

## *Motivation Workshop for "Co-optex Staff"*



**Organised by :** Vivekananda Kendra - NARDEP  
Vivekanandapuum  
Kanyakumari - 629 702.

**Sponsored by:** Co-optex,  
Chennai, Tamilnadu



# **Motivation Workshop for "Co-optex Staff"**

1. Name of the Organisation : Vivekananda Kendra - NARDEP  
Kanyakumari - 629 702
2. Sponsored by : The Tamilnadu Handloom Weavers'  
Co-operative Society Ltd.,  
Chennai
3. Venue : Vivekananda Kendra, (Gramodaya Park)  
Vivekanandapuram, Kanyakumari
4. Name of the programme : "Motivation Workshop"
5. Duration : 3 days
6. Dates : 21.02.2009 - 23.02.2009  
28.02.2009 - 02.03.2009
7. Participants : 64 nos. - **Annexure - I**  
70 nos. - **Annexure - II**
8. Area : Tamilnadu
9. Communication method :
  - ❖ Interactive Lectures with Slides and LCD Projector
  - ❖ Songs
  - ❖ Innovative games
10. Syllabus :
  - ❖ Who am I?
  - ❖ Stress Management through Yoga
  - ❖ Value of Values
  - ❖ Sadhana in Daily life
  - ❖ Inspiration Stories - **Annexure - III**
  - ❖ Breathing exercise
  - ❖ Customer relationship
11. Daily Sessions and Resource persons : **Annexure - IV**

12. Highlights: :

- ❖ Participants were benefited immensely by the morning Yogasana and afternoon breathing exercise.
- ❖ Appreciated the over-all discipline, punctuality and participatory method adopted during the workshop.
- ❖ Participants enjoyed the evening assembly - innovative games and action songs.
- ❖ Participants got an opportunity to see Sunrise, Sunset (Kanyakumari is famous for sun rise and Sun set) and visit Vivekananda Rock memorial and statue of Thiruvalluvar.

14. Photo gallery : C.D. Enclosed



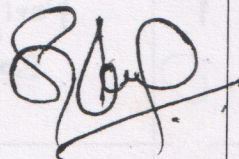
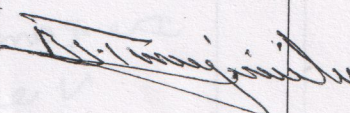
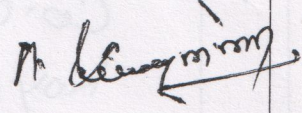
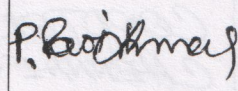
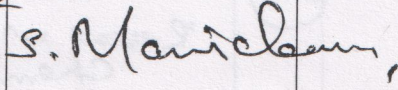
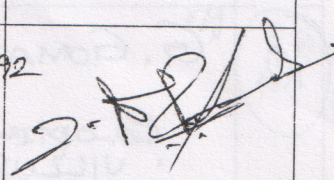
## Annexure 2

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 21<sup>st</sup> to 23<sup>rd</sup> February, 2009

## Participant List

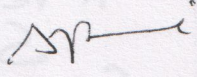
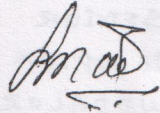
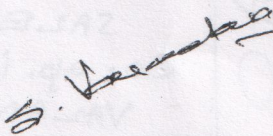
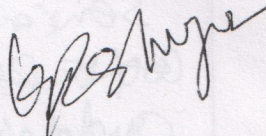
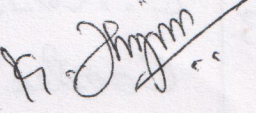
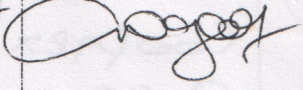
S.no	Name and Address	Phone no & Email Address	Signature
1	S. PERUMAL Co-optex Silk Ware House 84, T.K. Nambi St Kancheepuram	044/27222892 9952703822	
2	B.S. THANIGAINELU Kamachi Co-optex 182 Gandhi Road Kancheepuram	27228892	
3	P. Kandiappan Co-optex ISSR Vellore	0416/2291135 9894794478	
4	P. Ravisumar Co-optex warehouse Vellore	0416/2290025	
5	S. MANICKAM Co-optex (Dept) Office, 84, T.K. Nambi Street, Kancheepuram	044/27222892 9940884498	
6	C.A. PADMANABAN Co-optex yarn unit Kancheepuram	044-27222892 9443641881	

