

Motivation Workshop for Public (Election) Department Officials

1. Name of the Organisation : Vivekananda Kendra - NARDEP
Kanyakumari – 629 702
2. Sponsored by : Public (Election) Department,
Chennai
3. Venue : Technology Resource Center
Anjaneyapuram, Kalluvilai
4. Name of the programme : “Motivation Workshop”
5. Duration : 5 days
6. Dates : 16th to 20th July, 2008
7. Participants : 23 nos. – **Annexure – I**
8. Area : Tamilnadu
9. Communication method :
 - ❖ Interactive Lectures with Slides and LCD Projector
 - ❖ Street plays
 - ❖ Songs
 - ❖ Innovative games
10. Syllabus :
 - ❖ Who am I?
 - ❖ Know your health
 - ❖ Stress Management
 - ❖ Happiness Analysis
 - ❖ How of Action
 - ❖ Value of Values
 - ❖ Sadhana in Daily life
 - ❖ A Way to Success
 - ❖ Motivation Stories
 - ❖ Yoga

11. Sessions and Resource persons : **Annexure – II**
12. Daily Routine : **Annexure - III**
13. Highlights: :
- ❖ Participants were benefited immensely by the morning Yogasana and afternoon SMET (Self Management of Excessive Tension) course.
 - ❖ Appreciated the over-all discipline, punctuality and participatory method adopted during the workshop.
 - ❖ Participants enjoyed the night assembly – innovative games and actions songs in which they encountered the inner child in them.
 - ❖ During their stay, they visited Vivekananda Rock Memorial, Gramodaya Park, which has depicted various rural technologies and Vattakottai. They also saw the sun-rise and sun-set for which Kanyakumari is famous.
14. Photo gallery : C.D. already given

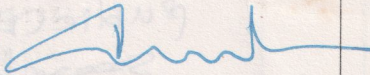
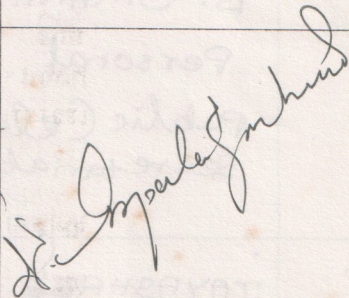
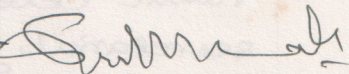
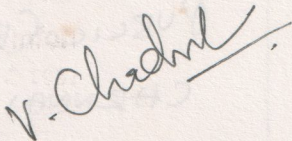
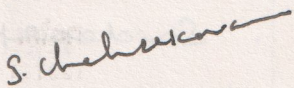


"Motivation Workshop" for Officials of Election Commissioner

Venue:- Technology Resource Center,
Anjaneyapuram, Kalluvilai.

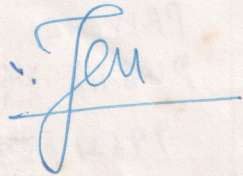
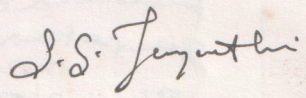
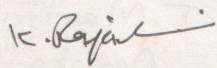
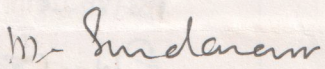
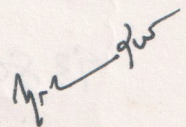
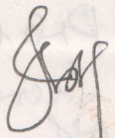
Date:- 16-07-2008 -20-07-2008

Participants List

Sl.No	Name and Address of the participants	Signature
1.	P. C SANTHANA KRISHNAN Sr. CEO & Jr. Secretary to Govt Secretariat, Public (Elec) Dept Chennai-9 98407.76409.	
2.	N. GOPALAKRISHNAN Asst CEO & Under Secy to Govt Secretariat, Public (Ele-) Dept Chennai-9. 94442 57935	
3.	C - S U B B I A N Asst. Secy to Govt Under Secretary Public (Elec) Dept Secretariat Chennai-9 9444786895	
4.	V. CHANDRASEKARAN ASST. SECTION OFFICER, PUBLIC (ELE) DEPT. CHENNAI-9. 9444302875	
5.	S. CHANDRASEKARAN Asst. Section Officer Public (Ele. & J) Dept Chennai 9 9941137948	

6.	S.P. IYERAIYAN Section Officer, Public (Elections) Deptt., Secretariat, Chennai-9. 9445160139.	<i>S.P. Iyer</i>
7.	E. Dhandapani Assistant Section Officer, Public (Elections) Department, Secretariat, Chennai-9 9444667932	<i>E. Dhandapani</i>
8.	B. UMAVATH Personal Clerk Public (Elections) Department, Secretariat, Chennai-9 9791748019	<i>B. U. Vath</i>
9.	JAYASHREE MURALIDHARAN, IAS., JOINT CHIEF ELECTORAL OFFICER & DEPUTY SECRETARY TO GOVT., Public (Elections) Department, Secretariat, Chennai-9 9940086853	
10.	K. M. DEVAMAN SECTION OFFICER PUBLIC (ELECTIONS) DEPT CHENNAI - 9 (9445160241)	<i>K. M. Devaman</i>
11.	K. A. Kannan C-14, PWD Quarters, Todhurni Nagar Saidpet, Chennai-600015 9445123396	<i>K. A. Kannan</i>

