



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
An Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc (Computer Science),
BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

AQAR 2020-2021

5.1.3_ Capacity development and skills enhancement activities



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PU/PN/AC/015/ (1962)

College Code: - 013

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

Date:-25.02.2021

CIRCULAR

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

J. Chintan

[Mrs. Jyoti Chintan]

Coordinator



G. H. H. Gidwani

Dr. Gulshan H. Gidwani

Principal

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

REPORT

ENGLISH GRAMMAR SKILLS GUEST LECTURE: 2020-2021

Organiser: Mrs. Jyoti Chintan

Class: Sy BCom Business Communication

Speaker: Mrs. Komal Tujare

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

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

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

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

Jyoti Chintan
(JYOTI CHINTAN)



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

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Attendance

Total Number of Participants: 98 Students

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

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

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

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

Jyoti Chintan
(JYOTI CHINTAN)



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



(2020-21)

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College Code: - 013

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

Date: - 01 July 2020

CIRCULAR

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

G.H. Gidwani

Dr. Gulshan H. Gidwani

Principal

Seshmukh
Co-Ordinator
मराठी विभाग प्रमुख
डॉ. संगीता देशमुख



(2020-21)

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मराठी विभाग

अहवाल

Guest Lecture Series

Date-10 August 2020

Activity Report

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

Guest Lecture Series for SYBA Students

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

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

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

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

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

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

Co-Ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख



J.H. J. J. J.

Principal

St. Mira's College for Girls

(2020-21)
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मराठी विभाग
Guest Lecture Series
Attendance Record

Close Participants (15)

Search

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

Invite Mute All ...

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

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



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

(2021-22)

St. Mira's College for Girls, Pune

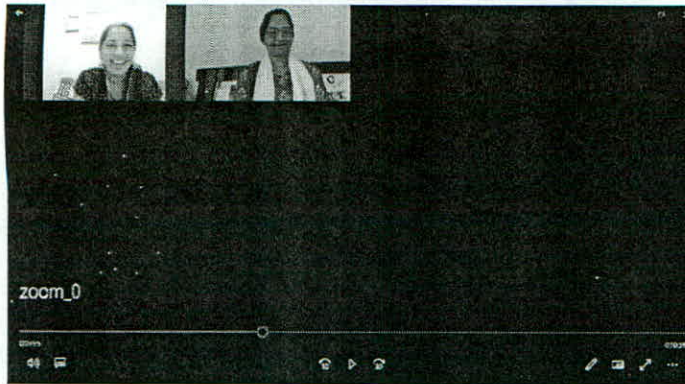
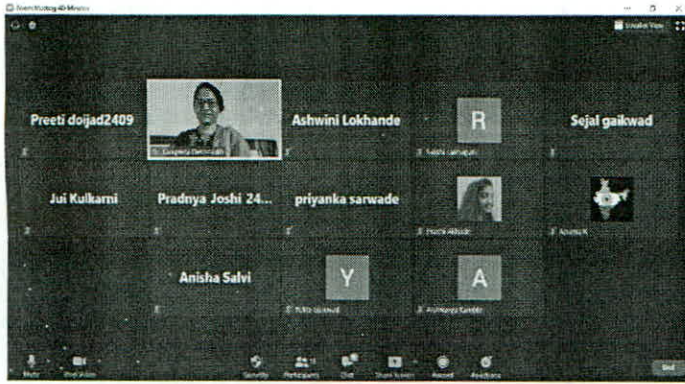
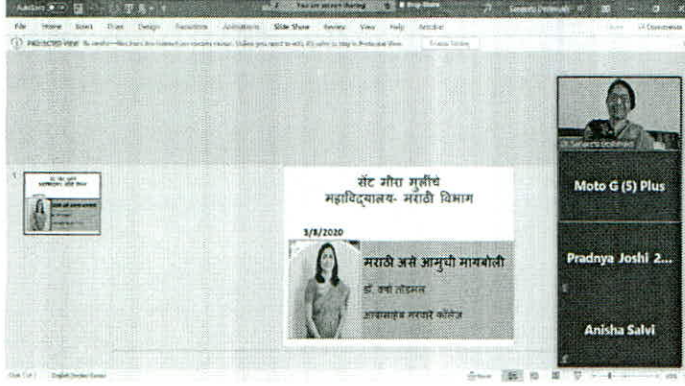
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मराठी विभाग

Guest Lecture Series

Date: 10 August 2020

Attendance Screenshots



Co-Ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख

Sangita Deshmukh



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



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College Code: - 013

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

Date: - 14 August 2020

CIRCULAR

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

G. H. Gidwani

Dr. Gulshan H. Gidwani

Principal

Sangeeta Deshmukh

Dr. Sangeeta Deshmukh

Coordinator



(2020-21)

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मराठी विभाग

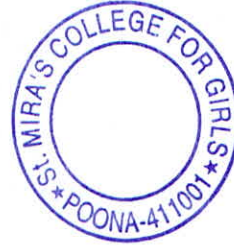
अहवाल

Webinar on Marathichi Trividh Rupe

Activity Report

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

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



Sangeeta Deshmukh

Co-ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख

G. H. Gidwani

Principal
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(2020-21)

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मराठी विभाग

Webinar - Marathichi Trividh Rupe

Date: 17th August 2020

Attendance Record

Muskan shaikh

Prachi Akhade

Pradnya Joshi

pratiksha yadav

Sanchi Gaikwad

Sangeeta Deshmukh

SANJAY DOJAD

Tejshree Pawar

uma Kale

Vaishnavi Darekar

Vaishnavi More

Yogeshwari Chandramourya

Aadya Ghalsasi

Co-ordinators

Deshmukh

(Dr. Sangeeta Deshmukh)



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

Jui Kulkarni

Tejashree Pawar

Diksha Ayte

Bhakti Kambale

Sanchi Gaikwad

Sangita Deshmukh

C0-Ordinator

मराठी विभाग प्रमुख

डॉ. संगीता देशमुख



S. H. Gaikwad

Principal

St. Mira's College for Girls

(2020-21)

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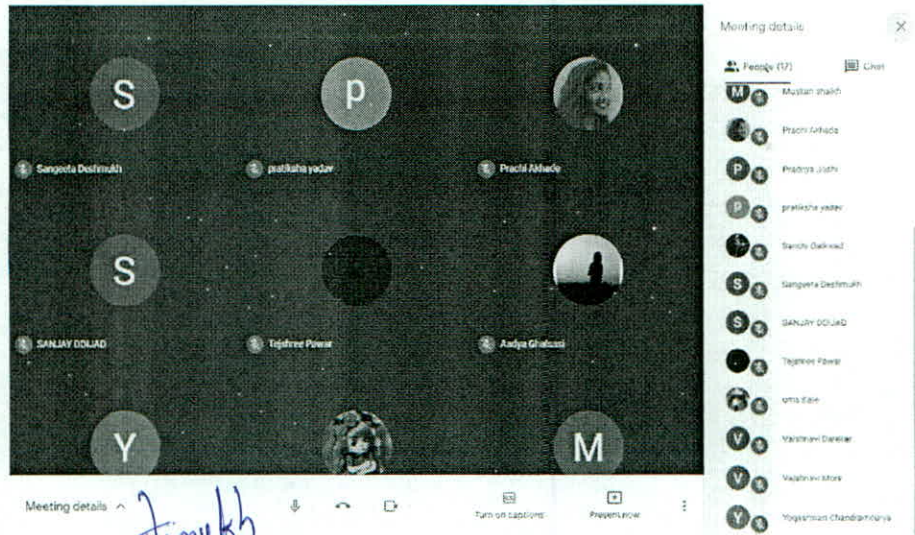
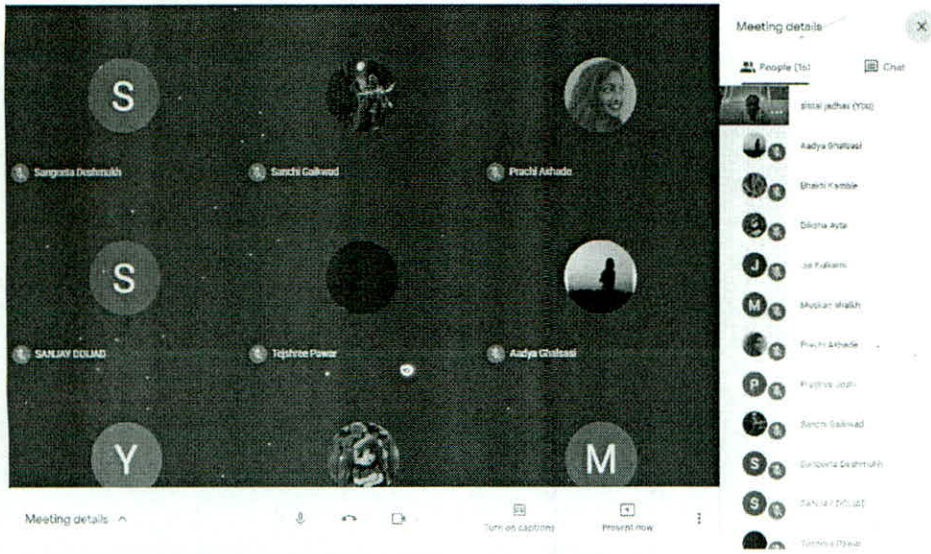
मराठी विभाग

Webinar - Marathichi Trividh Rupe

Webinar on Marathichi Trividh Rupe

Attendance Screenshots

Date: 17th August 2020



Co-Ordinator

Name: - Dr. Sangeeta Deshmukh

मराठी विभाग प्रमुख



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



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College Code:- 013

CIRCULAR

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

Date:- 20th August, 2020

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

Dr.Rama Venkat
Coordinator



Dr.Gulshan H. Gidwani
Principal

St.Mira's College for Girls, Pune

2020-21

Report on Story Telling Session by Ms Geetha Kutwan

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

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

Rama Venkatachalam

Dr. Rama Venkatachalam
Coordinator



G.H. Gidwani

Principal
St. Mira's College for Girls



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

02-09-2020

Zoom Meeting 44:1 Minutes

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

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

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

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

Tanvi Chavan Aishwarya Pawar 3649_afrin shaikh Simranjeet kaur Fatima Parvez

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

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

Participants (48)

