

Mr. Archit Saxena- Mechanical Engineer-oriented, a powerful life-skills program, designed to accelerate personal all-round excellence for students at IIHMR-Bangalore on 19th September 2018.

They explained our students about the course and how smooth blend of ancient wisdom, yoga, pranayama (breath control), meditation and the Sudarshan Kriya, fused with contemporary intellectual exchanges will help solve the day to day issues. The YES! + workshop ensures an energy boost that will give your life a kick where it is most needed. *YES! + is conducted across various premier institutions across the globe.*

The whole concentration of the course is on there simple rules:

- 1. Sharper concentration**
- 2. Energy boost -improve confidence**
- 3. Decisions made easy -control emotions**

All-in-all it was a great experience for students to look forward to having a successful career and a fulfilling personal life at the same time.

