



SADHU VASWANI MISSION'S
St. Mira's College for Girls, Pune
Autonomous (Affiliated to SavitribaiPhule 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/P./AC/015/(1962)
College Code:- 013

Circular No:-G-15(a)/2022-23/ 87

Date:- 02/02/2023

CIRCULAR

The Psych-ED mela will be an event hosted by the Department of Psychology and The Department of Education at St Mira's college for girls, Pune. This event is on account of the celebration of the 60 glorious years of the college.

The event will be inaugurated by The Principal incharge, Dr. Jaya Rajagopalan, and will begin at 12 pm on the 8th of February, 2023.

The event will be held in the AV room and the Psychology Department on the 2nd floor of the college building.



Jaya

Dr Jaya Rajagopalan
Principal Incharge

Jaya

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

PSYCH ED MELA 2022-23
Report

The Psych-Ed mela

The Psych-Ed mela was held on the 8th of February 2023.

The *Raahi* club and the students of the psychology department participated in various activities throughout the semester.

Psych-ed Mela.

The mental health club of the psychology department took an active part in the Psych-ED mela, which was organized to celebrate the 60 glorious years of St Mira's College for girls, Pune. The program was run by the psychology department in collaboration with the education department.

The psychology department participated in two important events, *the movie screening and the discussion* that was conducted in the AV room, and the parallel session, *the calming box*, was held in the psychology lab.

The movie screening was of the movie "Float" which was focused on learning to accept our unique personality and to have non-judgment about ourselves. The movie screening was enjoyed by students and the activity received an overwhelming response from the participants. The activity was facilitated by our TYBA students. They were trained by the mental health coordinator.

The calming box activity was created keeping in mind the importance of sharing mental health tools with the students. The students are constantly juggling between a lot of academic work, co-curricular development, and learning opportunities outside college as well. This can cause a lot of stress and therefore having tools that can help them to process their emotions and calm down can be very important. Both batches were facilitated by Ms. Swaruti Tamang. It was co-facilitated by SYBA students.



Mental Health Coordinator



Dr. Jaya Rajagopalan
Principal In-charge

The calming box activity had a very positive response and over 66 responses were received for the same. The activity was conducted in two batches at 12 p.m. and 1:30 pm and students could choose from the two options for themselves. The activity included the creation of a calming kit/box that the students could reach out for in moments of distress. It was based on the 5-4-3-2-1 technique that is used to help connect individuals with their own body and the present moment sensations. The students were taught to ground themselves using a mindfulness and grounding activity led by a commentary by the facilitator.

The calming box activity was appreciated and thoroughly enjoyed by the students and all the participants gained many important insights about themselves and learned ways to resource themselves in moments of distress.

The event also included psychology-based games and fun and engaging activities such as Mandala art-making by the participants.



Mental Health Coordinator



Dr. Jaya Rajagopalan
Principal In-charge

St Miras College for Girls, Pune

Autonomous, Affiliated to SPPU

Psychology and Education Department

PsychEd Mela Registration Form

Sr. No.	Name	Class	Roll No.	Signature
1.	Sejal Lokhande	SYBCOM B	3883	<i>Sejal</i>
2.	Siya Ghule	SYBCOM B	3882	<i>Siya</i>
3.	Shruti Bhanushali	FYBA (A)	2303	<i>Shruti</i>
4.	Amatullah Kachwala	FYBA (A)	2276	<i>Amatullah</i>
5.	Lakshika Thawani	SYBA (B)	2757	<i>Lakshika</i>
6.	Hrithika Kanor	SYBCOM (B)	3805	<i>Hrithika</i>
7.	Manuk Agarwal	SYBCOM (B)	3840	<i>Manuk</i>
8.	Jyotishree Raut	SYBCOM B	3818	<i>Jyotishree</i>
9.	Ashwini Rokade	FYBA (A)	2300	<i>Ashwini</i>
10.	Tamara Singh	FYBA (A)	2311	<i>Tamara</i>
11.	Sulphameen Kaur	FYBA (A)	2297	<i>Sulphameen</i>
12.	Madhusu Surve	FYBCOM (C)	3467	<i>Madhusu</i>
13.	Shruti Yadav	TYBA (A)	4913	<i>Shruti</i>
14.	Amisha Vaishnav	FYBA (B)	2499	<i>Amisha</i>
15.	Shreya Mishra	FYBA (B)	2475	<i>Shreya</i>
16.	Minaz Shaikh	FYBA (B)	2465	<i>Minaz</i>
17.	Meghana Chavaiya	F.Y.B.A. (B)	2481	<i>Meghana</i>
18.	Kaushika Sindal	FYBA (B)	2407	<i>Kaushika</i>
19.	Aradhana Tayade	SYBA (A)	2601	<i>Aradhana</i>
20.	Oneha Kudalkar	SYBA (A)	2720	<i>Oneha</i>
21.	Jae Surawar	12 th Arts EM	490	<i>Jae</i>
22.	Pankhuri Gogoi	FYBA (A)	2214	<i>Pankhuri</i>
23.	Sanskriti Ingale	12 th Arts EM	409	<i>Sanskriti</i>
24.	Anagha Jashi	12 th Arts EM	482	<i>Anagha</i>
25.	Auspita Chaudhary	12 th Arts EM	483	<i>Auspita</i>
26.	Nibedita Paul	FYBA (A)	2278	<i>Nibedita</i>
27.	Ruchira Mandhare	12 th Arts EM	458	<i>Ruchira</i>
28.	Bhoomi Sharma	12 th Arts EM	416	<i>Bhoomi</i>

