

Event title	VAC – “VAC304 – Youth Empowerment & Skill”
Event Category	Academic
Date and Duration	04.03.2024 to 06.03.2024 &15 hrs
Department	College Event
Co-ordinators	Ms. S. Puvaneswari, Student Counsellor , Wellness centre. Mr. P. Balakumar, Placement officer
Chief Guest/Resource Person/ Keynote Speaker	<ul style="list-style-type: none"> <li>• Sarirekha Vengatesh, Art of Living Faculty</li> <li>• Poornima Devi T. M, Art of Living Faculty</li> <li>• Ramya rajeshekar, Art of Living Faculty</li> <li>• Ajay Kumar, Art of Living Faculty</li> <li>• Dr. Jayanthi, Art of Living Faculty</li> <li>• Latha Muthukrishnan, Art of Living Faculty</li> <li>• Manju, Art of Living Faculty</li> <li>• Manickavasgham, Volunteer in Art of Living Foundation</li> </ul>
No. of Participants	479

The VAC304 course on "Youth Empowerment & Skill" is a collaborative effort between the Wellness Centre and the Career Development Centre. The course aimed to empower first-year (II semester) students in various aspects essential for personal and professional growth. The course, conducted in association with "The Art of Living" Organization, focuses on enhancing communication skills, leadership qualities, emotional intelligence, ethics, and includes a special module on drug awareness.

The course is structured to span 30 hours, divided into two phases. The first phase, comprising 15 hours, covers a wide range of topics:

- Importance of breath
- Meditation
- Being 100% present in all actions
- Understanding happiness
- Living in the present moment
- Understanding responsibility
- Building healthy relationships
- Contrasting materialism and spirituality
- Drug awareness and addiction prevention
- Techniques for concentration, including pranayama and breathing exercises
- Introduction to yoga
- Sudarshan kriya practice
- Developing wisdom to shape attitude, including:
  - ❖ Practicing equanimity to remain stable in all situations
  - ❖ Empowerment through handling mistakes
  - ❖ Managing and valuing others' opinions

This comprehensive approach addresses both the internal aspects of self-awareness, emotional stability, and mindfulness, as well as external factors like effective communication, leadership qualities, and ethical decision-making. The inclusion of the drug awareness module reflects a holistic approach towards empowering young individuals to make informed choices and lead balanced lives.



Sudarshan Kriya Practice- it's a rhythmic breathing technique that helps relieve stress, regulate emotions and remove toxins from the body.



“Intresting activity to improve students Concentration and Interpersonal Skills”



“Benefits of some Yoga postures and Meditation practice”