



SADHANA EDUCATION SOCIETY'S  
**L. S. RAHEJA COLLEGE OF ARTS AND  
COMMERCE (AUTONOMOUS)**

Gujarati Linguistic Minority Institution | Relief Road, Santacruz (West), Mumbai - 400054



# ODYSSEY PSYCHOLOGY CLUB

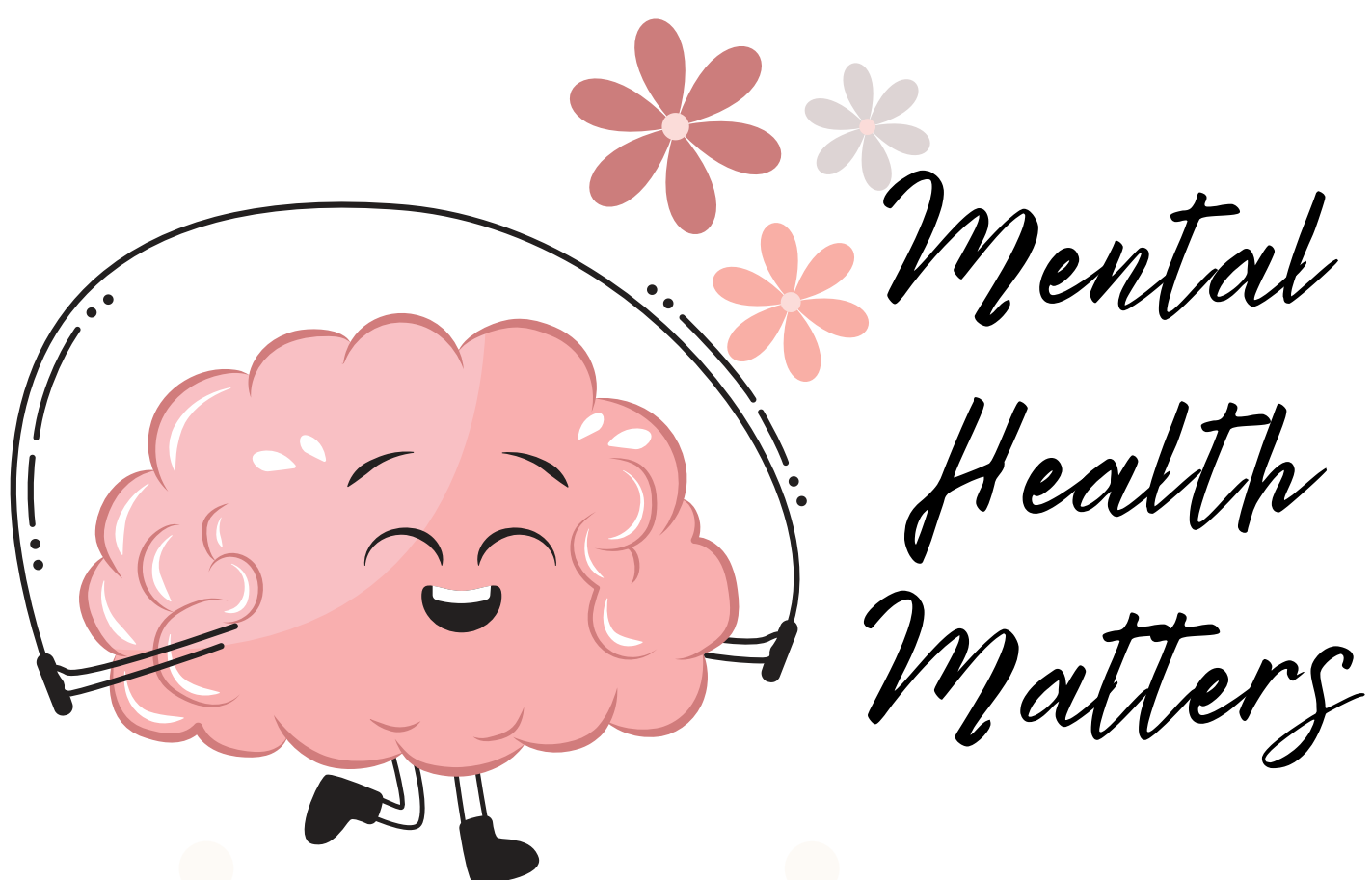
IN ASSOCIATION WITH DEPARTMENT OF PSYCHOLOGY AND  
IQAC ORGANIZES

## MINDS IN HARMONY

*Express & Impress*

CELEBRATES WORLD MENTAL HEALTH DAY ON

10th october 2025



**3** GOOD HEALTH  
AND WELL-BEING





## About Us

Sadhana Education Society's L. S. Raheja College of Arts & Commerce, located in Santacruz (West), Mumbai, is a reputed Gujarati-speaking minority institution offering education from higher secondary to doctoral levels. Established in 1980 under the parent body Sadhana Education Society (founded in 1961), the College

Affiliated with the University of Mumbai, the College began with undergraduate programs in Arts and Commerce and has since expanded to include a wide range of professional courses such as B.Com.(M.S.), B.A.M.M.C, B.A.F, B.B.I, B.Sc.IT., B.F.M., B.D.B, B.C.M.A., M.Com.(Advanced Accountancy), M.Com(Banking and Finance), M.A. Psycholo

Accredited by NAAC, L. S. Raheja College is ranked among the top colleges in India. The institution emphasizes holistic development through co-curricular activities, associations like NCC and NSS, and inter-collegiate events like Unmesh, Parallax and Retake. The College also offers value-added and skill-based courses to prepare students for the competitive world. Its well-equipped campus, experienced f

## Patrons

**Shri. C. L. Raheja**  
President & Chairman

**Shri. Neel C. Raheja**  
Vice-Chairman

**Shri. Mohan Almal**  
Honorary General Secretary

**Shri. Vijay Parmar** Chief  
Administrative Officer

**Shri. Sanjay Doshi**  
Honorary Treasurer

**Dr. Debajit Sarkar**  
Principal

**Dr. Samya Shinde**  
Vice-Principal

# About the Event & Theme

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The Psychology Department proudly presents a cultural initiative on the theme “Mental Health.” This event is designed to spread awareness, encourage dialogue, and inspire creativity while addressing one of the most vital issues of our time.

