

**PVP SIDDHARTHA INSTITUTE OF TECHNOLOGY
DEPARTMENT OF FRESHMAN ENGINEERING**

In collaboration with

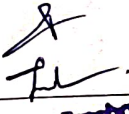
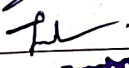
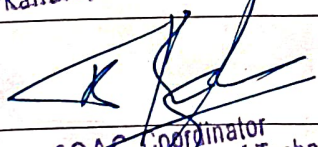
IQAC

Organizes a One - Week Workshop

YES!+ (Youth Empowerment & Skills)

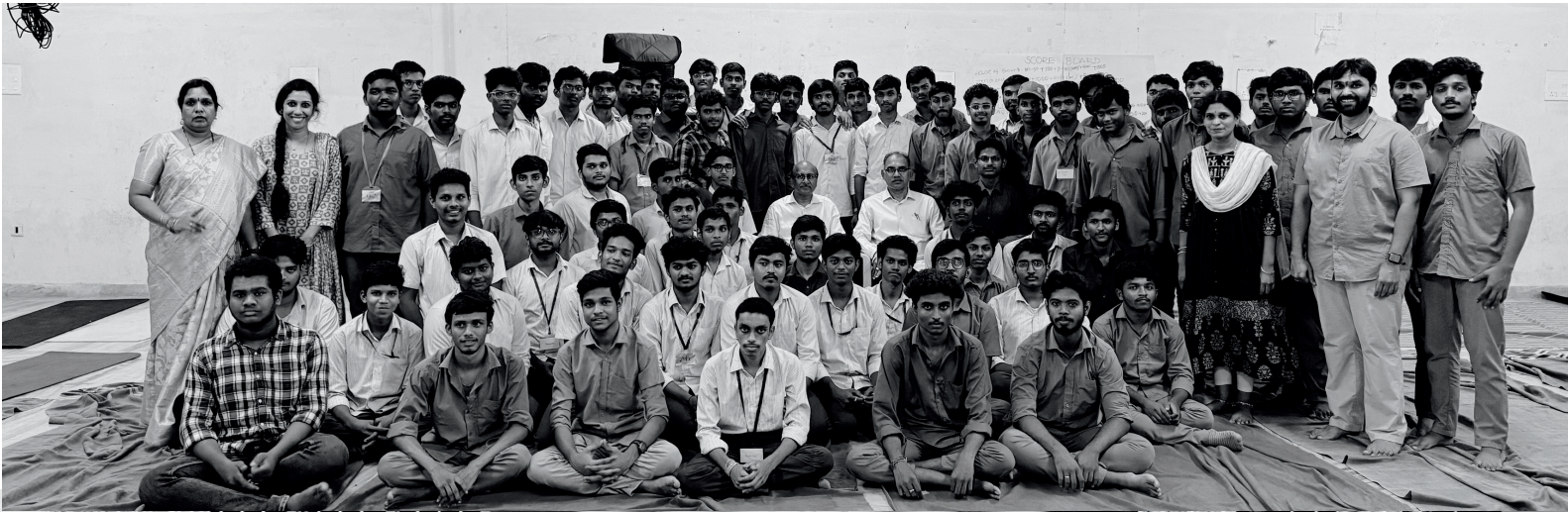
SUMMARY REPORT ON EVENT ORGANIZED

Date: 1.11.2025 to 5.11.2025

ACADEMIC YEAR : 2025-2026	
Date of event organized	1.11.2025 to 5.11.2025
Name of the program	YES!+ (Youth Empowerment & Skills)
Title of the program	YES!+ (Youth Empowerment & Skills)
Brief report on the event	The Department of Freshman Engineering collaborated with the Art of Living to host a YES+ (Youth Empowerment & Skills) program designed to address the challenges faced by I.B.Tech. students of Civil Engineering, Mechanical Engineering, and Electrical and Electronics Engineering. Students learned practical tools to enhance both academic performance and personal well-being. The program blended mind-body practices, interactive discussions, and hands-on activities to strengthen memory, concentration, social skills, and the ability to perform under pressure. Through techniques such as Sudarshan Kriya, yoga, meditation, and emotional-intelligence practices, students were introduced to effective methods for reducing stress, improving self-awareness, and nurturing mental, emotional, and physical health.
Year/Semester	I B. Tech. ME ,CE & EEE
No. of the participants	122
Consolidated Feedback	Good
Suggestions if any	---
Name of the Co-ordinator	Dr. T. Preethi Rangamani Dr. S. Lakshmi Tulasi
Signature of the Co-ordinator	
Signature of FED HOD	 Freshman Engineering Department PVP Siddhartha Institute of Technology Kanuru, VIJAYAWADA-520 097.
Signature of IQAC Coordinator	 IQAC Coordinator PVP Siddhartha Institute of Technology Vijayawada

