

# CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY

Department of Electrical & Electronics Engineering

S. No	Name of the value-added courses (with 30 or more contact hours) offered	Course Code	Number of students		Page No
			Enrolled	Completed	
1	YES!+	CBIT/23EEEV01	24	24	1-101
2	Online Short term Course on Raspberry -Pi and its interfacing	CBIT/23EEEV02	105	100	102-124
3	Online Short term Course on Big data Applications in Electrical Engineering	CBIT/23EEEV03	44	44	125-139

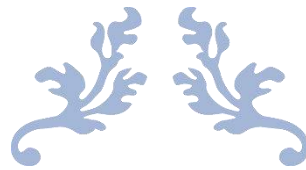


**CHAITANYA BHARATHI  
INSTITUTE OF TECHNOLOGY (A)**  
Kokapet(Village), Gandipet, Hyderabad, Telangana-500075. [www.cbit.ac.in](http://www.cbit.ac.in)



COMMITTED TO  
RESEARCH,  
INNOVATION AND  
EDUCATION

**44**  
years



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## REPORT OF VALUE ADDED COURSE ON YOUTH EMPOWERMENT AND SKILLS(YES!+)

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Organized by Chaitanya Sattva club in association with Dept. of EEE



### About CBIT

CBIT is one of the premier Engineering Institutes in India, pioneer in Telangana State, which is at idyllic surroundings of Gandipet Lake, Hyderabad. The college offers Twelve UG and Ten PG programs. It has been standing as a temple of knowledge for the past 44 years by producing about 30,000 Eminent and skillful Graduate Engineers, who are successful in their Careers, serving all over the Globe. Brilliant and Meritorious Candidates with good EAMCET Rank are seeking admissions at CBIT. CBIT Students are trained and perfected to secure Placements in reputed MNCs. The Institute has been accredited by NAAC – UGC with 'A' Grade and the various programs are accredited by NBA – AICTE. The UGC has granted Autonomous Status from the Academic Year 2013-14 onwards. Consultancy Practice, enabled the Institute to establish its Identity in the Technical Education and is Ranked No. 1 amongst the Private Engineering Colleges in both the Telugu Speaking States.

### About Department

CBIT started Electrical & Electronics Engineering UG program in 1994 and was accredited 5 times i.e. in years 2004, 2008, 2013,2017 & 2021 by NBA. The intake was increased from 60 to 120 from the Academic Year 2013-14. The Department started offering a PG course in Power Systems & Power Electronics in 2006 with an intake of 18 and was accredited by NBA in the year 2016. The department has received grants worth of around ₹40 lakhs from AICTE under RPS,MODROBS,FDP,STTP etc. The Department is offering consultancy services of worth ₹24 lakhs in collaboration with Foreign Universities in the domain of Renewable Energy System. The Department is also certified by ISO 9001:2015. The Department is recognized as Research Centre in 2017 by Osmania University to carry out research for the award of Ph.D. degree.

### CHIEF PATRON

**Sri. N. SUBASH**  
President, CBIT

### PATRON

**Dr. P.RAVINDER REDDY,**  
Principal, CBIT

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**Dr. N. R. DAKSHINAMURTHY,**  
Associate Professor, Dept. of CIVIL

**Dr. T. MURALI KRISHNA,**  
Associate Professor, Dept. of EEE



Department of EEE  
in association with  
Chaitanya Sattva  
(UHV Cell of CBIT)  
offers

Value Added Course  
on

**Youth Empowerment &  
Skills**

**23<sup>rd</sup> - 28<sup>th</sup> January, 2023**



**Chaitanya Bharathi Institute of Technology**

(Autonomous under UGC)

Affiliated to Osmania University

Accredited by NAAC-UGC and NBA-AICTE ISO 9001:2015

Certified Institution Gandipet, Hyderabad, 500075

Telangana State, INDIA

## CHAITANYA SATTVA CLUB

### About club

CHAITANYA SATTVA: A UHV cell of CBIT is a proposed wing of CHAITANYA REETHI. Chaitanya Sattva will concentrate to obtain the Right Understanding of Harmony in every Individual. Chaitanya Sattva will work towards the physical, mental, social, emotional, and spiritual development of every individual. Chaitanya Sattva will exclusively enhance Universal Human Values, which is a mandate for Engineering students by AICTE.

### Student Executive board

**A. Akshay, President, 7287078216.**

**P. Azeez Khan, Vice- President , 7032301307.**

**K. Aishwarya, General Secretary, 7671086563.**

**N. Manoj, Treasurer, 6301672271.**

**M. Anoop Kumar, Joint Secretary, 7794902421.**

**R. Tulasi, Joint Secretary, 6300605754.**

**M. Sreenija, Student Advisor, 9676186570.**

**Gmail: [chaitanyasattva\\_cc@cbit.org.in](mailto:chaitanyasattva_cc@cbit.org.in)**

**Instagram : [@chaitanya.sattva](https://www.instagram.com/chaitanya.sattva)**



## About the Course: Value Added Course on Youth Empowerment & Skills

### About the course:

This course is completely about the mind management skills, which are necessary for setting goals, improving focus on goals, increasing productivity and reducing the stress; by managing one's thoughts and emotions. After undergoing this course an individual can make better decisions, set & achieve goals and maintain a positive outlook in life. Additionally, it can also help in improving confidence & expression by understanding how emotions are tied to the breath & nervous system. It also helps in understanding sources of energy to the mind, & how to increase the energy in own life by attending to levels of existence

### Topics to be covered:

- Skillful Communication
- Breath and Emotions
- Time Management & Goal Setting
- Emotional Intelligence
- Leadership Qualities
- Energy & Levels Of Existence
- Nutrition and Our Body
- Lifestyle and Environment
- Ego, Confidence and Peer Pressure
- Mind Management
- Stress Management
- Self and Society
- EMI - Ethics, Morality and Integrity

### Schedule:

**Session-1:(on Campus-17 hours)**

Monday-Friday:4:00pm-6:30 pm

Saturday:9:00am-5:00 pm

**Session-2:(On-Campus and online-14 hours)**

7 Consecutive Wednesdays:4:00pm-6:00 pm

## Course Outcomes:-

- Improvement in learning and research competency
- Increase student employability
- Create opportunities for youth to develop their interpersonal skills
- Enhance abilities of youth to handle stressful conditions
- Improve relationship between teachers and students.

### Targeted Group

The YES+ is expected to benefit all the UG &PG students of any department.

**Technical Support :-** ART OF LIVING , Hyderabad

### RESOURCE PERSONS

**Sri. VAMSHI KRISHNA**

Art of Living facilitator , Hyderabad

**Sri. VAMSHI KOSURI**

Art of Living facilitator , Hyderabad

### Registration

Registration can be done by using the link or scan QR given below.

### Registration Link:

<https://forms.gle/soarCfjgpxZ3A2Sjq7>





Date	9:00-10:30	10:30-11:30	11:30-12:30	1:00-3:00	3:00-4:00	4:00-5:00	5:00-6:30
23-01-2023						<b>Inauguration of the course</b>	<b>Session-1</b> Skilful Communication By Vamshi Krishna
24-01-2023						<b>Session-2</b> Introduction To Breath: Breath and Emotions by Vamshi Krishna	<b>Session-2</b> Introduction To Breath: Breath and Emotions by Vamshi Krishna
25-01-2023						<b>Session-3</b> Mind Management by Vamshi Krishna	<b>Session-4</b> Energy And 7 Levels of Existence by Vamshi Krishna
27-01-2023						<b>Session-5</b> Ego, Confidence and Peer Pressure by Vamshi Krishna	<b>Session-6</b> Time Management and Goal Settings by Vamshi Krishna
28-01-2023	<b>Session-7</b> Stress management By Vamshi Krishna	<b>Session-8</b> Self And Society by Vamshi Krishna	<b>Session-9</b> Leadership Quality by Vamshi Krishna	<b>Session-10</b> Emotional Intelligence by Vamshi Krishna	<b>Session-11</b> Nutrition And Our Body by Vamshi Krishna	<b>Session-12</b> Lifestyle And Environment by Vamshi Krishna	<b>Session-13</b> EMI - Ethics, Morality and Integrity by Vamshi Krishna

<b>SESSION</b>	<b>DATE AND TIME</b>	<b>TOPIC</b>
<b>SESSION-14</b>	01-02-2023 at 5:00pm to 7:30pm(2 ½ hours)	Follow up and Practice by Mr. Anurag Srinivas
<b>SESSION-15</b>	08-02-2023 at 5:00pm to 6:30pm(1 ½ hour)	Follow up and Practice by Mr. Krishna
<b>SESSION-16</b>	15-02-2023 at 5:00pm to 6:30pm (1 ½ hour)	Follow up and Practice by Mr. Abhishek Yadav
<b>SESSION-17</b>	22-02-2023 at 5:00pm to 6:30pm (1 ½ hour)	Follow up and Practice by Ms. Divya
<b>SESSION-18</b>	01-03-2023 at 7:00pm to 9:00pm (2 hours)	Follow up and Practice by Mr. Manas Ram
<b>SESSION-19</b>	15-03-2023 at 5:00pm to 7:00pm (2 hours)	Follow up and Practice by Mr. Krishna
<b>SESSION-20</b>	29-03-2023 at 12:00pm to 1:30pm (1 ½ hour)	Evaluation
<b>SESSION-21</b>	24-04-2023 at 12:00pm to 12:30pm( ½ hour)	<b>Valedictory session</b>

Total hours Value Added Course on YOUTH EMPOWERMENT AND SKILLS (YES!+) conducted: 32 hours

# ***VALUE ADDED COURSE ON YES!+***

*This workshop is conducted by the CHAITANYA SATTVA club in association with Department of EEE.*

*The workshop is from 23-01-2023, it is a 8-weeks workshop which will be held on campus and online.*

*Space is limited, so be sure to register early to secure your spot. We look forward to seeing you there!!*

**For any queries contact**

**Anoopkumar:** 7794902421

**Tulasi:** 6300605754

Instagram -> [@chaitanya.sattva](https://www.instagram.com/chaitanya.sattva)

\* Required

1. Name \*

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2. Roll No.

---

3. Year \*

*Mark only one oval.*

1

2

3

## 4. Branch \*

Mark only one oval.

- CSE
- ECE
- EEE
- IT
- CIVIL
- MECH
- AIDS
- AIML
- BIO-TECH
- CHEM
- Other: \_\_\_\_\_

## 5. Section \*

Mark only one oval.

- 1
- 2
- 3
- 4
- 5

## 6. Phone number \*

Active WhatsApp numbers

\_\_\_\_\_



7. Skills you want to develop. \*

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Google Forms

Time	Email Address	Name	Roll No.	Year	Branch	Section	Phone number	Skills you want to develop	Completed
1	SONTEYASHASWINI@GMAIL.C	Yashaswini	160121734016	2	EEE	1	7670975770	Manifesting	
2	vineethreddyys@gmail.com	Vineeth Reddy B	160120737060	3	IT	1	8500804963	Soft skills	
3	eshajattling123456@gmail.com	Jatling Esha	160121732007	2	CIVIL	1	8019989965	Making proper decisions	
4	nitishchinu2486@gmail.com	K.Nitish	160121732032	2	CIVIL	1	8332921800	Soft skills	
5	anuraggunda@gmail.com	GUNDLA ANURAG	160121732031	2	CIVIL	1	7702639429	How to over come lazyness	
6	charitha.b0702@gmail.com	B Charitha	160120737318	3	IT	3	6301666899	Communication skills,soft skills	
7	bhavanaganamani2229@gmail.com	Bhavana Ganganamani	160121734007	2	EEE	1	9440420687	To overcome overthinking and to develop self confidence	
8	srivenideshetti3@gmail.com	Sriveni	160121748303	2	CSE	4	9989042964	Coding	
9	simharajusathwik17@gmail.com	Sathwik	160121734059	2	EEE	1	9381361629	Mind management	
10	shishir19@gmail.com	Shishir Kathi	160121733125	2	CSE	2	9701289153	Features of mind for better focus, an optimistic understanding of things	
11	varunkamshetty40@gmail.com	Kamshetty Varun	160120735115	3	ECE	2	8919435017	Time management, concentration.	
12	nehareddysingu@gmail.com	S.Neha Reddy	160120771010	3	AIDS	4	9440163372	Controlling my emotions	
13	yaminiamrutham@gmail.com	A.Laxmi Yamini	160122749004	1	CSE	1	9246737495	Peace of mind	
14	sai.tiru17@gmail.com	T. Sai Samanvith	160120736100	3	MECH	2	6303761841	Communication skills	
15	akshithabellam2003@gmail.com	B.Akshitha	160121732304	2	CIVIL	1	8688836951	Communication skill	
16	shivathmikapavushetty@gmail.co	Shivathmika	160120737134	3	IT	3	9392388744	Confidence ,mind stability,dare to do anything	
17	amruthamrenuka05@gmail.com	Renuka Amrutham	160120732012	3	CIVIL	1	8790365879	Talkative skills	
18	adithyasheshagani96@gmail.com	Adithya Goud	160121734058	1	EEE	1	9703006677	I want to learn which are useful to me.	
19	achetan2004@gmail.com	chetan	160121733034	2	CSE	1	8125442308	none	
20	saikiranregu54@gmail.com	R.sai kiran	160120736097	3	MECH	2	9121738876	Communication skills	
21	arpulaakashy022@gmail.com	Evss.sahithi	160121732005	2	CIVIL	1	9390674655	Communication skills	
22	arpulaakashy022@gmail.com	Thousif udhin	160121748060	2	CSE	1	9884639786	none	
23	arpulaakashy022@gmail.com	lalith	160121734035	2	EEE	1	7981034096	Mind management	
24	arpulaakashy022@gmail.com	Gudem Shruthika	160121737010	2	IT	1	9666370136	None	

## ACKNOWLEDGEMENT

We would like to acknowledge and give my warmest thanks to chief patron Mr. N. Subash, president of CBIT and patron the principal of CBIT Dr. P. Ravinder Reddy for supporting us to Conduct such Course for students.

We are thankful to the advisors specially who always give their part for the growth of student's capabilities Sri. P. Sreenivas Sarma, advisor-student affairs & progression; Dr. K. Krishnaveni, Director-Academics; Dr. P. V. Prasad, controller of examinations; Dr. K. Jagannadha Rao, head dept. of civil engineering.

We are grateful to Thank Dr. G. Suresh Babu, Convenor and Head, dept of EEE for the great support and efforts in making this happen.

This programme would not have completed without our Faculty Coordinators enormous help and worthy experience of Sri C.Srisailam, Assistant professor ,dept of EEE; Dr. N. R. Dakshinamurthy, Associate professor, dept of civil, Dr. T. Murali Krishna, Associate professor, dept of EEE.

Finally, We thank Mr. Krishna Garu , Mr. Anurag Srinivas Garu, Mr. Abhishek Yadav Garu, Mr. Manas Ram Garu and Ms. Divya Garu for guiding and facilitating our participants in this course.

## ABSTRACT

CHAITHANYA SATTVA promotes the skills of mind management that gives an individual the power of handling or performing things in time successfully and as it is. YES+ Course is an internationally developed and famed part of an organization, that is been participated and taught by hundreds of students and teachers every year. The human has every right to see the peace and beauty of the world for every second in this busy world.

The main aim is to maintain the thinking capacity individual, handling the situations of life with a great smile. The above things are achieved by the small practice sessions from this course. These will be achieved by any individual who have a serious will to change themselves and be dedicated to what the teacher in the session wants them to practice.

**TABLE OF CONTENTS**

INAUGURATION OF THE COURSE.....	05
COURSE OBJECTIVES.....	08
ABOUT THE COURSE.....	09
INTRODUCTION ON YES+ COURSE.....	10
COURSE MODULES.....	11
COURSE CONTENTS.....	12
SESSION-1.....	13
SESSION-2.....	14
SESSION-3.....	15
SESSION-4.....	16
SESSION-5.....	17
SESSION-6.....	18
SESSION-7.....	19
SESSION-8.....	20
SESSION-9.....	21
SESSION-10.....	22
SESSION-11.....	23
SESSION-12.....	24
SESSION-13.....	25
SESSION-14.....	26
SESSION-15.....	26
SESSION-16.....	27
SESSION-17.....	27
SESSION-18.....	28
SESSION-19.....	29
SESSION-20.....	30
CONCLUSION.....	31

23-01-2023

## Inauguration of Course

We have started our inauguration event by welcoming our guests on to the dais by presenting a sapling.