Through a vibrant blend of dance, singing, mono acting, skits, and an art exhibition, students will creatively explore the challenges, resilience, and hope connected with mental health. Every performance and artwork will reflect personal expression as well as responsible representation, guided by mentors from the department.

The event not only provides a platform for talent but also serves as a space for empathy and understanding. By combining artistic expression with social responsibility, it aims to reduce stigma, highlight the importance of well-being, and encourage open conversations about mental health.

# EVENTS

Rhythm of Resilience - Dance (Solo & Group)

Healing Harmonies - Healing Harmonies

Echoes Within - Skit

Canvas of Emotions - Art Exhibition

## Guidelines for the Event

1. Registration is compulsory for participation. No registration fee will be charged. **Limited number of entries** for the event.
2. A group can have maximum 4 participants.
3. The time limit for each performance is 3-5 minutes, 6-7 minutes for the skit.
4. The content has to be related to mental health.
5. A mentor teacher from psychology department is compulsory for each participant.
6. A signed letter from the mentor approving the content to be submitted by the participant(s).
7. Art presentations can be in the form of posters, paintings, collage (handmade only, digital art is prohibited) in relevance to the theme.
8. The submissions for Art Exhibition to be done 1 hour before the event starts.
9. Costume/outfits for the performance must be decent.

# ORGANISING COMMITTEE

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**Ms. Shivani Chande**

Asst. Professor

**Ms. Gautamee Apte**

Vice-President, Student

**Ms. Kavya Pai**  
President, Student

**Ms. Vaishnavi Upadhyay**

Social Media and  
Creatives Head, Student

**Ms. Jyoti Gupta**

Logistics Head, Student

**Ms. Anushka D'Souza**

Activities Head, Student

**Ms. Neha Dalal**

Asst. Professor, Organising  
Committee

**Ms. Tania Mistry**

Asst. Professor, Organising  
committee

**Mr. Akshat Mehta**

Asst. Professor, Organising  
Committee

**Dr. Parita Desai**

IQAC Coordinator

Students and members of the Department of Psychology of  
L. S. Raheja College, in association with IQAC.



Scan to register!

