

YES! Plus Program

13th May 2019

Yelahanka, Bengaluru

Yes! Plus Program was arranged by the PG Department of Commerce and Management, Seshadripuram First Grade College in co-ordination with the Art of Living organization from 8th May 2019 to 10th May 2019 in the Auditorium, SFGC, Yelahanka. Ram and Sanjuktha from the Art of Living organization were the facilitators for the program. The program was scheduled from 9.15AM to 1.30PM for all the three days.

Youth Empowerment and Skills workshop (YES! +) is one of the Youth Programs of the Art of Living organization. During the course of the program facilitators trained the students on how to perform Pranayama, Meditation and the Sudarshan Kriya which is a powerful breathing technique. There were many activities that were conducted during the program.

The facilitators revealed to the students that a person can lead a happy and peaceful life by following five Sutras in his life and they are – by living in the present i.e., by not thinking too much about the past and the future, by accepting the fact that opposite values are complimentary to each other, by accepting people and situation as they come, by not seeing intentions behind other's mistake and by not being the football of other's opinion as opinions of the people keeps changing.

The facilitators informed students that happiness is an attitude and the more responsibilities a person takes in his life, the more empowered and happy, he will be. They advised students to be grateful for what they have, as many of

the people in the world do not have basic necessities. There was a social service activity which was conducted on the second day to teach students, how by helping the society, happiness and peace can be spread. Through an activity, facilitators taught students that there is some or the other thing good in each and everyone and we should appreciate the same. The students were also trained on how to perform pranayama, meditation and Sudarshan Kriya at home by using a mobile application.

On the whole, the program was very insightful. It was an activity based learning session with lot of takeaways.

Akshata G Bhat

Group Photo:-

