RENAULT NISSAN AUTOMOTIVE INDIA PRIVATE LIMITED

WCSC-VILLAGE SERVICE PROJECT

KOLATHUR

KANCHEEPURAM DIST

PROJECT REPORT

வாழ்க வையகம்



வாழ்க வளமுடன்

RENAULT NISSAN
AUTOMOTIVE INDIA PRIVATE LIMITED

உலக சமுதாய சேவா சங்கம்

கிராமிய சேவைத் திட்டம்

கொளத்தூர் கிராமம்

அனுமதி இலவசம்

முழுமை நல வாழ்விற்கு மனவளக்கலை யோகா

நோக்கம் : ஆரோக்கியமான அமைதி கிராமம்

ஆதரவாளர் : ரெனால்ட் நிசான் ஆட்டோமோட்டிவ் இந்தியா

Contents

1. Introduction....4
2. About the Project....4
3. Aim of the Project and Key Objectives....5
4. Project Period....5
5. About Kolathur Village & Status....5
6. Course Report....6
7. Implementation Plan in Details....8
8. Health and Wellness....10
9. Feasibility Studies....12
10. Project Monitoring....15
11. Inaugural Function:....16
12. SKY Activities Photos....17
13. Pre-Medical Camp....18
14. Post-Medical Camp....18

Pre and Post Medical Camp Report....19

Health Assessment Summary....19

1. Observed Results....19
2. Key Highlights....19
3. Overall Observation....19
4. Conclusion....19

5. Feedback Analysis Report....20
6. Project outcome and impact....21
7. Environment Awareness Program & Tree Planation....23
8. Women Empowerment Program -Tailoring Course....25
9. Counselling Camp 1....27
10. Counselling Camp 2....27
11. Counselling camp 3....28
12. Counselling Camp 4....28
13. Counselling camp 5....29
14. Naturopathy Camp 1....29
15. Naturopathy Camp – 2....30
16. Naturopathy camp -3....30
17. Naturopathy camp 4....31

18. Naturopathy Camp 5 31
19. Student Motivation Camp 1 32
20. Student Motivation camp – 2 32
21. Student Motivation camp – 3 33
22. Student Motivation camp 4 34
23. Student Motivation camp -5 34
24. De addiction camp -1 35
25. De addiction camp 2 36
26. Internet & Phone Addiction Awareness Camp 36
27. Conclude Function 37
28. Participants Feedback 38
29. Project Sustainability and long-term impact 42
30. Thanks Giving 42

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 Memorandam of Understanding was reached on **02.06.2025** between World Community Service Centre (WCSC) and Renault Nissan Automotive India Private Limited (RNAIPL), Oragadam for implementation of Village Service Project in Kolathur 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 **401 trusts and about 2171** sub-centres registered and affliated 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 09.07.2025 in the presence of **Mr. Kesavan.S, 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 Memorandam 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 enviornment protection.

4. Project Period

- The village service project (VSP) activities were started by way of inaugural function on **10th July 2025** at the Primary Health Centre, Kolathur Village.
- The WCSC-VSP project was thus operative for 7.5 calendar months (July-25 to Feb-26).

5. About Kolathur Village & Status

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

Targeted Population – 519 (Excluding Children)

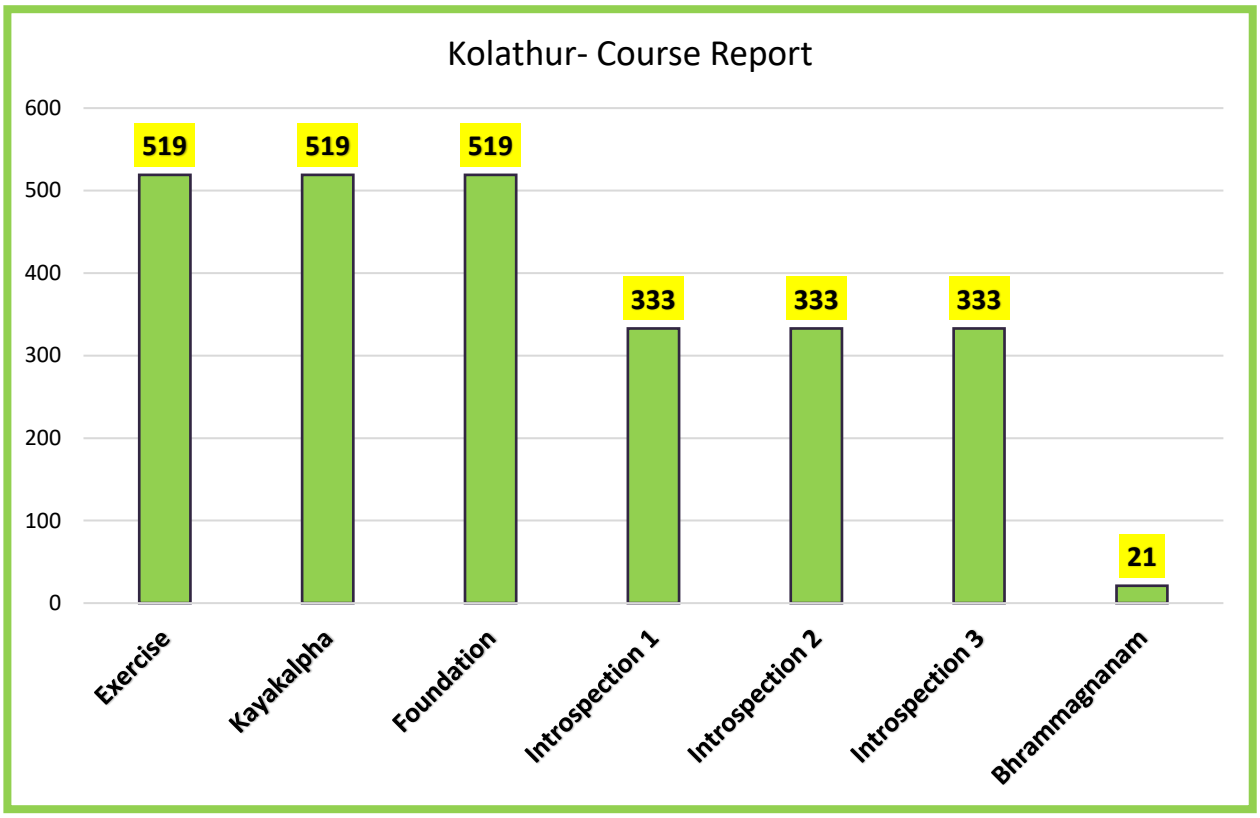
S.No.	Gender (Adults)/Children	Number of Participants
1.	Male	167
2.	Women	352
3.	Childrenbelow14	116
Total		**635**

