



**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@stmiracollegepune.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

*Jay*

**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: 244

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

FY BA [A]

34 participants

2219	Alfiya Maldewala	Alfiya
2207	Amatullah Kachwala	Amatullah
2220	Alfiya Shakir	Alfiya
2205	Alfiya Dahodwala	Alfiya
2228	Vineesha . P	Vineesha
2284	Ishwari . C	Ishwari
2279	Ananya . S	Ananya
2243	Gowri Shilwadkar	Gowri
2282	Adrika	Adrika
2222	Samina mulla	Samina
2221	Manasvi Kansara	Manasvi
2299	Saumya osha	Saumya osha
2227	Shevin .Vaughan	Shevin
2267	Gopika Krishnan .	Gopika
2231	Iyanna George	Iyanna
2226	Sceevita Minj	S. Minj
2230	Simran Ahamad	Simran
2237	Pradnya chougule	Pradnya
2277	Amrita Chetia	Amrita
2235	Chaitanyajyoti Shankar .	Chaitanyajyoti
2202	Durga Deora	Durga
2246	Renati Shirsale	Renati
2201	Lalee Caliyal	Lalee
2206	Maahi Shaikh	Maahi
2214	Nupur Raktawade	Nupur
2203	Kirthana Naik	Kirthana
2204	Bhoomi Sharma	Bhoomi
2272	Gayatri . Patil	Gayatri
2209	Purvi . A	Purvi
2296	Ruchida Rajendra Mandhare	Ruchida
2297	Shravani A. Kamble	Shravani
2283	Palak Bhandari	Palak
2256	VRUSHTI Van	VRUSHTI
2259	Shekharu Nahaspur	Shekharu

Event  
Coordinator



2225 Siya Shridhar  
2211 Meenu Parekh  
2228 Zainab Moadak  
2213 Immelmas Rampurwala  
2263 Diya Bose

Siya

Meenu

Zainab

Immelmas

Diya

Swanti

Event Coordinator



Jayar

Prof. Dr. Jaya Rajagopalan  
Principal Incharg

SY BLOM B.

(Rajni Singh)

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

Swarati

Event Coordinator



Jayah

Prof. Dr. Jaya Rajagopalan  
Principal Incharge

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>7620090904</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 Nalekar	TYBA (B)	7028932833	<u>Aafiya</u>

mental health club  
mental health club

Mental health club

mental health club  
mental health club

Swarnati  
Event coordinator



Jayah  
Prof. Dr. Jaya Rajagopalan  
Principal Incharge

4 participants

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

St. Mira's College For Girls Pune  
Affiliated to \_\_\_\_\_

Sr.No                      Name                      Spl                      Roll.No                      Sign.

29.	Sakshi. D	Sociology	2483	<u>Sakshi</u>
30.	MONIKA . P. RAO	Sociology	2488	<u>Monika.</u>
31.	Vaishnavi Dhuriya	Sociology	2440	<u>Vaishnavi</u>
32.	Ashleen kaur	Sociology	2490	<u>Ashleen</u>

Swanti

Event Coordinator

Jayak

Prof. Dr. Jaya Rajagopalan  
Principal Incharg



4 participants

Page No.	
Date	

St. Mira's College For Girls Pune  
 Affiliated to: ...  
 Phone: Pune

Sr. No	Name	Sp1	Roll.No	Sign.
29.	Sakshi.O	Sociology	2483	<u>Sakshi</u>
30	MONIKA . P. RAO	Sociology	2488	<u>Monika.</u>
31	Vaishnavi Dhuriya	Sociology	2440	<u>Vaishnavi</u>
32	Ashleen Kaur	Sociology	2490	<u>Ashleen</u>

