

RENAULT · NISSAN

JOINT VENTURE COMPANY

VILLAGE SERVICE PROJECT VATTAMBAKKAM VILLAGE, KANCHEEPURAM DIST PROJECT COMPLETION REPORT

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ஆதரவாளர் : ரினால்ட் நிசான் ஆட்டோமோட்டிவ் இந்தியா



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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 Vattambakkam Village near by Oragadam, Kanchipuram District.

1. 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 Inaugral function was held on 14.03.2024 in the presence of Mr. J.Swaminathan, Director Production Control & CSR Control, Renault Nissan Automotive India Private Limited and other officials of RNAIPL& WCSC.

2. 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.

3. Project Period

The village service project (VSP) activities were started by way of inaugural function on **14th March 2024** at the Government Middle Scholl, Vattambakkam.

The WCSC-VSP project was thus operative for 7 calendar months (March-24 to Oct-24)

4. About Vattambakkam Village & status

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

Targeted Population – 500 (Excluding Children)

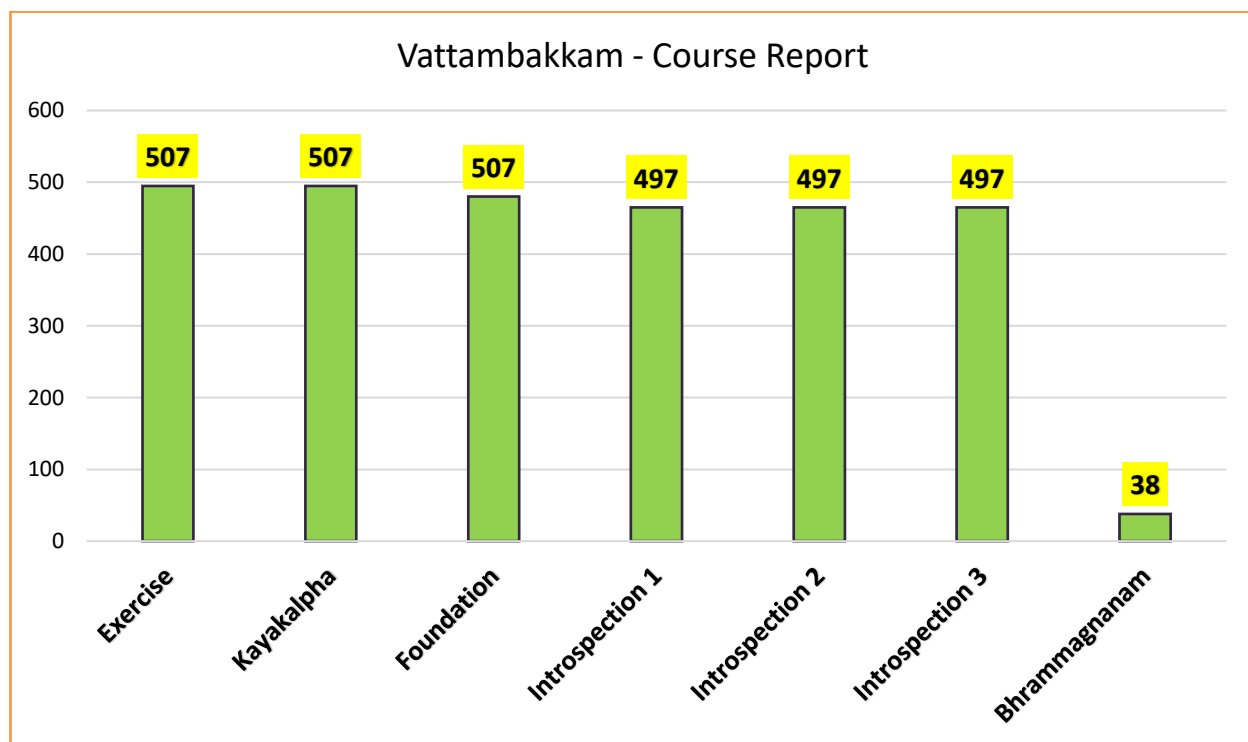
| S.No. | Gender (Adults) / Children | Number of Participants |
|--------------|----------------------------|------------------------|
| 1. | Male | 140 |
| 2. | Women | 360 |
| 3. | Children below 14 | 145 |
| Total | | 645 |

5. 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 | VATTAMPAKKAM | | |
| 2. | ZONE NAME | KANCHEEPURAM | | |
| 3. | TRUST NAME | CHROMPET | | |
| 4. | PHYSICAL EXERCISE | Male -142 | Female -365 | Total-507 |
| 5. | KAYAKALPA | Male -142 | Female -365 | Total-507 |
| 6. | AGNAI | Male -142 | Female -365 | Total-507 |
| 7. | SHANTHI | Male -142 | Female -365 | Total-507 |
| 8. | THURIYAM | Male -142 | Female -365 | Total-507 |
| 9. | INTROSPECTION I | Male -132 | Female -365 | Total-497 |
| 10. | INTROSPECTION II | Male -132 | Female -365 | Total-497 |
| 11. | INTROSPECTION III | Male -132 | Female -365 | Total-497 |
| 12. | BRAHMAGNANAM in Aliyar | Male -7 | Female -31 | Total-38 |
| 13. | EXERCISE BELOW 14 years of Age | Male -53 | Female -70 | Total-125 |