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	KOLATHUR		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	MARAIMALAINAGAR		
4.	PHYSICAL EXERCISE	Male–115	Female–404	**Total-519**
5.	KAYAKALPA	Male–115	Female–404	**Total-519**
6.	AGNAI	Male–115	Female–404	**Total-519**
7.	SHANTHI	Male–115	Female–404	**Total-519**
8.	THURIYAM	Male–115	Female–404	**Total-519**
9.	INTROSPECTION I	Male–71	Female–262	**Total-333**
10.	INTROSPECTION II	Male–71	Female–262	**Total-333**
11.	INTROSPECTION III	Male–71	Female–262	**Total-333**
12.	BRAHMAGNANAM in Aliyar	Male–03	Female–18	**Total-21**
13.	EXERCISEBELOW14 years of Age	Boys–56	Girls–60	**Total-116**


Kolathur- Course Report
600
500
400
300
200
100
0
519
519
519
333
333
333
21
Exercise
Kayakalpha
Foundation
Introspection 1
Introspection 2
Introspection 3
Bhrammagnanam

7. Implementation Plan in Details

Project Activities Planned vs Actual				
S.NO	**Projects Activities**	**Planned**	**Actual**	**Remarks**
1	Inaugural Function & Cultural Program	10.07.2025	10.07.2025	On going
2	Baseline questionnaire	12.07.2025	12.07.2025	30 questionaries received Report attached
3	SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers	July 2025 to Feb -2026	July 2025 to Feb -2026	Completed
4	Medical camp	Pre medical camp Post Medical Camp will be conducted jan 2026	1. 31.08.2025 2. 20.01.2026	Male – 50 Female – 53 Total –103 Male-10 Female-18 Total- 28 Total Beneficiaries -131
5	Counselling Sessions	5 camps – Completed	1. 11.08.2025 2. 04.09.2025 3. 14.10.2025 4. 13.11.2025 5. 18.12.2025	1. Gents-03, Ladies- 23, Total-26 2. Gents-08, Ladies-18, Total-26 3. Gents-07, Ladies-21 Total -28 4. Gents-04, Ladies-41 Total -44 5. Gents-06, Ladies-60 Total -66 Total Beneficiaries-190
6	De-Addiction Camp	3 Camps Completed	1. 22.09.2025 2. 17.10.2025 3. 18.11.2025	1. Gents -2, Ladies -43, Total – 45 2. Gents -2, Ladies -15, Total – 17 3. Gents -7, Ladies -32, Boys-21, Girls-28, Total –88 Total Beneficiaries-150
7	Students Motivation Camp	5 camps – Completed	1. 20.08.2025 2. 14.09.2025 3. 26.10.2025 4. 26.11.2025 5. 30.12.2025	1. Girls-18, Boys-14 Total-32 2. Boys-19, Girls-11 Total – 30 3. Boys-11, Girls-14 Total – 25 4. Girls-16, Boys-18, Total-34 5. Girls-13, Boys-12, Total-25 Total Beneficiaries- 146

8	Naturopathy Camp	5 camps – completed	1. 12.08.2025 2. 15.09.2025 3. 26.10.2025 4. 25.11.2025 5. 12.12.2025	1. Female -18 2. Male-02, Female–41 Total-43 3. Male-08, Female–33, Total –41 4. Male-08, Female–33, Total –41 5. Male-02, Female–39, Total –41 Total Beneficiaries- 184
9	Environment Awareness programme	planned to be conduct	30.07.2025	Completed
10	Brahmagnanam –Interested villagers visit Aliyar and get the Brahmagnanam course.	Plan to attend Sep 25	28 Nov 25 to 30 Nov 2025	21 Villagers participated.
11	Endline Questionnaire	Will be collected Feb 2026	26.01.2026	30 questionnaires collected
12	Documentary Feedback Shooting	1 Feedback Shooting	03.12.2025	Done
13	Conclude function including distribution of certificates	Planned to Feb - 26	10.02.2026	Completed
14	Women Empowerment program - Tailoring Program	5 Months Planned to be conduct	30.07.2025	29 women have joined and Practice 5 months tailoring classes in Kolathur Village 24 women have joined and Practice 5 months tailoring classes in Venbakkam Village
15	Project review meetings and meetings with RNAIPL	Meeting Planned with RNAIPL - (July 2025 – 24 to Feb 2026) EVERY MONTH ALTERNATIVE WEEK WEDNESDAY	1. 16.07.2025 2. 30.07.2025 3. 13.08.2025 4. 10.09.2025 5. 24.09.2025 6. 08.10.2025 7. 22.10.2025 8. 05.11.2025 9. 19.11.2025 10. 17.11.2025 11. 17.12.2025	
16	Project feedback analysis and reports	Planned to Feb 2026		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 Though
- Realization of Self

