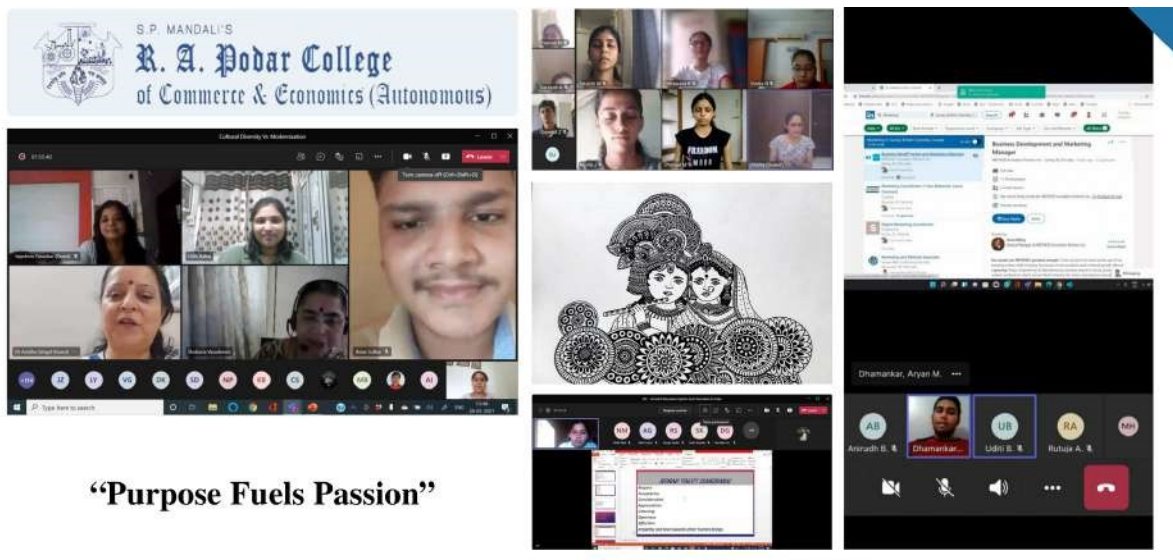


Life Enrichment Centre



“Purpose Fuels Passion”

Professor In-Charge: Dr. (Mrs.) Amitha Sehgal
Student Secretary: Ms. Rutuja Aher

Event 1: Cultural Diversity VS Modernisation

To start with, Madam talked about how the workplace has become a melting pot for different cultures all over the world, so much so that it has become hard to differentiate whether culture makes society or the other way around. Speaking of modernization, it is something which cannot be done away with. In a dynamic environment, we need to constantly adapt and make changes. Modernization and new technology are the way forward. One cannot just run away from the diversity that different cultures bring along with them. It can be seen everywhere, right from conferences and meetings to educational institutions. There is diversity even in an informal setting such as a restaurant. Culture is something unique to humankind. We do not associate any other living being with the word “culture”.

Both culture and diversity have evolved right from the time human life started on Earth. Different humans born and brought up in different places have their own culture, depending upon the circumstances they lived in. Ma’am opined that culture holds us together and supports us. It helps us find ourselves. Cultural diversity is eternal, and modernization is unavoidable. Thus, cultural diversity and modernization go hand in hand.

Culture is important to find our inner peace and happiness. Real happiness comes from within and not externally. Ma'am emphasised that there is something special and unique in every human being, which is given to them by their culture.

Talking of Indian culture, it allows us to accept diversity. It is a culture which believes in sharing, love, and affection. Trying to pull others down and selfishly thinking about ourselves does not solve our problems, in fact all it does is make them manifold. Indian culture does not preach us to be selfish. In fact, it believes in "*Loka Jana Sukhino Bhavantu*", which means "Make everyone happy". Respecting our parents and elders is something unique to Indian culture, as is loving and caring about our family. Ma'am believes that culture allows diversity to flourish, it allows acceptance. One must stay devoted to one's culture. Following some aspects of different cultures will only create a mess.

Talking about happiness, ma'am advocates that material things do not provide happiness. Real happiness comes from within, and it can be found only by staying loyal to one's own culture and values and not by imitating others. One's culture helps them to keep learning from everyone and not consider anyone as someone inferior to us. The more we learn, the humbler we become. Nowadays we find that mental health issues have become prevalent. Depression, anxiety, frustration etc. happen because we are not happy from inside. Lack of internal happiness is a breeding ground for negative emotions like anger, jealousy, hatred, arrogance, ego etc. Lastly, ma'am concluded that culture and value systems are the fabric which help humanity grow. She signed off by advising everyone to be like a Lotus - stem up high but keep your roots to the ground!

