

Life Enrichment Cell



Teacher In-charge: Dr. Amruta Patil
Student Secretary: Mr. Om Bhojane

About the forum:

The Life Enrichment Committee at R.A.Podar College is dedicated to fostering holistic development and well-being among our students. Committed to creating a vibrant and supportive community, we organize a diverse range of events and activities that cater to the physical, mental, and emotional facets of our students' lives. From insightful seminars and engaging virtual challenges to creative workshops and innovative competitions, our committee strives to provide enriching experiences that contribute to personal growth and a sense of community.

Event 1: The Life and Breath Seminar

Day & Date: Wednesday, July 19, 2023

Time and Venue: 11:30 a.m. F2 Classroom

No. of attendees: male: 18, female: 24

Description:

The Life and Breath Seminar at R.A.Podar College on July 19, 2023, organized by the Life Enrichment Centre, aimed to highlight the importance of life, mental peace, and physical health. The seminar began

with an introduction to R.A.Podar College's legacy and commitment to academic excellence. The Life Enrichment Center focuses on personal growth and well-being, with a mission to empower individuals. The event covered topics such as emotional intelligence, self-acceptance, and the mind-body connection. Breathing exercises were demonstrated to promote mindfulness, and the seminar concluded with gratitude towards the college for hosting the transformative event. Participants gained valuable insights into life, mental peace, and holistic well-being.

Event 2: Bingo Challenge Activity

Day & Date: Thursday, September 14th, 2023

Time and Venue: 12 noon online

No. of attendees: male: 45, female: 70

Description:

A virtual bingo challenge was set up for the college students to drive into a sense of realization about their overall efforts for self-growth and development. A large amount of enthusiasm was shown by youngsters by taking up the challenge confidently. The challenge was presented through a post on the LEC's official Instagram page. The challenge was mainly based on usual thinking or events occurring around examinations in a student's life and routine. The challenge was carried forward by students as they were actively posting stories along with tagging their close ones and batch fellows.

Event 3: Research Paper on Mental Health Awareness

Day and Date: August 28, 2023

Time and Venue: 12 p.m.

No. of attendees: male: 60, female: 50

Description:

We worked on a research paper that explored mental health awareness among college students through a comprehensive survey conducted using Google Forms. This research contributed to ongoing efforts to enhance mental health support within the college community. The survey, distributed to a diverse sample of 100 college students through social media platforms, aimed to assess awareness levels and perceptions and identify areas for improvement. In conclusion, this research contributes to ongoing efforts to enhance mental health support within the college community. The detailed methodology and findings provide a foundation for future interventions and underscore the importance of fostering a supportive environment for mental well-being among college students.

Event 4: The Utkrisht Festival

Day & Date: Tuesday, October 3rd, 2023

Time and Venue: 11 a.m., G4, G5, and G6

No. of attendees: male: 20, female: 30

Description:

Mandala Workshop (Pre-event): The Mandala Art Competition, held on October 3, 2023, was a virtual event that served as a creative prelude to the main festivities. It provided participants with a unique platform to express their artistic talent and delve into the intricacies of the mandala art form. Participants

presented remarkable levels of creativity and craftsmanship in their submissions, making the judging process both challenging and enjoyable. It was a testament to their dedication to the art form.

Brain Brawl (Pre-event 2): An event called “Brain Brawl” was organized on October 2, 2023, which took place at 1:30 pm and was conducted online through a Google Meet platform. In this unique competition, participants were presented with the challenge of mastering their knowledge about four states from different countries: California, Alaska, Colorado, and Bavaria. To prepare, participants researched these states before the event. On the day of the event, participants were required to demonstrate their knowledge of these states through a question-and-answer format. In total, there were 17 enthusiastic participants, and they answered a total of 20 questions, showcasing their full participation during the event.

“Solve-a-Thon: Unleashing Innovations for a Better Tomorrow” - The Solve-a-Thon event, which took place on October 3, 2023, served as a remarkable gathering of creative minds and solution-oriented individuals. The event presented a range of challenges, each focusing on critical issues in diverse communities and sectors. It attracted a substantial number of participants who were eager to contribute and make a meaningful difference.

“From Data to Insights: A PowerPoint Presentation Competition” This event underscored the significance of research and data presentation skills. Every presentation was tasked with encompassing essential aspects such as the state’s economy, education, culture, environment, healthcare, technology, and social relations. The presentations were not only informative but also insightful. Audience members were encouraged to actively participate in the question-and-answer round, fostering a sense of engagement and shared learning.

“COLORS OF THE “WORLD”—WHERE CREATIVITY COMES TO LIFE The “ColoursColours World” event illuminated our college campus with a burst of creativity. This one-day solo competition, held on October 4th, 2023, celebrated the rich tapestry of life within our college community. Participants were challenged to explore and capture the vibrant hues and unique experiences that define our campus, all while immersing themselves in the enchanting melody of “Le Monde” by Richard Carter.

Finacc Fest Logo Design Challenge: The Finacc Fest Logo Design Challenge was an exhilarating and creative event that skillfully harnessed the artistic talents of students and enthusiasts. This captivating competition aimed to unearth a visually striking and meaningful logo that would serve as the emblem of the forthcoming financial accounting festival.

Event 5: Never have I ever

Day & Date: Monday, January 8, 2024

Time and Venue: 12 p.m.

No. of attendees: male: 56, female: 45

Description:

An activity was organized with a set of questions based on the unpredictable nature of life, which goes through many ups and downs. A large number of students were engaged in the activity and opened up

about their hidden life moments, which also helped them in self-realization. The activity was posted on the official Instagram page of LEC. Overall, it came out to be a fun and encouraging activity for all the students who took part in the activity confidently and shared it with their loved ones.

Event 6: Dance and Movement Therapy

Day & Date: Wednesday, January 24, 2024

Time and Venue: 11 a.m., Auditorium

No. of attendees: male: 20, female: 30

Description:

Dance and movement therapy 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. The participants thoroughly enjoyed the workshop led by Ms. Alisha Pinto. Engaging in the safe and supportive space she created, they found joy in exploring their movement and emotions. The interactive sessions facilitated a sense of connection and self-discovery, making it a memorable and enriching experience for everyone involved.