

## SVKM's Narsee Monjee Institute of Management Studies

### (Deemed-to-be University)

## MUKESH PATEL TECHNOLOGY PARK - SHIRPUR CAMPUS

### ART OF LIVING YES+ PROGRAM

MPTP, NMIMS, Shirpur campus organised **ART OF LIVING YES+** program for our students and **HAPPINESS** program for faculty.

Date & Time of the event: 7, 8 & 9 February 2026 & 28,29,30 & 31 March 2026.

Trainers: Aakarshan & Team

Co-Ordinator: Kiran Kalyani Akasapu

Venue: Student Lounge & NBA hall

### Summary report:

MPTP, NMIMS, Shirpur campus had organised **ART OF LIVING YES+** program for our students conducted in two slots and **HAPPINESS** program for faculty on 7,8 & 9 February 2026 & 28,29,30 & 31 March 2026 promoting mental wellbeing, emotional resilience, and holistic development.

The AICTE-approved YES+ (Youth Empowerment and Skills) Program was conducted in three batches, with around 270 students participating. The first batch (7–9 February 2026) had 195 students and was led by Aakarshan and his team, while the second batch (28–31 March 2026) included 70 students and was facilitated by Bhumika and her team and also conducted follow up session for the first two batches. All sessions covered 12 modules focusing on stress management, emotional wellbeing, communication, leadership, and essential life skills.

The program was received an overwhelming response, with active participation and highly positive feedback. Students appreciated the practical techniques, including breathing exercises and mindfulness practices, which helped them manage academic and personal challenges.

Additionally, the Art of Living Happiness Program was conducted for faculty from 29th to 31st March 2026, receiving a positive response and active participation.

Overall, these initiatives significantly contributed to the wellbeing and overall development of both students and faculty, aligning with the institution's vision of a healthy and empowered academic community.

Sincere gratitude to Dr. Sunita Patil, Campus Director, for her invaluable guidance and unwavering support in organizing wellbeing sessions for students, faculty, and staff. Your encouragement and leadership have been instrumental in the successful execution of these initiatives.

Report Submitted by  
Mrs. Kiran Kalyani Akasapu  
Counsellor  
MPTP, NMIMS, Shirpur Campus