

**WCSC - VILLAGE SERVICE PROJECT**  
**KANCHEEPURAM ZONE**  
**ORATHUR VILLAGE**  
**CLOSURE REPORT**

**Sponsored by - Renault Nissan Automotive India Private Limited**

**RENAULT NISSAN**  
**AUTOMOTIVE INDIA PRIVATE LIMITED**

**RENAULT · NISSAN**  
JOINT VENTURE COMPANY

வாழ்க வையகம்

குருவே துணை

வாழ்க வளமுடன்

உலக சமுதாய சேவா சங்கம்



கிராமிய சேவைத் திட்டம்

**வேதாத்திரி கிராமம்**

( ஓரத்தூர் )

**ஆதரவாளர் : ரெனால்ட் நிசான் ஆட்டோமோட்டிவ் இந்தியா**



**பேரா C. ஜெயவீரபாண்டியன் -94447 50076 பேரா K. ஜெயந்தி**



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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 **29.03.2023** between World Community Service Centre (WCSC) and Renault Nissan Automotive India Private Limited (RNAIPL), Oragadam for implementation of Village Service Project in OrathurVillage 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 **671 trusts and about 2112** 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 Gents and a Ladies ) 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 16.05.2023 in the presence of Mr. J.Swaminathan, Director Production Control & CSR Control, 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 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 **17<sup>th</sup> May 2023** at the Govt Hr Sec School, Orathur.
- The WCSC-VSP project was thus operative for 7 calendar months (May-23 to Dec-23).

#### 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	Orathur
2	Zone	Kancheepuram
3	Trust	Adambakkam MVKM Trust
4	Panchayat	Orathur
5	District	Kancheepuram
6	Taluk	Kunrathur
7	Executive Officer	Thirumathi.Gandhimathi- 9382336518
8	Village President & Vice President	Thirumathi.Valli Sundar - 8438040915
9	Ward Member	-
10	Village Population	M:192, F:320, C:11, Total: 623
11	No. Of Houses	150
12	Is there a colony area?	Yes
13	Name of the nearest school, Number of students	Government Middle School- 45
14	Primary Health Centre	Orathur

15	Venue of the Opening Ceremony	School Campus
16	Place of Yoga Training	School Campus
17	Time of Yoga Training	Full time
18	Joint Director of VSP	Prof. G. Balamurugan, 9486014179
19	Coordinator (Academy) of VSP	Janani, PH: 97159 58958
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. K. Kathavarayan, Ph:80722 26463
23	Trust, VSP - Vice President	Pf.R.Thiyagarajan, 80128 86134
24	VSP - Professors , SMART Id No.	Pf.C.Jayaveerapandian 3012569 Pf.K.Jayanthi 2012568
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. Sasi Prasad, Ph: 99457 26543
29	Tree Plantation	WCSC-VSP
30	Medical Camp	Govt.Primary Health Centre
31	Counselling Camp	A/N. M.K. Janakiraman, Ph: 99623 73705
32	De - Addiction Camp	TTK Re-habitation Hospital Adyar, Chennai
33	Women Empowerment Programme	Tailoring Programme
34	Date of Inaugural of VSP	17-05-2023

35	Date of Concluding of VSP	13-12-2023
36	Sponsor Name	RNAIPL
37	Network Signal	ALL Signal Available
38	<b>Executive Committee Members</b>	
	1. VSP - Joint Director/ Coordinator	Prof. V. Sundaram, Ph: 9884072652, Prof. G. Balamurugan, 9486014179 Prof.Muthu, 94435 85894
	2. Zone - President/ Secretary/ VSP- Vice President	Prof. S. Mayilmurugan, PH: 9841087790, Prof.K. Sampathkumar, Ph: 9176629956
	3. Trust -President/ Secretary/ VSP- Vice President	Pf.TM Lakshmipathy - 9941318100 Pf.S.Devarajan - 9840177017 Pf.R.Thiyagarajan - 80128 86134
	4. Professors	Pf.C.Jayaveerapandian 94447 50076 Pf.K.Jayanthi
	5.WCSC-CSR Coordinator	Mrs. Radha Srinivasan
39	<b>Development Committee Members</b>	
	1. Village President and Member	1. Thirumathi.Valli Sundar - 8438040915, 2. Mrs.Kavitha - 9677090968 3. Mrs.Ambiga - 9585307789 Mrs.Imaiya - 9600507179
	2. School Head Master	
	3. Women's - SHG Coordinator	
	4. Doctor, Nurse	
	5. Important Persons in Village	
40	Volunteers Name and Ph No.	-

## 6. About Orathur Village and Status

OrathurVillage comes under Kundrathur Taluk of Kancheepuram district. This is the **288<sup>th</sup> Village** of the VSP project which got inaugurated and presided by of **Mr.J.Swaminathan, Director Production Control & CSR Control**, Renault Nissan Automotive India Private Limited, other dignitaries of RNAIPL and WCSC on **17.05.2023**. The closing of this Village project was planned for **13<sup>th</sup> Dec 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 -864, Female -880, Total -1744**

