

# Life Enrichment Centre

## Annual Report 2020-21

**Professor-In-Charge:** Dr. Mrs. Amitha Sehgal

**Student Secretary:** Aryan Dhamankar

**Student Joint Secretaries:** Rutuja Aher & Udit Bafna

**Student Treasurers:** Rutuja Ambigar & Azmine Irani

Life Enrichment Centre is a forum of R.A. Podar College of Commerce & Economics (Autonomous) which is a brainchild of Principal; Dr. Shobana Vasudevan. It aims at uplifting the emotional and spiritual quotient and thereby promotes mental well-being of students. It focuses on developing a holistic personality and build self-confidence amongst individuals. It has helped students to manage conflicts in a subtle way and deal with anger and jealousy issues in a much better manner.

### Event 1: Wind Your Words

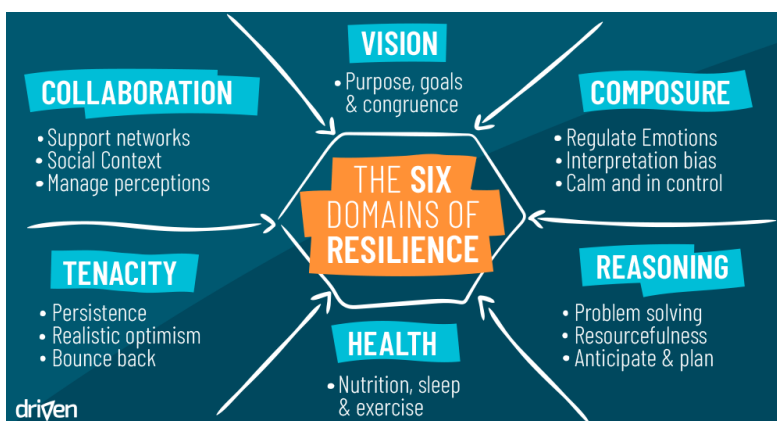
A creative write-up event was organized in the mid-week of May 2020, where in participants had to weave their words in the form of either an essay or a short write-up or a poem. Participants were given the freedom to choose their choice of language i.e. English/Hindi/Marathi for the write-up. The write-up contest received a positive response. 33 participants submitted their thoughtful write-ups. Themes for the write-ups were as follows:

1. Cooperation, Co-existence and Compassion during COVID
2. Importance of family values and positive relationships/friendships during a lockdown.
3. Self-journey during COVID-19 lockdown.
4. Life before & after the arrival of Corona.
5. Career, College, Competition: Is the "New Normal" causing too much pressure on teenagers?
6. Overcoming stress/insecurities during pandemic.
7. Lessons we learnt during this pandemic.

### Event 2: Resilience at the Time of Pandemics

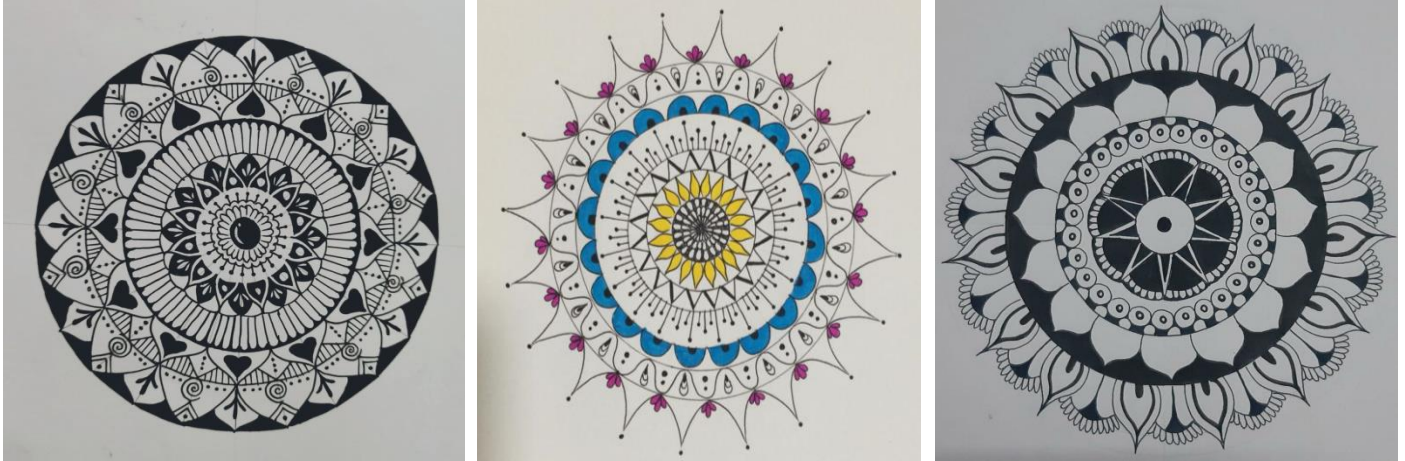
An interesting online webinar was conducted on 25<sup>th</sup> May, 2020 in order to explain the role of resilience in tough times. The resource person; Dr. Sunitha Shanker highlighted diverse facets of strong resilience and helped boost productivity during an odd juncture such as the Pandemic 2020.

