



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



COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

44
years



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

About Department

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

CHIEF PATRON

Sri. N. SUBASH
President, CBIT

PATRON

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Principal, CBIT

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Advisor - Student Affairs & Progression

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Head, Dept. of EEE

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Associate Professor, Dept. of CIVIL

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

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

Value Added Course
on

**Youth Empowerment &
Skills**

23rd - 28th January, 2023



Chaitanya Bharathi Institute of Technology

(Autonomous under UGC)

Affiliated to Osmania University

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

Certified Institution Gandipet, Hyderabad, 500075

Telangana State, INDIA

CHAITANYA SATTVA CLUB

About club

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

Student Executive board

A. Akshay, President, 7287078216.

P. Azeez Khan, Vice- President , 7032301307.

K. Aishwarya, General Secretary, 7671086563.

N. Manoj, Treasurer, 6301672271.

M. Anoop Kumar, Joint Secretary, 7794902421.

R. Tulasi, Joint Secretary, 6300605754.

M. Sreenija, Student Advisor, 9676186570.

Gmail: chaitanyasattva_cc@cbit.org.in

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



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

About the course:

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

Topics to be covered:

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

Schedule:

Session-1:(on Campus-17 hours)

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

Saturday:9:00am-5:00 pm

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

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

Course Outcomes:-

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

Targeted Group

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

Technical Support :- ART OF LIVING , Hyderabad

RESOURCE PERSONS

Sri. VAMSHI KRISHNA

Art of Living facilitator , Hyderabad

Sri. VAMSHI KOSURI

Art of Living facilitator , Hyderabad

Registration

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

Registration Link:

<https://forms.gle/soarCfgrpXZ3A2Sjq7>





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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!!

For any queries contact

Anoopkumar: 7794902421

Tulasi: 6300605754

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

* Required

1. Name *

2. Roll No.

3. Year *

Mark only one oval.

1

2

3

4. Branch *

Mark only one oval.

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

5. Section *

Mark only one oval.

- 1
- 2
- 3
- 4
- 5

6. Phone number *

Active WhatsApp numbers

7. Skills you want to develop. *

This content is neither created nor endorsed by Google.

Google Forms

Tim Email Address	Name	Roll No.	Year	Branch	Section	Phone number	Skills you want to develop	Completed
1 SONTEYASHASWINI@GMAIL.C	Yashaswini	160121734016	2	EEE	1	7670975770	Manifesting	
2 vineethreddyys@gmail.com	Vineeth Reddy B	160120737060	3	IT	1	8500804963	Soft skills	
3 eshajattling123456@gmail.com	Jatling Esha	160121732007	2	CIVIL	1	8019989965	Making proper decisions	
4 nitishchinu2486@gmail.com	K.Nitish	160121732032	2	CIVIL	1	8332921800	Soft skills	
5 anuraggunda@gmail.com	GUNDLA ANURAG	160121732031	2	CIVIL	1	7702639429	How to over come lazyness	
6 charitha.b0702@gmail.com	B Charitha	160120737318	3	IT	3	6301666899	Communication skills,soft skills	
7 bhavanaganamani2229@gmail.com	Bhavana Ganganamani	160121734007	2	EEE	1	9440420687	To overcome overthinking and to develop self confidence	
8 srivenideshetti3@gmail.com	Sriveni	160121748303	2	CSE	4	9989042964	Coding	
9 simharajusathwik17@gmail.com	Sathwik	160121734059	2	EEE	1	9381361629	Mind management	
10 shishir19@gmail.com	Shishir Kathi	160121733125	2	CSE	2	9701289153	Features of mind for better focus, an optimistic understanding of things	
11 varunkamshetty40@gmail.com	Kamshetty Varun	160120735115	3	ECE	2	8919435017	Time management, concentration.	
12 nehareddysingu@gmail.com	S.Neha Reddy	160120771010	3	AIDS	4	9440163372	Controlling my emotions	
13 yaminiamrutham@gmail.com	A.Laxmi Yamini	160122749004	1	CSE	1	9246737495	Peace of mind	
14 sai.tiru17@gmail.com	T. Sai Samanvith	160120736100	3	MECH	2	6303761841	Communication skills	
15 akshithabellam2003@gmail.com	B.Akshitha	160121732304	2	CIVIL	1	8688836951	Communication skill	
16 shivathmikapavushetty@gmail.co	Shivathmika	160120737134	3	IT	3	9392388744	Confidence ,mind stability,dare to do anything	
17 amruthamrenuka05@gmail.com	Renuka Amrutham	160120732012	3	CIVIL	1	8790365879	Talkative skills	
18 adithyasheshagani96@gmail.com	Adithya Goud	160121734058	1	EEE	1	9703006677	I want to learn which are useful to me.	
19 achetan2004@gmail.com	chetan	160121733034	2	CSE	1	8125442308	none	
20 saikiranregu54@gmail.com	R.sai kiran	160120736097	3	MECH	2	9121738876	Communication skills	
21 arpulaakashay022@gmail.com	Evss.sahithi	160121732005	2	CIVIL	1	9390674655	Communication skills	
22 arpulaakashay022@gmail.com	Thousif udhin	160121748060	2	CSE	1	9884639786	none	
23 arpulaakashay022@gmail.com	lalith	160121734035	2	EEE	1	7981034096	Mind management	
24 arpulaakashay022@gmail.com	Gudem Shruthika	160121737010	2	IT	1	9666370136	None	