Youth Empowerment Skills Workshop

Feedback and Reviews Report

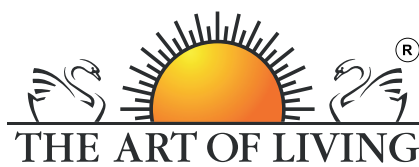


122 Participants

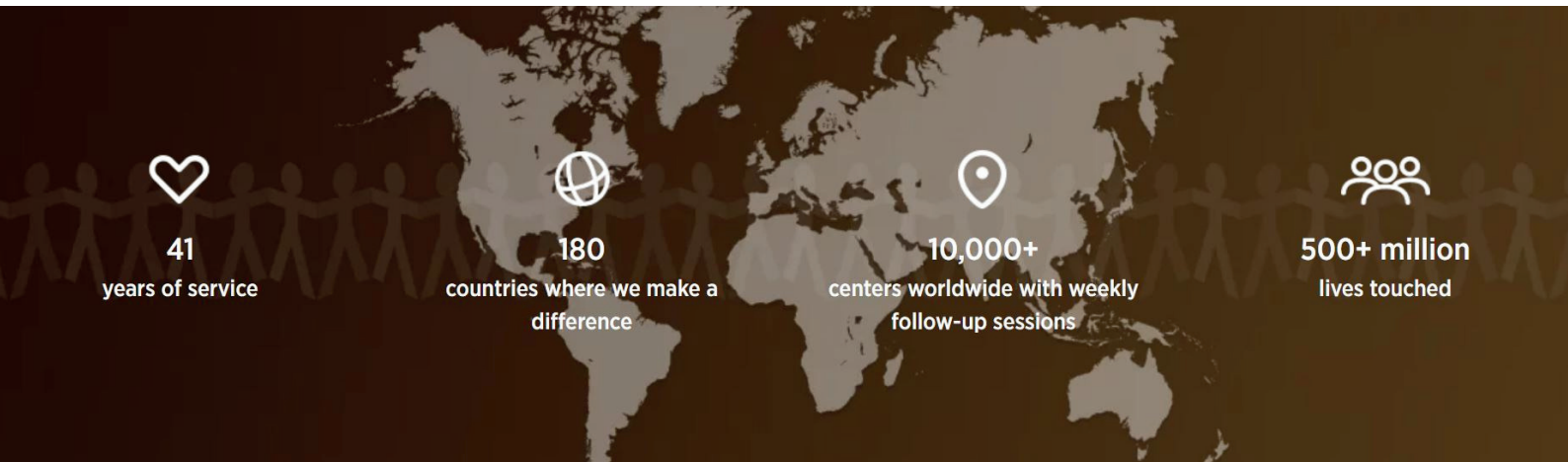
Dates: 1st - 5th November 2025

Venue: PVP Siddhartha Institute of Technology

YES!+, The Art of living Team



Art of living's impact



YES!+ Program Benefits

- Stress and Anxiety Management
- Coping with Peers
- Ability to have good relationship with parents
- Enhancing Concentration and Discipline
- Developing Public Speaking and Networking Skills
- Ability to manage your mind
- Increased Confidence
- Emotional Intelligence and Holistic Personal Growth

A better understanding of the mind's tendencies not only empowers students to excel academically and professionally but also nurtures essential life skills such as teamwork, improved communication, and decision-making capabilities. By understanding these aspects, students are prepared to succeed in various facets of their lives, and equipped with the tools and confidence to handle future challenges effectively.

Glimpses from our Batch.

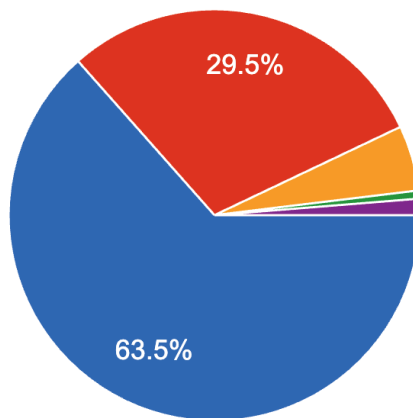


Glimpses from our Batch.



