

Motivation workshop for TIIC Staffs

Date: 18.01.2008 to 20.01.2008



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 : 18th to 20th January, 2008
7. Participants : 32 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 by the Comments :

Shri.Mani:

- i. I understood the importance of following discipline in small acts such as keeping the foot-wears in order. At home, I used to get scolding from my wife as I used to be careless about this small act.
- ii. After coming here, I understood that there is another Mani within me – my hidden potentialities.
- iii. I understood the importance of spending time with the family and taking food together.

Smt.Nirmala Devi:

I am very shy. This camp gave me courage to stand in front of the participants and share my experiences.

Shri.Subramanian:

- i. First time in my life, I did Yoga, sang songs with gusto and washed my utensils after taking food.
- ii. Camp made me introvert. Now, I will try to discover myself.

Shri.Anbu Eruthayaraj:

- i. I totally forgot my family during these 3 days
- ii. I feel refreshed due to relaxation techniques which I learned here.
- iii. Money is not the be all and end all in life. There are other ways to be happy and peaceful.

Shri.Antony Raj:

I enjoyed the calm and quiet atmosphere of the campus. There is something unique of this place which cannot be described.

Shri.Kadiresan:

I got an opportunity to mix up with my colleagues from different districts after a long long gap.

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

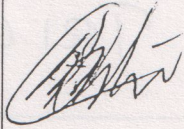
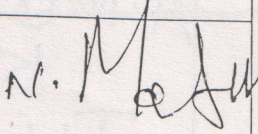
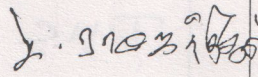
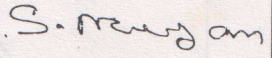
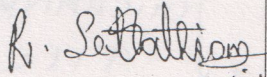
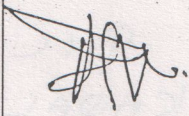


Motivation Workshop for TIIC Staff members

Vivekananda Kendra - NARDEP

Venue:-Technology Resource Center
Anjaneyapuram, Kanyakumari

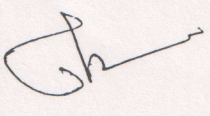
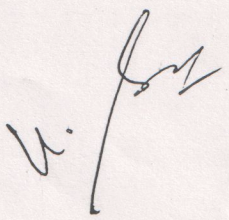
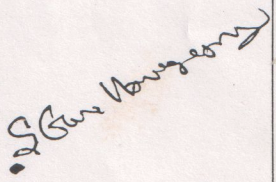
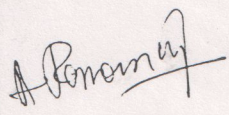
Date :-18-01-2008 to 20-01- 2008

Sl.No	Name and Address of the Participants	Phone and E-mail Address	Signature
1.	M. KATTHIRESAN The Ramon	9443405420	
2.	N. MANOHARAN. TIIC. Ltd. Dindigul.	9940905617	N. Manojan 
3.	J. MURUGAN TIIC Coimbatore	9245118878	J. Murugan 
4.	S. MURUGAN TIIC KARAIKUDI		S. Murugan 
5.	R. SETHURETHINAM TIIC KARAIKUDI		R. Sethurethinam 
6.	S. SANMURASAMI TIIC Coimbatore	9442446407	

7.	V. SURESH KUMAR NO. 33, K.R. - 1 Bm TILC REGIONAL K.R. - 1 Bm TRICHI -	9965238883 OFFICE 9842453366	V. Suresh Kumar
8.	V. Raju (RC) TILC TRICHI	0431 2768460 9442179736	V. Raju
9.	A. MURALI KRISHNAN TILC (HO) CHENNAI	A 971045289 6	9444420526 A. Murali
10.	K. PALANI SAMY TILC ERODE.	9345036667	K. Palani
11.	R. Ramesh TILC H.O Chennai	9940429130 9444613222	R. Ramesh
12.	G. CHANDRASEKARAN TILC Chennai.		G. Chandrasekaran
13.	A. ANBU IRUDAYARAJ TILC KADALUR	9345034049 93454104940	A. Anbu Irudayaraj

