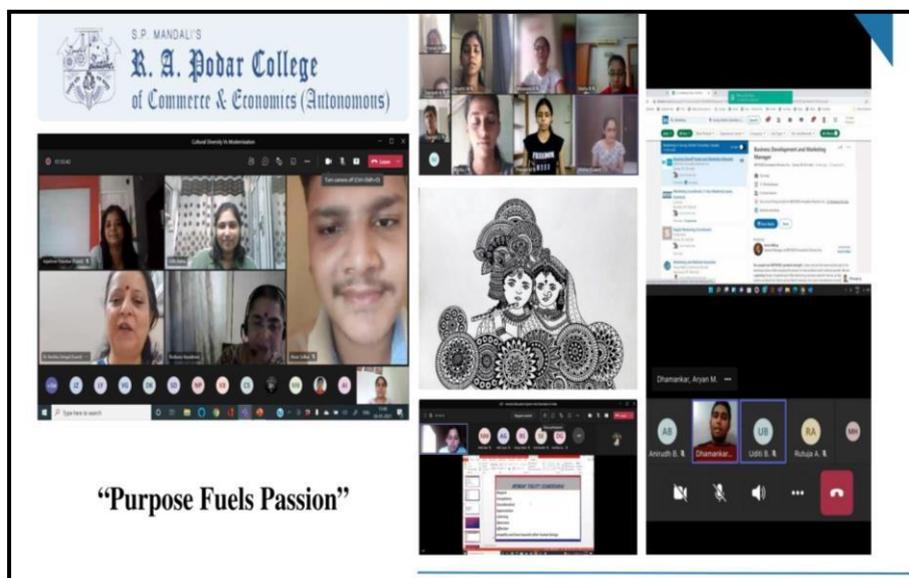


# LIFE ENRICHMENT CENTRE



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**Student Secretary:** Mr. Krtan Jathar

The R.A. Podar College of Commerce and Economics (Autonomous)'s Life Enrichment Center is a forum that was established by the college's principal, Dr. Mrs. 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 building self-confidence among individuals. It has helped students manage conflicts in a subtle way and deal with anger and jealousy issues in a much better manner.

## **1. Orientation Program**

An Orientation Programme was organised on 29th July for the students of the college to mark the beginning of the academic year 2022-23 and introduce the interested students to the upcoming fun-filled events.

Introduction of the Life Enrichment Centre, its objectives, vision and purpose was discussed. This was followed by an introduction of the committee members. A few previous year's events were briefly explained which gave the students an idea of what they can expect in the current year too. Principal Ma'am along with the faculty-in-charge Dr. Mrs. Amruta Patil Ma'am joined the Orientation Programme. The gathering dispersed with happiness in their eyes as they looked forward to the events lined up in the upcoming year.

## **2. Youth Convention**

Members of LEC were invited for a seminar regarding the Youth Convention which granted us knowledge regarding Swami Vivekananda's Ramakrishna mission which was brought into force on 1st May 1897. This year the mission completed 125 years of service to people. Swami Smaranandaji Maharaja, president of Ramakrishna math and Ramakrishna mission inaugurated the year long 125th anniversary and as a part of "Azadi ka Amrit Mahotsav" celebrations together. Being a part of it we got to know the enlightened thoughts of Swami Vivekananda and his aim towards the country. The session imbibed patriotism and motivated us to work for good.

## **3. Bingo**

We set up a "virtual bingo challenge," which was an online event, for the college students to make them think about how they're living their lives. The alternatives mentioned in the template revolved around simple yet important life choices like practicing meditation, investing in daily exercise, inculcating good habits, learning new skills, removing toxic people, and many such. The response was very good, over 100+ students took the challenge and recommended it to their friends as well. Bingo challenge also turned out to be a self reflection activity for the students which made them question their life decisions & choices and made them think about what should be done to improve their personality.

## **4. Never Have I Ever**

We organized a poll game event (online) named 'Never Have I Ever'. It was for 24 hours and had 15 questions about physical health, mental health and spiritual well being. 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 physical fitness, mental peace and spiritual awareness in an enjoyable manner.

## **5. Leadership Seminar**

A seminar on leadership was arranged to improve leadership abilities and develop the personality of the students. It was hosted by Ms Ashu Khanna, an Authentic Leadership Expert, Author Entrepreneur, Motivational Speaker and a Chartered Accountant. She guided the participants on how to improve and strengthen their leadership skills and get a hold on life altogether. The session was indeed a fruitful and interactive one as she paced around the hall explaining the what and how's of leading.