Introspection I – Meditation on elements and planets; Meditation on the five senses, Philosophy of Life; Analysis of Though; 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 Magnetismm; 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

	WCSC - VSP - Details of the selected village	
1	Village Name	Kolathur
2	Zone	Kancheepuram
3	Trust	Maraimalainagar
4	Panchayat	Kolathur Panchayat
5	District	Chengalpattu
6	Taluk	Chengalpattu
7	Executive Officer	Mr.Arumugam
8	Village President & Vice President	Ashoka Dhanasekaran Cell: 9842212019
9	Ward Member	Mr.Chakrapani, Mrs.Saraswathi, Mrs.Lakshmi, Mr.Sarath, Mr.Ramu
10	Village Population	3000
11	No. Of House	800
12	Is there a colony area?	Yes, 2
13	Name of the nearest school, Number of students	Govt. Elementary School - 98 Govt. Elementary School - 120
14	Primary Health Centre	Reddypalayam
15	Venue of the Opening Ceremony	Opposite to Panchayat Office
16	Place of Yoga Training	1. Library 2. Library 3. VPRC building

17	Time of Yoga Training	Full Time
18	Are there SKY Persons and Arulnithiyar in the Village?	No
19	P.Hd., & M.Phil Student	No
20	Live telecast - Local Channel Tv Name	Nil
21	Sponsor Name	RNAIPL
22	Network Signal	Available
23	**Executive Committee Members**	
	1. VSP - Joint Director/ Coordinator	Prof. G. Balamurugan, 9486014179
	2. Zone - President/ Secretary/ VSP- Vice President	Prof. S. Mayilmurugan, PH: 9841087790, Asst.Prof.V.Uma mageswaran Prof. K. Kathavarayan, Ph:80722 26463
	3. Trust -President/ Secretary/ VSP- Vice President	
	4. Professors	Prof.Uma Asst.Prof.Sanjoy
24	**Development Committee Members**	
	1. Village President and Member	1. Ashoka Dhanasekaran - 9842212019 2. Mrs. Kalavathy 3. Mrs.Banupriya - 7867807622 4. Antony
	2. School Head Master	
	3. Women's - SHG Coordinator	
	4. Doctor, Nurse	
	5. Important Persons in Village	
25	No of volunteers and contact numbers (showing interest on the project in pre-discussion)	To be selected
26	No.of Communities having more than 50 nos	SC, BC, ST, & MBC

27	what are all the registered trust/societies in this village ?	Nil
28	What are all the youth organisations/ youth development functions available?	Nil
29	How many people affected with long-term illness as per PHC data(Diabetes/BP/Thyroid/heart or kidney disease etc.)	10%
30	Projects implemented in this village last 2 year (by Govt./NGO/individuals)	SRM college - Tree plantation
31	No.of people living in the village below poverty line	132%
32	Average per capita income of the village people	Per Family 2 lakhs pr year
33	Is there any historic/touristic place available in this village?	Nil
34	Sources of income of villagers(Agri/business/daily wages/salaried employees)	Agriculture Daily wages

10.Project Monitoring

Members	Time interval	Actuals	Duties
President and Secretary of the Zone	15 days Once	President of the zone - Prof.MayilMurugan, Secretary of the zone – Asst.Prof.V.Uma mageswaran 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	25th 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 10th July 2025 at Kolathur village Sri Kundaleeswarar Temple Campus. The function started with flag hoisting by Mr.Kesavan.S 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.Pre-Medical Camp

Pre medical was held on 31.08.2025 at Kolathur village by Mothoot Finance Medical Team. Gents -50, Ladies -53, Total- 103 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.





14.Post-Medical Camp

Pre medical was held on 20.01.2026 at Kolathur village by VSP Medical Team. Gents -10, Ladies -18, Total- 28 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.





Pre and Post Medical Camp Report

Health Assessment Summary

A medical assessment camp was conducted to evaluate key health indicators of participants. The following parameters were measured using body composition and basic medical screening tools.

1. Observed Results

A total of **12 health categories** were analysed. The outcomes show encouraging improvements across most parameters.

2. Key Highlights

- **BMI** – 13 participants showed *Improvement*
- **Body Fat** – 14 participants remained *Stable*
- **Body Water** – 5 participants showed *Improvement*
- **Visceral/Vascular Fat** – 15 participants showed *Improvement*
- **Subcutaneous Fat** – 4 participants showed *Improvement*
- **Protein Mass** – 26 participants recorded *Excellent* levels
- **Obesity Level** – 12 participants remained *Stable*
- **Muscle Mass** – 16 participants were in the *Normal* range
- **Visceral Fat** – 14 participants were *Normal*
- **Blood Sugar** – 23 participants showed *Reduced* levels
- **Blood Pressure** – 14 participants were *Normal*
- **BMR (Basal Metabolic Rate)** – 5 participants recorded *Excellent* levels

---

3. Overall Observation

The camp results indicate **positive health outcomes**, especially in:

- Protein Mass
- Blood Sugar reduction
- BMI improvement
- Fat composition
- Blood Pressure normalization

Most participants either **improved or maintained normal/stable health levels**, reflecting the effectiveness of lifestyle awareness and monitoring.

---

4. Conclusion

The medical camp successfully identified health status across multiple parameters and demonstrated encouraging improvements among participants. Continued follow-up, diet guidance, and regular monitoring are recommended to sustain these results.

5. 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.

