





# 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

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



### Chaitanya Bharathi Institute of Technology

(Autonomous under UGC)
Affiliated to Osmania University
Accredited by NAAC-UGC and NBA-AICTE ISO 9001:2015
Certified Institution Gandipet, Hyderabad, 500075
Telangana State, INDIA

### **CHAITANYA SATTVA CLUB**

### **About club**

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

### Student Executive board

- A. Akshay, President, 7287078216.
- P. Azeez khan, Vice- President, 7032301307.
- K. Aishwarya, General Secretary, 7671086563.
- N. Manoj, Treasurer, 6301672271.
- M. Anoop Kumar, Joint Secretary, 7794902421.
- R. Tulasi, Joint Secretary, 6300605754.
- M. Sreenija, Student Advisor, 9676186570.

Gmail: chaitanyasattva cc@cbit.org.in

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





### CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY (A)

Kokapet(Village), Gandipet, Hyderabad, Telangana-500075. www.cbit.ac.in











ISO Certified 9001:2015



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!!

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A T	For any queries contact Anoopkumar: 7794902421 Fulasi: 6300605754 nstagram -> <u>@chaitanya.sattva</u>	
* Re	equired	
1.	Name *	
2.	Roll No.	
3.	Year *  Mark only one oval.	

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

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Google Forms

,Ĕ	Tim Email Address	Name	Roll No.	Year	Branch	Section	Section Phone number	Skills you want to develo Completed	ompleted
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7	2 vineethreddyys@gmail.com	Vineeth Reddy B	160120737060	လ	3 IT	_	8500804963 Soft skills	Soft skills	
က	3 eshajatling123456@gmail.com	Jatling Esha	160121732007	2	2 CIVIL	_	8019989965	8019989965 Making proper decisions	
4	4 nitishchinu2486@gmail.com	K.Nitish	160121732032	2	2 CIVIL	_	8332921800 Soft skills	Soft skills	
2	anuraggundla@gmail.com	<b>GUNDLA ANURAG</b>	160121732031	2	2 CIVIL	_	7702639429	7702639429 How to over come lazyness	
9	6 charitha.b0702@gmail.com	B Charitha	160120737318	လ	3 IT	3	6301666899	6301666899 Communication skills, soft skills	kills
7	7 bhavanaganganamani2229@gme Bhavana Ganganamani	Bhavana Ganganamani	160121734007	2	EEE	_	9440420687	To overcome overthinking a	9440420687 To overcome overthinking and to develop self confidence
ω	8 srivenideshetty3@gmail.com	Sriveni	160121748303	2	CSE	4	9989042964 Coding	Coding	
6	9 simharajusathwik17@gmail.com Sathwik	Sathwik	160121734059	2	EEE	~	9381361629	9381361629 Mind management	
0	10 shishirint9@gmail.com	Shishir Kathi	160121733125	2	CSE	2	9701289153	Features of mind for better	9701289153 Features of mind for better focus, an optimistic understanding of things
_	11 varunkamshetty40@gmail.com	Kamshetty Varun	160120735115	လ	ECE	2	8919435017	8919435017 Time management, concentration.	tration.
2	12 nehareddysingu@gmail.com	S.Neha Reddy	160120771010	က	AIDS	4	9440163372	9440163372 Controlling my emotions	
က	13 yaminiamrutham@gmail.com	A.Laxmi Yamini	160122749004	_	1 CSE	_	9246737495	9246737495 Peace of mind	
4	14 sai.tiru17@gmail.com	T. Sai Samanvith	160120736100	3	3 МЕСН	2	6303761841	6303761841 Communication skills	
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0	19 achetan2004@gmail.com	chetan	160121733034	2	CSE	_	8125442308 none	none	
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က	23 arpulaakshay022@gmail.com	lalith	160121734035	2	2 EEE	_	7981034096	7981034096 Mind management	
4	24 arpulaakshay022@gmail.com	Gudem Shruthika	160121737010	2	2 IT	_	9666370136 None	None	

## **ACKNOWLEDGEMENT**

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

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

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

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

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

## **ABSTRACT**

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

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

### TABLE OF CONTENTS

INAUGURATION OF THE COURSE	05
COURSE OBJECTIVES	08
ABOUT THE COURSE	09
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.

# ಲಕ್ಷೆ ಸಾಧೆನೆ ತಿಳಿಸಿಂ ಮೆನೆಂ ಏನಿ ವೆಯಾಶಿ : ರಾಮಿಲ್ ಸಿಂಗ್



అక్షర శకం,హైదరాబాద్, జనవరి 28: చైతన్య సత్వ అనేది 26 సిబిఐటీ నుండి మానవ విలువల గురుంచి మరియు నేర్బేంచే ఒక క్లబ్. ఈ క్లబ్ (పతి వ్యక్తి యొక్క శారీరక, మానసిక, సామాజిక, భావోద్వేగ మరియు ఆధ్యాత్మిక అభివృద్ధికి కృషి చేస్తుంది. ఈ క్లబ్ ప్రత్యేకంగా సార్వత్రిక మానవ విలువలను పెంపొందిస్తుంది, ఇది ఏఐసీటీఈ ద్వారా ఇంజినీరింగ్ విద్యార్థులకు నిర్దేశించినది.యువత సాధికారత మరియు నైపుడ్యాలపై ఒక వారం రోజుల కోర్సును ఈ నెల 23న ప్రారంభించి ఈ రోజు తో ముగిసినది. కోర్పు పూర్తిగా మైంద్ మేనేజ్మెంట్ స్కిల్స్క్ , లక్ష్మాలను నిర్దేశించుకోవడానికి మరియు లక్ష్యాలపై దృష్టిని మెరుగుపరచదానికి వాటిమీద దృష్టి పెట్టింది.నైపుణ్యంతో కూడిన



# ప్రతి ఒక్కరూ లక్ష్య సాధన కోసం పని చేయాలి

# - ఎస్ అంద్ పి గ్లోబల్ హైదరాబాద్ ఎగ్జిక్యూటివ్ డైరెక్టర్ రాహుల్ సింగ్

హైదరాబాద్,28జనవరి,క్రాంతిజ్యాతి: ప్రతి ఒక్కరూ లక్ష్యాన్ని పేర్పరుచుకాని లక్ష్మ సాధన కోసం పని చేయాలని ఎస్ అండ్ పీ గ్లోబల్ హైదరాబాద్ ఎగ్జిక్యూబివ్ దైరెక్టర్ రాహుల్ సింగ్ నూబించారు. యువత సాధికారత,నైవుణ్యాలపై సీబీఐదీ కళాశాలలో నిర్వహించిన వారం రోజుల కోర్చును ఈ నెల 28న ప్రారంభించగా శనివారం ముగింపు సమావేశానికి ఎస్ అండ్ పి గ్లేఐల్ హైదరాబాద్ ఎగ్జిక్యూబివ్ దైరెక్టర్ రాహుల్ సింగ్ ముఖ్య అతిధిగా హాజరయ్యారు.ఈ సందర్భంగా అయన మాట్లాదుతూ వైతన్య సత్య అనేది సీబీఐటీ నుండి మానవ విలువల గురుంచి నేర్పేంచే ఒక క్లబ్.ఈ క్లబ్ మంతి మృక్తి యెలక్ల శారీరక,మానసిక,సామాజిక, భావోద్యేగ,అధ్యాత్మిక అభివృద్ధికి కృషి చేస్తుందని తెలిపారు. ఈ క్షబ్ ప్రత్యేకంగా సార్వత్రిక మానవ విలువలను పెంపొందిన్పందని,ఇది ఏలసీదీఈ ద్వారా ఒత్తిడి,మనస్సు నిర్వహణ,ఒత్తిడి నిర్వహణ,స్వీయ,సమాజం,నీతి, చేరుకుంటారని పేర్చాన్నారు.గౌరవ అతిథి న్యారం, ఆమెర్య ప్రామాలు, అహాం, విశ్వానం, తోటివారి చెప్పారు. విజయం సాధించిన వారు ఉన్నత స్థాయికి



నిర్దేవ, నాయకత్వ లక్షణాలు, శక్తి, ఉనికి స్థాయలు, పోషణ,మన మంచి నిర్ణయం, జీవన కక పిరమిడ్తో నమానమని ఒక్కరక్షతణ్ణతలు తెలిపారు.

# **COURSE OBJECTIVES**

- 1mprovement in learning and research competency.
- 1ncrease student employability.
- Create opportunities for youth to develop their interpersonal skills.
- Enhance abilities of youth to handle stressful conditions.
- Improve relationship between teachers and students.

### ABOUT THE COURSE

Founded in 1981 by 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 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.

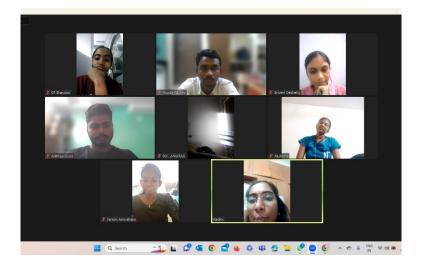
22-02-2023

Session-17

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

Topic:- Follow up and practice

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.

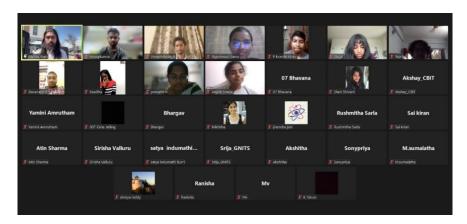
01-03-2023

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.

