



CENTRE OF EXCELLENCE

GOVERNMENT COLLEGE SANJAULI,

SHIMLA-06

A REPORT ON

YOUTH EMPOWERMENT SEMINAR (YES+)

DATED: 11th NOVEMBER 2021 TO

16th NOVEMBER 2021

PARTICIPATION: 200 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 November (11th November to 16th November) 2021. National youth coordinator & level-2 certified yoga trainer, ART OF LIVING faculty Mr Sancy Sharma was the trainer for this amazing workshop. In this 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.

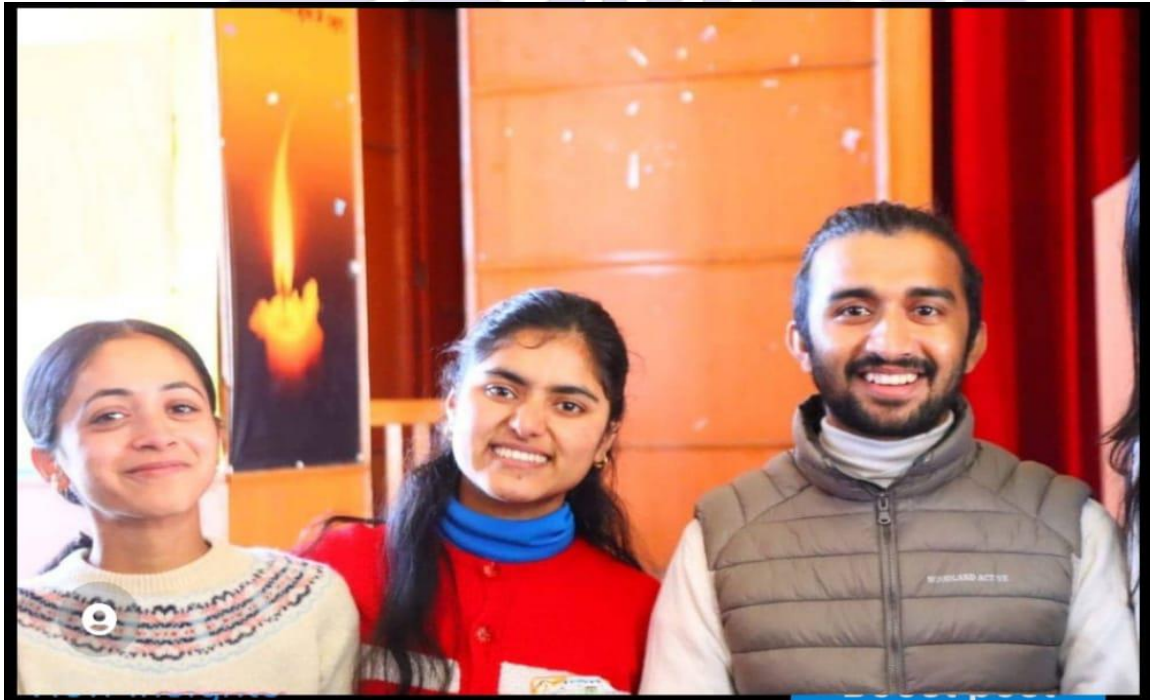


Students practiced SKY technique which is an advanced meditation technique to balance our creative , maintenance and transformation energy which is very important to live a happy and healthy life in today's world of negativity and depression

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:

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