

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

7.2.1 Describe two best practices successfully implemented by the Institution as per the NAAC format provided in the manual.

Any other relevant information



Jayak
Principal Incharge
St. Mira's College for Girls

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Any other relevant information

A brief reflection on the major themes in the mental well-being program .

One of the long term goals of the mental well-being department is to create awareness about the importance of mental health and about the covert and overt signs that may signify the need for professional support. We intend to nurture community based support and a safe space to rely on the collective wisdom that emerges from it.

Keeping this in mind, the major themes that were explored in the last three years by the wellbeing program are as follows :

THEME 1 - Stress and Anxiety

THEME 2 - Grief

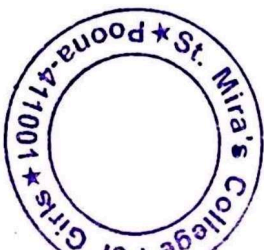
Theme 3 - Suicide Prevention

These themes were decided upon via need based data analysis and an understanding of the areas that the students need support with.

These themes were worked upon through different platforms both at an individual capacity and as a community.

The mental wellbeing program has been active in providing quality intervention through

- Theme based awareness sessions
- Group therapy
- Support group
- Webinars
- One on one sessions

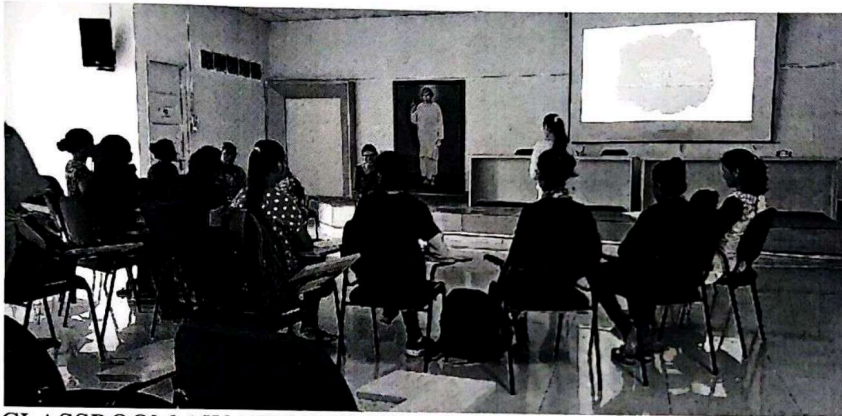


Jayesh
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• Theme 1 : Stress and anxiety

Over the last three years it was observed that one of the recurring themes in the support that the students needed was anxiety and it seemed to manifest at different levels. It was observed that the predominant stressors for the students and the persistent anxiety was related to but not limited to examinations or studies. There were several other factors observed such as anxiety related to family and conflict within relationships with family and friendships. These concerns were addressed in the following ways:

PSYCHOEDUCATION:



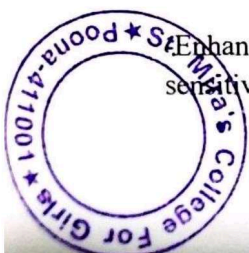
CLASSROOM AWARENESS SESSION ON SELF AWARENESS

The Audio Visual room , St Mira's College for girls, 7-9, Vasani Nagar, Koregaon Park, Pune, Maharashtra, 411001, India. Lat- 18.5353 degrees. Long - 73.886224 degrees.
Date of session - July 2019- April 2020

One of the first steps taken was towards the recognition of present concerns and gaining clarity on the needs of the community. The awareness programs run in the year 19-20 were based on working towards self-awareness and self-care. This gave a lot of clarity to the students about different ways in which they could focus time and attention on their well-being. The goals of the awareness series were mainly focused on:

- Increasing self-awareness of the students.
- Helping students identify various stressors and symptoms of stress faced by them.
- Helping students identify various emotional needs that they may have and if unfulfilled they may result in stress and anxiety.

Enhancing awareness about anxiety and how anxious people may behave - Enhancing sensitivity and empathy about mental health needs and concerns drawing connection between



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self-care and wellbeing

GROUP SESSIONS:



The flier is titled "Online Group Therapy Sessions 2021-22" and is framed by large quotation marks. It lists two sessions: Session 1 on Thursdays (12:50-1:50 pm) and Session 2 on Saturdays (12:50-1:40 pm). It also includes contact information for mental health services at St. Mira's College for Girls, Pune.

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

INFORMATION FLIER FOR GROUP SESSION 21-22

In the year 2019-2020, group therapy sessions with the specific theme of managing exam anxiety were conducted, named "Managing Exam Anxiety" in which the total attendance was 88, the number of students that had registered was 30 and the number of sessions conducted was 5 in total.

In these sessions the following concepts were explored in depth :

- Learning ways of managing stressful negative thoughts about exams and failures. Use of grounding techniques to release anxiety. Introduction of two mindfulness techniques to manage sleep related concerns.
- Identifying personal beliefs and negative automatic thoughts regarding exams and failures.
- Reframing negative automatic thoughts, building support systems, identifying personal strengths and risk factors impacting exam related anxiety.
- Sharing learnings in the group, facilitating disclosure, and seeking support from the group.



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-Working on personalized worksheets for managing exam anxiety.



GROUP THERAPY SESSION

The Sanctuary , St Mira's College for girls, 7-9, Vasani Nagar, Koregaon Park, Pune, Maharashtra, 411001, India. Lat- 18.534659 degrees. Long - 73.886188 degrees.

Date of session - 16-8 - 19

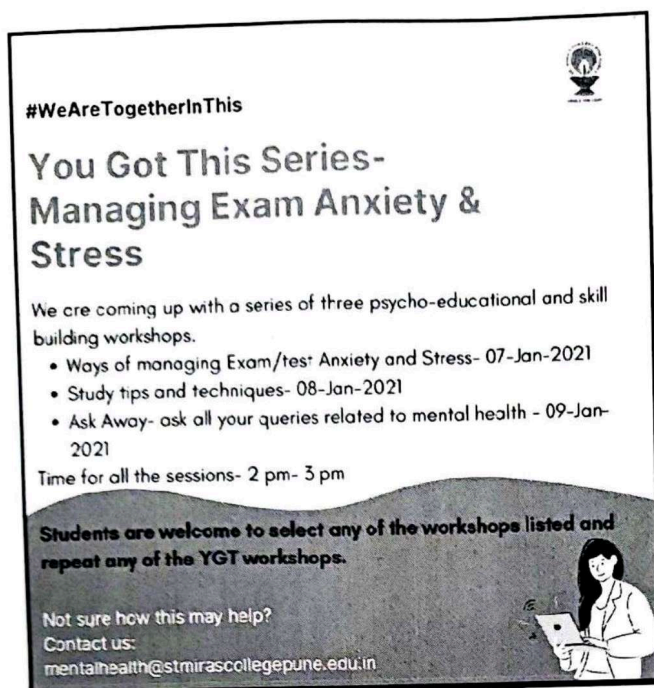
Individual sessions related to /focused on anxiety :

As a part of the well-being program, the students had individual (one - on - one) sessions with the counselor in which the general themes of anxiety related to family situations, familial conflict and relationships was explored mainly in the individual therapy sessions and the students were provided with the support in to help them gain more clarity and an objective perspective on the issues they were experiencing and therapeutic support to work with anxiety and associated emotions.