Snaiti Parag
Mental Health coordinator



Jayal

	Class	Roll no	Sign
29.	Tanaya Patil	4919 TYBA	Tanaya Tanaya
30.	Sharvani Kuvundwad	TYBA	SK
31.	Neha	Ty bcom	Neha
32.	Sneha Yeatne	Ty Bcom	Sneha
33.	Khushi Bhatia	Ty Bcom	Khushi
34.	Aarzoo Shaikh	SYBBA	Aarzoo
35.	Tasneem Lohhandwala	SYBBA	Tasneem
36.	Kavishma Narayanan	SYBBA	Kavishma
37.	Lata Punjabi	SYBBA	Lata
38.	VISHNAVI S ASHARODY	FYBA	Vishnavi
39.	Lalita C	SYBA(B)	Lalita
40.	Meera Nair	TYBA A	Meera
41.	Afifa Patel	TYBA A	Afifa
42.	Anisha Sable	11 th MM	Anisha
43.	Vishakha Jethi	Arts MM	Vishakha
44.	Sneha Vetal	11 th Arts MM	Sneha
45.	Aditi Kataravre	Arts MM	Aditi
46.	Kranti Kotwal	Arts MM	K. Kotwal
47.	Nishita Vaswani	Ex Student	Nishita Vaswani
48.	Dhanshei Kakade	11 th Arts MM	Dhanshei
49.	Madhuri Shinde	11 th Arts MM	Madhuri
50.	unnati Pettkar	11 th Arts MM	unnati
51.	Ira Swarni	FYBA A	Ira
52.	Tanvi Sherkar	11 th Arts MM	Tanvi
53.	Sakshi Kakade	11 th Arts MM	Sakshi
54.	Seeta Madhi	11 th Arts MM	Seeta
55.	Sanika Todkar	11 th Arts MM	Sanika
56.	Vaishnavi Gaste	11 th Arts MM	Vaishnavi
57.	Tanvi Nitin Jadhav	11 th Arts	Tanvi
58.	Padnya Godekar	11 th Arts MM	Padnya
59.	Anushka Ingale	11 th Arts MM	Anushka
60.	Sonali Jangda	SYBBA	Sonali

Sonali Jangda

Mental Health Coordinator



Jaya

Dr. Jaya Rajagopalan
Principal In-charge

St Miras College for Girls, Pune

Autonomous, Affiliated to SPPU

Psychology and Education Department

PsychEd Mela Registration Form

Sr. No.	Name	Class	Roll No.	Signature
1.	Cham Ramnany	SYBBA	22127	Cham
2.	Zeinab Tamim	SYBA	2807	Zeinab
3.	Tanvi Pingale	SYBA	2809	Tanvi
4.	SAYALI MORE	23A XI MM	239	SAYALI
5.	Pushpa Gude	II mm	250	Pushpa
6.	Laxmi Damohi	II mm	233	Laxmi
7.	KALPANA JADHAV	mm	207	KALPANA
8.	Rutuja Bhosale	II mm	251	Rutuja
9.	Rakhi Londhe	II mm	262	Rakhi
10.	Anjali Lokhande	mm	254	Anjali
11.	Supriya Ichade	IX MM	214	Supriya
12.	Radhika Thorat	11th MM	209	Radhika
13.	Anjali Chavan	11th MM	228	Anjali
14.	Devashri Kharat	FYBA A	2282	Devashri
15.	Khushi Nahar	FYBA (A)	2321	Khushi
16.	Santhi Naikar	FYBA (A)	2234	Santhi
17.	Vishnavi Zandad	11th MM A	240	Vishnavi
18.	Labdhi Bora	FYBA (A)	2334	Labdhi
19.	Maniya Kakajiwala	FYBA (A)	2206	Maniya
20.	Harleen Kaur Makkar	FYBA (A)	2328	Harleen
21.	Saayari Das	FYBA A	2290	Saayari
22.	Shweta Pawar	FYBA (B)	2505	Shweta
23.	Tanu Gupta	FYBA (A)	2269	Tanu
24.	P.V.S Yamuna	TYBA (B)	4873	P.V.S
25.	Prachi Nidhi	TYBA (B)	4877	Prachi
26.	Diksha Rohida	SYBBA	22158	Diksha
27.	Leiga Sheikh	SYBBA	22138	Leiga
28.	Architha Saseendran	SYBA (A)	2702	Architha

