



MAPS KALPAKKAM WCSC VSP - Echur





Table of Contents

1. Introduction:	3
2. About the Project.....	3
3. Aim of the Project and Key Objectives:	3
4. About Echur Village and Status	4
5. Course Report	4
6. Executive Summary.....	5
7. Pre-Medical Camp.....	5
8. Environment Awareness Programme	7
9. Counselling Camp.....	7
10. Students Empowerment Camp	7
11. De-addiction Awareness Camp	8
12. Women Empowerment Camp	8
13. Naturopathy Programmes	8
14. Regular and General Programmes.....	9
15. Health Improvement – Post the program completion	10
16. Conclusion – Valedictory Function.....	11
17. THANKS GIVING	11
18. Gallery of Photos	12
18.1. Invitation - ECHUR VILLAGE INAUGURAL FUNCTION	12
18.2. GLIMPSES OF INAUGURAL FUNCTION ON 14TH – September – 2018	13
18.3. Pre-medical Camp	14
18.4. Environment Awareness Program	14
18.5. Counselling Camp	15
18.6. Student Empowerment Camp.....	16
18.7. De-Addiction Camp	17
18.8. International Yoga Day.....	17
18.9. Naturopathy Camp	18
18.10. Women Empowerment.....	18
18.11. MAPS Visit.....	19
18.12. Development Committee Meeting	19
18.13. SKY MEDITATION PRACTICE	19
18.14. WIFE APPRECIATION DAY FUNCTION	21
18.15. ECHUR VILLAGE VALEDICTORY FUNCTION - INVITATION	22



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 09.08.2018 between World Community Service Centre (WCSC) and Madras Atomic Power Station (MAPS) Kalpakkam for implementation of Village Service Project in Echur and Nerkunampattu Villages near by Kalpakkam, 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 400 trusts and about 2023 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 Twelve month capsuled program. Vethathiri Maharishi's **SKY Yoga** (Simplified Kundalini Yoga) taught by well trained and dedicated SKY yoga teachers (a male and a female) who stay in the village and mingle with the people. In addition to the yoga teachings, various other programmes like health camp, children skill development programs, counselling sessions, women empowerment programs, de-addiction camp, AIDS awareness, Cancer awareness, Environment awareness, etc are also conducted by professionals bringing value addition to the project. This Project Inaugural function was held on **14.09.2018** in the presence of Mr. R. Sathyanarayana, STATION DIRECTOR (MAPS and other officials of MAPS & WCSC).

3. Aim of the Project and Key Objectives:

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

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



4. About Echur Village and Status

Echur Village comes under Thirukkazhukundram Taluk of Kancheepuram district. This is the **136th Village** of the VSP project which got inaugurated and presided by Thiru.

