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

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year

Specific facilities provided for women in terms of:
a. Safety and security
b. Counselling
c. Common Rooms

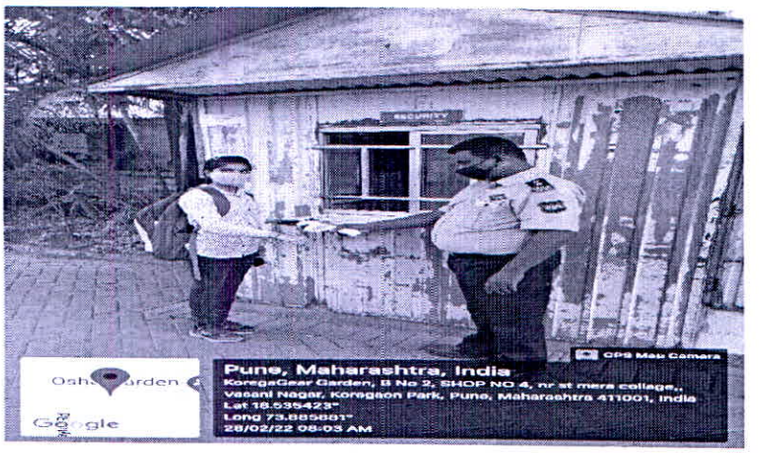
ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

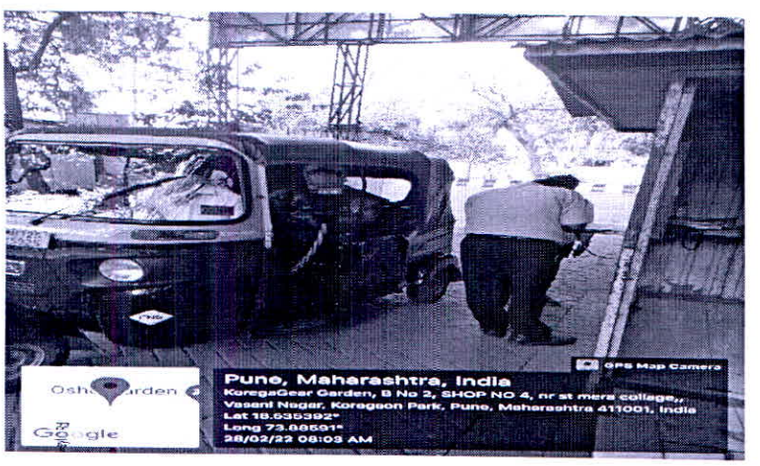
7.1.1: Safety and Security

For student's safety at the entrance the security checks every students Id card and makes entry

Pic 1: Students being checked



Pic 2: Staff Member being checked



Pic 3: Students being checked



ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

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

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year

Specific facilities provided for women in terms of:

a. Safety and security

b. Counselling

c. Common Rooms

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

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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:- G15/10AC/2021-2022/02 **Date:- 01. 07. 2021**

CIRCULAR

Between 15st July 2021 to 30th April 2022 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

ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001 •

Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune

Department of Psychology

Mental Well-being Program 2021-22

Classroom Awareness Sessions Integrated Report

July 2021- April 2022

S. No.	Date	Class	Time	Attendance	Attendance Sheet
1	05-08-2021	TY BCom	12:30-02:00 pm	15	Screenshot available
2	07-08-2021	TY BCA + BBA	9:00-10:30 am	40	Screenshot available
3	22-09-2021	TY BA	1:00-2:30 pm	44	Screenshot available
4	29-09-2021	SY BA	01:00-2:30 pm	62	Screenshot available
5	01-12-2021	FY BA	8:00- 9:00 am	33	Screenshot available
6	08-01-2022	TY BA - A	10:00-11:00 am	29	Screenshot available
7	11-01-2022	SY BA - A	01:00-02:00 pm	54	Screenshot available
8.	8-02-2022	FY BCom	1:00-2:00 pm	28	Screenshot available
9.	03-02-2022	TY BA- B	1:00-2:00	16	Screenshot available
10.	18-02-2022	SY +TY BCA	9:00-10:00 am	53	Hard Copy available
11.	18-02-2022	FY BBA + SY BBA	10:00-11:00 am	71	Screenshot +Hard copy available
12.	01-04-2022	FY BA	13:00-14:30	52	Screenshot +Hard copy available
13.	06-04-2022	FY BSC	14:00-15:00	22	Hard Copy available
14.	06-04-2022	SY BSC	14:00-15:00	20	Hard Copy available
15.	06-04-2022	TY BSC	14:00-15:00	12	Hard Copy available

Classroom awareness sessions were conducted on dealing with psychosocial impact of covid, managing grief and building emotional resilience by in house college counsellor across classrooms over the year. 551 students participated in these sessions and offered feedback over google forms.

Total Students: 551

Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune

Department of Psychology

Mental Well-being Program 2021-22

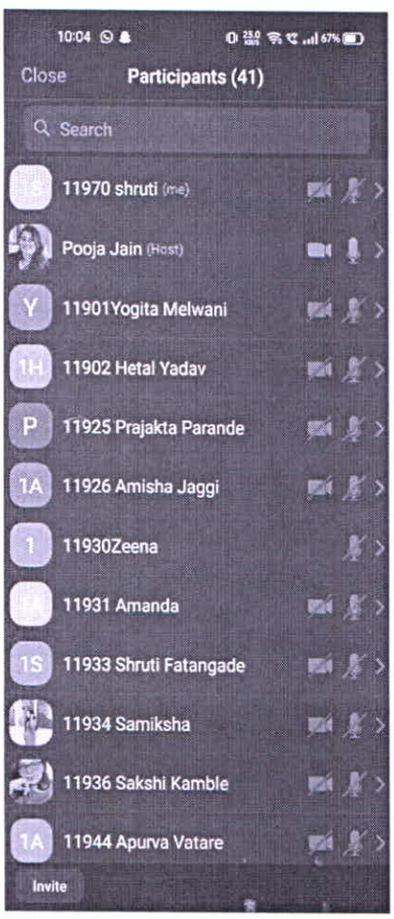
Classroom Awareness Sessions – Attendance Sheet

July 2021- April 2022

TY BCom- 15



TY BBA+ BCA- 40



TY BA- 44

(Pooja Jain)
Co-ordinator

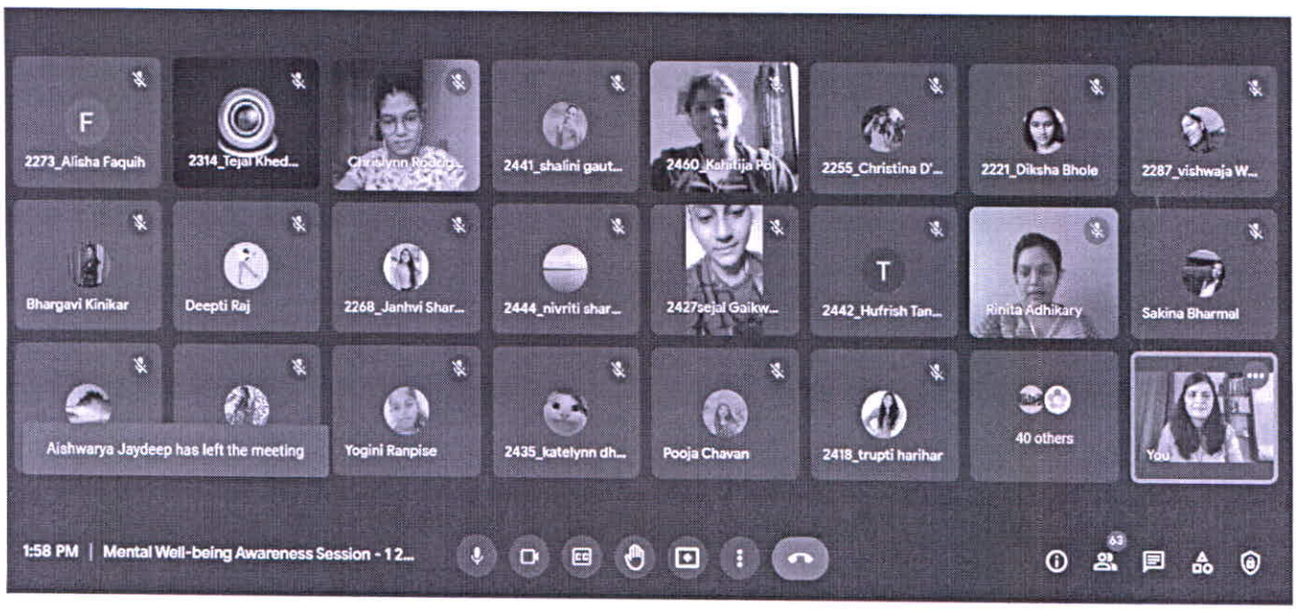
St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls

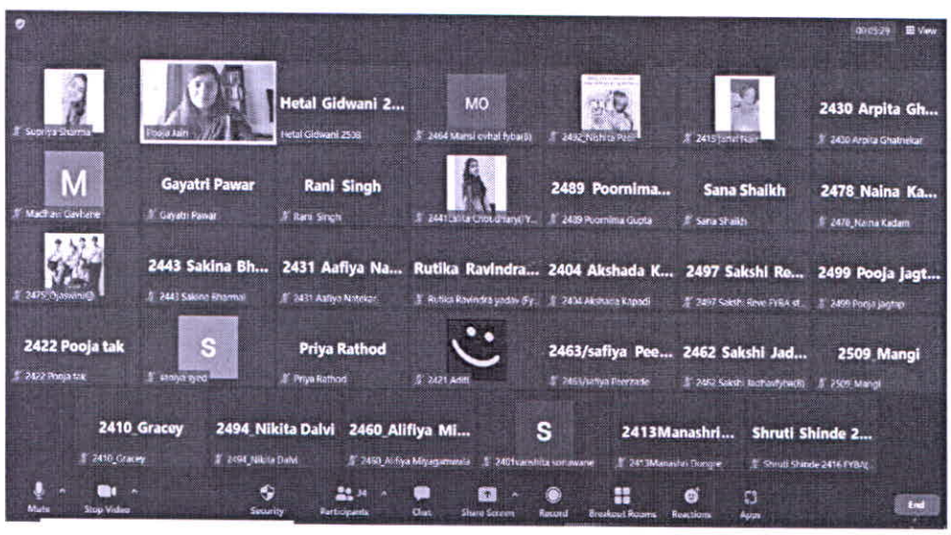
St. Mira's College For Girls Pune
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SY BA- 62



FY BA- 33

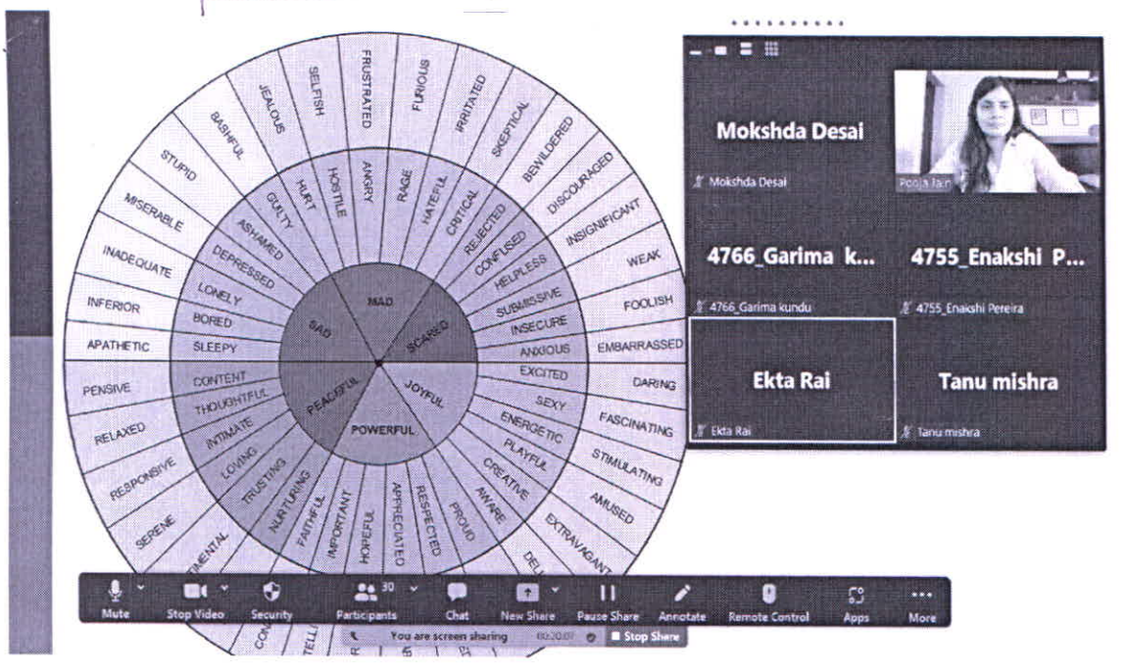


TY BA- 29

(Pooja Jain)
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls



SY BA- 54

Exercise

- Think of a time when it was very difficult but you managed to deal/adapt and cope
- What was the concern?
- What were your initial thoughts and feelings about it?
- What skills, values and beliefs helped you to manage it?
- What made you do these actions?
- What are the similar skills, values and beliefs could be more helpful?

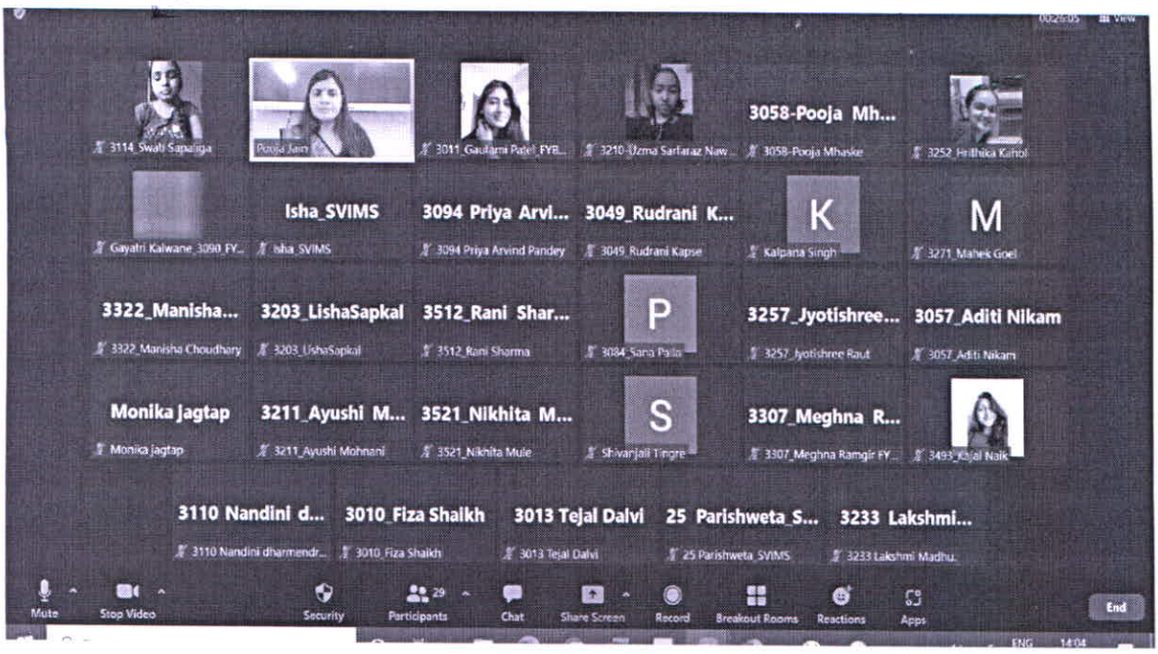


(Pooja Jain) (Coordinator)

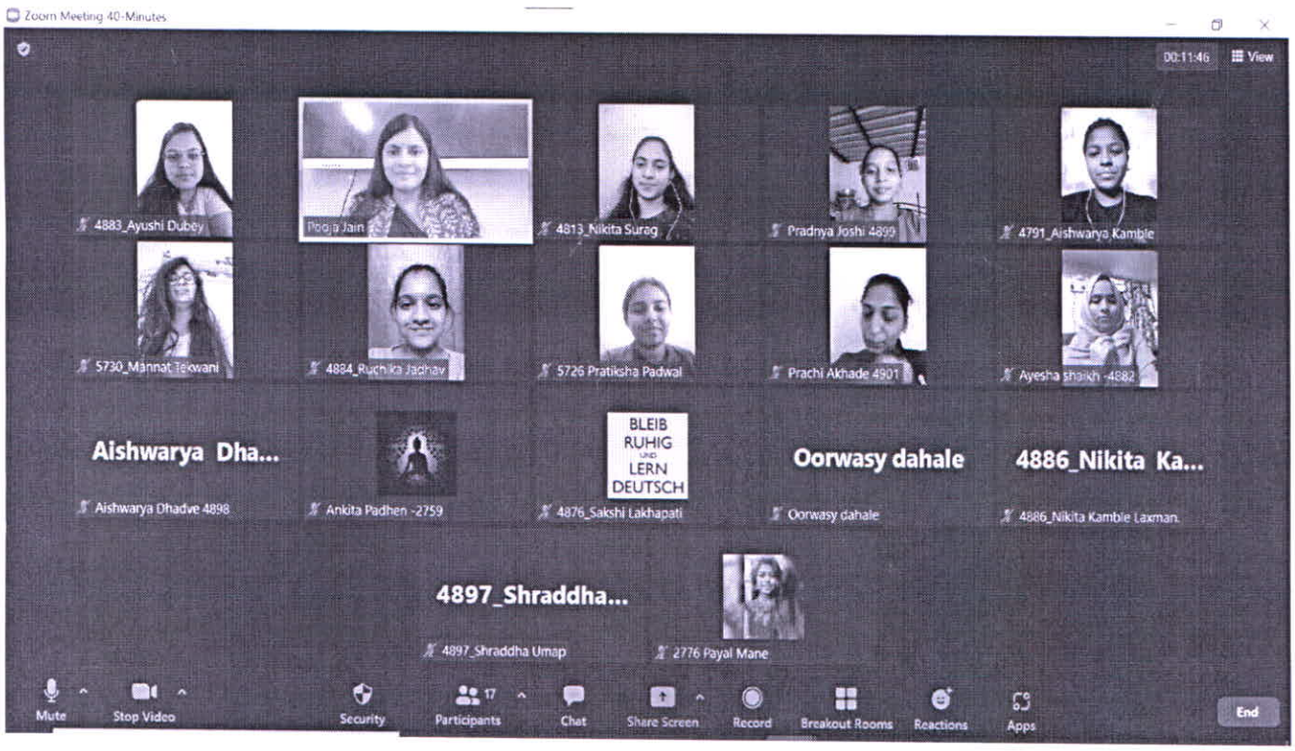
ST. MIRA'S COLLEGE FOR GIRLS PUNE-411001

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St. Mira's College for Girls

St. Mira's College For Girls Pune
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TY BA B- 16



FY BBA + SY BBA (45 – online mode)

ST. MIRA'S COLLEGE FOR GIRLS * BOONA-411001 *

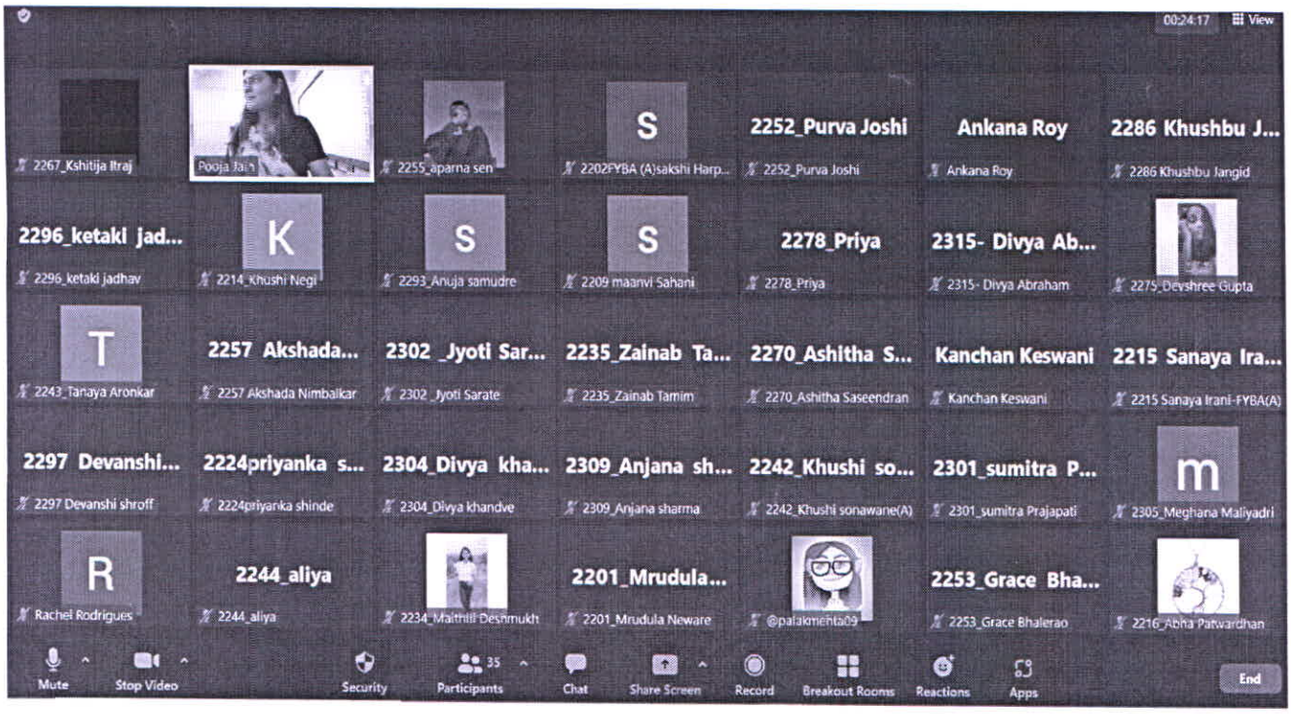
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(Pooja Jain) (Co-ordinator)

St. Mira's College For Girls Pune
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FY BA- 34 on online mode



Note: Remaining attendance sheets are in hard copy

Total Students: 551

Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in

St. MIRA'S COLLEGE FOR GIRLS POONA-411001

Principal Incharge
St. Mira's College for Girls

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

18/02

Mental Well Being Program

Classroom Awareness Session - 2

TYBCA + SYBCA

eklavya
PAGE NO.:
DATE: / /

Roll No.	Name	Signature
11934	Samiksha. Kulaskar	Samiksha
11901	Yogita. Melwani	Yogita.
11928	Alina Fathima Baig	Alina
11943	Lazina Tamboli	Lazina
11955	Ayushi Patil	Ayushi
11968	Prerna Bharti	PrKB
11941	Shrutika Sarraf	Shrutika
11904	Sukhreet. Mehmi	Sukhreet
11939	Prachi More	Prachi
11908	Shradha Powar	Shradha
11951	Anisha Narayan	Anisha
11917	Pallavi Parande	Pallavi
11956	Kajal Zende.	Kajal
11911	Shekinah Salve	Salve
11922	Sakshi Jelmar	SSJ
11905	Amreen Sattana	Amreen
11913	Vaishnavi Deshmukh	Vaishnavi
11950	Rutuja. Satkar	Rutuja
11910	Sai Divyashree R	Sai
11920	Kesar Pherwani	Kesar
12089	Diya Oswal	D
11979	Muskan Ansari	Muskan
11977	Dnyaneshwari Dhore	Dnyaneshwari
11972	Daya Khirsagar	Daya
11932	Rizwana Ansari	Rizwana
11933	Shruti Patangade	Shruti
11954	Anchal Gupta	Anchal
11930	Zeena Kshatriya	Zeena
11931	Ananda Kshatriya	Ananda
11983	Savita Choudhary	Savita
11902	Hetal Yadav	Yadav

ST. MIRA'S COLLEGE FOR GIRLS PUNE-411001

(Pooja Jain) (Coordinator)

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls Pune
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eklavya
PAGE NO.:
DATE: / /

Roll No	Name	Signature
11945	Anushka Podoval	
11903	Ananda Bhardwaj	
11970	Shruti Rajguru	
11946	Saymaa Tamboli	Saymaa Tamboli
11980	Shruti Yadav	
12011	Samruddhi Walunj	
11921	Jaie Salvi	
12024	Shraddha Shingare.	Shingare
12018	Madhu Kadam	
12005	Minu Singh	
12035	Prerna Rajpurohit	
12066	Shaikh Arsheena	
12028	Ruchi Nair	
12034	Sneha Kamat	
11852	Subhashini Anamtha	
11949	Samruddhi chachar	
11961	Moksha Parmar	
11962	Ruchika Oswal.	
11907	Bhavya Shree	
11925	Prajakta	
11966	Sana	
119	Shrishti Nagarkar	

Total Students- 53

Program Coordinator - Ms. Puja Jain

Principal Incharge
St. Mira's College for Girls

18/2/2022

St. Mira's College for Girls, Pune.
Mental Well-being Program
Awareness session

SYBBA

Sr. No.	Roll no.	Name	Signature
1]	22016	Esha Varyani	esha
2]	22027	Jasneet Khanuja	J Khanuja
3]	22030	Tasneem Karachiwala	Tasneem
4]	22055	Rutuja Bhandari	Rutuja Bhandari
5]	22077	Komal Sharma	
6]	22039	Manali Bafna	Manali
7]	22031	Kartiki Navale.	Navale
8]	22043	Laxmi Vantipenta	Laxmi
9]	22086	Bhoomika Bhojgade	Bhoomika

Total- 9

Program coordinator- Pooja Jain

Principal Incharge
St. Mira's College for Girls

St. MIRA'S COLLEGE FOR GIRLS PUNE 411001

St. Mira's College for Girls, Pune
Mental well-being Program
Awareness session

18/2/2022

FYBBA

Sr. No.	Roll no.	Name	Signature
1	22131	Aarzoo Shaikh	Aarzoo
2.	22155	Nishta Chulani	Nishta
3.	22134	Tasneem Lokhandwala	Tasneem
4.	22145	Khushi Pagare	Khushi
5.	2417 FY BA 'B'	Lekshika Thawani	Thawani
6.	22163	Priya Sharma	Priya
7.	22135	Aanchal Sasanani	Aanchal
8.	22158	Diksha Rohida	Rohida
9	22101	Kaizeen Z Kandin	Kaizeen
10.	22113	Kaynush Chindhy	Chindhy
11.	22114	Tesha Shewani	Shewani
12.	22115	Nishi Jaisinghani	Nishi
13.	22122	Harsha Sirwani	
14.	22159	Diya Vasvani	Diya
15.	22166.	Apeksha Chougule.	
16.	22144	Pratiksha Yadav	Pratiksha
17.	22178	Ekta Wadhwani	Ekta

Total- 17

Program coordinator- Puja Jain

Principal Incharge
St. Mira's College for Girls

01-04-2022

St. Mira's College for Girls, Pune
Department of Psychology
Mental well-being Program 2021-22
Mental well-being Awareness session-2

Class FY BA-A

Date
Page

1	Name	Roll No	Sign.
1	Ayman Kazi	2307	Ayman
2	Sania Maryam	2211	
3	Limpa Manick	2285	Limpa
4	Tanvi Pingale	2239	
5.	Charvi Hostale	2288	
6.	Smriti Gupta	2311	Smriti
7.	Sofiya Shekh	2300	
8.	Vaishnavi Katkar	2204	Vaishnavi
9.	Anushka Tikale	2227	
10.	Yukti Makhija	2245	
11.	Bhagyashri Shigam	2256	Bhagyashri Shigam.
12.	Suhani Sharma	2225	Suhani
13.	Sayunkta Joherapurkar	2236	Sayu.
14.	Ananda Thalakottur	2262	Ananda
15.	Shanika Nair	2231	Shanika
16.	Rifhat Mulla	2213	
17.	Shruti Himmat	2314	
18.	Maygen Yang	2223	Myang.

Total - 18

Program coordinator Ms. Pooja Jain

Pooja

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St. Mira's College for Girls

06/4/2022

St. Mira's College for Girls, Pune
Department of Psychology
Mental well-being Program 2021-22

FY BSC

Mental well-being Awareness session -2

Class	Roll No	Name	Sign
FYBSC Computer Science	1 5405	Preeti. Maurya	Preeti
	2 5408	Aadirenu. Shinde	Aadirenu
	3 5414	Sonali Gurav	S.D.Gurav.
	4 5437	Siddhika. R. Dhore	Dhore
	5 5444	Preeti. Sharma	
	6 5450	Snehal Hosamani	Hosamani
	7 5459	Tejashwini Kakade	Kakad
	8 5454	Namrata Kapse	Kapse
	9 5415	Sumeeta Gorde	
	10 5453	Dipali R. Gode.	Gode
	11 5455	Sakshi. V. Dubey	
	12 5402	Sakshi Marathe	Marathe
	13 5427	Rupali Jagdale	Rupali
	14 5411	Vaishnavi Sarate	Sarate
	15 5416	Anjali Singh	Anjali
	16 5422	Khushi Nagpure	Khushi
	17 5433	Tanu Singh	Tanu.
	18 5435	Lande Prajakta	Plande
	19 5440	Rutuja Mali	Rutuja
	20 5413	Gauri Nanaware	Gauri N
	21 5404	Veenagayatri Vishwakarma	Gayatri
	22 5458	Komal Garad.	Komal

Total students - 22

Program coordinator - Ms. Pooja Jain

Pooja

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06/4/2022

St. Mira's College for Girls, Pune
Mental well-being Program 21-22
Mental well-being Awareness session-2

M T W T F S S
Page No.:
Date:
YOUVA

SY. BSc Attendance

1	5514	Komal Sawant	Komal
2	5511	Sneha Gawde	Sneha
3	5510	Harshada Dhamdhere	
4	5506	Vaishnavi Kokate	Vaishnavi Kokate
5	5521	Sanjana B. Tirupathya	Sanjana
6	5519	Tanvi Dinesh Indalkar	TANVI
7	5503	Inaara Rajwani	Inaara
8	5508	Sanjana Tripathy	Sanjana
9	5509	Shirin Saji George	
10	5503		
11	5516	Pooja Narayan Battal	B. Pooja
12	5520	Naina Ramu Yadav	Yadav
13	5531	Shabana Tajuddin Shaikh	Shabana
14	5528	Renuka Vitthal Dhage	Renuka
15	5518	Anuja Anil Gaikwad	Anuja
16	5517	Sakshi Sanjay Pawar	Pawar
17	5522	Shraddha Vinayak Nighot	Shraddha
18	5524	Shraddha Raut Raut.	Raut
19	5527	Rajrajashree Mahadev Uradi	Uradi
20	5523	Aishwarya Jayant Vanase	
21	5526	Akanksha Ware	Akanksha

Total Students - 20

Program Coordinator - Ms. Pooja Jain

Pooja

St. MIRA'S COLLEGE FOR GIRLS PUNE-411001

Principal Incharge
St. Mira's College for Girls

06/11/2022

St. Mira's College for Girls, Pune
Mental well-being Program 2021-22
Mental well-being Awareness
Session -2

TY BSc

Date
Page

	Roll no	Name	Signature
1	5613	Akshada	
2	5601	Anuja	
3	5621	Sakshi Jagtap	
4	5630	Mansee Ingawale	
5	5631	Bhakti Sawant	
6	5608	Rieyona Menzes.	
7	5620	Pallavi Nalage	
8	5617	Sakshi. St. shinde	
9	5627	Riddhi Kawde	
10	5616	Mrunal Jadhav	
11	5624	Vaibhavi Chavan	
12	5622	Nikita Shirolkar	

Total Students - 12

Program Coordinator - Priya Jain

Priya

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

KINDLE THE LIGHT

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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/IQAC/2021-2022/03 **Date:- 01. 07. 2021**

CIRCULAR

Individual Counselling Sessions will be provided on pre appointment basis by Mental Well-being Program under Department of Psychology between 1st July 2021 to 30th March 2022 for all Degree College Students during college hours over Zoom platform.

Pooja

Ms. Pooja Jain

Coordinator

St. MIRA'S COLLEGE FOR GIRLS * PUNE 411001 *

Jayab

Dr. Jaya Rajagopalan

Principal Incharge

Principal Incharge
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 2021-2022

Individual Therapy Sessions Report

July 2021- April 2022

Students were offered free online individual professional counselling sessions throughout the academic year starting from July 2021 to December 2021. One full time college Counsellor, Ms. Pooja Jain and two part time Psychologists, Ms. Divya Gupta and Ms. Purva Kadaganchi were appointed to offer psychological support to students during the Covid-19 Pandemic by the Department of Psychology.

In total 71 students reached out for help through taking personal appointments and 269 sessions were offered to these students throughout the academic year.

Program Coordinator: Ms. Pooja Jain

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[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/IQAC/2021-2022/135 **Date:- 02 . 02. 2022**

CIRCULAR

On 10th February 2022 guest lecture on Community Mental Health is to be organized by the Department of Psychology for Psychology special students from 12:00 pm - 13:00 pm over Zoom Platform.

Ms. Pooja Jain

Coordinator

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
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Department of Psychology

Guest lecture Series – Session 1

Community Mental Health

Date: 10-02-2022

A session on Community Mental Health was organised by department of Psychology for students of Psychology special on 10th February 2022 at 12:00 pm over online platform. Session was facilitated by Ms. Malvika Fernandes, Counselling Psychologist and Project Coordinator Mann Talks, Mumbai. Malvika spoke about meaning, philosophies and foundations of Community mental health work. She brought in insights from her work with Muktangan and Project Mumbai, Smiling schools project and share practical implementation and conceptualisation of a Community mental health project in Indian context. Malvika's presentation was extremely engaging and reflective in process. Her field work experiences, examples and anecdotes made the session more engaging and insightful.

Total Participants: 48

Program Coordinator: Ms. Pooja Jain

Pooja

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St. Mira's College For Girls, Pune
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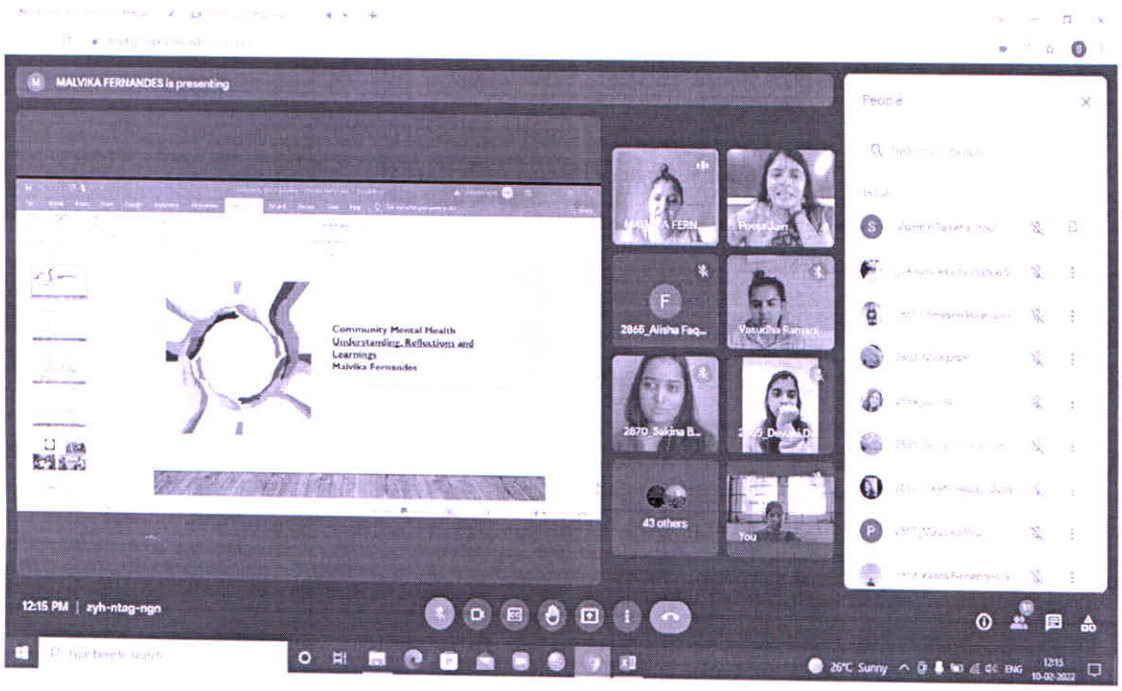
Department of Psychology

Guest lecture Series – Session 1

Community Mental Health

Attendance Sheet

Date: 10-02-2022



Total Participants: 48

Program Coordinator: Ms. Pooja Jain

Pooja

Jayat

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

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

Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in

KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2021-22/49

Date : 02.02.2022

CIRCULAR

The College is conducting a Guest lecture under the program of **"FIT India Movement"** on Wednesday 9th Feb.2022 from 5.00 pm to 6.00 pm on the topic **"Effective Asanas for Women's Health (PCOD and PCOS).**

This is to request all the students and staff members to register on the following link :

https://forms.gle/7tMqUsFywiF4QMUv7

Ms. Ekta Jadhav
Director of Physical Education

Dr Jaya Rajagopalan
Principal Incharge

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls

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

Department of Physical Education

Report-

Effective Asanas for Women's Health (PCOD/PCOS)

The Department of Physical Education had organised a guest lecture on" Effective Asanas for Women's Health (PCOD/PCOS)" on 9th February,2022 under the program Fit India Movement. This lecture was conducted for all the students and staff members. Total 163 participants (158 students and 5 Staff members) took the advantage of this webinar. Now a days we can see due to change in lifestyle many girls are facing health problems like PCOD/ PCOS, So through various Asanas we can overcome these kind of diseases was the main purpose of session.

Dr. Manali Deo (Gharpure) (Founder Director, Mind and Body Yoga Institute Pune and International Level Yoga Coach, Player and Referee) explained the importance of yoga practice by presenting demonstrations of asanas. Asanas are useful for women's health. She said that there is only way to get rid of women's health problems so, everyone should do Suryanamaskar, Asanas, Pranayama, Meditation Practice daily. The negative effects of Sedentary Lifestyle (Lack of exercise, Improper Diet, Irregular Sleep) can caused many women to have menstrual problems (PCOD). She demonstrate different asanas which are useful for reducing menstrual problems in women. Regular yoga practice is the key to physical and mental health. However, those who have other ailments should consult a doctor and practice yoga.

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 session.

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

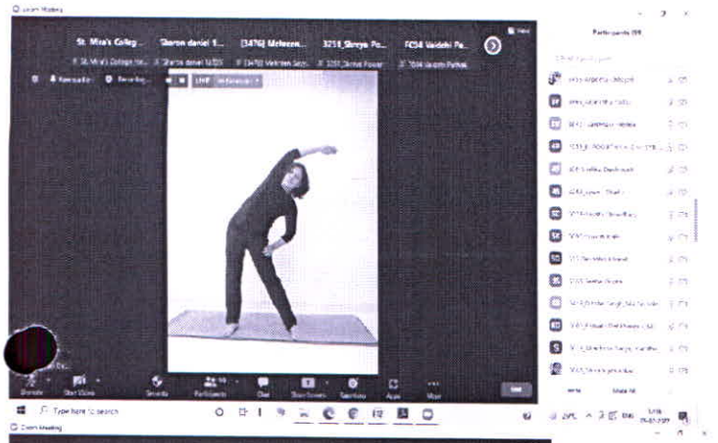
Principal Incharge
St. Mira's College for Girls

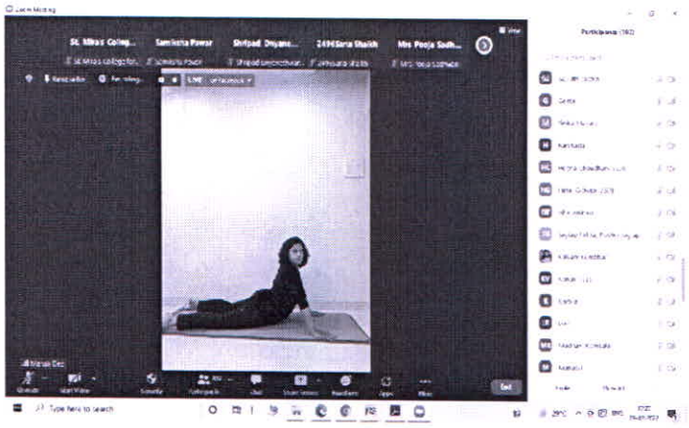
St Mira's College for Girls, Pune

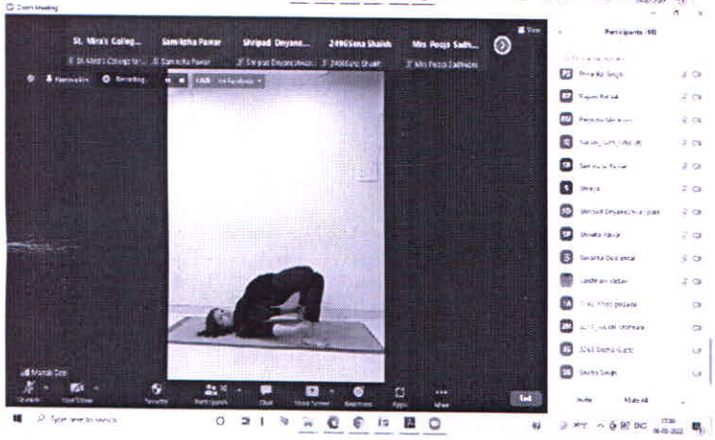
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Department of Physical Education

Topic :Effective Asanas For Women's Health (PCOD/PCOS)- St. Mira's College for Girls' Zoom Meeting













Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

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

Meeting ID 85331348983

Start Time End Time

Topic :Effective Asanas For Women's Health (PCOD/PCOS)- St. Mira's College for Girls' Zoom Meeting 02-09-2022 16:48 02-09-2022 18:01

Total Participants : 100 on zoom meeting and 63 on Facebook= 163 (158 students +5 staff)

User Email :jaya.stmiras@gmail.com

Sr.No	Name (Original Name)	User Email	Total Duration	Guest
1	St. Mira's College for Girls	jaya.stmiras@gmail.com	74	No
2	Swati Pulate	swati.pulate@gmail.com	28	Yes
3	3121 Gayatri Kshirsagar	rushikeshkshirsagar6012@gmail.cor	65	Yes
4	Chinmayee (Jayashree Akolkar)		61	Yes
5	Suvarna Deolankar	suvarna.deolankar@stmirascollegep	73	Yes
6	11934 Samiksha (Samiksha Kulaska	samikshak3012@gmail.com	42	Yes
7	2468-Niyati Bhati	bhatiniyati14@gmail.com	37	Yes
8	2604_Amrita	amritapal1301@gmail.com	71	Yes
9	4269_Anam Shaikh		65	Yes
10	Manali Deo	deomanali@gmail.com	62	Yes
11	6669_Hema Dhanwani_M.com accounts		30	Yes
12	Mayuri Ashtage		16	Yes
13	harshada	4269_Anam Shaikh	41	Yes
14	22105_fybbaJayanti (Jayanti)		70	Yes
15	2499 Pooja jagtap		7	Yes
16	3084_Sana Palla (Sana Palla)	sanapalla08@gmail.com	71	Yes
17	22101_Kaizeen Kamdin	kaizeen1203@gmail.com	61	Yes
18	2417 Lakshika Thawani		71	Yes
19	Sakshi_2405_FYBA (B)		69	Yes
20	3207_SAKSHI CHOUGULE		44	Yes
21	Priya		61	Yes
22	22147_Komal Ruchandani		67	Yes
23	6619_Akanksha Sanjay Kamthe_Mc	akankshakamthe7@gmail.com	62	Yes
24	22115_Nishi Jaisinghani		61	Yes
25	Lovi r 22150 fybba (Lovi r)		66	Yes
26	3521_Nikhita Mule		15	Yes
27	3450Alishakhan		57	Yes
28	12164_Afreen Shaikh		16	Yes
29	6663_Shivani jirwankar	shivanijirwankar206@gmail.com	32	Yes
30	3106_Sejal Sharma (Sejal Sharma)		57	Yes
31	2509_Mangi Devasi		10	Yes
32	3003_manisha choudhary		44	Yes
33	22150 (LOVI)		9	Yes
34	12169_Ranidubey _Bca		7	Yes
35	4055_B. POOJITHA YADAV SYB. com C		63	Yes
36	Geeta		58	Yes

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

37	Gitika Mayani		64	Yes
38	Sharon daniel 12135		22	Yes
39	Hetal Gidwani 2508		62	Yes
40	Nilima Patil		53	Yes
41	3257_Jyotishree Raut		61	Yes
42	3451_pragati Jagtap		42	Yes
43	Vaibhavi Jayasing Patil	jayshingpatil2282@gmail.com	3	Yes
44	3233 Lakshmi Madhu.		56	Yes
45	22119_Sunita kumari		61	Yes
46	11951 Anisha Narayan		16	Yes
47	22107_Suhana singh		12	Yes
48	Gayatri Jadhav		31	Yes
49	22148_zahra pardawala fybba		46	Yes
50	31bcasmriti Singh		10	Yes
51	3067_Sejal Burkule		59	Yes
52	22139_Harshada Dhokale		10	Yes
53	4516_Priyanka Bhure		14	Yes
54	3519_Sanskruti Dhage		2	Yes
55	Madhavi Komkala		56	Yes
56	22172_Neha Pujari (72_BBA_Neha Pujari)		39	Yes
57	Heena Choudhary 3320		58	Yes
58	Deora Kismat		9	Yes
59	2285 Limpa Manick	champa.manick@gmail.com	29	Yes
60	Shreya		59	Yes
61	22004_Vishakha_SYBBA (M241 Ra	vishakhasawantvrs@gmail.com	45	Yes
62	Kalyani Kumbhar	kalyani17kumbhar@gmail.com	41	Yes
63	clarene (56/12A/ Clavene Marian)	clarenemarian563@gmail.com	8	Yes
64	Anushka Khemnar	anushkakhemnar@gmail.com	39	Yes
65	3211_Ayushi Mohnani		50	Yes
66	5090-Srushti Kale		59	Yes
67	Kartika		57	Yes
68	Kanan Vyas	kenibhatt@gmail.com	27	Yes
69	Doli Singh		4	Yes
70	Palak Rupesh Khandelwal		49	Yes
71	406 Smitika Deshmukh		57	Yes
72	22171_Aditi Gupta	1463.aditi@gmail.com	59	Yes
73	Vaishnavi		5	Yes
74	Sanika pawar		3	Yes
75	12139_Neha.S.Giri	nehajuliegiri@gmail.com	21	Yes
76	1652_srushti Kodre		2	Yes
77	Samiksha Pawar		44	Yes
78	Roshni		19	Yes
79	22127_BBA_Charu		55	Yes
80	Vaishnavi Yadav	vaishnaviy07062004@gmail.com	56	Yes
81	3842- Vaishnavi Mohite		45	Yes
82	3466_Akanchha Yadav		55	Yes

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College for Girls

83	FYBBA.22176.Prerna Gaikwad		55	Yes
84	2215 Sanaya Irani-FYBA(A)		28	Yes
85	Ritika		2	Yes
86	3407_Janhvi Rajpurohit.		2	Yes
87	22114_Teesha Shewani	teeshashewani7@gmail.com	49	Yes
88	1441_Nandini Singh		11	Yes
89	5023-Sakshi Choudhary (Bhavesh Choudhary)		55	Yes
90	Isha Walmiki		54	Yes
91	22038 Amrita Menon		32	Yes
92	1429_Harshita Nigade		2	Yes
93	515 Devashri Kharat		46	Yes
94	Priyanka Singh		51	Yes
95	1034 Shreya Gunjal		3	Yes
96	1042 Sakshi ojha		27	Yes
97	[3476] Mehreen Sayyed		52	Yes
98	Manasvi		41	Yes
99	11975_prajakta		8	Yes
100	Sharda Mule		12	Yes
101	3251_Shreya Powar		52	Yes
102	Poonam Sharma	poona.shr@gmail.com	52	Yes
103	3455_Arpeeta Chhajed	arpeetachhajed13@gmail.com	49	Yes
104	3261_Pavitra Ganeshan	pavitra.rganeshan@gmail.com	22	Yes
105	6419_Diksha Singh_MA Sociology		40	Yes
106	Shirin Saji		15	Yes
107	Galaxy M31		50	Yes
108	112 ashmeet		13	Yes
109	2497 Sakshi Reve FYBA student		34	Yes
110	22168 Mukti Chawla	muktichawla222@gmail.com	22	Yes
111	1640_Netra Nalla		7	Yes
112	Shweta Pawar		30	Yes
113	Siya Sakpal	siyasakpal5@gmail.com	9	Yes
114	Bhoomi		7	Yes
115	Shripad Dnyaneshwar patil		30	Yes
116	1313_Archana Nair		2	Yes
117	meenal sumant	meenal.sumant@stmirascollegepune	39	Yes
118	1276_Jasvir kaur		5	Yes
119	FC04 Vaidehi Pathak		35	Yes
120	Pournima Kalbhor		44	Yes
121	3252_Hrithika Kahol		2	Yes
122	1431-priya gurud		2	Yes
123	22135_Aanchal Sasanani		43	Yes
124	Prasannalaxmi (12124_Prasannalaxmi K)		44	Yes
125	2496Sana Shaikh (Sana Shaikh)		42	Yes
126	Rajani Pathak (123Rajani Pathak)		43	Yes
127	Lesha		2	Yes
128	Rieyona Menezes		28	Yes

Jadhav
Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Jayat
Principal Incharge
St. Mira's College for Girls

129	Zeenat Shaikh		3	Yes
130	Mrs Pooja Sadhwani		39	Yes
131	1492 Afroz pirzade		40	Yes
132	2455 supriya Sharma	5090.supriya@gmail.com	39	Yes
133	Jagtap Nikita# Roshni Jagtap		39	Yes
134	Namrata Pathak		7	Yes
135	22103_Khushi Dhamani		12	Yes
136	3094 Priya Arvind Pandey		9	Yes
137	4257_shital mahadik		38	Yes
138	3498_Kiran Baghel		35	Yes
139	Anushka Menon		27	Yes
140	2665- Diksha Dhumal		37	Yes
141	Mayur Patil	patilasha399@gmail.com	9	Yes
142	Aditya bhalerao		13	Yes
143	Anita D'Cunha	anita.dcunha@yahoo.com	29	Yes
144	22103_Khushi dhamani (MUNIRA DHAMANI)		27	Yes
145	2483__Swaleha Pathan		4	Yes
146	Vaibhav Gaikwad	gpenterprises1976@gmail.com	26	Yes
147	3456-Kahkashan Shah		4	Yes
148	Yugandhara Badade		4	Yes
149	Rutuja padekar		23	Yes
150	12018-Madhu Kadam		5	Yes
151	5249 Mitali Manolkar	mitalimanolkar1810@gmail.com	18	Yes
152	Siddhi Jangam		16	Yes
153	Kashish James 1104		9	Yes
154	1474_supriya gavali		16	Yes
155	5299_Komal Gunjal		14	Yes
156	Khushi		15	Yes
157	3106_Sejal Sharma		2	Yes
158	6605_Esmath Dehkhanpur_MCOM	zainabmastan.com@gmail.com	62	Yes
159	Rachel Rodrigues	rachr2027@gmail.com	29	Yes
160	5263 Sneha Gupta		44	Yes
161	1221_Kanchan billore		14	Yes
162	Sneha Singh		38	Yes
163	4220_Sai Kachare		17	Yes

Student Participant - 158

Ekta Jadhav
Director of Physical Education.

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[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/IQAC/2021-2022/145 **Date:- 02 . 02. 2022**

CIRCULAR

On 24th February 2022 guest lecture on Art and Mental Health is to be organized by the Department of Psychology for Psychology special students from 13:00 pm - 14:30 pm over Zoom Platform.

Pooja
Ms. Pooja Jain
Coordinator

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Jaya
Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
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Department of Psychology

Guest lecture Series – Session 3

Art and Mental Health

Date: 24-02-2022

A session on understanding careers and scope in Art and Mental health was organised by department of Psychology for students of Psychology special on 24th February 2022 at 13:00 pm over online platform. Session was facilitated by Ms. Vaidehi Chilwarwar, PhD Scholar and Arts based therapist from Mumbai. Ms. Vaidehi conducted an experiential session on use of art in mental health and navigating emotions. Her session highlighted the role and importance of use of art in psychotherapy, prevention and interventive work in mental health. Ms. Vaidehi's session was very well received by all the participants and was extremely engaging and reflective.

Total Participants: 43

Program Coordinator: Ms. Pooja Jain

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St. Mira's College for Girls

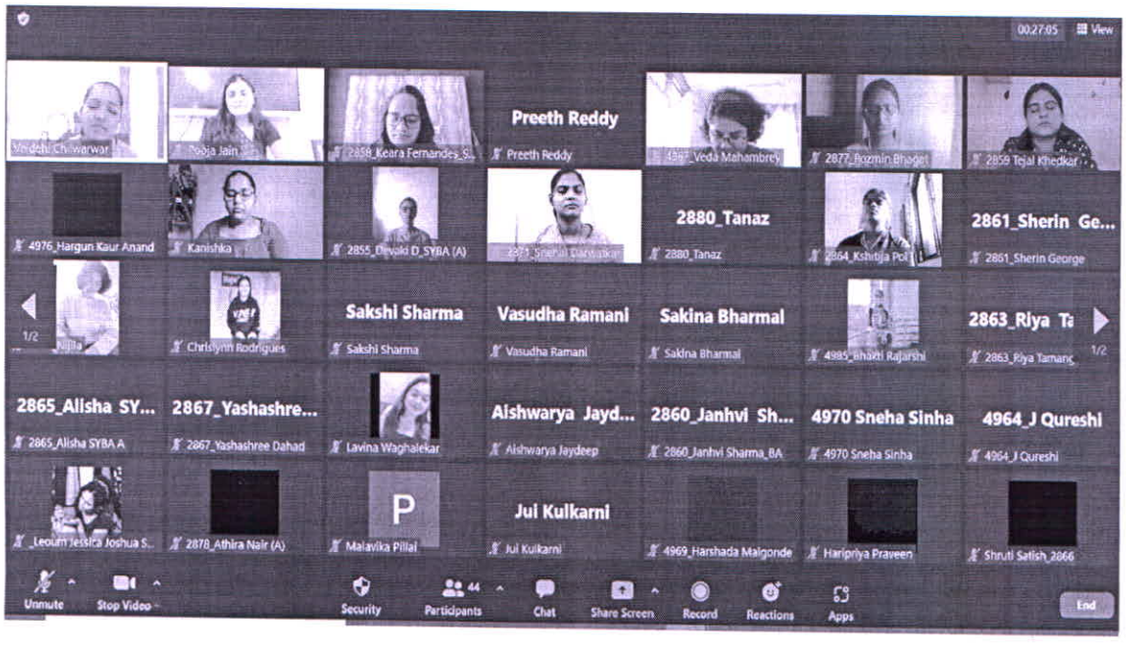
St. Mira's College For Girls, Pune
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Department of Psychology

Guest lecture Series – Session 3

Art and Mental Health

Attendance Sheet

Date: 24-02-2022



Total Participants: 43

Program Coordinator: Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls

Mental Well-being
Life Skills

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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/IQAC/2021-2022/96 **Date:- 05. 01. 2022**

CIRCULAR

Between 05th January 2022 to 30th April 2022 Group Therapy Sessions on Managing Stress Anxiety and Building Healthy Relationships are to be organized by Mental Well-being Program for all Degree college students during college hours over Zoom Platform.

Pooja

Ms. Pooja Jain

Coordinator

Jaya

Dr. Jaya Rajagopalan

Principal Incharge

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Mental Well-being Program 2021-22

Group Therapy Sessions 2021-2022

As a part of the college Mental Well-being Program two group therapy sessions were organised for students at Degree College from 5th January 2022 which continued till 30th April 2022. A total of 54 students registered and participated in Managing Anxiety and Building healthy relationships group therapy sessions. All these sessions were conducted on Zoom platform during college hours.

Total Students: 54

Program Coordinator: Ms. Pooja Jain

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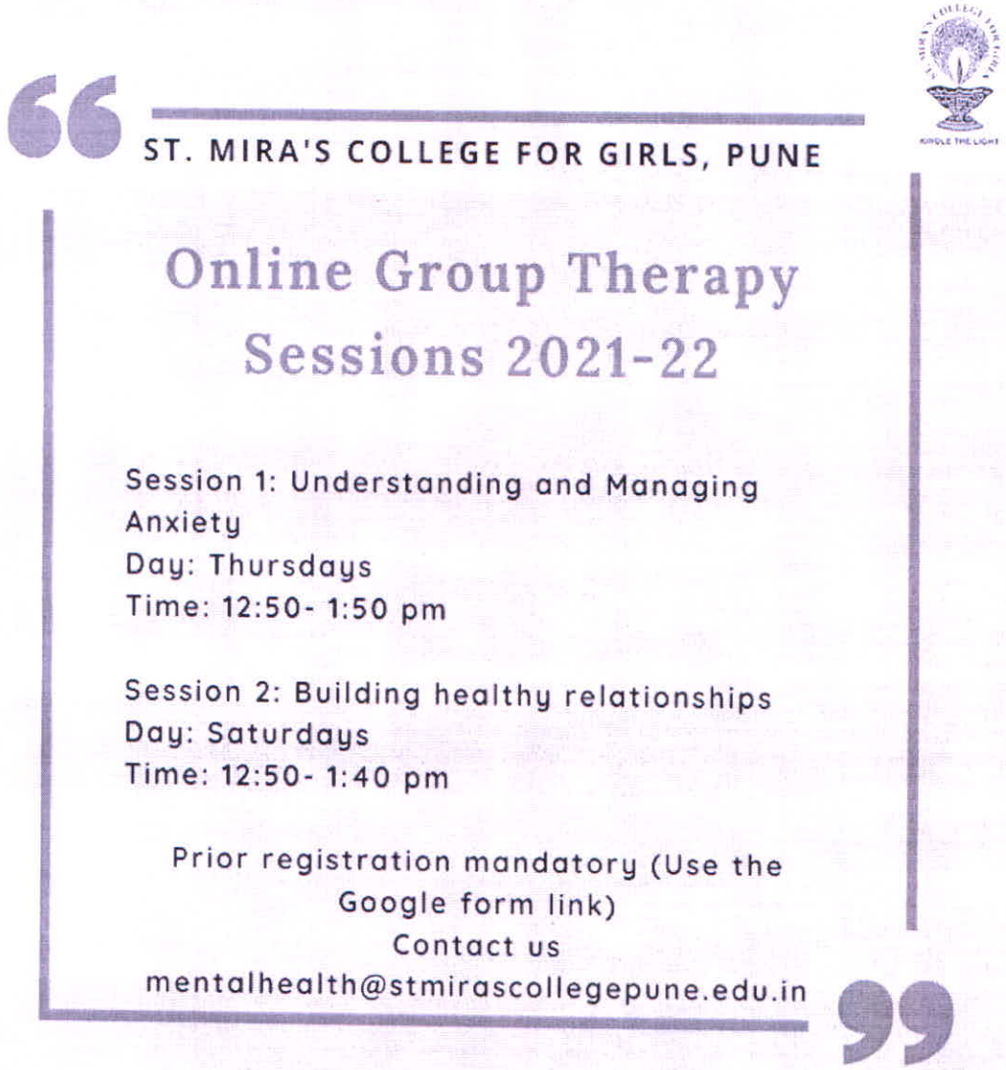
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St. Mira's College for Girls

St. Mira's College for Girls, Pune

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Mental Well-being Program 2021-22

Group Therapy Sessions 2021-2022



Total Students: 54

Program Coordinator: Ms. Pooja Jain

Pooja

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Jayant

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune

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Mental Well-being Program

Group Therapy Sessions 2021-22 Attendance Sheet

Timestamp	Email Address	Name	Class	Roll number
1-5-2022 12:56:03	diviyatekwani@gmail.c	Divya	TYBA(B)	5730
1-5-2022 12:57:21	spunjabi.sp49@gmail.c	Sakshi Punjabi	TYBA A	4968
1-5-2022 12:57:57	umme.kazi21@stmirasc	Ayman Kazi	FYBA(A)	2307
1-5-2022 12:59:14	mahekchavan11@gmail	Mahek	Chavan	2459
1-5-2022 12:59:31	enakshimaria3@gmail.c	Enakshi Pereira	TYBA Sociology (A)	4755
1-5-2022 12:59:47	kaizeen1203@gmail.cor	Kaizeen Z Kamdin	FYBBA	22101
1-5-2022 13:00:03	saqina.bharmal@gmail.c	Sakina Bharmal	SYBA A	2870
1-5-2022 13:01:38	mrunalk2230@gmail.co	Mrunal Kadam	FYBA (A)	2266
1-5-2022 13:10:14	aditisingh003300@gmai	Aditi	SY BBA (CA)	12064
1-5-2022 13:16:35	katedhende13@gmail.c	Katelynn Dhende	SYBA(B)	2666
1-5-2022 13:22:15	rinitaadhikary02@gmail	Rinita Adhikary	SyBA A	2868
1-5-2022 13:54:32	2672hufrishtangri@gma	Hufrish Tangri	SYBA- B	2672
1-5-2022 13:57:39	shamikanair63@gmail.c	Shamika Nair	FyBa divA	2231
1-5-2022 14:14:06	thapasimran132@gmail.	Simran	FY Bcom	3494
1-5-2022 14:17:01	devikachava98@gmail.c	Devika Chaya Chavan	MA 1st yr. English litera	6044
1-5-2022 14:22:38	alisha.shaikh1611@gma	Alisha Shaikh	Sy Bcom C	4052
1-5-2022 14:22:55	jayanti.raj21@stmirasco	Jayanti Raj	FYBBA	22105
1-5-2022 14:41:05	bhoomikabhojgade13@g	Bhoomika Bhojgade	SYBBA	22086
1-5-2022 14:43:24	deepsikhajain123@gma	deepsikha sethia	M.com accountancy spe	6630
1-5-2022 14:48:59	akshatagovankop09@gn	Akshata Govankop	FYBBA	22128
1-5-2022 14:57:02	ovhalmansi3@gmail.cor	Mansi Ovhal	Fyba b	2464
1-5-2022 15:08:42	leeza.beniwal21@stmira	Leeza	Fyba A	2310
1-5-2022 15:13:44	bhaktisawant725@gmai	Bhakti Sawant	Ty Bsc	5631
1-5-2022 15:14:25	jayshreebchavan@gmail	Jayshree Baburao Chava	Sy Bcom	3616
1-5-2022 15:46:57	sejalpandharpur@gmail.	Sejal Bhayani	TYBA (A)	4975
1-5-2022 15:48:41	lokhandtas9@gmail.com	Tasneem Lokhandwala	FYBBA	22134

Pooja Sain
(Co-ordinator)

Principal Incharge
St. Mira's College for Girls

1-5-2022 15:59:52	ritambhara.shandilya@g	Ritambhara	TY BBA	21972
1-5-2022 16:33:25	shnandini03@gmail.com	Nandini. Sanju. Huchhe	Sy.B.com, C.	4075
1-5-2022 17:37:17	kulkarnijui01@gmail.co	Jui Kulkarni	TYBA	4978
1-5-2022 18:35:11	siyaslala@gmail.com	Siya Lala	FYBA (A)	2203
1-6-2022 8:50:16	singhsunita8340@gmail	Sunita kuamri	Fy BBA	22119
1-6-2022 9:59:36	mihika.lele21@stmirasc	mihika lele	FYBA (A)	2292
1-6-2022 10:03:50	mansigangurde27@gma	Mansi Gangurde	FYBA- A	2274
1-6-2022 10:07:48	aliya.shaikh21@stmiras	Aliya shaikh	FYBA div A	2244
1-6-2022 10:11:14	kannananna432@gmail.	Anna kannan	FYBA	2222
1-6-2022 10:16:20	tanushreeofficials@gma	Tanushree Banerjee	FYBA (A)	2260
1-6-2022 10:16:40	charulhastak@gmail.com	Charul Hastak	Fyba A	2288
1-6-2022 10:20:59	alifiyaphotographer@gn	Alifiya Photographer	T.Y.B.A. (A)	4927
1-6-2022 11:37:31	artitathe2017@gmail.co	Arti Prakash Tathe	FYMsc (sem 1)	5816
1-6-2022 12:58:19	smriti.gupta21@stmiras	Smriti Gupta	FYBA	2311
1-6-2022 15:27:23	jyoti.sarate21@stmirasc	Jyoti Sarate	Fy ba	2302
1-6-2022 16:13:41	pugarg2003@gmail.com	Priya	FYBA(A)	2278
1-6-2022 21:11:35	kshitijapol27@gmail.co	Kshitija Pol	SYBA A	2864
1-6-2022 22:13:11	vaishnaviwarghade5@g	VAISHNAVI SANJAY	MCOM	6655
1-7-2022 0:07:12	priyankapandey00040@	Priyanka Pandey	Sybcom	3639
1-7-2022 9:58:20	anushakolloji@icloud.co	Anusha Kolloji	TYBA A PSYCHOLOG	4990
1-7-2022 10:26:56	haripriyapraveen1234@	Haripriya	SYBA (A)	2875
1-7-2022 11:40:47	khushinagpure123@gma	Khushi Nagpure	Fy BSC Computer scien	5422
1-8-2022 20:40:02	kanchan.keswani21@str	Kanchan Keswani	F.Y.B.A(A)	2254
1-11-2022 14:06:16	laksaya24@gmail.com	Laksaya G	SYBA A	2805
1-11-2022 14:11:48	nijilaprem88@gmail.com	Nijila	SYBA A	2852
1-11-2022 14:35:32	amritapal1301@gmail.c	Amrita Pal	SYBA A	2604
1-11-2022 17:16:42	hemani.kateja@gmail.co	Hemani kateja	Fyba(a)	2284
1-12-2022 21:53:14	aaliyahvarma@gmail.co	Aaliyah Varma	Syba A	2703

Total Participants:	54			
Program Coordinator	Ms. Pooja Jain			

(Pooja Jain)
(Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS • POONA 411001 •

Principal Incharge
St. Mira's College for Girls

KINDLE THE LIGHT

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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]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:-G15/IQAC/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

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

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, weorganised 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

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

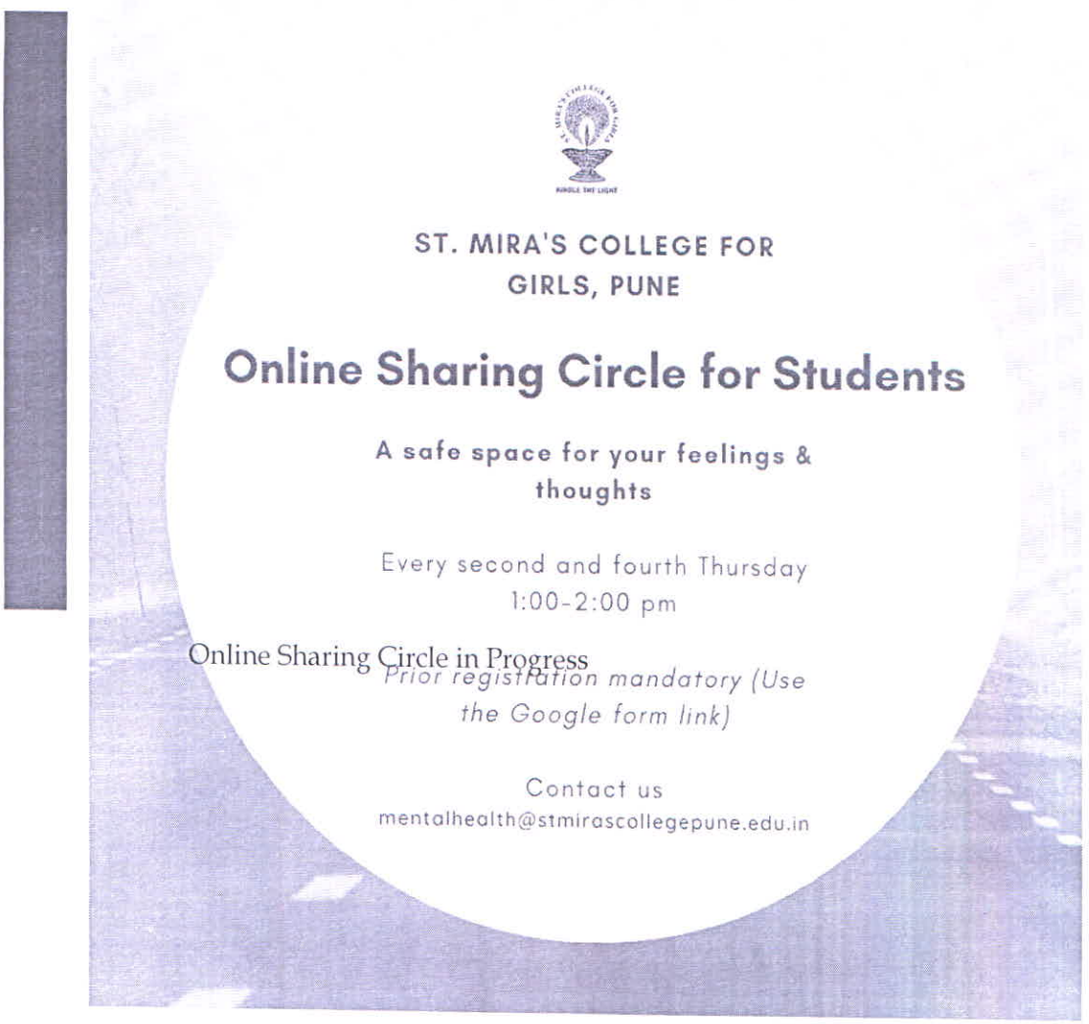
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St. Mira's College for Girls, Pune

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Mental Well-being Program 2020-2021

Online Sharing Circle 2020-2021



Online Sharing Circle in Progress

Ms. Pooja Jain

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

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 Cricle 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@gmai	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.	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@	Akanksha Balkawade	Balkawade	Akanksha Balkawad	21	Third year	No	m/open?id=17a3BlQqr
6	3-19-2021 15:43:43	shrunimkar@gmail.com	Shruti	SNimkar	Shruti	20	Third year	No	m/open?id=1eXdDsxd
7	3-19-2021 17:30:44	sejalpandharpur@gmail	Sejal Bhayani	Sejal	Sejal Bhayani	19	Second year	No	m/open?id=1gc7sD9lU
8	3-19-2021 18:14:58	swamymitali2@gmail.c	Mitali.R.Swamy	mitali	Mitali. Swamy	18	First year	No	m/open?id=1pld4z4ol_
9	3-19-2021 18:20:04	adhikaryrinita542@gma	Rinita Adhikary	Rinita Adhikary	Rinita Adhikary	18	First year	No	m/open?id=10x_brKlu
10	3-19-2021 22:29:56	shravani.dsouza2000@g	Shravani Dsouza	Shravani Dsouza	Shravani Dsouza	21	Third year	No	m/open?id=1g8BD-
11	3-25-2021 13:45:51	christina.1.4.dsouza@g	Christina D'souza	Christy	Christina D'souza	18	First year	No	m/open?id=1vFkFxD5
12	3-25-2021 14:16:42	rathodriya66@gmail.co	Riya Rathod	Riya	Riya Rathod	18 years	First year	No	m/open?id=1-
13	4-7-2021 20:33:34	chavanpuju@gmail.com	Pooja Chavan	Pooja	Pooja Chavan	20	First year	No	m/open?id=1Mh7Pd68

Total Students: 13
Program Coordinator: Ms. Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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

Circular No:-GIS/IQAC/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

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

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

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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.cor	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	anjalip0909@gmail.com	Anjali Pillai	Anjali	Anjali Pillai	20	anjalip0909@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.c	8805460493	SY
11-2-2021 15:05:39	bhideshreyauni@gmail.com	Shreya Bhide	Shreya	Shreya Bhide	19	bhideshreyauni@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@gmai.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	parteprerna3@gmail.com	Ekta Jadhav	Prerna	Prerna parte	18	parteprerna3@gmail.com	9130071952	FY
11-2-2021 17:32:21	ritambhara.shandilya@gmail.com	Ritambhara Shandilya	Ritambhara	Ritambhara Shandilya	20	21972ritambhara@gmail.cor	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.cor	7447897579	SY
11-2-2021 19:02:46	thakurvijaysingh942@gmail.com	Sejal Vijaysingh Thakur	Sejal	Sejal Vijaysingh Thakur	18	thakurvijaysingh942@gmail.(	7038069894	SY
11-2-2021 20:09:42	sharvaribhapkar7@gmail.com	Sharvari Bhapkar	sharvari	Sharvari Bhapkar	19	sharvaribhapkar7@gmail.co	9822050181	SY
11-2-2021 20:25:15	nandinijadhav562@gmail.com	Nandini Jadhav	Nandini	Nandini Jadhav	19	nandinijadhav562@gmail.co	9850000371	SY

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

G. H. Gidwani

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	nishtna.11pandya@gmail.com	Nishtha Pandya	Nishtha S. Pandya	Nishtha Pandya	19	Nishtha.11pandya@gmail.co	9860871661	SY
11-2-2021 20:38:24	beautysingh1918@gmail.com	Beauty singh	Beauty singh	Beauty singh	19	beautysingh1918@gmail.cor	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 Daundka	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.c	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.co	Harshada Dhamdhere	Harshada Dhamdh	Harshada Dhamdhere	18	harshadadhamdhere.hd@gn	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@gm	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.co	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

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal

St. Mira's College for Girls, Poona

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

Circular No:-GIS/IQAC/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.

Ms. Pooja Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

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

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune

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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@stmirascollegepune.edu.in



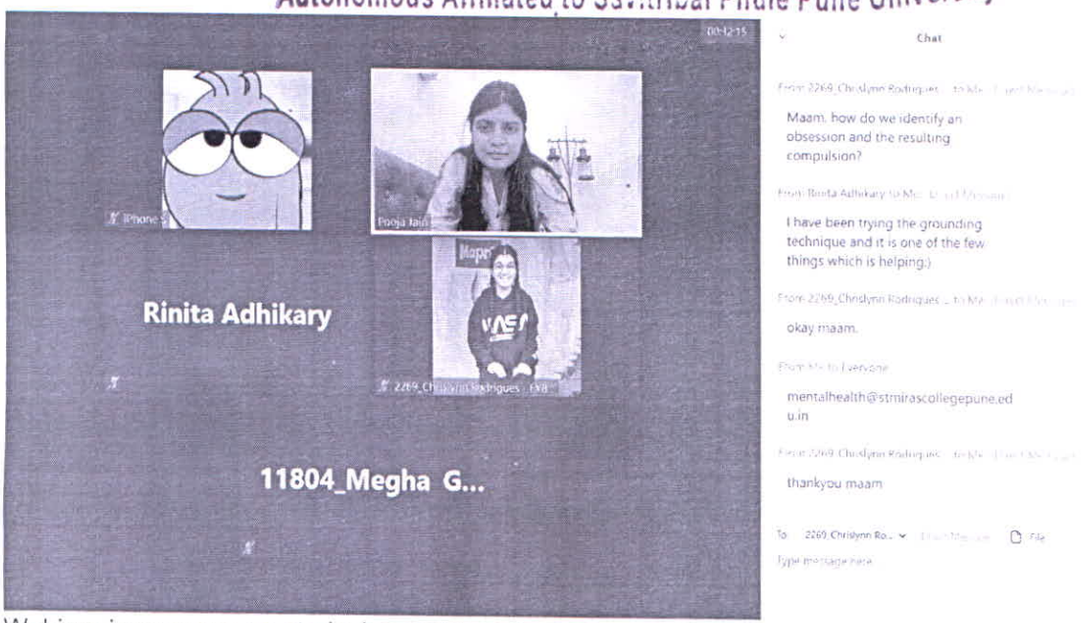
Pooja Sain

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Webinar in progress on study tips and techniques

Program coordinator- Ms. Pooja Sair

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

G.H. Gidwani

Principal

St. Mira's College for Girls

KINDLE THE LIGHT

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

Circular No:-GIS/IQAC/2020-21/51 Date:-04. 01. 2021

CIRCULAR

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Ms. Pooja Jain
Coordinator

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Principal

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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.

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Total Students: 88

Program Coordinator: Ms. Pooja Jain

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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

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Not sure how this may help?
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mentalhealth@stmirascollegepune.edu.in



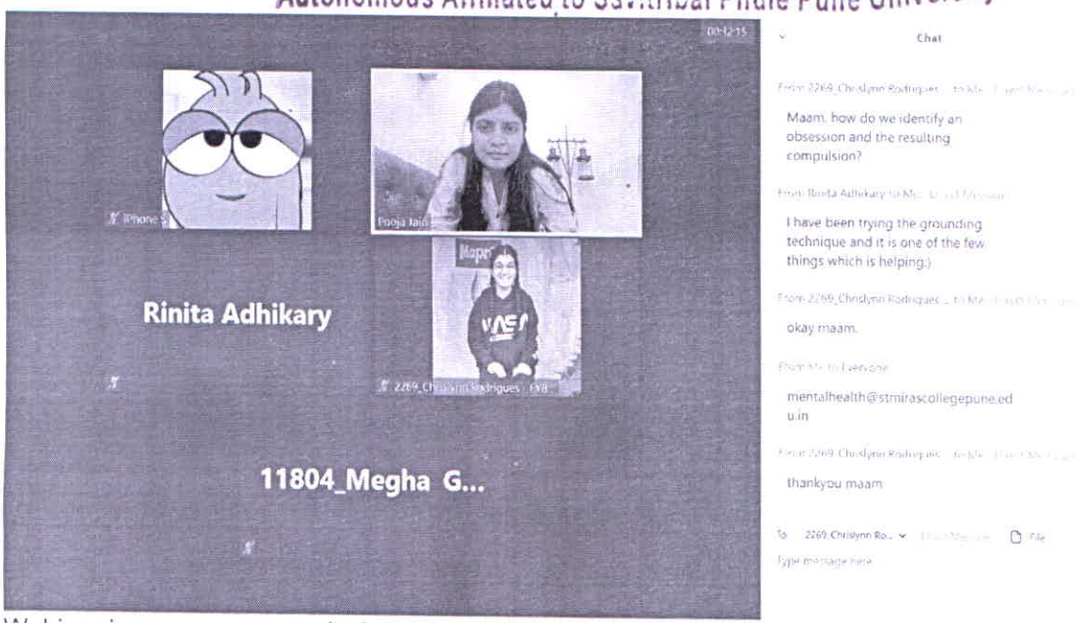
Pooja Sain

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Webinar in progress on study tips and techniques

Program coordinator- Ms. Pooja Sair

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

G.H. Gidwani

Principal

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

Circular No:- GIS/IQAC/2020-21/06 Date:-01. 07. 2020

CIRCULAR

Between15st 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

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani
Principal

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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@stmirascollegepune.edu.in

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

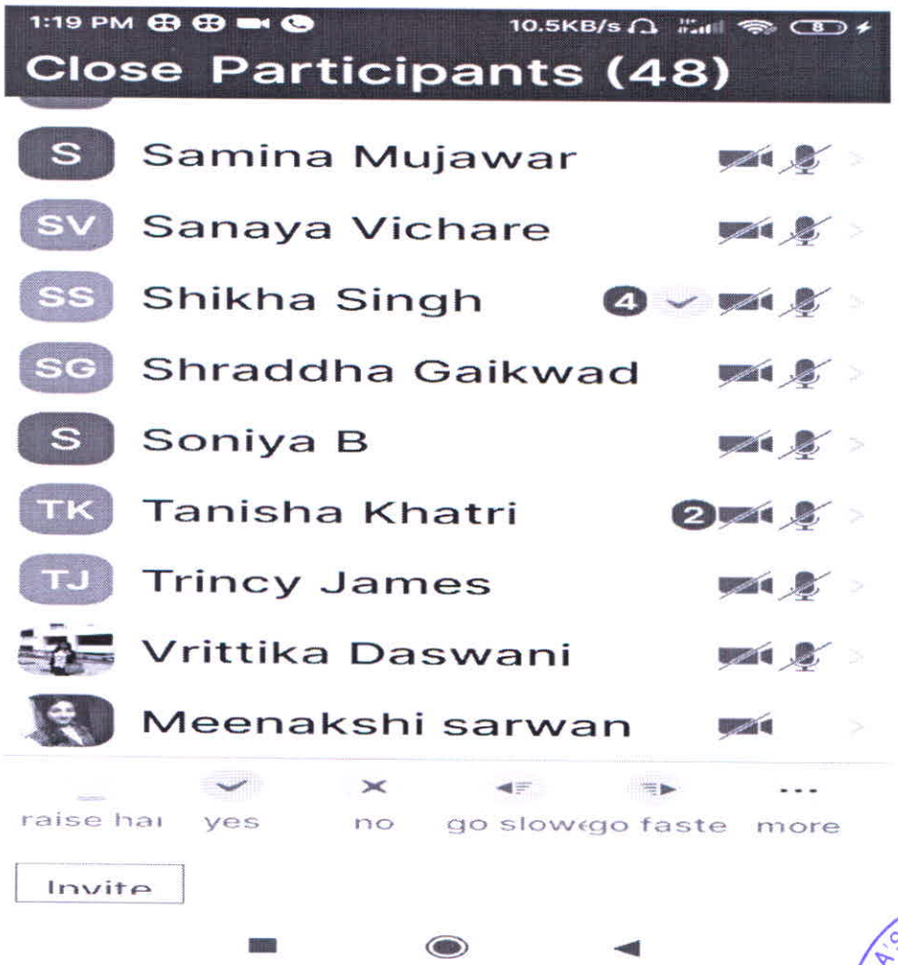
Principal
St. Mira's College for Girls

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

TY BBA - 50



TY BCom (A): 48

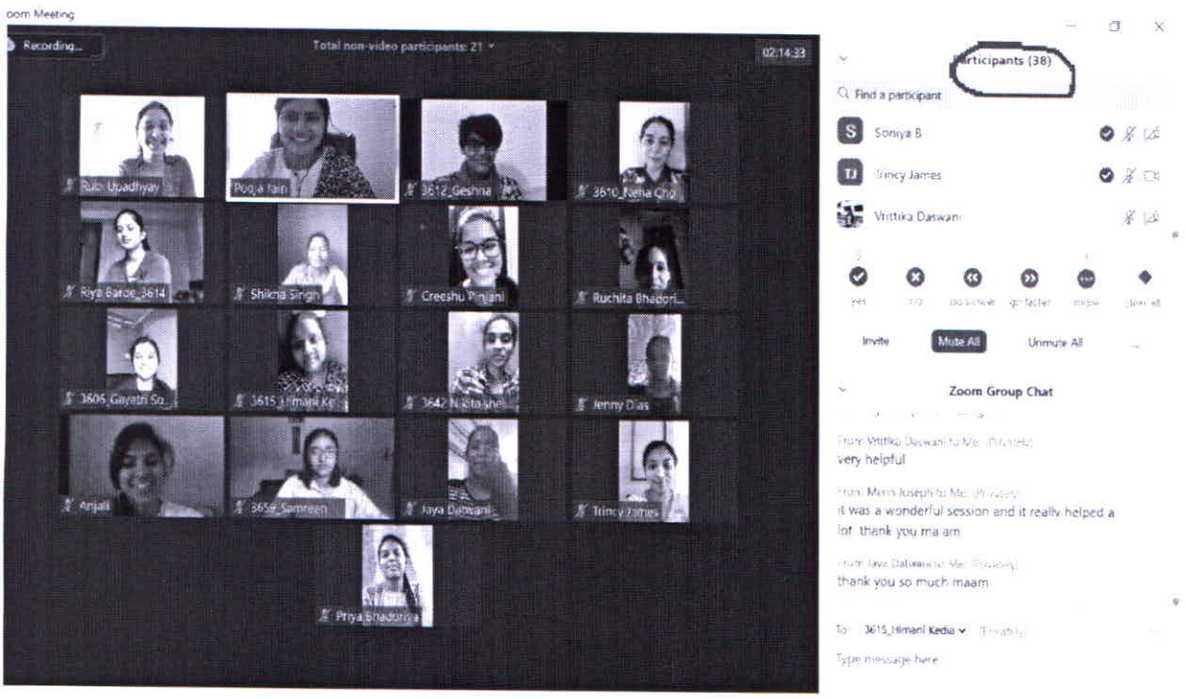


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Coordinator

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TY BCom - 38

TY BCom (B) – 28



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

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Pooja Jain.
Co-ordinator

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TY BA – 33



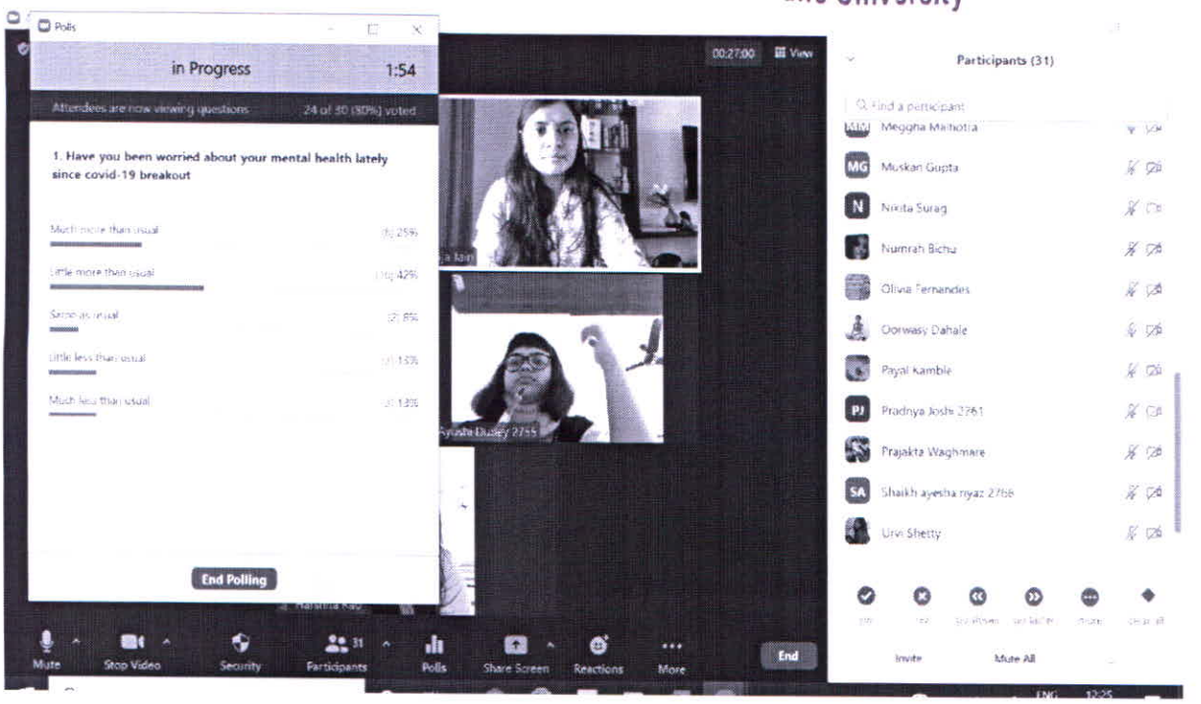
G.H. Gidwani
Principal
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SY BA – 31

Pooja Jain
Coordinator

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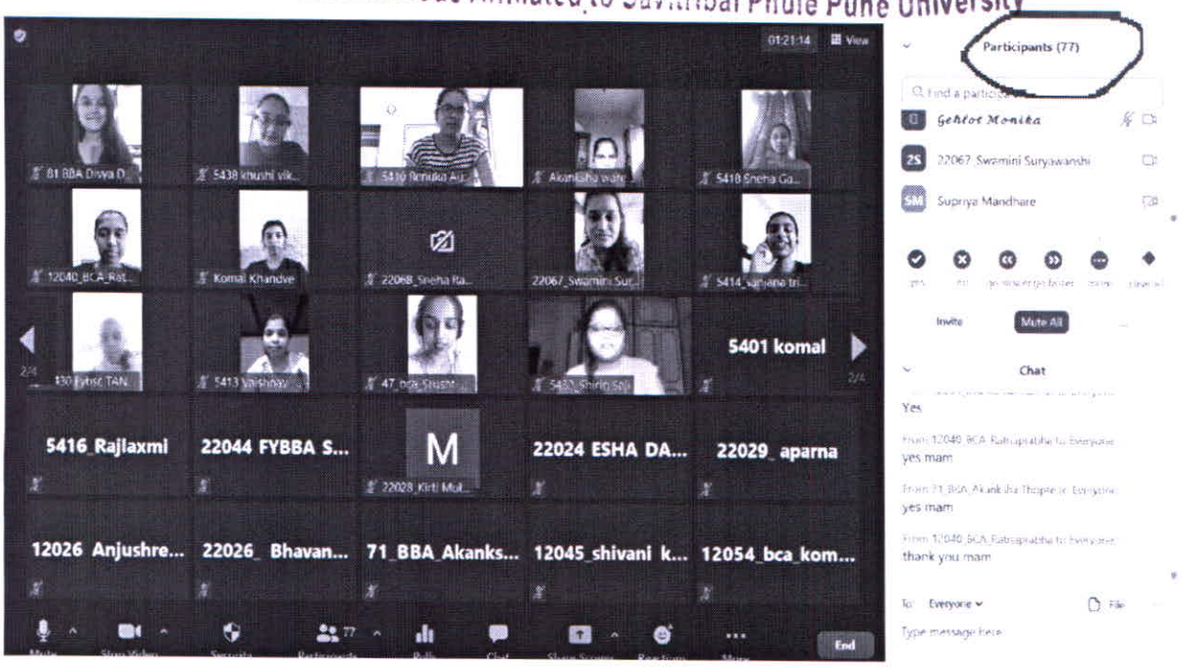


Pooja Jain
Coordinator

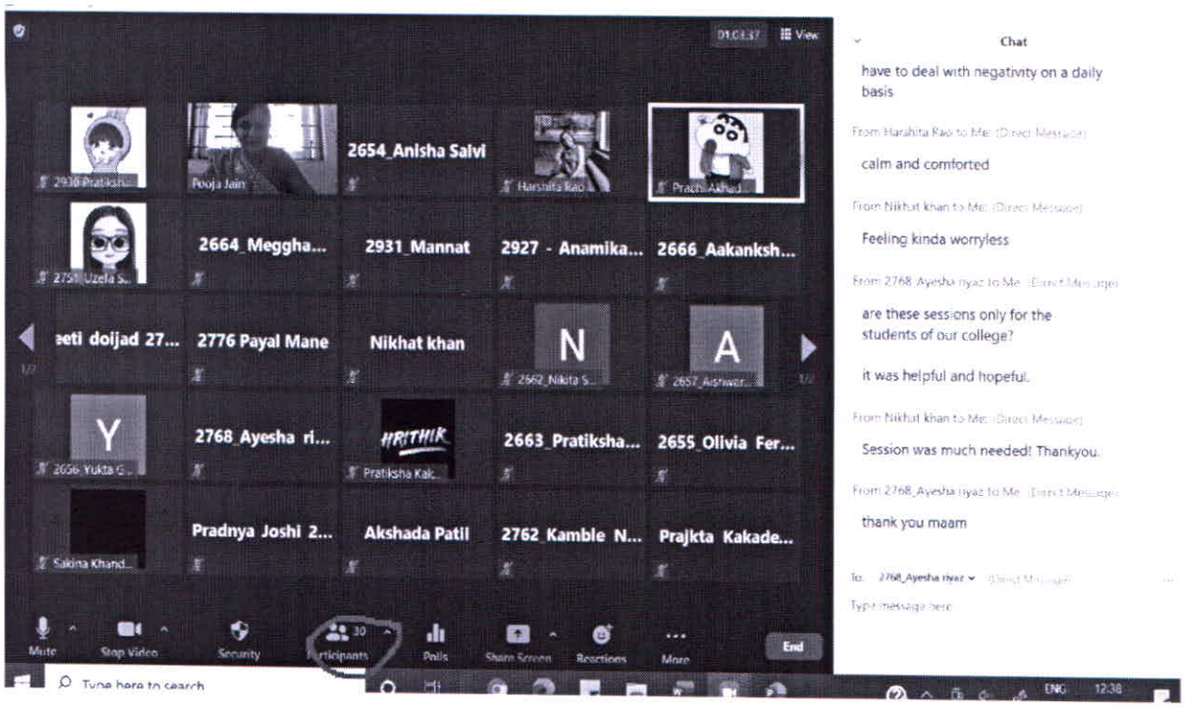
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FY BBA+ BCA+ BCS= 77



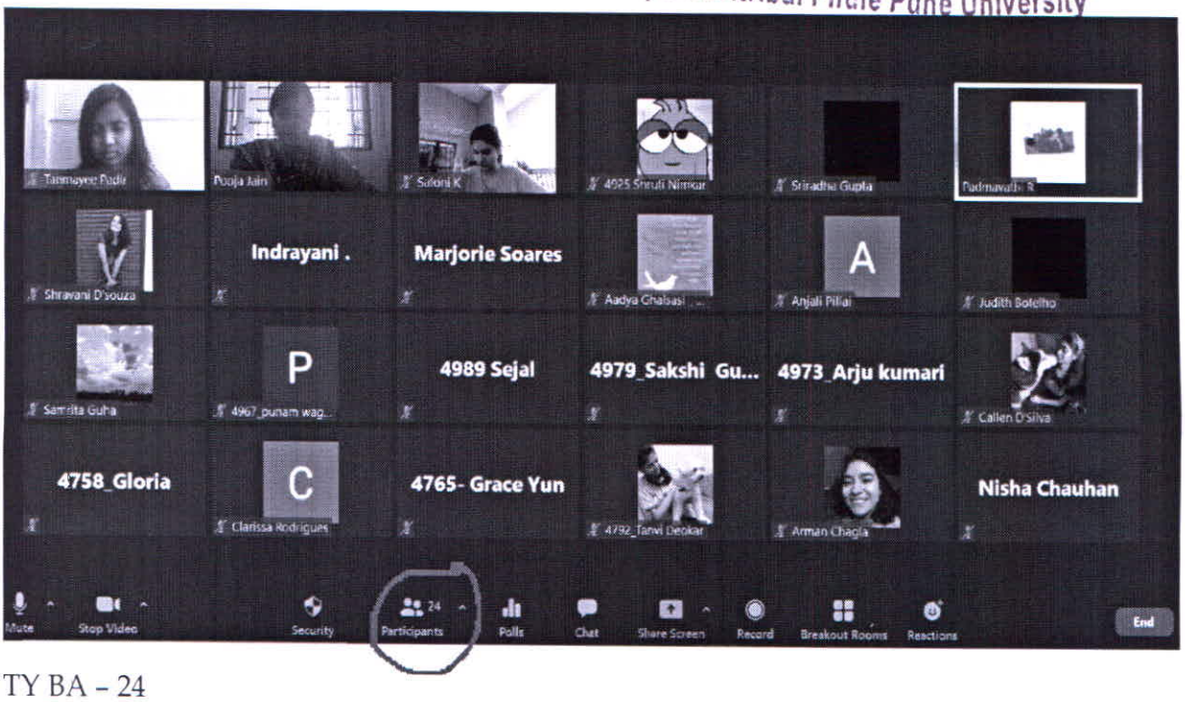
SY BA – 30

Pooja Jain
(Coordinator)

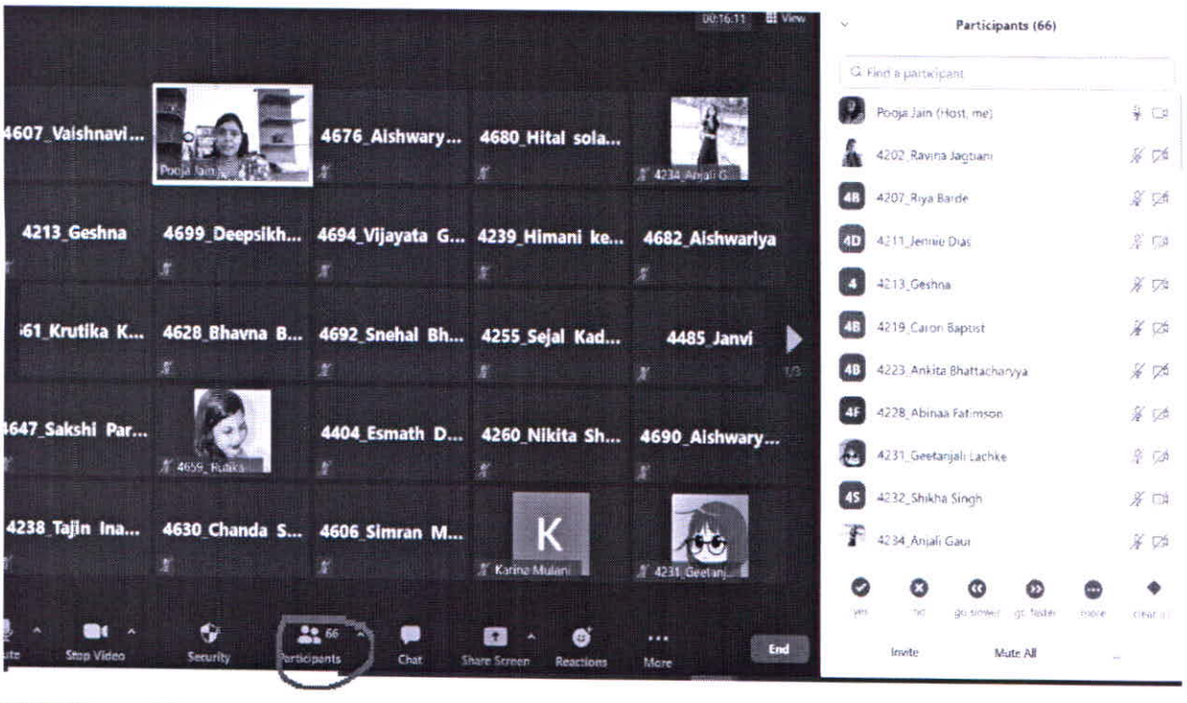
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TY BA – 24



TY BCom- 66

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Pooja Jain
(co-ordinator)

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



PDF FY and SY B.COM AB...

