



# **CENTRE OF EXCELLENCE**

**GOVERNMENT COLLEGE SANJAULI,**

**SHIMLA-06**

***A REPORT ON***

***YOUTH EMPOWERMENT SEMINAR (YES+)***

***DATED: 4<sup>th</sup> MARCH 2021 TO***

***9<sup>th</sup> MARCH 2021***

***PARTICIPATION: 40 STUDENTS***



The mental health of the students is as important as the physical health. Therefore 6 days art of living workshop is called as YES+ was organised in college in month of march (4<sup>th</sup> march to 9<sup>th</sup> march) 2021. National youth coordinator & level-2 certified yoga trainer, ART OF LIVING faculty Mr Sancy Sharma was the trainer for this amazing workshop. In these 6 days, workshop main

focus was on 7 level of existence (Body, Mind, Ego, Memory, Self.....). Students learned communication skills, time management, emotional balance, concentration and many other skills through interesting activities.







**Students  
practiced  
SKY  
technique**

**which is an advanced meditation technique to balance our creative, maintenance and transformation energy which is very important to live a happy and healthy life in today's world of negativity and depression**

**After this workshop many students come out of depression and anxiety issues which helps them to focus on study. Principal of**



the college Dr C.B. Mehta was chief guest for the closing ceremony Students were grateful to Mr Sancy Sharma Sir and also thankful to honourable Principal Sir for organising this YES+ workshop that brings a positive transformation in the life of students

Reported by:

**Shruti Sharma**