R.Sathyanarayana, Station Director (MAPS) and **Arulnidhi Padmashri Shri SKM.**

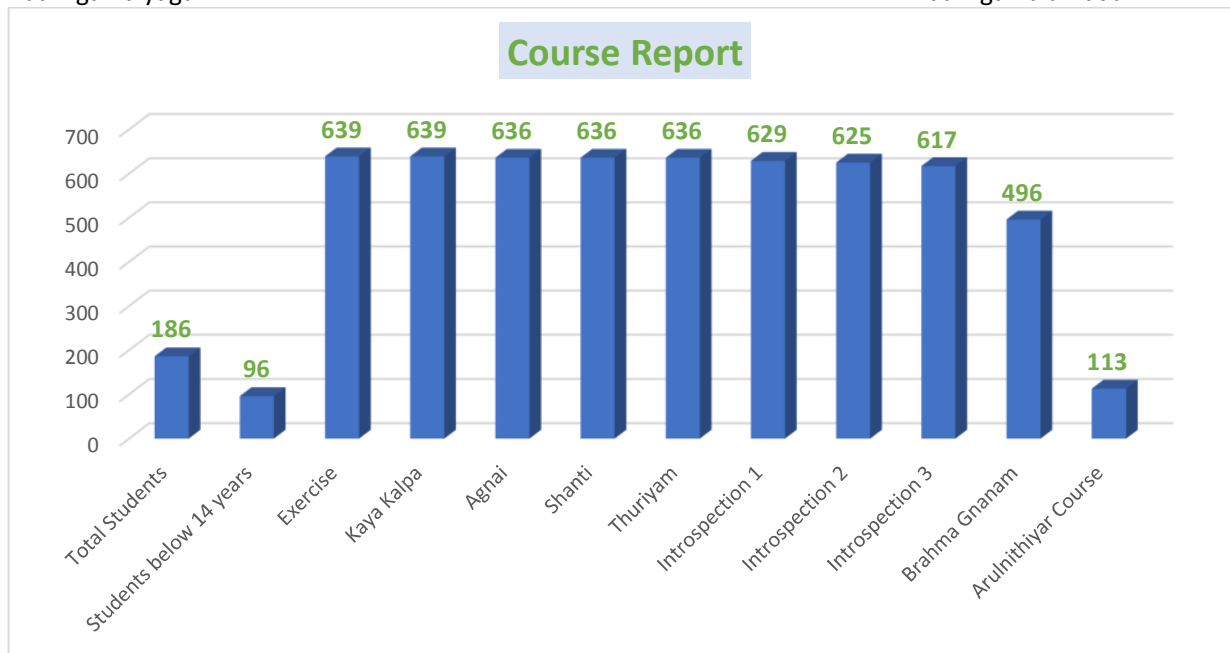
Maileanandam and other degnateries of MAPS and WCSC on **14th September 2018**. The closing ceremony of this Village project is **25th September 2019**.

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

S.No.	Gender (Adults) / Children	Number of Participants
1.	Male	206
2.	Women	433
Total		639

5. Course Report

S.No	Title / Description	Information		
1.	VILLAGE NAME	ECHUR		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	THIRUKKAZHUKUNDARAM MVKM TRUST		
4.	SCHOOL NAME	a. PANCHAYAT UNION ELEMENTARY SCHOOL b. GOVERNMENT HIGH SCHOOL		
5.	EXERCISE	Male – 84	Female – 102	Total - 186
6.	STUDENTS BELOW 14 years of Age	96 (45 Males and 51 Females)		
7.	EXERCISE	Male – 206	Female – 433	Total - 639
8.	KAYAKALPAM	Male – 206	Female – 433	Total - 639
9.	AGNAI	Male – 205	Female – 431	Total - 636
10.	SHANTHI	Male – 205	Female – 431	Total - 636
11.	THURIYAM	Male – 205	Female – 431	Total - 636
12.	INTROSPECTION I	629		
13.	INTROSPECTION II	625		
14.	INTROSPECTION III	617		
15.	BRAHMA GNANAM	496		
16.	MASTER COURSE	113		



