

# THE WORLD COMMUNITY SERVICE CENTRE

*(An Organization for Yoga and Spiritual Education)*

1st Edition :

Price :

Founder

**Yogiraj Vethathiri Maharishi**

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Vethathiri Publications



**THE WORLD COMMUNITY SERVICE CENTRE  
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## Karma Yoga

Both the special design of the human body and the potential greatness of Man's Wisdom clearly indicate that, in contrast with other living beings, it is man who is eminently suitable for practicing Karma Yoga.

The phrase "Karma Yoga" contains a deep meaning. While Karma refers to action Yoga should be understood as a way of life in which one is linked with the Divine State and lives in accordance with Nature's laws. In short, Karma Yoga is a way of life in which God Realization and Virtuous way of living are combined. Irrespective of one's place of living, Karma Yoga is the suitable and beneficial way of life for the whole human population.

If one compares the characteristics of the human body and mind with the nature of the Divine State, one will most certainly be drawn to the conclusion that, Karma Yoga alone is the proper way of living for humanity which strives for a happy and peaceful life. This kind of life relies on,

1. The culture of every individual, and
2. The collective Human Culture of the World

If the collective culture of the human race is to be pure, it has to begin from purification of the individual's culture. At the same time the human culture worldwide should be reformed step by step with two basic objectives of happiness and peace. Maharishi had developed plans that are based on **Two Fold code of Moral Culture for the Individual, Five Fold code of Moral Culture for the Individual and the Society, and Vethathirian Principles of Life for the entire Human Community.** Maharishi calls upon every adult capable of focusing on these systems which are imperative both for the present and the future to take part in the efforts of spreading it and to derive the benefits.

## Two Fold code of Moral Culture for the Individual

1. I, in my life time, will not cause pain to others physically or mentally.
2. To the extent possible, I will remove the pain of others.

## The Five-Fold code of Moral Culture for the Individual and the Society

1. Each person must live by the earnings made through his or her own mental or physical labour.
2. One's method of living should not cause any suffering to the body or mind of any person.
3. One should not kill any living being for food.
4. One must have the utmost respect for the possessions and freedom of others and help to protect them.
5. One must cultivate loving kindness and strive to alleviate the miseries of others to the extent possible.

## Vethathirian Principles of Life – A model for World Culture

In this model, there are 14 principles. Viz.,

1. **World Without War**—The very idea of war must be utterly eradicated from the world of humanity.
2. **Economic Justice** – In the economic sphere, justice must be assured.
3. **A Fair Judiciary** – An approach entirely in harmony with nature is required in the realm of justice.
4. **One World Federal Government** – There should be a world Government responsible to the entire World Population in which the people of the world will be able to participate.

should be establishing, expounding the realization of one God and Universal Principles of virtue, under which humanity will live henceforth.

### **Quotes from Poems written by Yogiraj Vethathiri Maharishi**

#### **Need of a World Community Service Organization**

The world peace project is noble and intricate. As it includes three principles, i.e. individual peace, peace in society and peace among Nations, the full concept, plans and benefits should be well propagated to the people of the whole world. The U.N.O. will start the service organization after the inauguration of interim plan for World Peace. Now immediately we need a social and spiritual service organization to propagate the World Peace ideals to the people of all Nations. This should be an organization of citizens of all nations. Such International Project Headquarters should start branches in all Nations. Philosophers, social leaders, scientists and intellectuals of all fields of life have to sincerely join in such an association and take part in the services for its success.

Poem 64, World Peace

### **Society of Service**

The World Community Service Organization should establish branches in all countries. On one side it should help the local government and on the other side it should serve the people. This organization will collect expertise in modern technology and teach the people to become efficient in production skills. This service should be available in all corners of the world, even in remote villages. Both expansion of knowledge by spiritual practices for the common man, such as yoga of inner travel, and the increase of production by modern technology, will change the attitude of man to feel rich and satisfied for himself and also to give his surplus materials and services to

others. A real love towards others will blossom and penetrate into others for their well-being and happiness.

Poem 65, World Peace

### **The World Community Service Centre**

A social and spiritual service organization, in the name of World Community Service Centre, has already been established. All persons above fourteen - the age of maturity, are entitled to join as members. They can easily learn inner travel, that is meditation on one's own life-force, which will lead to self-realization and peace. Also they will know techniques to metamorphose their character and some important physical exercises to maintain the physical body in healthy condition. It is a simple method for overall personality development. Those who are ready to abstain from smoking, drinking and immoral sex can become members and learn these simple and valuable lessons.

Those who wish to develop themselves and serve the society may come and join this organization, which is spreading in India and several other countries.