She gave a new perspective to look at things by helping youngsters and family members to curb emotional melt-down in difficult times. She imparted knowledge about the importance of being resilient amidst COVID-19 lockdown. The session received an overwhelming response with great participation.



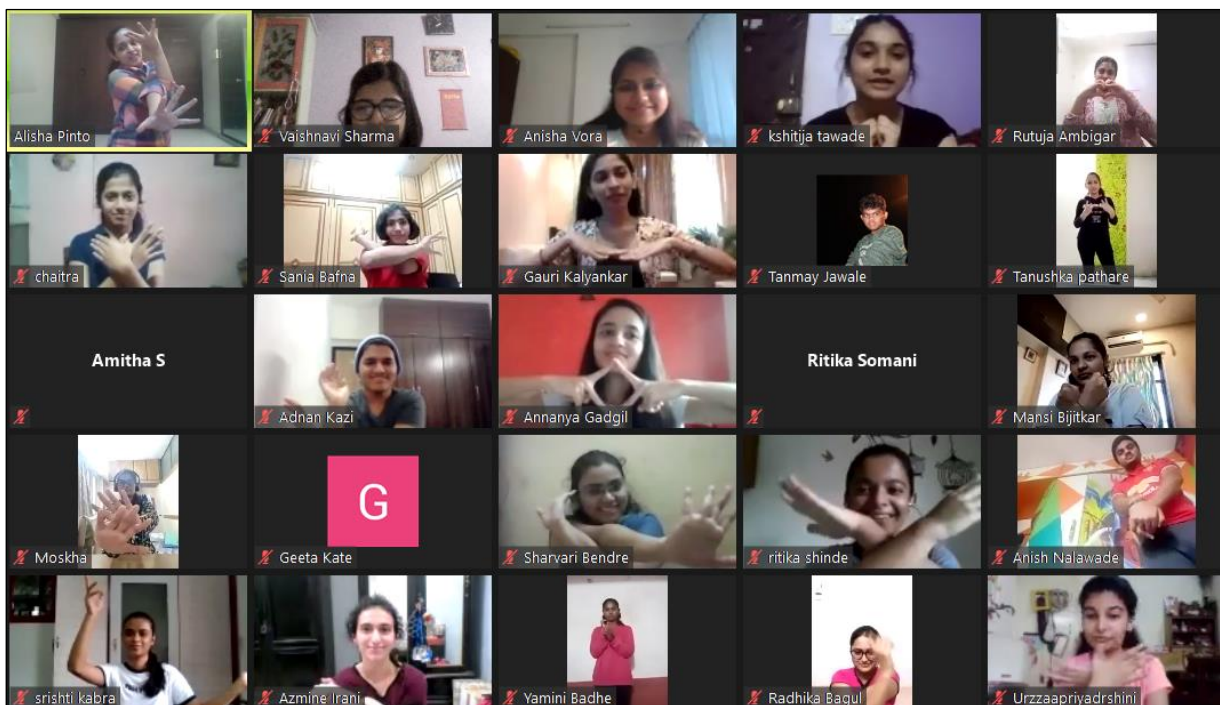
### **Event 3: Mandala Art Therapy**

Mandala Art Therapy was organized on 16<sup>th</sup> September, 2020 where in Ms. Aakriti Khosla taught students to create their own mandalas. She explained how this art form helps to relieve stress and gain positive changes; both emotionally and physically. She taught many varied patterns of drawing a mandala. During the session, Ms. Aakriti Khosla played mild music and told students to switch off the lights and light up a candle. She told students to close their eyes slowly and feel the music, which was not only relaxing but also therapeutic at the same time.



### **Event 4: Dance & Movement Therapy**

A fun workshop on Dance and Movement Therapy was conducted on 19<sup>th</sup> September, 2020. The resource personnel; Ms. Alisha Pinto taught us how to connect with our body and soul through dance. She explained how to accept ourselves the way we are.



It was a fun and rejuvenating session which was divided into 4 parts and in each part students were given different activities which brought them a step closer to accepting their bodies, emotions, beliefs and flaws without judging anyone else.

The session ended on a very enthusiastic note where each and every participant danced their heart out and it was truly refreshing due to the soothing and fun tunes played by Ms. Alisha Pinto. In all it proved to be a successful event with everyone learning something new about their own self.

