



A Report on

Three Day YES + Accelerating Excellence Youth Empowerment Skills Program on 26-28 Feb 2020

OBJECTIVES OF THE PROGRAMME:

YES+ (The Youth Empowerment Skills) programme is a life skills programme. It is composed of three modules: Healthy Body, Healthy Mind and Healthy Lifestyle. The Art of Living YES+ Programme is based on- SudarshanKriya, Meditation and breathing techniques, Techniques for mental focus and concentration, Techniques for overcoming fear and anxiety, Interactive process, team games, Food awareness, Group discussions, Learning through fun and games, service to others, confidence building and leadership.

One of the key characteristics of the educational programs offered by the foundation is giving practical knowledge, techniques and skills that help people cope with stress and stressful situation, remove their influences and handle more efficiently with different tasks and demands in daily life, while at the same time improving health and achieving better quality of life.

Benefits

- Strengthen leadership skills
- Enhance memory and concentration
- Eliminate doubt and worry
- Decrease stress and anxiety
- Restful sleep and stronger immune system
- Be happy, vibrant and joyful
- Improve relationships

EXPERT SPEAKERS:

1. **Ms.ESHITA DESAI** : *Art of Living* Faculty Yoga Trainer Mentor Counsellor

PARTICIPANT DETAILS: ANNEXURE-I

Total 19 Participants had participated from first year students of **S.N.P.I.T & R.C,**
UMRAKH

SCHEDULE : ANNEXURE II

PHOTOGRAPHS :ANNEXURE III

CERTIFICATES: ANNEXURE IV



PARTICIPANT DETAILS: ANNEXURE-I

Sr. No	Name	Sr. No	Name
1	CHAUDHARI DHRUVI RANJITBHAI	11	PAGI PRATAPSIKH ARJUNSIKH
2	SHAH MUSKAN SMIT	12	PATEL KEVINKUMAR RAJESHBHAI
3	SHAH PREKSHA MAHESHKUMAR	13	KYADA KEYUR GHANSHYAMBHAI
4	MISTRY PRATHAM DINESHBHAI	14	PATEL SHIVKUMAR DILIPBHAI
5	PATEL JEELKUMAR SUKETBHAI	15	PAVAGADHI DISHANTKUMAR SANATANBHAI
6	TAILOR JAYKUMAR MOHANBHAI	16	THORAT HIRENDRABHAI HARICHANDBHAI
7	PATEL MAYUR SHIVAJIBHAI	17	VARIYA KRUPESHBHAI PRAKASHBHAI
8	KHANDVI JIGNESHBHAI JAYANTIBHAI	18	PATEL DHURUV SANDIPBHAI
9	PATEL MAYUR MUKESHBHAI	19	
10	PADVI DIVYA SATISHBHAI		

ANNEXURE II SCHEDULE

Time	Date	Location
2:00 to 6:00 pm	26-2-2020	2 nd floor ,seminar hall pharmacy college
1:00 to 5:00 pm	27-2-2020	2 nd floor ,seminar hall pharmacy college
11:00 to 5:30 pm	28-2-2020	2 nd floor ,seminar hall pharmacy college

**ANNEXURE III-PHOTOGRAPHS
STUDENTS CREATIVITY**





2020-2-27 13:35



Yes+ Memory





CERTIFICATES : ANNEXURE IV
CERTIFICATE DISTRIBUTION

