

**R. A PODAR COLLEGE OF COMMERCE AND ECONOMICS
(EMPOWERED AUTONOMOUS)**

LIFE ENRICHMENT CENTRE ANNUAL REPORT

2024-25



LIFE ENRICHMENT CENTRE COMMITTEE

Teachers In charge	Dr. Amruta Patil Teacher Ms. N Usha Rao Dr. Shreehari V. Gokarnakar
Student Secretary	Miss. Swara Bhanusali
Student Joint Secretary	Ritika Chandramore Kaushik Nitin Lad

Life Enrichment Centre 24-25

About the forum:

The Life Enrichment Committee at R.A. Podar College is dedicated to nurturing the holistic development and well-being of students by fostering an environment that encourages personal growth, self-awareness, and community engagement. With a strong commitment to enhancing the overall student experience, the committee designs and implements a variety of thoughtfully curated programs that address the physical, mental, emotional, and social dimensions of student life.

Through insightful seminars, we bring in experts, thought leaders, and industry professionals to share valuable knowledge on topics ranging from mental health awareness and emotional intelligence to career development and mindfulness techniques. These sessions provide students with the tools to navigate challenges effectively and develop a balanced approach to life.

In addition to traditional workshops, we incorporate engaging virtual challenges that encourage students to step out of their comfort zones, hone their skills, and adopt healthy habits. Whether it's a fitness challenge, creative expression contest, or personal development initiative, these interactive activities foster a sense of motivation and achievement.

Our creative workshops offer students hands-on experiences in areas such as art therapy, meditation, storytelling, music, and expressive writing, allowing them to explore new interests, reduce stress, and connect with like-minded peers. Furthermore, the committee organizes innovative competitions that spark creativity, critical thinking, and teamwork, reinforcing essential life skills while adding an element of fun and excitement to campus life.

At its core, the Life Enrichment Committee serves as a pillar of support and inspiration, ensuring that students not only excel academically but also cultivate resilience, self-confidence, and a strong sense of belonging. By providing a diverse range of enriching experiences, we aim to empower students to lead fulfilling, well-rounded lives and contribute meaningfully to society.

Event 1 – LEC Inauguration and Seminar

Day & Date – 26th July 2024, Friday

Time & Venue – 11:30, T1 classroom

No. of attendees – Male: 18,

Female:20 Description: -

On 26th July 2024, R. A. Poddar College of Commerce & Economics celebrated the inauguration of the Life Enrichment Centre for the academic year 2024-25, marking the beginning of a new chapter in holistic student development. The event brought together students, faculty, and esteemed guests in a vibrant atmosphere, symbolizing the college's commitment to fostering personal growth, emotional intelligence, and mental well-being.

The ceremony commenced with a warm welcome to the audience, followed by an introduction to the college's legacy of academic excellence and its dedication to nurturing young minds. The Life Enrichment Centre was introduced, highlighting its mission to empower students with tools for self-awareness, personal growth, and resilience. The centre aims to equip students with life skills to navigate challenges effectively while fostering a positive outlook on life. The event featured inspiring speeches by the Principal Ma'am, who emphasized the importance of holistic development and the role of the Life Enrichment Centre in shaping well-rounded individuals. The Teacher in Charge delivered an empowering address, encouraging students to embrace self-acceptance and authenticity.

The highlight of the event was an insightful session on the "Power of Self" by Rd. Kamini Gogri, a renowned Philosophical Counsellor. Dr. Gogri's session focused on self-awareness, self-confidence, resilience, and unleashing one's potential. Through practical exercises and personal anecdotes, she motivated students to believe in themselves, overcome self-doubt, and pursue their dreams with determination. The session concluded with an engaging Q&A, where students actively participated and expressed their gratitude for the transformative insights.

Key takeaways from the session included:

Self-awareness: Understanding strengths, weaknesses, and core values.
Building self-confidence: Setting achievable goals and celebrating small victories.
Harnessing inner strength: Developing resilience and a positive mindset.
Unleashing potential: Pursuing passions with determination and self-belief.