Swarni Tamang
Mental Health Coordinator



Jayak

	Name	Class	Roll no.	Sign
29.	Sania Maryam	SYBA (A)	2814	
30.	Bhavisha Peswari	SXBA (B)	2675	
31.	Priya Rathod	SYBA (B)	2658	
32.	Nikita Kandul	SYBA (B)	2653	
33.	Ruchi Nair	TYBBA (CA)	12028	
34.	Anika Sheikh	TYBBA (CA)	12008	
35.	Pitika Choudhury	SYBA (B)	2757	
36.	Junneria Pureshi	Ex-student	-	
37.	Pallavi Sand	FY Bcom (A)	3041	
38.	Prerna Vibhute	FY Bcom A	3091	
39.	Khushbu Khandelwal	FY Bcom C	3509	
40.	Sakshi More	FY Bcom C	3441	
41.	Priyam yedav	FY Bcom (C)	3508	
42.	Kamna Satwani	FY BCOM C	3415	
43.	Shreya Sarma	FY BCOM (C)	3496	
44.	Manashvi Valia	SYBA (A)	2717	
45.	Priya Sharma	SYBBA	22163	
46.	Gowri Shivnagarkar	XII Arts EM	463	
47.	Kiana Frammige	FY BBA	2402	
48.	Nidhi Mundada	SYB COM	3661	
49.	Gayatri Walke	11th Sci	45055	
50.	Amrita Pal	TYBA	4752	
51.	Manasi Pawar	TYBA	2824	
52.	Sakshi Jirgal	11th Sci	5103	
53.	Shruti Dourde	11th Sci	5101	
54.	Siddhi Khese	SYBBA	22121	
55.	Mounal shelke	SYBBA	22124	
56.	Aza Sayyed	SYBBA	22133	
57.	Bhumika guwung	11th Arts EM	12	
58.	Agnes Joseph	11th Arts EM	13	
59.	Shanaaya Christian	11th Arts EM	40	
60.	Reann Baptist	11th Arts EM	14	

Mental Health Coordinator

Form 2



Dr. Jaya Rajagopalan
Principal In-charge

St Miras College for Girls, Pune

Autonomous, Affiliated to SPPU

Psychology and Education Department

PsychEd Mela Registration Form

Sr. No.	Name	Class	Roll No.	Signature
1.	Ananya Nair	11 th Arts EM	95	Ananya N
2.	Sanika Hadpad	11 th Arts EM	16	Sanika
3.	Kimaya Gaikwad	11 th Arts EM	26	Kimaya
4.	Genlyn Dass	11 th Arts EM	42	Genlyn
5.	Gourika Reddy	11 th Arts EM	15	Gourika
6.	Maithili Lonkar	11 th Arts EM	81	Maithili
7.	Rajnandini Jagtap	11 th Arts EM	91	R. A. Jagtap
8.	Sanchita Mishra	11 th Arts EM	59	Sanchita
9.	Shifa Bedre	11 th Arts EM	76	Shifa
10.	Mikansha Rathod	11 th Arts EM	113	Mikansha
11.	Tshita Jadhav	11 th Arts EM	33	Tshita Jadhav
12.	Teena. Jat	11 th Sci	96	Teena Jat
13.	Jessica Hamidwadkar	11 th Sci	92	Jessica
14.	Kumkum B. Chauhan	11 th Arts EM	77	Kumkum
15.	Devgani Bhise	11 th Arts EM	82	Devgani
16.	Kumkum Rajput	11 th Arts EM	110	Kumkum
17.	Manzi Goel	XI ARTS EM	11	Manzi
18.	Shravani Ambad	XI Arts EM	31	Shravani
19.	Aaliya Siddique	XI Arts EM	84	Aaliya
20.	Trupti. Torvedi	XI Arts EM	92	Trupti
21.	Khushi. Porohit	XI Arts EM	51	Khushi
22.	Ruchika Nadeshkar	XI Arts EM	82	Ruchika
23.	Arpita Bhuniya	XI Arts EM	68	Arpita
24.	Dhruvani Jicmani	XI Arts EM	5	Dhruvani
25.	Shaikh Tanvir mahmood	FY. BA	2471	Shaikh T.M
26.	Sagrad Reshma	FY BA	2447	Sagrad Reshma
27.	Jyoti Bhandari	11 th Arts EM	261	Jyoti
28.	Neha.	11 th Arts EM	70	Neha