6. Feasibility Studies

| | | |
|----|--|--|
| 1 | Village Name | Vattambakkam |
| 2 | Zone | Kancheepuram |
| 3 | Trust | Chrompet MVKM Trust |
| 4 | Panchayat | Vattambakkam |
| 5 | District | Kancheepuram |
| 6 | Taluk | Kundrathur |
| 7 | Executive Officer | Mr.Parathasarathy - (8144737437) |
| 8 | Village President & Vice President | Mrs.Mahalakshmi Ettaiyappan - 9380593979 |
| 9 | Ward Member | Krishnamoorthy, Deepa Shankar, Udhayarajini, Suresh, Mani, Latha Ramesh |
| 10 | Village Population | Total: 2100 G: 1000 L: 1100 |
| 11 | No. Of House | 535 |
| 12 | Is there a colony area? | Yes (2) |
| 13 | Name of the nearest school, Number of students | Govt.Middle School - 35, B-17, G-18 Govt.Elementary School - 38, B-20, G-18 |
| 14 | Primary Health Centre | Ezhichur |
| 15 | Venue of the Opening Ceremony | Govt.Middle School |
| 16 | Place of Yoga Training | Bajanaikovil, Perumal Kovil and School |
| 17 | Time of Yoga Training | Full Time |
| 18 | Date of Inaugural of VSP | 14.03.2024 |

| | | |
|----|--|---|
| 19 | Date of Concluding of VSP | 07.11.2024 |
| 20 | Sponsor Name | RNAIPL |
| 21 | No of volunteers and contact numbers (showing interest on the project in pre-discussion) | <ol style="list-style-type: none"> 1. Mrs.Mahalakshmi Ettaiyappan – 9380593979 2. Ms.Meenakshmi 3. Ms.Lourdhumary 4. Ms.Vanmathy - 7358044918 PT 5. Ms.Parimala – 8973013936 6. Ms.Vijayalakshmi – 6381930480 7. Ms.Prabhavathy - 8870242244 |
| 22 | Village SKY Sub-Centre In-charge Name | Vattambakkam -D.Hariharan- 9283797564 R.Umamaheshwari – 8870701714 Katteri- E.Narmatha – 8925009068 Panappakkam-R.Ramadas – 8778650114 M.Deebha-9994696004 |
| 23 | No.of Communities having more than 50 nos | SC - 1353 BC - 604 ST - 143 |
| 24 | what are all the registered trust/societies in this village ? | No |
| 25 | What are all the youth organisations/ youth development functions available ? | NO |
| 26 | How many people affected with long-term illness as per PHC data(Diabetes/BP/Thyroid/heart or kidney disease etc.) | 25% |
| 27 | Projects implemented in this villlage last 2 year (by Govt./NGO/individuals) | Nil |
| 28 | No.of people living in the village below poverty line | 70% |
| 29 | Average per capita income of the village people | Rs.15000 per month |
| 30 | Is there any historic/touristic place availble in this village? | No |
| 31 | Sources of income of villagers(Agri/business/daily wages/salaried employees) | Daily wages: 30% |

7. 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 th of every month | SKY Professors 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. |

8. Implementation Plan in Detail

| Project Activities Planned vs Actual | | | | |
|--------------------------------------|--|---|---|--|
| S.NO | Projects Activities | Planned | Actual | Remarks |
| 1 | Inaugural Function & Cultural Program | 14.03.2024 | 14.03.2024 | Completed |
| 2 | Baseline questionnaire | 17.03.2024 | 01.04.2024 | 30 questionnaires received Report attached |
| 3 | SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers | March- 2024 to October - 2024 | March- 2024 to October - 2024 | Completed |
| 4 | Medical camp | Pre medical camp - March -24 Post Medical Camp October -24 | 1. 23.04.2024 2. 14.09.2024 | Male-22 Female-38 Total - 60 Male-20 Female-42 Total - 62 Total - 62 |
| 5 | Counselling Sessions | 5 camps - planned to be conducted from August 24 Onwards | 1. 30.05.2024 2. 19.06.2024 3. 08.08.2024 4. 12.09.2024 5. 26.09.2024 | 1. Gents-6, Ladies-55, Total-61 2. Gents-6, Ladies-52, Total-58 3. Gents-2, Ladies-52, Total-54 4. Gents-03, Ladies-42, Total-45 5. Male-05, Female-25, Students-12, Total-42 Total - 260 |
| 6 | De-Addiction Camp | 5 camps - planned to be conducted from August 24 Onwards | 1. 31.08.2024 2. 18.09.2024 3. 29.09.2024 | 1. Gents-2, Ladies-52, Total-54 2. Gents-06, Ladies-25, Total-31 3. Gents-08, Ladies-26, Total-34 Total - 119 |
| 7 | Students Motivation Camp | 5 camps - planned to be conducted from August 24 Onwards | 1. 05.07.2024 2. 30.07.2024 3. 03.09.2024 4. 08.09.2024 5. 17.09.2024 | 1. 36 students 2. 30 students 3. 32 students 4. 28 students 5. 30 students Total - 156 |

