

வாழ்க வையகம் குருவே துணை என்.எல்.சி. தமிழ்நாடு பவர் லிமிடெட் மற்றும் உலக சமுதாய சேவா சங்கம் இணைந்து நடத்தும் கிராமிய சேவைத் திட்டம் (WCSC-VSP) கிராமம் : எட்டிவயல் வாழ்க வளமுடன்

வேதாத்திரி கிராமம்

முழுமை நல வாழ்விற்கு மனவளக்கலை யோகா

துவக்க விழா : 25.07.2019

அனுமதி இலவசம்

நோக்கம்

ஆரோக்கியமான அமைதி கிராமம் தொடர்புக்கு 9486610842 9976151190

NTPL

sky Yoga

NTPL TUTICORIN
WCSC VSP - ETTIVAYAL



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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) 1st **July 2019** between World Community Service Centre (WCSC) and NLC TAMILNADU POWER LIMITED (NTPL) Tuticorin for implementation of Village Service Project in Ettivayal Village near by Madurai, Ramanathapuram 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 **25th July 2019** in the presence of Mr. K.S.Balakrishnan CEO, NLC TAMILNADU POWER LIMITED (NTPL), Tuticorin and other officials of NTPL & WCSC.

3. Aim of the Project and Key Objectives:

In the Memorandum of Understanding it was agreed between WCSC and NTPL 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 Ettivayal Village and Status

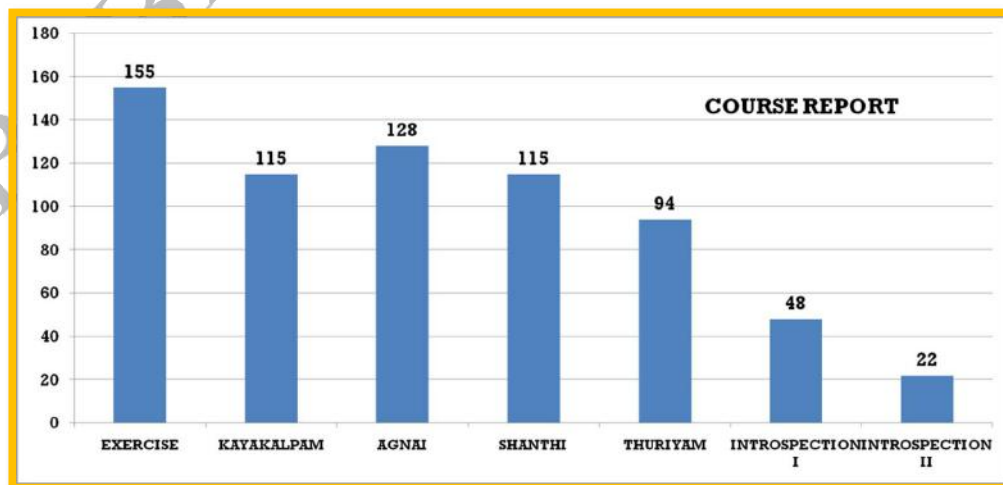
Ettivayal Village comes under Madurai Taluk of Ramanathapuram district. This is the **166th Village** of the VSP project which got inaugurated and presided by **Mr. K.S.Balakrishnan CEO, NLC TAMILNADU POWER LIMITED (NTPL), Tuticorin** and WCSC, President, **Padmasri.Arulnidhi.SKM.Maailanandhan** and other dignitaries of MAPS and WCSC on **25th July 2019**. The actual closing ceremony of this Village project is **June 2020**. Due to the COVID 19 Lockdown the village project was concluded on **12th Oct 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	
2.	Women	
Total		470

