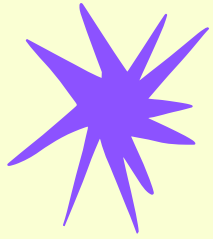




Sadhana Education Society's
L. S. Raheja College of Arts & Commerce
Autonomous | Gujarati Linguistic Minority Institution



Odyssey Psychology Club in association with IQAC Presents



MENTAL HEALTH DAY:

FRAGMENTS



DATE: 26TH OCTOBER 2026

VENUE: COLLEGE
AUDITORIUM

TIME: 10 AM --- 1 PM

Register Now!

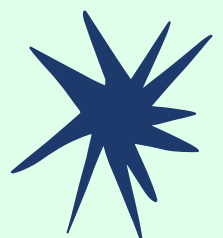


ABOUT OUR COLLEGE



Sadhana Education Society's L. S. Raheja College of Arts & Commerce, located in Santacruz (West), Mumbai, was established in 1980. Affiliated with the University of Mumbai, it is a Gujarati-speaking minority institution committed to quality education and cultural preservation.

The college offers undergraduate, postgraduate, professional and doctoral programmes across Arts, Commerce, Management, Media, IT and Psychology, along with skill-based courses. NAAC-accredited, the college promotes holistic development through NCC, NSS, inter-collegiate festivals such as Unmesh, Parallax and Retake, and a well-equipped campus that supports academic and extracurricular growth.



ABOUT ODYSSEY CLUB



ODYSSEY, the Psychology Club, is organising a series of fun, interactive activities as we celebrate World Mental Health Day! Challenge myths, explore emotions, test your thinking, and be part of conversations that make mental health matter.

Discover new perspectives, question common misconceptions, and explore the fascinating world of psychology through engaging challenges.

Let's break the stigma, spark meaningful conversations, and create a space where mental well-being takes centre stage.





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PRESENTS

A PSYCHOLOGY THEMED

TREASURE HUNT

THE MIND MAZE

Can you outsmart the maze?

*Test your observation, reasoning and problem solving skills
as you decode clues, solve puzzle and work together to reach
the final destination*

26th October 2026 10:30 onwards

College Auditorium

*limited spots available-
register early*



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unseen **Emotions**

Art Competition

Event Date

26th October 2026

Submission Deadline

24th October 2026

Submission Format

both digital and hand
drawn art are acceptable



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RAW EMOTIONS

"Capture what words can't"

Date of the event: 26th October 2026

Date of submission: 24th October 2026

feel it.
frame it.
reveal it

Photography Event



ORGANISING COMMITTEE

MA REPRESENTATIVES STUDENTS

Ms Priyashree Kashyap
President

Ms Shaireen Tonapi
Vice President

Ms Poorvi Grover
Social Media HOD

Ms Teesha Solanki
Activities HOD

Ms Sakshi Desai
Logistics HOD



TYBA REPRESENTATIVES STUDENTS



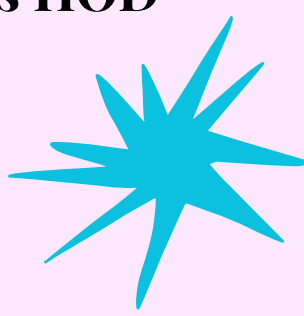
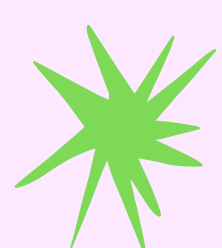
Ms Gautamee Apte
President

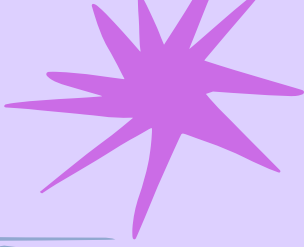
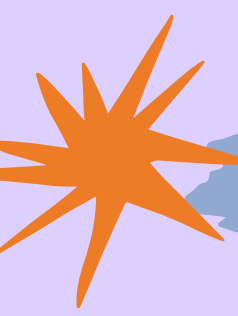
Ms Melissa D'Souza
Vice President

Ms Vinita Roy
Social Media HOD

Ms. Dnyaneshwari Mankar
Activities HOD

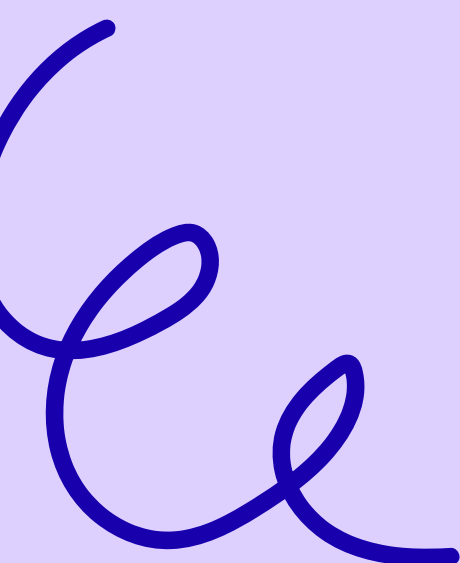
Ms Tiffany Correa
Logistics HOD





ORGANISING COMMITTEE

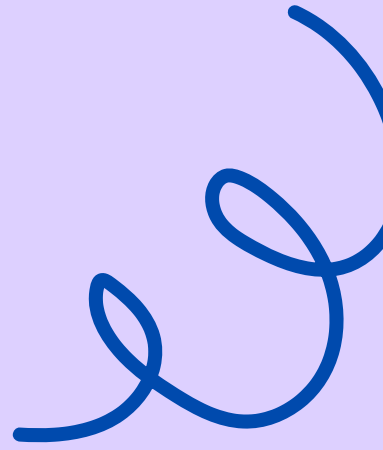
TEACHING STAFF



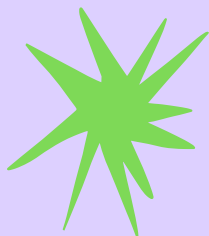
Ms. Neha Dalal
Senior Person
Dept of Psychology

Ms. Rishita Kedia
Co-ordinator
MA Psychology

Ms. Shivani Chande
Asst. Professor
Dept of Psychology



Ms. Tania Mistry
Asst. Professor
Dept of Psychology





FOR ANY QUERIES, CONTACT:

MA REPRESENTATIVES STUDENTS

Ms Priyashree Kashyap
President
7896701626

Ms Shaireen Tonapi
Vice President
8369060769

Ms Teesha Solanki
Activities HOD
7982348504



TYBA REPRESENTATIVES STUDENTS



Ms Gautamee Apte
President
9819293233

Ms Melissa D'Souza
Vice President
9082041941

Ms. Dnyaneshwari Mankar
Activities HOD
9660170594

