

## VSP – PERINJAMBAKKAM & SERAPANANCHERY VILLAGES - CLOSURE REPORT

Sponsored by - Renault Nissan Automotive India Private Limited

RENAULT NISSAN  
AUTOMOTIVE INDIA PRIVATE LIMITED

RENAULT · NISSAN  
JOINT VENTURE COMPANY

வாழ்க வையகம்

குருவே துணை

வாழ்க வளமுடன்

உலக சமுதாய சேவா சங்கம்



கிராமிய சேவைத் திட்டம்



**வேதாத்திரி கிராமம்**  
ஆரோக்கியமான அமைதி கிராமம்  
பேரிஞ்சம்பாக்கம்



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## **1. Introduction**

The future of India lives in its villages. India is not Calcutta or Bombay. India lives in her seven hundred thousand villages` - Mahatma Gandhi.

True to the words of the Father of our Nation, the development of our country has to be assessed by the state of the villages. 365 million people live there below poverty line, mostly illiterate and in low economic status struggling to lead their daily life. Keeping villages, the main focus, the World Community Service Centre strives for a better world through its Village Service Project.

A Memorandum of Understanding was reached on **02.09.2022** between World Community Service Centre (WCSC) and Renault Nissan Automotive India Private Limited (RNAIPL), Oragadam for implementation of Village Service Project in Perinjambakkam / Serapananchery 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 **392 trusts and about 2072** sub-centers registered and affiliated to WCSC. WCSC is a non-religious, non-political and non-profitable spiritual organization spread across India and other foreign countries like Japan, South Korea, Malaysia, Singapore, Sri Lanka and USA.

WCSC through VSP project adopt a village and organize a Nine working months capsuled program. Vethathiri Maharishi`s SKY Yoga (Simplified Kundalini Yoga) taught by well trained and dedicated SKY yoga teachers (a male and a female) who stay in the village and mingle with the people. In addition to the yoga teachings, various other 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 02.09.2022 in the presence of Mr. Rajasekara Bhat, GM Plant, Engineering 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 the 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

- o The village service project (VSP) activities were started by way of inaugural function on **2<sup>nd</sup> Sep 2022** at the Govt Middle School, Perinjambakkam.

The WCSC-VSP project was thus operative for 9 calendar months (Sep 22 to June 2023)

### 5. Feasibility Study

A feasibility study was conducted before the award of the project and a 40-point checklist of the initial assessment of the village was completed.

1	Village Name	Perinjampakkam
2	Zone	Kancheepuram
3	Trust	Ullagaram
4	Panchayat	Perinjampakkam

<b>5</b>	District	Kancheepuram
<b>6</b>	Taluk	Sriperampathur
<b>7</b>	Executive Officer	Thirumathi.Sangeetha, 9444114261
<b>8</b>	Village President & Vice President	Thirumathi. Usha Govindarajan, Ph: 9786047938
<b>9</b>	Ward Member	Nil
<b>10</b>	Village Population	690
<b>11</b>	No. Of House	265
<b>12</b>	Is there a colony area?	Yes
<b>13</b>	Name of the nearest school, Number of students	Government Middle School
<b>14</b>	Primary Health Centre	Yes
<b>15</b>	Venue of the Opening Ceremony	School Ground
<b>16</b>	Place of Yoga Training	School & Temple
<b>17</b>	Time of Yoga Training	Full Time
<b>18</b>	Joint Director of VSP	Prof. G. Balamurugan, 9486014179

<b>19</b>	Coordinator (Academy) of VSP	
<b>20</b>	Coordinator of VSP	B.Vanitha, PH: 9176825618
<b>21</b>	Zone President / Secretary- PH No.	Prof. S. Mayilmurugan, PH: 9841087790, Prof.K. Sampathkumar, Ph: 9176629956
<b>22</b>	Zone VSP - Vice President	Prof. U.D. Krishnamoorthy, Ph:9962502242
<b>23</b>	Trust, VSP - Vice President	A/N. Sundaravel Pandiyan
<b>24</b>	VSP - Professors , SMART Id No.	Prof. Govindarajan, Prof. Padmavathi
<b>25</b>	Are there SKY Persons and Arulnithiyar in the Village?	-No
<b>26</b>	P.Hd., & M.Phil Student	No
<b>27</b>	Live telecast - Local Channel Tv Name	Not Available
<b>28</b>	Documentation Coordinator	Prof. Sasi Prasath, Ph: 99457 26543
<b>29</b>	Tree Plantation	EXNORA
<b>30</b>	Medical Camp	PHG
<b>31</b>	Counselling Camp	A/N. M.K. Janakiraman, Ph: 99623 73705
<b>32</b>	De - Addiction Camp	TTK Hospital

<b>33</b>	Women Empowerment Programme	Tailoring Programme
<b>34</b>	Date of Inaugural of VSP	02.09.2022
<b>35</b>	Date of Concluding of VSP	13.06.2023
<b>36</b>	Sponsor Name	RNAIPL
<b>37</b>	Network Signal	Available
<b>38</b>	1. VSP - Joint Director/ Coordinator	Prof. V. Sundaram, Ph: 9884072652, Prof. G. Balamurugan, 9486014179
	2. Zone - President/ Secretary/ VSP- Vice President	Prof. S. Mayilmurugan, PH: 9841087790, Prof.K. Sampathkumar, Ph: 9176629956
	3. Trust -President/ Secretary/ VSP- Vice President	Prof. D.Shanthi, Prof. Sravanan, A/N. Sundaravel Pandiyan
	4. Professors	Prof. Govindarajan, Prof. Padmavathi
<b>39</b>	Development Committee Members 1. Village President and Member 2. School Head Master 3. Women's - SHG Coordinator 4. Doctor, Nurse 5. Important Persons in Village	1. Thirumathi. Usha Govindarajan, Ph: 9786047938 2. Thirumathi. Thamizharasi
<b>40</b>	Volunteers Name and Ph No.	1. Thirumathi. Usha Govindarajan, Ph: 9786047938 2. Thirumathi. Thamizharasi

## 6. About Perinjambakkam Village and Status

Perinjambakkam Village comes under Sriperampathur Taluk of Kancheepauram district. This is the **249<sup>th</sup> Village** of the VSP project which got inaugurated and presided by Mr. D.Durai Narasimhan, Assistant Manager, RenaultNissan Automotive India Pvt. Ltd and WCSC on **2<sup>nd</sup> Sep 2022**. The closing of this Village project was planned for **13<sup>th</sup> June 2023**.