ACKNOWLEDGEMENT

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

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

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

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

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

ABSTRACT

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

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

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23-01-2023

Inauguration of Course

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

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



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



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

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

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



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

లక్ష సాధన కోసం మనం పని చేయాలి : రాహుల్ సింగ్



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అక్షర శరం, హైదరాబాద్, జనవరి 28: వైతన్య సత్వ అనేది సీబీఐటీ నుండి మానవ విలువల గురుంచి మరియు నేర్పించే ఒక ద్రవ్య. ఈ ద్రవ్య ప్రతి వ్యక్తి యొక్క శారీరక, మానసిక, సామాజిక, భావోద్వేగ మరియు అధ్యాత్మిక అభివృద్ధికి కృషి చేస్తుంది. ఈ ద్రవ్య ప్రత్యేకంగా సాంస్కృతిక మానవ విలువలను పెంపొందిస్తుంది, ఇది ఏలసీటీఈ ద్వారా ఇంటెగ్రేటింగ్ విద్యార్థులకు నిర్దేశించినది. యువత సాధికారత మరియు నైపుణ్యాలపై ఒక వారం రోజుల కోర్సును ఈ నెల 23న ప్రారంభించి ఈ రోజు తో ముగిసినది. కోర్సు పూర్తిగా ఫ్రైండ్ మేనేజ్మెంట్ స్పెక్ట్రం, లక్ష్యాలను నిర్దేశించుకోవడానికి మరియు లక్ష్యాలపై దృష్టిని మెరుగుపరచడానికి వాటిమీద దృష్టి పెట్టేందుకు నైపుణ్యం తో కూడిన

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ప్రతి ఒక్కరూ లక్ష్య సాధన కోసం పని చేయాలి

- ఎన్ అండ్ పి గ్లోబల్ హైదరాబాద్ ఎగ్జిక్యూటివ్ డైరెక్టర్ రాహుల్ సింగ్

హైదరాబాద్, 28 జనవరి, ప్రాంత బిస్కెట్: ప్రతి ఒక్కరూ లక్ష్యాన్ని పేర్కొనడం కోసం పని చేయాలని ఎన్ అండ్ పి గ్లోబల్ హైదరాబాద్ ఎగ్జిక్యూటివ్ డైరెక్టర్ రాహుల్ సింగ్ సూచించారు. యువత సాధికారత, నైపుణ్యాలపై సీబీఐటీ కళాశాలలో నిర్వహించిన వారం రోజుల కోర్సును ఈ నెల 23న ప్రారంభించగా శనివారం ముగింపు సమావేశానికి ఎన్ అండ్ పి గ్లోబల్ హైదరాబాద్ ఎగ్జిక్యూటివ్ డైరెక్టర్ రాహుల్ సింగ్ ముఖ్య అతిథిగా హాజరయ్యారు. ఈ సందర్భంగా ఆయన మాట్లాడుతూ వైతన్య సత్వ అనేది సీబీఐటీ నుండి మానవ విలువల గురుంచి నేర్పించే ఒక ద్రవ్య. ఈ ద్రవ్య ప్రతి వ్యక్తి యొక్క శారీరక, మానసిక, సామాజిక, భావోద్వేగ, అధ్యాత్మిక అభివృద్ధికి కృషి చేస్తుంది. ఈ ద్రవ్య ప్రత్యేకంగా సాంస్కృతిక మానవ విలువలను పెంపొందిస్తుంది, ఇది ఏలసీటీఈ ద్వారా ఇంటెగ్రేటింగ్ విద్యార్థులకు నిర్దేశించినది. అన్నారు. కోర్సు పూర్తిగా ఫ్రైండ్ మేనేజ్మెంట్ స్పెక్ట్రం, లక్ష్యాలను నిర్దేశించుకోవడానికి, లక్ష్యాలపై దృష్టిని మెరుగుపరచడానికి వాటిమీద దృష్టి పెట్టేందుకు నైపుణ్యం తో కూడిన కమ్యూనికేషన్, క్యాన్, భావోద్వేగాలు, నమయ నిర్వహణ, లక్ష్య నిర్దేశన, నాయకత్వ లక్షణాలు, క్రీడి, ఉనికి స్థాయిలు, పోషణ, మన శరీరం, తేవనవై, పర్యావరణం, ఆహారం, విశ్వాసం, తోటివారి



