

## **Training Programme for officials of TNCS & CP on “Public Distribution System and Human Relations”**

1. Name of the Organisation : Vivekananda Kendra - NARDEP  
Kanyakumari – 629 702
2. Sponsored by : Tamilnadu Civil Supply Department  
Chennai
3. Venue : Technology Resource Center  
Anjaneyapuram, Kalluvilai
4. Name of the programme : “Public Distribution System and Human Relations”
5. Duration : 3 days
6. Dates : 19<sup>th</sup> to 21<sup>st</sup> February, 2010  
5<sup>th</sup> to 7<sup>th</sup> March, 2010  
12<sup>th</sup> to 14<sup>th</sup> March, 2010
7. Participants : 29 nos. – **Annexure – I**  
26 nos. – **Annexure – II**  
27 nos. – **Annexure – III**
8. Area : Tamilnadu



***Dr.Umaiurbhagan interacting with participants on “Values of Values ”***

9. Communication method : 

- ❖ Interactive Lectures with Slides and Power point presentations

10. Programme Schedule and Sessions : **Annexure - IV, V and VI**

- ❖ Know your health
- ❖ Who am I?
- ❖ Stress Management
- ❖ Happiness Analysis
- ❖ Value of values
- ❖ Efficiency in Action
- ❖ Life – Beautiful, useful and Meaningful
- ❖ Yoga and Street play
- ❖ Games

11. Concluding Session : **Annexure - VII**

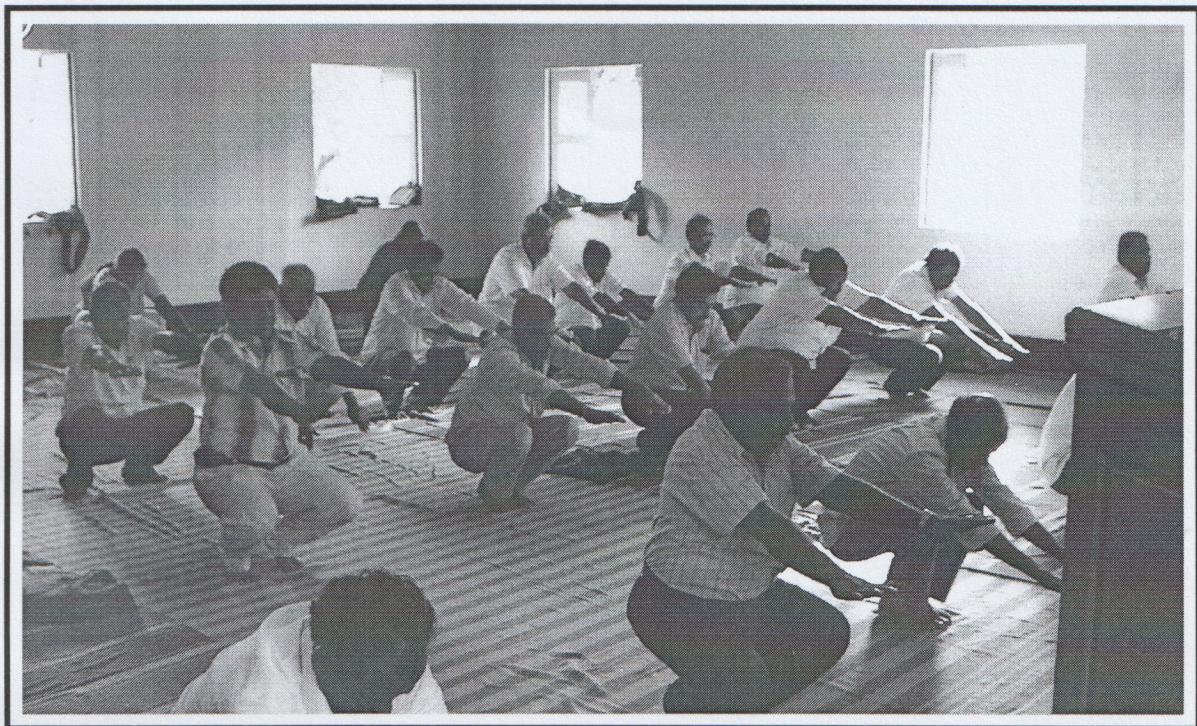


***Night assembly? No! Light assembly with Stress reliving games***

12. 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.



***Yoga? No! Stretching exercises before the practice of Yoga***

### 13. Participants' Comments :

#### **CAMP – 1**

##### ***Shri. Mohamed Meeran:***

- I was surprised to know that within three days my colleagues brought out my potentialities.
- I was afraid after seeing the title of the camp that this camp too would discuss about Rice and Dal but it turned out to be entirely different. Thanks to the Commissioner.
- Here we understood that there is a world beyond our department.
- National spirit was awakened during the programme. Understood the value of simple life.
- Tried to know "Who am I?". I hope, my search will continue.