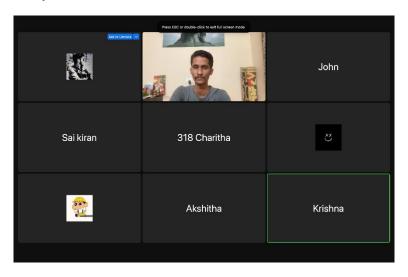
15-03-2023

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

29

# 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

YEAR

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
	has worked as Organizer of "Value Added
Course on Youth Empowerment and Skills(YES!+)"	in January-March 2023 at Chaitanya Bharathi Institute of
<b>Technology (A),</b> Hyderabad - 500 075, Telangana, Indi	a <b>.</b>

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

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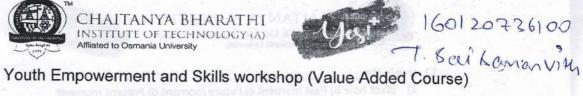
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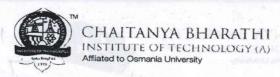
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J.esha	160121732007	CIVIL	8019989965	12	28
Kathi shishir	160121733125	CSE	9701289153	14	25
lalith	160121734035	EEE	7981034096	ab	5
neha	160120771010	AIDS	9440163372	14	23
Nitish	160121732032	CIVIL	8332921800	13	25
Regu Sai Kiran	160120736097	MECH	9121738876	7	23
renuka	160120732012	CIVIL	8790365879	10	23
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sathwik simharaju	160121734059	EEE	9381361629	1	24
shivathmika	160120737134	П	9392388744	13	23
SONTE YASHASWINI	160121734016	EEE	7670975770	6	24
sriveni	160121748303	CSE	9989042964	6	28
Thousif udhin	160121748060	CSE	9884639786	ab	2
varun	160120735115	ECE	8919435017	8	23
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	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2	11 8
2.	The Quality of life depends on Happiness enden
	Committee and a series of series of a manage to believe to
3.	
	a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4.	Active acceptance means
	a) Accept and don't take any action b) Don't accept anything c) Accept and take an active
	action d) Accept everything
5.	How to get mind to the present moment
	a) Body b) Water c) Food d) Breath
6.	Don't seebehind others mistakes
	a) Mistakes b) Outcome c) Values gy Intentions
	and we crop a no who word a multiple god and a por
7.	Total amount of breath we consume every day
	a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8.	Ujjai breath means
	Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	and an arrange of the action o
9.	The Power breath is also called as
	a) Ujjai b) Vijay 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
	y sit sit have shall all rogi 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
- The wisdom for happiness is delinking it from\_\_\_\_\_

   a) Money b) Wealth c) People d) People and situations
- 15. Explain any knowledge point you remember from the course?

A) opposite values are complimentary and they coexist.

Live in a present movement or not think about the post or butwire unecessarily it increases tension.

Just do the things which eyou aspire to do without expecting anything from anyone (or) con not expect any result. Live happily.





B. Charitha.

	INSTITUTE OF TECHNOLOGY (A)  Afficient to Company University
	Youth Empowerment and Skills workshop (Value Added Course)
	Youth Empowerment and Skills workshop (Value Added Course)
	Assessment test
1	a) Satellite b) Artificial intelligence c) ChatGpt of Mind
2	. The Quality of life depends on state of mind
3	The meaning of Sagathchadwam is <u>let's run</u> to gether.  Let's run together b) Let's eat together c) Let's play together d) Let's move together
4.	Active acceptance means Accept everything     Accept and don't take any action b) Don't accept anything c) Accept and take an active action by Accept everything
5.	How to get mind to the present moment breach.  May Body b) Water c) Food-d) Breath
6.	Don't see
7.	Total amount of breath we consume every day 5000 Litres of 5000 Litres
8.	Ujjai breath means breath of energy Breath of Ujjain c) Breath of Victory of Breath of defeat
).	The Power breath is also called as Bhastrika  a) Ujjai b) Vijay c) Astrika of Bhastrika
0.	Who started The Art of Living foundation Ser Ravi Shankar,  a) Jaggi Vasudev b) Baba Ramdev Sri Sri Ravi Shankar d) Yogi Adithyanath
1.	Opposite values are complementary and coexict together.  Opposites of Complimentary to each other c) Negatives of 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 Dower
  - a) Increases the comfort zone b) Happiness c) Power d) Ali the above
- 14. The wisdom for happiness is delinking it from \_\_\_\_\_\_ peo ple .

  a) Money b) Wealth () People d) People and situations
- 15. Explain any knowledge point you remember from the course?

+ Being consistent, self exploration,

don't see intentions behind others mistakes.





P.Shivathmika

# Youth Empowerment and Skills workshop (Value Added Course)

2. The Quality of life depends onSTOCK of Mind  3. The meaning of Sagathchadwam is	1	a) Satellite b) Artificial intelligence c) ChatGpt d/ Mind
3. The meaning of Sagathchadwam is		a, and a first and a meaning crice of character of initial
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together  4. Active acceptance means a) Accept and don't take any action b) Don't accept anything e) Accept and take an act 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	2	. The Quality of life depends on State of Mind
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together  4. Active acceptance means a) Accept and don't take any action b) Don't accept anything e) Accept and take an act 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) Money D) Wealth c) People at People and situations
a) Let's run together b) Let's eat together c) Let's play together d) Let's move together  4. Active acceptance means a) Accept and don't take any action b) Don't accept anything e) Accept and take an act 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	3	. The meaning of Sagathchadwam is
a) Accept and don't take any action b) Don't accept anything c) Accept and take an act action d) Accept everything  5. How to get mind to the present moment		a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
a) Accept and don't take any action b) Don't accept anything c) Accept and take an act action d) Accept everything  5. How to get mind to the present moment	12	MATTER TO BENEFICE SCHOOLS FROM A
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	4.	
a) Body b) Water c) Food d) Breath  6. Don't see		action d) Accent everything
a) Body b) Water c) Food d) Breath  6. Don't see	5.	How to get mind to the present moment
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 10000 Litres  8. Ujiai breath means a) Breath of energy b) Breath of Ujiain c) Breath of Victory d) Breath of defeat  9. The Power breath is also called as a) Ujiai b) Vijay c) Astrika d) Bhastrika  10. Who started The Art of Living foundation a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath		
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 10000 Litres  8. Ujiai breath means a) Breath of energy b) Breath of Ujiain c) Breath of Victory d) Breath of defeat  9. The Power breath is also called as a) Ujiai b) Vijay c) Astrika d) Bhastrika  10. Who started The Art of Living foundation a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath		TOZ JO July July -
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 10000 Litres  8. Ujiai breath means a) Breath of energy b) Breath of Ujiain c) Breath of Victory d) Breath of defeat  9. The Power breath is also called as a) Ujiai b) Vijay c) Astrika d) Bhastrika  10. Who started The Art of Living foundation a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath	•	whose sighers
<ul> <li>7. Total amount of breath we consume every day</li></ul>	Ь.	
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<ul> <li>a) 100 Litres b) 1000 Litres c/ 5000 Litres 2 10000 Litres</li> <li>8. Ujjai breath means</li></ul>		
8. Ujjai breath meansa) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat  9. The Power breath is also called asa) Ujjai b) Vijay c) Astrika d) Bhastrika  10. Who started The Art of Living foundationa) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath	7.	Total amount of breath we consume every day
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9. The Power breath is also called as a) Ujjai b) Vijay c) Astrika d/ Bhastrika  10. Who started The Art of Living foundation a) Jaggi Vasudev b) Baba Ramdev c/ Sri Sri Ravi Shankar d) Yogi Adithyanath		/ 4
9. The Power breath is also called as a) Ujjai b) Vijay c) Astrika d/ Bhastrika  10. Who started The Art of Living foundation a) Jaggi Vasudev b) Baba Ramdev c/ Sri Sri Ravi Shankar d) Yogi Adithyanath	8	Illiai broath means
9. The Power breath is also called as a) Ujjai b) Vijay c) Astrika d/ Bhastrika  10. Who started The Art of Living foundation a) Jaggi Vasudev b) Baba Ramdev c/ Sri Sri Ravi Shankar d) Yogi Adithyanath	0.	
a) Ujjai b) Vijay 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	1	y-r steam of one gy by breath of organicy breath of victory dy breath of dereat
a) Ujjai b) Vijay 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		a distant the second of the
10. Who started The Art of Living foundationa) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath	9.	
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a) Jaggi Vasudev b) Baba Ramdev cy Sri Sri Ravi Shankar d) Yogi Adithyanath		The part of the pa
a) Jaggi Vasudev b) Baba Ramdev cy Sri Sri Ravi Shankar d) Yogi Adithyanath	10.	Who started The Art of Living foundation
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11. Opposite values are	11.	Opposite values are
a) Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together		Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist



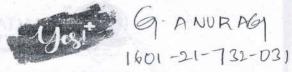


- - a) Black hole b) Past moment c) Future moment d/ Present moment
- 13. Responsibility gives a) Increases the comfort zone by Happiness of Power d) All the above
- 14. The wisdom for happiness is delinking it from a) Money b) Wealth c) People at People and situations

15. Explain any knowledge point you remember from the course? \* Don't become football of other inkntions - This point is most rememberance & touched to -> 02, Everyone Everywhere out some situetion will say mean things to us at some perspective. -150; In this course I have learned a

ralvable point 1.e "pont 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)

ď	a) Satellite b) Artificial intelligence c) ChatGpt d/ Mind
	ereda sin un la sessa de la companya
	2. The Quality of life depends on breath.
2	2. The Quality of life depends on breath.
	. The meaning of Sagathchadwam is_ W's move together.
3	
	a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4	. Active acceptance means
	a) Accept and don't take any action b) Don't accept anything c/ Accept and take an active
	action d) Accept everything
-	The second of th
5.	How to get mind to the present moment  a) Body b) Water c) Food d) Breath
	ay body by water cy rood dy breath
6.	
	a) Mistakes b) Outcome c) Values dy Intentions
7.	Total amount of breath we consume every day
	a) 100 Litres b) 1000 Litres of 5000 Litres d) 10000 Litres
0	
8.	Ujjai breath means      Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	Securior energy by breath or official of victory dy Breath of defeat
9.	The Power breath is also called as
	a) Ujjal b) Vijay c) Astrika d) Shastrika
10.	. Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev cySri Sri Ravi Shankar d) Yogi Adithyanath
11	
a)	Opposites by Complimentary to each other c) Negatives d) Complimentary and Coexist
-/	together together complimentary to each other c) Negatives d) Complimentary and Coexist

	CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY (A) Affliated to Osmania University	- Yest
2.	2. Live in the	Youth Empowerms
	a) Black hole b) Past moment c) Future moment d)	Present moment
2	Page 18 Marie 18 Mari	
э.	3. Responsibility gives	
	a) Increases the comfort zone by Happiness c) yowe	er 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?

an conserved our confidence.