We started our event with Lord Ganesh blessings by singing a melody from Aishwarya.



Firstly, Director Student Affairs P. Sreenivasa Sarma Sir gave his inspirational speech starting with the words that Chaitanya Sattva is the youngest club of CBIT and added “Now-a-days values are being kept aside. They have to be nourished inside the heart of the people. Participants will feel happy after the course.”. We welcome our chief guest Rahul Garu to give his valuable speech. He enlightens us with his interactive words. Rahul Garu described few of the terms in the art of living “Confidence, setting goals, better decision”. He figured that art of living is similar to that of a pyramid. Those who succeed will reach the top.



Our Guest of Honour Sri Raghuram Garu enlightened us with his speech. He delivered his journey with Universal human values Courses. “ These courses may not provide you with the skills but provide and induce you the energy needed to perform the skills. Our senior faculty coordinator Dr. G. Suresh Babu sir,

**Report of Value Added Course on YOUTH EMPOWERMENT AND SKILLS(YES!+) Programme  
Jan-Mar-2023**

Head of the Department, Electrical and Electronic Engineering, delivered his speech with the inspirational words. He redefined the abbreviation of UHV as Ultra High Voltage and added that “Bhagheeratha Prayathnam” should be given by every student. He also advised the students that we must be an antonym to the word cynic.



Radha Krishna Garu sir, a faculty member of CBIT gave his speech. Radha Krishna Garu sir added that he wants to enrol for the course. Finally, the resource person, Vamshi Krishna Garu sir gave his speech adding that this course will help us to push our boundaries. Our student advisor, Sreenija gave oath of thanks to everyone. At last we concluded the event with National Anthem as patriotic for the Nation.





## COURSE OBJECTIVES



Improvement in learning and research competency.



Increase student employability.



Create opportunities for youth to develop their interpersonal skills.



Enhance abilities of youth to handle stressful conditions.



Improve relationship between teachers and students.

## ABOUT THE COURSE

Founded in 1981 by Sri Sri Ravi Shankar, The Art of Living is an educational and humanitarian movement engaged in stress-management and service initiatives. The organization operates globally in 155 countries and has touched the lives of over 370 million people.

The programs are guided by Gurudev's philosophy of peace: "Unless we have a stressfree mind and a violence-free society, we cannot achieve world peace." To help individuals get rid of stress and experience inner peace, The Art of Living offers stresselimination programs which include breathing techniques, meditation, and yoga. These programs have helped millions around the world to overcome stress, depression, and violent tendencies.

Art of living strongly believes that educational institutions have the primary responsibility to inspire students towards a higher vision and create a strong sense of bonding between the institution and the students to nurture a stress-free holistic environment. We have organized various workshops for students as well as faculties in institutions across the globe and helped them achieve their goals. Many prestigious institutes across the globe like Harvard, Stanford, Cornell, Berkeley, Purdue, MIT, USC, Indian Institute of Technology, Indian Institute of Management, National Institute of Fashion Technology, XLRI have included youth programs of Art of Living in their curriculum and are being immensely benefited by the same.

## INTRODUCTION TO YES+ COURSE

*“Education has five aspects – information, concepts, attitude, imagination and freedom” – Gurudev Sri Sri Ravi Shankar.*

*Education is to prepare a person for life. To an experienced educationist, it is a well known fact that the age group of 18-30 years is extremely crucial. This is the age where issues of career, relationships, peer/parental pressures, and anxiety about the future, come to the fore simultaneously. For a youth bogged down by these issues, academic performance and development to their full potential suffers.*

*Educational institutions, thus, have the primary responsibility to not only inspire students towards a higher vision but also create a strong sense of bonding between the institution and the students to nurture a stress-free holistic environment.*

*As per the New Education Policy (NEP), a quality higher education must enable personal accomplishment and enlightenment, constructive public engagement, and productive contribution to society. The key to more vibrant, socially-engaged, and cooperative communities and a happier, cohesive, cultured, productive, innovative, progressive, and prosperous nation needs to be unlocked for the students for their holistic development.*

*The course offered at CHAITHANYA BHARATHI INSTITUTE OF TECHNOLOGY is similar for the all-round development of students in their personnel and professional worlds, that actually intend to the mind management.*

*This course was offered for a week at the college for the interested students with an incoming amount of 2700/- .*

*The course has its concerned module to complete with in the allotted period .*

## COURSE MODULES

The Value Added Course on Youth Empowerment & Skills is an excellent blend of interactive intense group processes, talks, presentations and fun based learning methodology, that helps students to enhance their lives. The basic program content includes:

- Breathing techniques (the world-renowned & well-researched Sudarshan Kriya)
- Group discussions and role-play to inculcate life-skills
- Talks and presentations to bring out attitudinal and behavioural changes
- Group activities & games to develop public speaking and interpersonal communication skills
- Responsibility, initiative & leadership modules
- Time management & teamwork modules
- Yoga asanas and pranayama to increase concentration & build confidence

## COURSE CONTENT

The course consists of these fun and knowledge filled unique interactive sessions.

Sl.no	Sessions
01	Skilful Communication
02	Introduction to Breath: Breath and Emotions
03	Mind Management
04	Energy and 7 levels of Existence
05	Ego, Confidence and Peer Pressure
06	Time management and Goal Settings
07	Stress
08	Self and Society
09	Leadership
10	Emotional Intelligence
11	Nutrition and our Body
12	Lifestyle and Environment
13	EMI-Ethics, Morality, and Integrity

The above contents are being covered in a week course that's being held in college premises in the seminar hall, above canteen from 3-01-2023 to 8-01-2023.

The description for each day course contents are written below:

23-01-2023

Session-1

Speaker:-Mr. Abhishek Yadav Garu , Art of Living Facilitator, Hyderabad

Topic:-SKILLFUL COMMUNICATION

Time:-5:00pm-6:30pm



• This session is to make the students understand the importance of effective communication and to give them practical tips on how to improve it. Students will become aware of their way of communication and will improvise by practice. This will improve their confidence and expression. Discussed about Introduction and Welcome, Basics of Communication, Types of Listening, Types of Questioning, Listening game (Riddle), Power Breathing (Ujjai breath) and Guided Meditation.

24-01-2023

Session-2

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:- Introduction to Breath: Breath and Emotions

Time:-4:00pm-6:30pm



o Discussion of the relationship between the rhythms of our breath and our emotional state. The relationship between our emotions and our Sympathetic and Parasympathetic Nervous System. Instruction and practice of the Healing Breath technique (Sudarshan Kriya). Students will understand how their own emotions are tied to the breath and nervous system. They will experience how the Sudarshan Kriya affects emotions, memory and overall well-being. Introduced to the Sudarshan Kriya, Emotions and the Breath, Rhythms of the Breath and their Relation to Emotions, Emotions, Sympathetic and Parasympathetic Nervous System, Breath -- Mind -- Body Connections and Sudarshan Kriya

25-01-2023

Session-3

Speaker:-Mr. Anurag Srinivas Garu, Art of Living Facilitator, Hyderabad

Topic:-Mind Management

Time:-4:00pm-5:00pm



o Discussed the fundamentals of how the mind works, the tendencies and habits of the mind, the relationship between our state of mind and happiness and mind. Discussion and practice of how to quieten the mind to increase focus and mental clarity. The practice of light Yoga, Power Breathing, Three Stage Breathing, and Sudarshan Kriya. By this session, Students will understand their own mental tendencies and habits and how to change them. They will experience how the Sudarshan Kriya can increase energy and break negative thought patterns, freeing up the mind and bringing greater clarity and focus. Discussed about Happiness and the Mind, The Inevitability of the Present Moment, Judgment and Acceptance, Tendencies of the human mind and What you resist shall persist.



25-01-2023

Session-4

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:-Energy and 7 Levels of Existence

Time:-5:00pm-6:30pm



o In sighted into the seven levels of our existence and how they impact our emotions and state of mind. Discussion of the sources of energy, how we can increase our own energy, and the relationship between our energy level and our state of mind. By this session, Students will understand how their own bodies, minds, intellect and emotions interrelate. Students will understand sources of energy, and how to increase energy in their own lives by attending to levels of existence. They will experience how breathing techniques can increase energy. Discussed about The Seven Levels of Body, Mind, Intellect and Emotions; Sources of Energy, Prana and the Breath, Food: Types of Food and Its Effect, Effect of Food on the Body, Effect of Food on the Mind, Energy and the Mind, Focus and Concentration, Sleep and Its Effect on the Body/Mind Complex and Bringing the Mind to the Present.

27-01-2023

Session-5

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:-Ego, Confidence and Peer Pressure

Time:-4:00pm-5:00pm



•Discussion of anxiety and confidence, how to feel at home with different kinds of people and different environments. Introduction to technique to free oneself of one's ego and inhibitions. Students will understand how to handle their own ego. They will gain insight into how others' opinions affect their personalities and decisions. Discussed about how to overcome Anxiety and Confidence , Ego, When Ease Goes, Opinions, Inhibitions, and their Impact on Life The Ego-Handling Technique.

27-01-2023

Session-6

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:- Time Management and Goal Settings

Time:-5:00pm-6:30pm



o Equipped To make students proficient with time management and to make them self realize how they can make extra time everyday by applying simple time management techniques. To empower them with simple tool which can enhance their concentration manifold. After this session, Students will become more productive and efficient at work. Their focus will be enhanced and they will learn to manage time much better. Discussed about Practical knowledge to eliminate counterproductive activity, How to enhance learning ability ;Techniques and interactive processes to improve memory, concentration & focus and Concentration Pranayama.

28-01-2023

Session-7

Speaker:-Mr. Anurag Srinivas Garu, Art of Living Facilitator, Hyderabad

Topic:-Stress Management

Time:-9:00am-10:30am



o Discussed sources of stress and the psychology of stress, followed by an overview of techniques to address stress and an introduction to breathing techniques. Students set personal and class-room goals. After this session, Students will gain greater understanding of stress in their own lives and will experience how breathing techniques can reduce stress. Also discussed about Sources of Stress, Stress and the Body, Stress and the Mind, Stress and the Emotions, What is Stress?, Physiology and Stress, Psychology and Stress, Overview of Techniques for Stress Reduction, Techniques and their Effect on Physiology and Psychology and The Role of the Breath.

28-01-2023

Session-8

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:- *Self and Society*

Time:-10:30am-11:30am



Learn techniques to improve interpersonal relations and to keep our mind free from negativity. Discussion of our roles in society, our responsibility to ourselves and our ability to contribute to our community. Introduce service learning, discuss projects and contributions possible by us with our lives as they are now. Learn and practice home version of Sudarshan Kriya, in addition to previously learned breathing techniques. After this session, Students will understand how to manage their interpersonal relationships with acceptance and improved communication. They will be able to navigate the roles they play in life. Students will notice needs in their school, work, or in their communities they can take on more responsibility for. Discussed about Interpersonal Relations, The Modes of Acceptance, People, Situations, The Complementary Nature of Opposite Values, Roles in Life, Responsibility and Service – Impacting our Communities and the World.

28-01-2023

Session-9

Speaker:-Mr. Anurag Srinivas Garu, Art of Living Facilitator, Hyderabad

Topic:-Leadership Quality

Time:-11:30am-12:30pm



o Discussion of the qualities of a leader – giving 100%, responding to the needs of a situation, and maintaining enthusiasm. Discussion of power of teamwork. Brainstorming for team service projects and break into teams. Practice of home Sudarshan Kriya and other breathing and yoga techniques. After this session, Students will gain a grasp of personal power and charisma of leaders, and understand ways to increase their own leadership qualities. By developing a service project, they will be able to experiment with and integrate these principles and practices into their own lives in a supported environment. Discussed about The Qualities of a Leader, Giving 100%, Taking responsibility, The Role of Enthusiasm, Power of a Team, Brainstorming for Team Service Projects, Break into Service Project Teams with Task Lists and Agenda.

28-01-2023

Session-10

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:-Emotional Intelligence

Time:-1:00pm-3:00pm



o Discussed tendencies of the mind, including worry, regret and aversion. Learn how to use practices to overcome negative mental habits (i.e. complaining, gossiping) and strengthen positive mental qualities (i.e. focus and commitment.). Discussion of time-management and prioritization. After this course, Students will be able to observe their mental tendencies in their daily life. They can apply practices and principles to develop discipline over their own minds. Service projects provide a direct opportunity to experience these principles; students can test this knowledge by seeing how it helps them overcome challenges and navigate team disagreements. Also discussed about Discipline and the Mind, The Fluctuation of the Mind from Past to Future, Love/ Hate/ Fear/ Regret, Practice and Daily Life, Quieting the Busy Mind, Focus and Commitment How to handle failure, Examples of role models who have failed and then went on to succeed and Root cause of anger and practical techniques to manage anger.

28-01-2023

Session-11

Speaker:-Mr. Anurag Srinivas Garu , Art of Living Facilitator, Hyderabad

Topic:- Nutrition and Our Body

Time:-3:00pm-4:00pm



o Discussed how, what we put into our bodies affects our minds, emotions, and life patterns. Environmental sources of food, relationships between food and energy, and right types/amount of food for our lifestyles will be discussed. Discussion of how our nutritional choices affect the planet and what we can do about it. After this session, students will gain greater awareness of how food affects their mental and emotional states. They will understand how food choices (organic vs. processed food) affects their daily energy and emotional states. By examining their food choices in the context of their impact on the physical environment, they will be inspired to make healthier food choices not only for personal health, but for environmental sustainability. Also discussed Relations with Food, Impact of different foods on the body, mind, and emotions, Food and Environmental Responsibility.



28-01-2023

Session-12

Speaker:-**Mr. Krishna Garu , Art of Living Facilitator, Hyderabad**

Topic:- **Lifestyle And Environment**

Time:-**4:00pm-5:00pm**

Discussion on how the way we treat our bodies affects our minds, emotions, relationships, and the world around us. Alcohol and drugs, and healthy/unhealthy habits will be explored. This session connects our life choices to their global consequences. Students select a bad habit to break, and choose a habit-breaking buddy. After this session, Students will gain greater awareness of how they are affected by their physical and emotional habits (i.e. alcohol and drugs). By examining their own life choices in the context of their impact on their immediate responsibilities (i.e. impact of partying late on performance in service project meetings) and on the greater world, they will develop greater social responsibility. Also discussed on Nature of Habits, How to Develop Good Habits/Break Bad Habits, Impact on the Body, Mind and Emotions of procreative activities, Drugs and Alcohol and their Effects on the Body, Mind, and Emotions, Life Choices and the Environment, Direct Application: Life Choices and Team Dynamics and Direct Application: Break Your Own Bad Habit (with buddy).

28-01-2023

Session-13

Speaker:-Mr. Krishna Garu , Art of Living Facilitator, Hyderabad

Topic:-EMI-Ethics, Morality and Integrity

Time:-5:00pm-6:30pm



Discussion on ethics, morals and integrity to make them realize their role in building a strong nation as future leaders. After this session, Students will understand the nuances and differences between ethics, morals and integrity and be able to integrate these values into their code of conduct, leading to the creation of morally upright and strong youth leaders. Also discussed on Why Ethics are a fundamental necessity in society, Examples of how non adherence led to major economic crises worldwide, Role Models and how integrated their lives are, Role of youth in being future leaders of the nation.

01-02-2023

Session-14

Speaker:-Mr. Anurag Srinivas Garu , Art of Living Facilitator, Hyderabad

Topic:- Follow up and practice

Time:-5:00pm-6:30pm



Learnt some warmup exercises and done Sudharshan kriya. Also had a interactive session with our facilitator Anurag Garu. Participants had a pleasant feeling after the session.