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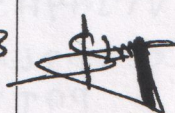
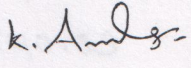
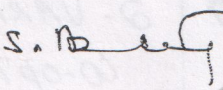
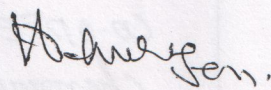
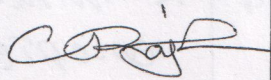
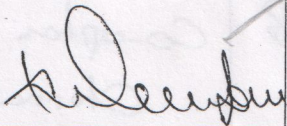
S.no	Name and Address	Phone no & Email Address	Signature
13	Mrs. S. VIJAYA SAMUNDESWARI CO-OPTEX THANGAM PATTU MAALI GAI SALEM - 636001	2260651 9843545125	
14	S. MANI. CO-OPTEX REGIONAL OFFICE CHENNAI. 8	28192394 9444490563	
15	S. VARADARAJU CO-OPTEX T.V. Pattumaligai Chennai. 8	28193175 9444025513	
16	K.R. Subramanian CO-OPTEX REGIONAL OFFICE Chennai. 8	28192394 9444290156	
17	K. Thiruvengadam CO-OPTEX T.V. pattu maligai Chennai. 8	28192394 9444639340	
18	C. NAARAJAN Co-optex T.V. Pattu maligai Chennai - 8	9994764447	

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19	K. VENKATESAN, SALES MAN, CO-OPTEX SHOW ROOM, THIRUVARUR, CUDDALORE REGION.	9943346723	
20	K. ARULRAJAN SENIOR PROGRAMMER CO-OPTEX REGIONAL OFFICE, CUDDALORE	9442269873	
21	S. ARAVAMUTHAN SALES MAN Co. op. la VALANVAIMAN	9442860941	
22	A. MURUGAN Senior Ass. Prog. (S.O) Co-optex Regional Office, Cuddalore.		
23	C. RAJENDRAN. MANAGER. Co-optex Sivakami CHIDAMBARAM. CUDDALORE DIST.	9789415268	
24	K. GANESAN A.S.M. COOPTEX PONDY CUDDALORE REGIONAL	9787616902	

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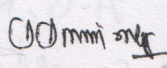
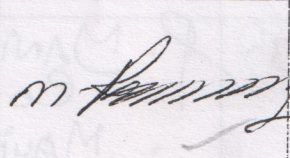
S.no	Name and Address	Phone no & Email Address	Signature
25	A.G. Rajamani Co-optex Ashthalakshmi Adyar - Chennai	24464114	A.G. Rajamani
26	R. Manoj Kumar Bani Ashwini Chennai Dharm - 18	24464114	R. Manoj Kumar
27	M. Loganathan CO-OPTEX R.W.N CHENNAI - 2	9824840096	M. Loganathan
28	G. HAJAVELU Co-optex Pitullim 27880947	27880947 978266510	G. Havelu
29	S. NIVANUSWAMY Co-optex Vaniyambadi	9962766133	S. Nivanuswamy
30	P. MANICKAVASAGAM Co-optex Manager Mayiladuthurai	9943517268	P. Manickavasagam

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S.no	Name and Address	Phone no & Email Address	Signature
31	S. SAMINATHAN Senior Assistant, Co-optex Regional Office 343, Bazaar St, Salem-1	9443804360	
32	J. VANITHA, Assistant Sales woman Co-optex Regional Office. 343, Bazaar Street, Salem-1.	9486292290.	J. Vanitha
33	S. PREMAWATHY, SALESWOMEN, CO-OPTEX REGIONAL OFFICE, 343, BAZAAR STREET, SALEM	9965224061 0427-2262758	S. Premawathy
34	L. REGINA, SALESWOMEN, CO-OPTEX REGIONAL OFFICE, 343, BAZAAR STREET, SALEM	9965244966 0427-2262758	L. Regina
35	L. BALAJI, HELPER, CO-OPTEX REGIONAL OFFICE, 343, BAZAAR STREET, SALEM.	9788749540 0427-2262758	L. Balaji
36	M. RAMANATHAN. SALESMAN. Co-optex Regional office. BAZAAR Street SALEM	9940748992	



