



SADHU VASWANI MISSION'S

St. Mira's College for Girls, Pune

Autonomous (Affiliated to SavitribaiPhule Pune University)

Reaccredited by NAAC- A Grade, Cycle 4

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

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

Ph./Fax: 26124846; Email: info@stmirascollegepune.edu.in

PU/PN/AC/015/ (1962)

College Code: - 013

Circular No: - G-15(a)/2023-24/3a

Date: - 03.07.2023

CIRCULAR

Department of Psychology, St. Mira's College for Girls, Pune is organizing "Awareness Session on Emotional and Mental Health First Aid" by the Mental Health Coordinator Ms. Swaruti Tamang from 10.7.2023 to 10.8.2023 in college hours.

*Swaruti Tamang*

Ms. Swaruti Tamang  
Event Coordinator



*Jaya*

Dr. Jaya Rajagopalan  
Principal Incharge

*Jaya*

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

**Activity Report**

Title: AWARENESS SESSION – EMOTIONAL FIRST AID

Date: 27th September 2023

Time: As per class availability

Number of Student Participants: 300

Venue: Classroom

**Report:**

As a part of the mental wellbeing program there were classroom awareness sessions conducted in various classrooms. The topic of the awareness sessions was – Emotional first Aid. Students were given information about various ways in which they can take care of their mental well being and take care of their emotional well being. Awareness about empathy and social support was also focused upon with an emphasis on social support system and non judgemental listening.



Miss Swaruti Tamang  
Coordinator



**Prof. Dr. Jaya Rajagopalan**  
**Principal Incharge**



20/9/23

FYBA [A]

34 participants

2219	Alfiya Maldeswala	Alfiya
2207	Amitullah Kachwala	Amitullah
2220	Alfiya Shakir	Alfiya
2205	Alfiya Dahodwala	Alfiya
2228	Vineesha . P	Vineesha
2284	Ishwari . C	Ishwari
2279	Ananya . S	Ananya
2243	Gowri Shikwadkar	Gowri
2282	Abhika	Abhika
2222	Samina Mulla	Samina
2221	Manasvi Kansara	Manasvi
2299	Saumya Agha	Saumya Agha
2227	Shreya Vaghre	Shreya
2267	Utopika Krishnan	Utopika
2231	Ujjwala George	Ujjwala
2226	Sceevita Minj	S. Minj
2230	Simran Anamud	Simran
2237	Pradnya Chougule	Pradnya
2277	Amrita Chetia	Amrita
2235	Chaitanyajyoti Shankar	Chaitanyajyoti
2202	Durga Deora	Durga
2246	Renati Shirsale	Renati
2201	Lakee Caliyal	Lakee
2206	Maahi Sheikh	Maahi
2214	Nupur Raktawade	Nupur
2203	Kirthana Naik	Kirthana
2204	Bhoemi Sharma	Bhoemi
2272	Gayatri . Patil	Gayatri
2209	Purvi . A	Purvi
2296	Ruchita Rajendra Mandhare	Ruchita
2297	Shravani A. Kamble	Shravani
2283	Palak Bhandare	Palak
2256	VRUSHTI Van	VRUSHTI
2259	Shehsebanu Nahaspure	Shehsebanu



Event  
Coordinator

4 participants

- 2225 Siya Shridhar
- 2211 Mani Parekh
- 2228 Zainab Noorak
- 2213 Immelmas Ranpuerwala
- 2263 Diya Bose

- Siya
- Mani
- Zainab
- Immelmas
- Diya

Swanti  
Event Coordinator



SY BLOM B.

(Rajni Singla)

1	3873	- Malinga	
2	3833	- Asiya	[22 participants]
3	3850	- Nikita	
4	3835	- Priyanka Anuja	
5	3866	- sayati Priyanka	Anuja.
6	3859	- sayali	Priyanka
7	Sakshi	Bangar	Sayali
8	Masira	3804	Sakshi
9	3814	smruti	<del>Masira</del>
10	3807	kakoli	<del>Smruti</del>
11	3813	siddhi	<del>Kakoli</del>
12	3832	Reham	<del>Siddhi</del>
13	3861	Cuarani	<del>Reham</del>
14	3802	Iqra	<del>Cuarani</del>
15	3808	Nitu	<del>Iqra</del>
16	Ritika	Singh	<del>Nitu</del>
17	3843	shravani	<del>Ritika</del>
18	3847	Pooja.C.	<del>Shravani</del>
19	3872	Arpita	<del>Pooja.C.</del>
20	3868	Shruti	<del>Arpita</del>
21	3853	Chivanti	<del>Shruti</del>
22	[3320]	Suhana	<del>Chivanti</del>
23			<del>Suhana</del>