6. Executive Summary

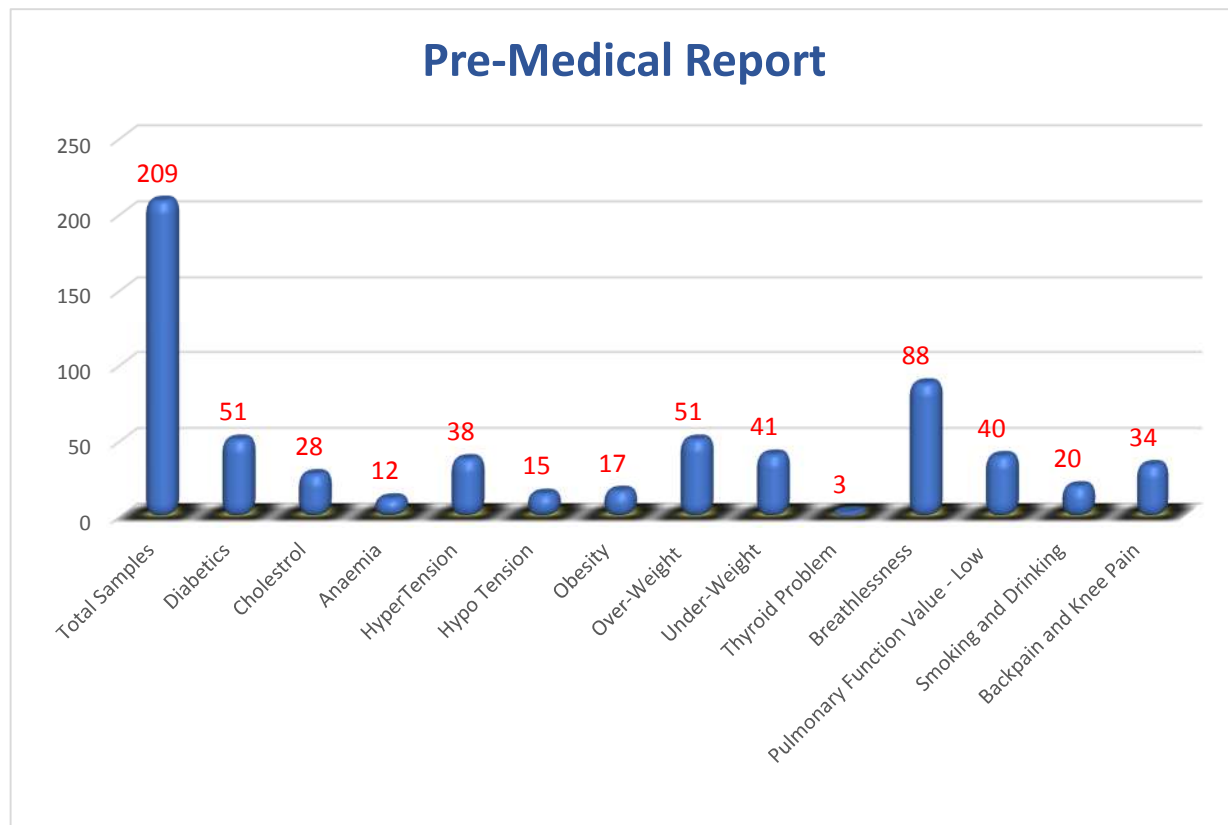
Summary of Echur Village Project								
S.No.	Event	Date (s)	No. of Sessions Conducted	Total Males	Total Females	Total Students	Overall	Remarks
1	Pre-medical Camp	16-Sep-2018 to 18-Sep-2018	1	92	117		209	Height, weight, BP, Diabetic (Sugar) and Cholestrol was checked
2	Eye Testing Camp	26-Apr-19	1	22	24		46	
3	Environmental Awareness	14-Oct-18	1	12	54		66	Dustbins were installed in 20 different locations in the Village 400 Trees were planted
4	Counselling Camp	29-Oct-2018 to 28-Jun-2019	5	203	527	264	994	Counselling Program was conducted by A/N Dr. Janakiraman
5	Students Empowerment	27-Oct-2018 to 03-Mar-2019	2	30	51	117	198	
6	De-addiction Camp	15-Oct-2018 to 14-Jun-2019	5	69	452		521	De-addiction Camp was conducted
7	Women Empowerment	03-Dec-2018 to 19-May-2019	2	10	121		131	
8	Naturopathy Programmes	1-Nov-2018 to 31-Aug-2019	10	439	1022		1461	Dr. Pattamal
9	Miscellaneous Programs like celebrations and review meeting	24-Oct-2018 to 23-Aug-2019	16	700	1495	42	2237	International Yoga day. Project progress review meeting. Maharishi Birthday, Wife appreciation day, Course related classes
Total			43	1577	3863	423	5863	

7. Pre-Medical Camp

A pre-medical camp was conducted from **16.09.2018 to 18.09.2018**. During this camp **209** people were examined. Their height, weight, BP, Diabetic (Sugar) and Cholestrol was checked and the reports were taken by the R & D department of WCSC, Aliyar.



These data were the basis for comparing the health status with the post medical tests taken a few days before the conclusion of the VSP project.



