



MADRAS ATOMIC POWER STATION, KALPAKKAM WCSC VSP - VASUVASAMUTHIRAM

வாழ்க வையகம்



குருவே துணை

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

வாழ்க வளமுடன்




வேதாத்திரி கிராமம்



முழுமை நல வாழ்விற்ரு மனவளக்கலை யோகா

அனுமதி இலவசம்



194



நோக்கம்



ஆரோக்கியமான அமைதி கிராமம்

காஞ்சிபுரம் மண்டலம் - 25வது கிராமிய சேவை திட்டம்



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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 12.01.2021 between World Community Service Centre (WCSC) and Madras Atomic Power Station (MAPS) Kalpakkam for implementation of Village Service Project in which one of the village is Vasuvasamuthiram 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 Nine working months 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, Naturopathy 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 **20.01.2021** in the presence of Mr. 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. Project Period

- The village service project (VSP) activities were started by way of inaugural function on **20th January 2021** in Vasuvasamuthiram.
- Due to covid pandemic the activities had to be paused for a period of 2 months (from 26th April 2021 to 30th June 2021).
- The project was restarted on 01st July 2021 and completed on 18th December 2021.
- The WCSC-VSP project was thus operative for 9 calendar months (excluding a break of 2 months in between due to covid pandemic)

5. Feasibility Study

A feasibility study was conducted before the award of the project and a 40 point checklist of the initial assessment of the village was completed.

WCSC - VSP VILLAGE DETAILS

1.	VILLAGE NAME	Vasuvasamuthiram
2.	ZONE	KANCHEEPURAM
3.	TRUST	Kalpakkam MVKM Trust
4.	PANCHAYAT	Vasuvasamuthiram
5.	DISTRICT	Chengalpattu
6.	TAULK	Thirukazhukundram
7.	PANCHAYAT PRESIDENT NAME	J.Amaravathi jayachandhiran
8.	WARD MEMBER NAME	1 st ward K.Karthik, 2 nd ward S.Rakuvaran, 3 rd ward A.Manikandan, 4 th Ward E.Savithiri Ealumalai, 5 th Ward U.Sharmilabeham
9.	POPULATION	M: 216 F: 345 C: 214 T: 561
10.	NUMBER OF HOUSES	152
11.	COLONY	Yes
12.	NEAR BY SCHOOL NAME NUMBER OF STUDENTS	Primary School
13.	PRIMARY HEALTH CENTRE	No
14.	PLACE OF INAUGURATION	Grama Seva Center
15.	PLACE OF THE TRAING CENTRE	Grama Seva Center
16.	TRAINING TIME	FULL TIME
17.	VSP- JOINT DIRECTOR	Prof. BALAMURUGAN 9486014179 balamurugan@vethathiri.ac.in vspjd-
18.	VSP - CO-ORDINATOR (ADMIN)	A.S.Thangapriya, 8903638630, vsp@vethathiri.ac.in
19.	ZONE PRESIDENT / SECRETARY MOBILE NO.	Prof.S.Mayil Murugan 9841087790 Prof.K.Sampath Kumar 9176629956
20.	ZONE VSP VICE PRESIDENT MOBILE NO.	Prof.U.D.Krishnamoorthy 9962502242
21.	TRUST VSP VICE PRESIDENT MOBILE NO.	A/N.P.Thangeswaran 8610641698, 9445821914

22.	VSP - MASTERS NAME SMART ID NUMBER	Asst.Prof.J.S.Ganaeshraj 5020061 Asst.Prof.P.Panjavararam 4018399
23.	DETAILS OF ARULNITHI ALREADY IN THE VILLAGE	No
24.	P.Hd., & M.Phil Student	No
25.	TREE PLANTATION - CO ORDINATOR	MR. SUNDARAM RETD. DFO
26.	MEDICAL CAMP - CO ORDINATOR	Primary Health Centre
27.	NAME OF THE COUNSELLING PSYCHOLOGIST	MR. M.K. JANAKIRAMAN, CHENNAI
28.	DE ADDICTION CAMP - CO ORDINATOR	AAA & Alona Group
29.	ENVIRONMENT CO ORDINATOR	MR. SUNDARAM RETD. DFO
30.	WOMEN DEVELOPMENT	Tailoring
31.	VSP INAUGURATION DATE	1/20/2021
32.	VSP CLOSING CEREMONY DATE	12/18/2021
33.	DONOR NAME, ADDRESS, MOBILE NO.	Madras Atomic Power Station, Kalpakkam
34.	EXECUTIVE COMMITTEE MEMBERS NAME, MOBILE NO.	Prof.G.Balamurugan 9486014179 2. Prof.S.Mayil Murugan 9841087790 3. Prof.K.Sampath Kumar 9176629956 4. Prof.Vetrivel 9444103846 5. Prof.S.Anbarasan 9442327881 6. Asst.Pf.P.Thangeswaran9443484694 7. Asst.Pf.J.S.Ganaeshraj 7598557554 8. Asst.Prof.P.Panjavararam9500939314
35.	DEVELOPMENT COMMITTEE MEMBERS NAME, MOBILE NO.	1. Mr.. V. Siva 9566628313 2. Mr.Parthasarathy 9994530657 3. Mr.M. Dinakaran 6374883698 4. Mr.G.Arumugam 9245405189 5. Mr.Krishnakumar 9444889694 6. Mr.J.Ramesh 9952227724 7. Mr.C.Elumalai 9655487668 8. Mr.P.Kathiresah 9566551501 9. Mr.Saravan 9944225149 10. Mr.Naresh 9894207947 11. Mr.Nagaraj 9790129393 12. Mr.Manogaran 9444480699 13. Mr.M.Murugan 9791422414 14. Mr.G.Ramesh Krishnan 8220343941 15. Mr.Dhanapal 16. Mr.Srinivasan 17. Mr.Sekar 18. Mr.Murugan 19. Mr.Mekavan 9894945483

