

VSP – KUNNATHUR VILLAGE CLOSURE REPORT

Sponsored by – MADRAS ATOMIC POWER STATION

வாழ்க வையகம்



குருவே துணை

சென்னை அனுமின் நிலையம் மற்றும்
உலக சமுதாய சேவா சங்கம்
கிராமிய சேவைத் திட்டம்
காஞ்சிபுரம் மண்டலம் செங்கல்பட்டு மாவட்டம்
விளாகம் கிராமம், கல்பாக்கம்

வாழ்க வளமுடன்






வேதாத்திரி கிராமம்

முழுமை நல வாழ்விற்கு மனவளக்கலை யோகா

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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 17.08.2023 between World Community Service Centre (WCSC) and Madras Atomic Power Station (MAPS) Kalpakkam for implementation of Village Service Project in which one of the villages is Kunnathur nearby Kalpakkam, Chengalpattu 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 2086 subcentres 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 Programs 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 12.10.2023 in the presence Mr. Suthir B.Shelke Station Director, Madras Atomic Power Station, Kalpakkam and other officials of MAPS & WCSC-VSP).

3. Aims of the Project

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 12th October 2023 in Kunnathur.

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	Kunnathur
2	Zone	Kancheepuram
3	Trust	Kalpakkam MVKM Trust
4	Panchayat	Kunnathur
5	District	Chengulpattu
6	Taluk	Thirukazhukundram
7	Executive Officer	Geetha Ragupathi
8	Village President & Vice President	A. Ezhumalai
9	Ward Member	M.Ramesh
10	Village Population	Male:209, Female: 309, Total: 515
11	No. Of Houses	198
12	Is there a colony area?	Yes
13	Name of the nearest school, Number of students	Primary School, Students - 90
14	Primary Health Centre	No
15	Venue of the Opening Ceremony	Temple Campus
16	Place of Yoga Training	School Camps and Villages Streets
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	Prof.S.Anbarasan,Ph: 9787938845 Prof. Thangeswaran, Ph: 9443484694
24	VSP - Professors , SMART Id No.	Prof. V.S.Govindarajan Asst.Prof.B.G.Padmavathi
25	Are there SKY Persons and Arulnithiyar in the Village?	Nil
26	P.Hd., & M.Phil Student	Nil
27	Live telecast - Local Channel Tv Name	Nil
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 Program	Tailoring Program
34	Date of Inaugural of VSP	12.10.2023
35	Date of Concluding of VSP	19.08.2024
36	Sponsor Name	MAPS
37	Network Signal	ALL Signal Available

38	Executive Committee Members	
	1. VSP - Joint Director/ Coordinator	Prof. G. Balamurugan, 9486014179 Prof.Muthu, 94435 85894 Vanitha B.9176825618
	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.Anbarasan,Ph: 9787938845 Prof. Thangeswaran, Ph: 9443484694
	4. Professors	Prof. V.S.Govindarajan Asst.Prof.B.G.Padmavathi
	5.WCSC-CSR Coordinator	Vanitha B, 9176825618
39	Development Committee Members	
	1. Village President and Member	A.Ezhumalai -9962392591, President M. Ramesh -9688151899, Vice President
	2. School Head Master	N.Nanthini
	3. Women's - SHG Coordinator	Umamgeshwari - 9944053254
	4. Doctor, Nurse	V.Subhalakshmi,Nurse - 9080312634
	5. Important Persons in Village	Geetha Ragupathi – 6381033386, Village Secretary
40	Volunteers Name and Ph No.	R.Thesing – 9952216547 J.Rahulkumar – 6380680391 M.Marisraj – 6383661298 M.Gayathri- 9677804232 V.Logeshwari – 6369166262 E.V.Priyanka - 8667553681

6. About Kunnathur Village and Status

Kunnathur Village comes under Thirukazhukundram Taluk of Chengulpattu district. This is the **306th Village** of the VSP project which got inaugurated and presided by of Mr. Suthir B. Shelke Station Director, Madras Atomic Power Station, other dignitaries of MAPS and WCSC on **12.10.2023**. The closing of this Village project was planned for **19.08.2024**.

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

Village Population –Gents- 209, Ladies-306, Total – 515

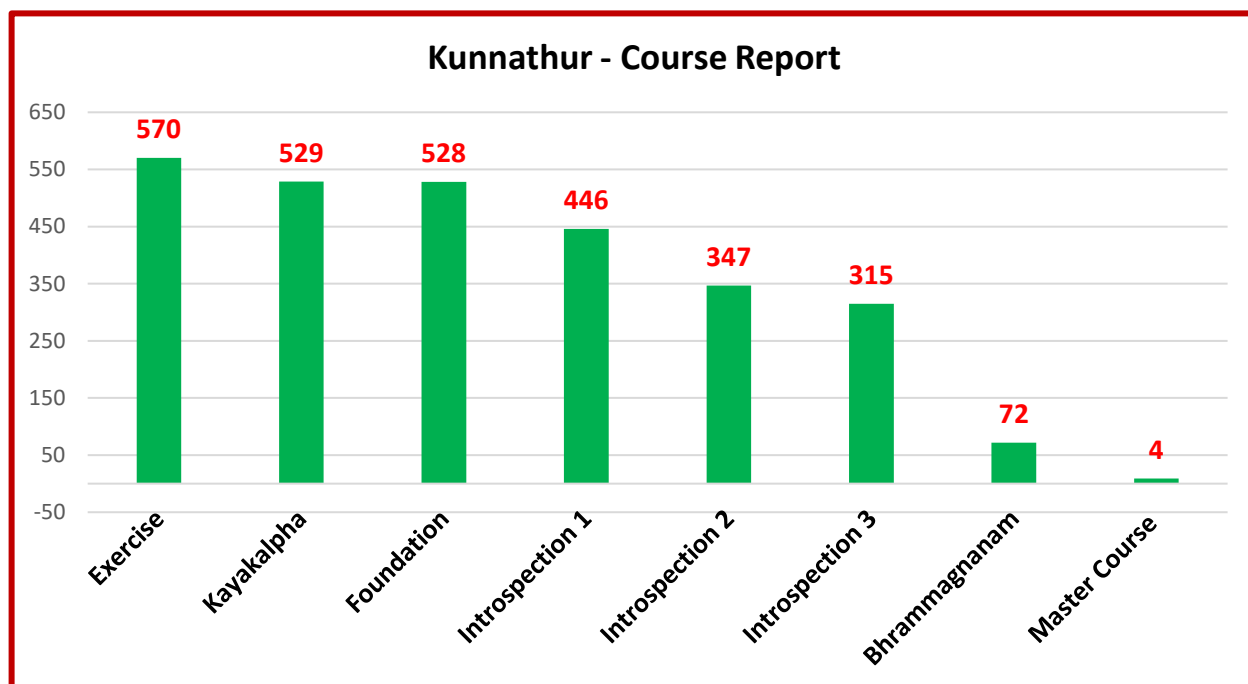
S.No.	Gender (Adults) / Children	Number of Participants
1.	Gents	209
2.	Ladies	306
	Total	515