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YOU GOT THIS



#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@stmiracollegepune.edu.in

YOU GOT THIS POSTER

It was observed that before and during the examinations the students find it particularly difficult to manage the stress and anxiety centered on exam performance and expectations was recurring and therefore in order to address this, the series “You got this” was introduced and run in the year 2021.

The “ YGT “ OR “ You got this” were a series of psycho-educational, skill building workshops designed to help build personal awareness, develop skills to manage examination anxiety and study tips and techniques

The series was divided into three aspects:

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 behavior are linked. Participants will also



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Learn about mindfulness, practice techniques and how to incorporate into daily routine
07-01-2021 (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:** Students were free to ask all their queries and concerns related to your mental health, stress, and coping - 09-01-2021 (2:00-3:00 pm).



YOU GOT THIS ONLINE SESSION
PLATFORM - ZOOM
DATE - 7th January 2021

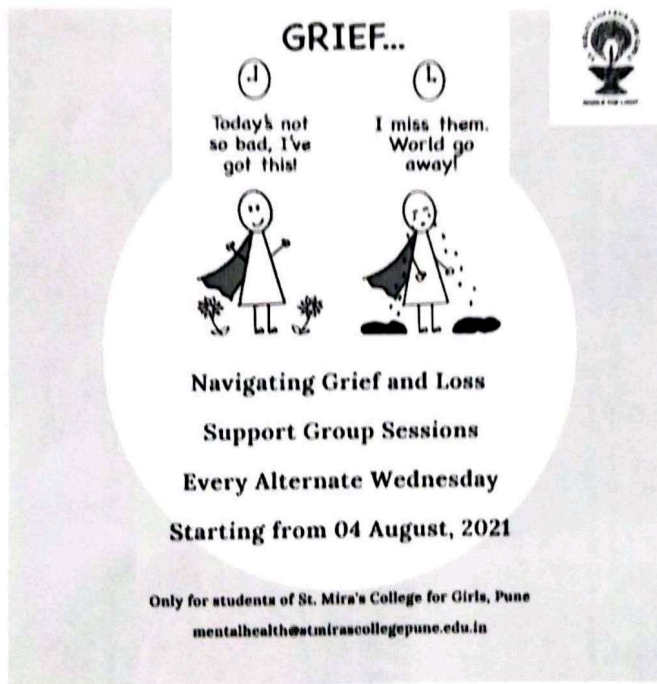


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• Theme 2 : Grief

With the impact of the pandemic that hit the world, it became very difficult for individuals across the globe to manage the individual and collective grief that entered our lives. Many students found it difficult to cope with the unanticipated loss in their lives.

As an organization that prioritizes the mental well-being of the student the need to take action was recognized and steps to support the students and our community at large were taken by the department of wellbeing.



GRIEF SUPPORT GROUP POSTER

Along with the regular awareness sessions and webinars that were being conducted in the college to support the students at an individual and community level. It was observed that support at a one-on-one level was important for the students as well as group sessions that were specifically focused on working with and processing grief. As students reached out for individual therapy sessions, they were supported to cope through the loss that they went through.



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A grief support group named, "Navigating grief and loss", is a space that was specifically created to talk and share one's experiences as a community and at an individual level. This group was a safe space for participants to express how they were feeling and the way they were processing grief.

Five sessions were scheduled every Wednesday online from 12:00-13:00 pm starting from 4th August and continued till end of September 2021. Sessions were facilitated by in-house full-time Psychologist, Ms. Pooja Jain and were conducted over zoom. Students were invited to register for these sessions, using a poster and a letter from the mental well-being program.

The need and relevance of these sessions were explained, and informed consent was taken by participants through the registration form. Important disclaimers and limitations of these sessions were also shared using the form and those who didn't find this helpful were recommended to meet the college counselor for individual counseling sessions. 41 students registered for the sessions and attended online grief and loss support group sessions.



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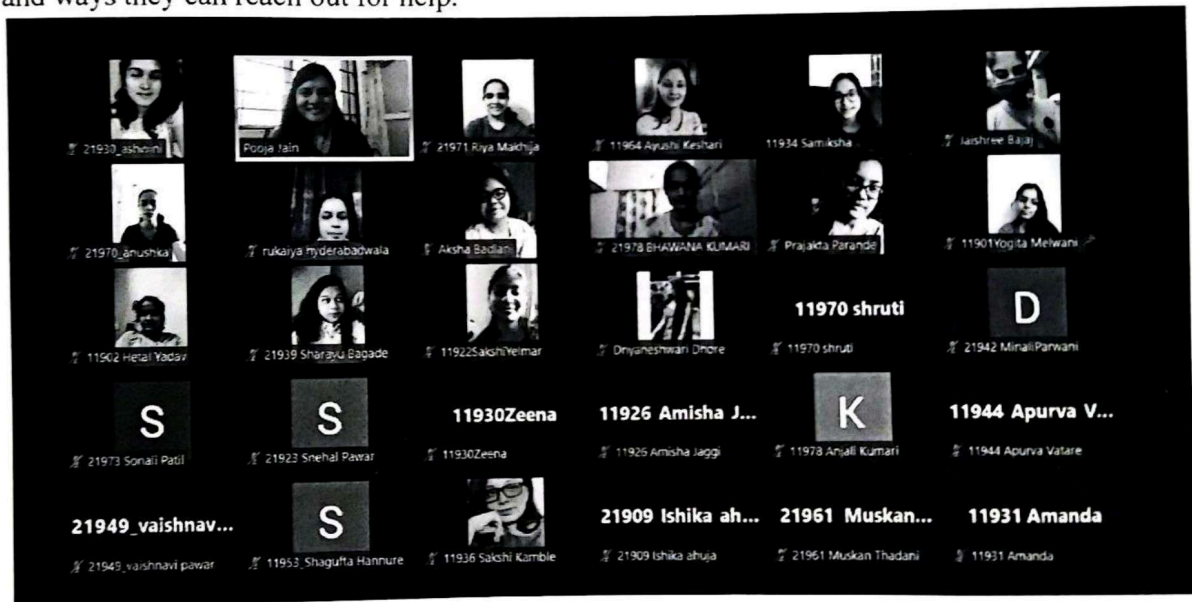
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- Theme no 3 : Suicide prevention

The mental well-being program has been making consistent effort towards creating awareness about suicide prevention and supporting students via identification of at risk students and supporting them with the necessary action steps.

