

வாழ்க வையகம் குருவே துணை வாழ்க வளமுடன்

உலக சமுதாய சேவா சங்கம் மற்றும்
TVSSST சார்பாக
கிராமிய சேவைத் திட்டம்
திருவண்ணாமலை மண்டலம் திருவண்ணாமலை மாவட்டம்
தோப்பூர் கிராமம்



 **வேதாத்திரி கிராமம்** 

முழுமை நல வாழ்விற்கு மனவளக்கலை யோகா
அனுமதி இலவசம்

 நோக்கம் : ஆரோக்கியமான அமைதி கிராமம் 

 தொடர்புக்கு : பேரா:K.ராமலிங்கம் 82486 14144 | பேரா:R.குப்புலட்சுமி 90257 87328 

 www.vethathirigramam.org  www.facebook.com/vethathirigramam

 www.youtube.com/vethathirigramam

WCSC VSP project period at Thoppur - 156 days (5 months 3 days)

For VSP - it is closure of the project but closing with Gratitude to Thoppur villagers and TVSSST

For Thoppur villagers - it is re-start of their life with full of energy to drive self-sufficient, healthy and peaceful life.

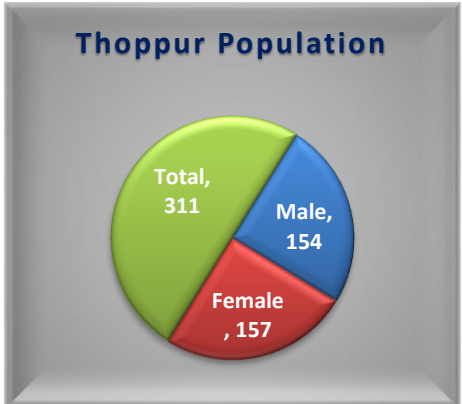
| Total Beneficiary | Wellness Program | | | Student Empowerment | | Women Empowerment | | Society Transformation | | | | Environmental Awareness | |
|-------------------|------------------|---------------|---------------------------|------------------------------|-------------------|-------------------|---|------------------------|-------------|---------------|-------------|-------------------------|-----------------|
| | Physical health | Mental health | Brahma Gnanam Certificate | Adolescent Physical Exercise | Skill development | Tailoring Skill | Opportunity on financial independent via stitching (forecast) | De-addiction | Counselling | Medical camps | Naturopathy | Awareness camp | Tree Plantation |
| | 226 | 217 | 49 | 124 | 63 | 43 | Rs.6000 | 37 | 37 | 78 | 57 | 60 | 100 |