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

**Actual Village Population –Male -180, Female -195, Total - 375**

**Targeted Population - 361 (Excluding Children)**

S.No.	Gender (Adults) / Children	Number of Participants
1.	Male	180
2.	Women	181
3.	Children below 14	65
<b>Total</b>		

## 7. 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



### Perinjambakkam Progress Report

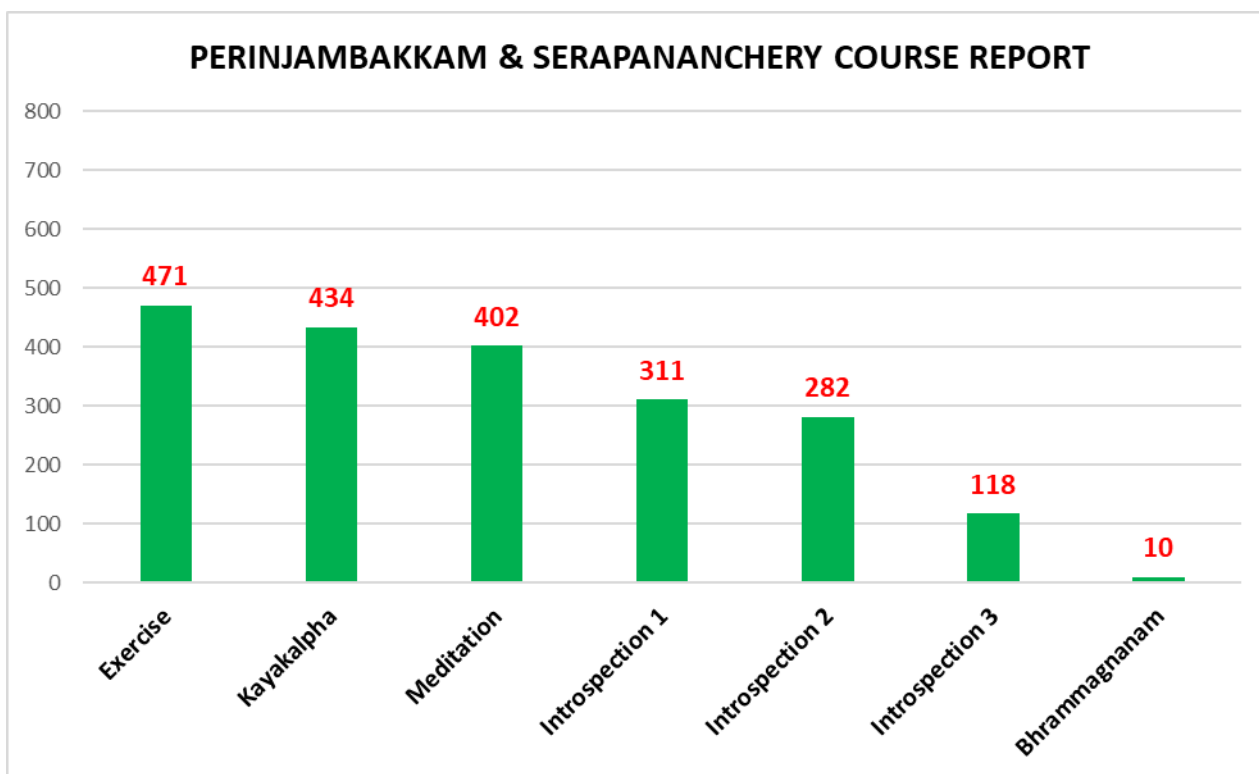
S.No	Title / Description	Information		
1.	VILLAGE NAME	PERIJAMBAKKAM		
2.	ZONE NAME	KANCHEEPURAM		
3.	TRUST NAME	ULAGARAM MVKM TRUST		
4.	PHYSICAL EXERCISE	<b>Total -227</b> (81 Males and 146 Females)		
5.	EXERCISE BELOW 14 years of Age	<b>Male -41, Female -33-Total = 74</b>		
6.	AGNAI	Male -64	Female -98	<b>Total-162</b>
7.	SHANTHI	Male -64	Female -98	<b>Total-162</b>
8.	THURIYAM	Male -64	Female -98	<b>Total-162</b>
9.	KAYAKALPA	Male -76	Female -111	<b>Total-187</b>
10.	INTROSPECTION I	Male -30	Female -68	<b>Total-88</b>
11.	INTROSPECTION II	Male -30	Female -40	<b>Total-70</b>
12.	INTROSPECTION III	Male -13	Female -19	<b>Total-32</b>
13.	BRAHMAGNANAM in Aliyar	Male -5	Female -4	<b>Total-10</b>

### Serapananchery Progress Report

S.No	Title / Description	Information			Total Perinjambakkam & Serapananchery
1.	VILLAGE NAME	Serapananchery			
2.	ZONE NAME	KANCHEEPURAM			
3.	TRUST NAME	ULAGARAM MVKM TRUST			
4.	PHYSICAL EXERCISE	<b>Total -244</b> (86 Males and 158 Females)			<b>471</b>
5.	EXERCISE BELOW 14 years of Age	<b>Male -39, Female -51-Total = 90</b>			<b>164</b>
6.	AGNAI	Male -79	Female -161	<b>Total-240</b>	<b>402</b>
7.	SHANTHI	Male -79	Female -161	<b>Total-240</b>	<b>402</b>
8.	THURIYAM	Male -79	Female -161	<b>Total-240</b>	<b>402</b>
9.	KAYAKALPA	Male -84	Female -163	<b>Total-247</b>	<b>434</b>
10.	INTROSPECTION I	Male -67	Female -146	<b>Total-213</b>	<b>311</b>
11.	INTROSPECTION II	Male -67	Female -145	<b>Total-212</b>	<b>282</b>
12.	INTROSPECTION III	Male -67	Female -105	<b>Total-156</b>	<b>188</b>
13.	BRAHMAGNANAM in Aliyar	Male -1	Female -0	<b>Total-1</b>	<b>10</b>







## 8. Implementation Plan in Detail

Project Activities Planned vs Actual				
S.N O	Projects Activities	Planned	Actual	Remarks
1	Inaugural Function & Cultural Program	02.09.2022	02.09.2022	Completed
2	Baseline questionnaire	05.09.2022		Collected
3	SKY Yoga training including physical exercises, meditation, introspection and kayakalpa yoga for the villagers	Sep- 2022 to June- 2023		Ongoing
4	Medical camp	Pre medical camp – 1 <sup>st</sup> week of	08.10.2022	<b>Report Enclosed Participants M- 31 F - 49 Total – 80</b>



		oct – 2022		<b>Report Enclosed Participants M- 32 F - 63 Total – 95</b>
		Post Medical Camp	<b>25.05.2023</b>	
5	Counselling Sessions	5 camps – <b>planned to be conducted from MAY- 23 Onwards</b>	5 camps At Perinjambakkam 1. 01.12.2022 At Serapananchery 2. 09.02.2023 3. 13.05.2023 4. 17.05.2023 5. 10.06.2023	1. 24 2. 34 3. 57 4. 62 5. 50 Total -227
6	De-Addiction Camp	5 camps - planned to be conduct <b>May- 23</b>	5 camps At Perinjambakkam 1. 14.10.2022 2. 25.11.2022 At serapananchery 3. 17.02.2023 4. 04.05.2023 5. 25.05.2023	<b>1. 27 2. 37 3. 28 4. 93 5. 22 Total - 207</b>
7	Students Motivation Camp	5 camps - planned to be conduct <b>April-23</b>	At Perinjambakkam 1. 31.01.2023 2. 09.02.2023 3. 29.04.2023 4. 06.05.2023 At Serapananchery 5. 14.02.2023	1. 40 2. 40 3. 51 4. 50 5. 50 Total - 231
8	Naturopathy Camp	5 camps – planned to be conduct <b>May -23</b>	At Perinjabakkam 1. 04.11.2022 At Serapananchery 2. 24.01.2023 3. 18.03.2023 4. 28.04.2023 5. 17.05.2023	1. 16 2. 29 3. 24 4. 20 5. 62 Total - 151
9	Environment Awareness programme	planned to conduct 15.09.2022	<b>15.09.2022</b>	<b>Male -23, Female- 42, Students – 51, Total 116.</b>
10	Midline Questionnaire	Will be collected <b>Feb - 2023</b>		<b>Collected Report Enclosed</b>