Find a participant

| | | | |
|----|--------------------|---|---|
| RB | Riya Barde_3614 | ✗ | 🔊 |
| | Roobhini kutuwan | ✗ | 🔊 |
| R | Rutika Nawale | ✗ | 🔊 |
| RG | Rutuja Gaikwad | ✗ | 🔊 |
| SR | Sheryl Rasundaram | ✗ | 🔊 |
| SK | Shraddha Kurhade | ✗ | 🔊 |
| SH | Shreya hore | ✗ | 🔊 |
| | Shrikala Palugulla | ✗ | 🔊 |
| S | Shweta Mhaske | ✗ | 🔊 |
| SK | Simranjeet kaur | ✗ | 🔊 |
| S | Sinin Shaikh. | ✗ | 🔊 |
| S | sitara khaton | ✗ | 🔊 |
| | Suk... | ✗ | 🔊 |
| TC | Tanvi Chavan | ✗ | 🔊 |

by M. J. Kuttuvan

Principal
St. Mira's College for Girls
Invite Mute All

Event Coordinator - Dr. Ruma Venkar





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PU/PN/AC/015/(1962)

College Code:- 013

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

Date:- 19th September 2020

CIRCULAR

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

Shital P. Jadhav

Coordinator



Dr. Gulshan H. Gidwani

Principal

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

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



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

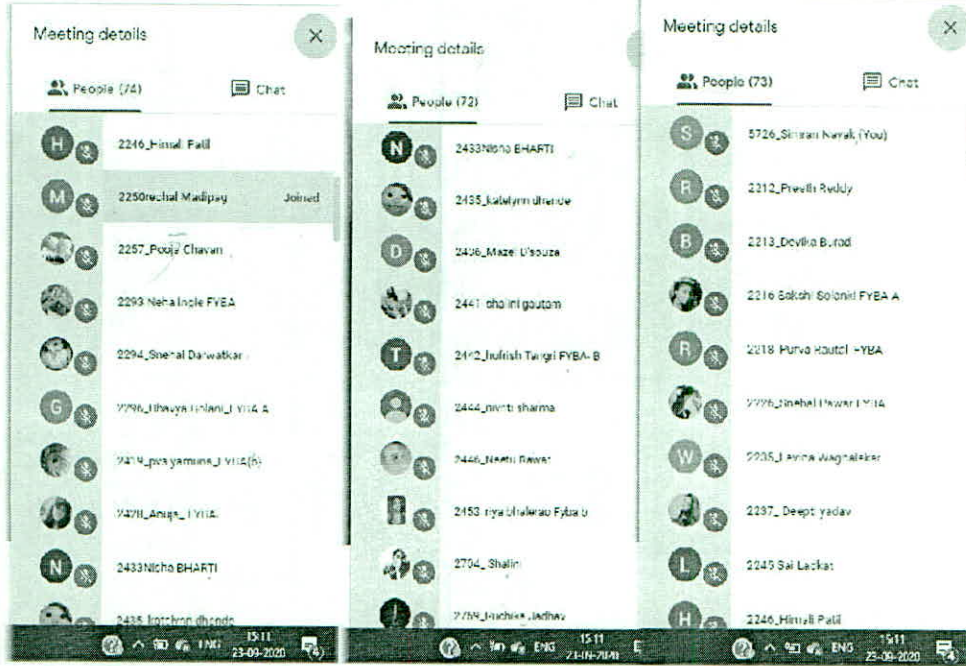


Principal
St. Mira's College for Girls

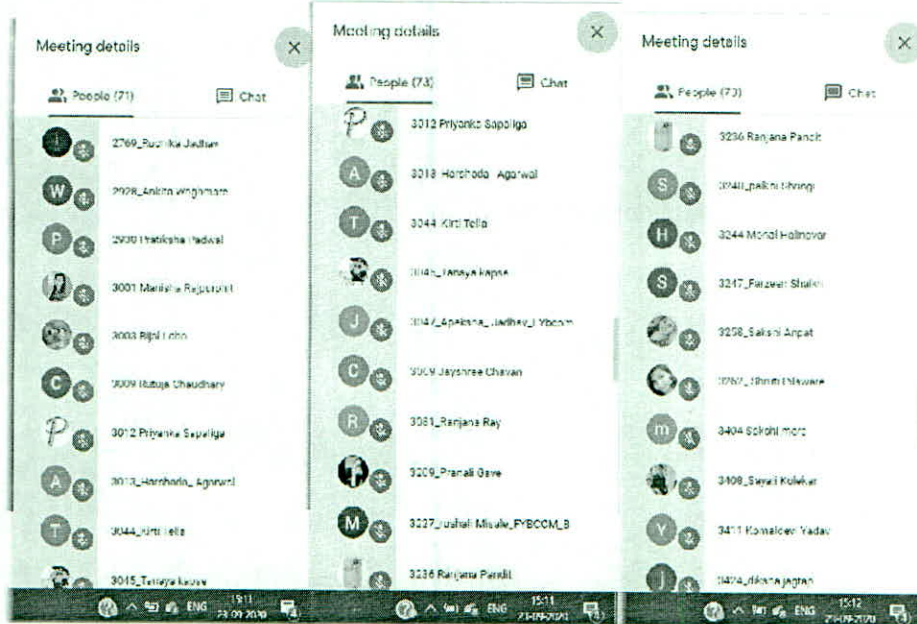
सेंट मीरा कॉलेज फॉर गर्ल्स, पुणे
स्वायत्त (सावित्रीबाई फुले पुणे विद्यापीठ संलग्न)
हिंदी विभाग (2019 - 2020)
उपस्थिति पत्रक

हिंदी वेबिनार (23/9/2020)

ATTENDANCE HINDI WEBINAR 23-9-2020



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



प्रा. शीतल जाधव
हिंदी विभाग प्रमुख

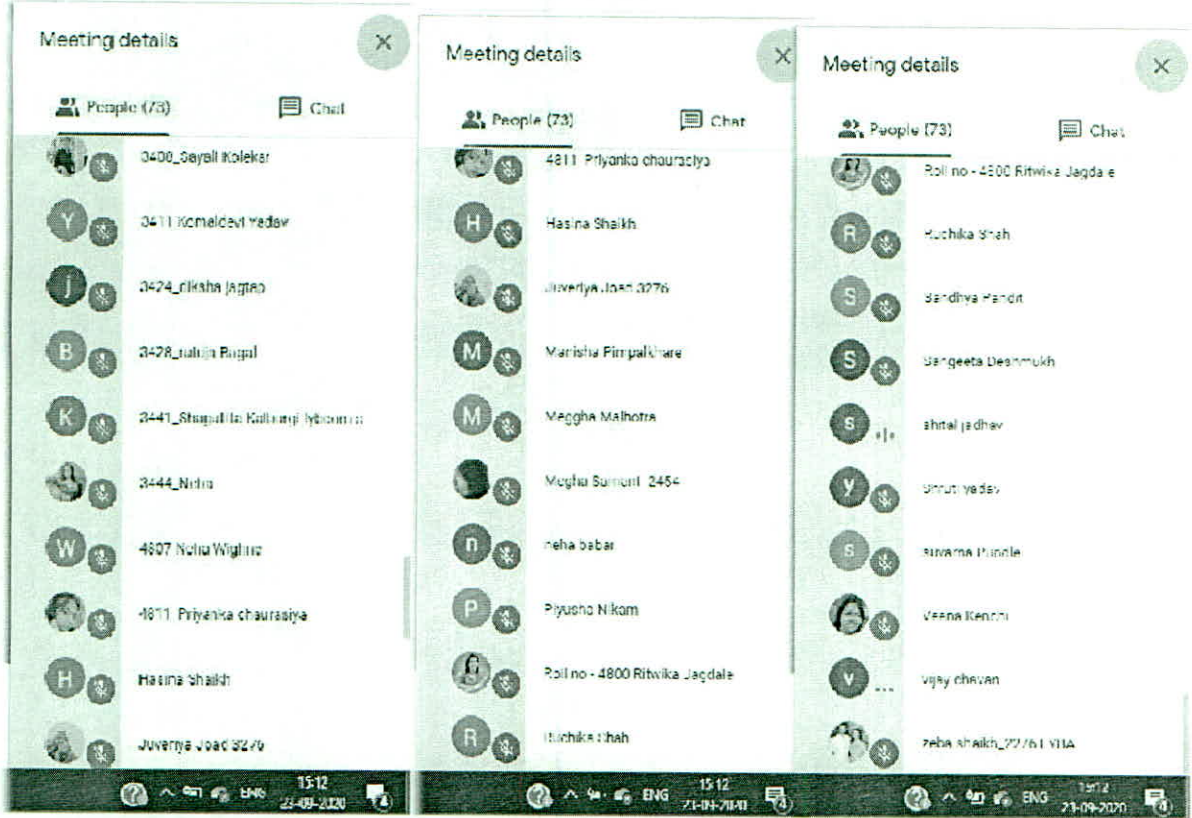


Principal
St. Mira's College for Girls

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

हिंदी वेबिनार (23/9/2020)

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



Shital Jadhav

प्रा. शीतल जाधव
हिंदी विभाग प्रमुख

Total 73
Participant.



H. H. Jadhav

Principal
St. Mira's College for Girls



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

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

Date:-13th Nov 2020

CIRCULAR

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

S.J. Sataravale

Dr Snober Sataravala
Coordinator



G.H. Gidwani

Dr. Gulshan H. Gidwani
Principal

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

Report on Writing an Article for the Press

Number of Participants: 90

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

Some of the tips she shared with the students were:

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

Tips on how to make your article stand out?