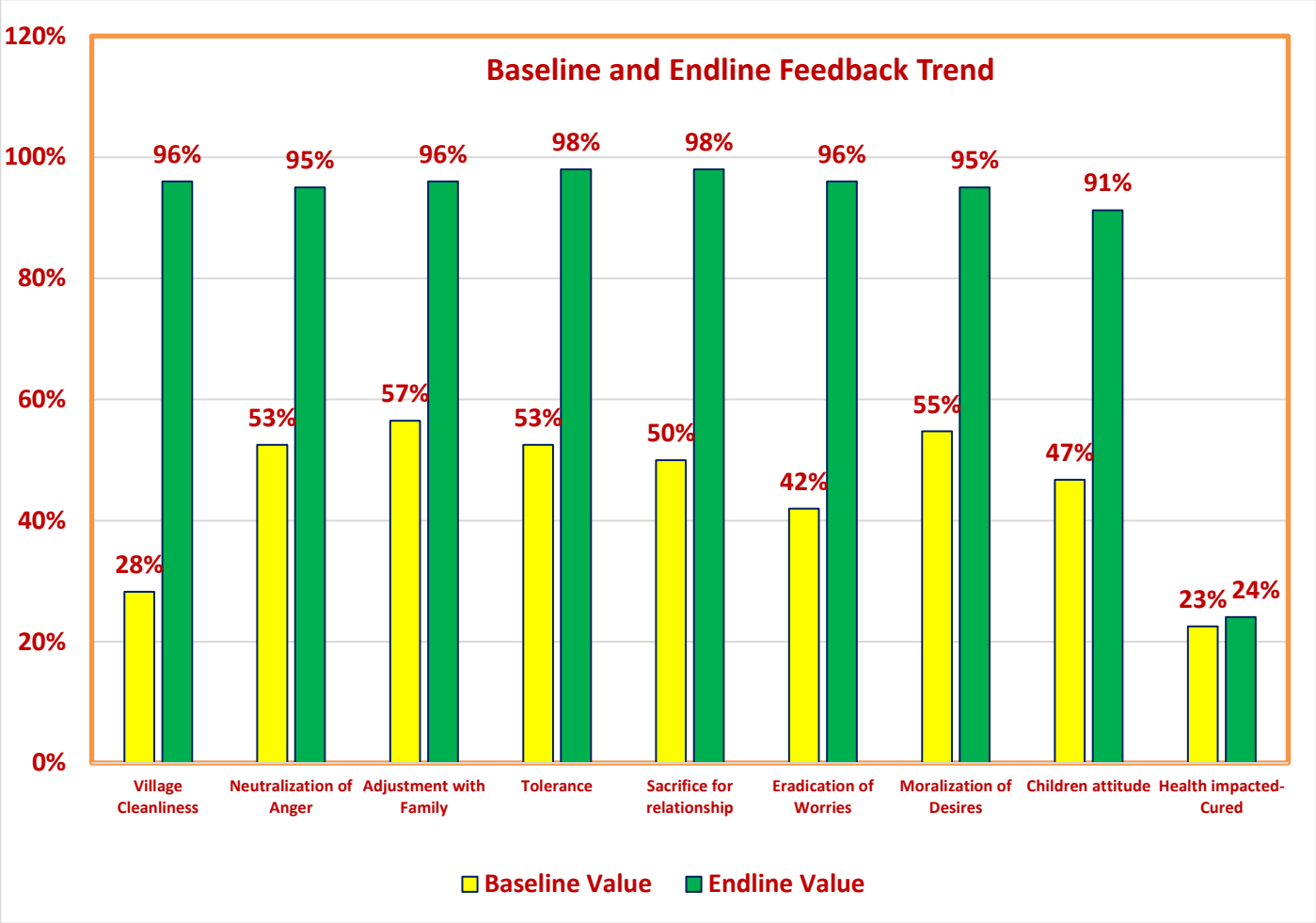
Baseline and endline questionnaires (sample responses10 out of 30 are given) as answered by the beneficiaries and the results are recorded as shown below.

The questions highlighted in dark (viz, 1,4, 5, 7-11, 13, 14, 17, 18) are on a scale of 1-4with 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 (3or 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:-

S.No.	Inference
1	Around 97% of the participants are benefitted with the exercises and leading a healthy life
2	96% of the participants of the people now keep the village cleaner than before
3	96% of the participants are satisfied with tailoring skill developed
4	96% of the participants of the people now keep the village cleaner than before
5	96% of the participants are able to eradicate worries and maintain a healthy life
6	95% of the participants are able to moralize their desire to be contented
7	92% (477) of the participants have made progress in family peace
	96% of the participants are out of the depression compared to before joining the program
8	Due to SKY Exercises and meditation-21 participants cured of Joint Pain, 21 participants cured of Blood pressure, 42 participants cured of Asthma and Breathing Problem, 62 participants cured of Migraine and Headache, 42 participants cured of Eye Problem with respect to sight watering eye, 125 participants cured of Overweight and obesity.
9	**98% of the participants are happy with the VSP Programme compared to only 37% before joining the program.**



6. Project outcome and impact

- 519 participants benefitted from the Yoga classes
- 21 beneficiaries participated and became Brahmagyaniars to carry the program forward and sustain it in the village
- 670 participants benefitted from immunity camp, Counselling, Naturopathy, Student motivation and De addiction camps.
- 98% 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 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.
- **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.

7. Environment Awareness Program & Tree Planation

Environment Awareness Program was held on **30.07.2025** 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. 10 plastic dustbins handover to village president to segregate bio & non-bio degradable wastes for the purpose of solid waste management. Male - 20, Female-40, Total-60 villagers participate in this program.

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













8. Women Empowerment Program -Tailoring Course

Tailoring program was inaugurated by Renault Nissan officials on 30.07.2025 at Kolathur Village. 5 tailoring machines issued for tailoring classes. 51 ladies participated this Tailoring course.







