

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year

Specific facilities provided for women in terms of:

- a. Safety and security
- ✓ b. Counselling
- c. Common Rooms



Jayab
Principal Incharge
St. Mira's College for Girls



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in


PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2021-2022/02


Date:- 01. 07. 2021

CIRCULAR

Between 15st July 2021 to 30th April 2022 Mental Health Awareness Classroom Sessions are to be organized by for all Degree College Students during college hours in their respective classes.


Ms. Pooja Jain
Coordinator




Dr. Jaya Rajagopalan
Principal Incharge
Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Department of Psychology
Mental Well-being Program 2021-22

Classroom Awareness Sessions Integrated Report

July 2021- April 2022

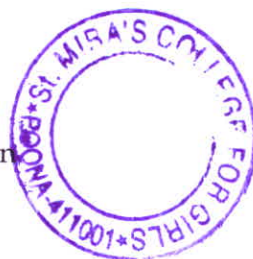
S. No.	Date	Class	Time	Attendance	Attendance Sheet
1	05-08-2021	TY BCom	12:30-02:00 pm	15	Screenshot available
2	07-08-2021	TY BCA + BBA	9:00-10:30 am	40	Screenshot available
3	22-09-2021	TY BA	1:00-2:30 pm	44	Screenshot available
4	29-09-2021	SY BA	01:00-2:30 pm	62	Screenshot available
5	01-12-2021	FY BA	8:00- 9:00 am	33	Screenshot available
6	08-01-2022	TY BA - A	10:00-11:00 am	29	Screenshot available
7	11-01-2022	SY BA - A	01:00-02:00 pm	54	Screenshot available
8.	8-02-2022	FY BCom	1:00-2:00 pm	28	Screenshot available
9.	03-02-2022	TY BA- B	1:00-2:00	16	Screenshot available
10.	18-02-2022	SY +TY BCA	9:00-10:00 am	53	Hard Copy available
11.	18-02-2022	FY BBA + SY BBA	10:00-11:00 am	71	Screenshot +Hard copy available
12.	01-04-2022	FY BA	13:00-14:30	52	Screenshot +Hard copy available
13.	06-04-2022	FY BSC	14:00-15:00	22	Hard Copy available
14.	06-04-2022	SY BSC	14:00-15:00	20	Hard Copy available
15.	06-04-2022	TY BSC	14:00-15:00	12	Hard Copy available

Classroom awareness sessions were conducted on dealing with psychosocial impact of covid, managing grief and building emotional resilience by in house college counsellor across classrooms over the year. 551 students participated in these sessions and offered feedback over google forms.

Total Students: 551

Program Coordinator: Ms. Pooja Jain 

Email address: mentalhealth@stmirascollegepune.edu.in



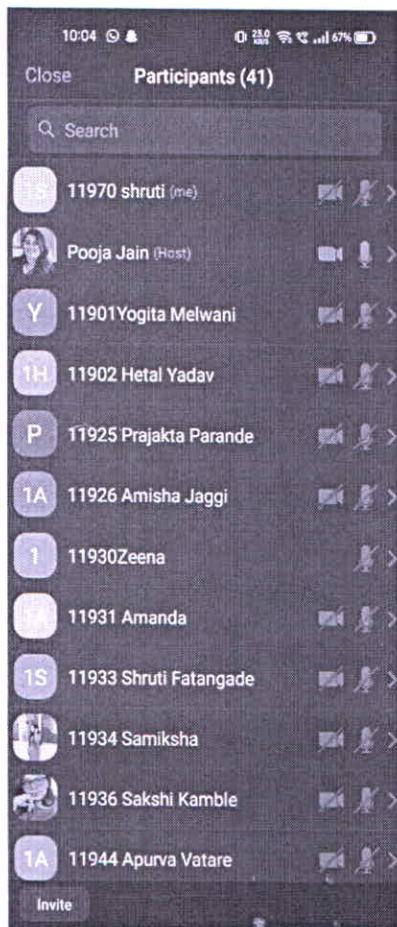

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
 Department of Psychology
 Mental Well-being Program 2021-22
Classroom Awareness Sessions – Attendance Sheet
July 2021- April 2022

TY BCom- 15



TY BBA+ BCA- 40



TY BA- 44

Pooja Jain
 (Pooja Jain)
 Co-ordinator

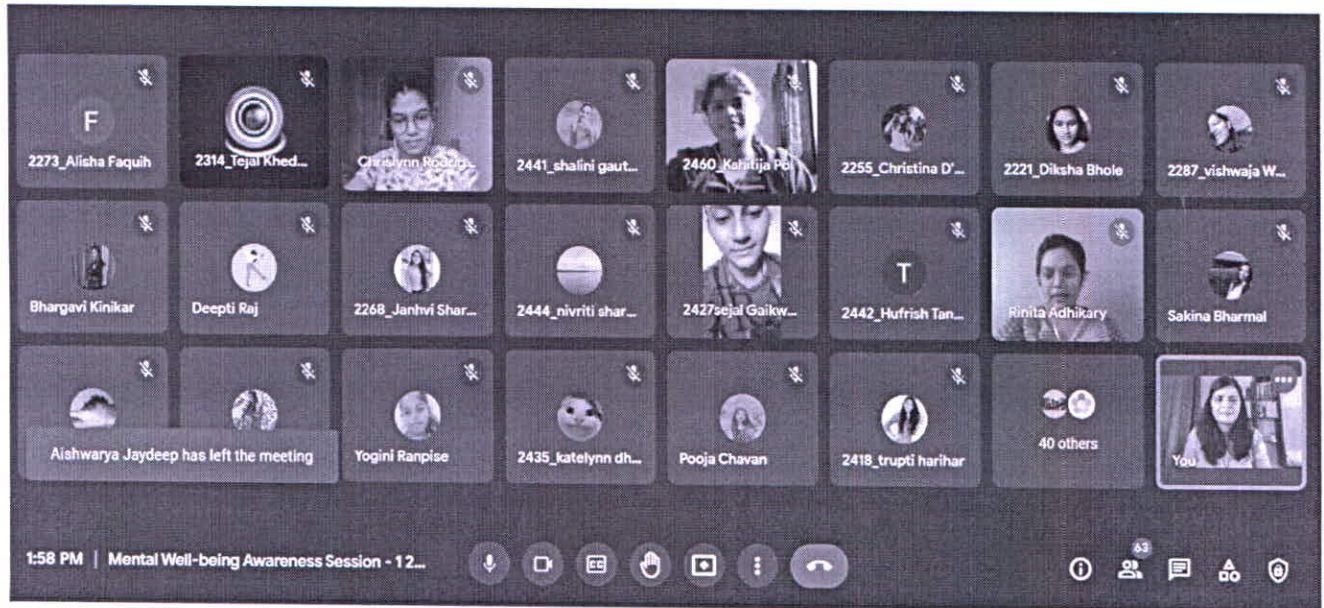


JRS
 Principal Incharge
 St. Mira's College for Girls

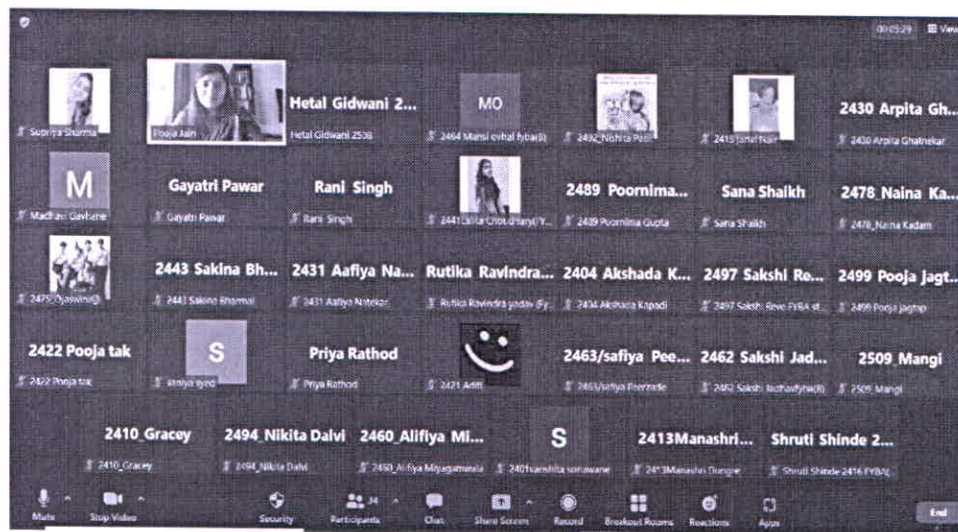
St. Mira's College For Girls Pune
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SY BA- 62

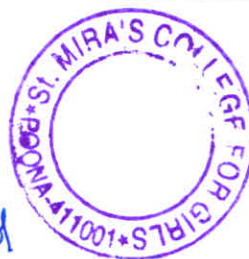


FY BA- 33



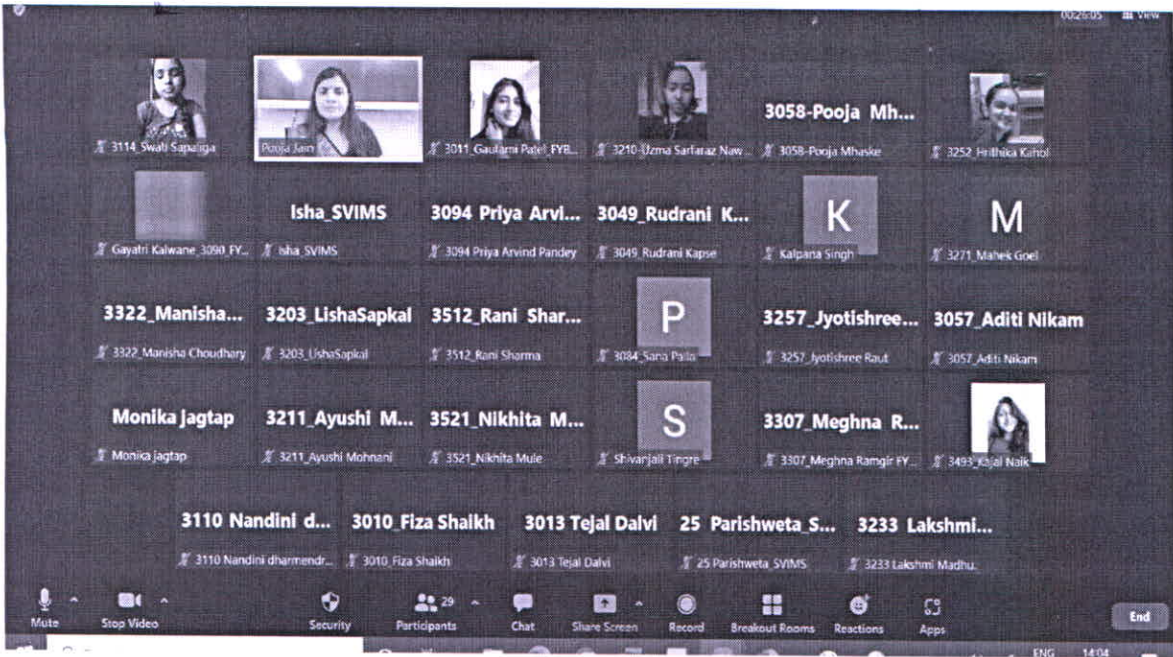
TY BA- 29

Pooja Jain
(Pooja Jain)
Co-ordinator

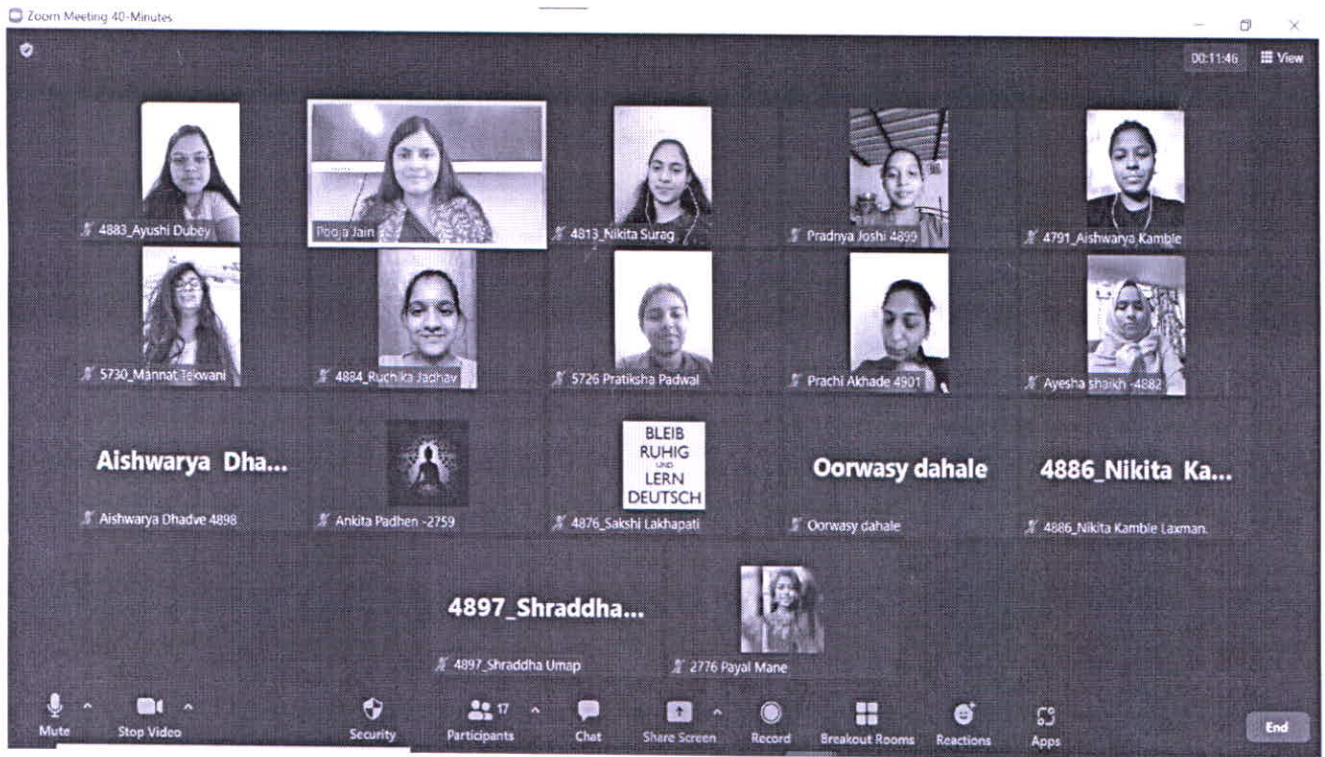


JR
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls Pune
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TY BA B- 16



FY BBA + SY BBA (45 – online mode)



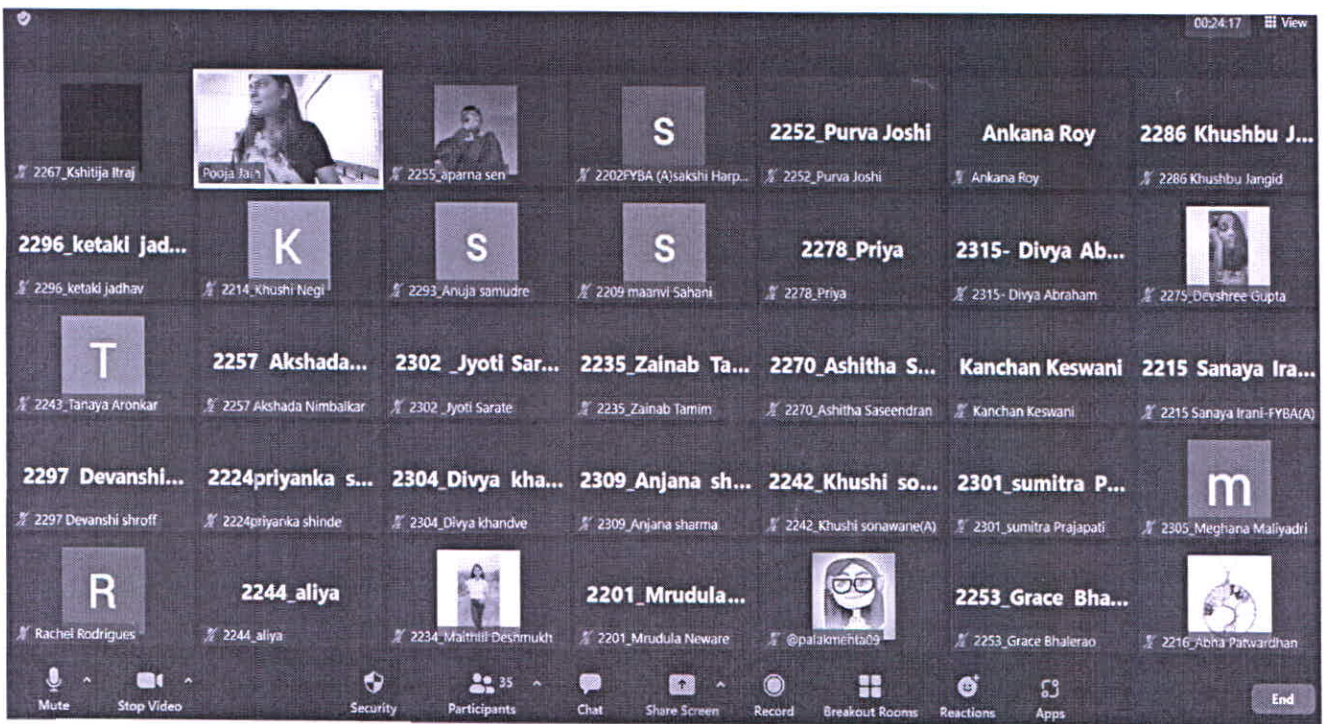
Principal Incharge
St. Mira's College for Girls

Pooja Jain
(Pooja Jain) (Co-ordinator)

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University



FY BA- 34 on online mode



Note: Remaining attendance sheets are in hard copy

Xoiz

Total Students: 551

Program Coordinator: Ms. Pooja Jain *Xoiz*

Email address: mentalhealth@stmirascollegepune.edu.in



JK

Principal Incharge
St. Mira's College for Girls

Roll No	Name	Signature
11945	Anushka Podaval	<u>Anushka</u>
11903	Ananda Bhardwaj	<u>Ananda B</u>
11970	Shruti Rajguru	<u>Shruti</u>
11946	Saymaa Tamboli	<u>Saymaa Tamboli</u>
11980	Shruti Yadav	<u>Shruti</u>
12011	Samruddhi Walunj	<u>Samruddhi</u>
11921	Jai Salvi	<u>Jai</u>
12024	Shraddha Shingare	<u>Shingare</u>
12018	Madhu Kadam	<u>Madhu</u>
12005	Minu Singh	<u>Minu</u>
12035	Prerna Rajpurshit	<u>Prerna</u>
12066	Shaikh Arsheena	<u>Shaikh</u>
12028	Ruchi Nair	<u>Ruchi</u>
12034	Sneha Kamat	<u>Sneha</u>
11852	Subhashini Ananth	<u>Subhashini</u>
11949	Samruddhi Chachar	<u>Samruddhi</u>
11961	Moksha Parmar	<u>Moksha</u>
11962	Ruchika Omal	<u>Ruchika</u>
11907	Bhavya Shree	<u>Bhavya</u>
11925	Prajakta	<u>Prajakta</u>
11966	Sana	<u>Sana</u>
119	Shrishti Nagarkar	<u>Shrishti</u>

Total students - 53

Program Coordinator - Ms. Pooja Jain

Pooja

Jh
Principal incharge
St. Mira's College for Girls



18/2/2022


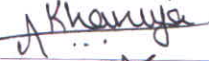
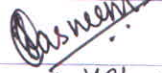
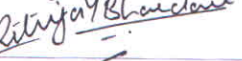





St. Mira's College for Girls, Pune
Mental Well-being Program
Awareness session

SYBBA


classmate

Date _____


Page _____

Sr. No.	Roll no.	Name	Signature
1]	22016	Esha Varyani	
2]	22027	Jasneet Khanuja	
3]	22030	Tasneem Karachiwala	
4]	22055	Rutuja Bhandari	
5]	22077	Komal Sharma	
6]	22039	Manali Bafna	
7]	22031	Kartiki Navale	
8]	22043	Laxmi Vantipenta	
9]	22086	Bhoomika Bhojgade	

Total- 9

Program Coordinator - Poiga Jain





Principal Incharge
St. Mira's College for Girls

01-04-2022

St. Mira's College for Girls, Pune
 Department of Psychology
 Mental well-being Program 2021-22

Date _____

Page _____

Class FY BA - A Mental well-being Awareness session - 2

Sl. No.	Name	Roll No	Sign.
1	Ayman Kazi	2307	Ayman
2	Sania Maryam	2211	Sania
3	Limpa Manick	2285	Limpa
4	Tanvi Pingale	2239	Tanvi
5	Charul Hastak	2288	Charul
6	Smriti Gupta	2311	Smriti
7	Sofiya Shekh	2300	Shekh
8	Vaishnavi Katkar	2204	Vaishnavi
9	Amushka Tikale	2227	Amushka
10	Yukti Makhiya	2245	Yukti
11	Bhagyashree Shigam	2256	Bhagyashree
12	Subani Sharma	2225	Subani
13	Sayunkta Johrapurkar	2236	Sayunkta
14	Amande Thalekothur	2262	Amande
15	Shanika Nair	2231	Shanika
16	Rifhat Mulla	2213	Rifhat
17	Shruti Himmat	2314	Shruti
18	Maygen Young	2223	Young

Total -

18

Program Coordinator Ms. Laxmi Jain

Tunk



Principal Incharge
 St. Mira's College for Girls

06/4/2022

St. Mira's College for Girls, Pune
Department of Psychology
Mental well-being Program 2021-22

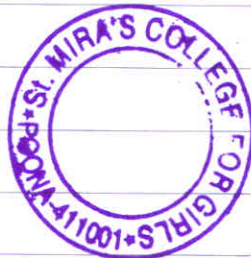
classmate

Date 6/4/22

Page

FY BSC Mental well-being Awareness session - 2

class	Roll No	Name	Sign
FYBSC 1	5405	Preeti. Maurya	<u>Preeti</u>
computer 2	5408	Aadirenu. Shinde	<u>Aadirenu</u>
Science 3	5414	Sonali Gurav	<u>S. D. Gurav.</u>
4	5437	Siddhika. R. Dhore	<u>S. Dhore.</u>
5	5444	Preeti. Shaama	<u>P. Shaama</u>
6	5450	Snehal Hosamani	<u>S. Hosamani.</u>
7	5459	Tejashwini Kakade	<u>T. Kakade.</u>
8	5454	Namrata Kapse	<u>N. Kapse.</u>
9	5415	Susmeeta Gorde	<u>S. Gorde.</u>
10	5453	Dipali R. Gode.	<u>D. Gode.</u>
11	5455	Sakshi .V. Dubey	<u>S. Dubey.</u>
12	5402	Sakshi Morathe	<u>S. Morathe.</u>
13	5427	Rupali Jagdale	<u>R. Jagdale.</u>
14	5411	Vaishnavi Sarate	<u>V. Sarate.</u>
15	5416	Anjali Singh	<u>A. Singh.</u>
16	5422	Khushi Nagpure	<u>K. Nagpure.</u>
17	5433	Tanu Singh	<u>T. Singh.</u>
18	5435	Lande Prajakta	<u>L. Prajakta.</u>
19	5440	Rutuja Mali	<u>R. Mali.</u>
20	5413	Gauri Naraware	<u>G. Naraware.</u>
21	5404	Veenagayatri Vishwakarma	<u>V. Vishwakarma.</u>
22	5458	Komal Gared.	<u>K. Gared.</u>
		Total students - 22	
		Program coordinator - Ms. Poige	<u>Poige</u>
			<u>JK</u> Principal Incharge St. Mira's College for Girls



06/4/2022

St. Mira's College for Girls, Pune
 Mental well-being Program 2022
 Mental well-being Awareness Session 2

M T W T F S S

Page No.:

YOUVA

Date:

SY. BSc Attendance


1	5514	Komal Sawant	Komal
2	5511	Sneha Gawde	Sneha
3	5510	Harshoda Dhamdhare	Harshoda
4	5506	Vaishnavi Kokate	Vaishnavi
5	5521	Sangjana B. Tixupallya	Sangjana
6	5519	Tanvi Dinesh Indalkar	TANVI
7	5503	Inaara Rajwani	Inaara
8	5508	Sanjana Tripathy	Sanjana
9	5509	Shirin Saji George	Shirin
10	5503		
11	5516	Pooja Narayan Battal	B. Pooja
12	5520	Naina Ramu Yadav	Naina
13	5531	Shabana Tajuddin Sheikh	Shabana
14	5528	Renuka Vitthal Dhage	Renuka
15	5518	Anuja Anil Chaitwad	Anuja
16	5517	Sakshi Sanjay Pawar	Sakshi
17	5522	Shradha Vinayak Nighot	Shradha
18	5524	Shradha Ravi Ravi	Shradha
19	5527	Rajrajashree Mahadev Uradi	Rajrajashree
20	5523	Aishwarya Jayant Vanase	Aishwarya
21	5526	Akanksha Wase	Akanksha

Total Students - 20

Program Coordinator - Ms. Pooja Jain

Pooja Jain




 Principal Incharge
 St. Mira's College for Girls

06/11/2022

St. Mira's College for Girls, Pune
Mental Well-being Program 2021-22
Mental Well-being Awareness
Session - 2

TY BSC

Date _____

Page _____

	Roll no	Name	Signature
1	5613	Akshada	<u>Akshada</u>
2	5601	Anuja	<u>Anuja</u>
3	5621	Sakshi Jagtap	<u>Sakshi</u>
4	5630	Mansee Ingawale	<u>Mansee</u>
5	5631	Bhakti Sawant	<u>Bhakti</u>
6	5608	Rieyona Menzes	<u>Rieyona Menzes</u>
7	5620	Pallavi Nalage	<u>Pallavi</u>
8	5617	Sakshi. S. Shinde	<u>Sakshi</u>
9	5627	Riddhi Kawde	<u>Kawde</u>
10	5616	Mrunal Jadhav	<u>Mrunal</u>
11	5624	Vaibhavi Chavan	<u>Chavan</u>
12	5622	Nikita Shinolka	<u>Nikita</u>

Total Students - 12

Program Coordinator - Pooja Saini

Pooja



Jh

Principal Incharge
St. Mira's College for Girls



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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- **G15/10AC/2021-2022/03**


Date:- 01. 07. 2021

CIRCULAR

Individual Counselling Sessions will be provided on pre appointment basis by Mental Well-being Program under Department of Psychology between 1st July 2021 to 30th March 2022 for all Degree College Students during college hours over Zoom platform.


Ms. Pooja Jain
Coordinator




Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2021-2022
Individual Therapy Sessions Report
July 2021- April 2022

Students were offered free online individual professional counselling sessions throughout the academic year starting from July 2021 to December 2021. One full time college Counsellor, Ms. Pooja Jain and two part time Psychologists, Ms. Divya Gupta and Ms. Purva Kadaganchi were appointed to offer psychological support to students during the Covid-19 Pandemic by the Department of Psychology.

In total 71 students reached out for help through taking personal appointments and 269 sessions were offered to these students throughout the academic year.

Pooja Jain
Program Coordinator: Ms. Pooja Jain



JB
Principal Incharge
St. Mira's College for Girls



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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2021-2022/135


Date:- 02 . 02. 2022

CIRCULAR

On 10th February 2022 guest lecture on Community Mental Health is to be organized by the Department of Psychology for Psychology special students from 12:00 pm - 13:00 pm over Zoom Platform.


Ms. Pooja Jain
Coordinator




Principal Incharge
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Guest lecture Series – Session I

Community Mental Health

Date: 10-02-2022

A session on Community Mental Health was organised by department of Psychology for students of Psychology special on 10th February 2022 at 12:00 pm over online platform. Session was facilitated by Ms. Malvika Fernandes, Counselling Psychologist and Project Coordinator Mann Talks, Mumbai. Malvika spoke about meaning, philosophies and foundations of Community mental health work. She brought in insights from her work with Muktangan and Project Mumbai, Smiling schools project and share practical implementation and conceptualisation of a Community mental health project in Indian context. Malvika's presentation was extremely engaging and reflective in process. Her field work experiences, examples and anecdotes made the session more engaging and insightful.

Total Participants: 48

Program Coordinator: Ms. Pooja Jain

Pooja

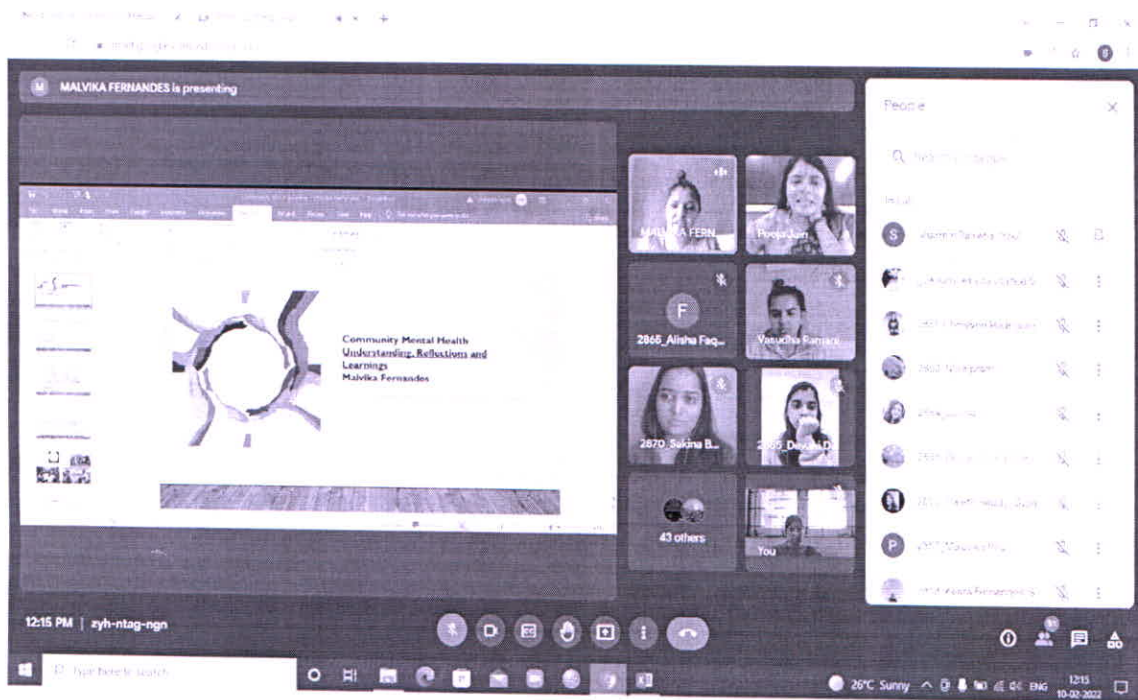


Jayal
Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology
Guest lecture Series – Session 1
Community Mental Health
Attendance Sheet

Date: 10-02-2022



Total Participants: 48

Program Coordinator: Ms. Pooja Jain

Pooja Jain



Jayal
Principal Incharge
St. Mira's College for Girls

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]
[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

6, Koregaon Road, Pune - 411001.[INDIA]
Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in



KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2021-22/49

Date : 02.02.2022

CIRCULAR

The College is conducting a Guest lecture under the program of **“FIT India Movement”** on Wednesday 9th Feb.2022 from 5.00 pm to 6.00 pm on the topic **“Effective Asanas for Women’s Health (PCOD and PCOS).**

This is to request all the students and staff members to register on the following link :

<https://forms.gle/7tMqUsFywiF4QMUv7>

Ms. Ekta Jadhav
Director of Physical Education



Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls

Please visit: www.dadavaswanisbooks.org

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Department of Physical Education

Report-

Effective Asanas for Women's Health (PCOD/PCOS)

The Department of Physical Education had organised a guest lecture on "Effective Asanas for Women's Health (PCOD/PCOS)" on 9th February, 2022 under the program Fit India Movement. This lecture was conducted for all the students and staff members. Total 163 participants (158 students and 5 Staff members) took the advantage of this webinar. Now a days we can see due to change in lifestyle many girls are facing health problems like PCOD/PCOS, So through various Asanas we can overcome these kind of diseases was the main purpose of session.

Dr. Manali Deo (Gharpure) (Founder Director, Mind and Body Yoga Institute Pune and International Level Yoga Coach, Player and Referee) explained the importance of yoga practice by presenting demonstrations of asanas. Asanas are useful for women's health. She said that there is only way to get rid of women's health problems so, everyone should do Suryanamaskar, Asanas, Pranayama, Meditation Practice daily. The negative effects of Sedentary Lifestyle (Lack of exercise, Improper Diet, Irregular Sleep) can caused many women to have menstrual problems (PCOD). She demonstrate different asanas which are useful for reducing menstrual problems in women. Regular yoga practice is the key to physical and mental health. However, those who have other ailments should consult a doctor and practice yoga.

The introduction of resource person was given by Mrs. Ekta Jadhav (Director of Physical Education), and the Vote of thanks was given by Suvarna Pathak (Physical Education Teacher) and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the session.



Ekta Jadhav
Director of Physical Education



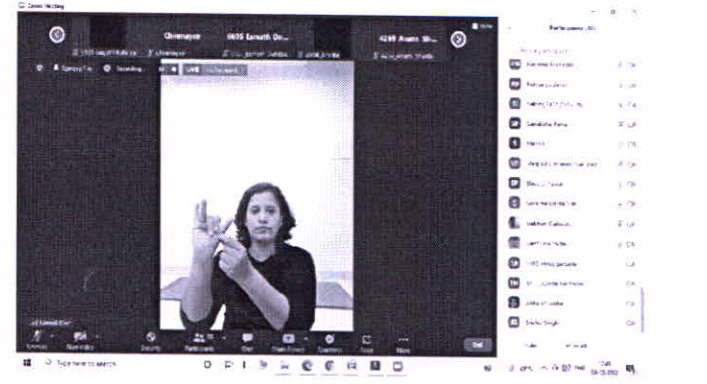
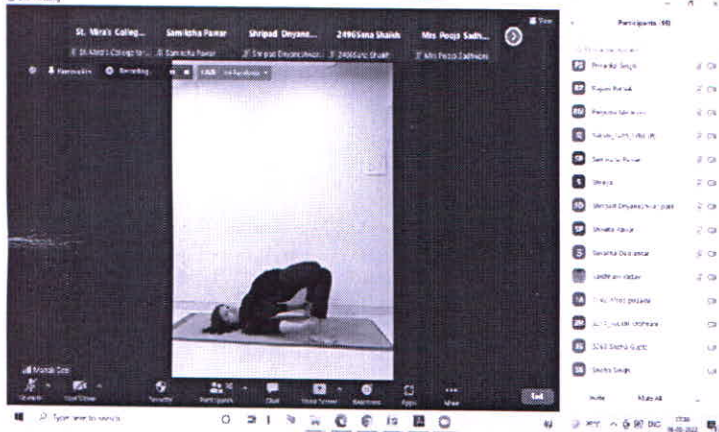
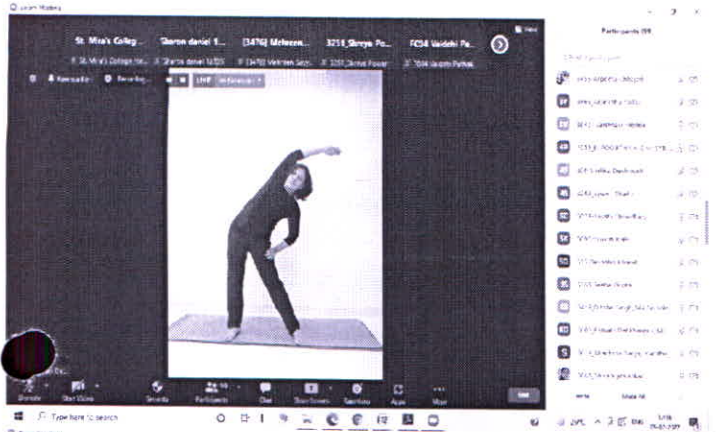


Principal Incharge
St. Mira's College for Girls



St Mira's College for Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University, Pune
Department of Physical Education

Topic :Effective Asanas For Women's Health (PCOD/PCOS)- St. Mira's College for Girls' Zoom Meeting



Ekta
Ekta Jadhav
 Director of Physical Education



Jaysh
Jaysh
 Principal Incharge
 St. Mira's College for Girls

St Mira's College for Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University, Pune
Department of Physical Education

Meeting ID 85331348983

Start Time End Time

Topic :Effective Asanas For Women's Health (PCOD/PCOS)- St. Mira's College for Girls' Zoom Meeting

02-09-2022 16:48 02-09-2022 18:01

Total Participants : 100 on zoom meeting and 63 on Facebook= 163 (158 students +5 staff)

User Email :jaya.stmiras@gmail.com

Sr.No	Name (Original Name)	User Email	Total Duration	Guest
1	St. Mira's College for Girls	jaya.stmiras@gmail.com	74	No
2	Swati Pulate	swati.pulate@gmail.com	28	Yes
3	3121 Gayatri Kshirsagar	rushikeshkshirsagar6012@gmail.com	65	Yes
4	Chinmayee (Jayashree Akolkar)		61	Yes
5	Suvarna Deolankar	suvarna.deolankar@stmirascollegep	73	Yes
6	11934 Samiksha (Samiksha Kulaska	samikshak3012@gmail.com	42	Yes
7	2468-Niyati Bhati	bhatiniyati14@gmail.com	37	Yes
8	2604_Amrita	amritapal1301@gmail.com	71	Yes
9	4269_Anam Shaikh		65	Yes
10	Manali Deo	deomanali@gmail.com	62	Yes
11	6669_Hema Dhanwani_M.com accounts		30	Yes
12	Mayuri Ashtage		16	Yes
13	harshada	4269_Anam Shaikh	41	Yes
14	22105_fybbaJayanti (Jayanti)		70	Yes
15	2499 Pooja jagtap		7	Yes
16	3084_Sana Palla (Sana Palla)	sanapalla08@gmail.com	71	Yes
17	22101_Kaizeen Kamdin	kaizeen1203@gmail.com	61	Yes
18	2417 Lakshika Thawani		71	Yes
19	Sakshi_2405_FYBA (B)		69	Yes
20	3207_SAKSHI CHOUGULE		44	Yes
21	Priya		61	Yes
22	22147_Komal Ruchandani		67	Yes
23	6619_Akanksha Sanjay Kamthe_Mc	akankshakamthe7@gmail.com	62	Yes
24	22115_Nishi Jaisinghani		61	Yes
25	Lovi r 22150_fybba (Lovi r)		66	Yes
26	3521_Nikhita Mule		15	Yes
27	3450Alishakhan		57	Yes
28	12164_Afreen Shaikh		16	Yes
29	6663_Shivani jirwankar	shivanijirwankar206@gmail.com	32	Yes
30	3106_Sejal Sharma (Sejal Sharma)		57	Yes
31	2509_Mangi Devasi		10	Yes
32	3003_manisha choudhary		44	Yes
33	22150 (LOVI)		9	Yes
34	12169_Ranidubey_Bca		7	Yes
35	4055_B. POOJITHA YADAV SYB. com C		63	Yes
36	Geeta		58	Yes

Ekta Tadhar
 Director of Physical Education



Jayant
 Principal Incharge
 St. Mira's College for Girls

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37	Gitika Mayani		64	Yes
38	Sharon daniel 12135		22	Yes
39	Hetal Gidwani 2508		62	Yes
40	Nilima Patil		53	Yes
41	3257_Jyotishree Raut		61	Yes
42	3451_pragati Jagtap		42	Yes
43	Vaibhavi Jayasing Patil	jayshingpatil2282@gmail.com	3	Yes
44	3233 Lakshmi Madhu.		56	Yes
45	22119_Sunita kumari		61	Yes
46	11951_Anisha Narayan		16	Yes
47	22107_Suhana singh		12	Yes
48	Gayatri Jadhav		31	Yes
49	22148_zahra pardawala fybba		46	Yes
50	31bcasmriti Singh		10	Yes
51	3067_Sejal Burkule		59	Yes
52	22139_Harshada Dhokale		10	Yes
53	4516_Priyanka Bhure		14	Yes
54	3519_Sanskriti Dhage		2	Yes
55	Madhavi Komkala		56	Yes
56	22172_Neha Pujari (72_BBA_Neha Pujari)		39	Yes
57	Heena Choudhary 3320		58	Yes
58	Deora Kismat		9	Yes
59	2285 Limpa Manick	champa.manick@gmail.com	29	Yes
60	Shreya		59	Yes
61	22004_Vishakha SYBBA (M241 Ra	vishakhasawantvrs@gmail.com	45	Yes
62	Kalyani Kumbhar	kalyani17kumbhar@gmail.com	41	Yes
63	clarene (56/12A/ Clavene Marian)	clarenemarian563@gmail.com	8	Yes
64	Anushka Khemnar	anushkakhemnar@gmail.com	39	Yes
65	3211_Ayushi Mohnani		50	Yes
66	5090-Srushti Kale		59	Yes
67	Kartika		57	Yes
68	Kanan Vyas	kenibhatt@gmail.com	27	Yes
69	Doli Singh		4	Yes
70	Palak Rupesh Khandelwal		49	Yes
71	406 Smitika Deshmukh		57	Yes
72	22171_Aditi Gupta	1463.aditi@gmail.com	59	Yes
73	Vaishnavi		5	Yes
74	Sanika pawar		3	Yes
75	12139_Neha.S.Giri	nehajuliegiri@gmail.com	21	Yes
76	1652_srushti Kodre		2	Yes
77	Samiksha Pawar		44	Yes
78	Roshni		19	Yes
79	22127_BBA Charu		55	Yes
80	Vaishnavi Yadav	vaishnaviy07062004@gmail.com	56	Yes
81	3842- Vaishnavi Mohite		45	Yes
82	3466 Akanchha Yadav		55	Yes

Ekta Jadhav
 Director of Physical Education

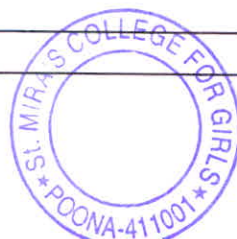


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83	FYBBA.22176.Pruna Gaikwad		55	Yes
84	2215 Sanaya Irani-FYBA(A)		28	Yes
85	Ritika		2	Yes
86	3407_Janhvi Rajpurohit.		2	Yes
87	22114_Teesha Shewani	teeshashewani7@gmail.com	49	Yes
88	1441_Nandini Singh		11	Yes
89	5023-Sakshi Choudhary (Bhavesh Choudhary)		55	Yes
90	Isha Walmiki		54	Yes
91	22038 Amrita Menon		32	Yes
92	1429_Harshita Nigade		2	Yes
93	515 Devashri Kharat		46	Yes
94	Priyanka Singh		51	Yes
95	1034 Shreya Gunjal		3	Yes
96	1042 Sakshi ojha		27	Yes
97	[3476] Mehreen Sayyed		52	Yes
98	Manasvi		41	Yes
99	11975_prajakta		8	Yes
100	Sharda Mule		12	Yes
101	3251_Shreya Powar		52	Yes
102	Poonam Sharma	poona.shr@gmail.com	52	Yes
103	3455_Arpeeta Chhajed	arpeetachhajed13@gmail.com	49	Yes
104	3261_Pavitra Ganeshan	pavitra.rganeshan@gmail.com	22	Yes
105	6419_Diksha Singh_MA Sociology		40	Yes
106	Shirin Saji		15	Yes
107	Galaxy M31		50	Yes
108	112 ashmeet		13	Yes
109	2497 Sakshi Reve FYBA student		34	Yes
110	22168 Mukti Chawla	muktichawla222@gmail.com	22	Yes
111	1640_Netra Nalla		7	Yes
112	Shweta Pawar		30	Yes
113	Siya Sakpal	siyasakpal5@gmail.com	9	Yes
114	Bhoomi		7	Yes
115	Shripad Dnyaneshwar patil		30	Yes
116	1313_Archana Nair		2	Yes
117	meenal sumant	meenal.sumant@stmirascollegepune	39	Yes
118	1276_Jasvir kaur		5	Yes
119	FC04 Vaidehi Pathak		35	Yes
120	Pournima Kalbhor		44	Yes
121	3252_Hrithika Kahol		2	Yes
122	1431-priya gurud		2	Yes
123	22135_Aanchal Sasanani		43	Yes
124	Prasannalaxmi (12124_Prasannalaxmi K)		44	Yes
125	2496Sana Shaikh (Sana Shaikh)		42	Yes
126	Rajani Pathak (123Rajani Pathak)		43	Yes
127	Lesha		2	Yes
128	Rieyona Menezes		28	Yes

Eakta Jadhav
Director of Physical Education



Jayant
Principal/Incharge
St. Mira's College for Girls

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

129	Zeenat Shaikh		3	Yes
130	Mrs Pooja Sadhwani		39	Yes
131	1492 Afroz pirzade		40	Yes
132	2455 supriya Sharma	5090.supriya@gmail.com	39	Yes
133	Jagtap Nikita# Roshni Jagtap		39	Yes
134	Namrata Pathak		7	Yes
135	22103 Khushi Dhamani		12	Yes
136	3094 Priya Arvind Pandey		9	Yes
137	4257_shital mahadik		38	Yes
138	3498_Kiran Baghel		35	Yes
139	Anushka Menon		27	Yes
140	2665- Diksha Dhumal		37	Yes
141	Mayur Patil	patilasha399@gmail.com	9	Yes
142	Aditya bhalerao		13	Yes
143	Anita D'Cunha	anita.dcunha@yahoo.com	29	Yes
144	22103_Khushi dhamani (MUNIRA DHAMANI)		27	Yes
145	2483_Swaleha Pathan		4	Yes
146	Vaibhav Gaikwad	gpenterprises1976@gmail.com	26	Yes
147	3456-Kahkashan Shah		4	Yes
148	Yugandhara Badade		4	Yes
149	Rutuja padekar		23	Yes
150	12018-Madhu Kadam		5	Yes
151	5249 Mitali Manolkar	mitalimanolkar1810@gmail.com	18	Yes
152	Siddhi Jangam		16	Yes
153	Kashish James 1104		9	Yes
154	1474_supriya gavali		16	Yes
155	5299_Komal Gunjal		14	Yes
156	Khushi		15	Yes
157	3106 Sejal Sharma		2	Yes
158	6605_Esmath Dehkanpur_MCOM	zainabmasthan.com@gmail.com	62	Yes
159	Rachel Rodrigues	rachr2027@gmail.com	29	Yes
160	5263 Sneha Gupta		44	Yes
161	1221_Kanchan billore		14	Yes
162	Sneha Singh		38	Yes
163	4220 Sai Kachare		17	Yes

Student Participant - 158

Eakta Jadhav
 Eakta Jadhav
 Director of Physical Education.



Jayesh
 Jayesh
 Principal Incharge
 St. Mira's College for Girls



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Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2021-2022/145

Date:- 02 . 02. 2022

CIRCULAR

On 24th February 2022 guest lecture on Art and Mental Health is to be organized by the Department of Psychology for Psychology special students from 13:00 pm - 14:30 pm over Zoom Platform.

Ms. Pooja Jain
Coordinator



Dr. Jaya Rajagopalan

Principal Incharge

Principal Incharge
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Department of Psychology

Guest lecture Series – Session 3

Art and Mental Health

Date: 24-02-2022

A session on understanding careers and scope in Art and Mental health was organised by department of Psychology for students of Psychology special on 24th February 2022 at 13:00 pm over online platform. Session was facilitated by Ms. Vaidehi Chilwarwar, PhD Scholar and Arts based therapist from Mumbai. Ms. Vaidehi conducted an experiential session on use of art in mental health and navigating emotions. Her session highlighted the role and importance of use of art in psychotherapy, prevention and interventive work in mental health. Ms. Vaidehi's session was very well received by all the participants and was extremely engaging and reflective.

Total Participants: 43

Program Coordinator: Ms. Pooja Jain

Pooja Jain



Jayab
Principal incharge
St. Mira's College for Girls

Mental Well-being
Life Skills



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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/1QAC/2021-2022/96


Date:- 05. 01. 2022

CIRCULAR

Between 05th January 2022 to 30th April 2022 Group Therapy Sessions on Managing Stress Anxiety and Building Healthy Relationships are to be organized by Mental Well-being Program for all Degree college students during college hours over Zoom Platform.


Ms. Pooja Jain
Coordinator




Dr. Jaya Rajagopalan
Principal Incharge
Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
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Mental Well-being Program 2021-22
Group Therapy Sessions 2021-2022

As a part of the college Mental Well-being Program two group therapy sessions were organised for students at Degree College from 5th January 2022 which continued till 30th April 2022. A total of 54 students registered and participated in Managing Anxiety and Building healthy relationships group therapy sessions. All these sessions were conducted on Zoom platform during college hours.

Total Students: 54

Program Coordinator: Ms. Pooja Jain

Pooja Jain



Jayashree
Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Mental Well-being Program 2021-22

Group Therapy Sessions 2021-2022



“

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Online Group Therapy Sessions 2021-22

Session 1: Understanding and Managing
Anxiety

Day: Thursdays

Time: 12:50- 1:50 pm

Session 2: Building healthy relationships

Day: Saturdays

Time: 12:50- 1:40 pm

Prior registration mandatory (Use the
Google form link)

Contact us

mentalhealth@stmirascollegepune.edu.in

”

Total Students: 54

Program Coordinator: Ms. Pooja Jain

Pooja Jain



Jayashree
Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune				
Autonomous (Affiliated to Savitribai Phule Pune University)				
Mental Well-being Program				
Group Therapy Sessions 2021-22 Attendance Sheet				
Timestamp	Email Address	Name	Class	Roll number
1-5-2022 12:56:03	diviyatekwani@gmail.co	Divya	TYBA(B)	5730
1-5-2022 12:57:21	spunjabi.sp49@gmail.co	Sakshi Punjabi	TYBA A	4968
1-5-2022 12:57:57	umme.kazi21@stmirasc	Ayman Kazi	FYBA(A)	2307
1-5-2022 12:59:14	mahekchavan11@gmail	Mahek	Chavan	2459
1-5-2022 12:59:31	enakshimaria3@gmail.c	Enakshi Pereira	TYBA Sociology (A)	4755
1-5-2022 12:59:47	kaizeen1203@gmail.cor	Kaizeen Z Kamdin	FYBBA	22101
1-5-2022 13:00:03	saqina.bharmal@gmail.c	Sakina Bharmal	SYBA A	2870
1-5-2022 13:01:38	mrunal2230@gmail.co	Mrunal Kadam	FYBA (A)	2266
1-5-2022 13:10:14	aditisingh003300@gmai	Aditi	SY BBA (CA)	12064
1-5-2022 13:16:35	katedhende13@gmail.co	Katelynn Dhende	SYBA(B)	2666
1-5-2022 13:22:15	rinitaadhikary02@gmai	Rinita Adhikary	SyBA A	2868
1-5-2022 13:54:32	2672hufrihtangri@gma	Hufrish Tangri	SYBA- B	2672
1-5-2022 13:57:39	shamikanair63@gmail.c	Shamika Nair	FyBa divA	2231
1-5-2022 14:14:06	thapasimran132@gmai	Simran	FY Bcom	3494
1-5-2022 14:17:01	devikachava98@gmail.c	Devika Chaya Chavan	MA 1st yr. English litera	6044
1-5-2022 14:22:38	alisha.shaikh1611@gma	Alisha Shaikh	Sy Bcom C	4052
1-5-2022 14:22:55	jayanti.raj21@stmirasco	Jayanti Raj	FYBBA	22105
1-5-2022 14:41:05	bhoomikabhogjgade13@	Bhoomika Bhogjgade	SYBBA	22086
1-5-2022 14:43:24	deepsikhajain123@gma	deepsikha sethia	M.com accountancy spe	6630
1-5-2022 14:48:59	akshatagovankop09@gr	Akshata Govankop	FYBBA	22128
1-5-2022 14:57:02	ovhalmansi3@gmail.co	Mansi Ovhal	Fyba b	2464
1-5-2022 15:08:42	leeza.beniwal21@stmira	Leeza	Fyba A	2310
1-5-2022 15:13:44	bhaktisawant725@gmai	Bhakti Sawant	Ty Bsc	5631
1-5-2022 15:14:25	jayshreebchavan@gmai	Jayshree Baburao Chava	Sy Bcom	3616
1-5-2022 15:46:57	sejalpandharpur@gmail	Sejal Bhayani	TYBA (A)	4975
1-5-2022 15:48:41	lokhandtas9@gmail.com	Tasneem Lokhandwala	FYBBA	22134

Pooja
Pooja Saini
(Co-ordinator)



Jayal
 Principal incharge
 St. Mira's College for Girls

St. Mira's College For Girls Pune
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1-5-2022 15:59:52	ritambhara.shandilya@g	Ritambhara	TY BBA	21972
1-5-2022 16:33:25	shnandini03@gmail.com	Nandini. Sanju. Huchhe	Sy.B.com, C.	4075
1-5-2022 17:37:17	kulkarnijui01@gmail.co	Jui Kulkarni	TYBA	4978
1-5-2022 18:35:11	siyaslala@gmail.com	Siya Lala	FYBA (A)	2203
1-6-2022 8:50:16	singhsunita8340@gmail	Sunita kuamri	Fy BBA	22119
1-6-2022 9:59:36	mihika.lele21@stmirasc	mihika lele	FYBA (A)	2292
1-6-2022 10:03:50	mansigangurde27@gma	Mansi Gangurde	FYBA- A	2274
1-6-2022 10:07:48	aliya.shaikh21@stmiras	Aliya shaikh	FYBA div A	2244
1-6-2022 10:11:14	kannananna432@gmail.	Anna kannan	FYBA	2222
1-6-2022 10:16:20	tanushreeofficials@gma	Tanushree Banerjee	FYBA (A)	2260
1-6-2022 10:16:40	charulhastak@gmail.co	Charul Hastak	Fyba A	2288
1-6-2022 10:20:59	alifiyaphotographer@g	Alifiya Photographer	T.Y.B.A. (A)	4927
1-6-2022 11:37:31	artitathe2017@gmail.co	Arti Prakash Tathe	FYMsc (sem 1)	5816
1-6-2022 12:58:19	smriti.gupta21@stmiras	Smriti Gupta	FYBA	2311
1-6-2022 15:27:23	jyoti.sarate21@stmirasc	Jyoti Sarate	Fy ba	2302
1-6-2022 16:13:41	pugarg2003@gmail.com	Priya	FYBA(A)	2278
1-6-2022 21:11:35	kshitijapol27@gmail.co	Kshitija Pol	SYBA A	2864
1-6-2022 22:13:11	vaishnaviwarghade5@g	VAISHNAVI SANJAY	MCOM	6655
1-7-2022 0:07:12	priyankapandey00040@	Priyanka Pandey	Sybcom	3639
1-7-2022 9:58:20	anushakolloji@icloud.co	Anusha Kolloji	TYBA A PSYCHOLOC	4990
1-7-2022 10:26:56	haripriyapraveen1234@	Haripriya	SYBA (A)	2875
1-7-2022 11:40:47	khushinagpure123@gma	Khushi Nagpure	Fy BSC Computer scien	5422
1-8-2022 20:40:02	kanchan.keswani21@str	Kanchan Keswani	F.Y.B.A(A)	2254
1-11-2022 14:06:16	laksaya24@gmail.com	Laksaya G	SYBA A	2805
1-11-2022 14:11:48	nijilaprem88@gmail.co	Nijila	SYBA A	2852
1-11-2022 14:35:32	amritapal1301@gmail.c	Amrita Pal	SYBA A	2604
1-11-2022 17:16:42	hemani.kateja@gmail.co	Hemani kateja	Fyba(a)	2284
1-12-2022 21:53:14	aaliyahvarma@gmail.co	Aaliyah Varma	Syba A	2703
Total Participants: 54				
Program Coordinator Ms. Pooja Jain				

Pooja
(Pooja Jain)
(Coordinator)



Jayash
Principal Incharge
St. Mira's College for Girls



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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- **G15/1QAC/2020-21/56**

Date:-15. 03. 2021

CIRCULAR

From 15th March 2021 to 30th April 2021 Online Sharing Circles are to be organized by for all Degree College Classes during college hours over Zoom Platform.