6. About Vasuvasamuthiram Village and Status

Vasuvasamuthiram Village comes under Thirukalukundram Taluk of Kancheepuram district. This is the **194th Village** of the VSP project which got inaugurated and presided by Mr. Mr.M.Srinivas, STATION DIRECTOR and WCSC on **20th January 2021**. The closing of this Village project was planned for **20th October 2021**. Due to **COVID – 19** lockdown, the project was on-hold for few months as per Government Lockdown guidelines and resumed in **Jul-2021**. Hence, the project closure date had to be extended to **18th December 2021**.

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

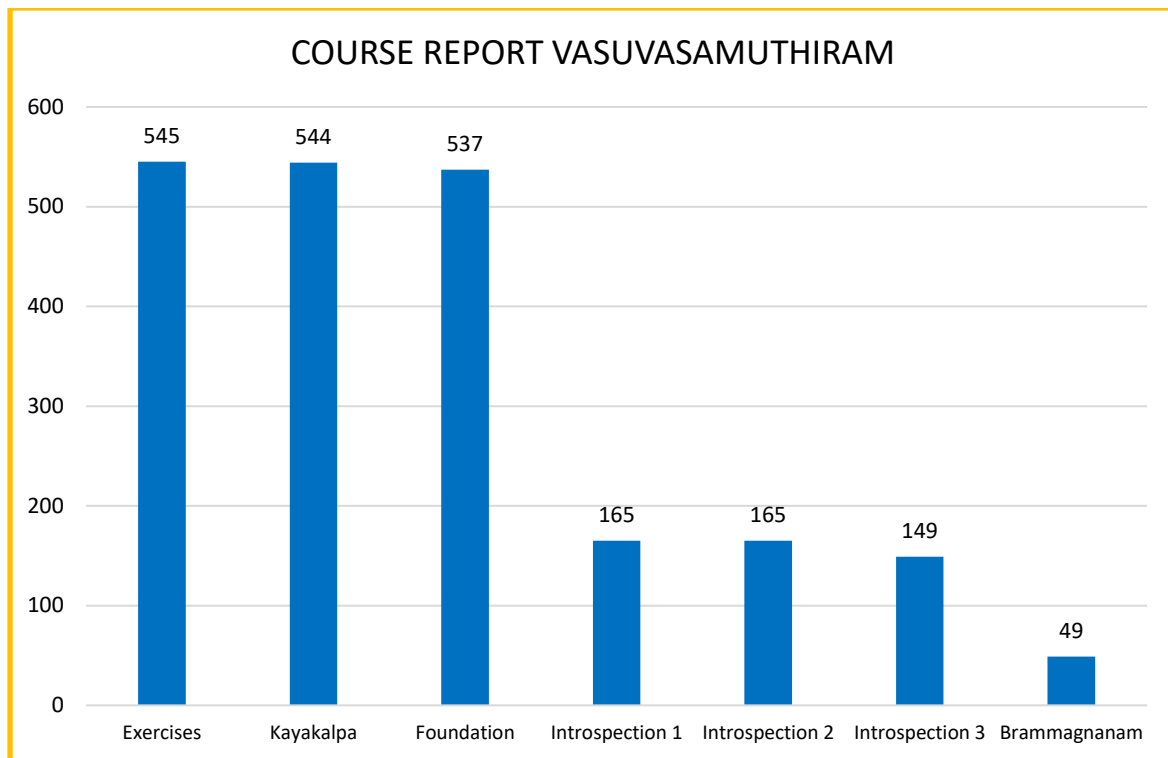
S.No.	Gender (Adults) / Children	Number of Participants
1.	Male	216
2.	Women	345
Total		561

7. Course Report

Yoga & Meditation

1. The villagers both male and female are given training on a daily basis in multiple batches throughout the day by the Male and female SKY Professors of the project.
2. Physical exercises, Kayakalpa, Meditation sessions are conducted for the villagers in batches
3. Door-to-door campaigning to encourage villagers to join the practice sessions are done on a daily basis by the SKY Professors.
4. The people of the village are showing more interest day by day.