Poem 66, World Peace

He was a qualified practitioner in two systems of Indian indigenous Medicine, Ayurveda and Siddha and a certified practitioner in Homeopathy as well, which comes under the purview of the Ministry of AYUSH.

**Yogiraj Vethathiri Maharishi attained 'Mahasamadhi' on 28<sup>th</sup> March, 2006 at the age of 95.**

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- d) To organize seminars, conferences, meetings, shows etc. for promoting the aims and objectives of the centre through educational system.
- e) To print and publish newspapers, periodical magazines, books or leaflets which the centre may consider necessary for the propagation of its objectives.
- f) To prepare and exhibit films of educational and cultural values for moral upliftment of the society.
- g) To establish branch Centres and to affiliate other associations with similar aims and objectives.
- h) To do all other things that are incidental or conducive to the attainment of the above objectives.
- i) To teach Philosophy of Nature and initiate practical and easy methods of attaining self-realization to those who deserve and thereby spread SKY YOGA for Human Excellence education all over the world.

### **Ultimate Objectives**

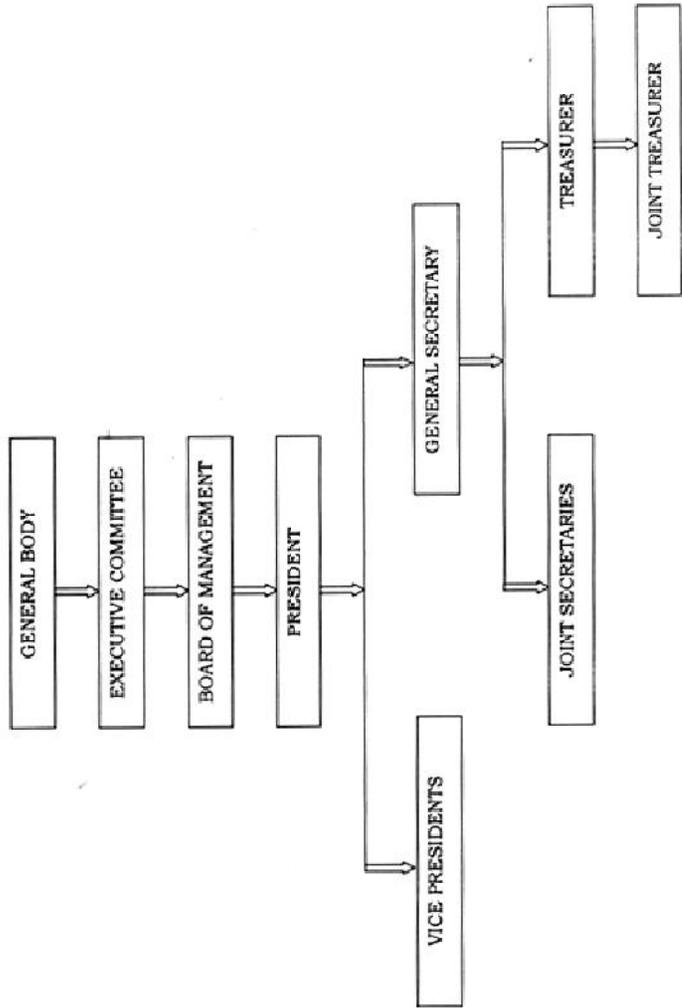
- a) To educate the people that all human beings are the children of Nature and are therefore equally eligible to enjoy all the privileges and be provided with all essentials without any discrimination of Sex, Colour, Caste, Creed, Religion, Language or Nationality.
- b) To explain people the dignity of services and nobility of sacrifice and raise their mental status so that they emerge as a single world community, living happily, rendering selfless service mutually for moral upliftment of the society.
- c) To enlist volunteers from all parts of the world who are willing to dedicate themselves to serve for the moral upliftment of

mankind under the care and guidelines of the World Community Service Centre, the children will be brought up and educated by experts in the field of Health Service, psychology and philosophy in such a way that they emerge as Apostles of peace and architects of a new world order.