Swarati

Event Coordinator



TYBA (B)

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

classmate

27/07/23

13 participants

Name	Class	Mobile number	Sign.
1) Sakshi Surve	TYBA (B)	7773901983	<u>Sakshi</u>
2) Lalita choudhary	TYBA (B)	8263031406 <del>7620090909</del>	<u>Lalita</u>
3) Nikita kandul	TYBA (B)	9552306008	<u>Nikita</u>
4) Priya Rathod	TYBA (B)	7776953328	<u>Priya</u>
5) Bhavisha Peswani	TYBA (B)	9373389251	<u>Bhavisha</u>
6) Pratiksha Ruptakke	TYBA (B)	7058469748	<u>Pratiksha</u>
7) Resham Chawla	TYBA (B)	7385514601	<u>Resham</u>
8) Niyati Bhati	TYBA (B)	9529210473	<u>Niyati</u>
9) Sakshi Jadhav	TYBA (B)	8421530873	<u>Sakshi</u>
10. chhaya Mali	TYBA (B)	8010103742	<u>Chhaya</u>
11. Sneha Tupare	TYBA (B)	7249644140	<u>Sneha</u>
12. Pooja Tak	TYBA (B)	7350872428	<u>Pooja</u>
13 Aafiya Natekar	TYBA (B)	7028932833	<u>Aafiya</u>

Swarnati

Event coordinator



4 participants

Page No. \_\_\_\_\_  
Date \_\_\_\_\_

St. Mira's College For Girls Pune  
Affiliated to St. Xavier's College, Pune

Sr. No      Name      Spl      Roll. No      Sign.

29. Sakshi. D      Sociology      2483      Sakshi

30. MONIKA. P. RAO      Sociology      2488      Monika.

31. Vaishnavi Dhuriya      sociology      2440      Vaishnavi

32. Ashleen Kaur      sociology      2490      Ashleen

Swanti

Event Coordinator



4 participants

St. Mira's College For Girls Pune

Affiliated to Pimpri Chinchwad Education Trust

Page No.  
Date

Sr. No      Name      Sp1      Roll. No      Sign.

29. Sakshi. D      Sociology      2483      Sakshi

30. MONIKA. P. RAO      Sociology      2488      Monika.

31. Vaishnavi Dhuriya      Sociology      2440      Vaishnavi

32. Ashleen Kaur      Sociology      2490      Ashleen

Swanti

Event Coordinator





15/7/23

Sr.No.	Name	Spl.	Roll No.	Sign.
1.	Akshata	Economics	2493	Akshata
2.	sakshi	Economics	2457	S.Gavali
3.	Reshma	Economics	2447	Sayyad-R.R.
4.	Saloni	Economics	2431	Saikwad
5.	Pooja	Economics	2422	Pooja
6.	Vaishali	Sociology	2451	Vaishali
7.	Priyanka	Sociology	2426	Priyanka
8.	Dhanashri	Sociology	2493	Dhanashri
9.	Karishma	Sociology	2407	Karishma
10.	pranita	Sociology	2405	Pranita
11.	Minez	Sociology	2469	Minez
12.	Poonam		2430	Poonam
13.	Vishakha	Economics		Vishakha
14.	Athira	Economics		Athira
15.	Shruti	Sociology	2497	Shruti
16.	Leena	Economics	2444	Leena
17.	disha	Economics	2462	Disha
18.	Nisha	Sociology	2401	Nhadani
19.	Suzen	Economics	2445	Suzen
20.	Sanika	Sociology	2225	Sanika
21.	Prachi	Economics	2414	Prachi
22.	Shrudika	Sociology	2432	Shrudika
23.	Poonam	Sociology	2430	Poonam
24.	Minez	Sociology	2469	Minez
25.	Karishma	Sociology	2407	Karishma
24.	Meghana	Sociology	2481	Meghana
25.	Pradya	Sociology	2456	Pradya
26.	Naveena	Economics	2506	Naveena
27.	Deesha	Economics	2478	Deesha
28.	Shilpa	Sociology	2449	Shilpa

Swanti Event Coordinator

Swanti Event Coordinator



Sr. No.

Autograph No.

