



NATIONAL ACADEMY OF DIRECT TAXES REGIONAL CAMPUS, CHENNAI

KARKA KASADARA

கற்க கசடற

QUARTERLY NEWSLETTER OF NADT-RC, CHENNAI

Issue-2

October to December, 2025

Greetings from NADT - Regional Campus, Chennai!

The quarter from October, 2025 to December, 2025 was packed with special courses and new initiatives along with the Induction Course for Newly recruited Income tax Inspectors which had begun on September 19, 2025 and concluded on December 15, 2025. The Regional Campus was privileged to have senior officers come and share their knowledge and experience during the Refresher Course for ACsIT and DCsIT and the Special Course for FAO. The one-day "Training on Income Tax 2025" organised by the Regional Campus, Chennai at Coimbatore on November 20th, 2025 was welcomed and appreciated by several high-level officers who participated. The new initiative fostered by the Regional Campus, Chennai during this quarter is the training of visually challenged officials to use computers and access certain official portals and websites. Two such programs were conducted for officials in different levels of computer proficiency, in a need-based manner, with the aim of facilitating integration of such officials into the regular workforce. Our other special initiatives being the monthly Continuous Enrichment Programs (CEPs) and the Learn @ Leisure, a media-cast program for viewing during the weekends were received well by officers and officials across the regions. The Regional Campus also joined the nation in celebrating 150 years of 'Vande Mataram' on November 7, 2025 and Constitution Day on November 26, 2025. Here are some key moments highlighting the accomplishments of this quarter!



New Team of NADT-RC, Chennai with Dr. S.Palanikumar, IRS, ADG(Training)



NADT - Regional
Campus, Chennai
welcomes
Smt. Anita Sinha, IRS,
Pr. DGIT,
Directorate of Training,
New Delhi.

In this issue...

Training Programme on
Income-Tax-Act, 2025

Refresher Course for ACsIT
& DCsIT

Special Course for FAOs

Induction Course for Newly
Recruited Inspectors

Special Need Based Training for
Visually Challenged Employees -
Batch 1 & 2

"Karka Kasadara" - first two
words of a well-known
Thirukural, meaning Learn
thoroughly without flaws.

20-11-2025
Coimbatore

Training Programme on Income-tax Act, 2025



The National Academy of Direct Taxes (NADT), Regional Campus (RC), Chennai successfully organized and executed a highly impactful, one-day "Income-tax Act 2025" in Coimbatore on November 20th, 2025. This specialized program was designed for a wide cross-section of senior officers, including ACIT, DCIT, JCIT, Addl CIT, CIT and PCIT, emphasizing high-level technical interaction. Demonstrating exceptional relevance and interest, the event achieved a perfect 100% attendance rate, where all the nominees attended the same. The logistics and administration of the program were efficiently managed by the coordinating team from NADT-RC Chennai, involving dedicated Income Tax Officers (ITOs) and Inspectors (ITIs).



The structured training schedule, held at the Coimbatore, featured critical, contemporary topics led by highly experienced officers. Following the inaugural address by Shri Sibichen K Mathew, IRS, Director General of Income Tax, NADT, the technical sessions commenced. These included a Session on Overview of Income-tax Act by Shri V.K. Gupta, IRS, Pr. Chief Commissioner of Income Tax (Retd.). Other key sessions were the TDS Provisions in Income-tax Act by Shri G.M. Doss, IRS, Chief Commissioner of Income Tax (Retd.) and Exemption Provisions in Income-tax Act, 2025 by Shri Anurag Sahay, IRS, Chief Commissioner of Income Tax. The afternoon session covered Search & Seizure including Assessment, again presented by Shri G.M. Doss. The intensive training concluded with an Open House Discussion with the Dignitaries.