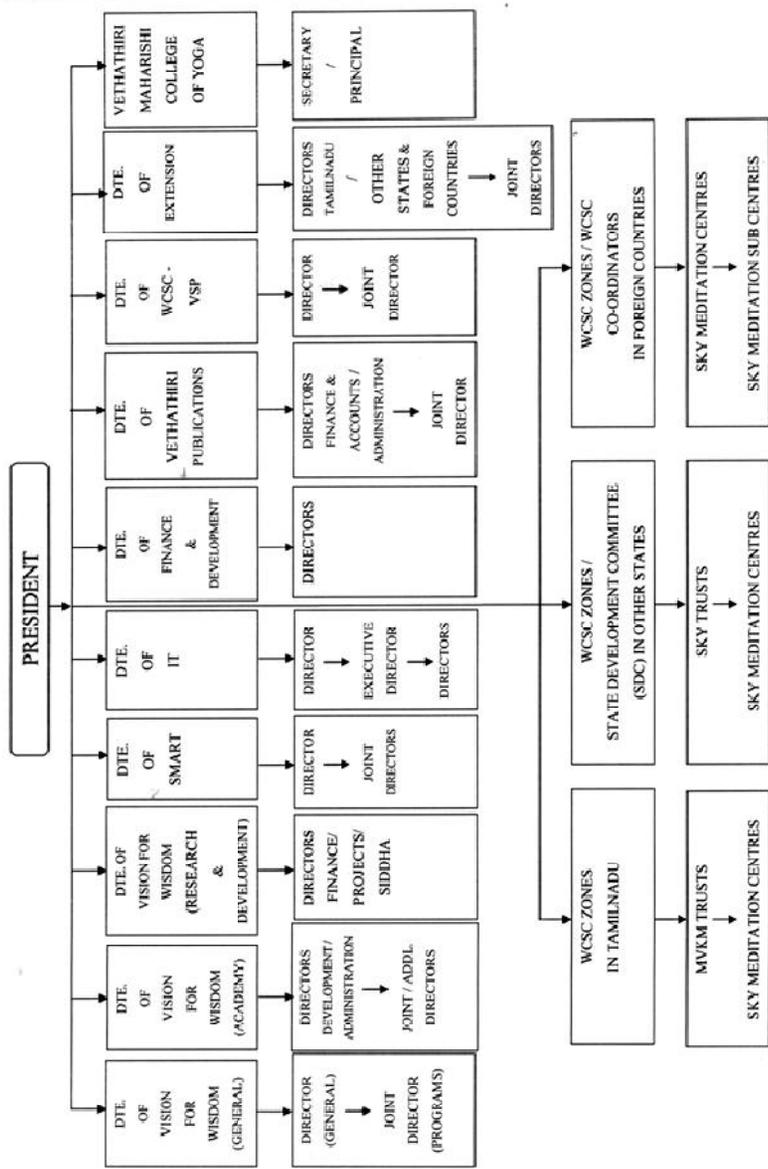
- d) To educate people to understand that the World is a common property for all as Sun, Moon, Water and Wind are and to attain the World citizenship right for every individual wherever born.
- e) To lay the surest, safest, strongest foundation for establishment of a truly full-fledged socialistic pattern of the society by adopting a long range policy of educating the people on its implications, scope and advantage thus for morally uplifting the society.
- f) To strive for establishing One World Government as this alone will be able,
  - (1) To plan effectively to feed, clothe and shelter every individual.
  - (2) To co-operate with a rational outlook in solving the common problems of life.
  - (3) To confer World Citizenship Right on individuals so that people move over without restriction to any part of the world and live happily enjoying equal opportunities.
  - (4) To dispel the misunderstandings and ideological differences between individuals and between nations, thereby destroying the seeds of World War and establishing everlasting World Peace.

### 3. Organizational Structure and President's Administrative Structure

#### THE WORLD COMMUNITY SERVICE CENTRE ORGANIZATIONAL STRUCTURE



#### WCSC PRESIDENT'S ADMINISTRATIVE STRUCTURE



## 5. Simplified Physical Exercises For Health and Longevity of Life

Thathuvagnani Vethathiri Maharishi has systematized a series of exercises that is suitable for all climates and all sections of the human community in the contemporary age. In the human physical system, the subtle life-force and the gross body are linked by three media: blood, heat and air. If the normal quantity and quality of these media and their circulation are adversely affected, the harmony between the body and life-force is disturbed and the result is pain. It is the life-force that plays the fundamental role. For maintaining good health one must guard against disturbances for the circulation of life-force and the three media namely blood, heat and air in the body. Neglect, improper or over-indulgence in food, sleep, work, sex and use of thought force cause disturbances in the normal functioning of the body in various ways. Natural causes such as climatic changes, hereditary imprints and changes in the planetary configurations and radiation also can disturb the physical health and mind. It is not possible to change any of these natural forces, but we can always be cautious in our own actions and thus avoid harmful results, and practice regular exercises to maintain the required fitness.

With birth, by the providence of Nature, there is certain in-built immunity within the body. One can raise the immunity level to withstand external disturbances to a certain extent. Through proper physical exercises one can achieve a high level of immunity against disease, etc. The system developed by Maharishi after years of research, fulfils the needs of health maintenance and disease prevention in a gentle and definite way. These simple exercises are to be practiced regularly daily.