08-02-2023

Session-15

Speaker:-Mr. Krishna Garu, Art of Living Facilitator, Hyderabad

Topic:- Follow up and practice

Time:-5:00pm-6:30pm



**Report of Value Added Course on YOUTH EMPOWERMENT AND SKILLS(YES!+) Programme  
Jan-Mar-2023**

Started with Learning some warmup exercises and done Sudharshan kriya. Also had an interactive session with our facilitator Krishna Garu. Participants had a pleasant feeling after the session. Some of the participants told their experience of the session.

**15-02-2023**

**Session-16**

**Speaker:-Mr. Abhishek Yadav Garu, Art of Living Facilitator, Hyderabad**

**Topic:- Follow up and practice**

**Time:-5:00pm-6:30pm**



Practiced some tricks and exercise regarding facial skin. Learnt some warmup exercises and done Sudharshan kriya. Also had an interactive session with our facilitator Abhishek Garu. He enlightened our participants by giving a lecture on Wisdom.

**22-02-2023**

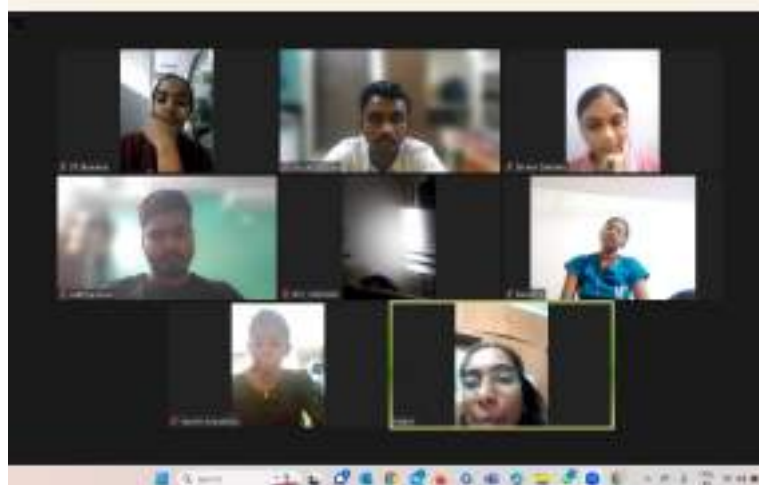
**Session-17**

**Speaker:-Ms. Divya , Art of Living Facilitator, Hyderabad**

**Topic:- Follow up and practice**

**Report of Value Added Course on YOUTH EMPOWERMENT AND SKILLS(YES!+) Programme  
Jan-Mar-2023**

**Time:-5:00pm-6:30pm**



Had a small meditation practice, learnt some warmup exercises and done Sudharshan kriya. Also had an interactive session with our facilitator Divya. Divya mam told some beautiful quotes and gave clarity on Wisdom. Participants had a pleasant feeling after the session.

**01-03-2023**

**Session-18**

**Speaker:-Mr. Manas Ram Garu, Art of Living International Facilitator, USA**

**Topic:- Follow up and practice**

**Time:-7:00pm-9:00pm**



Had an interactive session with our International facilitator Manas Ram Garu. Many students across Hyderabad joined in the session. Manas Garu beautifully elaborated on wide range of topics like desires,

**Report of Value Added Course on YOUTH EMPOWERMENT AND SKILLS(YES!+) Programme  
Jan-Mar-2023**

aspirations, yoga sutras, money management and investing wisely. He also shared his views on peer comparison and how sense of belongingness help deal with peer pressure. He also talked about importance of sadhana which makes us centered.

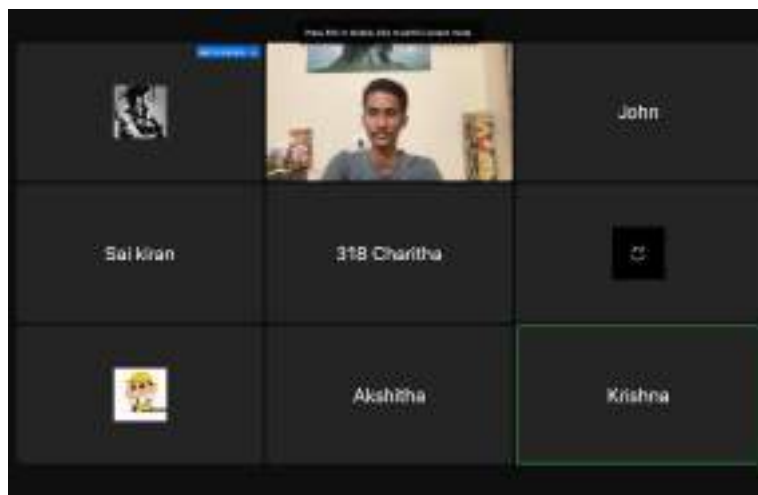
**15-03-2023**

**Session-19**

**Speaker:-Ms. Krishna Garu , Art of Living Facilitator, Hyderabad**

**Topic:- Follow up and practice**

**Time:-5:00pm-6:30pm**



Had a small meditation practice, Learnt some warmup exercises and done Sudharshan kriya. Also had an interactive session with our facilitator Divya. Divya mam told some beautiful quotes and gave clarity on Wisdom. Participants had a pleasant feeling after the session.

**29-03-2023**

**Session-20**

**Topic:- Evaluation**

**Time:-12:00pm-1:30pm**

**Report of Value Added Course on YOUTH EMPOWERMENT AND SKILLS(YES!+) Programme  
Jan-Mar-2023**



Conducted an exam which consist of 15 questions that include MCQs, Fill in the blanks and one descriptive. Out of 24 participants , 20 have attended the exam. So, the students who have achieved more than 40% in their evaluation and having 70% of the attendance have received their certificate.

**24-04-2023**

**Session-21**

**Topic:- Valedictory Session**

**Time:-12:00pm-12:30pm**



On Human Values Day, Chaitanya Sattva Club conducted an event. In that event, Certificates have been given by The Chief Guest ' Raghu Ram Garu ', Joint Student Advisor and Head of Department, Civil ' Dr. Jagannatha Rao sir' and Convenor 'Dr. G. Suresh Babu' , to Participants and Organizes of the event.

## **CONCLUSION**

Happy campuses are known by the expanse of harmony and sense of belongingness amongst the students, teachers and the administration. In this fast-paced competitive environment, there is a strong need for the institutes to develop a holistic approach. Educational institutions have the primary responsibility to not only inspire their students to excel academically but also should inculcate a sense of belongingness towards the society.

Our innovative life-skills training programs combine mind-body-breath practices with interactive discussions and experiential processes so that students can gain valuable skills to better navigate the personal, social, and academic landscape and pressures of college.

The flexible and innovative curriculum shall emphasise on offering credit-based courses and projects in the areas of community engagement and service, environmental education and value-based education. Value-based education should include developing humanistic, ethical, oral and universal human values of truth (satya), peace (shanti), non-violence (ahimsa), righteous conduct (dharma) and love (prem), citizenship values and also life-skills, in personality development, teaching, learning and governance. Lessons in seva/service and participation in community service programmes will also be considered an integral part of holistic arts education.





**CHAITANYA BHARATHI  
INSTITUTE OF TECHNOLOGY (A)**

Kokapet(Village), Gandipet, Hyderabad, Telangana-500075. [www.cbti.ac.in](http://www.cbti.ac.in)



COMMITTED TO  
RESEARCH,  
INNOVATION AND  
EDUCATION

**44**  
years

Department of EEE in Association with Chaitanya Sattva: A UHV cell of CBIT

## VALUE ADDED COURSE ON YES!+

January-March 2023

### CERTIFICATE OF PARTICIPATION

This is to certify that Mr. / Ms. ....of.....  
.....has participated in “Value Added Course  
on Youth Empowerment and Skills(YES!+)” in January-March 2023 at Chaitanya Bharathi Institute of Technology  
(A), Hyderabad - 500 075, Telangana, India.

**Dr. G. Suresh Babu**  
Convener

**Dr. P. Ravinder Reddy**  
Principal, CBIT



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## VALUE ADDED COURSE ON YES!+

January-March 2023

### CERTIFICATE OF APPRECIATION

This is to certify that Mr. / Ms. ....of.....  
.....has worked as Organizer of “Value Added  
Course on Youth Empowerment and Skills(YES!+)” in January-March 2023 at Chaitanya Bharathi Institute of  
Technology (A), Hyderabad - 500 075, Telangana, India.

**Dr. G. Suresh Babu**  
Convener

**Dr. P. Ravinder Reddy**  
Principal, CBIT

	NAMES	roll no	branch	Phone numbers	23-01-2023	24-01-2023	25-01-2023	27-01-2023	28-01-2023
1	Gudem Shruthika		IT	9666370136	A	A	A	A	A
2	BHAVANA	160121734007	EEE	9440420687	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana
3	Thousif udhin	160121748060	CSE	9884639786	Thousif	Thousif	Thousif	Thousif	Thousif
4	Kathi shishir	160121733125	CSE	9701289153	Kathi	Kathi	Kathi	Kathi	Kathi
5	Evss.sahlithi	160121732005	CIVIL	9390674655	A	A	A	A	A
6	J.eshu	160121732007	CIVIL	8019889985	J.eshu	J.eshu	J.eshu	J.eshu	J.eshu
7	B.Akshitha	160121732304	CIVIL	8688836951	Akshitha	Akshitha	Akshitha	Akshitha	Akshitha
8	G.Anurag	160121732031	CIVIL	7702639429	G.Anurag	G.Anurag	G.Anurag	G.Anurag	G.Anurag
9	SONTE YASHASWINI	160121734016	EEE	7670975770	Sonte	Sonte	Sonte	Sonte	Sonte
10	srivani	160121748303	CSE	9889042964	Srivani	Srivani	Srivani	Srivani	Srivani
11	Nilish	160121732032	CIVIL	8332921800	Nilish	Nilish	Nilish	Nilish	Nilish
12	chetan	160121733034	CSE	8125442308	Chetan	Chetan	Chetan	Chetan	Chetan
13	sathwik simharaju	160121734059	EEE	9381361629	Sathwik	Sathwik	Sathwik	Sathwik	Sathwik
14	Aditya	160121734058	EEE	9703006677	Aditya	Aditya	Aditya	Aditya	Aditya
15	lalith	160121734035	EEE	7581034096	Lalith	Lalith	Lalith	Lalith	Lalith
16	renuka	160120732012	CIVIL	8790365879	Renuka	Renuka	Renuka	Renuka	Renuka
17	charitha	160120737318	IT	6301666899	Charitha	Charitha	Charitha	Charitha	Charitha
18	varun	160120735115	ECE	8919435017	Varun	Varun	Varun	Varun	Varun
19	samarwith	160120736100	MECH	6303761841	Samarwith	Samarwith	Samarwith	Samarwith	Samarwith
20	shivalmika	160120737134	IT	9392388744	Shivalmika	Shivalmika	Shivalmika	Shivalmika	Shivalmika
21	neha	160120771010	AIDS	9440163372	Neha	Neha	Neha	Neha	Neha
22	Vineeth	1601303305	IT	8500804983	Vineeth	Vineeth	Vineeth	Vineeth	Vineeth
23	Regu Sai Kiran	160120736097	MECH	9121738876	Regu Sai Kiran	Regu Sai Kiran	Regu Sai Kiran	Regu Sai Kiran	Regu Sai Kiran
24	A.Arushi Yamini	16012224484	CIC	9246332497	A.Arushi Yamini	A.Arushi Yamini	A.Arushi Yamini	A.Arushi Yamini	A.Arushi Yamini

(C. Srisaibam)

2-1-1

NAMES	roll no	branch	Phone numbers	01-02-2023	08-02-2023	15-02-2023	22-02-2023	01-03-2023	15-03-2023	29-03-2023	05-04-2023
Gudam Shrutika		IT	9866370136	A	A	A	A	A	A	A	A
BHAVANA	160121734007	EEE	9440420887	A	A	A	A	A	A	A	A
Thouef udhin	160121748060	CSE	9884638786	A	A	A	A	A	A	A	A
Kaifi aliya	160121733125	CSE	6701288153	A	A	A	A	A	A	A	A
Evs.sahithi	160121732005	CIVIL	9390574555	A	A	A	A	A	A	A	A
J.asha	160121732007	CIVIL	8019889865	A	A	A	A	A	A	A	A
B.Akshitha	160121732304	CIVIL	868836951	A	A	A	A	A	A	A	A
G.Anurag	160121732031	CIVIL	7702639429	A	A	A	A	A	A	A	A
SONTE YASHASWINI	160121734016	EEE	7670975770	A	A	A	A	A	A	A	A
srivani	160121748303	CSE	9989042964	A	A	A	A	A	A	A	A
Milsh	160121732032	CIVIL	8332921800	A	A	A	A	A	A	A	A
chuden	160121733034	CSE	8125442308	A	A	A	A	A	A	A	A
sathwik sriharaju	160121734059	EEE	9381361629	A	A	A	A	A	A	A	A
Adithya	160121734058	EEE	9703006677	A	A	A	A	A	A	A	A
lalith	160121734035	EEE	7881034096	A	A	A	A	A	A	A	A
renuka	160120732012	CIVIL	8790365879	A	A	A	A	A	A	A	A
charitha	160120737318	IT	6301666899	A	A	A	A	A	A	A	A
vanun	160120735115	ECE	8919435017	A	A	A	A	A	A	A	A
samanwith	160120736109	MECH	6303767841	A	A	A	A	A	A	A	A
shivathirika	160120737134	IT	9392368744	A	A	A	A	A	A	A	A
neha	160120771019	AIDS	9440163372	A	A	A	A	A	A	A	A
Vaswith	160120737063	IT	8500804963	A	A	A	A	A	A	A	A
Ragu Sai Kiran	160120736097	MECH	91211738876	A	A	A	A	A	A	A	A
A. Laxmi Yamini	160122749004	CSE	5246737495	A	A	A	A	A	A	A	A

*(Handwritten signature)*  
*(Handwritten signature)*  
*(Handwritten signature)*

NAMES	roll no	branch	Phone numbers	marks obtained out of 15	hours attended out of 32 hours
A. Laxmi Yamini	160122749004	CSE	9246737495	9	27
Aditya	160121734058	EEE	9703006677	8	26
B.Akshitha	160121732304	CIVIL	8688836951	12	30
BHAVANA	160121734007	EEE	9440420687	13	24
charitha	160120737318	IT	6301666899	9	24
chetan	160121733034	CSE	8125442308	13	23
Evss.sathithi	160121732005	CIVIL	9390674655	ab	0
G.Anurag	160121732031	CIVIL	7702639429	8	26
Gudem Shruthika		IT	9666370136	ab	0
J.esha	160121732007	CIVIL	8019989965	12	28
Kathi shishir	160121733125	CSE	9701289153	14	25
lalith	160121734035	EEE	7981034096	ab	5
neha	160120771010	AIDS	9440163372	14	23
Nitish	160121732032	CIVIL	8332921800	13	25
Regu Sai Kiran	160120736097	MECH	9121738876	7	23
renuka	160120732012	CIVIL	8790365879	10	23
samanwith	160120736100	MECH	6303761841	13	23
sathwik simharaju	160121734059	EEE	9381361629	11	24
shivathmika	160120737134	IT	9392388744	13	23
SONTE YASHASWINI	160121734016	EEE	7670975770	9	24
sriveni	160121748303	CSE	9989042964	9	28
Thousif udhin	160121748060	CSE	9884639786	ab	5
varun	160120735115	ECE	8919435017	8	23
Vineeth	160120737060	IT	8500804963	12	26



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world \_\_\_\_\_  
a) Satellite b) Artificial intelligence c) ChatGpt d) ~~Mind~~
2. The Quality of life depends on Happiness index
3. The meaning of Sagathchadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together d) ~~Let's move together~~
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) ~~Accept and take an active action~~ d) Accept everything
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food d) ~~Breath~~
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d) ~~Intentions~~
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) ~~10000 Litres~~
8. Ujjai breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain c) ~~Breath of Victory~~ d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjai b) Vilay c) Astrika d) ~~Bhastrika~~
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c) ~~Sri Sri Ravi Shankar~~ d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) ~~Opposites~~ b) Complimentary to each other c) Negatives d) ~~Complimentary and Coexist together~~





12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

A) opposite values are complimentary and they coexist.  
live in a present moment. do not think about  
the past or future unnecessarily it increases tension.  
Just do the things which you aspire to do, without  
expecting anything from anyone (or) do not expect  
any result. live happily.



