

VSP – VADAKKUPATTU VILLAGE CLOSURE REPORT

Sponsored by - Renault Nissan Automotive India Private Limited

RENAULT NISSAN
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வாழ்க வையகம்

குருவே துணை

வாழ்க வளமுடன்

உலக சமுதாய சேவா சங்கம்



கிராமிய சேவைத் திட்டம்


வேதாத்திரி கிராமம் (வடக்குப்பட்டு)

ஆதரவாளர் : ரெனால்ட் நசான் ஆட்டோமோட்டிவ் இந்தியா

தொடர்புக்கு : து/பேரா : R பாணு - 9003093911. | து/பேரா : A ரகோத்தமன் - 9443263686

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(WCSC-VSP) கிராமிய சேவைத் திட்டத்தின் இலக்கு

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|--------------------------|------------------------|
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| ☞ கல்வியில் மேன்மை | ☞ கர்மயோக வாழ்க்கைநெறி |
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| ☞ மகளிர் மேம்பாடு | ☞ சமுதாய விழிப்புணர்வு |

தூய்மையும் பசுமையும் மிக்க 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 **08.07.2022** between World Community Service Centre (WCSC) and Renault Nissan Automotive India Private Limited (RNAIPL), Oragadam for implementation of Village Service Project in Vadakkupattu Village near by Oragadam, 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 **392 trusts and about 2072** sub-centers registered and affiliated to WCSC. WCSC is a non-religious, non-political and non-profitable spiritual organization 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, student skill development programs, Naturopathy Camp, counselling sessions, women empowerment programs, de-addiction camp, Environment awareness, etc are also conducted by professionals bringing value addition to the project. This Project Inaugural function was held on 08.07.2022 in the presence of Mr. Biju Balendran, CEO/MD, Renault Nissan Automotive India Private Limited and other officials of RNAIPL& WCSC.

3. Aim of the Project and Key Objectives

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

- To educate the rural people about their healthcare, sanitation, sustainable livelihoods, community infrastructure development.
- To improve the 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 **08th July 2022** at the Govt Hr Sec School, Vadakkupattu
- The WCSC-VSP project was thus operative for 9 calendar months (July -22 to April 2023)

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.

1	Village Name	Vadakkupattu
2	Zone	Kancheepuram
3	Trust	Guduvancheri MVKM TRUST
4	Panchayat	Vadakkupattu
5	District	Kancheepuram
6	Taluk	Kundraththur

7	Executive Officer	Thiru. Balaji, PH: 9790098863
8	Village President	Thirumathi. VSG.Nanthini Meththa Vasanthkumar, Ph: 9952044218
9	Ward Member	Thiru. Ekambaram, Thirumathi. Sathya
10	Village Population	Male – 341, Female 222, Total -563
11	No. Of Houses	600
12	Is there a colony area?	Yes
13	Name of the nearest school, Number of students	Government Middle School No. Of students - 250
14	Primary Health Centre	Yes
15	Venue of the Opening Ceremony	School Ground
16	Place of Yoga Training	Government Middle School
17	Time of Yoga Training	Full Time
18	Joint Director of VSP	Prof. V. Sundaram, Ph: 9884072652
19	Coordinator (Academy) of VSP	Janani, 8903638630
20	Coordinator of VSP	B.Vanitha, PH: 9176825618
21	Zone President / Secretary- PH No.	Prof. S. Mayilmurugan, PH: 9841087790, Prof.K. Sampathkumar, Ph: 9176629956
22	Zone VSP - Vice President	Prof. U.D. Krishnamoorthy, Ph:9962502242
23	Trust, VSP - Vice President	Prof.K.Ragothaman
24	VSP - Professors , SMART Id No.	Asst.Prof. Parthasarathy & Asst.Prof. Mallika
25	Are there SKY Persons and Arulnithiyar in the Village?	No
26	P.Hd., & M.Phil Student	No
27	Live telecast - Local Channel Tv Name	No
28	Documentation Coordinator	Prof. K. B Sasi Prasad, Ph: 99457 26543
29	Tree Plantation	Exnora International

30	Medical Camp	GOVT PHC
31	Counselling Camp	A/N. M.K. Janakiraman, Ph: 99623 73705
32	De - Addiction Camp	AAA Group & TTK Hospital, Chennai
33	Women Empowerment Programme	Tailoring Programme
34	Date of Inaugural of VSP	08.07.2022
35	Date of Concluding of VSP	11.04.2023
36	Sponsor Name	RNAIPL
37	Network Signal	Available
38	1. VSP - Joint Director/ Coordinator	Prof. V. Sundaram, Ph: 9884072652, Prof. G. Balamurugan, 9486014179
	2. Zone - President/ Secretary/ VSP- Vice President	Prof. S. Mayilmurugan, PH: 9841087790, Prof.K. Sampathkumar, Ph: 9176629956
	3. Trust -President/ Secretary/ VSP- Vice President	Prof.S.Vinayagam, Prof. K.Selvakumar
	4. Professors	Asst Prof. Ragothaman, Asst Prof. Banu
39	Development Committee Members 1. Village President and Member 2. School Head Master 3. Women's – SHG Coordinator 4. Doctor, Nurse 5. Important Persons in Village	Thirumathi. VSG.Nanthini Meththa Vasanthkumar, Ph: 9952044218
40	Volunteers Name and Ph No.	Thiru. Balaji, PH: 9790098863 Thiru. Ekambaram, Thirumathi. Sathya

6. About Vadakkupattu Village and Status

Vadakkupattu Village comes under Kundrathur Taluk of Kancheepauram district. This is the **249th Village** of the VSP project which got inaugurated and presided by **Thiru. Biju Balendran**, CEO/MD, Renault Nissan Automotive India Private Limited, other dignitaries of RNAIPL and WCSC on **08th July 2022**. The closing of this Village project was planned for **11th April 2023**.

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

Actual Village Population –Male -1356, Female -1359, Total - 2715

Targeted Population - 563 (Excluding Children)

S.No.	Gender (Adults) / Children	Number of Participants
1.	Male	341
2.	Women	222
3.	Children below 14	103
Total		

S.No.	Category	M	F
1.	Unemployed (Age 18-30)	10	10
2.	Widow	-	2
3.	Blind	-	-
4.	Differently Abled	-	-

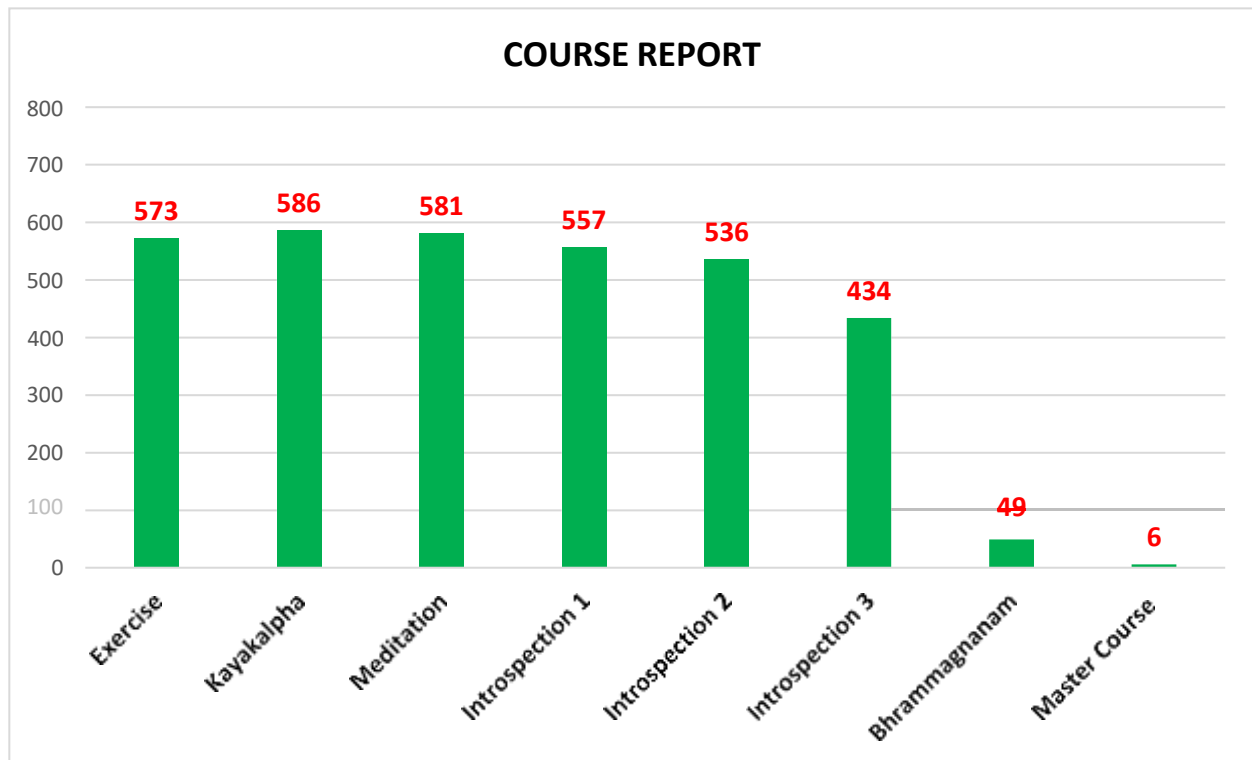
7. Course Report

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

Progress Report

S.No	Title / Description	Information		
1.	VILLAGE NAME	VADAKUPATTU		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	GUDUVANCHERI		
4.	PHYSICAL EXERCISE	Total – 573 (109 Male and 464 Female)		
5.	EXERCISE BELOW 14 years of Age	Total -186 (110 Males and 86 Females)		
6.	EXERCISE above 14 years of Age (school students)	Male-70	Female - 144	Total - 214
7.	AGNAI	Male –121	Female – 475	Total – 596
8.	SHANTHI	Male –116	Female – 479	Total – 595
9.	THURIYAM	Male –123	Female – 458	Total – 581
10.	KAYAKALPA	Male –135	Female – 451	Total – 586
11.	INTROSPECTION I	Male –88	Female – 469	Total – 557
12.	INTROSPECTION II	Male –84	Female – 452	Total – 536
13.	INTROSPECTION III	Male –64	Female – 370	Total – 434
14.	BRAHMAGNANAM in Aliyar	Male –17	Female – 32	Total – 49
15.	Arulnithiyar Course	Male –4	Female – 2	Total – 06



8. Implementation Plan in Detail

Project Activities Planned vs Actual				
S.N O	Projects Activities	Planned	Actual	Remarks
1	Inaugural Function & Cultural Program	07.07.2022	08.07.2022	Completed
2	Baseline questionnaire	11.07.2022	20.08.2022	30 feedbacks collected
3	SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers	July- 2022 to April - 2023		Completed
4	Medical camp	Pre medical camp – Post Medical camp	1. 09.09.2022 2. 16.03.2023	Medical camp Participants - Female -66, Male 36 = Total - 102. (Pre-Medical Report Enclosed) Post Medical camp Participants Female-97, Male-49, Total - 146
5	Counselling Sessions	5 camps – planned to conduct 01.04.2023	5 camps 1. 29.09.2022 2. 29.11.2022 3. 07.02.2023 4. 02.03.2023 5. 01.04.2023	Participants of camps 1. 66 2. 280 3. 64 4. 42 5. 65 Total - 517
6	De-Addiction Camp	5 camps - planned to conduct 31.03.2023	1. 27.08.2022 2. 13.10.2022 3. 21.11.2022 4. 13.02.2023 5. 31.03.2023	Participants of camps 1. 67 2. 72 3. 65 4. 45 5. 42 Total - 291
7	Students Motivation Camp	5 camps - March-23 Onwards	1. 30.01.2023 2. 09.02.2023 3. 24.03.2023 4. 05.04.2023 5. 06.04.2023	Participants of camps 1. 40 2. 48 3. 50 4. 50 5. 50 Total-238

8	Naturopathy Camp	5 camps – planned to conduct March-23 Onwards	1. 20.08.2022 2. 24.09.2022 3. 04.11.2022 4. 23.01.2023 5. 17.03.2023	Participants of camps 1. 80 2. 51 3. 63 4. 43 5. 42 Total -279
9	Environment Awareness program	planned to conduct 14.09.2022	14.09.2022	Report Enclosed
10	Midline Questionnaire	Will be collected Nov - 2022		Collected Report Enclosed
11	Brahmagnanam - in Aliyar	Plan to attend Oct -22	4,5,6 Dec 2022 10,11,12 MAR 23	15 male and 7 female total 22 villager's participant BG Course at Aliayr M-2,F-25 - 27
12	Arulnithiyar - in Aliyar	March-2023	• 25,26,27 Feb 2023	Male – 4 Female – 2 Total - 6
13	Endline Questionnaire	Will be collected April -2023	30.03.2023	Collected Report Enclosed
14	Documentary Feedback Shooting	1 Feedback Shooting	31.03.2023	Done
15	Conclusion function including distribution of certificates	Planned April - 2023	11.04.2023	
16	Women Empowerment programme - Tailoring Programme	5 Months Plan – Nov-22 to April- 23	28.11.2022	Completed 32 Women participated in this tailoring programme
17	Project review meetings and meetings with RNAIPL	Meeting Planned with RNAIPL - (July – 22 to April 2023) EVERY MONTH SECOND AND FOURTH MONDAY.	1. 8.08.2022 2. 22.08.2022 3. 12.09.2022 4. 26.09.2022 5. 10.10.2022 6. 14.11.2022 7. 12.12.2022 8. 23.01.2023 9. 13.03.2023 10. 27.03.2023	
18	Project feedback analysis and reports	Planned to April 2023		Enclosed

SKY Yoga Practices



9. Inaugural Function

The inaugural function was held on 8th July 2022 at Vadakkupattu Govt Higher Secondary School, Vadakkupattu. The function started with flag hoisting by Mr.K. Amirthalingam, Manager, Plant Engineer, Renault Nissan Automotive India Pvt. Ltd.

The VSP activities were introduced to the villagers by cultural group from Trichy who staged a play to introduce the program to the villagers. The play was very well received by the villagers.



10. Invitation of Inaugural Function

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வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.30 மணி : கொடியேற்றம் மற்றும் மரக்கன்றுகள் நடுதல்

5.45 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.00 மணி : வரவேற்புரை : பேரா. **K.சம்பத்துமார்** அவர்கள், செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.

முன்னிலை வகிப்பவர்கள் :

திரு. **K.அமிர்தலிங்கம்** அவர்கள், Manager, Plant Engineering & CSR, RNAIPL.

Ms. **A.யுவராணி** அவர்கள், Assistant Manager, CSR, RNAIPL.

திருமதி. **ராதா சீனிவாசன்** அவர்கள், Co-ordinator, WCSC.

பேரா. **G.பாலமுருகன்** அவர்கள், இணை இயக்குனர், WCSC-VSP.

திரு. **சபரி சுப்பிரமணி** அவர்கள், Water Exnora.

பேரா. **U.D.கிருஷ்ணமூர்த்தி** அவர்கள், மண்டலத் துணைத்தலைவர் (VSP).

பேரா. **K.செல்வக்குமார்** அவர்கள், செயலர், கூடுவாஞ்சேரி மனவளக்கலை மன்றம் அறக்கட்டளை.

6.05 மணி : விருந்தினரை கௌரவித்தல் மற்றும் மரக்கன்றுகள் வழங்குதல்

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

6.20 மணி : முன்னிலையுரை :

திருமதி. **VSG. நந்தினிமேத்தா வசந்த் குமார்** அவர்கள் ஊராட்சி மன்றத் தலைவர், வடக்குப்பட்டு.

6.30 மணி : தலைமையுரை : **Mr. Biju Balendran** Avi, MD & CEO, Renault Nissan Automotive India Pvt. Ltd.,

6.40 மணி : கிராமியக் கலை நிகழ்ச்சி

அருமைக் கலைக்காரியாலயம் குழுவினர், திருச்சி.

7.40 மணி : நன்றியுரை : பேரா. **S.விநாயகம்** அவர்கள், நிர்வாக அறங்காவலர், கூடுவாஞ்சேரி மனவளக்கலை மன்றம் அறக்கட்டளை.

உலக நல வாழ்த்து

11. Venue and timing of Yoga Classes

S.NO	Place	Timing
1.	School	6 am to 7 am
2.	100 Days Place	12 pm to 1.30 pm
3.	School	4 pm to 5 pm students
4.	School	5 pm to 6 pm

12. Feedback Analysis

Baseline, Midline & Endline Feedback

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 30 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).

Participant's Feedback Analysis

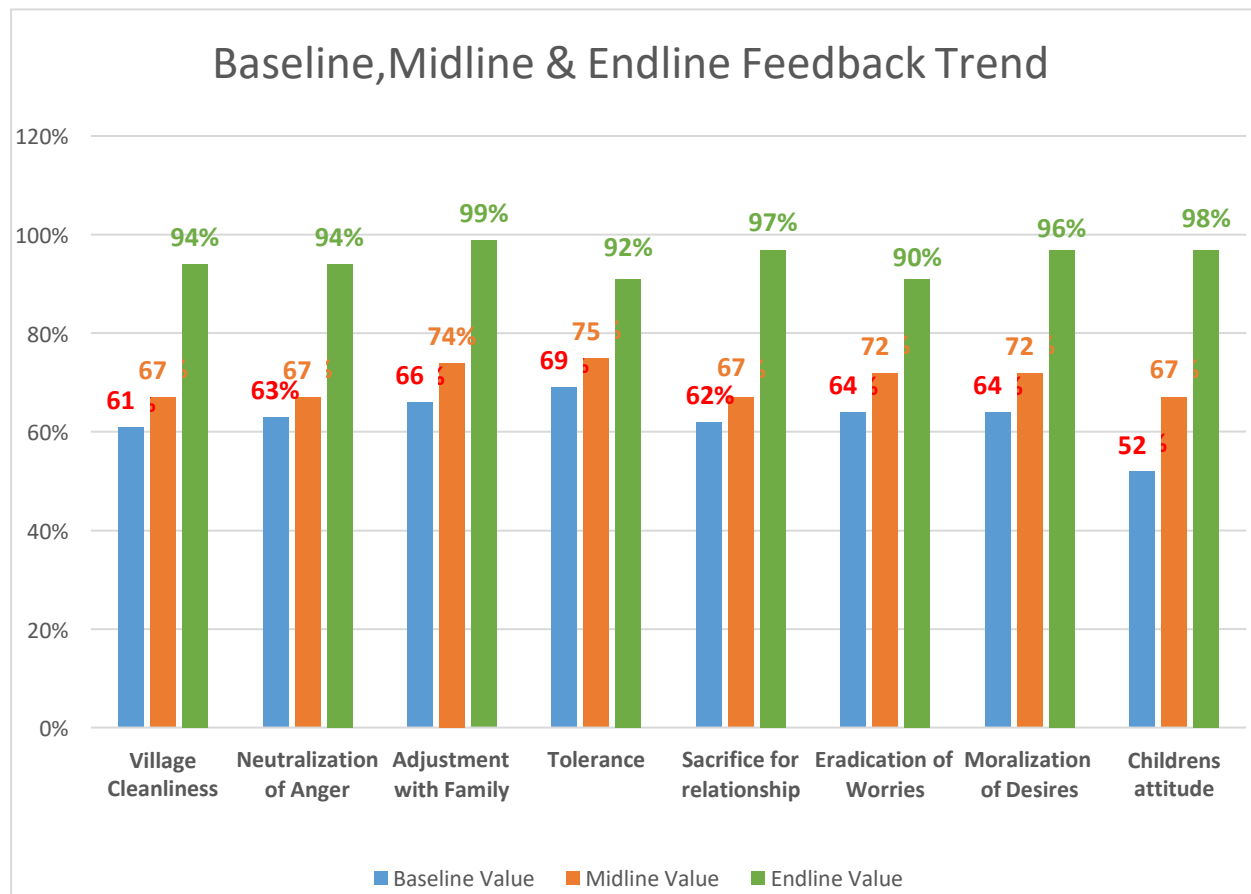
We, in WCSC-VSP, use a questionnaire (as mentioned above) covering questions related to the improvements and / or experience by everyone after practicing and applying the SKY exercises, meditation and introspection techniques in their life. Based on the responses received, we consolidate and analysis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

Village Name		Vadakkupattu		Name of the Profors	Asst.Pro f. Ragothaman	Date of Start	08-07-2022		100.00 %	Maxim um	No. of Respo nses	31
Sponsor Name		RNAIPL			Asst.Pro f. Banu	Date of Closing	11-04-2023		25.00 %	Minim um		
Sl No.	Feedback Questions	Averag e Perfor mance	Arulalan	Kanim ozhi	Porpavai	Malarviz hi	Sridha r	Vija y	Karthi k Karun anithi	Naren dra babu	Devi	Jaylakshm i
			Male	Femal e	Female	Female	Male	Male	Femal e	Male	Femal e	Female
1	To what extent the physical exercises are helpful and effective to you?	4	4	4	4	4	4	4	4	4	4	4
2	To what extent your physical health has improved due to physical exercises?	3.65	4	4	4	3	3	4	4	3	4	4
3	How clean is your village now compared to before the village was adopted?	3.74	4	4	4	4	4	4	4	3	4	4
5	Are you good in studies?	4	1	1	1	1	1	1	1	1	1	1
6	Are you able to remember things?	3.81	3	4	4	4	3	3	3	4	4	4
7	Are you able to focus on studies and other activities (School/College)?	4	1	1	1	1	11	1	1	1	1	1
8	How much of control have you gained on your anger?	3.77	4	4	4	4	4	4	4	3	3	3
9	To what extent your Mental health has calmed due to SKY Meditation?	3.71	4	4	4	4	4	4	4	4	4	4
10	What are your levels of tolerance to accept others behavior and maintain cordial relationship?	3.68	4	4	4	4	4	4	4	4	4	3

11	To what extent are you able to adjust with your family and friends?	3.94	4	4	4	4	4	4	4	4	4	4
12	How much are you able to sacrifice to take the relationship forward?	3.87	4	4	4	4	4	4	4	4	4	4
13	To what extent are you able to eradicate your worries to maintain a healthy life?	3.58	3	3	3	3	3	3	3	3	3	3
14	How much are you able to moralize your desires to be contented?	3.84	4	3	4	3	4	3	4	3	4	3
15	How satisfied are you with the change in your children's attitude?	3.9	4	4	4	4	4	4	4	4	4	4
16	How satisfied are you with the change in your children's focus towards education?	3.84	4	4	3	4	4	4	3	4	4	4
17	How satisfied are you with the tailoring skills developed?	3.82	2	4	4	4	2	2	2	2	4	3
18	How satisfied are you with the earnings / income through tailoring?	3.18	1	3	3	3	1	1	1	1	2	2
19	If you were under depression before joining SKY, are you out of depression now?	3.94	4	4	4	4	4	4	4	4	4	4
20	How do you rate your village professors coaching and behavior?	4	4	4	4	4	4	4	4	4	4	4
21	Health Improvements Resolved		Not Applicable/ பயன்படுத்தப்படவில்லை	Over-weight / Obesity;	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை	Not Applicable/ பயன்படுத்தப்படவில்லை
22	Other Suggestions & Feedbacks		Good	Good	Good	Good	Good	Good	Good	Good	Good	Good

Endline Feedback - Result Inference.

S.No.	Inference
1	100% of the participants are benefitted with the exercises and leading a healthy life
2	100% of the students participants are able to focus on studies and other activities
3	Around 99% of the participants are out of the depression compared to before joining the program
4	96% of the participants are able to moralize their desires to be contented
5	96% of the participants are satisfied with their children's focus towards education
6	95% of the participants are able to remember thing.
7	94% (527) of the participants have made progress in family peace
8	Due to SKY Exercises and meditation-54 participants are cured of Sugar Problems, 18 participants are cured of joint pain, 18 participants are cured of Cholesterol, 18 participants are cured of Asthma / Breathing problems, 18 participants are cured of Over-weight / Obesity.
9	100% of the participants are happy with the VSP Programme compared to only 40% before joining the program.



13. Project Outcome & Impact

1. 573 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. 06 beneficiaries have been trained as Arulnithiyars. 20 more will be trained in future
4. 1573 participants benefitted from immunity camp, Counselling, Naturopathy, Student motivation and De addiction camps.
5. 100% of the villagers benefitted from the Manavalakkalai program and have achieved holistic development individually within themselves (Pls refer Section 14 - Feedback Analysis)
6. With so many trained villagers and youth, the village has become a clean and peaceful village

14. Naturopathy Camp

Camp – 1

Naturopathy camp was held on 21.08.2022 at Vadakkupattu village conducted by Dr.Palanivel. Male - 13, Female – 64 total – 77 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.

Importance of naturopathy, Lifestyle of ancestors, present diseases, their side effects, Societal care – Importance of yoga – benefits and introductory speech.



Naturopathy Camp -2

Naturopathy camp was held on 24.09.2022 at Vadakkupattu village conducted by Dr.Palanivel. Male - 6, Female – 45 total – 51 villagers participate in this camp.

Dr.Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.
Awareness about diseases – Diseases – Symptoms – Individual counselling – Solutions



Naturopathy Camp -3

Naturopathy camp was held on 04.11.2022 at Vadakkupattu village conducted by Dr.Palanivel. Male - 6, Female – 57 total – 63 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.

Diseases – symptoms – solutions – individual counselling – solution



Naturopathy Camp -4

Naturopathy camp was held on 13.02.2023 at Vadakkupattu village conducted by Dr.Palanivel. Male - 7, Female – 36, total – 43 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.

Diseases – symptoms – solutions – individual counselling - solution



Naturopathy Camp -5

Naturopathy camp was held on 17.03.2023 at Vadakkupattu village conducted by Dr.Palanivel. Male - 6, Female – 36, total – 42 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.

Nature food festival – Importance of nature food – Lifestyle changes – Diseases and solutions – Benefits of natural food – Individual counselling – Benefits of simple herbs – Usage – sprouts – Natural usage methods of vegetables were conducted.



15.De-Addiction Camp

Camp-1

De- Addiction camp was conducted By Mr. Jlanther and Mr. Dinesh from AA Group, Chennai at Vadakkupattu Village on 27.08.2022. 56 female, 11 male, Total – 67 villagers participate in this camp.



De-Addiction Camp -2

De- Addiction camp was conducted By Mr. Jalandher from AA Group, Chennai at Vadakkupattu Village on 13.10.2022. 59 females, 13male, Total – 72 villagers participatein this camp.



De-Addiction Camp -3

De- Addiction camp was conducted By Mr. Jalandher from AA Group, Chennai at Vadakkupattu Village on 22.11.2022. 53 female, 12male, Total – 65 villagers participate in this camp.



De-Addiction Camp -4

De- Addiction camp was conducted By TTK Hospital Counsellors, Adyar, Chennai at Vadakkupattu Village on 13.02.2023, 53 female-39, male-6, Total – 45 villagers participate in this camp.



De-Addiction Camp -5

De- Addiction camp was conducted By TTK Hospital Counsellors, Adyar, Chennai at Vadakkupattu Village on 31.02.2023, female-36, male-6, Total – 42 villagers participate in this camp.



16. Pre-Medical camp

Pre medical was held on 09.09.2022 at Vadakkupattu village. **Male 36, Female 66 total 102** villagers participate in this camp.

The villagers medical parameters like weight, sugar levels, BP etc, Report will attached soon.



Medical Camp Report

S.No.	Description	Number	Remarks
1	Total Samples Collected	102	
2	Under Weight	18	BMI < 18.5
3	Normal Weight	58	BMI - 18.5-24.9
4	Over Weight	26	BMI - 25 to 29.9
5	Obesity	0	BMI >=30
6	Hyper-Tension	24	> 130 and > 80
7	Diabetic	12	200+ after eating 126+ fasting
8	Cholesterol	1	> 240 risky
9	Covid	0	As reported
10	Above 14 years	98	>14
11	No. of Males	36	
12	No. of Females	66	

17. Post Medical camp

Post medical was held on 16.03.2023 at Vadakkupattu village. **Male 49, Female 97 total 146** villagers participate in this camp.

The villagers medical parameters like weight, sugar levels, BP etc, Report will attached soon.



Medical Camp Trend



S.No.	Description	Number	Remarks
1	Total Samples Collected	116	
2	Under Weight	0	BMI < 18.5
3	Normal Weight	84	BMI - 18.5-24.9
4	Over Weight	32	BMI - 25 to 29.9
5	Obesity	0	BMI >=30
6	Hyper-Tension	29	> 130 and > 80
7	Diabetic	34	200+ after eating 126+ fasting
8	Cholesterol	0	> 240 risky
9	Covid	0	As reported
10	Above 14 years	111	>14
11	No. of Males	37	
12	No. of Females	79	

- 18 underweight persons got normal weight
- 84 persons got normal weight
- 32 overweight persons significant improvement in overweight
- There is the significant improvement in 29 Hypertension persons
- There is significant improvement in 34 diabetic persons

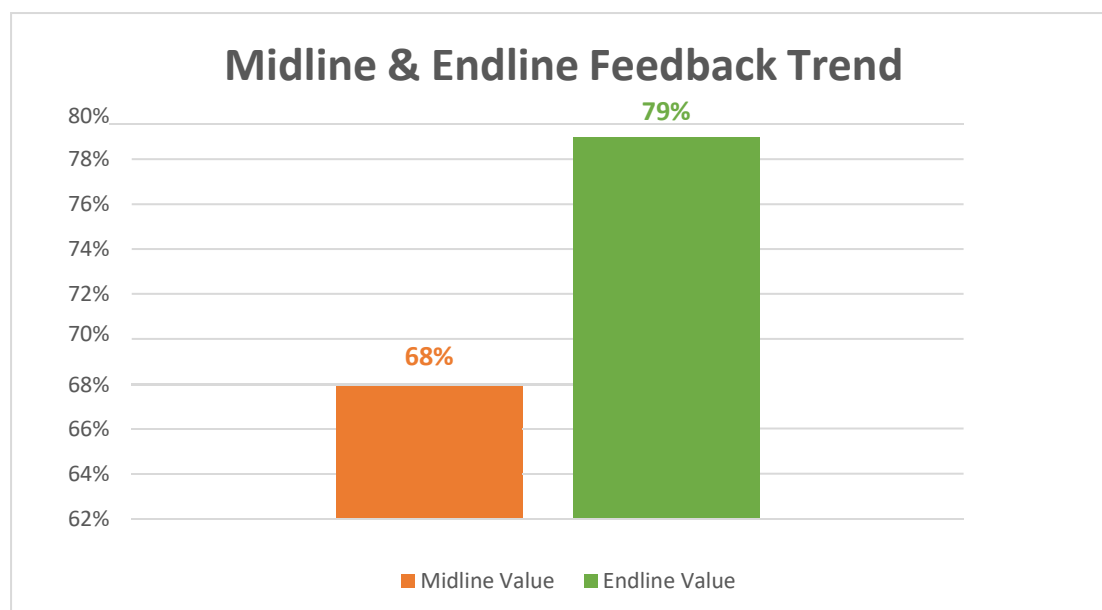
18. Women Empowerment Programme

Tailoring programme was inaugurated by Renault Nissan officials on 28.11.2002 at vadakkupattu Village. 5 tailoring machine issued for this tailoring classes. Until now 40 village Women joined the tailoring class.



Tailoring Programme Feedback Trend

- 79% of the Women participants are able to earn income through Tailoring



S.No.	Date	Event Description	Description
1.	Start Date 28.11.2022	Tailoring class for ladies in Vadakkupattu Village was inaugurated by Mrs. Uvarani, Asst Manager of CSR RNAIPL and RNAIPL and other officials of RNAIPL & WCSC.	Females- 40 participated actively.
2.	End Date 12.04.2023	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.) and Manjapai cutting and Stitching	A tailoring teacher was employed to teach tailoring from scratch for the women. Total : 40 women successfully completed the skill training program
3.		40 participants were issued certificates by Tamil Nadu WDC (Women Development Corporation in collaboration with WCSC (World Community Service Centre)	

19. Counselling Camp

Camp - 1

Counselling camp was conducted By Phycologist A/N. M.K.Janakiram at vadakkupattu Village on 29.09.2022. 53 female and 13 male total 66 villagers. participate in this camp.



Counselling Camp - 2

Counselling camp was conducted By Phycologist A/N. M.K.Janakiram at vadakkupattu Village on 02.03.2023. 280 village school students participate in this camp.



Counselling Camp - 3

Counselling camp was conducted By Phycologist A/N. M.K.Janakiram at vadakkupattu Village on 07.02.2023. Male-9, Female-56, Total - 64 villagers participate in this camp.



Counselling Camp - 4

Counselling camp was conducted By Phycologist A/N. M.K.Janakiram at vadakkupattu Village on 02.03.2023. Male-6, Female-36, Total - 42 villagers participate in this camp.



Counselling Camp - 5

Counselling camp was conducted By Phycologist A/N. M.K.Janakiram at vadakkupattu Village on 01.04.2023. 65 students and villagers participate in this camp.



20. ExNoRa Clean and Green Project

Executive Summary

The Clean Green Villages program was initiated by Renault Nissan Automotive India Pvt Ltd in partnership with The World Community Service Centre and in Strategic alliance with ExNoRa International Foundation in five villages. One of the villages is Vadakkupattu, in Kanchipuram District, Tamil Nadu.

Vadakkupattu village, located in the Kanchipuram district of Tamil Nadu, India is a rural area where the main source of livelihood for its inhabitants is through daily wages and agriculture. The village is likely to have a traditional, agrarian society where most of the population is engaged in farming and related activities.

Activities Proposed

- The project involved the following activities aimed at improving the environment of the village. These included:
- Roadside tree plantation: Trees were planted along the main roads in the village to improve the green cover and provide shade.
- Tree plantation with tree guard: To ensure the survival and growth of the newly planted trees, tree guards were also provided.
- Nutritious plant distribution in households: To improve the availability of nutritious food in the village, plants that produce fruits and vegetables were distributed to households.
- Environment day celebration in government schools: To raise awareness about environmental issues among the village's youth, an environment day celebration was organized in the government schools.
- Cleaning and removing of seemaikarvulla Trees with JCB: To improve the overall health of the village's ecosystem.
- Manjappai /Cloth Bag: 1000 cloth bags will be made by women in the community.
- Detailed Activity implemented
- On 8 th July 2022 Vadakkupattu clean and green village program was inaugurated with the participation of the Renault Nissan CSR team, WCSC, and Exnora International Foundation at Govt. Higher Secondary school at Vadakkupattu village. As a part of the inauguration ceremony, there was street play on alcoholism in villages and how it affects family wellbeing. The community members actively participated in the inauguration ceremony.

SL NO:	ACTIVITY	VADAKKUPATTU
1.	Tree Plantation	Completed 20 trees plantation near the pond
2.	Roadside Tree plantation with tree guard	Completed 25 Trees with tree guard 5 trees inside the school with tree guard
3.	Household tree distribution	Completed 500 saplings for more than 100 houses
4.	Cleaning village	Completed 60 Hrs
5.	Total Area cleaned (Public Places)	50 Karuvela trees removed
6.	Environment camp and ozone day celebration	Completed
7.	Dustbin	20
8.	Cloth bag	1000

Flag hosting of the environment programme



Tree plantation held at Vadakkupattu Village



Environment Awareness Programme waste bin and Tree Distribution



Environment Camp and Ozone Day Celebration at vadakkupattu



Vadakkupattu village before and after Cleaning



Vadakkupattu Road Side Tree Plantation and watering the palnt



- The impact of the green and clean initiative in Vadakupattu Village has been significant and far-reaching. The planting of 50 trees has not only beautified the village but also provided shade and improved the air quality. The JCB cleaning has also improved the overall cleanliness of the village and created a healthier environment for the residents.
- The distribution of 5 nutritious plants to each household has also had a positive impact on the health and well-being of the community. By growing their own food, families are able to access fresh, healthy produce that they may not have otherwise been able to afford. This has led to improved nutrition and a decrease in the incidence of diet-related health problems.
- Additionally, the initiative has brought the community together, as residents work together to maintain the trees and care for their own gardens. This sense of community pride has improved the overall quality of life in Vadakupattu Village and created a more positive and sustainable future for its residents.
- In conclusion, the Green and Clean initiative has had a profound and lasting impact on Vadakupattu Village, improving the environment, health, and quality of life for its residents.

21. Student Empowerment Programme

The student camp is conducted by Mrs. Latha, Exnora. The skills they provided to students/ Children include Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. The students were showing more interest towards it and are interested in enhancing their knowledge.

Student Motivation Camp-1

Student Motivation Programme is conducted on 30.01.2023 at Vadakkupattu village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 50 village school students participate in this camp.

Content of the Camp

MORAL

- Ten Essential Moral Values that build character and positive behavior in kids.
- Respect, Honesty, Compassion, Hard Work, Kindness, Gratitude, Sharing, Cooperation, Responsibility, Generosity



Student Motivation Camp-2

Student Motivation Programme is conducted on 09.02.2023 at Vadakkupattu village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 48 village school students participate in this camp.

SONG- Benefits of Music for Children

- Improve fine and large motor skills. Music helps children of all ages improve their fine and gross motor skills. ...
- Build close relationships. ...
- Develop language skills. ...
- Improve the management of emotions. ...
- Build self-confidence and self-esteem. ...

- Encourage teamwork.



Student Motivation Camp-3

Student Motivation Programme is conducted on 24.03.2023 at Vadakkupattu village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 50 village school students participate in this camp.

Content of the Camp

Physical Health Benefits of Dance for Young Children

- Improved condition of heart and lungs.
- Increased muscular strength, endurance and aerobic fitness.
- Better coordination.
- Better agility.
- Better flexibility.
- Healthy blood pressure.
- Improved overall balance.
- Improved spatial awareness.



Student Motivation Camp-4

Student Motivation Programme is conducted on 05.04.2023 at Vadakkupattu village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 50 village school students participate in this camp.

Content of the Camp

Sports - Character Building Traits

- Self-confidence and self-esteem. Several studies suggest playing sports develops a child's self-confidence and self-esteem. ...
- Manage Emotions. We know how emotions run high in sports – whether watching a sport or playing it. ..., Discipline. ..., Social skills. ..., Patience. ..., Perseverance. ..., Accept defeat. ...
- Teamwork.



Student Motivation Camp-5

Student Motivation Programme is conducted on 06.04.2023 at Vadakkupattu village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 50 village school students participate in this camp.

CRAFT

6 reasons why art and crafts are important for child development

Motor skills. When kids use their fingers to manipulate art materials they are developing their fine motors skills as they use those small muscles in their hands. ...

Literacy. ..., Math Concepts. ..., Creativity. ..., Self-Esteem. ... , Quality time / Parent Bonding

Drawing

- Drawing helps with concentration.
- It develops your child's fine motor skills from an early age.
- By drawing your child improves their hand-eye coordination.
- It helps them express themselves.
- 5. Drawing implies problem-solving, hence it is a great way to teach your child how to make decision.



22. Conclude Function

The project was concluded by **A/N.G.Balamurugan, Joint Director WCSC-VSP** along with **A/N.S.Mayilmurugan** – Kancheepuram Zone and other development committee members in the village. The project closure function was finally conducted on **11 April 2023. Mr.V.M.Keerthi Prakash**, Managing Director, RNAIPL was the chief guest for the function.

Mr.Swaminathan Jayaraman, RNAIPL Director – ASCM & CSR Health Vertical Head, Mr.Amirthalingam, Manager, RNAIPL, Mrs.Uvarani, Asst Manager, RNAIPL, Mrs.Radha Srinivasan, CSR, Coordiantor of WCSC-VSP, Mr.Senthurpari, President, EXNORA International, Mr.Samapath, Secretary, Kancheepuram zone, Prof.S.Vinayagam, Trustee, Gunduvanchery MVKM Trust Dignitaries were participated the function.





Conclude Invitation

வாழ்க வையகம்
வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.30 மணி : கொடியேற்றம், ஆரோக்கியமான அமைதி கிராமம் போர்டு திறப்பு

5.45 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.00 மணி : வரவேற்புரை : பேரா. **S.மயில்முருகன்** அவர்கள்,
தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.
முன்னிலை வகிப்பவர்கள் :

திரு. **K.அமிர்தலிங்கம்** அவர்கள், மேலாளர், RNAIPL.
திருமதி. **A.யுவராணி**, அவர்கள், உதவி மேலாளர், RNAIPL.
திரு. **செந்தூர் பாரி**, அவர்கள்,
President, EXNORA INTERNATIONAL.
திருமதி. **ராதா சீனிவாசன்**, அவர்கள், Co-ordinator, WCSC-VSP.
பேரா. **G.பாலமுருகன்** அவர்கள், இணை இயக்குனர், WCSC-VSP.
அருள்நிதி. **K.குரு ரங்கதுரை** அவர்கள்,
ஒருங்கிணைப்பாளர், WCSC-VSP.
பேரா. **K.சம்பத்துமார்** அவர்கள்,
செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.
திருமதி. **இரா.பேச்சியம்மாள்** அவர்கள்,
தலைமை ஆசிரியர், அரசு உயர்நிலைப்பள்ளி.
பேரா. **U.D.கிருஷ்ணமூர்த்தி** அவர்கள்,
மண்டலத் துணைத்தலைவர் (VSP).
பேரா. **K.செல்வக்குமார்** அவர்கள்,
செயலர், கூடுவாஞ்சேரி மனவளக்கலை மன்றம் அறக்கட்டளை.

6.05 மணி : விருந்தினரை கௌரவித்தல்

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

6.20 மணி : முன்னிலையுரை :
திருமதி. **VSG.நந்தினி மேத்தா வசந்தகுமார்** அவர்கள்
ஊராட்சி மன்றத் தலைவர், வடக்குப்பட்டு.

6.25 மணி : வாழ்த்துரை : **Mr. Swaminathan Jayaraman** Avl,
RNAIPL Director - ASCM & CSR Health Vertical Head.

6.30 மணி : தலைமையுரை : **Mr. V M Keerthi Prakash** Avl,
MD, RNAIPL.

23. Participants Feedback



வாய்க் வளமுடன்

ஐயா :

நான் கடந்த 4 மாதங்களாக நான் இந்த உலக சமுதாய சேவாசங்கமும் ரொனால்டு ரிசான் கம்பெனியும் இணைந்த வடக்குப்பட்டு கிராமிய சேவை திட்டத்தில் ஈடுபட்டு மனவளத்தை உயர்த்தும் பணிகளை செய்து வருகிறேன். இந்த வாய்க் வளமுடன் பயிற்சி என்னுடைய பணியில் நான் சிறந்துவிடும் - வதற்கு எல்லா வகையிலும் உதவியாக இருக்கிறது மேலும் மன அமைதியையும் இறை அருளையும் எனக்கு கிடைக்கச் செய்து பெரிய அளவிற்கும் என மேலும் நான் என பணிச்சுமைகாரணமாக இந்த முறை பிரம்மண பயிற்சிக்கு இந்த முறை வர உயர்நிலை அதிகாரி அடுத்த பயிற்சிக்கு நான் வருவதற்கு இறை அருளையும் குரு அருளையும் உண்டுகிறேன். இதுபோன்ற பயிற்சியை எனக்கு அளித்த உலக சமுதாய சேவாசங்கம் மற்றும் ரொனால்டு ரிசான் கம்பெனிக்கும் எனது நன்றியையும் வணக்கத்தையும் தெரிவிக்கிறேன்.

29 Nov. 2022
வடக்குப்பட்டு.


A. VAIDIVEL, M.L.,
 ADVOCATE & NOTARY PUBLIC
 GOVT. OF INDIA
 No. 267, METTU STREET, VADAKKUPATTU,
 KUNDRATHUR TALUK,
 KANCHIPURAM DISTRICT, TAMIL NADU - 603204.
 CELL : 9381157649

ஸ்ரீ

வாழ்க்கையாகம் வாழ்க வளமுடன்

ஆ. சண்முகவேலு, உட்கிவகு சிவாசம்.



① கியான குடிவன் கிணடும் வாடித்தும் மறைய
மண்பநீரியதானல் என் லென் அகிலன். மன்றம்
செ அகியர்க்கிபரிந்து ஆத்தையியு மன்றம்
கிணக்கமண ஆடு இய்கிணைய நான் உணர்கிணன்.
கிண்கு மெய் அகியர்க்கிடம் மண கசிய
மன்றம் லென் அகிலரியன் அகிண்குடி கிணவன்
கிண்கு வந்தது கிண்கு வாடித்த யகிணன்
கிண்கு மெய்கிரியன் எந்த கிண்குணயும் கிண்கு.

② காயகம்ப பமிர்கிணின் மூலம் அகிலி கிண்கு
மென் ஆணையில்கு பாயகிணன் அகிண்கு
அகில நிகிண்கு. அ மண 'கிண்கு' இண்கு
நிகிண்கு நான் உணர்கிணன்.

③ அகிண்கு பமிர்கிணின் மூலம் அகிலி அகிண்கு
கிண்கு அகில பமிர்கிணின் அகில மூல அகிண்கு
அகிண்கு அகிண்கு மென் மென் கிண்கு அகிண்கு
அகிண்கு அகிண்கு பமிர்கிணின் மூலம் அகிண்கு.
அகிண்கு பமிண்கு நான் உணர்கிணன்.

ஸ்ரீ



9-01-2023
உட்கட்டுப்பட்டு.

பின்னூட்டம்.

ஐயா, எங்கள் மாளியில் Renault Nissan மற்றும் உலக சமுதாய சேவா சங்கமும் கிணைந்து VSP திட்டத்தின் கீழ் மாணவர்களுக்கு டயாஸா, மனஉளக்கலைப் பயிற்சிகள் வழங்கப்பட்டு வருகின்றன. சிறு மட்டுமன்றி நீதி போதனைகள், சுற்றுச்சூழல் காந்த் விழிப்புணர்வுகள், விடுயங்கள் ஆகியனவும் ஏதாவதிக் கொடுக்கப்படுகிறது. கிதன் சூலம் மாணவர்களிடம் உடல், மனம் ஆகிய கிரண்டும் சலம் ஏயற்று ஆரோக்கியமாக இருக்க ஏயரும் உதவுகிறது. எக்னாரா (EXNORA) சிமைப்பு சூலம் சுற்றுப்புற சுகாதாரம், மரம் உளர்ப்பு ஆகியன குறித்த விழிப்புணர்வும் உளர்க்கப்பட்டுள்ளது. மாணவர்கள் மிகுந்த சூலுடன் சேய்களை நட்பு மராமரித்து வருகின்றனர், சூலும் மட்கும் குப்பை, மட்காத குப்பை குறித்தும் விழிப்புணர்வு ஏயற்றுள்ளனர். கிது சூலம் சூலும் பல சூலம் பண்புகளைப் ஏயற தங்களின் சேவை ஏயரும் உதவுகிறது சைமதரம் ஏயருமையுடன் தெரிவித்துக் கொள்கிறேன்.

சூலி!

கிப்பங்கு.

த.பிரகாஷ்..
D. PRASAD

நாட்கள் மாணியலி Renault Nissan -ல் மாற்றும்
 உலக சமூகாய சேவா சமீகமில் கிணைந்து VSP
 சிட்டக்கின் கீழ் பல சகல நலம், மாணவர் நலம்
 சார்த்த யோகா, தியானம் அகிய சேவையி யணிகளைத்
 செய்து வருகின்றனர். கிந்தயி யபிற்சியின் நலம்
 மாணவர்க்களித் சிந்தனை வகுப்புகளில் பிபடுகிறது.
 கல்வி நலம் திறணையும் வளர்வதால் உடலி
 அனாச்சியக்கையும் மேம்படுத்துகிறது. அதுமட்டுமன்றி
 மலேய விரிமணர்வு சிந்தனைக் கருவிகின்றன,
 அகையும் மாணவர்களிடம் சிந்தி நம்பண்களை
 வளர்க்கின்றன. கிந்தனை கிச்சேவையும் மாறாபடுவதால்
 மேலும் பல சேவையை அன்றிட நாட்கள் நல்கல்கி
 உறுதுணையாக கிடுமலாம் என்மகைத்
 தெரிவந்துக் கொள்கிறேன்.



9/1/2023
HEAD MASTER
 P.U. PRIMARY SCHOOL
 VADAKKUPATTU - 603 204
 KUNDRATHUR UNION
 S.NO.290601040



தனது பெண் அகிலாபாதி மயமியலில் பட்டினியான
 நான் சரியான வேலை கிடைக்காததால் என் அப்பாவின்
 குலத் தொழிலான சாராயம் உற்பத்தியில் அனாபதி அண்ணாடம்
 எடுத்தது தயாசி கிணையால் என்னை ஊருக்கு
 உலக சமுதாய சேவை சங்கடம் மற்றும் ஏழாலை
 நிசனி கூட்டுவனியும் கிணைந்து உட்கூட்டி
 கிராமிய சேவை சிப்டித்தால் முலம் மனவளக்கலை போக
 பயிற்சியும் தியானமும் கற்று கொடுத்தார்கள் சிசுனி
 முலம் மனக் தொழிலும் மன உறுதியும் பெற்று
 தனிமார் நிறுவனத்தில் சேரிந்து சேவகணை பயி
 ரெய்து உடுகிசுணி கனி எக்காளத்தியும் சமுத
 சேபாந வசல்காரிஸ் ருபுபாத வணகலில் அண்ணா
 சீர் சிடுத்திய உய்து உயாபுடன் அமைப்பிந்து எந்து
 மருச்சாரிந்து நான்கைய்யும் உய்த்துக்கணைய்யும்
 எதறிஉத்துக் தொறிசுணி

கியுதத்தி தங்கார்
 உண்கைய்யார்

24. Project Sustainability and long-term impact

A SKY Centre is being set up for meditation including 5 tailoring machines for use by the villagers. The SKY Centre at the Vadakkupattu 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. A/N.Muniyammal – 73394 52384
2. A/N. Edila 90422 18831
3. A/N. Arulalan - 84382 48742

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 Yoga Day, Swamiji Birthday, Annual Ceremony and Wife's appreciation Day.

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



25.Thanks Giving

On behalf of the VSP Directorate, we also place on-record our sincere thanks and best wishes to the Renault Nissan Automotive India Private Limited (RNAIPL), Oragadam 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 Mathur Village as the healthy and peaceful village. to the office bearers of Kanchipuram Zone, the office bearers of Guduvancheri MVKM TRUST, coordinators of VSP-CSR, coordinators of various special camps, VSP Asst.Prof. A.Ragothaman & Asst.Prof.R.Banu, 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.

*****VAZHGA VALAMUDAN*****