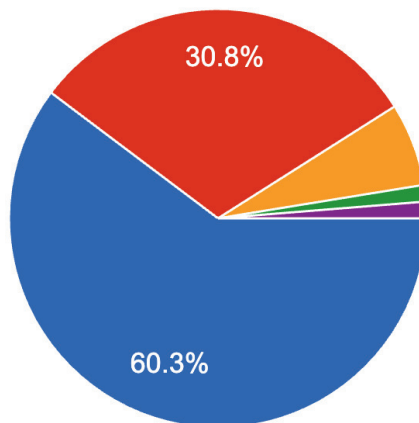
Transformation Post YES!+

How has the workshop influenced your state of mind?



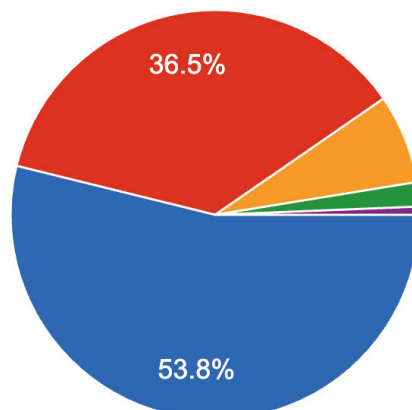
- 🌟 All Better - 100%
- 😊 Much Better - 75%
- 🙂 Better - 50%
- 🙂 Little Better - 25%
- 😐 No Change

How has the workshop impacted your energy levels?



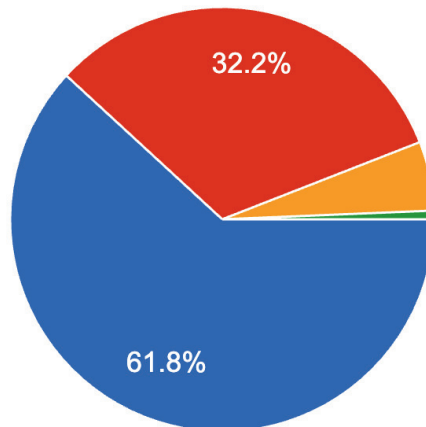
- 🔥 All Better - 100%
- 🚀 Much Better - 75%
- ⚡ Better - 50%
- 🌟 Little Better - 25%
- 😐 No Change

Did the workshop enhance your concentration?



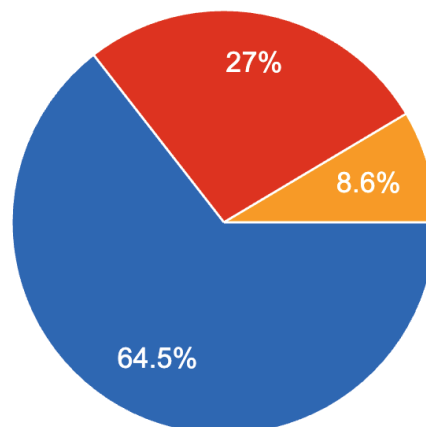
- 🧠 All Better - 100%
- 🧠 Much Better - 75%
- 📖 Better - 50%
- 📖 Little Better - 25%
- 😐 No Change

Did the workshop improve your confidence level ?



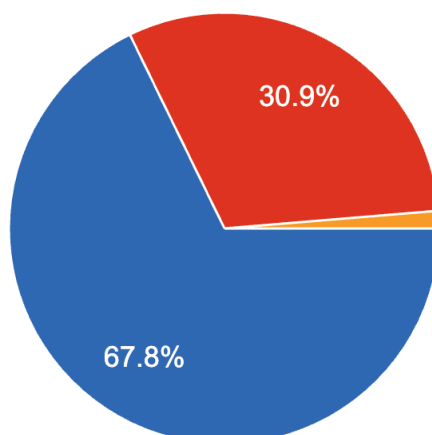
- 👊 All Better - 100%
- 👤 Much Better - 75%
- 👤 Better - 50%
- 👤 Little Better - 25%
- 👤 No Change

How has the workshop enhanced your social connectedness ?



- 👊 All Better - 100%
- 👤 Much Better - 75%
- 👤 Better - 50%
- 👤 Little Better - 25%
- 👤 No Change

How is your overall well-being ?