Event 2: Self Compassion

We started the session by introducing ourselves & welcoming everyone. Then, Dr. Sunitha Shanker started the session. She told us that the simple meaning of self compassion is accepting oneself with all their flaws and imperfection. Being kind to oneself as one is to their friends and family when they make a mistake.

She also shared a story about a very successful man, who is asked about the secret of his success, to which he replies, "the answer is as simple as two words: Right Decisions". Next, the man is asked the secret to making the right decisions, to which he replies, "the answer is just a simple word: Experience". He is then asked the secret behind gaining experience, to which he replies, "it's yet another two words: Wrong Decisions".

It is a very simple story but teaches us a great deal. As humans we are all bound to make mistakes and we should, in order to learn something. It is the most human thing, but that doesn't mean that making mistakes or embarrassing ourselves or making a fool of ourselves should reduce our worth in our own eyes. This is where self-compassion comes in the picture. Despite making mistakes, we accept ourselves and are kind to ourselves. It doesn't mean having a 'devil-may-care' attitude and not making any changes to improve oneself. It just means to be kind with oneself whilst working on our flaws.

Dr. Sunitha also told us that a person who is self-compassionate knows exactly where he/she went wrong and is very critical about oneself. She did a great analogy to make her point. When a potter makes pots, he shapes the wet mud, which is extremely delicate, but for doing so, he pats the pot from the outside. One might think that in doing so the pot might break, but it doesn't as he is supporting the pot from the inside while it takes shape. The patting makes the pot strong and gives it the required shape. Self-compassion works the same way, the patting is being critical of one's flaws and mistakes with scrutiny and the hand that supports the pot from the inside is self-compassion. While this may seem easy, it takes a lot of practice to be compassionate and kind to oneself. The entire session was very interactive, productive and helpful.

Event 3: Siksha Evam Vidya

An introductory video of DIYA foundation was played, which was focused on the thought that, "The development of every country is dependent on its youth". APJ Abdul Kalam has said that, "You have to dream before your dreams can come true".

The country who values and supports its youth, is the one who grows constantly. The youth speeds up the economic, social and political development in a country. Whenever the nation faces any challenge, the youth has to come forward and stand strong.

To begin with, the chief guests were invited and the program started with the Guru Vandana. Shri Sharad Pardhy, Vice Chancellor, Sanskrit Vishwavidyalaya, Haridwar and Professor Suhas Pednekar, Vice Chancellor, University of Mumbai were the guests of honour on the occasion of Teacher's Day in the 72nd episode of Gyan Sabha. The topic for this event was "Siksha Evam Vidya".

The chief guests explained the importance of the same. Education for the sake of it is not enough, learning should be constant. Having an idea and executing it is always

better than reading the whole library. Education is of utmost importance for the development of a country. It can boost the progress in the society. They explained a story of an 8-year-old child and his father, wherein the child focuses on learning new things even after facing a lot of difficulties.

Further, they explained the importance of Positive environment at home. Quarrels, disturbances and lack of discipline at home can affect a child's growth. It's very important to have a quiet and disciplined environment at home. Parents should take out enough time for their children.

Further, they said that, Education leads to learning and learning should be practised. For instance, we are taught to always speak the truth. But, do we? The Bible is the most sold book in the world and only a few people follow and practice it.

Scholars always practise what they learn. They gave various examples of eminent personalities like Sant Dnyaneshwar, Sant Kabir, Swami Vivekanand, Chanakya, Sant Tukaram, Sant Chokhamela, Sant Dyandeo, Sant Narahari, Sant Sopan, etc. To end with, they concluded that Shiksha and Vidya should be combined and a person should come out as a good human being.

Event 4: Graphology

On September 6, 2021, the LEC forum organised an event on the topic of Graphology. Ms. Trisha Bhatt and Ms. Priyanshi Cholera were the guest speakers for this event. To begin with, Ms. Trisha Bhatt explained the meaning of Graphology, which means an analysis of handwriting and a scientific study which helps us understand human traits. It is not a prediction, it is focused on the present emotional and mental state of mind of a person, current character and behaviour.

