

A Report of
Youth Empowerment & Skills Workshop
IInd Year

(25th August 2025- 30st August 2025)

Organized by



WELLNESS CLUB



MALLA REDDY

COLLEGE OF ENGINEERING

Date : 25-08-2025 to 30-08-2025

Venue : MRCE Main block

Malla Reddy College of Engineering
Maisammaguda, Dulapally, Secunderabad-500100

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1. Introduction

The Wellness Club at MRCE, in collaboration with The Art of Living, successfully conducted a five-day Youth Empowerment & Skills Workshop from August 25th to 30st, 2025. The workshop aimed at equipping students with essential life skills, stress management techniques, and leadership qualities to enhance their personal and professional growth.



MALLA REDDY COLLEGE OF ENGINEERING

Approved by AICTE - New Delhi, Affiliated to JNTUH & Accredited by NBA(CSE&ECE)
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Maisammaguda, Kompally, Dhullapally, Secunderabad - 500100



YES!+ : YOUTH EMPOWERMENT & SKILLS Workshop

Organized By MRCE WELLNESS CLUB

SPEAKERS



Ms Parul Khurana

B.Tech, M.S. from Illinois Institute of
Technology Chicago International Faculty,
Art of Living



Mr Deepak Lanka

B.Tech, NIT Durgapur
International Faculty, The Art of Living



PATRON

Dr. M Ashok

Principal - MRCE

CONVENOR

Dr.K.Shanthi latha

Associate Professor,
Dept of CSM

SAVE THE DATE

AUGUST

25 30

VENUE : MRCE

FACULTY COORDINATORS

Mrs. C. Varalaxshmi

Mrs. S neelima

Mrs. M Shiva Priya

Mr. B.Venkatesh

Mr V Ramesh

Mr. B. Ramakrishna

Mrs. Rupa

Mrs. Ch Pravalika

Wellness is a choice, choose to live well !

2. Objectives of the Workshop

- To empower youth with self-confidence and effective communication skills.
- To promote mental well-being through mindfulness and meditation techniques.
- To enhance leadership abilities and teamwork.
- To develop problem-solving and decision-making skills.
- To foster a positive and resilient mindset.

3. Inaugural Ceremony

The inaugural ceremony of the Youth Empowerment & Skills Workshop was held with great enthusiasm and participation on the August 25th, 2025 at MRCE-Seminar hall. The event marked the beginning of an enriching journey aimed at equipping young minds with essential skills for their personal and professional growth.



The Principal, Sir, extended a warm welcome to Ms. Parul Khurana by presenting a pot as a token of respect and appreciation.

4. Lighting of the Lamp

A traditional *lamp-lighting ceremony* was conducted to symbolize knowledge and wisdom. This auspicious moment was graced by esteemed dignitaries, including the team of The Art of Living.





The ceremony commenced with the lighting of the lamp by the Principal, the Wellness Club Convener, and the Resource Person, Ms. Parul Khurana.

Welcome Address

The ceremony commenced with a warm welcome address by Dr.K Shanthi Latha, Convener of Wellness Club, who highlighted the significance of youth empowerment and skill development in today's competitive world. The audience, comprising students, faculty members, and distinguished guests, was keen to embark on this journey of learning and self-improvement.



The ceremony commenced with a warm welcome address by Dr.K Shanthi Latha, Convener of Wellness Club.

"The Youth Empowerment & Skills Workshop, organized by the Wellness Club of Malla Reddy College, commenced with the auspicious lighting of the lamp, symbolizing the dispelling of ignorance and the ushering in of knowledge, wisdom, and positive energy."

Keynote Address

The keynote address was delivered by Dr. M Ashok ,Principal, who emphasized the importance of skill-building in shaping the future of the youth. The speech inspired attendees to take initiative and actively engage in skill enhancement activities.



"The keynote address was delivered by Dr. M. Ashok, who shared his invaluable insights and inspired the audience with his profound thoughts on youth empowerment, skill development, and the role of education in shaping future leaders."

Guest Speeches

Eminent speakers, Ms Parul Khurana , shared her valuable insights on youth empowerment, industry expectations, and career opportunities. They encouraged participants to be proactive in learning and adapting to new challenges.