**Targeted Population -512 (Excluding Children)**

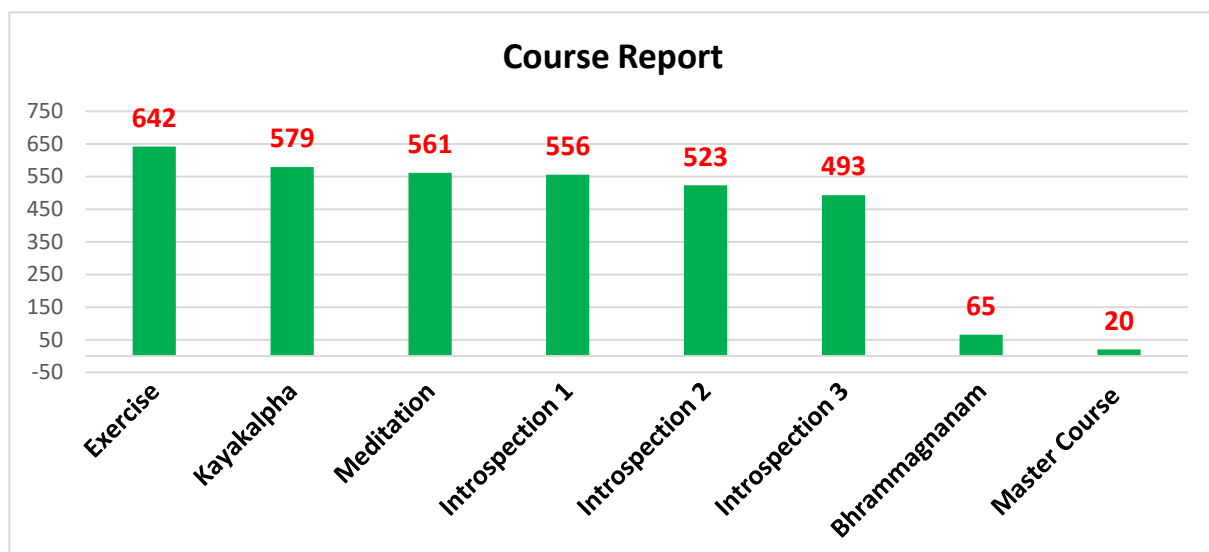
S.No.	Gender (Adults) / Children	Number of Participants
1.	Male	192
2.	Women	320
3.	Children below 14	111
<b>Tota l</b>		<b>623</b>



## 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	ORATHUR		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	ADAMBAKKAM		
4.	PHYSICAL EXERCISE	Male -104, Female – 538, Total =642		
5.	EXERCISE BELOW 14 years of Age	Male -109, Female -94, Total =203		
6.	AGNAI	Male –94	Female –483	Total-577
7.	SHANTHI	Male –94	Female –483	Total-577
8.	THURIYAM	Male –94	Female –467	Total-561
9.	KAYAKALPA	Male –94	Female –485	Total-579
10.	INTROSPECTION I	Male –90	Female –466	Total-556
11.	INTROSPECTION II	Male –84	Female –439	Total-523
12.	INTROSPECTION III	Male –76	Female –417	Total-493
13.	BRAHMAGNANAM in Aliyar	Male –16	Female –49	Total-65
14	Arulnithiyar	Male-0	Female-20	Total -20



**SKY YOGA PRACTICES**



## 8. Implementation Plan in Detail

Project Activities Planned vs Actual				
S.N O	Projects Activities	Planned	Actual	Remarks
1	Inaugural Function & Cultural Program	17.05.2023	<b>17.05.2023</b>	Completed
2	Baseline questionnaire	22.05.2023	<b>22.06.2023</b>	30 questionnaires received Report attached
3	SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers	May – 2023 to Dec – 2023	<b>May – 2023 to Dec – 2023</b>	Completed
4	Medical camp	Pre medical camp – May - 23  Post Medical Camp Dec- 23	<b>17.06.2023</b>	<b>Male – 14 Female – 68 Total - 82</b>
5	Counselling Sessions	5 camps – <b>planned to be conducted from Oct-23</b>	<b>1. 28.06.2023 2. 26.07.2023 3. 22.08.2023 4. 26.09.2023 5. 08.11.2023</b>	1. 170 2. Student 60, Adult -40 3. 76 - Individual Counselling 15 4. 67- Individual Counselling 10 5. 61 Students -5 Individual Counselling  <b>Total Beneficiaries– 774</b>
6	De-Addiction Camp	5 camps - planned to be conduct <b>Oct-23</b>	<b>1. 14.07.2023 2. 21.08.2023 3. 31.10.2023</b>	1. 91 2. 86 3.50 <b>Total Beneficiaries - 227</b>