Ms. Pooja Jain
Coordinator



Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2020-2021

Online Sharing Circle 2020-21

Last year has been difficult for all of us in different ways. As a part of the College Mental Well-being Program, we organised a series of online Sharing Circles twice every month starting from 24th March 2021. Perhaps the most important characteristic of a Sharing Circle is the intention behind it. The intention of creating a safe and non-judgmental space for students to share their feelings and experiences. A space that is inclusive. A space where individuals listen to each other, with their hearts rather than their heads. Where people feel free to express who they are and how they feel without fear of judgment or consequences. A space where there is a common understanding that what is shared in the circle, remains in the circle - an agreement of confidentiality. Each sharing circle session was for one hour and happen twice a month. Thirteen students registered for the same and sessions by moderated by college counsellor.

Total Students: 13

Program Coordinator: Ms. Pooja Jain




Principal
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Mental Well-being Program 2020-2021

Online Sharing Circle 2020-2021



ST. MIRA'S COLLEGE FOR
GIRLS, PUNE

Online Sharing Circle for Students

A safe space for your feelings &
thoughts

Every second and fourth Thursday
1:00-2:00 pm

Online Sharing Circle in Progress
*Prior registration mandatory (Use
the Google form link)*

Contact us
mentalhealth@stmiracollegepune.edu.in

Ms. Roja Sai



G. H. Gadwani
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2020-2021
Online Sharing Circle Registration Form

S. No.	Timestamp	Email Address	Name of the Consenting Person	Signature (digital or type out your name)	Name	Age in years	Year of Degree	Have you participated in Sharing circles before?	scanned copy of your ID card or Fee receipt for our identification purpose.
1	3-19-2021 13:10:06	shyamalibhavsar@gmail.com	Shyamali Bhavsar	Shyamali	Shyamali Bhavsar	20	Second year	No	m/open?id=13HZxslUQ
2	3-19-2021 13:27:06	tanudeokar@gmail.com	Tanvi Deokar	Tanvi	Tanvi Deokar	20	Third year	No	m/open?id=14ESda4Kt
3	3-19-2021 13:58:22	Vaishuksh1234@gmail.com	Vaishnavi kshirsagar	kshirsagar	Vaishnavi kshirsagar	19	First year	No	m/open?id=1NhJ9rw1P
4	3-19-2021 14:30:22	alfiya2sm@gmail.com	Alfiya Sattar Madki	Alfiya	Alfiya Sattar Madki	18	First year	No	m/open?id=1egLcg6V6
5	3-19-2021 14:46:44	akankshabalkawade10@gmail.com	Akanksha Balkawade	Balkawade	Akanksha Balkawade	21	Third year	No	m/open?id=17a3BlQqr
6	3-19-2021 15:43:43	shrunimkar@gmail.com	Shruti	SNimkar	Shruti	20	Third year	No	m/open?id=1eXdDsd
7	3-19-2021 17:30:44	sejalpandharpur@gmail.com	Sejal Bhayani	Sejal	Sejal Bhayani	19	Second year	No	m/open?id=1jgc7sD9IU
8	3-19-2021 18:14:58	swamymitali2@gmail.com	Mitali.R.Swamy	mitali	Mitali. Swamy	18	First year	No	m/open?id=1pld4z4ol
9	3-19-2021 18:20:04	adhikaryrinita542@gmail.com	Rinita Adhikary	Rinita Adhikary	Rinita Adhikary	18	First year	No	m/open?id=10x_brKlu
10	3-19-2021 22:29:56	shravani.dsouza2000@gmail.com	Shravani Dsouza	Shravani Dsouza	Shravani Dsouza	21	Third year	No	m/open?id=1g8BD-
11	3-25-2021 13:45:51	christina.l4.dsouza@gmail.com	Christina D'souza	Christy	Christina D'souza	18	First year	No	m/open?id=1yFkFx1D5
12	3-25-2021 14:16:42	rathodriya66@gmail.com	Riya Rathod	Riya	Riya Rathod	18 years	First year	No	m/open?id=1-
13	4-7-2021 20:33:34	chavanpuja@gmail.com	Pooja Chavan	Pooja	Pooja Chavan	20	First year	No	m/open?id=1Mh7Pd68

Total Students: 13

Program Coordinator: Ms. Pooja Jain



J. H. Jadhav
Principal
St. Mira's College for Girls



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[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- ^{IQAC}GIS/2020-21/54

Date:-08. 02. 2021

CIRCULAR

Between 08th February 2021 to 31st March 2021 Group Therapy Sessions on “Managing Stress Anxiety and Cultivating Calm” are to be organized by Mental Well-being Program for all Degree college students during college hours over Zoom Platform.

Ms. Pooja Jain
Coordinator



Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2020-21
Group Therapy Sessions 2020-2021

As a part of the college Mental Well-being Program two group therapy sessions were organised for students of Degree College from 8th February 2021 which continued till 30th March 2021. A total of 44 students registered and participated in Managing Anxiety and Cultivating Calm group therapy sessions. All these sessions were conducted on Zoom platform during college hours.

Total Students: 44

Pooja Jain

Program Coordinator: Ms. Pooja Jain



G. H. L. Indurani
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Mental Well-being Program 2020-2021
Group Therapy Session - Registration Form

Timestamp	Email Address	Name of the Consenting person	Signature (Digital or type out your name)	Student's Name	Age in year	Email Address	Phone no.	Year of Deg
11-2-2021 13:29:10	prekshaporwal20@gmail.com	Preksha Porwal	Preksha	Preksha Porwal	20	prekshaporwal20@gmail.com	08669092922	TY
11-2-2021 13:34:13	aditisampat15@gmail.com	Aditi Sampat	Aditi Sampat	Aditi Sampat	20	aditisampat15@gmail.com	8668453558	TY
11-2-2021 13:55:51	meghanajairams@gmail.com	Meghana Jairam	Meghana	Meghana Jairam	19	Meghanajairams@gmail.com	8208266629	TY
11-2-2021 14:00:41	anjali0909@gmail.com	Anjali Pillai	Anjali	Anjali Pillai	20	anjali0909@gmail.com	9359054279	TY
11-2-2021 14:18:40	jaishree1998@gmail.com	Jaishree Bajaj	Jaishree Om Bajaj	Jaishree Bajaj	21	Jaishree1998@gmail.com	8007987271	SY
11-2-2021 14:27:57	hrshtrao11@gmail.com	Harshita Rao	Harshita	Harshita Rao	19	hrshtrao11@gmail.com	9004319458	SY
11-2-2021 14:28:44	makhijaakanksha6@gmail.com	Akanksha makhija	Akanksha	Akanksha Makhija	20	makhijaakanksha6@gmail.com	8805460493	SY
11-2-2021 15:05:39	bhideshreauni@gmail.com	Shreya Bhide	Shreya	Shreya Bhide	19	bhideshreauni@gmail.com	9284396570	SY
11-2-2021 15:15:38	tanudeokar@gmail.com	Tanvi Deokar	Tanvi	Tanvi	19	tanudeokar@gmail.com	9552585601	TY
11-2-2021 15:18:18	karunagurav04@gmail.com	Pooja ma'am	Karuna	Karuna Gurav	18	karunagurav04@gmail.com	9604126008	SY
11-2-2021 15:18:28	nehap2233@gmail.com	Neha Pathak	Neha Pathak	Neha Pathak	20	nehap2233@gmail.com	8530243377	TY
11-2-2021 15:41:29	minaliparwani06@gmail.com	Minali Parwani	Minali	Minali Parwani	18	minaliparwani06@gmail.com	9834568205	SY
11-2-2021 16:09:48	simssss1234567@gmail.com	Simranjeet Kaur Mattu	Simran	Simranjeet Kaur Mattu	21	simssss1234567@gmail.com	8805689232	TY
11-2-2021 16:28:29	laxmichavan1610@gmail.com	Laxmi Chavan	Laxmi	Laxmi Chavan	21	laxmichavan1610@gmail.com	7588761350	TY
11-2-2021 16:28:38	ayushidubey402@gmail.com	Ayushi Dubey	Ayushi	Ayushi Dubey	19	ayushidubey402@gmail.com	8668714697	SY
11-2-2021 17:07:01	ghalsasiaadya@gmail.com	Aadya Ghalsasi	Aadya	Aadya Ghalsasi	20	ghalsasiaadya@gmail.com	9096942482	TY
11-2-2021 17:25:51	ishikagupta4163@gmail.com	Ishika gupta	Ishika	Ishika Gupta	17	ishikagupta4163@gmail.com	7709395056	FY
11-2-2021 17:29:32	partepurna3@gmail.com	Ekta Jadhav	Prerna	Prerna parte	18	partepurna3@gmail.com	9130071952	FY
11-2-2021 17:32:21	ritambhara.shandilya@gmail.com	Ritambhara Shandilya	Ritambhara	Ritambhara Shandilya	20	21972ritambhara@gmail.com	7666897461	SY
11-2-2021 18:01:04	mahajan.ishika@yahoo.com	Ishika Mahajan	ISHIKA MAHAJAN	Ishika Mahajan	19	mahajan.ishika@yahoo.com	+919815841080	SY
11-2-2021 19:00:45	muskannegi2001@gmail.com	Muskan Negi	Muskan Negi	Muskan Negi	19	muskannegi2001@gmail.com	7447897579	SY
11-2-2021 19:02:46	thakurvijaysingh942@gmail.com	Sejal Vijaysingh Thakur	Sejal	Sejal Vijaysingh Thakur	18	thakurvijaysingh942@gmail.com	7038069894	SY
11-2-2021 20:09:42	sharvaribhapkar7@gmail.com	Sharvari Bhapkar	sharvari	Sharvari Bhapkar	19	sharvaribhapkar7@gmail.com	9822050181	SY
11-2-2021 20:25:15	nandinijadhav562@gmail.com	Nandini Jadhav	Nandini	Nandini Jadhav	19	nandinijadhav562@gmail.com	9850000371	SY

Ture



H. H. Jadhav

Principal
St. Mira's College for Girls, Poona

St. Mira's College for Girls, Pune
Mental Well-being Program 2020-2021
Group Therapy Session - Registration Form

Timestamp	Email Address	Name of the Consenting person	Signature (Digital or type out your name)	Student's Name	Age in year	Email Address	Phone no.	Year of Deg
11-2-2021 20:34:30	nishtha.11pandya@gmail.com	Nishtha Pandya	Nishtha S. Pandya	Nishtha Pandya	19	Nishtha.11pandya@gmail.com	9860871661	SY
11-2-2021 20:38:24	beautysingh1918@gmail.com	Beauty singh	Beauty singh	Beauty singh	19	beautysingh1918@gmail.com	9356134377	SY
11-2-2021 20:58:15	ishikaahuja1404@gmail.com	Ishika Ahuja	Ishika ahuja	Ishika ahuja	19	ishikaahuja1404@gmail.com	7875919271	SY
11-2-2021 21:05:32	nivritisharma8@gmail.com	Nivriti sharma	Nivriti sharma	Nivriti sharma	18	nivritisharma8@gmail.com	09404469085	FY
11-2-2021 21:17:06	durgapdaundkar@gmail.com	Durga Patilbuva Daundkar	DURGA	Durga Patilbuva Daundkar	18	durgapdaundkar@gmail.com	9356668601	FY
11-2-2021 21:39:02	fizasayyed287@gmail.com	Fiza sayyed	Fiza sayyed	Fiza sayyed	18	fizasayyed287@gmail.com	9307175327	FY
11-2-2021 22:31:00	hitikakataria4@gmail.com	Hitika kataria	Hkataria	Hitika kataria	20	Hitikakataria4@gmail.com	8983976787	SY
11-2-2021 22:32:23	vaishavikumar8153@gmail.com	Vaishavi kumar	Vaishavi	Vaishavi kumar	19	vaishavikumar8153@gmail.com	7507712093	SY
11-2-2021 22:51:55	kanishka29007@gmail.com	Rajesh kumar sharan	Kanishka	Kanishka	18	Kanishka29007@gmail.com	7517446225	FY
11-2-2021 23:03:46	harshadadhamdhere.hd@gmail.com	Harshada Dhamdhere	Harshada Dhamdhere	Harshada Dhamdhere	18	harshadadhamdhere.hd@gmail.com	9028931932	FY
11-3-2021 7:52:07	anghapatel06@gmail.com	ANGHA SANJAY PATEL	Angha	ANGHA SANJAY PATEL	18	anghapatel06@gmail.com	+919799092595	FY
11-3-2021 8:21:33	sonalipatil9923@gmail.com	Sonali Patil	Sonali Patil	Sonali Patil	18	sonalipatil9923@gmail.com	9923831428	SY
11-3-2021 8:25:43	zainabshk0098@gmail.com	Zainab pardawala	Zainab	Zainab Shabbir pardawala	18	zainabshk0098@gmail.com	9359743751	FY
11-3-2021 8:37:05	nisha02bharti@gmail.com	Nisha Bharti	Nisha	Nisha Bharti	18	nisha02bharti@gmail.com	7249081256	FY
11-3-2021 8:40:07	judith14xo@gmail.com	Judith Selvaraj	Judith	Judith Selvaraj	18	judith14@gmail.com	9923277269	FY
11-3-2021 8:49:26	kshitijapol27@gmail.com	Kshitija Pol	kshitijapol	Kshitija Pol	18	kshitijapol27@gmail.com	9.18265E+11	FY
11-3-2021 9:20:34	11919.shubhangidhore@gmail.com	shubhangi sanjay dhore	shubhangi sanjay dhore	shubhangi sanjay dhore	19	11919.shubhangidhore@gmail.com	9890953612	SY
11-3-2021 9:24:03	srim Gupta@gmail.com	Sriradha Gupta	Sriradha	Sriradha Gupta	20	srim Gupta@gmail.com	9403010673	TY
11-3-2021 9:34:13	shindeshivani940@gmail.com	Shivani shinde	S. S. Shinde	Shivani shivaji shinde	18	Shindeshivani940@gmail.com	9322050691	FY
11-3-2021 10:12:08	aryagalande11@gmail.com	Arya Galande	Arya	Arya Galande	19	aryagalande11@gmail.com	9552221804	SY

Total Students 44

Program Coordinator Ms. Pooja Jain

Pooja Jain



G. H. Gidwani

Principal
St. Mira's College for Girls, Poona



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
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[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G1S/10AC/2020-21/51

Date:-04. 01. 2021

CIRCULAR

On 7th, 8th and 9th January 2021 three Psycho-educational skill building sessions 'You Got This' Series are to be organized by for all Degree College Classes during college hours over Zoom Platform.

Ms. Pooja Jain
Coordinator



Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2020-21

You Got This- Managing Exam Anxiety 2020-2021

Mental Well-being Center organised a series of three psycho-educational, skill building workshops designed to help build personal awareness, develop skills to manage examination anxiety and study tips and techniques.

Students could select any of the workshops listed and repeat any of the YGT workshops.

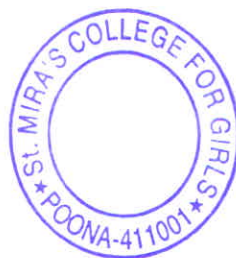
1. **Ways of managing Exam/test Anxiety and Stress:** In this session, participants will learn about the relationship between anxiety and thinking styles, in which participants understand how their thoughts, emotions, and behaviour are linked. Participants will also learn about mindfulness, practice techniques and how to incorporate into daily routine 07-10-2021 (2:00-3:00 pm)

2. **Study tips and techniques:** This session will focus on learning & memory tips. It will also focus on ways of sustaining attention and time management - 08-01-2021 (2:00-3:00 pm)

3. **Ask away :** Feel free to ask all your queries and concerns related to your mental health, stress, and coping - 09-01-2021 (2:00-3:00 pm)

Total Students: 88

Program Coordinator: Ms. Pooja Jain



J. H. J. J.
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2020-2021

You Got This- Managing Exam Anxiety Webinar Series



#WeAreTogetherInThis

You Got This Series- Managing Exam Anxiety & Stress

We are coming up with a series of three psycho-educational and skill building workshops.

- Ways of managing Exam/test Anxiety and Stress- 07-Jan-2021
- Study tips and techniques- 08-Jan-2021
- Ask Away- ask all your queries related to mental health - 09-Jan-2021

Time for all the sessions- 2 pm- 3 pm

Students are welcome to select any of the workshops listed and repeat any of the YGT workshops.

Not sure how this may help?

Contact us:

mentalhealth@stmirascollegepune.edu.in



*For
Pojo san*



J. H. Jadhav
Principal
St. Mira's College for Girls

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

00:12:15

Chat

From 2269, Chryllyn Rodrigues To Me (Unread Message)

Maam, how do we identify an obsession and the resulting compulsion?

From Rinita Adhikary To Me (Unread Message)

I have been trying the grounding technique and it is one of the few things which is helping.)

From 2269, Chryllyn Rodrigues To Me (Unread Message)

okay maam.

From Me To Everyone

mentalhealth@stmiracollegepune.edu.in

From 2269, Chryllyn Rodrigues To Me (Unread Message)

thankyou maam

To: 2269, Chryllyn Rodrigues From: Me (Unread Message) File

Type message here

Webinar in progress on study tips and techniques

For
Program coordinator - Ms. *Pooja Inai*



S.H. Jadhavani
Principal
St. Mira's College for Girls



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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G1S/10AC/2020-21/51

Date:-04. 01. 2021

CIRCULAR

On 7th, 8th and 9th January 2021 three Psycho-educational skill building sessions 'You Got This' Series are to be organized by for all Degree College Classes during college hours over Zoom Platform.

Ms. Pooja Jain
Coordinator



Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2020-21

You Got This- Managing Exam Anxiety 2020-2021

Mental Well-being Center organised a series of three psycho-educational, skill building workshops designed to help build personal awareness, develop skills to manage examination anxiety and study tips and techniques.

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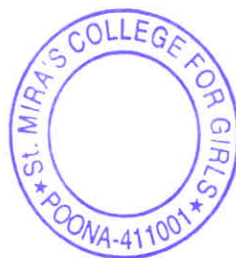
1. **Ways of managing Exam/test Anxiety and Stress:** In this session, participants will learn about the relationship between anxiety and thinking styles, in which participants understand how their thoughts, emotions, and behaviour are linked. Participants will also learn about mindfulness, practice techniques and how to incorporate into daily routine 07-10-2021 (2:00-3:00 pm)

2. **Study tips and techniques:** This session will focus on learning & memory tips. It will also focus on ways of sustaining attention and time management - 08-01-2021 (2:00-3:00 pm)

3. **Ask away :** Feel free to ask all your queries and concerns related to your mental health, stress, and coping - 09-01-2021 (2:00-3:00 pm)

Total Students: 88

Program Coordinator: Ms. Pooja Jain



J. H. J. J.
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2020-2021

You Got This- Managing Exam Anxiety Webinar Series

#WeAreTogetherInThis



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- Ways of managing Exam/test Anxiety and Stress- 07-Jan-2021
- Study tips and techniques- 08-Jan-2021
- Ask Away- ask all your queries related to mental health - 09-Jan-2021

Time for all the sessions- 2 pm- 3 pm

Students are welcome to select any of the workshops listed and repeat any of the YGT workshops.

Not sure how this may help?

Contact us:

mentalhealth@stmirascollegepune.edu.in



*For
Pojo san*



J. H. Jadhav
Principal
St. Mira's College for Girls

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

00:12:15

Chat

From 2269, Chryllyn Rodrigues To Me (1 of 1) (Message)
Maam, how do we identify an obsession and the resulting compulsion?

From Rinita Adhikary To Me (1 of 1) (Message)
I have been trying the grounding technique and it is one of the few things which is helping.)

From 2269, Chryllyn Rodrigues To Me (1 of 1) (Message)
okay maam.

From Me To Everyone
mentalhealth@stmiracollegepune.edu.in

From 2269, Chryllyn Rodrigues To Me (1 of 1) (Message)
thankyou maam

To: 2269, Chryllyn Rodrigues (1 of 1) (Message) (File)
Type message here

Webinar in progress on study tips and techniques

For
Program coordinator - Ms. Pooja Saini



S.H. Jadhavani
Principal
St. Mira's College for Girls



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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- **G15/10AC/2020-21/06**

Date:-01.07.2020

CIRCULAR

Between 15th July 2020 to 30th March 2021 Mental Health Awareness Classroom Sessions are to be organized by for all Degree College Students during college hours in their respective classes.

Ms. Pooja Jain
Coordinator



Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2020-2021

Classroom Awareness Sessions Integrated Data

July 2020- April 2021

S. No.	Date	Class	Time	Attendance	Attendance Sheet
1	21-07-2020	TY BBA	12:30-02:00 pm	50	Screenshot available
2	31-07-2020	TY BCom - A	12:30-02:00 pm	48	Screenshot available
3	03-08-2020	TY BCom - B	12:30-02:00 pm	38	Screenshot available
4	03-08-2020	TY BCom - B	12:30-02:00 pm	28	Screenshot available
5	24-08-2020	TY BA - B	12:30-02:00 pm	33	Screenshot available
6	21-10-2020	SY BA - B	12:30-02:00 pm	31	Screenshot available
7	02-12-2020	FY BBA +BCS+ BCA	12:30-02:00 pm	77	Screenshot available
8	18-02-2021	SY BA (B)	11:00-12:30 pm	30	Screenshot available
9	24-02-2021	TY BA (A)	8:30 - 10:00 am	24	Screenshot available
10	17-03-2021	TY B Com (A+B+C)	10:00 am-12:00 pm	66	Screenshot available
11	16-04-2021	FY B Com + SY BCom	12:30-2:00 pm	93	Screenshot available
12	10-04-2021	FY BA (A+B)	01:00-02:30 pm	77	Screenshot available
13	22-04-2021	TY BBA	01:00-02:30	10	Screenshot available
14	16-04-2021	TY BA (B)	11:00-12:30	94	Screenshot available
		Total		699	

Total Students: 699

Program Coordinator: Ms. Pooja Jain

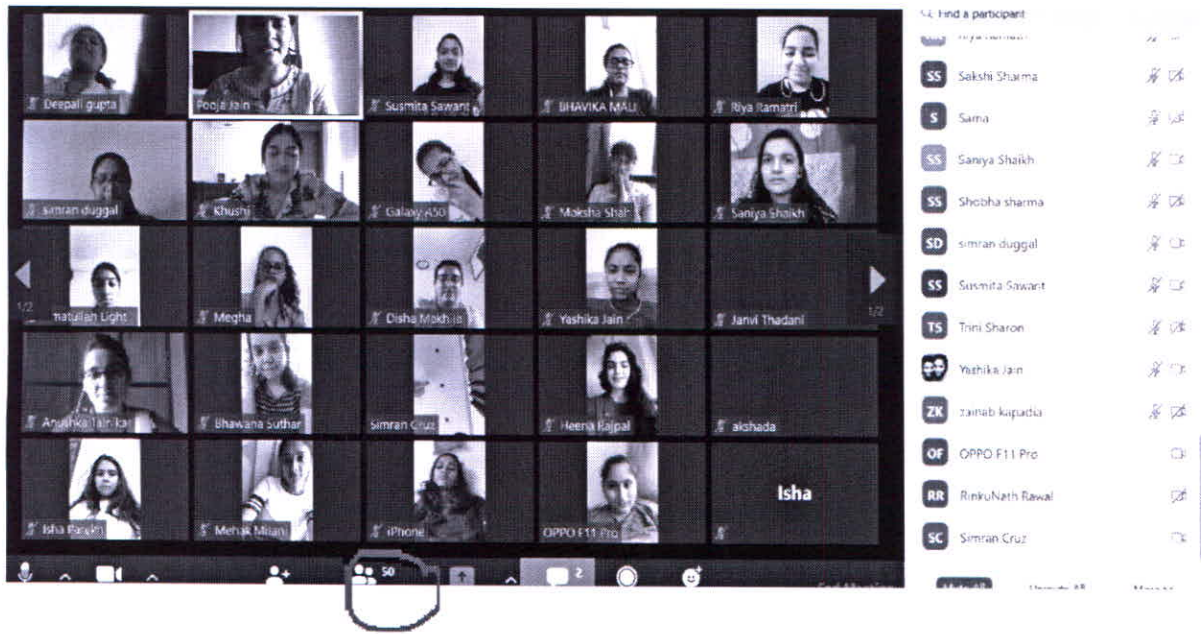
Email address: mentalhealth@stmirascollegepune.edu.in



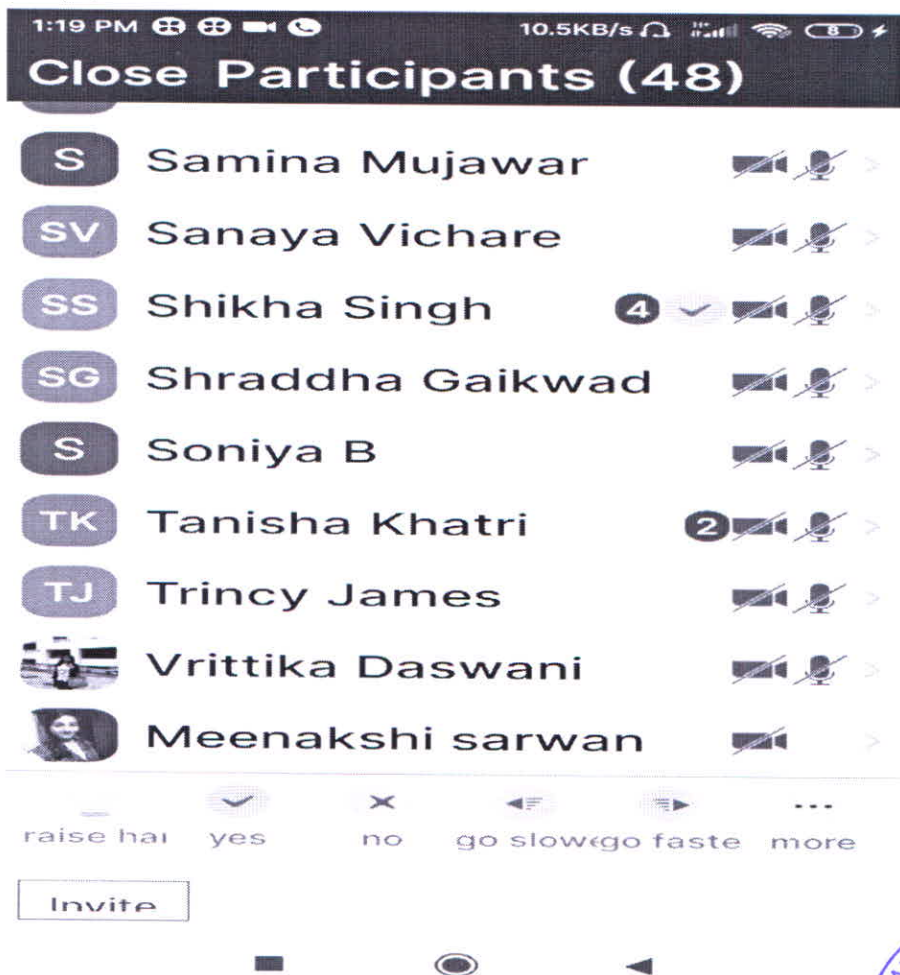
J.H. Jadhavani
Principal

St. Mira's College for Girls

TY BBA - 50



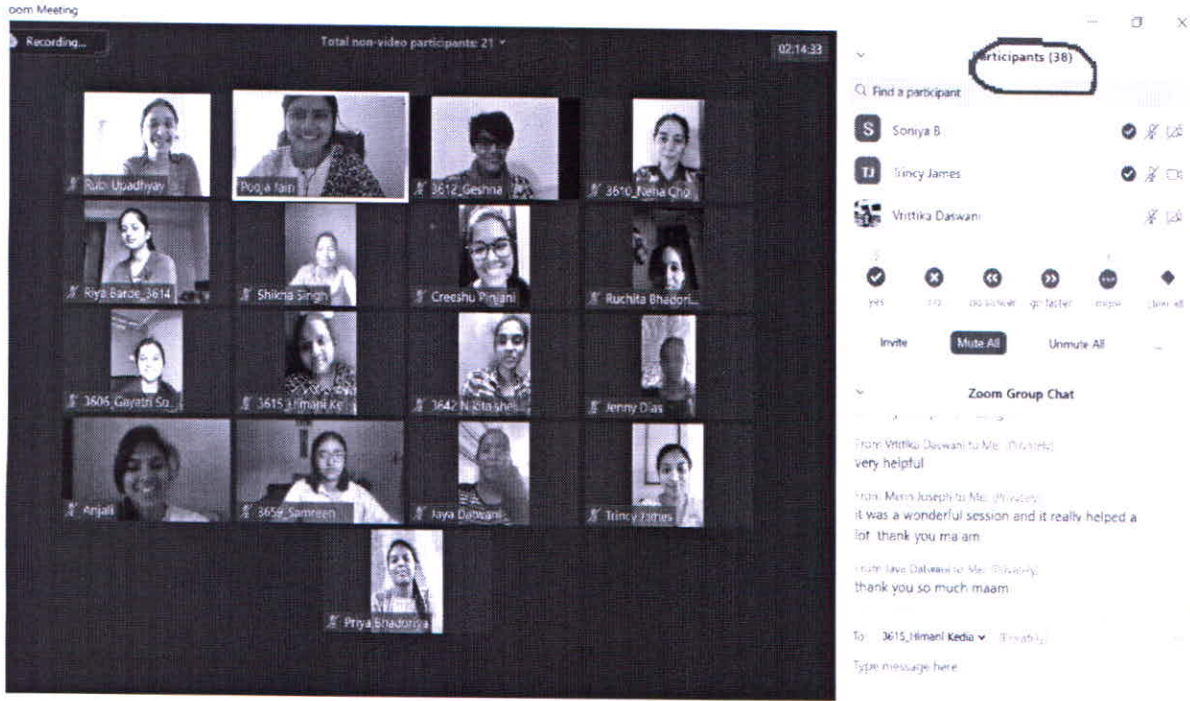
TY BCom (A): 48



Pooja Jain
Pooja Jain
Coordinator

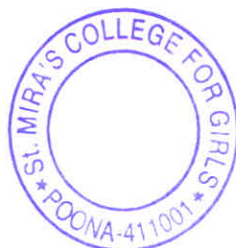
J. H. J. J. J.
Principal
St. Mira's College for Girls

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University



TY BCom - 38

TY BCom (B) - 28



J. H. Jidwani
Principal
St. Mira's College for Girls

Pooja
Pooja Jain,
Co-ordinator

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

TY BA - 33

Participant Name	Profile Picture	Actions
Vaishnavi Darekar	[Profile Pic]	[Edit] [Delete] [Share]
Pooja Jain	[Profile Pic]	[Edit] [Delete] [Share]
Nagru Kavate	[Profile Pic]	[Edit] [Delete] [Share]
Aarti Sawane	[Profile Pic]	[Edit] [Delete] [Share]
Amisha Singh	[Profile Pic]	[Edit] [Delete] [Share]
Bhakti Kamble	[Profile Pic]	[Edit] [Delete] [Share]
Devidas Dhosate	[Profile Pic]	[Edit] [Delete] [Share]
Diksha Apte	[Profile Pic]	[Edit] [Delete] [Share]
Divya Botra	[Profile Pic]	[Edit] [Delete] [Share]
Divya Mathore	[Profile Pic]	[Edit] [Delete] [Share]
Harshida Thakurkar	[Profile Pic]	[Edit] [Delete] [Share]
Rajal Soma Pawar	[Profile Pic]	[Edit] [Delete] [Share]
Kavya Sarte	[Profile Pic]	[Edit] [Delete] [Share]
Madhura Bunde	[Profile Pic]	[Edit] [Delete] [Share]
Muskan Shaikh	[Profile Pic]	[Edit] [Delete] [Share]
Natru	[Profile Pic]	[Edit] [Delete] [Share]
Neha Waghare	[Profile Pic]	[Edit] [Delete] [Share]
Pratiksha Yadav	[Profile Pic]	[Edit] [Delete] [Share]
Priyanka Chaudhary	[Profile Pic]	[Edit] [Delete] [Share]
Rajeshwari Singh	[Profile Pic]	[Edit] [Delete] [Share]
Ritika Bari	[Profile Pic]	[Edit] [Delete] [Share]
Ritvika Jagtap	[Profile Pic]	[Edit] [Delete] [Share]
Sakshar Uttakar	[Profile Pic]	[Edit] [Delete] [Share]
Saimra Shaikh	[Profile Pic]	[Edit] [Delete] [Share]
Sanchi Galkwad	[Profile Pic]	[Edit] [Delete] [Share]
Sanya Phutke	[Profile Pic]	[Edit] [Delete] [Share]
Srinvan Nayak	[Profile Pic]	[Edit] [Delete] [Share]
Sonam Galkwad	[Profile Pic]	[Edit] [Delete] [Share]
Sw. Nisha Patil	[Profile Pic]	[Edit] [Delete] [Share]
Tamanna Rana	[Profile Pic]	[Edit] [Delete] [Share]
Tejaswini Pawar	[Profile Pic]	[Edit] [Delete] [Share]
Urmila Galkwad	[Profile Pic]	[Edit] [Delete] [Share]
Vaishnavi More	[Profile Pic]	[Edit] [Delete] [Share]

G. H. Gadwani
Principal
St. Mira's College for Girls

SY BA - 31

Pooja Jain
Coordinator



St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

in Progress 1:54

Attendees are now viewing questions: 24 of 30 (80%) voted

1. Have you been worried about your mental health lately since covid-19 breakout

Response	Count
Much more than usual	8 (25%)
Little more than usual	10 (42%)
Same as usual	2 (8%)
Little less than usual	1 (5%)
Much less than usual	1 (5%)

End Polling

Participants (31)

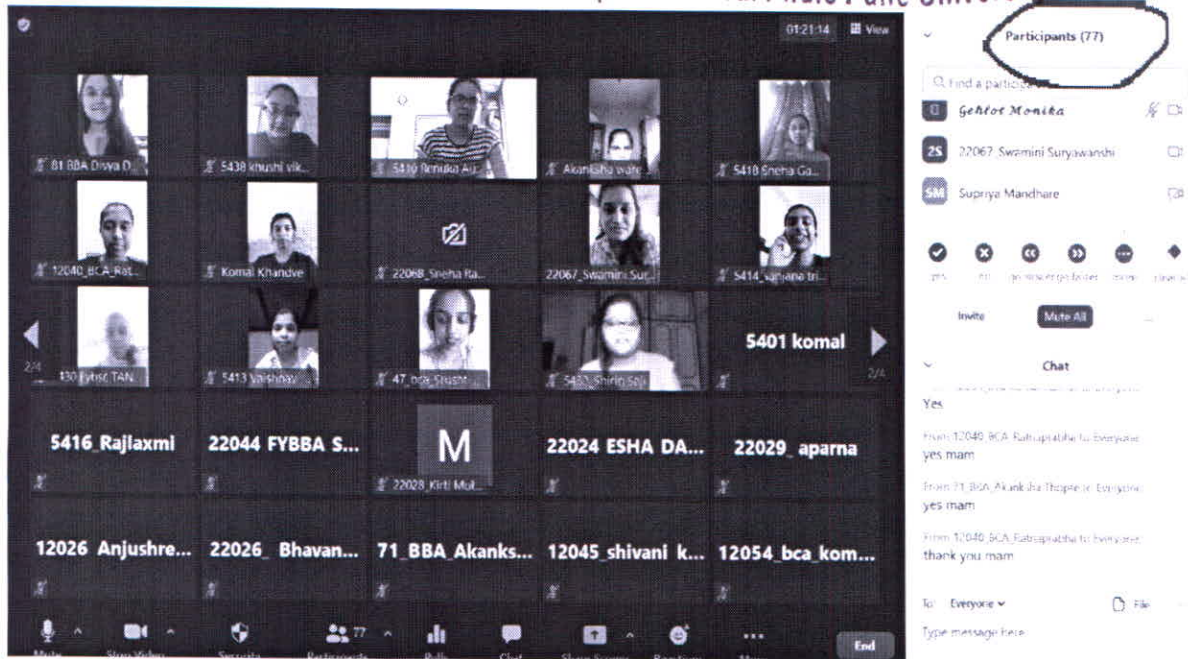
- Meghna Mahotra
- Muskan Gupta
- Nikita Surag
- Nunrah Bicha
- Olivia Fernandes
- Orwasi Dahale
- Piyali Kambale
- Pradhya Joshi 2761
- Prajakta Waghmare
- Shaikh ayesha riyaz 2766
- Urvi Shetty



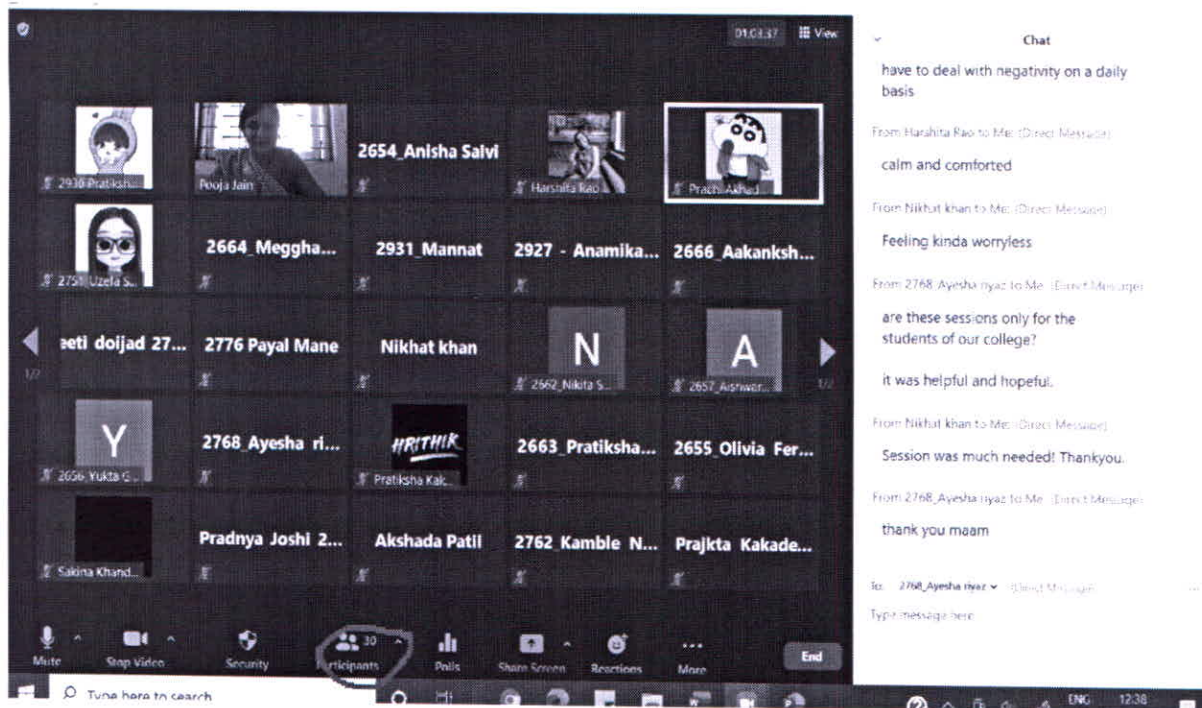
Pooja Jain
Pooja Jain
Coordinator

J. H. Jidwani
Principal
St. Mira's College for Girls

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

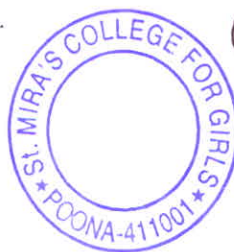


FY BBA+ BCA+ BCS= 77



SY BA - 30

Pooja Jain
(Coordinator)



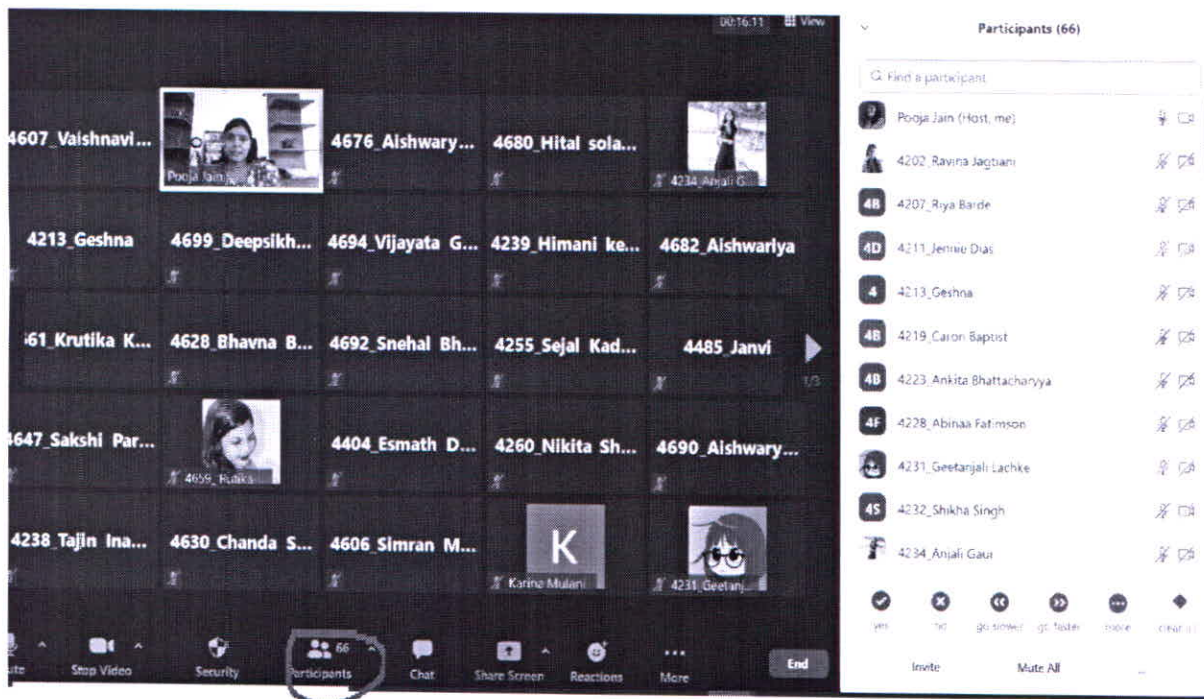
Yours

G. H. G. Ishwari
Principal
St. Mira's College for Girls

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TY BA - 24



TY BCom- 66



Pooja Jain
Pooja Jain
(Co-ordinator)

J. H. Jadhavani
Principal
St. Mira's College for Girls

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PDF FY and SY B.COM AB...



FY BCom - 93 students



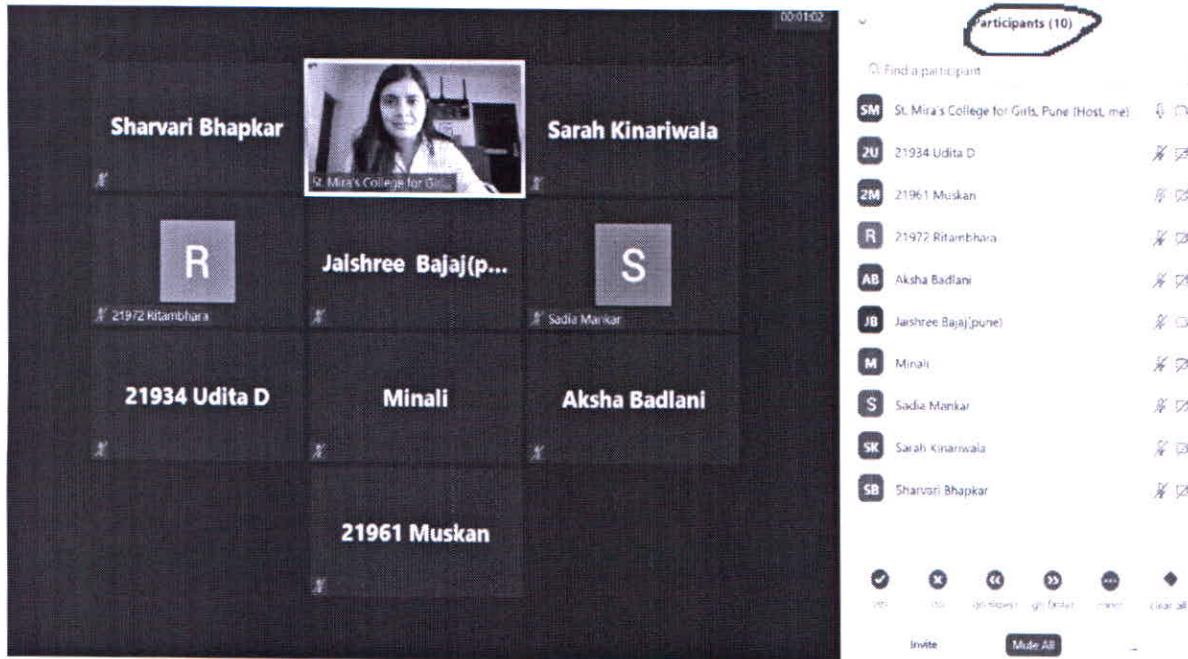
FY BA - 77 students



Pooja Jain
Pooja Jain
Coordinator

S.H. Sidwani
Principal
St. Mira's College for Girls

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TY BBA- 10 Students



SY BA- 94

Total Students- 699

Program Coordinator-

Ms. Pooja Jain
 [Signature]



J. H. Jadhav
 Principal
 St. Mira's College for Girls



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- *G15/10AC/2019-20/89*

Date:-17.04.2020

CIRCULAR

On 25th, 27th and 29th April 2020 three Mental Health Awareness Webinar Series of College Students are to be organized by Mental Well-being Program of Department of Psychology over Zoom Platform.

Pooja Jain

Ms. Pooja Jain
Coordinator



Gulshan H. Gidwani

Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

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Department of Psychology

Mental Well-being Program

Mental Health Awareness Webinar Series (Open to All)

25th 27th & 29th April 2020

Dealing with mental health impacts of COVID-19 one session at a time.

Amidst the chaos induced by COVID-19, students are dealing with various mental health concerns. UGC has already stated the guidelines and importance of preventive measures to help students deal with mental health impacts of COVID-19. St. Mira's College for Girls, Pune organised a series of Mental Well-being awareness sessions to address these mental health concerns and help students navigate through this stressful time. This series was an extension of the College's ongoing full time Mental Well-being program for their students.

The webinar series was announced on 23rd April 2020. An online survey was done to assess college student's mental health concerns during the lockdown. Students reported increased anxiety, lack of routine, depressive thoughts, and interpersonal conflicts with family members as major concerns.

Around 333 students signed up for these sessions from various colleges across country including students from Trivandrum, Visakhapatnam, Ghaziabad, Patna and various cities and towns of Maharashtra. First session was conducted on 25th April, 2020 which focused on practical skills and ways to manage Anxiety. Second session dated on 27th April, 2020 focused on building healthy Social Connections with peers and family members. This session was very well received, and students shared how the practical insight and conflict resolution skills helped them in improving their relationship with parents and identify unhealthy relationships with peers and social media. Last session of the series focused on holistic Well-being and Mindfulness. Various mindfulness techniques and exercises were practiced by the psychologist in the session to help students practice in their daily routine. 98% of the students reported that they felt relaxed and motivated after these sessions through the feedback form. All of them requested to organise more sessions on Mental Well-being and expressed that they are particularly important for student community.

Total no. of students: 319

Program Coordinator: Ms. Pooja Jain




Principal Incharge
St. Mira's College for Girls, Pune.

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Department of Psychology

Mental Well-being Program 2019-2020

Mental Well-being Awareness Webinar Series

25th, 27th & 29th April 2020

St. Mira's College for Girls, Pune
Department of Psychology

Presents


**Mental Well-being
Awareness Sessions for
college students**

Our aim is to help students navigate this
new normal with less stress and greater
mental resilience

25th April: Strategies to manage Anxiety
27th April: Building healthy Social Connections
29th April: Well-being and Mindfulness

Time : 11:00 am-12:15 pm (for all three sessions)
Eligibility: Degree college students
Facilitator: Ms. Pooja Jain
(Prior registration is mandatory)

For more details:
Contact: Pooja Jain
Mental Well-being Program Co-ordinator
Department of Psychology
jainpooja.jain3@gmail.com



Pooja Jain
Pooja Jain
(Coordinator)

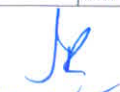


Jh
Principal Incharge
St. Mira's College for Girls, Pune

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15	4-21-2020 21:16:58	saadgickadaal208@gmail.com	SY BCom	7066540753	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Nothing	None
16	4-21-2020 21:17:50	payalpatil09001@gmail.com	FY BCom	9307098470	Topic 2: Building healthy Social connections- with family and peers	Yes	None	Quick Relaxation Techniques, Activities which motivates us for doing work, Clear and Focus
17	4-21-2020 21:28:16	sneajaisingh3203@gmail.com	M Com	7058111368	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Mental Stress, Fear for Exam, Not able to Align myself for any activity.	Examination stress
18	4-21-2020 21:30:46	vidhi1237@gmail.com	TY BCom	8983029540	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Uncertainty	Stress relief
19	4-21-2020 21:36:56	mayurikarle018@gmail.com	SY BCom	9511623218	Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety , fear of being unproductive	How to control anger
20	4-21-2020 21:37:48	sanju.jadhav1910@gmail.com	TY BCom	7775087772	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	No	Lazyness	Social connections.
21	4-21-2020 21:40:59	dilshcen.arora@gmail.com	TY BCom	9923323779	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of even going to the groceries and touching even family members. Which is not making me feel good.	How to keep ourselves active and happy throughout the day.
22	4-21-2020 21:43:36	anishanankani360@gmail.com	FY BA	9922530830	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Laziness, frustation and lack of interest in anything.	Family tension.
23	4-21-2020 21:44:34	laxmiahankare689@gmail.com	FY BA	8080785705	Topic 2: Building healthy Social connections- with family and peers	Yes	Family pressure	How to maintain healthy social connections
24	4-21-2020 21:48:40	nainagaikwad2001@gmail.com	FY BA	8652622718	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Feelings of unnecessary irritation due to boredom and getting angry and upset easily	What to do when u get anger fast...n become lazy..no interest in doing any thing
25	4-21-2020 21:48:52	nehakumarikushwaha01@gmail.com	FY BA	7070736880	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Laziness...no time management...no intrest in good ...and depression...no calmness	How to develop Self esteem
26	4-21-2020 21:49:17	jaya.datwani.jd@gmail.com	SY BCom	7028955446	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of losing ppl	How to deal with recent fighting between frnds and family
27	4-21-2020 21:49:52	ayushidubey402@gmail.com	FY BA	8668714697	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Bored ... anxiety...	Nope
28	4-21-2020 21:58:53	morenha461@gmail.com	TY BCom	9356216782	Topic 3: Well-being and Mindfulness in times of lock down	No	Nope	How to face above mentioned issue....even after trying hard
29	4-21-2020 22:00:32	pardeshisoniya023@gmail.com	M Com	9657552249	Topic 1: Strategies to manage anxiety in times of Lock down	No	Mental(Depression nd scared feeling) health issue(continues back pain)	Having a peaceful mind. News have already irritated nd have made us scared.
30	4-21-2020 22:07:12	emohani79@gmail.com	TY BCom	9860792558	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	A bit scared nd irritated because we now don't know what to do. No notification about examination, no notification about further lockdown, no notification about the work or salary to be received.	Depression
	4-21-2020 22:07:17	Shruthipraveen45@gmail.com	TY BCom	+919545938861	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Thinking lots of things at a same time	How to be release tension/negativity in this corona case.