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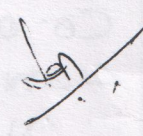
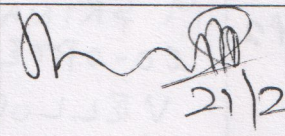
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37	V. KOTESWARAN Co-optex Chengelpet	27429959 9840968764	V. Kotesw
38	K.M. Natarajan, Co-optex, Show Room, Tirupattur.	230134	K.M. Nataraj.
39	M. SUNDARAMAN Co-optex LAKSHMI BAZAAR VELLORE-1	0416 2211009	M. S. Sundaraman
40	G. BALAKRISHNAN Co-optex Arni.	4173-225823	G. Balakrishnan
41	P. KRISHNAMURTHY CO-OPTEX SHOLINGHUR	04172-260093	P. Krishnamurthy
42	M. SRINATH CO-OPTEX I.S.S.R VELLORE.	9486384091	M. Srinath

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43	N. Mani, CO-OPTEX ZILC WARE HOUSE SALEM.	9942911095	N. Mani
44	T.A. MATHESAN Co-optex yarn unit Tiruchengode.	9987206920	ney
45	K. BASAA Co-optex Show Room Hosur	9786315766	
46	A. SUNDARA VADIVELU Co-optex PERIYAR PERANGADI SALEM - 1.	0427/2265956	A. Sundara 21.2.09
47	K. SANKARANAN CO-OPTEX R.O. DRAK. Vellore-10	9444510 430	K. Sankaranan 21/2
48	K. RAMAMOORTHY CO-OPTEX CHENNAI-18	94444366 40	 21/2

சாதாரணப் பெண் நான். என் கணவர் நோயுற்றிருக்கிறார். நான் அவருக்குப் பணிவிடை செய்துகொண்டிருந்தேன். அதனால்தான் உன்னைக் காக்க வைக்க வேண்டியதாயிற்று. கடமைகளை வாழ்நாள் முழுவதும் மனப்பூர்வமாகச் செய்து வருகிறேன். திருமணத்திற்கு முன் பெற்றோருக்கு என் கடமையைச் செய்தேன். இப்போது திருமணம் முடிந்துவிட்டது. எனவே கணவருக்கு என் கடமைகளைச் செய்து வருகிறேன். நான் செய்யும் யோகம் எல்லாம் இதுதான். என் கடமைகளைச் செய்து வந்ததாலே என் ஞானக்கண் திறந்துவிட்டது. அதன் மூலம்தான் நான் உன் எண்ணங்களைப் புரிந்து கொள்ள முடிந்தது, காட்டில் நடந்ததையும் தெரிந்து கொண்டேன். இதற்கு மேலும் உயர்ந்த ஏதாவதை அறிந்து கொள்ள விரும்பினால், இந்த நகரத்திலுள்ள சந்தைக்குச் செல். அங்கே ஒரு வியாதனை நீ சந்திப்பாய். பயனுள்ள பலவற்றை அவன் உனக்குப் போதிப்பான்" என்றாள்.

முதலில் அந்தத் துறவி, "நகரத்தில் ஒரு வியாதனிடம் போவதா?" என்றுதான் நினைத்தார். ஆனால் சற்றுமுன் நடந்த நிகழ்ச்சியால் அவரது ஆணவம் சற்று விலகியிருந்தது. எனவே நகரத்திற்குச் சென்றார். சந்தையைத் தேடிக் கண்டுபிடித்து அங்கே சென்றார்.

அங்கே கொழுத்த பருமனான வியாதன் ஒருவன் பெரிய கத்தியால் இறைச்சியை வெட்டியபடியே, விலை பேசுவதும் விற்பதுமாக இருந்தான். "அடக் கடவுளே! இந்த மனிதனிடமிருந்தா நான் உயர்ந்த விஷயத்தைக் கற்கப் போகிறேன். இவனைப் பார்த்தால் அசுரனின் அவதாரம்போல் தோன்றுகிறதே" என்று அதிர்ந்தார் துறவி.

இதற்கிடையில் வியாதன் துறவியைக் கவனித்து விட்டு, "ஓ சுவாமி, அந்தப் பெண்மணி உங்களை இங்கே அனுப்பினார்களா? சிறிது அமர்ந்திருங்கள், என் வியாபாரத்தை முடித்துவிட்டு வருகிறேன்" என்றான்.