S.No	Title / Description	Information		
1.	VILLAGE NAME	VASUVASAMUTHIRAM		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	KALPAKKAM MVKM TRUST		
4.	PHYSICAL EXERCISE	Male:200	Female:345	Total – 545
5.	EXERCISE FOR BELOW 14 YEARS	Total – 214		
6.	AGNAI	Male: 199	Female: 339	Total – 538
7.	SHANTHI	Male: 199	Female: 339	Total – 538
8.	THURIYAM	Male: 198	Female: 339	Total – 537
9.	KAYAKALPA	Male: 200	Female: 344	Total – 544
10.	INTROSPECTION I	Male: 33	Female: 132	Total – 165
11.	INTROSPECTION II	Male: 33	Female: 132	Total – 165
12.	INTROSPECTION III	Male: 20	Female: 129	Total – 149
13.	BRAHMAGNANAM	Male: 05	Female: 44	Total – 49



8. Executive Summary of Activities

Summary of Vasuvasamuthiram Village Project				
S.No.	Event	No. of Sessions Conducted	Total Participants	Remarks
1.	Medical Camp	-	-	Pre & Post Medical Camp Not Conducted
2.	Environmental Awareness	2	93	20 Dustbins were installed in different locations in the Village 150 Trees were planted
3.	Counselling Camp	4	197	Counselling Program was conducted by A/N Dr. Janakiraman
4.	De-addiction Camp	1	14	De-addiction Camp was conducted by AAA&Alona group
5.	Women Empowerment	6 months	23	6 months course
6.	Naturopathy Programmes	1	43	Naturopathy Program was conducted by Dr.Pattamal
7.	Miscellaneous Programs like celebrations and review meeting	5	377	Project progress review meeting. Course related classes.
Total		12	747	

9. Date-wise Summary of the Activities

9.1 Project inauguration

- Vasuvasamuthiram Village comes under Thirukalukundram Taluk of Kancheepuram district. This is the 194th Village of the VSP project. The inaugural function of the project was held on 20th January 2021 at the Community hall, Vasuvasamuthiram. The function started with flag hoisting by Mr.M.Srinivas, STATION DIRECTOR. Environmental health awareness was given by planting saplings at the ceremony by the MAPS team.
- Tailoring class for ladies in Vasuvasamuthiram Village was inaugurated by A/N.P.Muruganandam Director WCSC–VSP, Prof.G.Balamurugan Joint Director, Prof.Anbarasan and other officials of WCSC on 18th Jul 2021.
- A male and a female SKY yoga teacher a couple (Asst.Prof.J.S.Ganeshraj & Asst.Prof.P.Panjavarnam), are exclusively appointed for this village. SKY teachers are well trained and certified in all the activities viz Simplified exercises, Yoga Asanas, Kayakalpa yoga, Introspection, Brahmagnaniyar and Arulnithiyar courses
- Soon after the inauguration, the volunteers and the SKY Yoga professors went around the village and collected the base data about the villagers.

9.2 Environment Awareness Programme

1. The **environment awareness** camp was held on 16.10.2021, 150 Tree Saplings, 20 Dustbins were distributed to Villagers.
2. The villagers have planted the trees in the village and are doing meditation practices especially in “**Mazhai Thavam and Mazhai Vazhthu, viz, Rain Meditation and Rain Blessings**”.

S.No.	Date	Event Description	Description
1.	16.10.2021	Environment Awareness Program was conducted	<p>53(43 Females,10 Students) 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</p> <p>Villagers were advised not to use Plastic since it spoils the environment.</p>

2.	13.11.2021	Environment Awareness program conducted – “Rain Blessing and Meditation”	Male-07, Female-28, Students - 05, Total = 40 participated
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9.3 Counselling Camp

The **Counselling camp** was conducted by Dr.M.K.Janakiraman, group counselling and personal counselling sessions for the required people were given for their personal and family issues. The people in the village have got counselled on most of family problems thus leading to a peaceful life.

Camp Name	Counselling	Name of the Facilitator	Dr. Janakiraman
Date	New Participants	Repeat Participants	Overall Participants
09.04.2021	37		37
23.08.2021	21	11	32
17.11.2021	34	22	56
04.12.2021	21	51	72
	113	84	197

9.4 De-addiction Awareness Camp

Camp was held on 09.12.2021 conducted by AAA & Alona Group, there were 14 Females participated and benefitted



9.5 Naturopathy Programmes

Camp was held on 16.10.2021 conducted by Dr.Pattamal and team, there were 43 Females participated and benefitted.