7	Students Motivation Camp	5 camps - planned to be conduct <b>Oct-23</b>	<b>1. 16.06.2023</b> <b>2. 19.07.2023</b> <b>3. 11.08.2023</b> <b>4. 20.09.2023</b> <b>5. 07.11.2023</b>	1. 45 2. 55 3. 65 4. 56 5. 50 <b>Total Beneficiaries - 271</b>
8	Naturopathy Camp	5 camps – planned to be conduct <b>Oct-23</b>	<b>1. 19.06.2023</b> <b>2. 17.07.2023</b> <b>3. 16.08.2023</b> <b>4. 16.09.2023</b> <b>5. 17.10.2023</b>	1. 104 2. 88 3. 68 4. 137 5. 400 <b>Total Beneficiaries - 797</b>
9	Environment Awareness programme	planned to conduct <b>June-23</b>	<b>06.07.2023</b>	<b>150 Tress Planted</b> <b>10 Biodegradable and</b> <b>10 non-biodegradable</b> <b>garbage dustbins</b> <b>handover to village</b> <b>President</b>
10	Brahmagnanam - in Aliyar	<b>Plan to attend</b> <b>August-2023</b>	<b>1.03.09.2023</b> <b>2. 25.11.2023</b>	<b>Gents-16,</b> <b>Ladies – 49</b> <b>Total- 65</b>
11	Arulnithiyar - in Aliyar	<b>Plan to attend</b> <b>Sep-2023</b>	<b>15.12.2023</b>	<b>20 Members</b>
12	Endline Questionnaire	Will be collected <b>Dec-2023</b>	<b>28.11.2023</b>	<b>30 Questionaries</b> <b>Collected</b>
13	Documentary Feedback Shooting	1 Feedback Shooting	<b>25.10.2023</b>	<b>Done</b>
14	Conclude function including distribution of certificates	Planned to <b>Dec - 2023</b>	<b>07.12.2023</b>	<b>Completed</b>
15	Women Empowerment programme - Tailoring Programme	5 Months  Planned to conduct <b>June-23 to Nov 2023</b>	<b>06.07.2023</b>	<b>35 village Women</b> <b>participated</b>

16	Project review meetings and meetings with RNAIPL	Meeting Planned with RNAIPL - (July – 22 to April 2023) <b>EVERY MONTH SECOND AND FOURTH MONDAY.</b>	<b>1. 22.05.2023</b> <b>2. 26.06.2023</b> <b>3. 10.07.2023</b> <b>4. 24.07.2023</b> <b>5. 28.08.2023</b> <b>6. 11.09.2023</b> <b>7. 25.09.2023</b>	
17	Project feedback analysis and reports	<b>Planned to Dec - 2023</b>	<b>1.12.2023</b>	<b>Enclosed</b>

## 9. 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 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 <sup>th</sup> of every month	<a href="#">SKY Professors</a> are sending a detailed monthly report of village activities to the Zone and VSP Office, Aliyar.	Send 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 Thursday) 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.



## 10. Inaugural Function:

The inaugural function was held on 17<sup>th</sup> May 2023 at Orathur Govt Higher Secondary School Ground, Orathur. The function started with flag hoisting by Mr. J.Swaminathan, Director, Production Control, CSR Health, RNAIPL.

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.



## 11. Feedback Analysis

### **Baseline, Midline & Endline Feedback**

Baseline and Endline feedback – we take baseline feedback using a questionnaire, from the participants to understand their physical and mental condition. End of the program, we take Endline feedback with different questions related to the baseline questions, to measure the progress in their physical and mental condition.

