

MAPS KALPAKKAM WCSC VSP - SOORADIMANGALAM





Table of Contents

1.	Introduction:	3
2.	About the Project	3
3.	Aim of the Project and Key Objectives:	3
4.	About Sooradimangalam Village and Status	4
5.	Course Report	4
6.	Pre-Medical Camp	4
7.	Environment Awareness Programme	5
8.	Counselling Camp	6
9. 10.	Students Empowerment Camp De-addiction Awareness Camp	
11.	Women Empowerment Camp	7
12.	Naturopathy Programmes	7
13.	Regular and General Programmes	8
14.	Health Improvement – Post the program completion	8
15.	THANKS GIVING	9
16.	Gallery of Photos	10
16.1	Invitation - SOORADIMANGALAM VILLAGE INAUGURAL FUNCTION	10
16.2.	GLIMPSES OF INAUGRAL FUNCTION ON 14TH - September - 2018	11
16.3.	Pre-medical Camp	12
16.4.	Environment Awareness Program	12
16.5.	Counselling Camp	13
16.6.	Student Empowerment Camp	13
16.7.	International Yoga Day	14
16.8.	Naturopathy Camp	14
16.9.	Women Empowerment	14
16.10.	MAPS Visit	15
17.11.	Development Committee Meeting	15
16.12.	WIFE APPRECIATION DAY FUNCTION	15
16.13.	SOORADIMANGALAM VILLAGE VALEDICTORY FUNCTION - INVITATION	16





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 memorandam 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 Sooradimangalam 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 affliated 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 Inaugral function was held on **03.03.2019** 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 Memorandam 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 Sooradimangalam Village and Status

Sooradimangalam Village comes under Thirukazhukkundram Taluk of Kancheepauram district. This is the 153rd Village of the VSP project which got inaugurated and presided by Thiru. M. Srinivas, Station Director (MAPS) and WCSC, Vice President, S.Prof. R. Pramakutti and other degnateries of MAPS and WCSC on 3rd March 2019. The closing ceremony of this Village project is 9th 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	345
2.	Women	326
	Total	671

5. Course Report

S.No	Title / Description	Information		
1.	VILLAGE NAME	SOORADIMANGALAM		
2.	ZONE NAME	KANCHEEPURA	ΑM	
3.	TRUST NAME	KALPAKKAM N	AVKM TRUST	
4.	SCHOOL NAME	GOV HR. SEC. S	CHOOL	
5.	EXERCISE	Male – 140	Female – 160	Total - 300
6.	STUDENTS BELOW	85 (40 Males and	l 45 Females)	
	14 years of Age			
7.	EXERCISE	Male – 345	Female – 326	Total - 671
8.	KAYAKALPAM	Male – 345	Female – 326	Total - 671
9.	AGNAI	Male – 345	Female – 326	Total - 671
10.	SHANTHI	Male – 345	Female – 326	Total - 671
11.	THURIYAM	Male – 345	Female – 326	Total - 671
12.	INTROSPECTION I	671		
13.	INTROSPECTION II	671		
14.	INTROSPECTION III	671		
15.	BRAHMA GNANAM	620	·	
16.	MASTER COURSE	42	<u>-</u>	

6. Pre-Medical Camp

A pre-medical camp was conducted from **12.03.2019 to 14.03.2019**. During this camp **210** people were examined. Their height, weight, BP, Diabetic (Sugar) and Cholestrol 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.





Vaazhga Vaiyagam Vaazhga Valamudan

- ➤ In the 210 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 210 people, 20 persons are addicted to smoking and drinking as shown in the above chart and 17 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.	12.03.2019	Pre-Medical camp by R. Kuttralam	91	119	210
	_				
	14.03.2019				
2.	23.12.2019	Post-Medical Camp by Rajendran	11	31	42

7. Environment Awareness Programme

S.No.	Date	Event Description	Description
1.	19-05-2019	Environment Awareness Program was conducted	70 (10 Males and 60 Females) attended the program. 150 Trees were planted and 20 Dustbins were put in place Villagers were explained about the Environment Awareness by the way of improving cleanliness and Sanitation
			Villagers were advised not to use Plastic since its spoil the environment.



5



8. Counselling Camp

S.No.	Date	Event Description	Description
1.	31-05-2019	Counselling was	Males–30, Females-130, Students- 40 –
		conducted by Dr. M.K.	Total = 200
		Janaki Raman	
2.	29-06-2019	Counselling was	Males–10, Females-30, Individuals -15–
		conducted by Dr. M.K.	Total = 55
		Janaki Raman	
3.	25-07-2019	Counselling was	Males–24, Females-75, Individuals -11 –
		conducted by Dr. M.K.	Total = 110
		Janaki Raman	
4.	26-02-2019	Counselling was	Males–32, Females-118, Individuals -186 –
		conducted by Dr. M.K.	Total = 336
		Janaki Raman	
5.	01-10-2019	Counselling was	Males +Females = 118. Individuals – 15
		conducted by Dr. M.K.	Total = 133
		Janaki Raman	

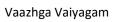
9. Students Empowerment Camp

S.No.	Date	Event Description	Description
1.	27-10-2018	College Camp	Males-10, Females-16. Total = 26
2.	03-03-2019	Games for Students	Males-20, Females-35, Individuals- 117
			Total = 172