7. Kunnathur Progress 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. The people of the village are showing more interest day by day.

S.No	Title / Description	Information		
1.	VILLAGE NAME	KUNNATHUR		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	KALPAKKAM		
4.	EXERCISE BELOW 14 years of Age	Gents –94	Ladies–85	Total-179
5.	PHYSICAL EXERCISE	Gents –195	Ladies–375	Total-570
6.	AGNAI	Gents –165	Ladies–359	Total-528
7.	SHANTHI	Gents –165	Ladies–359	Total-528
8.	THURIYAM	Gents –165	Ladies–359	Total-528
9.	KAYAKALPA	Gents –166	Ladies–363	Total-529
10.	INTROSPECTION I	Gents –148	Ladies–298	Total-446
11.	INTROSPECTION II	Gents –131	Ladies–216	Total-347
12.	INTROSPECTION III	Gents –112	Ladies–203	Total-315
13.	BRAHMAGNANAM COURSE	Gents –19	Ladies–53	Total-72
14.	ARULNITHIY COURSE	Gents –02	Ladies–02	Total-04



8. Executive Summary of Activities

Summary of Kunnathur Village Project				
S.No.	Event	No. of Sessions Conducted	Total Participants	Remarks
1.	Medical Camp	2	246	Pre & Post Medical Camp conducted by Govt Primary Health Centre
2.	Environmental Awareness	1	140	20 Dustbins were installed in different locations in the Village 150 Trees were planted
3.	Counselling Camp	5	268	Counselling Program was conducted by A/N Dr. Janakiraman
4.	De-addiction Camp	3	72	De-addiction Camp was conducted by TTK Hospital
5.	Women Empowerment	1	35	5 months course
6.	Naturopathy Programs	5	259	Naturopathy Program was conducted by Dr.Pattamal
7.	Miscellaneous Programs like celebrations and review meeting	7	250	Project progress review meeting. Course related classes.
Total		24	1270	

9. Implementation Plan in Detail

Project Activities Planned vs Actual				
S.N O	Projects Activities	Planned	Actual	Remarks
1	Inaugural Function & Cultural Program	12.10.2023	12.10.2023	Completed
2	Baseline questionnaire	15.10.2023	10.11.2023	30 feedback received
3	SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers	Oct- 2023 to May- 2024	Oct- 2023 to May- 2024	Completed
4	Medical camp	Pre medical camp – May - 23	29.02.2024	1. Gents 34, Ladies-99, Total- 133
		Post Medical Camp Dec- 23	09.05.2024	2. Gents-24, Ladies-89, Total- 113
5	Counselling Sessions	5 camps –	1. 19.12.2023 2. 23.02.2024 3. 14.03.2024 4. 09.04.2024 5. 14.05.2024	1. Gents -07 Ladies -49, Total-56 2. Gents -09 Ladies -98, Total-107 3. Gents -02 Ladies -32, Total-34 4. Gents -02, Ladies -28, Students-6, Total-36 5. Gents -02, Ladies -24, Students-9, Total-35
6	De-Addiction Camp	5 camps -	1. 29.01.2024 2. 11.03.2024 3. 10.04.2024	1. Gents -02 Ladies -20, Total-22 2. Gents -05 Ladies -21, Total-26 3. Gents -03 Ladies -21, Total-24