##### ***Shri. Devaraj:***

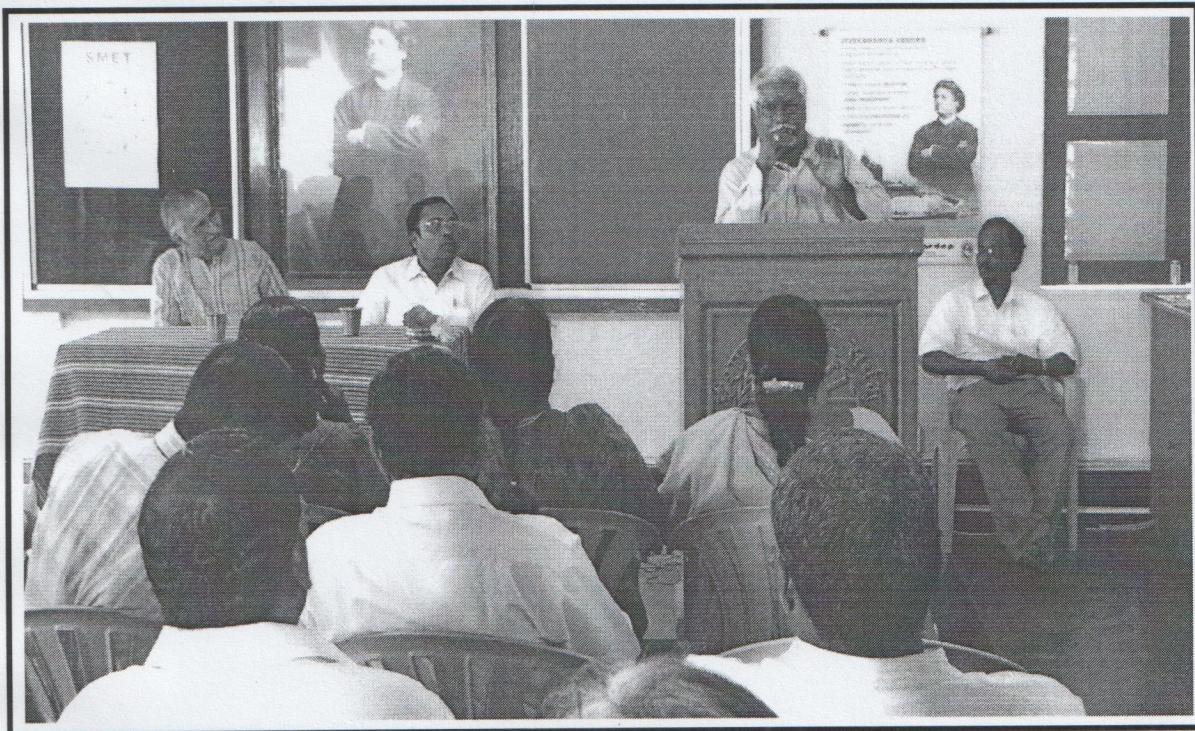
- The night games were highly innovative. During the games we identified not only with each others but also with animals.
- Games helped us in building Team spirit.

**Shri.Ravikumar:**

- Compulsory serving taught us a lesson-patience, discipline etc. Moreover, we forgot the hierarchy and felt the equality amongst us. ( I could ask my senior to bring dal and subji etc., during training)

**Shri.Duraipandian:**

- Programme helped in developing self-confidence.



*Participants giving a feed back during the Valedictory function*

**Shri.Chakravarthy:**

- First time in my life, I stood in front of a mike.
- Understood the significance of serving with love.

**Shri.Manoharan:**

- Shri. Subramanian pillai gave us a real ticket to “Happy valley”
- Recharging took place during training. I hope, my efficiency will go up.