14	P. THULSI TIC VELUR		P. Thulsi
15.	M. Nismale Mary TIC, Coimbatore.	04254 - 263789 9865022292	M. (M. Nismale Mary)
16.	C. usha. TIC. Pudukkottai	04262 224013	C. usha.
17.	V. MANI TIC H.O. Chennai	4/90, Nakkereen Salai. Mugappai East. Chennai, 37. 9444475913 9710302346.	V. Mani
18.	A. SANGAR TIC Chennai		A. Sangar
19.	M. JEYARAMAN TIC H.O. Chennai	9710 346246	M. Jayaraman
20.	D. YESUBABU TIC Chennai		D. Yesu Babu

21.	R.M. ANTONY RAJ TIC Chennai - 81	944451 9445161325	Rm. Anthony Raj
22.	S. VEERAPANDIAN TIC Chennai - 95	9444396862	S. Veerapandian
23.	K. BALAKUMAR TIC THIRUVALUR, AMBATORUR - 98	98401 58842	K. Balakumar
24.	M. SOMARAJ TIC - HO Chennai - 35	9444419361	M. Somaraj
25.	R. SUKUMARAN TIC Thirunelveli	R.S.	R. Sukumaran
26.	K. SUNDARAM TIC NAMAGAL	94427 07558	K. Sundaram
27.	K. BOSE TIC VIRUTHUNAGAR	9442047011	K. Bose

28.	S. VIJAYA KUMAR TIC - Ho Chennai-35	9841986742	
29.	A. SUBRAMANIAN TIC Chennai-35	9444819586	Wg. Vidan.
30.	K. SEKAR TIC . Ho Chennai-35	044 42076231	
31.	S. GOMATHINAYAGAM TIC - SRB MADHURAI - 20	0452 - 2522758	
32.	A. RAMAMOORTHY TIC. TUTICORIN.	0461 2391910 9642131152	
33.			
34.			

Motivation workshop for TIIC Staffs

Program Schedule

18.01.2008 (Friday)	19.01.2008 (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

20.01.2008 (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
18.01.08	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
19.01.08	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.,
20.01.08	09:30-10:45 Motivation Dr.Umayoru Bhagan	11:00-12:30 Values of Value N.Subramaniam	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

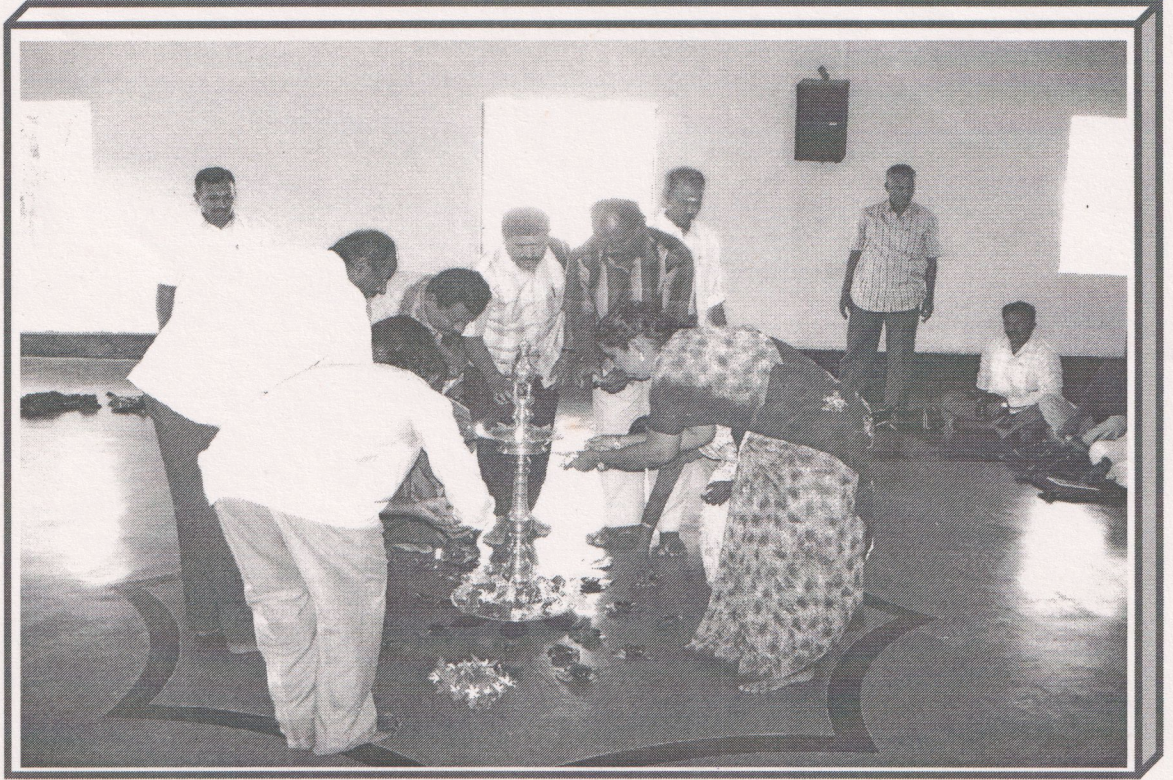
இடம்: தொழில்நுட்ப மையம், ஆஞ்சநேயபுரம்
நாள்: 18.01.2008 முதல் 20.01.2008 வரை

