

A Report of
Youth Empowerment & Skills Workshop
II-Year
(17th March 2025- 21st March 2025)

Organized by



WELLNESS CLUB



MALLA REDDY

COLLEGE OF ENGINEERING

Date :17-03-2025 to 21-03-2025

Venue :Block-3 Room No:412

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 March 17th to 21st, 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)
Recognised under Section 2(F) & 12(B) of the UGC Act 1956, An ISO 9001:2015 Certified Institution
Maisammaguda, Kompally, Dhullapally, Secunderabad - 500100
EAMCET / ECET CODE : MRCE

THE ART OF LIVING

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
MARCH
17th TO 21st
26/25
VENUE : MRCE

FACULTY COORDINATOR
Mrs. C. Varalaxshmi
Mrs. T. Mounika
Ms. Kanakaprabha S
Mr. B.Venkatesh
Mrs. A. Rupa
Mr. B. Ramakrishna

Wellness is a choice, choose to live well!

Poster Release



"The Wellness Club of Malla Reddy College proudly announces the poster release of the upcoming 'Youth Empowerment & Skills Workshop'—a transformative initiative aimed at nurturing leadership, enhancing life skills, and fostering holistic development among students."

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.



"Members of the Wellness Club proudly displayed the event poster, showcasing the upcoming initiatives and highlighting the club's commitment to student well-being and personal growth."

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.



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

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 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, including Parul Khutana and Deepak Lanka, shared their 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."

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.

Valedictory Ceremony

The **Valedictory Ceremony and Certificate Distribution of the Youth Empowerment & Skills Workshop** was held on 25th March 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.

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."



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

Signing of MOU:



"The signing of the Memorandum of Understanding (MOU) between The Art of Living and Malla Reddy College of Engineering (MRCE) marked the beginning of a collaborative partnership aimed at fostering personal development and wellness among students."



"The signed Memorandum of Understanding (MOU) was prominently displayed, symbolizing the formal partnership between The Art of Living and Malla Reddy College of Engineering (MRCE), marking a significant milestone in their collaborative efforts."

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.

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

Prees note:

సాక్షి

ఎమ్మార్సీఈ కళాశాలలో ముగిసిన వర్క్‌షాప్



వర్క్‌షాప్‌లో విద్యార్థులు

మేడ్చల్‌రూరల్: గుండ్రపోచంపల్లి మున్సిపాలిటీ పరిధి మైసమ్మగూడలోని ఎమ్మార్సీఈ కళాశాలలో 5 రోజుల పాటు నిర్వహించిన వర్క్‌షాప్ శుక్రవారం ముగిసింది. ఆర్ట్ ఆఫ్ లివింగ్ సంస్థ, కళాశాల వెల్‌నెస్ క్లబ్ ఆధ్వర్యంలో యూత్ ఎంపవర్‌మెంట్ అండ్ స్కిల్స్ పై నిర్వహించిన వర్క్‌షాప్‌లో సంస్థ ప్రతినిధులు పరుల్ ఖురాణ, దీపక్ లంక పాల్గొని నైపుణ్యాలు ఎలా పెంచుకోవాలని అనే అంశాలను విద్యార్థులకు వివరించారు. కార్యక్రమంలో ప్రీన్సిపాల్ అశోక్, వెల్‌నెస్ క్లబ్ కన్వీనర్ శాంతిలత, అధ్యాపకులు, విద్యార్థులు పాల్గొన్నారు.

Yes!+

Certificate

This certificate has been awarded to

Rameshwarama Akash

in recognition of successful completion of

Youth Empowerment & Skills (YES!+) program

held at

Malla Reddy College of Engineering

from *17 March 2025* to *21 March 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.



[Signature]

MADHU RAO
CHAIRMAN
THE ART OF LIVING



Yes!

Certificate

This certificate has been awarded to

.....*Sravampati Priyadarshini*.....

in recognition of successful completion of

Youth Empowerment & Skills (YES!+) program

held at

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MADHU RAO
CHAIRMAN
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Yes!+

Certificate

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.....*G. Vinita*.....

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Madhu Rao

MADHU RAO
CHAIRMAN
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Yes!

Certificate

This certificate has been awarded to

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M. Manoteja.....

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Yes!

Certificate

This certificate has been awarded to

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B. Kalyan Nayak.....