-> con increase our emotions in a right way

Ujjai bresth means V. Bresth of energy bi Bresth of Ujjain of Bresth of Victory (I) Bresth of

acadomael (chiu en con obtenio en constitución

offic values are





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

1.	81
	a) Satellite b) Artificial intelligence c) ChatGpt d/ Mind
2.	The Quality of life depends on Dwself
	a) Money b) Wealth,c) Popple W Feople and ansattons
2	The meaning of Sagathchadwam is
٠.	a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
	- No com get completed to content
4.	Active acceptance means
	<ul> <li>a) Accept and don't take any action b) Don't accept anything Accept and take an active action d) Accept everything</li> </ul>
5.	How to get mind to the present moment
	a) Body b) Water c) Food d) Breath
	경기 가는 우리 있는 것도 하는 것이 없는데, 그는 것이 하는데 하는데 없다.
5.	Don't seebehind others mistakes
	a) Mistakes b) Outcome c) Values d) Intentions
	그렇게 되었다면 하는 사람들이 되는 것이 하는데 없는데 하는데 없.
7	Total amount of breath we are well-
	Total amount of breath we consume every day
	200 Littles by 1000 Littles C/ 5000 Littles d) 10000 Littles
	강성을 다른 이 얼마들이 모르는 말이 보고 있는데 이 말이 불만큼 이렇게 되었다.
3.	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
	The Device beauty is also all the
	The Power breath is also called as
+	of off and vilay () Astrika u) briastrika
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 for
	Opposite values are Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist
,	together



L2. Live in the	AN THE STATE OF TH
	Past moment c) Future moment d) Present moment
a, black flote by t	as thoment cyratare moment by Present moment
	Total monoconcorn
3. Responsibility give	White the most extended bedrought in the world.
	comfort zone b) Happiness c) Power d All the above
u) mercuses ene	comore zone by napplitess cy Power grail the above
4. The wisdom for ha	appiness is delinking it from
	alth.c) People d People and situations
,, ., .,	respective structures
Explain any knowle	edge point you remember from the course?
We Can	get everything in paulege
	A series of Justine Property and the same of the same
al Accept and take a	and then senses from declar on said from her temp for
Hoppings	who not be expudered alo
	All Book b) Water of Food All Breath
	그는 이 경험을 되는데 그렇게 하는데 하지 않는데 다른데
	6. Don't see behind others mistakes
	<ol> <li>Yosal amount of breath we consume every day</li> </ol>
	. of 100 litres 5) 1000 litres c) 5000 litres d) 10000 litres B. Ujjai breeth riczens
tiving of district	
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	2. Ultimeter by 10000 Littles of 2000 United () 100000 Littles of 2000 United ()





1	a) Satellite b) Artificial intelligence c) ChatGpt of Mind
2.	The Quality of life depends on happiness index.
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 (C)
	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 <u>- Byeoth</u> a) Body b) Water c) Food dy Breath
6.	Don't see <u>Intention</u> behind others mistakes  a) Mistakes b) Outcome c) Values dy Intentions
7.	Total amount of breath we consume every day 10000 Litres  a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
3.	Ujjai breath means Breath of Victory a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
).	The Power breath is also called as Bhostaiko  a) Ujjai b) Vijay c) Astrika d) Bhastrika
0.	Who started The Art of Living foundation <u>Ywwwley Svi Svi Rowi Shonkon</u> Ji a) Jaggi Vasudev b) Baba Ramdev of Sri Sri Ravi Shankar d) Yogi Adithyanath
4	
)	Opposite values are Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together
	180 * Dep.





12. Live in the Present Moment

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

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?

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



a)

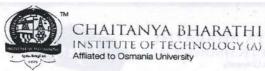


Yashaswini

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

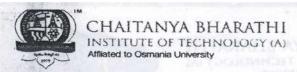
	a) Satellite b) Artificial intelligence ChatGpt Mind
	a) Satesite by Artificial Intelligence genatopt by Mind
	하면 시간 하는데 얼마를 하는데 되었다. 아이를 보고 하는데 하는데
2	. The Quality of life depends on happiness
3	. The meaning of Sagathchadwam is
	a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
	Me get executions or package
4.	
	<ul> <li>a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything</li> </ul>
5.	How to get mind to the present moment
	a) Body b) Water c) Food d) Breath
	The state of the s
	Jos 2 1 4 m
6.	
	a) Mistakes b) Outcome c) Values d) Intentions
	한 그 이번째 가는 사람이 되었다면 하는데 되어 내려가 되었다.
7	
1.	Total amount of breath we consume every day
	at 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
	보고 있는데 하면서 그렇게 되는 나를 받는 것이 없는데 얼마나요?
8.	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	y, seamon defeat
9.	The Power breath is also called as
	a) Ujjai b) Vijay c) Astrika di Bhastrika
	는 그 경기를 통해 생각한 것이 말라면 되었다. 그는 사람들이 되었다. 그는 사람들이 되었다. 그는 사람들이 되었다. 
10	Who started The Art of Living foundation
10.	a) Jaggi Vasudev b) Baba Ramdev c) Sri Ravi Shankar d) Yogi Adithyanath
	-7 Yogi Adithyanath
11	Opposite values are
a)	
	together







	12. Live in the
	a) Black hole b) Past moment c) Future moment d) Present moment
	Assessment lext
	13. Responsibility gives
	a) Increases the comfort zone b) Happiness c) Power d) All the above
	그렇다면 뭐이라 보다 이 하기를 보면 됐습니다. 그리트를 하는 모양했다면 이 노력을
	14. The wisdom for happiness is delinking it from
	a) Money b) Wealth c) People d) People and situations
	3. The attenting of Sagethoradwam is
	15. Explain any knowledge point you remember from the course?
-	the get everything in parhage.
	and fee of j
	ns relatitive toward is not be a standard 2110 (4.5 Hz virginia) if not bink logical. (s
	Happiness alone will not come-
	We know that one are happy when we are not Sed
- )	he know that one are my
	at Ced
	are not seem ments builded
	an Missakes b) Outcome c) Values dy Miseriors
-9	
24 T &	7. Total amount of the earn was consisting every day.
	M. 100 nike b) 1000 tittes c) 5000 nices d) 10000 titres
	어머니는 생물이 하는 회사들이 그 마다 회사는 소프트리아 사람들으로 받는데 목표





# 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 thinking skills
3.	The meaning of Sagathchadwam is <u>lets move +ogethes</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 and take</u> can cactive cation  a) Accept and don't take any action b) Don't accept anything cy 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
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
9.	The Power breath is also called as Bhastuka  a) Ujjai b) Vijay c) Astrika d) Bhastrika
10.	Who started The Art of Living foundation <u>Size Ravi Shankar</u> a) Jaggi Vasudev b) Baba Ramdev of Sri Sri Ravi Shankar d) Yogi Adithyanath
11. a)	Opposite values are <u>Complimentary</u> and <u>Coexist</u> dogether. Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together







- a) Black hole b) Past moment c) Future moment d) Present moment
- 13. Responsibility gives All of the above .

  a) Increases the comfort zone b) Happiness c) Power d) All the above
- 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?

Opposite values roue complimentary and coexist together Everything le do, whether its bad or good well comeback to us at some point and time.





JEsha . Civil A1 -2nd year

# Youth Empowerment and Skills workshop (Value Added Course)

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





12. Live in the Present moment

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

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

Don't see 37 (COLO OL Dehind others mistakes
3) Mistakes b) Descone c) Values of Intentions

Total amount of breath we concurre everyday 50 00 LECA.

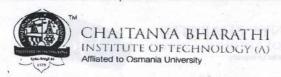
Ujini breath means, <u>Back the</u> of Victory Ultimath allocing and allocing as a second and allocing as a second and a second as a second as

ar padings and sear a color of the An

All may ration is got the section for the rest of the rest and all the security (grades). The

Opposite values are torreptor entiand and torrested to gethe opposites by complementary to each other questions Weamplementary and country organizations.







B. Akshitha Civil - 2nd year

# Youth Empowerment and Skills workshop (Value Added Course)

	what's the most advanced technology in the world mind
	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
	20 Out the 10 lineary of excludions around account of the
2	2. The Quality of life depends on <u>State of mind</u>
	Security has almost the interesting attraction of the security for
2	The married of Could be a Could be a Could
3	The meaning of Sagathchadwam 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
	Also The Dowlers Down book concer to him.
	TO STATE OF THE PARTY OF THE PA
4	
	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
٥.	How to get mind to the present moment breath
	a) Body b) Water c) Food d) Breath
6	Don't sac aintentiane
0.	Don't see
	a) Mistakes b) Outcome c) Values of Intentions
	그 모양하는 경험을 가는 이 사고를 못 하하지않는 것을 모양하는 호하나 모양을 보이라면 하루?
	홍기들이 맞아났다고 있다고 모르고 있어요. 현실 회사되었다. 이 반식에 사용하는 것이다.
7	Total amount of hands
7.	The consume every day 5000 II (180)
	a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
	가능하다 하는 것이 있는 것은 이번에 가스트로 하는 것이 하는 것이 하는 것이 없는데 하는데 하는데 하는데 하는데 없다.
	경험 맞은 사람들의 어느 없는 아무슨 사람들이 되었다.
0	Well-water Coaff and John
٥.	Ujjai breath means <u>6 reath of victory</u>
	a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
_	2/
9.	The Power breath is also called as Ugjai
	Ujjai b) Vijay c) Astrika d) Bhastrika
	도면 살아보는 이번에 그렇게 얼마나 있는데 그는 그리고 얼굴을 하는데 먹어지고 있다.
10	6.6.0
10.	Who started The Art of Living foundation Sri Sni Rayi Shankay
	a) Jaggi Vasudev b) Baba Ramdev e) Sri Sri Ravi Shankar d) Yogi Adithyanath
12	7, 78, 100, 100, 100, 100, 100, 100, 100, 10
11.	Opposite values are complimentary to each other
a)	Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist
	together together