Principal Incharge
 St. Mira's College for Girls, Pune

For
 Pooja Sai
 (Coordinator)

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49	4-22-2020 12:44:31	guptaanirudh026@gmail.com	TY BCom	9511875646	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Nothing	Mam is covering ur most of the topics i m satisfied with it
50	4-22-2020 12:51:11	hitikakataria4@gmail.com	FY BBA	8983976787	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Sometimes feeling lonely at home	Staying calm, how should we handle an ANGRY human being. How do we teach our parents to stop getting angry with their parents and us.
51	4-22-2020 12:57:20	Anushka Talnikar	SY BCA	9158981972	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	With my mother, she gets really badly angry, she does things which are very bad , and when we try to correct her, she get really mad at all of us (family members). She keeps on saying bad words. It's vary hard to stop her Getting angry.	None as such
52	4-22-2020 13:05:07	minaliparwani06@gmail.com	FY BBA	9834568205	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	None	Time management Family connections
53	4-22-2020 13:15:29	Anandabhardwaj1@gmail.com	FY BCA	7775076640	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Unable to manage time Family connections	Free mind or some positive attitude
54	4-22-2020 13:45:18	prajaktanp24@gmail.com	FY BCA	9822638407	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Tension	How to divert our mind from negative thoughts.
55	4-22-2020 14:10:29	aksha.b1004@gmail.com	FY BBA	8888148298	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Stress and anxiety due to the current situations	How to manage time and anxiety
56	4-22-2020 14:14:05	shalinikumari272@gmail.com	TY BCA	9358256351	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety,time management	Students facing their discomforts for their future
57	4-22-2020 14:20:59	soniya.chavan@stmirascollegepune.edu.in	MA	9960466413	Topic 1: Strategies to manage anxiety in times of Lock down	No	No free movement in society though learning a lot to be self sufficient	Time management
58	4-22-2020 14:45:10	nutandeshmukh1998@gmail.com	TY BCom	9028765494	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety	Daily schedule for work
59	4-22-2020 14:50:15	rutujagilbile123@gmail.com	SY BA	9665879222	Topic 2: Building healthy Social connections- with family and peers	No	Time management	Suggesting new activities new ways to support the mental physical well being
60	4-22-2020 14:58:21	monazlakhani@yahoo.com	SY BCA	9106026767	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Deal with boredom	Yes
61	4-22-2020 15:14:33	vidhyaaksh2631@gmail.com	SY BA	9689626934	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Yes	How to keep a calm mind ?
62	4-22-2020 15:26:26	kankana1203@gmail.com	SY BBA	9831232906	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Pressure of performance	How can we make our grandparents busy?
63	4-22-2020 15:44:27	rajpalheena217	SY BBA	7066852651	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	..	Social connections with family.
64	4-22-2020 16:05:05	simranduggal75@gmail.com	SY BCA	9881758855	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	These days there have been a lot of fights with my dada so yes that is challenge i m facing currently...	healthy connections with family
65	4-22-2020 16:06:45	simranduggal75@gmail.com	SY BCA	9881758855	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	These days there have been a lot of fights with my dad so	How to maintain a healthy relation with the family since they are the only ones we see 24/7 now ? How to deal with not being able to see others like close relatives , friends for so long ?



Jk
Principal Incharge
St. Mira's Collage for Girls, Pune.

Fl
Pooja scin
(Coordinator)

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Autonomous Affiliated to Savitribai Phule Pune University

66	4-22-2020 16:28:57	Khushi6226@gmail.com	SY BBA	9527755577	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	How to get your parents to not invade your personal space ? And actually give personal space . Absolutely not motivated to study . I'm trying to get into a habit of reading because it is a good habit to have , but unable to do so at this point and yes I sometimes do procrastinate doing such work .	How to get more indulged in different activities or learning up something new in this period of lockdown.
67	4-22-2020 16:59:31	ravinajagtiani@gmail.com	SY BCom	8087070350	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Disturbed sleep, social connections	How to overcome sleep How to cope with studies & other things
68	4-22-2020 17:18:15	saksheemau@gmail.com	SY BA	8698165197	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Change in mood swings	
69	4-22-2020 17:33:22	saikachare0402@gmail.com	FY BCom	09860317726	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	.	What if the person is taking u granted and All time in a wrong way If he or she assumes and then create misunderstanding
70	4-22-2020 17:38:47	creeshu740@gmail.com	SY BCom	7049574740	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	How to get rid of boredom
71	4-22-2020 17:39:54	vyashika192@gmail.com	TY BCom	9971781028	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	No	Anxiety	Satisfied with the given topics
72	4-22-2020 19:27:56	tehseen.sulthana7@gmail.com	TY BCom	8956860170	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Boredom	Anxiety
73	4-22-2020 19:43:55	samru.kadam99@gmail.com	TY BCom	8806050327	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	No
74	4-22-2020 19:58:22	ssedr2016@gmail.com	SY BA	9529910192	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	No	.
75	4-22-2020 20:21:27	monikajogi21@gmail.com	SY BBA	9960849148	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	.	Stress and anxiety that revolves around the pandemic
76	4-22-2020 20:26:25	poojasanghvi999@gmail.com	TY BA	9096000002	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Uncertainty and procrastination	coping strategies, calmness
77	4-22-2020 20:26:45	bhaktioza3397@gmail.com	TY BA	7776885219	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety about the uncertainty	Mentioned in the other form.
	4-22-2020 20:28:37	Susmita Yadav	TY BA	9067720549	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Staying alone in the period of lockdown, with no friends to talk to. Also loss of job due to present uncertainties in the market. Difficult to find another job and manage expenses when living on your own.	What can be done to utilize this time in most efficient way



Jh
Principal Incharge
St. Mira's College for Girls, Pune

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(Coordinator)

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79	4-22-2020 20:28:56	ghalsasiaadya@gmail.com	SY BA	9096942482	Topic 3: Well-being and Mindfulness in times of lock down	No	Concern about will I be able to work with same efficiency and without fear when everything is okay	Self confidence and how to be productive during quarantine
80	4-22-2020 20:38:06	Gangotrioz1998@gmail.com	TY BBA	8830651979	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Self confidence	None
81	4-22-2020 20:42:10	15preetisharma15@gmail.com	TY BA	7385561706	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	7385561706	How to exactly deal with these changes happening around.
82	4-22-2020 21:05:30	judithbotelho57@gmail.com	SY BA	09527783008	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	This dooming apprehension if things will ever be okay or would ever go back to "normal" This anger and resentment that people arent listening to the instructions that is provided for their own safety.	How one can utilize this time in a most productive way...
83	4-22-2020 21:53:14	deepika.kesarkar115@gmail.com	SY BBA	9172402130	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control anxiety	-How to not snap at family members due to frustration caused by the lock down? -Maintaining healthy relationships with friends from home
84	4-22-2020 22:59:33	bhaktiraj14@gmail.com	FY BA	7709397485	Topic 2: Building healthy Social connections- with family and peers	Yes	Not being able to be productive only regarding studies, despite being able to finish DIY projects and other things	Mental health during this period, how to not feel useless during this time, how to be motivated to study
85	4-22-2020 23:50:48	neelashreemukherjee@gmail.com	SY BA	9404385592	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety of not doing anything productive or not being able to study cause of the underlying fear of something	How to keep oneself on toe, how to achieve goals, tips on planning a day
86	4-23-2020 7:19:39	trinisharon112@gmail.com	SY BBA	9284650674	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Concentration and just being productive (Procrastination)	How to manage stress at any time
87	4-23-2020 7:55:41	Yadavkajal9075@gmail.com	FY BCom	9022483502	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	Strategies to manage anxiety in lockdown	It would be great if fee topics like managing stress, anxiety and how to cope up with the challenging situation are being discussed in online support group.
88	4-23-2020 8:52:29	kulkarni_jui@rediffmail.com	FY BA	9130016549	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	No challenges as such.. But still how to utilize our time effectively can be discussed.	How to relax mentally
89	4-23-2020 9:41:39	yashnaagarwal111@outlook.com	TY BA	7620377402 / 9511863309	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Over thinking	
90	4-23-2020 10:02:07	prernabhandari07@gmail.com	TY BA	9420200525	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes		About corona
91	4-23-2020 11:36:35	varshakushwaha1999@yahoo.com	FY BCom	08263038334	Topic 2: Building healthy Social connections- with family and peers	Yes	Lockdown	About corona
	4-23-2020 11:37:12	varshakushwaha1999@yahoo.com	FY BCom	08263038334	Topic 2: Building healthy Social connections- with family and peers	Yes	Lockdown	About corona




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Pooja sain
(Coordinator)

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111	4-24-2020 10:28:22	shreya.sawant2021@gmail.com	SY BCom	8605872204	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Negativity in the atmosphere	Na
112	4-24-2020 10:53:34	prajaktachikate160397@gmail.com	FY BCA	7066646264	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Na	How to keep mind peace
113	4-24-2020 10:58:18	Ankitak6620@gmail.com	MA	8407954755	Topic 3: Well-being and Mindfulness in times of lock down	No	Negative thoughts	How to conquer our fears
114	4-24-2020 10:59:42	melwani1980@gmail.com	FY BCA	7620298477	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Lack of Concentration on studies and worried about the future.	Everythg
115	4-24-2020 10:59:57	Akanksha.ankul@gmail.com	SY BCA	9608260366	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Attitudes	Family relationship issues
116	4-24-2020 11:00:39	khushbu0617@gmail.com	SY BCA	8208473996	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Family issues emotional issues	Yes
117	4-24-2020 11:01:03	snehametal5935@gmail.com	SY BCA	9767607121	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Yes	How to control its thinking
118	4-24-2020 11:07:43	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control the anxiety of the pandemic?	How to control its thinking
119	4-24-2020 11:07:55	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control the anxiety of the pandemic?	the topic of not only bonding but maintaining relations..
120	4-24-2020 11:11:41	hebayusuf01@gmail.com	FY BCA	8007787420	Topic 2: Building healthy Social connections- with family and peers	No	I need to bond with people more..	Online Graduation Process
121	4-24-2020 11:44:44	www.alvirasayyed97@gmail.com	TY BCom	7666391763	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of not graduating	How to utilize time in a good way
122	4-24-2020 11:45:15	yashikaj33@gmail.com	SY BCA	9970797756	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Cannot concentrate enough on a particular work	How keep engage and what are the activities to do in lockdown
123	4-24-2020 11:54:30	ramesh_aom@yahoo.co.in	TY BCom	8087395999	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Bored and lazy	How to keep mind peace
124	4-24-2020 12:13:13	Ankitak6620@gmail.com	MA	8407954755	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Negative thoughts	How to handle family pressure because we're all at home now
125	4-24-2020 12:13:31	jinujose1099@gmail.com	TY BCom	8605858479	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Stress and uncertainty about future	Yes
126	4-24-2020 12:17:46	garimakundu17@gmail.com	FY BA	08087856733	Topic 3: Well-being and Mindfulness in times of lock down	No	Yes	How to be free from stress?? What to do when we are over thinking??
127	4-24-2020 12:19:46	arshwaryandalkar9700@gmail.com	FY BCA	9730626669	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Feeling lonely and boring in this lockdown..What to do in such situation??	How to be patiences and how to be good at every situations
128	4-24-2020 12:42:08	anushajadhav22@gmail.com	TY BCA	9657908705	Topic 1: Strategies to manage anxiety in times of Lock down	No	Nothing as such	tips for laziness and over thinking
129	4-24-2020 16:58:02	simranvb.b01@gmail.com	FY BBA	9272299748	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Laziness	Loneliness, irritability
	4-24-2020 21:13:59	shreshthapattadar@gmail.com	SY BA	9422505264	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	How do I keep calm, not think about things that I can't change, stay in the present ? What can I do to help with my anger ? How can I connect with others ?




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131	4-24-2020 22:33:40	titiksha2403@gmail.com	SY BA	9403565548	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	someone other than family but I can't get myself to do it. I don't understand how or chat to talk about or say and it leads to a lot of frustration and anger since there is no outlet for my feelings. I constantly keep getting involved in a lot of thinking about the past decisions and events that I have regret over or that have been very hurtful. I keep thinking about how I could have done things differently. It leads to a lot of distress and I am unable to stay focused. I want to do a lot of things but I just can't when I am thinking so much. I cannot continue doing the same activity for more than 30 mins or over 4-5 days. I am angry and irritated most of the time and I get	How to maintain outside connections not being panicked or over insecured
132	4-24-2020 23:29:39	tanudeokar@gmail.com	SY BA	9552585601	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Being distant from a super close connection outside. Missing the freedom and fun ,the feeling of being alive.	How to overcome stress from the current situation, and how to you use time more tactfully?
133	4-25-2020 6:53:12	joharkhadija@yahoo.com	TY BA	9769639838	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Loneliness and stress	How to discuss your problems.
134	4-25-2020 9:58:06	Shilpa londhe	M Com	7038811541	Topic 2: Building healthy Social connections- with family and peers	No	Less motivation	.
135	4-25-2020 10:30:45	muskan.bhutani11@gmail.com	M Com	9850719664	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	.	Confidence
136	4-25-2020 11:25:44	vaishnavidhabu28@gmail.com	FY BCom	8237695204	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Career anxious	Productivity - what and why?
137	4-25-2020 12:34:19	rjeewanjee@gmail.com	TY BA	9421042523	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	..	Discussion on how to build wellbeing overall for ourselves as well as others, and would like to know more about mindfulness- how it helps maintain wellbeing. Thank you!
138	4-25-2020 15:55:36	aharna1998@gmail.com	TY BA	9970961821	Topic 3: Well-being and Mindfulness in times of lock down	No	Concerned and uncertain about how and when I'll complete my degree- the final exams.	Loneliness
139	4-25-2020 22:53:20	samru.kadam99@gmail.com	TY BCom	8806056327	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Loneliness	build healthy relation with family members
140	4-25-2020 23:02:09	01n.agarwal@gmail.com	TY BCom	8446706766	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Build healthy relations with siblings	Examination stress




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156	4-27-2020 9:11:14	anushai2101@gmail.com	FY BA	9420915662	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Stress while watching NEWS	All
157	4-27-2020 12:58:20	ritujagdale0@gmail.com	SY BA	8087018860	Topic 3: Well-being and Mindfulness in times of lock down	No	No	Some measure to study with attention as mind is diverting easily
158	4-27-2020 18:36:16	himanikedia42@gmail.com	SY BCom	7447510294	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Not being able to study properly	How to utilise time in doing and learning something new at home during quarantine?
159	4-27-2020 18:37:59	bauresha@gmail.com	SY BA	07387796889	Topic 3: Well-being and Mindfulness in times of lock down	No	Utilising time in a peaceful way.	None
160	4-27-2020 20:07:21	tanisha.khatri0201@gmail.com	SY BCom	8888710438	Topic 3: Well-being and Mindfulness in times of lock down	No	None	How to keep the mind calm and focus on achieving goals
161	4-28-2020 15:34:42	richasabnis13@gmail.com	M Com	8668504565	Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety related to my future	How to instill self care in daily life routine?
162	4-28-2020 21:03:24	nirikshashetty24@gmail.com	SY BA	9890650604	Topic 3: Well-being and Mindfulness in times of lock down	No	None	Don't know
163	4-29-2020 7:49:21	gunjanadvani29@gmail.com	TY BCom	8369148541	Topic 3: Well-being and Mindfulness in times of lock down	No	Talking with adults	No I don't want to discuss any questions
164	5-1-2020 16:08:33	nrajoria9223@gmail.com	TY BA	7028833685	Topic 2: Building healthy Social connections- with family and peers	No	I don't face any problem	nothing
165	5-2-2020 16:18:00	aishupawar0230@gmail.com	SY BCom	8600096648	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Exam problem	

Program Coordinator
Total Students

Ms. Pooja Jain
165

Pooja Jain
Pooja Jain



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St. Mira's College for Girls, Pune
Mental Well-being Program 2019-2020
Mental Wellness Webinar Series - Registration Form (Outside Students)
Date: 25, 27 & 29 April, 2020

S. No.	Timestamp	What is your age? (in	Email address	Name	City of Residence	Name of the College/Institution	Year of Degree	Field of Education	Which webinar/session would	What are some topics, questions or Coping strategies	What are some of the mental health concerns	Any other theme/concern that	How did you hear about these sessions?	
1	4-22-2020 20:13:51	20	mail.com	Preksha	Pune	girls	year	Humanities	All three sessions	anxiety, depression	productivity	No	College faculty	
2	4-22-2020 20:18:45	27	mail.com	Susmita Yadav	Pune	Girls	Third year	Humanities	All three sessions	anxiety, depression	productivity	No	College faculty	
3	4-22-2020 20:26:35	20	9@gmail.com	Aishwarya Bhosale	Pune	girls	Third year	BBA	All three sessions	Overthinking	No mood for studies	No	College faculty	
4	4-22-2020 20:27:01	20	mail.co	Kajal	Pune	St mira college ,pune	year	Science	manage Anxiety,		Family		WhatsApp message	
5	4-22-2020 20:30:50	21	@gmail.com	Ankita	Pune	Abasaheb Garware	Third year	Humanities	All three sessions	how do deal with	examination and	problems regarding	Friend/Peer	
6	4-22-2020 20:42:47	20	l.com	Pratiksha	Pune	St. Mira's college	Third year	Commerce	All three sessions	after staying in close	Depression	No	WhatsApp message	
7	4-22-2020 20:45:29	18	ail.com	Ritika	Pune	Saint miras	First year	Humanities	manage Anxiety,	development	personality disorder I	right use of Mobile	WhatsApp message	
8	4-22-2020 20:48:21	1995	l.com	Pooja Nahar	Pune	Modern college	part 2	Psychology	All three sessions	Mindfulness	Exams	No	WhatsApp message	
9	4-22-2020 20:50:21	19	m	Siddhai Pashikar	Pune	Modern college	First year	Humanities	All three sessions	anxiety	Hopelessness	procrastination	WhatsApp message	
10	4-22-2020 20:58:25	18	@gmail.com	Sourabh jaiswal	Amravati	science and commerce	First year	Arts	manage Anxiety,	your goal , career , life	properly , continuously	No	College faculty	
11	4-22-2020 20:58:56	18	ail.com	Triveni kate	Pune	shivajinagar	First year	Humanities	All three sessions	in these times	Family pressure	No	WhatsApp message	
12	4-22-2020 21:00:30	18	l@gmail.com	Samruddhi	Nashik	Modern College	First year	Humanities	manage Anxiety,	in the daily routine in	Regarding exams	No this is fine.	College faculty	
13	4-22-2020 21:02:29	19	.com	Sanskriti Patil	Pune	Modern college	year	Humanities	All three sessions	thoughts of	Underperforming	No	WhatsApp message	
14	4-22-2020 21:04:37	19	il.com	Varda Maydeo	PUNE	Shivajinagar	year	Humanities	All three sessions	in regard with social	Anticipatory anxiety	during lockdown	College faculty	
15	4-22-2020 21:05:19	19	m	Eesha Joshi	Pune	Arts, Science and	year	Humanities	All three sessions	frustrated emotions?	productive (in case of	How to be calm?	College faculty	
16	4-22-2020 21:06:14	18	@gmail.com	Manish	Pune	Shivajinagar	First year	Humanities	All three sessions	Self confidence	Memory	Nope	WhatsApp message	
17	4-22-2020 21:22:53	24	l.com	Sneha Jitendra Joee	Pune	St. Mira's college	Third year	Humanities	manage Anxiety,	and how to stop being	suicidal , anxiety,	-	College faculty	
18	4-22-2020 21:24:36	20	gmail.com	Siddhi Phalke	Pune	Arts, Commerce and	year	Humanities	All three sessions	1.How to cope with	or focus,	others with the same.	College faculty	
19	4-22-2020 21:31:33	21	ankitavyas187@gmail.com	Ankita vyas	Pune	St. Miras college for girls	Second year	Science	All three sessions	How to keep your mind clam...how to be positive	I have many backlogs...what is gonna happen about exam...will I able to clear my Pratical? I dnt remember anything...I'm gonna fail	How to face depression...and come out of it	College faculty	
20	4-22-2020 21:40:17	22	netra1997@gmail.com	Netra karhadkar	Pune	Modern college	Ma-2	Psychology	All three sessions	Insomnia in the term of this pandemic	Sleep disturbances	NA	WhatsApp message	
21	4-22-2020 21:41:13	19	ishadoshi3019@gmail.com	Isha	Pune	Modern college of arts commerce and science	First year	Humanities	All three sessions	How can we keep our mind fresh during this period	Feeling dizzy n bored	Relationship advices	WhatsApp message	
22	4-22-2020 21:50:33	19	vaishnavi8055@gmail.com	Vaishnavi kad	Pune	Modern	First year	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Nothing	Nothing	Nothing	WhatsApp message	
23	4-22-2020 21:51:09	18	nishaacharya1010@gmail.com	isha prakash achary	Pune	Abeda Inamdar senior college	First year	Arts	All three sessions	About depression	Depression	About self-love	College faculty	
24	4-22-2020 21:51:49	20	rjeewanjee@gmail.com	Rashluda Jeewanjee	Pune	St. Mira's College for Girls	Third year	Humanities	All three sessions	How does our anxiety affect poeple around us or vice versa? Is the lockdown really the cause of our anxiety(s) or is there something more to it? How expectations or needs affect social connections positively or negatively.	I personally am literally enjoying the lockdown because now i have all the time in the world to do what i love and moreover i have always been a home person. Also my all-time working mum is home now. So i dont really have any concern per say. Looking forward to gaming knowledge about the given topics!	Productivity - making the most of the time at hand		WhatsApp message

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25	4-22-2020 21:59:53	21	kashirox.ke@gmail.com	hmira Karim Chara	Pune	Abeda Inamdar Senior College of Arts, Science and Commerce	Third year	Humanities	All three sessions	How to reduce fear of death?	Tension, stress, anxiety, panic, short tempered, too much thinking about the future and exams, scared of failing exams and not being able to give the entrance and final exams, scared of being infection by virus and spreading it in the family even though I am practicing social distancing, feeling on loniless, feeling sad of not being able to talk to or meet friends.	How to overcome feeling of loniless.	WhatsApp message
26	4-22-2020 22:01:15	21	ruchijaiswal705@gmail.com	Ruchi Jaiswal	Thane	University of Mumbai thane Subcampus	Second year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Strategies to cope up with anger, irritation and to learn avoiding certain things. Distancing from family in a healthy way.	Anger, irritation, uselessness	No	WhatsApp message
27	4-22-2020 22:02:00	21	aasiyashaikh8484@gmail.com	Aasiya shaikh	Pune	Abeda Inamadar senior college	Second year	BA	Topic 1: Strategies to manage Anxiety	Fear ..fear of facing challenges and accepting the inhuman social behaviour of people... Towards ones	Stress pressure of family dealing with thier unwanted interference and dominance	For parents how to deal with the peer in every situation...	College faculty
28	4-22-2020 22:07:10	19	Ompuiiff@gmail.com	Vanlalawmpuii	Pune	Abeda Inamdar senior college	First year	Humanities	Topic 2: Building healthy Social connections- with family and peers	Mental health	Spending too much time on social media that results in low reality life	Social media and student	WhatsApp message
29	4-22-2020 22:08:01	21	yashwi.radhika1999@gmail.com	Yashwi	Malkapur	K J Somaiya college of arts and commerce	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions.		Pressure	No	WhatsApp message
30	4-22-2020 22:13:40	30	monadedhia707@gmail.com	Iona Nimesh Dedh	Mumbai	A.E.Kalsekar college of commerce and management	Net/set	Economics	All three sessions	Something related to Women health issues	Anxiety, comparrison with male gender in family,	Gender sensitization	WhatsApp message
31	4-22-2020 22:22:18	18	anushijain10@gmail.com	Anushi Jain	Indore	Modern college	First year	Humanities	All three sessions	How to maintaining a routine and follow it? Productivity in all aspects during lockdown,	I frequently feel burdened by my parents' expectations.	Managing emotions	College faculty
32	4-22-2020 22:30:17	20	shreyah8899@gmail.com	Shreya H	Pune	St. Mira's College for Girls, Pune	Third year	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Building and maintaining personal boundaries	Anxiousness about the uncertain nature of end semester exams, problems regarding organising daily schedules, motivation, etc.	Will share after the seminar, if required	WhatsApp message

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33	4-22-2020 22:32:50	19	ekandeshreya9@gmail.com	Shreya Ekande	Pune	Marathwada Mitra Mandal College of Engineering, Pune	First year	Science	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Management of Emotions	Emotional imbalance in relationships	How to manage emotions in relations	Friend/Peer
34	4-22-2020 22:35:38	21	aditi.wable98@gmail.com	Aditi	Pune	St Miras College for girls	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Anger Management, Parental Pressure & relationships	How to handle the exams and studies pressure	How to handle exams pressure and also how to manage the parental pressure during the exams time	College faculty
35	4-22-2020 22:35:46	21	aditi.wable98@gmail.com	Aditi	Pune	St Miras College for girls	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Anger Management, Parental Pressure & relationships	How to handle the exams and studies pressure	How to handle exams pressure and also how to manage the parental pressure during the exams time	College faculty
36	4-22-2020 22:48:57	23	Dhirajbhoj97@gmail.com	Dhiraj Bhoj	Pune	Modern college pune	First year	Humanities	All three sessions	1) Fake news and hatred is raised. 2) distance relationship is affecting between closed ones.	Anxiety and stress	Stress management techniques	College faculty
37	4-22-2020 22:58:13	21	elijahkoshy@gmail.com	Elijah Koshy	Pune	Abeda Inamdar Senior College	Third year	Humanities	All three sessions	Coping strategies during lockdown for lack of purpose and productivity	Low Motivation to do anything	Same as above	WhatsApp message
38	4-22-2020 23:00:27	22	vidhishah9.vs@gmail.com	Vidhi Shah	Pune	St Mira's College for Girls	First year	Humanities	All three sessions	already covered the main one: anxiety	the uncertainty of the whole situation	can't think of any as of now	Friend Peer
39	4-22-2020 23:00:42	20	azimnandam993@gmail.com	tohd Azim.S.Inamdar	Pune	Poona College	Second year	Commerce	All three sessions	Learning's	Anxiety	Self motivation	WhatsApp message
40	4-22-2020 23:04:20	18	hegdesakshi369@gmail.com	Sakshi hegde	Pune	Modern college of arts science and commerce	First year	Humanities	All three sessions	How people should identify anxiety and should not be afraid to talk about it	Feeling unsure about our career paths	Main causes of anxiety and how anxiety may lead to depression	WhatsApp message
41	4-22-2020 23:04:30	22	sahilkotadiya0@gmail.com	Sahil kotadiya	Pune	Abeda inamdar senior college of arts, commerce and science	Third year	Humanities	All three sessions	How to deal with anxiety and stress which caused by lockdown	Stress	No	College faculty
42	4-22-2020 23:12:59	21	apeksha.acw@gmail.com	eksha Eknath Wable	Pune	St. Mira's College For Girls	Third year	Science	All three sessions	How to fight over lonliness.	Due to uncertain due dates of examinations, we aren't clear about how to study.	No	College faculty
43	4-22-2020 23:23:27	23	waghsrushi96@gmail.com	Srushti	Pune	Moderen College	Second year	Humanities	All three sessions	As there is alot of time in our hand I feel pressured for being productive, specially when I get a clear idea abt the situation and I am unable to do anything. How do u think can I deal with this feeling?	Pressure of being productive; spells of hopelessness	Evolution and adaptation - Practical view to Covid -19	College faculty
44	4-22-2020 23:29:37	20	shafqatkhani1211@gmail.com	Shafqat Khan	Pune	Abeda inamdar senior college	Third year	Arts	All three sessions	Anxiety, stress, trauma	Stress	No	College faculty
45	4-22-2020 23:55:26	18	Vishnupriyanaik02@gmail.com	Vishnupriya	Pune	Modern college	First year	Humanities	All three sessions	How to have fun activities or some talk with family	How will be our semester	How to focus on studys in lockdown	WhatsApp message
46	4-23-2020 0:02:33	18	sakshiyedke22@gmail.com	Sakshi Yedke	Pune	Naralkar Institute	First year	Commercial arts	All three sessions	Anger management	Not being able to focus on a particular work	No	Friend/Peer



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47	4-23-2020 0:04:01	21	apurvaaza61098@icloud.com	Apurva Oza	Pune	Modern college Shivaji nagar	Masters in psychology Part 1	Humanities	All three sessions	Anxiety management	Anxiety staying indoors is a concern I have received from my friends...	No	WhatsApp message
48	4-23-2020 0:06:59	17	kartikithopte29704@gmail.com	KARTIKI THOPAT	pune	Modern college of arts commerce and science	12 th pass	Commerce	All three sessions	Self doubt and public pressure	Public speaking	Body issue	Friend/Peer
49	4-23-2020 0:08:10	20	shreyashinde082001@gmail.com	Shreva Shinde	Pune	Sp college	First year	Science	All three sessions	Depression, low self esteem ,how to be confident and love ur self	Depression,low self esteem	Above mentioned	WhatsApp message
50	4-23-2020 0:43:22	19	arbazkhan524333@gmail.com	Arbaz Khan	Mumbai	A.E. Kalsekar College	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How can we stop overthinking	Overthinking	All about meditation and starting habits	College faculty
51	4-23-2020 0:56:48	55	snehakitkuleb55@gmail.com	SNEHA KITKULE	PUNE	Modern College of Arts & Science	MA(psychology)	Arts - Psychology	All three sessions	Anxiety regarding exam, no concentration on studies, negative news and fear of corona virus, dullness etc	Anxiety, depression, nervousness, no concentration, dullness, negative thinking and mainly no social contact, impact of news on corona virus , insomnia etc	Post corona impact on mental health, how to handle situation when lockdown gets over etc	College faculty
52	4-23-2020 2:41:02	18	sksafina25@gmail.com	Safina	Pune	Abeda inamdar Senior collage	Second year	Arts	All three sessions	Anxiety ect	Anxiety	No	WhatsApp message
53	4-23-2020 7:32:05	19	shivaniikumari8420@gmail.com	Shivani Kumari	Pune	St. Mira's College for girls	Second year	Science	All three sessions	How keep calm during lockdown	Frustrated and anxiety	How to manage time	WhatsApp message
54	4-23-2020 9:31:42	18	rutujamapari1234@gmail.com	Rutuja Shivani	Ralegansiddhi	New Arts commerce and science college	First year	Commerce	Topic 1: Strategies to manage Anxiety	Lockdown	Study entertainment	Lockdown	WhatsApp message
55	4-23-2020 10:23:51	19	anusahi2101@gmail.com	Anushika Jadhav	Nigdi, Pune	St. Miras college for Girls	First year	Humanities	All three sessions	To manage stress	Pandemic stress, boring phase	No	WhatsApp message
56	4-23-2020 10:51:27	21	komalhrathod1012@gmail.com	Komal	Pune	Ness wadia college of commerce	Mcom	Commerce	All three sessions	Now at this time of pandemic are we suppose to study or enjoy our holidays	Time management	Time management	College faculty
57	4-23-2020 10:53:08	20	dhankanidisha@gmail.com	Disha dhankani	Pune	St miras college pune	Third year	Arts	All three sessions	Like how to cope up with stress anxiety	Anxiety, loneliness, hopelessness	No	College faculty
58	4-23-2020 11:23:41	19	guikwadvs2001@gmail.com	akwad vaibhavi Sar	Bhoyare gangarda	New Art's commerce and science college Parner	First year	Commerce	All three sessions	No more	No more	No idea	Social media
59	4-23-2020 11:44:34	21	bhagyashree_parchurce@gmail.com	Bhagyashree	Pune	Vishwakarma University	First year	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	-	The uncertainty about the future	-	WhatsApp message
60	4-23-2020 11:50:28	21	lightfatema75@gmail.com	Fatema	Pune	St. Mira's College for Girls	Graduated	Humanities	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	How to not let go of ourselves and get irritated easily	Lack of motivation to do anything.	Can't think of anything	WhatsApp message
61	4-23-2020 12:43:33	25	akashdethea@gmail.com	Akash Detha	Pune	ICAI	IPCC	Commerce	All three sessions	Building healthy social connection	Stress		WhatsApp message



JR
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Pr
Prin. Jain
(Coordinator)

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62	4-23-2020 12:46:34	20	rohanaaron04@gmail.com	Rohan	Pune	Ness Wadia College of Commerce	Second year	Commerce	All three sessions	How to be productive during these times.	I'm actually not facing any mental problems because I've adapted well. Just joining in to see if there is something extra that I can learn / take back.	NA	College faculty
63	4-23-2020 12:48:25	22	anbugayathri98@gmail.com	GAYATHRI	Thnjavur	Central University of Tamil nadu	Second year	Management	All three sessions	How to overcome anxiety of job search after graduation	Missing our exams and classes. Online classes and assignments aren't much helpful.	Drug abuse	Friend/Peer
64	4-23-2020 12:50:30	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV	First year	Science	All three sessions	Time management and society	Depression	Self confidence	Friend/Peer
65	4-23-2020 12:52:32	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV	First year	Science	All three sessions	Time management and society	Depression	Self confidence	Friend/Peer
66	4-23-2020 12:56:58	22	Praveenbaalaaji21@gmail.com	Praveen Balajinatha	Thanjavur	Vels University	Third year	Nautical science	All three sessions	Stress caused by isolation from outside world	Loss of intrest in interaction with housemates, too much of anything is good fr nothing kind of	No	Friend/Peer
67	4-23-2020 12:58:32	19	32krushna@gmail.com	helke krushna santo	Parner	New arts commers and science collage parner	First year	Commerce	Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Discussions. ... Building Understanding Discussion. Purposes/Goals	I don't know	This time no	WhatsApp message
68	4-23-2020 13:19:02	21	chinmaysharma143@gmail.com	chinmay sharma	ghaziabad	icfar university	Second year	business management	All three sessions	How can we be creative during lockdown, can we make money while learning something	Pcod/Pcos	No	WhatsApp message
69	4-23-2020 13:23:22	28	mayankshekarroy@gmail.com	MAYANK	Patna	Central University of Tamil Nadu	Second year	Management	All three sessions	Time management in small oacked house with noisy siblings and abusive guardians.	Job.	No	WhatsApp message
70	4-23-2020 13:34:44	23	rohitsingh9172@gmail.com	Rohit Singh	Mumbai	IBS	Second year	MBA	All three sessions	None	Stress	Biasness in class	WhatsApp message
71	4-23-2020 13:48:54	27	supriyaalhat1993@gmail.com	s. Supriya Suresh A	Pune	Arts, Commerce and science college of Narayangaon	Ph.D perusing	Commerce	All three sessions	Precaution should be taken by the family members	Fake news and rumors about COVID 19	What will be the impact of COVID 19 on Indian Economy	WhatsApp message
72	4-23-2020 13:51:14	25	jjyoti123medge@gmail.com	Jyoti Eknath Medge	Pune	St.miras college for girls	Third year	Science	All three sessions	Time management	Lack of time	No	College faculty
73	4-23-2020 14:00:10	21	husna.shaikh0404@gmail.com	Shaikh Husna	Pune	Abeda inamdar senior college	Third year	Humanities	All three sessions	Dealing with clients with quarantine anxiety.	Lack of motivation to study as exam dates aren't confirmed yet.	No	College faculty
74	4-23-2020 14:03:21	20	jansamiksha73@gmail.com	niksha AjitKumar	Pune	MMCC	Second year	Commerce	All three sessions	How to overcome this problems	Tention related to any work	No	WhatsApp message
75	4-23-2020 14:23:10	20	manepranita14@gmail.com	Pranita Mane	Pune	Modern college of arts science and commerce	Third year	Arts	All three sessions	Frustration , anxiety , anger	Iam not facing anything	No	College faculty
76	4-23-2020 15:58:19	22	nikhilamback7@gmail.com	Nikhil ganesh	Trivandrum	Jkk Munirajah institute of occupational therapy	Waiting for results	Science	All three sessions	About anxiety	Anxiousness	Motivation on students	Friend/Peer
77	4-23-2020 16:22:34	22	abhaysurya@gmail.com	Abhaysury	Trivandrum	Santhigiri college	Third year	Commerce	Topic 3: Well-being and Mindfulness in times of lock down	How to reduce boredom. Time Management .	Emotional fatigue.	Nope	Friend/Peer
78	4-23-2020 16:59:19	22	lodayamchul27@gmail.com	Mehul Lodaya	Mumbai	Lokmanya Tilak Institute of Architecture and Design Studies.	Fifth Year.	Architecture	All three sessions	How to be stable and productive if stuck alone in Quarantine. Being alone in house is disturbing me now.	Unable to focus on work and myself	None	Friend/Peer
79	4-23-2020 17:46:02	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV		Science	All three sessions	Control anxiety and depression	Depression	How to prepare ourselves	Friend/Peer
80	4-23-2020 17:46:22	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV		Science	All three sessions	Control anxiety and depression	Depression	How to prepare ourselves	Friend/Peer



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For
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81	4-23-2020 17:48:27	22	rushalibelapurkar@gmail.com	Rushali Belapurkar	Pune	St. Mira's College for girls, Pune	Science	All three sessions	Control over negative thoughts , how to stop over thinking	I feel I won't get any job and I will disappoint my mom	How to stop overthinking	College faculty
82	4-23-2020 17:48:37	22	rushalibelapurkar@gmail.com	Rushali Belapurkar	Pune	St. Mira's College for girls, Pune	Science	All three sessions	Control over negative thoughts , how to stop over thinking	I feel I won't get any job and I will disappoint my mom	How to stop overthinking	College faculty
83	4-23-2020 18:32:09	19	1706.BHOOMI@GMAIL.COM	DMI MUKESH P	NAVI MUMBAI	St. Miras College	Humanities	Topic 1: Strategies to manage Anxiety, Topic 3: Well-being and Mindfulness in times of lock down	How to cope with the stress	Stress, anxiety, panic	Study mechanisms	WhatsApp message
84	4-23-2020 18:34:43	18	harsheenk.rajpai@gmail.com	Harsheen Rajpai	Pune	PICT	Science	Topic 1: Strategies to manage Anxiety	Dealing with anxiety when its periodic Overcoming extreme test anxiety	Cyclothymia Lack of walks and aesthetic nature contact Absence of usual coping mechanisms	Mental health care access (therapists,etc) availability to teenagers	WhatsApp message
85	4-23-2020 19:18:17	18	uzmanakedar@gmail.com	Uzma Nakedar	Pune	Anda Inamdar senior college	Arts	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Yes	No All good	No	WhatsApp message
86	4-23-2020 20:00:14	21	Ostwalb10@gmail.com	Bhagyashri Ostwal	Shirdi	Institute of Chartered Accountants	Commerce	All three sessions	Self esteem	Stress & fear	No	WhatsApp message
87	4-23-2020 20:00:29	21	Ostwalb10@gmail.com	Bhagyashri Ostwal	Shirdi	Institute of Chartered Accountants	Commerce	All three sessions	Self esteem	Stress & fear	No	WhatsApp message
88	4-23-2020 20:07:40	20	memonfirdous895@gmail.com	Firdous Memon	Pune	Abeda inamdar senior college	Arts	All three sessions	I have no idea exactly	Stress, keeping up patience and anger staying at home	Anger management	WhatsApp message
89	4-23-2020 22:22:08	18	201900505@vupune.ac.in	Natasha shah	Pune	Vishwakarma university	Humanities	All three sessions	If one cannot make friends how to deal with that and also how to be comfortable in being alone in college.	Anger, frustration and anxiety	Nope	WhatsApp message
90	4-23-2020 22:37:14	19	vaibhavikadam05@gmail.com	IAVI MUKUND K	Pune	Vishwakarma University	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, All three sessions	What should we do to keep our mental health healthy	Anxiety	How to overcome anxiety	WhatsApp message
91	4-23-2020 23:41:05	18	inaarahsm@gmail.com	Inaara	Pune	Symbiosis Institute of Design	Design	All three sessions	Hypochondria, Insecurity	Insecurity	Acceptance	College faculty
92	4-24-2020 4:43:23	19	avanibheda2000@gmail.com	AVANI BHEDA	Pune	FC	Humanities	All three sessions	Anxiety management	Depression	Stress management	Friend/Peer
93	4-24-2020 10:45:15	19	shreya.sawant2021@gmail.com	Shreya	Pune	St. Mira's college for girls	Commerce	All three sessions	Happiness in any hard situation	Nothing	No	College faculty
94	4-24-2020 11:35:31	19	ms.sanika2000@rediffmail.com	Sanika Shiradkar	Pune	Modern college	Humanities	All three sessions	Conflict reducing strategies	Anxiety, lack of productivity	No	WhatsApp message
95	4-24-2020 11:37:24	22	harshadanark1512@gmail.com	Harshada	Pune	ICAI	Commerce	All three sessions	How to teach mind that think less and do more	How to be focus on our studies and exams	No	Social media
96	4-24-2020 11:45:04	20	ketakimangrulkar99@gmail.com	Ketaki Mangrulkar	Pune	Modern College of Arts, Science and Commerce, Shivajinagar, Pune-05	Humanities	All three sessions	How would we deal with daily life situations post the corona virus crisis.	Anxiety and stress is most commonly found.	Ways to keep your mind positively engaged to refrain from getting negative thoughts	College faculty
97	4-24-2020 15:12:33	23	sktupc25@gmail.com	Shalaka tupe	Pune	St miras college	Science	All three sessions	How to stop overthinking	No	No	Friend/Peer
98	4-24-2020 17:19:35	21	dikshachougule3@gmail.com	Diksha	Pune	St. Mira's College for girls pune	Science	All three sessions	How to overcome from negativity	How to deal with anxiety	No	Friend/Peer




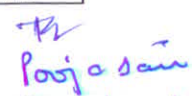
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Four
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106	4-24-2020 19:56:54	19	sukeshseth13@gmail.com	Seth Sukesh	Thane	SRM Institute of Science & Technology	Engineering	All three sessions	How to start focusing more on achieving dreams than worrying about love & money? How to start loving yourself more than anybody else?	Anxiety management, fear of not being able to achieve dreams in future, fear of getting lost in the crowd, fear of losing people I love, not being able to achieve goals that I set	No	Friend/Peer
107	4-24-2020 19:59:09	18	www.khushipathak7030@gmail.com	Khushi Pathak	Aurangabad	Vishwakarma University	Humanities	All three sessions	None	None	None	WhatsApp message
108	4-24-2020 19:59:16	19	Renakeritesh@gmail.com	Ritesh renake	Belgaum	Ekattvam pune	Commerce	Topic 2: Building healthy Social connections-with family and peers	Effective communication on social platform	Overthinking and lack presence of mind	Importance of self awareness	Sir, Rishab jain
109	4-24-2020 20:02:12	18	rajyog123patil@gmail.com	Rajvardhan Patil	Pune	Vishwakarma University	Humanities	All three sessions	None	None	None	WhatsApp message
110	4-24-2020 20:17:25	20	jain.komal2000@gmail.com	Komal Jain	Pune	Institute of Chartered Accountants of India	Commerce	All three sessions	Pressure created my social media for discovering new passions and hobbies	High expectations from self	Difference between Depression and Stress/Anxiety	Social media
111	4-24-2020 20:23:50	28	caankitabhargava@gmail.com	Ankita Bhargava	Pune	Na	Commerce	All three sessions	How to maintain better relationships whole suffering from anxiety	Anxiety, depression, stress	Good well being	Friend/Peer
112	4-24-2020 20:48:43	20	pratikshawalke5@gmail.com	Pratiksha walke	Loni kalbhor, Pune	St.Mira's college for girls	Commerce	All three sessions	How to face this situation	Stress of exam	Stay home stay healthy	College faculty
113	4-24-2020 20:54:36	29	bezhanayubi100@gmail.com	Bezhan Ayubi	Visakhapatnam	Andhra University	Humanities	All three sessions	Role of mindfulness in reducing anxiety	Concerned about family members	No other them	Social media
114	4-24-2020 21:03:37	20	jayatripathi1206@gmail.com	Jaya Tripathi	Pune	St. Mira's College for Girls, Pune	Humanities	All three sessions	2) How to stay positive in this situation?	Anxiety, feeling of uselessness and overthinking	More on how to focus on our health both physically as well as mentally.	WhatsApp message
115	4-24-2020 21:07:14	19	Youniquething@gmail.com	Swati parab	harghar navi mumb	Bharti vidyapeeth	Commerce	All three sessions	Treating anxieties and healthy family plan	Stress, anxiety, mood disorder	Dealing with boredom	Social media
116	4-24-2020 21:18:20	30	suprit8589@yahoo.co.in	Suprit Shali	Pune	Suprit Shali	Information	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Its completely new and just to divert my mind somewhere else in this lockdown period I want to attend	NA	NA	Social media
117	4-24-2020 21:18:58	19	chanchlanphalguni@gmail.com	Phalguni Chanchlan	Pune	St. Mira's College for Girls	Science	All three sessions	How to overcome your weaknesses.	Peer Pressure	How to overcome our weaknesses.	WhatsApp message
118	4-24-2020 21:20:18	20	askmonisa@gmail.com	Monisa Shaikh	Pune	Sinhgad Law College	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How to manage passive and super strong emotions in times of crisis?	Feeling lonely even when surrounded by people.	Social media
119	4-24-2020 21:20:21	23	Sharjeelzafarahmed@gmail.com	Sharjeel	Pune	MIT	Commerce	All three sessions	Na	Depression	Na	Friend/Peer
120	4-24-2020 21:32:27	19	aashmargada@gmail.com	Aashina Gada	Mumbai	Mithibai College	Humanities	All three sessions	How to maintain good mental health during this time and deal with stressed family members	Anxiety, Stress, Depression, addictions of diff types	Is it necessary to be productive everyday?	Social media
121	4-24-2020 21:37:47	21	praful_ka@gmail.com	Keya	Mumbai	Podar	Commerce	All three sessions	How to be stress free due to lockdown	Stress due to lockdown	Stress buster	Social media




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122	4-24-2020 21:39:52	20	reshmasahoo0@gmail.com	Reshma Sahoo	Cuttack	Ravenshaw University	Imba	All three sessions	How to Converting negative pattern to positive pattern and how to being consistent in it , what to do when you are panicking ,	Self-hatred ♡, Depression	About self-love	Friend/Peer
123	4-24-2020 22:09:31	23	shivsoni.031997@gmail.com	Shivratan Soni	Ichalkaranji	Pune University	Commerce	All three sessions				Social media
124	4-24-2020 22:44:24	20	kalbhortejaswi@gmail.com	Tejaswi	Pune	Modern college of commerce and computer studies	Commerce	All three sessions		Peer pressure lack of freedom	No	Social media
125	4-24-2020 22:52:18	20	vedanti.agrawal123@gmail.com	Vedanti Agrawal	Jalna	Fergusson college, pune	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How to proportion self-time and family-time in a nuclear vs joint family, for a person who gets anxious very easily	Conflicts within the family all spending days together is brain-aching!! And how much time to spend studying and in the anticipation of exams is also exhausting my mind	-	Friend/Peer
126	4-24-2020 23:23:58	22	arsha.nair8597@gmail.com	Arsha	Pune		Humanities	All three sessions	Managing anxiety and emotional breakdowns	Constant low mood.	Dealing with thoughts regarding our past.	Social media
127	4-25-2020 0:10:28	21	ketaki.lomte@gmail.com	Ketaki	Pune	Indira college of commerce and science	Commerce	All three sessions	Management of anxiety	Being failed how to cop up	How you cope up with toxic relationships	Friend/Peer
128	4-25-2020 1:50:06	21	manyamishra18@gmail.com	Manya Mishra	Aurangabad	Rashtriya College	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers.	how to handle and overcome anxiety. How to handle relations when you're a little bipolar-ish	anxiety, mental exhaustion	mental exhaustion	Social media
129	4-25-2020 5:43:13	32	anilbadkar@yahoo.co.in	Ram Badkar	Pune	Karve Insitute of Social Service	Humanities	All three sessions	How to take away our mind from negative thoughts when things are not happening in our favour or positive manner?	Anxiety	Mind wellness	WhatsApp message
130	4-25-2020 6:13:38	26	Pune	Priyanka	Pune	JSPM	Commerce	All three sessions	Being strong in critical situations	Dealing with the people who ignores our good did and keep on pointing out everything we do	How to keep motivation continuously for what we decided to achieve goal, Sometimes energy gets low due to unnecessary circumstances	Friend/Peer
131	4-25-2020 8:24:06	25	omkar.talatkart@gmail.com	Omikar Talatkar	Pune	Omikar Talatkar	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Please tell me how to manage mental health or emotionally	Fear about future	Good	WhatsApp message
132	4-25-2020 8:28:14	25	asanjalishah3@gmail.com	Anjali Shah	Latur	ICAI	Commerce	All three sessions	Emotional stress Management	Emotional unbalancing	Attitude for self	Social media
133	4-25-2020 9:04:01	21	patilnkar93@gmail.com	Omkar appasaheb pa	Pune	Pimpri Chinchwad college of engineering	Science	All three sessions	How to maintain positive mindset	Negative thoughts	How to maintain positive mindset	Social media
134	4-25-2020 9:07:36	22	asadsaj8@gmail.com	Asad Sajadi	Pune	IHM GOA	Hotel Management	All three sessions	How to deal with anxiety and loneliness	Anxiety mainly depression	Depression	WhatsApp message




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135	4-25-2020 9:53:23	30	calpeshjain89@gmail.com	Kalpesh Bedmutha	Nashik	Necks and Collars	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	In this lockdown, every single day I'm scared about my future of business. I get tensed. How to tackle it?	I have so much time in this lockdown, but doesn't like to do anything.	No	Social media
136	4-25-2020 10:41:32	19	sayali777talekar@gmail.com	Sayali	Pune	St miras college for girls	Commerce	Topic 3: Well-being and Mindfulness in times of lock down	Nothing	Nothing	No	WhatsApp message
137	4-25-2020 12:36:36	22	joharkhadija@yahoo.com	hadija Cutpiecewa	Pune	St. Mira's College for Girls	Humanities	All three sessions	How to cope up with the current situation more positively? How to overcome stress?	Loneliness, stress	Mindful activities that can create positive attitudes	College faculty
138	4-25-2020 12:43:18	19	kokatechaitrali@gmail.com	Chaitrali Kokate	Pimpri	St Mira's College for girls	Science	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Dealing with family and relationships	Less productive	Being socially awkward	College faculty
138	4-25-2020 14:56:43	20	manepranita14@gmail.com	Pranita Mane	Pune	Modern college of arts science and commerce	Arts	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down				WhatsApp message
138	4-25-2020 17:10:39	19	sarannebrahim@hotmail.com	Sarah Ann Ebrahim	Pune	St Mira's College for Girls	Commerce	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Methods to cope with the ongoing situation	Anxiety, demotivation	Anything that would be useful	College faculty
139	4-25-2020 17:20:39	22	piyushapande6@gmail.com	Piyusha Pande	Pune	Vishwakarma University	Humanities	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	First aid counseling for anxiety. Ways to deal with clients facing anxiety and depression, together.	I've noticed that people are experiencing a lot of low moods, mostly due to unproductive days or adjustment issues. I also know people who live alone and that's becoming an issue for them, as there's no one around who they can simply talk to. Personally, I have only faced overthinking as yet, and I've been successful at tackling it. It's nevertheless been difficult on some days.	Yes. The importance of having a routine, that includes basic care like a good diet, daily exercise no matter how basic it is, time for proper sleep and relaxation. This is something that people don't take care of, but is important for maintaining mental health as well as physical health. People really need to understand this. It's something so small, yet so important. Even for long term.	Social media
140	4-25-2020 19:44:58	24	amolrawjade1996@gmail.com	Amol Rawjade	Pune	Karve institute of social sciences	Humanities	All three sessions				College faculty
141	4-26-2020 7:25:03	20	hritikraskar9909@gmail.com	Hritik Subhash Raskar	Parner	New are.commerce and science college parner	Commerce	Topic 2: Building healthy Social connections-with family and peers	Business	Yy	Don't no	College faculty



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142	4-26-2020 10:23:52	24	anusingh288@yahoo.com	Annu malik	Pune	St Mira's girls college		Humanities	All three sessions	About health	Depression	No	Social media
143	4-26-2020 17:09:43	18	siddeshchikane27@gmail.com	ikane Siddesh Sam	Parnar	New arts commerce & science college parner		Commerce	Topic 2: Building healthy Social connections-with family and peers	Stay home stay safe	Weekness	Yes	College faculty
144	4-26-2020 17:14:25	21	changaniprabhat@gmail.com	Prabhat Changlani	Pune	Abeda Inamdar Senior College		Humanities	Topic 2: Building healthy Social connections-with family and peers. Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How do we help people in this situation	Anxiety and unwillingness of doing anything	Nothing more	WhatsApp message
145	4-26-2020 19:00:16	18	rudranarhe@gmail.com	Narhe Avinash Balu	Barber,bk	new arts commerce and science college parner		Commerce	Topic 3: Well-being and Mindfulness in times of lock down	no	no	no	College faculty
146	4-26-2020 19:13:46	25	anki.munot94@gmail.com	Ankita Munot	Dhule	BNCA		Interior Designer	Topic 3: Well-being and Mindfulness in times of lock down	How to spot opportunities after this lockdown.	Since the market has gone down and there is a major downsizing. How should we sustain and give a tough fight against this	Mind training	Friend/Peer
147	4-26-2020 22:43:58	19	girunaik7@gmail.com	Girish	Chikhali	Symbiosis international University		Science	All three sessions	Self healing	Depression, overthinking	Nope	Friend/Peer
148	4-26-2020 22:44:06	19	girunaik7@gmail.com	Girish	Chikhali	Symbiosis international University		Science	All three sessions	Self healing	Depression, overthinking	Nope	Friend/Peer
149	4-26-2020 23:34:22	21	bhagyashripatil77.521@gmail.com	Bhagyashri V. Patil	Islampur(Sangli)	Csiber kolhapur		MSW	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	How to take care of mental stress,agression	Frustration	No	WhatsApp message
150	4-27-2020 1:09:33	19	kalerp11@gmail.com	Ramaa Kale	Pune	Fergusson college		Humanities	Topic 2: Building healthy Social connections-with family and peers. Topic 3: Well-being and Mindfulness in times of lock down	healthy relationships with family during this time	Anxiety due to the uncertainty	No	Friend/Peer
151	4-27-2020 1:48:10	21	changaniprabhat@gmail.com	Prabhat Changlani	Pune	Abeda Inamdar Senior College		Humanities	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How do we help people in this situation	Anxiety and unwillingness of doing anything	Nothing more	WhatsApp message
152	4-27-2020 10:29:08	28	ketakisnatekar@gmail.com	Ketaki	Bengaluru	NA		Humanities	Topic 2: Building healthy Soeal connections-with family and peers	Value of connections, resilience	Anxiety, Fear	Anxiety, Productivity	Social media
153	4-27-2020 19:40:14	21	Tnranjan27@gmail.com	Tanvi Sundaram	Pune	Abeda Inamdar senior college		Humanities	Topic 3: Well-being and Mindfulness in times of lock down	How to work on mental wellbeing after facing adversity	Being unproductive	I am open to learning	Friend/Peer
154	4-30-2020 12:52:13	53	Pragati_sriv@yahoo.in	Pragati Srivastava	Pune	Delhi Public School, Pune		Primary classes	All three sessions	About younger children of may be 7..8 yrs old	Lockdown	No	Social media
Total Students		154											
Program Coordinator		Ms. Pooja Jain											



Principal Incharge
St. Mira's College for Girls, Pune.

