

Event title	VAC – “VAC304 – Youth Empowerment & Skill” (Phase- II)
Date and Duration	31.05.2024 and 01.06.2024 &15 hrs
Department	College
Co-ordinators	Ms. S. Puvaneswari, Student Counsellor, Wellness centre. Mr. P. Balakumar, Placement officer
Chief Guest/Resource Person/ Keynote Speaker	Ms.Sarirekha Vengatesh, Art of Living Faculty Ms.Poornima Devi T. M, Art of Living Faculty Ms.Ramya rajeshekar, Art of Living Faculty Mr Ajay Kumar, Art of Living Faculty Dr. Jayanthi, Art of Living Faculty Ms.Manju, Art of Living Faculty Ms.Indhumathi, Art of Living Faculty
No. of Participants	479

1. The VAC304 course on "Youth Empowerment & Skill" is a collaborative effort between the Wellness Centre and the Career Development Centre, conducted in association with "The Art of Living" Organization. This Phase - II course focuses on life skills and values, aiming to significantly enhance students' social responsibility and teamwork through activities such as the MAD (Make a Difference) Activity.
2. The course is structured to span 30 hours, divided into two phases. The phase - II, comprising 15 hours, covers a wide range of topics such as Yoga for Breathing such as Pranayama/ Sudharshan Kriya/ Meditation/ Concentration Pranayama, Secret of Studies : Don't Study For Marks - Study for Knowledge, Revision of 5 Sutras, Time Management etc.
3. As part of the course, students engage in the MAD (Make A Difference) activity, where they strive to make a positive impact on themselves and others. This includes dedicating 2 hours to cleaning the campus, fostering a sense of social responsibility and teamwork among students. By participating in this activity, students not only contribute to the cleanliness and also develop a stronger sense of community and shared purpose.



“Interesting activity such as MAD (Make a Difference) to improve students to develop social responsibility and teamwork and students practicing Yoga and Pranayama