12. Live in the <u>Present moment</u>

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

Responsibility gives\_\_\_\_ power a) Increases the comfort zone b) Happiness & Power d) All the above

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

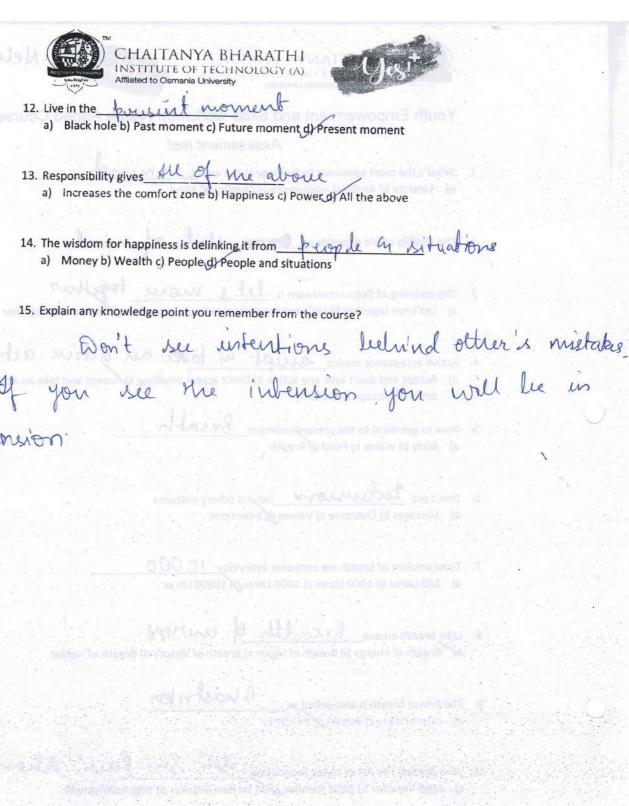
Soul is main part which controls all other things like mind, memory, ego, etc. To keep it in a calm position the kniga will help us to regain it.

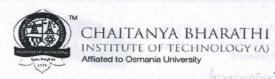




# Youth Empowerment and Skills workshop (Value Added Course)

1	a) Satellite b) Artificial intelligence c) ChatGpt a) Mind
	a, and a second of the copy of
2.	The Quality of life depends on State of mind
3.	The meaning of Sagathchadwam is <u>let's more together</u> a) Let's run together b) Let's eat together c) Let's piay together d) Let's move together
	o, Let's play together by Let's play together by
4	Active acceptance means accept a tarke an active action
	a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5.	How to get mind to the present moment Breath
	a) Body b) Water c) Food d) Breath
6.	Don't see
7.	Total amount of breath we consume every day 1000 and 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
3.	Ujjai breath means Breadth of energy
	Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
).	The Power breath is also called as Bhoustriken
	a) Ujjai b) Vijay c) Astrika 🗡 Bhastrika
0.	Who started The Art of Living foundation Sou Seu Roug' Showker a) Jaggi Vasudev b) Baba Ramdev c) Sri Ravi Shankar d) Yogi Adithyanath
	G
)	Opposite values are Complimentary to each other c) Negatives a) Complimentary and Coexist together
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#### Youth Empowerment and Skills workshop (Value Added Course)

1.	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
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2.	The Quality of life depends on Quality of thoughts.
3.	The meaning of Sagathchadwam is <u>lets gday together</u> ,  a) Let's run together b) Let's eat together cylet's play together d) Let's move together
4.	Active acceptance means Accept and take achive action  a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5.	How to get mind to the present moment breath  a) Body b) Water c) Food d) Breath
5.	Don't seebehind others mistakes a) Mistakes b) Outcome c) Values d) Intentions
7.	Total amount of breath we consume every day 5000  a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
3.	Ujjai breath means breath of energy  a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	The Power breath is also called as Bhostrika  a) Ujiai b) Vijay c) Astrika d) Bhastrika
0.	Who started The Art of Living foundation <u>Sri Sn' ron'shon kos</u> a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
1.	Opposite values are <u>Complimentary</u> and <u>Coeaist</u> together  Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together
	SY





12. Live in the present moment

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

13. Responsibility gives \_\_\_\_\_\_ power

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

14. The wisdom for happiness is delinking it from grade & situation

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 ourse is that the enality of our life depends on quality of our thought

otal amount of breath we consume everyday 5000

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# Youth Empowerment and Skills workshop (Value Added Course)

Assessment	test
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a) Satellite b) Artificial intelligence c) ChatGpt d) Mind  a)	
a) Satellite b) Artificial intelligence c) Chatopt Ø) Mind	
2. The Quality of life depends on 5tate of mind	
2. The maching of Cogethelia durantic	
3. The meaning of Sagathchadwam is	
Kriyas - Brest Kriyas will have some on	
4. Active acceptance means d	
a) Accept and don't take any action b) Don't accept anything c) Accept and take an acti	/e
action of Accept everything	
5. How to get mind to the present momentd	
a) Body b) Water c) Food d Breath	
6 8/	
6. Don't seebehind others mistakes a) Mistakes b) Outcome c) Values d) Intentions	
a, mistakes of outcome of values of intentions	
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7. Total amount of breath we consume every day d	
a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres	
3. 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	
ச) Ujjai b) Vijay c) Astrika d) Bhastrika	
0. Who started The Art of Living foundation C	
a) Jaggi Vasudev b) Baba Ramdev A Sri Sri Ravi Shankar d) Yogi Adithyanath	
1. Opposite values are	
) Opposites by Complimentary to each other c) Negatives d) Complimentary and Coexist	
together	24
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a) Black hole b) Past moment c) Future moment d) Present moment  13. Responsibility gives	12. Live in thed	d Skills week			7
a) Increases the comfort zone b) Happiness of Power d) All the above  14. The wisdom for happiness is delinking it from b  a) 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 brea  techniques which keeps the min'd calm.  Threse which keeps the min'd calm.	a) Black hole b) Past mome	nt c) Future mome	ent d) Present mor	ment	
a) Increases the comfort zone b) Happiness of Power d) All the above  14. The wisdom for happiness is delinking it from b  a) 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 brea  techniques which keeps the min'd calm.  Threse which keeps the min'd calm.				*	
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14. The wisdom for happiness is delinking it from by 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 brea techniques which keeps the mind calm.  The	. , , ,			(distributed by	
a) 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 brea techniques which keeps the mind calm.  The chniques which keeps the mind calm.  Instrumental and a bring at work to show it you to be a soul. (a second of soul out of show it you to show it would be shown it wo	a) increases the comfort zo	ne b) Happiness of	Power d) All the a	above	
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Flow to get mind to the present moment	techniques wh	ich recp	, (130	tels lasting (	
a) Equity b) Water o) Food pices at the property of the service of					
a) Equity b) Water o) Food pices at the property of the service of					
5. Don't see  a) Mistains b) Outcome c) Values Stintensions  7. Total amount of breath we consume energelay  a) 100 titues b) 1000 upper c) 5000 titres c) 10000 titres  8. Upper means  a) Structural energy b) Breath of Upper consents of Variety of Breath is defeat  9. The Power breath is also collect as  (6) The Power breath is also collect as  (7) The Power breath is also collect as  (8) The Power breath is also collect as  (9) The Power breath is also collect as  (10) The Power breath is also collect as  (11) The Power breath is also collect as  (12) The Power breath is also collect as  (13) The Power breath is also collect as  (13) The Power breath is also collect as  (14) The Power breath is also collect as  (15) The Power breath is also collect as  (1					
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3) Missains b) Gutromo d) Values deintensons 3) Total amount of breath we consume everyday. 3) 1000 three b) 1000 three c) 5000 three di 10000 three  8) Ujial breath magns 3) Breath of Ujialn of Seath of Vijialn of Seath of Victory d) Breath of defeat  9) The Power breath is also girlled as 10  20) The Power breath is also girlled as 10  21) Seath of Seath of Seath of Ujialn of Seath of Victory d) Breath of defeat					
2. Total amount of breath we consume everyday.  2. Total amount of breath we consume everyday.  2. A 100 titres b) 1000 titres of 1000 titres of 10000 titres  3. Utjal breath magns.  3. Breath of energy b) Breath of Utjalin of breath of victory d) Breath of defeat.  4. The Power breath is also girlled as.					
7. Total amount of breath we constme energy day. 2. All Lines b) 1000 utres c) 5000 utres or 10000 utres 3. All al breath means. 3. All al breath means. 4. Breath of breath of Utilali of breath of Versey of Breath or Jefett  4. The Power breath is also gilled as. 4. The Power breath is also			- 6		
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# Youth Empowerment and Skills workshop (Value Added Course)

	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2.	The Quality of life depends on health
3.	The meaning of Sagathchadwam is let's move to gether  a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4.	Active acceptance means Accept Everything  a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5.	How to get mind to the present moment byeath.  a) Body b) Water c) Food d) Breath
6.	Don't seeiwtention cbehind others mistakes a) Mistakes b) Outcome c) Vaiues d) Intentions
7.	Total amount of breath we consume every day 50 0 0 a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
3.	Ujjai breath means breath of V i ctory  a) Breath of energy b) Breath of Ujjain of Breath of Victory d) Breath of defeat
	The Power breath is also called as bhactoka  a) Ujjai b) Vijay c) Astrika d) Bhastrika
0.	Who started The Art of Living foundation Sil Sol Rayl Shamkar
(	Opposite values are Complimentary and Coexist to each other. Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist cogether
	SV/



12. Live in the Present moment

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

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

14. The wisdom for happiness is delinking it from who hey.

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.