Pz
Pooja Jain
(Coordinator)



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- *G15/10AC/2019-20/53.*

Date:-22.03.2020

CIRCULAR

Between 22nd March 2020 to 04th April 2020 as Online Support Group Sessions are to be organized by for all Degree College Students during college hours as Covid-19 response initiative by College Mental Well-being Program over Zoom platform.

Pooja Jain
Ms. Pooja Jain
Coordinator



Gulshan H. Gidwani
Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology
Mental Well-being Program 2019-2020

Online Support group sessions for Students in times of COVID-19

Launched on March 22, 2020, the Online Support program is an extension of the college's ongoing mental wellbeing programme introduced last year.

Objectives:

1. To create a safe space to discuss students' needs, challenges and personal distress associated with preventive measures like quarantine and social distancing
2. To address psychosocial and academic stressors faced by students due to lockdown
3. Identifying students who may be at high risk for mental health concerns and reaching out to them through telephonic counselling
4. Conduction of focused group sessions for every class to address common concerns
5. Continuous sharing of information, tips and methods of mental health care through WhatsApp groups and email.

Plan of Action:

Step 1: Identifying students' needs and concerns

An online form was shared with all the students to know their mental health needs and readiness for online support groups/sessions. More than 700 students requested for online support and interaction with the college counsellor

Step 2: Familiarising students with aspects of online support group sessions.

All the important guidelines and protocols were shared with all the students explaining step by step process of joining support group sessions through ZOOM network. A well-defined timetable was also shared to make these sessions accessible to all.

Step 3: Online support group sessions- 90 minutes each

Online support group sessions started on 28th March, 2020. College counsellor has been meeting students from each class virtually where following concerns and topics are discussed:

- Mental health care- ideas and suggestions
- Dealing with lack of Motivation
- Examination stress- Prolonged gap
- Anxiety and Depressive thoughts – sharing these feelings and navigating
- Boundary setting – with family members, partners and social media

Step 4: Identifying students at high risk.

Last and most important step of this program is reaching out to potentially high-risk students for mental health concerns, through Skype sessions/calls by the college counsellor. Students have also been asked reach out to the college counsellor directly using email or call.

ONLINE SUPPORT GROUP SESSIONS

1. What are online support group sessions?

Rajgaur
(Counsellor)



JK
Principal Incharge
St. Mira's College for Girls, Pune.

Support groups bring together people who are going through or have gone through similar experiences. These online sessions will focus on common themes suggested by the students in the google form. These sessions are support oriented and not wholesome therapy sessions.

2. What kind/nature of conversations/discussions will be done in these sessions?

- Mental health care- ideas and suggestions
- Dealing with lack of Motivation
- Examination stress- Prolonged gap
- Anxiety and Depressive thoughts – sharing these feelings and navigating
- Boundary setting – with family members, partners and social media

Guidelines and Protocols for Online support group sessions:

Each of us have the right to receive support so respect and keep in mind the below mentioned guidelines

1. Participants are expected to join the call/session 5 minutes prior the scheduled time
2. To ensure smooth flow of the session facilitator/Counsellor will block the entry of new participants after 5 minutes
3. These sessions are support oriented sessions and not wholesome therapy sessions
4. Students must follow the provided timetable and join their respective class support group sessions only
6. A link will be shared with the students that should be accessed by the students for joining the session for their respective class
7. These free sessions have been arranged to cope with the outbreak of COVID-19 and can be discontinued at the discretion of college or the Counsellor at any point of time with prior notice.

Total Participants: 503

Pooja

Program Coordinator: Ms. Pooja Jain

Online Support Group Sessions to deal with psychological impact of COVID-19			
S.no	Class	Date & Day	Time
1.	FY BA + SY BA (70)	29-03-2020 Sunday	11:00 am- 12:15 pm
2.	TY BA (45)	30-03-2020 Monday	11:00 am-12:15 pm
3.	FY + SY + TY BCom (60)	31-03-2020 Tuesday	11:00 am-12:15 pm
4.	FY BBA+BCA (45)	01-04-2020 Wednesday	11:00 am-12:15 pm
5.	SY BBA+BCA (53)	02-04-2020 Thursday	11:00 am-12:15 pm
6.	TY BBA+BCA (52)	03-04-2020 Friday	11:00 am-12:15 pm
7.	MA/M Com (12)	04-04-2020 Saturday	11:00 am-12:15 pm

Program Coordinator

Pooja
Ms. Pooja Jain

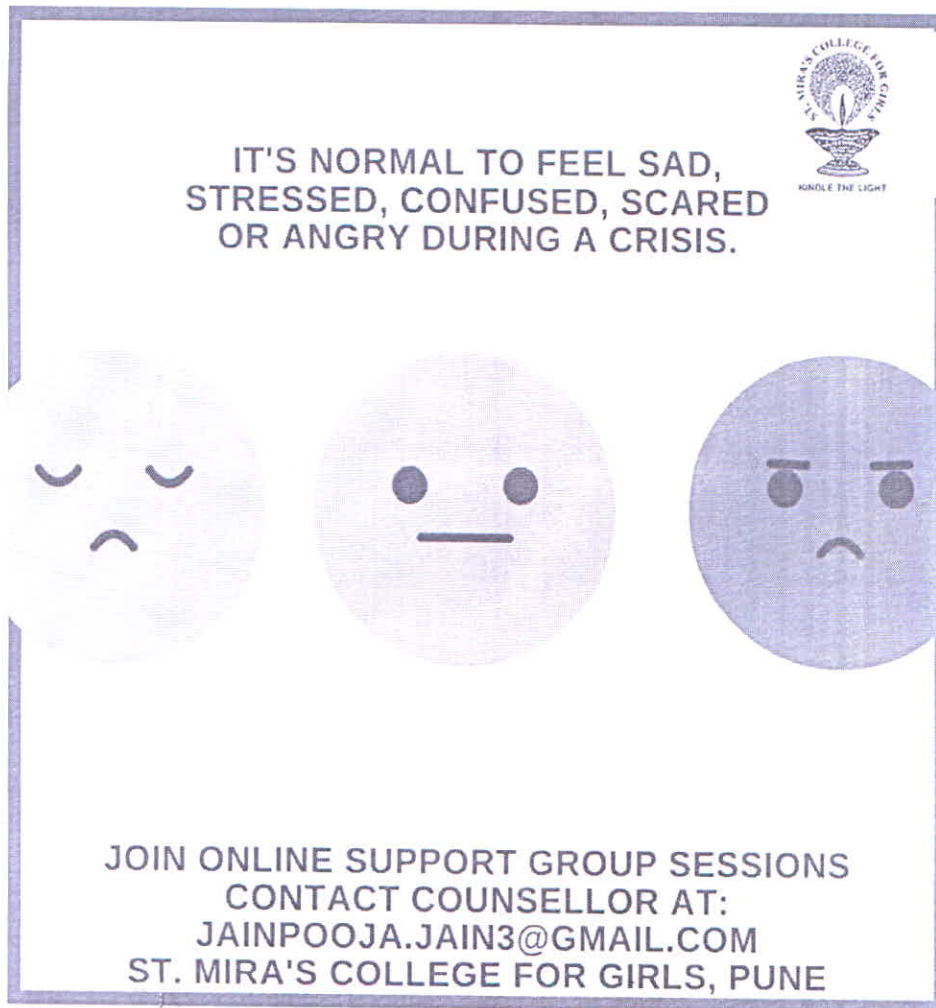


JK


Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
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Department of Psychology
Mental Well-being Program 2019-2020
Online Support Group Sessions 2019-2020



IT'S NORMAL TO FEEL SAD,
STRESSED, CONFUSED, SCARED
OR ANGRY DURING A CRISIS.



JOIN ONLINE SUPPORT GROUP SESSIONS
CONTACT COUNSELLOR AT:
JAINPOOJA.JAIN3@GMAIL.COM
ST. MIRA'S COLLEGE FOR GIRLS, PUNE

ST. MIRA'S COLLEGE FOR GIRLS
KINDLE THE LIGHT

Poster for Online Support group sessions

Pooja
Ms. Pooja Jain
Coordinator



JR
Principal Incharge
St. Mira's College for Girls, Pune.

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24	3-23-2020 15:57:13	Sneha Singh	snehajsingh3203@gmail.com	Mcom Part 1	7058111369	English	Financial Analysis Theory Topic
25	3-23-2020 15:57:29	Preeti	15preetisharma15@gmail.com	Tyba 'a'	7385561706	English	
26	3-23-2020 15:58:24	Langa simrat	simranlanga2628@gmail.com	Tybcom	7230995630	Hindi	
27	3-23-2020 15:59:06	Shivani Pal	yogitapal221996@gmail.com	M.com 1st year	8983285947	Hindi	No
28	3-23-2020 16:00:19	Priti	pritikolte007@gamil.com	Sy	9730692856	Marathi	
29	3-23-2020 16:00:30	Fulwanti	fulwantijangid@gmail.com	Sybcom	07559454011	English	
30	3-23-2020 16:00:57	Sakshi Pardeshi	Shravasti nagar, Ghorpadi pune	SY Bcom	9011108949	English	
31	3-23-2020 16:01:03	Esmath	esmathdehkhapur1@gmail.com	Sybcom	9130259656	English	
32	3-23-2020 16:01:04	Amneet kaur	amneetk58@gmail.com	SYBCOM		English	
33	3-23-2020 16:01:32	Amrit kaur	amritkajmanii@gmail.com	S.Y Bcom	8999737396	Hindi	
34	3-23-2020 16:02:05	Priti kolte	pritikolte007@gamil.com	Sy bcom	9730692856	English	
35	3-23-2020 16:02:16	Satorupa Show	satoshow77699@gmail.com	SYBOM	07769978328	English	No
36	3-23-2020 16:02:27	Fizza Babul	fizza.babul@gmail.com	Sybcom B	9130149947	English	
37	3-23-2020 16:02:41	Meghana Jairam	meghanajairams@gmail.com	S.Y.B.COM (B)	8208266629	English	
38	3-23-2020 16:02:41	Meghana Jairam	meghanajairams@gmail.com	S.Y.B.COM (B)	8208266629	English	
39	3-23-2020 16:07:07	Neha H Jain	nehahjain3001@gmail.com	Sy bcom		English	
40	3-23-2020 16:07:10	Sonal Singh	ss987824@gmail.com			English	
41	3-23-2020 16:07:19	Ruchita Bhadoriya	ruchitbha7378@gmail.com	S.y.B.com	7378391515	English	
42	3-23-2020 16:07:41	Prachiti Marekar	prachitimarekar@gmail.com	Mcom I accounts	9112183669	English	-
43	3-23-2020 16:12:08	Shreya H	shreyah8899@gmail.com	TYBA A	9158837908	English	Maintaining a schedule without feeling lethargic and bored constantly
44	3-23-2020 16:12:17	Anamika	anamika.amyas@gmail.com	SYBcom	7449818380	English	
45	3-23-2020 16:13:48	Soumya Damami	soumyadamami@gmail.com	SY Bcom	08007266066	English	
46	3-23-2020 16:14:10	Disha dhankani	dhankanidisha@gmail.com	Ba psychology spec	9284025830	English	
47	3-23-2020 16:15:28	Pratibha singh	Pratibhasingh9597@gmail.com	M.com accounts	9172313890	Hindi	Ok
48	3-23-2020 16:19:13	Pragati Tidke	pragatitidke99@gmail.com	TYBA	8552075814	English	How to cope with the stress due to this pandemic?
49	3-23-2020 16:20:33	Srushti Gopinath kaka	Srushtikakade42@gmail.com	Sybcom	8805460377	English	No
50	3-23-2020 16:26:13	Vritika Hundlani	Vritikahundlani@gmail.com	Second year B.Com	9860935953	English	
51	3-23-2020 16:29:07	Priyanka	Priyagode30@gamil.com	Sy.bcom	8379046494	Marathi	
52	3-23-2020 16:29:39	Farin khan	fsk013718@gmail.com	Sybcom B		English	
53	3-23-2020 16:29:40	Radhika Rupesh Thakur	radhikathakur1007@gmail.com	SY.BCOM	7507349211	English	No comments
54	3-23-2020 16:30:01	Sakshi	sakshims09@gmail.com	S.Y.Bcom	7796563378	English	
55	3-23-2020 16:30:06	Prajakta	prajktakop@gmail.com	SYBA(B)	9373694391	Marathi	
56	3-23-2020 16:30:32	Ridhi Sheth	ridhi1611@gmail.com	SYBA	9819923851	English	
57	3-23-2020 16:30:47	Prachi	Prachig8080@gmail.com	Tyba	9673683727	Marathi	
58	3-23-2020 16:36:27	Kareena Panjwani	kareenapanjwan180298@gmail.com	Ty bcom A	8208777457	English	
59	3-23-2020 16:36:52	Falguni Sancheti	falgunisancheti2363@icloud.com	TYBCOM C	7038863843	English	Not yet. Thank you.



JK
Principal Incharge
St. Mira's College for Girls, Pune.

The
Pooja Jain
(Coordinator)

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60	3-23-2020 16:39:41	Zoha sabooni	Zoeysabooni8@gmail.com			English	
61	3-23-2020 16:41:52	Shanya Jain	Shanyajain19@gmail.com	Sybca	9607827892	English	
62	3-23-2020 16:41:54	simran duggal	simranduggal@yahoo.in	sybca	9881758855	English	
63	3-23-2020 16:43:41	simran duggal	simranduggal75@gmail.com	sybca	9881758855	English	
64	3-23-2020 16:44:09	Anushka	anushkatalnikarat@gmail.com	Sybca	9158981972	English	Studies and , consciousness of our own body.
65	3-23-2020 16:44:20	Anjali Pillai	anjali0909@gmail.com	SYBA	9359054279	English	Intense fear of getting infected or dying
66	3-23-2020 16:44:29	Snehal vyavhare	snehalvyavhare22@gmail.com	Sybba (CA)	8390898944	Hindi	We are not able to do study bez of this environment plz help us ☹️
67	3-23-2020 16:48:42	Vishakha Paikrao	Vishakhanpaikrao@gmail.com	SYBCA	9689446648	English	
68	3-23-2020 16:53:09	Pooja Khalikar	Poojakhalikar@gmail.com	M.Com	9422178645	Marathi	
69	3-23-2020 16:56:31	Geetanjali lachke	lachkegeetanjali@gmail.com	Sybcom	9730290168	English	
70	3-23-2020 16:56:48	Mayuri kadam	Mayurikadam1811@gmail.com	Sybba	7391880983	English	Self confidence Interaction
71	3-23-2020 16:57:19	Sahla Fayeeza	sahla97@gmail.com	MCom (Accounts)	09762149920	English	An assumption analysis on this lockdown will be continued further or not? And how to not be stressful about future happenings that were going to happen
72	3-23-2020 16:57:37	Simran Sushil Bhati	bhatiasimi27@gmail.com	SYBBA(CA)	8605431234	English	
73	3-23-2020 16:59:40	Khadija	khadijalokhandwala1203@gmail.com	TYBA	08380946164	English	Overthinking because of boredom
74	3-23-2020 17:00:39	Kalyani jha	Bittujha12377@gmail.com	SYBCOM	7265897719	Hindi	
75	3-23-2020 17:01:22	Akansha Singh	Akankshasingh1429886601@gmail.com	Sy bcom		Hindi	
76	3-23-2020 17:04:33	Alifiyah	alefiyah.ezzii@gmail.com	TYBA	9561432150	English	Finding a purpose of life is becoming difficult day by day.
77	3-23-2020 17:19:14	Neha Pathak	nehap2233@gmail.com	sybcom B	8530243377	Hindi	
78	3-23-2020 17:24:10	Sonal Shivaji patil	111sonalpatil@gmaip.com	Mcom -I	9145481508	Marathi	
79	3-23-2020 17:25:32	Visha Satpute	vishaa2000@gmail.com	SY BCOM (B)	9309733657	English	How to handle isolation and social distancing as it has started feeling too bad or uncomfortable from inside.
80	3-23-2020 17:26:46	JAshn	Jaashan@gmail.com	Typba		English	
81	3-23-2020 17:27:07	Samina Kausar	Saminakshaikh@icloud.com	Sybba	9373475970	English	
82	3-23-2020 17:28:23	Nalini Tiwari	Nainatiwari678@gmail.com	T.Y.B.COM	9834059449	English	
83	3-23-2020 17:29:34	Soniya Pardeshi	pardeshisoniya023@gmail.com	Mcom	9657552249	Hindi	
84	3-23-2020 17:35:36	ishnavi Sunil Darel	darekarvaishnavi2000@gmail.com	SYBA	9172339324	English	
85	3-23-2020 17:44:20	Isha Parekh	isha.parekh17@gmail.com	SYBBA(CA)	9011126609	English	

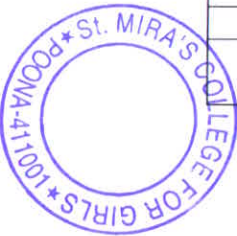
Jh
Principal Incharge
St. Mira's College for Girls, Pune.

Pooja sain
(Coordinator)



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86	3-23-2020 17:48:41	Rakhi Sharma	rakhisharma091997@gmail.com	(advance account at	8788127031	English	
87	3-23-2020 17:49:08	Roshlin Arokiyam	lawrence2000@gmail.com	Mcom		Hindi	
88	3-23-2020 17:50:51	chandra bhattachar	suchandrabhattacharya7@gmail.com	Sybcom		English	
89	3-23-2020 17:53:23	Anamika	anamikakashyap5596@gmail.com	M.COM 'Account'	9503296086	English	
90	3-23-2020 17:56:22	Rutika	Rutikabhawar200@.com	S.y.b.a.(b)	9623376048	Marathi	
91	3-23-2020 18:05:23	Nikita Naik	naiknikita32@gmail.com	Mcom		English	
92	3-23-2020 18:08:45	Muskan hundekari	hundekarimuskan016@gmail.com	T.y b com. 'C'	9145553348	Hindi	
93	3-23-2020 18:13:22	Aparna Lavate	aparnalavate9767@gmail.com	SyBcom	9767827149	English	
94	3-23-2020 18:13:32	Aparna Lavate	aparnalavate9767@gmail.com	SyBcom	9767827149	English	
95	3-23-2020 18:13:53	adnya ravindra chav	pradnyachavan106@gmail.com	SyBca	9960311616	English	
96	3-23-2020 18:26:52	Aditi savane	savanevandana@gmail.com	SYBA	7030183206	English	No
97	3-23-2020 18:33:06	Rutuja	Rutujadedage18@gmail.com	Sy bea	9096810905	English	
98	3-23-2020 18:33:25	ANUJA RANPISI	ranpisetanuja2000@gmail.com	SYBBA(CA)	9765806903	English	
99	3-23-2020 18:45:57	shivani holkar	shivaniholkar16@gmail.com	M.com	9970668829	Marathi	
100	3-23-2020 18:47:07	Visha Satpute	vishaa2000@gmail.com	SY BCOM (B)	9309733657	English	How to handle isolation and social distancing as it has started feeling too bad or uncomfortable from inside.
101	3-23-2020 18:56:11	Fatima	Fatimabhati97@gmail.com	Mcom	8551978173	English	When should a person take the medical test of covid 19 how a person will get to know that this is the time to do the test or check up
102	3-23-2020 19:03:08	Sonali salve	Sonalisalve1996@gmail.com	TY BA	9156989117	Marathi	
103	3-23-2020 19:03:51	am Bhagwandas M	pblaske.21@gmail.com	FY , SY & TY BCor	9145283062	English	
104	3-23-2020 19:17:53	Sreejitha Nair	sreejitha18nair@gmail.com	MA, MCom		English	
105	3-23-2020 19:19:24	Kalpana Singh	kalpanasingh2716@gmail.com	FY , SY & TY BCor	8329211185	English	
106	3-23-2020 19:21:55	sanchita Gosavi	sanchitagosavi4@gmail.com	FY, SY & TY BBA	7776911051	English	
107	3-23-2020 19:22:24	Ayesha Sayyed	Ayeshasayyed77@gmail.com	MA, MCom	7755909514	English	
108	3-23-2020 19:38:14	Gayathri Nair	gayu2436@gmail.com	FY BA	8390182436	English	
109	3-23-2020 19:42:22	Shivani Benson	theshivani001@gmail.com	FY BA	8669011609	English	
110	3-23-2020 19:43:31	Sakshi Raheja	sakshiraheja746@gmail.com	FY BA	+918999848573	English	Deal with the prolonged gap before exams. Curiosity and anxiety because of uncertainty of exam dates.
111	3-23-2020 19:45:21	Priyanka Singh	priyankasingh272000@gmail.com	FY , SY & TY BCor	9607674947	English	
112	3-23-2020 19:48:40	Sweta kumari	Kjsah083084@gmail.com	SY BA	9579536570	English	Career
113	3-23-2020 19:50:51	Priyanka jaisinghani	priyanka.jaisinghani01@gmail.com	FY BA	8329796046	English	Motivation for studying and staying productive and positive



JB
Principal Incharge
St. Mira's College for Girls, Pune.

Pooja
Pooja Saw
(Coordinator)

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114	3-23-2020 19:51:39	Kajal Mishra	kdmishra708@gmail.com	FY BA	9834223701	English	
115	3-23-2020 19:51:57	Pooja Yadav	yadavpooja96932@gmail.com	SY BA	9172705031	Hindi	
116	3-23-2020 19:53:42	Jefiya	jefiyababu1999@gmail.com	TY BA	7040589935	English	How to be productive during this time.
117	3-23-2020 19:54:15	sakina Godhrawala	sakinagodhrawala8@gmail.com	FY BA	+918888389553	English	
118	3-23-2020 20:01:13	Jui Kulkarni	kulkarni_jui@rediffmail.com	FY BA	9130016549	English	
119	3-23-2020 20:01:23	Jui Kulkarni	kulkarni_jui@rediffmail.com	FY BA	9130016549	English	
120	3-23-2020 20:02:35	Nutan Deshmukh	nutandeshmukh1998@gmail.com	FY , SY & TY BCor	9028765494	English	
121	3-23-2020 20:03:36	Harleen Kaur Grewa	readingwormharleen@gmail.com	FY BA	7057078680	English	Not being able to focus on studying for the approaching finals.
122	3-23-2020 20:24:47	Kamya	kamyanj@gmail.com	MA, MCom		English	
123	3-23-2020 20:25:15	Kaaveri	kaaverinj@gmail.com	MA, MCom		English	
124	3-23-2020 20:42:15	Hinal Damania	hinaldamania@gmail.com	FY BA	7567025375	English	
125	3-23-2020 20:44:33	Dhanashree kalal	dhanashree.kalal932@gmail.com	FY BA	8888157769	English	
126	3-23-2020 20:45:59	Megha Garg	meghagarg379@gmail.com	FY, SY & TY BCA	8329705569	English	
127	3-23-2020 20:47:39	Ridhi Sheth	ridhi1611@gmail.com		9819923851	English	
128	3-23-2020 20:55:16	Pratiksha Yedulal Udare	udamalepratiksha@gmail.com	TY BA	9545758269	Hindi	
129	3-23-2020 20:57:27	Saee Gaikwad	Blurrypilot2203@gmail.com	FY , SY & TY BCor	9011067067	English	
130	3-23-2020 21:05:11	Sonam santosh gaikwad	Sonamgaikwad832@gmail.com	SY BA	9373175706	Hindi	
131	3-23-2020 21:17:56	Alphonso Reshmi	reshmira.b97@gmail.com	MA, MCom	9158063787	English	
132	3-23-2020 21:32:13	Vedika Limaye	limaye.vedika@gmail.com	FY BA	9421325341	English	
133	3-23-2020 22:37:08	Vaishali Bondla	vaishalibondla2001@gmail.com	FY , SY & TY BCor	8805132478	English	
134	3-23-2020 23:07:28	Creeshu Pinjani	creeshu740@gmail.com	FY , SY & TY BCor	7049574740	English	
135	3-23-2020 23:26:55	Anushka	anusahi2101@gmail.com	FY BA	9850808708	English	
136	3-24-2020 0:16:59	Prerna Bhandari	prernabhandari07@gmail.com	TY BA	9420200525	English	
137	3-24-2020 0:25:25	Ritika sarnot	theritikasarnot@gmail.com	FY BA	9545293939	Hindi	
138	3-24-2020 2:03:30	Hargun Kaur Anand	hargunstyle15@gmail.com	FY BA	6009131986	English	Students who are stuck in any respective place, away from their families and now feel lonely.
139	3-24-2020 5:14:22	Anoushka Gutain	anoushkaGutain@gmail.com	TY BA	08669327841	English	Dealing with lack of motivation, major suicidal thoughts, difficulty in turning in assignments, tiredness. Life, in general.
140	3-24-2020 8:00:14	Bhakti Rajarshi	bhaktiraj14@gmail.com	FY BA	7709397485	English	Motivating yourself for studying when there is no target (eg. A date for exams) in front of you, and loads of free time



JK
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Pooja Jain
Pooja Jain
(Coordinator)

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141	3-24-2020 8:09:19	Rucha Rajan Kulthre	Nagar , Opposite Vaibhav theatre , Had	MA, MCom	9673018198	English	
142	3-24-2020 9:06:14	sana khan	khansanap155@gmail.com	TY BA	8956679629	English	
143	3-24-2020 9:06:36	Sampada	sampada.dalvi98@gmail.com	MA, MCom	7030474170	English	No
144	3-24-2020 9:09:48	Anjali singh	anjalicosingh@gmail.com	MA, MCom	7020007312	English	
145	3-24-2020 10:01:59	Purna Bhandari	prernabhandari07@gmail.com	TY BA	9420200525	English	
146	3-24-2020 10:04:59	Mitali	Patilmitali1998@gmail.com	TY BA	8087694927	English	
147	3-24-2020 10:18:48	Neetu	neetubiju05@gmail.com	MA, MCom	9765428972	English	
148	3-24-2020 11:33:24	Sana Tambe	Sanatambe83@gmail.com	MA, MCom	9527072379	English	
149	3-24-2020 11:50:27	Sirat khokhar	1234sirat.khokhar@gmail.com	FY , SY & TY BCom	8600699421	English	
150	3-24-2020 12:11:59	Florina	florinamartin61@gmail.com	FY , SY & TY BCom		English	
151	3-24-2020 12:34:56	Pooja singh	Poojabhadoriya8850@gamil.com	FY , SY & TY BCom	8317291416	English	
152	3-24-2020 12:53:05	Pooja singh	Poojabhadoriya8850@gamil.com	FY , SY & TY BCom	8317291416	English	
153	3-24-2020 13:51:34	Manvi Malhotra	manvi.malhotra1@gmail.com	FY, SY & TY BBA	8237889844	English	Dealing with anxiety and stress especially now with uncertainty of what's gonna happen and delay of examinations
154	3-24-2020 14:04:15	Anusha Jadhav	anushajadhav22@gmail.com	FY, SY & TY BCA	9657908705	English	
155	3-24-2020 14:08:11	Supriya Mazumdar	Supriyamazumdar2001@gmail.com	FY, SY & TY BCA	9158298057	English	No . thank you
156	3-24-2020 14:09:28	Arti kumari	rtkumari9545@gmail.com	FY, SY & TY BCA	9158933847	English	
157	3-24-2020 14:09:31	Rakhi Sharma	rakhisharma091997@gmail.com	MA, MCom	8788127031	English	
158	3-24-2020 14:09:37	Sukhbeer	35,sukhbeerkaur@gmail.com	FY BA	9011648408	English	
159	3-24-2020 14:09:56	Yogita Melwani	melwani1980@gmail.com	FY, SY & TY BCA		English	How to keep ourselves motivated to study
160	3-24-2020 14:10:21	Hetal Yadav	yadavhetal217@gmail.com	FY, SY & TY BCA	8956733748	English	
161	3-24-2020 14:18:21	Dimple Ashok kaha	dimplekahar85966@gmail.com	FY, SY & TY BCA	9607123493	English	
162	3-24-2020 14:19:52	Saniya	shaikhsaniya1232@gmail.com	FY, SY & TY BCA	8408817786	English	
163	3-24-2020 14:22:28	Amruta garg	amrutagarg391@gmail.com	TY BA	9921362851	English	
164	3-24-2020 14:23:58	Aditi Pandya	aditipandya810@gmail.com	FY, SY & TY BCA	7218403306	English	
165	3-24-2020 14:25:18	Poorvi Sharam	sharmapoorvi08@gmail.com	FY, SY & TY BCA	7013301103	English	
166	3-24-2020 14:26:07	Ananda bhardwaj	Anandabhardwaj1@gmail.com	FY, SY & TY BCA	7775076640	English	
167	3-24-2020 14:27:23	Jovia Karmokar	Joviakarmokar21@gmail.com	FY, SY & TY BBA	7219393340	English	
168	3-24-2020 14:28:43	Renu Bhatt	bhattrenuka131@gmail.com	MA, MCom	8999353756	English	
169	3-24-2020 14:29:29	Hitika kataria	hitikakataria4@gmail.com	FY, SY & TY BBA	8983976787	English	
170	3-24-2020 14:30:34	Yashika Jain	yashikaj33@gmail.com	FY, SY & TY BCA	9970797756	English	
171	3-24-2020 14:31:26	Amisha jaggi	rupa jawahar colony nagar road, beed m	FY, SY & TY BCA	8975256685	English	
172	3-24-2020 14:33:25	Anchal Walmiki	anchalwalmiki787@gmail.com	FY, SY & TY BCA	7385266303	English	
173	3-24-2020 14:34:51	Ayushi keshari	Ayushi.etc@gmail.com	FY, SY & TY BCA	9307965549	English	Exams dates
174	3-24-2020 14:35:39	Subhashini	Subhashinianamthu@gmail.com	FY, SY & TY BCA	8329656209	Telugu	
175	3-24-2020 14:36:04	Snehal Pawar	Pawar2000snehal@gmail.com	FY, SY & TY BBA		English	

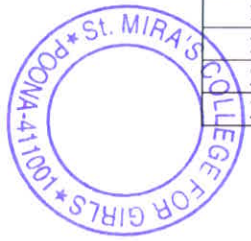


Principal Incharge
St. Mira's College for Girls, Pune.

For
Pooja sain
(Coordinator)

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208	3-24-2020 14:53:42	Nidhi Doshi	nidhidsh02@gmail.com	FY, SY & TY BBA	9834532351	English	How to let go of someone who doesn't treat me well?
209	3-24-2020 14:53:43	Sakshi Sunil Pawar	sakshipawar1908@gmail.com	FY, SY & TY BBA	7875759971	English	
210	3-24-2020 14:53:45	Anjali Gaikwad	gaikwadanjali468@gmail.com	FY, SY & TY BBA	9067172673	English	
211	3-24-2020 14:53:48	Gayatri Soni	Gayatrisoni5146@gmail.com	FY, SY & TY BBA	9834559978	English	Preventive measures and food to eat
212	3-24-2020 14:53:49	Tanuja Bhandar	tanuja14march2001@gmail.com	FY, SY & TY BBA	8669330880	English	
213	3-24-2020 14:54:00	Vaibhavi chavan	Vaibhavi.ent99@gmail.com	FY, SY & TY BBA	8421555275	English	
214	3-24-2020 14:58:11	Nandini Jadhav	nandinijadhav562@gmail.com	FY, SY & TY BBA	9850000371	English	
215	3-24-2020 15:01:20	Kanchi Timbadia	timbadiakanchi@gmail.com	FY, SY & TY BCA	9823033332	English	How to utilize time
216	3-24-2020 15:01:21	Minali Parwani	minaliparwani06@gmail.com	FY, SY & TY BBA	9834568205	English	
217	3-24-2020 15:03:06	Anjali choudhary	Choudharyanjali14402@gmail.com	FY, SY & TY BBA	7397978354	English	
218	3-24-2020 15:04:28	Sadiya mankar	Sadiyamankar786@gmail.com	FY, SY & TY BBA	8551870004	English	
219	3-24-2020 15:04:40	Prerna kamble	Kprerna525@gmail.com	FY, SY & TY BBA	8669344052	English	
220	3-24-2020 15:06:34	Pragati sase	1999pragatisase@gmail.com	FY, SY & TY BBA	9307284928	English	
221	3-24-2020 15:06:56	Megha	meghagarg379@gmail.com	MA, MCom	8329705569	English	
222	3-24-2020 15:08:33	Muskan Thadani	muskantadani53895@gmail.com	FY, SY & TY BBA	9637320467	English	
223	3-24-2020 15:09:11	Urvashi Rahangdale	urvashirahangdale001@gmail.com	FY, SY & TY BBA	9325449677	English	
224	3-24-2020 15:11:00	Divya Kumarswamy	8, Pushparaj apartments, Balajinagar, Pune	FY, SY & TY BCA	9552677049	English	
225	3-24-2020 15:11:37	Shalini kumari	shalinikumari272@gmail.com	FY, SY & TY BCA	9359256351	English	
226	3-24-2020 15:11:49	shnavi Kailas Gotra	vaishnavigotrache@gmail.com	FY, SY & TY BCA	7262040587	English	To wash hands every 20 mins later
227	3-24-2020 15:11:59	Amisha Pawar	amishapawar135@gmail.com	FY BA	8806834776	English	
228	3-24-2020 15:12:07	Rimsha Sorathiya	rimisorathiya@gmail.com	FY, SY & TY BCA	09327677379	English	
229	3-24-2020 15:13:53	Ritambhara	ritambhara.shandilya@gmail.com	FY, SY & TY BBA	7666897461	English	No
230	3-24-2020 15:16:09	Nishtha Pandya	nishtha.II.pandya@gmail.com	FY, SY & TY BBA	9860871661	English	
231	3-24-2020 15:16:41	Simran Balani	simranvb.b01@gmail.com	FY, SY & TY BBA	9272299748	English	How to be motivated in this scenario?
232	3-24-2020 15:17:52	Vaishavi kumar	Vaishavi kumar	FY BA	7507712093	English	No
233	3-24-2020 15:23:00	Rahi Bhathija	rahibhathija1999@gmail.com	FY, SY & TY BCA	8209868285	English	
234	3-24-2020 15:23:08	Isha Parekh	isha.parekh17@gmail.com	FY, SY & TY BCA	9011126609	English	
235	3-24-2020 15:23:40	lfiya Mukhtar Shail	alfiyashaikh689@gmail.com	FY, SY & TY BCA	7066331768	English	
236	3-24-2020 15:25:34	Sharvari Bhapkar	sharvaribhapkar7@gmail.com	FY, SY & TY BBA	9822050181	English	
237	3-24-2020 15:27:03	rukaiya Hyderabadw	rukaiyash2001@gmail.com	FY, SY & TY BBA	7709789635	English	
238	3-24-2020 15:28:38	Sarah Kinariwala	sarahkinariwala@gmail.com	FY, SY & TY BBA	9158468344	English	
239	3-24-2020 15:33:39	Janhavi Rupani	janhvipurani5@gmail.com	FY, SY & TY BBA	7972917897	English	
240	3-24-2020 15:37:35	Rutuja	Rutujadedage18@gmail.com	FY, SY & TY BCA	9096810905	English	No
241	3-24-2020 15:38:29	Radhika Badlani	radhikabadlani99@gmail.com	FY, SY & TY BCA	8806842641	English	
242	3-24-2020 15:39:08	Gayatri Sandbhor	gayatrisandbhor190@gmail.com	FY, SY & TY BBA	9518583254	English	



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243	3-24-2020 15:39:20	Awantika	awantikadevyani.0211@gmail.com	FY, SY & TY BBA	8668997094	English	
244	3-24-2020 15:42:52	Anjali sarwade	Jijamata Nagar yerwada pune	FY BA	9096138017	English	Yes
245	3-24-2020 15:45:49	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
246	3-24-2020 15:46:45	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
247	3-24-2020 15:47:16	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
248	3-24-2020 15:47:43	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
249	3-24-2020 15:51:22	Tasmiya Lalkot	tasmi.lalkot1700@gmail.com	FY BA	9022092367	English	
250	3-24-2020 15:53:20	Riya makhija	riyamakhija012@gmail.com	FY, SY & TY BBA	9156135525	English	
251	3-24-2020 15:54:23	Samruddhi Kale	samruddhikale514@gmail.com	FY BA	9405711215	English	
252	3-24-2020 15:59:52	PRATIMA SINGH	rkajal680@gmail.com	FY, SY & TY BCA	7841897750	English	
253	3-24-2020 16:02:00	Prajakta parande	prajaktanp24@gmail.com	FY, SY & TY BCA	9822638407	English	
254	3-24-2020 16:02:27	Riya Ramatri	rramatri@gmail.com	FY, SY & TY BCA	9140590672	English	
255	3-24-2020 16:05:39	Bhavya Bharadwaj	bhavyabharadwaj1@gmail.com	FY, SY & TY BBA	8007637000	English	
256	3-24-2020 16:08:24	Sakshi shitole	Samarth9798@gmail.com	FY, SY & TY BBA	7447631492	Hindi	Yes
257	3-24-2020 16:09:46	Fiza sayyed	Sayyedfiza5@gmail.com	FY, SY & TY BCA	7378971935	English	
258	3-24-2020 16:09:56	Anjali Bhagwan Satpu	anjali00satpute@gmail.com	FY, SY & TY BCA	9370550290	English	
259	3-24-2020 16:10:28	Khatija Khan	khatzkhan23@gmail.com	FY BA	8446311444	English	
260	3-24-2020 16:11:13	Ani Balasaheb Lokh	himanilokhande006@gmail.com	FY, SY & TY BCA	9146748661	English	
261	3-24-2020 16:15:52	Purna Kamble	Kprerna525@gmail.com	FY, SY & TY BCA	8669344052	English	
262	3-24-2020 16:20:16	Sakshi	Sakshijawale99@gmail.com	FY, SY & TY BBA	9284994148	English	
263	3-24-2020 16:20:35	Sakshi	Sakshijawale99@gmail.com	FY, SY & TY BBA	9284994148	English	
264	3-24-2020 16:21:38	Riya Pawar	Pawarmanisha850@gmail.com	FY, SY & TY BBA	9834550329	English	No
265	3-24-2020 16:22:38	Nilam deepak chava	nilamchavan1019@gmail.com	FY, SY & TY BCA	9579160426	English	Yes
266	3-24-2020 16:23:06	Riya Pawar	Pawarmanisha850@gmail.com	FY, SY & TY BBA	9834550329	English	No
267	3-24-2020 16:26:07	Vaishnavi pawar	Perrypawar@gmail.com	FY, SY & TY BBA	8308163832	English	
268	3-24-2020 16:30:45	Kushbu Rakesh man	khushbu0617@gmail.com	FY, SY & TY BCA	9273570476	English	
269	3-24-2020 16:42:44	Aksha Badlani	aksha.b1004@gmail.com	FY, SY & TY BBA	8888148298	English	We need to know what currently is going on in the country what the situation is and we tend to see the news channels but at the same time we are getting a lot of negative vibes so how to deal with it?
270	3-24-2020 16:51:48	Maria Waghmare	mswaghmare368@gmail.com	FY, SY & TY BBA	7038055493	English	
271	3-24-2020 17:09:53	Ankita bhattacharyy	bhattacharyya232@gmail.com	FY, SY & TY BCOR	9890637579	English	
272	3-24-2020 17:16:10	Pratiksha Savade	pratikshasavade542@gmail.com	FY, SY & TY BCA	8208665873	English	
273	3-24-2020 17:17:37	Ashwini haibatpure	ashwini542001@gmail.com	FY, SY & TY BBA	7798081590	English	
274	3-24-2020 17:24:33	Saloni Gangani	Shivajinagar, Pune-411003	FY, SY & TY BBA	9834695745	English	No
275	3-24-2020 17:50:37	Chhita Tanaji Choudh	ruchoudhari0892@gmail.com	FY, SY & TY BBA	8669666892	English	

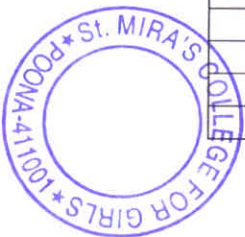


Jh
Principal Incharge
St. Mira's College for Girls, Pune.

The
Principals
(Coordinator)

St. Mira's College For Girls Pune
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276	3-24-2020 17:51:58	Beauty singh	beautysingh1918@gmail.com	FY, SY & TY BBA	9356134377	English	
277	3-24-2020 17:53:51	Pooja Sharma	Poojasharma749658@gmail.com	FY, SY & TY BBA	9370026778	English	No suggestions
278	3-24-2020 17:56:52	Sakshi Dalvi	sakshidalvi05@gmail.com	FY, SY & TY BBA	7887718024	English	
279	3-24-2020 18:04:00	Bhavisha Nihalani	nihalanibhavisha23@gmail.com	FY, SY & TY BBA	8080736315	English	
280	3-24-2020 18:32:13	akshi avinash tilekar	sakshi.tilekar1704@gmail.com	FY, SY & TY BBA	9112250202	English	
281	3-24-2020 18:34:53	Siddhi ghule	siddhighule26@gmail.com	FY, SY & TY BBA	8263890218	English	
282	3-24-2020 18:35:25	Anushka	Anushkakumbhar961@gmail.com	FY, SY & TY BBA	7378880183	English	
283	3-24-2020 18:36:21	Anushka	Anushkakumbhar961@gmail.com	FY, SY & TY BBA	7378880183	English	Yes
284	3-24-2020 18:51:00	Akanksha Anku	Akanksha.anku1@gmail.com	FY, SY & TY BCA		English	Attitudes
285	3-24-2020 18:51:21	Sharayu bagade	sharayubagade@gmail.com	FY, SY & TY BBA	7798670640	English	
286	3-24-2020 18:51:30	Vaishnavi wadkar	vwadkar99@gmail.com	FY, SY & TY BBA	9860266207	English	
287	3-24-2020 18:53:36	Zainab Kapadia	zainabzk.mk@gmail.com	FY, SY & TY BBA	9657027655	English	
288	3-24-2020 18:54:59	Rahi	bhosleraahi13@gmail.com	FY, SY & TY BBA	7020455464	English	No not really
289	3-24-2020 18:56:19	Vaishnavi	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	
290	3-24-2020 18:57:29	Vaishnavi ghule	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	Good
291	3-24-2020 18:57:39	Nikita	nikitapsonawane2000@gmail.com	FY, SY & TY BBA	8668839151	English	
292	3-24-2020 18:59:29	Rutuja Deshpande	rutujad527@gmail.com	FY, SY & TY BBA	9834694210	English	
293	3-24-2020 19:02:54	Sanyukta	Vertical oriana keshavnagar mudhwa	FY, SY & TY BBA	9766012153	English	
294	3-24-2020 19:10:07	Amatullah	alightwala9.al@gmail.com	FY, SY & TY BBA	7066895352	English	
295	3-24-2020 19:12:07	Moksha Shah	moksha2501@gmail.com	FY, SY & TY BBA	8956344904	English	
296	3-24-2020 19:13:52	Trini sharon	Trinisharon112@gmail.com	FY, SY & TY BBA	9284650674	English	Taxation and International business - case study .
297	3-24-2020 19:14:46	Mansi shinde	mansishinde109@gmail.com	FY, SY & TY BBA	9307756186	English	
298	3-24-2020 19:18:02	Shivangi Tiwari	shivangitiwari1202@gmail.com	FY, SY & TY BBA	07774964383	English	
299	3-24-2020 19:18:05	Vidya Thakkar	vidyathakkar0206@gmail.com	FY, SY & TY BCA	9765881562	English	
300	3-24-2020 19:24:52	Kashmeera Rajput	Kashmeerarajput1511@gmail.com	FY, SY & TY BBA	8888236927	English	
301	3-24-2020 19:31:10	Aachal choudhary	aachalchoudhary1234@gmail.com	FY, SY & TY BBA	6263446575	English	
302	3-24-2020 19:38:45	Divya Jain	divyasjain1806@gmail.com	TY BA	8999948450	English	
303	3-24-2020 19:50:09	Sonia sura	soniasura70@gmail.com	FY, SY & TY BBA	7768811171	English	
304	3-24-2020 20:00:08	Tanvi vohra	t.vohra123@gmail.com	FY, SY & TY BBA	8708653841	English	
305	3-24-2020 20:11:19	Monika Jogi	monikajogi21@gmail.com	FY, SY & TY BBA	9960849148	English	
306	3-24-2020 20:21:56	Samiksha Kulaskar	Samikshak3012@gmail.com	FY, SY & TY BCA	09503883012	English	
307	3-24-2020 20:23:30	Samiksha Kulaskar	Samikshak3012@gmail.com	FY, SY & TY BCA	09503883012	English	
308	3-24-2020 20:40:01	Pratiksha Puneekar	pratikshapuneekar@gmail.com	FY, SY & TY BBA	8329636147	English	
309	3-24-2020 20:40:14	radhika	radhajoshi@live.com	FY BA	9011675607	English	
310	3-24-2020 20:42:08	Sanyukta	Vertical oriana keshavnagar mudhwa	FY, SY & TY BBA	9766012153	English	
311	3-24-2020 20:46:47	Shriya Tupe	shriyatupe1906@gmail.com	FY, SY & TY BBA	9763279193	English	
312	3-24-2020 20:50:25	Vaishnavi Ghule	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	



Jh
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For
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(Coordinator)

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313	3-24-2020 21:38:10	rama shrimant Nagtil	rama.nagtilak1995@gmail.com	TY BA	9921574173	Marathi	Current affairs
314	3-24-2020 22:31:10	Payal jagtap	Payaljagtap26rm@gmail.com	FY, SY & TY BBA	7774895877	English	
315	3-24-2020 23:02:47	Kashmira	kashmira2800shinde@gmail.com	FY, SY & TY BCom	9359108162	English	
316	3-24-2020 23:09:41	Anshula Dhulekar	anshulad117@gmail.com	FY BA	8446089708	English	
317	3-24-2020 23:47:24	Rad Poonam Balasal	poonamgarad107@gmail.com	FY, SY & TY BCA	7620901544	English	
318	3-25-2020 9:15:48	Aishwarya Rathore	rathoreaishwarya98@gmail.com	MA, MCom	8696605138	English	
319	3-25-2020 15:34:45	Sonali jha	sonalijha0955@gmail.com	FY, SY & TY BCA	8669005324	English	
320	3-25-2020 15:46:01	Gayathri Nair	gayu2436@gmail.com	FY BA	8390182436	English	
321	3-25-2020 22:04:36	Muskan Nihalani	muskannihalani61@gmail.com	FY, SY & TY BBA	8999434080	English	
322	3-26-2020 12:23:29	Priyanka Kalraiya	belieberj.pk@gmail.com	FY BA	9923608009	English	
323	3-26-2020 14:56:06	Disha dhankani	dhankanidisha@gmail.com	TY BA	9284025830	English	
324	3-26-2020 15:47:16	Anushka shelar	anushkashelar99@gmail.com	FY, SY & TY BCA	9075803389	Hindi	
325	3-26-2020 16:17:44	Vritika	Vritikahundlani@gmail.com	FY, SY & TY BCom	9860935953	English	
326	3-26-2020 17:43:52	Simran adwani	sadwani023@gmail.com	TY BA	8600676273	English	Finance
327	3-26-2020 17:44:04	Laveena Sachdev	sachdevlaveena12@gmail.com	FY, SY & TY BBA	9527341965	English	
328	3-26-2020 17:44:17	Gangotri Oza	Gangotrioza1998@gmail.com	FY, SY & TY BBA	8830651979	English	Self confidence and how to be motivated.
329	3-26-2020 17:44:31	Shraddha shinde	Shraddha.shinde2309@gmail.com	FY, SY & TY BBA		English	
330	3-26-2020 17:44:32	Tejashri Gaikwad	g8.tejashri@gmail.com	FY, SY & TY BBA		English	
331	3-26-2020 17:44:39	Jayna	jayna.kishnani@gmail.com	FY, SY & TY BBA	7517449957	English	
332	3-26-2020 17:46:06	Prerna Gianchandani	pg19991@gmail.com	FY, SY & TY BBA		English	
333	3-26-2020 17:46:59	Jayanti Naidu	jayanti21710@gmail.com	FY, SY & TY BBA	9127890695	English	No
334	3-26-2020 17:47:45	Shivani Manoj shinde	shiva02shinde@gmail.com	FY, SY & TY BBA	9766561362	Hindi	
335	3-26-2020 17:47:32	Janhavi Binwani	janhavibinwani@gmail.com	FY, SY & TY BBA	09970244888	English	
336	3-26-2020 17:48:25	Komal	Komal.dang8@gmail.com	FY, SY & TY BBA	9511717283	English	
337	3-26-2020 17:49:57	Jhanvi Mali	mali.jhanvi42.jm@gmail.com	FY, SY & TY BBA	9767599309	English	
338	3-26-2020 17:50:07	Akshata Karunakara	akshatakarunakaran15@gmail.com	FY, SY & TY BBA	9511286036	English	
339	3-26-2020 17:51:16	Eesha Daryanani	eesha630@gmail.com	FY, SY & TY BBA	7057947986	English	
340	3-26-2020 17:52:53	Mahima	mahimasachdev99@gmail.com	FY, SY & TY BBA	07588211276	English	
341	3-26-2020 17:53:37	Simran Khan	simrankhan16399@gmail.com	FY, SY & TY BBA	7020667853	English	
342	3-26-2020 17:54:05	Bhavisha kriplani	bhavishakriplani5000@gmail.com	FY, SY & TY BBA	7066580663	English	
343	3-26-2020 17:54:30	Jennifer Vincent	jennifervincent55@gmail.com	FY, SY & TY BBA	9922280449	English	
344	3-26-2020 17:54:54	Falak	Falakbaig1925@gmail.com	FY, SY & TY BBA	7385526114	English	How to deal with anxiety and frustration in the pandemic especially when you are not meeting your loved ones




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345	3-26-2020 17:54:54	Pranali Shetye	Pranali2113@gmail.com	FY, SY & TY BBA		English	Its not regarding the support group, but i have missed the individual session with psychologist Pooja Jain due to section 144 imposed. Couldn't contact her abt it. Hoping to get another individual session in person with her. Thankyou!
346	3-26-2020 17:58:32	Kamya	kamyapatel2032@yahoo.com	FY, SY & TY BBA	8788825693	English	
347	3-26-2020 17:59:24	Ayushi jain	ayushijain101299@gmail.com	FY, SY & TY BBA	7735179671	English	
348	3-26-2020 18:00:04	Meghna Ballani	meghnab2607@gmail.com	FY, SY & TY BBA	8806880582	English	
349	3-26-2020 18:01:01	Pragati Khatal	pragatikhatal16@gmail.com	FY, SY & TY BBA	7517779992	English	
350	3-26-2020 18:01:20	Karuna sharma	riyaapsharma@gmail.com	FY, SY & TY BBA	7507369200	English	
351	3-26-2020 18:01:21	Suchita Gogale	gogalesuchita@icloud.com	FY, SY & TY BBA	9028876882	English	
352	3-26-2020 18:01:53	Maneka vasnani	Maneka.magic@gmail.com	FY, SY & TY BBA	7020962048	English	Maybe, how to create distractions, because most of the time we continuously keep checking on the news channels and websites, which sometimes makes us overthink..
353	3-26-2020 18:02:01	Simran Sona	Simransona54321@gmail.com	FY, SY & TY BBA	9823396837	English	
354	3-26-2020 18:04:02	Bhavna Sharma	sbhavna0921@gmail.com	FY, SY & TY BBA	9049987666	English	
355	3-26-2020 18:04:18	Sharada Lalgudi	sharadalalgudi@gmail.com	FY, SY & TY BBA	8983701847	English	
356	3-26-2020 18:04:31	Nikita Ambre	ambrenikita2508@gmail.com	FY, SY & TY BBA	8208521158	English	Boredom strike , don't want to wake up , stick to bed
357	3-26-2020 18:05:22	Jahnvi	jaanvi.vaswani@gmail.com	TY BA	9370477934	English	
358	3-26-2020 18:05:42	Indrani Waikar	indraniwaikar2015@gmail.com	FY, SY & TY BBA	9604597095	English	
359	3-26-2020 18:06:10	Pari Mehta	parichemehta@gmail.com	FY, SY & TY BBA	09075024799	English	
360	3-26-2020 18:06:11	Akanksha	ghuleakanksha2240@gmail.com	FY, SY & TY BBA	8432186868	English	No
361	3-26-2020 18:07:14	Priyanka sharma	priyankasharmadv@gmail.com	FY, SY & TY BBA	+919673738415	English	
362	3-26-2020 18:08:28	Devika Mathur	mathurrrunjhun1998@gmail.com	FY, SY & TY BBA	9595371122	English	
363	3-26-2020 18:08:52	Sumaiya	gangjisumaiya18@gmail.com	FY, SY & TY BBA	8999349841	English	
364	3-26-2020 18:09:14	Pratiksha Bokadia	bokadia0899@gmail.com	FY, SY & TY BBA	9764420705	English	Studying without getting distracted
365	3-26-2020 18:10:19	Niyati dhar	Niyatidhar26@gmail.com	FY, SY & TY BBA	9860093851	English	
366	3-26-2020 18:13:09	Mallika	mallikahattarki@gmail.com	FY, SY & TY BBA	7057211043	English	
367	3-26-2020 18:16:49	Mansi Shende	mansi99shende@gmail.com	FY, SY & TY BBA	8605437584	English	
368	3-26-2020 18:19:47	Aishwarya Bhosale	aishwaryabhosale599@gmail.com	FY, SY & TY BBA	8983472046	English	Overthinking
369	3-26-2020 18:22:00	Nikita	nikitamore201999@gmail.com	FY, SY & TY BBA	7974962307	Hindi	