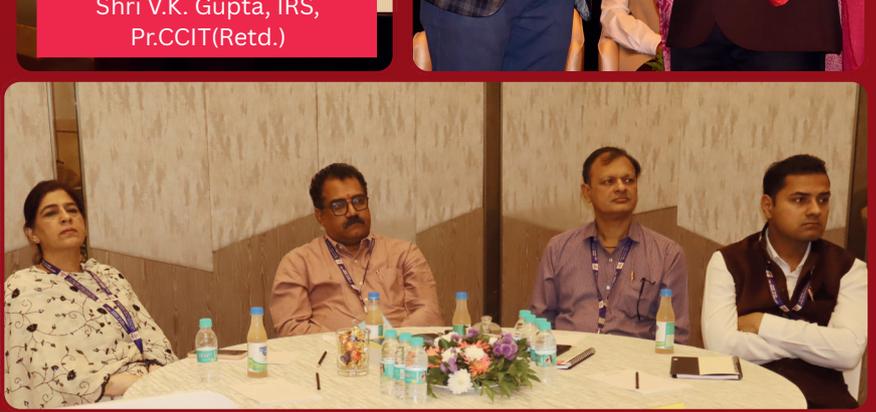




Shri. Sibichen K Matthew, DGIT, NADT, Nagpur.



Shri V.K. Gupta, IRS, Pr.CCIT(Retd.)





Shri Anurag Sahay, IRS, CCIT



Shri Arun C Bharat, IRS, CCIT, Coimbatore



06-11-2025
& 07-11-2025

Refresher Course for ACsIT & DCsIT

A two-day, offline Refresher Course was conducted for ACsIT and DCsIT from the TN & Puducherry Region and Kerala Region on November 6th & 7th, 2025. The course was inaugurated by Shri. Pratap Singh, IRS, DGIT(Investigation), Chennai. To make the course a need based one, The course schedule was prepared after calling for inputs from several ACsIT and DCsIT via a google form,, on topics that would be beneficial to enhance effective performance. Most of the sessions were handled by senior officers of the Department.



Crucial areas such as the Assessment of Banks and Financial Institutions, Overcoming challenges in Faceless Assessment, Critical Issues in Corporate Assessment, Assessment of Co-operative Societies, Income from Shares and Derivatives Contentious issues in Assessment of Trusts/societies etc. were covered. The positive feedback reflected the relevance and quality of the training delivered to the officers.

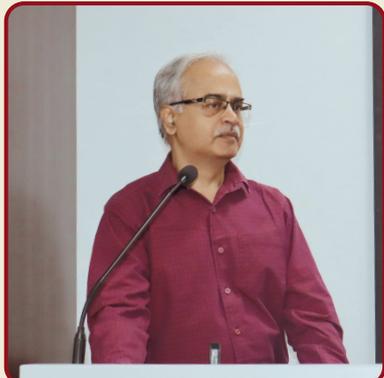


13-11-2025
& 14-11-2025

Special Course for FAOs



A Special Course was organised for FAOs on 13.11.2025 & 14.11.2025 covering key aspects and areas of challenge of Faceless Assessment Units. To make the course need-based, a google form was circulated to the FAOs calling for topics of relevance before preparing the course schedule. A total of 44 participants from Tamil Nadu & Puducherry and Kerala regions attended the sessions.



Topics covered included Investigation of Agriculture Income, Penalty Provisions, Issues on Corporate Assessment, Interface of Income tax with NCLT, Income from Shares and Derivatives, Futures & Options, Assessment of Co-operative Societies with emphasis on 80P (2)(a)(i) & 80P(2)(d) and a Special session by Team-IAP Audit discussing common errors to be avoided in assessment. The sessions were very interactive and informative with real time issues faced by the FAOs in their pending assessments. Participants found the sessions very beneficial and relevant to their immediate work.



The session was inaugurated by Smt. S. Padmaja, IRS, Chief Commissioner of Income Tax-3, Chennai.

17.09.2025
to 15.12.2025

Induction Course for Newly Recruited Inspectors



The 60-day Induction Programme for 42 newly recruited Income Tax Inspectors commenced on 17.09.2025. The programme was inaugurated by Shri M. Murali, IRS, CIT (TDS), Chennai. It is designed as per the New National Training Syllabus so as to equip the newly recruited Income Tax Inspectors with knowledge and practical orientation required for the post of ITI. The topics covered aimed to enhance the Domain, Functional and Behavioral competencies of the participants. Eminent faculties being subject matter expert handled the sessions.

