



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: mira_college@yahoo.co.in

AQAR 2020-2021

5.1.3_ Capacity development and skills enhancement activities

St. Mira's College for Girls, Pune organised the following Capacity development and skill Enhancement activities in the year 2020-21:

1	English Grammar Skills	02-03-2021
2	Marathi Guest Lecture Series	02/07/2020 - 10/08/2020
3	Webinar on Marathichi Trividh Rupe	17-08-2020
4	Storytelling Session	02-09-2020
5	Webinar - Hindi Department- NEP and Challenges of Hindi Language	23-09-2020
6	Writing an Article for the Press	21-11-2020
7	Webinar on " Nutrition and Diet"	04-08-2020
8	Webinar- Resistance Training (Practical Session)	18-08-2020
9	Webinar on Suicide Prevention	13-Sep-20
10	Healthy Lifestyle in Pandemic Situation	18-09-2020
11	A Leader is a Dealer in Hope	19-09-2020
12	Managing Oneself to Manage Everything Else	01-10-2020
13	Practical Session of Power Yoga an its Benefits	16-10-2020
14	Webinar / Guest Lecture-Reminiscing Everest	02-11-2020
15	Stress Buster Art Technique	09-11-2020
16	Physical Fitness at Home Programme	27-07-2020 to 25-12-2020
17	You Got This - Managing Exam Anxiety Session Series	7-01-2020 & 8-01-2021 & 9-01-2021
18	Group Therapy Sessions	8-02-2021 to 30-02-2021

19	Guest Lecture- Mental Health and Physical Fitness during and after Covid-19 pandemic	03-03-2021
20	Classroom Awareness Sessions Data	June 2020 to April 2021
21	Individual Therapy Sessions	July 2020 to April 2021
22	Online Sharing Circle Sessions	24-03-2021 Onwards
23	Workshop- Acrobatics Rock and Roll	19-04-2021 to 25-04-2021
24	Basic Circuit Simulation using PSpice and CircuitMod	07-07-2020
25	How chips are made	17-07-2020
26	Digital Warriors: Virtual Commerce Lab	08-09-2020 - 12-09-2020
27	Workshop on Arudino and IOT	4-9-2020 to 18-9-2020
28	Trends in HRM	26-09-2020
29	Email and Blog-Writing Skills	30-09-2020
30	Entrepreneurship in the field of Computer Science	10-10-2020
31	Training Session: How to search EBSCO Databases efficiently?	23-10-2020
32	Workshop on Java Programming with Spring	31-10-2020
33	Leveraging Access to E-resources of St. Mira's College Library- Webinar	12-02-2021
34	A Training session on “EBSCO Mobile: Seamless access to your resources anytime anywhere”	26-02-2021
35	Workshop on cloud computing AWSservices	06-03-2021
36	Trends in Digital Marketing	23-03-2021
37	A Training session on “Research with EBSCO Databases for Dance Movement Therapy topics”	10-04-2021
38	Robotics and Intelligent systems- Guest Lecture	15-04-2021



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PU/PN/AC/015/ (1962)

College Code: - 013

Circular No: - GIS/1QAC/2020-21/62

Date:-25.02.2021

CIRCULAR

On 2nd March 2021 a Guest Lecture titled English Grammar Skills is to be organized by Department of Business Studies from 9.00am to 10.10am via Google meet Interface platform.

J. Chintan

[Mrs. Jyoti Chintan]

Coordinator



G. H. H. Gidwani

Dr. Gulshan H. Gidwani

Principal

St. Mira's College for Girls, Pune
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REPORT

ENGLISH GRAMMAR SKILLS GUEST LECTURE: 2020-2021

Organiser: Mrs. Jyoti Chintan

Class: Sy BCom Business Communication

Speaker: Mrs. Komal Tujare

Business Studies Department had organized a Guest lecture on the subject – “English Grammar Skills” for SY B Com Business Communication students on 02nd March 2021 on Google meet. There were 98 students attended this program.

Mrs. Komal Tujare, In-house faculty from English Department enlightened the students with the skills of English grammar.

She spoke about Clauses, Types of Clauses, Phrases, Idioms, which are commonly used in business communication. Also, she discussed how simple sentences can be converted into paragraph.

Lecture was very interactive and the students answered all the questions posted by the speaker.

Jyoti Chintan
(JYOTI CHINTAN)



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

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Attendance

Total Number of Participants: 98 Students

The screenshot shows a Google Meet interface. The main window displays a presentation slide titled "PHRASES AND CLAUSES". The slide content is as follows:

Phrase: a group of words without a subject-verb component, used as a single part of speech.	Clause: a group of words containing a subject and verb
<ul style="list-style-type: none"> • e.g. Best friend Needing help With the blue shirt For empty days 	<ul style="list-style-type: none"> • e.g. She is hungry. I am feeling well today. Dependent Clause: Although she is tired... Because I am feeling sick... Independent Clause: she will give him some of her food I will not go to work

The meeting details panel on the right shows 98 people in the call. The list includes:

- 3602_Pashal Ann... (You)
- 3601_Prerna Raju Pillay
- 3602_Smita Sharm Patil
- 3603_Noorjannat Ansari
- 3604_Sadia Saleem Sha...
- 3606_Nikita kondiba Sh...
- 3613_Khushi Pardeshi
- 3614_Rutuja Tanaji Bang...
- 3615_Disha Pande
- 3616_Shakhi Madeeha A...
- 3618_Rutika Shirsat

Jyoti Chintan
(JYOTI CHINTAN)



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



(2020-21)

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College Code: - 013

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

Date: - 01 July 2020

CIRCULAR

On 02 July, 03 July, 06 July, 17 July 2020, 03 August & 10 August 2020 Guest Lecture Series is to be organized by The Department of Marathi on Zoom Platform.

G.H. Gidwani

Dr. Gulshan H. Gidwani

Principal

Seshmukh
Co-Ordinator
मराठी विभाग प्रमुख
डॉ. संगीता देशमुख



(2020-21)

St. Mira's College for Girls, Pune
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मराठी विभाग

अहवाल

Guest Lecture Series

Date-10 August 2020

Activity Report

Date	Name of Activity	Student Attended
02 July 2020	Guest Lecture Series	15
03 July 2020		
06 July 2020		
17 July 2020		
03 August 2020		
10 August 2020		

Guest Lecture Series for SYBA Students

02 July, 2020- Guest lecture on मराठी विषय आणि व्यावसायिक संधी by Ms Priyanka Palkar, our student Alumini.

03 July, 2020- Guest lecture on मराठी कथाकथन एक व्यावसायिक संधी by Dr. Shobha Patil Retd. HoD Marathi, Magar College.

06 July, 2020- Guest lecture on मातृभाषा आणि मराठी साहित्य - आनंददायी जगण्याची दिशा by Dr. Sarita Somani, Casual Announcer Aakashwani pune.

17 July, 2020- Guest lecture on मराठी विषयाच्या विद्यार्थ्यांना डिजिटल क्षेत्रात करिअर संधी by Priyadarshani Patil, Prop.of Sanskar varga.

03 August, 2020- Guest Lecture on मराठी असे आमुची मायबोली by Dr. Varsha Todmal, HoD Marathi, Garware College.

10 August, 2020- Guest Lecture on मातृभाषा आणि माझी जडणघडण by Ms.Rajshree Kokate our student Alumni.

Co-Ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख



J.H. J. J. J.

Principal

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(2020-21)
St. Mira's College for Girls, Pune
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मराठी विभाग
Guest Lecture Series
Attendance Record

Close Participants (15)

Search

DS	Dr Sangeeta Deshm...	(me, host)	>
AP	Akshada Patil	>	
AS	Anisha Salvi	>	
AP	Aparna K	>	
AL	Ashwini Lokhande	>	
JK	Jui Kulkarni	>	
PJ	pradnya Joshi 2449	>	
PK	Prajakta Kakade	>	
PI	Pratiksha Ingale	>	

Invite Mute All ...

K	2657_Aishwarya Kamble	✗ ✗
2G	2668_sanskriti gaikwad	✗ ✗
2S	2670_Janvi Sapkal	✗ ✗
2S	2671 Shraddha kale	✗ ✗
2S	2773_sejal gaikwad	✗ ✗
2S	2786 Priyanka Sarwade	✗ ✗

Sangeeta Deshmukh
Co-Ordinator
मराठी विभाग प्रमुख
डॉ. संगीता देशमुख



S.M. Jadhav
Principal
St. Mira's College for Girls

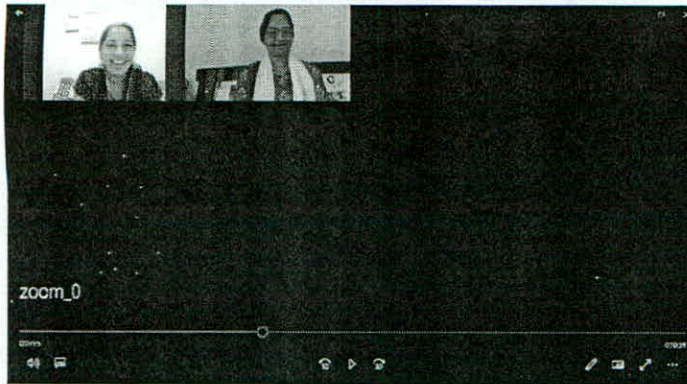
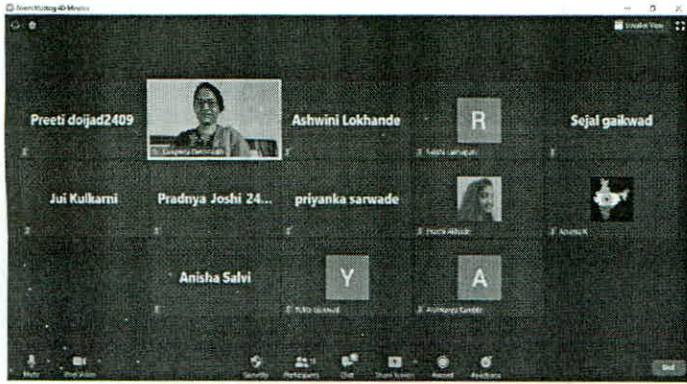
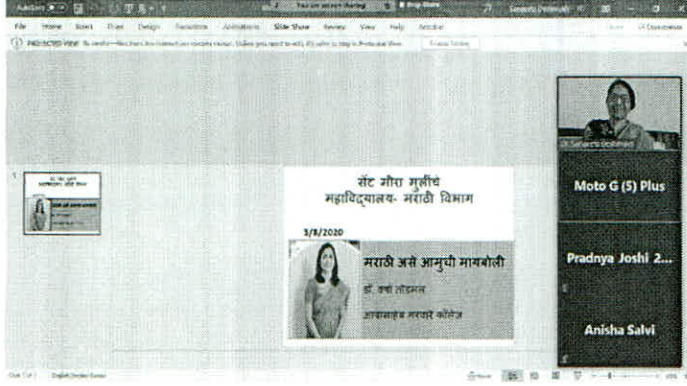
(2021-22)

St. Mira's College for Girls, Pune
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मराठी विभाग
Guest Lecture Series

Date: 10 August 2020

Attendance Screenshots



Co-Ordinator
मराठी विभाग प्रमुख
डॉ. संगीता देशमुख

[Handwritten signature]



[Handwritten signature]
Principal
St. Mira's College for Girls



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College Code: - 013

Circular No: - G15/1QAC/2020-21/76

Date: - 14 August 2020

CIRCULAR

On 17th August 2020 a webinar on **Marathichi Trividh Rupe** to be organized by The Department of Marathi from 3:00 pm to 4:00 pm on Google meet Platform.

G. H. Gidwani

Dr. Gulshan H. Gidwani

Principal

Sangeeta Deshmukh

Dr. Sangeeta Deshmukh

Coordinator



(2020-21)

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मराठी विभाग

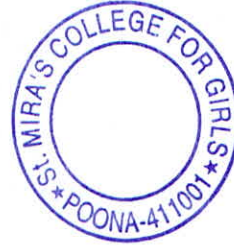
अहवाल

Webinar on Marathichi Trividh Rupe

Activity Report

Date	Name of Activity	Student Attended
17 August 2020	Webinar on Marathichi Trividh Rupe	17

A Webinar was arranged on Marathichi Trividh Rupe by the Department of Marathi.
The Resource Person for this webinar was Dr. Dattatreya Tapkeer. The session was hosted by
Dr. Sangeeta deshमुख, HoD Marathi.



Sangeeta Deshmukh

Co-ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख

G. H. Gidwani

Principal
St. Mira's College for Girls

(2020-21)

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मराठी विभाग

Webinar - Marathichi Trividh Rupe

Date: 17th August 2020

Attendance Record

Muskan shaikh

Prachi Akhade

Pradnya Joshi

pratiksha yadav

Sanchi Gaikwad

Sangeeta Deshmukh

SANJAY DOJAD

Tejshree Pawar

uma Kale

Vaishnavi Darekar

Vaishnavi More

Yogeshwari Chandramourya

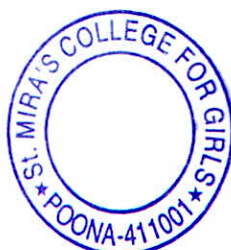
Aadya Ghalsasi

Co-ordinators

Deshmukh

(Dr. Sangeeta Deshmukh)

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



Jui Kulkarni

Tejashree Pawar

Diksha Ayte

Bhakti Kambale

Sanchi Gaikwad

Sangita Deshmukh

C0-Ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख



S. H. Gaikwad

Principal

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(2020-21)

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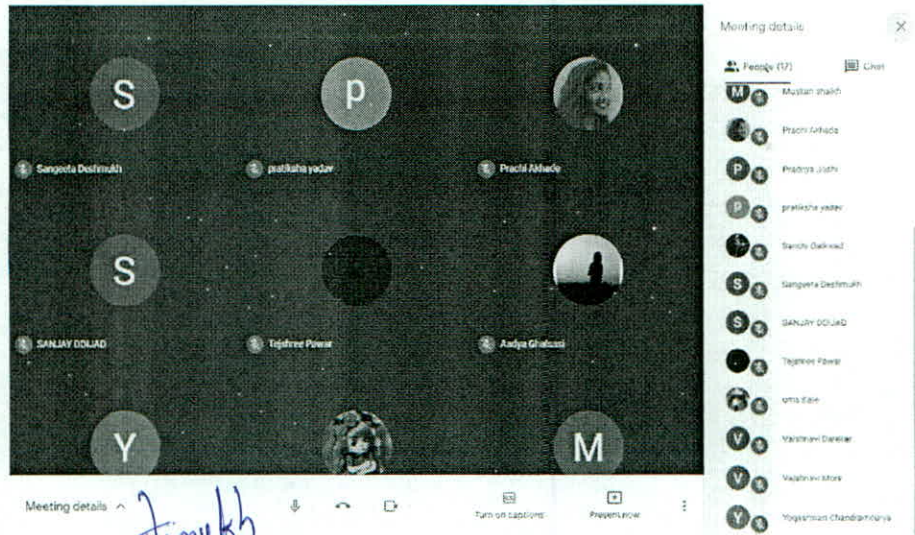
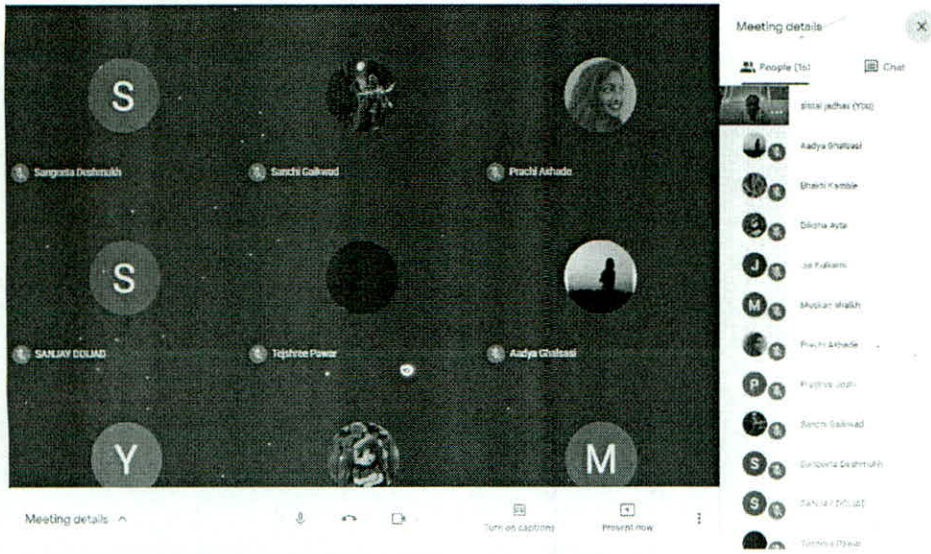
मराठी विभाग

Webinar - Marathichi Trividh Rupe

Webinar on Marathichi Trividh Rupe

Attendance Screenshots

Date: 17th August 2020



Co-Ordinator

Name: - Dr. Sangeeta Deshmukh

मराठी विभाग प्रमुख



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



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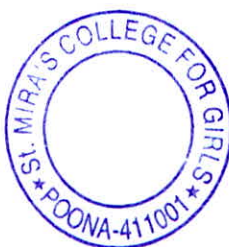
CIRCULAR

Circular No:- G15/1QAC/2020-21/19

Date:- 20th August, 2020

On 2nd September, 2020 a Webinar titled Story Telling Session by Ms Geetha Kutuwan is to be organized by Department of Business studies on 2nd September, 2020 Wednesday via Online platform.

Dr.Rama Venkat
Coordinator



Dr.Gulshan H. Gidwani
Principal

St.Mira's College for Girls, Pune

2020-21

Report on Story Telling Session by Ms Geetha Kutwan

The Department of Business Studies hosted a Story Telling Session by Ms Geetha Kutwan on 02/09/2020, on Zoom, for TY B.Com Business Entrepreneurship students 46 participants, one faculty and one Guest speaker. Ms Kutwan traced the story of her life and successes as an entrepreneur, for the young girls. Coming from a small village in Tamil Nadu with no business background she found her passion in merchandising. She started her business by selling a minimal variety of dress materials from South India, took part in over 150+ exhibitions, and gradually established a brand Southern Attire consisting of numerous varieties in sarees and dress materials.

Ms Kutwan worked as a teacher for a long time along with selling sarees and materials etc. But a time came when she made the big decision to quit her job and dived into her business full time. Southern Attire proudly serves 3000+ customers across Pune and pan India too. Ms Kutwan added that the current pandemic did not stop her work, and she was not as affected as the other businesses as she made sure to stay in contact with her customers, slowly delivering the materials that were ordered. Her determination and strength to pursue her passion was extremely inspiring; not only did she share one of her hardest times, but also the fact that only acceptance of hardships can lead to fruitful results. Her knowledge and dedication were a great influence on young minds.

Rama Venkatachalam

Dr. Rama Venkatachalam
Coordinator



G.H. Gidwani

Principal
St. Mira's College for Girls



St. Mira's College for Girls. Story Telling by Geetha Kuttuvan

02-09-2020

Zoom Meeting 44:1 Minutes

Recording... Remaining Meeting Time: 02:00 | Upgrade to Pro Speaker View

Shweta Mhaske 3665_Reshma Nikita Mishra sitara khatoon Shraddha Kurha...

4021_Harshada... Rutuja Gaiikwad 3896_Mansi Gai... Shreya hore Rajeshwari

Roobhini kutuwan Priyanka Khairna... Dnyaneshwari va... Pooja rajput Ritul

Tanvi Chavan Aishwarya Pawar 3649_afirin shaikh Simranjeet kaur Fatima Parvez

Sukanth Shrikala Palugulla Monica Lalwani 4471 Aditi Kadgi Jama mounika3...

Mute Start Video Security Participants 48 Chat Share Screen Pause/Stop Recording Reactions End

Participants (48)

Find a participant

RB	Riya Barde_3614	
	Roobhini kutuwan	
R	Rutika Nawale	
RG	Rutuja Gaiikwad	
SR	Sheryl Rasundaram	
SK	Shraddha Kurhade	
SH	Shreya hore	
	Shrikala Palugulla	
S	Shweta Mhaske	
SK	Simranjeet kaur	
S	Sinin Shaikh.	
S	sitara khatoon	
	Sukant	
TC	Tanvi Chavan	

by M. G. Kuttuvan
Principal
St. Mira's College for Girls
Invite Mute All

Event Coordinator - Dr. Ruma Venkar





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College Code:- 013

Circular No:- G1S/10AC/2020-21/80

Date:- 19th September 2020

CIRCULAR

On 23rd September 2020, a HINDI Webinar titled "नई शिक्षा नीति और हिंदी भाषा की चुनौतियाँ" is to be organized by HINDI DEPARTMENT from 3:00PM to 4:00 PM via Online platform.

Shital P. Jadhav

Coordinator



Dr. Gulshan H. Gidwani

Principal

सेंट मीरा कॉलेज फॉर गर्ल्स, पुणे
स्वायत्त (सावित्रीबाई फुले पुणे विद्यापीठ संलग्न)
हिंदी विभाग द्वारा आयोजित वेबिनार
“नई शिक्षा नीति एवं हिंदी भाषा की चुनौतियाँ”
प्रमुख व्याख्याता – डॉ. शाकिर शेख

सेंट मीरा कॉलेज फॉर गर्ल्स, पुणे के हिंदी विभाग द्वारा दिनांक 23 सितंबर, 2020 बुधवार को अपराह्न 3 बजे से 4 बजे तक हिंदी वेबिनार का आयोजन किया गया। वेबिनार का विषय “नई शिक्षा नीति एवं हिंदी भाषा की चुनौतियाँ” रहा। वेबिनार के प्रमुख वक्ता के रूप में पूना कॉलेज के हिंदी विभाग प्रमुख डॉ. शाकिर शेख उपस्थित रहे। उन्होंने नई शिक्षा नीति की कार्य पद्धति किस रूप में रहेगी और हिंदी भाषा के अध्ययन-अध्यापन में आनेवाली सुविधा और समस्या दोनों के प्रति अपने बहुमूल्य मार्गदर्शन से हमारे महाविद्यालय के छात्र एवं अध्यापिकाओं को अवगत कराया। कार्यक्रम का संयोजन एवं आभार प्रदर्शन हिंदी विभाग प्रमुख शीतल जाधव जी ने किया। इस कार्यक्रम के प्रेरणा स्रोत के रूप में महाविद्यालय की प्राचार्या डॉ. गुलशन गिडवानी ने मार्गदर्शन किया। श्रोता वर्ग के रूप में महाविद्यालय की कुल मिलाकर 73 छात्राये एवं अध्यापिकाये उपस्थित रही।



प्रा. शीतल जाधव
हिंदी विभाग प्रमुख
सेंट मीरा कॉलेज फॉर गर्ल्स, पुणे

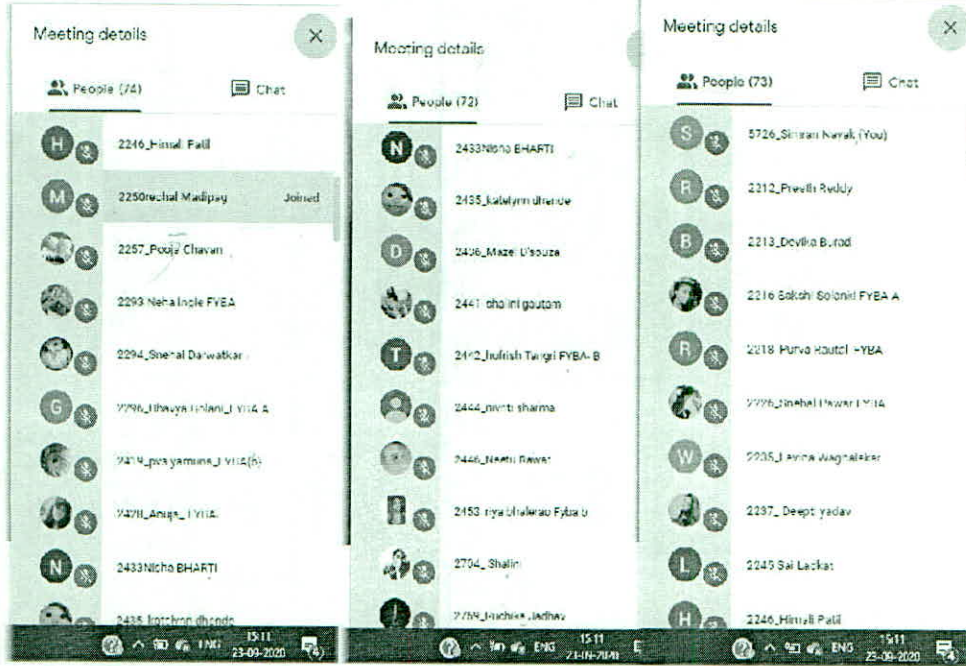


Principal
St. Mira's College for Girls

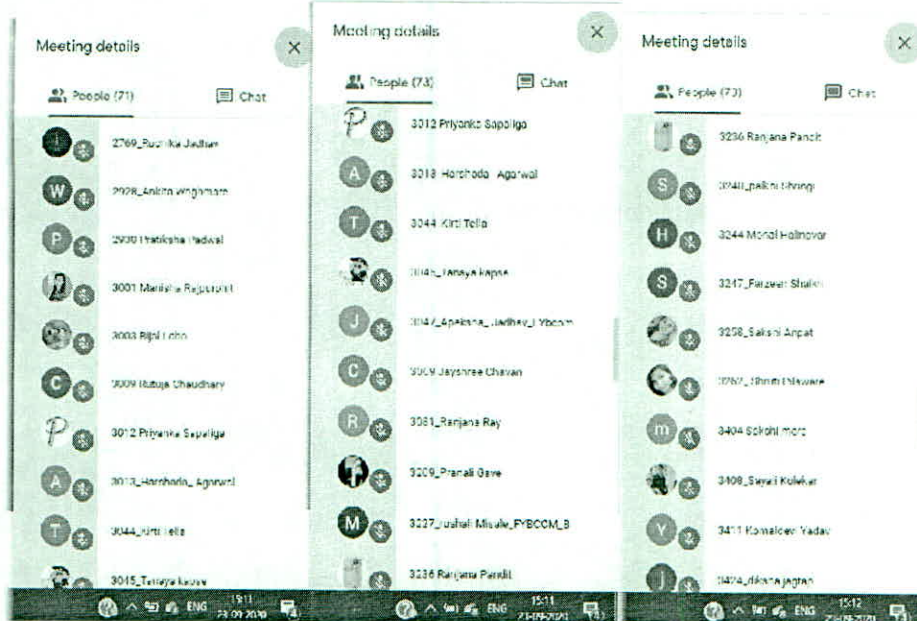
सेंट मीरा कॉलेज फॉर गर्ल्स, पुणे
स्वायत्त (सावित्रीबाई फुले पुणे विद्यापीठ संलग्न)
हिंदी विभाग (2019 - 2020)
उपस्थिति पत्रक

हिंदी वेबिनार (23/9/2020)

ATTENDANCE HINDI WEBINAR 23-9-2020



ATTENDANCE HINDI WEBINAR 23-9-2020 (pg. 2)





प्रा. शीतल जाधव
हिंदी विभाग प्रमुख

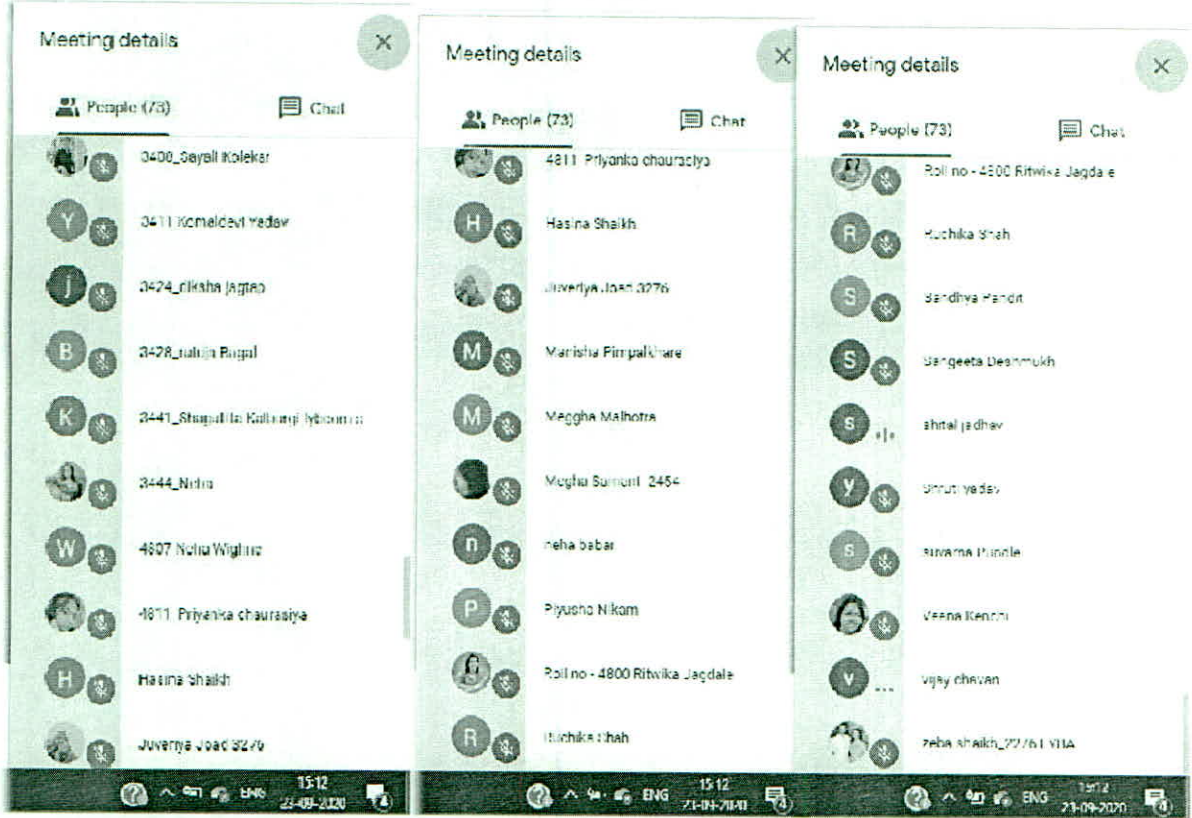



Principal
St. Mira's College for Girls

सेंट मीरा कॉलेज फॉर गर्ल्स, पुणे
स्वायत्त (सावित्रीबाई फुले पुणे विद्यापीठ संलग्न)
हिंदी विभाग (2019 - 2020)
उपस्थिति पत्रक

हिंदी वेबिनार (23/9/2020)

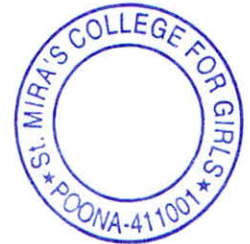
ATTENDANCE HINDI WEBINAR 23-9-2020 (pg. 3)



Shital Jadhav

प्रा. शीतल जाधव
हिंदी विभाग प्रमुख

Total 73
Participant.



H. H. Jadhav

Principal
St. Mira's College for Girls



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St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
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Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

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

Circular No:- *GIS/1QAC/2020-21/49*

Date:-13th Nov 2020

CIRCULAR

On Saturday 21st Nov 2020 a Guest Lecture by alumni Sushmita Jha titled Writing an Article for the Press is to be organized by the Dept of English from 12:00pm to 12:50pm via zoom platform .

S.J. Sataravale

Dr Snober Sataravala
Coordinator



G.H. Gidwani

Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune
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Activity Report

Report on Writing an Article for the Press

Number of Participants: 90

On the 21st of November 2020 Sushmita Jha, an alumna of the Department of English, addressed the FYBA Compulsory English Course and English Special students on how to write an article for the press. Sushmita Jha currently is working for the Pune Times.

Some of the tips she shared with the students were:

- add quotations to headline-prominent catchy
- Introduction-must be quick and say what's lying ahead. 1st 4 lines the most imp
- Crisp quick- 5 lines
- Body- 2-3 paragraphs depending on number of words
- Conclusion- Very imp
- sometimes left open ended
- Journalists have to be UNBIASED
- it is upto people to make and opinion not up to the journalist

Tips on how to make your article stand out?

How do you establish- relevant quotes, data, facts from people websites etc to back it up

- Add weight to your article- casestudies, social media tweets, makes it interesting
- Networking important with both editor and contacts
- get people on board- adds extra to your writing
- First research on all the articles already written
- Ask what is the additional info I can add

Writing style:

- misconception- flowery language, difficult words. People don't have time to sit with a thesaurus
- Be grammatically correct
- Put your message across straight forward- simple
- clean language- clean copy- it is simple, not unnecessarily descriptive, grammatically correct
- get to the point

J. J. Sataravale

Event Coordinator



J. H. Gidwani

Principal

St. Mira's College for Girls

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Attendance Sheet

Name of the activity/ event/ webinar/seminar:-Writing an Article for the Press

Date and Time:- 21st Nov 2020 at 12pm

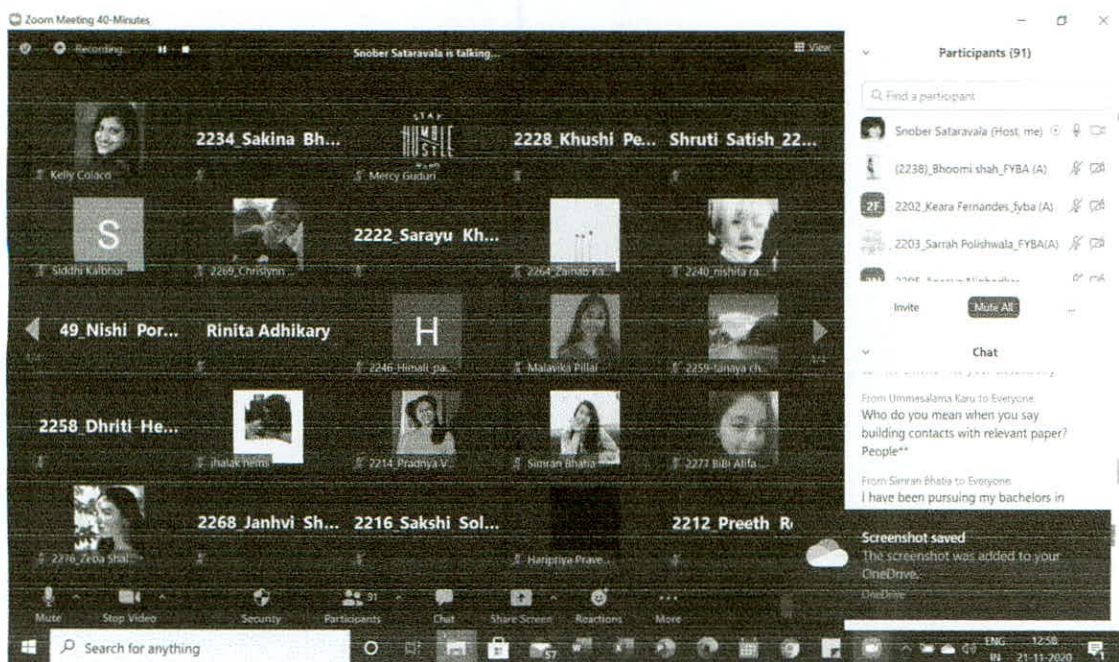
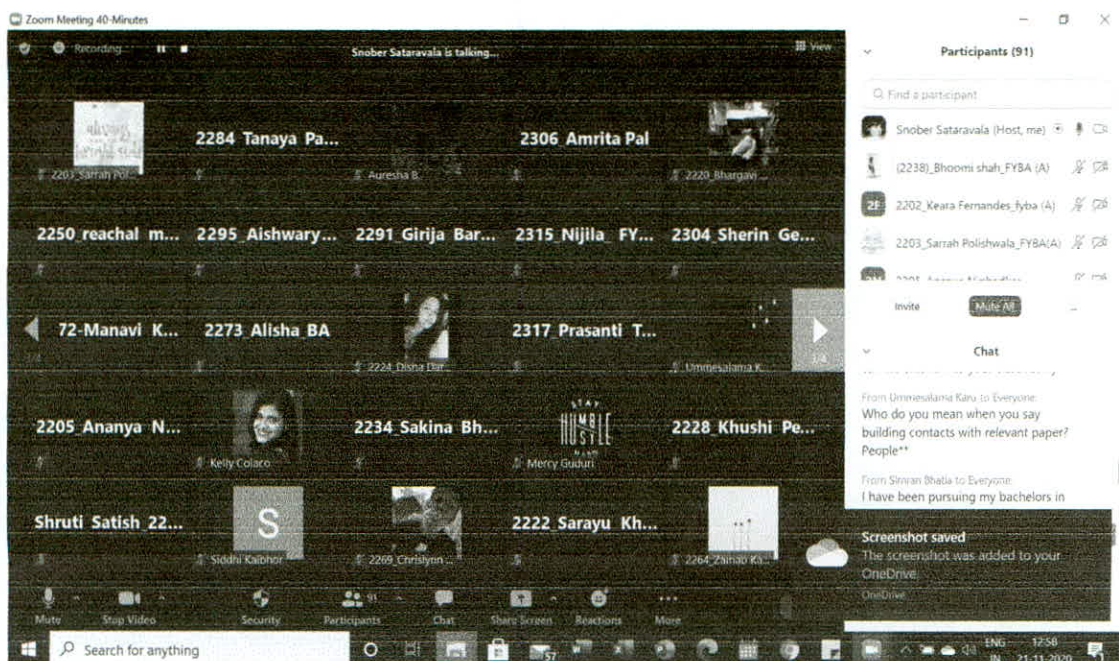
This screenshot shows a Zoom meeting in progress. The main window displays a grid of 20 participants, each with a video feed and a name tag. The names include 'samrita', 'Snobor Sataravala', 'Iphone', 'Suhalee Azayido', '2314 Tejal Kh...', '2200 Yashraj...', '2279 Shilpi...', 'Vasudha Ramani', '2242 Sneha...', '2254 Dima An...', '2218 Purni Rau...', 'Srijadha Gupta', '2242 Sunil...', '2213 Devika B...', '2252 Pooja Ch...', 'Colleen D Silva', 'Aditi Pami', '2296 Bhavya G...', '2284 Snehal D...', '2208 Meera Na...', '2227 Shweta P...', 'Ananya I', '2217 Shyla M...', '2267 Bhavika N...', and 'Arman Chagla'. On the right side, there is a 'Participants (91)' list with a search bar and a 'Chat' window. The chat window shows a message from 'Urmilasama Karu to Everyone' asking 'Who do you mean when you say building contacts with relevant paper? People**'. The bottom of the screen shows a Windows taskbar with a search bar and system icons.

This screenshot shows another Zoom meeting in progress. The main window displays a grid of 20 participants, each with a video feed and a name tag. The names include '2227 Vishwaj...', 'Anamika Bala', 'Aarjya Varma 2...', '2290 Dhwanee...', '2202 Keara Fer...', '2298 Mitali Me...', '2226 Snehal Pa...', '2260 Zainab Na...', '2206 ManasaPa...', 'M', 'S', '2210 Munira ra...', '2235 Lavina FY...', '2265-LAKSAYA...', '2241 Devaki De...', 'Aparupa Sinha', '2316 Riya Tama...', '2256 Shruti Sh...', 'KHUSHI DHARI...', '2208 Zainab Bo...', 'chaitralee K...', '2238 Bhoomi...', and '2203 Sarrah Pol...'. On the right side, there is a 'Participants (91)' list with a search bar and a 'Chat' window. The chat window shows a message from 'Urmilasama Karu to Everyone' asking 'Who do you mean when you say building contacts with relevant paper? People**'. The bottom of the screen shows a Windows taskbar with a search bar and system icons.

J.T. Sataravala



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



Total Number of Participants/ students = 90

Name and Signature of the event coordinator :-

J. T. Sataravala



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



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

Circular No:- G15/10AC/2020-21/12

Date:-28.07.2020

CIRCULAR

The college is organising a webinar on “**Nutrition & Diet**” on 04th August, 2020” at 5.00 pm for all the students and staff members. Dr. Rashida S. Karu (Register Dietician) Consultant Dietician and Sports Nutritionist is the resource person for the webinar. All are requested to attend the same.

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal

St Mira's College for Girls, Pune
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Department of Physical Education

Nutrition and Diet Webinar

Report

The Department of Physical Education and Sports had organised the Webinar "Nutrition on Diet" on 04th August, 2020. This webinar was conducted for all the students and for staff members. Total 176 participants took the advantage of this webinar. The aim of this webinar was to create awareness among the students about the eating habits. This webinar was helpful for all participants to plan their know diet and to boost the immune system in this pandemic situation.

Dr. Rashida S. Karu (Register Dietician) Consultant Dietician and Sports Nutritionist was the resource person of the webinar she has completed her B.HSc (Bachelor in Health Science) and P.G Diploma in Dietetics and App. Nutrition and Naturopathy. She guided about the Macronutrients (Carbohydrate, Protein and Fat) and Micronutrients (Vitamins and Minerals) and also explained the food Pyramid. She also gave dietary tips to boost the immune system. A healthy diet will improve or maintain constant health.

The introduction of resource person and Vote of thanks was given by Mrs. Ekta Jadhav (Director of Physical Education) and 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 webinar.



Ms. Ekta Jadhav

Director of Physical Education



Principal

St. Mira's College for Girls

St. Mira's College for Girls, Pune
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Department of Physical Education and Sports

Webinar-Nutrition and Diet Webinar


Resource Person- Dr. Rashida Karu

Date-04-08-2020

Attendance Sheet

Total Number of Participants- 176

Sr. no	Names 2020-08-04 16:42 Arrival time
1	sakshikshatriya ? 16:42 16:43 16:54 16:58 17:02
2	nehahanagandi ? 16:42 18:19
3	karishmajindal ? 16:42
4	mariyamm ? 16:42
5	ektajadhav ? 16:42 18:42
6	भारती भोगाडे ? 16:43
7	maheshwarimishra ? 16:43
8	pratikshapunekar ? 16:44
9	dishabhardwaj ? 16:45
10	prekshaporwal ? 16:45
11	pallavinalage ? 16:45 16:47 16:48 16:50 17:01 17:03 17:07
12	mechellegunraj ? 16:45
13	ummesalamakaru ? 16:46 16:47 17:05 17:11 17:48 17:53 18:00
14	shirinjinnah ? 16:46 16:57
15	vijaysinghthakur ? 16:47
16	kajal yadav ? 16:48
17	gurbanskaurkamo ? 16:49 17:10 17:15 17:16 17:16 17:19 17:19 17:20
18	moksha shah ? 16:49
19	sakshipunjabi ? 16:49 16:49
20	anupamajadhav ? 16:49 16:56
21	khadijalokhandwala ? 16:49
22	mayurigaware ? 16:50
23	suvarnadeolankar ? 16:50 16:53 18:22 18:31
24	ankitakondhalkar ? 16:51 17:02
25	jayarajagopalan ? 16:52
26	bhakti kamble ? 16:52
27	tejashreehagawane-kulkarnii ? 16:52 17:05
28	selva rani ? 16:52
29	aishwaryagupta ? 16:52 16:53 16:54
30	tanushreebanerjee ? 16:52
31	pushpabhandar ? 16:52
32	tanujanidan ? 16:53
33	anjalgaur ? 16:53
34	plavinadsilva ? 16:53 16:58 16:59 18:35
35	priyarajawat ? 16:53 18:39


Ekta Jadhav
Director of Physical Education


Principal
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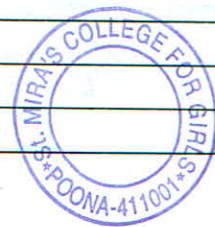


36	manjitakulkarni ? 16:53
37	taniyarobert ? 16:53
38	sarikanagarkar ? 16:54 16:54 16:56 16:57
39	priyankachaudhãri ? 16:54 16:57 16:58 16:59 18:38
40	harshadadhokale ? 16:54 16:59
41	anithamenon ? 16:54
42	poonamdube ? 16:54
43	anjalikale ? 16:55
44	aanchalmandal ? 16:55 16:56 17:00
45	tejshreepawar ? 16:55 16:56
46	deepakrishnamurthi ? 16:55
47	aryaachaudhari ? 16:55
48	maya gurung ? 16:55 17:02
49	rishikakambar ? 16:55 17:01 18:39
50	rekhakankariya ? 16:55 17:02
51	1448 ? 16:55
52	janhvirajpurohit ? 16:56 16:56 16:59 17:02
53	sonalichaudhari ? 16:56
54	swatipulate ? 16:56
55	dikshualalli u rfg7uvdeju0yrdhxmtkt ? 16:56
56	sakshikaranjkar ? 16:56 16:56
57	shruti math ? 16:56 17:03
58	hasinashaikh ? 16:56
59	bhakti jadav ? 16:56 17:04
60	muskanmirpuri ? 16:57
61	mayurim ? 16:57
62	1487rucha deshpane ? 16:57
63	sangeetadeshmukh ? 16:57 16:58
64	suraiyyasayyad ? 16:57
65	1448.harsha sirwani ? 16:57 18:00
66	drishtishivdasani ? 16:57
67	vaibhavijadhav ? 16:57 17:00 17:00 17:03 17:04
68	alkakalhature ? 16:57 17:10
69	meenalsumant ? 16:58 17:00
70	jyotishreeraut ? 16:58
71	vaishnavijadhav ? 16:58
72	alishajagtiani ? 16:58 16:59 17:00
73	gracyoswal ? 16:58
74	veena kenchi ? 16:58
75	hrutvikjagtap ? 16:59
76	vidhirathod ? 16:59 17:00 17:00
77	samruddhisurve ? 16:59 18:19
78	shraddha jain ? 16:59 17:00 17:02 18:38
79	jyotiagarwal ? 16:59
80	clarissarodrigues ? 16:59
81	komalyadav ? 16:59
82	suchandrabbhattacharya ? 16:59
83	shubhangichowatiya ? 17:00 17:00 17:04

E. Jadhav
Ekta Jadhav

Director of Physical Education

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



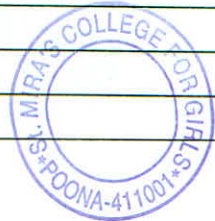
84	1467 aqsaqureshi ? 17:00
85	shitalmahadik ? 17:00
86	suhaniyadav ? 17:00 17:00 17:04 17:
87	saniasayyed ? 17:00
88	siddhi bhosale ? 17:00 17:32 18:03
89	darshinibabar ? 17:00
90	priyankamore ? 17:00
91	aditipisal ? 17:00 17:10 18:05
92	tasneem ? 17:00
93	madhurigalande ? 17:00 17:02
94	prarthanasarode ? 17:00
95	ashvinikhetra ? 17:00 17:01
96	shubhangijagtap ? 17:00
97	meghalohokare ? 17:00
98	shamal patil ? 17:00
99	1443 mouktika ? 17:00
100	1431.shivani upadhyay ? 17:00
101	ketkiwadekar ? 17:00
102	snehachandra ? 17:01 17:09 17:09 17:09 17:
103	yuktawaghmare ? 17:01 17:06
104	kashmirashinde ? 17:01
105	sakshigoel ? 17:01
106	prathameshchikane ? 17:01
107	1256 - lakshitatanwani ? 17:01
108	titikshapadir ? 17:01
109	rakshitapillay ? 17:01 17:03 17:04
110	amrutatatiparti ? 17:01 18:12
111	tanzeemhundeckari ? 17:01
112	vikashbhosale ? 17:01 17:02 17:04
113	varsha choudhary ? 17:01
114	1417 kajal sharma ? 17:01 17:02
115	gaurikute ? 17:01
116	arshis ? 17:01 17:10
117	kashish1471 ? 17:01 17:02
118	vaishnaviingale ? 17:01
119	swathikrishnanambiar ? 17:02
120	soniyajoping ? 17:02
121	1430 meghana ? 17:02 17:03 17:04 17:05 18:00
122	vaishnavighule ? 17:02 18:39
123	muskanshaikh ? 17:02 17:04
124	saritapaliwal ? 17:02
125	saikachare ? 17:03 18:13 18:31
126	sakshiupadhyay ? 17:03 18:23
127	sandhyapandit ? 17:03
128	1415 shreshtashetty ? 17:03 17:14 17:22
129	khushipokharna ? 17:03
130	vaishalijagtap ? 17:03 18:22
131	snehanjaliyadav ? 17:03

E. H. Jadhav
Ekta Jadhav

Director of Physical Education

E. H. Jadhav
Principal

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132	snehajagtap ? 17:04
133	sarojsolanki ? 17:04
134	kokilagopalakrishnan ? 17:04 17:05 17:07
135	muskansadhwani ? 17:04 17:41 17:57
136	janhavichayal ? 17:04 17:12
137	devinderkaur ? 17:04
138	shanthifernandes ? 17:04
139	anushkajadhav ? 17:04
140	neerjasanda ? 17:04
141	sanikabhere ? 17:04
142	samasamtani ? 17:04
143	geetashinde ? 17:05
144	nehasonawane ? 17:05
145	leeladeora ? 17:05
146	1507 shruti magar ? 17:05
147	khatijakhan ? 17:06
148	manasichandgude ? 17:06 17:06 17:06 17:06
149	dhanashrisalave ? 17:06
150	rani dubey ? 17:08 17:11 17:12 17:36 17:36 17:37 17:38 17:39 17:40 17:41
151	vijayapatil ? 17:09 17:16
152	nayansingh ? 17:10 17:31 17:55
153	soniyachavan ? 17:11 17:11 17:12 17:16
154	sakshidaulatabad ? 17:15
155	gajananchaudhari ? 17:15
156	ashwinikulkarni ? 17:16 18:23
157	1489.zainab parekh ? 17:17
158	sakshidhumal ? 17:28 17:57 18:20
159	1409 srushtikange ? 17:32
160	mansikawde ? 17:34
161	anushrinagmode ? 17:37 18:22
162	ektawadhwani ? 17:56
163	ghanashreepawar ? 17:56
164	alkalad ? 17:57
165	nirikshashetty ? 18:03
166	pradnyamore ? 18:11
167	muskanagarwal ? 18:15
168	shruti argade ? 18:18 18:18
169	rutujakawade ? 18:26
170	dimple bhati ? 18:30
171	smitaborkar ? 18:36
172	5015 sakshikanade ? 18:37 18:37
173	avanti ghule ? 18:38
174	shreyasawant ? 18:39
175	madhurapethkar ? 18:39
176	Vaishnavi Vairat ? 18:46

E. Jadhav

Ekta Jadhav

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

Circular No:- G15/10AC/2020-21/17

Date:-10.08.2020

CIRCULAR

The college is organising a webinar on “**Resistance Training**” on 18th August, 2020” at 5.00pm for all the students and staff members. Ms. Sapna Yadav (Physical Education Teacher, Vikhe Patil Memorial School, Pune) is the resource person for the webinar. All are requested to attend the same.