## **Event 5: Building Psychological Strength**

A three days webinar was organized on Building Psychological Strength with Dr. Sunitha Shanker.

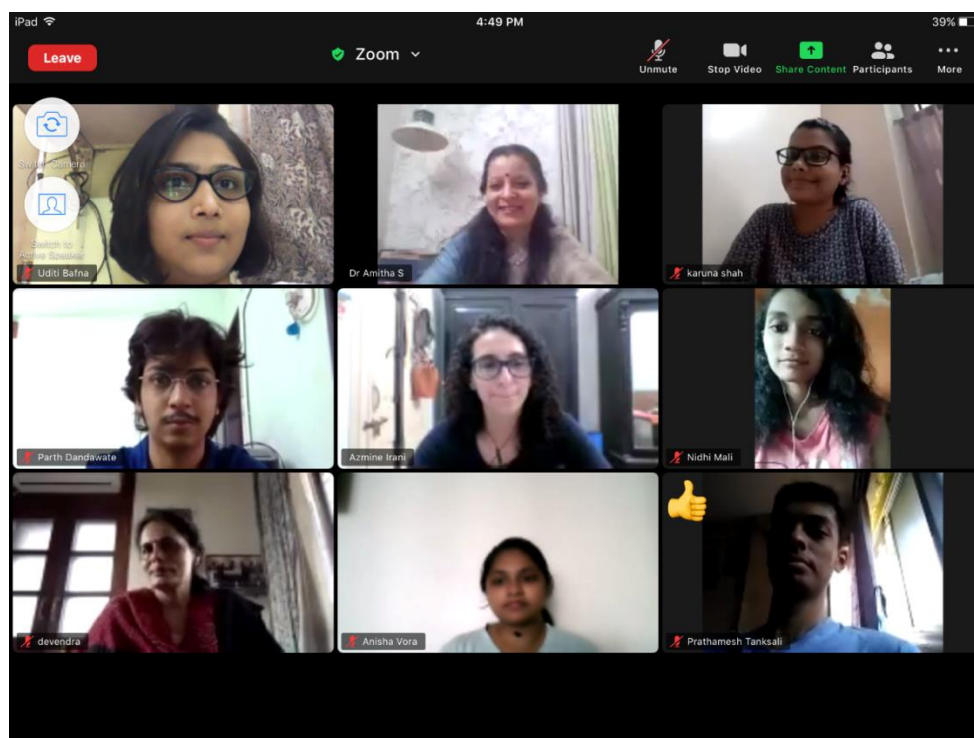
### **Day 1: 21<sup>st</sup> September, 2020**

The resource person; Dr. Sunitha Shanker shared wonderful solutions towards how to tackle our mind-set. She highlighted that the solutions to our problems lie within ourselves. We need to be prepared for every situation that comes our way, for which we have to strengthen our emotional and mental stamina. She rightly said that success comes only when we come out of our comfort zones, which needs to have strong determination and focus to achieve the goals in life.

Every individual gets exhausted when it reaches to a certain limit and then there are changes in our body; mentally, emotionally, physically. During this time, we all need to refill fuel tank of our mind, by encouraging ourselves, being our own therapist and making ourselves happy. Keeping your mind healthy is key towards a good life.

Lastly she told how to live a good life by following:

1. Eating healthy which will directly help you to have a healthy mind.
2. Having a proper sleep which will lead to a good healthy you.
3. One should not consume any substances like marijuana or other drugs as it leads to mental illness, addiction.
4. It is very important to be physically fit as that will help you to grow positivity in you, to be cheerful, physically and mentally active.



### **Day 2: 5<sup>th</sup> October, 2020**

In this session, Dr. Sunitha Shanker dealt with how to tackle negative thoughts and emotions effectively. The four traps that an individual face are rumination, avoidance, emotionally driven behaviour and self-criticism.

She stated “Change is the law, nothing is permanent.” The only permanent solution for a happy life is “We need to build inner strength.” The unit of life is “Experiences”, which are good, neutral or bad. There is a purpose for everything.



### Day 3: 19<sup>th</sup> October, 2020

The last session focused on the role of values & intelligence in building psychological strength. Dr. Sunitha Shanker stated: “The one driving force for intellect is values”. Values help us to make our choices and decisions. Values are the determining factors of our life. Values decide the direction in which one will meet his/her goals.

Values are the banks of river, which will ensure the flow of our path and where we should reach. Values allow us to economise one’s energy, mental and physical bandwidth. Value system helps us to imbibe the “Never Give Up” attitude.

Sunitha ma’am ended the session by repeating the words said by Einstein “The eighth wonder of the world is the Compound Effect”. The session was last of the three days series and ended receiving an overwhelming response.