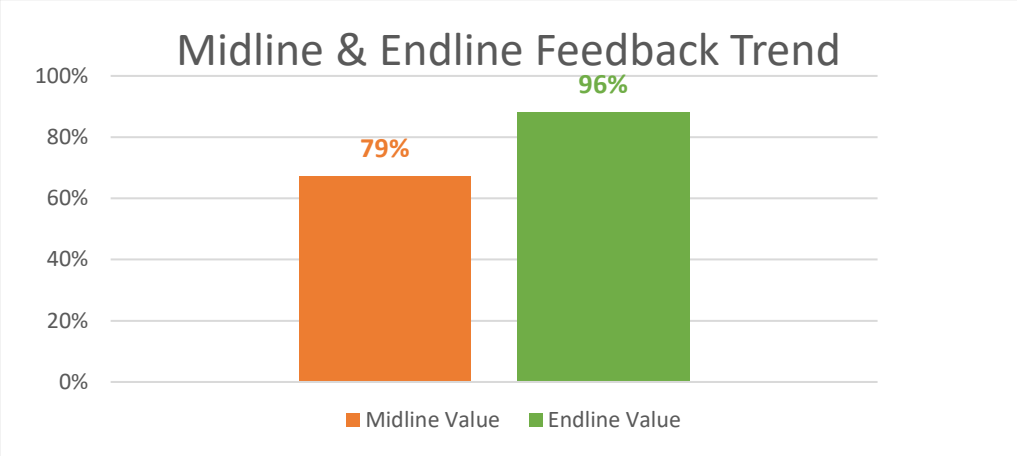






Tailoring Programme Feedback Trend

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



S.No.	Date	Event Description	Description
1.	Start Date 30.07.2025	Tailoring class for ladies in Kolathur Village was inaugurated by Mrs. Uvarani, Asst Manager of CSR RNAIPL and RNAIPL and other officials of RNAIPL & WCSC.	Females-**51 participated** actively.
2.	End Date 30.02.2026	**First Month**: Embroidery Basic, Hand Kerchief, Shots, Nicker. **Second Month:** Plain Petticoat, Fril petticoat, Frock. **Third Month**: In skirts, Pattu pavadai for Children **Forth Month:** Chudidar 2 & Pant 3 types (Patiala, semi Patiala, Gathering) **Fifth Month:** Blouse (Straight Cutting, Cross Cutting, French Cutting, Pattern Cutting etc.) and Manjapai cutting and Stitching	A tailoring teacher was employed to teach tailoring from scratch for the women. **Total :51** women successfully completed the skill training program
3.	**51 participants** were issued certificates by RNAIPL & WCSC (World Community Service Centre)- Village Service Project		

9. Counselling Camp 1

On 11.08.2025 Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kolathur Village. Gents-03, Ladies- 23, Total-26 and Individual counselling 10 villagers were participating the counselling session. The five elements of happiness

- Positive emotion, Engagement, Relationships, Meaning, Accomplishment





10. Counselling Camp 2

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kolathur Village on 04.09.2025, Male-08, Female-18, Total-26 villagers were participating the session. This session taught about Family peace, maintain family relationship and Mind.



11. Counselling camp 3

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kolathur Village on 14.10.2025, Gents-07, Ladies-21 Total -28 villagers were participating the session. This session taught about how to manage anger.





12. Counselling Camp 4

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kolathur Village on 13.11.2025, Gents-04, Ladies-41 Total -45 villagers were participating the 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.





13. Counselling camp 5

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Kolathur Village on 18.12.2025, Gents-06, Ladies-60 Total -66 villagers were participating the session. This session taught about Family peace & maintain family relationship. Nissan official also participated in this camp.





14. Naturopathy Camp 1

Naturopathy camp was held on 12.08.2025 at Kolathur village conducted by Dr.Palanivel. Female–18 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine. Importance of naturopathy, Lifestyle of ancestors, present diseases, their side effects, Societal care – Importance of yoga – benefits and introductory speech.





15. Naturopathy Camp – 2

Naturopathy camp was held on 15.09.2025 at Kolathur village conducted by Dr.Palanivel. Male-02, Female–41, Total –43 villagers participate in this camp. Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine.





16. Naturopathy camp -3

Naturopathy camp was held on 26.10.2025 at Kolathur village conducted by Dr.Palanivel. Male-08, Female–33, Total –41 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 – counselling – Solutions





17. Naturopathy camp 4

Naturopathy camp was held on 25.11.2025 at Kolathur village conducted by Dr.Palanivel. Male-08, Female–33, Total –41 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 – counselling – Solutions





18. Naturopathy Camp 5

Naturopathy camp was held on 12.12.2025 at Kolathur village conducted by Dr.Palanivel. Male-02, Female–39, Total –41 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.





19. Student Motivation Camp 1

The student camp is conducted by Mrs. Latha, Social Activists. 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 Program is conducted on 20.08.2025 at Kolathur village by Mrs. Latha. Girls-18, Boys-14 Total-32 village school students participate in this camp.

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





20. Student Motivation camp – 2

Student Motivation Program is conducted on 14.09.2025 at Kolathur village by Mr. Atchuthan. Boys-19, Girls-11 Total - 30 village school students participate in this camp. Drawing session condected to this camp.Student was express their involvemnt. This drawing activity was an opprtunity to build their drawing skills.







21. Student Motivation camp – 3

Student Motivation Program is conducted on 26-10-2025 at Kolathur village by Mr. Atchuthan. Boys-11, Girls-14 Total - 25 village school students participate in this camp. Craft activity session condected to this camp. Student was express their involvemnt. This craft activity was an opprtunity to build their craft skills.





