

Madras Atomic Power Station
&
World Community Service Centre-Village Service Project
jointly organized CSR VSP Village Closure Report
Village Name – Vilagam

வாழ்க வையகம்குருவே துணைவாழ்க வளமுடன்



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






வேதாத்திரி கிராமம்

முழுமை நல வாழ்விற்கு மனவளக்கலை யோகா

அனுமதி இலவசம்

நோக்கம் : 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 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 Vilagam nearby Kalpakkam, Chengalpattu

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 sub centres 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 Program 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 13.10.2023 in the presence Mr. Suthir B.Shelke Station Director, Madras Atomic Power Station, Kalpakkam and other officials of MAPS & WCSC-VSP).

3. Aim 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 13th October 2023 in Vilagam.

5. Feasibility Study

A feasibility study was conducted before the award of the project and a 36-point checklist of the initial assessment of the village was completed.

1	Village Name	Vilagam
2	Zone	Kancheepuram
3	Trust	Kalpakkam MVKM Trust
4	Panchayat	Vilagam
5	District	Chengulpattu
6	Taluk	Thirukazhukundram
7	Executive Officer	Geetha Ragupathi
8	Village President & Vice President	Thampiratti - 6382353558 Umashankar - 9842622351
9	Ward Member	Tamizhselvi – 9444026198 Muniyammal – 9176588390 Umashankar – 9842622351 Ruthrakotti- 8524936744 Samanthi – 9345258108 Alli - 9884335693
10	Village Population	Male:346, Female: 155, Total: 501
11	No. Of Houses	285
12	Is there a colony area?	Yes
13	Name of the nearest school, Number of students	Primary School, Students - 35
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	VSP - Professors	Prof. V.Umarani Prof.Vittaladas
22	Are there SKY Persons and Arulnithiyar in the Village?	Nil
23	P.Hd., & M.Phil Student	Nil
24	Live telecast - Local Channel Tv Name	Nil
25	Documentation Coordinator	Prof. Sasi Prasad, Ph: 99457 26543
26	Tree Plantation	WCSC-VSP
27	Medical Camp	Govt. Primary Health Centre
28	Counselling Camp	A/N. M.K. Janakiraman, Ph: 99623 73705
29	De - Addiction Camp	TTK Re-habitation Hospital Adyar, Chennai
30	Women Empowerment Program	Tailoring Program
31	Date of Inaugural of VSP	13.10.2023
32	Date of Concluding of VSP	20.08.2024
33	Sponsor Name	MAPS
34	Network Signal	ALL Signal Available

35	Executive Committee Members	
	1. VSP - Joint Director/ Coordinator	Prof. G. Balamurugan, 9486014179 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.Umarani Prof.Vittaldas
	5.WCSC-CSR Coordinator	Vanitha B, 9176825618
36	Development Committee Members	
	1. Village President and Member	1. Thampiratti - 6382353558 2. Umashankar – 9842622351 3. Tamizhselvi – 9444026198 4. Muniyammal – 9176588390 5. Umashankar – 9842622351 6. Ruthrakotti- 8524936744 7. Samanthi – 9345258108 8. Alli - 9884335693
	2. School Head Master	Ponnazhaki - 7010
	3. Women's - SHG Coordinator	Gomathi - 7639236109
	4. Doctor, Nurse	nil

6. About Vilagam Village

Vilagam Village comes under Thirukazhukundram Taluk of Chengulpattu district. This is the **307th 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 **13.10.2023**. The closing of this Village project was planned for **20.08.2024**

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

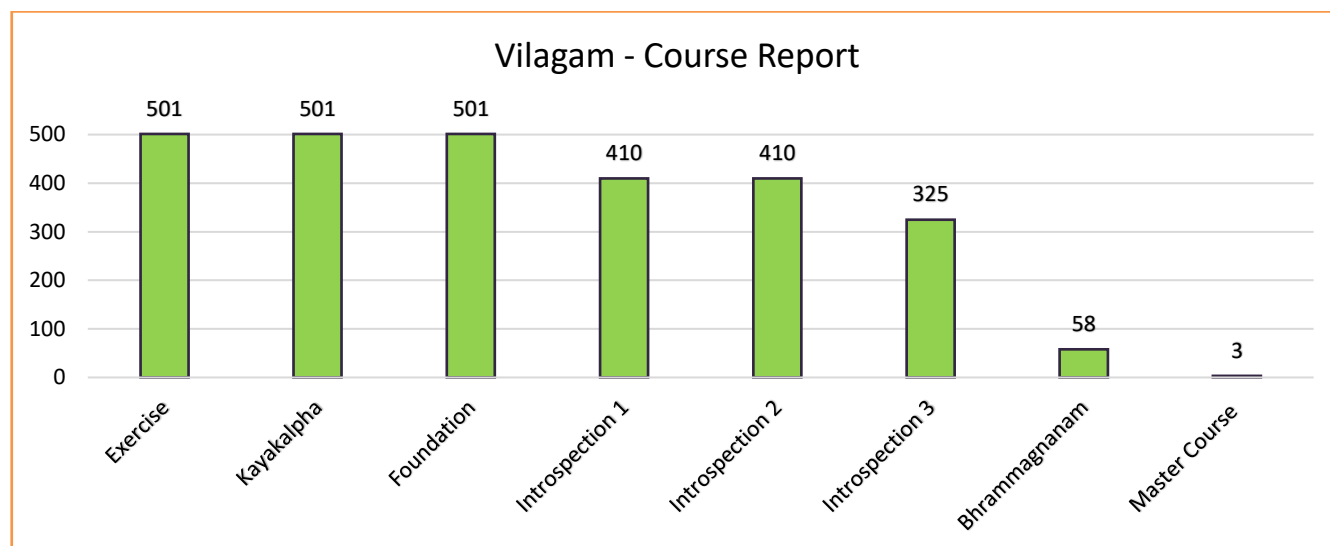
Village Population –Gents- 155, Ladies -346, Total - 501