12.	P. JAYASREE PRIVATE SECY TO CEO Public (Eh) Dept CH9. 9962105386 - 25870390	P. Jayasree
13.	R. Ravalig Section officer Public (Elections) Dept. Secretariat Chennai 9 9444257948	R. Ravalig
14.	T. Marimuthu Assistant Public (Elections) Dept Secretariat Chennai - 600 009	T. Marimuthu
15.	C. JUSTIN Assistant Section Officer. Public (Elections) Dept. Chennai 9	C. Justin
16.	K. SARAVANA PERUMAL Personal Clerk 9380 531 465	K. Saravana Perumal
17.	R. MANI SAN Asst. Section Officer, Public (Elections) Dept Secretariat, Chennai 9. Off 25674512 Res 28453143	R. Mani San 16/5/08

18.	X. JEONE Sm typist Public (Electn) Dept Secretariat, M-9 9884395314	
19.	Jmt- S. S. JAYANTHI, ASSISTANT, Public (Election-II) Dept. Secretariat, Chennai-9 9894879277	
20.	Tmt. K. Rajakumari Assistant Section Officer, Public (Election-II) Dept. Secretariat, Chennai-9. 9445155240	
21.	Tmt- M. Sundaram A. S. O. Pub (Elections) Dept Secretariat - 9444788670 Chennai - 600 009	
22.	N. UDHAYA SANKAR ELECTION ASSISTANT TALUK OFFICE TIRUMANGALAM - 625 706 OFFICE NO: 280759 Residence No: 04549-281163 cell No: 9865057475	
23.	G. Samuthira Pandey Dy. Tahsildar Tahsil Office, Peraiyur Madurai Dist Res:- 4/111A, Arignar Anna St. Ambu Nagar, Madurai-60 94423-27272	 16.7.08

Dates	Session I	Session II	Session III	Session IV	Sessions V/ Field Visit
16.07.2008 (Wednesday)	10:00-11:00 Inaugural Programme	11:15 -- 12:00 Who am I ? G. Vasudeo	12:00-13:00 Who am I ? G. Vasudeo	15:00 -- 16:00 "Know your health" Dr.V.Ganapathy,	16:30 -- 17:30 SMET Shri.Sudhakar
17.07.2008 (Thursday)	09:30 -- 10:30 "Motivation Stories" Shri.Sudhakar	11:00-12:00 Happiness Analysis G.Vasudeo	12:00-13:00 SMET Shri.Sudhakar	15:00 -- 16:00 "Motivation" Shri.Umayorubhagan	Visit Vivekanandapuram (GHH, Arise Awake and G.Park etc)
18.07.2008 (Friday)	09:30 -- 10:30 "How of Action" N.Krishnamoorthy	11:00-12:00 "Happiness Analysis" G.Vasudeo	12:00-13:00 SMET Shri.Sudhakar	15:00 -- 16:00 "Motivation" Shri.Umayorubhagan	16:30 -- 17:30 Visit Vattakottai
19.07.2008 (Saturday)	09:30 -- 10:30 "How of action" N.Krishnamoorthy	11:00-12:00 "Swami.Vivekananda & V.KActivities" Sis.V.Saraswathi	12:00-13:00 SMET Shri.Sudagar	15:00 -19:00 Visit: V.R.M and Sunset etc.,	
20.07.2008 (Sunday)	09:30 -- 10:30 "Sadhana in Daily life" N.Krishnamoorthy	11:00-12:00 "BUM" N.Subramaniam pillai	12:00-13:00 "BUM" N.Subramaniam pillai	02:00-03:30 Concluding Session	

“Motivation Workshop” for Officials of Election Commissioner

Daily Routine

Get up	-	5.00 hrs.
Tea	-	5.15 hrs..
Stretching & Yoga	-	5.45 to 7.15 hrs.
Ablution	-	7.15 to 8.15 hrs.
Breakfast	-	8.15 to 9.00 hrs.
Inspiration	-	9.00 to 9.30 hrs.
Session – I	-	9.30 to 10.45 hrs.
Tea	-	10.45 to 11.00 hrs.
Session – II	-	11.00 to 12.00 hrs.
Session III	-	12.00 to 13.00 hrs.
Lunch and Rest	-	13.00 to 14.30 hrs
Environment in day today life	-	14.30 to 15.00 hrs.
Session-IV	-	15.00 to 16.00 hrs.
Tea	-	16.00 to 16.15 hrs.
Field Visits/ Session V	-	16.15 to 19.00 hrs
Dinner	-	19.30 to 20.30 hrs.
Night Assembly	-	20.30 to 21.30hrs.
Lights Off	-	22.00 hrs.

