

# RENAULT · NISSAN

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## WCSC-VILLAGE SERVICE PROJECT PALNELLUR VILLAGE KANCHEEPURAM DIST PROJECT COMPLETION REPORT

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## வேதாத்திரி கிராமம் ( பால்நெல்லூர் )

ஆதரவாளர் : ரெனால்ட் நிசான் ஆட்டோமோட்டிவ் இந்தியா



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## Contents

1. Introduction.....	4
2. About the Project .....	4
3. Aim of the Project and Key Objectives .....	5
4. Project Period.....	5
5. About Palnellur Village & Status .....	5
6. Course Report .....	6
7. Implementation Plan in Detail .....	7
8. Health and Wellness .....	9
9. Feasibility Studies.....	11
10. Project Monitoring.....	13
11. Inaugural Function: .....	14
12. SKY Activities Photos.....	15
13. Feedback Analysis Report .....	16
14. Project outcome & impact .....	18
15. Pre-Medical Camp.....	20
16. Post Medical Camp .....	20
17. Counselling Camp – 1.....	22
18. Counselling Camp – 2.....	23
19. Counselling Camp – 3.....	24
20. Counselling Camp – 4.....	24
21. Counseling camp – 5 .....	25
22. Women Empowerment Program & Dustbin Distribution .....	25
23. Naturopathy Camp-1 .....	28
24. Naturopathy Camp – 2.....	28
25. Naturopathy camp-3.....	29
26. Naturopathy camp- 4.....	30
27. Naturopathy Camp – 5.....	31
28. Student Motivation Camp – 1 .....	31
29. Student Motivation Camp – 2 .....	32
30. Student Motivation Camp – 3.....	32
31. Student Motivation Camp -4 .....	33
32. Student Motivation camp – 5 .....	33
33. Environment Awareness Program & Tree Planation .....	34
34. De-addiction Camp – 1.....	35
35. De addiction camp-2.....	35



36. De addiction camp – 3 .....36

37. International Yoga Day Celebrations .....36

38. Wife Appreciation Day .....37

39. Conclude Function .....38

40. Participants Feedback .....39

41. Project Sustainability and long-term impact .....44

42. Thanks Giving .....44



## **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 Palnellur Village near by Oragadam, Kanchipuram District.

## **2. About the Project**

Powered by the vision of guiding light, Vethathiri Maharishi, a sage who in his own lifetime rendered yeoman service to bring about positive change at the personal level through his teachings, WCSC carries on his inspiring legacy to bring about world peace. Today there are around **671 trusts and about 2112** sub-centres registered and affiliated to WCSC. WCSC is a non-religious, non-political and non-profitable spiritual organisation spread across India and other foreign countries like Japan, South Korea, Malaysia, Singapore, Sri Lanka and USA.

WCSC through VSP project adopt a village and organize a Nine working months capsuled program. Vethathiri Maharishi`s SKY Yoga (Simplified Kundalini Yoga) taught by well trained and dedicated SKY yoga teachers (a Gents and a Ladies ) who stay in the village and mingle with the people. In addition to the yoga teachings, various other programmes like health camp, student skill development programs, Naturopathy Camp, counselling sessions, women empowerment programs, de-addiction camp, Environment awareness, etc are also conducted by professionals bringing value addition to the project. This Project Inaugural function was held on 12.03.2024 in the presence of Mr. J.Swaminathan, Director Production Control & CSR Control, Renault Nissan Automotive India Private Limited and other officials of RNAIPL& WCSC.



### **3. Aim of the Project and Key Objectives**

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

- To educate the rural people about their healthcare, sanitation, sustainable livelihoods, community infrastructure development.
- To improve lifestyle of village people by imparting awareness program.
- To improve physical, mental and social health of the village people.
- Training on mind management and stress management.
- Creating awareness on rural development and encourage to address the issues.
- Creating awareness to improve the quality of life among the rural youth.
- To achieve the holistic development by imparting awareness program on education, health, skill development to women and youth and also on environment protection.

### **4. Project Period**

- The village service project (VSP) activities were started by way of inaugural function on **12<sup>th</sup> March 2024** at the Thanthondri Amman Temple, Palnellur.
- The WCSC-VSP project was thus operative for 7 calendar months (March-24 to Oct-24).