Inauguration by Shri.M. Murali, IRS, CIT (TDS), Chennai



SPORTS

Induction Course for Newly Recruited Inspectors



Sports competitions were conducted for the trainees as part of the Induction Programme. Various sports such as chess, badminton, carrom, table tennis, and cricket were organized. These activities provided a welcome break from the usual training routine and offered the trainees an opportunity to relax, interact with one another, and foster team spirit and camaraderie. The participants actively participated and winners were awarded with medals during the valediction ceremony.

Industrial Visit

As part of the Induction Programme, the participants were taken on an industrial visit to **M/s. Daebu Automotive Seat India Private Limited.**



The visit provided practical exposure to industrial operations and manufacturing processes, complementing the theoretical inputs of the programme. The participants were briefed on the company's organizational structure, production workflow, quality control mechanisms and safety practices.



The interaction helped the trainees gain insights into real-time industrial functioning, workplace discipline and the application of best practices in a manufacturing environment. The visit was informative and enriching, enhancing the participants' overall learning experience.



OUTBOUND TRAINING

A two-day outbound training programme on soft skills was conducted at Pondicherry as part of the overall training curriculum. The programme was designed to provide experiential learning outside the conventional classroom environment and offered a refreshing break from regular classroom sessions. The outbound training focused on the development of essential soft skills such as communication, teamwork, leadership, problem-solving, adaptability and interpersonal effectiveness.



Through structured activities, group exercises and interactive sessions, the participants were encouraged to collaborate, think creatively and build mutual trust.

The programme significantly contributed to enhancing confidence, team spirit and professional competence among the participants, thereby complementing the technical and academic aspects of the training.



OTHER ACTIVITIES CONDUCTED



As part of the training programme, the participants were divided into groups, and each group was assigned topics related to the Income Tax Act, such as Income from Salary, Income from House Property, Scope of Total Income and Residential Status, Penalty and Prosecution, Income from Other Sources and Clubbing of Income, Profits and Gains of Business or Profession (PGBP), and Capital Gains. The group activities encouraged collaborative learning and enhanced subject understanding through presentations and discussions.



In addition, the groups were allotted role-play topics including taxpayer education, conducting a search, faceless assessment, interaction with tax professionals, TDS non-compliance interaction and recovery proceedings. These role-play sessions helped participants develop practical skills, communication abilities and confidence in handling real-life tax administration scenarios.

The best-performing groups were recognized, and the winners were awarded medals during the valediction ceremony.



Furthermore, Yoga and Zumba sessions were conducted to promote physical fitness and overall well-being. Sessions on games and team-building were facilitated by a corporate trainer. Training modules on first aid, conflict resolution and stress management were also conducted, contributing to the holistic development of the participants.

VALEDICTION & PRIZE WINNERS



Chief guest for the Valediction
Shri. Senthil Kumaran, IRS CIT(IT)



BADMINTON-Men



BADMINTON-Women



CARROM



TABLE TENNIS



Roleplay



Cricket



Exit test



Entry test



Entry test



COURSE COORDINATING TEAM

10-11-2025
to 28-11-2025

Special course for the Visually challenged officials Batch-1

The theme for the 2025 International Day of Persons with Disabilities is "Fostering disability-inclusive societies for advancing social progress". Imbibing the spirit of the theme, the NADT-RC, Chennai has taken up the special initiative of equipping the Visually challenged officials of the TN & P region with skills to integrate them with the mainstream workforce. Seven computer systems from the existing Computer Lab of the Regional Campus were ear-marked for this purpose and were provided with Internet facility by installing Non-Visual Desktop Access (NVDA) software.



The first such training program, the Phase - 1, provided basic training on computer operations to officials who had never had any past experience of using a computer. The training extended to a duration of three weeks, at the end of which the trainees gained reasonably good skills in using the computer system. They understood the orientation of the keyboard and learned to navigate using NVDA software. They were also taught MS Word and MS Excel and also had a brief introduction to PFMS.



08-12-2025
to 17-12-2025

Special course for the Visually challenged officials Batch-2



The 10-day intensive training program (December 8-17, 2025) at NADT-RC, Chennai successfully equipped visually challenged officials with intermediate-level computer skills and PFMS proficiency using NVDA screen reader technology. The course was inaugurated by Dr. S. Palanikumar, ADG, with address by Smt. Puranasunthari IRS, a visually challenged officer who successfully cleared the Civil Services Examination and is working efficiently as Deputy Commissioner of Income tax at Chennai. The course was handled by Shri Sathya Prakash Tiwari, Shri. Saikrishna and Shri.Purushottam ensuring authentic accessibility guidance.