"இங்கே என்ன நடக்கப் போகிறதோ" என்று எண்ணியவாறே அமர்ந்திருந்தார் துறவி.

நெடுநேரம் கழிந்தது. வேலை முடிந்து. வியாதன் பணத்தையெல்லாம் எடுத்துக்கொண்டு துறவியிடம் வந்து, "வாருங்கள் வீட்டிற்குப் போகலாம்" என்றான்.

வீட்டை அடைந்ததும் துறவி அமர்வதற்காக இருக்கை ஒன்றை அளித்து, "இங்கேயே இருங்கள், வந்துவிடுகிறேன்" என்று கூறிவிட்டு உள்ளே சென்றான்.

பின்னர், வயது முதிர்ந்த தன் தந்தையையும் தாயையும் குளிப்பாட்டி, உணலுட்டி, அவர்கள் மனம் மகிழும்படி பலவகையான சேவைகளைச் செய்தான்.

பிறகு துறவியிடம் வந்து, "ஐயா, என்னிடம் வந்துள்ளீர்கள். நான் உங்களுக்கு என்ன செய்ய வேண்டும்?" என்று கேட்டான்.

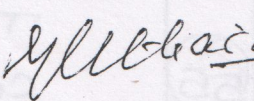
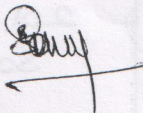
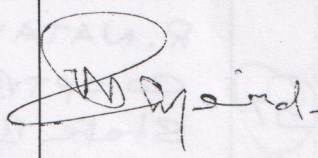
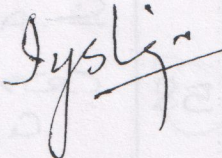
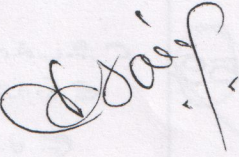
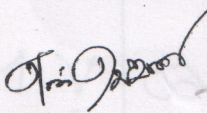
துறவி அவனிடம் ஆன்மாவைப் பற்றியும் கடவுளைப் பற்றியும் சில கேள்விகளைக் கேட்டார். வியாதன் அதற்கு ஒரு பெரிய விளக்கமே தந்தான். அந்த விளக்கம் வியாதனை என்ற பெயரில் மகாபாரதத்தில் உள்ளது. வேதாந்தத்தின் மிகவுயர்ந்த தத்துவ விளக்கங்களுள் ஒன்று இந்த கீதை.

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
49	G. MUTHIAN Cooptex Regional Office. Alagesa Red. Coimbatore	Co-optex Regional Office Coimbatore	
50	P. MANI. MARUDHAM CO-OPTEX COIMBATORE.	94438 52709.	
51	M. RAJENDRAN, Co-optex Kumura 51. Municipal office Road, Tirupur.		
52	E. YAKOUB SILVARAJ Co-optex zone Unit. Coimbatore.	99652 14644	
53	K. RAU MARUDHAM Co-optex Coimbatore-18	94420 20139	
54	N. Selvan Cooptex Printing House House, Erode.	994484599	

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
55	T. S. PALANI SUM (S.G.) Co-optex CRT. Saibaba colony Coimbatore	994179 6080	T. S. Palani
56	R. Suresh Kumar 201 A Dr. Aghasan Road Saibaba colony Coimbatore	9443479861	R. Suresh Kumar
57	R. NATARASAN Co-optex VANNAMPALAM State Bank Road Coimbatore	94438 99775	R. Natarasan
58	S. A. DHANA BALAN Co-optex VASANTAN. GANDHJI ROAD Phase 2.	934598 2570	S. A. Dhana Balan
59	C. BLANCO (C. Blanche) @ 600007-11 E. 600007-11	936 9603396	C. Blanco
60	V Maragatha Sundari Co-optex Regional Office Tirunelveli	2334205	V Maragatha Sundari

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 21<sup>st</sup> to 23<sup>rd</sup> February, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
55	P. VELAMMAL, CO-OPTEX THANGAM PATTUMALIGAI SALEM-636001.	2260651 9750170103	P. Velu
56	R. JAMUNARANI CO-OPTEX THANGAM PATTUMALIGAI SALEM-636001	2260651. 9786720687.	R. Jami
57	K. THEVARASAN CO-OPTEX/VIRUDHACHALAM CUDDALORE REGION	9942231304	K. Thevarasan
58	S. GOVINDASAMY CO-OPTEX TINDIVANAM CUDDALORE	9443957460	S. Govindasamy
59	S. BALAKRISHNAN CO-OPTEX SIRKALI CUDDALORE.		S. Balakrishnan
60	R.G. PADMA RAJ. CO-OPTEX MANJAL. CUDDALORE.	9443606301	R. G. Padma Raj.

