



**S.P. MANDAL'S  
R.A. PODAR COLLEGE OF COMMERCE & ECONOMICS, (AUTONOMOUS)  
MUMBAI- 400 019**

The **Self-Development Centre of R. A Podar College of Commerce and Economics** in collaboration with **Disha Counseling Centre** under the **agesis of RUSA 2.0** have organized a session for the first-year students.

Attention all **First-year students**, to embark on a journey of self-discovery and emotional empowerment college has arranged an interactive session on "**Explore, Discover, Empower: The Art of Emotional Expression Program.**" This is an opportunity to dive into the realm of emotions, creativity, and personal growth.

<b>Date</b>	<b>Time</b>	<b>Division</b>	<b>Venue</b>
<b>05/09/2023, Tuesday</b>	<b>8:00 am- 9:30 am</b>	<b>FYBCom- A &amp; B</b>	<b>F2</b>
	<b>10:00 am- 11:30 am</b>	<b>FYBCom- C &amp; D</b>	<b>F2</b>
<b>08/09/2023, Friday</b>	<b>8:00 am- 9:30 am</b>	<b>FYBCom- E, F &amp; G</b>	<b>F2</b>
	<b>10:00 am- 11:30 am</b>	<b>FYBMS, FYBAS, FYBBA, FYBSc, FYBFM</b>	<b>F2</b>

It is mandatory for all the first-year students to attend the session.

All the participating students will be awarded a certificate of merit.

**Note:**

- 1. It is compulsory for all the FY students to attend as per the schedule.**
- 2. Students will be receiving their ID cards during the session.**
- 3. Students are required to bring crayons, sketch pens and color pens for the session.**

**Sd/-**

**Principal  
Shobana Vasudevan**