5. Course Report

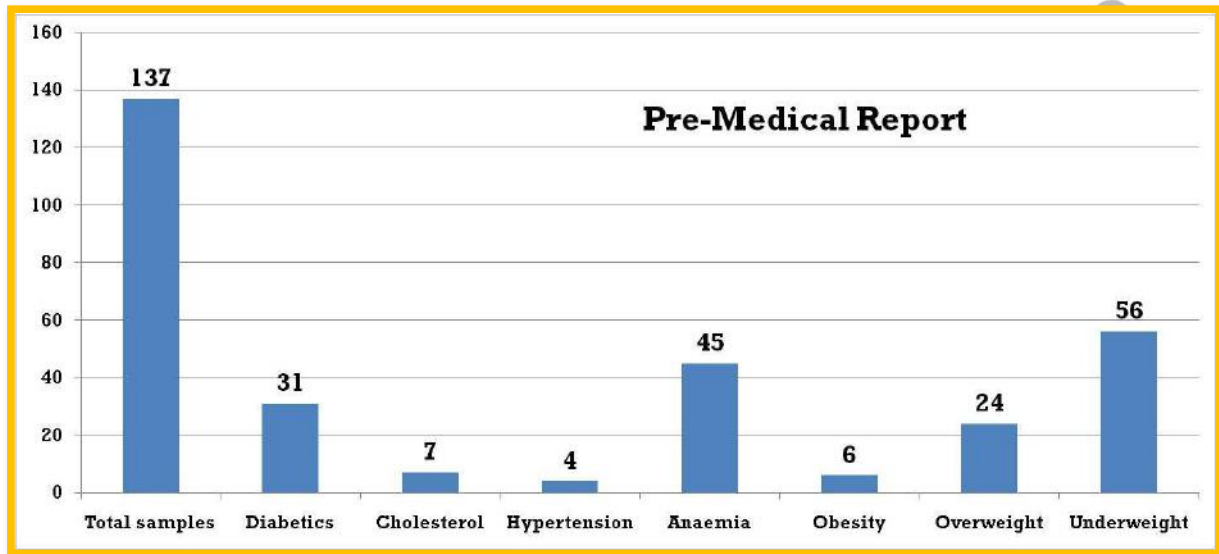
S.No	Title / Description	Information		
1.	VILLAGE NAME	ETTIVAYAL		
2.	ZONE NAME	MADURAI		
3.	TRUST NAME	RAMANATHAPURAM MVKM TRUST		
4.	SCHOOL NAME	Govt. Primary School		
5.	EXERCISE	Male – 41	Female – 114	Total - 155
6.	STUDENTS BELOW 14 years of Age	28		
7.	EXERCISE	Male – 41	Female – 114	Total - 155
8.	KAYAKALPAM	Male – 27	Female – 88	Total - 115
9.	AGNAI	Male – 28	Female – 100	Total - 128
10.	SHANTHI	Male – 28	Female – 87	Total - 115
11.	THURIYAM	Male – 20	Female – 74	Total - 94
12.	INTROSPECTION I	48		
13.	INTROSPECTION II	22		



6. Pre-Medical Camp

A pre-medical camp was conducted from **04th Aug 2019 to 06th Aug 2019**. During this camp **137** 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 137 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 137 people, 03 persons are addicted to smoking and drinking as shown in the above chart and 10 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.	04.08.2019 to 06.08.2019	Pre-Medical camp by R. Kuttralam	53	84	137

7. Environment Awareness Programme

S.No.	Date	Event Description	Description
1.	24-09-2019	Environment Awareness Program was conducted	<p>128 villagers were 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.			
2.	28.09.2019	Counselling was conducted by Mr.Saravanan	Males –10, Females-25 Total = 35 Villagers participated in the camp
3.	07.01.2020	Counselling was conducted by Dr. M.K. Janaki Raman	Males-08, Females-38, Students -06 Total = 52 Villagers participated in the camp
4.	14.02.2020	Counselling was conducted by Dr. M.K. Janaki Raman	Males-10, Females-32, Students-05, Total = 47 Villagers participated in the camp

9. De-addiction Awareness Camp

S.No.	Date	Event Description	Description
1.	25.08.2019	De-addiction Camp was conducted by Mr.Javakar	Males-2, Females-28 Total = 30 participated
2.	10.09.2019	De-addiction Camp was conducted by Mr.Jawakar	Males-10, Females-30, Total = 40 participated
3.	20.10.2019	De-addiction Camp was conducted by Mr.Jawakar	Males-12, Females-31, Total = 43 participated
4.	22.12.2019	De-addiction Camp was conducted by Mr.Jawakar	Total =47 Villagers Participated in the camp
5.	28.02.2020	De-addiction Camp was conducted by Mr.Jawakar	Total = 25 Villagers Participated in the camp