Trainees mastered comprehensive NVDA navigation techniques including focus/browse mode switching, object identification (icons, menus, landmarks, buttons), and advanced shortcuts. They achieved proficiency in MS Word, MS Excel and also emerged capable of PFMS operations. Participants gained end-to-end operational capability across all six PFMS roles (PD Maker/Checker, PDO, DDO Maker/Checker). The continuous involvement of our ADG (training) and Addl DIT(training), adaptive teaching methods and fostering of an inclusive learning environment were key factors contributing to the program's success.



07-11-2025

150 Years of Vande Matram



Vande Matram



The NADT-RC, Chennai participated in the country-wide celebrations of the 150th anniversary of 'Vande Mataram', which has found its place in history, not just as a song but as the rallying cry of freedom fighters during the struggle for independence. On November 7, 2025, the officers, staff and participants of various courses came together for a mass singing of 'Vande Matram' led by our ADG(Training), Dr. S. Palanikumar, IRS.

26-11-2025



Constitution Day

The NADT-RC, Chennai also commemorated the Constitution Day, on 26 November, 2026. The officers, officials and participants read the preamble of the Constitution under the leadership of our ADG(Training), Dr. S. Palanikumar, IRS.



Continuous Enrichment Programme

The Continuous Enrichment Programme, Episode – 43 for the month of October, 2025 was conducted on 17.10.2025 on the topic “Understanding the Virtual Digital Assets(VDAs) and their Taxation” for 2 hours on 17.10.2025. Around 180 participants across the state interactively participated during the session. This topic was selected with a view to enable FAOs who are working in the Assessment Units as well as JAO.

The session was handled by Smt. Sandhya Rani Kure, IRS, Joint Commissioner of Income-Tax during which she illustrated the evolution of Block chain and Digital Assets like Cryptocurrencies, Stablecoins, CBDCs, Non-fungible tokens and their recent explosive growth, its regulation in India like crypto exchanges in India. Key amendments in Income-tax Act with regard to Virtual Digital Assets and their taxation etc. were also dealt by the speaker.



The National Academy of Direct Taxes, Regional Campus – Chennai, conducted Episode 44 of the Continuous Enrichment Program on the topic “Creating a Barrier-Free Environment for Persons with Disabilities” as a prelude to the International Day for Persons with Disabilities. The session was organized in a hybrid mode, enabling wider participation and was facilitated by Shri S. Gurumoorthy, Rehabilitation Officer, NIEPMD, Chennai. A total of 171 participants attended the program, comprising 131 participants online and 42 participants offline, reflecting strong interest and engagement in the subject.

The faculty delivered an informative and practical session, focusing on the importance of accessibility and inclusivity for persons with disabilities in public spaces and institutional environments. Participants appreciated both the depth of the content and the effectiveness of the delivery. The session was well-received overall, contributing to enhanced awareness and understanding among attendees regarding the creation of barrier-free environments.



The Episode 45 of Continuous Enrichment Programme was conducted on 23.12.2025. The topic was “Interlinkages of Income Tax Act with allied economic legislations- PMLA, FEMA, Black Money Act, Benami law, Fugitive Economic offenders Act and BNS.” The session was handled by Shri K. Jayaganesh, IRS, Addl.DIT(Inv), Kochi. Emphasis was placed on understanding transactions, identifying stakeholders, and applying these interconnections in departmental work, particularly for proper assessment and taxation of unaccounted income.

Practical investigation experiences highlighted common methods of income suppression and money laundering, including under-reporting of turnover, diversion of income, misuse of exemptions, bogus loans, layered transactions and foreign fund diversion. The concepts of placement, layering and integration of proceeds of crime were explained with real-life examples. The session also outlined investigative and prosecution processes under PMLA and procedural changes under BNS, reinforcing the department’s role in effective tax enforcement and economic crime control.



16-10-2025

Special Course on MS Excel, Powerpoint & Canva



The National Academy of Direct Taxes-Regional Campus, Chennai organized a one-day Special Course on MS Excel, PowerPoint and Canva on 16.10.2025. A total of 34 participants from TN & P (Tamil Nadu & Puducherry) attended the course, which was specifically designed for Income Tax Inspectors.