### **5. About Palnellur Village & Status**

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

Targeted Population – 527 (Excluding Children)

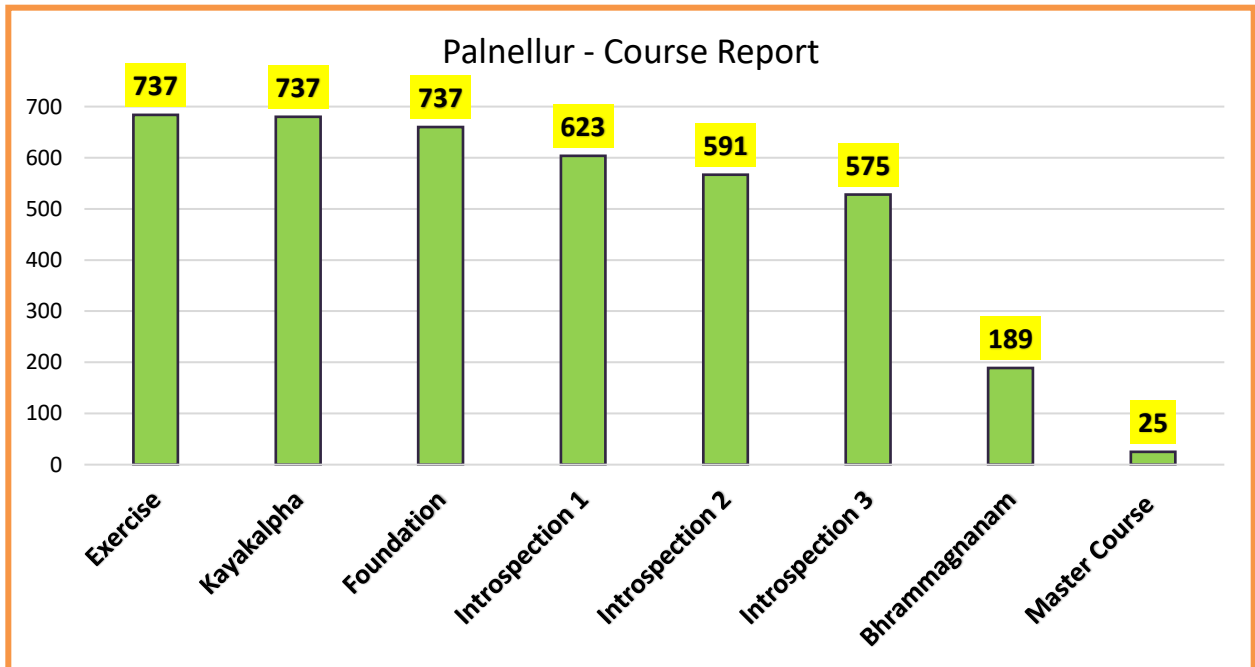
<b>S.No.</b>	<b>Gender (Adults) / Children</b>	<b>Number of Participants</b>
1.	Male	172
2.	Women	355
3.	Children below 14	209
<b>Total</b>		<b>736</b>



## 6. 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	PALNELLUR		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	MANGADU TRUST		
4.	PHYSICAL EXERCISE	Male -188	Female -549	<b>Total-737</b>
5.	KAYAKALPA	Male -188	Female -549	<b>Total-737</b>
6.	AGNAI	Male -188	Female -549	<b>Total-737</b>
7.	SHANTHI	Male -188	Female -549	<b>Total-737</b>
8.	THURIYAM	Male -188	Female -549	<b>Total-737</b>
9.	INTROSPECTION I	Male -162	Female -461	<b>Total-623</b>
10.	INTROSPECTION II	Male -150	Female -441	<b>Total-591</b>
11.	INTROSPECTION III	Male -149	Female -426	<b>Total-575</b>
12.	BRAHMAGNANAM in Aliyar	Male -46	Female -143	<b>Total-189</b>
13.	MASTER COURSE	Male -06	Female -19	<b>Total-25</b>
14.	EXERCISE BELOW 14 years of Age	Male -116	Female -128	<b>Total-244</b>



## 7. Implementation Plan in Detail

Project Activities Planned vs Actual				
S.NO	Projects Activities	Planned	Actual	Remarks
1	Inaugural Function & Cultural Program	12.03.2024	12.03.2024	Completed
2	Baseline questionnaire	15.03.2024	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	14.03.2024  05.10.2024	Male – 35 Female – 113 Total – 148  Male-32, Femal-88, Total- 120  Total Beneficiaries - 148
5	Counselling Sessions	5 camps – planned to be conducted from August 24 Onwards	1.30.04.2024 2.31.05.2024 3.25.06.2024 4.12.08.2024 5.10.09.2024	1. Male – 24, Female – 112 Total – 136 2. Male-10, Female-62, Total-72 3. Female-85, Total-85 4. Female-58 5. Male-30, Female-100, Total-130 Total - 481
6	De-Addiction Camp	5 camps – planned to be conducted from August 24 Onwards	1. 25.07.2024 2. 29.08.2024 3. 30.09.2024	1. Male-10, Female-120, Total -130 2. Male-10, Female-50, Total -60 3. Male-10, Female-59, Total -69 Total - 259
7	Students Motivation Camp	5 camps – planned to be conducted from August 24 Onwards	1.16.07.2024 2.31.07.2024 3.14.08.2024 4.04.09.2024 5.27.10.2024	1. 32 students 2. 45 students 3. 45 students 4. 45 students 5. 26 students Total - 193