11	Brahmagnanam - in Aliyar	<b>Plan to attend Jan-2023</b>	<b>17,18,19 April 2023</b>	<b>Male -06 Female -04 Total - 10</b>
12	Arulnithiyar - in Aliyar	<b>Plan to attend March-2023</b>		<b>Dint attend</b>
13	Endline Questionnaire	Will be collected <b>June-2023</b>	25.05.2023	<b>Report Enclosed</b>
14	Documentary Feedback Shooting	1 Feedback Shooting	<b>17.04.2023</b>	<b>Done</b>
15	Conclude function including distribution of certificates	Planned to <b>JUNE -2023</b>	13.06.2023	
16	Women Empowerment programme - Tailoring Programme	5 Months  Planned to conduct Oct-2022	<b>30.11.2022</b>	<b>17 perinjambakkam &amp; 16 serapananchery Total - 33 women participate the tailoring course</b>
17	Project review meetings and meetings with RNAIPL	Meeting Planned with RNAIPL - (July – 22 to April 2023) <b>EVERY MONTH SECOND AND FOUTH MONDAY.</b>	1. 12.09.2022 2. 26.09.2022 3. 10.10.2022 4. 14.11.2022 5. 12.12.2022 6. 23.01.2023 7. 13.03.2023 8. 27.03.2023 9. 08.05.2023	
18	Project feedback analysis and reports	<b>Planned to JUNE -2023</b>		<b>Enclosed</b>



## 9. Project Monitoring

Members	Time interval	Actuals	Duties
President and Secretary of the Zone	15 days Once	President of the zone - Prof.MayilMurugan, Secretary of the zone – Prof.Sambath Kumar and Trust member monitored the village activities once in 15 days and provided necessary support	Monitor the sessions and provide necessary change if required.
Joint Directors, and Coordinator - VSP	Monthly Once	Prof.G.Balamurugan, Joint Director, WCSC-VSP is being interacting with the Professors and ensuring the activities are going without any problem. They are staying in the village and addressing the activities. During their visit they made necessary arrangements like sanitation, disinfectant and hygiene environment to the professors.	Stay in the village and validate the activities of VSP to do the needed arrangements for the further development of the project.
SKY Professors	25 <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.



### **10. Inaugural Function**

The inaugural function was held on 2<sup>nd</sup> SEP 2022 at Perinjambakkam Govt Primary School Ground, Perinjambakkam. The function started with flag hoisting by Mr. D.Durai Narasimhan, Assistant Manager, RenaultNissan Automotive India Pvt. Ltd.

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





## 11. Invitation of Inaugural Function

வாழ்க வையகம்**நிகழ்ச்சி நிரல்**வாழ்க வளமுடன்

மாலை

5.30 மணி : கொடியேற்றம் மற்றும் மரக்கன்றுகள் நடுதல்

5.45 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.00 மணி : வரவேற்புரை : பேரா. **K.சம்பத்துமார்** அவர்கள்,  
செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.

முன்னிலை வகிப்பவர்கள் :

திரு. **K.அமிர்தலிங்கம்** அவர்கள், மேலாளர், RNAIPL  
திருமதி. **யுவராணி** அவர்கள், உதவி மேலாளர், RNAIPL.  
திருமதி. **ராதா ஸ்ரீனிவாசன்** அவர்கள், WCSC-VSP, Co-ordinator.  
பேரா. **G.பாலமுருகன்** அவர்கள், இணை இயக்குனர், WCSC-VSP.  
திரு. **N.செல்வமணி** B.E. அவர்கள், EXNORA Govt. Liaison-Coordinator  
பேரா. **U.D.கிருஷ்ணமூர்த்தி** அவர்கள்,  
மண்டலத் துணைத்தலைவர் (VSP).  
அருள்நிதி. **R.சுந்தரவேல் பாண்டியன்** அவர்கள்,  
துணைத்தலைவர் (VSP), உள்ளகரம் மனவளக்கலை மன்ற அறக்கட்டளை,  
**ஊராட்சி மன்ற பொறுப்பாளர்கள் மற்றும்  
கிராம மக்கள்**

6.05 மணி : விருத்தினரை கௌரவித்தல் மற்றும் மரக்கன்றுகள் வழங்குதல்

6.10 மணி : திட்ட அறிமுகவுரை : அருள்நிதி. **P.முருகானந்தம்** அவர்கள்,  
இயக்குனர், WCSC-VSP.

6.20 மணி : முன்னிலையுரை : திருமதி. **உஷா கோவிந்தராஜ்** அவர்கள்,  
ஊராட்சி மன்றத் தலைவர், பேரிஞ்சம்பாக்கம்.

6.25 மணி : தலைமையுரை : **Mr. RAJASEKARA BHAT** Avl,  
GM Plant, Engineering Renault Nissan Automotive India Pvt Ltd

6.30 மணி : தலைவர் பற்றிய அறிமுகம்

6.35 மணி : திட்டத்தை துவக்கி வைத்து சிறப்புரை (காணொலி காட்சி)  
அருள்நிதி. **SKM.மயிலானந்தன்** அவர்கள்,  
சமூக சேவைக்காக பத்மஸ்ரீ விருது பெற்றவர்,  
தலைவர், உலக சமுதாய சேவா சங்கம்.

6.45 மணி : கிராமியக் கலை நிகழ்ச்சி  
**அருமைக் கலைக்காரியாலயம்** குழுவினர், திருச்சி.

7.45 மணி : நன்றியுரை : பேரா. **P.சாந்தி** அவர்கள்,  
நிர்வாக அறங்காவலர், உள்ளகரம் மனவளக்கலை மன்றம் அறக்கட்டளை.  
உலக நல வாழ்த்து

## 12. SKY Yoga Practices

13.



#### **14.Venue and Timing of the Yoga Classes at Perinjambakkam village**

S.NO	Place	Timing
1.	Panchayat office (ladies)	2 pm to 3 pm
2.	E-Sevai maiyam (General)	6.30 pm to 7.30 pm

#### **15.Venue and Timing of the Yoga Classes at Serapananchery village**

S.NO	Place	Timing
1.	Kovil campus (General)	6 am to 7 am
2.	100 days place	11.30 am to 12.30 pm
3.	Kovil campus (Ladies)	12.30 pm to 1.00 pm
4.	School	3.30 pm to 4.10 pm

#### **16.Pre-Medical Camp**

Pre medical was held on 08.10.2022 at Perinjambakkam village. Male 31, Female 49 total 80 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.





## Summary of Medical Report

S.No.	Description	Number	Remarks
1	Total Samples Collected	80	
2	Under Weight	15	BMI < 18.5
3	Normal Weight	24	BMI - 18.5-24.9
4	Over Weight	23	BMI - 25 to 29.9
5	Obesity	6	BMI >=30
6	Hyper-Tension	27	> 130 and > 80
7	Diabetic	0	200+ after eating 126+ fasting
8	Cholesterol	0	> 240 risky
9	Covid	0	As reported
10	Above 14 years	70	>14
11	No. of Male	30	
12	No. of Female	50	

## 17. Post Medical Camp

Post medical was held on 25.05.2023 at Perinjambakkam village. Male 32, Female 63 total 95 villagers participate in this camp.

The villagers medical parameters like weight, sugar levels, BP etc were recorded and the summary of the report given below.