9.6 Women Empowerment Camp

S.No.	Date	Event Description	Description
1.	Start Date 18.07.2021	Tailoring class for ladies in Vasuvasamuthiram Village was inaugurated by A/N.P.Muruganandam Director WCSC –VSP, Prof.G.Balamurugan Joint Director, Prof.Anbarasan and other officials of WCSC.	Females- 28. Total=28 participated actively.
2.	End Date 18.12.2021	First Month: Embroidery Basic, Hand Kerchief, Shots, Nicker. Second Month: Plain Petticoat, Fril petticoat, Frock. Third Month: In skirts, Pattu pavadai for Children Forth Month: Chudidar 2 & Pant 3 types (Patiala, semi Patiala, Gathering) Fifth Month: Blouse (Straight Cutting, Cross Cutting, French Cutting, Pattern Cutting etc.) Sixth Month: Jute Bag, Lunch Bag and Bars	A tailoring teacher was employed to teach tailoring from scratch for the women. Total : 23 women successfully completed the skill training program
3.	23 participants were issued certificates by Tamil Nadu WDC (Women Development Corporation in collaboration with WCSC (World Community Service Centre)		

9.7 Regular and General Programmes

S.No.	Date	Event By	Description
1.	10.02.2021	Kayakalpam conducted by Prof.Anbarasan Co-Ordinator	Females-34,Male-4,Total=38 Participated
2.	17.02.2021	Culture Program conducted by Prof.G.Balamurugan,Joint Director Prof.Anbarasan Co-Ordinator	Males-62,Females-96,Students-42,Total=200 Participated
3.	18.07.2021	Review meeting and Tailoring Inaugural was conducted by A/N.P.Muruganandam-Director, Prof.G.Balamurugan-Joint Director, Prof.Anbarasan-Co Ordinator	Females- 28 Participated
4.	14.08.2021	Maharishi Birthday was celebrated by Professors	Male – 10, Female – 32, Total = 42 Participated.
5.	20.08.2021	Review Meeting was conducted by G.Balamurugan – Joint Director	Female – 20 Participated
6.	27.08.2021 and 24.09.2021	Brammagnanam at Aliyar	Male-5,Female-44,Total=49 Participated

10. Implementation Plan in Detail

Project Activities Planned vs Actuals				
S.NO	Projects Activities	Planned	Actual	Remarks
1.	Inaugural Function & Cultural Program	Jan 2021	Jan 2021	
2.	Baseline questionnaire	Jan 2021	Jan 2021	
3.	SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers	Jan 2021 to Oct 2021	Jan 2021 to Dec 2021	Due to Covid-19 Lockdown for 2 Months from 26 Apr 21 to 30 Jun 21

4.	Medical camp	Pre-medical – Feb 2021 Post-medical – Oct 2021	Pre-medical - not conducted Post-medical – not conducted	Due to Covid restrictions
5.	Counselling Sessions	6 Camps	5 Camps	Due to rain
6.	De-Addiction Camp	6 Camps	1 Camps	Due to non availability of new participants
7.	Naturopathy Camp	6 Camps	1 Camps	Due to non availability of new participants
8.	Environment Awareness programme - 150 trees , 20 Dustbin distribution	2 Camps	2 Camps	
9.	Women Empowerment programme	6 Months Plan – May 2021 to Oct 2021	6 Months Actual – July 2021 to Dec 2021	
10.	Midline Questionnaire	May - 2021	Aug - 2021	Delay due to Lockdown
11.	Brahmagnanam - in Aliyar	2 Brahmagnanam Course	2 Brahmagnanam Course	
12.	Arulnithiyar - in Aliyar	1 Arulnithiyar Course	Jan 2021	Will be done in Future
13.	Endline Questionnaire	Oct 2021	Dec 2021	Delay due to Lockdown
14.	Documentary Feedback Shooting	1 Feedback Shooting	2 Feedback Shooting	
15.	Conclusion function including distribution of certificates	Oct 2021	Dec 2021	Delay due to Lockdown
16.	Project review meetings and meetings with MAPS	9 Meetings (monthly once)	3 Meeting in Village 6 Meetings in Virtual	Due to Covid-19
17.	Project feedback analysis and reports	Oct 2021	Dec 2021	

11. Project Monitoring

Members	Time interval	Actuals	Duties
President and Secretary of the Zone	15 days Once	President of the zone - Prof.MayilMurugan, Secretary of the zone – Prof.Sambath Kumar and Trust member – S.Prof.Pirammukutti monitored the village activities once in 15 days and provided necessary support	Monitor the sessions and provide necessary change if required.
Joint Directors, and Coordinator - VSP	Monthly Once	Prof.G.Balamurugan, Joint Director, WCSC-VSP is being interacting with the Professors and ensuring the activities are going without any problem. They are staying in the village and addressing the activities. During their visit they made necessary arrangements like sanitation, disinfectant and hygiene environment to the professors.	Stay in the village and validate the activities of VSP to do the needed arrangements for the further development of the project.
SKY Professors	25 th of every month	SKY Professors are sending a detailed monthly report of village activities to the Zone and VSP Office, Aliyar.	Sent a detailed report on number of beneficiaries to the VSP Office, which will be forwarded to the President, WCSC for review.
Development Committee (village level)	As and when needed	The meetings were conducted (Google Meet – Weekly once saturday) for improving the project activities and jointly reviewed the village activities.	Village dignitaries, President of Self Help Group, Sponsor organization's CSR in-charge will jointly review the project status. Discuss on the improvement and development of the project and facilitate accordingly.

- Review meeting was held on 10.02.2021, 17.02.2021, 18.07.2021, 14.08.2021 and 20.08.2021 chaired by A/N.P.Muruganandam Director, Joint Director WCSC-VSP and other officials of WCSC-VSP.
- Monthly Status Report is sent to Donors.
- Admin Committee (VSP level) has reviewed all the VSP projects. Project progress, issues, risks and mitigation strategies are discussed with the professors.