22. Student Motivation camp 4

Student Motivation Program is conducted on 26.11.2025 at Kolathur village by Mrs. Latha. Girls-16, Boys-18, Total-34 school students participate in this camp. **Teaching about Vedic maths**

Benefits of Vedic Maths

- Improves calculation speed
- Enhances concentration & memory
- Reduces fear of mathematics
- Useful for exams (school, competitive exams)
- Develops logical thinking





23. Student Motivation camp -5

Student Motivation Program is conducted on 30.12.2025 at Kolathur village by Mrs. Latha. Girls-13, Boys-12 Total-25 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.





24. De addiction camp -1

De- Addiction camp was conducted By Mr. Arockiya Avinash, TTK Hospital counsellor, Adyar, Chennai at Kolathur Village on 22.09.2025. Male -2, Female -43, Total – 45 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.





25. De addiction camp 2

De- Addiction camp was conducted By Mr. Arockiya Avinash, TTK Hospital counsellor, Adyar, Chennai at Kolathur Village on 17.10.2025. Male -2, Female -15, Total – 17 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.





26. Internet & Phone Addiction Awareness Camp

Internet and Phone addiction awareness camp was conducted By Prof.T.Subbulakshmi, VIT College at Kolathur Village on 18.11.2025. Gents -7, Ladies -32, Total – 39, Boys-21, Girls-28, Total –49, villagers were participating in this camp.

Explain the impact of smartphone and internet addiction and also explained remedy of how to come out smartphone and internet addiction. This camp is very useful to school students. This speech helps to villagers and school students aware the phone and internet addiction how spoil our valuable time.





27. 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 **10th FEB 2026. Mr. KESAVAN.S, Director Production Control & SCM**, RNAIPL and RNAIPL Officials 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 :

து.பேரா. **V.உமா மகேஸ்வரன்** அவர்கள், இணை இயக்குனர், WCSC-VSP.

பேரா. **K.சம்பத்குமார்** அவர்கள், செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.

பேரா. **K.காத்தவராயன்** அவர்கள், துணைத்தலைவர் VSP, WCSC-காஞ்சிபுரம் மண்டலம்.

திருமதி.**லஷ்மி** அவர்கள், ஊராட்சி மன்றத் துணைத்தலைவர், கொளத்தூர்.

வார்டு உறுப்பினர்கள்

திரு. **சக்ரபாணி** அவர்கள், திரு. **சரத்** அவர்கள், திரு. **ராமு** அவர்கள், திருமதி. **சரஸ்வதி** அவர்கள், திருமதி. **க்ரஷ்யா தாமோதரன்** அவர்கள்,

பேரா. **R.இராமநாதன்** அவர்கள், செயலர், மறைமலை நகர் மனவளக்கலை மன்றம் அறக்கட்டளை.

பேரா. **R.விபீஷ்ணன்** அவர்கள், துணைத்தலைவர் VSP, மறைமலைநகர் 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. **அசோகா தனசேகரன்** அவர்கள் ஊராட்சி மன்றத் தலைவர், கொளத்தூர்.

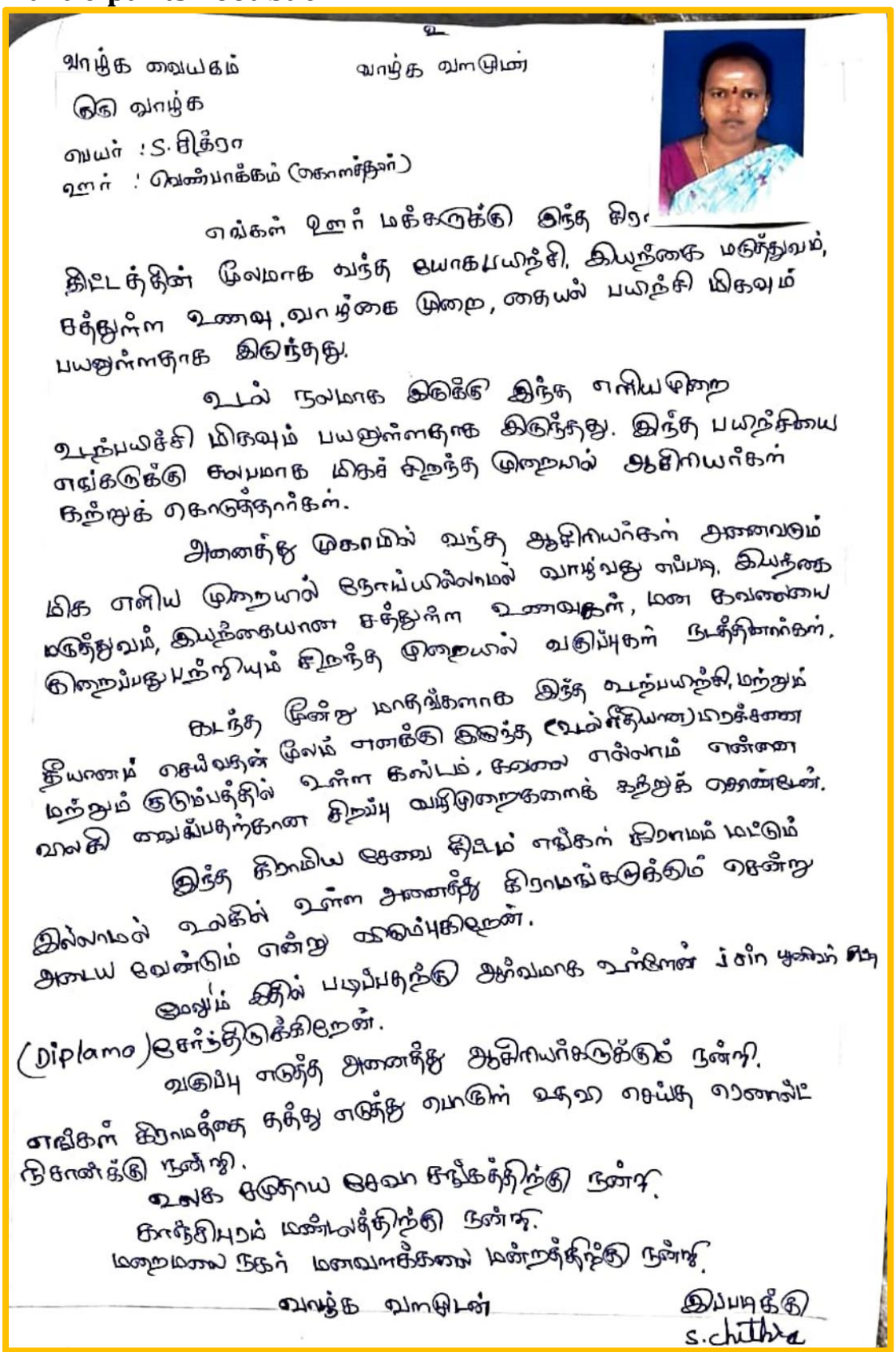
6.25 மணி : வாழ்த்துரை : **Ms. யுவராணி** அவர்கள், உதவி மேலாளர், RNAIPL.