E. Jadhav

Ms. Ekta Jadhav
Director of Physical Education

G. H. Gidwani

Dr. G.H. Gidwani
Principal



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Department of Physical Education and Sports


Resistance Training

Report

The Department of Physical Education and Sports had organised the Webinar "Resistance Training" on 18th August, 2020. This webinar was conducted for all the students and for staff members. Total 222 participants took the advantage of this webinar. The aim of this webinar was to create awareness among the students about the fitness. This webinar was helpful for all participants to plan their know fitness plan and to boost the immune system in this pandemic situation.

Ms. Sapna Yadav, Physical Education Teacher at V.K Patil school was the resource person of the webinar she has completed her Bachelor in Physical Education. She took practical session of Resistance Training without equipment at home. She had covered all the strength training exercises of Hand, Leg and Core with their benefits. This all exercises are very useful to improve the strength of individuals.

The introduction of resource person and Vote of thanks was given by Mrs. Ekta Jadhav (Director of Physical Education), and 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 webinar.


Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
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Department of Physical Education and Sports

Webinar- Practical Session on Resistance Training

Resource Person- Ms. Sapana Yadav

Date-18-08-2020

Attendance Sheet

Total Number of Participants- 222

	Names 2020-08-18 16:42 Arrival time
1	drishtishivdasani ? 16:42
2	ashwinikondhalkar ? 16:42
3	gurbanskaurkamo ? 16:43 17:24 17:24 17:24 17:25 17:25 17:29 17:4 18:18 18:20
4	milindhardikar ? 16:44
5	samikshamoon ? 16:47
6	yashitamakhija ? 16:47
7	plavinadsilva ? 16:48
8	gayathrinair ? 16:48 16:49 16:52 16:58
9	ruchikajadhav ? 16:48 17:05
10	mechellegunraj ? 16:49
11	riyabaretto ? 16:49
12	snehadhabekar ? 16:49 17:05 17:05 17:58
13	shruti argade ? 16:50 16:56 16:58 18:09
14	sanskritishingare ? 16:50 17:06
15	swatipulate ? 16:51
16	nayansingh ? 16:51
17	palak agarwal ? 16:51 18:24
18	anjalikale ? 16:51
19	rechalsinde ? 16:51 17:05
20	1417 kajal sharma ? 16:51 16:54
21	sakshigoel ? 16:52 16:56 17:08
22	karishmajindal ? 16:52
23	rifhatmulla ? 16:52
24	saimabepari ? 16:53 17:06 18:08
25	divyabose ? 16:53
26	1404 divyabose ? 16:53 17:40
27	sapnayadav ? 16:53 17:29 17:32 17:35
28	anitat'cunha ? 16:54
29	bhakti jadav ? 16:54 17:05 17:24
30	sarahambrose ? 16:55
31	sujatadash ? 16:55
32	tejalalvi ? 16:55 16:57
33	manjitakulkarni ? 16:55 17:12 17:18 17:18
34	shubhangijagtap ? 16:55 17:09 18:20
35	anushriprasade ? 16:56
36	bhagyashriandhare ? 16:56

Ektā Jadhav
Ektā Jadhav

Director of Physical Education

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



37	sakinabharmal ? 16:56
38	vaishnavivairat ? 16:56
39	vaishnaviingale ? 16:56
40	tanujanidan ? 16:56 17:09
41	hasinashaikh ? 16:57 17:09 17:25
42	eramshaikh ? 16:57
43	hafsakarnalkar ? 16:57
44	samrudhisulakhe ? 16:58
45	saniyamahabare ? 16:58
46	neenadutta ? 16:58 16:58
47	manishachoudhary ? 16:58
48	samruddhisurve ? 16:58
49	meghalohokare ? 16:58
50	meenakshiwagh ? 16:58
51	saniamaryam ? 16:58 17:11
52	pratikshapunekar ? 16:59 17:05 17:16 17:21
53	ashishpillay ? 16:59
54	kajal jaisinghani ? 16:59
55	nehabarge ? 16:59
56	sakshim ? 16:59 17:52
57	abhraditachatterjee ? 16:59
58	priyankachaudhari ? 16:59 17:05 17:18
59	shalmalibhondave ? 16:59
60	ankitashinde ? 16:59
61	supriyachaple ? 16:59
62	divyahotwani ? 16:59 17:25
63	sakshiyadav ? 16:59 17:06 17:58 18:00
64	1467 aqsaqureshi ? 16:59 17:17
65	nehashinde ? 16:59 17:05
66	ribaahdave ? 17:00 17:16
67	pooja pardeshi ? 17:00 17:06 17:06 17:21 17:30
68	durvabhong ? 17:00 17:05 18:08
69	diyavarindani ? 17:00 18:11
70	rishikagoyal ? 17:00 17:10
71	kashish1471 ? 17:00 17:12
72	gajananchaudhari ? 17:00 17:00 17:05 17:11 17:12
73	mouktikasurikuchi ? 17:00
74	ritukumari ? 17:00
75	vaikhariwadane ? 17:00 17:08
76	1430 meghana ? 17:00
77	1437 anitachoudhary ? 17:00 17:03
78	anjaligaur ? 17:00
79	1450- lavanyapillay ? 17:00 17:04
80	alishajagtiani ? 17:00 18:12
81	anithamenon ? 17:00
82	1439 laiqashaikh ? 17:00
83	sejalsalve ? 17:01 17:06
84	prernakasbe ? 17:01

E. H. Jadhav
Ekta Jadhav

Director of Physical Education

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



85	1297 khushiagrawal ? 17:01
86	pooja mhaske ? 17:01 17:05 17:09
87	tanayanevase ? 17:01 17:05 17:19
88	ghanashreepawar ? 17:01
89	amandathalakottur ? 17:01
90	hansa punjabi ? 17:01 17:05
91	riyayadav ? 17:01
92	ishikapatel ? 17:01
93	shraddha gaikwad ? 17:01
94	maheshwarimiShra ? 17:01 17:28 17:49
95	snehanjaliyadav ? 17:01
96	ishikasharma ? 17:02 17:11 17:59 18:08
97	harshitatanwani ? 17:05 17:11 17:18
98	dimple bhati ? 17:05
99	saniyakhan ? 17:05 17:07
100	1519 muskanagarwal ? 17:05
101	5015 sakshikanade ? 17:05
102	amrutatatiparti ? 17:05
103	vaishalijagtap ? 17:05 18:20
104	bhakti makhija ? 17:05
105	bhakti tiwari ? 17:05
106	bhavikabajaj ? 17:05 17:06 17:21
107	binsyprakash ? 17:05 17:31 17:52
108	chetnabhadane ? 17:05
109	dishamore ? 17:05
110	ektagarunge ? 17:05
111	gayatri vaidya ? 17:05
112	1507 shruti magar ? 17:05
113	geetikabhati ? 17:05
114	graceygaware ? 17:05
115	gracyoswal ? 17:05 18:11
116	ishawakikar ? 17:05
117	janhvirajpurohit ? 17:05 18:08
118	pradnyamore ? 17:05
119	khushinegi ? 17:05
120	kulsuminamdar ? 17:05 17:25
121	lavanyanair ? 17:05
122	mahekshaikh ? 17:05
123	rekhakankariya ? 17:05 17:11 17:16
124	saniyashaikh ? 17:05 17:51 17:51 17:59
125	manishapimpalkhare ? 17:05
126	mayurisapkal ? 17:05 17:10
127	misbashaikh ? 17:05
128	aafiyanatekar ? 17:05 17:25 17:28
129	nikitachoudhary ? 17:05 17:57 18:08
130	nikitadalvi ? 17:05 17:16
131	pradnyagodbole ? 17:05 17:39
132	pranjalbhingardive ? 17:05

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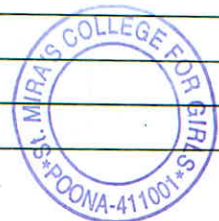


133	tanishaparekh ? 17:05 17:11
134	rieyonapatriciamenezes ? 17:06
135	rishikakambar ? 17:06 18:08
136	ritikachoudhury ? 17:06 17:19
137	riyaagarwal ? 17:06
138	ruchikamthe ? 17:06 17:08 17:17 17:49
139	drd all mix ? 17:06 17:09
140	talakshachavan ? 17:06
141	aarti sahu ? 17:06
142	zeelranka ? 17:06 17:18
143	alfiyadaulatabad ? 17:06 18:11
144	1487rucha deshpane ? 17:06
145	harshadadhokale ? 17:06
146	sakshikaranjkar ? 17:06
147	sakshimahadik ? 17:06
148	harshitamasand ? 17:06 17:08 17:08
149	shahanakhan ? 17:06 17:11 17:14
150	shanashaikh ? 17:07
151	shitalmahadik ? 17:07
152	shruti ghadge ? 17:07
153	aditimishra ? 17:08 17:21 18:18
154	suvarnadeolankar ? 17:08 17:19 17:23 17:29 17:33 18:20 18:23 18:24
155	shubhamane ? 17:08
156	vaishalijoshi ? 17:08
157	karishmanarayanan ? 17:08
158	sakshisingh ? 17:08
159	neharawat ? 17:08
160	dr.arwahmadan ? 17:08
161	sakshigulwani ? 17:09
162	snehajagtap ? 17:09
163	srushtiagrawal ? 17:09
164	sunaina ? 17:09
165	sureshkumar ? 17:09 17:58
166	trilokponnam ? 17:09
167	urvashiranka ? 17:09 18:20
168	vaishnavighule ? 17:09 17:26
169	veena kenchi ? 17:09
170	vidhirathod ? 17:09 17:21 17:29 17:57 18:13
171	yogeshwarichandramourya ? 17:09 17:33
172	farhatnaaz ? 17:10
173	mayurigaware ? 17:10
174	ashabhavakar ? 17:11
175	sanikabhere ? 17:11
176	manojkalegawali ? 17:11 17:12 17:17 17:18 17:55
177	rani yadav ? 17:11
178	arpitaghatnekar ? 17:11
179	janhavirane ? 17:12
180	deepalibhamare ? 17:12

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181	anjalinimesh ? 17:12 17:33
182	ketaki ? 17:12 17:22
183	1448.harsha sirwani ? 17:12
184	sayaliachaliya ? 17:15 17:18 17:21 17:22 17:23
185	pradnyakamble ? 17:16 17:20 17:33
186	prajaktasapkal ? 17:18 17:21
187	shainakhan ? 17:18
188	seemahargude ? 17:18
189	nainakadam ? 17:18 18:19
190	janvinair ? 17:20
191	soniyajoping ? 17:20 17:22 17:48 17:51
192	ashvinikhetra ? 17:21 17:21 17:22 17:22 17:26
193	smitaborkar ? 17:22
194	aarti sharma ? 17:22 17:22
195	manushreeumalkar ? 17:22
196	antaraprabhu ? 17:24
197	muskansadhwani ? 17:24 17:27 17:28 17:28 17:28 17:29 17:29 17:50
198	uzmasayed ? 17:27 18:08 18:10
199	laxmidige ? 17:27
200	shrirangmhalgi ? 17:28
201	vaibhavijadhav ? 17:28 17:28
202	sayalikhhot ? 17:28 17:52
203	aditigupta ? 17:28
204	arwalokhandwala ? 17:28
205	afreenshaikh ? 17:29 17:56
206	1409 srushtikange ? 17:29 17:59
207	snehachavan ? 17:30
208	vaibhavigangane ? 17:30
209	izmamunshi ? 17:30
210	gayatri pawar ? 17:31 17:34
211	suhasinipamu ? 17:32
212	nehasheryar ? 17:32
213	alkakalhature ? 17:33
214	rani dubey ? 17:34 17:34 17:35 17:43 17:45 17:47 17:47 17:47 17:50 17:55 17:55
215	vaishnavitalla ? 17:54
216	gauribhujbal ? 17:57 17:57
217	pradnyajoshi ? 17:58
218	samruddhibadal ? 17:59 17:59
219	1489.zainab parekh ? 18:11
220	anushkayadav ? 18:11
221	mallinathreve ? 18:19
222	PrernaSalunke ? 18:20

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Reaccredited by NAAC- A Grade, cycle 3
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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/2020-21/28**


Date:-06.09. 2020

CIRCULAR

On 13th September 2020 webinar on "Suicide Prevention" is to be organized by Mental Well-being Program for all Degree College Classes from 3:00 - 4:00 pm 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

"Aao Baat Kare"- A webinar on Suicide Prevention

Date: 13th September 2020

Platform: ZOOM

Total Participants: 45

Department of Psychology, St. Mira's College for Girls, Pune organised a webinar on Suicide Prevention, "Aao baat kare" on 13th September 2020 at 3:00 pm as a part of their ongoing mental well-being program for college students. Suicide is a social and health concern which has been misunderstood by both society and families. This webinar was organised on ZOOM with 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, behavioural, and emotional signs along with risk factors. Speaker talked about ways of making a safety plan for someone who is struggling. Students were identified as a high-risk population for developing mental health concerns and ways of identifying students who might be higher risk for developing thoughts of suicide was also covered in the session. The speaker emphasised role of empathy, active listening and a non-judgemental attitude towards people who need help and having thoughts of suicide. Towards the end the participants were also informed about ways of managing their own thoughts, feelings, and ways of seeking help when in need. 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. Students who participated in the webinar reported that session was remarkably simple, relatable, and informative. Their misconceptions about suicide and person experiencing suicidal ideations were reduced. The session provided a safe space for participants to share personal struggles and gave them a right mix of awareness, self-help strategies and ways of supporting others in their journey.

Feedback: *"The webinar was AMAZING! It really helped direct and structure a way to provide support in the correct manner. And I strongly feel this kind of quality information must reach as many as possible!!! I constantly kept feeling that everyone in our society needs to hear this. All the myths that you talked about are so prevalent around us. And as you correctly said, they probably even contribute to feelings of hopelessness, loneliness and giving up"* – student of St. Mira's College

"My mom attended the session with me. We had a talk about suicide for the first time in our family today. Today, I feel that I am not alone in this journey. Thank you so much for conducting this webinar" – a student of St. Mira's College

Total Participants: 45

Program Coordinator: Ms. Pooja Jain




Principal
St. Mira's College for Girls

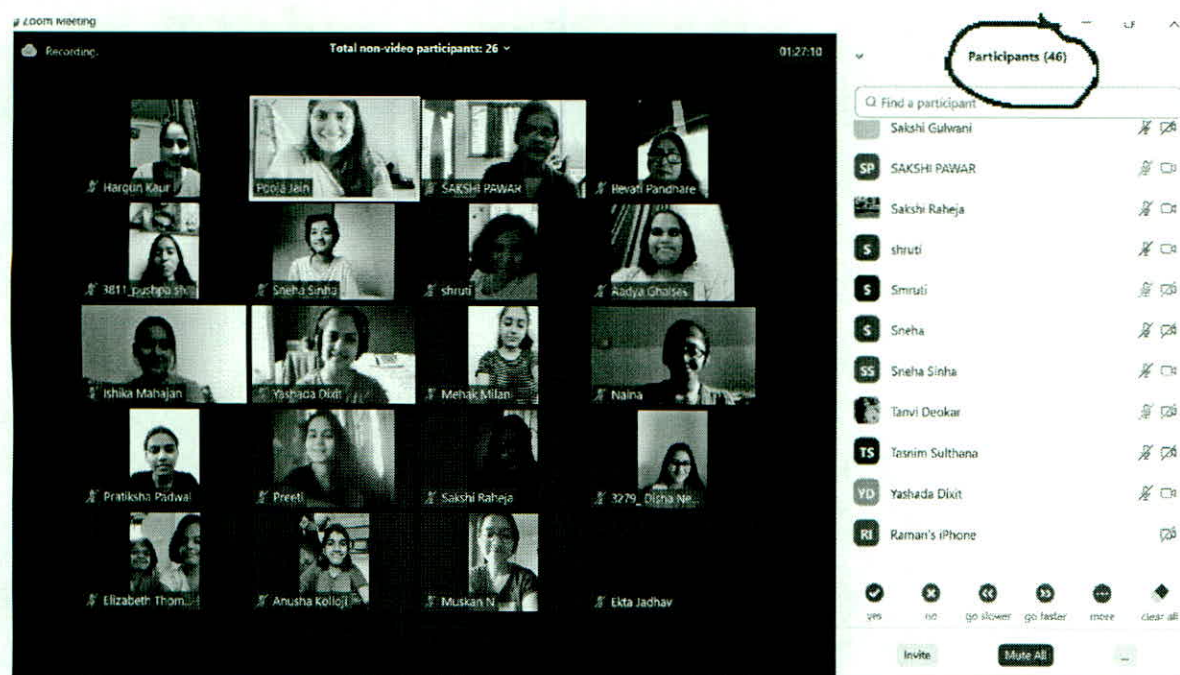
St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology
Mental Well-being Program 2020-21

“Aao Baat Kare”- A webinar on Suicide Prevention Attendance

Date: 13th September 2020

Platform: ZOOM



Total Participants: 45

Program Coordinator: Ms. Pooja Jain



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



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

Circular No:- GIS/1QAC/2020-21/27

Date:-05.09.2020

CIRCULAR

The college is organising a webinar on “**Healthy Lifestyle in the pandemic Situation**” on 18th September, 2020 at 5.00 pm for all the students and staff members. Dr. Mahesh Deshpande (Assistant Professor, Chandrashekhar Agashe College of Physical Education, Pune) is the resource person for the webinar. All are requested to attend the same.

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal


St Mira's College for Girls, Pune
An Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Physical Education
Webinar on Healthy Lifestyle in the pandemic Situation
Report

The Department of Physical Education and Sports had organised the Webinar on "Healthy Lifestyle in the pandemic Situation" on 18th September, 2020 under the program Physical Fitness @ Home. This webinar was conducted for all the students and for staff members. More than 250 participants took the advantage of this webinar. The aim of this webinar was to create awareness among the students about the Healthy lifestyle habits in this pandemic situation.

Dr. Mahesh Deshpande (Assistant Professor, Chandrashekhar Agashe College of Physical Education, Pune) was the resource person for the webinar he has Completed PhD. in Physical Education from Pune University. At the beginning of the lecture, he explaining the importance of Annamaya Kosha, Pranamaya Kosha, Manomaya Kosha, Vijnanamaya Kosha and Anandamaya Kosha, he said that through yoga, not only the body but also the mind is kept healthy and Yoga leads you to bliss. He also explained the effects of sedentary lifestyle, lack of exercise. He emphasis on online education in recent times due to lockdown and increased corona prevalence. And the use of computers and other modern technology has also increased. As a result, the incidence of various ailments, eye strain and back pain is increasing among the students and also guide preventive measures.

He also discussed the prevention of obesity and its health effects. Obesity is not just a disease but a major cause of many other ailments. Obesity is caused by an imbalance between calories consumed and unspent calories. The body needs a balanced diet rather than a full diet. According to the recommendations of the World Health Organization, young people should do at least 300 minutes of moderate or 150-200 minutes of intensity movements every week. He suggested running, cycling, swimming, trekking, group exercise, aerobics, yoga, dance, or a variety of sports. In the present times, it is possible to do Yogasana and Suryanamaskar at home, so we should develop our routine and maintain continuity in it. If it is not possible to exercise every day, it is important to do as much physical activity as possible.

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 webinar.


Ms. Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

Print - Attached

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

Department of Physical Education and Sports

Webinar -Healthy Lifestyle Habits in the Pandemic Situation


Resource Person- Dr. Mahesh Deshpande

Date-18-09-2020

Attendance Sheet

Total Number of Participants- 258.

	Names 2020-09-18 16:43 Arrival time
1	palak agarwal 16:43 (2min) [16:45] 16:45 (2min) [16:47] 16:56 (0min) [16:56]
2	shrushtigaikwad 16:43 (1min) [16:44] 16:45 (3min) [16:47] 16:55 (0min) [16:55]
3	plavinadsilva 16:43 (1min) [16:44] 16:54 (0min) [16:54]
4	3052 _vaishnavikshirsagar_ fybcom 16:43 (6min) [16:49] 16:54 (11min) [18:31]
5	karishmajindal 16:43 (11min) [16:57] 16:57 (0min) [16:57]
6	neeturawat 16:43 (12min) [17:09]
7	shwetagawade 16:43 (5min) [16:53]
8	naimeyadav 16:44 (17min) [17:09] 18:16 (0min) [18:16]
9	snehakamat 16:44 (4min) [16:47]
10	2205 _ananya niphadkar 16:44 (1min) [16:44]
11	durgadaundkar 16:44 (3min) [16:46]
12	gracyoswal 16:44 (2min) [16:46]
13	khushipeshwani 16:44 (3min) [16:55]
14	amrita basu 16:44 (5min) [16:51] 17:01 (0min) [17:01]
15	3054 _shuchi khandelwal 16:45 (5min) [16:54] 17:47 (17min) [18:31]
16	prernakasbe 16:45 (1min) [16:45]
17	452vaishnavi mane 16:45 (5min) [16:54]
18	bhavana chulani 16:45 (0min) [16:45]
19	sakshigoel 16:45 (0min) [16:45] 16:45 (0min) [16:45] 18:22 (0min) [18:22] 18:22
20	nandagaikwad 16:45 (2min) [16:55]
21	vishakhasawant 16:45 (0min) [16:45]
22	samruddhisurve 16:45 (0min) [16:45]
23	saniya khan 16:45 (1min) [16:46]
24	rutujakshetrapale 16:45 (2min) [16:47] 16:53 (0min) [16:53] 16:59 (0min) [16:59]
25	suvarnadeolankar 16:45 (8min) [16:56] 16:58 (1min) [16:58] 16:59 (76min) [19:17]
26	3055 lavanyashigula 16:45 (4min) [16:54] 16:58 (0min) [16:58] 16:59 (0min) [16:59]
27	geetamakhija 16:45 (1min) [16:46] 18:33 (3min) [18:36] 18:37 (0min) [18:37]
28	rifhatmulla 16:45 (1min) [16:46] 17:23 (21min) [18:32]
29	shraddha sawant 16:45 (2min) [16:47]
30	gurbanskaurkamo 16:46 (9min) [16:56] 16:57 (26min) [18:12] 17:00 (0min) [17:00]
31	minalwaghmode 16:46 (2min) [16:55] 18:34 (0min) [18:34]
32	maryannmendonca 16:46 (1min) [16:55] 17:47 (1min) [17:47]


Ekta Jadhav
Director of Physical Education

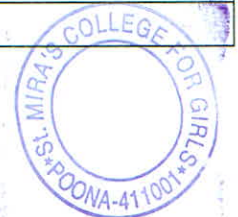

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33	2205_ananya niphadkar_fyba 16:46 (8min) [16:53]
34	2278_mitali swamy_fyba 16:46 (7min) [16:53]
35	dimple valesha 16:46 (1min) [16:47] 16:58 (0min) [16:58]
36	3017_pooja thakkar 16:46 (4min) [16:50] 16:59 (0min) [16:59]
37	nidhisharma 16:46 (0min) [16:46] 18:06 (0min) [18:06] 18:32 (4min) [18:36]
38	sonaligurav 16:47 (0min) [16:47]
39	sheringeorge 16:47 (0min) [16:47]
40	shifa shaikh 16:47 (1min) [16:47]
41	maithilideshmukh 16:47 (1min) [16:55] 17:06 (0min) [17:06]
42	manswishinde 16:47 (0min) [16:47] 16:52 (1min) [16:55] 17:47 (0min) [17:47]
43	2044_divyabose 16:47 (35min) [18:29]
44	sanskrutibede 16:47 (1min) [16:47] 16:52 (0min) [16:52] 16:55 (0min) [16:55] 16:58
45	shruti argade 16:47 (15min) [17:09]
46	aryagopalakrishnan 16:47 (0min) [16:47] 17:03 (0min) [17:03]
47	2291_girija barawkar 16:47 (1min) [16:48] 16:48 (2min) [16:50] 16:54 (1min) [16:54]
48	tanayapatil 16:47 (0min) [16:47]
49	476_saniamaryam 16:47 (0min) [16:47] 16:54 (0min) [16:54] 17:15 (0min) [17:15]
50	vaishnavikatkar 16:47 (0min) [16:47]
51	vaishnavipatil 16:48 (1min) [16:48] 16:48 (0min) [16:48] 16:56 (0min) [16:56] 16:59
52	ankanaroy 16:48 (0min) [16:48] 18:07 (0min) [18:07]
53	shantashringi 16:48 (0min) [16:48] 17:14 (0min) [17:14]
54	akshataambre 16:48 (0min) [16:48] 16:51 (0min) [16:51] 18:22 (0min) [18:22]
55	asma shaikh 16:48 (1min) [16:48]
56	akankshapatil 16:48 (0min) [16:48] 16:54 (0min) [16:54] 18:31 (5min) [18:36]
57	janvinair 16:48 (0min) [16:48]
58	3018_kadambariwagh 16:48 (1min) [16:49]
59	2077_zainab parekh 16:48 (15min) [18:30]
60	3435_priyanka gavhane 16:49 (1min) [16:54]
61	sakashi bathe 16:49 (1min) [18:32]
62	misba shaikh 16:49 (3min) [18:34]
63	2249_nishi porwal 16:49 (3min) [16:51] 17:14 (1min) [17:14]
64	1430_meghana 16:50 (57min) [17:58] 17:59 (16min) [18:21]
65	2304_sherin george_fyba 16:50 (1min) [16:50]
66	komaljadhav 16:50 (0min) [16:50] 16:50 (1min) [16:55] 17:03 ([17:07] 17:15
67	akritijha 16:50 (1min) [16:53] 17:05 (0min) [17:05] 18:26 (0min) [18:26]
68	anishatapkir 16:50 (0min) [16:50]
69	3072_gopika g. nair 16:50 (1min) [16:54]
70	sanskrutishingare 16:50 (1min) [16:53]
71	2089_anitachoudhary 16:50 (8min) [18:33]
72	2014_kajal sharma 16:51 (1min) [16:51] 16:51 (80min) [18:30]
73	3478_harshada thembe 16:51 (1min) [16:54] 16:56 (0min) [16:56]
74	rishikagoyal 16:51 (0min) [16:51]
75	prarthanasarode 16:51 (0min) [16:51]
76	swaminibhosale 16:51 (0min) [16:51] 16:56 (7min) [17:09]
77	3067_vaibhavi m 16:51 (4min) [18:33]
78	2453_riya bhaleraofyba b 16:51 (20min) [18:30]

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79	ruchitabelhekar 16:51 (0min) [16:51] 16:57 (0min) [16:57] 16:58 (0min) [16:58] 17:00
80	2006.tanzeem hundekari 16:51 (81min) [18:30]
81	delisha khan 16:51 (0min) [16:51]
82	snehalchavan 16:51 (0min) [16:51] 17:47 (0min) [17:47]
83	aaryasabale 16:51 (0min) [16:51]
84	3240_palkhi shringi 16:51 (2min) [16:54]
85	nayansingh 16:51 (0min) [16:51] 18:08 (0min) [18:08] 18:08 (0min) [18:08]
86	2023.ruchadeshpande 16:51 (42min) [17:41] 17:46 (22min) [18:08] 18:15 (14min)
87	3272_pooja kotambefybcom 16:52 (1min) [16:54]
88	3403_ashmira shaikh 16:52 (1min) [16:54]
89	ishikasharma 16:52 (0min) [16:52]
90	3463 nehagangadhar 16:52 (1min) [16:54]
91	shirinjinnah 16:52 (0min) [16:52] 16:57 (0min) [16:57] 17:05 (0min) [17:05]
92	kirtimotwani 16:52 (0min) [16:52] 16:58 (2min) [18:32]
93	drishtishivdasani 16:52 (10min) [18:32]
94	nandinisatheesan 16:52 (0min) [16:52]
95	gaurinarode 16:52 (0min) [16:52]
96	vasudharamani 16:52 (1min) [16:52]
97	mahek shaikh 16:52 (1min) [16:55]
98	2053- lavanyapillay 16:52 (6min) [18:07]
99	varsha choudhary 16:52 (0min) [16:52]
100	aishwaryalohakare 16:52 (0min) [16:52]
101	khushipagare 16:52 (1min) [16:55]
102	ritubhargava 16:53 (0min) [16:53] 16:53 (0min) [16:53] 17:05 (0min) [17:05]
103	vidhirathod 16:53 (0min) [16:53] 17:03 (0min) [17:03]
104	avantikasabale 16:53 (0min) [16:53]
105	lieutenant. sameerpawar 16:53 (1min) [16:55] 18:30 (2min) [18:32]
106	priyankagalave 16:53 (1min) [16:53] 16:57 (0min) [16:57]
107	sakinabharmal 16:53 (0min) [16:53] 16:53 (3min) [17:18]
108	4058_komal kale 16:53 (1min) [16:54]
109	anushkathul 16:53 (0min) [16:53] 16:55 [18:06] 18:09 (0min) [18:09] 18:10 (0min)
110	fyba_b_2444_nivriti sharma 16:53 (0min) [16:53] 18:26 (0min) [18:26] 18:27
111	maniktupe 16:53 (0min) [16:53] 17:03 (1min) [17:03] 17:04 (0min) [17:04] 17:05
112	farzeensayyed 16:53 (0min) [16:53]
113	sakshitingre 16:53 (0min) [16:53]
114	vaishnavisonawane 16:53 (1min) [17:01] 17:15 (0min) [17:15] 18:06 (0min) [18:06]
115	2297_pallavi wagh 16:54 (0min) [16:54] 17:06 (0min) [17:06] 17:09 (0min) [17:09]
116	anitad'cunha 16:54 (0min) [16:54] 16:54 (0min) [16:54] 18:31 (2min)
117	pooja mhaske 16:54 (0min) [16:54] 17:00 (0min) [17:00] 17:03 (10min) [17:19]
118	sanikabhere 16:54 (0min) [16:54] 16:58 (0min) [16:58] 17:04 (0min) [17:04]
119	3466_karuna bommanaboina 16:54 (1min) [16:54] 17:19 (0min) [17:19]
120	kirtimotwanifybba 16:54 (1min) [16:55]
121	1442 manasichandgude 16:54 (25min) [17:30] 17:31 (37min) [18:08]
122	sulbhababar 16:54 (0min) [16:54] 16:55 (0min) [16:55] 17:14 (0min) [17:14]
123	anika shaikh 16:54 (0min) [16:54] 18:26 (2min) [18:33]
124	3069 jayshree 16:54 (0min) [16:54]

E. Jadhav
Ekta Jadhav

Director of Physical Education

S. H. Jadhav
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125	chetnabhadane 16:55 (0min) [16:55]
126	dr.maheshdeshpande 16:55 (88min) [18:29]
127	shirinsaji 16:55 (0min) [16:55] 18:05 (0min) [18:05] 18:30 (3min) [18:33]
128	simranpirani 16:55 (0min) [16:55]
129	3451_sarika 16:55 (5min) [17:06] 17:18 (0min) [17:18]
130	2213_devikaburad 16:55 (0min) [16:55]
131	graceygaware 16:55 (0min) [16:55] 16:56 (0min) [16:56] 17:00 (6min) [17:09]
132	urmilajagtap 16:55 (0min) [16:55]
133	bhavishhakarnani 16:55 (0min) [16:55] 16:59 (30min) [18:26] 18:27 (4min) [18:31]
134	kainaatzakir 16:56 (0min) [16:56]
135	sanikashete 16:56 (0min) [16:56] 16:59 (0min) [16:59]
136	3065_hrutuja kale 16:56 (0min) [16:56]
137	fatemabharmal 16:56 (1min) [16:56]
138	rutujachavan 16:56 (0min) [16:56] 17:02 (1min) [17:02] 18:14 (0min) [18:14]
139	yuktawaghmare 16:56 (0min) [16:56] 17:02 (0min) [17:02] 17:05 (0min) [17:05]
140	2265 laksaya g 16:56 (0min) [16:56] 16:58 (0min) [16:58]
141	manaligavit 16:56 (0min) [16:56]
142	3053krusha thakkar 16:56 (0min) [16:56] 17:04 (0min) [17:04]
143	binsyprakash 16:57 (0min) [16:57] 17:18 (0min) [17:18]
144	sanskrutinanekar 16:57 (0min) [16:57]
145	kesar pherwani 16:57 (0min) [16:57] 18:09 (0min) [18:09]
146	2268_janhvi sharma 16:57 (0min) [16:57] 18:18 (0min) [18:18]
147	2306_amrita pal_fyba 16:57 (0min) [16:57]
148	2218_purva rautal_fyba 16:57 (0min) [16:57]
149	saritapaliwal 16:57 (15min) [18:30]
150	komalparmar 16:57 (1min) [16:57] 16:58 (0min) [16:58] 16:58 (0min) [16:58] 18:09
151	saniyamahabare 16:57 (0min) [16:57]
152	2001.harsha sirwani 16:57 (85min) [18:29]
153	2401-diksha ingawale 16:57 (0min) [16:57]
154	aryapilankar 16:57 (0min) [16:57]
155	maya khadka 16:57 (0min) [16:57]
156	2042 muskanagarwal 16:57 (63min) [18:29]
157	alishajagtiani 16:57 (0min) [16:57] 18:31 (0min) [18:31]
158	leeladeora 16:57 (0min) [16:57] 17:25 (0min) [17:25]
159	sawani teaches 16:58 (0min) [16:58]
160	anithamenon 16:58 (0min) [16:58]
161	2252_malavika pillai 16:58 (0min) [16:58]
162	gauribhujbal 16:58 (0min) [16:58] 17:23 (2min) [17:47] 18:31 (0min) [18:31]
163	3695_asmita bavale 16:58 (0min) [16:58] 17:04 (0min) [17:04]
164	manojkumardesai 16:58 (0min) [16:58] 17:09 (1min) [17:09]
165	janshireddy 16:58 (1min) [16:58]
166	pvsyamuna 16:58 (0min) [16:58]
167	swathikrishnanambiar 16:58 (0min) [16:58] 16:59 (0min) [16:59] 18:11 (0min) [18:11]
168	2024 aqsasureshi 16:58 (3min) [17:02] 17:02 (57min) [18:08] 18:11 (15min) [18:30]
169	3043 sidhisingh 16:58 (0min) [16:58]
170	2234_sakina bharmal 16:58 (0min) [16:58] 18:30 (9min) [18:38]

E. Jadhav
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Director of Physical Education

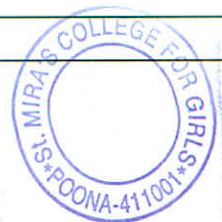
J. H. Jadhav
Principal
St. Mira's College for Girls



171	shebabiju 16:58 (0min) [16:58] 16:59 (2min) [18:34] 18:35 (0min) [18:35]
172	3244 monalhalinavar 16:59 (0min) [16:59] 18:19 (0min) [18:19] 18:19 (1min) [18:31]
173	richagomez 16:59 (3min) [18:34]
174	laiqa shaikh 16:59 (0min) [16:59]
175	3222 riyagaikwad 16:59 (0min) [16:59] 18:31 (1min) [18:31]
176	trishavirdi 16:59 (0min) [16:59]
177	simranchauhan 16:59 (0min) [16:59]
178	sureshkumar 16:59 (0min) [16:59]
179	3047_apeksha_jadhav_fybcom 16:59 (0min) [16:59] 17:06 (0min) [17:06] 18:05
180	anjaligundekar 16:59 (0min) [16:59] 17:00 (0min) [17:00] [18:35]
181	payalshelar 16:59 (5min) [17:06] 17:07 (2min) [17:08]
182	shitaljadhav 16:59 (0min) [16:59] 17:08 (27min) [18:29]
183	2226_snehal pawarfyba 16:59 (0min) [16:59]
184	neenadutta 16:59 (0min) [16:59]
185	samasamtani 16:59 (0min) [16:59]
186	naazlakhani 16:59 (0min) [16:59] 18:31 (0min) [18:31]
187	sandhyaparihar 16:59 (0min) [16:59] 18:05 (6min) [18:10]
188	ketkiwadekar 16:59 (0min) [16:59]
189	sanjuboina 17:00 (0min) [17:00]
190	shruti ghadge 17:00 (0min) [17:00]
191	shruti shewale 17:00 (0min) [17:00] 18:13 (1min) [18:16]
192	2235_lavina waghalekar 17:01 (0min) [17:01]
193	2295_aishwarya jaydeep_fyba 17:01 (0min) [17:01]
194	dnyaneshwarirajor 17:01 (0min) [17:01] 17:15 (0min) [17:15]
195	3289_swati_fybcom 17:01 (0min) [17:01]
196	tanayachavarkar 17:01 (0min) [17:01] 17:18 (0min) [17:18]
197	srushtiagrawal 17:02 (0min) [17:02] 18:11 (17min) [18:34]
198	annusaha 17:02 (0min) [17:02]
199	2267_bhavika naik 17:02 (0min) [17:02]
200	tishuchavan 17:02 (0min) [17:02]
201	2033. amrutatatiparti 17:02 (7min) [17:08] 17:15 (31min) [17:51] 17:52 (23min)
202	karishmaparihar 17:02 (0min) [17:02] 18:19 (0min) [18:19]
203	naqiyaampurawala 17:02 (0min) [17:02]
204	2212_preeth reddy 17:02 (1min) [17:02] 17:04 (0min) [17:04] 18:14 (0min) [18:14]
205	zainabnagarwala 17:02 (0min) [17:02]
206	harshadadhokale 17:02 (1min) [17:05]
207	vishikajain 17:02 (0min) [17:02] 18:30 (0min) [18:30]
208	aanchalmandal 17:02 (0min) [17:02]
209	manalibafna 17:02 (0min) [17:02] 17:18 (0min) [17:18]
210	snehanjaliyadav 17:02 (0min) [17:02]
211	anjushreetupe 17:02 (0min) [17:02]
212	sunitipingte 17:02 (6min) [18:09]
213	466. anushkachalke 17:03 (0min) [17:03]
214	2214_pradnya vijayan 17:03 (3min) [18:32]
215	katelynnndhende 17:03 (0min) [17:03]
216	sakinapunjani 17:03 (0min) [17:03]

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217	leoumjessicajoshuashetty 17:03 (0min) [17:03] 17:17 (0min) [17:17]
218	bhavyagolani 17:03 (1min) [17:03]
219	rutvikagaikwad 17:03 (0min) [17:03] 17:14 (0min) [17:14] 17:15 (0min) [17:15] 17:17
220	shalmalibhondave 17:03 (0min) [17:03]
221	2227_sharvari kurundwad. 17:03 (0min) [17:03] 17:05 (3min) [17:19]
222	athiranair 17:03 (0min) [17:03]
223	isharattu 17:03 (24min) [18:19]
224	ruchika shah 17:03 (1min) [17:04]
225	shrutisharma 17:03 (0min) [17:03]
226	rumanimuchhal 17:03 (0min) [17:03]
227	vaishnaviingale 17:04 (0min) [17:04]
228	jainabhandari 17:04 (0min) [17:04]
229	harshitamasand 17:04 (0min) [17:04]
230	sakshiupadhyay 17:04 (0min) [17:04] 18:13 (1min) [18:13] 18:16 (0min) [18:16]
231	3473_neelamgandhi 17:04 (0min) [17:04]
232	gaurikute 17:04 (0min) [17:04] 18:27 (0min) [18:27]
233	sarojsolanki 17:04 (0min) [17:04]
234	tanishaparekh 17:04 (0min) [17:04]
235	sanskrutinangre 17:05 (0min) [17:05] 17:14 (27min) [18:30]
236	3214 nilashamajumder 17:05 (0min) [17:05]
237	anujaravani 17:05 (3min) [18:34]
238	namithasunilkumar 17:05 (0min) [17:05]
239	madhavireddy 17:05 (0min) [17:05]
240	sharayukakade 17:05 (0min) [17:05] 17:16 (0min) [17:16] 17:18 (0min) [17:18]
241	sarahnathani 17:05 (0min) [17:05]
242	2310_sephra desouza 17:05 (0min) [17:05]
243	riyasamnani 17:05 (0min) [17:05]
244	2237_deeptiyadav 17:05 (0min) [17:05]
245	2216 sakshisolankifyba a 17:05 (7min) [17:47]
246	vibharathod 17:06 (0min) [17:06]
247	ritugaikwad 17:06 (0min) [17:06]
248	leshasamtani 17:06 (0min) [17:06] 18:10 (0min) [18:10]
249	asmitabhise 17:06 (2min) [18:34]
250	jasneetkaurkhanuja 17:06 (0min) [17:06]
251	ayasha shah 17:06 (1min) [17:06] 17:08 (1min) [17:09] 17:09 (1min) [17:09]
252	shraddha nighot 17:06 (0min) [17:06]
253	saniya shaikh 17:06 (0min) [17:06] 18:06 (3min) [18:09] 18:11 (0min) [18:11] 18:12
254	selva rani 17:06 (0min) [17:06]
255	rutujaghule 17:07 (0min) [17:07]
256	komalsawant 17:07 (0min) [17:07]
257	milandubey 17:14 (6min) [17:24]
258	Poonam Bhandarkar 17:14 (2min) [17:15] 17:14 (0min) [17:14] 17:19 (0min) [17:19]

E. Jadhav

Ekta Jadhav
Director of Physical Education



H. H. Jadhav
Principal
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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: -GIS/1QAC/2020-21/31


Date: - 10.09.2020

CIRCULAR

On 19th September 2020 a Guest Lecture titled A Leader Is a Dealer in Hopes to be organized by Department of Business Studies from 12.30pm to 1.30pm via Google meet Interface platform.


[Mrs. Jyoti Chintan]
Coordinator




Dr. Gulshan H. Gidwani
Principal

17

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

REPORT

A Leader is a Dealer in Hope 2020-2021

Organizer: Mrs. Jyoti Chintan

Class: Sy BCom Business Management

Speaker: Mr. Venkatraman

Business Studies Department had organized a Guest lecture on the subject "**A Leader Is a Dealer in Hope**" for SY B Com students on 19th September 2020 on Google meet Interface. 148 students were present for this event.

The speaker was Mr. Venkatraman, Sr. Manager at Deepak fertilizer and Petrol Chemical Corporation Ltd.

Mr. Venkatraman discussed the leadership role of a manager in a firm. The lecture gave insights to the students regarding the role & qualities of a manager. Also he elaborated how a manager motivates the employees in the organization to work more efficiently.

Mr. Venkatraman gave a wonderful quote at the end of his lecture '**When the going gets tough, the tough get going**'. This quote was appreciated by all the students and remained etched in their minds.

Jyoti Chintan
(JYOTI CHINTAN)

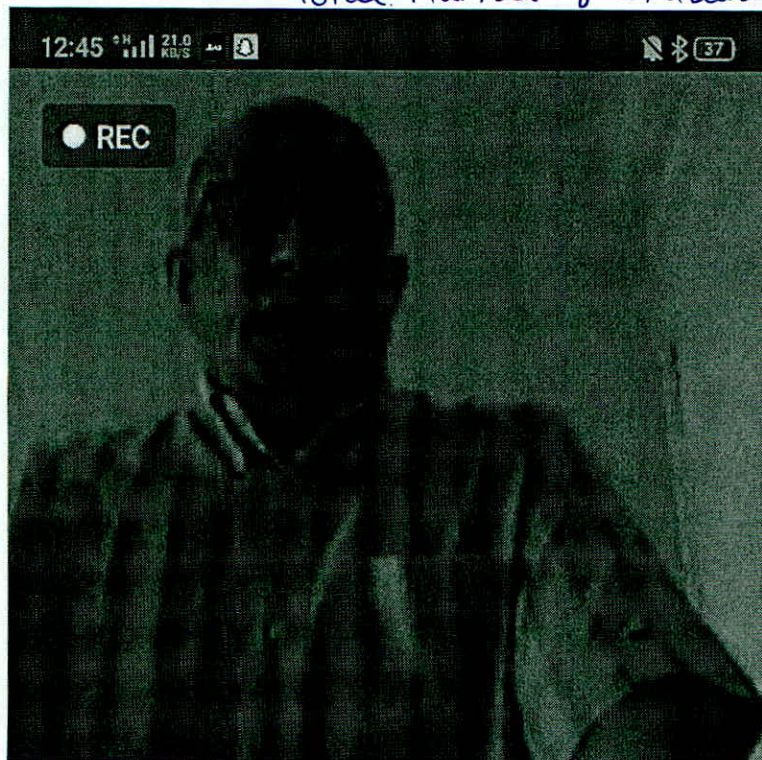


H. H. Chintan
Principal
St. Mira's College for Girls

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

Attendance Sheet

Total Number of students Participated = 148



(148)			
	3608_Namrata Bhandari	>	
	3609_Avanti Ghule	>	
	3613_Khushi Pardeshi	>	
	3614_Rutuja Bangale	>	
	3615_Disha Pande	>	
	3619_Shweta Gadhave	>	

H. H. Gadhave

Principal
St. Mira's College for Girls



Shirish

(Jyoti Chintan)

BBA/2020-21/01g

28/09/20

CIRCULAR

The College has organized a workshop for BBA and B.B.A(C.A) students on **Managing Oneself to Manage Everything Else.**

DATE & TIME	CONDUCTED BY	VENUE
Thursday (01/10/20) <u>09.00 Onwards</u>	Ms. Kavita Ghoran	A Virtual Platform

S. Ambrose

Mrs. Stella Ambrose
Course Coordinator

G.H. Gidwani

Dr. G.H.Gidwani
Principal



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


REPORT

The workshop 'Managing Oneself to Manage Everything Else' was organised by BBA-BBA(CA) Department at St. Mira's College with the objective to help students to understand the importance of managing oneself to reach great heights to create a more balanced and peaceful life.

The session was conducted by Ms. Kavita Ghoran(Initiator-Project Steer) on 1st October 2020 .

The workshop helped the students to introspect and to tap their inner potential. It was indeed an engaging session which spoke about the different levels/ aspects of an individual and how by focusing on the level of Spirituality, one can attain true peace which will help us overall to balance the other outlooks of ourselves, like physical, mental and emotional stability.

The session brought light to the facet that one needs to learn to be satisfied and work with whatever available, without judgments and believe in the greater power. The session was concluded with an indeed relaxing meditation séance.