"The event will include an inspiring guest speech by Ms. Parul Khurana, who will share her valuable insights on youth development, self-confidence, and the importance of skill enhancement in today's dynamic world."

Workshop Overview

Parul Khutana and Deepak Lanka, provided an overview of the sessions planned for the workshop, outlining the key topics and expert speakers who would be guiding the participants. The workshop is designed to cover crucial areas such as leadership, communication, critical thinking, and technical skills.

"The event featured an engaging guest speech by Mr. Deepak Lanka, who captivated the audience with his motivational talk on youth leadership, resilience, and the power of skill-based learning in achieving personal and professional success."

5. Workshop Schedule

Day 1:

- Course Guidelines and Overview
- The Quality of Life: How It Depends on the State of Mind
- The Art of Listening and Questioning
- Introduction to the Art of Living
- Meditation: A Pathway to Inner Peace



"The workshop covered insightful topics such as 'The Quality of Life: How It Depends on the State of Mind', 'The Art of Listening and Questioning', and an engaging 'Introduction to the Art of Living', offering participants valuable perspectives on mindfulness, communication, and personal growth."

Day 2: The Power of Awareness

- Recap of Day 1
- Relationship Between the Mind and Breath
- How Sounds Affect the Mind
- Being 100% Present in the Moment
- Time Management Techniques for Students
- Awareness of the Sources of Energy
- Stress Management Techniques



"Participants also explored a range of transformative topics including the relationship between the mind and breath, the impact of sounds on mental well-being, the practice of being fully present in the moment, effective time management techniques for students, awareness of various sources of energy, and practical stress management strategies."

Day 3: Unlocking Inner Potential

- Recap of Day 2
- The Connection Between the Mind and Yoga
- Breathing Techniques for Emotional Balance
- Identifying What Stops Us From Living the Way We Want
- Secrets to Achieving Happiness and Success
- Techniques for Managing Stress



"The session also delved into powerful themes such as the connection between the mind and yoga, breathing techniques for emotional balance, recognizing internal barriers that prevent us from living the life we desire, discovering the secrets to achieving true happiness and success, and learning effective techniques for managing stress."

Day 4: Life Skills and Emotional Intelligence

- Recap of Day 3
- Advanced Breathing Techniques
- Secrets of Maintaining Peace of Mind
- Secrets to Facing Interviews Without Fear
- Handling Parents and Teachers with Respect and Confidence
- Interactive Activities: Mind Games and Team Coordination



"The workshop further included advanced breathing techniques, insights into maintaining peace of mind, practical tips for facing interviews with confidence, strategies for interacting with parents and teachers respectfully, and engaging interactive activities such as mind games and team coordination exercises."

Day 5: Ultimate Empowerment

- Recap of Day 4
- Understanding the Secrets of Success in Studies
- The Role of Mistakes in Learning and Growth
- Handling Criticism with Grace
- Exploring the Technology of Spirituality
- Levels of Existence and Their Impact on Life
- Celebration of Life Through Self-Awareness
- Interactive Games: Memory Boosting



"On Day 5, teams will showcase their culinary creations, presenting a variety of dishes that highlight their creativity and teamwork."



"On Day 5, teams will showcase their culinary creations, presenting a variety of dishes that highlight their creativity and teamwork."

Group photo

"The session also covered key insights such as understanding the secrets of success in studies, the valuable role of mistakes in learning and personal growth, how to handle criticism with grace, exploring the technology of spirituality, understanding the levels of existence and their impact on life, and celebrating life through enhanced self-awareness, all complemented by interactive memory-boosting games."



Workshop Highlights

The workshop comprised various interactive sessions, including:

Meditation & Mindfulness Practices: Guided breathing exercises and meditation techniques to improve concentration and reduce stress.

Leadership & Communication Training: Activities designed to enhance confidence, public speaking, and teamwork.

Skill Development Modules: Sessions focusing on critical thinking, emotional intelligence, and time management.

Yoga & Physical Well-being: Daily yoga sessions to promote physical and mental health.

