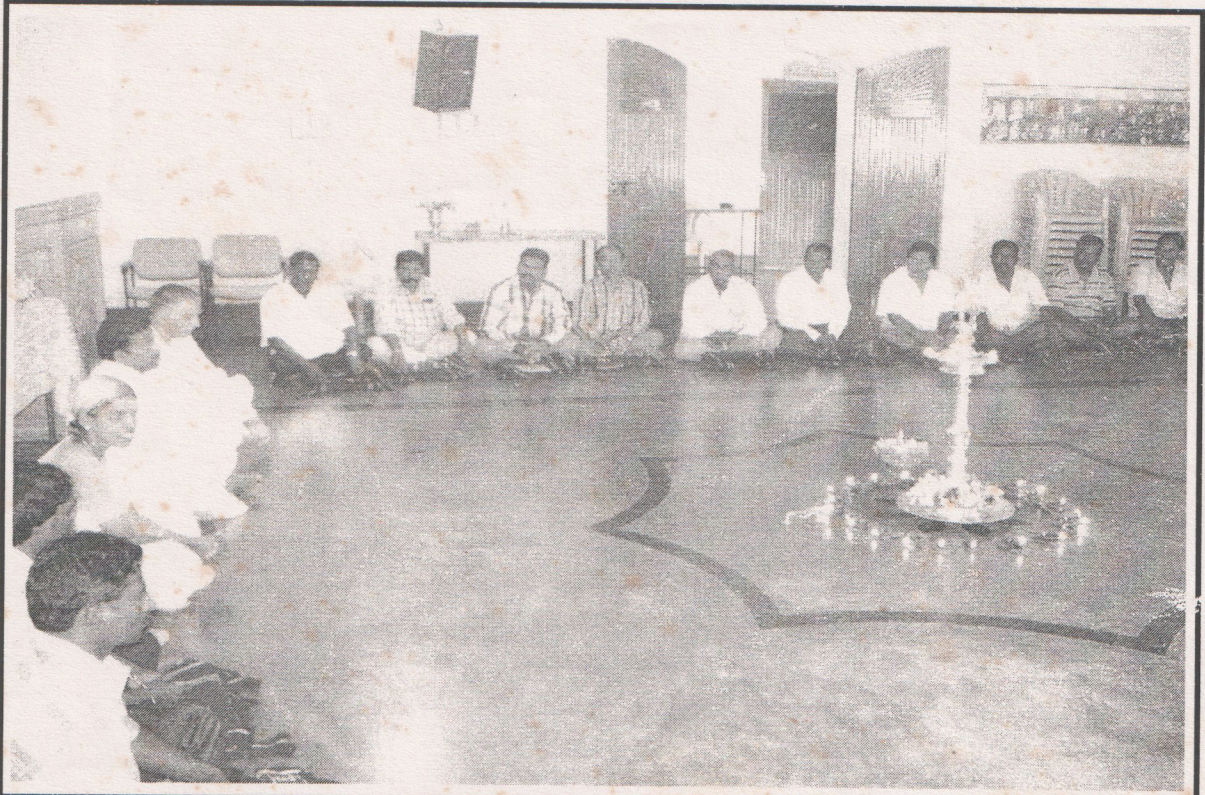


Motivation workshop for TIIC Staffs

Date: 25.01.2008 to 27.01.2008



Organised by

Vivekananda Kendra – NARDEP

Technology Resource Centre

Kanyakumari – 629 702

Phone : 04652 - 246296



Sponsored by

Tamilnadu Industrial Investment Corporation (TIIC)
Chennai

Motivation Workshop for TIIC Staffs

1. Name of the Organisation : Vivekananda Kendra - NARDEP
Kanyakumari - 629 702
2. Sponsored by : Tamilnadu Industrial Investment
Corporation Ltd., Chennai
3. Venue : Technology Resource Center
Anjaneyapuram, Kalluvilai
4. Name of the programme : "Motivation Workshop"
5. Duration : 3 days
6. Dates : 25th to 27th January, 2008
7. Participants : 38 nos. - **Annexure - I**
8. Area : Tamilnadu
9. Communication method :
 - ❖ Interactive Lectures with Slides and
LCD Projector
10. Programme Schedule and
Sessions : **Annexure - II**
11. Highlights: :
 - ❖ Participants attended the morning Yogasana and afternoon
Pranayama class and appreciated the over-all discipline during the
workshop.
 - ❖ Participants enjoyed the night assembly particularly the games and
actions songs.
 - ❖ During their stay, they visited Vivekananda Rock Memorial,
Thiruvalluvar Statute, Gramodaya Park, which has depicted various
rural technologies.
12. Concluding function : See **Annexure - III**

13. Participants Comments :

Shri.Antony Sami:

Hére I understood that anger can lead to a disease. I will try to control it.