Swanti Tamang

Mental health coordinator



Jaya

Dr. Jaya Rajagopalan
Principal In-charge

	name	class	Roll no	sign
29.	Anushka S Khairat	11 th Arts EM	90	
30.	Sae Dahotre	11 th ARTS EM	34	
31.	Priyanka Kanble	11 th Arts EM	102	
32.	Rajeshwari Dubakwal	11 th Arts EM	118	
33.	Mariya Bhagat	11 th Arts EM	89	
34.	Fatema Fumiturewala	11 th Arts EM	24	
35.	Rashida - A	11 th Arts EM	75	
36.	Sanghamitra Kamble	11 th Science	5007	
37.	Pooja K. Chouhan	11 th Arts EM	888	
38.	Tanya Chavhan T	TYBA	4760	
39.	Pooja Chavhan	TYBA	4817	
40.	Devi Angir	11 th Arts	10	
41.	Mehek. U.	11 th Arts	2	
42.	Shravani S.	11 th Arts	3	
43.	Rajvandini D.	FY BSC	51	
44.	Alba Sayed	XI th Arts EM	67	
45.	Megan Dsouza	XI th Arts EM	85	
46.	Ruchira Tare	FYBA (B)	2423	
47.	Shrutika Moshra	FYBA (B)	2432	
48.	Nisha Thadani	FYBA (B)	2401	
49.	Aisha Sheth	FYBA (B)	2462	
50.	Leena S. Swamy	FYBA (B)	2444	
51.	Suzen Padinwale	FYBA (B)	2445	
52.	Anuradha Chavhan	FYBA (B)	2441	
53.	Bhargavi Kamble	11 th Arts EM	84	
54.	Suzana Devanesan	11 th Arts EM	44	
55.	Kinjal Singh	11 th Arts EM	99	
56.	Rachel Dass	11 th Arts EM	52	
57.	Sejal Sonar	11 th Sci	58	
58.	Sakshi Singhel	11 th Arts EM	84	
59.	Tejaswini Chavan	11 th Arts EM	109	
60.	Tia Bakhshi	FYBA (A)	2318	

Swanti Tamog

Mental health coordinator.



Jayak

Dr. Jaya Rajagopalan
Principal In-charge

St Miras College for Girls, Pune

Autonomous, Affiliated to SPPU

Psychology and Education Department

PsychEd Mela Registration Form

Form 4

Sr. No.	Name	Class	Roll No.	Signature
1.	Munazza Pathan	XI th Arts EM	259	
2.	Ayesha Tamboli	XI th Arts EM	61	
3.	Sharon M Agarwal	XI th Arts EM	100	
4.	Tanushree Dapke	11 th Arts EM	99	
5.	Bhoomika Mural	11 th Sci	71	
6.	Siddhi Anchar	11 th Arts EM	58	
7.	Asiya Khan	FYB COM A	3057	
8.	Shreya Pandey	FYB COM A	3006	
9.	Vasundhara Khare	FYBA (A)	2293	
10.	Manan Kumar	TYBA (A)	4930	
11.	Shreyas Sundaram	TYBA	2446	
12.	Zainab Nagarwale	TYBA	4761	
13.	Vandana Athudni	11 th Sci	5049	
14.	Anjali Upadeshe	11 th Arts EM	114	
15.	Zainab Kagawala	TYBA A	4912	
16.	Ananya Niphadkar	TYBA A	4911	
17.	Aarchu Muley	FYBA A	2270	
18.	Krishnika Laman	PYBA A	2291	
19.	Manushree Umbalkar	SYBA	2825	
20.	Purva Joshi	SYBA	2810	
21.	Ashley Wyliff	SYBA	2801	
22.	Preranka Bhendogkar	11 th Sci	5017	
23.	Mamta Chhangade	11 th Sci	5013	
24.	Rahel Jain	11 th Arts EM	23	
25.	Purva Patil	11 th Arts EM	25	
26.	Ashlesha Patil	PYBA - A	2279	
27.	Tanaz Shaikh	TYBA - A	4981	
28.	Kanchan Keswani	FYBA - A	2867	