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

25 participants  
Signature

1.	4963	Dudhi D.	
2.	4979	Christynn Rodrigues	
3.	4977	Nijla Purn	
4.	4978	Adishwarya	
5.	4961	Manasika	
6.	4962	Athira	
7.	4974	Lavina Waghmare	
8.	4966	Sakina Bharmal	
9.	4972	Harpings Rawan	
10.	4965	Aishra Fagwala	
11.	4964	Rozwin Bhagat	
12.	4982	Tajal Khadka	
13.	4973	Zsherin George	
14.	4967	Yashashree Dahad	
15.	4987	Shuchi. Satish	
16.	4983	Preeth Reddy	
17.	4971	Kanishka	
18.	4984	Riya Pawang	
19.	4976	Shehal Sawantkar	
20.	4986	Summa Scott	
21.	4981	Tanaz Shaik	
22.	4985	Kshitiya Pol	
23.	4968	Tanvi Sharma	
24.	4975	Rinita Allikar	
25.	4972	Athira Nair	
25.	4980	Deenu Tejal Auty	

Autograph

Event Co-ordinator



विद्यया ऽमृतमश्नुते  
 St. Mira's College For C-16 Pune

Aut. Affiliated to Savitribai Phule University

PAGE NO. \_\_\_\_\_  
 DATE \_\_\_\_\_

Name	Roll No	Signature
32 Savini Naikar	2284	Savini
33 Shreya Gaaji	2237	Shreya
34 Anshant Kaur	2268	Anshant
35 Anjali Pillai	2220	Anjali
36 Kiana	2402	Kiana
37 Ravika Teshi	2425	Ravika
38 Yoshita Kumar	2858	Yoshita
39 Nandhya Chodankar	2209	Nandhya
40 Rishika Rathall	2306	Rishika
41 Srishti Lakkar	2327	Srishti
42 Parvati	2291	Parvati
43 Aditi Singh	2325	Aditi
44 L. Khushi Singh	2269	Khushi
45 Tanu Gupta		Tanu



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

31 participants

FACE No.	
DATE	/ /

15/7/23

	Name	Spl.	Roll No.	Sign.
1	Harleen Malakar	English	2328	<u>Harleen</u>
2	Snayari Das	English	2290	<u>Snayari</u>
3	Stuti Bhanushali	Psychology	2303	<u>Stuti</u>
4	Kaasshvi Sharma	Psychology	2219	<u>Kaasshvi</u>
5	Rinkhvi Jyoti	English	2214	<u>Rinkhvi</u>
6	Ba Swami	Psychology	2266	<u>Swami</u>
7	Amya Nair	Psychology	2274	<u>Amya</u>
8	Anjali Sahai	Psychology	2455	<u>Anjali Sahai</u>
9	Theresa Chathias	Psychology	2202	<u>Theresa</u>
10	Ruchee Singh	Psychology	2225	<u>Ruchee Singh</u>
11	Navshreen Langa	Psychology	2509	<u>Navshreen</u>
12	Shriyati Rasumidhanam	English	2446	<u>Shriyati</u>
13	Jespi Rinkhangman	Sociology	20101	<u>Jespi</u>
14	Kheanne J. Fernandes	Psychology	2205	<u>Kheanne</u>
15	Sana Alam	English	2305	<u>Sana</u>
16	Mariya Kakajiwala	Psychology	2206	<u>Mariya</u>
17	Khushi Nahar	Psychology	2321	<u>Khushi</u>
18	Nisha Pohare	Psychology	2242	<u>Nisha</u>
19	Sumbrasmitha Sahu	Economics	2229	<u>Sumbrasmitha</u>
20	Aanya Sharma	English	2215	<u>Aanya</u>
21	Madhusa Surve	B.Com	3467	<u>Madhusa</u>
22	Gaishma Javalkar	English	2221	<u>Gaishma</u>
23	Sangma Wangsu	English	2314	<u>Sangma</u>
24	Sukhmeen Kaur	English	2294	<u>Sukhmeen</u>
25	Ashwini Rokade	English	2300	<u>Ashwini</u>
26	Himanshi Perwat	Psychology	2404	<u>Himanshi</u>
27	Ishita Pillay	Psychology	2211	<u>Ishita</u>
28	Amisha Vaishnav	English	2499	<u>Amisha</u>
29	Sakina Hamid	English	2275	<u>Sakina</u>
30	Aparajita Bhambure	Economics	2260	<u>Aparajita</u>
31	Amushka Khemnar	Economics	2223	<u>Amushka</u>

