

# Life Enrichment Centre

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The Chinmaya Mission introduced a course called 'Mind Storming- Storm to Perform' which focused on the various techniques of controlling one's thought processes in the mind.

## Session1- My Goals

Identifying and focusing on your goals, the true meaning of enrichment and the unification of goals and enrichment in order to live a fulfilling life was focused upon in this session. The prime focus must be on achieving a high standard of life as opposed to high standard of living.

## Session 2- Time Management

An activity where students shared the activities that take their time during the day and how they allocate time to manage these activities. The importance of time management was highlighted along with the concept of a Time Management Matrix with tips on managing time.

## Session 3- Storms of Life

Students were asked to write down problems faced by them in their lives and their feelings when they underwent these problems. An interactive session which focused mainly on introspection of one's mind was conducted.

## Session 4- How to Face the Storms of Life

Looking at the bright side during a problem and viewing it as an opportunity to better oneself. Importance of failure is pivotal in self-growth and that one should respond and not react in a stressful situation.

## Session 5- Question & Answer

An interactive session where students' queries like "how to forget and forgive", "getting rid of bad habits" etc. were answered by the resource person, Mr. Aravind Raghavan. The session gave an insight on dealing with and overcoming hardships.

## Session 6- Know Your Mind

Focusing on one's mental strength was highlighted in this session. The brain is always trapped between "sankalp" (do) and "vikalp" (not to do). By accepting and letting go of things, one can move towards their goals and desires. Most of problems are in your mind itself.

## Session 7- Teachings of Ramayana

Mr. Aravind Raghavan narrated a few situations in the modern world which could be compared with those in Ramayana. Mr. Aravind threw light on the difference between compromise and sacrifice, thereby narrating the story of Ram and Sita's emotional strength.

Session 8- Movie Screening on Social Skills among the Youth.

A Movie was screened in the S1 classroom pertaining to the social skills among the youth today. The story was engrossing and gave students an insight on dealing with their peers.

Session 9- Dance & Movement Therapy

Dance & Movement Therapy or DMT is a type of therapy that uses movement to help individuals achieve emotional, cognitive, physical, and social integration. Beneficial for both physical and mental health, dance therapy can be used for stress reduction and mood management. A trained faculty from TISS conducted the session.

Session 10- Talk on Digital Addiction & Cyber Bullying

Digital Addiction is the constant dependency of people on their digital devices. Exposing yourself constantly to the digital devices can be psychologically detrimental. Cyberbullying is when someone, bullies or harasses others on social media. One must be extremely cautious while putting out any of their personal information on online portals and websites. The resource person for this session was Dr. Sunitha Shanker.

Session 11 - Goal Setting

The types of goals we set for ourselves are largely determined by our temperament. Goals can be achieved only when there are predefined and SMART. They have to be specific, measurable, attainable, realistic and time bound.

Session 12- Performance

Acceptance, intelligence, patience, efficiency and our attitude towards a task are all important aspects of excellence in performance. Dynamic action directed smartly leads to efficiency and positive achievement.

Session 13- Conflict Management

Inner conflict is one of the main reasons one cannot perform amidst the storms of life. When you identify with the mind, you are in the realm of emotions, feelings and sentiments

Session 14- Vision Board Workshop

Visualisation of your goals is vital in achieving them. A vision board is projection of your goals in the form of images on a board. A vision board acts as a gentle reminder to yourself for working towards the attainment of your goals.

#### Session 15- A Talk by Dr. Ketna Mehta

The resource person for this session, Dr. Ketna Mehta shared her story of resilience. While hiking, Dr. Ketna met with an accident which left her legs paralysed and despite that, she kept pursuing what she liked. The accident gave her a new outlook on life. She sensitised students about differently abled people.

#### Session 16- A Talk by Dr. Sunitha Shanker

The final session was with Dr. Sunitha Shanker who gave a spiritual perspective to dealing with life's problems and shared how our thoughts become our reality. Principal, Dr. Mrs. Shobana Vasudevan inspired students with her Valedictory address urging them not to stay alone but seek help from family and friends when faced with problems. The year's programme ended with certificates distributed to all participants.