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 21<sup>st</sup> to 23<sup>rd</sup> February, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
61	P. STALIN, Junior Assistant, Co-optex Regional Office, Egmore, Chennai - 8	9840373419 28192394	<i>P. Stalin</i>
62	J. THIRUVENKADAM Manager Co-optex SIRPT T. Nagar Chennai 7	9444001529	<i>J. Thiruvend</i>
63	M. SUKUMARAN MANAGER CO-OPTEX BUTTEY PLY CHENNAI 8	9840650038 28193592	<i>M. Sukumar</i>
64	R. Shanmugan Co-optex (SIRPT) Tumkur	9843453411	<i>R. Shanmugan</i>

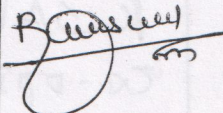
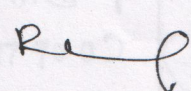
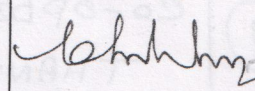
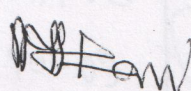
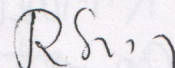

## Annexure B

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

## Participant List

S.no	Name and Address	Phone no & Email Address	Signature
1	M. RAMESHKUMAR. CO-OPTEX SHOW ROOM NEAR GANDHI MANDAPAM KANYAKUMARI. TIRUNELVELI REGION	9940979196	
2	R. PERUMAL Co-optex Regional Alagappanagar office Madurai	9245748065	
3	A. BALASUBRAMANIAN Co-optex Show Room BAZZAR STREET POLLACHI Coimbatore Region	9842981150	
4	M. Mohan Kundavai Co-optex Thamjavur & Region	9791565860	
5	R. Senthomakrishnan Co-optex Show Room Pattukkottai & Region		
6	R. Muralidharan Kundavai Co-optex Thamjavur & Region	9789547680	

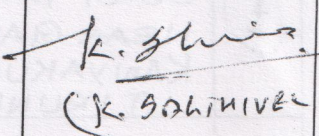
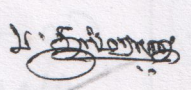
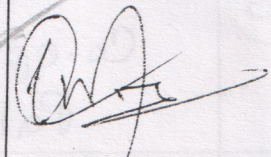


## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
7	K. SAKSHI VEL CO-OPTEX SHOW ROOM KRODIKANAL		 (K. SAKSHI VEL)
8	P. DHARMARAJ. COOPTEX SHOW ROOM. RAMANATHAPURAM	9943800725	
9	M. Santoshumoni. CO-OPTEX SHOW ROOM. THANSAVAR -	9659065941	M. Sakti.
10	S. RAMACHANDRAN CO-OPTEX SIKKAPALU Tirneivel.	9750397676	S. R -
11	K. MURUGESAN Co-optex Kalakoti. Kallakurichi.	9788349460	
12	T. Kamarasabapathy Co-optex Perambalur	9790074141 <del>9790034441</del>	T. Kamaras

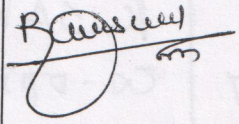
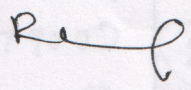
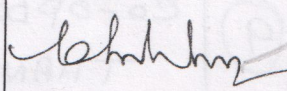

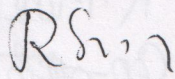
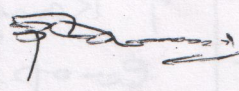
## Annexure B

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

## Participant List

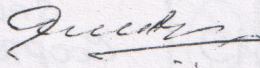
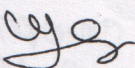
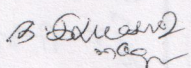
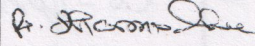
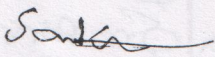
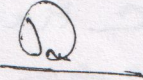
S.no	Name and Address	Phone no & Email Address	Signature
1	M. RAMESHKUMAR. CO-OPTEX SHOW ROOM NEAR GANDHI MANDAPAM KANYAKUMARI. TIRUNELVELI REGION	9940979196	
2	R. PERUMAL Co-optex Regional Alagappanagar office Madurai	9245748065	
3	A. BALASUBRAMANIAN Co-optex Show Room BAZZAR STREET POLLACHI Coimbatore Region	9842981150	
4	M. Mohan Kundavai Co-optex Thamjavur & Region	9791565860	
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## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List