8	Naturopathy Camp	5 camps – planned to be conducted from August 24 Onwards	1. 16.05.2024 2. 07.06.2024 3. 19.07.2024 4. 22.08.2024 5. 12.09.2024	1. Male – 8, Female –77, Total–85 2. Male-5, Female-69, Total-74 3. Male-03, Female –60, Total –68 4. Male-145, Female –178, Total – 323 5. Male-50, Female-114, Total - 164 Total-714
9	Environment Awareness programme	planned to be conduct July - 24	1. 18.06.2024	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	1. 10,11,12-06-2024 2. 08,09,10-07-2024 3. 16,17,18-09-2024	1. 50 2. 97 3. 41
11	Arulnithiyar - Interested villagers visit Aliyar and get the Brahmagnanam course.	Plan to attend July-24	1. 16,17,18 -08-2024	1. Male-06, Female –19, Total –25
12	Endline Questionnaire	Will be collected October - 24	30.09.2024	30 questionnaires collected
13	Documentary Feedback Shooting	1 Feedback Shooting	19.08.2024	Done
14	Conclude function including distribution of certificates	Planned to October -24	16.10.2024	Completed
15	Women Empowerment program - Tailoring Program	5 Months Planned to be conducted May - 24	09.05.2024 to 09.10.2024	124 women have joined and completed 5 months tailoring classes. 124 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 FOURTH MONDAY.	1. 25.03.2024 2. 20.05.2024 3. 17.06.2024 4. 24.06.2024 5. 08.07.2024 6. 22.07.2024 7. 02.09.2024 8. 30.09.2024	
17	Project feedback analysis and reports	Planned to October - 24	16.10.2024	Enclosed



## 8. 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.



## 9. Feasibility Studies

1	Village Name	Palnellur
2	Zone	Kancheepuram
3	Trust	Mangadu MVKM Trust
4	Panchayat	Palnellur
5	District	Kancheepuram
6	Taluk	Thiruperumputhur
7	Executive Officer	Ms.Devi - 9884204768
8	Village President & Vice President	President - Mr.Nehru - 9444111340
9	Ward Member	Muniyammal, Annalakshmi, Bakyalakshmi, Srinivasan, Babu, Priya
10	Village Population	2340 - M-1150 F-1190
11	No. Of House	900
12	Is there a colony area?	Yes (2)
13	Name of the nearest school, Number of students	3- Govt. Elementary School -25, 40,14
14	Primary Health Centre	Vallam
15	Venue of the Opening Ceremony	Thanthonerry Amman Koil
16	Place of Yoga Training	School & Temple
17	Time of Yoga Training	Full Time
18	Date of Inaugural of VSP	12.03.2024
19	Date of Concluding of VSP	08.11.2024



20	Sponsor Name	RNAIPL
21	No of volunteers and contact numbers (showing interest on the project in pre-discussion)	1. Mr.Nehru - 9444111340 2. Mr.Ravichandran - 9080587603 3. Ms.Mary - 9787014267 4. Mr.Marimuthu - 9080317053 5. Ms.Bharathi - 9548842719 6. Mr.Nagarathinam - 8939065762
22	Village SKY Sub-Centre In-charge Name	A.Ponnurangam-9940783759 P.Amutha - 9941966041
23	No.of Communities having more than 50 nos	SC - 50% Others - 50%
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 village last 2 year ( by Govt./NGO/individuals)	Royal Enfield
28	No.of people living in the village below poverty line	50%
29	Average per capital income of the village people	1,20,000 per year
30	Is there any historic/touristic place available in this village?	No
31	Sources of income of villagers (Agri/business/daily wages/salaried employees)	Agri Daily wages Company

## 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 <sup>th</sup> 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.

## 11.Inaugural Function:

The inaugural function was held on 12<sup>th</sup> March 2024 at Palnellur Thanthondri Amman temple Campus, Palnellur. The function started with flag hoisting by Mr. Vijayakumar, DGM & RNAIPL Employees

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.



