

R. A. PODAR COLLEGE OF COMMERCE AND ECONOMICS

(EMPOWERED AUTONOMOUS)

LIFE ENRICHMENT CENTRE ANNUAL REPORT 2025-26



LIFE ENRICHMENT CENTRE COMMITTEE

Teachers In-charge: Dr. Amruta Patil

Ms. Karishma Khadiwala

Ms. Usha Rao

Student Secretary: Miss. Adishree Joshi

Student Joint Secretary: Pradnya Kavade & Swara Bhanushali

ABOUT THE FORUM:

The Life Enrichment Committee at R.A. Podar College is committed to promoting the holistic development and well-being of students by encouraging personal growth, self-awareness, and community engagement. The committee focuses on nurturing the physical, mental, emotional, and social aspects of student life, ensuring that students grow not only academically but also as well-rounded individuals.

To support this goal, the committee organises seminars and interactive sessions featuring experts and professionals who share insights on topics such as mental health awareness, emotional intelligence, career development, and mindfulness. These programs equip students with practical skills and strategies to manage challenges effectively and maintain a balanced lifestyle.

In addition, the committee conducts creative workshops, virtual challenges, and innovative competitions that encourage creativity, teamwork, and self-expression. Through these engaging activities, students develop confidence, resilience, and essential life skills while enjoying a supportive and enriching campus environment.

LIFE ENRICHMENT CENTRE CORE TEAM 2025-26







Mumbai, Maharashtra, India
Lakhamsi Nappu Road, Matunga East, Mumbai, Maharashtra

English Literary Circle X Life Enrichment Centre
Poetree
2025



EVENT I: INAUGURATION AND SESSION

DATE: 26th August, 2025.

The Life Enrichment Centre at **R. A. Podar College of Commerce & Economics** was inaugurated at a seminar titled “Well-being 360°: The 8 Dimensions” on August 26, 2025, in classroom G4, to help students understand the key aspects of a balanced and fulfilling life. The event began with a welcome address by the forum’s secretary, acknowledging the vision of former Principal **Dr. Shobhna Vasudevan** and the continued support of current Principal **Prof. Vinita Krishnakumar Pimpale**. **Prof. Karishma Khadiwala** emphasised the importance of self-care, emotional intelligence, and holistic well-being among students. There was a participation of 40 students in the seminar.

The seminar was conducted by wellness coach **Prachi Dalvi**, who shared insights on the interconnected nature of well-being and explained the eight key dimensions: physical, spiritual, financial, academic, mental, emotional, social, and environmental well-being. She highlighted how maintaining balance across these areas helps individuals lead healthier, more productive, and meaningful lives.

An interactive activity encouraged participants to rate themselves across the eight dimensions, promoting self- reflection and awareness. The session concluded with positive feedback from attendees and **Prof. Usha Rao**, who also felicitated the speaker, marking a successful and inspiring inauguration of the Life Enrichment Centre’s activities.

INTRA COLLEGE FEST: UTKRISHT

Utkrisht was an intra-college fest organized at R. A. Podar College of Commerce & Economics in the month of **November, 2025** for both degree and junior college students. The fest was designed to promote life enrichment by encouraging students to explore creativity, critical thinking, communication, and personal expression through a variety of engaging activities.

One of the key events was *Solvathon*, where participants solved case studies based on life-enriching topics, allowing them to apply analytical thinking and problem-solving skills to real-life situations. The fest also included *Mandala Making*, which encouraged students to explore artistic hobbies and mindfulness through creative expression. *Mind Masters*, a debate competition, provided a platform for students to share diverse perspectives on meaningful topics and build confidence and public speaking skills. Another highlight was the *Logo Design Challenge*, where participants showcased their creativity and design abilities.

In collaboration with the English Literary Circle, the fest also featured literary events such as *Book Discussion*, *Poem Writing*, and *Story Writing*. These activities encouraged students to engage with literature, express their thoughts creatively, and strengthen their writing skills. Overall, *Utkrisht* successfully promoted qualities such as creativity, critical thinking, communication, teamwork, and self-expression, making it a meaningful and enriching experience for students.

EVENT II: INSIGHT CLASH – Debate Competition

DATE: 20th November, 2025.

Mind Masters was an engaging debate competition organised under the fest **Utkrisht**, aimed at encouraging students to express their ideas and perspectives on life enrichment themes. The event was open to both degree and junior college students and witnessed the enthusiastic participation of 20 contestants. Participants debated on three thought-provoking topics related to personal growth and well-being. The competition provided a platform for students to showcase their confidence, critical thinking, and communication skills while presenting diverse viewpoints. Through this event, students were encouraged to step forward, articulate their thoughts, and broaden their perspectives.

Mind Masters successfully fostered healthy discussion, intellectual engagement, and self-confidence among participants while aligning with the values of life enrichment.

EVENT III: MIND MASTERS - SOLVATHON

DATE: 19th November, 2025.

