

**A  
REPORT  
ON**

**YES!+**

**[YOUTH EMPOWERMENT & SKILLS  
WORKSHOP]**

**Date:- 28<sup>th</sup> Aug. to 2<sup>nd</sup> Sept.- 2008**

**YES!+** is an innovative and dynamic educational and life skills program that provides young students and professionals the tools to achieve their ideal life with ease, creativity, energy, and inhibition-free.

The growing demands placed on an individual to be successful in our fast-paced, stressful global society make it even more necessary for college students to have the tools they need to make responsible life decisions with confidence and clarity, more joy and enthusiasm while developing a broader vision along with cultivating leadership potential. Quality and success in life are determined by our state of mind. Under stress and pressure, the mind often vacillates between regretting the past and worrying about the future.

This constant vacillation results in lower performance, lack of concentration, decreased efficiency, and more interpersonal conflicts. The YES!+ course for college students both challenges and empowers students to become more centered and focused, to manage negative emotions and to live life more fully in the present moment, with increased awareness, perception and expression.

The techniques and processes taught during the seminar make the student experience much more enriching and full. The tools and experiences gained are essential for any future work environment. Graduates of the seminar report improved focus and concentration, increased confidence, enhanced creativity and efficiency throughout the day as well as improved interpersonal relationships and a sense of naturalness in life.

Today's youth need a broadening of their vision about life, and deepening of their roots in their culture, tradition and value systems. Deepening their roots, gives a sense of responsibility and ownership, while a broader vision, gives a sense of relaxation. A broader vision and deeper roots really mean responsibility with ease, calmness, and equanimity.

**Inhibition is the biggest problem amongst our youth - they worry about what the other person is going to think about them.**

Another problem is the **tendency of the mind to cling more to the negative, than to the positive**. To break free from this, youth need to take responsibility for themselves, and ensure that their minds are clear, and not clogged. All spiritual practices and celebrations lead one to a more fulfilled and joyful life - more love and care, and this is what our youth require.

Taking a look into their lives, they need to see life from a bigger context and not just look into Immediate short-term benefits. Through this they need to bring about a shift from : "What can I have ?" to " What can I give ?" - shift from competition to contribution. This can happen , when they attend to the four sources of energy -proper food, proper rest, a little attention to their breath, and a few minutes for a calm, collected, meditative mind.

Youth complain of lack of concentration. When do you need to concentrate? Do you need to concentrate, when you love the subject? You require concentration for something, which you don't like to do! So just love everything you do! Only, when we transcend the thinking level, settle down, and calm the mind, do we access the richness that we are!

What

Students

Says !!!

# Acknowledgement

**MAE-IEEE** Student branch has organized workshop on **YOUTH EMPOWERMENT & SKILLS-YES!+** . 50 Students from different departments including MBA, BBA has participated in workshop which started from 28<sup>th</sup> Aug to 2<sup>nd</sup> Sept.-2008.

We are thankful to all the **Heads of Department** and respective **staff** members who co-operated for successful workshop. We are thankful to Sir. Y.V.Chavan of E&TC Dept and Sir. More of the stores Dept. for their co-operation for managing B-302 Hall.

Students have really benefited from this workshop for shaping their bright future and we will be proud to organize worksop again hoping same kind response from college side.

**Nikhil Dalal**

**Event Co-coordinator  
(BE E&TC)**

**Y.V. Chavan**

**Councilor  
(MAE-IEEE STUENT BRANCH)**