College students go through a time of significant transition and often find themselves managing academic, social and family pressure with little to no support. This period can be very difficult for students to manage and they often struggle with managing their emotions through such a time therefore the need to address this concern was deeply felt and an action was taken towards the same.

In the year 20-21, an awareness program focused on Suicide prevention was conducted across the college for students of all the classes with the aim of creating awareness about suicide prevention. The program helped in communicating early signs/warning signs, ways of supporting and managing and most essentially to communicate that support and help is available and ways they can reach out for help.



AWARENESS SESSION 2021-2022
PLATFORM ZOOM



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The series "Aao Baat Karein" is a consistent series that is run every year from the academic year 2019-20. It was run in the year 2020-2021.

Suicide is a social and health concern which has been misunderstood by both society and families. This webinar was organized on ZOOM with the aim of increasing awareness and educating students, parents and teachers on early signs, risk factors, ways of supporting others and ways of seeking help when in need.

This webinar was organized on ZOOM on Date: 13th September 2020 with total no of participants were 45. This program was run with the aim of increasing awareness and educating students, parents and teachers on early signs, risk factors, ways of supporting others and ways of seeking help when in need.

This webinar focused on educating students, teachers and parents about suicide awareness and suicide prevention. Session also focused on demystifying suicide and highlighted that suicide is just not a mental health concern but a socio-political one as well. Webinar also helped participants to identify early signs, which can be verbal, behavioral, and emotional signs along with risk factors.

The role of empathy, active listening and a non-judgemental attitude towards people who need help and having thoughts of suicide was discussed. The participants were also informed about ways of managing their own thoughts, feelings, and ways of seeking help when in need of support.

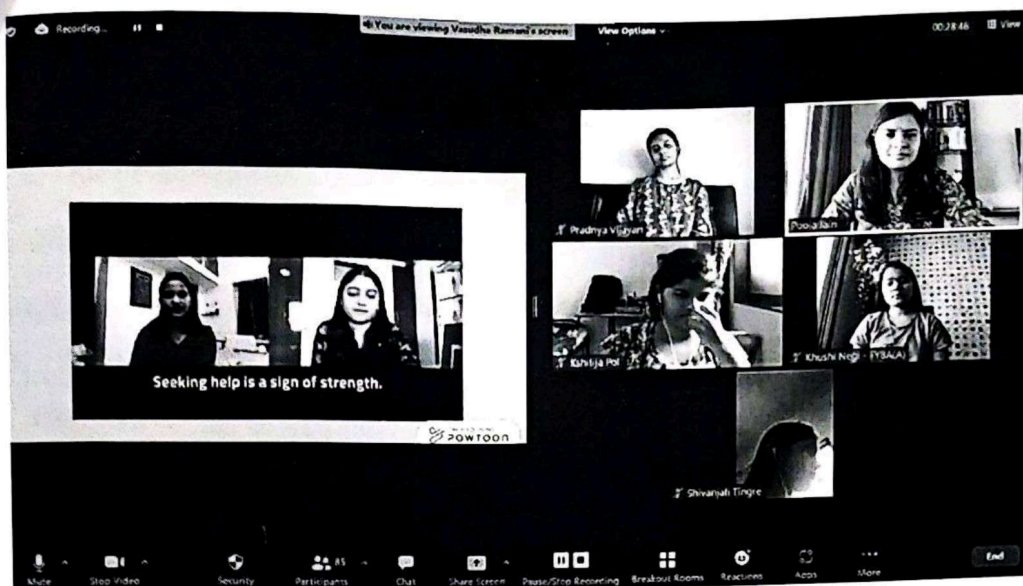
In the year 20-21, a similar ZOOM session was held with a similar aim and purpose. The total number of participants increased to 84 in that year. In this session too, the participants, apart from the pointers previously discussed, were provided with a comprehensive list of suicide helplines, self-help resources along with National mental health helpline, Kiran was shared with all the participants. Participants expressed an increase in knowledge and awareness about the topic of suicide. The session helped them to open and talk about their thoughts and feelings.

Overall the mental well being department has been quite active in recognising common themes that require immediate attention through individual sessions, awareness programs and group sessions. There is an active step that is then taken towards managing the concerns that are recurring and providing the support that they need via specialized programs, webinars and one to one support.



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WEBINAR ON SUICIDE PREVENTION
PLATFORM ZOOM
5th OCTOBER - 2021



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1. Title of the Practice

Mental Well-being Program – Integrating Promotion, Prevention and Early Intervention

2. Objectives of the Practice-

Develop a multi-level integrated framework for Mental health Promotion, Prevention, and Intervention.

- Improve awareness about mental health needs and concerns.
- Improve access to ethical and affordable mental health care.
- Identify students displaying early signs and symptoms of a mental health concern and provide early intervention.
- Integrate mental health work into academic calendar and strengthen college action towards mental well-being of students.
- Contextualize mental health services to improve help seeking behaviours and attitudes.
- Normalize conversations about mental health to reduce stigma about mental health needs and care.
- Engage key stakeholders like college administration, academic staff, and students through mental well-being services.

3. The Context

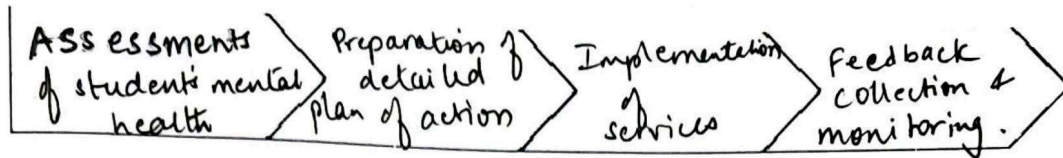
- A survey was conducted to explore existing beliefs, help seeking behaviors and concerns faced by students which informed the structure of the program.
- 1236 Students participated in the online survey. 70.1% students reported stress, 43.8 % anger issues and 39.2 % anxiety. 96 students shared that they have experienced suicidal thoughts at some point. Loneliness, witnessing violence, social media addiction and poor body image were other major concerns reported.
- 62.7 % shared that they would like to access mental health support on college campus through a professional through workshops (45%), group therapy (24.4%) and individual counseling (52.1%).
- Mental health work is not marked by a one-hour session yearly, students can choose from varied services. This program is guided by ethical principles of confidentiality and sense of safety which also promotes help seeking. We offer high quality care through a full time Psychologist with two other consulting clinical psychologists.