De-addiction Highlights

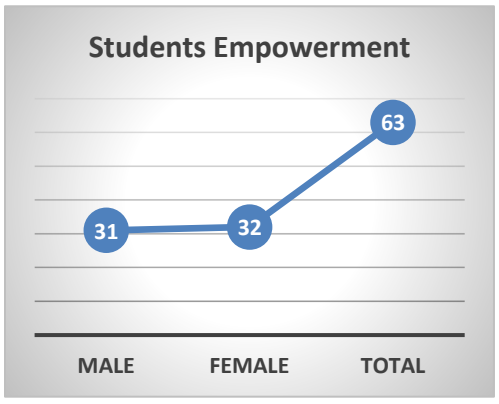
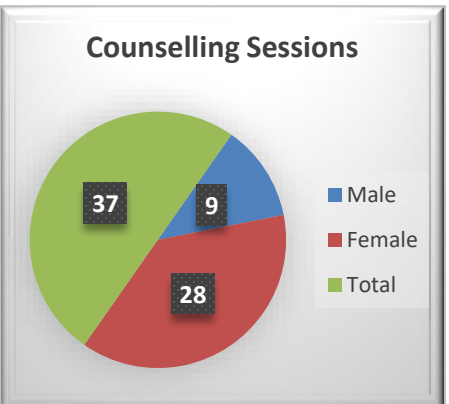
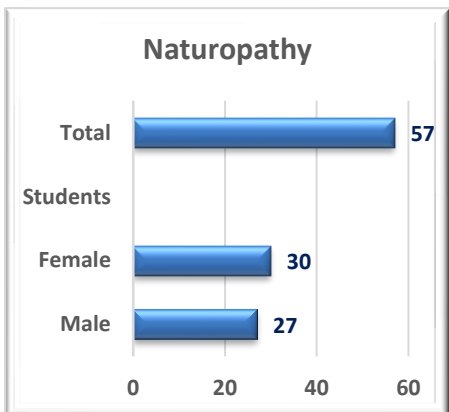
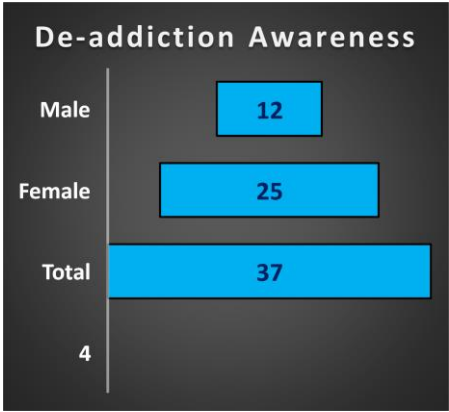
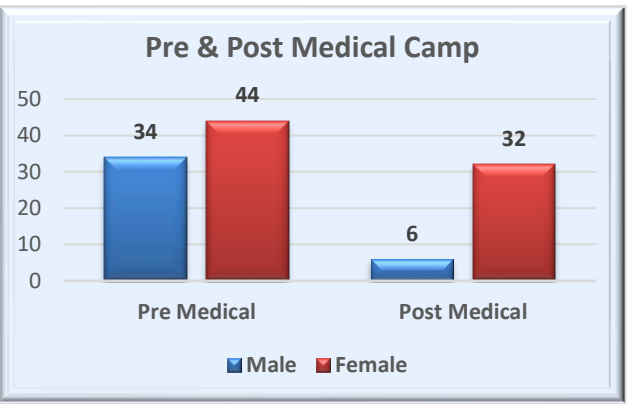
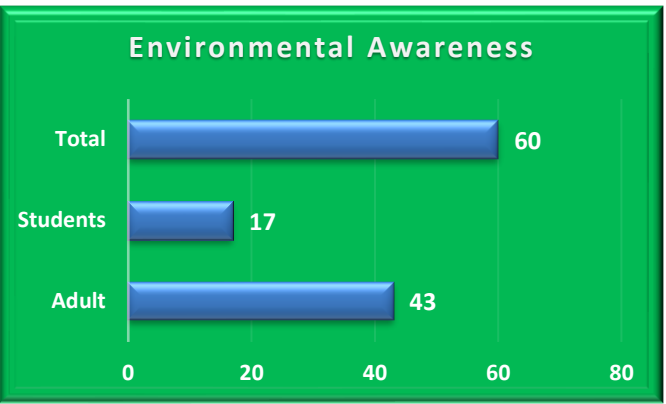
Out of 12 participants from men, 6 villagers committed to overcome from addiction of alcohol and smoking Sathiyaraj (35), Srinivasan (45), Govindaraj (47), Jayaraman (64), Velu (58) & Radharavi (29) are benefited out of this awareness camp. Our sub center will monitor and encourage them to make consistent practice of SKY yoga exercises