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370	3-26-2020 18:22:12	Sony	Sonychand84@gmail.com	FY, SY & TY BCor	8087873337	English	
371	3-26-2020 18:24:00	Nikita Bardwa	nikibardwa@gmail.com	FY, SY & TY BBA	7358735206	English	No
372	3-26-2020 18:24:01	Vidhi Shah	vidhishah2399@gmail.com	FY, SY & TY BBA	8446779196	English	
373	3-26-2020 18:25:03	Calinta Lazarus	calintalazarus13@gmail.com	FY, SY & TY BBA	9067097369	English	N/A
374	3-26-2020 18:27:43	Shubhangi Mathur	shubhangimathur3998@gmail.com	FY, SY & TY BBA	8806019781	English	Pressure on getting into top colleges, getting the best job etc
375	3-26-2020 18:30:46	Roshani lalwani	roshanilalwani@icloud.com	FY, SY & TY BBA		English	
376	3-26-2020 18:33:22	ETA KETAN GUN	shwetagunjaria030@gmail.com	FY, SY & TY BBA	7040584148	English	
377	3-26-2020 18:33:42	Bhavna Sharma	sbhavna0921@gmail.com	FY, SY & TY BBA	9049987666	English	
378	3-26-2020 18:34:35	Diksha Balasaheb W	pratikshawalke5@gmail.com	FY, SY & TY BBA	9011166262	English	
379	3-26-2020 18:37:01	Mrunal jawalkar	Manvaj2399@gmail.com	FY, SY & TY BBA	9049834911	English	
380	3-26-2020 18:37:48	Kaniz Fatema khan	kanizk444@gmail.com	FY, SY & TY BBA		English	
381	3-26-2020 18:39:19	Amruta shrikaant Gur	amruta12158@gmail.com	FY, SY & TY BBA	7219573024	English	
382	3-26-2020 18:39:53	Sayli	sayali777talekar@gmail.com	FY, SY & TY BBA		English	
383	3-26-2020 18:40:49	Ami Adodariya	amipatel1500@gmail.com	FY, SY & TY BBA		English	
384	3-26-2020 18:48:07	Surbhi singh	surbhi9637@gmail.com	FY, SY & TY BBA	9637282484	English	
385	3-26-2020 18:52:48	Karen Jacob	karenjamin27@gmail.com	FY, SY & TY BBA	9763642842	English	Relationship Building, Confidence
386	3-26-2020 19:13:11	Monica Dhanwani	monidhanwani16.md@gmail.com	FY, SY & TY BBA	7261973861	English	
387	3-26-2020 19:22:46	Saroj Narayan choudh	sarojn.choudhary01	FY, SY & TY BCor	7768017058	Hindi	
388	3-26-2020 19:22:55	Hanisha Rathod	rathodhanisha@gmail.com	FY, SY & TY BBA		English	
389	3-26-2020 19:24:33	Gayatri Shekhar Chokl	gayatrichokhale@gmail.com	FY, SY & TY BCor	7249644059	English	Account
390	3-26-2020 19:25:03	Samin	saminhussain19@gmail.com	FY, SY & TY BBA	9172453844	English	
391	3-26-2020 19:31:24	Muskan imtiyaz shaik	Muskanashaikh000@gmail.com	FY, SY & TY BBA	8149836488	English	
392	3-26-2020 19:51:24	Vijaya patil	vijayapatil8488@gmail.com	FY, SY & TY BCor	9764838207	English	No
393	3-26-2020 19:53:25	Swaleha	swalrehman12@gmail.com	FY, SY & TY BBA		English	
394	3-26-2020 20:09:55	Veena sharma	Veenasharna9730@gmail.com	FY, SY & TY BBA	8668542163	English	
395	3-26-2020 20:49:45	Komal	Komal.dang8@gmail.com	FY, SY & TY BBA	9511717283	English	
396	3-28-2020 15:14:23	Tanuja	tanujaranpise23@gmail.com	FY, SY & TY BCA	9765806903	Hindi	Yes
397	3-28-2020 15:34:09	POOJA KUMARI VER	poojakumariv97@gmail.com	MA, MCom	8180987355	English	I would like to go as per syllabus.
398	3-28-2020 15:40:36	Ritika Vinod sarnot	theritikasarnot@gmail.com	FY BA	9545293939	English	What productive things we can do during quarantine
399	3-28-2020 15:41:56	Neeta Bishnoi	neetabishnoi12@gmail.com	MA, MCom	8668465892	English	
400	3-28-2020 15:44:21	Swamini gholap	Minigholap17@gmail.com	MA, MCom		English	
401	3-28-2020 18:00:44	Diksha Jadhav	jadhavdiksha16@gmail.com	MA, MCom	7378785024	English	Yes
402	3-28-2020 19:44:26	Akshata Jagdale	akshata.jagdale99@gmail.com	MA, MCom	7620672544	English	
403	3-28-2020 20:10:54	Diksha Jadhav	jadhavdiksha16@gmail.com	MA, MCom	7378785024	English	
404	3-30-2020 19:35:14	Jasleen	jasleenraheja06@gmail.com	MA, MCom		English	
405	3-31-2020 7:57:28	Sipha	siphashaikh@gmail.com	FY, SY & TY BCor	9527496768	English	No
406	3-31-2020 13:16:58	Priti kolte	pritikolte007@gmail.com	FY, SY & TY BCor	9730692856	English	

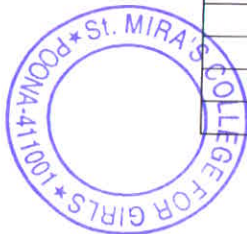


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*Prin
Pooja Verma
Coordinator*

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407	3-31-2020 13:19:26	Priti kolte	pritikolte007@gmail.com	FY, SY & TY BCom	9730693856	English	Yes
408	3-31-2020 22:06:59	Riddhi Wadhvani	wadhvaniriddhi@gmail.com	FY, SY & TY BBA	7875572884	English	
409	3-31-2020 22:07:09	kshi Shashikant Mo	sakshi.more2501@gmail.com	FY, SY & TY BBA	9518392663	English	
410	3-31-2020 22:09:28	Udita	udita.a.dodeja@gmail.com	FY, SY & TY BBA		English	How To Help parents financially in this condition.
411	3-31-2020 22:57:20	Megha Dewangan	dewanganmegha19@gmail.com	FY, SY & TY BBA	9503479969	English	
412	3-31-2020 22:59:50	Sambhavi	Sambhavi2000vijra@gmail.com	FY, SY & TY BBA	9823976580	English	
413	3-31-2020 23:02:01	Mahek Munir Khan	mahekk666@gmail.com	FY, SY & TY BBA	7057461451	English	
414	3-31-2020 23:05:17	Pallavi keswani	pallavikeswani6@gmail.com	FY, SY & TY BBA	7972903244	English	
415	3-31-2020 23:06:08	Disha makhija	dishakmakhija@gmail.com	FY, SY & TY BBA	7972992108	English	
416	3-31-2020 23:08:18	Disha makhija	dishakmakhija@gmail.com	FY, SY & TY BBA	7972992108	English	
417	3-31-2020 23:12:16	Bhawana suthar	bhavanajangid1999@gmail.com	FY, SY & TY BBA	8669125310	English	
418	3-31-2020 23:15:01	Anisha Narayan	anishanarayan28042002@gmail.com	FY, SY & TY BCA	7561907856	English	No
419	3-31-2020 23:22:42	Aachal choudhary	aachalchoudhary1234@gmail.com	FY, SY & TY BBA	6263446575	English	
420	3-31-2020 23:24:20	Siddhi Tarawade	siddhitarawade123@gmail.com	SY BA	9850995528	English	
421	3-31-2020 23:24:57	Dnyaneshwari dhore	ddnyanu211@gmail.com	FY, SY & TY BCA	8208157550	English	
422	3-31-2020 23:48:12	Anjali chugh	anjalicugh19@gmail.com	FY, SY & TY BBA	9922537806	English	
423	4-1-2020 8:32:19	leena Akshada Bom	leenaakshu07@gmail.com	FY, SY & TY BBA	8805705867	English	
424	4-1-2020 10:16:38	Aman Sahota	sahotaamandeep6@gmail.com	FY, SY & TY BBA	8975229415	English	
425	4-1-2020 10:16:57	Aman Sahota	sahotaamandeep6@gmail.com	FY, SY & TY BBA	8975229415	English	
426	4-1-2020 10:38:55	Shrutika	shrutikasaraf841@gmail.com	FY, SY & TY BCA	7420006595	Hindi	I like ssensions
427	4-1-2020 11:01:12	Shobha Sharma	Shobhasharma2134@gmail.com	FY, SY & TY BBA	7219683073	English	
428	4-1-2020 11:51:11	Simran cruz	simrancruz810@gmail.com	FY, SY & TY BBA	9325793572	English	
429	4-1-2020 11:55:04	Sejal Thakkar	sejalthakkar0912@gmail.com	FY, SY & TY BBA		English	
430	4-1-2020 11:55:32	Alfiya Shaikh	simrancruz810@gmail.com	FY, SY & TY BBA		English	
431	4-1-2020 11:56:13	Sakshi darawade	simrancruz810@gmail.com	FY, SY & TY BBA		English	
432	4-1-2020 12:10:30	Siimran cruz	simrancruz810@gmail.com	FY, SY & TY BBA		English	
433	4-1-2020 12:11:33	Pranjali Chauhan	chauhanpranjali150@gmail.com	FY, SY & TY BBA	8149462988	English	Not really!
434	4-1-2020 12:21:15	shi Narendra Daraw	sakshidarawade59@gmail.com	FY, SY & TY BBA	8275952179	English	
435	4-1-2020 16:38:22	Deepika Kesarkar	deepika.kesarkar115@gmail.com	FY, SY & TY BBA		English	
436	4-1-2020 18:40:20	Tanvi Gupta	tanvig362@gmail.com	FY, SY & TY BBA	7219502726	English	
437	4-1-2020 18:40:41	roshni Ashok Sabna	roshnisabnai29@gmail.com	FY, SY & TY BBA	8888079990	English	
438	4-1-2020 19:24:24	Tulna Gupta	tulnagupta1@gmail.com	FY, SY & TY BBA	8928778822	English	
439	4-1-2020 21:34:59	Nikita Bodhankar	bodhankarnikki1230@gmail.com	FY, SY & TY BBA	7249781300	English	
440	4-1-2020 21:54:42	Susmita Sawant	sushmitasawant.d3@gmail.com	FY, SY & TY BBA	8788947147	English	Time management
441	4-1-2020 21:57:59	Nishita balani	nishitabalani@gmail.com	FY, SY & TY BBA	9822281217	English	
442	4-1-2020 21:59:16	Isha Alamchandani	alamchandani.isha@gmail.com	FY, SY & TY BBA	9325150219	English	
443	4-1-2020 21:59:29	Heena Rajapl	rajpalheena217@gmail.com	FY, SY & TY BBA	7066852651	English	
444	4-1-2020 22:09:27	AJSEE SARWATI	rajsee52000@gmail.com	FY, SY & TY BBA	9527961792	English	



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445	4-1-2020 22:09:29	Rahi bhosle	bhosleraahi13@gmail.com	FY, SY & TY BBA	7020455464	English	
446	4-1-2020 22:21:00	avi Ravindranath Z	vaishnavizambare0702@gmail.com	FY, SY & TY BCA	7410790900	Hindi	
447	4-1-2020 22:22:12	Asha Suryawanshi	suryawanshi20asha@gmail.com	FY, SY & TY BCA	9762689808	English	
448	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
449	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
450	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
451	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
452	4-1-2020 22:34:20	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
453	4-1-2020 22:34:20	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
454	4-1-2020 22:35:02	Divya Nair	Divya. 2000rpn@gmail.com	FY, SY & TY BCA	9923266679	English	
455	4-1-2020 22:41:05	Isha	isha.parekh17@gmail.com	FY, SY & TY BCA	9011126609	English	
456	4-1-2020 22:41:17	simran duggal	simranduggal75@gmail.com	FY, SY & TY BCA	9881758855	English	
457	4-1-2020 22:42:44	Shanya	Shanyajain19@hmail.com	FY, SY & TY BCA	9607827892	English	
458	4-1-2020 22:42:53	Pradnya chavan	pradnyachavan106@gmail.com	FY, SY & TY BCA	9960311616	English	
459	4-1-2020 22:43:29	Sakshi Sharma	sakshi.sharma8783@gmail.com	FY, SY & TY BCA	8530527102	English	
460	4-1-2020 22:44:41	Isha chauhan	isha666c@gmail.com	FY, SY & TY BCA	7774924560	English	
461	4-1-2020 22:49:35	Shivani Pandey	pandeyrudra3142@gmail.com	FY, SY & TY BCA	7057032698	Hindi	
462	4-1-2020 22:50:44	Sneha metal	snehametal5935@gmail.com	FY, SY & TY BCA	9767697121	English	
463	4-1-2020 23:08:56	Riya Ramatri	rramatri@gmail.com	FY, SY & TY BCA	9140590672	English	
464	4-1-2020 23:19:17	Megha Garg	meghagarg379@gmail.com	FY, SY & TY BCA	8329705569	English	How to get rid of stress and be focused on our goal.How make our mind divert in productive work?
465	4-1-2020 23:22:02	Shreya Ghorpade	shreyahghorpade@gmail.com	FY, SY & TY BCA		English	
466	4-1-2020 23:25:30	Pratima Singh	rkajal680@gmail.com	FY, SY & TY BCA	7841897750	English	
467	4-1-2020 23:29:09	Atiya Khan	khanatiya2301@gmail.com	FY, SY & TY BBA	9607587372	English	
468	4-2-2020 0:25:41	Akshada polhad	Sangitapolad@gmail.com	FY, SY & TY BCA	8999322876	English	
469	4-2-2020 0:26:17	Sonal	soniadawara20@gmail.com	FY, SY & TY BBA	8698997779	Hindi	
470	4-2-2020 0:54:36	Vaishnavi	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	General knowledged
471	4-2-2020 7:32:51	Nilam deepak chava	nilamchavan1019@gmail.com	FY, SY & TY BCA	9579160426	English	Yes
472	4-2-2020 7:44:59	Ankita kondhalkar	ashwinikondhalkar812@gmail.com	FY, SY & TY BBA	9511774619	English	
473	4-2-2020 9:09:48	yanka Ramesh Palk	palkarpriyanka137@gmail.com	MA, MCom	8830840650	English	
474	4-2-2020 9:16:41	njali bhagwan satpu	anjali00satpute@gmail.com	FY, SY & TY BCA	9370550290	English	
475	4-2-2020 9:25:53	atiksha Manoj Jadh	pratiksha10301@gmail.com	FY, SY & TY BCA	7798787984	English	
476	4-2-2020 9:26:00	Komal mandal	avantikamandal2000@gmail.com	FY, SY & TY BCA	8999316160	English	Null
477	4-2-2020 9:32:39	onam Balasaheb Ga	poonamgarad107@gmail.com	FY, SY & TY BCA	7620901544	English	
478	4-2-2020 9:42:08	fiza sayyed	sayyedfiza5@gmail.com	FY, SY & TY BCA	07378971935	English	
479	4-2-2020 10:24:50	Nisha Gupta	guptanisha7890@gmail.com	FY, SY & TY BBA	7558361341	English	
480	4-2-2020 10:40:29	Dimple ahok kahar	dimplekahar85966@gmail.com	FY, SY & TY BCA	9607123493	Hindi	

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481	4-2-2020 10:41:04	Shilpa bansode	shilpabansode9898@gmail.com	FY, SY & TY BBA		English	
482	4-2-2020 10:41:07	Dimple ahok kahar	dimplekahar85966@gmail.com	FY, SY & TY BCA	9607123493	Hindi	
483	4-2-2020 10:56:32	shnavi Kailas Gotra	asobanagar Keshav Nagar mundhawa P	FY, SY & TY BCA	7262040587	English	
484	4-2-2020 11:03:15	Sejal Thakkar	sejalthakkar0912@gmail.com	FY, SY & TY BCOR	8552870514	English	
485	4-2-2020 11:09:12	Shivangi Tiwari	shivangitiwari1202@gmail.com	FY, SY & TY BBA	07774964383	English	
486	4-2-2020 11:13:55	RinkuNath	rawalrinku59@gmail.com	SY BA	8217460908	English	
487	4-2-2020 11:33:24	Vidya Thakkar	vidyathakkar0206@gmail.com	FY, SY & TY BCA	9765881562	English	
488	4-2-2020 11:33:37	Vidya Thakkar	vidyathakkar0206@gmail.com	FY, SY & TY BCA	9765881562	English	
489	4-2-2020 18:06:55	Sharvari	Chavansharvari24@gmail.com	FY, SY & TY BCOR	8408027793	English	
490	4-2-2020 18:21:08	Pooja	poojaganesh0106@gmail.com	TY BA	8550976808	English	
491	4-2-2020 19:32:50	Meghna Gulhane	meghnagulhane@gmail.com	FY, SY & TY BBA		English	
492	4-2-2020 21:03:30	Sukanya	sukanyakukka2000@gmail.com	FY, SY & TY BCA	7020272650	English	
493	4-2-2020 21:05:15	Yukta Dingreja	yukta.ding@gmail.com	FY, SY & TY BCA	9145659580	English	
494	4-2-2020 21:26:43	Vaishali bhagtani	vaishalibhagtani10@gmail.com	FY, SY & TY BCA	9079611774	English	
495	4-2-2020 21:43:49	sonal Prakash Agarw	sonalagarwal137@gmail.com	FY, SY & TY BCA	7249484686	Hindi	
496	4-2-2020 21:44:58	niya Mansoor Sayy	saniyasayyed2000.ss@gmail.com	FY, SY & TY BCA	7798670026	English	
497	4-2-2020 22:45:02	Priyanka Katariya	priyankakatariya04@gmail.com	FY, SY & TY BCA		English	
498	4-3-2020 1:49:36	Janvi A khandagale	Jkhandagale508@gmail.com	FY, SY & TY BBA	7774009010	English	
499	4-3-2020 9:48:42	Manasa	manasaprocks13@gmail.com	FY, SY & TY BCA	7028634859	English	
500	4-3-2020 10:59:33	Mrunal	Manvaj2399@gmail.com	FY, SY & TY BBA	9049834911	English	
501	4-3-2020 14:48:37	Shruti amebti	ambetishruti@gmail.com	FY, SY & TY BCA	7020301598	English	
502	4-3-2020 20:11:17	sapana kumari verma	cutedoraemon9@gmail.com	MA, MCom		English	
503	4-19-2020 20:21:33	Saee Gaikwad	Blurrypilot2203@gmail.com	FY, SY & TY BCOR	9011067067	English	Being comfortable with yourself when you're alone and family issues

Program
Coordinator
Total Students

Pooja
Ms. Pooja Jain

503



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[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in


PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2019-20/51


Date:-01.07.2019

CIRCULAR

Between 15th July 2019 to 28th September 2019 Group Therapy Sessions on Managing Relationships and Exam Anxiety are to be organized by Mental Well-being Program for all Degree college students during college hours.


Ms. Pooja Jain
Coordinator




Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune
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Department of Psychology
Mental Well-being Program 2019-2020
Group Therapy Session Report

Concern	Session	Registrations	Total Attendance	Status
Relationships	1	32	30	This was an open group session which was further divided in three groups based on concerns
Relationship with parents or family members	3	32	52	Terminated
Relationship with peers/friends	3	32	70	Terminated
Managing Exam Anxiety	5	30	88	Terminated

Concerns shared by participants :

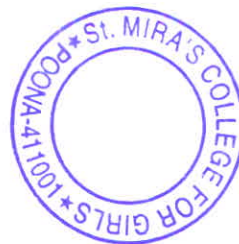
Group session: Relationship with Parents and family members

- Neglect by Parent
- Triangulated in parent's conflicts and feeling responsible of parental conflict
- Gender based discrimination in family leading to low self esteem
- Parental neglect in understanding importance of communication and mental health
- Lack of communication between family members
- Dealing with abusive parent-child relationships (physical, verbal and emotional abuse)
- Difficulty in maintain boundaries with parents; finding difficult to convey about their romantic relationships and experiencing guilt and shame.
- Difficulty in sleep and loss of appetite due to pressure and demands of the parents and other family members

Group session: Relationship with peers and friends

- Lack of trustworthy relationship with peers and friends
- Difficulty in making friends, especially who are new to the city and college
- Homesickness due to lack of belongingness with peers
- Social relations causing distractions

Twink
Ms. Pooja Saw
(Program Coordinator)

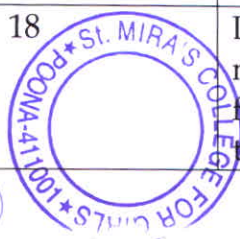


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St. Mira's College For Girls Pune
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 Group Sessions- 15th July 2019- 26thSeptember 2019

S. No.	Date	Topic of the session	No. of participants	Interventions used/Process of Group therapy
1.	12/7/19	Relationships	32	Self-introductions, meaning of group therapy, Protocols of group therapy and its advantage
2.	15/7/19	Relationship with Parents/family members	24	Identifying various stressors and patterns in relationships with family members. Understanding personal meaning of role of family and needs associated with the same.
3.	19/7/19	Relationship with peers/friends	23	Identifying role of peers and friends in one's life. Deconstructing boundaries in peer relationships.
4.	22/7/19	Relationship with peers/friends	21	Re-establishing group norms, group goals, use of boundaries worksheet to identify unhealthy patterns in friendships. Invited students to share about a friendship that has been or is valuable to them.
5.	29/07/19	Relationships with Parents/ family members	28	Re-establishing group norms and goals. Inviting students to draw genograms/ family trees and identify which relationships are their support systems. Invited students to identify their roles in their families and what would they like to do/feel differently.
6.	09/8/19	Relationship with peers/friends	26	Group closing session. Invited personal reflections, stories of hope and resilience, highlighted the importance of collectivising peer experiences and importance of support systems for one's mental health.
7.	16-8-19	Managing Exam Anxiety	16	Self-introductions, meaning of group therapy, Protocols of group therapy and its advantage. Use of goal setting worksheet to introduce how goals look different for each student and there is no right way of setting goals except setting realistic goals. Use of
8.	12-09-19	Managing Exam Anxiety	18	Learning ways of managing stressful negative thoughts about exam and failures. Use of grounding techniques to release anxiety.

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Ms. Rajotani (Coordinator)

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				Introduction of two mindfulness techniques to manage sleep related concerns.
9.	16-09-19	Managing Exam Anxiety	16	Identifying personal beliefs and negative automatic thoughts regarding exams and failures.
10.	19-09-19	Managing Exam Anxiety	21	Reframing negative automatic thoughts, building support systems, identifying personal strengths and risk factors impacting exam related anxiety.
11.	26-09-19	Managing Exam Anxiety	17	Sharing learnings in the group, facilitating disclosure, and seeking support from the group. Working on personalised worksheets for managing exam anxiety.

Total Students Registered: 62

Total Attendance through 11 sessions: 240

Total Sessions: 11

Pooja

Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in



Jayal
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St. Mira's College for Girls, Pune.

Tanaz & Snehal

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(Autonomous Affiliated to Pune University)

Date _____

Page _____

Group Therapy Session -
Managing Exam Anxiety

Date - 16/8/2019

Name	Roll No	Sign
1 Tamanna Rana	2773	<u>Tamanna</u>
2 Merlin Suro	2629	<u>Merlin</u>
3 Pooja Kerkle	2932	<u>Pooja</u>
4 Neha Pawar	2931	<u>Neha</u>
5 Neha Gauri	2655	<u>Neha</u>
6 Divya Gajbhiye	2834	<u>Divya</u>
7 Sakshi Chand	2610	<u>Sakshi</u>
8 Urmita Gokhale	2681	<u>Urmita</u>
9 Harshada Thorani	2679	<u>Harshada</u>
10 Lakshmi Pardeshi	2690	<u>Lakshmi</u>
11 Diksha Apte	2664	<u>Diksha</u>
12 Neha Wighne	2661	<u>Neha</u>
13 Bhakti Kamble	2178	<u>Bhakti</u>
14 Devika Dhobale	2658	<u>Devika</u>
15 Vaishnavi Parekar	2756	<u>Vaishnavi</u>
16 Vaishnavi More	2752	<u>Vaishnavi</u>
17 Divya Bohra	2757	<u>Divya</u>
18 Aditi Sawar	2755	<u>Aditi</u>
19 Nalini Bawari	2761	<u>Nalini</u>
20 Shalini Waman	2676	<u>Shalini</u>
21 Sakshi Utlekar	2697	<u>Sakshi</u>
22 Kavayee Sorte	2670	<u>Kavayee</u>
23 Shrushti Laskar	2653	<u>Shrushti</u>
24 Fatema Burmawala	2651	<u>Fatema</u>
25 Neha Salve	2662	<u>Neha</u>
26 Abhirami	2781	<u>Abhirami</u>
27 Sejal Parkar	4658	<u>Sejal</u>
28 Preeti Doidad	2409	<u>Preeti</u>
29 Shamali Bhavsar	2321	<u>Shamali</u>

Jayesh
Principal Incharge
St. Mira's College for Girls, Pune



Jayesh
Principal Incharge

30

Sheet Nimbalkar 2813

Sheet

Total students - 30

Program coordinator - Ms. Pooja Jain

Pooja



Principal Incharge
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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- **G15/10AC/2019-20/88**

Date:-01. 07. 2019

CIRCULAR

Between 5th July 2019 to 28th February 2020 Mental Health Awareness Classroom Sessions are to be organized by for all Degree College Students during college hours in their respective classes.

Pooja Jain

Ms. Pooja Jain
Coordinator

G. H. Gidwani

Dr. Gulshan H. Gidwani
Principal



St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

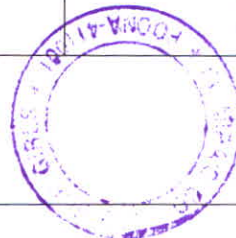
Mental Well-being Program 2019-2020

Classroom Awareness Sessions Integrated Data

July 2019- April 2020

S. No	Date	Class	Time	Venue	Concerned teachers	No. of students attended
1	9-July-2019	TY BA (A)	1:40-3:20 pm	201	SharminPalsetia Manjita K.	59 ✓
2	9-July-2019	TY BA (B)	9:10-11:00 am	203	Haseena S. Sheetal J. Sangeeta D.	49 ✓ 20
3	16-July-2019	TY Bom (A)	9:10-11:00 am	102	Elizabeth K.	22 ✓
4	17-July 2019	TY Bom (B)	9:10-11:00 am	103	Komal T.	57 ✓
5	26-July-2019	TY BCom (C)	9:10-11:00 am	101	Elizabeth K. Rekha K.	42 ✓
6	01-Aug-2019	TY BBA	11:10-1:10 pm	308	Deepali A. Kajal J. Abradita N.	24 ✓
7	01-Aug-2019	TY BCA	11:10-1:10 pm	308	Deepali A. Kajal J. Abradita N.	28 ✓
8	01-Aug-2019	TY BCS	11:10-1:10 pm	308	Deepali A. Kajal J. Abradita N.	27 ✓
9	03-Aug-2019	SY BA (A)	12:00- 2:00 pm	Sanctuary	Komal T. Manjita K.	89 ✓
10.	07-Aug-2019	SY BCom (B)	10:00-12:00 pm	101	Meenakshi W. Manisha P.	58 ✓ 57
11	08-Aug-2019	SY BA (B)	12:00-02:00 pm	Sanctuary	Meenal S. Vaishali J. Viveka S.	21
12.	20-Aug-2019	FY BBA	11:30- 1:30 pm	Sanctuary	Stella A.	44 ✓
13.	20-Aug-2019	FY BCA	11:30- 1:30 pm	Sanctuary	Stella A.	55 ✓

Forix
Program Coordinator



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14.	20-Aug-2019	FY BCS	11:30- 1:30 pm	Sanctuary	Stella A.	8
15.	22-Aug-2019	FY BCom B	12:00-02:00 pm	Sanctuary	Sheetal J. Sangeeta D. Komal T.	46 ✓
16.	12-Dec-2019	Junior College Arts and Science XI - Arts	11:00-12:30	Sanctuary	NA	(64) ✓ JC
17	12-Dec-2019	XII- Arts	11:00-12:30	Sanctuary	NA	(42) ✓ JC
18	12-Dec-2019	XI & XII Science	11:00-12:30	Sanctuary	NA	60 (59) JC
19	7-Jan-2020	TY BA (A)	9:10-10:50 am	2	SharminPalsetia Manjita K	41
20	8-Jan-2020	TY BA (B)	9:10- 10:50	3	Haseena S. Sheetal J. Sangeeta D.	14
21	9-Jan-2020	SY BA (B)	9:10-10:50	107	SharminPalsetia Haseena S.	31 ✓
22	10-01-2020	Junior College Commerce	11:00-12:30	Sanctuary	NA	(56+ 70+ 23) ✓ JC (12/11) X
23	14-Jan-2020	SY BCom - A	8:55- 10:15	5	Elizabeth K. Rama V.	21 ✓
24	15-Jan-2020	SY BCom - B	9:10-10:50	105	Deepanjali M. Meenakshi W.	45 ✓
25	22-Jan-2020	SY BCom - C	9:10-10:50	106	Dimple B. Jyoti C.	52 ✓
26	29-Jan-202	TY BCom- B	10:00-11:30	102	Rekha K. Deepanjali M.	41 ✓
27.	30-Jan -2020	SY BA (B)	9:10-10:50	108	Haseena S. Manjita K.	37
28	05-Feb-2020	TY BCom - A	9:10-10:50	101	Elizabeth K. Dimple B.	48 ✓

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29	05-Feb-2020	TY BCom- C	9:10-10:50	101	Sonia C. Elizabeth K.	35 ✓
30	08-Feb-2020	FY BCom - B	11:00-12:00 pm	104	Komal T.	68 67 ✓
31	10-Feb-2020	FY BA - A	9:10-10:50	7	Vaishali J. Ekta (PT)	52
32	10-Feb-2020	BCA (FY +SY+ TY)	11:00-12:30	Sanctuary	NA	34 ✓
33	11-Feb-2020	FY BA - B	9:10-10:50	8	Haseena Ekta (PT)	69 ✓
34	14-Feb-2020	FY BCom - C + A	10:00-12:00	7	Vaishali J. Bindu N. Suhaile A. Dimple B.	29
35	15-Feb-2020	FY BCS	12:00-1:30	Sanctuary	None	26 ✓
36	15-Feb-2020	SY + TY BCS	12:00-1:30	Sanctuary	None	22
37	18-Feb-2020	FY BBA	11:00-12:30	AV Room	None	58 57 ✓
38	18-Feb-2020	SY BBA	11:00-12:30	AV Room	None	47 ✓
39	18-Feb-2020	TY BBA	11:00-12:30	AV Room	None	17 ✓
		Total Sessions	39		Total students:	1701

Total students participated: 1701

Total number of sessions conducted: 39

Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in



Excluding Junior College
TOTAL: 1384

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St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology
Mental Well-being Program 2019-2020

Counsellor - Ms. Pooja Jain

Roll No.	Student Name	Date of Referral	Total number of sessions	Class	Gender	Source of Referral
3825	Vanshika Chaudhary	12-Jul-19	4	TY BCom	F	Self
3828	Geetanjali	15-Jul-19	4	TY BCom	F	Self
2236	Shreya Bhide	12-Jul-19	3	FY BA	F	Self
2709	Pooja Yadav	12-Jul-19	5	SY BA	F	Self
2313	Arya	05-Jul-19	8	FY BA	F	Self
4854	Simran R.	18-Jul-19	6	TY BA	F	Self
2877	Bhumi P.	18-Jul-19	3	SY BA	F	Self
4973	Joanna W.	18-Jul-19	3	TY BA	F	Self
2844	Namrata Dutta	26-Jul-19	4	SY BA	F	Self
2866	Aditi Sampat	05-Aug-19	2	SY BA	F	Self
2812	Arman Chagla	16-Aug-19	4	SY BA	F	Self
2286	Anusha Kolloji	29-Jul-19	3	FY BA	F	Self
2302	Muskan Negi	29-Jul-19	2	FY BA	F	Self
4807	Mamta Makhija	05-Aug-19	2	TY BA	F	Self
4263	Kajal Pande	05-Aug-19	4	TY BCom	F	Self
4612	Pooja Singh	09-Aug-19	3	TY BCom	F	Self
4658	Sejal Parkar	09-Aug-19	4	SY BCom	F	Self
6213	Neetu Beeju	16-Aug-19	5	MA Eco	F	Self
4607	Akanksha Kamthe	19-Aug-19	4	TYBCom -C	F	Self
2204	Sakshi Sethi	19-Aug-19	3	FY BA - A	F	Self
2813	Shruti Nimkar	23-Aug-19	8	SY BA	F	Self
4757	Priyanka Hawale	9/30/2019	2	TY BA	F	Self
18	Ankana Roy	9/30/2019	3	11th Grade	F	Self
4404	Priya Bajaj	9/30/2019	3	TY BCom	F	Self
2813	Shruti	11/21/2019	5	SY BA	F	Self
2606	Fatema Kathiria	11/25/2019	3	SY BA	F	Self
2236	Shreya Bhide	12-06-2019	2	FY BA	F	Self
2858	Tanvi Deokar	29-11-2019	2 + 1 Session with father	SY BA	F	Self
13	Rasika (12th grade)	29-11-2019	1	12th Grade	F	Self
2313	Arya Gupta	17-12-2019	4	FY BA	F	Self
2249	Akanksha Makhija	06-01-2020	3	FY BA	F	Self
10	Aishwarya Pillay	07-01-2020	3	(11th Science)	F	Self
11	Bhagyahsree Vaswani	07-01-2020	3	(11th Science)	F	Self
15	Madhura Petkar	07-01-2020	3	(11th Science)	F	Self
4436	Sanchari Sinha	03-02-2020	3	TY BCom	F	Self
2752	Vaishnavi More	03-02-2020	2	SY BA	F	Self
496	Sandhya Parihar	10-02-2020	2	12th Grade	F	Self
2804	Bushra	17-02-2020	2	SY BA	F	Self
3874	Sonia sura	17-02-2020	5	SY BCom	F	Self
2652	Ridhi Seth	28-02-2020	1	SY BA	F	Self
2264	Hargun Anand	28-02-2020	1	FY BA	F	Self
5511	Andrea Belsher	18-03-2020	3	SY BCS	F	Self
11865	Komal Sharma	18-03-2020	1	SY BCA	F	Self
2260	Harleen Anand	18-03-2020	5	FY BA	F	Self

Total Sessions
Total Students

145
44

Counsellor

Pooja Jain

Ms. Pooja Jain

Jayashree

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St. Mira's College for Girls, Pune.



St. Mira's College for Girls, Pune
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Department of Psychology
Mental Well-being Program 2019-2020
Counsellor: Behroze Chinoy

Roll no.	Student Name	Date of Referral	No. of Sessions	Class	Identified Gender	Age	Source of Referral
4920	Friyana Munshi	16-07-2019	8	TYBA	female	19	Self
2874	Sakshi Gulwani	16-07-2019	5	SYBA	female	19	Self
2865	Ritwika Kanungoe	17-07-2019	2	SYBA	female	22	Self
4970	Pragati Tidke	17-07-2019	6	TYBA	female	20	Self
2866	Aditi Sampat	23-07-2019	7	SYBA	female	18	Self
2854	Judith Botelho	23-07-2019	6	SYBA	female	18	Self
21923	Snehal Pawar	24-07-2019	2	FYBA	female	18	Self
2851	Saloni Kullar	24-07-2019	8	SYBA	female	19	Self
2321	Shyamali Bhavsar	13-08-2019	7	FYBA	female	18	Self
4978	Rashida Jeewanjee	31-07-2019	1	TYBA	female	19	Self
2604	Vyomi Gidwani	09-08-2019	2	SYBA	female	19	Self
4912	Shreya Humnabdkar	14-08-2019	1	TYBA	female	20	Self
4946	Anoushka Goutain	20-08-2019	2	TYBA	female	20	Self
4618	Saloni Jain	21-08-2019	1	TYBCom	female	20	Self
4919	Baby Singh	21-08-2019	1	TYBA	female	20	Self
2320	Ishika Mahajan	27-08-2019	1	FYBA	female	18	Self
2299	Aparupa Sinha	28-08-2019	7	FYBA	female	18	Self
2278	Amal Abubedahli	28-08-2019	2	FYBA	female	18	Self
4926	Tasneem Khadkiwala	28-08-2019	1	TYBA	female	20	Self
2860	Anjali Pillai	18-09-2019	3	SYBA	female	19	Self
2827	Simran Sanjay	18-09-2019	1	SYBA	female	18	Self
4984	Zahra Shetranjiwala	24-09-2019	1	TYBA	female	19	Self
4971	Anushka Gupta	25-09-2019	5	TYBA	female	20	Self
2864	Preksha Porwal	25-09-2019	1	SYBA	female	19	Self
NA	Dharmishta Singh	26-09-2019	1	Faculty	female	33	Pooja Jain, Coordinator.
	Uzma Sayed	01-10-2019	1	MA Part I	Unsure of self, but inclined to male	23	Self
6043							
2858	Tanvi Deokar	26-11-2019	1	SYBA	female	18	self
21955	Bhavya Bharadwaj	11-12-2019	4	FYBBA	female	18	self
4947	Bhakti Oza	24-12-2019	4	TYBA	female	19	self
4404	Priya Bajaj	24-12-2019	3	TYBCom	female	21	self
2877	Bhumi Punjabi	21-01-2020	2	SYBA	female	18	self
16	Aditi Gade	22-01-2020	3	class 11	female	16	self
2284	Shivani Benson	11-02-2020	1	FYBA	female	20	self
4768	Ria Singh	12-02-2020	2	TYBA	female	20	self
3874	Sonia Sura	22-02-2020	1	SYBCom	female	18	self
2810	Sakshi Gidwani	25-02-2020	1	SYBA	female	18	self
2231	Urvi Shetty	25-02-2020	1	FYBA	female	18	self
4234	Netra Girkar	25-02-2020	1	TYBCom	female	21	self
2268	Nyater Ete	26-02-2020	1	FYBA	female	18	self
2932	Pooja Kale	03-03-2020	1	SYBA	female	25	self
4430	Neha Londhe	24-03-2020	1	TY BCom	female	20	Self

Total Sessions 110
Total Students 41
Counsellor

Program Coordinator - Ms. Pooja Jain
Tajir



Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2019-2020
Individual Sessions - Ms. Nupur Dhakephalkar

Roll No.	Name	Date of referral	No. of sessions	Class	Gender	Age	Source of referral
4973	Joanna Wilson	7/25/2019	2	TYBA	F	20	Self
4854	Simran Raheja	7/25/2019	5	TYBA	F	20	Self
	Prajakta Kale	7/25/2019	5	SYBA	F	19	Self
21967	Pragati Sase	08-01-2019	1	FYBBA	F	20	Self
21969	Sadiya Mankar	08-08-2019	2	FYBBA	F	18	Self
21741	Falak baig	08-08-2019	1	TYBBA	F	20	Self
2855	Titiksha Patir	08-08-2019	1	SYBA	F	19	Self
2860	Anjali Pillai	8/22/2019	1	SYBA	F	19	Self
4983	Jefiya Babu	8/29/2019	5	TYBA	F	20	Self
21871	Nandini Sharma	8/29/2019	3	SYBBA	F	19	Self
2869	Anisha Vipparati	09-05-2019	1	SYBA	F	19	Self
21725	Karen	05-12-2019	2	SY BBA	F	19	Self
4215	Sae Gaikwad	05-12-2019	2	TYBCom	F	20	Self
2881	Niriksha Shetty	12-12-2019	5	SY BA	F	20	Self
2868	Arshi	19-12-2019	3	SY BA	F	20	Self
4963	Sneha Joel	09-01-2020	1	TY BA	F	20	Self
2875	Ankita Dapad	30-01-2020	1	SY BA	F	19	Self
4651	Jhanvi Chayal	30-01-2020	1	TY BCom	F	20	Self
	Trincy	30-01-2020	2	TY BA	F	20	Self
	Avni Bhatka	06-02-2020	1	TY BA	F	20	Self
4844	Aarti Malik	13-02-2020	1	TY BA	F	20	Self
16	Harshita Masand	20-02-2020	1	11th Grade	F	16	Self
4984	Zhara	28-02-2020	1	TY BA	F	20	Self
2415	Yukta Gaikwad	12-03-2020	1	FY BA	F	20	Self
21742	Pranali Shetye	12-03-2020	1	TY BBA	F	20	Self
4203	Ankita Desai	19-03-2020	1	TY BCom	F	19	Self
2318	Jessica Jake	19-03-2020	1	FY BA	F	18	Self

Total sessions 52 Counsellor
Total Students 27

Program coordinator - Ms. Pooja Sain
Pooja



Jh
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St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune			
Autonomous (Affiliated to Savitribai Phule Pune University)			
Department of Psychology			
Mental Well-being Program 2019-2020			
Counsellor: Ms. Pooja Jain			
Students who contacted post Covid-19 Outbreak for mental health support			
Roll No	Name of the Student	No.of Sessions	Class
4931	Khatija Muffadal	1	FY BA
4970	Pragati Tidke	1	TY BA
4215	Sae Gaikwad	1	TY BCom
2299	Aparupa Sinha	6	FY BA
2862	Aditi Arya	3	SY BA
2300	Ritika Sarnot	1	FY BA
5520	Bhakti Shah	1	SY BCS
3469	Arya Galande	1	FY BCom
2858	Tanvi Deokar	1	SY BA
11865	Komal Sharma	2	SY BCA
3306	Vaishnavi Dhabu	1	FY BCom
4206	Tahsin Sultana	1	TY BCom
2231	Urvi Shetty	1	FY BA
3808	Neha Pathal	1	SY BCom
2844	Namrata Dutta	4	SY BA
2860	Anjali Pillai	1	SY BA
21945	Shraddha Pawar	1	FY BBA
4264	Vidhi Narang	1	TY BCom
4258	Jinu Jose	1	TY BCom
4235	Vishaka Biwal	1	TY BCom
2264	Hargun Anand	1	FY BA
2302	Muskan Negi	1	FY BA
4203	Ankita Desai	1	TY BCom
2813	Shruti Nimkar	6	SY BA
21955	Bhavya B.	1	FY BBA
	Total Students	26	
	Total Sessions	40	
	Program Coordinator	Ms. Pooja Jain	




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SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2019-20/52

Date:-01.07.2019

CIRCULAR

Individual Counselling Sessions will be provided on pre appointment basis by Mental Well-being Program under Department of Psychology between 1st July 2019 to 30th March 2020 for all Degree College Students during college hours on campus.

Pooja

Ms. Pooja Jain
Coordinator

G. H. Gidwani


Dr. Gulshan H. Gidwani
Principal



St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2019-2020
Individual Therapy Sessions Report

Students were offered free individual professional counselling sessions throughout the academic year starting from July 2019 to April 2020. One full time college Counsellor, Ms. Pooja Jain and two part time Psychologists, Nupur Dhakephalkar and Behroze Chinoy were appointed to offer psychological support to students by the Department of Psychology.

In total 138 students reached out for help through taking personal appointments and 347 sessions were offered to these students throughout the academic year.


Program Coordinator: Ms. Pooja Jain




Principal Incharge
St. Mira's College for Girls, Pune.

9/7/2019

Tejal Kundkar

Tejal

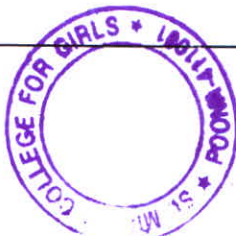
Page No. 1

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme -1
Attendance Sheet (TYBA English Special) (A)

59

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4911	LOBO IRIS JUDE	<u>Iris</u>	
2	4912	HUMNABADKAR SHREYA UPENDRA	<u>Shreya</u>	
3	4913	ADAM ASHITA ERNEST	<u>Ashita</u>	
4	4914	HIMANWITA MAZUMDAR	<u>Himta</u>	
5	4915	HUSSAINY LUJAIN SYED RAZA	<u>Lujain</u>	
6	4916	CARDOZA ANTHEA AMON	<u>Cardoza</u>	
7	4917	SEBASTIAN RUBY SHIRISH	—	
8	4918	KHAN HENNA FEROZE	—	
9	4919	SINGH BABY VIKRAM	<u>Baby</u>	
10	4920	MUNSHI FRIYANA DARAYES	<u>Friyana</u>	
11	4921	NAIR AYUSHREE MANIKANDAN	<u>Ayushree</u>	
12	4922	SAH KAMINI VIJAY		
13	4923	DESAI TANVI RAJESH	<u>Tanvi</u>	
14	4924	SIMRAN ANTIONETTE RODRIGUES	—	
15	4925	SHREYA BANERJEE	—	
16	4926	KHADKIWALA TASNEEM HUSENI	—	
17	4927	KRIPALANI YAMINI YOGESH	<u>Yamini</u>	
18	4928	JAGDALE SHRADDHA NAMDEV	—	
19	4929	PATEL RUTIKA KRISHNAKANT	—	
20	4930	ALIFIYAH EZZI	—	
21	4931	LOKHANDWALA KHADIJA MUFADDAL	<u>Khadija</u>	
22	4932	ALEFIYA ABBAS POONAWALA	<u>Alefiya</u>	
23	4933	HUSAINA MUNAWAR KAPASI	<u>Husaina</u>	
24	4934	KHADIJA JOHAR CUTPIECEWALA	<u>Khadija</u>	
25	4935	GODHRAWALA MUNIRA TALIB	<u>Munira</u>	
26	4936	NEHA CHAVAN	<u>Neha</u>	

Tejal
Pooja Sai
Coordinator



Jh
Principal Incharge
 St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA English Special)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
27	4937	KUSALKAR ANUJA SUNIL	<u>Sujask</u>	
28	4938	TANVI DHARMENDER LOHAN	—	
29	4939	JYOTI LUGUN	—	
30	4940	AGNESIA MUNDRI	—	
31	4941	KRITIKA SHARMA	—	
32	4942	IRAISHA DJAKDIS PUNJABI	<u>IR</u>	
33	4943	ENGINEER AMATULLAH MUSTANSIR	—	
34	4944	JAKE S THOMAS	<u>Jake Thomas</u>	
35	4945	PILLAY SHIVANI SOUNDRAJ	—	
36	4946	ANOUSHKA GUTAIN	<u>Anoushka</u>	
37	4947	OZA BHAKTI SANDEEP	<u>Bhakti</u>	
38	4948	JUTHANI AYESHA MUKESH	—	
39	4949	PURVI BOHRA	—	
40	4950	KAZI ALISHA MUJEEB	—	
41	4951	SILVIE CHUNG SHIU POU	—	
42	4952	PHAGUNI BRAHMA	—	
43	4953	RESHMAA ADHANA	<u>Reshmaa</u>	
44	4954	DIVYA BAMBOLI	<u>Divya B</u>	
45	4955	JAYA TRIPATHI	<u>Jaya Tripathi</u>	

Fuzi
Farj. Sain
 Coordinator



JK
 Principal Incharge
 St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA Psychology Special)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4961	PEARL HACKETT	-	
2	4962	SHIVANI SINGH	<i>Shivani Singh</i>	
3	4963	SNEHA JITENDRA JOEEL	<i>Sneha Joeel</i>	
4	4964	BHANDARI PRERNA VIJAY	<i>Prerna Bhandari</i>	
5	4965	SANGHVI VAIBHAVI DEEPAK	<i>Vaibhavi Sanghvi</i>	
6	4966	JAIN DIVYA SUBHASH	<i>Divya Jain</i>	
7	4967	DSILVA DORA DONALD	<i>Dora</i>	
8	4968	AMLANI ASHNA AKBAR	<i>Ashna</i>	
9	4969	MUSKAN BISHNOI	-	
10	4970	TIDKE PRAGATI SAMPAT	<i>Pragati</i>	
11	4971	GUPTA ANUSHKA NILESH	<i>Anushka Gupta</i>	
12	4972	SHAH SANA RAFI	<i>Sana</i>	
13	4973	JOANNA DIETER WEILSON	<i>Wilson</i>	
14	4974	SHARMA PREETI KARAMVIR	<i>Preeti</i>	
15	4975	VISHALI SHARMA	<i>Sharni</i>	
16	4976	JAIN VIDHI KIRAN	<i>Vidhi</i>	
17	4977	DISHA PAWANKUMAR DHANKANI	<i>Dhankani</i>	
18	4978	JEEWANJEE RASHIDA SHABBIR	<i>Rashida</i>	
19	4979	AHARNA SHOGHI	<i>Aharne</i>	
20	4980	SNEHA SANJAY GHATULE	<i>Sneha</i>	
21	4981	R RASHMI PRIYAA	<i>Rashmi Priya</i>	
22	4982	ANUSHKA WILSON	<i>Anushka</i>	
23	4983	JEFIYA BABU	<i>Jefiya</i>	
24	4984	SHETRANJIWALA ZAHRA MOHAMMAD	<i>Zahra</i>	
25	4985	SUSMITA YADAV	-	

For
M. Pooja Sain
Coordinator



Jh
Principal Incharge
 St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme

Attendance Sheet (TYBA Sociology Special -A)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4751	SHEDGE DIVYA PRAKASH	<i>Belhaya</i>	
2	4752	RANAWAT MANSI SURESH	<i>Ranawat</i>	
3	4753	AGARWAL YASHNA RAKESH	—	
4	4754	SHAH SAKSHI RAHUL	—	
5	4755	GADRE AKANKSHA VIKAS	—	
6	4756	FERNANDES CADENCE NEVILLE	—	
7	4757	PRIYANKA TANAJI HAWALE	—	
8	4758	NIKALJE SANTOSHI JITENDRA	—	
9	4759	SHAIKH SALINA RAFIQ	—	
10	4760	TANVI GINA JOGDAND	—	
11	4761	KALYANKAR AISHWARYA AMBADAS	<i>Kalyankar</i>	
12	4762	HARRY CHRISTINA GEORGE	—	
13	4763	SHREYA SUNIL MASKE	<i>Shreya</i>	
14	4764	SHARDHA	—	
15	4765	ANTHONY SHERIN HARRY	—	
16	4766	PATIL SAI RAJEEV	—	
17	4767	KAMAKSHA SINGH	—	
18	4768	RIYA SINGH	—	

Pooja
Pooja Jain
Coordinator



JK
Principal Incharge
 St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA Economics Special -A)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4831	ATTARI SAKINA SAIFUDDIN	Sakina	
2	4832	ANANNYA SAHANI	-	
3	4833	DIVYANSHI JOSHI	-	
4	4834	THOMBRE TEJAL ABHAY	Thombre	
5	4835	KACHHI ZEBA JAVED	-	
6	4836	TANU MALIK	Tanu Malik	
7	4837	NISHA	Nishi	
8	4838	BHANDAR PUSHPA SHRINIVASAN	-	
9	4839	DIVYA RAO	Divya Rao	
10	4840	YITER GADI	-	
11	4841	SHRISTI CHOUDHARY	-	
12	4842	TANISHA RATHOD	-	
13	4843	BARAWKAR MRUNAL ANIL	-	
14	4844	ARTI MULIK	-	
15	4845	RAWADE JOANA SHALMON	Rawade	
16	4846	BABLI DEBBARMA	Babli	
17	4847	SAKINA MUFAZZAL	Sakina	
18	4848	GUDURI MERCY SUDARSANAM	Mercy	
19	4849	HIMANKITA DEBBARMA	-	
20	4850	RADHIKA KHURANA	-	
21	4851	MUDDALA NEHA RAJARAO	-	
22	4852	PRATIMA RAMKISHOR DHURIYA	-	
23	4853	MEHAK BINDROO	-	
24	4854	RAHEJA SIMRAN SUJIT	-	

Attendance Sheet (TYBA General -A)

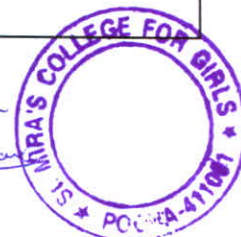
Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	5701	RUKMINI NITIN SIRAS	-	
2	5702	BUSHRA KHAN	-	

#. Total Number of students - 59

Name & sign of Program coordinator - Pooja Jain

Principal Incharge

St. Mira's College for Girls, Pune.



Date - 9/7/2019

Program Coordinator - Pooja Sain
6
Pooja Sain

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme - 1
Attendance Sheet (TYBA Sociology Special -B)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4791	SONAL TRIVIT VANJARI	-	
2	4792	SAKHEE JAYANT KULKARNI	-	
3	4793	ALALLI DIKSHA NITIN	<u>Malavi</u>	
4	4794	RAVINA SANJAY SARSAR	-	
5	4795	SHEETAL SHARMA	-	
6	4796	NAGTILAK PRIYA SHRIMANT	<u>Pritya</u>	
7	4797	MANASI MANDAR MOADAK	-	
8	4798	RAMA SHRIMANT NAGTILAK	<u>Nagtilak</u>	
9	4799	KIRANDEEP	-	
10	4800	AKHILA YESUDAS	<u>Akhila</u>	
11	4801	PRACHI VIJAY GAIKWAD	<u>Prachi</u>	
12	4802	LATHI RUCHA DILIP	-	
13	4803	NAIDU JIVITA KISHOR	-	
14	4804	SAMPADA SHIVAJI BUCHADE	-	
15	4805	SAKSHI AMAR KHANDVE	-	
16	4806	DHANAWADE PRATIKSHA HARIBHAU	-	
17	4807	MAKHIJA MAMTA SHANKAR	<u>Mamta</u>	
18	4808	JASMIN SAYYADHUSEN SAYYAD	-	
19	4809	NIHARIKA KOKA	-	
20	4810	SHAIKH KAUSAR SALIM	-	
21	4811	GAIKWAD SHIVANI ANIL	-	
22	4812	SALVE SONALI SAHADEV	-	
23	4813	RAJORIA NAMRATA BANARSI	-	
24	4814	ARADHANA BENDRE	-	
25	4815	PAWAR SANJANA SIDDHANT	<u>Sanjana</u>	
26	4816	CHAVAN POOJA VITTHAL		

Pooja
Ms. Pooja Sain
Coordinator



JK

Principal Incharge
St. Mira's College for Girls, Pune.