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4. The Practice

Implementation Process:



Step 1: Assessment of Students' Mental health needs using value based and evidence-based frameworks.

Step 2: A detailed annual plan of action informing activities, their objectives and methodology is prepared based on the feedback and learning from earlier activities.

Step 3: Implementation of the services

Step 4: Continuous feedback, monitoring and evaluation of the services offered throughout the year using google forms.

Structure of the Program:

There are three major arms to our mental wellbeing program: Promotion, Prevention, and Intervention.

Promotion: All college platforms like daily sanctuary, notice boards and classroom discussions etc., are used to promote the need for and importance of mental wellbeing. Some examples of mental health promotion are interventions like awareness sessions and workshops on various concerns like stress, relationships, dealing with anxiety etc. designed to increase the sense of belonging and connectedness within the college. We introduce programs that support and strengthen coping strategies, that promote awareness and acceptance of cultural diversity.

Prevention refers to interventions that occur before the initial onset of a disorder to prevent the development of the disorder. Group therapy sessions, Support group sessions and Awareness sessions aim at identifying risk factors for student's mental health and enhancing protective factors like peer support, sense of trust and resilience.

Intervention comprises interventions that are appropriate for and specifically target students displaying the early signs and symptoms of mental health problems. Individual counseling sessions are offered by a team of Psychologists on campus.

Highlights:

1. This program identifies students as active participants rather than passive recipients of these services.

The program is informed by Social-justice and rights-based approach to mental health.



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Challenges:

1. One of the major challenges was to contextualize the program which identifies students with both psychological and socio-cultural factors.
2. The program had adaptive enough to integrate continuous feedback and upcoming needs of the students. For example, The outbreak of Covid-19 led to a sudden shift in the mode of our services.

Limitation:

1. The program is not equipped to take care of crisis calls and clinical/medical emergencies so adequate referrals were made whenever needed to nearby government hospitals or national helplines.

5. Evidence of Success

This program has important policy implications indicating that integrative frameworks can lead to prevention and intervention with minimal resources.

- Improved access:

In 2019-20, 40 classroom sessions were conducted which benefitted 1701 students. 699 students attended an online awareness session during 2020-21. 551 students joined classroom sessions in 2021-22.

- Surviving Covid-19 outbreak:

Program offered a safe, familiar space to students to reach out for their mental health needs during the lockdown. Various services and activities were conducted over zoom platform.

1. Mental Health Awareness Webinar Series

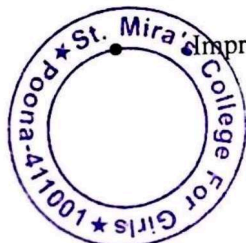
A webinar series was organized to address student's mental health concerns during lockdown. 333 students signed up for these sessions.

2. Counseling Sessions during Covid-19

Twenty-four students reached out for personal counseling sessions during the first month of complete lockdown and forty online sessions were offered by college counselor.

3. Online support group sessions:

503 students accessed online support group sessions during the outbreak of Covid-19.



Improved help seeking:

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In 2019-20, 138 students reached out for counseling sessions and 347 sessions were offered to these students. In 2020-21, 43 students reached out for personal counseling sessions and 176 online sessions were offered to them. In 2021-22, 269 personal counseling sessions were offered to 71 students.

6. Problems Encountered and Resources Required

Requirements and Resources:

- Management approval to integrate mental well-being services in college academic plan
- Need for trained and experienced mental health professionals to offer services
- One full time college counselor to conceptualize, implement and monitor the services
- Two part time consultants to offer counseling sessions.
- Needs assessment tools to identify students at higher risk due to gender, caste, and other psychosocial disabilities
- Continuous planning and monitoring and evaluation framework to inform the program
- Online mediums to conduct virtual sessions and programs
- Culturally appropriate mental wellbeing educational resources, activities, and tools
- Brochures and posters to inform students about various activities

7. Notes:

This program uses a continuum approach to mental health and identifies students as active participants with an intention to bring awareness and sustainable and feasible solutions for student wellbeing in higher educational settings.

Following are some important measures for adopting this program:

1. Integrate Promotion, Prevention, and Intervention to offer holistic student mental healthcare services.
2. Understand the cultural context and background of your students and staff members.
3. Dedicate a full-time position for mental well-being professionals for students.
4. See students as active members of the program by making student bodies part of the planning, implementation, and evaluation of mental healthcare work.
5. Abide by ethical principles of mental healthcare work. Inform and encourage staff members to speak about importance of mental health in their classrooms through teaching
6. Orient staff members with the various activities of the mental healthcare program. Develop a mental healthcare policy.



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SADHU VASWANI MISSION'S

St. Mira's College for Girls, Pune

An 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: - info@stmirascollegepune.edu.in



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VISION & MISSION STATEMENT

Vision Statement

CWE aims to create an environment that promotes and stimulates the spirit of entrepreneurship among the students of the College.

Mission Statement

CWE seeks to achieve the spirit of entrepreneurship through educational programs, events, activities and research.



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ADVISORY BOARD



DR. JAYA RAJAGOPALAN

Principal - In charge

CO-ORDINATORS



DR RAMA VENKATACHALAM

CWE Co-ordinator



MS. ABHRADITA CHATTERJEE NAHVI

CWE Co-coordinator



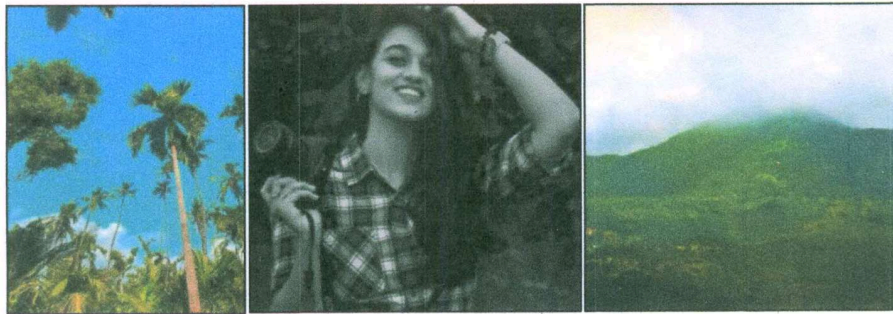
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STUDENTPRENEURS

MOKSHA SHAH

@Capturinguntoldstories

"I am a freelance photographer from Pune, Maharashtra. I am into ambience, portraits, travel and culture miniature wildlife and street photography."