## Post Medical Camp Report

- 15 underweight persons got normal weight
- 42 persons got normal weight
- 23 overweight persons significant improvement in overweight
- There is the significant improvement in 27 Hypertension persons
- 6 obesity persons significant improvement in obesity

## 18. Feedback Analysis

### Baseline, Midline & Endline Feedback

Baseline, Midline and Endline feedback – we take baseline feedback using a questionnaire, from the participants to understand their physical and mental condition. After 4 months, we take midline feedback with different questions related to the baseline questions, to measure the progress in their physical and mental condition. Finally at the end of the program, we take final feedback.

Baseline, midline 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: -

Village Name		Perinjambakkam		Name of the Professors	Prof. V.S.Govindarajan	Date of Start	02-09-2022		100.00%	Maximum		No. of Responses	34
Sponsor Name		RENAULT NISSAN			Asst.Prof.B.G.Padmavathi	Date of Closing	13.06.2023		27.25%	Minimum			
Sl No.	Feedback Questions	Average Performance	S Bhuvanewari	K.Rathalashmi	ச.திணச்சல்வி	S.Vajaiashmi	Kalyani	C.V.Ezilarsan	Mae naka .G	ச.விஜயலட்சுமி	V Parimala	E.சேபோரால்	
			Female	Female	Female	Female	Female	Male	Female	Female	Female	Female	
1	To what extent the physical exercises are helpful and effective to you?	3.74	4	4	4	4	4	4	4	3	4	4	
2	To what extent your physical health has improved due to physical exercises?	3.59	4	3	4	4	3	3	4	3	4	3	
3	How clean is your village now compared to before the village was adopted?	3.71	4	4	4	4	4	4	4	3	4	3	

5	Are you good in studies?	4										
6	Are you able to remember things?	3.79	4	3	3	4	4	4	4	3	4	4
7	Are you able to focus on studies and other activities (School/College)?	4										
8	How much of control have you gained on your anger?	3.47	2	2	3	3	3	4	4	2	3	4
9	To what extent your Mental health has calmed due to SKY Meditation?	3.85	4	4	4	4	3	4	4	4	4	3
10	What are your levels of tolerance to accept others behavior and maintain cordial relationship?	3.76	4	4	2	4	4	4	3	4	4	4
11	To what extent are you able to adjust with your family and friends?	3.76	4	4	4	4	3	4	4	4	4	3
12	How much are you able to sacrifice to take the relationship forward?	3.71	4	4	4	4	3	4	4	4	4	4
13	To what extent are you able to eradicate your worries to maintain a healthy life?	3.53	2	3	4	3	2	3	4	4	4	4
14	How much are you able to moralize your desires to be contented?	3.47	2	4	3	3	3	3	3	4	3	4
15	How satisfied are you with the change in your children's attitude?	3.5	4	3	3		4		4	3	3	3
16	How satisfied are you with the change in your children's focus towards education?	3.61	4	3	3		4		4	3	3	3
17	How satisfied are you with the tailoring skills developed?	3.82	4	4	4	2	4				4	4

## Vazhga Vaiyagam



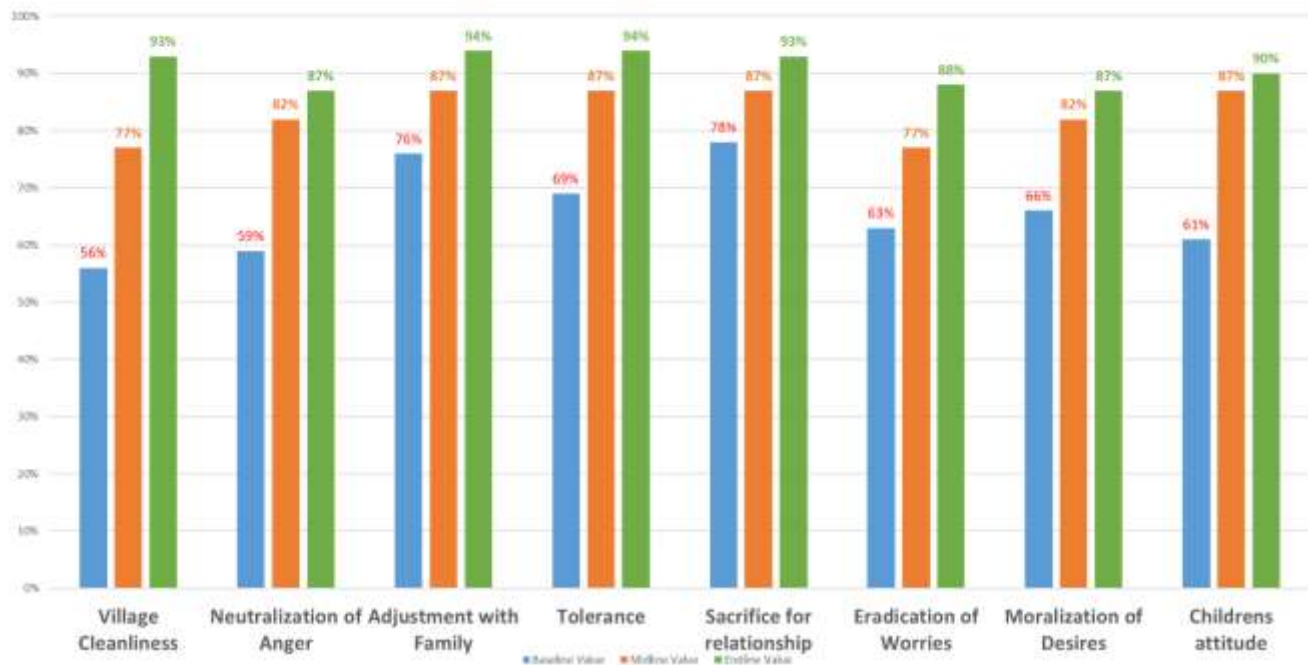
## Vazhga Vazhamudan

18	How satisfied are you with the earnings / income through tailoring?	3.3		4	2	4	4				3	3
19	If you were under depression before joining SKY, are you out of depression now?	3.68	4	4	3	3	4	3	4	3	3	3
20	How do you rate your village professors coaching and behavior?	3.91	4	4	4	4	4	4	4	4	4	4
21	Health Improvements Resolved		Joint Pain /மூட்டு வலி, Menstrual problems/ PCOD; Cholesterol/ Migraine / Headache;	Joint Pain Menstrual problems/ PCOD; Blood Pressure (BP), Sugar Control/	Joint Pain /மூட்டு வலி, Infertility / கருவுறாமைய, Anemia /	Menstrual problems/ PCOD; மாதமாதம் Overweight / Obesity;	Overweight / Obesity;	Sugar Control/ சர்க்கரை கட்டுப்பாடு, Cholesterol/ கொழுப்பு	Joint Pain /மூட்டு வலி, Migraine / Headache; Anemia /	Joint Pain Menstrual problems/ PCOD; Migraine / Headache; Thyroid /Anemia	Migraine / Headache; மைக்கிரன் / தலைவலி, Anemia /	Menstrual problems/ PCOD; Cholesterol/ Migraine / Headache; Thyroid /Anemia /
22	Other Suggestions & Feedbacks		Keepit up	Keepit up	Keepit up	Keepit up	Nalla sevi..	Good ஓ	Good ஓ	Good ஓ	Good ஓ	Good ஓ

## Endline Feedback Questionnaires - Result Inference.

S.No.	Inference
1	100% of the students' participants are able to focus on studies and other activities
2	96% of the participants extent their Mental health has calmed due to SKY Meditation
3	Around 96% of the participants are satisfied with their tailoring skills developed
4	Around 95% of the participants are able to remember things
5	Around 94% of the participants are benefitted with the exercises and leading a healthy life
6	92% of the participants are out of the depression compared to before joining the program
7	74% (265) of the participants have made progress in family peace
8	Due to SKY Exercises and meditation-159 participants are cured of Migraine & Headache, 127 participants are cured of joint pain, 127 participants cured of Anaemia, 85 participants cured of Blood pressure, 53 participants cured of Cholesterol, Thyroid & Over-weight / Obesity, 48 women participants cured of Menstrual problems / PCOD.
9	<b>100% of the participants are happy with the VSP Programme compared to only 27% before joining the program.</b>

### Baseline, Midline & Endline Feedback Trend



## **19.ExNoRa Clean & Green Project**

### **EXECUTIVE SUMMARY**

Clean Green Villages program was initiated by Renault Nissan Automotive India Pvt Ltd in partnership with The World Community Service Centre and in Strategic alliance with ExNoRa International Foundation in five villages namely Appur, Kandigai, ezhichur, vadakkupattu and Perinjambakkam villages, in Kanchipuram District, Tamilnadu.