Kajal Jaisinghani
Event Coordinator




Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
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Meeting ID	Start Time	End Time	User Email
89419579585	1/10/2020 11:46	1/10/2020 13:51	kavitasghor

Topic	Managing Oneself to Manage Everything Else by Kavita Gh			
Name (Original Name)	User Email	Join Time	Leave Time	Duration (M)
1 11865_Komal (Komal Sharma)		1/10/2020 11:50	1/10/2020 13:23	93
2 11703_Sayali		1/10/2020 12:39	1/10/2020 13:08	30
3 11804_Megha Garg		1/10/2020 11:50	1/10/2020 13:51	122
4 11805 Divya		1/10/2020 11:57	1/10/2020 13:05	69
5 11806_Pratiksha		1/10/2020 12:19	1/10/2020 12:48	30
6 11808_Tanuja		1/10/2020 12:40	1/10/2020 13:04	25
7 11813_Yashika	jainrakshit	1/10/2020 12:30	1/10/2020 13:51	82
8 11823_Vaishnavi		1/10/2020 12:03	1/10/2020 12:28	25
9 11825_Neerja Sanda	neerjasand	1/10/2020 11:58	1/10/2020 13:51	114
10 11826_Himani Lokhande (Himani Lokha		1/10/2020 11:54	1/10/2020 13:51	118
11 11835_Anushka Talnikar (An anushkatal		1/10/2020 11:52	1/10/2020 13:35	103
12 11836_Isha Parekh (Isha Par isha.parekh		1/10/2020 11:53	1/10/2020 13:40	107
13 11837_Poorvi Sharma (Poorvi Sharma)		1/10/2020 11:50	1/10/2020 13:51	122
14 11839_Isha Chauhan		1/10/2020 12:12	1/10/2020 12:45	34
15 11844 Pratiksha Savade	pratikshas	1/10/2020 11:54	1/10/2020 12:44	50
16 11845_Poonam		1/10/2020 12:39	1/10/2020 13:51	73
17 11846_snehal		1/10/2020 12:28	1/10/2020 12:35	8
18 11850_Kusum Maurya (1185 kusum118)		1/10/2020 11:53	1/10/2020 12:23	30
19 11855_payal (Ojas Waghcha payal)jagta		1/10/2020 12:02	1/10/2020 12:52	51
20 11858_Anusha Mehendale (Anusha Mel		1/10/2020 11:55	1/10/2020 13:33	99
21 11861_Monaz		1/10/2020 12:13	1/10/2020 13:51	99
22 11863_vishakha (Vishakha P: vishakhapa		1/10/2020 11:57	1/10/2020 13:15	78
23 11873Akanksha (Akanksha)		1/10/2020 11:56	1/10/2020 13:31	96
24 11880_Prerna		1/10/2020 11:59	1/10/2020 12:51	52
25 21630 Aditi Wable		1/10/2020 11:54	1/10/2020 12:46	52
26 21652rupali wadekar		1/10/2020 12:37	1/10/2020 13:34	57
27 21801_Monika Jogi	21801mon	1/10/2020 11:56	1/10/2020 13:40	105
28 21805_AmanSahota		1/10/2020 11:58	1/10/2020 13:51	114
29 21806_Tulna Gupta	tulnagupta	1/10/2020 11:57	1/10/2020 13:51	115
30 21807_Leena Akshada Bommi		1/10/2020 12:01	1/10/2020 12:35	34
31 21808_Tanvi Gupta (Tanvi G: tanvig362@		1/10/2020 11:54	1/10/2020 13:51	118
32 21810_anjali chugh		1/10/2020 12:03	1/10/2020 13:52	109
33 21811_Heena Rajpal (sunny rajpal)heen		1/10/2020 12:19	1/10/2020 13:33	75
34 21812_Aliya Sayyed	aliyasayyed	1/10/2020 12:11	1/10/2020 13:51	100
35 21815_vaishnavi Kitukale	vaish.kituk	1/10/2020 11:55	1/10/2020 13:51	117
36 21817_Vanshita Choudhary		1/10/2020 11:58	1/10/2020 13:37	99
37 21819_samina (Zoom user)	nufh9uj5vr	1/10/2020 12:12	1/10/2020 13:51	100
38 21820 Aachal choudhary	aachalcho	1/10/2020 11:54	1/10/2020 13:50	117
39 21821 Farzin Khan	21821farzi	1/10/2020 11:54	1/10/2020 13:23	89
40 21822_Shriya Tupe (Shriya_tupe)		1/10/2020 11:50	1/10/2020 13:34	105
41 21823 Ankita	21823ankit	1/10/2020 12:01	1/10/2020 13:21	81
42 21825 RAJSEE SARWATE	rajseesarw	1/10/2020 11:53	1/10/2020 13:32	99

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43	21827_Tanvi Vohra		1/10/2020 12:01	1/10/2020 12:39	39
44	21829_Pranjali Chauhan (Pranjali Chauh		1/10/2020 12:12	1/10/2020 13:51	100
45	21830_Shivangi Tiwari		1/10/2020 12:12	1/10/2020 13:51	100
46	21832_simran cruz		1/10/2020 11:56	1/10/2020 13:34	99
47	21833_Riya		1/10/2020 12:01	1/10/2020 13:33	92
48	21835_Zoha Sabooni		1/10/2020 11:57	1/10/2020 13:51	115
49	21837_susmita Sawant	sushmitase	1/10/2020 12:32	1/10/2020 13:51	80
50	21840_Siddhi		1/10/2020 12:42	1/10/2020 13:06	24
51	21841_mansi shinde		1/10/2020 11:58	1/10/2020 13:51	114
52	21842_Mahek Khan		1/10/2020 12:05	1/10/2020 13:44	100
53	21846_alfiya		1/10/2020 12:01	1/10/2020 13:51	111
54	21848 Sambhavi vijra		1/10/2020 12:01	1/10/2020 12:45	44
55	21849_Pratiksha Punekar		1/10/2020 12:34	1/10/2020 13:51	78
56	21851_Bhawana Suthar	bhavanajar	1/10/2020 12:02	1/10/2020 13:51	110
57	21854_Avantika		1/10/2020 11:58	1/10/2020 13:51	114
58	21862_Priyanka (Priyanka Tulsija)		1/10/2020 11:56	1/10/2020 13:51	116
59	21863_Sakshi Darawade	sakshidara	1/10/2020 11:59	1/10/2020 12:43	44
60	21864_sonaldawara		1/10/2020 11:59	1/10/2020 13:51	113
61	21865 mayuri kadam		1/10/2020 12:42	1/10/2020 13:51	70
62	21866_Megha Dewangan		1/10/2020 12:04	1/10/2020 13:40	97
63	21867_Ritika Sharma (Ritika ritikaumesl		1/10/2020 12:04	1/10/2020 13:32	88
64	21868_Rinku Rawal		1/10/2020 11:57	1/10/2020 12:34	38
65	21869_Khushi A (Khushi Abic khushi6226		1/10/2020 12:02	1/10/2020 13:50	109
66	21871_Nandani sharma		1/10/2020 11:55	1/10/2020 13:51	117
67	21872_Atiya Khan	khanatiya2	1/10/2020 11:55	1/10/2020 12:43	49
68	21873Roshni Sabnani		1/10/2020 11:56	1/10/2020 12:01	5
69	21878_Kashmira Rajput	kashmeera	1/10/2020 12:56	1/10/2020 13:51	55
70	21879 Pallavi keswani		1/10/2020 12:02	1/10/2020 13:31	90
71	21880_Shilpa Bansode		1/10/2020 11:56	1/10/2020 13:32	96
72	21882_Janvi Thadani		1/10/2020 12:45	1/10/2020 13:02	17
73	21883_Isha Alamchandani	alamchand	1/10/2020 12:52	1/10/2020 13:32	41
74	21885_Anisha Chhajed		1/10/2020 11:58	1/10/2020 13:13	76
75	Aditi Vatare		1/10/2020 12:52	1/10/2020 13:51	60
76	Amatullah Lightwala	alightwala	1/10/2020 11:56	1/10/2020 13:51	116
77	Android Bluedroid		1/10/2020 11:58	1/10/2020 13:51	113
78	Anjali Satpute _ 11820		1/10/2020 11:54	1/10/2020 13:33	99
79	BHAVIKA MALI (21838_BHAVIKA MALI)		1/10/2020 11:51	1/10/2020 13:16	86
80	Disha Makhija		1/10/2020 12:34	1/10/2020 13:51	77
81	Fiza Sayyed		1/10/2020 12:46	1/10/2020 13:34	49
82	Flavia Aranha		1/10/2020 11:55	1/10/2020 13:29	94
83	Kajal Jaisinghani	kajal.jaising	1/10/2020 11:54	1/10/2020 13:51	118
84	Kankana Roy Chowdhury (Kankana Roy		1/10/2020 11:55	1/10/2020 13:34	100
85	Kavita G alt		1/10/2020 11:52	1/10/2020 12:58	66
86	Kavita Ghoran	kavitasgho	1/10/2020 11:46	1/10/2020 13:51	126
87	Khushbu 11832		1/10/2020 12:28	1/10/2020 13:16	49
88	Komal Rachalwar	komalrachi	1/10/2020 11:50	1/10/2020 12:18	29
89	Komal Rachalwar	komalrachi	1/10/2020 12:19	1/10/2020 13:51	93
90	Mehak Milani		1/10/2020 11:58	1/10/2020 13:51	114
91	Moksha Shah	capturingu	1/10/2020 11:50	1/10/2020 13:34	105
92	Nilam 11819		1/10/2020 11:55	1/10/2020 12:39	45

Kajal



93 Nisha Gupta		1/10/2020 11:57	1/10/2020 13:38	102
94 Pratiksha Shetty		1/10/2020 11:58	1/10/2020 12:45	47
95 Pratiksha Shetty		1/10/2020 12:45	1/10/2020 13:33	49
96 Roshni Sabnani		1/10/2020 12:03	1/10/2020 12:53	50
97 Roshni Sabnani		1/10/2020 12:53	1/10/2020 13:45	52
98 Rutuja 11818 BBA(CA)		1/10/2020 12:00	1/10/2020 13:14	74
99 Saniya Shaikh		1/10/2020 12:12	1/10/2020 13:51	100
100 Shanya jain11842		1/10/2020 12:56	1/10/2020 13:11	15
101 Sheeba_ 11731		1/10/2020 11:56	1/10/2020 12:12	17
102 Shobha Sharma	shobhasha	1/10/2020 11:55	1/10/2020 13:51	117
103 Simran (21610_Simran Hingorani)		1/10/2020 11:50	1/10/2020 13:38	108
104 Sonali jha 11872		1/10/2020 11:57	1/10/2020 12:09	13
105 Tejshri Mali 11822		1/10/2020 12:06	1/10/2020 12:11	6
106 Trini sharon	trinisharon	1/10/2020 12:28	1/10/2020 13:01	34
107 vaishnavi ghule		1/10/2020 12:35	1/10/2020 13:51	77
108 VAISHNAVI GHULE	vaishnavigl	1/10/2020 11:59	1/10/2020 12:34	35
109 Varsha Salunke		1/10/2020 12:15	1/10/2020 12:35	20
110 Yashika Jain	yashikaj33	1/10/2020 11:56	1/10/2020 12:03	8
111 Zainab Kapadia	zainabkapa	1/10/2020 11:54	1/10/2020 12:59	65

Event Coordinator:

Kajal Jaisinghani



H. H. Jaisinghani

Principal

St. Mira's College for Girls



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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

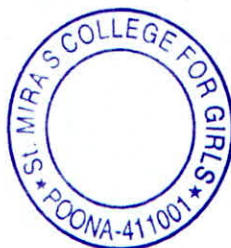
Circular No:- G1S/10AC/2020-21/42

Date:-05.10.2020

CIRCULAR

The college is organising a webinar on **"Practical session on Power Yoga and its Benefits"** on 16th October, 2020 at 5.00 pm for all the students and staff members. Dr. Manali Deo, (International Level Yoga Coach, Player and Referee, Founder Director Mind and Body Yoga Institute, Pune) is the resource person for the webinar. All are requested to attend the same.

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Webinar on Practical Session of Power Yoga and its benefits
Report

The Department of Physical Education and Sports had organised the Webinar on "Practical session on Power Yoga and its Benefits" on 16th October, 2020 under the program Physical Fitness @ Home and Fit India Movement. This webinar was conducted for all the students and for staff members. Many participants took the advantage of this webinar. The aim of this webinar was to create awareness among the students about the benefits of Power Yoga in day to day life.

Dr. Manali Deo, (International Level Yoga Coach, Player and Referee, Founder Director Mind and Body Yoga Institute, Pune) was the resource person for the webinar. Power Yoga is the series of different asanas. The practical session starts from the mild warm-up exercise and then simple to complex series of asanas were performed. She also explains the benefits of asanas for various diseases. Power yoga is very useful to boost the immune system specially in this pandemic situation. It builds muscles, improves stamina, posture, flexibility, concentration etc. It is whole body workout which we can perform at home.

The resource person was introduced 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 webinar.



Ms. Ekta Jadhav
Director of Physical Education



Principal
St. Mira's College for Girls

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

Department of Physical Education and Sports

Webinar-Practical session of Power Yoga and its Benefits

Resource Person- Dr. Manali Deo

Date-16-10-2020

Attendance Sheet

Total Number of Participants- 100

Sr. No	Names	2020-10-16	Arrival time	Last Seen
1	2416-apeksha jadhav -fyba-b	" ✓"	"16:59"	"18:07"
2	2216 sakshisolankifyba a	" ✓"	"16:45"	"17:56"
3	2217_shyla malave_fyba a	" ✓"	"17:03"	"18:06"
4	2235-lavina waghalekar-fyba a	" ✓"	"16:59"	"18:06"
5	2247_suniti pingte_fyba a	" ✓"	"16:52"	"17:26"
6	2278_mitali swamy_fyba a	" ✓"	"17:00"	"17:00"
7	2295_aishwarya jaydeep_fyba a	" ✓"	"16:55"	"16:57"
8	2302_rinita adhikary_fyba	" ✓"	"16:43"	"16:59"
9	3425_maria anthony	" ✓"	"16:54"	"16:55"
10	3428_rutuja bagal	" ✓"	"17:04"	"18:05"
11	2291_girija barawkar	" ✓"	"16:57"	"16:57"
12	32_bca_sanskriti bede	" ✓"	"16:54"	"17:03"
13	gauribhujbal	" ✓"	"17:01"	"18:06"
14	5432_pooja battal_fy. bsc	" ✓"	"17:01"	"17:03"
15	2213_devika burad	" ✓"	"16:59"	"17:36"
16	1442 manasichandgude	" ✓"	"16:54"	"17:14"
17	4034_punam chaudhari	" ✓"	"16:52"	"18:07"
18	snehachavan	" ✓"	"17:00"	"18:09"
19	2454 sheetalchoudhary	" ✓"	"16:59"	"17:03"
20	sakshichougule	" ✓"	"17:01"	"18:05"
21	manali deo	" ✓"	"16:47"	"18:00"
22	suvarnadeolankar	" ✓"	"16:48"	"19:08"
23	3290 prajaktadesai	" ✓"	"17:02"	"18:03"
24	2023 ruchadeshpande	" ✓"	"17:37"	"17:39"
25	2435_katelynn dhende	" ✓"	"16:51"	"18:02"
26	2406_diksha dhmal	" ✓"	"17:01"	"18:07"
27	plavinadsilva	" ✓"	"17:01"	"18:04"
28	poonamdube	" ✓"	"16:53"	"16:58"
29	2202_keara fernandes_ba	" ✓"	"17:04"	"18:01"
30	2226_snehal pawarfyba	" ✓"	"16:59"	"17:44"
31	2256 shruti shewalefyba	" ✓"	"16:58"	"16:59"
32	2284 tanayapatilfyba	" ✓"	"17:02"	"18:07"
33	2260_zainab nagarwalafyba_a	" ✓"	"16:57"	"16:59"
34	3272_pooja kotambefybcom	" ✓"	"17:04"	"18:07"
35	2265 laksaya g	" ✓"	"16:43"	"17:00"
36	2427sejal gaikwad	" ✓"	"16:57"	"18:01"

E. Jadhav
Ekta Jadhav

Director of Physical Education

S. H. Jadhav
Principal

St. Mira's College for Girls



37	3509_susmita gaikwad	" ✓"	"16:49"	"18:00"
38	3472_ankita gawade	" ✓"	"16:43"	"18:00"
39	2304_sherin george_fyba	" ✓"	"16:53"	"18:06"
40	2018 aditigupta	" ✓"	"17:25"	"17:25"
41	3484_veena jadhav	" ✓"	"16:58"	"17:02"
42	3654_vaishnavijadhav	" ✓"	"17:12"	"18:12"
43	ektajadhav	" ✓"	"16:48"	"18:20"
44	alishajagtiani	" ✓"	"16:43"	"18:00"
45	soniyajoping	" ✓"	"17:01"	"18:01"
46	jyotijoshi	" ✓"	"17:02"	"17:02"
47	2264_zainab kagalwala	" ✓"	"16:55"	"16:58"
48	4058_komal kale	" ✓"	"16:49"	"17:03"
49	gurbanskaurkamo	" ✓"	"16:48"	"18:48"
50	3481 aarti kaswa	" ✓"	"17:01"	"18:03"
51	3672_rutuja dattatreyaawde	" ✓"	"17:01"	"18:07"
52	anitakeswani	" ✓"	"16:58"	"17:02"
53	3483_pooja kumarswamy	" ✓"	"16:56"	"16:56"
54	2227-sharvari kurundwad-fyba	" ✓"	"17:00"	"18:07"
55	2245 sailadkat	" ✓"	"17:02"	"17:26"
56	3401_reenaz lakhani	" ✓"	"16:43"	"18:01"
57	saniyamahabare	" ✓"	"16:54"	"18:01"
58	3679_shital nagnathmahadik	" ✓"	"17:01"	"18:01"
59	zahid merchant	" ✓"	"16:50"	"16:52"
60	3402_rutika mohite	" ✓"	"17:01"	"17:59"
61	2417 swati more	" ✓"	"17:04"	"18:05"
62	15_bba_rumani muchhal	" ✓"	"16:59"	"18:02"
63	3502_babita mukhiya	" ✓"	"17:01"	"17:02"
64	2267_bhavika naik	" ✓"	"16:43"	"17:59"
65	2458 prachinidhi	" ✓"	"16:55"	"18:02"
66	2306_amrita pal	" ✓"	"16:52"	"17:01"
67	saritapaliwal	" ✓"	"16:53"	"18:04"
68	2206 manasapantula	" ✓"	"17:03"	"18:00"
69	3415_ekta pardeshi	" ✓"	"16:59"	"18:00"
70	3494 alkmapatel	" ✓"	"17:03"	"17:03"
71	2246_himali patil	" ✓"	"17:02"	"17:26"
72	3440_riya paunekar	" ✓"	"16:55"	"16:56"
73	vishakhapawar	" ✓"	"16:54"	"17:03"
74	2252_malavika pillai	" ✓"	"16:53"	"18:07"
75	05 bbasimranpirani	" ✓"	"16:57"	"16:59"
76	rutujapise	" ✓"	"16:59"	"18:01"
77	2249_nishi porwal	" ✓"	"17:05"	"18:02"
78	2270_vasudha ramani	" ✓"	"16:43"	"18:01"
79	2319_riya rathod_fyba	" ✓"	"16:43"	"17:53"
80	2218_purva rautal_fyba	" ✓"	"17:00"	"17:37"
81	2445_neetu rawat	" ✓"	"16:56"	"17:02"
82	3452_nivedita sahuo	" ✓"	"17:01"	"17:02"
83	18 bbaleshasamtani	" ✓"	"16:58"	"18:06"
84	3431_prapti sawant	" ✓"	"16:52"	"16:57"

Ektajadhav
 Ektajadhav
 Director of Physical Education

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



85	2225ruchika shah	" ✓"	"16:53"	"18:01"
86	3495 greeshma shah	" ✓"	"16:55"	"16:56"
87	asma shaikh	" ✓"	"17:01"	"18:03"
88	2307_tanaz shaikh_fyba	" ✓"	"17:02"	"17:02"
89	10 fybbanidhisharma	" ✓"	"17:01"	"18:07"
90	2268_janhvi sharma	" ✓"	"17:00"	"18:00"
91	3240_palkhi shringi	" ✓"	"17:06"	"18:07"
92	3213karishma suhanda	" ✓"	"17:04"	"18:05"
93	3475_namitha sunilkumar	" ✓"	"17:01"	"18:02"
94	vaishnavitalla	" ✓"	"17:01"	"18:01"
95	arpitatodkar	" ✓"	"17:01"	"18:05"
96	2047.shivani upadhyay	" ✓"	"17:14"	"18:06"
97	2297_pallavi wagh	" ✓"	"16:43"	"17:43"
98	snehanjaliyadav	" ✓"	"16:57"	"16:58"
99	Poonam_Dube	" ✓"	"16:58"	"17:58"
100	Komal Yadav	" ✓"	"17:01"	"18:05"

E. Jadhav

Ekta Jadhav

Director of Physical Education



G. H. Gidwani

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

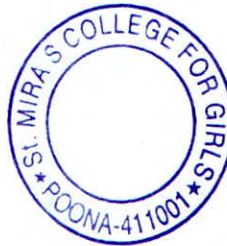
Circular No:- GIS/10AC/2020-21/45.


Date:-21.10.2020

CIRCULAR

The college is organising a webinar on **"Reminiscing Everest"** on 2nd November, 2020 at 5.00 pm for all the students and staff members. Mr. Umesh Zirpe, (Shiv Chhatrapati Awardee and also the Founder Director of Giripremi Institute of Mountaineering) is the resource person for the webinar. All are requested to attend the same.


Ms. Ekta Jadhav
Director of Physical Education




Dr. G.H. Gidwani
Principal

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

Department of Physical Education
Webinar on Practical Session of "Reminiscing Everest"
Report


The Department of Physical Education and Sports had organised the Webinar on "Reminiscing Everest" on 2nd November, 2020 under the program Physical Fitness @ Home and Fit India Movement. This webinar was conducted for all the students and for staff members. More than 100 participants took the advantage of this webinar. The aim of this webinar was to create awareness and inspire the students about the adventure sports.

Mr. Umesh Zirpe, (Shiv Chhatrapati Awardee and also the Founder Director of Giripremi Institute of Mountaineering) was the resource person for the webinar. He had participated in more than 40 Himalayan expeditions during his career. He is known for leading successful expeditions on seven of the top fourteen, 8000 metres peaks in the world including Mount Everest and Mount Kanchenjunga. He is the first and the only Indian mountaineer to achieve this feat. He shared first-hand information on Mountaineering. He gave an impetus to all. It's only through sheer determination; hard work and confidence one can achieve our goals. The Webinar gave a boost to all to achieve their goal in life. It was indeed a great learning experience for all the students and faculty members who attended.

He also said that Mountaineering is a sport where one's physical as well as mental strengths are challenged. Here you set in pursuit of making possible out of what ordinary person may find impossible. We are challenged at multiple levels such as decision making in tough situations, team spirit, optimistic outlook, caring attitude, ability to anticipate risks and dangers and make ways through them with determination etc. Here we can practically learn lessons of management during every mountaineering expedition.

He also explained that it is not necessarily everyone should aspire to become a mountaineer, but along with studies, everyone can do some adventure in his/her life and gain immensely valuable personality developments. To be honest, to start doing mountaineering, you need not have any age limit. You can start it at the age of 10, in your college times, in your 40s or for that matter, even as late as in your 70s.

This webinar was organized under the able guidance of the Principal Dr. Gulshan Gidwani ma'am. Introduction and Vote of thanks was given by Suvarna Deolankar. Coordination of the webinar was done by Ekta Jadhav. Maharashtra State Jijamata Awardee Ms. Gurabans Kaur and all other staff members were present for the webinar.


Ms. Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

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

Department of Physical Education and Sports

Webinar- Reminiscing Everest

Resource Person- Mr. Umesh Zirpe

Date-02-11-2020

Attendance Sheet

Total Number of Participants- 100

	Names	"2020-11-02"	"Arrival time"	"Last Seen"	"# of Checks"	"Joined"
1	2463_kanishka	"√"	"16:55"	"16:55"	"1"	"1"
2	2235_lavina Waghalekar-Fyba A	"√"	"18:25"	"18:25"	"1"	"1"
3	2269_chrislynn Rodrigues - Fyba A	"√"	"16:58"	"18:36"	"5"	"1"
4	Palak Agarwal	"√"	"16:50"	"16:54"	"5"	"1"
5	Srushti Agrawal	"√"	"18:30"	"18:42"	"13"	"1"
6	K B	"√"	"17:01"	"18:39"	"30"	"1"
7	Sulbha Babar	"√"	"18:36"	"18:41"	"6"	"1"
8	2234_sakina Bharmal	"√"	"16:57"	"17:06"	"8"	"1"
9	Sakina Bharmal	"√"	"16:51"	"18:39"	"14"	"3"
10	GeetikaBhati	"√"	"17:04"	"18:41"	"36"	"1"
11	2281_kanchanpriya Bhujbal	"√"	"16:54"	"18:25"	"5"	"1"
12	3456_sheba Biju	"√"	"16:49"	"16:52"	"4"	"1"
13	3466_karuna Bommanaboina	"√"	"16:54"	"16:54"	"1"	"1"
14	3069 Jayshree Chavan	"√"	"17:55"	"18:07"	"7"	"1"
15	3471_rutuja Chavan	"√"	"16:52"	"17:30"	"2"	"2"
16	3439_silvia D'souza	"√"	"16:50"	"16:54"	"5"	"1"
17	2449_durga Daundkar	"√"	"16:47"	"18:39"	"13"	"2"
18	Anita Dcunha	"√"	"18:32"	"18:34"	"3"	"1"
19	Suvarna Deolankar	"√"	"16:43"	"18:55"	"99"	"5"
20	SanikaDhage	"√"	"18:39"	"18:39"	"1"	"1"
21	2313_khushi Dhariwal-Fyba	"√"	"16:52"	"18:40"	"14"	"2"
22	2406- Diksha Dhumal	"√"	"17:09"	"17:09"	"1"	"1"
23	2406- Diksha Dhumal Dhumal	"√"	"16:56"	"17:00"	"5"	"1"
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25	40_bca_ratnaprabha Dilpake	"√"	"16:55"	"18:40"	"9"	"3"
26	2251 RutujaGhuleFyba	"√"	"16:52"	"17:06"	"13"	"1"
27	2256 Shruti ShewaleFyba	"√"	"16:47"	"17:00"	"10"	"2"
28	3272_pooja KotambeFybcom	"√"	"17:20"	"17:58"	"21"	"1"
29	16_rutvika Gaikwad	"√"	"16:52"	"17:34"	"17"	"3"
30	5430 Tanvi Indalkar	"√"	"18:25"	"18:33"	"8"	"1"
31	3077renuka Jadhav	"√"	"16:58"	"17:09"	"6"	"1"
32	5437 Swati Jamagondi	"√"	"16:53"	"17:56"	"13"	"5"
33	22_bca_akriti Jha	"√"	"16:59"	"17:06"	"8"	"1"
34	Shirin Jinnah	"√"	"17:00"	"17:04"	"3"	"1"
35	31_bbaca ShrivaniJore	"√"	"16:54"	"17:01"	"8"	"1"

E. Jadhav
Ekta Jadhav

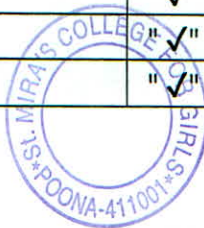
Director of Physical Education

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

36	18 Bca Madhu Kadam	" ✓ "	"16:48"	"18:31"	"19"	"1"
37	GurbanskaurKamo	" ✓ "	"16:57"	"18:41"	"69"	"2"
38	510.Shaina Khan Khan	" ✓ "	"16:55"	"16:59"	"5"	"1"
39	Komal Khandve	" ✓ "	"16:53"	"16:54"	"2"	"1"
40	3483_pooja Kumarswamy	" ✓ "	"17:01"	"17:04"	"2"	"1"
41	45_bca_shivani Kumbhar	" ✓ "	"16:52"	"18:41"	"14"	"1"
42	21 Bca Shweta Kushwaha	" ✓ "	"17:05"	"17:06"	"2"	"1"
43	Gauri Lohar	" ✓ "	"17:17"	"18:27"	"22"	"4"
44	ShrutikaLole	" ✓ "	"17:38"	"17:38"	"1"	"1"
45	Harshita Masand	" ✓ "	"16:53"	"16:53"	"1"	"1"
46	Priyanka Maurya	" ✓ "	"16:59"	"16:59"	"1"	"1"
47	2298_mitali Mehta	" ✓ "	"16:50"	"16:55"	"6"	"1"
48	3427 Mrunal More	" ✓ "	"18:39"	"18:40"	"2"	"1"
49	2267_bhavika Naik	" ✓ "	"16:59"	"18:33"	"53"	"1"
50	Nandini Nair	" ✓ "	"16:52"	"18:40"	"17"	"2"
51	25 FybbaSanskritiNanekar	" ✓ "	"17:09"	"17:09"	"1"	"1"
52	3421 Riya Nevse	" ✓ "	"16:48"	"16:56"	"7"	"2"
53	2306_amrita Pal	" ✓ "	"16:43"	"16:44"	"2"	"1"
54	3485 AkanshaBardeshi	" ✓ "	"17:04"	"17:09"	"2"	"1"
55	3440_riya Paunekar	" ✓ "	"16:58"	"16:58"	"1"	"1"
56	Vishakha Pawar	" ✓ "	"17:00"	"18:21"	"7"	"2"
57	20 Bca Kesar Pherwani	" ✓ "	"16:52"	"17:06"	"13"	"2"
58	2252_malavika Pillai	" ✓ "	"16:49"	"17:05"	"15"	"1"
59	2249_nishi Porwal	" ✓ "	"17:01"	"17:06"	"6"	"1"
60	2315_nijila Prem_fyba-A	" ✓ "	"18:25"	"18:31"	"2"	"1"
61	Dolly Pundol	" ✓ "	"17:04"	"17:42"	"24"	"2"
62	35 BcaPrerna Purohit	" ✓ "	"16:48"	"16:56"	"9"	"1"
63	3001 Manisha Rajpurohit	" ✓ "	"17:09"	"17:09"	"1"	"1"
64	Ashish Reddu	" ✓ "	"16:59"	"17:01"	"3"	"1"
65	Chandana Roy	" ✓ "	"16:57"	"16:57"	"1"	"1"
66	Puja Sadhwani	" ✓ "	"18:24"	"18:37"	"13"	"1"
67	Jyoti Salehittal	" ✓ "	"18:25"	"18:36"	"11"	"1"
68	5401 Komal Sawant	" ✓ "	"16:47"	"17:41"	"41"	"1"
69	2444_nivriti Sharma	" ✓ "	"18:25"	"18:31"	"2"	"1"
70	3503_neha Sharma	" ✓ "	"16:49"	"16:52"	"4"	"1"
71	3068 PayalShelar	" ✓ "	"17:32"	"17:59"	"22"	"8"
72	2289 FybaLeoum Jessica Joshua Shetty	" ✓ "	"17:09"	"17:55"	"29"	"1"
73	Shivani Shinde	" ✓ "	"16:53"	"16:53"	"1"	"1"
74	3490_komal Shirke	" ✓ "	"17:01"	"17:01"	"1"	"1"
75	Mansi Sonawane	" ✓ "	"17:00"	"18:39"	"7"	"3"
76	3475_namitha Sunilkumar	" ✓ "	"16:54"	"18:40"	"23"	"1"
77	3015_shalaka Thorat	" ✓ "	"16:56"	"16:56"	"1"	"1"
78	ManushreeUmalkar	" ✓ "	"16:56"	"18:42"	"70"	"1"
79	Vishme	" ✓ "	"17:09"	"18:39"	"48"	"2"
80	43fybbalaxmi Vp	" ✓ "	"17:18"	"17:18"	"1"	"1"
81	3018_Kadambari Wagh	" ✓ "	"18:25"	"18:31"	"6"	"1"
82	33_bca_rutika Wani	" ✓ "	"16:58"	"16:58"	"1"	"1"

E. Jadhav
Ekta Jadhav

Director of Physical Education



H. H. Kulkarni
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St. Mira's College for Girls

83	Snehanjali Yadav	"√"	"16:59"	"17:44"	"10"	"1"
84	Umesh Zirpe	"√"	"16:54"	"18:36"	"68"	"1"
85	2468_munira Dalal	"√"	"16:57"	"17:58"	"61"	"2"
86	PlavinaDsilva	"√"	"16:57"	"17:58"	"29"	"1"
87	Gayatri Dusane	"√"	"16:56"	"17:47"	"52"	"1"
88	2428_anuja_Fyba	"√"	"16:55"	"17:57"	"51"	"3"
89	2427sejal Gaikwad	"√"	"16:55"	"17:56"	"62"	"2"
90	Sakshi Goel	"√"	"16:56"	"17:56"	"15"	"1"
91	Ankita Kondhalkar	"√"	"16:55"	"17:40"	"5"	"2"
92	3279_disha Neve	"√"	"16:55"	"17:54"	"60"	"1"
93	2458 Prachi Nidhi	"√"	"16:55"	"17:55"	"27"	"2"
94	2206 ManasaPantula	"√"	"16:58"	"17:17"	"20"	"1"
95	2077.Zainab Parekh	"√"	"16:56"	"17:55"	"60"	"1"
96	Ankita Parthe	"√"	"16:56"	"16:58"	"3"	"1"
97	PrarthanaSarode	"√"	"16:56"	"17:56"	"10"	"2"
98	2247_suniti pingte_fyba a	"√"	"16:52"	"17:26"		
99	2278_mitali swamy_fyba a	"√"	"17:00"	"17:00"		
100	SamruddhiSurve	"√"	"16:56"	"17:56"	"9"	"2"

E. Jadhav

Ekta Jadhav
Director of Physical Education



G. H. Jadhav

Principal
Mira's College for Girls



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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]
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PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- G15/1QAC/2020-21/29

Date:-06.09.2020

CIRCULAR

On 9th November 2020 a Webinar titled "Stress Buster Art Techniques" is to be organized by the Department of Business Studies (Mathematics and Statistics) from 12.00 pm to 1.00 pm via Google Meet platform .

Ms. Deepa Krishnamurthi

Coordinator



Dr. Gulshan H. Gidwani

Principal

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Business Studies (Mathematics and Statistics)
Activity Report
Webinar on "Stress Buster Art Techniques"

The Department of Business Studies (Mathematics and Statistics) organized a webinar on "Stress Buster Art Techniques" for F.Y.B.COM students. The Webinar was conducted online using the virtual platform ZOOM on 9th November 2020 from 12.00pm to 1.00 pm. Around 132 participants attended the event. It was conducted by Mrs. Richa Jain, a Freelancer Artist, Pune. The main aim of the webinar was to familiarise students with simple stress buster art forms like Zen doodling, which help in releasing any stress and anxiety. In the session, history of art forms and different types of Zen doodling techniques were taught. The students enjoyed and drew with the expert. The session kept the students highly engaged and eager to learn new art forms. The coordinator of the session was Prof. Deepa Krishnamurthi, Mathematics faculty member for F.Y.B.COM.



Ms. Deepa Krishnamurthi





Principal
St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Business Studies(Mathematics and Statistics)
Attendance of Webinar on Stress Buster Art Techniques
Date and Time : 9/11/2021 , 12 to 1 pm
No of Participants: 132

Sr No	Roll No and Name	class
1	3001 Manisha Rajpurohit.	FY B.COM A
2	3105 Afrin shaikh	FY B. Com A
3	3093 Shraddha Katari	FY B. Com A
4	3105 Afrin shaikh	FYB.Com A
5	3028 Ranjana Singh	F.Y Bcom A
6	3029 Gayatri Chavan	FY bcom A
7	3003 Bijal Lobo	FY.Bcom A
8	3009 Rutuja choudhary	FY.Bcom A
9	3065 Hrutuja kale	FY. BCOM A
10	3403_Ashmira Shaikh	FY Bcom C
11	3210 Mayuri Naidu	FYBcom B
12	3037 Shruti Kamble	FY BCOM A
13	3452_Nivedita Sahoo	FY Bcom C
14	3277 Sejal Shinde	Fybcom B
15	3229 Azraa Babul	Fy BCOM B
16	3474 Aditi Bagal	Fy Bcom C
17	3253_Nishita Surve	Fybcom (B)
18	3213 KARISHMA SUHANDA	FY BCOM B
19	3209 Pranali Gave	FYBCOM B
20	3008 Asmita kumari	fybcom A
21	3509 Susmita Gaikwad	FYBcom C
22	3435 Priyanka Gavhane	FYBCOM C
23	3448 Nandini. Hucche.	FY BCOM C
24	3311 Riya Choudhary	FYBCOM B
25	3495 Greeshma Shah	FY BCOM C
26	3493 Sejal Pathak	FY BCOM C
27	3436 Tanvi Goyal	FYBCOM C
28	3406 Sakshi Tarate	FYBCOM 'C'
29	3225 Apurva moze	FYBCOM -(B)
30	3500 Pratiksha Dhumal	FYBCOM C
31	3244 Monal Halinavar	Fybcom B
32	3407 Shivani Gupta	fybcom C
33	3226 Shreya Kaul	FyBcom B
34	3022 Karishma Puruswami	F.Y.bCom (A)
35	3465 Sonali Bhiunagde	FY Bcom C
36	3444 Neha	FY Bcom C
37	3074 khushi javali	FYBCOM A
38	3470_Saloni Jivane	FYBCOM C

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



Deepa. Krishnamurthi
Deepa

39	3464 alisha shaikh	FY BCOM C
40	3418 Nandini sutar	FY BCOM C
41	3063 Priyanka Pandey	FY bcom A
42	3221 Karuna Bansal	Fy Bcom B
43	3220 Saheen Shaikh	FY BCOM B
44	3020 Nandini kurhade	FY Bcom A
45	3262 Shruti Prakash Pilaware	FYBcom(B)
46	3219 Akanksha Pathak	FY B com (C)
47	3442 Sakshi Jadhav	FY-BCOM(C)
48	3513 Rutuja Pise	FYB.Com (C)
49	3072 Gopika G.Nair	FYB.Com A
50	3064 Shraddha kawade	Fybcom (A)
51	3010 Ritu pardeshi	Fybcom (A)
52	3067 Vaibhavi Mudliar	FYBcom (A)
53	3081 Ranjana Kumari Ray	FYBcom A
54	3251 Madhura Savaratkar	FYBCom B
55	3305 Bhavika Kamble	FYBcom B
56	3204 Kirti Nagdev	FYBCOM B
57	3276 Juveriya Joad	FyBcom B
58	3222 Riya Sanjay Gaikwad	F.Y.B.Com B
59	3070 Rohini Vilas Wahatule	fybcom
60	3296-C jhansi Reddy	FYBcom B
61	3309 Meetali Chuphal	FY Bcom B
62	3282 Dhanshree prashant gade	FYBcom B
63	3010 Ritu pardeshi	FYB. COM A
64	3019 Thota Sravani Srinivas [1]	FYB. COM A
65	3289 Swati Tiwari	FYBcom 'B'
66	3013 Harshada agarwal	F.Y Bcom (A)
67	3287 Esha Anil Jagtap	FY BCOM B
68	3046 Radhika Nalawade	F. Y Bcom A
69	3082 Priti Ambre	FY Bcom A
70	3078 Sakshi Ravindra Dhoble	FYBCOM A
71	3017 Pooja Thakkar	Fybcom A
72	3484 Veena Jadhav	FY Bcom. C
73	3420 Shruti Tingre	FY B.COM (C)
74	3421 Riya Nevse	Fybcom (C)
75	3203 Jassica Patole	FYBCOM B
76	3402 Rutika Mohite	Fybcom (C)
77	3401 Reenaz Lakhani	Fybcom (C)
78	3483 Pooja Kumarswamy	Fybcom (C)
79	3002 Tejal Gore	Fybcom A
80	3092 vaishnavi shrishail utage	Fybcom A
81	3049 Samruddhi Navghane	Fybcom A
82	3095 Arpita Harge	FYBCOM (A)
83	3033 Anvita Chavan	FY Bcom (A)
84	3071 Alfiya Sattar Madki	Fybcom A

S.H. Jadhav

Principal
St. Mira's College for Girls



Deepa. Krishnamurthy
Deepa

85	3041 Karina Chhabada	FYBCOM(A)
86	3089 anjali fandekar	fybcom A
87	3030 Alisha Shaikh	F.Y.B.COM (A)
88	3014 Sana Attar	Fy.B.Com,A
89	3055 Lavanya Shigula	FY com (A)
90	3050 Vaishnavi wadekar	FYBcom A
91	3097 roshni vaswani	Fybcom A
92	3045 Tanaya kapse	FY Bcom A
93	3040 Shaikh Sumaiya Rahim	FyBCom A
94	3069 Jayshree Chavan	F.Y. B.com (A)
95	3053 Krusha Thakkar	F.Y.Bcom A
96	3068 payal shelar	FY BCOM A
97	3054 Shuchi Khandelwal	FY BCOM A
98	3004 Shirley Sequeira	FYBCOM A
99	3015 Shalaka Aaba Thorat	FYBcom A
100	3301 Suzan Solanki	FYBCom B
101	3431 Prapti Sawant	FY BCOM C
102	3206 Tamanna Lund	FYBCOM B
103	3024 shruti bobade	Fybcom a
104	3205 Sarita karanje	fybcom (B)
105	3075 Shraddha Kurane	Fybcom A
106	3232 Ruchee Limbani	FYBCOM (B)
107	3290 Prajakta Desai	FYBCOM (B)
108	3313 Shawna Frederick	FYBCom (B)
109	3284 Nisha Gupta	FYBCOM (B)
110	3252 Neha Jadhav	FY.BCOM(B)
111	3242 Dnyaneshwari Bhapkar	FYBCOM (B)
112	3424 Diksha Jagtap	FYBCOM (C)
113	3269 Shweta Vishwakarma	FYBCOM (B)
114	3475 Namitha Sunil Kumar	FYBCom (C)
115	3463 Neha Gangadhar	FYBCOM C
116	3415 Ekta Pardeshi	FYBCOM(C)
117	3480 Harshada Rakshe	FYBCOM (C)
118	3034 prema chawla	FYBCOM(C)
119	3410 Sanjana Shah	FYBCOM(C)
120	3414 Srushti Rokade	FYBCOM (C)
121	3503 Neha sharma	Fybcom[C]
122	3506 Sneha Abhay Gawade	FYB.COM(c)
123	3441 shaguffa kalburgi	Fybcom c
124	3473 Neelam Gandhi	FYBCOM C
125	3501 Yasmeen Pathan	F.Y.BCOM
126	3466 Karuna Bommanaboina	FYB.Com (C)
127	3496 Gayatri Mohanty	FYBCOM [C]
128	3279 Disha Neve	FYBCOM (B)
129	3293 Fiza Shaikh	Fybcom b
130	3450 Pramila Bhayal	FYBCOM C

J.H. Jadhav

Principal

St. Mira's College for Girls



Deepa. Krishnamurthi
Deepa

131	3052 vaishnavi kshirsagar	FYB.COM A	
132	3103 krutika pipada	FY BCOM A	
133	3113 Ankita Yadav	FY BCOM A	
	<i>Deepa</i>		
	Ms Deepa Krishnamurthi		



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



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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)]

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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/2020-21/08

Date:-15.7.2020

CIRCULAR

The college is conducting Regular online "Physical Fitness @ Home" program for all the students and Staff members from 27th July, 2020. Ms. Ekta Jadhav, Director of Physical Education is going to take the regular fitness classes online in two Batches morning- 7.30am to 8.30am and evening 5.00pm to 6.00pm. Those who are interested have to enroll their names to Ms. Ekta Jadhav, Director of Physical Education.

E. Jadhav

Ms. Ekta Jadhav
Director of Physical Education



G. H. Gidwani

Dr. G.H. Gidwani
Principal

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

Department of Physical Education and Sports

Physical Fitness @ Home Program

Report

The Department of Physical Education and Sports had organised online "**Physical Fitness @ Home Program**" for whole first semester. This program started at 27th July, 2020 till 25th December, 2020. This workshop was conducted for all the students as well as all staff members. The main purpose of this Physical Fitness @ home Program was to improve physical fitness and immunity system of all participants through daily Exercise at home in this pandemic situation. Daily exercise makes physically, mentally and emotionally strong. This program had also developed fitness habit and create awareness of Healthy life style among the participants. This kind of activities reduces Stress, improves posture, stamina and Improves personality.

The daily fitness workout or sessions was conducted by Mrs. Ekta Jadhav (Director of Physical Education, St. Mira's College for Girls, Pune). Initially this program was conducted in two Batches Morning and Evening batch and later on only it was conducted in the evening due to college schedule. This program was consisting of all types of physical activities like Cardio training, Aerobics, Zumba, leg and hand Strength training without and with equipment, Core training, Chair Exercise, Tag exercise, Yoga, Pranayama, Meditation etc. Under this program we have conducted some guest lectures on Diet and Nutrition, Resistance Training, Power Yoga, lifestyle habits in this pandemic situation etc. Many students and staff members took the advantage of this program and all were participated actively participated and enjoyed a lot all the fitness sessions. Some sessions were very interesting and motivating conducted with the help of pillow, chair, Table, bottles other equipment's which are easily available at home. The daily fitness sessions begin with warm-up and ends with cooldown and pranayama practice. This fitness session was very helpful to release the stress of everyone in this pandemic situation.

The whole program was coordinated by Mrs. Ekta Jadhav, Director of Physical Education and Sports.



Ms. Ekta Jadhav
Director of Physical Education



Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous- Affiliated to Savitribai Phule Pune University, Pune
Attendance sheet
Fitness @Home Program

Total Participants-

Sr. No	Timestamp	Full Name	Email	Phone number
1	7-22-2020 10:23:59	Anupama Desai	anupama.a.jadhav@gmail.com	0097150145949 5
2	7-24-2020 16:56:28	Rakeshwari singh	rajeshwarisingh953@gmail.com	9028871897
3	7-24-2020 17:02:14	Samrita Guha	samritaguha1799@gmail.com	9689819917
4	7-24-2020 17:08:57	Neha Das	nehadas965@gmail.com	7262860418
5	7-24-2020 17:13:17	Shreya laskar	shreya.laskar22@gmail.com	8805494808
6	7-24-2020 17:13:37	Ravisha Vikas Kamthe	ravishakamthe73650@gmail.com	9067895560
7	7-24-2020 17:15:34	Ritul Vikas Vachkal	ritulvachkal02@gmail.com	9158543676
8	7-24-2020 17:15:40	Mrunal Patil	pmrunal221@gmail.com	8698228716
9	7-24-2020 17:53:54	Sneha arne	snehaarne.333@gmail.com	
10	7-24-2020 18:03:02	Kajal lalji yadav	Yadavkajal9075@gmail.com	9022483502
11	7-24-2020 18:06:00	Shalini	shalini2002kaur@gmail.com	8637060998
12	7-24-2020 18:08:32	SAI SUHAS KACHARE	saikachare0402@gmail.com	+919860317726
13	7-24-2020 18:13:52	Garima Kundu	garimakundu17@gmail.com	08087856733
14	7-24-2020 18:16:35	Vaishnav jadhav	vaishnavi6200@gmail.com	8446290598
15	7-24-2020 18:19:28	Preksha	prekshaporwal20@gmail.com	08669092922
16	7-24-2020 18:26:49	Kashmeera Mehra	kannu8jan@gmail.com	8956092213
17	7-24-2020 18:32:02	Shreya Salve	shreyasalvi9989@gmail.com	9730764245
18	7-24-2020 18:34:28	Pallavi Nalage	pallavinalage11@gmail.com	9834370910
19	7-24-2020 18:37:34	Akshada Ganesh Tupe	tupeakshada34@gmail.com	9657439934
20	7-24-2020 18:42:31	Amruta Narke	amruta.narke@stmiracollegepune.edu.in	9503143088
21	7-24-2020 18:48:11	Jagtap Sneha Shahaji	jagtapsneha999@gmail.com	9404048030
22	7-24-2020 18:49:42	Sejal Thakur	thakurvijaysingh942@gmail.com	9762919902
23	7-24-2020 18:50:36	Tanvi Deokar	tanudeokar@gmail.com	9552585601
24	7-24-2020 18:50:52	Mrs. Rekha Kankariya	rekhakankariya@rediffmail.com	9860572490

Eakta Jadhav
Ekta Jadhav

Director of Physical Education



G.H. Jadhav

25	7-24-2020 18:51:05	Niya Dhar	niyatidhar26@gmail.com	9860093851
26	7-24-2020 18:51:06	Nikita Bodhankar	bodhankarnikki1230@gmail.com	7028865637
27	7-24-2020 18:56:14	Megha Dewangan	dewanganmegha19@gmail.com	9503479969
28	7-24-2020 18:58:00	Deepa Krishnamurthi	deepa.krishnamurthi@stmirascollegepune.edu.in	9665932767
29	7-24-2020 18:59:27	Samina Kausar	saminakshaikh@icloud.com	9373475970
30	7-24-2020 19:00:59	Komal kale	im.komalkale@gmail.com	7666840053
31	7-24-2020 19:01:47	Kiran choudhary	kiranchoudhary1802@gmail.com	
32	7-24-2020 19:07:43	Anitha Vinod Menon	anitha.menon@stmirascollegepune.edu.in	9850275872
33	7-24-2020 19:08:06	Sambhavi vijra	sambhavi2000vijra@gmail.com	09823976589
34	7-24-2020 19:09:33	Anjali Gaur	gauranjali2000@gmail.com	
35	7-24-2020 19:09:51	Mariyam Mithaiwala	mariyammzmu@gmail.com	9960528968
36	7-24-2020 19:11:06	Harshada Manjare	harshadam33@gmail.com	7038863029
37	7-24-2020 19:13:14	Rieyona Menezes	menezesrieayona471@gmail.com	9673839573
38	7-24-2020 19:14:47	Shravani Rajendra Majalkar	shravani.majalkar2001@gmail.com	9137896084
39	7-24-2020 19:19:12	Aditi Avinash Mahale	mahaleaditi2000@gmail.com	8766434377
40	7-24-2020 19:34:41	Darshani babar	darshinibabar18@gmail.com	8237961038
41	7-24-2020 19:38:25	Rutuja Rajguru	rutujarajguru24@gmail.com	8793726172
42	7-24-2020 19:41:10	Pratiksha Ingale	pratikshaingale2017@gmail.com	9921833198
43	7-24-2020 19:47:37	Sharanya Nair	sharanyan030@gmail.com	7888191731
44	7-24-2020 19:51:43	Aditi Jha	aditijha964@gmail.com	9021209486
45	7-24-2020 19:57:08	Ragini Gupta	Raginigupta09343@gmail.com	7038943679
46	7-24-2020 19:57:36	Manjita kulkarni	manjitakulkarni@yahoo.in	9762635584
47	7-24-2020 19:57:50	Arpita mashalkar	arpitamashalkar14@gmail.com	7709997105
48	7-24-2020 20:01:35	Sonal dawara	soniadawara20@gmail.com	8698997779
49	7-24-2020 20:15:46	Anju Jangid	anjujangid1576@gmail.com	9145751576
50	7-24-2020 20:31:53	Shakshi Malik	malikshakshi543@gmail.com	7499591521
51	7-24-2020 20:33:49	Maya Gurung	gurungmaya41@gmail.com	7875656182
52	7-24-2020 20:49:18	Maitrayee Sangitrao	mai22sangitrao@gmail.com	7741097169

Eka Jadhav

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G. H. Jadhav

53	7-24-2020 20:54:47	Hinal Damania	hinaldamania@gmail.com	7567025375
54	7-24-2020 21:01:09	Shraddha bharat Jain	jshraddha952@gmail.com	9112326094
55	7-24-2020 21:03:04	Priyanka Ravindra Bhure	priyankabhure280425@gmail.com	9527140342
56	7-24-2020 21:03:22	Diksha Alalli	alallidiksha1417@gmail.com	9881367551
57	7-24-2020 21:12:26	Disha Bhardwaj	dishabhardwaj1826@gmail.com	9226259074
58	7-24-2020 21:21:25	AISHWARYA JAGTAP	babzaishu@gmail.com	7020666049
59	7-24-2020 21:28:14	Neha Hanagandi	hanagandineha05@gmail.com	9420424139
60	7-24-2020 21:29:56	Anuska Kumari	anushkakumari.30102@gmail.com	9689479454
61	7-24-2020 21:30:03	Pooja Jain	pooja.jain@stmirascollegepune.edu.in	07709175515
62	7-24-2020 21:36:23	Anushka Ashok Jadhav	anusahi2101@gmail.com	
63	7-24-2020 21:37:44	Mayuri Makwana	mayurimakwana190@gmail.com	9769831887
64	7-24-2020 21:44:04	Bhoomi Punjabi	1706.bhoomi@gmail.com	09833668885
65	7-24-2020 21:44:39	Sakshi Raheja	sakshiraheja746@gmail.com	+919175403730
66	7-24-2020 21:51:39	Clarissa	8clarissa8@gmail.com	8007057141
67	7-24-2020 22:20:11	Shruti Mal	malshru06.10oct@gmail.com	8975904545
68	7-24-2020 22:35:20	Titiksha Padir	titiksha2403@gmail.com	9403565548
69	7-24-2020 22:37:29	Riya singh	riyasingh1464@gmail.com	9834907724
70	7-24-2020 22:42:18	Sakshi Vijay kshatriya	sakshi2122000@gmail.com	8806836201
71	7-24-2020 23:04:53	Simran Hingorani	simranhingorani11997@gmail.com	9545319165
72	7-24-2020 23:30:42	Gauri Ravindra Dhumal	96grdhumal@gmail.com	9168083340
73	7-25-2020 1:09:28	Mamta Makhija	mamtamakhija00@gmail.com	7741802698
74	7-25-2020 7:53:56	Kadambari pravin uttral	uttralk@gmail.com	7248919357
75	7-25-2020 8:28:23	Sudiksha sonar	sonarsudiksha@gmail.com	8421934583
76	7-25-2020 8:30:16	Arya gupta	aryaba1234@gmail.com	7558494499
77	7-25-2020 9:57:09	Shweta thakur	thakurshweta385@gmail.com	7499037053
78	7-25-2020 10:24:26	Dr (Mrs) Shalini Iyer	shalini.iyer@stmirascollegepune.edu.in	9225544200
79	7-25-2020 11:12:40	Bhavisha Nihalani	21911bev@gmail.com	8080736315
80	7-25-2020 11:19:49	Sakshi shitole	sakshishitole601@gmail.com	7447631492
81	7-25-2020	Rukaiya	rukaiyash2001@gmail.com	7709789635

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Handwritten signature in purple ink.