| | | | | |
|----|---|--|--|--|
| 8 | Naturopathy Camp | 5 camps – planned to be conducted from August 24 Onwards | <ol style="list-style-type: none"> 1. 14.05.2024 2. 11.06.2024 3. 18.07.2024 4. 20.08.2024 5. 13.09.2024 | <ol style="list-style-type: none"> 1. Male-06, Female-42, Total – 48 2. Male-4, Female-50, Total – 54 3. Male-4, Female-48, Total – 52 4. Male - 04, Female –48, Total –52 5. Male - 08, Female –51, Total –59 <p>Total - 265</p> |
| 9 | Environment Awareness programme | Planned to be conduct May - 24 | <ol style="list-style-type: none"> 1. 19.06.2024 | <ol style="list-style-type: none"> 1. 150 number of trees distributed to villagers 2. 20 dustbin issue to village president |
| 10 | Brahmagnanam - Interested villagers visit Aliyar and get the Brahmagnanam course. | Plan to attend June 24 | 26,27,28-07-2024 | 30 members will participate |
| 11 | Arulnithiyar - Interested villagers visit Aliyar and get the AN course. | Plan to attend July-24 | | Not Attended |
| 12 | Endline Questionnaire | Will be collected October - 24 | 30.09.2024 | 30 questionaries received Report enclosed |
| 13 | Documentary Feedback Shooting | 1 Feedback Shooting | 26.07.2024 | Done |
| 14 | Conclude function including distribution of certificates | Planned to October -24 | 18.10.2024 | Done |
| 15 | Women Empowerment programme - Tailoring Programme | 5 Months Planned to be conducted May - 24 | 08.05.2024 | 52 women have joined and completed 5 months tailoring classes. 38 candidates eligible to get TNSDC Certificate |
| 16 | Project review meetings and meetings with RNAIPL | Meeting Planned with RNAIPL - (March – 24 to October 24) EVERY MONTH SECOND AND FOUTH MONDAY. | <ol style="list-style-type: none"> 1. 25.03.2024 2. 22.04.2024 3. 17.06.2024 4. 24.06.2024 5. 08.07.2024 6. 22.08.2024 7. 02.09.2024 8. 30.08.2024 | |
| 17 | Project feedback analysis and reports | Planned to October - 24 | 18.10.2024 | Enclosed |

9. Health and Wellness

Promoting Special education through 'SKY YOGA'

Simplified Exercises

The Simplified Exercises devised by our Guru Shri Vethathiri Maharishi will be taught to the enrolled persons in the village by WCSC-SKY teachers.

9 Exercises

- Hand Exercises
- Leg Exercises
- Neuro Muscular Breathing Exercises
- Eye Exercises
- Kapalabathi
- Makarasana (Part A & Part B)
- Massage
- Acu-Pressure
- Relaxation Live in Health and Harmony

Asanas

A very few and important 'asanas' will also be taught to the enrolled villagers by our SKY teachers, and no member of the village will be compelled to do the asanas and it is voluntary in nature.

Kayakalpa

The Kayakalpa yoga founded by Siddhas was modified and simplified by our Guru Shri Vethathiri Maharishi. This will also be taught to the enrolled villagers by our SKY teachers, since the kayakalpa practice will be useful for:

- Withstanding the ageing process.
- Maintaining youthfulness and physical health.
- Postponing death until one reaches spiritual perfection.
- Strengthens the life-force.
- Increase the biomagnetism.
- Control the unwanted sexual desires.
- Meditation (Agnai,Shanthi, Thiriyam)

The importance of meditation and its benefits will be exhaustively taught to the members of the village by our SKY teachers. Kundalini is the life-force; the energy of the body and mind.

SKY is the practice to utilize the life-force for the object of meditation; merging the mind with the life-force takes one to the subtlest frequency, which enhances awareness and furthers intellectual sharpness and understanding.

Introspection

Introspection Stages will be taught to the members enrolled in the village. This introspection was designed by Shri Vethathiri Maharishi to sublimate the personality. One must eliminate all unwanted and incompatible aspects of one's character to enjoy, peace, health, wisdom, prosperity and happiness in life.

The five primary aspects of introspection are:

- Moralization of Desires
- Neutralization of Anger
- Eradication of Worries
- Analysis of Thought
- Realization of Self

Introspection I – Meditation on elements and planets; Meditation on the five senses, Philosophy of Life; Analysis of Thought; Moralisation of Desires; Benefits of Blessings.

Introspection II – Thuriyateetha Meditation; Thuriya Meditation; Neutralization of Anger; Eradication of Worries; Increasing bio-magnetism technique; “Who am I?” sins and their Purification.

Introspection III – Nine Chakra Meditation; Nityananda Meditation; Increasing bio-magnetism techniques; Philosophy of Magnetism; Evolution of Universe, Life-force and mind; Purification of Genetic Centre; Harmony in Family Life; Karma Yoga.

- **Brahma Gnanam** – Why People Differ; Life before Birth and after Death; Evolution of Living Beings; Brahma Gnanam; Astronomy and Astrology; Cause and Effect. Willing villagers going to Aliyar, Temple of Consciousness and get BG course with their own interest.

- **Arulnidhiyar Course (Master Course)**

By successfully completing and practicing the Brahma Gnanam Course, the villagers may go further to become ‘Arulnidhi’s’ by taking Master course in Aliyar Temple of Consciousness and if they like, do service to the humanity. Willing villagers going to Aliyar, Temple of Consciousness and get Master course with their own interest.

10. Inaugural Function:

The inaugural function was held on 14th March 2024 at Vattambakkam Govt Middle School Campus, Vattambakkam. The function started with flag hoisting by Mr. J.Swaminathan, Director, Production Control, CSR Health & Employees of RNAIPL.