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world Mind.  
a) Satellite b) Artificial intelligence c) ChatGpt  Mind
2. The Quality of life depends on state of mind.
3. The meaning of Sagathchadwam is let's run together.  
 Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means Accept everything  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action  Accept everything
5. How to get mind to the present moment breath.  
 Body b) Water c) Food  Breath
6. Don't see Intentions behind others mistakes  
a) Mistakes b) Outcome c) Values  Intentions
7. Total amount of breath we consume every day 5000 Litres  
a) 100 Litres b) 1000 Litres c) 5000 Litres  10000 Litres
8. Ujjal breath means breath of energy  
 Breath of energy b) Breath of Ujjain c) Breath of Victory  Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjal b) Vijey c) Astrika  Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar.  
a) Jaggi Vasudev b) Baba Ramdev  Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are complimentary and coexist together.  
a) Opposites  Complimentary to each other c) Negative  Complimentary and Coexist together







Yes

12. Live in the present moment.  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives power.  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from people.  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

⇒ Being consistent, self exploration,

don't see intentions behind others mistakes,





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world \_\_\_\_\_  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on state of mind
3. The meaning of Sagathchadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food d) Breath
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjal breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjal b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





Yes!

12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

\* Don't become football of other's intentions

→ This point is most remembrance & touched to

- my heart.

→ coz, everyone everywhere at some situations

will say mean things to us at some perspective.

→ So; In this course I have learned a

valuable point i.e

"Don't Become football of other's intentions."

So; I am not fluctuating to other's opinion.

I am trying hard on this point.



## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world MIND  
a) Satellite b) Artificial intelligence c) ChatGpt of Mind
2. The Quality of life depends on breath
3. The meaning of Sagathchadwam is let's move together  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food d) Breath
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjai b) Vjay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d) ~~Present moment~~

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) ~~Happiness~~ c) ~~Power~~ d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) ~~Money~~ b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

→ By this course we can improve our inner energy & can increase our confidence.

→ can increase our emotions in a right way  
Control



## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world?  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on Ourselves
3. The meaning of Sagathchadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food d) Breath
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjai b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





Yes+

12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) Money b) Wealth, c) People d) People and situations

15. Explain any knowledge point you remember from the course?

→ we can get everything in package  
→ Happiness will not be experienced alone





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world Mind  
a) Satellite b) Artificial intelligence c) ChatGpt d)  Mind
2. The Quality of life depends on happiness index
3. The meaning of Sagathachadwam is Let's move together  
a) Let's run together b) Let's eat together c) Let's play together d)  Let's move together
4. Active acceptance means (c)  
a) Accept and don't take any action b) Don't accept anything c)  Accept and take an active action d) Accept everything
5. How to get mind to the present moment - Breath  
a) Body b) Water c) Food d)  Breath
6. Don't see Intentions behind others mistakes  
a) Mistakes b) Outcome c) Values d)  Intentions
7. Total amount of breath we consume every day 10000 litres  
a) 100 Litres b) 1000 Litres c) 5000 Litres d)  10000 Litres
8. Ujjal breath means Breath of victory  
a) Breath of energy b) Breath of Ujjain c)  Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjal b) Vjaj c) Astrika d)  Bhastrika
10. Who started The Art of Living foundation gurudev Sri Sri Ravi Shankar Ji  
a) Jaggi Vasudev b) Baba Ramdev c)  Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are (d)  
a) Opposites b) Complimentary to each other c) Negatives d)  Complimentary and Coexist together







12. Live in the Present Moment  
a) Black hole b) Past moment c) Future moment  Present moment

13. Responsibility gives (c)  
a) increases the comfort zone b) Happiness  Power d) All the above

14. The wisdom for happiness is delinking it from (b)  
a) Money  Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

A15) Live in the present moment is the 1<sup>st</sup> knowledge point of the Art of Living. Often our minds gets stuck in the past or we think about the future. Wondering about past or ~~or~~ fut may sometimes give happiness, depression or regret. Similarly thinking about may make us feel anxious. But our life exists in the present. We live in this minute, in this second. If we think past as a dream and future as something that we can build, life gets much easier & ~~we need to~~ we continue to stay in happy state of mind.



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world \_\_\_\_\_  
a) Satellite b) Artificial intelligence ~~c) ChatGpt~~ d) Mind
2. The Quality of life depends on happiness
3. The meaning of Sagathchadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together ~~d) Let's move together~~
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action ~~d) Accept everything~~
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food ~~d) Breath~~
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values ~~d) Intentions~~
7. Total amount of breath we consume every day \_\_\_\_\_  
~~a) 100 Litres~~ b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain ~~c) Breath of Victory~~ d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
~~a) Ujjai~~ b) Vjaj c) Astrika ~~d) Bhastrika~~
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev ~~c) Sri Sri Ravi Shankar~~ d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) Opposites ~~b) Complimentary~~ to each other c) Negatives d) Complimentary and Coexist together





12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d)  Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c)  Power d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) Money b) Wealth c) People d)  People and situations

15. Explain any knowledge point you remember from the course?

→ We get everything in package.  
Happiness alone will not come.

→ We know that we are happy when we  
are not sad.

→





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world Mind  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on thinking skills
3. The meaning of Sagathchadwam is lets move together  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means accept and take an active action  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food d) Breath
6. Don't see Intentions behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day 10000 lts  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means Breath of Victory  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjai b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are complimentary and Coexist together  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together



RK



Yes!

12. Live in the Present moment.  
a) Black hole b) Past moment c) Future moment  d) Present moment

13. Responsibility gives All of the above.  
a) Increases the comfort zone b) Happiness c) Power  d) All the above

14. The wisdom for happiness is delinking it from Money.  
 a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

Opposite values are complimentary and coexist together. Everything we do, whether it's bad or good will come back to us at some point and time.





## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world mind  
a) Satellite b) Artificial Intelligence c) ChatGpt d)  Mind
2. The Quality of life depends on state of mind
3. The meaning of Sagathchadwam is let's move together  
a) Let's run together b) Let's eat together c) Let's play together d)  Let's move together
4. Active acceptance means Accept everything  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d)  Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food d)  Breath
6. Don't see Intentions behind others mistakes  
a) Mistakes b) Outcome c) Values d)  Intentions
7. Total amount of breath we consume every day 5000 litres  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means Breath of victory  
a) Breath of energy b) Breath of Ujjain c)  Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjai b) Vilay c) Astrika d)  Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev c)  Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are complimentary and co-exist together  
a) Opposites b) Complimentary to each other c) Negatives d)  Complimentary and Coexist together





12. Live in the Present moment  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives Power  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from money & wealth  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

The knowledge point from the course is not worrying about the people's opinion.





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world mind  
a) Satellite b) Artificial intelligence c) ChatGpt ~~d) Mind~~
2. The Quality of life depends on state of mind
3. The meaning of Sagathchadwam is Let's move together  
a) Let's run together b) Let's eat together c) Let's play together ~~d) Let's move together~~
4. Active acceptance means accept everything  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action ~~d) Accept everything~~
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food ~~d) Breath~~
6. Don't see intentions behind others mistakes  
a) Mistakes b) Outcome c) Values ~~d) Intentions~~
7. Total amount of breath we consume every day 5000 litres  
a) 100 Litres b) 1000 Litres ~~c) 5000 Litres~~ d) 10000 Litres
8. Ujjai breath means Breath of victory  
a) Breath of energy b) Breath of Ujjain ~~c) Breath of Victory~~ d) Breath of defeat
9. The Power breath is also called as Ujjai  
~~a) Ujjai~~ b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev ~~c) Sri Sri Ravi Shankar~~ d) Yogi Adithyanath
11. Opposite values are complimentary to each other  
a) Opposites ~~b) Complimentary~~ to each other c) Negatives d) Complimentary and Coexist together







12. Live in the Present moment  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives power  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from people  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

Soul is main part which controls all other things like mind, memory, ego, etc... To keep it in a calm position the kniya will help us to regain it.





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world mind  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on our state of mind
3. The meaning of Sagathchadwam is let's move together  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means accept & take an active action  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food d) Breath
6. Don't see inclusions behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day 10000  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means Breadth of energy  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjai b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are Complimentary Coexist  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





12. Live in the present moment  
a) Black hole b) Past moment c) Future moment d)  Present moment

13. Responsibility gives all of the above  
a) Increases the comfort zone b) Happiness c) Power d)  All the above

14. The wisdom for happiness is delinking it from people in situations  
a) Money b) Wealth c) People d)  People and situations

15. Explain any knowledge point you remember from the course?

Don't see intentions behind other's mistakes.  
If you see the intention you will be in  
tension.





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world mind  
a) Satellite b) Artificial intelligence c) ChatGpt d)  Mind
2. The Quality of life depends on Quality of thoughts.
3. The meaning of Sagathchadwam is lets getay together.  
a) Let's run together b) Let's eat together c)  Let's play together d) Let's move together
4. Active acceptance means Accept and take active action  
a) Accept and don't take any action b) Don't accept anything c)  Accept and take an active action d) Accept everything
5. How to get mind to the present moment breath  
a) Body b) Water c) Food d)  Breath
6. Don't see intentions behind others mistakes  
a) Mistakes b) Outcome c) Values d)  Intentions
7. Total amount of breath we consume every day 5000  
a) 100 Litres b) 1000 Litres c)  5000 Litres d) 10000 Litres
8. Ujjal breath means breath of energy  
a)  Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjal b) Vijay c) Astrika d)  Bhastrika
10. Who started The Art of Living foundation Sri Sri ravishankar  
a) Jaggi Vasudev b) Baba Ramdev c)  Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are Complimentary end coexist together  
a)  Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together



Examination  
Q. 377



Yes+

12. Live in the present moment  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives power  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from people & situation  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

The main knowledge point I knew from course is that  
the quality of our life depends on quality of our  
thoughts





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world d  
a) Satellite b) Artificial intelligence c) ChatGpt ~~d) Mind~~
2. The Quality of life depends on state of mind
3. The meaning of Sagathchadwam is a  
~~a) Let's run together~~ b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means d  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action ~~d) Accept everything~~
5. How to get mind to the present moment d  
a) Body b) Water c) Food ~~d) Breath~~
6. Don't see d behind others mistakes  
a) Mistakes b) Outcome c) Values ~~d) Intentions~~
7. Total amount of breath we consume every day d  
a) 100 Litres b) 1000 Litres c) 5000 Litres ~~d) 10000 Litres~~
8. Ujjal breath means c  
a) Breath of energy b) Breath of Ujjain ~~c) Breath of Victory~~ d) Breath of defeat
9. The Power breath is also called as a  
~~a) Ujjai~~ b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation c  
a) Jaggi Vasudev b) Baba Ramdev ~~c) Sri Sri Ravi Shankar~~ d) Yogi Adithyanath
11. Opposite values are b  
a) Opposites ~~b) Complimentary~~ to each other c) Negatives d) Complimentary and Coexist together





12. Live in the d  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives c  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from b  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

Kriyas - These kriya's will have some breathing techniques which keeps the mind calm.





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world mind  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on health
3. The meaning of Sagathchadwam is let's move together  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means Accept everything  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment breath  
a) Body b) Water c) Food d) Breath
6. Don't see intentions behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day 5000  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjal breath means breath of victory  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as bhastrika  
a) Ujjal b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are Complimentary and Coexist to each other.  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together







12. Live in the Present moment  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives Power  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from money.  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

Breathing techniques and how to concentrate more without feeling stress.





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

1. What's the most advanced technology in the world Mind D  
a) Satellite b) Artificial intelligence  ChatGpt c) Mind
2. The Quality of life depends on Good state of Mind
3. The meaning of Sagathchadwam is Let's run together  
 Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means Accept everything  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action  Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food  Breath
6. Don't see Intentions behind others mistakes  
a) Mistakes b) Outcome c) Values  Intentions
7. Total amount of breath we consume every day 5000 Litres  
a) 100 Litres b) 1000 Litres  5000 Litres d) 10000 Litres
8. Ujjal breath means Breath of energy  
 Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhasbrika  
a) Ujjai b) Vijay c) Astrika  Bhasbrika
10. Who started The Art of Living foundation Sai Sai Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev  Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are Complimentary and Coexist together  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





Yes+

12. Live in the Present moment  
a) Black hole b) Past moment c) Future moment d)  Present moment

13. Responsibility gives Power  
a) Increases the comfort zone b) Happiness  Power d) All the above

14. The wisdom for happiness is delinking it from People  
a) Money b) Wealth  People d) People and situations

15. Explain any knowledge point you remember from the course?

- Don't see intentions behind others mistakes.
- Live in the present moment because
- Future is a mystery, past is a history, present is a gift.

→





## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world Mind  
a) Satellite b) Artificial intelligence c) ChatGpt  d) Mind
2. The Quality of life depends on quality of thoughts State of mind
3. The meaning of Sagathichadwam is Let's move together  
a) Let's run together b) Let's eat together c) Let's play together  d) Let's move together
4. Active acceptance means accept everything  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action  d) Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food  d) Breath
6. Don't see intentions behind others mistakes  
a) Mistakes b) Outcome c) Values  d) Intentions
7. Total amount of breath we consume every day 5000 l.  
a) 100 Litres b) 1000 Litres  c) 5000 Litres d) 10000 Litres
8. Ujjai breath means Breath of energy  
 a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjai b) Wjay c) Astrika  d) Bhastrika
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar  d) Yogi Adithyanath
11. Opposite values are Complimentary to each other  
a) Opposites  b) Complimentary to each other c) Negatives d) Complimentary and Coexist together






Yes!

12. Live in the present moment  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives power  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from people, money  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

→  Live in the present moment  
because,  
this moment is inevitable.



Yes+

A. Chetan  
CSF-1  
2nd year

## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world Mind  
a) Satellite b) Artificial intelligence c) ChatGpt ~~d) Mind~~
2. The Quality of life depends on mindset
3. The meaning of Sagathchadwam is Let's move together  
a) Let's run together b) Let's eat together c) Let's play together ~~d) Let's move together~~
4. Active acceptance means Accept and take an active action  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food ~~d) Breath~~
6. Don't see intentions behind others mistakes  
a) Mistakes b) Outcome c) Values ~~d) Intentions~~
7. Total amount of breath we consume every day 5000 Litres  
a) 100 Litres b) 1000 Litres ~~c) 5000 Litres~~ d) 10000 Litres
8. Ujjai breath means Breath of victory  
a) Breath of energy b) Breath of Ujjain ~~c) Breath of Victory~~ d) Breath of defeat
9. The Power breath is also called as Bhastrika  
a) Ujjai b) Vijay c) Astrika ~~d) Bhastrika~~
10. Who started The Art of Living foundation Sri Sri Ravi Shankar  
a) Jaggi Vasudev b) Baba Ramdev ~~c) Sri Sri Ravi Shankar~~ d) Yogi Adithyanath
11. Opposite values are complimentary to each other  
a) Opposites ~~b) Complimentary to each other~~ c) Negatives d) Complimentary and Coexist together





12. Live in the present moment  
a) Black hole b) Past moment c) Future moment  d) Present moment

13. Responsibility gives All the above  
a) Increases the comfort zone b) Happiness c) Power  d) All the above

14. The wisdom for happiness is delinking it from people and situations  
a) Money b) Wealth c) People  d) People and situations

15. Explain any knowledge point you remember from the course?

live in the present moment  
but see intentions behind mistakes





## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world \_\_\_\_\_  
a) Satellite b) Artificial intelligence c) ChatGpt d)  Mind
2. The Quality of life depends on the state of mind
3. The meaning of Sagathchadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together d)  Let's move together
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c)  Accept and take an active action d) Accept everything
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food d)  Breath
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d)  Intentions
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d)  10000 Litres
8. Ujjai breath means \_\_\_\_\_  
a) Breath of energy b)  Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjai b) Vijay c) Astrika d)  Bliastrika
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c)  Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a)  Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together







12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

- Live in the present moment!