If spiritual development is to take place, the body must be free of diseases and pain to the maximum extent. Therefore, all spiritual

aspirants are first and foremost advised to take up this system of physical health that would enable oneself reap much more benefits through spiritual practices.

Exercise	Benefits
1. Hand Exercises	- Hands and shoulders are strengthened. Arthritis, upper body stiffness and numbness of the limbs are alleviated.
2. Leg Exercise	- Legs are strengthened and become flexible. Blood circulation is regulated in the lower abdomen. Curative and preventive for sciatica and arthritis in feet and legs. Foot reflexology activates and benefits all the organs of the body.
3. Neuro-muscular breathing exercise and Kapalapathy	- Regulates the endocrine system and oxygenates the blood. Ventilates the lungs fully, purifies the blood and increases vital energy. Helps to cure chronic Headache, migraine, asthma, allergies and sinus conditions.
4. Eye exercises	- Helps to correct and prevent defective eyesight by toning up the muscles around the eyes. Prevents strain and other eye ailments.
5. Makarasana	- Massages the abdominal organs gently : liver, Spleen, Intestines, Kidneys and Pancreas. Helpful in Diabetes and in case of Kidney Stones. Relieves Menstrual discomforts. Keeps the spine and spinal nerves flexible and healthy.

as long as they wished and after death their bodies were impervious to decay and disintegration. Many of them actually demonstrated their longevity to the people and showed that their bodies did not decay after death. Their findings were, however, deliberately kept hidden or explained in abstruse language, in so many bits and pieces in their writings, in the form of Tamil poems. Although these poems are deceptively simple, even great scholars have been unable to decipher the abstruse knots and expose the real meaning.

THATHUVAGNANI VETHATHIRI MAHARISHI had occasions to go through the literature of the siddhas, even at his teenage. In the course of his study, he learned about several herbs and medicines to cure diseases. Interspersed in the ‘**Siddhas**’ teachings were indications about the process of KAYA KALPA. However they were in puzzles to which there seemed to be no key. Meanwhile, he studied medicine and got diplomas in Ayurveda, Siddha and Homeopathy. To a limited extent he began practicing certain exercises for rejuvenation, general health and spiritual enlightenment.

Many years later after Maharishi had attained self – realization through Kundalini Yoga, he happened to study the same Siddhas texts. What a wonder! Everything was now clear about KayaKalpa with its science and practical exercises. Initially he taught these exercises to some close friends and found that they got immense benefits.

Now he has taught this wonderful process to thousands of people both in India and abroad. The practitioners have obtained immense benefits in terms of cure for some longstanding and persisting ailments.

Furthermore, KayaKalpa gives significant spiritual benefit also. The sexual energy is transmuted into spiritual energy by directing it to the “Crown Chakra”. The enlightenment of Consciousness, which is the purpose of birth, is gradually achieved. The temperamental moods developed in man’s personality will be naturally sublimated into spiritual awareness and morality for the welfare and happiness of all.

Practice of KayaKalpa involves two main exercises:

1. **Toning up of the nervous system to withstand the ageing process, and**
2. **“OJAS Breath” – to recycle the sexual vital fluid and to rejuvenate the body and postpone death.**

These two exercises are very simple to learn and practice.

These hardly take five minutes in the morning and evening.

The Course is taught in only one session of three hours. In the first part, the science of body chemistry and its functions are explained in detail. In the second part, the practical exercises are personally taught so that the student becomes well-acquainted with their sequential order and duration. As this practice is an exercise to be done, no medicines **or herbs are involved**. Significant results will soon be noticed if moderation in food, work, rest, sex and use of thought force is observed.

Any person after physical maturity is eligible to learn and practice KayaKalpa without previous experience in meditation or spiritual practices. Also this may be done in conjunction with any other spiritual practices or physical exercises. In the session arranged for this purpose a professor of SKY, authorized by WCSC will personally teach this to anyone who takes a pledge not to disclose any other person without prior permission from WCSC.

#### **Benefits of KayaKalpa Practice:**

1. Sexual vital fluid becomes thickened and the stock is increased so that the life-force and bio-magnetism are sufficiently maintained in the body. It helps cure and prevent diseases and relieves the practitioner of the troubles of old age. ‘Sexual craving’ is brought within control.
2. Monks, nuns and those who remain as celibates will greatly be benefited, since control of sexual desire would become easy,

of thought and memory develop amazingly. After a few days of the initial practice, the energy increases in the upper centers and may be felt excessively. At this point the student is taught “Shanthi Yoga” a meditation practice by which the flow of energy is balanced and brought under one’s own control and so one can direct and limit the energy intensity at will.