FY BCom – 93 students



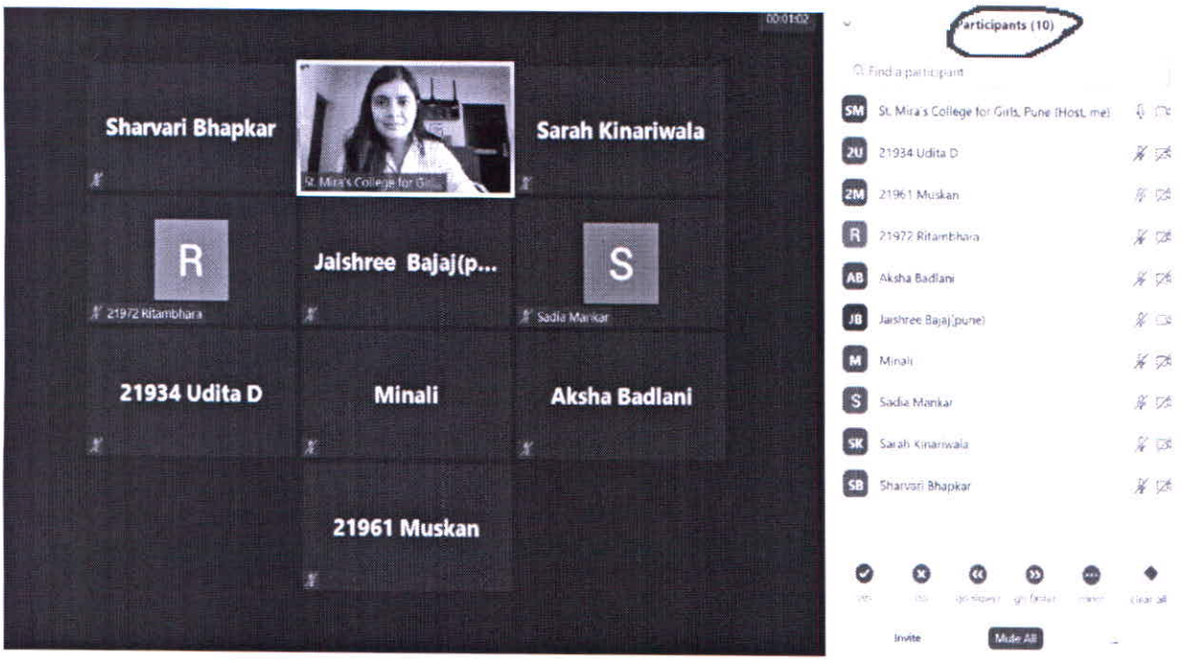
FY BA – 77 students

Pooja Jain
Coordinator

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POONA-411001

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TY BBA- 10 Students



SY BA- 94

Total Students- 699

Program Coordinator- Ms. Pooja Jain

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:- G15/10AC/2019-20/89

Date:-17.04.2020

CIRCULAR

On 25th, 27th and 29th April 2020 three Mental Health Awareness Webinar Series of College Students are to be organized by Mental Well-being Program of Department of Psychology over Zoom Platform.

Ms. Pooja Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

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Department of Psychology

Mental Well-being Program

Mental Health Awareness Webinar Series (Open to All)

25th 27th& 29th April 2020

Dealing with mental health impacts of COVID-19 one session at a time.

Amidst the chaos induced by COVID-19, students are dealing with various mental health concerns. UGC has already stated the guidelines and importance of preventive measures to help students deal with mental health impacts of COVID-19. St. Mira's College for Girls, Pune organised a series of Mental Well-being awareness sessions to address these mental health concerns and help students navigate through this stressful time. This series was an extension of the College's ongoing full time Mental Well-being program for their students.

The webinar series was announced on 23rd April 2020. An online survey was done to assess college student's mental health concerns during the lockdown. Students reported increased anxiety, lack of routine, depressive thoughts, and interpersonal conflicts with family members as major concerns.

Around 333 students signed up for these sessions from various colleges across country including students from Trivandrum, Visakhapatnam, Ghaziabad, Patna and various cities and towns of Maharashtra. First session was conducted on 25th April, 2020 which focused on practical skills and ways to manage Anxiety. Second session dated on 27th April, 2020 focused on building healthy Social Connections with peers and family members. This session was very well received, and students shared how the practical insight and conflict resolution skills helped them in improving their relationship with parents and identify unhealthy relationships with peers and social media. Last session of the series focused on holistic Well-being and Mindfulness. Various mindfulness techniques and exercises were practiced by the psychologist in the session to help students practice in their daily routine. 98% of the students reported that they felt relaxed and motivated after these sessions through the feedback form. All of them requested to organise more sessions on Mental Well-being and expressed that they are particularly important for student community.

Total no. of students: 319

Program Coordinator: Ms. Pooja Jain

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St. Mira's College for Girls, Pune

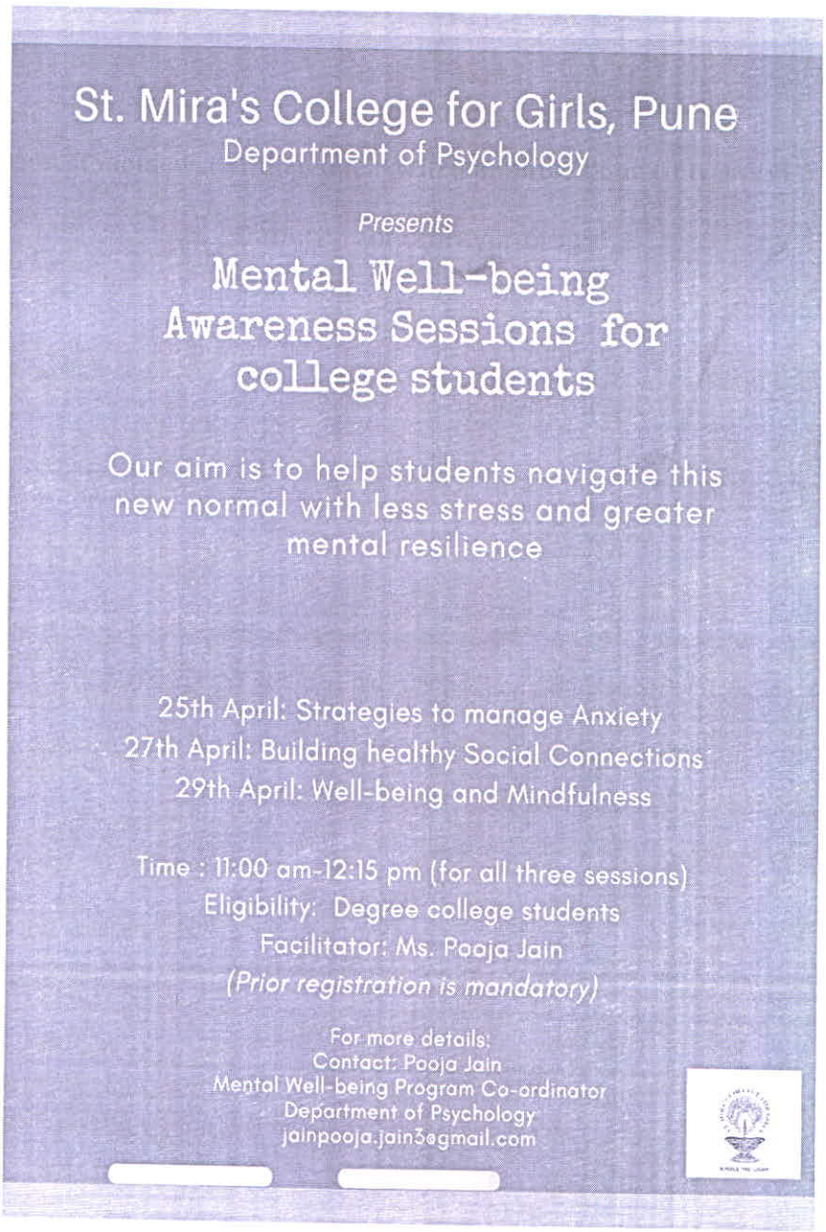
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Department of Psychology

Mental Well-being Program 2019-2020

Mental Well-being Awareness Webinar Series

25th, 27th & 29th April 2020



Pooja Jain
(Coordinator)

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune

St. Mira's College for Girls, Pune
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Mental Well-being Program 2019-2020
Mental Wellness Webinar Series - Registration Form
Date: 25, 27 & 29 April, 2020

s. No.	Timestamp	Email address	Class	Phone no.	Which webinar/session would you like to attend?	Did you attend the online support group sessions?	Through this session we hope to create a space for shared learning among students. What are some	What are some topics, questions or discussions that you would like to be covered in this session?
1	4-21-2020 19:45:59	rashmi.hirwani13@gmail.com	TY BCom		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Procastination mainly to study for exams. Feeling low and sleepy	How can we prepare for exams ? Concerns regarding seeking jobs / pursuing higher studies causes anxiety
2	4-21-2020 19:48:30	nandini486@gmail.com	SY BA		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Difficulty in sleeping, unable to concentrate on studies	Being home with family in lockdown & not being able to study well ?
3	4-21-2020 19:50:31	parvezfatima78@gmail.com	FY BCom		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Regarding exams ?	How to handle anxiety by myself when I am not able to get professional help immediately?
4	4-21-2020 19:52:25	diyadatta03@gmail.com	SY BA		Topic 1: Strategies to manage anxiety in times of Lock down	No	Frequent anxiety issues	How to cope up
5	4-21-2020 19:54:48	dhankanidisha@gmail.com	TY BA		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety, hoopelessness and overthinking	Anxiety and loneliness
6	4-21-2020 19:56:10	sakshiraheja746@gmail.com	FY BA		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Time with family.	Dealing with anxiety and coping
7	4-21-2020 20:01:23	gayu2436@gmail.com	FY BA		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety and parental problems	How to be ok when it can be really difficult to around parents all the time
8	4-21-2020 20:03:46	anjalip0909@gmail.com	SY BA		Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	How to deal with parents who are absolute opposite of me?	How to control that anxiety
9	4-21-2020 20:21:26	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Getting disturbed by listening to the news	I just want to cover that how to control my anxiety nd how to control my anger in this situation
10	4-21-2020 20:29:51	nitikachaturvedi14@gmai.com	TY BCom	7507888265	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	M facing anxiety issues	No
11	4-21-2020 20:33:01	nehap2233@gmail.com	SY BCom	8530243377	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	No	situation of corona and how do we prepare ourselves to study.
12	4-21-2020 21:00:16	neetabishnoi12@gmail.com	M Com	8668465892	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Worried for exams and the pattern paper.	How to spend our time in this lockdown
13	4-21-2020 21:02:58	bohradivya943@gmail.com	SY BA	9325624886	Topic 1: Strategies to manage anxiety in times of Lock down	No	Anxiety	How to fight with this stressfull period
14	4-21-2020 21:04:56	bohradivya943@gmail.com	SY BA	9325624886	Topic 1: Strategies to manage anxiety in times of Lock down	No	Anxiety	About covid19

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College for Girls, Pune.

Pooja Jain
(Coordinator)

15	4-21-2020 21:16:58	saadgickadaa1208@gmail.com	SY BCom	7066540753	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Nothing	None
16	4-21-2020 21:17:50	payalpatil09001@gmail.com	FY BCom	9307098470	Topic 2: Building healthy Social connections- with family and peers	Yes	None	Quick Relaxation Techniques, Activities which motivates us for doing work, Clear and Focus
17	4-21-2020 21:28:16	snejajsingh3203@gmail.com	M Com	7058111368	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Mental Stress, Fear for Exam, Not able to Align myself for any activity.	Examination stress
18	4-21-2020 21:30:46	vidhi1237@gmail.com	TY BCom	8983029540	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Uncertainty	Stress relief
19	4-21-2020 21:36:56	mayurikarle018@gmail.com	SY BCom	9511623218	Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety , fear of being unproductive	How to control anger
20	4-21-2020 21:37:48	sanju.jadhav1910@gmail.com	TY BCom	7775087772	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	No	Lazyness	Social connections.
21	4-21-2020 21:40:59	dilsheen.arora@gmail.com	TY BCom	9923323779	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of even going to the groceries and touching even family members. Which is not making me feel good.	How to keep ourselves active and happy throughout the day.
22	4-21-2020 21:43:36	anishanankani360@gmail.com	FY BA	9922530830	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Laziness, frustation and lack of interest in anything.	Family tension.
23	4-21-2020 21:44:34	laxmiahankare689@gmail.com	FY BA	8080785705	Topic 2: Building healthy Social connections- with family and peers	Yes	Family pressure	How to maintain healthy social connections
24	4-21-2020 21:48:40	nainagaikwad2001@gmail.com	FY BA	8652622718	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Feelings of unnecessary irritation due to boredom and getting angry and upset easily	What to do when u get anger fast...n become lazy..no interest in doing any thing
25	4-21-2020 21:48:52	nehakumarikushwaha01@gmail.com	FY BA	7070736880	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Laziness...no time management...no intrest in good ...and depression...no calmness	How to develop Self esteem
26	4-21-2020 21:49:17	jaya.datwani.jd@gmail.com	SY BCom	7028955446	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of losing ppl	How to deal with recent fighting between frnds and family
27	4-21-2020 21:49:52	ayushidubey402@gmail.com	FY BA	8668714697	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Bored ... anxiety...	Nope
28	4-21-2020 21:58:53	moreneha461@gmail.com	TY BCom	9356216782	Topic 3: Well-being and Mindfulness in times of lock down	No	Nope	How to face above mentioned issue.....even after trying hard
29	4-21-2020 22:00:32	pardeshisoniya023@gmail.com	M Com	9657552249	Topic 1: Strategies to manage anxiety in times of Lock down	No	Mental(Depression nd scared feeling) health issue(continues back pain)	Having a peaceful mind. News have already irritated nd have made us scared.
30	4-21-2020 22:07:12	cmohnani79@gmail.com	TY BCom	9860792558	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	A bit scared nd irritated because we now don't know what to do. No notification about examination, no notification about further lockdown, no notification about the work or salary to be received.	Depression
	4-21-2020 22:07:17	Shruthipraveen45@gmail.com	TY BCom	+919545938861	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Thinking lots of things at a same time	How to be release tension/negativity in this corona case.

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune

Pooja Sai
(Coordinator)

32	4-21-2020 22:11:31	shreya.sawant2021@gmail.com	SY BCom	8605872204	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	irregular routine, mood swings	Mindfulness and anxiety dealing
33	4-21-2020 22:45:01	lopezkate899@gmail.com	TY BCom	8408038599	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Exam date peer pressure and family mood swing dealings	for mind fresh
34	4-21-2020 23:04:24	prernadorle@gmail.com	M Com	9890306801	Topic 3: Well-being and Mindfulness in times of lock down	Yes	I can't focus	.
35	4-21-2020 23:07:41	8clarissa8@gmail.com	SY BA	8007057141	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Exams, vacation that was planned well in advance	Manage stress
36	4-22-2020 0:14:40	anusahi2101@gmail.com	FY BA	9420915662	Topic 1: Strategies to manage anxiety in times of Lock down	No	Nothing much	You can't be positive all the time. How social media is helping to connect but I don't feel like replying or talking to anyone and I'm done with these apps exhausted.
37	4-22-2020 1:16:09	Blurrypilot2203@gmail.com	TY BCom	9011067067	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Family issues. No routine mood swings	Anxiety
38	4-22-2020 8:32:16	aditisingh01052000@gmail.com	SY BCom	9579366117	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Irritation with everyone	Ways to build self confidence
39	4-22-2020 9:58:13	neetubiju05@gmail.com	MA	7498675541	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety and self doubt	Same as above
40	4-22-2020 9:59:30	Salonikullar@gmail.com	SY BA	9049744179	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Difficulty in maintaining a routine, too much escapism and daydreaming, not finding enough time to do things that'll build skills or add value to myself, feeling lazy and tired most of the time inspite of getting enough rest	Boundary setting, how to be at peace with what's happening around.
41	4-22-2020 10:00:26	khadijalokhandwala1203@gmail.com	TY BA	8380946164	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Boundary setting with family, lack of peace of mind, irritability.	How to stop your thoughts from going into a spiral? How to get along with someone you has complete opposite opinions on things than me?
42	4-22-2020 10:27:22	nirikshashetty24@gmail.com	SY BA	9890650604	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	No	Past issues with family members are coming up which make me anxious and scared but I have no where to run anymore.	How to get a self space in people
43	4-22-2020 10:38:05	Sakshimishra2038@gmail.com	SY BA	8788552038	Topic 2: Building healthy Social connections- with family and peers	No	Being lonely not in contact with anyone but want to be in group	No
44	4-22-2020 10:45:03	darekarvaishnavi2000@gmail.com	SY BA	9172339324	Topic 2: Building healthy Social connections- with family and peers	Yes	Yes	How to do deal with family members?
45	4-22-2020 11:02:50	rathoreaishwarya98@gmail.com	MA	8696605138	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Unable to get books for proper learning.	Anything related our country
46	4-22-2020 11:13:05	garimakundu17@gmail.com	FY BA	08087856733	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Missing college classes	no
47	4-22-2020 12:34:32	aishwaryasaji6@gmail.com	FY BCA	09409250867	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	no	Good
48	4-22-2020 12:39:59	shrutikasaraf841@gmail.com	FY BCA	7420006595	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Good	About career

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

FY
Pari. Sem
(Coordinator)

49	4-22-2020 12:44:31	guptaanirudh026@Gmail.com	TY BCom	9511875646	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Nothing	Mam is covering ur most of the topics i m satisfied with it
50	4-22-2020 12:51:11	hitikakataria4@gmail.com	FY BBA	8983976787	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Sometimes feeling lonely at home	Staying calm, how should we handle an ANGRY human being. How do we teach our parents to stop getting angry with their parents and us.
51	4-22-2020 12:57:20	Anushka Talnikar	SY BCA	9158981972	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	With my mother, she gets really badly angry, she does things which are very bad , and when we try to correct her, she get really mad at all of us (family members). She keeps on saying bad words. It's vary hard to stop her Getting angry.	None as such
52	4-22-2020 13:05:07	minaliparwani06@gmail.com	FY BBA	9834568205	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	None	Time management Family connections
53	4-22-2020 13:15:29	Anandabhardwaj1@gmail.com	FY BCA	7775076640	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Unable to manage time Family connections	Free mind or some positive attitude
54	4-22-2020 13:45:18	prajaktanp24@gmail.com	FY BCA	9822638407	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Tension	How to divert our mind from negative thoughts.
55	4-22-2020 14:10:29	aksha.b1004@gmail.com	FY BBA	8888148298	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Stress and anxiety due to the current situations	How to manage time and anxiety
56	4-22-2020 14:14:05	shalinikumari272@gmail.com	TY BCA	9358256351	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety,time management	Students facing their discomforts for their future
57	4-22-2020 14:20:59	soniya.chavan@stmirascollegepune.edu.in	MA	9960466413	Topic 1: Strategies to manage anxiety in times of Lock down	No	No free movement in society though learning a lot to be self sufficient	Time management
58	4-22-2020 14:45:10	nutandeshmukh1998@gmail.com	TY BCom	9028765494	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety	Daily schedule for work
59	4-22-2020 14:50:15	rutujagilbile123@gmail.com	SY BA	9665879222	Topic 2: Building healthy Social connections- with family and peers	No	Time management	Suggesting new activities new ways to support the mental physical well being
60	4-22-2020 14:58:21	monazlakhani@yahoo.com	SY BCA	9106026767	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Deal with boredom	Yes
61	4-22-2020 15:14:33	vidhyaaksh2631@gmail.com	SY BA	9689626934	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Yes	How to keep a calm mind ?
62	4-22-2020 15:26:26	kankana1203@gmail.com	SY BBA	9831232906	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Pressure of performance	How can we make our grandparents busy?
63	4-22-2020 15:44:27	rajpalheena217	SY BBA	7066852651	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	..	Social connections with family.
64	4-22-2020 16:05:05	simranduggal75@gmail.com	SY BCA	9881758855	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	These days there have been a lot of fights with my dada so yes that is challenge i m facing currently...	healthy connections with family
65	4-22-2020 16:06:45	simranduggal75@gmail.com	SY BCA	9881758855	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	These days there have been a lot of fights with my dad so ...	How to maintain a healthy relation with the family since they are the only ones we see 24/7 now ? How to deal with not being able to see others like close relatives , friends for so long ?

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Pooja sen
(Coordinator)

66	4-22-2020 16:28:57	Khushi6226@gmail.com	SY BBA	9527755577	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	How to get your parents to not invade your personal space ? And actually give personal space . Absolutely not motivated to study . I'm trying to get into a habit of reading because it is a good habit to have , but unable to do so at this point and yes I sometimes do procrastinate doing such work .	How to get more indulged in different activities or learning up something new in this period of lockdown.
67	4-22-2020 16:59:31	ravinajagtiani@gmail.com	SY BCom	8087070350	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Disturbed sleep, social connections	How to overcome sleep How to cope with studies & other things
68	4-22-2020 17:18:15	saksheemau@gmail.com	SY BA	8698165197	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Change in mood swings	.
69	4-22-2020 17:33:22	saikachare0402@gmail.com	FY BCom	09860317726	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	.	What if the person is taking u granted and All time in a wrong way If he or she assumes and then create misunderstanding
70	4-22-2020 17:38:47	creeshu740@gmail.com	SY BCom	7049574740	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	How to get rid of boredom
71	4-22-2020 17:39:54	yyashika192@gmail.com	TY BCom	9971781028	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	No	Anxiety	Satisfied with the given topics
72	4-22-2020 19:27:56	tehseen.sulthana7@gmail.com	TY BCom	8956860170	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Boredom	Anxiety
73	4-22-2020 19:43:55	samru.kadam99@gmail.com	TY BCom	8806050327	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	No
74	4-22-2020 19:58:22	sssedr2016@gmail.com	SY BA	9529910192	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	No	.
75	4-22-2020 20:21:27	monikajogi21@gmail.com	SY BBA	9960849148	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	.	Stress and anxiety that revolves around the pandemic
76	4-22-2020 20:26:25	poojasanghvi999@gmail.com	TY BA	9096000002	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Uncertainty and procrastination	coping strategies, calmness
77	4-22-2020 20:26:45	bhaktioza3397@gmail.com	TY BA	7776885219	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety about the uncertainty	Mentioned in the other form.
78	4-22-2020 20:28:37	Susmita Yadav	TY BA	9067720549	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Staying alone in the period of lockdown, with no friends to talk to. Also loss of job due to present uncertainties in the market. Difficult to find another job and manage expenses when living on your own.	What can be done to utilize this time in most efficient way

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79	4-22-2020 20:28:56	ghalsasiaadya@gmail.com	SY BA	9096942482	Topic 3: Well-being and Mindfulness in times of lock down	No	Concern about will I be able to work with same efficiency and without fear when everything is okay	Self confidence and how to be productive during quarantine
80	4-22-2020 20:38:06	Gangotrioza1998@gmail.com	TY BBA	8830651979	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Self confidence	None
81	4-22-2020 20:42:10	15preetisharma15@gmail.com	TY BA	7385561706	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	7385561706	How to exactly deal with these changes happening around.
82	4-22-2020 21:05:30	judithbotelho57@gmail.com	SY BA	09527783008	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	This dooming apprehension if things will ever be okay or would ever go back to "normal" This anger and resentment that people arent listening to the instructions that is provided for their own safety.	How one can utilize this time in a most productive way...
83	4-22-2020 21:53:14	deepika.kesarkar115@gmail.com	SY BBA	9172402130	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control anxiety	-How to not snap at family members due to frustration caused by the lock down? -Maintaining healthy relationships with friends from home
84	4-22-2020 22:59:33	bhaktiraj14@gmail.com	FY BA	7709397485	Topic 2: Building healthy Social connections- with family and peers	Yes	Not being able to be productive only regarding studies, despite being able to finish DIY projects and other things	Mental health during this period, how to not feel useless during this time, how to be motivated to study
85	4-22-2020 23:50:48	neelashreemukherjee@gmail.com	SY BA	9404385592	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety of not doing anything productive or not being able to study cause of the underlying fear of something	How to keep oneself on toe, how to achieve goals, tips on planning a day
86	4-23-2020 7:19:39	trinisharon112@gmail.com	SY BBA	9284650674	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Concentration and just being productive (Procrastination)	How to manage stress at any time
87	4-23-2020 7:55:41	Yadavkajal9075@gmail.com	FY BCom	9022483502	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	Strategies to manage anxiety in lockdown	It would be great if fee topics like managing stress, anxiety and how to cope up with the challenging situation are being discussed in online support group.
88	4-23-2020 8:52:29	kulkarni_jui@rediffmail.com	FY BA	9130016549	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	No challenges as such.. But still how to utilize our time effectively can be discussed.	How to relax mentally
89	4-23-2020 9:41:39	yashnaagarwal111@outlook.com	TY BA	7620377402 / 9511863309	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Over thinking	.
90	4-23-2020 10:02:07	premabhandari07@gmail.com	TY BA	9420200525	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	.	About corona
91	4-23-2020 11:36:35	varshakushwaha1999@yahoo.com	FY BCom	08263038334	Topic 2: Building healthy Social connections- with family and peers	Yes	Lockdown	About corona
92	4-23-2020 11:37:12	varshakushwaha1999@yahoo.com	FY BCom	08263038334	Topic 2: Building healthy Social connections- with family and peers	Yes	Lockdown	About corona

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Parjna sain
(Coordinator)

93	4-23-2020 11:37:19	varshakushwaha1999@yahoo.com	FY BCom	8263038334	Topic 2: Building healthy Social connections- with family and peers	Yes	Lockdown	How to deal with depression as well as how to disconnect with addiction during this lockdown season
94	4-23-2020 11:37:44	kiranrajpurohit2919@gmail.com	SY BCom	8830495488	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear anxiety	-
95	4-23-2020 12:49:23	rashmi.priyaa@gmail.com	TY BA	8329141899	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Final exams and higher education plans are getting shifted and thats causing anxiety	How can we concentrate on our studies
96	4-23-2020 12:54:59	arju071999@gmail.com	SY BA	7219513646	Topic 3: Well-being and Mindfulness in times of lock down	No	Not able to remain focused on studies	Peoples are not get job they are very sad because of these session
97	4-23-2020 14:01:08	vidhyaaksh2631@gmail.com	SY BA	9689626934	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Because of corona virus many peoples were get die so we should eat healthy food	Fear of virus
98	4-23-2020 16:06:02	shrutimal06.10@gmail.com	FY BA	8975904545	Topic 1: Strategies to manage anxiety in times of Lock down	No	Stress	-
99	4-23-2020 16:11:44	rashmi.priyaa@gmail.com	TY BA	8329141899	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Final exams and higher education plans are getting shifted and thats causing anxiety	-
100	4-23-2020 16:13:45	rashmi.priyaa@gmail.com	TY BA	8329141899	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	-	What can we do when we feel low or alone, what are some healthy forms of uplifters, how to comfort a family member who is anxious, how to maintain a healthy atmosphere at home
101	4-23-2020 16:23:57	jenmatdan@gmail.com	FY BA	9404225801	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Not finding the motivation to do anything productive, finding it scary to step back into the real world as the home has become a comfort zone, feeling low	Fear of virus
102	4-23-2020 16:36:39	malshru06.10oct@gmail.com	FY BA	8975904545	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	Stress	How to get along with your parents when they have completely different opinions than you?
103	4-23-2020 18:02:48	nirikshashetty24@gmail.com	SY BA	9890650604	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	No	Difficulty controlling the spiral of thoughts and I am anxious frequently. I can't be myself around my parents.	time management inspite of having time
104	4-23-2020 18:08:33	amruta77c@gmail.com	TY BCom	7057626481	Topic 3: Well-being and Mindfulness in times of lock down	No	Laziness and utilize time	How to focus on studying during this time
105	4-23-2020 18:33:27	1706.BHOOMI@GMAIL.COM	SY BA	9833668885	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	Stress, anxiety	None
106	4-23-2020 20:13:21	pratikshapunekar4@gmail.com	SY BBA	8329636147	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	None	Girls life problems
107	4-23-2020 20:56:53	amishabokade16@gmail.com	FY BCom	7066849112	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers	Yes	No change	Anything
108	4-24-2020 9:29:39	suryawanshi20asha@gmail.com	SY BCA	9762689808	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Getting bored	Managing stress and anxiety, routine
109	4-24-2020 9:52:00	kamyanj@gmail.com	M Com	7798242534	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety in relation to the future, well being of family	How to control being angry and upset easily
110	4-24-2020 10:08:59	hr01m18@gmail.com	FY BA	7517418371	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety, easily getting irritated	How to be happy in this situation

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111	4-24-2020 10:28:22	shreya.sawant2021@gmail.com	SY BCom	8605872204	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Negativity in the atmosphere	Na
112	4-24-2020 10:53:34	prajaktachikate160397@gmail.com	FY BCA	7066646264	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Na	How to keep mind peace
113	4-24-2020 10:58:18	Ankitak6620@gmail.com	MA	8407954755	Topic 3: Well-being and Mindfulness in times of lock down	No	Negative thoughts	How to conquer our fears
114	4-24-2020 10:59:42	melwani1980@gmail.com	FY BCA	7620298477	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Lack of Concentration on studies and worried about the future.	Everythg
115	4-24-2020 10:59:57	Akanksha.anku1@gmail.com	SY BCA	9608260366	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Attitudes	Family relationship issues
116	4-24-2020 11:00:39	khushbu0617@gmail.com	SY BCA	8208473996	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Family issues emotional issues	Yes
117	4-24-2020 11:01:03	snehametal5935@gmail.com	SY BCA	9767607121	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Yes	How to control its thinking
118	4-24-2020 11:07:43	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control the anxiety of the pandemic?	How to control its thinking
119	4-24-2020 11:07:55	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control the anxiety of the pandemic?	the topic of not only bonding but maintaining relations..
120	4-24-2020 11:11:41	hebayusuf01@gmail.com	FY BCA	8007787420	Topic 2: Building healthy Social connections- with family and peers	No	I need to bond with people more..	Online Graduation Process
121	4-24-2020 11:44:44	www.alvirasayyed97@gmail.com	TY BCom	7666391763	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of not graduating	How to utilize time in a good way
122	4-24-2020 11:45:15	vashikaj33@gmail.com	SY BCA	9970797756	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Cannot concentrate enough on a particular work	How keep engage and what are the activities to do in lockdown
123	4-24-2020 11:54:30	ramesh_aom@yahoo.co.in	TY BCom	8087395999	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Bored and lazy	How to keep mind peace
124	4-24-2020 12:13:13	Ankitak6620@gmail.com	MA	8407954755	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Negative thoughts	How to handle family pressure because we're all at home now
125	4-24-2020 12:13:31	jinujose1099@gmail.com	TY BCom	8605858479	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Stress and uncertainty about future	Yes
126	4-24-2020 12:17:46	garimakundu17@gmail.com	FY BA	08087856733	Topic 3: Well-being and Mindfulness in times of lock down	No	Yes	How to be free from stress?? What to do when we are over thinking??
127	4-24-2020 12:19:46	aishwaryaindalkar9700@gmail.com	FY BCA	9730626669	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Feeling lonely and boring in this lockdown..What to do in such situation??	How to be patiences and how to be good at every situations
128	4-24-2020 12:42:08	anushajadhav22@gmail.com	TY BCA	9657908705	Topic 1: Strategies to manage anxiety in times of Lock down	No	Nothing as such	tips for laziness and over thinking
129	4-24-2020 16:58:02	simranvb.b01@gmail.com	FY BBA	9272299748	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Laziness	Loneliness, irritability
130	4-24-2020 21:13:59	shreshthapattadar@gmail.com	SY BA	9422505264	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	How do I keep calm, not think about things that I can't change, stay in the present ? What can I do to help with my anger ? How can I connect with others ?

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Poonam Sai
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111	4-24-2020 10:28:22	shreya.sawant2021@gmail.com	SY BCom	8605872204	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Negativity in the atmosphere	Na
112	4-24-2020 10:53:34	prajaktachikate160397@gmail.com	FY BCA	7066646264	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Na	How to keep mind peace
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114	4-24-2020 10:59:42	melwani1980@gmail.com	FY BCA	7620298477	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Lack of Concentration on studies and worried about the future.	Everythg
115	4-24-2020 10:59:57	Akanksha.anku1@gmail.com	SY BCA	9608260366	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Attitudes	Family relationship issues
116	4-24-2020 11:00:39	khushbu0617@gmail.com	SY BCA	8208473996	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Family issues emotional issues	Yes
117	4-24-2020 11:01:03	snehametal5935@gmail.com	SY BCA	9767607121	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Yes	How to control its thinking
118	4-24-2020 11:07:43	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control the anxiety of the pandemic?	How to control its thinking
119	4-24-2020 11:07:55	hanagandineha05@gmail.com	FY BA	9420424139	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	How to control the anxiety of the pandemic?	the topic of not only bonding but maintaining relations..
120	4-24-2020 11:11:41	hebayusuf01@gmail.com	FY BCA	8007787420	Topic 2: Building healthy Social connections- with family and peers	No	I need to bond with people more..	Online Graduation Process
121	4-24-2020 11:44:44	www.alvirasayyed97@gmail.com	TY BCom	7666391763	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Fear of not graduating	How to utilize time in a good way
122	4-24-2020 11:45:15	yashikaj33@gmail.com	SY BCA	9970797756	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Cannot concentrate enough on a particular work	How keep engage and what are the activities to do in lockdown
123	4-24-2020 11:54:30	ramesh_aom@yahoo.co.in	TY BCom	8087395999	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Bored and lazy	How to keep mind peace
124	4-24-2020 12:13:13	Ankitak6620@gmail.com	MA	8407954755	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Negative thoughts	How to handle family pressure because we're all at home now
125	4-24-2020 12:13:31	jinujose1099@gmail.com	TY BCom	8605858479	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Stress and uncertainty about future	Yes
126	4-24-2020 12:17:46	garimakundu17@gmail.com	FY BA	08087856733	Topic 3: Well-being and Mindfulness in times of lock down	No	Yes	How to be free from stress?? What to do when we are over thinking??
127	4-24-2020 12:19:46	aishwaryaindalkar9700@gmail.com	FY BCA	9730626669	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Feeling lonely and boring in this lockdown..What to do in such situation??	How to be patiences and how to be good at every situations
128	4-24-2020 12:42:08	anushajadhav22@gmail.com	TY BCA	9657908705	Topic 1: Strategies to manage anxiety in times of Lock down	No	Nothing as such	tips for laziness and over thinking
129	4-24-2020 16:58:02	simranvb.b01@gmail.com	FY BBA	9272299748	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Laziness	Loneliness, irritability
130	4-24-2020 21:13:59	shreshthapattadar@gmail.com	SY BA	9422505264	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	How do I keep calm, not think about things that I can't change, stay in the present ? What can I do to help with my anger ? How can I connect with others ?

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131	4-24-2020 22:33:40	titiksha2403@gmail.com	SY BA	9403565548	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	someone other than family but I can't get myself to do it. I don't understand how or chat to talk about or say and it leads to a lot of frustration and anger since there is no outlet for my feelings. I constantly keep getting involved in a lot of thinking about the past decisions and events that I have regret over or that have been very hurtful. I keep thinking about how I could have done things differently. It leads to a lot of distress and I am unable to stay focused. I want to do a lot of things but I just can't when I am thinking so much. I cannot continue doing the same activity for more than 30 mins or over 4-5 days. I am angry and irritated most of the time and I get	How to maintain outside connections not being panicked or over insecured
132	4-24-2020 23:29:39	tanudeokar@gmail.com	SY BA	9552585601	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Being distant from a super close connection outside. Missing the freedom and fun ,the feeling of being alive.	How to overcome stress from the current situation, and how to you use time more tactfully?
133	4-25-2020 6:53:12	joharkhadija@yahoo.com	TY BA	9769639838	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Loneliness and stress	How to discuss your problems.
134	4-25-2020 9:58:06	Shilpa londhe	M Com	7038811541	Topic 2: Building healthy Social connections- with family and peers	No	Less motivation	.
135	4-25-2020 10:30:45	muskan.bhutani11@gmail.com	M Com	9850719664	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	.	Confidence
136	4-25-2020 11:25:44	vaishnavidhabu28@gmail.com	FY BCom	8237695204	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Career anxious	Productivity - what and why?
137	4-25-2020 12:34:19	rjeewanjee@gmail.com	TY BA	9421042523	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	..	Discussion on how to build wellbeing overall for ourselves as well as others, and would like to know more about mindfulness- how it helps maintain wellbeing. Thank you!
138	4-25-2020 15:55:36	aharna1998@gmail.com	TY BA	9970961821	Topic 3: Well-being and Mindfulness in times of lock down	No	Concerned and uncertain about how and when I'll complete my degree- the final exams.	Loneliness
139	4-25-2020 22:53:20	samru.kadam99@gmail.com	TY BCom	8806056327	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Loneliness	build healthy relation with family members
140	4-25-2020 23:02:09	01n.agarwal@gmail.com	TY BCom	8446706766	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Build healthy relations with siblings	Examination stress

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141	4-25-2020 23:03:39	vidhi1237@gmail.com	TY BCom	8983029540	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety	If people are taking too much stress in this lockdown then how to reduce it and not understanding what to do and what not to do.
142	4-25-2020 23:21:02	nikitasevak@gmail.com	TY BCom	8459824140	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Yes, don't demotivate yourself	I would like the speaker to cover about how to keep our minds calm in this difficult situation and how to deal with this situation
143	4-26-2020 0:15:39	sakinadadu52@gmail.com	SY BCom	7387333799	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 3: Well-being and Mindfulness in times of lock down	No	I'm very scared and upset after listening about the no. of cases increasing and people dieing due to corona virus....it has become so depressing that I avoid listening to the news sometimes	Too many thoughts gumbling together
144	4-26-2020 0:50:55	simran.khokhar1234@gmail.com	SY BCom	8830863327	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	To understand everything and everyone at the same time but different problems.	Social life and family life how both are important in our live
145	4-26-2020 0:54:51	1234sirat.khokhar@gmail.com	SY BCom	8830863910	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	To understand everything and everyone at similar points and knowing more about family time than social life	No question, just need advice
146	4-26-2020 5:39:29	knaurina@gmail.com	TY BCom	9075278669	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Anxiety, since stuck at home.	Anxiety
147	4-26-2020 7:14:31	aditisingh01052000@gmail.com	SY BCom	9579366117	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety	I want to build a healthy connection with the society, and I'm very curious for tomorrow's session
148	4-26-2020 8:49:50	shrikalapalugulla@gmail.com	FY BCom	+19325372214	Topic 2: Building healthy Social connections- with family and peers	No	To build healthy connections with people around	Ways to spread positivity and achieve wellbeing for ourselves and others. Thank you!
149	4-26-2020 11:26:06	aharna1998@gmail.com	TY BA	9970961821	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Concern and uncertainty about when and how I'll be completing my degree.	How to focus on present than be concious about future
150	4-26-2020 13:24:17	purirakhi129@gmail.com	M Com	9340428362	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Concern about the health of every one around us	How to go on with life after this lockdown is over
151	4-26-2020 13:33:51	Jasleenraheja06@gmail.com	M Com	7678922888	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	Uncertainty about what to do next	All topics
152	4-26-2020 16:57:40	Vishakhapawar800@gmail.com	TY BCom	9130208497	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	So many problems	Topic on how to build mental strength
153	4-26-2020 20:10:53	ankitadesai521@gmail.com	TY BCom	7558496041	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	No	I'm feeling strees and lonely and delressed	I have been feeling emotionally numb, I would like to know what I could do to improve my situation.
154	4-26-2020 23:52:37	lachkegeetanjali@gmail.com	SY BCom	9730290168	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	I'm worried about exams and even though I'm being productive and creative, I feel emotionally drained.	Relationship and career guidance
155	4-27-2020 8:36:46	reenancha15@gmail.com	TY BCom	7410501718	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Family lockdown pressure	How to be more productive?

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156	4-27-2020 9:11:14	anushai2101@gmail.com	FY BA	9420915662	Topic 1: Strategies to manage anxiety in times of Lock down, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Yes	Stress while watching NEWS	All
157	4-27-2020 12:58:20	ritujagdale0@gmail.com	SY BA	8087018860	Topic 3: Well-being and Mindfulness in times of lock down	No	No	Some measure to study with attention as mind is diverting easily
158	4-27-2020 18:36:16	himanikedia42@gmail.com	SY BCom	7447510294	Topic 3: Well-being and Mindfulness in times of lock down	Yes	Not being able to study properly	How to utilise time in doing and learning something new at home during quarantine?
159	4-27-2020 18:37:59	bauresha@gmail.com	SY BA	07387796889	Topic 3: Well-being and Mindfulness in times of lock down	No	Utilising time in a peaceful way.	None
160	4-27-2020 20:07:21	tanisha.khatri0201@gmail.com	SY BCom	8888710438	Topic 3: Well-being and Mindfulness in times of lock down	No	None	How to keep the mind calm and focus on achieving goals
161	4-28-2020 15:34:42	richasabnis13@gmail.com	M Com	8668504565	Topic 3: Well-being and Mindfulness in times of lock down	No	Anxiety related to my future	How to instill self care in daily life routine?
162	4-28-2020 21:03:24	nirikshashetty24@gmail.com	SY BA	9890650604	Topic 3: Well-being and Mindfulness in times of lock down	No	None	Don't know
163	4-29-2020 7:49:21	gunjanadvani29@gmail.com	TY BCom	8369148541	Topic 3: Well-being and Mindfulness in times of lock down	No	Talking with adults	No I don't want to discuss any questions
164	5-1-2020 16:08:33	nrajoria9223@gmail.com	TY BA	7028833685	Topic 2: Building healthy Social connections- with family and peers	No	I don't face any problem	nothing
165	5-2-2020 16:18:00	aishupawar0230@gmail.com	SY BCom	8600096648	Topic 1: Strategies to manage anxiety in times of Lock down	Yes	Exam problem	

Program Coordinator Ms. Pooja Jain

Total Students 165

Pooja Jain

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St. Mira's College for Girls, Pune
Mental Well-being Program 2019-2020
Mental Wellness Webinar Series - Registration Form (Outside Students)
Date: 25, 27 & 29 April, 2020

S. No.	Timestamp	What is your age? (in	Email address	Name	City of Residence	Name of the College/Institution	Year of Degree	Field of Education	Which webinar/session would	What are some topics, questions or	What are some of the mental health concerns	Any other theme/concern that	How did you hear about these sessions?
1	4-22-2020 20:13:51	20	mail.com	Preksha	Pune	girls	year	Humanities	All three sessions	Coping strategies	productivity	No	College faculty
2	4-22-2020 20:18:45	27	mail.com	Susmita Yadav	Pune	Girls	Third year	Humanities	All three sessions	anxiety, depression	anxiety.	depression during this	College faculty
3	4-22-2020 20:26:35	20	9@gmail.com	Aishwarya Bhosale	Pune	girls	Third year	BBA	All three sessions	Overthinking	No mood for studies	No	College faculty
4	4-22-2020 20:27:01	20	mail.co	Kajal	Pune	St mira college ,pune	year	Science	manage Anxiety,		Family		WhatsApp message
5	4-22-2020 20:30:50	21	@gmail.com	Ankita	Pune	Abasaheb Garware	Third year	Humanities	All three sessions	how do deal with	examination and	problems regarding	Friend/Peer
6	4-22-2020 20:42:47	20	l.com	Pratiksha	Pune	St. Mira's college	Third year	Commerce	All three sessions	after staying in close	Depression	No	WhatsApp message
7	4-22-2020 20:45:29	18	ail.com	Ritika	Pune	Saint miras	First year	Humanities	manage Anxiety,	development	personality disorder I	right use of Mobile	WhatsApp message
8	4-22-2020 20:48:21	1995	l.com	Pooja Nahar	Pune	Modern college	part 2	Psychology	All three sessions	Mindfulness	Exams	No	WhatsApp message
9	4-22-2020 20:50:21	19	m	Siddhai Pashilkar	Pune	Modern college	First year	Humanities	All three sessions	anxiety	Hopelessness	procrastination	WhatsApp message
10	4-22-2020 20:58:25	18	@gmail.com	Sourabh jaiswal	Amravati	science and commerce	First year	Arts	manage Anxiety,	your goal , career , life	properly , continuasly	No	College faculty
11	4-22-2020 20:58:56	18	ail.com	Triveni kate	Pune	shivajinagar	First year	Humanities	All three sessions	in these times	Family pressure	No	WhatsApp message
12	4-22-2020 21:00:30	18	1@gmail.com	Samruddhi	Nashik	Modern College	First year	Humanities	manage Anxiety,	in the daily routine in	Regarding exams	No this is fine.	College faculty
13	4-22-2020 21:02:29	19	.com	Sanskruti Patil	Pune	Modern college	year	Humanities	All three sessions	thoughts of	Underperforming	No	WhatsApp message
14	4-22-2020 21:04:37	19	il.com	Varda Maydeo	PUNE	Shivajinagar	year	Humanities	All three sessions	in regard with social	Anticipatory anxiety	during lockdown	College faculty
15	4-22-2020 21:05:19	19	m	Eesha Joshi	Pune	Arts, Science and	year	Humanities	All three sessions	frustrated emotions?	productive (in case of	How to be calm?	College faculty
16	4-22-2020 21:06:14	18	@gmail.com	Manish	Pune	Shivajinagar	First year	Humanities	All three sessions	Self confidence	Memory	Nope	WhatsApp message
17	4-22-2020 21:22:53	24	l.com	Sneha Jitendra Joce	Pune	St. Mira's college	Third year	Humanities	manage Anxiety,	and how to stop being	suicidal , anxiety.	-	College faculty
18	4-22-2020 21:24:36	20	gmail.com	Siddhi Phalke	Pune	Arts, Commerce and	year	Humanities	All three sessions	1.How to cope with	or focus.	others with the same.	College faculty
19	4-22-2020 21:31:33	21	ankitavyas187@gmail.com	Ankita vyas	Pune	St. Miras college for girls	Second year	Science	All three sessions	How to keep your mind clam...how to be positive	I have many backlogs....what is gonna happen about exam....will I able to clear my Praticals? I dnt remember anything...I'm gonna fail	How to face depression...and come out of it	College faculty
20	4-22-2020 21:40:17	22	netra1997@gmail.com	Netra karhadkar	Pune	Modern college	Ma-2	Psychology	All three sessions	Insomnia in the term of this pandemic	Sleep disturbances	NA	WhatsApp message
21	4-22-2020 21:41:13	19	ishadoshi3019@gmail.com	Isha	Pune	Modern college of arts commerce and science	First year	Humanities	All three sessions	How can we keep our mind fresh during this period	Feeling dizzy n bored	Relationship advices	WhatsApp message
22	4-22-2020 21:50:33	19	vaishnavi8055@gmail.com	Vaishnavi kad	Pune	Modern	First year	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Nothing	Nothing	Nothing	WhatsApp message
23	4-22-2020 21:51:09	18	nishaacharya1010@gmail.com	isha prakash achary	Pune	Abeda Inamdar senior college	First year	Arts	All three sessions	About depression	Depression	About self-love	College faculty
24	4-22-2020 21:51:49	20	rjeewanjee@gmail.com	Rashida Jeewanjee	Pune	St. Mira's College for Girls	Third year	Humanities	All three sessions	How does our anxiety affect poeple around us or vice versa? Is the lockdown really the cause of our anxiety(s) or is there something more to it? How expectations or needs affect social connections positively or negatively.	I personally am literally enjoying the lockdown because now i have all the time in the world to do what i love and moreover i have always been a home person. Also my all-time working mum is home now. So i dont really have any concern per say. Looking forward to gaining knowledge about the given topics!	Productivity - making the most of the time at hand	WhatsApp message

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25	4-22-2020 21:59:53	21	kashrox.kc@gmail.com	hmira Karim Chara	Pune	Abeda Inamdar Senior College of Arts, Science and Commerce	Third year	Humanities	All three sessions	How to reduce fear of death?	Tension, stress, anxiety, panic, short tempered, too much thinking about the future and exams, scared of failing exams and not being able to give the entrance and final exams, scared of being infection by virus and spreading it in the family even though I am practicing social distancing, feeling on loniless, feeling sad of not being able to talk to or meet friends.	How to overcome feeling of loniless.	WhatsApp message
26	4-22-2020 22:01:15	21	ruchijaiswal705@gmail.com	Ruchi Jaiswal	Thane	University of Mumbai thane Subcampus	Second year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Strategies to cope up with anger, irritation and to learn avoiding certain things. Distancing from family in a healthy way.	Anger, irritation, uselessness	No	WhatsApp message
27	4-22-2020 22:02:00	21	aasiyashaikh8484@gmail.com	Aasiya shaikh	Pune	Abeda Inamadar senior college	Second year	BA	Topic 1: Strategies to manage Anxiety	Fear ..fear of facing challenges and accepting the inhuman social behaviour of people... Towards ones	Stress pressure of family dealing with thier unwanted interference and dominance	For parents how to deal with the peer in every situation...	College faculty
28	4-22-2020 22:07:10	19	Ompuiiff@gmail.com	Vanlalawmpuii	Pune	Abeda Inamdar senior college	First year	Humanities	Topic 2: Building healthy Social connections- with family and peers	Mental health	Spending too much time on social media that results in low reality life	Social media and student	WhatsApp message
29	4-22-2020 22:08:01	21	yashwi.radhika1999@gmail.com	Yashwi	Malkapur	K J Somaiya college of arts and commerce	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions		Pressure	No	WhatsApp message
30	4-22-2020 22:13:40	30	monadedhia707@gmail.com	Mona Nimesh Dedh	Mumbai	A.E.Kalsekar college of commerce and management	Net/set	Economics	All three sessions	Something related to Women health issues	Anxiety, comparision with male gender in family.	Gender sensitization	WhatsApp message
31	4-22-2020 22:22:18	18	anushijain10@gmail.com	Anushi Jain	Indore	Modern college	First year	Humanities	All three sessions	How to maintaining a routine and follow it? Productivity in all aspects during lockdown.	I frequently feel burdened by my parents' expectations.	Managing emotions	College faculty
32	4-22-2020 22:30:17	20	shreyah8899@gmail.com	Shreya H	Pune	St. Mira's College for Girls, Pune	Third year	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Building and maintaining personal boundaries	Anxiousness about the uncertain nature of end semester exams, problems regarding organising daily schedules, motivation, etc.	Will share after the seminar, if required	WhatsApp message

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33	4-22-2020 22:32:50	19	ekandeshreya9@gmail.com	Shreya Ekande	Pune	Marathwada Mitra Mandal College of Engineering,Pune	First year	Science	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Management of Emotions	Emotional imbalance in relationships	How to manage emotions in relations	Friend/Peer
34	4-22-2020 22:35:38	21	aditi.wable98@gmail.com	Aditi	Pune	St Miras College for girls	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Anger Management, Parental Pressure& relationships	How to handle the exams and studies pressure	How to handle exams pressure and also how to manage the parental pressure during the exams time	College faculty
35	4-22-2020 22:35:46	21	aditi.wable98@gmail.com	Aditi	Pune	St Miras College for girls	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers	Anger Management, Parental Pressure& relationships	How to handle the exams and studies pressure	How to handle exams pressure and also how to manage the parental pressure during the exams time	College faculty
36	4-22-2020 22:48:57	23	Dhirajbhoj97@gmail.com	Dhiraj Bhoj	Pune	Modern college pune	First year	Humanities	All three sessions	1) Fake news and hatred is raised. 2)distance relationship is affecting between closed ones.	Anxiety and stress	Stress management techniques	College faculty
37	4-22-2020 22:58:13	21	elijahkoshy@gmail.com	Elijah Koshy	Pune	Abeda Inamdar Senior College	Third year	Humanities	All three sessions	Coping strategies during lockdown for lack for purpose and productivity	Low Motivation to do anything	Same as above	WhatsApp message
38	4-22-2020 23:00:27	22	vidhishah9.vs@gmail.com	Vidhi Shah	Pune	St Mira's College for Girls	First year	Humanities	All three sessions	already covered the main one; anxiety	the uncertainty of the whole situation	can't think of any as of now	Friend/Peer
39	4-22-2020 23:00:42	20	azimInamdar993@gmail.com	Iohd Azim.S.Inamd	Pune	Poona College	Second year	Commerce	All three sessions	Learning's	Anxiety	Self motivation	WhatsApp message
40	4-22-2020 23:04:20	18	hegdesakshi369@gmail.com	Sakshi hegde	Pune	Modern college of arts science and commerce	First year	Humanities	All three sessions	How people should identify anxiety and should not be afraid to talk about it	Feeling unsure about our career paths	Main causes of anxiety and how anxiety may lead to depression	WhatsApp message
41	4-22-2020 23:04:30	22	sahilkotadiya0@gmail.com	Sahil kotadiya	Pune	Abeda inamdar senior college of arts, commerce and science	Third year	Humanities	All three sessions	How to deal with anxiety and stress which caused by lockdown	Stress	No	College faculty
42	4-22-2020 23:12:59	21	apeksha.acw@gmail.com	eksha Eknath Wabl	Pune	St. Mira's College For Girls	Third year	Science	All three sessions	How to fight over lonliness.	Due to uncertain due dates of examinations, we aren't clear about how to study.	No	College faculty
43	4-22-2020 23:23:27	23	waghsrushti96@gmail.com	Srushti	Pune	Moderen College	Second year	Humanities	All three sessions	As there is alot of time in our hand I feel pressured for being productive, specially when I get a clear idea abt the situation and I am unable to do anything. How do u think can I deal with this feeling?	Pressure of being productive, spells of hopelessness	Evolution and adaptation - Practical view to Covid -19	College faculty
44	4-22-2020 23:29:37	20	shafakhan1211@gmail.com	Shafqat Khan	Pune	Abeda inamdar senior college	Third year	Arts	All three sessions	Anxiety, stress, trauma	Stress	No	College faculty
45	4-22-2020 23:55:26	18	Vishnupriyanair02@gmail.com	Vishnupriya	Pune	Modern college	First year	Humanities	All three sessions	How to have fun activities or some talk with family	How will be our semester	How to focus on studys in lockdown	WhatsApp message
46	4-23-2020 0:02:33	18	sakshiyedke22@gmail.com	Sakshi Yedke	Pune	Natalkar Institute	First year	Commercial arts	All three sessions	Anger management	Not being able to focus on a particular work	No	Friend/Peer

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

Pooja Jain
(Coordinator)

47	4-23-2020 0:04:01	21	apurvaoza61098@icloud.com	Apurva Oza	Pune	Modern college Shivaji nagar	Masters in psychology Part 1	Humanities	All three sessions	Anxiety management	Anxiety staying indoors is a concern I have received from my friends..	No	WhatsApp message
48	4-23-2020 0:06:59	17	kartikithopte29704@gmail.com	KARTIKI THOPAT	pune	Modern college of arts commerce and science	12 th pass	Commerce	All three sessions	Self doubt and public pressure	Public speaking	Body issue	Friend/Peer
49	4-23-2020 0:08:10	20	shreyashinde082001@gmail.com	Shreya Shinde	Pune	Sp college	First year	Science	All three sessions	Depression, low self esteem ,how to be confident and love ur self	Depression,low self esteem	Above mentioned	WhatsApp message
50	4-23-2020 0:43:22	19	arbazkhan524333@gmail.com	Arbaz Khan	Mumbai	A.E. Kalsekar College	Third year	Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How can we stop overthinking	Overthinking	All about meditation and starting habits	College faculty
51	4-23-2020 0:56:48	55	snehakitkuleb55@gmail.com	SNEHA KITKULE	PUNE	Modern College of Arts & Science	MA(psychology)	Arts - Psychology	All three sessions	Anxiety regarding exam, no concentration on studies, negative news and fear of corona virus, dullness etc	Anxiety, depression, nervousness, no concentration, dullness, negative thinking and mainly no social contact, impact of news on corona virus , insomnia etc	Post carona impact on mental health, how to handle situation when lockdown gets over etc	College faculty
52	4-23-2020 2:41:02	18	sksafina25@gmail.com	Safina	Pune	Abeda inamdar Senior collage	Second year	Arts	All three sessions	Anxiety ect	Anxiety	No	WhatsApp message
53	4-23-2020 7:32:05	19	shivanikumari8420@gmail.com	Shivani Kumari	Pune	St. Mira's College for girls	Second year	Science	All three sessions	How keep calm during lockdown	Frustrated and anxiety	How to manage time	WhatsApp message
54	4-23-2020 9:31:42	18	rutujamapari1234@gmail.com	Mapari Rutuja Shiva	Raleganssiddhi	New Arts commerce and science college	First year	Commerce	Topic 1: Strategies to manage Anxiety	Lockdown	Study entertainment	Lockdown	WhatsApp message
55	4-23-2020 10:23:51	19	anusahi2101@gmail.com	Anushka Jadhav	Nigdi, Pune	St. Miras college for Girls	First year	Humanities	All three sessions	To manage stress	Pandemic stress, boring phase	No	WhatsApp message
56	4-23-2020 10:51:27	21	komalhrathod1012@gmail.com	Komal	Pune	Ness wadia college of commerce	Mcom	Commerce	All three sessions	Now at this time of pandemic are we suppose to study or enjoy our holidays	Time management	Time management	College faculty
57	4-23-2020 10:53:08	20	dhankanidisha@gmail.com	Disha dhankani	Pune	St miras college pune	Third year	Arts	All three sessions	Like how to cope up with stress anxiety	Anxiety, lonelliness, hopelessness	No	College faculty
58	4-23-2020 11:23:41	19	gaikwadvs2001@gmail.com	Gaikwad vaibhavi San	Bhoyare gangarda	New Art's commerce and science college Parner	First year	Commerce	All three sessions	No more	No more	No idea	Social media
59	4-23-2020 11:44:34	21	bhagyashree.parchure@gmail.com	Bhagyashree	Pune	Vishwakarma University	First year	Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	-	The uncertainty about the future	-	WhatsApp message
60	4-23-2020 11:50:28	21	lightfatema75@gmail.com	Fatema	Pune	St. Mira's College for Girls	Graduated	Humanities	Topic 2: Building healthy Social connections- with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	How to not let go of ourselves and get irritated easily	Lack of motivation to do anything	Can't think of anything	WhatsApp message
61	4-23-2020 12:43:33	25	akashtdethe@gmail.com	Akash Dethe	Pune	ICAI	IPCC	Commerce	All three sessions	Building healthy social connection	Stress		WhatsApp message

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Principal Incharge
St. Mira's College for Girls, Pune.

Puja Jain
(Coordinator)

62	4-23-2020 12:46:34	20	rohanaaron04@gmail.com	Rohan	Pune	Ness Wadia College of Commerce	Second year	Commerce	All three sessions	How to be productive during these times.	I'm actually not facing any mental problems because I've adapted well. Just joining in to see if there is something extra that I can learn / take back.	NA	College faculty
63	4-23-2020 12:48:25	22	anbugayathri98@gmail.com	GAYATHRI	Thnjavur	Central University of Tamil nadu	Second year	Management	All three sessions	How to overcome anxiety of job search after graduation	Missing our exams and classes. Online classes and assignments aren't much helpful.	Drug abuse	Friend/Peer
64	4-23-2020 12:50:30	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV	First year	Science	All three sessions	Time management and society	Depression	Self confidence	Friend/Peer
65	4-23-2020 12:52:32	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV	First year	Science	All three sessions	Time management and society	Depression	Self confidence	Friend/Peer
66	4-23-2020 12:56:58	22	Praveenbalaaji21@gmail.com	Praveen Balajinatha	Thanjavur	Vels University	Third year	Nautical science	All three sessions	Stress caused by isolation from outside world	Loss of intrest in interaction with housemates, too much of anything is good fr nothing kind of	No	Friend/Peer
67	4-23-2020 12:58:32	19	32krushna@gmail.com	helke krushna santo	Parner	New arts commers and science collage parner	First year	Commerce	Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Discussions. ... Building Understanding Discussion. Purposes/Goals	I don't know	This time no	WhatsApp message
68	4-23-2020 13:19:02	21	chinmaysharma143@gmail.com	chinmay sharma	ghaziabad	Icfai university	Second year	business management	All three sessions	How can we be creative during lockdown, can we make money while learning something	Pcod/Pcos	No	WhatsApp message
69	4-23-2020 13:23:22	28	mayankshekharroy@gmail.com	MAYANK	Patna	Central University of Tamil Nadu	Second year	Management	All three sessions	Time management in small oacked house with noisy siblings and abusive guardians.	Job.	No	WhatsApp message
70	4-23-2020 13:34:44	23	rohitsingh9172@gmail.com	Rohit Singh	Mumbai	IBS	Second year	MBA	All three sessions	None	Stress	Biasness in class	WhatsApp message
71	4-23-2020 13:48:54	27	supriyaalhat1993@gmail.com	s. Supriya Suresh A	Pune	Arts, Commerce and science college of Narayangaon	Ph.D perusing	Commerce	All three sessions	Precaution should be taken by the family members	Fake news and rumors about COVID 19	What will be the impact of COVID 19 on Indian Economy	WhatsApp message
72	4-23-2020 13:51:14	25	jyoti123medge@gmail.com	Jyoti Eknath Medge	Pune	St.miras college for girls	Third year	Science	All three sessions	Time management	Lack of time	No	College faculty
73	4-23-2020 14:00:10	21	husna.shaikh0404@gmail.com	Shaikh Husna	Pune	Abeda inamdar senior college	Third year	Humanities	All three sessions	Dealing with clients with quarantine anxiety.	Lack of motivation to study as exam dates aren't confirmed yet.	No	College faculty
74	4-23-2020 14:03:21	20	jainsamiksha73@gmail.com	niksha AjitKumar J	Pune	MMCC	Second year	Commerce	All three sessions	How to overcome this problems	Tention related to any work	No	WhatsApp message
75	4-23-2020 14:23:10	20	manepranita14@gmail.com	Pranita Mane	Pune	Modern college of arts science and commerce	Third year	Arts	All three sessions	Frustration , anxiety , anger	Iam not facing anything	No	College faculty
76	4-23-2020 15:58:19	22	nikhiliamback7@gmail.com	Nikhil ganesh	Trivandrum	Jkk Munirajah institute of occupational therapy	Waiting for results	Science	All three sessions	About anxiety	Anxiousness	Motivation on students	Friend/Peer
77	4-23-2020 16:22:34	22	abhaysury@gmail.com	Abhaysury	Trivandrum	Santhigiri college	Third year	Commerce	Topic 3: Well-being and Mindfulness in times of lock down	How to reduce boredom. Time Management .	Laziness. Emotional fatigue.	Nope	Friend/Peer
78	4-23-2020 16:59:19	22	lodayamehul27@gmail.com	Mehul Lodaya	Mumbai	Lokmanya Tilak Institute of Architecture and Design Studies.	Fifth Year.	Architecture	All three sessions	How to be stable and productive if stuck alone in Quarantine. Being alone in house is disturbing me now.	Unable to focus on work and myself.	None	Friend/Peer
79	4-23-2020 17:46:02	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV		Science	All three sessions	Control anixity and depression	Depression	How to prepare ourselves	Friend/Peer
80	4-23-2020 17:46:22	18	eeshachoudhary501@gmail.com	Eesha	Pune	NMV		Science	All three sessions	Control anixity and depression	Depression	How to prepare ourselves	Friend/Peer

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

For Pooja Sane (Coordinator)

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

81	4-23-2020 17:48:27	22	rushalibelapurkar@gmail.com	Rushali Belapurkar	Pune	St. Mira's College for girls, Pune		Science	All three sessions	Control over negative thoughts , how to stop over thinking	I feel I won't get any job and I will disappoint my mom	How to stop overthinking	College faculty
82	4-23-2020 17:48:37	22	rushalibelapurkar@gmail.com	Rushali Belapurkar	Pune	St. Mira's College for girls, Pune		Science	All three sessions	Control over negative thoughts , how to stop over thinking	I feel I won't get any job and I will disappoint my mom	How to stop overthinking	College faculty
83	4-23-2020 18:32:09	19	1706.BHOOMI@GMAIL.COM	OMI MUKESH PU	NAVI MUMBAI	St.Miras College		Humanities	Topic 1: Strategies to manage Anxiety, Topic 3: Well-being and Mindfulness in times of lock down	How to cope with the stress	Stress, anxiety, panic	Study mechanisms	WhatsApp message
84	4-23-2020 18:34:43	18	harsheenk.rajpal@gmail.com	Harsheen Rajpal	Pune	PICT		Science	Topic 1: Strategies to manage Anxiety	Dealing with anxiety when its periodic Overcoming extreme test anxiety	Cyclothymia Lack of walks and aesthetic nature contact Absence of usual coping mechanisms	Mental health care access (therapists,etc) availability to teenagers	WhatsApp message
85	4-23-2020 19:18:17	18	uzmanakedar@gmail.com	Uzma Nakedar	Pune	Anda Inamdar senior college		Arts	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Yes	No All good	No	WhatsApp message
86	4-23-2020 20:00:14	21	Ostwalb10@gmail.com	Bhagyashri Ostwal	Shirdi	Institute of Chartered Accountants		Commerce	All three sessions	Self esteem	Stress & fear	No	WhatsApp message
87	4-23-2020 20:00:29	21	Ostwalb10@gmail.com	Bhagyashri Ostwal	Shirdi	Institute of Chartered Accountants		Commerce	All three sessions	Self esteem	Stress & fear	No	WhatsApp message
88	4-23-2020 20:07:40	20	memonfirdous895@gmail.com	Firdous Memon	Pune	Abeda inamdar senior college		Arts	All three sessions	I have no idea exactly	Stress, keeping up patience and anger staying at home	Anger management	WhatsApp message
89	4-23-2020 22:22:08	18	201900505@vupune.ac.in	Natasha shah	Pune	Vishwakarma university		Humanities	All three sessions	If one cannot make friends how to deal with that and also how to be comfortable in being alone in college.	Anger, frustration and anxiety	Nope	WhatsApp message
90	4-23-2020 22:37:14	19	vaibhavikadam05@gmail.com	JAVI MUKUND K	Pune	Vishwakarma University		Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, All three sessions	What should we do to keep our mental health healthy	Anxiety	How to overcome anxiety	WhatsApp message
91	4-23-2020 23:41:05	18	inaarahsm@gmail.com	Inaara	Pune	Symbiosis Institute of Design		Design	All three sessions	Hypochondria, Insecurity	Insecurity	Acceptance	College faculty
92	4-24-2020 4:43:23	19	avanibheda2000@gmail.com	AVANI BHEDA	Pune	FC		Humanities	All three sessions	Anxiety management	Depression	Stress management	Friend/Peer
93	4-24-2020 10:45:15	19	shreya.sawant2021@gmail.com	Shreya	Pune	St. Mira's college for girls		Commerce	All three sessions	Happiness in any hard situation	Nothing	No	College faculty
94	4-24-2020 11:35:31	19	ms.sanika2000@rediffmail.com	Sanika Shirodkar	Pune	Modern college		Humanities	All three sessions	Conflict reducing strategies	Anxiety, lack of productivity	No	WhatsApp message
95	4-24-2020 11:37:24	22	harshadanatk1512@gmail.com	Harshada	Pune	ICAI		Commerce	All three sessions	How to teach mind that think less and do more	How to be focus on our studies and exams	No	Social media
96	4-24-2020 11:45:04	20	ketakimangrulkar99@gmail.com	Ketaki Mangrulkar	Pune	Modern College of Arts, Science and Commerce, Shivajinagar, Pune-05		Humanities	All three sessions	How would we deal with daily life situations post the corona virus crisis.	Anxiety and stress is most commonly found.	Ways to keep your mind positively engaged to refrain from getting negative thoughts.	College faculty
97	4-24-2020 15:12:33	23	sktupe25@gmail.com	Shalaka tupe	Pune	St miras college		Science	All three sessions	How to stop overthinking	No	No	Friend Peer
98	4-24-2020 17:19:35	21	dikshachougule3@gmail.com	Diksha	Pune	St. Mira's College for girls pune		Science	All three sessions	How to overcome from negativity	How to deal with anxiety	No	Friend Peer

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Principal Incharge
St. Mira's College for Girls, Pune.

Tour
Pooja sain
(coordinator)

99	4-24-2020 18:34:09	20	nikitamore201999@gmail.com	Nikita	Pune	st.mira's college for girls, pune		BBA	All three sessions	Stress mangaement,anger mangement	Stress, anxiety,fear	How to maintain consistency in studies or any other work	WhatsApp message
100	4-24-2020 19:18:54	20	15preetisharma15@gmail.com	Preeti sharma	Pune	St. Mira's College For Girls		Humanities	All three sessions	None.	Health	Not for now this look more then sufficient	WhatsApp message
101	4-24-2020 19:31:06	26	runawal.rutuja@gmail.com	Rutuja	Pune	MIT		Science	All three sessions	If there are some relationship which are already disturbed, how to make new bond/new start? How to forget everything.	Nothing	Anger management	Friend/Peer
102	4-24-2020 19:31:45	22	nairsoumya06@gmail.com	Soumya Nair	Pune	Modern College of Arts Science and Commerce		Humanities	All three sessions	1. How to deal with emotions and anxiety when people around or family members do not understand it? 2. How to calm oneself when there's a lot of chaos in the mind? 3. How to deal with the fear or anxiety of uncertainty of future? 4. How to cope with the news and the suffering people are going through around the globe? 5. What can be done to curb the excess use of cellphones and social media to keep the mind occupied?	Increased usage of social media, loneliness, feelings of isolation, increased family disputes	Sessions on topics like self care, introspection, self awareness would help.	WhatsApp message
103	4-24-2020 19:34:35	19	yashashrik279@gmail.com	Yashashri	Pune	Garware		Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	....	Study pressure	.....	Friend/Peer
104	4-24-2020 19:47:11	18	siddhii.1203@gmail.com	Siddhi Deshmukh	Pune	Vishwakarma University		Humanities	All three sessions	How can a student who's alone stuck in a city during lockdown manage his mental wellbeing?	Stress & anxiety due to load of assignments	None	WhatsApp message
105	4-24-2020 19:49:13	20	nikhilar23@gmail.com	Nikhil Andhare	Aurangabad	Deogiri College, Aurangabad		Commerce	All three sessions	1. How to handle the mental illness or anxiety which is caused due to maintaining social distancing. 2. How to remain mentally connected even if we can't reach out the people we love 3. How to remain stable during the period like lockdowns.	I feel empty as nothing productive is happening in life. Getting anxious and lil bit depressed day by day.	"Meditation and Mental Health."	Social media

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Principal Incharge
St. Mira's College for Girls, Pune.

Poonam
(Coordinator)

106	4-24-2020 19:56:54	19	sukeshseth13@gmail.com	Seth Sukesh	Thane	SRM Institute of Science & Technology		Engineering	All three sessions	How to start focusing more on achieving dreams than worrying about love & money? How to start loving yourself more than anybody else?	Anxiety management, fear of not being able to achieve dreams in future, fear of getting lost in the crowd, fear of losing people I love, not being able to achieve goals that I set	No	Friend/Peer
107	4-24-2020 19:59:09	18	www.khushipathak7030@gmail.com	Khushi Pathak	Aurangabad	Vishwakarma University		Humanities	All three sessions	None	None	None	WhatsApp message
108	4-24-2020 19:59:16	19	Renakeritesh@gmail.com	Ritesh renake	Belgaum	Ekatvam pune		Commerce	Topic 2: Building healthy Social connections-with family and peers	Effective communication on social platform	Overthinking and lack presence of mind	Importance of self awareness	Sir, Rishab jain
109	4-24-2020 20:02:12	18	rajyog123patil@gmail.com	Rajvardhan Patil	Pune	Vishwakarma University		Humanities	All three sessions	None	None	None	WhatsApp message
110	4-24-2020 20:17:25	20	jain.komal2000@gmail.com	Komal Jain	Pune	Institute of Chartered Accountants of India		Commerce	All three sessions	Pressure created my social media for discovering new passions and hobbies	High expectations from self	Difference between Depression and Stress/Anxiety	Social media
111	4-24-2020 20:23:50	28	caankitabhargava@gmail.com	Ankita Bhargava	Pune	Na		Commerce	All three sessions	How to maintain better relationships whole suffering from anxiety	Anxiety, depression, stress	Good well being	Friend/Peer
112	4-24-2020 20:48:43	20	pratikshawalke5@gmail.com	Pratiksha walke	Loni kalbhor, Pune	St.Mira's college for gi2		Commerce	All three sessions	How to face this situation	Stress of exam	Stay home stay healthy	College faculty
113	4-24-2020 20:54:36	29	bezhanayubi100@gmail.com	Bezhan Ayubi	Visakhapatnam	Andhra University		Humanities	All three sessions	Role of mindfulness in reducing anxiety	Concerned about family members	No other them	Social media
114	4-24-2020 21:03:37	20	jayatripathi1206@gmail.com	Jaya Tripathi	Pune	St. Mira's College for Girls, Pune		Humanities	All three sessions	? 2) How to stay positive in this situation?	Anxiety, feeling of uselessness and overthinking	More on how to focus on our health both physically as well as mentally.	WhatsApp message
115	4-24-2020 21:07:14	19	Youniquething@gmail.com	Swati parab	harghar navi mumb	Bharti vidyapeeth		Commerce	All three sessions	Treating anxieties and healthy family plan	Stress, anxiety, mood disorder	Dealing with boredom	Social media
116	4-24-2020 21:18:20	30	suprit8589@yahoo.co.in	Suprit Shah	Pune	Suprit Shah		Information	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Its completely new and just to divert my mind somewhere else in this lockdown period I want to attend	NA	NA	Social media
117	4-24-2020 21:18:58	19	chanchlaniphalguni@gmail.com	Phalguni Chanchlan	Pune	St. Mira's College for Girls		Science	All three sessions	How to overcome your weaknesses.	Peer Pressure	How to overcome our weaknesses.	WhatsApp message
118	4-24-2020 21:20:18	20	askmonisa@gmail.com	Monisa Shaikh	Pune	Sinhgad Law College		Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How to manage passive and super strong emotions in times of crisis?	Feeling lonely even when surrounded by people	.....	Social media
119	4-24-2020 21:20:21	23	Sharjeelzafarahmed@gmail.com	Sharjeel	Pune	MIT		Commerce	All three sessions	Na	Depression	Na	Friend/Peer
120	4-24-2020 21:32:27	19	aashnargada@gmail.com	Aashna Gada	Mumbai	Mithibai College		Humanities	All three sessions	How to maintain good mental health during this time and deal with stressed family members	Anxiety, Stress, Depression, addictions of diff types	Is it necessary to be productive everyday?	Social media
121	4-24-2020 21:37:47	21	praful.fca@gmail.com	Keya	Mumbai	Podar		Commerce	All three sessions	How to be stress free due to lockdown	Stress due to lockdown	Stress buster	Social media

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Principal Incharge
St. Mira's Coll

Pooja Sain
Coordinator

122	4-24-2020 21:39:52	20	reshmasahoo0@gmail.com	Reshma Sahoo	Cuttack	Ravenshaw University		Imba	All three sessions	How to Converting negative pattern to postive pattern and how to being consistent in it , what to do when you are panicking ,	Self-hatred :♡, Depression	About self-love	Friend/Peer
123	4-24-2020 22:09:31	23	shivsoni.031997@gmail.com	Shivratan Soni	Ichalkaranji	Pune University		Commerce	All three sessions	.	.	.	Social media
124	4-24-2020 22:44:24	20	kalbhortejaswi@gmail.com	Tejaswi	Pune	Modern college of commerce and computer studies		Commerce	All three sessions		Peer pressure lack of freedom	No	Social media
125	4-24-2020 22:52:18	20	vedanti.agrawal123@gmail.com	Vedanti Agrawal	Jalna	Fergusson college, pune		Humanities	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How to proportion self-time and family-time in a nuclear vs joint family, for a person who gets anxious very easily	Conflicts within the family all spending days together is brain-aching!! And how much time to spend studying and in the anticipation of exams is also exhausting my mind	-	Friend/Peer
126	4-24-2020 23:23:58	22	arsha.nair8597@gmail.com	Arsha	Pune			Humanities	All three sessions	Managing anxiety and emotional breakdowns	Constant low mood.	Dealing with thoughts regarding our past.	Social media
127	4-25-2020 0:10:28	21	ketaki.lomte@gmail.com	Ketaki	Pune	Indira college of commerce and science		Commerce	All three sessions	Management of anxiety	Being failed how to cop up	How you cope up with toxic relationships	Friend/Peer
128	4-25-2020 1:50:06	21	manyamishra18@gmail.com	Manya Mishra	Aurangabad	Rashtriya College		Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers	how to handle and overcome anxiety. How to handle relations when you're a little bipolar-ish	anxiety, mental exhaustion	mental exhaustion	Social media
129	4-25-2020 5:43:13	32	anilbadkar@yahoo.co.in	Ram Badkar	Pune	Karve Insitute of Social Service		Humanities	All three sessions	How to take away our mind from negative thoughts when things are not happening in our favour or positive manner?	Anxiety	Mind wellness	WhatsApp message
130	4-25-2020 6:13:38	26	Pune	Priyanka	Pune	JSPM		Commerce	All three sessions	Being strong in critical situations	Dealing with the people who ignores our good did and keep on pointing out everything we do	How to keep motivation continuously for what we decided to achieve goal. Sometimes energy gets low due to unnecessary circumstances	Friend/Peer
131	4-25-2020 8:24:06	25	omkar.talatkar@gmail.com	Omkar Talatkar	Pune	Omkar Talatkar		Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	Please tell me how to manage mental health or emotionally	Fear about future	Good	WhatsApp message
132	4-25-2020 8:28:14	25	asanjalishah3@gmail.com	Anjali Shah	Latur	ICAI		Commerce	All three sessions	Emotional stress Management	Emotional unbalancing	Attitude for self	Social media
133	4-25-2020 9:04:01	21	patilonkar93@gmail.com	mkar appasaheb pa	Pune	Pimpri Chinchwad college of engineering		Science	All three sessions	How to maintain positive mindset	Negative thoughts	How to maintain positive mindset	Social media
134	4-25-2020 9:07:36	22	asadsajj8@gmail.com	Asad Sajjadi	Pune	IHM GOA		Hotel Management	All three sessions	How to deal with anxiety and loneliness	Anxiety mainly depression	Depression	WhatsApp message

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Pooja Sain
(Coordinator)

135	4-25-2020 9:53:23	30	calpeshjain89@gmail.com	Kalpesh Bedmutha	Nashik	Necks and Collars		Commerce	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	In this lockdown, every single day I'm scared about my future of business. I get tensed. How to tackle it?	I have so much time in this lockdown, but doesn't like to do anything.	No	Social media
136	4-25-2020 10:41:32	19	sayali777talekar@gmail.com	Sayali	Pune	St miras college for girls		Commerce	Topic 3: Well-being and Mindfulness in times of lock down	Nothing	Nothing	No	WhatsApp message
137	4-25-2020 12:36:36	22	joharkhadija@yahoo.com	Khadija Cutpiecewa	Pune	St. Mira's College for Girls		Humanities	All three sessions	How to cope up with the current situation more positively? How to overcome stress?	Loneliness, stress	Mindful activities that can create positive attitudes	College faculty
138	4-25-2020 12:43:18	19	kokatechaitrali@gmail.com	Chaitrali Kokate	Pimpri	St Mira's College for girls		Science	Topic 1: Strategies to manage Anxiety, Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Dealing with family and relationships	Less productive	Being socially awkward	College faculty
138	4-25-2020 14:56:43	20	manepranita14@gmail.com	Pranita Mane	Pune	Modern college of arts science and commerce		Arts	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	-	-	-	WhatsApp message
138	4-25-2020 17:10:39	19	sarahannebrahim@hotmail.com	Sarah Ann Ebrahim	Pune	St Mira's College for Girls		Commerce	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	Methods to cope with the ongoing situation	Anxiety, demotivation	Anything that would be useful	College faculty
139	4-25-2020 17:20:39	22	piyushapande6@gmail.com	Piyusha Pande	Pune	Vishwakarma University		Humanities	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	First aid counseling for anxiety. Ways to deal with clients facing anxiety and depression, together.	I've noticed that people are experiencing a lot of low moods, mostly due to unproductive days or adjustment issues. I also know people who live alone and that's becoming an issue for them, as there's no one around who they can simply talk to. Personally, I have only faced overthinking as yet, and I've been successful at tackling it. It's nevertheless been difficult on some days.	Yes. The importance of having a routine, that includes basic care like a good diet, daily exercise no matter how basic it is, time for proper sleep and relaxation. This is something that people don't take care of, but is important for maintaining mental health as well as physical health. People really need to understand this. It's something so small, yet so important. Even for long term.	Social media
140	4-25-2020 19:44:58	24	amolrawjade1996@gmail.com	Amol Rawjade	Pune	Karve institute of social sciences		Humanities	All three sessions	-	-	-	College faculty
141	4-26-2020 7:25:03	20	hritikraskar9909@gmail.com	Hritik Subhash Rask	Parner	New are,commerce and science college parner		Commerce	Topic 2: Building healthy Social connections-with family and peers	Business	Yy	Don't no	College faculty

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

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Dr Rajni Jain
(Coordinator)

142	4-26-2020 10:23:52	24	anusingh288@yhaoo.com	Annu malik	Pune	St Mira's girls college		Humanities	All three sessions	About health	Depression	No	Social media
143	4-26-2020 17:09:43	18	siddeshchikane27@gmail.com	ikane Siddesh Sam	Parner	New arts commerce & science college parner		Commerce	Topic 2: Building healthy Social connections-with family and peers	Stay home stay safe	Weekness	Yes	College faculty
144	4-26-2020 17:14:25	21	changlaniprabhat@gmail.com	Prabhat Changlani	Pune	Abeda Inamdar Senior College		Humanities	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How do we help people in this situation	Anxiety and unwillingness of doing anything	Nothing more	WhatsApp message
145	4-26-2020 19:00:16	18	rudranarhe@gmail.com	Narhe Avinash Bal	Barber.bk	new arts commerce and science college parner		Commerce	Topic 3: Well-being and Mindfulness in times of lock down	no	no	no	College faculty
146	4-26-2020 19:13:46	25	anki.munot94@gmail.com	Ankita Munot	Dhule	BNCA		Interior Designer	Topic 3: Well-being and Mindfulness in times of lock down	How to spot opportunities after this lockdown.	Since the market has gone down and there is a major downsizing. How should we sustain and give a tough fight against this	Mind training	Friend/Peer
147	4-26-2020 22:43:58	19	girunaik7@gmail.com	Girish	Chikhali	Symbiosis international University		Science	All three sessions	Self healing	Depression, overthinking	Nope	Friend/Peer
148	4-26-2020 22:44:06	19	girunaik7@gmail.com	Girish	Chikhali	Symbiosis international University		Science	All three sessions	Self healing	Depression, overthinking	Nope	Friend/Peer
149	4-26-2020 23:34:22	21	bhagyashripatil77.521@gmail.com	Bhagyashri V. Pati	Islampur(Sangli)	Csiber kolhapur		MSW	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	How to take care of mental stress,agression	Frustation	No	WhatsApp message
150	4-27-2020 1:09:33	19	kalerp11@gmail.com	Ramaa Kale	Pune	Fergusson college		Humanities	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down	healthy relationships with family during this time	Anxiety due to the uncertainty	No	Friend/Peer
151	4-27-2020 1:48:10	21	changlaniprabhat@gmail.com	Prabhat Changlani	Pune	Abeda Inamdar Senior College		Humanities	Topic 2: Building healthy Social connections-with family and peers, Topic 3: Well-being and Mindfulness in times of lock down, All three sessions	How do we help people in this situation	Anxiety and unwillingness of doing anything	Nothing more	WhatsApp message
152	4-27-2020 10:29:08	28	ketakisnatekar@gmail.com	Ketaki	Bengaluru	NA		Humanities	Topic 2: Building healthy Social connections-with family and peers	Value of connections, resilience	Anxiety, Fear	Anxiety, Productivity	Social media
153	4-27-2020 19:40:14	21	Tnitanjan27@gmail.com	Tanvi Sundaram	Pune	Abeda Inamdar senior college		Humanities	Topic 3: Well-being and Mindfulness in times of lock down	How to work on mental wellbeing after facing adversity	Being unproductive	I am open to learning	Friend/Peer
154	4-30-2020 12:52:13	53	Pragati_sriv@yahoo.in	Pragati Srivastava	Pune	Delhi Public School Pune		Primary classes	All three sessions	About younger children of may be 7...8 yrs old	Lockdown	No	Social media

Total Students 154
Program Coordinator Ms. Pooja Jain

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Pooja Jain
(Coordinator)

KINDLE THE LIGHT

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/IQAC/2019-20/53.

Date:-22.03.2020

CIRCULAR

Between 22nd March 2020 to 04th April 2020 as Online Support Group Sessions are to be organized by for all Degree College Students during college hours as Covid-19 response initiative by College Mental Well-being Program over Zoom platform.

Ms. Pooja Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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 2019-2020

Online Support group sessions for Students in times of COVID-19

Launched on March 22, 2020, the Online Support program is an extension of the college's ongoing mental wellbeing programme introduced last year.

Objectives:

1. To create a safe space to discuss students' needs, challenges and personal distress associated with preventive measures like quarantine and social distancing

2. To address psychosocial and academic stressors faced by students due to lockdown

3. Identifying students who may at high risk for mental health concerns and reaching out to them through telephonic counselling

4. Conduction of focused group sessions for every class to address common concerns

5. Continuous sharing of information, tips and methods of mental health care through WhatsApp groups and email.

Plan of Action:

Step 1: Identifying students' needs and concerns

An online form was shared with all the students to know their mental health needs and readiness for online support groups/sessions. More than 700 students requested for online support and interaction with the college counsellor

Step 2: Familiarising students with aspects of online support group sessions.

All the important guidelines and protocols were shared with all the students explaining step by step process of joining support group sessions through ZOOM network. A well-defined timetable was also shared to make these sessions accessible to all.

Step 3: Online support group sessions- 90 minutes each

Online support group sessions started on 28th March, 2020. College counsellor has been meeting students from each class virtually where following concerns and topics are discussed:

- Mental health care- ideas and suggestions
- Dealing with lack of Motivation
- Examination stress- Prolonged gap
- Anxiety and Depressive thoughts – sharing these feelings and navigating
- Boundary setting – with family members, partners and social media

Step 4: Identifying students at high risk.

Last and most important step of this program is reaching out to potentially high-risk students for mental health concerns, through Skype sessions/calls by the college counsellor. Students have also been asked reach out to the college counsellor directly using email or call.

ONLINE SUPPORT GROUP SESSIONS

1. What are online support group sessions?

Ranjana
(Coordinator)

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Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
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Support groups bring together people who are going through or have gone through similar experiences. These online sessions will focus on common themes suggested by the students in the google form. These sessions are support oriented and not wholesome therapy sessions.

2. What kind/nature of conversations/discussions will be done in these sessions?

- Mental health care- ideas and suggestions
- Dealing with lack of Motivation
- Examination stress- Prolonged gap
- Anxiety and Depressive thoughts – sharing these feelings and navigating
- Boundary setting – with family members, partners and social media

Guidelines and Protocols for Online support group sessions:

Each of us have the right to receive support so respect and keep in mind the below mentioned guidelines

1. Participants are expected **to join the call/session 5 minutes prior the scheduled time**

2. To ensure smooth flow of the session facilitator/Counsellor will block the entry of new participants after 5 minutes

3. These sessions are **support oriented sessions** and **not wholesome therapy sessions**

4. Students must follow the provided timetable and join their respective class support group sessions only

6. A link will be shared with the students that should be accessed by the students for joining the session for their respective class

7. These free sessions have been arranged to cope with the outbreak of COVID-19 and can be discontinued at the discretion of college or the Counsellor at any point of time with prior notice.

Total Participants: 503 Pooja

Program Coordinator: Ms. Pooja Jain

Online Support Group Sessions to deal with psychological impact of COVID-19			
S.no	**Class**	**Date & Day**	**Time**
1.	FY BA + SY BA (70)	29-03-2020 Sunday	11:00 am- 12:15 pm
2.	TY BA (45)	30-03-2020 Monday	11:00 am-12:15 pm
3.	FY + SY + TY BCom (60)	31-03-2020 Tuesday	11:00 am-12:15 pm
4.	FY BBA+BCA (45)	01-04-2020 Wednesday	11:00 am-12:15 pm
5.	SY BBA+BCA (53)	02-04-2020 Thursday	11:00 am-12:15 pm
6.	TY BBA+BCA (52)	03-04-2020 Friday	11:00 am-12:15 pm
7.	MA/M Com (12)	04-04-2020 Saturday	11:00 am-12:15 pm

Pune
Program coordinator. Ms. Pooja Jain

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Principal Incharge
St. Mira's College for Girls, Pune.

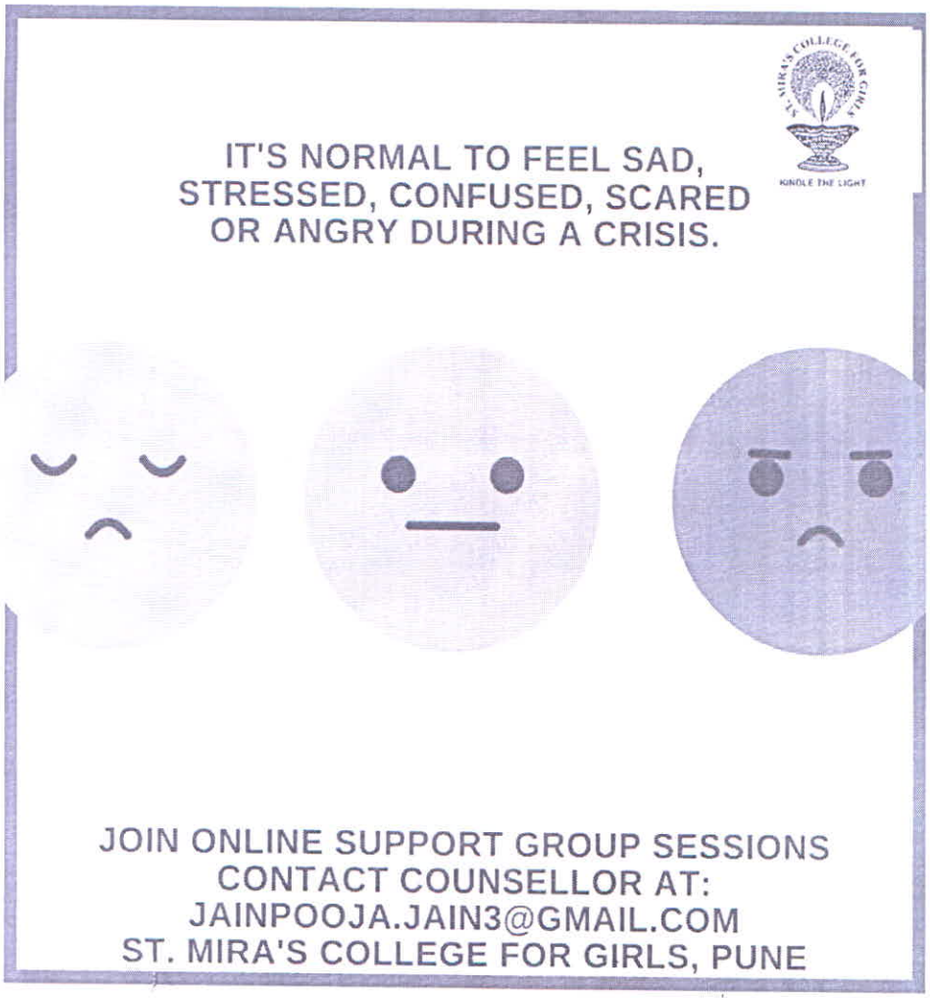
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Department of Psychology

Mental Well-being Program 2019-2020

Online Support Group Sessions 20192-2020



Poster for Online Support group sessions

Ms. Pooja Jain.
Coordinator

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College for Girls, Pune.

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Mental Well-being Program 2019-2020
Department of Psychology
Online Support Group Sessions - Registration Form

S. No.	Time Stamp	Name	Email Address	Class	Phone no.	Language	What would you like to discuss in these sessions?
1	3-23-2020 15:41:45	Harsha	harshasubhash19@gmail.com	Tyba	9067694550	English	
2	3-23-2020 15:42:29	Sonal	vanjarisonal@gmail.com	TYBA	7499667027	English	
3	3-23-2020 15:42:36	Shruti Nimkar	Shrunimkar@gmail.com	SYBA	9881190799	English	
4	3-23-2020 15:43:09	Priyanka Hawale	hawalepriyanka@gmail.com	4757	9588476903	English	
5	3-23-2020 15:44:12	Shreya laskar	shreya.laskar22@gmail.com	Syba b	9359079349	English	No
6	3-23-2020 15:44:18	Atulya	atulya11march@gmail.com	M. Com	7666185841	English	
7	3-23-2020 15:44:52	Shravani D'souza	shravani.dsouza2000@gmail.com	SYBA (A)	7887569138	English	
8	3-23-2020 15:44:54	Divya rege	divyarege14997@gmail.com	SYBA A socio spcl	9130549698	English	
9	3-23-2020 15:47:34	Anjali Ashok Lohar	anjali5mar@gmail.com	MCom part 1	9545006655	English	
10	3-23-2020 15:47:47	Nitika chaturvedi	nitikachaturvedi14@gmail.com	Ty bcom	7507888265	English	What we can do in this time to diatract ourselfs
11	3-23-2020 15:47:56	Simran Raheja	Simranraheja162@gmail.com	TYBA	8805763538	English	Studies
12	3-23-2020 15:48:49	Pooja kognoor	poojakog4615@gmail.com	TyBcom 'C'	7058432301	English	
13	3-23-2020 15:49:42	Rutuja walke	rwalke87@gmail.com	Sy bcom (C)	7709521402	English	
14	3-23-2020 15:50:09	mila bhaskar Gaikw	gaikwadurmila2000@gmail.com	SYBA B	8329190959	English	
15	3-23-2020 15:50:39	Vaibhavi Sanghvi	poojasanghvi999@gmail.com	TYBA	9096000002	English	
16	3-23-2020 15:51:44	medha ghosh	Medhaghosh12@gmail.com	SYBA	8308962600	English	
17	3-23-2020 15:52:45	Reshma Adhana	rashi.aadhana@gmail.com	TYBA	9860503952	English	Self reflecting activities to channelise better during this time.
18	3-23-2020 15:53:12	Rinku yadav	yyashika192@gmail.com	Tybcom A	9971781028	English	
19	3-23-2020 15:53:28	Noyal Paul	noyalpaul69@gmail.com	MCom	8698490438	English	Utilisation of time during quarantine.
20	3-23-2020 15:54:45	VENI LAXMAN JI	jnagveni@gmail.com	Mcom accounts part	9503124949	English	
21	3-23-2020 15:55:41	Amruta Chavan	amruta77c@gmail.com	Ty Bcom 'A'	7057626481	English	
22	3-23-2020 15:56:19	Mehnoor	mehnoorshaikh@gmail.com	Ty.bcom	8805390011	English	
23	3-23-2020 15:56:50	VENI LAXMAN JI	jnagveni@gmail.com	Mcom (accounts) part	9503124949	English	Bcz of the isolation we are really getting bored and as well as we are not getting interest for studing, how can we cope up with it and focus on studies.?