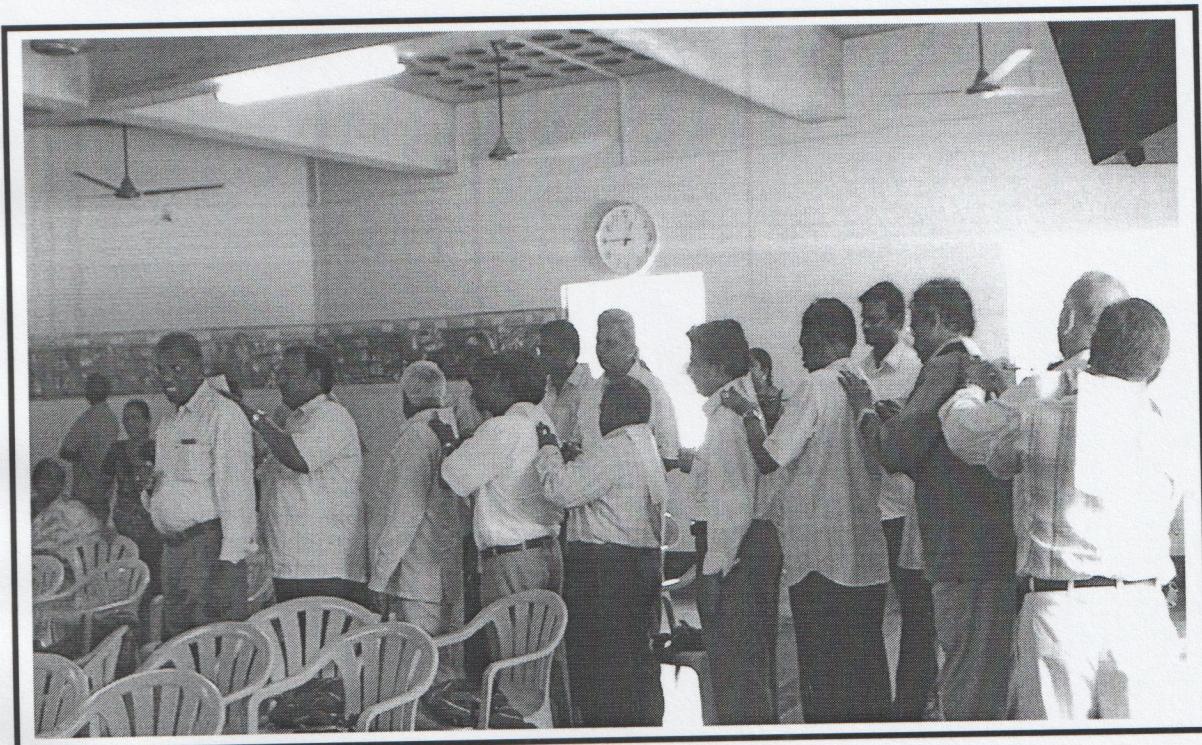
## CAMP - 2

### **Shri.Sankaranarayanan:**

- Liked the idea of lighting the lamp by all the participants during the inauguration.
- You told us to leave the footwear outside the hall, along with it we left our post, ego etc., during the training.
- Training brought the child within us, which helped in relieving the stress.
- BUM session made us understand the positive aspects of our personality. Hope we will nurture it.

### **Shri.Arief:**

- All the year, I was worried about bogus ration cards, this programme brought me a great relief
- Within a short span of three days, I felt the attitudinal change within me. Now, I will react differently even during time of crises.



***Ticket to Happy Valley – Life is beautiful, Useful and Meaningful too***

### **Shri.Ravindran:**

- I recollected the happy days of my college life during the training.
- Natural, simple food was excellent.
- Training is a must for all the officers.

***Shri.Velliangiri:***

- Reviewing the session every day by closing the eyes was a fantastic exercise

***ShriAlagiri:***

- We learnt the "How of work" by observing the worker's of Vivekananda Kendra, who all are service minded.

***Shri.Murugraiah:***

- The game of remembering the names of colleagues was very good. It brought us closer to each other.



***Smt.Renganayaki sharing her views during concluding function.***

**CAMP - 3**

***Shri. Veluswamy:***

- Yoga session was very relaxing.

***Smt. Renganayaki:***

- While leaving this place, I will feel sad.
- Training should be for five days.
- I have forgotten my family, house and office during these three days.

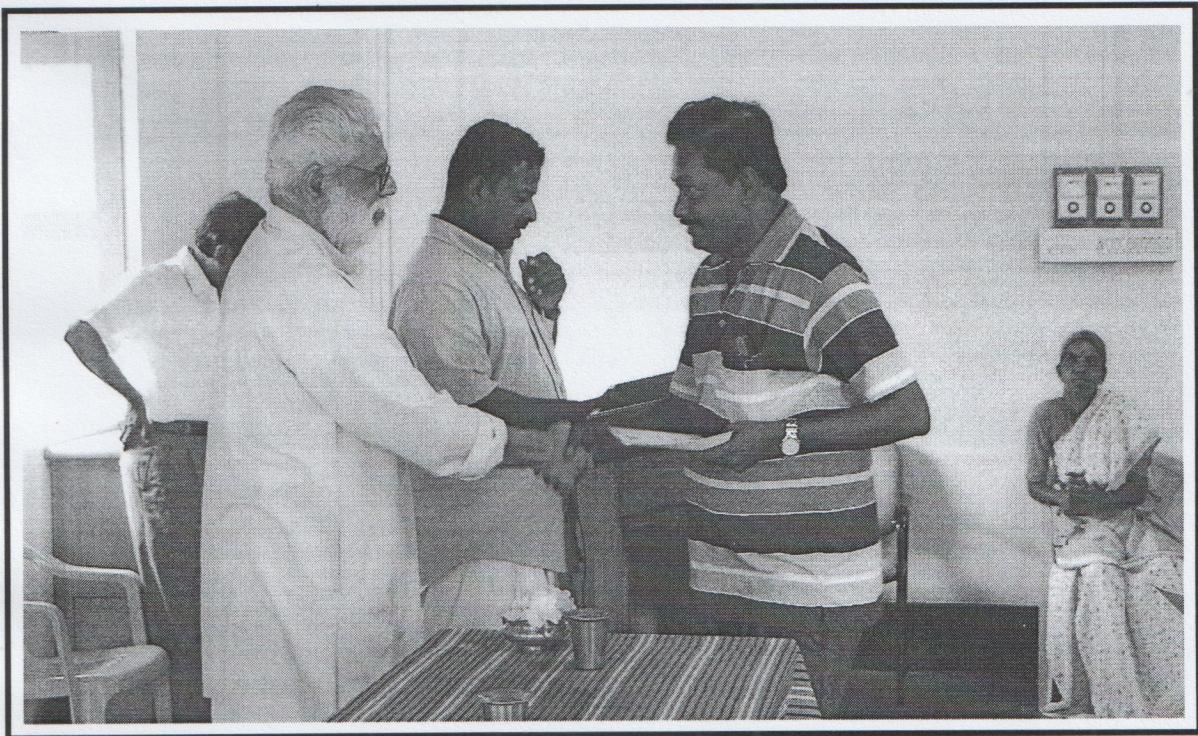
**Shri.Indrajit:**

- I am 51 years old .I missed this place for all these years. Better late than never. Thanks to our commissioner.
- Talents within us were brought out during the camp.

