

## **Art of Living 4-days workshop, "YES+Programme" from 14<sup>th</sup> - 17<sup>th</sup> April, 2023.**

The Centre of Human Values and Ethics, in association with the 'Art of Living' organisation, conducted a 4-days workshop, YES+, for undergraduate students of the University from 14<sup>th</sup> - 17<sup>th</sup> April, 2023. We believe in empowering youth and making them limitless.

Here's the feedback from our students!

- *"The workshop has helped me realise my potential"- Aman Jain, B.Tech- USICT.*
- *"I truly understand the importance and potential of meditation now"- Devtej- USLLS.*
- *"It's one of the best things that has happened to me, and the lessons were life-changing"-  
Tanishka Saxena- B.Tech (CT)*