## 12.SKY Activities Photos



## 13.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

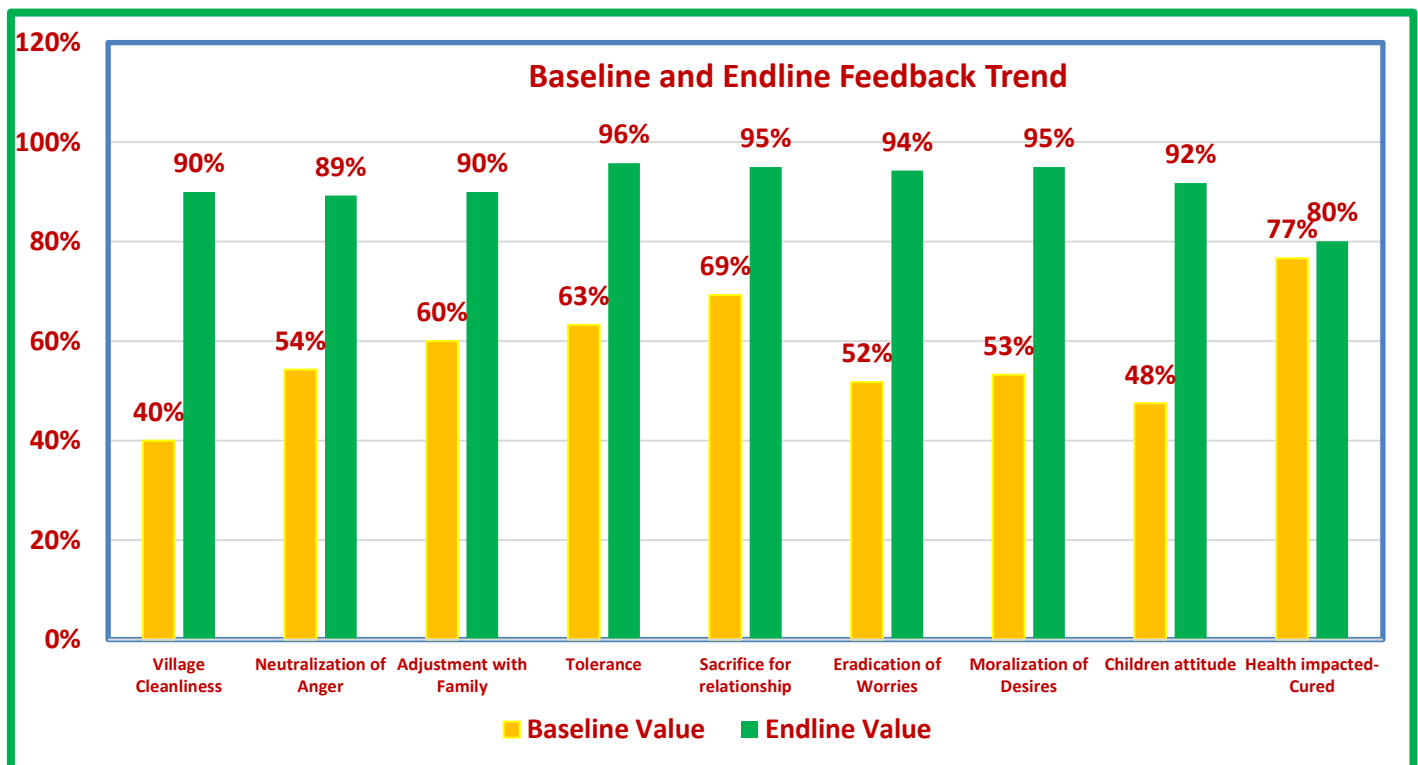
S.No.	Inference
1	100% (512) of the Participants are depressed either due to self or family or society
2	60% of the participants not have family peace, 40% of the participants only have family peace.
3	56% of the participants are new to meditation. 44% of the participants only do meditation on day-to-day 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 Questionnaires Result Inference

S.No.	Inference
1	100% of the Women participants are satisfied with their tailoring skills developed.
2	Around 97% of the participants mental health has calmed due to the SKY Meditation
3	95% of the participants are benefitted with the exercises and leading a healthy life
4	95% of the participants are able to moralize their desire to be contented
5	94% of the participants are able to eradicate worries and maintain a healthy life
6	93% of the participants are out of the depression compared to before joining the program
7	93% of the participants are satisfied with their children education and attitude
8	83% (439) of the participants have made progress in family peace
9	Due to SKY Exercises and meditation-422 participants cured of Migraine and Headache, 299 participants cured of Asthma and Breathing Problem, 193 participants cured of Joint pain, 105 participants cured of sugar problem, 105 participants cure of ulcer, 70 women participants cured of menstrual Problem (PCOD), 53 participants cured of cholesterol.
10	<b>100% of the participants are happy with the VSP Programme compared to only 42% before joining the program</b>



## 14. Project outcome & impact

- 684 participants benefitted from the Yoga classes
- 189 beneficiaries participated and became Brahmagyanis to carry the program forward and sustain it in the village
- 25 beneficiaries have been trained as Arulnithiyars. 10 more will be trained in future
- 1814 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.