A continuous improvement method to improve the quality of training given to the villagers and action plan documented for implementation in the project.

12. Health Improvement – Post the program completion

Due to SKY Exercises and meditation - 363 participants are able to adjust and attain Family peace, 128 participants are cured of Migraine, 97 participants are cured of Menstrual problems and 21 participants are cured of Joint Pain (make it Proportionate)

Feedback and Questionnaire

- **Baseline, Midline and Endline feedback** – we take baseline feedback using a questionnaire, from the participants to understand their physical and mental condition. After 4 months, we take midline feedback with different questions related to the baseline questions, to measure the progress in their physical and mental condition. Finally at the end of the program, we take final feedback.
- **Baseline, midline and endline questionnaires (sample responses 10 out of 25 are given) as answered by the beneficiaries and the results are recorded as shown below.**
- The questions highlighted in dark (viz, 1, 4, 5, 7-11, 13, 14, 17, 18) are on a scale of 1-4 with **1 being low and 4 being highest**. The remaining questions in plain white are on a scale of 1-3. They are converted into percentage(%) by dividing by the denominator (3 or 4, as applicable).

13. Participant's Feedback Analysis

We, in WCSC-VSP, use a questionnaire (as mentioned above) covering questions related to the improvements and / or experience by everyone after practising and applying the SKY exercises, meditation and introspection techniques in their life. Based on the responses received, we consolidate and analyse the results. The inference drawn from the responses are as follows: -

Village Name		Vasuvasamuthiram		Name of the Professors	Asst.Pro f.J.S.Ganesh Raj	Date of Start	20-Jan-21		95.00 %	Maximum	No. of Responses	25
Sponsor Name		MAPS Kalpakkam			Asst.Pro f.P.Panjavarnam	Date of Closing	18-Dec-21		60.75 %	Minimum		
S1 No.	Feedback Questions	Average Performance	L.Monika	L.Reka	P.Vaitheki	R.Nandhini	R.Vethavalli	Dhurgadevi	N.Pushpa	k.Venlila	M.Kalaiselvi	V.Malathi
1	To what extent the physical exercises are helpful and effective to you?	3.8	4	4	4	4	4	3	4	4	3	4
2	To what extent your physical health has improved due to physical exercises?	2.68	3	3	2	3	2	3	3	3	3	3
3	How clean is your village now compared to before the village was adopted?	2.76	3	3	2	3	2	3	3	3	3	2
4	Were you able to completely control your addiction to tobacco/ alcohol/ drug?											
5	Are you good in studies?	3.38	4	4	4	3	3	3	3	4	4	3
6	Are you able to remember things?	2.52	3	3	2	2	2	3	3	3	3	2
7	Are you able to focus on studies and other activities (School/College)?	3.52	4	4		4		4	3	4	2	3
8	How much of control have you gained on your anger?	3.24	3	2	3	4	3	2	4	3	3	3
9	To what extent your Mental health has calmed due to SKY Meditation?	3.56	4	4	3	3	4	3	4	4	4	3
10	What are your levels of tolerance to accept others behavior and maintain cordial relationship?	3.56	4	4	2	4	4	3	4	4	4	2

11	To what extent are you able to adjust with your family and friends?	3.6	4	4	4	3	4	3	4	4	4	3
12	How much are you able to sacrifice to take the relationship forward?	2.64	3	2	2	2	3	2	3	3	3	2
13	To what extent are you able to eradicate your worries to maintain a healthy life?	3.24	4	4	4	4	2	2	2	4	4	4
14	How much are you able to moralize your desires to be contented?	3.48	3	4	4	4	4	3	4	2	2	4
15	How satisfied are you with the change in your children's attitude?	2.53			2		2	3		2	3	3
16	How satisfied are you with the change in your children's focus towards education?	2.47			3		3	2		2	3	3
17	How satisfied are you with the tailoring skills developed?	3.44	4	3	4	3	4	3	4	4	3	3
18	How satisfied are you with the earnings / income through tailoring?	2.43	2	2	2	2		2	3	2	3	2
19	Health Improvements Resolved		Menstrual Problems/PCOD	Menstrual Problems/PCOD	Joint Pain	Menstrual Problems/PCOD		Menstrual Problems/PCOD	Not Applicable	Menstrual Problems/PCOD	Piles	Migraine/Headache
20	Other Suggestions & Feedbacks											

S.No.	Inference
1	95% of the participants are benefitted with the exercises and leading a healthy life
2	92% of the participants now keep the village cleaner than before
3	90% of the participants are able to make adjustments to lead a peaceful and harmonious life with their family and friends
4	89.33% of the participants are able to physical health has improved
5	89% of the participants accept others behaviour and maintain cordial relationship
6	Due to SKY Exercises and meditation - 363 participants are able to adjust and attain Family peace, 128 participants are cured of Migraine, 97 participants are cured of Menstrual problems and 21 participants are cured of Joint Pain
7	Around 95% of the participants are happy with the VSP Program

வாழ்க வையகம்

வாழ்க வளமுடன்

குஞ்சுவதுறை

வணக்கம்! -

என் பெயர் S. துர்கா தேவி சஞாகரன்



என் மூடைய வயது 28 நாள் வசுவதுறத்தில்
கிராமத்தில் வசிக்கிறேன்.