The session was handled by a faculty member, Shri. R. Deepak, ITI. The course has received overwhelmingly positive feedback. The participants expressed their appreciation and welcomed more such practical oriented courses curated for Inspectors of Income tax.



MSTU CHENNAI

OCT TO DEC 2025



As part of the Induction Course for TA, the trainees visited the Central Leather Research Institute (CLRI) to gain practical exposure to a premier government research institution. The visit provided valuable insights into CLRI's research activities, infrastructure and administrative functioning.



Trainees interacted with officials and learned about the institute's role in innovation and public service. The industrial visit effectively bridged theoretical learning with real-world application. Overall, it was an enriching and informative experience for all participants. A token of love from ADG Sir to the Director of CLRI.



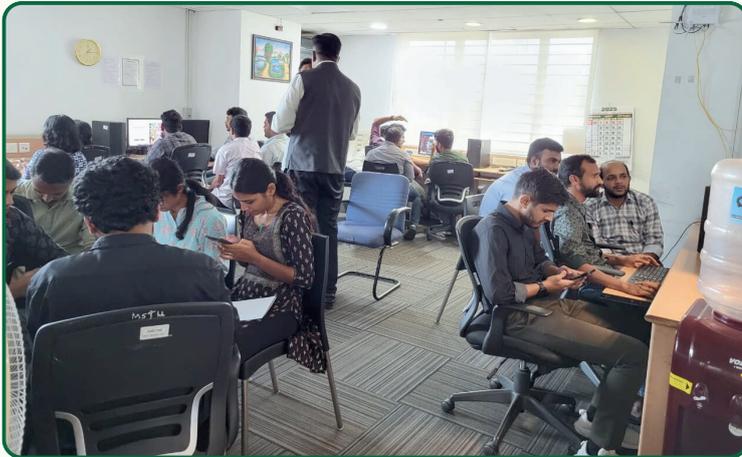
As part of the training programme, a Poster Design Competition was conducted on the theme "Karmayogi Moment" to promote values of dedication and public service. The trainees creatively expressed their ideas through impactful and meaningful posters. The competition saw enthusiastic participation and thoughtful interpretations of the theme. Entries were evaluated based on relevance, creativity and presentation. The winners were duly recognized and awarded medals for their outstanding performance.



As part of a comprehensive one-day course held on 27 November 2025, the MSTU, Coimbatore organized a specialized three-hour session on Artificial Intelligence (AI) and its far-reaching applications in day-to-day life. This exclusive session was designed for a diverse group of participants, aiming to bridge the gap between emerging technology and practical application. The session was expertly led by **Shri Nagaraj Iyer**, a distinguished professional with an impressive academic and professional background.

As the Managing Director of Divasprik, an esteemed IT Solutions company, and a consultant with the Capacity Building Commission, Shri Iyer brought a wealth of knowledge and experience to the table.

The primary objective of the session was to empower officials with cutting-edge knowledge in AI, enabling them to harness its transformative potential in their daily work. By exploring the latest trends, applications and best practices in AI, participants gained hands-on experience and strategic insights to seamlessly integrate AI into their workflow, enhancing productivity, decision-making and overall performance.



Shri Iyer's meticulously designed program delivered a comprehensive overview of AI fundamentals, its practical applications and emerging trends. The course structure effectively combined theoretical foundations with practical sessions, comprising two immersive hands-on sessions and two engaging lecture sessions covering various AI tools. Participants were also familiarized with effective prompting techniques, including smart prompts and "act-like" prompts, as well as other best practices to optimize the use of generative AI tools.

The trainees overwhelmingly expressed their appreciation for the session, describing it as both enlightening and impactful. Many participants hailed it as an eye-opener, shedding light on the practical relevance of AI in their professional lives. The session successfully fostered a culture of innovation equipping officials with tech savvy skills and insights needed to drive innovation, efficiency, and excellence in their respective roles.