7	Students Motivation Camp	5 camps -	<ol style="list-style-type: none"> 20.12.2023 26.01.2024 16.02.2024 13.03.2024 09.04.2024 	<ol style="list-style-type: none"> Boys – 20, Girls -25, Total – 45 Boys-20, Girls – 20, Total – 40 Boys-17, Girls – 23, Total – 40 Boys-19, Girls – 09, Total – 28 Boys-12, Girls – 11, Total – 23
	Naturopathy Camp	5 camps –	<ol style="list-style-type: none"> 17.12.2023 28.01.2024 28.02.2024 28.03.2024 	<ol style="list-style-type: none"> Gents -03 Ladies -35, Total-38 Gents -11, Ladies -39, Total-50 Gents -2, Ladies -29, Students – 43, Total-74 Gents -2, Ladies -29, Students – 43, Total-74 Gents -3, Ladies -15, Students – 05, Total-23
9	Environment Awareness Program	planned to conduct May - 24	<ol style="list-style-type: none"> 02.12.2023 	<ol style="list-style-type: none"> 150 trees issued to Villagers 20 Bio and Non Bio degradable dustbin issued to village president
10	Brahmagnanam - in Aliyar		<ol style="list-style-type: none"> 20.01.2024 20.02.2024 18.03.2024 	<ol style="list-style-type: none"> Gents -14 Ladies- 40 Total - 54
11	Arulnithiyar - in Aliyar			
12	Endline Questionnaire	April – 24	May-2024	Collected Report Enclosed
13	Documentary Feedback Shooting	1 Feedback Shooting		Done
14	Conclude function including distribution of certificates	Planned to May - 2024	<ol style="list-style-type: none"> 05.05.2024 	Done
15	Women Empowerment Program - Tailoring Program	5 Months Planned to conduct Dec-23 to May- 2024	<ol style="list-style-type: none"> 02.12.2023 	Completed 35 village women participated
16	Project feedback analysis and reports	Planned to May – 24	May-24	Enclosed

10. 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 madenecessary 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, 09.11.2023, 12.12.2023, 11.01.2024, 08.02.2024, 15.03.2024, 11.04.2024 and 09.05.2024 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.

11. Participants Feedback Analysis

Baseline. & 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

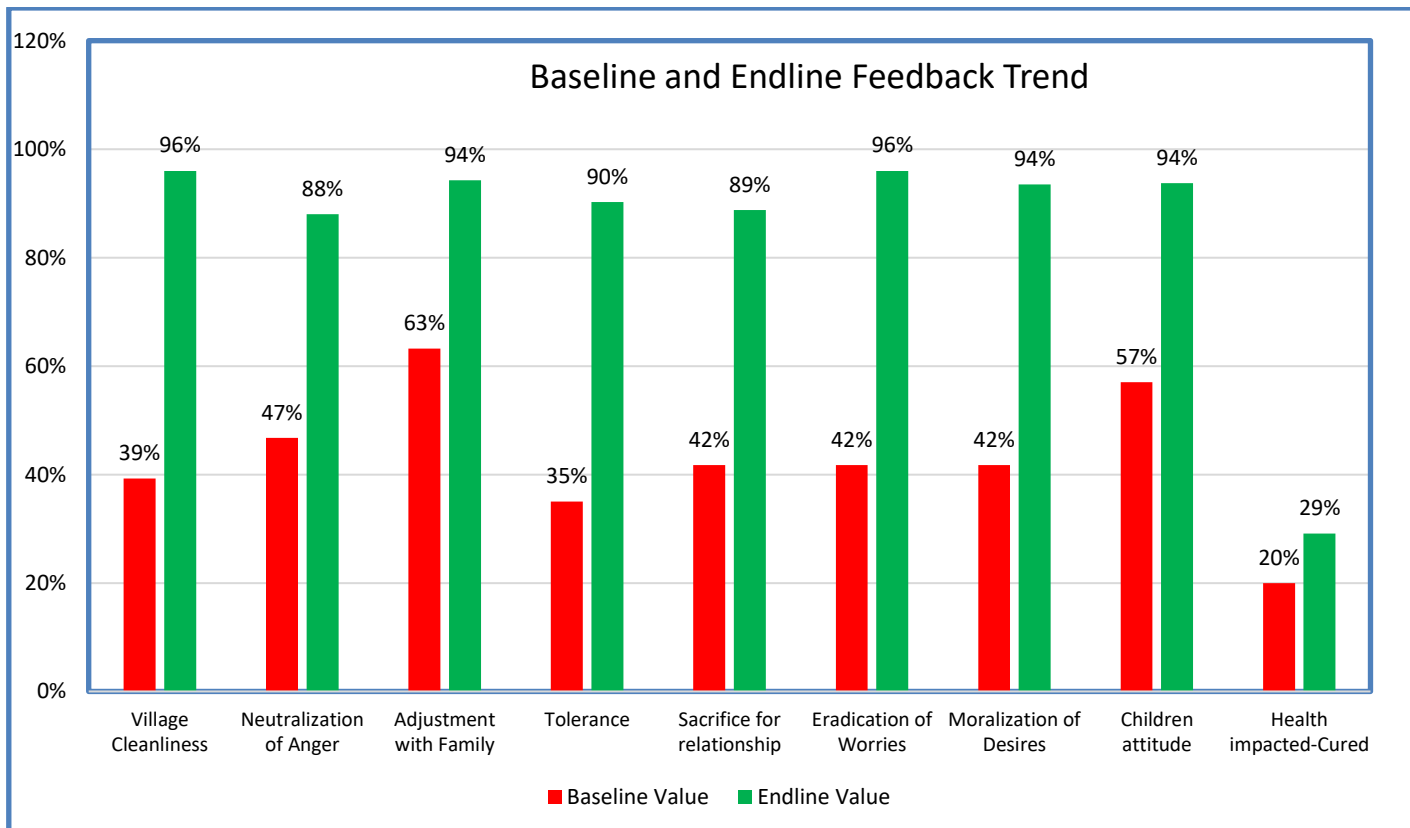
We, in WCSC-VSP, use a questionnaire (as mentioned above) covering questions related to the improvements and / or experience by everyone after practicing and applying the SKY exercises, meditation and introspection techniques in their life. Based on the responses received, we consolidate and analysis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