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Yes!+

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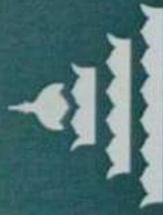
Hanitha

in recognition of successful completion of
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[Signature]

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Yes!+

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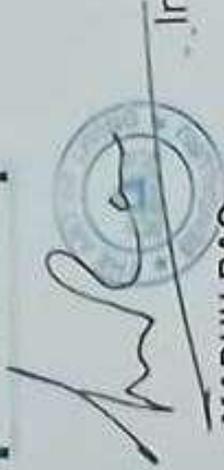
B. Dharami

in recognition of successful completion of
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Yes!

Certificate

This certificate has been awarded to

D. Bagesh

in recognition of successful completion of

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[Signature]

MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!

Certificate

This certificate has been awarded to

.....
M. Sri Kumar.....

in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program
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MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!

Certificate

This certificate has been awarded to

.....*Godige Manikanta*.....

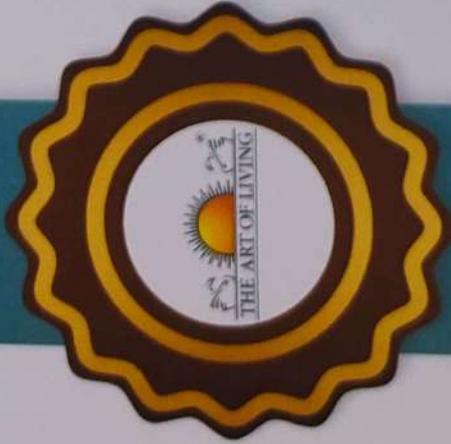
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Madhu Rao

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CHAIRMAN

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Yes!+

Certificate

This certificate has been awarded to

.....*D. Prasheel Varma*.....

in recognition of successful completion of
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Yes!

Certificate

This certificate has been awarded to

.....*H. Vishnu Vardhan Reddy*.....
in recognition of successful completion of
Youth Empowerment & Skills (YES!+) program

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.....*Malla Reddy*.....*College of Engineering*

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MADHU RAO
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Yes!+

Certificate

This certificate has been awarded to

K. Rakshitha

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. Hemanth Kumar.....

in recognition of successful completion of
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Yes!+

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.....
M. Santhosh Kumar.....

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[Signature]

MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!+

Certificate

This certificate has been awarded to

.....*Pasula Karya*.....

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

held at

.....*Malla Reddy College of Engineering*.....

from *19 March 2025*..... to *21 March 2025*.....

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[Signature]

MADHU RAO
CHAIRMAN
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Yes!+

Certificate

This certificate has been awarded to

.....
Hoterkar Rakesh.....

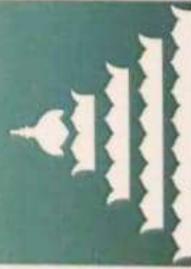
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Yes!+

Certificate

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.....
B. Krishna Koushik.....

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Madhu Rao
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MADHU RAO
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Yes!+

Certificate

This certificate has been awarded to

.....*Varanasi Saikiran*.....

in recognition of successful completion of
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CHAIRMAN

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Yes!

Certificate

This certificate has been awarded to

..... *Baddam Sathurika*

in recognition of successful completion of
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[Signature]
MADHU RAO
CHAIRMAN
THE ART OF LIVING



Yes!+

Certificate

This certificate has been awarded to

Name *Chakrathar*

in recognition of successful completion of
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Yes!

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.....
Manne Chakradhar.....

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MADHU RAO
CHAIRMAN
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Yes! Certificate

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.....
D. Madhumathi.....

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.....

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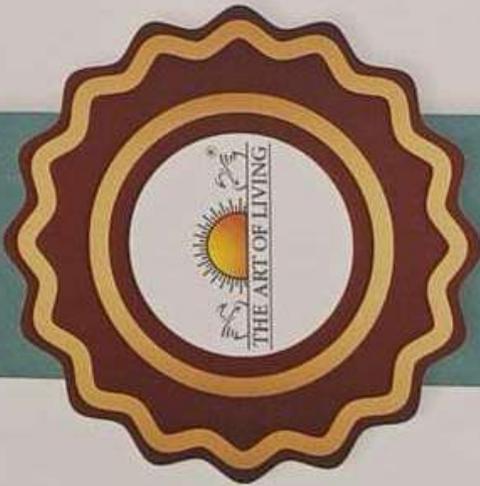
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Certificate

This certificate has been awarded to

.....*Utkarsh Burgupelli*.....

