

S. R. K. R. Engineering College



(Autonomous)

China Amiram, Bhimavaram – 534204



Report of the Event on “ Youth Empowerment Skill + workshop ”

Event	yes+
Occasion	Welcome freshers
Department Organised	PAIE CELL
Start date	04 APRIL 2023
End date	07 APRIL 2023
Venue	I - Block
Art of living Teachers	Kancharla Sharath Chandra, Dr P Bhavani, P Ramesh Raju
Description of the Event	Youth Empowerment skill workshop , empower the skill like mind management skill , focus on aspiration, good health by sudarshana kriya, spiritual knowledge with games and universal human values, e.t.c
Participants list	Yes (provided below)
Event Photos	Yes (provided below)
Feed back	Yes (provided below)

Circular:

SAGI RAMA KRISHNAM RAJU ENGINEERING COLLEGE (AUTONOMOUS)
SRKR MARG: CHINA-AMIRAM:BHIMAVARAM:
Date: 29-03-2023

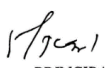
C I R C U L A R

On the eve of international Happiness Day, PAIE Cell is going to organize a happiness program for youth (yes+ workshop) from 04/04/2023 to 09/04/2023. So all the interested students of B.Tech. can register through the link given below.

<https://forms.gle/2YEEYtvsYcs6pe6M7>

Timings : For hostlers and day-scholars -04:30 p.m. to 7:30 p.m.
For students coming by bus – 03.00 p.m. to 05.00 p.m.
Venue : I-Block

For queries Contact:
P. RAMESH RAJU - 9989927666
M.LOKESH 4/4 ECE - 9391255950
P.B.V.ASHRITHA 3/4 CSBS - 9392503539


PRINCIPAL

Copy to:

<p>The Principal's Table The Management Office All Heads of the Departments (9 Depts.) The Head, Tech. Centre The Dean, R & D, WET Centre The Dean, Evaluation(A) The Dean, IQAC Cell The In-charge, G.C.C The Manager, Principal's Office Circulation in ALL class rooms Office file (DPS)</p>	<p>The Head, CBR The Dean, Academics The Dean, T & P Cell The In-charge, T&P Cell The College Engineer The In-charge, PAIE Cell The Hostel Wardens (A,B & C Blocks) All Notice boards Master file</p>
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Event Poster / Brochure:



The poster features a central image of silhouettes of people with their arms raised in a celebratory gesture against a sunset background. The text is arranged around this central image, with a header section at the top containing logos and the title 'THE ART OF LIVING'. The main title 'YES+ WORKSHOP' is prominently displayed on the left. To the right, a speech bubble contains the phrase 'Learn with a great joy and happiness'. Below this, the event details (location, time, and speakers) are listed. A 'REGISTER NOW' button is placed below the speakers' names. The dates '4th April to 9th April' are shown next to a calendar icon. At the bottom, contact information and a website URL are provided.

THE ART OF LIVING

YES+ WORKSHOP

Learn with a great joy and happiness

At SRKREC, BHIMAVARAM
5.30pm to 7.30pm

With
Sharath Chandra kancherla
(Art of living faculty and neurolinguistic trainer)
Ramesh Raju (Art of living teacher)

REGISTER NOW

4th April to
9th April

For more information
M.Lokesh:9391255950
P.B.V.Ashritha:9392503539
<http://aolt.in/693892>

Schedule of the program:

Day 1	
4:00pm to 6:00pm	<ul style="list-style-type: none">❖ Sangachatvam❖ Types of Listening❖ Type of Questioning❖ Quality of life❖ Sources of energy❖ Seven levels of existence❖ Games
Day 2	
9:00am to 5:00pm	<ul style="list-style-type: none">❖ When and then , i am happy❖ 100%❖ Live in the present❖ Team work❖ Pranayama , sudarshan kriya❖ Games
Day 3	
4:00pm to 7:00pm	<ul style="list-style-type: none">❖ Opposite values❖ Needs and responsibility❖ Surya namaskaras , Sudarshan kriya❖ Games
Day 4	
9:00am to 5:00pm	<ul style="list-style-type: none">❖ Accept the people and situation❖ Don't see intention behind other mistake❖ Time management❖ Dance yoga , and short sudarshan kriya❖ Games
Day 5	
4:00pm to 8:00pm	<ul style="list-style-type: none">❖ Don't become football of others opinions❖ Concentration technique❖ Ego burst process❖ Relationships❖ Eye gazing process❖ Praising process❖ Experience sharing❖ Culinary skills❖ Dancing warmups and short sudarshan kriya

Event Photos:



Participants View



Students asking Doubts



Practicing pranayamas



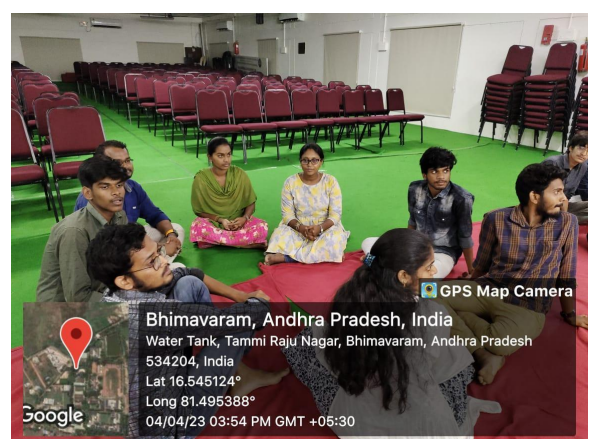
Gaes



Learning through Knowledge Sessions



Teacher sharing the knowledge



Practising Pranayamas	Listening the knowledge sharing by the teacher
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Summary:

Seniors will organize a Youth Empowerment skills workshop (Yes+) for five days to take care of the freshers and show them the right path to follow. In this workshop, the students will sit down (the traditional way to sit - Sukhasana) that reminds them of our Indian culture. The diversity of college makes them feel a little tense, but with the sangachadwam (Let us move together), the process where they start to feel the oneness in everyone. Everyone in the course, the teachers, the volunteers, always has a pleasant, involuntary smile which will automatically make the students feel rejuvenated. On the first day, we make them think about what gives them energy and what role breathing plays in their life and its importance. Essence to manage their mind to improve their quality of life and the levels of their existence. Most of the students hear their teachers rather than listen. They will learn the difference between hearing and listening, why listening is crucial, and types of listening. These help the students to gain more academically. The fascinating thing is that no student will feel bored, since there are games included from time to time and make the students very involved in the course.

Thrillingly students come to the second day of the course, where they know that they don't want "something" to be happy. Every student feels low, and some will give up on their dreams when they didn't make it for the first time, but the 100% concept in Yes+ will create the drive to keep trying and be happy. Why do teachers scold like your body is present, your mind is absent? Because human minds keep fluctuating from past to future rather than living the moment. Yes+ provide the students to understand this and try to work it on. The powerful pranayamas and Sudarshan Kriya (Heart of Yes+) are taught and practiced where the lung capacity is acknowledged, the calmness observed within ourselves

The remaining days were so Energetic that we danced every inch of our body(special surya namaskar dance) and continued with Sudarshan kriya. On this big day, they will know about the needs and responsibilities in their life. Everyone will run after success when failure welcomes them and they get very disappointed. Thus, Yes+ provides the opposite values and their importance in life. How to manage their time and set priorities for everything is well explained. Accepting people as they are, not seeing the intentions behind others' mistakes, not following other people's opinions unless they are experts, these things are well explained through several games. Yes! + will guide how to maintain relationships? How to concentrate on work? How does praising others benefit us? This life-changing workshop will train students and bring the best out of them.

Participants:

7/4/23 2:50 PM

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Name of the Participant	Branch and Year	Phone number
V Venkat Sai Uday Kiran	1-4 CSE	9110385369
N Hari Venkatesh	1-4 ECE	6303718486
M Jahnavi	1-4 CSG	9059229225
K Eitsh	1-4 IT	9381267295
M B Sashank	2-4 ECE	9192203301
P Charan Surya Sai	1-4 MECH	7337244695
U.Likitha	1-4 AIDS	6309878383
K Bala Giridhar	1-4 CSE	7093113857
A.Jaswanth Kumar		9768755559
K Damodhar	1-4 AIML	6304087987
B.V.D.A Ratna Chandrika	1-4 CSBS	6304551295
N.A.V.S.S.P.Akanksh	1-4 AIML	9014705897
D.Rajesh	1-4 ECE	6302501746
M Sai Kiran	1-4 AIDS	7013222647
D.Sesha Sai	1-4 AIDS	7995960873
G.Ramana murthy	1-4 AIDS	8555869631
T.S.Naga Manikanta	1-4 CIC	9381017897
M Bhavana	1-4 EEE	7842533722
A.Parthiv Sai	2-4 CIVIL	8985668934
M.S.R.Karthikeya Varma	1-4 AIDS	8919104346
Ch.Nara Hari	1-4 CSE	9390172623
V.Venkata Kaveri	2-4 AIDS	7901231288
N.L.Narayana	1-4 AIDS	8341572386
B.Kumar sai	1-4 AIML	8309987100
P.Kumar Varma	1-4 AIDS	8639494965
B.Gokul Venkat	1-4 AIDS	7382027673
K.SudeshnaDevi	2-4 CSE	8985643138
N.JyothiShanti	2-4 CSE	9154216109
A.Shanmukha	1-4 CSE	7989011645
G.Manikanta	1-4 CSE	7569429680
P.Mahesh	1-4 ECE	8688015585
J.Kamal Naryana	3-4 CSE	9121919725
B.Ankith	2-4 CSE	9100865095
T.Vigna Ramiej	1-4 AIDS	9032149776
V.Venkata Sravan	1-4 AIDS	9347600608

T.Bla
INCHARGE
PAIE