Principal Incharge
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St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

For
M. Poojasain
(Coordinator)

24	3-23-2020 15:57:13	Sneha Singh	snehajsingh3203@gmail.com	Mcom Part 1	7058111369	English	Financial Analysis Theory Topic
25	3-23-2020 15:57:29	Preeti	15preetisharma15@gmail.com	Tyba 'a'	7385561706	English	
26	3-23-2020 15:58:24	Langa simrat	simranlanga2628@gmail.com	Tybcom	7230995630	Hindi	
27	3-23-2020 15:59:06	Shivani Pal	yogitapal221996@gmail.com	M.com 1st year	8983285947	Hindi	No
28	3-23-2020 16:00:19	Priti	pritikolte007@gamil.com	Sy	9730692856	Marathi	
29	3-23-2020 16:00:30	Fulwanti	fulwantijangid@gmail.com	Sybcom	07559454011	English	
30	3-23-2020 16:00:57	Sakshi Pardeshi	Shravasti nagar, Ghorpadi pune	SY Bcom	9011108949	English	
31	3-23-2020 16:01:03	Esmath	esmathdehkhanpur1@gmail.com	Sybcom	9130259656	English	
32	3-23-2020 16:01:04	Amneet kaur	amneetk58@gmail.com	SYBCOM		English	
33	3-23-2020 16:01:32	Amrit kaur	amritkajmanii@gmail.com	S.Y Bcom	8999737396	Hindi	
34	3-23-2020 16:02:05	Priti kolte	pritikolte007@gamil.com	Sy bcom	9730692856	English	
35	3-23-2020 16:02:16	Satorupa Show	satoshow77699@gmail.com	SYBOM	07769978328	English	No
36	3-23-2020 16:02:27	Fizza Babul	fizza.babul@gmail.com	Sybcom B	9130149947	English	
37	3-23-2020 16:02:41	Meghana Jairam	meghanajairams@gmail.com	S.Y.B.COM (B)	8208266629	English	
38	3-23-2020 16:02:41	Meghana Jairam	meghanajairams@gmail.com	S.Y.B.COM (B)	8208266629	English	
39	3-23-2020 16:07:07	Neha H Jain	nehahjain3001@gmail.com	Sy bcom		English	
40	3-23-2020 16:07:10	Sonal Singh	ss987824@gmail.com			English	
41	3-23-2020 16:07:19	Ruchita Bhadoriya	ruchitbha7378@gmail.com	S.y.B.com	7378391515	English	
42	3-23-2020 16:07:41	Prachiti Marekar	prachitimarekar@gmail.com	Mcom I accounts	9112183669	English	-
43	3-23-2020 16:12:08	Shreya H	shreyah8899@gmail.com	TYBA A	9158837908	English	Maintaining a schedule without feeling lethargic and bored constantly
44	3-23-2020 16:12:17	Anamika	anamika.amyas@gmail.com	SYBcom	7449818380	English	
45	3-23-2020 16:13:48	Soumya Damami	soumyadamami@gmail.com	SY Bcom	08007266066	English	
46	3-23-2020 16:14:10	Disha dhankani	dhankanidisha@gmail.com	Ba psychology spec	9284025830	English	
47	3-23-2020 16:15:28	Pratibha singh	Pratibhasingh9597@gmail.com	M.com accounts	9172313890	Hindi	Ok
48	3-23-2020 16:19:13	Pragati Tidke	pragatitidke99@gmail.com	TYBA	8552075814	English	How to cope with the stress due to this pandemic?
49	3-23-2020 16:20:33	ushti Gopinath kaka	Srushtikakade42@gmail.com	Sybcom	8805460377	English	No
50	3-23-2020 16:26:13	Vritika Hundlani	Vritikahundlani@gmail.com	Second year B.Com	9860935953	English	
51	3-23-2020 16:29:07	Priyanka	Priyagode30@gamil.com	Sy.bcom	8379046494	Marathi	
52	3-23-2020 16:29:39	Farin khan	fsk013718@gmail.com	Sybcom B		English	
53	3-23-2020 16:29:40	dhika Rupesh Thak	radhikathakur1007@gmail.com	SY.BCOM	7507349211	English	No comments
54	3-23-2020 16:30:01	Sakshi	sakshims09@gmail.com	S.Y.Bcom	7796563378	English	
55	3-23-2020 16:30:06	Prajakta	prajktakop@gmail.com	SYBA(B)	9373694391	Marathi	
56	3-23-2020 16:30:32	Ridhi Sheth	ridhi1611@gmail.com	SYBA	9819923851	English	
57	3-23-2020 16:30:47	Prachi	Prachig8080@gmail.com	Tyba	9673683727	Marathi	
58	3-23-2020 16:36:27	Kareena Panjwani	kareenapanjwan180298@gmail.com	Ty bcom A	8208777457	English	
59	3-23-2020 16:36:52	Falguni Sancheti	falgunisancheti2363@icloud.com	TYBCOM C	7038863843	English	Not yet. Thank you.

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

For Pooja Jain (Coordinator)

60	3-23-2020 16:39:41	Zoha sabooni	Zoeysabooni8@gmail.com			English	
61	3-23-2020 16:41:52	Shanya Jain	Shanyajain19@gmail.com	Sybca	9607827892	English	
62	3-23-2020 16:41:54	simran duggal	simranduggal@yahoo.in	sybca	9881758855	English	
63	3-23-2020 16:43:41	simran duggal	simranduggal75@gmail.com	sybca	9881758855	English	
64	3-23-2020 16:44:09	Anushka	anushkatalnikarat@gmail.com	Sybca	9158981972	English	Studies and , consciousness of our own body.
65	3-23-2020 16:44:20	Anjali Pillai	anjalip0909@gmail.com	SYBA	9359054279	English	Intense fear of getting infected or dying
66	3-23-2020 16:44:29	Snehal vyavhare	snehalvyavhare22@gmail.com	Sybba (CA)	8390898944	Hindi	We are not able to do study bcz of this environment plz help us😑
67	3-23-2020 16:48:42	Vishakha Paikrao	Vishakhanpaikrao@gmail.com	SYBCA	9689446648	English	
68	3-23-2020 16:53:09	Pooja Khalikar	Poojakhalikar@gmail.com	M.Com	9422178645	Marathi	
69	3-23-2020 16:56:31	Geetanjali lachke	lachkegeetanjali@gmail.com	Sybcom	9730290168	English	
70	3-23-2020 16:56:48	Mayuri kadam	Mayurikadam1811@gmail.com	Sybba	7391880983	English	Self confidence Interaction
71	3-23-2020 16:57:19	Sahla Fayeeza	sahla97@gmail.com	MCom (Accounts)	09762149920	English	An assumption analysis on this lockdown will be continued further or not? And how to not be stressful about future happenings that were going to happen
72	3-23-2020 16:57:37	Simran Sushil Bhati	bhatiasimi27@gmail.com	SYBBA(CA)	8605431234	English	
73	3-23-2020 16:59:40	Khadija	khadijalokhandwala1203@gmail.com	TYBA	08380946164	English	Overthinking because of boredom
74	3-23-2020 17:00:39	Kalyani jha	Bittujha12377@gmail .com	SYBCOm	7265897719	Hindi	
75	3-23-2020 17:01:22	Akansha Singh	Akankshasingh1429886601@gmail.com	Sy bcom		Hindi	
76	3-23-2020 17:04:33	Alifiyah	alefiyah.ezzii@gmail.com	TYBA	9561432150	English	Finding a purpose of life is becoming difficult day by day.
77	3-23-2020 17:19:14	Neha Pathak	nehap2233@gmail.com	sybcom B	8530243377	Hindi	
78	3-23-2020 17:24:10	Sonal Shivaji patil	111sonalpatil@gmaip.com	Mcom -I	9145481508	Marathi	
79	3-23-2020 17:25:32	Visha Satpute	vishaa2000@gmail.com	SY BCOM (B)	9309733657	English	How to handle isolation and social distancing as it has started feeling too bad or uncomfortable from inside.
80	3-23-2020 17:26:46	JAshn	Jaashan@gmail.com	Typba		English	
81	3-23-2020 17:27:07	Samina Kausar	Saminakshaikh@icloud.com	Sybba	9373475970	English	
82	3-23-2020 17:28:23	Nalini Tiwari	Nainatiwari678@gmail.com	T.Y.B.COM	9834059449	English	
83	3-23-2020 17:29:34	Soniya Pardeshi	pardeshisoniya023@gmail.com	Mcom	9657552249	Hindi	
84	3-23-2020 17:35:36	Vaishnavi Sunil Darekar	darekarvaishnavi2000@gmail.com	SYBA	9172339324	English	
85	3-23-2020 17:44:20	Isha Parekh	isha.parekh17@gmail.com	SYBBA(CA)	9011126609	English	

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86	3-23-2020 17:48:41	Rakhi Sharma	rakhisharma091997@gmail.com	(advance account a	8788127031	English	
87	3-23-2020 17:49:08	Roshlin Arokiyam	lawrence2000@gmail.com	Mcom		Hindi	
88	3-23-2020 17:50:51	chandra bhattachar	suchandrabhattacharya7@gmail.com	Sybcom		English	
89	3-23-2020 17:53:23	Anamika	anamikakashyap5596@gmail.com	M.COM 'Account'	9503296086	English	
90	3-23-2020 17:56:22	Rutika	Rutikabhawar200@.com	S.y.b.a.(b)	9623376048	Marathi	
91	3-23-2020 18:05:23	Nikita Naik	naiknikita32@gmail.com	Mcom		English	
92	3-23-2020 18:08:45	Muskan hundekari	hundekarimuskan016@gmail.com	T.y b com. 'C'	9145553348	Hindi	
93	3-23-2020 18:13:22	Aparna Lavate	aparnalavate9767@gmail.com	SyBcom	9767827149	English	
94	3-23-2020 18:13:32	Aparna Lavate	aparnalavate9767@gmail.com	SyBcom	9767827149	English	
95	3-23-2020 18:13:53	adnya ravindra chav	pradnyachavan106@gmail.com	SyBca	9960311616	English	
96	3-23-2020 18:26:52	Aditi savane	savanevandana@gmail.com	SYBA	7030183206	English	No
97	3-23-2020 18:33:06	Rutuja	Rutujadedage18@gmail.com	Sy bca	9096810905	English	
98	3-23-2020 18:33:25	ANUJA RANPISE	ranpisetanuja2000@gmail.com	SYBBA(CA)	9765806903	English	
99	3-23-2020 18:45:57	shivani holkar	shivaniholkar16@gmail.com	M.com	9970668829	Marathi	
100	3-23-2020 18:47:07	Visha Satpute	vishaa2000@gmail.com	SY BCOM (B)	9309733657	English	How to handle isolation and social distancing as it has started feeling too bad or uncomfortable from inside.
101	3-23-2020 18:56:11	Fatima	Fatimabhati97@gmail.com	Mcom	8551978173	English	When should a person take the medical test of covid 19 how a person will get to know that this is the time to do the test or check up
102	3-23-2020 19:03:08	Sonali salve	Sonalisalve1996@gmail.com	TY BA	9156989117	Marathi	
103	3-23-2020 19:03:51	ram Bhagwandas M	pbmaske.21@gmail.com	FY , SY & TY BCor	9145283062	English	
104	3-23-2020 19:17:53	Sreejitha Nair	sreejitha18nair@gmail.com	MA, MCom		English	
105	3-23-2020 19:19:24	Kalpana Singh	kalpanasingh2716@gmail.com	FY , SY & TY BCor	8329211185	English	
106	3-23-2020 19:21:55	sanchita Gosavi	sanchitagosavi4@gmail.com	FY, SY & TY BBA	7776911051	English	
107	3-23-2020 19:22:24	Ayesha Sayyed	Ayeshasayyed77@gmail.com	MA, MCom	7755909514	English	
108	3-23-2020 19:38:14	Gayathri Nair	gayu2436@gmail.com	FY BA	8390182436	English	
109	3-23-2020 19:42:22	Shivani Benson	theshivani001@gmail.com	FY BA	8669011609	English	
110	3-23-2020 19:43:31	Sakshi Raheja	sakshiraheja746@gmail.com	FY BA	+918999848573	English	Deal with the prolonged gap before exams. Curiosity and anxiety because of uncertainty of exam dates.
111	3-23-2020 19:45:21	Priyanka Singh	priyankajsingh272000@gmail.com	FY , SY & TY BCor	9607674947	English	
112	3-23-2020 19:48:40	Sweta kumari	Kjsah083084@gmail.com	SY BA	9579536570	English	Career
113	3-23-2020 19:50:51	Priyanka jaisinghani	priyanka.jaisinghani01@gmail.com	FY BA	8329796046	English	Motivation for studying and staying productive and positive

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114	3-23-2020 19:51:39	Kajal Mishra	kdmishra708@gmail.com	FY BA	9834223701	English	
115	3-23-2020 19:51:57	Pooja Yadav	yadavpooja96932@gmail.com	SY BA	9172705031	Hindi	
116	3-23-2020 19:53:42	Jefiya	jefiyababu1999@gmail.com	TY BA	7040589935	English	How to be productive during this time.
117	3-23-2020 19:54:15	sakina Godhrawala	sakinagodhrawala8@gmail.com	FY BA	+918888389553	English	
118	3-23-2020 20:01:13	Jui Kulkarni	kulkarni_jui@rediffmail.com	FY BA	9130016549	English	
119	3-23-2020 20:01:23	Jui Kulkarni	kulkarni_jui@rediffmail.com	FY BA	9130016549	English	
120	3-23-2020 20:02:35	Nutan Deshmukh	nutandeshmukh1998@gmail.com	FY , SY & TY BCor	9028765494	English	
121	3-23-2020 20:03:36	Harleen Kaur Grewa	readingwormharleen@gmail.com	FY BA	7057078680	English	Not being able to focus on studying for the approaching finals.
122	3-23-2020 20:24:47	Kamya	kamyanj@gmail.com	MA, MCom		English	
123	3-23-2020 20:25:15	Kaaveri	kaaverinj@gmail.com	MA, MCom		English	
124	3-23-2020 20:42:15	Hinal Damania	hinaldamania@gmail.com	FY BA	7567025375	English	
125	3-23-2020 20:44:33	Dhanashree kalal	dhanashree.kalal932@gmail.com	FY BA	8888157769	English	
126	3-23-2020 20:45:59	Megha Garg	meghagarg379@gmail.com	FY, SY & TY BCA	8329705569	English	
127	3-23-2020 20:47:39	Ridhi Sheth	ridhi1611@gmail.com		9819923851	English	
128	3-23-2020 20:55:16	iksha Yedulal Udan	udamalepratiksha@gmail.com	TY BA	9545758269	Hindi	
129	3-23-2020 20:57:27	Saee Gaikwad	Blurrypilot2203@gmail.com	FY , SY & TY BCor	9011067067	English	
130	3-23-2020 21:05:11	nam santosh gaikw	Sonamgaikwad832@gmail.com	SY BA	9373175706	Hindi	
131	3-23-2020 21:17:56	Alphonso Reshmi	reshmira.b97@gmail.com	MA, MCom	9158063787	English	
132	3-23-2020 21:32:13	Vedika Limaye	limaye.vedika@gmail.com	FY BA	9421325341	English	
133	3-23-2020 22:37:08	Vaishali Bondla	vaishalibondla2001@gmail.com	FY , SY & TY BCor	8805132478	English	
134	3-23-2020 23:07:28	Creeshu Pinjani	creeshu740@gmail.com	FY , SY & TY BCor	7049574740	English	
135	3-23-2020 23:26:55	*Anushka*	anusahi2101@gmail.com	FY BA	9850808708	English	
136	3-24-2020 0:16:59	Prerna Bhandari	prernabhandari07@gmail.com	TY BA	9420200525	English	
137	3-24-2020 0:25:25	*Ritika sarnot*	theritikasarnot@gmail.com	FY BA	9545293939	Hindi	
138	3-24-2020 2:03:30	*Hargun Kaur Anand*	hargunstyle15@gmail.com	FY BA	6009131986	English	Students who are stuck in any respective place, away from their families and now feel lonely.
139	3-24-2020 5:14:22	Anoushka Gutain	anoushkagutain@gmail.com	TY BA	08669327841	English	Dealing with lack of motivation, major suicidal thoughts, difficulty in turning in assignments, tiredness. Life, in general.
140	3-24-2020 8:00:14	*Bhakti Rajarshi*	bhaktiraj14@gmail.com	FY BA	7709397485	English	Motivating yourself for studying when there is no target (eg. A date for exams) in front of you, and loads of free time

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141	3-24-2020 8:09:19	Rucha Rajan Kulth	Nagar , Opposite Vaibhav theatre , Hac	MA, MCom	9673018198	English	
142	3-24-2020 9:06:14	sana khan	khansanap155@gmail.com	TY BA	8956679629	English	
143	3-24-2020 9:06:36	Sampada	sampada.dalvi98@gmail.com	MA, MCom	7030474170	English	No
144	3-24-2020 9:09:48	Anjali singh	anjalicosingh@gmail.com	MA, MCom	7020007312	English	
145	3-24-2020 10:01:59	Prerna Bhandari	prernabhandari07@gmail.com	TY BA	9420200525	English	
146	3-24-2020 10:04:59	Mitali	Patilmitali1998@gmail.com	TY BA	8087694927	English	
147	3-24-2020 10:18:48	Neetu	neetubiju05@gmail.com	MA, MCom	9765428972	English	
148	3-24-2020 11:33:24	Sana Tambe	Sanatambe83@gmail.com	MA, MCom	9527072379	English	
149	3-24-2020 11:50:27	Sirat khokhar	1234sirat.khokhar@gmail.com	FY , SY & TY BCor	8600699421	English	
150	3-24-2020 12:11:59	Florina	florinamartin61@gmail.com	FY , SY & TY BCom		English	
151	3-24-2020 12:34:56	Pooja singh	Poojabhadoriya8850@gamil.com	FY , SY & TY BCor	8317291416	English	
152	3-24-2020 12:53:05	Pooja singh	Poojabhadoriya8850@gamil.com	FY , SY & TY BCor	8317291416	English	
153	3-24-2020 13:51:34	Manvi Malhotra	manvi.malhotra1@gmail.com	FY, SY & TY BBA	8237889844	English	Dealing with anxiety and stress especially now with uncertainty of what's gonna happen and delay of examinations
154	3-24-2020 14:04:15	Anusha Jadhav	anushajadhav22@gmail.com	FY, SY & TY BCA	9657908705	English	
155	3-24-2020 14:08:11	Supriya Mazumdar	Supriyamazumdar2001@gmail.com	FY, SY & TY BCA	9158298057	English	No . thank you
156	3-24-2020 14:09:28	Arti kumari	rtkumari9545@gmail.com	FY, SY & TY BCA	9158933847	English	
157	3-24-2020 14:09:31	Rakhi Sharma	rakhisharma091997@gmail.com	MA, MCom	8788127031	English	
158	3-24-2020 14:09:37	*Sukhbeer*	35,sukhbeerkaur@gmail.com	FY BA	9011648408	English	
159	3-24-2020 14:09:56	Yogita Melwani	melwani1980@gmail.com	FY, SY & TY BCA		English	How to keep ourselves motivated to study
160	3-24-2020 14:10:21	Hetal Yadav	yadavhetal217@gmail.com	FY, SY & TY BCA	8956733748	English	
161	3-24-2020 14:18:21	Dimple Ashok kaha	dimplekahar85966@gmail.com	FY, SY & TY BCA	9607123493	English	
162	3-24-2020 14:19:52	Saniya	shaikhsaniya1232@gmail.com	FY, SY & TY BCA	8408817786	English	
163	3-24-2020 14:22:28	Amruta garg	amrutagarg391@gmail.com	TY BA	9921362851	English	
164	3-24-2020 14:23:58	Aditi Pandya	aditipandya810@gmail.com	FY, SY & TY BCA	7218403306	English	
165	3-24-2020 14:25:18	Poorvi Sharam	sharmapoorvi08@gmail.com	FY, SY & TY BCA	7013301103	English	
166	3-24-2020 14:26:07	Ananda bhardwaj	Anandabhardwaj1@gmail.com	FY, SY & TY BCA	7775076640	English	
167	3-24-2020 14:27:23	Jovia Karmokar	Joviakarmokar21@gmail.com	FY, SY & TY BBA	7219393340	English	
168	3-24-2020 14:28:43	Renu Bhatt	bhattrenuka131@gmail.com	MA, MCom	8999353756	English	
169	3-24-2020 14:29:29	Hitika kataria	hitikakataria4@gmail.com	FY, SY & TY BBA	8983976787	English	
170	3-24-2020 14:30:34	Yashika Jain	yashikaj33@gmail.com	FY, SY & TY BCA	9970797756	English	
171	3-24-2020 14:31:26	Amisha jaggi	rupa jawahar colony nagar road, beed m	FY, SY & TY BCA	8975256685	English	
172	3-24-2020 14:33:25	Anchal Walmiki	anchalwalmiki787@gmail.com	FY, SY & TY BCA	7385266303	English	
173	3-24-2020 14:34:51	Ayushi keshari	Ayushi.etc@gmail.com	FY, SY & TY BCA	9307965549	English	Exams dates
174	3-24-2020 14:35:39	Subhashini	Subhashinianamthu@gmail.com	FY, SY & TY BCA	8329656209	Telugu	
175	3-24-2020 14:36:04	Snehal Pawar	Pawar2000snehal@gmail.com	FY, SY & TY BBA		English	

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176	3-24-2020 14:36:29	Snehal Pawar	Pawar2000snehal@gmail.com	FY, SY & TY BBA		English	
177	3-24-2020 14:37:28	Shalini dubey	shalini399sd@gmail.com	MA, MCom	7040932201	English	No
178	3-24-2020 14:39:24	Hanisha Harpalani	hanisha_17@icloud.com	FY, SY & TY BBA	9561322603	English	
179	3-24-2020 14:39:50	oseline Thomas pill	roselinepillay355@gmail.com	FY, SY & TY BBA	7620379371	English	How to cope up with stress
180	3-24-2020 14:39:58	vedita Govindrao K	nivedita9684@gmail.com	FY, SY & TY BBA	7057876867	English	
181	3-24-2020 14:40:42	Sakshi gaikwad	Sakshigaikwad0106@gmail.com	FY, SY & TY BBA	7447778776	Hindi	
182	3-24-2020 14:40:54	Pratiksha pawar	Pawarpratikshabababurao@gmail.com	FY, SY & TY BCA	9975988240	English	
183	3-24-2020 14:42:18	Tejshri Mali	@tejumali2306@gmail.com	FY, SY & TY BCA		English	
184	3-24-2020 14:42:21	uchika Rahul Ovha	ruchikaovhal321@gmail.com	FY, SY & TY BCA	7083572027	English	
185	3-24-2020 14:42:52	Bhakti Oza	bhaktioza3397@gmail.com	TY BA	7776885219	English	Anxiety
186	3-24-2020 14:43:01	avi Rajendra Sona	madhavisonawane19@gmail.com	FY, SY & TY BBA	9307155654	Hindi	
187	3-24-2020 14:43:52	simran duggal	simranduggal75@gmail.com	FY, SY & TY BCA	9881758855	English	
188	3-24-2020 14:45:37	Diksha tayade	dikshatayade27@gmail.com	FY, SY & TY BCA	9021729591	English	There should be unity between all of you.
189	3-24-2020 14:45:44	Diksha tayade	dikshatayade27@gmail.com	FY, SY & TY BCA	9021729591	English	There should be unity between all of you.
190	3-24-2020 14:45:46	Pradnya patil	ppradnya03@gmail.com	FY, SY & TY BBA	7757846799	English	
191	3-24-2020 14:45:58	Divya Nair	divya. 2000rpn@gmail.com	FY, SY & TY BCA	9923266679	English	
192	3-24-2020 14:45:58	Diksha tayade	dikshatayade27@gmail.com	FY, SY & TY BCA	9021729591	English	There should be unity between all of you.
193	3-24-2020 14:46:20	Diksha tayade	dikshatayade27@gmail.com	FY, SY & TY BCA	9021729591	English	There should be unity between all of you.
194	3-24-2020 14:46:41	Diksha tayade	dikshatayade27@gmail.com	FY, SY & TY BCA	9021729591	English	There should be unity between all of you.
195	3-24-2020 14:47:08	Simran khoja	simrankhoja123@gmail.com	FY, SY & TY BBA	9510729236	English	
196	3-24-2020 14:47:58	Aariya parve	aariyaparve2001@gmail	FY, SY & TY BCA	9850069313	English	
197	3-24-2020 14:48:35	Dhyanal Pawar	dhyanalpawar20@gmail.com	FY, SY & TY BCA	9096155263	English	
198	3-24-2020 14:49:43	riyanka Rakesh Mo	priyarmore88@gmail.com	FY, SY & TY BBA	9850421111	English	
199	3-24-2020 14:50:36	Mansi Rajguru	mansirajguru202001@gmail.com	FY, SY & TY BBA	9822241389	English	No
200	3-24-2020 14:50:49	Madhura Kokate	madhurakokate26@gmail.com	FY, SY & TY BCA	9075012573	English	
201	3-24-2020 14:51:11	Aayushi Patil	Aayushipatil2610@gmail.com	FY, SY & TY BCA	9146071406	English	Exam stress
202	3-24-2020 14:51:41	kshi Shashikant Mo	sakshi.more2501@gmail.com	FY, SY & TY BBA	9518392663	English	
203	3-24-2020 14:52:24	a Fathima Mohseen	baigalinafathima@gmail	FY, SY & TY BCA	8087145292	English	How to take a preventive measure when we r suffering frm covid-19
204	3-24-2020 14:52:54	Neerja Sanda	neerjasanda@gmail.com	FY, SY & TY BCA	9579679729	English	No
205	3-24-2020 14:53:01	Aneesha R	aneesharema@gmail.com	FY, SY & TY BCA	6282556986	English	
206	3-24-2020 14:53:03	Jyoti bidkar	jyotirbidkarkolhapur@gmail.com	FY, SY & TY BCA		English	
207	3-24-2020 14:53:30	shraddha pawar	shraddhapawar1213@gmail.com	FY, SY & TY BBA	8698247293	English	

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208	3-24-2020 14:53:42	Nidhi Doshi	nidhidsh02@gmail.com	FY, SY & TY BBA	9834532351	English	How to let go of someone who doesn't treat me well?
209	3-24-2020 14:53:43	Sakshi Sunil Pawar	sakshipawar1908@gmail.com	FY, SY & TY BBA	7875759971	English	
210	3-24-2020 14:53:45	Anjali Gaikwad	gaikwadanjali468@gmail.com	FY, SY & TY BBA	9067172673	English	
211	3-24-2020 14:53:48	Gayatri Soni	Gayatrisoni5146@gmail.com	FY, SY & TY BBA	9834559978	English	Preventive measures and food to eat
212	3-24-2020 14:53:49	Tanuja Bhandar	tanuja14march2001@gmail.com	FY, SY & TY BBA	8669330880	English	
213	3-24-2020 14:54:00	Vaibhavi chavan	Vaibhavi.ent99@gmail.com	FY, SY & TY BBA	8421555275	English	
214	3-24-2020 14:58:11	Nandini Jadhav	nandinijadhav562@gmail.com	FY, SY & TY BBA	9850000371	English	
215	3-24-2020 15:01:20	Kanchi Timbadia	timbadiakanchi@gmail.com	FY, SY & TY BCA	9823033332	English	How to utilize time
216	3-24-2020 15:01:21	Minali Parwani	minaliparwani06@gmail.com	FY, SY & TY BBA	9834568205	English	
217	3-24-2020 15:03:06	Anjali choudhary	Choudharyanjali14402@gmail.com	FY, SY & TY BBA	7397978354	English	
218	3-24-2020 15:04:28	Sadiya mankar	Sadiyamankar786@gmail.com	FY, SY & TY BBA	8551870004	English	
219	3-24-2020 15:04:40	Prerna kamble	Kprerna525@gmail.com	FY, SY & TY BBA	8669344052	English	
220	3-24-2020 15:06:34	Pragati sase	1999pragatisase@gmail.com	FY, SY & TY BBA	9307284928	English	
221	3-24-2020 15:06:56	Megha	meghagarg379@gmail.com	MA, MCom	8329705569	English	
222	3-24-2020 15:08:33	Muskan Thadani	muskanthadani53895@gmail.com	FY, SY & TY BBA	9637320467	English	
223	3-24-2020 15:09:11	Urvashi Rahangdale	urvashirahangdale001@gmail.com	FY, SY & TY BBA	9325449677	English	
224	3-24-2020 15:11:00	Divya Kumarswamy	8,Pushparaj apartments,Balajinagar,Pun	FY, SY & TY BCA	9552677049	English	
225	3-24-2020 15:11:37	Shalini kumari	shalinikumari272@gmail.com	FY, SY & TY BCA	9359256351	English	
226	3-24-2020 15:11:49	shnavi Kailas Gotra	vaishnavigotrache@gmail.com	FY, SY & TY BCA	7262040587	English	To wash hands every 20 mins later
227	3-24-2020 15:11:59	*Amisha Pawar*	amishapawar135@gmail.com	FY BA	8806834776	English	
228	3-24-2020 15:12:07	Rimsha Sorathiya	rimisorathiya@gmail.com	FY, SY & TY BCA	09327677379	English	
229	3-24-2020 15:13:53	Ritambhara	ritambhara.shandilya@gmail.com	FY, SY & TY BBA	7666897461	English	No
230	3-24-2020 15:16:09	Nishtha Pandya	nishtha.11pandya@gmail.com	FY, SY & TY BBA	9860871661	English	
231	3-24-2020 15:16:41	Simran Balani	simranvb.b01@gmail.com	FY, SY & TY BBA	9272299748	English	How to be motivated in this scenario?
232	3-24-2020 15:17:52	*Vaishavi kumar*	Vaishavi kumar	FY BA	7507712093	English	No
233	3-24-2020 15:23:00	Rahi Bhathija	rahibhathija1999@gmail.com	FY, SY & TY BCA	8209868285	English	
234	3-24-2020 15:23:08	Isha Parekh	isha.parekh17@gmail.com	FY, SY & TY BCA	9011126609	English	
235	3-24-2020 15:23:40	lfiya Mukhtar Shaik	alfiyashaikh689@gmail.com	FY, SY & TY BCA	7066331768	English	
236	3-24-2020 15:25:34	Sharvari Bhapkar	sharvaribhapkar7@gmail.com	FY, SY & TY BBA	9822050181	English	
237	3-24-2020 15:27:03	ukaiya Hyderabadwa	rukaiyash2001@gmail.com	FY, SY & TY BBA	7709789635	English	
238	3-24-2020 15:28:38	Sarah Kinariwala	sarahkinariwala@gmail.com	FY, SY & TY BBA	9158468344	English	
239	3-24-2020 15:33:39	Janhavi Rupani	janhvirupani5@gmail.com	FY, SY & TY BBA	7972917897	English	
240	3-24-2020 15:37:35	Rutuja	Rutujadedage18@gmail.com	FY, SY & TY BCA	9096810905	English	No
241	3-24-2020 15:38:29	Radhika Badlani	radhikabadlani99@gmail.com	FY, SY & TY BCA	8806842641	English	
242	3-24-2020 15:39:08	Gayatri Sandbhor	gayatrisandbhor190@ gmail.com	FY, SY & TY BBA	9518583254	English	

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243	3-24-2020 15:39:20	Awantika	awantikadevyani.0211@gmail.com	FY, SY & TY BBA	8668997094	English	
244	3-24-2020 15:42:52	*Anjali sarwade*	Jijamata Nagar yerwada pune	FY BA	9096138017	English	Yes
245	3-24-2020 15:45:49	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
246	3-24-2020 15:46:45	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
247	3-24-2020 15:47:16	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
248	3-24-2020 15:47:43	Ansiya shaikh	ansushaikh96@gmail.com	FY, SY & TY BCA	8329159622	English	Ok
249	3-24-2020 15:51:22	*Tasmiya Lalkot*	tasmi.lalkot1700@gmail.com	FY BA	9022092367	English	
250	3-24-2020 15:53:20	Riya makhija	riyamakhija012@gmail.com	FY, SY & TY BBA	9156135525	English	
251	3-24-2020 15:54:23	*Samruddhi Kale*	samruddhikale514@gmail.com	FY BA	9405711215	English	
252	3-24-2020 15:59:52	PRATIMA SINGH	rkajal680@gmail.com	FY, SY & TY BCA	7841897750	English	
253	3-24-2020 16:02:00	Prajakta parande	prajaktanp24@gmail.com	FY, SY & TY BCA	9822638407	English	
254	3-24-2020 16:02:27	Riya Ramatri	rramatri@gmail.com	FY, SY & TY BCA	9140590672	English	
255	3-24-2020 16:05:39	Bhavya Bharadwaj	bhavyabharadwaj1@gmail.com	FY, SY & TY BBA	8007637000	English	
256	3-24-2020 16:08:24	Sakshi shitole	Samarth9798@.gmail.com	FY, SY & TY BBA	7447631492	Hindi	Yes
257	3-24-2020 16:09:46	Fiza sayyed	Sayyedfiza5@gmail.com	FY, SY & TY BCA	7378971935	English	
258	3-24-2020 16:09:56	ajali Bhagwan Satpu	anjali00satpute@gmail.com	FY, SY & TY BCA	9370550290	English	
259	3-24-2020 16:10:28	*Khatija Khan*	khatzkhan23@gmail.com	FY BA	8446311444	English	
260	3-24-2020 16:11:13	ani Balasaheb Lokh	himanilokhande006@gmail.com	FY, SY & TY BCA	9146748661	English	
261	3-24-2020 16:15:52	Prerna Kamble	Kprerna525@gmail.com	FY, SY & TY BCA	8669344052	English	
262	3-24-2020 16:20:16	Sakshi	Sakshijawale99@gmail.com	FY, SY & TY BBA	9284994148	English	
263	3-24-2020 16:20:35	Sakshi	Sakshijawale99@gmail.com	FY, SY & TY BBA	9284994148	English	
264	3-24-2020 16:21:38	Riya Pawar	Pawarmanisha850@gmail.com	FY, SY & TY BBA	9834550329	English	No
265	3-24-2020 16:22:38	Nilam deepak chava	nilamchavan1019@gmail.com	FY, SY & TY BCA	9579160426	English	Yes
266	3-24-2020 16:23:06	Riya Pawar	Pawarmanisha850@gmail.com	FY, SY & TY BBA	9834550329	English	No
267	3-24-2020 16:26:07	Vaishnavi pawar	Perrypawar@gmail.com	FY, SY & TY BBA	8308163832	English	
268	3-24-2020 16:30:45	ushbu Rakesh mani	khushbu0617@gmail.com	FY, SY & TY BCA	9273570476	English	
269	3-24-2020 16:42:44	Aksha Badlani	aksha.b1004@gmail.com	FY, SY & TY BBA	8888148298	English	We need to know what currently is going on in the country what the situation is and we tend to see the news channels but at the same time we are getting a lot of negative vibes so how to deal with it?
270	3-24-2020 16:51:48	Maria Waghmare	mswaghmare368@gmail.com	FY, SY & TY BBA	7038055493	English	
271	3-24-2020 17:09:53	Ankita bhattacharyy	bhattacharyya232@gmail.com	FY , SY & TY BCor	9890637579	English	
272	3-24-2020 17:16:10	Pratiksha Savade	pratikshasavade542@gmail.com	FY, SY & TY BCA	8208665873	English	
273	3-24-2020 17:17:37	Ashwini haibatpure	ashwini542001@gmail.com	FY, SY & TY BBA	7798081590	English	
274	3-24-2020 17:24:33	Saloni Gangani	Shivajinagar, Pune-411003	FY, SY & TY BBA	9834695745	English	No
275	3-24-2020 17:50:37	hita Tanaji Choudh	ruchoudhari0892@gmail.com	FY, SY & TY BBA	8669666892	English	

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276	3-24-2020 17:51:58	Beauty singh	beautysingh1918@gmail.com	FY, SY & TY BBA	9356134377	English	-
277	3-24-2020 17:53:51	Pooja Sharma	Poojasharma749658@gmail.com	FY, SY & TY BBA	9370026778	English	No suggestions
278	3-24-2020 17:56:52	Sakshi Dalvi	sakshidalvi05@gmail.com	FY, SY & TY BBA	7887718024	English	
279	3-24-2020 18:04:00	Bhavisha Nihalani	nihalanibhavisha23@gmail.com	FY, SY & TY BBA	8080736315	English	
280	3-24-2020 18:32:13	akshi avinash tileka	sakshi.tilekar1704@gmail.com	FY, SY & TY BBA	9112250202	English	
281	3-24-2020 18:34:53	Siddhi ghule	siddhighule26@gmail.com	FY, SY & TY BBA	8263890218	English	
282	3-24-2020 18:35:25	Anushka	Anushkakumbhar961@gmail.com	FY, SY & TY BBA	7378880183	English	
283	3-24-2020 18:36:21	Anushka	Anushkakumbhar961@gmail.com	FY, SY & TY BBA	7378880183	English	Yes
284	3-24-2020 18:51:00	Akanksha Anku	Akanksha.anku1@gmail.com	FY, SY & TY BCA		English	Attitudes
285	3-24-2020 18:51:21	Sharayu bagade	sharayubagade@gmail.com	FY, SY & TY BBA	7798670640	English	
286	3-24-2020 18:51:30	Vaishnavi wadkar	vwadkar99@gmail.com	FY, SY & TY BBA	9860266207	English	
287	3-24-2020 18:53:36	Zainab Kapadia	zainabzk.mk@gmail.com	FY, SY & TY BBA	9657027655	English	
288	3-24-2020 18:54:59	Rahi	bhosleraahi13@gmail.com	FY, SY & TY BBA	7020455464	English	No not really
289	3-24-2020 18:56:19	Vaishnavi	ghulevaishnavi02 @gmail.com	FY, SY & TY BBA	8308247738	English	
290	3-24-2020 18:57:29	Vaishnavi ghule	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	Good
291	3-24-2020 18:57:39	Nikita	nikitapsonawane2000@gmail.com	FY, SY & TY BBA	8668839151	English	
292	3-24-2020 18:59:29	Rutuja Deshpande	rutujad527@gmail.com	FY, SY & TY BBA	9834694210	English	
293	3-24-2020 19:02:54	Sanyukta	Vertical oriana keshavnagar mudhwa	FY, SY & TY BBA	9766012153	English	
294	3-24-2020 19:10:07	Amatullah	alightwala9.al@gmail.com	FY, SY & TY BBA	7066895352	English	
295	3-24-2020 19:12:07	Moksha Shah	moksha2501@gmail.com	FY, SY & TY BBA	8956344904	English	.
296	3-24-2020 19:13:52	Trini sharon	Trinisharon112@gmail.com	FY, SY & TY BBA	9284650674	English	Taxation and International business - case study .
297	3-24-2020 19:14:46	Mansi shinde	mansishinde109@gmail.com	FY, SY & TY BBA	9307756186	English	
298	3-24-2020 19:18:02	Shivangi Tiwari	shivangitiwari1202@gmail.com	FY, SY & TY BBA	07774964383	English	
299	3-24-2020 19:18:05	Vidya Thakkar	vidyathakkar0206@gmail.com	FY, SY & TY BCA	9765881562	English	
300	3-24-2020 19:24:52	Kashmeera Rajput	Kashmeerarajput1511@gmail.com	FY, SY & TY BBA	8888236927	English	
301	3-24-2020 19:31:10	Aachal choudhary	aachalchoudhary1234@gmail.com	FY, SY & TY BBA	6263446575	English	
302	3-24-2020 19:38:45	Divya Jain	divyasjain1806@gmail.com	TY BA	8999948450	English	
303	3-24-2020 19:50:09	Sonia sura	soniasura70@gmail.com	FY , SY & TY BCom	7768811171	English	
304	3-24-2020 20:00:08	Tanvi vohra	t.vohra123@gmail.com	FY, SY & TY BBA	8708653841	English	
305	3-24-2020 20:11:19	Monika Jogi	monikajogi21@gmail.com	FY, SY & TY BBA	9960849148	English	
306	3-24-2020 20:21:56	Samiksha Kulaskar	Samikshak3012@gmail.com	FY, SY & TY BCA	09503883012	English	
307	3-24-2020 20:23:30	Samiksha Kulaskar	Samikshak3012@gmail.com	FY, SY & TY BCA	09503883012	English	
308	3-24-2020 20:40:01	Pratiksha Punekar	pratikshapunekar@gmail.com	FY, SY & TY BBA	8329636147	English	
309	3-24-2020 20:40:14	*radhika*	radhajoshi@live.com	FY BA	9011675607	English	
310	3-24-2020 20:42:08	Sanyukta	Vertical oriana keshavnagar mudhwa	FY, SY & TY BBA	9766012153	English	
311	3-24-2020 20:46:47	Shriya Tupe	shriyatupe1906@gmail.com	FY, SY & TY BBA	9763279193	English	
312	3-24-2020 20:50:25	Vaishnavi Ghule	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	

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313	3-24-2020 21:38:10	ama shrimant Nagtil	rama.nagtilak1995@gmail.com	TY BA	9921574173	Marathi	Current affairs
314	3-24-2020 22:31:10	Payal jagtap	Payaljagtap26rm@gmail.com	FY, SY & TY BBA	7774895877	English	
315	3-24-2020 23:02:47	Kashmira	kashmira2800shinde@gmail.com	FY , SY & TY BCor	9359108162	English	
316	3-24-2020 23:09:41	*Anshula Dhulekar*	anshulad117@gmail.com	FY BA	8446089708	English	
317	3-24-2020 23:47:24	rad Poonam Balasal	poonamgarad107@gmail.com	FY, SY & TY BCA	7620901544	English	
318	3-25-2020 9:15:48	Aishwarya Rathore	rathoreaishwarya98@gmail.com	MA, MCom	8696605138	English	
319	3-25-2020 15:34:45	Sonali jha	sonalijha0955@gmail.com	FY, SY & TY BCA	8669005324	English	
320	3-25-2020 15:46:01	*Gayathri Nair*	gayu2436@gmail.com	FY BA	8390182436	English	
321	3-25-2020 22:04:36	Muskan Nihalani	muskannihalani61@gmail.com	FY, SY & TY BBA	8999434080	English	
322	3-26-2020 12:23:29	*Priyanka Kalraiya*	belieberj.pk@gmail.com	FY BA	9923608009	English	
323	3-26-2020 14:56:06	Disha dhankani	dhankanidisha@gmail.com	TY BA	9284025830	English	
324	3-26-2020 15:47:16	Anushka shelar	anushkashelar99@ gmail.com	FY, SY & TY BCA	9075803389	Hindi	
325	3-26-2020 16:17:44	Vritika	Vritikahundlani@gmail.com	FY , SY & TY BCor	9860935953	English	
326	3-26-2020 17:43:52	Simran adwani	sadwani023@gmail.com	TY BA	8600676273	English	Finance
327	3-26-2020 17:44:04	Laveena Sachdev	sachdevlaveena12@gmail.com	FY, SY & TY BBA	9527341965	English	
328	3-26-2020 17:44:17	Gangotri Oza	Gangotrioza1998@gmail.com	FY, SY & TY BBA	8830651979	English	Self confidence and how to be motivated.
329	3-26-2020 17:44:31	Shraddha shinde	Shraddha.shinde2309@gmail.com	FY, SY & TY BBA		English	
330	3-26-2020 17:44:32	Tejashri Gaikwad	g8.tejashri@gmail.com	FY, SY & TY BBA		English	
331	3-26-2020 17:44:39	Jayna	jayna.kishnani@gmail.com	FY, SY & TY BBA	7517449957	English	
332	3-26-2020 17:46:06	rerna Gianchandan	pg19991@gmail.com	FY, SY & TY BBA		English	
333	3-26-2020 17:46:59	Jayanti Naidu	jayanti21710@gmail.com	FY, SY & TY BBA	9127890695	English	No
334	3-26-2020 17:47:45	hivani Manoj shind	shiva02shinde@gmail.com	FY, SY & TY BBA	9766561362	Hindi	
335	3-26-2020 17:47:32	Janhavi Binwani	janhavibinwani@gmail.com	FY, SY & TY BBA	09970244888	English	
336	3-26-2020 17:48:25	Komal	Komal.dang8@gmail.com	FY, SY & TY BBA	9511717283	English	
337	3-26-2020 17:49:57	Jhanvi Mali	mali.jhanvi42.jm@gmail.com	FY, SY & TY BBA	9767599309	English	
338	3-26-2020 17:50:07	kshata Karunakara	akshatakarunakaran15@gmail.com	FY, SY & TY BBA	9511286036	English	
339	3-26-2020 17:51:16	Eesha Daryanani	eesha630@gmail.com	FY, SY & TY BBA	7057947986	English	
340	3-26-2020 17:52:53	Mahima	mahimasachdev99@gmail.com	FY, SY & TY BBA	07588211276	English	
341	3-26-2020 17:53:37	Simran Khan	simrankhan16399@gmail.com	FY, SY & TY BBA	7020667853	English	
342	3-26-2020 17:54:05	Bhavisha kriplani	bhavishakripani5000@gmail.com	FY, SY & TY BBA	7066580663	English	
343	3-26-2020 17:54:30	Jennifer Vincent	jennifervincent55@gmail.com	FY, SY & TY BBA	9922280449	English	
344	3-26-2020 17:54:54	Falak	Falakbaig1925@gmail.com	FY, SY & TY BBA	7385526114	English	How to deal with anxiety and frustration in the pandemic especially when you are not meeting your loved ones

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345	3-26-2020 17:54:54	Pranali Shetye	Pranali2113@gmail.com	FY, SY & TY BBA		English	Its not regarding the support group, but i have missed the individual session with psychologist Pooja Jain due to section 144 imposed. Couldn't contact her abt it. Hoping to get another individual session in person with her. Thankyou!
346	3-26-2020 17:58:32	Kamya	kamyapatel2032@yahoo.com	FY, SY & TY BBA	8788825693	English	
347	3-26-2020 17:59:24	Ayushi jain	ayushijain101299@gmail.com	FY, SY & TY BBA	7735179671	English	
348	3-26-2020 18:00:04	Meghna Ballani	meghnab2607@gmail.com	FY, SY & TY BBA	8806880582	English	
349	3-26-2020 18:01:01	Pragati Khatal	pragatikhatal16@gmail.com	FY, SY & TY BBA	7517779992	English	
350	3-26-2020 18:01:20	Karuna sharma	riyaapsharma@gmail.com	FY, SY & TY BBA	7507369200	English	
351	3-26-2020 18:01:21	Suchita Gogale	gogalesuchita@icloud.com	FY, SY & TY BBA	9028876882	English	
352	3-26-2020 18:01:53	Maneka vasnani	Maneka.magic@gmail.com	FY, SY & TY BBA	7020962048	English	Maybe, how to create distractions, because most of the time we continuously keep checking on the news channels and websites, which sometimes makes us overthink..
353	3-26-2020 18:02:01	Simran Sona	Simransona54321@gmail.com	FY, SY & TY BBA	9823396837	English	
354	3-26-2020 18:04:02	Bhavna Sharma	sbhavna0921@gmail.com	FY, SY & TY BBA	9049987666	English	
355	3-26-2020 18:04:18	Sharada Lalgudi	sharadalalgudi@gmail.com	FY, SY & TY BBA	8983701847	English	
356	3-26-2020 18:04:31	Nikita Ambre	ambrenikita2508@gmail.com	FY, SY & TY BBA	8208521158	English	Boredom strike , don't want to wake up , stick to bed ....
357	3-26-2020 18:05:22	Jahnavi	jaanvi.vaswani@gmail.com	TY BA	9370477934	English	
358	3-26-2020 18:05:42	Indrani Waikar	indraniwaikar2015@gmail.com	FY, SY & TY BBA	9604597095	English	
359	3-26-2020 18:06:10	Pari Mehta	parichemehta@gmail.com	FY, SY & TY BBA	09075024799	English	
360	3-26-2020 18:06:11	Akanksha	ghuleakanksha2240@gmail.com	FY, SY & TY BBA	8432186868	English	No
361	3-26-2020 18:07:14	Priyanka sharma	priyankasharmadv@gmail.com	FY, SY & TY BBA	+919673738415	English	
362	3-26-2020 18:08:28	Devika Mathur	mathurrrunjhun1998@gmail.com	FY, SY & TY BBA	9595371122	English	
363	3-26-2020 18:08:52	Sumaiya	gangjisumaiya18@gmail.com	FY, SY & TY BBA	8999349841	English	
364	3-26-2020 18:09:14	Pratiksha Bokadia	bokadia0899@gmail.com	FY, SY & TY BBA	9764420705	English	Studying without getting distracted
365	3-26-2020 18:10:19	Niyati dhar	Niyatidhar26@gmail.com	FY, SY & TY BBA	9860093851	English	
366	3-26-2020 18:13:09	Mallika	mallikahattarki@gmail.com	FY, SY & TY BBA	7057211043	English	
367	3-26-2020 18:16:49	Mansi Shende	mansi99shende@gmail.com	FY, SY & TY BBA	8605437584	English	
368	3-26-2020 18:19:47	Aishwarya Bhosale	aishwaryabhosale599@gmail.com	FY, SY & TY BBA	8983472046	English	Overthinking
369	3-26-2020 18:22:00	Nikita	nikitamore201999@gmail.com	FY, SY & TY BBA	7974962307	Hindi	

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370	3-26-2020 18:22:12	Sony	Sonychand84@gmail.com	FY , SY & TY BCor	8087873337	English	
371	3-26-2020 18:24:00	Nikita Bardwa	nikibardwa@gmail.com	FY, SY & TY BBA	7358735206	English	No
372	3-26-2020 18:24:01	Vidhi Shah	vidhishah2399@gmail.com	FY, SY & TY BBA	8446779196	English	
373	3-26-2020 18:25:03	Calinta Lazarus	calintalazarus13@gmail.com	FY, SY & TY BBA	9067097369	English	N/A
374	3-26-2020 18:27:43	Shubhangi Mathur	shubhangimathur3998@gmail.com	FY, SY & TY BBA	8806019781	English	Pressure on getting into top colleges , getting the best job etc
375	3-26-2020 18:30:46	Roshani lalwani	roshanilalwani@icloud.com	FY, SY & TY BBA		English	
376	3-26-2020 18:33:22	ETA KETAN GUN.	shwetagunjaria030@gmail.com	FY, SY & TY BBA	7040584148	English	
377	3-26-2020 18:33:42	Bhavna Sharma	sbhavna0921@gmail.com	FY, SY & TY BBA	9049987666	English	
378	3-26-2020 18:34:35	iksha Balasaheb W	pratikshawalke5@gmail.com	FY, SY & TY BBA	9011166262	English	
379	3-26-2020 18:37:01	Mrunal jawalkar	Manvaj2399@gmail.com	FY, SY & TY BBA	9049834911	English	
380	3-26-2020 18:37:48	Kaniz Fatema khan	kanizk444@gmail.com	FY, SY & TY BBA		English	
381	3-26-2020 18:39:19	mruta shrikaant Gur	amruta12158@gmail.com	FY, SY & TY BBA	7219573024	English	
382	3-26-2020 18:39:53	Sayli	sayali777talekar@gmail.com	FY, SY & TY BBA		English	
383	3-26-2020 18:40:49	Ami Adodariya	amipatel1500@gmail.com	FY, SY & TY BBA		English	
384	3-26-2020 18:48:07	Surbhi singh	surbhi9637@gmail.com	FY, SY & TY BBA	9637282484	English	
385	3-26-2020 18:52:48	Karen Jacob	karenjamin27@gmail.com	FY, SY & TY BBA	9763642842	English	Relationship Building, Confidence
386	3-26-2020 19:13:11	Monica Dhanwani	monidhanwani16.md@gmail.com	FY, SY & TY BBA	7261973861	English	
387	3-26-2020 19:22:46	roj Narayan choudh	sarojn.choudhary01	FY , SY & TY BCor	7768017058	Hindi	
388	3-26-2020 19:22:55	Hanisha Rathod	rathodhanisha@gmail.com	FY, SY & TY BBA		English	
389	3-26-2020 19:24:33	yatri Shekhar Chokl	gayatrichokhale@gmail.com	FY , SY & TY BCor	7249644059	English	Account
390	3-26-2020 19:25:03	Samin	saminhussain19@gmail.com	FY, SY & TY BBA	9172453844	English	
391	3-26-2020 19:31:24	uskan imtiyaz shaik	Muskanashaikh000@gmail.com	FY, SY & TY BBA	8149836488	English	
392	3-26-2020 19:51:24	Vijaya patil	vijayapatil8488@gmail.com	FY , SY & TY BCor	9764838207	English	No
393	3-26-2020 19:53:25	Swaleha	swalrehman12@gmail.com	FY, SY & TY BBA		English	
394	3-26-2020 20:09:55	Veena sharma	Veenasharna9730@gmail.com	FY, SY & TY BBA	8668542163	English	
395	3-26-2020 20:49:45	Komal	Komal.dang8@gmail.com	FY, SY & TY BBA	9511717283	English	
396	3-28-2020 15:14:23	Tanuja	tanujaranpise23@gmail.com	FY, SY & TY BCA	9765806903	Hindi	Yes
397	3-28-2020 15:34:09	OJA KUMARI VER	poojakumariv97@gmail.com	MA, MCom	8180987355	English	I would like to go as per syllabus.
398	3-28-2020 15:40:36	Ritika Vinod sarnot	theritikasarnot@gmail.com	FY BA	9545293939	English	What productive things we can do during quarantine
399	3-28-2020 15:41:56	Neeta Bishnoi	neetabishnoi12@gmailcom	MA, MCom	8668465892	English	
400	3-28-2020 15:44:21	Swamini gholap	Minigholap17@gmail.com	MA, MCom		English	
401	3-28-2020 18:00:44	Diksha Jadhav	jadhavdiksha16@gmail.com	MA, MCom	7378785024	English	Yes
402	3-28-2020 19:44:26	Akshata Jagdale	akshata.jagdale99@gmail.com	MA, MCom	7620672544	English	
403	3-28-2020 20:10:54	Diksha Jadhav	jadhavdiksha16@gmail.com	MA, MCom	7378785024	English	
404	3-30-2020 19:35:14	Jasleen	jasleenraheja06@gmail.com	MA, MCom		English	
405	3-31-2020 7:57:28	Sipha	siphashaikh@gmail.com	FY , SY & TY BCor	9527496768	English	No
406	3-31-2020 13:16:58	Priti kolte	pritikolte007@gmail.com	FY , SY & TY BCor	9730692856	English	

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

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407	3-31-2020 13:19:26	Priti kolte	pritikolte007@gmail.com	FY , SY & TY BCor	9730693856	English	Yes
408	3-31-2020 22:06:59	Riddhi Wadhwani	wadhwaniriddhi@gmail.com	FY, SY & TY BBA	7875572884	English	
409	3-31-2020 22:07:09	kshi Shashikant Mo	sakshi.more2501@gmail.com	FY, SY & TY BBA	9518392663	English	
410	3-31-2020 22:09:28	Udita	udita.a.dodeja@gmail.com	FY, SY & TY BBA		English	How To Help parents financially in this condition.
411	3-31-2020 22:57:20	Megha Dewangan	dewanganmegha19@gmail.com	FY, SY & TY BBA	9503479969	English	
412	3-31-2020 22:59:50	Sambhavi	Sambhavi2000vijra@gmail.com	FY, SY & TY BBA	9823976580	English	
413	3-31-2020 23:02:01	Mahek Munir Khan	mahekk666@gmail.com	FY, SY & TY BBA	7057461451	English	
414	3-31-2020 23:05:17	Pallavi keswani	pallavikeswani6@gmail.com	FY, SY & TY BBA	7972903244	English	
415	3-31-2020 23:06:08	Disha makhija	dishakmakhija@gmail.com	FY, SY & TY BBA	7972992108	English	
416	3-31-2020 23:08:18	Disha makhija	dishakmakhija@gmail.com	FY, SY & TY BBA	7972992108	English	
417	3-31-2020 23:12:16	Bhawana suthar	bhavanajangid1999@gmail.com	FY, SY & TY BBA	8669125310	English	
418	3-31-2020 23:15:01	Anisha Narayan	anishanarayan28042002@gmail.com	FY, SY & TY BCA	7561907856	English	No
419	3-31-2020 23:22:42	Aachal choudhary	aachalchoudhary1234@gmail.com	FY, SY & TY BBA	6263446575	English	
420	3-31-2020 23:24:20	Siddhi Tarawade	siddhitarawade123@gmail.com	SY BA	9850995528	English	
421	3-31-2020 23:24:57	Dnyaneshwari dhor	ddnyanu211@gmail.com	FY, SY & TY BCA	8208157550	English	
422	3-31-2020 23:48:12	Anjali chugh	anjalichugh19@gmail.com	FY, SY & TY BBA	9922537806	English	
423	4-1-2020 8:32:19	eena Akshada Bomr	leenaakshu07@gmail.com	FY, SY & TY BBA	8805705867	English	
424	4-1-2020 10:16:38	Aman Sahota	sahotaamandeep6@gmail.com	FY, SY & TY BBA	8975229415	English	
425	4-1-2020 10:16:57	Aman Sahota	sahotaamandeep6@gmail.com	FY, SY & TY BBA	8975229415	English	
426	4-1-2020 10:38:55	Shrutika	shrutikasaraf841@gmail.com	FY, SY & TY BCA	7420006595	Hindi	I like ssensions
427	4-1-2020 11:01:12	Shobha Sharma	Shobhasharma2134@gmail.com	FY, SY & TY BBA	7219683073	English	
428	4-1-2020 11:51:11	Simran cruz	simrancruz810@gmail.com	FY, SY & TY BBA	9325793572	English	
429	4-1-2020 11:55:04	Sejal Thakkar	sejalthakkar0912@gmail.com	FY, SY & TY BBA		English	
430	4-1-2020 11:55:32	Alfiya Shaikh	simrancruz810@gmail.com	FY, SY & TY BBA		English	
431	4-1-2020 11:56:13	Sakshi darawade	simrancruz810@gmail.com	FY, SY & TY BBA		English	
432	4-1-2020 12:10:30	Siimran cruz	simrancruz810@gmail.com	FY, SY & TY BBA		English	
433	4-1-2020 12:11:33	Pranjali Chauhan	chauhanpranjali150@gmail.com	FY, SY & TY BBA	8149462988	English	Not really!
434	4-1-2020 12:21:15	shi Narendra Daraw	sakshidarawade59@gmail.com	FY, SY & TY BBA	8275952179	English	
435	4-1-2020 16:38:22	Deepika Kesarkar	deepika.kesarkar115@gmail.com	FY, SY & TY BBA		English	
436	4-1-2020 18:40:20	Tanvi Gupta	tanvig362@gmail.com	FY, SY & TY BBA	7219502726	English	
437	4-1-2020 18:40:41	oshni Ashok Sabna	roshnisabnai29@gmail.com	FY, SY & TY BBA	8888079990	English	
438	4-1-2020 19:24:24	Tulna Gupta	tulnagupta1@gmail.com	FY, SY & TY BBA	8928778822	English	
439	4-1-2020 21:34:59	Nikita Bodhankar	bodhankarnikki1230@gmail.com	FY, SY & TY BBA	7249781300	English	
440	4-1-2020 21:54:42	Susmita Sawant	sushmitasawant.d3@gmail.com	FY, SY & TY BBA	8788947147	English	Time management
441	4-1-2020 21:57:59	Nishita balani	nishitabalani@gmail.com	FY, SY & TY BBA	9822281217	English	
442	4-1-2020 21:59:16	Isha Alamchandani	alamchandani.isha@gmail.com	FY, SY & TY BBA	9325150219	English	
443	4-1-2020 21:59:29	Heena Rajapl	rajpalheena217@gmail.com	FY, SY & TY BBA	7066852651	English	
444	4-1-2020 22:09:27	AJSEE SARWATI	rajsee52000@gmail.com	FY, SY & TY BBA	9527961792	English	

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445	4-1-2020 22:09:29	Rahi bhosle	bhosleraahi13@gmail.com	FY, SY & TY BBA	7020455464	English	
446	4-1-2020 22:21:00	avi Ravindranath Z	vaishnavizambare0702@gmail.com	FY, SY & TY BCA	7410790900	Hindi	
447	4-1-2020 22:22:12	Asha Suryawanshi	suryawanshi20asha@gmail.com	FY, SY & TY BCA	9762689808	English	
448	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
449	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
450	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
451	4-1-2020 22:34:19	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
452	4-1-2020 22:34:20	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
453	4-1-2020 22:34:20	Mohini chaubey	mohinichaubey2@gmail.com	FY, SY & TY BCA	7057402677	English	No
454	4-1-2020 22:35:02	Divya Nair	Divya. 2000rpn@gmail.com	FY, SY & TY BCA	9923266679	English	
455	4-1-2020 22:41:05	Isha	isha.parekh17@gmail.com	FY, SY & TY BCA	9011126609	English	
456	4-1-2020 22:41:17	simran duggal	simranduggal75@gmail.com	FY, SY & TY BCA	9881758855	English	
457	4-1-2020 22:42:44	Shanya	Shanyajain19@hmail.com	FY, SY & TY BCA	9607827892	English	
458	4-1-2020 22:42:53	Pradnya chavan	pradnyachavan106@gmail.com	FY, SY & TY BCA	9960311616	English	
459	4-1-2020 22:43:29	Sakshi Sharma	sakshi.sharma8783@gmail.com	FY, SY & TY BCA	8530527102	English	
460	4-1-2020 22:44:41	Isha chauhan	isha666c@gmail.com	FY, SY & TY BCA	7774924560	English	
461	4-1-2020 22:49:35	Shivani Pandey	pandeyrudra3142@gmail.com	FY, SY & TY BCA	7057032698	Hindi	
462	4-1-2020 22:50:44	Sneha metal	snehametal5935@gmail.com	FY, SY & TY BCA	9767697121	English	
463	4-1-2020 23:08:56	Riya Ramatri	rramatri@gmail.com	FY, SY & TY BCA	9140590672	English	
464	4-1-2020 23:19:17	Megha Garg	meghagarg379@gmail.com	FY, SY & TY BCA	8329705569	English	How to get rid of stress and be focused on our goal.How make our mind divert in productive work?
465	4-1-2020 23:22:02	Shreya Ghorpade	shreyahghorpade@gmail.com	FY, SY & TY BCA		English	
466	4-1-2020 23:25:30	Pratima Singh	rkajal680@gmail.com	FY, SY & TY BCA	7841897750	English	
467	4-1-2020 23:29:09	Atiya Khan	khanatiya2301@gmail.com	FY, SY & TY BBA	9607587372	English	
468	4-2-2020 0:25:41	Akshada polhad	Sangitapolad@gmail.com	FY, SY & TY BCA	8999322876	English	
469	4-2-2020 0:26:17	Sonal	soniadawara20@gmail.com	FY, SY & TY BBA	8698997779	Hindi	
470	4-2-2020 0:54:36	Vaishnavi	ghulevaishnavi02@gmail.com	FY, SY & TY BBA	8308247738	English	General knowledged
471	4-2-2020 7:32:51	Nilam deepak chava	nilamchavan1019@gmail.com	FY, SY & TY BCA	9579160426	English	Yes
472	4-2-2020 7:44:59	Ankita kondhalkar	ashwinikondhalkar812@gmail.com	FY, SY & TY BBA	9511774619	English	
473	4-2-2020 9:09:48	yanka Ramesh Palk	palkarpriyanka137@gmail.com	MA, MCom	8830840650	English	
474	4-2-2020 9:16:41	njali bhagwan satpu	anjali00satpute@gmail.com	FY, SY & TY BCA	9370550290	English	
475	4-2-2020 9:25:53	atiksha Manoj Jadh	pratiksha10301@gmail.com	FY, SY & TY BCA	7798787984	English	
476	4-2-2020 9:26:00	Komal mandal	avantikamandal2000@gmail.com	FY, SY & TY BCA	8999316160	English	Null
477	4-2-2020 9:32:39	onam Balasaheb Ga	poonamgarad107@gmail.com	FY, SY & TY BCA	7620901544	English	
478	4-2-2020 9:42:08	fiza sayyed	sayyedfiza5@gmail.com	FY, SY & TY BCA	07378971935	English	
479	4-2-2020 10:24:50	Nisha Gupta	guptanisha7890@gmail.com	FY, SY & TY BBA	7558361341	English	
480	4-2-2020 10:40:29	Dimple ahok kahar	dimplekahar85966@gmail.com	FY, SY & TY BCA	9607123493	Hindi	

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St. MIRA'S COLLEGE FOR GIRLS POONA-411001

Pooja Sai
(Coordinator)

481	4-2-2020 10:41:04	Shilpa bansode	shilpabansode9898@gmail.com	FY, SY & TY BBA		English	
482	4-2-2020 10:41:07	Dimple ahok kahar	dimplekahar85966@gmail.com	FY, SY & TY BCA	9607123493	Hindi	
483	4-2-2020 10:56:32	shnavi Kailas Gotra	asobanagar Keshav Nagar mundhawa P	FY, SY & TY BCA	7262040587	English	
484	4-2-2020 11:03:15	Sejal Thakkar	sejalthakkar0912@gmail.com	FY , SY & TY BCor	8552870514	English	
485	4-2-2020 11:09:12	Shivangi Tiwari	shivangitiwari1202@gmail.com	FY, SY & TY BBA	07774964383	English	
486	4-2-2020 11:13:55	RinkuNath	rawalrinku59@gmail.com	SY BA	8217460908	English	
487	4-2-2020 11:33:24	Vidya Thakkar	vidyathakkar0206@gmail.com	FY, SY & TY BCA	9765881562	English	
488	4-2-2020 11:33:37	Vidya Thakkar	vidyathakkar0206@gmail.com	FY, SY & TY BCA	9765881562	English	
489	4-2-2020 18:06:55	Sharvari	Chavansharvari24@gmail.com	FY , SY & TY BCor	8408027793	English	
490	4-2-2020 18:21:08	Pooja	poojaganesh0106@gmail.com	TY BA	8550976808	English	
491	4-2-2020 19:32:50	Meghna Gulhane	meghnagulhane@gmail.com	FY, SY & TY BBA		English	
492	4-2-2020 21:03:30	Sukanya	sukanyakukka2000@gmail.com	FY, SY & TY BCA	7020272650	English	
493	4-2-2020 21:05:15	Yukta Dingreja	yukta.ding@gmail.com	FY, SY & TY BCA	9145659580	English	
494	4-2-2020 21:26:43	Vaishali bhagtani	vaishalibhagtani10@gmail.com	FY, SY & TY BCA	9079611774	English	
495	4-2-2020 21:43:49	onal Prakash Agarw	sonalagarwal137@gmail.com	FY, SY & TY BCA	7249484686	Hindi	
496	4-2-2020 21:44:58	niya Mansoor Sayy	saniyasayyed2000.ss@gmail.com	FY, SY & TY BCA	7798670026	English	
497	4-2-2020 22:45:02	Priyanka Katariya	priyankakatariya04@gmail.com	FY, SY & TY BCA		English	
498	4-3-2020 1:49:36	Janvi A khandagale	Jkhandagale508@gmail.com	FY, SY & TY BBA	7774009010	English	
499	4-3-2020 9:48:42	Manasa	manasaprocks13@gmail.com	FY, SY & TY BCA	7028634859	English	
500	4-3-2020 10:59:33	Mrunal	Manvaj2399@gmail.com	FY, SY & TY BBA	9049834911	English	
501	4-3-2020 14:48:37	Shruti amebti	ambetishruti@gmail.com	FY, SY & TY BCA	7020301598	English	
502	4-3-2020 20:11:17	apana kumari verm	cutedoraemon9@gmail.com	MA, MCom		English	
503	4-19-2020 20:21:33	Saee Gaikwad	Blurrypilot2203@gmail.com	FY , SY & TY BCor	9011067067	English	Being comfortable with yourself when you're alone and family issues

Program Coordinator — Ms. Pooja Jain

Total Students — 503

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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KINDLE THE LIGHT

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/IQAC/2019-20/51 **Date:-01.07.2019**

CIRCULAR

Between15th July 2019 to 28th September 2019 Group Therapy Sessions on Managing Relationships and Exam Anxiety are to be organized by Mental Well-being Program for all Degree college students during college hours.

Ms. Pooja Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

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 2019-2020

GroupTherapy Session Report

Concern	Session	Registrations	Total Attendance	Status
Relationships	1	32	30	This was an open group session which was further divided in three groups based on concerns
Relationship with parents or family members	3	32	52	Terminated
Relationship with peers/friends	3	32	70	Terminated
Managing Exam Anxiety	5	30	88	Terminated

Concerns shared by participants :

Group session: Relationship with Parents and family members

- Neglect by Parent
- Triangulated in parent's conflicts and feeling responsible of parental conflict
- Gender based discrimination in family leading to low self esteem
- Parental neglect in understanding importance of communication and mental health
- Lack of communication between family members
- Dealing with abusive parent-child relationships (physical, verbal and emotional abuse)
- Difficulty in maintain boundaries with parents; finding difficult to convey about their romantic relationships and experiencing guilt and shame.
- Difficulty in sleep and loss of appetite due to pressure and demands of the parents and other family members

Group session: Relationship with peers and friends

- Lack of trustworthy relationship with peers and friends
- Difficulty in making friends, especially who are new to the city and college
- Homesickness due to lack of belongingness with peers
- Social relations causing distractions

Ms. Pooja Jain
(Program Coordinator)

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College For Girls Pune
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Group Sessions- 15th July 2019- 26thSeptember 2019

S. No.	Date	Topic of the session	No. of participants	Interventions used/Process of Group therapy
1.	12/7/19	Relationships	32	Self-introductions, meaning of group therapy, Protocols of group therapy and its advantage
2.	15/7/19	Relationship with Parents/family members	24	Identifying various stressors and patterns in relationships with family members. Understanding personal meaning of role of family and needs associated with the same.
3.	19/7/19	Relationship with peers/friends	23	Identifying role of peers and friends in one's life. Deconstructing boundaries in peer relationships.
4.	22/7/19	Relationship with peers/friends	21	Re-establishing group norms, group goals, use of boundaries worksheet to identify unhealthy patterns in friendships. Invited students to share about a friendship that has been or is valuable to them.
5.	29/07/19	Relationships with Parents/ family members	28	Re-establishing group norms and goals. Inviting students to draw genograms/ family trees and identify which relationships are their support systems. Invited students to identify their roles in their families and what would they like to do/feel differently.
6.	09/8/19	Relationship with peers/friends	26	Group closing session. Invited personal reflections, stories of hope and resilience, highlighted the importance of collectivising peer experiences and importance of support systems for one's mental health.
7.	16-8-19	Managing Exam Anxiety	16	Self-introductions, meaning of group therapy, Protocols of group therapy and its advantage. Use of goal setting worksheet to introduce how goals look different for each student and there is no right way of setting goals except setting realistic goals. Use of
8.	12-09-19	Managing Exam Anxiety	18	Learning ways of managing stressful negative thoughts about exam and failures. Use of grounding techniques to release anxiety.

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M. Parjatan (Coordinator)

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				Introduction of two mindfulness techniques to manage sleep related concerns.
9.	16-09-19	Managing Exam Anxiety	16	Identifying personal beliefs and negative automatic thoughts regarding exams and failures.
10.	19-09-19	Managing Exam Anxiety	21	Reframing negative automatic thoughts, building support systems, identifying personal strengths and risk factors impacting exam related anxiety.
11.	26-09-19	Managing Exam Anxiety	17	Sharing learnings in the group, facilitating disclosure, and seeking support from the group. Working on personalised worksheets for managing exam anxiety.

Total Students Registered: 62

Total Attendance through 11 sessions: 240

Total Sessions: 11



Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in

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Tanaz & Snehal

St. Mira's College for Girls, Pune
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Group Therapy Session -
Managing Exam Anxiety

Date - 16/8/2019

	Name	Roll No	Sign
1	Tamanna Rana	2773	
2	Merlin Suro	2629	
3	Pooja Kale	2932	
4	Neha Pawar	2931	
5	Neha Giri	2655	
6	Divya Gajbhiye	2834	
7	Sakshi chand	2610	
8	Urmila Gaikwad	2681	
9	Harshada Thorat	2679	
10	Lakshmi Pardeshi	2690	
11	Diksha Ayte	2664	
12	Neha wighne	2661	
13	Bhakti Kamble	2778	
14	Devika Dhobale	2658	
15	Vaishnavi Darekar	2756	
16	Vaishnavi More	2752	
17	Divya Bohra	2757	
18	Aditi Sawar	2755	
19	Nalini Bawari	2761	
20	Shalini Wanare	2676	
21	Sakshee Utekar	2697	
22	Kaveri Sorte	2670	
23	Shreya Laskar	2653	
24	Fatema Burmawala	2651	
25	Neha salve	2662	
26	Abhirami	2781	
27	Sejal Parkar	4658	
28	Preeti Doijad	2409	
29	Shamali Bhavsar	2321	

Jayant
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St. MIRA'S COLLEGE FOR GIRLS * POONA 411001 *

Pune Pune-Sai

classmate
Date
Page

30 Shruti Nimbalkar 2813

Total students - 30

Program coordinator - Ms. Pooja Saini

Pooja

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Department of Psychology
Mental well-being Program 2019-2020
Group Therapy Registration Form

12-July-2019 (Relationship with family) ~~(Family)~~

Name	class	Phone no.	Name	class	Phone no.
Anjali Pillai	SYBA(A)	9359054279	Anjali Pillai	SYBA-A	9359054279
Shruti Nimkar	SYBA(A)	9881190799	Niriksha Shetty	SYBA(A)	9890650604
Shreya Bhide	FYBA(A)	9284396570	Anha Khan	FYBA(A)	9284704477
Vedika J. Limaye	FYBA(A)	9421325341	Esha Darnwala	FYBA(A)	8459394935
Zahra S	TYBA(A)	8412098161	Saloni Kullar	SYBA(A)	9049744179
Sakina Azad	TYBA(A)	8007765804			

~~19-July-2019~~ ~~(Relationship with Peer)~~ 16/9/19 (Romantic Relationships)
session - 2

			Kumud Poptani	SYBA(A)	8839346161
Amrita Kaur	SYBA(A)	7045235915	Bitika Jetley	SYBA(A)	8975299872
Tikksha Padir	SYBA(A)	9403565548	Namrata Peshwani	SYBA	8320900472
Shruti Nimkar	SYBA(A)	9881190799			
Alifiya P	T.Y.B.A(A)	8669248751	Gunjan Advani	TYBCoM(B)	9503339800
Ahaana Shoghi	T.Y.B.A.(A)	9970961821	Afreen Shaikh	SYBCoM(C)	9552234 2
Disha Shankar	TYBA(A)	9422215705	Ayushree Nair	T.Y.B.A-A	9146870828
Harleen Grewal	F.Y.B.A(A)	7057078680	Ishita Chandra	SYBCOM'C'	9960080415
Tuweria Qureshi	FYBA(A)	9971652333	Shruti Nimkar	SYBA	9881190799
Sakshi Punjabi	FYBA(A)	9619715774	Tikksha Padir	SYBA	9403565548
Ki Sheth	SYBA(B)	9819923851			
BHOOMI PUNJABI	SYBA(A)	9833668885			
Sakshi Raheja	FYBA(A)	8999848573/ 9175403730			

Total students - 32
Program coordinator -
Ms. Pooja Jain

22-July (relationship with family)

Maitreyee Sanjitrao	F.Y.BA(A)	7741097169
Shreya Bhide	F.Y.B.A(A)	9284396570
Vedika J. Limaye	F.Y.B.A(A)	9421325341

29 July (Relationship with Peer)

Shyamali Bhaisar	FYBA(A)	8007653533
Tikksha Padir	SYBA(A)	9403565548
Shruti Nimkar	SYBA(A)	9881190799
Anusha Banerjee	SYBA(A)	8830842489
Amrita Kaur	" "	7045235915
Saloni Kullar	" "	9049744179

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
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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:- G15/IQAC/2019-20/88 **Date:-01. 07. 2019**

CIRCULAR

Between 5th July 2019 to 28th February 2020 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 ★POONA-411001★

A

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology

Mental Well-being Program 2019-2020

Classroom Awareness Sessions Integrated Data

July 2019- April 2020

S. No	Date	Class	Time	Venue	Concerned teachers	No. of students attended
1	9-July-2019	TY BA (A)	1:40-3:20 pm	201	SharminPalsetia Manjita K.	59
2	9-July-2019	TY BA (B)	9:10-11:00 am	203	Haseena S. Sheetal J. Sangeeta D.	~~19~~ 20
3	16-July-2019	TY Bom (A)	9:10-11:00 am	102	Elizabeth K.	22
4	17-July 2019	TY Bom (B)	9:10-11:00 am	103	Komal T.	57
5	26-July-2019	TY BCom (C)	9:10-11:00 am	101	Elizabeth K. Rekha K.	42
6	01-Aug-2019	TY BBA	11:10-1:10 pm	308	Deepali A. Kajal J. Abradita N.	24
7	01-Aug-2019	TY BCA	11:10-1:10 pm	308	Deepali A. Kajal J. Abradita N.	28
8	01-Aug-2019	TY BCS	11:10-1:10 pm	308	Deepali A. Kajal J. Abradita N.	27
9	03-Aug-2019	SY BA (A)	12:00- 2:00 pm	Sanctuary	Komal T. Manjita K.	89
10.	07-Aug-2019	SY BCom (B)	10:00-12:00 pm	101	Meenakshi W. Manisha P.	~~58~~ 57
11	08-Aug-2019	SY BA (B)	12:00-02:00 pm	Sanctuary	Meenal S. Vaishali J. Viveka S.	21
12.	20-Aug-2019	FY BBA	11:30- 1:30 pm	Sanctuary	Stella A.	44
13.	20-Aug-2019	FY BCA	11:30- 1:30 pm	Sanctuary	Stella A.	55

Program Coordinator

Principal Incharge
St. Mira's College for Girls, Pune.

14.	20-Aug-2019	FY BCS	11:30- 1:30 pm	Sanctuary	Stella A.	8
15.	22-Aug-2019	FY BCom B	12:00-02:00 pm	Sanctuary	Sheetal J. Sangeeta D. Komal T.	46
16.	12-Dec-2019	Junior College Arts and Science XI – Arts	11:00-12:30	Sanctuary	NA	64 JC
17	12-Dec-2019	XII- Arts	11:00-12:30	Sanctuary	NA	42 JC
18	12-Dec-2019	XI & XII Science	11:00-12:30	Sanctuary	NA	~~60~~ 59 JC
19	7-Jan-2020	TY BA (A)	9:10-10:50 am	2	SharminPalsetia Manjita K	41
20	8-Jan-2020	TY BA (B)	9:10- 10:50	3	Haseena S. Sheetal J. Sangeeta D.	14
21	9-Jan-2020	SY BA (B)	9:10-10:50	107	SharminPalsetia Haseena S.	31
22	10-01-2020	Junior College Commerce	11:00-12:30	Sanctuary	NA	56+ 70+ 23 JC
23	14-Jan-2020	SY BCom – A	8:55- 10:15	5	Elizabeth K. Rama V.	21
24	15-Jan-2020	SY BCom - B	9:10-10:50	105	Deepanjali M. Meenakshi W.	45
25	22-Jan-2020	SY BCom - C	9:10-10:50	106	Dimple B. Jyoti C.	52
26	29-Jan-202	TY BCom- B	10:00-11:30	102	Rekha K. Deepanjali M.	41
27.	30-Jan -2020	SY BA (B)	9:10-10:50	108	Haseena S. Manjita K.	37
28	05-Feb-2020	TY BCom - A	9:10-10:50	101	Elizabeth K. Dimple B.	48

Program coordinator

ST. MIRA'S COLLEGE FOR GIRLS * AUTONOMOUS * POONA

Principal Incharge
St. Mira's College for Girls, Pune.

29	05-Feb-2020	TY BCom- C	9:10-10:50	101	Sonia C. Elizabeth K.	35
30	08-Feb-2020	FY BCom - B	11:00-12:00 pm	104	Komal T.	~~68~~ 67
31	10-Feb-2020	FY BA - A	9:10-10:50	7	Vaishali J. Ekta (PT)	52
32	10-Feb-2020	BCA (FY +SY+ TY)	11:00-12:30	Sanctuary	NA	34
33	11-Feb-2020	FY BA - B	9:10-10:50	8	Haseena Ekta (PT)	69
34	14-Feb-2020	FY BCom – C + A	10:00-12:00	7	Vaishali J. Bindu N. Suhaile A. Dimple B.	29
35	15-Feb-2020	FY BCS	12:00-1:30	Sanctuary	None	26
36	15-Feb-2020	SY + TY BCS	12:00-1:30	Sanctuary	None	22
37	18-Feb-2020	FY BBA	11:00-12:30	AV Room	None	~~58~~ 57
38	18-Feb-2020	SY BBA	11:00-12:30	AV Room	None	47
39	18-Feb-2020	TY BBA	11:00-12:30	AV Room	None	17
		Total Sessions	**39**		**Total students:**	**1701**

Total students participated: 1701

Total number of sessions conducted: 39

Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Excluding Junior College
TOTAL = 1384

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2019-2020
Counsellor - Ms. Pooja Jain

Roll No.	Student Name	Date of Referral	Total number of sessions	Class	Gender	Source of Referral
3825	Vanshika Chaudhary	12-Jul-19	4	TY BCom	F	Self
3828	Geetanjali	15-Jul-19	4	TY BCom	F	Self
2236	Shreya Bhide	12-Jul-19	3	FY BA	F	Self
2709	Pooja Yadav	12-Jul-19	5	SY BA	F	Self
2313	Arya	05-Jul-19	8	FY BA	F	Self
4854	Simran R.	18-Jul-19	6	TY BA	F	Self
2877	Bhumi P.	18-Jul-19	3	SY BA	F	Self
4973	Joanna W.	18-Jul-19	3	TY BA	F	Self
2844	Namrata Dutta	26-Jul-19	4	SY BA	F	Self
2866	Aditi Sampat	05-Aug-19	2	SY BA	F	Self
2812	Arman Chagla	16-Aug-19	4	SY BA	F	Self
2286	Anusha Kolloji	29-Jul-19	3	FY BA	F	Self
2302	Muskan Negi	29-Jul-19	2	FY BA	F	Self
4807	Mamta Makhija	05-Aug-19	2	TY BA	F	Self
4263	Kajal Pande	05-Aug-19	4	TY BCom	F	Self
4612	Pooja Singh	09-Aug-19	3	TY BCom	F	Self
4658	Sejal Parkar	09-Aug-19	4	SY BCom	F	Self
6213	Neetu Beeju	16-Aug-19	5	MA Eco	F	Self
4607	Akanksha Kamthe	19-Aug-19	4	TYBCom -C	F	Self
2204	Sakshi Sethi	19-Aug-19	3	FY BA - A	F	Self
2813	Shruti Nimkar	23-Aug-19	8	SY BA	F	Self
4757	Priyanka Hawale	9/30/2019	2	TY BA	F	Self
18	Ankana Roy	9/30/2019	3	11th Grade	F	Self
4404	Priya Bajaj	9/30/2019	3	TY BCom	F	Self
2813	Shruti	11/21/2019	5	SY BA	F	Self
2606	Fatema Kathiria	11/25/2019	3	SY BA	F	Self
2236	Shreya Bhide	12-06-2019	2	FY BA	F	Self
2858	Tanvi Deokar	29-11-2019	2 + 1 Session with father	SY BA	F	Self
13	Rasika (12th grade)	29-11-2019	1	12th Grade	F	Self
2313	Arya Gupta	17-12-2019	4	FY BA	F	Self
2249	Akanksha Makhija	06-01-2020	3	FY BA	F	Self
10	Aishwarya Pillay	07-01-2020	3	(11th Science)	F	Self
11	Bhagyahsree Vaswani	07-01-2020	3	(11th Science)	F	Self
15	Madhura Petkar	07-01-2020	3	(11th Science)	F	Self
4436	Sanchari Sinha	03-02-2020	3	TY BCom	F	Self
2752	Vaishanavi More	03-02-2020	2	SY BA	F	Self
496	Sandhya Parihar	10-02-2020	2	12th Grade	F	Self
2804	Bushra	17-02-2020	2	SY BA	F	Self
3874	Sonia sura	17-02-2020	5	SY BCom	F	Self
2652	Ridhi Seth	28-02-2020	1	SY BA	F	Self
2264	Hargun Anand	28-02-2020	1	FY BA	F	Self
5511	Andrea Belsher	18-03-2020	3	SY BCS	F	Self
11865	Komal Sharma	18-03-2020	1	SY BCA	F	Self
2260	Harleen Anand	18-03-2020	5	FY BA	F	Self

Total Sessions 145
Total Students 44

Counsellor
Pooja
Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2019-2020
Counsellor: Behroze Chinoy

Roll no.	Student Name	Date of Referral	No. of Sessions	Class	Identifed Gender	Age	Source of Referral
4920	Friyana Munshi	16-07-2019	8	TYBA	female	19	Self
2874	Sakshi Gulwani	16-07-2019	5	SYBA	female	19	Self
2865	Ritwika Kanungoe	17-07-2019	2	SYBA	female	22	Self
4970	Pragati Tidke	17-07-2019	6	TYBA	female	20	Self
2866	Aditi Sampat	23-07-2019	7	SYBA	female	18	Self
2854	Judith Botelho	23-07-2019	6	SYBA	female	18	Self
21923	Snehal Pawar	24-07--2019	2	FYBA	female	18	Self
2851	Saloni Kullar	24-07--2019	8	SYBA	female	19	Self
2321	Shyamali Bhavsar	13-08-2019	7	FYBA	female	18	Self
4978	Rashida Jeewanjee	31-07-2019	1	TYBA	female	19	Self
2604	Vyomi Gidwani	09-08-2019	2	SYBA	female	19	Self
4912	Shreya Humnabadkar	14-08-2019	1	TYBA	female	20	Self
4946	Anoushka Goutain	20-08-2019	2	TYBA	female	20	Self
4618	Saloni Jain	21-08-2019	1	TYBCom	female	20	Self
4919	Baby Singh	21-08-2019	1	TYBA	female	20	Self
2320	Ishika Mahajan	27-08-2019	1	FYBA	female	18	Self
2299	Aparupa Sinha	28-08-2019	7	FYBA	female	18	Self
2278	Amal Abubedahli	28-08-2019	2	FYBA	female	18	Self
4926	Tasneem Khadkiwala	28-08-2019	1	TYBA	female	20	Self
2860	Anjali Pillai	18-09-2019	3	SYBA	female	19	Self
2827	Simran Sanjay	18-09-2019	1	SYBA	female	18	Self
4984	Zahra Shetranjiwala	24-09-2019	1	TYBA	female	19	Self
4971	Anushka Gupta	25-09-2019	5	TYBA	female	20	Self
2864	Preksha Porwal	25-09-2019	1	SYBA	female	19	Self
NA	Dharmishta Singh	26-09-2019	1	Faculty	female	33	Pooja Jain, Coordinator.
6043	Uzma Sayed	01-10-2019	1	MA Part I	Unsure of self, but inclined to male	23	Self
2858	Tanvi Deokar	26-11-2019	1	SYBA	female	18	self
21955	Bhavya Bharadwaj	11-12-2019	4	FYBBA	female	18	self
4947	Bhakti Oza	24-12-2019	4	TYBA	female	19	self
4404	Priya Bajaj	24-12-2019	3	TYBCom	female	21	self
2877	Bhumi Punjabi	21-01-2020	2	SYBA	female	18	self
16	Aditi Gade	22-01-2020	3	class 11	female	16	self
2284	Shivani Benson	11-02-2020	1	FYBA	female	20	self
4768	Ria Singh	12-02-2020	2	TYBA	female	20	self
3874	Sonia Sura	22-02-2020	1	SYBCom	female	18	self
2810	Sakshi Gidwani	25-02-2020	1	SYBA	female	18	self
2231	Urvi Shetty	25-02-2020	1	FYBA	female	18	self
4234	Netra Girkar	25-02-2020	1	TYBCom	female	21	self
2268	Nyater Ete	26-02-2020	1	FYBA	female	18	self
2932	Pooja Kale	03-03-2020	1	SYBA	female	25	self
4430	Neha Londhe	24-03-2020	1	TY BCom	female	20	Self
	Total Sessions	**110**		Counsellor			
	Total Students	**41**					

Program Coordinator - Ms. Pooja Jain

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
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St. Mira's College for Girls, Pune
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Department of Psychology
Mental Well-being Program 2019-2020
Individual Sessions - Ms. Nupur Dhakephalkar

Roll No.	Name	Date of referral	No. of sessions	Class	Gender	Age	Source of referral
4973	Joanna Wilson	7/25/2019	2	TYBA	F	20	Self
4854	Simran Raheja	7/25/2019	5	TYBA	F	20	Self
	Prajakta Kale	7/25/2019	5	SYBA	F	19	Self
21967	Pragati Sase	08-01-2019	1	FYBBA	F	20	Self
21969	Sadiya Mankar	08-08-2019	2	FYBBA	F	18	Self
21741	Falak baig	08-08-2019	1	TYBBA	F	20	Self
2855	Titiksha Patir	08-08-2019	1	SYBA	F	19	Self
2860	Anjali Pillai	8/22/2019	1	SYBA	F	19	Self
4983	Jefiya Babu	8/29/2019	5	TYBA	F	20	Self
21871	Nandini Sharma	8/29/2019	3	SYBBA	F	19	Self
2869	Anisha Vipparati	09-05-2019	1	SYBA	F	19	Self
21725	Karen	05-12-2019	2	SY BBA	F	19	Self
4215	Saee Gaikwad	05-12-2019	2	TYBCom	F	20	Self
2881	Niriksha Shetty	12-12-2019	5	SY BA	F	20	Self
2868	Arshi	19-12-2019	3	SY BA	F	20	Self
4963	Sneha Joel	09-01-2020	1	TY BA	F	20	Self
2875	Ankita Dapad	30-01-2020	1	SY BA	F	19	Self
4651	Jhanvi Chayal	30-01-2020	1	TY BCom	F	20	Self
	Trincy	30-01-2020	2	TY BA	F	20	Self
	Avni Bhatka	06-02-2020	1	TY BA	F	20	Self
4844	Aarti Malik	13-02-2020	1	TY BA	F	20	Self
16	Harshita Masand	20-02-2020	1	11th Grade	F	16	Self
4984	Zhara	28-02-2020	1	TY BA	F	20	Self
2415	Yukta Gaikwad	12-03-2020	1	FY BA	F	20	Self
21742	Pranali Shetye	12-03-2020	1	TY BBA	F	20	Self
4203	Ankita Desai	19-03-2020	1	TY BCom	F	19	Self
2318	Jessica Jake	19-03-2020	1	FY BA	F	18	Self
	Total sessions		**52**	Counsellor			
	Total Students		**27**				

Program coordinator - Ms. Pooja Jain

Pooja

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College for Girls, Pune			
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Department of Psychology			
Mental Well-being Program 2019-2020			
Counsellor: Ms. Pooja Jain			
Students who contacted post Covid-19 Outbreak for mental health support			
Roll No	**Name of the Student**	**No.of Sessions**	**Class**
4931	Khatija Muffadal	1	FY BA
4970	Pragati Tidke	1	TY BA
4215	Saee Gaikwad	1	TY BCom
2299	Aparupa Sinha	6	FY BA
2862	Aditi Arya	3	SY BA
2300	Ritika Sarnot	1	FY BA
5520	Bhakti Shah	1	SY BCS
3469	Arya Galande	1	FY BCom
2858	Tanvi Deokar	1	SY BA
11865	Komal Sharma	2	SY BCA
3306	Vaishnavi Dhabu	1	FY BCom
4206	Tahsin Sultana	1	TY BCom
2231	Urvi Shetty	1	FY BA
3808	Neha Pathal	1	SY BCom
2844	Namrata Dutta	4	SY BA
2860	Anjali Pillai	1	SY BA
21945	Shraddha Pawar	1	FY BBA
4264	Vidhi Narang	1	TY BCom
4258	Jinu Jose	1	TY BCom
4235	Vishaka Biwal	1	TY BCom
2264	Hargun Anand	1	FY BA
2302	Muskan Negi	1	FY BA
4203	Ankita Desai	1	TY BCom
2813	Shruti Nimkar	6	SY BA
21955	Bhavya B.	1	FY BBA
	Total Students	**26**	
	Total Sessions	**40**	
	Program Coordinator	Ms. Pooja Jain	

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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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:- G15/10AC/2019-20/52 Date:-01.07.2019

CIRCULAR

Individual Counselling Sessions will be provided on pre appointment basis by Mental Well-being Program under Department of Psychology between1st July 2019 to 30th March 2020 for all Degree College Students during college hours on campus.

Ms. Pooja Jain
Coordinator

Dr. Gulshan H. Gidwani
Principal

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology

Mental Well-being Program 2019-2020

Individual Therapy Sessions Report

Students were offered free individual professional counselling sessions throughout the academic year starting from July 2019 to April 2020. One full time college Counsellor, Ms. Pooja Jain and two part time Psychologists, Nupur Dhakephalkar and Behroze Chinoy were appointed to offer psychological support to students by the Department of Psychology.

In total 138 students reached out for help through taking personal appointments and 347 sessions were offered to these students throughout the academic year.

