



**Report On Talk “Yes+”
“AICTE Activity Points by Art of Living”**

Date: 09-11-2023

Time: 09:15AM-10:00AM

Platform: Offline Mode, 6th floor Seminar hall.

Number of participants: 36

The Department of Information Science and Engineering organized a talk on “Yes+” under **AICTE Activity Points** for ISE and ECE students of RVITM.

The trainer Mrs. Deepika from Art of Living briefed about the collaboration of Art of living with VTU colleges which help to earn 100 activity points and also introduce the YES+ program and its benefits.

The Youth Empowerment Seminar (YES!) is a dynamic and fun program that challenges teens to take responsibility for their life and provides a comprehensive set of practical tools for releasing stress, mastering emotions, and raising self-awareness.

The program addresses:

- Teens’ physical, mental, social, and emotional development
- Breathing techniques to relieve stress and bring the mind into focus
- Dynamic games and yoga
- Practical knowledge to create awareness
- Experiential processes to develop problem-solving strategies
- Dynamic group discussions designed to help teens feel at ease in challenging situations, increase confidence, withstand criticism and peer pressure.



@ RVITM
life skills for life

23 to 26 Nov, 2023

Post YES!+ Journey

YES!+ (Youth Empowerment and Skills) Workshop

Onboarding workshop

Learn the skills to -

- Stay focussed yet relaxed
- Rid yourself of emotional garbage
- Radiate Confidence
- Influence your environment

Be a better version of you!

Impact to society + Earning Activity Points

Post the onboarding YES! workshop which will equip you with skills to sort your own life, its time to be of use to the society... and in the journey earn your activity points.

- Weekend/holiday-time planned tasks with the Art of Living at the Art of International Center(Kanakpura Road) and other project sites
- Tasks will be spread through the coming months till April 2024 and volunteers/teachers of the Art of Living will guide you through the process

The Trainer explained about various streams where students can be involved in services.

These services can be in

- Ashrama Kitchen services.
- Medicine Plantation services.
- Lake and Water cleaning services

The session was interesting and informative about AICTE Activity services and also self development for students. All students participated actively. The session ended by presenting token of gratitude to resource person by Prof. Swathi Darla, AICTE Activity point coordinator.





Event Coordinator:

Ms. Swathi Darla