	11:22:50	Hyderabadwala		
82	7-25-2020 11:35:38	Vaibhavi chavan	vaibhavi.ent99@gmail.com	8669265275
83	7-25-2020 11:39:19	Pradnya shivaji patil	ppradnya03@gmail.com	07757846799
84	7-25-2020 12:47:36	Kanishka Dwivedi	kanishkadwivedi18@gmail.com	
85	7-25-2020 16:16:25	Shilpa Ashok Bansode	shilpabansode9898@gmail.com	7756928286
86	7-25-2020 16:25:42	Ankita kondhalkar	ashwinikondhalkar812@gmail.com	9511774619
87	7-25-2020 16:29:27	Munira T Dabhiya	munira.sparkles@gmail.com	9970985786
88	7-25-2020 19:10:51	Tanvi sanjay kakade	tanvikakade2224@gmail.com	9325703452
89	7-25-2020 19:32:40	Rutuja Rajendra gawle	rutujagawale2002@gmail.com	9834133718
90	7-25-2020 20:43:45	Sneha Chandra	sneha.srk.18@gmail.com	09765715187
91	7-25-2020 20:44:53	Gayatri Dusane Chintamani	gayatridusane3@gmail.com	7385399835
92	7-25-2020 20:57:53	Mechelle Gunraj	mechellegunraj28@gmail.com	9545279823
93	7-25-2020 21:13:05	Vidhi Santosh Agarwal	vidhiagarwal4867@gmail.com	7083694928
94	7-25-2020 21:25:15	Muskan Kasim Shaikh	ms5299140@gmail.com	9175827778
95	7-25-2020 21:42:02	Sakshee Uttekar	saksheeu2001@gmail.com	7588265421
96	7-25-2020 21:51:42	Shivani anil gaikwad	kamblevikas12@gmail.com	9146031086
97	7-25-2020 22:02:44	Vidhya Ankush Navale	vidhyaaksh2631@gmail.com	9689626934
98	7-25-2020 22:14:56	Mayuri Balasaheb Gaware	mayurigaware30@gmail.com	8999511619
99	7-25-2020 22:42:01	Ankita S. Padhen	ankupadhen@gmail.com	7498926909
100	7-25-2020 22:44:32	Tejaswini Pandharkar	tejukulk@gmail.com	9619227970
101	7-25-2020 22:52:05	Bhakti Jadav	bhaktijadav22@gmail.com	9762380266
102	7-26-2020 1:01:35	Shweta Dhangar	dhangarshweta32@gmail.com	8412881510
103	7-26-2020 9:43:54	Kajal Sahu	Kajalmodi.arts1@gmail.com	8770314251
104	7-26-2020 11:56:40	Jefiya Babu	jefiyababu1999@gmail.com	7040589935 (I do not have a watsapp)
105	7-26-2020 12:22:25	Tasneem.H.Khadkiwal a	tasneemtac@gmail.com	9096760951
106	7-26-2020 12:33:23	Pushpa Shrinivasan Bhandar	pushpabhandar64@gmail.com	7387597795
107	7-26-2020 13:11:29	Mehak Milani	mehak.milani@gmail.com	9850013345
108	7-26-2020 14:25:29	Tejashree	tejupawar330@gmail.com	9168358956
109	7-26-2020	Pratiksha	pratikshapunekar4@gmail.com	8329636147

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7.11.2020

	14:46:05	Chandrashekhar Punekar		
110	7-26-2020 15:04:09	Vaishnavi rajendra ghule	vaishnavighule759@gmail.com	8308247738
111	7-26-2020 18:22:11	Tanuja Nidan	tanujanidan@gmail.com	+917083147548
112	7-26-2020 18:38:23	Sai sandeep kalane	kalanesai@gmail.com	7083283094
113	7-26-2020 19:05:16	Nishtha Pandya	nishtha.11pandya@gmail.com	9860871661
114	7-26-2020 19:30:37	Simran Malik Khoja	simrankhoja123@gmail.com	9510729236
115	7-26-2020 20:09:41	Ritika Sharma	ritikaumesh888@gmail.com	9112933774
116	7-26-2020 20:16:02	Heena Hemant Rajpal	rajpalheena217@gmail.com	7066852651
117	7-26-2020 20:47:10	Khatija Khan	khatijashahistakhan@gmail.com	8446311444
118	7-26-2020 22:14:27	Akhila Yesudas	akhilayesudas@gmail.com	7796443129
119	7-26-2020 22:46:40	Bhakti Vishwas Kamble	kamblebhakti2000@gmail.com	9172334192
120	7-26-2020 22:55:31	Sejal Anil Sondekar	sejalsondekarsweet@gmail.com	7757073280
121	7-26-2020 23:50:05	Sangeeta Deshmukh	sangeetaadeshmukh@gmail.com	8459342911
122	7-27-2020 8:33:33	Bhagyashri andhare	andharebhagyashri@gmail.com	9168885797
123	7-27-2020 8:43:40	Sayyad suraiyya shahbaj	sayyadsuraiyya011@gmail.com	7040378660
124	7-27-2020 9:04:40	Deepika khichi	khichideepika29@gmail.com	8605276327
125	7-27-2020 9:54:55	Tejashree	teju113@gmail.com	9822878041
126	7-27-2020 11:21:51	Geetika Bhati	gitikabhati@gmail.com	08805450041
127	7-27-2020 12:09:31	Khadija Lokhandwala	khadijalokhandwala1203@gmail.com	8380946164
128	7-27-2020 13:05:07	fiza sayyed	sayyedfiza5@gmail.com	7378971935
129	7-27-2020 13:07:29	Sama Samtani	samasamtani10@gmail.com	9021127008
130	7-27-2020 13:57:41	Sheetal Jadhav	shitalsrj@gmail.com	9607286075
131	7-27-2020 15:16:06	Moksha Shah	moksha2501@gmail.com	8956344904
132	7-27-2020 15:21:13	Tanvi vohra	t.vohra123@gmail.com	8708653841
133	7-27-2020 16:31:30	Anushri pradip Mehkare	anushri4444@gmail.com	9075402368
134	7-27-2020 16:55:02	Asmita ravindra gaikwad	asmitag1908@gmail.com	7798696973
135	7-27-2020 17:03:18	Zainab Kapadia	zainabzk.mo@gmail.com	9657027655
136	7-27-2020 19:29:14	Zoha Sabooni	saboonizoha@gmail.com	
137	7-27-2020	Deepali Balasaheb	deepali.jawale1994@gmail.com	9670682490

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g.H. Jadhav

	21:17:18	Jawale		
138	7-27-2020 21:26:39	R.SELVARANI	selvaranirvs@gmail.com	9790979391
139	7-27-2020 21:35:37	Bhagyashree Jawale	bhagyashree.jawale1@gmail.com	7507824373
140	7-27-2020 23:59:35	Shubhangi Vinod Jagtap	shubhangi.jagtap@stmirascollegepune.edu.in	9890309353
141	7-28-2020 2:45:46	Saniya Somji	saniyasomji@gmail.com	9657991600
142	7-28-2020 8:32:10	Gayatri Sonawane	2018gayatrisonawane@gmail.com	08975966840
143	7-28-2020 11:09:40	Mamata landge	mamtalandge7@gmail.com	8412905404
144	7-28-2020 15:40:33	Bharati mulay	maheshmulay1985@gmail.com	8788962925
145	7-29-2020 15:19:43	Shirin Jinnah	shirin_jin@rediffmail.com	9822638330
146	7-30-2020 7:49:19	Anushka sarade	andysarade@gmail.com	8956973384
147	7-30-2020 11:13:21	Khushi Abichandani	khushi6226@gmail.com	9527755577
148	7-30-2020 12:41:31	Vaishnavi Sachin Sonawane	07.vaishnavisonawane@gmail.com	9623112691
149	7-31-2020 10:41:14	Gayathri Nair	gayu2436@gmail.com	08390182436
150	7-31-2020 22:17:01	Jennifer Mathew Daniel	jenmatdan@gmail.com	
151	8-1-2020 14:14:19	Sangita pawar	dhanshreepawar2802@gmail.com	8605425674
152	8-4-2020 1:03:26	Simran Duggal	simranduggal75@gmail.com	9881758855
153	8-6-2020 16:08:40	Kashmira Dilipsingh Rajput	kashmeerarajput1511@gmail.com	88882369271
154	8-9-2020 7:30:29	Janhavi Nitin Chayal	janhavi.chayal@gmail.com	7219561454
155	8-10-2020 0:43:01	Sakshi Gulwani	gulwanisakshi03@gmail.com	9657259819
156	8-11-2020 17:57:28	Prachi Pandey	prachipandey4009@gmail.com	8007333256
157	8-13-2020 8:11:46	Samiksha Bhimrao Moon	moonsamiksha23@gmail.com	8317201194
158	8-13-2020 18:52:02	Ruchika Jadhav	jruchika66@gmail.com	09689633843
159	8-13-2020 19:26:13	Sujata vivek moon	sujatamoon181@gmail.com	9370086667
160	8-14-2020 8:03:31	Krutika Vishal moon	moonkrutika@gmail.com	8668280866
161	8-28-2020 8:36:08	Kusumlata Maury	kusum11850@gmail.com	9140529330
162	9-7-2020 10:00:54	Pragati vitthal sase	1999pragatisase@gmail.com	9307284928

Ekta Jadhav

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Director of Physical Education



G.H. Gulwani



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:- **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.

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 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




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 - Registration Form

S.No	Timestamp	Student's Name	Age in years	Email address	Year of Degree	Which session would you like to participate in?	organize group sessions on any other topic of concern?	in group therapy/ session before organised by College?	scanned copy of your ID card or Fee receipt for our identification
1	1-6-2021 10:49:20	Anjali Pillai	20	anjali0909@gmail.com	Third year	Anxiety and Stress		Yes	m/open?id=1 HHVC
2	1-6-2021 10:56:15	Tanvi	19	tanudeokar@gmail.com	Third year	Study tips and techniques		Yes	m/open?id=1aKwZm
3	1-6-2021 10:58:22	Megha Garg	20	meghagarg379@gmail.com	Third year	Anxiety and Stress	attend both the session	No	m/open?id=1uqWWz
4	1-6-2021 10:59:35	Ankita Dhakad	19	ankitadhakad2012@gmail.com	Third year	Anxiety and Stress		No	m/open?id=1fe-
5	1-6-2021 11:00:13	Megha	20	meghagarg379@gmail.com	Third year	Study tips and techniques	-	No	m/open?id=1OCpVY
6	1-6-2021 11:01:15	Ankita	19	ankitadhakad2012@gmail.com	Third year	Study tips and techniques		No	m/open?id=17IUKKf
7	1-6-2021 11:02:23	Riya Rathod	18	rathodriya66@gmail.com	First year	Ask Away		No	m/open?id=1Xhlfusf
8	1-6-2021 11:04:22	Durga Daundkar	18	durgapdaundkar@gmail.com	First year	Study tips and techniques		No	m/open?id=1MX22Y
9	1-6-2021 11:04:58	Rinita Adhikary	18	adhikaryrinita542@gmail.com	First year	Ask Away		No	m/open?id=1PgYd-
10	1-6-2021 11:08:52	Jennifer Daniel	19	jenmatdan@gmail.com	Second year	Anxiety and Stress		Yes	m/open?id=1B60okP
11	1-6-2021 11:09:21	Samiksha	19	sammana2301@gmail.com	Second year	Study tips and techniques		No	m/open?id=1RGPKR
12	1-6-2021 11:14:05	Sherin George	21	sherin2218@gmail.com	First year	Study tips and techniques	Yes	Yes	m/open?id=12zFICH
13	1-6-2021 11:14:58	Sejal Bhayani	19	sejalpandharpur@gmail.com	Second year	Study tips and techniques		Yes	m/open?id=1ODueK
14	1-6-2021 11:17:27	Borsadwala	18	zainabborsad@gmail.com	First year	Study tips and techniques		Yes	m/open?id=12JrMO
15	1-6-2021 11:20:33	Namrata Datta	21	diyadatta03@gmail.com	Third year	Anxiety and Stress		Yes	m/open?id=1hns2J7f
16	1-6-2021 11:20:40	Olivia Fernandes	19	oliviafernandes12@gmail.com	Second year	Anxiety and Stress		Yes	m/open?id=1 0E86e
17	1-6-2021 11:21:55	Waghalekar	18	lavina.waghalekar@gmail.com	First year	Study tips and techniques	Yes	Yes	m/open?id=1wciybs
18	1-6-2021 11:23:36	Naina Gaikwad	19 yrs	nainagaikwad2001@gmail.com	Second year	Anxiety and Stress		No	m/open?id=1trVYBv
	1-6-2021 11:25:13	Naina Gaikwad	19yrs	nainagaikwad2001@gmail.com	Second year	Study tips and techniques		No	https://drive.google.c m/open?id=1kRfJLX huor8RjV_GoAUJxI FKJrI8u
20	1-6-2021 11:29:37	Anusha Kolloji	18	anushakolloji@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.c m/open?id=1SRQAn nElkbkZ4vY8VHJ Anab2pJ
21	1-6-2021 11:31:33	Nivriti sharma	18	nivritisharma8@gmail.com	First year	Study tips and techniques		No	https://drive.google.c m/open?id=1SP- 7Zqk9KosicyQHVo Tbk5UmoH6PW2
22	1-6-2021 11:32:14	Garima Kundu	18	garimakundu17@gmail.com	Second year	Study tips and techniques		Yes	https://drive.google.c m/open?id=1YfOkw/ Xhq7QsvpeBXhUR0 C_1_7XKq
23	1-6-2021 11:32:36	Niriksha	20	nirikshashetty24@gmail.com	Third year	Study tips and techniques		Yes	https://drive.google.c m/open?id=1dTw- NVOxRV03ZCXTI L1YIPDHcnAFY
24	1-6-2021 11:33:32	Shalini Gautam	18 years	shalinigautam587@gmail.com	First year	Study tips and techniques	No	No	https://drive.google.c m/open?id=1cAPtdQ u7hXrTWobA3Woh RWn0KWRNV
25	1-6-2021 11:34:44	Atheyee Pal	19	atheyee28p@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.c m/open?id=1HvQOR PWeFZIRQEr_prMJ 6wmKgHMCB
26	1-6-2021 11:38:31	Pratiksha kauttikar	19	Pratikshakauttikar7538@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress	Other topic	No	https://drive.google.c m/open?id=1RD8mL OHPo9W71IrmTve U0r3kzb-
27	1-6-2021 11:55:19	Mayuri Makwana	20	mayurimakwana190@gmail.com	Third year	Study tips and techniques		No	https://drive.google.c m/open?id=1ICRPdF ztlOZ3JE4ez7JdhE j-BFh
28	1-6-2021 11:59:13	Mitali Mehta	18	mitalimehta574@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress	Overthinking	Yes	https://drive.google.c m/open?id=1YynPt eit11Jrrj- h5LhTEXSmjVdu
29	1-6-2021 12:01:09	Akanksha	20	akankshabalkawade10@gmail.com	Third year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.c m/open?id=1WynBg B_xe_JE1zyStAv314 Yo1Sbu5
30	1-6-2021 12:01:48	Mitali Mehta	18	mitalimehta574@gmail.com	First year	Study tips and techniques		Yes	https://drive.google.c m/open?id=1XdGFc 30rvMVSxXYQ18nf HaKctpFX
31	1-6-2021 12:03:56	Rishika Vaidya	18	vaidyariishi20@gmail.com	First year	Study tips and techniques	how to be always motivated and energetic?	Yes	https://drive.google.c m/open?id=1WBVoc HRqVQDeVCkRt7p C5ksUj1q1

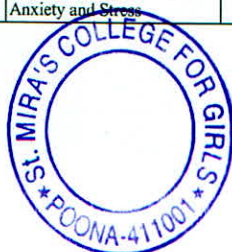
*Twice
laxo sain*



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St. Mira's College for Girls

51	1-6-2021 17:57:15	Sonali Patil	19	sonalipatil9923@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1GMLItLCVPcGfQRfYE_Rn4A5BBz
52	1-6-2021 18:00:28	Ishika	19	ishikaahuja1404@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1mV70akJk1tmVkdKwBRVZmKwMma
53	1-6-2021 18:05:41	Suzan Solanki	18	suzansolanki1504@gmail.com	First year	Study tips and techniques		No	https://drive.google.com/open?id=14o2giq5fmc1heNII2PCns1v0_vJZ1
54	1-6-2021 18:06:51	Suzan Solanki	18	suzansolanki1504@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1qRD7bmVqYGAW5O2wDaIwaCwC01r1l
55	1-6-2021 18:13:10	Yogita Melwani	19	11901.yogtia@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=18l-42pWTdCbWAT5gDbDk2p7UdcBvLf
56	1-6-2021 18:23:01	Lesha Samtani	Nineteen	lsamtani08@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1HfvG4nL1tLP8v6pqUqan6R63w4Sk2
57	1-6-2021 18:39:18	Ishika	19	ishikaahuja1404@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1nzKdvYCbE-iDQwUT6nWZSmOfnGASU
58	1-6-2021 19:02:36	Sneha Rajnale	19	sneharajnale29@gmail.com	First year	Study tips and techniques	No	Yes	https://drive.google.com/open?id=1n_vPvk7AxoiNNO_oxGJz4ltlxZMcK
59	1-6-2021 19:11:53	Arman Chagla	21	armanchagla@gmail.com	Third year	Study tips and techniques		No	https://drive.google.com/open?id=1LKIU_40gMCnQd4c68hcgSnIYJ6ji
60	1-6-2021 19:15:27	Prerna parte	18	parteprema3@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress	No	Yes	https://drive.google.com/open?id=1EOofISq5TJlJfFe7H0tVOZKfRCp4QQ
61	1-6-2021 19:53:00	Swamini Suryawanshi	18	Swaminisuryawanshi24@gmail.com	First year	Study tips and techniques	No	Yes	https://drive.google.com/open?id=1bT17AqCIVKf-XIbhzWeJa20RGWChi
62	1-6-2021 20:14:47	Yashika Jain	20	yashikaj33@gmail.com	Third year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1oSK1S8BPG8FdZuLFjgnKluLNQwRn
63	1-6-2021 20:36:59	Ruchika Jadhav	21	jruchika66@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1dP4Nd3ZnGw1XJdGk3SvalvK60XvH
64	1-6-2021 20:39:03	Sharayu Bagade	19	sharayubagade@gmail.com	Second year	Ask Away	Yes	No	https://drive.google.com/open?id=1wveR7Tegio-5iZ1xnJqLpauu6mB8N
65	1-6-2021 20:39:05	Ruchika Jadhav	21	jruchika66@gmail.com	Second year	Study tips and techniques		Yes	https://drive.google.com/open?id=1W0jqzIzNoUoij4HJ7wzeCvtj9w8
66	1-6-2021 21:00:44	Zoha Sabooni	20	Zoeysabooni8@gmail.com	Third year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1dRA8p2ggvgrSJrlapnv_6OaJlppenR
67	1-6-2021 21:30:47	Shweta Abasaheb Thorat	19	shwetathorat766@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1rWczSnaG2w1hnzJQV22jXExcIM6bu
68	1-6-2021 23:21:36	Sheetal	19	choudharyjk8329@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress	Anxiety management of any thing	No	https://drive.google.com/open?id=1uPGQ5ExRCJlc6p7Qg_45zRY7vw
69	1-6-2021 23:40:16	Heba Mohammed Yusuf	19	hebayusuf01@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1m4MQzJ6eyrWqjVnoblDBzzyHm2E

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32	1-6-2021 12:10:08	Akanksha	20	akankshabalkawade10@gmail.com	Third year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1mJ5ztqitvYuEpn3IVAYiQ5MR55V
33	1-6-2021 12:12:45	Mitali Mehta	18	mitalimehta574@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=140uv5gjhXRGSKP7dK3ZtPoHJWu719
34	1-6-2021 12:40:45	Ishita Chandra	20	ishitaachandra@gmail.com	Third year	Study tips and techniques		Yes	https://drive.google.com/open?id=10F8IOAsjuXDw_OdtKm260POOgViNb
35	1-6-2021 12:44:39	Shruti Nimkar	20	shrutinimkar@gmail.com	Third year	Ask Away		Yes	https://drive.google.com/open?id=1Nu76uafldv-4TnjpAGsW17VAIS
36	1-6-2021 12:50:12	Samiksha Moon	19	samikshamoon50@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1FpfIXjvAT9NwP'SsuVkaAgQil_fcgXE
37	1-6-2021 12:52:22	Samiksha Moon	91	samikshamoon50@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1UefvZ1YAKa2Y05amV6hX29g_Qp-jX
38	1-6-2021 13:01:45	Gauri Rajee	19	gauriraje2001@gmail.com	Second year	Ask Away	Managing and understanding high functioning anxiety	Yes	https://drive.google.com/open?id=1JTzDA0xki_qF4WtRZAJqkOo5uXuyd
39	1-6-2021 13:25:49	Karuna Gurav	18	karunagurav04@gmail.com	Second year	Study tips and techniques		Yes	https://drive.google.com/open?id=1m5vc-TMXvd_wcw_wrT3GZkBJ3M_Se
40	1-6-2021 13:57:11	Monaz lakhani	20 years	Monazlakhani@yahoo.com	Third year	Study tips and techniques	Tips and techniques on how to sit long hours for online school/college	Yes	https://drive.google.com/open?id=1e1i9jz8KlHxAPvartT42zi9Ei6xg
41	1-6-2021 14:25:29	Kumud Poptani	20	kumud0319@gmail.com	Third year	Study tips and techniques		Yes	https://drive.google.com/open?id=1z2ofdGfExb90P23AEJzoWYNE5x9sj
42	1-6-2021 14:55:07	Sejal Vijaysingh Thakur	18	thakurvijaysingh942@gmail.com	Second year	Study tips and techniques		No	https://drive.google.com/open?id=1x8keZSAXQKH7jM27Nufgv0-vTLg357
43	1-6-2021 15:39:38	Arju kumari	21	arju071999@gmail.com	Third year	Study tips and techniques		No	https://drive.google.com/open?id=1F7DdonBxeXfm65fMH_KuE7XcQ2Q
44	1-6-2021 17:03:39	Karishma suhanda	19	karishmasuhanda57165@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1_GbNhlLF4YZfwm7u75-dDgDp3rR0huS
45	1-6-2021 17:05:06	Karishma suhanda	19	karishmasuhanda57165@gmail.com	First year	Study tips and techniques		No	https://drive.google.com/open?id=1ffhE6_5FAqiGSSC291fa0jtyvDSily
46	1-6-2021 17:10:12	Anjali singh	1999	anjalicosingh@gmail.com	PG- Second year	Ways of managing Exam/test Anxiety and Stress	How to have confidence in any field of life	Yes	https://drive.google.com/open?id=10wTWfBYtbXcPnjnuufVWzYGOKhhgC
47	1-6-2021 17:34:52	Minali Parwani	19	minaliparwani06@gmail.com	Second year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=14_FD0hqp53NlxFOJgxM9YzMDKzSnN14
48	1-6-2021 17:47:02	Sukhbeer mehmi	21	11904.sukhbeer@gmail.com	Second year	Study tips and techniques	Yes	No	https://drive.google.com/open?id=1g3S3j8Ja_hJa9fvHTKicNpalvYBJ
49	1-6-2021 17:50:15	Jasneet Kaur Khanuja	18	jasneetkaurkhanuja@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress	Yes	No	https://drive.google.com/open?id=1IT2caVXx8ekZ46ShE0vgF_lLidwax
50	1-6-2021 17:50:18	Jasneet Kaur Khanuja	18	jasneetkaurkhanuja@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress	Yes	No	https://drive.google.com/open?id=1K88fXlZzy6veYBbzIY8Q24EIEPXAf

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

70	1-7-2021 10:45:11	Mitali.R.Swamy	18	swamymitali2@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1s7B289DYhn7p3kk2A4-8SqGeTWjHl-
71	1-7-2021 12:17:01	Vasudha Ramani	18	ramanivasudha2002@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1cY9s87hFncy5GDWGXVIVrkBSwHEV9
72	1-7-2021 12:39:30	Pihu Mittal	18	pihu.mittal5@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1KZUJcY6vO_CkYxPH6K2C8VqMYIV7
73	1-7-2021 12:42:47	Tanaz Shaikh	18	shaikhtanaz2002@gmail.com	First year	Study tips and techniques	No	No	https://drive.google.com/open?id=1v10ayt5QApOEEagGrZ-6kjdBZoAZnh
74	1-7-2021 13:18:53	Christina D'souza	18	Christina.1.4.dsouza@gmail.com	First year	Ask Away		Yes	https://drive.google.com/open?id=1Y6QEfsnKCTn0PL-LjTeyqfxRh9NmVw
75	1-7-2021 13:19:28	Christina D'souza	18	Christina.1.4.dsouza@gmail.com	First year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1rH9HIGlQeZmu_0IU0Amchh72UUn1WpD
76	1-7-2021 14:24:01	Sherin George	21	sherin2218@gmail.com	First year	Study tips and techniques	Yes	Yes	https://drive.google.com/open?id=1ckByfWtSv0PahWfYjW10CkV9trIfU
77	1-7-2021 15:03:20	Sonali Patil	19	sonalipatil9923@gmail.com	Second year	Study tips and techniques		Yes	https://drive.google.com/open?id=14QCS3jY09TQj8nzYK5uBCUMmbyWMsl
78	1-7-2021 15:34:01	Sanika Rajendra Sonawane	18	sanikasonawane99@gmail.com	First year	Study tips and techniques		No	https://drive.google.com/open?id=1T9-XC_G2eALb7CUqviGNehosmdFTmwh
79	1-8-2021 1:00:09	Nandini Mangalore	20	nandini486@gmail.com	Third year	Study tips and techniques		No	https://drive.google.com/open?id=1f1QFhqEvf6CTulIQ-M-ePHMoKhof2xw
80	1-8-2021 9:55:52	Vasudha Ramani	18	ramanivasudha2002@gmail.com	First year	Study tips and techniques		Yes	https://drive.google.com/open?id=19XZ-I7Pp_InA6E8UbdOF66IA_JsHlRu
81	1-8-2021 11:18:05	Rinita Adhikary	18	adhikaryrinita542@gmail.com	First year	Study tips and techniques		No	https://drive.google.com/open?id=1Gn_6lP_FaNzKVjo0sUc2ubCH04RBT
82	1-8-2021 12:03:52	Naina Gaikwad	19 yrs	nainagaikwad2001@gmail.com	Second year	Study tips and techniques		No	https://drive.google.com/open?id=12jTT9lUqQC37ASRenUId-be5tQhW1zt
83	1-8-2021 14:16:05	Sakshi Punjabi	19	spunjabi.sp49@gmail.com	Second year	Study tips and techniques		Yes	https://drive.google.com/open?id=1T7l1vDvYvneZEZ4DlPmxTC_o9Q-MD5
84	1-8-2021 16:43:52	Azra Hiroli	21	azrahiroli111@gmail.com	Third year	Study tips and techniques	No	No	https://drive.google.com/open?id=1FpVgkCqMpEDnV3hw0nfnYbVK1avhhq
85	1-9-2021 9:32:53	Rinita Adhikary	18	Adhikaryrinita542@gmail.com	First year	Ask Away		No	https://drive.google.com/open?id=1IDyTAzGG9CzYfSY4HjFexnbnF-yi
86	1-9-2021 13:03:28	Chrislynn Rodrigues	17	chrislynnr111@gmail.com	First year	Ask Away	No.	Yes	https://drive.google.com/open?id=1QF38Yt6_3EdZMtZMOszetX3w4TEb_u
87	1-9-2021 14:01:38	Aditi Sampat	20	aditisampat15@gmail.com	Third year	Ways of managing Exam/test Anxiety and Stress		No	https://drive.google.com/open?id=1kuRuhevtraPxQpPJZncu2Dv5C0KG
88	#####	Sakshree Uttekar	19	saksheetu2001@gmail.com	Third year	Ways of managing Exam/test Anxiety and Stress		Yes	https://drive.google.com/open?id=1LM-DOChDUDZws7mA_VjuoJzmJ2INj

Total Students: 88

Program Coordinator: Ms. Pooja Jain



S. H. J. Idnani
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:

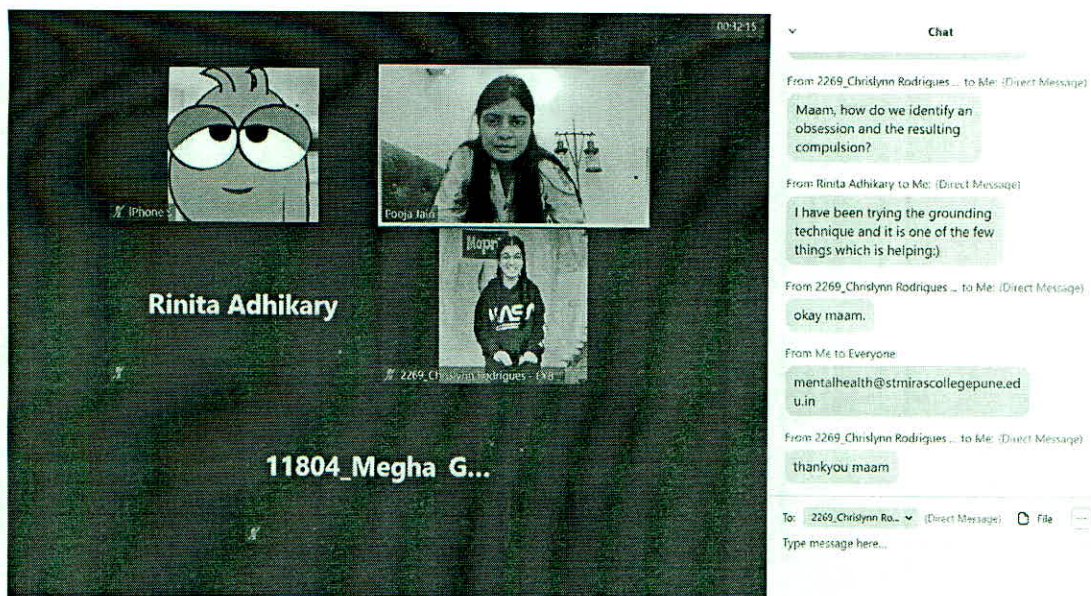
mentalhealth@stmiracollegepune.edu.in



*For
Pojo san*



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



Webinar in progress on study tips and techniques

Program coordinator- ^{For} Ms. Pooja Jain



J. H. Jadhavani
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:- ^{IQAC} G15/2020-21/54

Date:-08. 02. 2021

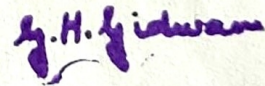
CIRCULAR

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



Program Coordinator: Ms. Pooja Jain


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	bhideshreyauini@gmail.com	Shreya Bhide	Shreya	Shreya Bhide	19	bhideshreyauini@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	Purna	Purna 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

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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	shubhangi sanjay dhore	19	11919.shubhangidhore@gmail.com	9890953612	SY
11-3-2021 9:24:03	srimgupta@gmail.com	Sriradha Gupta	Sriradha	Sriradha Gupta	20	srimgupta@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



H. H. Gidwani
Principal
St. Mira's College for Girls, Poona



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/2020-21/59

Date:-22.02.2021

CIRCULAR

The college is organising a webinar on **"Mental Health and Physical Fitness during and after Covid-19 Pandemic"** on 03rd March, 2021 at 5.00 pm for all the students and staff members Dr. Yogesh Bodake (Assistant Professor, Chandrashekhar Agashe College of Physical Education, Pune) is the resource person for the webinar. All are requested to attend the same.

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Webinar on Mental Health and Physical Fitness during and after Covid-19 Pandemic
Report

The Department of Physical Education and Sports had organised the Webinar on "Mental Health and Physical Fitness during and after Covid-19 Pandemic" on 03rd March, 2021 under the program Fit India Movement and Physical Fitness @ Home. This webinar was conducted for all the students and for staff members. The aim of this webinar was to create awareness among the students about Exercise is essential for maintaining Mental Health and Physical Fitness during and after Covid-19 Pandemic.

Dr. Yogesh Bodakeb (Assistant Professor, Chandrashekhar Agashe College of Physical Education, Pune) was the resource person for the webinar he has Completed PhD. in Physical Education from Pune University. The global outbreak of the corona virus has adversely affected the physical health and mental health of the people and physical activity is necessary to cope with the physical and mental problems that may arise even after the health crisis is over. At the beginning of the lecture, he explaining the importance of Mental Health and it directly affects on the Physical Fitness. The uncertainty caused by corona and work from home have reduced physical activity, increasing the risk of obesity. Children had to be educated online while teachers had to be educated online. Overall, everyone's screen time has increased. This has led to problems such as loss of physical activity, loss of muscle strength and weight gain. He also explained about the Sitting Postures while attending the lectures or watching on mobile and their Corrective measures.

He also said that there is no alternative to exercise to maintain physical and mental health. If you are prohibited from going out due to lockdown, you can do many exercises at home as well as how to plan your daily exercise, what and how much to do, with the help of different fitness applications on mobile we can do fitness. We should walk ten thousand steps every day, and keep a record of it through his mobile app, first by day, then by week, then by month and finally by annual. We have to take care of our own health. He also said that "the best way to stay healthy and control weight is to eat a low calorie, square diet and we should avoid fatty foods and exercise regularly".

The introduction of resource person was given by Mrs. Ekta Jadhav (Director of Physical Education), and the Vote of thanks was given by Mrs. 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 webinar.



Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

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

Department of Physical Education

Webinar-Mental Health and Physical fitness during and after Covid-19 Pandemic.

Resource Person- Dr.Yogesh Bodake

Date-03-03-2021

AttendanceSheet

Total Number of Participants- 201

	Names	2021-03-03	Arrival time	Last Seen	of Checks	Joined
1	2463_kanishka	" ✓ "	"17:19"	"18:18"	"28"	"1"
2	Sakshi Patange 5065	" ✓ "	"17:00"	"18:03"	"50"	"1"
3	3434_chetna_ramesh_thorat	" ✓ "	"16:43"	"17:10"	"28"	"1"
4	2247_suniti Pingte_fyba A	" ✓ "	"16:40"	"18:09"	"50"	"1"
5	2269_chrislynn Rodrigues - Fyba A	" ✓ "	"16:31"	"18:12"	"42"	"2"
6	36 Nicole Aiman	" ✓ "	"16:58"	"18:22"	"45"	"2"
7	Angel Ambrose	" ✓ "	"16:53"	"18:24"	"55"	"2"
8	1053_Ankitajangid	" ✓ "	"16:54"	"18:28"	"54"	"4"
9	5040_tanishqa Annam	" ✓ "	"16:59"	"18:24"	"44"	"1"
10	Shabana Attar	" ✓ "	"18:04"	"18:18"	"15"	"1"
11	3229 Azraa Babul	" ✓ "	"16:49"	"16:53"	"50"	"1"
12	5052 Sakshi Balid	" ✓ "	"17:00"	"18:01"	"22"	"1"
13	1001_nuri Bhatia	" ✓ "	"16:46"	"18:18"	"53"	"1"
14	47_BcaSrushti Bhosale	" ✓ "	"16:56"	"17:03"	"28"	"2"
15	Yogesh Bodke	" ✓ "	"17:03"	"18:22"	"57"	"4"
16	1422_sneha Borse	" ✓ "	"17:03"	"18:22"	"37"	"2"
17	3069 Jayshree Chavan	" ✓ "	"17:19"	"17:48"	"9"	"1"
18	Sharlika Chavan	" ✓ "	"18:05"	"18:08"	"40"	"1"
19	Tanisha Chavan	" ✓ "	"17:47"	"18:23"	"26"	"1"
20	1083_rituja Chhajed	" ✓ "	"16:50"	"17:02"	"13"	"1"
21	Jyoti Chintan	" ✓ "	"17:08"	"17:31"	"10"	"1"
22	4-Pratiksha Chordiya	" ✓ "	"18:00"	"18:25"	"24"	"1"
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26	2454 Sheetal Choudhary	" ✓ "	"16:47"	"17:48"	"34"	"2"
27	3439_silvia D'souza	" ✓ "	"16:49"	"18:25"	"55"	"2"
28	5101_aparna Dahire	" ✓ "	"16:48"	"18:22"	"53"	"1"
29	1107_nandini Dandu	" ✓ "	"17:28"	"18:22"	"27"	"1"
30	2294_snehal Darwatkar_fybaa	" ✓ "	"16:49"	"16:49"	"31"	"1"
31	2449_durga Daundkar	" ✓ "	"16:45"	"17:12"	"26"	"1"
32	Anita Dcunha	" ✓ "	"16:53"	"18:27"	"53"	"2"

E. Jadhav
Ekta Jadhav
Director of Physical Education



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

33	4404_esmath Dehkhapur	" ✓"	"16:55"	"17:12"	"16"	"1"
34	Suvarna Deolankar	" ✓"	"16:37"	"18:53"	"100"	"1"
35	3290 Prajakta Manojkumar Desai	" ✓"	"17:47"	"18:21"	"25"	"1"
36	1431_sanjana Deshmukh	" ✓"	"17:28"	"17:55"	"27"	"1"
37	Roll No 6 Smitika Deshmukh	" ✓"	"16:55"	"18:24"	"50"	"5"
38	5427_renuka Dhage	" ✓"	"16:56"	"17:09"	"14"	"1"
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41	3078 Sakshi Dhoble	" ✓"	"17:08"	"17:40"	"32"	"1"
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43	3500_pratiksha Dhumal	" ✓"	"17:12"	"18:12"	"60"	"1"
44	Shreya Dombe	" ✓"	"17:00"	"18:07"	"67"	"1"
45	5039_sakshi Dupare	" ✓"	"17:03"	"17:31"	"15"	"1"
46	Gayatri Erande	" ✓"	"16:47"	"17:09"	"23"	"3"
47	57 Rheanne Fernandes	" ✓"	"17:04"	"18:22"	"37"	"1"
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50	2251_rutuja GhuleFyba	" ✓"	"16:53"	"17:20"	"20"	"1"
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Ekta Jadhav
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Director of Physical Education



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E. Jadhav
Ekta Jadhav
Director of Physical Education



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

123	3295_ananya Negi	" ✓ "	"16:49"	"18:14"	"46"	"1"
124	Jitendra Nepali	" ✓ "	"17:03"	"17:03"	"1"	"1"
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Ejadhav
Ekta Jadhav
Director of Physical Education



S.H. Sidwani
Principal
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168	3403_ashmira Shaikh	" ✓ "	"16:52"	"18:22"	"48"	"2"
169	51 Sayema Shaikh	" ✓ "	"17:28"	"18:07"	"14"	"1"
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174	Monika Sharma	" ✓ "	"17:28"	"17:48"	"6"	"1"
175	71 Kadambari Shelar	" ✓ "	"17:47"	"18:19"	"22"	"1"
176	3230_namrata Shelke	" ✓ "	"16:47"	"17:08"	"22"	"1"
177	2289 FybaLeoum Jessica	" ✓ "	"16:48"	"18:22"	"53"	"4"
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180	64bcayf Aditi Singh	" ✓ "	"16:50"	"16:50"	"1"	"1"
181	Rajni Singh	" ✓ "	"16:59"	"16:59"	"1"	"1"
182	Sandhya Singh	" ✓ "	"17:29"	"17:31"	"3"	"1"
183	1099_krishna Soni	" ✓ "	"16:49"	"16:59"	"11"	"1"
184	3213_karishma KishanSuhanda	" ✓ "	"16:43"	"18:15"	"53"	"1"
185	Siddhi Surve	" ✓ "	"16:53"	"18:04"	"33"	"1"
186	67_fybba_swamini Suryawanshi	" ✓ "	"16:52"	"17:03"	"12"	"1"
187	12_bca_ritika Talwar	" ✓ "	"16:48"	"17:02"	"15"	"1"
188	Kadambari Tambe	" ✓ "	"17:00"	"17:10"	"10"	"2"
189	1060_atharvi Taware	" ✓ "	"16:48"	"17:02"	"16"	"2"
190	1448_mansi Thakur	" ✓ "	"17:06"	"17:29"	"10"	"1"
191	SmitaTirthakar	" ✓ "	"16:47"	"17:21"	"27"	"1"
192	Sneha Todkar	" ✓ "	"17:19"	"17:28"	"4"	"1"
193	1003_durva Trivedi	" ✓ "	"16:48"	"16:59"	"12"	"1"
194	3243_pranali Vavare	" ✓ "	"16:50"	"16:51"	"2"	"1"
195	15 Bca Trisha Virdi	" ✓ "	"16:54"	"17:01"	"8"	"1"
196	3269_shweta Vishwakarma	" ✓ "	"16:45"	"18:10"	"47"	"3"
197	5038_pranjal Wadhwani	" ✓ "	"16:56"	"17:31"	"22"	"1"
198	1101_sakshi Waghmare	" ✓ "	"16:58"	"17:00"	"3"	"1"
199	3308_Preeti Yadav	" ✓ "	"17:09"	"17:21"	"5"	"1"
200	4037_kajal Yadav	" ✓ "	"17:04"	"18:22"	"36"	"2"
201	Snehanjali Yadav	" ✓ "	"17:03"	"17:21"	"8"	"2"

E. Jadhav
Ekta Jadhav
Director of Physical Education



G. H. Jadhav
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

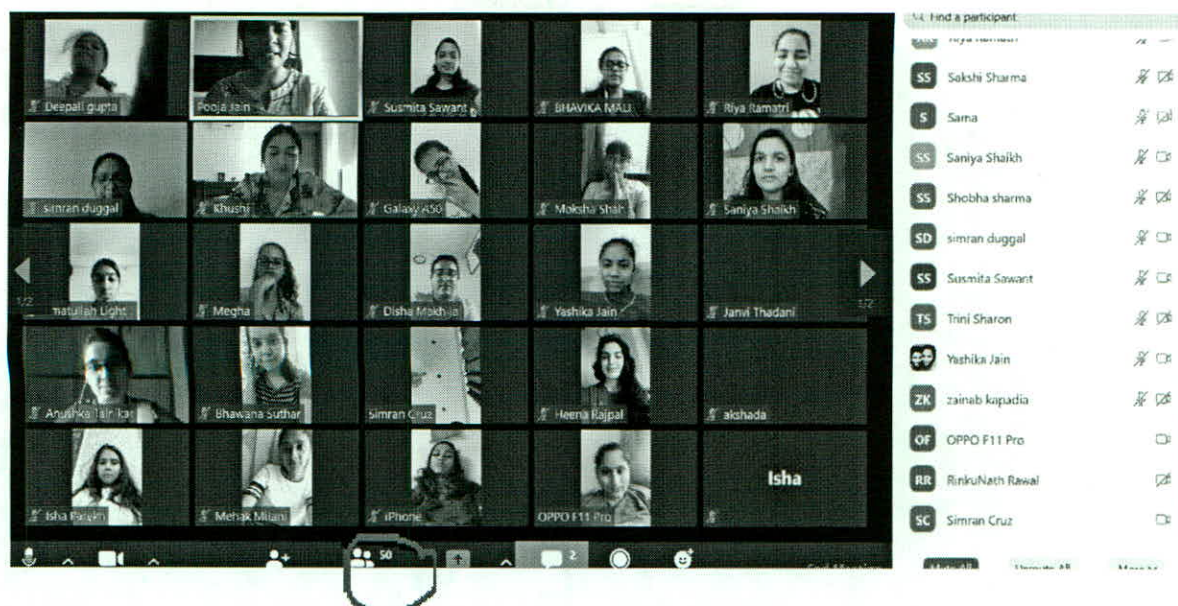
Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmiracollegepune.edu.in



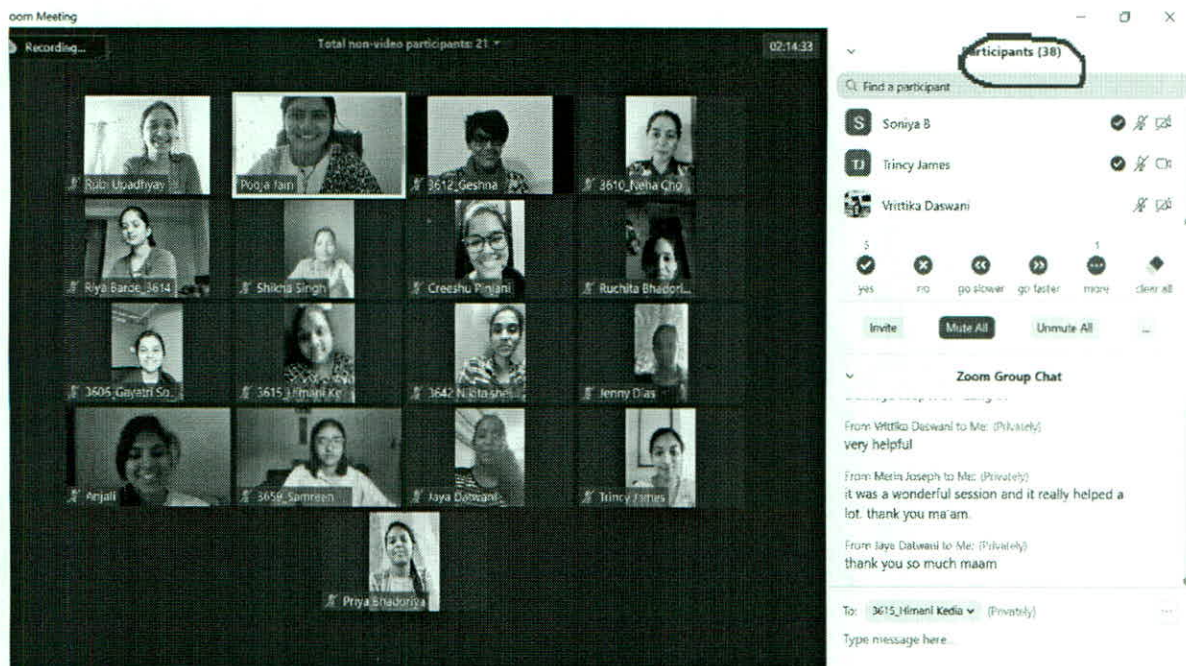
J. H. Jadhav
Principal

St. Mira's College for Girls



For

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



TY BCom - 38

TY BCom (B) - 28



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

For

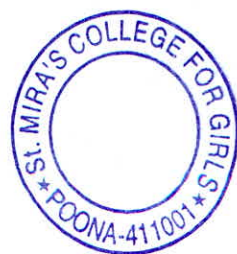
TY BA - 33

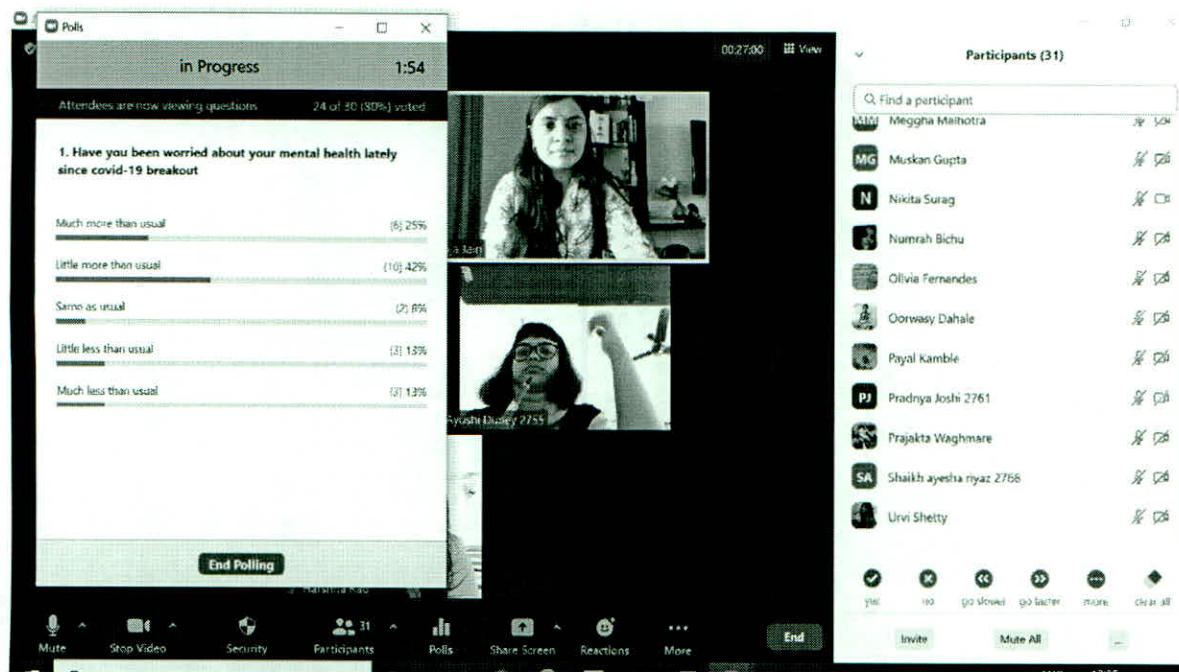
Participants (33)	
Valshmi Dandekar	
Pooja Jain	
Nagu Kavale	
Aditi Sawane	
Amisha Singh	
Bhakti Kamble	
Devika Dhobale	
Diksha Apte	
Divya Bohra	
Divya Rathod	
Harshada Thandekar	
Kajal Soma Pawar	
Kaveri Sarte	
Madhura Bunde	
Muskan Shahin	
Natani	
Neha Waghre	
Pratiksha Yadav	
Priyanka Chaudhary	
Rajeshwari Singh	
Ritika Badi	
Rishika Jagdale	
Sakshree Uttakar	
Samira Shaikh	
Sanchi Galkwad	
Saniya Phatke	
Simran Nayak	
Sonam Galkwad	
Sn Nisha Patil	
Tamanna Rana	
Tejaswini Pawar	
Urvita Galkwad	
Valshnavi More	

