

## **LIFE ENRICHMENT CENTRE ANNUAL REPORT 2017-18**

The 'Life Enrichment Centre' which is a brainchild of principal Dr Shobana Vasudevan was formed with an aim to enable students to live an enriched life by helping them to take correct life decisions and building self confidence. The orientation took place on 28th July in G1 room. The teachers-in-charge Dr Amitha Sehgal and Mr Hemant Solanki lit the diyas with the chief guests. Chief guests Mr Bharat Shah and Dr Sunita Shanker from Chinmaya Mission introduced the "Mind Storming- Storm to Perform" course. Valued Chinmaya mission members Ms Anamika Chakravarty and Mrs Chandrika Vora were also guests at the program.

The Twelve hours course 'Mind Storming: Storm to Perform' encompassed various topics and techniques of mind storming.

### **SESSION 1**

Hidden benefits of not getting what one wants. Accepting it and doing what it best possible, leading to an inner transformation that develops inner strength and helps us grow.

The Iceberg Illusion: The tip of the iceberg is symbolic of the success that is visible to everyone. But the gigantic ice mountain that lies underneath the water, that is actual hard work that the person had put in to achieve the peak.

### **SESSION 2**

Focus on inner strength. The brain is always trapped between "sankalp" (do) and "vikalp" (not to do). How habits shape a person's behaviour and to change a desired "not so good habit" it must be replaced by a good habit. By accepting and letting go of things one can move towards their goals and desires. Taking responsibility of your own feeling can also do great wonders. "Most of problems are in your mind itself". It's just breaking the cage of our minds free.

### **SESSION 3**

Neuroplasticity of the human brain. Being mindful about the difference between determination and stubbornness.

"You need a nerve to think." so think good.

### **SESSION 4**

"Stepping out of our comfort zone is an important stepping stone to success." Morals are what build a person into who he is. With

a strong positive value system one has to step out of their comfort zone to be successful. Fears cannot be ignored and thus have to be faced in order to transform and reach the goals.

### **SESSION 5**

Being mindful or having a good presence of mind is useful in sudden instances of anger or fear, when the brain stops thinking logically. A person who lives in the present might be capable of a taking action in cases of accident or fire.

The five senses of smell, hear, see, taste and touch can be used to bring oneself to the present.

### **SESSION 6**

Dealing with failure and moving towards achieving goals. Focussing on how to progress and improve oneself. Methods of building self confidence. Finding out strengths, weaknesses and analyzing personality type.

### **SESSION 7**

Special session conducted by Principal Dr Shobana Vasudevan. Focused on the value system, overcoming obstacles in life and working with absolute hard work and determination while keeping faith.

### **SESSION 8**

Concepts of dharma and svadhrama. Importance and impact of duty in one's life. Healthy management of emotions. Happiness is the ultimate natural and main goal of life.

### **Talk on Depression: Why and How to Overcome it**

On the occasion of World Mental Health Day, The Life Enrichment Centre took the initiative of spreading awareness about depression. A one hour talk on "Depression: why and how to overcome it" was organised on 10th of October, 2017 in F2 classroom. The talk was addressed by the guest speaker Dr Sunitha Shanker, who is a trained clinical psychologist and counsellor. Dr Sunitha shared psychological facts and views on depression while focusing on the way it is spreading in the society especially the young minds. A question and answer session was conducted after the talk.

## **Visualization Workshop and Certificate Distribution Program**

Visualization Workshop was conducted by Chinmaya mission member Ms Anamika Chakravarty. She explained the purpose of a vision board, how to create it and what to do with it. All the students created their own vision boards including images of who they want to become, what they want to have which added clarity to their desires and visions. The workshop was followed by certificate distribution by Principal Dr Shobana Vasudevan to all the students who took the course.