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



11. SKY Yoga Activities Photos



12. Feedback Analysis Report

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: -

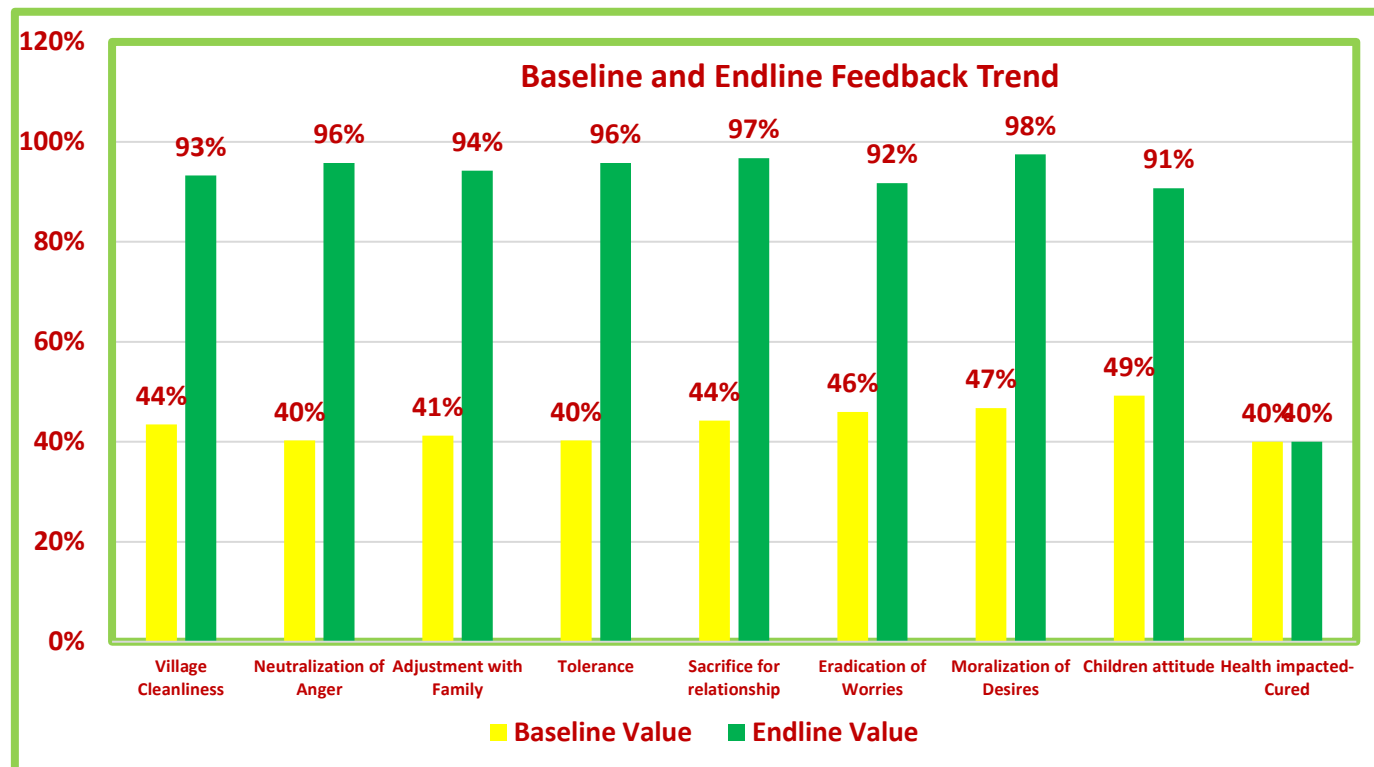
Baseline Questionaries Result Inference

| 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 Questionaries Result Inference

| S.No. | Inference |
|-------|--|
| 1 | 100% of the Women participants are satisfied with their tailoring skills developed. |
| 2 | 99% of the participants are benefitted with the exercises and leading a healthy life |
| 3 | Around 98% of the participants are able to moralize their desire to be contented |
| 4 | Around 97% of the students able to focus on studies and other activities (School/College) |
| 5 | Around 96% of the participants are able to control their anger |
| 6 | 96% of the participants are out of the depression compared to before joining the program |
| 7 | 95% of the participants are able to remember thing |
| 8 | Around 87% (433) of the participants have made progress in family peace |
| 9 | Due to SKY Exercises and meditation- 200 participants cured of Migraine and Headache,100 participants cured of Joint Pain, 100 participants cured of Asthma and Breathing Problem, 100 women participants cured of Menstrual Problem and PCOD, 17 participants cured of cholesterol. |
| 10 | 100% of the participants are happy with the VSP Programme compared to only 45% before joining the program |



13. Project outcome & impact

- 495 participants benefitted from the Yoga classes
- 38 beneficiaries participated and became Brahmagyanis to carry the program forward and sustain it in the village
- 862 participants benefitted from immunity camp, Counselling, Naturopathy, Student motivation and De addiction camps.
- 100% of the villagers benefitted from the Manavalakkalai program and have achieved holistic development individually within themselves (Pls refer Section 11 - Feedback Analysis)
- **Medical Camp** - The Pre and Post Medical camps are for benefits of the participants. The pre-medical camp report is prepared based on the defined health parameters. These parameters are monitored for all and more focus is given to those participants who have values out of the limits. After post-medical camp, we compare the result of the participants to study their health improvement. As the physical health is improved, the participants obviously will feel good and happy, which further improves their mental health. This motivates them to continue the SKY practices regularly.
- **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.

- **Women Empowerment Program** - 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.
- **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.
- **Environment Awareness Program**- Village people started implementing clean habits like usage of dust-bins given to them, segregating plastic wastes, growing plants, etc.
- **Student Empowerment Program** – This program 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
- **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.

14. Pre-Medical Camp

Pre medical was held on 23.04.2024 at Vattambakkam. Gents -22, Ladies -38, Total-60 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.