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

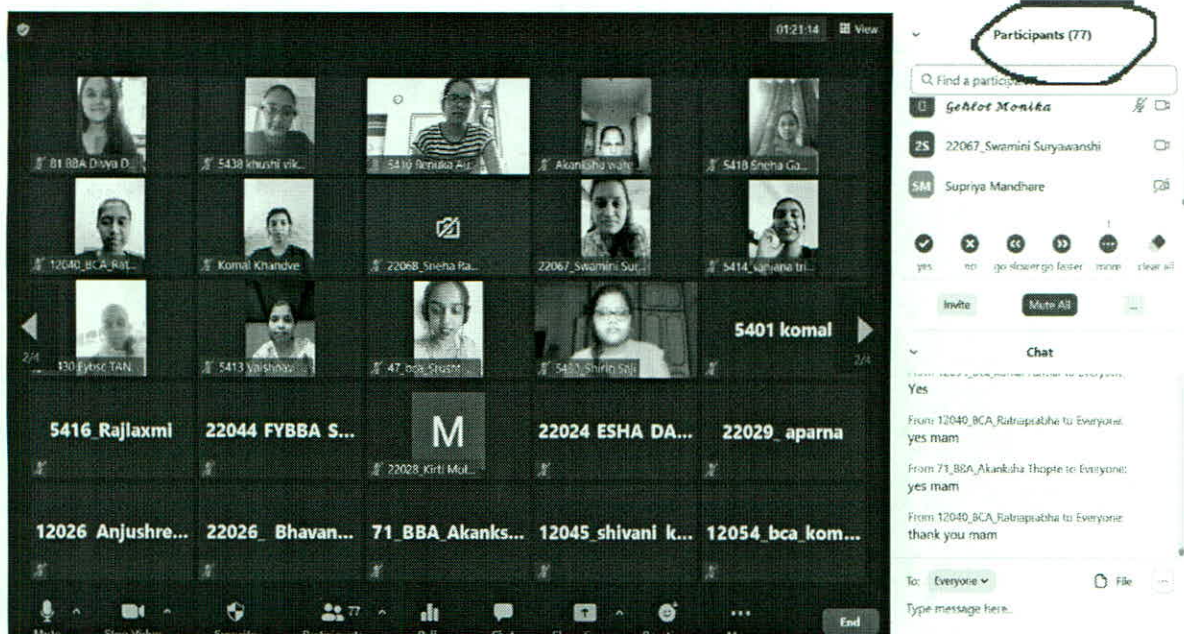
SY BA - 31

For

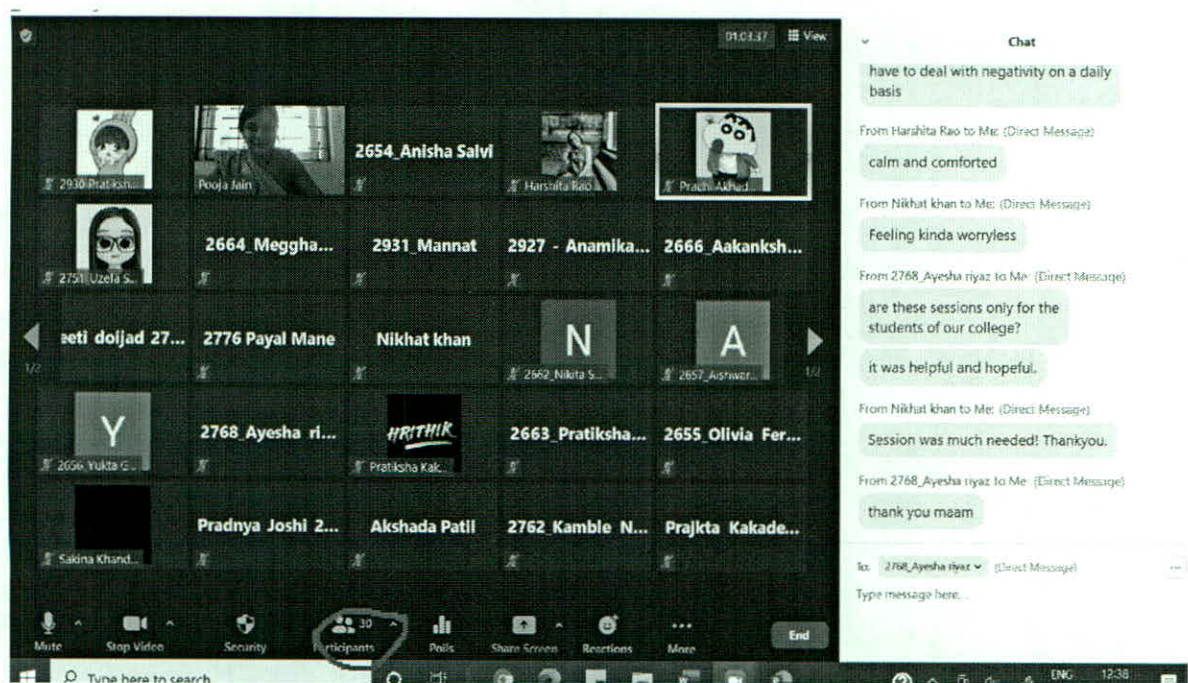




Sy. H. J. Idurani
Principal
St. Mira's College for Girls



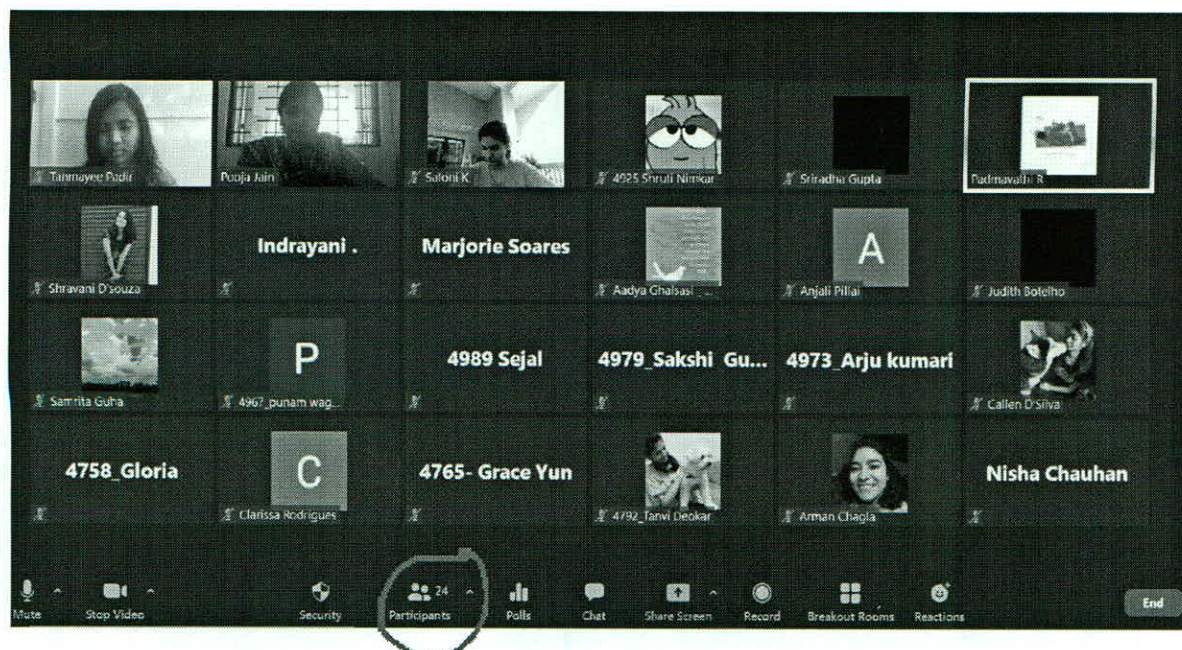
FY BBA+ BCA+ BCS= 77



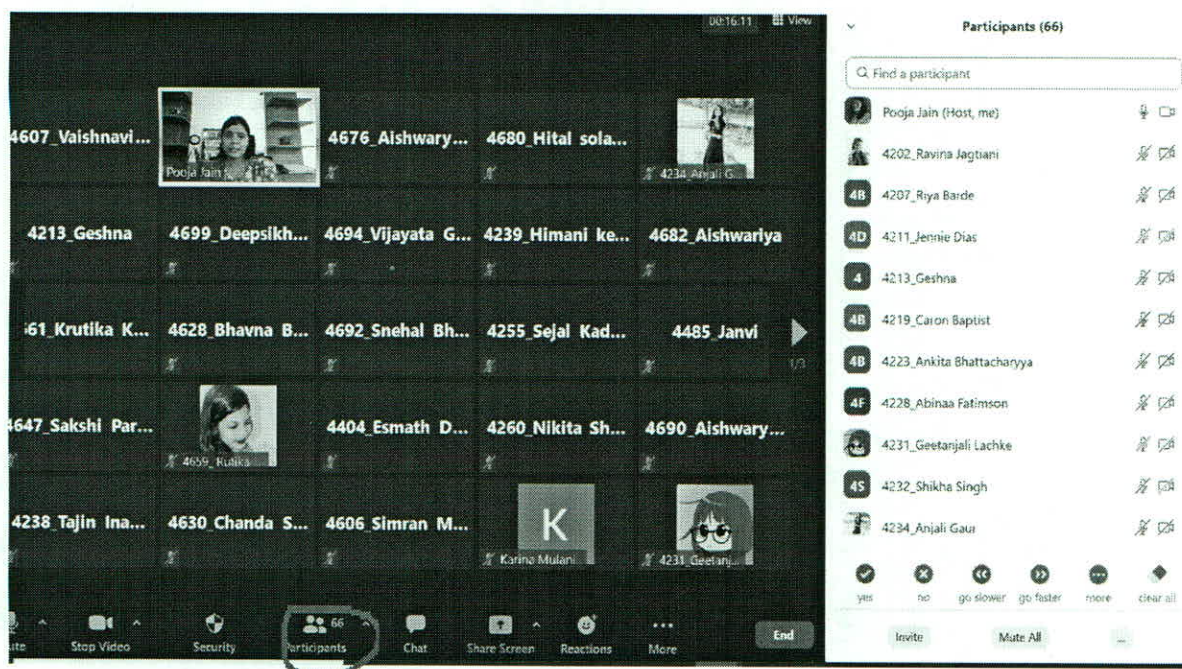
SY BA - 30



For
G. H. Gidwani
 Principal
 St. Mira's College for Girls



TY BA - 24

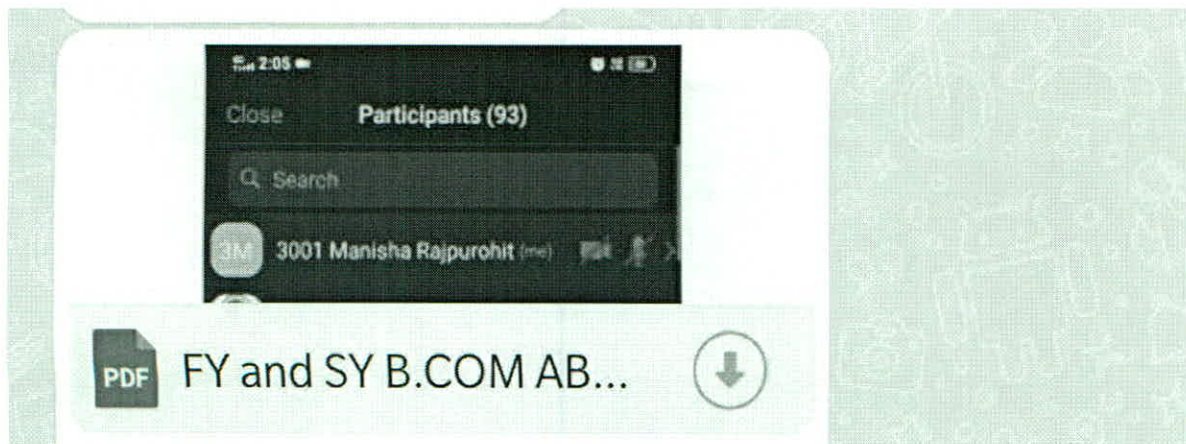


TY BCom- 66



For

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



FY BCom - 93 students



FY BA - 77 students



Handwritten signature

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



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

Circular No:- **G15/10AC/2020-21/07**

Date:-01. 07. 2020

CIRCULAR

Individual Counselling Sessions will be provided on pre appointment basis by Mental Well-being Program under Department of Psychology between 1st July 2020 to 30th March 2021 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 2020-2021
Individual Therapy Sessions Report

Students were offered free online individual professional counselling sessions throughout the academic year starting from July 2020 to April 2021. One full time college Counsellor, Ms. Pooja Jain and one part time Psychologist, Nupur Dhakephalkar were appointed to offer psychological support to students during the Covid-19 Pandemic by the Department of Psychology.

In total 43 students reached out for help through taking personal appointments and 176 sessions were offered to these students throughout the academic year.



Program Coordinator: Ms. Pooja Jain





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Department of Psychology
Mental Well-being Program 2020-2021

Individual Counselling Sessions Integrated Data

Name of the Counsellor	Total Students	Total number of Sessions
Pooja Jain	31	144
Nupur Dhakephalkar	12	32
Total	43	176

Program Coordinator

Pooja
Ms. Pooja Jain



G.H. Gidwani

Principal
St. Mira's College for Girls

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Department of Psychology
Mental Well-being Program 2020-2021
Counsellor : Ms. Pooja Jain

Roll No.	Student Name	Date of Referral	Total number of sessions	Class	Gender	Source of Referr
4832	Namrata Datta	01-07-2020	4	TY BA	Female	Self
2872	Shreya Bhide	01-07-2020	11	SY BA	Female	Self
2867	Hargun Kaur Anand	29-07-2020	6	SY BA	Female	Self
2816	Harleen Kaur Anand	02-07-2020	12	SY BA	Female	Self
4925	Shruti Nimbalkar	01-07-2020	13	TY BA	Female	Self
28171	Nandini Sharma	01-07-2020	2	TY BBA	Female	Self
	Tanvi Gupta	09-07-2020	6	TY BBA	Female	Self
4248	Mehak Agarwal	26-07-2020	4	TY BCom	Female	Self
5511	Andrea Belsher	11-08-2020	8	TY BCS	Female	Self
4940	Sharaddha Jain	09-08-2020	4	TY BA	Female	Self
11901	Yogita Melwani	26-08-2020	4	SY BCA	Female	Self
2838	Siddhi Kalbhor	12-08-2020	4	TY BA	Female	Self
3052	Vaishanai Khirsagar	10-09-2020	2	FY BCom	Female	Self
21933	Nidhi Doshi	12-09-2020	5	SY BBA	Female	Self
4203	Meryl Fernandes	15-09-2020	4	TY BCom	Female	Self
	Phalguni Chanchalani	25-09-2020	3	TY BSc	Female	Self
	Munira Dabhiya	05-10-2020	2	MA -Soco	Female	Self
4441	Fizza Babul	02-10-2020	6	TY BCom	Female	Self
4955	Jaya Tripathi	15-10-2020	2	TY BA - A	Female	Self
5727	Saniya Phatke	07-12-2020	2	TY BA - B	Female	Self
	Riya Samnani	07-01-2021	1	FY BBA	Female	Self
4260	Nikita Shelar	07-01-2021	2	TY BCom - A	Female	Self
4427	Mayuri Karle	25-01-2021	2	TY BCom - B	Female	Self
4632	Sonia Sura	28-11-2020	8	TY BCom	Female	Self
4921	Akanksha Balkawade	24-02-2021	6	TY BA - A	Female	Self
2826	Ekta Rai	19-02-2021	1	SY BA - A	Female	Self
4256	Pooja Saini	15-03-2021	2	TY BCom	Female	Self
2803	Aparupa Sinha	13-03-2021	7	SY BA- A	Female	Self
21947	Roseline Pillay	01-04-2021	3	SY BBA	Female	Self
2858	Ishika Mahajan	17-04-2021	2	SY BA - A	Female	Self
4204	Muskan Khan	17-04-2021	6	TY BCom	Female	Self

Total Sessions
Total Students

144
31

Pooja Jain
Pooja Jain



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Principal
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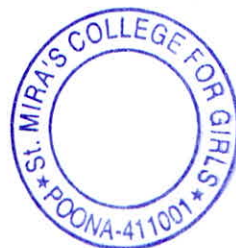
Department of Psychology
Mental Well-being Program 2020-2021
Counsellor : Ms. Nupur Dhakephalkar

Student Name	Date of Referral	Total number of sessions	Class	Gender	Source of Referral
Sakshi Gulwani	8.10.2020	4	TYBA	Female	Self
Riya Ramatri	8.10.2020	3	BCA	Female	Self
Arshi Jha	15.10.2020	1	TYBA	Female	Self
Saee Gaikwad	15.10.2020	1	BCom	Female	Self
Ananya Nair	22.10.2020	1	11th Arts	Female	Self
Ayesha Shaik	29.10.2020	1	TYBBA	female	Self
Akanksha Makhija	5.11.2020	3	SYBA	female	Self
Shruti Nimkar	5.11.2020	9	TYBA	female	Self
Hargun Kaur Anand	3.12.2020	1	SYBA	female	Self
Megha Garg	14.01.2021	1	BBA	female	Self
Mayuri Makwana	21.01.2021	6	TYBA	female	Self
Samruddhi Ovhalé	11.02.2021	1	FYB.Com	female	Self

Total Students 12
Total no. of Sessions 32

Principles

Principles



G.H. Gidwani

Principal

St. Mira's College for Girls



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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:- **G15/1QAC/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

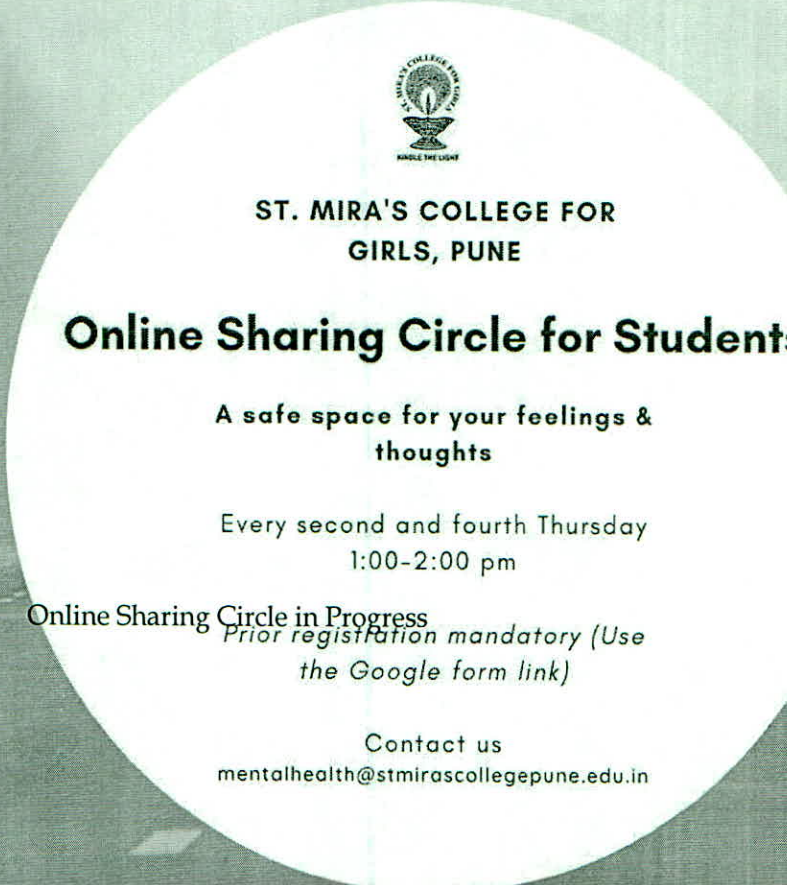




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Mental Well-being Program 2020-2021

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@stmirascollegepune.edu.in

Ms. Pooja Jain



G.H. Gidwani
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=13HZxsUQ
2	3-19-2021 13:27:06	tanudeokar@gmail.com	Tanvi Deokar	Tanvi	Tanvi Deokar	20	Third year	No	m/open?id=14ESda4Ki
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=17a3BIQqr
6	3-19-2021 15:43:43	shrutimkar@gmail.com	Shruti	SNimkar	Shruti	20	Third year	No	m/open?id=1eXdDsxd
7	3-19-2021 17:30:44	sejalpandharpur@gmail.com	Sejal Bhayani	Sejal	Sejal Bhayani	19	Second year	No	m/open?id=1gc7sD9IU
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.i.4.dsouza@gmail.com	Christina D'souza	Christy	Christina D'souza	18	First year	No	m/open?id=1yEkFxD5
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



(Signature)
Principal
St. Mira's College for Girls



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

Circular No:-G15/10AC/2020-21/73

Date:-14th April, 2021

CIRCULAR

The College will be conducting one week online workshop on “Acrobatics Rock and Roll” from 19th April, 2021 to 25th April at 12.30 pm. Those who are interested have to enroll their names to Ms. Ekta Jadhav, Director of Physical Education.

Ms. Ekta Jadhav
Director of Physical Education



Dr. Gulshan H. Gidwani
Principal

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

Acrobatics Rock N Roll Workshop

Report

The Department of Physical Education and Sports and Acrobatics Rock N Roll Federation of India had jointly organised “**Acrobatics Rock N Roll Workshop**” for 1 week from 19th April to 25th April, 2021. This workshop was conducted for all the students. The main purpose of this workshop was girls were getting bore at home in this pandemic situation so to motivate and to create awareness about the fitness through dance in day-to-day life.

The workshop was conducted by Mr. Sandip Londhe (International Player, Acrobatics Rock and Roll, Indian Coach, Choreographer). Acrobatics is the Combination of Dance and Gymnastics. It is used in performing arts, sporting events and martial Arts. It is the performance of human feats of balance, agility and motor- coordination. Daily one hour of Acrobatics practical session was conducted and different dance steps were taught to girls. Total 43 girls attended the inauguration session of workshop and total 10 girls completed the workshop. The workshop begins with warm-up and ends with cooldown session. This workshop was one kind of stress reliefer for our students in this pandemic situation. Girls enjoyed a lot they have small videos of their own dance. This activity is also very nice activity to maintain the Physical Fitness and health. The e-certificate was provided for all the participants who complete the workshop.

The whole program was coordinated by Ms. Ekta Jadhav, Director of Physical Education and Sports.



Ms. Ekta Jadhav
Director of Physical Education



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St. Mira's College for Girls

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

Workshop-Acrobatic Rock and Roll

Resource Person- Mr. Swapnil Londhe

Date-19-04-2021

Attendance Sheet

Total Number of Participants- 44

Zoom Meeting

Recording...

Participants (44)

Find a participant

Ekta Jadhav (Host, me)

Swapnil Londhe

12012_Ritika Tahar

12016_rutika galkwad_FYBSA(C...

22030 Amrita Menon

22040 tanvi Pallela fytba

2313_Khushi-V-Dharwal-Fyba(a)

2427_sejalgalkwad

2449_Durga Daundkar

3052_Vaishnavi Kstirsagar_FYB...

3069 Jayshree Chavan

3088 Riya Reddu

3403_ashmira shaikh

3424_Diksha Jagtap

Invite

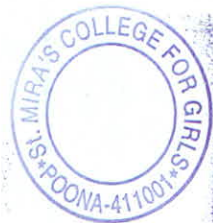
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12:53

19-04-2021

Ekta Jadhav
Ekta Jadhav
Director of Physical Education



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



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

Circular No:- GIS/10Ac/2020-21/96

Date:- 04.07.2020

CIRCULAR

On 07-07-2020, a Guest Lecture titled 'Basic Circuit Simulation using PSpice and CircuitMod' is to be organized by Electronics Department (CS) from 10 am to 11 am via GMEET platform .



Anitha Menon

Coordinator





Dr. Gulshan H. Gidwani

Principal

St. Mira's College for Girl, Pune
Autonomous-Affiliated to Savitribai Phule Pune University

Attendance report of Guest lecture conducted on 7th July 2020

Meeting details

People (37)

Chat

Pratiksha Ovhal

Riddhi Kawade

Rileyona Patricia Menezes

Sakshi Jagtap

Sakshi Shinde

sakshi zaware

Shradha Surve

Siddhita Hingade

Srushti Padale

Meeting details

Turn on captions

Present now

Photoconductive-C.jpg

Type here to search

ENG 12-14 07-07-2020

Total number of participants-37

[Handwritten signature]



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Principal
St. Mira's College for Girls

(ANITHA MENON.)

St. Mira's College for Girl, Pune
Autonomous-Affiliated to Savitribai Phule Pune University

Guest lecture on **“Basic Circuit Simulation using PSpice and CircuitMod”**
by Dr. V. P. Labade, Fergusson College, Pune

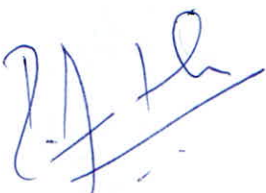
The department of Electronics, BSc (CS) organised a guest lecture for S.Y.BSc(CS) students on simulation software's used in designing electronic circuits. The lecture was conducted online using the virtual platform GMEET on **7th July 2020 from 12 to 1:30 pm**. The link for the meet was

<https://meet.google.com/jcu-nrqi-ozu>

In this COVID 19 situation it is difficult to perform practical's in the lab. There are many simulation software's which help in electronic circuit simulation. The aim for organizing this guest lecture was to introduce one such software.

Dr. V.P.Labade Asst. Prof., has more than 20 years of teaching experience and specializes in modelling and simulation of electronic circuits using different software's. Dr. Labade explained how to simulate different analog circuits and different functions of the software's. The students attended the guest lecture with great interest and were able to understand the importance of circuit simulation software's.

The co-ordinators of the guest lecture were Prof. Anitha Menon and Prof. Swatee Sarwate, faculty members of the Electronics Dept. BSc (CS). Prof. Anitha Menon gave a brief introduction about the guest and Prof. Swatee Sarwate proposed the vote of thanks.


(ANITHA MENON)




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St. Mira's College for Girls



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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)]
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PU/PN/AC/015/ (1962)

College Code: - 013

Circular No: -G/S/1QAC/2020-21/89

Date: - 15/07/2020

CIRCULAR

On 17th July 2020 a Guest Lecture on topicon "How chips are made" for B.Sc., (CS) students by and Dr. Prasanna Khare from 6 p.m. to 7.30 p.m. on G meet platform.

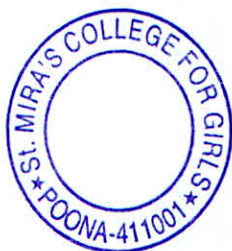
Swatee Sarwate
Swatee Sarwate

Coordinator

G.H. Gidwani

Dr. Gulshan H. Gidwani

Principal



St. Mira's College for Girls, Pune
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WEBINAR - CHIPS - How they are made!!

Date and Time: - 17/7/2020

The department of Electronics – B.Sc. (CS) organised a Video conferencing lecture for B.Sc. (CS) and M.Sc. (CS) students on topic “CHIPS – How they are made?” The lecture was conducted online using the virtual platform GMEET on 17 th July 2020 from 6 PM to 7:30 pm. Our guest speaker was Dr. Prasanna Khare who is a Worldwide Assembly and Test Business Operations Manager at GLOBALFOUNDRIES, New York. He has done his Graduation from IIT Mumbai and PhD in Solid state electronics from Arizona State University.

Dr. Khare presented the session on what is the role of chips in different fields? He explained how companies like Intel, QUALCOMM, and Samsung actually manufactured these chips which we use in our daily consumer equipment. With a video he explained the manufacturing process of IC, electronic circuits with components such as transistors are formed on the surface of a silicon crystal wafer. A thin film layer that will form the wiring, transistors and other components is deposited on the wafer (deposition). Total 120 students attended event.

Dr. Khare also gave an insight to students that how they can make a career in this field, what are different fields and areas available to make a bright career.

It was an interactive session where faculties as well as the students are involved to ask their questions.

Coordinator - Swatee Sarwate

Swatee Sarwate



J. M. Jadhav

Principal

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Attendance Sheet

Topic – How chips are made

Date and Time:- 1/8/2020 - 6.30 PM-7.30 PM

Total Number of Participants/ students = 120

Name and Signature of the event coordinator :- Swatee Sarwate

Swatee Sarwate



G.H. Jadhav

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St. Mira's College for Girls



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

Circular No:- G15/10AC/2020-21/30

Date:- 8th September 2020

CIRCULAR

Department of Accountancy under its Digital Warriors Initiative is organising a session on Power of Excel: Basics, Tricks and Tools on 12th September 2020. All enrolled members to attended the same via zoom platform at 3,45 p.m. Link for the event will be mailed to all registered participants.

Elizabeth Kanade

Elizabeth Kanade

Coordinator



G. H. Gidwani

Dr. Gulshan H. Gidwani

Principal



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PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- G15/1QAC/2020-21/24

Date:- 1st September 2020

CIRCULAR

Department of Accountancy under its Digital Warriors Initiative is organising a session on Video Making using Render on 8th September 2020. All enrolled members to attended the same via zoom platform at 6 p.m. Link for the event will be mailed to all registered participants

Elizabeth Kanade

Elizabeth Kanade

Coordinator



G. H. Gidwani

Dr. Gulshan H. Gidwani

Principal

513/2020-21

St. Mira's College For Girls ,Pune
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Report
Digital Warriors: Virtual Commerce Lab
(An Initiative by Department of Accountancy)

Peer Learning Session on –

1. Creating Videos on Renderforest and making Resume
2. Power of Excel: basic tricks and tips

Digital Warriors: Virtual Commerce Lab is an initiative taken by Department of Accountancy. Digital warriors is a platform where knowledge about different technology related learning is shared by peers by taking workshops and sessions for students.

The first session was on “Learning to create videos on Renderforest and making resume” which was taken on 8th - 12th September 2020 by three students- Ravina Jagtiani, Himani Kedia and Ravina Nikam from TYBcom. Here the participants learned what is Renderforest application, signing in to the account, creating videos, adding photos, text and how to preview and edit the video. Students also learned how a video has to be made if resume is to be created in a video format. It was an interactive peer learning session and all the participants learned and enjoyed the session. Few students also did their assignments using Renderforest.

The second session was on “Power of Excel: basic tricks and tips” taken on 12th September 2020 by Mr. Sunny Wadhwani. Participants learned about basic formulas used in Excel like addition, subtraction, minimum, maximum, counting, true, false, etc. With this, students also learned how to prepare a chart and using these formulas to calculate the required data. Students enjoyed the workshop and were also doing in simultaneously during the workshop.

Elizabeth Kanade

Ms. Elizabeth Kanade

Co-ordinator



S.H. Wadhwani

Principal
St. Mira's College for Girls

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Attendance Record
Digital Warriors: Virtual Commerce Lab
(An Initiative by Department of Accountancy)

The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide for Mr. Sunny Wadhwani. The slide includes a small portrait of him, his name in large blue letters, and his professional details. To the right of the main window, a smaller window shows a participant named 4202_Ravna_Bcom. The Zoom toolbar at the bottom includes icons for Mute, Start Video, Participants (circled), Chat, Share Screen, Record, Reactions, and Leave. A watermark 'CREATED BY PANDITRISHTECH' is visible diagonally across the slide.

MR. SUNNY WADHWANI

Associate Vice President, Global Research, Barclays Investment Bank (Equity Research Analyst)

Rich Corporate experience | MBA, FCA (EU regulator) and pursuing CFA | Data analysis and Research writing Skills

4202_Ravna_Bcom

Participants: 337

Elizabeth Kanade
Ms. Elizabeth Kanade
Co-ordinator



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

St. Mira's College For Girls, Pune
Autonomous(Affiliated to Savitribai Phule Pune University)
Students Enrolled for Digital Warriors - September 2020

Timestamp	Name	Roll Number	Stream	Class	Email Address
09/09/2020 19:46	Elizabeth 20001		Commerce		elizabeth.kanade@stmirascollegepune.edu.in
09/10/2020 9:41	Ravina Jagtiani	4202	Commerce	T.Y.	ravinajagtiani@gmail.com
09/10/2020 10:28	naina	5426	BSc	F.Y.	naina9ny@gmail.com
09/10/2020 10:28	Vasudha Ramani	2270	Arts	F.Y.	ramanivasudha2002@gmail.com
09/10/2020 10:28	Meera Anil Nair	2308	Arts	F.Y.	meeraanil16@gmail.com
09/10/2020 10:29	Laksaya G	2265	Arts	F.Y.	laksaya24@gmail.com
	Karina shamsundar chhabada				
09/10/2020 10:29	chhabada	3041	Commerce	F.Y.	kareenachhabada@gmail.com
09/10/2020 10:29	ESHA VARYANI	22016	BBA	F.Y.	eshavaryani6364@gmail.com
09/10/2020 10:29	Tamanna Lund	3206	Commerce	F.Y.	tamannalund@gmail.com
09/10/2020 10:29	Karishma chhabada	20061	BBA	F.Y.	Karishmachhabada@gmail.com
09/10/2020 10:30	Janhvi Sharma	2268	Arts	F.Y.	janhviisharmaa@gmail.com
09/10/2020 10:32	Meghana Nikam	12023	BBA(CA)	F.Y.	meghananikam9767@gmail.com
09/10/2020 10:32	komal garg	3038	Commerce	F.Y.	garg27komal@gmail.com
09/10/2020 10:32	Ritika talwar	12012	BBA(CA)	F.Y.	ritikatalwar1234@gmail.com
09/10/2020 10:32	Bhavika Anand Naik	2267	Arts	F.Y.	naikbhavika29@gmail.com
09/10/2020 10:32	Neve	3279	Commerce	F.Y.	dishaneve01@gmail.com
	KAHAIE SUKANYA				
09/10/2020 10:32	MANGESH	3057	Commerce	F.Y.	sukanyarahate78@gmail.com
09/10/2020 10:34	Shirley Sequeira	3004	Commerce	F.Y.	shirleysequeira09@gmail.com
09/10/2020 10:34	Kirti Deepak Nagdev	3204	Commerce	F.Y.	kirtinagdevdeepak@gmail.com
09/10/2020 10:34	Shrusti Sharma	2279	Arts	F.Y.	shrushti.ss21@gmail.com
	Nandini sitaram				
09/10/2020 10:35	kurhade	3020	Commerce	F.Y.	kurhadenandini2002@gmail.com
09/10/2020 10:35	Priyanka galave	12017	BBA(CA)	F.Y.	priyankagalave507@gmail.com
09/10/2020 10:35	SAKSHI THAKARE	3212	Commerce	F.Y.	sakshithakare3212@gmail.com
09/10/2020 10:35	Karishma parihar	22058	BBA	F.Y.	karishmaparihar1118@gmail.com
09/10/2020 10:35	Rutuja Vijapure	3016	Commerce	F.Y.	v721man@gmail.com
09/10/2020 10:35	Sanskriti Nanekar	22025	BBA	F.Y.	sanskritinaneekar58897@gmail.com
09/10/2020 10:36	Aditi dilip gawas	22021	BBA	F.Y.	aditigawas302@gmail.com
09/10/2020 10:36	Rashi Rajesh Kudale	12007	BBA(CA)	F.Y.	rashikudale2002@gmail.com
	Karishma Krishna				
09/10/2020 10:36	Purswani	3022	Commerce	F.Y.	purswanikarishma82@gmail.com
09/10/2020 10:36	Prapti Sawant	3431	Commerce	F.Y.	3431praptisawant@gmail.com
	Prajakta ManojKumar				
09/10/2020 10:36	Desai	3290	Commerce	F.Y.	desaimadhavi76@gmail.com
	Rutvika Gautam				
09/10/2020 10:36	Gaikwad	12016	BBA(CA)	F.Y.	rutvikagaikwad2002@gmail.com
09/10/2020 10:36	Priyanka Sopaliga	3012	Commerce	F.Y.	priyankasopaliga8@gmail.com
09/10/2020 10:36	Arya Gopalkrishnan	22008	BBA	F.Y.	aaru2619@gmail.com
09/10/2020 10:36	Shreya Kaul	3226	Commerce	F.Y.	kauls2001@gmail.com
09/10/2020 10:36	Monal Halinavar	3244	Commerce	F.Y.	monalhalinavar@gmail.com
	Pooja Sanjay				
09/10/2020 10:36	Thakkar	3017	Commerce	F.Y.	Poojathakkar583@gmail.com
09/10/2020 10:36	Riya Mukesh Gorani	3202	Commerce	F.Y.	riyagorani272@gmail.com
	Neeta Narayan				
09/10/2020 10:36	Mayekar	3235	Commerce	F.Y.	neetamayekar0@gmail.com
09/10/2020 10:37	Sarita karanje	3205	Commerce	F.Y.	karanjesarita@gmail.com

Elizabeth Kanade



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

09/10/2020 10:37	Tanaz Shaikh	2307 Arts	F.Y.	shaikhtanaz2002@gmail.com
09/10/2020 10:37	Prerna chawla	3034 Commerce	F.Y.	prernachawla051@gmail.com
09/10/2020 10:37	Shrutika veer	3264 Commerce	F.Y.	veershrutika135@gmail.com
09/10/2020 10:37	Pooja Motiram Kotambe	3272 Commerce	F.Y.	pmkkotambe1813225@gmail.com
09/10/2020 10:37	Renuka sanyasi	12002 BBA(CA)	F.Y.	renukasanyasi21@gmail.com
09/10/2020 10:37	Asmita kumari	3008 Commerce	F.Y.	asmitapk2602@gmail.com
09/10/2020 10:37	Manasi Ajay Bhonsle	3032 Commerce	F.Y.	bhonslemanasi2002@gmail.com
09/10/2020 10:38	Karishma kishan suhanda	3213 Commerce	F.Y.	karishmasuhanda57165@gmail.com
09/10/2020 10:38	Manali Bafna	22039 BBA	F.Y.	manalibafna07@gmail.com
09/10/2020 10:38	Reenaz Lakhani	3401 Commerce	F.Y.	lakhanireenaz@gmail.com
09/10/2020 10:39	Manisha Rajpurohit	3001 Commerce	F.Y.	manisharajpurohit292@gmail.com
09/10/2020 10:39	ashmira shaikh	3403 Commerce	F.Y.	ashmira2002shk@gmail.com
09/10/2020 10:39	Rutika Mohite	3402 Commerce	F.Y.	mohiterutika63@gmail.com
09/10/2020 10:39	Mitali Mehta	2298 Arts	F.Y.	mitalimehta574@gmail.com
09/10/2020 10:39	Supriya chavan	3426 Commerce	F.Y.	supriyachavan1162@gmail.com
09/10/2020 10:39	Sakshi Sandeep Tingre	12006 BBA(CA)	F.Y.	sakshi.tingre2002@gmail.com
09/10/2020 10:39	Glory Norton	12029 BBA(CA)	F.Y.	glorynorton2613@gmail.com
09/10/2020 10:39	Ruchee Limbani	3232 Commerce	F.Y.	rucheelimbani0@gmail.com
09/10/2020 10:40	Tejal Kashinath Gore	3002 Commerce	F.Y.	tejalgore15@gmail.com
09/10/2020 10:40	Vaishnavi Mohite	3224 Commerce	F.Y.	vaishnavimohite22@gmail.com
09/10/2020 10:40	Silvia D'Souza	3439 Commerce	F.Y.	silviadsouza2002@gmail.com
09/10/2020 10:40	Sanskriti Nangre	12025 BBA(CA)	F.Y.	sanskritinangre05@gmail.com
09/10/2020 10:40	Bhargavi kinikar	2220 Arts	F.Y.	bhargavikinikar.810@gmail.com
09/10/2020 10:40	Christina D'souza	2255 Arts	F.Y.	christina.1.4.dsouza@gmail.com
09/10/2020 10:40	Chetna Ramesh Thorat	3434 Commerce	F.Y.	chetnathorat358@gmail.com
09/10/2020 10:40	Sakina Bharmal	2234 Arts	F.Y.	saqina.bharmal@gmail.com
09/10/2020 10:40	Sakshi Ghule	3237 Commerce	F.Y.	sakshirahulghule@gmail.com
09/10/2020 10:40	Mrunali Balu Kamble	3048 Commerce	F.Y.	krunali07@gmail.com
09/10/2020 10:41	Sheregar Shivani	3286 Commerce	F.Y.	shivanisheregar5529@gmail.com
09/10/2020 10:41	Azraa Fazleali Babul	3229 Commerce	F.Y.	azraa.babul@gmail.com
09/10/2020 10:41	Ansari Bushra Rashid	2411 Arts	F.Y.	ansaribushra92848@gmail.com
09/10/2020 10:41	Palkhi shringi	3240 Commerce	F.Y.	poojashringi02531@gmail.com
09/10/2020 10:41	Deepti Raj yadav	2237 Arts	F.Y.	deeprijydv@gmail.com
09/10/2020 10:41	Sana Attar	3014 Commerce	F.Y.	sanattar5@gmail.com
09/10/2020 10:42	Khateja Shaikh	12004 BBA(CA)	F.Y.	khatejashk12@gmail.com
09/10/2020 10:42	Sakshi Arun Tarate	3406 Commerce	F.Y.	sakshitarate01@gmail.com
09/10/2020 10:42	Muzna Shaikh	12001 BBA(CA)	F.Y.	muznashaikh5@gmail.com
09/10/2020 10:42	Himani Shridhar Sheregar	3285 Commerce	F.Y.	kalpanasheregar82@gmail.com
09/10/2020 10:43	Ranjana Nandu Pandit	3236 Commerce	F.Y.	ranjanapandit888@gmail.com
09/10/2020 10:43	Naaz nawaz lakhani	12003 BBA(CA)	F.Y.	naazlakhani247@gmail.com
09/10/2020 10:43	prachi tompe	3058 Commerce	F.Y.	prachitomp8@gmail.com
09/10/2020 10:44	Khushi Bhtia	3027 Commerce	F.Y.	khushibhatia022@gmail.com
09/10/2020 10:44	More Swati Murlidhar	2417 Arts	F.Y.	moreswati342@gmail.com
09/10/2020 10:45	Sanjana shah	3410 Commerce	F.Y.	sanjanashah403@gmail.com
09/10/2020 10:45	Saniya thapa	22037 BBA	F.Y.	saniyathapa2017@gmail.com

Elizabeth Kanade



G.H. Gidwani
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09/10/2020 10:45	Sidhi Singh	3043	Commerce	F.Y.	sidhirox26@gmail.com
09/10/2020 10:45	Nidhi Sharma	22010	BBA	F.Y.	nidhisharma41072@gmail.com
09/10/2020 10:48	Akanksha Sheshman Pathak	3219	Commerce	F.Y.	akankshapathak2002@gmail.com
09/10/2020 10:49	Rashmi Rajendra Shinde	3260	Commerce	F.Y.	rashmirajendrashinde@gmail.com
09/10/2020 10:51	Krishna Vijay Shinde	3280	Commerce	F.Y.	krishnavshinde05@gmail.com
09/10/2020 10:51	Samruddhi Sandeep Navghane	3049	Commerce	F.Y.	samruddhinavghane1117@gmail.com
09/10/2020 10:51	Vishakha Rajan Sawant	22004	BBA	F.Y.	vishakhasawantvrs@gmail.com
09/10/2020 10:52	Vishika Jain	22006	BBA	F.Y.	vishikajain0060@gmail.com
09/10/2020 10:52	Ekta pardeshi	3415	Commerce	F.Y.	ektapardeshi2002@gmail.com
09/10/2020 10:52	Kirti Vinayak Tella	3044	Commerce	F.Y.	kirtitella20@gmail.com
09/10/2020 10:52	ANVITA CHAVAN	3033	Commerce	F.Y.	anvitachavan09@gmail.com
09/10/2020 10:52	Radhika Nalawade	3046	Commerce	F.Y.	radhikanalawade7778@gmail.com
09/10/2020 10:53	Samruddhi Ovhole	3211	Commerce	F.Y.	samruddhiovhole@gmail.com
09/10/2020 10:54	Shyla Malave	2217	Arts	F.Y.	mshyla2002@gmail.com
09/10/2020 10:54	Nikku	4280	Commerce	T.Y.	rainikku063@gmail.com
09/10/2020 10:55	Bede Sanskruti	12032	BBA(CA)	F.Y.	sanskrutibede@gmail.com
09/10/2020 10:55	Tajin Inamdar	4238	Commerce	T.Y.	zebainamdar36@gmail.com
09/10/2020 10:55	JADHAV APEKSHA	3047	Commerce	F.Y.	jadhavapeksha0618@gmail.com
09/10/2020 10:57	Lavina Anil Waghalekar	2235	Arts	F.Y.	lavina.waghalekar@gmail.com
09/10/2020 10:57	Akansha Pardeshi	3239	Commerce	F.Y.	Akanshapardeshi0312@gmail.com
09/10/2020 10:58	Disha Pande	3122	Commerce	S.Y.	dishapande09@gmail.com
09/10/2020 10:58	Meenakshi Shweta Abasaheb Thorat	4610	Commerce	T.Y.	meena123501@gmail.com
09/10/2020 10:59	Supriya Mandhare	3001	Commerce	S.Y.	shwetathorat766@gmail.com
09/10/2020 10:59	Shirin Saji George	22064	BBA	F.Y.	supriyamandhare2000@gmail.com
09/10/2020 11:00	Gayatri Sonawane	5433	BSc	F.Y.	shirinsaji24@gmail.com
09/10/2020 11:01	Dhriti Hegde	4226	Commerce	T.Y.	2018gayatrisonawane@gmail.com
09/10/2020 11:01	Maheb Shaikh	2258	Arts	F.Y.	dhritih19@gmail.com
09/10/2020 11:02	Shalini	5419	BSc	F.Y.	mahebshaikh03@gmail.com
09/10/2020 11:03	Sonia sura	2500	Arts	S.Y.	shalini2002kaur@gmail.com
09/10/2020 11:03	Judith Botelho	4632	Commerce	T.Y.	soniasura07@gmail.com
09/10/2020 11:03	Aditi Sampat	2854	Arts	T.Y.	judithbotelho57@gmail.com
09/10/2020 11:05	Kalyani jha	2866	Arts	T.Y.	aditisampat15@gmail.com
09/10/2020 11:08	Gayatri vijay chavan	4436	Commerce	T.Y.	bittujha12377@gmail.com
09/10/2020 11:08	Mahima palande	3029	Commerce	F.Y.	gayatrichavan049@gmail.com
09/10/2020 11:09	Dyaneshwari Ganesh Bhoite	3031	Commerce	F.Y.	Mahimapalande28@gmail.com
09/10/2020 11:09	Maanshri jaiswal	3275	Commerce	F.Y.	dyaneshwaribhoite@gmail.com
09/10/2020 11:10	Ragini Gupta	4277	Commerce	T.Y.	maanshri26@gmail.com
09/10/2020 11:10	Apeksha Gawde	3051	Commerce	S.Y.	Raginigupta09343@gmail.com
09/10/2020 11:11	Jiya	3011	Commerce	F.Y.	apekshagawde48@gmail.com
09/10/2020 11:12	Esmath Dehkhanpur	3038	Commerce	S.Y.	jiyasusan03@gmail.com
09/10/2020 11:15	Fizza	4404	Commerce	T.Y.	esmathdehkhanpur1@gmail.com
09/10/2020 11:15	Priyanka daji gode	4441	Commerce	T.Y.	fizza.babul@gmail.com
09/10/2020 11:16	Sneha Prakash Rajnale	4217	Commerce	T.Y.	prngode111@gmail.com
09/10/2020 11:16	Mayuri karle	12345	BBA	F.Y.	sneharajnale29@gmail.com
09/10/2020 11:17		4427	Commerce	T.Y.	mayurikarle018@gmail.com

Elizabeth Kanade



S. H. J. Indran
Principal

St. Mira's College for Girls

09/10/2020 11:21	Vabita kumari	2775	Arts	T.Y.	vabitaadav45@gmail.com
09/10/2020 11:21	Shweta Vishwakarma	3269	Commerce	F.Y.	shwetav1022001@gmail.com
09/10/2020 11:32	Nalini Bawari	4875	Arts	T.Y.	bachh2000@gmail.com
09/10/2020 11:54	Sejal Madhukar Shinde	3277	Commerce	F.Y.	sejal.shinde272@gmail.com
09/10/2020 11:57	Abinaa Fatimson	4228	Commerce	T.Y.	abinaafatimson17@gmail.com
09/10/2020 11:58	Mrunal Ganesh More	3427	Commerce	F.Y.	manumore4890@gmail.com
09/10/2020 11:59	Sakina Dadu	4437	Commerce	T.Y.	sakinadadu52@gmail.com
09/10/2020 12:02	Azra Abdulrahim Hiroli	4245	Commerce	T.Y.	azrahiroli111@gmail.com
09/10/2020 12:06	Bhavana Jangid	4229	Commerce	T.Y.	bhavanajangid792@gmail.com
09/10/2020 12:11	Pranali Vavare	3243	Commerce	F.Y.	pranalivavare@gmail.com
09/10/2020 12:13	Shivani gupta	3407	Commerce	F.Y.	shivanig14647@gmail.com
09/10/2020 12:18	Anuja Janrao	3443	Commerce	F.Y.	anujanrao@2003gmail.com
09/10/2020 12:52	Rutuja chhoturam choudhary	3009	Commerce	F.Y.	rutujachaudhary042@gmail.com
09/10/2020 12:54	Sakshi Anil Aglawe	22003	BBA	F.Y.	sakshiaglawe2001@gmail.com
09/10/2020 13:06	Harshada Rajendra Agarwal	3013	Commerce	F.Y.	harshadaagarwal18@gmail.com
09/10/2020 13:13	Rutuja Dilip Bagal	3428	Commerce	F.Y.	rutujabagal3428@gmail.com
09/10/2020 13:16	Neha Barge	3908	Commerce	S.Y.	nehabarge755@gmail.com
09/10/2020 13:18	Bijal Lobo	3003	Commerce	F.Y.	bijalloba1408@gmail.com
09/10/2020 13:18	Jama mounika	3314	Commerce	S.Y.	jamamounika5@gmail.com
09/10/2020 13:22	Deepti Ghate	3304	Commerce	S.Y.	deeptimghate15@gmail.com
09/10/2020 13:26	Pooja Hari Teli	3409	Commerce	F.Y.	telipooja188@gmail.com
09/10/2020 13:38	Taanisha bajaj	3284	Commerce	S.Y.	taanishabjj3@gmail.com
09/10/2020 13:40	Keera Fernandes	2202	Arts	F.Y.	keaf.shield@gmail.com
09/10/2020 13:45	Pragati Sanas	3215	Commerce	F.Y.	pragatisanas2000@gmail.com
09/10/2020 13:58	Mayuri Naidu	3210	Commerce	F.Y.	mayurinaidu16263@gmail.com
09/10/2020 14:12	Nilasha Majumder	3214	Commerce	F.Y.	majumdernilasha@gmail.com
09/10/2020 14:36	Gouri Ashtekar	4406	Commerce	T.Y.	gouri.vilas.ashtekar@gmail.com
09/10/2020 14:43	Priti lalbabu Prasad	3026	Commerce	F.Y.	preetiprasad1812@gmail.com
09/10/2020 15:15	Athira Nair	0	Arts	F.Y.	athira.nair3737@gmail.com
09/10/2020 15:28	Vaishnavi Kshirsagar	3052	Commerce	F.Y.	Vaishuksh1234@gmail.com
09/10/2020 15:48	Prerna Dinesh Yadav	3207	Commerce	F.Y.	prernayadav448@gmail.com
09/10/2020 15:53	Rutuja santosh ghule	2251	Arts	F.Y.	rutujaghule04673@gmail.com
09/10/2020 16:00	Bhavana sunil shejwal	3405	Commerce	F.Y.	bhvanashjwal4@gmail.com
09/10/2020 16:13	Asmita Khule	3014	Commerce	S.Y.	asmitakhule1@gmail.com
09/10/2020 17:22	Krusha Thakkar	3053	Commerce	F.Y.	krushathakkar1106@gmail.com
09/10/2020 17:53	Shirin Saji George	5433	BSc	F.Y.	shirinsaji24@gmail.com
09/10/2020 18:20	Kadambani sandeep wagh	3018	Commerce	F.Y.	kadambariwagh1011@gmail.com
09/10/2020 18:22	Navalaxmi Bandaru	4612	Commerce	T.Y.	navalaxmi.bandaru1609@gmail.com
09/10/2020 19:18	Harshada kand	4429	Commerce	T.Y.	kandharshada@gmail.com
09/10/2020 19:32	Shrikala palugulla	3088	Commerce	S.Y.	shrikalapalugulla@gmail.com
09/10/2020 20:06	Ruchi Goel	3423	Commerce	F.Y.	ruchigoel1302@gmail.com
09/10/2020 20:20	Vaishnavi Sanjay Warghade	4432	Commerce	T.Y.	vaishnaviwarghade5@gmail.com
09/10/2020 20:25	Agrata	3445	Commerce	F.Y.	agratarupeshkamble@gmail.com
09/10/2020 20:30	Revati Khanna	3281	Commerce	F.Y.	khannarevati2309@gmail.com
09/10/2020 20:41	Ruchika	2225	Arts	F.Y.	sweetruch95@gmail.com