**Shri.Chandrasekar:**

- Shri.Ramakrishnan told us during his introductory talk that the training will help us to bring child within us. I did not believe but was surprised to see the change within short span of two / three days.

14. Photo Gallery : CD attached



**Shri.A.Balakrishnan, Vice President, Vivekananda Kendra distributing Certificates to the trainees**

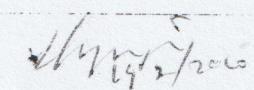
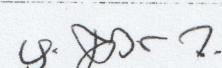
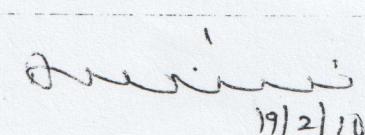
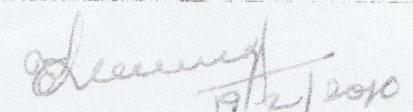
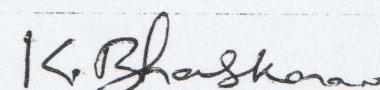
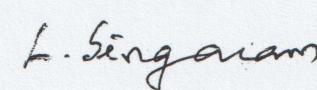
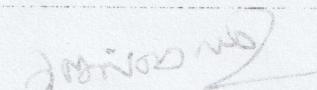
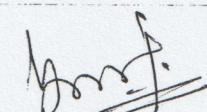
Annexure - 2

**Training Programme for TNCS & CP officials  
On Public Distribution System and Human Relations**

**Venue: Technology Resource Center,  
Anjaneyapuram, Kalluvilai, Kanyakumari.**

**Date: 19<sup>th</sup> Feb.2010 to 21<sup>st</sup> Feb.2010**

**Participants List**

<b>Sl. No.</b>	<b>Name of the Participants</b>	<b>Phone No. and E-mail address</b>	<b>Signature of the Participants</b>
1	M.Duraipandy Assistant Commissioner Sholingenallur Zone	9445000402	
2	B. Manoharan Assistant Commissioner Thousandslight Zone	9445000166	
3	M.Ramaraj Assistant Commissioner Avadi	9445000403	
4	S.Subbarayan Assistant Commissioner Villivakkam Zone	9445000157	
5	I.Chakravarthi Administrative Officer Mylapore Zone	9444582931	
6	K.Baskaran Administrative Officer T.Nagar Zone	9444756509	
7	L.Singaram Administrative Officer Chepauk Zone	9840395167	
8	A.Selvaraj Administrative Officer Ambattur Zone	9940366775	
9	N.Ravi Flying Squad Supdt. Dy.Commr.(C)North	9445045602	

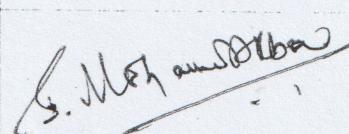
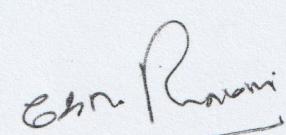
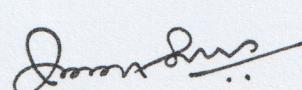
Annexure - II

**Training Programme for TNCS & CP officials  
On Public Distribution System and Human Relations**

**Venue:** Technology Resource Center,  
Anjaneyapuram, Kalluvilai, Kanyakumari.

**Date:** 05<sup>th</sup> Mar.2010 to 07<sup>th</sup> Mar.2010

**Participants List**

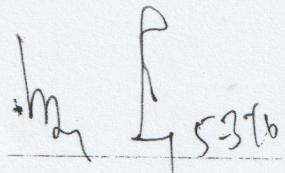
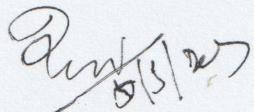
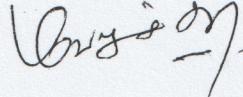
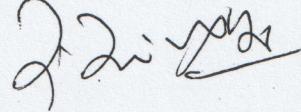
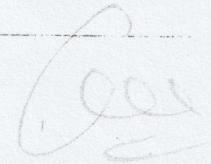
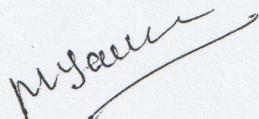
<b>Sl. No.</b>	<b>Name and Address of the Participants</b>	<b>Phone No</b>	<b>Signature of the Participants</b>
1	S.Mohamed Akbar Deputy Commissioner-I Commissioner Office	9445000158	
2	A.Annamalai, Deputy Commissioner(North) Chepauk, Chennai -5	9445000152	
3	S.Balasubramanian Assistant Commissioner -II Commissioner Office	9444959357	
4	G.Ravikumar Assistant Commissioner Mylapore Zone	9445000162	
5	M.Veeramanikandan Assistant Commissioner Mount Zone	9445000163	
6	S.Vijayan Assistant Commissioner Saidapet Zone	9445000165	