Event 2 – Utkrisht Festival

Day & Date – 16th December 2024,

Monday Time & Venue – 12:00pm, G5

classroom **No. of attendees** – Male:

Description: -

On 16th December 2024, the Life Enrichment Cell (LEC) of R. A. Podar College of Commerce & Economics hosted its annual fest, "Utkrisht," in Classroom G5. The fest, a celebration of excellence, creativity, and holistic development, brought together students, faculty, and guests for a day filled with inspiration, innovation, and camaraderie. The event was graced by the presence of Faculty In-charge Usha Rao Ma'am, Dr. Shreehari Gokarnkar, Teacher In-charge Dr. Amruta Patil, and Vice Principal Dr. Vinita Pimple Ma'am, who delivered an inspiring address emphasizing the importance of balancing academics with personal growth.

Pre-Event: Mandala Magic

The fest kicked off with "Mandala Magic," a pre-event that celebrated creativity and mindfulness. Participants created intricate mandalas, showcasing their artistic flair and exploring the therapeutic benefits of this meditative art form. The online submission format ensured accessibility, and the event highlighted the importance of self-expression and originality.

Event 4 : Pitch Perfect Problem Solvers

Participants tackled real-world challenges such as social welfare, water supply, rural healthcare, and education through case studies. Collaborating in teams, they developed innovative solutions and presented their ideas, followed by insightful Q&A sessions. The event promoted critical thinking, creativity, and practical problem-solving skills.

Event 5 : Logo Design Challenge

This creative contest invited participants to design a logo representing the Life Enrichment Centre's mission and values. The online submissions showcased exceptional creativity and originality, reflecting the participants' artistic talents and innovative thinking.

Utkrishi 2024 was a resounding success, exceeding expectations and leaving participants and organizers with a sense of accomplishment. The seamless execution of each event was a testament to the meticulous planning and dedication of the organizing team. The fest not only celebrated talent and creativity but also fostered a sense of community and personal growth among students. As the curtains closed on Utkrishi 2024, the Life Enrichment Cell expressed heartfelt gratitude to the teachers, principal, and participants for their unwavering support and enthusiasm. The fest was more than just an event—it was a celebration of unity, talent, and the pursuit of knowledge. We look forward to future initiatives that continue to inspire and enrich the lives of our students.



Event 5 – Gandharva Utsav

Day & Date –

Time & Venue – 10:00am, Auditorium

The Life Enrichment Center (LEC) takes immense pride in having been a key collaborator in the successful execution of Gandharvasakhyam, a unique event that seamlessly integrated theatrical storytelling with live music to create an immersive experience for the audience. This event, held as part of the esteemed Mind and Music Series, was a testament to the power of interdisciplinary art forms in fostering cultural appreciation and artistic expression among students.

As an integral part of this initiative, LEC played a pivotal role in conceptualizing, organizing, and ensuring the smooth execution of the event in collaboration with Mudra Marathi, the Sanskrit Club, and the Student Council. The event featured a grand musical skit presentation, where drama and live music came together to create a compelling and enriching experience for the audience.

To accommodate a larger audience, the event was conducted in two separate shows:

- Show 1: 10:30 AM – 12:00 PM
- Show 2: 3:30 PM – 5:00 PM

The event received an overwhelmingly positive response, captivating attendees with its engaging blend of music, drama, and storytelling. It was particularly notable for its ability to merge artistic expression with intellectual enrichment.





GPS Map Camera

Mumbai, MH, India

Lakhamsi Nappu Road, Matunga East,

Mumbai, 400019, MH, India

Lat 19.024662, Long 72.850331

09/23/2024 11:23 AM GMT+05:30

Note : Captured by GPS Map Camera



S.P. MANDALI'S
K. A. Podar College
of Commerce & Economics (Autonomous)



Life Enrichment Centre

in association with The Sanskrit club , मुद्रा मराठी वाङ्मय मंडळ,
Saptak & Student Council

-Organises-

A GRAND MUSICAL PRESENTATION

under mind and music series

गन्धर्वसख्यम्

-एक सांगीतिक अनुराग-

Supported by RUSA 2.0

23rd Sept'24
Monday

Show 1

10:30 AM-12 Noon

Show 2

3:30 PM- 5:00 PM

venue -

College Auditorium



Event 6 – Music Therapy**Day & Date** – 20th January 2025,**Time & Venue** – 11:30am, F2 classroom**No. of attendees** – Male:**Description: -**