Program Coordinator: Ms. Pooja Jain

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

9/7/2019 Tejal Thadkar

Parijat

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St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme – 1
Attendance Sheet (TYBA English Special) (A)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4911	LOBO IRIS JUDE	Iris	
2	4912	HUMNABADKAR SHREYA UPENDRA		
3	4913	ADAM ASHITA ERNEST		
4	4914	HIMANWITA MAZUMDAR		
5	4915	HUSSAINY LUJAIN SYED RAZA		
6	4916	CARDOZA ANTHEA AMON		
7	4917	SEBASTIAN RUBY SHIRISH	—	
8	4918	KHAN HENNA FEROZE	—	
9	4919	SINGH BABY VIKRAM	Baby	
10	4920	MUNSHI FRIYANA DARAYES		
11	4921	NAIR AYUSHREE MANIKANDAN		
12	4922	SAH KAMINI VIJAY		
13	4923	DESAI TANVI RAJESH		
14	4924	SIMRAN ANTIONETTE RODRIGUES	—	
15	4925	SHREYA BANERJEE	—	
16	4926	KHADKIWALA TASNEEM HUSENI	—	
17	4927	KRIPALANI YAMINI YOGESH		
18	4928	JAGDALE SHRADDHA NAMDEV	—	
19	4929	PATEL RUTIKA KRISHNAKANT	—	
20	4930	ALIFIYAH EZZI	—	
21	4931	LOKHANDWALA KHADIJA MUFADDAL	Khadija	
22	4932	ALEFIYA ABBAS POONAWALA		
23	4933	HUSAINA MUNAWAR KAPASI		
24	4934	KHADIJA JOHAR CUTPIECEWALA		
25	4935	GODHRAWALA MUNIRA TALIB		
26	4936	NEHA CHAVAN		

Parijat
Parijat Jain
Coordinator

COLLEGE FOR GIRLS * POONA * St. Mira's

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA English Special)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
27	4937	KUSALKAR ANUJA SUNIL	Anujaek	
28	4938	TANVI DHARMENDER LOHAN	—	
29	4939	JYOTI LUGUN	—	
30	4940	AGNESIA MUNDRI	—	
31	4941	KRITIKA SHARMA	—	
32	4942	IRAISHA DJAKDIS PUNJABI		
33	4943	ENGINEER AMATULLAH MUSTANSIR	—	
34	4944	JAKE S THOMAS		
35	4945	PILLAY SHIVANI SOUNDRAJ	—	
36	4946	ANOUSHKA GUTAIN	Anoushka	
37	4947	OZA BHAKTI SANDEEP	Bhakti	
38	4948	JUTHANI AYESHA MUKESH	—	
39	4949	PURVI BOHRA	—	
40	4950	KAZI ALISHA MUJEEB	—	
41	4951	SILVIE CHUNG SHIU POU	—	
42	4952	PHAGUNI BRAHMA	—	
43	4953	RESHMAA ADHANA	Reshmaa	
44	4954	DIVYA BAMBOLI	Divya	
45	4955	JAYA TRIPATHI	Jaya Tripathi	

Raj. Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA Psychology Special)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4961	PEARL HACKETT	—	
2	4962	SHIVANI SINGH		
3	4963	SNEHA JITENDRA JOEEL		
4	4964	BHANDARI PRERNA VIJAY		
5	4965	SANGHVI VAIBHAVI DEEPAK		
6	4966	JAIN DIVYA SUBHASH		
7	4967	DSILVA DORA DONALD		
8	4968	AMLANI ASHNA AKBAR		
9	4969	MUSKAN BISHNOI	—	
10	4970	TIDKE PRAGATI SAMPAT		
11	4971	GUPTA ANUSHKA NILESH		
12	4972	SHAH SANA RAFI		
13	4973	JOANNA DIETER WEILSON		
14	4974	SHARMA PREETI KARAMVIR		
15	4975	VISHALI SHARMA		
16	4976	JAIN VIDHI KIRAN		
17	4977	DISHA PAWANKUMAR DHANKANI		
18	4978	JEEWANJEE RASHIDA SHABBIR		
19	4979	AHARNA SHOGHI		
20	4980	SNEHA SANJAY GHATULE		
21	4981	R RASHMI PRIYAA		
22	4982	ANUSHKA WILSON		
23	4983	JEFIYA BABU		
24	4984	SHETRANJIWALA ZAHRA MOHAMMAD		
25	4985	SUSMITA YADAV	—	

Ms. Pooja Saini
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme

Attendance Sheet (TYBA Sociology Special -A)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4751	SHEDGE DIVYA PRAKASH		
2	4752	RANAWAT MANSI SURESH		
3	4753	AGARWAL YASHNA RAKESH	—	
4	4754	SHAH SAKSHI RAHUL	—	
5	4755	GADRE AKANKSHA VIKAS	—	
6	4756	FERNANDES CADENCE NEVILLE	—	
7	4757	PRIYANKA TANAJI HAWALE	—	
8	4758	NIKALJE SANTOSHI JITENDRA	—	
9	4759	SHAIKH SALINA RAFIQ	—	
10	4760	TANVI GINA JOGDAND	—	
11	4761	KALYANKAR AISHWARYA AMBADAS		
12	4762	HARRY CHRISTINA GEORGE	—	
13	4763	SHREYA SUNIL MASKE		
14	4764	SHARDHA	—	
15	4765	ANTHONY SHERIN HARRY	—	
16	4766	PATIL SAI RAJEEV	—	
17	4767	KAMAKSHA SINGH	—	
18	4768	RIYA SINGH	—	

Pooja Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA Economics Special -A)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4831	ATTARI SAKINA SAIFUDDIN	Sakina.	
2	4832	ANANNYA SAHANI	—	
3	4833	DIVYANSHI JOSHI	—	
4	4834	THOMBRE TEJAL ABHAY	Thombre	
5	4835	KACHHI ZEBA JAVED	—	
6	4836	TANU MALIK	Tanu Malik	
7	4837	NISHA	Nisha.	
8	4838	BHANDAR PUSHPA SHRINIVASAN	—	
9	4839	DIVYA RAO	Divya Rao	
10	4840	YITER GADI	—	
11	4841	SHRISTI CHOUDHARY	—	
12	4842	TANISHA RATHOD	—	
13	4843	BARAWKAR MRUNAL ANIL	—	
14	4844	ARTI MULIK	—	
15	4845	RAWADE JOANA SHALMON	Rawade.	
16	4846	BABLI DEBBARMA		
17	4847	SAKINA MUFAZZAL	Sakina	
18	4848	GUDURI MERCY SUDARSANAM	Mercy.	
19	4849	HIMANKITA DEBBARMA	—	
20	4850	RADHIKA KHURANA	—	
21	4851	MUDDALA NEHA RAJARAO	—	
22	4852	PRATIMA RAMKISHOR DHURIYA	—	
23	4853	MEHAK BINDROO	—	
24	4854	RAHEJA SIMRAN SUJIT	—	

Attendance Sheet (TYBA General -A)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	5701	RUKMINI NITIN SIRAS	—	
2	5702	BUSHRA KHAN	—	

N. Total Number of students - 59

Name & sign of Program coordinator - Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Program Coordinator - Pooja Jain

Date - 9/7/2019

St. Mira's College for Girls, Pune

Awareness Sessions of Mental Well-being Programme - 1

Attendance Sheet (TYBA Sociology Special -B)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4791	SONAL TRIVIT VANJARI	—	
2	4792	SAKHEE JAYANT KULKARNI	—	
3	4793	ALALLI DIKSHA NITIN	Alalli	
4	4794	RAVINA SANJAY SARSAR	—	
5	4795	SHEETAL SHARMA	—	
6	4796	NAGTILAK PRIYA SHRIMANT	Priya	
7	4797	MANASI MANDAR MOADAK	—	
8	4798	RAMA SHRIMANT NAGTILAK	Nagtilak	
9	4799	KIRANDEEP	—	
10	4800	AKHILA YESUDAS	Akhila 11/7/19	
11	4801	PRACHI VIJAY GAIKWAD	Prachi 11/7/19	
12	4802	LATHI RUCHA DILIP	—	
13	4803	NAIDU JIVITA KISHOR	—	
14	4804	SAMPADA SHIVAJI BUCHADE	—	
15	4805	SAKSHI AMAR KHANDVE	—	
16	4806	DHANAWADE PRATIKSHA HARIBHAU	—	
17	4807	MAKHIJA MAMTA SHANKAR	Mamta	
18	4808	JASMIN SAYYADHUSEN SAYYAD	—	
19	4809	NIHARIKA KOKA	—	
20	4810	SHAIKH KAUSAR SALIM	—	
21	4811	GAIKWAD SHIVANI ANIL	—	
22	4812	SALVE SONALI SAHADEV	—	
23	4813	RAJORIA NAMRATA BANARSI	—	
24	4814	ARADHANA BENDRE	—	
25	4815	PAWAR SANJANA SIDDHANT	Pawar	
26	4816	CHAVAN POOJA VITTHAL		

Ms. Pooja Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Awareness Sessions of Mental Well-being Programme
Attendance Sheet (TYBA Economics Special -B)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	4871	HARSHA SUBHASH		
2	4872	SUTAR PRIYANKA SANJAY	—	
3	4873	NAMRATA KUMARI		
4	4874	PREETI MEHTA	Preeti	
5	4875	PRATIKSHA YEDULAL UDAMALE		
6	4876	SHIRODKAR PRATIMA PRADIP	Pratima	
7	4877	PATHAN SANA KHAN	—	
8	4878	SHILAWANE RINKAL ANIL	Rinkal	
9	4879	SANGEETA	—	
10	4880	GHORPADE NIKITA SATWA	—	
11	4881	NAVALE DHANASHREE JAISINGH	—	
12	4882	MHASKE NIKITA RAJESH	—	
13	4883	PATOLE SNEHA GANESH	—	
14	4884	VAISHNAVI RAGHUNATH JAGDHANE	Vaishnavi	
15	4885	POTAWALE DIPTI VILLAS		
16	4886	SONAWANE DHANSHRI PRADEEP	—	
17	4887	MITALI MANISH PATIL	—	
18	4888	KAJAL	Kajal	
19	4890	GUNJAL SHITAL RAMESH	—	

4895 Shaikh Muskan

Attendance Sheet (TYBA General -B)

Sr.No	Roll No	Name of the Student	Signature	
			Session 1	Session 2
1	5726	SHEETAL JADHAV	Sheetal J.	
2	5727	UMEEAIMAN FAHIM AHMED SHAIKH	—	
3	5728	KUSALKAR NAMRATA MAHADEV		
4	5729	GANGURDE PRACHITI JAYSHREE	—	
5	5730	GAIKWAD RUTUJA SURESH		
6	5731	SHUKLA NEHA OMKAR	—	

Total Number of students - 20

Name & Sign of Mental well-being Program coordinator — Ms. Pooja Jain

Poojain

MIRA'S COLLEGE FOR GIRLS

Principal Incharge
St. Mira's College for Girls, P

Date- 16/July/2019

Session 1- understanding Stress & Anxiety
Session 2- understanding depression & loneliness.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE 16/July/2019
TYBCOM A Mental Wellbeing Programe (1) (22)

Roll No	Student name	Session1	Session2
4201	CHAVAN AMRUTA DILIP	Amruta	
4202	SHAIKH RUKHSAR AYAZ	—	
4203	DESAI ANKITA RAJENDRA	—	
4204	MAJIKAMLIU RINGKANGMAI	Majo	
4205	RUTUJA BAPU PATHARE		
4206	SULTHANA TAHSIN HABIBULLAH	Sulthana.	
4207	JALAN AKANKSHA MANOJ		
4208	TULASKAR PRATIKSHA RAJESH	Pratiksha	
4209	DAVE SHUBHANGI SHASHIKANT	Dave	
4210	KULKARNI SANDIP SAMRUDDHI	S. Kulkarni	
4211	KALBHOR AKANSHA DILIP	Akansha.	
4212	SHUKLELLU NAMRATA RAKESH	—	
4213	JADHAV SANJANA SNEHAL	—	
4214	NAVENA V	—	
4215	SAEE PRAFULLA GAIKWAD	—	
4216	VAISHNAVI SHINDE	—	
4217	KHAIRNAR DIVYA MILIND	—	
4218	CHAITRALI SUDHAKAR VIBHUTE	—	
4219	RIYA ANIL KAKUSTE	—	
4220	DODKE SHWETA SUNIL	—	
4221	PAURNIMA MACHINDRA TAPKIR	—	
4222	JADHAV MONIKA ASHOK	—	
4223	PATHARE SHREYA BALASAHEB	—	
4224	URVASHI YADAV	—	
4225	PAWAR AISHWARYA RAJENDRA	—	
4226	SHWETA RAJESH JOSHI	—	
4227	DILSHEEN KAUR	—	
4228	AGARWAL NIDHI SATISH	Nidhi.	
4229	SHIRISHTI BERTHWAL	Shrishti	
4230	POONAM DEEPCHAND SHRIVAS	—	
4231	SINGH DURGANJALI VIKAS	—	
4232	PAWAR SHRUTIKA SANJAY	—	
4233	K R SANJANA	—	
4234	GIRKAR NETRA NITIN	—	
4235	VISHAKHA VILAS BIWAL	—	
4236	YALLALA PRATIKSHA HANUMANTH	—	
4237	MANSI TIWARI	—	
4238	GALANDE NEHA SANDEEP	—	
4239	SHIVANI JAYPRAKASH SATAV	—	
4240	PRANALI DNYANESHWAR GHULE	—	
4241	JADHAV PRANALI PRAKASH	—	
4242	SHAIKH MEHNOOR YUNUS	—	
4243	KAWADE RUCHIRA SANDEEP	—	
4244	RAJPUROHIT SIMRAN BHIMSINGH	—	

Principal Incharge
St. Mira's College for Girls, Pune.

Ms. Pooja Jain
Coordinator

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4245	POONAM RAMCHANDRA DUBE	Poonam	
4246	PARMESHWARI BALDAU SAHU	Parmesh	
4247	SHELKE AISHWARYA RAJENDRA	—	
4248	HARSHADA VIJAY KAPSE	—	
4249	NEHA BANO SHAHEED AHMED	—	
4250	SHAIKH ALFARA SHAHIB	—	
4251	ARYA MEENA KAILASHCHANDRA	—	
4252	G RADHA PRAVALLIKA	—	
4253	SACHDEV RIDHIMA DEEPAK	Ridz.	
4254	SHEFALI CHAVAN	—	
4255	MORE KOMAL GANESH	—	
4256	PRERNA SINHA	—	
4257	JASSICA HAZARIKA	—	
4258	JINUU JOSE	Jin	
4259	KADAM SAMRUDHI VIJAY	Kadam	
4260	SOLANKI SANGITA MANGILAL		
4261	MOMIN RIMSHA RASUL		
4262	LANGA SIMRAN MOHD RAFIQUE	Blanga.	
4263	PANDE KAJAL MANOJ	Kajal	
4264	NARANG VIDHI LAKHMICHAND	Narang	
4265	RAJPUROHIT POOJA UMEDSINGH	Puja	
4266	SEVAK NIKITA POPATLAL	Nikita	
4267	CHOUDHARY POOJA BHURARAM	Pooja	
4268	VASAYA HABIBA HASSANALI	—	
4269	SRISHTI YADAV	—	
4270	PILLAY SOUNDARYA KRISHNMURTHY	—	
4271	FRANCIS ALISHA LAWRENCE	—	
4272	MANSURI FARZANA SHABBIR	—	
4273	MANISHA GADE	—	
4274	YADAV SNEHANJALI RAMYASH	Snehanjali	
4275	DHUMAL SAKSHI SHANTARAM	Dhumal	
4276	PAWAR SIMRAN DATTATRAYA	—	
4277	RINKU YADAV	—	
4278	KAJAL KALURAM BORHADE	—	
4279	RAO MEENAKSHI GIRDHARILAL	—	
4280	MISHRA DEEPIKA SANJAY	—	
4281	PANJWANI KAREENA RAJU	—	
4282	NISHA JANGID	—	
4283	KOMAL VEDPRAKASH JANGID	—	
4284	ALBELA PRACHI MAHESH	—	
4285	NAVLANI KAREENA MAHENDRA	—	
4286	SONI POOJA MUKANDILAL	—	
4287	SAYYED ALVIRA RIYAZ	—	
4288	VINITA TOLANI	—	
4289	UME SALMA	—	
4290	KUMBHARKAR DEEPTI GANESH	—	
4291	PESTONJI NAINAZ PARVEZ	—	

Principal Incharge
St. Mira's College for Girls, Pune.

Ms. Pujo Jain
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA ★

St. Mira's College For Girls Pune
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4292	FULFAGAR DIVYA RAJESH	—	
4293	SAMEEHA ANWAR RUMANE	—	
4294	NEHARKAR NISHA DILIP	—	
4295	NAKTE SHIVANI SHANKAR	—	
4296	NALINI BALRAM TIWARI	—	
4297	RAY PUSHPA INDRAJIT	—	

Total number of students - 22

Program coordinator - Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

(10)

Session 1 - Understanding Stress & Anxiety

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

TYBCOM B Mental Wellbeing Programe (57) 17/ July /2019

Roll No	Student name	Session1	Session2
4401	HIRWANI RASHMI ASHOK		
4402	ISHA HASANAND LALWANI		
4403	MOHNANI CHANDNI GHANSHYAM		
4404	BAJAJ PRIYA SURESH		
4405	BANGAR BHAGYASHREE SURYABHAN		
4406	SHIVANI PADMAKAR JIRWANKAR	—	
4407	SAWANT DHANASHREE VILAS	—	
4408	DIVYA SHIVAJI KATKAR	—	
4409	PAYAL BHASKAR JAGDALE	—	
4410	PUJARI TEJASWINI KALLAPPA		
4411	HEMA SUNDER PUJARI		
4412	DHUMAL POOJA RAJESH	—	
4413	KUDALE KASHMIRA VIJAY		
4414	KUMARI PREETI YADAV		
4415	LOPEZ KATE AUSTIN		
4416	PRITI VERMA		
4417	PAWAR VISHAKHA SURYAKANT		
4418	DENDGE AKANKSHA DEVIDAS		
4419	GAIKWAD PRITI ANKUSH		
4420	MORE NEHA KESHAV	—	
4421	THOMBRE PRATIKSHA RAJENDRA		
4422	SHINDE KOMAL GOVIND		
4423	KADAM KOMAL SATISH	—	
4424	GHATGE ADITI ANIL	—	
4425	AMRITA PANDEY	—	
4426	JOSHI SHREYA PRAMOD		
4427	PAWAR NIKEETA NITIN		
4428	KSHIRSAGAR PRATIKSHA PRABHAKAR		
4429	ADHAV HARSHADA SANTOSH	—	
4430	LONDHE NEHA SANJAY		
4431	GUJAR ANUSHREE SANJEEV		
4432	SNEHA ARUN DASKARMAKAR		
4433	MANUEL VANESSA VIJAY		
4434	UDAS VAISHNAVI JAYANTA		
4435	DESHMUKH MONIKA SURESH		
4436	SANCHARI SINHA		
4437	ANISHA KUMARI	—	
4438	MORE RACHANA SACHIN		
4439	LUND SIMRAN JAIKISHAN		
4440	AKHADE RUTUJA RAHUL	—	
4441	ANKITA ASHOK JAGTAP		
4442	HASTODIA VIA VIJAY		
4443	KHAN SANA NASRULLA		
4444	GANGRAS AAROHI		

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★ LOCALITY POONA ★

St. Mira's College For Girls Pune
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4445	PINKY SANJAY DUBEY	—	
4446	SHARMA EKTA CHANDRASHEKHAR	—	
4447	VARMA POOJA KUNDAN	Pooja	
4448	LOBO NICHOLA BAPTIST	Nichola	
4449	NAIDU PAVITRA ANANDA	Pavitra	
4450	KARNIK JYOTI HANMANTA	Jkarnik	
4451	PRIYANKA SINGH	Singh.	
4452	ARATI BASWARAJ MANDADE	Arati	
4453	UPASE KAJAL RAMESH	Kupase	
4454	RAJGURU MEGHA GANESH	—	
4455	SHAIKH SANAM QUITABUDDIN	—	
4456	KULKARNI RUTUJA SATISHRAO	R. Kulkarni	
4457	SAKORE APURVA RAVINDRA		
4458	JASMIT KAUR	Jasmit	
4459	SHRUTHI PRAVEEN	Praveen.	
4460	SAFIA KHATUN	Safia	
4461	SHINDE REENA MANOHAR	Reena	
4462	SANDRA SEBASTIAN	—	
4463	CHAVAN AARTI NOORAPPA	Aarti	
4464	KAMBLE NISHA RAJESH	—	
4465	THOMAS DILYSE VALERIAN	—	
4466	SAMRUDDHI	—	
4467	PATIL POOJA ANIL	Pooja	
4468	PHUTANE DIKSHITA PRAVIN	Dikshita	
4469	KADAM SNEHA SUNIL	—	
4470	NAWALE RASIKA MUKESH	—	
4471	PARMAR ISHA RAJESH	—	
4472	SHINDE PRAJAKTA MANGESH		
4473	SHIVANGI	Shiv	
4474	BHADORIYA SANDHYA RAJVEER	—	
4475	MESTRI ASHWINI ANIL	—	
4476	DIVYA SURENDRA NIKALJE	Nikalje	
4477	MENON MALAVIKA SIVADASAN	—	
4478	BHOSALE SHRADDHA PUSHPENDRA	—	
4479	MATANG BHARTI BHAUSAHEB	—	
4480	KAWADE SANSKRUTI CHETAN	—	
4481	AMARCHINTA SARASWATI MALLESH	—	
4482	MANSI RATHOD	—	
4483	SHINDE SAKSHI MANGESH	—	
4484	KHAN NAURINA IKRAM	—	
4485	PUJA MILAN DEBBARMA	—	
4486	DWIVEDI EKTA RAMKUMAR	—	
4487	CHAVAN POOJA VISHWARAJ	—	
4488	MADKI AFREEN SATTAR	—	
4489	TOMAR POOJA RAJESH	—	
4490	BORKAR GAURI NILESH	—	
4491	ANKITA KISHOR PARTHE	—	

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

St. Mira's College For Girls Pune
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4492	PRIYANKA PATIL	—	
4493	JADHAV NEHA RAJENDRA	—	
4494	PRAGYA TIWARI	Pragya	
4495	GUNJAN KAILASH ADVANI		
4496	SUSHMITA CHAKRABORTY		
4497	RADHA SINGH	Singh	
4498	SHARMA NITU KAMLESH		
4499	SHIVANI THAKUR	—	
4500	BINGI AISHWARYA BALAJI	—	
4501	DNYANESHWARI SANJAY GHADAGE	—	
4502	KASRUNG ANAMIKA KASHINATH		
4503	SEEMA KUPARAM CHOUDHARY		
4504	CHAUHAN POOJA SURENDRA		
4505	BHARTI REENA UDAYNARAYAN	—	
4506	KSHIRSAGAR SHWETA RAMCHANDRA	—	
4507	NIDHI	Nidhi	

Total Students- 57

Name of Program Coordinator:- (Mrs. Pooja Jain)

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Session 1 - understanding Stress + Anxiety

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

TYBCOM C Mental Wellbeing Programe (42)

26/July/2019

Roll No	Student name	Session1	Session2
4601	RENU JAGDISH SHARMA	—	
4602	SHAIKH FATIMA ALTAF	—	
4603	KOHLI ANJALI RAKESH	AKohli	
4604	PANHALKAR SMITA RAMDAS	SmitaPanhalkar	
4605	KALPANA SINGH	—	
4606	GOEL ADITI SUNIL	Goel	
4607	KAMTHE AKANKSHA SANJAY	Kamthe	
4608	SHELKE DIPALI CHINTAMAN	—	
4609	PRANALI SHRIDHAR ABNAVE	—	
4610	PASALKAR DIPTI ANIL	DSal	
4611	THALLAM THATTAI VAISHNAVI	—	
4612	SINGH POOJA PADAM	Poojalinsh	
4613	JADHAV SIMRAN KAMLESH	—	
4614	KOGNOOR POOJA SHARANBASAPA	—	
4615	RATHOD KAJAL SHANKAR	—	
4616	RATHOD ROHINI SURESH	—	
4617	SUPRIYA GANGARAM HARIHAR	—	
4618	JAIN SALONI JINENDRALAL	—	
4619	MARTIN FLORINA PHILIP	—	
4620	JADHAV GAURI LAXMAN	—	
4621	BAGWAN GAZAN SHAKEEL	—	
4622	AHIR RASHMI SURESH	—	
4623	PARATE PRAJAKTA SUNIL	—	
4624	MORE KAJAL VISHNU	—	
4625	CHOUDHARI DHANSHREE POPAT	—	
4626	SHWETA SANTOSH KATE	—	
4627	GOGAVALE PRIYANKA SAMBHAJI	—	
4628	DEOKAR KRUTIKA VIJAY	—	
4629	PAIGUDE JYOTSNA VASANT	—	
4630	HARSHADA SAMBHAJI GOGAVALE	—	
4631	CHAVAN DAMINI GOVERDHAN	—	
4632	INGAWALE SABURI DHANAJI	—	
4633	GITANJALI VITTHAL MORE	—	
4634	BHADALE SNEHAL ISHWAR	—	
4635	KOLI YALLAMMA BALSHEKAR	—	
4636	PATIL SNEHAL RAMCHANDRA	—	
4637	SHWETA RAGHUNATH ADHAV	—	
4638	KOKANE MURNAL RAJESH	—	
4639	GAIKWAD SHUBHANGI GAUTAM	—	
4640	SHINDE SUJATA BHAGWAN	—	
4641	MADHURA PRAKASH TEKALE	—	
4642	GAIKWAD KOMAL VIJAY	—	
4643	MORE PRATIKSHA AJAY	—	
4644	ANKAM PREETY PRAKASH	—	

Principal Incharge
St. Mira's College for Girls, Pune.

Poojasain
(Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

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

4645	SANCHETI FALGUNI SHARAD	Sancheti	
4646	SARSAR KAJAL RAJENDRA	Kajal	
4647	DEVIKA KASHINATH PUJARI	Devika	
4648	NITIKA CHATUTVEDI	Nitika	
4649	KOMAL KADAM	Komal	
4650	PUJA BORGAON	Puja	
4651	SHAIKH SHIREEN RASHID	—	
4652	HUNDEKARI MUSKAN MALANG	—	
4653	GATHANI KHUSHI LATESH	Khushi	
4654	VAIRAT NISHIGANDHA DATTATRAY	Nishigandha	
4655	BHOSALE POOJA BHASKAR	Pooja	
4656	SIDDHI MAHESH WARGHANE	—	
4657	REPAK ANKITA RAJENDRA	Repak	
4658	SEJAL VIJAY PARKAR	Parkar	
4659	JONGRA KAJAL MANOJ	—	
4660	BHORDE EKTA ANIL	—	
4661	SINGH POOJA SAURAJ SINGH	—	
4662	KAMBLE RITIKA YESHWANT	—	
4663	SIMI SUNNY	Simi	
4664	DESHMUKH ANJALI CHARDARKANT	—	
4665	KORI MAMTA RAMPRAKASH	—	
4666	RUCHIKA RAJENDRA RATHORE	—	
4667	NUTAN ANANT DESHMUKH	—	
4668	BHALERAO SWATI SANJAY	—	
4669	SHARMA NIKITA DHARMENDRA	—	
4670	MULCHANDANI RICHA GUL	—	
4671	TIWARI JYOTI DEVI ARUNKUMAR	—	
4672	SHIVANI SHAMBHU SHAH	—	

Total no. of students - 42

Pooja

Program coordinator - Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

SHERIN GEORGE

St. Mira College for Girl's Pune

Mental well-being Awareness session - Understanding Stress & Anxiety

List of Students in ~~Third year Bachelor Of Computer~~ (T.Y. BBA) ~~Application~~ Degree Course for The Academic Year 2019-20

Date - 02/08/2019

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
1	21701	Surbhi Singh		
2	21702	Kamya Patel		
3	21703	Shubhangi Mathur		
4	21704	Prena Gianchandani	—	
5	21705	Simran Advani		
6	21706	Calnta Lazarus		
7	21707	Pratiksha Bokadia	—	
8	21708	Pragati Khatal	—	
9	21709	Monica Dhanwani	—	
10	21710	Jayanti Naidu	—	
11	21711	Roshani Lalwani		
12	21712	Gaikwad Tejashri	—	
13	21713	Khandagale Janhvi	—	
14	21714	Dang Komal	—	
15	21715	Manvi Malhotra		
16	21716	Sanjivani More	—	
17	21717	Nikita B. Ambre		
18	21718	Cheyene N Dsouza	—	
19	21720	Gurav Amruta	—	
20	21721	Janhvi Binwani	—	
21	21723	Hattarki Mallika	—	
22	21724	Dhar Niyati	—	
23	21725	Karen John		
24	21726	Chavhan Ashwini	—	
25	21727	Bhavana Sharma		
26	21728	Shinde Shraddha		
27	21729	Akshata Karunakaran	—	
28	21730	Raut Rutuja	—	
29	21731	Jennifer Arokiaswamy		
30	21732	Adodariya Ami		
31	21734	Jawalkar Mrunal	—	
32	21736	Shah Vidhi Deepak	—	
33	21737	Sony	—	
34	21738	Swaleha Bagwan	—	
35	21739	Rachalwar Komal	—	
36	21740	Amruta Garg	—	
37	21741	Baig Falak Zaffar		
38	21742	Shetye Pranali	—	
39	21743	Karuna Sharma	—	
40	21744	Kaniz Fatema Khan		
41	21745	Mahima Sachdev	—	
42	21746	Simran Soni	—	
43	21747	Ghule Akansha		

Ms. Pooja Jain (Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS PUNE 411001

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St. Mira's College for Girls, Pune

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

List of Students in ~~Third year Bachelor Of Computer Application~~ Degree Course for The Academic Year 2019-20 (TY. BBA)

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
44	21748	Sharma Veena	–	
45	21749	Shivani Shinde		
46	21750	Jain Ayushi	–	
47	21751	Shaikh Muskan	–	
48	21753	Shende Mansi		
49	21754	Gogale Suchita	–	
50	21755	Honkalas Pooja		
51	21756	Talekar Sayali	–	
52	21757	Janhvi Vaswani	–	
53	21758	Gunjaria Shweta	–	
54	21759	Waikar Indrani	–	
55	21760	Princy Saluja	–	
56	21761	Simran Khan	–	
57	21762	Nikita More	–	
58	21763	Kriplani Bhavisha	–	
59	21764	Gulhane Meghana	–	
60	21765	Walke Pratiksha	–	
61	21766	Oza Gangotri		
62	21768	Shetty Pratiksha	–	
63	21769	Janhvi Mali	–	
64	21770	Bhosale Aishwarya	–	
65	21771	Bardwa Nikita	–	
66	21772	Laveena Sachdev		
67	21775	Gangji Sumaiya	–	
68	21777	Priyanka Sharma	–	
69	21778	Jayana Kishnani	–	
70	21779	Kiran Kumari	–	
71	21780	Natasha Krishnani		
72	21781	Eesha Daryanani	–	
73	21782	Rathod Hanisha		
74	21783	Lalgudi Sharda		
75	21784	Meghna Ballani		
76	21656	Devika Mathur	–	
77	21671	Pariche Mehta	–	
78	21624	Maneka Vasnani	–	
	Total	students -	24	
Program	coordinator:-	Ms. Pooja Jain		

Pooja Jain (Coordinator)

Principal Incharge
St. Mira's College for Girls, Pune

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Understanding Stress & Anxiety - Awareness Session

Date - 1/8/2019

List of Students in **Third year Bachelor Of Computer Application** Degree Course for The Academic Year 2019-20 (28)

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

Sr	Roll No.	Name	Session I Sign	Session II Sign
1	11701	R. ANEESHA	Anisha	
2	11702	NIRGUDKAR MANASI VISHWAS	—	
3	11703	SURYAWANSHI SAYALI NITIN	—	
4	11704	SAYYED SANIYA MANSOOR	—	
5	11705	SHAIKH ALFIYA MUKHTAR	—	
6	11707	DINGREJA.YUKTA.SANJAY.	—	
7	11708	SHINDE PRERNA AVINASH	—	
8	11709	MANASA P		
9	11710	DEVTALE CHAITALI RAMESH	—	
10	11711	SHINDE NAMRATA SUDHIR	Shinde	
11	11712	GHAG VANSHIKA RAJESH	Ghag	
12	11713	BHINTADE RUCHIRA DEVIDAS	Ruchi B	
13	11714	SHAH SMRUTI SAMEER	—	
14	11715	PREET KAUR OBEROI	—	
15	11718	KUKKA SUKANYA THIRUPATAIAH	—	
16	11719	JANHAVI KISHOR KATKAR	—	
17	11720	BALGHARE BHARATI RAJENDRA	—	
18	11722	PAWAR PRANALI RANJIT	—	
19	11723	VENKAT CHANDRIKA INDLA	—	
20	11724	RECHAL RAJESH AHIR	Rachel	
21	11725	VAISHALI SHIVA RATHOD	Rathod	
22	11726	SHIVANI ANANT SAKPAL	Shivani	
23	11727	MILANI VANSHIKA MAHESH	—	
24	11728	SALUNKE VARSHA SHIVAJI	—	
25	11729	SHALINI KUMARI	Shalini	
26	11730	TANUJA LALWANI	—	
27	11732	ANWESHA BEHERA	Anwesha	
28	11733	KHODADE BALASAHEB	—	
29	11734	SAWANT SHRIYA NARENDRA	Shriya	
30	11735	POOJA VITTHAL WAGHMARE	—	
31	11736	PIMPLE HARSHADA BHIMRAO	—	
32	11737	SAKSHI SUJIT GARE	Sakshi	
33	11738	RAJGURU SHUBHANGI	—	
34	11739	BHALERAO NAMRATA	—	
35	11740	BORHADE GAURI SANJAY	—	
36	11742	CHAITALI ROHIT MULE	Chaitali	

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ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Tanjaw Pooja sain (coordinator)

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

List of Students in **Third year Bachelor Of Computer Application** Degree Course for The Academic Year 2019-20

Sr	Roll No.	Name	Session I Sign	Session II Sign
37	11744	KARLE PRANALI SUBHASH	—	
38	11745	SAPNA MANOJ SINGH	—	
39	11747	NANDWANI ANJALI JITENDRA	Anjali	
40	11748	VAISHALI BHAGTANI	Vaishali	
41	11749	RAHI BHATHIJA	Rahi	
42	11750	SHELAR ANUSHKA RAJESH	Shelar	
43	11751	KOKATE MADHURA NITIN	—	
44	11754	POOJA KUMARI	—	
45	11755	DIPALI PANCHIVISHE	Dipali	
46	11756	SALUNKHE ADITY MANIK	Adity	
47	11758	BHARDWAJ SHIVANI	—	
48	11762	SONAL AGARWAL	—	
49	11763	MANE JANAHVI SANJAY	—	
50	11764	SONAM TIWARI	Sonam	
51	11765	GAIKWAD YOGITA NAMDEO	Gaikwad	
52	11767	GAIKWAD NEHA SANTOSH	Neha	
53	11768	CHAVAN PRATIKSHA	Chavan	
54	11770	RAJKONDA DIVYA SHRINIVAS	Divya	
55	11771	KATARIYA PRIYANKA VIJAY	Katariya	
56	11773	RADHIKA BADLANI	R.K.Badlani	
57	11774	JADHAV SONAL SUDHIR	—	
58	11775	MANSA TANNU RAMDAS	—	
59	11776	ANUSHA JADHAV	J.Anusha	
60	11778	KUNDALWAL GAYATRI	—	
61	11781	SEQUEIRA JOANN	Joann	
62	11782	LOHIRE AKANKSHA	—	

Name & Sign of Program Coordinator:- Pooja Jain Poojain

Total number of students- 28

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls

T. Y. B. SC (Comp Science) (2019-20)

Roll no	Student Name	Session 1	Session 2
5601	KSHITIJA NITIN GAIKWAD		
5602	DIKSHA MUKUND SHINDE		
5603	BHUJBAL SHRADDHA RAMDAS	—	
5604	KAWADE SAYALI SANJAY	—	
5605	GAIKWAD HARSHADA RAMESH		
5606	APEKSHA EKNATH WABALE	—	
5607	SASTE RUTUJA ASHOK		
5608	PRASAD SIMRAN NAVIN		
5609	PANGARE SHUBHANGI SURENDRA	—	
5610	DOYITA MAZUMDAR		
5611	GOEL RITU ANIL		
5612	SHAIKH SADIYA MOHAMMED SALIM		
5613	BAIG AQSA ARIF		
5614	JEDHE CHAITALI TRIMBAK		
5615	PATHARE KARISHMA SHIVAJI		
5616	SINGH NISHA SHIVBAHADUR		
5617	BHARADE SHWETA SIDDHESHWAR		
5618	MEDGE JYOTI EKNATH		
5619	PANDIT SHRAVANI SUNIL		
5620	YUKTA SUBHASH YADAV		
5621	SWAPNALI SURESH PATIL		
5622	RATHOD ANITA DEVA		
5623	MAILARKAR SANJANA SANJAY		
5624	PARVE NIRANJANA SHRIKANT		
5625	AAMLE POONAM ARUN		
5626	OSWAL DISHA SANJAY		
5627	MISHRA PRIYA TEJNARAYAN		
5628	SAROJ PREETI RAVINDRA		

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

5629	KANCHAN KUMARI		
5630	NANDINI		
5631	GHADGE SNEHAL BHAUSAHEB	—	
5632	CHOUDHARY KIRAN BABULAL		
5633	SONA TARANPREET KAUR		
5634	PADWAL ARATI VASANT		
5635	MALI JYOTI PANDHARINATH		
5636	RAO TEJASHREE KANARAM		
5637	CHOUDHARY JAIROOP AMISHA	—	
5638	SAKHARE JYOTI PRABHULING		
5639	SANSKRUTI MAHESH MUTKEKAR		
5640	MAGAR PRATIKSHA ANIL		
5641	PRATIKSHA RAJARAM PATIL		
5642	TATHE ARTI PRAKASH		

5643 Megha Kailash Pardeshi

~~56~~ Total Students - 27 9

Program Coordinator :- Ms. Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

Mental well-being Program

Understanding Stress & Anxiety

Page No.

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	Roll No	Name	Sign
1	2813	Shruti Ninker	
2	2872	Vunnaiman Aman Rampurwala	
3	2873	Aqlima Virani	
4	2855	Tiltiksha Padir	
5	2869	Anisha Jael Vippasti	
6	2812	Armaan Mini Chagla	
7	2857	Indrayani A. Hinge	
8	2816	DIVIJA SHARMA	
9		Fatema Bhaijee	
10	2705	Aishwarya Mahadik	
11	2706	Pradnya Jayshri.S	
12	2852	Nandini Mangalore	
13	2853	Yashada Dixit.	
14	2856	Aadya Ghalsasi	
15	2809	Isha karandikar	
16	2801	Ummesalama Karu	
17	2881	Niriksha Shetty	
18	2802	Aureesha Banerjee	
19	2804	Callen D'Silva	
20	2986	Saloni Kullar	
21	2858	Tanvi Deokar	
22	2866	Aditi Sampat	
23.	2829	Sneha Thuruthy	
24.	2871	Sejal. Jitendra.	
25.	2874,	Priya Pandey	
26.	2831	Ananya Jimmy	
27	2807	Sriradha Gupta	
28	2709	Pooja Yadav	
29.	2803	Kelly Colaco	
30	2839	Zoya Kapadia	

Pooja Jain
(Coordinator)

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

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

60	2654	Madhura Dinesh Burse	Madhura
61	2821	Tamanna Babani	Tamanna
62	2827	Simran Kirpalani	Simran K
63	4892782	Shaikh Muskan	Shaikh
64	4756	Sanjna Deshpande	Sanj
65	4813	Neha Salve	Neha
66	4795	Kaveri Sorte	Kaveri.
67	2834	Divya Gajbhiye	Divya
68	92629	Mealin Saro	Mealin
69	2664	Diksha Gautam Ayte	Diksha
70	2676	Shalini Dinesh Wanare	Shalini.
71	2604	Sakshee Ukekar	Sakshee
72	2654	Madhura Burse	Madhura
73	2670	Sakshi Chand	Sakshi.
74	2681	Urmila Gaikwad	Gaikwad.
75	2680	Lakshmi Pardeshi	Lakshmi
76	2747	Nalini Bawari	Nalini
77	2755	Aditi Sunil Sawant	Sawant.
78	2751	Tejashree Prakash Bandal	Tejashree
79	4812 2665	Manasi Hulbatte	
80	4884	Bhavana Khude	Bhavana
81	2651	Fatema Burmawala	Fatema.
82	2653	Shreya Laskar	Shreya
83	2757	Divya Bohra	
84	2659	Vijya Hariyani	Vijya
85	2734	Saniya Phatke	SaniyaPatil
86	2928	Srushti Kumbhar	Kumbhar
87	2932	Pooja Kale	Kale
88	2931	Neha Pawar	Neha
89	2782	Shaikh Muskan	Shaikh

Total No. of students - 89

Program Coordinator - Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

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Date

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

31	2702	Padmavathi Ramakrishnan	R. Padmavath.
32	2870	Punam Waghmare	P. Wagh.
33	2[illegible]5	Nisha Chauhan	Nisha
34	2872	Shreya Bhide	Sb
35	2864	Preksha Porwal	P. Porwal
36	2816	Harleen Kaur Grewal	Harleen
37	2612	Alisha Bag	Alisha
38	2854	Judith Botelho	Botelho
39	2704	Priyanka Pillay	Priyanka
40	2824	Shruti Rajani	Shruti R
41	2825	Kimberly Scott	Kimberly
42	2826	Natasha Fernandes	Natasha
43	2817	Tehreem Khaku	Tehreem
44	5701	Diyanka Aurora	Diyanka A.
45.	~~4940~~ 2840	Shraddha. Jain.	Jain.
46.	2763	Divya Regi.	Divya
47.	2604	Vyomi Gidwani	Vyomi
48	2833	Marjorie Soares	Soares.
49.	2838	Siddhi Kalbhor	Siddhi
50.	2841	Ritika Jetley	Ritika
51.	2848	Lynda Edmonds	Lynda
52	2614	Shravani D'souza	D'souza
53	2606	Fatema Kathiria	Fatema
54	2847	Sarrah Kapadia	Sarrah
55	2874	Sakshi Gulwani	Sakshi
56	2776	Tamanna Rana	
57	2301	Navami Maheshwari	Navami
58	2818	Aditi Patil	Patil
59	2711	Neelashree Mukherjee	

Jyoti Pooja Jain
(Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune

7/08/2019 (58) St. Mira's College for Girls, Pune
Department of Psychology
Mental well-Being Program
Awareness Session - Session 1

SyBcom (B)

3832		
3801	Suchandra Bhattacharya	Suchandra.
02	Khan Zainab Arif	ZainabKhan
03	Shaikh Summaiya Wajid	Summaiya
04	Muskaan Khan	Muskaan
05	Fizza . F. Babul.	fBabul.
06	Navalaxmi . Bandaru	Nbandaru
07	Sanyukta kalyankar	skalyankar
08	Neha Pathak	Pathak
09	Soushti kakade.	Skakade
10	—	—
11	Sakshi . Shede.	Sakshi
12	~~Aparna T~~ Esmath Dehkhanpur	Esmath
13	Gouri Ashtekar	Gashtekar
14	Aparna Lavate.	Alavate
15	Citika . Pardeshi	Citika
16	Radhika R. Thakur	RThakur
17	Mrunali Arun Dhiwar	M. Dhiwar
18	Daneshwari Suresh Mathad.	Dmd
19	Gauri A. Bhosale.	Bhosale
20	Nikita. B. Punekar.	Npunekar
21	Simran. A. Mulla	Sm
22	Gauri Durgesh Belitkar	Gauri
23	Prathama . D. Karande	Prathama
24	Akshata . S . Gaikwad.	Agaikwad
25	Priyanka Singh	Psingh
26	—	—
27	—	—
28	Greetanjali. Lachke.	Glachke
29	Shravani Kamanaboyina	Shravani
30	Manvi Bamboli	Manvi
31	Amneet Kaur.	Akaur

MIRA'S COLLEGE FOR GIRLS PUNE-411001

Principal Incharge
St. Mira's College for Girls, Pune.

Ms. Pooja Jain (Coordinator)

3832	Shamal Patil	Spatil
33	—	—
34	Gadwal Bhavani	Gadwal
35	—	—
36	—	—
37	Shubhangi Mahajan	Sahjan.
38	Akanksha. R. Shah	ARshah.
39	—	—
40	—	—
41	Priti Kolte	Pskolde
42	Aanchal. Patil.	APatil.
43	Soumya. Damami	Sam
44	Blessy Varghese.	Bulessy
45	Shimoni	Shimoni
46	Foram Budha	F.Budha.
47	—	—
48	Harshada Kand	Hkand.
49	Vaishnavi Warghade.	V.S.W.
50	Santoshi Rohra	SRohra
51	Amrit Kaur	Amrit Kaur
52	Sneha. Ramesh. Chitker	S.R.chitker
53	Sipha Shaikh	sshaikh
54	—	—
55	—	—
56	Bhavna Batte	Bhavna
57	Shavari Chavandke.	Sawari
58	Megha Dhumal	Mdhumal
59	Madhavi Bhosale	Madhavi
60	Priyanka Khamkar	Pkamkar
61	Priyanka Rathod.	Prathod.
62	—	—
63	Reenam Shaikh	Shaikh

Principal Incharge
St. Mira's College for Girls, Pune

Farjana
(Coordinator)

BOSS
Page No.
Date : / /

St. Mira's College For Girls Pune
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64	—	—
65	—	—
66	—	—
67	Anju Jangid	Jangid
68	—	—
69	—	—
70	—	—
71	—	—
72	—	—
73	—	—
74	—	—
75	Ashwini Tamchikar	Ashy
76	—	—
77	—	—
78	—	—
79	Sulwanti Jangid	Jangid.
80	—	—
81	—	—
82	—	—
83	—	—
84	—	—
85	—	—
86	Sumaiya Shamim Siddiqui	Shamim
87	—	—
88	—	—
89	Satarupa Shaw	Satarupa
90	—	—
91	—	—
92	Nilima Tupe	Nilima
93	—	—
94	—	—
95	Farin Khan	Farin

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Principal Incharge
St. Mira's College for Girls, Pune.

Farin

Parja Jain
(Coordinator)

Total Number of students - 58

Name & Signature of Program Coordinator - Ms. Pooja Jain

Pooja

St. MIRA'S COLLEGE FOR GIRLS *POONA-411001*

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune (21)

SY BA (B)

8/8/19

Mental well-being Awareness Session - 1
understanding Stress & Anxiety.

	Name	Roll no.	Sign.
1)	Bhakti Kamble.	2778	Bhakti
2)	Abhirami Misal	2781	Abhirami
3)	Bhavana Khude	2780	Bk
4)	Vaishnavi More	2752	Vmore
5)	Vaishnavi Darekar	2756	Vdarekar
6)	Sanchi Gaikwad	2758	Sanchi
7)	Akanksha Khandve	2763	Akhandve
8)	Akanksha Tope	2753	AT
9)	Nisha Patil	2929	Patil
10)	Neha wighne	2661	Nwighne
11)	Neha Salve	2662	Nehasalve
12)	Kaveri Sorte	2670	Kaveri
13)	Rajeshwari Singh	2667	
14)	Pratiksha yadav	2660	Pyadav
15)	Rutika bhavke	2672	Bhavay
16)	Vidya naule	2669	Vnaule
17)	Nikita Bengle	2671	N.V. Bengale
18)	Harshada Thanambir	2679	Harshada
19	Ritika Bali	2677	R
20	Priyanka Chaurasiya	2678	Priyanka
21	Devika Dhobale	2658	

Total students - 21

Name & sign - Program coordinator - Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

(44)

St. Mira college for Girl's, Pune

Mental well-being Awareness session- 1

List of Students Enrolled in **First year Bachelor of Business Administration** Degree

Academic Year 2019-20

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
1	21901	RIYA SANJAY PAWAR		
2	21902	BHASKARLA GAYATRI KAMALRAJ	Gayatri	
3	21903	GHULE SIDDHI SOMNATH	—	
4	21904	SALONI HASMUKH GANGANI	—	
5	21905	KALBHOR SAKSHI ASHOK	—	
6	21906	DESHPANDE RUTUJA VIJAY	—	
7	21907	DEVYANI AWANTIKA DINESH	Awantika	
8	21908	KHADIJA JUZAR BHANPURWALA	Khadija	
9	21909	AHUJA ISHIKA NARESH	Ishika	
10	21910	KALE SAMRUDDHI MAHADEO	—	
11	21911	NEHLANI BHAVISHA DHARMENDER	Bhavisha	
12	21912	SONI GAYATRI RAKESH	—	
13	21913	RIDDHI SURESH WADHWANI	Riddhi	
14	21914	HANISHA ASHOK HARPALANI	—	
15	21915	URVASHI	Urvashi	
16	21916	NANDINI VINOD JADHAV	Nandhini	
17	21917	PANDYA NISHTHA SUDHIR	Nishtha P	
18	21918	MUSKAN NIHALANI	Muskan	
19	21919	KALBHOR SAMIKSHA MUKUND	—	
20	21920	JAWALE SAKSHI CHETAN	—	
21	21921	SHITOLE SAKSHI PRAMOD	—	
22	21922	JOVIA CHARLES KARMOKAR	Jovia	
23	21923	SNEHAL SAMBHAJI PAWAR	—	
24	21924	CHOUDHARI RUCHITA TANAJI	—	
25	21925	JANHAVI RUPANI	Janhavi	
26	21926	MORE SAKSHI SHASHIKANT	Smore	
27	21927	RAJGURU MANSI JITENDRA	—	
28	21928	VAIBHAVI BHARAT CHAVAN	—	
29	21929	BALANI SIMRAN VASHU	Simran B	
30	21930	HAIBATPURE ASHWINI BABAN	Ashwini	
31	21931	GAIKWAD ANJALI SURESH	—	
32	21932	PRADNYA SHIVAJI PATIL	—	
33	21933	DOSHI NIDHI PIYUSH	—	
34	21934	DODEJA UDITA AVINASH	Udita	
35	21935	VAISHAVI PRAMOD KUMAR		
36	21936	PATIL UNNATI JANARDAN	Unnati	
37	21937	SINGH BEAUTYKUMARI	Beauty	
38	21938	KALE NIVEDITA GOVINDRAO	P.G.Kale	
39	21939	SHARAYU BAGADE	Bagade	

Principal Incharge
St. Mira's College for Girls, Pune.

Tanaji Jawale
(Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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

Sr	Roll No.	Name	Sign Session-I	Sign Session-II
40	21940	HARSHITA M JAIN	Harshita	
41	21941	WAGHMARE MARIA SIMON	—	
42	21942	PARWANI MINALI JAIDEV	Minali	
43	21943	MORE PRIYANKA RAKESH	More	
44	21944	SARWADE ANJALI	Sarwade	
45	21945	PAWAR SHRADDHA	Shrad	
46	21946	SONAWANE MADHAVI	Sonawane	
47	21947	PILLAY ROSELINE THOMAS	Roseline	
48	21948	BHANDAR TANUJA	—	
49	21949	VAISHNAVI PAWAR	Vaishnavi	
50	21950	SHARMA POOJA ARJUN	Pooja	
51	21951	SANDBHOR GAYATRI	—	
52	21952	TILEKAR SAKSHI AVINASH	—	
53	21953	PAWAR AMISHA SURESH	Amisha	
54	21954	BADLANI AKSHA HARESH	Hareshan	
55	21955	BHAVYA BHARADWAJ	Bhavya	
56	21956	RUKAIYA HYDERABADWALA	—	
57	21957	PAWAR SAKSHI SUNIL	Pawar	
58	21958	LALKOT TASMIYA SALIM	—	
59	21959	BHAPKAR SHARVARI	Shapkar	
60	21960	GAIKWAD SAKSHI VINAYAK	—	
61	21961	MUSKAN THADANI	Muskan	
62	21962	VANSHIKA BAPU UJGARE	—	
63	21963	KUMBHAR ANUSHKA MAHESH	—	
64	21964	KHATIJA SHAHISTA KHAN	—	
65	21965	KHICHI DEEPIKA	—	
66	21966	WAHILE MAHESHWARI	—	
67	21967	SASE PRAGATI VITTHAL	—	
68	21968	KATARIA HITIKA JAGDISH	Kataria	
69	21969	MANKAR SADIYA IMTIAZ	—	
70	21970	SAWANT ANUSHKA	Sawant	
71	21971	RIYA VIJAY MAKHIJA	Riya	
72	21972	RITAMBHARA	—	
73	21973	KarandePatil Sonali Suhas	Patil	
74	21974	Khoja Simran Malik	Simran	
75	21975	Sarah Kinariwala	Sarah	
76	21976	Iba Kadri	—	
77	21977		—	
78	21978	Bhawana Kumari	Bhawana Kumari	
79	21979	Anjali Jabaram Choudhary	Anjali	
80	21980			

Total No. of students - 44

Name & Signature of coordinator:- Poojajain
Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls ★ Poona-411001 ★

Name & sign :- Pooja Jain - Program coordinator

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

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MENTAL WELL BEING AWARENESS SESSION Pujari

Session 1. FYBCS.

5405	Pratiksha Arhal.	Pratiksha
5402	Shravani R. Majalkar.	Shravani
5406	Sanjana. S. Jadhav.	Jadhav.
5422	Sakshi. S. Jagtap	Sakshi.
5407	Patil Anuja Ramchandra	Patil
5460	Vaishnavi R. Murge	Vaishnavi M.
5449	Pooja Shesharo Korde	Pooja
5465	Khushbu P. Rathod	Khushbu.
5469	Manisha R. Hargude	Manisha
5414	Akshada G. Tupe	Akshada.
[illegible]	Devshri Dinesh Joshi	Devshri.
5457	Dnyaneshwari C. Satpute.	Dnyaneshwari
5420	Jadhav Pranita	Pranita
5464	Mrinal kokre	Mrinal
5454	Poonam Verma	Poonam
5416	Vaishnavi Deepak Kunjir	Vaishnavi.
5411	Ingrid Sequeira	Ingrid
5401	Ummesalamah Kanchwala	Ummesalamah
5408	Sejal Dass	Sejal
5412	Bushra Talkot	Bushra
[illegible] 19	Shreyashi Babar	Shreyashi.
5438	Harshali Badade.	Harshali
5418	Vaibhavi Chavan	Vaibhavi
5427	Dipti Rathod	Dipti
5428	Rasika Sukhadare.	Rasika
5426	Mokshada Bhandare	Mokshada
5415	Gayatri S Pujari	Gayatri
5413	Nikita M. Shinolkar	Nikita
5434	Bepasini Polai	Bepasini
5435	Kavya Menon	Kavya
5471	Mansi Ingale	Mansi
5403	Siddhita Hingade	Siddhita

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Pujari

Pooja Jain
(Coordinator)

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

5410	Tanima Mandal.	TMandal.
5433	Shraddha Surve	Surve
5475	Sejal Bhavar	Sejal
5468	Pooja Sharma	Sharma
5459	Sakshi Tiwatne	Sakshi
5447	Prasiddhi Nair	Prasiddhi
5476	Ruthika Naidu	Ruthika
5424	Anusha Koppala	Anusha
5444	Tanvi Patange	Tanvi
5423	Pratiksha Burge	Burge
5436	Harshada Manjare	Manjare
5451	Riddhi Kawade	Kawade
5473	Bhagyashree Khandve	BKhandve
5455	Pallavi Nalge	Pallavi
5458	Mrunal Jadhav	Mrunal
5456	Sakshi Zaware	Zaware Sakshi
5453	Sakshi Shinde	
5472	Shefali Kamble	Shefali
5470	Shruti Narale	Shruti
5404	Vaishnavi Prasanna	VPrasanna
5462	Bhakti Sawant	Sawant.
5468	Riyona Menezes.	Riyona.
5445	Zinda Ranade	Zinda

Total Number of Students- 55

Name & Sign of Coordinator- Ms Pooja Jain

Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune

Mental well-being Awareness Semester-I

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

Programme Coordinator
Pooja Jain
Parijai

List of Students Enrolled in (8)
First year Bachelor of Business Administration(Computer Application) Degree Course for The Academic Year 2019-

Sr	Roll No.	Name	Session I Sign	Session II Sign
41	11942	NAGARKAR SHRUSHTI RAMKRISHNA	–	
42	11943	LAZINA ASHPAK TAMBOLI	–	
43	11944	VATARE APURVA VIJAY	–	
44	11945	PODUVAL ANUSHKA JAGDISH	–	
45	11946	TAMBOLI SAYMA NAIEM	–	
46	11947	MULE ARTI ARUN	–	
47	11948	DYAVARSHETTY BHAVIKA GOPI	Bhavika	
48	11949	CHACHAR SAMRUDDHI PRAKASH	–	
49	11950	SATKAR RUTUJA RAVINDRA	–	
50	11951	ANISHA NARAYAN	–	
51	11952	AARUSHI KHANDELWAL	–	
52	11953	HANNNURE SHAGUFTA ABDUL RAJAK	–	
53	11954	MONALISA PRADHAN	Mona	
54	11955	AAYUSHI RAVI PATIL	–	
55	11956	ZENDE KAJAL SANDEEP	–	
56	11957	SIMRANJEET SAHOTA	–	
57	11958	KHEDEKAR SHRUSHTI NITIN	–	
58	11959	GUPTA ANCHAL NITIN	–	
59	11960	SHWETA SANJAY TOMAR	–	
60	11961	PARMAR MOKSHA PRAVIN	Moksha	
61	11962	OVHAL RUCHIKA RAHUL	–	
62	11963	TIMBADIA KANCHI VIPUL	–	
63	11964	AYUSHI KESHARI	–	
64	11965	DANESH PHARANDHE	–	
65	11966	SANA JIWANI	–	
66	11967	MULCHANDANI VANITA GIRISH	VM	
67	11968	BHARTI PRERNA KISHOR	–	
68	11969	SORTHIA RIMSHA SALIM	Rimsha	
69	11970	RAJGURU SHRUTI SANTOSH	Shruti	
70	11971	INDALKAR AISHWARYA JALINDAR	–	
71	11972	KSHIRSAGAR DAYA PRADIP	–	
72	11973	DESHMUKH SHWETA VIJAYKUMAR	Shweta	
73	11974	DALVI SAKSHI SANDEEP	–	
74	11975	CHIKATE PRAJAKTA SHANKAR	–	

75 11983 Savita Choudhary

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Total number of students- 8

Coordinator Name & Signature – Ms. Pooja Jain Parijai

St. Mira's College for Girls, Pune
Program Coordinator
Pooja Jain

FYBCom B

Mental well-being Awareness Session -1 22/8/2019

3220	Benaaz Hashemizadeh	Benaaz
3223	Pereira. Anand	Anand
3224	Bhagyashree Jagwani	Jagwani
3234	Kirti. Kanwar	
3265	Muskan. Sadhwani	Sadhwani.
3302	Suchitha. A.	Suchitha.
3278	Anushka. Sarade	Sarade
3288	Mrunali Solanki	Mrunali
3303	Pratiksha Tiwari	Tiwari
3295	Pallavi M.	
283	Anushka Benny.	
3286	Disha Kinger.	Disha Kinger
3310	Pratiksha Raghav	Raghav
3209	Divya. M. Bairy	Divya.
3247	Rutuja. A. Girgaum	
3202	Vibhashree. B. Kshirsagar	
3213	Sonali Shirkhande	Sonali
3242	Akanksha. S. Choudhari	Choudhary
3204	Rhea - F - Khimjikhai	Rhea
3203	Vaishnavi - V. - Dhabu.	Vaishnavi D
206	Anjali Baghel	Anjali
3207	Anjali Singh	Singh
3260	Aakansha Nagarkar	Aakansha
3252	Shruti Kharat	S. Kharat
3219	Pooja. T. Pardeshi	Pooja
3256	Manisha. S. Dhobre	Manisha
3305	Afreen. A. Sanadi	Afreen
3306	Vaishnavi S. Mate	Vaishnavi
3231	Pallavi. S. Misale.	Pallavi
3235	Mrunali Mandhare	Mrunali
3237	Ayesha Shaikh	Shaikh
3238	Prajakta Deshpande	Prajakta
3239	Sanyukta Shinde	Sanyukta
3205	Neelam Jhawar	Neelam
3221	Maheshwari Varma	Maheshwari

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Pooja Jain Coordinator

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

3211	Madhu Khedkar	Madhu
3287	Anita Tandale	Anita
3296	Pragati Jha	Pragati
3324	Shivangi Rana	Shivangi
3323	Akshita Negi	Akshita
3240	Manisha Vishwakarma	Manisha
3230	Achali Dheer	Achali
3245	Mrunali Kadam	Mrunali
3218	Shirin Patthan	Shirin
3222	Vaishnavi Thopate	Vaishnavi
3241	Diksha Raut	Diksha

Total No. of students - 46

Name & sign of session coordinator - Mrs. Pooja Jain

Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

Date- 12/Dec/2019

Haripriya

St. Mira's College for Girls, Pune

MENTAL WELL BEENG AWARENESS SESSION

classmate Date Page

Class - XI Arts EM

1.	Zenab Arif Mistry	Zenab
2.	Pranjal Gaikwad P.	
3.	Mahek K. Lalwani	
4.	Mrunal A. Kadam	
5.	Veda A. Tadigopul	Veda T
6.	Georgina Geogy	
7)	Khushi Bhandari	
8)	Maryann Mendonca	
9	Vaishnavi Mane	
10	Priyanka Shinde	
11	Tanya Varghese	
12.	Aditi Haridas	Aditi
13.	Mallika Patki	mallikap
14	Ishika Patel	
15.	Shraddha Sawant	
16	Maithili Deshmukh	
17.	Antara Prabhu	
18.	Amanda Thalakotur	Amanda
19.	Elaina John	
20	Shanika Nair	
21	Mansi Sonawane	
22	Alhan Sayed	
23	Ankana Roy	Ankana Roy
24.	Fatima Merchant	Fatima.M
25	Karishma Sindal	
26	Sakina Ho Bharmal	
27	Rifhat Mulla	
28	Lakshika Thawani	
29	Palak Agarwal	Palak
30	Saksbi Sarangi	
31	Rumana Shah	

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

32	Manushree Umalkar	Manushree
33	Ijitika Taneja	Ijitika
34	Honey Chhabria	Honey
35	Aditi Gade	Aditi
36	Shaistah Rajvani	Rajvani
37 ~~55~~	Janvi Pingale	Janvi
38	Janvi Nair	Janvi Nair
39	~~Sneha~~ Pillai	
40	Swarali Bhandare	Bhandare
41	Aishwarya Lohakare	Aishwarya
42 ~~88~~	Anshadha B. Upasani	Upasani
43 ~~54~~	Saniya A. Khan	Saniya
44	Harshita Tanwani	Harshita
45	Renuka Bathe	Bathe
46	Ishita Mishra	Ishita
~~10~~ 47	Manashvi Varia	Manashvi
~~44~~ 48	Vaishnavi Katkar	Vaishnavi
49	Sania Maryam	Sania
50	Rifika Choudhury	Rifika
51	Priya Sharma	Priya
9852	Gracey A. Gawade	Gracey
53	Chandni Lal	Chandni
54	Vaibhavi Tupe	Vaibhavi
55	Pooja Sonawane	Pooja
56	Ishani Mujumdar	Ishani
57	Devaki Deshpande	Devaki
58	Sanskruti Jadhav	Sanskruti
~~105~~ 59	Sharvari Rajadhyaksha	Sharvari
60	Khushi Shah	Khushi
61	Kuhu Shrivastava	Kuhu
62	Priyanshi Bhandari	Priyanshi

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's

63 Sanaya Irani
64 Harshita Masand

Total number of Students - 64

Program Coordinator Name & Signature - Ms. Pooja Jain

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

Mental well-being Awareness session -1
St. Mira's College for Girls Pune

XII[th] ARTS EM – 12/12/19

Devaki D.

1)	Aditi M Nair	Aditi
2)	Tanishka. Semlani	Semlani
3)	Aaliyah Varma	Aaliya
4)	Disha Daryanani	DishaD
5)	Nyati. Bansal	Nyati Bansal
6)	Madhura Godbole	Madhura
7)	Shyla Malave	Shyla :)
8)	Bhoomi Shah	Bhoomi
9)	Bhargavi Kinikar	BhinikarB
10)	Rechal. Madipag.	Rechal
11)	Preeth Reddy	PR
12)	Jessica Mathias	Mathias
13)	Gauri Naik	Gauri
14)	Kanishka Joshi	KJ
15)	Lavina waghalekar	lavi
16)	Bushra khan	BK
17)	Prapti Fulfagar	PF
18)	Diksha Shingi	D.
19)	PURVA RAUTAL	Purva Rautal
20)	Bushra Ansari	Abushra
21)	Rutuja Ghule	Rutu
22)	Mayuri Ranyerale	Ranyerale
23)	Bhavya Golani	Bhavya
24)	Anaya anindita	Anindita
25)	Sakshi Bhanot	Sakshi
26)	Avanti shinde	Avanti
27)	Dhruvi. Kumar	Dhruvi
28)	Gauri Shahane	Gauri
29)	Pranali Dhavan	Pheaver.
30)	P.V.S Yamuna.	PVS Yamuna
31)	YAMINI SUNIT DESAI	Desai
32)	AAROHI TENGSHE	Aarohi.

Principal Incharge
St. Mira's College for Girls, Pune.

St. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Pooja Jain
(Coordinator)

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

classmate
Date
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33	Achal Thakkar	Achal Thakkar
35	Darshana Lahoti	Darshana
36	Dhwani Joshi	Dhwani
37	Parthana Vanjani	Parthana
37	Fiza Sayyed	Fiza
38	Kajal Saroj	Kajal
39	Sahrah Polishwala	Sahrah
40	Munira Rampurawala	Munira
41	Zainab Borsadwala	Zainab
42	Tasneem Kharachiwala	Tasneem
43		

Total member of students - 42

Program coordinator Name & Signature - Ms. Pooja Jain Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune

Date → 12/Dec/2019

St. Mira's college for Girls, Pune

(science) MENTAL WELLBEING AWARENESS SESSION -1

Class -	Name	Sign	Name	Sign
XI	Anjali Nimesh		Aishwarya Pillay	
XI	Huskan Inamdar		Madhura Pethar	Madhura
XI	Iffisam Chowdhary		Bhagyashree Vaswani	Bhagyashree
XI	Anjali Chavan		Payal Jain	
XI	Priyamvada Nair		Nishat Kamalkar	
XI	Akshita Kumari		Mansi Pabale	
XI	Revati Pilane		samruddhi Kathori	
XI	Deora Lila		Arpita Sasanani	
XI	Priyanka Parmar		Anjali Chaudhary	Anjali
XI	Mahek Somani		Siddhi Bhosale	
XI	Nivedita Tiwari		Raksha Pawar	
XI	Samruddhi Gade		Gudiya Purohit	
XI	Mansi Shinde		Muskan Shaikh	
XI	Chetna Bhadane		Misba Shaikh	
XI	Tanishaa Pawar		Mahek Shaikh	
XI	Rutuja Kshetrapale		Teena Hirekelll	
XI	Manisha Sirvi		Mansi Madane	
XI	Kalpana Gautam		Vaishnavi L	
XI	Aarti Sharma		Vaishnavi D	
XI	Neeti Jample		Nimisha N.	
XI	Shruti Hargude		Shreya V. Inamdar	
XI	Aishwarya Jadhav		Prerna Kashe	
XI	Manika Chaudhary		Komal Jadhav	
XI	Rushika Kambar		Pradnya Kamble	
XI	Sonali D. Gurav		Tahmina Syed	
XI	Pratiksha K Halloli		Tanishka K	
XI	Mrunal D Joshi		Tajmeel	
XI	Trushangi Baria		Saroj Solanki	
XI	Diksha Lonkar			
XI	Vishaka Kale			
XI	Anushka Ambre			
XI	Sanhavi Londhe			

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Pooja Saini
Principal Incharge
St. Mira's College for Girls, Pune.

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

classmate
Date
Page

Total member of students - 6059

Program Coordinator Name & Signature - Ms. Pooja Jain
Poojain

St. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Principal Incharge
St. Mira's College for Girls, Pune

Date.
7.1.20

Attendance

St. Mira's College for Girls, Pune
Mental well-being Programme
TYBA (A)

Date 17/1/2020
Page

Mental well-being Awareness session - 2

	Name	Roll No	Signature
1	Riya Singh	4768	R. Singh
2.	Arti Mukk	4844	
3	Bushra Khan	5702	
4	Sherin Anthony	4765	
5.	Aishwarya Kalyankar	4761	
6.	Divya Shedge	4751	
7.	Pragati Tidke	4970	Pragati
8.	Mrunal Barawkar	4843	
9.	Sana Shah	4972	
10	Agnesia Mundri	4980	
11	Jyoti Lugun	4939	
12	Shivani Pillay	4945	
13.	Anushka Wilson	4982	
14	Sai Patil	4766	
15	Christina G	4762	
16.	Aharna Shoghi	4979	
17.	Baby Singh	4919	Baby
18	Shivani Singh	4962	
19.	Ifa Lulp	4986	
20.	Reba Kachhi	4835	
21.	SILVIE CHUNG	4951	
22.	Himanksita DebBarma	4849	
23.	Preeti Sharma	4974	
24	Shristi Choudhary	4841	
25.	Mehak Bindlish	4853	Mehak
26.	Tanvi Desai	4923	
27.	Purvi Bohra	4949	
28	Jaya Tripathi	4955	
29	Radhika Khurana	4850	
30	Vishali Sharma	4975	

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Faiz Pooja Jain

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

Horizon
Date
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31	Joanna Wilson	4973	Wilson.
32	Dora D'silva	4967	Dora
33	Shreya Banerjee	4925	
34	Yashna Agarwal	4753	Agarwal.
35	Sakshi Shah	4754	Sakshi
36	Cadence Fernandes	4756	C.F
37	Shreya Humnabadkar	4912	
38	Priyana Munshi	4920	Munshi
39	Sakina Attari	4831	Sakina.
40	Santoshi Nikalje	4758	Santoshi.
41	Simran Raheja	4854	

Total students - 41

Program coordinator - Ms. Pooja Jain

Pooja.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

08.01.2020. St. Miras college for Girls, Pune. TY BA (B)

Mental well-being session

Malavika Pillai

	Roll no	Name	Signature
1)	5726	Sheetal Jadhav	Sheetal
2)	4799	Kirandeep	Kirandeep
3)	4809	Niharika	Niharika
4)	4807	Mamta	Mamta
5)	4801	Pradnya Gaikwad	Pradnya
6)	4793	Diksha Alalli	Alalli
7)	4791	Sonal Vanjari	Sonal
8)	5730	Rutuja Gaikwad	Gaikwad
9)	5728	Namrata Kusalkar	Kusalkar
10	4882	Nikita Mhaske	Mhaske
11.	4881	Dhanashree Navale	Navale
12.	4872	Priyanka Sutar	Priyanka
13.	4883	Sneha Patole	Sneha
14	4889	Vidya Sadamate	Vidya

Total No. of students - 14

Program coordinator - Ms. Pooja Jain

Pooja

St. Mira's College for Girls * Poona-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

LAVINA

St. Mira's College for Girls, Pune

MENTAL WELL-BEING AWARENESS SESSION-2

ATTENDANCE SHEET

SYBA-A

03.08.2019/09.01.2020

Sr. No.	NAME	ROLL NO.	SIGNATURE
1.	Tiliksha Padir	2855	Tiliksha
2.	Shravani D'souza	2614	DSouza
3	Samrita Guha	2828	
4	Indrayani Hinge	2857	Hinge
5	Nandini Mangalore	2852	
6.	Medha Ghosh	2806	Medha
7.	Megha Goswami	2823	Megha
8.	Judith Botelho	2854	Botelho
9	Namrata. Periwani	2822	
10	Bhoomi Punjabi	2877	Bpunjabi
11.	Punam Waghmare	2870	P. wagh
12.	sejal Jitendra D	2871	Sejal.D
13.	Kelly Colaco	2803	Kellycolaco
14.	Fatema Kathiriya	2606	
15	Sakshi Gulwani	2874	Gulwani
16.	Umme-Aiman Rampurwala	2872	Ummeaiman
17	Aditi Sarpet	2866	
18	Tanvi Deokar	2858	
19.	Vyomi Gidwani	2604	Vyomi
20.	Shreshtha Pattadar	2701	Shreshtha
21	Saloni Kullar	2851	
22	Shruti Nunkar	2813	SNunkar
23	Nivikesha Shetty	2881	N.R.Shetty
24	Callen D'Silva	2804	Cdsilva
25	CLARISSA RODRIGUES	2878	Clarissa
26	Sarrah Kapadia	2842	
27	Arju Kumari	2859	Arju
28.	Rituika	2865	
29.	~~Da~~ Yashada Dixit.	2853	

Pooja Sain
(Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

LAVINA

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

Sr. No.	NAME	ROLL NO.	SIGNATURE
30	Aadya G. Ghatsasi	2856	
31.	Mayuri Makhwana		

Total No. of students - 31

Program Coordinator - Ms. Pooja Jain Tarje

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

32	Habiba Vasaya	4268
33	Srishti Yadav	4269
34	Alisha Francis	4271
35	Soundarya Pillay	4270
36	Pooja Choudhary	4267
37	Deepti Kumbharkar	4290
38	Shivani Nakte	4295
39	Komal More	4255
40	Pranali Jadhav	4241
41	Pranali Ghule.	4240
42.	Meenakshi Rao	4279
43.	Monika Jadhav.	4222
44	Aishwarya pawar.	4225
45	Poonima Tapkir	4221
46	Sweta dodke	4220
47	Simran Rajpurohit	4244
48.	Farzana Mansuri	4272

Total students - 48

Merit al well-being Program

Coordinator - Ms. Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Awareness Session - 2

St. Mira's College for Girls, Pune

T.Y Bcom 'A' 05/02/2020 Mental Health Programme

	Name	Roll No
1)	Poonam Dube	4245
2)	Ankita Desai	4203
3)	Neha Galande	4238
4)	Nainaz Pestonji	4291
5)	Dilsheen Kaur	4227
6)	Parmeshwari sahu	4246
7)	Snehanjali Yadav	4274
8)	Alfara shaikh	4230
9)	Neha Bano	4249
10)	G. Radha Pravallika	4252
11)	Sangita solanki	4260
12)	Shweta Joshi	4226
13)	Aishwarya shelke	4247
14)	Majikambiu Ringkangmai	4204
15)	Tansin Sulthana	4206
16.	Amruta Chavan	4201
17.	Kajal Pande	4263
18.	Lahga sinnar	4262
19.	Sanjana KR	4233
20.	Neha Ginkar	4234
21.	Vishakha Biwal	4235
22	Jinsu Jose	4258
23	Samruddhi Kadam	4259
24.	Urvashi Yadav.	4224.
25.	Manisha Gade.	4273.
26.	Pratiksha Y.	4236
27	Deepika Mishra	4280
28	Pooja Rajpurohit	4265
29	Vidhi Narang	4264
30	Pooja Soni	4286
31	Kareena Nawlani	4285

Principal Incharge
St. Mira's College for Girls, Pune.

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Pooja Soni
Coordinator

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

Page No.
Date

2761	Nalini Bawari	Nalini
2651	Fatema. Burmawala.	Fatema.
2771	Sneha Arne	Sneha
2766	Nagu kable	Nagu
2772	Sonam Gaikwad	Gaikwad
2768	Pratiksha. kamble	

Total No. of students - 37

Program coordinator - Ms. Pooja Jain

Pooja

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune 30/01/2020

Mental well-being Awareness session (SYBA) [B]

Malavika Pillai

Roll no.	Name	Sign
2763	Akanksha. S. Khandve	Akanksha
2756	Vaishnavi s. Davekar	Davekar
2753	Tope Akanksha A.	Tope
2762	Savita Sing Sain	Savita.
2657	Sakshee Uttekar	Sakshee.
2664	Diksha Ayte	Diksha
2671	Nikita Beangale	Nikita
2670	Kaveri Sonte	Kaveri.
2 79	Harshada Thanambir	Harshada
2782	Sheikh Muskan	M Sheikh
2765	Jagdhane Vidya	Vidya
2778	Bhakti Y. Kamble.	Bhakti
2929	Nisha Patil	Patil
2652	Ridhi Sheth.	Ridhi S
2931	Neha Pawar	Neha
2932	Pooja kale	Pooja
2928	Shrushti Kumkhar	Shrushti
2927	Komal. K. Uttekar	Uttekar
2:.5	Tamanna Rana	Tamanna
2934	Saniya Phatke	Phatkepatil
2667	Rajeshwari Singh	Singh
2653	Shreya Laskar	Shreya
2654	Madhura Burse	Madhura
2760	Susmita Nath	Nath.
2757	Divya Bohra	D
2775	Vabita Kumari	Vabita
2779	Amisha Singh	Amisha
265-6	Ritwika Jagdale	Ritwika
2926	Simran Nayak	Simran
2678	Priyanka Chaurasiya	Priyanka
2780	Bhavana Khude	Bhavana

ne.

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune

for Pooja S.
(Coordinator)

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

4501	Dnyaneshwari ghadage	Ghadage.
4464	Nisha Kamble	Kamble
4463	Aarti chavan	Chavan
4467	Pooja Patil	Puja
4458	Jasmit Kaur	Kaur
4498	Nitu. sharma	Sharma
4460	Safia Khatun	Safia
4461	Reena Shinde	Reena
4436	Sanchari Sinha.	Sanch
4478	SHRADDHA BHOSALE	Shraddha
4475	Ashwini Mestri	Ashwini M.
4479	Bharti Matang	Bharti
4474	Sandhya Bhadoriya	Sandhya
4462	Sandra Sebastian	Sandra
4476	Divya Nikalje	Nikalje
4477	Malavika Menon	Malavika

Total Students - 41

Program Coordinator - Ms. Pooja Jain

Pooja

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune

classmate

T.Y. B.Com - B. - 29/01/2020. Devaki D

St. Mira's College for Girls, Pune

Mental well-being Program (41)

Roll No.	Name	Sign
4459	SHRUTHI PRAVEEN	Praveen
4468	DIKSHITA PHUTANE	
4454	Megha Rajguru	Megha
4455	Sanam Shaikh	Shaikh
4426	Shreya Joshi	Joshi
4440	Rutuja Akhade	Rutuja
4441	Ankita Jagtap	Ankita
4431	Anushree Gujar	Gujar
4430	Neha Londhe	Londhe
4449	Pavitra Naidu	
4504	Pooja Chauhan	
4421	Pratiksha Thombre	Thombre
4422	Komal Shinde	Shinde
4439	Simran Lund	Lund
4473	Shivangi	Shiv
4485	Mona Deshmukh	Mona
4447	Pooja Varma	Pooja
4448	Nikola Lobo	Nikola
4502	Anamika Kashyap	
4503	Seema Choudhary	
4493	Neha Jadhav	Neha
4404	Priya Bajaj	Priya
4486	Ekta Dwivedi	Ekta
4446	Ekta Sharma	
4465	Dilyce Thomas	Dilyce

Principal Incharge
St. Mira's College for Girls, Pune

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Poonam Bais (Coordinator)

classmate

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Date / /

32	Snehal Jare	4079	Snehal
33	Rutuja Tapkir	4086	Tapkir
34	Bhakti Bhujbal	4070	Bhakti
35	Deepti Bhujbal	4069	Deepti
36	Harshada Dhende	4021	Harshada
37	Minakshi Nimbalkar	4028	Minakshi
38	Sayali Kulkarni	4003	Sayali
39	Neetu Gaikwad	4075	Gaikwad
40	Vidya Pardeshi	4033	Vidya
41	Snehalata Patil	4010	Patil
42	Kajal Maurya	4093	Kajal
43	Karuna Mulani	4076	Karuna
44	Poonam Gurnani	4054	Poonam
45	pooja singh	4055	Pooja
46	Sayali Chavan	4037	Sayali
47	Akshada Kalyanam	4038	Akshada
48	Rutuja Gaikwad	4049	Rutuja
49	Gauri Pasalkar	4006	Gauri
50	Aditi Kadgi	4026	Aditi
51	Apurva Galande	4014	Apurva
52	Amruta Pawar	4020	Amruta

Total students 52

Mental well-being Program coordinator- Ms. Pooja Jain
Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune

St. Mira's College for Girls, Pune
Mental well-being program
S.Y.B.com 'C'

Camlin Page
Date / /

	Name	ROLL NO	Signature
1	Deepsikha. Ratan-Sethia.	4015	Deep
2	Rutika. Balasaheb. Nawale	4013	Rutika
3	Pooja Dalvi	4035	Dalvi.
4	Shirin Shaikh.	4072	Shaikh.
5	Sonali B. Chavre	4073	Chavre.
6	Hrutuja Bhandalkar	4057	Hrutuja
7	Aishwarya Bansode	4058	Aishwarya.
8	Umeiami Mupnar.	4067	Mupnar
9	Krutika Kamate	4061	Kamate.
10	Divya Rajput	4082	Rajput.
11	Aditi Pingle	4011	Pingle.
12	Vaishnavi Gaikwad	4068	Gaik
13	Aishwarya Shinde	4018	Aish
14	Preeti Kshirsagar	4074	Preeti
15	Aishwarya Pandey	4048	Aishwarya
16	Aishwariya Murgeshan	4030	Aishwariya
17	Hitol. Solanki	4031	Solanki
18	Mahek Kukreja	4063	Kukreja
19	Riteka Devnani	4064	Devnani
20	Vaishali. Bondla.	4065.	Simranjeet
21	Simranjeet. Kaur.	4041	
22	Nikita. Mishra	4066.	Mishra.
23	Havini Raman	4022	Haviniraman
24	Gocle priyanka	4039	Gocle
25	Priyanka Khaincar	4056	Priyanka
26	Anamika Singh	4084	Singh
27	Jyoti Agarwal	4019	
28	Annapurnee Mishra	4090	Annapurnee
29	Nikku Rai	4081	Nikku
30	Sanika kumbharkar	4044	Sanika
31	Snehal Bhos	4045	Snehal

Tonk
(Tarjani Coordinator)

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

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Date

95.	Farin Khan	C.I
96.	—	—
97.	—	—
98.	—	—

Total students - 45

Program Coordinator - Ms. Pooja Jain

Pooja

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

63.	Reenam . I. Shaikh	Shaikh
64.	–	–
65.	–	–
66.	–	–
67.	–	–
68.	–	–
69.	Kiran C. Rajpurohit	Kiranrpts
70.	Manali. S. Gaikwad	Mad
71.	Chaitrali . M. Pathare.	Pathare
72.	Sakshi Pardeshi	
73.	Meghana Jairam	Meghana.
74.	Sonia. Sura	Sura.
75.	–	–
76.	Sirat. S. Khokhar	
77.	Simran . S. Khokhar	Simran
78.	–	–
79.	Tulsvanti Jangid	Jangid.
80.	–	–
81.	–	–
82.	–	–
83.	KIMAYA DUPARE.	Kdupare
84.	–	–
85.	–	
86.	Summaiya Shamim Siddiqui	
87.	Janhavi N. chayal	Chayal
88.	–	–
89.	Satarupa Show	Satarupa
90.	–	–
91.	–	–
92.	–	–
93.	–	–
94.	–	

St. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Coordinator)

Principal Incharge
St. Mira's College for Girls, Pune.

31.	Amneet Kaur	Akaur
32.	Shamal Patil	SPatil
33.	—	—
34.	—	—
35.	Suvarna. Sapkal	Sapkal
36.	Sonal Pathak	
37.	Shubhangi Mahajan	
38.	Akanksha Shah	AShah
39.	Pooja. V. Rajpurohit	PVR
40.	—	—
41.	—	—
42.	Aanchal Patil	APatil
43.	—	—
44.	—	—
45.	Shimoni	Shimoni
46.	Foram Budhia	FBudhia
47.	—	—
48.	Harshada kand	Hkand
49.	—	—
50.	Santoshi Rohra	SRohra
51.	—	—
52.	—	—
53.	—	—
54.	Sakshi Lonkar	Slonkar
55.	—	—
56.	—	—
57.	—	—
58.	—	—
59.	—	—
60.	—	—
61.	—	—
62.	—	—

St. MIRA'S COLLEGE FOR GIRLS

Coordinator

Principal Incharge
St. Mira's College for Girls, Pune

St. Mira's College for Girls, Pune

Summer

SY. Bcom 'B'

Page No.

Date

Mental well-being Program - 2019-2020

Roll No	Name	Signature
3801.	Suchandra Bhattacharya	Suchandra
2.	Khan Zainab Arif	Zainab Khan
3.	Summaiya Wajid Shaikh	Summaiya
4.	E Mushaan Khan	
5.	Fizza. F. Babul.	F Babul.
6.	—	—
7.	—	—
8.	Neha Pathak	Neha Pathak
9.	Srushti Kakade.	Skakade
10.	Sakshi Dhile	Dhile
11.	Sakshi M Shede.	Sakshi
12.	Esmath Dehlhanpur	Esmath
13.	Gouri V. Ashtekar	Gouri A
14.	Aparna Lavate.	Aparna
15.	Kutika - Pardeshi	Kutika
16.	—	—
17.	—	—
18.	—	—
19.	—	—
20.	Nikita Punekar.	Punekar
21.	—	—
22.	Gauri Belitkar	Gauri
23.	Prathama D. Karande	Prathama
24.	—	—
25.	—	—
26.	—	—
27.	—	—
28.	Geetanjali Lachke.	Lachke.
29.	—	—
30.	—	—

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Poojasai
(Coordinator)

14 Nov 2020 St. Mira's College of Girls, Pune
Jan Mental well-being Awareness Session 2

SYBCom - A ATTENDENCE SHEET

Summer

Mental well-being Awareness session - (2)

	Roll no.	Name	Signature
1	3673	Rubi Kumari Upadhyay	Upadhyay
2	3626	Sananda Pillai	Sananda.
3	3640	Pratibha Mallav	
4	3613	Jennie Dias.	
5	3648	Gauri Mavkar	
6	3659	Samreen Rizvi	
7	3638.	Shraddha Gaikwad	Shraddha
8	3606	Gayatri Sonawane.	Gsonawane
9	3650	Pratiksha Mishra	Mishra
10	36407	Anjali Gaur.	
11	3689	Aditi Singh	
12	3645	Vanam. Mirza.	
13	3629	Jaya · M · Dalwani	Jaya.M.D
14	3630	Mohsina Shaikh	Mohsina
15	3631	Padmavati Gajul	
16	3622	Trincy James	
17	3680	Sneha Bhambhani	
18	3684	Pooja Rawat	PRawat
19	3676	Azra Abdul Rahim Kiroli	
20	3667	Aastha Rajpal	
21	~~3663~~3632	Asgari Shaikh	

Total NO. of students - 21

Program coordinator - M. Jaj. Jain

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

St. Miras college for birls, Pune

Mental well-being Program (Awareness session - 1)

Vasudha

classmate

Date

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XII C Commerce. 10/01/2020

Sr. No	Roll no.	Name	Signature
1	2004	Pradnya Vijayan	Pradnya
2	2034	Reenaz. R. Lakhani	Reenaz.
3	2033	Sandhya Chaurasiya	Sandhya Ch.
4	2014	Neelam Gandhi	Neelam.
5.	2064	Akshata Chowki	Akshata
6.	~~20~~2100	Rutika Kadu	Rutika
7	2101	Suchitra Nair	Suchitra
8.	2102	Harshada Kadam	Harshada Kadam
9.	2103	Dnyaneshwari. B.	
10.	2104	Pooja Shetiya	P Shetiya
11.	2046	Ghule Sanika	Ghule
12.	2062	Chaitrali Pasalkar	Chaitrali
13.	2043	Lakshmi. Timmanapalli	Lakshmi
14.	2045	Simran Shaikh	Simran
15.	2001	Sharavari Ghogare	SG.
16.	2054	Neha Jadhav	
17.	2055	Neha. Mirgal.	Neha.
18.	2056	Padmashri Bhandari	P.N.Bhandari
19.	2108	Alisha shaikh	Alisha
20.	2023	Shrutika Shinde	Shinde
21.	~~20~~ 2111	Latika Parmar	L. Parmar
22.	2095	Fatima Khan	
23.	2006	Rutika. P. Mohite.	Rohite

Total member of students - 23

Program Coordinator - Ms. Pooja Jain

Poojain

10/1/2020

Principal Incharge

St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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

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Date

Roll no.	Name	Sign
1510	-	-
1513	Arpita Todkar	Arpita T.
1514	Tanaya Nevase	Nevase
1517	Karishma Narayanan	
1518	Apeksha Chavan	Chavan
1520	Yukta Waghmare	Yukta.
1482	Lavanya Nair	Nair

Total Number of Students - 89

Program Coordinator Name & Signature - Pooja Jain

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

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

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Roll no.	Name	Sign.
1469	Ribaah Dave	R.D.
1470	Tanzeem Hundekari	Hundekari
1471	Kashish Jindal.	Kashish
1472	Ingale Vaishnavi. Hiraman.	Vishnavi
1473	Sakshi Santosh Upadhyay	Sakshi
1474	Akanksha Atul Belhekar	Akanksha
1475	Simran Kadam	Kadam
1476	Afsheen Sayyad	Afsheen
~~1477~~	—	—
1478	Sayali Manish Achaliya	Sayali
1483	Ghanashree Ramesh Pawar	G.R.P
1484	Ishika Sharma	Ishika
1485	Jood Bushra Tanveer.	Jood
1486	Khushi Bharat Jain	Khushi
1487	Rucha Abhijit Deshpande	Rucha
1488	—	—
1492	Afrin Jalal Nawaj	Afrin
1493	—	—
1494	—	—
1496	Vaishnavi Raghunath Talka	T. Vaishnavi
1497	Vaibhavi S. Parte.	Parte
1499	Nisha Harinder Sharma	Nisha Sharma
1501	Neha Praveen Shinde	Shinde
1502	Sanskruti Gidram shingare	Sanskruti
1503	Saniya Nitin Mahabare.	Saniya
1505	Preetha Vilas Salunke	Salunke
1506	Sanjana Prashant More	Sanjana
1507	Shruti Abhijit Magar.	Shruti
1509	—	—

ST. MIRA'S COLLEGE FOR GIRLS *POONA-411001*

Pooja Jain
(Coordinator)

Principal Incharge
St. Mira's College for Girls, Pune.

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

Page No.
Date

Roll no.	Name	Sign
1434	Gauri Supaji Kute	Gauri
1435	Maheshwari chandrakant Mishra	
1437	Anita lalaram choudhary	Anita C
1438	Bhakti Tiwari	Bhakti
1439	Laiqa Shaikh	Laiqa
1440	Muskaan Mirpuri	
1442	Manasi Chandgude	
1443	Mouktika Surikuchi	M
1444	Sarita Paliwal	Sarita P.
1446	Soniya Joping	Shivanjali
1447	Shivanjali Kale	
1448	Harsha Sirwani	
1449	Rechal shinde	R.Shinde
1450	~~Khushi~~ Navanya Pillay	
1451	Aarti Sahu	Aarti S
1453	Sayed Uzma Sarfaraz	~~Uzma~~
1454	Diya Preetam Vasvani	Diya
1455	Arwa Lokhandwala	
1457	Rumana Shaikh	Shaikh
1458	Shivani Tagtap	Shivani
1459	Smruti Suresh Argade	Smruti
1460	Ketaki Wadekar	Ketki
1461	Diya D Dhanani	D
1462	Aniruta Sarma Tatiparti	Aniruta
1463	Aditi Hemant Gupta	Aditi
1464	Shraddha Chikane	Shraddha
1465	Dimple Bhati	Dimple
1467	AQSA QURESHI	Aqsa
1468	Pooja Mhaske	Pmhaske

COLLEGE FOR GIRLS

Principal Incharge
St. Mira's College for Girls, Pune

Faiz
(Coordinator)

St. Mira's College for Girls, Pune

Mental well-being Awareness session-1

Date- 10/2/2020

Page No.

Date

Class XI th - Commerce - C

Roll no.	Name	Sign.
1401	Madhuri Karle	
1402	Sanika Shete	
1403	Alisha Jagtiani	
1404	Divya P. Bose	
1405	Divya Motwani	
1406	Jannavi Rane	
1408	Vaibhavi Jadhav	
1409	Srushti Kange	
1410	Samruddhi Suve	
1411	Sakshi Goyal	
1412	Swathikrishna Nambiar	
1413	Saniya Shaikh	
1415	Shreshta Bhojaraj shetty	
1416	Apoorva Girish Mulalik	
1417	Kajal Ashok Sharma	
1418	Hansa Kanayo Punjabi	
1419	Tejaswi Jagtap	
1420	Farzeen A. Sayyed	
1421	Afreen Salim Shaikh	
1422	Vaibhavi keshav Gangane	
1424	Asma Anwar shaikh	
1425	Thul Anushka Vinod	
1426	Asmita Bhise	
1427	Jyotishree Raut	
1428	Izma Nadim Munshi	
1429	Sanika Sanjay Bhere	
1430	Meghana krishna Gawade	
1431	Shivani Upadhyay	
1432	Rakshita Pillay	

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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Pooja Pooja sain
(Coordinator)

5/2/2020 St. Mira's College for Girls, Pune (Athisa 2878)

TYBCOM C

Saathi

Date __/__/__ Mental Health Session - 2

Rollno	Name	Sign
4608	Dipali C. shelke	~~D.shelke~~
4611	Vaishnavi T.T.	Vaishnavi
4603	Anjali. Kohli	Kohli
4601	Renu Sharma	Renu.
4614	Pooja Kognoor	~~Pooja~~
4605	Kalpana Singh	Kalpana
4626	Shweta kate	~~Shweta~~
4629	Jyotsna Paigude	~~Jyotsna~~
4628	krutika Deokar	Krutika.
42	Komal Gaikwad	Gaikwad
4671	Jyoti Tiwari	~~Jyoti~~
~~4241~~	~~Pranali Jadhav~~	Pranali.
~~4255~~	~~Komal More~~	~~Kom~~
4672	Shah shivani	Shivani.
4646	kajal sarsar	Kajal
4655	Pooja Bhosale	Pooja
4656	Siddhi warghane	S. Warghane
4643	Pratiksha More	~~P~~
4644	Preety Ankam	~~Preety~~
12	Pooja Singh	Poojasingh
4653	Khushi Gathani	
4619	Flavina. Philip Martin	Martin
4618	Saloni Jain	Jain
4645	Falguni Saucheti	Saucheti
4659	Kajal Jongra	Kajal
4624	Kajal More.	Kajal
4634	Snehal Bhadale	Snehal
4635	Yallamma Koli	Koli
4636	Snehal Patil	Patil
4637	Shweta Adhav	Shweta.
4638	Mrunal Kokane	MKokane

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St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Puja Jain
(Coordinator)

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

Date ___/___/_____

Saathi

Aut

Rollno	Name	Sign
4639	Shubhangi Gaikwad.	Gaikwad
4640	Sujata Bhagwan Shinde	Sujata
4641	Madhura prakash Turdle.	Turdle
4609	Pranali Abnave	
4663	Sinu sunny	Sinu.
4613	Simran · Kamlesh · Jadhav.	Simran

No. of students - 35

Program coordinator - Pooja Jain

Pooja

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

Total Students - 68 F.Y.B.Com - B. 08-02-2020

Program Coordinator - Ms. Pooja Saini

Mental Health Awarness Session Attendance (2)

Roll no	Name	Signature
3209	Divya .M. Bairy	Divya
3202	Vibhashree. B. Kshirsagar	Vibha
3265	Muskan Sadhwani.	Muskan.
3324	Shimangi Rana	Shimangi
3245	Mrunali Kadam	MKadam
3240	Manisha Vishwakarma	Manisha
3283	ANUSHKA BENNY	Anushka
3323	Akshita Negi	Akshita
3295	Pallavi. S. Hasandasani.	PH.
3286.	Disha ~~Kig~~ Kinger.	Disha Sunil Kinger.
3221	Maheshwari varma.	Maheshwari
3211	Madhu Khedkar	Madhu
3298	Manavi Shambhuprasad Sneha	Manvi
3320	Pushpa Lavkush Sharma	pushpa
3264	Jahanvi Dhingra	JDhingra
3208	Vaishnavi Shedge	Vaishnavi
3291	Saloni Chakravarty	Saloni
3284	Taaniska Bajaj	Taaniska
3227	Gayatri Adhav	Gayatri
3228	Sonal Bondal	Sonal
3261	Ekta Dhumal	Ekta
3212	Sakshi Ghule	Ghule
3315	Sneha Pehere	Sneha
3236	Rasika Gawade	Rasika
3301	Vanessa. Noronha	VNoronha
3239.	Samyukta Shinde.	Samyukta
3238	prajakta Deshpande.	prajakta
3255	pallavi. Udabi	Pudabi
3235	Mrunali Mandhare	Mrunali
3237	Ayesha Shaikh	Shaikh
3268	Sakshi Ghule	Sakshi
3267	pooja Shelke	Pshelke

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St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Pooja Saini

F.Y.B.Com-B

3316	Bhagyashree Kamble	BSKamble
3318	Sherien Thomas	Sthomas
~~3318~~	Alka Yadav	~~Alka~~
3294	Vijaya Ade	Vijaya
3299		

CLASSMATE Date Page

St. Mira's College For Girls Pune
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Roll No.	Name.	Signature
3224	Bhagyashree. B. Jagwani	Bhagwani
3220	Benaaz. Hashemizadeh	Benaaz.H.
3272	Neelam Thadani	Thadani.
3205	Neelam Jhawar	Neelam
3206	Anjali Baghel	Anjali.
3306	Vaishnavi mete	Vaishnavi
3204	Rhea Khimji Bhai	Rhea
3203	Vaishnavi Dhaku	Vaishu
3271	Disha. Bhardwaj.	DB
3280	Gauri. Dhumal.	GauriRDhumal
3207	Anjali Singh	ASingh
3260	Aakanksha. N	Akanksha
3225	Diksha. Kamble.	Diksha
3256	Manisha. D.	Manisha
3219	Pooja. P.	Pooja P.
3214	Sejal Patil	Sjatil
3210	prachi S. Suryawanshi	Sprachi.
3308	Roshni Jagtap	Roshni
3285	Sayali Raul	Sraul
3266	Sonali Ghogare	Sonali
3255	Pallavi. Udasi	Pudasi
3234	Kirti Kamuni	Kirti
3302	Suchitha. A	Suchitha
3223	Pureva. Anand	Anand
3310	Pratiksha A Raghav	Praghav
[redacted]	[redacted]	[redacted]
3244	Anisha B. Dhenge	Anisha
3273	Shubhrata M. Chaudhari	Shubhrata
3243	Sonali u. choudhary	Sonali
3201	Nikita. Pandey	NPandey
3230	Achali Dheer	Ad
3304	Deepti Ghate	Deepti
3369	Snehal Gundewadi	Snehal

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St. Mira's College for Girls

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Coordinator
Pooja Jain

F.Y.B.A(A) 10/02/2020

St. Mira's College for Girls, Pune

FYBA (A) Mental well-being awareness Session 2

Roll no	Name	Signature.
2309	Rushmita Gupta	
2228	priyanka Jaisinghani	
2237	Sejal Chinchak	
2230	Aeifiya Photographer	
2284	Shivani Benson	
2302	Muskan Negi	
2268	Nyatee	
2320	Ishika Mahajan	
2301	Mishma Jeff teresa	
2300	Ritika Samot.	
2270	Mahima Sam	
2296	Aroma Thomas	
2245	Vijetha Rathinavel	
2296	Gayathri Nair	
2298	Prerana Waghmare	
2227	Palak Narang	
2323	Manek Bhargica	
2326	Anisha Nankani	
2270	Olivia Fernandes	
2283	Sakshi Lakhapati	
2251	Sonal Sonam Angmo	
2271	Preksha Chhajed	
2286	Anusha Kokaji	
2299	Apanya Sinha	
2247	Sarrah Husainy	
2221	Sarrah Husaini	
2278	Amal Ablabdeh	
2315	Joelin S Lazare	
2304	Tuba Imam	
2305	Parisha Sevla	
2231	Urvi Shetty	

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
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Pooja Saini
(Coordinator)

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

classmate
Date
Page

2213	Arshiya sayyed	Arshi
2307	Deeghika Pawar	Dee...
2288	Iba Inam	Iba
2261	Rita kumari	Rita
2321	Shyamali Bhavsar	Shy
2232	Enakshi Pereira	EP
2324	Livia D'silva	LD
2327	Donita D'silva	DD
2224	Maitreyee deshpande	MD
2287	Talsa Braganza	Talsa B
2315	Jaelin kalzara	Joe
2219	Vaishnavi Shinde	Shinde
2246	Shalini Nair	Shalu
2265	Kalpana Garje	Kalpana
2319	Dhanashree Kalal	Kalal
2203	Swarnim Somawanshi	Swarnim
2211	Sakshi Rahega	SRahega
2215	Umme Kulsum Dalal	UDalal
2217	Radhika Joshi	Radhika

Total number of students - 50

Program Coordinator - Ms. Pooja Jain

Pujajain
10/2/2020

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune

St. Mira's College for Girls, Pune
Mental well-being Program
10/2/2020
Mental well-being Awareness session-2

Rajdhani
DATE / /

Roll No	Name	Signature	Class
11961	Moksha Parmar	Moksha	FYBCA
11813	Yashika · A · Jain	yasha	SYBCA
11832	Khushbu R. Mannol	Khushbu	SYBCA
11807	Simran · S · Bhatia		SYBCA ·
11903	Ananda Bharduaj	Ananda-B	FYBBA(CA)
11908	Shradha Pawar	Shradha	FYBCA
11907	Bhavya Nair		—11—
11956	Kajal zende	Kajal	—11—
11947	Aarti Mule	Amule	—11—
11938	Sejal jadale	Sejal	—11—
11929	Diksha tayade	Dtayade	—11—
11941	Shrutika K. saraf	Shrutika	—11—
11958	Shrushti . N . Khedekar		—11—
11823	Akanksha Auku	Akanksha	SyBCA
11865	Komal Sharma		SYBCA ·
11848	Simran Duggal	Simran	SYBCA ·
11862	PRATIMA SINGH		SYBCA
354	Akshada . S. Polhad		SYBCA
11857	Saniya Nadaf	Snadaf	—11—
11814	Ansiya Shaikh		—11—
11876	Komal Paswan		—11—
11820	Anjali Satpute	Anjali	SYBCA
11806	Pratiksha Jadhav	Pratu	SYBCA
11945	Anushka Podwal	Podwal	FY BCA
11727	Vanshika · Milani	Milani	FY BCA ·
11934	Samiksha . Kulaskar	Samiksha	FYBCA
11928	Alina Fathima . Baig	Alina	FYBCA
11919	Shubhangi Dhore	Shubhangi	FYBCA
11939	Prachi More	Prachi	FYBCA
11902	Hetal Yadav	Hyadav	FYBCA
11970	Shruti Rajguru	Shruti	FYBCA
11973	Shweta Deshmukh	Shweta Deshmukh	FYBCA

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St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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

11802 fiza Sayyed S4BBA(A)

11880 Prerna kamble S4BBA(A)

Total students - 35

Program coordinator - Ms. Pooja Jain
Pooja

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Mental well being Awareness Session -2

11/02/2020 F.Y.B.A (B)

Roll No.	Name	Sign.
2461	Nauna Gaikwad	
2493	Neha Kumari Kushwaha.	Neha
2412	Samskruti satish Gaikwad	Gaikwad
2402	Akshada Anil Patil	Patil
2501	Payal Sanjay Mane	
2409	preeti Sanjay doijad	
2435	Shweta Sanjay Aatale	S.S. Aatale
?'170	Shraddha dilip kale	S.D.Kale.
2467	Rajkta Bharat kakade	Rajkta.
2468	Pratiksha Babasaheb kakade	Kakade.
2510	Anamika khandve	
2465	Milan Yeatne	
2426	Karuna Kishor Gurav	Karuna
2498	Sneha Sinha	
2457	Pratiksha Padwal	
2448	Harshali Chavan	
2413	Tanu Mishra	
2442	Samiksha N	
2475	Pratiksha k.	Pratiksha
2488	Katyayini. M	
2507	Fatima Ayaz	Fatima Ayaz
2460	Jyotsna Sharma	Jyotsna S.
2472	Garima Kundu	Garima.
2420	Fatin Shaikh	
2500	Shalini	Shal.
2414	SABA INAMDAR	
2503	Mariyam	
2431	Sakina	
2407	Disha	
2477	Harshita	

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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Pooja Sain
(Coordinator)

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

2453	Vanshika	
2469	Muskan Gupta	Gupta
2430	Uzefa Shah	Uzefa Shah
2444	Deepali Bhamare	Bhamare
2403	Rachi Akhade	Akhade
2493	Kashmeera Mehra	Kashmeera
2436	Anushka	Anushka
2476	Ankita Padhen	Padhen
2401	Yogeshwari	Yogeshwari
2450	Aparna Kulkarni	Kulkarni
2429	Pallavi Gaikwad	Gaikwad
2439	Prajakta Awchat	Prajakta
2499	Priyanka	Priyanka
2495	Kaveri Dodia	Dodia
2506	Pratiksha Jugale	Jugale
2419	Harshada Malgonde	Malgonde
2415	Yukta. Gaikwad.	Gaikwad
2417	Aishwarya Kamble.	Kamble
2451	Janhvi Sapkal.	Janhvi
2418	Anisha Salvi	Salvi
2511	Anisha Kate.	Kate
2441	Shruti Kadam	Kadam
2442	Soniya Jadhav	soniya
2458	Sorwashy Dahale	Sorwashy
2489	prajkata	prajkata
2455	Rishita Sarkar	Sarkar
2497	Megha Malhotra	Megha
2454	Megha Samant	Megha
2422	Ankita Waghmare	Ankita W
2482	Nikhat Khan	Nikhat
2428	Ayesha Riyaz Shaikh	Shaikh

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St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Tupe sir
(coordinator)

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

2474	Laxmi M. Ahankare	
2433	Nikita Dedkar	Nikita
2478	Meghna Manjulkar	
2471	Nikita Surug	
2411	Aishwarya Dhadve	
2480	Sejal Gaikwad	Sejal
~~2402~~	~~Akshada Patil~~	
2437	Pranali Jawale	Pranali
?'149	Pradnya Joshi	P. P. Joshi

Total number of students - 69

Program coordinator - Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

Mental well-being Awareness session - (2) (29)

FYBcom 'C'.