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

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

Writing style:

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

J. J. Sataravale

Event Coordinator



J. H. Gidwani

Principal

St. Mira's College for Girls

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

Attendance Sheet

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

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

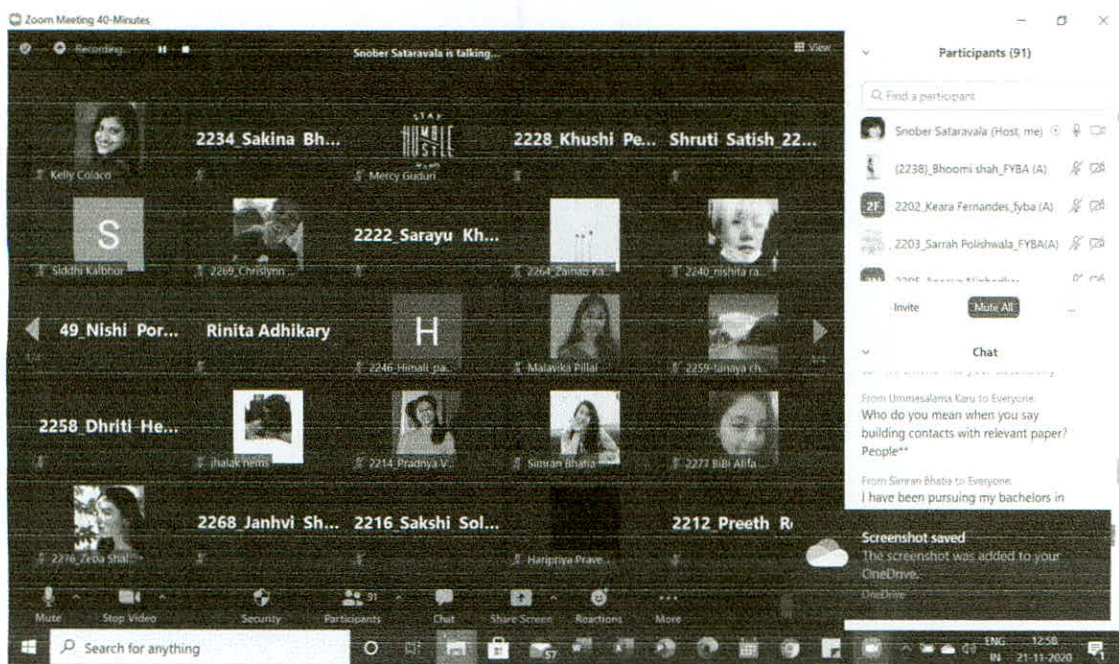
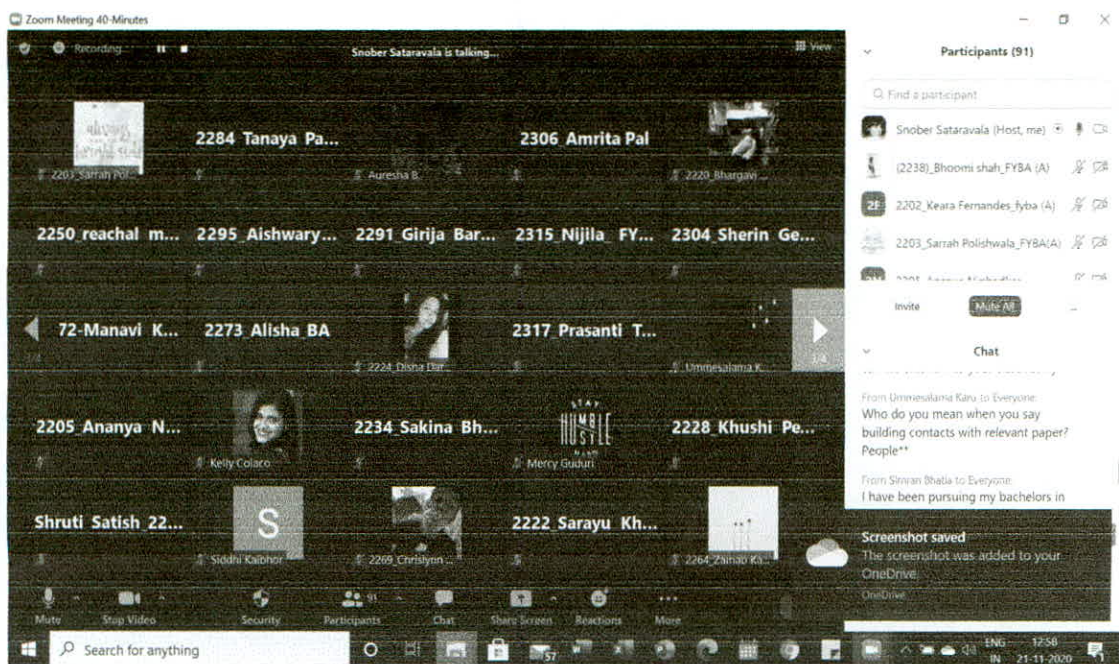
This screenshot shows a Zoom meeting in progress. The main window displays a grid of 20 participants, each with a video feed and a name tag. The names include 'samrita', 'Snobor Sataravala', 'Iphone', 'Suhalee Azayido', '2314 Tejal Kh...', '2200 Yashraj...', '2279 Shilpi...', 'Vasudha Ramani', '2242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

This screenshot shows another view of the Zoom meeting. The main window displays a grid of participants, including '2245 Sai Ladkat', '2202 Keara Fer...', '2298 Mitali Me...', '2226 Snehal Pa...', '2260 Zainab Na...', '2206 ManasaPa...', '2278 Mitali Swa...', '2307 Tanaz Sha...', '2265-LAKSAYA...', '2241 Devaki De...', 'Aparupa Sinha', '2316 Riya Tama...', '2256 Shruti Sh...', 'KHUSHI DHARI...', '2208 Zainab Bo...', 'chaitralee K...', and '(2238) Bhoomi...'. The right side shows the 'Participants (91)' list and the 'Chat' window. The chat window shows a message from 'Urmilasana Karu to Everyone' at 12:53 PM asking 'Who do you mean when you say building contacts with relevant paper? People**'. The bottom of the screen shows a Windows taskbar with the search bar and system clock.

J.T. Sataravala



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



Total Number of Participants/ students = 90

Name and Signature of the event coordinator :-

J. T. Sataravala



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



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

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

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

Date:-28.07.2020

CIRCULAR

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

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Nutrition and Diet Webinar

Report

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

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

The introduction of resource person and Vote of thanks was given by Mrs. Ekta Jadhav (Director of Physical Education) and Suvarna Pathak Physical Education Teacher and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the webinar.



Ms. Ekta Jadhav

Director of Physical Education



Principal

St. Mira's College for Girls

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

Webinar-Nutrition and Diet Webinar


Resource Person- Dr. Rashida Karu

Date-04-08-2020

Attendance Sheet

Total Number of Participants- 176

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


Ekta Jadhav
Director of Physical Education


Principal
St. Mira's College for Girls

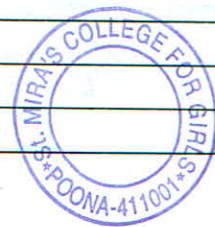


| | |
|----|---------------------------------------------------|
| 36 | manjitakulkarni ? 16:53 |
| 37 | taniyarobert ? 16:53 |
| 38 | sarikanagarkar ? 16:54 16:54 16:56 16:57 |
| 39 | priyankachaudhãri ? 16:54 16:57 16:58 16:59 18:38 |
| 40 | harshadadhokale ? 16:54 16:59 |
| 41 | anithamenon ? 16:54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

E. Jadhav
Ekta Jadhav

Director of Physical Education

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



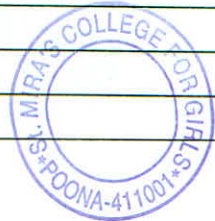
| | |
|-----|----------------------------------------------|
| 84 | 1467 aqsaqureshi ? 17:00 |
| 85 | shitalmahadik ? 17:00 |
| 86 | suhaniyadav ? 17:00 17:00 17:04 17: |
| 87 | saniasayyed ? 17:00 |
| 88 | siddhi bhosale ? 17:00 17:32 18:03 |
| 89 | darshinibabar ? 17:00 |
| 90 | priyankamore ? 17:00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

E. H. Jadhav
Ekta Jadhav

Director of Physical Education

S. H. Jadhav
Principal

St. Mira's College for Girls



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

E. Jadhav

Ekta Jadhav

Director of Physical Education

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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/2020-21/17

Date:-10.08.2020

CIRCULAR

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

E. Jadhav

Ms. Ekta Jadhav
Director of Physical Education

G. H. Gidwani

Dr. G.H. Gidwani
Principal



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Department of Physical Education and Sports


Resistance Training

Report

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

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

The introduction of resource person and Vote of thanks was given by Mrs. Ekta Jadhav (Director of Physical Education), and Suvarna Pathak Physical Education Teacher and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the webinar.


Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

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

Department of Physical Education and Sports

Webinar- Practical Session on Resistance Training

Resource Person- Ms. Sapana Yadav

Date-18-08-2020

Attendance Sheet

Total Number of Participants- 222

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

Ektā Jadhav
Ektā Jadhav

Director of Physical Education

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



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

E. H. Jadhav
Ekta Jadhav

Director of Physical Education

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



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

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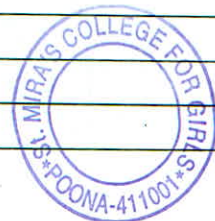


| | |
|-----|--------------------------------------------------------------------|
| 133 | tanishaparekh ? 17:05 17:11 |
| 134 | rieyonapatriciamenezes ? 17:06 |
| 135 | rishikakambar ? 17:06 18:08 |
| 136 | ritikachoudhury ? 17:06 17:19 |
| 137 | riyaagarwal ? 17:06 |
| 138 | ruchikamthe ? 17:06 17:08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

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

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Reaccredited by NAAC- A Grade, cycle 3
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6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in


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

Circular No:- G15/10AC/2020-21/28


Date:-06.09. 2020

CIRCULAR

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


Ms. Pooja Jain
Coordinator




Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology

Mental Well-being Program 2020-21

"Aao Baat Kare"- A webinar on Suicide Prevention

Date: 13th September 2020

Platform: ZOOM

Total Participants: 45

Department of Psychology, St. Mira's College for Girls, Pune organised a webinar on Suicide Prevention, "Aao baat kare" on 13th September 2020 at 3:00 pm as a part of their ongoing mental well-being program for college students. Suicide is a social and health concern which has been misunderstood by both society and families. This webinar was organised on ZOOM with aim of increasing awareness and educating students, parents and teachers on early signs, risk factors, ways of supporting others and ways of seeking help when in need. This webinar focused on educating students, teachers and parents about suicide awareness and suicide prevention. Session also focused on demystifying suicide and highlighted that suicide is just not a mental health concern but a socio-political one as well. Webinar also helped participants to identify early signs, which can be verbal, behavioural, and emotional signs along with risk factors. Speaker talked about ways of making a safety plan for someone who is struggling. Students were identified as a high-risk population for developing mental health concerns and ways of identifying students who might be higher risk for developing thoughts of suicide was also covered in the session. The speaker emphasised role of empathy, active listening and a non-judgemental attitude towards people who need help and having thoughts of suicide. Towards the end the participants were also informed about ways of managing their own thoughts, feelings, and ways of seeking help when in need. A comprehensive list of suicide helplines, self-help resources along with National mental health helpline, Kiran was shared with all the participants. Participants expressed an increase in knowledge and awareness about the topic of suicide. The session helped them to open and talk about their thoughts and feelings. Students who participated in the webinar reported that session was remarkably simple, relatable, and informative. Their misconceptions about suicide and person experiencing suicidal ideations were reduced. The session provided a safe space for participants to share personal struggles and gave them a right mix of awareness, self-help strategies and ways of supporting others in their journey.

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

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

Total Participants: 45

Program Coordinator: Ms. Pooja Jain




Principal
St. Mira's College for Girls

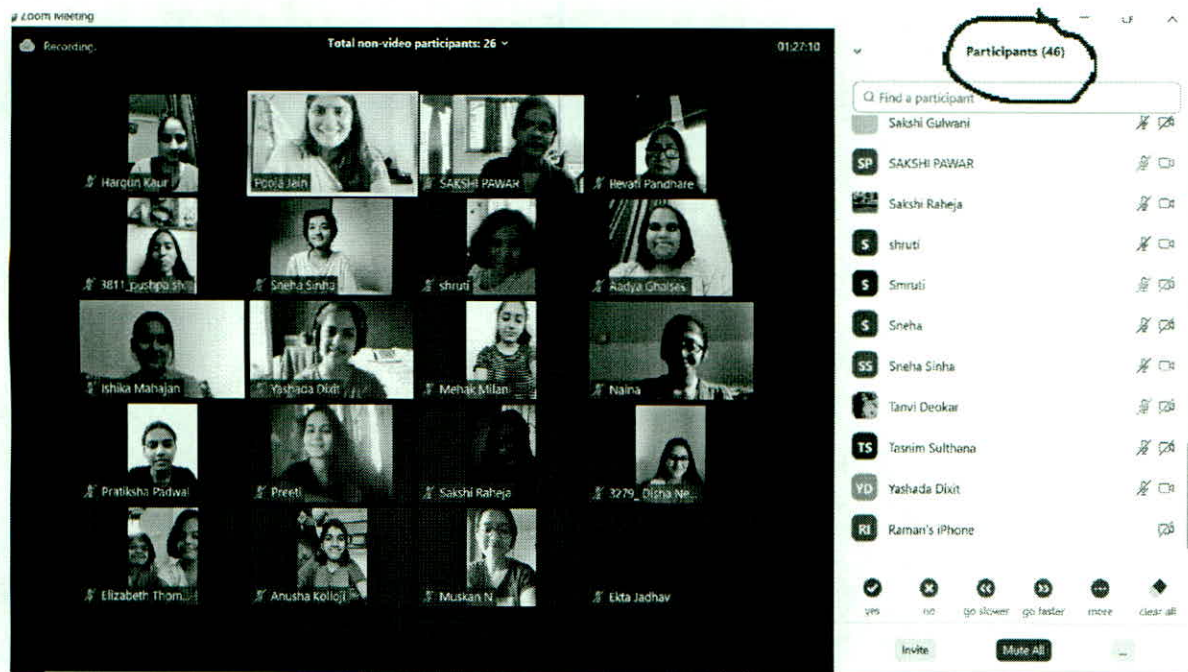
St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Department of Psychology
Mental Well-being Program 2020-21

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

Date: 13th September 2020

Platform: ZOOM



Total Participants: 45

Program Coordinator: Ms. Pooja Jain



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



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

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

Date:-05.09.2020

CIRCULAR

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

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal


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

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

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

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

The introduction of resource person was given by Mrs. Ekta Jadhav (Director of Physical Education), and the Vote of thanks was given by Suvarna Pathak (Physical Education Teacher) and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the webinar.


Ms. Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

Printed - Attached

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

Department of Physical Education and Sports

Webinar -Healthy Lifestyle Habits in the Pandemic Situation


Resource Person- Dr. Mahesh Deshpande

Date-18-09-2020

Attendance Sheet

Total Number of Participants- 258.

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


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Director of Physical Education

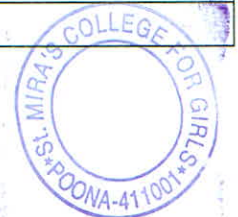

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| | |
|----|-------------------------------------------------------------------------------------|
| 33 | 2205_ananya niphadkar_fyba 16:46 (8min) [16:53] |
| 34 | 2278_mitali swamy_fyba 16:46 (7min) [16:53] |
| 35 | dimple valesha 16:46 (1min) [16:47]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

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


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


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

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

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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: -GIS/1QAC/2020-21/31


Date: - 10.09.2020

CIRCULAR

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


[Mrs. Jyoti Chintan]
Coordinator




Dr. Gulshan H. Gidwani
Principal

17

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

REPORT

A Leader is a Dealer in Hope 2020-2021

Organizer: Mrs. Jyoti Chintan

Class: Sy BCom Business Management

Speaker: Mr. Venkatraman

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

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

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

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

Jyoti
(JYOTI CHINTAN)

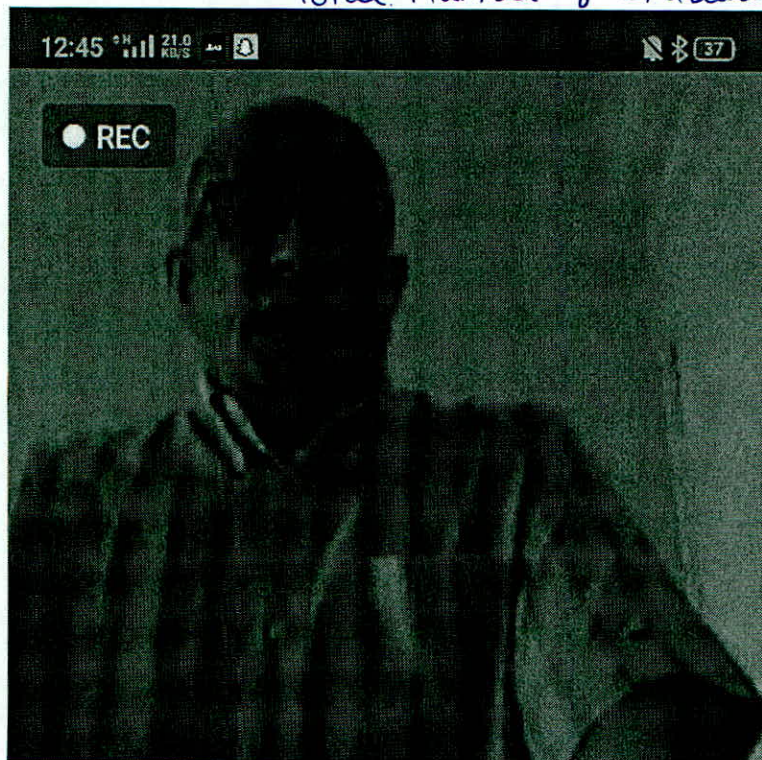


H. H. Chintan
Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
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Attendance Sheet

Total Number of students Participated = 148



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

H. H. Gadhave

Principal
St. Mira's College for Girls



Shirish

(Jyoti Chintan)

BBA/2020-21/01g

28/09/20

CIRCULAR

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

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

S. Ambrose

Mrs. Stella Ambrose
Course Coordinator

G.H. Gidwani

Dr. G.H.Gidwani
Principal



St. Mira's College For Girls, Pune
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REPORT