நிறைவு விழா

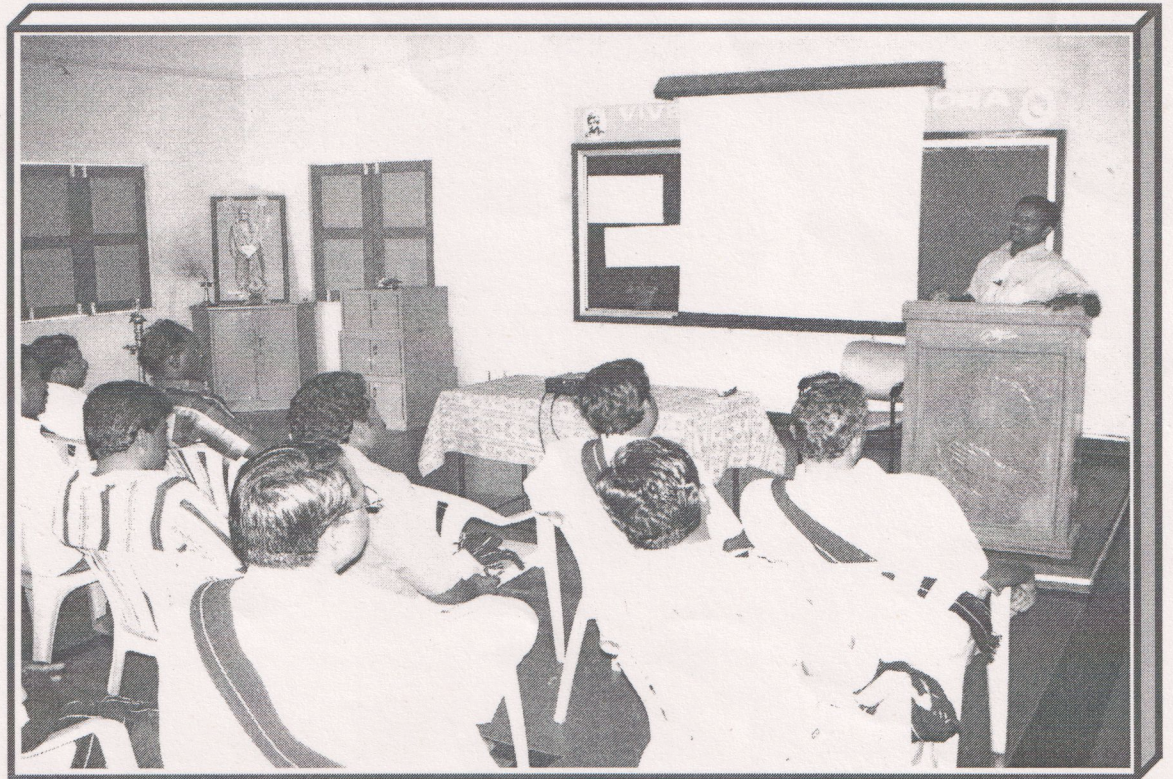
நேரம்: 2.30 முதல் 3.30 மணி வரை

பிரார்த்தனை	- திரு.விராஜூ	- 2.30 மணி முதல் 2.35 மணி வரை
வரவேற்புரை	- திரு.கே.போஸ்	- 2.35 மணி முதல் 2.40 மணி வரை
முகாம் அறிக்கை	- திரு.எம்.சோமராஜ்	- 2.40 மணி முதல் 2.50 மணி வரை
பாடல்	- சகோ.வே.சரஸ்வதி	- 2.50 மணி முதல் 2.55 மணி வரை
அனுபவம்	- 1. திரு.வி.மணி 2. திரு.ஏ.சுப்ரமணியன் 3. நிர்மலா மேரி 4. திருஅன்பு இருதயராஜ் 5. திருஅந்தோணிராஜ் 6. திரு.எம்.ஜெயராமன்	- 2.55 மணி முதல் 3.10 மணி வரை
சான்றிதழ் வழங்குதல்	- 1. திரு.எ.பாலகிருஷ்ணன் துணைத் தலைவர் விவேகானந்தகேந்திரம் 2. திரு.ஜி.வாசுதேவ்ஜி செயலாளர் இயற்கை வள அபிவிருத்தித் திட்டம் விவேகானந்த கேந்திரம்	- 3.10 மணி முதல் 3.15 மணி வரை
