



Event Report

Date: 7th August 2026

Time: 9.30 to 11.30 a.m.

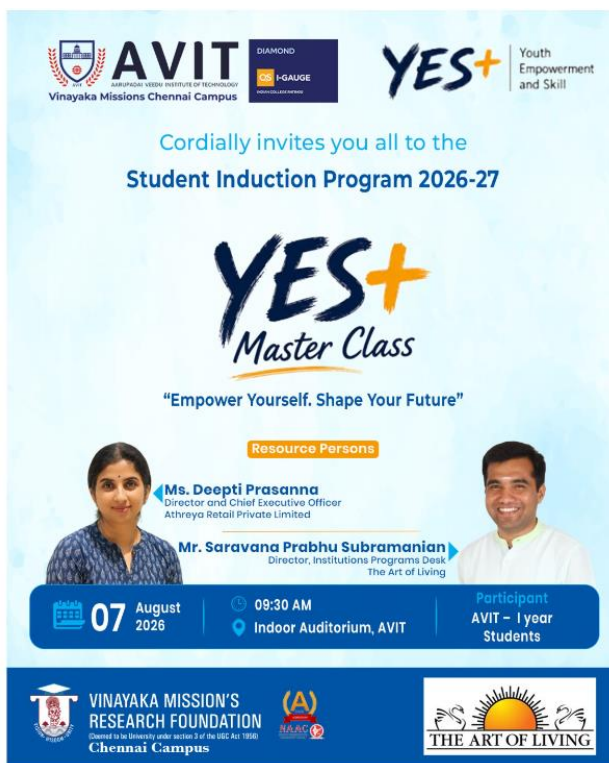
Venue: Indoor Auditorium, AVIT

Resource Person: Mr. Saravana Prabhu Subramanian, Director, Institutions Programs Desk, The Art of Living, and Ms. Deepti Prasanna, Director and Chief Executive Officer, Athreya Retail Private Limited.

Participants: First-Year Students, AVIT

Coordinator: Dr. Vaidevi. C, First Year Coordinator, AVIT

“YES +” Master Class



As part of the **First Year Student Induction Programme 2026–2027**, a special **Master Class on “YES +”** was organized for the first-year students of **Aarupadai Veedu Institute of Technology (AVIT)**. The programme commenced with a **formal welcome address and introduction of the guests**. The distinguished guests were honoured with **mementos by Dr. J. Janet, Principal, AVIT**, as a token of appreciation and gratitude.



Session by Mr. Saravana Prabhu Subramanian

Mr. Saravana Prabhu Subramanian delivered an engaging and thought-provoking session focusing on the importance of developing **additional skills beyond academic knowledge** to succeed in the modern job market. He emphasized the significance of essential life and professional skills such as **observation, active listening, and effective communication**.

He explained how an individual's **state of mind influences the quality of life** and highlighted the importance of creating a positive environment to identify and make use of better opportunities. He introduced the **OPE principle – Observe, Perceive and Express**, encouraging students to develop awareness, understand situations effectively, and express their thoughts confidently.

The session also included **simple stretching exercises and a five-minute mind relaxation activity**, which helped students understand the importance of physical and mental well-being. He further discussed how students can identify obstacles in their personal and professional journeys and develop appropriate strategies to handle them.

The students were motivated to focus on developing **knowledge, skills, and mind control**. He encouraged them to step outside their comfort zones and emphasized that **taking calculated risks is essential for achieving success and personal growth**.

Session by Ms. Deepti Prasanna

The second session was delivered by **Ms. Deepti Prasanna, Director and Chief Executive Officer, Athreya Retail Private Limited**. She shared her inspiring personal experience and explained how the simple word “YES” had transformed various aspects of her life and career.

She encouraged students to approach opportunities with a **positive and open mindset** and emphasized the importance of accepting new challenges and experiences. She motivated students to step forward, explore unfamiliar opportunities, and continuously learn from their experiences for their **personal and professional development**.