SUPRIYA KALE

@Supkiscakes

Supriya is well engrossed in her plan and ideas and comes up with a cake which has ideal expectancy, fabulous design, conventional structure and faultless garnishing. Her cakes are fresh, rich, springy, aesthetic, tempting and alluring.

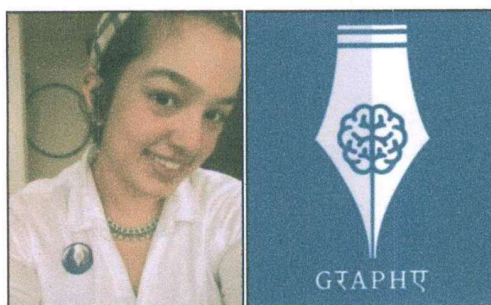


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ZAINAB KAPADIA

@Graphe

Graphe is a group of two certified graphologists and numerologists who conducts analysis based on handwriting, signature, redesigning and drawing. Their services include couple analysis, sexual compatibility tests, institutional programs, logo conceptualizing, certified graphology classes and numerology analysis.

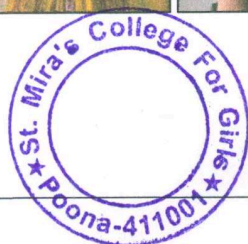


PARI MEHTA

@Hairstyles_by_pari_mehta

"Practice makes a man perfect"

This phrase has helped me through my journey. My biggest plus point is that throughout my journey my family stood by me and encouraged me to do even better each time. I also have a wonderful team who is very encouraging and fun to work with them. I firmly believe that you never stop learning.



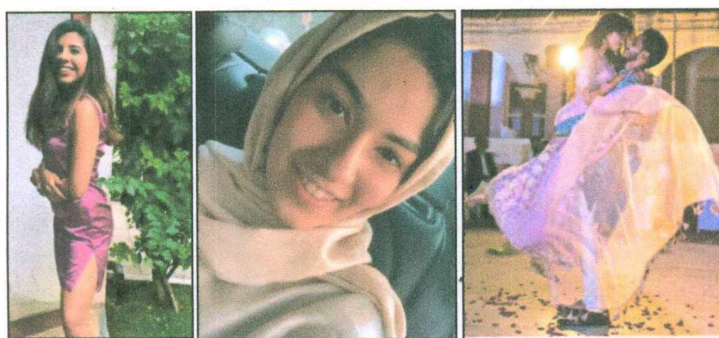
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AFREEN SABOONI

@Afreen_sabooni

“There would be times when life will put you down and things will fall apart, but always remind yourself why you started!”

Pune based Afreen Sabooni who is a freelance fashion designer, illustrator, fashion stylist and consultant. She is the founder and owner of her well-established firm ‘Label Afreen Sabooni’. She specializes in Indian, Indo- Western and Western garments.



KANIZ KHAN

@Kaniz ka kitchen

Introducing, Kaniz Khan, the handler of the YouTube channel ‘Kaniz ka kitchen’. She is quite proficient, productive and devoted. Her recipes are indigenous, special, delectable, nutritious, and aromatic. Cooking is a creation in the kitchen, a combination of raw materials and the use of utensils to create a dish.



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HIMANI MAHARSHI
@Thebakegirl_wisknbake

'Thebakegirl_wisknbake' is a cute little start-up by Himani Maharshi. Initially which began as a hobby, acquired from her mother who has a good hand at cooking and baking; later turned into a skill. 'It has an aim to provide best quality cakes, loyalty to customers, in her words; reach out to as many people as eventually to grow into a Café.



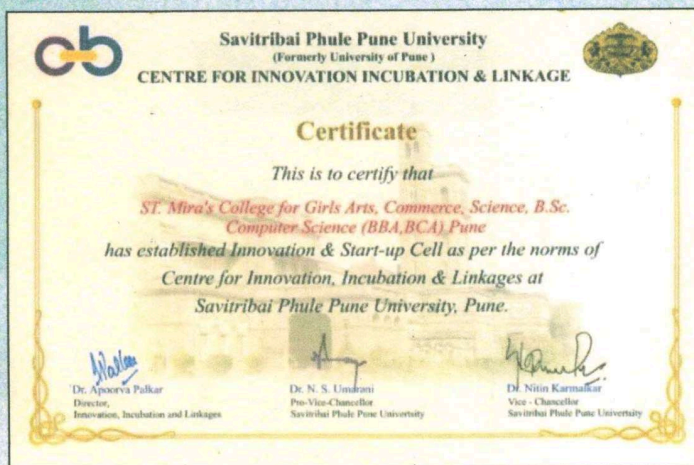
RITU VACHKAL
@Jewellery Designer

Ritul Vachkal is a 2nd year B. Com student at St. Mira's College for Girls, Pune. She makes imitation jewellery and Rakhi's. Her business that started out as a hobby to keep her entertained, later turned into a business venture. Her Mission is to transform her brand as a leading brand in the city of Pune and generate employment for others.



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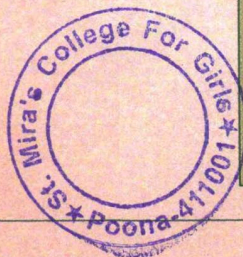
ASSOCIATION CERTIFICATES



ESTABLISHMENT CERTIFICATE



RANKING CERTIFICATE



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CWE Milestones



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To create a vibrant Ecosystem for promoting Innovation, Entrepreneurship & IPR among the young students of the college.

INAUGURATION OF CWE AUG 2017

The Centre was inaugurated on 8th August 2017, at the hands of Ms. Nabomita Mazumdar, a social evangelist based in Mumbai and recipient of the 100 Women Achievers Award by the Ministry of Women & Child Development. Ms. Mazumdar had the students captivated by her enlightening talk on 'Entrepreneurship Development.' "The battle is with the ideas in the making, not gender or times or circumstances," says Nabomita.



NATIONAL ENTREPRENEURSHIP AWARDS (NEAS) 2017 - FACILITATION CENTRE

St. Mira's College functioned as a facilitation centre to create awareness and disseminate information about the National Entrepreneurship Awards (NEAS) 2017 under the Ministry of Skill Development and Entrepreneurship (MoSDE).



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MIRA BAZAAR – Dec 2017

On 16th December 2017, 'Mira Bazaar'- a grand annual fest was inaugurated at the hands of Mrs. Soniya Konjetti, founder of PULA – an online platform for bringing together women entrepreneurs and Mrs. Shaila Limaye, Managing Trustee –Majhi Maitrin. The event primarily aimed to inculcate and hone the multiple skills of research, costing, production and marketing amongst girl students across all streams. Further, outside participation challenged the students to better strategy and execution.



ORIENTATION FOR INCUBATION CENTRE 2018- IN COLLABORATION WITH TISS, MUMBAI

An orientation session for setting up an Incubation Centre in collaboration with TISS, Mumbai was organized on 3rd February 2018. The speakers introduced the objectives of the Incubation Centre to the participants. They emphasized on mentoring, coaching, resource pooling, provision of shared spaces as main objectives.



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2018-2019

The Inaugural Talk for the Centre for Women Entrepreneurship (CWE) was delivered by a young and inspiring entrepreneur Ms. Bhargavi Chhabra, on 24th July 2018. Ms. Chhabra runs a successful tiffin service- BruCo's, which she described as not only her business but also her dream, of cooking for people



POSTER COMPETITION ON BUSINESS IDEAS

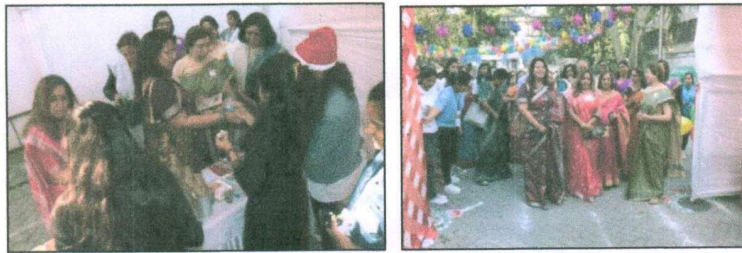
With increased enthusiasm and competitive spirit, the shortlisted students of the final round of the ideation contest made interesting and innovative presentations of their business ideas. This round focused on taking their business ideas to the next level, by exploring the practical aspects of setting up a business venture.



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St. Mira's College for Girls

MIRA BAZAAR – 17TH DEC 2018

This year, the event was organised on 17th December. The chief guests of the event were Ms. Gauri Dholepatil & Ms. Noopur Pawar, organizers of Kalagram Exhibitions. The judges of the event were Ms. Shweta Shah, founder of Red Heart Company along with Ms Vanita Naraindas, founder of Make Magic Events. The enthusiasm and energy of the young and passionate students could be felt in the atmosphere. The bazaar aimed at inculcating a practical mind-set and creative expression of business plans & provided all the stall holders with realistic business experience.



IDEATION-FINAL ROUND 05TH JAN 2019

Ideas and creativity are the essence of any business in today's times. Based on nurturing young women in the entrepreneurial field, the Centre for Women Entrepreneurship of St. Mira's College organized a poster making competition, 'Ideation', for their students. Mrs. Sabiha Fazalbhoj, the entrepreneurship development guide at the Symbiosis Centre for Management Studies was invited as an evaluator for the competition.



Jayak
Principal Incharge
St. Mira's College for Girls

2019-2020

WASTE-O-MANIA (CREATING BEST OUT OF WASTE) - 31ST AUGUST 2019

In connection with the World Entrepreneurs' Day, the Centre for Women Entrepreneurship organized a Inter-College Competition 'Waste-O-Mania' i.e. creating best out of waste on 31st August 2019. The event was an initiative to promote sustainable development and prove that the 3R's – reuse, reduce, recycle are the best strategies to make the most out of waste materials.



A DAY AT MIDAS – AN ENTREPRENEURSHIP WORKSHOP ON 26TH NOVEMBER 2019

35 students of CWE attended the highly interactive and interesting workshop conducted by coach Mr. Vishal Shah & his team. Students were taken through the core skills needed to be a successful entrepreneur, with lucid examples.



Jayal
Principal Incharge
St. Mira's College for Girls

INAUGURATION OF INCUBATION CENTRE - NOV 28TH, 2019

The CWE, St. Mira's College inaugurated the Incubation Centre on Nov 28th, 2019. Dr Apoorva Palkar, Director - Innovation, Incubation and Linkages at SPPU inaugurated the Incubation Centre. The Incubation Centre has been setup to create and develop an entrepreneurial ecosystem in the social impact space.



MIRA BAZAAR 14 DEC 2019

The Grand Gala Annual Event 'Mira Bazaar', the endeavour of the Centre for Women Entrepreneurship (CWE), St. Mira's College was organized on Dec 14, 2019. The Chief Guest for the event was Mrs. Anuja Deshpande, Deputy Director of MCCIA and the Guest of Honour Mrs. Pushpa Shah of the Suyog Group. The event was co-sponsored by Suyog Life Care, Diagnostic Centre headed by Ms. Monika Shah.



Jayab
Principal Incharge
St. Mira's College for Girls

WORKSHOP ON GODHADI MAKING (QUILT-MAKING) - 27TH OF JANUARY, 2020

Mrunal Shende, a homeopath by profession gave up her practice due to personal reasons & took up stitching, godhadi making as a career. She has her own studio at Kothrud. She has diversified into bag making & home décor products and markets her products at exhibitions in Pune & Mumbai.



Jayat
Principal Incharge
St. Mira's College for Girls

2020-2021

National Level FICCI FLO WORKSHOP 'HOW TO START A BUSINESS'

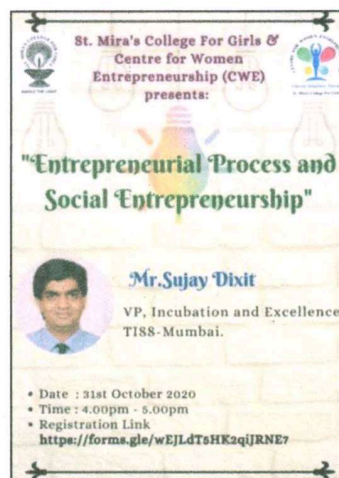
25th Sep 2020-28th Sep 2020

A four-day National-level online workshop on 'HOW TO START A BUSINESS' was coordinated by CWE, St. Mira's College, in association with FICCI FLO (Pune chapter) sponsored by Sleepwell Foundation and conducted by Maclead Certifications from 25-9-2020 to 28-9-20. The objective of the workshop was to empower girl students and give them insights into the practical aspects of enterprise development. 144 students and 2 faculty members attended the workshop.



**WEBINAR ON ENTREPRENEURIAL PROCESS AND SOCIAL ENTREPRENEURSHIP
(TISS Mumbai) - 31st October 2020**

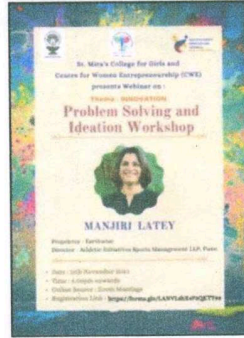
The webinar was conducted with the aim of introducing students to concepts and practical aspects of Social Entrepreneurship. It was conducted by Mr. Sujay Dixit, VP, Incubation and excellence, TISS.



Jayak
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St. Mira's College for Girls

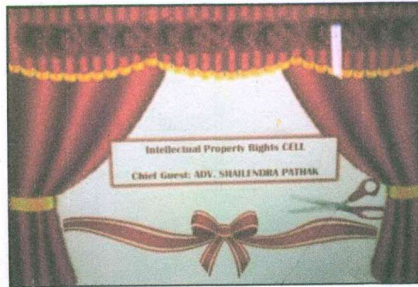
WORKSHOP ON PROBLEM SOLVING AND IDEATION - 11TH NOVEMBER 2020

A Workshop on "Problem Solving and Ideation" was conducted by Ms. Manjiri Latey, The workshop focused on inherent property of Ideation possessed by women, ways of harnessing brain power, problem solving techniques and connectivity of brain through creativity.



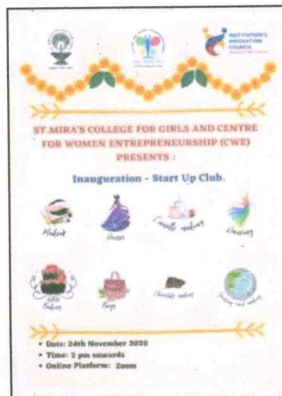
INAUGURATION OF THE IPR CELL-30 NOV 2020

The Institution's Innovation Council and the Centre for Women Entrepreneurship of St. Mira's College for Girls have established an Intellectual Property Rights Cell. The Cell was inaugurated on the 30th Nov 2020 by Advocate Shailendra Pathak on a virtual platform.



INAUGURATION OF START-UP CLUB - 24TH NOVEMBER 2020

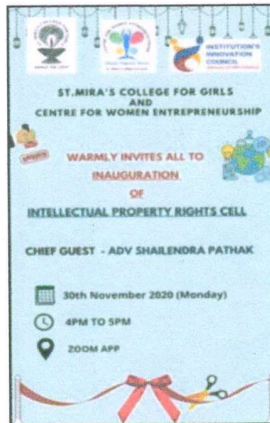
The Start-up Club (IIC) was formally inaugurated by the Principal, Dr. G. H Gidwani on 24th Nov 2020 through a virtual platform. A catalogue consisting of profiles of 40 budding entrepreneurs from a wide spectrum of business-like fashion designing, baking, online classes, handmade crafts, graphology, handmade jewellery, vegan food etc., was formally released.



Sayak
Principal Incharge
St. Mira's College for Girls

WEBINAR ON IDENTIFYING INTELLECTUAL PROPERTY COMPONENT AT EARLY STAGE OF INNOVATION - 3RD DECEMBER 2020

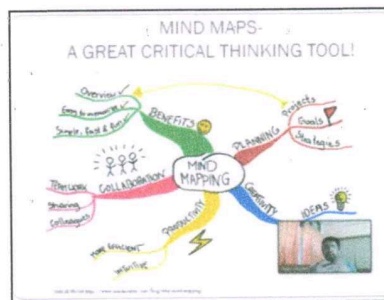
The resource person was Adv. Prof. Ganesh Hingmire, a renowned Intellectual Property (IP) Enthusiast and Founder, Great Mission Group Consultancy (GMCC), Pune the webinar focused on fundamentals of IPR, Present scenario of IPR and Empowerment of Women through IPR.



WORKSHOP ON DESIGN THINKING, CRITICAL THINKING AND INNOVATION DESIGN

11th December 2020

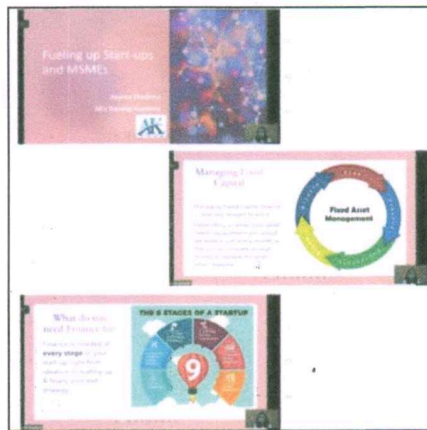
The Workshop focused on four main points namely “What is Design Thinking”, “How is Design thinking important to us?”, “How to come up with distinct innovative ideas?” and “What are the different tools for refining ideas?”



Jayak
Principal Incharge
St. Mira's College for Girls

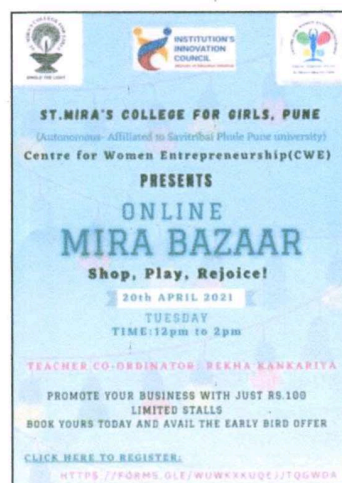
Webinar on Fuelling up of Start-ups and MSME's- 06th Mar 2021

The Session was conducted by Ms. Aparna Thadani - the co-founder of the AK's Training academy and a faculty from ACCA (The Association of Chartered Certified Accountants). Ms. Aparna Thadani focused on the financial aspects of starting one's own venture. The primary focus of the webinar revolved around differentiating between fixed capital, working capital and how to keep the business running for a longer period by managing both the capitals of the business in an efficient manner.



ONLINE MIRA BAZAAR -- 20TH APRIL, 2021

The Grand Gala Annual Event 'Online Mira Bazaar', the endeavour of the Centre for Women Entrepreneurship (CWE), St. Mira's College was organized on April 20, 2021. The event was organized for the very first time on virtual platform Zoom. The event primarily provides a platform for the young 'entrepreneur' students to showcase their entrepreneurial skills.



Jayab
Principal Incharge
St. Mira's College for Girls

2021-2022

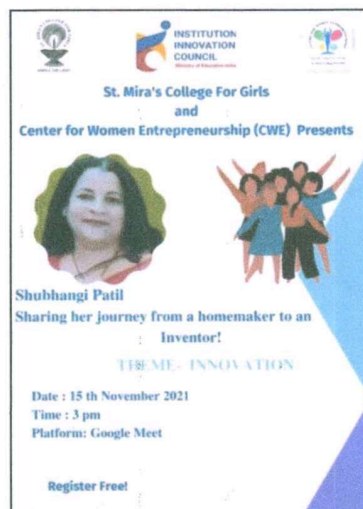
**ORIENTATION SESSION FOR STUDENTS & FACULTIES OF THE INSTITUTE BY
INNOVATION AMBASSADORS (IA) - 20th August 2021**

The Centre for Women Entrepreneurship organised an orientation session for students and staff by faculties trained as Innovation Ambassadors by Ministry of Education (GoI) on 20th August 2021 at 4 pm. The webinar was organised to develop knowledge and create awareness on various aspects of Entrepreneurship, Innovation & IPR.



**WEBINAR ON "MY STORY- MOTIVATIONAL SESSION BY SUCCESSFUL INNOVATORS
15TH NOV 2021**

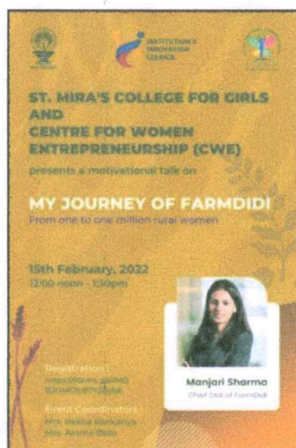
The webinar was conducted on virtual platform Google Meet, where Mrs. Shubhangi Patil, shared her successful journey from a homemaker to an Inventor and Patent holder of processed food- 'Walnut Ragi Soup'.



Jayati
Principal Incharge
St. Mira's College for Girls

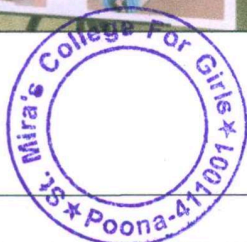
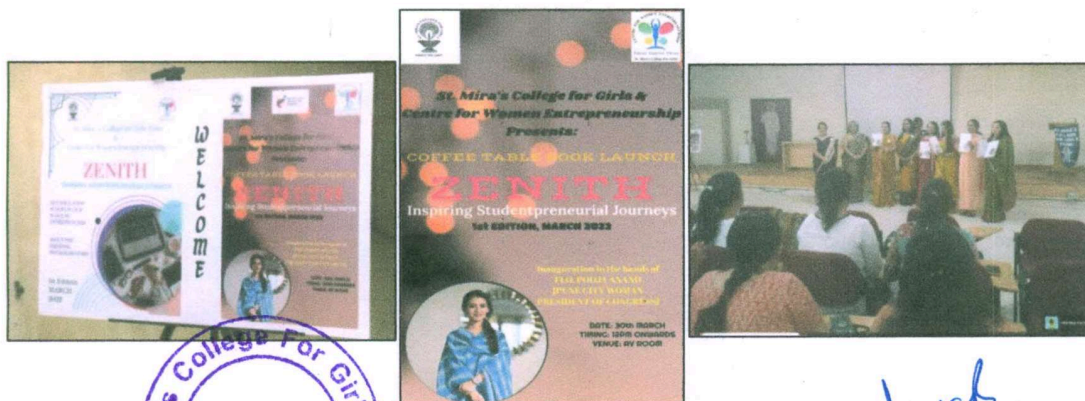
IIC MOTIVATIONAL TALK - JOURNEY OF FARM DIDI – 15TH FEB 2022

The Motivational Talk by Ms. Manjari Sharma, alumna IIM Calcutta, on 15th of February 2022 touched many a heart as she narrated her journey from a corporate person at Kearney to Farm Didi, From one to one million. Farm Didi's main aim has been to empower rural women, provide employment to women farmers to make them independent.



Launch of the Coffee Table book-ZENITH 1st Edition – 30th March 2022

The chief guest, Ms. Pooja Anand, Corporator for Khadki Cantonment Board, motivated students to maintain focus on beliefs, goals, and dreams. She suggested studentpreneurs take failure as part and parcel of life. "Have back- up plans and learn from failures" she said and emphasized on women being financially independent. Our esteemed guest, Ms. Kalyani Sardesai, a journalist, author, and corporate trainer, said, "A creation of an enterprise is a milestone forever". Further, she cautioned budding entrepreneurs to choose their partners wisely in business and life. The studentpreneurs were appreciated for their courage and hard work in starting and running their ventures. Following the address by guests, student entrepreneurs shared their journey and upcoming batch of student entrepreneurs introduced themselves.



Jayab
Principal Incharge
St. Mira's College for Girls



CENTRE FOR WOMEN ENTREPRENEURSHIP
IN COLLABORATION WITH
BLUE JEANS GO GREEN




Celebrating 60 Glorious years of St. Mira's College for Girls, a collection drive across Pune, of old denim from individuals and organizations will be initiated and will repurpose them into sleeping bags for the needy.


We aim to collect as many jeans as possible and make a difference to the environment and the people in need.

UNCYCLING IS MAGICAL, LET COME FORWARD AND JOIN OUR MISSION

President IIC: Dr. Rama Venkat (9890136063)
Vice-President IIC: Ms. Abhradita Nahvi (9822011489)

Date: 5th Dec to 20th Dec
Collection center: Room No. 109 at St. Mira's College for Girls, Pune.

Blue Jeans Go Green




OVER 100 PARTICIPATING NGOS, FARMERS & ARTISANS FROM ACROSS INDIA
A SHOWCASE OF MORE THAN 3000+ PRODUCTS

Pune's Biggest Shopping Festival, in a fully air conditioned space spread over an area of 20,000 sq. ft. with children's play & activity center and ample car parking

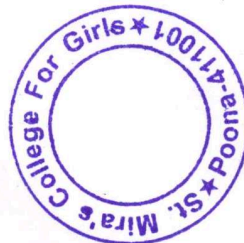


FULLY AIR CONDITIONED SPACE
CHILDREN PLAY & ACTIVITY CENTRE | FOOD COURT
AMPLE CAR PARKING

20 9:00 am - 11:00 am	21 11:00 am - 1:00 pm	22 11:00 am - 1:00 pm	23 11:00 am - 1:00 pm
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Brought to you by Parul & Sailesh Mehta, Ishanya Foundation

The Yellow Ribbon Fair (YRF)



Jayashree
Principal Incharge
St. Mira's College for Girls