



MAPS KALPAKKAM WCSC VSP - KARANAI

வாழ்க வையகம் குருவே குணை வாழ்க வளமுடன்

சென்னை அணுமின் நிலையம் மற்றும்
உலக சமுதாய சேவா சங்கம்
இணைந்து நடத்தும்
கிராமிய சேவைத் திட்டம் (WCSC-VSP)
கிராமம் : காரணை

SKY
SANGAM
& SERVICES

NPCIL

வேதாத்திரி கிராமம்

முழுமை நல வாழ்வுக்கு மனவளக்கலை யோகா

நிறைவு விழா : 10.01.2020 165

நோக்கம்

ஆரோக்கியமான அமைதி கிராமம்



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1. Introduction:

The future of India lives in its villages. India is not Calcutta or Bombay. India lives in her seven hundred thousand villages' - **Mahatma Gandhi**.

True to the words of the Father of our Nation, the development of our country has to be assessed by the state of the villages. 365 million people live there below poverty line, mostly illiterate and in low economic status struggling to lead their daily life. Keeping villages the main focus, the World Community Service Centre strives for a better world through its Village Service Project.

A memorandum of Understanding was reached on 22.02.2019 between World Community Service Centre (WCSC) and Madras Atomic Power Station (MAPS) Kalpakkam for implementation of Village Service Project in Karanai and Sooradimangalam Villages near by Kalpakkam, Kanchipuram District.

2. About the Project

Powered by the vision of guiding light, **Vethathiri Maharishi**, a sage who in his own lifetime rendered yeoman service to bring about positive change at the personal level through his teachings, WCSC carries on his inspiring legacy to bring about world peace. Today there are around 400 trusts and about 2023 sub centres registered and affiliated to WCSC. WCSC is a non religious, non-political and non profitable spiritual organisation spread across India and other foreign countries like Japan, South Korea, Malaysia, Singapore, Sri Lanka and USA.

WCSC through VSP project adopt a village and organize a Twelve month capsuled program. Vethathiri Maharishi's **SKY Yoga** (Simplified Kundalini Yoga) taught by well trained and dedicated SKY yoga teachers (a male and a female) who stay in the village and mingle with the people. In addition to the yoga teachings, various other programmes like health camp, children skill development programs, Neturopathy Camp, counselling sessions, women empowerment programs, de-addiction camp, Cancer awareness, Environment awareness, etc are also conducted by professionals bringing value addition to the project. This Project Inaugural function was held on **02.03.2019** in the presence of Mr. M. Srinivas, STATION DIRECTOR, MAPS and other officials of MAPS & WCSC.

3. Aim of the Project and Key Objectives:

In the Memorandum of Understanding it was agreed between WCSC and MAPS to implement the following:

- **To educate the rural people about their healthcare, sanitation, sustainable livelihoods, community infrastructure development.**
- **To improve lifestyle of village people by imparting awareness program.**
- **To improve physical, mental and social health of the village people.**
- **Training on mind management and stress management.**
- **Creating awareness on rural development and encourage to address the issues.**
- **Creating awareness to improve the quality of life among the rural youth.**
- **To achieve the holistic development by imparting awareness program on education, health, skill development to women and youth and also on environment protection.**

4. About Karanai Village and Status

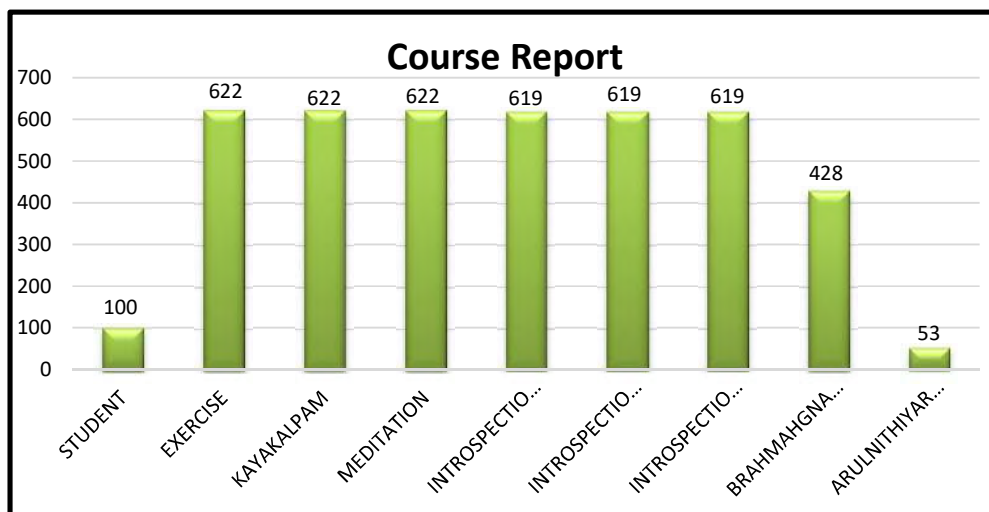
Karanai Village comes under Thiruporur Taluk of Kancheepuram district. This is the **152nd Village** of the VSP project which got inaugurated and presided by **Thiru. M. Srinivas, Station Director (MAPS)** and WCSC, General Secretary, **Arulnidhi R.Varadharajan** and other degnateries of MAPS and WCSC on **2nd March 2019**. The closing ceremony of this Village project is **10th January 2020**.

