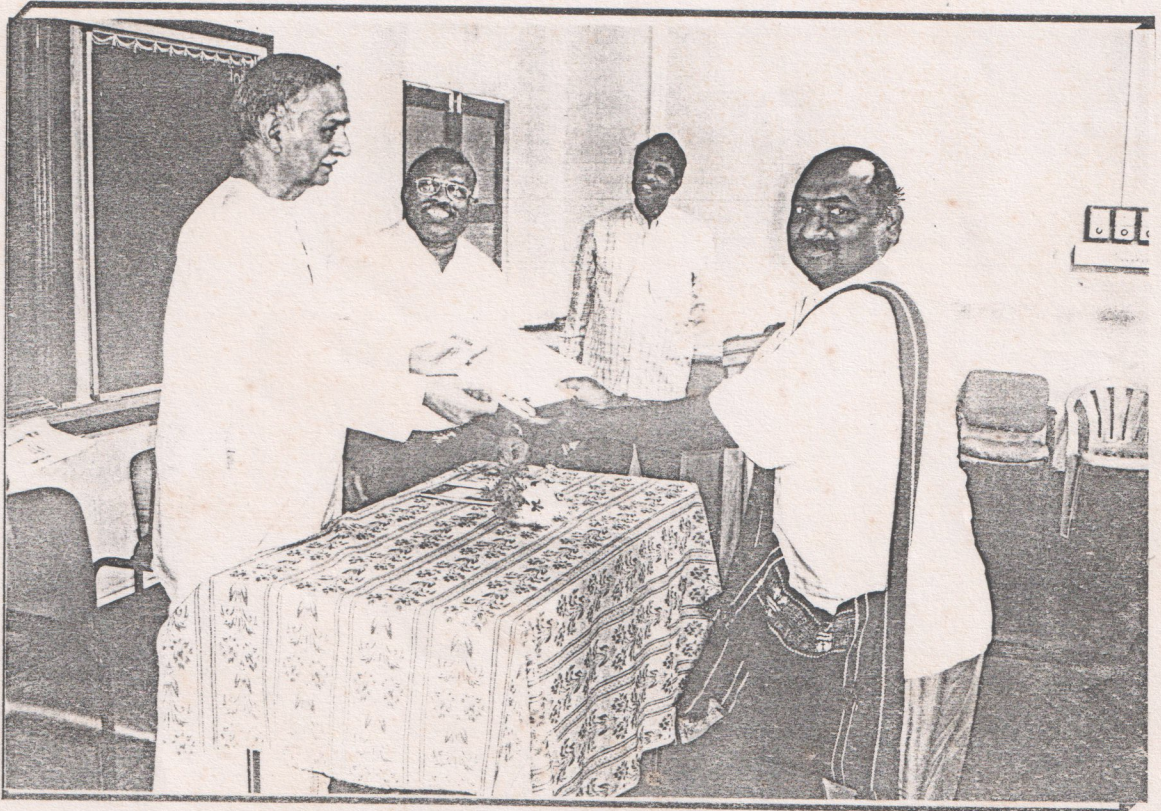


Motivation Workshop for TIIC Staffs

Date : 04.01.2008 to 06.01.2008

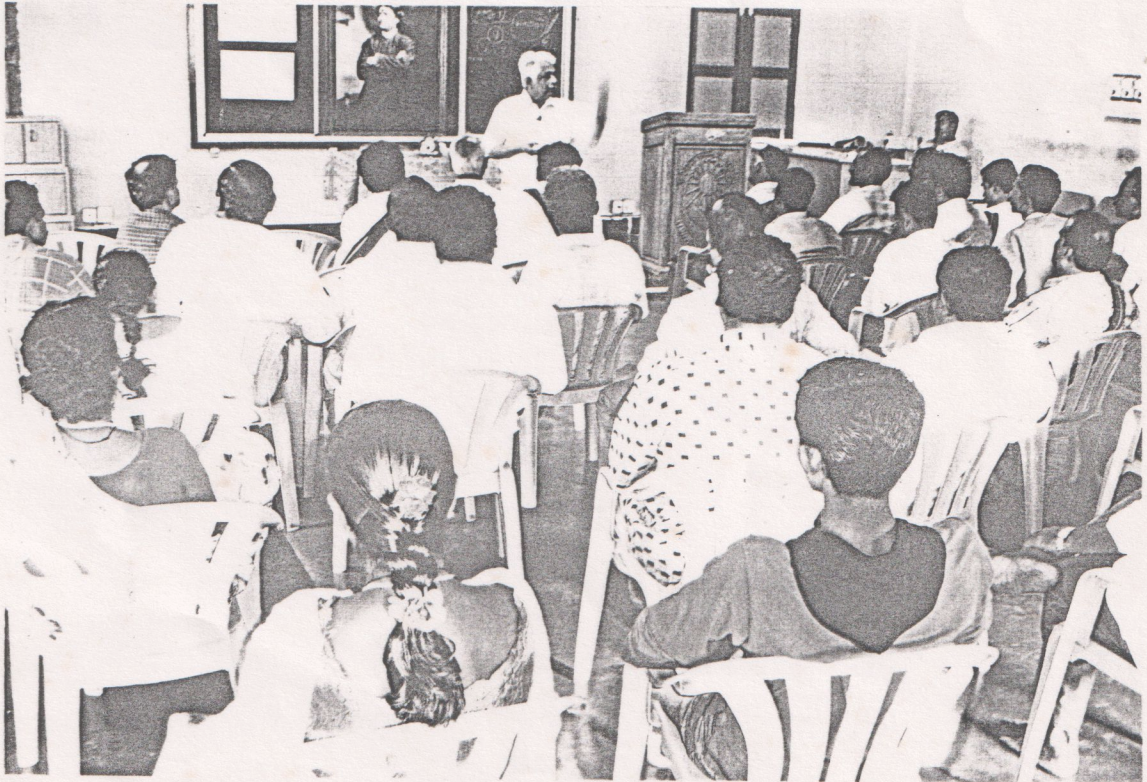


*Organised by : Vivekananda Kendra -NARDEP
Technology Resource Center
Kanyakumari - 629 702.*

*Sponsored by : Tamilnadu Industrial Investment
Corporation Ltd.,
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 : 4th to 6th January, 2008
7. Participants : 34 nos. - **Annexure - I**
8. Area : Tamilnadu



Shri. N. Subramanian Pillai, Nagercoil Interacting with the participants

9. Communication method :

- ❖ Interactive Lectures with Slides and LCD Projector

10. Programme Schedule and Sessions :

Annexure - II

- ❖ Discovery
- ❖ Happiness Analysis
- ❖ Work Ethics
- ❖ You Can Win
- ❖ Family Values
- ❖ Best in You
- ❖ Yoga and Street play
- ❖ Games

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.



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

12. Participants' Comments:

Shri.P.V.Prakasam:

- ❖ I never left home even for a single day, but here I enjoyed 3 days and now not feeling like leaving.

Shri.Amavasi:

- ❖ We understood the value of discipline by our small acts of 'Keeping our foot-wear in order'
- ❖ Very good opportunity to meet all the colleagues from Tamilnadu

Smt.Kamsala:

- ❖ Enjoyed the games; played first time in my life

Shri.Annadurai:

- ❖ I never washed my plate after taking food at home. It was a novel experience.



Participant sharing his experience

Participants' Comments:

Shri.Gunalan:

- ❖ I felt that within 3 days, my age has been reduced. I have become young, nay a child!

Shri.Rajshekhar:

- ❖ Yoga was very useful. I wish, I will continue practicing at my home as well!