Baseline Inference

S.No.	Inference
1	63% of the participants are under depression either due to Self or family or society
2	80% of the participants not have family peace. 20% of the participants only have family peace
3	67% of the participants are new to meditation. Around 33% of the participants only do meditation on day to day basis.
4	61% of the villagers are not taking initiative to keep their villages clean. Around 39% of the villagers only take initiative to keep their village clean.
5	58% of the participants are not able to moralize their desire to be contented. Around 42% of the participants only able to moralize their desire to be contented.
6	Approximately-103 Participants have joint pain, 86 participants have migraine and headache, 52 have blood pressure, 52 participants have asthma & breathing problem, 52 participants have overweight and obesity, 4 women participants have PCOD & Blood pressure.
7	Around 58% of the participants only live happy life

Endline Inference

S.No.	Inference
1	Around 98% of the Student Participants are good in studies and other Activities
2	Around 97% of the participants are benefitted with the exercises and leading a healthy life
3	96% of the participants of the people now keep the village cleaner than before
4	96% of the participants are able to eradicate worries and maintain a healthy life
5	95% of the Women participants are satisfied with their tailoring skills developed.
6	Around 90% of the participants are out of the depression compared to before joining the program
7	Around 81% (415) of the participants have made progress in family peace
8	Approximately-150 women participants cured of Menstrual Problem (PCOD), 116 participants cured of Blood Pressure, 100 participants cured of Migraine and Headache, 83 participants cured of joint pain, 50 participants cured of Colestrol,33 participants cured of Asthma and Breathing Problem.
9	100% of the participants are happy with the VSP Program compared to only 54% before joining the program



12. Project Outcome and Impact

1. 570 participants benefitted from the Yoga classes
2. 72 beneficiaries participated and became Brahmagyaniars to carry the program forward and sustain it in the village.
3. 09 beneficiaries have been trained as Arulnithiyars. 10 more will be trained in future
4. 1270 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 12 - 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. **Naturopathy Camp**- 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 learned 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.
8. **Women Empowerment Program** - The village women learn to stich for themselves and their children. By the end of the course, they know to stich 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.
9. **De-addiction Camp** - Men and women got rid of addictive habits like alcohol and other drugs.
10. **Environment Awareness Program** - Village people started implementing clean habits like usage of dust-bins given to them, segregating plastic wastes, growing plants, etc.
11. **Student Empowerment Program** – Students Skills developed Drawing, Art and Craft, Spoken English. Personalized Guidance, Managing Academic Struggles, Promoting Self-Awareness, Enhancing Communication Skills, Time Management, Goal Setting.

13. Inaugural Function

The inaugural function was held on 12.10.2023 at Kunnathur Village Suraththaman Temple Ground, Kunnathur. The function started with flag hoisting by Mr. Suthir B.Shelke Station Director, Madras Atomic Power Station, Kalpakkam. 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.



14. Pre-Medical Camp

Pre medical was held on 29.02.2024 at Kunnathur village by Primary Health Centre. Gents-32, Ladies-105, Total- 137 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.