Inspirational Talks: Guest lectures by experts from The Art of Living on personal growth and resilience.

Group Activities & Case Studies: Engaging exercises to develop problem-solving skills and teamwork.

6. Valedictory Ceremony

The **Valedictory Ceremony and Certificate Distribution of the Youth Empowerment & Skills Workshop** was held on 04-09-2025 at MRCE-Seminar hall to mark the successful completion of the workshop. The event was graced by esteemed dignitaries, faculty members, participants, and special guests who contributed to the success of the program.

Welcome Address

The ceremony commenced with a warm welcome address by Dr K Shanthi Latha, Convener of Wellness Club who highlighted the objectives of the workshop and its impact on the participants. The speaker emphasized the significance of youth empowerment in today's world and the need for continuous skill development.



"The welcome address was delivered by Dr. K. Shanthi Latha, Convener of the Wellness Club, who warmly welcomed all attendees and set the tone for an engaging and insightful session."

Guest Speeches

Distinguished guests and experts shared their insights on youth empowerment, emphasizing the importance of skill development for personal and professional growth. Parul Khurana, The Art of Living, delivered an inspiring keynote address on workshop, motivating participants to apply their newly acquired skills in real-world scenarios.



Parul Khurana, The Art of Living, delivered an inspiring keynote address on workshop, motivating participants to apply their newly acquired skills in real-world scenarios.

7. Distribution of certificates

Workshop Overview & Achievements

A brief report on the workshop was presented by Dr.K Shanthi Latha, Convener-Wellness club.summarizing key sessions, activities, and the overall learning experience. Participants shared their experiences, highlighting how the workshop helped them build confidence, leadership qualities, and technical skills.



“Students were awarded participation certificates for their active involvement and dedication throughout the workshop.”



"Students were awarded participation certificates for their active involvement and dedication throughout the workshop."



The Principal posed for a group photograph with the best team of the YES+ Workshop.



"A group of students was recognized and awarded certificates for their outstanding participation and efforts during the workshop."

Participation & Feedback

The workshop witnessed enthusiastic participation from over 60 students across various disciplines. Participants shared positive feedback, highlighting improvements in self-awareness, stress management, and interpersonal skills. Many expressed their willingness to incorporate the learned techniques into their daily lives for overall well-being.



8. **Felicitation**

The Principal felicitated Ms. Parul Khurana for the successful completion of her session and appreciated her valuable contribution.



9. Conclusion

The Youth Empowerment & Skills Workshop was a resounding success, leaving a lasting impact on the participants. The Wellness Club at MRCE extends heartfelt gratitude to The Art of Living for their invaluable contribution. Moving forward, the club aims to organize more such initiatives to support students in their personal and professional development.

Press Note:

సాక్షి

‘ఎమ్మార్సీఈ’లో ముగిసిన వర్క్‌షాప్



మేడ్చల్ రూరల్: గుండ్రపోచంపల్లి మున్సిపాలిటీ పరిధి మైనార్టీ గ్రూడులోని ‘ఎమ్మార్సీఈ’ కళాశాలలో ‘యూత్ ఎంపవర్మెంట్ అండ్ స్కిల్స్’పై ఐదు రోజుల పాటు సాగిన వర్క్‌షాప్ శనివారం ముగిసింది. కళాశాల వెల్ నెస్ క్లబ్, ఆర్ట్ ఆఫ్ లివింగ్ సంస్థ ఆధ్వర్యంలో నిర్వహించిన వర్క్‌షాప్

లో సంస్థ ప్రతినిధులు దీపక్ లంక, పటేల్ ఖురానాలు వ్యక్తిత్వ నైపుణ్యంపై విద్యార్థులకు అవగాహన కల్పిస్తూ.. పలు అంశాలను వివరించారు. కళాశాల ప్రిన్సిపాల్ అశోక్, వెల్ నెస్ క్లబ్ కన్వీనర్ శాంతిలత, అధ్యాపకులు, విద్యార్థులు పాల్గొన్నారు.