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7.	P.V.Sankaranarayanan Assistant Commissioner Tambaram Zone	9445000164	
8.	A.Udayakumar Assistant Commissioner Thiruvotriyur Zone	9445000159	
9.	P.Velusamy Administrative Officer Dy.Commr.(C)South Office	9444844969	
10.	A.Annamalai Administrative Officer Sholingenallur Zone	9283622571	
11.	M.Mahalingam Administrative Officer Thousandslight Zoe	9841529446	
12.	M.Jayamani Administrative Officer Tambaram Zone	9941882267	

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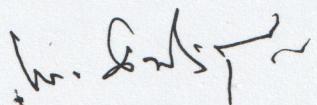
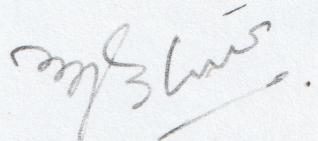
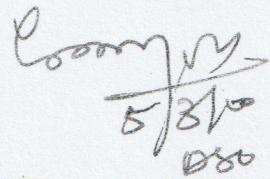
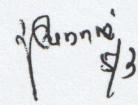
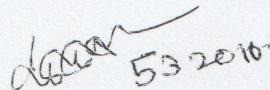
<b>Sl.No</b>	<b>Name and Address of the Participants</b>	<b>Phone No.</b>	<b>Signature</b>
13.	M.Ilavazhagan Flying Squad Superintendent	9445045601	<i>Appreciated</i>
14.	P.G.velliangiri District Supply & Consumer Protection Officer Karur Dist.,	9445000265	<i>Scanned 5/3/10</i>
15.	<del>S. MOHAMED ARIF SAHEB</del> Mohamed Arif S. District Supply & Consumer Protection Officer Perambalur Dist.,	9445000270	<i>Scanned 5/3/10</i>
16.	T.Veeramani District Supply & Consumer Protection Officer Tiruchi Dist.,	9445000277	<i>Scanned 5/3/2010</i>
17.	M.Kanagaraj District Supply & Consumer Protection Officer Tanjore District	9445000286	<i>Scanned 7/3/10</i>

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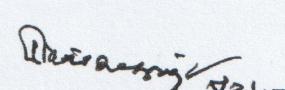
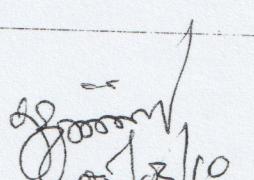
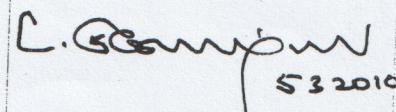
<b>Sl.No</b>	<b>Name and Address of the participants</b>	<b>Phone No</b>	<b>signature</b>
18.	D.Raviichandran B.RAVINDRAN District Supply & Consumer Protection Officer Nagai/ Dist.,	9445000303	
19.	A.Alagirisamy District Supply & Consumer Protection Officer Pudukottai Dist.,	9445000311	
20	C.Subramani District Supply & Consumer Protection Officer Dindigul Dist.,	9445000321	
21.	KVR.Dharmaraj District Supply & Consumer Protection Officer Theni Dist.,	9445000329 9952409030	
22.	S.Murugaiah District Supply & Consumer Protection Officer Madurai Dist.,	9445000335	
23.	S.Rajaram District Supply & Consumer Protection Officer Sivagangai Dist.,	9445000346	

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Sl.No	Name and Address of the Participants	Phone Number	Signature
24.	K.Kombaiyan District Supply & Consumer Protection Officer, Virudhunagar Dist.,	9445000353	 5/3
25.	R.Murugesan District Supply & Consumer Protection Officer Dharmapuri Dist.,	9445000216	
26.	G.Latha m. GANGADHARAN. P.A. to District Supply & Consumer Protection Officer Ramnad Dist.,	9486634082 9445000362	 5/3/10
27.	Thangavelu P.A. to District Supply & Consumer Protection Officer, Nellai Dist.,	9442892376	 5/3/10
28.	M.Ravi P.A. to District Supply & Consumer Protection Officer Krishnagiri Dist.,	9865539572	
29.	C.Kulothungan P.A. to District Supply & Consumer Protection Officer, Thirupur District.	9443776363	 5/3/2010

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Date: 12<sup>th</sup> Mar.2010 to 14<sup>th</sup> Mar.2010

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Sl. No.	Name and Address of the Participants	Phone No.	Signature of the participants
1	N.Muralidharan Deputy Commissioner-II Commissioner Office	9445000151	
2	M.Balasubramanian Deputy Commissioner(South) Chepauk, Chennai -5	9445000160	
3	R.Deiveegan Assistant Commissioner Anna Nagar Zone	9445000155	
4	N.Selvamani Assistant Commissioner Ambattur Zone	9445000156	
5	B.T.Prema Assistant Commissioner T.Nagar Zone	9445000161	
6	M.Susila Section Officer Price Monitoring Cell	9840025587	