Sivanti Tamang

Mental Health coordinator



Jayal

Dr. Jaya Rajagopalan
Principal In-charge

	Name	class	Roll no	Sign
29.	Rini Pokhari	11 th SEM	105	Rini
30.	Himali Patil	TYBA A	4756	Himali
31.	Sumitri Pingle	TYBA A	4757	Sumitri
32.	Puspa Raut	TYBA A	4754	Puspa
33.	Janvi Nair	SYBA B	2676	Janvi
34.	Bhanya Golani	TYBA A	4763	Bhanya
35.	Sabin Bharmal	TYBA A	4966	Sabin
36.	Breeth Reddy	TYBA A	4983	Breeth
37.	Christyna Rodriguez	TYBA A	49789	Christyna
38.	Alisha	TYBA A	4965	Alisha
39.	Smriti Gupta	SYBA A	2856	Smriti
40.	Ayana Kazi	SYBA A	2859	Ayana
41.	Rishat Mulla	SYBA A	2871	Rishat
42.	Chanel	SYBA A	2866	Chanel
43.	Khushti Negi	SYBA A	2879	Khushti
44.	Sherin	TYBA A	4961	Sherin
45.	Vasudha Ramani	TYBA A	4970	Vasudha
46.	Keera Fernandes	TYBA A	4969	Keera
47.	Konishka	TYBA A	4971	Konishka
48.	Nijila Prem	TYBA A	4977	Nijila
49.	Aishwarya	TYBA A	4978	Aishwarya
50.	Kshitiya Patel	TYBA A	4985	Kshitiya
51.	Shruti Dandekar	TYBA A	4976	Shruti
52.	Tanaz Shaikh	TYBA A	4981	Tanaz
53.	Grace	SYBA A	2890	Grace
54.	Jahnavi	TYBA A	4968	Jahnavi
55.	Riya	TYBA A	4984	Riya
56.	Divya	SYBA A	2862	Divya
57.	Meghna	SYBA A	2857	Meghna
58.	Rozmin	TYBA(A)	4964	Rozmin
59.	Tejal	TYBA(A)	4982	Tejal
60.	Malavika	TYBA(A)	4961	Malavika

Swanti Tanoy



Jayash

Dr. Jaya Rajagopalan
Principal In-charge

Mental Health coordinator

Total students = 240

St Miras College for Girls, Pune

Autonomous, Affiliated to SPPU

Psychology and Education Department

PsychEd Mela Registration Form

Sr. No.	Name	Class	Roll No.	Signature
1.	Rinita Adhikary.	TYBA (A)	4975	R
2.	Vishakha Utage	FYBA (A)	2320	Utage
3.	Ruchira Mandhare	12 th Arts EM	458	Ruchira
4.	Siddhi Ingolgi	FYBA (A)	2222	Ingolgi
5.	Hetal Gidwani	SYBA (A)	2602	H.
6.	Priyal Jain	FYBA (A)	2212	Priyal
7.	Sakshi Punjabi	Alumni	-	Sakshi
8.	L. Khushi Singh	FYBA (A)	2325	Khushi
9.	Amatullah Kachwala	FYBA (A)	2276	Kachwala
10.	Khushi Nahar	FYBA (A)	2321	Nahar
11.	Ira Swami	FYBA (A)	2266	Swami
12.	Stuti Bharushali	FYBA (A)	2303	Bharushali
13.	Nibedita Paul	FYBA (A)	2278	Paul
14.	Shravani K Satar	FYBA (A)	2326	Satar
15.	Gowri Shirwadkar	XII Arts EM	463	Shirwadkar
16.	Prajakta Waghla	SYBcom (C)	4089	Waghla
17.	Aharna Shogli	Alumni Psy Dept. (2018-2020 batch)		Aharna
18.	Dhwaneer Joshi	TYBA (A)	4921	Joshi
19.	Delna Anlesaria	TYBA (A)	4917	Delna
20.	Jessica Mathias	TYBACA	4914	Mathias
21.	Sherley Rasundaram	FYBA	2446	Sherley
22.	Christina D'souza	TYBA (A)	4927	D'souza
23.	Anushka Jadhav	Alumni		Jadhav
24.	Pankhuri Gogoi	FYBA (A)	2214	Gogoi
25.				
26.				
27.				
28.				

Swanti Tamog



Mental Health coordinator

Jayal

Dr. Jaya Rajagopalan
Principal In-charge

Total no of students 264

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

PSYCH ED MELA PICTURES



Shweta Tamang
Mental health coordinator

Jaya
Dr. Jaya Rajagopalan
Principal In-charge