Women Empowerment Highlights

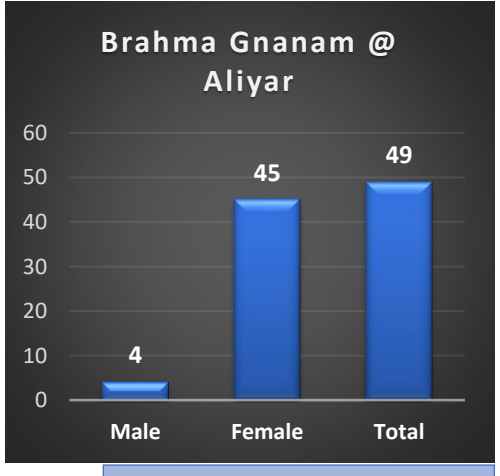
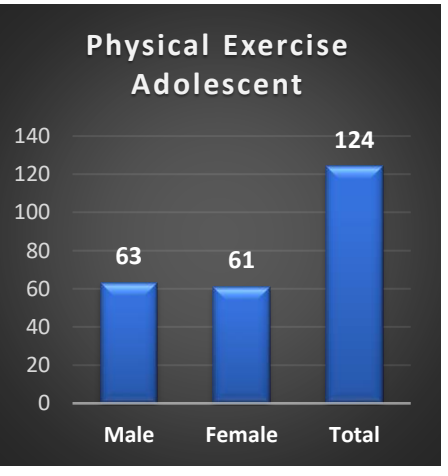
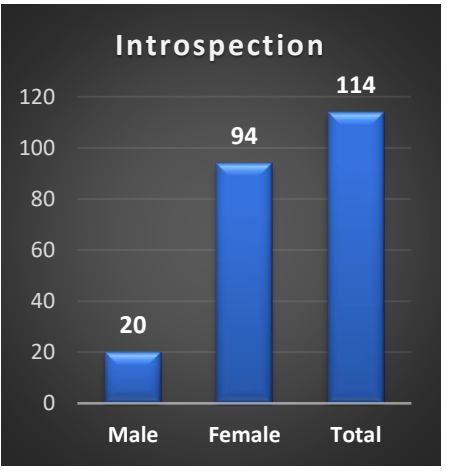
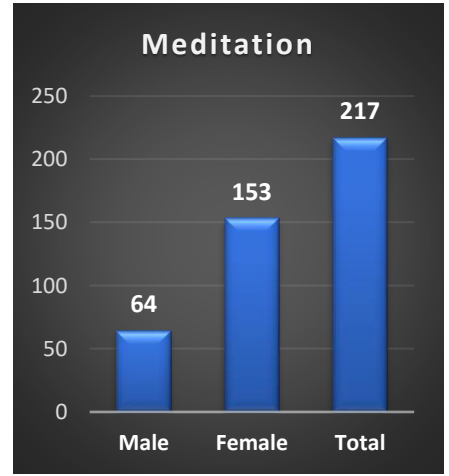
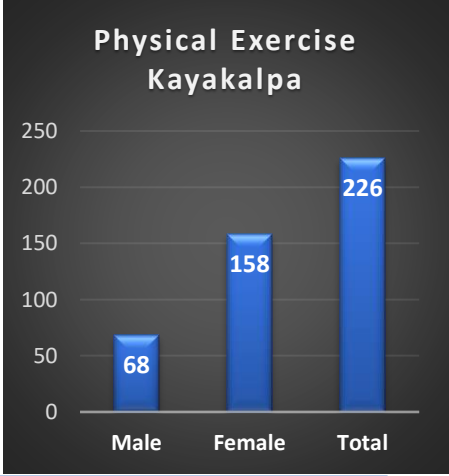
43 women got an opportunity to learn tailoring skill and they have confident to stich their own requirements going forward. This would approx. cost savings of Rs.3000 per year. Further when export orders in place, estimating Rs.6000 per month earning capacity for them to make financially independent