R. Antonimuthu

Spt. Tahsildar  
(Playing card)

~~Tiermet Ver~~

~~9445045630~~

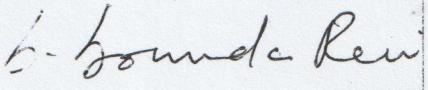
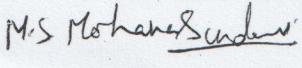
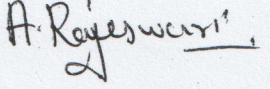
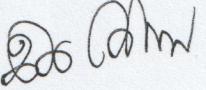
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7.	G.Ramachandran Administrative Officer Deputy commissioner (North) Office	9444474654	
8.	S.Soundara Rani Administrative Officer Mount zone	9884202271	
9.	M.S.Mohanasundari Administrative Officer Royapuram	9841370219	
10.	K. Jothi Administrative Officer Avadi Zone	9962975358	
11.	R.Rajeswari Administrative Officer Thiruvotriyur Zone	9841464479	
12.	R.Ramesh Administrative Officer Villivakkam Zone	9444244177	

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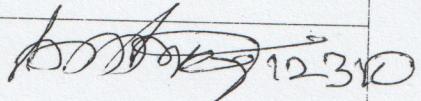
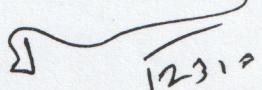
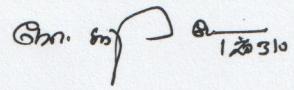
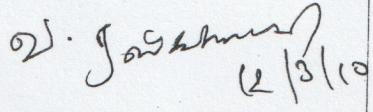
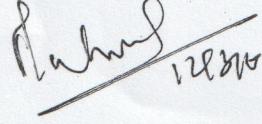
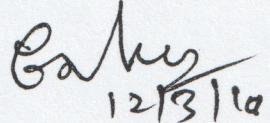
Sl.No	Name and Address of the Participants	Phone Number	Signature
13.	S.V.Sugana Sekar Flying Squad Superintendent Deputy Commissioner(South)Office	9444329391	<i>22/3/10</i>
14.	M.Gangadharan District Supply & Consumer Protection Officer Ramnad Dist. <i>M. Gangadharan</i> S.T. Flying Sq	9445000362 <i>9445000362</i> <i>628</i>	<i>M. Gangadharan</i> <i>12/3/10</i>
15.	T.Shanmugaiah District Supply & Consumer Protection Officer Tuticorin Dist.,	9445000370	
16.	A.Ramaraju <i>P.Rathinavelu</i> District Supply & Consumer Protection Officer Krishnagiri Dist.,	9445000396	<i>P.Rathinavelu</i>
17.	O.Ramanpillai District Supply & Consumer Protection Officer Thirupur Dist.,	9952815556	<i>O.Ramanpillai</i> <i>12/3/10</i>
18.	K.Nagarajan District Supply & Consumer Protection Officer Ariyalur District	9843983344	<i>K.Nagarajan</i> <i>12/3/2010</i>

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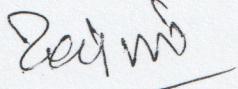
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19.	G.Gomathinayagam P.A to District Supply & Consumer Protection Officer Virudhunagar Dist.,	9047009489	 12310
20.	M.Ekambaram P.A to District Supply & Consumer Protection Officer Kanchi Dist.,	9443558383	 12310
21.	C.Mohan P.A to District Supply & Consumer Protection Officer Tiruvallur Dist.,	9444733579	 12310
22.	G.Chandrasekar P.A to District Supply & Consumer Protection Officer Vellore Dist.,	9994746789	 12310
23.	V.Ranganayaki P.A to Tiruvannamalai	9994285209	 12310
24.	S.Manoharan P.A to District Supply & Consumer Protection Officer Villupuram Dist.,	9442983111	 12310
25.	K.Velusamy District Supply and consumer Protection Officer, Kanyakumari	9445000391	 12310

R.Ramesh Kumar  
Sgt. Deputy Tahsildar  
Flying Squad,  
Theca

9445004564

  
12310

R. Rajamohan

9965111481

Spl. Tahildar (F.S)

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STB

Andigul - Bantvet

K. Maneeswaran  
Spl. Tahildar (F.S)  
Virudhunagar District

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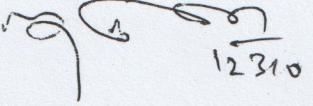
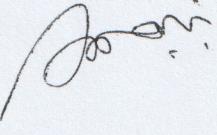
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**Training Programme for TNSC & CP officials on  
“Public Distribution System and Human Relations”**