### Event 6: Group Discussion on Mental Health

On account of World Mental Health Day, i.e. on 10<sup>th</sup> October, 2020, Life Enrichment Centre and The Group Discussion Cell organised a session to conduct group discussions on topics pertaining to mental health . Mental Health is the level of psychological well-being or an absence of mental illness. It is the state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment. Three teams participated in the GD and expressed their views on the following themes:

1. Jealousy and constant peer pressure causes emotional damage to youngsters.
2. Breakdown of traditional family system has caused mental health problems.
3. Role of social stigma in mental illness.



The event directed students towards self-love, being kind and knowing oneself better. The event was concluded by Professor-In-Charge of Life Enrichment Centre; Dr. Amitha Sehgal by encouraging students to take two pledges on a daily basis; which were:

1. I pledge to love myself and to accept myself.
2. I pledge to be a good friend to someone in need.

### Event 7: Let's do the LEC BINGO Challenge

Life Enrichment Centre organized a Bingo challenge for podarites on the official Instagram page of the forum. The Bingo had certain life experiences and values in it wherein the audience had to mark the options they personally experienced. It was also organized for promoting values and ethics through an online platform in an enjoyable manner. This fun challenge got an amazing response of 80 participants.



### Event 8: Leadership Skills of Shri Krishna & Its Relevance on Youth

The core team of Life Enrichment Centre participated in a session on "Leadership Skills of Shri Krishna and Its Relevance on Youth" by Dr. Sumant Tekade on 1st January, 2021 on Cisco Webex. The session highlighted the diverse skillsets of Lord Shri Krishna which every student should acquire. Dr. Sumant Tekade explained how effective leadership can bring positive results by taking the example of Shri Krishna; who guided the entire war of Mahabharata with a steel fist due to his perfect administration.

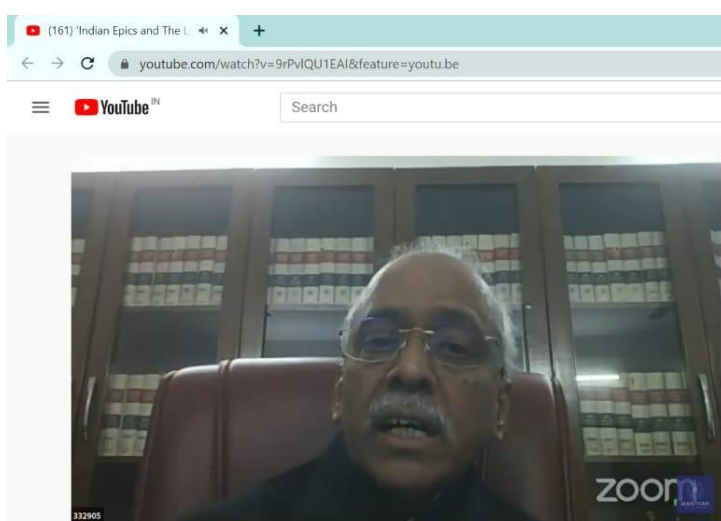


Dr. Sumant Tekade explained the various types of leaderships and how each leadership type is affected by the overall personality of an individual. The session ended on a good note where in all the students interacted with the guest speaker and clarified their queries pertaining to the topic.

### **Event 9: Indian Epics & The Law Today**

Life Enrichment Centre members participated in an interesting session on "Indian Epics & The Law Today" on 3rd January, 2021 which was conducted by Manthan Foundation. The keynote speaker; Supreme Court Justice Mr. V Ramasubramaniam started the session by explaining the meaning of the word "Manthan" and then told the entire story of Samudra Manthan.

Supreme Court Justice Mr. V. Ramasubramaniam also explained how hatred from the protests can be converted into a boon for the country. He shared his knowledge of Rig Veda and mentioned that we are governed by laws and prone to violate the laws. He also quoted many slogans of manusmritis in Sanskrit with their English explanations. He explained the importance of Vienna Convention as well.



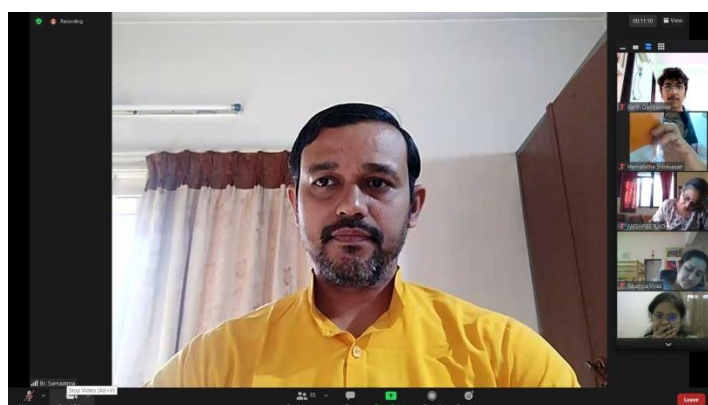
He compared today's laws and Constitution with our mythological teachings of Ramayana, Mahabharata and the various itihisas and puranas and their significance in today's law and order. He ended the session on a graceful note by giving a concluding statement: "The law today need not be the law tomorrow".