## 15.Pre-Medical Camp

Pre medical was held on 14.03.2024 at Palnellur village by SRM Hospitals. Gents -32, Ladies -90, Total- 122 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.



## 16.Post Medical Camp

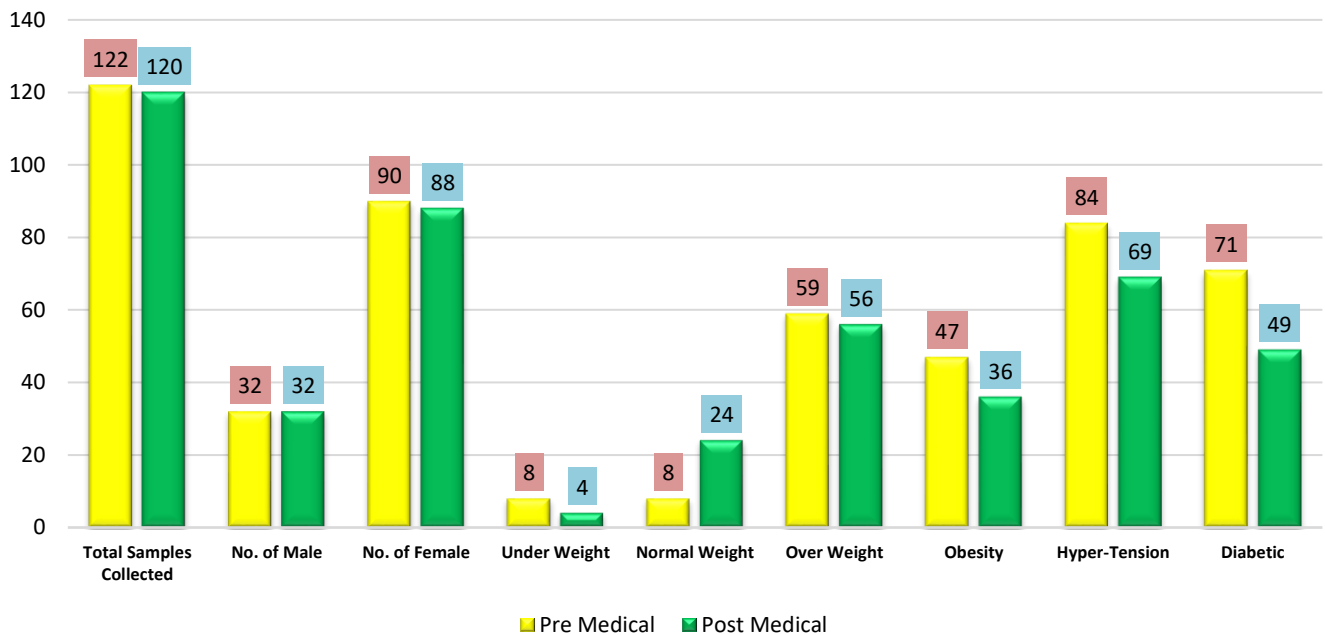
Pre medical was held on 05.10.2024 at Palnellur village by SRM Hospitals. Gents -32, Ladies -88, Total- 120 villagers participate in this camp.

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	122	120	-
2	No. of Male	32	32	-
3	No. of Female	90	88	-
4	Under Weight	8	4	4 underweight people get normal weight
5	Normal Weight	8	24	24 people get normal weight
6	Over Weight	59	56	3 people reduce weight from overweight to normal weight
7	Obesity	47	36	9 people reduce weight from obesity to normal weight
8	Hyper-Tension	84	69	15 people cured of hyper tension
9	Diabetic	71	49	22 people cured of Diabetics

### Pre and Post Medical Camp Report



## 17.Counselling Camp - 1

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Palnellur Village on 30.04.2024. Gents-24, Ladies- 112, Total-136 and Individual counselling 18 villagers were participating the counselling session. The five elements of happiness

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



## 18.Counselling Camp - 2

Counselling camp was conducted By Phycologist Mrs.Latha at Palnellur Village on Male-10, Female-62, Total-72 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.



### 19.Counselling Camp – 3

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Palnellur Village on 25.06.2024, Ladies-85 and Individual counselling 10 villagers were participating the 2-counselling session.

#### The Power of Positive Thinking

Positive thinking is a mental attitude that admits into the mind thoughts, words and images that are conductive 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.



### 20.Counselling Camp – 4

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Palnellur Village on 12.08.2024, Ladies-58 and Individual counselling 5 villagers were participating the session. This session taught how to manage anger.





## 21. Counseling camp - 5

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Palnellur Village on 10.09.2024, Male-30, Female-100, Total-130 and Individual counselling 10 villagers were participating the session. This session taught about Family peace & maintain family relationship. Nissan official also participated in this camp.