CENSUS : The volunteers and the SKY Yoga professors went around the village and collected the base data about the villagers.

S.No.	Gender (Adults) / Children	Number of Participants
1.	Male	278
2.	Women	346
Total		624

5. Course Report

S.No	Title / Description	Information		
1.	VILLAGE NAME	KARANAI		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	KALPAKKAM MVKM TRUST		
4.	SCHOOL NAME	PANCHAYAT UNION PRIMARY SCHOOL		
5.	EXERCISE	Male – 5	Female – 8	Total - 13
6.	STUDENTS BELOW 14 years of Age	100 (48 Males and 52 Females)		
7.	EXERCISE	Male – 276	Female – 346	Total - 622
8.	KAYAKALPAM	Male – 276	Female – 346	Total - 622
9.	AGNAI	Male – 276	Female – 346	Total - 622
10.	SHANTHI	Male – 276	Female – 346	Total - 622
11.	THURIYAM	Male – 276	Female – 346	Total - 622
12.	INTROSPECTION I	619		
13.	INTROSPECTION II	619		
14.	INTROSPECTION III	619		
15.	BRAHMA GNANAM	428		
16.	MASTER COURSE	53		



6. Pre-Medical Camp

A pre-medical camp was conducted from **09.03.2019 to 11.03.2019**. During this camp **195** people were examined. Their height, weight, BP, Diabetic (Sugar) and Cholesterol was checked and the reports were taken by the R & D department of WCSC, Aliyar.

These data were the basis for comparing the health status with the post medical tests taken a few days before the conclusion of the VSP project.

- In the 195 samples collected, people with diabetes, cholesterol, hyper-tension, hypotension, anemia, obesity, over-weight and under-weight were identified. As per Doctor's advice medications were recommended.
- Out of 195 people, 20 persons are addicted to smoking and drinking as shown in the above chart and 13 persons are having joint-pain, body-pain and other ailments.
- From the above statistics, the health condition of the village people were in alarming condition and maximum concentration was given to improve their health condition by the way of Yoga practice.
- It is opined that in the forthcoming months by way of doing yoga practice, improvement in their health condition could be achieved. At the end of the project a detailed analyzed report will be submitted.

➤ Date-wise Summary of the medical camps

S.No.	Date	Event Description	Male	Female	Total
1.	09.03.2019 to 11.03.2019	Pre-Medical camp by R. Kuttralam	85	110	195
2.	24.12.2019	Post-Medical Camp by Rajendran	10	28	38

7. Environment Awareness Programme

S.No.	Date	Event Description	Description
1.	24-09-2019	Environment Awareness Program was conducted	<p>74 (11 Males and 63 Females) attended the program.</p> <p>150 Trees were planted and 20 Dustbins were put in place</p> <p>Villagers were explained about the Environment Awareness by the way of improving cleanliness and Sanitation</p> <p>Villagers were advised not to use Plastic since its spoil the environment.</p>

8. Counselling Camp

S.No.	Date	Event Description	Description
1.	30-05-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Students-49, Males-10, Females-110, Individuals -3- Total = 172
2.	18-07-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Males-17, Females-19, Individuals -02- Total = 38
3.	28-09-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Students-20, Males-08, Females-60, Individuals -9- Total = 97
4.	31-12-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Students-15, Females-35, Individuals -9- Total = 59

9. De-addiction Awareness Camp

S.No.	Date	Event Description	Description
1.	21-05-2019	De-addiction Camp was conducted by V.V.Vincilin, Bala	Students-14, Males-9, Females-32. Total = 53 participated
2.	24-06-2018	De-addiction Camp was conducted by V.V.Vincilin	Males-10, Females-30, Total = 40 participated