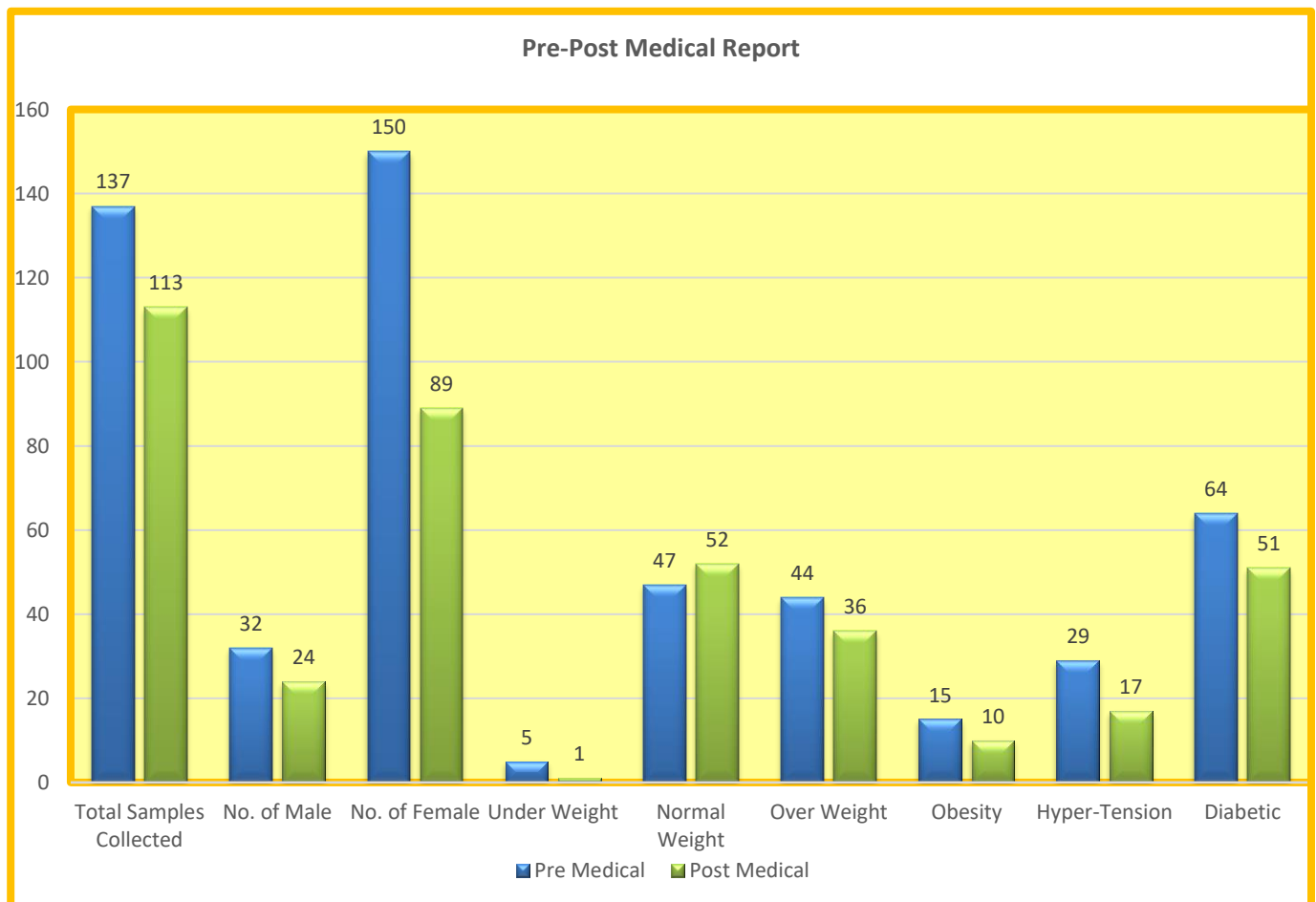
15. Post Medical Camp

Pre medical was held on 09.05.2024 at Kunnathur village by Primary Health Centre. Gents-24, Ladies-89, Total- 113 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	Pre-Medical	Post Medical
1	Total Samples Collected	137	113
2	No. of Male	32	24
3	No. of Female	150	89
4	Under Weight	5	1
5	Normal Weight	47	52
6	Over Weight	44	36
7	Obesity	15	10
8	Hyper-Tension	29	17
9	Diabetic	64	51



16. Environment Program & Tree Plantation

Environment Awareness Program was held on **02.12.2023** with MAPS 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. Gents -40, FeGents-100, Total-140 villagers participate in this Program. 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**”.



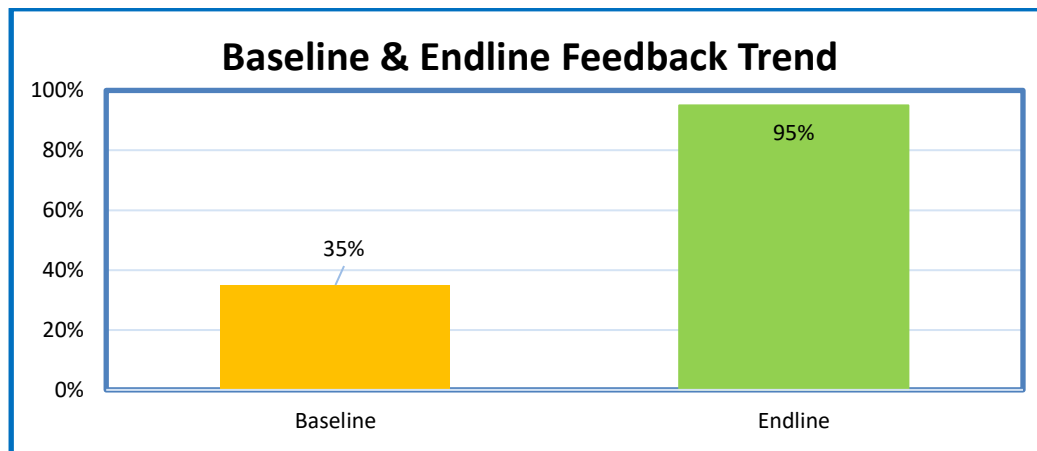
17. Women Empowerment Program

Tailoring Program was inaugurated by MAPS officials on 02.12.2023 at Kunnathur Village. 5 tailoring machines issued for tailoring classes. Until now 35 village Women joined the tailoring class.



Tailoring Program Feedback Trend

- **95% of the Women participants are able to earn income through Tailoring**



S.No.	Date	Event Description	Description
1.	Start Date 02.12.2023	Tailoring class for ladies in Kunnathur Village was inaugurated by MAPS official in the presence of WCSC VSP official.	Females- 35 participated actively.
2.	End Date 02.05.2024	<p>First Month: Embroidery Basic, Hand Kerchief, Shots, Nicker.</p> <p>Second Month: Plain Petticoat, Fril petticoat, Frock.</p> <p>Third Month: In skirts, Pattu pavadai for Children</p> <p>Forth Month: Chudidar 2 & Pant 3 types (Patiala, semi Patiala, Gathering)</p> <p>Fifth Month: Blouse (Straight Cutting, Cross Cutting, French Cutting, Pattern Cutting etc.) and Manjapai cutting and Stitching</p>	<p>A tailoring teacher was employed to teach tailoring from scratch for the women.</p> <p>Total: 35 women successfully completed the skill training program</p>
3.		35 participants were issued certificates by The World Community Service Centre – Village Service Project.	

18. Counselling Camp – 1

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.

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kunnathur Village on 19.12.2023 . Gents -07, Ladies -49, Total- 56 villagers participate the counselling session. Villagers get Individual Counselling- 10 members.



19. Counselling Camp – 2

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kunnathur Village on 23.02.2024. Gents -09, Ladies -98, Total- 107 villagers participate the counselling session. Villagers get Individual Counselling- 8 members.



20. Counselling Camp-3

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kunnathur Village on 14.03.2024. Gents -02, Ladies -32, Total-34 villagers participate the counselling session. Villagers get Individual Counselling 15members.



21. Counselling Camp- 4

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kunnathur Village on 09.04.2024. Gents -02, Ladies -28, Students-6, Total-36 villagers participate the counselling session. Villagers get Individual Counselling 6 members.



22. Counselling Camp-5

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kunnathur Village on 14.05.2024. Gents -02, Ladies -24, Students-9, Total-35 villagers participate the counselling session. Villagers get Individual Counselling 14 members.



23. Student Empowerment Camp – 1

The student camp is conducted by Mrs. Latha, Exnora on 20.12.2023 at Kunnathur village by. Boys-20, Girls – 25, Total- 45 village school students participate in this camp. 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.