6.30 மணி : தலைமையுரை : **Mr. Kesavan. S,** அவர்கள் Director, Production Control & SCM, RNAIPL.

6.35 மணி : **அனுபவ உரை**

7.00 மணி : **வேதாத்திரிய கும்மி நிகழ்ச்சி**
கொளத்தூர் கிராம அன்பர்கள்

28. Participants Feedback



வாழ்க வையகம் வாழ்க வளமுடன்

ஒரு வாழ்க

பெயர் : S. சித்ரா

ஊர் : வெண்பாக்கம் (காஞ்சிபுரம்)

எங்கள் ஊர் மக்களுக்கு இந்த இல[illegible] திட்டத்தின் மூலமாக வந்த யோகாபயிற்சி, இயற்கை மருத்துவம், சத்துள்ள உணவு, வாழ்க்கை முறை, கையல் பயிற்சி மிகவும் பயனுள்ளதாக இருந்தது.

உடல் நலமாக இருந்து இந்த எளியமுறை உடற்பயிற்சி மிகவும் பயனுள்ளதாக இருந்தது. இந்த பயிற்சியை எங்களுக்கு சுலபமாக மிகச் சிறந்த முறையில் ஆசிரியர்கள் கற்றுக் கொடுத்தார்கள்.

அனைத்து முகாமில் வந்த ஆசிரியர்கள் அனைவரும் மிக எளிய முறையில் நோய்யில்லாமல் வாழ்வது எப்படி, இயற்கை மருத்துவம், இயற்கையான சத்துள்ள உணவுகள், மன கவனத்தை நிறைப்பது பற்றியும் சிறந்த முறையில் வகுப்புகள் நடத்தினார்கள்.

கடந்த மூன்று மாதங்களாக இந்த உடற்பயிற்சி, மற்றும் தியானம் செய்வதன் மூலம் எனக்கு இருந்த வேண்டியனை பிரச்சனை மற்றும் குடும்பத்தில் உள்ள கஸ்டம், கவலை எல்லாம் என்னை விலகி வைப்பதற்கான சிறந்த வழிமுறைகளைக் கற்றுக் கொண்டேன்.

இந்த கிராமிய சேவை திட்டம் எங்கள் கிராமம் மட்டும் இல்லாமல் உலகில் உள்ள அனைத்து கிராமங்களுக்கும் சென்று அடைய வேண்டும் என்று விரும்புகிறேன்.

மேலும் இதில் பயிற்சி பெறுவதற்கு ஆர்வமாக உள்ளேன் jain பல்கலை சார்பு (Diploma) சேர்ந்திருக்கிறேன்.

வகுப்பு எடுத்த அனைத்து ஆசிரியர்களுக்கும் நன்றி.

எங்கள் கிராமத்தை கற்று எடுத்து பொருள் உதவி செய்து கொண்டிருக்கும் நன்றி.

உலக முழுவாய சேவை சங்கத்திற்கு நன்றி.

காந்தியுகம் மண்டலத்திற்கு நன்றி.

மனமகிழ நகர் மனவளக்கலை மன்றத்திற்கு நன்றி.

வாழ்க வளமுடன்

இப்படிக்கு
S. chithra

வாழ்க வையகம் வாழ்க வையகம்

வாழ்க வளமுடன்



பெயர் : E. மீனா

ஊர் : வெண்பாக்கம் (காஞ்சிபுரம்)

அனைவருக்கும் வணக்கம் என் பெயர் E. மீனா நான் இந்த மனவளக் கலை மூலமாக பிரம்மஞான பயிற்சிக்கு அதியார் அறிவுத்திருக்கோவில் மூன்று நாட்கள் சென்று அங்கு பயிற்சி வகுப்புகள் மற்றும் உணவு மற்றும் உறவிடம் அனைத்து அனுபவங்களும் மிகவும் மனதிற்கு அமைதியாகவும் இடம் மிகவும் அருமையாகவும் இருந்தது. அங்கு அமைந்துள்ள மணிமண்டபத்தில் வுன்னத மையத் தியானம் அருந்து தெய்த அனுபவம் மிகவும் அருமையாக இருந்தது. அங்கு சென்று வந்தபின் எங்கள் ஊரில் தவமையத்தில் தினமும் தியானம் மற்றும் திருமூலர் உரை வகுப்புகள் அனைத்தும் தொடர்ந்து செய்து வருகிறோம். இதனால் எனக்கு அன்றாட வேலைகள் மற்றும் பணி இடங்களில் நேர்மறையான மற்றும் நட்புறவான சூழ்நிலை அமைக்கின்றன.