Tree Plantation
100



Women Empowerment
Beneficiary 43
Per month earning capacity ~₹ 6000

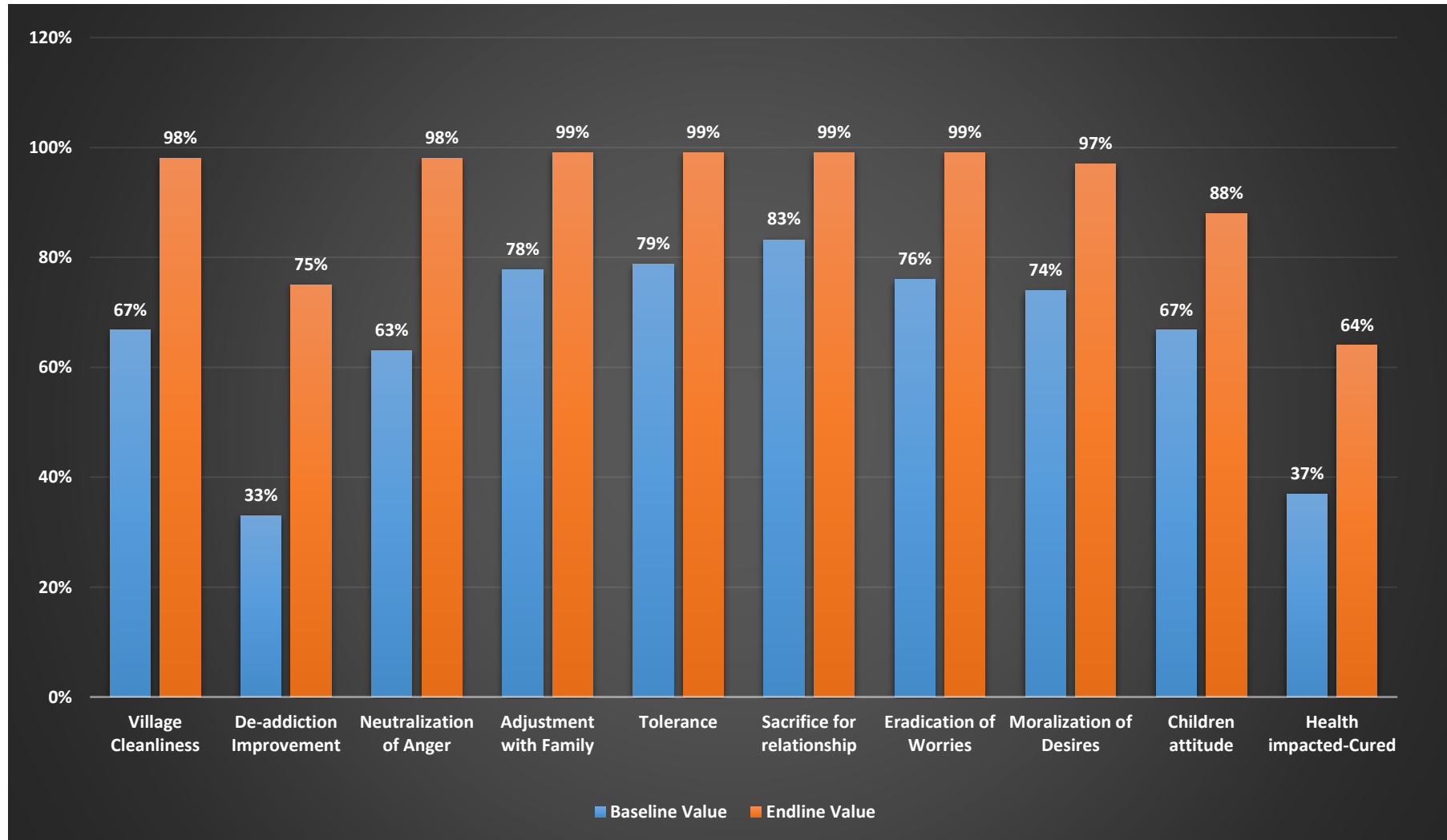


Start Date 9 Jul 2023

TVSSST - WCSC VSP Pilot project closure report at Thoppur

End date 11 Dec 2023

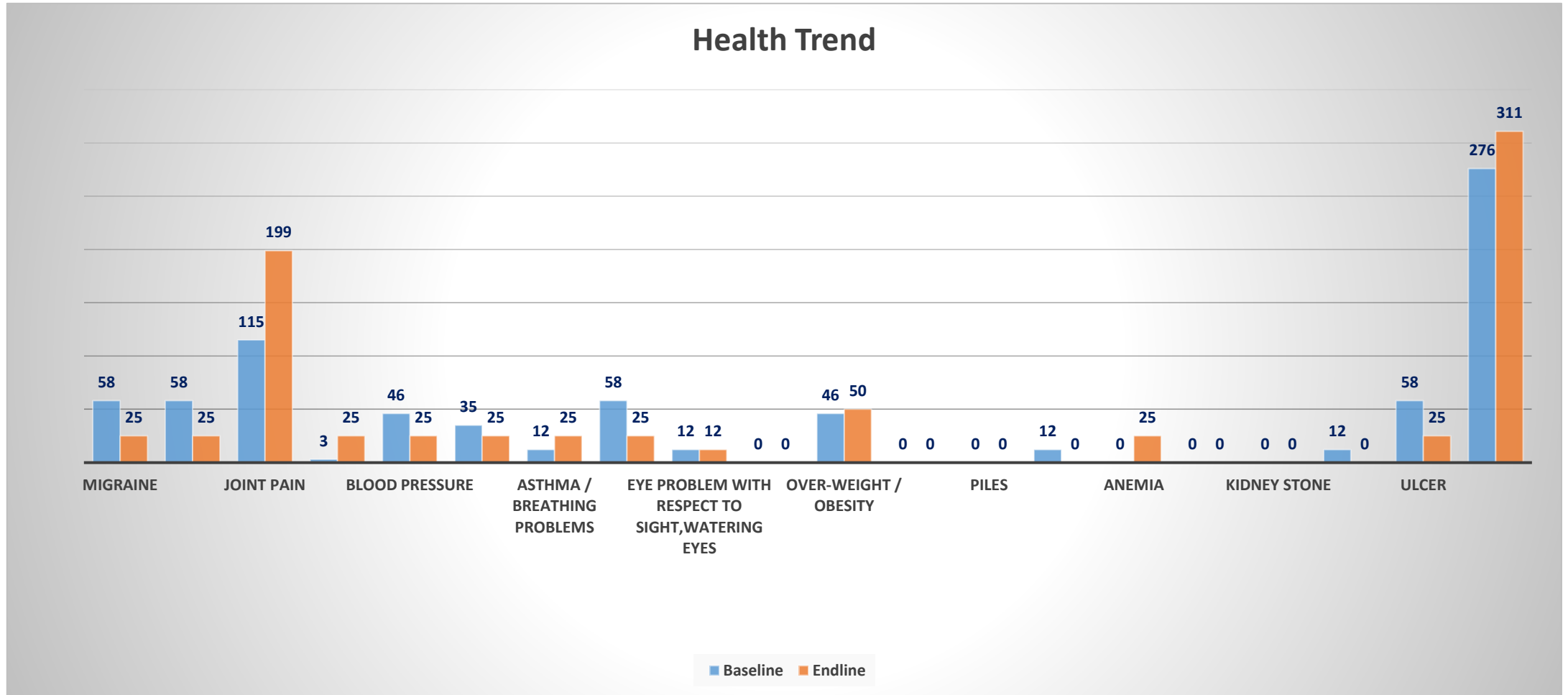
Baseline & Endline – Feedback Trend



25 villagers voice out through questionnaire on key notes

Health Trend of Thoppur villagers

121 with 27 villagers and output of their experience here



R Malathi – Peace and healthy state in my life

- After SKY yoga practices in last 5 months, I have recovered from body pain and mental peace as well. Through Kayakalpa my irregular period become normal.
- Regular practice of Introspection, ability to handle the situation better.
- Learned tailoring skill, enable to stitch my clothes and also opportunity to earn income
- My sincere gratitude to TVSSST, WCSC VSP and Vethathiri Maharishi for this divine experience in my life.



P Nathiya – peace in mind and better anger management

- Practicing SKY exercises brought peace in my mind. Further my anger got reduced and no body pain. Experiencing relaxed mind to handle my children.
- My thoughts and words are changed after practicing exercise and meditation.
- My special thanks to TVSSST, WCSC VSP and Vethathiri Maharishi.



R Pasupathi – transformation from pain to peace

- Before taking SKY practices, I was suffering from body pain, all time tiredness and inactiveness. Further anger state was high and there as no love and kindness to others.
