

The Life Enrichment Centre Report 2019-2020

Mentor: Dr.Amitha Sehgal

Committee Members:

Khushnaz Irani (Student Secretary)

Maithilee Jangam (Joint Secretary)

Aryan Dhamankar (Joint Secretary)

Ruchi Parekh (Treasurer)

Tanvi Dombé (Executive Member)

Yukta Chavan (Executive Member)

Bhupen Lalwani (Executive Member)

Omkar Abhyankar (Executive Member)

Simran Mhade (Executive Member)

Rutuja Aher (Executive Member)

Nidhi Mali (Executive Member)

Event 1- Gratitude Workshop

The Life Enrichment Centre had organised a Gratitude Workshop conducted by Mrs.Trupti Vyas from Chinmaya Mission and is a facilitator for "Gratitude is an Attitude" workshop for adults. The workshop initiated by our Principal speaking few words on Gratitude.

After which, The speaker initiated the session with an exercise to introduce themselves with an attribute. The workshop was followed by the speaker explaining the students the importance of Gratitude and how can one show Gratitude in different situations. She also gave us many exercises on how can one show Gratitude.

The workshop concluded with the speaker making sure that students make a Gratitude book.

All in all ,it was an informative workshop.

Event 2- Emotional Well-being and Music Event

The Life Enrichment Centre had organised a workshop on Emotional Well-being and a Music Event conducted by Ms.Rynelle Oliver and Mr.Samuel Berlie from M-power Minds. The workshop initiated by our Principal speaking few words on how to maintain our mental health .

Afterwhich, Ms. Rynelle Oliver helped students on how to incorporate positive mental health practices in their daily lives amid stressors such as exams and balance social life. The workshop was then followed by a musical performance and interactive discussion by Mr. Samuel Berlie on the importance of selfcare and stigma around mental health issues.

The workshop concluded by giving a vote of thanks to the speaker.

All in all, it was an insightful workshop.

Event 3- Dance and Movement Therapy Workshop

The Life Enrichment Centre had organised a Dance and Movement Therapy Workshop conducted by Ms. Alisha Pinto and Ms. Manjusha. The workshop initiated with the speakers explaining how small body movements could enable us to develop peace and connect.

Afterwhich, they carried out amazing and interactive fun games where individuals could learn many personal traits of one's ownself. They played soothing tune and made everyone groove to their individual steps. The workshop included teaming up students and providing an opportunity to showcase their dance movements and to judge their teammate.

The workshop concluded with a vote of thanks and an overwhelming response.

Overall, it was an amazing workshop.

Event 4- Goal Setting workshop

The Life Enrichment Centre had organised a Goal Setting workshop conducted by our mentor Dr. Amitha Sehgal enlightening students with the importance of setting targets.

The workshop initiated, with a movie screening of Mission Mangal which taught how accurate and perfect strategies help in success of set goals. Students were introduced to the SWAN technique and were engaged into an interactive session through several questions raised by Dr. Mrs. Amitha Sehgal. The workshop concluded with an overwhelming response from the students.

Overall, it was an overwhelming workshop

Event 5- Anger Management and Juggling with Jealousy

The Life Enrichment Centre had organised an Anger Management and Juggling with Jealousy workshop conducted by our mentor Dr. Amitha Sehgal.

The workshop initiated, with the speaker making the students understand how to tackle situations regarding anger. Students were shown a PPT presentation so that they could

understand the concept better. The workshop concluded with an overwhelming response from the students.

Overall, it was an informative workshop.

Event 6-Holistic health and Lifestyle Management

The Life Enrichment Centre had organised a Holistic Health and Lifestyle Management workshop conducted by Mr. Jateen Dave from Divine India Youth Association.

The workshop initiated, by the speaker asking the students various questions related to health and lifestyle. After which, he gave us ways in which we can have a healthy lifestyle and how well we can balance it. At the end of the session students had a clear idea about how well can they have a balance and healthy lifestyle.

The workshop ended with a vote of thanks to the speaker.

Overall, it was an insightful workshop.