எனக்கு மாதவிடாய் பிரச்சனை இருந்து கொண்டே
அதிகமாக வரும். குழந்தைகளை அதிகமாக திட்டி
அடிப்பேன். மன அமைதி இல்லாமல் இருப்பேன்
எனக்கும் என் கணவருக்கும் அதிக பிரச்சனை இருந்து
என்க ஊரில் கிராமிய சேவை திட்டம் தொடங்கப்
பட்டது. மனவளக்கலை போக பயிற்சியில் நானும்
கலந்து கொண்டேன். எனிய முறை உடற்பயிற்சி,
காய கல்பம், தலம் அகத்தாய்வு வகுப்புகள் தொட
ரப்பட்டது. அதில் கலந்து கொண்டேன், உடற்பயிற்சி
தினமும் செய்வதால் மாதவிடாய் பிரச்சனை
தீர்ந்து விட்டது. அகத்தாய்வு பயிற்சியில் கலந்து
கொண்டேன் கொடும் குறைந்தது. என் குழந்தைகளுக்கும்
பாசன நடந்து கொள்கிறேன். 'வாழ்க வளமுடன்'
சொல்வதால் என் குழந்தைகளும் தினமும் காலையில்
அழகுத்துடன் 'வாழ்க வளமுடன்' என்று சொல்கின்றனர்
என் கணவருக்கும் எனக்கும் நெருக்கம் ஏற்பட்டது.
மனவளக்கலை போகாவில் அலவசமாக இதயல்
கலை கற்று கொண்டார்கள்

வாழ்க வாய்ப்பம்! வாழ்க வளமுடன்!

உணக்கம்!



பெண் பெயர் : R. சிகந்தி. வயது. 31 நாள்
 உசுவசமுத்திரம் கிராமத்தில் உசித்து வருகின்றன
 எனக்கு சிறுவயது முதல் மனதக்காலம்,
 தினசரி காலங்களில் சிதம்பரம் பரதச்சாலை சித்தியாகி
 விரும். சீச்சு விருவதில் சிறுமக குடுக்கும். மருத்துவ
 மனைக்கு சென்று வருவன். சிதம்பரம் 2013
 சிதம்பரமாக குடும்பத்து எல்லா நாட்களிலும் (சென்சுரி)
 சீச்சு விருவதில் (சுவாசிப்பதில்) கடினமாக இருந்தது,
 மருத்துவமனைக்கு வந்து வருவன். சிதம்பரம் (2013) சென்று
 நாட்கள் காலமாக இருக்கும். மீண்டும் 2013-ம் ஆண்டு சுவாசிப்பதில்
 -வாழல் போகும். 'பொருள் பயிற்சி தாயம்' உசுவசமுத்திரம்
 கிராமத்தில் கிராமமாக கற்றுக்கொடுப்பதை அறிந்தது.
 எல்லாருமே போகிறார்கள் என்று கெள்விட்டு நானும்
 சென்றேன். பயிற்சிகளை மேற்கொண்டேன், அவற்றின்
 சீச்சு பயிற்சி, கபாலபதி மற்றும் பயிற்சிகள் எல்லாம் மகிழ்வு
 உதவியாக இருந்தது. 2013-ம் ஆண்டு 3-ம் நாட்களில் சீச்சு பரதச்சாலை
 குற்றமும் குறைந்தது, பயிற்சிகளை குடும்பத்து வசதி
 வந்ததன் காரணமாக பரதச்சாலை சுவாசிப்பதில் குறைந்தது.
 சிதம்பரமாக இருக்கின்றேன்.

"வாழ்க வளமுடன்! சிதம்பரத்தின் கருணையினால்"
 என்ற வாழ்த்தையினால் என்னுடைய அன்பு மகன், கணவர்
 வாழ்த்துகிறான். மேலும் என்னுடைய குடும்பம், மாடு, சிறு,
 எல்லாம் வேலை செய்வோர் சிதம்பரத்தையும் வாழ்க்கையின்,
 என்னுடன் பரதச்சாலைகளுக்கு தீர்வு காண்கின்றேன்.
 "சிதம்பரத்தின் கருணையினால்". வாழ்கவதில் சுவாசிப்பதில்
 மகிழ்ச்சியுடன் இருக்கின்றேன்.

14. Project Outcome & Impact

1. 545 participants benefitted from the Yoga classes
2. 49 beneficiaries participated and became Brahmagyanis to carry the program forward and sustain it in the village
3. More than 95% of the villagers benefitted from the Manavalakkalai program and have achieved holistic development individually within themselves (Pls refer Section 13 - Feedback Analysis)
4. **With so many trained villagers and youth, the village has become a clean and peaceful village**

15. Conclusion – Valedictory Function

Due to the COVID-19, the project was officially concluded by **A/N.P.Muruganandam Director WCSC-VSP** along with Padmasree Awardee **A/N.SKM.Macilanandhan** – President, The World Community service centre. The project closure function was finally conducted on **18th December 2021**. **Shri.M.Balaramamurthy, Outstanding Scientist and Station Director, Madras Atomic Power Station** and **Dr.B.Venkatraman, Distinguished Scientist and Director, Indira Gandhi Centre for Atomic Research and General Services Organisation, Kalpakkam** were participated as Chief Guests.