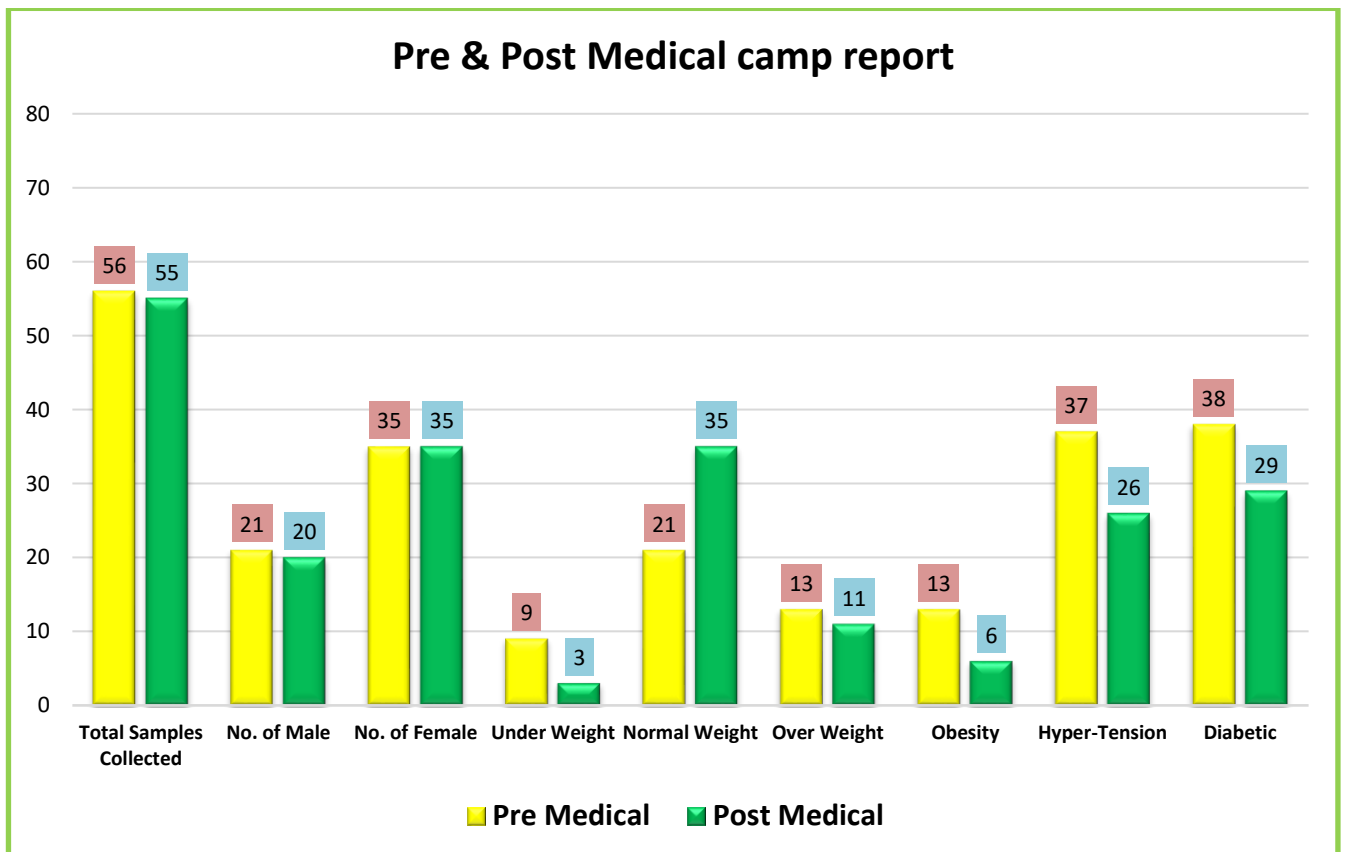


15. Post Medical camp

Post medical was held on 14.09.2024 at Vattambakkam. Gents -20, Ladies -42, Total-62 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 | Impact |
|------|-------------------------|-------------|--------------|---|
| 1 | Total Samples Collected | 56 | 55 | - |
| 2 | No. of Male | 21 | 20 | - |
| 3 | No. of Female | 35 | 35 | - |
| 4 | Under Weight | 9 | 3 | 3 people get normal weight from underweight |
| 5 | Normal Weight | 21 | 35 | 35 people gets normal weight |
| 6 | Over Weight | 13 | 11 | 2 people reduces weight from overweight |
| 7 | Obesity | 13 | 6 | 7 people reduce weight from obesity |
| 8 | Hyper-Tension | 37 | 26 | 11 people cured of Hyper Tension |
| 9 | Diabetic | 38 | 29 | 9 people cured of Diabetic |



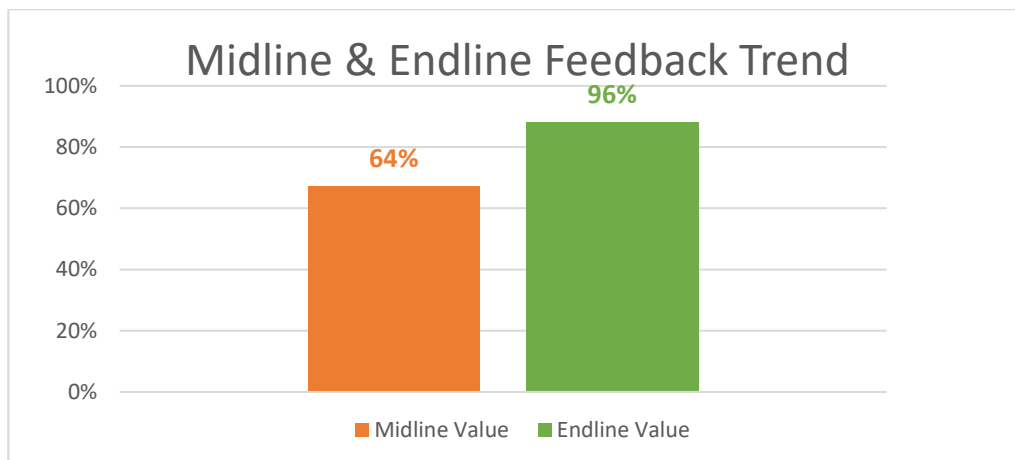
16. Women Empowerment Program & Dustbin Distribution

Tailoring programme was inaugurated by Renault Nissan officials on 08.05.2024 at Vattambakkam Village. 5 tailoring machines issued for tailoring classes. Until now 52 village Women joined the tailoring class. 20 plastic dustbins handover to village president to segregate bio & non-bio degradable wastes for the purpose of solid waste management.