S.No.	Gender (Adults) / Children	Number of Participants
1.	Gents	155
2.	Ladies	346
Total		501

7. Vilagam 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	VILAGAM		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	KALPAKKAM		
4.	PHYSICAL EXERCISE	Gents –155	Ladies –346	Total-501
5.	EXERCISE BELOW 14 years of Age	Gents –38	Ladies –33	Total-71
6.	AGNAI	Gents –155	Ladies –346	Total-501
7.	SHANTHI	Gents –155	Ladies –346	Total-501
8.	THURIYAM	Gents –155	Ladies –346	Total-501
9.	KAYAKALPA	Gents –155	Ladies –346	Total-501
10.	INTROSPECTION I	Gents –135	Ladies –275	Total-410
11.	INTROSPECTION II	Gents –135	Ladies –275	Total-410
12.	INTROSPECTION III	Gents –125	Ladies –200	Total-325
13.	BRAHMAGNANAM in Aliyar	Gents –16	Ladies –42	Total-58
14.	Arulnithiyar Course	Gents –02	Ladies –01	Total-03



8. Executive Summary of Activities

Summary of Vilagam Village Project				
S.No.	Event	No. of Sessions Conducted	Total Participants	Remarks
1.	Medical Camp	2	171	Pre & Post Medical Camp conducted by Govt Primary Health Centre
2.	Environmental Awareness	1	150	20 Dustbins were installed in different locations in the Village 170 Trees were planted
3.	Counselling Camp	5	253	Counselling Program was conducted by A/N Dr. Janakiraman
4.	De-addiction Camp	3	164	De-addiction Camp was conducted by TTK Hospital
5.	Women Empowerment	1	40	5 months course
6.	Naturopathy Programs	5	286	Naturopathy Program was conducted by Dr.Pattamal
7.	Student Empowerment Program	5	210	Student Motivation camp was conducted By Mrs. Latha, social activist
8.	Miscellaneous Programs like celebrations and review meeting	7	250	Project progress review meeting. Course related classes.
Total		29	1524	

9. Implementation Plan in Detail

Project Activities Planned vs Actual				
S.NO	Projects Activities	Planned	Actual	Remarks
1	Inaugural Function & Cultural Program	13.10.2023	13.10.2023	Completed
2	Baseline questionnaire	16.10.2023	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 Aug- 2024	Completed
4	Medical camp	Pre medical camp Post Medical Camp	03.01.2024 09.05.2024	1. Gents-14, Ladies-62, Total- 76 2. Gents-15, Ladies-61, Total- 75
5	Counselling Sessions	5 camps –	1. 20.12.2023 2. 25.02.2024 3. 11.03.2024 4. 17.04.2024 5. 16.05.2024	1. Gents -27, Ladies -52, Stu-18, Total- 97 2. Gents -11, Ladies -21, Total-32 3. Gents -03, Ladies -28, Total-31 4. Gents -04, Ladies -28, Students-24, Total-56 5. Gents -03, Ladies -19, Students-15, Total-37
6	De-Addiction Camp	3 camps -	1. 04.01.2024 2. 25.03.2024 3. 14.04.2024	1. Gents -8, Ladies-75, Total – 83 2. Gents -7, Ladies-36, Total – 43 3. Gents -07, Ladies-31, Total – 38
7	Students Motivation Camp	5 camps -	1. 26.01.2024 2. 16.02.2024 3. 11.03.2024	1. 27 students 2. 35 Students 3. 37 Students 4. 83 students 5. 28 Students