**Venue: Technology Resource Centre,  
Anjaneyapuram, Kalluvilai,  
Kanyakumari.**

**Date : 12<sup>th</sup> Mar. 2010 to 14<sup>th</sup> mar.2010.**

**Participants List**

<b>Sl. No</b>	<b>Name and Address of the Participants</b>	<b>Phone Number</b>	<b>Signature</b>
26.	R.Rani P.A to District Supply & Consumer Protection Officer, Cuddalore Dist.,	9942115336	
27.	V.Mani P.A. to District Supply & Consumer Protection Officer Dharmapuri Dist.,	9486305570	
28.	C.Ramakrishnan J. RAVI KUMAR P.A. to District Supply & Consumer Protection Officer Salem Dist.,	9786222375 9486932266	
29.	H.Rahamathulla Khan P.A. to District Supply & Consumer Protection Officer, Namakkal Dist.,	9786814255	
30.	K.Suguna Raj P.A. to District Supply & Consumer Protection Officer Erode Dist.,	9445476821	
31.	R.Sivakumar P.A. to District Supply & Consumer Protection Officer,Coimbatore District.	9443566218	
32.	V. Kasthuri P.A. to District Supply & Consumer Protection Officer, Nilgiris	9360102419	

33. S. Sivalingam.

Special Tahsildar  
( Flying Squad)  
Padukkottai

9445045622

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34. M. Selvamuthu

Special Tahsildar Flying Squad  
Sivagangai distt.

9445045626  
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35. R. Antonimuthu

Spl. Tahsildar  
Flying Squad  
(Pirumelveli)

12/3  
12/3

9445045630

Date 19<sup>th</sup> to 21<sup>st</sup> Feb. 2010

**Motivation Camp for TNCS & CP Staff Members**

**Daily Routine – Day 1**

Breakfast	-	8.00 to 9.00 hrs.
Registration	-	9.00 to 9.30 hrs.
Session I	-	9.45 to 10.45 hrs. – <b>Inauguration</b>
Tea	-	10.45 to 11.00 hrs.
Session – II	-	11.00 to 12.00 hrs – <b>Know your health – Dr. V. Ganapathy</b>
Session - III	-	12.00 to 13.00 hrs. – <b>Pranayam</b>
Lunch and Rest	-	13.00 to 14.30 hrs.
Session-IV	-	14.30 to 16.00 hrs. – <b>Values of Value - Shri. Dr. Umayorubhagan</b>
Tea	-	16.00 to 16.30 hrs.
Session V	-	16:30 to 17:00 hrs. – <b>Sw. Vivekananda – life and History – Sis. Saraswathy</b>
Session VI	-	17:00 to 18:30 hrs. – <b>Yoga</b>
Living in tune with Nature	-	18:30 to 17:00 hrs – <b>visit to local beach</b>
Session VI	-	19.00 to 19:30 hrs – <b>Inspiration and Environment in day to day life</b>
Session VI	-	19.30 to 20.30 hrs. – <b>Night Assembly</b> (Games-Creative, Awareness, Meaningful & stress relieving)
Review the session- & prepare for next day		20.30 to 20.45 hrs
Dinner	-	20.45 to 21.30hrs.
Lights off	-	22.00 hrs.



## **Motivation Camp for TNCS & CP Staff Members**

### **Daily Routine – Day 2**

Get up	-	5.00 hrs.
Tea	-	5.15 hrs.
Session I	-	5.45 to 7.15 hrs. - <b>YOGA</b>
Ablution	-	7.15 to 8.15 hrs.
Breakfast	-	8.15 to 9.00 hrs.
Session II	-	9.00 to 9.30 hrs. - <b>Inspiration</b>
Session – III	-	9.30 to 10.45 hrs. - <b>Who am I ? G.Vasudeo</b>
Tea	-	10.45 to 11.00 hrs.
Session – IV	-	11.00 to 12.00 hrs – <b>How of Action and Family – Shri.Krishnamoorthy</b>
Session - V	-	12.00 to 13.00 hrs. – <b>Pranayama</b>
Lunch and Rest	-	13.00 to 14.30 hrs.
Session-VI	-	14.30 to 19:00 hrs. – <b>(V.R.M, Tiruvalluvar Statue visit and sunset)</b>
Session VII	-	19.00 to 20.15 hrs. – <b>Night Assembly</b> (Games - Creative, Awareness, Meaningful & stress relieving)
Review the session- & prepare for next day		20.15 to 20.45 hrs
Dinner	-	20.15 to 21.30hrs.
Lights off	-	22.00 hrs.



## **Motivation Camp for TNCS & CP Staff Members**

### **Daily Routine – Day 3**

Get up	-	5.00 hrs.
Tea	-	5.15 hrs.
Session I	-	5.45 to 7.15 hrs. – <b>Yoga and Visit to Sunrise</b>
Ablution	-	7.15 to 8.15 hrs.
Breakfast	-	8.15 to 9.00 hrs.
Session II	-	9.00 to 9.30 hrs. – <b>Inspiration</b>
Session – III	-	9.30 to 10.45 hrs - <b>Yoga and values – Shri.G.Vasudeo</b>
Tea	-	10.45 to 11.00 hrs.
Session – IV	-	11.00 to 12.00 hrs – <b>(Life –Beautiful, useful and Meaningful Prof. N.Subramaniya pillai)</b>
Session – V	-	12.00 to 13.00 hrs. – <b>(BUM Exercise- Prof. N.Subramaniya pillai)</b>
Lunch and Rest	-	13.00 to 14.00 hrs.
Session-VI	-	14.00 to 14.30 hrs. – feed back sesion
Concluding Session	-	14.30 to 16.30 hrs.
Tea & disperse	-	16.30 to 17.00 hrs.