24. Student Empowerment Camp – 2

The student camp is conducted by Mrs. Latha, Exnora on 26.01.2024 at Kunnathur village by. Boys-20, Girls – 20, Total- 40 village school students participate in this camp. 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.



25. Student Empowerment Camp– 3

The student camp is conducted by Mrs. Latha, Exnora on 16.02.2024 at Kunnathur village by. Boys-17, Girls –23, Total- 40 village school students participate in this camp. 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.



26. Student Motivation Camp- 4

The student camp is conducted by Mrs. Latha, Exnora on 14.03.2024 at Kunnathur village by. Boys-19, Girls -09, Total- 28 village school students participate in this camp. 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.



27. Student Motivation camp – 5

The student camp is conducted by Mrs. Latha, Exnora on 09.04.2024 at Kunnathur village by. Boys-12, Girls -11, Total- 23 village school students participate in this camp. 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



28. Naturopathy Camp – 1

1st Naturopathy camp was conducted on 17.12.2023 at kunnathur village conducted by Dr,Pattammal. Gents -03, Ladies -35, Total-38 villagers participate in this camp.



29. Naturopathy Camp – 2

2nd Naturopathy camp was conducted on 28.01.2024 at kunnathur village conducted by Dr,Pattammal. Gents -11, Ladies -39, Total-50 villagers participate in this camp.



30. Naturopathy Camp – 3

3rd Naturopathy camp was conducted on 28.01.2024 at kunnathur village conducted by Dr,Pattammal. Gents -2, Ladies -29, Students – 43, Total-74 villagers participated in this camp.



31. Naturopathy Camp – 4

4rd Naturopathy camp was conducted on 28.03.2024 at kunnathur village conducted by Dr,Pattammal. Gents -2, Ladies -29, Students – 43, Total-74 villagers participated in this camp.



32. Naturopathy Camp -5

5th Naturopathy camp was conducted on 17.06.2024 at kunnathur village conducted by Dr,Pattammal. Gents -3, Ladies -15, Students –05, Total-23 villagers participated in this camp.



33. De addiction camp – 1

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Kunnathur Village on 29.01.2024. Gents -02, Ladies -20, Total-22 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.



34. De-addiction Camp – 2

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Kunnathur Village on 11.03.2024. Gents -05, Ladies -21, Total-26 members villagers participate in this camp.



35. De-addiction camp – 3

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Kunnathur Village on 10.04.2024. Gents -03, Ladies -21, Total-24 members villagers participate in this camp.



36. International Yoga Day

International Yoga Day celebrated on 21th June -2024 at Kunnathur village at Govt Primary and Secondary School Students and villagers Participate in the Yoga Day Celebration.



37. Brahmagnanam Course


- Kunnathur Villagers Participate in the Brahmagnanam Course at Aliyar on from 20.01.2024 - 22.01.2024. 9 Gents and 8 ladies, Total -17 Villagers attended the course and are appraised with BG Certificate.
- Kunnathur Villagers Participate in the Brahmagnanam Course at Aliyar on from 20.02.2024 – 22.01.2024. 5 Gents and 19 ladies, Total -24 Villagers attended the course and are appraised with BG Certificate
- Kunnathur Villagers Participate in the Brahmagnanam Course at Aliyar on from 18.03.2024 – 20.03.2024. 1 Gents and 12 ladies, Total -13 Villagers attended the course and are appraised with BG Certificate



38. Participant Feedback

வாழ்க வளமுடன்

சென்னைத் தாய் சிறுவர்



என் பெயர் ம. கிஜி. மன அழுத்தம் நினைந்த
 கூடல் மழும் முறையற்ற உணவுப்பழக்கம் காரணமாக
 சூக்கமின்மை மழும் பதல்ம் போன்ற பல பிரச்சனைகளுடன்
 நான் உங்களிடம் உந்தென் குழுகிய காய இடைவெளியில்,
 மெற்கூறிய பிரச்சனைகளைத் தீர்க்க தேவையான அணைந்து
 சூசனைகளும் எனக்கே கழறு கொடுக்கப்பட்டுள்ளன.
 பயிற்சூசிப்பாளர்கள் என்கே மிகவும் கண்ணியமாக இருந்தனர்
 மழும் தேவைப்படும்போது எனக்கு தோரணைகளை சரிசெய்தனர்,
 தீவர்கள் எனக்கு எல்லாக் கவலைகளையும் பொழுமையாக
 நிவர்த்தி செய்தீர்கள். உங்கள் யோகா உருபுகளில் கலந்து
 கொண்டது எனக்கே மிகுந்த மகிழ்ச்சியாக இருந்தது. நல்ல
 யோகா பயிற்சூசனர்களை சந்தித்ததில் மிகவும் மகிழ்ச்சி அடைகிறேன்
 மிக்க நன்றி. அகாமலமில்லி மனநல சூலோசகர் சிளித்த
 பயிற்சூசினால் மன அழுத்தத்தில் இருந்து வெளிவர மிகவும்
 உதவியாக இருந்தது. மனசோர்வில் இருந்து விடைபெற்றேன்.
 வேலைகளில் சூடு ஈடுப்பாடு காட்ட சூ உதவியாக இருந்தது.
 கண் பயிற்சி செய்ததற்கு முன்பு தலைவலி, தலைபாரம்
 அதிகமாக இருந்தது. கண் பயிற்சி செய்து நொடங்கிய
 சின் தலைவலி, தலைபாரம் தீங்கி, பார்வை திறன்
 அதிகரித்துள்ளது. இதில் மிகவும் சிறப்பான பயிற்சி பெற்றேன்.
 நன்றி. வாழ்க வளமுடன் வாழ்க வளமுடன்.
 வாழ்க வளமுடன். வாழ்க வளமுடன்.