The next stage of practice is “Thuriya” yoga, which is meditation at the crown chakra, i.e. “Sahasradara” or “Brahmarandara”. This meditation further develops one’s spiritual awareness and clarity of understanding, bringing the mental frequency to a yet subtler state.

Concomitant with the meditation practices, the student is taught practices of self-analysis, which we call ‘Introspection’ designed 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. These techniques guide one in selecting the good habits of thought, speech and action and discerning and rejecting the habits which are unwanted. The five primary aspects of introspection are:

1. Moralization of Desires
2. Neutralization of Anger
3. Eradication of Worries
4. Analysis of Thought
5. Realization of Self

Although from time immemorial mankind has been exhorted to eschew greed, anger and worry, systematic practices are needed in order to successfully change age-old habits of thought and action. By exposition and practical techniques the student is enabled to change his personality for the best and bring out his highest positive potential for a successful and happy life.

Higher level techniques of meditation include “Thuriyateetha Yoga” where the fractional state of consciousness unites with the infinite state of consciousness. By sincere practice the student can advance from the limited body consciousness to soul consciousness and ultimately to God consciousness.

A separate technique of meditation is also taught to strengthen the mind and body in resistance to the adverse effects of planetary transits.

Practices are also given to understand and increase one’s personal bio-magnetism for the optimal physical and mental strength. One is also taught to use bio- magnetism for helping others by passing energy in certain cases.

Rational philosophy is also taught, comprising Vethathiri Maharishi’s Theory of evolution of universe, evolution of living beings, the cause and effect system, purification and realization of the Genetic Centre and Brahma Gnanam (God Realization). Through combined meditation and contemplation of Maharishi’s revealed truth one can realize the Oneness of all life and the universe, changing one’s outlook on life at the deepest level. Integrated practice of physical exercises, SKY, introspection and KayaKalpa Yoga will reorganize and restructure the body and mind. This Science of Living was evolved by Thathuvagnani Vethathiri maharishi.

**9 levels of Simplified Meditations**, starting from **Initiation to the 1<sup>st</sup> level of Meditation** namely **Agna Meditation**, are taught to the above aspirant 14 years of age, to lower the mental frequency, to develop greater clarity, depth of thoughts and research as desired. The practitioners who are initiated with 1<sup>st</sup> level Meditation will continue to learn upto 9<sup>th</sup> level (Divine State Meditation).

- Stage – II Thuriya Meditation; Increasing bio-magnetism Lamp Gazing Practice; Thuriyateetha Meditation; Eradication of Worries; Sins, Imprints - Removal and its Purification; Blessings – Wave Theory; Greatness of Silence; Harmony in Family / Greatness of Women and Value of Virtue.
- Stage – III Mirror Gazing Practice; Nine Centre Meditation; Why Man Differs?; Nityananda Meditation; Manoeuvre of Six Temperaments; Consciousness is God; Two Fold and Five Fold Moral culture; Life-force and mind; Karma Yoga; Importance of Brahma Gnanam.

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## 9. The Temple of Consciousness (TOC), Aliyar

In the year 1984, Yogiraj Vethathiri Maharishi founded the “**Vethathiri Maharishi Kundalini Yoga and Kayakalpa Research Foundation (VMKYKKRF)**”, at ArutperumJyothi Nagar, Aliyar, Pollachi District, Tamilnadu – 642 101. India. On behalf of this foundation, a Temple of Consciousness was constructed in the year 1990 where Maharishi was residing and serving humanity till he attained ‘Mahasamadhi’ on 28<sup>th</sup> March, 2006 at the age of 95. Manimandapam, a Meditation Hall in octal shape around his samadhi had been constructed in the campus of The Temple of Consciousness, Aliyar in the year 2006.

The Temple of Consciousness Trust serves as a full-fledged Residential Centre for Yoga and Spiritual Education with 3 Hostel facilities where 750 people can stay and study. It has 4 training centres, one spacious auditorium, one full-fledged library and dining halls. Siddha, Ayurvedha and Homeo Clinics function with an analytical lab facility within the campus.

All high level SKY Yoga Courses such as, VISION (PCP) Courses, BrahmaGnanam Explanation Classes, Arulnithiyar Courses, SKY Master Courses and Stress Management Training Courses, etc. are being conducted in this campus.

Various Conferences, Seminars, Convocation and Distribution of other Certificate Ceremonies, Board of Management and General Body Meetings, various functions such as, World Peace Day, Maharishi’s Jayanthi Day, Maharishi’s Velvi Day are observed only in TOC, Aliyar, Wife’s Appreciation Day, International Day of Yoga, The Spiritual Masters’ Day, The Trustees’ Day, etc. are also being celebrated in this campus spreading all through an year.