ఒత్తిడి, మనస్సు నిర్వహణ, ఒత్తిడి నిర్వహణ, స్వీయ, సమాజం, నీతి, నైతికత, సమగ్రత అనే అంశాలు మీద వివరంగా చెప్పారు. ఈ కార్యక్రమానికి ఆర్ట్ అండ్ లివింగ్ హైదరాబాద్ సాంకేతికంగా మద్దతునిచ్చగా, వంటి కృష్ణ, వంటి కోసూం రిసోర్స్ వర్క్స్ గా వ్యవహరించారు. రాహుల్ సింగ్ తేవన కళాకోని కొన్ని వచాలను వివరించారు. విశ్వాసం, లక్ష్యాలను నిర్దేశించుకోవటం అనేది ఒక మంచి నిర్ణయం. తేవన కళ పిరమిడ్ తో సమానమని చెప్పారు. విజయం సాధించిన వారు ఉన్నత స్థాయికి చేరుకుంటారని పేర్కొన్నారు. గౌరవ అతిథి రమణురాం మాట్లాడుతూ సాంస్కృతిక మానవీయ విలువల గురుంచి చెప్పారు. సీనియర్ స్ట్రాటజీ కోఆర్డినేటర్ డాక్టర్ జి సురేష్ బాబు, హెడ్ ఆఫ్ దిడిపార్ట్మెంట్, ఎలక్ట్రికల్ అండ్ ఎలక్ట్రానిక్ ఇంటెగ్రేటింగ్, సీబీఐటీ అధ్యాపకుడు రాధాకృష్ణ ప్రసాద్ ప్రసంగించారు. దీనిగా విద్యార్థి నలహోదారు శ్రీనివా ప్రతి ఒక్కరికీ కృతజ్ఞతలు తెలిపారు.

COURSE OBJECTIVES



Improvement in learning and research competency.



Increase student employability.



Create opportunities for youth to develop their interpersonal skills.



Enhance abilities of youth to handle stressful conditions.



Improve relationship between teachers and students.

ABOUT THE COURSE

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

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

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

INTRODUCTION TO YES+ COURSE

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

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

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

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

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

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

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

COURSE MODULES

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

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

COURSE CONTENT

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

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

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

The description for each day course contents are written below:

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

23-01-2023

Session-1

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

Topic:-SKILLFUL COMMUNICATION

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



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

24-01-2023

Session-2

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

Topic:- Introduction to Breath: Breath and Emotions

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



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

25-01-2023

Session-3

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

Topic:-Mind Management

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



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

25-01-2023

Session-4

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

Topic:-Energy and 7 Levels of Existence

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



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

27-01-2023

Session-5

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

Topic:-Ego, Confidence and Peer Pressure

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



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

27-01-2023

Session-6

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

Topic:- Time Management and Goal Settings

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



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

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28-01-2023

Session-7

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

Topic:-Stress Management

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



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

28-01-2023

Session-8

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

Topic:- *Self and Society*

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



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

28-01-2023

Session-9

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

Topic:-Leadership Quality

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



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

28-01-2023

Session-10

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

Topic:-Emotional Intelligence

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



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

28-01-2023

Session-11

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

Topic:- Nutrition and Our Body

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



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

28-01-2023

Session-12

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

Topic:- **Lifestyle And Environment**

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

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

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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.

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Jan-Mar-2023

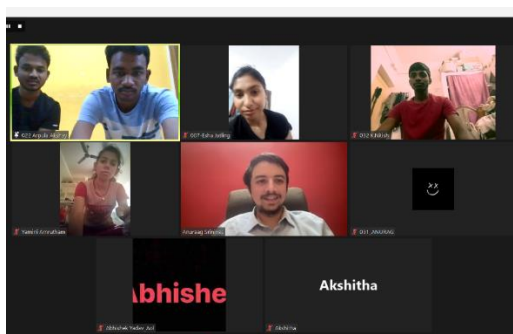
01-02-2023

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.