- In the 209 samples collected, people with diabetes, cholesterol, hyper-tension, hypo-tension, anemia, obesity, over-weight and under-weight were identified. As per Doctor's advice medications were recommended.
- Out of 209 people, 20 persons are addicted to smoking and drinking as shown in the above chart and 34 persons are having joint-pain, body-pain and other ailments.
- From the above statistics, the health condition of the village people were in alarming condition and maximum concentration was given to improve their health condition by the way of Yoga practice.
- It is opined that in the forthcoming months by way of doing yoga practice, improvement in their health condition could be achieved. At the end of the project a detailed analyzed report will be submitted.

➤ **Date-wise Summary of the medical camps**

S.No.	Date	Event Description	Male	Female	Total
1.	16-09-2018 to 18-09-2018	Pre-Medical camp by Dr. R. Kuttralam	92	117	209
2.	26-04-2019	Eye Camp	22	24	46
3.	06-09-2019	Post-Medical Camp by Dr. Rajendran			88

8. Environment Awareness Programme

S.No.	Date	Event Description	Description
1.	14-10-2018	Environment Awareness Program was conducted	<p>66 (12 Males and 54 Females) attended the program.</p> <p>400 Trees were planted and 20 Dustbins were put in place</p> <p>Villagers were explained about the Environment Awareness by the way of improving cleanliness and Sanitation</p> <p>Villagers were advised not to use Plastic since its spoil the environment.</p>

9. Counselling Camp

S.No.	Date	Event Description	Description
1.	29-10-2018	Counselling was conducted by Dr. M.K. Janaki Raman	Males-32, Females-103, Individuals -35 – Total = 170
2.	29-12-2018	Counselling was conducted by Dr. M.K. Janaki Raman	Males-28, Females-72, Individuals -26 – Total = 126
3.	29-01-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Males-24, Females-75, Individuals -11 – Total = 110
4.	26-02-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Males-32, Females-118, Individuals -186 – Total = 336
5.	25-03-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Males +Females = 118. Individuals – 15 Total = 133
6.	29-04-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Males-10, Females-35. Total = 45
7.	28-06-2019	Counselling was conducted by Dr. M.K. Janaki Raman	Males-18, Females-65, Individuals -11 – Total = 94

10. Students Empowerment Camp

S.No.	Date	Event Description	Description
1.	27-10-2018	College Camp	Males-10, Females-16. Total = 26
2.	03-03-2019	Games for Students	Males-20, Females-35, Individuals- 117 Total = 172

11. De-addiction Awareness Camp

S.No.	Date	Event Description	Description
1.	15-10-2018	De-addiction Camp was conducted by Dr. Edison	Males-9, Females-95. Total = 104 participated
2.	18-12-2018	De-addiction Camp was conducted by Dr. Maria	120 Females participated
3.	30-01-2019	De-addiction awareness was conducted by TTK	Males-12, Females-120. Total = 132 participated
4.	28-05-2019	De-addiction awareness was conducted by Vincilin	Males-22, Females-55. Total = 77 participated
5.	14-06-2019	De-addiction awareness was conducted by Vincilin	Males-26, Females-62. Total = 88 participated

12. Women Empowerment Camp

S.No.	Date	Event Description	Description
1.	03-12-2018	Tailoring class for ladies in Echur Village was inaugurated by Dr. Muruganandan (CEO)	Males – 10, Females- 72. Total=82 participated actively. Men were allowed to help them earn, as they were interested.
2.	19-05-2019	Tailoring class concluded	49 persons attended the function. CEO, Prof. Mayil Murugan, Prof. Sampath Kumar And Prof. Sherma Selvaraj attended the function
3.	54 participants were issued certificates by Tamil Nadu WDC (Women Development Committee in collaboration with WCSC (World Community Service Centre)		