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

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

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

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


Kajal Jaisinghani
Event Coordinator




Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
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| Meeting ID | Start Time | End Time | User Email | |
|---------------------------------------------------------------|-----------------|-----------------|-----------------|--------------|
| 89419579585 | 1/10/2020 11:46 | 1/10/2020 13:51 | kavitasghor | |
| Topic Managing Oneself to Manage Everything Else by Kavita Gh | | | | |
| Name (Original Name) | User Email | Join Time | Leave Time | Duration (M) |
| 1 11865_Komal (Komal Sharma) | | 1/10/2020 11:50 | 1/10/2020 13:23 | 93 |
| 2 11703_Sayali | | 1/10/2020 12:39 | 1/10/2020 13:08 | 30 |
| 3 11804_Megha Garg | | 1/10/2020 11:50 | 1/10/2020 13:51 | 122 |
| 4 11805 Divya | | 1/10/2020 11:57 | 1/10/2020 13:05 | 69 |
| 5 11806_Pratiksha | | 1/10/2020 12:19 | 1/10/2020 12:48 | 30 |
| 6 11808_Tanuja | | 1/10/2020 12:40 | 1/10/2020 13:04 | 25 |
| 7 11813_Yashika | jainrakshit | 1/10/2020 12:30 | 1/10/2020 13:51 | 82 |
| 8 11823_Vaishnavi | | 1/10/2020 12:03 | 1/10/2020 12:28 | 25 |
| 9 11825_Neerja Sanda | neerjasand | 1/10/2020 11:58 | 1/10/2020 13:51 | 114 |
| 10 11826_Himani Lokhande (Himani Lokha | | 1/10/2020 11:54 | 1/10/2020 13:51 | 118 |
| 11 11835_Anushka Talnikar (An anushkatal | | 1/10/2020 11:52 | 1/10/2020 13:35 | 103 |
| 12 11836_Isha Parekh (Isha Par isha.parekh | | 1/10/2020 11:53 | 1/10/2020 13:40 | 107 |
| 13 11837_Poorvi Sharma (Poorvi Sharma) | | 1/10/2020 11:50 | 1/10/2020 13:51 | 122 |
| 14 11839_Isha Chauhan | | 1/10/2020 12:12 | 1/10/2020 12:45 | 34 |
| 15 11844 Pratiksha Savade | pratikshas | 1/10/2020 11:54 | 1/10/2020 12:44 | 50 |
| 16 11845_Poonam | | 1/10/2020 12:39 | 1/10/2020 13:51 | 73 |
| 17 11846_snehal | | 1/10/2020 12:28 | 1/10/2020 12:35 | 8 |
| 18 11850_Kusum Maurya (1185 kusum118) | | 1/10/2020 11:53 | 1/10/2020 12:23 | 30 |
| 19 11855_payal (Ojas Waghcha payal)agtar | | 1/10/2020 12:02 | 1/10/2020 12:52 | 51 |
| 20 11858_Anusha Mehendale (Anusha Mel | | 1/10/2020 11:55 | 1/10/2020 13:33 | 99 |
| 21 11861_Monaz | | 1/10/2020 12:13 | 1/10/2020 13:51 | 99 |
| 22 11863_vishakha (Vishakha P: vishakhapa | | 1/10/2020 11:57 | 1/10/2020 13:15 | 78 |
| 23 11873Akanksha (Akanksha) | | 1/10/2020 11:56 | 1/10/2020 13:31 | 96 |
| 24 11880_Prerna | | 1/10/2020 11:59 | 1/10/2020 12:51 | 52 |
| 25 21630 Aditi Wable | | 1/10/2020 11:54 | 1/10/2020 12:46 | 52 |
| 26 21652rupali wadekar | | 1/10/2020 12:37 | 1/10/2020 13:34 | 57 |
| 27 21801_Monika Jogi | 21801mon | 1/10/2020 11:56 | 1/10/2020 13:40 | 105 |
| 28 21805_AmanSahota | | 1/10/2020 11:58 | 1/10/2020 13:51 | 114 |
| 29 21806_Tulna Gupta | tulnagupta | 1/10/2020 11:57 | 1/10/2020 13:51 | 115 |
| 30 21807_Leena Akshada Bommi | | 1/10/2020 12:01 | 1/10/2020 12:35 | 34 |
| 31 21808_Tanvi Gupta (Tanvi G: tanvig362@ | | 1/10/2020 11:54 | 1/10/2020 13:51 | 118 |
| 32 21810_anjali chugh | | 1/10/2020 12:03 | 1/10/2020 13:52 | 109 |
| 33 21811_Heena Rajpal (sunny rajpal)heen | | 1/10/2020 12:19 | 1/10/2020 13:33 | 75 |
| 34 21812_Aliya Sayyed | aliyasayyed | 1/10/2020 12:11 | 1/10/2020 13:51 | 100 |
| 35 21815_vaishnavi Kitukale | vaish.kituk | 1/10/2020 11:55 | 1/10/2020 13:51 | 117 |
| 36 21817_Vanshita Choudhary | | 1/10/2020 11:58 | 1/10/2020 13:37 | 99 |
| 37 21819_samina (Zoom user) | nufh9uj5vr | 1/10/2020 12:12 | 1/10/2020 13:51 | 100 |
| 38 21820 Aachal choudhary | aachalcho | 1/10/2020 11:54 | 1/10/2020 13:50 | 117 |
| 39 21821 Farzin Khan | 21821farzi | 1/10/2020 11:54 | 1/10/2020 13:23 | 89 |
| 40 21822_Shriya Tupe (Shriya_tupe) | | 1/10/2020 11:50 | 1/10/2020 13:34 | 105 |
| 41 21823 Ankita | 21823ankit | 1/10/2020 12:01 | 1/10/2020 13:21 | 81 |
| 42 21825 RAJSEE SARWATE | rajseesarw | 1/10/2020 11:53 | 1/10/2020 13:32 | 99 |

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

Kajal



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

Event Coordinator:

Kajal Jaisinghani



H. H. Jaisinghani

Principal

St. Mira's College for Girls



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

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

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

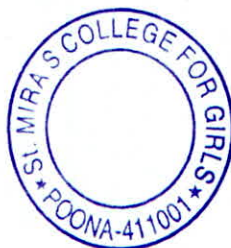
Date:-05.10.2020

CIRCULAR

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

E. Jadhav

Ms. Ekta Jadhav
Director of Physical Education



G.H. Gidwani

Dr. G.H. Gidwani
Principal

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

Department of Physical Education

Webinar on Practical Session of Power Yoga and its benefits
Report

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

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

The resource person was introduced by Mrs. Ekta Jadhav (Director of Physical Education), and the Vote of thanks was given by Suvarna Pathak (Physical Education Teacher) and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the webinar.



Ms. Ekta Jadhav
Director of Physical Education



Principal
St. Mira's College for Girls

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

Department of Physical Education and Sports

Webinar-Practical session of Power Yoga and its Benefits

Resource Person- Dr. Manali Deo

Date-16-10-2020

Attendance Sheet

Total Number of Participants- 100

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

E. Jadhav
Ekta Jadhav

Director of Physical Education

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



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

Ektajadhav
 Ektajadhav
 Director of Physical Education

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



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

E. Jadhav

Ekta Jadhav

Director of Physical Education



G. H. Gidwani

Principal

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


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

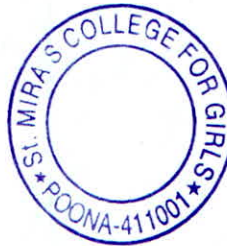
Circular No:- GIS/10AC/2020-21/45.


Date:-21.10.2020

CIRCULAR

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


Ms. Ekta Jadhav
Director of Physical Education




Dr. G.H. Gidwani
Principal

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

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


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

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

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

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

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


Ms. Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

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

Department of Physical Education and Sports

Webinar- Reminiscing Everest

Resource Person- Mr. Umesh Zirpe

Date-02-11-2020

Attendance Sheet

Total Number of Participants- 100

| | Names | "2020-11-02" | "Arrival time" | "Last Seen" | "# of Checks" | "Joined" |
|----|-----------------------------------|--------------|----------------|-------------|---------------|----------|
| 1 | 2463_kanishka | "√" | "16:55" | "16:55" | "1" | "1" |
| 2 | 2235_lavina Waghalekar-Fyba A | "√" | "18:25" | "18:25" | "1" | "1" |
| 3 | 2269_chrislynn Rodrigues - Fyba A | "√" | "16:58" | "18:36" | "5" | "1" |
| 4 | Palak Agarwal | "√" | "16:50" | "16:54" | "5" | "1" |
| 5 | Srushti Agrawal | "√" | "18:30" | "18:42" | "13" | "1" |
| 6 | K B | "√" | "17:01" | "18:39" | "30" | "1" |
| 7 | Sulbha Babar | "√" | "18:36" | "18:41" | "6" | "1" |
| 8 | 2234_sakina Bharmal | "√" | "16:57" | "17:06" | "8" | "1" |
| 9 | Sakina Bharmal | "√" | "16:51" | "18:39" | "14" | "3" |
| 10 | GeetikaBhati | "√" | "17:04" | "18:41" | "36" | "1" |
| 11 | 2281_kanchanpriya Bhujbal | "√" | "16:54" | "18:25" | "5" | "1" |
| 12 | 3456_sheba Biju | "√" | "16:49" | "16:52" | "4" | "1" |
| 13 | 3466_karuna Bommanaboina | "√" | "16:54" | "16:54" | "1" | "1" |
| 14 | 3069 Jayshree Chavan | "√" | "17:55" | "18:07" | "7" | "1" |
| 15 | 3471_rutuja Chavan | "√" | "16:52" | "17:30" | "2" | "2" |
| 16 | 3439_silvia D'souza | "√" | "16:50" | "16:54" | "5" | "1" |
| 17 | 2449_durga Daundkar | "√" | "16:47" | "18:39" | "13" | "2" |
| 18 | Anita Dcunha | "√" | "18:32" | "18:34" | "3" | "1" |
| 19 | Suvarna Deolankar | "√" | "16:43" | "18:55" | "99" | "5" |
| 20 | SanikaDhage | "√" | "18:39" | "18:39" | "1" | "1" |
| 21 | 2313_khushi Dhariwal-Fyba | "√" | "16:52" | "18:40" | "14" | "2" |
| 22 | 2406- Diksha Dhumal | "√" | "17:09" | "17:09" | "1" | "1" |
| 23 | 2406- Diksha Dhumal Dhumal | "√" | "16:56" | "17:00" | "5" | "1" |
| 24 | 3500_pratiksha Dhumal | "√" | "16:48" | "18:30" | "17" | "1" |
| 25 | 40_bca_ratnaprabha Dilpake | "√" | "16:55" | "18:40" | "9" | "3" |
| 26 | 2251 RutujaGhuleFyba | "√" | "16:52" | "17:06" | "13" | "1" |
| 27 | 2256 Shruti ShewaleFyba | "√" | "16:47" | "17:00" | "10" | "2" |
| 28 | 3272_pooja KotambeFybcom | "√" | "17:20" | "17:58" | "21" | "1" |
| 29 | 16_rutvika Gaikwad | "√" | "16:52" | "17:34" | "17" | "3" |
| 30 | 5430 Tanvi Indalkar | "√" | "18:25" | "18:33" | "8" | "1" |
| 31 | 3077renuka Jadhav | "√" | "16:58" | "17:09" | "6" | "1" |
| 32 | 5437 Swati Jamagondi | "√" | "16:53" | "17:56" | "13" | "5" |
| 33 | 22_bca_akriti Jha | "√" | "16:59" | "17:06" | "8" | "1" |
| 34 | Shirin Jinnah | "√" | "17:00" | "17:04" | "3" | "1" |
| 35 | 31_bbaca ShrivaniJore | "√" | "16:54" | "17:01" | "8" | "1" |