Many of us worry about the state of being in future or of the past that we lived.

Many forget that a right state of mind can accomplish a better and optimal thinking in tricky situations.

It's not just it, but the quality of life that one can imagine thereof, after following this sutra is extensively distinguished from the well-known failures of life.

So, we want to follow this formula in order to make the most out of our current time.





Youth Empowerment and Skills workshop (Value Added Course) III rd Year

Assessment test

1. What's the most advanced technology in the world Satellite  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on state of mind
3. The meaning of Sagathachadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment \_\_\_\_\_  
a) Body b) Water c) Food d) Breath
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjal breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjal b) Vilay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





12. Live in the \_\_\_\_\_  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from \_\_\_\_\_  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

⇒ We learned many things in the course, we should be self confidence in doing any thing. I explored myself by deep inside me much. I also increased my concentration towards my things very much by doing this course.





## Youth Empowerment and Skills workshop (Value Added Course)

### Assessment test

1. What's the most advanced technology in the world mind  
a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2. The Quality of life depends on the state of mind
3. The meaning of Sagathchadwam is \_\_\_\_\_  
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4. Active acceptance means \_\_\_\_\_  
a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5. How to get mind to the present moment Breath  
a) Body b) Water c) Food d) Breath
6. Don't see \_\_\_\_\_ behind others mistakes  
a) Mistakes b) Outcome c) Values d) Intentions
7. Total amount of breath we consume every day \_\_\_\_\_  
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8. Ujjai breath means \_\_\_\_\_  
a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9. The Power breath is also called as \_\_\_\_\_  
a) Ujjai b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundation \_\_\_\_\_  
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. Opposite values are \_\_\_\_\_  
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





12. Live in the present moment  
a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives \_\_\_\_\_  
a) Increases the comfort zone b) Happiness c) Power d) All the above

14. The wisdom for happiness is delinking it from MONEY  
a) Money b) Wealth c) People d) People and situations

15. Explain any knowledge point you remember from the course?

→ Don't see the Intension behind other mistakes  
→ live in present moment

Post-Assessment Form

Name: R. Das Kiran  
 College/University Name: Chaitanya Bharathi Institute of Technology  
 Profession: Student DOB: 20/09/2002  
 Address: Nallepally, Valijonda mandal, Yadadri bhongir district  
 Pincode: 50842 Mobile: 9121738376 E-mail: das.kiranregn10@gmail.com

How has the program beniffited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [10]
- Reduced stress levels [10]
- Effective communication [10]
- Improved interpersonal relations [10]
- More clear, calm and a happy state of mind [10]
- Increased Creative and Analytical thinking [10]
- Enhanced Team Building Skills [10]
- Improved quality of sleep [10]
- Confidence level [10]
- Concentration level [10]
- Facilitator related** (On a scale of 1-10, where 1 is poor and 10 is excellent)
- Ability to deliver program content [10]
- Interaction with participants [10]



*Handwritten initials*

Your experience :

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Any other suggestions:

\_\_\_\_\_  
 \_\_\_\_\_

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna Anna  
 Program Date: 23/11/23 to 28/11/23 Program Venue: cbit

Place: CBIT CAMPUS Signature: R. Das Kiran.

## Post-Assessment Form

Name: T. Sai SumanithaCollege/University Name: CBITProfession: student DOB: 17-02-2002Address: East balaji hills Colony, Roduppal, uppalPincode: 500039 Mobile: 6303761841 E-mail: saitiiv17@gmail.com

How has the program benefited you with respect to the following parameters ?  
(On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy &amp; dynamism [6]

Reduced stress levels [9]

Effective communication [8]

Improved interpersonal relations [7]

More clear, calm and a happy state of mind [9]

Increased Creative and Analytical thinking [8]

Enhanced Team Building Skills [9]

Improved quality of sleep [8]

Confidence level [10]

Concentration level [9]

Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

Ability to deliver program content [9]

Interaction with participants [8]

Your experience :

Experience was really amazing

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

It helped in a great way at above mentioned parameters

Any other suggestions:

NOWould you like to receive regular updates about our activities : Via Email  Via SMS  None 

PROGRAM DETAILS :

Faculty Name: Manal Ram Akayya and Krishna Anna

Program Date: \_\_\_\_\_ Program Venue: \_\_\_\_\_

Place: CBITSignature: [Signature]

## Post-Assessment Form

Name: Karshetty Vasun  
 College/University Name: Chaitanya Bharathi Institute of Technology  
 Profession: Student DOB: 29/09/2002  
 Address: S.V. Nagar, Malaparli, Hyderabad- 26  
 Pincode: 500026 Mobile: 8919435012 E-mail: Varunkarshetty40@gmail.com

How has the program benefited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy & dynamism	[8]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[8]
More clear, calm and a happy state of mind	[9]
Increased Creative and Analytical thinking	[8]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[9]
Concentration level	[8]
<b>Facilitator related</b> (On a scale of 1-10, where 1 is poor and 10 is excellent)	
Ability to deliver program content	[10]
Interaction with participants	[10]

Your experience :

It was a great experience.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

→ Intra-personal & Inter-personal relations have increased.

→ Habit of helping others improved.

Any other suggestions:

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Jee Manas Rao

Program Date: 31/12/2021 Program Venue: College Auditorium

Place: Hyderabad

Signature: K. Vasun



Post-Assessment Form

Name: A. Laxmi Yamini  
 College/University Name: Chaitanya Bharathi Institute of Technology  
 Profession: Student DOB: 15-1-2004  
 Address: 14-296, NSP Camp Miryalaguda.  
 Pincode: 508202 Mobile: 9246237495 E-mail: yaminiamrthan@gmail.com

How has the program benefited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [ 8 ]
- Reduced stress levels [ 9 ]
- Effective communication [ 9 ]
- Improved interpersonal relations [ 9 ]
- More clear, calm and a happy state of mind [ 9 ]
- Increased Creative and Analytical thinking [ 9 ]
- Enhanced Team Building Skills [ 10 ]
- Improved quality of sleep [ 10 ]
- Confidence level [ 9 ]
- Concentration level [ 9 ]
- Facilitator related** (On a scale of 1-10, where 1 is poor and 10 is excellent)
- Ability to deliver program content [ 10 ]
- Interaction with participants [ 10 ]



Your experience :

It was really good. And it increased my concentration levels too. I felt really glad for joining in this course

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

It helped me to manage every kind of situations

Any other suggestions:

No, it is really perfect!

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna  
 Program Date: 23-01-2014 Program Venue: College  
 Place: Assembly Hall Signature: A. L. Yamini

## Post-Assessment Form

Name: \_\_\_\_\_

College/University Name: \_\_\_\_\_

Profession: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Pincode: \_\_\_\_\_ Mobile: \_\_\_\_\_ E-mail: \_\_\_\_\_

**How has the program benefited you with respect to the following parameters ?**

*(On a scale of 1-10, where 1 is poor and 10 is excellent)*

Increased levels of energy & dynamism [ ]

Reduced stress levels [ ]

Effective communication [ ]

Improved interpersonal relations [ ]

More clear, calm and a happy state of mind [ ]

Increased Creative and Analytical thinking [ ]

Enhanced Team Building Skills [ ]

Improved quality of sleep [ ]

Confidence level [ ]

Concentration level [ ]

**Facilitator related** (On a scale of 1-10, where 1 is poor and 10 is excellent)

Ability to deliver program content [ ]

Interaction with participants [ ]

**Your experience :**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?**

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Any other suggestions:**

\_\_\_\_\_  
 \_\_\_\_\_

**Would you like to receive regular updates about our activities :** Via Email  Via SMS  None

**PROGRAM DETAILS :**

Faculty Name: \_\_\_\_\_

Program Date: \_\_\_\_\_ Program Venue: \_\_\_\_\_

**Place:**

**Signature:**

### Post-Assessment Form

Name: G. ANURAG

College/University Name: CBIT

Profession: STUDENT DOB: 21/12/2003

Address: KPHB COLONY, KUKATTALLY, HYDRABAD, TELANGANA

Pincode: 500072 Mobile: 7702139429 E-mail: anuraggunda@gmail.com

How has the program benefited you with respect to the following parameters?  
(On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [9]
- Reduced stress levels [10]
- Effective communication [9]
- Improved interpersonal relations [4]
- More clear, calm and a happy state of mind [10]
- Increased Creative and Analytical thinking [9]
- Enhanced Team Building Skills [8]
- Improved quality of sleep [9]
- Confidence level [9]
- Concentration level [9]



Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Ability to deliver program content [9]
- Interaction with participants [9]

Your experience :

It's been a really good course as 'I' have ever experienced.

Just can't express my positivity of this course.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

I can increase my productivity & I can manage my mind well.

Any other suggestions:

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna

Program Date: 23 to 28/1/23 Program Venue: CBIT

Place:

Signature: [Signature]

### Post-Assessment Form

Name: S. Sathwik

College/University Name: CBIT

Profession: Student DOB: 21/10/2003

Address: Hno. 19-409/2 Tennagar, Alancherial

Pincode: 504208 Mobile: 9381361629 E-mail: simharaajurathwik17@gmail.com

How has the program beniffited you with respect to the following parameters ?  
(On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [9]
- Reduced stress levels [10]
- Effective communication [10]
- Improved interpersonal relations [9]
- More clear, calm and a happy state of mind [10]
- increased Creative and Analytical thinking [10]
- Enhanced Team Building Skills [10]
- Improved quality of sleep [10]
- Confidence level [10]
- Concentration level [10]



Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Ability to deliver program content [10]
- Interaction with participants [10]

Your experience :

It was a great experience with good and quality knowledge given by them. Glad to join this.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

These would help to remove stress and gain energy.

Any other suggestions:

No

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

**PROGRAM DETAILS :**

Faculty Name: Krishna  
Program Date: 08/01/2023 Program Venue: CBIT

Place:

Signature:

## Post-Assessment Form

Name: Shishir Kathi  
 College/University Name: Chaitanya Bharathi Institute of Technology  
 Profession: Student DOB: 12/09/03  
 Address: Kalpataru Apts, Erragadda, Hyderabad  
 Pincode: 500018 Mobile: 9901289153 E-mail: shishirint9@gmail.com

How has the program benefited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy & dynamism	[8]
Reduced stress levels	[8]
Effective communication	[9]
Improved interpersonal relations	[8]
More clear, calm and a happy state of mind	[8]
Increased Creative and Analytical thinking	[8]
Enhanced Team Building Skills	[9]
Improved quality of sleep	[8]
Confidence level	[8]
Concentration level	[8]
<b>Facilitator related</b> (On a scale of 1-10, where 1 is poor and 10 is excellent)	
Ability to deliver program content	[8]
Interaction with participants	[7]

Your experience :

I was happy with the program and the things that were taught about the state of mind

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

Whenever I can practice the Sutras taught, I will possibly be more calm and composed so that I can be more efficient.

Any other suggestions:

I suggest that the interaction be diverse in its demonstration.

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: \_\_\_\_\_  
 Program Date: \_\_\_\_\_ Program Venue: \_\_\_\_\_

Place:

Signature:

## Post-Assessment Form

Name: Ganganamani Bhavana  
 College/University Name: Chaitanya Bharathi Institute of Technology  
 Profession: Student DOB: 22/04/2003  
 Address: House no. 11-13-502, Road No. 6, Yachannagar Colony, Alkondra, Saranagar,  
 Pincode: 500035 Mobile: 9440420687 E-mail: bhavanaganganamani224@gmail.com

How has the program benefited you with respect to the following parameters?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy & dynamism	[8]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[9]
More clear, calm and a happy state of mind	[7]
Increased Creative and Analytical thinking	[9]
Enhanced Team Building Skills	[8]
Improved quality of sleep	[7]
Confidence level	[8]
Concentration level	[8]
<b>Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)</b>	
Ability to deliver program content	[8]
Interaction with participants	[9]



Your experience :

It was Good, Enjoyed all the sections and the sections were interactive.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

It helped me to lower the stress levels and, I felt confident and got good sleep.

Any other suggestions:

No

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna

Program Date: 28-01-2023 Program Venue: CBIT

Place: CBIT

Signature: Bhavana

## Post-Assessment Form

Name: YASHASWINI SONTE  
 College/University Name: CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY  
 Profession: STUDENT DOB: 14/06/2009  
 Address: 3-601, SUBHASH CHANDRA BOSE NAGAR NEW HAFEEZPET - 500049  
 Pincode: 500049 Mobile: 7670975770 E-mail: sonteyashaswini@gmail.com

How has the program benefited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy & dynamism	[ 9 ]
Reduced stress levels	[ 7 ]
Effective communication	[ 5 ]
Improved interpersonal relations	[ 7 ]
More clear, calm and a happy state of mind	[ 8 ]
Increased Creative and Analytical thinking	[ 8 ]
Enhanced Team Building Skills	[ 9 ]
Improved quality of sleep	[ 8 ]
Confidence level	[ 7 ]
Concentration level	[ 9 ]
<b>Facilitator related</b> (On a scale of 1-10, where 1 is poor and 10 is excellent)	
Ability to deliver program content	[ 8 ]
Interaction with participants	[ 2 ]



Your experience :

Good. Learnt meditation and found the importance of meditation in day to day life.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

Knowledge and techniques taught in the course were helpful in lowering my stress levels and helped me in bringing a smile on my face.

Any other suggestions:

NO

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna  
 Program Date: 22-01-2023 Program Venue: CBIT

Place: CBIT

Signature: [Signature]

### Post-Assessment Form

Name: B. Charitha

College/University Name: CBIT

Profession: Student DOB: 02/02/2003

Address: Grachibawli

Pincode: \_\_\_\_\_ Mobile: 6301666899 E-mail: charitha.b0102@gmail.com

How has the program benifitted you with respect to the following parameters ?  
(On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy & dynamism	[9]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[9]
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	[9]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[10]
Concentration level	[9]
<b>Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)</b>	
Ability to deliver program content	[10]
Interaction with participants	[10]



Your experience :

It was an great experience, I have increased my friends circle and my communication skills.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

Being calm, concentration, reduced stress levels, my quality of sleep, maintaining good relationship with everyone, being patience.

Any other suggestions:

\_\_\_\_\_  
\_\_\_\_\_

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

**PROGRAM DETAILS :**

Faculty Name: Krishna

Program Date: 28-01-2023 Program Venue: CBIT

Place: CBIT

Signature: B. Charitha



### Post-Assessment Form

Name: R. Nisha Reddy

College/University Name: CBIT

Profession: student DOB: 27<sup>th</sup> March 2003

Address: Alkapuri, L.B. Nagar

Pincode: 500035 Mobile: 9440163372 E-mail: nishareddyengineering@gmail.com

How has the program beniffited you with respect to the following parameters ?  
(On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [10]
- Reduced stress levels [9]
- Effective communication [10]
- Improved interpersonal relations [8]
- More clear, calm and a happy state of mind [9]
- Increased Creative and Analytical thinking [7]
- Enhanced Team Building Skills [10]
- Improved quality of sleep [5]
- Confidence level [7]
- Concentration level [9]



Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Ability to deliver program content [10]
- interaction with participants [10]

Your experience :

It was great. Very interactive, was able to break out of my shell.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

It was relaxing, calming, was able to control my emotions, anger, increased my concentration and changed my view on life.