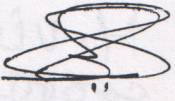
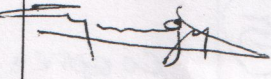
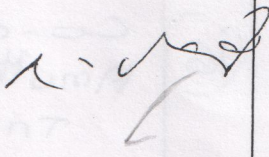
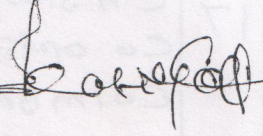
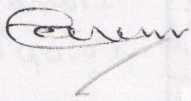
S.no	Name and Address	Phone no & Email Address	Signature
13	G. RAMA SUBRAMANIAN KANATHIMATHI CO-OPTEX, TIRUNELVELI, TN	90035 99550.	
14	M. VISAYAN CO-OPTEX PATHI TRICHY.	92421 69344	
15	N. RAMASAMY SM SB, CO-OPTEX PATHI TRICHINGALLI.	98653 90490	
16	R. Damodar Karan CO-OPTEX AMUTHASWABI TRICHY.	Office 95431 2705034	
17	C.A. SANKARANARAYANAN CO-OPTEX ALUVA COIMBATORE	0484. 2698159	
18	R. Damodara Pisharad Manager, Co-op Tex Show Room Trissur, Coimbatore Region	0484 - 2610704	

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
19	V. ELANHOVAN SALES MAN S.G, COOPTEX - R.I.S.S.R. TRIENY. 3.	9380056414	
20	T.K. RAJAN MANAGER CO-OPTEX SALE EMPORIUM ANAMALY - KOCHI CBE REGION	048A 65348A7	
21	C. MURUSAN Sr. ASST COOPTEX REGIONAL OFFICE MADURAI	0452 2673279.	
22	R. RAMASAMY Production supervisor CO-OPTEX Regional office MADURAI.	9994659608	
23	D. KALANATHAN Sr ASST S.S Co-optex Regional office Madurai	9843969164	
24	C. Karunakaran Sr ASST Co-optex Regional office TANJAVUR.	9345269694	

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 21<sup>st</sup> to 23<sup>rd</sup> February, 2009

### Participant List

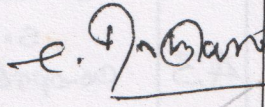
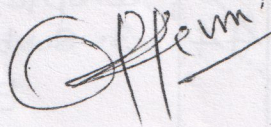
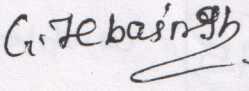
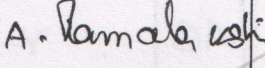
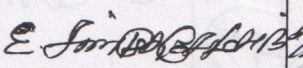
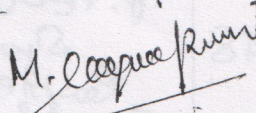
S.no	Name and Address	Phone no & Email Address	Signature
49	V. RAJAJOTHI. CO-OPTEX SHOW ROOM, NANNARGUDI. Cuddalore Region.	253362	V. Rajajothi
50	M. SULAIMAN. CO-OPTEX SHOW ROOM, NAGAPATTANAM Cuddalore Region.	9943846510	Sulaiman
51	P. BALASUBRAMANIAN CO OPTEX, SHOW ROOM, Thiruthuraiipoorai Cuddalore Region.	9943458831	P. Balasubramanian
52	N. BHASKAR Co. optex <del>show room</del> <sup>Regional office</sup> Theruvellur, Salem. I.	94434 09229	N. Bhaskar
53	MGR ANNA LINGAM COOPTEX SHOW ROOM ANDALONAM Vellore Region	948846 3240	MGR Anna Lingam
54	T. BHASKAR. CO-OPTEX ASTALAKSHMI ADYAR CVR	98401824 88	T. Bhaskar