With this holistic perspective and proper training of mind, one is led to respect the laws of nature and live in harmony with it for the moral upliftment of the society. This practice helps to increase perspicacity, receptivity, creativity, adaptability and magnanimity and finally Self Realization which is the basic purpose and ultimate goal of human life.

On the basis of this concept, the KayaKalpa research project was successfully completed by **Vethathiri Maharishi Kundalini Yoga and KayaKalpa Research Foundation (VMKYKKRF)**, a Research Wing of WCSC.

Now WCSC is directing its efforts to provide SKY YOGA practices as a social and preventive medical strategy in the Compulsory Rotatory Residential Internship (CRRI) or the House Surgeons in Tamil Nadu.

## **2. YYE (Yoga for Youth Empowerment) – For the Student Community**

This scheme is exclusively for the promotion of SKY Yoga Education, Practices and Holistic Health (Physical, Mental, Spiritual and Social Health) among the Student Community through Educational Institutions.

Learning and practicing SKY YOGA by students, would help them to acquire Physical Health, Mental Acuteness, Strength of Life Force and Wisdom. Offering this SKY System of Yoga to the students is the only means through which Social Welfare could be derived and moral upliftment of humanity could be arrived. On the whole, SKY System of Yoga will be of immense help to achieve Holistic Health for Humanity.

Yogiraj Vethathiri Maharishi had a strong belief in that any change towards the betterment of the society, may be effected only through Schools and Colleges. To achieve this object, the Government of TamilNadu came forward to offer this Value Based Cultural Education, which comprises of Rational and Scientific Education with Practices.

The Present day curriculum lacks information about how to live, love and serve the society. If this SKY System of Yoga is also included in the regular curriculum it would be beneficial to the individual and the society as well to lead a Virtuous Life,

Having realized the value and importance of SKY YOGA FOR HUMAN EXCELLENCE Education, 29 Universities in India and 1 abroad have offered their affiliation to WCSC to conduct Certificate, Diploma, Post Diploma, under graduate and post graduate Degrees, M.Phil and Ph.D., under the title of “Yoga for Human Excellence (YHE)” as part time and Online Courses.

The Directorate of VISION for Wisdom, an Educational Wing of the WCSC has been imparting Yoga for Youth Empowerment in collaboration with almost all Educational Institutions. These practices are found to result in an overall personality development of the Student Community.

## **3. YWE (Yoga for Women Empowerment) – To foster Women’s Honour**

This scheme is designed to instill SKY Yoga Education and Practices to Women to promote Healthy Habits, Ecological & Environment Protection and ultimately to impart Women Empowerment. More than 1,64,903 members have received training in 1933 Villages covering 15 Districts allotted by The Government of Tamilnadu under PudhuVaazhvu Project (PVP).

## Companies Act – Section 135 (CSR)

### Applicability

Covers all Companies in India meeting any one or more of the following conditions.

Sales INR 1000cr, Net worth INR 500cr, Net Profit INR 5cr.

**CSR contribution:** Companies to spend 2% of average net profit for last three financial years on CSR activities.

### Governance & Reporting

Board to appoint a 3 member CSR committee including one independent Director

**Committee responsibility:** Formulate CSR policy, Recommend CSR activities, Monitor CSR expenditure

Mandatory reporting on CSR under section 135.

### Implementation

Company shall give preference to the local area and areas around where it operates for CSR activities Develop Corporate Social responsibility policy which shall indicate activities to be undertaken by the Company as specified in Schedule VII.

For Further Details, Please Contact The Director, Directorate of WCSC – VSP, Aliyar.

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## 11.WCSC International Headquarters, Chennai

### I. Vethathiri Maharishi College of Yoga (VMCY)

WCSC has started a new Yoga College under the name ‘**Vethathiri Maharishi College of Yoga**’, in the campus of WCSC International Headquarters at Chennai, as a Unit of the WCSC, in the year 2017 which is affiliated to **TamilNadu Physical Education and Sports University, Chennai.**

At present Under Graduate and Post Graduate Courses viz. B.Sc.,(YHE), M.Sc.,(YHE), M.Sc. (Yoga) and P.G. Diploma (YHE) are offered as fulltime courses. Subjects such as, Vethathiri Maharishi’s System of Simplified Kundalini Yoga (SKY Yoga), Vethathiriam Concepts of Brahma Gnanam, Exercises, Meditations, Kayakalpa Yoga, Introspection Techniques, Philosophical Explanations including Universal Magnetism and Bio - Magnetism, Genetic Centre, Mind, Philosophy of Divine Consciousness, etc. are taught

The college has all the infrastructures such as, College Buses, Library, Computer Lab, Psychology and Physiology Labs.

For further details, please contact The Secretary / Principal, Vethathiri Maharishi College of Yoga, Chennai.