31/08/2025 | Medchal | Page : 11
Source : <https://epaper.sakshi.com/>

Prepared by:

Convener of Wellness Club, Malla Reddy College of Engineering



This certificate has been awarded to

Akshitha

in recognition of successful completion of
Youth Empowerment & Skills (YESI+) program
held at

Marla Reddy college of Engineering

from **25-08-25** to **30-08-25**

Implementation of knowledge and practice of the techniques taught in
this program builds learning capacity, enhances creativity and
communication that helps in developing leadership skills.

MADHU RAO
CHAIRMAN
THE ART OF LIVING





Yes!+

Certificate

This certificate has been awarded to

Prathyusha

in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program
held at

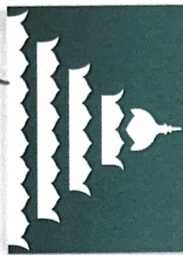
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MADHU RAO
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MADHU RAO
CHAIRMAN
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This certificate has been awarded to

Yes!+
Certificate

.....**Rushireshwar Rao**.....

in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program
held at

.....**Matla Ruddy College of Engineering**.....

from**25-08-25**..... to**30-08-25**.....

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MADHU RAO
CHAIRMAN

THE ART OF LIVING

Yes!+ Certificate

This certificate has been awarded to

Praveen Varma

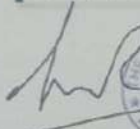
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Yes!+ Certificate

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Rupa Hasini

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Yes!+ Certificate

This certificate has been awarded to

Madhurima

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Yes!+ Certificate

This certificate has been awarded to

S. Honey Sika

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MADHU RAO
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THE ART OF LIVING

Yes!+ Certificate

This certificate has been awarded to

Divya tel varma

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Yes!+ Certificate

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P. Sukhesh Raj

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Yes!+ Certificate

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P. Vaishnavi


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Yes!+ Certificate

This certificate has been awarded to

Sai Likhith

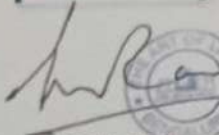
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Yes!⁺ Certificate

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M. Anika

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Yes!+ Certificate

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K. Pranith Krishna

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Yes!+

Certificate

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B. Vishali

in recognition of successful completion of

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Yes!+

Certificate

This certificate has been awarded to

Yashwanth

in recognition of successful completion of
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MADHU RAO
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Yes!+ Certificate

This certificate has been awarded to

M. Sai Sahasra

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Yes!+ Certificate

This certificate has been awarded to

BhagyaVardhan Reddy

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Yes!+ Certificate

This certificate has been awarded to

Yashwanth

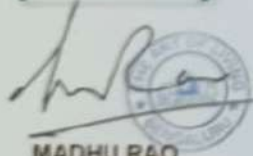
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MADHU RAO
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Yes!⁺ Certificate

This certificate has been awarded to

Shiva Kumar

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Yes!⁺ Certificate

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Aleekya

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from ...**25-08-25**... to ...**30-08-25**...

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This certificate has been awarded to

Abhinav

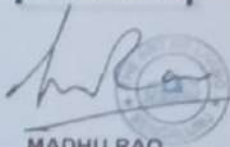
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Yes!+ Certificate

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J. Sanjay Kumar

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[Signature]

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Saimithun


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MADHU RAO
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Yes! Certificate

This certificate has been awarded to

B. Bhavana

in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program
held at

Malla Reddy College of Engineering

from 25.08.2025 to 30.08.2025

Implementation of knowledge and practice of the techniques taught in
this program builds learning capacity, enhances creativity and
communication that helps in developing leadership skills.




MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!⁺ Certificate

This certificate has been awarded to

Vanitha

in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program
held at

Marla Reddy College of Engineering

from **25-08-2025** to **30-08-2025**

Implementation of knowledge and practice of the techniques taught in
this program builds learning capacity, enhances creativity and
communication that helps in developing leadership skills.




MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!⁺ Certificate

This certificate has been awarded to

Vishvesh Reddy

in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program
held at

Marra Reddy college of Engineering

from 25-08-25 to 30-08-25

Implementation of knowledge and practice of the techniques taught in
this program builds learning capacity, enhances creativity and
communication that helps in developing leadership skills.