Solvathon was an engaging problem-solving event conducted during the fest **Utkrisht** at **R. A. Podar College of Commerce & Economics**. The event aimed to encourage students to think critically and develop innovative solutions to real-life situations related to life enrichment. A total of 15 participants took part in the competition, where they were presented with thought-provoking case studies. Participants were required to carefully

analyse the situations and come up with creative, practical, and impactful solutions within the given time. The event provided a platform for students to enhance their analytical thinking, decision-making, and problem-solving abilities. *Solvathon* successfully encouraged participants to look at challenges from different perspectives and propose meaningful solutions that promote personal and social well-being.

EVENT IV: MANDALA MYSTIQUE

DATE: 12th November, 2025.

Mandala Mystique was a creative event organised as part of the fest **Utkrisht** at **R. A. Podar College of Commerce & Economics**. The event aimed to promote creativity, mindfulness, and the exploration of artistic hobbies among students. Participants were required to create their own mandala artwork and submit a time-lapse video of the creation process along with a final photograph of their completed mandala. This format allowed students to showcase not only their artistic skills but also the effort and patience involved in the creative process. The event received around 15–20 submissions from enthusiastic participants.

Mandala Mystique successfully encouraged students to express themselves through art, while also promoting relaxation, focus, and appreciation for creative expression.

EVENT V: LOGO DESIGN CHALLENGE

DATE: 28th November, 2025.

The Logo Design Challenge was a creative event organised under the fest **Utkrisht** at **R. A. Podar College of Commerce & Economics**. The event aimed to encourage students to showcase their creativity and design skills by creating a unique logo based on the theme of life enrichment. A total of **10 participants** took part in the competition, presenting innovative and visually appealing logo designs. Each participant used their creativity and design thinking to represent ideas of growth, well-being, and positivity through their artwork. The event provided a platform for students to explore graphic design while enhancing their imagination, originality, and visual communication skills. It successfully highlighted the creative talent of students and encouraged artistic expression.

EVENT VI: BETWEEN THE LINES

DATE: 28th November, 2025.

Between the Lines was a book discussion event organized on 28 November 2025 in Class S8 at R. A. Podar College of Commerce & Economics, in collaboration with the English Literary Circle, as part of the fest Utkrisht. The event brought together students who share a deep interest in reading and literature. Around 20 enthusiastic students participated in the discussion, where they explored various book genres, storylines, and memorable characters from their favourite reads.

Participants shared their perspectives, recommendations, and interpretations, creating an engaging and insightful literary conversation. The event successfully created a welcoming space for book lovers to connect and exchange ideas. It encouraged thoughtful discussions while helping students enhance their communication, analytical thinking, and appreciation for literature.

EVENT VII: POETREE

DATE: 28th November, 2025.

PoeTree was a creative poetry writing event organised as part of the fest Utkrisht at R. A. Podar College of Commerce & Economics, in collaboration with the English Literary Circle. The event aimed to encourage students to express their thoughts and emotions through poetry. In this on-the-spot competition, participants were given a topic and were required to compose a poem within a limited time. A total of 17 students participated in the event, showcasing their creativity and ability to think and write spontaneously. *PoeTree* successfully promoted creativity, quick thinking, and literary expression among students. The event provided a platform for participants to showcase their poetic talent while encouraging imagination and confidence in creative writing.

EVENT VIII: THE COVER CUE

DATE: 28th November, 2025.

Cover Cue was a creative short story writing event organized under the fest Utkrisht at R. A. Podar College of Commerce & Economics, in collaboration with the English Literary Circle. The event was designed to inspire creativity and imaginative thinking among students through storytelling. In this on-the-spot competition, participants were shown a book cover page and were required to write a short story inspired by the visual cues and themes suggested by the cover. A total of 16 students participated in the event, each presenting unique narratives and interpretations based on the same prompt. *Cover Cue* successfully encouraged creativity, quick thinking, and storytelling skills. The event provided students with an opportunity to express their ideas through writing while enhancing their imagination, originality, and literary expression.

SOCIAL MEDIA ACTIVITIES 2025-26

The Life Enrichment Committee at R. A. Podar College of Commerce & Economics also conducted engaging social media activities to encourage student participation beyond physical events. Interactive games such as *Bingo*, *Guess the Artwork*, *Guess the Logo*, and similar challenges were posted online on Instagram Stories, allowing students to participate easily and test their observation and knowledge skills.

These activities created a fun and interactive digital space while promoting creativity, engagement, and awareness among students.



CONCLUSION:

During the academic year 2025–26, the Life Enrichment Centre at R. A. Podar College of Commerce & Economics successfully promoted the holistic development of students through a variety of meaningful and engaging activities. Beginning with the inaugural seminar “*Well-being 360°: The 8 Dimensions*”, the forum created awareness about the importance of balanced living, self-reflection, and overall well-being.

Through the intra-college fest *Utkrisht*, along with literary events conducted in collaboration with the English Literary Circle, the forum organized activities that encouraged creativity, critical thinking, problem-solving, and effective communication. Events such as debates, case study solving, artistic competitions, and literary discussions provided students with opportunities to express their ideas, develop new skills, and engage with diverse perspectives. Additionally, interactive social media activities helped increase participation and created a fun digital platform for students to stay connected with the forum. Overall, the Life Enrichment Centre successfully established itself as a platform that nurtures creativity, confidence, intellectual growth, and well-being among students.