Further, the speakers explained the uses, limitations, character analysis, brainwriting, graphotherapy and also showed a practical side of the same through interesting activities. The participants became more excited and enthusiastic when they saw the practical approach towards Graphology. Ms. Priyanshi Cholera explained the uses of Graphology, wherein the two main uses were Child Development and Career choices. Graphology helps in analysing human characteristics which in turn helps in analysing better future opportunities.

Further, she asked the participants to do an interesting activity where the participants had to do three signatures - first with right hand, second with left and the last one with their teeth. The purpose behind this was to make them understand that hand is

just a medium to analyse your subconscious mind i.e., Handwriting is Brainwriting - When we speak only 15-20% of our brain cells are activated and on the other hand when we write, 80-90% of them are activated.

Further, both of them explained how Graphology and Graphotherapy can help us. Every individual letter has its types. Changes in the letter "t" will help you in building confidence. Changes in the letter "I" will help you in building focus. The speakers gave a detailed explanation on the dotting of "I" and the types of strokes. Further, they explained how it can help in choosing a career. While explaining this, Ms. Priyanshi shared a personal experience of her friend, where her friend was pursuing psychology and said she was happy with her choice but Ms. Priyanshi identified through her handwriting that she is very creative and an extrovert person and her passion was to do marketing - which was indeed the truth.

The guests appreciated the audience for their active involvement throughout the session. Finally, the event was concluded by a vote of thanks to our guest speakers and professors-in-charge by the host Ms. Khushi Mehta. Mrs. Amitha Sehgal ma'am appreciated the speakers and the organising committee for successfully organising the event.

Event 5: Mandala Art Competition

A mandala is a geometric configuration of symbols. In various spiritual traditions, mandalas may be employed for focusing attention of practitioners and adepts, as a spiritual guidance tool, for establishing a sacred space and as an aid to meditation and trance induction. In the Eastern religions of Hinduism, Buddhism, Jainism and Shintoism it is used as a map representing deities, or especially in the case of Shintoism, paradises, kami or actual shrines. A mandala generally represents the spiritual journey, starting from outside to the inner core, through layers.

In a spiritual or religious process, a mandala is a period of approximately 40 days in which time the human system completes one physiological cycle. Mandala Art is a means of symbolic communication and expresses personality, emotions, and aspects of human experience. In this event, students had to submit their Mandala Art entries through google forms and after the form was closed the submissions were judged by the Teacher-In-Charges of LEC, Dr. (Mrs.) Amitha Sehgal ma'am and Dr. Amruta Patil ma'am.

We had more than 50 registrations for this competition out of which winners were declared. The winning mandalas were posted on our official Instagram page.

Event 6: Dance and Movement Therapy

A fun workshop on Dance and Movement Therapy was conducted by the Life Enrichment Centre on 4th October, 2021. 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. 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.

It was a fun and rejuvenating session which was divided into different 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 7: Tools for Effective Living

A three days webinar was organised on tools for effective living with Mrs. Saumya Vyas.

Day 1: 22nd November, 2021 - What do you think is an effective life?

Doing something that is giving you a desired result. In other words, it means living a productive life. Living to one's own potential. How a person makes their life effective depends on their potential and the potential depends on what their actions are.

✓ Clarity of purpose

What kind of life do I want? What kind of thoughts do I want to entertain?
What kind of friends do I want to hang out with?

Many times, in life one doesn't know what they want so they keep on complaining about what they didn't get in life. But very few are actually clear in what they want in their life. There's a different beauty in clarity. When the

mind is clear, the thoughts will be clear. Getting clarity as to why a person is doing certain things that they do is very important.

✓ *Vision*

Now that a person knows what he/she wants, a vision comes into play. Always visualise what you want. Our mind thinks in pictures. Our mind understands pictures. Hence, it is very important to visualise and get a clear vision. When you have not thought about your life, others will decide things about your life.

✓ *Planning*

How many people actually plan their day? How many people actually spend at least 10 mins thinking about what they want to do in the day? What is it about planning that actually helps? Most of the time we do not put down our plans meticulously and hence, we are half-hearted. A lot of times it just stays as wishful thinking. But if there's no further planning it just remains a wish. We are stuck in vague planning. If we plan better our life becomes easier and simple. If we plan things, even the things that we don't like, we will do it anyway. It makes us objective towards our things. If we plan as per our emotions the planning will be a failure. If we plan objectively only then we will be able to achieve things effectively. The best way to live effectively is not always giving in to your emotions.