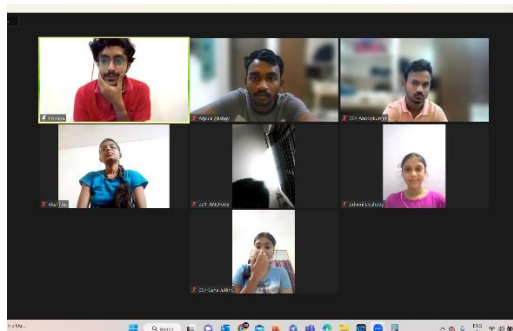
08-02-2023

Session-15

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

Topic:- Follow up and practice

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



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

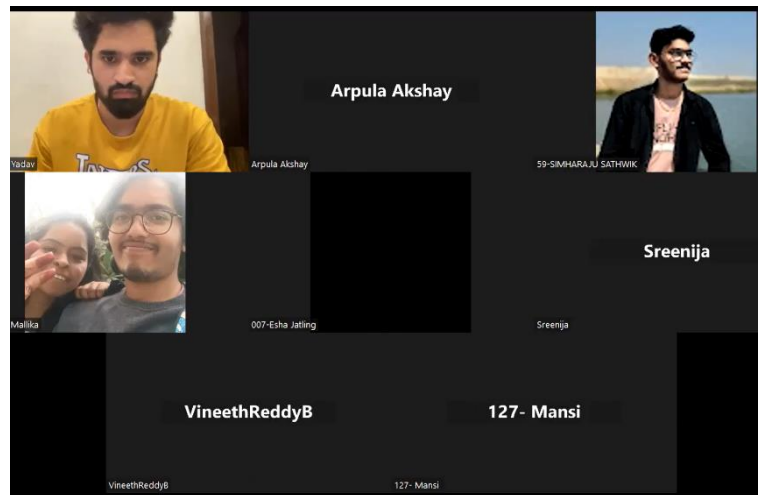
15-02-2023

Session-16

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

Topic:- Follow up and practice

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



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

22-02-2023

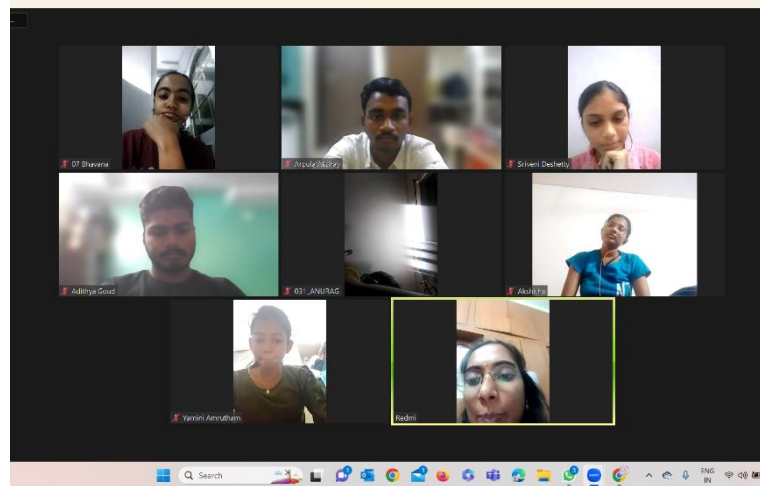
Session-17

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

Topic:- Follow up and practice

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

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



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

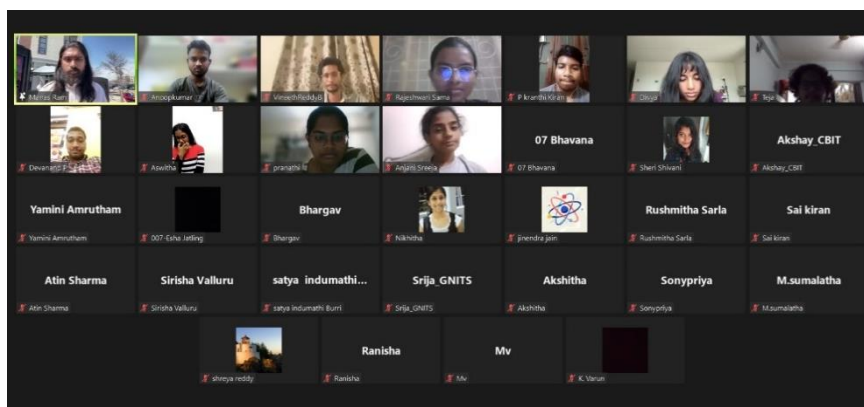
01-03-2023

Session-18

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

Topic:- Follow up and practice

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



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

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

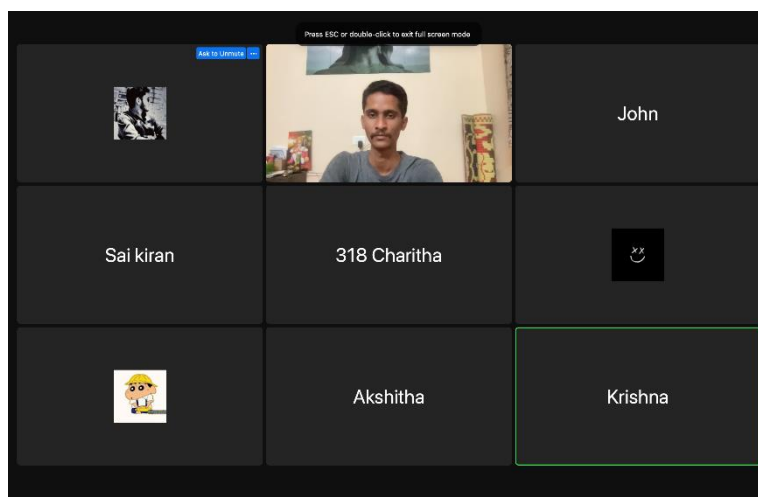
15-03-2023

Session-19

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

Topic:- Follow up and practice

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



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

29-03-2023

Session-20

Topic:- Evaluation

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

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



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

24-04-2023

Session-21

Topic:- Valedictory Session

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



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

CONCLUSION

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

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

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



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

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



ISO Certified
9001:2015

COMMITTED TO
RESEARCH,
INNOVATION AND
EDUCATION

44
years

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

VALUE ADDED COURSE ON YES!+

January-March 2023

CERTIFICATE OF PARTICIPATION

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