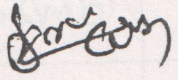

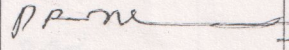
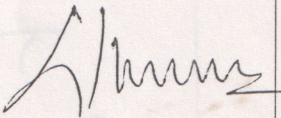


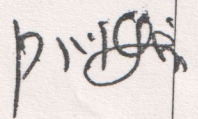
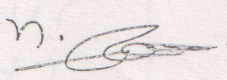
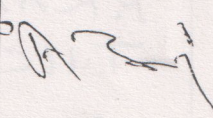
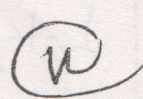
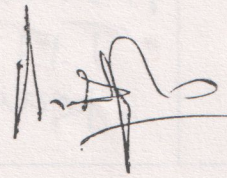
Participants writing positive qualities on the back

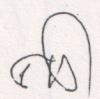
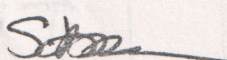
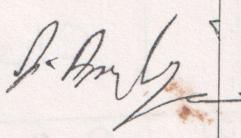
Motivation Workshop for TIIC Staff members

Venue:- Technology Resource Center
Anjaneyapuram, Kanyakumari

Date :-04-01-2008 to 06-01- 2008

Sl.No	Name and Address of the Participants	Phone and E-mail Address	Signature
1.	P.V. Prakasham TIIC Chennai-35	9444161918	
2.	R. Kuppusamy [KUPPUSAMY] TIIC LTD Chennai-35	9444948551	
3.	M. Raji [RAJI] TIIC LTD Chennai-35	9444977891	M. Raji
4.	P. RAMESH TIIC Chennai-35	9894955257	
5.	L. KANNAN TIIC Povilkottai	954322 2280210	
6.	A. SANTHANAM TIIC Kawar	9442869466	A. Santanam

7.	P. MATHIALASIAN TICC Thangavoor	9946946630	
8.	M. Annadurai TIC Ltd, Thiruvallur branch Ambattur chsf	938217755 7.	M. Annadurai
9.	M. MURUGESAN TICC Ltd, DINDIGUL	94427-53460	M. 
10.	P. RAVINDRAN TICC LTD Salem		P. Ravindran
11.	A. SATHAVELU TICC B.S. 300	25549060	
12.	T. Venkateswaram TIC Broodan	9442585510	
13.	R. Sadarulla Raj TICC D. S. 10000	94443968 59	

14.	K Chakravarthy TIC Ltd Villupuram	9944738544	KCB
15.	S. GAJENDRAN TIC Ltd 692 Amasalai Nandana Chennai- 35		
16.	S. KASIMAN TIC LTD Erode	986 5586 443	
17.	J. Gunaleen TIC Chennai 35	9841214836	J. Gunaleen
18.	T. Prabhakar TIC Ch 35	984037638	T. Prabhakar
19.	E. ANEERAJAN TIC Ch-35	9710480202	
20.	G. Anandan TIC H.O Ch-35	9442396861	G. Anandan

28.	A. THINEES MARY TII C Chennai-35	9380136328	A. Thinees Mary
29.	S. Ganapathy T.I.L.C Brank CBE - 18	9443506324	S. Ganapathy
30.	A. Selvaraj T. I. I. C. SRB. CBB.	9842896485 9842896485	A. Selvaraj
31.	N. A. Sivalayyan T. I. I. C. RO CBB	9942730334	N. Sivalayyan
32.	P. MANTHIRA MOORTHY TII C Tuticorin	9486647558	P. Manthira Moorthy
33.	T. Selvan Arumugam TII C ud Tirunelveli	2542044 (0462)	T. Selvan Arumugam
34.	M. Komlich TII C ud Tirunelveli	9442908561	M. Komlich

Motivation workshop for TIIC Staffs

Program Schedule

04.01.2008 (Friday)	05.01.2008 (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

06.01.2008 (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
04.01.08	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
05.01.08	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.,
06.01.08	09:30-10:45 Motivation Dr.Umayoru Bhagan	11:00-12:30 Values of Value N.Subramaniyam	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