10. Women Empowerment Camp

S.No.	Date	Event Description	Description
1.	04.10.2019	Tailoring class for ladies in Ettivayal Village was inaugurated by Prof. Dharani Murugesan	Total=30 participated actively. Men were allowed to help them learn, as they were interested.
2.	16 participants were issued certificates by Tamil Nadu WDC (Women Development Committee in collaboration with WCSC (World Community Service Centre)		

11. Homeopathy Medical Camp

S.No.	Date	Event Description	Description
1.	17.08.2019	Homeopathy Medical Camp was conducted by Dr.M.Harshavarthini	Total = 47 Villagers participated in the camp.
2.	14.09.2019	Homeopathy Medical Camp was conducted by Dr.M.Harshavarthini	Males-13, Females-44, Total =57 Villagers participated in the camp.
3.	28.09.2019	Homeopathy Medical Camp was conducted by Dr.M.Harshavarthini	Males-10, Females-25, Total =35 Villagers participated in the camp.
4.	16.11.2019	Homeopathy Medical Camp was conducted by Dr.M.Harshavarthini	Males-11, Females-13, Students-6, Total =30 Villagers participated in the camp.
5.	14.12.2019	Homeopathy Medical Camp was conducted by Dr.M.Harshavarthini	Males-15, Females-13, Students-5, Total =33 Villagers participated in the camp.

12. Regular and General Programmes

S.No.	Date	Event By	Description
1.	14.12.2019	Project Review Meeting by VSP Joint Director Prof.K.R.Shanmugam	Males-6, Females-19, Students-5 Total = 30 participated
2.	13.02.2020	Development committee Meeting by Prof.Murugesan	Males-3, Females-15 Total = 18 participated
3.	20.02.2020	Development committee Meeting by VSP Joint Director Prof.K.R.Shanmugam and Prof.Murugesan	Males-4, Females-10 Total = 14 participated
4.	25.02.2020	Development committee Meeting by Prof.Subburaj	Males-1, Females-8 Total =9 participated
5.	03.03.2020	Special class was conducted by Prof.Subburaj Topics – Kavalai Olithal	Males-5, Females-5 Total =10 participated

6.	08.03.2020	Special Class was held in “Vazhthum Payanum” topic	Males-5, Females-5 Total =10 participated
7.	09.03.2020	Special class Nithiyananda Thava and the explanation	Males-5, Females-18 Total =23 Participated
8.	10.03.2020	Special Class by Prof.Murugesan about the topic: Yennam Aaraithal	Males-6, Females-16 Total =24 Participated
9.	11.03.2020	Project Review Meeting by VSP Joint Director Prof.K.R.Shanmugam and special class by Prof.Murugesan about the topic: “Pava pathivugalum pokkum muraigalum”	Males-3, Females-14 Total =17 participated

13. Health Improvement – Post the program completion

Due to COVID – 19 Lockdown, Video Feedback Documentary shooting and Post Medical camp for the villagers were not conducted.

14. Conclusion – Valedictory Function

Ettivayal Village was concluded as **175th** VSP Village. The VSP Valedictory function is held on **12th Oct 2020** and the Yoga Centre at Ettivayal continues to be in existence and will be monitored by The World Community Service Centre.

Our sincere thanks to **Mr. K.S.Balakrishnan CEO, NLC TAMILNADU POWER LIMITED (NTPL), Tuticorin** for inaugurating the function and 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 Ettivayal 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 **NLC TAMILNADU POWER LIMITED (NTPL), Tuticorin** who provided CSR fund for the implementation of this project, to the office bearers of **Madurai Zone**, the office bearers of **Ramanathapuram MVKM TRUST**, coordinators of VSP-CSR, coordinators of various special camps, VSP **Prof.Sithiravel and Prof.Mariyammal** 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 - ETTIVAYAL VILLAGE INAUGURAL FUNCTION

வாழ்க வையகம்
வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.45 மணி : கொடியேற்றம்

6.00 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.15 மணி : வரவேற்புரை : பேரா. **R.முருகேசன்** அவர்கள்,
தலைவர், WCSC-மதுரை மண்டலம்.

6.20 மணி : திட்டஅறிமுகவுரை : அருள்நிதி. **P. முருகானந்தம்** அவர்கள்,
இயக்குனர், WCSC-VSP.