Dr. G. Suresh Babu
Convener

Dr. P. Ravinder Reddy
Principal, CBIT



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VALUE ADDED COURSE ON YES!+

January-March 2023

CERTIFICATE OF APPRECIATION

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

Dr. G. Suresh Babu
Convener

Dr. P. Ravinder Reddy
Principal, CBIT

	NAMES	roll no	branch	Phone numbers	23-01-2023	24-01-2023	25-01-2023	27-01-2023	28-01-2023
1	Gudem Shruthika		IT	9666370136	A	A	A	A	A
2	BHAVANA	160121734007	EEE	9440420687	Bhavana	Bhavana	Bhavana	Bhavana	Bhavana
3	Thousif udhin	160121748060	CSE	9884639786	Thousif	Thousif	Thousif	Thousif	Thousif
4	Kathi shishir	160121733125	CSE	9701289153					
5	Evss.sahithi	160121732005	CIVIL	9390674655	A	A	A	A	A
6	J.asha	160121732007	CIVIL	8019989965	J.Asha	J.Asha	J.Asha	J.Asha	J.Asha
7	B.Akshitha	160121732304	CIVIL	8688836951	Akshitha	Akshitha	Akshitha	Akshitha	Akshitha
8	G.Anurag	160121732031	CIVIL	7702639429	Anurag	Anurag	Anurag	Anurag	Anurag
9	SONTE YASHASWINI	160121734016	EEE	7670975770	Sonte	Sonte	Sonte	Sonte	Sonte
10	sriveni	160121748303	CSE	9989042964	Sriveni	Sriveni	Sriveni	Sriveni	Sriveni
11	Nitish	160121732032	CIVIL	8332921800	Nitish	Nitish	Nitish	Nitish	Nitish
12	chetan	160121733034	CSE	8125442308	Chetan	Chetan	Chetan	Chetan	Chetan
13	sathwik simharaju	160121734059	EEE	9381361629	Sathwik	Sathwik	Sathwik	Sathwik	Sathwik
14	Aditya	160121734058	EEE	9703006677	Aditya	Aditya	Aditya	Aditya	Aditya
15	lalith	160121734035	EEE	7981034096	Lalith	Lalith	Lalith	Lalith	Lalith
16	renuka	160120732012	CIVIL	8790365879	Renuka	Renuka	Renuka	Renuka	Renuka
17	charitha	160120737318	IT	6301666899	Charitha	Charitha	Charitha	Charitha	Charitha
18	varun	160120735115	ECE	8919435017	Varun	Varun	Varun	Varun	Varun
19	samanvith	160120736100	MECH	6303761841	Samanvith	Samanvith	Samanvith	Samanvith	Samanvith
20	shivathmika	160120737134	IT	9392388744	Shivathmika	Shivathmika	Shivathmika	Shivathmika	Shivathmika
21	neha	160120771010	AIDS	9440163372	Neha	Neha	Neha	Neha	Neha
22	Vineeth	160120737160	IT	8500804963	Vineeth	Vineeth	Vineeth	Vineeth	Vineeth
23	Regu Sai Kiran	160120736097	MECH	9121738876	Regu Sai Kiran	Regu Sai Kiran	Regu Sai Kiran	Regu Sai Kiran	Regu Sai Kiran
24	A.Laxmi Yamini	16012224474	CIC	9246732497	A.Laxmi Yamini	A.Laxmi Yamini	A.Laxmi Yamini	A.Laxmi Yamini	A.Laxmi Yamini

(C. Sasidharan)