Shri.Shanmuga Sundaram:

This training is not only good for body and mind but it also nurtured the soul.

Shri.Chitruarsu:

I had a heart attach twice. So always afraid of doing in exercise, however, here Yoga made me fresh.

Shri.Vijayan:

- i. I had a wrong impression of training programme. I thought it will be strenuous and exhausting but I found the training although tight, very relaxing.
- ii. During camp, I am comfortably sitting on the ground with crossed leg although at home I always sit on the cot or chair.

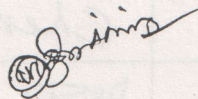
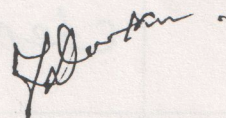
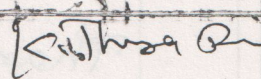
14. Photo Gallery : See **Annexure - IV**



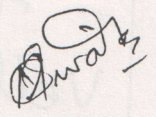
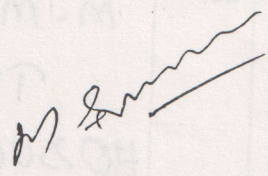
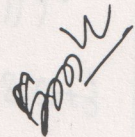
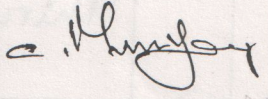
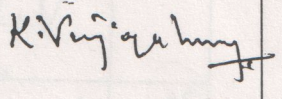
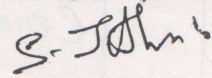
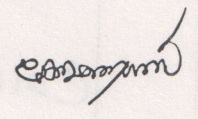
Motivation Workshop for TIIC Staff members

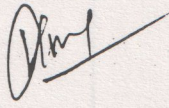
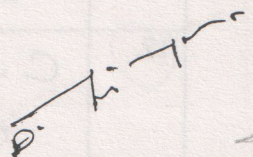
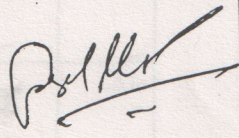
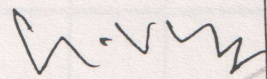
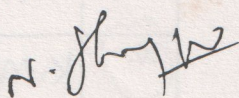
Venue:-Technology Resource Center
Anjaneyapuram, Kanyakumari

Date :-25-01-2008 to 27-01- 2008

Sl.No	Name and Address of the Participants	Phone and E-mail Address	Signature
1.	P. DURAIKANNU TIIC Chennai-35	9444981080	
2.	P. DAVID KUMAR TIIC CHENNAI-35		
3.	P. RANGANATHAN TIIC LTD Chennai & Kanchipuram Branch Chennai-35	85. 9840350651	P. Ranganathan
4.	R. SANJEEVI Substak TIIC Ramanad	9865219224	R. Sanjeevi
5.	K. Thirumalai K. Thirumalai TIIC ERODE		
6.	V. GOVINDA SAMY TIIC Chennai-35	9444973565	V. Govinda Samy

7.	C. CHITTRARASAN TIIIC Chennai-35	9444396860	E. Anjane
8.	S. DANIAL CHANDRA SEKERAN TIIIC Chennai-35	9710494644	S. Jailer
9.	B. B. RAMESH TIIIC Chennai-35	9941391633	B. Ramesh
10.	V. SELVAN TIIIC Chennai-35		V. Selvan
11.	P. SEKAR TIIIC TRICHI	94866 47354	P. Sekar
12.	P. SELVAM TIIIC Thangavoor	9894661396	P. D. Arisai
13.	A. CHANDRASEKARAN TIIIC PUTHUKOTTAI	9443454005	A. Chandrasekaran

14	M. SIVARAJ TIL Chennai - 35	9884132341	
15.	M. SANMUGAM TIL Chennai - 35	9940176692	
16.	R. JEYAKUMAR TIL Thiruvallur Chennai - 58	9962011594	
17.	C. MUNIASAMY TIL RAMNAD	9952426969	
18.	K. VIJAYAKUMAR TIL Chennai - 35	9385512041	
19.	S. JOTHY S. JOTHI TIL Thangavoor	9444819562	
20.	K. MADHAION TIL DHARMABURI	9486729570	

21.	N. SUBRAMANIAN : TIL Velloor	9994323813	NSUBRAMANIAN
22.	M. MADHAN TIL HOSUR	9994638107	
23.	S. PRAKASH KUMAR TIL HOSUR	9842503047	S. Prakash Kumar
24.	D. JAYASANKAR TIL Thiruvannamalai	9442312257	
25.	G. FAZAL MOHAMAD TIL Vilupuram. Chennai	9443047173	
26.	K. VELMURUGAN TIL Coimbatore	0422- 2380520 9442735202	
27.	N. SANMUGASUNDARAM TIL Coimbatore		

28.	P. JAYABAL TILC Viruthunagar	9442839177	P. Jeyaraj
29.	M. MUNIASAMY TILC MADURAI	9944358615	M. Muniyappan
30.	S. SANMUGASUNDARAM TILC - R.O MADURAI.	9787850035	S. Sengudurai
31.	S. CHINNADURAI TILC - SRB MADURAI	9443273740	S. Chinnadurai
32.	V. VENKADESAN TILC - H.O Chennai-35	9884839002	V. Venkatesan
33.	D. RAVICHANDRAN TILC - SRB Chennai-35	9444891586	D. Ravichandran
34.	K. NATCHIMUTHU TILC Thirupur	9442228617	K. Natchimuthu

35.	B. ANTONY SAMY TIIIC Thirunelveli	9788351095	B. Antony
36.	R. T. FRANCIS MASCARANAS TIIIC Tuticorin	0461 - 2312005	T. Francis Mascaranas
37.	M. KAMACHANDRAN TIIIC Salem	9894629723	M. K.
38.	B. LAKSHMANAN TIIIC NAMAKKAL	9382112201	B. Lakshmanan
39.			
40.			
41.			

Motivation workshop for TIIC Staffs

Program Schedule

25.01.2008 (Friday)	26.01.2008 (Saturday)
09:30-10:00 - Registration	05:00 -Get up
10:00-11:00 - Inauguration	05:15 -Tea
11:00-11:30 -Tea break	05:45-07:15 -Yoga
11:30-12:45 - Session I	07:15-08:00 -Ablution
12:45-01:00 - Instructions	08:15-09:00 -Breakfast
01:00-02:30 -Lunch and Rest	09:00-10:45 - Session I
02:30-03:30 - Session II	10:45-11:00 -Tea Break
03:30-03:45 -Tea break	11:00-11:45 - Session II
03:45-04:45 - Session III	11:45-12:45 - Breathing Exercise
04:45-06:00 - Yoga	12:45-01:30 -Lunch and Rest
06:00-07:00 - Living in Tune with Nature	01:30-03:00 -
07:30-08:15 - Dinner	07:30-08:15 -Dinner
08:15-09:15 - Night assembly	08:15-09:15 - Night assembly
09:15-09:45 - Review the session and Prepare for next day	09:15-09:45 -Review the session and Prepare for next day
10:00 -Switch off	10:00 -Switch off

27.01.2008 (Sunday)

05:00 -Get up	09:30-10:45 - Session I
05:15 -Tea	10:45-11:00 -Tea Break
05:45-07:15 -Sun rise	11:00-12:30 - Session II
07:15-08:00 -Ablution	12:30-01:30 - Breathing Exercise
08:15-09:00 -Breakfast	01:30-02:30 -Lunch and Rest
09:00-09:30 - Inspiration Story	02:30-03:00 - Interaction
	03:00-04:00 - Concluding Session