			4. 13.03.2024 5. 10.04.2024	
8	Naturopathy Camp	5 camps –	1. 17.12.2023 2. 28.01.2024 3. 28.02.2024 4. 17.03.2024 5. 17.06.2024	1. Ladies -48, Stu-8, Total – 56 2. Ladies -32, Gents-11, Total – 43 3. Ladies -53, Gents-49, Total – 102 4. Ladies -31, Gents-07, Total –38 5. Ladies -30, Gents- 05, Students-12, Total – 47
9	Environment Awareness Program	planned to conduct May - 24	1. 02.12.2023	170 trees issued to Villagers 20 Bio and Non Bio degradable dustbin issued to village president
10	Brahmagnanam -in Aliyar	Jan-24 Feb -24	Jan-24 Feb -24	1. Gents -16, Ladies – 42, Total -58
11	Arulnithiyar - in Aliyar	June -24	June -24	1. Gents -2, Ladies -1, Total-03
12	Endline Questionnaire	Will be collected April-24	30.05.2024	30 Questionaries Collected
13	Documentary Feedback Shooting	1 Feedback Shooting	20.02.2024	Done
14	Conclude function including distribution of certificates	Planned to May - 2024	20.08.2024	Completed
15	Women Empowerment Program - Tailoring Program	5 Months Planned to conduct Dec- 23 to May- 2024	02.12.2023 to 02.05.2024	40 village Women participated
17	Project feedback analysis and reports	Planned to June – 24		Enclosed

10. Project Monitoring

Members	Time interval	Actuals	Duties
President and Secretary of the Zone	15 days Once	President of the zone - Prof. Mayil Murugan, 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 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 to 20) are on a scale of 1-4 with 1 being low and 4 being highest. They are converted into percentage (%) by dividing by the denominator (3 or 4, as applicable).

Participant's Feedback Analysis

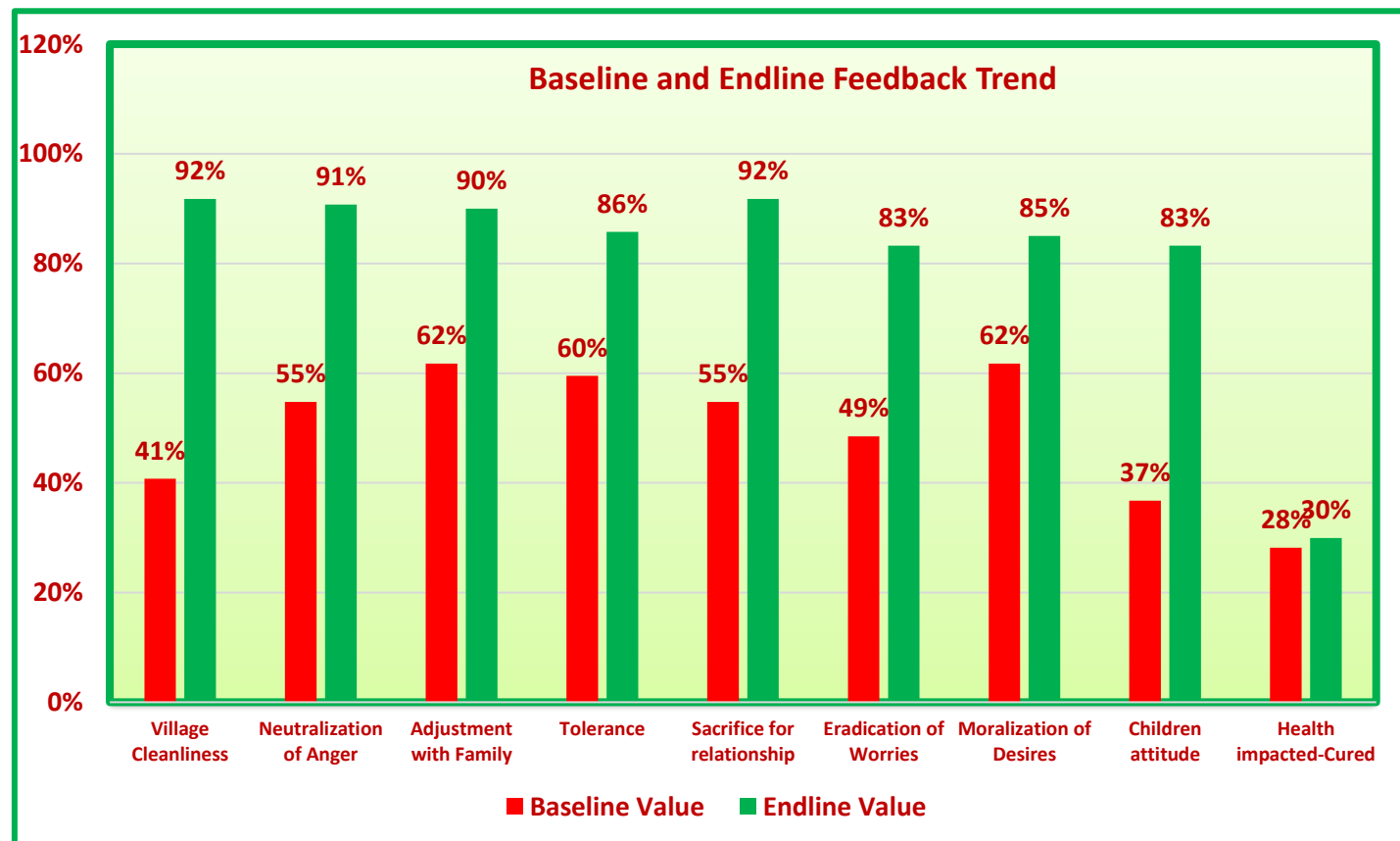
We, in WCSC-VSP, use a questionnaire (as mentioned above) covering questions related to the improvements and / or experience by everyone after practicing and applying the SKY exercises, meditation and introspection techniques in their life. Based on the responses received, we consolidate and analysis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