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

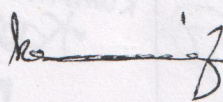
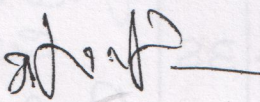
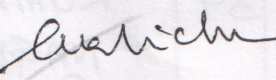
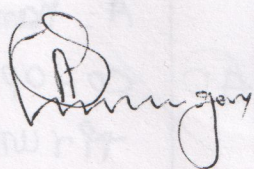
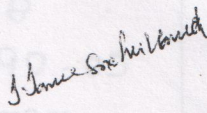
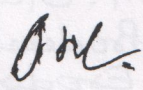
S.no	Name and Address	Phone no & Email Address	Signature
37	C. Mohanan KUMARI KIDARI co-optex Nagercoil Pirunelveli Region	9486680260	
38	Padmalcumr Co-optex PSP, Tvm Kerala	9495830581	
39	G. JEBA SINGH KUMARI CO-OPTEX NAGERCOIL Pirunelveli Region	9944960250	
40	A. Ramalakshmi Co-optex N. J SS.R. Pirunelveli.	9994488568	
41	E. Shammuga Soma Sundanthammal Co-optex Showroom TENKASI.	9443971164	
42	M. Gajendran Production Supervisor Erode DEP office Co-optex Erode.	9842556408	

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

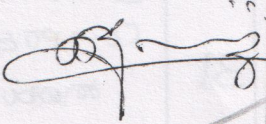
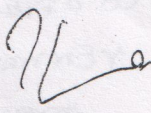
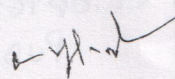
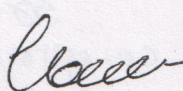
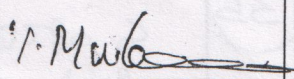
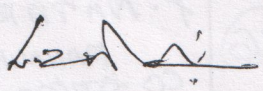
S.no	Name and Address	Phone no & Email Address	Signature
43	S. KAMARAJ S.M.SG Co-optex YARN UNIT 45 B mudali Bhattam Sulai veerappan chattram	98655 - 27728 Erode - 4	
44	S. CHANDRAN. PS Co-optex D&P office 3. Subbarayalu street, ERODE.	99443 18227	
45	K. KALAI SELVI manager gr II Co-optex Sales Emporium Rubi. Coimbatore Region	94866 44620	
46	A. SITHANIBHAN Manager III V.O.E. Cooptex IV + Corim. 2	cell 9486606954	
47	J. Jamal Saeed Hassan S. M Silk Plaza Cooptex Tiruchaluru Room	nil	
48	P. VELUSAMI Sys Analyst (SG) Cooptex Regional office S.B. Colony, Coimbatore-11	<del>986</del> -112	

## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
25	R. THENNARASU, Co-optex. W.H. Madurai - Region.	9952319130	
26	P. CHANBRASEKARAN, Co-optex Angayar kammissikpal Madurai Region	0452 - 2621754	
27	K-MEENARSHI SUNDARAY, Co-optex Virudhunagar, Madurai Region.	04562 243946. 04549 282488.	
28	G. Kumaranavel Co-optex Valhoor	9442046561	
29	V. Manoharan Co-optex P.S.P Tiruvandrum	9487106234	
30	L. Zamboni - OA Gov. Engineering RO Sivakasi.	227494	



## Motivation workshop for Co-optex Staff

Venue: Gramodaya Park  
Vivekanandapuram

Date: 28<sup>th</sup> February to 2<sup>nd</sup> March, 2009

### Participant List

S.no	Name and Address	Phone no & Email Address	Signature
31	E. MOHAN CO-OPTEX ISSR MADURAI.	2693270.	E. Mohan
32	P. MEENAKSHI Sundaram Co-optex. A.S.P. VENKALAKENI ST. MADURAI - 1	2621754	P. Meenakshi
33	V. SEKAR SRASST CO-OPTEX REGIONAL OFFICE PUDUKOTTAI ROAD. THANJAVUR.	9890379862	V. Sekar
34	J. NAGARAJAN SRASST CO-OPTEX Regional office Pudukottai Road, Thanjavur	9842926655	J. Nagarajan
35	S. E RENVARAJAN CO-OPTEX Regional office Pudukottai Road Thanjavur	227291	S. E Renvarajan
36	P. NATARASAN. MANAGER TII CO CO-OPTEX. Marthandaram P.P.M. Complex. K. K. Road	9944228697 273050	P. Natarasan