13. Naturopathy Programmes

S.No.	Date	Event Description	Description
1.	1-11-2018	Naturopathy program was conducted by Dr. Pattammal	Males-32, Females-5, Total = 37 The participants were highlighted about natural way of curing
2.	25-12-2018	Naturopathy program was conducted by Dr. Pattammal	Males-21, Females-65, Total = 86 The participants were highlighted about natural way of curing
3.	13-01-2019	Naturopathy program was conducted by Dr. Pattammal	Males-20, Females-58, Total = 78 The participants were highlighted about natural way of curing
4.	25-02-2019	Naturopathy program was conducted by Dr. Pattammal	Males-18, Females-85, Total =103 The participants were highlighted about natural way of curing
5.	10-03-2019	Naturopathy program was conducted by Dr. Pattammal	Total = 340 participated The participants were highlighted about natural way of curing



6.	21-04-2019	Naturopathy program was conducted by Dr. Pattammal	Males-75, Females-285, Total = 360 The participants were highlighted about natural way of curing
7.	18-05-2019	Naturopathy program was conducted by Dr. Pattammal	Males-11, Females-78, Total = 89 The participants were highlighted about natural way of curing
8.	23-06-2019	Naturopathy program was conducted by Dr. Pattammal	Males-12, Females-76, Total = 88 The participants were highlighted about natural way of curing
9.	15-07-2019	Naturopathy program was conducted by Dr. Pattammal	Males- 40, Females-100, Total = 140 Video conference was done
10.	31-08-2019	Naturopathy program was conducted by Dr. Pattammal	Males- 40, Females-100, Total = 140 Video conference was done

14. Regular and General Programmes

S.No.	Date	Event By	Description
1.	24-10-2018	General Meeting was conducted	Powerpoint presentation was given to the participants. Males-50, Females-105, Total=155 participated
2.	11-11-2018	Video from Aliyar was presented	106 persons participated
3.	25-11-2018	Introspection Course was conducted	Males-32, Females-95. Total=127 participated
4.	06-12-2018	Meeting	Powerpoint was used. Males-28, Females-112. Total-140 participated
5.	21-01-2019 to 23-01-2019	Arulnithiyar course was conducted at Aliyar	Males-14, Females-14, Individual-16. Total = 44 participated
6.	25-01-2019	Senior citizen caring program by Mr. Kanniappan, Professor	In that Program senior citizens role in the present day, improvement and caring the health condition of the senior citizen were explained and the audiences were asked to care their elders in the family and in Total 88 persons were participated. Males-22, Females-62
7.	14-03-2019 to 15-03-2019	Brahma Gnanam course was conducted	Males-33, Females-203. Total=236 participated
8.	23-04-2019	Program Review meeting by MAPS officers	Males-46, Females-170. Total=216 participated
9.	26-04-2019	Feedback was provided by the village people to Nissan and Zone	Males-20, Females-65. Total=85 participated





Vaazhga Vaiyagam

Vaazhga Valamudan

10.	21-06-2019	Celebrated in the Echur village by students	International Yoga day was celebrated 322 students participated Village people also celebrated with enthusiasm Males-47, Females-105. Total=152 participated
11.	13-07-2019	YHE (Yoga for Human Excellence) Meeting was conducted by Prof. Sampath	Males-11, Females-48. Total=59 participated
12.	21-07-2019	Feedback shooting was done by Prof. Balamurugan	Males-10, Females-60. Total = 70 provided feedback on the project
13.	14-08-2019	Vethathiri Maharishi's Birthday celebration was anchored by Prof. Thiagarajan	Males-25, Females-80. Total=105 participated
14.	23-08-2019	VISION class was inaugurated by Dr. Jayanthi Dhandapani	Males-15, Females-25. Total=40 participated
15.	26-08-2019	Arulnithiyar course was conducted	Males-4, Females-8. Total=8 participated
16.	11-09-2019	Wife Appreciation Day was celebrated and anchored by Prof. Veerapan	58 Pairs 200 Individuals 42 students participated

15. Health Improvement – Post the program completion

The post medical tests was conducted on 06-09-2019 and 84 members participated in the re-test of their medical condition. Following are the observations