Any other suggestions:

NA

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

**PROGRAM DETAILS :**

Faculty Name: Krishna

Program Date: 20<sup>th</sup> Jan, 2023 Program Venue: CBIT

Place: CBIT

Signature: [Signature]

### Post-Assessment Form

Name: Neha Reddy

College/University Name: CBIT

Profession: student DOB: 27<sup>th</sup> March 2003

Address: Alkapuri, L.B. Nagar

Pincode: 500035 Mobile: 9440163372 E-mail: n.reddyengineering@gmail.com

How has the program beniffited you with respect to the following parameters ?  
(On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [10]
- Reduced stress levels [9]
- Effective communication [10]
- Improved interpersonal relations [8]
- More clear, calm and a happy state of mind [9]
- Increased Creative and Analytical thinking [7]
- Enhanced Team Building Skills [10]
- Improved quality of sleep [5]
- Confidence level [9]
- Concentration level [9]



Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Ability to deliver program content [10]
- Interaction with participants [10]

Your experience :

It was great. Very interactive, was able to break out of my shell.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

It was relaxing, calming, was able to control my emotions, anger, increased my concentration and changed my view on life.

Any other suggestions:

NA

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

**PROGRAM DETAILS :**

Faculty Name: Krishna

Program Date: 20<sup>th</sup> Jan, 2023 Program Venue: CBIT

Place: CBIT

Signature: [Signature]

Post-Assessment Form

Name: Sriveni Deshetty  
 College/University Name: Chaitanya Bharathi Institute of Technology  
 Profession: Student DOB: 18-09-2004  
 Address: 15-1-134, Gada Varikhanu, Peddapalli  
 Pincode: 505 209 Mobile: 9959042964 E-mail: sriveni.deshetty3@gmail.com

How has the program benefited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [8]
- Reduced stress levels [9]
- Effective communication [10]
- Improved interpersonal relations [10]
- More clear, calm and a happy state of mind [10]
- Increased Creative and Analytical thinking [9]
- Enhanced Team Building Skills [9]
- Improved quality of sleep [10]
- Confidence level [10]
- Concentration level [10]
- Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)
- Ability to deliver program content [10]
- Interaction with participants [10]



Your experience :

I felt very calm and caught a peaceful sleep at nights. I got positive vibes while I'm giving my best in this course. No negative thoughts. It is very helpful, helped me a lot

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

Smile in the face. Good sleep, peaceful and no stress relief. I loved the games which I have played in this course

Any other suggestions:

—

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna  
 Program Date: 23-1-23 Program Venue: College

Place: Assembly Hall

Signature: Sriveni

### Post-Assessment Form

Name: S. Adithya goud  
 College/University Name: Chandraya Rereddy Institute of Technology  
 Profession: Student DOB: 25-06-2003  
 Address: My home avator, Plot no: B-5, 907, Nanoramguda.  
 Pincode: 500032 Mobile: 9703006677 E-mail: adithyashubhagan96@gmail.com

How has the program beniffited you with respect to the following parameters ?  
 (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [9]
- Reduced stress levels [8]
- Effective communication [9]
- Improved interpersonal relations [9]
- More clear, calm and a happy state of mind [9]
- Increased Creative and Analytical thinking [9]
- Enhanced Team Building Skills [8]
- Improved quality of sleep [9]
- Confidence level [9]
- Concentration level [9]
- Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)
- Ability to deliver program content [8]
- Interaction with participants [9]



**Your experience :**

I felt very calm and caught a peaceful sleep at night. I got positive vibes while I'm studying my best in this course. No negative thoughts. It helped me a lot.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

Smile in the face. Good sleep. Peaceful and stress relief. I loved the games which I have played in this course.

Any other suggestions:

\_\_\_\_\_

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

**PROGRAM DETAILS :**

Faculty Name: Krishna  
 Program Date: 23-1-23 Program Venue: College

Place: Assembly Hall

Signature: S. Adithya

## Post-Assessment Form

Name: K-Nitish

College/University Name: CBIT

Profession: Student DOB: 27/10/2003

Address: D.NO. 2486<sup>TYPE-2</sup>, ODF Estate, Yeddumailaram (V), Sangareddy dist.

Pincode: 502205 Mobile: 8332921800 E-mail: Nitishchinu2486@gmail.com

How has the program benefited you with respect to the following parameters ?

(On a scale of 1-10, where 1 is poor and 10 is excellent)

Increased levels of energy & dynamism	[10]
Reduced stress levels	[10]
Effective communication	[10]
Improved interpersonal relations	[10]
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	[10]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[10]
Concentration level	[10]



Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

Ability to deliver program content	[10]
Interaction with participants	[10]

Your experience :

Happy to join the course and had more fun with others  
or learned new thing in life.

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?

In having peace of mind when ever we are in world

Any other suggestions:

keep going!!!

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Krishna

Program Date: 23/01/2023 Program Venue: CBIT

Place:

Signature:

### Post-Assessment Form

Name: A. Chetan

College/University Name: Chaitanya Bhagwati Institute of Technology

Profession: B.Tech DOB: \_\_\_\_\_

Address: Plot 235 H.A./M.P Colony Bal No. 100, Jubilee Hills, Hyderabad

Pincode: 500033 Mobile: 8125442308 E-mail: achetan.2004@gmail.com

How has the program benefitted you with respect to the following parameters? (no space)

(On a scale of 1-10, where 1 is poor and 10 is excellent)

- Increased levels of energy & dynamism [10]
- Reduced stress levels [10]
- Effective communication [8]
- Improved interpersonal relations [10]
- More clear, calm and a happy state of mind [10]
- Increased Creative and Analytical thinking [9]
- Enhanced Team Building Skills [10]
- Improved quality of sleep [10]
- Confidence level [10]
- Concentration level [11]



Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)

- Ability to deliver program content [10]
- Interaction with participants [10]

Your experience :

Very Nice and Helpful would advise all to join and reap the benefits

How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?

To handle ppl, situations

Any other suggestions:

Nil

Would you like to receive regular updates about our activities : Via Email  Via SMS  None

PROGRAM DETAILS :

Faculty Name: Ms. Krishna

Program Date: 23/12-28/12 Program Venue: CBIT

Place: Hyderabad

Signature: [Signature]  
23/12/23



# CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY (A)

## **A Report on** **Online Short-Term Course (STC) on Raspberry Pi and its Interfacing**

(27th February - 03rd March 2023)

AY 2022-2023

Coordinator: Dr. M Balasubbareddy, Assoc. Professor

Co-coordinator: Dr. N. Venkataphanendrababu, Asst. Professor



**Department of Electrical and Electronics Engineering**  
**Chaitanya Bharathi Institute of Technology**

Kokapet (Village), Gandipet,  
Hyderabad - 500075, Telangana. [www.cbit.ac.in](http://www.cbit.ac.in)  
ISO 9001:2015 Certified Institute

**Department of EEE, CBIT**

Online Short Time Course (STC) on Raspberry Pi and its Interfacing

27th - 31st February 2023

Hands-on Training Course Content

- Introduction to Raspberry Pi
- Python Programming for Raspberry Pi
- Node Red with Raspberry Pi for IoT Applications
- IoT applications using Raspberry Pi
- Raspberry pi and Intelligent Instrumentation
- Raspberry Pi in IoT Applications
- IoT in smart healthcare Applications and Challenges
- Hardware Requirements for Module Interfacing using Raspberry Pi
- Case Study 1 IoT applications using Raspberry Pi
- Case Study 2 IoT Smart Healthcare
- E Certificate will be provided through email only

STC Registered for

<https://bit.ly/3t80000>



**Organizing Committee**

Chairperson  
**Dr. P. Ravinder Reddy**  
Principal, CBIT

Convener  
**Dr. G. Suresh Babu**  
Professor & HOD/EEE

Coordinator  
**Dr. M. Balasubbareddy**  
Professor, Dept. of EEE  
Mobile: +91-9855306964

Co-coordinator  
**Dr. N. Venkataphanendrababu**  
Assistant Professor, Dept. of EEE  
Mobile: +91-8086900965

Experts

**Dr. Ritula Thakur-NTTTR Chandigarh**  
**Dr. Ajay Godara-Enovate Skill**  
**Dr. Snehanshu Shekher-BITS Mesra**  
**Prof. Rajeev Mathur-JNU Jaipur**  
**Dr. Amit Joshi-MNIT Jaipur**  
**Dr. Payal Bansal-PCE Jaipur**

For further details please contact:  
E-mail: [balasubbareddy\\_mee@cbit.ac.in](mailto:balasubbareddy_mee@cbit.ac.in) / [phanendrababu\\_eee@cbit.ac.in](mailto:phanendrababu_eee@cbit.ac.in)

**Department of Electrical and Electronics Engineering**

In Association with NTTTR, Chandigarh

Online Short Time Course (STC) on Raspberry Pi and its Interfacing

27<sup>th</sup> February - 31<sup>st</sup> March 2023



**Chaitanya Bharathi Institute of Technology**  
(Autonomous under UGC)  
Affiliated to Osmania University  
Nalgonda (Village), Telangana,  
Hyderabad - 508005  
Telangana State India.  
[www.cbait.ac.in](http://www.cbait.ac.in)

**Chaitanya Bharathi Institute of Technology (CBIT)**

CBIT is one of the premier Engineering Institutes in India, pioneer in Telangana state, which is an elite surroundings of Ganapoti Lake, Hyderabad. The college offers B.Tech and Master PG programs. It has been standing as a temple of knowledge for the past 41 years by producing about 25,000 Emergent and useful Graduate Engineers, who are successful in their Careers, serving all over the Globe. CBIT students are prepared and perfected to secure placements in reputed MNCs. The Institute has been accredited by NAAC - UGC with 'A' Grade and various programs are accredited by NBA - AICTE. The UGC has granted Autonomous Status from the Academic Year 2013-14 onwards. Highest Academic Standards, Industry Camped Teaching Methodology, Research Projects from Private and Public Sector organizations, industries in Engineering and Management and Consultancy Practice enabled the Institute to establish its identity in Technical Education and it ranked 26<sup>th</sup> one of the best amongst Private Engineering Colleges in both the Telugu Speaking States.

**About Department**



CBIT started the Electrical & Electronics Engineering UG program in 1994 and was accredited 'B' grade in the years 2004, 2008, 2013, 2017 & 2021 by NBA. The intake was increased from 60 to 120 in the Academic Year 2013-14. The Department started offering a PG course in Power Systems & Power Electronics in 2006 with an intake of 18 and was accredited by NBA in the year 2016. The department has received grants worth around ₹40 lakhs from AICTE under RPS, MOONCED, POP, STTP, etc. The Department is offering consultancy services worth ₹24 lakhs in collaboration with Foreign Universities in the domain of Renewable Energy Systems. The Department is also certified by ISO 9001:2015. The Department is recognized as Research Centre in 2017 by Osmania University. It carries out research for the award of a Ph.D. degree.

**About Short-Term Course (STC)**


Raspberry Pi is most popular SBC (Single Board Computer). We can use Raspberry Pi as an IoT device and IoT Gateway. In this article we discuss Raspberry Pi interfaces interfaces used for connecting Sensors and actuators.

The Raspberry Pi is a low cost credit-card sized computer that plugs into a computer monitor or TV, and uses a standard keyboard and mouse. It is a capable little device that enables people of all ages to explore computing, and to learn how to program in languages like Scratch and Python. It's capable of doing everything you'd expect a desktop computer to do, from browsing the internet and playing high-definition video, to making spreadsheets, word-processing and playing games.

Raspberry Pi has Serial SPI and I2C interfaces for data transfer. The Serial interface on Raspberry Pi has receiver (Rx) and transmit (Tx) pins for communication with serial peripherals. Serial Peripheral Interface (SPI) is a synchronous serial data protocol used for communicating with one or more peripheral devices.

STC Registration



**Resource Persons**

Resource Persons will be from Renowned Institutions and Industries like the National Institute of Technical Teachers Training and Research (NITTTR) Chandigarh, BITS Mesra and MNIT Jaipur.



EEE department Front View



R&E Hub Top View



## Time Table

**Chaitanya Bharathi Institute of Technology, Hyderabad**  
In association with  
**National Institute of Technical Teachers Training and Research, Chandigarh**  
**Electrical and Electronics Engineering Department**  
Online STC (ICT-121) on  
**Raspberry Pi and its Interfacing**  
27/02/2023 to 03/03/2023

### Schedule

Day & Date	10-11.30 am	11.30am – 1pm	1-2 pm	2.00 pm – 3.30 pm
<b>Monday</b> 27/02/2023	Inauguration ceremony	Introduction to Raspberry Pi (Dr. Ritula Thakur)	L	Python Programming for Raspberry Pi (Dr. Ritula Thakur)
<b>Tuesday</b> 28/02/2023	Node Red with Raspberry Pi for IoT Applications (Dr. Ajay Godara- Enovate Skill)		U	Practice Task (Dr. Ritula Thakur)
<b>Wednesday</b> 01/03/2023	IoT applications using Raspberry Pi (Dr. Ajay Godara-Enovate Skill)		N	Practice Task (Dr. Ritula Thakur)
<b>Thursday</b> 02/03/2023	Raspberry pi and Intelligent Instrumentation (Dr. Snehanshu Shekher-BITS Mesra)	Raspberry Pi in IOT Applications (Prof. Rajeev Mathur-JNU Jaipur)	C	IOT in smart Healthcare Applications and Challenges (Dr. Amit Joshi -MNIT Jaipur)
<b>Friday</b> 03/03/2023	Hardware Requirements for Module Interfacing using Raspberry Pi (Dr. Payal Bansal-PCE Jaipur)	Quiz (RT)	H	Valediction

**Dr. Ritula Thakur-** NITTTR Chandigarh

**Dr. Ajay Godara-**Enovate Skill

**Dr. Snehanshu Shekher-**BITS Mesra

**Prof. Rajeev Mathur-**JNU Jaipur

**Dr. Amit Joshi -**MNIT Jaipur

**Dr. Payal Bansal-**PCE Jaipur

**Coordinator:** Dr. M. Balasubbareddy, Associate Professor

**Co-coordinator:** Dr. N. Venkataphanendrababu, Asst. Professor

**List of Registered Participants**

S. No.	Name of the Participant
1	A KRISHINAMA CHARY
2	ABHINAV PEDDINI
3	ADWATH GANJI
4	AISHA NASEEMA
5	AKANKSHA YADAGIRI
6	AKSHAY ARPULA
7	AMGOTH RAVINDER
8	ANUMALA VISHNU VARDHAN
9	ANUMALLA HARSHITH
10	AZKA HITESHAM UDDIN AHMED
11	B KRISHNA CHAITANYA
12	B MAHESHWAR
13	B.YADALAH
14	BANOTH HARJUN
15	BASHABOINA RAJU
16	BHARATH PATTEPU
17	BHEEMARI PRANESH
18	BHUKYA VIGNESH
19	H VENKATA KRISHNA REDDY
20	CHILUVERI VISHNU VARDHAN
21	CHINTAKUNTA CHARAN KUMAR
22	CHOLLETI HARISH
23	DEVAREDDY HARSHA
24	DEVARUPPULA SAIRAM
25	DEVIREDDY SATHISH
26	DEVSOTH SRINIVAS
27	DIVYAREDDY DHAMMA
28	DOPPA SAI THARUN
29	DR BALASUBBAREDDY M
30	DR N VASANTHA GOWRI
31	DR.G.SURESH BABU

32	DR.KOLA RAMESH
33	ESHWAR GANJI
34	GADDE GNANDEEP
35	GAJWARI SAI KIRAN
36	GANDLA SAKETH KUMAR
37	GATTU VAMSHI
38	GOWTHAMI CHUNDURU
39	GUNDA SREESHMA
40	GUNDLA SRIDHAR REDDY
41	GUNTURU ANDREWS GNANA DEEPAK
42	GYARA BHANU PRASAD
43	HARI KRISHNA G
44	HONNESH MANDAPATI
45	JAYA SAI TANMAYI KANCHAPU
46	K MALLESHA
47	K VINAY KUMAR REDDY
48	KASU NARASIMHA
49	KISHORE M
50	KOWSTUBHA PALLE
51	KUNDANA POOSKUR
52	KUNDURU VENKATA SAI CHARAN REDDY
53	LAKKEPURAM SHIVA PRANAY
54	MADHILESH ERRAMSHETTI
55	MANNEM RAVI TEJA
56	MANTHANI ANOOPKUMAR
57	MARAPALLY SAI CHARAN
58	MD FERDOUES
59	MEDARI MAHENDAR
60	MEESALA MANOJ KOUSHIK SOSA
61	MOHAMMAD YAKUB PASHA
62	MOHAMMED FAISAL
63	MOHAMMED RAYYAN
64	MUZAFFAR NAVEED
65	NAGASRI BURA
66	NAGULA RACHANA
67	NALLA VISHNU TEJA
68	NANDIKONDA SAIRUN
69	NATHAM SANTHOSH
70	P KIRAN KUMAR