7

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA Economics Special -B)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4871	HARSHA SUBHASH	<i>Harsha</i>	
2	4872	SUTAR PRIYANKA SANJAY	-	
3	4873	NAMRATA KUMARI	<i>Namrata</i>	
4	4874	PREETI MEHTA	<i>Preeti</i>	
5	4875	PRATIKSHA YEDULAL UDAMALE	<i>Pratiksha</i>	
6	4876	SHIRODKAR PRATIMA PRADIP	<i>Pratima</i>	
7	4877	PATHAN SANA KHAN	-	
8	4878	SHILAWANE RINKAL ANIL	<i>Rinkal</i>	
9	4879	SANGEETA	-	
10	4880	GHORPADE NIKITA SATWA	-	
11	4881	NAVALE DHANASHREE JAISINGH	-	
12	4882	MHASKE NIKITA RAJESH	-	
13	4883	PATOLE SNEHA GANESH	-	
14	4884	VAISHNAVI RAGHUNATH JAGDHANE	<i>Vaishnavi</i>	
15	4885	POTAWALE DIPTI VILLAS	<i>Dipti</i>	
16	4886	SONAWANE DHANSHRI PRADEEP	-	
17	4887	MITALI MANISH PATIL	-	
18	4888	KAJAL	<i>Kajal</i>	
19	4890	GUNJAL SHITAL RAMESH	-	

4895 *Shaikh Muskan*

Attendance Sheet (TYBA General -B)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	5726	SHEETAL JADHAV	<i>Sheetal J.</i>	
2	5727	UMEEAIMAN FAHIM AHMED SHAIKH	-	
3	5728	KUSALKAR NAMRATA MAHADEV	<i>Namrata</i>	
4	5729	GANGURDE PRACHITI JAYSHREE	-	
5	5730	GAIKWAD RUTUJA SURESH	<i>Rutuja</i>	
6	5731	SHUKLA NEHA OMKAR	-	

Total number of students - 20

Name & sign of Mental well-being Program coordinator -

Ms. Pooja Jain
Pooja Jain



Principal incharge
St. Mira's College for Girls, P

Date- 16/ July 2019

Session 1- understanding stress & Anxiety

Session 2- understanding depression & loneliness.

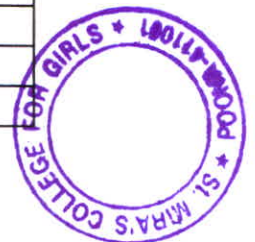
ST. MIRA'S COLLEGE FOR GIRLS, PUNE
TYBCOM A Mental Wellbeing Programme

16/ July 2019

Roll No	Student name	Session1	Session2
4201	CHAVAN AMRUTA DILIP	Amruta	
4202	SHAIKH RUKHSAR AYAZ	-	
4203	DESAI ANKITA RAJENDRA	-	
4204	MAJIKAMLIU RINGKANGMAI	Maji	
4205	RUTUJA BAPU PATHARE		
4206	SULTHANA TAHSIN HABIBULLAH	Sultana	
4207	JALAN AKANKSHA MANOJ		
4208	TULASKAR PRATIKSHA RAJESH	Pratiksha	
4209	DAVE SHUBHANGI SHASHIKANT	Shubhangi	
4210	KULKARNI SANDIP SAMRUDDHI	S. Kulkarni	
4211	KALBHOR AKANSHA DILIP	Akansha	
4212	SHUKLELLU NAMRATA RAKESH		
4213	JADHAV SANJANA SNEHAL	-	
4214	NAVENA V	-	
4215	SAEE PRAFULLA GAIKWAD	-	
4216	VAISHNAVI SHINDE	-	
4217	KHAIRNAR DIVYA MILIND	-	
4218	CHAITRALI SUDHAKAR VIBHUTE	-	
4219	RIYA ANIL KAKUSTE	-	
4220	DODKE SHWETA SUNIL	-	
4221	PAURNIMA MACHINDRA TAPKIR	-	
4222	JADHAV MONIKA ASHOK	-	
4223	PATHARE SHREYA BALASAHEB	-	
4224	URVASHI YADAV	-	
4225	PAWAR AISHWARYA RAJENDRA	-	
4226	SHWETA RAJESH JOSHI	-	
4227	DILSHEEN KAUR	-	
4228	AGARWAL NIDHI SATISH	Nidhi	
4229	SHIRISHTI BERTHWAL	Shirishiti	
4230	POONAM DEEPCHAND SHRIVAS	-	
4231	SINGH DURGANJALI VIKAS	-	
4232	PAWAR SHRUTIKA SANJAY	-	
4233	K R SANJANA	-	
4234	GIRKAR NETRA NITIN	-	
4235	VISHAKHA VILAS BIWAL	-	
4236	YALLALA PRATIKSHA HANUMANTH	-	
4237	MANSI TIWARI	-	
4238	GALANDE NEHA SANDEEP	-	
4239	SHIVANI JAYPRAKASH SATAV	-	
4240	PRANALI DNYANESHWAR GHULE	-	
4241	JADHAV PRANALI PRAKASH	-	
4242	SHAIKH MEHNOOR YUNUS	-	
4243	KAWADE RUCHIRA SANDEEP	-	
4244	RAJPUROHIT SIMRAN BHIMSINGH	-	

Principal Incharge
St. Mira's College for Girls, Pune.


Ms. Pooja Jain
Coordinator

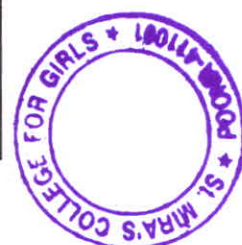


St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

4245	POONAM RAMCHANDRA DUBE	Poonam	
4246	PARMESHWARI BALDAU SAHU	Parmesh	
4247	SHELKE AISHWARYA RAJENDRA	--	
4248	HARSHADA VIJAY KAPSE	--	
4249	NEHA BANO SHAHEED AHMED	--	
4250	SHAIKH ALFARA SHAHIB	--	
4251	ARYA MEENA KAILASHCHANDRA	--	
4252	G RADHA PRAVALLIKA	--	
4253	SACHDEV RIDHIMA DEEPAK	Ridz	
4254	SHEFALI CHAVAN	--	
4255	MORE KOMAL GANESH	--	
4256	PRERNA SINHA	--	
4257	JASSICA HAZARIKA	--	
4258	JINUU JOSE	Jinu	
4259	KADAM SAMRUDHI VIJAY	Kadam	
4260	SOLANKI SANGITA MANGILAL		
4261	MOMIN RIMSHA RASUL		
4262	LANGA SIMRAN MOHD RAFIQUE	Blanga	
4263	PANDE KAJAL MANOJ	Kajal	
4264	NARANG VIDHI LAKHMICHAND	Narang	
4265	RAJPUROHIT POOJA UMEDSINGH	Purohit	
4266	SEVAK NIKITA POPATLAL	Nikita	
4267	CHOUDHARY POOJA BHURARAM	Pooja	
4268	VASAYA HABIBA HASSANALI	--	
4269	SRISHTI YADAV	--	
4270	PILLAY SOUNDARYA KRISHNMURTHY	--	
4271	FRANCIS ALISHA LAWRENCE	--	
4272	MANSURI FARZANA SHABBIR	--	
4273	MANISHA GADE	--	
4274	YADAV SNEHANJALI RAMYASH	Shyama	
4275	DHUMAL SAKSHI SHANTARAM	Shanti	
4276	PAWAR SIMRAN DATTATRAYA	--	
4277	RINKU YADAV	--	
4278	KAJAL KALURAM BORHADE	--	
4279	RAO MEENAKSHI GIRDHARILAL	--	
4280	MISHRA DEEPIKA SANJAY	--	
4281	PANJWANI KAREENA RAJU	--	
4282	NISHA JANGID	--	
4283	KOMAL VEDPRAKASH JANGID	--	
4284	ALBELA PRACHI MAHESH	--	
4285	NAVLANI KAREENA MAHENDRA	--	
4286	SONI POOJA MUKANDILAL	--	
4287	SAYYED ALVIRA RIYAZ	--	
4288	VINITA TOLANI	--	
4289	UME SALMA	--	
4290	KUMBHARKAR DEEPTI GANESH	--	
4291	PESTONJI NAINAZ PARVEZ	--	


Principal Incharge
St. Mira's College for Girls, Pune.


Ms. Pooja Jain
Coordinator



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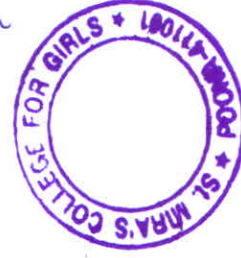
St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

4292	FULFAGAR DIVYA RAJESH	—	
4293	SAMEEHA ANWAR RUMANE	—	
4294	NEHARKAR NISHA DILIP	—	
4295	NAKTE SHIVANI SHANKAR	—	
4296	NALINI BALRAM TIWARI	—	
4297	RAY PUSHPA INDRAJIT	—	

Total number of students - 22

Program Coordinator -

Ms. Pooja Jain
Tajiwani



JL

Principal Incharge
St. Mira's College for Girls, Pune.

Session 1 - Understanding Stress & Anxiety

10

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
TYBCOM B Mental Wellbeing Programme

57

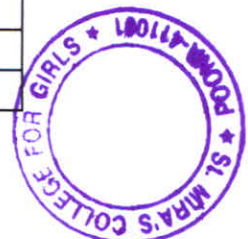
17/ July 2019

Roll No	Student name	Session1	Session2
4401	HIRWANI RASHMI ASHOK	Rheerani	
4402	ISHA HASANAND LALWANI	Isha	
4403	MOHNANI CHANDNI GHANSHYAM	Chandani	
4404	BAJAJ PRIYA SURESH		
4405	BANGAR BHAGYASHREE SURYABHAN	Bangar	
4406	SHIVANI PADMAKAR JIRWANKAR		
4407	SAWANT DHANASHREE VILAS		
4408	DIVYA SHIVAJI KATKAR		
4409	PAYAL BHASKAR JAGDALE		
4410	PUJARI TEJASWINI KALLAPPA	Tej	
4411	HEMA SUNDER PUJARI	Hema	
4412	DHUMAL POOJA RAJESH		
4413	KUDALE KASHMIRA VIJAY	Kudale	
4414	KUMARI PREETI YADAV	Preeti	
4415	LOPEZ KATE AUSTIN	Kate	
4416	PRITI VERMA	Priti	
4417	PAWAR VISHAKHA SURYAKANT	Pawar	
4418	DENDGE AKANKSHA DEVIDAS	A. Dandge	
4419	GAIKWAD PRITI ANKUSH	Praitkward	
4420	MORE NEHA KESHAV		
4421	THOMBRE PRATIKSHA RAJENDRA	Thambre	
4422	SHINDE KOMAL GOVIND	Shinde	
4423	KADAM KOMAL SATISH		
4424	GHATGE ADITI ANIL		
4425	AMRITA PANDEY		
4426	JOSHI SHREYA PRAMOD	Joshi	
4427	PAWAR NIKEETA NITIN	Pawar	
4428	KSHIRSAGAR PRATIKSHA PRABHAKAR	Kshirsagar	
4429	ADHAV HARSHADA SANTOSH		
4430	LONDHE NEHA SANJAY	Londhe	
4431	GUJAR ANUSHREE SANJEEV	Gujar	
4432	SNEHA ARUN DASKARMAKAR	Sneha	
4433	MANUEL VANESSA VIJAY	Manuel	
4434	UDAS VAISHNAVI JAYANTA	V. J. Udas	
4435	DESHMUKH MONIKA SURESH	Deshmukh	
4436	SANCHARI SINHA	Sanchari	
4437	ANISHA KUMARI		
4438	MORE RACHANA SACHIN	More	
4439	LUND SIMRAN JAIKISHAN	Lund	
4440	AKHADE RUTUJA RAHUL		
4441	ANKITA ASHOK JAGTAP	Ankita	
4442	HASTODIA VIA VIJAY	Hastodia	
4443	KHAN SANA NASRULLA	S. Khan	
4444	GANGRAS AAROHI	Gangras	

Jh

Principal Incharge
St. Mira's College for Girls, Pune.

Tarigau
Incharge
Coordinator




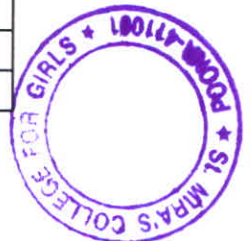
11

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

4445	PINKY SANJAY DUBEY	-	
4446	SHARMA EKTA CHANDRASHEKHAR	-	
4447	VARMA POOJA KUNDAN	Pooja	
4448	LOBO NICHOLA BAPTIST	Nichola	
4449	NAIDU PAVITRA ANANDA	Pavitra	
4450	KARNIK JYOTI HANMANTA	Jyoti	
4451	PRIYANKA SINGH	Priyanka	
4452	ARATI BASWARAJ MANDADE	Arati	
4453	UPASE KAJAL RAMESH	Kajal	
4454	RAJGURU MEGHA GANESH	-	
4455	SHAIKH SANAM QUITABUDDIN	-	
4456	KULKARNI RUTUJA SATISHRAO	R. Kulkarni	
4457	SAKORE APURVA RAVINDRA	-	
4458	JASMIT KAUR	Jasmit	
4459	SHRUTHI PRAVEEN	Shruthi	
4460	SAFIA KHATUN	Safia	
4461	SHINDE REENA MANOHAR	Reena	
4462	SANDRA SEBASTIAN	-	
4463	CHAVAN AARTI NOORAPPA	Aarti	
4464	KAMBLE NISHA RAJESH	-	
4465	THOMAS DILYSE VALERIAN	-	
4466	SAMRUDDHI	-	
4467	PATIL POOJA ANIL	Pooja	
4468	PHUTANE DIKSHITA PRAVIN	Dikshita	
4469	KADAM SNEHA SUNIL	-	
4470	NAWALE RASIKA MUKESH	-	
4471	PARMAR ISHA RAJESH	-	
4472	SHINDE PRAJAKTA MANGESH	-	
4473	SHIVANGI	Shivangi	
4474	BHADORIYA SANDHYA RAJVEER	-	
4475	MESTRI ASHWINI ANIL	-	
4476	DIVYA SURENDRA NIKALJE	Divya	
4477	MENON MALAVIKA SIVADASAN	-	
4478	BHOSALE SHRADDHA PUSHPENDRA	-	
4479	MATANG BHARTI BHAUSAHEB	-	
4480	KAWADE SANSKRUTI CHETAN	-	
4481	AMARCHINTA SARASWATI MALLESH	-	
4482	MANSI RATHOD	-	
4483	SHINDE SAKSHI MANGESH	-	
4484	KHAN NAURINA IKRAM	-	
4485	PUJA MILAN DEBBARMA	-	
4486	DWIVEDI EKTA RAMKUMAR	-	
4487	CHAVAN POOJA VISHWARAJ	-	
4488	MADKI AFREEN SATTAR	-	
4489	TOMAR POOJA RAJESH	-	
4490	BORKAR GAURI NILESH	-	
4491	ANKITA KISHOR PARTHE	-	


Principal Incharge
 St. Mira's College for Girls, Pune.


 Pooja San
 Coordinator



St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

4492	PRIYANKA PATIL	-	
4493	JADHAV NEHA RAJENDRA	-	
4494	PRAGYA TIWARI	Pragya	
4495	GUNJAN KAILASH ADVANI	Gunjan	
4496	SUSHMITA CHAKRABORTY	Sushmita	
4497	RADHA SINGH	Radha Singh	
4498	SHARMA NITU KAMLESH	Nitu Kamlesh	
4499	SHIVANI THAKUR	-	
4500	BINGI AISHWARYA BALAJI	-	
4501	DNYANESHWARI SANJAY GHADAGE	-	
4502	KASRUNG ANAMIKA KASHINATH	Kasrun	
4503	SEEMA KUPARAM CHOUDHARY	Seema	
4504	CHAUHAN POOJA SURENDRA	Pooja	
4505	BHARTI REENA UDAYNARAYAN	-	
4506	KSHIRSAGAR SHWETA RAMCHANDRA	-	
4507	NIDHI	Nidhi	

Total students- 57

Name of Program Coordinator: - *Tarjani* (Ms. Pooja Jain)



Jb
Principal Incharge
St. Mira's College for Girls, Pune.

Session 1 - understanding stress + anxiety.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
TYBCOM C Mental Wellbeing Programme

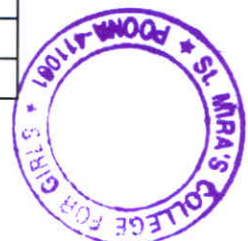
(12)

26/July/2019

Roll No	Student name	Session1	Session2
4601	RENU JAGDISH SHARMA	-	
4602	SHAIKH FATIMA ALTAF	-	
4603	KOHLI ANJALI RAKESH	Anjali	
4604	PANHALKAR SMITA RAMDAS	Smita Panhalkar	
4605	KALPANA SINGH		
4606	GOEL ADITI SUNIL	Aditi	
4607	KAMTHE AKANKSHA SANJAY	Akanksha	
4608	SHELKE DIPALI CHINTAMAN	-	
4609	PRANALI SHRIDHAR ABNAVE	Pranali	
4610	PASALKAR DIPTI ANIL	Dipti	
4611	THALLAM THATTAI VAISHNAVI	-	
4612	SINGH POOJA PADAM	Pooja Singh	
4613	JADHAV SIMRAN KAMLESH	Simran	
4614	KOGNOOR POOJA SHARANBASAPA	Pooja	
4615	RATHOD KAJAL SHANKAR	Kajal	
4616	RATHOD ROHINI SURESH	Rohini	
4617	SUPRIYA GANGARAM HARIHAR	-	
4618	JAIN SALONI JINENDRALAL	Saloni	
4619	MARTIN FLORINA PHILIP	Florina	
4620	JADHAV GAURI LAXMAN	Gauri	
4621	BAGWAN GAZAN SHAKEEL	-	
4622	AHIR RASHMI SURESH	-	
4623	PARATE PRAJAKTA SUNIL	-	
4624	MORE KAJAL VISHNU	Kajal	
4625	CHOUDHARI DHANSHREE POPAT	-	
4626	SHWETA SANTOSH KATE	Shweta	
4627	GOGAVALE PRIYANKA SAMBHAJI	Priyanka	
4628	DEOKAR KRUTIKA VIJAY	Krutika	
4629	PAIGUDE JYOTSNA VASANT	Jyotsna	
4630	HARSHADA SAMBHAJI GOGAVALE	Harshada	
4631	CHAVAN DAMINI GOVERDHAN	D. Chavan	
4632	INGAWALE SABURI DHANAJI	-	
4633	GITANJALI VITTHAL MORE	Gitanjali	
4634	BHADALE SNEHAL ISHWAR	-	
4635	KOLI YALLAMMA BALSHEKAR	Yallamma	
4636	PATIL SNEHAL RAMCHANDRA	Snehal	
4637	SHWETA RAGHUNATH ADHAV	-	
4638	KOKANE MURNAL RAJESH	Murnal	
4639	GAIKWAD SHUBHANGI GAUTAM	Shubhangi	
4640	SHINDE SUJATA BHAGWAN	Sujata	
4641	MADHURA PRAKASH TEKALE	Madhura	
4642	GAIKWAD KOMAL VIJAY	Komal	
4643	MORE PRATIKSHA AJAY	Pratiksha	
4644	ANKAM PREETY PRAKASH	Preety	


Principal Incharge
St. Mira's College for Girls, Pune.


Pooja Saw
(Coordinator)



149

St. Mira's College For Girls Pune
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4645	SANCHETI FALGUNI SHARAD	<u>Falguni</u>	
4646	SARSAR KAJAL RAJENDRA	<u>Kajal</u>	
4647	DEVIKA KASHINATH PUJARI	<u>Devika</u>	
4648	NITIKA CHATUTVEDI	<u>Nitika</u>	
4649	KOMAL KADAM	<u>Komal</u>	
4650	PUJA BORGAON	<u>Puja</u>	
4651	SHAIKH SHIREEN RASHID	-	
4652	HUNDEKARI MUSKAN MALANG	-	
4653	GATHANI KHUSHI LATESH	<u>Khushi</u>	
4654	VAIRAT NISHIGANDHA DATTATRAY	<u>Nishigandha</u>	
4655	BHOSALE POOJA BHASKAR	<u>Pooja</u>	
4656	SIDDHI MAHESH WARGHANE	-	
4657	REPAK ANKITA RAJENDRA	<u>Ankita</u>	
4658	SEJAL VIJAY PARKAR	<u>Sejal</u>	
4659	JONGRA KAJAL MANOJ	-	
4660	BHORDE EKTA ANIL	-	
4661	SINGH POOJA SAURAJ SINGH	-	
4662	KAMBLE RITIKA YESHWANT	-	
4663	SIMI SUNNY	<u>Simi</u>	
4664	DESHMUKH ANJALI CHARDARKANT	-	
4665	KORI MAMTA RAMPRAKASH	-	
4666	RUCHIKA RAJENDRA RATHORE	-	
4667	NUTAN ANANT DESHMUKH	-	
4668	BHALERAO SWATI SANJAY	-	
4669	SHARMA NIKITA DHARMENDRA	-	
4670	MULCHANDANI RICHA GUL	-	
4671	TIWARI JYOTI DEVI ARUNKUMAR	-	
4672	SHIVANI SHAMBHU SHAH	-	

Total no. of students - 42

Program coordinator - Pooja Jain



JL
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira College for Girl's Pune

Mental well-being Awareness session - Understanding stress & Anxiety

List of Students in Third year Bachelor Of Computer (T.Y. BBA)Application Degree Course for The Academic Year 2019-

20

(24)

Date - 02/08/2019

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
1	21701	Surbhi Singh	<i>Surbhi Singh</i>	
2	21702	Kamya Patel	<i>Kamya Patel</i>	
3	21703	Shubhangi Mathur	<i>Shubhangi Mathur</i>	
4	21704	Prena Gianchandani		
5	21705	Simran Advani	<i>Simran Advani</i>	
6	21706	Calnta Lazarus	<i>Calnta Lazarus</i>	
7	21707	Pratiksha Bokadia		
8	21708	Pragati Khatal		
9	21709	Monica Dhanwani		
10	21710	Jayanti Naidu		
11	21711	Roshani Lalwani	<i>Roshani Lalwani</i>	
12	21712	Gaikwad Tejashri		
13	21713	Khandagale Janhvi		
14	21714	Dang Komal		
15	21715	Manvi Malhotra	<i>Manvi Malhotra</i>	
16	21716	Sanjivani More		
17	21717	Nikita B. Ambre	<i>Nikita B. Ambre</i>	
18	21718	Cheyene N Dsouza		
19	21720	Gurav Amruta		
20	21721	Janhvi Binwani		
21	21723	Hattarki Mallika		
22	21724	Dhar Niyati		
23	21725	Karen John	<i>Karen John</i>	
24	21726	Chavhan Ashwini		
25	21727	Bhavana Sharma	<i>Bhavana Sharma</i>	
26	21728	Shinde Shraddha	<i>Shinde Shraddha</i>	
27	21729	Akshata Karunakaran		
28	21730	Raut Rutuja		
29	21731	Jennifer Arokiaswamy	<i>Jennifer Arokiaswamy</i>	
30	21732	Adodariya Ami	<i>Adodariya Ami</i>	
31	21734	Jawalkar Mrunal		
32	21736	Shah Vidhi Deepak		
33	21737	Sony		
34	21738	Swaleha Bagwan		
35	21739	Rachalwar Komal		
36	21740	Amruta Garg		
37	21741	Baig Falak Zaffar	<i>Baig Falak Zaffar</i>	
38	21742	Shetye Pranali		
39	21743	Karuna Sharma		
40	21744	Kaniz Fatema Khan	<i>Kaniz Fatema Khan</i>	
41	21745	Mahima Sachdev		
42	21746	Simran Sonu		
43	21747	Ghule Akansha	<i>Ghule Akansha</i>	

Principal Incharge
St. Mira's College for Girls, Pune

Ms. Pooja Jain
(Coordinator)

List of Students in Third year Bachelor Of Computer
Application Degree Course for The Academic Year 2019-

(TY. BBA)

20

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
44	21748	Sharma Veena	-	
45	21749	Shivani Shinde	-	
46	21750	Jain Ayushi	-	
47	21751	Shaikh Muskan	-	
48	21753	Shende Mansi	<u>Mansi</u>	
49	21754	Gogale Suchita	-	
50	21755	Honkalas Pooja	<u>Pooja</u>	
51	21756	Talekar Sayali	-	
52	21757	Janhvi Vaswani	-	
53	21758	Gunjaria Shweta	-	
54	21759	Waikar Indrani	-	
55	21760	Princy Saluja	-	
56	21761	Simran Khan	-	
57	21762	Nikita More	-	
58	21763	Kriplani Bhavisha	-	
59	21764	Gulhane Meghana	-	
60	21765	Walke Pratiksha	-	
61	21766	Oza Gangotri	<u>Oza</u>	
62	21768	Shetty Pratiksha	-	
63	21769	Janhvi Mali	-	
64	21770	Bhosale Aishwarya	-	
65	21771	Bardwa Nikita	-	
66	21772	Laveena Sachdev	<u>Laveena</u>	
67	21775	Gangji Sumaiya	-	
68	21777	Priyanka Sharma	-	
69	21778	Jayana Kishnani	-	
70	21779	Kiran Kumari	-	
71	21780	Natasha Krishnani	<u>Natasha</u>	
72	21781	Eesha Daryanani	-	
73	21782	Rathod Hanisha	<u>Hanisha</u>	
74	21783	Lalgudi Sharda	<u>Sharda</u>	
75	21784	Meghna Ballani	<u>Meghna</u>	
76	21656	Devika Mathur	-	
77	21671	Pariche Mehta	-	
78	21624	Maneka Vasnani	-	
	total	students -	24	
	Program	Coordinator:-	Ms. Pooja Jain	

Pooja Jain Pooja Jain (Coordinator)


Principal Incharge
St. Mira's College for Girls, Pu



Lavina

Understanding Stress & Anxiety - Awareness Session

List of Students in Third year Bachelor Of Computer Application Degree Course for The

Date - 21/8/2019

Academic Year 2019-20 (28)

St. Mira's College For Girls Pune
Affiliated to Savitribai Phule Pune Un-

Sr	Roll No.	Name	Session Sign I	Session Sign II
1	11701	R. ANEESHA	Aneesha	
2	11702	NIRGUDKAR MANASI VISHWAS	-	
3	11703	SURYAWANSHI SAYALI NITIN	-	
4	11704	SAYYED SANIYA MANSOOR	-	
5	11705	SHAIKH ALFIYA MUKHTAR	-	
6	11707	DINGREJA.YUKTA.SANJAY.	-	
7	11708	SHINDE PRERNA AVINASH	-	
8	11709	MANASA P	Manasa	
9	11710	DEVTALE CHAITALI RAMESH	-	
10	11711	SHINDE NAMRATA SUDHIR	Namrata	
11	11712	GHAG VANSHIKA RAJESH	Ghag	
12	11713	BHINTADE RUCHIRA DEVIDAS	Ruchi B	
13	11714	SHAH SMRUTI SAMEER	-	
14	11715	PREET KAUR OBEROI	-	
15	11718	KUKKA SUKANYA THIRUPATAIAH	-	
16	11719	JANHAVI KISHOR KATKAR	-	
17	11720	BALGHARE BHARATI RAJENDRA	-	
18	11722	PAWAR PRANALI RANJIT	-	
19	11723	VENKAT CHANDRIKA INDLA	-	
20	11724	RECHAL RAJESH AHIR	Rechal	
21	11725	VAISHALI SHIVA RATHOD	Vaishali	
22	11726	SHIVANI ANANT SAKPAL	Shivani	
23	11727	MILANI VANSHIKA MAHESH	-	
24	11728	SALUNKE VARSHA SHIVAJI	-	
25	11729	SHALINI KUMARI	Shalini	
26	11730	TANUJA LALWANI	-	
27	11732	ANWESHA BEHERA	Anwesha	
28	11733	KHODADE BALASAHEB	-	
29	11734	SAWANT SHRIYA NARENDRA	Shriya	
30	11735	POOJA VITTHAL WAGHMARE	-	
31	11736	PIMPLE HARSHADA BHIMRAO	-	
32	11737	SAKSHI SUJIT GARE	Sakshi	
33	11738	RAJGURU SHUBHANGI	-	
34	11739	BHALERAO NAMRATA	-	
35	11740	BORHADE GAURI SANJAY	-	
36	11742	CHAITALI ROHIT MULE	Chaitali	

Principal Incharge
St. Mira's College for Girls, Pune.



Tarigawa Pooja sain (Coordinator)

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University
List of Students in Third year Bachelor Of

Computer Application Degree Course for The
Academic Year 2019-20

Sr	Roll No.	Name	Session Sign I	Session Sign II
37	11744	KARLE PRANALI SUBHASH	-	
38	11745	SAPNA MANOJ SINGH	-	
39	11747	NANDWANI ANJALI JITENDRA	-	
40	11748	VAISHALI BHAGTANI	<u>Vaishali</u>	
41	11749	RAHI BHATHIJA	<u>Rahi</u>	
42	11750	SHELAR ANUSHKA RAJESH	<u>Shelar</u>	
43	11751	KOKATE MADHURA NITIN	-	
44	11754	POOJA KUMARI	-	
45	11755	DIPALI PANCHIVISHE	<u>Panch</u>	
46	11756	SALUNKHE ADITY MANIK	<u>adity</u>	
47	11758	BHARDWAJ SHIVANI	-	
48	11762	SONAL AGARWAL	-	
49	11763	MANE JANAHVI SANJAY	-	
50	11764	SONAM TIWARI	<u>Sonam</u>	
51	11765	GAIKWAD YOGITA NAMDEO	<u>Gaikwad</u>	
52	11767	GAIKWAD NEHA SANTOSH	<u>Neha</u>	
53	11768	CHAVAN PRATIKSHA	<u>Pravan</u>	
54	11770	RAJKONDA DIVYA SHRINIVAS	<u>Divya</u>	
55	11771	KATARIYA PRIYANKA VIJAY	<u>Priyanka</u>	
56	11773	RADHIKA BADLANI	<u>R.K. Badlan</u>	
57	11774	JADHAV SONAL SUDHIR	-	
58	11775	MANSA TANNU RAMDAS	-	
59	11776	ANUSHA JADHAV	<u>J-Anusha</u>	
60	11778	KUNDALWAL GAYATRI	-	
61	11781	SEQUEIRA JOANN	<u>joann</u>	
62	11782	LOHIRE AKANKSHA	-	

Names & Sign of Program
Coordinator:- Pooja Sai Pooja Sai

Total number of students- 28



Jh
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls
T. Y. B. SC (Comp Science) (2019-20)

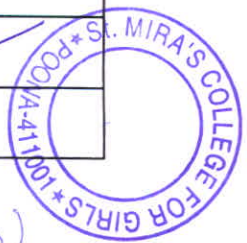
(27)

(9)

Roll no	Student Name	Session 1	Session 2
5601	KSHITIJ NITIN GAIKWAD	<u>Ksh</u>	<u>Ksh</u>
5602	DIKSHA MUKUND SHINDE	<u>Dik</u>	<u>Dik</u>
5603	BHUIBAL SHRADDHA RAMDAS	—	<u>Bh</u>
5604	KAWADE SAYALI SANJAY	—	<u>Kawade</u>
5605	GAIKWAD HARSHADA RAMESH	<u>Harshada</u>	<u>Harshada</u>
5606	APEKSHA EKNATH WABALE	—	<u>Apeksha</u>
5607	SASTE RUTUJA ASHOK	<u>Rutuja</u>	<u>Rutuja</u>
5608	PRASAD SIMRAN NAVIN	<u>Prasad</u>	<u>Prasad</u>
5609	PANGARE SHUBHANGI SURENDRA	—	<u>Pangare</u>
5610	DOYITA MAZUMDAR	<u>Doyita</u>	<u>Doyita</u>
5611	GOEL RITU ANIL	<u>Ritu</u>	<u>Ritu</u>
5612	SHAIKH SADIYA MOHAMMED SALIM	<u>S. Shaikh</u>	<u>S. Shaikh</u>
5613	BAIG AQSA ARIF	<u>A. Baig</u>	<u>A. Baig</u>
5614	JEDHE CHAITALI TRIMBAK	<u>Chaitali</u>	<u>Chaitali</u>
5615	PATHARE KARISHMA SHIVAJI	<u>Karishma</u>	<u>Karishma</u>
5616	SINGH NISHA SHIVBAHADUR	<u>Nisha</u>	<u>Nisha</u>
5617	BHARADE SHWETA SIDDHESHWAR	<u>Shweta</u>	<u>Shweta</u>
5618	MEDGE JYOTI EKNATH	<u>Jyoti</u>	<u>Jyoti</u>
5619	PANDIT SHRAVANI SUNIL	<u>Shravani</u>	<u>Shravani</u>
5620	YUKTA SUBHASH YADAV	<u>Yukta</u>	<u>Yukta</u>
5621	SWAPNALI SURESH PATIL	<u>Swapnali</u>	<u>Swapnali</u>
5622	RATHOD ANITA DEVA	<u>Anita</u>	<u>Anita</u>
5623	MAILARKAR SANJANA SANJAY	<u>Sanjankar</u>	<u>Sanjankar</u>
5624	PARVE NIRANJANA SHRIKANT	<u>Parve</u>	<u>Parve</u>
5625	AAMLE POONAM ARUN	<u>Poonam</u>	<u>Poonam</u>
5626	OSWAL DISHA SANJAY	<u>Disha</u>	<u>Disha</u>
5627	MISHRA PRIYA TEJNARAYAN	<u>Priya</u>	<u>Priya</u>
5628	SAROJ PREETI RAVINDRA	<u>Saroj</u>	<u>Saroj</u>

Principal Incharge
St. Mira's College for Girls, Pune.

T. Y. B. SC
P. Y. S. S. (Coordinators)



5629	KANCHAN KUMARI	Kanchan	Kanchan
5630	NANDINI	Nandini	Nandini
5631	GHADGE SNEHAL BHAUSAHEB	-	Snehal
5632	CHOUDHARY KIRAN BABULAL	Chauhan...	Chauhan...
5633	SONA TARANPREET KAUR	Sona	Sona
5634	PADWAL ARATI VASANT	Aradwal	Aradwal
5635	MALI JYOTI PANDHARINATH	J. Mali	J. Pandharinath
5636	RAO TEJASHREE KANARAM	Rao	Rao
5637	CHOUDHARY JAIROOP AMISHA	-	Jairoop
5638	SAKHARE JYOTI PRABHULING	Sakharaj	Sakharaj
5639	SANSKRUTI MAHESH MUTKEKAR	Sanskriti	Sanskriti
5640	MAGAR PRATIKSHA ANIL	Pratixue	Pratixue
5641	PRATIKSHA RAJARAM PATIL	Prakrume	Pratixue
5642	TATHE ARTI PRAKASH	Pratke	Pratixue

5643 Megha Kailash Pandeski

~~56~~ total students -

27

9

Program Coordinator :- Ms. Pooja Jain

Pooja Jain



Principal Incharge
St. Mira's College for Girls, Pune.

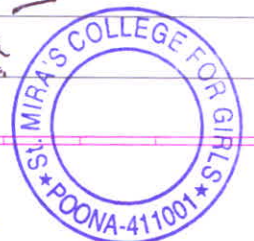
	Roll No	Name	Sign
1	2813	Shruti Nimkar	Shruti
2	2872	Ume Aiman Rampurwala	Umeaiman
3	2873	Aqina Vivari	Aqina
4	2855	Tiliksha Padis	Tiliksha
5	2869	Anisha Jael Vipparti	Jael
6	2812	Arman Hani Chagla	Arman
7	2857	Indrayani A. Hinge	Indrayani
8	2816	DIVIJA SHARMA	Sharma
9		Fatema Bhejje	Fatema
10	2705	Aishwarya Mahadik	Aishwarya
11	2706	Pradnya Jayshri.S	Pradnya.S.
12	2852	Nandini Mangalore	Mangalore
13	2853	Yashada Dixit.	Yashada
14	2856	Aadya Ghalsasi	Aadya
15	2809	Isha Karandikar	Karandikar
16	2801	Ummesalama Karu	Ummesalama
17	2881	Niriksha Shetty	N.R. Shetty
18	2802	Aneesha Banerjee	Aneesha B.
19	2804	Collen D'Silva	Collen
20	2986	Saloni Kullar	Saloni
21	2858	Tanvi Deokar	Tanvi
22	2866	Aditi Sampat	Aditi
23	2829	Sneha Thuruthy	Sneha
24	2871	Sejal Jitendra.	Sejal J.
25	2874	Priya Pandey	Priya
26	2831	Ananya Jimmy	Ananya
27	2807	Srinadha Gupta	Srinadha
28	2709	Pooja Yadav	Pooja
29	2803	Kelly Colaw	Kelly Colaw
30	2839	Zoya Kapadia	Zoya

~~Pooja~~

Pooja Saini
(Coordinator)

Principal Incharge

St. Mira's College for Girls, Pune.



St. Mira's College For Girls Pune
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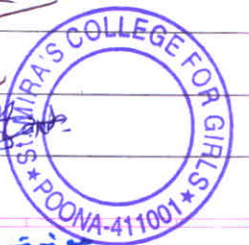
60	2654	Madhura Dinesh Burse	<u>Madhura</u>
61	2821	Tamanna Babani	<u>Tamanna</u>
62	2827	Simran Kimpalani	<u>Simran K</u>
63	4892782	Shweta Meekam	<u>Shweta</u>
64	4756	Sanjna Deshpande	<u>Sj</u>
65	4813	Neha Salve	<u>Neha</u>
66	4795	Kaveri Sorte	<u>Kaveri</u>
67	2834	Divya Gajbhiye	<u>Divya</u>
68	472629	Meelin Sawo	<u>Meelin</u>
69	2664	Diksha Gautam Apte	<u>Diksha</u>
70	2676	Shalini Dinesh Waman	<u>Shalini</u>
71	2604	Sakshee Utkar	<u>Sakshee</u>
72	2654	Madhura Burse	<u>Madhura</u>
73	2670	Sakshi Chand	<u>Sakshi</u>
74	2681	Urmila Gaikwad	<u>Urmila</u>
75	2680	Lakshmi Pardeshi	<u>Lakshmi</u>
76	2747	Nalini Bawari	<u>Nalini</u>
77	2755	Aditi Sunil Sawar	<u>Aditi</u>
78	2751	Tejashree Prakash Bandal	<u>Tejashree</u>
79	4812 ²⁶⁶⁵	Manasi Hulbatti	<u>Manasi</u>
80	4884	Bhavana Khude	<u>Bhavana</u>
81	2651	Fatema. Burmawala.	<u>Fatema</u>
82	2653	Shweta Laskar	<u>Shweta</u>
83	2757	Divya. Bohra	<u>Divya</u>
84	2659	Vijya Hanayani	<u>Vijya</u>
85	2734	Saniya Phatke	<u>Saniya Phatke</u>
86	2928	Shrushti Kumbhar	<u>Shrushti</u>
87	2932	Pooja Kale	<u>Pooja</u>
88	2931	Neha Pawar	<u>Neha</u>
89	2782	Shweta Meekam	<u>Shweta</u>

Total No. of Students - 89

Principal Incharge

St. Mira's College for Girls, Pune.

Program Coordinator - Ms. Pooja Jain



31	2702	Padmavathi Ramabushnan	R. Padmavathi
32	2870	Punam Waghmare	P. Waghmare
33	2875 2875	Nisha Chauhan	Nisha
34	2872	Shreya Bhide	Sb
35	2864	Preksha Porwal	P. Porwal
36	2816	Harleen Kaur Grewal	Hk
37	2612	Alisha Bag	Alisha
38	2854	Judith Botelho	Botelho
39	2704	Reiyanka Pillay	Pillay
40	2824	Shruti Rajani	Shruti B
41	2825	Kimberly Scott	Kimberly
42	2826	Notasha Fernandes	Notasha
43	2817	Tehreem Khaku	Tehreem
44	5701	Dixanka Aurora	Dixanka A.
45.	4940 2840	Shraddha. Jain.	Jain.
46.	2763	Divya Regi.	Divya
47.	2604	Vyomi Gidwani	Vyomi
48	2833	Maryesie Soares	Soares.
49.	2838	Siddhi Kelbhor	Siddhi
50.	2841	Ritika Jetley	Ritika
51.	2848	Lynda Edmonds	Lynda
2	2614	Shravani Dsouza	Dsouza
53	2606	Fatema Kathiriga	Fatima
54	2847	Sarrah Kapadia	Sarrah
55	2874	Sakshi Gulwani	Sakshi
56	2176	Tamanno Rana	Tamanno
57	2301	Nayani Maheshwari	Nayani
58	2818	Aditi Patil	Aditi
59	2711	Neelashree Mukherjee	Neelashree

Joshi K

Principals
(Coordinator)



Principal Incharge
St. Mira's College for Girls, Pune

7/08/2019

58

St. Mira's College for Girls, Pune

18

Department of Psychology

Page No.
 Date: | |

SyBcom (B)

Mental well-being Program

Awareness Session - Session 2

3832

3801

Suchandra Bhattacharya

Suchandra

02

Khan Zainab Arif

Zainab Khan

03

Shaikh Summaya Wajid

Summaya

04

Muskaan Khan

Muskaan

05

Fizza F. Babul.

F Babul

06

Navalaxmi Bondaru

Navalaxmi

07

Sanyukta Kalyankar

Sanyukta

08

Neha Pathak

Neha Pathak

09

Srushti Kakade.

Srushti Kakade

10

-

11

Sakshi Shede

Sakshi

12

Aparna -> Smrithi Dehkharpur

Smrithi

13

Gauri Ashitkar

Gauri

14

Aparna Lavate.

Aparna

15

Aitika Pardeshi

Aitika

16

Radhika R. Thakur

Radhika

17

Mounali Arun Dhiwar

M. Dhiwar

18

Dhaneshwari Suresh Mathad.

Dhaneshwari

19

Gauri A. Bhosale.

Gauri Bhosale

20

Nikita B. Puneekar.

Nikita

21

Simran A. Mulla

Simran

22

Gauri Durgesh Belitkar

Gauri

23

Prathama D. Karande

Prathama

24

Akshata S. Gaikwad.

Akshata

25

Priyanka Singh

Priyanka

26

-

-

27

-

-

28

Greetanjali Lachke.

Greetanjali

29

Shravani Kamanaboyina

Shravani

30

Mani Bamboli

Mani

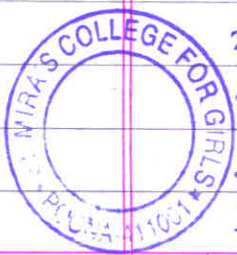
31

Amneet Kaur.

Amneet

Principal Incharge

St. Mira's College for Girls, Pune.

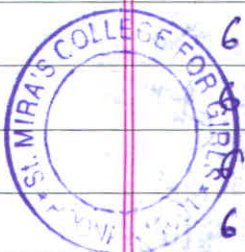
ManiMs. Pooja Jain
(Coordinator)

3832	Shamal Patil	Spatil
33	—	—
34	Radwal Bhavani	Radwal
35	—	—
36	—	—
37	Shubhangi Mahajan	Shubhan.
38	Akanksha R. Shah	ARshah
39	—	—
40	—	—
41	Prati Kolve	Prkolve
42	Aanchal Patil	APatil
43	Soumya Damani	Sams
44	Blessy Varghese	Blessy
45	Shimoni	Shimoni
46	Foram Budha	FBudha
47	—	—
48	Harshada Kand	Harsh.
49	Vaishnavi Warghade	Vs.w.
50	Santoshi Rohra	S Rohra
51	Amrit Kaur	Amrit Kaur
52	Sneha Ramesh Chitken	S.R.chitken
53	Sipha Shaikh	sshaikh
54	—	—
55	—	—
56	Bhavna Batte	Bhavna
57	Shawari Chavandhe	Shawari
58	Megha Dhumal	Megha
59	Madhavi Bhosale	Madhavi
60	Prियанка Khamkar	Prियанका
61	Prियанका Rathod	Prathod
62	—	—
63	Reenam Shaikh	Reenam

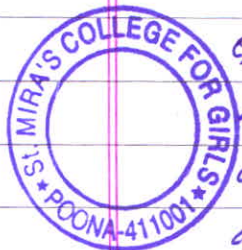
Principal Incharge

St. Mira's College for Girls, Pune

Prिया
(Coordinator)



64	—	—
65	—	—
66	—	—
67	Anju Jangid	<u>Xianis</u>
68	—	—
69	—	—
70	—	—
71	—	—
72	—	—
73	—	—
74	—	—
75	Ashwini Tamchikar	<u>Ashy</u>
76	—	—
77	—	—
78	—	—
79	Fulwanti Jangid	<u>Jangid</u>
80	—	—
81	—	—
82	—	—
83	—	—
84	—	—
85	—	—
86	Sommaiya Shamim Siddiqui	<u>Sham</u>
87	—	—
88	—	—
89	Datoeupa Shero	<u>Datoeupa</u>
90	—	—
91	—	—
92	Nilima Tupe	<u>Tupe</u>
93	—	—
94	—	—
95	Farin Khan	<u>Farin</u>



Principal Incharge
St. Mira's College for Girls, Pune

Toujau
Parjansain
(Coordinator)

Total Number of students - 58

Name & signature of Program Coordinator - Ms. Pooja Jain
Pooja



[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.



8/8/19Mental well-being Awareness Session - 1
Understanding Stress & Anxiety.

Name Roll no. Sign.

- | | | | |
|-----|--------------------|------|---------------------|
| 1) | Bhakti Kamble. | 2778 | <u>Bhakti</u> |
| 2) | Abhirami Misal | 2781 | <u>Abhirami</u> |
| 3) | Bhavana Chude | 2780 | <u>Bh</u> |
| 4) | Vaishnavi More | 2752 | <u>More</u> |
| 5) | Vaishnavi Darekar | 2756 | <u>Varee</u> |
| 6) | Sanchi Gaikwad | 2758 | <u>Sanchi</u> |
| 7) | Akanksha Khandve | 2763 | <u>Akhandve</u> |
| 8) | Akanksha Tope | 2753 | <u>A</u> |
| 9) | Nisha Patel. | 2929 | <u>Patil</u> |
| 10) | Neha Waghne | 2661 | <u>NWaghne</u> |
| 11) | Neha Salve | 2662 | <u>Nehasalve</u> |
| 12) | Kaveri Sorte | 2670 | <u>Kaveri</u> |
| 13) | Rajeshkumari Singh | 2667 | <u>Rajesh</u> |
| 14) | Pratiksha Yeolew | 2660 | <u>Pratiksha</u> |
| 15) | Rutika bhavne | 2672 | <u>Bhavne</u> |
| 16) | Vidhya Navle | 2669 | <u>Navle</u> |
| 17) | Nikita Bengale | 2671 | <u>N.V. Bengale</u> |
| 18) | Harshada Thanambir | 2679 | <u>Harshada</u> |
| 19) | Ritika Bali | 2677 | <u>R</u> |
| 20) | Priyanka Chauhan | 2678 | <u>Priyanka</u> |
| 21) | Devika Dhobale | 2658 | <u>D</u> |

Total students - 21

Name & sign - Program Coordinator - Puja Jain

Puja Jain

JK
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira college for Girl's, Pune
Mental well-being Awareness session- 1
 List of Students Enrolled in **First year Bachelor of Business Administration** Degree
 Academic Year 2019-20

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
1	21901	RIYA SANJAY PAWAR		
2	21902	BHASKARLA GAYATRI KAMALRAJ	<i>Gayatri</i>	
3	21903	GHULE SIDDHI SOMNATH	—	
4	21904	SALONI HASMUKH GANGANI	—	
5	21905	KALBHOR SAKSHI ASHOK	—	
6	21906	DESHPANDE RUTUJA VIJAY	—	
7	21907	DEVYANI AWANTIKA DINESH	<i>Avantika</i>	
8	21908	KHADIJA JUZAR BHANPURWALA	<i>Khadija</i>	
9	21909	AHUJA ISHIKA NARESH	<i>Ishika</i>	
10	21910	KALE SAMRUDDHI MAHADEO	—	
11	21911	NEHLANI BHAVISHA DHARMENDER	<i>Bhavisha</i>	
12	21912	SONI GAYATRI RAKESH	—	
13	21913	RIDDHI SURESH WADHWANI	<i>Riddhi</i>	
14	21914	HANISHA ASHOK HARPALANI	—	
15	21915	URVASHI	<i>Urvashi</i>	
16	21916	NANDINI VINOD JADHAV	<i>Nandini</i>	
17	21917	PANDYA NISHTHA SUDHIR	<i>Nishtha</i>	
18	21918	MUSKAN NIHALANI	<i>Muskan</i>	
19	21919	KALBHOR SAMIKSHA MUKUND	—	
20	21920	JAWALE SAKSHI CHETAN	—	
21	21921	SHITOLE SAKSHI PRAMOD	—	
22	21922	JOVIA CHARLES KARMOKAR	<i>Jovia</i>	
23	21923	SNEHAL SAMBHAJI PAWAR	—	
24	21924	CHOUDHARI RUCHITA TANAJI	—	
25	21925	JANHAVI RUPANI	<i>Janhavi</i>	
26	21926	MORE SAKSHI SHASHIKANT	<i>More</i>	
27	21927	RAJGURU MANSI JITENDRA	—	
28	21928	VAIBHAVI BHARAT CHAVAN	—	
29	21929	BALANI SIMRAN VASHU	<i>Simran</i>	
30	21930	HAIBATPURE ASHWINI BABAN	<i>Ashwini</i>	
31	21931	GAIKWAD ANJALI SURESH	—	
32	21932	PRADNYA SHIVAJI PATIL	—	
33	21933	DOSHI NIDHI PIYUSH	—	
34	21934	DODEJA UDITA AVINASH	<i>Udita</i>	
35	21935	VAISHAVI PRAMOD KUMAR	<i>Vaishavi</i>	
36	21936	PATIL UNNATI JANARDAN	<i>Unnati</i>	
37	21937	SINGH BEAUTYKUMARI	<i>Beauty</i>	
38	21938	KALE NIVEDITA GOVINDRAO	<i>P.G. Kale</i>	
39	21939	SHARAYU BAGADE	<i>Bagade</i>	

Jh
Principal Incharge
 St. Mira's College for Girls, Pune.

Tajirani
 Iyog sain
 (Coordinator)



St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
40	21940	HARSHITA M JAIN	<u>Harshita</u>	
41	21941	WAGHMARE MARIA SIMON	—	
42	21942	PARWANI MINALI JAIDEV	<u>Parvati</u>	
43	21943	MORE PRIYANKA RAKESH	<u>More</u>	
44	21944	SARWADE ANJALI	<u>Sarwade</u>	
45	21945	PAWAR SHRADDHA	<u>Shard</u>	
46	21946	SONAWANE MADHAVI	<u>Sonawane</u>	
47	21947	PILLAY ROSELINE THOMAS	<u>Roseline</u>	
48	21948	BHANDAR TANUJA	—	
49	21949	VAISHNAVI PAWAR	<u>Vaishnavi</u>	
50	21950	SHARMA POOJA ARJUN	<u>Pooja</u>	
51	21951	SANDBHOR GAYATRI	—	
52	21952	TILEKAR SAKSHI AVINASH	—	
53	21953	PAWAR AMISHA SURESH	<u>Amisha</u>	
54	21954	BADLANI AKSHA HARESH	<u>Aksha</u>	
55	21955	BHAVYA BHARADWAJ	<u>Bhavya</u>	
56	21956	RUKAIYA HYDERABADWALA	—	
57	21957	PAWAR SAKSHI SUNIL	<u>Pawar</u>	
58	21958	LALKOT TASMIYA SALIM	—	
59	21959	BHAPKAR SHARVARI	<u>Sharvati</u>	
60	21960	GAIKWAD SAKSHI VINAYAK	—	
61	21961	MUSKAN THADANI	<u>Muskan</u>	
62	21962	VANSHIKA BAPU UJGARE	—	
63	21963	KUMBHAR ANUSHKA MAHESH	—	
64	21964	KHATIJA SHAHISTA KHAN	—	
65	21965	KHICHI DEEPIKA	—	
66	21966	WAHILE MAHESHWARI	—	
67	21967	SASE PRAGATI VITTHAL	—	
68	21968	KATARIA HITIKA JAGDISH	<u>Kataria</u>	
69	21969	MANKAR SADIYA IMTIAZ	—	
70	21970	SAWANT ANUSHKA	<u>Sawant</u>	
71	21971	RIYA VIJAY MAKHIJA	<u>Riya</u>	
72	21972	RITAMBHARA	—	
73	21973	KarandePatil Sonali Suhas	<u>Patil</u>	
74	21974	Khoja Simran Malik	<u>Simran</u>	
75	21975	Sarah Kinariwala	<u>Sarah</u>	
76	21976	Iba Kadri	—	
77	21977			
78	21978	Bhawana Kumari	<u>Bhawana Kumari</u>	
79	21979	Anjali Jabaram Choudhary	<u>Anjali</u>	
80	21980			

Total No. of students - 44

Name & signature of coordinator: Toojja
Ms. Toojja Jain

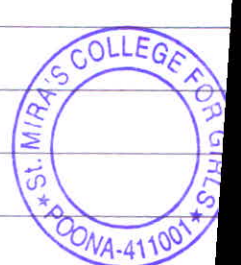
Principal Incharge
St. Mira's College for Girls, Pune.



Session 1. FYB.CS.

5405	Pratiksha Arhal.	Pratiksha Arhal
5402	Shravani R. Majumkar.	Shravani
5406	Sanjana. S. Jadhav.	Sanjana
5422	Sakshi. S. Jagtap	Sakshi
5407	Patil Anuja Ramchandra	Anuja
5460	Vaishnavi R. Murghe	Vaishnavi
5449	Pooja sheshans Korde	Pooja
5465	Khuskhu P. Rathod	Khuskhu
5468	Manisha R. Hargale	Manisha
5414	Akshada G. Tupe	Akshada
E D	Devshri Dinub Joshi	Devshri
5457	Dnyaneshwari C. Satpute.	Dnyaneshwari
5420	Jadhav Pranita	Pranita
5464	Mrinal kokre	Mrinal
5454	Poonam Vemra	Poonam
5416	Vaishnavi Deepak Kunjar	Vaishnavi
5411	Ingaid Sequeira	Ingaid
5401	Umme salamah Kanchwala	Umme
5408	Sejal Dass	Sejal
5412	Bushra lalkot	Bushra
E 19	Shrushti Babar	Shrushti
5438.	Harshali Bhalade.	Harshali
5418	Vaibhavi Chavan	Vaibhavi
5427	Dipti Rathod	Dipti
5428	Rasika sukhadare.	Rasika
5426	Mokshada Bhandare.	Mokshada
5415	Gayatri S Pujari	Gayatri
5413	Nikita M. Shindkar	Nikita
5434	Bcpasini Polai	Bcpasini
5435	Kavya Menon	Kavya
5471	Mansi Ingale	Mansi
5403	Siddhita Hingade	Siddhita

Principal Incharge
St. Mira's College for Girls, Pune.