வாழ்க வையகம் வாழ்க வையகம் வாழ்க வளமுடன்

இனிய வணக்கம்

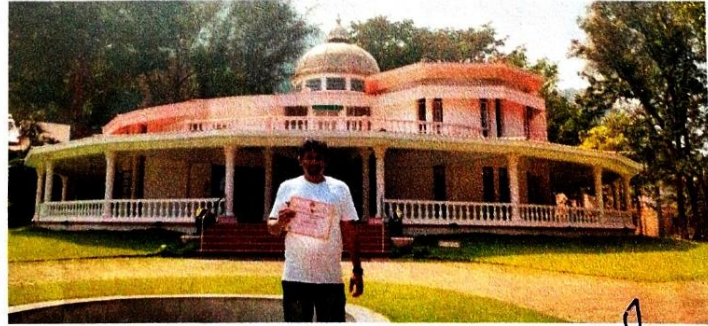
செப்டம்பர் 2023 முதல் எங்கள் குன்னத்தூர் கிராமத்தில் இந்த விலைமதிப்பற்ற "SKY" பயிற்சியை உருவாக்க அனைத்து ஆதரவுக்கும் நன்றி தெரிவிக்க நான் இங்கு வந்துள்ளேன்.

இயற்கை மற்றும் குரு வேதாத்திரி மகரிஷி சார்பாக நான் மனித உயிர்கள் உண்மையான அறிவைப் பெற்றேன் மற்றும் காயகல்பம் பயிற்சி செய்யும் பாக்கியத்தை உணர்ந்தேன். சமீபத்தில் ஒவ்வொரு நாளும் அதிகாலையில் WVSCயின் "கிராம சேவைத் திட்டம்" திட்டத்தின் உதவியுடன் எனது கிராமத்தில் ஆன்மீக விரிவுரைகள், தியானம் மற்றும் உடல் பயிற்சிகளை அனுபவித்துக்கொண்டிருந்தேன். மேலும், இந்த தினசரி யோகப் பயிற்சி எனது அன்றாட வாழ்வில் மகிழ்ச்சியைத் தருகிறது மற்றும் எந்த சூழ்நிலையையும் ஒரு நம்பிக்கையான கண்ணோட்டத்துடன் எதிர்கொள்ள வைக்கிறது.

இந்த அனைத்து நடைமுறைகளும் உண்மையில் மனித வாழ்க்கைக்கு முக்கியமானவை என்று நான் கண்டேன், மேலும் இந்த நிகழ்வை உலகெங்கிலும் உள்ள மனித மதிப்பை மேம்படுத்த அனைத்து மனிதர்களுக்கும் விரிவுபடுத்துவதை நோக்கமாகக் கொண்டுள்ளேன். உலக அமைதிக்காகவும், அன்றாட வாழ்வில் என்னைச் சுற்றியுள்ள ஒவ்வொரு மனிதனின் மகிழ்ச்சிக்காகவும் நான் என் கையை உயர்த்துகிறேன்.

இதன் மூலம், நான் இறுதியாக எனது வழிகட்டிக்கு நன்றி கூறுகிறேன், மேலும் எங்கள் கிராமத்தில் அவர்கள் எங்களுடன் இருப்பதற்காக ஏராளமான ஆசீர்வாதங்களைக் கண்டேன். குருவின் ஆசீர்வாதமும், எங்கள் வழிகட்டியின் சேவையும் என்னை ஒரு பிரம்மகனியாக கூட்டத்தின் முன் நிற்க வைக்கிறது.

இந்த உண்மையான ஞானத்தை முன்னெடுத்துச் சென்ற எனது பெற்றோர்கள், உடன்பிறந்தவர்கள், உறவினர்கள், குன்னத்தூர் ஊராட்சி நிர்வாகம், இந்த ஒட்டுமொத்த சமுதாயம் மற்றும் எங்கள் நிதி நிறுவனத்திற்கும் நன்றி.



இராகுல்குமார் .ஜெ (04/05/2024)

Ph.D, (EV charging)

SRMIST, Chennai - 203.

வாழ்க்கைவயகம்.

அருந்தமுதை வேதாத்திரி மகரினி அ
அருளிய மனவாக்கவை யோகா பத்



எண் ௧௫௫௫ கனகவள்ளி துறைமுகி

கூன்னத்திரி வசித்து வருகிறேன் இந்தி
உலக சமுதாய சேவா சங்கம் கிராமிய சுகை
கிட்டம் நடைபெற்று வருகிறது இந்தி நான்
யோகா பயிற்சி கற்றுக்கொண்டிருக்கிறேன்
கித்தி கலை என் கிராமத்தி எழுமாநு காலமாநு
நடைபெறுகிறது இந்த பயிற்சியில் நான் பெற்ற
பயன் பலன் என்னவென்றால் கண்ணாடிபொடால்
என்னால் 5 சூழிடம் கட இருக்க முடியாது அனால் ௫
பயிற்சி எத்யும் போது 1/2 மணிசேமம் கண்ணாடி
பொடால் இருக்க முடியாது மனஅழுத்தம் குறைந்து
உள்ளது என்னை நோந்துவு சுகைநீது உள்ளது
நீவம் எத்யுதால் மனம் அமைதியா வுநிவாது
உள்ளது ஆதிரியர்கள் பத்திரவாதி கோவந்திராங்
கிடுவரும் திருந்தகூறையால் திரம்பான பயிற்சி
உடற்பயிற்சிகள் தியானம் பயிற்சிகள் அகத்தாய்ந்து
மத்தம் காலகலம்பம் பயிற்சி எங்கள் கீதி
கற்று கெடுத்து கெண்ணி இருக்கிறதென்கள்,
அவர்களுக்கு எங்கள் நன்றியை தெரிவித்துக்கொள்கிறேன்
வாழ்க்கைவயகம் வாழ்கவாழ்க