SESSIONS

Date	Session I	Session II	Session III & Visits
25.01.08	11:30-12:30 Family N. Krishna Murthy	02:30-03:30 Who am I V.Ramakrishnan	03:45-04:45 Motivation Stories V.Ramakrishnan
26.01.08	09:30-10:45 Inspiration Stories and Environment in day today life (by participants)	11:00-11:45 Sw. Vivekananda and Kendra Activities	01:30 – 03:00 Gromodaya Park, Green Health Home, Arise and Awake Exhibition 03:15 – 07:00 Vivekananda Rock Memorial, Tiruvalluvar Statue, Sunset etc.,
27.01.08	09:30-10:45 Motivation Dr.Umayoru Bhagan	11:00-12:30 Values of Value Smt.Suba Niranjan	Concluding Session



The Physical, Mental, emotional and spiritual growth of human being in consonance with his or her family, community, patriotic and global identities and relations helping him/her to live in harmony with Nature and to live without impoverishing or endangering future generations, is what is generally accepted as Sustainable Development



உத்வேகப் பயிற்சி முகாம்

இடம்: தொழில்நுட்ப மையம், ஆஞ்சநேயபுரம்

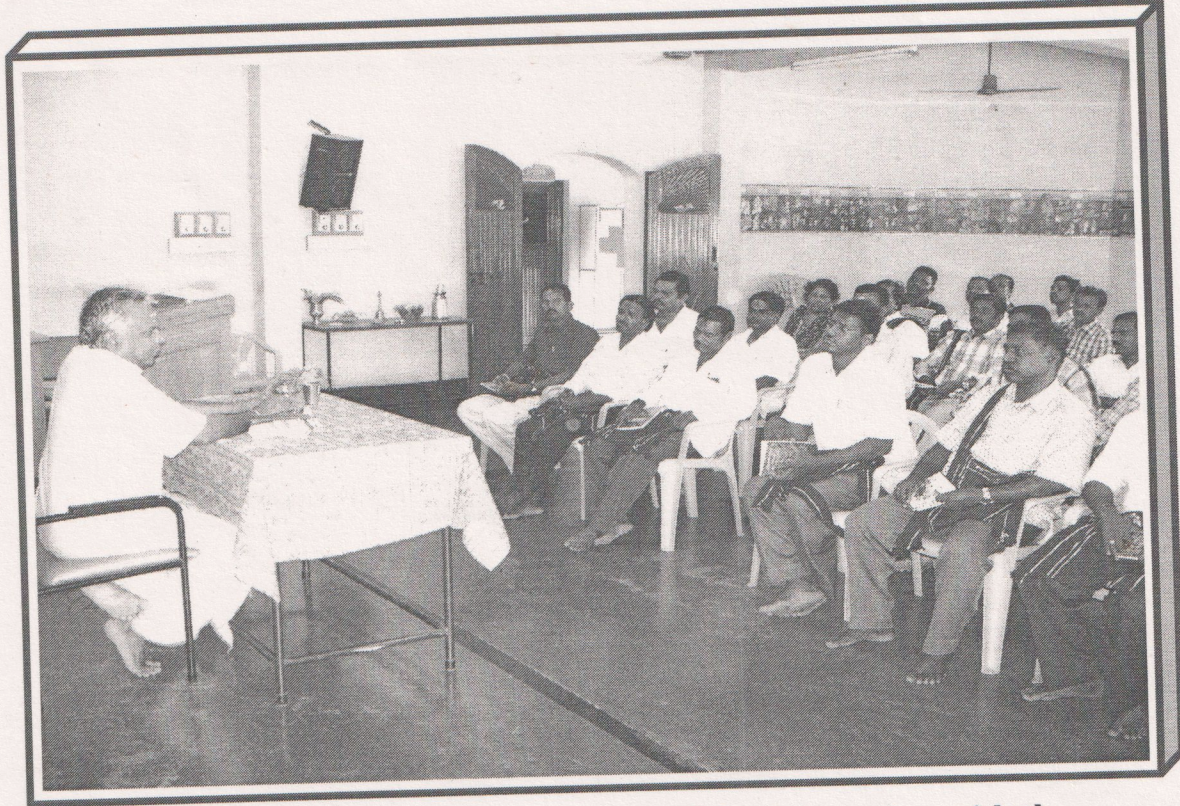
நாள்: 25.01.2008 முதல் 27.01.2008 வரை

நிறைவு விழா

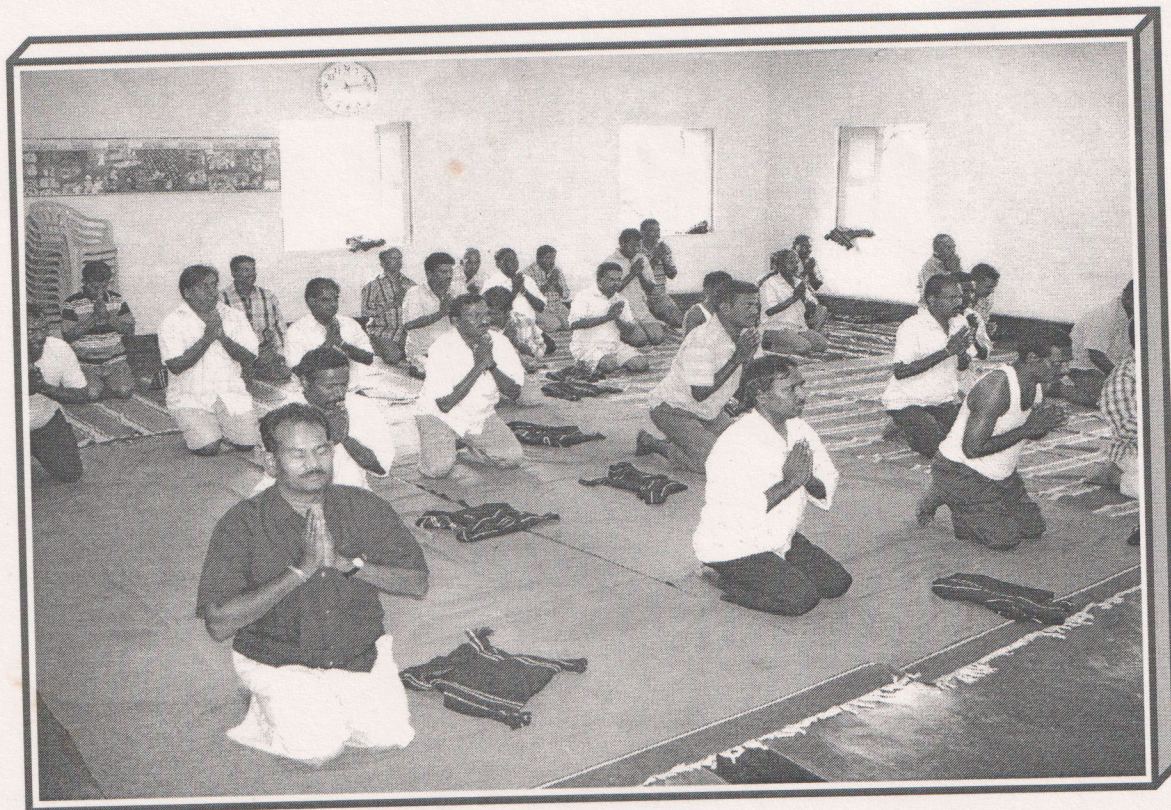
நேரம்: 2.30 முதல் 3.30 மணி வரை

பிரார்த்தனை	- சகோ.ஜோதி	- 2.30 மணி முதல் 2.35 மணி வரை
வரவேற்புரை	- திரு.பி.துரை கண்ணன்	- 2.35 மணி முதல் 2.40 மணி வரை
முகாம் அறிக்கை	- திரு.எஸ்.சண்முகசுந்தரம்	- 2.40 மணி முதல் 2.50 மணி வரை
பாடல்	- சகோ.வே.சரஸ்வதி	- 2.50 மணி முதல் 2.55 மணி வரை
அனுபவம்	- 1. திரு.எஸ்.டேனியல் சந்திரசேகர் 2. திரு.பி.அந்தோணிசாமி 3. திரு.கே.வேல்முருகன் 4. திரு.சி.சுற்றரசன் 5. திரு.என்.சண்முகசுந்தரம் 6. திரு.கே.விஜயன்	- 2.55 மணி முதல் 3.10 மணி வரை
சான்றிதழ் வழங்குதல்	- 1. சகோ.விஜயலெட்சுமி மேலாளர் (பயிற்சி) தமிழ்நாடு தொழில் முதலீட்டு கழகம் சென்னை. 2. திரு.ஜி.வாசுதேவ்ஜி செயலாளர் இயற்கை வள அபிவிருத்தித் திட்டம் விவேகானந்த கேந்திரம்	- 3.10 மணி முதல் 3.15 மணி வரை
வாழ்த்துரை	- சகோ.விஜயலெட்சுமி மேலாளர் (பயிற்சி) தமிழ்நாடு தொழில் முதலீட்டு கழகம் சென்னை.	- 3.15 மணி முதல் 3.30 மணி வரை
சாந்தி மந்திரம்	- திரு.வே.இராமகிருஷ்ணன்	- 3.30 மணி