Perinjambakkam village, located in the Kanchipuram district of Tamil Nadu, India is a rural area where the main source of livelihood for its inhabitants is through daily wages and agriculture. The village is likely to have a traditional, agrarian society where most of the population is engaged in farming and related activities.

### **Detailed Activity implemented**

Sl.NO	Activity	Perinjapakkam village
1	Tree Plantation	Completed 20 trees plantation at the entrance area of the village
2	Roadside Tree plantation with tree guard	Completed 30 trees with tree guard
3	Household tree distribution	Completed 500 saplings for more than 100 houses
4	Cleaning village	Completed 60 Hrs
5	Total Area cleaned (Public Places)	7000 Sqft is cleaned and 172 karuveta trees are removed.
6	Dustbin	20
7	Cloth bag	1000 bag made

### **ACTIVITIES PROPOSED**

The project involved the following activities aimed at improving the environment of the village. These included:

**Roadside tree plantation with guard:** Trees were planted along the main roads in the village to improve the green cover and provide shade.

**Tree plantation:** Tree guards were also provided to ensure the survival and growth of the newly planted trees.

**Cleaning public places:** cleaned public places and removing of seemai karvulla Trees with JCB: To improve the overall health of the village's ecosystem.

**Nutritious plant distribution in households:** To improve the availability of nutritious food in the village, plants that produce fruits and vegetables were distributed to households.

### **Additional activity**

**Waste bin Distribution:** Waste bin distribution in panchayath.

### **Cleaning village**

By the instruction of Perinjambakkam Village Panchayat, we finalized the area for cleaning. The drive aimed to remove all the karuveta trees, clean drainage, and clean weeds around the pond and inlet of the pond in the village over time. Through this activity, the team was able to complete 60 hours. The team removed 172 karuveta trees collectively.

Overall, the cleaning drive was a great step forward in the efforts to keep the village clean and green, and it has set a good example for other villages to follow. The residents of the village are now more aware of their responsibilities towards the environment, and they have shown a commitment to working together to keep their community clean and healthy.



## TREE PLANTATION

After cleaning the village area, it is an ideal step to plant trees in the newly cleaned space. This would not only enhance the beauty of the village but also provide numerous benefits such as:

**Improving Air Quality:** Trees absorb carbon dioxide and release oxygen, which improves the air quality of the village.

**Cooling the Village:** Trees provide shade and cooling, which can reduce the temperature of the village.

**Reducing Soil Erosion:** Trees prevent soil erosion and maintain the soil structure, thus preserving the fertile land in the village.

**Providing Habitat:** Trees provide habitat and food for various species of birds, insects, and animals, thus promoting biodiversity in the village.

The team successfully completed 20 saplings at the entrance of the village.

Overall, the tree plantation after cleaning the village area will be a great step towards making the village more sustainable and eco-friendlier.





### **Roadside Tree plantation with tree guard**

The team Completed 30 tree plantations with tree guards.

### **Nutritious plant distribution in households**

The distribution of nutritious plants among the village community has been a vital step in promoting a healthier lifestyle. The plants are sourced from nurseries and are carefully selected to provide essential nutrients to the community. The distribution is carried out by local volunteers who are trained in the proper methods of planting and maintaining the plants.

The community is encouraged to grow these plants in their own gardens to ensure a continuous supply of nutritious food. The distribution of these plants has not only improved the health of the community but has also created a sense of community engagement and a sense of ownership of the initiative.

The program has been highly successful and has received positive feedback from the community, who are grateful for the access to fresh and healthy food. The team distributed 500 saplings for more than 100 houses.

### **Nutritious plant distribution**







### **CLOTH BAG DISTRIBUTION**

The distribution of cloth bags in the community has been an initiative aimed at promoting sustainability and reducing plastic waste. The bags are made from durable and environmentally-friendly materials and are designed to be reusable for an extended period of time. 1000 bags had been stitched by the community women and it developed a livelihood for them.

The distribution of cloth bags has not only reduced the amount of plastic waste produced in the community, but it has also helped to create a sense of community engagement and support for sustainable practices. The initiative has been well-received and has become a model for other communities to follow.

#### **Cloth bag**



## DUSTBIN DISTRIBUTION

The team contributed 20 dustbins to needy people.



## Environment day Celebration



## IMPACT

The impact of the green and clean initiative in Perinjapakkam Village has been significant and far-reaching. The planting of 50 trees has not only beautified the village but also provided shade and improved the air quality. The JCB cleaning has also improved the overall cleanliness of the village and created a healthier environment for the residents.

The distribution of 5 nutritious plants to each household has also had a positive impact on the health and well-being of the community. By growing their own food, families are able to access fresh, healthy produce that they may not have otherwise been able to afford. This has led to improved nutrition and a decrease in the incidence of diet-related health problems.

Additionally, the initiative has brought the community together, as residents work together to maintain the trees and care for their own gardens. This sense of community pride has improved the overall quality of life in Perinjapakkam Village and created a more positive and sustainable future for its residents.

In conclusion, the green and clean initiative has had a profound and lasting impact on Perinjapakkam Village, improving the environment, health, and quality of life for its residents.

### **20. De-Addiction Camp 1**

De- Addiction camp was conducted By Mr. Jalandher from AA Group, Chennai at Perinjambakkam Village on 14.10.2022. Male-09, Female-10, Students- 08, Total - 27 members villagers participate in this camp.

### **De Addiction Camp - 2**

De- Addiction camp was conducted By Mr. Jalandher from AA Group, Chennai at Perinjambakkam Village on 25.11.2022. Male-04, Female-33, Total - 37 members villagers participate in this camp.

### **De Addiction Camp - 3**

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Serapananchery Village on 17.02.2023. Male-03, Female-25, Total - 37 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.

### **De Addiction Camp - 4**

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Serapananchery Village on 04.05.2023. Male-11, Female-82, Total - 93 members villagers participate in this camp.

### **De Addiction Camp - 5**

De- Addiction camp was conducted By TTK Hospital counsellors, Adyar, Chennai at Serapananchery Village on 25.05.2023. Male-5, Female-17, Total - 22 villagers participate in this camp.



14.10.2022



25.11.2022



17.02.2023



04.05.2023



25.05.2023



## **21.Naturopathy Camp**

### **Camp - 1**

Naturopathy camp was held on 04.11.2022 at Perinjambakkam village conducted by Dr.Palanivel. Male - 10, Female –28, total –38 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.