Baseline, 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: -

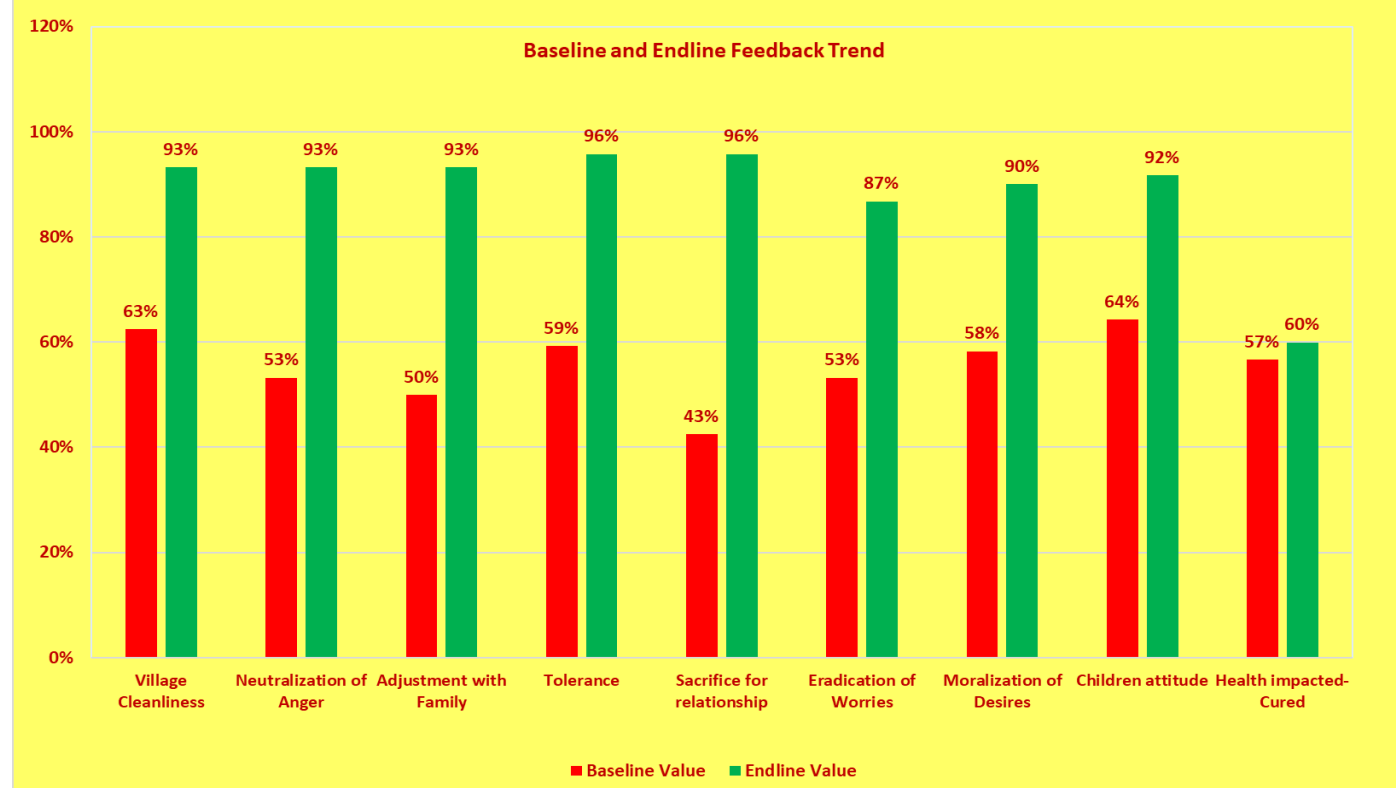
### **Baseline Questionnaires Result Inference**

S.No.	Inference
1	100% (512) of the Participants are depressed either due to self or family or society
2	60% of the participants not have family peace, 40% of the participants only have family peace.
3	56% of the participants are new to meditation. 44% of the participants only do meditation on day-to-day basis.
4	52% of the women are not contributing to income. Around 48% of the woman in their house contribute to the income.
5	48% of the villagers are not taking initiative to clean the villages. Around 52% of the villagers only take initiative to keep their village clean.
6	Approximately-324 participants have joint pain, 279 participants have ulcer, 256 participants have migraine and headache, 239 participants have sugar problem, 137 participants have Eye problem with respect to sight, watering eyes, 102 participants have Over-weight / Obesity.
7	60% of the participants only live happy life



## Endline Questionnaires Result Inference

S.No.	Inference
1	Around 97% of the participants mental health calmed due to the sky meditation
2	Around 97% of the participants are out of the depression compared to before joining the program
3	Around 96% of the participants are benefitted with the exercises and leading a healthy life
4	Around 96% of the Women participants are satisfied with their tailoring skills developed.
5	93% of the participants able to control their anger
6	94% of the participants are satisfied with change their children's attitude
7	83% (427) of the participants have made progress in family peace
8	Due to SKY Exercises and meditation-307 participants cured of Joint Pain, 290 participants cured of Migrane and head ache, 205 participants cured of sugar problem, 239 participants cured of ulcer, 137 participants cured of Eye problem with respect to sight, watering, 85 participants cured of Blood pressure and cholesterol, 7 women participants cured of Menstrual prob and PCOD.
9	Around 97% of the participants are happy with the VSP Programme compared to only 60% before joining the program.



## 12. Project Outcome & Impact

1. 642 participants benefitted from the Yoga classes
2. 65 beneficiaries participated and became Brahmagyanis to carry the program forward and sustain it in the village
3. 20 beneficiaries have been trained as Arulnithiyars. 10 more will be trained in future
4. 2151 participants benefitted from immunity camp, Counselling, Naturopathy, Student motivation and De addiction camps.
5. 97% of the villagers benefitted from the Manavalakkalai program and have achieved holistic development individually within themselves (Pls refer Section 11 - Feedback Analysis)
6. **Counselling Camp** - Re-united family members (husband and wife) through counseling sessions. Because of the Students counselling the students started focusing on their studies and improving their overall behavior. The right guidance and counseling help the villagers face realities, overcome obstacles and find a way for worthwhile future by bringing in the desired behavioral changes. Counseling sessions make the villagers behavioral changes, emotional handling and to bring about necessary changes in the life style of the villagers.
7. **Women Empowerment Programme** - The village women learn to stitch for themselves and their children. By the end of the course, they know to stitch frocks, children's uniforms, skirts, shirts, churidars, kurtas and blouses. Employment opportunities are created there by the self-confidence of the women folk in the village is increased exponentially.
8. **De-addiction Camp** - Men and women got rid of addictive habits like alcohol and other drugs. Also we educate the village school student about awareness of the alcohol and drugs.