D.கனகவள்ளி
2/5/2024



வாழ்க கையெழுத்து வாழ்க கையெழுத்து வாழ்க வாழ்க



எனது பெயர் R. தேசினு நான்
தென்னிந்திய திரைப்படத் துறையில் உள்ளேன்
நான் கலை நான்கு உருவங்களில்
முன் 4 எனது உருவம் அருமையான இயல்பும் எச்சரி
திரைப்படம் பார்வையாளர்களை ஊழலாக்கிவிட்டதில் துன்பம் பயிற்சி
உருவங்களின் கலைக்கொண்ட அடியாறு அந்த நேரத்தில் மூலம்
சென்றது உங்களை

இந்த SKY YOGA - பயிற்சியின் இயல்புகளையும்

உத்தமம் நல்ல உருவங்களில் திணைக்கூடிய மென்மையான கையெழுத்து
நான்கு உருவங்களும் எனது உருவ இயல்புகளையும், பயிற்சியின் திணை
பேருமாம் எனது திணைக்கூடிய கருவிகளையும் என்மாம் தெரிவித்து
இந்த பயிற்சியை மீளும் துறையில் இயல்புகள்
இந்த இயல்புகளின் அருமையான கையெழுத்து கையெழுத்து
என்மாம் உருவம் கையெழுத்து அருமையான திணை அருமையான
உருவங்களும் பயிற்சியை திணைய ஊழலாக்கிவிட்டது தெரிவித்து
உருவங்களும் நான் நான்கு கருவியும் பயிற்சியின் இயல்புகளும்
மேலும் இயல்புகளையும் கருவிகளும் பேருமாம்
நீடு கையெழுத்து மீளும் கையெழுத்து பேருமாம்
கையெழுத்து அருமையான அருமையான திணைக்கூடிய
பயிற்சி அருமையான உருவங்களும் நான் எனது மென்மையான
பருமையான கையெழுத்து கையெழுத்து
பயிற்சியின் இயல்புகள் நான் தெரிவித்து இந்த பயிற்சியை மீளும்
மேலும் பயிற்சியை மீளும் கையெழுத்து அருமையான கையெழுத்து
- கையெழுத்து.

PT 0

எனது இயல்புகளின் அருமையான திரைப்படத் துறையில்
மென்மையான கையெழுத்து அருமையான திணைக்கூடிய, உருவங்களும், உருவங்களும்
திணைக்கூடிய பேருமாம் அருமையான உருவங்களும்
மேலும் திணைய மீளும் பயிற்சியின் உருவங்களும்
மேலும் கையெழுத்து கையெழுத்து

இயல்புகள்
R. DESINJU.



39. 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 **05th June 2024. Mr. Jesaiah, Station Director, Madras Atomic Power Station, Kalpakkam.**

Mr.S.P.Selvakumar, Chief Superintendent, MAPS, Mr.I.Narasimarav, Convener, CSR Committee, MAPS, Mr.J.Jegan, Secretary, CSR Committee, MAPS, Prof.G.Balamurugan, Joint Director, WCSC-VSP, Mr.Samapath, Secretary, Kancheepuram Zone, Dignitaries were participated the function.

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. **S.B.செல்வகுமரன்** அவர்கள், Chief Superintendent, Madras Atomic Power Station.

திரு. **I.நரசிம்மராவ்** அவர்கள், Convener, CSR Committee, Madras Atomic Power Station.

திரு. **J.ஜெகன்** அவர்கள், Secretary, CSR Committee, Madras Atomic Power Station.

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

அருள்நிதி. **G.செல்வராஜ்** அவர்கள், ஒருங்கிணைப்பாளர், WCSC-VSP.

திரு. **P.தங்கேஸ்வரன்** அவர்கள், துணைத்தலைவர் VSP, கல்பாக்கம் மனவளக்கலை மன்றம் அறக்கட்டளை.

திரு.**A.ஏழுமலை** அவர்கள், ஊராட்சி மன்றத் தலைவர், குன்னத்தூர்.

6.05 மணி : விருந்தினர்களைக் கௌரவித்தல்

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

6.20 மணி : வாழ்த்துரை : **Dr.V.சுப்பிரமணியன்** அவர்கள், தலைவர், கல்பாக்கம் மனவளக்கலை மன்றம் அறக்கட்டளை.

6.25 மணி : தலைமையுரை :

திரு. **M. சேஷ்ய்யா** அவர்கள், Station Director, Madras Atomic Power Station, Kalpakkam.

6.35 மணி : **அனுபவ உரை படக்காட்சி**

6.55 மணி : **கிராமியக் கலை நிகழ்ச்சி குன்னத்தூர் கிராம அன்பர்கள்**

7.15 மணி : நன்றியுரை : அருள்நிதி. **S.அன்பரசன்** அவர்கள், செயலாளர், கல்பாக்கம் மனவளக்கலை மன்றம் அறக்கட்டளை & ஒருங்கிணைப்பாளர், WCSC-VSP.

உலக நல வாழ்த்து

40. 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 Kunnathur 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. R.Desingu | 9952216547 |
| 2. J Roghul Kumar | 6380680391 |
| 3. M Gayathiri | 9677804232 |

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

41. 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 Kunnathur 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 Prof. V.S.Govindarajan & Asst.Prof.B.G.Padmavathi** 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.