The 35-day induction course for Tax Assistants, conducted by the MSTU, Coimbatore, culminated on 29 October 2025. A batch of 27 direct-recruit Tax Assistants successfully completed the training programme, equipping them with the skills and knowledge necessary to excel in their roles. The valedictory function, was graced by Shri Arun C Bharat, IRS, Chief Commissioner of Income Tax, Coimbatore, as the Chief Guest. Shri P. Pachiyappan, IRS, Deputy Commissioner of Income Tax (DCIT) (HQ) (Admn), O/o CCIT, Coimbatore, also attended the function.



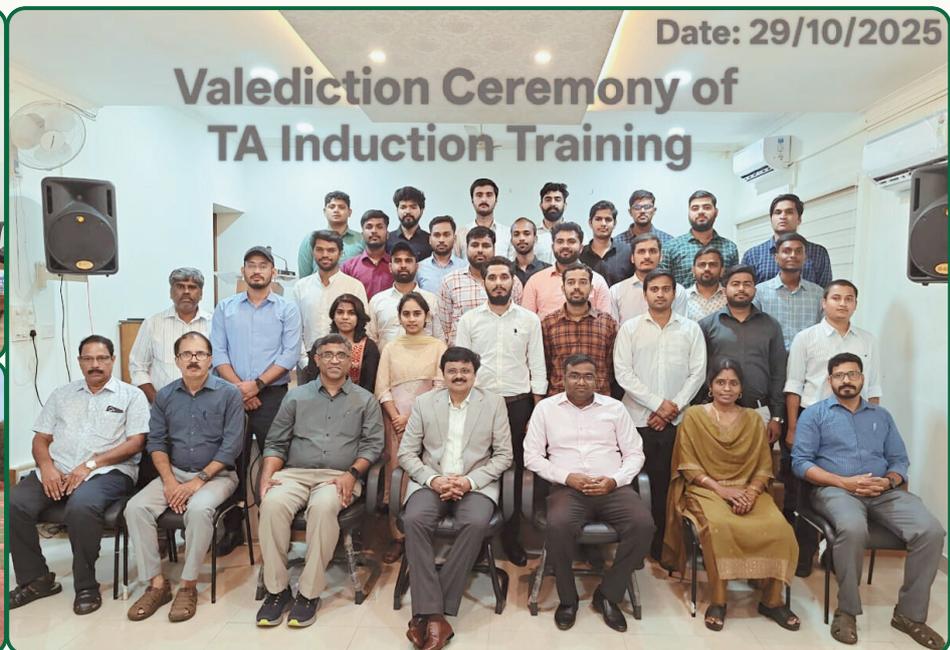
The event featured a captivating segment of cultural programmes, showcasing the diverse talents of the trainees. The participants presented their course reports and shared valuable feedback on the programme.

In his valedictory address, Shri Arun C Bharat, IRS, lauded the course structure, outcomes, and innovative initiatives undertaken by the training vertical, guided by the National Academy of Direct Taxes, Regional Centre (NADT-RC), Chennai. He emphasized the significance of being part of the Central government workforce, highlighting the benefits and responsibilities that come with it. The CCIT also shared his vision and expectations from the trainees, urging them to contribute to the nation's growth.

The trainees received their course completion certificates from the CCIT, marking a significant milestone in their career. The best team presentation was awarded, and the outstanding participant was honoured with a memento.

The CCIT appreciated the initiative of recognizing the best participant and encouraged the trainees to strive for excellence.

The event concluded on a high note, with the trainees expressing their gratitude and enthusiasm for the learning experience.



16.12.2025 & 17.12.2025



With an intention to update the official's computer knowledge to cope with the utility of new software and programme and to equip themselves to manage computer based work such as ITBA, Insight Portal, Gem Portal, PFMS etc. a training was organised by MSTU for the benefit of the trainees to understand the importance of learning basic tools such as MS Word, MS Excel, MS Powerpoint.

The training focused on various aspects and utilities of latest version of Microsoft word. The session was handled by Sh. Nikhilesh Reddy, an official well versed in MS office. The faculty, through a live demo, explained the trainees step by step procedure of document creation, typing, editing, changing of fonts, alignment methods, cut & paste, margins, page numbering, page break, creating tables and feeding data and mail merging methods using MS word and various short cut methods to execute the functions.