Swant

Event coordinator

AWARENESS SESSION

Roll no.	Name	Sign
22101	Kaizeen Kamdin	Kaizeen
22102	Khushi Dhamani	Dhamani
22104	Zahab Parekh	Zarekh
22105	Jayanti Raj	Jayanti
22106	Samruddhni Surve	Surve
22107		
22108		
22109		
22110	Sarika Shete	Shete
22111		
22112	Ribaah Dave	Dave
22113	Kayush Chindhy	Chindhy
22114	Teasha Shewani	Shewani
22115		
22116		
22117	Alpha Shinde	Shinde
22118	Darwa Bhong	Bhong
22119	Sunita Kumari	Kumari
22120		
22121		
22122	Hansa Sinani	Sinani
22123		
22124		
22125	Nikita Pawan	Pawan
22126	Smriti Agrawal	Agrawal
22127	Charmi Ramnani	Ramnani
22128	Akshata Govankop	Govankop
22129	Tyoti Honkatalal	Honkatalal
22130	Sonali Jangda	Jangda
22131	Aarzo Sheikh	Sheikh
22132	Hansa Kanayo Punjabi	Punjabi
22133		
22134	Tasneem Lokhandwala	Lokhandwala



Swant  
Event coordinator

Roll No	Name	Sign
22135	Aanchal Jasanani	<u>Aanchal</u>
22136		
22137	Ruchi Mavrya	<u>Ruchi</u>
22138		
22139	Harukada Bhokale	<u>Bhokale</u>
22140		
22141	Lavanya Nair	<u>Lavanya Nair</u>
22142	Keena	<u>Keena</u>
22143	Shana Shaikh	<u>Shana</u>
22144		
22145		
22146	Sita Dhakal	<u>Sita</u>
22147		
22148		
22149	Fatmah Mustedan	<u>Fatmah Mustedan</u>
22150		
22151		
22152	Akanksha Dusane	<u>Akanksha</u>
22153	Sania Sonde	<u>Sania</u>
22154		
22155		
22156		
22157		
22158	Diksha Rohida	<u>Diksha</u>
22159	Diya Vasindani	<u>Diya</u>
22160	Kaushma Narayanan	<u>Kaushma</u>
22161		
22162		
22163		
22164	Tanishka Suresh	<u>Tanishka</u>
22165	Sarinya Shaikh	<u>Sarinya</u>
22166		
22167		



Roll no.	Name	Sign
22168	Mulki Chauhan	<u>Mulki</u>
22169	Khushi Sampat	<u>Khushi</u>
22170		
22171	Aditi Gupta	<u>Aditi</u>
22172		
22173	Mehek Solanki	<u>Mehek</u>
22174		
22175	Vedika. Galandi	<u>Vedika</u>
22176	Piyona Gaikwad	<u>Piyona</u>
22177		
22178	ERta Wadhvani	<u>ERta</u>
22179		
22182	Vaibhavi Memane	<u>Vaibhavi</u>



28/11/23. Tuesday.

Mental-Well-Being  
Session in Sanctuary.

[32 participants]

28/11/23

Attendance

Sr. No.	Name	Roll No.	Class	Signature
1.	Gautami Patel	4228	T.Y. BCOM A	<u>Gautami</u>
2.	Prajakta Waghla	4672	T.Y. Bcom C	<u>Prajakta</u>
3.	Lakshmi Madhu.	4468	T.Y. BCOM B	<u>Lakshmi</u>
4.	Kakali Sardar	3507	T.Y. Bcom B	<u>Kakali</u>
5.	Almeta Jay	4202	T.Y. BCOM A	<u>Almeta</u>
6.	Ananya Sawant	4220	T.Y. BCOM A	<u>Ananya</u>
7.	Deepali Naik	4222	T.Y. BCOM A	<u>Deepali</u>
8.	Kashish Jindal	4276	T.Y. BCOM A	<u>Kashish</u>
9.	Ushchal Jadhav	4267	T.Y. BCOM A	<u>Ushchal</u>
10.	Pavitra Ganeshan	4412	T.Y. BCOM-B	<u>Pavitra</u>
11.	Riya Basetto	4289	T.Y. BCOM A	<u>Riya</u>
12.	Riya Yadav	4269	T.Y. BCOM A	<u>Riya</u>
13.	Aarti Sahu	4263	T.Y. BCOM A	<u>Aarti</u>
14.	Jaganti Rawal	4265	T.Y. BCOM A	<u>Rawal</u>
15.	Meghana Grawade	4264	T.Y. BCOM A	<u>Meghana</u>
16.	Sanika Bhesre	4273	T.Y. BCOM (A)	<u>Sanika</u>
17.	Mona Oshal	4262	T.Y. BCOM (A)	<u>Mona</u>
18.	Saloni Sbelar	4223	T.Y. BCOM (A)	<u>Saloni</u>
19.	Kanchan Mourya	4226	T.Y. BCOM (A)	<u>Kanchan</u>
20.	Amruta Paki	4224	T.Y. BCOM (A)	<u>Amruta</u>
21.	Dhanashree Pardeshi	4298	T.Y. BCOM (A)	<u>Dhanashree</u>
22.	Pooja Mhaske	4206	T.Y. BCOM (A)	<u>Pooja</u>
23.	Priya Pandey	4204	T.Y. BCOM (A)	<u>Priya</u>
24.	Amruta Waghmode	4203	T.Y. BCOM (A)	<u>Amruta</u>
25.	Nandini D. Prasad	4278	T.Y. BCOM (A)	<u>Nandini</u>
26.	Raahat Tamboli	4205	T.Y. BCOM (A)	<u>Raahat</u>
27.	Tasmija Sayyed	4409	T.Y. BCOM (A)	<u>Tasmija</u>
28.	Shilpa Jadhav	4428	T.Y. BCOM (B)	<u>Shilpa</u>
29.	Neha Bange	4483	T.Y. BCOM (B)	<u>Neha</u>
30.	Yogita Kamble	4402	T.Y. BCOM (B)	<u>Yogita</u>
31.	Ghanashree Pawar	4477	T.Y. BCOM (B)	<u>Ghanashree</u>
32.	Pragati Jagtap	4639	T.Y. BCOM (C)	<u>Pragati</u>