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 09.05.2024 | Tailoring class for ladies in Vattambakkam Village was inaugurated by Mrs. Uvarani, Asst Manager of CSR RNAIPL and RNAIPL and other officials of RNAIPL & WCSC. | Females- 52 participated actively. |
| 2. | End Date 09.10.2024 | <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 :52 women successfully completed the skill training program</p> |
| 3. | 38 participants were issued certificates by Tamil Nadu SDC (Skil Development Corporation in collaboration with WCSC (World Community Service Centre) | | |

17. Naturopathy Camp -1

Naturopathy camp was held on 14.05.2024 at Vattambakkam village conducted by Dr.Palanivel. Male - 06, Female -42, Total -48 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



18. Naturopathy Camp-2

Naturopathy camp was held on 11.06.2024 at Vattambakkam village conducted by Dr.Palanivel. Male - 04, Female -50, Total -54 villagers participate in this camp.

Trained about Naturally Prepare bath soap, Recipe description of bath soap and preparation. Explained the benefits of natural bath soap.



19. Naturopathy Camp – 3

Naturopathy camp was held on 18.07.2024 at Vattambakkam village conducted by Dr.Palanivel. Male - 04, Female –48, Total –52 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. Trained about Naturally Prepare bath soap, Recipe description of bath soap and preparation. Explained the benefits of natural bath soap.



20. Naturopathy camp – 4

Naturopathy camp was held on 20.08.2024 at Vattambakkam village conducted by Dr.Palanivel. Male - 04, Female –48, Total –52 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



21. Naturopathy camp – 5

Naturopathy camp was held on 13.09.2024 at Vattambakkam village conducted by Dr.Palanivel. Male - 08, Female -51, Total -59 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine & Natural food festival celebrating



22. Counselling Camp -1

Counselling camp was conducted By Phycologist Mrs. Latha at Vattambakkam Village on 28.05.2024. Gents-6, Ladies-55, Total-61 villagers were participating the counselling session.

The five elements of happiness

- Positive emotion, Engagement, Relationships, Meaning, Accomplishment



23. Counselling Camp – 2

Counselling camp was conducted By Phycologist A/N.Janakiraman, Psychologist at Vattambakkam Village on 19.06.2024. Gents-6, Ladies-52, Total-58 villagers were participating the counselling session. Stress management approaches include: Learning skills such as problem-solving, focusing on important tasks first and managing your time. Improving your ability to cope with difficult events that happen in life. For example, you may learn how to improve your emotional awareness and reactions.



24. Counselling Camp – 3

Counselling camp was conducted By Phycologist A/N.Janakiraman, Psychologist at Vattambakkam Village on 08.08.2024. Gents-02, Ladies-52, Total-54 villagers were participating 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.



25. Counselling camp – 4

Counselling camp was conducted By Phycologist A/N.Janakiraman, Psychologist at Vattambakkam Village on 12.09.2024. Gents-03, Ladies-42, Total-45 villagers were participating the counselling session. This session taught how to manage anger.



26. Counselling camp – 5

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at vattambakkam Village on 26.09.2024, Male-05, Female-25, Students-12, Total-42 and Individual counselling 5 villagers were participating the session. This session taught about Family peace & maintain family relationship.



27. Environment Awareness Program & Tree Planation

Environment Awareness Programme was held on **18.06.2024** 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.

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.

Mrs.Uvarani, Asst Manager (CSR), RNAIPL explained about Environment awareness, Global warming, reduction of plastics, water saving and importance of Tree plantation to village school students



28. 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 Programme is conducted on 05.07.2024 at Vattambakkam village by Mrs. Latha from Exnora. 36 village school students participate in this camp.

Teach about, Analysing Session for How to Balance Reading and Writing Skills. Brain Games to Enhanced memory and Problems solving. Benefits-10% thinks faster, 50% Increasing Concentration, 30% reduce the health issues.



29. Student Motivation Camp – 2

Student Motivation Programme is conducted on 30.07.2024 at Vattambakkam village by Mrs. Latha from Exnora. 25 village school students participate in this camp.

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



30. Student Motivation camp – 3

Student Motivation Programme is conducted on 03.09.2024 at Vattambakkam village by Mrs. Latha from Exnora. 32 village school students participate in this camp.

Drawing activity conducted this camp and also taught Ten Essential Moral Values that build character and positive behavior in kids. Respect, Honesty, Compassion, Hard Work, Kindness, Gratitude, Sharing, Cooperation, Responsibility, Generosity



31. Student Motivation camp – 4

Student Motivation Programme is conducted on 08.09.2024 at Vattambakkam village by Mrs. Latha from Exnora. 42 village school students participate in this camp. Craft class conducted this session and also Build close relationships. ...

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



32. Student Motivation camp – 5

Student Motivation Programme is conducted on 17.09.2024 at Vattambakkam village by Mrs. Latha from Exnora. 30 village school students participate in this camp.

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



33. De addiction camp – 1

De- Addiction camp was conducted By AAA counsellors, Chennai at vattambakkam Village on 31.08.2024. Male-5, Female-50, Total -55 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 Adyar, Chennai at vattambakkam Village on 18.09.2024. Male-6, Female-25, Total -31 members villagers participate in this camp.