9. **Environment Awareness Programme** - Village people started implementing clean habits like usage of dust-bins given to them, segregating plastic wastes, growing plants, etc.
10. **Student Empowerment Programme** – This programme builds character and positive behavior in Students. Improved the Self-confidence, Self-esteem, Discipline, Social skills, Patience, Perseverance, accept defeat, Manage Emotions and Teamwork. Children are involved 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. With so many trained villagers and youth, the village has become a clean and peaceful village
11. **Naturopathy Camp**

The villagers have educated about natural of food on staying healthy and cut down their medical expenses. During the Naturopathy camp, the specialist makes them aware about living a healthy life and offers a lot of tips on the appropriate diet and food habits so that food itself acts as medicine for different ailments. Moreover, the villagers are taught how to use herbal powders and oils in place of soaps, creams, shampoos or detergents. The villagers are encouraged to lead a life closer to nature.

### 13. Pre-Medical Camp

Pre medical was held on 17.06.2023 at Orathur village by Orathur Primary Health Centre. Male 14, Female-68, Total- 72 villagers participate in this camp.

The villagers' medical parameters like weight, sugar levels, BP etc were recorded and the summery of the report given below.



S.No.	Description	Number	Remarks
1	Total Samples Collected	82	
2	Under Weight	14	BMI < 18.5
3	Normal Weight	43	BMI - 18.5-24.9
4	Over Weight	15	BMI - 25 to 29.9
5	Obesity	8	BMI >=30
6	Hyper-Tension	38	> 130 and > 80
7	Diabetic	0	200+ after eating 126+ fasting
8	Cholesterol	0	> 240 risky
9	Covid	0	As reported
10	Above 14 years	80	>14
11	No. of Male	13	
12	No. of Female	69	

#### 14. Naturopathy Camp-1

Naturopathy camp was held on 09.06.2023 at Orathur village conducted by Dr.Palanivel. Male - 06, Female –98, total –104 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.



#### 15. Naturopathy Camp-2

Naturopathy camp was held on 17.07.2023 at Orathur village conducted by Dr.Palanivel. Male -6, Female –82, total –88 villagers participate in this camp. Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.

- supporting immune function and controlling inflammation,
- helping body digest food,
- keeping bad bacteria from getting out of control and making you sick,
- creating vitamins,
- Awareness about diseases, Diseases, Symptoms, Individual counselling – Solutions





### 16. Naturopathy Camp-3

Naturopathy camp was held on 16.08.2023 at Orathur village conducted by Dr.Palanivel. Male - 8, Female –60 , Total-68 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



**17. Naturopathy Camp -4**

Naturopathy camp was held on 16.09.2023 at Orathur village conducted by Dr.Palanivel. Male -12, Female –125, Total-137 villagers participate in this camp.

**18. Naturopathy Camp – 5**

Naturopathy camp was held on 17.10.2023 at Orathur village conducted by Dr.Palanivel. Male -65, Female –335, Total-400 villagers participate in this camp.





## 19. Student Motivation Camp 1

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 16.06.2023 at Orathur village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 45 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



## 20. Student Motivation Camp –2

Student Motivation Programme is conducted on 19.07.2023 at Orathur village by Mrs. Latha from Exnora. 55 village school students participate in this camp.

Build close relationships. ...

- ✓ Develop language skills. ...
- ✓ Improve the management of emotions. ...
- ✓ Build self-confidence and self-esteem.
- ✓ Encourage teamwork.





### 21. Student Motivation Camp- 3

Student Motivation Programme is conducted on 11.08.2023 at Orathur village by Mrs. Latha from Exnora. 65 village school students participate in this camp.

- Improve fine and large motor skills. Music helps children of all ages improve their fine and grossmotor skills. ..



### 22. Student Motivation Camp -4

Student Motivation Programme is conducted on 20.09.2023 at Orathur village by Mrs. Latha from Exnora and Renault Nissan officials conducted this camp. 56 village school students participate in this camp.





### 23. Student Motivation Camp -5

Student Motivation Programme is conducted on 07.11.2023 at Orathur village by Mrs. Latha from Exnora conducted this camp. 50 village school students participate in this camp.



### 24. International Yoga Day

International Yoga Day celebrated on 21.06.2023 at Orathur village Govt school. 300 School students participated this yoga day celebration & Village president, school head master, teachers are participated the international yoga day.



## 25. Counselling Camp-1

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Orathur Village on 28.06.2023. Public – 105, Student -65, Total - 170, Individual counselling 15 villagers participate the counselling session.

Content of the Camp -Happiness

The five elements of happiness

- Positive emotion.
- Engagement.
- Relationships.
- Meaning.
- Accomplishment.





## 26. Counselling Camp-2

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Orathur Village on 26.07.2023. Male-05, Female-45, Total – 50, Individual counselling 7 villagers participate the counselling session. 60 students participate in this counselling session.

**Content - My Dream My Future**



### 27. Counselling Camp-3

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Orathur Village on 22.08.2023. Male-15, Female-61, Total – 76, Individual counselling 15 villagers participate the counselling session.

