

**J. C. BOSE UNIVERSITY OF SCIENCE AND TECHNOLOGY, YMCA,  
FARIDABAD, HARYANA  
NAAC 'A+' Grade accredited State University**



**Department of Business Studies**

**Report on 30 Hour Value Added Course  
on  
Youth Empowerment and Skill  
Held from 3<sup>rd</sup> June 2023 to 30<sup>th</sup> June 2023**

From June 3 to June 30, 2023, the Department of Business Studies organized a 30-hour value-added course on "Youth Empowerment and Skills" in associated with the Art of Living Foundation, Faridabad Centre, under the chairmanship of Dr. Manisha Goel. The value-added course taught students self-management skills for holistic growth. Kashish B.Com. (H) Student, and Ms. Radhika Sharma, Faculty Business Studies, coordinated the course.



The main objectives of the Value-Added Course are:

1. To teach students WHO and UNICEF-defined life skills necessary to meet 21st-century challenges and change attitudes and behaviour.

2. To give students practical tools and ways to be more creative, efficient, confident, clear-minded, stress-free and cheerful.
3. To give students employability-boosting soft skills like interpersonal interactions, decision-making, time management, teamwork, communication, and leadership.
4. To improve students' concentration, focus, health, and fitness, making them more dynamic, innovative, and enterprising.
5. To instil human values, ethics, moral values, and integrity.
6. To instil volunteerism and patriotism and offer students a platform for service through music, dance, athletics, art, theatre, gastronomy, and debates
7. To help pupils overcome depression, suicidal inclinations, addictions, rage, hostility, violence and anxiety.



Mr. Himanshu Mangla, a prominent trainer from the "Art of Living" team, taught students life skills. Mr. Himanshu has conducted workshops for students and faculty in universities worldwide to help them succeed personally and professionally while instilling human values. Leaders and communities were resilient, accountable, and inspired by the programmes. The art of living thinks that educational institutions must motivate students to aspire and instill morals and integrity. World peace is impossible without a peaceful mind and society. Educational institutions must motivate pupils to aspire and instil morals and honesty. Harvard, Stanford, Cornell, Berkeley, Purdue, MIT, IITs, IIMs, NIFT, and XLRI have teamed up with the Art of Living organization to provide a stress-free, holistic learning environment. The All-India Council of Technical Education (AICTE) recommends Art of Living Youth programmes for all educational institutions.





The Art of Living introduced the YES! + (Youth Empowerment and Skills) Programme. Yes! + teaches life skills and mind management. The programme's mind-body practises, interactive talks, and experiential procedures increase youth's memory, focus, interpersonal skills, and performance under pressure. This programme's mind-body practises, interactive talks, and experiential procedures increase youth's memory, focus, interpersonal skills, and performance under pressure. Students need holistic development, hence the business studies department considered offering this value-added course.





A total of 30 students of B.com (H) have attended the course and benefited. Students reported that Sudarshan Kriya helps them in maintaining good health, reducing anger issues, and getting a concentrated mind. It gives an awareness of how to live in the present moment (i.e., now). They have a stress-free mind and positive energy. Their patience and ability to manage challenges have also improved.



# List of Students Completed AOL VAC

BATCH 2022-2025

S.No.	Roll No.	Names
1	22001352001	Aashi
2	22001352002	Ashish Kumar
3	22001352003	Bhavay Taneja
4	22001352004	Bhawna
5	22001352005	Bhumi
6	22001352009	Esha Sharma
7	22001352012	Goonj Aggarwal
8	22001352017	Hemant Dixit
9	22001352018	Isha Bareja
10	22001352019	Ishika Jain
11	22001352021	Jhalak Mendiratta
12	22001352023	Jyoti Kumari
13	22001352026	Kashish Jayas
14	22001352029	Khyati
15	22001352030	Kumkum Chauhan
16	22001352034	Megha Nagar
17	22001352036	Monika
18	22001352041	Nancy Garg
19	22001352043	Neha
20	22001352044	Nishtha Garg
21	22001352045	Nishu
22	22001352047	Palak Khattar
23	22001352050	Riya Gupta
24	22001352052	Sahil Verma
25	22001352053	Saloni Balhara
26	22001352054	Sushil Kumar
27	22001352055	Tamanna
28	22001352056	Taniya
29	22001352061	Vaishnavi
30	22001352062	Yash Pandey