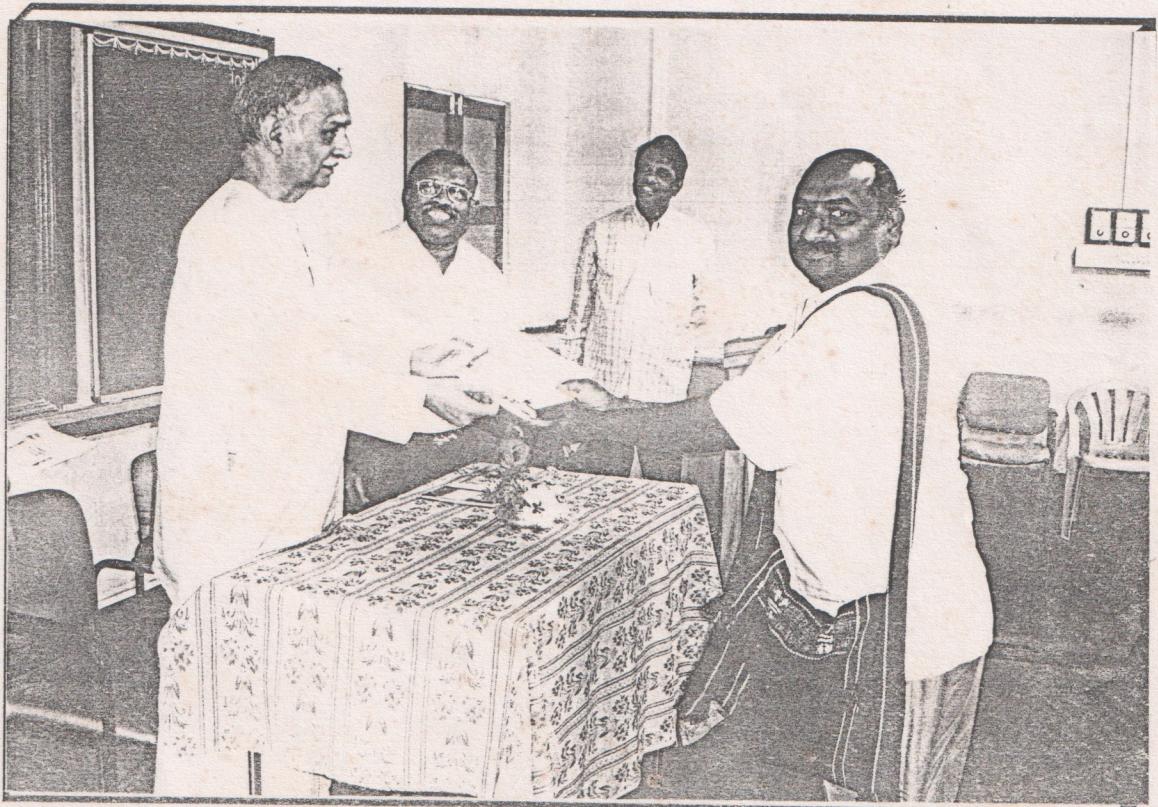


Motivation Workshop for TIIIC Staffs

Date : 04.01.2008 to 06.01.2008

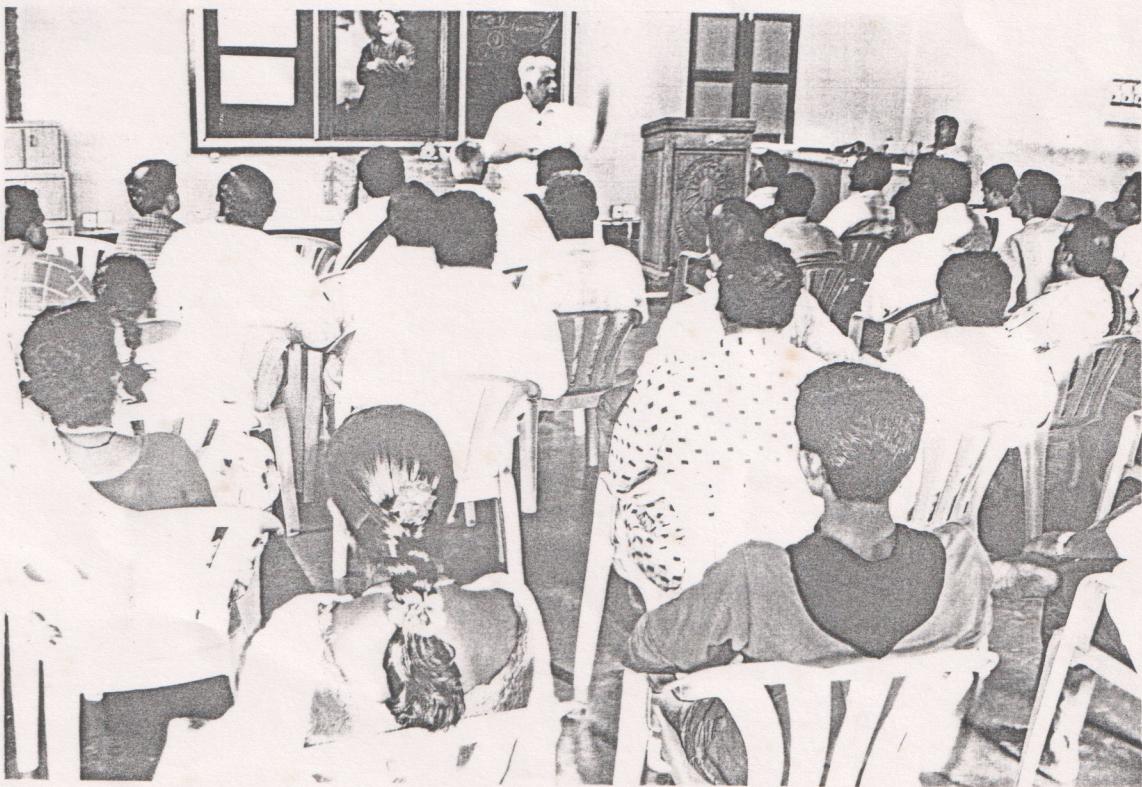


Organised by : Vivekananda Kendra –NARDEP
Technology Resource Center