St. Mira's College for Girls, Pune (2)

Page No.

Date 14 | 2 | 2020.

1	Sharanya Nair	3490	Sharu.
2	Ashita Bansal	3410	Ashita
3	Sanjana shelkande	3463	Sanjana
4	Kiran Choudhary	3408	Kiran
5	Nishu Sharma	3415	Nishu
6	Madhavi Mankar	3521	madhavi
7	Rutika Chavan	3520	Rutika
8	Venkataraman Priya	3424	V. Priya
9	Anita Choudhary	3409	Anita
10	Sejal Thakur	3413	Sejal
11	Sayali Aushikar	3512	Sayali
12	komal kale	3425	K. kale
13	prachi Aiwale	3446	Prachi
14	Pooja Tingre	3485	P. N. Tingre
15	Anjali Bora.	3471	Anjali
16	Gauri Jadhav	3472	Gauri
17	Sakshi Kshirsagar	3508	Sakshi
18	Komal Yadav	3435	KomalYadav
19	Sneha Suman	3501	Sneha
20	Sachi Singh Baghel	3487	Sachi
21	Komal Soni	3431	Komal
22	Anushka Nikalje.	3451	Anushka
23	Kajal Yadav.	3420	Kajal
24	Rutuja Bhujbal	3464	Rutuja.
25	Sudiksha Sonar.	3462.	Sudiksha.
26	Revathi Naidu.	3482	Revathi
27	Pooja. Negi.	3500	Pooja
28	Sonal Pawar	3423	Sonal
29	Anita Choudhary	3430	Anita

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Total Students - 29

Program coordinator - Ms. Pooja Jain

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's college for Girls, Pune

BCS

FY ~~BSC~~ ~~BBA~~ (26)

Date

Page

Mental well-being Awareness session (2)

Roll No	Name.	Signature
5405	Pratiksha Orhal.	Pratikshaorhal
5415	Gayatri Pujari	Gayatri.
5426	Mokshada Bhandare	Bhandare
5427	Dipti Rathod	Rathod
5428	Rasika Sukhadare	Rasika
5406	Sanjana Jadhav	Jadhav.
5413	Nikita Shinolkar	Shinolkar
5439	Avantika Ghanekar	
5 36	Harshada manjare	Manjare
" 44	Tanvi Patange	Tanvi
73	Bhagyashree Khandve	Bhagyashree
43	Mayuri jagtap	Mjagtap.
14	Akshada Tupe	
5409	Shrushti Babar	Shrushti
02	Shravani Majalkar	Shravani.
25	Darshani Babar	Darshani.
5472	Shyali kamble.	Shyali
5462	Bhakti laurent.	Bhakti
5465	Khushbu Rathod	Khushbu
5440	Shruti ~~narkhede~~ nasale	Shruti
5471	manshee ingawale	Manshee
5467~~0~~	Vaishnavi Kunjari	Vaishnavi
5447	Prasiddhi Nair	Prasiddhi
5468	Pooja sharma	Pooja
5464	Mrinal Ishere	Mrinal
5450	Devshri Joshi	Devshri
~~5446~~		

Total students- 26

Program coordinator- Ms. Pooja Jain

Pooja

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge

St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

15/02/2020

Department of Psychology (13)

Page No. (2)

Mental Health Wellbeing - Awareness Session (SYBCS)

	Roll no.	Name	Signature
1)	5530	Shraddha Gaikwad	Gaikwad
2)	5511	Andrea Belsher	ABelsher
3)	5519	Shainy Misal	Misalsj
4)	5523	Swati Raykonda	Swati
5)	5507	Ishika. Sarode	Ishika
6)	5533	Rutika Kapai	Kapai
7)	5520	Bhakti Shah	JB.Shah
8)	5544	Janhavi Jetha	Janhavi
9)	5536	Anita Bhosale	A.R.Bhosale
10)	5537	Preetibha Ghante	PGhante
11)	5541	Mayuri Sapkal	May
12)	5534	Megha Kuttal	Megha
13)	5516	Ronak Kaur	RK

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Total Students - 13

Program Coordinator - Ms. Pooja Jain

Pooja

Principal Incharge
St. Mira's College for Girls, Pune.

Mental well being Awareness Session-2

Session-2 F.Y. BBA (58)

St. Mira's College for Girls, Pune

DATE

	NAME	Roll no.	Sign
1	Pooja Sharma	21950	Pooja
2	Simran Khoja	21974	Simran
3	Udita Dodeja	21934	Udita
4	Muskan Thadani	21961	Muskan
5	Minali Parwani	21942	Minali
6	Vaishnavi Pawar	21949	Vaish
7	Jovia Karmokar	21922	J.
8	Anjali Gaikwad	21931	Gaikwad
9	Sakshi Tilekar	21952	Balsk
10	Mansi Rajguru	21927	Mansi
11	Anushka Sawant	21970	Anushka
12	Iba Kadri	21976	Kadri
13	Sharvari Bhapkar	21959	Sharvari
14	Sarah Kinariwala	21975	Sarah
15	Sharayu Bagade	21939	Bagade
16	Nidhi Doshi	21933	Nidhi
17	Maria Simon Waghmare	21941	Maria
18	Samruddhi Kale	21910	Kale
19	Gayatri Soni	21912	Soni
20	Tanuja Bhandar	21948	Tanuja
21	Madhavi Sonawane	21946	Sonawane
22	Unmati Patil	21936	Unmati
23	Nivedita Kale	21938	N.G. Kale
24	Pradnya Patil	21932	Patil
25	Ruchita Choudhari	21924	Ruchita
26	Samiksha Kalbhor	21919	Samiksha
27	Pragati Sase	21967	Pragati
28	Sadhya Mankar	21969	Sadhya
29	Snehal pawar	21923	Snehal
30	Nandini Jadhav	21916	Nandini

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Pooja Sain
(Coordinator)

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

DATE

	Name	Roll no.	Sign
31	Roselin pillay	21947	Roselin
32	Ashwini Kalbatpure	21930	Ashwini
33	Anjali Choudhary	21979	Anjali
34	Urvashi Rahangdale	21915	Urvashi
35	Gayatri. B.	21902	Gayatri
36	Anjali Saswade	21944	Anjali
37	Nishtha Pandya	21917	N Pandya
38	Khadija Juzar	21908	Khadija
39	Bhavya. B	21955	Bhavya
40	Muskan. N	21918	M. Nikalans
41	Ishika. A	21909	Ishika
42	Sonali. P	21973	Patil
43	Sakshi. Pawar	21957	Sakshi
44	Akshra Badlani	21954	Akshra
45	Bhavisha Nikalani	21911	Bhavisha
46	Rukaiya. S. H.	21956	Rukaiya
47	Simran. Balani	21929	Simran. B
48	Bhawana kumari	21978	Bhawana Kumari
49	Riya Pawar	21901	Rpawar
50	Ritambhara	21972	Ritambhara
51	Hitika Kataria	21968	Kataria
52	Deepika Khido	21965	Khido
53	Hanisha Hospalai	21914	Hanisha
54	Shraddha Pawar	21945	Shraddha
55	Anisha Pawar.	21952	Anisha
56	Beauty Singh	2193	Beauty
57	Vaishvi Kumar	2193	Vaishvi

Total students - 57

Program coordinator - Ms. Pooja Jain

Pooja

Principal Incharge
St. Mira's College for Girls, P

St. Mira College for Girl's, Pune

List of Students Enrolled in **Second year Bachelor of Business Administration** Degree Course for The Academic Year 2019-20

Sr	Roll No.	Name	(48) Sign Session-I 20/8/20	(47) Sign Session-II 18/2/2020
1	21801	MONIKA DNYNESHWAR JOGI	–	–
2	21802	VAISHNAVI BABASAHEB WADKAR		
3	21803	DISHA MAKHIJA	–	–
4	21805	SAHOTA AMANDEEP KAUR		
5	21806	Tulna Gupta	TULNAGUPTA	Tulna
6	21807	LEENA AKSHADA BOMMI	–	–
7	21808	GUPTA TANVI MUKESH	TANVI	Tanvi
8	21809	KAPADIA ZAINAB ZOHAIR		Zainab
9	21810	Anjali Mahesh Chugh	Anjali	
10	21811	RAJPAL HEENA HEMANT		
11	21812	SAYYED ALIYA IRFAN	–	–
12	21813	LIGHTWALA AMATULLAH		–
13	21815	KITUKALE VAISHNAVI KAILAS	–	–
14	21817	VANSHITA CHOUDHARY		
15	21818	Moksha Shah		
16	21819	SAMINA KAUSAR		
17	21820	AACHAL CHOUDHARY	–	–
18	21821	KHAN FARZIN ZUBAIR	–	
19	21822	SHRIYA TUPE	–	–
20	21823	ANKITA ANANT KONDHALKAR		
21	21824	DEEPIKA KESARKAR		
22	21825	RAJSEE SARWATE		
23	21826	TEJASVI ARVIND SURATKAL		
24	21827	TANVI VOHRA		
25	21828	Bodhankar Nikita	–	–
26	21829	CHAUHAN PRANJALI RAMDEO	–	CHAUHAN
27	21830	SHIVANGI TIWARI		Shivangi
28	21831	THAKKAR SEJAL MAHESH	–	–
29	21832	CRUZ SIMRAN THOMAS	–	
30	21833	RIYA SURENDRA SINGH	Riya	Riya
31	21834	Kashish Pasha Mallu	–	–
32	21835	SABOONI ZOHA AZIZ		
33	21836	C TRINI SHARON		
34	21837	SUSMITA MANOHAR SAWANT		
35	21838	Bhavika Mali		
36	21839	SHARMA SHOBHA SHIVDAYAL		
37	21840	TARAWADE SIDDHI AVINASH	–	

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(Coordinator)

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Sr	Roll No.	Name	Sign Session-I	Sign Session-I
38	21841	MANSI CHANDRAKANT SHINDE		
39	21842	KHAN MAHEK MUNIR	–	
40	21844	SONAWANE NIKITA	–	
41	21845	CHAUDHARI YASHIKA		
42	21846	ALFIYA LIYAKAT SHAIKH	–	
43	21847	BAKSHISH KAUR GABA		
44	21848	SAMBHAVI VIJRA		
45	21849	PRATIKSHA PUNEKAR		–
46	21850	GHULE VAISHNAVI		–
47	21851	BHAWANA SUTHAR		
48	21852	VATARE ADITI VIJAY	–	–
49	21853	DESHMUKH VAISHNAVI		
50	21854	SABALE AVANTIKA	–	–
51	21855	SANYUKTA TRIBHUWAN		
52	21856	~~Balani Nishita~~ Kankana Ray Chowdhury		
53	21857	NISHITA BALANI	–	–
54	21858	Nisha Gupta		
55	21859	SIDRAH SHAIKH		
56	21860	SHAIKH AYESHA AKBAR	–	–
57	21861	SAYYEDAMIN ALINA		
58	21862	TULSIJA PRIYANKA	–	–
59	21863	DARAWADE SAKSHI	–	–
60	21864	DAWARA SONAL RAJESH		
61	21865	KADAM MAYURI		
62	21866	Megha Dewangan		
63	21867	Ritika Sharma	–	
64	21868	RINKUNATH RAWAL	–	
65	21869	KHUSHI ABICHANDANI		
66	21870	MILANI MEHAK MOTILAL	–	–
67	21871	NANDANI SHARMA		
68	21872	KHAN ATIYA AYUB		
69	21873	SABNANI ROSHNI ASHOK		
70	21874	RAHI PRAMOD BHOSLE	–	
71	21877	SHARMA KRITIKA RAJESH	–	–
72	21878	KASHMIRA RAJPUT	–	
73	21879	PALLAVI ANIL KESWANI		
74	21880	SHILPA ASHOK BANSODE		
75	21882	THADANI JANVI JEEVAT	–	–
76	21883	Alamchandani Isha		–
77	21884	Samtani Sama	–	–
78	21885	Chhajed Anisha Anil		–
79	21886	Sejal		–
80	21718	Cheyene Dsouza		

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(Coordinator)

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

LAVINA

Mental well being Awareness Sessions - 2

18/2/2020 St. Mira's College for Girls, Pune

TYBBA - (17)

Janvi Khondagale	21713
Laveena Sachdev	21772
Pragati Khatal	21708
Shraddha Shinde	21728
Roshani Lalwani	21711
Karuna Sharma	21743
Falak Baig	21741
Kavya Patel	21702
Akshata Karnekaran	21729
Monica Dhanwani	21709
Pratiksha Bokadiya	21707
Karen Jacob	21725
Meghna Ballani	21784
Hanisha Rathod	21782
Maneka Vasnani	21624
Tejashree Gaikwad	21712
Pranali Shetye	21742

Total Students - 17

Program coordinator - Ms. Pooja Jain

Pooja

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KINDLE THE LIGHT

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Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

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

Circular No:- G15/IQAC/2021-2022/106 **Date:- 20/12/2021**

CIRCULAR

On 23rd December 2021, a Webinar titled "How to Prepare for Banking/ SSC/ Insurance Exams during Graduation" is to be organized by Dept. of Economics in association with the Unique Academy, Pune from 3.00 pm to 4.00 pm via Online/ Zoom platform . This webinar is open to all the students.

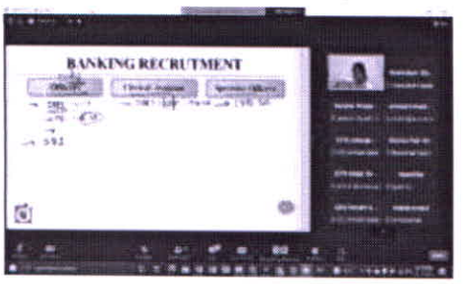
D. Manisha Pimpalkhare
Coordinator

St. MIRA'S COLLEGE FOR GIRLS • POONA-411001 •

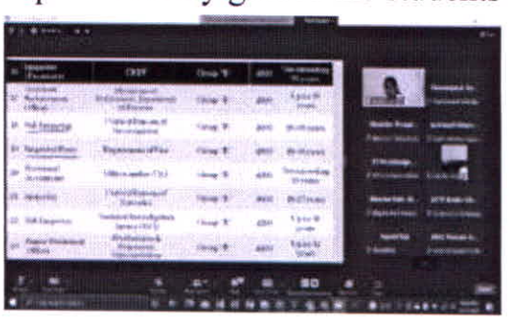
Dr. Jaya Rajagopalan
Principal I/C

St. Mira's College for Girls, Pune
(Autonomous- Affiliated to SPPU)
Dept of Economics
2021-22
Webinar in association with The Unique Academy
"How to Prepare for Banking/ SSC/ Insurance Exams during Graduation"
23rd Dec 2021
Report

The Dept of Economics of St. Mira's College, in association with the Unique Academy Pune had organized a webinar on "How to Prepare for Banking/ SSC/ Insurance Exams during Graduation" for all the students of the college. The



webinar was aimed at creating an awareness among the students about the nature and pre requisites of these competitive examinations and accordingly prepare for those while studying for graduation. Ms. Mayuri Sawant from the Unique Academy guided the students about the time frame required for preparation, various options and career ladders available after graduation and a study plan that can be put into effect while studying. She extensively spoke about Banking and Insurance as well as SSC examinations and the preparation required thereby to clear these.



The lecture was well received by the participants.

In all 78 **students** attended the webinar.

Dr. Manisha Pimpalkhare

Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

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

Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in

KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

Circular No:- G15/IQAC/2021-2022/82 **Date:-9/10/2021**

CIRCULAR

The Department of Business Economics and Banking is organizing a Session on 'Career Opportunities with Reserve Bank of India' on Oct 16, 2021 at 4pm on Google Meet Platform. The Speaker is Ms. Nanda Choudhary, Manager, Reserve Bank of India, Posted at Benguluru.

Dr. Arwah Madan
Faculty

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University
Department of Business Economics and Banking: Guest Lecture
'Careers Opportunities with Reserve Bank of India'

A Guest Lecture was organized by the Department of Business Economics and Banking, St. Mira's College on the topic 'Careers Opportunities with RBI' on Oct. 16, 2021 at 4pm on Google Meet Platform. The Guest Speaker was our Alumna, Ms. Nanda Choudhari, Assistant Manager, Reserve bank of India, posted at Benguluru. Ms Choudhari completed her B.Com in the year 2012. She has over eight years working experience at RBI now.

Ms. Nanda Choudhari elaborated in details about the various opportunities at the Reserve Bank of India. She discussed the selection procedure, the various components of the entrance examination held for various posts along with the Interview Process. She also provided information on the salary structures , allowances and benefits for the different positions at RBI.

Ms. Choudhari shared her experiences as a Young Research Scholar at RBI and how the faculty at St. Mira's encouraged and supported her in applying for the RBI Scheme. She stated that her selection as a Young Research Scholar was a turning point where she started her preparation for various openings at the RBI. She pointed out that the course curriculum at St. Mira's College as an autonomous college kept her abreast with developments in the banking system in India. Ms. Choudhari reiterated that hard work and perseverance is the key to success.

The Lecture was well attended by the SY and TY BCOM students of Banking and Finance specialization. 99 student participants.

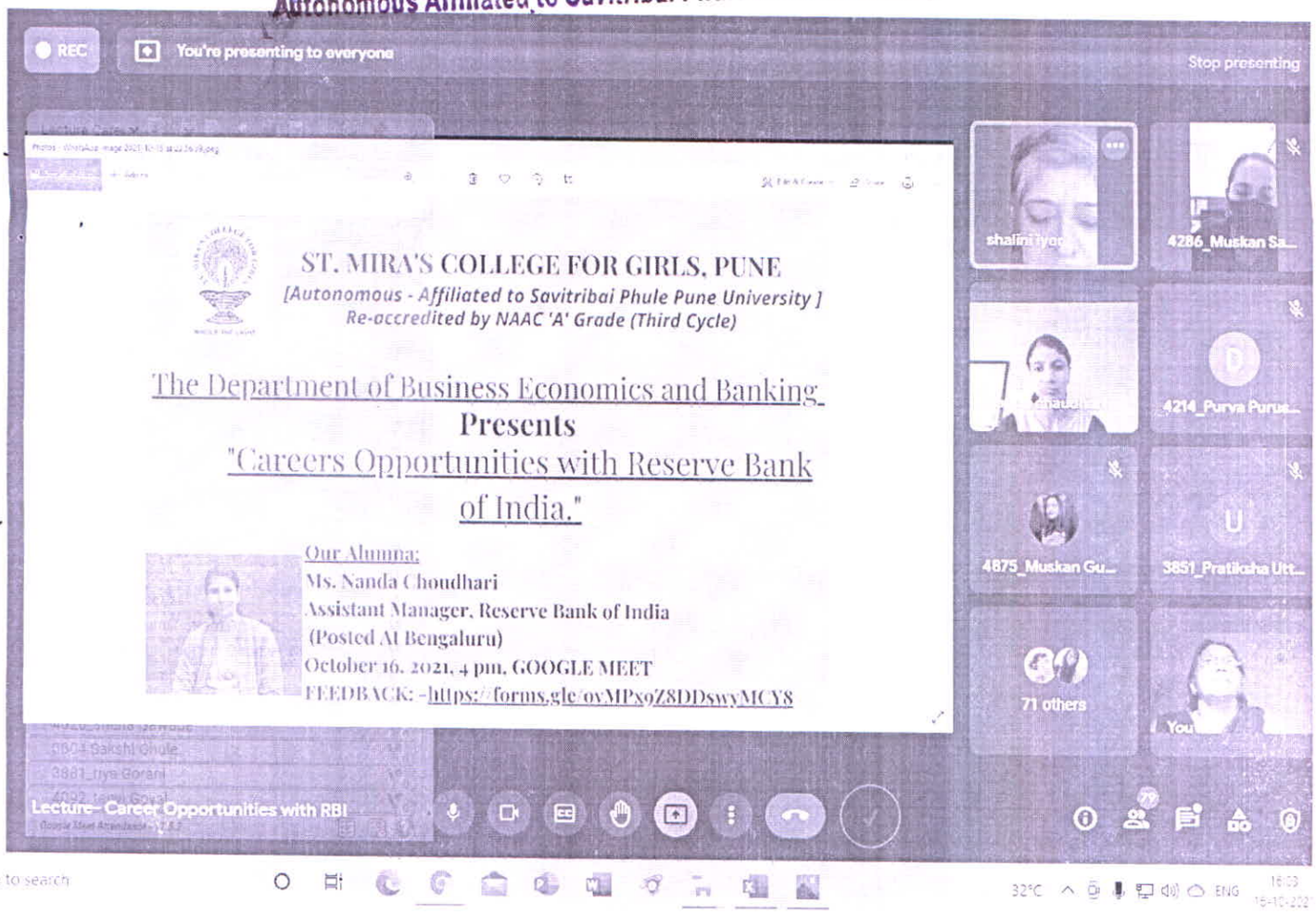
Dr. Amruta Madan

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Principal Incharge
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Careers with RBI Lecture Oct 16, 2021 Meeting



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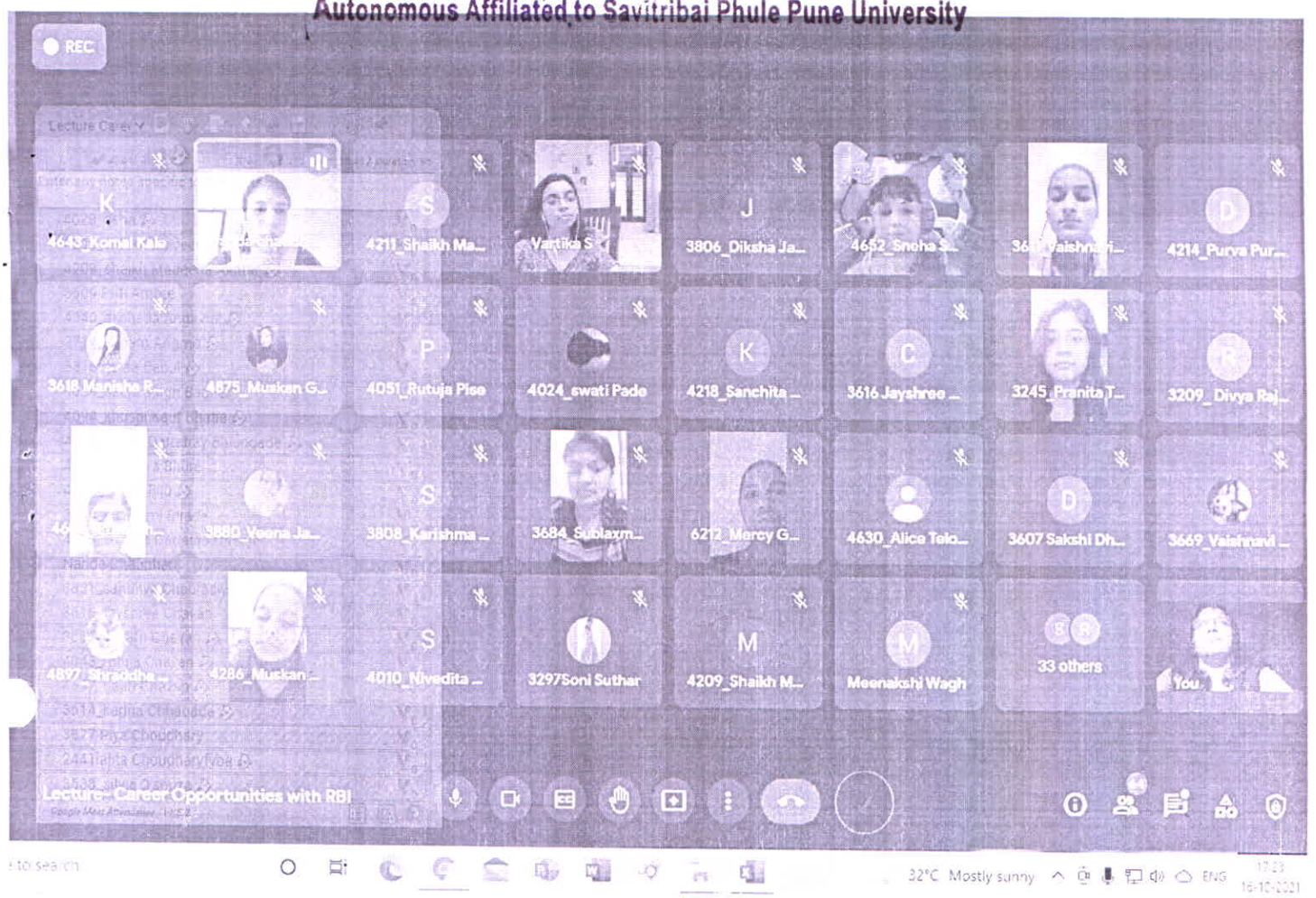
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ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Arwah Madan
Coordinator

Principal Incharge
St. Mira's College for Girls, Pune.

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DR. ARWAN MADAN
COORDINATOR

Principal Incharge
St. Mira's College for Girls, Pune.

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Dr. Jaya Rajagopalan
Principal Incharge

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College Code No. : 013

Circular No:- GMS/IQAC/2021-2022/73 **Date:-6/10/2021**

CIRCULAR

The Department of Business Economics and Banking is organizing an Interaction with Alumna, Ms. Pooja Sakate [MCOM Batch 2014] on Oct 9, 2021 for the Banking Specialization Students of SY and TY BCOM at 4 pm Google Meet platform .

Dr. Arwah Madan
Faculty

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
Autonomous Affiliated to Savitribai Phule Pune University
Department of Business Economics & Banking: Interaction with Alumna

The Department of Business Economics and Banking organized an Interaction session with our Alumna- Education, Career and Beyond. Our Alumna, Ms. Pooja Sakate was the speaker at the occasion. She finished her BCOM and MCOM in 2012 and 2014 respectively. Ms. Pooja now works as Cluster Manager in the legal Department, Bajaj Finance Ltd. Pune. The Event was organized on Oct 9, 2021.

Ms. Pooja shared the difficult path that she has walked to reach where she is today. Pursuing education was not very easy for her as her mother was a single parent. The times were difficult she admitted, however, her mother insisted on completing education. She said she is grateful to her mother for her perseverance. Ms. Pooja stated that she was grateful to two of her acquaintances who supported her financially through her education.

Ms. Pooja said she was proud to be a Miraite; she thanked the faculty and the library staff for the support all though her graduation and post graduation. She was grateful to the college authorities by giving her the advantage of the Earn While you Learn Scheme.

Ms. Pooja said she always wanted to work with a Bank, as she had specialized in Banking and Finance. She is happy today as she works in the financial sector. Her first job in an insurance company exposed her to the legal field. She admitted that she made her attempts to appear for the CS examination but failed to qualify. A little disappointed, she followed the advice of one of her senior colleague who asked her to pursue a Law degree instead. Ms. Pooja has successfully completed her LLB in 2020 and is now a lawyer handling corporate affairs for the company she works with.

Ms. Pooja Sakate stressed on the important of pursuing post-graduation as due importance is given for higher studies; she said that it is important to explore opportunities while one is working and acquire added qualifications to move higher up in ones' career.

The Interaction with Alumna Ms. Pooja on Education, Career and Beyond was emotional, motivating as well as inspiring for everyone.

Dr. Arwah Madan
COORDINATOR

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
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The Department of Business Economics and Banking.

Presents

" Interaction with Alumna".

Education, Career and Beyond



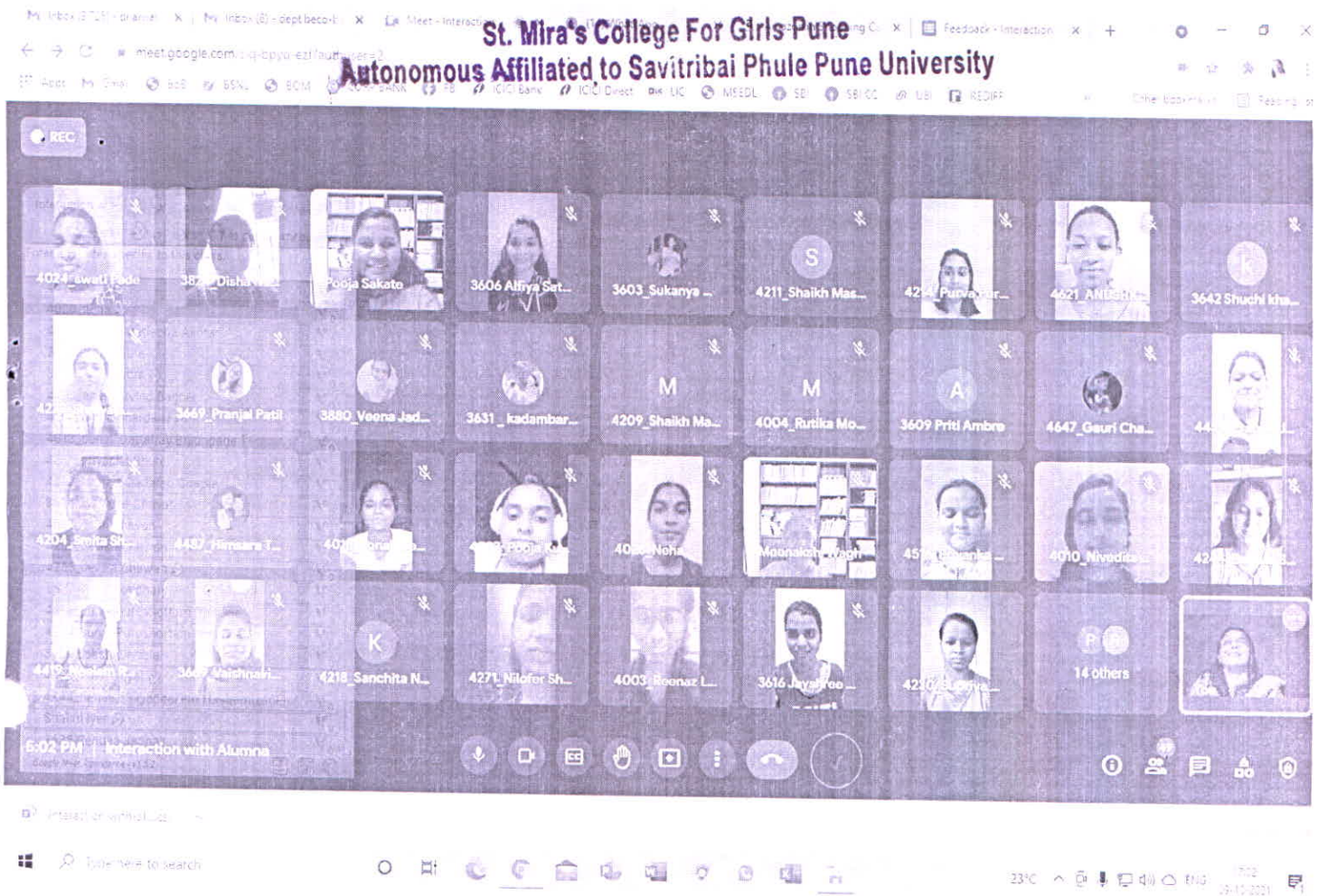
Our Alumna:
Ms. Pooja Sakate
Cluster Manager (Legal),
Bajaj Finance Ltd.
October 9, 2021, 4 pm, GMEET
Link: https://meet.google.com/siq-bpyq-ezf

DR. ARWAH MADAN
COORDINATOR

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DR. ARWAN MADAN
COORDINATOR

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PU/PN/AC/015/ (1962)

College Code: - 013

Circular No: -G15/IQAC/2020-21/93 **Date:-1st July 2020**

CIRCULAR

On 10th July 2020, Guest Lecture- Banking and Other Competitive Exams is to be organized by the Dept. of Economics, Business Economics and Banking and the Civil Services Guidance Cell in collaboration with the Unique Academy, Pune. Time- 4.00pm to 6.00pm

Speaker- Mr. Pravin Buge

Online Mode- Zoom Platform

Dr. Manisha Pimpalkhare

Ms. Veena Kenchi

Dr. Sandhya Pandit

Coordinators

Dr. Gulshan H. Gidwani
Principal

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Report of Guest Lecture on 'Banking and Other Competitive Exams'

Organised by- The Dept of Economics, Business Economics and Banking
In association with the Civil Services Guidance Cell
In collaboration with The Unique Academy, Pune

Date- Friday 10th July 2020
Time- 4.00pm to 6.00 pm
Speaker- MR. PRAVIN BUGE, Career Counsellor, The Unique Academy, Pune

The lecture on "Banking and Other Competitive Examinations" was organised by the College with the objective of introducing students to various career options after graduation.

Mr. Buge elaborated on the various Banking exams and how students should prepare themselves for these exams. He discussed the structural organisation and hierarchy of the Banking system in India and the benefits of government jobs. He explained to students about how Banking has highly evolved as a corporate career.
Mr. Buge also introduced students to SOs which requires specialization in other non-economic fields like IT, Law, HR, Marketing, Hindi, etc.
He then explained the entire process of the Banking exams elaborating on the papers and marking system for the same.
The highlight of the session was an interaction of the students with the Speaker's brother, Mr. Pradip Buge, Chief Manager, UCO Bank, Hong Kong. He was kind enough to guide the students on the practical aspects of working in a bank, how one can move up the hierarchy and even work in international branches. This interaction definitely motivated students to give a serious thought to a career in banking.
The session concluded with a Q&A session wherein students directly asked questions to the speaker not only on banking and its choices but also were counselled on career choices they can make with their current qualifications.
This session was well received by students from different colleges and universities. More than 200 participants attended this online lecture

Co-ordinators –

Dept of Economics and

Civil Services Guidance Cell.

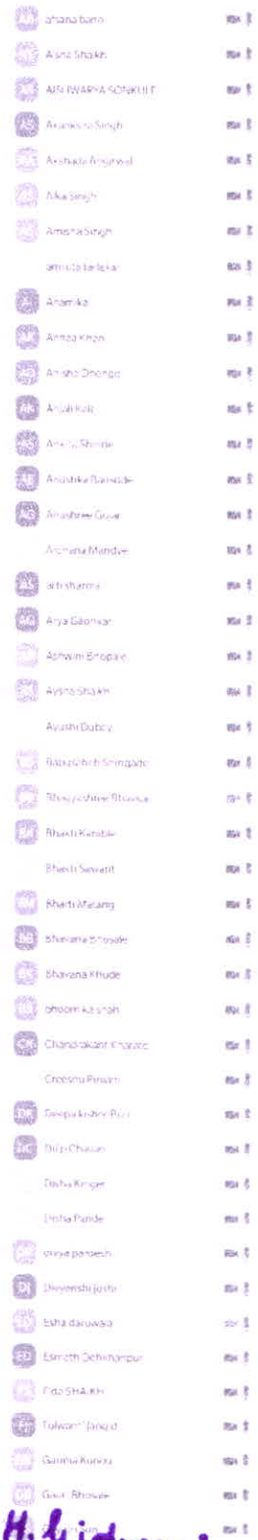
ST. MIRA'S COLLEGE FOR GIRLS PUNE-411001

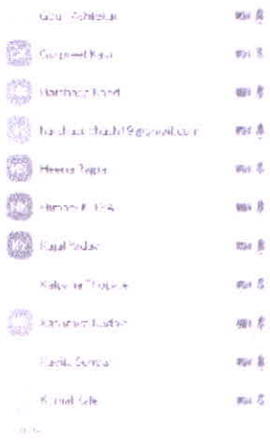
Principal
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Report of Guest Lecture on 'Banking and Other Competitive Exams'
Online Attendance 2020-21







Total Participants
(177)

St. Mira's College for Girls

Principal

Coordinators

Veena Kenchi
Ujwala

Dept of Economics and Civil Services Guidance Cell

Dr. Sandhya Pandit

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

Circular No:- GIS/IQAC/2019-20/37 **Date:-**11th February 2020

CIRCULAR

On 14th February 2020 a Guest Lecture on 'Road map for clearing the NET and SLET' examination'is to be organized by Department of Accountancy for T.Y.B.Com and T.Y.B.A. students from 12 pm to 2 pm at Room No. 101.

Mrs. Deepanjali Mazumder
Coordinator

Dr. Gulshan H. Gidwani
Principal

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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

2019-2020

Report of the Event: 'Road map for clearing the NET and SLET examination'- 14th February 2020

A guest lecture on 'Road map for clearing the NET and SLET examination' was organized forT.Y.B.Com and T.Y.B.A. students. The objective of the guest lecture was motivating and encouraging students to take up teaching as a full time career.

The guest speaker was Dr. Y. Mithare, Associate Dean, Faculty of Commerce& Management, Savitribai Phule Pune University, 'Associate Professor' in H. V. Desai College, a research guide for M.Phil and Ph.D courses at Savitribai Phule Pune University and a SLET paper setter at SPPU.

He guided our students to start from Zero, shared the tricks for preparation and solving the NET / SLET papers, a systematic preparation of the study plan, list of reference books and quick tips for time management and digital study.

It was an enlightening and very informative session and he encouraged the students to take up teaching a career.

TOTAL STUDENT PARTICIPANTS : 75

Mrs. Deepanjali Mazumder
Program Coordinator

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001

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

Circular No:- GIS/IQAC/2019-2020 **Date:- 13th September 2019**

CIRCULAR

On 20th September 2019,a Guest Lecture titled 'Competitive exams for Govt posts in India' is to be organized by the Civil Services Guidance Cell from 11.00am to 12.00noonin Room No 2.

G.H. Gidwani

Dr. Sandhya Pandit
Ms. Veena Kenchi
Coordinator

Dr. Gulshan H. Gidwani
Principal

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

2019-20

ST.MIRA'S COLLEGE FOR GIRLS, PUNE

Civil Services Guidance Cell

Guest Lecture- 20th September 2019

The Civil Services Guidance Cell organized a guest lecture for the students aspiring to clear the Civil Services Exam.

The lecture on "Competitive Exams for Government Posts in India" was conducted by Mr. Vikrant Gaikwad of the VScore Academy Pune.

The nature of civil services examination and the preparation needed was aptly described by Mr. Vikrant to the students. He elaborated the various services under UPSC and MPSC and discussed various options besides IAS and IPS cadres of services. The lecture was well received by the students

TOTAL STUDENT PARTICIPANTS : 83

Coordinators

Veena
(Veena)
Kendi

Dr. Sandhya Pandit

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

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/IQAC/2019-20/91 Date:- 8/8/2019

CIRCULAR

A Guest Lecture on 'Careers after Graduation" is organized by Department of Economics, Business Economics & Banking on August 12, 2019 at 11am in the AV Room. The Speaker at the occasion is Ms. Ashwini Singh, Coordinator at the Lila Poonawala Foundation. All are invited for the Lecture.

Shalini Iyer
Dr. Shalini Iyer
Coordinator

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

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
(Autonomous-Affiliated to Savitribai Phule Pune University)

A Counselling session was organized for the BCOM & BA students on 'Careers after Graduation' on Aug. 12, 2019. Ms. Ashwini Singh, Counsellor at the Lila Poonawala Foundation emphasized the need to have focus and perform well at the under-graduate level. She provided information on scholarships at various organization and the way ahead in one's career.

TOTAL PARTICIPANTS : 237

Shalini Iyer

Dr. Shalini Iyer
Coordinator

COLLEGE FOR GIRLS * 411001 * POONA * ST. MIRA'S

Principal Incharge
St. Mira's College for Girls, Pune.

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

"CAREERS AFTER GRADUATION"
AUG 2019
SPEAKER : MS. ASHINI SINGH



Principal Incharge
St. Mira's College for Girls, Pune.

Dr. Shalini Iyer (coordinator)

KINDLE THE LIGHT

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[ARTS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA(CA)]
6, KoregaonRoad, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:- G15/10AC/2017-18/42 Date:- 15th February 2018

CIRCULAR

On 21st February 2018 a Workshop titled'UPSC- MPSC Exams Orientation' is to be organized by the Departments of Economics, History, Politics and Public Administration from 11.00am to 12.30pmin the AV Room.

Dr. Arwah Madan
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani
Principal

2017-18

2017-18

St. Mira's College For Girls, Pune

Workshop on UPSC/MPSC and Bank Exams – 2017-18

A workshop was organised by the departments of Economics, History, Politics and Public Administration on exams of UPSC, MPSC and Bank POs in association with the **Unique Academy**, Pune

The workshop was attended by 207 students from Arts and Commerce. Students were given basic information about these exams and the strategies that can be useful for them. The workshop also focused on the career opportunities after appearing for these exams.





Coordinators

Veena Kendre

Dr Sandhya Pandit

ST MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

Departments of Economics, History and Politics and Public Administration.

UPSC- MPSC- ORIENTATION WORKSHOP 2017-18

Total Student- 207

Roll No.	Class	Roll No.	Class
	FYBA (EM)		
	FYBA (EM)		
	FYBA (EM)		
	FYBA (EM)		
	FYBA (EM)		
	FYBA (EM)		
2037	FYBA (EM)		
2093	FYBA (EM)		
2424	SYBA (EM)		
2033	FYBA (EM)		
2034	FYBA (EM)		
3086			
3097			
3009			
2137	FYBA (EM)		
2088	FYBA (EM)		
2404	SYBA (EM)		
2402	SYBA (EM)		
4087	SYBA (EM)	2754	
2445	SYBA (EM)	2762	
2442	SYBA (EM)		
2446	SYBA (EM)		
2447	SYBA (EM)	2111	
2463	SYBA (EM)	2076	
2085	FYBA (EM)	2124	
	FYBA (EM)	2057	
	FYBA (EM)	2009	
	FYBA (EM)	2015	
	FYBA (EM)	2128	
	FYBA (EM)	2058	
2053	FYBA (EM)	2029	
2444	SYBA (EM)	2423	SYBA
2458	SYBA (EM)	2406	SYBA
		2267	SYBA
		2461	SYBA

Jayant

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinators –

Veena

Veena Kendri

SP

Dr. Sandhya Pandit

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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

Deepa Farrao [illegible] 2405
Komal Sarsar
Pooja Raoji
Shweta Sarsar
Pooja Kamble [illegible]
Sushmita Upadhyay [illegible]
Priyanka Pandaram
Tasneem Momin
Simran Marwani - 2466 (Politics)
Prerna Dube - 2267 (Politics)
Shraddha Salvi [History] 2461
Pratiksha Nagare [History] 2401
Sanaa Rehman [History] 2421
Veena V Kate [Polity] 2266
Pooja Singh 4083
Simran Nagar 2420
Munazza Gudakuwala 2461
Shalini Pal [4088] History
Akanksha Pandey [4085] Pol.
Sushmita Rajpurohit [4086] Pol.
Shraddha Shukla [4089] Pol.
Sakshi Jadhav [2382] Pol.
Ravina Verma [2381] Pol.
Annu Rani [4081] Pol.
Rutuja Chakane [2374] History
Pankajkumari Rajpurohit [2276] (politics)
PRERNA PILLAY [2441] (politics)
Krupa Pawar (2279) politics
Preeti Nirmalkar ~~2415~~ 2464 (politics)
Rutuja Dumbre 2402 (history)
Shraddha Dhamale 4087 (politics)

Jayashree
Principal Incharge
St. Mira's College for Girls, Pune.

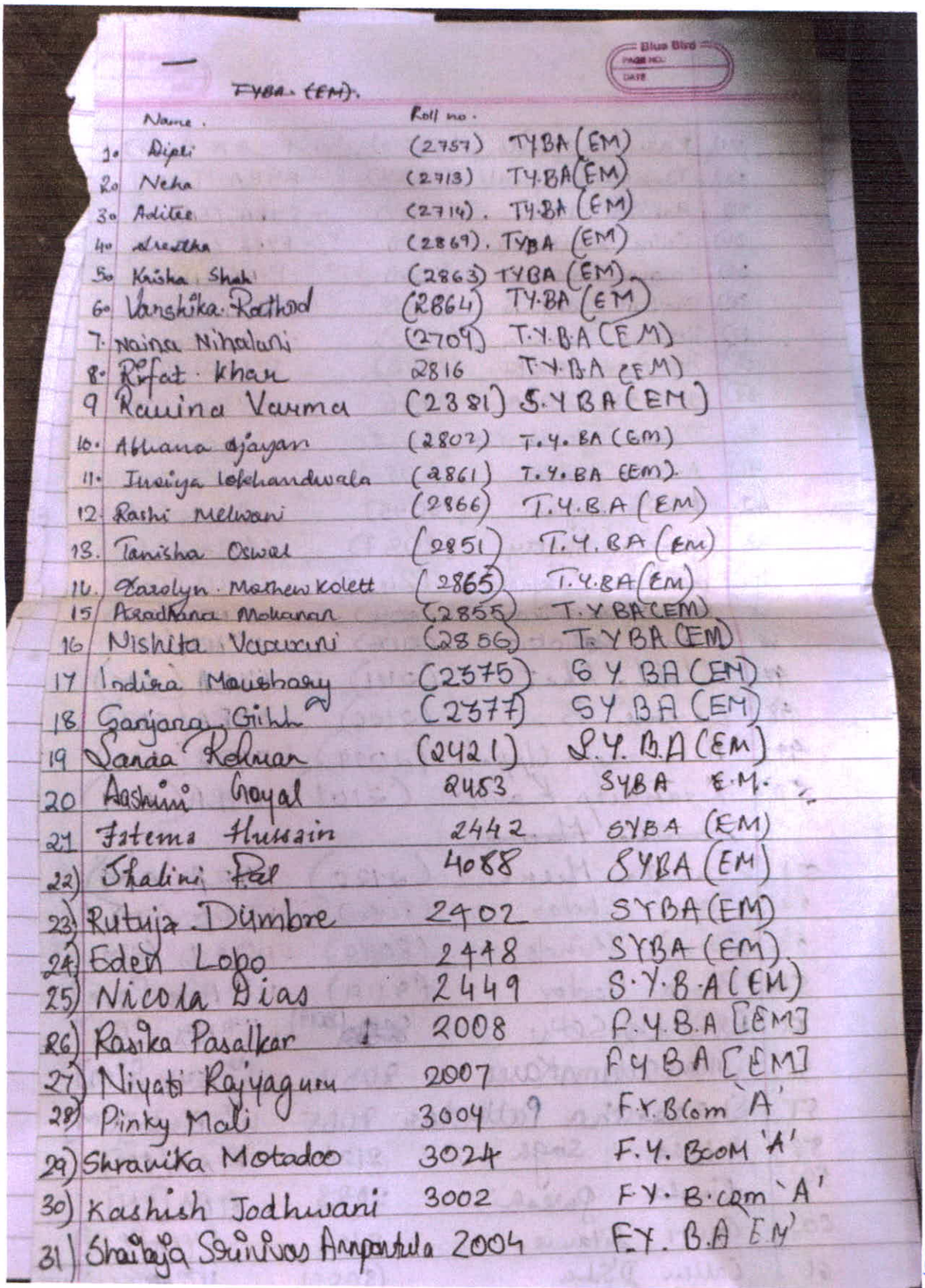
Coordinators

Veena
Veena Kendre.

Dr. Sandhya Pandit

St. MIRA'S COLLEGE FOR G. R. L. * POONA-411001 *

St. Mira's College For Girls Pune
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TYBA. (EM).

	Name.	Roll no.	
1.	Dipti	(2757)	TYBA (EM)
2.	Neha	(2713)	TY.BA(EM)
3.	Aditee	(2714).	TY.BA (EM)
4.	Preetha	(2869).	TYBA (EM)
5.	Kisha Shah	(2863)	TYBA (EM)
6.	Vanshika Rathod	(2864)	TY.BA (EM)
7.	Naina Nihalani	(2709)	T.Y.B.A (EM)
8.	Rifat Khan	2816	T.Y.BA (EM)
9	Ramina Varma	(2381)	S.Y.B.A (EM)
10.	Abhana Ajayan	(2802)	T.Y. BA (EM)
11.	Insiya Lokhandwala	(2861)	T.Y. BA (EM).
12.	Rashi Melwani	(2866)	T.Y.B.A (EM)
13.	Tanisha Oswal	(2851)	T.Y.BA (EM)
14.	Carolyn Mathew Kolett	(2865)	T.Y.BA (EM)
15	Aradhana Mohanan	(2855)	T.Y BA (EM)
16	Nishita Varuani	(2856)	T.Y BA (EM)
17	Indira Maushary	(2575)	S Y BA (EM)
18	Sanjana Gill	(2577)	SY BA (EM)
19	Sanaa Rehman	(2421)	S.Y. B.A (EM)
20	Aashini Goyal	2453	SYBA E.M.
21	Fatema Hussain	2442	SYBA (EM)
22)	Shalini Pal	4088	SYBA (EM)
23)	Rutuja Dumbre	2402	SYBA (EM)
24)	Eden Lobo	2448	SYBA (EM)
25)	Nicola Dias	2449	S.Y.B.A (EM)
26)	Rasika Pasalkar	2008	F.Y.B.A [EM]
27)	Niyati Rajyaguru	2007	FY BA [EM]
28)	Pinky Mali	3004	F.Y.Bcom 'A'
29)	Shravika Motadoo	3024	F.Y. BcoM 'A'
30)	Kashish Jodhwani	3002	F.Y. B.com 'A'
31)	Shailaja Srinivas Amparala	2004	F.Y. B.A EM

Jayant
Principal Incharge
St. Mira's College for Girls, Puna.

Coordinators

Veena

Veena Kunchi

SP

Dr. Sandhya Pandit

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411 001 *

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

31)	Razinah Shaikh	(2020)	- FYBA [EM]
32)	Taaneem Rangwala	(2002)	- FYBA [EM]
33)	Hasdika Chopra	(2037)	- FYBA (EM)
34)	Celine Littlewood	(2089)	- FYBA (EM)
35)	Fatema Lightwala	(2069)	- FYBA (EM)
36)	Simrun Jhangiani	(2108)	- FYBA (EM)
37)	Reshma Adhana	(2082)	- FYBA (EM).
38)	Anueeen Sheikh	(2006)	- FYBA (EM).
39)	MRINAL DESAI	2446	SYBA (EM)
40)	Joanne Fernandes	(20365)	- FYBA (EM)
41)	Aleena Rose	(2086)	- FYBA (EM)
42.	Aakriti Rajpal	(8045)	11th Arts (EM)
43	Nimksha Shetty	(8087)	11th Arts (EM)
44.	Pratiksha Najare	(2401)	SYBA [EM]
45.	Prachi Mannikar	(8018)	11th ARTS (EM)
46.	Disha Mahatre	(8106)	11th ARTS (EM)
47.	Shobha Khat	(2101)	FYBA (EM)
48.	Laxmi B.	(2106)	FYBA (EM).
49.	Aiswarya Uppal	(2099)	FYBA (EM)
50.	Kirandeep Kaur Sudha Meena	(2101)	FYBA (EM).
51.	Shweta Meena	(2126)	FYBA (EM)
52	Tanvi. Shelar	(8060)	11th Arts (EM)
53	Tanvi Shinde	(8090)	11th Arts (EM)
54	Pooja. Yadav	(8119)	11th Arts [EM]
55.	Priyanka Sen	(8049)	11th Arts [EM]
56.	Unnesalamakani	8030	11th Arts [EM]
57	Shreshtha Pattadar	8065	11th Arts [EM]
58	Diksha Singh	2124	FYBA [EM]
59.	Rinsha Qureshi	2088	FYBA [EM]
60.	Gauri Sitania	2136	FYBA [EM]
61	Callen D'Silva	(8005)	11th (EM) ART

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinators

Veena Kendre

Dr. Sandhya Pandit

ST. MIRA'S COLLEGE FOR GIRLS PUNE 411001

62.	Gloria Furtado.	(2062)	– FY BA (EM)
63	Vidhi Shah	(2010)	– FY BA (EM)
64.	Durriya. Nagarwala	(2120)	– FY BA (EM)
65.	Amrita Sinha	(2096)	– FY BA (EM)
66.	Kirandeep Kaur	(2101)	– FY BA (EM)
67	Shraddha. K.P	(2024)	– FY BA (EM).
68	Annie. u	(2090)	- F. Y. B. A (EM)
69	Prinna. R	(2115)	- F. Y. B. A (EM)
70	Jiji. D	(2114)	- F. Y. B. A (EM)
71	Merlin Sonia	2029	F.Y. B.A (Em)
72	Komal Doren	2057	FY BA [Em]
73	Ria Tejwani	2078	FYBA EM
74	Asha Mathews	2012	FYBA EM
75	Madhura Phadtare	2028	F. Y. B. A. (EM)
76.	Sarika Kachi	3119	F. Y. Bcom. A
77.	Jisab Braganza	2017	F. Y. Bcom A.
78.	Simran Gurjal	3078.	F. Y. Bcom A.
79.	Kanupriya Panday	2119	FY. BA (EM)
80.	Saanchi Sharma	2035	FY. BA (EM)
81	Sakshi. Upadhyay	2061	FY. BA (EM)
82.	Piyusha Pande	2064	F.Y. B.A (EM)
83	Krishna Punjabi	2054	FYBA [EM]
84	Arwa Ezzi	2112	FYBA [EM]
85	Zahra Kanawala	2005	FYBA [EM]
86	Bhagyashree Parchure	2009	FYBA [EM]
~~87~~	~~Ravina~~	repeated	SYBA (EM)
887	Rutuja Chakure	(2374)	SYBA (EM)
88	Gauri Kulkarni -	2034	FYBA (EM)
89	Sakina		11th Arts (EM)
90	Ritu Mehra -	3108	F. Y. B. Com. (A)

Coordinators

Veena

Veena Kendi

SP

Dr. Sandhya Pandit

Jayashree

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls Pune
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Roll No	Class
2376	TYBA (EM)
2761	TYBA (EM)
3091	FYB.Com(A) (EM)
3017	FYB.Com(A) (EM)
3068	FY.B.Com(A) (EM)
2083	F.YBA (EM)
2090	F YBA
2114	F.YDA
2059	F.Y.B.A (EM)
2060	F.Y.B.A (EM)
2083	F.YBA (EM)
2015	F YBA (EM)

207 students.

Teacher Coordinators-

Dr. Arwah Madan- Dept of Economics

Dr. Sandhya Pandit- Dept of History

Ms. Veena Kenchi- Dept. of Politics and Public Administration

ST. MIRA'S COLLEGE FOR G. PUNE-411001

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIR

[An Autonomous College Affiliated to the Savitribai Phule Pune]

[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BC...

6, Koregaon Road, Pune - 411 001. [India]

Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in

Dr. G. H. GIDWANI
Principal

PU/PN/AC/015/(1962)
College Code No.: 013

7.1.1

Ref: No.: S-6(b)/2019-20

17.7.2019

To,
Mrs. Chinoy Behroze,
B102, BMPB Jeejeebhoy Bldg.,
Parsi Colony, Lullanagar,
Pune-40.

Subject: Appointment for the post of Counsellor

Madam,

I have the pleasure to inform you that you are hereby appointed as a Counsellor w.e.f. 17.7.2019 to 30.4.2020 for 2 hours per day, 2 days per week.

Thanking you,

Yours sincerely,

G.H.Gidwani

Dr.G.H.Gidwani
Principal

To:-

1) Mrs. Chinoy Behroze
2) Accounts Section.

Received
Mrs. Behroze Chinoy
Behroze Chinoy

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

7.1.1 .

Ref: No.: S-6(b)/2018-2019 6.8.2018

To,
Mrs. Chinoy Behroze,
B102, BMPB Jeejeebhoy Bldg.,
Parsi Colony, Lullanagar,
Pune-40.

Subject: Appointment for the post of Counsellor

Madam,

I have the pleasure to inform you that you are hereby appointed as a Counsellor w.e.f. 6.8.2018 to 31.10.2018 for 2 hours per day, 2 days per week.

Thanking you,

Yours sincerely,

Dr.G.H.Gidwani
Principal

To:-

1) Mrs. Chinoy Behroze
2) Accounts Section.

Received
Behroze Chinoy

ST. MIRA'S COLLEGE FOR GIRLS * POONA * LOCAL

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

7.1.1

Report on Orientation to Counseling Cell

An orientation on Counseling Cell was conducted by Mrs. Sharmin Palsetia on 3rd July, 2017 during the sanctuary, wherein all the students from first to third years of BA and BCom streams were informed about the functioning of the counseling cell. The students were informed about reaching out for their problems in decision making, relationship issues, issues with parents or deciding which career to pursue etc to the Psychology department. The counseling cell will be open to all the students on an appointment basis.

The students were informed that the counseling sessions would be facilitated by Dr. Jaya Rajagopalan and Mrs. Sharmin Palsetia depending on the issues to be resolved.

Palsetia
Mrs. Sharmin Palsetia
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

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

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year

Specific facilities provided for women in terms of:
a. Safety and security
b. Counselling
c. Common Rooms

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

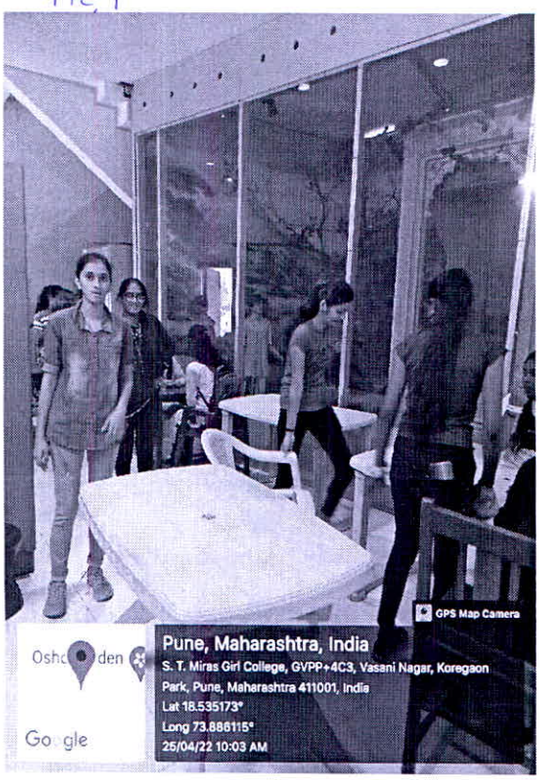
Principal Incharge
St. Mira's College for Girls

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

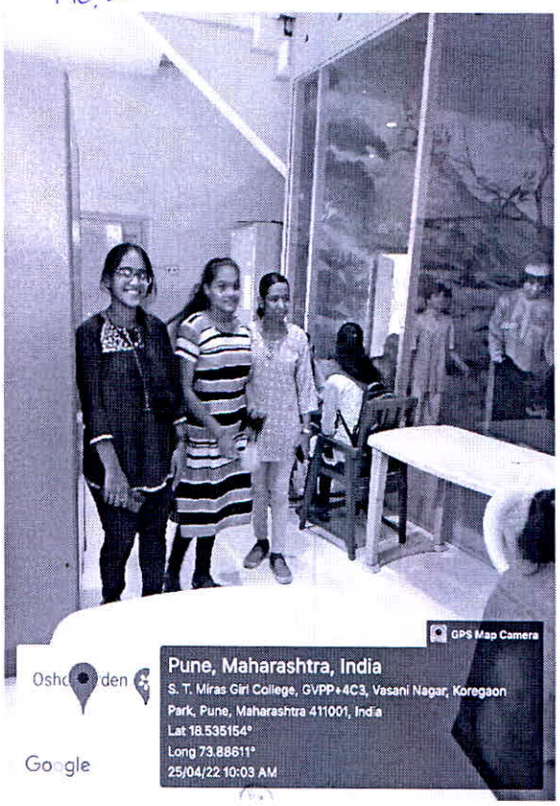
Common Room: For our students

7.1.1 C

Pic: 1



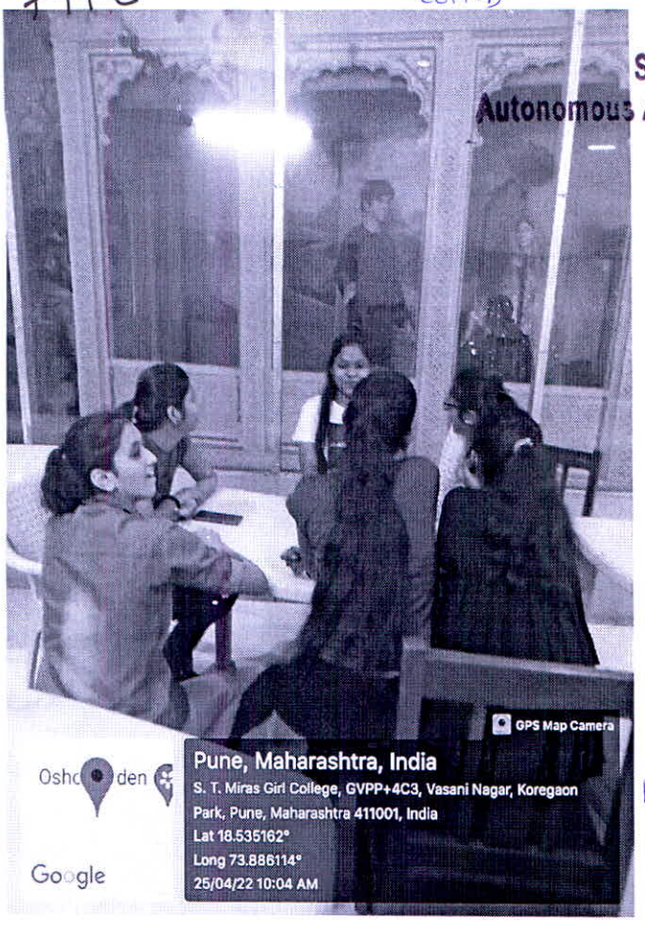
Pic: 2



CONTD:

FOR GIRLS

Principal Incharge
St. Mira's College for Girls, Pune.



Pic : 3



Pic : 4

Principal Incharge
St. Mira's College for Girls, Pune.

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

7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year

e) **Any other relevant information**



Principal Incharge
St. Mira's College for Girls

7.1.1.

(156)

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

Rotary Club of PUNE

Rtn. Pramod Waankhaday
Mob. +91 9822139926
E-Mail ...

MoU between Rotary Club of Pune Inspira
And
Rotary Club Of Pune Far East

Rotary Club of Pune Inspira's social project on Feminine Hygiene Safe Disposal of sanitary napkins has been approved and funded by Rotary International. The project id is GG1745223

As part of this project the club and its partners have selected your school hostel organization for installing one unit of incinerator at no cost to you. An incinerator is a unit that is installed preferably near women's toilets to dispose their used sanitary napkins, so that the napkins can be burnt in the unit. The unit is electricity based and very safe to use

The unit selected by the Club are equipped with safety features, exhaust pipes, and air pollution control certificates. The units are highly sustainable and need minimum of maintenance. We need the following signed by you to ensure proper and effective use of the incinerator by your organization.

Organization: St. Mira's College for Girls

Agrees to the below

1. Provide a suitable location and a dedicated to install the incinerator
2. Provide power point for the incinerator and a ventilator for exhaust pipe
3. Provide with a wash basin and soap facility near the incinerator
4. Identify a dedicated person to take care of the unit
5. Send representatives to attend the day long training on feminine hygiene and incinerators (tentatively in second week of June) and conduct follow on sessions in your own location. Please send name of one dedicated person to Rotary club of Pune Inspira
6. Take ownership of the unit and its maintenance
7. For any subsequent issues, contact the dealer (contacts will be provided)
8. If you wish so, you may want to sign up a yearly maintenance contract with the dealer

ST. MIRA'S COLLEGE FOR GIRLS PUNE
Principal
Inward No. 1149
Date 26/7/17
File No. G-26
To be dealt by Seema T. & Registrar

Please sign this copy and email it to inspira@2016.17@gmail.com with subject as MoU for GG1745223

G.H. Gidwani
Signature for the organization
Principal
St Mira's College for Girls, Poona

St. Mira's College For Girls ★ 1007 ★

To Contract
Seema T - 26124846

INVESTMENT IN MAN

President	Trustee/Secretary	Secretary
RCPI	Marathe	RCPI
Pramod Waankhaday		Smita Vikhankar

Facebook: https://www.facebook.com/rcpInspira Website: http://rcpinspira.rotary3131.org

20/7/17 To dispose of sanitary pads an incinerator machine will be given by Rotary Club (free) Receival on 20-7-17

ST. MIRA'S COLLEGE FOR GIRLS ★ 1007 ★ POONA-411001 ★ ST. MIRA'S

To Contract

CCTV-01-22

(45)
44

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ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, BBA, BCA]

6, Koregaon Road, Pune - 411001.[INDIA]
Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

AMC/Vol-11/2021-22/

31.07.2021

SPYKAR BUSINESS AUTOMATION P. LTD.
#11A, 3rd floor, 1586, Rukmini Sadan,
Sadashiv peth, Opp Hira Phto Studio.
Tilak Road,
Pune -4110 30

Sir,

With reference to your quotation, we hereby place an order for **Annual Maintenance Contract for CCTV Cameras and Devices i.e 32 Channel DVR – 4, 16 channel DVR – 2, Total Cameras – 108. Terms and condition are as follow:-**

1. **PERIOD FROM : 01/08/2021 TO 31/07/2022**
2. **AMC Price (Yearly): Rs.70,000/-**
3. **GST @ 18% extra: Rs.12,600/-**
4. **Grand Total : Rs.82,600/-**
5. **Payment: 80% as advance and balance payment on last month of AMC**
6. **Mode of servicing: On Quarterly basis servicing will be done and at time of emergency onsite engineer will attend to problem and give service report.**

You are requested to complete the order.

Thanking you,

Yours faithfully,

Jayah

Dr. Jaya Rajagopalan
Principal Incharge

need not give new PO
asked to wait, college is
closed

ST

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
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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:- G\5\IQAC\2022-23\28 **Date:-03/08/2022**

CIRCULAR

On 8th August, 2022 a Guest lecture on 'Gender as Human Rights' will be organized by the Sociology Department from 8.30 p.m. to 9.00 a.m. in the Sanctuary hall.

Dr. Vaishali Diwakar
Co-ordinator

Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – Sanctuary Talk on Gender rights as Human Rights

The guest lecture on **Gender rights as Human Rights** by Dr. Sneha kamble was organised on 8th August 2022. It was extremely informative and students got to know and learn a lot about gender issues and why there is a need to talk about gender rights in 2022. Total 300 students attended the talk.

Vaishali Diwakar
Coordinator
HoD, Sociology

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

(22)

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Sanctuary Talk - Gender Rights as Human Rights
Time: 8.30 - 9. - 8/8/2022
TYBCOM B

ROLL NO.	NAME	
1) 3808	karishma kishan suhanda	
2) 3894	pragati sanas	
3) 3868	pranali gave	
4) 3843	ashabi shaikh	
5) 3888	swati tiwari	
6) 3841	jhansi reddy	
7) 3812	dhanshree gade	
8) 3815	azraa babul	
9) 3810	uzma khan	
10) 3825	kirti nagdev	
11) 3827	prema yadav	
12) 3816	tanaya ghoghare	
13) 3819	anushka hosurkar	
14) 3805	shreya kaul	
15) 3842	vaishnavi mohite	
16) 3898	damini rane	
17) 3830	nishita surve	
18) 3851	pratiksha uttekar	
19) 3866	samruddhi ovhale	
20) 3905	amruta shinde	
21) 3891	sanika	
22) 3836	preeti yadav	

Total - 22

(V. Diwakar)

St. Mira's College For Girls * Poona-411001 *

Principal Incharge
St. Mira's College for Girls

(44)

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Sanctuary Talk - Gender Rights as Human Rights
Time: 8.30-9 - 8/8/2022
TYBCOM C

Roll number	Name	Signature of the Student
4003	Reenaz Lathani	
4004	Rutika Mothite	
4006	Yasmeen Pathan	
4007	Priyanka Gavhane	
4008	Namitha Kumar	
4010	Nivedita Sahoo	
4011	Aditi Pingle	
4012	Payal Bhadauria	
4013	Sonali Bhiungade	
4014	Neha Sharma	
4015	Lisa Jana	
4016	Shebha Biju	
4018	Karishma Purswani	
4019	Sanjana Shah	
4020	Pramila Bhayal	
4022	Aditi Bagal	
4024	Swati Pade	
4025	Akshita Shetty	
4028	Neha Sharma	
4029	Sushmita Sen	
4030	Sakshi More	
4031	Greeshma Shah	
4034	Neha Gangodhar	
4037	Pooja Kumarswamy	
4047	Kalyani More	
4048	Prajakta More	
4049	Nikita Shetty	
4050	Sakshi Jadhav	
4051	Rutuja pise	
4057	Ashmira Shaikh	
4059	Amruta Shetta	
4060	Harshada Thembe	
4061	Akansha Pardeshi	
4062	Shivani Gupta	
4063	Sayee Dhokale	
4070	Sejal Pathak	
4082	Rutuja Vijapure	
4084	Sarika k.v.	
4086	Karuna Bommanaboina	
4092	Tanvi Goyal	

St. Mira's College for Girls * 411001 *

Total - (44)

Principal Incharge
St. Mira's College for Girls

(V. Diwakar)

4093	Anuksha Yadav	
4094	Khushi Bhatia	
4099	Yukta kakde	
4101	Akansha khairinar	
4103	Ekta pardeshi	

V. Diwakar

St. Mira's College for Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

70

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

F.Y. B.Com B ~~Department of Sociology~~

Name of the activity: Sanetwng talk - Gender Rights as Human Rights
Time: 8:30 - 9:10

Date: 8 August 2022
Venue sanctuary hall

Sr. No	Roll No	Name	Signatures
1	3254	Lata Prajapati	
2	3201	Mayuri	
3	3208	Devyani	
4	3204	Stella	
5	3210	Kakoli	
6	3211	Arzoo	
7	3212	Heeba	
8	3214	REENA	
9	3215	Sandhya	
10	3219	Shreya	
11	3220	Tanvi	
12	3221	Malika	
13	3223	Sidhi	
14	3224	RESHAM	
15	3225	Anjali	
16.	3226	Anushka	
A	3227	Tat Sateja	
	3228	DISHA	
	3231	vanshika	
	3232	Anisha	
	3234	Aleha	
	3235	Jyoti	
	3236	Iqra	
	3238	Nayab	
	3242	DONNA	
	3243	RIDDHI	
	3244	Pranjal	
	3245	Komal	
	3246	Mohini	
	3248	Nandini	
	3249	Sidhi	
	3250	Sakshi	
	3251	Roshni	
	3255	Samiksha	
	3256	Namrata	
	3259	Sarika	
	3260	Sneha	

Total - 70

Name and signature of the coordinator:
V. Diwakar

St. Mira's College for Girls ★ Poona-411014 ★

Principal Incharge
St. Mira's College for Girls

Sr. No.	Roll no	Name	Signature
38)	3261	Suhana	Suhana
39)	3263	Anuja	Anuja
40)	3266	Sayali	Sayali B.
41)	3267	Sakshi	Sakshi B.
42)	3268	Priyanka	Priya
43)	3273	Pallavi	Pallavi
44)	3275	Aishwarya	Aishwarya
45)	3277	Ishita	Ishita
46)	3278	Mahek	Mahek
47)	3279	Kashish	Kashish
48)	3280	Mahek S.	Mahek
49)	3281	Rajashree	Rajshree
50)	3282	Ambika	Ambika
51)	3284	~~Aarti~~ Malika	Malika
52)	3285	Aarti	Rawal
53)	3286	Shruti	Rai
54)	3287	Nagma	Nagma Iyer
55)	3289	Anushree	A. V. Kamble
56)	3290	~~Kiran~~ Chivanti. C.	Chivanti
57)	3293	Priya	Sharma
58)	3294	Shradhha	Dhenge
59)	3297	Mahek	Mahek
60)	3302	Riya	Riyapadhyay
61)	3304	Malinga	Malinga
62)	3305	Aarya	Aarya
63)	3309	Diya	Diya
64)	3314	Akshada	Akshada
65)	3315	Ritika Singh	Ritika
66)	3316	Qudsiya	Qudsiya
67)	3264	Hiba Ashfaque Shaikh	
68)	8205	Aarya R. Chavan	
69)	3222	Sakshi Santosh More	
70)	3308	Akifa Sayed	

Signature of the student

Date:

Venue

St. Mira's College for Girls

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: TYBA - B Sanctuary talk - Gender Rights as Human Rights Date: 28-8-22
Time: 8-30 - 9. Venue Sanctuary

Sr. No	Roll No	Name	Signatures
EM/MM			
1)	2651	Gavit Manali Kailas	
2)	2652	Anjali Godse	
3)	2653	Bhandarkar Poonam Subhash	
4)	2654	Jadhav Aleksha Ashok	Aleksha
5)	2655	Piyusha Nikam	PNikam
6)	2656	Neeta Rawat	
7)	2657	Khobragade Prajakta	Prajakta
8)	2658	Daundkar Durga Patilbuva	Durga
9)	2659	Nivriti Sharma	Nivriti
10)	2660	Vinisha Vinayak Kumbhare	Vinisha
11)	2661	Khan Faisha Mohsin	Vinisha
12)	2662	Diksha Mukesh Ingawale	Diksha
13)	2663	Harshada Ajay Shingte	Harshada
14)	2664	Mehvash Dukhe	
15)	2665	Diksha Shantaram Dhumal	Dhumal
16)	2666	Katelynn Avinash Dhende	
17)	2667	Bedalwar Asmita Laxmen	
18)	2668	Choudhary Sheetal Jasram	
19)	2669	Fiza Mohammad Yusuf Sayyed	
20)	2670	Bhalerao Riya Arun	
21)	2671	Yogini Rupesh Ranpise	
22)	2672	Tangri Hufrish Dhanjishaw	
23)	2674	Minal Sanjay Bhuniwal	
24)	2675	Gaikwad Kumkum Satish	Kumkum
25)	2676	Sanya Shyam Bhojwani	
26)	2677	Yogeshwari Mangesh	
27)	2678	Sharma Preeti Umashankar	
28)	2679	Gaikwad Akruti Rakesh	
29)	2680	Kamble Nikita Sanjay	
30)	2752	PVS Yamuna	
31)	2753	Jadhav Vaishnavi Mohan	
32)	2754	Haribar Trupti Gangaram	Trupti
33)	2755	Prachi Nidhi	
34)	2756	Gautam Shalini Vijay	Shalini
35)	2757	More Swati Murlidhar	
36)	2758	Nisha Bharti	Nisha

Total - 16

Name and signature of the coordinator:
V. Diwakar

St. Mira's College For Girls Pune 411001

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: TYBA-B
Time:

Date: 28-8-22
Venue Sanctuary

Sr. No	Roll No	Name	Signatures
EM/MM			
37)	2759	Gomes Richa Sameer	
38)	2760	Sagare Sakshi	Sakshi
39)	2761	Kalyani Baliram Mahajan	
40)	2781	Gaikwad Sh Siddhi Bhosle	Siddhi
41)	2782	Gaikwad Shejal Sanjay	

Name and signature of the coordinator:
V. Diwakar

St. Mira's College for Girls Pune

Principal Incharge
St. Mira's College for Girls

(57)

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

Name of the activity: Sanctuary Talk - Gender Rights as Human Rights
Time: 8.30-9. 8/8/2022
SYBCOM A

roll no.		Name	Signature
1)	3017	Sayali Khot	Khot
2)	3035	Akshata Ambre	Ambre
3)	3007	Neha Bhonde	
4)	3062	Nisha Patel	Nisha
5)	3051	Shruti Karemore	Shruti
6)	3067	Sejal Burkule	Burkule
7)	3079	Shruti Bhosale	Bhosale
8)	3033	Madhuri Galande	Galande
9)	3006	Ruchita Kadam	Kadam
10)	3041	Kanchan Mourya	Kanchan
11)	3061	Anisha Tapkir	Anisha
12)	3063	Gauri Narode	Gauri narode
13)	3069	Shreya Jadhav	Shreya
14)	3064	Disha Chavan	Disha
15)	3105	Radhika Surve	Surve
16)	3032	Khushi Kundal	Kundal
17)	3039	Priyanka Kurole	Priyanka
18)	3052	Saloni Shelar	Saloni
19)	3071	Payal Patole	Patole
20)	3055	Monika Jagtap	monika
21)	3056	Kajal Parihar	Kajal P
22)	3121	Gayatri Kshirsagar	Gayatri
23)	3094	Priya Pandey	Priya
24)	3084	Sana Palla	Sana
25)	3104	Baishali Deb	Baishali
26)	3034	Afreen Shaikh	Afreen
27)	3058	Pooja Mshake	Mhaske
28)	3076	Shraddha Chikane	Chikane
	3009	Varsha Choudhary	
29)	3070	Ankita Shinde	Shinde
30)	3057	Aditi Nigam Aditi Nikam	Aditi
31)	3110	Nandini Prasad	Nandini
32)	3043	Jagruti Rawal	Rawal
33)	3073	Riya Yadav	Riya
34)	3075	Aarti Saahu	Aarti
35)	3114	Swati Sapaliga	Swati
36)	3087	Sanika Bereke	Bhere
37)	3293	Meghna Gawde	Gawde

Jayat
Principal Incharge
St. Mira's College for Girls

TEACH - (57)

Diwakar
(V. Diwakar)

St. Mira's College For Girls ★ Poona-411001 ★

38)	3118	Chaitrali Madhur	
39)	3024	Payal Deokar	P. deokar
40)	3025	Sai Langhe	
41)	3031	Sania Khan	
42)	3030	Meeraj Shaikh	
	3113	Tanvi Kamble	
43)	3098	Shraddha Khaire	
	3077	Aastha Bhadoriya	
44)	3026	Raahat Tamboli	
45)	3013	Tejal Dalvi	
46)	3010	Fiza Shaikh	
47)	3001	Ananya Sawant	
48)	3011	Gautami Patel	
49)	3019	Deepali Naik	
50)	3027	Almeta Joy	
51)	3028	Chanchal Jadhav	
52)	3083	Nidhi Mundada	
53)	3095	Riya Baretto	
54)	3102	Kashish Jindal	
	3049	Rudrani Kapse	
	3116	Akshata Shinde	
55)	3014	Saloni Gawde	
56)	3002	Sana Shaikh	
57)	3022	Plavina Dsilva	

(V. Diwakar)

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Sanctuary Talk - Gender Rights as Human Rights
Time:
SYBCOM C

	ROLL NO	NAMES	
1)	3474	Rama Rolabandi	Rama
2)	3496	Sakshi Dnyaneshwar Gund	S.D.Gund.
3)	3502	Pratiksha Shivaji Gogavale	Pratiksha.
4)	3504	Manisha Shankar Singh	Manisha
5)	3505	Samiksha Vijay Nanajkar	samiksha
6)	3507	Tejaswi Dilip Jagtap	Tejaswi
7)	3521	Nikhita Mule	
8)	3401	Deepti Rangam	Deepti
9)	3402	Farzeen Sayyed	farzeen
10)	3466	Akanchha Yadav	
11)	3410	Mahek Dodeja	Mahek
12)	3412	Khushi Parwani	Khushi
13)	3403	Dale Halstead.	Talstead
14)	3415	Pranita wadne	Pranita Tingre
15)	3418	mansi Tingre	
16)	3422	Sneha Chavan	Sneha
17)	3411	Shruti Math	Shruti
18)	3407	Janhavi Rajpurohit.	Janhavi
	~~3466~~		
19)	3463	Sameeksha Lohakre	Samm
20)	3468	Simran Anand	Simran.
21)	3461	Shahin Shaikh.	Shahin Sejal.
22)	3473	Sejal Daundkar.	
23)	3486	Revati Sharma	Revati Bhintade.
24)	3469	Shriya Bhintade	
25)	3482	Sakshi Pawar.	
26)	3456	Kahkashan shah	Kahkasha. Sharma
27)	3449	Prachi Sharma	
	3446	Shruti Desai	
28)	3444	Soni Tamboli	SONI
	3460	Shivanjali. Tingre.	Sti Tingre

Total - 28

Jayant
Principal Incharge
St. Mira's College for Girls

(V. Diwakar)

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Sanctuary Talk.
Time: 8.30 - 9 am.
FYBA A & B

Date: 8/8/2022
Venue Sanctuary hall

	Roll No	name of the students	Signature of the student
1	2404	Himanshi Porwal	
2	2459	Siddhi Zende	
3	2466	Ashlesha Patil	
4	2414	Prachi Kasbe	
5	2451	Vaishali Vasu Gavit	
6	2445	Suzen Pagdiwale	
7	2444	Leaina Swamy	
8	2422	Pooja Agarwal	
9	2425	Rasika Joshi	
	2442	Pooja Mhetre	
10	2401	Nisha Thadani	
11	2407	Karishma Jindal	
12	2465	Minaz Shaikh	
13	2492	Vaishnavi	
14	2418	Samruddhi Narvate	
15	2420	Aanchal Nade	
	2436	Vaishnavi S Pisharody	
16	2426	Priyanka Rajpurohit	
17	2410	Simran Shaikh	
18	2455	Anjali Sahal	
19	2427	Deepali	
	2482	Mohini Gaikwad	
20	2488	Monika Rao	
21	2463	Aliya Khan	
22	2490	Ashleen Kaur	
	2458	Sneha Patil	
23	2456	Pradnya Kamble	
24	2435	Sanika Sagare	
25	2440	Vaishnavi Dhuriya	
	2447	Reshma Sayyed	
26	2471	Tanvi Shaikh	
	2443	Sangmo Wangsu	
27	2428	Ashwini Ramgirkar	
	2483	Sakshi Dhore	
28	2475	Shreya Mishra	
	2486	Zuveria Qureshi	
29	2432	Poornima	
	2481	Meghana Chavriya	
30	2415	Kadambari Tambe	
31	2457	Sakshi Gavali	
32	2493	Dhanashree Lawand	
	2480	Deeba Kaazi	
33.	2402	Kiana Framroze	

Today 33

Mira's College For Girls ★ 401 ★ St. ★ Poona-411001

Principal Incharge
St. Mira's College for Girls

(V. Diwakar)

Sanctuary Talk on gender ~~issues~~ Rights as Human Rights

FYBA - A

25

ROLL NO.		NAME FYBA DIV-A
	2201	TEJASWINI
1)	2202	THERESSA
2)	2204	SUZANNE
3)	2206	MARIYA
4)	2207	BATUL
	2209	NAVHYA
5)	2211	ISHITA
6)	2214	PANKHURI
7)	2220	ANJALI
8)	2223	ANUSHKA
9)	2225	SANIKA
10)	2226	RUCHII
11)	2229	SUUBHASMITA
	2237	SHREYA
12)	2241	KRISHNIKA
13)	2246	IRA
14)	2257	OORJA
15)	2258	YOSHITA
16)	2259	SAI
	2262	MANSI
17)	2264	SHRIYASIMRAN
18)	2268	AARCHIE
	2269	TANU
19)	2270	INDRAJEET
	2272	KOMAL
20)	2275	SAKINA
21)	2276	AMATULLAH
22)	2280	ROSHNI
23)	2281	KHUSHNAEEZ
24)	2283	ZENAIDA
25)	2284	RICHELLE

Indrajeet Kaur

(25)

Total - 25

V. Diwakar

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

(29)

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Sanctuary Talk
Time: 8.30-9 am

Date: 8/8/2022
Venue Sanctuary hall.

Sr. No	Roll No	Name	Signatures
1	2854	lavina	
2	2861	Sherin	
3	2868	Rinita	
4	2602	Kanishka	
5	2606	Tanaya - C	
6	2607	Purva	
7	2608	Zainab	
8	2609	Disha	
9	2610	Bhavya	
10	2611	Shruti	
11	2616	Himali	
12	2618	Raechal	
13	2706	Vaishnavi	
14	2709	Deepti	
15	2812	Nupti	
16	2817	Milani	
17	2719	Shrushti	
18	2801	Deha	
19	2803	Ananya	
20	2804	Kanchanpriya	
21	2809	Jessica	
22	2811	Dhwani	
23	2810	Afifa	
24	2814	Chaitralle	
25	2819	Meera	
26	2858	Keerti	
27	2860	Tanhvi	
28	2865	Alisha	
29	2879	Leonie	

Total (29)

Name and signature of the coordinator: (V. Diwakar)

St. Mira's College For Girls * Poona-411001 *

Principal Incharge
St. Mira's College for Girls

(2)

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: SYBA (B) MM Date: 8/8/2022
Time: 8.30-9. Gender Rights as Human Rights Venue Sanctuary

Sr. No	Roll No	Name		Signatures
1.	2419	Chhaya Mali	Soc	Chhaya
2.		ANJali Avchare	ECO	
3.		Pooja Tak	Soc	
4.		Aafiya Netekar	Soc	
5.	2424	Sneha Tuplare	Soc	
6.		Aparna Thorat	Soc	
7.		ANuradha dodke	ECO	
8.		Akshada Nimbalkar	ECO	
9.		ANkita Megh	ECO	
10.		Sakshi Jadhav	Soc	
11.	2472	Sandhya shendage	Soc	Sandhya S.
12.		Nikita Dalvi	Soc	
13.		pratiksha Ruptakke	Soc	

Total - (2)

Name and signature of the coordinator:
V. Diwakar

St. Mira's College For Girls * 411001 * Pune

Principal Incharge
St. Mira's College for Girls

8th August 2022

36

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Sanctuary Talk – Gender Rights as Human Rights.
Time: 8:30 To 9:10 – 8/8/2022
SYBCOM ♣ B

Roll No	Name	
1) 3201	SHARMA KAJAL ASHOK	Kajal
3202	KADAM SIMRAN PRAFUL	
2) 3203	LISHA BHALCHANDRA SAPKAL	Lisha S
3204	BADE NIKITA JANARDHAN	
3) 3205	DHABEKAR SNEHA AMRUT	Sneha
4) 3207	SAKSHI LAHU CHOUGULE	Sakshi.
3208	JADHAV SHILPA ANANDA	
5) 3209	RAJGOPAL DIVYA RAJU	Rajgopal.
3210	SAYED UZMA SARFARAZ	
3211	AYUSHI MOHNANI	
6) 3212	QURESHI AQSA SHOAIB	Qureshi
3213	CHANTAL DAVIS VADAKKAN	
7) 3214	SHIVANJALI BALASAHEB KALE	Shivanjali
8) 3215	ANUSHRI AJAY PRASADE	Anushri Prasade
3216	THUL ANUSHKA VINOD	
3217	SAYYED TASMIYA SALIM	
3218	MOTWANI GEHNA VINOD	
3219	MORE SNEHA RAHUL	
3220	UPADHYAY SHIVANI SHAMBHUNATH	
9) 3221	TAAPUR SHANKAR DHARA	T. S. Dhara
10) 3222	TATTU SANIKA KAMLESH	Sanika.
3223	RAJAWAT PRIYA DEVI DURGVIJAYSINGH	
3224	SUTHAR DURGA RAMPAL	
3225	PANCHAL VIDYA BABURAO	
3226	PAREKH PRIYAL RAKESH	
11) 3227	YUKTA SHIVKUMAR PILLAY	Yukt.
3228	LAXMI SIDRAM DIGE	
12) 3229	ARYA RANJEET VARDHAMAN	Vardhaman
3230	SARKAR RISHITA SANDEEP	
3231	AKSHATA SANJAY JADHAV	
13) 3232	MUNSHI IZMA NADIM	
3233	LAKSHMI MADHU	
3234	TANISHA MAYUR PAREKH	
14) 3235	SHILPIKUMARI AMIT KUMAR	Shilpi
15) 3236	NAIDU TRIVENI NAGRAJU	T. N Naidu
3237		
3238	NEVASE TANAYA VIJAY	

Total - 36

St. Mira's College for Girls Pune 411001

(V. Diwakar)

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16)	3239	BAGHEL POURNIMA DEVENDRA KUMAR SINGH
17)	3240	CHINTA SHWETA KARAN
18)	3241	ANSARI HUSNARA NASEEM
19)	3242	POOJA NANURAM GAYRI
	3243	AMISHA MANOJ MAHTANI
20)	3244	PRANJAL KADAM
	3245	PRANITA PRAMOD TALEKAR
	3246	RISHIKA MUKESH GOEL
21)	3247	NAMBIAR SWATHIKRISHNA AJITHKUMAR
	3248	SUNAINA BISWAKARMA
	3249	SURYAWANSHI GAYATRI RAMAKANT
	3250	SANSKRUTI RAJENDRA TAWADE
	3251	SHREYA TANAJI POWAR
22)	3252	HRITHIKA SANDEEP KAHOL
	3253	ZURUNGE KADAMBARI TANAJI
	3254	MUNDE TANVI SACHIN
23)	3255	KUDALKAR JANHAVI NARENDRA
	3256	PACHANGE SHUBHECHHA SANDIP
24)	3257	RAUT JYOTISHREE SHYAMSUNDAR
	3258	ISHIKA VIJAY SHARMA
	3259	YOGITA RAMESH KAMBLE
25)	3260	BADAL SAMRUDDHI SANJAY
26)	3261	GANESHAN PAVITRA RAVI
27)	3262	SHAIKH IRAM IMTIYAZ
	3263	SAWANT SUHANI SACHIN
	3264	YADAV RAKHI RAJESH
	3266	SAAKSHI SHARMA
	3267	NIDHI DINESH HOTCHANDANI
	3269	SIDDHI SANJAY SHARMA
	3270	PANDEY PRIYA VINOD
	3271	GOEL MAHEK RAJESH
28)	3272	CHOUDHARY SAYALI RAMSINGH
	3273	SAKSHI PRAKASH KATARIA
29)	3274	GALANDE KHUSHI SHAM
	3275	RIDDHI SATYENDRAKUMAR GOSWAMI
	3276	PAWAR ANUSHKA PRAVIN
	3277	ALIZAR NEHA KACHRULAL
	3278	CHAVAN TISHA RAKESH
	3279	RUMALE SIDDHI TUSHAR
30)	3280	TODKAR ARPITA VILAS
	3281	SAYYED SANIA KAUSAR
	3282	SAKSHI RAMJI YADAV
	3283	SHAIKH ARSHIYAA TAJUDDIN
	3284	NATHPOTANI JANVI DILIP
	3285	SHAIKH SANIYA JAFER

St. Mira's College for Girls

(V. Diwakar)

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31) 3286	RAKSHITA DHARMRAJ PILLAY	Pillay.
3287	MANASI ANIL PRADHAN	
3288	GHANASHREE RAMESH PAWAR	
3289	MOHINI SIDHARAM KORE	
3290	SHIVALI RUPALI SHANTARAM	
3291	NISHA HARINDER SHARMA	
3292	KHUSHI PAWANKUMAR AGRAWAL	
3293	GAWADE MEGHANA KRISHNA	
3294	SINTALAN LEKHESHWARI MUNNA	
3295	PALLAVI SHIVRAJ PARIHAR	
3297	SUTAR SONI GEMARAM	
32) 3299	GANDHI RUCHI JINESH	Ruchi.
3300	RASHMI SAMPAT WARKHADE	
3301	ASHTE SHWETA BHARAT	
3302	TRIPATHI SHRIYA JAGDISH	
3303	MORE SHRUTI RAVINDRA	
3304	UTTEKAR SHRAVANI MAHESH	
3305	PRADNYA SANTOSH LONDHE	
3306	PRANALI ABASAHEB KADAM	
33) 3307	RAJESH MEGHNA RAMGIR	M.;
34) 3308	DOGRA POOJA SHRIDHAR	Pooja
3309	PALLAVI DEEPAK ADHAGALE	
3310	SHARMA GAYATRI UPDESH	
3311	GHULE SIYA SATISH	
3312	LOKAHANDE SEJAL PRAKASH	
3313	KONDHALKAR ANKITA RAMDAS	
3314	KARANDE PRACHI SANTOSH	
3315	ANTHONY REBECCA SIMON	
3316	DIYA YASHWANT WAGHELA	
3317	ANSARI NAZMEEN NASIR	
3318	THEURKAR AISHWARYA SANTOSH	
3319	KADAM TANUJA TUKARAM	
3320	CHOUDHARY HEENA MAGARAM	
3321	BAMBE SAKSHI DNYANESHWAR	
35) 3322	CHOUDHARY MANISHA JASARAM	Manisha
3323	NAHARIYA SHRUTI VIRJIT	
3324	KHUSHI SINGH	
36) 3325	SANIKA VINOD SURVE	S. V. Surve
3326	CHIRULINGADRULU UMADEVI VENKATESHAM	

St. Mira's College For Girls ★ Poona-411001 ★

V. Diwakar
(V. Diwakar)

Jayati
Principal Incharge
St. Mira's College for Girls

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

Name of the activity: Sanctuary Talk - Gender Rights as Human Rights Date: 8th August
Time: 8:30 - 9:10 / 8.8.2022. Venue Sanctuary Hall
TYBCOM A

	Roll No	Name	Signature of the Student
1)	3601	Hrutuja Kale	Hrutuja
	3602	Vaibhavi Mudliar	
	3603	sukanya rahate	
2)	3604	Shraddha Katari	S. Katari
	3605	Lavanya Shigula	
	3606	Alfiya Madki	
3)	3607	Sakshi Dhoble	S Dhoble
	3608	Komal Garg	
4)	3609	Priti Ambre	
5)	3610	krusha thakkar	Krusha
	3611	vaishnavi kshirsagar	
	3612	Rupa Walmiki	
6)	3613	Tejal Gore	
7)	3614	Karina Chhabada	
	3615	Tarmeet Kaur	
8)	3616	Jayshree chavan	
	3617	Prema Pawar	
9)	3618	Manisha Rajpurohit	Manisha
	3619	Shirley Sequeira	
	3620	Judi Jenny	
	3621	Sana Attar	
	3622	Ritu Sharma	
	3623	Kiran Vaswani	
10)	3624	Ranjana Singh	
	3625	Shruti bobade	
11)	3626	Bijal Lobo	
12)	3627	Gopika G. Nair	Gopika
	3628	Shukra Dengle	
13)	3629	Ranjana Kumari Ray	
14)	3630	Riya Vilas Paunikar	
	3631	kadambari wagh	
15)	3632	Rohini wahatule	Rohini
	3633	Shraddha Kurane	
	3634	Samruddhi Navghane	
	3635	Renuka Jadhav	
16)	3636	Rutuja choudhary	Rutuja
	3637	komal Sonawane	
17)	3638	Ankita Yadav	Ankita
18)	3639	Priyanka Pandey	

Total - 28

St. Mira's College for Girls Pune

(V. Diwakar)

Principal Incharge
St. Mira's College for Girls

3640	Pooja Thakkar	
3641	Pranjal thakur	
3642	Shuchi Khandelwal	
3643	Riya Reddu	
3644	Radhika Nalawade	
3645	Anvita Chavan	
3646	Arpita Harge	
3647	tanaya kapse	
3648	Mrugnyani Matkar	
3649	Rutuja kharat	
3650	Shreya Ghare	
3651	roshni Vaswani	
3652	Nicole Halstead	
3653	Afrin Shaikh	
3654	Shruti Kamble	
3655	Ritu Pardeshi	
3656	Sonali Rajguru	
3657	Supriya tulave	
3658	harshada Agarwal	
3659	Priyanka Sapaliga	
3660	Apeksha Gawde	
3661	Gayatri Chavan	
3662	shambhavi dharmavat	
3663	Sayali Nakate	
3664	Shraddha Pawar	
3665	seema chiloba	
3666	Vaishnavi utage	
3667	Alisha Shaikh	
3668	Priti prasad	
3669	Vaishnavi Suryawanshi	
3670	anjali fandekar	
3671	vaishnavi wadekar	
3672	Shaikh Sumaiya	
3673	payal shelar	
3674	krutika pipada	
3675	Sejal Waghela	
3676	Bhavana Boiri	
3677	Sravani Thota	
3678	Kasturi Pallod	
3679	Vaishali Pawar	
3680	Shalaka Thorat	
3681	Rohini Gaikwad	
3682	Mrunali kamble	
3683	Priyanka Lohana	
3684	Kirti Tella	
3685	Anannya Punekar	
3686	Sayali Borhade	
3687	Prachi Tompe	
3688	Sakshi Pradeshi	
3689	Dhanashri tapkir	
3690	Apeksha Jadhav	
3691	Shalaka Thorat	

St. Mira's College for Girls ★ Poona-411001 ★

(V. Diwakar)

Principal Incharge
St. Mira's College for Girls

KINDLE THE LIGHT

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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/IQAC/2022-23/24 **Date:-03/08/2022**

CIRCULAR

On 8th August, 2022 an orientation lecture on 'Certificate course in Gender and Culture' will be organized by the Sociology Department from 8.00 a.m. to 8.30 a.m. in the room no 7.