Elizabeth Kanade



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

09/10/2020 20:52	Diksha suryakant jagtap	3424	Commerce	F.Y.	diksha02jagtap@gmail.com
09/10/2020 21:07	Sneha Rahul khandizode	3433	Commerce	F.Y.	snehakhandizode06@gmail.com
09/10/2020 21:24	Manpreet kaur rattu	22013	BBA	F.Y.	isharattu8@gmail.com
09/10/2020 21:27	Prabalta singh	4420	Commerce	T.Y.	singhprabalta@gmail.com
09/10/2020 21:31	Devi Dhaku Rathod	3438	Commerce	F.Y.	rathoddevi537@gmail.com
09/10/2020 21:35	Sayali Shivaji Kolekar	3408	Commerce	F.Y.	sayali.kolekar31@gmail.com
09/10/2020 21:47	Bhavana Bhosale	3903	Commerce	S.Y.	bhavana0123456789@gmail.com
09/10/2020 21:59	Nandini Ganesh sutar	3418	Commerce	F.Y.	nandinisutar2003@gamil.com
09/10/2020 22:19	Manisha Vishwakarma	3240	Commerce	S.Y.	vmanisha684@gmail.com
09/10/2020 22:42	Maria Anthony	3425	Commerce	F.Y.	maria.anthony0730@gmail.com
09/10/2020 23:27	Fiza shaikh	3293	Commerce	F.Y.	shaikhhfiza3105@gmail.com
09/11/2020 0:12	Aqsa sayed	3255	Commerce	F.Y.	sayeddaqsa12@gmail.com
09/11/2020 7:37	Anjali Rajawat	4687	Commerce	T.Y.	anjaliirajawat750@gmail.com
09/11/2020 8:07	Achali Dheer	3230	Commerce	S.Y.	achalidheer@gmail.com
09/11/2020 8:12	Anjali Ashok Todkar	3417	Commerce	F.Y.	todkaranjali0@gmail.com
09/11/2020 8:45	Tanaya vijay kapse	3045	Commerce	F.Y.	tanayakapse20@gmail.com
09/11/2020 9:15	Divyani Chakole	2715	Arts	T.Y.	divyanichakole@gmail.com
09/11/2020 9:15	Namrata Datta	2712	Arts	T.Y.	diyadatta03@gmail.com
09/11/2020 9:16	Callen D'Silva	2804	Arts	T.Y.	callendsilva29@gmail.com
09/11/2020 9:22	Pallavi keswani	21879	BBA	T.Y.	Pallavikeswani6@gmail.com
09/11/2020 10:17	Anjali Pillai	2860	Arts	T.Y.	anjali0909@gmail.com
09/11/2020 10:47	Rutuja Vijapure	3016	Commerce	F.Y.	v721man@gmail.com
09/11/2020 10:57	Snehalata patil	4663	Commerce	T.Y.	snehalatapatil52@gmail.com
09/11/2020 11:22	Bhoomi Punjabi	2877	Arts	T.Y.	1706.bhoomi@gmail.com
09/11/2020 11:30	Rhea S	22014	BBA	F.Y.	srhea4@gmail.com
09/11/2020 11:30	Namrata Peshwani	2822	Arts	T.Y.	n.peshwani@gmail.com
09/11/2020 11:32	Ruchee Limbani	3232	Commerce	F.Y.	rucheelimbani0@gmail.com
09/11/2020 11:33	Zainab Nagarwala	2260	Arts	F.Y.	zainabnagarwala02@gmail.com
09/11/2020 11:36	Kesar Pherwani	12020	BBA(CA)	F.Y.	kesarpherwani@gmail.com
09/11/2020 11:39	Trisha Virdi	12015	BBA(CA)	F.Y.	trishakaurvirdi@gmail.com
09/11/2020 11:40	Rehamanth Nisha	12019	BBA(CA)	F.Y.	rehamathnisha558@gmail.com
09/11/2020 11:50	Mehak Agarwal	4248	Commerce	T.Y.	mehakagarwal3@gmail.com
09/11/2020 12:50	Srushti Gopinath kakade	4603	Commerce	T.Y.	srushtikakade42@gmail.com
09/11/2020 13:22	Kirti Ghanshyam Motwani	22028	BBA	F.Y.	kirtimotwani23@gmail.com
09/11/2020 13:28	Seema Mahapatra	3891	Commerce	S.Y.	punamseema131@gmail.com
09/11/2020 15:43	Sneha Bhambhani	4605	Commerce	T.Y.	smotwani1901@gmail.com
09/11/2020 16:39	Umme-Aiman Rampurwala	2872	Arts	T.Y.	aimanrampurwala@gmail.com
09/11/2020 16:55	Delisha Khan	0	BBA	F.Y.	delishak24@gmail.com
09/11/2020 17:22	Pratiksha Tiwari	4001	Commerce	S.Y.	pratikshatiwari2000@gmail.com
09/11/2020 18:10	Riya Ramesh Nevse	3421	Commerce	F.Y.	riyanevse@gmail.com
09/11/2020 18:11	Shruti sanjay tingre	3420	Commerce	F.Y.	shrutitingre93@gmail.com
09/11/2020 18:30	Jassica Patole	3203	Commerce	F.Y.	jassica3302@gmail.com
09/11/2020 18:55	Neha Jadhav	3252	Commerce	F.Y.	11.nehajadhav@gmail.com
09/11/2020 20:12	Anjali Gaur	4234	Commerce	T.Y.	gauranjali2000@gmail.com
09/11/2020 20:48	SAI SUHAS KACHARE	3680	Commerce	S.Y.	saikachare0402@gmail.com
09/11/2020 21:10	Pranali Gajanan Gave	3209	Commerce		pranaligave7@gmail.com

Elizabeth Kenade



H. H. Gidwani

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09/11/2020 21:11	Soniya kaur Muchhal	22015	BBA	F.Y.	rumanimuchhal@gamil.com
09/11/2020 21:14	Poorvai Sameer Biswas	22023	BBA	F.Y.	poorvaib@gmail.com
09/11/2020 21:14	Iasneem Karachiwala	22030	BBA	F.Y.	tasneemkarachiwala5253@gmail.com
09/11/2020 21:15	Samruddhi dighe	22044	BBA	F.Y.	samruddhidighe56@gmail.com
09/11/2020 21:18	Renuka dhage	5427	BSc	F.Y.	renukadhage342@gmail.com
09/11/2020 21:18	Rituja Bhandari	22055	Commerce	F.Y.	ritujabhandari07@gmail.com
09/11/2020 21:25	Komal Sawant	5401	BSc	F.Y.	komalsawant0409@gmail.com
09/11/2020 21:31	Valesha Dimple Rajesh	22033	BBA	F.Y.	dimplevalesha@gmail.com
09/11/2020 21:42	Apurva moze	3225	Commerce	F.Y.	mozeapurva@gmail.com
09/11/2020 21:48	I ANVI DINESH INDALKAR	5430	BSc	F.Y.	indalkar1109@gmail.com
09/11/2020 21:53	Poonam Verma	5454	BSc	S.Y.	punamverma23.05@gmail.com
09/11/2020 22:04	Zindu Ranade	5445	BSc	S.Y.	zinduranade89@gmail.com
09/11/2020 22:05	Sakshi Oswal	22048	BBA	F.Y.	sakshioswal72@gmail.com
09/11/2020 22:14	Laxmi Narasimhulu Vantipenta	22043	BBA	F.Y.	laxmivp16@gmail.com
09/11/2020 22:27	Zikra	22060	BBA	F.Y.	zitrakhan8801@gmail.com
09/11/2020 22:52	Lasha Samtani	22018	BBA	F.Y.	lsamtani08@gmail.com
09/11/2020 23:03	Esha Anil Jagtap	3287	Commerce	F.Y.	jagtapesha21@gmail.com
09/12/2020 0:25	Sarah shaikh	22046	BBA	F.Y.	shaikhsarah971@gmail.com
09/12/2020 8:04	Sakshi Arvind More	3404	Commerce	F.Y.	moresakshi234@gmail.com
09/12/2020 9:14	Nisha Gupta	3284	Commerce	F.Y.	3284nishagupta@gmail.com
09/12/2020 9:19	Shraddha Gaikwad	4251	Commerce	T.Y.	shraddha3014@gmail.com
09/12/2020 9:58	Madavi Reddy	22049	BBA	F.Y.	madavireddy84@gmail.com
09/12/2020 10:12	Manswi Shinde	22032	BBA	F.Y.	manswishinde06@gmail.com
09/12/2020 10:15	Anjali Anil Gundekar	0	BBA	F.Y.	gundekaranjali@gmail.com
09/12/2020 11:01	Harshada Sharad Dhamdhere	5423	BSc	F.Y.	harshadadhamdhere.hd@gmail.com
09/12/2020 11:01	SHREYA SANTOSH GHARE	3254	Commerce	F.Y.	shreyaghare2002@gmail.com
09/12/2020 11:04	Sanjana Tripathy	5414	BSc	F.Y.	tripathysanjana02@gmail.com
09/12/2020 11:09	Vaishnavi Kokate	5413	BSc	F.Y.	vaishnavikokate247@gmail.com
09/12/2020 11:11	Kartiki	22031	BBA	F.Y.	kartikinavale021@gmail.com
09/12/2020 11:12	Rajrajashree uradi	5431	BSc	F.Y.	poojaauradi786@gmail.com
09/12/2020 11:22	Sweta Thakur	3062	Commerce	F.Y.	swetathakur349@gmail.com
09/12/2020 11:23	Shuchi Khandelwal	3054	Commerce	F.Y.	shuchikhandelwal10@gmail.com
09/12/2020 11:28	Vaishnavi Gautam Suryawanshi	3066	Commerce	F.Y.	vaishnavisuryawanshi464@gmail.com
09/12/2020 11:34	Nandini Sanju Hucche	3448	Commerce	F.Y.	shnandini03@gmail.com
09/12/2020 11:35	Shruti Sandeep Kamble	3037	Commerce	F.Y.	shrutik0327@gmail.com
09/12/2020 11:41	Shraddha kawade	3064	Commerce	F.Y.	shraddhakawade2902@gmail.com
09/12/2020 11:45	Komal Pramod Sonawane	3059	Commerce	F.Y.	komis1329@gmail.com
09/12/2020 11:58	Sayali Dattatraya Borhade	3060	Commerce	F.Y.	sayaliborhade4691@gmail.com
09/12/2020 12:00	Rohini Wahatule	3070	Commerce	F.Y.	rohiniwahatule@gmail.com

Elizabeth Kanade



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



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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: - 715/10AC/2020-21/25

Date: - 2/09/2020

CIRCULAR

From 4 September 2020 to 18 September 2020 a virtual skill based workshop on Arduino Uno in association with Mechactron robotics for S.Y.B.Sc(CS) students on Microsoft team platform.

Swatee Sarwate

Swatee Sarwate

Coordinator



Dr. Gulshan H. Gidwani

Dr. Gulshan H. Gidwani

Principal

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Virtual Skill-based Arduino Uno Workshop

Date: 4 sept -18 sept 2020

The Electronics Department - BSc Computer Science of St Mira's College for Girls in collaboration with 'Mechatron Robotics' organised a 5-day virtual workshop for the students on 'Arduino and its application with Sensors' from 4th to 18th September 2020 for S.Y.B.Sc (CS) students.

The main objective of this workshop was to familiarise the students with Arduino and how it can be interfaced with sensors for the application of a smart system, smart home, or for IoT purposes. The trainers for this workshop were Ms. Karmaan Bhatia and Mr. Omkar Varma, who guided the students very patiently in the online mode. The workshop covered the following points:

Day 1 covered the introduction to microprocessors and microcontrollers; the basics of Arduino, pin configuration and connections and LED interfacing with Arduino. Day 2 covered the basics of a breadboard and its connections, basics of PWM, the fading effect of LED, application of push-button and introduction to sensors and components in tinkercad. Day 3 covered interfacing temperature sensor TMP 36 and LEDs using Arduino UNO. Day 4 topics were interfacing the ultrasonic sensor with LEDs and buzzer using Arduino UNO, interfacing 7-segment display with Arduino UNO and interfacing LCD with Arduino UNO. Day 5 topics were interfacing gas sensors and LEDs using Arduino UNO, interfacing PIR sensor and LEDs using Arduino UNO and interfacing tilt sensor and LED using Arduino UNO. 22 students from S.Y.B.Sc. (CS) participated in the workshop which was spread over five sessions. By the end of the workshop, the students were not only familiar with the basics of Arduino and its application with sensor but were also able to construct moderate level projects.

Coordinator – Swatee Sarwate

Swatee Sarwate



H. H. H. H.

Principal
St. Mira's College for Girls

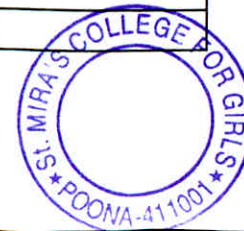
St. Mira's College For Girls, Pune Autonomous (Affiliated to Savitribai Phule Pune University)

ARDUINO UNO WORKSHOP ATTENDANCE 2020-21

S,Y.B.Sc. COMPUTER SCIENCE Sept 4 -Sept 18- 2020

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Principal
St. Mira's College for Girls

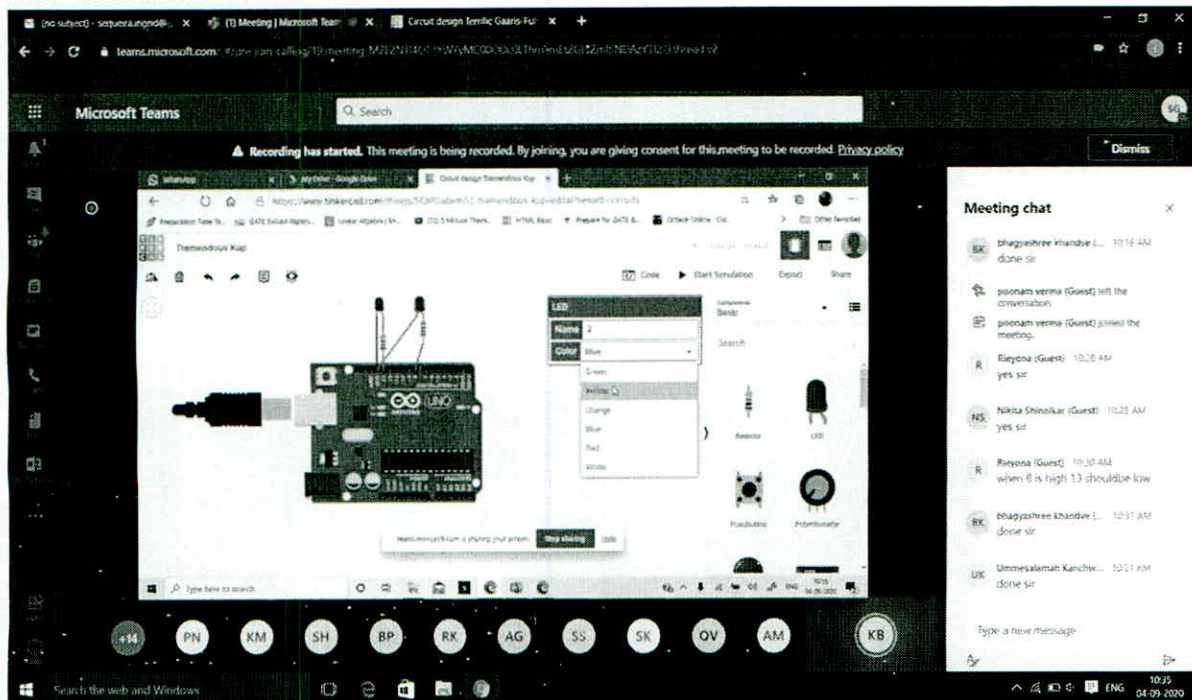


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Attendance Sheet

Name of the activity/ event/ webinar/seminar:- Arduino uno workshop

Date and Time:-



Total Number of Participants/ students = 22

Name and Signature of the event coordinator :- Swatee Sarwate

Swatee Sarwate



S. M. G. G. G.
Principal
St. Mira's College for Girls



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

Circular No:- G1S/1QAC/2020-21/37


Date:-21/09/2020

CIRCULAR

Department of Business Studies has organized a webinar on 'Trends in HRM' on 26/09/2020 from 12:00 noon to 2:00 p.m. through Google Meet Platform for the students of Business Administration and Marketing. Participants are requested to join the webinar link by 11.50a.m.


Mrs. Shanthi Fernandes
Coordinator




Dr. Gulshan H. Gidwani
Principal

S. 1/2
(2020)

St. Mira's College for Girls, Pune
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REPORT ON TRENDS IN HRM WEBINAR

Date: 26th September, 2020

Venue: Google Meet

The Department of Business Studies (Commerce), organised a Webinar on "Trends in HRM" on Saturday, 26th September, 2020 from 12noon to 2p.m. for the students of Business Administration & Marketing with the following objectives in mind:

1. To create an environment of Industry-Academia Interface
2. To provide curriculum inputs on Trends in Human Resource Management from the industry point of view.

The Resource Person, Ms. Wilma Fernandes, is a Post Graduate in Personnel Management with an industry experience of 15years, is at present a Senior Manager who heads the Talent Engagement COE at Atos Syntel, a Global Organisation with over one 1,30,000 employees.

The Webinar covered the topics such as top Business & People Challenges, rethinking routine to change the way we think, Resurgence of a New Workplace with reference to Automation, Artificial Intelligence & Robotic Process Automation, Employee Experience, Specialised roles in HR, New way of Working, Real time Performance Feedback, Focus on Diverse Workforce, Varied Work Options, fighting unconscious Biases, Data Analytics, Expanding-out concept of Wellness. The webinar was attended by 120 student participants.

Ms. Ravina Jangtiani, invoked blessings of the Almighty, our founder & gurus, introduced the speaker followed by Speaker's address, Questions & Answers.

Ms. Gayatri Vaidya presented the Vote of Thanks. The event was Co-ordinated by Asst. Prof. Shanthi Fernandes.

Shanthi

Asst. Prof. Shanthi Fernandes

Co-ordinator



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

St. Mira's College for Girls, Pune
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ATTENDANCE_TRENDS IN HRM WEBINAR

Date: 26th September, 2020

Venue: Google Meet

12:23 REC HR

Business reach and impact

Centralized HR

Rationalized HR Service Delivery

Challenges: Uncoordinated, Limited cost benefits

Optimized Business Integrated HR

Focus: Efficiency, service delivery, tools/platforms

Benefits: Coordinated, Intelligent, digitally savvy, tools/platforms, leverage bots/self service, metric driven

Focus: Talent development, business aligned HR org.

(124)

Santoshi Rohra (You)

4202_Ravina Jagtiani >

Wilma Fernandes >

shanthi fernandes >

Also in the meeting (120)

Shanthi
Asst. Prof. Shanthi Fernandes
Co-ordinator

Student Participants = 120



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



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

Circular No: - G1S/10AC/2020-21/36

Date:-20.09.2020

CIRCULAR

On 30th September 2020 a Guest Lecture titled Email and Blog Writing Skills is to be organized by Department of Business Studies from 1.00pm to 2.00pm via Google meet Interface platform.

J. Chintan
[Mrs. Jyoti Chintan]
Coordinator



G. H. Gidwani
Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune
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REPORT

Guest Lecture on Email and Blog Writing Skills – 2020-2021

Organizer: Mrs. Jyoti Chintan

Class: Sy BCom Business Communication

Speaker: Ms. Anuksha Sachdev

Business Studies Department had organized a Guest lecture on the subject "Email and Blog Writing Skills" for SY B Com students on 30th September 2020 on Google meet Interface. There were 121 students who attended the program.

The speaker was Ms. Anuksha Sachdev-Alumni. She works as Senior Analyst in Custody Research and Reconciliation Services.

Ms. Anushka Sachdev enlightened the students with the knowledge of how to write a blog in an effective way and how a blog can be made attractive to the readers. She also highlighted on how emails are important in corporate world. She emphasized on etiquette of E-mail writing. Lecture was very interactive and the speaker answered many queries of the students.



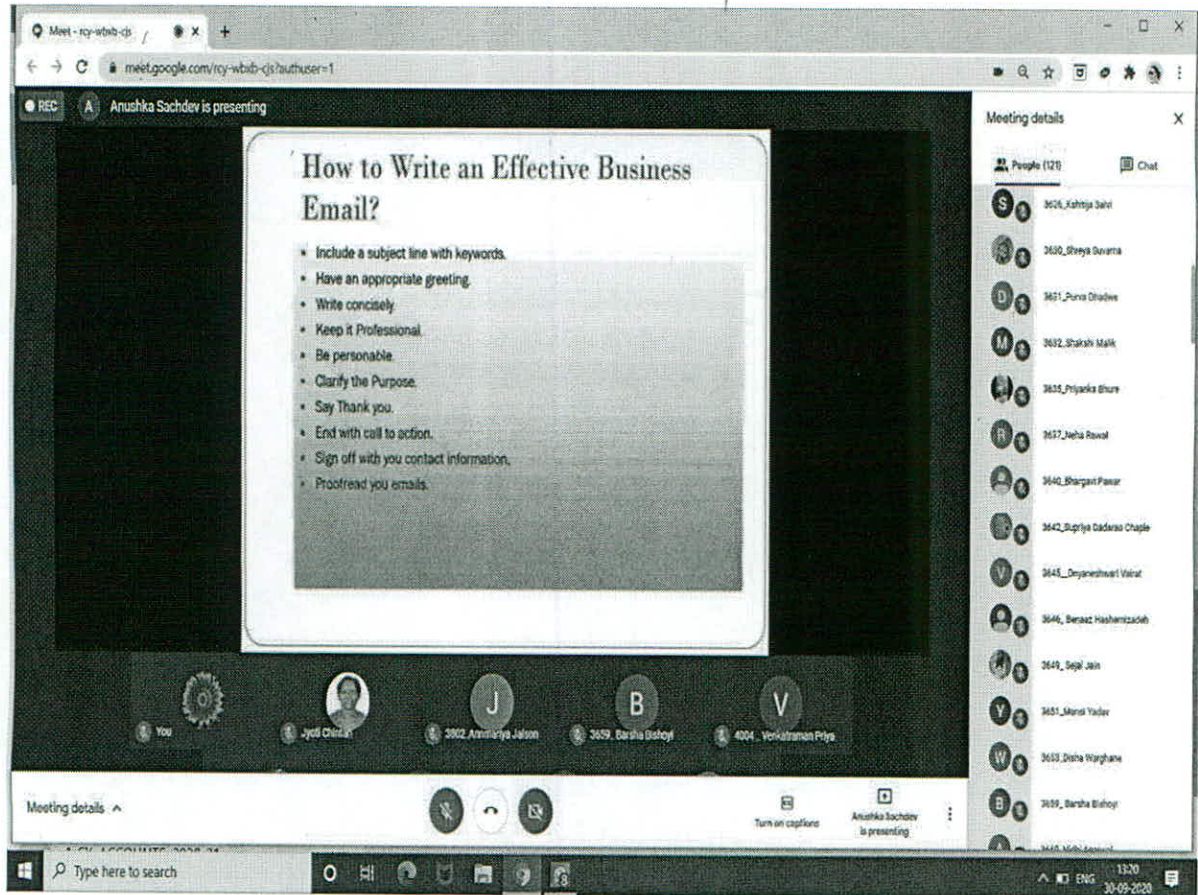
Jyoti Chintan
(Jyoti Chintan)

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

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Attendance /

Total number of participants: 121 students



Jyoti Chintani

(Jyoti Chintani)



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



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

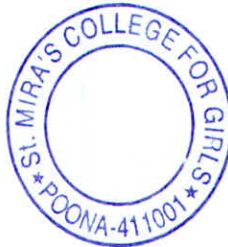
Circular No: -G1S/1QAC/2020-21/43


Date: - 7/10/2020

CIRCULAR

On 10 oct.2020 a Guest Lecture on topicon "Entrepreneurship in the Field of Computer Science" for B.Sc., (CS) students by and Mr. Aditya Bose from 10AM to 11AM on Zoom platform.


Swatee Sarwate
Coordinator




Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

WEBINAR REPORT

"Entrepreneurship in the field of Computer Science" – 10/10/2020

B.Sc. (CS) department of St. Mira's College for Girls (Pune) hosted a Webinar on "Entrepreneurship in the field of Computer Science" for students of Computer Science (MSc & BSC) in association with CWE cell on 10/10/2020 from 10 am -11 am.

The speaker of the webinar was Mr. Aditya Bose - Founder and CEO of ProBano and ex vice president of Entrepreneurship development cell, IIST ,Shibpur (WB) .

The webinar started with a welcome address by Mrs. Stella Ambrose (Course coordinator) the aim of webinar is given by Mrs. Swatee Sarwate. Dr. Rama Venkat gave a brief introduction about CWE cell and initiative taken by CWE cell of St. Mira's college.

The speaker Mr Aditya Bose elaborated the topic by involving the audience by asking them their ideal Entrepreneurs and also spoke about what his struggles and motivated the students by his inspiring story .He started with explaining how one should not get stuck with a certain situation and not to give up when they are struck with setbacks or downfall. He also spoke about why Entrepreneurship is the golden key to success. The webinar was attended by 89 students of computer Science. The outcome of this webinar was that students of CS understood the term entrepreneurship and ideas to explore in the field.

Coordinator - Swati Sarwate

Swatee Sarwate



G.H. Jadhav

Principal
St. Mira's College for Girls

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

Attendance Sheet

Name of the activity/ event/ webinar/seminar: - Entrepreneurship in the field of Computer Science” – 10/10/2020

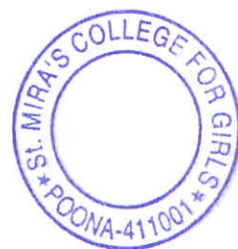
Date and Time:- 10/10/2020



Total Number of Participants/ students = 89

Name and Signature of the event coordinator :- Swatee Sarwate

Swatee Sarwate



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]

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PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- GIS/10AC/2020-21/91

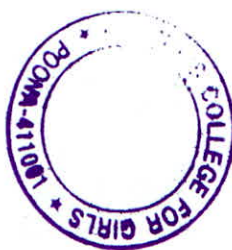
Date:- 29th Sept 2021

CIRCULAR

On **23 October, 2020** a webinar titled 'An Online training session on 'How to Search EBSCO Databases Efficiently?', is to be organized by the College Library from **3:30 PM to 4:30 PM** via CISCO Webex platform .


Devinder Kaur

Coordinator




Dr. Gulshan H. Gidwani
Principal

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

Activity Report (A.Y. 2020-21)

Date	Name of Activity	Students Attended
23 October 2020	'Online EBSCO Training for students on 'How to Search EBSCO Databases Efficiently'	281

The College Library organized a training programme for students on 'Searching the EBSCO Databases' on **23 October 2020**. The aim of this training was to equip the users with skills to access the subscribed databases to find the required information in minimum time. The professional trainer Mr Gaurav, Date from EBSCO Inf. Services India Pvt. Ltd, imparted the training. It was conducted on CISCO Webex Platform


Databases namely Academic Search Elite, Master File Elite and Literary Reference Center were demonstrated for searching purposes. Due to COVID-19 Pandemic one common password was shared with the students to facilitate remote access 24X7. Procedure for creating accounts (individual login credentials) was explained to students. Useful features like searching from Mobile Phones, management of personal searches, sharing the articles, fine tuning search results were the skills taught in the programme.

Students learned various referencing styles and strategies to find images that can be used in their assignments and project works. Apart from normal textual data students were made aware of the presence of charts, videos and interviews along with the articles. Audio version of html articles having American and British accent was demonstrated which could be used to improve one's pronunciation apart from the subject enrichment.

Total 281 students from different streams & levels participated in the training.

Resource person: Mr Gaurav Date-EBSCO Inf. Services India Pvt

Name: Devinder Kaur-Convener

Signature: 




Principal
St. Mira's College for Girls

EBSCO

Information Services

St. Mira's College for Girls, Pune

Training Session: How to search EBSCO Databases efficiently?

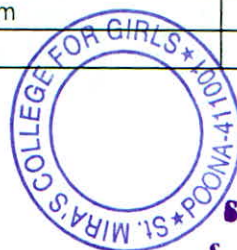
Date: 23rd Oct 2021, Time : 3.30 PM to 4:30 PM Platform: Online Webinar - Cisco Webex

Presenter: Gaurav V. Date, Convener: Davinder Kaur, Librarian, St. Mira's College for Girls, Pune

Total Attendance: 281 nos.

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Davinder Kaur
Davinder Kaur



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142	Akansha Pardeshi	akanshapar88@gmail.com	Yes	3485

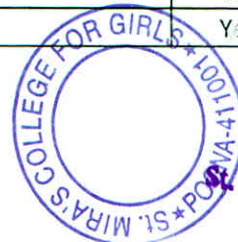
Devinder Kaur



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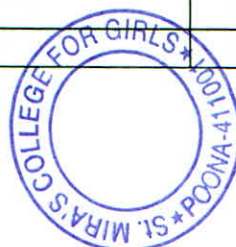
Devinder Kam



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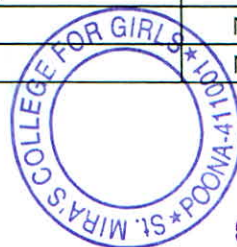
Devinder Kaur



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287	Cassia Evangeline John	johncassia5@gmail.com	No	3510
288	Neha .	kumarineha5032@gmail.com	No	3444
289	Rhea S	srhea4@gmail.com	No	22014
290	owi jadhav	jadhav.ov25@gmail.com	No	4091
291	Arpita Mashalkar	arpitamashalkar14@gmail.com	No	4039
292	Sakshi Oswal	sakshioswal72@gmail.com	No	22048
293	Karishma Parihar	karishmaparihar1118@email.com	No	22058
294	Avanti Ghule	avantighule20@gmail.com	No	3609
295	Samruddhi Dighe	samruddhidighe56@gmail.com	No	22044

Devinder Kaur



J. H. Jadhav
Principal

St. Mira's College for Girls

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297	Jyoti Bajiya	jyotibajiya2@gmail.com	No	22052
298	Muskan Sadhwani	sadhwanimuskan3468@gmail.com	No	3704
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302	Nidhi Agarwal	agarwalnidhi109@gmail.com	No	3660
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304	Diksha Bhole	dikshabhohle25@gmail.com	No	2221
305	Disha Ranka	disharanka6286@gmail.com	No	12041
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313	Rutika Shirsat	rutikashirsat5@gmail.com	No	3618
314	Akanksha Kamble	akankshakamble4618@gmail.com	No	3416
315	Sayali Nakate	sayalinakate138@gmail.com	No	3096
316	Minal Waghmode	minalwaghmode2@gmail.com	No	12038
317	Sayali Kolekar	sayali.kolekar3@gmail.com	No	3408
318	Zainab Pardawala	zainabshk0098@gmail.com	No	12044
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338	Pratiksha Ovhal	pratikshaovhal09may@gmail.com	No	5531
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344	Anisha Dinani	anushadinani82@gmail.com	No	22065
345	Poonam Maske	pbmaske.21@gmail.com	No	4639
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Devinder Kam



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

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G.V. Date

Gaurav V. Date
Training Manager - EBSCO Information Services
Maharashtra (Excluding Mumbai)

Desender Kaur

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



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[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]

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PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- G15/10AC/2020-21/95

Date:-20/10/2020

CIRCULAR

On 31st October 2020 a workshop on Java Programming with Spring is to be organized by Dept of Computer Science from 10 a.m to 11 a.m via online platform .


Mrs. Smita Borkar

Coordinator





Dr. Gulshan H. Gidwani

Principal

St. Mira's College for Girls, Pune
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Title: Co-Curricular Activities

Workshop

Workshop on "Java Programming with Spring " (2020-21)

The Department of Computer Science organized a workshop on "Java Programming with Spring" on October 31, 2020 for M.Sc. computer science students, which took place in online mode from 10 am to 11 am. The lecture was conducted by Ms. Pooja Pandey, Alumni and working in Tata Consultancy Services, Pune.

Ms Pooja gave an insight on new framework used for Java Programming "Spring". She briefly explained the working of basic form design and validation using the terminologies and packages available in spring. The exclusive purpose of this lecture was to help the M.Sc. students acquainted with Spring programming. Total 24 girls from M.Sc. Computer science were present for the lecture.

Faculty in-Charge: Smita Borkar [Computer Science Department]




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Title: Co-Curricular Activities

Attendance for the Workshop

Date: 10/31/2020

Workshop on "Java Programming with Spring" (2020-21)

Faculty in charge

Smita Borkar

Parti	Name	Email	Date	In vit	Regi ster	Start time	End time	Duration	Co mp	Ti tl	P h	Ad dre	Add ress	Cit y	Stat e/Pr	Zip /P	Co un	Network joined
1	Prachi Pandey	prachipandey4009@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	49 mins										External
2	shrutikumbhar	shrutikumbhar66@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	49 mins										External
3	Anjali Rai	anjairai2018@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	31 mins										External
4	Mansi Gaikwad	mansig1809@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	49 mins										External
5	Shreya Shrivastava	shreyashrivastava98@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	52 mins										External
6	Aishwarya M	amotiwale98@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	16 mins										External
7	roshanizaware1998	roshanizaware1998@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	48 mins										External
8	Smita Borkar	smita.borkar@stmirascollegepune.edu.in	10/31/2020	No	N/A	9:50 AM	011:05:00	55 mins										External
9	Samrudhi Sulakhe	sulakhesamrudhi@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	52 mins										External
10	Priyanka Chavan	pc028967@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	48 mins										External
11	Ankita khinvasara	khinvasaraankita5402@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	53 mins										External
12	Fiona Turvankar	fionazee16@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	53 mins										External
13	Sneha Jagtap	jagtapsneha999@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	54 mins										External
14	Vanessa Arango	aranjovanessa96@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	52 mins										External
15	Shweta Jadhav	shwetajadhav7038@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	54 mins										External
16	sakshi bhosale	sakshibhosaleyo@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	39 mins										External
17	Priyanka More	priyankamore19898@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	54 mins										External
18	Owee Murhe	owee1399@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	53 mins										External
19	Nikita Warghade	nikita.warghade20@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	54 mins										External
20	Honey Sinha	sinha.honey1@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	39 mins										External
21	tanujanidan	tanujanidan@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	51 mins										External
22	Sayali Gawade	sayaligawade66@gmail.com	10/31/2020	No	N/A	9:55 AM	011:05:00	53 mins										External
23	ashwinipanchal746	ashwinipanchal746@gmail.com	10/31/2020	No	N/A	9:50 AM	011:05:00	48 mins										External
24	Fiona Turvankar	fionazee16@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	46 mins										External
25	Pooja Pandey	poojapaney@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	46 mins										External
26	Shubhangi Jagtap	shubhangi.jagtap@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	46 mins										External
27	Swati Pulate	swati.pulate@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	46 mins										External
28	Ashwini Kulkarni	ashwini.kulkarni@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	46 mins										External
29	Alka Kalhapure	alka.kalhapure@gmail.com	10/31/2020	No	N/A	9:53 AM	011:05:00	46 mins										External



[Signature]

Principal

St. Mira's College for Girls



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St. Mira's College for Girls, Pune

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PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- G15/1QAC/2020-21/53

Date:- 22 January 2021

CIRCULAR

On 12 February 2021 a webinar titled '**Leveraging Access to E-resources of St Mira's College Library: A Webinar for Students**' is to be organized by the College Library from 2.30 PM to 3.30 PM via Google Meet platform .


Devinder Kaur

Coordinator





Dr. Gulshan H. Gidwani

Principal

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

Activity Report- A. Y.2020-21

Date	Name of Activity	Students Attended
12 February, 2021	Leveraging Access to E-resources of St Mira's College Library: A Webinar for Students.	54

The webinar was conducted on Friday, **12 February, 2021** which focused on e-resources available under NLIST, Databases, TOCs, and New Arrivals, including Online Catalogue. Participants were made aware of the existence of various links on the College Website under the Library Section. Online Catalogue was demonstrated to students with live searches including basic search, advance search, location of book in the rack and live status of an item. They were shown the enriching features of catalogue like Book Covers, Summary of books, Key Words and Google Preview which would help them to decide the suitability of a book to their requirements. Then, EBSCO Search Box available through the library catalogue was demonstrated by searching the term 'marketing' and showing feature like pdf and html (audio facility) formats of articles, facilities of exporting/sharing the articles, citing references, choosing the need based databases like Literary Reference Center for English literature and language, Green File for Environment related topics and Academic Search Elite for other subjects.

NLIST-programme found the next place under demonstration which has 6000+ Journals and lakhs of e-books. Students were made aware of the existence of such resources by searching the term- counselling- which displayed subtopics wise collection and kind of formats. Other important points of explanation included-copy citation, platform of an e-book, Table of Contents, chapter wise download facility, sharing etc. Apart from this they were made aware of the standard publishers like, Oxford Univ Press, Springer, Sage Publications, Cambridge University Press, Taylor & Francis and JSTOR among others.

Next part of demonstration was provision of E-Table of Contents of subscribed Print + E-Journals across all disciplines in the college website and availability of full text by using login credentials. *Account Creation for all the resources was explained by showing the Request Form available in the catalogue.* Links for freely accessible resources were demonstrated naming a few: SWAYAM, Shodhganga, Shodhgangotri, National Digital Library of India, Project Gutenberg, Hathi Trust Digital Library and archive.org. A total of **54 students** (UG and PG) across almost all streams participated in the programme. All were encouraged to utilize these resources for enriching their class notes, writing research article, doing assignments, project and preparing for various competitions.

Resource person: Mrs Devinder Kaur (Librarian) St Mira's College for Girls

Coordinator Name: Devinder Kaur

Signature: 




Principal
St. Mira's College for Girls

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

Attendance Record

Activity Name: Leveraging Access to E-resources of St Mira's College Library: A Webinar for Students (A. Y.2020-21)

Date: February 12, 2021

The screenshot shows a Google Meet session titled "The Library St. Mira College is presenting". The main window displays a library website with a search bar and various book recommendations. The meeting details panel on the right indicates that there are 54 people in the meeting. The bottom of the screen shows the meeting controls, including a list of participants and a status bar at the bottom.

Total Participants: 54

Programme Coordinator:

[Signature]



[Signature]
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College Code:- 013

Circular No:- G15/1QAC/2020-21/52

Date:-22 January 2021

CIRCULAR

On 26 February 2021 a webinar titled 'Access Databases on Mobile Using Newly Launched EBSCO Mobile App' is to be organized by the College Library from 2:30 PM to 3:30 PM via Cisco Webex platform .

Devinder Kaur
Coordinator

Dr. Gulshan H. Gidwani
Principal



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LIBRARY

Activity Report (A.Y.2020-21)

Date	Name of Activity	Students Attended
26, 2021 February	A Training session on "EBSCO Mobile: Seamless access to your resources anytime anywhere"	89

The College Library organized a training programme for students on "EBSCO Mobile" on **February 26, 2021**. This training aimed to introduce them to the process of downloading the Mobile App with its authentication steps to access resources. The professional trainer Mr Gaurav Date from EBSCO Inf. Services India Pvt. Ltd conducted the training on the CISCO Webex Platform.

The programme started with the overview of EBSCO resources subscribed by the institution including Academic Search Elite, Master File Elite and Literary Reference Center.

Demonstration included the ways to search information and personalized it by creating account and folders. Features like: article sharing, readymade citations, available filters for resource type, year of publication and country of publication were explained. Search & read the articles on the move and saving the needed article to listen to the pdf version at one's convenience were among the other benefits of mobile app. Students were instructed to contact the library team for creating login credentials by filling the request form which will facilitate remote access 24X7. Attendees were urged and requested to take information from reputed resources covered by databases rather than taking from any freely available information on the internet.

A Hands on Quiz based upon the knowhow of the platform was conducted during the session. The trainer happily answered the queries raised by the students. A total of **89 students** from different streams & levels participated in the training.

Resource person: Mr Gaurav Date-EBSCO Inf. Services India Pvt

Name: Devinder Kaur-Convener

Signature:




Principal
St. Mira's College for Girls

EBSCO

Information Services

St. Mira's College for Girls, Pune

EBSCO Mobile: Seamless access to your resources anytime anywhere

Date: 26th Feb 2021, Time : 2.30 PM to 3:30 PM

Platform: Online Webinar - Cisco Webex

Presenter: Gaurav V. Date, Convener: Davinder Kaur, Librarian, St. Mira's College for Girls, Pune

Total Attendance: 89 nos.

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4	Fizza Babul	fizza.babul@gmail.com	Yes	1-9130149947	4441
5	Nivedita Sahoo	nivedita16sahoo@gmail.com	Yes	91-81809 80396	3452
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9	Rakhi Sharma	rakhisharma091997@gmail.com	Yes	91-8788127031	6720
10	Rashi Kudale	rashikudale2002@gmail.com	Yes	91-8329532672	12007
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12	Sunita Singh	sunitasingh5998@gmail.com	Yes	91-09561242668	6727
13	Silvia D'souza	silviadsouza2002@gmail.com	Yes	91-94210 86897	3439
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25	Sakshi Tingre	sakshi.tingre2002@gmail.com	Yes	91-9762177505	12006
26	Akanksha Shinde	shindeakanksha705@gmail.com	Yes	91-7057061903	5640
27	Sneha Kamat	kamatsneha29@gmail.com	Yes	91-7499012715	12034
28	Neelam Jhavar	neelamj.pune@gmail.com	Yes	91-8550902495	3805
29	Akshata Jagdale	akshata.jagdale99@gmail.com	Yes	91-7620672544	6714
30	Ronak kaur Khanduja	ronakkhanduja@gmail.com	Yes	91-9420839661	5645
31	Diksha Jadhav	jadhavidiksha16@gmail.com	Yes	1-7378785024	6901
32	Prachi Aiware	prachi.aiware14@gmail.com	Yes	91-9673922017	4076
33	Pratiksha Pawar	pawarpratikshababurao@gmail.com	Yes	91-8767441235	11874
34	Puja Debbarma	debbarmapuja1998@gmail.com	Yes	1-8698802486	6913
35	Ravina Jagtiani	ravinajagtiani@gmail.com	Yes	91-8087070350	4202
36	Pooja Kumarswamy	kpooja31102@gmail.com	Yes	91-9552146349	3483
37	Sanskriti Nangre	sanskritinangre05@gmail.com	Yes	91-9527811341	12025
38	Dimple Valesha	dimplevalesha@gmail.com	Yes	91-8421064478	22033
39	Mrunali Mandhare	mandharemrnali377@gmail.com	Yes	91-7775823366	3911
40	Azra Hiroli	azrahiroli111@gmail.com	Yes	91-07218457867	4245
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43	Kashmeera Mehra	kannu8jan@gmail.com	Yes	91-8956092213	2651
44	Gayatri Muniam	ashitamuniam@gmail.com	Yes	91-9175017457	3836
45	Devinder Kaur	thelibrarian@stmirascollegepune.edu.in	Yes	1-9975036942	2019-20
46	Khushboo Singh	rs976474@gmail.com	Yes	91-8999209423	6908
47	Prajakta Khobragade	prajktakhobragade0012@gmail.com	Yes	91-9309816444	2425

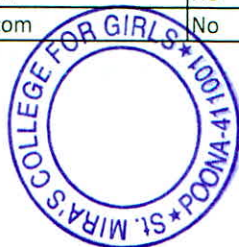
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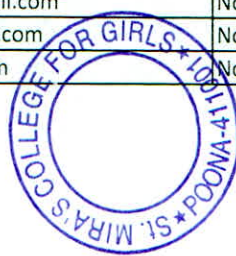
Derinder Kaur
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G.V. Date

Gaurav V. Date

Training Manager - EBSCO Information

Maharashtra (Excluding Mumbai)

Deninder Kaur
Deninder Kaur

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





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St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
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PU/PN/AC/015/(1962)
College Code:- 013

Circular No:-

Date:-01/03/2021

CIRCULAR

On 6th March 2021 a workshop on Cloud computing Aws services is organized by Dept of Bsc computer science for TYBsc and Msc computer science students from 1.00 p.m. Workshop will be conducted through Gmeet online platform .

Ashwini Kulkarni

Co-ordinator



Dr. Gulshan H. Gidwani

Principal

Cloud Computing AWS services

Attendance Sheet

Attendance for:	aws-guestlect-6thmar2021
Date:	2021-03-06
Time:	13:05
Meet ID:	eaq-koqb-wdg
	Names
1	axa
2	sheeta bahirat
3	shraddha bhujbal
4	phalguni chanchlani
5	shikha dwivedi
6	simran fernandis
7	harshada gaikwad
8	shweta gare
9	kanchan ghiloriya
10	vijaya handge
11	aishwarya jagtap
12	janhavi jetla
13	shivani kumari
14	megha kuttat
15	shainy misal
16	priya mishra
17	nisha singh and 1 more
18	rohin shaikh and 1 more
19	shainy misal and 3 more
20	shravani pandit
21	lipsa rani panigrahi
22	hadiya parkar
23	akshra patil
24	swapnali patil
25	jyoti sagar phapale
26	swati raskonda
27	pooja raut
28	devyani rupeeja
29	vaishnavi s
30	shivani salunke
31	rutuja saste
32	anjali shah
33	rohin shaikh
34	sadiya shaikh
35	nisha singh
36	yukta yadav



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

Total no of
Participants = 36

Ally

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Title :Report on Cloud Computing AWS services
Workshop

Dept. of Computer science organized a workshop on "Cloud Computing AWS services" on 6th march 2021 for the students of T.Y.B.Sc.(Computer Science) and Msc computer science

The workshop was conducted by Mr. Kunal Pagriya from Amdocs technologies. He began the session with the basic knowledge of Cloud Computing and also explained practical applications of the same. The students had hands on experience of different services provided by Amazon Web Services. The practical applications helped the students understand the topics of Database Connectivity, Web Hosting using of EC2 in AWS. 36 students attended the workshop.


Mrs. Ashwini Kulkarni

Name of the Organizing Faculty




Principal
St. Mira's College for Girls



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

Circular No:-GIS/1QAC/2020-21/66


Date:-09/03/2021

CIRCULAR

Department of Business Studies has organized a webinar on 'Trends in Digital Marketing' on 21/03/2021 at 11:00a.m. through Google Meet Platform for T.Y.B.Com. Business Administration and Marketing students. Participants are requested to join the webinar link by 10:50a.m.


Mrs. Shanthi Fernandes
Coordinator




Dr. Gulshan H. Gidwani
Principal

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


REPORT ON TRENDS IN DIGITAL MARKETING WEBINAR

Date: 21st March, 2021

Venue: Google Meet

A webinar on Trends in Digital Marketing was organised by the Department of Business Studies in collaboration with Institution's Innovation Council, Centre for Women Entrepreneurship, through Google Meet on 21st March, 2021 at 10.00a.m. for T.Y.B.Com. Business Administration and Marketing students. The resource person, Mr. Dipak Jadhav, a Digital Marketer, explained the concept of digital marketing with its eight elements, six strategies, representation of the business in engaging themselves in various channels from highest to lowest through a graph chart and various Digital Marketing portals which will help in different areas through a demonstration by taking a digital tour to few websites, which was followed by questions & answers.

100 students participated in the webinar, Asst. Prof. Shanthi Fernandes organised the event, Ms. Ravina Jagtiani hosted and Ms. Fizza Babul presented the vote of thanks.