Swanti

Event Coordinator

Jayak

Prof. Dr. Jaya Rajagopalan  
Principal Incharge





18/7/23

Sr.No.	Name	Spl.	Roll No.	Sign.
1.	Akshata	Economics	2493	<u>Akshata</u>
2.	sakshi	Economics	2457	<u>S. Gavali</u>
3.	Reshma	Economics	2447	<u>Sayyad. R. R.</u>
4.	Saloni	Economics	2431	<u>Saikwad</u>
5.	Pooja	Economics	2422	<u>Pooja</u>
6.	Vaishali	Sociology	2451	<u>Vaishali</u>
7.	Priyanka	Sociology	2426	<u>Priyanka</u>
8.	Dhanashri	Sociology	2493	<u>Dhanashri</u>
9.	Karishma	Sociology	2407	<u>Karishma</u>
10.	pranita	Sociology	2405	<u>Pranita</u>
11.	Mina z	Sociology	2469	<u>Mina z</u>
12.	Poonam		2430	
13.	Vishakha	Economics		<u>Vishakha</u>
14.	Athira	Economics		<u>Athira</u>
15.	Shruti	Sociology	2497	<u>Shruti</u>
16.	Laina	Economics	2444	<u>Laina</u>
17.	disha	Economics	2462	<u>Disha</u>
18.	Nisha	Sociology	2401	<u>Nhadani</u>
19.	Suzen	Economics	2445	<u>Suzen</u>
20.	Sanika	Sociology	2225	<u>Sanika</u>
21.	Prachi	Economics	2414	<u>Prachi</u>
22.	Shrudika	Sociology	2432	<u>Shrudika</u>
23.	Poonam	Sociology	2430	<u>Poonam</u>
24.	Mina z	Sociology	2469	<u>Mina z</u>
25.	Karishma	Sociology	2407	<u>Karishma</u>
24.	Meghana	Sociology	2481	<u>Meghana</u>
25.	Pradnya	Sociology	2456	<u>Pradnya</u>
26.	Naveena	Economics	2506	<u>Naveena</u>
27.	Deesha	Economics	2476	<u>Deesha</u>
28.	Shilpa	Sociology	2449	<u>Shilpa</u>

Swanti Event Coordinator

Swanti Event Coordinator



Sr. No.

Antermpus No.

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

25 participants  
Signature

1.	4963	Dudhi D.	
2.	4979	Christynn Rodrigues	
3.	4977	Nijla Purn	
4.	4978	Shrithanyaga	
5.	4961	Naravika	
6.	4962	Athira	
7.	4974	Lavina Waghmare	
8.	4966	Sakina Bharmal	
9.	4972	Hosipriya Ranvan	
10.	4965	Aishka Fagruin	
11.	4964	Roshini Bhagot	
12.	4982	Tejal Khadke	
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	Eshtiya Pol	
23.	4968	Tanvi Sharma	
24.	4975	Rinita Adhikary	
25.	4982	Athira Navis	
25.	4980	Deenu Tevina Rutty	

Signature

Event Co-ordinator



St. Mira's College For C-16 Pune

Affiliated to Savitribai Phule University

PAGE No.   
 DATE   
 SIGNATURE

Name	Roll No	Signature
32 Savitri Naikar	2234	Savitri Naikar
33 Shreya Gaaji	2237	Shreya Gaaji
34 Anusmita Kaware	2268	Anusmita Kaware
35 Anand Pillai	2220	Anand Pillai
36 K. Rama	2402	K. Rama
37 Ravika Tesli	2425	Ravika Tesli
38 Yoshita Kumara	2858	Yoshita Kumara
39 Nandhya Chodankar	2209	Nandhya Chodankar
40 Rishika Rathell	2306	Rishika Rathell
41 Srishti Lakkar	2327	Srishti Lakkar
42 Parvati Wadwai	2291	Parvati Wadwai
43 Aditi Singh	2325	Aditi Singh
44 L. Khushi Singha	2269	L. Khushi Singha
45 Tanvi Gupta		Tanvi Gupta



Prof. Dr. Jaya Rajagopalan  
Principal Incharge

St. Mira's College For Girls Pune  
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31 participants

PAGE No.	
DATE	/ /

15/7/23

	Name	Spl.	Roll No.	Sign.
1	Harleen Malakar	English	2328	<u>Harleen</u>
2	Saayari Das	English	2290	<u>Saayari</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>Ba Swami</u>
7	Amya Nair	Psychology	2274	<u>Amya</u>
8	Anjali Sahai	Psychology	2455	<u>Anjali Sahai</u>
9	Theresa Chathiyas	Psychology	2202	<u>Theresa</u>
10	Ruchee Singh	Psychology	2225	<u>Ruchee Singh</u>
11	Nausheen Langa	Psychology	2500	<u>Nausheen</u>
12	Shireley Rasundaram	English	2446	<u>Shireley</u>
13	Jespi Rinkhangmai	Sociology	2010	<u>Jespi</u>
14	Kheanne 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	Suubhasmita Sahu	Economics	2229	<u>Suubhasmita</u>
20	Aanya Sharma	English	2215	<u>Aanya</u>
21	Madhura Surye	B.Com	2467	<u>Madhura</u>
22	Geethma Jawalkar	English	2221	<u>Geethma</u>
23	Sangma Wangsu	English	2314	<u>Sangma</u>
24	Sukhmeen Rout	English	2294	<u>Sukhmeen</u>
25	Ashwini Rokade	English	2300	<u>Ashwini</u>
26	Himanshi Perwal	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	Apasajita Bhambuse	Economics	2260	<u>Apasajita</u>
31	Amushka Khemnar	Economics	2223	<u>Amushka</u>

Swanti

Event coordinator

AWARENESS SESSION

Roll no.	Name	Sign
22101	Kaizeen Kamdin	Kaizeen
22102	Khushi Dhamani	Dhamani
22104	Zainab Parekh	Zareeb
22105	Jayanti Raj	Jayanti
22106	Samruddhi Surve	Surve
22107		
22108		
22109		
22110	Sarika Shete	Shete
22111		
22112	Ribaah Dave	R.D.
22113	Kaynush Chindhy	Chindhy
22114	Teisha Shewani	Shewani
22115		
22116		
22117	Alpha Shinde	Shinde
22118	Darwa Bhong	Bhong
22119	Sunita Kumari	Sunita
22120		
22121		
22122	Harsha Sinani	Sinani
22123		
22124		
22125	Nikita Pawan	Nikita
22126	Smriti Agrawal	Smriti
22127	Charmi Ramnani	Charmi
22128	Akshata Govankop	Akshata
22129	Jyoti Honkatalal	Jyoti
22130	Sonali Jangda	Sonali
22131	Aarzee Shaikh	Aarzee
22132	Hansa Kanayo Punjabi	Hansa
22133		
22134	Tasneem Lokhandwala	Tasneem



Swant  
Event coordinator

Roll no	Name	Sign
22135	Aanchal Jasanani	<u>Aanchal</u>
22136		
22137	Ruchi Maurya	<u>Ruchi</u>
22138		
22139	Harekade 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	Fatmeh Mustedan	<u>F. 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	Sanitya Shaikh	<u>Sanitya</u>
22166		
22167		



Jaya

Prof. Dr. Jaya Rajagopalan  
 Principal Incharg

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



Jayah

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.	Prayakta Waghla	4672	T.Y. Bcom C	<u>Prayakta</u>
3.	Lakshmi Madhu.	4468	T.Y. BCOM B	<u>Lakshmi</u>
4.	Kakali Sardar	3807	T.Y. Bcom B	<u>Kakali</u>
5.	Almeta Joy	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.	Umeshal Jadhav	4267	T.Y. BCOM A	<u>Umeshal</u>
10.	Pavitra Ganeshan	4412	T.Y. BCOM-B	<u>Pavitra</u>
11.	Riya Baretto	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.	Jagriti Rawal	4265	T.Y. BCOM A	<u>Jagriti</u>
15.	Meghana Grawade	4264	T.Y. BCOM A	<u>Meghana</u>
16.	Sanika Bhare	4273	T.Y. BCOM (A)	<u>Sanika</u>
17.	Mona Oshal	4262	T.Y. BCOM (A)	<u>Mona</u>
18.	Saloni Shelar	4223	T.Y. BCOM (A)	<u>Saloni</u>
19.	Kanchan Mourya	4226	T.Y. BCOM (A)	<u>Kanchan</u>
20.	Amruta Patil	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 (B)	<u>Tasmija</u>
28.	Shilpa Jadhav	4428	T.Y. BCOM (B)	<u>Shilpa</u>
29.	Neeta Bange	4483	T.Y. BCOM (B)	<u>Neeta</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>

Swamini

Event Coordinator



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

33 total

33	Gracey	4969	TYBCA	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 (A)	Divyanshi
42	Netra	4016	SYBCOM(C)	Netra
43	Suvarna	4075	SYBCOM(C)	Suvarna
44	Saijal	4005	SYBCOM(C)	Saijal
45	Anushree	4006	SYBCOM(C)	Anushree
46	Kirti Tella	4277	TYBcom (A)	Kirti
47	Shambhavi	4252	TYBcom (A)	Shambhavi
48	Harshada	4245	TYBcom (A)	Harshada
49	Lalita	4415	TYBcom (B)	Lalita
50	Anushri	4437	TYBcom (B)	Anushri
51	Yukta	4414	TYBcom (B)	Yukta
52	Arya	4418	TYBcom (B)	Arya
53	Gayatri	9405	SYBCA	Gayatri
54	sakshi	9450	SYBCA	Sakshi
55	Jyoti	9430	SYBCA	Jyoti
56	Tejaswi	4679	TYBcom (C)	Tejaswi
57	Shrushti	4633	TYBcom (C)	Shrushti
58	Eshrat	4666	TYBcom (C)	Eshrat
59	Jyoti	2605	SYBA	Jyoti
60	Harleen	2812	SYBAA	Harleen
61	Khushnawaz	2804	SYBA (A)	Khushnawaz
62	Batul	2801	SYBA (A)	Batul
63	Theresa	2853	SYBA (A)	Theresa
64	Ishita	2864	SYBA (A)	Ishita
65	Subhasmita	2710	SYBA (A)	Subhasmita

10 Participants

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

66	Khushi Namer	2860	SYBA (A)	<u>Dnase</u>
67	Priyanka Rajwadehit	2681	SYBA (B)	<u>Priyanka</u>
68	Nausheen Langga	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>

Jayak



Prof. Dr. Jaya Rajagopalan  
Principal Incharg

**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

*Jayah*

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