### **Naturopathy camp – 2**

Naturopathy camp was held on 24.01.2022 at Perinjambakkam village conducted by Dr.Palanivel. Male - 8, Female –21, total –29 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



### **Naturopathy camp – 3**

Naturopathy camp was held on 18.03.2023 at Serapannanchery village conducted by Dr.Palanivel. Male - 5, Female –19, total –24 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine. Diseases – symptoms – solutions – individual counselling – solution



### **Naturopathy camp – 4**

Naturopathy camp was held on 28.04.2023 at Serapannanchery village conducted by Dr.Palanivel. Male - 5, Female –15, total –20 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine. Diseases – symptoms – solutions – individual counselling – solution.





### **Naturopathy camp – 5**

Naturopathy camp was held on 17.05.2023 at Serapannanchery village conducted by Dr.Palanivel. Male - 5, Female –57, total –62 villagers participate in this camp.

Dr. Palanivel spoke to the villagers about importance and benefits of Natural Food and Natural Medicine. Nature food festival – Importance of nature food – Lifestyle changes –

Diseases and solutions – Benefits of natural food – Individual counselling – Benefits of simple herbs – Usage – sprouts – Natural usage methods of vegetables were conducted.



### **22. Counselling Camp**

#### **Camp – 1**

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Perinjambakkam Village on 01.12.2022. M:8 F:16 total 23 villagers participate the counselling session.



### **Counselling Camp -2**

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Serapananchery Village on 09.02.2023. M:5 F:29, total-34 villagers participate the counselling session.



### **Counselling Camp -3**

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Serapananchery Village on 13.05.2023. M-11, F-13, Student -33 total- 57, Individual counselling 3 villagers participate the counselling session.





**Counselling Camp -4**

Counselling camp was conducted By Phycologist A/N. M.K.Janakiraman at Serapananchery Village on 17.05.2023. M-05, F-57, total- 62 villagers participate the counselling session.

**Counselling Camp -5**

Counselling camp was conducted By Phycologist Mrs.Latha, Exnora at Perinjambakkam Village on 10.06.2023. Female – 50 villagers participate the counselling session.



## **23. Student Empowerment Programme**

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 Camp-1**

Student Motivation Programme is conducted on 31.01.2023 at Perinjambakkam village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 40 village school students participate in this camp.

#### **Content of the Camp**

##### **MORAL**

- 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-2**

Student Motivation Programme is conducted on 09.02.2023 at Perinjambakkam village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 40 village school students participate in this camp.

- Improve fine and large motor skills. Music helps children of all ages improve their fine and gross motor skills. ...
- Build close relationships. ...
- Develop language skills. ...
- Improve the management of emotions. ...
- Build self-confidence and self-esteem. ...
- Encourage teamwork.



### **Student Motivation Camp-3**

Student Motivation Programme is conducted on 14.02.2023 at Serapananchery village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 51 village school students participate in this camp.

#### **Content of the Camp**

##### **Physical Health Benefits of Dance for Young Children**

- Improved condition of heart and lungs.
- Increased muscular strength, endurance and aerobic fitness.
- Better coordination.
- Better agility.
- Better flexibility.
- Healthy blood pressure.
- Improved overall balance.
- Improved spatial awareness.





### **Student Motivation Camp-4**

Student Motivation Programme is conducted on 29.04.2023 at Perinjambakkam village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 50 village school students participate in this camp.

#### **Content of the Camp**

##### **Sports - Character Building Traits**

- 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.



### **Student Motivation Camp-5**

Student Motivation Programme is conducted on 06.05.2023 at Perinjambakkam village by Mrs. Latha from Exnora. We teach student Drawing, Writing Essay, Indoor and Outdoor Games, Spoken English, Craft and Dance. 50 village school students participate in this camp.



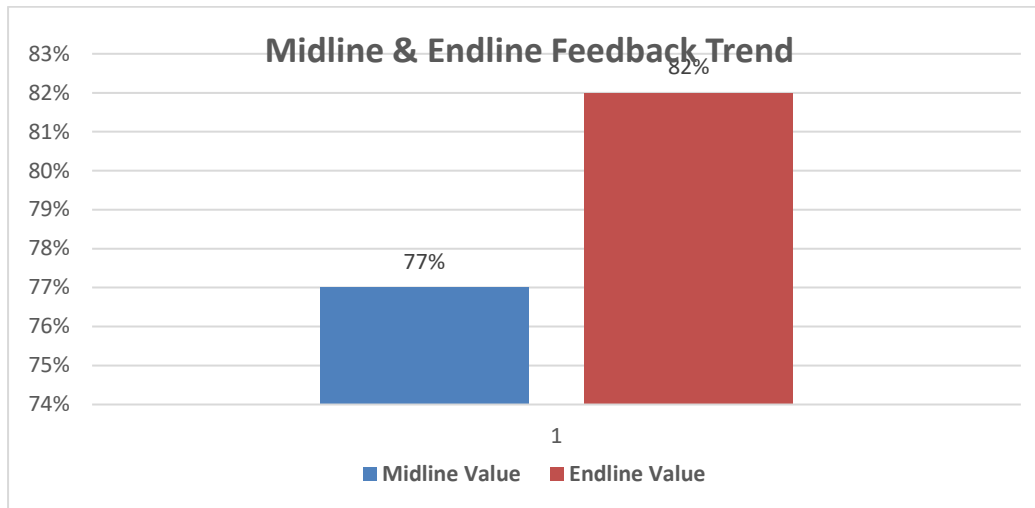
## **24. Women Empowerment Programme**

Tailoring programme was inaugurated by Renault Nissan officials on 29.11.2022 at Perinjambakkam Village. 5 tailoring machines issued for this tailoring classes. Until now 20 village Women at perinjambakka and 17 village women in 16 serapannachery village total – 33 members joined the tailoring class.



### Tailoring Programme Feedback Trend

- **82% of the Women participants are able to earn income through Tailoring**



S.No.	Date	Event Description	Description
1.	Start Date 29.11.2022	Tailoring class for ladies in Perinjambakkam Village was inaugurated by Mrs. Uvarani, Asst Manager of CSR RNAIPL and RNAIPL and other officials of RNAIPL & WCSC.	Females- 33 <b>participated</b> actively.
2.	End Date 13.06.2023	<b>First Month:</b> Embroidery Basic, Hand Kerchief, Shots, Nicker. <b>Second Month:</b> Plain Petticoat, Fril petticoat, Frock. <b>Third Month:</b> In skirts, Pattu pavadai for Children <b>Forth Month:</b> Chudidar 2 & Pant 3 types (Patiala, semi Patiala, Gathering) <b>Fifth Month:</b> 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. <b>Total: 33</b> women successfully completed the skill training program
3.		<b>40 participants</b> were issued certificates by Tamil Nadu WDC (Women Development Corporation in collaboration with WCSC (World Community Service Centre)	

## **25. Project Outcome & Impact**


- 471 participants benefitted from the Yoga classes
- 1107 participants benefitted from all the activities of VSP including immunity camp
- 10 beneficiaries participated and became Bhrammagnanam to carry the program forward and sustain it in the village
- 95% of the villagers benefitted from the Manavalakkalai program and have achieved holistic development individually within themselves (Pls refer Section 16 - Feedback Analysis)
- 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 Programme - 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.
- Environment Awareness Programme - Village people started implementing clean habits like usage of dust-bins given to them, segregating plastic wastes, growing plants, etc.
- Student Empowerment Programme – This programme 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