S.NO.	HEALTH COMPLAINTS BEFORE YOGA	HEALTH CONDITION AFTER YOGA
1.	SUGAR	SUGAR LEVEL REDUCED – 12 PERSONS
2.	BP	BP REDUCED – 8 PERSONS
3.	WEIGHT	WEIGHT REDUCED – 32 PERSONS
4.	De-addiction	4 PERSONS have improved their life style



16. Conclusion – Valedictory Function

The VSP Valedictory function is held on **25-09-2019** and the Yoga Centre at Echur continues to be in existence and will be monitored by The World Community Service Centre.

Our sincere thanks to Shri. R. SATYA NARAYANA for inaugurating the function and to Shri. M. SHRINIVAS, Station Director, MAPS along with Shri. K.SURESH, Chief Engineer & Convener, CSR Committee and the Entire Team for rendering their fullest co-operation for successful completion of this Project.

17. THANKS GIVING

We express our sincere gratitude to our beloved WCSC President PadmaShri **Arulnithi. SKM. Maeilanandhan** who spearheads the activities of WCSC for transforming Echur Village as the healthy and peaceful village. On behalf of the VSP Directorate, we also place on record our sincere thanks and best wishes to the **Madras Atomic Power Station (MAPS)**, Kalpakkam who provided CSR fund for the implementation of this project, to the office bearers of **Kanchipuram Zone**, the office bearers of **Thirukkazhukundram MVKM TRUST**, coordinators of VSP-CSR, coordinators of various special camps, VSP **A/N. Jaya Veerapandian. C and A/N. Jayanthi J**, 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.

18. Gallery of Photos

18.1. Invitation - ECHUR VILLAGE INAUGURAL FUNCTION

வாழ்க வையகம்
வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.45 மணி : கொடியேற்றம்

5.50 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.00 மணி : வரவேற்புரை :

Dr.R. பாஸ்கரன் அவர்கள்,
 தலைவர், கல்பாக்கம் மனவளக்கலை மன்ற அறக்கட்டளை.

6.05 மணி : திட்ட அறிமுகவுரை :

அருள்நிதி. **P. முருகானந்தம்** அவர்கள்,
 இயக்குனர், WCSC-VSP.

6.10 மணி : முன்னிலையுரை :

பேரா. **S.மயில்முருகன்** அவர்கள்,
 தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.
 முன்னிலை வகிப்பவர்கள் :
 திரு. **R.K.குப்தா** அவர்கள்,
 Chief Superintendent, Madras Atomic Power Station.
 திரு. **K.சுரேஷ்** அவர்கள்,
 Chief Engineer (E&US) & Convener CSR Committee,
 Madras Atomic Power Station.

6.15 மணி : தலைமையுரை :

திரு. **R.சத்யநாராயணா** அவர்கள்,
 Station Director, Madras Atomic Power Station.

6.20 மணி : திட்டத்தை துவக்கி வைத்து சிறப்புரை :

முதுநிலை பேரா. **R.பிரமுகுட்டி அம்மையார்** அவர்கள்,
 துணைத் தலைவர், உலக சமுதாய சேவா சங்கம்.

6.35 மணி : நன்றியுரை :

பேரா. **S. கன்னியப்பன்** அவர்கள்,
 நிர்வாக அறங்காவலர்,
 திருக்கழுக்குன்றம் மனவளக்கலை மன்றம் அறக்கட்டளை.

6.40 மணி : கிராமியக் கலை நிகழ்ச்சி

அருமைக் கலைக்காரியாலயம் குழுவினர், திருச்சி.