35. De addiction camp – 3

De- Addiction camp was conducted By AAA counsellors, Chennai at vattambakkam Village on 29.09.2024. Male-8, Female-26, Total -34 members villagers participate in this camp.



36. International Yoga Day

International Yoga Day celebrated on 21.06.2023 at Vattambakkam village Govt school. 50 School students & 75 villages participated this yoga day celebration. Village president, school head master, teachers are participated the international yoga day.



37. 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 **07th November 2024**. **Mr.V.M.Keerthi Prakash**, Managing Director, RNAIPL was the chief guest for the function.

வாழ்க வையகம்
நிகழ்ச்சி நிரல்
வாழ்க வளமுடன்

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 :
Ms. யுவராணி அவர்கள், உதவி மேலாளர், RNAIPL.
பேரா. **G.பாலமுருகன்** அவர்கள், இணை இயக்குனர், WCSC-Extension.
பேரா. **K.சம்பத்துமார்** அவர்கள், செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.
பேரா. **K.காத்தவராயன்** அவர்கள், துணைத்தலைவர் VSP, WCSC-காஞ்சிபுரம் மண்டலம்.
திரு. **எட்டியப்பன்** அவர்கள், வட்டம்பாக்கம்.
திரு. **பார்த்தசாரதி** அவர்கள், பஞ்சாயத்து செயலர், வட்டம்பாக்கம்.
பேரா. **G.அருணாசலம்** அவர்கள், கௌரவத்தலைவர், குரோம்பேட்டை மனவளக்கலை மன்றம் அறக்கட்டளை.
பேரா. **N.N.கனகராஜ்** அவர்கள், செயலர், குரோம்பேட்டை மனவளக்கலை மன்றம் அறக்கட்டளை.
பேரா. **A.சதீஷ்குமார்** அவர்கள், துணைத்தலைவர் VSP, குரோம்பேட்டை மனவளக்கலை மன்றம் அறக்கட்டளை.

6.05 மணி : விருந்தினரை கௌரவித்தல்

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

6.20 மணி : முன்னிலையுரை : திருமதி. **மகாலக்ஷ்மி எட்டியப்பன்** அவர்கள் ஊராட்சி மன்றத் தலைவர், வட்டம்பாக்கம்.

6.25 மணி : வாழ்த்துரை : **Mr. J. Swaminathan** அவர்கள் Director - PC and CSR Health, RNAIPL.

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

6.35 மணி : **அனுபவ உரை படக்காட்சி**

7.00 மணி : **கிராமியக்கலை நிகழ்ச்சி வட்டம்பாக்கம் கிராமிய அன்பர்கள்**

38. Participants Feedback



என் பெயர் டி. மீர்தாசா நான் ஏலம்பாக்கம்
 உறுபி கோத்த பண்பாக்கம் என் தந்தை கிராமத்தின்
 உரிசினான். எனக்கு தாய் செவ்வன் சூலமலக
 டணம் அழகு பெறுகிறேன். நான் எந்த
 ஒரு காலமும் தாய் உறந்து தாய் தாய் செவ்வு
 நெட்க்கினால் பெற்றுகொடுக்க முடியாது. தான்
 போக பந்தி தினமும் செவ்வன் அறைய
 உடல் தந்தை இருக்கிறது. எனக்கு தந்தை
 சூலமலக உடல் தந்தை டணம் அறைய
 பெற தாய் செவ்வன். என்னை டணமார்த்த
 தந்தை- பெறக்கொடுக்கிறேன்.

இப்படி.
 டி. மீர்தாசா



என் பெயர் திரா நான் வட்டப்பாக்கம்
 கிராமத்தில் வசிக்கிறேன். எனக்கு சர்க்கரைய நோய்
 100 - இன்சூலிடுக்டு 200 அளவுக்கு வந்து இருக்கு
 நான் தினசரி உடம்பியந்தி செய்கிறேன்.
 துவம் செய்கிறேன் சோமசுட்டம் டீயம் அமைதி
 அடைகிறது. இதன் சோமசுட்டம் நான் தோழியை வளர்க்கி
 அமைகிறது. இந்த என் விடயம் பதில்கள்
 உடன் டீயம் அமைதி பெறுகிறேன். இதனால்
 உடன் டீயம் டீயம் அமைதி பெறுகிறது.
 மீதம் தான்.

தீயமாகிடு.

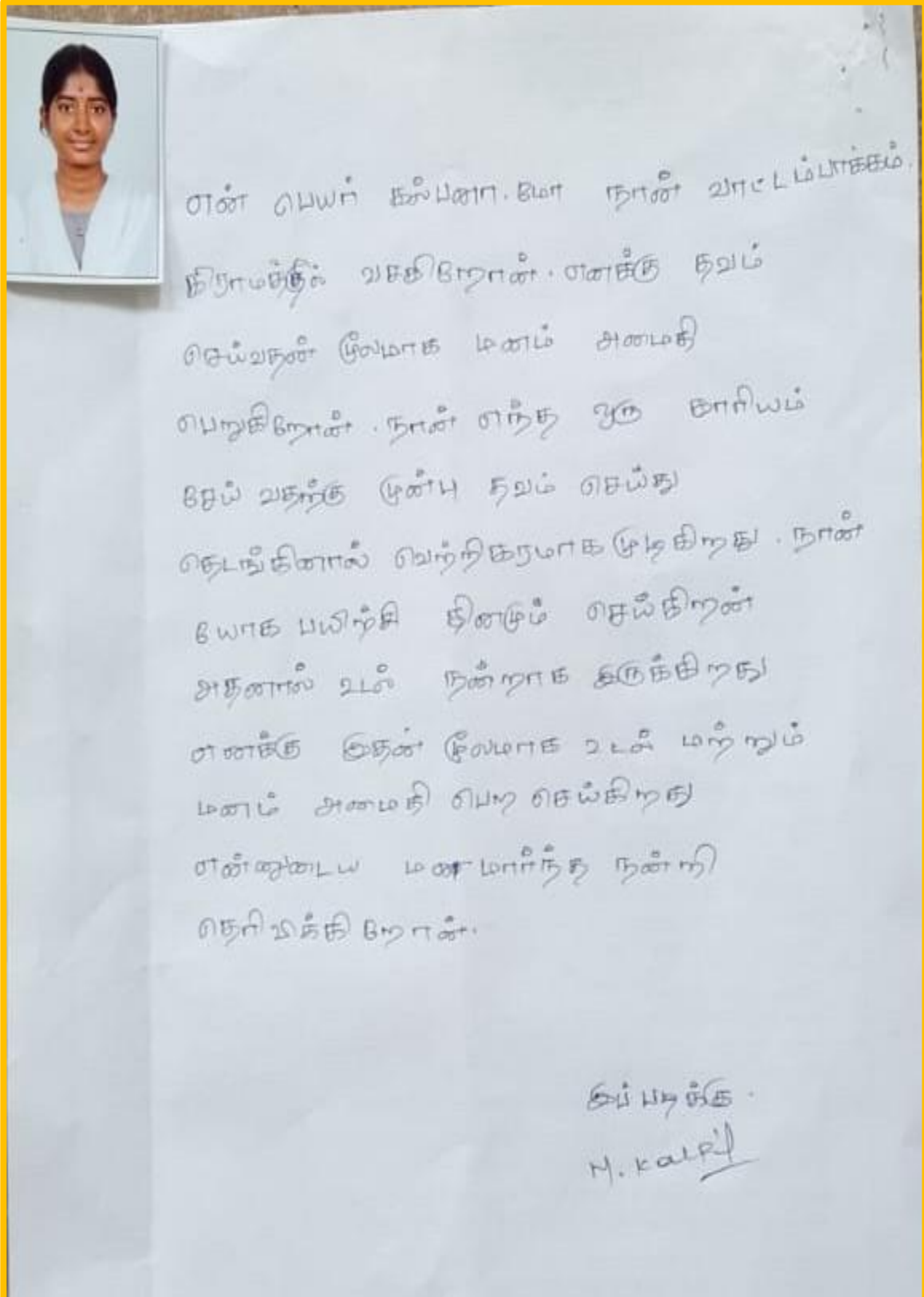
M. Deepa



ഞാൻ എന്റെ വാഹനങ്ങൾ ഉപയോഗിച്ചു
പരിഷ്കരിക്കാൻ ഏർപ്പെട്ടു. എന്റെ ഹെൽത്ത്
ലോക്കേഷൻ ഡ്രൈവ് ക്ലബ്ബ് ഉപയോഗിച്ച്.
എന്റെ വാഹനം പരിഷ്കരിച്ചു എന്റെ
കുടുംബത്തിന്. കഴിഞ്ഞ രണ്ട് മാസങ്ങൾ
പരിഷ്കരിക്കാനും അവർക്ക് ഞാൻ
എന്റെ ട്രൈഡ്രൈവ് ട്രൈഡ്രൈവ് എന്റെ
ക്ലബ്ബിന്. ദുരൂഹമായ ട്രൈഡ്രൈവ്
അവർക്ക് കൂടെ എന്റെ ട്രൈഡ്രൈവ്.
അതിൽ എന്റെ ട്രൈഡ്രൈവ് ഞാൻ
അവർക്ക് എന്റെ ട്രൈഡ്രൈവ്.

എന്റെ ട്രൈഡ്രൈവ്.

R. ഗോപാൽ





என் பெயர் S. Logeshaan. நான் உடம்பாக்கம்
 ஊராட்சி சேர்ந்த பணியாக்கம் என்
 கின்ற கிராமத்தில் உபகிரமன். எனக்கு
 சுவம் சப்சவன் சூலமாக மனம்
 அமைதி பெறுகிறேன். நான் எந்த
 ஒரு காரியம் சேர்ந்ததற்கு சூன் 4 சுவம்
 சுவம் சூலமாக மனம் பெற்றிருக்கிறேன்
 சூலமாக. நான் போக பயிற்சி திட்டம்
 சேர்ந்தேன் அதனால் உடல் நன்றாக.
 இருக்கிறேன் எனக்கு சூன் சூலமாக
 உடல் மந்தம் மனம் அமைதி பெற
 சேர்ந்தேன். என் ஊரடய மனமார்ந்த
 நன்றி தெரிவிக்கிறேன்

சூப்பதீசு.
 S. Logeshaan.

39. 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 Vattambakkam 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,

- Vattambakkam - D.Hariharan- 9283797564 & R.Umamaheshwari – 8870701714
- Katteri- E.Narmatha – 8925009068
- Panappakkam- R.Ramadas – 8778650114

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**.

40. Thanks Giving

On behalf of the VSP Directorate, we also place on-record our sincere thanks and best wishes to the **Renault Nissan Automotive India Private Limited (RNAIPL)**, Oragadam who provided CSR fund for the implementation of this project.

We express our sincere gratitude to our beloved WCSC President **PadmaShri Arulnithi.SKM.Maeilanandhan** who spearheads the activities of WCSC for transforming Mathur Village as the healthy and peaceful village. to the **office bearers of Kanchipuram Zone, the office bearers of 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.