The trainees understood the latest advancements in MS word version and various new options introduced. The trainees were given opportunity to attempt each functions through practicals. The training also covered Microsoft excel, an useful tool for data analysis, reporting etc. The trainees were taught how data are fed and analysed through formulas, Sheet creation, naming, comparison of data from different sheets, numerical calculations, formula, editing and managing cell.

The training continued on second day with a lecture and practical demonstration of 'power point presentation' including techniques of creating slides, incorporating animations including video/ audio files in slides, texting, transitions, editing and background colouring etc. The trainees were asked to prepare their own PPT on a specific topic and present the PPT on screen in front of other trainees individually.



The trainees actively prepared the PPT and presented well. In the afternoon of second day, training was given by an expert faculty on 'CANVA' which is a graphic design (online) platform to create visual content for presentations, websites, and similar products. Its uses include templates for presentations, posters, and social media content, as well as photo and video editing functionality.

The platform uses a drag-and-drop interface designed for users without professional design training. Canva operates on a freemium model and has added features such as print services and video editing tools. The faculty demonstrated the trainees with various utility methods of creating a poster, picture using various options available using 'CANVA'.





In the present day's stressful life, it is necessary to conduct health awareness program in between regular training courses for the benefit of the officials working in field. For this purpose, this training was conducted by MSTU, Trichy on 8.10.2025. Dr. Muthu Karuppaiah, MDS an eminent doctor in Srirangam, a regular teaching faculty in a private college at Madurai presented lecture on stress management in other government departments like Postal Department had been invited to present a lecture for the benefit of mixed cadre of trainees. The Doctor, through a well narrated power point presentation, presented wonderful lecture to the trainees about Fundamental Health awareness, Basic Life Support, Common causes of health issues, preventive medicines for happy living. The Doctor explained different stages of sleep, hormonal activity, reasons for sleeplessness. The faculty explained the trainees the importance of minimum 8 hours sleeps for healthy life.

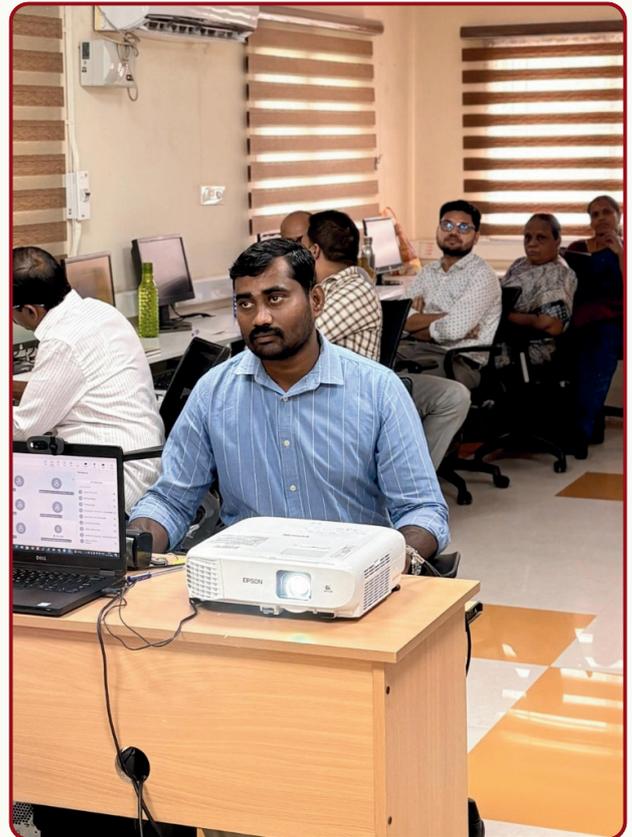
The Doctor also explained the changes of habits, life style including avoidance of frequent usage of social media & mobile phones that are needed to live a healthy life independent of other's help till the age of 80s or even above. Dr. Shankar, MBBS, SWO who is working in GVN Hospitals, Trichy and also a social worker given a lecture in the afternoon on 'Stress management, Diet & Nutrition for healthy living'. The Doctor, through his informative PPT, presented the lecture explaining various common causes of stress and how to manage the same in routine life. The Doctor explained through photographic illustration, various food items that we consume in present days and the impact of overeating on health.