Pooja Jain
 (Coordinator)

5410	Tanima Mandal	Mandal
5433	Shraddha Suve	suve
5475	sejal chavan	sejal
5468	Pooja Shasma	Sharma
5459	Sakshi Tiwari	Sakshi
5447	Prasiddhi Nair	Prasiddhi
5476	Ruthika Naidu	Ruthika
5424	Anusha Koppala	Anusha
5444	Tanvi Patange	Tanvi
5423	Pratiksha Burge	Burge
5436	Harshada Manjare	Manjare
5451	Riddhi Kawade	Kawade
5473	Bhagyashree Khandve	BKhandve
5455	Pallavi Nalge	Pallavi
5458	Mrunal Tadhar	Mrunal
5456	Sakshi Laware	Laware
5453	Sakshi Shinde	Sakshi
5472	Shefali Kamble	Shefali
5470	Shruti Narale	Shruti
5404	Vaishnavi Prasanna	VPrasanna
5462	Bhakti Sawant	Sawant
5468	Riya Menges	Riya
5445	Zinde Ranade	Zind

Total Number of Students - 55

Name & Sign of Coordinator - Mrs. Pooja Jain
Tiwari



Principal Incharge
St. Mira's College for Girls, Pune

Mental well-being

Awareness

St. Mira's College For Girls Pune

Autonomous Affiliated to Savitribai Phule Pune University

List of Students Enrolled in

First year Bachelor of Business Administration(Computer Application) Degree Course for The Academic Year 2019-

Page 100
Korjane

Sr	Roll No.	Name	Session Sign I	Session Sign II
41	11942	NAGARKAR SHRUSHTI	-	
42	11943	LAZINA ASHPAK TAMBOLI	-	
43	11944	VATARE APURVA VIJAY	-	
44	11945	PODUVAL ANUSHKA JAGDISH	-	
45	11946	TAMBOLI SAYMA NAIEM	-	
46	11947	MULE ARTI ARUN	-	
47	11948	DYAVARSHETTY BHAVIKA	Bhavika	
48	11949	CHACHAR SAMRUDDHI	-	
49	11950	SATKAR RUTUJA RAVINDRA	-	
50	11951	ANISHA NARAYAN	-	
51	11952	AARUSHI KHANDELWAL	-	
52	11953	HANNNURE SHAGUFTA	-	
53	11954	MONALISA PRADHAN	Monalisa	
54	11955	AAYUSHI RAVI PATIL	-	
55	11956	ZENDE KAJAL SANDEEP	-	
56	11957	SIMRANJEET SAHOTA	-	
57	11958	KHEDEKAR SHRUSHTI NITIN	-	
58	11959	GUPTA ANCHAL NITIN	-	
59	11960	SHWETA SANJAY TOMAR	-	
60	11961	PARMAR MOKSHA PRAVIN	Moksha	
61	11962	OVHAL RUCHIKA RAHUL	-	
62	11963	TIMBADIA KANCHI VIPUL	-	
63	11964	AYUSHI KESHARI	-	
64	11965	DANESH PHARANDHE	-	
65	11966	SANA JIWANI	-	
66	11967	MULCHANDANI VANITA GIRISH	VM	
67	11968	BHARTI PRERNA KISHOR	-	
68	11969	SORTHIA RIMSHA SALIM	Rimsha	
69	11970	RAJGURU SHRUTI SANTOSH	shruti	
70	11971	INDALKAR AISHWARYA JALINDAR	-	
71	11972	KSHIRSAGAR DAYA PRADIP	-	
72	11973	DESHMUKH SHWETA VIJAYKUMAR	Shweta	
73	11974	DALVI SAKSHI SANDEEP	-	
74	11975	CHIKATE PRAJAKTA SHANKAR	-	

75 11983 Savita Choudhary

Total number of students - 8

Coordinator Name & Signature -

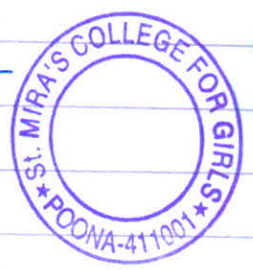
Ms. Pooja Jain Korjane



Principal Incharge
St. Mira's College for Girls, Pune.

3220	- Benaaz Hashemizadeh	Benaaz
3223	- Priyeta Anand	Priyeta
3224	- Bhagyashree Jagwani	Bhagyashree
3234	- Kiran Kamuni	Kiran
3265	- Muskan Sathwani	Sathwani
3302	- Suchitha A.	Suchitha
3278	- Anushka Sarade	Anushka
3288	- Mrunali Solanki	Mrunali
3303	- Pratiksha Piwani	Pratiksha
3295	- Pallavi M.	Pallavi
3283	- Anushka Benny	Anushka
3286	- Disha Kingor	Disha Kingor
3310	- Pratiksha Raghav	Raghav
3209	- Divya M. Bairy	Divya
3247	- Rutuja A. Surpuram	Rutuja
3202	- Vibhashree B. Kshirsagar	Vibhashree
3213	- Sonali Shaikhande	Sonali
3242	- Akanksha S. Choudhari	Choudhari
3204	- Rhea - F - Khimji Khai	Rhea
3203	- Vaishnavi - V. - Dhabe	Vaishnavi
3206	- Anjali Baghel	Anjali
3207	- Anjali Singh	Singh
3260	- Aakasha Naikar	Aakasha
3252	- Shruti Khavat	Shruti Khavat
3219	- Pooja T. Pardeshi	Pooja
3256	- Mamisha S. Dhobre	Mamisha
3305	- Afreen A. Sanaeli	Afreen
3306	- Vaishnavi S. Mate	Vaishnavi
3231	- Pallavi S. Misale	Pallavi
3235	- Mrunali Mandhane	Mrunali
3237	- Ayesha Shaikh	Ayesha
3238	- Prajakta Deshpande	Prajakta
3239	- Sanyukta Shinde	Sanyukta
3205	- Neelan Jhavar	Neelan
3221	- Maheshwari Varma	Maheshwari

Principal Incharge
St. Mira's College for Girls



Postgraduate Coordinator

3211 - Madhu Khedkar	<u>Madhu</u>
3287 - Anita Tandale	<u>Anita</u>
3296 - Pragati Jha	<u>Pragati</u>
3324 - Shrimangi Lona	<u>Shrimangi</u>
3323 - Akshita Nigi	<u>Akshita</u>
3240 - Manisha Vishwakarma	<u>Manisha</u>
3230 - Achali Dheer	<u>Achali</u>
3245 - Mounali Kadam	<u>Mounali</u>
3218 - Shirin Pathan	<u>Shirin</u>
3222 - Vaishnavi Thopate	<u>Vaishnavi</u>
3241 - Diksha Raut	<u>Diksha</u>

Total No. of students - 46

Name & sign of session coordinator - Ms. Roj. Saini
Roj. Saini



[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.



Date - 12/Dec/2019

Haripriya

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
MENTAL WELL BEING AWARENESS SESSION

classmate

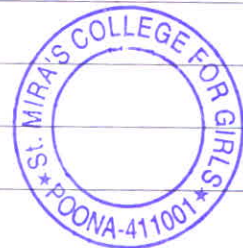
Date _____

Page _____

Class - XI Arts EM

- | | | |
|-----|---------------------|--------------------|
| 1. | Zenab Arif Mistey | Zenab |
| 2. | Pranjal Gaikwad P. | Pranjal |
| 3. | Mahek K. Lalwani | Mahek |
| 4. | Mounal A. Kadam | Mounal |
| 5. | Veda A. Tadigopul | Veda T |
| 6. | Georgina Geogy | Georgina |
| 7. | Khushi Bhandari | Khushi |
| 8. | Maryann Mendonca | Maryann |
| 9. | Vaishnavi Mane | Vaishnavi |
| 10. | Priyanka Shinde | Priyanka |
| 11. | Tanya Varghese | Tanya |
| 12. | Aditi Haridas | Aditi |
| 13. | Malika Patki | Malika |
| 14. | Shhika Patel | Shhika |
| 15. | Shradha Sawant | Shradha |
| 16. | Maithili Deshmukh | Maithili |
| 17. | Antara Prabhu | Antara |
| 18. | Amanda Thalakkottur | Amanda |
| 19. | Elaina John | Elaina |
| 20. | Shamika Nair | Shamika |
| 21. | Mansi Sonawane | Mansi |
| 22. | Alhan Sayed | Alhan |
| 23. | Ankana Roy | Ankana Roy |
| 24. | Fatima Merchant | Fatima M |
| 25. | Karishma Sindal | Karishma |
| 26. | Gakina Ho Bharmal | Gakina |
| 27. | Rifhat Mulla | Rifhat |
| 28. | Lakshika Thawani | Lakshika |
| 29. | Palak Agarwal | Palak |
| 30. | Sakshi Sarangi | Sakshi Sarangi |
| 31. | Rumana Shah | Rumana |

JK
Principal Incharge
St. Mira's College for Girls, Pune.



Haripriya

32	Manushree Umalkar	Manushree
33	Jyotika Talreja	Talreja
34	Honey Chhabria	Honey
35	Aditi Gade	Gade
36	Shaistah Rajwani	Rajwani
37	Janvi Pingale	Janvi
38	Janvi Naik	Naik
39	Shreha Pekar	Pekar
40	Swarali Bhandare	Bhandare
41	Aishwarya Kohakare	Kohakare
42	Anshadha A. Masani	Masani
43	Saniya A. Khan	Saniya
44	Harshita Tanwani	Tanwani
45	Renuka Bathe	Bathe
46	Abhili Mishra	Mishra
47	manashvi Vaia	Vaia
48	vaishnavi Katkar	Katkar
49	Sania Maryam	Maryam
50	Ritika Choudhury	Choudhury
51	Peiyya Sharma	Sharma
52	Gracey A. Goware	Goware
53	Chandni Lal	Chandni
54	Vaibhavi Tupe	Tupe
55	Pooja Sonawane	Sonawane
56	Ishani Mujumdar	Mujumdar
57	Devaki Deshpande	Deshpande
58	Sanskranti Jadhav	Jadhav
59	Sharvari Rajadhyaksha	Rajadhyaksha
60	Khushi Shah	Shah
61	Kuhu Shrivastava	Shrivastava
62	Peiyyanishi Bhandari	Bhandari



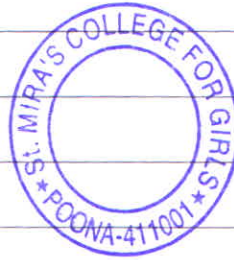
63 Sanaya Irani
64 Harshita Masard

Sai
Hlasand

Total number of students - 64

Program Coordinator Name & Signature - Ms. Pooja Jain
Pooja Jain

Pooja Jain



Jk

Principal Incharge
St. Mira's College for Girls, Pune.

- | | | |
|-----|-------------------|--------------|
| 1) | Aditi M Nair | Aditi |
| 2) | Tanishka Semrani | Semrani |
| 3) | Aaliyah Verma | Aaliyah |
| 4) | Disha Daryarani | Disha |
| 5) | Nyati Bansal | Nyati Bansal |
| 6) | Madhura Godhoke | Madhura |
| 7) | Shyla Malave | Shyla |
| 8) | Bhoomi Shan | Bhoomi |
| 9) | Bhargavi Kinkar | Kinkar |
| 10) | Rechal Madipag | Rechal |
| 11) | Preeth Reddy | Preeth |
| 12) | Jessica Mathias | Mathias |
| 13) | Gauri Naik | Gauri |
| 14) | Kanishka Joshi | Kanishka |
| 15) | Lavina Waghalekar | Lavina |
| 16) | Bushra Khan | BK |
| 17) | Prapti Fulfagar | Pr |
| 18) | Diksha Shingi | D |
| 19) | PURVA RAUTAL | Purva Rautal |
| 20) | Bushra Ansari | Bushra |
| 21) | Rutuja Ghule | Rutuja |
| 22) | Mayuri Ranjwale | Ranjwale |
| 23) | Bharya Golani | Bharya |
| 24) | Ananya Chindite | Ananya |
| 25) | Sakshi Bhanu | Sakshi |
| 26) | Avanti Shinde | Avanti |
| 27) | Dhruvi Kumar | Dhruvi |
| 28) | Gauri Shahane | Gauri |
| 29) | Pranali Dhavan | Pranali |
| 30) | P.V.S Yamuna | P.V.S Yamuna |
| 31) | YAMINI BWT DESAI | Yamini |
| 32) | AAROH TENGSTPE | Aarohi |

Principal Incharge
St. Mira's College for Girls, Pune.



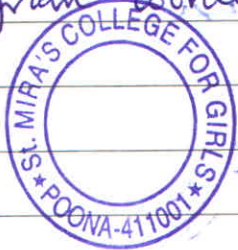
Tori is
Pooja sain
(Coordinator)

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

- 33 Achal Thakkar Achal Thakkar
- 34 Darshana Lahoti Darshan
- 35 Dhvani Joshi Dhvani
- 36 Parthana Vanyan Parthana
- 37 Fiza Saigyaed Fiza
- 38 Kajal Saroj Kajal
- 39 Sareah Patilwala Sareah
- 40 Munira Rampurawala Munira
- 41 Zainab Borsadiwala Zainab
- 42 Tasneem Kharachiwala Tasneem
- 43

Total number of students - 42

Program coordinator Name & Signature - Ms. Pooja Jain



[Handwritten signature]

Principal Incharge
St. Mira's College for Girls, Pune



Date → 12/Dec/2019

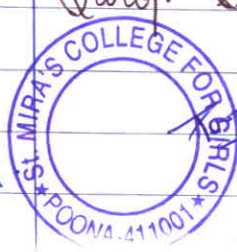
St. Mira's College for Girls, Pune

classmate

Date _____
Page _____

(science) MENTAL WELLBEING AWARENESS SESSION - 1

Class	Name	Sign	Name	Sign
XI	Anjali Nimesh	<u>Anjali</u>	Aishwarya Pillay	<u>Aishwarya</u>
XI	Muskan Inamdar	<u>Muskan</u>	Madhura Pethar	<u>Madhura</u>
XI	Iffsam Chowdhary	<u>Iffsam</u>	Bhagyashree Vaswani	<u>Bhagyashree</u>
XI	Anjali Chavan	<u>Anjali</u>	Payal Jain	<u>Payal</u>
XI	Priyamvada Nair	<u>Priyamvada</u>	Nishat Karnalkar	<u>Nishat</u>
XI	Akshita Kumari	<u>Akshita</u>	Mansi Pabale	<u>Mansi</u>
XI	Revati Pilane	<u>Revati</u>	samruddhi Kalthou	<u>Samruddhi</u>
XI	Deora Lila	<u>Lila</u>	Apita Sasaran	<u>Apita</u>
XI	Priyanka Parmar	<u>Priyanka</u>	Anjali Chaudhary	<u>Anjali</u>
XI	Mahesh Somani	<u>Mahesh</u>	Siddhi Bhusale	<u>Siddhi</u>
XI	Nivedita Tiwari	<u>Nivedita</u>	Eksha Pawar	<u>Eksha</u>
XI	samruddhi gade	<u>Samruddhi</u>	gudiya Purchit	<u>Gudiya</u>
XI	Mansi Shinde	<u>Mansi</u>	Muskan Shaikh	<u>Muskan</u>
XI	Chetra Bhadane	<u>Chetra</u>	Misba Shaikh	<u>Misba</u>
XI	Tanishaa Pawar	<u>Tanishaa</u>	mahesh Shaikh	<u>Mahesh</u>
XI	Rutuja Kshetrapale	<u>Rutuja</u>	Teena Hirekumar	<u>Teena</u>
XI	Manisha Sirti	<u>Manisha</u>	Mansi Madane	<u>Mansi</u>
XI	Kalpna Gautam	<u>Kalpna</u>	Vaishnavi L	<u>Vaishnavi</u>
XI	Aarti Sharma	<u>Aarti</u>	Vaishnavi D	<u>Vaishnavi</u>
XI	Neeti Jangle	<u>Neeti</u>	Nimisha N.	<u>Nimisha</u>
XI	Shruti Hargude	<u>Shruti</u>	Shreya V. Inglekar	<u>Shreya</u>
XI	Aishwarya Jadhav	<u>Aishwarya</u>	Prerna Kashe	<u>Prerna</u>
XI	Manika Chaudhary	<u>Manika</u>	Komal Jadhav	<u>Komal</u>
XI	Rishika Kambar	<u>Rishika</u>	Pradnya Kamble	<u>Pradnya</u>
XI	Sonali D. Gurav	<u>Sonali D. Gurav</u>	Tahira Syed	<u>Tahira</u>
XI	Pratiksha K. Halholi	<u>Pratiksha</u>	Tanisha K	<u>Tanisha</u>
XI	Mrunal D. Joshi	<u>Mrunal</u>	Tajmeel	<u>Tajmeel</u>
XI	Toushangi Paria	<u>Toushangi</u>	Saroj Solanki	<u>Saroj</u>
XI	Diksha Lonkar	<u>Diksha</u>		
XI	Vishaka Kale	<u>Vishaka</u>		
XI	Anushka Ambere	<u>Anushka</u>		
XI	Janhavi Londhe	<u>Janhavi</u>		



Pooja San
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

classmate

Date _____
Page _____

Total number of students - 6059

Program Coordinator Name & Signature - H. S. Joshi
H. S. Joshi



A handwritten signature in blue ink, appearing to be "H. S. Joshi".

Principal Incharge
St. Mira's College for Girls, Pune.



Date
7.1.20

Attendance

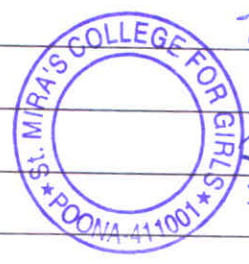
St. Mira's College for Girls, Pune
Mental well-being Awareness
TYBA (A)

Program
Date _____
Page _____

Mental well-being Awareness Session 2

	Name	Roll NO	Signature
1	Riya Singh	4768	R. Singh
2	Aarti Mutik	4844	Aarti
3	Bushra Khan	5702	Bushra
4	Sherin Anthony	4765	Sherin
5	Aishwarya Kalyankar	4761	Aishwarya
6	Divya Shedge	4751	Divya
7	Pragati Tidke	4970	Pragati
8	Mummal Barawkar	4843	Mummal
9	Sara Shah	4972	Sara
10	Agnosia Mundri	4940	Agnosia
11	Jyoti Lugin	4939	Jyoti
12	Shivani Pillay	4945	Shivani
13	Amshka Wilson	4982	Amshka
14	Sai Patil	4766	Sai
15	Christina G	4762	Christina
16	Aharna Shoghi	4979	Aharna
17	Baby Singh	4919	Baby
18	Shivani Singh	4962	Shivani
19	Aa Lule	4986	Aa
20	Leba Kachhi	4835	Leba Kachhi
21	SILVIE CHUNG	4951	Sylvie
22	Himankita DebBarna	4849	Himankita
23	Preeti Sharma	4974	Preeti
24	Shruti Choudhary	4841	Shruti
25	Mehak Bindoo	4853	Mehak
26	Tanni Desai	4923	Tanni
27	Purvi Bohra	4949	Purvi
28	Jaya Tripathi	4955	Jaya Tripathi
29	Radhika Khurana	4850	Radhika
30	Vishali sharma	4975	Vishali

Principal Incharge
St. Mira's College for Girls



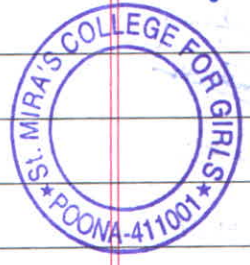
Priz Pooja sain

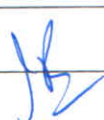
31	Joanna Wilson	4973	Wilson
32	Dora D'silva	4967	Dora
33	Shreya Banerjee	4925	Shreya
34	Yashna Agarwal	4753	Agarwal
35	Sakshi Shah	4754	Sakshi
36	Cadence Fernandes	4756	C. Fernandes
37	Shreya Humnabadkar	4912	Shreya
38	Friyana Munshi	4920	Munshi
39	Sakina Attari	4831	Sakina
40	Santoshi Nikalje	4758	Santoshi
41	Simsan Rehga	4854	Simsan

Total students - 41

Program Coordinator - Ms. Pooja Jain

Torje




Principal Incharge
St. Mira's College for Girls, Pune.

8/

ND21

GIRLIE CHAND



Mental well-being session

Malavika Pillai

Roll no	Name	Signature
1) 5726	Sheetal Jadhav	Sheetal
2) 4799	Kirandeep	Kirandeep
3) 4809	Niharika	Niharika
4) 4807	Manita	Manita
5) 4801	Prachi Gaikwad	Prachi
6) 4793	Diksha Alali	Diksha
7) 4791	Sonal Varjari	Sonal
8) 5730	Rutuja Gaikwad	Rutuja
9) 5728	Namrata Kusalkar	Namrata
10 4882	Nikita. Mhaske.	Nikita
11. 4881	Dhanashree. Navale	Dhanashree
12. 4872	Priyanka. Sutar.	Priyanka
13. 4883	Sneha Patole	Sneha
14 4889	Vidya Sadamate.	Vidya

Total No. of students - 14

Program Coordinator - Ms. Pooja Jain
Pooja Jain




Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

MENTAL WELL-BEING AWARENESS SESSION-2

ATTENDANCE SHEET

SYBA-A

03.08.2019/09.01.2020

Sr. No.	NAME	ROLL NO.	SIGNATURE
1.	Tiliksha Padis	2855	Tiliksha
2.	Shravani D'souza	2614	Shravani
3.	Samrta Buba	2828	Samrta
4.	Indrayani Hinge	2857	Indrayani
5.	Nandini Mangalore	2852	Nandini
6.	Medha Ghosh	2806	Medha
7.	Megha Goswami	2823	Megha
8.	Judith Batelho	2854	Judith
9.	Namrata Perlwani	2822	Namrata
10.	Bhoomi Punjabi	2877	Bhoomi
11.	Punam Waghmare	2870	Punam
12.	Sejal Jitendra D	2871	Sejal
13.	Kelly Colaco	2803	Kelly
14.	Jatema Kathuria	2606	Jatema
15.	Sakshi Gulwari	2874	Sakshi
16.	Umm-Aiman Rampurwala	2872	Umm-Aiman
17.	Aditi Sanyal	2866	Aditi
18.	Tarvi Deokar	2858	Tarvi
19.	Vyomi Gidwani	2604	Vyomi
20.	Shreshtha Pattadar	2701	Shreshtha
21.	Saloni Kulkar	2851	Saloni
22.	Shruti Nunkes	2813	Shruti
23.	Niriksha Shetty	2881	N.R. Shetty
24.	Callen D'Silva	2804	Callen
25.	CLARISSA RODRIGUES	2878	Clarissa
26.	Sarrah Kapadia	2842	Sarrah
27.	Arijy Kumari	2859	Arijy
28.	Ritika	2865	Ritika
29.	Yashada Dixit	2853	Yashada

Pragya
Pragya Jain
Coordinator

Principal Incharge
St. Mira's College for Girls, Pune.



St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

32	Habiba Kasaya	4268
33	Srishti Yadav	4269
34	Alisha Francis	4271
35	Saundarya Pillay	4270
36	Pooja Chaudhary	4267
37	Deepthi Kumbharkar	4290
38	Shivani Nakte	4295
39	Komal More	4255
40	Pranali Jadhav	4241
41	Pranali Ghule	4240
42	Meenakshi Rao	4279
43	Monika Jadhav	4222
44	Aishwarya Pawar	4225
45	Poonima Tapkir	4221
46	Sweta Dodke	4220
47	Simran Rajpurohit	4244
48	Farzana Mansuri	4272

Total students - 48


Mental well-being Program

Coordinator - Ms. Pooja Jain

Pooja

Pooja Jain




Principal Incharge
St. Mira's College for Girls, Pune.

Awareness session - 2
 St. Mira's College for Girls, Pune
 T.Y. B.Com 'A' 05/02/2020 Mental Health Programme

Name	RollNO
1) Poonam Dube	4245
2) Ankita Desai	4203
3) Neha Galande	4238
4) Namag Pestonji	4291
5) Dilsheen Kaur	4227
6) Parmeshwari Sahu	4246
7) Snehanjali Yadav	4274
8) Alfara Shaikh	4230
9) Neha Banoo	4249
10) G. Radha Pravalika	4252
11) Sangita Solanki	4260
12) Shweta Joshi	4226
13) Dishwarya Shelke	4247
14) Majikambli Ringkangmai	4204
15) Tansin Sulthana	4206
16) Amruta Chavan	4201
17) Kayal Pande	4263
18. Langa Simran	4262
19. Sanjana KR	4233
20. Netra Girkar	4234
21. Vishakha Bivool	4235
22. Jinuu Jose	4258
23. Samrudhi Kadam	4259
24. Urvashi Jadar.	4224
25. Manisha Gade.	4273
26. Pratiksha Y.	4236
27. Deepika Mishra	4280
28. Pooja Rajpurohit	4265
29. Vidhi Narang	4264
30. Pooja Soni	4286
31. Kareena Navlan?	4285

Jk
Principal Incharge

St. Mira's College for Girls, Pune.




Parvati
 Parvati Sani
 Coordinator

2761	Nalini Bawari	<u>Nalini</u>
2651	Fatema. Burmawala.	Burma.
2771	Sneha Arne	<u>Sneha</u>
2766	Nagu kable	<u>Nagu</u>
2772	Sonam Gaikwad	<u>Gaikwad</u>
2768	Pratikeha. kumble	kumble

Total No. of students - 37

Program coordinator - Ms. Pojra Jain
Pojra




Principal Incharge
St. Mira's College for Girls, Pune.

Malavika Pillai

Page No.	
Date	

Roll no.	Name	Sign
2763	Akanksha S. Khandve	<u>Akanksha</u>
2756	Vaishnavi S. Darekar	<u>Vaishnavi</u>
2753	Tope Akanksha A.	<u>Tope</u>
2762	Savita Sing' Sain	<u>Savita</u>
2657	Sakshee Uttekar	<u>Sakshee</u>
2664	Diksha AYTE	<u>Diksha</u>
2674	Nikita Beangale	<u>Nikita</u>
2670	Kaveri Sante	<u>Kaveri</u>
279	Harshada Thanambir	<u>Harshada</u>
2782	Shreikh Muskan	<u>Shreikh</u>
2765	Jagdhane Vidya	<u>Vidya</u>
2778	Bhakti Y. Kamble	<u>Bhakti</u>
2929	Nisha Patil	<u>Patil</u>
2652	Ridhi Sheth	<u>Ridhi</u>
2931	Neha Pawar	<u>Neha</u>
2932	Pooja Kale	<u>Pooja</u>
2928	Shreushti Kumbhar	<u>Shreushti</u>
2927	Komal. K. Uttekar	<u>Komal</u>
293	Tamanna Rana	<u>Tamanna</u>
2934	Saniya Phadke	<u>Phadke</u>
2667	Rajeshwari Singh	<u>Rajeshwari</u>
2653	Shreya Caskar	<u>Shreya</u>
2654	Madhura Borse	<u>Madhura</u>
2760	Susmita Nath	<u>Susmita</u>
2757	Divya Bohra	<u>Divya</u>
2775	Vabita Kumari	<u>Vabita</u>
2779	Amisha Singh	<u>Amisha</u>
2656	Ritwika Jagdall	<u>Ritwika</u>
2926	Simran Nayak	<u>Simran</u>
2678	Priyanka Chaurasiya	<u>Priyanka</u>
2780	Bhavana Klude	<u>Bhavana</u>



Principal Incharge
 St. Mira's College for Girls, Pune

For
 (Coordinator)

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

4501	Dnyaneshwari ghadage	<u>Dshadage</u>
4464	Nisha Kamble	<u>NKamble</u>
4463	Aarti chavan	<u>Ahaman</u>
4467	Pooja Patil	<u>Pooja</u>
4458	Jasmit Kaur	<u>Jasmit</u>
4498	Nitu . sharma	<u>Nitu sharma</u>
4460	Safia Khatun	<u>Safia</u>
4461	Reena Shinde	<u>Reena</u>
4436	Sanchari Sinha.	<u>Sanch</u>
4478	SHRADDHA TSHOSALE	<u>Shraddha</u>
4475	Ashwini Meshri	<u>Ashwini</u>
4479	Bharti Matang	<u>Bharti</u>
4474	Sandhya Bhadoriya	<u>Sandhya</u>
4462	Sandra Sebastian	<u>Sandra</u>
4476	Divya Nikalje	<u>Divya</u>
4477	Malavika Menon	<u>Malavika</u>

Total students - 41

Program coordinator - Ms. Poje Jain
Poje




Principal Incharge
St. Mira's College for Girls, Pune

T.Y. B. Com - B. - 29/01/2020.
St. Mira's College for Girls, Pune
Mental well-being program

Devaki D

(41)

Roll No.	Name	Sign
4459	SHRUTHI PRAVEEN	<u>Praveen</u>
4468	DIKSHITA PHUTANE	<u>Dikshita</u>
4454	Megha Rayguru	<u>Megha</u>
4455	Sanam Shaikh	<u>Shaikh</u>
4426	Bhreeya Joshi	<u>Bhreeya</u>
4440	Rutuja Akhade	<u>Rutuja</u>
4441	Ankita Jagtap	<u>Ankita</u>
4431	Anushree Gujar	<u>Anushree</u>
4430	Neha Londhe	<u>Neha</u>
4449	Pavitra Naidu	<u>Pavitra</u>
4504	Pooja Chauhan	<u>Pooja</u>
4421	Pratiksha Thombare	<u>Pratiksha</u>
4422	Komal Sunde	<u>Komal</u>
4439	Simran Lund	<u>Simran</u>
4473	Shivangi	<u>Shivangi</u>
4435	Mona Deshmukh	<u>Mona</u>
4447	Pooja Varma	<u>Pooja</u>
4448	Nichala Lobo	<u>Nichala</u>
4502	Anamika Kashyap	<u>Anamika</u>
4503	Seema Choudhary	<u>Seema</u>
4493	Neha Jadhav	<u>Neha</u>
4404	Priya Bajaj	<u>Priya</u>
4486	Ekta Dwivedi	<u>Ekta</u>
4446	Ekta Sharma	<u>Ekta</u>
4465	Dilyse Thomas	<u>Dilyse</u>

Principal Incharge
St. Mira's College for Girls, Pune



Praveen (Coordinator) classmate

32	Snehal Jare	4079	Snehal
33	Rutuja Tapkir	4086	Rutuja
34	Bhakti Bhujbal	4090	Bhakti
35	Deepthi Bhujbal	4069	Deepthi
36	Harshada Dhende	4021	Harshada
37	Minakshi Nimbalkar	4028	Minakshi
38	Sayali Kulkarni	4003	Sayali
39	Neetu Gaikwad	4075	Neetu
40	Vidya Pardeshi	4033	Vidya
41	Snehalata Patil	4010	Patil
42	Kajal Navaya	4093	Kajal
43	Kamuna Mulani	4076	Kamuna
44	Poonam Gusrani	4054	Poonam
45	Pooja Singh	4055	Pooja
46	Sayali Chavan	4037	Sayali
47	Akshada Kalyanam	4038	Akshada
48	Putuja Gaikwad	4049	Putuja
49	Gauri Pasarkar	4006	Gauri
50	Aditi Kadgi	4026	Aditi
51	Apurva Galande	4014	Apurva
52	Amruta Pawar	4020	Amruta

Total students 52

Mental well-being Program Coordinator - Ms. Pooja San
Kojhar



[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Mental well-being program
S.Y.B.com 'C'

Camlin	Page
Date	/ /

	Name	Roll NO	Signature
1	Deepsikha. Ratan-Sethia.	4015	<u>Deeps</u>
2	Rutika. Balasaheb. Nawale	4013	<u>Rutika</u>
3	Pooja Dalvi	4035	<u>Dalvi</u>
4	Shirin Shaikh.	4072	<u>Shaikh</u>
5	Sonali B. Chavre	4073	<u>Chavre</u>
6	Hastuja Bhandulkar	4057	<u>Hastuja</u>
7	Aishwarya Bansode	4058	<u>Aishwarya</u>
8	Urmilami Mupnar.	4067	<u>Mupnar</u>
9	Krutika Kamate	4061	<u>Kamate</u>
10	Divya Rajput	4082	<u>Rajput</u>
11	Aditi Pingle	4011	<u>Pingle</u>
12	Vaishnavi Jaikwad	4068	<u>Jaikwad</u>
13	Aishwarya Shirde	4018	<u>Shirde</u>
14	Preeti Kshirsagar	4074	<u>Preeti</u>
15	Aishwarya Pandey	4048	<u>Aishwarya</u>
16	Aishwarya Murgeshan	4030	<u>Aishwarya</u>
17	Hitor Solonki	4031	<u>Solonki</u>
18	Mahek Kulkar	4063	<u>Kulkar</u>
19	Ritika Devnani	4064	<u>Devnani</u>
20	Vaishali. Bondla.	4065	<u>Bondla</u>
21	Simranjeet. Kaur.	4041	<u>Simranjeet</u>
22	Nikita. Mishra	4066	<u>Mishra</u>
23	Havini Raman	4022	<u>Havini Raman</u>
24	Gocle priyanka	4039	<u>Gocle</u>
25	Priyanka Khaisnare	4056	<u>Priyanka</u>
26	Amamika Singh	4084	<u>Singh</u>
27	Jyoti Gawwal	4019	<u>Gawwal</u>
28	Annapurnei Mishra	4090	<u>Annapurnei</u>
29	NPeku Raj	4081	<u>NPeku</u>
30	Sarika Kumbharkar	4044	<u>Sarika</u>
31	Gnehal Bhos	4045	<u>Gnehal</u>



Torje

Pooja Jani
(Coordinator)

Principal Incharge

St. Mira's College for Girls, Pune.

95.	Farin Khan	C.I.
96.	-	-
97.	-	-
98.	-	-

Total students - 45

Program Coordinator - Ms. Pooja Jain

Tarjan



[Handwritten signature]

Principal Incharge

St. Mira's College for Girls, Pune.

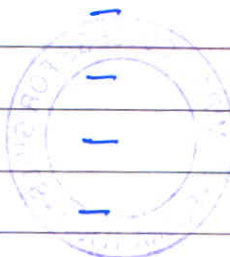
63.	Reenam .J. Shaikh	Shaikh
64.	-	-
65.	-	-
66.	-	-
67.	-	-
68.	-	-
69.	Kiran .C. Raj Purohit	Kiranpur
70.	Manali .S. Gaikwad	Mani
71.	Chaitrabi .M. Pathare	Chait
72.	Sakshi .Pardesthi	Sakshi
73.	Meghana .Jairam	Meghana
74.	Sonia .S. Uma	Sonia
75.	-	-
76.	Surat .S. Ichokhar	Surat
77.	Simran .S. Khoikhar	Simran
78.	-	-
79.	Fulwanti .Jangid	Fulwanti
80.	-	-
81.	-	-
82.	-	-
83.	KIMAYA .DUPARE	Kimaya
84.	-	-
85.	-	-
86.	Summaiya .Shamim Siddiqui	Summaiya
87.	Tanhari .N. Chavhal	Tanhari
88.	-	-
89.	Datrupa .Shou	Datrupa
90.	-	-
91.	-	-
92.	-	-
93.	-	-
94.	-	-



Trupti
Tanya D.
Coordinator

Principal Incharge
St. Mira's College for Girls, Pune.

31.	Amneet Kaur	<u>Akaur</u>
32.	Shamal Patil	<u>Spatil</u>
33.	—	—
34.	—	—
35.	Suvarna Sapkal	<u>Spapkal</u>
36.	Sonal Vathak	Spatil
37.	Shubhangi Mahajan	Spatil
38.	Akanksha Shah	<u>Asah</u>
39.	Pooja. V. Rajpurohit	<u>PAVR</u>
40.	—	—
41.	—	—
42.	Aanchal Patil	<u>APatil</u>
43.	—	—
44.	—	—
45.	Shimoni	<u>Shimoni</u>
46.	Farah Budha	<u>F Budha</u>
47.	—	—
48.	Harshada kand	<u>Harshada</u>
49.	—	—
50.	Santosh Rohra	<u>SRohra</u>
51.	—	—
52.	—	—
53.	—	—
54.	Sakshi Lonkar	<u>Sakshi</u>
55.	—	—
56.	—	—
57.	—	—
58.	—	—
59.	—	—
60.	—	—
61.	—	—
62.	—	—



Head
Post
Coordinator

Principal Incharge
St. Mira's College for Girls, Pune

SY. Bcom 'B'

Mental well-being program - 2017-2020

Page No.

Date

Roll No

Name

Signature

Roll No	Name	Signature
3801.	Suchandria Bhattacharya	<u>Suchandria</u>
2.	Khan Zainab Arif	<u>Zainab Khan</u>
3.	Summaiya Wajid Shaikh	<u>Summaiya</u>
4.	E. Mushaan Khan	<u>Mushaan</u>
5.	Fizza. F. Babul.	<u>F. Babul.</u>
6.	-	-
7.	-	-
8.	Neha Pathak	<u>Neha Pathak</u>
9.	Srushti Kakade.	<u>Srushti Kakade</u>
10.	Sakshi Dwile	<u>Sakshi Dwile</u>
11.	Sakshi M. Shede.	<u>Sakshi M. Shede.</u>
12.	Esmath Dehkhampur	<u>Esmath Dehkhampur</u>
13.	Gowri V. Ashtekar	<u>Gowri V. Ashtekar</u>
14.	Aparna Lavate.	<u>Aparna Lavate.</u>
15.	Gitika - Pardeshi	<u>Gitika - Pardeshi</u>
16.	-	-
17.	-	-
18.	-	-
19.	-	-
20.	Nikita Puneekar.	<u>Nikita Puneekar.</u>
21.	-	-
22.	Gauri Belitkar	<u>Gauri Belitkar</u>
23.	Prathama. D. Karande	<u>Prathama. D. Karande</u>
24.	-	-
25.	-	-
26.	-	-
27.	-	-
28.	Greetanjali. Lachke.	<u>Greetanjali. Lachke.</u>
29.	-	-
30.	-	-

Principal Incharge
St. Mira's College for Girls, Pune.Toriya
Poojasa
(Coordinator)

SYB6m - A ATTENDANCE SHEET

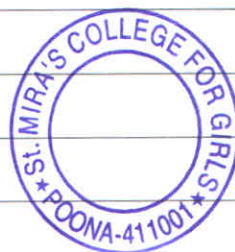
Mental well-being Awareness session - (2)

Roll no.	Name	Signature
1	3673 Rubi Kumari Upadhyay	<u>Rupadhyay</u>
2	3626 Sananda Pillai	<u>Sananda</u>
3	3640 Pratibha Mallav	<u>Pratibha</u>
4	3613 Jennie Dias	<u>Jennie</u>
5	3648 Gauri Mawkar	<u>Gauri</u>
6	3659 Sameer Rizvi	<u>Sameer</u>
7	3638 Shradha Gaikwad	<u>Shradha</u>
8	3606 Gayatti Sonawane	<u>Sonawane</u>
9	3650 Pratiksha Mishra	<u>Mishra</u>
10	3647 Anjali Gaur	<u>Anjali</u>
11	3684 Aditi Singh	<u>Aditi</u>
12	3645 Anam. Miga.	<u>Anam</u>
13	3629 Jaya M. Datwani	<u>Jaya M.D</u>
14	3630 Mohsina Shaikh	<u>Mohsina</u>
15	3631 Padmanavati Gajul	<u>Padma</u>
16	3622 Triney James	<u>Triney</u>
17	3680 Sneha Bhambhani	<u>Sneha</u>
18	3684 Pooja Rawat	<u>P.Rawat</u>
19	3676 Azra Abdul Rahim Kiroli	<u>Azra</u>
20	3667 Aastha Rajpal	<u>Aastha</u>
21	3663632 Aagari Shaukh	<u>Aagari</u>

Total NO. of students - 21

Program coordinator - H. Ioj. Jain

H. Ioj. Jain



[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.

XII C Commerce. 10/01/2020

Sr. No	Roll no.	Name	Signature
1	2004	Pradnya Vijayan	<u>Pradnya</u>
2	2034	Keenaz R. Lakhani	<u>Keenaz</u>
3	2033	Sandhya Chaurasiya	<u>Sandhya Ch.</u>
4	2014	Neelam Gandhi	<u>Neelam</u>
5	2064	Akshata Chowki	<u>Akshata</u>
6	20 2100	Rutika Kadu	<u>Rutika</u>
7	2101	Suchitra Nair	<u>Suchitra</u>
8	2102	Harshada Kadam	<u>Harshada</u>
9	2103	Dnyaneshwari B.	<u>Dnyaneshwari</u>
10	2104	Pooja Shetiya	<u>Pooja</u>
11	2046	Ghule Ganika	<u>Ghule</u>
12	2062	Chaitra Pasarkar	<u>Chaitra</u>
13	2043	Lakshmi Timmanapalli	<u>Lakshmi</u>
14	2045	Bimran Shaikh	<u>Bimran</u>
15	2001	Sharavani Ghogare	<u>SG.</u>
16	2054	Neha Jadhav	<u>Neha</u>
17	2055	Neha. Mizga,	<u>Neha</u>
18	2056	Padmeshri Bhandare	<u>P.N. Bhandare</u>
19	2108	Alisha Shaikh	<u>Alisha</u>
20	2023	Shrutika Shinde	<u>Shinde</u>
21	20 2111	Latika Parmar	<u>L. Parmar</u>
22	2095	Fatima Khan	<u>Fatima</u>
23	2006	Rutika R. Mohite.	<u>Rutika</u>

Total number of students - 23

Program Coordinator - Ms. Pooja Jain

Pooja Jain
10/1/2020[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.

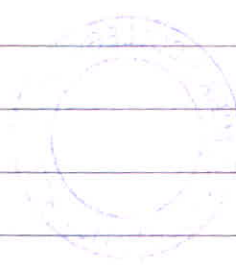
Roll no.	Name	Sign
1510	-	-
1513	Arpita Todkar	<u>Arpita T.</u>
1514	Taraya Nevase	<u>Taraya</u>
1517	Karishma Narayanan	<u>Karishma</u>
1518	Apeksha Chavan	<u>Akshan</u>
1520	Yukta Waghmare	<u>Yukta</u>
482	Lavanya Nair	<u>Lavanya Nair</u>

Total Number of Students - 89

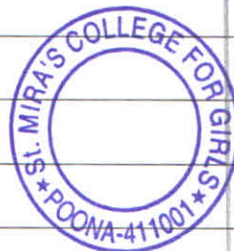
Program Coordinator Name & Signature - Pooja Jain
Pooja Jain



[Signature]
Principal Incharge
St. Mira's College for Girls, Pune.



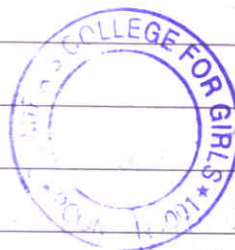
Roll no.	Name	Sign.
1469	Ribaah Dave	R.D.
1470	Tanzeem Mundehari	<u>Mundehari</u>
1471	Kashish Jindal	<u>Kashish</u>
1472	Ingale Vaishnavi Hiranman.	<u>Vaishnavi</u>
1473	Sakshi Dandosh Upadhyay	<u>Sakshi</u>
1474	Akamksha Atul Belhikar	<u>Akamksha</u>
1475	Simran Kadam	<u>Simran</u>
1476	Afsheen Sayyad	<u>Afsheen</u>
1477	-	-
1478	Sayali Manish Achaliya	<u>Sayali</u>
1483	Ghanashree Ramesh Pawar	<u>G.R.P</u>
1484	Ishika Sharma	<u>Ishika</u>
1485	Toad Bushra Tanveer.	<u>Toad</u>
1486	Khushi Brahat Jain	<u>Khushi</u>
1487	Rucha Abhijit Deshpande	<u>Rucha</u>
1488	-	-
1492	Afrin Jalal Nawaj	<u>Afrin</u>
1493	-	-
1494	-	-
1496	Vaishnavi Raghunath Talia	<u>T. Vaishnavi</u>
1497	Vaibhavi S. Parite.	<u>Parite</u>
1499	Nisha Harinder Sharma	<u>Nisha Sharma</u>
1501	Neha Praveen Shinde	<u>Neha Shinde</u>
1502	Sanskriti Siddham Shingare	<u>Sanskriti</u>
1503	Saniya Nitin Mahabare.	<u>Saniya</u>
1505	Preetha Vilas Salunke	<u>Salunke</u>
1506	Sanyana Prashant More	<u>Sanyana</u>
1507	Shweta Abhijit. Nagar.	<u>Shweta</u>
1509	-	-



Prin. Parje san
(Coordinator)

Principal Incharge
St. Mira's College for Girls, Pune,

Roll no.	Name	Sign
1434	Gauzi Supaji kute	<u>Gauzi</u>
1435	Maheshwari chandrakant Mishra	<u>Maheshwari</u>
1437	Anita Lalaxam choudhary	<u>Anita</u>
1438	Bhakti Tiwari	<u>Bhakti</u>
1439	Laiga Sheikh	<u>Laiga</u>
1440	Muskaan Mirpuri	Muskaan
1442	Manasi Chandgude	<u>M</u>
1443	Mouktika Swikuchi	<u>M</u>
1444	Sarita Paliwal	<u>Sarita</u>
1446	Soniya Joping	<u>Soniya</u>
1447	Shivanyali Kale	<u>Shivanyali</u>
1448	Harsha Sivmani	Harsha
1449	Rechal shinde	<u>Rechal</u>
1450	Khushi kavanya Pillay	<u>khushi</u>
1451	Aarti Sahu	<u>Aarti</u>
1453	Sayed. Uzma. Saifanaz.	<u>Uzma</u>
1454	Diya. Preetam. Vagundani	<u>Diya</u>
1455	Arwa. Lokhandwala	<u>Arwa</u>
1457	Rumana. Shaikh.	<u>Shaikh</u>
1458	Shivani Tagtap.	<u>Shivani</u>
1459	Smriti Suresh Argade	<u>Smriti</u>
1460	Ketaki Wadekar	<u>Ketaki</u>
1461	Diya. D. Dhanani	<u>Diya</u>
1462	Anurita. Sarma. Tapiparti	<u>Anurita</u>
1463	Aditi Hemant Gupta.	<u>Aditi</u>
1464	Shraddha Chikane	<u>Shraddha</u>
1465	Dimple Bhati	<u>Dimple</u>
1467	AQSA QURESHI	<u>Aqsa</u>
1468	Pooja Mhaske	<u>Pooja</u>



Tozix
(Coordinator)

Principal Incharge

St. Mira's College for Girls, Pune

Date- 10/12/2020

Page No.

Date

Class XIth - Commerce - C

Roll no.	Name	Sign.
1401	Madhuri Karle	<u>Madhuri Karle</u>
1402	Sarika Shete	<u>Sarika Shete</u>
1403	Alisha Jagtiani	<u>Alisha Jagtiani</u>
1404	Divya P. Bose	<u>Divya P. Bose</u>
1405	Divya Motwani	<u>Divya Motwani</u>
1406	Jannavi Rane	<u>Jannavi Rane</u>
1408	Vaibhavi Tadhar	<u>Vaibhavi Tadhar</u>
1409	Srushti Kange	<u>Srushti Kange</u>
1410	Samruddhi Surve	<u>Samruddhi Surve</u>
1411	Sakshi Goyal	<u>Sakshi Goyal</u>
1412	Swathikrishna Nambiar	<u>Swathikrishna Nambiar</u>
1413	Saniya Shaikh	<u>Saniya Shaikh</u>
1415	Shreshtha Bhojaraj shetty	<u>Shreshtha Bhojaraj shetty</u>
1416	Apoorva Girish Mutalik	<u>Apoorva Girish Mutalik</u>
1417	Kajal Ashok Sharma	<u>Kajal Ashok Sharma</u>
1418	Hansa Kanayo Punjabi	<u>Hansa Kanayo Punjabi</u>
1419	Tejaswi Jagtap	<u>Tejaswi Jagtap</u>
1420	Farzeen A Sayyed	<u>Farzeen A Sayyed</u>
1421	Afreen Salim Shaikh	<u>Afreen Salim Shaikh</u>
1422	Vaibhavi keshav Gangame	<u>Vaibhavi keshav Gangame</u>
1424	Asma Anwar shaikh	<u>Asma Anwar shaikh</u>
1425	Thul Anushka Vinod	<u>Thul Anushka Vinod</u>
1426	Asmita Bhise	<u>Asmita Bhise</u>
1427	Jyotishree Raut	<u>Jyotishree Raut</u>
1428	Izma Nadim Manshi	<u>Izma Nadim Manshi</u>
1429	Sonika Sanjay Bhere	<u>Sonika Sanjay Bhere</u>
1430	Meghana Krishna Gawade	<u>Meghana Krishna Gawade</u>
1431	Shivani Upadhyay	<u>Shivani Upadhyay</u>
1432	Rakshita Pillay	<u>Rakshita Pillay</u>



Tozire
Tanya sau
(Coordinator)

Principal Incharge
St. Mira's College for Girls, Pune.

3/2/2020

St. Mira's College for Girls, Pune

(Atkisa 2878)

TYBCOM C

Saathi

Date ___/___/___ Mental Health Seminar - 2

Rollno	Name	Sign
4608	Dipali C. shetke	Dipali
4611	Vaishnavi T.T.	Vaishnavi
4608	Anjali K. Koli	Anjali
4601	Renu Sharma	Renu
4614	Pooja Kagnool	Pooja
4605	Kalpana Singh	Kalpna
4626	Shweta Kate	Shweta
4629	Jyotsna Paigude	Jyotsna
4628	Krutika Deokar	Krutika
4642	Komal Gaikwad	Kaikwad
4671	Jyoti Tiwari	Jyoti
4241	Pranali Jadhav	Pranali
4255	Komal More	Kom
4672	Shah Shivani	Shivani
4646	Kajal Sarsar	Kajal
4655	Pooja Bhosale	Pooja
4656	Siddhi Warghane	S. Warghane
4643	Pratiksha More	Pratiksha
4644	Preety Ankam	Preety
4612	Pooja Singh	Pooja Singh
4653	Khushi Gathani	Khushi
4619	Florentina Philip Martin	Florentina
4618	Saloni Jain	Saloni
4645	Falguni Saucheti	Falguni
4659	Kajal Jangra	Kajal
4624	Kajal More	Kajal
4634	Snehal Bhadale	Snehal
4635	Yallamma Koli	Yallamma
4636	Snehal Patil	Snehal
4637	Shweta Adhav	Shweta
4638	Arunal Kokane	ArKokane

Principal Incharge
St. Mira's College for Girls, Pune.



Pooja Sai
(Coordinator)

Roll No	Name	Signature
4639	Shubhangi Gaikwad	
4640	Sujata Bhagwan Shinde	
4641	Madhura Prakash Tuxde	
4609	Pranali Abhau	
4663	Simi sunney	
4613	Simran Kamlesh Tadha	

No. of students - 35

Program Coordinator - Pooja Jain
 Pooja Jain



Principal Incharge
 St. Mira's College for Girls, Pune

Total Students - 68

F.Y. B.Com - B.

08-02-2020

classmate

Program Coordinator - Ms. Pooja Jain

Date _____

Page _____

(2)

Topic

Mental Health Awareness Session Attendance

Roll no	Name	Signature
3209	Divya .M. Baisy	<u>Divya</u>
3202	Vibhashree. B. kshirsagar	<u>Vibha</u>
3265	Muskan Sadhwani.	<u>Muskan</u>
3324	Shimangi Tana	<u>Shimangi</u>
3245	Mrunali kadam	<u>Mrunali</u>
3240	Manisha Vishwakarma	<u>Manisha</u>
3283	ANUSHKA BENNY	<u>Anushka</u>
3323	Akshita Negi	<u>Akshita</u>
3295	Pallavi .S. Kasandazani.	<u>Pallavi</u>
3286.	Risha Kinginger.	<u>Risha Sunil Kinginger.</u>
3221	Maheshwari varma.	<u>Maheshwari</u>
3211	Madhu khedkar	<u>Madhu</u>
3298	manavi shambhuprasad shaha.	<u>manavi</u>
3320	Pushpa Lavkuoh Sharma	<u>Pushpa</u>
3264	Jahanni Dhingra	<u>Jahanni</u>
3208	Vaishnavi Shedge	<u>Vaishnavi</u>
3291	Saloni Chakravarty	<u>Saloni</u>
3284	Taanisha Bajaj	<u>Taanisha</u>
3227	Gayatri Adhav	<u>Gayatri</u>
3228	Sonal Bondal	<u>Sonal</u>
3261	Ekta Dhumal	<u>Ekta</u>
3212	Sakshi Ghule	<u>Sakshi</u>
3315	Sneha Pehera	<u>Sneha</u>
3236	Rasika Gawade	<u>Rasika</u>
3301	Vanessa. Nooronha	<u>Vanessa</u>
3239.	Sanyukta Slinde.	<u>Sanyukta</u>
3238	prajakta Deshpande.	<u>Prajakta</u>
3255	pallavi. udabi	<u>Pallavi</u>
3235	Mrunali Mandhare	<u>Mrunali</u>
3231	Ayesha Shaikh	<u>Ayesha</u>
3268	Sakshi Ghule	<u>Sakshi</u>
3267	pooja shekhe	<u>Pooja</u>

Principal Incharge

St. Mira's College for Girls, Pune



F.Y.B.A(CA) 10/02/2020

St. Mira's College for Girls, Pune

classmate

Date

Page

FYBA (A) Mental Well-being awareness Session 2

Roll no Name Signature.