- 🌈 All Better - 100%
- ☀️ Much Better - 75%
- 🌻 Better - 50%
- ☁️ Little Better - 25%
- ☁️ No Change

Overwhelming Reponse from YES!+ Graduates

The YES!+ (Youth Empowerment and Skills) workshop was a truly life-changing experience. It helped me discover my inner strength, positivity, and clarity of mind. Through meditation, breathing techniques like Sudarshan Kriya, and fun group activities, I learned how to **manage stress**, stay focused, and live in the present moment. The sessions were filled with energy, laughter, and deep learning. I also met inspiring people and developed a **strong sense of connection and confidence**. The workshop taught me to approach every task with 100% effort and joy. Overall, it was a powerful journey of self-growth, happiness, and transformation.

Shaik Ruhi Rizwana

.....

It has **cleared a lot of questions** in my mind. It's the best life activity I have ever done.

Ch.Sai Teja

.....

I feel very **strong and healthy** after doing Sudarshan Kriya. It has helped me a lot, and I really enjoyed it ❤️

S Umalatha

.....

It was a very good workshop - every student should join it. I feel so changed after attending. It was totally worth it, and I really enjoyed it. I was able to **overcome my stage fear** using some of the techniques I learned from Mani Sir. I feel so good now

Shaik Althaf
.....

This was one of the best programs I have ever attended. I learned so many things from this session, like boosting my confidence and energy levels, improving my concentration, and **developing conversations** easily by treating others as our own people.

I highly recommend this program to my friends, especially those who face challenges like stage fear or shyness while talking to others. This program truly helps to raise your energy to the peak level, but only when you give your 100% effort.

During the sessions, we learned countless techniques to improve concentration. I'm eagerly waiting to attend more sessions of the YES!+ Program.

I'm really thankful to the trainers and volunteers for helping me level up to a better version of myself, and to our HOD Madam and Principal Sir for allowing us to attend this wonderful session without fail.

Ganta Ruthwik Manohar Reddy
.....

The people I met at the workshop **made me feel that I am not alone**, and I felt much better after the activities we did. I learned many things about relationships and my duty as a member of society. Almost everything I could learn in my lifetime was learned in just four days, and it's amazing.

Pranav naga shiva
.....

Yeah, at first, I was a bit nervous about everything going on. Later on, we became teams, and I got to lead a team called “Manipulating Conquerors.” Everything was new, and there was a moral story or a clear message behind every game from which we could learn many new things that helped us **become a better or brand-new version of ourselves**. I used to feel a bit nervous to come up on the stage and present myself, but slowly, brothers, sisters, and volunteers helped us build confidence and overcome our emotions through Sudarshan Kriya.

The brothers and sisters were not even a bit rude; instead, they taught us everything in a very friendly and comfortable manner. Thanks to them, I'm now more confident and able to keep my mind calm in any situation and maintain my energy longer through the techniques they taught us. I can't even explain my experience and feelings in words.

Thank you so much for everything! ❤️

Mohammad Khaja Moinuddin Shariff
.....

Overwhelming Responses from YES!+ Graduates!

It has helped me a lot. Basically, I am not a very cheerful person, but being part of this workshop made me realize **how beautiful it feels to be cheerful**.

I am deeply thankful to Gurudev Sri Sri Ravi Shankar Ji for sharing and spreading the life-changing technique of Sudarshan Kriya. Also, heartfelt thanks to all the annas and akkas for guiding us — we love you and miss you! ❤️

J Ashritha

.....

I feel much better after attending this workshop. I think it might be a **life-changing moment** for me. I have decided to participate in every event, wish everyone with a pleasant smile on my face, never give up in any situation, and never miss any opportunity. This workshop helped me develop my skills and knowledge about society, how to face problems, and **how to face society with a smile**. It also gave me the best friends ever and made me a team leader, which helped me improve my leadership qualities. I got rid of my stage fear, and now I can talk freely and feel free with everyone. I enjoyed everything a lot. it was fun and a truly good experience through this workshop.

Golukonda Nikhitha Sai Prasuna

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At first, I thought it was a waste of time and money, but later I realized that it's not a good-for-nothing workshop like others. I am grateful that this workshop is worth our time. It has **enhanced our communication skills**, and our thought process has changed because of this workshop.