#### **The Power of Positive Thinking**

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conducive to growth, expansion and success. It is a mental attitude that expects good and favorable results. A positive mind anticipates happiness, joy, health and a successful outcome of every situation and action.





**28. Counselling Camp – 4**

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Orathur Village on 26.09.2023. Male-08, Female-59, Total – 67, Individual counselling 10 villagers participate the counselling session.

**29. Counselling Camp – 5**

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Orathur Village on 25.11.2023. Boys-46, Girls-15, Total – 61, Individual counselling 5 villagers participate the counselling session.



### 30. Environment Programme & Tree Plantation

Environment Awareness Programme was held on **06.07.2023** with RNAIPL Officials and WCSC-VSP officials, Villagers were explained about the Environment Awareness by the way of improving cleanliness and Sanitation Villagers were advised not to use Plastic since it spoils the environment. 20 plastic dustbins handover to village president to segregate bio & non-bio degradable wastes for the purpose of solid waste management.

150 trees and Nutrition plants saplings have been distributed to the villages. Free tree saplings are provided to the families at the initial stage of the project so that the village becomes greener and beautiful. Public awareness is increased through a lot of activities in the villages. Male -40, Female-100, Total-140 villagers participate in this programme.





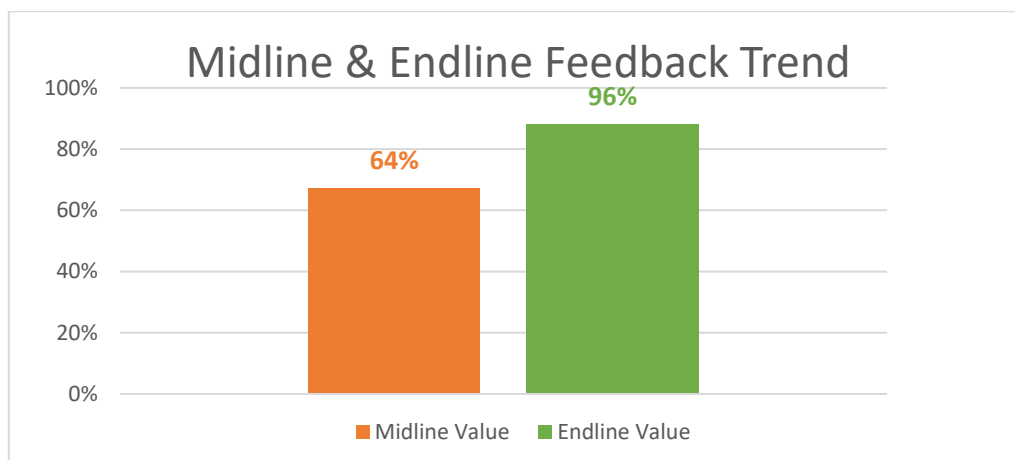
### 31. Women Empowerment Programme

Tailoring programme was inaugurated by Mr. Ethiraj, Senior Manager, HR, Renault Nissan officials on 06.07.2023 at Orathur Village. 5 tailoring machines issued for tailoring classes. Until now 64 village Women joined the tailoring class.



### Tailoring Programme Feedback Trend

- 96% of the Women participants are able to earn income through Tailoring



S.No.	Date	Event Description	Description
1.	Start Date 06.07.2023	Tailoring class for ladies in Orathur Village was inaugurated by Mrs. Uvarani, Asst Manager of CSR RNAIPL and RNAIPL and other officials of RNAIPL & WCSC.	Females- 64 <b>participated</b> actively.
2.	End Date 13.12.2023	<b>First Month:</b> Embroidery Basic, Hand Kerchief, Shots, Nicker. <b>Second Month:</b> Plain Petticoat, Fril petticoat, Frock. <b>Third Month:</b> In skirts, Pattu pavadai for Children <b>Forth Month:</b> Chudidar 2 & Pant 3 types (Patiala, semi Patiala, Gathering) <b>Fifth Month:</b> 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. <b>Total :64</b> women successfully completed the skill training program
3.	<b>64 participants</b> were issued certificates by Tamil Nadu WDC (Women Development Corporation in collaboration with WCSC (World Community Service Centre)		



### 32. De-addiction Camp-1

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Orathur Village on 14.07.2023. Male-06, Female-85, Total - 91 members villagers participate in this camp.

The session primarily focused on the treatment components for both the patient and their family member. Questions were asked about, what is the need of including family in the treatment and how to deal with the issue arises while convincing the family member for the treatment.



### 33. De-addiction Camp-2

De- Addiction camp was conducted By Mr. Avinash, TTK Hospital counsellors, Adyar, Chennai at Orathur Village on 21.08.2023. Male-07, Female-79, Total - 86 members villagers participate in this camp.



**34. De-Addiction camp -3**

De-Addiction camp was conducted By Mr. Avinash, TTK Hospital counsellors, Adyar, Chennai at Orathur Village on 31.10.2023. 50 students participate in this camp.