## 26. Participants Feedback

வாழ்க வையகம்

வாழ்க வந்திரன்



சார் பெயர் 'சுவிதா' வயது 27

மாரீதகம் பாக்கம் கிராமத்தில் யோகா பயிற்சி முடிவடைந்தது  
 இதில் விடயம் உலகை மிகவும் அருமையாக. மேலும்  
 போகும் கெள்வதன் மூலம் தெரிந்தது கொண்டு நானும்  
 கெள்வதன், இதில் அருமையாக மூலம் யோகா  
 பயிற்சி பார்க்கும் தெரிந்தது கொண்டு நானும் கெள்வதன்.  
 உடலில் பெலனாகும் அதிகமாக அருமையாக. யோகா  
 பயிற்சியின் மூலம் அதிகமான முன்னேறிய பெயர்மேல்  
 இப்பால் அருமையாக அருமையாக (கால் வலி அருமையாக).  
 யோகா மூலம் அருமையாக அருமையாக. யோகா  
 மூலமாக (மனதில் உடலில் அருமையாக) நான்  
 பயிற்சி மூலம் கெள்வதன். அவசியம் யோகா மூலமாக  
 அருமையாக அருமையாக, பயிற்சி தெரிவி  
 பெயர்மேல். உலக அருமையாக யோகா அருமையாக  
 மூலமாக கையெழுத்து மூலமாக.

வாழ்க வையகம்

வாழ்க வையகம்

வாழ்க வந்திரன்



வாழ்க வளமுடன்

விடுவதுமன

வாழ்க



என் பெயர் R.வெங்கடேன் (71) நான் சூர்ச்சம்பாக்கை கிராமத்தில் வசித்தீர்களேன். எனக்கு 5 வருடங்களுக்கு முன் ஓட்டுக் வலி என்ற மருத்துவமனை சென்றேன். மருத்துவர்கள் "சூர்ச்சிலா" எய்ய உண்ணும் என்ற சூறினர். சூர்ச்சிலா எய்து தொடர்ந்து மருந்து உண்டு வந்தீர்கள். இதனால் சுகம், இரத்த அழுத்தம் போன்றவையும் ஏற்பட்டு அதற்கும் மருந்து எடுத்துக் கொடுத்தீர்கள். என்னால் எந்த வேலையும் எய்ய முடியாமல் மன அழுத்தம் இருந்தேன். இந்த நிலையில் எங்கள் ஊரில் ஸ்கா (SKV) வந்தது; அதில் தயங்கிய நான் சூர்ச்சிலா வற்புறுத்தலால் பயிற்சி எடுக்கேன். 1வாரத்தில் நல்ல முன்னேற்றம் ஏற்பட்டது. உற்பாயி, காயகல்பம், சந்திரசாதனை, சுவம் இவை எல்லாம் நிவரம் பயணிக்கின்றது இப்போது என்னால் எல்லா வேலையும் எய்ய முடிகின்றது நாளை ஜிப் 514 எடுக்கின்றேன். மாத்திரைகளின் அளவும் குறைந்துள்ளது. இது எனக்கு பெரு மகிழ்ச்சி அளிக்கின்றது NISSAN கம்பனிக்கும் WESC க்கும் மிக்க நன்றி.

வாழ்க வளமுடன்

வாழ்க வளமுடன்

வாழ்க வையகம்

விடுதலை

வாழ்க வளமுடன்



என் வயல் கோகமாதிவிமா.K. வயல் உலா

"TDE" முறையில் கட்டுப்பாடுகளை மேற்கொண்டு 3 ஆம் பகுதி எடுத்து  
 வேலை முடித்து வந்து மீண்டும் பள்ளி மாணவ மாணவி களுக்கு  
 மீண்டும் கல்யாண சேவைகளை மேற்கொள்வோம். இந்த சந்தர்ப்பத்தில் கோகமா  
 -திவிடு வசலை எண்களை மேற்கொண்டு என் குழந்தைகள், என்னிடம்  
 பாடினும் பள்ளி குழந்தைகளிடம் மாற்றுவதை பார்க்கிறேன், எப்படி  
 என் குழந்தைகளை பள்ளியில் "sky" போல சேர்ந்திருக்க, "லாபா"  
 மாணவர்கள் இங்கே மட்டும் எப்படி பெறியிருக்கிறார்கள் மாணவர்களு  
 -மீண்டும் வசலை வாங்கி வாங்கி கொடுக்கவும் ஆடம், பாடல் மூலமாக  
 குழியம் வசலை, சிவசங்கைய வசலைகள் மட்டும் மட்டும் மட்டும் வசலை  
 மாணவர்களை மேற்கொண்டு மேற்கொண்டு மேற்கொண்டு மேற்கொண்டு  
 ஆனால் பசியை வைத்துள்ளார்கள் சிறை உணர்ந்த நான் கோகமா  
 மாணவிகள் இதை மேற்கொண்டு வசலைகள் என் குழந்தைகள்.

என்பதை வேண்டுமாறுமே வசலை சிறை குழந்தைகள் என் கு  
 குழி, உதவிப்பாடு, காயகம், தியானம் என அனைத்தும் கற்றுக்  
 கொள்ளும், இப்படி எண்களை திரும்பும் ஆகி நான்  
 கீழ்க்கண்ட உள்ளே. என் குழி உடல், மாணவர்களை மாணவர்கள்  
 சிறைப்பாடு அமைதியாகவும் உள்ளே.

இதனை அளித்திருக்கிற கட்டுப்பாட்டில், WCSL-VSP க்கு  
 மிக்க நன்றி, நன்றி

வாழ்க வையகம்  
 வாழ்க வையகம் வாழ்க வளமுடன்  
 இப்படி  
 K. Mohanarajamma

வாழ்க வளமுடன்  
வாழ்க வளமுடன்



என் பெயர் சேஷன் வயது 34 நாள் கிராமத்தினர்  
 அஞ்சலகத்தில் பாஸ்பாஸாக உள்ளேன். மிகுந்த பாஸ்பாஸை  
 பேசும் கிவதரம் நம்மும் தூதராக உள்ளேன். பாஸ்பாஸை காரணமாகவும்  
 வேண்டியதை காரணமாகவும் என்னை அறிவ தெரியும் வரும்  
 தேவக மாற்றியும் உண்டு போக ஆதிநியந்திரமும் என்னிடம்  
 போக துண்டுகொண்டதன் மாற்றியும் வரும் என்னை மாற்றியும்  
 போன்றும் தெரிவர்கள், எப்படியோ இவ்வாறாக காலம்  
 5/10/20 வரையில் நானும் என் பக்கத்து விட்டு நண்பராய்  
 தெரிந்த போக துண்டுகொண்டேன், அதில் இது அளவு  
 மாற்றியும் கிடைத்தது. மிகர் ஆதிநியல் தெரிந்த "பிரம்மஞ்சாலம்"  
 பழங்கியல் கல்குறையின் கைநிலம் என்னை ஆதிநியல் தெரிந்த என்னால்  
 3 நாட்கள் வர இயலாது என்னை கூறினேன், ஆதிநியலின் வர்ப்புத்தேவம்  
 விடாமுடிப்பும். என்ன [17.18.19/4/2023] அமைத்திருக்கிறேன்.  
 விடுவதில்லாமல் தெரிந்த என்னை ஆதிநியல் மிகுந்த மகி அளவு  
 மகி மாற்றியும் துண்டுகு. மிகவும் மிகுந்த போலும் நடைமுறை  
 மாற்றிய தெரிந்த உடலில் இது தன்மையம் ஆதிநியல் வேண்டும்  
 என்னை விடுவதும் ஆதிநியல்களிடம் கூறினேன். அதற்கு என்னை  
 மாற்றிய, தியானம் பங்கு வேண்டும், ஆதிநியல் மாற்றியும் மிகுந்த  
 ஆதிநியல் தெரிந்த வேண்டும் என்னை கூறினேன். அதற்கு நான்  
 தயாராகவேன், போலும் நடைமுறை போக தெரிந்த மாற்றியும்  
 உருவாக்கினேன்.

இதற்கு ஏற்பாடு செய்த ஏனாவது கிஷான்  
 கம்பனிக்கும், உலகமாதிரி கம்பனிக்கும் போக  
 ஆதிநியல்களிடம் மிகுந்த  
 வாழ்க வளமுடன்





உயிர் தாதுகம்

உயிர் உபயோகம்



என பெயர் அ. சூர்யலக்ஷ்மி, வயது 30. நான்  
 கிழங்கில் வேலை செய்தி நாயகிமற்றும் சொத்துக்கு. என்னை  
 உயிர் அருகி கொக்கவில்லை. சிறிய நாயகி யின் வலகை  
 உயிர் கொடுக்கி ஆயுட்கு நாயகியின் சொத்துக்கு  
 உயிர் அருகி பெற்றேன். சிறிய நாயகி யின் அடிக்கையை  
 கட்டும் கொண்டு சிறிய படிப்படியாக அருகிக்கு கொடுக்கையுமும்  
 கட்டும் கொண்டு. நான் கையினி வேலை கொடுத்து [மனை] யை  
 ஒன்றை புகியதில் கொண்டு உபயோகம் தீட்டி பெயர் கொடு  
 நம்பிக்கை உத்தி. அது மட்டுமல்லாமல் மற்றவர்களின் ஆணையும்  
 உத்திக்கு கொடுக்கி அளித்தி குடியிலும் உத்திப்புகையும்  
 உத்தி. அது மட்டுமல்லாமல் வேலை கொடுக்கொண்டி வேலை  
 கொடு உயிர் மீதும் குடிக்கையிலும் அருகிப்புகையிலும் அருகித்தான்.  
 நான் உயிர் அருகிம் பெற்று குடிக்கையை உத்தித்தான். அனால்  
 கையினி அருகி யின் வேலை புகிய வேலைகளை கிடைத்தான்.  
 அதுமட்டுமல்லாமல் வேலை S.r, வேலை mam, Teaching mam அளிப்புகையும்  
 கொடுத்தி பக்கப்பலகை உத்தி. அளித்தனால் அருகி அருகி புகிய கொடுக்கையும்  
 கொடுத்தி. அனால் அருகி உத்திய கிழங்கி உத்தி உத்தித்தி  
 நான் கொடுத்தி கொடுத்தி.

உயிர் தாதுகம் உயிர் தாதுகம் உயிர் தாதுகம்.





உய்யத் தையலம் வாய்த் தையலம்.



புனி வெயி S கிராமத்தில். உய்ய 93  
 பஞ்சு கிராமத்தில் கந்தமாறைய பட்டி  
 சீதலம் நடைபெற்று நான் கற்றுக்கொண்ட சென்ற  
 சுவதி சென்ற பெரு சுவதித் திருத்தியும், லா  
 உய்யக்கல், சுவதித் திருத்தியும் சென்ற  
 உய்யக் சென்ற. லா சுவதியும், லா சென்ற  
 சிவசுந்தி. லா சென்ற திருத்தியும்  
 உய்யக் சென்ற. திருத்தியும் (P.O.D) மருத்து  
 உய்யக் சென்ற. திருத்தியும் சென்ற பட்டி  
 சென்ற லா சென்ற திருத்தியும்  
 நான் சென்ற சென்ற சென்ற சென்ற  
 சென்ற சென்ற. உய்ய சென்ற சென்ற  
 சென்ற சென்ற சென்ற சென்ற

உய்யத் தையலம் உய்யத் தையலம் உய்யத் தையலம்

X

## 27. Conclude Invitation

வாழ்க வையகம்
வாழ்க வளமுடன்

நிகழ்ச்சி நிரல்

மாலை

5.30 மணி : கொடியேற்றம், ஆரோக்கியமான அமைதி கிராமம் போர்டு திறப்பு

5.45 மணி : இறைவணக்கம், குரு வணக்கம், தவம்

6.00 மணி : வரவேற்புரை : பேரா. **S.மயில்முருகன்** அவர்கள், தலைவர், WCSC-காஞ்சிபுரம் மண்டலம்.  
முன்னிலை வகிப்பவர்கள் :  
திரு. **K.அமிர்தலிங்கம்** அவர்கள், மேலாளர், RNAIPL.  
திருமதி. **A.யுவராணி** அவர்கள், உதவி மேலாளர், RNAIPL.  
திரு. **செந்தூர் பாரி** அவர்கள், President, EXNORA INTERNATIONAL.  
திருமதி. **ராதா சீனிவாசன்** அவர்கள், Co-ordinator, WCSC-VSP.  
பேரா. **G.பாலமுருகன்** அவர்கள், இணை இயக்குனர், WCSC-VSP.  
பேரா. **K.சம்பத்துமார்** அவர்கள், செயலர், WCSC-காஞ்சிபுரம் மண்டலம்.  
பேரா. **K.காத்தவராயன்** அவர்கள், மண்டலத் துணைத்தலைவர் (VSP).  
பேரா. **சரவணன்** அவர்கள், செயலர், உள்ளகரம் மனவளக்கலை மன்றம் அறக்கட்டளை.  
பேரா. **R.சுந்தரவேல் பாண்டியன்** அவர்கள், துணைத்தலைவர் (VSP), உள்ளகரம் மனவளக்கலை மன்றம் அறக்கட்டளை.

6.05 மணி : விருத்தினரை கௌரவித்தல்

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

6.20 மணி : முன்னிலையுரை : திருமதி. **உஷா கோவிந்தராஜ்** அவர்கள் ஊராட்சி மன்றத் தலைவர், பேரிஞ்சம்பாக்கம்.  
திரு. **G.ஏழுமலை** அவர்கள் ஊராட்சி மன்றத் தலைவர், செர்பனஞ்சேரி.

6.30 மணி : வாழ்த்துரை : **Mr. J. Swaminathan** Avl, RNAIPL Director - Production Control & CSR Health.

6.40 மணி : தலைமையுரை : **Mr. V M. Keerthi Prakash** Avl, MD, RNAIPL.

6.50 மணி : திட்டத்தை நிறைவு செய்து சிறப்புரை (காணொலி காட்சி) அருள்நிதி. **SKM.மயிலானந்தன்** அவர்கள், சமூக சேவைக்காக பத்மஸ்ரீ விருது பெற்றவர், தலைவர், உலக சமுதாய சேவா சங்கம்.

## **28. 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 Perinjambakkam & Serapananchery 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 for Perijambakkam Village

1. A/N. K. Suresh – 9176256581

Following SKY professors for Serapananchery Village

2. A/N. S.Karthikeyan - 8807773417

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.



## **29. 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 **Ullagaram MVKM Trust**, coordinators of VSP-CSR, coordinators of various special camps, VSP Prof. **V.S.Govindarajan & Asst.Prof.B.G.Padmavathi**, 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.

\*\*\*\*\*VAZHGAVALAMUDAN\*\*\*\*\*