### **Event 10: Power of Prayer**

Members of Life Enrichment Centre actively participated in a 3 days session on Power of Prayer with Br. Samaatma Chaitanya, which was conducted from 8th January, 2021 to 10th January 2021.

#### **Day 1: 8<sup>th</sup> January, 2021**

The resource person stated that prayer has a power which keeps us floating from all troubles of our life. Prayer has power and potential which gives us extra-ordinary strength and directions. As man cannot fight all his difficulties with strength and courage, we transfer our worries, burdens and problems in the hands of the almighty.



## Day 2: 9<sup>th</sup> January, 2021

The session dealt with how prayer is a powerful tool to connect to one's god. It also highlighted that if we are praying for ourselves, then we must focus and work on connecting to a higher self. Prayer gives us a sense of appreciation for the things we have. Prayer is like meditation in our life which is used for knowledge awareness with right intention.

## Day 3: 10<sup>th</sup> January, 2021

The last session started with making the target audience believe in the mere existence of god and acceptance of the fact that God takes care of us by doing whatever he thinks is best for us. The resource person also introduced the three different types of bhakts: mand bhakt, madhyam bhakt and uttam bhakt. A bhakt's prayer is rewarded when he has invested more "Bhavana" in god.

God gives us many opportunities to become better human beings but also gives us obstacles to improve our resilience, strength, willpower and patience to ensure we don't become lazy. "Bhav" and "Sambandha" are inter-related. Without Bhav there is no Bhakti. Thus, Bhakti can't thrive when the "Bhavnatmak Sadhana" is weak.

### Event 11: Strength is Life & Weakness is Death

The team of Life Enrichment Centre participated in an enthralling, impactful and spiritual talk on "Strength is Life & Weakness is Death" conducted by Chinmaya Yuva Kendra. The session had 3 panelists; Mrs. Neerja Birla, Mr. Vivek Krishnani and Swami Swatmananda.

Mrs. Neerja Birla explained the various hormones released in the body and their impact in our daily lives. She also mentioned that keeping ourselves calm and on our feet is the greatest manifestation of strength. She highlighted the inter-relationship between success and happiness.

 <p>SMS – Spiritual Mantras for Success</p> <p>• 5Cs of Success</p> <ol style="list-style-type: none"><li>1. Create Inspiration</li><li>2. Conserve Your passion</li><li>3. Concentrate on Action</li><li>4. Channelize towards Destination</li><li>5. Consecrate with Dedication</li></ol>		<p>DOING THIS – gets me excited so much that I can talk about it all day</p> <p>DOING THIS – makes me excited to get up in the morning</p> <p>DOING THIS – I would be willing to do it for FREE</p> <p>DOING THIS – can make me lose all sense of time</p> <p>DOING THIS – gives me extra energy</p> <p>DOING THIS – makes me smile</p>
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Mr. Vivek Krishnani talks about success and being average. He says being average is not bad and we are always going to be average in comparison to someone. One doesn't have to be exceptional in everything. Sir advises us to not take life too seriously and to have fun as it unfolds.

Swami Swatmananda explained spiritual mantras towards attaining success in our lives. He also discussed the 5 C's of success. He ended the session by suggesting everyone to choose a job that they love so that they will never have to work a day in their lives.

### Event 12: Goal Setting

Life Enrichment Centre organized an engrossing session on Goal-Setting on 28th January, 2021. The session began by quoting Frank Victor's famous statement: "If you know the WHY, the HOW is easy." Goals are not just mere wishes, but ideas backed by genuine efforts.

While setting goals, it is vital to be self-aware i.e. aware about our own strengths, weaknesses, interests, hobbies and many more. Individuals must have a good clarity of mind while setting goals. Writing down our goals instead of just keeping them in our mind provides more clarity.





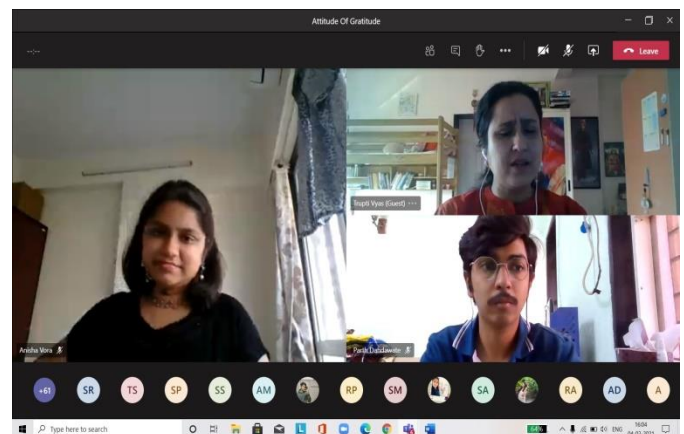
Setting goals gives us a direction in life. It helps us to channelize our energies and become efficient, productive and creative. It enables us to enhance our personality and learn to categorize and prioritize things.