71	P VENUMADHAVA CHARY
72	P VIJAY BABU
73	P. HEMESHWAR CHARY
74	PASIKA SATHISH
75	PATAN AZEEZ KHAN
76	PATTURI SAIPRIYA
77	PAVAN KALYAN VADGURE
78	PAYYAVULA SUJITH
79	POOJA REDDY NARAYANA
80	PRAGHNAY REDDY
81	RAM BABU THOGARU
82	RASAMADUGU HAREYAANK
83	SAGARIKA MERUGU
84	SAITEJA DASARI
85	SAKAM MANIKANTA REDDY
86	SANGEETHA BACHALA
87	SANGEM SRINIVAS
88	SATYAM SHARMA
89	SHAIK RAHIMPASHA
90	SHAIK UBAID
91	SHASHANK
92	SHASHMITH BALAJI SHAGANTI
93	SHIVA NANDU MALKAM
94	SRIHAAS K N S TADIKONDA
95	SUSHMITHA GUDLA
96	T SHIVAIAH
97	T. MURALI KRISHNA
98	THANIKANTI SUDHAKAR BABU
99	V SHANTAN RAMI REDDY
100	V SIVA RAMA KRISHNA
101	VAISHNAVI SANUGOMMULA
102	VAVILALA ROHITHA RAGA
103	VEMULA RAJESHWAR REDDY
104	VENKATAPHANENDRABABU
105	VUTUKURI GOPICHAND

## Photos









GPS Map Camera



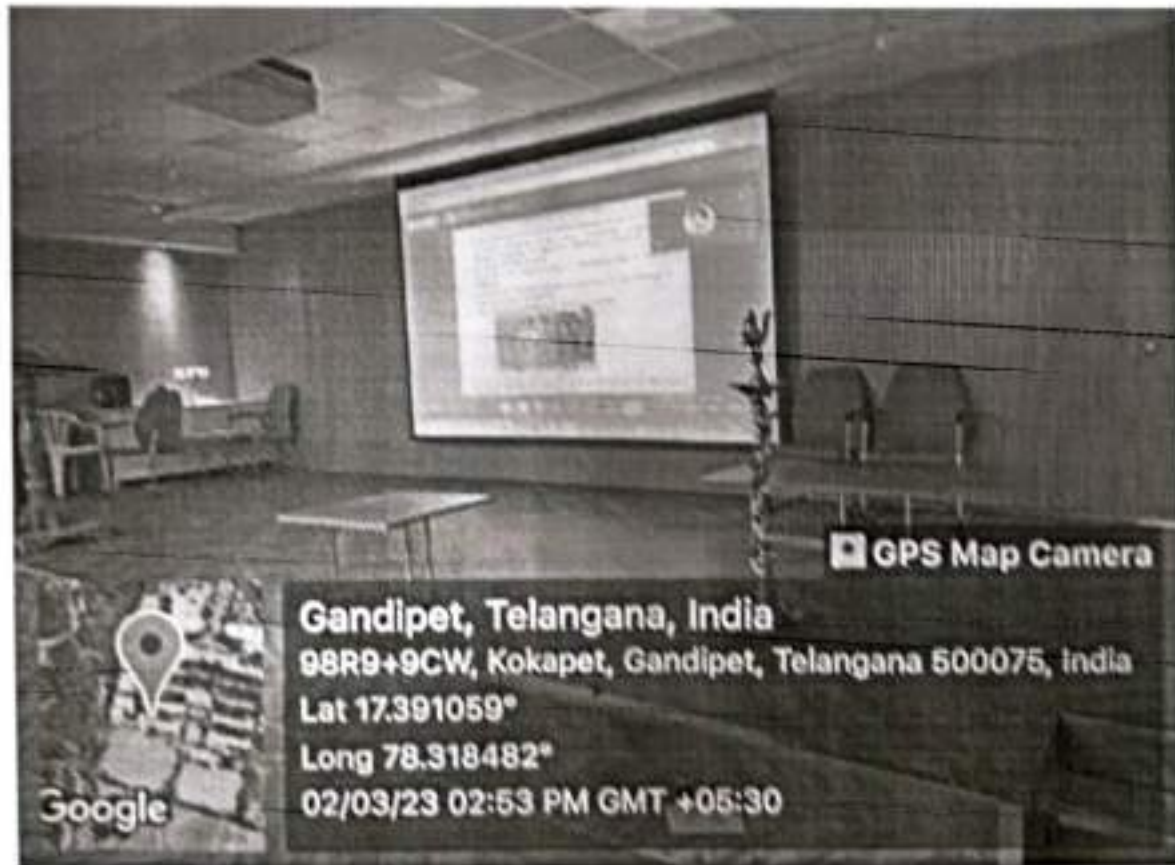
**Gandipet, Telangana, India**

98R9+9CW, Kokapet, Gandipet, Telangana 500075, India

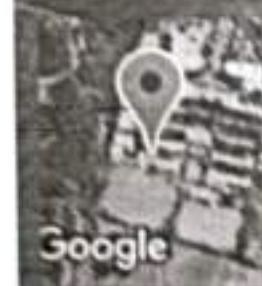
Lat 17.391054°

Long 78.318498°

02/03/23 02:13 PM GMT +05:30



GPS Map Camera



**Gandipet, Telangana, India**

98R9+9CW, Kokapet, Gandipet, Telangana 500075, India

Lat 17.391059°

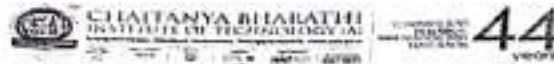
Long 78.318482°

02/03/23 02:53 PM GMT +05:30





**Attendance sheet**



**Attendance**  
Name of the Course: Raspberry Pi and its interfacing

Date: 21/03/2023 to 04/03/2023

Sl. No.	Name of the Participant	Name of the Institute	21/03/2023		22/03/2023		23/03/2023		24/03/2023		25/03/2023	
			Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
1	ALEXANDRA CHANDI	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
2	ADITHYAN KISHOR	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
3	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
4	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
5	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
6	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
7	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
8	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
9	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
10	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
11	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
12	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
13	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
14	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
15	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
16	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
17	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
18	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
19	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
20	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
21	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr
22	ADITHYAN SURESH	Chaitanya Bharathi Institute of Technology, Hyderabad	Att	Pr	Att	Pr	Att	Pr	Att	Pr	Att	Pr



S. No.	Name of the Participants	Name of the Institute	11-01-2012		08-02-2012		05-03-2012		02-04-2012		30-05-2012	
			Att.	Gr.	Att.	Gr.	Att.	Gr.	Att.	Gr.	Att.	Gr.
80	SATYAJIT KUMAR	Thapar University Institute of Technology, Patiala	80	80	80	80	80	80	80	80	80	80
81	SHANU KUMAR	Thapar University Institute of Technology, Patiala	81	81	81	81	81	81	81	81	81	81
82	SHANU KUMAR	Thapar University Institute of Technology, Patiala	82	82	82	82	82	82	82	82	82	82
83	SHANU KUMAR	Thapar University Institute of Technology, Patiala	83	83	83	83	83	83	83	83	83	83
84	SHANU KUMAR	Thapar University Institute of Technology, Patiala	84	84	84	84	84	84	84	84	84	84
85	SHANU KUMAR	Thapar University Institute of Technology, Patiala	85	85	85	85	85	85	85	85	85	85
86	SHANU KUMAR	Thapar University Institute of Technology, Patiala	86	86	86	86	86	86	86	86	86	86
87	SHANU KUMAR	Thapar University Institute of Technology, Patiala	87	87	87	87	87	87	87	87	87	87
88	SHANU KUMAR	Thapar University Institute of Technology, Patiala	88	88	88	88	88	88	88	88	88	88
89	SHANU KUMAR	Thapar University Institute of Technology, Patiala	89	89	89	89	89	89	89	89	89	89
90	SHANU KUMAR	Thapar University Institute of Technology, Patiala	90	90	90	90	90	90	90	90	90	90
91	SHANU KUMAR	Thapar University Institute of Technology, Patiala	91	91	91	91	91	91	91	91	91	91
92	SHANU KUMAR	Thapar University Institute of Technology, Patiala	92	92	92	92	92	92	92	92	92	92
93	SHANU KUMAR	Thapar University Institute of Technology, Patiala	93	93	93	93	93	93	93	93	93	93
94	SHANU KUMAR	Thapar University Institute of Technology, Patiala	94	94	94	94	94	94	94	94	94	94
95	SHANU KUMAR	Thapar University Institute of Technology, Patiala	95	95	95	95	95	95	95	95	95	95
96	SHANU KUMAR	Thapar University Institute of Technology, Patiala	96	96	96	96	96	96	96	96	96	96
97	SHANU KUMAR	Thapar University Institute of Technology, Patiala	97	97	97	97	97	97	97	97	97	97
98	SHANU KUMAR	Thapar University Institute of Technology, Patiala	98	98	98	98	98	98	98	98	98	98
99	SHANU KUMAR	Thapar University Institute of Technology, Patiala	99	99	99	99	99	99	99	99	99	99
100	SHANU KUMAR	Thapar University Institute of Technology, Patiala	100	100	100	100	100	100	100	100	100	100

SHANU  
SHANU KUMAR

# Sample Quiz

3/3/21, 1:04 PM

Quiz: Raspberry Pi and its Interfacing

## Quiz\_Raspberry Pi and its Interfacing

Total points **20/44** ?

Email \*

phanendrababu\_eee@cbit.ac.in

X Name \*

Venkataphanendrababu

X College Name \*

CBIT

✓ QT Which instruction set architecture is used in Raspberry Pi? \*

- a) X86
- b) MSP
- c) AVR
- d) ARM

<https://www.google.com/quiz/114942...>



✘ Q 4 In which year the raspberry pi 2 model B is launched? \*

- 2014
- 2015
- 2016
- 2017

Correct answer:

- 2015

✔ Q5 Which raspberry pi model has an Ethernet port? \*

- Model A+
- Model B+
- Both of above
- None of the above

1

[https://docs.google.com/forms/d/e/1FAgc2S64r4n2Xofm6LhKJofMNgfrcmL5onAd-gP346r\\_72P5ew/viewcon.jsp?fbclid=IA-wwwwcom-AU0z](https://docs.google.com/forms/d/e/1FAgc2S64r4n2Xofm6LhKJofMNgfrcmL5onAd-gP346r_72P5ew/viewcon.jsp?fbclid=IA-wwwwcom-AU0z) (3/3)

✘ Q6 How many GPIO pins does raspberry pi model B+ have? \*

- 5
- 12
- 24
- 40

Correct answer

- 40

✘ Q7 How much RAM does raspberry pi 4 model B have? \*

- 2 GB
- 3 GB
- 4 GB
- 8 GB

Correct answer

- 8 GB



X Q8 In which year the raspberry pi model B+ is launched? \*

- 2015
- 2014
- 2018
- 2020

Correct answer:

- 2018

✓ Q9 What is the standard form of SPI pin? \*

- Serial Peripheral Interface
- Serial Parallel Interface
- Serial Parallel Input
- Serial Parallel Peripheral





✗ Q10 \_\_\_\_\_ pins are the EEPROM pins on raspberry pi 3 model B.\*

- GPIO 0
- GPIO 1
- GPIO4
- Both GPIO 0 and GPIO 1

Correct answer

- Both GPIO 0 and GPIO 1

✓ Q11 \_\_\_\_\_ are the UART pins on raspberry pi 3 model B board.\*

- GPIO14
- GPIO15
- GPIO 16
- Both GPIO 14 and GPIO15

✓ Q12 Which port is used to power the raspberry pi device?\*

- Ethernet port
- HDMI port
- Micro USB power port
- None of the above

✓ Q13. Which port is used to plug into monitor or modern television? \*

- Ethernet port
- HDMI port
- Micro USB power port
- None of the above

✓ Q14. Which port is used to connect the raspberry pi to a local network or the internet? \*

- Ethernet port
- HDMI port
- Micro USB Cable
- None of the above

✓ Q15. Which one of the following has both I2C and SPI buses? \*

- Antenna board
- Raspberry Pi
- Both of above
- None of the above



X Q16. Which command is used to change the directory? \*

- cd
- ls
- pwd
- None of the above

Correct answer:

- cd

✓ Q17. Which of the following is Operating system for R PC? \*

- Linux
- Ubuntu
- Windows 10
- All of the above

✓ Q18. Which one of the following is an open source? \*

- Windows
- Linux
- Free BSD
- None of the above



Quiz: Raspberry Pi and Its Interfacing

X Q19 How much power does raspberry pi model B+ consume? \*

- 3.5 W
- 1 W
- 2.5 W
- 3.3 W

Correct answer

- 3.5 W

X Q20 Which library is used to call for introducing delay? \*

- GPIO
- time
- Node-Red
- None of the above

Correct answer

- time

This form was created inside of National Institute of Technical Teachers Training and Research, Chandigarh.

Google Forms

## Course Materials

### **Video -Links:**

[https://drive.google.com/file/d/1yB1m\\_qD3xvRyBRcUSArgG0CNlh6Mx90Z/view](https://drive.google.com/file/d/1yB1m_qD3xvRyBRcUSArgG0CNlh6Mx90Z/view)

<https://drive.google.com/file/d/16uZpPtFuDapQLc2DDuoW-Md3KkGSSy98/view>

<https://drive.google.com/file/d/1Rutv4r8DdeJTyo6FexbDb2A4O8u0TRQ6/view>

### **Tutorial on projects based on R-Pi**

<https://projects.raspberrypi.org/en/projects/getting-started-with-node-red/10>

### **Node Red Flows:**

[https://drive.google.com/file/d/11HiHLGV8\\_hb3TneUT5yEKRdNBkCJVXN-/view?usp=sharing](https://drive.google.com/file/d/11HiHLGV8_hb3TneUT5yEKRdNBkCJVXN-/view?usp=sharing)

### **Lecture Material:**

<https://drive.google.com/file/d/10RSKizl80TiYDi0xPsF6liclIt79poU/view?usp=sharing>



CHAITANYA BHARATHI  
INSTITUTE OF TECHNOLOGY

**A Report on**

**Online Short-Term Course (STC) on Big Data  
Applications in Electrical Engineering**

(20th - 24th February 2023)

AY 2022-2023

I M.E., I-Semester

Coordinator: Dr. M Balasubbareddy, Assoc. Professor

Co-coordinator: Dr. P. Kowstubha, Assoc. Professor



**Department of Electrical and Electronics Engineering  
Chaitanya Bharathi Institute of Technology**

Kokapet (Village), Gandipet,

Hyderabad - 500075, Telangana. [www.cbit.ac.in](http://www.cbit.ac.in)

ISO 9001:2015 Certified Institute

## Brochure

**Department of EEE, CBIT**

**Online STC on Big Data Applications in Electrical Engineering**

**20th - 24th February 2023**

Hands-on Training Course Content

- ◆ Introduction to Big Data Analytics and AI
- ◆ Real-world Data application using Hadoop for Predictive Monitoring Hardware Demand
- ◆ Loading and Understanding Data with Statistics
- ◆ Understanding Data with Visualization
- ◆ Preparing & Processing Data (Numerical & Categorical)
- ◆ Feature Analysis & Selection
- ◆ Model for Introduction to ML Algorithms
- ◆ Building a Classification Model from Scratch with DNN
- ◆ Building a Regression Model from Scratch with DNN
- ◆ Case Study 1: Deep Learning & Big Data
- ◆ Case Study 2: Deep Learning & Big Data
- ◆ Certificate will be awarded through email only
- ◆ All accounts registered and presented abstracts will be published in e-Souvenir

STC Registered for  
[www.cbit.ac.in/online-stc](http://www.cbit.ac.in/online-stc)



**Organizing Committee**

**Chairperson**  
**Dr. P. Ravinder Reddy**  
Principal, CBIT

**Convener**  
**Dr. G. Suresh Babu**  
Professor & HOD/EEE

**Coordinator**  
**Dr. M. Balasubbareddy**  
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**Co-coordinator**  
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Mobile: +91-9576402003

**Experts**  
**Dr. Shimi S.L.**  
Assistant Professor, NITTR Chandigarh


**Dr. Lini Mathew**  
Professor, NITTR Chandigarh

**Dr. Jagriti Saini**  
Expert, RESTEM

For further details please contact:  
E-mail: [balasubbareddy\\_cbit@cbit.ac.in](mailto:balasubbareddy_cbit@cbit.ac.in)  
[www.cbit.ac.in/online-stc](http://www.cbit.ac.in/online-stc)


44

**Department of Electrical and Electronics Engineering**



In Association with NITTR Chandigarh

**Online Short Term Course (STC) on Big Data Applications in Electrical Engineering**  
20th - 24th February 2023



Chaitanya Ghosh Institute of Technology  
(Autonomous under UGC)  
Affiliated to Osmania University  
Kokapet (Village), Gandepet,  
Hyderabad - 500075  
Telangana State, India  
[www.cgit.ac.in](http://www.cgit.ac.in)

**Chaitanya Bharathi Institute of Technology (CBIT)**

CBIT is one of the premier Engineering Institutes in India, located in Hydrabad State, which is of state national level of technical Education. The college offers B.Tech and M.Tech Programs. It has been awarded a top rank of A grade by the peer review by providing about 25000 Enrolled and 4000 Graduate Engineers who are available in this branch. Learning activities for CBIT students are organized and conducted to secure the position of quality. Also, the Institute has been accredited by NAAC - ACG with A Grade and also programs are accredited by NBA - A++ The CBIT has granted Autonomous Status from the Academic Year 2013-14 onwards. Several Academic Standards Indicators Compliant Faculty, Well thought Research Projects, Seminars and IPRs, The Organizational Infrastructure, Employment and Management and Community Services are the main activities of Institute. Its faculty is the finest of its kind and is ranked as one of the best ranked Private Engineering Colleges in both the States (Karnataka State).