## 22. Women Empowerment Program & Dustbin Distribution

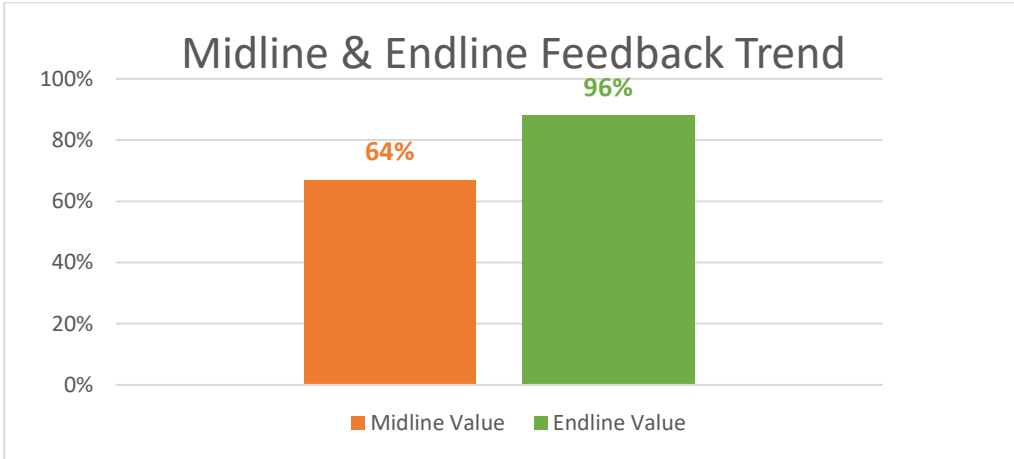
Tailoring programme was inaugurated by Renault Nissan officials on 09.05.2024 at Palnellur Village. 5 tailoring machines issued for tailoring classes. Until now 124 village Women joined the tailoring class. 20 plastic dustbins handover to village president to segregate bio & non-bio degradable wastes 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 Palnellur Village was inaugurated by Mrs. Uvarani, Asst Manager of CSR RNAIPL and RNAIPL and other officials of RNAIPL & WCSC.	Females- 124 participated actively.
2.	End Date 09.10.2024	<p><b>First Month:</b> Embroidery Basic, Hand Kerchief, Shots, Nicker.</p> <p><b>Second Month:</b> Plain Petticoat, Fril petticoat, Frock.</p> <p><b>Third Month:</b> In skirts, Pattu pavadai for Children</p> <p><b>Forth Month:</b> Chudidar 2 &amp; Pant 3 types (Patiala, semi Patiala, Gathering)</p> <p><b>Fifth Month:</b> 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><b>Total :124</b> women successfully completed the skill training program</p>
3.		<b>124 participants</b> were issued certificates by Tamil Nadu SDC (Skill Development Corporation in collaboration with WCSC (World Community Service Centre)	

### 23. Naturopathy Camp-1

Naturopathy camp was held on 16.05.2024 at Palnellur village conducted by Dr.Palanivel. Male - 08, Female –77, Total –85 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.



### 24. Naturopathy Camp – 2

Naturopathy camp was held on 07.06.2024 at Palnellur village conducted by Dr.Palanivel. Male-04, Female –51, Total –55 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.





### 25.Naturopathy camp-3

Naturopathy camp was held on 19.07.2024 at Palnellur village conducted by Dr.Palanivel. Male-03, Female –60, Total –68 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.



## 26.Naturopathy camp- 4

Naturopathy camp was held on 22.08.2024 at Palnellur village conducted by Dr.Palanivel. Male-145, Female -178, Total -323 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



## 27.Naturopathy Camp – 5

Naturopathy camp was held on 12.09.2024 at Palnellur village conducted by Dr.Palanivel. Male-50, Female-114, Total -164 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



## 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 16.07.2024 at Palnellur village by Mrs. Latha from Exnora. 32 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 31.07.2024 at Palnellur village by Mrs. Latha from Exnora. 45 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 14.08.2024 at Palnellur village by Mrs. Latha from Exnora. 45 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





### Student Motivation Camp -4

Student Motivation Programme is conducted on 04.09.2024 at Palnellur village by Mrs. Latha from Exnora. 45 village school students participate in this camp.

Build close relationships. ...

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



### 31. Student Motivation camp – 5

Student Motivation Programme is conducted on 27.10.2024 at Palnellur village by Mr. Atchuthan. 26 village school students participate in this camp. Drawing session conducted this camp.



## 32.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.

Ms.Bhuvanewari, Environment Team, RNAIPL explained about Environment awareness, Global warming, reduction of plastics, water saving and importance of Tree plantation to village school students



### 33.De-addiction Camp – 1

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Palnellur Village on 25.07.2024. Male-10, Female-120, Total -130 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 Palnellur Village on 29.08.2024. Male-10, Female-50, Total -60 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.