Asst. Prof. Shanthi Fernandes
Co-ordinator




Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
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ATTENDANCE RECORD- TRENDS IN DIGITAL MARKETING
WEBINAR

Date: 21st March, 2021

Venue: Google Meet



Shanlee

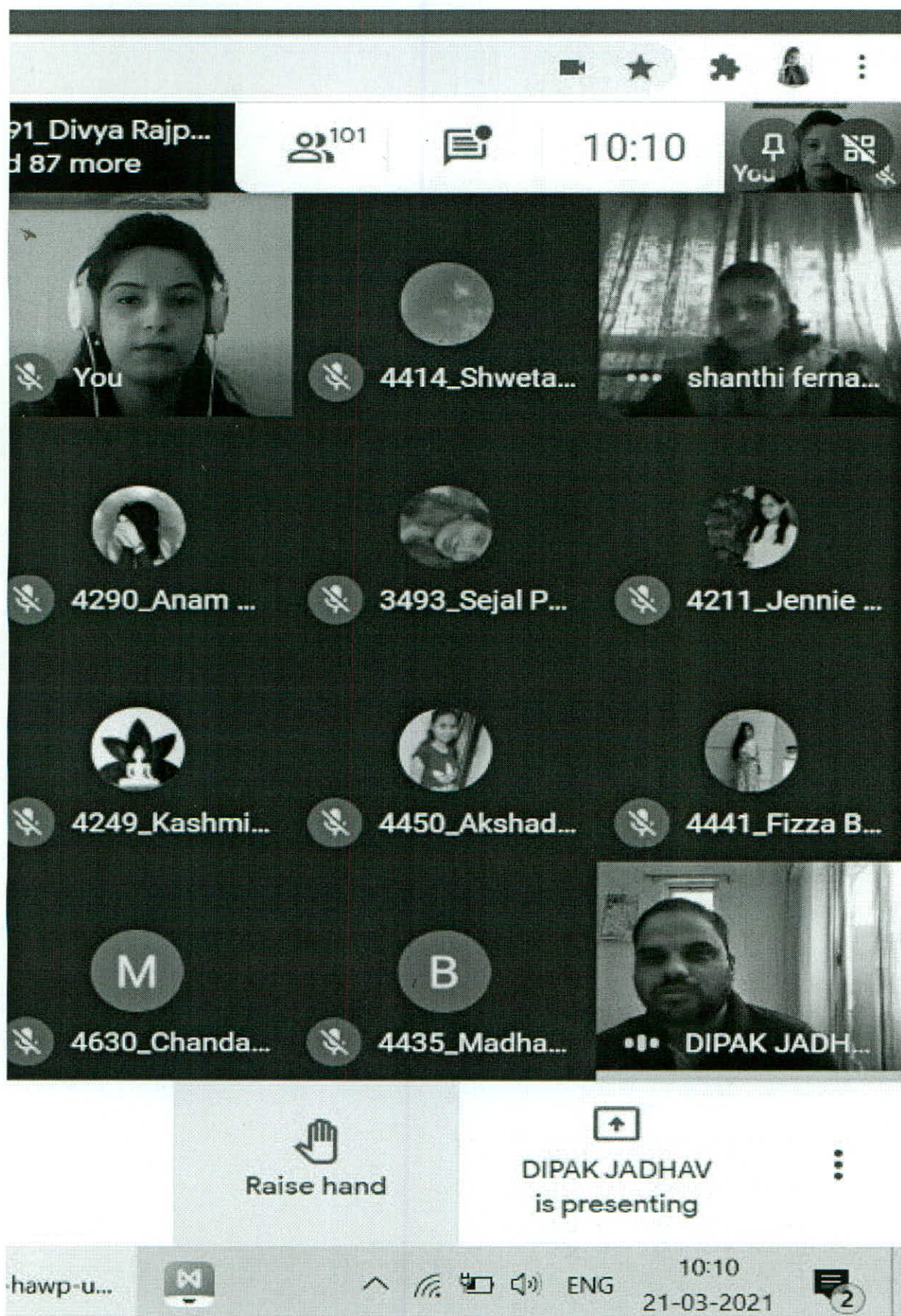
Asst. Prof. Shanthi Fernandes
Co-ordinator

Student participants = 100



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

St. Mira's College for Girls, Pune
Autonomous-Affiliated to Savitribai Phule Pune University
ATTENDANCE - TRENDS IN DIGITAL MARKETING WEBINAR



Shanlee
Asst. Prof. Shanthi Fernandes
Co-ordinator



J. H. Fernandes
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: miracollege@yahoo.co.in

PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- ^{G15/}QAC/2020-21/71

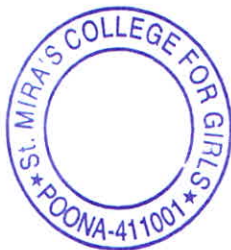
Date:- 06^h April 2021

CIRCULAR

On 10^h April 2021 a webinar titled "A Training session on Research with EBSCO Databases for Dance Movement Therapy Topics" is to be organized by the college Library from 9.30 am to 10.30 am. via CISCO Webex platform .

Devinder Kaur

Coordinator



Dr. Gulshan H. Gidwani

Principal

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

Activity Report (A.Y.2020-21)

Date	Name of Activity	Students Attended
10 th April, 2021	A Training session on “Research with EBSCO Databases for Dance Movement Therapy topics”	18

The College Library organized a training programme for students of PG dip in Dance Movement Therapy on **10th April, 2021**. The aim of this training was to equip the users with skills to access the databases to retrieve the required information in minimum time. The professional trainer Mr Gaurav Date from EBSCO Inf. Services India Pvt. Ltd conducted the training on the CISCO Webex Platform.

The programme started with the overview of EBSCO resources subscribed by the institution including Academic Search Elite and Master File Elite .Demonstration included the ways to search information and personalized it by creating account and folders. Features like: article sharing, readymade citations, available filters for resource type, year of publication and country of publication were explained. Live searches for “Leban Movement”, “Marian Chace”, etc. were conducted. Search & read the articles on the move and saving the needed article to listen to the pdf version at one’s convenience were among the demonstrated features of mobile app. Attendees were urged and requested to take information from reputed resources covered by databases rather than taking from any freely available information on the internet.

The trainer happily answered the queries raised by the students. A total of **18 participants** attended the session.

Resource person: Mr Gaurav Date-EBSCO Inf. Services India Pvt

Name: Devinder Kaur-Convener

Signature:




Principal
St. Mira's College for Girls

EBSCO

Information Services

St. Mira's College for Girls, Pune

Research with EBSCO Databases for Dance Movement Therapy topics.

Date: 10th April 2021, Time : 9.30 AM to 10:30 AM Platform: Online Webinar - Cisco Webex

Presenter: Gaurav V. Date, Convener: Davinder Kaur, Librarian, St. Mira's College for Girls, Pune

Total Attendance: 18 nos.

S.No	Name	Email	Attended	Phone Number	Roll No
1	Deepali Salil	depali.salil@gmail.com	Yes	91-9819997337	SM-20-DMT-09
2	SRINI NELLURI	srininelluri98@gmail.com	Yes	91-7382105560	SM-20-DMT-20
3	Devanshi Jain	d.devanshi7@gmail.com	Yes	91-9654179778	SM-20-DMT-08
4	Lakshita Malhotra	lakshitamalhotra@gmail.com	Yes	91-8287318071	SM-20-DMT-04
5	Devinder Kaur	devinder.kaur@stmirascollegepune.edu.in	Yes	1-9975036942	72021
6	Drashti Shah	shahdrashti65@gmail.com	Yes	91-09699622847	SM-20-DMT-17
7	Deborah Lynn Afuang	deborahlynnafuang@gmail.com	Yes	63-9271386747	SM 20 DMT 10
8	Manisha Mahaldar	mmahaldar@gmail.com	Yes	91-8484937747	SM-20-DMT-13
9	jenika shah	shahjenika22@gmail.com	Yes	Jan-91	SM - 20 - DMT - 11
10	Ipsita Sriram	ipsitasriram97@gmail.com	Yes	91-9840861409	SM-20-DMT-07
11	Medha Aurora	aurora.medha@gmail.com	Yes	91-9873648526	DIP-DMT- SM-20-DMT-06
12	Zalina Gamat	zgamat@gmail.com	Yes	91-8580464578	SM-20-DMT-01
13	Masuma Vagh	masumavagh@gmail.com	Yes	91-9845692716	SM-20-DMT-16
14	Prachi Bohra	prachi.bohrra@gmail.com	Yes	91-9753268412	SM-20-DMT-14
15	Swathika Rajendran	swathika.rajendran@gmail.com	Yes	91-7358250233	SM-20-DMT-12
16	Sabika Muzaffar	sabikaness@gmail.com	Yes	1-9632419675	DMT-15
17	Riya Parekh	parekh.riya1@gmail.com	Yes	1-9702568226	6
18	Jyoti Napte	vyotinapte1984@gmail.com	Yes	1-9604820773	1984

G.V.Date

Gaurav V. Date

Training Manager - EBSCO Information Services

Maharashtra (Excluding Mumbai)

Devinder Kaur



H.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:-GIS/1QAC/2020-21/72

Date:-12-04-2021

CIRCULAR

On 15/04/2021, a Guest Lecture titled 'Robotics and Intelligent Systems' is to be organized by Electronics Department (CS) from 10 AM to 11AM via GMEET platform.

Anitha Menon

Coordinator



Dr. Gulshan H. Gidwani

Principal

St. Mira's College for Girl, Pune
Autonomous-Affiliated to Savitribai Phule Pune University

Attendance report of Guest lecture conducted on 15th April 2021 for FY & SYBSc(CS) by Electronics Department

ROBOTICS AND INTELLIGENT SYSTEMS

By Dr. Umesh N Hivarkar

Director & Principal Consultant, Engineering Analytics COE

The department of Electronics, BSc (CS) organised a guest lecture for F. Y and S.Y.BSc(CS) students on Robotics and Intelligent systems. The lecture was conducted online using the virtual platform GMEET on 15th April 2021 from 10:30 to 11:30 pm. The link for the meet was

Video call link: <https://meet.google.com/xaq-hymr-ayk>

The aim for organizing this guest lecture was to generate curiosity among the latest automation in the industry involving robots.

Dr. U. N. Hivarkar has 25+ years of R&D experience in Government and Corporate ecosystems. He has a wide area of expertise in Engineering Analytics, Advanced Machine learning & AI techniques, Mathematics, Modelling & Simulation, Photonics and Electronics. He explained how human intelligence have been applied to a machine for automating human tasks to make life simpler. He also explained how science and humanities find their application in building a robot with intelligent thinking. The students and faculty enjoyed the session and participated with great enthusiasm.

The co-ordinators of the guest lecture were Anitha Menon and Swatee Sarwate, faculty members of the Electronics Dept. BSc (CS). Anitha Menon gave a brief introduction about the guest and S.Y.BSc (CS) student Ms. Ummesalamah Kanchwala proposed the vote of thanks.






























(Anitha Menon)




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Attendance report of Guest lecture conducted on 15th April 2021 on
ROBOTICS AND INTELLIGENT SYSTEMS
By Dr. Umesh N Hivarkar
For FY &SYBSc(CS) by Electronics Department

	Preeti Borde		...
	rasika sukhadare		...
	Riddhi Kawade		...
	Rieyona Patricia Menezes		...
	Sakshi Jagtap		...
	Sakshi Shinde		...
	Sakshi Shinde		...
	Sakshi Tiwatne		...
	Sakshi Zaware		...
	Saniya Sayed		...
	Sanjana Jadhav		...
	Sarthak Sawant		...
	Shraddha Surve		...
	Shruti Narale		...



Principal
St. Mira's College for Girls




(Anitha Menon)

← About this call

People

Information

	Dr. Umesh N. Hivarkar		⋮
	Gayatri pujari		⋮
	Harshada Dhamdhere _54...		⋮
	Harshada Manjare		⋮
	ingrid sequeira		⋮
	Manisha Hargoli		⋮
	Mansee Ingawale		⋮
	Mayuri jagtap		⋮
	Mrinal Kokre		⋮
	Mrunal Jadhav		⋮
	Nikita Shinolkar		⋮
	Patage Tanvi		⋮
	Pooja Sharma		⋮
	Pratiksha Burge		⋮

TOTAL PARTICIPANTS = 40



(Anitha Menon)




Principal

St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

PHOTOS FOR ACTIVITIES CONDUCTED UNDER 5.1.3 (2020-21)

NAME OF EVENT: English Grammar Skills

DATE: February 3, 2021

The screenshot shows a Google Meet interface. At the top, the browser address bar displays 'meet.google.com/ffz-jjha-jdx?authuser=1'. Below the address bar, a status bar indicates 'REC' and 'K Komal Tujare is presenting'. The main content area shows a presentation slide titled 'SENTENCE' with the following text: 'a group of words, usually containing a verb, that expresses a thought in the form of a statement, question, instruction, or exclamation and starts with a capital letter when written'. Below the definition, there are three bullet points: '- Begins with a Capital Letter', '- Conveys a complete thought, not fragmented', and '- Must have at least one subject and one verb comprising an independent clause'. The slide has a background image of green leaves and yellow branches. On the right side, a 'Meeting details' panel is open, showing a list of 98 participants. The bottom of the screen shows the Google Meet controls, including buttons for 'Meeting details', 'Raise hand', 'Turn on captions', and 'Komal Tujare is presenting'.

Meeting details

People (98)	Chat
3641_Kirthi Patil	
3642_Supriya Dadarao ...	
3645_Dnyaneshwari V...	
3646_Benaaz SayedKa...	
3647_Prangya Parmita	
3649_Sejal Jain	
3651_Mansi Yadav	
3654_Vaishnavi Jadhav	
3659_Barsha Bishoyi	
3660_Nidhi Santosh Ag...	
3661_Vidhi Santosh Aga...	
3665_Arati Bhagwan Sa...	

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Marathi Guest Lecture Series

DATE: July 7 to August 10, 2020

AutoSave Off You are screen sharing Stop Share Sangeeta Deshmukh Comments

File Home Insert Draw Design Transitions Animations Slide Show Review View Help Acrobat Comments

PROTECTED VIEW Be careful—files from the Internet can contain viruses. Unless you need to edit, it's safer to stay in Protected View. Enable Editing

1

सेंट मीरा मुर्लीचे
महाविद्यालय- मराठी विभाग

3/8/2020

मराठी असे आमुची मायबोली
डॉ. वर्षा तोडमल
आबासाहेब गरवारे कॉलेज

Dr. Sangeeta Deshmukh

Moto G (5) Plus

Pradnya Joshi 2...

Anisha Salvi

Slide 1 of 1 English (United States) 45%

zoom_0

0:06:05 0:10:38

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Marithichi Trividh Rupe

DATE: August 17, 2020





KINDLE THE LIGHT

वक्ते

सावित्रीबाई फुले पुणे विद्यापीठाशी संलग्न
सेंट मीरा मुलींचे महाविद्यालय, पुणे.
मराठी विभाग
आयोजित वेबिनार
विषय – मराठीची त्रिविध रूपे...मातृभाषा, राजभाषा, व्यवहार भाषा
दिनांक – १७ ऑगस्ट, २०२०
वेळ – दु. ३.०० ते ४.००

डॉ. दत्तात्रेय तापकीर
शिक्षणतज्ज्ञ, लेखक, वक्ते

Open to all Please Join on Link
<https://meet.google.com/ecj-ecqm-amo>

Inbox (543) - sangeetaades

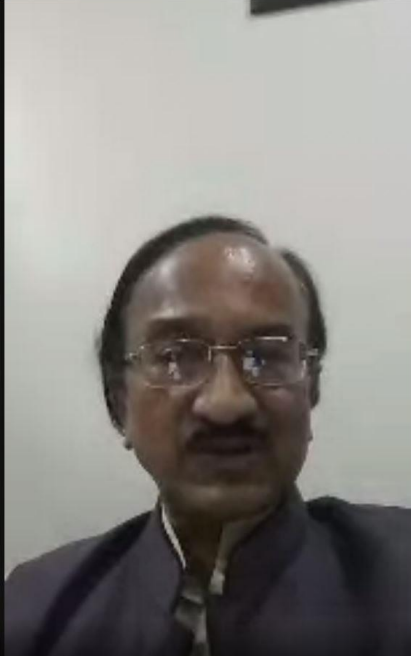
Google Account

Google Calendar - Event de

Meet - ecj-ecqm-amo

Google Meet

meet.google.com/ecj-ecqm-amo?authuser=0



Meeting details

People (42) Chat (19)

S

Sheetal chopde

✓

S

Shivani Vairat

✓

S

Shraddha Ghodke

✓

S

suchita pawar

✓

T

Tanaji Sapkal

✓

Tejshree Pawar

✓

uma Kale

✓

Vaishali Diwakar

✓

V

Vaishnavi Darekar

✓



Dattatreya Tapkeer

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Storytelling Session

DATE: September 9, 2020

Zoom Meeting 40-Minutes

Recording... Remaining Meeting Time: 02:00 | Upgrade to Pro Speaker View

The screenshot shows a Zoom meeting in progress. The main window displays a grid of 25 participant video feeds. The participants are arranged in a 5x5 grid. The names of the participants are visible below their video feeds. The right sidebar shows a list of all 48 participants, with their names and status (mute/unmute, video on/off). The bottom of the screen shows the Zoom control bar with buttons for Mute, Start Video, Security, Participants, Chat, Share Screen, Pause/Stop Recording, Reactions, and End. The Windows taskbar is visible at the very bottom.

Participants (48)

Find a participant

- RB Riya Barde_3614
- Roobhini kutuwan
- R Rutika Nawale
- RG Rutuja Gaikwad
- SR Sheryl Rasundaram
- SK Shradha Kurhade
- SH Shreya hore
- Shrikala Palugulla
- S Shweta Mhaske
- SK Simranjeet kaur
- S Sinin Shaikh.
- S sitara khatoon
- Sukanth
- TC Tanvi Chavan

2/2

Tanvi Chavan Aishwarya Pawar 3649_afirin shaikh Simranjeet kaur Fatima Parvez

Sukanth Shrikala Palugulla Monica Lalwani 4471 Aditi Kadgi Jama mounika3...

Mute Start Video Security Participants Chat Share Screen Pause/Stop Recording Reactions End

Type here to search

15:33 02-09-2020

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: NEP and Challenges of Hindi Language

DATE: September 23, 2020

Meeting details

People (74)

Chat

2246_Himali Patil

2250rechal Madipag **Joined**

2257_Pooja Chavan

2293 Neha Ingle FYBA

2294_Snehal Darwatkar

2296_Bhavya Golani_FYBA A

2419_pvs yamuna_FYBA(b)

2428_Anuja_FYBA

2433Nisha BHARTI

2435_katelynn dhende

Meeting details

Turn on captions

Present now

Type here to search

15:11 23-09-2020

ATTENDANCE HINDI WEBINAR 23-9-2020

Meeting details

People (74)

Chat

2246_Himali Patil

2250rechal Madipag **Joined**

2257_Pooja Chavan

2293 Neha Ingle FYBA

2294_Snehal Darwatkar

2296_Bhavya Golani_FYBA A

2419_pvs yamuna_FYBA(b)

2428_Anuja_FYBA

2433Nisha BHARTI

2435_katelynn dhende

Meeting details

People (72)

Chat

2433Nisha BHARTI

2435_katelynn dhende

2436_Mazel D'souza

2441_shalini gautam

2442_Hulrish Tangri FYBA- B

2444_niviti sharma

2446_Neeti Rawat

2453_riya Bhalekar FYBA U

2704_Shailini

2759_Ruchika Jadhav

Meeting details

People (73)

Chat

5726_Simran Nayak (You)

2212_Preeth Reddy

2213_Devika Burad

2216 Sakshi Solanki FYBA A

2218 Purva Routal FYBA

2226_Snehal Pawar FYBA

2235_Jayina Waghalekar

2237_Deepthi yadav

2245 Sai Lackat

2246_Himali Patil

15:11 23-09-2020

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Writing an Article for the Press

DATE: November 21, 2020

Zoom Meeting

Recording...

Vasudha Ramani

Snober Sataravala

Suhaile Azave...

2203_Sarrah P...

Participants (90)

Find a participant

Snober Sataravala (Host, me)

Iphone

(2238)_Bhoomi shah_FYBA (A)

2201 Simran Chauhan F.Y.B.A (...)

2202 Keera Fernandes_fyba (A)

Invite

Mute All

Chat

From Sushmita Jha to Everyone:
Mam you are inaudible

From Vasudha Ramani to Everyone:
Can u join back?
exit and rejoin

From Iphone to Everyone:
i have joined

To: Everyone

Type message here...

Search for anything

ENG IN 12:13 21-11-2020

Zoom Meeting

Recording...

samrita

Snober Sataravala

Iphone

Suhaile Azavedo

2314_Tejal Khed...

2300_Vaishnavi ...

2279_shrusti_sh...

Vasudha Ramani

2242_Yashashre...

2254_Delna Ank...

2218_Purva Rau...

Srijadha Gupta

2247_Suniti Pin...

2213_Devika Bu...

2257_Pooja Cha...

Callen D'Silva

Aditi Patil

2296_Bhavya G...

2294_Snehal Da...

2308_Meera Nair

2227_Sharvari_F...

Ananya J

2217_Shyla Mal...

2267_Bhavika N...

Arman Chagla

Participants (91)

Find a participant

Snober Sataravala (Host, me)

Iphone

(2238)_Bhoomi shah_FYBA (A)

2202_Keera Fernandes_fyba (A)

2203_Sarrah Fernandes_FYBA(A)

Invite

Mute All

Chat

From Ummesalama Karu to Everyone:
Who do you mean when you say
building contacts with relevant paper?
People**

From Simran Bhatia to Everyone:
I have been pursuing my bachelors in
Computer sciences but have worked as
a content manger in the di

To: Suhaile Azav... (Privately)

Type message here...

ENG IN 12:58 21-11-2020

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Webinar on Nutrition and Diet

DATE: August 4, 2020

Meeting details

People (148) Chat (33)

Add people

Veena Kenchi (You)

1409 Srushti Kange

1415 Shreshtha Shetty

1417 Kajal Sharma

1430 Meghana

1431.shivani Upadhyay

1443 Mouktika

1448.harsha Sirwani

1467 aqsa Qureshi

Shubhangi Jagtap
Thank you mam for informative session.

aditi Pisal and 128 more

5:37 PM

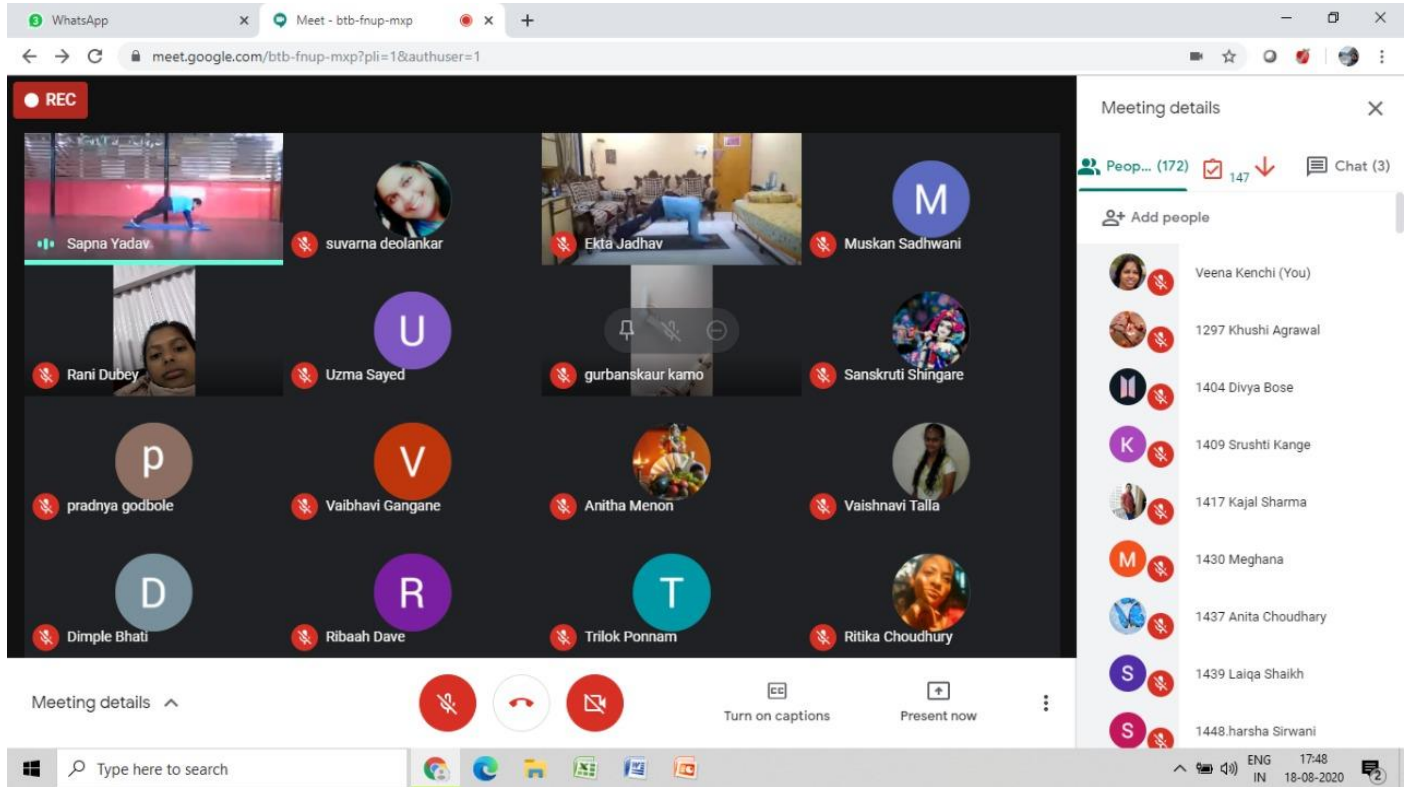
Meeting details

Turn on captions Present now

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Webinar – Resistance Training (Practical Session)

DATE: August 18, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Webinar on Suicide Prevention – Aao Baat Kare

DATE: September 13, 2020

Zoom Meeting

Recording...

Total non-video participants: 26

01:27:10

Participants (46)

Find a participant

Participant Name	Audio	Video
Sakshi Gulwani	✓	✓
SP SAKSHI PAWAR	✓	✓
Sakshi Raheja	✓	✓
S shruti	✓	✓
S Smruti	✓	✓
S Sneha	✓	✓
SS Sneha Sinha	✓	✓
Tanvi Deokar	✓	✓
TS Tasnim Sulthana	✓	✓
YD Yashada Dixit	✓	✓
RI Raman's iPhone	✓	✓

yes no go slower go faster more clear all

Invite Mute All

ST MIRA'S COLLEGE FOR GIRLS
Department of Psychology
Presents
A Webinar on Suicide Prevention

"Aao baat kare"

13 SEPTEMBER, 2020

3:00-4:00 PM

ZOOM

OPEN TO ALL



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Healthy Lifestyle in Pandemic Situation

DATE: September 18, 2020

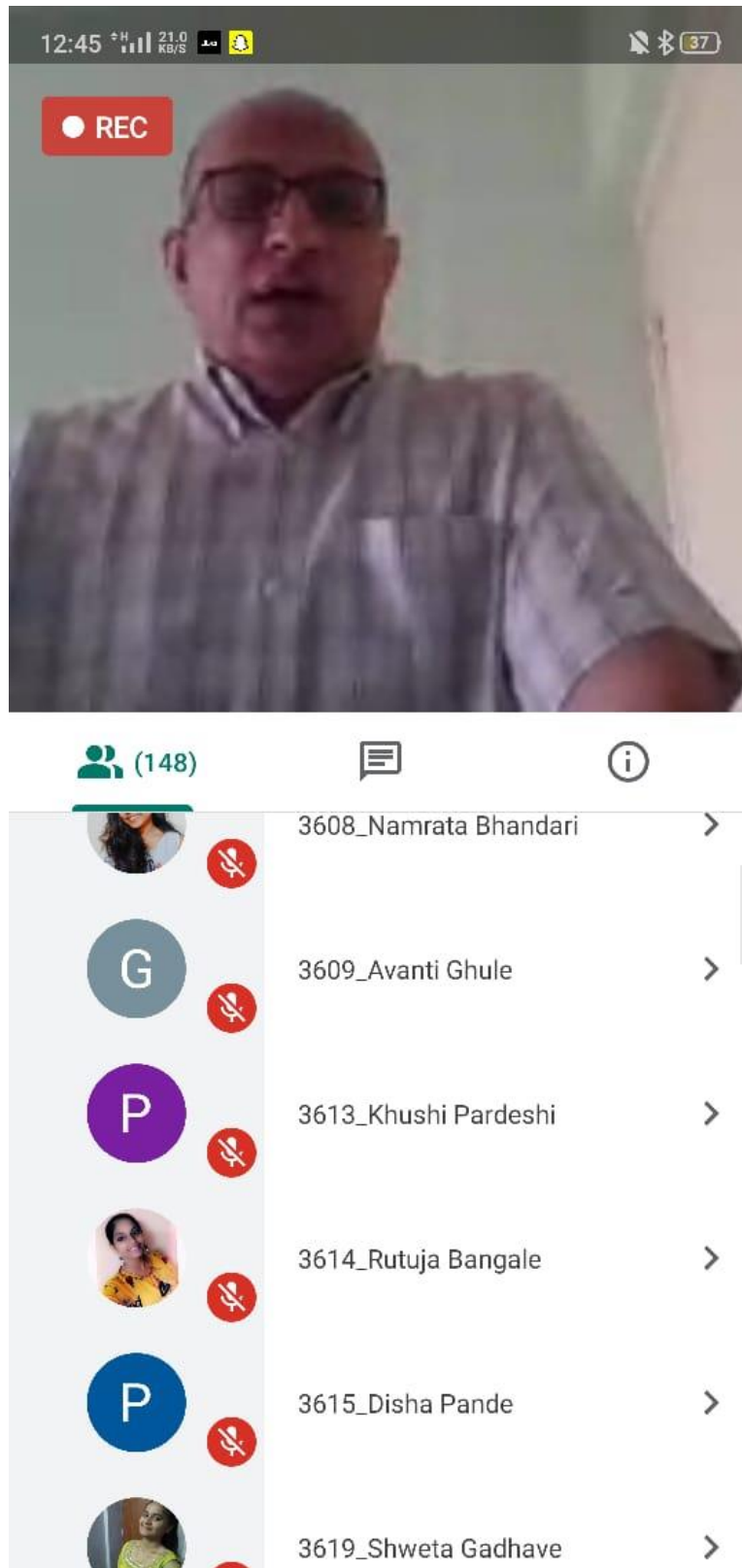
The screenshot shows a Google Meet window with the title "Fitness @ home batch 2". The main video area displays Dr. Mahesh Deshpande. The right sidebar shows a list of participants: Ekta Jadhav (You), 1430 Meghana, 1431.shivani Upadhyay, 1442 MANASI CHANDGUDE, 2001.harsha Sirwani, 2006.Tanzeem Hundekari, 2014 Kajal Sharma, and 2023 Rucha Deshpande. The bottom of the window shows a Windows taskbar with various application icons and the system clock indicating 17:20 on 18-09-2020.

The screenshot shows a Google Meet window with the title "Fitness @ home batch 2". The main video area displays a grid of participants, including Dr. Mahesh Deshpande and several students. The right sidebar shows a list of participants: Ekta Jadhav (You), 2001.harsha Sirwani, 2006.Tanzeem Hundekari, 2014 Kajal Sharma, 2022 Srushti Kange, 2023 Rucha Deshpande, 2024 aqsa Qureshi, and 2042 Muskan Agarwal. The bottom of the window shows a Windows taskbar with various application icons and the system clock indicating 18:23 on 18-09-2020.

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: A Leader is a Dealer in Hope

DATE: September 19, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Managing Oneself to Manage Everything Else

DATE: October 1, 2020



FOR TYBBA - TYBBA(CA)

**ON THURSDAY 01-10-2020
12:00 AM - 01:30 PM
ZOOM MEETING**

BY : MS.KAVITA GHORAN

INITIATOR - PROJECT STEER
(HUMAN EMPOWERMENT)
SELF DEFENCE COACH AT WPU



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Practical Session on Power Yoga and its Benefits

DATE: October 16, 2020

Reading Inspiration Day x Meet - Fitness @ h... x My Drive - Google Drive x (41) WhatsApp x (7) Live Producer | x received synonyms - G... x + -

meet.google.com/btb-fnup-mxp?pli=1&authuser=0

Sharing this tab to www.facebook.com Stop

REC LIVE

Fitness @ home batch 2

People (100) Chat

Add people Host controls

Ekta Jadhav (You)

10 FYBBA Nidhi Sharma

15_BBA_Rumani Muchhal

18 bba Lesha Samtani

2047.shivani Upadhyay

2202_Keara Fernandes_BA

Manali Deo

Power-Yoga-Sessio....csv Power Yoga Sessi....html Class-List (2020-10....csv Class-List (2020-10....csv Class-List (2020-10....csv Show all x

Type here to search

ENG 17:36 16-10-2020

Reading Inspiration Day x Meet - Fitness @ h... x My Drive - Google Drive x (40) WhatsApp x (7) Live Producer | x received synonyms - G... x + -

meet.google.com/btb-fnup-mxp?pli=1&authuser=0

Sharing this tab to www.facebook.com Stop

REC LIVE

Anitha Menon and 95 more 98 5:41 PM You E

2306_Amrita Pal has left the meeting

Manali Deo

Power-Yoga-Sessio....csv Power Yoga Sessi....html Class-List (2020-10....csv Class-List (2020-10....csv Class-List (2020-10....csv Show all x

Type here to search

ENG 17:41 16-10-2020

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Webinar – Reminiscing Everest

DATE: November 2, 2020

Inbox (156) - ekta.jadhav@stmira X Meet - Fitness @ home batc X (49) WhatsApp X (20+) Live Producer | Facebo X +

meet.google.com/btb-fnup-mxp?pli=1&authuser=0

Sharing this tab to www.facebook.com Stop

REC umesh zirpe is presenting

3471 Rutuja Ch... and 53 more

South Summit (100 meters before the summit)
Balcony (8400 Meters)

Evening Fitness B...html Evening-Fitness-Ba...csv WhatsApp Image...jpeg WhatsApp Image...jpeg FYBCom-C (2020-1...csv Show all X

Type here to search

18:14 02-11-2020

Inbox (156) - ekta.jadhav@stmira X Meet - Fitness @ home batc X (49) WhatsApp X (20+) Live Producer | Facebo X +

meet.google.com/btb-fnup-mxp?pli=1&authuser=0

Sharing this tab to www.facebook.com Stop

REC umesh zirpe is presenting

2212 Preeth Reddy_FY... and 88 more

Giripremi's Pune Everest 2012

- Mt. Everest, the highest mountain in the world
- Only two civilian expeditions organized to Mt. Everest from India before 2012. Surendra Chavan, only mountaineer, climbed the peak successfully in 1998
- Giripremi Team: 21 Members (13 Climbers and 8 Support Members)
- Expedition Budget: 3.15 Crore INR
- 25 Thousand people supported the expedition
- Giripremi's 8 climbers summit Mt. Everest on 19th May 2012

Shrehanjali Yadav umesh zirpe
Geetu Lohar Subarna Deolankar
gureshkaur kamo S401 Komal Sawant
vishne 2289 FYBA Leoum ...
Manushree Umalkar 2267 Bhavika naik

Fitness @ home batch 2

Turn on captions umesh zirpe is presenting

Evening Fitness B...html Evening-Fitness-Ba...csv WhatsApp Image...jpeg WhatsApp Image...jpeg FYBCom-C (2020-1...csv Show all X

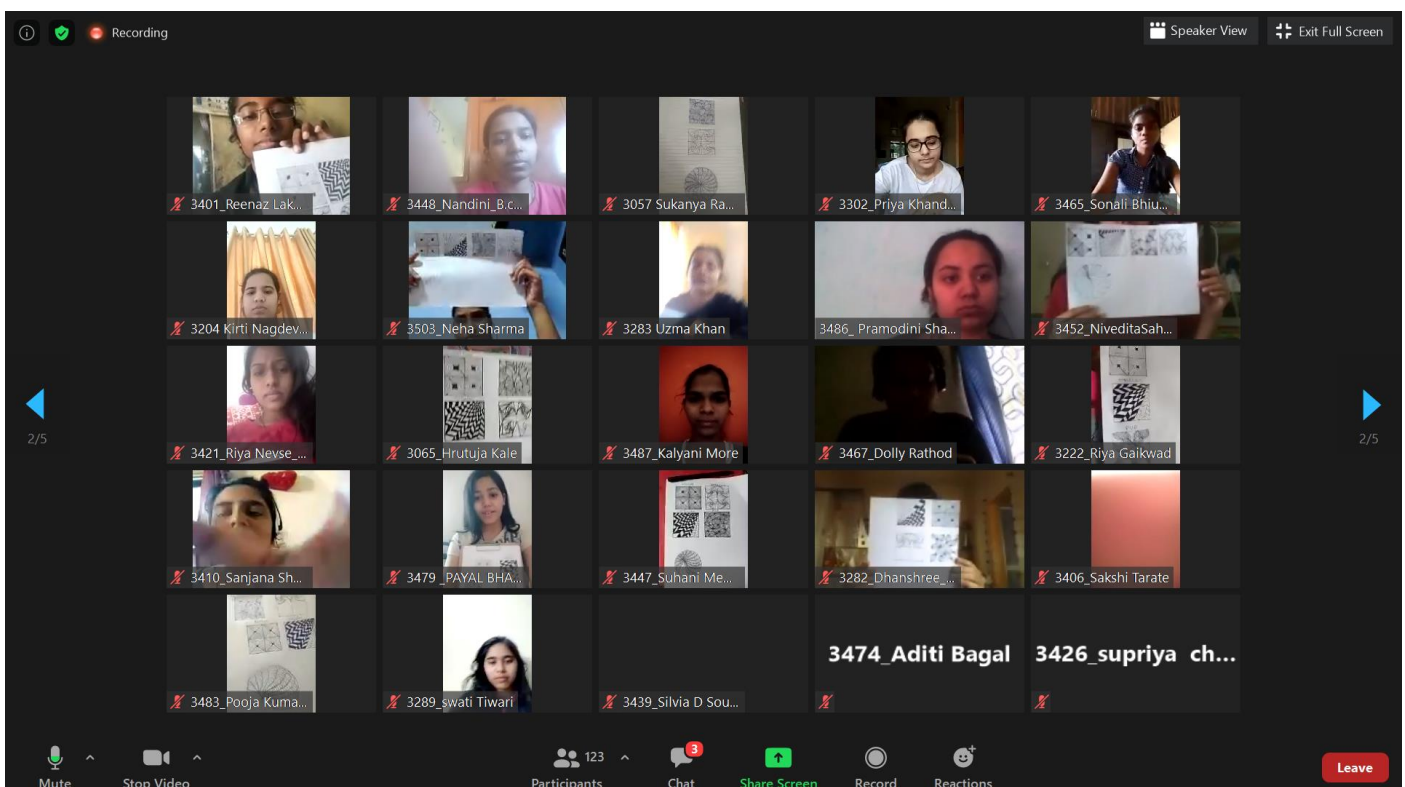
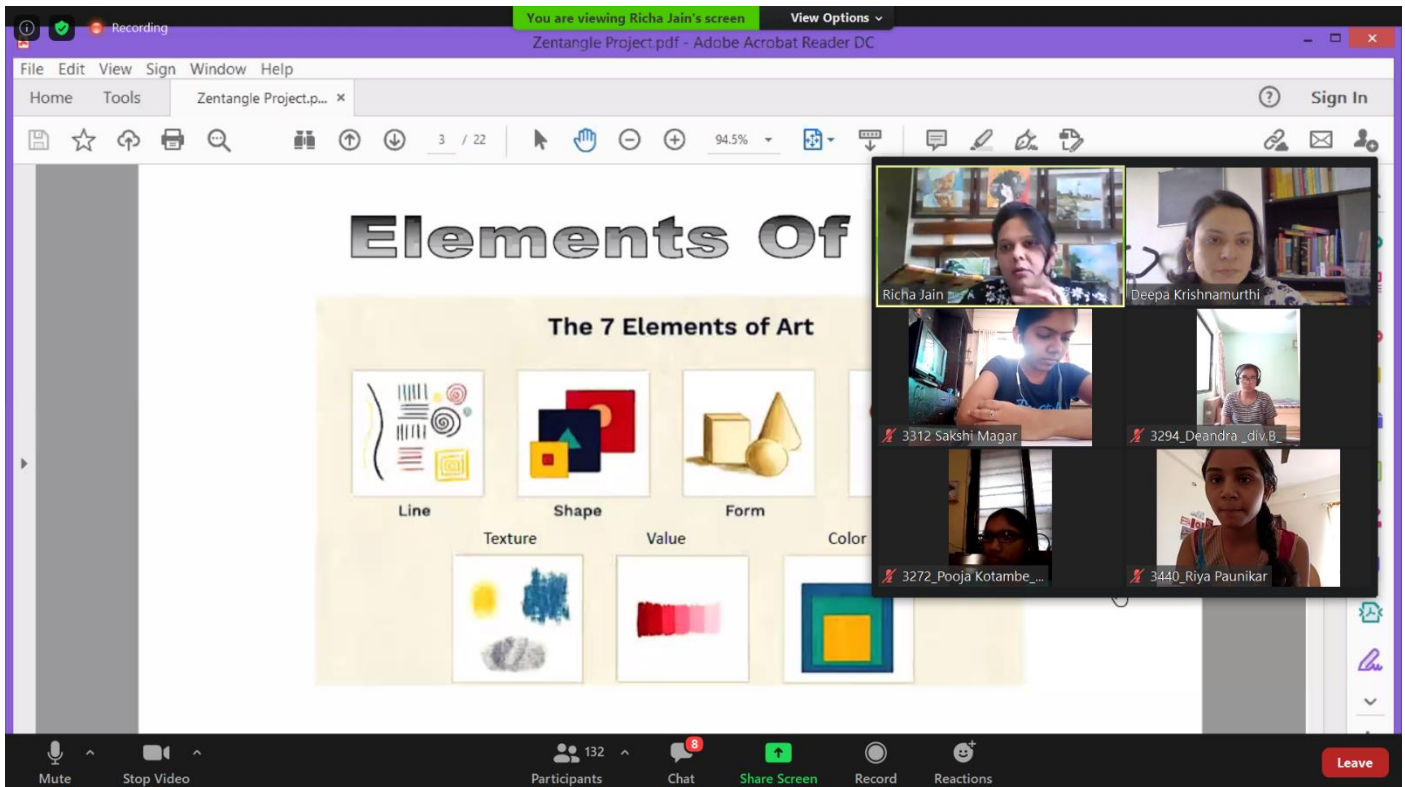
Type here to search

17:18 02-11-2020

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Stress Buster Art Technique

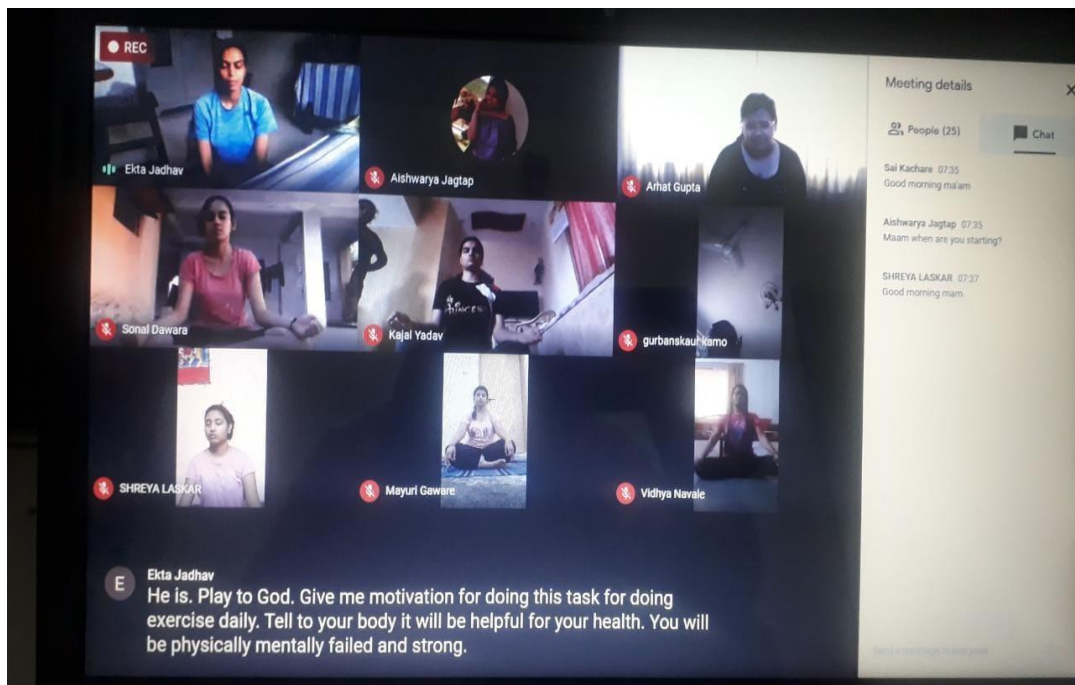
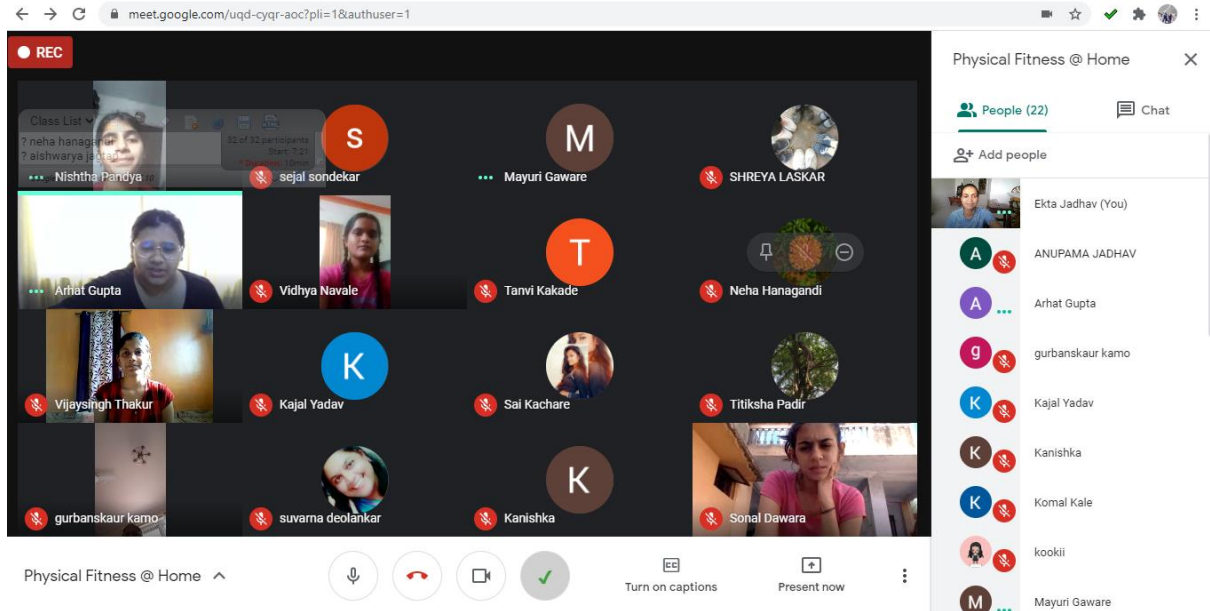
DATE: November 9, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Physical Fitness at Home Programme

DATE: July 27 to December 25, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: You Got This – Managing Exam Anxiety Session Series

DATE: January 7, January 8 and January 9, 2021

The screenshot shows a Zoom video call in progress. The main window displays four participants: a blue cartoon avatar (top left), Pooja Jain (top right), Rinita Adhikary (bottom left), and 2269_Chrislynn Rodrigues - FYB... (bottom right). A fifth participant, 11804_Megha G..., is listed at the bottom but not visible. The chat window on the right shows a conversation between 2269_Chrislynn Rodrigues and Rinita Adhikary. The chat messages are:

- From 2269_Chrislynn Rodrigues ... to Me: (Direct Message)
Maam, how do we identify an obsession and the resulting compulsion?
- From Rinita Adhikary to Me: (Direct Message)
I have been trying the grounding technique and it is one of the few things which is helping;)
- From 2269_Chrislynn Rodrigues ... to Me: (Direct Message)
okay maam.
- From Me to Everyone:
mentalhealth@stmiracollegepune.edu.in
- From 2269_Chrislynn Rodrigues ... to Me: (Direct Message)
thankyou maam

The chat input field at the bottom shows "To: 2269_Chrislynn Rodrigues ... (Direct Message)" and "Type message here..."

#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

The poster features the St. Mira's College for Girls logo in the top right corner and an illustration of a student using a laptop in the bottom right corner.

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Group Therapy Sessions

DATE: February 8 to February 30,

PHOTOGRAPHS NOT SHARED TO MAINTAIN CONFIDENTIALITY

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Mental Health and Physical Fitness During and After COVID 19

DATE: March 3, 2021

Search results - ek... x Recent - Google D... x Meet - Fitness... x (13) WhatsApp x (20+) Live Pro... x Inbox (229) - ekta... x Meet - ybh-p... x +

meet.google.com/btb-fnup-mxp?authuser=0

Sharing this tab to www.facebook.com Stop

Yogesh Bodke is presenting

2247_SUNITI PINGTE_FY... and 87 more

101 5:07 PM

Mental Health & Physical Fitness During and After COVID 19

Someone is trying to join. Close the dialog to see who it is.

Dr. Yogesh Bodke
Assistant Professor
ekhar Agashe College of Physical Education, Pune

Yogesh Bodke

suvama deolankar

Fitness @ home batch 2

Microphone, Video, Checkmark, Raise hand, Turn on captions, Yogesh Bodke is presenting

fybcom-a-and-fyb...csv, fybcom-a-and-fy...html, Certificate of _ Ful...pdf, Certificate for Ms...pdf, Anushka Sarde- N...jpg

Type here to search

17:07 03-03-2021

Search results - ektaja... x Recent - Google Drive x Meet - Fitness @ h... x (13) WhatsApp x (20+) Live Produce... x Inbox (229) - ektajadha... x +

meet.google.com/btb-fnup-mxp?authuser=0

Sharing this tab to www.facebook.com Stop

REC Yogesh Bodke is presenting

1044_Samiksha p... and 87 more

101 5:31 PM

Also improves academic performance, mental processing speed, memory and executive function (concentration and attention).

Physical Activity

Yogesh Bodke

suvama deolan...

Anita keswani

Tanvi Poman

4042_rupali ka...

Angel Ambrose

3680_Sai Suha...

1458_Aastha R...

Pradip More

2210_Munira R...