Trupti Vyas; resource-person also highlighted the concept of SMART Goals and suggested 4 areas to develop SMART Goals for every individual. The session ended post a Q&A round and received an overwhelming response.

### **Event 13: Attitude of Gratitude**

Life Enrichment Centre organized an amazing session on Attitude of Gratitude on 4th February, 2021 from 4 pm to 5 pm on MS TEAMS. Ms. Trupti Vyas started the session by explaining the meaning of gratitude; which means the quality of being thankful and appreciative for whatever we have. Trupti ma'am says "Gratitude mainly works at two levels, namely affirmations and recognition".

Trupti ma'am said a few words of wisdom which were: "Though I do not have everything that I want, I still have many things which I need". The universe keeps blessing us with gifts every now and then. It gives more to those who appreciate whatever they received and less to those who keep complaining for what they didn't receive.



Trupti ma'am remarks that being positive increases vibrational frequency, which attracts people towards us. The more vibrational frequency we release, the more the universe receives it, resulting in us being blessed with more things in life.

One of the most popular methods of developing an attitude of gratitude is to maintain a gratitude journal which is a book wherein we write down everything we are grateful for. The session ended on a mesmerizing note with positive feedback from the students.



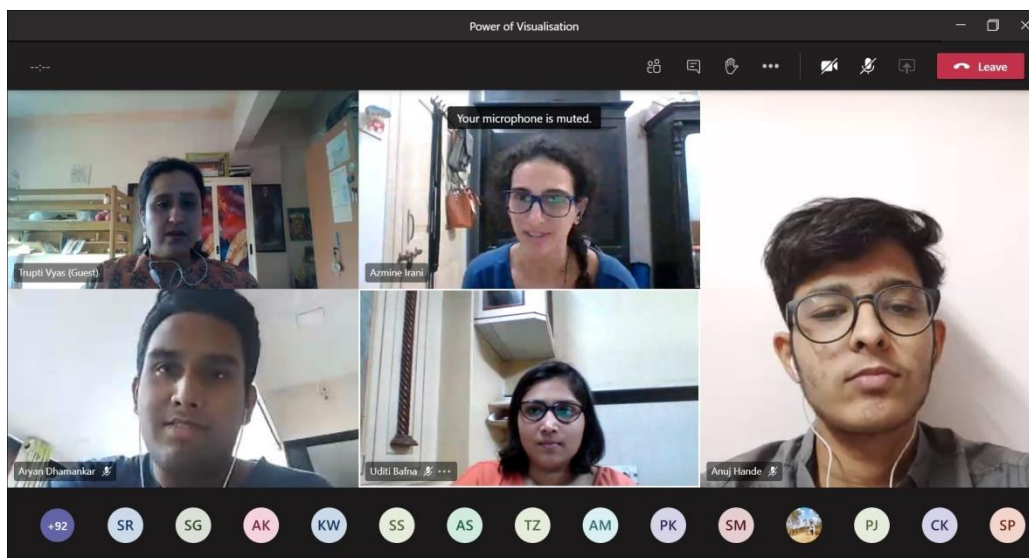
### **Event 14: Power of Visualization**

Life Enrichment Centre organized a wonderful session on Power of Visualization on 11th February, 2021. The resource-person; Trupti Vyas ma'am started the session with asking students to think about a goal and imagine about it with our eyes closed and a calm mind. Students realised how confident and accomplished they are when they thought about what they want.



While thinking of goals, one must have faith and belief in one's own self. For a creative visualisation, one needs to practice visualisation, keep a clear mind and be specific in what he/she wants.

Trupti Vyas ma'am shared the idea of making a "vision board". A vision board will be a compilation of our creativity pertaining to all the things we want to achieve in our life. It will help us to keep our mind focused and determined.



Towards the end, Trupti Vyas ma'am discussed about "fear of failure" wherein she urged students to keep dreaming and working towards achievement of their goals. Not starting due to the fear of failure eliminates the scope for success. In the end, Trupti Vyas ma'am concluded by quoting: "Your life is work of your art- make it creative, happy and positive".