உலக சமுதாய சேவா சங்கத்தின் பிராயிய சேவை திட்ட அமைப்பாளர்கள் மற்றும் அனைத்து நிலை ஆசிரியர்களுக்கும் மிகவும் நன்றி.

இயற்கை

E. Meena

வாழ்க வையகம் வாழ்க வையகம் வாழ்க வளமுடன்



பெயர் : வ. மகேஸ்வரி

ஊர் : வெண்பாக்கம் (கொளத்தூர்)

என் பெயர் வ. மகேஸ்வரி நான் B.Com (General) படித்து வருகிறேன். தற்போது வெண்பாக்கம் கிராமத்தில் வசித்து வருகிறேன். சிறுவயதில் யோகா என்றால் உடற்பயிற்சி, ஆசனாங்கள் மற்றும் தியானம் மட்டுமே என்று நினைத்திருந்தேன். ஆனால் எங்கள் ஊரில் மனவளக்கலை பயிற்சி தொடங்கியபின், என் வீட்டிற்கு அருகிலுள்ள குப்பைக்கரை அம்மன் கோவிலில் தினசரி மாலை நடைபெறும் இலவச வகுப்புகளில் கலந்துகொள்ளும் வாய்ப்பு கிடைத்தது. அந்த பயிற்சிகளில் கலந்து கொண்ட பிறகு, யோகா என்பது வெறும் உடற்பயிற்சி அல்ல; அது மனித வாழ்க்கையை மேம்படுத்தும் தத்துவங்கள், இயற்கை உண்மைகள் மற்றும் மனவளத்தை சார்ந்த ஒரு முழுமையான வாழ்வியல் முறையாகும் என்பதை புரிந்துகொண்டேன். குறிப்பாக, மனத்தின் செயல்பாடு, எண்ணங்களின் தாக்கம், மற்றும் மன அழுத்தத்தை சமநிலைப்படுத்தும் வழிமுறைகள் குறித்து தெளிவு கிடைத்தது. மேலும், கர்ம விதி பற்றிய விளக்கங்கள் மற்றும் மனிதன் ஏன் துன்பங்களை புரிதல், என் வாழ்க்கையை புதிய கோணத்தில் பார்க்க வழிவகுத்தது. இந்த பயிற்சிகள் என் தனிப்பட்ட வளர்ச்சிக்கும் பெரிய திருப்புமுனையாக அமைந்துள்ளன. நான் யார்? என்ற அகத்தாய்வு, வாழ்க்கையின் நோக்கம் மற்றும் நன்மையை அடிமாக சிந்திக்க உதவியது. மனவளக்கலை பயிற்சிக்குக்கு நான் மனமார்ந்த நன்றியை தெரிவித்துகொள்கிறேன். இந்த அறிவை தொடர்ந்து நடைமுறைப்படுத்தி, மற்றவர்களுக்கும் அதன் பயன்களை பகிர்ந்து கொள்ள விரும்புகிறேன்.

உலக சமுதாய சேவா சங்கத்தின், கிராமிய சேவை திட்டம், அலுவலர்கள், மற்றும் அனைத்து நிலை ஊழியர்களுக்கும் மிகவும் நன்றி ...

இப்படிக்கு

V Maheswari

வாழ்க வையகம் வாழ்க வையகும் வாழ்க வளமுடன்

பெயர் : ச. பிரியதர்சினி

ஊர் : வெண்பாக்கம்

ஊராட்சி : செங்காத்தூர்



வாழ்க வளமுடன் ! வெண்பாக்கம் எனும் கிராமத்தில் வசிக்கும் நான். கிராமிய சேவை எனும் திட்டத்தில் நான் மிகவும் பயனடைந்துள்ளான். அதில் குறிப்பாக பெண்களின் சுய வாழ்ச்சிக்கு ஆதாரமாக இயங்கும் குடையம்பயிற்சியை நிறப்புடன் கற்றுக்கொண்டேன். அதில் மிகவும் நிம்மன உயிர் வளர்த்துக்கும், காயகல்ப பயிற்சியையும், உடல் வளர்த்திற்கு 9 வகையான பயிற்சியையும், நுண ரகுத்திற்கு அகதாய்வ ண நூன்று வகையான நிறப்பம்சங்களையும் கற்றுக்கொண்டேன் இவை அனைத்தும் எனக்கு தனிப்பட்ட வாழ்வைத்திலும், பொருளாதார மேம்பாட்டிலும் பெரிதாக உதவுகின்றன. உலக சமுதாய சேவா சங்கத்திற்கும், கிராமிய சேவை திட்டத்திற்கும் நிதி உதவி அளித்த (Renault Nissan) நிறுவனத்திற்கு நன்றி.

அன்புடன்,

B. Priyadharshini

29. 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 Kolathur 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. Vijayakumar -9840313704
- A/N. Chithra - 9787215890

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.**

30. 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

PadmaBhusan.Arulnithi.Dr.SKM.Maeilanandhan who spearheads the activities of WCSC for transforming Kolathur Village as the healthy and peaceful village. to the **office bearers of Kanchipuram Zone, the office bearers of Chinna Kancheepuram MVKM TRUST, coordinators of VSP-CSR, coordinators of various special camps, VSP Prof. Uma & Prof. Sanjay**, 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.