E. Jadhav
Ekta Jadhav

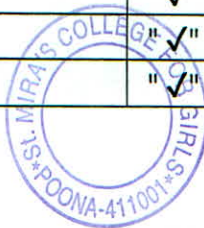
Director of Physical Education

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

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

E. Jadhav
Ekta Jadhav

Director of Physical Education



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

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

E. Jadhav

Ekta Jadhav
Director of Physical Education



G. H. Jadhav

Principal
Mira's College for Girls



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:- G15/1QAC/2020-21/29

Date:-06.09.2020

CIRCULAR

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

Ms. Deepa Krishnamurthi

Coordinator



Dr. Gulshan H. Gidwani

Principal

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

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



Ms. Deepa Krishnamurthi





Principal
St. Mira's College for Girls

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

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

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



Deepa. Krishnamurthi
Deepa

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

H. H. Jadhav

Principal
St. Mira's College for Girls



Deepa. Kris hnamuuthi
Deepa

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

J.H. Jadhav

Principal

St. Mira's College for Girls



Deepa. Krishnamurthi
Deepa

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



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



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St. Mira's College for Girls, Pune

Autonomous (Affiliated to Savitribai Phule Pune University)

Reaccredited by NAAC- A Grade, cycle 3

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

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

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

PU/PN/AC/015/(1962)

College Code:- 013

Circular No:- G15/10AC/2020-21/08

Date:-15.7.2020

CIRCULAR

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

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal

33

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

Department of Physical Education and Sports

Physical Fitness @ Home Program

Report

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

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

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



Ms. Ekta Jadhav
Director of Physical Education



Principal
St. Mira's College for Girls

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

Total Participants-

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

Eakta Jadhav
Ekta Jadhav

Director of Physical Education



G.H. Jadhav

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

Eka Jadhav

Director of Physical Education



G. H. Jadhav

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

Ekta Jadhav

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Handwritten signature in purple ink.

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

Ekta Padhav

Director of Physical Education



7.11.2020

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

Ekta Jadhav

Director of Physical Education



G.H. Jadhav

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

Ekta Jadhav

Ekta Jadhav
Director of Physical Education



G.H. Gulwani



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:- **G1S/10AC/2020-21/51**

Date:-04. 01. 2021

CIRCULAR

On 7th, 8th and 9th January 2021 three Psycho-educational skill building sessions 'You Got This' Series are to be organized by for all Degree College Classes during college hours over Zoom Platform.

Pooja Jain

Ms. Pooja Jain
Coordinator



Gulshan H. Gidwani

Dr. Gulshan H. Gidwani
Principal

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

Mental Well-being Program 2020-21

You Got This- Managing Exam Anxiety 2020-2021

Mental Well-being Center organised a series of three psycho-educational, skill building workshops designed to help build personal awareness, develop skills to manage examination anxiety and study tips and techniques.

Students could select any of the workshops listed and repeat any of the YGT workshops.

1. Ways of managing Exam/test Anxiety and Stress: In this session, participants will learn about the relationship between anxiety and thinking styles, in which participants understand how their thoughts, emotions, and behaviour are linked. Participants will also learn about mindfulness, practice techniques and how to incorporate into daily routine 07-10-2021 (2:00-3:00 pm)

2. Study tips and techniques: This session will focus on learning & memory tips. It will also focus on ways of sustaining attention and time management - 08-01-2021 (2:00-3:00 pm)

3. Ask away : Feel free to ask all your queries and concerns related to your mental health, stress, and coping - 09-01-2021 (2:00-3:00 pm)

Total Students: 88

Program Coordinator: Ms. Pooja Jain




Principal
St. Mira's College for Girls

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2020-2021
You Got This - Registration Form

| S.No | Timestamp | Student's Name | Age in years | Email address | Year of Degree | Which session would you like to participate in? | organize group sessions on any other topic of concern? | in group therapy/ session before organised by College? | scanned copy of your ID card or Fee receipt for our identification |
|------|-------------------|---------------------|--------------|----------------------------------|----------------|--------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|------------------------------------------------------------------------------|
| 1 | 1-6-2021 10:49:20 | Anjali Pillai | 20 | anjali0909@gmail.com | Third year | Anxiety and Stress | | Yes | m/open?id=1 HHVC |
| 2 | 1-6-2021 10:56:15 | Tanvi | 19 | tanudeokar@gmail.com | Third year | Study tips and techniques | | Yes | m/open?id=1aKwZm |
| 3 | 1-6-2021 10:58:22 | Megha Garg | 20 | meghagarg379@gmail.com | Third year | Anxiety and Stress | attend both the session | No | m/open?id=1uqWWz |
| 4 | 1-6-2021 10:59:35 | Ankita Dhakad | 19 | ankitadhakad2012@gmail.com | Third year | Anxiety and Stress | | No | m/open?id=1fe- |
| 5 | 1-6-2021 11:00:13 | Megha | 20 | meghagarg379@gmail.com | Third year | Study tips and techniques | - | No | m/open?id=1OCpVY |
| 6 | 1-6-2021 11:01:15 | Ankita | 19 | ankitadhakad2012@gmail.com | Third year | Study tips and techniques | | No | m/open?id=17IUKKf |
| 7 | 1-6-2021 11:02:23 | Riya Rathod | 18 | rathodriya66@gmail.com | First year | Ask Away | | No | m/open?id=1Xhlfusf |
| 8 | 1-6-2021 11:04:22 | Durga Daundkar | 18 | durgapdaundkar@gmail.com | First year | Study tips and techniques | | No | m/open?id=1MX22Y |
| 9 | 1-6-2021 11:04:58 | Rinita Adhikary | 18 | adhikaryrinita542@gmail.com | First year | Ask Away | | No | m/open?id=1PgYd- |
| 10 | 1-6-2021 11:08:52 | Jennifer Daniel | 19 | jenmatdan@gmail.com | Second year | Anxiety and Stress | | Yes | m/open?id=1B60okP |
| 11 | 1-6-2021 11:09:21 | Samiksha | 19 | sammana2301@gmail.com | Second year | Study tips and techniques | | No | m/open?id=1RGPKR |
| 12 | 1-6-2021 11:14:05 | Sherin George | 21 | sherin2218@gmail.com | First year | Study tips and techniques | Yes | Yes | m/open?id=12zFICH |
| 13 | 1-6-2021 11:14:58 | Sejal Bhayani | 19 | sejalpandharpur@gmail.com | Second year | Study tips and techniques | | Yes | m/open?id=1ODueK |
| 14 | 1-6-2021 11:17:27 | Borsadwala | 18 | zainabborsad@gmail.com | First year | Study tips and techniques | | Yes | m/open?id=12JrMO |
| 15 | 1-6-2021 11:20:33 | Namrata Datta | 21 | diyadatta03@gmail.com | Third year | Anxiety and Stress | | Yes | m/open?id=1hns2J7f |
| 16 | 1-6-2021 11:20:40 | Olivia Fernandes | 19 | oliviafernandes12@gmail.com | Second year | Anxiety and Stress | | Yes | m/open?id=1 0E86e |
| 17 | 1-6-2021 11:21:55 | Waghalekar | 18 | lavina.waghalekar@gmail.com | First year | Study tips and techniques | Yes | Yes | m/open?id=1wciybs |
| 18 | 1-6-2021 11:23:36 | Naina Gaikwad | 19 yrs | nainagaikwad2001@gmail.com | Second year | Anxiety and Stress | | No | m/open?id=1trVYBv |
| | 1-6-2021 11:25:13 | Naina Gaikwad | 19yrs | nainagaikwad2001@gmail.com | Second year | Study tips and techniques | | No | https://drive.google.c m/open?id=1kRfJLX huor8RjV_GoAUJxI FKJrI8u |
| 20 | 1-6-2021 11:29:37 | Anusha Kolloji | 18 | anushakolloji@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.c m/open?id=1SRQAn nElkbkZ4vY8VHJ Anab2pJ |
| 21 | 1-6-2021 11:31:33 | Nivriti sharma | 18 | nivritisharma8@gmail.com | First year | Study tips and techniques | | No | https://drive.google.c m/open?id=1SP- 7Zqk9KosicyQHVoA Tbk5UmoH6PW2 |
| 22 | 1-6-2021 11:32:14 | Garima Kundu | 18 | garimakundu17@gmail.com | Second year | Study tips and techniques | | Yes | https://drive.google.c m/open?id=1YfOkw/ Xhq7QsvpeBXhUR0 C_1_7XKq |
| 23 | 1-6-2021 11:32:36 | Niriksha | 20 | nirikshashetty24@gmail.com | Third year | Study tips and techniques | | Yes | https://drive.google.c m/open?id=1dTw- NVOxRV03ZCXTI L1YIPDHcnAFY |
| 24 | 1-6-2021 11:33:32 | Shalini Gautam | 18 years | shalinigautam587@gmail.com | First year | Study tips and techniques | No | No | https://drive.google.c m/open?id=1cAPtdQ u7hXrTWobA3Woh RWn0KWRNV |
| 25 | 1-6-2021 11:34:44 | Atrejee Pal | 19 | atrejee28p@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.c m/open?id=1HvQOR PWeFZIRQEr_prMJ 6wmKgHMCB |
| 26 | 1-6-2021 11:38:31 | Pratiksha kauttikar | 19 | Pratikshakauttikar7538@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | Other topic | No | https://drive.google.c m/open?id=1RD8mL OHPo9W71IrmTveX U0r3kzb- |
| 27 | 1-6-2021 11:55:19 | Mayuri Makwana | 20 | mayurimakwana190@gmail.com | Third year | Study tips and techniques | | No | https://drive.google.c m/open?id=1ICRPdF ztlOZ3JE4ez7JdhE j-BFh |
| 28 | 1-6-2021 11:59:13 | Mitali Mehta | 18 | mitalimehta574@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | Overthinking | Yes | https://drive.google.c m/open?id=1YynPt eit11Jrrj- h5LhTEXSmjVdu |
| 29 | 1-6-2021 12:01:09 | Akanksha | 20 | akankshabalkawade10@gmail.com | Third year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.c m/open?id=1WvnBg B_xe_JE1zyStAv314 Yo1Sbu5 |
| 30 | 1-6-2021 12:01:48 | Mitali Mehta | 18 | mitalimehta574@gmail.com | First year | Study tips and techniques | | Yes | https://drive.google.c m/open?id=1XdGFc 30rvMVSxXYQ18nf HaKctpFX |
| 31 | 1-6-2021 12:03:56 | Rishika Vaidya | 18 | vaidyariishi20@gmail.com | First year | Study tips and techniques | how to be always motivated and energetic? | Yes | https://drive.google.c m/open?id=1WBVoc HRqVQDeVCkRi7p C5ksUjIq1 |