Efforts are on to establish another College of Yoga in the campus of The Temple of Consciousness, Aliyar.

### II. Stress Management Training Course (SMTC) through SKY – Yoga for Human Excellence (YHE)

Happy life is the wish of everyone in the human society. Happiness is everywhere in Nature. Science has offered limitless

## 12. Contact Addresses

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Salem – 636 201.  
Ph: 9842777890, 9043394373  
Email: wscsalemzone@gmail.com
9. The President / Secretary,  
**WCSC Tirunelveli Zone,**  
B-38, Lakshmi Illam, NGO 'B' Colony,  
Behind CSI Church, Tirunelveli - 627 007.  
Ph: 9442630093  
Email: twcsczone@gmail.com
10. The President / Secretary,  
**WCSC Thiruvannamalai Zone,**  
Iduku Pillayar Koil<sup>5</sup>th Street, Kanchi Road,  
Vengikkal, Tiruvannamalai – 606 604.  
Ph: 9443624281, 9487231065.  
Email: tvmalai.zone@vethathiri.edu.in
11. The President / Secretary,  
**WCSC Tiruchy Zone,**  
Temple of Consciousness,  
No.16, Vethathiri Nagar, Kattur,  
Trichy - 620 019.  
Ph: 8903009943, 9843671723  
Email: trichy.zone@vethathiri.edu.in
12. The President / Secretary,  
**WCSC Villupuram Zone,**  
No.9, Dhanalakskmi Garden, Trichy Main Road,  
Opp.To Woodlands Hotel, Villupuram – 605 602.  
Ph: 04146-229211 8903458211  
Email: wsc\_vpmzone@yahoo.com

5. The Co-ordinator,  
**WCSC State Development Committee – Telangana,**  
4-134, Durga Nagar Colony, Dilsukh Nagar,  
Hyderabad, Telangana - 500 060.  
Ph: 0-9848072812  
E-mail: nanduriravi18@gmail.com
6. The Co-ordinator,  
**WCSC State Development Committee – Puducherry,**  
No.4, College Road, Opp. to UlavanSanthai,  
Ashok Nagar, Lawspet,  
Pondicherry - 605 008.  
Ph: 0-9443442187  
Email: yogapondicherry@gmail.com
7. The Co-ordinator,  
**WCSC State Development Committee – West Bengal,**  
E-18/1 Sarsuna Housing, Phase -1,  
Ketapole, Kolkatta - 700 061.  
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As on 31-12-2018 there are 54 WCSC Affiliated Trusts and 262 Approved Sub Centres are functioning in Other States. For details please contact the respective Zone / WCSC Co-ordinators as given above.

#### **Zones, WCSC Co-ordinators and State Development Committees in Foreign Countries**

1. **WCSC Co-ordinator,**  
**University Education, Australia**  
Ph: 0061 – 423278287, 0061 - 413378387  
E-mail: drjkkannan2014@gmail.com

2. **WCSC Co-ordinator - Australia South**  
(Victoria, South Australia, Canberra & Tasmania)  
Ph: 0061-434264253, 0061-387075684  
E-mail: puruchith@hotmail.com
3. **WCSC Co-ordinator - Australia North**  
(New South Wales, Queensland, Western Australia & Northern Territory)  
Ph: 0061-412992536  
E-mail: samauss@yahoo.com
4. **WCSC Co-ordinator for Bahrain**  
Ph: 00973 – 39229093  
E-mail: saminaths@yahoo.com, saminaths@gmail.com
5. **WCSC Co-ordinator for Kuwait**  
Ph: 00974 – 55519834  
E-mail: vvssmuthu@gmail.com
6. **President/Secretary,**  
**WCSC SKY Development Committee (SDC) - Malaysia**  
Ph: 0060 - 126130413  
E-mail: skykantan@yahoo.com
7. **President/Secretary,**  
**WCSC SKY Development Committee (SDC) - Singapore**  
Ph: 0065 - 98210187  
E-mail: viswa\_m@yahoo.com
8. **WCSC Co-ordinator for Qatar**  
Ph: 00974 - 55519834.  
E-mail: vvssmuthu@gmail.com

27. Unified Force
28. Universal Magnetism
29. Vethathiriyam Principles of Life
30. Yoga for Modern Age
31. Blossoms of Life