Don't see IVA EAC | Dri C behind others mistakes

4) Mistakes b) Outcome c) Values (I) intentions

Fotal amount of breath we consume every day 2 0 0 at 100 United

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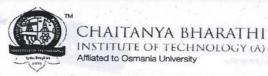




Kanshetty Vaourn ECE-2

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

1	a) Satellite b) Artificial intelligence (ChatGpt d) Mind
2	The Quality of life depends on State of Migol
3.	The meaning of Sagathchadwam is Let's seen together  Let's run together b) Let's eat together c) Let's play together d) Let's move together
4.	Active acceptance means Accept executiving  a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action at Accept everything
5.	How to get mind to the present moment Boreath  a) Body b) Water c) Food d) Breath
6.	Don't seebehind others mistakes  a) Mistakes b) Outcome c) Values dyntentions
7.	Total amount of breath we consume every day 5000 Litres d) 1000 Litres b) 1000 Litres d) 10000 Litres
3.	Ujjai breath means Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	The Power breath is also called as Bhasbrika  a) Uijai b) Vijav c) Astrika Wahastrika
0.	Who started The Art of Living foundation Soci Soci Routi Shor Kon a) Jaggi Vasudev b) Baba Ramdev d) Sri Sri Ravi Shankar d) Yogi Adithyanath
1.	Opposite values are <u>Complementary and Coexist</u> Logether Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together
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- 12. Live in the Peresent moment
  - a) Black hole b) Past moment c) Future moment di Present moment

13. Responsibility gives Power

- a) Increases the comfort zone b) Happiness Power d) All the above
- 14. The wisdom for happiness is delinking it from \_\_\_\_\_ People
  - a) Money b) Wealth & People d) People and situations
- 15. Explain any knowledge point you remember from the course?

-> Don't see intentions behind others mostakes.

-> live in the present moment because,
-> Future is a milery, past is a history, present is a Gift.

Don't see Interface behing others mistakes

a Body b) Water of Food of M

Total amount of breath we consume everyday 20.00 of Clares a) 100 times h) 1000 (itres a) 2000 (itres a) 10000 (itres

and the state of t

Opposite values are Complementary to each other c) Negroves of Complementary and Condition to the contract of Complementary and Condition





#### 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 greatly of thought State of
3.	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 d) Accept everything
5.	a) Body b) Water c) Food d) Breath
	Don't seeintentionsbehind others mistakes a) Mistakes b) Outcome c) Values d) Intentions  Total amount of breath we consume every day a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
8.	Ujjai breath means Breath of energy  A) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9.	The Power breath is also called as Bhastrika  a) Ujjai b) Vijay c) Astrika Ø Bhastrika
10.	Who started The Art of Living foundation SRI SRI Ravi Shouton  a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
	Opposite values are <u>Complimentary</u> to each office Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together





12. Live in the\_

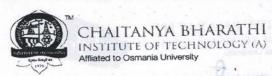
a) Black hole b) Past moment c) Future moment d) Present moment

a) Increases the comfort zone b) Happiness (Power d) All the above

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

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

-> Decoure, because, this moment is inevitable.





A. Cheton CSE-1 2nd year

# 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 ø) Mind
2.	The Quality of life depends on
2	The meaning of Sagathehadwam is held more loxely
	a) Let stant together by Let's cot together by
4.	Active acceptance means Accept and force an active a clion  a) Accept and don't take any action b) Don't accept anything of Accept and take an active
	a) Accept and don't take any action b) Don't accept anything () 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 of Breath
6.	Don't seebehind others mistakes  a) iMistakes b) Outcome c) Values d) Intentions
7.	Total amount of breath we consume every day SOOO Litres 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 Breathike  a) Ujjai b) Vijay c) Astrika & Bhastrika
10.	Who started The Art of Living foundation Sni Sni Favi Sharker  a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11. a)	Opposite values are <u>complimentary</u> fo each ofer Opposites b) Complimentary to each other c) Negatives d) Complimentary and Coexist together



12. Live in the present

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 situations

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

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

line in the present momental Don't see intentions behind mistrales





K. Shishir CSE-CZ

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

	what's the most advanced technology in the world
	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
	그런 무리 없이 그 날이고 하고 있는 요하면 하는 것이 하는 않는 것이다.
2	. The Quality of life depends on the State of mind
	a) Money b) Wealth c) People of People and situations
3	and the second s
	a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
	* Live man the present mameral !
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
٥.	a) Body b) Water c) Food d) Breath
	in which is a married way
6.	
	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
	The part of the parties of the same of the
13.	Collection of surviva is extensive
8.	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
9.	The Power breath is also called as
	a) Ujjai b) Vijay c) Astrika di Bhastrika
	and the state of the same of t
10	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
	John Strankar dy Togi Kultilyanath
11	Opposite values are
a)	Opposite values areOpposites by Complimentary to each other c) Negatives d) Complimentary and Coexist
	together







12. Live in the

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

13. Responsibility gives\_

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

14. The wisdom for happiness is delinking it from

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

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

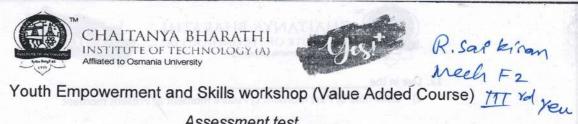
· Live in the present moment!

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

Many forget that a 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.





1	a) Satellite b) Artificial intelligence c) ChatGpt d) Mind
2	The Quality of life depends on State of mfund
3.	The meaning of Sagathchadwam is
-	a) Let's run together b) Let's eat together c) Let's play together d) Let's move together
4.	Active acceptance means
	a) Accept and don't take any action b) Don't accept anything c) Accept and take an active action d) Accept everything
5.	How to get mind to the present moment
	a) Body b) Water c) Food d) Breath
	in define any tispue, I succeed to
6.	Don't seebehind others mistakes
	a) Mistakes b) Outcome c) Values d) Intentions
	alex enough me much of all
7.	Total amount of breath we consume every day
1	a) 100 Litres b) 1000 Litres c/ 5000 Litres d) 10000 Litres
	men spenish name was
8.	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain c) Breath of Victory d) Breath of defeat
	ing one support to
9.	The Power breath is also called as
	a) Ujjai b) Vijay c) Astrika 💋 Bhastrika
10.	Who started The Art of Living foundation
	a) Jaggi Vasudev b) Baba Ramdev c) Sri Sri Ravi Shankar d) Yogi Adithyanath
11	Operation values
	Opposite values are
41	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\_
  - 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?

tower we should be delf confidence on doing any thing. I explored myself by deep bushe me much. I also buceased my concentration towards my things very much by doing this course.





K. Nitish civil 'Al' 160121732032

#### 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 19 at 1, all 1, all
۷.	. The Quality of life depends on the State of mind
3.	The meaning of Sagathchadwam is
	a) Let's run together b) Let's eat together c) Let's play together e) 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 warrant Q o = 11
Э.	a) Body b) Water c) Food dy Breath
	a) Body b) Water c) Food b) Bleath
	병 목 프린 마시크를 모르는 회사를 보고 있다. 그는 일본 시간 등 시간 등 없었다.
5.	Don't see behind others mistakes
	a) Mistakes b) Outcome c) Values d) Intentions
	얼을 계속하면 하늘 수가를 하는 것 같아요. 이 나는 사람들 중에 되고 있어야
7.	Total amount of breath we consume every day
	a) 100 Litres b) 1000 Litres c) 5000 Litres d) 10000 Litres
	보기 내용하다 나는 사람들이 만나 하다는 것이라는 경기를 받아 다른데 다
3.	Ujjai breath means
	a) Breath of energy b) Breath of Ujjain e) Breath of Victory d) Breath of defeat
	The Power breath is also called as
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 b) Complimentary to each other c) Negatives, d) Complimentary and Coexist
	together
	The second secon





12. Live in the po plesent moment

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

13.	Responsi	bility give	S			/		T sallte.	
	a) Incre	ases the (	comfort z	one b) Hap	ppiness c) Po	ower-d) All the a	bove		
14	The wisde	om for ha	pninger i	c dolinkina	to form 1	noney.			
17.	at Mana	ou blade	philiess is	s delinking	it fromi	· corney			
1	a) Wone	ey b) wea	ith c) Pec	ppie d) Peo	ple and situ	ations			
15.	Explain ar	ny knowle	edge poin	t you reme	mber from	the course?			
	. 11			1 1	0				to be a
						behind		my	takes.
5	line	in	DIOLO	nt n	am en	ectsom ribir			
TE	C. C.	03,54,39		142725 131					
	*								
							a muoma la	TOP ST	
						talles och sid			1
						ni Digitara (r			
		and the line						No. 12	









Post-Assessme	ent Form
Name: R. Dai Kisan	
College/University Name: Charfanya Bhasa	the Institute of Jeehnology
Profession: Student	DOB: 20/09/2002
Address: Mallepally, Valigounda mandal, Yall	bei bhough district
Pincode: 508112 Mobile: 9121738376	E-mail:
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)	ring parameters ?
Increased levels of energy & dynamism	[10]
Reduced stress levels	[10]
Effective communication	[10]
Improved interpersonal relations	[10]
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	[0]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[10]
Concentration level	[10]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is	
Ability to deliver program content	[10]
Interaction with participants	[10]
Your experience :	
How would the techniques and knowledge taught in the "A	art of Living YES!+", help in your day to day life?
Any other suggestions:	
Would you like to receive regular updates about our activit	ies : Via Email 🗌 Via SMS 🔲 None 🖂
PROGRAM DETAILS:	
Faculty Name: Krishna Anna	
Program Date: 23/1/23 to 28/1/23 Program Venue:	Cb9+
Place: CBIT CAMPUS	Signature: R. Salklacm.

