

A Report of
Youth Empowerment & Skills Workshop
(23rd Sept 2024 - 26th Sept 2024)

Organized by



WELLNESS CLUB



MALLA REDDY

COLLEGE OF ENGINEERING

Date : **23-09-2024 to 26-09-2024**
Time : **09:30 AM to 12:30 PM**
Resource Person name : **Kulpreeth singh, Sai Rohan**
Member of Art of Living
Venue : **Block-5**

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

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Introduction

The Wellness Club at MRCE, in collaboration with The Art of Living, successfully conducted a five-day Youth Empowerment & Skills Workshop from September 21st to 26th 2024. The workshop aimed at equipping students with essential life skills, stress management techniques, and leadership qualities to enhance their personal and professional growth.

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.

Inaugural Ceremony

The inaugural ceremony of the Youth Empowerment & Skills Workshop was held with great enthusiasm and participation on 17th March 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.

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.

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.

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



Group photo with team

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.

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.”

Participation & Feedback

The workshop witnessed enthusiastic participation from over 05 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.

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.

Prepared by:

Convener of Wellness Club, Malla Reddy College of Engineering