Dr. Vaishali Diwakar
Co-ordinator

Dr. Jaya Rajagopalan
Principal Incharge

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – An orientation lecture on gender and Culture certificate course

On August 8th, an orientation lecture by Dr. Sneha Gole, Assistant Professor, Department of Women and Gender Studies, Savitribai Phule, Pune was organised for FYBA students. She spoke about the Gender and Culture course that the university has been offering to our students for over 20 years. Dr. Sneha made the session very entertaining by providing all of the necessary information to pique student's attention. She also provided a step-by-step description of the curriculum. The session was very interactive, and the students provided many positive and impactful feedback. Total 60 students attended the lecture.

Vaishali Diwakar
Coordinator
HoD, Sociology

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

F4BA (A)

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

Name of the activity: An orientation lecture on Gender & Culture certificate course. Date: 8/8/2022
Time: 8-8.30 am Venue Room no. 7

Sr. No	Roll No	Name	Signatures
1	2264	Shriya Simran Pradhan	
2	2293	Vasundhara Khare	
3	2251	Reem Fernandes (2251)	
4	2234	Santhi Naikar	
5	2270	Aarchie Hedley	
6	2211	Ishita Pillay	
7	2229	Subhasmita Sahu	
8	2268	Inderjeet Kaur	
9	2237	Shreya Raoji	
10	2281	Khushnawaz Laher	
11	2274	Ananya. Nair	
12	3098	Pradnya Ausarmal	
13	2225	Sanika Chavan	
14	2210	Tesper Ringkangmai	
15	2252	Isha Khudt	
16	2241	Krishnika Raman	
17	2278	Nibedita Paul	
18	2202	Theresa enatiyar	
19	2205	Rheanne Fernandes	
20	2294	Riddhi Pathak	
21	2305	Sana Aalam	
22	2266	VYSHNAVI S PISHARODY	
23	2306	SRISHTI LASKAR	
24	2282	Devashri Khaire	
25	2258	Yoshita Shreesh Kumari	
26	2242	Nisha Pohare	
27	2214	Pankhuri Gogoi	
28	2259	Sai Abhay Virkud	
29	2246	Isa Swami	
30	2286	Richelle Araujo	
31	2261	Jiya Gandevia	
32	2276	Amatullah Kachwala	
33	2303	Shiti Bhanushali	
34	2232	Pranjali Lipane	
35	2236	Prakriti Sawhney	
36	2223	Anushka Khemnar	
37	2207	Batul Ezzi	

Name and signature of the coordinator:
Vaishali Diwakar

Principal Incharge
St. Mira's College for Girls, Pune.

FYBA(B)

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

Name of the activity: An orientation lecture on Gender & Culture certificate course. Date: 8/8/2022
Time: 8 - 8:30 am Venue Room No 7.

Sr. No	Roll No	Name	Signatures
01	2404	Himanshi Porwal	Himanshi.
02	2466	Ashlesha Patil.	
03	2454	Aqsa Shaikh.	
04	2459	Siddhi Zende.	
05	2419	Khushi Joshi	
06	2420	Anchal Wale	
07	2426	Priyanka Rajpurohit	
08	2438	Sanjana Khetri	
09	2414	Prachi Kasbe	
10	2481	Meghana Chavriya	
11	2465	Minaz Shaikh	
12.	2440	Vaishnavi Dhuriya	
13	2428	Ashvini Ramgirkar	
14	2407	Kavishma Jindal.	
15	2493	Dhanashri Lavand	
16	2425	Rasika Joshi	Rasika.
17	2402	Kiana Framroze	
18	2475	Shreya Mishra	
19	2455	Anjali Sahal	
20.	2418	Samriddhi Ganesh Nanvate.	
21	2490	Poonam Rathod	
22	2488	Monika P. Rao.	
23	2490	Ashleen Kaur	
24	2492	Vaishnavi Mahadik	

Total 62
37 + 25

Name and signature of the coordinator:
Vaishali Diwakar

GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

19)	3640	Pooja Thakkar	
	3641	Pranjal thakur	
20)	3642	Shuchi Khandelwal	
21)	3643	Riya Reddu	
22)	3644	Radhika Nalawade	
23)	3645	Anvita Chavan	
24)	3646	Arpita Harge	
	3647	tanaya kapse	
	3648	Mrugnyani Matkar	
	3649	Rutuja kharat	
	3650	Shreya Ghare	
	3651	roshni Vaswani	
25)	3652	Nicole Halstead	
	3653	Afrin Shaikh	
	3654	Shruti Kamble	
26)	3655	Ritu Pardeshi	
	3656	Sonali Rajguru	
	3657	Supriya tulave	
	3658	harshada Agarwal	
	3659	Priyanka Sapaliga	
	3660	Apeksha Gawde	
	3661	Gayatri Chavan	
	3662	shambhavi dharmavat	
	3663	Sayali Nakate	
	3664	Shraddha Pawar	
	3665	seema chiloba	
27)	3666	Vaishnavi utage	
	3667	Alisha Shaikh	
	3668	Priti prasad	
	3669	Vaishnavi Suryawanshi	
	3670	anjali fandekar	
	3671	vaishnavi wadekar	
	3672	Shaikh Sumaiya	
28)	3673	payal shelar	
	3674	krutika pipada	
	3675	Sejal Waghela	
	3676	Bhavana Boiri	
	3677	Sravani Thota	
	3678	Kasturi Pallod	
	3679	Vaishali Pawar	
	3680	Shalaka Thorat	
	3681	Rohini Gaikwad	
	3682	Mrunali kamble	
	3683	Priyanka Lohana	
	3684	Kirti Tella	
	3685	Anannya Punekar	
	3686	Sayali Borhade	
	3687	Prachi Tompe	
	3688	Sakshi Pradeshi	
	3689	Dhanashri tapkir	
	3690	Apeksha Jadhav	
	3691	Shalaka Thorat	

(V. Diwakar)

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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/IQAC/2022-23/25 Date:-18/07/2022

CIRCULAR

On 21st July, 2022 a workshop on 'Gender Issues will be organized by the Sociology Department from 12.00 p.m. to 5.00 p.m. in the AV room.

Dr. Vaishali Diwakar
Co-ordinator

Dr. Jaya Rajagopalan
Principal Incharge

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – A WORKSHOP ON GENDER ISSUES BY NIRANTAR – THE THIRD EYE

A workshop was conducted by Nirantar – The Third Eye, a Delhi based organization on 21st July 2022. The workshop was conducted through the Gender Champions Program in the AV Room in St. Mira's College for Girls, Pune from 12pm – 4pm. The workshop included a range of activities like discussions, short film screening and also included a podcast. The students were briefed on the concepts of Gender based division of work through a pre-workshop activity called 'Kaam-Aaram' (work-leisure) wherein students were asked to send pictures portraying their ideas of work and leisure. There was a discussion that was held on this topic after the formal introduction. Thereafter, the short film 'JUICE' was screened for the audience followed by individual reviews on the film by the students. The gathering resumed post a short break with an informal singing session. In the later half of the workshop, the students listened to a podcast and shared their opinions on the same. Towards the end, the students were briefed by The Third Eye team about their portal and social media platforms. Lastly, a formal vote of thanks was presented to conclude the session. Total 23 girls attended the workshop.

Vaishali Diwakar
Coordinator
HoD, Sociology

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
{Autonomous: Affiliated to Savitribai Phule Pune University}
Department of Sociology

Name of the activity: Workshop on Gender Issues
Time: 12 to 5 pm.

Date: 21/7/22
Venue A.V. Room

Sr. No	Roll No	Name	Signatures
1		Diksha Singh	
2.	2508	Hetal Gidwani	
3	2459	Mahek chavan	
4.	2604	Amrita Pal	
5.	2610	Bhavya Golani	
6.	2674.	Pooja Chavan.	
7.	2607	Rishika Baulal	
8.	2618	Reachal Madipag	
9.	2608	Zainab nagarwala	
10.	2616.	Himali patil.	
11.	2602	Kanishka Joshi	
12.	2606	Tanaya Chavankar	
13.	2603	Sunīti	
14.	2609	Disha Dargarani	
15.	2611	Shruti Shirale	
16	2292	Mihika Lele	
17	2249	Alisha Mascarenhas	
18	2215	Sanaya Irani	
19	2660	Vinisha Kumbhare	
20	2672.	Hufrish. Tangri	
21	2657	Prajakta Khobragade	
22	2658	Durga Daundkar	
23	2617	Diksha Bhole	
		Total 23 Students	

Name and signature of the coordinator:

Vaishali Diwakar

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Spherule Foundation
Improving life one breath at a time

Registration No: 173116
CIN: U85300PN2017NPL173116
All Donations are Tax Exempted
80G/2019-20/1017061343(1)-29-07-2019
FCRA REG NO- 083930756

Date: 26th August 2022

To whomsoever, it may concern

This letter is to certify students of St. Mira's College for Girls, Pune has volunteered with our NGO – Spherule Foundation from 12th August 2022 to 24th August 2022. During this period we found all students to be very dedicated, and diligent and made a valuable contribution to the team.

They had been working on our Project related to Social Security Schemes, which included Follow-ups with beneficiaries and Fieldwork. We found them to be on their best behavior.

Names of Students are mentioned below:

1. Manisha Rajpurohit	2. Vaishnavi Kshirsagar
3. Amruta Vilas Shinde	4. Gopika G. Nair
5. Ritu Pardeshi	6. Sravani Srinivas Thota
7. Silvia D'Souza	8. Sneha Abhay Gawade
9. Diksha Suryakant Jagtap	10. Sakshi Abhay gawade
11. Khushi Bhatia	12. Kushi Parwani
13. Mehek Dodeja	14. Neha Sharma

We wish them all the best in their future endeavors.

For Spherule Foundation

Spherule Foundation Reg no 173116 Pune

Ms. Jaspreet Kaur Sidhu
HR Manager

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

Department of Accountancy- 2022-2023

Social Outreach Activity at Spherule Foundation

12th August 2022 to 24th August 2022

Attendance Record

Sr. No.	Name of the student	Signature
1	Manisha Rajpurohit	Manisha
2	Vaishnavi Kshirsagar	
3	Amruta Vilas Shinde	
4	Gopika G. Nair	
5	Ritu pardeshi	
6	Sravani Srinivas Thota	Thota Sravani
7	Silvia'D'Souza	Silvia D
8	Sneha Abhay Gawade	
9	Diksha Suryakant Jagtap	
10	Sakshi Abhay gawade	
11	Khushi Bhatia	Khushi Bhatia
12	Khushi Parwani	Khushi
13	Mehek Dodeja	
14	Neha Sharma	Neha Sharma

Coordinator

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
(Autonomous-Affiliated to Savitribai Phule University)
Departments of Accountancy and Commerce
Social Outreach initiative for an NGO-Deep Griha Society
2021-2022 September 2021 to February 2022
Academic Coaching to the children of Deep Griha Society

REPORT

Social Outreach initiative for an NGO-Deep Griha Society was undertaken by the **Department of** ACCOUNTANCY AND **Commerce** for T.Y.B.Com. and M.Com. students between September 2021 to February, 2022.

In the background of COVID-19, the children of Deep-Griha were out of main stream learning where our volunteers assisted through online academic coaching in the subjects of English & mathematics from 5th to 10th Standard across all 4 centres of Deep-Griha.

The teacher coordinators initiated the registration of volunteers, organised an online session to introduce volunteers with Deep Griha Officials. This facilitated to understand the subjects in which students needed academic assistance.

Volunteers were facilitated with flexibility of scheduling the online sessions.

The volunteers prepared the Study material like pdfs and Power Point Presentations to make the coaching-learning process effective. Mode of coaching was through Google Meet Platform

Mr. Nimbalkar gave us a very positive review for the coaching - learning process. The outcome of this initiative is that the volunteers have learned collective efforts, understanding learner's attitude, exploring the subject and presenting as per the understanding of the learners.

The volunteers developed the skills such as Social Skills, IT, Research, Team-work, Coordination and Presentation Skills.

Dr. Dimple Buche
Mrs. Jyoti Chintan
Asst. Prof. Shanthi Fernandes
Event Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
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St. Mira's College for Girls, Pune

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Departments of Accountancy and Commerce

Social Outreach initiative for an NGO-Deep Griha Society

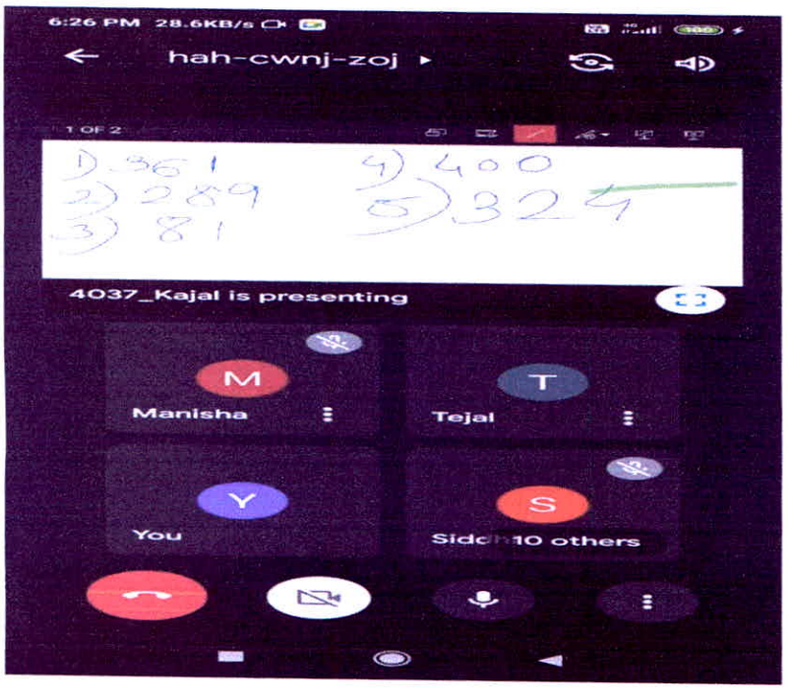
2021-2022 September 2021 to February 2022

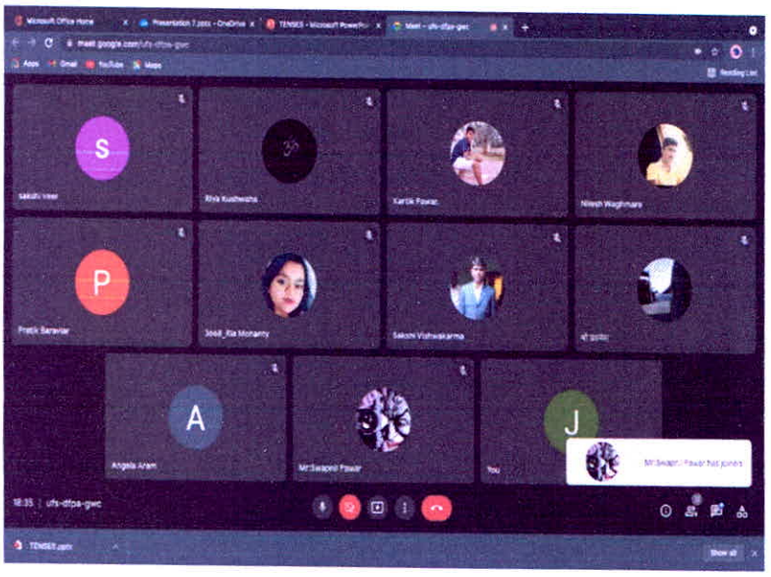
Academic Coaching to the children of Deep Griha Society

PHOTOS

Standard 9th and 10th

English and Maths



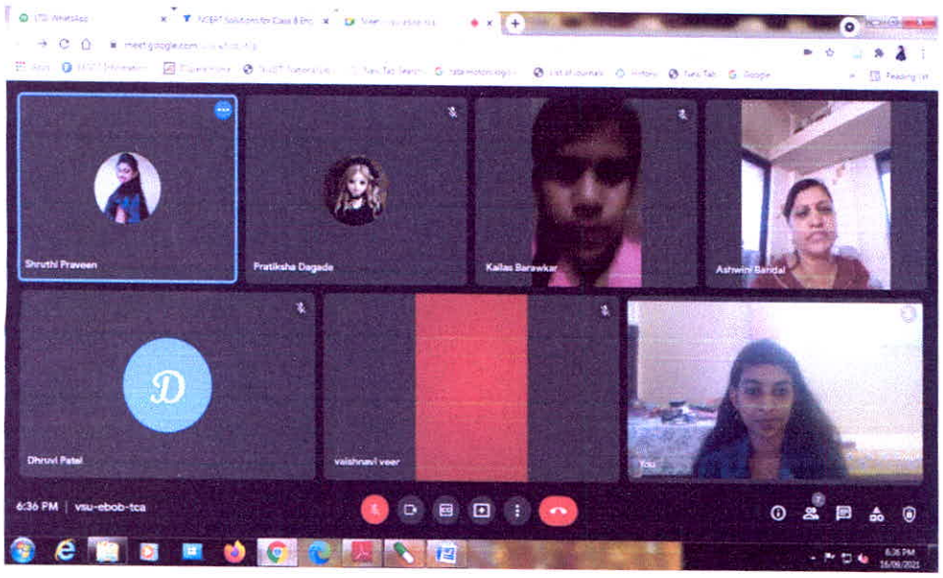


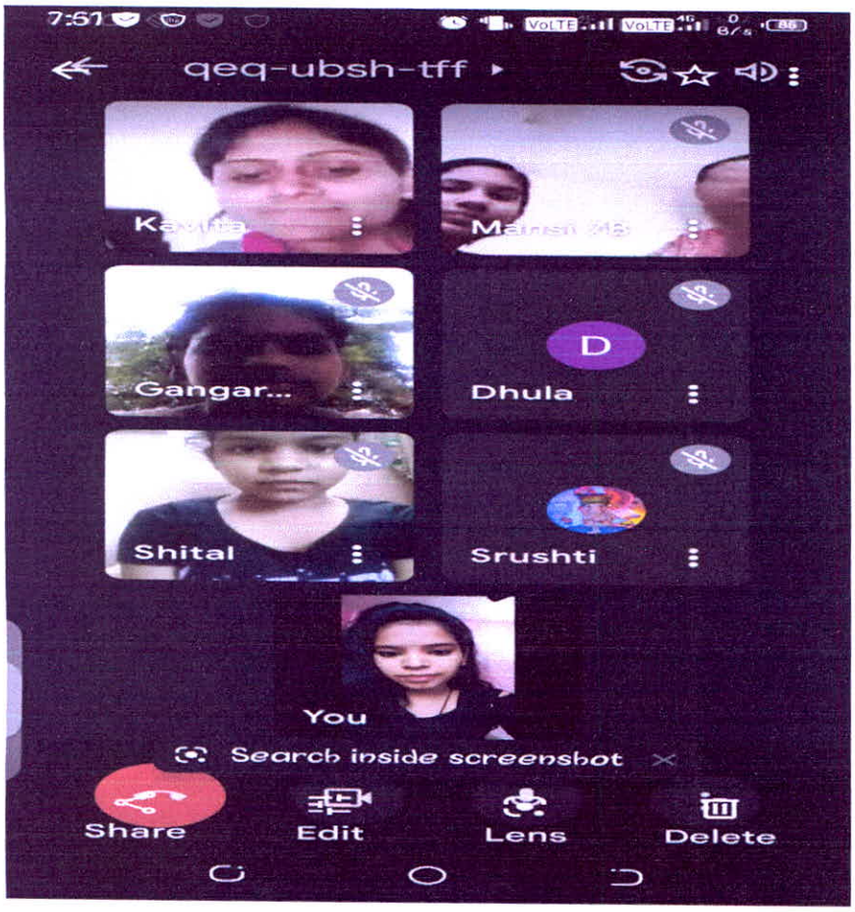
Dr. Dimple Buche

St. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls

Standard 7th and 8th



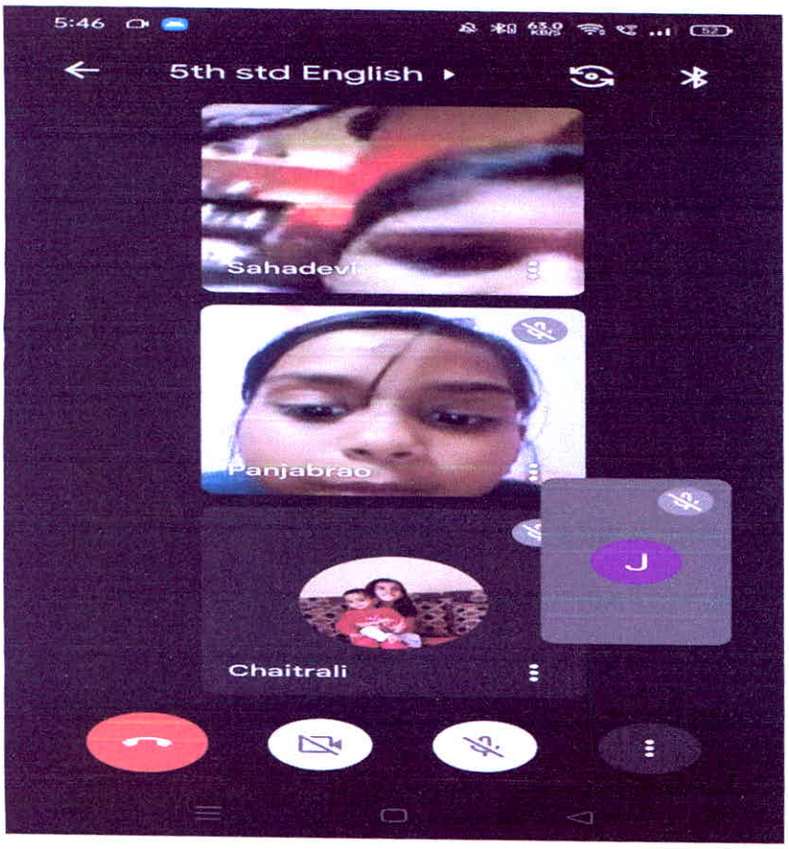


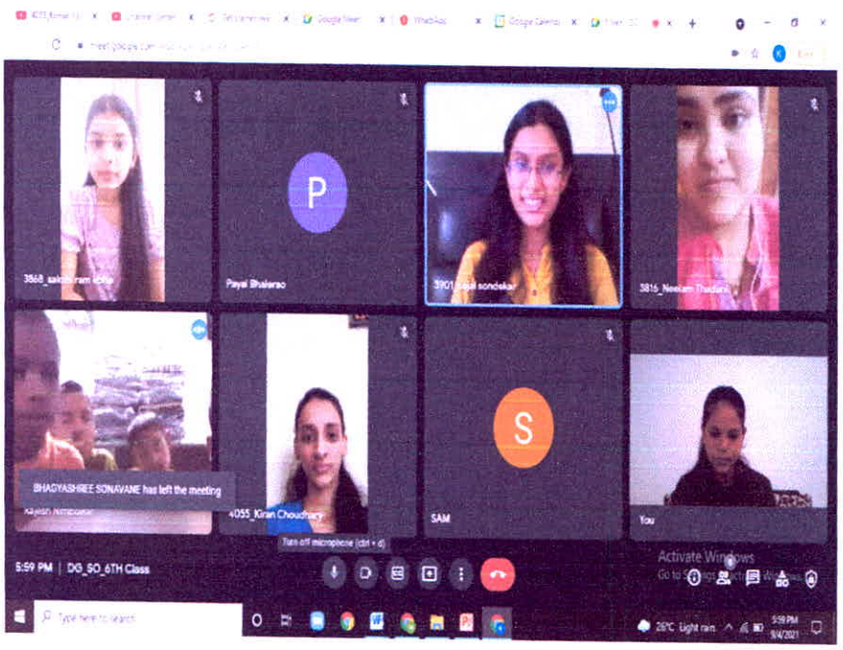
Mrs. Jyoti Chintan

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

Standard 5th and 6th





Shanthi'

Mrs. Shanthi Fernandes

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Jayant

Principal Incharge
St. Mira's College for Girls

Deep Griha Society

Family Welfare Centre, 13 Tadiwala Road, Pune 411 001, Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26124382

DGS / 2021-22
11th March 2022

The Principal,
St. Mira's College for Girls,
Pune

St. Mira's College for Girls, Pune (Autonomous-Affiliated to Savitribai Phule University)
Departments of Accountancy and Commerce
Social Outreach initiative for Deep Griha Society – registered NGO for 2021-2022
(September 2021 to February 2022)

This is to certify that following girls of St. Mira's College for Girls, Pune have volunteered for online academic coaching in the subjects of Maths and English for the Deep Griha children of Standards 5th to 10th during September 2021 to February 2022.
They were involved in coordination of batches; organizing the online platform- G meet, creation of study material and effective conduct of online coaching.

S.NO.	Name of the Volunteer
1.	Priti Verma
2.	Vidhi Santosh Agarwal
3.	Nidhi Santosh Agarwal
4.	Sai Suhas Kachare
5.	Sufiya Khudabuddin Patel
6.	Kumari Pragati Jha
7.	Kiran Choudhary
8.	Komal Kale
9.	Sejal Sondekar
10.	Neelam Sunil Thadani
11.	Sakshi Kolte
12.	Sejal Thakur
13	Shruthi Praveen
14.	Pooja.Jain
15.	Ria Mohanty
16	Annmariya Jaison
17.	Sakshi Vijay Kshatriya
18.	Sonal Mutke
19.	Neha Dinesh Pathak
20.	Kajal Yadav
21.	Komal Yadav
22.	Anushka Sarade
23.	Soni Paswan
24.	Madhura Mishra
25.	Riya Panwar

Director
Deep Griha Society,
Pune

DEEP GRIHA SOCIETY ★ PUNE ★ 13, TADIWALA ROAD

Registered under SRA (MAH / 1128 / PN), B.P.T. - F. 988
Income Tax Exemption US 80-G, FCRA Reg. No. 083930134

Principal Incharge
St. Mira's College for Girls, Pune.

Mrs. Jyoti Chintan Jchintan
Mrs. Shanthi Fernandes Shanthi

Deep Griha Society

Family Welfare Centre, 13 Tadiwala Road, Pune 411 001, Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26057382

Date: 27th July, 2022

To,

The Principal In-charge,

St.Mira's College Of Girls,

Pune

Subject: Thanks for the donation in kind support.

Dear Madam,

Greetings from Deep Griha Society.

We are grateful for the initiative taken by TY BCOM - C division of your college 2022-2023 batch for the support of the following items:

1. Grocery items –
   (Turdal-14 kg, wheat -32 kg, Rice -25 kg, mugdal- 10 kg and solt -2 Kg)
2. Gift distributed for Aged people -25
3. Prize distribution to games competition winners - 3.

The students also organized different games competition for aged people and 6 students helped for food making with our kitchen staff of Deep Griha Society, Tadiwala Road. Pune.

Thank you for this wonderful initiative that brings joy and gratitude to everyone involved.

Thank you very much for your donation in kind to Deep Griha Society.

Best Wishes,

Rajendra Aher
Deep Griha Society

DEEP GRIHA SOCIETY ★ PUNE ★ 13, TADIWALA ROAD

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

Social Outreach Program

As Dada J.P Vaswani says "Do as much good as you can, to as many as you can, on as many occasions as you can, and as long as you can! "**On July 27, 2022, St. Mira's College for Girls** had organized a social outreach program to Deep Griha Society, an independent charity aimed at improving the lives of informal low-income communities in Pune, India with whom the department of Accountancy had signed an MOU for outreach activities. This social activity was arranged by the efforts of Students of **TYBCOM Div.-C**

The implementation of the Social Outreach Program began with raising social awareness among students by creating leaflets and distributing them via an online platform.

Students showed active participation by donating money to the activity, and donations were also made in the form of Kind such as rice, wheat and dal. Some students volunteered to monitor the social activities.

On the day of the activity Babita, Pooja, Pratiksha, Sneha and Shruti did Seva by Rolling around 400 Chappatis for lunch. Later that day, the total 46 students visited the organization and played a variety of games, including Ludo, Carrom, Antakshari, bottlepass and dance which received enthusiastic participation from everyone. The students also handed out goodies of edible items and candles, Vicks, Cream rolls and bells. Students also wrote a good luck note on the goodies and to withstand the recent harm to the environment, the students made handmade bags with newspaper to protect the environment. At the end of the activity, everyone had a smile of joy, the people had the joy of love, and students who had the joy of giving love.

The Total accumulation of Groceries were: -

Rice – 31kg,

Wheat - 57kg,

Toor Dal - 14kg,

moong dal 10kg,

Salt -2pkts,

And 30 goody (hamper) bags that consisted of candles, Cream rolls, Vicks, bhel etc.

Student coordinator:

Aditi Bagal

Nandani Hucche Nandini

Class Teacher:

Ms.Elizabeth Kanade • Elizabeth Kanade

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Social Service-Anjali Week (25 July – 02 August 2022)

Attendance Sheet

Day & Date: 27th July 2022, Wednesday.

Place: Deepgriha – DP Road.

Class: T.Y. Blom 'C' div

Faculty Co-Ordinator: Elizabeth Kanade Total Participants :- 46

S No	Roll No.	Name of Student	Signature
1.	4004	Rutika. R. Mohite	Rohit.
2.	4003	Reenaz. Lakhani.	Reenaz
~~3.~~	~~4088~~	~~Supriya Chavan.~~	~~Schavan~~
3.	4056	Neelam Gandhi	Neelam.
4.	4041	Aishwarya Menon	Aishwarya
5.	4067	Rutuja Bagal	Rutu.
6.	4103	Ekta. Pardeshi	Pardeshi.
7.	4066	Nakshatra. Pawar	Nakshu.
8	4086	Karuna. Bommarabaina	Baruna
9.	4051	Rutuja Pise	RPise
10	4029	Susmita Gaikwad	Susmita
11.	4088	Supriya Chavan	Schava.
12.	4028	Neha	Neha
13.	4014	Neha Sharma	NehaSharma
14	4020	Pramila Bhayal	Bhayal
15.	4021	V.K. Philomina	Phil.
16.	4026	Sneha Gawade	Gawade
17.	4024	Swati Pade	Swati
18	4012	Payal Bhadauria	Payal Bhadauria.

Elizabeth Kanade
Signature:
(Ms Elizabeth Kanade)
T.Y. Blom 'C'
Class Teacher

St. Mira's College for Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

~~Bagal~~
Aditi. Bagal.
(Student co-ordinator)

~~Nandini~~
Nandini. Hucche
(Student Co-ordinator)

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Social Service-Anjali Week (25 July – 02 August 2022)

Attendance Sheet

S No	Roll No.	Name of Student	Signature
19	4057	Ashmira Shaikh	Ashaikh
20	4034	Neha Gangadhar	Neha
21	4084	Savika Ramesh KV	Savika
22	4031	Greeshma Shah	Gshah
23	4070	Sejal Pathak	Sejal
24	4007	Priyanka Gavhane	Priyanka
25	4025	Akshita Shetty.	Shetty
26	4060	Harshada Tembe	Tembe
27	4063	Sayee Dhakane	Sayli
28	4009	Sakshi Tarate	Sakshi
29	4011(019)	Aditi Pingle	Pingle
30	4027	Komal Shirke	Komal
31	4011	Shruti Tingre	Tingre
32	4006	Yasmeen	Yasmeen
33	4008	Namitha	Namitha
34	4075	Nandini S. Hucche	Nandini
35	4019	Sanjana Shah	Sanjana
36	4010	Nivedita Sahoo	Nivedita
37	4022	Aditi Bagal	Bagal
38	4083	Sneha B. Yeatne.	Sneha
39	4013	Sonali Bhiungade.	Sonali
40	4091	Shruti Chavan	Shruti
41	4071	Babita Mukhiya	Babita
42	4018	Kaishnaa Purswani	KP

Elizabeth Kanade
Signature:
(Ms Elizabeth Kanade)
T.Y. B.Com 'C'
Class Teacher.

Aditi. Bagal
(Student Co-ordinator)

Nandini. Hucche
(Student Co-ordinator)

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Social Service-Anjali Week (25 July – 02 August 2022)

Attendance Sheet

S No	Roll No.	Name of Student	Signature
43.	4037	Pooja Kumarswamy	Pooja..
44.	4036	Pratiksha Dhumal	Dhumal
45.	4094	Khushi Bhatia	Khushi
46	4049	Nikita Shetty	Nishetty

Elizabeth Kanade
Signature:
(Ms Elizabeth Kanade)
T.Y. B.Com 'C'
Class Teacher.

Bagal
Aditi. Bagal Nandini. Hecche
(Student co-ordinator)

St. Mira's College For Girls ★ Poona-411001 ★

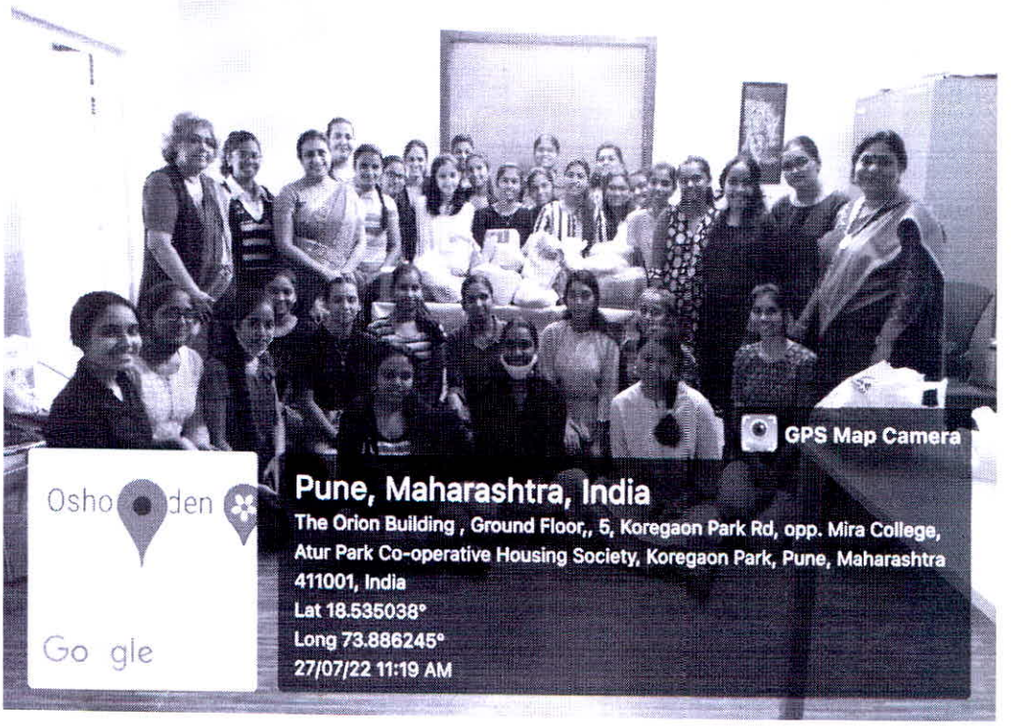
Principal Incharge
St. Mira's College for Girls

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

Social Outreach Program

27th July 2022





Nandini Hucche (Nandini)
(Student co-ordinator)

Elizabeth Kanade.
(Ms Elizabeth Kanade)
Class Teacher.

St. Mira's College For Girls ★ Poona-411001 ★

Principal Incharge
St. Mira's College for Girls

Deep Griha Society

Family Welfare Centre, 13 Tadiwala Road, Pune 411 001, Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26057382

Date: 27th July, 2022

To,

The Principal In-charge,

St.Mira's College Of Girls,

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Subject: Thanks for the donation in kind support.

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Best Wishes,

Rajendra Aher
Deep Griha Society

DEEP GRIHA SOCIETY ★ PUNE ★ 13, TADIWALA ROAD

KINDLE THE LIGHT

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:- ~~HO~~ G15/IQAC/2021-2022/142 **Date:- 15/02/2022**

CIRCULAR

The Student Welfare Department is organizing a workshop on Nirbhay Kanya Abhiyan from 21st February to 23rd February 2022. It will be on a hybrid mode. Interested students give your names to Hasina Shaikh by 20th February 2022.

Once you have given names attendance is compulsory.

Hasina Shaikh

Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Jaya Rajgopalan

Principal In Charge

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune **Principal In Charge**

Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Student Welfare (2021-22)

Nirbhay Kanya Abhiyan Workshop(21st to 23rd February 2022)

The Department of Student Welfare organized Nirbhay Kanya Abhiyan workshop from 21st to 23rd February 2022 with an objective to develop confidence among girls and become a fearless women. In recent years, when on one hand we see women working in all fields equally with men, the incidences of abuse and violence against women are also consistently rising. So, a campaign like Nirbhay Kanya Abhiyan is very essential in helping students understand structural constraints that restrict their freedom and learn ways and strategies to deal with them. This year the workshop was both online as well as offline mode. 20 girl-students from Christ College were invited to attend the Nirbhay Kanya Abhiyan Workshop. Total there were 70 students online and offline mode

On 21st February 2022, the first session on **Self- Defence** was conducted by Miss Maya Khadka, she is a black belt in Karate. She introduced simple techniques of self-defence which the girls can use to protect themselves in regular situations like bus travel. Then she demonstrated self-defence tactics to be used in situations of physical violence or eve-teasing involving physical abuse. She showed how simple techniques using one's reflects can be employed to defend oneself. Miss Maya demonstrated with the help of volunteers some very useful self-defence actions which the girls have to learn only through regular practice. At the end she said that self-defence exercises must be practiced on a regular basis and not remain only at a workshop level where most participants forget it very quickly.

On 22nd February 2022, second session was conducted by Mrs Shakuntala Bhalerao, a social activist on **Harassment of girls and women at home**. She introduced the session with the help of a documentary film and then discussed the ways through which the harassment and exploitation is done. The students actively participated in the discussion and shared their experiences. Some strategies were also suggested by the speaker as well as the students.

On 23rd February 2022,third session was conducted by Mrs Alka Joshi, a social activist on **Sexual Harassment of women at work place.** At the beginning of the session, she narrated two stories regarding women security, it lead to an impressive discussion. It helped students to open up and share their experiences. Mrs. Alka Joshi explained how violence against women is deeply rooted in the patriarchal structure. She said that women are still treated as part of family or community and not as independent individuals. She further stressed the need to build support groups of youth to bring in change at social level.

Hasina Shaikh, Student Welfare Officer proposed the vote of thanks to Board of Student Development, Principal In Charge, St. Mira's College for Girls, Dr. Assunta from Christ College, All the Resource persons for the workshop and all the students participated in the workshop.

Student Welfare Officer

Hasina Shaikh

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal In Charge

Dr. Jaya Rajgopalan

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune

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Department of Student Welfare (2021-22)

Nirbhay Kanya Abhiyan Workshop(21st to 23rd February 2022)



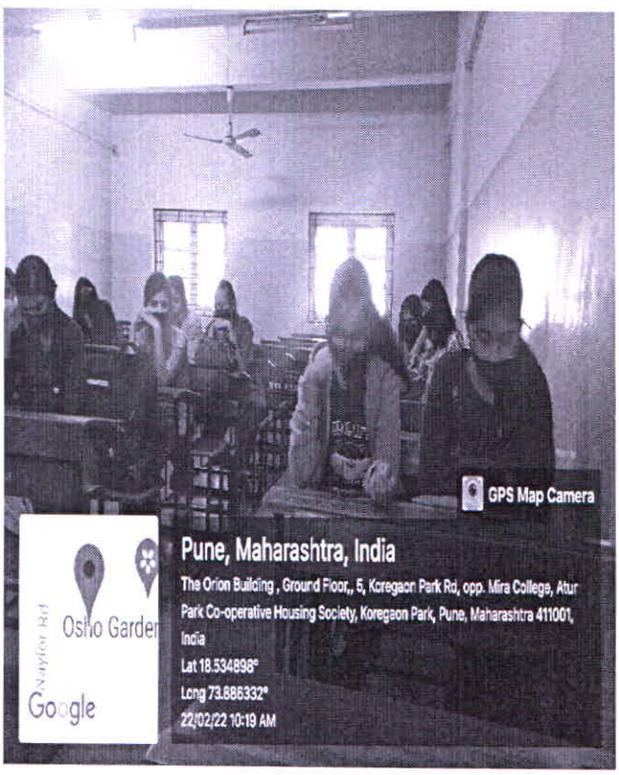
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ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

(Harina Shaikh)
(Co-ordinator)





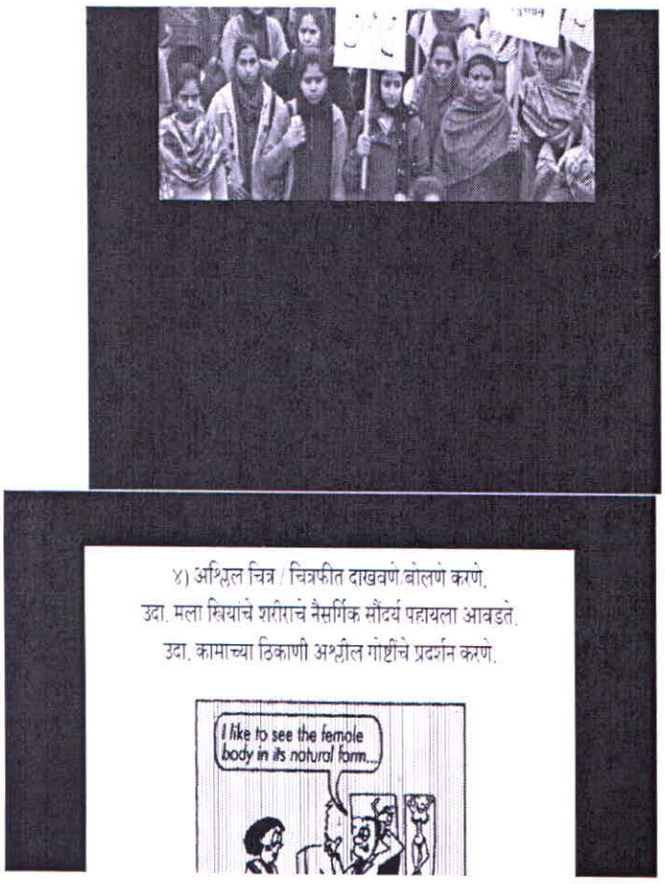
Session 2: **Harassment of girls and women at home** by Mrs Shakuntala Bhalerao

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

(Hasina Shaikh)
(Coordinator)

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



Session 3: **Sexual Harassment of women at work place by Mrs Alka Joshi**

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

(Hasina Shaikh)
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KINDLE THE LIGHT

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Student Welfare Officer

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St. Mira's College For Girls, Pune **Principal In Charge**

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ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal In Charge

Dr. Jaya Rajgopalan

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune

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Department of Student Welfare (2021-22)

Nirbhay Kanya Abhiyan Workshop(21st to 23rd February 2022)



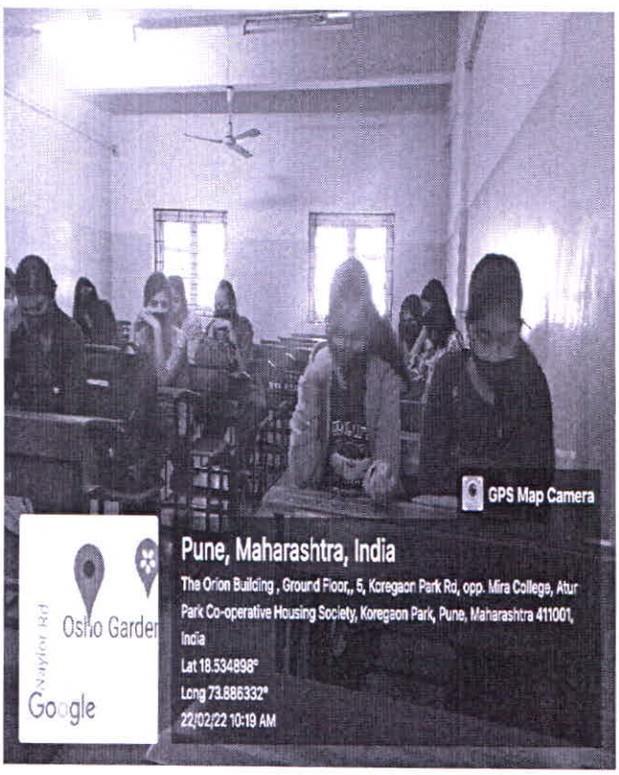
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ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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(Co-ordinator)





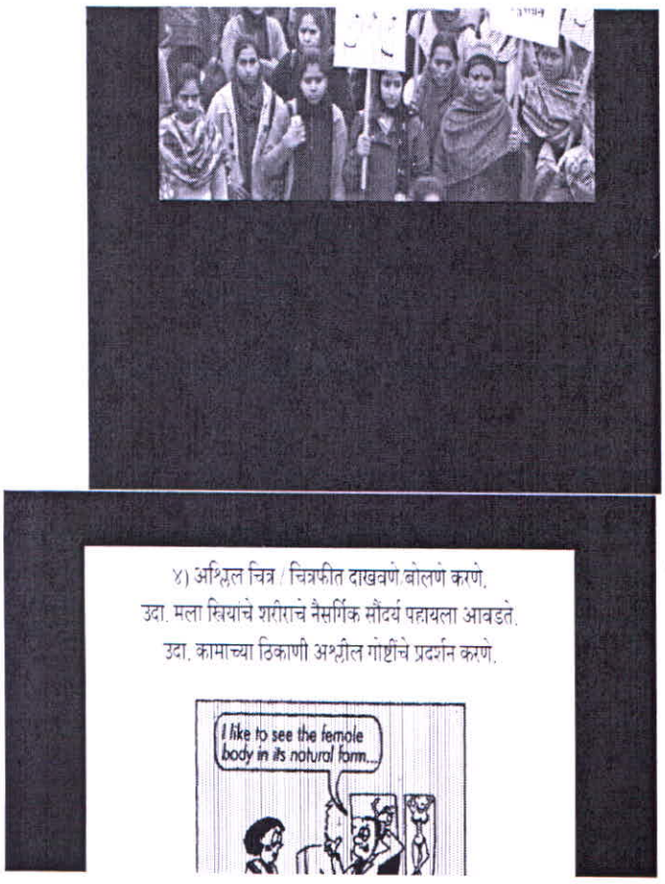
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(Hasina Shaikh)
(Coordinator)

St. Mira's College For Girls Pune
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ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

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Co-ordinator

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

Department of Physical Education

Report-

Effective Asanas for Women's Health (PCOD/PCOS)

The Department of Physical Education had organised a guest lecture on" Effective Asanas for Women's Health (PCOD/PCOS)" on 9th February,2022 under the program Fit India Movement. This lecture was conducted for all the students and staff members. Total 163 participants (158 students and 5 Staff members) took the advantage of this webinar. Now a days we can see due to change in lifestyle many girls are facing health problems like PCOD/ PCOS, So through various Asanas we can overcome these kind of diseases was the main purpose of session.

Dr. Manali Deo (Gharpure) (Founder Director, Mind and Body Yoga Institute Pune and International Level Yoga Coach, Player and Referee) explained the importance of yoga practice by presenting demonstrations of asanas. Asanas are useful for women's health. She said that there is only way to get rid of women's health problems so, everyone should do Suryanamaskar, Asanas, Pranayama, Meditation Practice daily. The negative effects of Sedentary Lifestyle (Lack of exercise, Improper Diet, Irregular Sleep) can caused many women to have menstrual problems (PCOD). She demonstrate different asanas which are useful for reducing menstrual problems in women. Regular yoga practice is the key to physical and mental health. However, those who have other ailments should consult a doctor and practice yoga.

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 session.

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

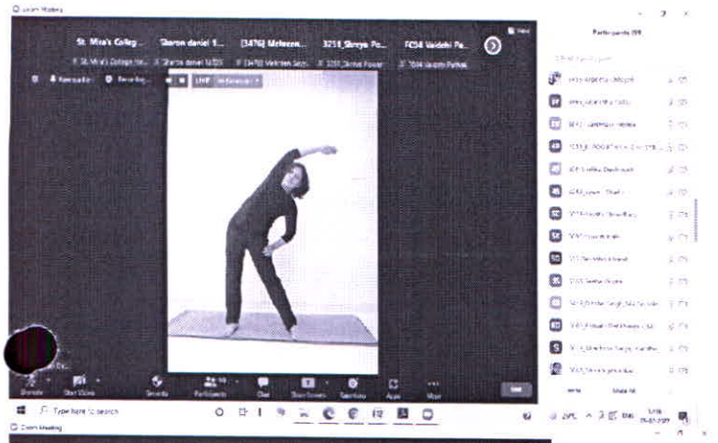
Principal Incharge
St. Mira's College for Girls

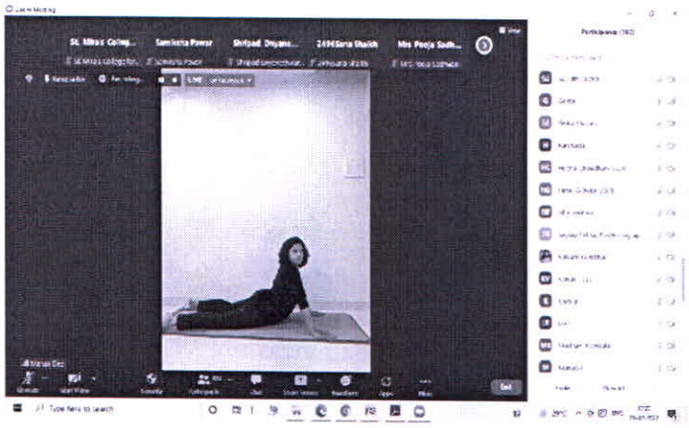
St Mira's College for Girls, Pune

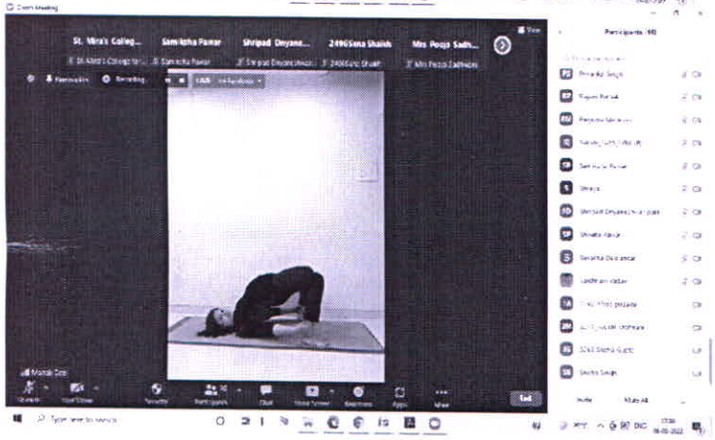
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Department of Physical Education

Topic :Effective Asanas For Women's Health (PCOD/PCOS)- St. Mira's College for Girls' Zoom Meeting













Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

[An Autonomous College Affiliated to the Savitribai Phule Pune University]

[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

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

Ph./Fax : 26124846 E-mail : mira_college@yahoo.co.in

KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

PU/PN/AC/015/(1962)
College Code No. : 013

G-18/2021-22/49

Date : 02.02.2022

CIRCULAR

The College is conducting a Guest lecture under the program of **"FIT India Movement"** on Wednesday 9th Feb.2022 from 5.00 pm to 6.00 pm on the topic **"Effective Asanas for Women's Health (PCOD and PCOS).**

This is to request all the students and staff members to register on the following link :

https://forms.gle/7tMqUsFywiF4QMUv7

Ms. Ekta Jadhav
Director of Physical Education

Dr Jaya Rajagopalan
Principal Incharge

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls

St Mira's College for Girls, Pune
An Autonomous- Affiliated to Savitribai Phule Pune University, Pune
Department of Physical Education

Meeting ID 85331348983

Start Time End Time

Topic :Effective Asanas For Women's Health (PCOD/PCOS)- St. Mira's College for Girls' Zoom Meeting 02-09-2022 16:48 02-09-2022 18:01

Total Participants : 100 on zoom meeting and 63 on Facebook= 163 (158 students +5 staff)

User Email :jaya.stmiras@gmail.com

Sr.No	Name (Original Name)	User Email	Total Duration	Guest
1	St. Mira's College for Girls	jaya.stmiras@gmail.com	74	No
2	Swati Pulate	swati.pulate@gmail.com	28	Yes
3	3121 Gayatri Kshirsagar	rushikeshkshirsagar6012@gmail.cor	65	Yes
4	Chinmayee (Jayashree Akolkar)		61	Yes
5	Suvarna Deolankar	suvarna.deolankar@stmirascollegep	73	Yes
6	11934 Samiksha (Samiksha Kulaska	samikshak3012@gmail.com	42	Yes
7	2468-Niyati Bhati	bhatiniyati14@gmail.com	37	Yes
8	2604_Amrita	amritapal1301@gmail.com	71	Yes
9	4269_Anam Shaikh		65	Yes
10	Manali Deo	deomanali@gmail.com	62	Yes
11	6669_Hema Dhanwani_M.com accounts		30	Yes
12	Mayuri Ashtage		16	Yes
13	harshada	4269_Anam Shaikh	41	Yes
14	22105_fybbaJayanti (Jayanti)		70	Yes
15	2499 Pooja jagtap		7	Yes
16	3084_Sana Palla (Sana Palla)	sanapalla08@gmail.com	71	Yes
17	22101_Kaizeen Kamdin	kaizeen1203@gmail.com	61	Yes
18	2417 Lakshika Thawani		71	Yes
19	Sakshi_2405_FYBA (B)		69	Yes
20	3207_SAKSHI CHOUGULE		44	Yes
21	Priya		61	Yes
22	22147_Komal Ruchandani		67	Yes
23	6619_Akanksha Sanjay Kamthe_Mc	akankshakamthe7@gmail.com	62	Yes
24	22115_Nishi Jaisinghani		61	Yes
25	Lovi r 22150 fybba (Lovi r)		66	Yes
26	3521_Nikhita Mule		15	Yes
27	3450Alishakhan		57	Yes
28	12164_Afreen Shaikh		16	Yes
29	6663_Shivani jirwankar	shivanijirwankar206@gmail.com	32	Yes
30	3106_Sejal Sharma (Sejal Sharma)		57	Yes
31	2509_Mangi Devasi		10	Yes
32	3003_manisha choudhary		44	Yes
33	22150 (LOVI)		9	Yes
34	12169_Ranidubey _Bca		7	Yes
35	4055_B. POOJITHA YADAV SYB. com C		63	Yes
36	Geeta		58	Yes

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

37	Gitika Mayani		64	Yes
38	Sharon daniel 12135		22	Yes
39	Hetal Gidwani 2508		62	Yes
40	Nilima Patil		53	Yes
41	3257_Jyotishree Raut		61	Yes
42	3451_pragati Jagtap		42	Yes
43	Vaibhavi Jayasing Patil	jayshingpatil2282@gmail.com	3	Yes
44	3233 Lakshmi Madhu.		56	Yes
45	22119_Sunita kumari		61	Yes
46	11951 Anisha Narayan		16	Yes
47	22107_Suhana singh		12	Yes
48	Gayatri Jadhav		31	Yes
49	22148_zahra pardawala fybba		46	Yes
50	31bcasmriti Singh		10	Yes
51	3067_Sejal Burkule		59	Yes
52	22139_Harshada Dhokale		10	Yes
53	4516_Priyanka Bhure		14	Yes
54	3519_Sanskruti Dhage		2	Yes
55	Madhavi Komkala		56	Yes
56	22172_Neha Pujari (72_BBA_Neha Pujari)		39	Yes
57	Heena Choudhary 3320		58	Yes
58	Deora Kismat		9	Yes
59	2285 Limpa Manick	champa.manick@gmail.com	29	Yes
60	Shreya		59	Yes
61	22004_Vishakha_SYBBA (M241 Ra	vishakhasawantvrs@gmail.com	45	Yes
62	Kalyani Kumbhar	kalyani17kumbhar@gmail.com	41	Yes
63	clarene (56/12A/ Clavene Marian)	clarenemarian563@gmail.com	8	Yes
64	Anushka Khemnar	anushkakhemnar@gmail.com	39	Yes
65	3211_Ayushi Mohnani		50	Yes
66	5090-Srushti Kale		59	Yes
67	Kartika		57	Yes
68	Kanan Vyas	kenibhatt@gmail.com	27	Yes
69	Doli Singh		4	Yes
70	Palak Rupesh Khandelwal		49	Yes
71	406 Smitika Deshmukh		57	Yes
72	22171_Aditi Gupta	1463.aditi@gmail.com	59	Yes
73	Vaishnavi		5	Yes
74	Sanika pawar		3	Yes
75	12139_Neha.S.Giri	nehajuliegiri@gmail.com	21	Yes
76	1652_srushti Kodre		2	Yes
77	Samiksha Pawar		44	Yes
78	Roshni		19	Yes
79	22127_BBA_Charu		55	Yes
80	Vaishnavi Yadav	vaishnaviy07062004@gmail.com	56	Yes
81	3842- Vaishnavi Mohite		45	Yes
82	3466_Akanchha Yadav		55	Yes

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

83	FYBBA.22176.Prerna Gaikwad		55	Yes
84	2215 Sanaya Irani-FYBA(A)		28	Yes
85	Ritika		2	Yes
86	3407_Janhvi Rajpurohit.		2	Yes
87	22114_Teesha Shewani	teeshashewani7@gmail.com	49	Yes
88	1441_Nandini Singh		11	Yes
89	5023-Sakshi Choudhary (Bhavesh Choudhary)		55	Yes
90	Isha Walmiki		54	Yes
91	22038 Amrita Menon		32	Yes
92	1429_Harshita Nigade		2	Yes
93	515 Devashri Kharat		46	Yes
94	Priyanka Singh		51	Yes
95	1034 Shreya Gunjal		3	Yes
96	1042 Sakshi ojha		27	Yes
97	[3476] Mehreen Sayyed		52	Yes
98	Manasvi		41	Yes
99	11975_prajakta		8	Yes
100	Sharda Mule		12	Yes
101	3251_Shreya Powar		52	Yes
102	Poonam Sharma	poona.shr@gmail.com	52	Yes
103	3455_Arpeeta Chhajed	arpeetachhajed13@gmail.com	49	Yes
104	3261_Pavitra Ganeshan	pavitra.rganeshan@gmail.com	22	Yes
105	6419_Diksha Singh_MA Sociology		40	Yes
106	Shirin Saji		15	Yes
107	Galaxy M31		50	Yes
108	112 ashmeet		13	Yes
109	2497 Sakshi Reve FYBA student		34	Yes
110	22168 Mukti Chawla	muktichawla222@gmail.com	22	Yes
111	1640_Netra Nalla		7	Yes
112	Shweta Pawar		30	Yes
113	Siya Sakpal	siyasakpal5@gmail.com	9	Yes
114	Bhoomi		7	Yes
115	Shripad Dnyaneshwar patil		30	Yes
116	1313_Archana Nair		2	Yes
117	meenal sumant	meenal.sumant@stmirascollegepune	39	Yes
118	1276_Jasvir kaur		5	Yes
119	FC04 Vaidehi Pathak		35	Yes
120	Pournima Kalbhor		44	Yes
121	3252_Hrithika Kahol		2	Yes
122	1431-priya gurud		2	Yes
123	22135_Aanchal Sasanani		43	Yes
124	Prasannalaxmi (12124_Prasannalaxmi K)		44	Yes
125	2496Sana Shaikh (Sana Shaikh)		42	Yes
126	Rajani Pathak (123Rajani Pathak)		43	Yes
127	Lesha		2	Yes
128	Rieyona Menezes		28	Yes

Jadhav
Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Jayat
Principal Incharge
St. Mira's College for Girls

129	Zeenat Shaikh		3	Yes
130	Mrs Pooja Sadhwani		39	Yes
131	1492 Afroz pirzade		40	Yes
132	2455 supriya Sharma	5090.supriya@gmail.com	39	Yes
133	Jagtap Nikita# Roshni Jagtap		39	Yes
134	Namrata Pathak		7	Yes
135	22103_Khushi Dhamani		12	Yes
136	3094 Priya Arvind Pandey		9	Yes
137	4257_shital mahadik		38	Yes
138	3498_Kiran Baghel		35	Yes
139	Anushka Menon		27	Yes
140	2665- Diksha Dhumal		37	Yes
141	Mayur Patil	patilasha399@gmail.com	9	Yes
142	Aditya bhalerao		13	Yes
143	Anita D'Cunha	anita.dcunha@yahoo.com	29	Yes
144	22103_Khushi dhamani (MUNIRA DHAMANI)		27	Yes
145	2483__Swaleha Pathan		4	Yes
146	Vaibhav Gaikwad	gpenterprises1976@gmail.com	26	Yes
147	3456-Kahkashan Shah		4	Yes
148	Yugandhara Badade		4	Yes
149	Rutuja padekar		23	Yes
150	12018-Madhu Kadam		5	Yes
151	5249 Mitali Manolkar	mitalimanolkar1810@gmail.com	18	Yes
152	Siddhi Jangam		16	Yes
153	Kashish James 1104		9	Yes
154	1474_supriya gavali		16	Yes
155	5299_Komal Gunjal		14	Yes
156	Khushi		15	Yes
157	3106_Sejal Sharma		2	Yes
158	6605_Esmath Dehkhanpur_MCOM	zainabmastan.com@gmail.com	62	Yes
159	Rachel Rodrigues	rachr2027@gmail.com	29	Yes
160	5263 Sneha Gupta		44	Yes
161	1221_Kanchan billore		14	Yes
162	Sneha Singh		38	Yes
163	4220_Sai Kachare		17	Yes

Student Participant - 158

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

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St. Mira's College For Girls, Pune
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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/IQAC/2021-2022/158 Date:- 07-03-2022

CIRCULAR

On the occasion of International Woman's Day, March 8, 2022, a Power Point and Video Class Presentation titled: **"Gender Equality Today for a Sustainable Tomorrow"** is to be organized by the Dept. of Economics subject faculty from 9:15am to 10:00am via Google Meet & Zoom online platforms. This presentation shall create awareness about the **#BreakThe Bias** global gender centric campaign consistent with the UN SDG 5 on "Gender Equality."

The online meeting link is as follows: http://meet.google.com/yxi-uwdn-hrz and https://us04web.zoom.us/j/74841983828?pwd=Smp3NzVQZWFCQnV6VC9BQ3ZmRDIPUT09

Dr. Shalini Iyer & Ms. Amruta Narke
Coordinator

Dr. Jaya Rajagopalan
Principal In charge

St. Mira's College for Girls ★ Poona-411001 ★

St. Mira's College for Girls, Pune
[Autonomous-affiliated to Savitribai Phule Pune University]
Dept of Economics
Activity Report

3.1.1

Power Point and Video presentation on
UN SDG 5: Gender Equality Theme: "Gender Equality Today for a Sustainable Tomorrow".
#BreakThe Bias

On the occasion of International Woman's Day on Wednesday, March 8, 2022, a Power Point and Video Presentation activity was conducted for the SYBA Divisions A & B English and Marathi Medium students by Dr.Shalini Iyer and Ms. Amruta Narke- subject teachers of the Economics General paper transacted in Semester IV, viz. Labour Economics.

This Class Orientation session was conducted from 9:15am to 10:00am from Room 108 in the online mode, on Google Meet and Zoom.http://meet.google.com/yxi-uwdn-hrz and https://us04web.zoom.us/j/74841983828?pwd=Smp3NzVQZWFCQnV6VC9BQ3ZmRDIPUT09

The teachers alternated between English and Marathi to bring out the significance of International Woman's Day(IWD). With the focus of the United Nations Sustainable Development Goal (SDG) 5 on Gender Equality, the theme for this year's IWDwas "Gender Equality Today for a Sustainable Tomorrow".

The objective of this presentation was to create awareness about Gender Discrimination, to sensitize the students about Gender Equality for an inclusive world and to create awareness about the global agenda to break the gender bias.
The students were oriented about the IWD, 2022 ***#BreakTheBias***global agenda which aims for a world free of discrimination, free of stereotypes, free of all kinds of violence, a world with inclusiveness and equality.

This class presentation was attended by 19 enthusiastic students. The session was a clarion call to our young ladies that they can unite together to free our world from Gender Discrimination! *#BreakTheBias.*

The learning outcomes sought by the teachers were to equip the young lady learners to recognize and comprehend forms of Gender Discrimination, be motivated to stand up for themselves, for Women's Rights, Gender Equality, and to evince interest in supporting any campaign for Gender Justice. The programme evinced a positive feedback from the students, wherein more than 93.8%students showed interest in supporting gender issues.

Shalini Iyer Amruta Narke
Dr. Shalini Iyer and Ms. Amruta Narke.

Coordinators

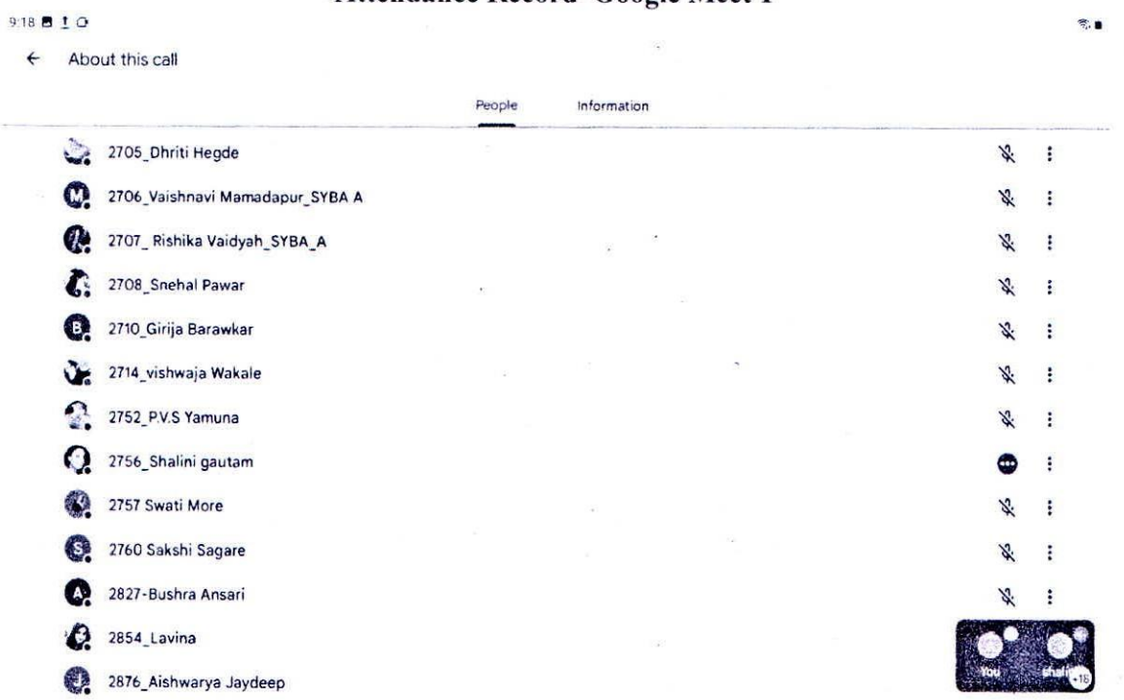
Jayat
Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls, Pune
[Autonomous-affiliated to Savitribai Phule Pune University]
Screenshots of PPT and Video Presentation Activity & Attendance Record
Class: SYBA Div: A &B ; Sem IV
Subject: Economics G2
Title of Paper: Labour Economics
2021-2022

7.1.1

Theme: UN SDG 5: Gender Equality

Attendance Record Google Meet 1



Amruta Narke, Shalini Iyer

Ms Amruta Narke & Dr. Shalini Iyer.
coordinators

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Jayant
Principal Incharge
St. Mira's College for Girls

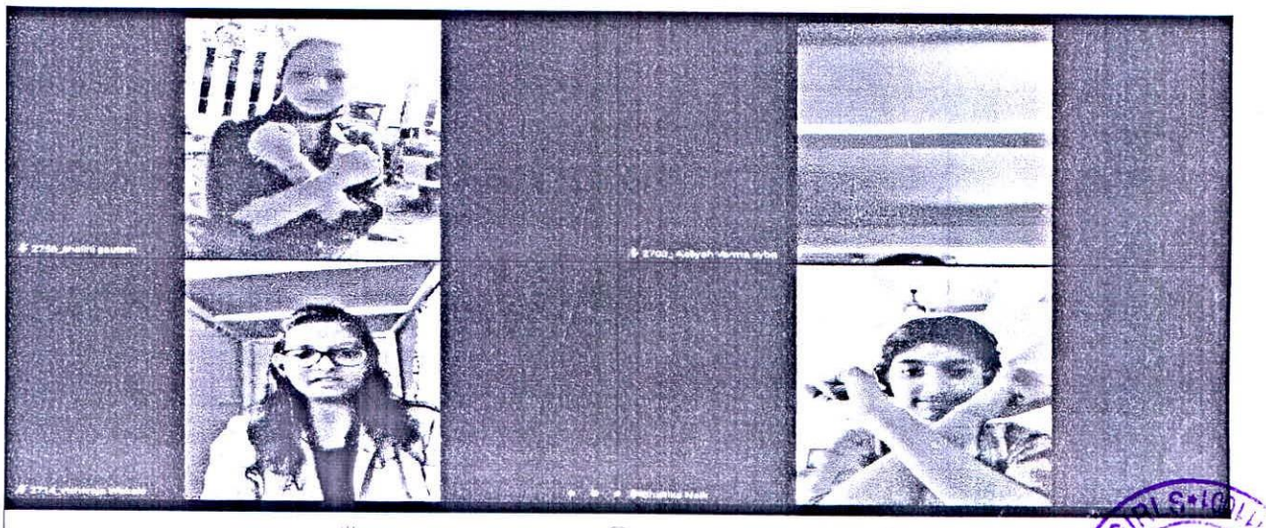
St. Mira's College for Girls, Pune
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Screenshots of PPT and Video Presentation Activity & Attendance Record
Class: SYBA Div: A &B; Sem IV
Subject: Economics G2
Title of Paper: Labour Economics
2021-2022
Theme: UN SDG 5: Gender Equality

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Geotag Photograph







Amruta Narke Shalini Iyer

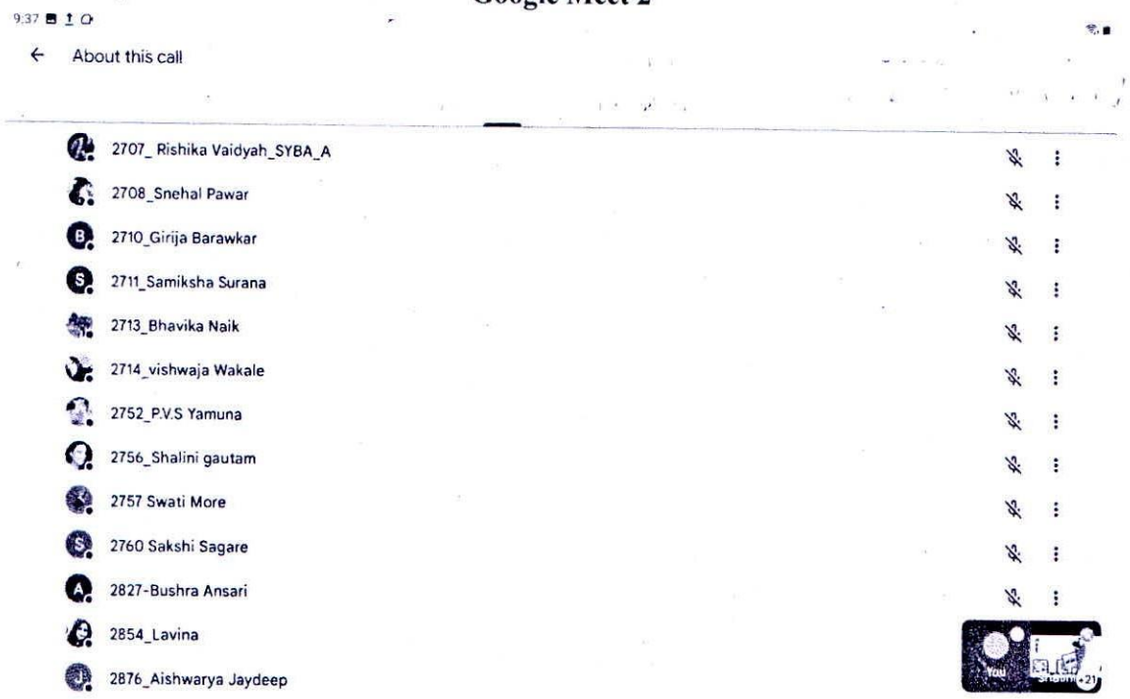
Ms. Amruta Narke & Dr. Shalini Iyer.
Coordinators

Principal Incharge
St. Mira's College for Girls

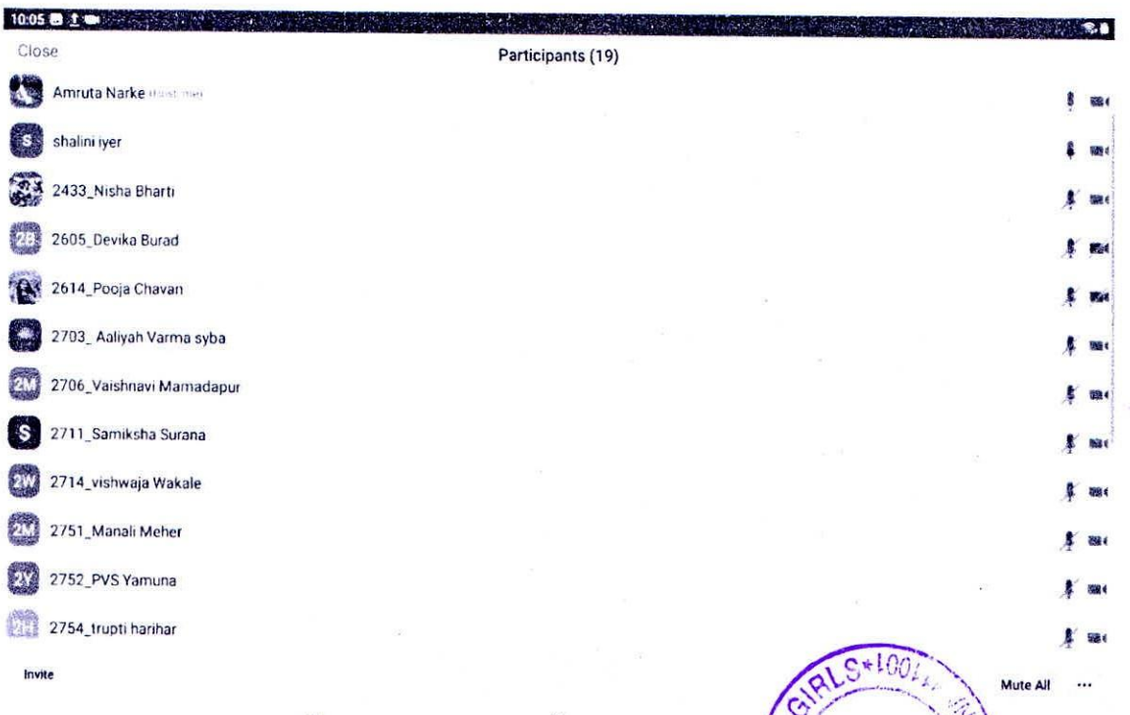
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7.1.1

Google Meet 2



Zoom 1



Amruta Narke Shalini Iyer

Ms Amruta Narke & Dr. Shalini Iyer.
Coordinators

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
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7.1.1

List of Students

Class: SYBA Subject: Economics G 2 [Labour Economics] Semester IV
Name of Event: Power Point and Video Class Presentation on Gender Equality Today for a Su
awareness about the #Break The Bias global gender-centric campaign consistent with the UN
"Gender Equality." Name of the Coordinator: Dr.Shalini Iyer and Ms. Amru

SR. No.	Roll No	NAME
1	2605	Devika Burad
2	2614	Pooja Chavan
3	2705	Dhriti Hegde
4	2706	Mamadapur Vaishnavi
5	2707	Rishika Vaidya
6	2708	Snehal Pawar
7	2710	Deepti Yadav
8	2711	Surana Samiksha
9	2713	Bhavika Naik
10	2714	Vishwaja Wakale
11	2751	Meher Manali
12	2752	P.V.S. Yamuna
13	2754	Harihar Trupti
14	2756	Gautam Shalini
15	2757	More Swati
16	2760	Sagare Sakshi Vikas
17	2827	Ansari Bushra
18	2854	Lavina Waghlekar
19	2876	Aishwarya Jaydeep

Amruta Narke Shalini Iyer

Ms. Amruta Narke & Dr Shalini Iyer
Coordinators

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Jayat
Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

St. Mira's College for Girls, Pune
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7.1.1 Measures initiated by the Institution for the promotion of gender equity during the year

e) **Any other relevant information**



Principal Incharge
St. Mira's College for Girls

KINDLE THE LIGHT

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St. Mira's College For Girls, Pune
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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:-G15/IQAC/2020-21/69 Date:-25/03/2021

CIRCULAR

On 26th March, 2021 a Guest lecture on 'Awareness on Menstrual Hygiene' is to be organized by the Sociology Department from 2.00 p.m to 3.00 p.m. through Zoom platform.

Ms. Manjita Kulkarni
Faculty in charge

Dr. Gulshan Gidwani
Principal

St. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

St. Mira's College For Girls, Pune
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Report of Disposal of Sanitary pads and its alternatives

7.1.1.

The Department of Sociology had organized a guest lecture on t "Disposal of Sanitary Pads and its alternatives" on 26th March 2021. Soniya Murthy (project lead at TARA) and Rajasi Kulkarni Diwakar were the speakers of this session. In this session the speakers gave information on the body structure of a women, her menstrual cycle and its structure. It also discussed the Sanitary pads and their effects on our health and body, and how it is harmful for the environment as well. The speakers explained the use of the Menstrual cup and videos were shown and explained how it is a healthy alternative for pad. Students found it very useful information and the lecture cleared many doubts about the use of a menstrual cup. 37 students participated in this guest lecture.

Ms. Manjita Kulkarni

Coordinator

Dr. Vaishali Diwakar

HOD, Sociology Dept.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

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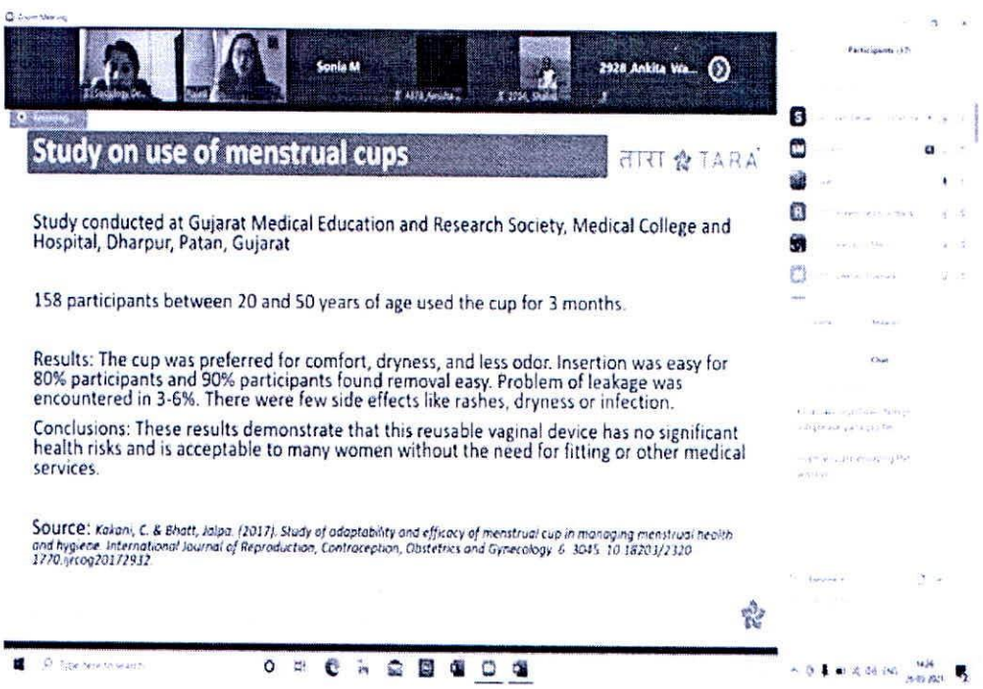
Department of Sociology

Disposal of Sanitary pads and its alternatives

26th March 2021

Total Participants - 37

7.1.1



Ms. Manjita Kulkarni
Coordinator

Dr. Vaishali Diwakar
HOD, Sociology Dept.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

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

Department of Accountancy
Social Outreach-20-21

Report

DeepGriha Activities

- The Department of Accountancy took a step towards its outreach activity **post Covid outbreak**
  - In December 2020, the college donated a Smart TV to DeepGriha- 'City of Child'- Kasurdi Village, Pune
  - On Saturday, 6th February 2021, the faculty and Students of the Department of Accountancy conducted a tree plantation drive at the residential school – 'City of Child' of DeepGriha Society at Kasurdi Village on Solapur Road, Pune.

    4 students - 3 current students and 1 alumni of the college were actively involved in:

    - purchase of mango and coconut saplings and
    - planting them on campus of the school at Kasurdi Village.

    The team planted in all 5 mango saplings and 10 coconut saplings.

  - During March 2021, All TY BCOM Students contributed money, purchased academic books required and donated them to the students of DeepGriha Residential School, Kasurdi Village.

Spherule Foundation:

- 04 students of SY BCom volunteered to upload academic content on app "Insta Shala" developed by Spherule Foundation **during Covid -19** to extend online education to students of PMC schools.

Coordinator:
Dr. Dimple Buche

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Deep Griha Society

Family Welfare Centre, 13 Tadiwala Road, Pune 411 001, Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26124382

10 December 2020

DGS / COC / 2019-20

Dr. Gulshan Gidwani
Principal
St. Mira's College for Girls
Pune

Dear Madam

We would like to express our appreciation and deep gratitude for the Zebion Smart 40 inch Led TV which we received at Deep Griha Society's "City of Child" at Kasurdi, on 10th December 2020.

The boys of our City Of child project at Kasurdi will benefit tremendously from your kind gesture and it will undoubtedly add to their joy and happiness. We will use it for weekly movie nights, as well as virtual group sessions that they participate in every day. We have needed a big TV at that centre for a while and are thankful for your generosity.

Please do refer to our website www.deepgriha.org for updates on our project activities undertaken in the urban and rural sectors of Pune. We are always grateful for donations to Deep Griha. Every single, caring gesture from our donors makes a tremendous difference to the lives of the children and marginalized communities we serve.

Thank you.

With kind regards

Ashlesha Onawale
Director
Deep Griha Society

DEEP GRIHA SOCIETY PUNE 13, TADIWALA ROAD

ST. MIRA'S COLLEGE FOR GIRLS PUNE-411001

Activity Coordinator

Principal Incharge
St. Mira's College for Girls, Pune.

Deep Griha Society

Family Welfare Centre 13 Tadiwala Road Pune 411 001 Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26124382

DGS / COC / 2020-21
6th Feb 2021.

To,
Principal
St.Miras College for girls, Pune

Respected Sir /Madam

We would like to express our gratitude towards the faculty of the Department of Accountancy for donating Mango and Coconut saplings.
We also appreciate the efforts taken by the following 04 students for planting the saplings on the campus of our residential school, 'City of Child', Kasurdi Village on 6th February 2021

1. Sneha Singh
2. Priyanka Singh
3. Merin Joseph
4. Sneha Gudipati

The boys of our City Of child project at Kasurdi will benefit tremendously by your noble gesture and undoubtedly add to the joy and happiness.

Please do refer to our website www.deepgriha.org for updates on our project activities undertaken in the urban and rural sectors of Pune. We are always grateful for donations to Deep Griha. Every single, caring gesture from our donors makes a tremendous difference to the lives of the children and marginalized communities we serve.

Once again, thank you for sending and sharing. May God bless you, your organization and the family members of each donor abundantly – now and always?

With kind regards,

Yours truly,
For Deepgriha Society.

Rajesh Nimbolkar
City of Child Kasurdi
Mob. 9665014168

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001

Activity Co-ordinator

BALNAGARI,
DEEP GRIHA SOCIETY
KASURDI - TAL. DAUND - DIST. PUNE
PHONE No. 952119 274395
PUNE OFFICE 9620 26124382

Principal Incharge
St. Mira's College for Girls, Pune.

Registered under SRA (MAH / 1128 / PN) D.P.T. F. 988
Income Tax Exemption U/S 80 G, FCRA Reg. No. 083910134

Deep Griha Society

Family Welfare Centre 13 Tadiwala Road, Pune 411 001 Maharashtra INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26124382

DGS / COC / 2020-21
11th Feb 2021.

To,
Principal
St.Miras College for girls, Pune

Respected Sir /Madam

We would like to express our appreciation and gratitude towards the batch of TY **BCOM-2020-21 students** for donating academic books on 11th February 2021

1) Expected Query set 10 Std – 5 set
2) Textbook set 11th Std – 1set
3) Textbook set 12th Std - 1set

The boys of our City Of child project at Kasurdi will benefit tremendously by your noble gesture and undoubtedly add to the joy and happiness.

Please do refer to our website www.deepgriha.org for updates on our project activities undertaken in the urban and rural sectors of Pune. We are always grateful for donations to Deep Griha. Every single, caring gesture from our donors makes a tremendous difference to the lives of the children and marginalized communities we serve.

Once again, thank you for sending and sharing. May God bless you, your organization and the family members of each donor abundantly – now and always?

With kind regards.

Yours truly,
For Deep Griha Society.

Rajesh Nimbolkar
City of Child Kasurdi
Mob. 9665014168

ST. MIRA'S COLLEGE FOR GIRLS • PUNE-411001

Activity Coordinator

BALNAGARI,
DEEP GRIHA SOCIETY,
KASURDI TAL. DAUND DIST. PUNE,
PHONE NO. 9823[illegible]
PUNE OFFICE - 2620 [illegible]

Principal Incharge
St. Mira's College for Girls, Pune.

Spherule Foundation
Improving life one breath at a time

Registration No: 173116
CIN: U85300PN2017NPL173116
All Donations are Tax Exempted
80G/2019-20/1017061343(1)-29-07-2019

Date: 9th October 2021

This letter is to certify students of St. Mira's College for Girls, Pune have Volunteered with our NGO – Spherule Foundation. During this period we found all the four students to be very dedicated, diligent and made a valuable contribution to the team.

They had been working in our Education Project by uploading E-content on the Instashala App. We found them to be at their best behaviour.

Names of Students are mentioned below:

1. **Asmita Khule**
2. **Shreya Hore**
3. **Sangita Rathod**
4. **Pragati Jha**

We wish them all the best for their future endeavors.

Warm Regards,

SPHERULE FOUNDATION Pune-411014

Dr. Geeta Bora
Founder & Director

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Activity coordinator

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
Department of Accountancy- 2021-21
TY BCOM
List of students contribution towards Donation of Text Books to DeepGriha

TY BCOM A Div.

Roll no	Name	Amount (Rs)
4202	Ravina jagtani	20
4207	Riya barde	20
4208	Merin Joseph	50
4206	Vrittika daswani	20
4209	Satorupa show	50
4210	Amneet kaur	20
4211	Jennie dias	20
4213	Ganesha laffery	40
4215	Tanisha khatri	20
4218	Manvi bamboli	50
4220	Shweta mishra	50
4222	Shubhangee sharma	20
4230	Marzia memon	20
4232	Shikha kumari	20
4234	Anjali gaur	30
4235	Shimoni	20
4236	Akanksha singh	50
4237	Saniya vichare	20
4238	Tajin inamdar	20
4239	Himani kedia	20
4247	Jaya datwani	20
4248	Mehak agarwal	30
4249	Kashmira shinde	100
4250	Poonam gurnani	20
4251	Shraddha gaikwad	20
4256	Pooja saini	50
4261	Creeshu pinjani	30
4262	Archana singhal	50
4267	Neha Choudhary	20
4270	Santoshi rohra	50
4293	Zainab khan	20
4295	Summaiya siddiqui	20
4204	Muskan khan	20
	Total	**1030**

33

TY BCOM B Div.

Roll no	Name	Amount (Rs)
4403	Mrunali Dhiwar	20
4404	Esmath Dehkhanpur	30
4405	Aparna Lavate	20
4406	Gouri Ashtekar	30
4407	Gauri Bhosale	20
4408	Aditi Singh	20
4409	Soumya Damami	20
4410	Neha Pathak	20
4411	Radhika Thakur	20
4412	Akanksha Shah	20
4413	Fida Shaikh	20
4416	Namrata Nagpal	50
4418	Trincy James	50
4421	Priyanka Singh	20
4422	Madhura Mishra	20
4424	Gauri Pasalkar	20
4425	Sushantika Neog	50
4427	Mayuri Kale	20
4428	Soniya	20
4429	Harshada Kand	20
4432	Vaishnavi Warghade	20
4434	Minakshi Nimbalkar	20
4437	Sakina Dadu	50
4438	Padmavati Gajual	150
4443	Bhakti Bhujbal	20
4446	Blessy Varghese	20
4447	Aditi Singh	20
4448	Vidya Pardeshi	20
4451	Harshada Dhende	20
4452	Priya Bhadoriya	20
4458	Baby Sharma	21
4461	Kanksha Pande	50
4462	Fulwanti Jangid	20
4468	Manali Gaikwad	20
4473	Sonali Khatal	20
4480	Anju Jangid	20
4483	Monika Shinde	20
	Total	**1041**

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TY BCOM C Div.

Roll no	Name	Amount (Rs)
4699	DEEPSIKHA SETHIA	20
4659	RUTIKA NAWALE	30
4607	VAISHNAVI DONGARE	20
4605	SNEHA BHAMBHANI	20
4637	RUTUJA NAIKARE	150
4691	DIVYA RAJPUT	10
4695	PRIYANKA YADAV	120
4676	AISHWARYA BANSODE	20
4684	HRUTUJA BHANDWALKAR	20
4672	SONALI CHAURE	20
4630	CHANDA SOLANKI	20
4656	MAYA GURUNG	100
4657	MANSI GAIKWAD	20
4654	SAMINA MUJAWAR	20
4624	SAKSHI LONKAR	50
4639	POONAM MASKE	300
	Total	**940**

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ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

A Div.	33 Students	**1030**
B Div.	37 Students	**1041**
C Div.	16 Students	**940**
	86 TOTAL	**3011**
Balance donation by Faculty		**429**
Total amount for books		**3440**

Dr.Dimple Buche
Co ordinator

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

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

~~G-18/2019-20/~~
GIS/IQAC/2019-20/02

Date:-17.6.2019

CIRCULAR

The College is conducting Regular Self Defense Training for the students of all classes from 24th June 2019. Ms. Gurbans Kaur, Special Athletics Coach, International Athlete, Shiv Chhatrapati Puraskar Awardee is going to take the Regular Athletics coaching for the students. Those who are interested have to enroll their names to Ms. Ekta Jadhav, Director of Physical Education.

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Report- Self Defense Activity
2019-20

The department of Physical Education conducted Self-DefenseTraining program for all the students for entire academic year in the morning session. The various taekwondo techniques were taught to the students so that they can defend themselves in any adverse situations. This activity improves girls confidence level, develop leadership quality. This year 61 students from first year, second year and third year had taken advantage of the course program. The trainer was Mr. Balkrishna Bhandari who is a taekwondo coach. The training was so effective that many of the students had improve their physical fitness level and have received black belt and some of them had given training of self-defense in schools, clubs and Companies. Eight Girls successfully completed the KUKKIWON's 1st Dan Taekwondo Promotion test and one girl 2nd Dan Taekwondo Promotion test.

Ms. Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019-20

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Total Participant :- 61

JUNE JULY

	Roll no.	Students Name	Days																														Total
			18	19	20	21	22	24	25	26	27	28	29	1	2	3	4	5	6	8	9	11	12	13	15	16	17	18	19	20	23	24	25	
1	2784	Preeti Sanjaydajad	P	P	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	25
2	3004	Pranjal Avinash Patil	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	A	A	P	P	A	P	22
3	3058	Shital Nagnath Mahadik	P	A	P	P	A	P	P	P	P	A	A	A	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	A	A	P	P	20
4	3075	Kushita Jahnila	A	P	P	A	P	P	P	A	P	P	A	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	22
5	3077	Sakshi Kishor Pardeshi	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	A	P	P	P	23
6	3096	Devika Manoj Chavoan	A	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	P	24
7	3209	Divya Mahendra Baiy	P	A	P	P	P	A	A	A	P	P	P	A	A	A	P	P	P	A	P	P	P	P	A	A	P	P	P	A	A	P	A	18
8	3221	Maheshwari Varma	A	P	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	A	A	P	P	A	P	A	P	P	A	P	A	P	20
9	3265	Mushkan kumar Sadhwa	P	A	P	A	P	P	A	A	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	A	P	P	A	P	P	A	A	20
10	3280	Gaun Phumal	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	A	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	23
11	3285	Sayali Raul	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	25
12	3308	Roshni Jagtap	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	24
13	3502	Bhavana Bhos	P	A	P	P	A	A	P	A	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	20
14	4056	Priyanka Bhosale	A	P	P	A	P	A	P	P	P	A	P	P	A	A	P	P	A	P	P	A	P	A	P	P	P	P	A	P	P	A	P	20
15	4057	Amisha Bokade	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	A	P	A	P	A	P	P	P	A	P	P	A	P	P	21
16	11903	Ananda bhardwaj	A	P	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	24
17	11915	Sakshi Borle	P	P	P	A	P	P	A	P	P	A	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	21
18	3266	Ghogare Sunil Sonali	A	P	P	P	A	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	24
19	3487	Sachi Singh Baghel	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	25
20	3435	Komal Yadav	A	P	P	A	P	P	A	A	A	P	P	P	A	A	P	P	P	P	A	A	A	A	A	A	A	A	P	P	P	P	P	16
21	2430	Uzefa Shah	P	P	A	P	A	P	P	A	P	A	P	P	A	P	P	A	P	A	P	P	P	P	P	P	A	A	P	A	P	A	P	20
22	2237	Sejal Chindak	A	P	P	P	P	A	P	P	A	P	P	A	P	A	P	A	P	P	P	P	P	A	P	A	P	P	P	P	A	P	A	P	21
23	3038	Jiya Saju	P	P	P	A	P	P	A	P	A	P	A	P	A	P	A	P	P	P	P	A	A	A	P	A	P	P	P	A	P	A	P	P	29
24	3232	Khushi Paredhi	A	P	P	A	P	A	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	A	A	A	P	P	P	P	A	P	21
25	3290	Palak Chulkavrty	P	P	A	A	P	P	A	P	P	P	P	A	A	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	22
26	3259	Gayatri Muniam	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	A	P	P	24

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Director of Physical Education

St.Mira's College for Girls, Pune

SYBA/BCOM Students

Teacher :- Mr. Balkrishna Bhanda.

Taekwondo Attendence 2019-2020

	Sr. No.	Roll No.	Students Name	June 18	19	20	21	22	24	25	26	27	28	29	July 1	2	3	4	5	6	8	9	11	12	13	15	16	17	18	19	Total
27	1	3619	Meryl fernandes	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	23
28	2	3623	Samina Mujawar	A	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	A	P	A	P	P	P	21
29	3	3624	Vaishnavi Ganjegaonkar	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	22
30	4	3655	Priya Bhadoriya	A	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	A	A	P	P	P	P	P	P	A	P	21
31	5	3663	Usha Yadav	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	23
	6																														
32	7	3802	Zainab khan	P	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	A	P	A	P	P	P	P	P	P	A	P	21
33	8	3803	Summaiya shaikh	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	25
34	9	3825	Priyanka singh	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	23
35	10	3839	Pooja Rajpurohit	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	24
36	11	3847	Swathi Yagateela	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	23
37	12	3851	Amrit kaur	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	A	A	A	P	P	21
38	13	3852	Sneha Chitken	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	20
39	14	3853	Sipha shaikh	P	P	A	A	P	P	P	P	P	A	P	A	P	P	P	P	P	A	A	P	A	P	P	P	P	A	P	19
40	15	3863	Reenam shaikh	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	22
41	16	3886	Summaiya Siddiqui	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	21
42	17	3887	Janhavi chayal	A	P	P	P	A	P	A	A	P	P	P	A	P	P	A	P	A	P	P	P	P	P	P	P	A	P	P	19
43	18	3889	Satarupa show	P	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	A	P	20
	19																														
44	20	4041	Simranjeet kaur	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	21
45	21	4056	Priyanka khaimar	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	24
46	22	4065	Vaishali Bondla	P	P	P	P	P	P	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	23
47	23	4066	Nikita Mishra	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	23
	24																														
	25																														
	26																														

Ekta Jadhav
Director of Physical Education

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019 - 20

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

	Roll no.	Students Name	June											July																			Total
			Days																														
			18	19	20	21	22	24	25	26	27	28	29	1	2	3	4	5	6	8	9	11	12	13	15	16	17	18	19	20	23	24	25	
48.	4231	Durga singh	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	25
49	4497	Radha singh	P	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	A	P	P	A	P	P	P	A	22
50	4244	Simran Rajpurohit	A	A	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	25
51	4499	Shivani Thakur	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	A	P	A	P	P	P	P	P	D	P	P	A	P	P	A	23
52	4482	Mansi Rathod	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	27
53	4280	Deepika Mishra	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	24
54	4611	Renu sharma	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	28
55	4484	Naurina Khan	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	26
56	4448	Nichola Lobo	A	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	A	P	P	23
57	3843	Soumya Damani	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	26
58	6674	Varsha Gupta	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29
59	6665	Pooja Gupta	A	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	27
60	4416	Preeti Verma	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	25
61	4662	Ritika kamble	A	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	A	P	P	P	22

July

Ekta Jadhav
Director of Physical Education.

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019-20

Class: TAEKWONDO ATTENDANCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	July			August.																										September					Total
		Days																																		
		26	29	31	1	2	3	7	8	9	10	12	13	14	16	19	20	21	22	23	24	26	27	28	29	30	31	3	4	5	6	7	
2784	Preeti doijad	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	27
3004	Pranjal Patil	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	27
3058	Shital Mahadik	P	P	A	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	A	A	P	P	A	P	22
3075	Kushita Jalnila	A	P	P	A	P	P	A	P	P	A	A	P	P	A	P	P	A	P	P	A	A	P	P	P	A	P	P	A	P	P	P	20
3077	Sakshi Pardeshi	P	P	A	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	23
3096	Devika chavvan	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	A	P	P	A	P	A	P	P	A	P	21
3209	Divya Bairy	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	A	P	P	P	A	A	P	P	P	A	P	P	A	P	P	A	20
3221	Maheshwari Varma	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	P	P	A	A	P	P	A	P	P	A	P	P	A	P	A	P	20
3265	Mushkan Sadhwani	P	A	P	P	A	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	21
3280	Gauri Dhumal	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	24
3285	Sayali Raul	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	26
3308	Roshni Jagtap	P	P	P	P	A	P	P	A	P	P	A	P	A	P	P	A	P	P	A	P	P	P	A	P	P	A	P	P	A	A	P	21
3502	Bhavna Bhos	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	26
4056	Priyanka Bhosale	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	27
4057	Amisha Bokade	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	25
11903	Ananda Bhardwaj	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	25
11915	Sakshi Borle	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	27
3266	Ghogare Sunil Sonali	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	A	P	P	P	A	P	P	P	P	P	P	A	24
3487	Sachi Baghel	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	25
3435	Komal Yadav	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	A	P	A	P	P	P	P	P	P	P	P	25
2430	Uzefa Shah	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	24
2237	Sejal Chindak	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	A	25
3038	Jiya Saju	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	A	P	P	A	23
3232	Khushi Pareghi	P	A	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	A	23
3290	Palak Chakravarty	A	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	A	A	P	P	P	P	A	A	P	P	P	A	P	P	22
3259	Sanjana Muniam	A	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	P	P	P	23

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Director of Physical Education

St.Mira's College for Girls, Pune

SYBA/BCOM Students

Taekwondo Attendence 2019-2020

Teacher - Balkrishna Bhandari

July / August

Sr. No.	Roll No.	Students Name	20	23	24	25	26	29	31	01	02	03	07	08	09	10	12	13	14	16	19	20	21	22	23	24	26	27	28	29	
1	3619	Meryl fernandes	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	A	P	P	P	P	22
2	3623	Samina Mujawar	A	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	A	P	P	A	20
3	3624	Vaishnavi Ganjegaonkar	P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	A	P	22
4	3655	Priya Bhadoriya	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	A	23
5	3663	Usha Yadav	P	A	P	P	P	P	A	P	P	P	P	P	A	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	22
6																															
7	3802	Zainab khan	P	P	P	P	P	P	P	A	A	P	P	A	P	P	A	P	P	A	A	P	P	P	P	P	P	P	A	P	21
8	3803	Summaiya shaikh	A	A	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	22
9	3825	Priyanka singh	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	22
10	3839	Pooja Rajpurohit	A	P	P	P	P	A	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	A	P	P	A	P	P	A	20
11	3847	Swathi Yagateela	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	A	P	P	P	P	P	P	A	P	A	P	21
12	3851	Amrit kaur	P	P	P	A	A	P	P	P	P	A	P	P	A	A	P	P	A	P	P	P	A	A	P	P	P	A	P	P	19
13	3852	Sneha chitken	A	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	23
14	3853	Sipha shaikh	P	P	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	22
15	3863	Reenam shaikh	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	24
16	3886	Summaiya siddiqui	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	25
17	3887	Janhavi chayal	P	A	P	P	P	P	A	A	A	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	21
18	3889	Sutorupa show	P	P	P	A	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	A	A	A	P	P	P	A	P	20
19																															
20	4041	Simranjeet kaur	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	23
21	4056	Priyanka khairnar	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	24
22	4065	Vaishali Bandla	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	26
23	4066	Nikita Mishra	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	23
24																															
25																															
26																															

26+23+14

-63.

Ekta Jadhav
Director of Physical Education

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019-20

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari)

Subject:

	Roll no.	Students Name	July			August																										September					Total
			Days																																			
			26	29	31	1	2	3	7	8	9	10	12	13	14	16	19	20	21	22	23	24	26	27	28	29	30	31	3	4	5	6	7	
1	4231	Durga Singh	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	26
2	4497	Radha singh	A	P	P	P	P	P	A	A	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A		25
3	4244	Simran Rajpurohit	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P			26
4	4499	Shivani Thakur	A	P	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A			24
5	4282	Mansi Rathod	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P			27
6	4280	Deepika Mishra	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	A	P	P			24
7	4611	Renu sharma	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P			28
8	4484	Nausina khan	A	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	A			23
9	4468	Nichola Lobo	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	A			23
10	3843	Soumya Damani	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P			27
11	6674	Varsha Gupta	A	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P			27
12	6665	Pooja Gupta	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P			28
13	4416	Preeti Verma	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A			25
14	4662	Ritika Kamble	A	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	A			23

Ekta Jadhav

Director of Physical Education

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St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019-20

Class: TAEKWONDO ATTENDENCE (SEIF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

September — November — December

Roll no.	Students Name	Days																																Total
		9	11	13	14	16	17	18	19	20	21	18	19	20	21	22	25	26	27	28	29	2	3	4	5	6	7	9	10	11	12	13		
2784	Preeti doijad	A	P	P	P	A	A	P	P	A	A	P	A	P	A	P	A	P	P	P	A	P	P	A	P	P	P	P	A	A	P	P		19
3004	Pranjal Patil	P	A	A	A	P	P	A	A	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	A		20
3058	Shital Mahadik	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P		29
3075	Kushita Jalanila	A	A	P	P	P	A	A	P	A	A	A	P	P	P	A	P	P	A	P	A	A	A	P	P	P	P	P	P	P	P	P		19
3077	Sakshi Pardeshi	A	P	A	A	P	P	P	P	P	P	P	A	A	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	A	A			20
3096	Devika Chavvan	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P			27
3209	Divya Bairy	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P			27
3221	Maheshwari Varma	A	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P		23
3265	Mushkan Sadhwani	A	P	P	P	A	P	P	P	A	P	P	A	A	A	A	A	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P		20
3280	Gauri Dhumal	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	A	P	P	A	P	P	A	P	A		23
3285	Sayali Raul	A	A	A	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P		24
3308	Roshni Jagtap	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P		27
3502	Bhavana Bhos	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P		27
4056	Priyanka Bhosale	A	A	P	P	A	A	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	A		20
4057	Amisha Bokade	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A		24
11903	Ananda bhardwaj	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	A	A	P	P	P	P	A	P	P	A	P	P	P	A		22
11915	Sakshi Borle	A	P	P	P	A	A	A	A	A	A	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P		19
3266	Ghogare sunil sonali	P	A	A	A	A	P	P	P	A	P	P	P	A	P	P	P	A	A	A	P	P	P	A	P	P	A	A	P	P	P	P		19
3487	Sachi Baghel	P	A	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P		23
3435	komal Yadav	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	A	P	P	P	A		25
2430	Uzefa Shaikh	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P		26
2237	Sejal Chindak	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A		24
3038	Jiya saju	P	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	A	P	P		25
3232	Akanshi Parekthi	A	P	P	P	P	A	P	P	P	A	A	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	A			23
3290	Palak Chakravarty	A	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	A	P	P	P	P	A	P	P	A		22
3259	Gayatri Muniam	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P		22

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Director of Physical Education

SYBCom September

Teacher – Mr. Balkrishna Bhandari

St.Mira's College for Girls, Pune
SYBA/BCOM Students
Taekwondo Attendence 2019-2020

Sr. No.	Roll No.	Students Name	3	4	5	6	7	9	11	13	14	16	17	18	19	20	21									Total
A																										
1	3619	Meryl Fernandes	P	A	P	P	A	P	P	A	P	P	P	A	A	P	P									10
2	3623	Samina Mujawar	P	A	P	P	P	A	A	A	A	P	P	P	A	A	P									8
3	3624	Vaishnavi Ganjegaonkar	A	A	P	A	A	A	A	A	A	A	P	A	A	P	P									4
4	3655	Priya Bhadoriya	P	A	P	A	P	P	P	P	A	P	A	A	A	P	P									9
5	3663	Usha Yadav	P	P	P	P	P	P	P	P	A	P	P	P	A	P	A									12
6																										
B																										
7	3802	Zainab Khan	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P									13
8	3803	Summaiya Shaikh	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P									12

Sr. No.	Roll No.	Students Name																								
1	3825	Priyanka Singh	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P									14
2	3839	Pooja Rajpurohit	P	A	P	P	P	P	P	A	P	A	P	A	P	A	A									9
3	3843	Soumya Damami	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P									13
4	3847	Swathi Yagateela	A	A	P	A	A	A	A	A	A	A	A	A	A	P	P									3
5	3851	Amrit Kaur	P	P	P	A	P	P	P	P	P	A	A	P	A	A	A									9
6	3852	Sneha Chitlen	A	A	P	P	A	A	P	A	P	P	P	P	A	P	P									9
7	3853	Sipna Shaikh	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P									13
8	3863	Reenam Shaikh	P	P	P	P	A	P	A	P	A	A	P	A	A	P	A									8

Sr. No.	Roll No.	Students Name																								
1	3886	Summaiya Siddiqui	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P									13
2	3887	Jahnavi Chaya	P	P	P	P	A	P	P	P	P	A	P	A	A	P	P									11
3	3859	Satonpa Shera	P	P	P	A	A	P	P	P	A	P	P	P	A	P	P									11
4																										
C																										
5	4041	Simranjeet Kaur	P	P	P	P	P	P	P	A	P	A	P	P	P	P	A									12
6	4056	Priyanka Khaxinar	A	P	P	A	A	P	A	P	P	P	P	A	A	P	P									9
7	4065	Vaishali Bondla	P	P	A	A	A	A	P	P	P	A	P	P	P	P	A									9
8	4066	Nikita Mishra	P	A	A	A	A	P	P	P	P	A	P	A	A	P	P									8

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Director of Physical Education

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ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet - 2019 - 2020

Class: TAEKWONDO ATTENDANCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	Days (September) 9	11	13	14	16	17	18	19	20	21	(November) 18	19	20	21	22	25	26	27	28	29	(December) 2	3	4	5	6	7	9	10	11	12	13	Total
4231	Durga singh.	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	A	24
4497	Radha singh	A	A	P	P	P	A	P	P	P	P	A	A	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	22
4244	Simran Rajpurohit	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	26
4499	Shirani Thakur	P	A	A	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	25
4482	Mansi Rathod.	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
4280	Deepika Mishra.	P	P	A	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	A	A	P	P	P	A	P	P	A	A	P	P	P	22
4611	Rekha sharma.	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	28
4484	Narina Khan.	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	27
4448	Nichola Lobo	A	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	A	22
3843	Soumya Damani.	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	26
6674	Varsha Gupta	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29
6665	Pooja Gupta	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	27
4416	Preeti Varma	A	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	26
4662	Ritika Kamble.	A	P	P	P	P	P	A	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	22

Ekta Jadhav

Director of Physical Education

Principal Incharge

St. Mira's College for Girls, Puna.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019-20

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

December — January

Roll no.	Students Name	Days																															Total
		14	16	17	18	19	20	21	24	01	2	3	4	6	7	8	9	10	11	13	15	16	17	18	20	21	22	23	24	25	27	28	
2784	Preeti Sanjay dajad	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	25
3004	Pranjal Avinash patil	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	27
3058	Shital Nagnath Mahadik	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	27
3075	Kushita Jatanila	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	29
3077	Sakshi kishor Pardeshi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	28
3096	Devika Manoj chavan	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	28
3209	Divya mahendre Bairy	P	P	P	P	P	A	P	P	A	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	A		25
3221	Maheshwari varma	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	28
3265	muskan kumar Sadwani	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	28
3280	Gauri Dhumal	P	P	P	P	P	P	P	P	P	A	P	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P		27
3285	Sayali Raut	P	P	P	A	P	P	P	P	A	A	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	24
3308	Roshni Jagtap	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	P	P	P	25
3502	Bhavana Bhos	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	A		26
4056	Priyanka Bhosle	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	A	P	P	P	27
4057	Anisha Bokade	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	27
11903	Ananda Bhardwaj	A	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	26
11915	Sakshi Borde	P	P	P	P	A	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	25
3266	Ghogare Sunil Sonali	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	25
3487	Sachi Singh Baghel	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	25
3435	Komal Yadav	P	P	P	A	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	26
2430	Uzefa shah	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	27
2237	Sejal chindak	R	P	A	P	P	P	P	P	P	R	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	28
3038	Jiya Saju	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	28
3232	Khushi Pardeshi	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	26
3290	Palak chulkwarety	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	27
3259	Gayatri muniam	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	29

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE • PUNE-411001

Ekta Jadhav
Director of Physical Education

St.Mira's College for Girls, Pune

SYBA/BCOM Students

November ↑ December

Teacher - Balkrishna Bhandari . Taekwondo Attendence 2019-2020

Sr. No.	Roll No.	Students Name	18	19	20	21	22	25	26	27	28	29	2	3.	4	5	6	7	9	10	11	12	13	14	16	17	18	19	21	24	Total 28
SYBcom 'A' 1	3619	Meryl Fernandes	P	P	P	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	22
2	3623	Samina mujawar	A	A	A	A	A	P	A	A	P	A	P	P	A	P	A	P	A	A	P	P	P	A	P	A	P	P	A	A	12
3	3624	vaishnavi Ganjegaonkar	A	A	A	A	A	A	A	A	A	A	A	A	A	A	P	A	A	A	A	A	A	A	A	P	P	A	A	A	3
4	3655	Priya Bhadoriya	A	A	A	A	A	A	A	A	P	A	P	P	A	A	P	P	A	P	P	P	P	P	P	P	P	P	A	A	14
5	3663	Usha Yadav	A	A	A	A	A	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	A	A	A	P	P	P	P	A	16
6																															
SYBcom 'B' 7	3802	Zainab Khan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	A	A	23
8	3803	Summaiya Shaikh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	A	P	P	P	P	A	A	23
9	3825	Priyanka Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	26
10	3839	Pooja Rajpurohit	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	26
11	3847	Swathi Jagatedla	A	A	A	A	A	A	P	A	P	A	P	P	A	A	A	A	A	A	A	P	A	A	A	A	A	A	A	A	5
12	3851	Amrit Kaur	P	P	P	P	A	P	P	A	P	P	P	A	P	A	P	A	P	A	P	A	P	A	A	A	A	P	A	A	15
13	3852	Sneha Chitkey	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	A	A	22
14	3853	Sipha Shaikh	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	A	A	A	A	P	P	A	P	P	P	P	P	P	20
15	3863	Reenam Shaikh	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P	A	A	P	A	A	19
16	3886	Summaiya Siddiqui	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	A	A	P	P	P	A	A	A	21
17	3887	Janhavi Chayal	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	24
18	3889	Satonpa Show	P	A	A	A	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	A	A	P	P	P	P	19
19																															
SYBcom 'C' 20	4041	Simranjeet Kaur	A	P	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	P	A	A	A	A	A	P	A	A	P	5
21	4056	Priyanka Khairnar	P	P	P	A	A	A	P	P	P	P	A	A	P	A	A	P	P	P	P	A	A	A	A	P	P	P	P	P	16
22	4065	Vaishali Bondla	P	P	P	A	A	A	P	P	P	P	P	P	P	P	A	P	A	A	P	P	A	P	A	P	P	A	A	A	17
23	4066	Nikita Mishra	P	A	P	A	A	P	P	A	P	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	A	P	6
24																															
25																															
26																															

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class: TAEKWONDO ATTENDENCE (SELF DEFENSE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	Days (December)								Days (January)																						Total
		14	16	17	18	19	20	21	24	1	2	3	4	6	7	8	9	10	11	13	15	16	17	18	20	21	22	23	24	25	27	28	
4231	Durga singh	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	A	26
4497	Radha singh	A	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	25
4244	Simran Rajpurohit	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	26
4499	Shirani Thakur	A	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	P	24
4482	Mansi Rathod	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	27
4280	Deepika Mishra	A	P	P	P	P	A	A	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	24
4611	Renu sharma	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
4484	Naurina khan	A	A	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	25
4448	Nichola Lobo	P	P	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	23
3843	Soumya Damani	A	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	27
6674	Varsha Gupta	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29
6665	Pooja Gupta	A	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	26
4416	Preeti Verma	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	A	A	P	P	26
4662	Ritika kamble	A	A	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	23

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2019-20

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	Days (Jan / February / March)																																Total
		29	30	31	1	3	4	5	6	7	8	10	11	12	13	14	15	17	18	19	22	24	25	26	27	28	29	2	3	4	5	6		
2784	Preeti dojjad	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P		26
3004	Pranjal Patil	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P		26
3058	shital Mahadik	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P		26
3075	kushita jalnila	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P		26
3077	Sakshi Pardeshi	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P		26
3096	Devika chowvan	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P		27
3209	Divya Bairy	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P		27
3221	Maheshwari Varma	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	26
3265	Mushkan Sadhwani	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P		27
3280	Gauri Dhumal	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P		26
3285	Sayali Raul	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P		28
3308	Roshni Jagtap	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P		26
3502	Bhavana Bhos	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P		27
4056	Priyanka Bhosale	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P		26
4057	Amisha Bokade	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A		27
11903	Ananda bharduaj	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P		27
11915	Sakshi Borle	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P		26
3266	Ghogare sunil Sonali	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	A			25
3487	Sachi Baghel	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P		26
3435	komal Yadav	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P		26
2439	Uzefa shash	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P			27
2257	Sejal chindak	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P			29
3038	Jiya Saju	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P		27
2232	khushi Pardeshi	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P				26
3230	Palak chakravarty	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P			27
3259	Gayatri Muniam	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P			28

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav

St.Mira's College for Girls, Pune

SYBA/BCOM Students

Taekwondo Attendence 2019-2020

February

Teacher - Mr. Balkrishna Bhandari.

Sr. No.	Roll No.	Students Name	1	3	4	5	6	7	8	10	11	12	13	14	15	17	18	19	22	24	25	26	27	28	29	
1	3619	Meryl fernandes	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	21
2	3623	Samina Mujawar	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	A	25
3	3624	Vaishnavi Ganjegaonkar	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	25
4	3655	Priya Bhadoriya	A	A	A	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	A	A*	P	A	14
5	3663	Usha Yadav	P	P	P	P	A	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	19
6																										
7	3802	Zainab khan	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	A	19
8	3803	Summaiya shaikh	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	A	18
9	3825	Priyanka singh	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	20
10	3839	Pooja Rajpurohit	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	22
11	3847	Swathi Yagateela	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	A	16
12	3851	Amrit kaur	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	18
13	3852	Sneha chitken	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	19
14	3853	Sipha shaikh	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	A	17
15	3863	Reenam shaikh	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	20
16	3886	Summaiya siddiqui	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	20
17	3887	Janhavi chayal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	21
18	3889	Sattarupa show	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	22
19																										
20	4041	Simranjeet kaur	P	P	A	A	A	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	16
21	4056	Priyanka khairnar	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	19
22	4065	Vaishali Bondla	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	A	P	P	19	18
23	4066	Nikita Mishra.	P	P	P	A	P	P	P	A	A	A	P	P	P	P	A	P	P	P	P	A	P	P	P	17
24																										
25																										
26																										

Principal Incharge
St. Mira's College for Girls, Pune.

Ektal Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class: TAEKWONDO ATTENDENCE (SEIF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	Days (January: 29 30 31; February: 01 3 4 5 6 7 8 10 11 12 13 14 15 17 18 19 22 24 25 26 27 28 29; March: 2 3 4 5 6)	Total
4231	Durga singh	P P P A P P P A A P P P P P P P P A P P P P P P P P P P P P	27
4497	Radha singh	A P P P P P A P P P A P P P A P P P A A P P P P P P P P P A	24
4244	Simran Rajpurohit	P P P P A P P P P A A A P P P P P P A P P P P P P P A P P P P P	25
4499	Shivani Thakur	P P P A A P P P P A P P P P A A P P P P P P P P P P P P P P	26
4482	Mansi Rathod	A A P P P P P P P P P A P P P P P P P P P P P P P P P P P P	28
4280	Deepika Mishra	A P P P P A A P P P P P A A P P P P P P A P P P P P P P P A A	23
4611	Renu sharma	P P A P P P P P P P P P P P P A P P P P P P P P P P P P P A	28
4484	Naurina khan	A A P P P P P P A A P P P P P A P P P P P A P P P P P P P P P	25
4448	Nichola Lobo	A P P P P A A P A A P P P A A P P P P A P P P P P P A P P P P P	22
3843	Soumya Damani	P P A A A P P P P P P P P P P A P P P P P P P P P P P P P P	27
6674	Varsha Gupta	P A P P P A P P P P P P P P P P P P P P P P P P P P P P P P P	29
6665	Pooja Gupta	A P P P P P A A P P P P P P P P P P P P P P P A P P P P P P P	27
4416	Preeti Verma	P A A P P P A P P P P P A P P P A P P P P P P P A P P P P P P	25
4662	Ritika kamble	A P A P P P P P P A A P P P P P A P P P P P P P P A P P P P P	25

Principal Incharge
St. Mira's College for Girls, Pune.

Ekta Jadhav
Director of Physical Education

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

Department of Accountancy
Report - Social Outreach
2019-20

DeepGriha Activities

A stationery collection drive by the volunteers of Department of Accountancy in the form of pencils erasers, sharpeners and notebooks for DeepGriha, our social outreach partner is a regular feature each semester. The collection drive was also on during the inter- departmental event, MIRA BAZAAR. On 19th November 2019, the volunteers donated the collected stationery for DeepGriha's adult education program and education of Creche children.

- Students of Department of Accountancy showcased their social bent on 28th Nov. 2019 when 7 UG and PG students volunteered at an eye check up camp organized by DeepGriha Society at village Ovhale, Hinjewadi, Pune. The students assisted the doctors who had come from England . Dr. Alex applauded the volunteers for selfless service at the camp.
- To be happy make others happy! - This virtue of our revered Dada J.P. Vasawani was truly followed by the TY BCOM students who set out on 22nd February 2020 for a day of service at DeepGriha Society, our Social Outreach Partner.

  The service included arrangement of a day picnic; food preparation & serving and donation of grocery items and goodies for Creche children of DeepGriha Society.

  This extension activity saw donation by all students and active involvement of 50 TY BCOM students who planned and organized all the activities along with all faculty of the Department of Accountancy. A group of students also donated profit earned by them during Mira Bazaar!

  A total of 101 small kids of DeepGriha Society went for a picnic organised by our student volunteers of TY BCOM A, B and C division. They received the creche children at Empress Garden, sponsored their entry fee and entertained the small kids by playing games and different rides. The kids also enjoyed a ride of the toy train sponsored by our students.

  The students prepared Rawa kheer for breakfast and Pulav, boondi raita and gulab jamun for Lunch in the kitchen of DeepGriha Society for 130 children of their three centres Tadiwala road, Ramtekdi and Bibwewadi. The lunch was carried and served to the children and staff of DeepGriha at Empress Garden.

  The donation included 16 kgs. of Groundnut and 15 kgs. Jaggery and 8 packets of Glucose biscuits and 2 packets of chocolates.

SPHERULE FOUNDATION:

MIRA'S COLLEGE FOR GIRLS • POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

CERTIFICATE COURSE in Community Engagement

The volunteers of Department of Accountancy under the social outreach initiative, have acquired the skill of conducting sessions and ease of handling the sensitive issue of menstrual hygiene. Extending their expertise to the students of BBA, Symbiosis Viman Nagar, Pune on 22nd November,2019, our 4 volunteers became trainers and inspirers in how to conduct these awareness sessions which was witnessed by the founder of Spherule Foundation, Dr. Geeta Bora.

St. Mira's College for Girls in collaboration with Spherule Foundation launched a 30 hour **'Certificate Course in Community Engagement'** in 2019-2020. The course aimed at sensitizing students towards social realities, bond with local community and in-turn develop communication skills and personality.

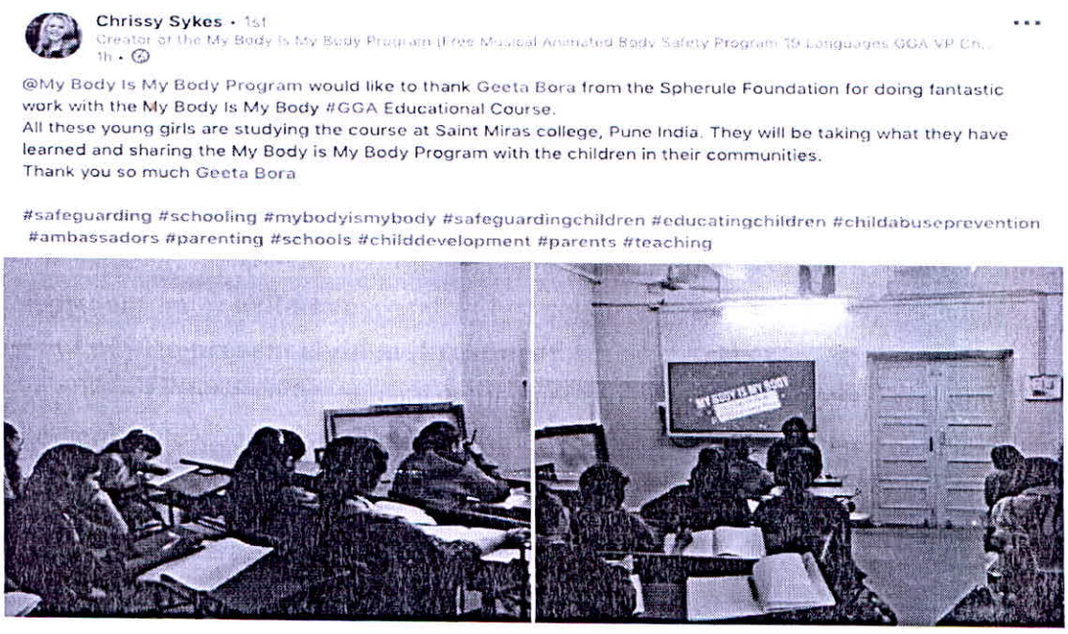
10 student volunteers enrolled in the course, undertook training in conducting awareness sessions on menstrual hygiene and conducted such sessions in Pune Municipal Corporation schools in areas like Dhanori, Wagholi, WadgaoSheri, Vishrantwadi, Yerawada, Chandan Nagar, Kharadi and slum of Vishrantwadi area.

As a sequel to the above, the volunteers are got trained as **'Global Goodwill Ambassadors'** for **prevention of child abuse** and will be conducting sessions in PMC schools on 'My body is my body' to **prevent child maltreatment**.

The efforts of these volunteers are getting noticed on social media and acclaimed.

The certificate course is building a variety of skills in the volunteers and enhancing their employment opportunities.

Social Media Coverage



Coordinator
Dr. Dimple Buche

ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

Deep Griha Society

Family Welfare Centre, 13 Tadiwala Road, Pune 411 001, Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 26057382, 40187373.

Date – 10.12.2019.

CERTIFICATE

DEEP GRIHA SOCIETY is a Registered Charitable Trust working for the empowerment of the marginalised in and around Pune since 1975. We are actively involved in the development and growth of the deprived community in 4 slums in Pune and some nearby villages. Our programmes cover preventive and curative health care, nutrition, awareness, and education, training in skills for income generation, youth and women's empowerment.

Deep Griha Society, in collaboration with Friends of Deep Griha, UK, had organize Eye Camp at its different projects sites from the **25th of November to 6th of December 2019.**

This is to certify that student of St. Mira's College for Girls had participated for the eye camp held on 28th of November 2019 at Ovale village, Taluka Maval. They were involved in coordinating with the doctors for translation, screening & registration of patients and helping the doctors in dispensing the spectacles.

The names of the students participated are as below :

1. Singh Durganjali
2. Pawar Shrutika
3. Shrivas Poonam
4. Rajpurohit Simran
5. Soman Arya
6. Londhe Shilpa
7. Verma Pooja.

Thanking You,

Yours Sincerely.

Ms. Ashlesha Onawale,
Director,
Deep Griha Society
Pune.

DEEP GRIHA SOCIETY PUNE 13, TADIWALA ROAD

MIRA'S COLLEGE FOR GIRLS POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

DEEP GRIHA SOCIETY

13, TADIWALA ROAD, PUNE - 411 001.
(Reg. No. SRA - MAH/1128/PN. B. P. T. - F. 988)

☎ : 020-40187373
Email : deepgriha@gmail.com
PAN NO.: AAATD0771B

Receipt No. 354

Date : 07/08/19

Received with Thanks from Jyoti Agrawal

Address St - Miras college

Mob. No. 9860012732 **E-mail**

Sr. No.	Particulars	Qty.	Approx Amount	Remark
1)	Note books	9	162	
2)	Note books	15	270	
3)	Note books (old)	5	50	
			482/-	

MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Note : Donation in kind cannot be claimed as cash.

7/8/19
Donor's Signature

Principal Incharge
St. Mira's College for Girls, Pune.

B Kamble
7/8/19
Receiver's Signature

DEEP GRIHA SOCIETY

13, TADIWALA ROAD, PUNE - 411 001.
(Reg. No. SRA - MAH/1128/PN. B. P. T. - F. 988)

☎ : 020-40187373
Email : deepgriha@gmail.com
PAN NO.: AAATD0771B

Receipt No. 353

Date : 01 / 08 / 2019

Received with Thanks from Jyoti Agrawal.

Address St- Miras colleges-

Mob. No. 976 98600127~~3~~2 **E-Mail**

Sr. No.	Particulars	Qty.	Approx Amount	Remark
1)	Note books 25	~~58~~	1,125	
2)	Pencil box	4+3	280/-	
3)	Small Note books	10	150/-	
4)	Small Note books	12	120/-	
5	Shapner	1	60	
6)	Note books - 200pg	3	90	
7	Note books - 100 pg	4	68	
8)	Text book	4	184	
			2,077	

ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001 • S.T.

Note : Donation in kind cannot be claimed as cash.

Donor's Signature

Principal Incharge
St. Mira's College for Girls, Pune.

Bpkamble
01/08/19.
Receiver's Signature

ST. MIRA'S COLLEGE FOR GIRLS.
DEPT. OF ACCOUNTANCY

Social Service (TY.BCOM- A, B &C DIV.) - 22-02-2020

LIST of Girls Volunteering for DeepGriha Creche Children PICNIC to Empress Garden on 22-02-2020

Girls Volunteering For BreakFast
Reporting at 8.30 am @DeepGriha

1. Pooja Singh 4612
2. Florina Martin 4619
3. Falguni 4645
4. Saloni Jain 4618
5. Khushi g 4653
6. kajal jomgar 4659

Girls Volunteering for Lunch
Reporting at DeepGriha @10.20 am

1. Vaishnavi 4611
2. Deepali 4608
3. Pranali 4609
4. Preeti Ankam 4644
5. Komal Gaikwad. 4642
6. Kajal Sarsar 4646
7. Pooja Bhosale 4655
8. Gazan 4621
9. Pratiksha 4643

TYBCOM A div
volunteers for empress gardern

1. durganjali singh 4231
2. poonam shrivas 4230
3. simran rajprohit 4244
4. deepika mishra 4280
5. simran langa 4262
6. shrutika pawar4232
7. kajal pande 4263
8. tehsin sultana 4206
9. amruta chavan 4201 — Till 12:00
10. ume salma 4289
11. rukhsar shaikh 4202
12. G .radha pravallika. 4252
13. sangita solanki 4260

TYBCOM B div
volunteers for empress garden
Reporting at EG @11 am.

1. Aarti M 4452 3:00
2. Pooja 4467 3:00
3. Kate - 4415 1:00
4. Priti - 4416 1:00
5. Preeti. Y - 4414 1:00
6. Samruddhik - 4466 1:00
7. Apurva S. - 4457 1:00
8. Sanskruti - 4480 1:00
9. Shivani - 4406 1:00
10. ~~Sonia - 4445~~
11. Anamika 4502 1:00
12. Pooja Varma - 4447 1:00
13. Nichola Lobo - 4448 1:00
14. seema choudhary - 4503 1:00
15. Saraswati. Amarchinta 4481 1:00
16. Sneha Kadam 4469 1:00
17. Kati Lopez Kati 1:00
18. kajal upase 1.00

TY BCOM C div
Volunteers for Empress Garden

1. Akansha 4607
2. Aditi 4606
3. Kalpana Singh 4605
4. Swati 4668
5. Supriya 4617
6. Nishigandha 4654
7. Rashmi A 4622
8. Prajakta parate 4623
9. Geetanjali more 4633

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Total participants - 50.

Creche

Jayat

Principal Incharge
St. Mira's College for Girls, Pune.

Spherule Foundation

Registration No: 173116
CIN: U85300PN2017NPL173116
All Donations are Tax Exempted 80G/2019-20/1017061343(1)-29-07-2019

Date: 4th February 2021

To Whom Ever It May Concern

This is to certify that 10 students of St. Mira's College for Girls, Pune have completed their certificate course of 30 hours in community engagement mainly Awareness sessions on Menstrual Hygiene & Global Goodwill Ambassador in the year 2019 – 2020 in our Organisation.

We found them to be at their best behaviour.

Names of 10 students are mentioned below:

1. Shruthi Praveen
2. Safia Khatun
3. Reena Shinde
4. Soundarya Pillai
5. Srishti Yadav
6. Alisha
7. Neha Londhe
8. Anushree Gujar
9. Pavitra Naidu
10. Pooja Chauhan

MIRA'S COLLEGE FOR GIRLS POONA-411001

We wish them all the best for their future endeavours.

SPHERULE FOUNDATION Pune-411014

Dr. Geeta Bora
Founder/Director

Principal Incharge
St. Mira's College for Girls, Pune.

My Body
is
My Body

GLOBAL GOODWILL AMBASSADORS
CHILD ABUSE PREVENTION
My Body
is
My Body
PRESENTER
GLOBAL CORE INITIATIVE
Uniting Humanitarians Worldwide

This is to certify

Shruthi Praveen

has successfully completed the

My Body is My Body GGA Core Educational Program

My Body is My Body

Program Presenter

ST. MIRA'S COLLEGE FOR GIRLS
POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

Richard DePilla
Founder Global Goodwill Ambassadors Foundation

1st July 2020

Chrissy Sykes
Creator of The My body is My Body Program

My Body
is
My Body

GLOBAL GOODWILL AMBASSADORS
CHILD ABUSE PREVENTION
My Body
is
My Body
PRESENTER
GLOBAL CORE INITIATIVE
Uniting Humanitarians Worldwide

This is to certify

Safia Khatun

has successfully completed the

My Body is My Body GGA Core Educational Program

My Body is My Body

Program Presenter

MIRA'S COLLEGE FOR GIRLS
POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune.

Richard DePilla
Founder Global Goodwill Ambassadors Foundation

1st July 2020

Chrissy Sykes
Creator of The My body is My Body Program

Spherule Foundation

This certificate is awarded to

Arohi Gangras

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001 •

Dr. Geeta Bora
Founder & Director

01 April, 2019

Principal Incharge
St. Mira's College for Girls, Pune.

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Bhavana Boiri

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

ST. MIRA'S COLLEGE FOR GIRLS POONA-411001

Dr. Geeta Bora
Founder & Director

01 April, 2019

Principal Incharge
St. Mira's College for Girls, Pune.

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Dikshita Phutane

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

ST. MIRA'S COLLEGE FOR GIRLS
POONA-411001

Dr. Geeta Bora
Founder & Director

01 April, 2019

Principal Incharge
St. Mira's College for Girls, Pune

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Kalpana Singh

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

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Principal Incharge
St. Mira's College for Girls, Pune.

Dr. Geeta Bora
Founder & Director

01 April, 2019

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Reena Shinde

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

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Dr. Geeta Bora
Founder & Director

01 April, 2019

Principal Incharge
St. Mira's College for Girls, Pune.

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Safia Khatun

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

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Dr. Geeta Bora
Founder & Director

01 April, 2019

Principal Incharge
St. Mira's College for Girls, Pune.

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Shweta Kshirsagar

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

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Principal Incharge
St. Mira's College for Girls, Pune.

Dr. Geeta Bora
Founder & Director

01 April, 2019

Deepesh Kuruppath
Director

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

Department of Accountancy- 2019-2020
Stationery Collection and Donation to DeepGriha Society

List of Student volunteers

Sr. No.	Name of Student
1	JYOTI AGARWAL
2	RAVINA JAGTIANI
3	DEEPSIKHA RATAN SETHIA
4	AISHWARYA SUNIL SHINDE
5	SNEHALATA BHIKAJI PATIL
6	SAFIA KHATUN

Coordinator:
Dr. Dimple Buche

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

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/IQAC/2019-20/22 Date:-02/12/2019

CIRCULAR

Mira Bazaar- an Entrepreneur Show by Centre for Women Entrepreneurship is to be organized on **14/12/2019**. For stalls and other details of the event, please contact the Coordinator and CWE Team.

Rama Venkatachalam
Coordinator- CWE

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

Principal
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

St. Mira's College For Girls, Pune
Autonomous-Affiliated to Savitribai Phule Pune University
Report_CWE Mira Bazaar 2019

St. Mira's College for Girls organized its grand gala Annual Event 'Mira Bazaar' on 14th December 2019 from 9.30 am to 3.00 pm. 'Mira Bazaar' is an endeavour of the Centre for Women Entrepreneurship (CWE).

The event primarily provides a platform for the students to showcase their entrepreneurial skills. Around 35 Stalls of delicacies, handmade jewellery, clothes, accessories, Tarot Card, photo booth, nail art etc. were put by the students with great enthusiasm and innovation. We also had participation from entrepreneurs, NGO's and Alumni as well.

We in St. Mira's believe in our tiny steps towards environment conservation and the Green club of the college also put up a stall of pre-owned clothes and the proceeds from the sale of these items will be used for the green initiatives of the college. Total 441 students participated in this event.

Mira Bazaar 2019 witnessed an enthusiastic response from parents, faculties and students. The event was co-sponsored by Suyog Life Care, Diagnostic Centre headed by Mrs Monika Shah. The Chief Guest for the event was Mrs. Anuja Deshpande, Deputy Director of MCCIA and the Guest of Honour Mrs. Pushpa Shah of Suyog Group.

Ms. Deepa Krishnamurthy
Event Co-ordinator

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

MIRA BAZAAR - 2019 - 2020

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

Coordinator. Ms. Deepa Krushnamurthy 14.12.2019

Sr no	Name	Sign
1	Rupali Upadhyay	Rupali
2	Barsha Rani Bishoyi	Barsha
3	Isha Lalwani	Isha
4	Priya Bajaj	Priya
5	Drishti Shah	
6	Fatima Shaikh	
7	Hargun Kaur Anand	
8	Gauri Jadhav	
9	Sayali Khot	
10	Sneha chavan	
11	Aakanksha s Jadhav	
12	Sana Shaikh	
13	Kashmeera Mehra	
14	Shalini	
15	Anushka.M	
16	Dr. Smita Iyer	
17	Aadi Iyer	

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Coordinator's Sign Deepa

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

CWE - MIRA BAZAAR (2019-2020)

DATE - 14 DEC 2019

Sr no	Name	Sign.
18	Shruti J	Shruti
19	Rutika	Rutika
20	Mansi	
21	Preeti	
22	Chhaya	
23	Shubhangi	
24	Purna	
25	Arpita	
26	Shivanjali	
27	Kadambari	
28	Rafija	
29	Sarika	
30	Sachal	
31	Bhakti	
32	Dipti	
33	Bhagyashri	
34	Pallavi	

Principal Incharge
St. Mira's College for Girls, Pune.

CO-ORDINATOR'S SIGNATURE - DEEPA K (DK) Deepa

ST. MIRA'S COLLEGE FOR GIRLS, PUNE

CWE - MIRA BAZAAR (2019 - 2020)

DATE - 14 DEC 2019

CWE MIRA BAZAAR

Sr no		
35	Ketki	Ketki
36	Yukta	Yukta
37	Muskan	Muskan
38	Kulsum	Kulsum
39	Samruddhi	S Samruddhi
40	Pratiksha.	Pratiksha
41	Tripta kaur	
42	Sanjana	Sanjana
43	Apiya	Apiya
44	Bhagyashree	Bhagyashree
45	Shubhangi	Shubhangi
46	Akansha	Akansha
47	Chandana	C. Rohit
48	Sakshi	Sakshi
49	Anushka	Anushka
50	Mansi	Mansi
51	Rutuja	Rutuja

ST. MIRA'S COLLEGE FOR GIRLS POONA-411001

Principal Incharge
St. Mira's College for Girls, Pune

CO-ORDINATOR'S SIGN - DEEPA K (DK) Deepa

ST. MIRA'S COLLEGE FOR GIRLS, PUNE
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

CWE
MIRA BAZAAR

Sr no	Name	Sign
52	Nivedita Tiwari	
53	Karuna Gurav	
54	Megha Samant	
55	Anjali. Choudhary	
56	Payal Jain	
57	Gudiya.	
58	Priya Rajawat	
59	Rechal Shinde.	
60	Aayushi Patil	
61	Christina. Harry	
62	Saynaa Tamboli	
63	Gkamkaur.	
64	Srishti Sharma	
65	Ishika	
66	Rishika	
67	Karuna	
68	Dimple	

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Principal Incharge
St. Mira's College for Girls, Pune

CO-ORDINATOR'S SIGN - DEEPA. K. Deepa.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

CWE
MIRA BAZAAR

Sr no	Name	Sign
69	Siddhi	Sbhosale
70	Sheetal	Sheel
71	Jyotishree Raut	Raut
72	Ritu Kumari	Ritu
73	Kalyani B.H	
74	Divya Jadhav	Divya
75	Mesin Joseph	Mesin
76	Sneha Gudipati	Sneha
77	Sejal Shinde	Shinde
78	Divya Pesswani	Pesswani
79	Aditi Gawas	Aditi.
80	Pragati Sanas	Psanas
81	Pranali Gaud	Pgaud
82	Apurva Moze	Amoze
83	Samruddhi Dhale	Sahale
84	Shraddha	Shr
85	Seema Khasge	Seema

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Deepa.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE.

CWE - MIRA BAZAAR (2019-2020)

DATE - 14 DEC 2019.

CWE MIRA BAZAAR

Sr No	Name	Sign
86	pooja limbale	Plimbale
87	Preeti Yadav	preeti
88	Galande Khushi	khushi
89	Vrushali Kole	Vkale
90	Jashu Joping	Jashu
91	Soniya Joping	S.
92	Sakshi Sarangi	Sakshi
93	Nikita Rai	Nrai
94	Puja Borgaon	Puja
95	Aparna Bhandar	
96	Datta Bhandar	
97	Aditi Pisal	Aditi
98	Sakshi Gawade	S Gawade
99	Sarita Wadhwani +2	Sarita
100	Ritu Shah	Rita Shah
101	Sonia Vora	Sonia
102	pratiksha Jiwade	pratiksha

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ST. MIRA'S COLLEGE FOR GIRLS, PUNE.

CWE - MIRA BAZAAR (2019-2020)

DATE - 14 DEC 2019

CWE MIRA BAZAAR

Sr no	Name	Sign
103	Avani Khanna	
104	Dhruvi Kumar	
105	Pranali Dhavan	
106	krutika pipada	
107	Sakshi Gaikwad	
108	Akansha mane	
109	Sakshi more	
110	Manisha Vishwakarma	
111	Rutuja Bhare	
112	Shruti lole	
113	Anushka kumbharkar	
114	Nikita kamble	
115	Pranali navare	
116	Najiya shaikh	
117	Nandini Akoskar	
118	Bhavana Jhajoria	
119	Sayali Kolekar	

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ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE- MIRA BAZAAR (2019- 2020)
DATE- 14 DEC 2019.

CWE MIRA BAZAAR

Sr no	Name	Sign
120	Mini Pradhan	MPradhan
121	Nikita Takawale	Nikita
122	Rutuja Ghule	Ghule.
123	Nagveni. J	Nagveni
124	Pooja Verma	Pooja.
125	Veenita mirchandani	V.
126	Harshada kand	Hkand.
127	Prerna Pillay	Prerna
128	Rutuja Gandi	Rut
129	Meenakshi Saswan	Meenakshi
130	Aditi Haridas	Aditi
131	Amanda Thalakottur	Amanda
132	Elaina John	Elina
133	Mallika Patil	mallikal
134	Yelmar Sakshi	
135	Anisha Narayan	Anisha
136	Noorjaha Shaikh	

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CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

CWE
MIRA BAZAAR

137	Gautanjali Jategaonkar	
138	Sonal patil	
139	Muskan kunalekari	
140	Nitu Sharma	
141	Benaaz Hashemizadeh	
142	Bhagyashree Jaguari	
143	Ronak Kaur	
144	Soniya	
145	Vaishnavi	
146	Muskan	
147	Surbhi	
148	Shamina Nair	
149	Pratiksha Yadav	
150	Deepali Naik	
151	Chanchal Jadhav	
152	Nandini Sarkar	
153	Meraj Shaikh	

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ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

Sr no	Name	Sign
154	Arafi Mandade	
155	Sonal saykar	
156	Nilophar shaikh	
157	Shaina Khan	
158	Anam Khan	
159	Tuba Khan	
160	Rupali Shirale	
161	Shravani Uttekar	
162	Vanshita Sonawane	
163	Saniya Khan	
164	Prerna Yadav	
165	Ashwini K.	
166	Maryann Mendonca	
167	Sonia. Sura	
168	Rutuja Pathare	
169	Shital Lahare	
170	Nikita Naik	

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DATE - 14 DEC 2019.

CWE
MIRA BAZAAR

Sr no	Name	Sign
171	Khushi Pandey	
172	Komal Paswan	
173	Aniya	
174	Soniya Nadaf	
175	Komal More	
176	Kajal Borhade	
177	Rathod Dipti	
178	Tamanna Lund	
179	Sarita Karanje	
180	Aditi Nair	
181	Siddli Deshpande	
182	R	
183	Karuna Tijare	
184	Nidhi Agarwal	
185	Simran Balani	
186	Jyoti Joshi	
187	Shreya Sawant	

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CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

CWE MIRA BAZAAR

Sr No	Name	Sign
188	Harshada Jo Dhende	Harshada
189	Laxmi Chavan	Laxmi
190	Sayali Kulkarni	Sayali
191	Shehlata Patil	Patil
192	Karina Shetty	Karina
193	Namrata Shelke	Namrata
194	Varsha Prajapati	Varsha
195	Ketaki Patil	K.P. Patil.
196	Vidya Pardeshi	Vidya
197	Vrushali Paranjpe	Paranjpe
198	Rafiya Natekar Shreya	Rafiya S.M. Jadhav
199	Anuj Sharma	
200	Siddharth SHARMA	
201	Sakshi Nandikur	
202	Akshita Kumari	
203	Arya Vardhaman	
204	~~Anushree~~ Prasade	Prasade

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CWE - MIRA BAZAAR (2019 - 2020)
DATE - 14 DEC 2019.

Sr No	Name	Sign
205	Minakshi Nimbalkar	Minakshi
206	~~Shweta~~ Shweta mishra	Shweta
207	Priyanka. Prashant Khairnar	
208	Rutuja Sawant	Rutuja
209	Anushka Housurkar	Anushka
210	Akansha Deshmukh	Akanksha
211	Shaikh Shifa	Shaikh
212	Ranka Urvashi	Urvashi
213	Sofiya	
214	Bhakti Makhija	Bhakti
215	Bhavika Parmar	Bhavika
216	Yukta. Pillay	
217	Yashita	Yashita
218	Chaahat	
219	Divya. Rajgopal	
220	Riva mudaliar	
221	Aishwarya Menon	

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CWE - MIRA BAZAAR (2019 - 2020)
DATE - 14 DEC 2019

CWE
MIRA BAZAAR

SR NO	Name	Sign
222	Priya Susmal	
223	Reena Khan	
224	ANJALI SINGH	
225	Priyanka Shinde	
226	Afreen Shaikh	
227	Katyayni Mathur	
228	Pratiksha Kauttikkar	
229	Shreya Thappa	
230	Saniya Somji	
231	Samiksha Nanaware	
232	Priya Mishra	
233	ANita Rathod	
234	Nandini	
235	Disha Bhardwaj	
236	Gauri Dhurat	
237	Pavitra Ganeshan	
238	Prarthana Sarode	

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CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

CWE MIRA BAZAAR

Sr No	Name	Sign
240	Shruti Jagtap	
241	Kamud Vachhel	
242	Nishigandha. Vairat	
243	Pooja chavan	
244	Priya	
245	Sapna	
246	Irena	
247	Anushka	
248	Sakshi	
249	Hrushika	
250	Gauri	
251	Shreya	
252	Aditi.	
253	Darshani	
254	Zenab	
255	Rumana	
256	Afroz	

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CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

Sr No	Name	Sign
257	Ranjana Singh.	
258	Gayatri Chavan	
259	Sanjana Shinde	
260	Rutuja Choudhary	
261	Traisha	
262	Pearl Hackett	
263	Uzma. Sayyed	
264	Ashita Adam	
265	Aishwarya Pillay	
266	Manika Choudhary	
267	Pranjal Kadam	
268	Sharlin Appen	
269	Sanika Adak	
270	Shifa Shaikh	
271	Nidhi Sharma	
272	Dolly Sharma	
273	Uzefa Shah	

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CWE- MIRA BAZAAR (2019-2020).
DATE- 14 DEC 2019.

CWE
MIRA BAZAAR

Sr No	Name	Sign
274	Iram Shaikh	
275	Ragini Gupta	
276	Dnyaneshwari Bhapkar	Bhapkar
277	Harshda Kadam	Bhapkar
278	Suchitra Nair	Bhapkar
279	Bhavana Kumari	Bhavana Kumari
280	[illegible]	[illegible]
281	Tanisha Parekh	Tanisha
282	Harsha Sirwani	
283	Maheshwari Varma	Varma
284	Nidhi Oswal	
285	Bhoomi Jadhwani	BAJ
286	Apurva Sawant	APurva
287	Bhavana Bhandari	Bhavana
288	Alka Rodrigues	
289	Janice D'mello	JDmello
290	Alka Dmello	

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CO-ORDINATOR'S SIGN:- DEERA. K. Deepa.

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CWE - MIRA BAZAAR (2019-2020)

DATE - 14 DEC 2019

CWE MIRA BAZAAR

291	Marshan D'mello	
292	Hemlata Rumeo	
293	Mary V. Dmello	
294	Rossy S. D'mello	
295	Joan Rumao	
296	Pinky Agarao	
297	Rupa Walmiki	
298	Geeta Iyengar	
299	Sonita	
300	Sheetal (2nd Member)	
301	Shabnam Gangji	
302	Asha Bhaya	
303	Ensiya Gangji	
304	Shraddha Kalmitra	
305	Aakanksha Bhargekar	
306	Anushka Jirale	
307	Bhanishka Peswani	

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ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE- MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

[redacted] BAZAAR

[redacted] MIRA BAZAAR

308	Favan Rehman	
309	Anjali . Suryawanshi	Suryawanshi
310	Shrushti Bhandari	Shrushti
311	chhaya Mali	chhaya
312	Bhavika . C. Kukreja.	Bhavika
313	Rakhi. P. Bhandari	Rakhi
314	Kalyani Jha	Kalyani
315	Riya Singh	Riya
316	Ankita Kondhalkar	Ankita
317	Shilpa Bansode	Shilpa
318	Nichola Lobo	Nichola
319	Renuka Bhil	Renuka
320	Vaishnavi Chaitanya	
321	Aishwarya. Borkar.	Aishwarya
322	Sriradha Gupta	Sriradha
323	Shampa Mandal	Shampa
324	Shreya Mandal	Shreya

Principal Incharge
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ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

CO-ORDINATOR'S SIGN- DEEPA. K

Deepa.

ST-MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019

[redacted] ARIM — MIRA BAZAAR

Sr No	Name	Sign
325	Aditi Arya.	Aditi
326	Ritika Arya.	Ritika
327	Disha Ranga.	Disha.
328	Sakshi Nikam.	Sakshi
329	Akansha Waghmare	Akansha
330	Sarita Landge	Landge
331	अर्चना गायकवाड	अर्चना.
332	Sana Mulla	Sana.
333	Rutuja Dalimbe	Rutuja Dalimbe
334	NIKITA	
335	Machindra LONDHE.	Mlondhe
336	हिरा सोंडे	हिरा.
337	Mahesh Thakkar	Mahesh
338	Divyani Chakole	Divyani
339	Nayak Akhil.	Nayak.
340	Jadhav Apeksha	Apeksha
341	Nikita Shinolkar	Nikita Shinolkar

Principal Incharge
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CO-ORDINATOR'S SIGN - DEEPA.K. Deepa.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

CWE
MIRA BAZAAR

Sr No	Name	Sign
342	Ravi Jadhav	
343	Nikita shinde	
344	Kiran Shinde	
345	Prajkta shelar	
346	Priyanka. Kakade	
347	Shivani. Waghela.	
348	Payal. Dongar	
349	Rebecca Naheed	
350	Mehzabeen. Poonawala	
351	Zukaiya. Khajuri	
352	Smita. V. Jain	
353	Shaikh Saba Farooque.	
354	Afzara. Attar	
355	Anjali Choudhary	
356	Neha Deshmukh.	
357	Pooja. Sharma.	
358	Shatakshi. Kavde	

Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

CO-ORDINATOR'S SIGN - DEEPA. K.

ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019.

Sr No	Name	Sign
359	Gauri Khaire	Gauri
360	Rakhi Menon	
361	Jennifer Vincent	
362	Rohini Rathod	Rohini
363	Seema Ochule	
364	Jyoti Napte	
365	Shilpa wadar	
366	Khushitha. Jalamila	
367	Janhavi Katkar	
368	Prerna S	
369	Bharti. B	
370	Neha Shah	
371	Neha Khadke	
372	Pranoti Dhole	
373	Amruta. Suryawanshi	
374	VANITA S. NAIK	
375	Ananya Goswami	

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ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019 - 2020)
DATE - 14 DEC 2019.

CWE
MIRA BAZAAR

Sr No	Name	Sign
376	Gazan bagwan	
377	Sitara Khatoon	
378	Tejashree chaudhari	
379	Dhanshri waghmare	
380	Shweta Meshram	
381	Gresy. Pagi	
382	Kashish Jindal XI C	
383	Anjali Bhaise	
384	Rutuja Bhosale	Bhosale
385	Keelar Suvarna mali	
386	pratikha Thaske	
387	Neha khadtare	N. S. K
388	Shruti Narwade	Shruti
389	Saloni Gawade	
390	Nazrin Banu	Nazrin
391	PRERNA PARTE	
392	Rutuja Bhosale	Rutuja

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ST. MIRA'S COLLEGE FOR GIRLS, PUNE.

CWE - MIRA BAZAAR (2019-2020)

DATE - 14 DEC 2019

CWE MIRA BAZAAR

Sr No	Name	Sign
393	Monica Dhanwani	Monica
394	Kavya Patel	
395	Simran Bhardwaj	Sbhardwaj
396	Shivani Bhardwaj	
397	Sunil Sharma	
398	Beema Ghule	
399	Kalpashri Kasar	
400	Amrita Basu.	
401	Abhradita Chatterjee Nakvi	
402	Rekha Kankariya.	
403	Kajal Taisinghani	Kajal
404	Monika Rajguru.	
405	Divya Chitte	
406	Deepali Agarwal	
407	SARIKA - YADAV.	
408	Priyanka Kulkarni	
409	Satram Lal.	

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

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CO-ORDINATOR'S SIGN - DEEPA. K

ST. MIRA'S COLLEGE FOR GIRLS, PUNE.
CWE - MIRA BAZAAR (2019-2020)
DATE - 14 DEC 2019

MIRA BAZAAR

Sr No	Name	Sign
410	Sangeeta Deshmukh	
411	Shital Jadhav	
412	Vaishali Joshi	
413	Meenal Sumant	
414	Arwah Madan	
415	Shantlie Fernandes	
416	Malini Iyer	
417	Sushma Roy	
418	Vineka Singh	
419	Dr. Sandhya Pandit	
420	Vaishali Diwakar	
421	JYOTI CHINTAN	
422	Kanan vyas	
423	Nilima Pathi	
424	Poonam Sharma	
425	Rani Kamble	
426	Mayuri S. Kardeshi	

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CO-ORDINATOR'S SIGN - DEEPA K

ST. MIRA'S COLLEGE FOR GIRLS, PUNE.

CWE - MIRA BAZAAR (2019-2020)

DATE - 14 DEC 2019

Sr No	Name	Sign
427	~~[illegible]~~ HASINA SHAIKH	
428	Deepa. Krishnamurthi	
429	Mrs. Asha Bhavekar	
430	Mrs. Gauri Reddy	
431	Mrs Suvarna Deolankar	
432	Mrs. Vibha C. Rathod	
433	Mr. Hamid Sayyed	
434	Mr. Ravipruseed Mallah	
435	Mr. Dayaram pal	
436	Mr. Housila yadav	
437	Mr. Sudam Shikhande	
438	Mrs Vanda Kadu	
438	Manisha Pimpalkhare	
439	Jadhav Ashwini Rajendra	A.R. Jadhav
440	Kavita. S. Ghodke.	K.S. Ghodke.
441	Seema Thakare JR	
441	Fariya Inamdar	

Principal Incharge
St. Mira's College for Girls, Pune.

CO-ORDINATOR'S SIGN - DEEPA.K.

KINDLE THE LIGHT

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Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

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

Circular No:- G15/IQAC/2019-20/79 **Date:-** 17-01-2020

CIRCULAR

Department of Student Welfare is organizing three day program on Nirbhay Kanya Abhiyan Workshop from 3rd to 5th February 2020 in A. V. Room from 10am to 4 pm. There are limited seats so those who are interested give their names to Hasina Shaikh or Manjita Kulkarni.

Attendance for all the sessions is compulsory

Hasina Shaikh
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Student Development Cell 2019-20

Nirbhay Kanya Abhiyan Workshop Report 3rd February 2020 – 5th February 2020

Nirbhay Kanya Abhiyan was organized in St. Mira's College from 3rd to 5th February 2020 with an objective of inculcating fearlessness among girl students. Fearlessness is seen as an important personality trait which refers to both a physical and mental ability to control and cope up with one's social environment. In case of girls, who face the gender bias in all walks of life it is a great challenge to inculcate the value of fearlessness. In recent years, when on one hand we see women working in all fields equally with men, the incidences of abuse and violence against women are also consistently rising. For becoming a fearless women, a girl does not only requires education, social or family support but also be financially independent. So, a campaign like Nirbhay Kanya Abhiyan is very essential in helping students understand structural constraints that restrict their freedom and learn ways and strategies to deal with them.

On 3rd February 2020, the Abhiyan was inaugurated at the hands of **Dr.Shalini Iyer, Vice-Principal of St. Mira's College.** There were participants from Christ College, St. Vincents Night College, SVIM's Institute of MBA, Arihant College of Arts, Commerce. This year the workshop focused on financial, social and self -development. Therefore the workshop was collaborated with Centre for Women Cell. In the inaugural session Prof. Manjita Kulkarni welcomed the participants and presented the details of three day's programme. Prof. Hasina Shaikh explained the importance of the campaign and appealed to students to participate wholeheartedly and make efforts to change oneself in the direction of fearlessness. Dr. Rama Venkat , Co-ordinator of CWE introduced the activities undertaken at CWE.

The first session was by Mr. Ravi Ghate, where he motivated the students for startups with small ideas. He also gave examples about the things that we need for our daily requirement can also give lot of ideas for startups.

The second session was by Mr. Kunal Sarpal, who spoke about the formalities and legalities that are required for an Entrepreneur. With his experiences and case studies he enlightened the students Do's and Don'ts in business. Students were highly motivated by his talk.

On the second day, the first session was by Mr. Kutwal, shared his experience as a Entreprenuer. He also narrated the procedure of production and distribution of the various products. He shared his challenges as a rural entrepreneur.

The second session was by Mrs. Shivani Sinha, with her effective powerpoint presentation spoke on women entrepreneur. She motivated the students how to be an successful entrepreneur. She explained the steps towards women entreprenuers by discussing the case studies that she had collected. The presentation was research based.

Total 100 participants took the advantage

Hasina Shaikh
HASINA SHAIKH
COORDINATOR

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Principal Incharge
St. Mira's College for Girls, Pune.

The third day, started with a session was on **Self- Defence** conducted by **Mr. Balkrishna Bhandari, Sports Coach and Taekwondo Expert.** Mr. Bhandari first explained how self defense is very closely related to self-confidence. He said that in today's world when incidences of abuse and violence against women is consistently increasing, the first and obvious reaction of the family is to increase restrictions on girls. This affects their self-confidence. Instead, if the girls are taught to protect themselves, they can move around without any fear. Mr. Bhandari then showed simple means of self-defence which the girls can use to protect themselves in regular situations like bus travel. Then he demonstrated self-defense tactics to be used in situations of physical violence or eve-teasing involving physical abuse. He showed how simple techniques using one's reflects can be employed to defend oneself. Mr. Bhandari then demonstrated with the help of volunteers some very useful self-defence actions which the girls have to learn only through regular practice. He then conducted an elaborate practice session for students of all self-defence tactics he had shown. At the end he said that self-defence exercises must be practiced on a regular basis and not remain only at a workshop level where most participants forget it very quickly. Girls promised that they will imbibe it properly as they have understood the importance of self-defence.

The second session was by Mrs Vanita on Journey of an Women Entreprenuer. She shared her experiences as a Women entrepreneur, ideas for start ups, background, finance required, struggle for organizing the events, challenges with the co-workers and sometimes loss in the business. She also identified some of the students who can start up in some creative activities that they are interested in.

The third session was on Grass root Innovations conducted by Mr. Sathya Natrajan. He interacted with students by narrating stories of Grass root Innovations Entreprenuers. He inspired many students to initiate the startups. He also shared his experiences on the projects that he had worked and how new entreprenuers can get success.

Ms. Hasina Shaikh
Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune

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Department of Student Welfare (2019-20)

Nirbhay Kanya Abhiyan Workshop (3rd to 5th February 2020)

Photos





Ms. Hasina Shaikh
Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Gulshan H. Gidwani
Principal

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

List of Students

Name of Coordinator: Hasina Shaikh

Name of Event: Nirbhay Kanya Abhiyan Workshop **Date of Event: 3rd to 5th February 2020**

SR. No.	NAME
1	AYUSHI DUBEY
2	VAISHNAVI SHINDE
3	RANGOLI TRIPURA
4	JADHAV RUCHIKA SUNIL
5	KAKADE PRATIKSHA BABASAHEB
6	KAKADE PRAJAKTA BHARAT
7	AATALE SHWETA SANJAY
8	DOIJAD PREETI SANJAY
9	NUMRAH MOHAMMADSADIQ BICHU
10	KHANDVE ANAMIKA ANIL
11	ANKITA MANAV WAGHMARE
12	KHAN NIKHAT MOOSA
13	PRATIKSHA RAVINDRA PADWAL
14	DIVYA TEKWANI
15	KASHMEERA MEHRA
16	MHASKE ANUSHKA RAVINDRA
17	SHETTY URVI DHEERAJITH
18	SURAG NIKITA RAJENDRA
19	MALHOTRA MEGGHA KAMAL
20	GAIKWAD PALLAVI JAYBHIM
21	CHAVAN HARSHALI HARESH
22	JADAV BHAKTI ANIL
23	ESHA SAMEER DARUWALA
24	MENON AISHWARYA JAYSHANKAR
25	THOMAS AROMA MANUEL
26	KAJAL DEVNARAYAN MISHRA
27	CHANDANA ROY
28	KHUSHBOO DINGREJA
29	KAREENA NARAYAN
30	NAIR GAYATHRI SURESHKUMAR
31	SAYYED FALAQNAAZ MUSHTAQ
32	HANAGANDI NEHA M
33	SIDDIQUA SUHEL FIRFIRAY
34	SONALI CHAKMA
35	BRAGANZA TAESA HUBERT
36	AMAL ARAFAT ABU LEBDEH
37	JENNIFER MATHEW DANIEL
38	PUNJABI SAKSHI DEEPAK
39	KALRAIYA PRIYANKA NITIN
40	ANUSHKA ASHOK JADHAV

St. MIRA'S COLLEGE FOR GIRLS POONA-411001

Hasina Shaikh
(Co-ordinator)

Principal Incharge
St. Mira's College for Girls, Pune.

41 SINGHAL VANDITA AJAY
42 SNEHA SINHA
43 KARUNA KISHOR GURAV
44 ANUSKA KUMARI
45 KATYAYINI SWARUP MATHUR
46 KURIAN MAHIMA SAM
47 ANITHOTTAM CLARA ROY
48 DSILVA LIVIA MARIA
49 NISHA CHAUHAN
50 JENNIFER BORGOHAIN
51 GLORIA LALNUNTLUANGI
52 DIYANKA AURORA
53 NAYAK SIMRAN KHAGESHWAR
54 NISHA SILVA PATIL
55 POOJA SANJAY KALE
56 NAMRATA DATTA
57 DIVYANI DEEPAK CHAKOLE
58 RAMPURWALA UMME AIMAN HUSSAIN
59 PILLAI ANJALI RAJESH
60 BHOOMI MUKESH PUNJABI
61 MARJORIE MARK SOARES
62 NIMKAR SHRUTI SHEKHAR
63 MEDHA GHOSH
64 NAMRATA PESHWANI
65 GOSWAMI MEGHA BHAGWANDAS
66 SIMRAN SANJAY KIRPALANI
67 SARRAH KAPADIA
68 MARIYA ROY
69 DSILVA CALLEN LESTER
70 NAVANI MAHESHWARI
71 AYTE DIKSHA GAUTAM
72 RAJESHWARI SINGH
73 DHOBALE DEVIKA SHIVAJI
74 PAWAR TEJASHREE ANIL
75 SHREYA LASKAR
76 SHETH RIDHI AMIT
77 LAKSHMI MOHAN PARDESHI
78 URMILA BHASKAR GAIKWAD
79 PAWAR NEHA ANIL
80 UTTEKAR KOMAL KRISHNA
81 SUSMITA NATH
82 SAVANE ADITI SUNIL
83 VAISHNAVI CHATTIYAR
84 JAGDHANE VIDYA RAGHUNATH
85 NALINI SAJJANRAO BAWARI
86 PRIYANKA BABAN CHAUDHARI
87 KAVERI SORTE
88 URJA PURSHOTTAM HARYANI
89 BURSE MADHURA DINESH
90 BURMAWALA FATEMA JUZAR

St. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Hasina Shaikh
(Coordinator)

91 HARSHADA DHARMARAJ THANAMBIR
92 RITIKA GAJANAN BALI
93 SAKSHEE SANJAY UTTEKAR
94 YADAV PRATIKSHA BHIMRAO
95 GIRI NEHA JOGINDER
96 NAVALE VIDHYA ANKUSH
97 SHAIKH NUZAT NOORMOHAMMAD
98 SAKSHI PRAMOD CHANDE
99 MISHRA SAKSHI SUNIL
100 RENUKA DATTATRAY BHIL

Total 100 Students

Hasina Shaikh
Coordinator

Dr. Gulshan Gidwani
Principal

ST. MIRA'S COLLEGE FOR GIRLS*POONA-411001*

Principal Incharge
St. Mira's College for Girls, Pune.

(2019-20)

St. Mira's College for Girls, Pune

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Department of Marathi

Report of the outreach program

Activity Report

Date	Name of Activity	Student Attended
13 April 2020	Slogan Writing for Covid -19 Awareness	4

Slogan Writing for Covid -19 Awareness: To spread awareness about Covid -19 among the citizen our 4 students and HOD Department of Marathi wrote slogans for Aakashwani Radio and Kesari News Paper, Pune.

deshmukh

Co-ordinator

मराठी विभाग प्रमुख

Name: - Dr. Sangeeta deshmukh

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

JR

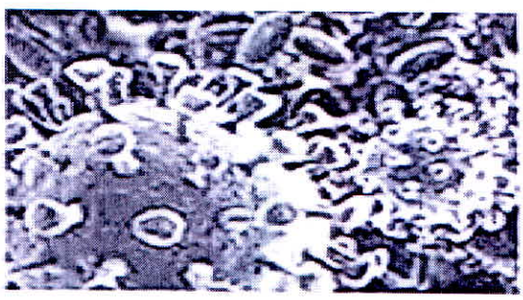
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(2019-20)

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Department of Marathi
Social outreach Activity- slogan Writing

पुणे, १३ एप्रिल २०२० २



कोरोनाचा प्रादुर्भाव रोखण्यासाठी लॉकडाऊनसारख्या उपाययोजनांबरोबरच जनजागृती देखील केली जात आहे. पुण्यातील सेंट मिराज् मुलींच्या महाविद्यालयातील विद्यार्थिनी, तसेच मराठी विभागप्रमुख डॉ. संगीता देशमुख यांनी जनजागृतीसाठी घोषवाक्य तयार केली आहेत. याची झलक...

- वैयक्तिक स्वच्छता, सामाजिक अंतर कोरोनासारख्या संसर्गाला रोखू निरंतर

  – डॉ. संगीता देशमुख

- ठेवू या सुरक्षित अंतर
  कोरोना होईल छूमंतर

  – जुई कुलकर्णी, प्रथम वर्ष, बी.ए.

- कोरोनावर करायची असेल मात
  वारंवार धुवावेत स्वच्छ हात

  – अनुजा कुसाळकर, तृतीय वर्ष, बी.ए.

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Co-ordinator
मराठी विभाग प्रमुख
Name: - Dr. Sangeeta deshmukh

Principal Incharge
St. Mira's College for Girls, Pune.

2019-20

12

St. Mira's College for Girls, Pune
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Extension Activity Report 2019-20
River Cleaning and awareness

The Sociology department is collaborating with JeevitNadi Foundation, an organization working in the field of spreading awareness on water conservation and clean water bodies. 18 students from the department participated in the river bank cleaning activity organized on weekly basis by the foundation.

Manjita Kulkarni
Faculty in charge, Dept. of Sociology

Dr. Vaishali Diwakar
HoD, Dept. of Sociology

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Department of Sociology - List of students who participated in extension activities (2019-20)

River cleaning activity in collaboration with Jivitnadi Foundation Weekly activity

Name of the students	Class and Division	Roll No
1 Diksha Alalli	TYBA B	4793
2. Nitu Sharma	TY Bcom B	4498
3. Sanam Shaikh	TY Bcom B	4455
4. Kaveri Sorte	SYBA B	2670
5. Sakshee Uttekar	SYBA B	2657
6. Shalini Wamane	SYBA B	2676
7. Neha Wighne	SYBA B	2661
8. Vidhya Navale	SYBA B	2669
9. Nikita Bengale	SYBA B	2671
10. Diksha Ayte	SYBA B	2664
11.Harshada Thanambir	SYBA B	2679
12. Pratiksha Yadav	SYBA B	2660
13. Neha Salve	SYBA B	2662
14. Urmila Gaikwad	SYBA B	2681
15Rutika Bhavar	SYBA B	2672
16. Mrunali Dhiwar	SYB com B	3817
17.Dyaneshwari Mathad	SYBcom B	3818
18. Gauri Bhosale	SYBcom B	3819

Manjita Kulkarni
Co-ordinator

Dr. Vaishali Diwakar
HoD, Dept. of Sociology

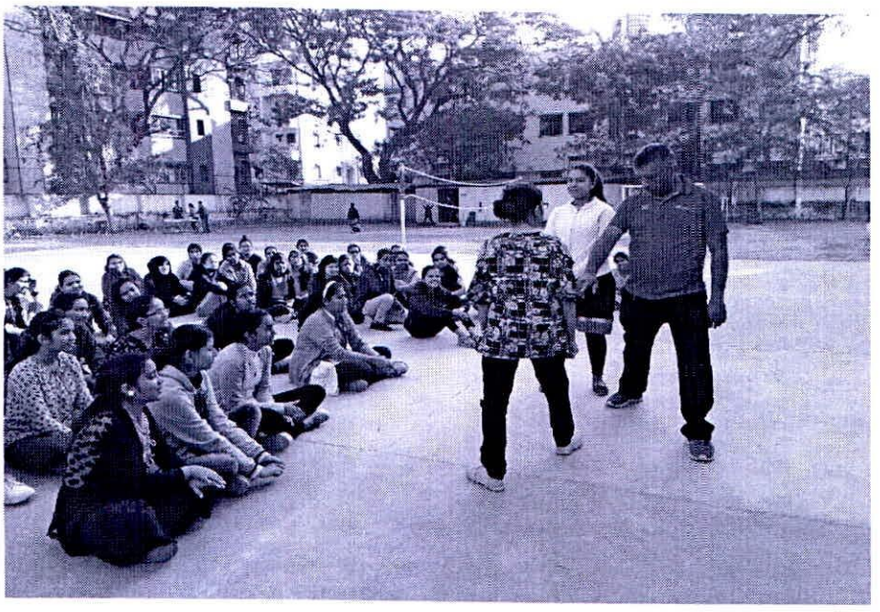
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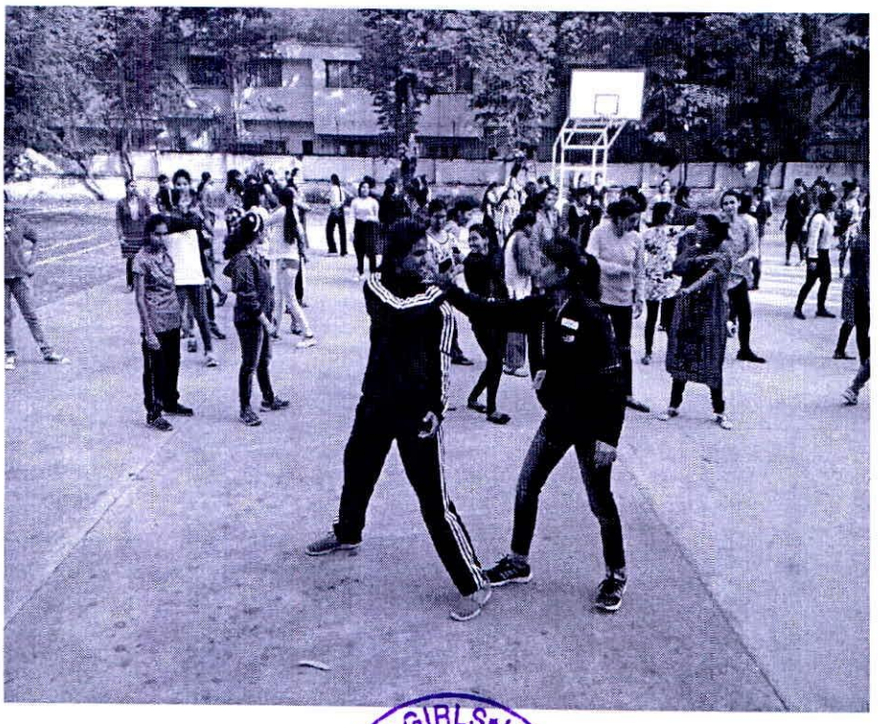
7.1.1 Any other relevant information

Self Defense Course initiated by the institution for the students

Pic 1: Self Defense Training 2017-2018



Pic 2: Training for the students 2019-2020



COLLEGE FOR GIRLS*1001*ST. M... *POONA-411001

Principal Incharge
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Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:- G15/IQAC/2018-19/113 **Date:-** 15.02.2019

CIRCULAR

On 21st February 2019 a Guest lecture on Sex hierarchy will be organized by the Sociology Department at 10 am in AV room.

Dr. Vaishali Diwakar
Co-ordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Gulshan Gidwani
Principal

St. Mira's College For Girls, Pune
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A Report –Sex Hierarchy

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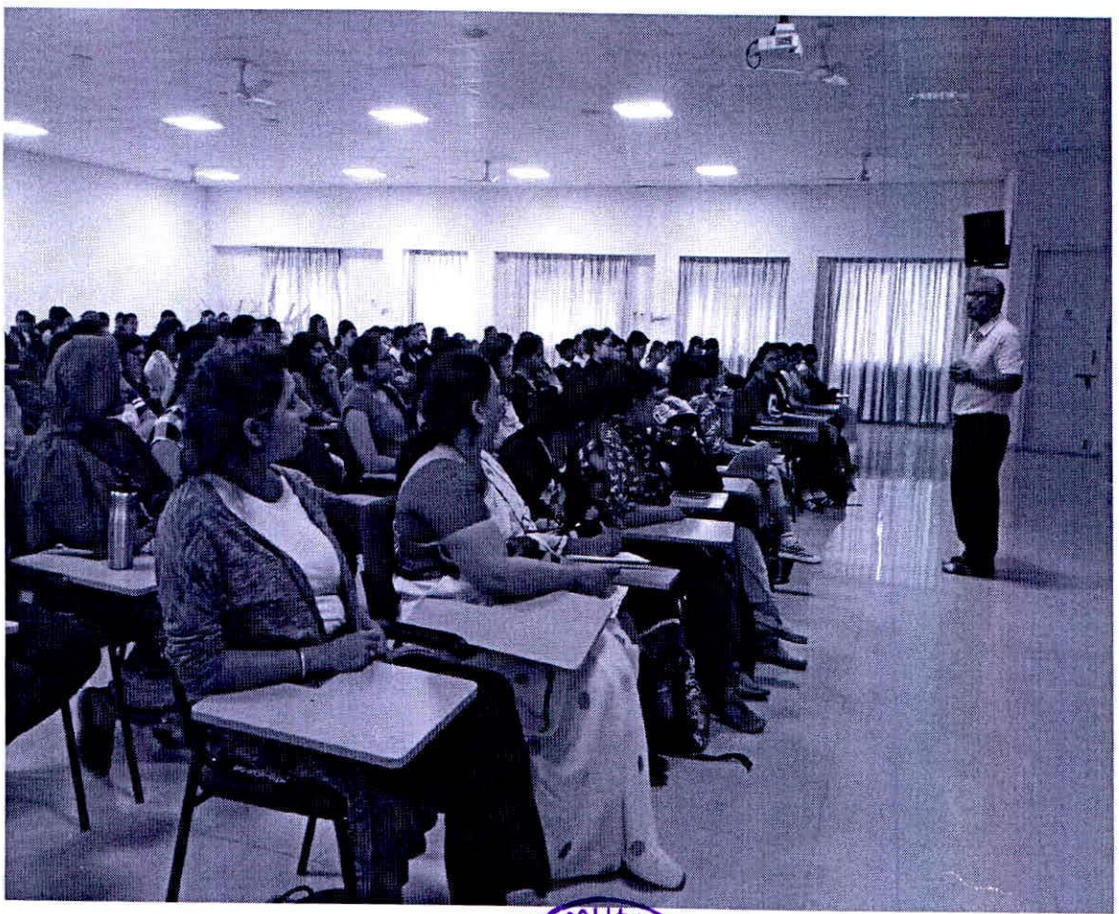
7.11 On 21st February 2019, **Mr. Ivan John** spoke about sex hierarchy in Indian society. He covered the spectrum from basic categories like sex and gender to the nuances involved in the understanding of sexuality and sexual preferences. He talked about homophobia and the repercussion it has on understanding homosexuality. He touched upon various categories which go beyond male/female or masculinity/femininity and the need for support of the LGBTQ community and Pride March.

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7.1.1. On 21st February 2019, Mr. Ivan John spoke about sex hierarchy in Indian society



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KINDLE THE LIGHT

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7.1.1

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

Circular No:- G15/IQAC/2018-19/111 **Date:-** 02/12/2018

CIRCULAR

On 10th December 2018 a Demo lecture on How to read statistics with special reference to women will be organized by the Sociology Department at 8.30 am in the library.

Dr. Vaishali Diwakar
Co-ordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Gulshan Gidwani
Principal

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – Statistical Profile of Indian Women

7.1.1

On 10 December **Ms. Sayali Shankar** delivered a demo lecture on how to read statistics with special reference to women. This lecture mainly covered the areas of women's health, education, declining sex ratio, economic and political participation of women. She explained the need to correlate the statistical data with the current position of women in India. She also helped students to design their projects and to re-read the data and give causal analysis of the numbers.

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

3.1.1 On 10th December 2018 a Demo lecture on How to read statistics with special reference to women



ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

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

G15/IQAC/2018-19/03
~~G-18/2018-19/~~

Date:-16.6.2018

CIRCULAR

The College is conducting Regular Self Defense Training for the students of all classes from 20th June 2018. Mr. Balkrishna Bhandri, Taekwondo Coach is going to take the Regular Defense Training for the students. Those who are interested have to enroll their names to Mr. Balkrishna Bhandri sir or Ms. Ekta Jadhav, Director of Physical Education.

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Report- Self Defence Activity
2018-19

The department of Physical Education and Sports conducted Self DefenceTraining program for all the students for entire academic year in the morning session. The various taekwondo techniques were taught to the students so that they can defend themselves in any adverse situations. This year 55 students from first year, second year and third year had Taken advantage of the course program. The trainer was Mr. Balkrishna Bhandari who is a taekwondo coach. The training was so effective that many of the students have received black belt and some of them had given training of self-defence in schools, clubs and Companies.

Ms. Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * ST. MIRA'S * POONA-411001

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS
Attendance Sheet (2018-19)

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)
Name of Teacher Mr. Balkrishna Bhandari
Subject:

	Roll no.	Students Name	JUNE												JULY																				Total
			Days																																
			18	19	20	21	22	23	25	26	27	28	29	30	2	3	4	5	6	7	9	10	11	12	13	14	16	17	18	19	20	21	23	24	
1	2219	Rajeshwari Singh	A	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	25
2	2235	Shiradha Gupta	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	A	P	P	A	P	P	P	P	A	P	P	P	P	A	P	A	A	22
3	2287	Shweta Meshram	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	26
4	3010	Asmita Bavale	P	P	P	P	A	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	27
5	3059	Simranjeet Kaur.	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	A	23
6	3070	Vaishali Bondla	P	P	P	P		A	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	25
7	3079	Namrata Bhandari	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	27
8	3081	Nikita Mishra.	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	A	25
9	3204	Priyanka singh.	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	27
10	3233	Fatema Bhaijee	A	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	A	P	A	A	21
11	3232	Zainab Arif Khan.	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P		P	P	P	P	P	P	P	P	P	28
12	3242	Tanhavi Chayal.	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	A	A	23
13	3243	Soumya Damani.	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	26
14	3256	Sipha Shaikh.	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	27
15	3263	Priya Bhadoriya	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	A	A	26
16	3476	Satonya Show.	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	25
17	3511	Neha Baige	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	A	A	24
18	3624	Vaishnavi G.	P	P	P	P	A	A	P	A	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	A	A	P	P	P	P	A	A	P	20
19	3224	Swathi Yagateeta	A	A	P	P	P	A	A	P	A	P	A	P	P	A	A	A	P	P	A	P	A	P	A	P	A	A	P	A	P	P	P	A	16
20	3629	Poonam Shrivas.	P	P	A	A	P	P	A	A	P	P	P	A	A	P	A	P	P	P	P	A	A	P	P	A	P	A	A	P	P	P	A	P	19
21	3691	Durga Singh.	P	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	24
22	3672	Radha Singh	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	A	P	A	P	P	P	P	A	P	P	P	23
23	3664	Simran Rajpurohit	P	P	P	A	P	P	P	A	A	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	A	A	P	22
24	3687	Shivani Thakur	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	24
25	3651	Mansi. Rathrod.	P	A	P	A	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	25
26	3636	Komal More	A	P	P	P	P	A	A	P	A	P	A	P	P	P	A	P	A	P	P	A	A	P	A	P	P	P	P	A	P	A	P	A	19
27	3077	Sakshi Pardeshi	A	A	P	P	A	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	23
28	3261	Rutuja Naikare.	A	A	P	P	P	A	P	A	P	A	A	P	P	A	P	P	A	P	P	P	A	P	P	A	P	P	A	A	P	A	P	A	18
29	3265	Muskan Sadhwani	A	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	25

ST. MIRA'S COLLEGE FOR GIRLS POONA-411001

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class:

Name of Teacher

Subject:

JUNE — JULY

	Roll no.	Students Name	Days																																		Total
			18	19	20	21	22	23	25	26	27	28	29	30	2	3	4	5	6	7	9	10	11	12	13	14	16	17	18	19	20	21	23	24			
30	4239	khushboo kumari	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P			29
31	6767	Varsha Gupta	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	A	P	A	P	A				27
32	5705	Manisha Damale	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	A	A	P	P	A	P	P	A				21
33	2458	Vishakha Kale.	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	A	P	A	P	P	P	P	P				26
34	6770	Pooja Gupta	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P				27
35	4253	Pushpanjali Yadav	P	P	P	A	P	P	P	A	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A				26
36	4014	Umme Salma	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	10	P	P	A	P	P	P	P	P	P	P	P	A	P				27
37	3679	Deepika Mishra	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A				25
38	3802	kate Lopez	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P				29
39	3628	Renu sharma	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P				28
40	3658	Nawina khan	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P				27
41	3825	Soundarya Pillay	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	A	A				25
42	3625	Hema Pujari	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A				25
43	3614	Monika Jadhav	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P				28
44	3809	Priti Verma	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	A				23
45	3837	Nichola. Lobo.	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	A	P	P	P	P	A				22
46	4851	Pinkey shelvia	A	P	A	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P				25
47	4816	Shweta Meena	A	A	P	A	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P				22
48	4857	Shraddha charan	A	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	A				22
49	4881	Vaidya kanchan	P	P	P	P	P	A	P	P	A	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P				25
50	4812	Khot Shobha	A	P	P	A	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	A		P	P	P	P	A	P	A	P				23
51	4891	Ezzi Poonawala Arwa	A	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	A	P	P	A	P				23
52	4110	Ritika Kamble.	A	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P	P	P	P	P				25
53	3681	Shrutika Pawar.	A	P	P	A	P	A	P	P	A	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P				22
54	2479	Kavita Balhra	A	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A				27

MIRA'S GIRLS' COLLEGE 15, POONA-411001

rjadhav

Ekta Jadhav

Director of Physical Education

Principal Incharge

St. Mira's College for Girls

2018-19

rjadhav

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet (2018-19)

Class: TAEKWONDO ATTENDANCE (SELF DEFENSE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	JULY						AUGUST																										Total
		Days																																
		25	26	27	28	30	31	1	2	3	4	6	7	8	9	10	11	13	14	16	18	20	21	22	23	24	25	27	28	29	30	31		
2219	Rajeshwari Singh	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	A	P	P	A	P	P	P	P	A	P	P	A	A	P	P	P	P	23
2235	Sriradha Gupta	A	P	P	P	P	P	A	P	A	P	A	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	22
2287	Shweta Meshram	P	A	P	P	P	A	P	P	A	P	P	A	P	A	P	P	A	P	P	A	P	P	A	P	P	A	A	P	P	A	P	A	19
3010	Asmita Bavale.	A	P	P	P	A	P	P	A	A	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	P	A	P	A	P	20
3059	Simranjeet Kaur	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	A	P	P	P	A	P	P	A	P	P	A	P	A	P	21
3070	Vaishali Bondla	A	A	P	P	A	A	P	P	P		P	P	A	P	A	P	P	A	P	P	A	P	A	P	P	P	A	A	P	P	P	P	20
3079	Namrata Bhandare.	P	P	A	P	P	A	A	P	P	P	A	A	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	22
3081	Nikita Mishra	A	P	P	A	P	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	P	21
3204	Priyanka singh	P	P	P	A	A	P	P	A	P	A	P	P	P	A	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	22
3233	Fatema Bhaijee	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	25
3232	Zainab Arif khan	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	P	P	25
3242	Janhari chayal	A	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	A	P	P	A	P	P	22
3243	Soumya Damami	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	A	P	A	P	23
3256	Sipha shaikh	A	P	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	A	P	A	P	A	19
3263	Priya Bhadoriya	A	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	24
3476	Satarupa show	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	25
3511	Neha Bange	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	24
3624	Vaishnavi G.	P	P	A	A	P	P	A	P	P	P	P	P	P	P	A	P	A	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	23
3224	Swathi Yagateela	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	25
3629	Poonam shrivas	A	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	24
3631	Durga Singh	P	A	P	P	P	A	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	P	A	P	A	P	P	A	P	P	P	A	22
3672	Radha singh	A	P	P	P	A	P	P	P	P	P	A	P	A	P	A	P	A	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	22
3664	Simran Rajpurohit	P	P	P	A	P	P	P	A	P	A	P	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	A	A	23
3687	Shivani Thakur	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	A	P	P	P	P	P	P	P	A	P	P	24
3651	Mansi Rathod	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	23
3636	Komal More	P	P	P	A	A	P	P	P	A	P	P	A	A	P	P	P	A	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	23
3077	Sakshi Pardeshi	A	P	P	P	A	A	P	P	P	P	A	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	25
3261	Rutuja Naikare	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	28
3265	Muskan Sadhwani	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	27

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS
PUNE-411001

2018-2019

2

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class:

Name of Teacher

Subject:

Roll no.	Students Name	JULY / AUGUST — Days																																Total
		25	26	27	28	30	31	1	2	3	4	6	7	8	9	10	11	13	14	16	18	20	21	22	23	24	25	27	28	29	30	31		
4022	Khushboo Kumari	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29/31
6767	Varsha Gupta	A	P	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	A	A	P	26
5705	Manisha Damale	P	A	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	A	P	22
2458	Vishakha Kale	A	P	A	P	A	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	23
6770	Pooja Gupta	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	A	23
4253	Pushpanjali Yadav	P	A	P	P	A	P	P	P	A	P	P	P	P	A	P	P	A	P	A	P	P	A	P	P	A	P	P	P	P	P	P	P	24
4014	Umme Salma	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	26
3679	Deepika Mishra	P	P	P	P	A	A	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	A	P	P	P	P	P	A	A	22
3802	Kate Lopez	A	P	P	P	A	P	A	P	P	P	A	A	P	P	A	P	P	A	P	A	P	A	P	A	P	P	P	P	P	P	P	P	20
3628	Renu Sharma	P	A	P	A	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	A	P	25
3658	Naumina khan	P	P	P	P	P	A	A	P	P	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	A	A	22
3825	Soundarya Pillay	P	P	P	P	A	P	P	P	A	P	A	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	23
3629	Hema Pujari	P	P	A	A	P	P	A	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	P	A	P	A	P	A	P	A	P	P	20
3614	Monika Jadhav	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	25
3803	Priti verma	A	P	P	P	P	A	A	P	P	A	A	P	P	A	A	A	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	21
3837	Nichola. Lobo	P	P	A	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	A	23
4851	Pinkey Shelvia	P	P	A	P	P	A	A	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	A	21
4816	Shweta Meena	P	A	P	P	P	P	P	A	P	P	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	24
4857	Shraddha Chavan	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	25
4881	Vaidya kanchan	P	A	P	P	P	A	P	P	P	A	P	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	A	P	21
4812	Khot Shobha	P	A	P	A	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	24
4891	Ezzi Poonawala Arwa	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	26
4180	Ritika Kanibile	P	P	A	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	A	P	A	P	A	A	P	P	A	P	P	P	P	A	22
3621	Shrutika Pawar	A	P	P	P	P	P	P	P	P	A	A	P	P	A	P	P	A	A	A	P	P	P	P	P	P	P	P	P	A	P	P	24
2479	Kavita Balhra	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	A	27

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS POONA 411001

rjadhav
Ekta Jadhav
Director of Physical Education.

2018-19

rjadhav
Ekta Jadhav
Director of Physical Edu.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet (2018 - 19)

Class: TAEKWONDO ATTENDANCE (SELF DEFENSE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

SEPTEMBER — NOVEMBER — DECEMBER

Roll no.	Students Name	Days																																			Total
		3	4	5	6	7	8	10	11	12	14	15	17	18	19	20	21	22	19	21	22	24	26	27	28	29	30	1	3	4	5	6	7				
2219	Rajeshwari Singh	P	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	A	P	P	A	P	P	P	P	P	P	P	A	P	P	25			
2235	Sriradha Gupta	A	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	A	A	P	P	A	P	A	A	A	P	P	A	P	20			
2287	Shweta Meshram	P	P	P	P	A	A	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	24			
3010	Asmita Bavale	P	A	P	P	P	P	P	A	P	P	A	P	A	P	P	P	A	P	P	A	P	A	P	A	P	P	P	P	A	P	P	P	22			
3059	simranjeet kaur	A	P	A	P	P	A	P	P	A	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	A	A	A	A	A	A	A	A	16			
3070	Vaishali Bondla	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	27			
3079	Namrata Bhandari	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	26			
3081	Nikita Mishra	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	26			
3204	Priyanka singh	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	24			
3233	Fatema Bhaijee	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	25			
3232	Zainab Arif khan	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	27			
3242	Janhavi chayal	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	A	A	23			
3243	Soumya Damami	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	A	P	25			
3256	Sipha shaikh	P	P	P	P	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	22			
3263	Priya Bhadoriya	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	26			
3476	Saptarupa show	P	P	A	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	25			
3511	Neha Barge	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	27			
3624	Vaishnavi G.	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	A	P	P	P	A	P	26			
3224	Swathi Yagateela	A	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	24		
3629	Poonam Srinivas	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28			
3631	Durga Singh	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	27			
3672	Radha Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	27			
3664	Simran Rajpurohit	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	A	A	25			
3687	Shivani Thakur	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	A	P	P	24			
3651	Mansi Rathod	A	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	A	P	P	23			
3636	Komal More	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	25			
3077	Sakshi Pardeshi	A	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	A	P	P	24			
3261	Rutuja Naikare	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	A	A	A	P	P	A	22			
3265	Muskan Sadhwani	A	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	27			

Principal Incharge
Mira's College for Girls

COLLEGE FOR GIRLS
PUNE-411001

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class:

Name of Teacher

Subject:

SEPTEMBER NOVEMBER DECEMBER

Roll no.	Students Name	Days																														Total
		3	4	5	6	7	8	10	11	12	14	15	17	19	20	21	22	19	21	22	24	26	27	28	29	30	1	3	4	5	6	7	
4239	Khushboo kumari	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	27
6767	Varsha Gupta	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	28
5705	Manisha	A	P	P	P	P	P	A	P	A	A	P	P	P	P	P	P		P	P	P	P	P	P	P	A	A	P	P	P	P	P	25
2458	Vishakha Kale	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	26
6770	Pooja Gupta	P	P	A	P	P	P	A	P	A	P	A	P	A	P	P	P	P	P	A	P	A	A	P	P	P	A	A	P	P	P	P	21
4253	Pushpanjali Yadav	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	28
4014	Umme Salma	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	27
3679	Deepika Mishra	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	P	P	26
3802	Kate Lopez	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	25
3628	Renu Sharma	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	26
3658	Naurina khan	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	26
3825	Soundarya Pillay	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	25
3625	Hema Pujari	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	27
3614	Monika Jadhav	A	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	A	P	P	A	P	P	P	23
3803	Priti Verma	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	27
3837	Nichola Lobo	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	28
4851	Shelvia Pinkey	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	A	25
4816	Shweta Meena	A	P	A	P	A	P	P	A	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	A	A		21
4857	Shraddha charan	A	P	A	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	24
4881	Vaidya kanchan	A	A	A	A	P	P	P	A	A	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	A	P	A	19
4812	Shobha khot	A	A	P	P	P	P	P	P	P	A	P	P	A	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	23
4891	Ezzi Poonawala Arwa	P	P	P	P	A	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	24
4110	Ritika Kamble	A	P	P	A	A	P	P	P	A	A	P	P	P	P	A'	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	A	21
3621	Shrutika Pawar	P	P	A	P	P	P	A	A	P	P	P	P	A	P	P	P	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	23
2479	Kavita Bathra	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	26

MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Ekta Jadhav

Ekta Jadhav
Director of Physical Education

Principal Incharge
St. Mira's College for Girls

2018-19

rjadhav
Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS
Attendance Sheet (2018 - 19)

Class: TAEKWONDO ATTENDANCE (SELF DEFENSE)
Name of Teacher Mr. Balkrishna Bhandari
Subject:

DECEMBER JANUARY

Roll no.	Students Name	Days																															Total
		8	10	11	12	13	14	15	17	18	19	20	21	22	01	02	05	07	08	9	10	11	12	14	15	16	17	18	19	20	21	23	
2219	Rajeshwari Singh	P	P	P	P	P	P	P	P	A	P	A	A	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	25
2235	Sriradha Gupta	A	P	P	A	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	A	23
2287	Shweta Meshram	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	27
3010	Asmita Bavale	P	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	25
3059	Simranjeet kaur	A	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	23
3070	Vaishali Bondla	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	A	P	P	P	25
3079	Namrata Bhandari	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	A	P	26
3081	Nikita Mishra	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	27
3204	Priyanka singh	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	28
3233	Fatema Bhanjee	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
3232	Zainab Arif khan	P	A	P	P	P	P	P	P	A	P	P	A	P	A	A	P	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	22
3242	Janhavi chayal	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	26
3243	Soumya Damami	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	27
3256	Sipha shaikh	P	P	A	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	26
3263	Priya Bhadoriya	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	A	A	24
3476	Satorupa shaw	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	A	P	P	P	A	A	P	P	P	P	24
3511	Neha Barge	P	P	P	A	P	P	A	A	P	P	P	P	A	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	23
3624	Vaishnavi G.	A	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	27
3224	Swathi Yagateela	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	25
3629	Poonam shrivas	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	A	P	A	22
3631	Durga Singh	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	27
3672	Radha singh	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	26
3664	Simran Rajpurohit	A	P	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	24
3687	Shivani Thakur	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	27
3651	Mansi Rathod	A	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
3636	Komal More	P	A	P	P	A	A	P	P	P	A	A	P	P	P	A	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	24
2977	Sakshi Pardeshi	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	25
3261	Rutuja Naikare	A	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	A	23
3265	Muskan Sadhwani	A	A	A	A	P	P	P	P	P	P	A	A	A	P	P	P	P	A	P	P	P	P	P	P	A	P	A	P	P	A	P	A	19

Principal Incharge
St. Mira's College for Girls
POONA-411001

2018-19

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class:

Name of Teacher

Subject:

DECEMBER. JANUARY.