6.30 மணி : முன்னிலையுரை :
திரு. **கே.எஸ்.கோபாலகிருஷ்ணன்** அவர்கள்,
முதன்மை செயல் அதிகாரி, என்.எல்.சி. தமிழ்நாடு பவர் லிமிடெட்,
தூத்துக்குடி.
முன்னிலை வகிப்பவர்கள் :
பேரா. **R.இராசாகுடலைமுத்து** அவர்கள்,
இணை இயக்குனர், WCSC-விரிவாக்கம்.
பேரா. **A.செல்வராஜ்** அவர்கள்,
துணைத்தலைவர் (VSP), WCSC-மதுரை மண்டலம்.
முதுநிலை பேரா. **K.R.சண்முகம்** அவர்கள்,
இணை இயக்குனர், WCSC-VSP.
அருள்நிதி. **C.சுந்தராஜன்** அவர்கள், துணைத்தலைவர் (VSP),
இராமநாதபுரம் மனவளக்கலை மன்றம் அறக்கட்டளை.
பேரா. **G.பாலமுருகன்** அவர்கள், ஒருங்கிணைப்பாளர், WCSC-VSP.

6.35 மணி : தலைமையுரை : திரு. **K.வீரராகவராவ்** இ.ஆ.ப. அவர்கள்,
மாவட்ட ஆட்சியர், இராமநாதபுரம் மாவட்டம்.

6.45 மணி : வாழ்த்துரை :

6.50 மணி : மரக்கன்றுகள் வழங்குதல் மற்றும் விருந்தினரை கௌரவித்தல்

6.55 மணி : திட்டத்தை துவக்கி வைத்து சிறப்புரை (காணொலி காட்சி) :
அருள்நிதி. **SKM.மயிலானந்தன்** அவர்கள்,
சமூக சேவைக்காக பத்மஸ்ரீ விருது பெற்றவர்,
தலைவர், உலக சமுதாய சேவா சங்கம்.

7.15 மணி : நன்றியுரை : அருள்நிதி. **G.கிருஷ்ணன்** அவர்கள்,
செயலாளர், இராமநாதபுரம் மனவளக்கலை மன்ற அறக்கட்டளை.

7.20 மணி : கிராமியக் கலை நிகழ்ச்சி
அருமைக் கலைக்காரியாலயம் குழுவினர், திருச்சி.
உலக நல வாழ்த்து

16.2 GLIMPSES OF INAUGURAL FUNCTION ON 25th July – 2019



16.3 Pre-medical Camp



16.4 Homeo Medical Camp



16.5 Women Empowerment





16.6 SKY MEDITATION PRACTICE





16.7 DEVELOPMENT COMMITTEE MEETING



16.8 ETTIVAYAL VILLAGE VALEDICTORY FUNCTION - INVITATION

உலக சமுதாய சேவா சங்கம்
கிராமிய சேவை திட்டம்
கிராமிய சேவைத்திட்ட நிறைவு விழா

நாள் : 12.10.2020

இடம் : எட்டிவயல் (இராமநாதபுரம் மாவட்டம்)

நேரம் : மாலை 06.00 மணி

நிகழ்ச்சி நிரல்

06.00 மணி - இறைவணக்கம், குருவணக்கம் - பேரா. R.அபிராமி அவர்கள்

06.05 மணி - தவம் - பேரா. பொண்ணையாண்டி அவர்கள்

06.15 மணி - வரவேற்புரை - து.பேரா.G.கிருஷ்ணன் அவர்கள், செயலாளர்-
இராமநாதபுரம் ம.வ.க.ம. அறக்கட்டளை

06.20 மணி - அனுபவஉரை- கிராம மக்கள்

06.35 மணி - வாழ்த்துரை - அ.நி.சந்திராஜன் அவர்கள் து.தலைவர் -VSP
இராமநாதபுரம் ம.வ.க.ம. அறக்கட்டளை

06.40 மணி - முன்னிலையுரை - உயர்திரு.சந்திரன் அவர்கள்
முன்னாள் பஞ்சாயத்து தலைவர் - எட்டிவயல்)

06.45 மணி - தலைமையுரை - பேரா. R.முருகேசன் அவர்கள்
தலைவர் - உலக சமுதாய சேவா சங்கம் - மதுரை

06.50 மணி - நன்றியுரை - து.பேரா. S.கதிரேசன் அவர்கள்
உலக நல வாழ்த்து

16.9 ETTIVAYAL VILLAGE CONCLUDE