10. De-addiction Awareness Camp

S.No.	Date	Event Description	Description
1.	23-07-2019	De-addiction Camp was	Males-40, Females-15. Total = 55
		conducted by Mrs. V.V.	participated
		Vincilin, Bala	
2.	05.09.2019	De-addiction Camp was	Males-30, Females-15, Students – 50.
		conducted by Mrs. V.V.	Total = 95 participated
		Vincilin, Mrs. Ramadevi	
3.	05-10-2019	De-addiction awareness	Males-22, Females-55. Total = 77
		was conducted by TTK	participated







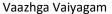
11. Women Empowerment Camp

S.No.	Date	Event Description	Description	
1.	19-05-2019	Tailoring class for ladies	Males – 20, Females- 70, Students - 10.	
		in Sooradimangalam	Total=100 participated actively. Men were	
		Village was inaugurated	allowed to help them earn, as they were	
		by Dr. Muruganandan	interested.	
		(CEO)		
2.		Tailoring class concluded	53 persons attended the function.	
3.	54 participants were issued certificates by Tamil Nadu WDC (Women Development			
	Committee in collaboration with WCSC (World Community Service Centre)			

12. Naturopathy Programmes

S.No.	Date	Event Description	Description
1.	13-04-2019	Naturopathy program was	Males-8, Females-57, Total = 65
		conducted by Dr.	The participants were highlighted about
		Pattammal	natural way of curing
2.	01-05-2019	Naturopathy program was	Males-3, Females-33, Total = 36
		conducted by Dr.	The participants were highlighted about
		Pattammal	natural way of curing
3.	22-06-2019	Naturopathy program was	Males-20, Females-180, Total = 200
		conducted by Dr.	The participants were highlighted about
		Pattammal	natural way of curing
4.	31-07-2019	Naturopathy program was	Males-20, Females-180, Total = 200
		conducted by Dr.	The participants were highlighted about
		Pattammal	natural way of curing
5.	31-08-2019	Naturopathy program was	Males-10, Females-40, Students – 20,
		conducted by Dr.	Total = 70
		Pattammal	The participants were highlighted about
			natural way of curing
6.	24-09-2019	Naturopathy program was	Males-20, Females-180, Total = 200
		conducted by Dr.	The participants were highlighted about
		Pattammal	natural way of curing
7.	20-10-2019	Naturopathy program was	Males-15, Females-20, Individuals – 15,
		conducted by Dr.	Total = 50
		Pattammal	The participants were highlighted about
			natural way of curing
8.	24-11-2019	Naturopathy program was	Males-70, Females-130, Students- 50,
		conducted by Dr.	Total = 250
		Pattammal	The participants were highlighted about
			natural way of curing
9.	24-11-2019	Organic Food Festival	Males -50 , Female -150 . Total = 200
			Participated.







13. Regular and General Programmes

S.No.	Date	Event By	Description
1.	26-08-2019 &	Arulnithiyar course was	Males-17, Females-25, Total = 42
	13-10-2019	conducted at Aliyar	participated
2.	22-10-2019	Program Review meeting	Males-15, Females-35, Students -
		by MAPS officers	100. Total=150 participated
3.	22-10-2019	Vigilance Awareness	Males-15, Females-35, Students -
		Camp	100. Total=150 participated
4.	24-12-2019	Feedback shooting was	Males-10, Females-50. Total = 60
		done by Prof.	provided feedback on the project
		Balamurugan	
5.	15-09-2019	Wife Appreciation Day	90 Pairs
		was celebrated and	20 Individuals
		anchored by Prof.	10 students participated
		Veerapan	

14. Health Improvement – Post the program completion

The post medical tests was conducted on 23-12-2019 and 42 members participated in the re-test of their medical condition. Following are the observations

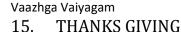
S.NO.	HEALTH COMPLAINTS BEFORE YOGA	HEALTH CONDITION AFTER YOGA
1.	SUGAR	SUGAR LEVEL REDUCED – 6 PERSONS
2.	BP	BP REDUCED – 9 PERSONS
3.	WEIGHT	WEIGHT REDUCED – 17 PERSONS
4.	De-addiction	3 PERSONS have improved their life style
5.		

Conclusion – Valedictory Function

The VSP Valedictory function is held on **09-01-2020** and the Yoga Centre at Sooradimangalam 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.







We express our sincere gratitude to our beloved WCSC President PadmaShri Arulnithi. SKM. Maeilanandhan who spearheads the activities of WCSC for transforming Sooradimangalam 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 Thirukazhukkundram MVKM TRUST, coordinators of VSP-CSR, coordinators of various special camps, VSP Prof. R. Lakshminathan and A/N. K Thenkumari, 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 - SOORADIMANGALAM VILLAGE INAUGURAL FUNCTION



16.2. GLIMPSES OF INAUGURAL FUNCTION ON 3RD MARCH 2019







16.3. Pre-medical Camp



16.4. Environment Awareness Program





Vaazhga Vaiyagam 16.5. Counselling Camp





16.6. Student Empowerment Camp







16.7. International Yoga Day





16.8. Naturopathy Camp

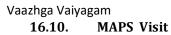




16.9. Women Empowerment











16.11. Development Committee Meeting





16.12. WIFE APPRECIATION DAY FUNCTION





16.13. SOORADIMANGALAM VILLAGE VALEDICTORY FUNCTION - INVITATION