Swami

Event Coordinator



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

33 total

33	Gracey	4969	TYBACA	Gracey
34	Nivedita	4619	TYBCom	Nivedita
35	Madhu	9447	SYBCA	Madhu
36	Vishakha	9427	SYBCA	Vishakha
37	Sakshi	9419	SYBCA	Sakshi
38	Kaveri	9440	SYBCA	Kaveri
39	Laxmi	9449	SYBCA	Laxmi
40	Reedhima	9453	SYBCA	Reedhima
41	Divyanshi	9475	SYBRA (CA)	Divyanshi
42	Netra	4016	SYB COM (C)	Netra
43	Suvarna	4075	SYB COM (C)	Suvarna
44	Saijal	4005	SYB COM (C)	Saijal
45	Anushree	4006	SYB COM (C)	Anushree
46	Kirti Tella	4277	TYB com (A)	Kirti
47	Shambhavi	4252	TYB com (A)	Shambhavi
48	Harshada	4245	TYB com (A)	Harshada
49	Lalita	4415	TYB Com (B)	Lalita
50	Anushri	4437	TYB Com (B)	Anushri
51	Yukta	4414	TYB Com (B)	Yukta
52	Arya	4418	TYB Com (B)	Arya
53	Gayatri	9405	SYBCA	Gayatri
54	sakshi	9450	SYBCA	Sakshi
55	Jyoti	9430	SYBCA	Jyoti
56	Tejaswini	4679	TYB Com (C)	Tejaswini
57	Shrushti	4633	TYB Com (C)	Shrushti
58	Eshrat	4666	TYB Com (C)	Eshrat
59	Jyoti	2605	SYBA	Jyoti
60	Harleen	2812	SYBAA	Harleen
61	Khushnavay	2804	SYBA (A)	Khushnavay
62	Batul	2801	SYBA (A)	Batul
63	Theresa	2853	SYBA (A)	Theresa
64	Ishita	2864	SYBA (A)	Ishita
65	Sunbhasmita	2710	SYBA (A)	Sunbhasmita

10-Participants

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

66	Khushi Namer	2860	SYBA (A)	<u>Dhara</u>
67	Priyanka Rajwadehit	2681	SYBA (B)	<u>Priyanka</u>
68	Nausheen Langa	2871	SYBA (A)	<u>Nausheen</u>
69	Anjali Sahat	2879	SYBA (A)	<u>Anjalsahat</u>
70	Taru	2703	SYBA (A)	<u>Taru</u>
71	Anurha	2702	SYBA (A)	<u>Anurha</u>
72	Suzane Pillai	2709	SYBA (A)	<u>Suzane</u>
73	Ria	2601	SYBA (A)	<u>Ria</u>
74	Rusika	2874	SYBA (A)	<u>Rusika</u>
75	Kichad	2604	SYBA (A)	<u>Kichad</u>



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

**PHOTOGRAPHS- AWARENESS SESSION – EMOTIONAL FIRST AID**

Title: Awareness session – Emotional first aid

Date: 27<sup>th</sup> September 2023



*Swaruti*

Swaruti Tamang  
Event Coordinator

*Jaya*

**Prof. Dr. JayaRajagopalan**  
**Principal Incharge**