Baseline Questionnaires Result Inference

S.No.	Inference
1	63% of the participants children are not satisfied their children education and attitude. Around 37% of the participants children only satisfied with their children education and attitude.
2	59% of the participants are new to meditation. Around 41% of the participants only do meditation on day-to-day basis.
3	59% of the villagers are not taking initiative to keep their villages clean. Around 41% of the villagers only take initiative to keep their village clean.
4	56% of the participants are under depression either due to Self or family or society
5	80% of the participants not have family peace. 20% of the participants only have family peace
6	Approximately-141 participants have joint pain, 94 participants have migraine and headache, 63 participants have over weight and obesity, 43 participants have cholesterol, 47 participants have Eye problem with respect to sight, watering eyes, 2 women participants have menstrual problem (PCOD)
7	Around 54 % of the participants only live happy life

Endline Questionnaires Result Inference

S.No.	Inference
1	Around 98% of the participants are benefitted with the exercises and leading a healthy life
2	Around 96% of the participants are satisfied with their children education and attitude
3	94% of the Women participants are satisfied with their tailoring skills developed.
4	93% of the students able to focus on studies and other activities (School/College)
5	Around 92% of the participants mental health has calmed due to the SKY Meditation
6	93% of the participants are out of the depression compared to before joining the program
7	70% (351) of the participants have made progress in family peace
8	Due to SKY Exercises and meditation-150 participants cured of Joint Pain, 100 participants cured of Migraine and Headache, 50 participants cured of cholesterol, 33 participants cured of Asthma and Breathing Problem, 33 participants cured of Eye problem with respect to sight, watering eyes, 33 women participants cured of Menstrual problem (PCOD).
9	Around 98% of the participants are happy with the VSP Program compared to only 53% before joining the program



12. Project Outcome and Impact

1. 501 participants benefitted from the Yoga classes
2. 58 beneficiaries participated and became Brahmagyaniars to carry the program forward and sustain it in the village.
3. 03 beneficiaries have been trained as Arulnithiyars. 10 more will be trained in future
4. 1084 participants benefitted from immunity camp, Counselling, Naturopathy, Student motivation and De addiction camps.
5. Around 98% of the villagers benefitted from the Manavalakkalai program and have achieved holistic development individually within themselves (Pls refer page no 13- 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 13.10.2023 at Vilagam Village Thanthondeeswarar Temple Ground, Vilagam. 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 03.01.2024 at Vilagam village by Primary Health Centre. Gents 14, Ladies-62, Total- 76 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.