- Now I'm experiencing change in my life and above said problems are slowly coming down which looks bliss.
- My heartfelt thanks to TVSSST, Vethathiri Maharishi and WCSC VSP and also Professor Ramalingam for giving me this opportunity.



R Srinivasan – relieved from alcohol habit & leading happy life

- I got SKY yoga practices at free of cost in my village and I practiced both morning and evening.
- Earlier I was having knee pain, headache, lack of sleep, restless mind that results in no peace in my family. Further I was addicted to alcohol.
- After taking up SKY practices, now I'm peaceful and got relieved from above issues. I felt really happy.
- My sincere thanks to professor Ramalingam and Vethathiri Maharishi and TVSSST giving this opportunity



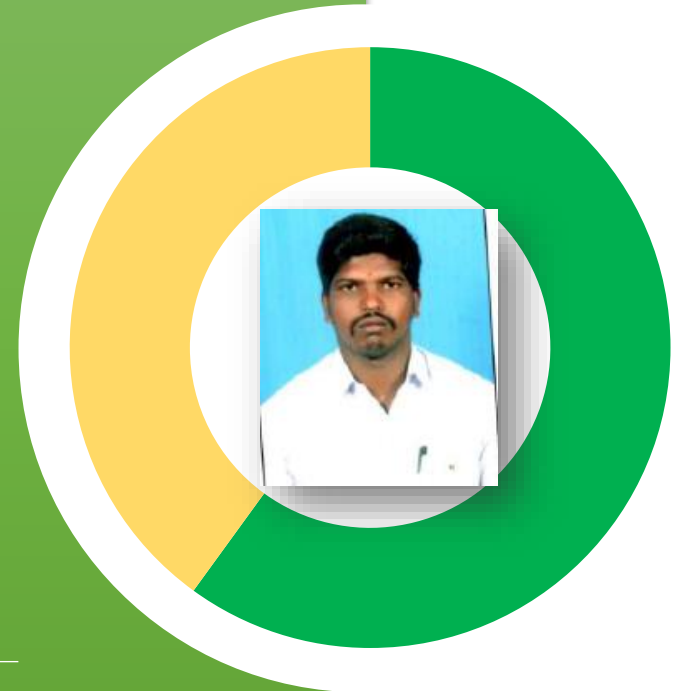
Jayasurya – better situation handling & ability to earn via tailoring

- I'm practicing SKY yoga practices daily and can experience high energy and healthy state of body.
- I'm practicing Kayakalpa, which helps to alleviate pain during periods time. After Introspection, I got ability to handle any situation with patience and awareness.
- My husband and relatives saying that my anger was reduced.
- After learning tailoring, I can able to stitch my blouse and other materials. This helps for income generation.
- We got trained by Mrs. Latha for Women empowerment and it was eye-opener session to learn on how to making food through simple ingredients and how to earn through this.
- My sincere thanks to TVSSST, WCSC VSP and Vethathiri Maharishi.