### தமிழ் புத்தகங்கள்

1. மனவளக்கலை 1
2. மனவளக்கலை 2
3. மனவளக்கலை 3
4. எளியமுறை உடற்பயிற்சி
5. எனது வாழ்க்கை விளக்கம்
6. ஞானமும் வாழ்வும்
7. பாடு பாப்பா
8. உலக சமுதாய சேவா சங்கம்
9. காந்ததத்துவம்
10. உலக சமாதானம்
11. அருட்பேராற்றலின் அன்புக்குரல்
12. வான்காந்தத் தத்துவம்
13. திருக்குறள் உட்பொருள் விளக்கம்
14. இறையணர்வும் அறநெறியும்
15. ஜீவகாந்தம்
16. பிரம்மஞானம்
17. இன்பமாக வாழ
18. குடும்ப அமைதி
19. வாழ்க்கை வள உயர்வுப்படிக்க
20. செயல்விளைவுத் தத்துவம்
21. மாக்கோலமாய் விளைந்த மதிவிருந்து

22. சமூகசிக்கல் ஆய்வுத்தீர்வுகள்
23. மனம்
24. ஞானக்களஞ்சியம் 1
25. ஞானக்களஞ்சியம் 2
26. வாழ்க்கை மலர்
27. வேதாத்திரியம்
28. ஆன்மீக விளக்கு
29. அணுவிஷம்
30. பிரம்மஞான சாரம்
31. இறைநிலை அறிவு
32. மதமும் மனிதனும்
33. அறிஞர்களின் கடமை
34. அருளருவி 1
35. அருளருவி 2
36. வேதாத்திரி இறைநிலைவிளக்கம்
37. கடவுளும் கருமையமும்
38. உலக சமுதாய வாழ்க்கைநெறி
39. பிரபஞ்சச் சரித்திரம்
40. மறைபொருள் விளக்கம்
41. இறைநீதி
42. உண்மைநிலை விளக்கம்
43. மனவளக்கலையின் நோக்கமும்
44. இறைநிலையின் தன்மாற்ற சரித்திரம்
45. மணிமொழிகள்
46. காயகல்பம் (பொன்விழா வெளியீடு)
47. உணவுமுறை
48. வாழ்வியல் விழுமியங்கள்
49. வளமிகு இந்தியா

- |                  |                                                                           |
|------------------|---------------------------------------------------------------------------|
| 21. KKC          | - Kayakalpa Course                                                        |
| 22. KKY          | - Kayakalpa Yoga                                                          |
| 23. MOU          | - Memorandum of Understanding                                             |
| 24. MVKM Trust   | - Manavalakalai Mandram Trust                                             |
| 25. PCP          | - Personal Contact Program                                                |
| 26. PPT          | - Power Point Presentation                                                |
| 27. PROF.        | - Professor                                                               |
| 28. PROF.(T)     | - Professor (Trainee)                                                     |
| 29. SAR          | - Self-Assessment Report                                                  |
| 30. SB A/C       | - Savings Bank Account                                                    |
| 31. SDC          | - State Development Committee                                             |
| 32. SKY Trust    | - Simplified Kundalini Yoga Trust                                         |
| 33. SMTC         | - Stress Management Training Course                                       |
| 34. SR. PROF.    | - Senior Professor                                                        |
| 35. TOC          | - Temple of Consciousness                                                 |
| 36. VMCY         | - Vethathiri Maharishi College of Yoga                                    |
| 37. VMKYKKRF     | - Vethathiri Maharishi Kundalini Yoga and<br>KayaKalpaResearch Foundation |
| 38. WCSC         | - The World Community Service Centre                                      |
| 39. WISE – Trust | - Women International Spiritual Education<br>Trust                        |
| 40. YHE          | - Yoga for Human Excellence                                               |
| 41. YWE          | - Yoga for Women Empowerment                                              |
| 42. YYE          | - Yoga for Youth Empowerment                                              |

### **World Blessing (Ulaga Nala Vaazhthu)**

May the world be blessed with plenty of rain  
 The farmers work to produce an abundance of grain  
 Let the practitioners of all trades flourish and grow-  
 And culture progress, through the need to share and grow.  
 Let the rules be beyond feelings of all evils, made to disappear;  
 illiteracy, poverty and all evils, made to disappear;  
 Let the true lamp of Knowledge burn steady and bright,  
 Our sense of duty guide us along paths always right !!

### **Rain Blessing (Mazhai Vaazhthu)**

May there be rainfall in adequate strength  
 So that lakes, ponds, wells and rivers are filled to the brim!  
 May people live in prosperity through ennoblement of character.

### **Divine Protection (Arul Kaappu)**

May the divine power protect me, guide me and lead me, day and  
 night, at all times, at all places and in all my activities.

### **Auto Suggestion (Sangalpam)**

By the grace of divine bliss, I will enjoy good Health, Long Life,  
 Enough Wealth, Prosperity, Wisdom, Happiness and Peace.  
 - Yogiraj Vethathiri Maharishi.

Vazhga Valamudan !