### 35. De addiction camp – 3

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Palnellur Village on 30.09.2024. Male-10, Female-59, Total -69 members villagers participate in this camp.



### 36. International Yoga Day Celebrations

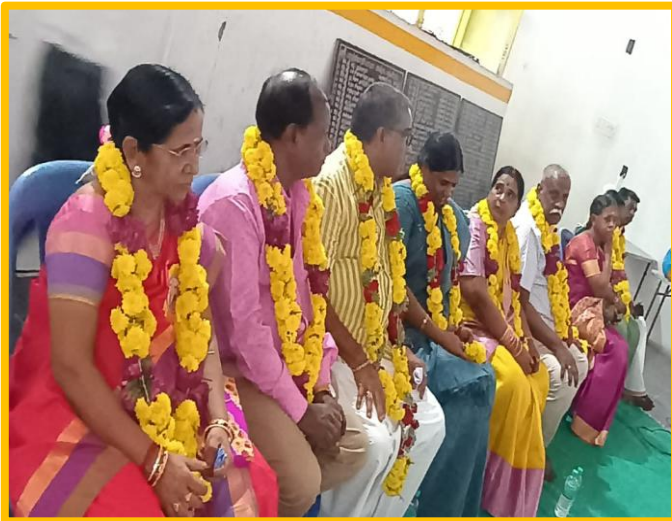
International Yoga Day celebrated on 21.06.2023 at Palnellur village Govt school. 100 School students & 75 villages participated this yoga day celebration. Village president, school head master, teachers are participated the international yoga day.



## 37. Wife Appreciation Day

Wife appreciation day celebrated on 22.09.2024 at palnellur village. 74 Village couples and 168 village people participated in this function.

Vethathiri Maharishi's wife Annai Logambal Birthday is celebrated as a Wife Appreciation Day (August 30<sup>th</sup>). Although a woman is in many relational positions like mother, daughter, sister, but only when she comes in the position of wife, our life reaches a special level. In the life of a single person, only after the bond of marriage is formed, all the specialness comes. So, to highlight them, the wife appreciation nomination ceremony is celebrated.



### 38. 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 **08<sup>th</sup> November 2024**. **Mr.V.M.Keerthi Prakash**, Managing Director, RNAIPL was the chief guest for 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 :

**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.

செல்வி. **தேவி** அவர்கள், பஞ்சாயத்து செயலர், பால்நெல்லூர்.

பேரா. **S.திவ்யா** அவர்கள், செயலர், மாங்காடு மனவளக்கலை மன்றம் அறக்கட்டளை.

பேரா. **A.மணி** அவர்கள், துணைத்தலைவர் VSP, மாங்காடு மனவளக்கலை மன்றம் அறக்கட்டளை.

6.05 மணி : விருந்தினரை கௌரவித்தல்

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

6.20 மணி : முன்னிலையுரை : திரு. **நேரு** அவர்கள் ஊராட்சி மன்றத் தலைவர், பால்நெல்லூர்.

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**  
**பால்நெல்லூர் கிராமிய அன்பர்கள்**

7.30 மணி : நன்றியுரை : பேரா. **C. கல்யாணி** அவர்கள், நிர்வாக அறங்காவலர், மாங்காடு மனவளக்கலை மன்ற அறக்கட்டளை.

உலக நல வாழ்த்து

## 39. Participants Feedback

உறுத்த உறையகம்

உறுத்த உறையகம்

செவதாந்திரி மகரிஷி புகழ் உறுத்த.

என் பெயர் அனிரா நாமன்  
நான் பால்காஷ்யா கிராமத்தில் வசித்து  
வருகிறேன். எங்கள் கிராமத்தில் யோகா உறையகம் பதிவு  
மாண்புமிகு நடைமுறை கடைபிடிக்கிறது. சண்டி சீனிவாச  
மாடு பயிற்சியில் மட்டுமே என்னால் கலந்துகொள்ள முடிந்தது.  
நான் மிகவும் மூல உறுத்திட்டுடன் இருக்கிறேன். யோகா பயிற்சி  
மேலும் மூல அமைதி பெறவேண்டும். கிராமம் மூல உறையகத்தை  
நியுணர்வின் அறிவுரை, மீறும் கியந்தக உறுத்திட்டுவரின்  
மருத்துவ ஆலோசனைகளை பெறவேண்டும். அத்துடன்  
செவதாந்திரி பயிற்சியும் கற்றுக் கொள்ளவேண்டும். இதற்கான  
செவதாந்திரிக்கு உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
மேலும் அறிவுரைகளை (அறையகத்தாரின்) திருவாராயர்.  
உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
துறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
மூலமறிந்து நடைமுறை கடைபிடிக்க கொள்கிறேன். உறுத்திட்டுவரின்  
உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
'ரேணாமிட நிகழ்வு' மாங்காடு அறையகத்தை குறுத்திட்டுவரின் -  
பால்காஷ்யா உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
நடைமுறை கடைபிடிக்க கொள்கிறேன். உறுத்திட்டுவரின்  
உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின் உறுத்திட்டுவரின்