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CHAIRMAN
THE ART OF LIVING



THE ART OF LIVING

Yes!+

Certificate

This certificate has been awarded to

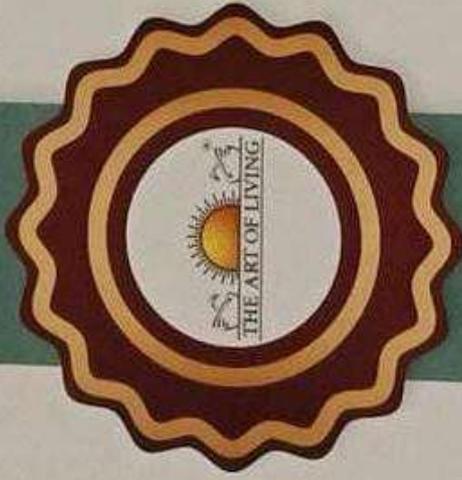
.....
E. Archana.....

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

.....
Malla Reddy College of Engineering.....

from *17 March*..... to *21 March 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.



[Signature]

MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!

Certificate

This certificate has been awarded to

Puttala Vyshnavi

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

Malla Reddy College of Engineering

from *17 March 2025* to *21 March 2025*

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Madhu Rao

MADHU RAO
CHAIRMAN

THE ART OF LIVING

Yes!

Certificate

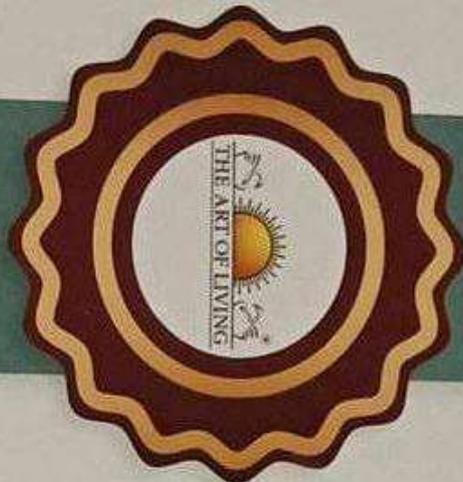
This certificate has been awarded to

.....
Sesha Kalyan Shetty.....

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

.....
Malla Reddy college of Engineering.....

from *17* *March 2025* to *21* *March 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.



[Signature]

MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!

Certificate

This certificate has been awarded to

.....
Wagar Fatima.....

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

.....
Malla Reddy College of Engineering.....

from *17 March 2025* to *21 March 2025*.....

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Madhu Rao
MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!+

Certificate

This certificate has been awarded to

Sriperumbudur Akhila

in recognition of successful completion of

Youth Empowerment & Skills (YES!+) program

held at

Malla Reddy College of Engineering

from *17 March 2025* to *21 March 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

MADHU RAO
CHAIRMAN
THE ART OF LIVING

Yes!+

Certificate

This certificate has been awarded to

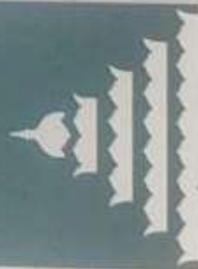
.....
Shabbir Lakhandwala.....

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

.....
Malla Reddy College of Engineering
.....

from *17 March 2015* to *21 March 2015*

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.



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THE ART OF LIVING

Yes!+

Certificate

This certificate has been awarded to

.....
A. Swetha.....

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

.....
Malla Reddy College of Engineering.....

from *17 March 2025*..... to *21 March 2025*.....

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MADHU RAO
CHAIRMAN
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Yes!+

Certificate

This certificate has been awarded to

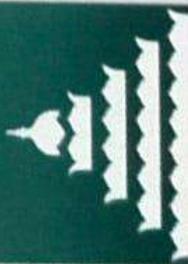
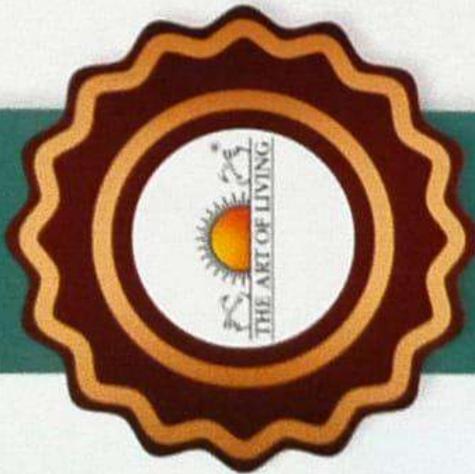
.....*Ch. Karthik*.....

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

.....*Malla Reddy College of Engineering*.....

from ...*17. March 2025*..... to ...*21. March 2025*.....

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