Jagadeesh

.....

First of all, thanks to Mani anna, Suma akka, and all the other volunteers for giving their time to us so that we were able to learn a lot of new things, both mentally and physically.

- The very important thing they taught us is to put 100 percent effort into any work we do.
- Along with that, they taught us many new things and techniques — how to overcome problems and how teamwork plays an important role in our work and life.
- And the most important is Sudarshan Kriya - the most powerful kriya.

When I did it for the first time, it was the **first moment my mind felt empty**, without any thoughts, and it gave me hope that I can overcome my thoughts by doing this kriya.

- There are so many things they taught us, and I commit that their efforts won't go in vain.

I am eagerly waiting to participate in the next YES!+ programs.

- And sincere thanks to our Principal, HOD ma'am, and teachers for cooperating with us.

Azeem Mohammad

.....

Yahh! I experienced a new set of techniques that improved my **concentration, health condition**, and confidence, and brought some positive changes in me. Really, the YES+ Workshop is all about learning the Art of Living ❤️✨ It was totally worth the time I spent in this 5-day workshop ✅

DHOVARI SMAYTHI

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Well, at first, I was never aware of programs like these, but when I personally experienced it, it made some **positive changes** in me. This program teaches us the art of living - how to live in society and communicate with others, whoever they may be. I would even recommend as many people as possible to join this community and experience positive change.

Perumalla Aditya Raj
.....

It has changed me overall. It gave me more confidence than before. It **increased my energy** and concentration levels. The communication skills sessions were the best experience I have ever had, so everyone should join the YES+ workshop.

K Bharath
.....

Actually, the day when Harika akka and Mani anna came to our class and spoke, I thought it would be boring and that I'd have to stay until 6:30. I thought like that at first, but after attending, I felt that even if I stayed till 8:00 p.m., it would still be **worth** it! I learned so many things from this workshop. Thank you for giving us this opportunity ❤️❤️

Koganti Keerthana Chowdary
.....

I am very glad to have participated in the YES+ workshop. It made me feel stress-free and helped me overcome stage fear. It also **helped me concentrate better on my studies and life**. It was a wonderful, joyful, and playful experience, and very helpful in many ways, shaping us into good citizens of society.

We had wonderful and amazing coaches who taught us so many good things. It was a wonderful 5-day workshop that reminds me every single time of the experience and guidance of Mani anna, Harika akka, Dillip anna, and Suma akka.

Thank you so much to all the coaches and my faculty for providing this wonderful opportunity to participate in this workshop.

Alapati Amarendra

.....

Actually, it was a great session. I felt seen and heard. The one thing that had a strong impact on me was Sudarshan Kriya. When I saw that even criminals felt relieved and became positive by overcoming all their stress through this Kriya, I asked myself, if they can control their mind and **attain peace by doing this Kriya, why can't I?** I mean, obviously, **I don't have more stress** or guilt than those criminals. So, it became a turning point for me. I'm now looking forward to doing this Kriya every day. Our coordinators explained everything in the best way possible, and I'm truly grateful to them.

Vallabhaneni. Niharika

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I felt happy for joining this workshop. If I had not joined, I would have missed one of the golden opportunities in my life. **It made me better than before.**