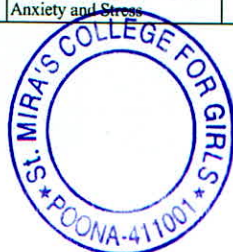
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S.H. Jadhav
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St. Mira's College for Girls

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|----|-------------------|------------------------|----------|--------------------------------|-------------|-----------------------------------------------|---------------------------------|-----|-------------------------------------------------------------------------------------------------------------------------------------------------|
| 51 | 1-6-2021 17:57:15 | Sonali Patil | 19 | sonalipatil9923@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1GMLItLCVPcGfQRfYE_Rn4A5BBz |
| 52 | 1-6-2021 18:00:28 | Ishika | 19 | ishikaahuja1404@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1mV70akJk1t1mVkdKwBRVZmKwMma |
| 53 | 1-6-2021 18:05:41 | Suzan Solanki | 18 | suzansolanki1504@gmail.com | First year | Study tips and techniques | | No | https://drive.google.com/open?id=14o2giq5fmc1heNII2PCns1v0_vJZ1 |
| 54 | 1-6-2021 18:06:51 | Suzan Solanki | 18 | suzansolanki1504@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1qRD7bmvqYGAW5O2wDaIwaCwC01r1l |
| 55 | 1-6-2021 18:13:10 | Yogita Melwani | 19 | 11901.yogtia@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=18l-42pWTdCbWAT5gDbDk2p7UdcBvLf |
| 56 | 1-6-2021 18:23:01 | Lesha Samtani | Nineteen | lsamtani08@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1HfvG4nL1tLP8v6pqUqan6R63w4Sk2 |
| 57 | 1-6-2021 18:39:18 | Ishika | 19 | ishikaahuja1404@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1nzKdvYCbE-iDQwUT6nWZSmOfnGASU |
| 58 | 1-6-2021 19:02:36 | Sneha Rajnale | 19 | sneharajnale29@gmail.com | First year | Study tips and techniques | No | Yes | https://drive.google.com/open?id=1n_vPvk7AxoiNNO_oxGJz4ItlxZMcK |
| 59 | 1-6-2021 19:11:53 | Arman Chagla | 21 | armanchagla@gmail.com | Third year | Study tips and techniques | | No | https://drive.google.com/open?id=1LKIU_40gMCnQd4c68hcgSnIYJ6ji |
| 60 | 1-6-2021 19:15:27 | Prerna parte | 18 | parteprema3@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | No | Yes | https://drive.google.com/open?id=1EOofISq5TJlJfFe7H0tVOZKfRCp4QQ |
| 61 | 1-6-2021 19:53:00 | Swamini Suryawanshi | 18 | Swaminisuryawanshi24@gmail.com | First year | Study tips and techniques | No | Yes | https://drive.google.com/open?id=1bT17AqCIVKf-XIbhzWeJa20RGWChi |
| 62 | 1-6-2021 20:14:47 | Yashika Jain | 20 | yashikaj33@gmail.com | Third year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1oSK1S8BPG8FdZuLFjgnKluLNQwRn |
| 63 | 1-6-2021 20:36:59 | Ruchika Jadhav | 21 | jruchika66@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1dP4Nd3ZnGw1XJdGk3SvalvK60XvH |
| 64 | 1-6-2021 20:39:03 | Sharayu Bagade | 19 | sharayubagade@gmail.com | Second year | Ask Away | Yes | No | https://drive.google.com/open?id=1wveR7Tegio-5iZ1xnJqLpauu6mB8N |
| 65 | 1-6-2021 20:39:05 | Ruchika Jadhav | 21 | jruchika66@gmail.com | Second year | Study tips and techniques | | Yes | https://drive.google.com/open?id=1W0jqzIzNoUoij4HJ7wzeCvtj9w8 |
| 66 | 1-6-2021 21:00:44 | Zoha Sabooni | 20 | Zoeysabooni8@gmail.com | Third year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1dRA8p2ggvgiSJrlapnv_6OaJlppenR |
| 67 | 1-6-2021 21:30:47 | Shweta Abasaheb Thorat | 19 | shwetathorat766@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1rWczSnaG2w1hnzJQV22jXExcIM6bu |
| 68 | 1-6-2021 23:21:36 | Sheetal | 19 | choudharyjk8329@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | Anxiety management of any thing | No | https://drive.google.com/open?id=1uPGQ5ExRCJlc6p7Qg_45zRY7vw |
| 69 | 1-6-2021 23:40:16 | Heba Mohammed Yusuf | 19 | hebayusuf01@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1m4MQzJ6eyrWqjVnoblDBzzyHm2E |

For
Principal



Principal
St. Mira's College for Girls

| | | | | | | | | | |
|----|-------------------|-------------------------|----------|--------------------------------|-----------------|-----------------------------------------------|------------------------------------------------------------------------|-----|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 32 | 1-6-2021 12:10:08 | Akanksha | 20 | akankshabalkawade10@gmail.com | Third year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1mJ5ztqitvYuFpn3IVAYiQ5MR55V |
| 33 | 1-6-2021 12:12:45 | Mitali Mehta | 18 | mitalimehta574@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=140uv5gjhXRGSKP7dK3ZtPoHJWu719 |
| 34 | 1-6-2021 12:40:45 | Ishita Chandra | 20 | ishitaachandra@gmail.com | Third year | Study tips and techniques | | Yes | https://drive.google.com/open?id=10F8IOAsjuXDw_OdtKm260POOgViNb |
| 35 | 1-6-2021 12:44:39 | Shruti Nimkar | 20 | shrutinimkar@gmail.com | Third year | Ask Away | | Yes | https://drive.google.com/open?id=1Nu76uafldv-4TnpAGsW17VAIS |
| 36 | 1-6-2021 12:50:12 | Samiksha Moon | 19 | samikshamoon50@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1FpfXjvAT9NwP'SsuVkaQil_fcgXE |
| 37 | 1-6-2021 12:52:22 | Samiksha Moon | 91 | samikshamoon50@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1UefvZ1YAKa2Y05amV6hX29g_Qp-jX |
| 38 | 1-6-2021 13:01:45 | Gauri Rajee | 19 | gauriraje2001@gmail.com | Second year | Ask Away | Managing and understanding high functioning anxiety | Yes | https://drive.google.com/open?id=1JTzDAxki_qF4WtRZajqOo5uXuyd |
| 39 | 1-6-2021 13:25:49 | Karuna Gurav | 18 | karunagurav04@gmail.com | Second year | Study tips and techniques | | Yes | https://drive.google.com/open?id=1m5vc-TMXvd_wcw_wrT3GZkBJ3M_Se |
| 40 | 1-6-2021 13:57:11 | Monaz lakhani | 20 years | Monazlakhani@yahoo.com | Third year | Study tips and techniques | Tips and techniques on how to sit long hours for online school/college | Yes | https://drive.google.com/open?id=1e1i9jz8KlHxAPvarsT42zi9Ei6xg |
| 41 | 1-6-2021 14:25:29 | Kumud Poptani | 20 | kumud0319@gmail.com | Third year | Study tips and techniques | | Yes | https://drive.google.com/open?id=1z2ofdGfExb90P23AEJzoWYNE5x9sj |
| 42 | 1-6-2021 14:55:07 | Sejal Vijaysingh Thakur | 18 | thakurvijaysingh942@gmail.com | Second year | Study tips and techniques | | No | https://drive.google.com/open?id=1x8keZSAXQKH7jM27Nufgv0-vTLg357 |
| 43 | 1-6-2021 15:39:38 | Arju kumari | 21 | arju071999@gmail.com | Third year | Study tips and techniques | | No | https://drive.google.com/open?id=1F7DdonBxeXfm65fMH_KuE7XcQ2Q |
| 44 | 1-6-2021 17:03:39 | Karishma suhanda | 19 | karishmasuhanda57165@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1_GbNhlLF4YZfwm7u75-dDgDp3rR0huS |
| 45 | 1-6-2021 17:05:06 | Karishma suhanda | 19 | karishmasuhanda57165@gmail.com | First year | Study tips and techniques | | No | https://drive.google.com/open?id=1ffhE6_5FAqiGSSC291fa0jtyvDSily |
| 46 | 1-6-2021 17:10:12 | Anjali singh | 1999 | anjalicosingh@gmail.com | PG- Second year | Ways of managing Exam/test Anxiety and Stress | How to have confidence in any field of life | Yes | https://drive.google.com/open?id=10wTWfBYtbXcPnjnuVWzYGOKhhgC |
| 47 | 1-6-2021 17:34:52 | Minali Parwani | 19 | minaliparwani06@gmail.com | Second year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=14_FD0hqp53NlxFOJgxM9YzMDKzSnN14 |
| 48 | 1-6-2021 17:47:02 | Sukhbeer mehmi | 21 | 11904.sukhbeer@gmail.com | Second year | Study tips and techniques | Yes | No | https://drive.google.com/open?id=1g3S3j8Ja_hJa9fvHTKicNpalvYBJ |
| 49 | 1-6-2021 17:50:15 | Jasneet Kaur Khanuja | 18 | jasneetkaurkhanuja@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | Yes | No | https://drive.google.com/open?id=1IT2caVXx8ekZ46ShE0vgF_lLidwax |
| 50 | 1-6-2021 17:50:18 | Jasneet Kaur Khanuja | 18 | jasneetkaurkhanuja@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | Yes | No | https://drive.google.com/open?id=1K88tXl_zZy6veYBbzIY8Q24EIEPXAf |