Kanyakumari - 629 702.

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 Statue, 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

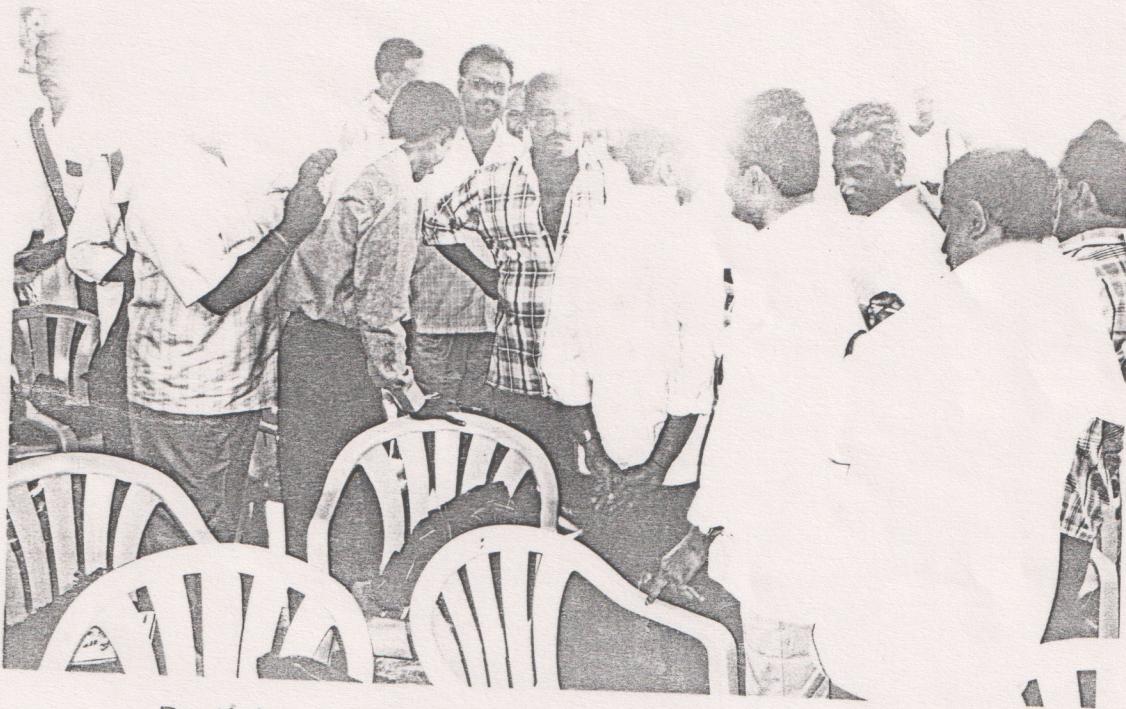
Participants' Comments:

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!

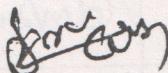
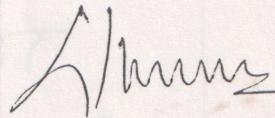


Participants writing positive qualities on the back

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. Prakasam TIIC Chennai - 35	9444161918	
2.	R. Kuppusamy [KUPPUSAMY] TIIC LTD Chennai - 35	9444948551	
3.	M. Roli [RAJI] TIIC LTD CH 35	9444977891	M. Roli
4.	P. RAMESH TIIC CH 35	98-94955257	PRAMESH
5.	L. Kannan TIIC PUDUCHERRY	9571322 2280210	
6.	A. SANTHANAM TIIC Kaw	9442869466	A. SANTHANAM

7.	P. MATHILALASIAN TII C Thanganur	9940946630	Prakash
8.	M. Annadurai TII C LTD, Thiruvallur branch Ambattur chs 58	9382177557	M. A. adi
9.	M. MURUGESAN TII C LTD, DINDIGUL	94427-53460	M. G.
10.	P. RAVINDRAN TII C LTD Salem		P. Ravindra
11.	A. SATHYAVELU TII C FMS - 3 cr	25549066	A. Sathya
12.	T. Venkateswaram TII C Brockton	9442585510	(W)
13.	R. Sadasivam TII C O. S. 10000	9444396859	R. Sadasivam

14.	K Chakravarthy TII C Ltd Villupuram	9944738544 KCI	
15.	S. GAJENDRAN TII C Ltd 692 Anna Salai Nandanam Chennai - 35		QD
16.	S. KASIMAN TII C LTD Erode	9865586 443	S. Kasiman
17.	J. Gunesan TII C Chennai 85	9841214836	J. Gunesan
18.	T. Praveen TII C Ch 35	9840376038	Praveen
19.	E AMERASAN TII C Ch 35	9710480602	E. Amerasan
20.	G. Anandan TII C H.O Ch - 35	9442396861	G. Anandan

28.	A. THINEES MARY TII C Chennai - 35	9380136328	Approved by A. S. Selvaraj
29.	S. Ganapathy T.I.I.C Branch CBE - 18	9443506324	Approved
30.	A. Selvaraj T. I. I. C. SRB. C3B	9842896485 9842896485	A. Selvaraj
31.	V. Sivalayam T.I.I.C.R.O C3B	9942730714	Mr. Sivalayam
32.	P. MANTHIRA MOORTHY TII C Tuticorin	9486647558	Approved
33.	T. Selvan Arumugam TII C wt Tirunelveli	2542044 (04627)	Approved T. Selvan Arumugam
34.	M. Komalich TII C wt Tirunelveli	9442908561	M. Komalich

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