S Radharavi – dropped alcohol and smoking & heading to healthy life

- We got free SKY yoga practices in our village and I'm practicing it daily both morning and evening.
- I'm feeling better after doing SKY exercises. Earlier I was having hernia symptom due to profession of auto driver. Also I was suffering with low energy while working. After joined VSP program, I'm really getting better and no symptom of above said.
- Earlier I was addicted with alcohol and smoking during my time with friends. Now I got relieved from this habit and experiencing healthy life.
- Importantly I got reputation in my family and society.



Women Empowerment outcome



Field Director Mr. Jayapaul has reviewed options to give power machine training our sewing trainees and explored the opportunity for export orders

De-addiction program impact – Sathiyaraj committed to overcome his alcohol addiction



Play this
video

De-addiction program impact – Srinivasan committed to overcome his alcohol addiction

Play this video



De-addiction program impact – Govindaraj promised to drop his habit of alcohol



Play this video

De-addiction program feedback – Jayaraman got awareness & decided to overcome alcohol addiction



Play this
video

De-addiction program feedback – Radharavi relieved from alcohol and smoking habit



Play this
video

De-addiction program feedback – Velu dropped alcohol addiction



Play this
video

**Snap shots - Inaugural to closure of VSP @
Thoppur**

WCSC VSP team groundwork before inaugural function



VSP Vellore Zone President meeting at Health Center



Thoppur Middle School



Meeting with Thoppur villagers



VSP Director P. Muruganandam & VSP Vellore Zone President Mr. ArulJothi meeting with President and Natamai

MOU signed with Dr Swaran Singh at TVSSST on 13th June 2023



Vanitha, Jaganathan, P.Muruganandam, Director WCSC VSP & Dr Swaran Singh, Chairman TVSSST

Inaugural function on 9th July 2023



Ongoing SKY practices at Thoppur



De-addiction Camps



Students Empowerment sessions



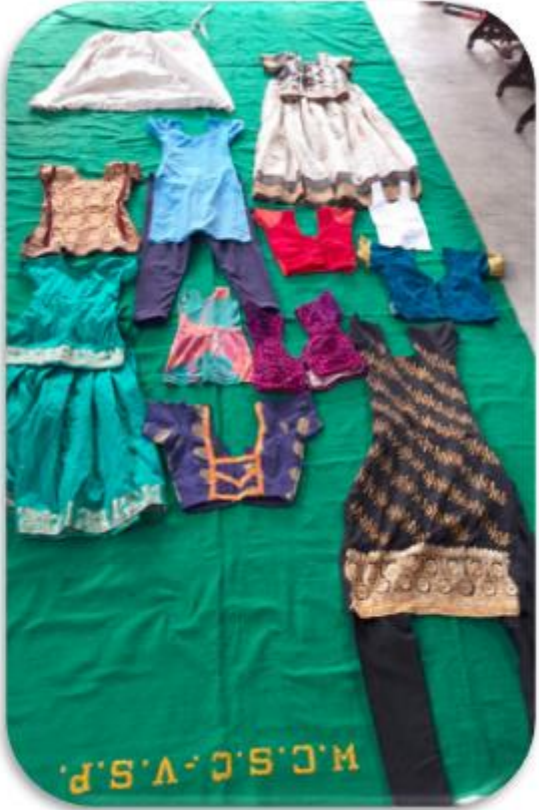
Medical camps (Pre and Post)



Naturopathy camps



Women Empowerment sessions



Counselling camps



Environmental Awareness & Tree Plantation



Brahma Gnanam Training & Certification at Aliyar (17-19 Nov & 1-3 Dec 2023)



49 villagers (45 ladies and 4 gents)



“

“Choose a village you like and empower the villagers with peace, health and prosperity”

By Vethathiri Maharishi, Founder of WCSC, SKY Yoga

By Vethathiri Maharishi, Founder of WCSC, SKY Yoga



Be Blessed by the Divine

Empowering the Village | Transforming the Nation