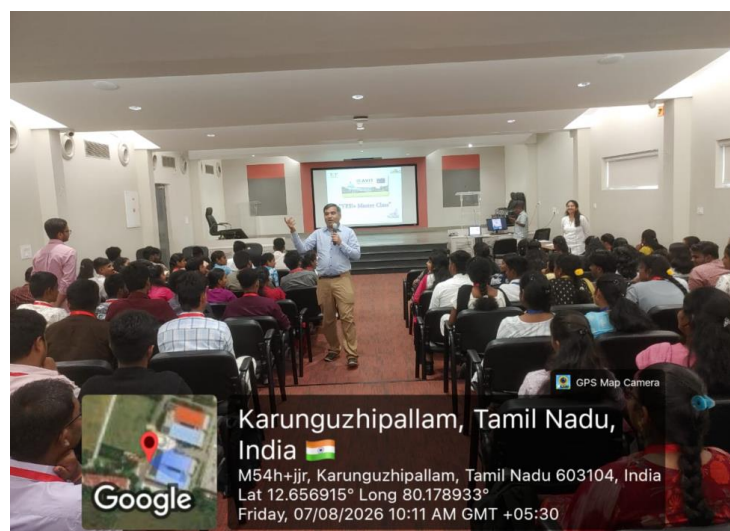
Her interaction with the students was inspiring and encouraged them to develop a positive attitude towards opportunities, challenges, and change.

Conclusion

The Master Class on “YES +” was highly **informative, interactive, and inspiring**. The sessions provided first-year students with valuable insights into **skill development, positive thinking, effective communication, mental well-being, opportunity recognition, and personal growth**. The practical activities and real-life experiences shared by the resource persons made the session meaningful and engaging for the students.

The programme concluded with a **formal Vote of Thanks**, expressing sincere gratitude to **Dr. J. Janet, Principal, AVIT**, for her valuable guidance, continuous support, encouragement, and leadership in organizing the programme successfully. Thanks were also extended to the **Vice Principals (Academic and Administration)** for their valuable guidance and support throughout the programme.

The session concluded on a positive note, inspiring the students to embrace opportunities, develop themselves beyond academics, and move forward with confidence and a positive mindset.

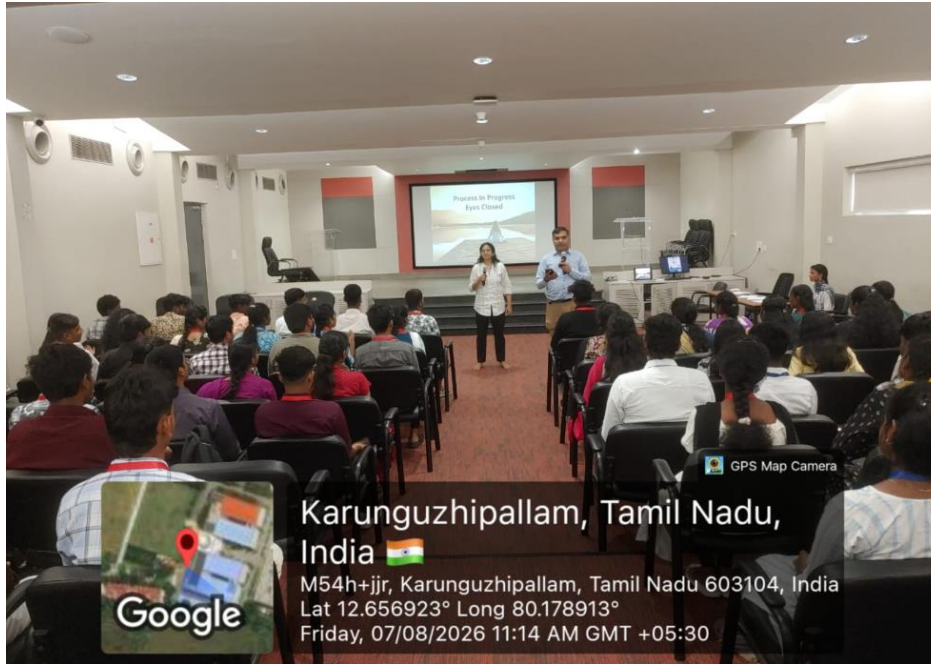




AVIT
AARUPADAI VEEDU INSTITUTE OF TECHNOLOGY



**VINAYAKA MISSION'S
RESEARCH FOUNDATION**
(Deemed to be University under section 3 of the UGC Act 1956)



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