T.Jasowmya

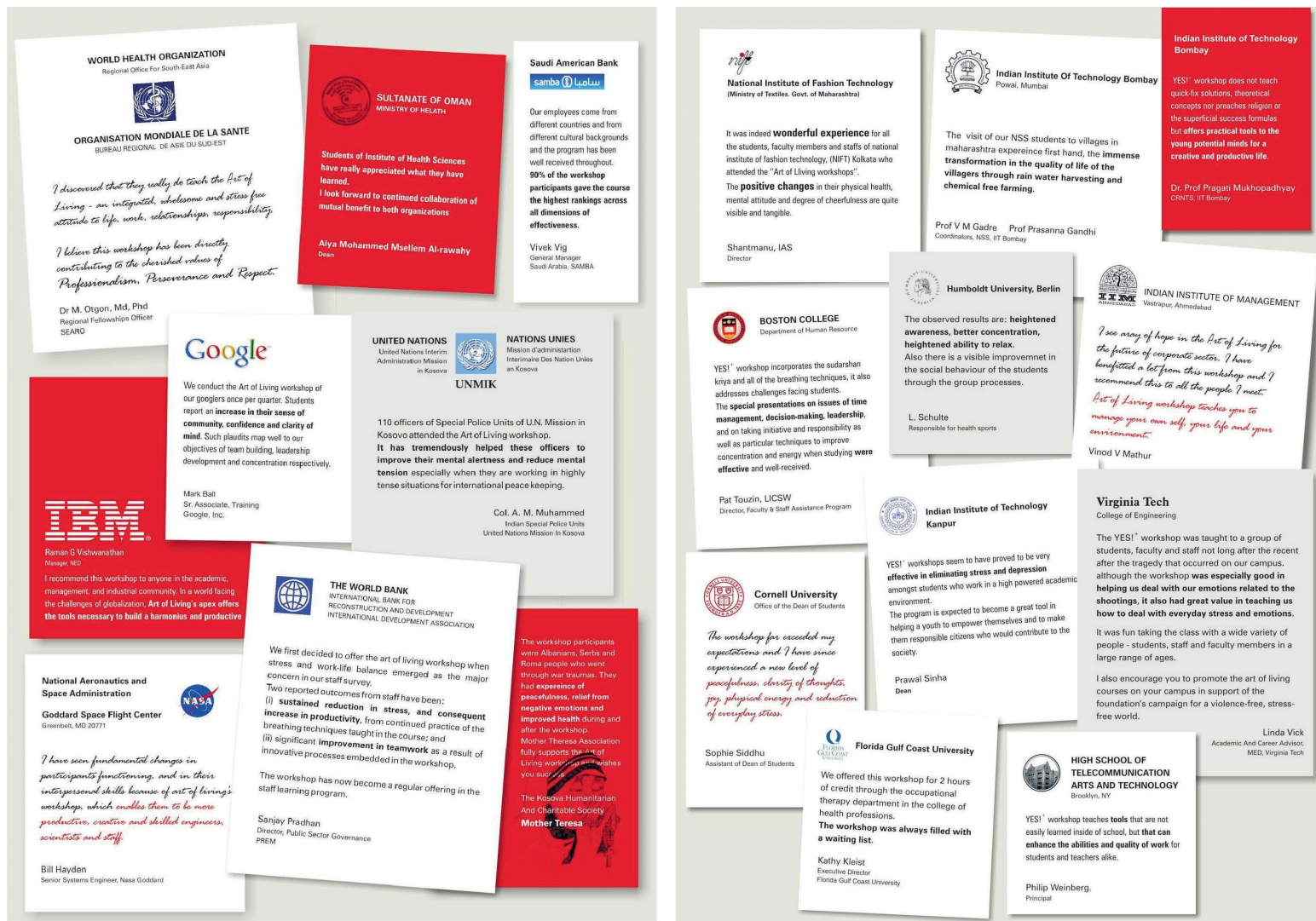
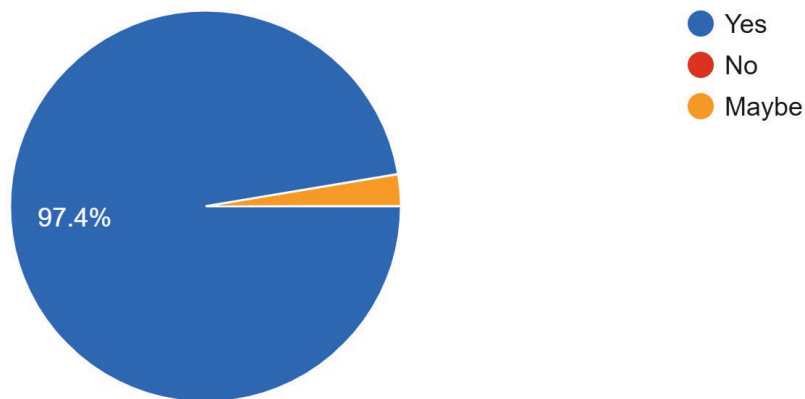
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This workshop helped me take my energy to the next level. It was **full of games, morals, knowledge, teamwork, and unity.** It helped us learn many things about ourselves. I enjoyed it a lot!!

Yasodhar

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Would you recommend Yes!+ to a friend ?



RECOMMENDED BY PREMIUM INSTITUTES AROUND THE WORLD !

"Life Changing"

"May be the fastest-growing spiritual practice on the planet"

"Like Fresh Air to Millions"

"Show promise in providing relief for depression"