2309 Pashmita gupta

~~Pashmita~~

2228 priyanka Jaisinghani

Priyanka

2237 sijal Chindak

Sijal

2230 Acifiya Photographer

Acifiya

2284 Shivani Bensen

Shivani

2302 Muskan Negi

Muskan

2268 Nyates

Nyates

2320 Ishika Mahajan

~~Ishika~~

2301 Mishma Jeff seneva

Mishma

2300 Ritika Samot.

Ritika

2270 Mahima Sam

Mahima

2296 Aroma Thomas

Aroma

2245 Vijetha Rathinavel

Vijetha

2296 Gayathri Nair

Gayathri

2298 Prerana Waghmare

Prerana

2227 Palak Narang

Palak

2323 Manek Bhargava

Manek

2326 Anisha Nankani

Anisha

2370 Olivia Fernandes

~~Olivia~~

2283 Sakshi Lakhapati

Sakshi

2251 Sonal Sonam Angmo

~~Sonal~~

2271 Breksha Khajed

Breksha

2286 Amisha Kholji

~~Amisha~~

2299 Sparsha Sinha

Sparsha

2247 Sarrah Husainy

Sarrah

2221 Sarrah Husaini

Sarrah

2278 Amal Ablabdeh

Amal

2315 Joelie & Lalzale

Joelie

2304 Tuba Khan

Tuba

2305 Parisha Sena

Parisha

2231 urvi Shetty

urvi



Principal Incharge
St. Mira's College for Girls, Pune.

For Pooja suni
(Coordinator)

St. Mira's College for Girls, Pune
Mental well-being Program
10/2/2020

Rajdhani

DATE / /

mental well-being Awareness session-2

Roll No	Name	Signature	Class
11961	Maksha Parmar	<u>Maksha</u>	FYBCA
11813	Yashika A. Jain	<u>Yashika</u>	SYBCA
11832	Khushbu R. Marnol	<u>Khushbu</u>	SyBCA
11807	Simran S. Bhatia	<u>Simran</u>	SYBCA
11903	Ananda Bhardwaj	<u>Ananda-B</u>	FYBBA(CA)
11908	Shradha Powar	<u>Shradha</u>	FYBCA
11907	Bhanya Nair	<u>Bhanya</u>	-11-
11956	Kajal zende	<u>Kajal</u>	-11-
11947	Acoti Mule	<u>Acoti</u>	-11-
11938	Sejal Jadhav	<u>Sejal</u>	-11-
11929	Diksha Jayade	<u>Diksha</u>	-11-
11941	Shrutika K. Saraf	<u>Shrutika</u>	-11-
11958	Shrushti N. Khedekar	<u>Shrushti</u>	-11-
11873	Aranksha Anu	<u>Aranksha</u>	SyBCA
11865	Komal Sharma	<u>Komal</u>	SYBCA
11848	Simran Duggal	<u>Simran</u>	SYBCA
11862	PRATIMA SINGH	<u>Pratima</u>	SYBCA
354	Aishada S. Polhad	<u>Aishada</u>	SYBCA
11857	Saniga Nadaf	<u>Saniga</u>	-11-
11814	Ansiya Shaikh	<u>Ansiya</u>	-11-
11876	Komal Paswan	<u>Komal</u>	-11-
11820	Anjali Satpute	<u>Anjali</u>	SYBCA
11806	Pratiksha Jadhav	<u>Pratiksha</u>	SYBCA
11945	Anushka Padwal	<u>Anushka</u>	FYBCA
11727	Vanshika Milani	<u>Vanshika</u>	FYBCA
11934	Samiksha Kulaskar	<u>Samiksha</u>	FYBCA
11928	Ahna Fathima Baig	<u>Ahna</u>	FYBCA
11919	Shubhangi Dhore	<u>Shubhangi</u>	FYBCA
11939	Prachi More	<u>Prachi</u>	FYBCA
11902	Hetal Yadav	<u>Hetal</u>	FYBCA
11970	Shanti Rajguru	<u>Shanti</u>	FYBCA
11973	Shweta Peshmukh	<u>Shweta</u>	FYBCA

Principal Incharge

St. Mira's College for Girls, Pune.



11802

Hiza Sayyed

S4BBA(A)

11880

Preema Kamble

S4BBA(A)

Total students - 351

Program Coordinator - Ms. Pooja Sam

Prin



Principal Incharge
St. Mira's College for Girls, Pune.



19/02/2020 F.Y.B.A. (B) (A)

Roll No.	Name	Sign.
2461	Naina Gaikwad	<u>Naina</u>
2493	Neha Kumari Kushwaha	<u>Neha</u>
2412	Sanskriti Satish Gaikwad	<u>Sa Gaikwad</u>
2402	Akshada Anil Patil	<u>A Patil</u>
2501	Payal Sanjay Mane	<u>Payal</u>
2409	preeti Sanjay dojjad	<u>Preeti</u>
2435	Shweta Sanjay Aatale	<u>S.S. Aatale</u>
2470	Shraddha dilip kale	<u>S.D. Kale</u>
2467	Praykta Bharat kakade	<u>Praykta</u>
2468	Pratiksha Babasaheb kakade	<u>Pratiksha</u>
2510	Anamika khandve	<u>Anamika</u>
2465	Milan Yeatne	<u>Milan</u>
2426	Karuna Kishor Gurav	<u>Karuna</u>
2498	Sneha Sinha	<u>Sneha</u>
2457	Pratiksha Padwal	<u>Pratiksha</u>
2448	Harshali Chauhan	<u>Harshali</u>
2413	Taru Mishra	<u>Taru</u>
2452	Samiksha N	<u>Samiksha</u>
2475	Pratiksha K.	<u>Pratiksha</u>
2488	Katyayini. M	<u>Katyayini</u>
2507	Fatima Ayaaz	<u>Fatima Ayaaz</u>
2460	Jyotsna sharma	<u>Jyotsna S.</u>
2472	Garima Kundu	<u>Garima</u>
2420	Fatima Shaikh	<u>Fatima</u>
2500	Shalini	<u>Shalini</u>
2414	SABA INAMBAR	<u>SABA</u>
2503	Manjama	<u>Manjama</u>
2431	Sakina	<u>Sakina</u>
2409	Disha	<u>Disha</u>
2477	Harshita	<u>Harshita</u>



Principal Incharge
St. Mira's College for Girls, Pune.

Pooja Sain
(Coordinator)

2453	Vanshika	_____
2469	Muskan Gupta	_____
2430	Uzefa Shah	_____
2444	Deepali Blamare	_____
2409	Rachi Akhade	_____
2403	Kashmeera Mehra	_____
2436	Anushka	_____
2476	Ankita Padhen	_____
2401	Yogeshwari	_____
2450	Aparna Kulkarni	_____
2429	Pallavi Gaikwad	_____
2439	Prajakta Awetke	_____
2499	Priyanka	_____
2495	Kaveri Dodla	_____
2506	Pratibha Jugale	_____
2419	Harshada Malgonde	_____
2415	Yukta Gaikwad	_____
2417	Aishwarya Kamble	_____
2451	Janhvi Sapkal	_____
2418	Anisha Salvi	_____
2511	Anisha Kate	_____
2441	Shwanti Kadam	_____
2442	Soniya Jadhav	_____
2458	oorwasy Dahale	_____
2489	prajkata	_____
2455	Rishita Sarkar	_____
2497	Megha Malhotra	_____
2454	Megha Samant	_____
2422	Ankita Neghmare	_____
2482	Nikhat Khan	_____
2428	Ayesha Riyaz Shaikh	_____

Principal Incharge

St. Mira's College for Girls, Pune.



Turk Purja San
(coordinators)

1	Sharanya Nair	3490	Shau
2	Ashita Bansal	3410	Ashita
3	Sanjana Shelkande	3463	Sanjana
4	Kiran Choudhary	3408	Kiran
5	Nishu Sherima	3415	Nishu
6	Madhavi Mankar	3521	Madhavi
7	Rutika Chavan	3520	Rutika
8	Venkatraman Priya	3424	V. Priya
9	Anita Choudhary	3409	Anita
10	Sejal Thakur	3413	Sejal
11	Sayali Aushikar	3512	Sayali
12	Komal Kote	3425	K. Kote
13	Prachi Aiwale	3440	Prachi
14	Pooja Tingre	3485	P. N. Tingre
15	Anjali Borra	3471	Anjali
16	Sui Jadhav	3472	Sui
17	Lakshi Kishoreyga	3508	Lakshi
18	Komal Yadav	3435	Komal Yadav
19	Sneha Suman	3501	Sneha
20	Sachi Singh Baghel	3487	Sachi
21	Komal Soni	3431	Komal
22	Anushka Nikalje	3451	Anushka
23	Kajal Yadav	3420	Kajal
24	Rutuja Bhujbal	3464	Rutuja
25	Sudiksha Sonar	3462	Sudiksha
26	Revathi Naidu	3482	Revathi
27	Pooja Negi	3500	Pooja
28	Sonal Pawar	3423	Sonal
29	Anita Choudhary	3430	Anita

Total Students - 29

Program Coordinator - Ms. Parja Jain

Tajir

Principal Incharge
St. Mira's College for Girls, Pune.



Mental well-being Awareness session

Roll No	Name	Signature
5405	Pratiksha Orhal	<u>Pratiksha Orhal</u>
5415	Gayatri Pujari	<u>Gayatri</u>
5426	Mokhada Bhandare	<u>Bhandare</u>
5427	Dipti Rathod	<u>Dipti</u>
5428	Ravika Sukhadare	<u>Ravika</u>
5406	Sanjana Jadhav	<u>Jadhav</u>
5413	Nikita Shinorkar	<u>Nikita</u>
5439	Avantika Ghawate	<u>Ghawate</u>
536	Narshada manjare	<u>Manjare</u>
" 44	Tanvi Patange	<u>Patange</u>
73	Bhagyashree Khandwe	<u>Khandwe</u>
43	Mayani Jagtap	<u>Jagtap</u>
14	Akshada Tuple	<u>Tuple</u>
5409	Shrehti Babar	<u>Shrehti</u>
02	Shravani Mafalkar	<u>Mafalkar</u>
25	Darshani Babar	<u>Babar</u>
5472	Shyali Kamble	<u>Kamble</u>
5462	Bhakti Lawant	<u>Lawant</u>
5465	Khushbu Rathod	<u>Rathod</u>
5440	Shruti narshada narshada	<u>Narshada</u>
5471	mansee ingawale	<u>Mansee</u>
5467	Vaishnavi Kunjari	<u>Kunjari</u>
5447	Prasiddhi Nani	<u>Nani</u>
5468	Pooja Sharma	<u>Sharma</u>
5464	Mrinal Kestore	<u>Kestore</u>
5450	Devshri Joshi	<u>Joshi</u>
5416		

Total students - 26

Program Coordinator - M. Poje Jain

Punjik



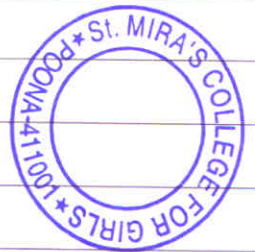
Awareness Session.

(SYBCS)

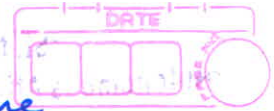
Roll no.	Name	Signature
----------	------	-----------

- | | | | |
|-----|------|------------------|------------------------|
| 1) | 5530 | Shradha Gaikwad | <u>Shradha Gaikwad</u> |
| 2) | 5511 | Andrea Belsher | <u>ABelsher</u> |
| 3) | 5519 | Shainy Misal | <u>Misalsj</u> |
| 4) | 5523 | Swati Raykonda | <u>Swati</u> |
| 5) | 5507 | Ishika Sarode | <u>Ishika</u> |
| 6) | 5533 | Rutika Kapai | <u>Kapai</u> |
| 7) | 5520 | Bhakti Shah | <u>B.Shah</u> |
| 8) | 5544 | Janhavi Jetta | <u>Janhavi</u> |
| 9) | 5536 | Anita Bhosale | <u>A.R. Bhosale</u> |
| 10) | 5537 | Preetibha Ghante | <u>P.Ghante</u> |
| 11) | 5541 | Mayuri Sapkal | <u>Mayuri</u> |
| 12) | 5534 | Megha Kulkarni | <u>Megha</u> |
| 13) | 5516 | Ronak Raur | <u>RK</u> |

Total Students - 13

Program Coordinator - M. Pojaisain
Pojisain

Principal Incharge
St. Mira's College for Girls, Pune.



NAME

Roll no.

Sign

1	Pooja Sharma	21950	<u>Pooja</u>
2	Simran Khoja	21974	<u>Simran</u>
3	Udita Dodeja	21934	<u>Udita</u>
4	Muskan Thadani	21961	<u>Muskan</u>
5	Minali Parwani	21942	<u>Minali</u>
6	Vaishnavi Pawar	21949	<u>Vaish</u>
7	Jovia Karmokar	21922	<u>Jovia</u>
8	Anjali Gaikwad	21931	<u>Anjali</u>
9	Sakshi Tilekar	21952	<u>Sakshi</u>
10	Mansi Rajguru	21927	<u>Mansi</u>
11	Anushka Sawant	21970	<u>Anushka</u>
12	Iba Kadri	21976	<u>Iba</u>
13	Sharrvari Bhaskar	21959	<u>Sharrvari</u>
14	Somali Kinariwala	21975	<u>Somali</u>
15	Shazaya Bagader	21939	<u>Shazaya</u>
16	Nidhi Doshi	21933	<u>Nidhi</u>
17	Maria Simon Waghmare	21941	<u>Maria</u>
18	Sarwaddhi Kale	21910	<u>Sarwaddhi</u>
19	Gayatri Soni	21912	<u>Gayatri</u>
20	Tanuja Bhandar	21948	<u>Tanuja</u>
21	Madhavi Sonawane	21946	<u>Madhavi</u>
22	Ummati Patil	21936	<u>Ummati</u>
23	Nivedita Kale	21938	<u>N.G. Kale</u>
24	Pradnya Patil	21932	<u>Pradnya</u>
25	Ruchita Choudhari	21924	<u>Ruchita</u>
26	Samiksha Kalkhon	21919	<u>Samiksha</u>
27	Pragati Sase	21967	<u>Pragati</u>
28	Sadiya Mankar	21969	<u>Sadiya</u>
29	Snehal Pawar	21923	<u>Snehal</u>
30	Nandini Jadhav	21916	<u>Nandini</u>



St. Mira College for Girls, Pune

List of Students Enrolled in Second year Bachelor of Business Administration Degree Course for The Academic Year 2019-20

Sr	Roll No.	Name	48 Sign Session-I 20/11/20	47 Sign Session-II 18/12/20
1	21801	MONIKA DNYNESHWAR JOGI	-	-
2	21802	VAISHNAVI BABASAHEB WADKAR	<i>Wadkar</i>	<i>Wadkar</i>
3	21803	DISHA MAKHIJA	-	-
4	21805	SAHOTA AMANDEEP Kaur	<i>aman</i>	<i>aman</i>
5	21806	Tulna Gupta	<i>TULNAGUPTA</i>	<i>Tulna</i>
6	21807	LEENA AKSHADA BOMMI	-	-
7	21808	GUPTA TANVI MUKESH	<i>TANVI</i>	<i>Tanvi</i>
8	21809	KAPADIA ZAINAB ZOHAIr	<i>Zainab</i>	<i>Zainab</i>
9	21810	Anjali Mahesh Chugh	<i>Anjali</i>	
10	21811	RAJPAL HEENA HEMANT	<i>Heena</i>	<i>Heena</i>
11	21812	SAYYED ALIYA IRFAN	-	-
12	21813	LIGHTWALA AMATULLAH	<i>Amatullah</i>	-
13	21815	KITUKALE VAISHNAVI KAILAS	-	-
14	21817	VANSHITA CHOUDHARY	<i>VChoudhary</i>	<i>VChoudhary</i>
15	21818	Moksha Shah	<i>Moksha</i>	<i>Moksha</i>
16	21819	SAMINA KAUSAR	<i>Samina</i>	<i>Samina</i>
17	21820	AACHAL CHOUDHARY	-	-
18	21821	KHAN FARZIN ZUBAIR	-	<i>farzi</i>
19	21822	SHRIYA TUPE	-	-
20	21823	ANKITA ANANT KONDHALKAR	<i>Ankita</i>	<i>Ankita</i>
21	21824	DEEPIKA KESARKAR	<i>Deepika</i>	
22	21825	RAJSEE SARWATE	<i>Rajsee</i>	<i>Rajsee</i>
23	21826	TEJASVI ARVIND SURATKAL	<i>Tej</i>	<i>Tej</i>
24	21827	TANVI VOHRA	<i>Tanvi</i>	<i>Tanvi</i>
25	21828	Bodhankar Nikita	-	-
26	21829	CHAUHAN PRANJALI RAMDEO	-	<i>CHAUHAN</i>
27	21830	SHIVANGI TIWARI	<i>Shivangi</i>	<i>Shivangi</i>
28	21831	THAKKAR SEJAL MAHESH	-	-
29	21832	CRUZ SIMRAN THOMAS	-	-
30	21833	RIYA SURENDRA SINGH	<i>Riya</i>	<i>Riya</i>
31	21834	Kashish Pasha Mallu	-	-
32	21835	SABOONI ZOHA AZIZ	<i>Zoha</i>	<i>Zoha</i>
33	21836	C TRINI SHARON	<i>Trini</i>	<i>Trini</i>
34	21837	SUSMITA MANOHAR SAWANT	<i>Susmita</i>	<i>Susmita</i>
35	21838	Bhavika Mali	<i>Bh</i>	<i>Bh</i>
36	21839	SHARMA SHOBHA SHIVDAYAL	<i>Shobha</i>	<i>Shobha</i>
37	21840	TARAWADE SIDDHI AVINASH	<i>Siddhi</i>	<i>Siddhi</i>

Principal Incharge
St. Mira's College for Girls, Pune.

Tara Porja Jain
(Coordinator)



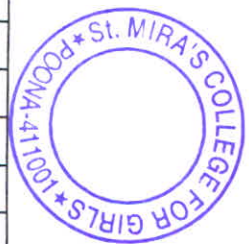
St. Mira's College For Girls Pune

Autonomous Affiliated to Savitribai Phule Pune University

Sr	Roll No.	Name	Sign Session-I	Sign Session-I
38	21841	MANSI CHANDRAKANT SHINDE	<i>mshinde</i>	<i>mshinde</i>
39	21842	KHAN MAHEK MUNIR	-	<i>munir</i>
40	21844	SONAWANE NIKITA	-	<i>Niki</i>
41	21845	CHAUDHARI YASHIKA	<i>Yashika</i>	<i>Yashika</i>
42	21846	ALFIYA LIYAKAT SHAIKH	-	<i>Alfiya</i>
43	21847	BAKSHISH KAUR GABA	<i>Bak</i>	<i>Gaba</i>
44	21848	SAMBHAVI VIJRA	<i>Samb</i>	<i>Vijra</i>
45	21849	PRATIKSHA PUNEKAR	<i>Pratiksha</i>	-
46	21850	GHULE VAISHNAVI	<i>Vaishnavi</i>	-
47	21851	BHAWANA SUTHAR	<i>Bhawana</i>	<i>Bhawana</i>
48	21852	VATARE ADITI VIJAY	-	-
49	21853	DESHMUKH VAISHNAVI	<i>Vaishnavi</i>	<i>Vaishnavi</i>
50	21854	SABALE AVANTIKA	-	-
51	21855	SANYUKTA TRIBHUWAN	<i>Sanyukta</i>	-
52	21856	Balani Nishita <i>Kankana Ray Chaudhury</i>	<i>Kankana</i>	<i>Kankana</i>
53	21857	NISHITA BALANI	-	-
54	21858	Nisha Gupta	<i>Nisha Gupta</i>	-
55	21859	SIDRAH SHAIKH	<i>Sidrah</i>	<i>Sidrah</i>
56	21860	SHAIKH AYESHA AKBAR	-	-
57	21861	SAYYEDAMIN ALINA	<i>Alina</i>	<i>Alina</i>
58	21862	TULSIJA PRIYANKA	-	-
59	21863	DARAWADE SAKSHI	-	-
60	21864	DAWARA SONAL RAJESH	<i>Sonal</i>	-
61	21865	KADAM MAYURI	<i>Mayuri</i>	<i>Mayuri</i>
62	21866	Megha Dewangan	<i>Megha Dewangan</i>	<i>Megha</i>
63	21867	Ritika Sharma	-	<i>Ritika</i>
64	21868	RINKUNATH RAWAL	-	-
65	21869	KHUSHI ABICHANDANI	<i>Khushi</i>	<i>Khushi</i>
66	21870	MILANI MEHAK MOTILAL	-	-
67	21871	NANDANI SHARMA	<i>Nandani</i>	<i>Nandani</i>
68	21872	KHAN ATIYA AYUB	<i>Atiya</i>	<i>Atiya</i>
69	21873	SABNANI ROSHNI ASHOK	<i>Sabnani</i>	<i>Roshni</i>
70	21874	RAHI PRAMOD BHOSLE	-	<i>Rahi</i>
71	21877	SHARMA KRITIKA RAJESH	-	-
72	21878	KASHMIRA RAJPUT	-	<i>Kashmira</i>
73	21879	PALLAVI ANIL KESWANI	<i>Pallavi</i>	<i>Pallavi</i>
74	21880	SHILPA ASHOK BANSODE	<i>Shilpa</i>	<i>Bansode</i>
75	21882	THADANI JANVI JEEVAT	-	-
76	21883	Alamchandani Isha	<i>Isha</i>	-
77	21884	Samtani Sama	-	-
78	21885	Chhaged Anisha Anil	<i>Anisha</i>	-
79	21886	Sejal	<i>Sejal</i>	-
80	21718	Cheyene Dsouza	<i>Cheyene</i>	<i>Cheyene</i>

Principal Incharge
St. Mira's College for Girls, Pune.

Principals
(Coordinators)



TYBBA - (17)

Janvi Khondgale	21713
Laveena Sachdev	21772
Pragati Khatal	21708
Shraddha Shinde	21728
Roshani Lalwari	21711
Karuna Sharma	21743
Falak Baig	21741
Kanuya Patel	21702
Ashliata Karumekar	21729
Monica Dhanwani	21709
Poojisha Bokadiya	21707
Karen Jacob	21725
Meghna Ballani	21784
Hanisha Rathod	21782
Maneka Vasani	21624
Tejaswree Gaikwad	21712
Pranali Shetye	21742

Total Students - 17

Program Coordinator - Ms. Pooja Jain

Paije



Jk
Principal Incharge
St. Mira's College for Girls, Pune.




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St. Mira's College For Girls, Pune
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6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013


Circular No:- G15/1QAC/2021-2022/106 Date:- 20/12/2021

CIRCULAR

On 23rd December 2021, a Webinar titled "How to Prepare for Banking/ SSC/ Insurance Exams during Graduation" is to be organized by Dept. of Economics in association with the Unique Academy, Pune from 3.00 pm to 4.00 pm via Online/ Zoom platform . This webinar is open to all the students.


D. Manisha Pimpalkhare
Coordinator




Dr. Jaya Rajagopalan
Principal I/C

St. Mira's College for Girls, Pune
(Autonomous- Affiliated to SPPU)

Dept of Economics

2021-22

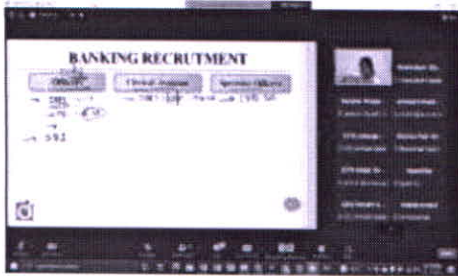
Webinar in association with The Unique Academy

"How to Prepare for Banking/ SSC/ Insurance Exams during Graduation"

23rd Dec 2021

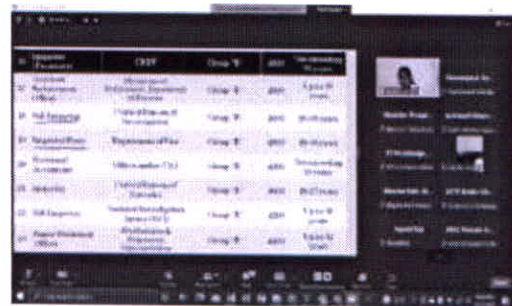
Report

The Dept of Economics of St. Mira's College, in association with the Unique Academy Pune had organized a webinar on "How to Prepare for Banking/ SSC/ Insurance Exams during Graduation" for all the students of the college. The



webinar was aimed at creating an awareness among the students about the nature and pre requisites of these competitive examinations and accordingly prepare for those while studying for graduation. Ms. Mayuri Sawant from the Unique Academy guided the students

about the time frame required for preparation, various options and career ladders available after graduation and a study plan that can be put into effect while studying. She extensively spoke about Banking and Insurance as well as SSC examinations and the preparation required thereby to clear these.



The lecture was well received by the participants.

In all 78 students attended the webinar.



Dr. Manisha Pimpalkhare

Coordinator



Principal Incharge
St. Mira's College for Girls, Pune.

SADHU VASWANI MISSION'S

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6, Koregaon Road, Pune - 411001.[INDIA]
Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in



KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

Circular No:- *G15/1&AC/2021-2022/82*

Date:-9/10/2021

CIRCULAR

The Department of Business Economics and Banking is organizing a Session on 'Career Opportunities with Reserve Bank of India' on Oct 16, 2021 at 4pm on Google Meet Platform. The Speaker is Ms. Nanda Choudhary, Manager, Reserve Bank of India, Posted at Bengaluru.

Dr. Arwah Madan
Faculty



Dr. Jaya Rajagopalan
Principal Incharge
Principal Incharge
St. Mira's College for Girls, Pune.

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St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University
Department of Business Economics and Banking: Guest Lecture
'Careers Opportunities with Reserve Bank of India'

A Guest Lecture was organized by the Department of Business Economics and Banking, St. Mira's College on the topic 'Careers Opportunities with RBI' on Oct. 16, 2021 at 4pm on Google Meet Platform. The Guest Speaker was our Alumna, Ms. Nanda Choudhari, Assistant Manager, Reserve bank of India, posted at Bengaluru. Ms Choudhari completed her B.Com in the year 2012. She has over eight years working experience at RBI now.

Ms. Nanda Choudhari elaborated in details about the various opportunities at the Reserve Bank of India. She discussed the selection procedure, the various components of the entrance examination held for various posts along with the Interview Process. She also provided information on the salary structures , allowances and benefits for the different positions at RBI.

Ms. Choudhari shared her experiences as a Young Research Scholar at RBI and how the faculty at St. Mira's encouraged and supported her in applying for the RBI Scheme. She stated that her selection as a Young Research Scholar was a turning point where she started her preparation for various openings at the RBI. She pointed out that the course curriculum at St. Mira's College as an autonomous college kept her abreast with developments in the banking system in India. Ms. Choudhari reiterated that hard work and perseverance is the key to success.

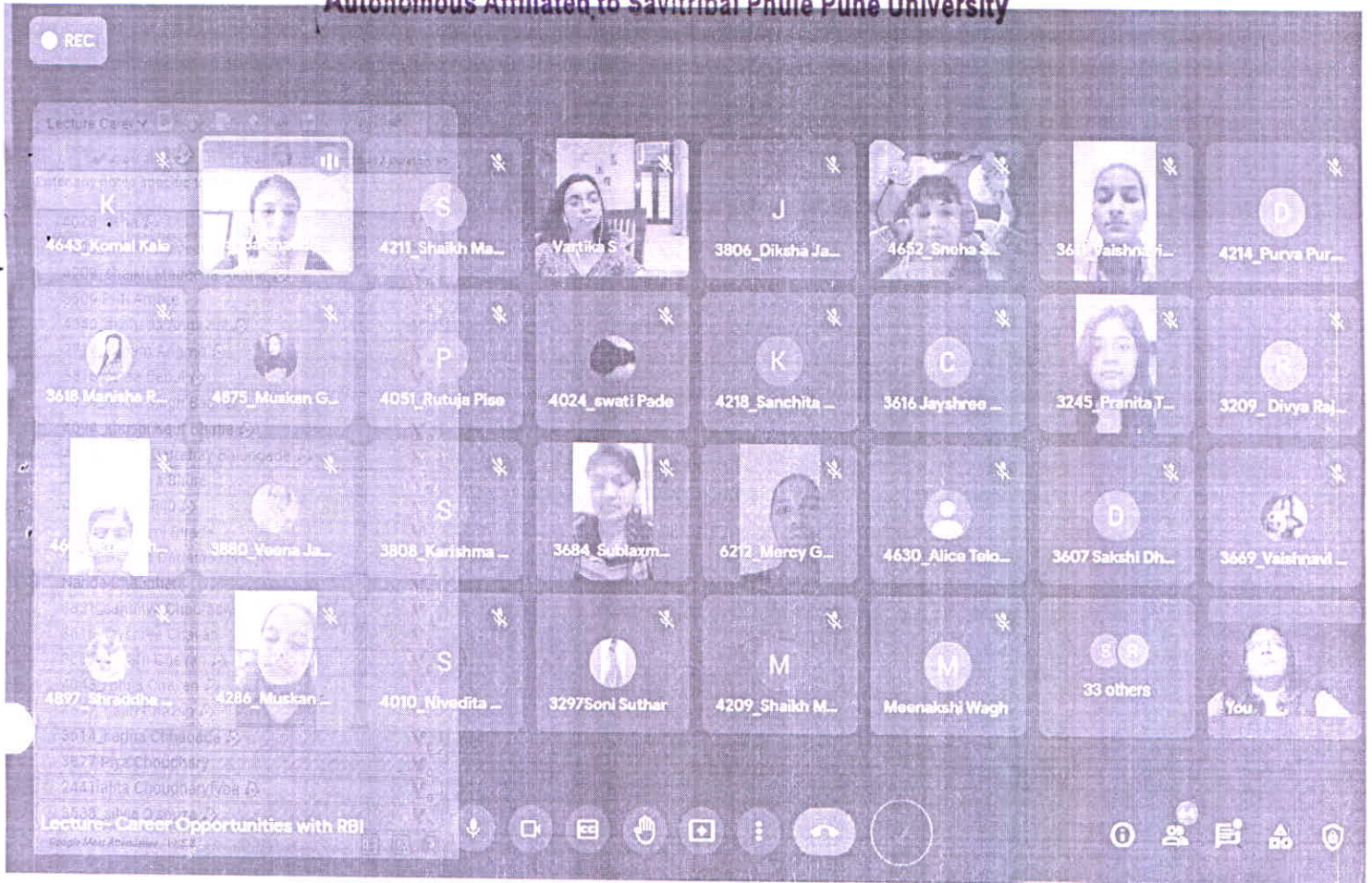
The Lecture was well attended by the SY and TY BCOM students of Banking and Finance specialization. *99 student participants.*

[Signature]
Dr. Arunach Madan



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Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University



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DR. ARWAN MADAN
COORDINATOR

[Handwritten Signature]

Principal Incharge
St. Mira's College for Girls, Pune.

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KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

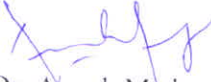
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College Code No. : 013

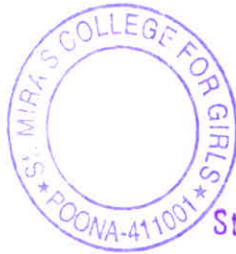
Circular No:- *CHS/10AC/2021-2022/73*


Date:-6/10/2021

CIRCULAR

The Department of Business Economics and Banking is organizing an Interaction with Alumna, Ms. Pooja Sakate [MCOM Batch 2014] on Oct 9, 2021 for the Banking Specialization Students of SY and TY BCOM at 4 pm Google Meet platform .


Dr. Arwah Madan
Faculty




Dr Jaya Rajagopalan
Principal Incharge
Principal Incharge
St. Mira's College for Girls, Pune.

Please visit: www.dadavaswanisbooks.org

chp

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University
Department of Business Economics & Banking: Interaction with Alumna

The Department of Business Economics and Banking organized an Interaction session with our Alumna- Education, Career and Beyond. Our Alumna, Ms. Pooja Sakate was the speaker at the occasion. She finished her BCOM and MCOM in 2012 and 2014 respectively. Ms. Pooja now works as Cluster Manager in the legal Department, Bajaj Finance Ltd, Pune. *The Event was organized on Oct 9, 2021.*


Ms. Pooja shared the difficult path that she has walked to reach where she is today. Pursuing education was not very easy for her as her mother was a single parent. The times were difficult she admitted, however, her mother insisted on completing education. She said she is grateful to her mother for her perseverance. Ms. Pooja stated that she was grateful to two of her acquaintances who supported her financially through her education.

Ms. Pooja said she was proud to be a Miraite; she thanked the faculty and the library staff for the support all though her graduation and post graduation. She was grateful to the college authorities by giving her the advantage of the Earn While you Learn Scheme.

Ms. Pooja said she always wanted to work with a Bank, as she had specialized in Banking and Finance. She is happy today as she works in the financial sector. Her first job in an insurance company exposed her to the legal field. She admitted that she made her attempts to appear for the CS examination but failed to qualify. A little disappointed, she followed the advice of one of her senior colleague who asked her to pursue a Law degree instead. Ms. Pooja has successfully completed her LLB in 2020 and is now a lawyer handling corporate affairs for the company she works with.

Ms. Pooja Sakate stressed on the important of pursuing post-graduation as due importance is given for higher studies; she said that it is important to explore opportunities while one is working and acquire added qualifications to move higher up in ones' career.

The Interaction with Alumna Ms. Pooja on Education, Career and Beyond was emotional, motivating as well as inspiring for everyone.


Dr. Anwes Madan
COORDINATOR





Principal Incharge
St. Mira's College for Girls, Pune.



St. Mira's College For Girls Pune
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ST. MIRA'S COLLEGE FOR GIRLS, PUNE
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Re-accredited by NAAC 'A' Grade (Third Cycle)

The Department of Business Economics and Banking.

Presents

"Interaction with Alumna".

Education, Career and Beyond



Our Alumna:

Ms. Pooja Sakate

Cluster Manager (Legal),

Bajaj Finance Ltd.

October 9, 2021, 4 pm, GMEET

Link: <https://meet.google.com/siq-bpyq-ezf>

DR. ARWAH MADAN
COORDINATOR



Principal Incharge
St. Mira's College for Girls, Pune.



[Handwritten Signature]
 DR. ARWAN MADAN
 COORDINATOR



[Handwritten Signature]
Principal Incharge
 St. Mira's College for Girls, Pune.



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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/ (1962)

College Code: - 013

Circular No: -G15/10AC/2020-21/93

Date:-1st July 2020

CIRCULAR

On 10th July 2020, Guest Lecture- Banking and Other Competitive Exams is to be organized by the Dept. of Economics, Business Economics and Banking and the Civil Services Guidance Cell in collaboration with the Unique Academy, Pune. Time- 4.00pm to 6.00pm

Speaker- Mr. Pravin Buge

Online Mode- Zoom Platform

Dr. Manisha Pimpalkhare *M.P.*

Ms. Veena Kenchi *Veena*

Dr. Sandhya Pandit *SP*

Coordinators



G.H. Gidwani

Dr. Gulshan H. Gidwani
Principal

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Report of Guest Lecture on 'Banking and Other Competitive Exams'

Organised by- The Dept of Economics, Business Economics and Banking
In association with the Civil Services Guidance Cell
In collaboration with The Unique Academy, Pune

Date- Friday 10th July 2020

Time- 4.00pm to 6.00 pm

Speaker- MR. PRAVIN BUGE, Career Counsellor, The Unique Academy, Pune

The lecture on "Banking and Other Competitive Examinations" was organised by the College with the objective of introducing students to various career options after graduation.

Mr. Buge elaborated on the various Banking exams and how students should prepare themselves for these exams. He discussed the structural organisation and hierarchy of the Banking system in India and the benefits of government jobs. He explained to students about how Banking has highly evolved as a corporate career.

Mr. Buge also introduced students to SOs which requires specialization in other non-economic fields like IT, Law, HR, Marketing, Hindi, etc.

He then explained the entire process of the Banking exams elaborating on the papers and marking system for the same.

The highlight of the session was an interaction of the students with the Speaker's brother, Mr. Pradip Buge, Chief Manager, UCO Bank, Hong Kong. He was kind enough to guide the students on the practical aspects of working in a bank, how one can move up the hierarchy and even work in international branches. This interaction definitely motivated students to give a serious thought to a career in banking.

The session concluded with a Q&A session wherein students directly asked questions to the speaker not only on banking and its choices but also were counselled on career choices they can make with their current qualifications.

This session was well received by students from different colleges and universities. More than 200 participants attended this online lecture

Co-ordinators -

nirvan
Dept of and
Economics

Uyana SP
Civil Services
Guidance
Cell.



H.H. Yadwani
Principal
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Report of Guest Lecture on 'Banking and Other Competitive Exams'
Online Attendance 2020-21

Participants (177)	
Vaishnavi Durkar	001
UNIQUE WEBINARS	002
DR. NAVNATH GHUGE	003
Pradip Buge	004
PROF. PRAVIN V. BUGE	005
Dr. Sandhya Pandit	006
Maitika Pimpalkhare	007
Shabini Iyer	008
Veenu Kenchi	009
21878_Kashmira Rajput	010
21942 Minali	011
3235_Mrunali Mandhate	012
3248_Himanshi Kulkarni	013
3303 Pratiksha	014
3310 Pratiksha Raghav	015
3408 Kiran	016
3424 Venkatraman Priya	017
3431 Komal Soni	018
3435 Komal yadav	019
3451 Anushka Nikajje	020
3461 RIYA PANWAR	021
3475_Zainab Mukadam	022
3489_Priyanka Varma	023
3497 Vijaya Patil	024
3511 Neha Bange	025
3512_sayali aouthkar	026
3802_Zainab Khan	027
3886_Sammiya Siddiqui	028
6_A_37 Trushna Bhardwai	029
Aditi Singh	030
Aditya Bhukuresai	031

Shanabani	032
Ashu Shakh	033
ASHIWARVA SONKULE	034
Anant Singh	035
Ashwini Anand	036
Akshay Singh	037
Amita Singh	038
Arpita Bhatnagar	039
Anamika	040
Anita Khosla	041
Anshu Dhanraj	042
Anshika	043
Anshika Bhandari	044
Anshree Gaur	045
Anshu Mendhe	046
Aishwarya	047
Arya Gaur	048
Ashwini Bhandari	049
Ayushi Dubey	050
Babitha Shinde	051
Bhavya Shinde	052
Bhakti Kumbhar	053
Bhakti Sawant	054
Bhakti Matang	055
Bhavana Shinde	056
Bhavana Khude	057
Bhoomika Singh	058
Chandakani Khosla	059
Chiranjivi Pawar	060
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Chiranjivi Pawar	172
Chiranjivi Pawar	173
Chiranjivi Pawar	174
Chiranjivi Pawar	175
Chiranjivi Pawar	176
Chiranjivi Pawar	177

Total Participants
177



J. H. Jadhav
Principal

Coordinators *St. Mira's College for Girls*
Dept of Economics

Veenu Kenchi
and
Civil Services
Guidance Cell

Dr. Sandhya
Pandit



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- GIS/1QAC/2019-20/37

Date:-11thFebruary 2020

CIRCULAR

On 14thFebruary 2020 a Guest Lecture on 'Road map for clearing the NET and SLET' examination' is to be organized by Department of Accountancy for T.Y.B.Com and T.Y.B.A. students from 12 pm to 2 pm at Room No. 101.

Mrs. Deepanjali Mazumder

Coordinator

Dr. Gulshan H. Gidwani

Principal



St. Mira's College For Girls, Pune
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2019-2020

**Report of the Event: 'Road map for clearing the NET and SLET examination'-
14th February 2020**

A guest lecture on 'Road map for clearing the NET and SLET examination' was organized for T.Y.B.Com and T.Y.B.A. students. The objective of the guest lecture was motivating and encouraging students to take up teaching as a full time career.

The guest speaker was Dr. Y. Mithare, Associate Dean, Faculty of Commerce & Management, Savitribai Phule Pune University, 'Associate Professor' in H. V. Desai College, a research guide for M.Phil and Ph.D courses at Savitribai Phule Pune University and a SLET paper setter at SPPU.

He guided our students to start from Zero, shared the tricks for preparation and solving the NET / SLET papers, a systematic preparation of the study plan, list of reference books and quick tips for time management and digital study.

It was an enlightening and very informative session and he encouraged the students to take up teaching a career.

TOTAL STUDENT PARTICIPANTS : 75

Deepanjali Mazumder

Mrs. Deepanjali Mazumder
Program Coordinator

JR

Principal Incharge
St. Mira's College for Girls, Pune.





ver

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6, Koregaon Road, Pune-411001. [INDIA]

Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

AU

PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- G15/10AC/2019-20/20

Date:- 13th September 2019

CIRCULAR

On 20th September 2019, a Guest Lecture titled 'Competitive exams for Govt posts in India' is to be organized by the Civil Services Guidance Cell from 11.00am to 12.00noon in Room No 2.

Dr. Sandhya Pandit
Ms. Veena Kenchi
Coordinator

SP
Veena

G.H. Gidwani

Dr. Gulshan H. Gidwani
Principal



ST.MIRA'S COLLEGE FOR GIRLS, PUNE

Civil Services Guidance Cell

Guest Lecture- 20th September 2019

The Civil Services Guidance Cell organized a guest lecture for the students aspiring to clear the Civil Services Exam.

The lecture on "Competitive Exams for Government Posts in India" was conducted by Mr. Vikrant Gaikwad of the VScore Academy Pune.

The nature of civil services examination and the preparation needed was aptly described by Mr. Vikrant to the students. He elaborated the various services under UPSC and MPSC and discussed various options besides IAS and IPS cadres of services. The lecture was well received by the students

TOTAL STUDENT PARTICIPANTS : 83

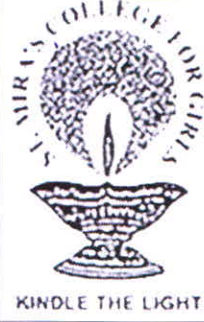
Coordinators

Veena
(Veena)
Kendri

SP
Dr. Sandhya
Pandit




Principal Incharge
St. Mira's College for Girls, Pune.



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Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/IQAC/2019-20/91

Date:- 8/8/2019

CIRCULAR

A Guest Lecture on 'Careers after Graduation' is organized by Department of Economics, Business Economics & Banking on August 12, 2019 at 11am in the AV Room. The Speaker at the occasion is Ms. Ashwini Singh, Coordinator at the Lila Poonawala Foundation. All are invited for the Lecture.

Shalini Iyer

Dr. Shalini Iyer
Coordinator



G. H. Gidwani

Dr. Gulshan H. Gidwani
Principal
Principal
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
(Autonomous-Affiliated to Savitribai Phule Pune University)

A Counselling session was organized for the BCOM & BA students on 'Careers after Graduation' on Aug. 12, 2019. Ms. Ashwini Singh, Counsellor at the Lila Poonawala Foundation emphasized the need to have focus and perform well at the under-graduate level. She provided information on scholarships at various organization and the way ahead in one's career.

TOTAL PARTICIPANTS = 237

Shalini Iyer

Dr. Shalini Iyer
Coordinator



JR

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University

"CAREERS AFTER GRADUATION"
Aug 2019
SPEAKER: MS. ASMINI SINGH



Jayshree
Principal in charge
St. Mira's College for Girls, Pune.

Shalini Iyer (Coordinator)



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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in


PU/PN/AC/015/(1962)
College Code:- 013

Circular No:- G15/10AC/2017-18/42


Date:- 15th February 2018

CIRCULAR

On 21st February 2018 a Workshop titled 'UPSC- MPSC Exams Orientation' is to be organized by the Departments of Economics, History, Politics and Public Administration from 11.00am to 12.30pm in the AV Room.


Dr. Arwah Madan
Coordinator




Dr. Gulshan H. Gidwani
Principal

2017-18

St. Mira's College For Girls, PuneWorkshop on UPSC/MPSC and Bank Exams – 2017-18

A workshop was organised by the departments of Economics, History, Politics and Public Administration on exams of UPSC, MPSC and Bank POs in association with the **Unique Academy, Pune**

The workshop was attended by **207** students from Arts and Commerce. Students were given basic information about these exams and the strategies that can be useful for them. The workshop also focused on the career opportunities after appearing for these exams.



Coordinators

Veenla
Veenla
Kendris

Dr. Sandhya
Dr. Sandhya
Pardit



Jayash
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
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FYBA. (EM).		
Name	Roll no.	
1. Dipali	(2757)	TYBA (EM)
2. Neha	(2713)	TYBA (EM)
3. Adites	(2714)	TYBA (EM)
4. Anvitha	(2869)	TYBA (EM)
5. Krishna Shah	(2863)	TYBA (EM)
6. Vanshika Rathod	(2864)	TYBA (EM)
7. Naina Nihalani	(2709)	T.Y. BA (EM)
8. Rifat Khan	2816	T.Y. BA (EM)
9. Ruwina Varma	(2381)	S.Y. BA (EM)
10. Abhina Ajjayan	(2802)	T.Y. BA (EM)
11. Insiya Ikehchandwala	(2861)	T.Y. BA (EM)
12. Rashi Melwani	(2866)	T.Y. BA (EM)
13. Tanisha Oswal	(2851)	T.Y. BA (EM)
14. Carolyn Mathew Kolett	(2865)	T.Y. BA (EM)
15. Anshika Mohanar	(2855)	T.Y. BA (EM)
16. Nishita Vaswani	(2856)	T.Y. BA (EM)
17. Indira Maushary	(2375)	S.Y. BA (EM)
18. Ganjara Gihh	(2377)	S.Y. BA (EM)
19. Sanaa Rehman	(2421)	S.Y. BA (EM)
20. Aashini Nayal	2453	SYBA EM.
21. Fatema Hussain	2442	SYBA (EM)
22. Shalini Patil	4088	SYBA (EM)
23. Rutuja Dumbre	2402	SYBA (EM)
24. Eden Lobo	2448	SYBA (EM)
25. Nicola Dias	2449	S.Y. B.A (EM)
26. Rasika Pasalker	2008	F.Y. B.A [EM]
27. Niyati Rajyagum	2007	F.Y. B.A [EM]
28. Pinky Mali	3004	F.Y. B.com 'A'
29. Shranika Motadoo	3024	F.Y. B.com 'A'
30. Kashish Jodhwani	3002	F.Y. B.com 'A'
31. Shaibaja Srinivas Anpantula	2004	F.Y. B.A EM

Coordinators

Veena
Veena Kunder

SP
Dr. Sandhya
Pandit

Jaysh
Principal Incharge
St. Mira's College for Girls, Pune.



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31)	Razina Shaikh	(2020)	- FYBA (EM)
32)	Tasneem Rangwala	(2022)	- FYBA (EM)
33)	Harika Chopra	(2037)	- FYBA (EM)
34)	Celine Littlewood	(2039)	- FYBA (EM)
35)	Fatema Lightwala	(2061)	- FYBA (EM)
36)	Simrun Jhangiani	(2108)	- FYBA (EM)
37)	Reshma Adhana	(2082)	- FYBA (EM)
38)	Anureen Shaikh	(2006)	- FYBA (EM)
39)	MRINAL DESAI	2446	5YBA (EM)
40)	Joanne Fernandes	(20885)	- FYBA (EM)
41)	Aleena Rose	(2086)	- FYBA (EM)
42.	Aakriti Rajpal	(8045)	11 th Arts (EM)
43	Niriksha Shetty	(8087)	11 th Arts (EM)
44.	Pratiksha Shajare	(2401)	5YBA (EM)
45.	Prachi Mannikar	(8018)	11 th ARTS (EM)
46.	Disha Mahatre	(8106)	11 th ARTS (EM)
47.	Shobha Khat	(2111)	FYBA (EM)
48.	Laxmai B.	(2106)	FYBA (EM)
49.	Aiswarya Uppal	(2099)	FYBA (EM)
50.	Krandeep Kaur	(2101)	FYBA (EM)
	Smita Mahad		
51.	Shweta Meena	(2126)	FYBA (EM)
52	Tanvi Shelar	(8060)	11 th Arts (EM)
53	Tanvi Shinde	(8090)	11 th Arts (EM)
54	Pooja Uadav	(8119)	11 th Arts (EM)
55.	Prinanku Setu	8018 (8019)	11 th Arts (EM)
56.	Ummeesalam Kare	8030	11 th Arts (EM)
57.	Shreshtha Pattadar	8065	11 th Arts (EM)
58	Diksha Singh	2124	FYBA (EM)
59.	Rinsha Pureshi	2088	FYBA (EM)
60.	Gauri Sitania	2136	FYBA (EM)
61	Callen D'Silva	(8005)	11 th ARTS (EM) ART

Coordinators

Guna
Veena Kevli

SP
Dr. Sandhya
Pardit



Jay
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Sl. No.	Name	Roll No.	Course
62.	Gloria Fwltado.	(2062)	- FY BA (EM)
63	Vidhi Shah	(2010)	- FY BA (EM)
64	Durviya Nagarwala	(2120)	- FY BA (EM)
65.	Amrita Sinha	(2096)	- FY BA(EM)
66.	Kinandeeep Kaur	(2101)	- FYBA(EM)
67	Shradha .K.P.	(2024)	- FY BA (EM).
68	Annie .u	(2090)	- F.Y.B.A (EM)
69	Prinna .R	(2115)	- F.Y.B.A (EM)
70	Jijo .D	(2114)	- F.Y.B.A (EM)
71	Merlin Sanyal	2029	FY.BA (EM)
72	Komal Soren	2057	FY BA [EM]
73	Ra Tejwani	2078	FYBA EM
74	Ashna Mathew	2012	FYBA EM
75	Madhura Phadtare	2028	F.Y.B.A. (EM)
76.	Sanika Kachi	3119	F.Y.Bcom. A
77.	Jesab Boraganza	2017	F.Y.Bcom. A.
78.	Simran Gurjal	2078.	FY.Bcom A.
79.	Kanupriya Panday	2119	FY.BA(EM)
80.	Saanchi Sharma	2035	FY.BA(EM)
81	Sakshi .Upadhyay	2061	FY.BA(EM)
82.	Priyusha Pandey	2064	F.Y.B.A (EM)
83	Kaishma Punjabi	2064	FYBA [EM]
84	Arnee Ezziv	2112	FYBA(EM)
85	Zehra Khanawala	2005	FYBA[EM]
86	Bhagyashree Parikh	2009	FYBA [EM]
87	Ravina Repeated		SYBA(EM)
88	Rutuja Chakure	(2374)	SYBA(EM)
88	Gauri Kulkarni	- 2034	FYBA(EM)
89	Sakina		11 th Arts (EM)
90	Ritu Mehra	- 3108	F.Y.B.Com. (A)

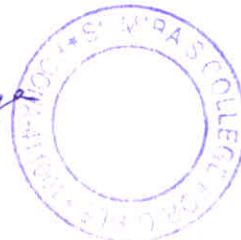
Coordinators

Veena

Veena Kanchi

SP

Dr. Sandhya
Pandit



Jayab

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
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Roll No	Class
2376	TYBA (EM)
2761	TYBA (EM)
3091	F.Y.B.Com(A)(EM)
3017	F.Y.B.Com(A)(EM)
3068	F.Y.B.Com(A)(EM)
2083	F.Y.B.A (EM)
2090	F.Y.B.A
2114	F.Y.B.A
2059	F.Y.B.A (EM)
2060	F.Y.B.A (EM)
2083	F.Y.B.A (EM)
2018	F.Y.B.A (EM)

207 students.

Teacher Coordinators-

Dr. Arwah Madan- Dept of Economics

Dr. Sandhya Pandit- Dept of History

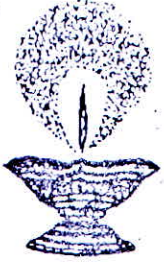
Ms. Veena Kenchi- Dept. of Politics and Public
Administration

SP

Veena



Jayak
Principal Incharge
St. Mira's College for Girls, Pune.



KINDLE THE LIGHT

SADHU VASWANI MISSION'S
ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, B.Com]

6, Koregaon Road, Pune - 411 001. [India]

Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in

Dr. G. H. GIDWANI
Principal

PU/PN/AC/015/(1962)
College Code No.: 013

7.1.1.
Ref: No.: S-6(b)/2019-20

17.7.2019

To,
Mrs. Chinoy Behroze,
B102, BMPB Jeejeebhoy Bldg.,
Parsi Colony, Lullanagar,
Pune-40.

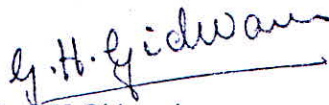
Subject: Appointment for the post of Counsellor

Madam,

I have the pleasure to inform you that you are hereby appointed as a Counsellor
w.e.f. 17.7.2019 to 30.4.2020 for 2 hours per day, 2 days per week.

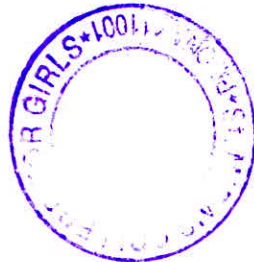
Thanking you,

Yours sincerely,


Dr. G. H. Gidwani
Principal

To:-

- 1) Mrs. Chinoy Behroze
- 2) Accounts Section.



Received
Mrs. Behroze Chinoy
Behroze Chinoy

St. Mira's College For Girls Pune
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7.11.

Ref: No.: S-6(b)/2018-2019

6.8.2018

To,
Mrs. Chinoy Behroze,
B102, BMPB Jeejeebhoy Bldg.,
Parsi Colony, Lullanagar,
Pune-40.

Subject: Appointment for the post of Counsellor

Madam,

I have the pleasure to inform you that you are hereby appointed as a Counsellor w.e.f. 6.8.2018 to 31.10.2018 for 2 hours per day, 2 days per week.

Thanking you,

Yours sincerely,


Dr. G.H. Gidwani
Principal

To:-

- 1) Mrs. Chinoy Behroze
- 2) Accounts Section.

*Received
Behroze Chinoy*



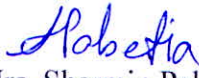
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Report on Orientation to Counseling Cell

An orientation on Counseling Cell was conducted by Mrs. Sharmin Palsetia on 3rd July, 2017 during the sanctuary, wherein all the students from first to third years of BA and BCom streams were informed about the functioning of the counseling cell. The students were informed about reaching out for their problems in decision making, relationship issues, issues with parents or deciding which career to pursue etc to the Psychology department. The counseling cell will be open to all the students on an appointment basis.

The students were informed that the counseling sessions would be facilitated by Dr. Jaya Rajagopalan and Mrs. Sharmin Palsetia depending on the issues to be resolved.


Mrs. Sharmin Palsetia
Coordinator




Principal Incharge
St. Mira's College for Girls, Pune.