16. Project Sustainability and long term impact

A **SKY Centre** is being set up for meditation including 05 tailoring machines for use by the villagers. The SKY Centre at the Vasuvasamuthiram village will be monitored by The World Community Service Centre (WCSC). WCSC assigns the village to the respective Zone and Trust to monitor the activities in the villages.

Following SKY professors,

1. Mrs.G.Sasikala - 9384774437

will conduct regular Yoga and meditation classes and ensure the people in the village are benefitted with respect to their overall physical health. With continuous yoga and meditation there will be a high level of improvement in the physical health of the villagers,

The environmental initiations taken will continue to make the village green and plastic free. The usage of dustbins will be encouraged. The long term impact will be a clean and green village.

The involvement of students is more encouraged to ensure good discipline and avoid bad habits. The long term impact would be more disciplined students with more focus in their area of work

The village people will continue to participate in all WCSC activities including celebration of International Culture Program, Swamiji Birthday,

The SKY Centre also ensures tailoring will continue and the women are self-employed / employed to improve their financial status. The long term impact would be more self confidence for women and an improved standard of living for the families.

Overall, the long term impact of the project will be a **peaceful and healthy village**.

17. Issues, Challenges & Risk Summary

1. Total lockdown due to covid created a discontinuity in the yoga and meditation training for the villagers.
2. The program was stopped for a period of two months in between the implementation period and then resumed
3. The medical camp could not be conducted in the village as the same was not allowed by the Govt. restrictions due to covid.

18. THANKS GIVING

On behalf of the VSP Directorate, we also place on-record our sincere thanks and best wishes to the **Madras Atomic Power Station** who provided CSR fund for the implementation 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 Vasuvasamuthiram Village as the healthy and peaceful village. to the office bearers of **Kanchipuram Zone**, the office bearers of **Kalpakkam MVKM TRUST**, coordinators of VSP-CSR, coordinators of various special camps, VSP **Asst.Prof.J.S.Ganeshraj and Asst.Prof.P.Panjavarnam**, 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.

19. Gallery of Photos

19.1 Vasuvasamuthiram Village Inaugural Function Invitation

வாழ்க வையகம்



குருவே துணை



வாழ்க வளமுடன்



சென்னை அனுமின் நிலையம் மற்றும் உலக சமுதாய சேவா சங்கம்
கிராமிய சேவை திட்டம் (WCSC-VSP) துவக்க விழா
194-வது கிராமம் - வசுவசமுத்திரம்

தேதி: 20.01.2021

இடம்: கிராமிய சேவை மையம்

நிகழ்ச்சி நிரல்

மாலை

5.30 மணி : இறைவணக்கம், குருவணக்கம் - தவம்

5.45 மணி : வரவேற்புரை: திரு.**Dr.R.**பாஸ்கரன் அவர்கள், கல்பாக்கம் மனவளக்கலை மன்றம்
அறக்கட்டளை

5.50 மணி : முன்னிலையுரை: பேரா.**S.**மயில்முருகன் அவர்கள், தலைவர், காஞ்சிபுரம் மண்டலம்.
முன்னிலை வகிப்பவர்கள்:

1. திரு **M.**பலராமமூர்த்தி அவர்கள், Chief Superintendent, Madras Atomic Power Station
2. திரு **K.V.**கிருஷ்ணமூர்த்தி அவர்கள், Convener, CSR Committee, MAPS, Kalpakkam
3. திரு **P.**தங்கேஸ்வரன் அவர்கள்,
4. திரு **C.**சேகர் அவர்கள், மு.ஊ.ம.தலைவர்

5.55 மணி : விருந்தினரை கௌரவித்தல் மற்றும் மரக்கன்று வழங்குதல்

6.05 மணி : தலைமையுரை — திரு.**M.**ஸ்ரீனிவாஸ் அவர்கள், Station Director, Madras Atomic Power Station

6.15 மணி : வாழ்த்துரை - திரு **.T.K.S.**சேகர் அவர்கள், பொதுச்செயலாளர் - WCSC

6.20 மணி : திட்ட அறிமுக உரை — அ/நி.**P.**முருகானந்தம் அவர்கள்,
இயக்குனர், WCSC - VSP

6.30 மணி : நன்றியுரை - திரு **.S.**அன்பரசன் அவர்கள், ஒருங்கிணைப்பாளர் WCSC-VSP.

6.35 மணி : உலக நல வாழ்த்து.