Tip: Before going to sleep every day at night plan the things you want to do the next day. Don't club too many things in a single day. Don't make it too idealistic. Keep it realistic. Keep time for relaxation, entertaining, and family time. Plan small, plan less. As you reach your optimum energy, then start planning big. Break down bigger plans into small tasks and then it becomes achievable. The days become very smooth and they will go exactly the way you planned. Be patient with yourself, because changes will happen slowly. Planning will create a sense of purpose. Prioritise things at the right time. Planning will help in making better decisions.

✓ *Execution*

If I plan something, to execute the things, we need a lot of discipline and consistency of efforts is important.

Day 2: 23rd November, 2021

Execution of what we plan is where most people face a problem. Time management is one of the most important aspects in execution. One always manages to find time for the things they really want to do. Where they want to devote time, they will. The big question here is how can one do everything and still have the time to do nothing.

The first hindrance in the way of time management is procrastination. The maximum mental energy is wasted on procrastination. Till the time any task is completed, it will occupy some mental space. Anything that is unpleasant, people don't want to face it, and hence they end up procrastinating things. The best way to deal with time management is to deal with whatever you don't like first thing in the morning. Tackle the tasks you don't like as soon as possible.

Do not multitask. The efficiency of output is reduced significantly when you do not multitask. The 80-20 rule, says that 80% of outcome is by 20% of dedicated efforts. Another way to manage time is to cut off distractions while working on something.

Creating positive habits. Break large tasks into smaller ones. When one breaks down large tasks into smaller ones, one can easily avoid procrastination. An efficient person will always be one day early. Learn to be punctual, learn to be on time. When a person is always on time, others will start valuing their time. Simply speaking, time equals money. Do not always strive for perfection, sometimes people give too much importance to perfection and that stresses them out. At times finishing a task is more important than doing it perfectly. Let go of minor discomforts. Learn to keep yourself free daily. Always learn something new as it challenges your mind.

Day 3: 24th November, 2021

Unbalanced emotions affect our efficiency and it is very important to balance them. There are 4 basic emotions: happiness, sadness, fear and anger. Under these primary emotions there are many other emotions that are attached to it. Happiness motivates us to work hard. Sadness brings down our energy. The most harmful emotion is anger. Fear does not allow us to take action. Fear of failure prevents us from taking the correct actions in the right direction.

The basic definition of emotion is something which is always in motion. Something that keeps on changing. Since we cannot control how we are going to feel, the only thing in our hands is to manage them. Each person's mental constitution determines how they are going to deal with their emotions. There are 2 ways to deal with

emotions, expressing and suppressing them. We live between expression and suppression. Most of the time positive emotions are not expressed and negative emotions are suppressed.

The best way to deal with emotions is spending at least 10-15 minutes of your day writing in your diary about how you felt throughout the day. To manage our emotions, we first need to understand them. Most of the time we are confused. Most of the time we react and don't respond. Spend 10-15 minutes every day in introspection. Channelise emotions. After accepting and understanding your emotions, you should channelise it. Channelising emotions simply means dealing with your emotions in a better way. Daily practice of gratitude will always help in channelising emotions.

Event 8: Wellness and Success - The key to Success

Having a vision, taking efforts towards that vision, visualising the future and planning are some of the ways through which you can achieve success.

7 keys of achieving success

✓ Focus on 'Most Important Work'

- Start the day with the Most Important Work
- Compartmentation
- Concentration
- Avoid Procrastination

Concentrate fully on what you are doing, don't think of any other thing when doing a certain task. Give 100% attention to the current task. Stop procrastination. Do things immediately.

✓ Improve Productivity

- Productivity is the function of – Knowledge, skill and attitude.
- Set targets and measure results.
- Aim for 'First Time Right'.

Knowledge is an intellectual ability. To have wellness, knowledge is important. Focus on continuous learning. Attitude is very important. The way someone handles things is very critical, the way a person approaches things can make a huge impact.

Have aims and be ambitious (they should be high but not unrealistic). Aim to get things right in the first go. Try to get higher results in minimum resources.

✓ *Having a positive attitude*

- Take responsibilities
- Have ethical approach

Give others whatever you have. It is only going to help you. Take responsibility for your actions, don't blame others for your results. Have an ethical approach. Be uptight. Follow the rules, laws and universal principles.

✓ *Communicate and collaborate*

- Exchange of ideas
- Coordination at work
- Healthy working environment

Have good and productive conversations, understand things and people, try to make people understand you. Coordination at work is very important. Working as a team, increases synergy and the results will be more productive. Teamwork is very important as everyone has their own unique qualities and by communicating and joining hands results could be more productive.