**35. Venue and Timing of the Yoga Training Classes**

S.NO	Place	Timing
1.	School campus	5.00 am to 6.30 am
2.	100 days place	11.00 am to 1.00 pm
3.	School camps	5.00 pm to 7.30 pm
4.	Tailoring Class	12.0 m to 2.00 pm

### **36. Conclude Function**

The project was concluded by **A/N.P.Muruganandam 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 **13<sup>th</sup> Dec 2023. Mr.V.M.Keerthi Prakash**, Managing Director, RNAIPL was the chief guest for the function.

Mr.M.Rajasekara Bhat, GM, Plant Engineering, CSR, RNAIPL., Mr.Amirthalingam, Manager, RNAIPL, Mrs. Uvarani, ASST Manager, RNAIPL, Mrs.Radha Srinivasan, CSR, Coordinator of WCSC-VSP, Prof.G.Balamurugan, Joint Director, WCSC-VSP, Mr.Samapath, Secretary, Kancheepuram zone, Dignitaries were participated the function.



## Conclude Function 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. **யுவராணி** அவர்கள், உதவி மேலாளர், RNAIPL.திருமதி. **ராதா சீனிவாசன்** அவர்கள், Co-ordinator, WCSC-VSP.பேரா. **G.பாலமுருகன்** அவர்கள், இணை இயக்குனர், WCSC-VSP.பேரா. **K.சம்பத்துமார்** அவர்கள்,

செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.

பேரா. **K.காத்தவராயன்** அவர்கள்,

துணைத்தலைவர் (VSP), WCSC-காஞ்சிபுரம் மண்டலம்.

திருமதி. **காந்திமதி** அவர்கள், பஞ்சாயத்து செயலர், ஓரத்தூர்.பேரா. **C.மூர்த்தி** அவர்கள்,

பொருளாளர், ஆதம்பாக்கம் மனவளக்கலை மன்றம் அறக்கட்டளை.

பேரா. **S.தேவராஜன்** அவர்கள்,

செயலர், ஆதம்பாக்கம் மனவளக்கலை மன்ற அறக்கட்டளை.

6.05 மணி : விருந்தினரை கௌரவித்தல்

6.10 மணி : செயல்பாட்டு உரை : அருள்நிதி. **P.முருகானந்தம்** அவர்கள்,  
இயக்குனர், WCSC-VSP.6.20 மணி : முன்னிலையுரை : திருமதி. **வள்ளிசுந்தர்** அவர்கள்,  
ஊராட்சி மன்றத் தலைவர், ஓரத்தூர்.6.25 மணி : வாழ்த்துரை : **Mr. J. SWAMINATHAN** Avl,  
Director, Production Control & CSR Health, RNAIPL.6.30 மணி : தலைமையுரை : **Mr. V M. KEERTHI PRAKASH** Avl,  
MD, RNAIPL.

6.35 மணி : தலைவர் பற்றிய அறிமுகம்

6.40 மணி : திட்டத்தை நிறைவு செய்து சிறப்புரை (காணொலி காட்சி)

அருள்நிதி. **SKM.மயிலானந்தன்** அவர்கள்,

சமூக சேவைக்காக பத்மஸ்ரீ விருது பெற்றவர்,

தலைவர், உலக சமுதாய சேவா சங்கம்.

### 37. Participants Feedback

பாழிக் கையகம்

சூரபுதம் வாழ்க  
கூடுதல் துணை

அரசியல் அமைப்புகள்

24.11.2023



2008/08/10

[illegible]

பாடித் தையல்கள்  
பாடித் பாடினாள்

V. Lakshmi  
Orathan.  
9159569360.



24-11-2023

வாழ்க வையகம், வாழ்க வளமுடன்

விண்ணவருக்கும் உணக்கம்,

என் பெயர் V. மகிழாதாரன், நான் மூர்த்தி  
கோயிலில் கிராம செயலகம் திட்டத்தின்  
தீர்மானம் என் வாழ்கிறீர் மனவள கலை பிபிசா  
- பயிற்று வந்திருக்கிறீர் இது என்னும் பிபிசா பயன்  
உலகநாடு உலகநாடு.



உலக சமுதாய சேவா சங்கம் கிராமம் கலைத் திட்டத்தில்  
கொண்டு இருப்பதற்கு உலகம் உலகம். இந்த பயிற்சியை  
கலைத்தாரன்வந்தி முன் நான் மிகவும் கவனி படுகிறேன். அனைத்து  
இப்போது உலகம் கலைத் திட்டம் வின் கவனி உலகம் கலைத் திட்டம்  
இந்த பயிற்சியின் தீர்மானம் என்ன உலகம் நவநாக உலகம். இந்த  
பயிற்சியில் நான் கலைத் திட்டம் என் கலைத் திட்டம் அனைத்து  
நவநாக உலகம் நான் பயன் இருக்கிறேன்.