On 20th January 2025, the Life Enrichment Cell, in collaboration with Saptak, organized a transformative Music Therapy session at R. A. Podar College of Commerce & Economics in Classroom F2. The event aimed to raise awareness about emotional health, stress management, and mental well-being, leveraging the therapeutic power of music to foster creativity, relaxation, and personal growth. The session commenced with an inspiring address by Usha Rao Ma'am, who introduced the concept of music therapy and its profound impact on mental health and holistic development. We were honoured by the presence of Shreehari Gokarnkar Sir, Mahesh Deshpande Sir, Nikita Tangsali Ma'am, and Rahul Sir, whose encouragement added immense value to the occasion.

The highlight of the event was the session led by Dr. Ashwini Kamath, founder of AMTC and an A+ graded music therapist certified by the Sur Sanjeevan Music Therapy Trust. With vast experience in conducting workshops globally, Ashwini Ma'am engaged participants in an insightful discussion on how music influences mood, emotions, and mental health. She demonstrated the therapeutic effects of music through interactive experiments, including Swar Mudras and live performances using instruments like singing bowls, chimes, and handpans. The session concluded with soothing classical ragas, leaving participants feeling invigorated and inspired.

The event was a resounding success, marked by seamless execution and active participation. It not only provided a calming escape from daily stressors but also deepened the understanding of music's healing power. The organizing team's dedication and teamwork were instrumental in creating this enriching experience. We extend our heartfelt gratitude to Ashwini Ma'am, all participants, and the organizing team for making this session unforgettable. We look forward to more such initiatives that continue to inspire and contribute to the well-being of our community.





Event 7 – Bingo Challenge

No. of attendees – 18 Males and 13 Females have responded

The Life Enrichment Centre (LEC) successfully conducted an online Bingo activity on our Instagram page during the second week of February 2025. This initiative aimed to promote self-awareness and mental well-being among students. The activity was designed as a reality check, encouraging participants to reflect on their daily habits, emotions, and overall mental health. With a simple yet impactful approach, the Bingo format allowed students to assess their well-being in an engaging and interactive manner.

The response from students was overwhelmingly positive, with many actively engaging and sharing their experiences. The activity not only helped individuals recognize their strengths and areas for improvement but also reinforced the importance of self-care and mindfulness. By participating, students gained insights into their mental health and were encouraged to take small yet meaningful steps towards a healthier mindset.

This initiative aligns with LEC's mission to create a supportive environment for students by fostering discussions around emotional and mental well-being. It served as a gentle reminder that understanding oneself is the first step toward self-improvement. Through such activities, LEC continues to empower students by providing them with tools and platforms to prioritize their mental health in a fun and engaging way.

LIFE ENRICHMENT CENTRE

BINGO CHALLENGE

MASTERED A NEW SKILL	ACCEPTED FAILURES AS A PART OF GROWTH	REMINDED YOURSELF YOU ARE ENOUGH
FACED FEARS	EXPRESSED FEELINGS	PRACTICED MEDITATION
CULTIVATED HOBBIES	EXERCISED OFTEN	MANAGED TIME WELL
LEARNT A NEW LANGUAGE	LET NEGATIVE PEOPLE GO	INCULCATED GOOD ETIQUETTES

Conclusion

The Life Enrichment Centre (LEC) 2024–25 has successfully executed a diverse range of initiatives aimed at holistic student development, fostering self-awareness, creativity, and emotional well-being. Through impactful events such as seminars, creative competitions, music therapy, and engaging challenges, LEC has provided students with valuable life skills and a platform for personal growth. The overwhelming participation and positive feedback reflect the effectiveness of these initiatives in enhancing student well-being and fostering a supportive community. Events like Utkrish Festival, Gandharva Utsav, and Music Therapy highlighted the power of art, mindfulness, and collaborative learning. LEC remains committed to expanding its reach and introducing more innovative programs that address the evolving needs of students. The dedication of the organizing team and faculty has been instrumental in creating a nurturing space for self-exploration and development. As we look ahead, LEC will continue to champion holistic education, resilience, and lifelong learning. With a vision to inspire and empower students, we strive to make a lasting impact on their academic journey and personal well-being.