008 to 08-03-2008  
Anjaneyapuram.Kanyakumari.

| Sl.No | Name, Address and Phone Number                                                                                              | Signature                                                                            |
|-------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| 1.    | R. SARAVANAN<br>THE COVENANT CENTRE FOR<br>DEVELOPMENT<br>18/C1 KENNET CROSS ROAD,<br>ELLIS NAGAR - 2607762<br>MADURAI - 16 |    |
| 2.    | S. OLAGIANATHAN<br>THE COVENANT CENTRE FOR DE<br>18/C1, Kennet Cross Road,<br>Madurai- 16 984215406                         |    |
| 3.    | N. Pushparajan,<br>CCD,<br>Madurai - 16<br>Ph: 9994216913                                                                   |   |
| 4.    | P. Pitchaimani<br>CCD<br>madurai. 16<br>9789341641                                                                          |  |
| 5.    | K. Thayanidhi<br>CCD - Seraiyur,<br>Virudunagar<br>9942325693                                                               |  |
| 6.    | R. PRASANNA<br>CCD - Suranam mahakalasam<br>Sivangangai -<br>9940752553                                                     |  |



|     |                                                                                                                                     |                 |
|-----|-------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| 7.  | K. Govindarajan<br>CCD, Madurai<br>99656 77627                                                                                      | K.G.            |
| 8.  | M. MUTHU VELAYUTHAM<br>SECRETARY. CCD<br>MADRAS<br>MADRAS 14200                                                                     |                 |
| 9.  | P. PANDI<br>18 C/1 Kennet Cross Road<br>Ellis Nagar<br>Madurai - 625 016.<br>Ph: 9442614326                                         | P. Pandi        |
| 10. | M. JOHN BRITTO<br>MSMSSK-CCD,<br>18-c/1 Kenet Cross Road,<br>Ellis Nagar, Madurai-16<br>Email: msmssk.trust@gmail.com<br>9443314314 | M. John Britto  |
| 11. | V. MUTHUKUMAR<br>CCD. SBCK<br>282, Kamarajar Nagar<br>Vetfoornimadam,<br>Nagercoil. 629003<br>94 8694 2693                          | V. Muthukumar   |
| 12. | R. Senthil Raja<br>CCD<br>282, Kamarajar Nagar,<br>Vettornimadam,<br>Nagercoil - 629003 CELL-9865157644                             | R. Senthil Raja |
| 13. | N. Ganesan<br>CCD<br>18/C1 Kennet Cross Road<br>Nether Ellis Nagar,<br>Madurai - 16                                                 | N. Ganesan      |

9443314308.



|     |                                                                                                                                                   |                    |
|-----|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|
| 14  | A.V. Poomarugesan.<br>Kazhi Kadai madai Farmers Federation<br>2/21/2B, Thiradi Street, North Karai Road,<br>Thiruvengadu - 609114<br>9486402297.  | A.V. Poomarugesan  |
| 15  | C. PARTHASHARATHI<br>POOMPUR CAUVERY DELTA FARMERS<br>5/84 A MANTHAKARA FEDERATION<br>NEAR TNCS<br>POOMPUR<br>NARAPATTINAM - 609105<br>9443114307 | C. Pattel          |
| 16. | V. Vadagan<br>CED / Nagerial<br>(Ayanayapuram)                                                                                                    | 04.03.08           |
| 17. | G. Ravi Kumar<br>CED - Nagapattinam Poompuhar                                                                                                     | 15/3/08.           |
| 18. | M.N. Kumanesh Babu<br>Adharani ENERGY - Madurai.                                                                                                  | Kumanesh<br>5/3/08 |
| 19  | M.P. Bala. CCD konyakumari                                                                                                                        | Bala               |
| 20  | P. SEKAR.<br>CCD<br>KARUR ANBUKARANAN<br>VEENAIMALAI, KARUR - 639026                                                                              | P. - P.            |



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N. Parameswaran

Chinnmayam

Andoor

Vendalicode P.O, K.K. Dist

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N. Pal

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| <u>Daily Routine</u> |   |                     | <u>Sessions</u>                 |
|----------------------|---|---------------------|---------------------------------|
| Get up               | - | 5.00 hrs.           | <u>N.Krishnanmurthy</u>         |
| Tea                  | - | 5.15 hrs.           | * Happiness Analysis            |
| Yogasana             | - | 5.45 to 7.15 hrs.   | * Bhakti Yoga                   |
| Ablution             | - | 7.15 to 8.15 hrs.   | * Jnana Yoga                    |
| Breakfast            | - | 8.15 to 9.00 hrs.   | * Karma Yoga                    |
| Inspiration          | - | 9.00 to 9.30 hrs.   | * Raja Yoga                     |
| Session – I          | - | 9.30 to 10.30 hrs.  | * Six Enemies                   |
| Tea                  | - | 10.30 to 11.00 hrs. | * Family Life                   |
| Session – II         | - | 11.00 to 12.00 hrs. | * Healthy relaxation techniques |
| Pranayama            | - | 12.00 to 13.00 hrs. | <u>Sumanth</u>                  |
| Lunch and Rest       | - | 13.00 to 14.15 hrs  | * Pranayama                     |
| Visits               | - | 14.15 to 15.45 hrs. | * Cyclic Meditation             |
| Tea                  | - | 15.45 to 16.00 hrs. | <u>Dr.Ganapathy</u>             |
| Session-III          | - | 16.00 to 17.00 hrs  | * Health                        |
| Cyclic Meditation    | - | 17.15 to 18.30 hrs  | <u>N.Subramaniyam</u>           |
| Dinner               | - | 19.30 to 20.30 hrs. | Human Excellence                |
| Night Assembly       | - | 20.30 to 21.30 hrs. | <u>G.Vasudeo</u>                |
| Lights Off           | - | 22.00 hrs.          | ❖ Discovery                     |
|                      |   |                     | ❖ Happiness Analysis            |
|                      |   |                     | <u>Outside Visits</u>           |
|                      |   |                     | * Arise Awake Exhibition        |
|                      |   |                     | * Gangotri                      |
|                      |   |                     | * Gramodaya park                |
|                      |   |                     | * Wandering Monk                |
|                      |   |                     | * Vivekananda Rock Memorial     |