கலைத்தின் தீர்மானம் எந்த கலைத் திட்டம் இருக்கிற உலகம் பயிற்சியின்  
தீர்மானம் என்ன உலகம் நவநாக உலகம். இந்த உலகம் பயிற்சியின்  
செய்வதற்கு மிக எளிதாய் உலகம். எளிதாய் நவநாக கலைத் திட்டம்  
பயிற்சி தீர்மானம் என்ன உலகம் உலகம் உலகம். என்ன நான்  
இந்த பயிற்சியை நான் கலைத்தாரன் கலைத் திட்டம், மிகவும் கலைத் திட்டம்  
- நான் கலைத் திட்டம் கலைத் திட்டம் கலைத் திட்டம்.

V. Mahalingam  
இப்போது

வாழ்க வையகம்

வாழ்க வளமுடன்







வாழ்க்கையகம்

வாழ்க வாழ்க

26-11-2022



பண்ணக்கம் :

வாழ்க வாழ்க என்கிற பெயர் பத்திரத்தில்.  
நான் ஒரத்தூர் கிராமத்தில் வசித்துவருகிறேன் நான்  
சோதனை நவகைய குடும்பத்தில் பிறந்தேன் எனக்கு  
கனிய அனிய குறைய நானும் எனது குடும்பமும்  
கிட்டி சந்திப்பையால் தான் கிட்டியும் ஏனானால்  
மகம் மகிழ்ச்சியில் பதிவாகி மேல் குடித்து வசிய  
தெய்தி மகிழ்ச்சி குடி பதிக்கிறதற்கு காரண நான்  
குடியை மட குடியைத் தவிர்த்தேன் குடும்பம் அடி  
மட்டத்திற்கு மேல் மட்டி

கூடுதல் கால காலத்தில் தான் ஏனாவது  
நினைவு கம்பனியும் உலக சந்தைய கையா சந்தைக்கு கையாடு  
தாங்கி மாற்ற கிராம கையா திட்டத்தில் கண்ணத்து பையா  
தொகுத்தார்கள் ஆரம்பத்தில் நான் மதித்த மனதை  
பாதி ஆசிரியரின் திறமையை மதிப்பதற்காகப் பையா  
தெய்தி தொண்டை மேல் மட்டி மகிழ்ச்சி மனதை மதித்து  
காரணமாக மட்டி கையாடுகிற கையாடுகிற மதிப்பும்  
கையாடுகிற தொண்டை குடும்பம் அருளால் அமர்க  
புண்ணியத்தால் குடியை தந்தேனது அடியை மட்டி மட்டி  
தான் குடும்பம் சந்தையாக உலகம் கையாடுகிற  
கையாடுகிற பையாடுகிற தொண்டை மட்டி மதித்து  
கூடுதல் கையாடுகிற பையாடுகிற நினைவு கம்பனியும்  
உலக சந்தைய கையா சந்தைக்கு கையாடுகிறதற்கு  
நன்றி நன்றி நன்றி

வாழ்க வாழ்க  
பத்திர நலம்

வாழ்க வையகம்! வாழ்க வையகம்!

மொழி : N. ரமணி

168 ஸ்ரீரத்தினம் கிராமம்  
காந்திபுரம் மாவட்டம்.



ஆயா: நான் யோக பயிற்சிக்கு வந்தேன். யோகா  
கற்றுக்கொண்டேன், சிறிது என் உடல் நலம்  
சுத்தமாகியதாக இருக்கின்றது. எனக்கு கடுப்பை  
அகற்றப்பட்டது. ஆதலால் என்னை சூடுவெளி  
தை, காஸ் இருப்பு ரொம்ப வலியாக இருந்தது.  
இந்த பயிற்சியை கற்றுக்கொண்ட சிறிது என்னை  
வலிகள் எதுவும் இல்லை. கலங்கி கற்றுக்கொண்ட  
சிறிது என்னை கலங்கி வருவதில்லை, இதுபோன்ற  
இருள் கலங்கி அழிவாக வரும், யோகா பயிற்சி  
பெறும் சிறிது கலங்கி வருவதில்லை, எந்த ஒரு  
பிரச்சனை வந்தாலும் தெரிவான முடிவுகள் எடுக்கின்றன  
இந்த உண்மையை யோகா பயிற்சி மக்களுக்கு  
கற்றுக்கொடுக்க வேண்டுகிற மகனின் அவர்களுக்கு மிகவும் நன்றி  
இந்த தெரிவான நான் சிறிதும் கற்றுக்கொடுப்பதை  
அதன் கற்றுக்கொடுக்கிற மகனின் அவர்களுக்கு நன்றி  
இவ்வளவு அழகியதாகவும் சூடுவெளிமாகவும்  
வாழ நான் கடவுளை சிறிதும் கற்றுக்கொடுக்கிறேன்.

வாழ்க வையகம்! வாழ்க வையகம்! வாழ்க வையகம்.  
இப்படித்தான்  
N. ரமணி

### **38. 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 Orathur 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. V.Manoharan - 9381166098,**
- 2. V.Lakshmi – 9159569360**

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**.

### **39. 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.Macilanandhan** 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 Adambakkam MVKM TRUST, coordinators of VSP-CSR, coordinators of various special camps, VSP Prof. Jeyaveerapandian & Prof. Jeyanthi**, 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.