College/University Name:	
Profession: Ctudent	DOB: 17-02-2002
Address: East balay hills Colony	Boduppal appal
Pincode: 500039 Mobile: 630376	1841 E-mail: Scu tirul760 gmai
How has the program beniffited you with respect to (On a scale of 1-10, where 1 is poor and 10 is excellent)	
Increased levels of energy & dynamism	[10]
Reduced stress levels	[9]
Effective communication	[8]
Improved interpersonal relations	[7]
More clear, calm and a happy state of mind	[9] * Dep
Increased Creative and Analytical thinking	[8]
Enhanced Team Building Skills	[9]
Improved quality of sleep	[8]
Confidence level	[0]
Concentration level	[9]
Facilitator related (On a scale of 1-10, where 1 is poor	
Ability to deliver program content	[9]
nteraction with participants	[8]
Your experience :	
Experiesce was heally area	3810.0
	2,18
low would the techniques and knowledge taught. The helped is a great way	in the "Art of Living YES!+", help in your day to day  y as above menhaned persone
Any other suggestions:	
Vould you like to receive requier undates at any	
The succession in the second second in the second second in the second second in the second s	ur activities : Via Email ☑ Via SMS ☐ None ☐
ROGRAM DETAILS:  aculty Name: Manal Ram Chayya N	nd koushna Anno

	DOB: 29 09 2002
Address: S. V. Nagan, Mallapun, Hyderaha	
Pincode: 5000 26 Mobile: 8919435013	E-mail: Varunkan shetty 40@gmail
How has the program beniffited you with respect to the followard (On a scale of 1-10, where 1 is poor and 10 is excellent)	owing parameters ?
Increased levels of energy & dynamism	[8]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[8]
More clear, calm and a happy state of mind	[9] (2* Dept
Increased Creative and Analytical thinking	[8]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[9]
Concentration level	[8]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 i	s excellent)
Ability to deliver program content	[10]
Interaction with participants	[(0]
Your experience :	
It was a great experience.	
How would the techniques and knowledge taught in the "  Intra personal as Sinter personal storelation  Habit of helping others imperoved	Art of Living YES!+", help in your day to day I
The state of the s	
o Tanca	
Any other suggestions:	ities : Via Email ☑ Via SMS ☑ None □
Any other suggestions:  Would you like to receive regular updates about our activ	ities : Via Email ⊠ Via SMS ☑ None □
Any other suggestions:  Would you like to receive regular updates about our active PROGRAM DETAILS:	
Any other suggestions:  Would you like to receive regular updates about our active PROGRAM DETAILS:	ities: Via Email ☑ Via SMS ☑ None □







Post-Assessment Form
Name: A. LAXMI Jamim
College/University Name: Chartenya Bharathi Institute of Technology.
Profession: Student DOB: 15-11 - 2004
Address: 14-796, NSP Camp Mirgalaguda.
Pincode: 508207 Mobile: 9246237495 E-mail: Jammann than @ amil
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 [9]
Effective communication [9]
Improved interpersonal relations
More clear, calm and a happy state of mind
Increased Creative and Analytical thinking [ ]
Enhanced Team Building Skills [10]
Improved quality of sleep [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 [\oldsymbol{0}]
Interaction with participants
Your experience :
It was really good. And it invessed my concer
stration levels to a T' Ball really glad for lawing
he dois sauce
IN AMI BUARS
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?
71 1 1 1 1 1 1 1 1 1
It helped me to manage every find of situation
Any other suggestions:
No, It is really partect!
Would you like to receive regular updates about our activities : Via Email ✓ Via SMS ✓ None □
PROGRAM DETAILS;
Faculty Name: K-(15 hya
Program Date: 23-01-2014 Program Venue: College
Place: Assembly Hall Signature: A. L. Yamini







Profession:		DOB:
		Marin San Branch
		E-mail:
How has the prog	ram beniffited you with respect to to, where 1 is poor and 10 is excellent)	
Increased levels of	energy & dynamism	[ ]
Reduced stress lev	vels .	[ ]
Effective communic	cation	[ ]
Improved interpers	onal relations	[ ]
More clear, calm ar	nd a happy state of mind	[ ]
Increased Creative	and Analytical thinking	[ ]
Enhanced Team Bu	uilding Skills	[ ]
Improved quality of	fsleep	[ ]
Confidence level		[ ]
Concentration leve		[ ]
Facilitator related	(On a scale of 1-10, where 1 is poor a	and 10 is excellent)
Ability to deliver pro	ogram content	1.1
Interaction with par	ticipants	[ ]
Your experience :		
How would the te	echniques and knowledge taught	in the "Art of Living YES!+", help in your day
Any other sugge	stions:	
Would you like to	o receive regular updates about o	ur activities : Via Email ☐ Via SMS ☐ Non
PROGRAM DETA	AILS:	
		nue:
Place:		Signature:







Name: GANURAG			
College/University Name: CRIT			
Profession: STUDENT	DOB: 21 12 2003		
Address: KPHB COLONY, Ke Katfeelly, Hyd	wabad, Telargover		
Pincode: 5000 72 Mobile: 7702639429	E-mail: awaggendla agnoi lon		
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)	parameters ?		
Increased levels of energy & dynamism	[9]		
Reduced stress levels	[10]		
Effective communication	[9] Dep		
Improved interpersonal relations	[4]		
More clear, calm and a happy state of mind	[10]		
Increased Creative and Analytical thinking	[9]		
Enhanced Team Building Skills	[8]		
Improved quality of sleep	[4]		
Confidence level	[4]		
Concentration level	[9]		
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is exce	ellent)		
Ability to deliver program content	[9]		
Interaction with participants	[q]		
Your experience :			
It's being a really good coorse to 'E' have ever exercised.			
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?			
I can thereosemy productivity	4		
	I can manery ency rind		
Any other suggestions:	• • • • • • • • • • • • • • • • • • • •		
	TO BUILDING CONTRACTOR		
Would you like to receive regular updates about our activities : Via Email   ✓ Via SMS   None □			
PROGRAM DETAILS:			
Faculty Name: Knishna			
Program Date: 23 to 28 1123 Program Venue:	RI		
Place:	Signature:		