19.2 GLIMPSES OF INAUGURAL FUNCTION ON 20th JAN 2021



19.3 Environment Awareness Program 16th Oct 2021



19.4 Counselling Camp



19.5 Student Empowerment Camp



19.6 Women Empowerment



19.7 SKY Yoga Practices



19.8 Brahmagnanam Course at Aliyar



19.9 CONCLUDE FUNCTION ON 18th December 2021

வாழ்க வையகம்

வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

4.30 மணி : கொடியேற்றம், ஆரோக்கியமான அமைதி கிராமம் போர்டு திறப்பு.

4.45 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

5.00 மணி : வரவேற்புரை : பேரா. **S.மயில்முருகன்** அவர்கள், தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.

5.05 மணி : விருந்தினரை கௌரவித்தல்
தையல் பயிற்சி சான்றிதழ் வழங்குதல் :
திரு. **P.செல்வராஜன்** M.B.A., PMP., அவர்கள்,
கூடுதல் இயக்குனர், (P&C) மகளிர் மேம்பாட்டுக் கழகம், சென்னை.
மனவளக்கலை யோகா சான்றிதழ் வழங்குதல் :
Dr.E.பாஸ்கரன் அவர்கள்,
கூடுதல் இயக்குனர், (FAC) EDII, சென்னை.

5.15 மணி : செயல்பாட்டு உரை : அருள்நிதி. **P.முருகானந்தம்** அவர்கள், இயக்குனர், WCSC-VSP.

5.25 மணி : வாழ்த்துரை :
டாக்டர். **T.S.செல்வவிநாயகம்** M.D., D.P.H., D.N.B. அவர்கள், இயக்குனர், பொது சுகாதாரம் மற்றும் நோய் தடுப்பு மருத்துவத்துறை, சென்னை.

5.30 மணி : தலைமையுரை :
திரு. **M.பலராமமூர்த்தி** (Outstanding Scientist) அவர்கள், நிலைய இயக்குனர், சென்னை அணுமின் நிலையம், Chairman, TAC.

5.35 மணி : முதன்மை விருந்தினர் உரை :
டாக்டர். **B.வெங்கட்ராமன்** (Distinguished Scientist) அவர்கள், இயக்குனர், இந்திராகாந்தி அணு ஆராய்ச்சி மையம் & மத்திய பொது பணி நிறுவனம், Chairman, KMC, கல்பாக்கம்.

5.40 மணி : திட்டத்தை நிறைவு செய்து சிறப்புரை :
அருள்நிதி. **SKM.மயிலானந்தன்** அவர்கள், சமூக சேவைக்காக பத்மபூர் விருது பெற்றவர், தலைவர், உலக சமுதாய சேவா சங்கம்.

5.50 மணி : **அனுபவ உரை படக்காட்சி**

6.00 மணி : **Milestone of VSP - Bicentenary (200) Presentation**

6.10 மணி : **South Indian School of Music & Dance வழங்கும் வேதாத்திரிய கலை நிகழ்ச்சி**

6.55 மணி : நன்றியுரை : பேரா. **A.வெற்றிவேல்** அவர்கள்,
நிர்வாக அறங்காவலர், கல்பாக்கம் மனவளக்கலை மன்றம் அறக்கட்டளை.
உலக நல வாழ்த்து

முன்னிலை வகிப்பவர்கள்

திரு.**M.செந்தாமரச்சன்**, Chief Superintendent, Madras Atomic Power Station.
திரு.**M.சுபாழார்த்தி**, Convener, CSR, Madras Atomic Power Station.
திரு.**N.சீனிவாசன்**, Secretary, CSR, Madras Atomic Power Station.
திருமதி.**அமராவதி ஜெயந்திரன்**, ஊராட்சி மன்றத் தலைவர், வசவசமுத்திரம்.
திரு.**T.பாலு**, ஊராட்சி மன்றத் தலைவர், பாண்டூர்.
திருமதி.**வேண்டாமிர்தம் ஏழுமலை**, ஊராட்சி மன்றத்தலைவர், வெங்கப்பாக்கம்.
Dr. R.பாஸ்கரன், செயல் தலைவர், கல்பாக்கம் ம.வ.க. மன்றம் அறக்கட்டளை.
Dr.V.சுப்பிரமணியன், பொறுப்பாளியர், கல்பாக்கம் ம.வ.க. மன்றம் அறக்கட்டளை.
பேரா.**G.பாலமுருகன்**, இணை இயக்குனர், WCSC-VSP.
து.பேரா.**V.சுந்தரம்**, Co-ordinator, WCSC-VSP.
பேரா.**S.அன்பரசன்**, Co-ordinator, WCSC-VSP.
து.பேரா.**P.தங்கேஸ்வரன்**, துணைத்தலைவர், KMKMT, VSP.

சிறப்பு விருந்தினர்கள்

Dr. T.K.S.சேகர், பொதுச் செயலாளர், உலக சமுதாய சேவா சங்கம்.
Dr.K. வினய்குமார், MBBS., DPH, MPH, Joint Director (Immunization).
Dr.M.K.ஜானகிராமன், தலைமை ஆலோசகர், உலக சமுதாய சேவா சங்கம்.
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உனக்கும் நல்லதாய் ஊருக்கும் நல்லதாய்
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