**Robot Department**

CBIT started the Robotics & Embedded Engineering (B.Tech) degree in 1998 and was awarded A grade in the year 2004. Now 2013-14 & 2021 by NBA. The intake was increased from 40 to 120 in the Academic Year 2013-14. The Department started offering a Ph.D. in the field of Robotics & Sensor Electronics in 2008 with an intake of 10 and was accredited by NBA in the year 2016. The department has received grants worth around 240 lacs from AICTE, under 80% AICTE/UGC, FOP, STIP, etc. The Department is offering 100 voluntary services with 100 lacs in collaboration with Foreign Universities in the domain of Robotics, Energy, Systems. The Department is also certified by ISO 9001:2015. The Department is recognized as Research Centre in 2017 by Government University to carry out research in the award of a Ph.D. degree.

**Advanced Short Term Course (STC)**

Big Data Analytics identifies the process of extracting trends, patterns and correlations in large amounts of raw data to help make data-driven decisions. These processes use forms of statistical analysis techniques like clustering and regression and apply them to more extensive datasets with the help of various tools. Big data analytics helps businesses to get insights from today's huge data resources. People, organizations, and machines are producing massive amounts of data. Social media, sensor applications, and machine sensor data are just some examples. Making full use of electronic data can provide an effective way to achieve the safe operation of the power grid and help reduce costs, supply and can comprehensively provide the power grid to a more secure, stable, efficient, economical, clean, interactive, modern energy distribution information.



**STC Registration:**

**Research Persons**

Research Persons will be for the following institutions and industries like the National Institute of Technical Teachers Training and Research (NITTTR) Chandigarh, and the Kerala NITTTR, etc.



**EEE department Front View**



**R&E Hub, Top View**

**Time Table**

**Chaitanya Bharathi Institute of Technology, Hyderabad**  
**In association with**  
**National Institute of Technical Teachers Training and Research, Chandigarh**  
**Electrical and Electronics Engineering Department**  
**Online STC (ICT-172) on**  
**Big Data Applications in Electrical Engineering, during 20/02/2023 to 24/02/2023**

**TIME-TABLE**

<b>DAY &amp; DATE</b>	<b>Live Session - 1 10.00 AM to 11. 30 AM</b>	<b>Live Session - 2 12.00 PM to 1.30 PM</b>	<b>Live Session - 3 2.30 PM to 4.00 PM</b>
<b>Monday 20/02/2023</b>	<b>Course Inauguration &amp; Introduction to Big Data Analytics (SSL/JS)</b>		<b>Introduction to IoT and AI (JS)</b>
<b>Tuesday 21/02/2023</b>	<b>Indoor Air Pollution Monitoring - IoT Case Study (JS)</b>	<b>Loading &amp; Understanding Data with Statistics (JS)</b>	<b>Understanding Data with Visualization (JS)</b>



<b>Wednesday</b> 22/02/2023	Preparing & Pre-Processing Data (Numerical & Categorical) (JS)	Preparing & Pre-Processing Data (Numerical & Categorical) (JS)	Feature Analysis & Selection (JS)
<b>Thursday</b> 23/02/2023	Theoretical Introduction to ML Algorithms (JS)	Building a Classification Model from Scratch with Data (JS)	Building a Regression Model from Scratch with Data (JS)
<b>Friday</b> 24/02/2023	Case Study 1: Deep Learning & Big Data (JS)	Case Study 2: Deep Learning & Big Data (JS)	STC Valediction (SSL/LM)

SSL : Dr. Shimi S.L, Assistant Professor, NITTTR Chandigarh

LM : Dr Lini Mathew, Professor, NITTTR Chandigarh

JS: Dr. Jagriti Saini, Founder Eterna! RESTEM, Sunder Nagar, HP

**Coordinator:** Dr. M. Balasubbareddy, Associate Professor

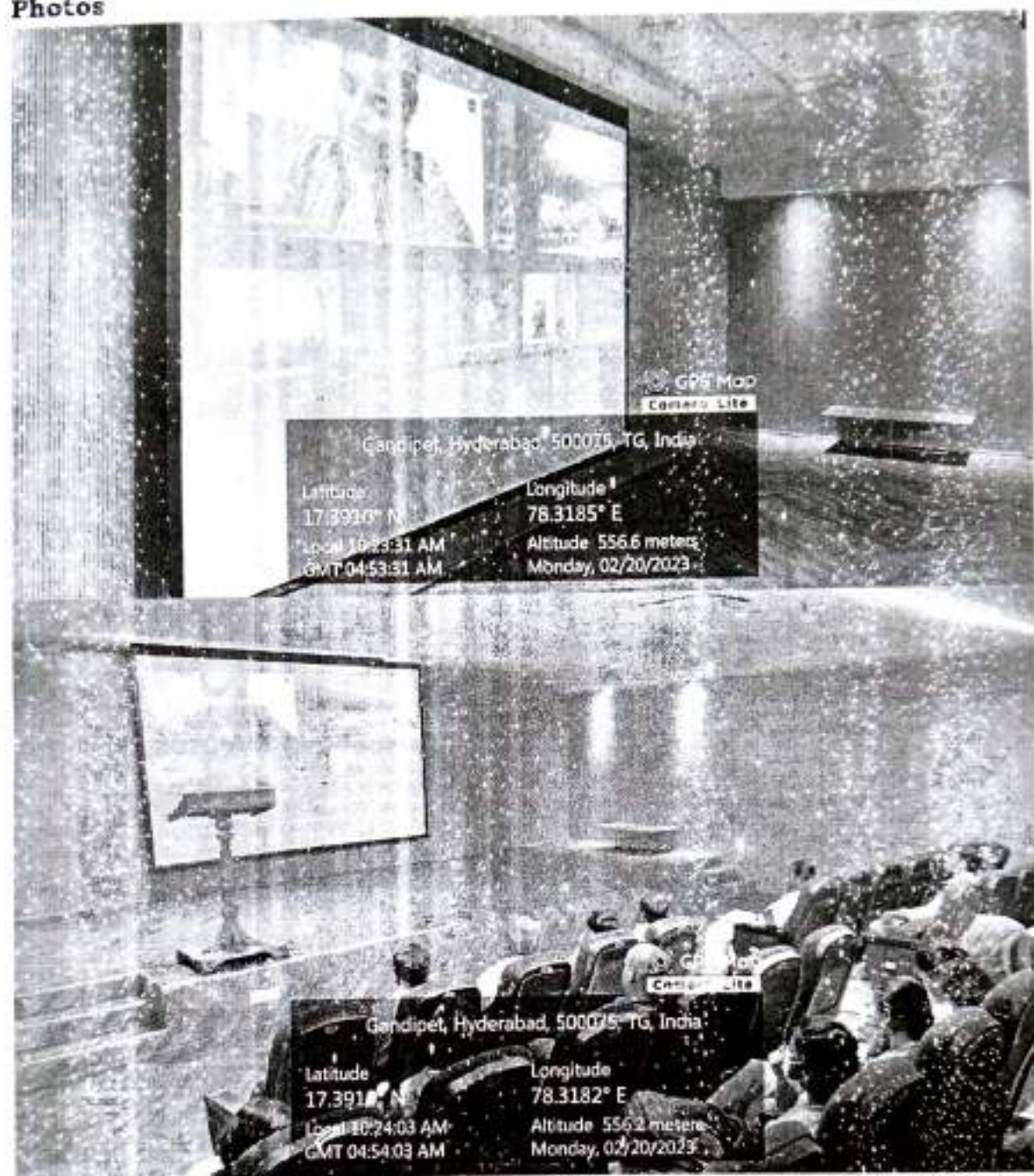
**Co-coordinator:** Dr. P. Kowstubha, Associate Professor

#### List of Registered Participants

S. No.	Name of the Participant
1	A KRISHNAMA CHARY
2	AZKA IHTESHAM UDDIN AHMED
3	B KRISHNA CHAITANYA
4	B MAHESHWAR
5	B.YADALIAH
6	BALASUBBAREDDY MALLALA
7	BHEEMARI PRANESH
8	CHOLLETI HARISH
9	DASYAM SUSHMA
10	DEVAREDDY HARSHA
11	DEVIREDDY SATHISH
12	DEVSOOTH SRINIVAS

13	DR K SUMAN
14	DR.A.VANI
15	DR.CH VENKATA KRISHNA REDDY
16	DR.G.SURESH BABU
17	DR.SURESH KUMAR
18	HARI KRISHNA G
19	LPRANAV
20	K MALLESHA
21	K VINAY KUMAR REDDY
22	KAVITA GOURA
23	KISHORE M
24	KOWSTUBHA PALLE
25	M P RADHA
26	MADHULIKA DAS
27	MOHAMMAD YAKUB PASHA
28	N.SANTOSH KUMAR
29	NARASIMHULU
30	P VENUMADHAVA CHARY
31	P VIJAY BABU
32	P. HEMESHWAR CHARY
33	POOJA MUNNOLA
34	RAM BABU THOGARU
35	SANGEETHA BACHALA
36	SANGEM SRINIVAS
37	SHAIK RAHIMPASHA
38	SUPRAJA REDDY AMMANA
39	T. MURALI KRISHNA
40	THANIKANTI SUDHAKAR BABU
41	V SIVA RAMA KRISHNA
42	VENKATA PRASAD PAPANA
43	VENKATAPHANENDRABABU
44	YUVARAJ PRANEETH

## Photos









# Attendance sheet



**UNIVERSITY OF KERALA**  
**SCHOOL OF DISTANCE EDUCATION**  
**TRIPUNITHURUR**

**44**

### Attendance

Name of the Centre: **For the Applications in the field of Engineering**

For the semester: **II**

2) **Computer Applications - Introduction to Computers, Software**

Sl. No.	Name of the Candidate	Date of Birth	Attendance				
			08/11/2020	15/11/2020	22/11/2020	29/11/2020	06/12/2020
1	ABHIRAM P						
2	ADARSH K						
3	ADARSH M						
4	ADARSH S						
5	ADARSH T						
6	ADARSH U						
7	ADARSH V						
8	ADARSH W						
9	ADARSH X						
10	ADARSH Y						
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56	ADARSH BS						
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233	ADARSH IN						
234	ADARSH IO						
235	ADARSH IP						
236	ADARSH IQ						
237	ADARSH IR						
238	ADARSH IS						
239	ADARSH IT						
240	ADARSH IU						
241	ADARSH IV						
242	ADARSH IW						
243	ADARSH IX						
244	ADARSH IY						
245	ADARSH IZ						
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252	ADARSH JG						
253	ADARSH JH						
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255	ADARSH JJ						
256	ADARSH JK						
257	ADARSH JL						
258	ADARSH JM						
259	ADARSH JN						

## Sample Quiz

20/02/2023, 3:35 PM

Quiz

### Quiz

Total points 2/2

STC on Big Data Applications in Electrical Engineering, during 20/02/2023 to 24/02/2023

Email \*

balaSubbareddy\_eee@cbit.ac.in

✓ Identify the type of learning in which labeled training data is used. \* 1/1

Semi-Supervised Learning

Unsupervised Learning

Supervised Learning ✓

Reinforcement Learning

✗ Which one of the following is the library for machine learning algorithm in Python? \*

seaborn

sklearn

matplotlib

numpy ✗

Correct answer

sklearn



https://www.sagepub.com/en-gb/9780081046131/book/part/iv/chapter14/learning-objectives#learning-objectives-146131?source=direct



Which of the following machine learning algorithms is based upon the idea of "tree" structure?

- Linear Regression
- Logistic Regression
- Decision Tree
- Support Vector Machine
- K-Nearest Neighbors
- Naive Bayes

Which of the following is not a type of machine learning algorithm?

- Supervised Learning
- Unsupervised Learning
- Reinforcement Learning
- Deep Learning
- None of the above

Which of the following is not a type of machine learning algorithm?

- Supervised Learning
- Unsupervised Learning
- Reinforcement Learning
- None of the above

✓ Structured data conforms to a data model or schema and is often stored in tabular form. 1/1

- True ✓
- False

✓ Which of the following is not a machine learning algorithm? \* 1/1

- SVM
- KNN
- Random Forest
- SVG ✓

✓ MongoDB is a \_\_\_\_ database. \* 1/1

- RDBMS
- NoSQL ✓
- SQL
- DBMS



✓ Which one of the following is the correct extension of the Python file? \* 1/1

- python
- .py
- P
- .py1



✓ Amongst which of the following shows an example of unstructured data. \* 1/1

- All 1, 2 and 3
- 2. Videos
- Only 2 and 3
- 3. Audio files
- 1. Student's roll number, age



This form was created inside of National Institute of Technical Teachers Training and Research Chandigarh.

Google Forms



<https://docs.google.com/forms/d/e/1FAIpQLSwtPwTVCi4YcRn0zPH5Bw0BE0Gjont4bXPM8r/0cPSQvwsk0e7pe-1&hl=en>

## Course Materials

Wind Turbine Dataset - EDA and Prediction:

<https://colab.research.google.com/drive/1R-gjFDD6sSYmq7GR9dfi7NVAZ533oyll?usp=sharing>

Building Model from Scratch:

[https://colab.research.google.com/drive/1wS1LPfYPhzg\\_J2YizYmnUwFuN39bT\\_4u?usp=sharing](https://colab.research.google.com/drive/1wS1LPfYPhzg_J2YizYmnUwFuN39bT_4u?usp=sharing)

energy\_dataset.csv

<https://www.kaggle.com/datasets/nicholasjhana/energy-consumption-generation-prices-and-weather>

Interpolation documents

<https://pandas.pydata.org/docs/reference/api/pandas.DataFrame.interpolate.html>

Related information

[https://keras.io/api/layers/recurrent\\_layers/simple\\_rnn/](https://keras.io/api/layers/recurrent_layers/simple_rnn/)