✓ *Learn to Relieve Stress*

De-stress with the help of:

- Nutritious food
- Exercise
- Sports
- Family Time
- Special Gatherings
- Music
- Yoga
- Meditation
- Nature Trails
- Pets
- Rests and Relaxation
- Adequate Sleep

✓ *Continuous Learning and Development*

- Visualise Future Changes
- Learn New Skills and Courses ● Be alert, agile and stay motivated.

Getting a job or starting a business doesn't mean one should stop learning. Keep always learning new things. Being alert and agile helps in developing yourself.

✓ *Love and Enjoy Life*

- Take ownership of your career
- Nurture passions and hobbies

Love yourself and nurture your passions and hobbies, it helps in creating a holistic personality and it leads to a holistic development.

Certain key lessons: -

✓ *Think Differently*

Don't be a sheep and blindly follow others, think out of the box, use your own as well as others' experiences (they come free of cost) when you experience things yourself you have to pay a price.

✓ *Compete with yourself*

Compete with yourself. When you compete with yourself, you will never face jealousy which is very important in growth.

✓ *Learn to say 'NO' politely*

Learn to say 'NO' politely. Sometimes you have to say no when required. When you keep saying yes, your work will pile on and people will take advantage of you.

✓ *Live in the present*

Live in the present moment, one can't change the past as the saying goes, "it's no use crying over the spilled milk" and you can't reach your future before passing the present so try to live in the moment. Make each day your masterpiece. When you do your best every day you won't regret anything and you will have a sound sleep every day.

Event 9: Never Have I Ever

Life Enrichment Centre organised 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 10: LEC Bingo

Life Enrichment Centre organised 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 organised for promoting values and ethics through an online platform in an enjoyable manner.

Event 11: Ancient Education System and Samskara in India

The ancient education system in India includes the Gurukula system. Nowadays, to pursue higher education, students leave their homes to live in a hostel. Also, when they have vacations, they come home to visit their family. But in the Gurukula system, children were sent to the Gurukula from 4 or 5 years of age and they couldn't return to their family till they had completed their entire education, i.e., till they were about 12 years old.

One of the advantages of studying in a Gurukula system is that students have higher dedication since they don't have the normal distractions which a student of modern education would face - namely attachment to parents, siblings, and relatives. Also, students of all castes, whether rich or poor, have to do Seva in the Gurukula. This helps in subduing the ego. Also, these students become self-sufficient after serving in the Gurukula.

- Vedic system of education includes the 4 Vedas- Rig Veda (focus on Mantras), Yajur Veda (focus on rituals), Saama Veda (focus on song, melody), Atharva Veda (Veda for magical formulas).
- Famous educational institutes in ancient times include Nalanda and Takshila. When one of the invaders tried to destroy Takshashila, the library burnt for 3 months. This shows how big the library was.

Samskaras must be given to a child from the very beginning. One very apt example of this is what Queen Madaalasaa said to her infant son when he was crying. The theme of the song was that you aren't the body, don't attach yourself to the name you are given. Another astonishing incident was when Jagadguru Shri Adi Shankaracharya was 8 years old, he had left his home since he had realized that this world is nothing but a delusion. When he was going through the mountains, one saint asked him his identity. At this question, Shri Adishaknaracharya composed the Nirvanashtakam which negates the attachment to this Body-Mind-Intellect. Some of the Samskaras include respect, acceptance, consideration, openness, empathy, etc.

Event 12: Life Journey of an International student

Studying in an international territory comes with embracing new changes. It can also be terrifying and overwhelming at times. But who better to mentor us in sailing through this journey than our very own ex-secretary of LEC, Aryan Dhamankar. The session included a multitude of aspects like how the process is to apply in different universities in Canada, the academic curriculum, difficulties faced by international students etc. The session also included Aryan's story of getting an education loan for his studies abroad, how he proceeded with the same and lastly the advice for the ones applying. The session concluded with Aryan sharing how it is like to be on the other side of the session.

Event 13: LinkedIn Profile Building

A LinkedIn profile has become a vital component for expanding horizons in one's professional journey. Aryan Dhamankar, our ex-secretary helped us understand the importance of creating a profile. He walked us through his own profile to help us comprehend the various sections present in a particular LinkedIn account. He was kind enough to share various courses we could do online to earn our credits and post them on our profile. Q and A round marked the end of this insightful session.