வாழ்த்துரை	- திரு.எ.பாலகிருஷ்ணன் துணைத் தலைவர் விவேகானந்தகேந்திரம்	- 3.15 மணி முதல் 3.30 மணி வரை
நன்றியுரை	- திரு.கதிர்சன்	- 3.30 மணி முதல் 3.35 மணி வரை
சாந்தி மந்திரம்	- திரு.வே.இராமகிருஷ்ணன்	- 3.35 மணி

நிகழ்ச்சி ஒருங்கிணைப்பு: திரு.கே.சுந்தரம்



Inauguration function



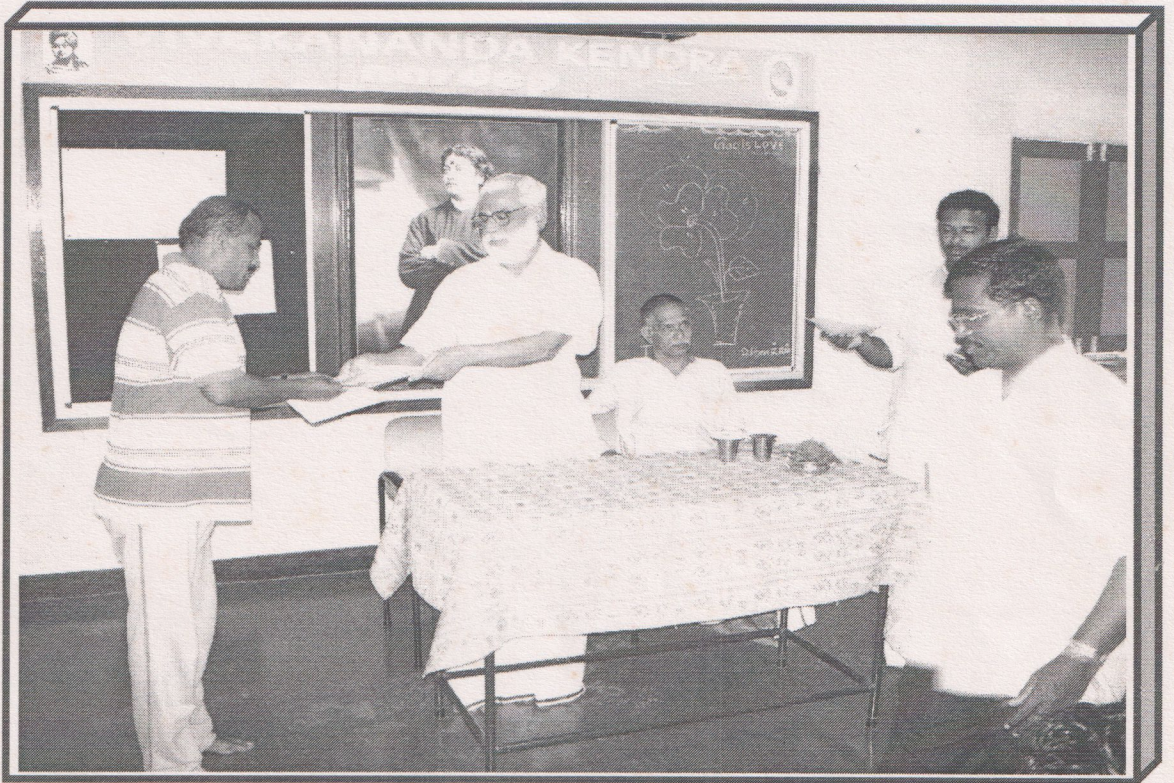
Shri.V.Ramakrishnan interacting with the participants



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



Lady Participant sharing her experience



**Concluding function and certificate distribution by
Shri.A.Balakrishnan, Vice President, Vivekananda Kendra, Kanyakumari**