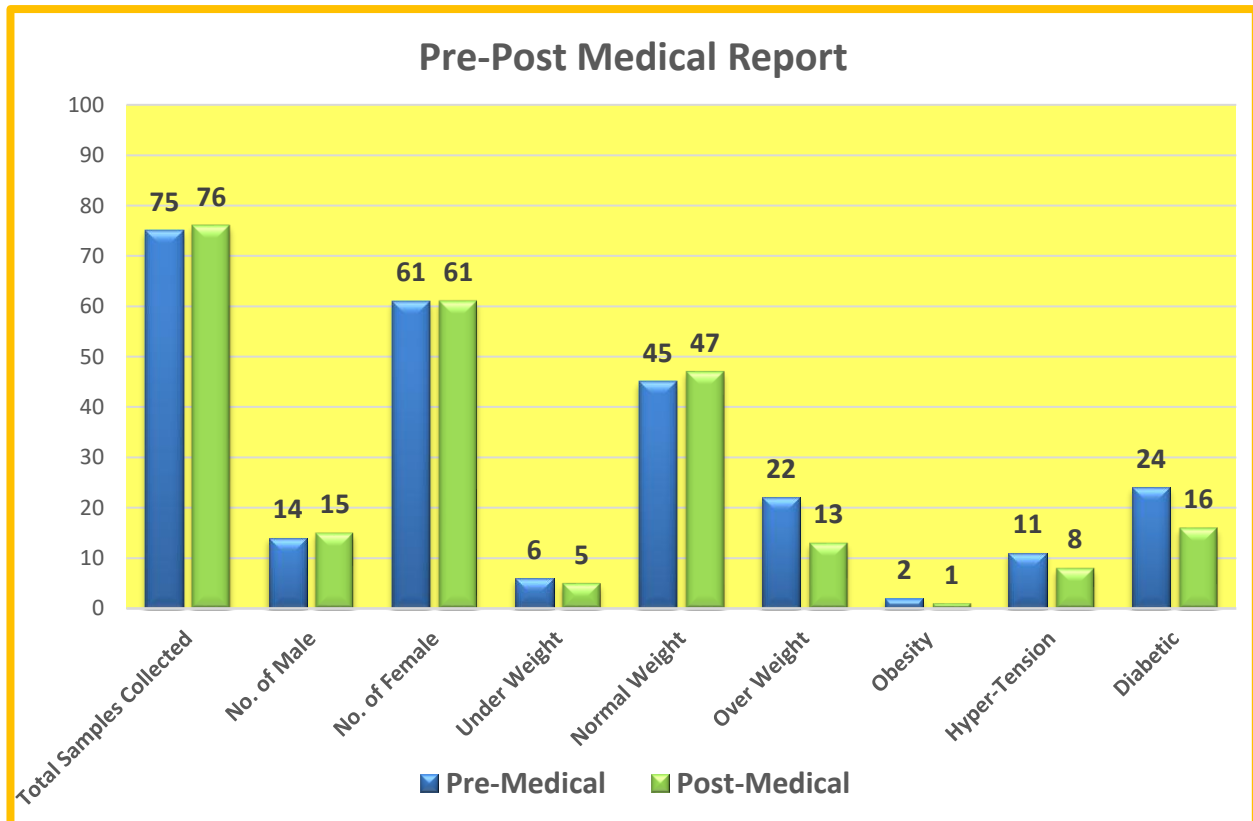
15. Post-Medical Camp

Pre medical was held on 09.05.2024 at Vilagam village by Primary Health Centre. Gents 15, Ladies-61, Total- 76 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	75	76
2	Under Weight	6	5
3	Normal Weight	45	47
4	Over Weight	22	13
5	Obesity	2	1
6	Hyper-Tension	11	8
7	Diabetic	24	16
8	Cholesterol	0	0
9	Covid	0	0
10	Above 14 years	74	74
11	No. of Male	14	15
12	No. of Female	61	61



16. Environment Program & Tree Plantation

Environment Awareness Program was held on **29.11.2023** 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.

170 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.



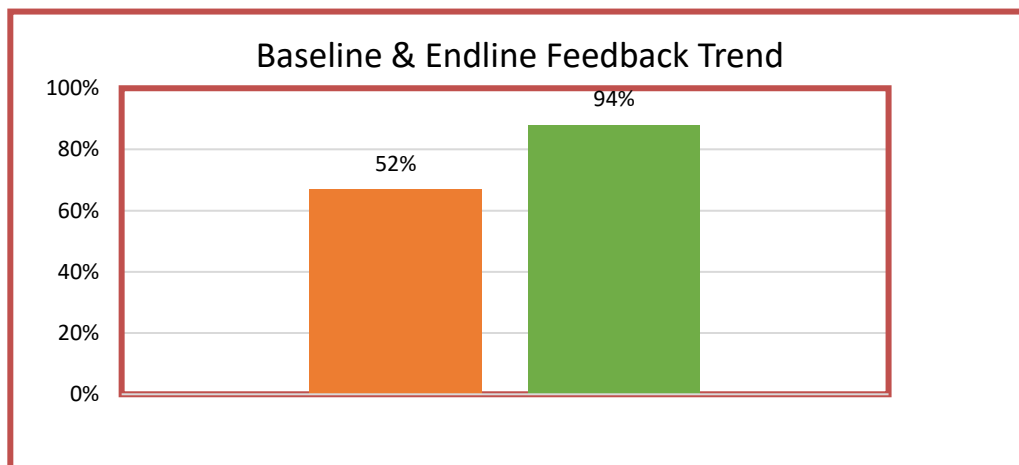
17. Women Empowerment Program

Tailoring Program was inaugurated by MAPS officials on 02.12.2023 at Vilagam Village. 5 tailoring machines issued for tailoring classes. Until now 40 village Women joined the tailoring class.



Tailoring Program Feedback Trend

- **94% 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 Vilagam Village was inaugurated by MAPS Officials and other officials of WCSC VSP.	Females- 40 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 :40 women successfully completed the skill training program</p>
3.		40 participants were issued certificates by WCSC (World Community Service Centre) Village Service Project	

18. Counselling Camp – 1

Counselling camp was conducted By Psychologist A/N. M.K.Janakiraman at Vilagam Village on 20.12.2023 . Gents -27, Ladies -52, Stu-18, Total- 97 villagers participate the counselling session.



19. Counselling Camp – 2

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Vilagam Village on 25.02.2024. Gents -11, Ladies -21, Total- 32 villagers participate the counselling session.



20. Counselling Camp – 3

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Vilagam Village on 11.03.2024. Gents -03, Ladies -28, Total- 31 villagers participate the counselling session.



21. Counselling Camp – 4

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Vilagam Village on 17.04.2024. Gents -04, Ladies -28, Students-24, Total- 56 villagers participate the counselling session.



22. Counselling Camp – 5

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Vilagam Village on 16.05.2024. Gents -03, Ladies -19, Students-15, Total- 37 villagers participate the counselling session.



23. Naturopathy Camp – 1

1st Naturopathy camp was conducted on 17.12.2023 at Vilagam village conducted by Dr,Pattammal. Ladies -48, Stu-8, Total – 56 villagers participate in this camp.



24. Naturopathy Camp – 2

2nd Naturopathy camp was conducted on 28.01.2024 at Vilagam village conducted by Dr,Pattammal. Ladies -32, Gents-11, Total – 43 villagers participate in this camp.



25. Naturopathy Camp – 3

3rd Naturopathy camp was conducted on 28.02.2024 at Vilagam village conducted by Dr,Pattammal. Ladies -53, Gents-49, Total – 102 villagers participate in this camp.



26. Naturopathy Camp - 4

4th Naturopathy camp was conducted on 17.03.2024 at Vilagam village conducted by Dr,Pattammal. Ladies -31, Gents- 07, Total – 38 villagers participate in this camp.



27. Naturopathy Camp -5

5th Naturopathy camp was conducted on 17.06.2024 at Vilagam village conducted by Dr,Pattammal. Ladies -30, Gents- 05, Students-12, Total – 47 villagers participate in this camp.



28. Student Empowerment Camp – 1

The student camp is conducted by Mrs. Latha, Exnora on 24.01.2024 at Vilagam village by Boys-14, Girls – 13, Total- 27 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.



29. Student Empowerment Camp – 2

The student camp is conducted by Mrs. Latha, Exnora on 16.02.2024 at vilagam village by Boys-14, Girls –21, Total-35 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.



30. Student Empowerment Camp – 3

The student camp is conducted by Mrs. Latha, Exnora on 11.03.2024 at vilagam village 37 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.



31. Student Motivation Camp – 4

The student camp is conducted by Mrs. Latha, Exnora on 13.03.2024 at vilagam village 83 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.



32. Student Motivation camp – 5

The student camp is conducted by Mrs. Latha, Exnora on 10.04.2024 at vilagam village 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.



33. De-addiction camp – 1

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Vilagam Village on 04.01.2024. Gents -08, Ladies -75, Total-83 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 Vilagam Village on 25.03.2024. Gents -07, Ladies -36, Total-43 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.



35. De-addiction Camp - 3

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Vilagam Village on 14.04.2024. Gents -07, Ladies -31, Total-38 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.



36. Brahmagnanam Course

- Vilagam Villagers Participate in the Brahmagnanam Course at Aliyar on from 19.01.2024 - 21.01.2024. 10 Gents and 27 ladies, Total -37 Villagers attended the course and are appraised with BG Certificate.
- Vilagam Villagers Participate in the Brahmagnanam Course at Aliyar on from 19.02.2024 – 21.02.2024. 6 Gents and 15 ladies, Total -21 Villagers attended the course and are appraised with BG Certificate



37. Master Course

Vilagam Villagers Participate in the Master Course at Aliyar on from 20,21,22-06-2024. 3 Villagers attended the course and are appraised with BG Certificate.



38. International Yoga Day

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



39. Participant Feedback

உங்களை வைப்பதில்!
உங்களை வைப்பதில்!

307-ஆது கிராமம்

உங்களை வைப்பதில்!

என் பெயர்: D. அனிதா.
கிராமம்: விளாகம்.



எங்கள் கிராமத்தில் சிக்ஸுயர் மாதம் துவங்கி 6 மாதங்களாக நடைபெற்று கொண்டுவந்தது.

நவ உங்களைக் கொண்டு மனவளக்கலை போகா அனியசிறை பயிற்சினர் வந்தது. நான் மனவளக்கலைக்கு வந்தது போகப் பயிற்சினர் கற்று உடல் மனம் உயர் ஆசிரியைவசதி நல்ல முறையில் பயன்வெற்று ஆறு மாதம் முடிவாகப் பயிற்சி பெற்று கொண்டுவந்த சிக்ஸுயர் என்னைக் கொய்ம் குறைந்த மனம் அமைதியானது அல்லவென்றும் மகிழ்ச்சி தந்தது. குடும்பத்தில் சிக்ஸுயர்வாக இருக்கிறோம். போக மனமும் போது உடல் சந்திப்பாக இருக்க மனம் அமைதியாகவும்.

அதற்குவம்: நாடிசுத்தி, தண்டுவசுத்தி மனமும் போதுமனம் உடல் உயர் அமைதியும், உடல் தய்யையும் பெறுகிறது.

அசத்தாய்வின் முயல்: அண்ணாடம், சொல், செயலில், விழிப்புடன் இருக்கின்ற வாராபாடம், தியவண்ணங்கள் மனதில் இருந்து விலகிவிடுகிறது.

செய்ததைகளும் மாண்புமலி வகிப்பு பயிற்று வகிவிடுங்கள். 4து 4து விசயங்கள் ச பயன் பெறுகிறார்கள். உடலில், மனதில் மற்றும் ஏற்படுகிறது என்னைக் போகப் மனம் மிடிக்கில்.

தகயல்: - தகயல் பயிற்சியில் நான் அனைத்தும் கற்றுக் கொண்டேன். என்னைக் உடலானம் ம.ப.ப.யும் உதவியாக உள்ளது. மனதிற்கு மகிழ்ச்சியாக உள்ளது.

ம. உணவிநாள் ஐயா: மகிழ்ச்சியாக உங்களைக் கொண்டு என்ன ஆணை விளக்கினா குடிசைகளில் அன்பாகவும், மணிவாகவும் நடந்து கொண்டிருக்கிறேன்.

உங்களை வைப்பதில்!

WCS-ஐக் குன்றி!

MAPS-ஐக் குன்றி!

காந்தியடம் மண்டலத்திற்கு குன்றி!

கல்யாணம் மனவளக்கலை மன்ற அறக்கட்டளைக்கு குன்றி!

ஆசிரியர்களுக்கு குன்றி!

D. Anitha.



307 வது கிராமம் .

வாழ்க வையகம் !
வாழ்க வையகம் !

வாழ்க வையகம் .

என் பெயர் : K.முத்துலட்சுமி .
கிராமம் : கிளாகம் .

எங்கள் கிராமத்தில் அக்டோபர் மாதம் துவக்கி
6 மாதங்களுக்கான உயர்நிலைப் பள்ளி நடைமுறை செய்து கொண்டுள்ளது.

உடற்பயிற்சி : உடற்பயிற்சி குழுமம் நான் கற்று கொண்டுள்ள
கூடுதல் பயிற்சி செய்ததால் குழந்தைகளுக்கு உதவிக்கொடுக்க
நினைவாக ஏற்படுத்தப்பட்டுள்ளது.

கிராமத்தை வாழ்வியல் திருமதிப்பட்டம்மாள் அமைக்க.

கூடுதல் திட்டம் ஒத்திடுக பயணிகள்
கூடுதல் சமூக சேவையாக உணர்ச்சியுடன் இருக்கிறது.

உடனடி நல்ல சேவை உருவாகின்றன.

குடும்ப சமூக சேவை செய்து கொடுக்கிறது.

குடும்ப சமூக சேவை செய்து கொடுக்கிறது.

நல்ல மன உறுதியை உருவாக்கியிருக்கிறது.

குடும்ப சமூக சேவை செய்து கொடுக்கிறது. அனைத்து உறுதியை
செய்ததால் உடனடி சேவை செய்து கொடுக்கிறது.

சமூக சேவை செய்து கொடுக்கிறது.

செய்ததால் உடனடி சேவை செய்து கொடுக்கிறது.

சமூக சேவை செய்து கொடுக்கிறது.

வாழ்க வையகம் !

WCS - இல் நன்றி !

MAPS - இல் நன்றி !

கூடுதல் பயிற்சி மண்டலத்திற்கு நன்றி !

கூடுதல் பயிற்சி மண்டலத்தை நன்றி !

அனைத்து உறுதியை நன்றி !

அனைத்து உறுதியை நன்றி !

K. Muthulakshmi.

உள்தக தையகம் :
 உள்தக தையகம் :
 என் பெயர் : K. அருண்மணி அய்யன்.
 கிராமம் : உள்தகம்.

உள்தக உளமுடன்



எங்கள் கிராமத்தில் அங்குடைய
 மாதம் துவங்கி 6 மாதங்களுக்கு யோகா பயற்சி
 குட வந்தது தகைந்தது.

உடற்பயற்சி குட குடியும் கற்றுக் குகைக்குட,
 துகை குட குடியும் புத்தகங்களுக்கும் அதுசெய்யுடைய
 குடியை குடியை குடியை. மனதில் அமைதி குடியை,
 குடியை உள்தகம் துகை குடியை அமைதி
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை

என் குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை
 குடியை குடியை குடியை குடியை

உள்தக உளமுடன்

WCS - குடி குடியை !
 MAPS - குடி குடியை !
 கருத்தியம் குடியை குடியை குடியை !
 கருத்தியம் குடியை குடியை குடியை !
 குடியை குடியை குடியை குடியை !
 குடியை குடியை குடியை குடியை !

K. Arunmani

வாழ்க னவையகம்! வாழ்க னவையகம்!!

வாழ்க வளமுடன்!!!



என் பெயர் ஜானகேசுரன், வினாசம் கிராமம், திருகடுகூர்நாடு வட்டம். எனக்கு 62 வயதாகியது. குடும்பத்துடன் விவசாயம் செய்து வருகிறோம்.

உடல் ஆரோக்கியம் தொடர்புடைய கடுத்துக்கணை வானொலிகளையும், தொலைக்காட்சிகளையும், புத்தகங்களையும் அவ்வப்போது நாள்தோறும் படித்துக் கொள்ளும் வாய்ப்பாகவும் தான் இவ்வாறு கண்டிம் மூலம் சில குறிப்புகளை பின்பற்றியும் உள்மோம். குறையாக கந்தக வேண்டிம் எனது குடும்பம் தீண்டி தரக்கூடிய அருந்தி.

அச்சமும் எங்கள் கிராமத்தில் இவ்வாறு போக கற்றுத்தவலகை வந்த செய்தி மிக மகிழ்ச்சியையும், அழகானபடி அளித்தி.

சில தவறான வாழ்கை குறைகளைப்படி, படிக்கக்கூடிய உடல்நலம் மிகவும் மோசமாக ஆகாது. அதற்கும் தீர்வாக இத்திட்டத்தில் சிறப்பு குறாம்கால் வைத்து குறைபாடுகளை அருந்தி வெளிவர மருத்துவர்களின் ஆலோசனையுடன் சூடிய வாழ்வியல் குறைகளை கற்பிக்கப்பட்டது.

தினமும் காலை போக செய்தி மருத்துவர்கள் அந்த நாளில் தொடங்கிவது என்ற புதிய படிக்கும் என் உடல் நலத்தை மட்டுமல்லாது குடும்பத்தையும் அமைதியை உணர குடித்தது. மனநல ஆலோசகர் மீதும் மருத்துவர்களின் வடிவமருந்துகள் படி எனது குறைபாடுகளை குறைபாடுகளை கட்டுப்படுத்தி மருத்துவர்களின் பரிந்துரைக்கேள்

கித்தனாக ய சிறப்பிக்க அந்த திட்டத்தை நடத்து ம உலக சுகாதாய சேவை சங்கத்திற்கும், அதற்கு நன்றிகளாக. அளித்து கல்பாக்கம் அமைதி திரையகத்திற்கும் மருந்து குறை மருத்துவனைப்பாருக்கேள்கும் நன்றிகள்.

மேலும் அத்திட்டம் அனைத்து கிராமங்களிலும் மலர் வாழ்த்துக்கள்.

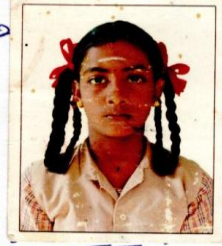
வாழ்க வளமுடன்.

சிவ பழகதி.
ஜானகேசுரன்.

பாடிக்கையம்
பாடிக்கையம்

307 பக்கம்

பாடிக்கை



பெயர் : சா. மலய்யா

கிரமம் : விளாகம்

எங்கள் கிரமத்தில் சாட்டையா மாசம்
கூயங்கி கடந்த ஆறு மாதங்களை
போகா பயிற்சி நடைபெற்று வருகிறது.
இதில்

காலை ஐந்து மணிக்கு பயிற்சிக்கு
நாங்கள் வருகிறோம். இந்த பயிற்சியில்
உடலில் உயல் வலிகள் போகிறது. இந்த
கிரிய பயனில் இதை காண்பதற்கு மனித்யியடி
பாடித்தான் சூடுபதும் கடைபிடித்து
சுரோத்தியமாகவும், சிமைதியாகவும் இருக்க
குடியும்.

கியந்தாக பாடித்தியல் பகுப்பில் எங்கள்
கூயில் உள்ள சூலிகை பெயர்களை
பெரிந்து கொண்டுபோம். பயன் பாடதையும்
சொல்லி கொடுக்கார்கள்.

சுலோகணாசுகம் பகுப்பில்.

நாபதசுக்கிக்கு பயிற்சிகள் பயிற்சியும்
கூடபாத தேர்ந்து படித்து பயன்பெற சூடுகிறது
மாணவர் கிறிஸ்துக்கு பயிற்றுபயிற்சியில்
Drawing, Beats, Paper Bag மற்றும் பெயர்ச்சியு
ஆகியவற்றை கற்று மனித்யுக்களும்.

பாடிக்கை உளருடன்

W.E-SL-க்கு நன்றி

MRS -க்கு நன்றி

கலப்பதும் மண்பணக்கலை மருந்துகளை நன்றி

காத்தியமும் மண்பலக்கிக்கு நன்றி சா. மலய்யா

சுலோகை ஆகியவர்களுக்கும் நன்றி.

40. 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 is finally conducted on **20.08.2024**. Mr.M.Seshaiah, Station Director & Chairman TAC,MAPS, Kalpakkam is the chief guest for 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. **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. **V.தம்புராட்டி** அவர்கள், ஊராட்சி மன்றத் தலைவர், விளாகம்.

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. சேஷய்யா** அவர்கள், Station Director, Madras Atomic Power Station, Kalpakkam.

6.35 மணி : **அனுபவ உரை படக்காட்சி**

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

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

உலக நல வாழ்த்து

41. 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 Vilagam 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.V.Mohanapriya - 9715828350**
2. **V.Mugeshkumar - 9345807561**
3. **T.Veeramanikandan – 9345519647**

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

42. 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 Vilagam 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.Uma & Asst.Prof.Vittal Das** 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.