10. Women Empowerment Camp

S.No.	Date	Event Description	Description
1.	19-05-2019	Tailoring class for ladies in Karanai Village was inaugurated by Dr. Muruganandan (CEO)	Students-11 Males – 11, Females- 63. Total=85 participated actively. Men were allowed to help them earn, as they were interested.
2.	19-05-2019	Tailoring class concluded	60 persons attended the function.
3.	60 participants were issued certificates by Tamil Nadu WDC (Women Development Committee in collaboration with WCSC (World Community Service Centre)		

11. Naturopathy Programmes

S.No.	Date	Event Description	Description
1.	21-04-2018	Naturopathy program was conducted by Dr. Pattammal	Students-6, Males-4, Females-23, Total = 37 The participants were highlighted about natural way of curing
2.	23-06-2018	Naturopathy program was conducted by Dr. Pattammal	Students-10, Males-12, Females-42, Total =64 The participants were highlighted about natural way of curing
3.	28-07-2019	Naturopathy program was conducted by Dr. Pattammal	Students-5, Males-08, Females-32, Total =45 The participants were highlighted about natural way of curing
4.	31-08-2019	Naturopathy program was conducted by Dr. Pattammal	Students-14, Males-11, Females-68, Total =106 The participants were highlighted about natural way of curing
5.	24-09-2019	Naturopathy program was conducted by Dr. Pattammal	Students-25, Males-16, Females-78, Total =119 The participants were highlighted about natural way of curing
6.	20-10-2019	Naturopathy program was conducted by Dr. Pattammal	Students-9, Males-07, Females-16, Total =32 The participants were highlighted about natural way of curing
7.	30-11-2019	Organic Food Festival	Students-50, Males-30, Females-120, Total =200 The participants were highlighted about natural way of curing

12. Regular and General Programmes

S.No.	Date	Event By	Description
1	13-05-19,26-08-19,11-10-19	Arulnithiyar course was conducted at Aliyar	Males-24, Females-29 Total = 53 participated
2	11-11-2018	Feed back shooting was done by Prof. G.Balamurugan	60 persons participated
3	30-11-2019	Program Review meeting by MAPS officers	Students-50,Males-30, Females-120, Total =200
4	31-08-2019	Wife Appreciation Day was celebrated and anchored by Prof. Anbarasan	50 Pairs 150 Individuals 25 students participated

13. Health Improvement – Post the program completion

The post medical tests was conducted on 24.12.2019 and 38 members participated in the re-test of their medical condition. Following are the observations

S.NO.	HEALTH COMPLAINTS BEFORE YOGA	HEALTH CONDITION AFTER YOGA
1.	SUGAR	SUGAR LEVEL REDUCED – 8 PERSONS
2.	BP	BP REDUCED – 5 PERSONS
3.	WEIGHT	WEIGHT REDUCED – 10 PERSONS
4.	De-addiction	1 PERSON
5.	Cancer side effect	1 PERSON
6.	Paralysis	1 PERSON
7.	Nerves Problems	2 PERSONS
8.	Kidney stone problem	1 PERSON
9.	Join pains	4 PERSONS

14. Conclusion – Valedictory Function

The VSP Valedictory function is held on **10-01-2020** and the Yoga Centre at Karanai continues to be in existence and will be monitored by The World Community Service Centre.

Our sincere thanks to Shri. M.SHRINIVAS, Station Director, MAPS for inaugurating the function and to along with Shri. K.SURESH, Chief Engineer & Convener, CSR Committee and the Entire Team for rendering their fullest co-operation for successful completion of this Project.

15. THANKS GIVING

We express our sincere gratitude to our beloved WCSC President PadmaShri **Arulnithi. SKM. Maeilanandhan** who spearheads the activities of WCSC for transforming Karanai Village as the healthy and peaceful village. On behalf of the VSP Directorate, we also place on record our sincere thanks and best wishes to the **Madras Atomic Power Station (MAPS)**, Kalpakkam who provided CSR fund for the implementation of this project, to the office bearers of **Kanchipuram Zone**, the office bearers of **Kalpakkam MVKM TRUST**, coordinators of VSP-CSR, coordinators of various special camps, VSP A/N. **G.Surgunam and A/N. U.Sivasankari**, who taught the SKY practices, all the professors who took special classes for the VSP project, all those in the administration team, development team and service team of the VSP project who coordinated well for the successful implementation of the VSP project and to the general public who learnt SKY yoga practices and got benefitted out of it.