S P H

NAMES	roll no	branch	Phone numbers	01-02-2023	08-02-2023	15-02-2023	22-02-2023	01-03-2023	15-03-2023	29-03-2023	05-04-2023
Gudem Shruthika		IT	9666370136	A	A	A	A	A	A	A	A
BHAVANA	160121734007	EEE	9440420687	A	A	A	A	A	A	A	A
Thousif udhin	160121748060	CSE	9884639786	A	A	A	A	A	A	A	A
Kathi shishir	160121733125	CSE	9701289153	A	A	A	A	A	A	A	A
Evss.sahithi	160121732005	CIVIL	9390674655	A	A	A	A	A	A	A	A
J.vesha	160121732007	CIVIL	8019989965	A	A	A	A	A	A	A	A
B.Akshitha	160121732304	CIVIL	8688836951	A	A	A	A	A	A	A	A
G.Anurag	160121732031	CIVIL	7702639429	A	A	A	A	A	A	A	A
SONTE YASHASWINI	160121734016	EEE	7670975770	A	A	A	A	A	A	A	A
sriveni	160121748303	CSE	9989042964	A	A	A	A	A	A	A	A
Nitish	160121732032	CIVIL	8332921800	A	A	A	A	A	A	A	A
chetan	160121733034	CSE	8125442308	A	A	A	A	A	A	A	A
sathwik simharaju	160121734059	EEE	9381361629	A	A	A	A	A	A	A	A
Aditya	160121734058	EEE	9703006677	A	A	A	A	A	A	A	A
lalith	160121734035	EEE	7981034096	A	A	A	A	A	A	A	A
renuka	160120732012	CIVIL	87903665879	A	A	A	A	A	A	A	A
charitha	160120737318	IT	6301666899	A	A	A	A	A	A	A	A
varun	160120735115	ECE	8919435017	A	A	A	A	A	A	A	A
samanwith	160120736100	MECH	6303761841	A	A	A	A	A	A	A	A
shivathnika	160120737134	IT	9392388744	A	A	A	A	A	A	A	A
neha	160120771010	AIDS	9440163372	A	A	A	A	A	A	A	A
Vineeth	160120737060	IT	8500804963	A	A	A	A	A	A	A	A
Regu Sai Kiran	160120736097	MECH	9121738876	A	A	A	A	A	A	A	A
A. Laxmi Yamini	160122749004	CSE	9246737495	A	A	A	A	A	A	A	A

(Handwritten signature)
 C. S. Srisudhama

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



Yes!

160120726100

T. Sri Lakshmi

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

⇒ Being consistent, self exploration,

don't see intentions behind others mistakes,





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

* Don't become football of other's intentions

→ This point is most remembrance & touched to

- my heart.

→ coz, everyone everywhere at some situations

will say mean things to us at some perspective.

→ So; In this course I have learned a

valuable point i.e

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

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

I am trying hard on this point.



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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

→ can increase our emotions in a right way control



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

→ We get everything in package.

Happiness alone will not come.

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

→





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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



RV



Yes!

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

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

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

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

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





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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



Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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



Yes!

160121748303

Saiveni

CSE-A12ML

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

Breathing techniques and how to concentrate more without feeling stress.





Yes!

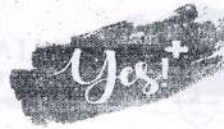
Kamshetty
Vasun
ECE-2

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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

→





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

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



Yes+

A. Chetan
CSE-1
2nd year

Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





A. Bharathi
1-230
10/10/20

12. Live in the present moment
a) Black hole b) Past moment c) Future moment d) Present moment
13. Responsibility gives All the above
a) Increases the comfort zone b) Happiness c) Power d) All the above
14. The wisdom for happiness is delinking it from people and situations
a) Money b) Wealth c) People d) People and situations

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

live in the present moment
Don't see intentions behind mistakes





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

- Live in the present moment!

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

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

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

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



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

Assessment test

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





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

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

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

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

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





Youth Empowerment and Skills workshop (Value Added Course)

Assessment test

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





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

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

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

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

→ Don't see the intention behind other mistakes.

→ Live in present moment.

Post-Assessment Form

Name: R. Sai Kiran
 College/University Name: Chaitanya Bharathi Institute of Technology
 Profession: Student DOB: 20/09/2002
 Address: Malleshally, Valisunda mandal, Yadadri bhongir district
 Pincode: 508112 Mobile: 9121738376 E-mail: sai.kiranregu10@gmail.com

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

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



Handwritten initials

Your experience :

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

Any other suggestions:

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

PROGRAM DETAILS :

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

Place: CBIT CAMPUS

Signature: R. Sai Kiran

Post-Assessment Form

Name: T. Sai Samanvith

College/University Name: CBIT

Profession: student DOB: 17-02-2002

Address: East balaji hills Colony, Boduppal, uppal

Pincode: 500039 Mobile: 6302761841 E-mail: sai.tiru17@gmail.com

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

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



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

- Ability to deliver program content [9]
- Interaction with participants [8]

Your experience :

Experience was really amazing

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

It helped in a great way at above mentioned parameters

Any other suggestions:

NO

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

PROGRAM DETAILS :

Faculty Name: Manas Ram Acharya and Krishna Anna
Program Date: _____ Program Venue: _____

Place: CBIT

Signature: [Signature]

Post-Assessment Form

Name: Kamshetty Vasun
 College/University Name: Chaitanya Bharathi Institute of Technology
 Profession: Student DOB: 29/09/2002
 Address: S.V. Nagar, Malapuri, Hyderabad- 26
 Pincode: 500026 Mobile: 8919435019 E-mail: Varunkamshetty40@gmail.com

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

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



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.