Roll no.	Students Name	Days																															Total
		8	10	11	12	13	14	15	17	18	19	20	21	22	01	02	05	7	08	9	10	11	12	14	15	16	17	18	19	20	21	23	
4239	khushboo kumari	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	26
6767	Varsha Gupta	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	28
5705	Manisha	P	P	P	A	A	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	24
2458	Vishakha Kale	P	P	P	A	A	P	P	P	P	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	26
6770	Pooja Gupta	•	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	28
4253	Pushpanjali Yadav	P	P	P	P	A	P	P	P	A	A	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	26
4014	Vranne Salma	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	A	P	27
3679	Deepika Mishra	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	27
3802	Kate Lopez	A	P	P	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	23
3628	Reny sharma	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	28
3658	Nauma khan	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	28
3825	Soundarya Pillay	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	27
3625	Hema Pujari	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	28
3614	Monika Jadhav	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	25
3803	Priti Verma	A	P	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	25
3837	Nichola Lobo	P	A	P	P	P	A	A	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	22
4851	Shelvia Pinkey	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	A	24
4816	Shweta Meena	P	A	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	23
4857	Shraddha chavan	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	26
4881	Vaidya kanchan	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	26
4812	Shobha Khot	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	27
4891	Ezzi Poonawala Arwa	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	26
4110	Ritika Kamble	P	P	A	A	P	P	P	A	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	A	P	P	23
3621	Shruti ka Pawar	A	P	P	P	A	A	P	P	P	A	A	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	A	21
2479	Kavita Balhra	P	A	A	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	23

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS

JR

Principal Incharge
St. Mira's College for Girls

2018-19

Ekta Jadhav
Director of Physical Edu.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet (2018-19)

Class: TAEKWONDO ATTENDANCE (SELF DEFENSE).

Name of Teacher Mr. Balkrishna Bhandari.

Subject:

Roll no.	Students Name	JAHUARY						FEBRUARY																						MARCH			Total
		Days																															
		24	25	28	29	30	31	01	02	04	06	7	8	9	11	12	13	14	15	16	18	20	21	22	23	25	26	27	28	1	2	5	
2219	Rajeshwari Singh	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	27
2235	Shiradha Gupta	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	26
2287	Shweta Meshram	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
3010	Asmita Bavale	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	28
3059	Simranjeet kaur	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	28
3070	Vaishali Bondla	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	26
3079	Namrata Bhandari	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	A	P	P	P	P	P	P	P	P	P	P	P	25
3081	Nikita Mishra	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	27
3204	Priyanka singh	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	28
3233	Fatema Bhajel	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	29
3232	Zainab Arif khan	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	A	P	P	P	P	28
3242	Janhavi chayal	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	29
3243	Soumya Damani	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	27
3256	Sipha Shaikh	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	27
3263	Priya Bhadoriya	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	28
3476	Satarupa shaw	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	28
3511	Neha Barge	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	29
3624	Vaishnavi G	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
3224	Swathi Yogateeta	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	26
3629	Poonam shrivas	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	A	P	P	P	P	24
3631	Durga singh	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
3672	Radha sing	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	28
3664	Simran Rajpurohit	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	30
3687	Shivani	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	29
3651	Mansi Rathod.	A	P	A	P	P	P	A	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	A	23
3636	Komal More	P	P	P	A	P	P	P	P	P	A	A	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	23
3077	Sakshi Pardeshi	A	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	26
3261	Rutuja Naikare	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	P	P	A	P	A	A	P	P	P	A	P	P	23
3265	Muskan Sadhwani	A	P	P	P	A	P	P	P	P	P	A	A	P	A	P	A	P	P	P	A	P	P	P	P	A	P	A	P	P	P	A	25

Principal Incharge
St. Mira's College for Girls

St. Mira's College for Girls

2018 - 19

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet

Class:

Name of Teacher

Subject:

Roll no.	Students Name	JANUARY / FEBRUARY / MARCH — Days																																Total
		24	25	28	29	30	31	01	02	04	06	07	08	9	11	12	13	14	15	16	18	20	21	22	23	25	26	27	28	1	2	5	
4239	Khushboo kumari	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	26
6767	Varsha Gupta	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	26
5705	Manisha Damale	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	25
2458	Vishakha Kale	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	26
6770	Pooja Gupta	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	27
4253	Pushpanjali Yadav	P	A	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	23
4014	Umme salma	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	A	P	P	A	P	P	24
3679	Deepika Mishra	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	25
3802	Kate lopez	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	26
3628	Renu sharma	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	27
3658	Naurina khan	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	23
3825	Soundarya Pillay	P	P	P	P	P	P	P	A	P	P	A	P	P	P	A	P	A	P	P	A	P	A	P	P	A	P	P	P	P	P	A	22
3625	Hema Pujari	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	25
3614	Monika Jadhav	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	27
3809	Priti verma	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	26
3837	Nichola Lobo	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	A	P	24
4851	Pinkey shelvia	P	P	P	P	A	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	25
4816	Shweta Neena	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	25
4857	Shradha chavan	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	26
4881	Vaidya kanchan	A	P	P	P	P	P	A	P	A	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	A	P	P	P	P	A	22
4812	Khot shobha	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	A	A	P	P	A	P	A	P	P	A	P	A	P	P	P	P	22
4891	Ezzi Poonawala Rowa	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	26
4110	Ritika kamble	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	26
3621	Shrutika Pawar	P	A	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	A	P	P	23
2479	Kavita Balhra	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	24

Principal Incharge
St. Mira's College for Girls

Rjadhav
Ekta Jadhav
Director of Physical Education.

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

Department of Accountancy
Report -Social Outreach
2018-19

St. Mira's College for Girls, Department of Accountancy under their Social Outreach initiative motivated their students to give back to society in their own capacity!
DeepGriha Activities:

- The Department has signed **Memorandum of Understanding**with NGO's **'DeepGriha Society'**
  - The students were oriented towards rendering a helping hand to children of day care center at DeepGriha. The students volunteered for**Educational coaching** for commerce subjects like Accountancy, Banking, Economics and English.
  - The students also volunteered for conducting**Monthly picnics** conducted for Crèche children of all three centers of DeepGriha Society at Tadiwala Road, Ramtekdi and Bibwewadi.
  - Students **sponsored a stall** for Deep Griha at Mira Bazar, helping the members to generate income. Volunteers helped at the Mira Bazaar stall put by Deepgriha Women entrepreneurs.
  - Volunteers helped in **filing and documentation** at DeepGriha
  - **Social Service** by TY BCOM A,B and C Div. involved:
    - Collection and donation of old toys for the inmates
    - Donation of new Toys and 2 Durries for the Crèche children
    - Stationery items and Groceries items like Rawa, Oil, Sugar donated by Faculty
    - Volunteers prepared and served Breakfast and Lunch for the 100 children of the Crèche at Deep Griha.

  - A session on **'Personal Hygiene during menstruation'** by Dr. Geeta Bora, founder of Spherule Foundation, organized by the department faculty at DeepGrihaforthe women of the slums of Tadiwala Road.

- The Department also signed a **Memorandum of Understanding** with NGO **Spherule Foundation.**

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

The students were encouraged to take up volunteer ship at Spherule Foundation.

- Spherule Foundation founder, Dr. Geeta Bora trained the 20 studentvolunteers under the 'Train the Trainer' Programme -
- A total of 11Second year BCOM students took seven different sessions in PMC schools in Chakan, Kothrud, Yerawada and Dhanori to create awareness regarding menstrual hygiene

Coordinator
Dr. Dimple Buche

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

2018-19

Deep Griha Society

Family Welfare Centre, 13 Tadiwala Road, Pune 411 001, Maharashtra, INDIA
www.deepgriha.org deepgriha@gmail.com +91 20 40187373

9 September 2021

To
Principal,
St. Mira's College for Girls,
Pune – 411 028

Subject: Acknowledgement letter of St. Mira's College for Girls' student participation in Deep Griha activities in 2018-2019

Dear Madam,

As you are aware Deep Griha Society has been working with low-income communities towards community development, through educational, healthcare and livelihood skills training initiatives. We are grateful for the support of the extended community as we work towards our vision.

Students from St. Mira's College for Girls, Department of Accountancy, participated in our endeavor by conducting various educational and fun activities with our participants in the year 2018-2019.

Here is a list of outreach activities conducted at Deep Griha Society, Tadiwala Road, Pune

Activity	**Number of students participated in such activities**
Educational Coaching	08
Monthly Picnics for Crèche children	30
Entrepreneurship, Marketing and Sales guidance	04
Filing and Documentation	04
Personal Hygiene during menstruation	Faculty of Department of Accountancy and Spherule Foundation
Breakfast and Lunch preparation and Donation of toys, Durries Stationery and Groceries	15
Total	61

Thank you for your continued support over the years and we look forward to your continued participation in the years to come.

DEEP GRIHA SOCIETY PUNE 13, TADIWALA ROAD

ST. MIRA'S COLLEGE FOR GIRLS POONA-411001

Ashlesha Onawale
Director
Deep Griha Society

Principal Incharge
St. Mira's College for Girls, Pune.

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

Department of Accountancy
Social Outreach at DeepGriha Society, Tadiwala Road, Pune
2018-19
List of Volunteers (61)

Sr.No.	Activity		Volunteers	
1.	Educational Coaching	1.	Heena Sheikh 5	6. Gladys
		2.	Aditi Singh 6	7. Neeta Bishnoi
		3.	Mansi Sail 7	8. Sudipta Das
		4.	Ananya 8	9. Tanisha Gupta
2.	Mira Bazaar-Entrepreneurship, Marketing and Sales Guidance	1.	Holkar Shivani Sanjay	
		2.	GhodekarHarshada Sharad	
		3.	Pawar Pranali Francis	
		4.	Mohite MonaliUttam	
3.	Filing and Documentation	1.	Chavan Smita Anil	
		2.	Magar Rasika Ramesh	
		3.	Manisha Vishvakarma	
		4.	GosaviSnehal Rajendra	
4.	Monthly picnic of DeepGriha Crèche children	1.	Gaikwad SnehalSukhadev	16.Anjali
		2.	Manasi Vilas Sail	17.Binisha
		3.	Shinde Ankita Sanjay	18.Kirti Rani
		4	Aditi Singh	19.Naznin
		5	Amandeep Kaur	20.Pratibha
		6	Anamika	21.Renu Bhatt
		7	Mansi Sail	22.Shivani
		8	Neeta	23.Abinaya Iyer
		9	Pinky Mali	24.Ananya
		10	Sayali Bhosle	25.Ashwini Uthrelu
		11	Shanon Raphael	26.Jesah
		12	Shweta	27.Narayani
		13	Nirmala Choudhary	28.Neha Bamboli
		14	Pranali	29.Renuka Sethiya
		15	Priyanka Tyagi	30.Sanika
5.	Social ServiceTY BCOM A,B and C Div. – Breakfast	1.	Nikita Amrale	9.Khushboo Kumari
		2.	Simrath Kaur	10.Tamboli Maseera Sameer

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

	preparation and Donation of Toys and Grocery items	3.	Sathe Deepali Mukesh	11.Patil Punita Pandurang
		4.	Patil Sonal Shivaji	12.Naznin Banu
		5.	Dasgude Unnati Popat	13.Renu Rawat
		6.	Kombiniyar Priyanka Gopal	14. Kalbhor Nikita Dattatray
		7.	Chaudhari Aishwarya Ashok	15. Kate VaishnavibenBharatbhai
		8.	Vaishnavi Yadav	
6.	Awareness session on 'Personal hygiene during menstruation' by Dr. Geeta Bora.		Dr. Dimple Buche(faculty)	

Coordinator
Dr. Dimple Buche

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

St Mira's College for Girls, Pune

SOCIAL OUTREACH INITIATIVE WITH SPHERULE FOUNDATION

'Train the Trainers' for Menstrual Hygiene program at PMC schools

Orientation on 09-02-2019

VOLUNTEERS LIST

Sr.No	Name	SY BCOM Division	Roll No	Contacts No.	Sign
1	AkankshaKamthe	C	4040	7507559201	
2	Aditi Goel	C	4039	9657816409	
3	AmrutaChavan	A	3611	7057626481	
4	BhavanaBoiri	C	4072	9967261704	
5	KalpanaSingh	C	4002	83292 11185	
6	DikshitaPhutane	B	3874	9096355305	
7	ReenaShinde	B	3849	7410501718	
8	Kajal Mishra	B	3893	8999452841	
9	NidhiJha	B	3898	7028547832	
10	Shweta Kshirsagar	B	3896	7058684314	
11	AarohiGangras	C	4034	82088 71929	
12	RuchiraKawade	B	3819	9921734577	
13	SanskrutiiKawade	B	3864	7218223287	
14	Monika Shinde	B	3811	9145426637	
15	AratiMandade	B	3828	9075760459	
16	ShruthiPraveen	B	3829	8805940193	
17	SafiaKhatun	B	3858	8698989626	
18	PriyankaYadav	C	4111	90676 38245	—
19	Kajal Pande	A	3671	9767141615	
20	SImranLanga	A	3678	9823677336	
21	Sushmita Chakraborty	A	3670	87239 03661	

TOTAL STUDENTS – (20)

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

9/Feb/2019

Principal Incharge
St. Mira's College for Girls, Pune.

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

Department of Accountancy-
Social Outreach Activity- Spherule Foundation
2018-2019
List of Student Volunteers

S. No	Date	Name / Class - SYBCOM	Div	R.No	Name of the School where 'Awareness session on menstrual hygiene' was conducted
1	14 February 2019	AkankshaKamthe	C	4040	ZillaParishadPrathmik School, KhrabwadiTalukaKhed,pune Maharashtra 410501
		Aditi Goel	C	4039	
		Kalpana Singh	C	4002	
2	22 February 2019	Sushmita Chakraborty	A	3670	ChatrapatiSambhajiPrathmik School KarveChowk,Kothrud, Pune, Maharashtra 411038
		SafiaKhatun	B	3858	
		Aditi Goel	C	4039	
3	15 March 2019	Aditi Goel	C	4039	KVD GhateVidyamandir Phulenagar, Yerawada, Pune, Maharashtra 411006
		AarohiGangras	C	4034	
		BhavanaBoiri	C	4072	
		Shweta Kshirsagar	B	3896	
4	16 th March 2019	SafiaKhatun	B	3858	K.BaburaomadhvraoTingre82/5, Dhanori Rd, Parande Nagar, DhanoriParande Nagar, Dhanori Pune, Maharashtra 411015
		ReenaShinde	B	3849	
		DikshitaPhutane	B	3874	
		Shruthi Praveen	B	3829	
5	16 th March 2019	AkankshaKamthe	C	4040	SantDnyaneshwarPrathmikVidyalayaHusen Shah Baba Rd, Chavan Nagar, Pratik Nagar, Mohanwadi, Yerawada, Pune, Maharashtra 411006
		AarohiGangras	C	4034	
		Sushmita Chakraborty	A	3670	
6.	26th May 2019	Safia Khatun & Shruthi Praveen	B B	3858 3829	Labour Camp in Vadgaosheri alongwith Zaptech India Ltd.
7.	28th May 2019	Safia Khatun & Shruthi Praveen	B B	3858 3829	NIBM (kondwa alongwith Zaptech India Ltd. and TIARA Miss India Pageant participants

TOTAL STUDENTS – 11

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Coordinator
Dr. Dimple Buche

Principal Incharge
St. Mira's College for Girls, Pune.

Spherule Foundation

This certificate is awarded to

Safia Khatun

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Dr. Geeta Bora
Founder & Director

01 April, 2019

Principal Incharge
St. Mira's College for Girls, Pune.

Deepesh Kuruppath
Director

Spherule Foundation

This certificate is awarded to

Shruthi Praveen

for her contribution for our initiative "Let's Talk about Periods" on Menstrual health and hygiene for underprivileged school children. She also did end to end event management required for NGO programs.

Certificate of Achievement

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

Dr. Geeta Bora
Founder & Director

01 April, 2019

Deepesh Kuruppath
Director

KINDLE THE LIGHT

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/IQAC/2018-19/31 **Date:-06/12/2018**

CIRCULAR

Mira Bazaar- an Entrepreneur Show by Centre for Women Entrepreneurship is to be organized on **17/12/2018**. For stalls and other details of the event, please contact the Coordinator and CWE Team.

Dr. Rama Venkatachalam
Coordinator- CWE

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune
Autonomous-Affiliated to Savitribai Phule Pune University
Report_CWE Mira Bazaar 2018

Mira Bazaar is the annual event of St. Mira's College for Girls that provides a platform for students to showcase their entrepreneurial skills. It is an initiative by the Centre for Women's Entrepreneurship (CWE). The Centre seeks to achieve the spirit of entrepreneurship through educational programs, events, activities and research. Connecting theory with practice, the aim is to infuse Entrepreneurial thought and action through co-curricular activities and Mira Bazaar is one such activity. This year, the event was organised on 17th December. The chief guests of the event were Ms. Gauri Dholepatil & Ms. Noopur Pawar, organizers of Kalagram Exhibitions. The judges of the event were Ms. Shweta Shah, founder of Red Heart Company along with Ms.Vanita Naraindas, founder of Make Magic Events. The enthusiasm and energy of the young and passionate students could be felt in the atmosphere. The bazaar aimed at inculcating a practical mindset and creative expression of their business plans & provided all the stall holders with a realistic business experience. There were 50 stalls in the bazaar that showcased a wide range of variety of commodities from food items like the Bihari litti chokha, chaat, biscuit pizza, fries, pavbhaji and others to clothing items like lehenga & services like hair styling and henna art. The Green Club stall gained maximum popularity having a jumble sale of pre-owned clothes. This year the bazaar witnessed the participation of various NGOs like Ishanya Foundation, Deep Griha Society, Prayatna Foundation & Help Life Foundation where products made by the underprivileged part of society were on sale. This was an endeavour to establish a platform for enriching, nurturing and raising women of substance with strong sense of independence, not only in a way of living but also in leading. The inclusion of NGOs, leagues the students' passion and determination with the strength of all the feminine voices seeking support. The bazaar gathered a huge crowd of over 1700 visitors. The bazaar proved to be a grand success with all the students motivated by stock clearance & profit. The event ended on a high note with the commitment of a bigger and better event next year in praise of the entrepreneurial spirit. 617 students participated in Mira Bazaar.

Dr. Rama Venkatachalam
Coordinator-CWE

ST. MIRA'S COLLEGE FOR GIRLS * POONA 411001 *

Principal Incharge
St. Mira's College for Girls

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

Mira Bazaar - an Entrepreneur Show by CWE

Date: 17th December 2018





ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001 • ST.

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

SADHU VASWANI MISSION'S
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Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

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

Circular No:- G15/IQAC/2018-19/102 **Date:- 17/01/2019**

CIRCULAR

Department of Student Welfare is organizing three day program on Nirbhay Kanya Abhiyan Workshop from 21st to 23rd January 2019 in A. V. Room from 10am to 4 pm. There are limited seats so those who are interested give their names to Hasina Shaikh or Manjita Kulkarni.

Attendance for all the sessions is compulsory

Hasina Shaikh
Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

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

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Student Welfare (2018-19)

Nirbhay Kanya Abhiyan Workshop (21st -23rd January 2019)

Nirbhay Kanya Abhiyan workshop was organized in St. Mira's College from 21st to 23rd January 2019 with an objective of inculcating fearlessness among girl students. Fearlessness is seen as an important personality trait which refers to both a physical and mental ability to control and cope up with one's social environment. In case of girls, who face the gender bias in all walks of life it is a great challenge to inculcate the value of fearlessness. In recent years, when on one hand we see women working in all fields equally with men, the incidences of abuse and violence against women are also consistently rising. For becoming a fearless women, a girl does not only requires education, social or family support but also be financially independent. So, a campaign like Nirbhay Kanya Abhiyan is very essential in helping students understand structural constraints that restrict their freedom and learn ways and strategies to deal with them.

On 21st January 2019, the Abhiyan was inaugurated at the hands of **Dr.Shalini Iyer, Vice-Principal of St. Mira's College.** In the inaugural session Prof. Manjita Kulkarni welcomed the participants and presented the details of three day's programme. Prof. Hasina Shaikh explained the importance of the campaign and appealed to students to participate wholeheartedly and make efforts to change oneself in the direction of fearlessness. Total 100 students took advantage of the sessions.

The first session was on **Health and Diet** conducted by **Dr. Anjum Shaikh, a specialist in health issues of young girls and women.** She explained the importance of diet and nutrition for adolescence. She explained the meaning of diet, its vital nutrients for survival and helps the body function and keeps healthy. She explained the importance of protein, carbohydrates and fats. She gave number of examples for healthy diet in day to day life. She suggested students to have milk, fruits, vegetables etc. It was an interactive session where students asked their queries regarding health, weight loss and weight gain. She even focused on physical fitness with the help of exercises and diet. She guided the students for diet plan and asked them to follow for maintaining health. She insisted that small meals at small intervals are good for health. She even told the students to get their tiffins and don't have junk food, as it is not good for health. Overall, the session was very inspiring for the students.

The second session was on **Self- Defence** conducted by **Mr. Balkrishna Bhandari, Sports Coach and Taekwondo Expert.** Mr. Bhandari first explained how self defense is very closely related to self-confidence. He said that in today's world when incidences of abuse and violence against women is consistently increasing, the first and obvious reaction of the family is to increase restrictions on girls. This affects their self-confidence. Instead, if the girls are taught to protect themselves, they can move around without any fear. Mr. Bhandari then showed simple means of self-defence which the girls can use to protect themselves in regular situations like bus travel. Then he demonstrated self-defense tactics to be used in situations of physical violence or

HASINA SHAIKH
COORDINATOR

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

eve-teasing involving physical abuse. He showed how simple techniques using one's reflects can be employed to defend oneself. Mr. Bhandari then demonstrated with the help of volunteers some very useful self-defence actions which the girls have to learn only through regular practice. He then conducted an elaborate practice session for students of all self-defence tactics he had shown. At the end he said that self-defence exercises must be practiced on a regular basis and not remain only at a workshop level where most participants forget it very quickly. Girls promised that they will imbibe it properly as they have understood the importance of self-defence.

The first day programme was concluded with vote of thanks by Prof. Manjita Kulkarni.

2nd Day, 22nd January 2019

On the second day of the workshop, the programme began with the first session on presentation by **Dr. Rama Venkat**, co-ordinator of Centre for Women Entrepreneur Cell (CWE) and by **Prof. Abradhita** , members of CWE at St. Mira's College Pune.They informed the students about the establishment of CWE, its purpose and what are the activities that the cell undertakes. They encouraged the students to attend the programmes organized by them like guest for girls, lectures, field visits, etc. They even appealed if the ex-students or they themselves are interested to start their self-employment then assistance can be given by guiding them in all aspects.

The second session was on **Financial Employment** was conducted by **Mrs.Chaitrali Honap, an Entrepreneur** running her own jewellery creation. She demonstrated how to make jewellery in a very easy way. She explained raw materials to be used . Then step by step the procedure was narrated as well as she was practically doing it. She asked some students to come forward and do it practically so that they can get hands on experience. She explained the financial and marketing strategies. She guided the students regarding the availability of the material required for making perfumes. She also threw light on her journey of becoming a successful entrepreneur. All the students were influenced by this session

The third session was on **Self- employment for women** that was conducted by **Mrs. Rashi Deshpande, a successful Entrepreneur**. The session threw light on her beautiful world of creativity which includes home décor, handmade jewellery , craft, gifting ideas, with an endless list of excellent ideas. She shared some glimpses from her journey of becoming a successful entrepreneur. The students were inspired by her unique creative ideas and were influenced on being an independent and successful self employed women who can fearlessly overcome the hurdles that comes in the way of travelling at the at the peak of success.

The second day was successfully concluded by conveying vote of appreciation to all the resource persons by Prof. Manjita Kulkarni

HASINA SHAIKH
COORDINATOR

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls

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

3rd Day, 23rd January 2019

On third day, the first session was on Women security conducted by **a team of Lokayat, a NGO working in the field of gender equality and community development.** The first speaker was **Mrs. Alka Joshi, a member at Lokayat**. The session involved making girls aware about the structural constraints in form of patriarchy and discussing strategies to fight against the gender bias. At the beginning of the session, she narrated two stories regarding women security, it lead to an impressive discussion..

It helped students to open up and share their experiences. Mrs. Alka Joshi explained how violence against women is deeply rooted in the patriarchal structure. She said that women are still treated as part of family or community and not as independent individuals. She further stressed the need to build support groups of youth to bring in change at social level.

The second session was on **Law and Women** conducted by **Mr. Mayur Gangawane, a member of Lokayat.** He created awareness about law related to women. He also explained the importance of law education for women security. He also expressed the need to look at women as free individuals and create an environment in which they can live independently. He shared her experiences at her workplace which inspired the students. The queries of the students were satisfied with appropriate examples . He addressed the work of Lokayat in bringing Gender Equality and appealed students to attend their programmes which are aimed at inculcating values of equality, democracy and social justice.

The three days programme were concluded by the expressive note by some of the students. The vote of thanks was given by Prof. Manjita Kulakarni.

Mrs. Hasina Shaikh
Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

G. H. Gidwani

Dr. G. H. Gidwani
Principal

St. Mira's College For Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Student Welfare (2018-19)

Nirbhay Kanya Abhiyan Workshop Photos (21st to 23rd January 2019)





Ms. Hasina Shaikh
Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani
Principal

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

List of Students

Name of Coordinator: Hasina Shaikh

Name of Event: Nirbhay Kanya Abhiyan Workhsop **Date of Event: 21st to 23rd January 2019**

SR. No.	NAME
1	SOLANKI GEETANJALI MANIKLAL
2	AHMED CHANDANI NAIMUDDIN
3	MAYURI PRAKASH TAMCHIKAR
4	NAIK AKANSHA GOVIND
5	DHILOD NEHA VINOD
6	MONU SINGH
7	THAPA M KALI
8	RAJPUROHIT PANKAJKUMARI
9	BANSODE PRATIKSHA RAJAN
10	PAWAR KRUPA SUSHIL
11	PURI JAANHVI NAVIN
12	SREEPRIYA MURGANANDAN
13	NAIR SANJANA MANOJ
14	AHLUWALIA SRISHTI MANMOHAN
15	KAMBLE POOJA
16	JAGTAP
17	SINGH ARUNA
18	SHAIKH ALFIYA RAFIQ
19	MIRWANI SIMRAN
20	SONAL SINGH
21	DIKSHARANI ABHASH SINGH
22	GATHANI RAJESH HEER
23	RAMGHARIA RAVNEETKAUR
24	SUNELWALA ALEFIYA KUTUBUDDIN
25	NIKAM PRESHITA RAJU
26	POONAWALA SAKINA ZOHER
27	POONAWALA TASNEEM ZOHER
28	GAIKWAD DARSHANA PRAKASH
29	DAS AVANTIKA
30	NILOUFER SAIFUDDIN
31	KAZI ANAM MOHOMMAD ASIF
32	GARTIA TWINKLE
33	DESAI MRINAL SNEHAL
34	MANDIWALA FATEMA FIROZ
35	NAGARWALA BATUL ALIASGAR
36	MOMIN TAIMEEN IMTIYAZ
37	MAJU ARSHA S
38	KARACHIWALA NAFISA SHABBIR

St. Mira's College for Girls * Poona-411001 *

Principal Incharge
St. Mira's College for Girls

HASINA SHAIKH

39 JOHNSON MICHELLE
40 PIPPIN MAYFORD OLIVIA
41 ANNU RANI
42 AGARWAL PRACHI
43 SINGH POOJA
44 MUSANI ALISHIA ABBAS
45 PANDEY AKANKSHA
46 RAJPUROHIT SHUSHMITA
47 DHAMALE SHRADDHA VITTHAL
48 PAL SHALINI
49 KHANDVE AISHWARYA SUBHASH
50 KHANDVE PRADNYA VIJAY
51 GOPNARAYAN YOGITA DHARMA
52 SHIRSAT PRIYANKA RAMDAS
53 KALE KAJAL KISHOR
54 JADHAV ARCHANA PRAKASH
55 MALSHIKARE PRADNYA PANDIT
56 KASBE REKHA ANKUSH
57 SATHE JYOTI DNYANESHWAR
58 SHAIKH SHABANAM HANIF
59 JADHAV NAYAN VIJAY
60 DHANAWADE PRATIKSHA HARIBHAU
61 SHAIKH SALIMA RAFIK
62 MULBHARTI SHRUTI RAMESH
63 gaikwad shivani anil
64 sonawane dhanashri pradeep
65 JADHAV POOJA BALU
66 pandit devyani deepak
67 Sanas Kadambari Rajendra
68 CHAVAN SONALI SANJAY
69 Domale Manisha Jagpal
70 Bagadi Neha Rakesh
71 KALE PRATIKSHA CHANDRAKANT
72 Kardile Priyanka Sanjay
73 SALVE SONALI SAHADEV
74 CHAVAN pooja vitthal
75 GAIKWAD MRUNALINI DINKAR
76 PATIL SUSHAMA JAGANNATH
77 PAYKE POOJA TUKARAM
78 kakade pornima navnath
79 PALEKAR SAPNA SHIVAJI
80 SHINDE ANITA BHARAT
81 PAWAR TEJASHREE ANIL
82 UBALE BHARATI RAVINDRA
83 Salve Surekha Navnath
84 NIKALJE VARSHA DNYNESHWAR
85 Shinde Priyanka Jagan
86 ASHTAGE AMBIKA MAHENDRA
87 GAWARI MAYURI BALASAHEB
88 PUNJABI KARISHMA DEEPAK

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Hasina Shaikh
Coordinator

Principal Incharge
St. Mira's College for Girls

89 CHAITTIBOINA SHRAWANTI NAGESWARAO
90 KARDE SHATAKSHI RAJESH
91 CHAUHAN SHWETA VINOD
92 Shaikh Kausar Salim
93 SHETTY SUYOSHA RAJESH
94 SHARMA SAANCHI ANURAG SHARMA
95 RAHEJA SIMRAN SUJIT
96 SASANE RITIKA ANKUSH
97 kamble Aishwarya vijay
98 RAJPAL NAMITA GHANSHYAM
99 KAMBLE RAVEENA YASHWANT
100 NITIN NORTON GRACY NITIN NORON

Total 100 Students

Hasina Shaikh
Coordinator

Principal Incharge
St. Mira's College for Girls



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
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7.1.1

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

Circular No:- G15/IQAC/2017-18/88 **Date:-** 01.02.2018

CIRCULAR

On 5th February 2018 a Guest lecture on 'Safety Mapping' will be organized by the Sociology Department at 12 pm in AV room.

Dr. Vaishali Diwakar
Co-ordinator

ST. MIRA'S COLLEGE FOR GIRLS ★ POONA-411001 ★

G.H. Gidwani
Dr. Gulshan Gidwani
Principal

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – "gender and public spaces: safety mapping and beyond"

Date	Student's participated	Topic
05.02.2018	30	"gender and public spaces: safety mapping and beyond"

Speaker: Deepa Tak and Sneha Gole

On 5thFebruary a workshop on "gender and public spaces: safety mapping and beyond" was conducted by Sneha Gole and Deepa Tak of the KSP Women's Studies Centre, SPPU. The workshop discussed the issue of safety of women and tried to critically map the different discourses around it. Through discussions around film clippings etc. it was argued that while safety is an important issue for women, often discourses of safety focus on maintaining sexual purity of women. Thus, the discourse of safety instead of being located within the framework of equal access to public spaces and equal rights as citizens, gets articulated within a framework of izzat, modesty and sexual purity of women. The students also did safety mapping of their own spaces, including the roads leading to the college, their neighbourhoods etc. to identify the contexts, people, places which are unsafe/ make them uncomfortable/ are seen as risky. Through the role playing exercises, a discussion was initiated around what women can do if they find themselves in vulnerable situations, how they can plan for their own safety. Through the discussions, the issue of exhibitionism, of men masturbating in the lanes around bund garden was highlighted, as an experience many girls faced.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

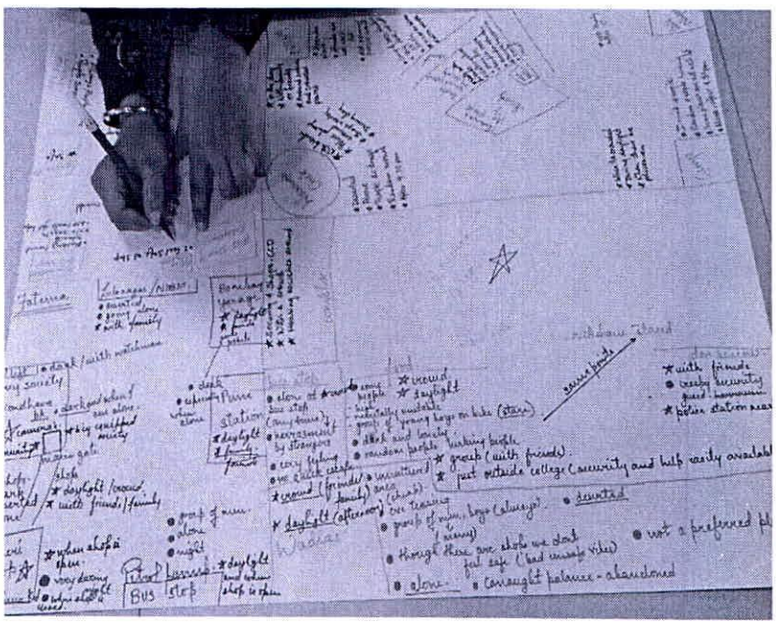
Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune
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7.1.1

On 5th February a workshop on "gender and public spaces: safety mapping and beyond" was conducted by Sneha Gole and Deepa Tak





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KINDLE THE LIGHT

SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
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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

7.1.1

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

Circular No:- G15/IQAC/2017-18/89 **Date:-** 24.08.2017

CIRCULAR

On 28th August 2017 a Guest lecture on 'Eves teasing' will be organized by the Sociology Department at 10.30 am in AV room.

Dr. Vaishali Diwakar
Co-ordinator

St. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Dr. Gulshan Gidwani
Principal

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – Eve Teasing through Films

३.१.१

Date	Student's participated	Topic
28.08.2017	35	**Eve Teasing through Films**

Speaker: Lokayat Foundation

- Lokayat conducted a workshop on Eve teasing through films on 28th August 2017. The team from Lokayat mainly focused on issues of masculinities, boy's attitude and consequences of eve teasing. During the interactive session, the team challenged many myths operating in the society like girl's provocative dressing encourages sexual crimes related to women in our society. The workshop also included the screening of documentaries on eve teasing and the consequences for girls. The documentaries also helped students to see reality especially when many girls have to leave their education because of the eve teasing.The last part of the workshop consisted a brain storming session with students to find out the solutions to reduce the incidents and the methods to reorient the boys to rethink the concept of masculinity.

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7.1.1

Lokayat conducted a workshop on Eve teasing through films on 28th August 2017



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7.1.1

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

Circular No:- G15/10 AC/2018-19/112 **Date:-** 14/07/2018

CIRCULAR

On 21st July 2018 an orientation lecture on Understanding Patriarchy will be organized by the Sociology Department at 8.30 am in the sanctuary.

Dr. Vaishali Diwakar
Co-ordinator

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Dr. Gulshan Gidwani
Principal

St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
A Report – Understanding Patriarchy

7.1.1

On 21st July, **Ms. Sneha Gole** from Women's Studies Center conducted an orientation session on 'Understanding patriarchy'. She explained patriarchy as a basic social structure that defines men and women differently. She pointed out to the difference between sex and gender and gender as a social construct. She focused on the close link between gender and culture and explained how culture refers to the construction of every-day life.

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On 21st July 2018an orientation lecture on Understanding Patriarchy



ST. M'S A'S COLLEGE FOR GIRLS * POONA-411001 *

Principal Incharge
St. Mira's College for Girls, Pune.

KINDLE THE LIGHT

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

GIS/IQAC/2017-18/02

Date:-24.6.2017

CIRCULAR

The College is conducting Regular Self Defense Training for the students of all classes from 1st July 2017. Mr. Balkrishna Bhandri, Taekwondo Coach is going to take the Regular Defense Training for the students. Those who are interested have to enroll their names to Mr. Balkrishna Bhandri sir or Ms. Ekta Jadhav, Director of Physical Education.

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Report- Self Defence Activity

2017-18

The department of Physical Education and Sports conducted the Self Defence Training program for all the students for entire academic year in the morning session. The various taekwondo techniques and self-defence were taught to the students so that they can do their defence in critical situations. This year 52 students from first year, second year and third year had taken advantage of the course program. The trainer was Mr. Balkrishna Bhandari who is a taekwondo coach. The training was very effective that many of the students have improve their physical fitness level and also received black belt in Taekwondo.

Ms. Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls

2017 - 18

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017 - 18

Class: TAEKWONDO ATTENDENCE (SELF DEFENSE)

Name of Teacher Mr. Balkrishna Bhandari.

Subject:

Total Participants - 52

JUNE JULY

	Roll no.	Students Name	Days																														Total (31)
			26	27	28	29	30	1	3	4	5	6	7	8	10	11	12	13	14	15	17	18	19	20	21	22	24	25	26	27	28	29	31	
1	3406	Renu sharma	P	A	P	P	A	A	P	A	A	P	P	P	A	P	P	P	A	P	P	P	P	A	A	P	A	P	A	P	P	P	A	19
2	3237	Aakanksha kamthe	A	P	P	P	P	P	P	P	A	P	A	P	A	P	A	P	P	A	P	A	P	P	A	P	P	A	P	A	P	P	P	21
3	3242	Aditi Goel	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	A	P	P	P	A	P	A	A	P	A	P	A	A	A	A	A	18
4	3281	Simram Rajpurohit	P	P	P	P	P	P	A	P	A	A	A	P	P	P	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P	P	P	26
5	3288	Radha Singh	A	P	P	P	A	P	A	A	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	25
6	3290	Mansi Rathod	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	27
7	3293	kate Lopez	P	P	A	P	P	P	A	A	P	P	P	A	P	P	A	P	P	A	P	P	A	P	A	P	P	P	P	P	P	P	P	23
8	3300	Shivani Thakur	P	P	A	A	P	A	P	A	P	A	A	P	P	P	A	P	P	P	A	P	A	P	A	P	P	P	P	A	A	A	P	A	17
9	3304	Naurina khan	A	P	P	A	P	A	P	A	P	A	P	A	A	P	A	A	A	P	P	A	P	A	A	P	A	P	A	P	P	A	A	14
10	3305	Umme Salma	P	A	A	P	A	P	A	P	A	A	A	P	P	A	A	P	A	A	P	A	A	P	A	A	P	P	P	A	P	P	A	14
11	3316	Puja Debbarama	A	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	A	P	P	P	A	P	A	P	A	P	21
12	3321	Ekta Dwivedi	P	A	P	P	A	P	A	A	A	P	A	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	A	P	20
13	3001	Rukhsar shaikh	P	A	P	A	A	P	P	P	A	P	P	A	P	A	P	P	A	P	A	P	A	P	A	P	P	A	P	P	P	P	A	20
14	3003	Amruta chavan	A	P	A	P	P	A	P	P	P	P	P	A	P	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	P	A	18
15	3009	Nichola Lobo	P	A	P	A	P	A	P	P	A	P	P	A	P	P	A	P	P	A	P	A	P	P	P	A	P	P	A	A	A	P	P	20
16	3010	Pooja Verma	P	A	P	P	P	A	A	P	A	A	A	P	A	P	A	P	P	A	A	A	A	A	P	P	P	P	A	P	A	A		15
17	3040	Pranjal Mhaske	P	A	P	A	A	P	P	P	A	A	P	A	A	P	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	A	19
18	3047	Nikita Sevak	A	A	A	P	A	P	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	A	A	21
19	3050	Deepika Mishra	P	P	P	P	A	A	P	P	P	A	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	27
20	8061	Anita shankar	P	A	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	A	P	P	P	P	24
21	2216	Anthea Cardoza	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	A	P	A	P	P	P	P	25
22	2241	Anushka Wilson	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	25
23	2270	Ravina Sarsar	P	A	P	A	A	P	A	P	A	P	A	P	P	P	P	P	P	A	P	A	P	A	P	A	P	A	P	A	P	P	A	18
24	2289	Sakina Attari	A	P	A	P	A	A	P	A	P	P	P	P	P	P	P	P	P	A	P	A	A	P	A	A	P	A	P	P	A	P	A	18
25	2348	Jaya Tripathi	P	A	P	A	A	P	A	P	A	P	A	P	P	P	P	P	P	P	A	A	P	A	A	P	A	A	P	P	P	P	P	17
26	4458	Anjali Lohar	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS

2017 - 18

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

JUNE JULY

	Roll no.	Students Name	Days																														Total (31)
			26	27	28	29	30	1	3	4	5	6	7	8	10	11	12	13	14	15	17	18	19	20	21	22	24	25	26	27	28	29	31	
27	2361	Sangeeta	P	P	P	P	P	P	P	P	A	A	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	26
28	2371	Divya Rao	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	A	A	P	P	A	P	P	P	P	A	P	A	22
29	2386	Divyanshi Joshi	P	P	P	P	P	P	A	A	P	P	P	A	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	26
30	2328	Sana Pathan	A	P	A	P	P	P	P	P	A	A	P	P	A	P	P	A	A	P	A	P	P	P	P	A	P	P	P	P	P	P	P	22
31	2292	Mansi Agarwal	A	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	25
32	2280	Amatullah engineer	P	A	A	P	A	A	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	22
33	2408	Vrushali Pathare	A	P	P	A	A	P	P	A	A	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	23
34	2412	Nikita Ghorpade	P	A	A	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	25
35	2430	Vidya Dayanand	A	A	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	25
36	2438	Rinkal Shilawane	A	P	A	A	P	A	A	P	A	P	A	A	P	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	21
37	3646	khushboo.kumari	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	29
38	3329	Preeti Gaikwad	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
39	3326	Gauri Borkar	P	A	P	P	A	P	A	A	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	23
40	3295	Dhanni Rebba	A	P	P	P	A	A	P	P	A	A	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	22
41	3284	Pooja chauhan	A	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	25
42	3249	Satwinder kaur	A	A	P	P	P	A	P	A	P	A	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	23
43	3234	Jinu Jose	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	26
44	3096	Preeti shetty	A	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	25
45	3088	Preeti Yadav	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	26
46	3307	Preeti Verma	P	P	P	A	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	27
47	3123	Falguni sancheti	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
48	2615	Sweta kumari	A	A	P	P	A	A	A	P	P	A	P	A	P	A	A	P	A	P	A	P	A	P	P	P	P	A	A	A	P	P	P	16
49	4462	Varsha Gupta	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	29
50	2826	Manisha	A	P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	26
51	4422	Pooja Gupta	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	28
52	3652	Pushpanjali Yadav	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	R	P	28

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

COLLEGE FOR GIRLS ★ 411001 ★ PUNE

2017-2018

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	AUGUST Days																													SEPTEMBER Days					Total (31)
		1	2	3	3	4	5	7	9	10	11	12	14	16	17	18	19	21	22	23	24	25	26	28	29	30	31	1	2	4	6	7	
3406	Renu Sharma	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	28
3237	Akanksha Kamthe	A	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	27
3242	Aditi Goel	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	A	25
3281	Simran Rajpurohit	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	26
3288	Radha Singh	A	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	A	A	P	23
3290	Mansi Rathod	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	26
3293	Kate Lopez	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	27
3300	Shirani Thakur	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
3304	Nurina Khan	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	25
3305	Umme Salma	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
3316	Puja Debbarama	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	26
3321	Ekta Dwivedi	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	28
3001	Rukshar Shaikh	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	27
3003	Amruta Chavan	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	A	24
3009	Nichola Lobo	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	27
3010	Pooja Verma	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	27
3046	Pranjal Mhaske	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	27
3047	Nikita Sevalk	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	25
3050	Deepika Mishra	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	26
3061	Anita Shankar	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	A	P	P	24
2216	Anthea Lordoza	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	28
2241	Anushka Wilson	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	29
2270	Ravina Sarsar	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	27
2289	Sakina Attari	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	A	26
2348	Jaya Tripathi	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	28
TY A458	Anjali Lohar	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	25

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

AUGUST — SEPTEMBER

Roll no.	Students Name	Days																																Total (31)
		1	2	3	3	4	5	7	9	10	18	12	14	16	17	18	19	21	22	23	24	25	26	28	29	30	31	1	2	4	6	7	
2361	Sangeeta	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	25
2371	Divya Rao	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	A	25
2386	Divyanshi Joshi	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	28
2328	Sana Pathan	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	26
2292	Mansi Agarwal	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
2280	Amatullah Engineer	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	A	A	P	P	P	P	26
2408	Vaishali Pathare	P	A	P	P	A	P	P	A	A	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	A	22
2412	Nikita Ghorpade	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	A	P	A	23
2430	Vidya Dayanand	P	P	A	P	P	A	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	26
2438	Rinkal Shilawane	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	A	P	A	24
3646	Khushboo Kumari	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	28
3329	Preeti Gaikwad	P	P	A	P	P	A	P	P	A	A	P	P	A	P	P	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	23
3326	Gauri Borkar	A	P	P	P	P	P	A	P	P	P	A	P	P	A	A	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	23
3295	Dharni Rebba	A	P	P	A	P	P	A	A	P	P	P	P	A	P	P	P	A	P	P	A	P	A	P	A	P	P	P	A	P	P	P	21
3284	Pooja Chauhan	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	26
3249	Satwinder Kaur	A	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	25
3234	Jinu Jose	A	P	P	A	P	P	P	A	A	P	P	A	P	A	P	P	A	A	P	P	P	P	P	A	P	P	P	P	A	P	A	20
3096	Preeti shetty	P	P	A	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	26
3088	Preeti Yadav	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	A	P	P	A	P	P	P	P	P	A	24
3307	Preeti Verma	P	P	A	A	P	P	P	P	P	P	P	A	P	A	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	24
3123	Falguni Sancheti	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	A	P	P	A	P	P	P	P	25
2612	Sweta Kumari	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	A	P	A	P	P	P	P	P	P	P	P	P	25
4462	Varsha Gupta	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	P	P	P	A	A	P	23
2826	Manisha	P	A	P	A	P	P	P	P	A	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	25
4422	Pooja Gupta	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	26
3652	Pushpanjali Yadav	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	27

Principal Incharge
St. Mira's College for Girls

Ejadhav
Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet - 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENSE)

Name of Teacher Mr. Balkrishna Bhandari.

Subject:

SEPTEMBER NOVEMBER DECEMBER

Roll no.	Students Name	Days																																Total (31)
		8	9	11	12	13	14	15	16	18	19	20	21	22	23	18	20	21	22	23	24	25	27	28	29	30	1	2	4	5	6	7		
3406	Renu Sharma	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P		27
32-37	Aakanksha Kamthe	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P		P	P	P	P	P	A	P	P	P	P	P		26
3242	Aditi Goel	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	A			26
3281	Simran Rajpurohit	P	A	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	A	P	P	P	P	P	P		23
3288	Radha singh	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P		24
3290	Mansi Rathod	A	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	A		24
3293	Kate Lopez	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P		26
3300	Shivani Thakur	A	P	P	P	P	P	A	P	P	A	A	P	P	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	A	A		22
3304	Naurina khan	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P		27
3305	Umme Salma	A	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P		25
3316	Puja Debbarama	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	A		27
3321	Ekta Dwivedi	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A		23
3001	Rukhsar Shaikh	A	P	P	A	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A		22
3003	Amruta Charan	P	P	A	A	P	P	P	A	A	P	P	P	P	P	P	P	P	A	P	A	A	P	P	P	P	P	A	A	P	P	P		22
3009	Nichola lobo	P	A	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P		26
3010	Pooja Verma	A	P	P	P	P	A	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A		23
3040	Pranjal Mhaske	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	A	A	P	P	A	A	P	P	A	P	P	A	21
3047	Nikita Sevak	A	P	P	P	P	A	P	P	A	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P		26
3050	Deepika Mishra	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P		26
3061	Ankita shankar	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A		27
2216	Anthea Cardoza	P	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	A	P	P	A	P	P	P	P	P	P	A	A	P	P	A		22
2241	Anushka Wilson	A	A	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	P	A	A	P	P	P	A	P	P		21
2270	Ravina Sansar	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	A	A	P	P	P	A	P	P	P	A	P	P	A	A		23
2289	Salina Attari	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	P	P	A	A	P	P	A	P	P	P	P	A	A	P		22
2348	Jaya Tripathi	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	A		26
4458	Anjali Lohar	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	A		25

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS

2017-18

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ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

SEPTEMBER NOVEMBER DECEMBER

Roll no.	Students Name	Days																																Total (31)
		8	9	11	12	13	14	15	16	18	19	20	21	22	23	18	20	21	22	23	24	25	27	28	29	30	1	2	4	5	6	7		
2361	Sangeeta	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P		28
2371	Divya Rao	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	A	P	P	P		27
2386	Divyanshi Joshi	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P		26
2328	Sana Pathan	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	A	A	A	P	P	P	P	P		24
2292	Mansi Agarwal	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P		26
2280	Amatullah engineer	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A		25
2408	Vrushali Pathare	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P		27
2418	Nikita Ghorpade	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P		27
2430	Vidya Dayanand	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P		28
2438	Rinkal shilawance	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A			27
3646	Khushboo kumari	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	E	A	A	P	P		26
3329	Preeti Gaikwad	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P		27
3326	Gauri Borkar	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A			25
3295	Dharni Rebba	A	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P			26
3284	Pooja Chauhan	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P		25
3249	Satwinder kaur	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P		25
3234	Jinuu Jose	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	A	P	A	P		23
3096	Preeti shetty	A	P	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P		24
3088	Preeti Yadav	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A		27
3307	Preeti verma	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P			29
3123	Falguni Sancheti	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P		28
2615	Sweta kumari	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A		26
4462	Varsha Gupta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		31
2826	Manisha	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P		28
4422	Pooja Gupta	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P		27
3652	Pushpanjali Yadav	A	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	A	P	P	P	P	P	P	P		24

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS

2017 - 8 - 18

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ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE

Name of Teacher Mr. Balkrishna Bhandari

Subject:

DECEMBER JANUARY

Roll no.	Students Name	Days																														Total (31)
		8	9	11	12	13	14	15	16	18	19	20	21	22	01	2	3	4	5	6	9	10	11	12	13	15	16	17	18	19	20	22	
3406	Renu Sharma	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	26
3237	Akanksha Kamthe	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	A	25
3242	Aditi Goel	A	P	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	A	P	24
3281	Simaran Rajpurohit	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	26
3288	Radha Singh	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	27
3290	Mansi Rathod	P	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	A	24
3293	Kate Lopez	P	P	P	A	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	A	P	P	P	P	P	24
3300	Shirani Thakur	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	A	25
3304	Naurina Khan	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	A	P	P	P	26
3305	Umme Salma	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	25
3316	Puja Debbarama	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	27
3321	Ekta Dwivedi	A	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	A	A	P	P	P	P	P	A	P	P	A	P	P	A	P	23
3001	Rukhsar Ebrahim	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	28
3003	Amruta Chavan	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	A	P	P	A	P	P	P	25
3009	Nichola Lobo	A	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	A	P	A	24
3010	Pooja Verma	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	27
3040	Pranjali Mhaske	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	28
3047	Nikita Sevak	A	P	P	P	P	P	P	A	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	24
3050	Deepika Mishra	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A		27
3061	Anita Shankar	P	A	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	A	P		25
2216	Anthea Cordoza	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	A	P	A	25
2241	Anushka Wilson	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	28
2270	Ravina Sarsar	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	26
2289	Sakina Attar	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	26
2348	Jaya Tripathi	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	27
4458	Anjali Lohar	P	P	P	A	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	26

Principal Incharge
St. Mira's College for Girls

Jadhav
Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

DECEMBER JANUARY

Roll no.	Students Name	Days																															Total (31)
		8	9	11	12	13	14	15	16	18	20	21	22	19	01	2	3	4	5	6	9	10	11	12	13	15	16	17	18	19	20	22	
2361	Sangeeta	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	27
2371	Divya Rao	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	A	A	A	P	P	25
2386	Diyanshi Joshi	A	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	28
2328	Sana Pathan	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	27
2292	Mansi Agarwal	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	27
2280	Amarullah Engineer	P	P	P	A	P	P	P	P	A	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	26
2408	Vrashali Pathare	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	27
2412	Nikita Ghorpade	A	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	25
2480	Vidya Dayanand	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	27
2438	Rinkal Shilawane	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	26
3646	khushboo kumari	P	P	P	A	P	A	P	P	P	P	P	P	P	A	P	A	P	P	P	P	A	P	P	A	P	P	A	P	P	P	P	24
3329	Preeti Gaikwad	A	P	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	A	24
3326	Gauri Borkar	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	28
3295	Dharni Rebba	A	P	P	P	P	P	P	A	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	26
3284	Pooja Chauhan	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	27
3249	Sarwinder kaur	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	27
3234	Jinu Jose	A	P	A	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	26
3096	Preeti shetty	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	29
3088	Preeti Yadav	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	26
3307	~~Preeti~~ Preeti Verma	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	28
3123	Falguni Sancheti	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	27
2615	Sweta kumari	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	A	P	P	P	P	P	P	26
4462	Varsha Gupta	A	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	A	P	P	A	P	P	P	25
4692	Manisha	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	A	25
4422	Pooja Gupta	A	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	25
3652	Pushpanjali Yadav	P	P	A	P	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	A	A	P	P	P	A	P	P	P	P	A	25

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS * 411011

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDENCE (SELF DEFENCE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

JANUARY FEBRUARY

Roll no.	Students Name	Days																																Total (31)
		23	24	25	28	29	30	31	01	02	03	05	06	7	8	9	10	12	13	15	16	17	20	21	22	23	24	26	27	28	1	3		
3406	Renu sharma	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	A	P	P	A	P	P		24
3237	Aakanksha kamthe	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A		23
3242	Aditi Goel	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A		26
3281	Simram Rajpurohit	P	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	A	P	P	A		24
3288	Radha singh	P	P	P	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P		26
3290	Mansi Rathod	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P		25
3293	Kate Lopez	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P		25
3300	Shivani Thakur	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	A	P	P	P	P	A	P	P	P		24
3304	Nausina khan	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P		26
3305	Umme Salma	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P		26
3316	Puja Debbarama	P	A	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	P	A	P		25
3321	Ekta Dwivedi	A	P	A	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P		26
3001	Rukhsar shaikh	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P		27
3003	Amruta chavan	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	A		26
3009	Nichola lobo	P	A	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P		25
3010	Pooja Verma	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A		23
3040	Pranjal Mhaske	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	A	P	A	P	P	P	A		23
3047	Nikita Sevak	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	P	A	A		24
3050	Deepika Mishra	P	P	P	P	P	P	P	P	P	P	P	A	P	A	A	P	P	P	P	A	P	A	P	A	P	P	P	P	P	P	P		25
3061	Anika shankar	P	A	P	P	P	P	A	P	A	P	P	P	A	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P		25
2216	Anthea Cardoza	P	P	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P		28
2241	Anushka Wilson	P	P	P	P	P	A	A	P	P	A	P	P	P	P	P	P	A	P	P	P	P	A	P	P	A	P	A	P	P	P	P		24
2270	Rayina sarsar	P	P	A	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	A		27
2289	Salina Attari	P	A	P	P	P	P	P	P	A	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	A	P	P	A	P	P	A		23
2348	Jaya Tripathi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P		28
4458	Anjali Lohar	P	P	A	P	P	A	A	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		27

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education.

ST. MIRA'S COLLEGE FOR GIRLS * 411001

ST. MIRA'S COLLEGE FOR GIRLS

Attendance Sheet 2017-18

Class: TAEKWONDO ATTENDANLE (SEIF DEFENLE)

Name of Teacher Mr. Balkrishna Bhandari

Subject:

Roll no.	Students Name	JANUARY / FEBRUARY — Days																																Total (31)
		23	24	25	28	29	30	31	01	02	03	05	06	07	8	9	10	12	13	15	16	17	20	21	22	23	24	26	27	28	1	3		
2361	Sangeeta	P	P	P	P	A	P	A	P	A	P	P	P	A	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	24
2371	Divya Rao	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	A	P	A	P	A	P	P	P	P	P	P	A	P	P	P	P		24
2386	Divanshi Joshi	P	P	P	A	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P		27
2328	Sana Pathan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	P	P	P	P	P		28
2292	Mansi Agarwal	A	P	P	P	P	A	P	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P		24
2280	Amatullah Engineer	P	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P		27
2408	Vrushali Pathare	P	P	A	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A	A	P	P	P	P		25
2412	Nikita Ghorpade	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	A		29
2430	Vidya Dayanand	P	A	A	P	P	P	A	A	A	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P		25
2438	Rinkal shilawane	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	A	P	P	P	P	P	P	A			26
3646	khushboo kumari	P	P	P	A	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A		28
3329	Preeti Gaikwad	A	P	A	P	P	P	P	P	P	P	P	A	P	A	P	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P			25
3326	Gauri Borkar	P	P	A	P	A	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	A	P		26
3295	Dhami Rebba	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		28
3284	Pooja chauhan	P	P	P	P	A	P	P	P	P	A	A	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P		27
3249	Satwinder kaur	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P		26
3234	Jinu Jose	P	A	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A			26
3096	Preeti shetty	P	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P		26
3088	Preeti Yadav	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	A	P	P		27
3307	Preeti Verma	P	P	A	P	P	P	A	P	P	A	P	P	P	P	P	A	P	P	P	P	P	P	A	P	P	P	P	P	A	P	P		25
3123	Falguni Sanchet	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	A	P	P	P	P	A		25
2615	Sweta kumari	P	A	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P	A	P	P	P	P	A	P	P	P		25
4462	Varsha Gupta	A	P	P	P	P	P	P	A	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A		26
4692	Manisha	P	P	A	P	P	P	P	P	A	P	P	P	P	A	P	P	P	P	A	P	P	P	A	P	P	P	P	P	P	P	P		26
4422	Pooja Gupta	P	P	P	P	A	P	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P		28
3652	Pushpanjali Yadav	P	P	P	P	P	A	A	P	P	P	P	P	P	A	P	P	P	A	A	P	P	P	P	P	A	P	P	P	P	P	P		25

Principal Incharge
St. Mira's College for Girls

Ekta Jadhav
Director of Physical Education

ST. MIRA'S COLLEGE FOR GIRLS

KINDLE THE LIGHT

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/IQAC/2017-18/29 **Date:-09/12/2017**

CIRCULAR

Mira Bazaar- an Entrepreneur Show by Centre for Women Entrepreneurship is to be organized on **16/12/2017**. For stalls and other details of the event, please contact the coordinator and CWE Team.

Rama Venkat

Dr. Rama Venkatachalam
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

G. H. Gidwani

Dr. Gulshan H. Gidwani
Principal
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune

2017-18

REPORT-MIRA BAZAAR

St. Mira's College for Girls celebrated its annual fest 'Mira Bazaar' on 16th December 2017. 'Mira Bazaar' is an endeavor of the Centre for Women Entrepreneurship (CWE) which is an initiative of Departments of Business Studies and BBA. The CWE seeks to achieve the spirit of entrepreneurship through educational programmes, events, activities and research.

The Mira Bazaar was inaugurated at the hands of Mrs. Soniya Konjetti, founder of PULA – an online platform for bringing together women entrepreneurs and Mrs. Shaila Limaye, Managing Trustee - Majhi Maitrin.

The event primarily aims to inculcate and hone the multiple skills of research, costing, production, promotion and customer service amongst girl students across all faculties. Further, the outside participation challenged the students for better strategy and execution.

Around 50 Stalls of foodstuff, handmade jewellery, clothes, accessories, candles, greeting cards, cosmetics, games, health products, mehendi, tattoo art etc. with 200 participants including participation from outside the college. The stalls exhibiting hairstyling was very popular amongst the visitors. DJ Ashley added to the enthusiasm of the Bazaar.

The outcome of the event was not only impressive footfalls and profit earning by the student participants but also the knowledge, skill and competence building in the areas of market research, product planning, costing, marketing and tactical execution considering environmental factors.

Rama Venkat

Dr. Rama Venkatachalam

Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Jayat

Principal Incharge

St. Mira's College for Girls, Pune.

B.E / BE + C.W.E

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

MIRA BAZAAR

① F.Y.B.Com 'A'	Rachna G.	-9403534820	Khakra Chat, Dhokla Sandwich. Paid ₹300/- (BE+CWE)
	Dnyanashree G	-9370144599	
	Raya B.	-9534205298	
	Puja H	-9604354837	
② F.Y.B.Com 'A'	Mrunal S.	-8180023855	Games and Mehendi (Traditional) Paid ₹300/- (B.E+CWE)
	Jessica P.	-8605367275	
	Deepika	-9075061359	
	Sonal B.	-9075005996	
③ F.Y.B.Com 'A'	Khushbu	-	Pan Pizza, Chat Papdi (Electricity) Paid ₹300/- (BE+CWE)
	Manvir K.	-7028574380	
	Anagha K.	-7798609745	
B.Com 'B'	Manisha K.	-7030986215	
④ F.Y.B.Com 'A'	Poonam W.	-8329737282	~~Pizza~~, ~~Cold Coffee~~ (Electricity) Missal Pav, Juice ₹300/- Paid (BE)
	Afsha I.	-8793774412	
	Afreen Q.	-9527861807	
	Snehal A	-7058817791	
⑤ F.Y.B.Com 'B'	Sandhya P.	-Pani-Puri 7083539656	Pani-Puri, Icecream, Samosa Paid 300/- (B.E+CWE)
	Ankita S.	-8149312094	
	Ruth M.	-8380875679	
	Deepali Y	-8087822184	

Coordinator
Dr. Rama Venkat
Rama Venkat

Jayat
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(6) T.Y.B. Com 'B'
- Nupur P. - 7040373674
- Ankita B. - 7040112169
- Farheen K. - 9673668734
- Diana B. - 9922562651

Paper Quilling Earrings, Creative Paper Bags.

₹300/- Paid. (BE + CWE)

(7) T.Y. B.Com 'C'
- Manisha C. - 8446585509
- Manisha S. - 7276161541
- Prachiti D. - 8208481724
- Sheetal - 9922747231

Chocolates

Paid ₹300/- (BE + CWE)

(8) T.Y. B.Com 'C'
- Vaibhavi S. - 8888502833
- Neha P. - 9112098381
- Rani D. - 7028605858
- Pooja M. - 7020674364

Paav - Bhaji

Paid ₹300/- (BE + CWE)

(9) T.Y.B. Com 'C'
- Nazneen S. - 9834988387
- Seeta S. - 7387915184
- Priyanka P. - 8237240289
- Roshlin A. - 9028341933

~~Idli - Sambar~~ Burger Accessories.

Paid ₹300/- (BE + CWE)

(10) T.Y.B.Com 'C'
- Manisha D. - 9762312590
- Soniya S. - 7743848897
- Siddhi T. - 8378924545
- Sayali P. -

Chat, Sweet Corn, Shev Puri, Pani - Puri

Paid - ₹300/- (BE)

Coordinator
Dr. Ramavenkat
Ramavenkat.

Principal Incharge
St. Mira's College for Girls, Pune.

(11) T.Y. B.Com 'C'
- Shruti K. -
- Sunayana G. - 7030314237
- Kajal M. - 8237736378
- Pratiksha S. - 9172946288

Sandwich, Chinese Bhel

₹300/- Paid (BE)

(12) T.Y.B.Com 'A'
T.Y.B.Com 'B'
T.Y. B.Com 'C'
- Khushboo A. - 7276604680
- Mamta C. - 9156224549
- Kavishma C. - 8087725178
- Reshma J. - 7038454743

Paanipuri Chat and Modtail.

Paid ₹300/- (BE+CWE)

(13) T.Y. B.Com 'B'
T.Y. B.Com 'C'
- Nikita N. - 8237942103
- Pooja C. - 8446315785
- Shabana J. - 7387183825
- Jyoti K - 8378005858

Dahiwada, Chinese Bhel

Paid ₹300/- (BE+CWE)

(14) T.Y. B.Com 'A'
T.Y. B.Com 'B'
- Rashi - 8329853957
- Fatima B. - 8551978173
- Ayesha S. - 7755909514
- Sneha J. - 8788921159

Masala Puri, Bread Cutlet

Paid ₹300/- (BE+CWE)

(15)

ST. MIRA'S COLLEGE FOR GIRLS * POONA

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinator
Dr. Rama Venkat
Rama Venkat

C.W.E.

MIRA BAZAAR

T.Y. B.Com 'A' ①	Shashwatee - 9689438886 Shraddha Barkha Darlene	Cup Cakes, ~~Stuffed~~ Sandwiches. Drink Electricity ~~Electricity~~) Paid ₹300/-
T.Y.B.A. ②	Sanjana M. - 7058146186 Shruti P. - 8149940600 Ritu Neetu	Chocolate Sandwich, Samosa Chat. Paid ₹300/-
T.Y.B.A. ③	Simran M. - 7517366569 Mrunal J. ~~Tasneem~~ P. - 9765198382 Sakina P. -	Dream Catcher, Canvas Paid ₹300/-
T.Y. B.Com 'C' ④	Aarti D. - 89833711642 Dhanashree	Clothes, Mehendi (Tattoo), Jewellery Paid ₹300/-
T.Y. M.Com	Aptesam Afshan	
T.Y. B.Com 'A' ⑤	Natasha T. - 9579958578 Sumedha - 7276649857 Shivani K. - 9049718088 Suman - 9730832770	Donuts, Veg Bites Paid ₹300/-

ST. MIRA'S COLLEGE FOR GIRLS

Jayak

Principal Incharge
St. Mira's College for Girls, Pune.

Coordinator
Dr. Ramaverkar
Rmaverkar

T.Y.B. Com 'B'	~~Pooja K.~~		Gulabjaman, Chana Masala.
	Ankita R. - 7058111369		
	Vaishnavi G - 9822287217		
T.Y.B.Com 'B'	6 Snigdha D - 8007825164		Gulabjamun, Chana Masala (Paid ₹300/-)
	Vaishnavi G - 9822287217		
	Mili		
	Pooja - 7507304621		

Coordinator
Dr. Kavita Venkat
Kavita Venkat

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

Principal Incharge
St. Mira's College for Girls, Pune

MIRA BAZAAR

① F.Y. B.Com. 'A'
- Rajashree - 8805940613
- Rabiya - 8806343130
- Laxmi - 9545634596
- ~~Priyanka~~ Sonal - 7038293686

Sunglasses, Momos, and Selfie (Electricity)

₹300/- Paid

② F.Y. B.Com 'A'
- Khushi - 9545242493
- Falguni - 7038863843
- ~~Florina~~ - 8983532306
- Yulika - 9011656725
- Ankita - 8793427133

Deserts (Chocolates Pops, Cup Cakes, Donuts), Games

₹300/- Paid

③ F.Y. B.Com 'A'
- Pratiksha - 77410
- Nikita - 7387286868
- ~~Akanksha~~ Kavkamlin - ~~8329109810~~ 9075996214
- Pooja C. - 9607094455

Stickers, Games

₹300/- paid

④
- Gladys - 9168221470
- Roslyn - 9767068356
- ~~Vaishnavi~~ - 8691064168
- Monali -

* Paneer Tikka / Spring Roll (Kokam Sharbat)

₹300/- Paid (Electricity)

⑤ S.Y. B.Com.
- Anjali M. - 8806342788
- Astha - 7769993299
- Shivani - 8805613310
- Renu - 8999353756

Games (Paid)

₹-300/-

⑥ T.Y. B.Com 'B'
- Rutuja - 9923390870
- Latasha - 9665510651
- Vinaya - 8446320669
- ~~Nisha~~ - ~~7350556877~~
- Ankita P. - ~~7058~~ 9139580798

~~Thalipith and Veg Kofta~~ (Electricity)

Masala Paav,

₹300/- Paid

Coordinator
Dr. Ramavenkat
Rama Venkat

Principal Incharge
St. Mira's College for Girls, Pune.



(7) F.Y. B.Com 'C' — Tanushree - 9595150535; Ridima - 7798092425; Shrishti - 7507914139; Oshim - 9539117465 — Polar Bear (Vanilla Ice cream with coac), Accessories. Paid ₹300/-

(6) F.Y.B Com

(8) T.Y. B.Com 'A' — Ritika - 8975915202; Puja - 9503554618; ~~Rasika~~ Nhavnata - 8796742729; Gurmeet - 9049752501 — Palak - Chat, Cosmetics - Accessories. ₹300/- Paid

(7) T.Y. B.Com 'C'

(9) S.Y. B.Com 'B' — Kajal - 7020372706; Meenakshi - 8805505395; Amrita - 9604585457; Shefali - 7040486430 — Games - Bollywood Puzzle Games and Angry Bird Game. ₹300/- Paid

(8) S.Y. 'C'

(10) S.Y. B.A. — Satakshi - 7972396902; Priyanka - 7030567944; Aishwarya; Payal — Makeup (Nail Art) & Clothes (Electricity) S.Y. B.A. ₹300/- Paid

(11) T.Y. B.A. — Komal - 7038390309; Geetanjali - 8999060356; Olivia - 7774917586; Vaidehi - 8657096919 — Mehendi and Noodles (paid) pav bhaji

Coordinator
Dr. Rama Venkat

(12) F.Y. B.Com 'C' — Pari - 7385035307/8208059530; Naina - 8149059415; Sheenu - 9923323779; Sandra - 9970399; Manisha 9552901898; Radha; Shraddha; Asin Prashanti — Nail Paints and Make Up Games (paid) ~~(Spoiled)~~ Games paid ₹300

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(13) B.Com 'C'
- Sanjana K.R. - 9657722173
- Sonali - 8888166056
- Puja - 7972436252
- Chitra - 8668477051

Clothes and Accessories

(14) F.Y. B.Com 'B'
- Nishigandha - ~~7798857321~~
- Prajakta - ~~8793698025~~
- Sitara - ~~8411996079~~
- Rashmi - ~~7798285360~~

Pastries and Rum Balls

(15) M.Com
- Diksha - 9561633442
- Roshni - 9922166001
- ~~Pradnya~~ - 7304124202
- Sakina -

Cup Cake, ~~Games~~ Chocolate Balls

₹300/- Paid

ICE-CREAM STALL

(16) B.Com 'B'
- Mili

(14) ⇒ Swathi Satish 9850215300

F.Y.B.A.
- Pooja - ~~7507130462~~1
- ~~Prerna~~
- ~~Simran M.~~

Ritu Vaishnav 9096782231
Bhagyashree Choudhary 8208148152
Sonali Agarwal 9767494900

₹300/- Paid

(17)
- Divya
- Disha
- Bhakti
- Preeti

(18)
- Ragini C. - 9403121136
- Sweta B. - 9921591936
- ~~Shreeja~~ M. - 70402327591
- Pooja K. - 9422178645

Greeting Cards, Nail Art

₹300/- Paid

Coordinator
Dr. Rama Venkat
Rama Venkat

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Principal Incharge
St. Mira's College for Girls, Pune.

ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001 •

C.W.E - B.B.A

(19) Kajal S.Y. Anjali BBA Radhika Nellam/Uzma - 9767242227	Games and Eatables (Chocolate / Brownie)	Paid ₹300/-
(20) Suman S.Y.BBA Deepa - 9689473122 Vanashree Neha	Games and Papdi Chat	Paid ₹300/-
(21) Dolly TY BBA Andree Madhushree - 8888977692	Mehendi and Chocolate Sandwich	Paid ₹300/-
(22) Divya T.Y. BBA Pari - 9075024799	Hair-styling and Eatables	Paid ₹300/-
(23) Angela - 7588231381 T.Y. BBA Poornima Shraddha Kanchan	Manchurian	₹300/- Paid.

Coordinator
Dr. Rama Venkat
Rama Venkat

Principal Incharge
St. Mira's College for Girls, Pune.

17 — ~~5x1~~ 5100

TOTAL STUDENT PARTICIPANTS = 165

KINDLE THE LIGHT

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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/IQAC/2017-18/55 **Date:-10/01/2018**

CIRCULAR

On 12thJanuary, 2018a workshopon 'Sexuality-Know your body'is to be organized by the Sociology Departmentfrom 11.00 p.m to 1.00 p.m. in A.V.Room.

Dr. Vaishali Diwakar

HoD, Sociology Department

Dr. Gulshan Gidwani

Principal

ST. MIRA'S COLLEGE FOR GIRLS * PUNE-411001 *

St. Mira's College for Girls

Autonomous(Affiliated to Savitribai Phule Pune University)

Department of Sociology

The Sociology department of St Mira's college for girls organized a workshop on sexuality, 'Know your body and health' by Tathapi, NGO working in the health sector on 12th January 2018. The workshop discussed various issues like body shaming, menstruation, unsafe sex etc. The workshop really got students exposed to various topics which are never spoken about. 68 students attended this workshop.

Dr. Vaishali Diwakar
Head of Sociology department

Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS * 1001 * PUNE

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6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in

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

3.6. 3 Number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc. during the last five years (including Government initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organised in collaboration with industry, community and NGOs) &
3.6.4 Average percentage of students participating in extension activities listed at 3.6.3 above during the last five years.

Sr. No	Name of the activity	Organising unit/ agency/ collaborating agency	Year of the activity	Number of students participated in such activities
1	Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'	Green Club	2017-18	79
2	Teaching Activity	Dept. of Business Studies 95 Big FM in association with Mumbai based NGO Upasana	2017-18	32
3	Health Check Up	Dept. of Accountancy n The Hind Shakti Social Foundation	2017-18	8
4	Field Trip	Dept. of Business Studies	2017-18	45
5	'Volunteering in initiative to transform education practices	Tick Links	2017-18	6
6	School Volunteering	Dept of Education n Dhanvantari Foundation	2017-18	20
7	NSS - Regular Activities	NSS and SPPU	2017-18	150
8	NSS- Annual Camp	NSS and SPPU	2017-18	59
TOTAL ACTIVITIES = **08** TOTAL STUDENTS' PARTICIPATION = **399**				

ST. MIRA'S COLLEGE FOR GIRLS • PUNE-411001

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St. Mira's College for Girls, Pune.

2017-18

1

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

Green Club Initiative- Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'

a. On 24th Jan 2018, MJ JyonitaDeshmukh and Show Producer SanikaMutalik of 95 Big FM were at St. Mira's College for the Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'. The objective of this drive was to create awareness about the health benefits of using sterile sanitary napkins as against cloth, to collect sanitary napkins for women in tribal and slum areas in and around Vasai region of Maharashtra and to break the stigma attached to discussions on sanitary napkin use. The ongoing collection drive was organized by 95 Big FM in association with Mumbai based NGO Upasana. This initiative has been inspired by the upcoming movie release – 'Pad Man'.

b. Our staff and students collectively mobilized 245 packets i.e., around 2500 sanitary napkins. We sensitized the students to purchase and donate bio-degradable and cotton-based napkins as far as possible. **79 students** across all faculties actively participated in the interactive session with MJ Jyonita and Sanika. 95 BIG FM was overwhelmed by the fact that we at St. Mira's had partnered them impactfully for this common cause.

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001

Shalini Iyer
(Coordinator)

Jayashree

Principal Incharge
St. Mira's College for Girls, Pune.

Drug Lic. No.
P/H/5235A P/H/5235A P/H/5224 A

RAMDEV MEDICAL & GENERAL STORES

GSTIN NO. : 27ANGPP1816N1ZM

CHEMISTS & DRUGGISTS

Shop No. 2, S. No. 5/3 A, Chandangad Appt, Rahul Nagar, Kothrud,
Pune - 38Ph. 9270483281, 9764288903, 9850538418

Sr. No. 1852

Name St. Mira's College Dr. Date : 23/1/18

Add. Pune Add. Pune

Particulars	Mfgs.	Batch	Exp.	Rs.	Ps.
(54) Sanitary Pads	WS	-	-	2430	=00
			Total	2430	=00

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

Accidental Overcharges will be refunded
Please show the medicines to your Doctor before use.

Qualified Person

Sanitary Pad Collection Event | Gmail - Sanitary Pad Collection

https://mail.google.com/ma.../0/?ui=2&ik=b279147d89&jsver=GqQG3uDH

Most Visited | Getting Started | Suggested Sites | Web Slice Gallery

Gmail

rajni singh <rajni.singh11@gmail.com>

Sanitary Pad Collection Event - St.Meera College - 24 Jan

Naveen Toshan <naveen.toshan@radiobigfm.com>
To: rajni.singh11@gmail.com
Cc: gayatree.mahadeoker@radiobigfm.com, Joel Desouza <joel.dsouza@radiobigfm.com>, jyonita.deshmukh@radiobigfm.com

Thu, Jan 18, 2018 at 5:15 PM

Hi Mam,

Thanks for giving time and supporting an Initiative taken by BigFM.

MJ Jyonita & Team will be there at St.Meera College on 24 Jan at 11.30AM for Sanitary Pad Collection.

Attach is the poster for the same. Request you to please announce this amongst your students and faculty so that we get maximum response.

Please note that we don't want Student and Faculty to donate MONEY, they should donate the packet of Pads.

MJ Jyonita will also interact with student and will talk about the cause also.

Looking forward to have great event with St.Meera College.

Regards

ST. MIRA'S COLLEGE FOR GIRLS * POONA-411001 *

8:28 PM
1/22/2018

Principal Incharge
St. Mira's College for Girls, Pune.

St. Mira's College for Girls, Pune

(Autonomous-Affiliated to Savitribai Phule Pune University)

Attendance

Sanitary Napkin Collection Campaign- 'Kaho Na Pad Hai'

24th Jan 2018

S. No.	Roll No.	Name
1.	4882	CHOPRA HARDIKA DINESH
2.	4883	FERNANDES JOANNE RUSSELL
3.	4886	MUGDDHA DAWAR
4.	4887	KUMAR NEHA SANJAY
5.	4888	GEORGE NEHA PRAVEEN
6.	4889	GARDA DAENA FRAMROZE
7.	4890	KANUPRIYA PANDEY
8.	4891	EZZI POONAWALA ARWA MUDER
9.	4892	AYUSHI HALDER
10.	4893	JIJI. D
11.	4894	PRINNA.R
12.	4896	SHAH VIDHI SANDEEP
13.	4897	FURTADO GLORIA BARSIMEW
14.	4902	RAMCHANDANI MAHIMA RAJU
15.	4903	NAGARWALA DURRIYA MOHAMMED
16.	4904	ALLAMCHANDANI SIMRAN RAMESH
17.	4905	UPPAL AISHWARYA JAGMOHAN
18.	4906	SHETTY SUYOSHA RAJESH
19.	4907	DSOUZA ADELINA GEORGE
20.	4276	JADHAV PRATIKSHA JITENDRA
21.	4285	NANAWARE ARTI GAJANAN
22.	4291	VELANGANI REEMA RAJU
23.	4402	DAS SNIGDHA SUROJIT
24.	4411	GILL SUKHVINDER KAUR BHUPINDER
25.	4413	BARRETTO DIANA STEPHEN
26.	4446	SHARLEEN LAWRENCE AROKIASWAMY
27.	4471	PRACHITI DHANRAJ MAREKAR
28.	4475	MAYURI SURENDRA JAGTAP
29.	4478	RAJPAL SIMRANKAUR GURUVINDER
30.	4602	KHEMNANI JUHI GOPAL
31.	4631	BAVLEKAR PRIYANKA KISAN
32.	4632	BALLAL VINAYA VARUN
33.	4230	VENKATACHALAM KRNAALI
34.	4236	SHINDE DHANASHREE GULABRAO
35.	4882	CHOPRA HARDIKA DINESH
36.	4237	AWARADI PRAGATI PRASHANT
37.	4238	PARDESHI AKSHATA RAJNISH

ST. MIRA'S COLLEGE FOR GIRLS • POONA-411001

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KINDLE THE LIGHT

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

Circular No:- G15/IQAC/2017-18/85 **Date:-** 05-01-2018

CIRCULAR

Department of Student Welfare is organizing three day program on Nirbhay Kanya Abhiyan Workshop from 17th to 19th January 2018 in A. V. Room from 10am to 4 pm. There are limited seats so those who are interested give their names to Hasina Shaikh or Manjita Kulkarni.

Attendance for all the sessions is compulsory

Hasina Shaikh
Coordinator

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Student Welfare (2017-18)

Nirbhay Kanya Abhiyan Workshop Report (17th to 19th January 2018)

Nirbhay Kanya Abhiyan was organized in St. Mira's College from 17th to 19th January 2018 with an objective of inculcating fearlessness among girl students. Fearlessness is seen as an important personality trait which refers to both a physical and mental ability to control and cope up with one's social environment. In case of girls, who face the gender bias in all walks of life it is a great challenge to inculcate the value of fearlessness. In recent years, when on one hand we see women working in all fields equally with men, the incidences of abuse and violence against women are also consistently rising. For becoming a fearless women, a girl does not only requires education, social or family support but also be financially independent. So, a campaign like Nirbhay Kanya Abhiyan is very essential in helping students understand structural constraints that restrict their freedom and learn ways and strategies to deal with them. On 17th January 2018, the Abhiyan was inaugurated at the hands of **Dr. Gulshan Gidwani, Principal of St. Mira's College.** In the inaugural session Prof. Manjita Kulkarni welcomed the participants and presented the details of three day's programme. Prof. Hasina Shaikh explained the importance of the campaign and appealed to students to participate wholeheartedly and make efforts to change oneself in the direction of fearlessness.

The first session was on **Self- Defence** conducted by **Mr. Balkrishna Bhandari, Sports Coach and Taekwondo Expert.** Mr. Bhandari first explained how self defense is very closely related to self-confidence. He said that in today's world when incidences of abuse and violence against women is consistently increasing, the first and obvious reaction of the family is to increase restrictions on girls. This affects their self-confidence. Instead, if the girls are taught to protect themselves, they can move around without any fear. Mr. Bhandari then showed simple means of self-defence which the girls can use to protect themselves in regular situations like bus travel. Then he demonstrated self-defense tactics to be used in situations of physical violence or eve-teasing involving physical abuse. He showed how simple techniques using one's reflects can be employed to defend oneself. Mr. Bhandari then demonstrated with the help of volunteers some very useful self-defence actions which the girls have to learn only through regular practice. He then conducted an elaborate practice session for students of all self-defence tactics he had shown. At the end he said that self-defence exercises must be practiced on a regular basis and not remain only at a workshop level where most participants forget it very quickly. Girls promised that they will imbibe it properly as they have understood the importance of self-defence.

The second session was on **Nutrition and Diet** conducted by **Mrs. Varsha Nandedkar, a specialist in Nutrition.** She explained the importance of diet and nutrition for adolescence. She explained the meaning of diet, its vital nutrients for survival and helps the body function and keeps healthy. She explained the importance of protein, carbohydrates and fats. She gave number of examples for healthy diet in day to day life. She suggested students to have milk, fruits, vegetables etc. It was an interactive session where students asked their queries regarding health, weight loss and weight gain. She even focused on physical fitness with the help of exercises and diet. She guided the students for diet plan and asked them to follow for maintaining health. She insisted that small meals at small intervals are good for health. She even told the students to get their tiffins and don't have junk food, as it is not good for health. Overall, the session was very inspiring for the students.

HASINA SHAIKH
COORDINATOR

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Principal Incharge
St. Mira's College for Girls

The first day programme was concluded with vote of thanks by Prof. Manjita Kulkarni.

2nd Day, 18th January 2018

On the second day of the workshop, the programme began with the first session on presentation by Prof. Abradhita and Prof. Shanti , members of Centre for Women Entrepreneur Cell (CWE) at St. Mira's College for girls, Pune.They informed the students about the establishment of CWE, its purpose and what are the activities that the cell undertakes. They encouraged the students to attend the programmes organized by them like guest lectures, field visits, etc. They even appealed if the ex-students or they themselves are interested to start their self-employment then assistance can be given by guiding them in all aspects.

The second session was on **Financial Employment** was conducted by **Mrs. Soniya Sumant, an Entrepreneur as well a Manager at Just Dial**. She demonstrated how perfume, deodorant and fragrant essential oil (attar) are made in a very easy way. She explained the ingredients required for perfume. Then step by step the procedure was narrated as well as she was practically doing it. She asked some students to come forward and do it practically so that they can get hands on experience. She explained the financial and marketing strategies. She guided the students regarding the availability of the material required for making perfumes. She also threw light on her journey of becoming a successful entrepreneur. All the students were influenced by this session

The third session was on **Self- employment for women** that was conducted by **Mrs. Gargi Sharma, a successful Entrepreneur**. The session threw light on her beautiful world of creativity which includes home décor, handmade jewellery , craft, gifting ideas, chocolates with an endless list of excellent ideas. She shared some glimpses from her journey of becoming a successful entrepreneur. She proudly narrated that she is employing many women under her supervision. The students were inspired by her unique creative ideas and were influenced on being an independent and successful self employed women who can fearlessly overcome the hurdles that comes in the way of travelling at the at the peak of success.

The second day was successfully concluded by conveying vote of appreciation to all the resource persons by Prof. Manjita Kulkarni

3rd Day, 19th January 2018

On third day, the first session was on Women security conducted by **a team of Lokayat, a NGO working in the field of gender equality and community development.** The first speaker was **Mrs. Alka Joshi, a member at Lokayat**. The session involved making girls aware about the structural constraints in form of patriarchy and discussing strategies to fight against the gender bias. At the beginning of the session, she narrated two stories regarding women security, it lead to an impressive discussion..

It helped students to open up and share their experiences. Mrs. Alka Joshi explained how violence against women is deeply rooted in the patriarchal structure. She said that women are still treated as part of family or community and not as independent individuals. She further stressed the need to build support groups of youth to bring in change at social level.

The second session was on **Law and Women** conducted by **Miss Anita Mahadik, a member of Lokayat.** She created awareness about law related to women. She also explained the importance of

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law education for women security. She also expressed the need to look at women as free individuals and create an environment in which they can live independently. She shared her experiences at her workplace which inspired the students. The queries of the students were satisfied with appropriate examples .She addressed the work of Lokayat in bringing Gender Equality and appealed students to attend their programmes which are aimed at inculcating values of equality, democracy and social justice.

The three days programme were concluded by the expressive note by some of the students. The vote of thanks was given by Prof. Manjita Kulakarni. 100 students participated.

Hasina Shaikh

Student Welfare Officer

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Principal Incharge
St. Mira's College for Girls

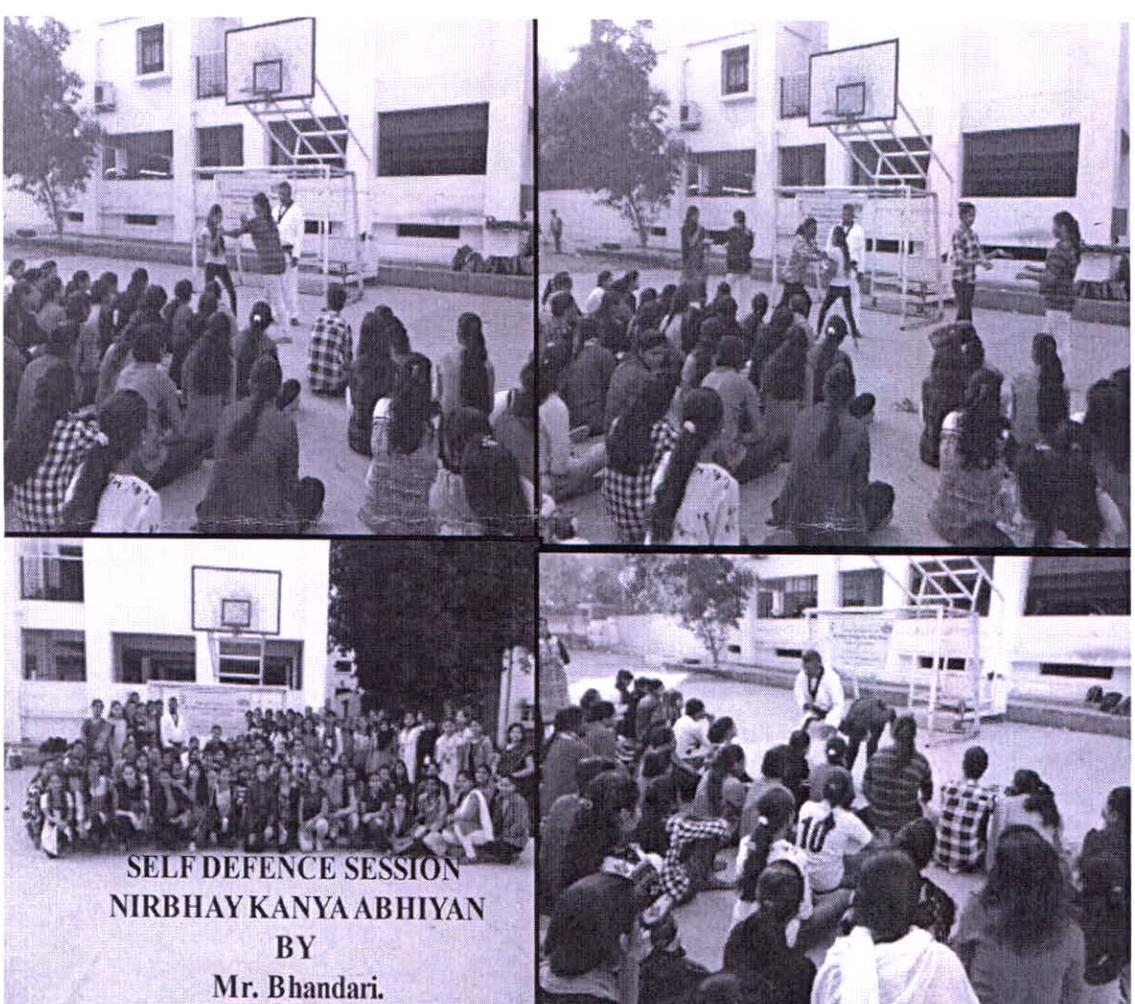
St. Mira's College For Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Student Welfare (2017-18)

Nirbhay Kanya Abhiyan Workshop (17th to 19th January 2018)

Photos



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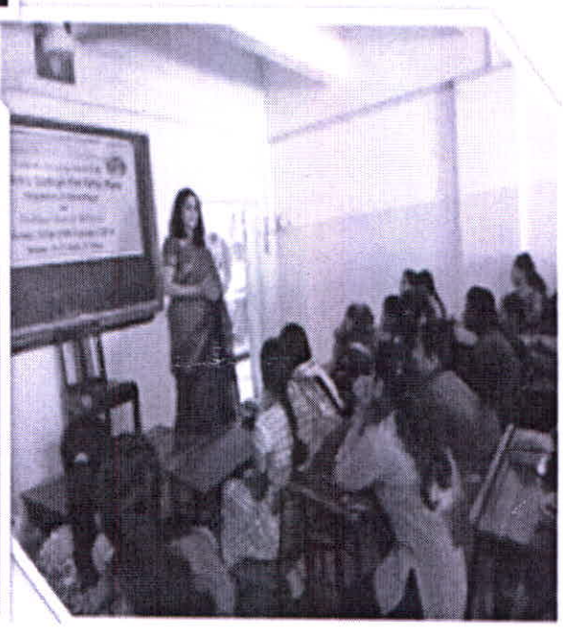
Hasina Shaikh
Coordinator

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NIRBHAY KANYA ABHIYAN SESSION ON NUTRITION AND DIET BY Mrs. Varsha Nandedkar.





Ms. Hasina Shaikh

Student Welfare Officer

ST. MIRA'S COLLEGE FOR GIRLS ★POONA-411001★

Dr. Gulshan H. Gidwani

Principal

Principal Incharge
St. Mira's College for Girls

St. Mira's College For Girls, Pune
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List of Students

Name of Coordinator: Hasina Shaikh

Name of Event: Nirbhay Kanya Abhiyan Workshop **Date of Event: 17th to 19th January 2018**

SR. No.	NAME
1	SHAIKH SALINA RAFIQ
2	JAGDALE SHRADDHA NAMDEV
3	SHEDGE DIVYA PRAKASH
4	PATEL RUTIKA KRISHNAKANT
5	ADAM ASHITA ERNEST
6	ANTHONY SHERIN HARRY
7	KUNJIR SHRUTIKA NITIN
8	RANAWAT MANSI SURESH
9	AGARWAL YASHNA RAKESH
10	KALYANKAR AISHWARYA AMBADAS
11	TIDKE PRAGATI SAMPAT
12	SAMPADA SHIVAJI BUCHADE
13	SAKSHI AMAR KHANDVE
14	CARDOZA ANTHEA AMON
15	SHREYA SUNIL MASKE
16	AMLANI ASHNA AKBAR
17	SHARDHA
18	SAH KAMINI VIJAY
20	SINGH BABY VIKRAM
21	BHANDAR PUSHPA SHRINIVASAN
22	AHARNA SHOGHI
23	GUDURI MERCY SUDARSANAM
24	AKHILA YESUDAS
25	LOBO IRIS JUDE
26	KHADKIWALA TASNEEM HUSENI
27	SHINDE PRACHI ASHOK
28	PATOLE SNEHA GANESH
29	ALEFIYA ABBAS POONAWALA
30	SIMRAN ANTIONETTE RODRIGUES
31	HUSAINA MUNAWAR KAPASI
32	KHADIJA JOHAR CUTPIECEWALA
33	GODHRAWALA MUNIRA TALIB
34	JEEWANJEE RASHIDA SHABBIR
35	DESAI TANVI RAJESH
36	SHAH SAKSHI RAHUL
37	SAKHEE JAYANT KULKARNI
38	NAVALE DHANASHREE JAISINGH
39	ANUSHKA WILSON
40	HUMNABADKAR SHREYA UPENDRA
41	JUTHANI AYESHA MUKESH

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HASINA SHAIKH – Coordinator

42 MUSKAN BISHNOI
43 TANVI GINA JOGDAND
44 KAIRAVI SHARMA
45 GUPTA ANUSHKA NILESH
46 FERNANDES JAZMIN FELIX
47 SWAMY SIMRAN WILSON
48 SUTAR PRIYANKA SANJAY
49 MUNSHI FRIYANA DARAYES
50 NAIR AYUSHREE MANIKANDAN
51 NIMBALKAR NIKITA RAVINDRA
52 PRATIMA RAMKISHOR DHURIYA
53 PEARL HACKETT
54 JOSEPH SHALOME STEPHEN
55 SHAH SANA RAFI
56 SHAIKH REHMAT SALIM
57 SARANYA IYER
58 PRIYANKA TANAJI HAWALE
59 GANDHI SHRUSTHI PRAVIN
60 MUDDALA NEHA RAJARAO
61 JAIN VIDHI KIRAN
61 JEFIYA BABU
62 SHIVANI SINGH
63 RAVINA SANJAY SARSAR
64 IFA SAROCHE LULE
65 KHAN HENNA FEROZE
66 KAZI ALISHA MUJEEB
67 SHUKLA NEHA OMKAR
68 GADRE AKANKSHA VIKAS
69 MISHRA VARSHA PREMPRAKASH
70 LATHI RUCHA DILIP
71 ENGINEER AMATULLAH MUSTANSIR
72 SEBASTIAN RUBY SHIRISH
73 SHAIKH JAITOON SALIM
74 SHETRANJIWALA ZAHRA MOHAMMAD
75 HARSHA SUBHASH
76 SHRISTI CHOUDHARY
77 GAIKWAD RUTUJA SURESH
78 HARSHITA ROHILLA
79 ATTARI SAKINA SAIFUDDIN
80 NAIDU JIVITA KISHOR
81 GANDHI SWAROOPA SADANAND
82 MANSI AGARWAL
83 SNEHA SANJAY GHATULE
84 SNEHA JITENDRA JOEEL
85 ALIFIYAH EZZI
86 UMEEAIMAN FAHIM AHMED SHAIKH
87 NIHARIKA KOKA
88 HUSSAINY LUJAIN SYED RAZA
89 KRITIKA SHARMA
90 KAJAL

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Hasina Shaikh
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91 NAMRATA KUMARI
92 PREETI MEHTA
93 LOKHANDWALA KHADIJA MUFADDAL
94 JAKE S THOMAS
95 BHOSALE NANDINI VIJAY
96 KAMAKSHA SINGH
97 PURVI BOHRA
98 SILVIE CHUNG SHIU POU
99 SARUNGBAM KRUTIKA DEVI
100 SHEETAL SHARMA

Total 100 students

HASINA SHAIKH
~~Manjita Kulkarni~~
Coordinator

Dr. Gulshan Gidwani
Principal

Principal Incharge
St. Mira's College for Girls

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