நிகழ்ச்சி ஒருங்கிணைப்பு: திரு.டி.ஜெய்சங்கர்



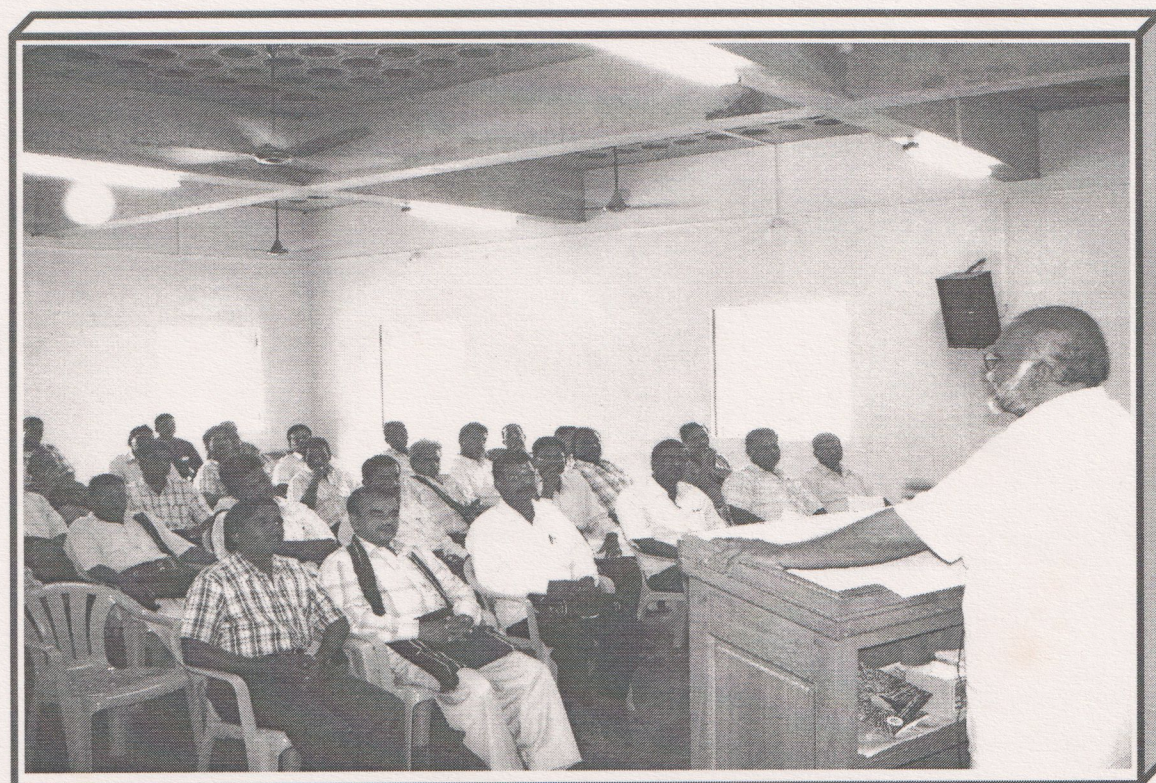
Shri.Krishnamurthy, Vivekananda Kendra interacting with the participants



Participants are doing Yogasana



Street play is on! - Environment in day to day life



**Participants with rapt attention in the Session of
Dr.Umayoru Bhagan, Nagercoil**



**Concluding function and certificate distribution by Sow.Vijayalakshmi,
Manager (Training), TIIC, Chennai**