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

- Intrapersonal & Interpersonal relations have increased.
- Habit of helping others improved.

Any other suggestions:

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

PROGRAM DETAILS :

Faculty Name: Jee Manas Ram
 Program Date: 31/12/2021 Program Venue: College Auditorium

Place: Hyderabad

Signature: K. Vasun

Post-Assessment Form

Name: A. Laxmi Yamini
College/University Name: Chaitanya Bharathi Institute of Technology
Profession: Student DOB: 15-1-2004
Address: 14-796, NSP Camp Miryalaguda.
Pincode: 508202 Mobile: 9246237495 E-mail: jaminiamrutham@gmail.com

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

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



Your experience :

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

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

It helped me to manage every kind of situations

Any other suggestions:

No, it is really perfect!

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

PROGRAM DETAILS :

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

Post-Assessment Form

Name: _____

College/University Name: _____

Profession: _____ DOB: _____

Address: _____

Pincode: _____ Mobile: _____ E-mail: _____

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

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

Increased levels of energy & dynamism []

Reduced stress levels []

Effective communication []

Improved interpersonal relations []

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

Increased Creative and Analytical thinking []

Enhanced Team Building Skills []

Improved quality of sleep []

Confidence level []

Concentration level []

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

Ability to deliver program content []

Interaction with participants []

Your experience :

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

Any other suggestions:

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

PROGRAM DETAILS :

Faculty Name: _____

Program Date: _____ Program Venue: _____

Place: _____

Signature: _____

Post-Assessment Form

Name: G. ANURAG

College/University Name: CBIT

Profession: STUDENT DOB: 21/12/2003

Address: KPHTS COLONY, Kukatpally, Hyderabad, Telangana

Pincode: 500072 Mobile: 7702639429 E-mail: anuraggunda@gmail.com

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

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



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

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

Your experience :

It's been a really good course to 'I' have ever experienced.
Just cant express my positivity of this course

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

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

Any other suggestions:

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

PROGRAM DETAILS :

Faculty Name: Krishna

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

Place:

Signature: [Signature]

Post-Assessment Form

Name: S. Sathwik

College/University Name: CBIT

Profession: Student DOB: 21/10/2003

Address: Hno. 19-409/3, Ramnagar, Manchenhal

Pincode: 504208 Mobile: 9381361629 E-mail: simharajusathwik17@gmail.com

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

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



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

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

Your experience :

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

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

These would help to remove stress and gain energy

Any other suggestions:

No

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

PROGRAM DETAILS :

Faculty Name: Krishna

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

Place:

Signature:

Post-Assessment Form

Name: Shishir Kathi
 College/University Name: Chaitanya Bharathi Institute of Technology
 Profession: Student DOB: 12/09/03
 Address: Kalpataam Apts, Erragadda, Hyderabad.
 Pincode: 500018 Mobile: 9701289153 E-mail: shishirint9@gmail.com

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

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



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

- Ability to deliver program content [8]
- Interaction with participants [7]

Your experience :

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

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

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

Any other suggestions:

I suggest that the interaction be diverse in its demonstration.

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

PROGRAM DETAILS :

Faculty Name: _____
 Program Date: _____ Program Venue: _____

Place:

Signature:

Post-Assessment Form

Name: Ganganamani Bhavana

College/University Name: Chaitanya Bharathi Institute of Technology

Profession: Student DOB: 22/04/2003

Address: House no. 11-13-502, Road no: 6, Yadav nagar colony, alkapuri, Saranagar,

Pincode: 500035 Mobile: 9440420687 E-mail: bhavanaganganamani234@gmail.com

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

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



Your experience :

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

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

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

Any other suggestions:

NO.

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

PROGRAM DETAILS :

Faculty Name: Krishna

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

Place: CBIT

Signature: Bhavana

Post-Assessment Form

Name: YASHASWINI SONTE
 College/University Name: CHAITANYA BHARATHI INSTITUTE OF TECHNOLOGY
 Profession: STUDENT DOB: 14/06/2004
 Address: 3-601, SUBHASH CHANDRA BOSE NAGAR NEWHA FEEZPET - 500049
 Pincode: 500049 Mobile: 7670975770 E-mail: sonteyashaswini@gmail.com

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

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



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

- Ability to deliver program content [8]
- Interaction with participants [2]

Your experience :

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

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

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

Any other suggestions:

NO

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

PROGRAM DETAILS :