The faculty also explained the nutritional value of a variety of natural food, such as fruits, vegetables etc., and its advantages to combat with diseases. Further he has explained the content of various vitamins & minerals in green vegetables, fruits and milk etc., and why these vegetables, fruits, milk are necessarily to be consumed every day. The health awareness course conducted by this unit helped the trainees to understand the importance of health and stress management and also the negative impact of frequent usage of electronic gadgets and how it affects the health of an individual and how to overcome such addiction.



Apart from regular trainings conducted by MSTU, Trichy under the able guidance of NADT-RC, Chennai, our MSTU is also supporting the local officers whenever trainings on specific topic are assigned by CCIT, Trichy for the benefit of officials. In such trainings, not only the MSTU provide adequate space, class room, infrastructure facilities but also assist the faculties and officers in successful conduct of those trainings. This way, this training unit has supported the ITO(HQ) and faculty in successfully conducting a half a day training on 'ITBA' & 'Insight Portal' for the benefit of the officials working in Assessment Units, arranged by the respected CCIT, Trichy.



The initiative to arrange the training had been taken on ascertaining the need for such training since many staff working in assessment units felt that a training is needed for them to update their ITBA knowledge. The MSTU officers and staff actively involved not only in providing space, furniture and infrastructure but also physically assisted the officers, faculty to conduct the training successfully. Through technical personnel, this MSTU also created a link for outstation staff to join the training through online.



MSTU KOCHI

Presentation on Financial News :- During the induction course held for the TA and MTS batches, the participants were, on a rota basis assigned to carry out an individual presentation on an important financial News of the day. This activity was conducted before the post lunch session. The presentation was followed by a five-minute discussion on the topic. This activity helped the participants keep abreast of the latest updates in the financial world and its effects on the economy. As most of the participants of these courses were fresh recruits, this activity also helped develop their public speaking skills. The participants' feedback in respect of this activity was very positive.

Industrial visit :- During the 35 working day induction course for the TA Batch, the participants were taken on a one-day industrial visit to FACT, Kochi. During the visit, the participants were able to observe Firsthand, the functioning of the said entity and also interact with the key stakeholders. This experience helped the participants cement their understanding of the theoretical concepts discussed in the classroom.



Cultural Programmes:- During the course for OS (to be promoted to AO) the participants were given an opportunity to exhibit their extracurricular skills through a small cultural session scheduled before the commencement of the post lunch session. This helped foster a sense of bonding and camaraderie among the participants.

FACT, Kochi

Session on Ayurveda in daily life, First aid and Yoga :- The induction course for TAs and MTSs included sessions on Ayurveda in daily life, First Aid procedures and also Yoga. The session on Ayurveda and First Aid was conducted by registered medical practitioners. Session on Ayurveda included information on maintaining health through proper diets, Do's and Don'ts regarding dietary habits and also basic medications, all of which are extremely important in the present times where lifestyle diseases are rampant.



First Aid sessions involved the administering of basic first aid practices in crucial situations. Session on Yoga began with regular exercises and was followed by discussions on ways to leading a healthy and covered topics like diet, sleep, routine exercises for relaxation and stress release, etc. All these topics were well received by the participants which was reflected in the feedback received from them.



learn at leisure

"Learn at Leisure", is another Special initiative of the NADT, Regional Campus, Chennai. It is a media cast programme streaming curated videos of lectures on various topics during the weekends, facilitating the officers and officials to enhance their knowledge at their leisure time. The following topics were media-cast in this quarter:

1. Amendment on Financial Act 2025, Part-2
2. Overview of ICDS, Part-1 & Part-2
3. Assessment of Co-operative Societies
4. Sector wise Analysis of Textile Industries
5. Sector wise Analysis on Housing & Real estate sector
6. Refund Management : Bridging gaps with CPC-ITR
7. Understanding VDA and their Taxation, Part-1 & Part-2
8. Issue on Corporate Assessment
9. Income from Shares & Derivatives/ Futures & Options, Part-01

Thirukural Thuligal



குறள் 394

Kural 394

உவப்பத் தலைக்கூடி உள்ளப் பிரிதல்
அனைத்தே புலவர் தொழில்.

uvappath thalaikkooti ullap piridhal
anaiththae pulavar thozhil

It is the mark of the learned to meet with delight, and to part with a longing for the next meeting which makes others think, " When shall we see them again".