### **Event 15: Never Have I Ever**

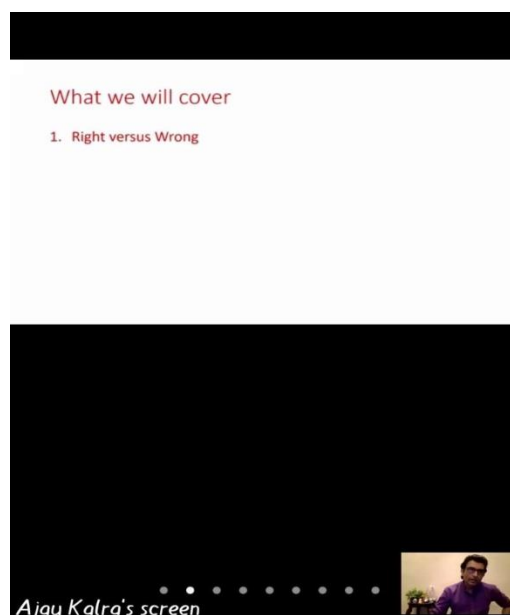
Life Enrichment Centre organized a poll game event named 'Never Have I Ever' for the official Instagram page of LEC. It was for 24 hours and had 11 questions about life as well as mental health.

Audience had to vote according to their experiences. Life is unpredictable, there are many ups and downs but we learn from each one of them. This event had a similar purpose of sharing our life experiences and promoting mental peace in an enjoyable manner.



### Event 16: Decision-Making

The team members of Life Enrichment Centre attended a highly enlightening decision-making workshop on 21<sup>st</sup> February, 2021. The workshop focused on effectiveness of decision making. No matter how the decision would be, our choices matters and we must be confident while selecting it. Decision making will make our judgement more meaningful and worthwhile.

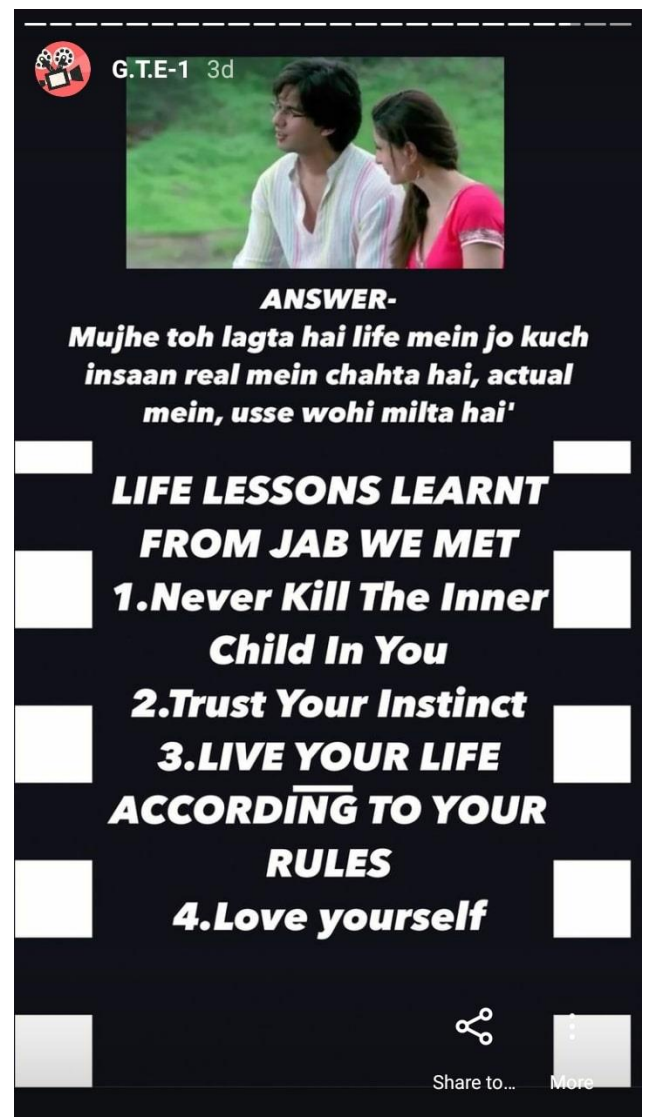
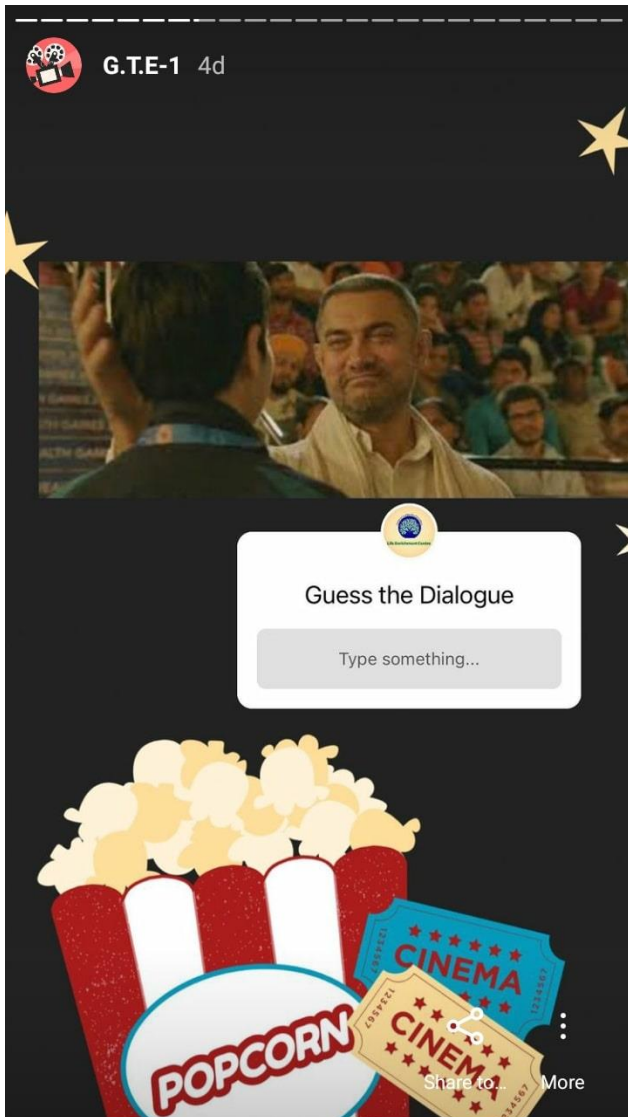