College/University Name:	Name: S.sathwik	
Pincode: 504208 Mobile: 9381361629 E-mail: Stanhose (Mootherio)  Pincode: 504208 Mobile: 9381361629 E-mail: Stanhose (Mootherio)  How has the program beniffled you with respect to the following parameters?  (On a scale of 1-10, where 1 is poor and 10 is excellent)  Increased levels of energy & dynamism [9]  Reduced stress levels [10]  Effective communication [10]  Improved interpersonal relations [9]  More clear, calm and a happy state of mind [10]  Increased Creative and Analytical thinking [10]  Enhanced Team Building Skills [10]  Improved quality of sleep [10]  Concentration 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:  If was a great exprience with good and quality knowledge given by them. Glod to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  These would help to remove stress and gain energy  My other suggestions:  Any other suggestions:  Any other suggestions:  Program Date: 98/01/2023 Program Venue: EBT	College/University Name:	
Pincode: 604208 Mobile: 938136629 E-mail: Stanhozekteodhusik130 gmei  How has the program benifited you with respect to the following parameters?  (On a scale of 1-10, where 1 is poor and 10 is excellent)  Increased levels of energy & dynamism [9]  Reduced stress levels [10]  Effective communication [10]  Improved interpersonal relations [9]  More clear, calm and a happy state of mind [10]  Increased Creative and Analytical thinking [10]  Enhanced Team Building Skills [10]  Improved quality of sleep [10]  Concentration 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:  If was a great exprisence with good and quality knowledge given by them. Glad to join this.  How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove stress and gain energy  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS:  E-mail: Strickno.  Program Date:03/o1/2023   Program Venue:CBIT	Profession: Student	DOB: 21/10/2003
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  [9]  Reduced stress levels  [10]  Effective communication  [10]  Improved interpersonal relations  More clear, calm and a happy state of mind  Increased Creative and Analytical thinking  [10]  Increased Creative and Analytical thinking  [10]  Confidence level  [10]  Confidence level  [10]  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 exprisence with good and quality knowledge given by them Glod to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  Thise would help to remove stress and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS:  Faculty Name:  \$\mathref{PROGRAM DETAILS}\$  Faculty Name:  \$\mathref{PROGRAM DETAILS}\$  Program Date:  \$\mathref{QSIO1/2023}\$  Program Venue:  \$\mathref{QSIO1/2023}\$  Program Venue:  \$\mathref{QSIO1/2023}\$	Address: Hnn. 19-409/3, ramnager, Monch	enlod
How has the program beniffited you with respect to the following parameters?  (On a scale of 1-10, where 1 is poor and 10 is excellent)  Increased levels of energy & dynamism  [9]  Reduced stress levels  [10]  Effective communication  [10]  Improved interpersonal relations  More clear, calm and a happy state of mind  Increased Creative and Analytical thinking  [10]  Increased Creative and Analytical thinking  [10]  Confidence level  [10]  Confidence level  [10]  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 exprisence with good and quality knowledge given by them Glod to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  Thise would help to remove stress and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS:  Faculty Name:  \$\mathref{PROGRAM DETAILS}\$  Faculty Name:  \$\mathref{PROGRAM DETAILS}\$  Program Date:  \$\mathref{QSIO1/2023}\$  Program Venue:  \$\mathref{QSIO1/2023}\$  Program Venue:  \$\mathref{QSIO1/2023}\$	Pincode: 504208 Mobile: 9381361629	E-mail: Simhorojusathulk 17@gmai
Reduced stress levels  Effective communication  Improved interpersonal relations  More clear, calm and a happy state of mind  Increased Creative and Analytical thinking  Enhanced Team Building Skills  Improved quality of sleep  Confidence level  I col  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  I po  Your experience:  If was a great experience with good and quality knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  Thuse would help to remove stress and goin energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS:  Faculty Name: Struthno.  Program Date: 98/01/2023 Program Venue: CBTT		
Effective communication  Improved interpersonal relations  More clear, calm and a happy state of mind Increased Creative and Analytical thinking Incl Improved quality of sleep Incl Improved quality of sleep Incl Confidence level Incl 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 participants  Your experience:  If was a great expresence with good and quality knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  Thuse would help to remove stores and goin energy  Any other suggestions:  No  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Knishno Program Date: 08/01/2023 Program Venue: CBIT	Increased levels of energy & dynamism	[위]
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  Incompared	Reduced stress levels	[10]
More clear, calm and a happy state of mind  Increased Creative and Analytical thinking  Enhanced Team Building Skills  Incol  Improved quality of sleep  Confidence level  Incol  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  I 1 9  Your experience:  It was a great experience with good and quality knowledge given by them. Glod to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  These would help to remove stores and goin energy  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS:  Faculty Name: Knichno  Program Date:	Effective communication	[10]
Increased Creative and Analytical thinking  Enhanced Team Building Skills  Improved quality of sleep  Confidence level  [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  [10]  Your experience:  If was a great experience with good and quality knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  Thise would help to remove stress and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS:  Faculty Name: Knisma  Program Date: 28/01/2023   Program Venue: CBIT	Improved interpersonal relations	[9] * Dept
Increased Creative and Analytical thinking  Enhanced Team Building Skills  Improved quality of sleep  Confidence level  [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  [10]  Your experience:  If was a great experience with good and quality, knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  This would help to remove stress and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS:  Faculty Name: Knisma  Program Date: 28/01/2023 Program Venue: CBIT	More clear, calm and a happy state of mind	[/o] (S)
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  I g  Your experience:  If was a great experience with good and quality knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  These would help to remove stress and goin energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS:  Faculty Name:	Increased Creative and Analytical thinking	
Improved quality of sleep  Confidence level  [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  Your experience:  It was a great experience with good and quality knowledge given by them. Glod to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  These would help to remove starts and goin energy  Any other suggestions:  No  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS:  Faculty Name: Knishna  Program Date: \( \sum 28/01/2023 \) Program Venue: \( \sum CBIT \)	Enhanced Team Building Skills	
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:  If was a great experience with good and quality knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  These would help to remove stress and goin energy  Any other suggestions:  No  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS:  Faculty Name: Knishna  Program Date: 28/01/2023   Program Venue: CBIT	Improved quality of sleep	
Concentration level  Facilitator related (On a scale of 1-10, where 1 is poor and 10 is excellent)  Ability to deliver program content  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Ability to deliver program content  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants  Include a scale of 1-10, where 1 is poor and 10 is excellent)  Interaction with participants	Confidence 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 experience with good and quality knowledge given by them Glod to join this  How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove starts and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS:  Faculty Name: Knisma  Program Date:28/01/2023 Program Venue:CBIT	Concentration level	
Interaction with participants  Your experience:  It was a great exprisence with good and quality knowledge given by them. Glod to join this  How would the techniques and knowledge taught in the "Art of Living YESI+", help in your day to day life?  These would help to remove stress and goin energy  Any other suggestions:  No  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS: Faculty Name: Knishna  Program Date: 28/01/2023   Program Venue: CBIT	Facilitator related (On a scale of 1-10, where 1 is poor and 10 is	
Interaction with participants  Your experience:  If was a great exprisence with good and quality knowledge given by them Glad to join this  How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove stress and goin energy  Any other suggestions:  No  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS: Faculty Name: Knishna  Program Date: \( \sigma_{8/01/2023} \) Program Venue: \( \sigma_{Blace} \)	Ability to deliver program content	[0]
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove stress and goin energy  Any other suggestions:  No  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS: Faculty Name: Knishna Program Date: 28/01/2023   Program Venue: CBIT	Interaction with participants	
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove stress and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email  Via SMS None PROGRAM DETAILS: Faculty Name: Krishna Program Date: 28/01/2023 Program Venue: CBIT	Your experience :	
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove stress and gain energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email  Via SMS None PROGRAM DETAILS: Faculty Name: Krishna Program Date: 28/01/2023 Program Venue: CBIT	It was a great experience with and	dond avality knowledge of a
How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  These would help to remove stress and goin energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email   Via SMS   None    PROGRAM DETAILS: Faculty Name: Knishna  Program Date: 28/01/2023   Program Venue: CBIT		a site quarry providing given
These would help to remove stress and goin energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Knishna Program Date: 28/01/2023 Program Venue: CB1T	- 9 ma 10 John 1110	
These would help to remove stress and goin energy  Any other suggestions:  Would you like to receive regular updates about our activities: Via Email Via SMS None PROGRAM DETAILS: Faculty Name: Knishna Program Date: 28/01/2023 Program Venue: CB1T	How would the techniques and knowledge taught in the "A	rt of Living YES!+". help in your day to day life?
Any other suggestions:  Would you like to receive regular updates about our activities: Via Email  Via SMS None PROGRAM DETAILS: Faculty Name: Knishno Program Date: 28/01/2023 Program Venue: CBIT		
Would you like to receive regular updates about our activities : Via Email  Via SMS None PROGRAM DETAILS :  Faculty Name: Knishna  Program Date: 28/01/2023 Program Venue: CB17	10,014 24.60	and goin energy
Would you like to receive regular updates about our activities : Via Email  Via SMS None PROGRAM DETAILS :  Faculty Name: Knishna  Program Date: 28/01/2023 Program Venue: CB17		
Would you like to receive regular updates about our activities : Via Email □ Via SMS □ None □  PROGRAM DETAILS : Faculty Name:		
PROGRAM DETAILS: Faculty Name: Knishno Program Date: 28/01/2023 Program Venue: CBIT	970	
PROGRAM DETAILS: Faculty Name: Knishno Program Date: 28/01/2023 Program Venue: CBIT		
PROGRAM DETAILS: Faculty Name: Knishno Program Date: 28/01/2023 Program Venue: CBIT	Would you like to receive regular undates about our activities	w
Program Date:		es: via Email 🗆 Via SMS 📙 None 🗌
Program Date: <u>08/01/2023</u> Program Venue: <u>CBTT</u>		
Place		BTT
Place: Signature:		
	Place:	Signature:

	Chaitanya Bhar	rather fin	stitute of	Technology.
Profession: Studen	Chaitanya Bhar	DOB:	12 100	103
Address: Kalpatan		(1		· /2 · · · · · · · ·
Pincode: 500018 Mo	obile: 9701287155	E-mail: _ <u>\$</u>	<u>nishivint</u>	7(2) 2mar 1-00
How has the program beniffite (On a scale of 1-10, where 1 is p		ing parameters	?	
Increased levels of energy & dyn	amism	[8]		
Reduced stress levels		[8]		
Effective communication		[9]		
Improved interpersonal relations		[8]	J.D	ep
More clear, calm and a happy sta	ate of mind	[8]	18/1	50
Increased Creative and Analytica	al thinking	[8]	1900	
Enhanced Team Building Skills		[5]	18	///
Improved quality of sleep		[8]		
Confidence level		[8]		
Concentration level		[8]		
Facilitator related (On a scale of	of 1-10, where 1 is poor and 10 is	excellent)		
Ability to deliver program content		[8]		
Interaction with participants		[7]		
Your experience :				
I was happy	with the progra	m and	the the	sweet that
were taxal	with the progra	10 00	ma? a d	35 1100
10000	hour pic st	AC 04	mana	
	A grant of the second			
How would the techniques ar	nd knowledge taught in the "A	rt of Living YES	!+", help in you	r day to day life?
Whenever 9 ca	in practice the	Sutra	s taugh	1, 7 w11
possibly be	more calm on	ed com	prosed s	so that 7
can be most	efficient.			
Any other suggestions:				
I suggest t	at the Enterac	tion be	diverse	in its
demonstration	at the Interac			
Would you like to receive reg	ular updates about our activit	ies : Via Email [	] Vio eme □	None 🗖
PROGRAM DETAILS :	species about our activit	ico . Via Elliali L	□ VIA SIVIS □	None 🗆
Faculty Name:				
Program Date:	Program Venue:			
Place:				

Post-Asse	essment Form
Name: Ganganamani Bhavana	
College/University Name: Chartanya Bhas	the Institute of Technology
Profession: Student	DOB: 25/04/2003
Address: House no. 11-13-592, Roading: 6	, Today nagal, olony, alkapuis lamagas
Pincode: 500035 Mobile: 94404200	687 E-mail: bhavanagongonamanies & agn
How has the program beniffited you with respect to the (On a scale of 1-10, where 1 is poor and 10 is excellent)	e following parameters ?
Increased levels of energy & dynamism	[8]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[9]
More clear, calm and a happy state of mind	[7]
Increased Creative and Analytical thinking	[9]
Enhanced Team Building Skills	[8]
Improved quality of sleep	171
Confidence level	[8]
Concentration level	[8]
Facilitator related (On a scale of 1-10, where 1 is poor an	
Ability to deliver program content	[8]
Interaction with participants	คับ
Your experience :	
It was Good, Enjoyed all it	to extron and the soctions were
How would the techniques and knowledge taught in It helped me to lower the sample good sleep.	the "Art of Living YES!+", help in your day to day life? Thee levels and I felt would don't
Any other suggestions:	
<u> </u>	
Would you like to receive regular updates about our	activities : Via Email M Via SMS T Name T
PROGRAM DETAILS: Faculty Name: Kylshna	
Program Date: 28-01-2023 Program Venu	
Place: CBIT	Signature: Branaus

Name: YASHASWINI SONTE	
College/University Name:CHAITANYABHARAT	HI INSTITUTE OF TECHNOLO
Profession: STUDENT	DOB: 14/06/2004
Address: 3-601, SUBHASH CHANDRA BOSE A	SHAAR NEWHAFEEZPET-5000
Pincode: 500049 Mobile: 7670975770	E-mail: Sonteyashaswini @gmail-c
How has the program beniffited you with respect to the followin (On a scale of 1-10, where 1 is poor and 10 is excellent)	g parameters ?
Increased levels of energy & dynamism	[9]
Reduced stress levels	[7]
Effective communication	[3]
Improved interpersonal relations	[7] Opt. of E
More clear, calm and a happy state of mind	[8]
Increased Creative and Analytical thinking	[8]
Enhanced Team Building Skills	[7]
Improved quality of sleep	[8]
Confidence level	[7]
Concentration level	[9]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is ex	cellent)
Ability to deliver program content	[ 8 ]
Interaction with participants	[ 2]
Your experience :	
Good. leaent meditation and found	the importance of
meditation in du to day sile	b
How would the techniques and knowledge taught in the "Art	of Living YES!+", help in your day to day life?
knowledge and techniques taught	in the course were
helpful in lowering my stress levels	and helped me in bringing
a smile on my face	<b>V</b>
Any other suggestions:	
No	
Would you like to receive regular updates about our activities	s : Via Email 🗵 Via SMS 🗆 None 🗆
PROGRAM DETAILS :	
Faculty Name: Krishna	
Program Date: 28-01-2023 Program Venue:	CRIT
Place: CB IT	Simulation \ (a)
	Signature:

Name: B. Wanting.	
College/University Name:	
Profession: _ Student	DOB: 07 02 2002
Address: Garhibowii.	
Pincode: Mobile: 630\666899	_ E-mail: chantha 60102@gmal
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 parameters ?
Increased levels of energy & dynamism	[9]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[9] Dept.
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	[9]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[(0]
Concentration level	[9]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is ex	그리는 그리는 사람들은 아이는 아이들은 가입니다. 그렇게 되었다면 하는 사람들이 되었다면 하는데 그 없는데 없는데 없었다.
Ability to deliver program content	[(0]
Interaction with participants	[©]
Your experience :	
It was an great experience	
0 , 0 , 0	A CONTRACTOR OF THE PROPERTY O
and my con	mmunication skille,
How would the techniques and knowledge taught in the "Art	of Living YES!+", help in your day to day life?
Keing calm, concentration, rec	duced etress lovels, my
quality of steep, marntaroling go	rod relationship with
everyone, belong patience.	
Any other suggestions:	
Any other suggestions:	
Would you like to receive regular updates about our activities	s : Via Email   Via SMS   Name
PROGRAM DETAILS :	None L
Faculty Name: Kolshing	
Program Date: _28-01-2023 Program Venue: _ C	^ ° - L
-5.cm volide	
Place: Clark	Signature: B. Charathy.

Name: S. Nelia Keddy		
College/University Name:		
Profession: Student	DOB:	2) nd March 2003
Address: Alekapuri, L.B. Nagar		
Pincode: 500035   Mobile: 9440163372	E-mail: _ <u>k</u>	drayeddysingu @ gmail (
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)	ing parameter	s?
Increased levels of energy & dynamism	[(0]	
Reduced stress levels	[9]	
Effective communication .	[(0]	
Improved interpersonal relations	[8]	
More clear, calm and a happy state of mind	[9]	Someon
Increased Creative and Analytical thinking	[7]	0.
Enhanced Team Building Skills	[0]	
Improved quality of sleep	[5]	(F)
Confidence level	[7]	My 78
Concentration level	[9]	
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is		
Ability to deliver program content	[10]	
Interaction with participants	[(0]	
Your experience :		
It was great . Very interactive	was al	
of my shell.	0005 000	ile to lunal out
of val successions.		
How would the techniques and knowledge taught in the "A	rt of Living YE	SI+", help in your day to day life?
11 1 1		
11 /		to conterd my
my view on life.	of some	ulriation and changes
Any other suggestions:	V	
_N8		
Would you like to receive reguler undetend to the		_/
Would you like to receive regular updates about our activiti	es : Via Email	☐ Via SMS ☐ None ☐
PROGRAM DETAILS: Faculty Name:		
Program Date: 10 Man 10 23 Program Venue: CB	IT	
. Togram venueC_		
Place: CB(T	Signature	: the
	the state of the	

Name: S. Nella Neday	
College/University Name: CBIT	
Profession: Student	DOB: 2) rd March 2003
Address: Alkapini, LB. Nagar	
Pincode: 500035 Mobile: 9440163372	_ E-mail: nelsayeddysinger@gmoil co
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 parameters ?
Increased levels of energy & dynamism	[(0]
Reduced stress levels	[ %]
Effective communication .	[(0]
Improved interpersonal relations	[8]
More clear, calm and a happy state of mind	[9]
Increased Creative and Analytical thinking	[7]
Enhanced Team Building Skills	
Improved quality of sleep	[5]
Confidence level	[7]
Concentration level	[7]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is ex	xcellent)
Ability to deliver program content	[10]
Interaction with participants	[(0]
Your experience :	
It was great . Very interactive	was able to durat out
of my shell.	are to wright the
9 14 1	
How would the techniques and knowledge taught in the "Art	of Living YESI+" help in your day to day life?
41	
It was veloning, raining wa	0
Any other suggestions:	doneentration and changed
_100	
Would you like to receive regular updates about our activitie	s : Via Email 🗹 Via SMS 🗆 None 🗆
PROGRAM DETAILS:	
Program Date: 2 - W.	
Program Date: 10 May 10 23 Program Venue: 68	
Place: CB(T	Signature:



Place: Assembly Hall





Post-Assessment Form		
Name: Sriveni Deshetty		
College/University Name: Chai Lanya Bharathi	Institute of Technology	
Profession: Stydent	DOB: 18-09-2004	
Address: 15-1-134, Goda Varikhani, P.	ddapalli	
Pincode: 505 209 Mobile: 9989042964	E-mail: Sriveni deshetty 3@ gmail	
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)	parameters ?	
Increased levels of energy & dynamism	( <b>8</b> 1	
Reduced stress levels	[9]	
Effective communication	[0]	
Improved interpersonal relations	[10]	
More clear, calm and a happy state of mind	[10]	
Increased Creative and Analytical thinking	[9]	
Enhanced Team Building Skills	[¶]	
Improved quality of sleep	[10]	
Confidence level	[0]	
Concentration level	[Id	
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is exce	ellent)	
Ability to deliver program content	[10]	
Interaction with participants	[(6]	
Your experience :		
I felt very calm and caught	a Peaceful sleep	
best in this course. No negative thought. It to very heter helped mea How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?  Smile in the face: Good Sleep: Peace Ful and		
no st stress relief. I loved	the games which I	
have played in this course		
Any other suggestions:		
Would you like to receive regular updates about our activities : Via Email ☑ Via SMS ☑ None ☐  PROGRAM DETAILS : Faculty Name:		
Program Date: 23 -1-23 Program Venue: Col	lege	

Signature: Silvene

Post-Assessmen	nt Form
Name: S. Ashthya sond	
College/University Name: Chopfonge Rherest	a Partite of technology
Profession: Student	DOB: 25-06-2003
Address: My home ovator, Plet no:	B-5, 90% Nanderomendo
Pincode: 500032 Mobile: 9703006677	E-mail: ad! thyashyhogani 96@
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 parameters ?
Increased levels of energy & dynamism	[7]
Reduced stress levels	[8]
Effective communication	[1]
Improved interpersonal relations	[9]
More clear, calm and a happy state of mind	[9]
Increased Creative and Analytical thinking	[9] Repr
Enhanced Team Building Skills	[8]
Improved quality of sleep	[1]
Confidence level	[9]
Concentration level	[7]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is ex	
Ability to deliver program content	[8]
Interaction with participants	[9]
Your experience :	
I felt very colors and cought	a peoutal sleep of night.
9 got pourthe Vises while I'm	Shilms my Sest in the Course
do negative thoughts. Of helped	me alot
How would the techniques and knowledge taught in the "Art	of Living YES!+", help in your day to day life?
	. Peregul and strey
reloof. I loved the games 's	Which I have played &
The Course	
Any other suggestions:	
Would you like to receive regular updates about our activities	s : Via Email V Via SMS V None 🗆
PROGRAM DETAILS:	
Faculty Name: Knything	
Program Date: 23-/-23 Program Venue:	College
Place: Desently Hall	Signature: A Hy







Name: K. Witish	
College/University Name:	
Profession: Student	DOB: 27/10/2003
Address: Q.NO. 2486 , ODF Estate, yeddunai	
Pincode: 502205 Mobile: 8332921800	
Fincode	E-Mail: NITTEN CHING EUR & Warmant Corn
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	[10]
Improved interpersonal relations	[10]
More clear, calm and a happy state of mind	[,0]
Increased Creative and Analytical thinking	[10] Beps
Enhanced Team Building Skills	[0]
Improved quality of sleep	[10]
Confidence level	[,0]
Concentration level	[10]
Facilitator related (On a scale of 1-10, where 1 is poor and 10 is e	excellent)
Ability to deliver program content	[10]
Interaction with participants	[6]
Your experience :	
Happy to join the course and ha-	I more fun with others
or leasted new thing is life.	
How would the techniques and knowledge taught in the "An in howeing peoce of and Mind where	
Any other suggestions:  Keep gaing!!!	
Would you like to receive regular updates about our activiti	ies : Via Email 🖯 Via SMS 🖰 None 🗆
PROGRAM DETAILS :	
Faculty Name: Krisha	
Program Date: 23/01/2023 Program Venue: C	BIT
Place:	Signature:







Name: A. Chilan	
College/University Name: Clantony a Bhozaghi	Institute of Technology
Profession: BTech	DOB:
Address: Plot 285 MLA[MP Chony Poul No. (OC	, Julilee fills, Hydrobal
Address: Plot 235 MLA[MP Clony Poul No. (OC Pincode: 500033 Mobile: 8125442308	E-mail: acheler 200 4 Q greil con
How has the program beniffited you with respect to the fol (On a scale of 1-10, where 1 is poor and 10 is excellent)	llowing parameters? ( Spau)
Increased levels of energy & dynamism	[ to]
Reduced stress levels	[1]
Effective communication	[ 8]
Improved interpersonal relations	[10]
More clear, calm and a happy state of mind	[14]
Increased Creative and Analytical thinking	[9]
Enhanced Team Building Skills	[10]
Improved quality of sleep	110
Confidence level	119
Concentration level	[1]
Facilitator related (On a scale of 1-10, where 1 is poor and 10	0 is excellent)
Ability to deliver program content	[[0]]
Interaction with participants	[10]
Your experience :	
Very Nie and Helph 120h	ld advise all to isin and
xeep to head h	(A)
3000	
How would the techniques and knowledge taught in the	"Art of Living YES!+", help in your day to day life?
Any other suggestions:	
Would you like to receive regular updates about our act PROGRAM DETAILS: Faculty Name: Mo Karsh va Program Date: 23122-28122 Program Venue:	
Place: Et Hyderebod	Signature: