CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY

Department of Electrical & Electronics Engineering

S. No	Name of the value-added courses (with 30	Course Code	Number of students		
3. NO	or more contact hours) offered	course code	Enrolled	Completed	Page No
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/23EEV03	44	44	125-139







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

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 idvllic 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 vear 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

ADVISORS

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

CONVENER

Dr. G. SURESH BABU, Head, Dept. of EEE

COORDINATORS

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





Department of EEE in association with

Chaitanya Sattva (UHV Cell of CBIT) offers

Value Added Course

on

Youth Empowerment & Skills

23rd - 28th 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

Instagram: @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

RESOURSE 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/soarCfgpxZ3A2Sjq7







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

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

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!!

E	or any queries contact	
	Anoopkumar : 7794902421	
	Fulasi: 6300605754	
lı	nstagram -> <u>@chaitanya.sattva</u>	
* Re	equired	
1.	Name *	
0	D. II.N.	
2.	Roll No.	
3.	Year *	
	Mayleagheanaanal	
	Mark only one oval.	
	<u> </u>	
	2	

4.	Branch *
	Mark only one oval.
	CSE
	ECE
	EEE
	☐ IT
	CIVIL
	MECH
	AIDS
	AIML
	BIO-TECH
	СНЕМ
	Other:
5.	Section *
	Mark only one oval.
	1
	2
	3
	4
	5
6.	Phone number *
	Active WhatsApp numbers

7.	Skills you want to develop. *

This content is neither created nor endorsed by Google.

Google Forms

Tim Ema	Tim Email Address	Name	Roll No.	Year Branch		Section Phone number	Skills you want to develo Completed
1 SON	1 SONTEYASHASWINI@GMAIL.C Yashaswini	Yashaswini	160121734016	2 EEE	_	7670975770 Manifesting	Manifesting
2 vine	2 vineethreddyys@gmail.com	Vineeth Reddy B	160120737060	3 ∏	_	8500804963 Soft skills	Soft skills
3 esh	3 eshajatling123456@gmail.com	Jatling Esha	160121732007	2 CIVIL	_	8019989965	8019989965 Making proper decisions
4 nitis	4 nitishchinu2486@gmail.com	K.Nitish	160121732032	2 CIVIL	-	8332921800 Soft skills	Soft skills
5 anui	5 anuraggundla@gmail.com	GUNDLA ANURAG	160121732031	2 CIVIL	_	7702639429	7702639429 How to over come lazyness
6 char	6 charitha.b0702@gmail.com	B Charitha	160120737318	3 ⊞	3	6301666899	6301666899 Communication skills, soft skills
7 bha	7 bhavanaganganamani2229@gme Bhavana Ganganamani	Bhavana Ganganamani	160121734007	2 EEE	_	9440420687	9440420687 To overcome overthinking and to develop self confidence
8 srive	8 srivenideshetty3@gmail.com	Sriveni	160121748303	2 CSE	4	9989042964 Coding	Coding
9 sim	9 simharajusathwik17@gmail.com Sathwik	Sathwik	160121734059	2 EEE	_	9381361629	9381361629 Mind management
10 shis,	10 shishirint9@gmail.com	Shishir Kathi	160121733125	2 CSE	2	9701289153	9701289153 Features of mind for better focus, an optimistic understanding of things
11 varu	11 varunkamshetty40@gmail.com	Kamshetty Varun	160120735115	3 ECE	2	8919435017	8919435017 Time management, concentration.
12 neh	12 nehareddysingu@gmail.com	S.Neha Reddy	160120771010	3 AIDS	4	9440163372	9440163372 Controlling my emotions
13 yam	13 yaminiamrutham@gmail.com	A.Laxmi Yamini	160122749004	1 CSE	_	9246737495	9246737495 Peace of mind
14 sai t	14 sai.tiru17@gmail.com	T. Sai Samanvith	160120736100	3 MECH	2	6303761841	6303761841 Communication skills
15 aksh	15 akshithabellam2003@gmail.com B.Akshitha	B.Akshitha	160121732304	2 CIVIL	_	8688836951	8688836951 Communication skill
16 shiv,	16 shivathmikapavushetty@gmail.co Shivathmika	Shivathmika	160120737134	3 ∏	3	9392388744	9392388744 Confidence, mind stability, dare to do anything
17 amn	17 amruthamrenuka05@gmail.com Renuka Amrutham	Renuka Amrutham	160120732012	3 CIVIL	_	8790365879	8790365879 Talkative skills
18 adith	18 adithyasheshagani96@gmail.corr Adithya Goud	· Adithya Goud	160121734058	1 EEE	_	9703006677	9703006677 I want to learn which are useful to me.
19 ache	19 achetan2004@gmail.com	chetan	160121733034	2 CSE	~	8125442308 none	none
20 saik,	20 saikiranregu54@gmail.com	R.sai kiran	160120736097	3 MECH	2	9121738876	9121738876 Communication skills
21 arpu	21 arpulaakshay022@gmail.com	Evss.sahithi	160121732005	2 CIVIL	_	9390674655	9390674655 Communication skills
22 arpu	22 arpulaakshay022@gmail.com	Thousif udhin	160121748060	2 CSE	-	9884639786 none	none
23 arpu	23 arpulaakshay022@gmail.com	lalith	160121734035	2 EEE	_	7981034096	7981034096 Mind management
24 arpu	24 arpulaakshay022@gmail.com	Gudem Shruthika	160121737010	2 П	_	9666370136 None	None

7

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	о8
ABOUT THE COURSE	09
INTODUCTION 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	21

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,

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.



දෙර රෙදුවත්පත්වී. සහජර 28: වුණද එම මේර 26 him සංඛ නැත වශය ගතර කරන නිර්ය ८६ हुते e हुते हुने होत्रह कर्नेटर सन्तर्भत marks prefign about worth estage at వేస్తుంది. ఈ గ్లైన్ ప్రత్యేకంగా పార్చితిని మానవ విజయిందు పెందొందవుంది. ఇది ఎటెందేత Ergigen Effected was depres about Spirited at the three points & No 286 මාර්රවේ ම නිය ඒ කොඩමට නිසු බල්ල වුලේ మనుమంటి గ్రామ్ , లక్ష్మాలకు రక్షిశంచుకావగారికి మరియు aged age developeds which age పెట్టింది దైపుబ్బంతో మాడిన



ప్రతి ఒక్కరూ లక్ష్య **సా**ధన కోసం పని చేయాలి

- ఎస్ అంద్ పి గ్లోబల్ హైదరాబాద్ ఎగ్జిక్యూటివ్ డైరెక్టర్ రాహుల్ సింగ్

ైందాలాలో నిరింగునిని బ్లాంతిత్వారి. ఇంది ఒక్కరం ఇచ్చాన్న పిల్లడువుకాన లక్ష్మ సాధిన కోసం ఎది చేయాలని ఎది అంతే ప్ ජූරේ දැස්පත්ම දෙසාදුරම් පුරදුරි පණම රාග් arcomo moss mores company black కూడాలో విర్ణహించిన జానం గోజాల కోర్యుడ్ ఈ నెల 23న ప్రారంకుండా శవివారం ముగుపు నమావేశానికి ఎస్ అంట్ క్ర అతిధిగా సౌజనమ్యారు.ఈ సందర్భంగా అయన మాట్లారుతూ වුණද එක් තේව විශේෂ එක්ව විකණ එරාමට ತೆ5್ರಂತೆ ಒರ ಕ್ಷಪ್ಷಕಾ ಕ್ಷಪ್ತ ಭಾಕಿ ಪ್ರಕ್ಷಿ ಹುಣ್ಣ ರಕ್ಕಣ ಮಾಡಕಿನ ನೀರ್ವಾಕ್ಸ್ ಬ್ರಾಪ್ಟ್ ಅಭ್ಯಾಕ್ಟಿಕ ಅಧಿವೃತ್ತಿಕ కేళ ఇగాండు ఉత్తారా ఈ కెక్ట్ గ్రూఫీలండి ప్రావేశ్వ దారిగి ైన ప్రాయాలో ముహించిన్నందని. ఈ పాట్లిన్ పాట్లిన్న స్వాహించిన్న స్వహించిన్నను మాట్లు సిన్నాయ్. స్వహించిన్న సిన్నాయ్. స్వహించిన్న సిన్నాయ్. సిన్నాయ్ විදින්ගතාවක් පදුගතා වෙනවර එහාගා. එක්ක,මාර කාරේ සමුත්ගන්තර ජන කිරමාරීමේ සහපාතාව යනුවේ පුණුණා මඩවිත.



ಕುರಂತರಾಕ್ಷಕ್ರ ಕರ್ನಾರವಣದ, ಆಚಾರ್ನವರ್ಧ್ಯಕ್ಷಕ್ರವರ ವಿಶ್ವಿಯ ಮಾದಾರ ನೀರಿಸಿಕ ನೀಡು ವಿಶ್ವತ ನಿರ್ವಹಿ

వారికేంద దృష్టి కెల్ఫిందర్మాను కైరుణ్యంతో మారిన వ్యవహించారు.రాహంలో సింగ్ జీమన కలికోరి రౌన్మి పదాలను అంజినీసింగ్,సీటీఆరీ అధ్యాపకుడు రావార్యమై ఆసులే ముఖ్యనోవన్, రామ్లువారిపైగాలు,నమయు నర్నవాణ,నిల్లో నివరంవారు విజ్ఞానం, అయ్యాకు నిర్ణేశించుకోవలం అనేది ఒర భవంగంవారు. చివరగా విజ్ఞాన్ల చలవారారు జీవీసి ధరి

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.
- 1mprove relationship between teachers and students.

ABOUT THE COURSE

Founded in 1981 by 7 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
- \bullet 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 Insighted 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

Application: Break Your Own Bad Habit (with buddy).

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 habitbreaking 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

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.

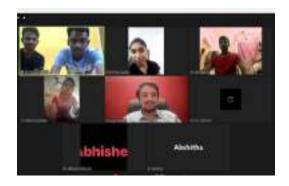
01-02-2023

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



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

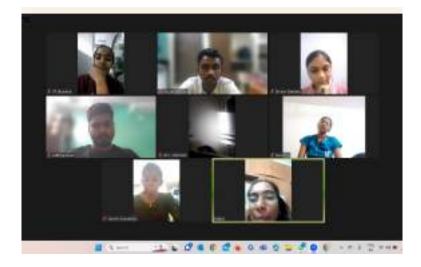
Session-17

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.

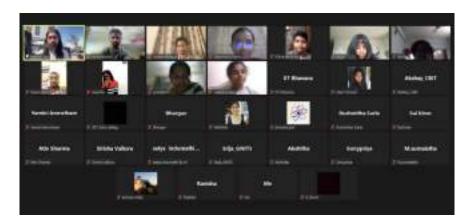
01-03-2023

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 comparision and how sense of belongingness help deal with peer pressure. He also talked about importance of sadhana which makes us centered.

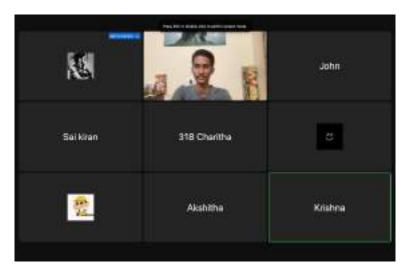
15-03-2023

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.

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

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.



COMMITTED TO RESEARCH, INNOVATION AND EDUCATION 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



COMMITTED TO RESEARCH, INNOVATION AND EDUCATION YEARS

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

VALUE ADDED COURSE ON YES!+

January-March 2023

CERTIFICATE OF APPRECIATION

This is to certify that Mr. / Ms	of
Course on Youth Empowerment and Skills(YES!+)"	in January-March 2023 at Chaitanya Bharathi Institute of
Technology (A), Hyderabad - 500 075, Telangana, Ind	ia .

Dr. G. Suresh Babu Convener Dr. P. Ravinder Reddy Principal, CBIT

	Gudelii oli uliika			3000370130	T.	1	A	4	A
	BHAVANA	160121734007	EEE	9440420687	Kalvary arts	Chance of	2 hours	Show of	Die John
	Thousif udhin	160121748060	CSE	9884639786	The Sand	the said	4	A	T T
	Kathi shishir	160121733125	CSE	9701289153	AND AND	St.	Na Na	1	N. Carlot
	Evss.sahithi	160121732005	CIVIL	9390674655	6 14	W)4	P.	¥
	J.esha	160121732007	CIVIL	8019989965	12/2	25ch	sn.	1	13x
	B.Akshitha	160121732304	CIVIL	8688836951	Akshitha	-48.54.16a	ALEG IES	Akshitha	Akshitha
	G.Anurag	160121732031	CIVIL	7702639429	1	4	4.4	4	4
SO	SONTE YASHASWINI 160121734016	160121734016	EEE	7670975770	No.	AST.	A STATE OF THE PARTY OF THE PAR	NA.	3
	sriveri	sriveri 160121748303	CSE	9989042964	Lauren L	The state of	down	shrowi	Kinstmi
	Nitish	Nitish 160121732032	CIVIL	8332921800	A CONTRACTOR	古り	Out.	部	8
	chetan	chetan 160121733034	CSE	8125442308	*	¥	4	De la	4
	sathwik simharaju 160121734059	160121734059	EEE	9381361629	Salknoth	Cashwill	Callmille	Calmen	2 dans
-	Aditya	Aditya 160121734058	EEE	9703006677	C4462	Sparker of	の対方を	がながり	となる
,	laith	160121734035	EEE	7981034096	かんな	(al. 12)	4	A	A.
	renuka	renuka 160120732012	CIVIL	8790365879	44	1,7	44	100	H.
	charitha	charitha 160120737318	П	6301666899	-tro	Character	Contract	Cherother	ませり
	varun	160120735115	ECE	8919435017	K. Vagaun	C Concess	K. Castua	themen	Klimeng
	samanvith	160120736100	MECH	6303761841	RA	44	SA A	でな	おむり
	shivathmika	160120737134	П	9392388744	/ more	Mounder	Dimete	grave 1	Markey !
	neha	160120771010	AIDS	9440163372	当本下	一生七年	##F	Theto	在市
	Vineeth	16012033380	П	8500804963	B. VinesTh	B.Vinselr	B.Vinceth	B-Wardh	18-Vinger
	Regu Sai Kiran	160120735097	MECH	9121738876	A	R. Sarkion	8. Briton	A. No Pros	K. dates
A	Actor Langual	60122244384	CIC	0 ₁₂ G632349	A Lynn	A. Warner	A Lyanery	A. Lylanini	A11. Som!
T		-(6			The state of the s			1
								/	
		/			/				
		/							
								/	
		-	1					/	
							1		

https://doics.google.com/spreadsheats/dr/1vvGmhmC0DeYBemx/dOec_nzhaMzXxKyONBVDwZ4vpiedf#gid=0

NAMES	roll no	branch	Phone numbers	01-02-2623	08-02-3023	15-02-2023	22-02-2023	01-03-2023	15-03-21/23	29-03-2023	05-04-2023
Gudem Shruttika		Ħ	9666370136	4	•	t	9	V	4	ď	4
BHAWANA	160121734007	202	9440420687	t	H	4	7	7	4	1	4
Though udhin	160121748060	CSE	9884639786	d	4	ď	4	q	A	t	<
Kothi ohiohir	160121733125	CSE	9701289153	4	4	A	đ	\	7)	4
Eves.sahithi	160121732006	CIMIL	9300674655	Q	ď	4	4	e e	A	*	•
Lesha	160121732007	CIVIL	801998985	7	1	7	4	7	A	1	4
B,Akshitha	160121732304	CIMIL	8688836951	})	4	7	7	7	1	4
G.Anurag	160121732031	CIMIL	7702639429	<	1	V	1	1	<	7	4
SONTE YASHASMINI	160121734016	EEE	7670975770	4	4	7	A	7	A	7	A
snven	160121748303	CSE	9989042984	*	7	4	7	1	1	7	4
Mitish	160121732032	CIMIL	8332921800	7	4	d	4	7	4	7	4
chetan	160121733034	CSE	8125442308	D	4	4	4)	4	7	¥
sathaik simberaju	160121734059	399	9391361629	Þ	4	7	*	1	4	1	4
Adilya	160121734058	233	5703006677	A	4	4	7	,	7	7	A
talith	160121734035	EEE	7981034096	T	4	B	A	¥	×	¢	Q
rennya	160120732012	CINE	8790365879	¥	4	4	4	7	A	1	P
charitha	160120737318	Ħ	6301666899	•	*	¢	4	1	7)	4
wann	160120735115	E05	8919435017	*	*	4	*	7	4	7	d
Samenwith	160120736100	МЕСН	6303761841	4	4	4	•	1	4	7	4
shvattmisa	100120737134	ь	9392388744	4	4	4	4	7	*	7	4
neha	160120771010	AIDB	9440163372	+	4	4	*	7	4)	<
Venneth	160120737069	н	8500004963	4	¢	1	¢	1	7	1	Q
Regu Sai Kiran	160120736097	MECH	9121736876	4	7	+	4	7	1	1	4
A. Lawrel Variation	16211227490CH	CSC	G246737496)	d	A	1	1	4	1	A

C. Shire out own)

https://docs.google.com/spreadsheets/d/1vivGmhmC0UeYBemx7dQeo_nzhaMzXxKyONBVQwZ4iyg/edit#gid=0

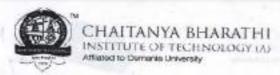
NAMES	roll no	branch	Phone numbers	marks obtained out of 15	hours attended out of 32 hours
A. Laxmi Yamini	160122749004	CSE	9246737495	6	27
Aditya	160121734058	EEE	9703006677	8	26
B.Akshitha	160121732304	CIVIL	8688836951	12	30
BHAVANA	160121734007	EEE	9440420687	13	24
charitha	160120737318	⊨	6301666899	6	24
chetan	160121733034	CSE	8125442308	13	23
Evss.sahithi	160121732005	CIVIL	9390674655	ab	0
G.Anurag	160121732031	CIVIL	7702639429	8	26
Gudem Shruthika		⊨	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	⊨	9392388744	13	23
SONTE YASHASWINI	160121734016	EEE	7670975770	6	24
sriveni	160121748303	CSE	9989042964	6	28
Thousif udhin	160121748060	CSE	9884639786	ab	5
varun	160120735115	ECE	8919435017	8	23
Vineeth	160120737060	⊨	8500804963	12	26





1	. What's the most advanced technology in the world
	Satellite b) Artificial intelligence c) ChatGpt di Mind
2.	. The Quality of life depends on Happiness enden
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
31	Arthur Properties and States and
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
	make the threat tends the of the
ь.	Don't seebehind others mistakes
	Mistakes b) Outcome c) Values of Intentions
7.	Total amount of breath we consume every gay
	a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	or , and a special record of creation deleter
	The Power breath is also called as
	a) Uliai b) Vliay c) Astrika d) Bhastrika
0,	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev cySri Sri Ravi Shankar dj Yogi Adithyanath
	Opposite values are
N. F.	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

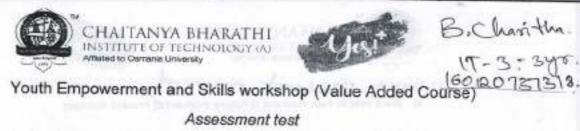
The wisdom for happiness is delinking it from
 Money b) Wealth c) People di People and situations

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

As opposite values are complimentary and they coexist.

Live in a present movement so not think about the past or butwer unecessarily it increases tension.

That do the things which you aspire to do without expecting anything from anyone (or) and not expect any result. Live happily.





B. Charitha

1.	W	nat's the most advanced technology in the world	mend.	
	4]	Satellite b) Artificial intelligence c) ChatGpt of 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
- 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 of Accept everything
- 5. How to get mind to the present moment breath (Nater c) Food-d) Breath
- 6. Don't see Thentions behind others mistakes a) Mistakes b) Outcome c) Values W Intentions
- 7. Total amount of breath we consume every day 5000 Litres a) 100 Litres b) 1000 Litres b) 5000 Litres 4 10000 Litres
- 8. Ujjai breath means breath of Breath of energy b) Breath of Ujjain c) Breath of Victory of Breath of defeat
- 9. The Power breath is also called as 2 hast rika a) Ujjal b) Vijey c) Astrika of Bhastrika
- 10. Who started The Art of Living foundation Str Str Ravi Shamkar. a) Jaggi Vasudev b) Baba Ramdev e Sri Sri Ravi Shankar di Yogi Adithyanath
- 11. Opposite values are complementary and coextat together. a) Opposites of Complimentary to each other c) Negative and Complimentary and Coexist together





12. Live in the procent moment.

- a) Black hole b) Past moment c) Future moment d) Present moment
- 13. Responsibility gives Dowe ~
 - a) Increases the comfort zone b) Happiness (Power d) All the above
- 14. The wisdom for happiness is delinking it from _____ peo ple .

 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 Entertions behind others mistakes.





P.Slivathonika

Youth Empowerment and Skills workshop (Value Added Course)

What's the most advanced technology in the world	-
a) Satellite b) Artificial Intelligence c) ChatGpt of Mind	
2. The Quality of life depends on State of Mind	
The meaning of Sagathchadwam is	
a) Let's run together b) Let's eat together c) Let's play together of Let's move to	pether
	Berner
Could be that are wrong at the	
Active acceptance means	
 a) Accept and don't take any action b) Don't accept anything s) Accept and take 	an activ
action d) Accept everything	
5. How to get mind to the present moment	
a) Body b) Water c) Food d) Breath	
The state of the s	
6. Don't see behind others mistakes	
behind others mistakes Mistakes b) Outcome c) Values d/ Intentions	
wy mistakes by outcome cy values of intentions	
A THE STATE OF THE	
7. Total amount of breath we consume every day	
a) 100 Litres b) 1000 Litres c/ 5000 Litres (10000 Litres	
0/ 4/4	
8. Ujjal breath means	
Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat	
Z - C - C - C - C - C - C - C - C - C -	
the strate of our of the	
The Power breath is also called as	
a) Ujjai b) Vijay c) Astrika cy Bhastrika	
10. 10.	
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	
11. Opposite values are	
 a) Opposites b) Complimentary to each other c) Negatives di Complimentary and Contogether 	ixist
together /	







12. Live in the

a) Black hole b) Past moment c) Future moment dy Present moment

Responsibility gives
 a) Increases the comfort zone by Happiness of Power d) All the above

14. The wisdom for happiness is delinking it from____

a) Money b) Wealth c) People at People and situations

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

* Don't become football of other inknthous

This point is most rememberance & touched to

my heart.

They heart out some situation

will say mean things to us at some perspectic.

In this course I have learned a

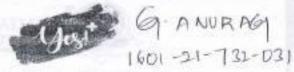
valuable point I'e

"Don't Become football of others intention."

Soi I am not fluctuating to others opinion.

I am trying hard on this point.





Youth Empowerment and Skills workshop (Value Added Course)

1	a) Satellite b) Artificial intelligence c) ChatGpt of Mind
	by Satemen by Artificial Intelligence of Chatept by Wind
2	. The Quality of life depends on breath-
3.	The meaning of Sagathchadwam is W's move together discrete together a) Let's run together b) Let's eat together c) Let's play together discrete 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 seebehind others mistakes a) Mistakes b) Outcome c) Values d) Intentions
7.	Total amount of breath we consume every daya) 100 Litres b) 1000 Litres of 5000 Litres d) 10000 Litres
8	Ujjai breath means
1	a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
Э.	The Power breath is also called as
	a) Ujjal b) Vijay c) Astrika di Ahastrika
0.	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d Yogi Adithyanath
1.	Opposite values are
)	Opposites by Complimentary to each other c) Negatives d) Complimentary and Coexist together
	San





INSTITUTE OF TECHNOLOGY (A) Afficient to Communic University
12. Live in the
a) Black hole b) Past moment c) Future moment dy Present moment
13. Responsibility gives
a) Increases the comfort tone of happiness c) flower d) All the above
14. The wisdom for happiness is delinking it from
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 inso evergy of
n consinursea our confidence
+ can incorpose our emotions in a right way
y can increase our emphons in a rightway when the control





Youth Empowerment and Skills workshop (Value Added Course)

1	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2.	The Quality of life depends on <u>Dwdelly</u>
3,	The meaning of Sagathchadwam is
	a) Let's run together b) Let's eat together c) Let's play together of Let's move together
4.	Active acceptance means
	 a) Accept and don't take any action b) Don't accept anything of 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
	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
В.	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain p) Breath of Victory d) Breath of defeat
).	The Power breath is also called as
	ور (Ujjui b) Vljay c) Astrika d) Bhestrika
0.	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev of Sri Sri Ravi Shankar d) Yogi Adithyanath
	Opposite values are
)	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 grall 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 partiese.





1	What's the most advanced technology in the world Mond.
	a) Satellite b) Artificial Intelligence c) ChatGpt d) Mind
2.	The Quality of life depends on happiness indese
3.	The meaning of Sagathchadwarn 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 don't take any action b) Don't accept anything of Accept and take an active action d) Accept everything
5.	a) Body b) Water c) Food dy Breath
6.	Don't see
7.	Total amount of breath we consume every day 10000 Litres a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8.	Ujjai breath means Breath of Wictory . a) Breath of energy b) Breath of Ujjain chareath of Victory d) Breath of defeat
9.	The Power breath is also called as Bhosta iko a) Ujjai b) Vijay c) Astrika dyenastrika
10.	Who started The Art of Living foundation <u>Ywwwolou Soi Soi</u> Rowi Shonkost Ji a) Jaggi Vasudev b) Baba Ramdex of Sri Sri Ravi Shankar d) Yogi Adithyanath
1.	Opposite values are (d)
)	Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together
	\$V/
	180 # Dec





12. Live in the Present Moment

a) Black hole b) Past moment c| Future moment d/ Present moment

Responsibility gives (C)
 increases the comfort zone bl Happiness (YPower d) All the above

The wisdom for happiness is delinking it from ()
 Money () Wealth () People () People and situations

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

And Live in the present moment is the 1st 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 sugret. Similarly thinking about may make us feel anxious. But our life exists in the present we we in this minute, in this second If we think past as a down and future as something that we can build, life gets much easier & our need to we continue to stay in happy state of mind.



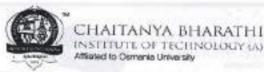


Yashaswini

Youth Empowerment and Skills workshop (Value Added Course)

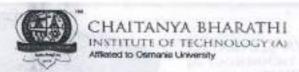
. 2	What's the most advanced technology in the world
	a) Satellite b) Artificial intelligence of that Gpt of Mind
2	The Quality of life depends on happiness
3	. The meaning of Sagathchadwam is/
	a) Let's run together b) Let's eat together c) Let's play together a) Let's move together
4	. Active acceptance 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
1	a) Body b) Water c) Food d/ Breath
6.	Don't seebehind others mistakes
	a) Mistakes b) Outcome c) Values d) Intentions
7.	Total amount of breath we consume every day
	al 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8.	2400
	a) Breath of energy b) Breath of Ujjain of Breath of Victory dj Breath of defeat
9.	The Power breath is also called as
	Ujjal b) Vijav c) Astrika di 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
	Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together







	2			-	Calling Co.		
12. Live	in the						
a)	Black hole b)	Past moment c	Future mome	ent d) Prese	ent moment		
13. Res	ponsibility give	25	e sit it gos				
a)	Increases the	comfort zone b) Happiness ()	Fowerd) A	All the above		
14. The	wisdom for ha	appiness is delir	iking it from				
		alth c) People d		ituations			
15 Evol	ain any knowl	edge point you	ramamber for				
					se/		
mle	get e	enery thi	ng in	Pa	hage.		
Hap	epinen	alone i	oil not	to	me-		
			erre	0.11	happy	when	we
hle	Know	-t War	000	2200			
air	know	Sed					

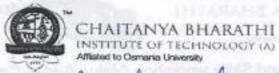


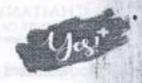


Youth Empowerment and Skills workshop (Value Added Course)

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 <u>lets rubve</u> + 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 can ractive raction 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 Bleath a) Body b) Water c) Food d) Breath
6.	Don't see Ander Louis 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 d) Breath of defeat a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
9.	The Power breath is also called as Bhattika a) Uljai b) Vijay c) Astrika d) Bhastrika
10.	Who started The Art of Living foundation <u>Cri Sei Ravi Skan Kar</u> a) Jaggi Vasudev b) Baba Ramdev of Sri Sri Ravi Shankar d) Yogi Adithyanath
11. a)	Opposite values are Complimentary and Coexist Logethel. Opposites b) Complimentary to each other c) Negatives of Complimentary and Coexist together







- a) Black hole b) Past moment c) Future moment d) Present moment
- Responsibility gives All & She above
 a) Increases the comfort zone b) Happiness c) Power of All the above
- The wisdom for happiness is delinking it from. Money b) Wealth c) People d) People and situations
- 15. Explain any knowledge point you remember from the course?

Everything we do, whether its bad for good well comeback to us not some point and time.





JEsha - and geal

Youth Empowerment and Skills workshop (Value Added Course)

1.	What's the most advanced technology in the world MUNA				
	a)	Satellite b) Artificial Intelligence c) ChatGpt d) Mind			

2.	The Quality of life depends on _	03	state	01	mind
	Contract to the second contract of the second contract of the			1)	110

3.	The	meaning of Sagathchadwam is Let's move togethey
	a)	Let's run together b) Let's eat together c) Let's play together b) Let's move together

	Act	tive acceptance means ACCEPT EVENY thung
	a)	Accept and don't take any action b) Don't accept anything c) Accept and take an active
		action di Accept everything

5.	Но	w to get mind to the present moment_	Breath	
		Body b) Water c) Food d) Breath	A ACCOUNT SOURCE AND A SOURCE A	

- 6. Don't see <u>Intentions</u> behind others mistakes
 a) Mistakes b) Outcome c) Values d) Intentions
- Total amount of breath we consume every day 5000 littles
 a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
- Ujjai breath means <u>BTEATH</u> Of VICTORY
 Breath of energy b) Breath of Ujjain thereath of Victory d) Breath of defeat
- 9. The Power breath is also called as Bhastrika
 a) Uljai h) Vijay c) Astrika W Shastrika
- 10. Who started The Art of Living foundation STI STI ROUG Shamkar.
 a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar di Yogi Adithyanath
- 11. Opposite values are complimentary and co-exist together

 a) Opposites b) Complimentary to each other c) Negatives by 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 POWCS
 - 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?

conquier extend and concess, to active

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



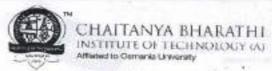


B-Akshitha Civil - 2ndyear

Youth Empowerment and Skills workshop (Value Added Course)

	Assessment test
1.	What's the most advanced technology in the world
2.	The Quality of life depends on State of mind
3.	The meaning of Sagathchadwarn is <u>Let's move together</u> a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4.	Active acceptance means <u>accept everything</u> a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action g) Accept everything
	How to get mind to the present moment <u>Freq/Fr</u> a) Body b) Water c) Food of Breath
6. t	Don't see <u>2'ntentions</u> behind others mistakes a) Mistakes b) Outcome c) Values of Intentions
7. T	Total amount of breath we consume every day 5000 fitres a) 100 Litres b) 1000 Litres e) 5000 Litres d) 10000 Litres
8. U	lijal breath means <u>Greath of victory</u>) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
9. TI	he Power breath is also called as <u>Uggat</u> Ugai b) vijay cj Astrika d) Bhastrika
10. W	The started The Art of Living foundation <u>Sti Sti Rayi Shankay</u> Jaggi Vasudev b) Baba Ramdev e Sri Sri Rayi Shankar d Yogi Adithyanath
11. O;	pposite values are <u>complimentary</u> to each other pposites by Complimentary to each other 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 <u>DOMEY</u>
 a) Increases the comfort zone b) Happiness prower 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?

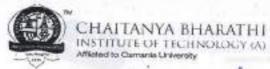
Soul is main part which controls all other things like mind, memory, eqo, etc. To keep it in a calm position the kniza will help us to regain it.





Youth Empowerment and Skills workshop (Value Added Course)

1.	What's the most advanced technology in the world. W. L. D. a) Satellite b) Artificial intelligence c) ChatGpt of Mind
2.	The Quality of life depends on brace of mind
3.	The meaning of Sagathchadwam is Let's work 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 a face an ordine action a) Accept and don't take any action b) Don't accept anything chaccept and take an active action d) Accept everything
5,	How to get mind to the present-moment By Court a) Body b) Water c) Food d) Breath
6.	Don't see
7.	Total amount of breath we consume every day 10 000 a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
	Ujjai breath means Breath of Ujjain c) Breath of Victory d) Breath of defeat
9.	The Power breath is also called as Bhastrike
	Who started The Art of Living foundation Seu Seu Rous Showker a) Jaggi Vasudev b) Baba Ramdev Sri Sri Ravi Shankar d) Yogi Adithyanath
1)	Opposite values are Complimentary to each other c) Negatives (Complimentary and Coexist together
	122/





12. Live in the bount 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 of All the above

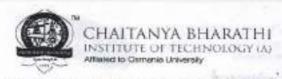
14. The wisdom for happiness is delinking it from branche in situations

a) Money b) Wealth c) People of People and situations

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

If you see the intension you will be in

tension.





cs.sathmik EEE-D,

Youth Empowerment and Skills workshop (Value Added Course)

1.	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 let golog together . a) Let's run together b) Let's eat together cylet's play together d) Let's move together
	the could could be expectations respect
4.	Active acceptance means Accept and take achive achon
	 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 <u>unitentions</u> behind others mistakes a) Mistakes b) Outcome c) Values d) Intentions
7.	Total amount of breath we consume every day
	Ujjai breath means kreath of energy a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
-	y areas of a grant of a feature
	The Power breath is also called as Bhastrika
	a) Uijal b) Vijay c) Astrika 🗗 Shastrika
0.	Who started The Art of Living foundation Sri Sri revision Ker
	a) Jaggi Vasudev b) Baba Ramdev of Sri Sri Ravi Shankar d) Yogi Adithyanath
1.	Opposite values are complimentary and coexist together
1	Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together
	SY





12. Live in the governt moment

a) Black hole b) Past moment c) Future moment a) Present moment

13. Responsibility gives gover

a) Increases the comfort zone b) Happiness c) Power of All the above

14. The wisdom for happiness is delinking it from people & stuation

a) Money b) Wealth c) People d) People and situations

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

The main knowledge goint I knew from course is that the enality of our life depends on quality of our thought





160121748303

Sziveni

Youth Empowerment and Skills workshop (Value Added Course)

SE-ALAML

What's the most advanced technology in the worldd
a) Satellite b) Artificial intelligence c) ChatGpt d/ Mind
2. The Quality of life depends on 5tate of mind
3. The meaning of Sagathchadwarn is
Veluge - Brese Kelugh ust basis some bre
Active acceptance means d
 a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action of Accept everything
5. How to get mind to the present moment
Don't see
7. Total amount of breath we consume every day
8. Ujjal breath means
a) Breath of energy b) Breath of Ujjain s) Breath of Victory d) Breath of defeat
9. The Power breath is also called as
Ujjai b) Vijay c) Astrika d) Bhastrika
10. Who started The Art of Living foundationC
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravt Shankar d) Yogi Adithyanath
11. Opposite values are b
 Opposites of Complimentary to each other c) Negatives d) Complimentary and Coexist together
34/





a) Black hole b) Past moment c) Future moment d) Present moment

The wisdom for happiness is delinking it from
 Money by Wealth c) People d) People and situations

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

Kriyas - Threse Kriya's will have some breathing techniques which keeps the mind calm.

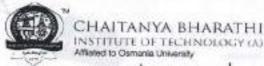




A. Laxmi Yamini

Youth Empowerment and Skills workshop (Value Added Course)

1	What's the most advanced technology in the world YVIV a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2	The Quality of life depends on health
3	. The meaning of Sagathchadwarn is let's move to gether a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4	a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action b) Accept everything
5.	How to get mind to the present moment byeath a) Body b) Water c) Food d) Breath
6.	Don't see
7.	Total amount of breath we consume every day 50 0 0
8.	Uljal breath means breath of y i tory a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
9.	The Power breath is also called as bhactaka a) Ujjai bi Vijay c) Astrika d) Bhastrika
10.	Who started The Art of Living foundation Si Sai Ravi Sham Fav- a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
a)	Opposite values are <u>Complimentary</u> and Gexist to each other. 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 10 W ex a) Increases the comfort zone b) Happiness c) Power d) All the above
- 14. The wisdom for happiness is delinking it from \(\frac{\text{VAO W ey}}{\text{ey}}\).

 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.



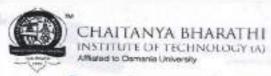


Kanshetty Vasuun ECE-2

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

a) Satellite b) Artificial intelligence of chatGpt of Mind
The Quality of life depends on State of Migol
The meaning of Sagathchadwam is Let's sum together Let's run together b) Let's eat together c) Let's play together d) Let's move together
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 b) Accept everything
a) Body b) Water c) Food d) Breath
Don't see
Total amount of breath we consume every day 5000 Litres a) 100 Litres b) 1000 Litres d) 10000 Litres
Ujjal breath means Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
The Power breath is also called as Share leaks a) Uljai b) Vijay cj Astrika () Shastrika
Who started The Art of Living foundation Soci Soci Routi Shor Kou a) Jaggi Vasudev b) Baba Ramdev di Sfi Sri Ravi Shankar di Yogi Adithyanath
Opposite values are <u>Complimentary and Coexist</u> logether Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together
S# Dear





- 12. Use in the Peresent moment
 - a) Black hole b) Past moment c) Future moment d) Present moment
- 13. Responsibility gives Pocock
 - a) Increases the comfort zone b) Happiness to Power d) All the above
- 14. The wisdom for happiness is delinking it from People
 - a) Money b) Wealth of eople d) People and situations
- 15. Explain any knowledge point you remember from the course?

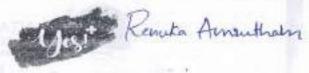
-> Don't see intentions behind others mutaker.

-> live on the present moment because.

-> Future is a milery, past is a history, present is a Gift.

74





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

What's the most advanced technology in the world	
a) Satellite b) Artificial intelligence c) ChatGpt # Mind	
2. The Quality of life depends on greatly of thoughty State	of
produced by the party of the party of the stand of the same of the	
3. The meaning of Sagathchadwam is 1ets Move together	
 a) Let's run together b) Let's eat together c) Let's play together d) Let's move together 	er
4. Active acceptance means accept everything	
a) Accept and don't take any action b) Don't accept anything c) Accept and take an a	ctive
action e) Accept everything	2002
Park Transfer of the Park Tran	
How to get mind to the present moment Sharb Body b) Water c) Food of Breath	
a) Soby b) water c) rood a) 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	
7. Total amount of breath we consume every day	
-,	
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 Bhaskika	
a) Ujjai b) Vljay c) Astrika a) Bhastrika	
6.6.0.0	
10. Who started The Art of Living foundation Szi Szi Ravi Shankas	
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	
	00
	V





12. Live in the Present Morrent

a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives		power	ntert for	
a)	Increases the com	fort zone b) Happiness c	Power d)	All the above

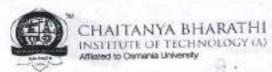
14. The wisdom for happiness is delinking it from People Movey

at Money b) Wealth of People d) People and situations

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

-> & live in the present moment

because, this moment is meritable.

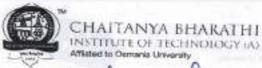




Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

2. The Quality of life depends on	1	What's the most advanced technology in the world Mind
4. Active acceptance means Accept and file an active a clion a) Accept and don't take any action b) Don't accept anything of Accept and take an act action d) Accept everything 5. How to get mind to the present moment Breath a) Body b) Water c) Food of Breath 6. Don't seeculentan	Ť	a) Satellite b) Artificial intelligence c) ChatGpt g) Mind
4. Active acceptance means Accept and file an active a clion a) Accept and don't take any action b) Don't accept anything of Accept and take an act action d) Accept everything 5. How to get mind to the present moment Breath a) Body b) Water c) Food of Breath 6. Don't seeculentan	2.	The Quality of life depends on
4. Active acceptance means Accept and fink an active a clima a) Accept and don't take any action b) Don't accept anything of Accept and take an act action d) Accept everything 5. How to get mind to the present moment Breath a) Body b) Water c) Food of Breath 6. Don't see	3.	The meaning of Sagathchadwam is Lili more together a) Let's run together b) Let's eat together c) Let's play together p) Let's move together
action d) Accept everything 5. How to get mind to the present moment Break a) Body b) Water c) Food of Breath 6. Don't see		
6. Don't see	4.	a) Accept and don't take only account of a control of a c
7. Total amount of breath we consume every day	5.	a) Body b) Water c) Food of Breath
a) 100 Litres b) 1000 Litres ef 5000 Litres d) 10000 Litres 8. Ujjai breath means Breath of Victory a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat 9. The Power breath is also called as Breath of Victory d) Breath of defeat 10. Who started The Art of Living foundation Sri Sni Pavi Sharkar d) Vogi Adithyanath 11. Opposite values are Complimentary to each other c) Negatives d) Complimentary and Coexist	6.	Don't see
9. The Power breath is also called as Breatrike a) Ujiai b) Vijay c) Astrika di Ehastrika 10. Who started The Art of Living foundation Sri Sni Pari Sharkar a) Jaggi Vasudev b) Baba Ramdev ci Sri Sri Ravi Shankar d) Yogi Adithyanath 11. Opposite values are Complimentary to each other c) Negatives d) Complimentary and Coexist	7.	Intal amount of preach we consume every day
10. Who started The Art of Living foundation Sni Sni Pavi Sharks a) Jaggi Vasudev b) Baba Ramdev charlant Ravi Shankar d) Yogi Adithyanath 11. Opposite values are Complimentary to each other c) Negatives d) Complimentary and Coexist	8.	Ujjai breath means Breath of Victory a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath 11. Opposite values are 60 mpl imentary to each other c) Negatives d) Complimentary and Coexist a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist	9,	The Power breath is also called as Breath to a Ujjai b) Vijay c) Astrika di Ehastrika
a) Opposites a) Complimentary to each other c) negatives a) complimentary to each	10	a) Jaggi Vasudev b) Baba Ramdev c/Sri Sri Ravi Shankar d) Yogi Adithyanath
	11 ə)	Opposites p) Complimentary to each other c) negatives at complimentary to





12. Live in the Present man

a) Black hole b) Past moment c) Future moment d) Present moment

13. Responsibility gives All he 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 all Money b) Wealth c) People d) People and situations

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

That see intentions thinks mistrals





K. Shishir CSE-CZ

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

	a) Satellite b) Artificial intelligence c) ChatGpt d/ Mind
2	. The Quality of life depends on the State of mind
3	The meaning of Sagathchadwarn isa) 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 of Accept and take an active action d) Accept everything
5,	How to get mind to the present momenta) Body b) Water c) Food d) Breath
6.	Don't seebehind 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 meansa) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9.	The Power breath is also called asa) Ujjai b) Vijay c) Astrika dr Bhastrika
10.	Who started The Art of Living foundation
11. a)	Opposite values are





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?

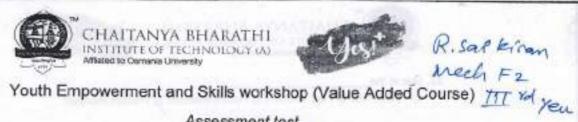
· Live in the present moment!

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

Many forget that a night state of mind can accomptish 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 Proorder to make the most out of our current time.





Assessment test

1	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind a)
2.	The Quality of life depends on State of mend
3.	The meaning of Sagathchadwam is
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
	in classes on the second in
	Don't see behind others mistakes
0	Don't seebehind others mistakes a) Mistakes b) Outcome c) Values d) Intentions
	ay inistances by outcome cy values paintentions
	Total amount of breath we consume every day
	a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
	Thates Department of the Part
	Ujjal breath means
	Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
c	The Power breath is also called as
	a) Uljai b) Vljay c) Astrika 💋 Bhastrika
o.	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
1.	Opposite values are
	Opposites b) Complimentary to each other c) Negatives of Complimentary and Coexist together





- 12. Live in the
 - a) Black hole b) Past moment c) Future moment d) Present moment
- 13. Responsibility gives
 - 3) Increases the comfort zone b) Happiness of 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?

the learned many things on the course, we should be delf confidence on doing any thing. I explored thingself by deep bushe me much. I also kneeded my concentration towards my things very much by doing this course.



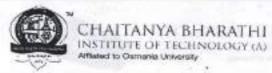


K.Nitish civil 'ai' 160121932032

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

	Whatfasha mast advanced to be about a facility of the same and a same and a same as
I.	What's the most advanced technology in the world cand
	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2	- ELECTRON CONTROL CON
2.	The Quality of life depends on the Charle of mind
	And the second by second to stoom property by second Tours
3.	The meaning of Sagathchadwam is
	a) Let's run together b) Let's eat together c) Let's play together a Let's move together
4.	Active acceptance means
	a) Accept and don't take any action b) Don't accept anything e) 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 df Breath
	, , , , , , , , , , , , , , , , , , ,
5.	Don't see behind others mistakes
S.	a) Mistakes b) Outcome c) Values d) Intentions
	ay makenes of outcome of randes of intelligens
,	Total amount of breath we consume every day
-	
	a) 100 Litres b) 1000 Litres e) 5000 Litres d) 10000 Litres
	Approximately and the second s
-	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	The Power breath is also called as
	a) Ujiai bi Vijav c) Astrika d) Bhastrika
0,	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev,c) Sri Sri Ravi Shankar d) Yogi Adithyanath
1,	Opposite values are
1	Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist
	together
	ALTON
	The state of the s
	(3/)(1)
	(a) (a)
	130





12. Live in the popular trument

a) Black hole of Past moment c) Future moment of Present moment

14. The wisdom for happiness is delinking it from MONRY

a) Money b) Wealth c) People d) People and situations

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

-> Don't see the Intenstron behind other my fater

I live in present moment







Post-Assessment Form College/University Name: Profession: Mallefally, Valgouch wanted , Yalaber Chough district Mobile: Pincode: E-mail: 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 Lvoi Increased Creative and Analytical thinking Dani Enhanced Team Building Skills [W Improved quality of sleep Lol Confidence level 1,0 Concentration level Trol Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent) Ability to deliver program content Limi Interaction with participants [10] 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:

Program Date: 92/1/23 to 28/1/23 Program Venue: C61+

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

Place: CBIT CAMPUS Signature: Redaiklean.

College/University Name: CRIT	1000	No. of the last of
Profession: Ctudent	DOB:	17-02-2002
Address: East balaji hills Colony, Rod		
Pincode: 500039 Mobile: 6303761841	E-mail:	Sai tivu 1760 gmail.c
How has the program beniffited you with respect to the following (On a scale of 1-10, where 1 is poor and 10 is excellent)	ng paramete	rs ?
Increased levels of energy & dynamism	[10]	
Reduced stress levels	191	
Effective communication	[8]	
improved interpersonal relations	[7]	
More clear, calm and a happy state of mind	191	Depr
Increased Creative and Analytical thinking	181	130
Enhanced Team Building Skills	[9]	(元()))
Improved quality of sleep	181	
Confidence level	Dol	1
Concentration level	[0]	~
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is ex		
Ability to deliver program content	[9]	
Interaction with participants	181	
Your experience :		
Experience was really arrasing		
How would the techniques and knowledge taught in the "Art Thulfted is a great way at a	of Living Y	ESI+*, help in your day to day life?
Any other suggestions:		
Vould you like to receive regular updates about our activities PROGRAM DETAILS:	s : Via Emai	il ☑ Via SMS □ None □

College/University Name: Chartonya Bhanathi Sa	
Profession: Student	DOB: 29 09 2002
Address: 5 1/2 Nagas, Mallapus Hyderahao	L 26
Pincode: 5000 3-6 Mobile: 89194 35013	E-mail: Varunkom shelly ugo gnail-com
How has the program beniffited you with respect to the follow (On a scale of 1-10, where 1 is poor and 10 is excellent)	wing parameters ?
Increased levels of energy & dynamism	[8]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[6]
More clear, calm and a happy state of mind	[9] Depi
Increased Creative and Analytical thinking	[8]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence leve!	[9]
Concentration level	[÷]
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 excremence.	
How would the techniques and knowledge taught in the "/	Art of Living YESI+", help in your day to day life?
Tolta personal as John personal desetate	ons have increased.
+ Habit of helping others improved	
Any other suggestions:	
Would you like to receive regular updates about our activi	ties : Via Email Via SMS V None
PROGRAM DETAILS :	
Faculty Name: Sec Maras Rem	
Program Date: <u>31/12/2021</u> Program Venue:	dlege Auditorium
Place: -tlyderahad	Signature: K. Vasus







V)	Assessment Form
College/University Name: Chartanya	Rharetti Turtitute al Trabulano
Profession: Student	DOB: 15-11 - 2004
	. A. 1 1 3 2
Address: 14-796, NSP Camp	Mirgalonghida.
Pincode: 508 207 Mobile: 9246	737495 Email: Jammann than @ quail
How has the program beniffited you with respect (On a scale of 1-10, where 1 is poor and 10 is exce	ACTION DESCRIPTION OF THE PROPERTY OF THE PROP
increased levels of energy & dynamism	181
Reduced stress levels	191 Dept
Effective communication	161
Improved interpersonal relations	
More clear, calm and a happy state of mind	
Increased Creative and Analytical thinking	191
Enhanced Team Building Skills	[lo]
Improved quality of sleep	[0]
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	[0]
Interaction with participants	101
Your experience :	
Ø1 1 1 1 1	I' fell really glad for jointy ught in the "Art of Living YES!+", help in your day to day life?
Any other suggestions: Would you like to receive regular updates about the suggestions:	
Program Date: 23-01-2014 Program	m Venue: College
Place: Assembly Hall	Signature A. L. Yamini







refession:	College/University F	Name:	
Incode:	SOMESTIC PRINT THE PROPERTY	1745-002	DOD:
Hincode:			508.
Now 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 Reduced stress levels I J Reduced stress levels I J Reduced interpersonal relations I J More clear, calm and a happy state of mind I J Increased Creative and Analytical thinking I J Increased Creative and Analytical thinking I J Increased Creative and Analytical thinking I J Confidence level Concentration level I J Confidence level Concentration level I J Confidence level Concentration with participants I J Interaction with participants I J Four experience: How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to a content of the conten			ON PARKET
On a scale of 1-10, where 1 is poor and 10 is excellent) Increased levels of energy & dynamism Reduced stress levels Iffective communication I	Pincode:	Mobile:	E-mail:
Reduced stress levels Effective communication Improved interpersonal relations Wore clear, calm and a happy state of mind Increased Creative and Analytical thinking Increased Creative and Analyt			
Effective communication	increased levels of	energy & dynamism	[]
mproved interpersonal relations More clear, calm and a happy state of mind I I Increased Creative and Analytical thinking Enhanced Team Building Skills I I Enhanced Team Building Skills I I Concentration 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 YESI+", help in your day to deliver program content Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None Program Date: Program Date: Program Venue:	Reduced stress lev	els	11
More clear, calm and a happy state of mind	Effective communic	ation	1 1
Increased Creative and Analytical thinking	Improved interperso	onal relations	1 1
Enhanced Team Building Skills	More clear, calm an	nd a happy state of mind	1 1
mproved 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 Four experience: How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to a same and the suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Program Date: Program Venue:	Increased Creative	and Analytical thinking	1 1
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 Four experience: How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to deliver suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Program Date: Program Venue:	Enhanced Team Bu	ilding Skills	[]
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 YESI+", help in your day to describe the suggestions: Would you like to receive regular updates about our activities : Via Email [] Via SMS [] None [] PROGRAM DETAILS : Faculty Name: [] Program Date: [] Program Venue: []	improved quality of	sleep	1 1
Ability to deliver program content Ability to deliver program content I I I Interaction with participants I I I I I I I I I I I I I I I I I I I	Confidence level		1 1
Ability to deliver program content Interaction with participants Your experience: How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to describe the suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Program Date: Program Venue:	Concentration level		1 1
Nould you like to receive regular updates about our activities : Via Email Via SMS None PROGRAM DETAILS : Faculty Name: Program Venue: Program Date: Program Venue:	Facilitator related	(On a scale of 1-10, where 1 is poor	and 10 is excellent)
Four experience: How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to december to the suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Program Date: Program Venue:	Ability to deliver pro	gram content	4 1
How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to dead to the techniques and knowledge taught in the "Art of Living YESI+", help in your day to dead to the "Art of Living YESI+", help i	Interaction with part	ticipants	[]
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:	Your experience :		
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:			
Would you like to receive regular updates about our activities : Via Email Via SMS None PROGRAM DETAILS : Faculty Name: Program Date: Program Venue:	How would the te	chniques and knowledge taught	in the "Art of Living YES!+", help in your day to
Would you like to receive regular updates about our activities : Via Email Via SMS None PROGRAM DETAILS : Faculty Name: Program Date: Program Venue:			
PROGRAM DETAILS : Faculty Name: Program Date: Program Venue:	Any other sugges	stions:	
PROGRAM DETAILS : Faculty Name: Program Date: Program Venue:			
Program Date: Program Venue:	Would you like to	receive regular updates about o	our activities : Via Email 🗆 Via SMS 🗀 None 🛭
Program Date: Program Venue:			
	AND ALVOYOUS HIS DOMESTIC TO THE PERSON OF T		
Place: Signature:	riogram Date:	Program Ve	enue:
	Place:		Signature:







Name: G ANURAG	
College/University Name: CBIT	
Profession: STUDENT	DOB: 21/12/2003
Address: KPHB COLONY, KU Kattolly, H	ydurabad, Telorganer
Pincode: 50072 Mobile: 7702439419	E-mail: arwaggindla agnil-con
How has the program beniffited you with respect to the follow (On a scale of 1-10, where 1 is poor and 10 is excellent)	ving parameters ?
Increased levels of energy & dynamism	191
Reduced stress levels	[(0]
Effective communication	141 Dept
Improved interpersonal relations	141
More clear, calm and a happy state of mind	(a) ((=()m)
Increased Creative and Analytical thinking	111
Enhanced Team Building Skills	[8]
Improved quality of sleep	[4]
Confidence level	191
Concentration level	141
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is	excellent)
Ability to deliver program content	[4] [
Interaction with participants	19 1
Your experience :	
It's leap a really good worse to	'E' have ever experienced.
That capter my positivity of	A this course
How would the techniques and knowledge taught in the "/	
I can thereasemy productivite	1 4
	I can manery ency nand well.
Any other suggestions:	d I wai.
Would you like to receive regular updates about our activity PROGRAM DETAILS:	
Program Date: 23 10 28 1113 Program Venue:	IRIT
2) 12/1/13	The state of the s
Place:	Signature:

Name: Santhwik	
College/University Name:	
Profession: Student	DOB: 21/10/2003
Address: Hno 19-409/2 Tennager , March	erial
Pincode: 504208 Mobile: 9381361629 -	E-mail: simborajusothuik 17@gma
How has the program beniffited you with respect to the follow (On a scale of 1-10, where 1 is poor and 10 is excellent)	ving parameters ?
Increased levels of energy & dynamism	[9]
Reduced stress levels	II OI
Effective communication	[lol
Improved interpersonal relations	[9] * Dept
More clear, calm and a happy state of mind	trol (St.)
Increased Creative and Analytical thinking	liol (1)
Enhanced Team Building Skills	[fol
Improved quality of sleep	[0]
Confidence level	[10]
Concentration level	trol
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is	excellent)
Ability to deliver program content	001
Interaction with participants	119
Your experience :	
by them Glad to join this. How would the techniques and knowledge taught in the "A	rt of Living YESI+", help in your day to day life?
These would help to remove strikes	and gain energy
Any other suggestions:	
Would you like to receive regular updates about our activities PROGRAM DETAILS: Faculty Name: Knishno	es : Via Email
Program Date: 08/01/2023 Program Venue: 0	BIT
Place:	Signature:

V 01 - 11	A C Property Company of T. 1 -1 -1
entransia di salah s	anya Bharathe fustitute of Technology
Profession: Student	DOB: 12 09 03
Address: Kalpatan Apts	, Erragadda, Hyderabad
Pincode: 550018 Mobile: 9	1201289153 E-mail: Shishirint 9@gmail-
How has the program beniffited you with (On a scale of 1-10, where 1 is poor and 10	
Increased levels of energy & dynamism	[8]
Reduced stress levels	181
Effective communication	191
Improved interpersonal relations	181 Dep.
More clear, calm and a happy state of mind	181
Increased Creative and Analytical thinking	R1 (1)
Enhanced Team Building Skills	191
Improved quality of sleep	181
Confidence level	[8]
Concentration level	(8)
Facilitator related (On a scale of 1-10, who	ere 1 is poor and 10 is excellent)
Ability to deliver program content	181
interaction with participants	[≠]
Your experience :	
9 was happy with -	the program and the things that
were taught abou	it the state of mind
How would the techniques and knowle	dge taught in the "Art of Living YESI+", help in your day to day life?
	cactice the Sutras taught, I will calm and composed so that
	ficient
Any other suggestions:	
	ne inforaction be diverse in its
demonstration.	
Vould you like to receive regular updat	tes about our activities : Via Email Via SMS None
ROGRAM DETAILS :	
aculty Name:	
PROGRAM DETAILS : Faculty Name: Program Date:	Program Venue:

tome: Ganganamani Bhavana	sment Form	
College/University Name: Charfauja Bhasa	1. Antifute of Technology	311
Profession: Student	DOB: 35/04/2003	7).
Address: Maujo no. 11-13-502, Panelius C.	Yoday ragal offery alkamin	Corner
	- 111	Hyd
Incode: <u>\$00035</u> Mobile: <u>94404206</u>	E-mail: bhavara gargaraman	(23) 6 (2)
How has the program beniffited you with respect to the On a scale of 1-10, where 1 is poor and 10 is excellent)	following parameters ?	
ncreased levels of energy & dynamism	181	
Reduced stress levels	[9]	
Effective communication	191 opt. of E	
mproved interpersonal relations	191	call .
More clear, calm and a happy state of mind	[7]	*
ncreased Creative and Analytical thinking	191	0//
Enhanced Team Building Skills	181 (A) HAO	//
mproved quality of sleep	171	
Confidence level	181	
Concentration level	[8]	
facilitator related (On a scale of 1-10, where 1 is poor and		
Ability to deliver program content	181	
nteraction with participants	P(1	
four experience: It was Good, Enjoyed all its interactive.	e section and the soction	s wei
low would the techniques and knowledge taught in the standard got good sleep.	he "Art of Living YES!+", help in your day to hee levels and, I felt w	o day life?
any other suggestions:		
Vould you like to receive regular updates about our a	ctivities : Via Email Via SMS None []

Signature:

Place: CBIT

	CHAITANYA	BHARATHI I	MSTITUTE &	OF TECHNOLD
	DENT	DOB:	14/06/20	109
Address: 3-601 , S	URHASH CHAND	RABOSE NAGAR	NEWHAFE	2 PET - 5000
Pincode: 500049	STATE OF THE PARTY	The Control of the Co	and the second s	
How has the program ber (On a scale of 1-10, where	niffited you with respect	to the following parameter	400	
Increased levels of energy	& dynamism	[9]		
Reduced stress levels		[7]		
Effective communication		151		
Improved interpersonal rela	ations	[7]	101.01 E	
More clear, calm and a hap	ppy state of mind	[8]	10	E THE
Increased Creative and And	alytical thinking	181	CON CONTRACTOR	
Enhanced Team Building S		[9]	131	
Improved quality of sleep		[8]	(A) M	
Confidence level		(7)		
Concentration level		[7]		
Facilitator related (On a so	cale of 1-10, where 1 is po			The same of
Ability to deliver program co		[\$]		
Interaction with participants	i e	[2]		
Your experience :			436	
Good. learns ,	weditation ar	d found the	mondance	of
moditation in	t do de	a mana -the	The second	D
TVI ATTECHNOTE IN	soil in ou	4 sife		
		con the manus decade a		
	es and knowledge taug	ht in the "Art of Living \	'ES!+", help in you	ir day to day life?
How would the technique	technique	tounded in -	the inner	77 SE SE SE
knowledge and	technique	taught in -	the course	* 4
helpful in 1	owering my ste	taught in -	the course	to bringing
helpful in 1	technique	taught in -	the course	in bringing
helpf in the smile to Any other suggestions:	owering my ste	taught in -	the course	in bringing
helpful in 1	owering my ste	taught in -	the course	in bringing
Any other suggestions:	techniques existing my ste n my face	taught in -	the coused helped me	in bringing
Any other suggestions:	techniques existing my ste n my face	taught in -	the coused helped me	in bringing
Any other suggestions: NO Would you like to receive	regular updates abou	taught in -	the coused helped me	in bringing
Any other suggestions: NO Would you like to receive PROGRAM DETAILS: Faculty Name:	n my face	taught in -	the coused helped me	in bringing
Any other suggestions: NO Would you like to receive	n my face	taught in -	the coused helped me	in bringing

Profession:	with respect to the following parameters? d 10 is excellent! [9] [9] [9] [9] [9] [9] [9] [10]	College/University Nam	e: Clork			
Address:	with respect to the following parameters? of 10 is excellent! [9] [9] [9] [9] [9] [10] [10] [10] [10] [10] [10] [10] [10	warman war water	4 1		DOB:	02/02/2003
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 Reduced stress levels Effective communication [9] Improved interpersonal relations More clear, calm and a happy state of mind Increased Creative and Analytical thinking [9] Enhanced Team Building Skills Inproved 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: Phase and area experience. In hove forces and scale of the scale	with respect to the following parameters? d 10 is excellent) [9] [9] [9] [9] [10] [Address: Gac	ribouli			
Con a scale of 1-10, where 1 is poor and 10 is excellent Increased levels of energy & dynamism	where 1 is poor and 10 is excellent) Program Venue: _ COS+ P1	Pincode:	Mobile:	301666899	E-mail: _	cheritha bonoa agma
Reduced stress levels Effective communication Improved interpersonal relations More clear, calm and a happy state of mind Increased Creative and Analytical thinking Enhanced Teem 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 If I have communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refined and communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refined and communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refined and communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refined and communication skill Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Karshama Program Venue: Clost Program Date: 28 of 2023 Program Venue: Clost Trogram Date: 28 of 2023 Program Venue: Clost	[9] [9]	How has the program (On a scale of 1-10, who	beniffited you with re are 1 is poor and 10 is	respect to the following excellent)	g paramete	ers ?
Effective communication Improved interpersonal relations More clear, calm and a happy state of mind Increased Creative and Analytical thinking Enhanced Teem Building Skillis 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: The way are at experience in the "Art of Living YESI+", help in your day Refing when sheep, manufacturing good relationship Everyone, being gotten no. Any other suggestions: PROGRAM DETAILS: Faculty Name: Living YEALS: Faculty Name: Living YESI+" Program Venue: Clist Program Date: 28-01-2023 Program Venue: Clist Program Date: 28-01-2023 Program Venue: Clist	[9] [9] [10] [1	Increased levels of ener	gy & dynamism		[9]	
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: The way are at experience to the work for creation with participants Your experience: The would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refing alm, concentration, and account account account account and account a	where 1 is poor and 10 is excellent) [10]	Reduced stress levels			[9]	
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 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: Phance and present experience of have fonces Aniends charles and knowledge taught in the "Art of Living YESI+", help in your day and the sleep making and the participants of a very service of a velocity Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Aniends of the program Venue: Content of the program Date: 28 of 1-2033 Program Venue: Content of the program Date: 28 of 1-2033 Program Venue: Content of the program Date: 28 of 1-2033 Program Venue: Content of the program Date: 28 of 1-2033 Program Venue: Content of the pro	where 1 is poor and 10 is excellent) [10]	Effective communication	1		[9]	
Increased Creative and Analytical thinking Enhanced Teem Building Skills [10] 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 [10] Your experience: The season are a season are a season and season and season are a seaso	where 1 is poor and 10 is excellent) [10]	Improved interpersonal	relations		191	Dept. o.
Enhanced Teem 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: The way and are at experience I have forced the force of the participants [10] How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day a series of the participant of the particip	where 1 is poor and 10 is excellent) [10]	More clear, calm and a	nappy state of mind		[10]	loca Jall
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 Tour experience: The way and are at experience. It have forces and my communication skill How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day seeing and the seeing participants and seeing participants. Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: ** Program Date: 28 01-2023 Program Venue: Cost	where 1 is poor and 10 is excellent) [10]	Increased Creative and	Analytical thinking		191	
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 YESI+", help in your day Refined and many communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refined and participants and the second an	where 1 is poor and 10 is excellent) [10]	Enhanced Team Buildin	g Skills		[10]	
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: The scale of 1-10, where 1 is poor and 10 is excellent) Your experience: The scale of the scale of 1-10, where 1 is poor and 10 is excellent) Your experience: The scale of the scale of 1-10, where 1 is poor and 10 is excellent) Your experience: The scale of the scale of 1-10, where 1 is poor and 10 is excellent) Your experience: The scale of the scale of 1-10, where 1 is poor and 10 is excellent) How would the techniques and the scale of 1-10, where 1 is poor and 10 is excellent) How experience: The scale of the scale of 1-10, where 1 is poor and 10 is excellent) How would the techniques and the scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) How would the techniques and the scale of 1-10, where 1 is poor and 10 is excellent) How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day scale of 1-10. The scale of 1-10, where 1 is poor and 10 is excellent) How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day scale of 1-10. The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10, where 1 is poor and 10 is excellent) The scale of 1-10 is poor and 10 is excellent) The scale of 1-10 is poor and 10 is excellent) The scale of 1-10 is poor and 10 is poor	where 1 is poor and 10 is excellent) [10]	Improved quality of slee	p		[10]	
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 Interaction with pa	where 1 is poor and 10 is excellent) [10]	Confidence level				
Ability to deliver program content Interaction with participants Your experience: Phose an accept experience, I have forces and may communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refing alm, compended and participant activities and selection ship everyone, being pattence. Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Saculty Name: Katshama. Program Date: 28 01-2023 Program Venue: Clift	[10] [10] and experience, D have Gonzeased my and my communication skills. wledge taught in the "Art of Living YES!+", help in your day to day life? centrations, reduced extress lavels, my soldiering good relationship with patterine.	Concentration level			-	
Ability to deliver program content Interaction with participants Your experience: The was an areat experience, I have forces and may communication skill How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day Refing alm, compendations, peduced experse lavely everyone, being pattence. Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None ROGRAM DETAILS: acuity Name: Katsham. Program Date: 28 01-2023 Program Venue: Chit	[10] [10] and experience, D have Gonzeased my and my communication skills. wledge taught in the "Art of Living YES!+", help in your day to day life? centrations, reduced extress lavels, my soldiering good relationship with patterine.	Facilitator related (On	a scale of 1-10, where	e 1 is poor and 10 is ex	cellent)	
Interaction with participants Your experience: Pt was an great experience. I have force of the holds charles and my communication at ill. How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day seeing colors, commented from seduced at rest lavely exempted at steep, maintenance appeal to lations ship every one, being pattence. Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None of the holds of the holds. Program Date: 28 01-2023 Program Venue:	wiedge taught in the "Art of Living YES!+", help in your day to day life? Program Venue:					
Your experience: The was an areat experience, I have forces then the series of the se	wledge taught in the "Art of Living YES!+", help in your day to day life? where traditions, reduced extress lavels, my Sortelations, appear relationship with patterine. Program Venue:	Interaction with participe	nts			
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day Refing color, concentration, reduced etress lavely Refing color, concentration, reduced etress lavely Refing color, concentration, reduced etress lavely Refing patterine Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Gaulty Name: Kalsham. Program Date: 28-01-2033 Program Venue: Clost	wledge taught in the "Art of Living YES!+", help in your day to day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your	Your experience :		70		
How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day 2 fing color, concentration, reduced extress lavely quality of skep, main taking good relation ship Every one, being patterice. Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Krishma. Program Date: 28 01-2023 Program Venue:	wledge taught in the "Art of Living YES!+", help in your day to day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your day life? And the "Art of Living YES!+", help in your	PH was	an	er .	0	, - 0
Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Kalshara: Program Date: 28 01-2023 Program Venue: Clost	Soldaning good relation thip with pattence. Determined the state of the state of the pattence. Program Venue:			J my co	mmu	THE RESERVE OF THE PARTY OF THE
Any other suggestions: Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Kalshama	Program Venue:	seima cal	MY CONDUCTION	tration, De	duced	afrace lavale me
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 Date: ** Program Venue: ** Pro	odates about our activities : Via Email Via SMS None Program Venue:	quality of s	Leep, marnt	etaling a	208 0	elationship sita
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 Date: ** Program Venue: ** ** ** ** ** ** ** ** ** ** ** ** **	odates about our activities : Via Email □ Via SMS □ None □ Program Venue: □ □	everyone	, been a co	Atonco.		The Control of the Co
Would you like to receive regular updates about our activities : Via Email □ Via SMS □ None PROGRAM DETAILS : Faculty Name: ドッパット・ Program Date: 28-01-2033 Program Venue: ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○ ○	_ Program Venue: _ <\s\f\-		0 1			The Reserve
Program Date: 28-01-2023 Program Venue: CO1+	_ Program Venue: _ <\s\f\-	Any other suggestion	82 S			
Program Date: 28-01-2023 Program Venue: COST	_ Program Venue: _ <\s\f\-					
PROGRAM DETAILS: Faculty Name: 16555000 - Program Date: 28-01-2023 Program Venue: 051-	_ Program Venue: _ <\s\g\+					
Program Date: 28-01-2023 Program Venue: CO1+	_ Program Venue: _ <\s\f\-	Would you like to rece	ive regular updates	s about our activities	: Via Ema	il 🗆 Via SMS 🗆 Nana 🗖
Program Date: 28 01-2023 Program Venue: Close					1237-	- TA OMO LI HOME LI
		aculty Name: _ K	show.			
	TO OR NULL	rogram Date: 28-0	-2003 Pro	ogram Venue:(110	
Manager of the second	A CONTRACTOR OF THE PARTY OF TH	Place: CLARA			1994	

College/University Name: 2817		
Profession: Stylent	DOB:	20 rd March 2003
Address: Alkapiri, L.B. Nagoon	3	Legisland Committee
Pincode: 500035 Mobile: 9440163392	E-mail: _b	Maredyeign Danil.
How has the program beniffited you with respect to the follow (On a scale of 1-10, where 1 is poor and 10 is excellent)	ving parameter	•?
Increased levels of energy & dynamism	[10]	
Reduced stress levels	[9]	
Effective communication	[(0]	
Improved interpersonal relations	[8]	
More clear, calm and a happy state of mind	[9]	A TORDS
Increased Creative and Analytical thinking	[9]	0.
Enhanced Team Building Skills	[10]	(質()別)
Improved quality of sleep	[5]	(E) m
Confidence level	[7]	19 TS
Concentration level	[7]	
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is	excellent)	
Ability to deliver program content	101	
interaction with participants	[10]	
Your experience :		
of my shell. Very interactive,	was al	ile to limate put
How would the techniques and knowledge taught in the "A	rt of Living YE	ESI+", help in your day to day life?
At .	as all	e to control my
endione arger invested in	y sone	ubiation and change
emotions, arger invused in	y tone	ubiation and change
Any other suggestions: NO Vould you like to receive regular updates about our activiti		
Any other suggestions: NO Vould you like to receive regular updates about our activities of the suggestions.		
wordions, anger introded no high on life. No life. Vould you like to receive regular updates about our activities aculty Name: Kuitna	es : Via Email	
Any other suggestions: on life -	es : Via Email	

THE ART OF LIVING

mall: 16. mall: 16. rameters [(0)] [(0)] [(1)] [(1)] [(2)] [(2)] [(2)] [(3)] [(4)] [(5)] [(7)]	2003 Laredyeigen Pamail 1
[(0] [9] [(0] [8] [9] [7] [10] [5]	
[(0] [9] [(0] [8] [9] [7] [10] [5]	
[(0] [(0] [(0] [(8] [(1] [(1] [(0] [(5] [(5]	7 Coapt of English
[9] [0] [8] [1] [7] [10] [5]	OSPI OF ER
[(0] [8] [1] [1] [1] [10] [5]	Contraction of the last of the
[8] [9] [9] [6] [5]	COSPI OF THE PROPERTY OF THE P
[9] [7] [6] [5]	COSPI OF ER
[7] [10] [5] [7]	OSPE.
[10] [5] [3]	BE CONTRACTOR OF THE PROPERTY
[5] [3]	
191	(E) (M)
H CONTRACTOR OF THE PARTY OF TH	X-4-1-1
171	The same of the sa
nt)	
101	
[10]	
الله الله	le to lunal out
iving YES	8!+", help in your day to day life?
iable	to control my stration and changed
ia Email (ਤ Via SMS □ None □
	(10) s alul lving YES alule







Name: Sriveni Deshetty	
College/University Name: Chai tonya	Bharathi Institute of Technology
Profession: Stydent	DOB: 18-09-2004
Address: 15-1-134, Goda Var	Ikhani, Peddapalli
Pincode: 505 209 Mobile: 99890	042964 E-mail: Sriveni deshetty 3@ gmail.
How has the program beniffited you with respect (On a scale of 1-10, where 1 is poor and 10 is excel	
Increased levels of energy & dynamism	181
Reduced stress levels	[9]
Effective communication	[to]
Improved interpersonal relations	INDI XXX
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	19 1
Enhanced Team Building Skills	[9] (A) m
Improved quality of sleep	III PANTS *
Confidence level	[10]
Concentration level	led
Facilitator related (On a scale of 1-10, where 1 is p	poor and 10 is excellent)
Ability to deliver program content	[\o]
Interaction with participants	[10]
Your experience :	
I felt very calm as	nd caught a Peaceful sleep
How would the techniques and knowledge tau	No negative thought. It by the part in the "Art of Living YESI+", help in your day to day life? Grand Sleep. Peace Ful. and
no st stress relief.]	
have played in this	COLLAZE
Any other suggestions:	
PROGRAM DETAILS : Faculty Name: Kylkhna	out our activities : Via Email Via SMS None
Place: Assembly Hall	Signature: www.

	sment Form
Name: S. Ashthya gazol	
College/University Name: Chordonye The	exected another of telhnology
Profession: Student	DOB: 25-06-2003
Address: My home grater, Plan	4 no: B-5, 90% Nanoprompinde
Pincode: 500031 Mobile: 9703006	100000
How has the program beniffited you with respect to the f (On a scale of 1-10, where 1 is poor and 10 is excallent)	following parameters ?
Increased levels of energy & dynamism	[7]
Reduced stress levels	[8]
Effective communication	[4]
Improved interpersonal relations	[9]
More clear, calm and a happy state of mind	[9]
Increased Creative and Analytical thinking	[9] ROOPE
Enhanced Team Building Skills	181
Improved quality of sleep	[7]
Confidence level	191
Concentration level	[7]
Facilitator related (On a scale of 1-10, where 1 is poor and	
Ability to deliver program content	[8]
Interaction with participants	[9]
Your experience: I beid very color and cou got pourode VI bes while is No regather thought. It has	ght a prowhit sleep at night. I'm shiring my sest in the loune
How would the techniques and knowledge taught in the face. Government of the gome the course.	kep feeleful and strey
Any other suggestions:	
Would you like to receive regular updates about our act program Date:	
Place: Assembly Hall	Signature: A hypo.







College/University Name:CB.(T	
Profession: Student	DOB: 27/16/2003
Address: 10. NO. 2486 100F Estate, yeddwnai	han W. Sangdeddy dist.
Pincode: <u>502 2 05</u> Mobile: <u>8332921800</u>	E-mail: Nitish thinu zu 86 @gmail-w
How has the program beniffited you with respect to the following (On a scale of 1-10, where 1 is poor and 10 is excellent)	ing parameters ?
Increased levels of energy & dynamism	[10]
Reduced stress levels	[10]
Effective communication	tio I
Improved interpersonal relations	[10]
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	Itol X Bept
Enhanced Team Building Skills	[6]
Improved quality of sleep	[10]
Confidence level	[10] 30.75 *
Concentration level	[9]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is a	excellent)
Ability to deliver program content	1,01
Interaction with participants	[10]
Your experience :	
Happy to join the course and has	I more from with others
ar leasted new thing in life.	
How would the techniques and knowledge taught in the "An In hand where	
Any other suggestions:	
	ies : Via Email 🖯 Via SMS 🖰 None 🗆
PROGRAM DETAILS :	
PROGRAM DETAILS: Faculty Name: Krisha	BIT
PROGRAM DETAILS :	BIT







ame: A. chitan	. 5 1.1 1 - 1 - 1
	hi trafifult of Technology
rofession: BTECK	DOB:
ddress: Plot 235 MLAIMP Chang Paul No. (oc, Juliet Hilly Hydrobal
Incode: 500033 Mobile: 812544230	oc, Juster Hills, Hydrobal 8 Email: acheler 2004 @ grail ca
low has the program beniffited you with respect to the On a scale of 1-10, where 1 is poor and 10 is excellent)	following parameters ? (No Spall)
ncreased levels of energy & dynamism	[to]
Reduced stress levels	l ₁ d
Effective communication	[8]
mproved interpersonal relations	110 8 -
fore clear, calm and a happy state of mind	114
ncreased Creative and Analytical thinking	[9]
Inhanced Team Building Skills	Irol (2)
mproved quality of sleep	IId 3000
Confidence level	114
Concentration level	[1]
acilitator related (On a scale of 1-10, where 1 is poor an	d 10 is excellent)
Ability to deliver program content	[60]
nteraction with participants	[10]
our experience :	
very Nie and Helph 17	has ries of the virle has
xeep to benefit	6 6
11 20062	
low would the techniques and knowledge taught in	the "Art of Living YESI+", help in your day to day life
Any other suggestions:	
Nould you like to receive regular updates about our PROGRAM DETAILS: Faculty Name: Mみ・ドラント NA Program Date: 221122 - 281123 Program Venu	
Place: Et Alydrebed	Signature:



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 ISO 9001:2015 Certified Institute

Department of EEE, CBIT

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

27th - Jam February 2023

Hands on Training Course Contant

- e introduction to Resplectly Pt
- e Python Programming for Haspberry PA 6 hoole Red with Haspberry PA for IdT Approachmen
- InT appropriations using Harpberry Po.
- Parcherry or and implicant technologists of Harpherry R in ICT Applications.
- in arrant resistance. Applications and
- Chalenges

 Franker: Requestrents for Module sterfacing using Histority III
- # Come Study 1 for applications using Nimpherry Pr
- 4 Diese Study 2 to? Sincer Healthcare.
- E-Certificate will be provided through email

STC Registeres for

tigo rido nativos ac estadores de



Organizing Committee

Chairperson Dr. P.Ravinder Reddy Prinopal CBIT

Convener

Dr. G. Suresh Babu Professor & HOCKEEE

Coordinator

Dr. M. Balasubbareddy

Professor, Dept. of EEE. Motive +91-9885308964

Co-coordinator

Dr. N. Venkataphanendrababu

Assistant Professor, Dept. of EEE Motile +91-8096909995

Exports

Dr. Ritula Thakur-NTTTR Chandigarh Dr. Ajay Godara-Enovate Skill

Dr. Snehanshu Shekher-BITS Mesra

Prof. Rajeev Mathur JNU Japur Dr. Amit Joshi -MNIT Jagur

Dr. Payal Bansal PCE Japur

For further details please contact:

E-mail turies as benefit as in phases to shake a second as an



Department of Electrical and Electronics Engineering



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

27"February - 63r" March 2023



Challenya Bharathi is

Technol

Chartanya Bharath Institute of Technology CHIT

CRIT is one of the premier Engineering leadening in risks porew in Televisions State, which is at Hybrid surplinitings of Caropet Lass Hyperabad The college offers forw (it's ann Excuen PG programs it has been standing as a temple of knowledge for the part all years by producing about 25,000 Empart and sentia Graduate Engineers, who we notoesaka in their Careery serving all over the Gode CBIT Staterts are prepared and confected to secure Papersons in reported Milital Time institute has teen accreded by NAAC - UGC with W Grate and version programs are accreased by NDA -ALCTE: The USC has granted Autonomous Status from the Adalestic Year 2013-14 privates Diringent Adalestic Standards Industry Campiant feating Methodology Rosewich Projects from Princip and Public Sector organizations industries in Engineering and Management and Consultancy fraction progress the treatment to establish its identity in Technical Education and is raised as one of the best prototal Process Empreyming Coverges in both the Telegic Spinorary Stewa

About Department

CBIT states the Entition & Statestine Engineering uit program or 1994 and was accepted & trees in in the years 2004, 2008 2013;2017 & 2021 by MAA The vitane was increased from 60 to 120 o the Academic Year 2015 to The Department started offering a 245 course in Power Systems & Power Electronics in 2006 with an intake of 18 and seas accredited to The department has received NBA in the year 2016. grants worth amount field dates from ACTE under RPS MODWICES FOR EXTR. etc. The Department a offering consultancy services worth \$24 years in collaboration with Foreign Universities in the domain consistences with range or commence in the department of Government is done certified by dio 8001. Not if the Department is recipioned as Heaviers Centre in 2017 by Operana Divigeory to turn our research for the second of a 84 D American our research for the meant of a Ph. D. degree

About Short-Term Course (STC)

Pasocery In it most popular SBC (Single Board Computers We can used Raspberry It as an lot ore and lot Geloway in the artists we discuss observe the precisions interfaces used to Paspberry cornecting Sensors and actuators

he Rassoury Pi s a low cost srept-are need computer that plugs into a computer montor or TV. And uses a crancing septoms and mouse it is a capatro ima service that problem people of all ages to deplote computing, and to team how to program is languages and Scrietz and Pyther, it's capable of doing everything you'd expect a dealtop complide: to so, from trawing the interest and playing right definition victor to making approacheds, word processing, and playing genes,"

Residents in the Series SPN and GC interfaces for data transfer The Series interface on Resident, in had receive pital and transmit (*x) pins to communication with sonal perspheral Serial Perspheral trientage (SPI) is a specificancus serial communication take protocel used for communicating with one or more peripheral species.





STC Registration



103

Resource Persons.

Resource Persons will be from Personnell institutions and industries like the historial insolute of Technical Teachers Triening and Research (MITTIR) Champgark bits Mesia and Mini-



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

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

0.	Name of the Participant
	A KRISHNAMA CHARY
	ABHINAV PEDDINI
1	ADWALLII GANJI
1	AISHA NASEEMA
5	AKANKSHA YADAGIRI
0	AKSHAY ARPULA
7	AMGOTH RAVINDER
8	ANUMALA VISHNU VARDHAN
9	ANUMALI A HARSHITH
to	AZKA IHTESHAM UDDIN AHMED
11	B KRISHNA CHAITANYA
12	B MAHESHWAR
13	B.YADAIAH
14	BANOTH HARJUN
15	BASHABOINA RAJU
16	BHARATH PATTEPU
17	BHEEMARI PRANESH
18	BHUKYA VIGNESH
9	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.SURFSH BABU

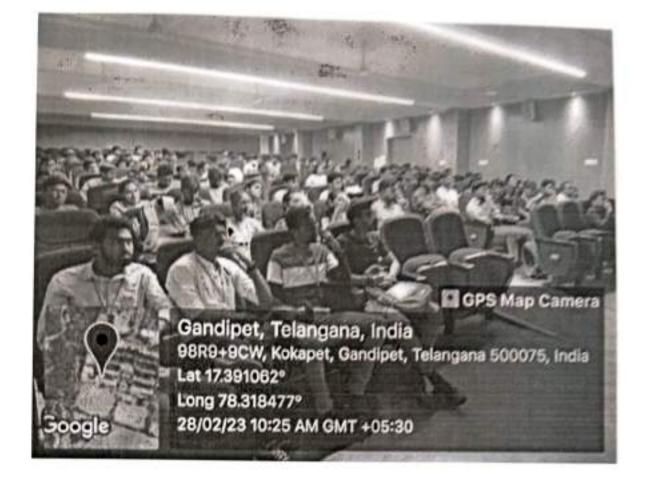
32	DR.KOLA RAMESH
33	ESHWAR GANJI
34	GADDE GNANDEEP
35	GAJWARI SAI KIRAN
36	GANDLA SAKETH KUMAR
37	GATTU VAMSHI
38	GOWTHAMI CHUNDURU
39	GUNDA SREESHMA
40	GUNDLA SRIDHAR REDDY
41	
42	GUNTURU ANDREWS GNANA DEEPAK
	GYARA BHANU PRASAD
43	HARI KRISHNA G
44	HONNESH MANDAPATI
3330	JAYA SAI TANMAYI KANCHAPU
46	K MALLESHA
47	K VINAY KUMAR REDDY
48	KASU NARASIMHA
49	KISHORE M
50	KOWSTUBHA PALLE
51	KUNDANA POOSKUR KUNDURU VENKATA SAI CHARAN
52	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 SAIARUN
69	
and the same	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	- 11
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	

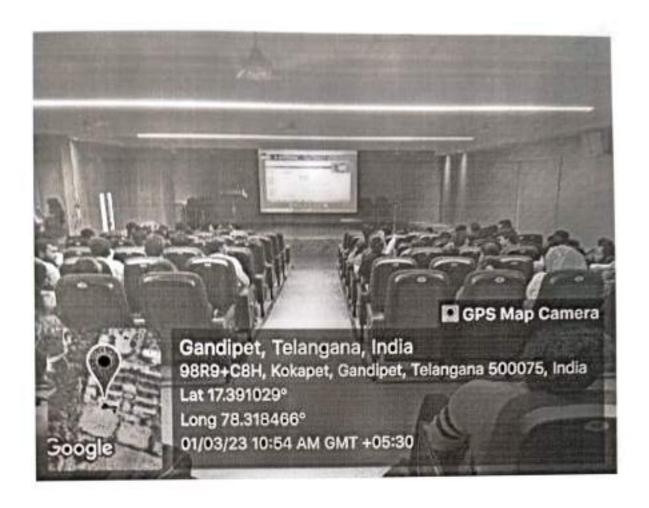
Photos



















Attendance sheet



Attendance Name of the Course: Suspensy Pi and its Interfacing

Personal Production of Manager, Secured the Personal he has he he he he he he he had no he had no he CHICAGO THAT HOW CONTRACTOR VALUE OF PARTIES TOTAL PROPERTY. AND DESCRIPTION OF THE PARTY. ASA STREAM FROM AN THE THE RESERVE 2 Made 25% OF because thereto heater of Perferring, Muthalist A COLUMN Server Press Symmet Symmet, Carrielle. brigge Breat James of Switzenber (Latitation). THE RESERVE BETTER AND THE PARTY AND THE PAR missistaration. PURCLES AND PROJUCTION Secret State Search Committee Agencies DISTURBE VIRGINIES Name and Post of the Party of t PURENCH SERVICE A PROSE Name of Parties of States of States COLUMN TRANSPAR there produced the foundation to the first has been been been been been CONCLUSION ACTION ACTION CONTRACTOR AND ACTION ASSESSMENT. DESCRIPTION OF Science Streets Switzer of Switzer San, Sciences. If her sector return beneather: hand of himmer National

	man of the ForWagest	Party of the Continue
10	COMMUNICAL BUILDING	
H	DE LONGATO AND TRAFF.	Parties Mande assess of Converse, Sphastof
	committee and a second	District Flexible System of Conference, Madradian
81	21: TARSEROY BHEALOA	Second Reads Saline of Selection Published
*	promis has 100More	Colleges March Salam of Laborator, Michigan
	CONTRACTOR AND INC.	Control Break patter of coloning Autopias
	DESCRIPTION NOTES.	Control Person between Properties (Indicated
11	CONTRACTOR BARN	Charge States Indian of Selection Schoolse.
11	THE STREET BANGER	Children of Memphistations of Enterphysical Advances
P	COURSE NAME	District Proofs areas of Asterbay Substitute
10	CONTRACTOR AND ADDRESS OF THE PARTY OF THE P	Corner of Shareful Incomes of Sections, National,
11	COLUMN STREET	Charity of Medit James of Johnston, Published
10	DATES AND THE PARKET	Character Shareto business of Controlling States and Character Shareto business of Controlling States and
100	DEDECT MAN	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1
14	NAMES OF THE PARTY	Toronto Marki, Sumon of February, Published Financial Reside Sentence of February, Rybindary
16	TOTAL IN COMPANY	Finance Streets towards of Estimates Systems
-	STOLENS PROPERTY.	Patrony Bloom makes of Commiss, Habitan
#1	CLICATION AND MARKET STREET	Committee of the commit
4	STATE STATE OF PLANE	The same Proper business of Tartachage Parkers and
10		Photographic water of Fallening, but that
41		Charles thank before if fallering through
	Account to the second s	Character Margella Science of Sectioning, Auditobar
1	E HIGHTON	Chattage Month better of Laboring Aylicolog
		Chargest Boards between of Scientisty, Published
	LANCE NAME AND ADDRESS.	Principal State of Section 19, 15 decided
		Character Streets Indian of Sectionings Makeshoot
	* PATTERNAME.	Chicago Marett Mares of Security, Sylvetol
17	O DESCRIPTION OF THE PARTY OF T	Districts the six better of Partnerage, Epiterbal
13	* NAME OF TAXABLE PARTY.	And Territory Branch Indian of Periodical Particular
	· Landan monthly regard	Concern Streets Indian of Salaring Holested
17	a commence of the company	Comment May also below of Terimony, Hybrotic
	H DESCRIPTION NAVO SEAR	Charles Stands became if Industry, Sylvatio

-		Control of the Contro	1	HER			***	er :		-		1.	-	MIL.		0-0-60
	Agent of the Purfequent	Name of the Institute	State College	11 often	il Plan -	line-	11,894	D.Plan	and the same	11.00	Lifer	200	in the	- Apr	-	30-34
-	HARDSON ACCOMMODATE	The one Month letting of Technology, Haberbut	11.60	WI	1721	WA	12	1/1	44	110	NE	11.4	11)	121	11	XXX
-		The way Branch bottom of Indicates: Hadronal	100	K.	1000	1	1	15	800	Fee	Tat.	137	1	La	The	42 4
	HARAMILT SHITMANN	France Haufs topics of Televing, Noticeled	For	Pil and	Com	1100	2	Janet	cer	200	100	200	20	144	Celd	Total de
	HURRICAAS	Harris, a Margin frating of Laboratory, Nyderdool	-	LADE:	100	1700	20	65	100	10	045	30	35	100	file	25 KG
-	HOLINE MARKET	Charles a Manufacturing of Technology Hydrathad	M. HE	10.45	1000	100	4.45		4.00	1250	- 3	er 2007	m - 15		13	
*	MARSH, A MANUS LIVERS, SCHA	Charlesys Blasser, Institute of Technology, Prydrated	den	12	1	10	7.6	1.44	14	Liles	-	34.1	-64 Z	Sic	1	4/ 7
*	MELABORATO THE RESIDENCE	The second secon	-	A.	37	197	4	7.	9	97			200	200	15	FE 7 FE
1	WINDOWD PROM	Council Darch bottom of Televisings Princeton	99445	1 8012	i delivery.	Arriva.	400	Esta	1		وملكة	-	1	-	-	200
0	HAT VAR CORNER SEE	Contract Blank leases of Televisy Pytholist	1912	Sec.	0.525	W.	왱	52			6×	271	24	2	1	
	SECONDALISMENT D	Charteryo Bhareki Institute of Tacheslegs, Mydrotted	15914	250	1997	254	0.24	Charle	(24)	124	236.	26	500		367	220 19534
it.	DATE BURA	Charles of Blanch States of Technology, Pydrodol	Make	1400	1105-	Mars	260	Miles.	100	Di-	25ti	1000	Mary.	1900	s.fee.	Mig. W
-	SANSA BACKISTA	Character Mountain between of Technology, Nytonian	(6)	0	Sec	Su.	2	Bu	E.	99	6	Si.	6	500	Se.	2
160	Maria Proper Has	Chartery Blooks indicate of Technology, Hydrodool	V	des	Ob	1.4	Se-	3413		Mr. S	Jan J	Stel.	10	-	3	- O
	ALAMBACONDA DISABILITA	Physics of the sale indicates of the backings, the backet	103,45	a lit	1.9	14年		1	4	200	1	100	+	1 4	نتفاة	A 6
	DATE AND SANTAGED?	Character Bharate between of Ferbestrap, Hotestad	Jul.	V	100	100	12	m.	140	10.3	20	0.3	25	1	20	20 150
N.	PRINCIPLE STREET	Character Shapes harms of Turkerings, Hydrologic	34	16	14	V.	K	14	15	Ye.	K	16	18.	82	15	A
-	e opposition of the extra	Charlety & Bloomby Seatting of Technology, Hydroffod	(3.9	35	0.9	00.1	39.J	(39H)	V26 (Age L	9	33	(33.)	12	9	रच (१७
11	P (DOCKENS)	Charles or Barrella basings of Tackenings Districted	100	100	27.7	27	7	V.11	1	1	33±	오라!			27	24 3
41	P DESCRIPTION OF THE PARTY.	Character Manufaction for Parkenings, Hydrodial	ar	31	A.	3	98	1	4	# 1	di-	1	-10	0	#	2 10
14	7-MAX-2-211907	Character Streets broken of Tachesings Hydrodist	54	500	Sale	10	34	100	2	+	4	4	and the	d	100	40
11	Contract Contract	Character Stageath Senten of Technology, Hydrodical	Elian	Frank.	C (211	River	24-	A. I	إبساؤ	4-3	10-1	the !	2	Little-	وعش	A Paris
*	PATALAGEZAREN	County Streets torons of Enterings Spinsted	End	Carp	Cort	500	0.00	50-65	Sec.	(a-10)	3-11	44	no.	Sec	5	CAL SIM
**	PATERIAL NOTES A	Charmy Charles Susceed of Sulberlage Materials	15	Ben	John	Per	A.	Acres	1644	-	1	4-3	(20)	free.	de la	2+//200
*	DOUBLESS THOUSE	Charles a Branch Statement Contrology, Hybrodist	10 14	4.50	4.50	4.21	130	8-544	PERM	111	124	(#)	1-34	100	1.23	HUIN
*	DUNCHULARING	Laurent Margin Substant of Sasterday, Hydrodeel	Com ye.	People	French	14	Deep.	Page 1	-	Date F	mails 1	ap.	-	-	-	in the
÷	POSSESSION PROCESS.	Common Shorake manage of Sentencing, Hydrograf	An	0.0	0	Eghe	Agres	etion !	De.	Sp.	100	25%	1	4554	43	P+154
÷	25,00,005,7,9E023	Character Streets and an Ambaring Hydrodes	13.15	0.00	20	60.00	Sheet	4	bear !	Red F	1	Post !	4-1	1	b.	Spilling
	Rocket Tooley	Charmes Manade Bushies of Sectionings, Hydrodes	120	15 UT	640	DW	244	294	Perk	5.64	41.00	Pair!	200	100	2.94	201684
80	EVENTAGE OF THE STATE	Champy Manda terms of fundancing stydeyhold	160	10	Ca	700	100	(5-6)	200	158.7	EA I	0	0	20.	57	210
*	THE WAY WELLT.	Character Shareds Statement Statements Controlled	20	730	100	700	411	30	SE	10	30	Sec.	58	10	23	DF 150.
**	BRUSH DAVAGE	Lawrence Minerally Insulance of Facilities and Psychological	Bened	110	(face	the	Day	Ulas	Mari I	-	No	Devi I	Mary .	tion.	Plane I	A
*	DIEGENERATIVATE	Flaring Stands Indian of Samuring Producted	China	(Acc)	The state of	That	للنقاتا	(Aug	Sec.	Carr	181	Park.	R.S.	West.	Chi	Sales Park
÷	DATE OF THE PARTY	Particular State of Santaning Particular	17/1/2	100	100	74.5	100	Act A.	Yes !	44.4	1	Sec. 1	179	10	3	X 1.77

-	Special distributions		-	1141-00			***			-			40.00			101101	
	ANTERN SOMEON	Market of the Southern	to Steen	Sec.	's Marie	NA MILE	No.	1.864	ra Street	to Nico	- Migris	Marie de Marie	les.	Libert	Marie Common	11,000	Liller Liller
br.	MIAN ROTTON	Charles a Minister Survey of Taylor-spirit Street,	Cake	Cong	300	64,	Cake	6.34	64	645	Lin	Carry	de	(44)	Colo	list.	lako
	The state of the s	Charles Bloom many of Yellowy, Makester	1230	542	23.5	1.3	133	N. K.	a.	623	6630	400	21.	F.T.	20	62	Eda
_	REMEASURE.	Photographical terms of transport transport	Wash.	Make	78-1	2 44	ina	Spirit.	18444	Barre	Albert	dia.	Chicks.	State.	Charle.	Ataba	Hite.
	MINISTER.	District Street Some or Sunning Colored	Lil.	a	4	N.	14	de	The same	Alexander	AL.	A.	1	Di.	Charles .	51-	40
6	MARKETTI AND A STREET	I former thank house a featuring franchis	LA	100	dist.	-	40	2.7		200	4.71	200	00	400	1	and I	4100
	BREADON, THANAN	I beauty brook house of become desired	E.	1	2 -1	200	1	300	2	2	2	81	6.1	2	No.	MC 1	24
*	SERVICE STATE OF STREET	Deleter Beach bears of belowing belowed	17.8	25.0	2.1	200	TX	Tu	21	Tit	371	7 1	TV	200	22	3.5	1
	ROBBITSAILIAN.	S Refered Ministration of Technology, National	12	100	SL	34	CV	2.5	100	31.	42	6	K.A	35	54	3.4	84
	110115-04	(Parintes Messie Institute of Enterings, Institute)	Die.	100	West of	115	21	70	11	783	14	10	11	110	717	44	OL
**	LISSNI MENN	A Personal Million Pro Seasons of Printerings, Hardwoodse	1 7/10	1 000	Augh	36.5	30.5	14.3	11.4	N. A	73.4	7964	10.3	4 X4	-363	and	7964
**	THEORY AND THE PROPERTY.	Distriction Ministry Season of Parliading Systematical	100	335	200	1000	185	231	48.7	4	75%	-0.5	68	Tet.	TOP	180	1907
	T PART OF SOME BARRY	Affinism of the early becomes as that using a Representati	K	6	2	Z.	193	20.1	# 1	C	1	- 8	4	25 -		V	3
*	CETA-MONTERODA.	A Removal Districts Management Technologies Toronteed	South	34	Buch	34	35	201	54	3.3	1.5	Short	200	Seed.	44	State	Beech
101	CASHRACI SANGGARGAA	Character Streets Summer or Landerton, Na Brown	121-6	Carl.	Gel	7.1	27.3	34	10%	Della	25.1	6.1	202	West	But	944	20
41.	VANA NA NORODNA NASIA	Printing a Break business of Consequence State about	No.	in	6.40	400	14	tra.	Lay.	NY	che	Capa	10	1-1	fage	67	for
181	TERRITARIAN MARKET	(Therman Procedule Immery or Th. Incomp. Thickness)	100		持一	4.	200		2	K. 1	(0)	F	En	1			15
41	TEDS ATAPONORNOS NOS CONTROL C	A Charleson Street Street Street, and Street,	1	4-	4	1	al	44	4	1	ph	48.4		4	gd.	ab	46.
-	PERSONAL GENERAL CO.	(Champs Manual Agency of Statement, Andreas	water	2. 34	12. 1	uc-	1.64	1	1	0.63	4.40	and t	414	ve di	4.60	4.4	*

to resoluble white

Quiz_Raspberry Pi and its Interfacing Total points 20/44 Email * phanendrababu_eee@icbit.ac.in X Name* Verikataphanendrababu ★ College Name * CBIT Q1. Which instruction set architecture is used in Raspberry Pit * a) X56 b) MSP EL AVR d) ARM

helps into a groupe consideranche Hi-Apriz Schladinghod michangent highworld bunks gift Mic in presence the Third Schladinghod michangent highworld bunks gift Mic in presence the Third Schladinghod michangent michangent

X 02 How much memory doe	raspherry pi model B+ have? •
○ S12 MB	
● 619 MB	
○ 438 MB	
○ 765 MB	
Correct answer	
512 MB	
V 03 D	

- X Q3 The input voltage for raspberry pi model B is around ______.

 SV
 10 V
 12 V
- © 15V Correct answer

5V

田

X Q 4 in which year the raspberry pi 2 model B is launched? * O 2014 O 7015 2016 2017 Correct answer 2015 Q5 Which raspberry pi model has an Ethernet port? * ○ Model A+ ○ Model 6 * Both of above None of the above

11

第一日 | 100mm | 100mm

- 0 :
- 12
- O 14
- () AR

Cornert answer

40

X Q7 How much RAM does raspberry pi 4 model ii have 1 *

- ② 2 08
- O RIGH
- 1 4 GB
- O HOB

Correct answer

(B CE

D

×	Q8. In which year the raspberry pi model 8+ is launched? *
S	2015
C	7014
3	2018
0	2020
Có	MCS MYS WITH
0	2018
	09. What is the standard form of SPI pin? *

- Serial Peripheral Interface
- Serial Parallel Interface
- Settal Parallel Input
- Senal Paradal Periorieral

1

	Q10 pins are the CERPS
	Q10 pins are the EEPROM pins on raspberry pi 3 model B *
0	SPIG o
•	GPIO 1
0	GPI04
0	BOth GPIO 0 and GPIO 1
GFR	ect arower
•	BOth GPIO 0 and GPIO 1
1	Q11 are the UART pins on raspberry pi 3 model 8 board *
0	GPI014
0	GPIO15
Ö	GPI0 16
•	Both GPIO 14 and GPIO15
1	012 Which port is used to power the raspberry pi device? *
0	Etheroid port
0	HDMI port
•	Micro USB power port

121

B

X Q16. Which command is used to change the directory? •
O in
O 6
● pwd
Conference the above
To the contract of the following
cd
\checkmark . Q.1.2 Which of the following is Operating system for R PC* -
O 129a
C Siburus
Windows In I
All of the above
✓ D18 Which one of the following is an open socice? *
C Wombiers
Linux
O filed BSD
Noticipation above.

retge Haces google condomina with Alpid Scheldingfold militariant A Hatword Punker girthda in 79% decreences for 18gb 18 vinescon Albig

Course Materials

Video -Links:

https://drive.google.com/file/d/1yB1m_qD3xvRyBRcUSArgG0CNIh6Mx90Z/view https://drive.google.com/file/d/16uZpPtFuDapQLc2DDuoW-Md3KkGSSy98/view https://drive.google.com/file/d/1Rutv4r8DdeJTv06FexbDb2A4O8u0TRQ6/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

Lecture Material:

https://drive.google.com/file/d/10RSKizI80TiYDi0xPsF6liclh1t79poU/view?usp=sharing



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 (50 9001:2015 Certified Institute

Brochure

Department of EEE, CBIT

Color ETC on Big Data Applications to Electrical Engineering

20-5 - 24th February 2027

Number Training Course Contact

- e Introduction to Big Otto Analytics and 44
- Novincesh Calls agradient using Value An inch.don Horstoneg Pitadware Consil
 Loading and Understanding Data with Statistics
- in University or one of the University of University of the University of University of University of
- Preparing 8 Pre-Processing Data insurential 8 Critique 661
 Paulue Prodyns & Smedian
- Thomas or innocurrients Its. Algorithms.
- Building a Crase liceson Madel from Screech with
- & Bulang a Regressor Model from Screen with
- Cose Stuly 1 Deep Learning & Eq Date
 Gree Study 2 Deep Learning & Eq Date

- C.Contury will be advang through experiently
 At account registered and prospered physicisms of perfection in Sources

STC Regist - a le-

the distributed as introduced



Organizing Committee

Chairperson Dr. P.Ravinder Reddy Principal CBIT

Convener

Dr. G. Suresh Babu Professor & HOD/EEE

Coordinator

Or. M. Baiasubbareddy

Associate Professor, Dept. of EEE Mobile: +91-9885308964

Co-coordinator

Dr. P. Kowstubha

Associate Professor Dept of EEE Micobe: +91-9676402000

Experts

Dr. Shimi S.L.

Assistant Professor, N TTTR Chandigatts

Dr Lini Mathew

Professor, NITTTR Chandig Wh

Dr. Jagriti Saini

Elemal RESTEM

For turther details please contact: E-mail balancestation, conflicted, ac. of

ELWIDATIA CONTINUES IN



Department of Electrical and Electronics Englacering



Dr. Association with

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

20th - 24th February 2/23



Chaltanya @hornificinsotore of Techningy
(Asserting Street Control Control

Chart och Morathi habbon av Technologi, (CMT)

CP-T is one of the person Proposering Problems in the person of the pers

About Department

CB-1 stands one blacks at A declarate because the present of the declarate at 1984, and present of the stands of the SSA by the residence of the stands o

About South Form Courses (SEC) by the market decides the product of el-menty words patients and constitues a large accounts of the date to bein make their observational consort. These princesses one term as distribute in Figure Sectivitions; Wile clubberry and expression et il apply them to one o expensive distance with the though all riverse from Way clotte or saying forgit. to common to get enights from bulley's huge data minumes. Procee triggerations, and machines THE REPORT OF THE PARTY OF THE er- just come in emption. Marking Subcome of education please ing table tim provide an effective way to eliterative the tasks consistent of the column and and from specific cross, is popy and can complete makely provide the grown grafts a more secure related elicinate in community class, editionally a region er rips release to alternation TIT Beginnergoon.



Time Table

Chaitanya Bha athi 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

	A	IIVES-ICEDICS	
DAY &	Live Session - 1	Live Session - 2	Live Session - 3
DATE	10.00 AM to 11. 30 AM	12.00 PM to 1.30 PM	2.30 PM to 4.00 PM
Monday	Course Inaug	g Data Analytics	Introduction to IoT and Al
20/02/2023	Introduction to Bi		(JS)
Tuesday Indoor Air Pollution 21/02/2023 Monitoring - IoT Case Sta (JS)		Loading & Understanding Data with Statistics (JS)	Understanding Data with Visualization (JS)

Wednesday 22/02/2023	Preparing & Pre-Pre-cessing Data (Numerical & Categorical) (JS)	Preparing & Pre- Processing Data (Numerical & Categorical) (JS)	Feature Analysis & Selection (JS)
Thursday 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)
Friday 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

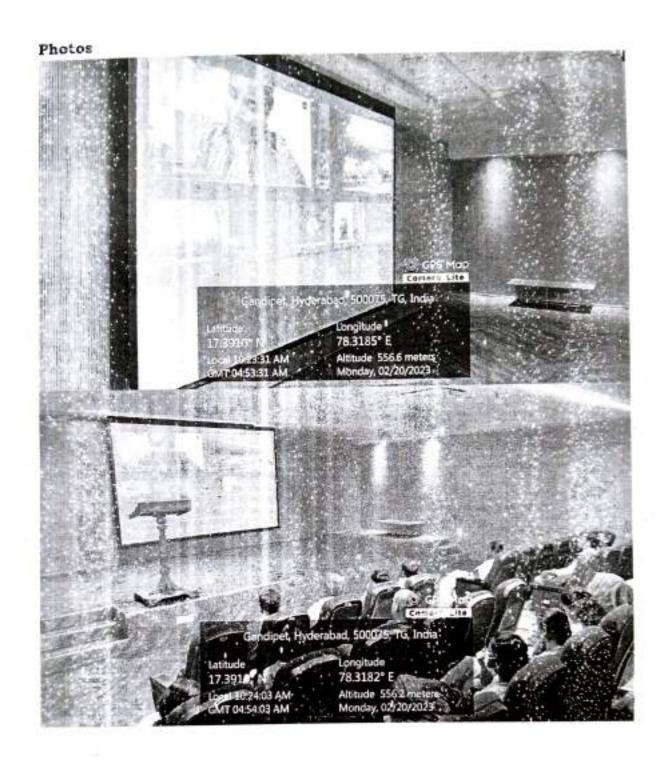
JS: Dr. Jagriti Saini, Founder Eterna! RESTEM, Sunder Nagar, HP

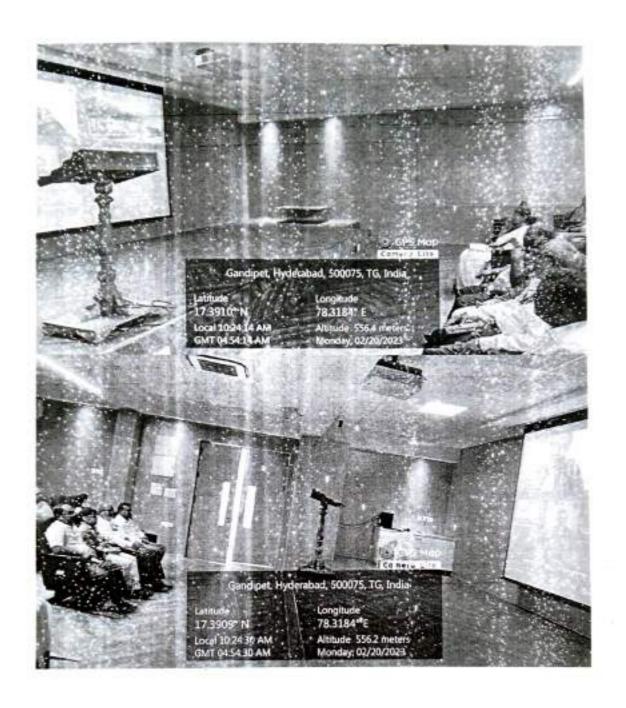
Coordinator: Dr. M. Balasubbareddy, Associate Professor Co-coordinator: Dr. P. Kowstubha, Associate Professor

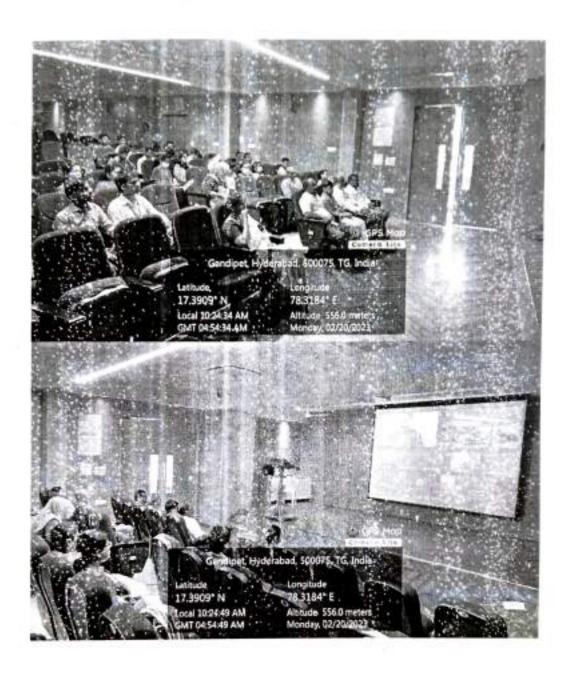
List of Registered Participants

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









Attendance sheet





Sample Quiz

2/24/23, 2 33 PM

STC on Big Oata Applications in Electrical En	gireering, during 20/02/2023 to	24/02/2023
310 30 00 00 00 00		
Email *		
balasubhareddy_eee@cbit.ec.#1		

 Identify the typic of Tearning in which 	is tabeled training data is used	= 1/1
Semi-Supervised Learning		
Unsuper-road Learning		
		9
 Supervised Learning 		
Reinforcement Learning		
 Which ere of true following is the fe 	iterry for machine learning alg	arithm in 197
the Pythor?		
seaborn		
shleam		
matplottih		
normpy		×
Correct answer		
(iii) skleam		

Owe

May to the compression of the Co

The second secon

Committee of the state of the state of the

a least of the finite about the following * 1/4.

St. Steamer Steam

-

B -- 1 -- 1

With the second section of

83

2/24/25, 2.17 PM

Over

~	Structured data comform to a data model or achigina and is often stored in tabular form.	.171
(1)	True	1
	False	
V	Which of the following is not a machine learning algorithm? *	171
	SVM	
	KNN	
	Randovn Forest	
0	svg	1
~	MongoO9 is a datorses *	1/1
	RDBMS	
0	NcSQL	1
	sot.	
	DBMS	

128

TABLE TO SEASON SEASON SEASON TO A NEW YORK OF THE PROPERTY OF

Which one of the following is the correct extension of the Python file?

python

py

python

python

Anicologic which of the following shows an example of unstructured data.

All 1, 2 and 3

2, Videos

Only 2 and 3

3. Audio files

1. Student's roll number age

This form was constructuable of Notional Existing of Territocal Toschers Training and Research Changiann.

Google Forms

Course Materials

Wind Turbine Dataset - EDA and Prediction:

https://colab.research.google.com/drive/1RgjFDD6sSYmq7GR9dfi7NVAZ533oyll?usp=sharing

Building Model from Scratch:

https://colab.research.google.com/drive/iwSiLPfYPHzg_J2YizYmnUwFuN39bT_qu/hisp=s haring

energy_dataset.csv

https://www.kaggle.com/datasets.nicholasjhana/energy-consumption-generation-prices-andweather

Interpolation documents

ntips://pandns.pydata.org/docs/reference/api/pandaa.DataFrame.interpolate.html

Related information

https://keras.jp/api/layers/recurrent_bivers/simple_mn/