Faculty Name: Krishna
 Program Date: 28-01-2023 Program Venue: CBIT

Place: CBIT

Signature: [Handwritten Signature]

Post-Assessment Form

Name: B. Charitha

College/University Name: CBIT

Profession: Student DOB: 07/02/2003

Address: Grachibowli

Pincode: _____ Mobile: 6301666899 E-mail: charitha.60702@gmail.com

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

Increased levels of energy & dynamism	[9]
Reduced stress levels	[9]
Effective communication	[9]
Improved interpersonal relations	[9]
More clear, calm and a happy state of mind	[10]
Increased Creative and Analytical thinking	[9]
Enhanced Team Building Skills	[10]
Improved quality of sleep	[10]
Confidence level	[10]
Concentration level	[9]
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 an great experience, I have increased my friends circle and my communication skills.

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

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

Any other suggestions:

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

PROGRAM DETAILS :

Faculty Name: Koishma

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

Place: CBIT

Signature: B. Charitha

Post-Assessment Form

Name: B. Neha Reddy

College/University Name: CBIT

Profession: Student DOB: 23rd March, 2003

Address: Alkapuri, L.B. Nagar

Pincode: 500035 Mobile: 9440163372 E-mail: nehareddy819@gmail.com

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

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



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

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

Your experience :

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

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

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

Any other suggestions:

NA

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

PROGRAM DETAILS :

Faculty Name: Krishna

Program Date: 20th Jan, 2023 Program Venue: CBIT

Place: CBIT

Signature: [Signature]

Post-Assessment Form

Name: B. Neha Reddy

College/University Name: CBIT

Profession: Student DOB: 23rd March, 2003

Address: Alkapuri, L.B. Nagar

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

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

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



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

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

Your experience :

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

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

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

Any other suggestions:
NA

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

PROGRAM DETAILS :

Faculty Name: Krishna
Program Date: 20th Jan, 2023 Program Venue: CBIT

Place: CBIT

Signature: [Signature]

Post-Assessment Form

Name: Sriveni Deshetty
 College/University Name: Chaitanya Bharathi Institute of Technology
 Profession: Student DOB: 18-09-2004
 Address: 15-1-134, Gada Varikhan, Peddapalli
 Pincode: 505 209 Mobile: 9989042964 E-mail: sriveni.deshetty3@gmail.com

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

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



Your experience :

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

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

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

Any other suggestions:

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

PROGRAM DETAILS :

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

Place: Assembly Hall

Signature: Sriveni

Post-Assessment Form

Name: S. Adithya goud
 College/University Name: Charanya's Research Institute of Technology
 Profession: Student DOB: 25-06-2003
 Address: My home avater, Plot no: B-5, 907, Nanarangaudi.
 Pincode: 500032 Mobile: 9703006677 E-mail: adithyashuhogan's 96@ gmail.com

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

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



- Facilitator related** (On a scale of 1-10, where 1 is poor and 10 is excellent)
- Ability to deliver program content [8]
 - Interaction with participants [9]

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

How would the techniques and knowledge taught in the "Art of Living YES!+", help in your day to day life?
Smile in the face. Good sleep. Peaceful and stress
releif. I loved the games which I have played in
this course.

Any other suggestions:
—

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

PROGRAM DETAILS :
 Faculty Name: Krishna
 Program Date: 23-1-23 Program Venue: College
 Place: Assembly Hall Signature: S. Adithya

Post-Assessment Form

Name: K. Nithish

College/University Name: CBIT

Profession: Student DOB: 27/10/2003

Address: Q. NO. 2486 TYPE-2 ODF Estate, Yeddumailaram (V), Sangareddy Dist.

Pincode: 502205 Mobile: 8332921800 E-mail: Nithishchinu2486@gmail.com

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

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

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



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

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

Your experience :

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

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

In having peace of mind where ever we are in world.

Any other suggestions:

Keep going!!!

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

PROGRAM DETAILS :

Faculty Name: Krishna

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

Place:

Signature:

Post-Assessment Form

Name: A. Chetan

College/University Name: Chaitanya Bhagwati Institute of Technology

Profession: B.Tech DOB: _____

Address: Plot 235 MCA/MP Colony Pal No. 10C, Jubilee Hills, Hyderabad

Pincode: 500033 Mobile: 8125442308 E-mail: achetan2004@gmail.com

How has the program benefitted you with respect to the following parameters ? (no spec)
(On a scale of 1-10, where 1 is poor and 10 is excellent)

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



- Facilitator related** (On a scale of 1-10, where 1 is poor and 10 is excellent)
- Ability to deliver program content [10]
 - Interaction with participants [10]

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

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

Any other suggestions:
Nil

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

PROGRAM DETAILS :
Faculty Name: Ms. Krishna
Program Date: 23/12-28/12 Program Venue: CBIT

Place: Hyderabad Signature: [Signature]
28/1/23