உறுத்திட்டுவரின் உறுத்திட்டுவரின்  
Smithanavalan







வாழ்க வாய்க்கும்

வாழ்க வளமுடன்



வணக்கம் என் பெயர் K. வசந்த் என பாலிதெலிஷன்  
 கீராமத்திலி வசத்து அருகேயுடன். எங்கள் வளிலி  
 உறு மனமாத மனவளக்கலை sky யோகா  
 வகுப்பு நடைபெற்றுக்கொண்டிருக்கிறது. இந்த  
 யோகா வகுப்பிற்கு சக்தி பிழை எண்கள் என்  
 உடலை சரியாக பாதித்து கொண்டிருக்கின்றன  
 என்னை சான்றும் உருகிறது. பிழை அங்குள்ள சுகலிவி  
 கொண்டிரு உடற்பயிற்சி, காயகலிபம், தலி மேன்  
 பயிற்சிகளால் எனது மூட்டு வலி, மூக்க தண்டலி  
 சரியானது. பிழை என கணவரை உடற்பயிற்சி கற்றுக்  
 கொண்டிருப்பது கெட்டுக்கொண்டேன். அவருக்கு வகுப்பு  
 யோகா வகுப்பு சக்தி உடற்பயிற்சி கற்றுக்கொண்ட  
 என் மகனும் என்னுடன் யோகா வகுப்பிற்கு வந்து  
 அசுரிசைய ஜெயந்த அடையலின் உறையடலை  
 கெட்டு உணவிலி சக்தி நன்றி பெருகளை  
 தளபிட உண்கும் என்னை சான்றும் உருவானது.  
 இத்தகைய சக்தி பயிற்சியை சக்திக்குகொடுத்து  
 எங்கள் வாழ்விலி உடலி அடையலிக்கு வகு  
 க்குணையாக இருந்த ஜெயந்த அடையலிக்கு, ஜெய  
 உறையடலை ஐயாவிற்கு நன்றி சுகலிவி இந்த யோகா  
 வகுப்பு அருகேயுக்கு காரணமாக இருந்த சுகலிவி நன்றி  
 நன்றிக்கு நன்றி சுகலிவி கெட்டுக்கொண்டிருக்கிறது.

இப்படிக்கு,

K. வசந்த்

வாழ்க வளமுடன்.

10-10-2024



உள்துறை அமைச்சர் என். வி. வி. சுவாமிநாதன்

நான் பஸ்நிலையம் சாலைக்குள் கிராமத்தில் வசிக்கின்றேன். எங்கள் கிராமத்தில் கடந்த சில மாதங்களாக நிகழும் கம்பனிவாசலால்.

"மனவளத்தை மேம்படுத்தும் கிராமிய சேவை திட்டம் நடைபெற்று -  
-கொண்டிருக்கிறது. நான் அதில் பங்கேற்று எல்லா பயிற்சியை  
-யும் கற்றுக்கொண்டேன். இதன் மூலம் என்னைக்கொரு நேரத்தில்  
நல்ல லாபத்தை நான் உண்டாக்கின்றேன். எனது பிள்ளை நல்ல  
சிறுவன் அறிந்திருக்கிறேன். இதன் மூலமாக சிறிய  
அறிந்திருக்கிறேன். நல்ல மனநிலையை பெற இது உதவுகிறது.  
உடல்நீதியை என்னை நல்ல மனநிலையை பெற இது உதவுகிறது.  
மனவளத்தை மேம்படுத்தும் திட்டத்தின் மூலமாக நான் பெறும்  
அன்பைப் பற்றி நான் கீழ்க்கண்ட பயிற்சியை நான் பெறும்  
செய்தலால் எனது பிள்ளை நல்ல மனநிலையை அடைந்து உண்டாகும்.  
என்னை சிறந்தவர்களை இந்த லாபத்தை கண்டு எல்லா நன்றி  
படி நுகர்கிறது. இந்த அறிந்தவர்களை மூலம் என்னை சிறந்தவர்களை  
சிறிய W.C.S.C நிறுவனத்தில் என்னை சிறந்தவர்களை  
நன்றி.

*Tharipalath*



#### **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 Palnellur 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,

- A/N. A. Ponnurangam-9940783759
- A/N. P.Amutha – 9941966041

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**.

#### **41. 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.