**Date 5<sup>th</sup> to 7<sup>th</sup> Mar.2010**

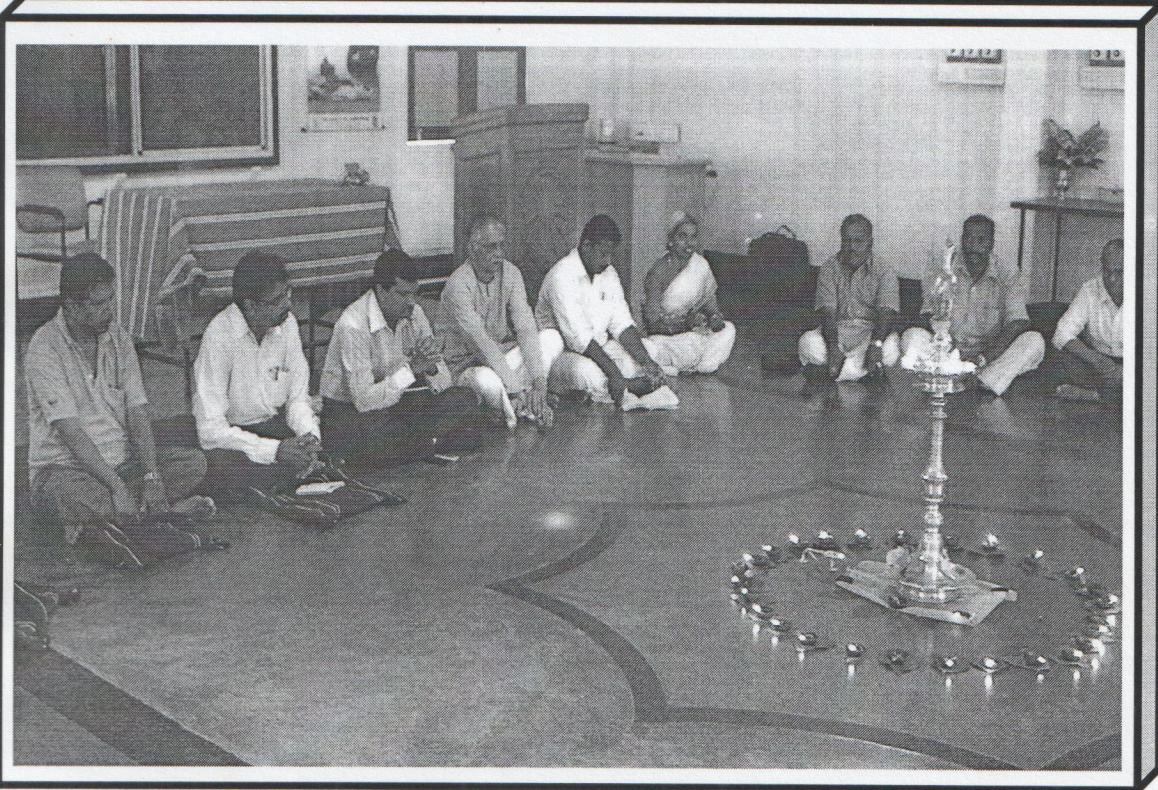
**Motivation Camp for TNCS & CP Staff Members**

**Daily Routine - Day 1**

Breakfast	-	8.00 to 9.00 hrs.
Registration	-	9.00 to 9.30 hrs.
Session I	-	9.45 to 10.45 hrs. - <b>Inauguration</b>
Tea	-	10.45 to 11.00 hrs.
Session - II	-	11.00 to 12.00 hrs - <b>Know your health -Dr. V.Ganapathy</b>
Session - III	-	12.00 to 13.00 hrs. - <b>Pranayam</b>
Lunch and Rest	-	13.00 to 14.30 hrs.
Session-IV	-	14.30 to 16.00 hrs. - <b>Who am I? Shri. G.Vasudeo</b>
Tea	-	16.00 to 16.15hrs. -
Session V	-	16:15 to 17:00 hrs. - <b>Stress Management - V.Ramakrishnan</b>
Session VI	-	17:00 to 18:30 - <b>Yoga practice -V.Ramakrishnan</b>
Session VII	-	18:30 to 19:00 hrs.- <b>Living in tune with nature</b>
Session VIII	-	19.00 to 20.30 hrs. - <b>Night Assembly</b> (Games-Creative, Awareness, Meaningful & stress relieving)
Review the session- & prepare for next day		20.30 to 21.00 hrs
Dinner	-	21.00 to 21.45hrs.
Lights off	-	22.00 hrs.



# Training Programme for officials of TNCS & CP on "Public Distribution System and Human Relations"



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



**Sponsored by** : Tamilnadu Civil Supply Department,  
Chennai