உலக நல வாழ்த்து

18.2. GLIMPSES OF INAUGURAL FUNCTION ON 14TH - September - 2018



18.3. Pre-medical Camp



18.4. Environment Awareness Program





18.5. Counselling Camp



18.6. Student Empowerment Camp



18.7. De-Addiction Camp



18.8. International Yoga Day



18.9. Naturopathy Camp



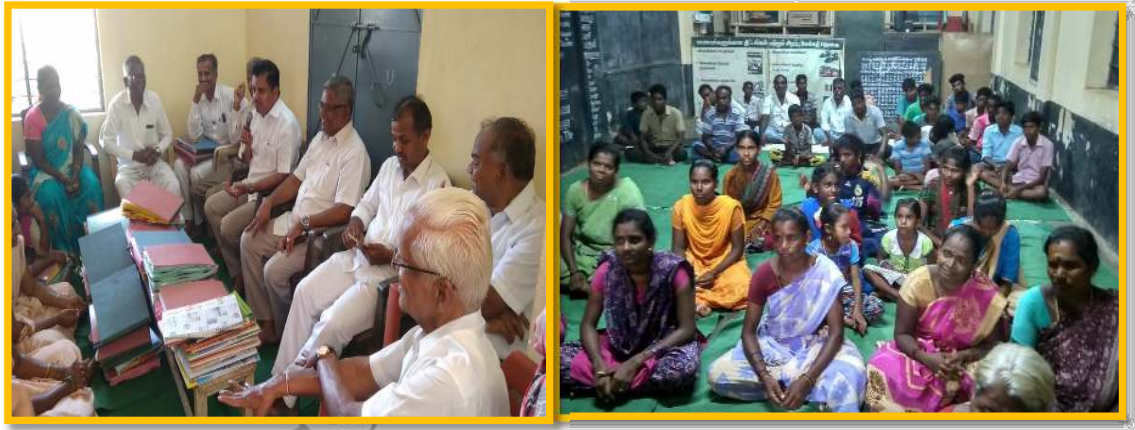
18.10. Women Empowerment



18.11. MAPS Visit



18.12. Development Committee Meeting



18.13. SKY MEDITATION PRACTICE





18.14. WIFE APPRECIATION DAY FUNCTION



18.15. ECHUR VILLAGE VALEDICTORY FUNCTION - INVITATION

வாழ்க வையகம்
வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.45 மணி : கொடியேற்றம், ஆரோக்கியமான அமைதி கிராமம் போர்டு திறப்பு

6.00 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.15 மணி : வரவேற்புரை :

Dr.R.பாஸ்கரன் அவர்கள்,
தலைவர், கல்பாக்கம் மனவளக்கலை மன்ற அறக்கட்டளை.

முன்னிலை வகிப்பவர்கள் :

திரு. **M.பலராமமூர்த்தி** அவர்கள்,
Chief Superintendent, Madras Atomic Power Station.

திரு. **K.V.கிருஷ்ணமூர்த்தி** அவர்கள்,
Convener CSR Committee, Madras Atomic Power Station.

6.20 மணி : முன்னிலையுரை :

பேரா.**S.மயில்முருகன்** அவர்கள்,
தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.

6.25 மணி : திட்டத்தை நிறைவு செய்து சிறப்புரை :

முதுநிலை பேரா.**R.பிரமுகுட்டி** அவர்கள்,
துணைத்தலைவர், உலக சமுதாய சேவா சங்கம்.

6.30 மணி : விருந்தினர்கள் மற்றும் மண்டல, அறக்கட்டளையை கௌரவித்தல்

6.35 மணி : செயல்பாட்டு உரை :

அருள்நிதி. **P. முருகானந்தம்** அவர்கள்,
இயக்குனர், WCSC-VSP.

6.45 மணி : தலைமையுரை :

திரு. **M.ஸ்ரீனிவாஸ்** அவர்கள்,
Station Director, Madras Atomic Power Station.

6.55 மணி : நன்றியுரை :

பேரா. **T.கன்னியப்பன்** அவர்கள்,
நிர்வாக அறங்காவலர்,
திருக்கழுக்குன்றம் மனவளக்கலை மன்ற அறக்கட்டளை.

7.00 மணி : ஒளி, ஒலி படக்காட்சி

7.20 மணி : **கிராம மக்களின் கலை நிகழ்ச்சி**

உலக நல வாழ்த்து