While making decisions one must not let stress hamper the better version of you. It's easy to feel stressed out and anxious when you're facing a tough choice. You might tend to rush your decisions without thinking them through, or you avoid making a decision at all because the stress has put you off your game. If you're feeling anxious about a decision, try to manage your stress so that it doesn't cloud your thinking.

Wisely thinking about its consequences one must select an appropriate solution out of it. Decisions may lose but our experience always wins. So it's important to make something more futuristic which leads us on right track.

### Event 17: Guess The Emoji

Life Enrichment Centre organized a fun event titled “Guess The Emoji” on Instagram from 15<sup>th</sup> March, 2021 to 18<sup>th</sup> March, 2021. It was a youth engaging activity with several lessons to learn from. Emojis were displayed through the Instagram stories. The participants were supposed to guess the name of the movies, web-series, songs and dialogues which were depicted by the emojis.



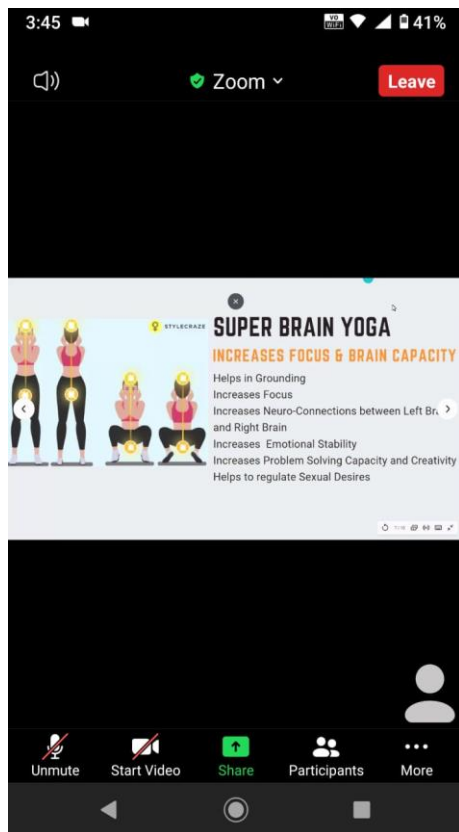
Answers of Guess The Emoji were also released on Instagram wherein life lessons learnt from each movie, web-series, song or dialogues were shared with the participants. Guess The Emoji received an amazing response and two lucky winners were announced on Instagram based on their high scores.

### Event 18: Mindfulness and Pragmatic Spirituality

Life Enrichment Centre organised an enthralling workshop on Mindfulness and Pragmatic Spirituality on 17th March, 2021 wherein the keynote speaker; Professor Hetvi Dedhia conducted several exercises reflecting spirituality and mindfulness.

Some of the activities practiced during the workshop are:

- Posture Correction Method Exercise
- Power Pose Exercise
- Super Brain Yoga Squats (Ganesha Pose)



The activities benefitted the students in following ways:

- Erect and stable posture
- Higher productivity
- Increase in confidence levels, tolerance levels and concentration
- Reduction of stress
- Increases neuro-connections between left & right brain
- Increases emotional stability, problem solving capacity & creativity

The resource-person also clarified several queries of students on a one-to-one basis in the Q&A round. Participants gave a positive feedback about the session.

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