Siddhi Surve

Fitness @ home batch 2

Microphone, Video, Checkmark, Raise hand, Turn on captions, Yogesh Bodke is presenting

mental-health-and...csv, mental-health-an...html, fybcom-a-and-fyb...csv, fybcom-a-and-fy...html, Certificate of _ Ful...pdf

Type here to search

17:32 03-03-2021

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Classroom Awareness Session – Mental Health

DATE: June, 2020 to April, 2021

The screenshot displays a Zoom meeting interface. The main area shows a grid of 20 video thumbnails arranged in 4 rows and 5 columns. The thumbnails contain the following names from top-left to bottom-right: Deepali gupta, Pooja Jain, Saniya Shaikh, Khushi, simran duggal, Susmita Sawant, Riya Ramatri, Yashika Jain, Anushka Talnikar, Heena Rajpal, Disha Makhija, 1eW60sYffw3v..., Redmi, Isha Parekh, Megha Garg, Amatullah Light..., akshada, Kashmeera Raj..., Mehak Milani, BHAVIKA MALI, Pratiksha Pune..., OPPO F11 Pro, zainab kapadia, Galaxy A50, and Moksha Shah. Some thumbnails are replaced by device names or logos (e.g., Redmi, OPPO F11 Pro, Galaxy A50). On the right side, there is a list of participants with their names and status icons (microphone and video). The list includes: Pooja Jain (Host, me), 1eW60sYffw3vdoEUz_101SwKg..., akshada, Aman Sahota, Amatullah Lightwala, Anushka Talnikar, BHAVIKA MALI, Deepali gupta, Disha Makhija, Divya Kumarswamy, Galaxy A50, and Galaxy A50. At the bottom, there are buttons for 'More All', 'More All', and 'More All'.

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Individual Therapy Sessions

DATE: July, 2020 to April, 2021

PHOTOGRAPHS NOT SHARED TO MAINTAIN CONFIDENTIALITY

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Online Sharing Circle Sessions

DATE: March 24, 2021 onwards

PHOTOGRAPHS NOT SHARED TO MAINTAIN CONFIDENTIALITY



**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

*Prior registration mandatory (Use
the Google form link)*

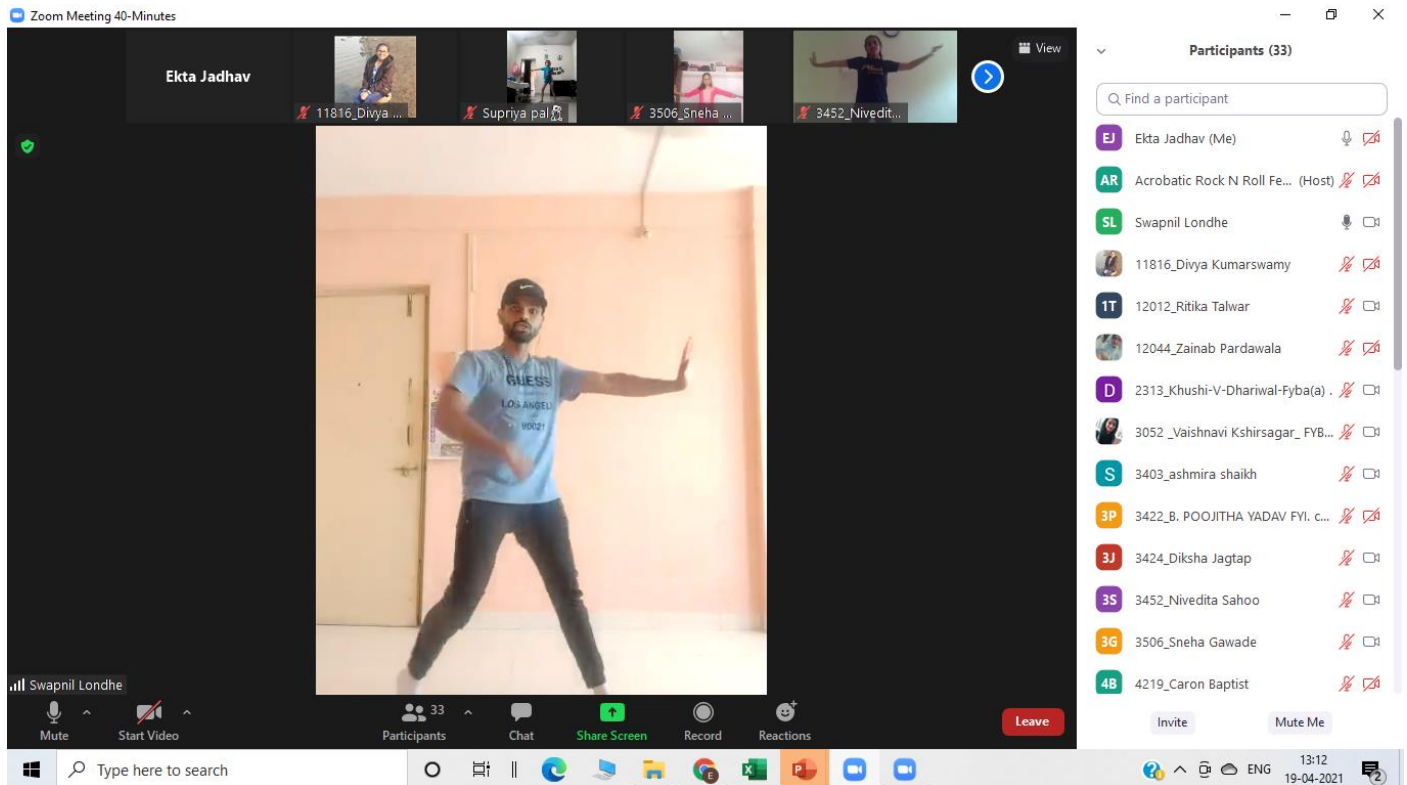
Contact us
mentalhealth@stmirascollegepune.edu.in

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop – Acrobatics Rock and Roll

DATE: April 19 to April 25, 2021

Zoom Meeting 40-Minutes



Ekta Jadhav

11816_Divya ...

Supriya pal

3506_Sneha ...

3452_Nivedit...

View

Participants (33)

Q Find a participant

- EJ Ekta Jadhav (Me)
- AR Acrobatic Rock N Roll Fe... (Host)
- SL Swapnil Londhe
- 11816_Divya Kumarswamy
- 1T 12012_Ritika Talwar
- 12044_Zainab Pardawala
- D 2313_Khushi-V-Dhariwal-Fyba(a) .
- 3052_Vaishnavi Kshirsagar_FYB...
- S 3403_ashmira shaikh
- 3P 3422_B. POOJITHA YADAV FYI. c...
- 3J 3424_Diksha Jagtap
- 3S 3452_Nivedita Sahoo
- 3G 3506_Sneha Gawade
- 4B 4219_Caron Baptist

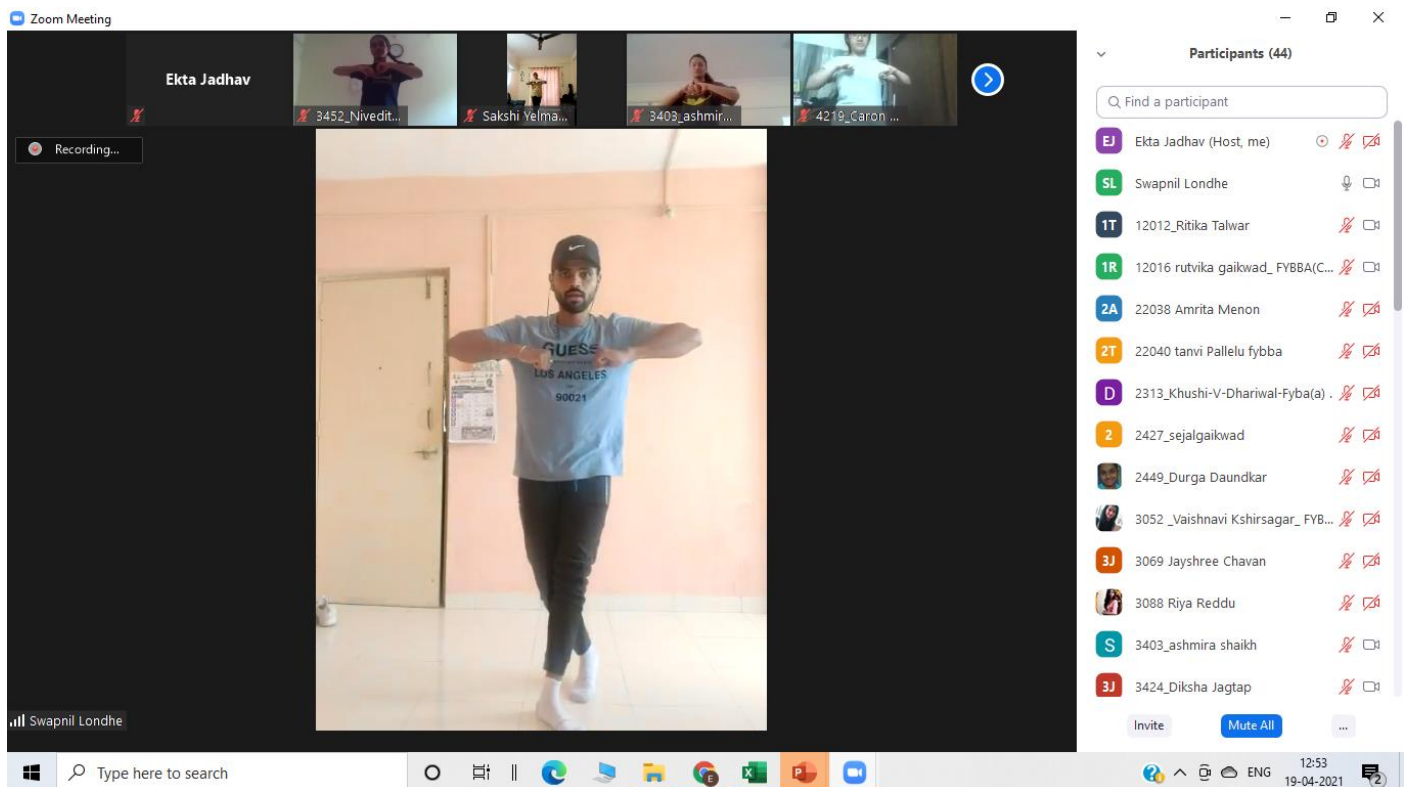
Mute Start Video

Participants 33 Chat Share Screen Record Reactions Leave

Type here to search

13:12 19-04-2021

Zoom Meeting



Ekta Jadhav

3452_Nivedit...

Sakshi Yelma...

3403_ashmir...

4219_Caron ...

Recording...

Participants (44)

Q Find a participant

- EJ Ekta Jadhav (Host, me)
- SL Swapnil Londhe
- 1T 12012_Ritika Talwar
- 1R 12016_rutvika gaikwad_FYBBA(C...
- 2A 22038 Amrita Menon
- 2T 22040 tanvi Pallelu fybba
- D 2313_Khushi-V-Dhariwal-Fyba(a) .
- 2 2427_sejalgaikwad
- 2449_Durga Daundkar
- 3052_Vaishnavi Kshirsagar_FYB...
- 3J 3069 Jayshree Chavan
- 3088 Riya Reddu
- S 3403_ashmira shaikh
- 3J 3424_Diksha Jagtap

Mute All

Type here to search

12:53 19-04-2021

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Basic Circuit Simulation Using PSpice and Circuit Mode

DATE: July 7, 2020

Inbox (246) - swatee... x Classwork x Blank Quiz - Google Fo... x Sensor part 2 - Google x (5) WhatsApp x Meet - jcu-nrqi-ozu x

Prof. V.P. Labde addressing the S.Y.BSc(CS) Students

meet.google.com/jcu-nrqi-ozu

REC

Meeting details

People (37)

Pratiksha Ovhal

Riddhi Kawade

Rieyona Patricia Menezes

Sakshi Jagtap

Sakshi Shinde

sakshi zaware

Shraddha Surve

Siddhita Hingade

Srushti Padale

Meeting details

Photoconductive-c...jpg

Type here to search

12:14 07-07-2020

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: How CHIPS are made

DATE: July 17, 2020

REC

P Prasanna Khare is presenting

CHIPS :How they are made !

People (93) 114 Chat (8)

Rieyona Patricia Menezes 6:41 PM
what is the scope for semiconductor industries in india ? whats indias contribution when it comes to chip manufacturing ? (how much do we contribute globally)

shivani kumari 6:46 PM
Nowadays amoled display are used in phone...is it related to chips

Anitha Menon 6:52 PM
What happens to the chips that have faults? Are they re-used?

shivani kumari 6:59 PM
Is it possible to re-size the wafer....for example if wafer is of 5 inch then is it possible to re-size the 5 inch wafer into 4-inch wafer

deepa Ramane 7:01 PM
what technology changes bring miniaturisation

muskaan laungani 7:02 PM
why are wafers made in circular shape only?

Prasanna Khare

swati pulate

sal

smita borkar

M

Moksha Parmar

TCAD (Technology Computer Aided Design) simulations

- Simulation of semiconductor processing and device behaviour

Process simulation

ATHENA
Complete CMOS structure

Not Etching time

Material

DopingConcentration

Device simulation

CHIPS :How they are made !

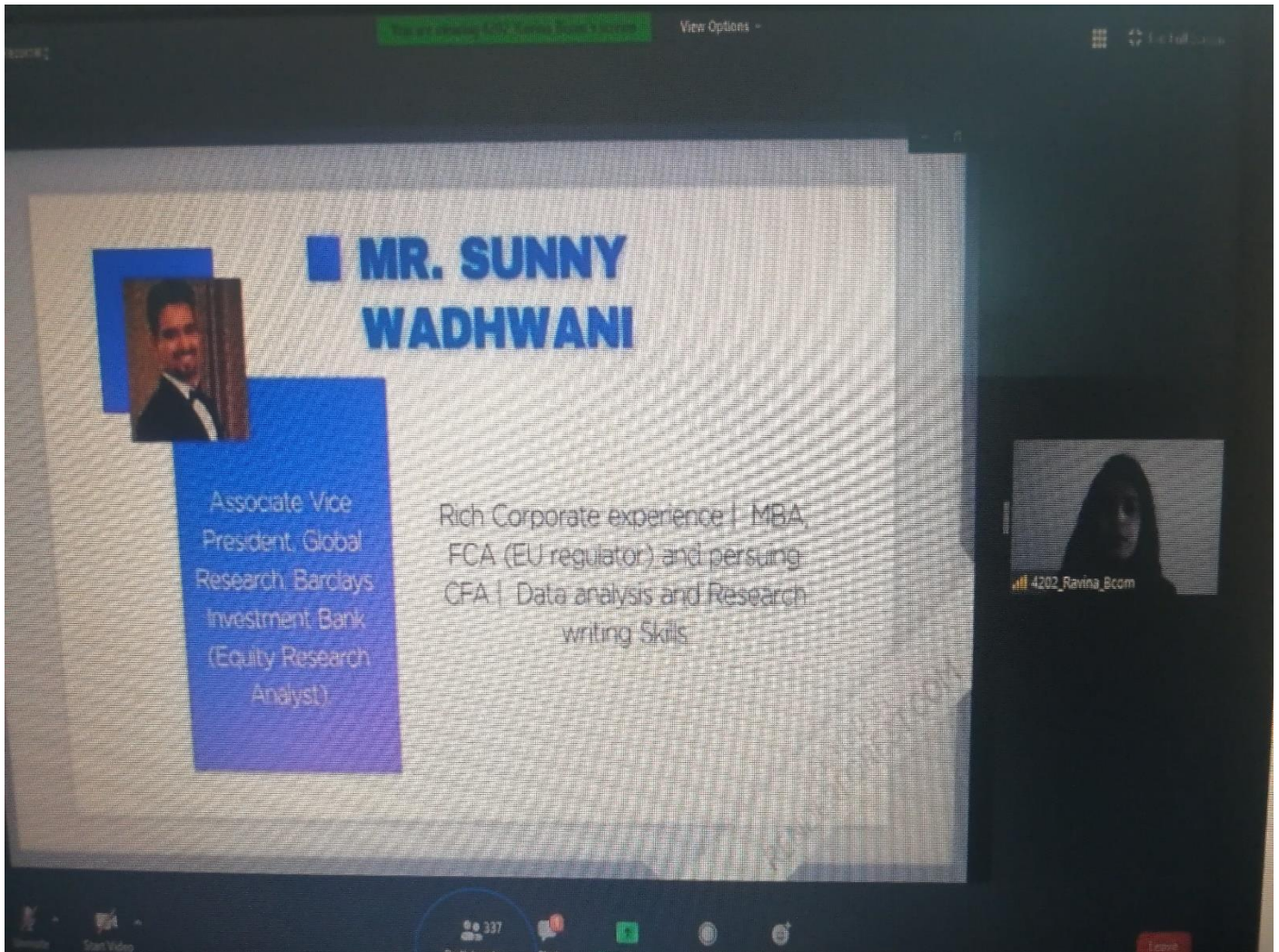
Turn on captions

Prasanna Khare is presenting

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Digital Warriors – Virtual Commerce Lab

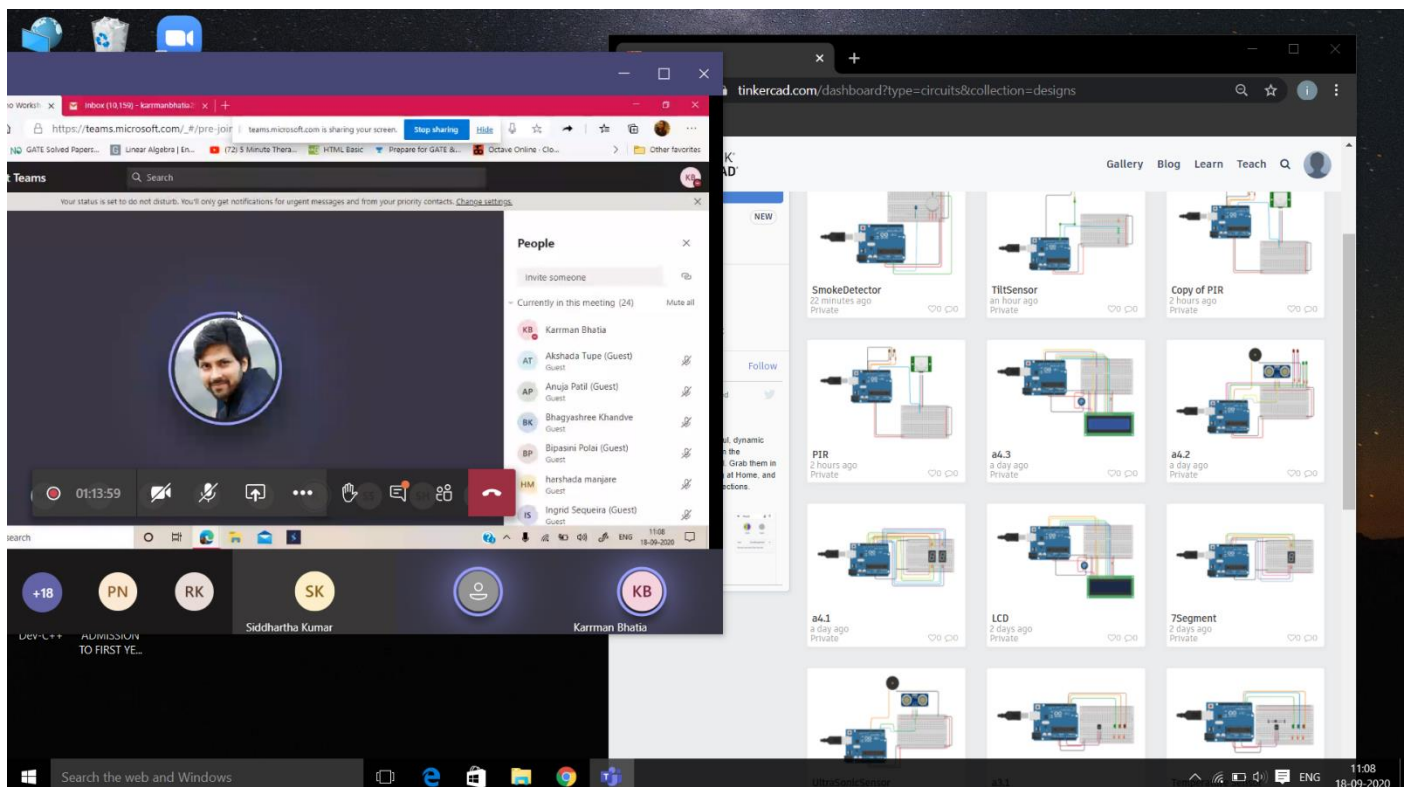
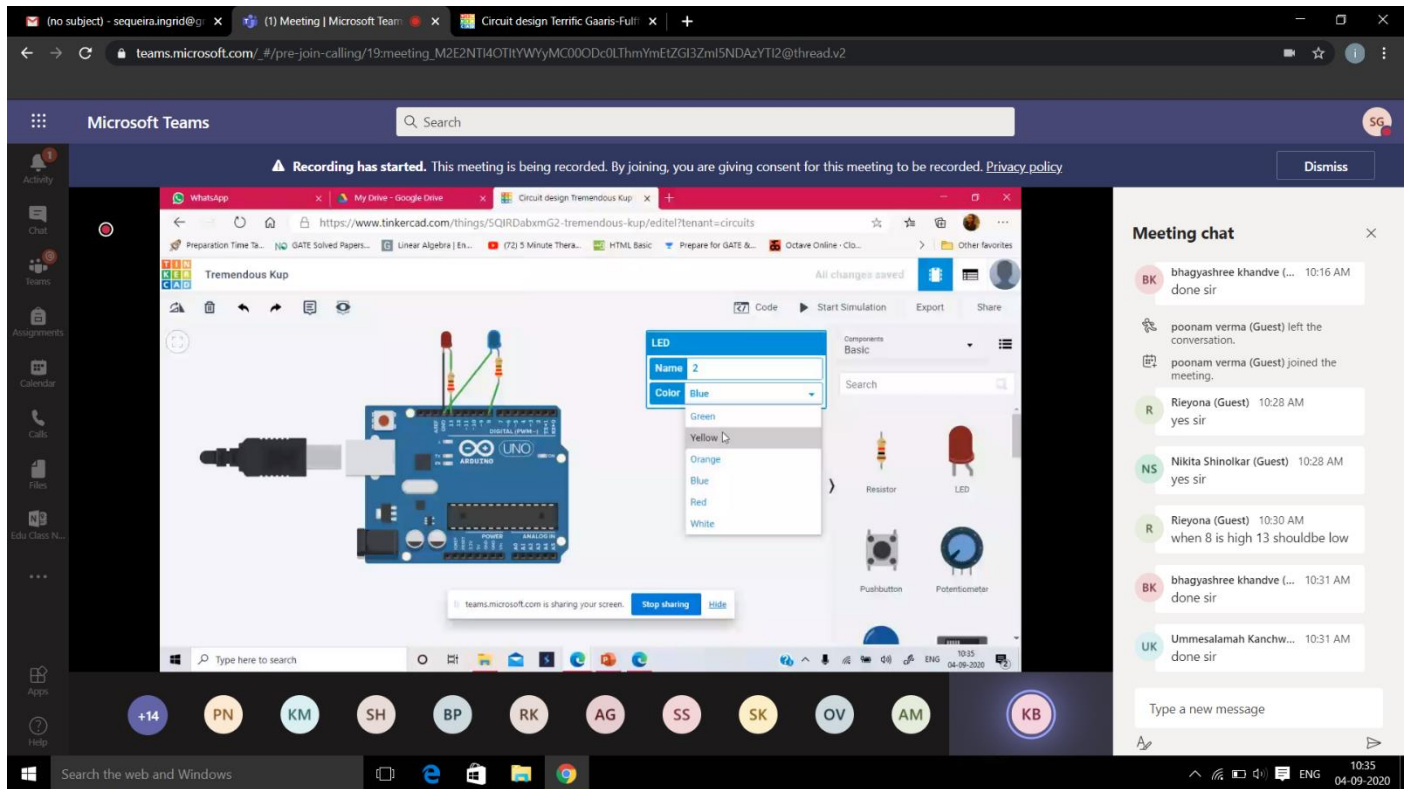
DATE: September 8 to September 12, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop on Arudino and IOT

DATE: September 4 to September 18, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Trends in HRM

DATE: September 26, 2020

TRENDS IN HRM_26.09.2020 (2020-09-25 at 23:33 GMT-7)

Resurgence of a new workplace

The diagram illustrates the resurgence of a new workplace through a series of interconnected hexagonal boxes. The boxes are arranged in a grid-like structure, with a large blue arrow pointing from the left towards a central yellow box. The hexagonal boxes contain the following text:

- Automation AI & RPA
- Real time performance feedback
- Focus on diverse workforce
- Data Analytics
- Employee Experience
- Varied work options
- New way of working
- Fighting unconscious bias
- Expanding out concept of Wellness
- Specialised roles in HR

The central yellow box contains the text: "Opportunity to demonstrate Strategic relevance and Driver of business performance".

23:52

23:57 / 1:36:14

CC ⚙️ 🖥️ 🔍

TRENDS IN HRM_26.09.2020 (2020-09-25 at 23:33 GMT-7)

Rethinking routine to change the way we think

The diagram illustrates six ways to rethink routine to change the way we think, presented in a grid of six colored boxes. The boxes are arranged in two rows of three. The boxes contain the following text:

- 01 | Get closer to the business
- 02 | Enable greater agility
- 03 | Think integrated offerings & solutions
- 04 | Accelerate, Change & Transform
- 05 | Change the way we work through Automation
- 06 | Invest in Talent, Tools & Culture

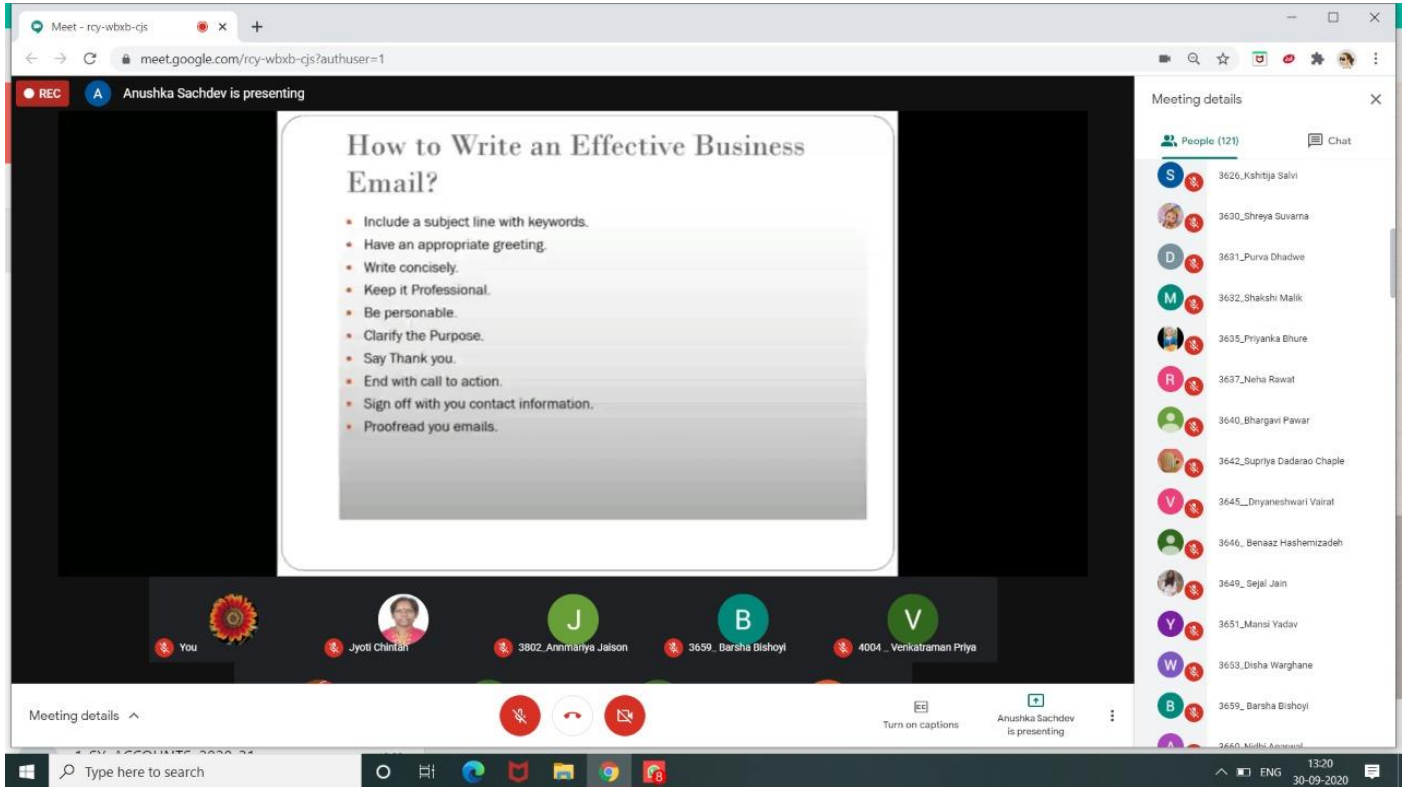
16:12 / 1:36:14

CC ⚙️ 🖥️ 🔍

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Email and Blog Writing Skills

DATE: September 30, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Entrepreneurship in the Field of Computer Science

DATE: October 10, 2020

The screenshot shows a Zoom meeting interface. The main window displays a grid of 20 participants in a 4x5 layout. The participants are: ProBano, Swatee Sarwate, Sheetal Bahirat, Shitalhinge, 5414_sanjana, Shikha Pandey, shraddha raut, Anjali Kale, Srushti, Muskaan laungani, Devyani Rupeeja, 5408 Vaishnavi..., Sneha Jagtap, 5405_shabana s..., Vrushali Paranjpe, Rutika Kapai, Simran Fernandis, Stella Ambrose, Sapna, Aditi Mahale, 5407_Ashwini, Akanksha Kshirs..., Dr.Rama Venkat, Phalguni Chanc..., and Gayatri pujari. The bottom of the screen shows the Zoom toolbar with buttons for Mute, Stop Video (Alt+V), Participants (99), Chat (5), Share Screen, Record, Reactions, and Leave. The Windows taskbar is visible at the bottom with the search bar and various application icons. The system tray shows the time as 10:05 on 10-10-2020.

Zoom Meeting

Recording

Speaker View

Participants (99)

Find a participant

Swatee Sarwate (Me)

ProBano (Host)

Dr.Rama Venkat

Akshra Patil

5401_Koma_ BSc

5403 shraddha night fybs

5405_shabana shaiikh_BCS

5407_Ashwini

5408 Vaishnavi Ghawate B. Sc(CS)

5409_inaara_bcsfy

5410 Rnuka Autade

5411_ritika_fybs

5413 Vaishnavi kokate bcs

5414_sanjana

Invite

Mute Me

Raise Hand

Leave

The screenshot shows a Zoom meeting interface in a gallery view. The main window displays a close-up of a participant, ProBano, who is smiling and wearing glasses. The bottom of the screen shows the Zoom toolbar with buttons for Unmute, Stop Video, Participants (100), Chat (5), Share Screen, Record, Reactions, and Leave. The Windows taskbar is visible at the bottom with the search bar and various application icons. The system tray shows the time as 10:05 on 10-10-2020.

Zoom Meeting

Recording

Gallery View

Exit Full Screen

Gallery View (Alt+F2)

Swatee Sarwate

Stella Ambrose

Dr.Rama Venkat

Muskaan laungani

Unmute

Stop Video

Participants

Chat

Share Screen

Record

Reactions

Leave

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Training Session – How to Search EBSCO Databases Efficiently

DATE: October 23, 2020

Meeting Number: 171 949 2952 | Date: 23-Oct-2020 | Time: 3:37 PM, Local Time (GMT +05:00)

Home - St. Mira's College - ST | Erikh Soloviev

10611967, Aug2018, Vol. 56, Issue 4

Database: Academic Search Elite

Erikh Soloviev: An Attempt of a Philosophical Portrait (An Exercise in Communicative Sociology of Knowledge)

Contents

- The European Reformation as the Object of Soloviev's Original Research
- Soloviev's Kant Scholarship
- Notes

Listen

Keywords: communicative sociology of knowledge; Erikh Soloviev; Russian philosophy of the second part of the 20th century; philosophical portrait.

Erikh Soloviev, representative of what is now the elder generation of Russian philosophers, is one of the most significant and well-known authors in Russia's cultural space over the second half of the twentieth century and the recent years of the twenty-first. More than twenty of his works have been published in foreign languages.

It would be unrealistic in an article of such limited scope to reflect even those elements most important to Soloviev's work and to "our" era. For this reason, I have chosen a particular genre for my introductory remarks: my own impressions, that is, individual jottings toward a creative portrait of my friend, colleague, and contemporary, Soloviev, as well as a description of those historical circumstances that proved most relevant to our experience. [1] Let us begin at the very beginning.

Soloviev began his studies in the Lomonosov Moscow State University (MSU) Faculty of Philosophy in 1957 (which was then, as today, our country's best university). Having recently graduated high school with highest honors, he was accepted there without the need for entrance exams. He had already experienced a childhood and adolescence filled with difficult ordeals. Generations of wartime children had had to survive hunger, cold, and the loss of fathers and older brothers at the front, which meant the absence of older male guardianship during childhood and adolescence; essential support for our truly heroic, restless mothers, and much else that had to be endured during the war and postwar years.

The festivity in which Soloviev was born and raised experienced deprivation even earlier because of prewar repressions. This is how Soloviev described himself in an interview: "I was born in 1934 in Nizhny Tagil [a small industrial city in the Ural], in 1937 my father, the head of a railway line workshop at the Nizhny Tagil metallurgical factory, Polish by nationality, came under repression (ten years without correspondence rights). A year later my mother received news that he was no longer among the living. My stepfather, Yuri S. Soloviev, a geologist (in the 1970s, he was among the best experts

Participants

Name	Joining time / Leaving time
Kirti Motwani	3:37 PM / 4:56 PM
Nandini Hucche	3:37 PM / 4:56 PM
Akanksha patil	3:37 PM / 4:56 PM
Nandani Sharma	3:37 PM / 4:56 PM
Vaishnavi sadihav	3:37 PM / 4:31 PM

Table of Contents

Activity	Time
Recording Start	00:00:00
App/Desktop Share (1) Start	00:00:00
App/Desktop Share (1) End	01:16:24
Recording End	01:19:03

00:46:58 / 01:19:03

Meeting Number: 171 949 2952 | Date: 23-Oct-2020 | Time: 3:37 PM, Local Time (GMT +05:00)

Home - St. Mira's College - ST | Result List: sociology

Search Results: 1 - 10 of 375,194

1. Sport Sociology: In Question?

By: Newman, Joshua L. *Sociology of Sport Journal*, Dec2019, Vol. 36 Issue 4, p265-276, 12p. 2 Diagrams. DOI 10.1177/0746269319881111. Database: Academic Search Elite

In this article, which is an expanded and updated adaptation of the 2018 North American Society for the Sociology of Sport Presidential Address, I look at the challenges and opportunities present...

Subjects: EQUALITY; SOCIOLOGY; HOAXES; SOCIAL justice; CULTURAL studies; SPORTS; Fitness and Recreational Sports Centers

2. Are Distinctions between "Environmental Sociology" and "Natural Resource Sociology" Real – and Important? Reactions to Qin et al.'s Seeing the Forest for the Trees

By: Krannich, Richard S. *Society & Natural Resources*, Sep2020, Vol. 33 Issue 9, p1149-1153, 5p. DOI 10.1080/08941920.2019.1703153. Database: GreenFILE

The bibliometric analysis presented by Qin et al. provides useful evidence regarding debates into whether there are meaningful distinctions between "environmental sociology" and "natural resource..."

Subjects: Environmental sociology; Natural resources; Sociology

Video Results (3 of 57)

Participants

Name	Joining time / Leaving time
Kirti Motwani	3:37 PM / 4:56 PM
Nandini Hucche	3:37 PM / 4:56 PM
Deepali Bhamare	3:37 PM / 4:15 PM
Akanksha patil	3:37 PM / 4:56 PM
Nandani Sharma	3:37 PM / 4:56 PM

Table of Contents

Activity	Time
Recording Start	00:00:00
App/Desktop Share (1) Start	00:00:00
App/Desktop Share (1) End	01:16:24
Recording End	01:19:03

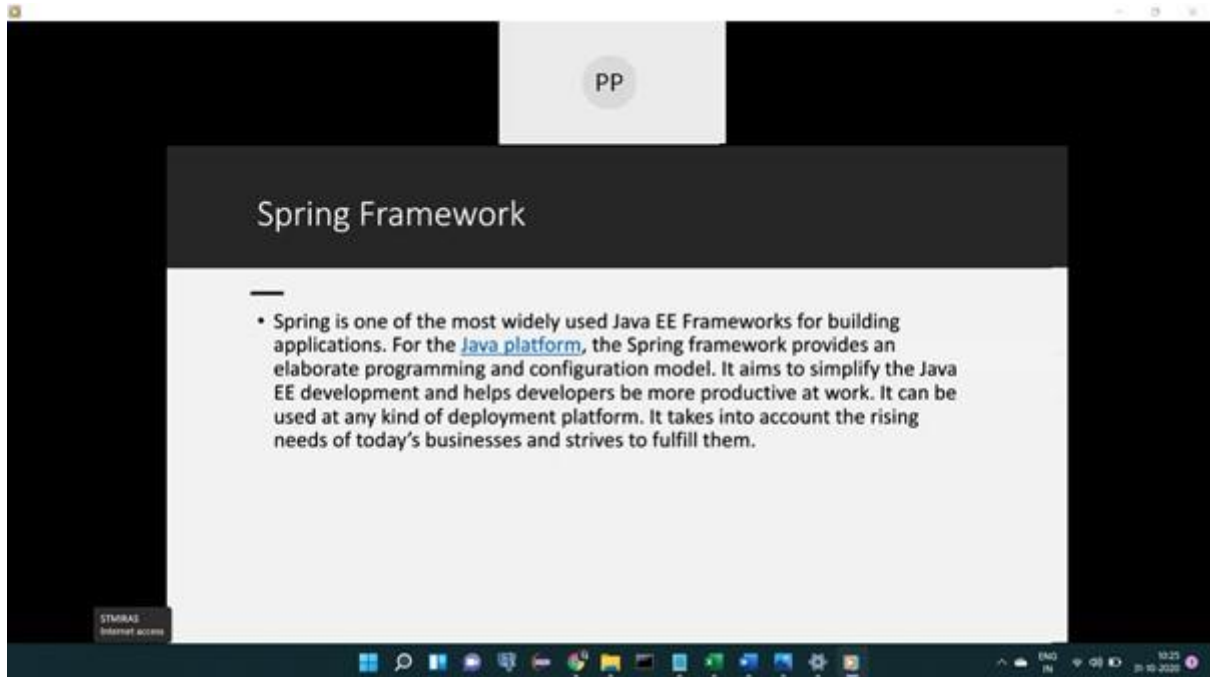
Chat

Video

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop on JAVA Programming with Spring

DATE: October 31, 2020



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Leveraging Access to E-Resources of St. Mira's College Library - Webinar

DATE: February 12, 2021

Recording... You are viewing The Library St. Mira College's screen View Options

Meeting Information

Leveraging Access to E-resources of St Mira's College Library: A Webinar for Students, 11 Aug, 2021

Meeting ID: 966 8952 3761

Host: The Library St. Mira College

Passcode: y8LDgp

Numeric Passcode (Telephone/Room Systems): 961861

Invite Link: <https://zoom.us/j/96689523761?pwd=RWl1Nkd1VlR0NUxYOFVsdXBxczdKdz09>
[Copy Link](#)

Encryption: Enabled

You are connected to Zoom Global Network via data centers in the United States

[Report](#)

Login Credentials are Required

EBSCO NLIST Sage Journals Computer Science Journals

Leveraging Access to E-resources of St Mira's College Library: A Webinar for Students: 2021-22, Wednesday 11 Aug 2021, 11am: 2.30 pm to 3.30pm—in connection with the Librarians' Day on 12th August

Madhuri

4019_shruti utt...

4019_shruti uttekar

21968 Hitika

2857_Muskan N...

2857_Muskan Negi

4086_Zaianb Mukad...

Mute Start Video

Participants 99 Chat 1 Share Screen Pause/Stop Recording Reactions

Leave

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: A Training Session on “EBSCO MOBILE: Seamless Access to your Resources Anytime Anywhere

DATE: February 26, 2021

The screenshot displays the EBSCO Academic Search Elite website interface. The top navigation bar includes links for 'Getting Started', 'NET CRM - Login', 'SFDC - IEEE', 'EBSCOhost', and 'Academic Search Elite'. The main search area shows a search for 'java' with results for 'PRINCES PROFITS AND THE PROPHET' and 'Lipidomic and metabolomic profiles of Coffea canephora L. be'. A mobile app interface is overlaid on the screen, showing a search for 'Message Passing Optimization in Robot Operating System' and a list of related images. The bottom of the screen shows a Windows taskbar with various application icons and a system clock indicating 3:20 on 26-02-2021.

ST. MIRA COLLEGE FOR GIRLS

Search Results: 1 - 10 of 33,024

1. PRINCES PROFITS AND THE PROPHET.

By: Ricklefs, M. C. *History Today*, Jul2018, Vol. 68 Issue 7, p56-67. 12p. , Database: Academic Search Elite

The author discusses diplomatic work during the Wars of Succession in Java, Indonesia, and the role of Mangkubumi and his son...

Subjects: HISTORY; HISTORY of diplomats; TURKS; NEDERLANDSCHE Oost-Indië

HTML Full Text PDF Full Text (26.2MB)

2. Lipidomic and metabolomic profiles of *Coffea canephora* L. be

By: Anagbogu, Chinyere F.; Zhou, Jiaqi; Olasupo, Festus O.; Baba Nitsa, Moham... Database: Academic Search Elite

Coffee (*Coffea* spp.) is one of the most popular refreshing beverages globally. It contributes significantly to the global economy...

Subjects: COFFEE; COFFEE growing; SINGLE nucleotide polymorphisms; COFFEE growing; Other Vegetable (except Potato) and Melon Farming; Oilseed and grain m... Ginning); Other Noncitrus Fruit Farming; Non-citrus fruit and tree nut farming; Co... wholesalers

PDF Full Text (1.7MB)

Message Passing Optimization in Robot Operating System.

Publication: International Journal of Parallel Programming, Feb 1, 2020 • Academic Search Elite

By: Jiang, Ziyue; Gong, Yifan; Zhai, Ji... View all

AUTONOMOUS robots ROBOTIS PROGRAMMING

Abstract: With the development of deep learning, autonomous robot systems grow rapidly and require better performance. Robot Operating System 2 (ROS2) has been widely adopted as the main communication framework in autonomous robot systems. However, the performance of ROS2 has become the bottleneck of these real-time systems. From our observations, we find that it can take a large amount of time to serialize complex...

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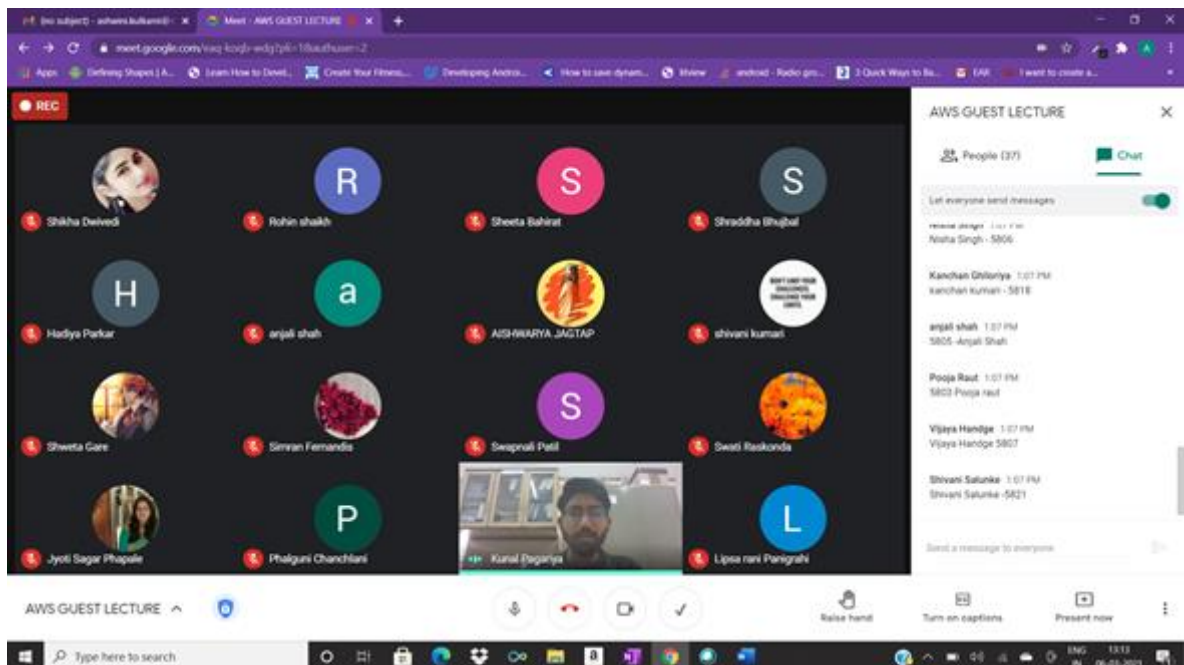
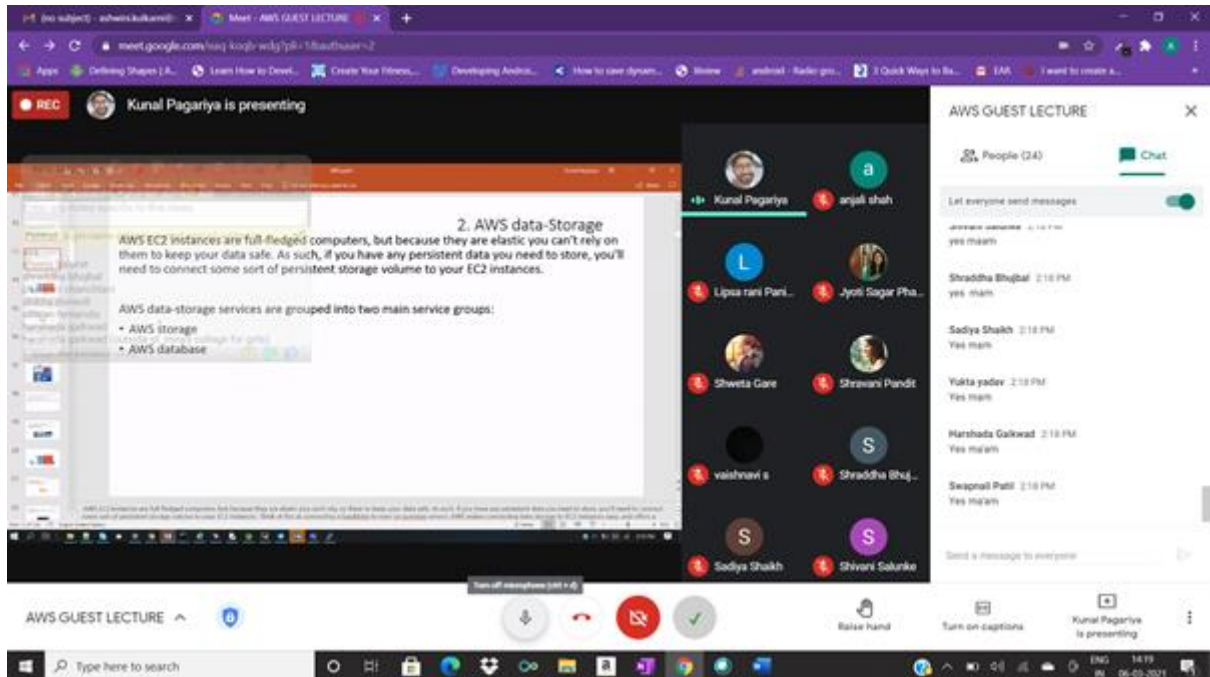
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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop on Cloud Computing AWS Services

DATE: March 6, 2021



ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Trends in Digital Marketing

DATE: March 23, 2021



The image shows a Zoom meeting interface. On the left, a presentation slide titled "What is Digital Marketing?" is displayed. The slide includes a "REC" button in the top left corner and a list of four items, each with a checkmark icon:

- ✓ Promotions
The process of promoting
- ✓ Products
Products or services over the internet
- ✓ Devices
Using electronic devices
- ✓ Customers
To drive traffic, leads, and sales.

Below the list, the name "DIPAK JADHAV" is visible. To the right of the slide is a video thumbnail of a person's hands typing on a laptop keyboard, with the word "MARKETING" overlaid on the screen. On the far right, a vertical strip shows thumbnails of participants, including a "You" icon and a group of "97 others".



The image shows a Zoom meeting interface. The main video feed displays a man with a beard and mustache, wearing a dark blue shirt, speaking. The background shows a doorway and a calendar on the wall. On the right side, a list of participants is visible, each with a circular icon and a name:

- 4483_Monika Sh... and 57 more
- 4229_Shivana Jangid
- 4249_Kashmira Shinde
- 4450_Akshada Kalyanam
- 4630_Chanda Mali
- 4435_Madhavi Bhosale
- 4231_Geetanjali Lachke
- 4695_Priyanka Yadav
- 4246_Pooja Singh

At the bottom of the screen, there is a toolbar with icons for "Raise hand", "Turn on captions", and "Present now". Below the toolbar, a status bar shows the meeting title "mcom-capital-mar...csv" and "mcom-capital-ma...html".

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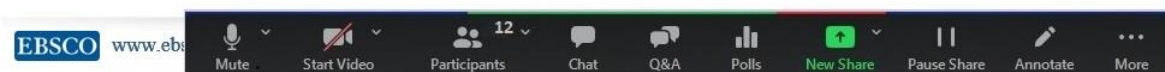
NAME OF EVENT: A Training Session on “Research with EBSCO Databases for Dance Movement Therapy Topics”

DATE: April 10, 2021

Session Topic: Research with EBSCO Databases for Music Therapy topics - St. Mira's College for Girls, Pune
Session Date: 18/09/2021
Session Time: 11.30 AM onwards

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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Robotics and Intelligent Systems

DATE: April 15, 2021

● REC


D Dr. Umesh N. Hivarkar is presenting

! 5430 TANVI INDAL... and 66 more

77

⌵

S You



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
● suyash goyal

D

■ Dr. Umesh N. Hiv...

Anitha Menon

● Swatee Sarwate

smita borkar

● Shruti Todkar

U

● Umme Kanchwala

A

● Anusha Koppala

Meeting details ^

🔊

📞

🔇

👋 Raise hand

CC Turn on captions

📺 Dr. Umesh N. Hivarkar is presenting

⋮