16. Gallery of Photos

16.1. Invitation - KARANAI VILLAGE INAUGURAL FUNCTION

வாழ்க வையகம்வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.45 மணி : கொடியேற்றம்

5.50 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.00 மணி : வரவேற்புரை : **Dr.R.பாஸ்கரன்** அவர்கள்,
தலைவர், கல்பாக்கம் மனவளக்கலை மன்ற அறக்கட்டளை.

6.05 மணி : திட்ட அறிமுகவுரை : அருள்நிதி. **P. முருகானந்தம்** அவர்கள்,
இயக்குனர், WCSC-VSP.

6.10 மணி : முன்னிலையுரை : பேரா. **S. மயில்முருகன்** அவர்கள்,
தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.
முன்னிலை வகிப்பவர்கள் :
திரு. **K.சுரேஷ்** அவர்கள்,
Chief Engineer (E&US) & Convener CSR Committee,
Madras Atomic Power Station.
திரு. **K.ஏகாம்பரம்** M.A., M.Ed., M.Phil. அவர்கள்,
மாவட்டக் கல்வி அலுவலர், செங்கல்பட்டு.

6.15 மணி : வாழ்த்துரை : திரு. **பிரகாஷ்பாபு** அவர்கள்,
வட்டார வளர்ச்சி அலுவலர், திருப்போரூர்.

6.20 மணி : தலைமையுரை :
திரு. **M.மீனிவாஸ்** அவர்கள்,
Station Director, Madras Atomic Power Station.

6.30 மணி : திட்டத்தை துவக்கி வைத்து சிறப்புரை :
முதுநிலை பேரா. **R.வரதராஜன்** அவர்கள்,
பொதுச் செயலர், உலக சமுதாய சேவா சங்கம்.

6.40 மணி : நன்றியுரை : அருள்நிதி. **S.அன்பரசன்** அவர்கள்,
துணைத்தலைவர் (VSP), WCSC-காஞ்சிபுரம் மண்டலம்.

6.45 மணி : கிராமியக் கலை நிகழ்ச்சி

அருமைக் கலைக்காரியாலயம் குழுவினர், திருச்சி.
உலக நல வாழ்த்து

16.2. GLIMPSES OF INAUGURAL FUNCTION ON 3rd - March - 2019





16.3. Pre-medical Camp



16.4. Environment Awareness Program



16.5. Counselling Camp



16.6. De-Addiction Camp



16.7. Naturopathy Camp



16.8. Women Empowerment



16.9. WIFE APPRECIATION DAY FUNCTION



16.10. KARANAI VILLAGE VALEDICTORY FUNCTION - INVITATION

வாழ்க வையகம் வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை,
5.45 மணி : கொடியேற்றம், ஆரோக்கியமரண அமைதி கிராமப் போர்டு திறப்பு,
6.00 மணி : இறைவணக்கம், குரு வணக்கம், தவம்
6.15 மணி : வரவேற்புரை : **Dr.R.பாஸ்கரன்** அவர்கள்,
தலைவர், கல்பாக்கம் மனவளக்கலை மன்ற அறக்கட்டளை.
முன்னிலை வகிப்பவர்கள் :
திரு. **M.பலராமமூர்த்தி** அவர்கள்,
Chief Superintendent, Madras Atomic Power Station.
திரு. **K.V.கிருஷ்ணமூர்த்தி** அவர்கள்,
Convener CSR Committee.
6.20 மணி : முன்னிலையுரை : பேரா. **S. மயில்முருகன்** அவர்கள்,
தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.
6.25 மணி : செயல்பாட்டு உரை : அருள்நிதி. **P. முருகானந்தம்** அவர்கள்,
இயக்குனர், WCSC-VSP.
6.35 மணி : விருந்தினர்கள் மற்றும் மண்டல, அறக்கட்டளை கௌரவித்தல்
6.40 மணி : திட்டத்தை நிறைவு செய்து சிறப்புரை :
முதுநிலை பேரா. **R.பிரமுகுட்டி** அவர்கள்,
துணைத்தலைவர், உலக சமுதாய சேவா சங்கம்.
6.50 மணி : தலைமையுரை : திரு. **M.ஸ்ரீனிவாஸ்** அவர்கள்,
Station Director, Madras Atomic Power Station.
6.55 மணி : நன்றியுரை : அருள்நிதி. **S.அன்பரசன்** அவர்கள்,
துணைத்தலைவர் (VSP), WCSC-காஞ்சிபுரம் மண்டலம்.
7.00 மணி : ஒளி, ஒலி படக்காட்சி
7.25 மணி : கிராம மக்களின் கலை நிகழ்ச்சி
உலக நல வாழ்த்து