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

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|----|-------------------|--------------------------|--------|--------------------------------|-------------|-----------------------------------------------|-----|-----|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 70 | 1-7-2021 10:45:11 | Mitali.R.Swamy | 18 | swamymitali2@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1s7B289DYhn7p3kk2A4-8SqGeTWjHl- |
| 71 | 1-7-2021 12:17:01 | Vasudha Ramani | 18 | ramanivasudha2002@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1cY9s87hFncY5GDWGXVIVrkBSwHEV9 |
| 72 | 1-7-2021 12:39:30 | Pihu Mittal | 18 | pihu.mittal5@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1KZUJcY6vO_CkYxPH6K2C8VqMYIV7 |
| 73 | 1-7-2021 12:42:47 | Tanaz Shaikh | 18 | shaikhtanaz2002@gmail.com | First year | Study tips and techniques | No | No | https://drive.google.com/open?id=1v10ayt5QApOEEagGrZ-6kjdBZoAZnh |
| 74 | 1-7-2021 13:18:53 | Christina D'souza | 18 | Christina.1.4.dsouza@gmail.com | First year | Ask Away | | Yes | https://drive.google.com/open?id=1Y6QEfsnKCTn0PL-LjTeyqfxRh9NmVw |
| 75 | 1-7-2021 13:19:28 | Christina D'souza | 18 | Christina.1.4.dsouza@gmail.com | First year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1rH9HIGlQeZmu_0IU0Amchh72UUn1WpD |
| 76 | 1-7-2021 14:24:01 | Sherin George | 21 | sherin2218@gmail.com | First year | Study tips and techniques | Yes | Yes | https://drive.google.com/open?id=1ckByfWtSv0PahWfYjW10CkV9trIfU |
| 77 | 1-7-2021 15:03:20 | Sonali Patil | 19 | sonalipatil9923@gmail.com | Second year | Study tips and techniques | | Yes | https://drive.google.com/open?id=14QCS3Y09TQj8nzYK5uBCUMmbyWMsl |
| 78 | 1-7-2021 15:34:01 | Sanika Rajendra Sonawane | 18 | sanikasonawane99@gmail.com | First year | Study tips and techniques | | No | https://drive.google.com/open?id=1T9-XC_G2eALb7CUqvGNeHosmdFTmwh |
| 79 | 1-8-2021 1:00:09 | Nandini Mangalore | 20 | nandini486@gmail.com | Third year | Study tips and techniques | | No | https://drive.google.com/open?id=1f1QFhqEvf6CTulIQ-M-ePHMoKhof2xw |
| 80 | 1-8-2021 9:55:52 | Vasudha Ramani | 18 | ramanivasudha2002@gmail.com | First year | Study tips and techniques | | Yes | https://drive.google.com/open?id=19XZ-I7Pp_InA6E8UbdOF66IA_JsHlRu |
| 81 | 1-8-2021 11:18:05 | Rinita Adhikary | 18 | adhikaryrinita542@gmail.com | First year | Study tips and techniques | | No | https://drive.google.com/open?id=1Gn_6lP_FaNzKVjo0sUc2ubC_HO4RBT |
| 82 | 1-8-2021 12:03:52 | Naina Gaikwad | 19 yrs | nainagaikwad2001@gmail.com | Second year | Study tips and techniques | | No | https://drive.google.com/open?id=12jTT9lUqQC37ASRcnUId-be5tQhW1zt |
| 83 | 1-8-2021 14:16:05 | Sakshi Punjabi | 19 | spunjabi.sp49@gmail.com | Second year | Study tips and techniques | | Yes | https://drive.google.com/open?id=1T7llvDvVyneZEZ4DIPmxTC_o9Q-MD5 |
| 84 | 1-8-2021 16:43:52 | Azra Hiroli | 21 | azrahiroli111@gmail.com | Third year | Study tips and techniques | No | No | https://drive.google.com/open?id=1FpVgkCqMpEDnV3hw0nfnYbVK1avhhq |
| 85 | 1-9-2021 9:32:53 | Rinita Adhikary | 18 | Adhikaryrinita542@gmail.com | First year | Ask Away | | No | https://drive.google.com/open?id=1IDyTAzGG9CzYfSY4HjFexnbnF-yi |
| 86 | 1-9-2021 13:03:28 | Chrislynn Rodrigues | 17 | chrislynnr111@gmail.com | First year | Ask Away | No. | Yes | https://drive.google.com/open?id=1QF38Yt6_3EdZMtZMOsZetX3w4TEb_u |
| 87 | 1-9-2021 14:01:38 | Aditi Sampat | 20 | aditisampat15@gmail.com | Third year | Ways of managing Exam/test Anxiety and Stress | | No | https://drive.google.com/open?id=1kuRuhevtraPxQpPJZncu2Dv5C0KG |
| 88 | ##### | Sakshree Uttekar | 19 | saksheetu2001@gmail.com | Third year | Ways of managing Exam/test Anxiety and Stress | | Yes | https://drive.google.com/open?id=1LM-DOChDUDZws7mA_VjuoJzmJ2INj |

Total Students: 88

Program Coordinator: Ms. Pooja Jain



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

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

Mental Well-being Program 2020-2021

You Got This- Managing Exam Anxiety Webinar Series

#WeAreTogetherInThis



You Got This Series- Managing Exam Anxiety & Stress

We are coming up with a series of three psycho-educational and skill building workshops.

- Ways of managing Exam/test Anxiety and Stress- 07-Jan-2021
- Study tips and techniques- 08-Jan-2021
- Ask Away- ask all your queries related to mental health - 09-Jan-2021

Time for all the sessions- 2 pm- 3 pm

Students are welcome to select any of the workshops listed and repeat any of the YGT workshops.

Not sure how this may help?

Contact us:

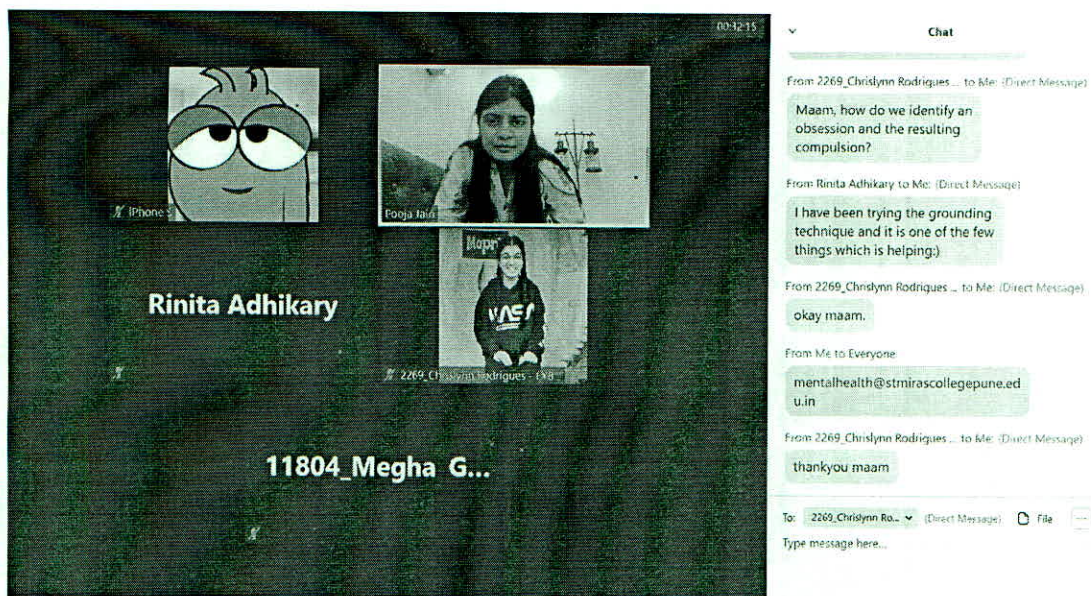
mentalhealth@stmiracollegepune.edu.in



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



Webinar in progress on study tips and techniques

Program coordinator- ^{For} Ms. Pooja Jais



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



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:- ^{IQAC} G15/2020-21/54

Date:-08. 02. 2021

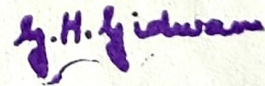
CIRCULAR

Between 08th February 2021 to 31st March 2021 Group Therapy Sessions on "Managing Stress Anxiety and Cultivating Calm" are to be organized by Mental Well-being Program for all Degree college students during college hours over Zoom Platform.



Ms. Pooja Jain
Coordinator





Dr. Gulshan H. Gidwani
Principal

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

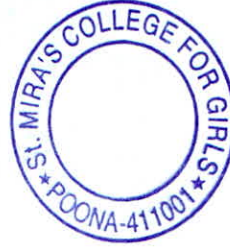
Department of Psychology
Mental Well-being Program 2020-21
Group Therapy Sessions 2020-2021

As a part of the college Mental Well-being Program two group therapy sessions were organised for students of Degree College from 8th February 2021 which continued till 30th March 2021. A total of 44 students registered and participated in Managing Anxiety and Cultivating Calm group therapy sessions. All these sessions were conducted on Zoom platform during college hours.

Total Students: 44

Pooja Jain

Program Coordinator: Ms. Pooja Jain



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

St. Mira's College for Girls, Pune
Mental Well-being Program 2020-2021
Group Therapy Session - Registration Form

| Timestamp | Email Address | Name of the Consenting person | Signature (Digital or type out your name) | Student's Name | Age in year | Email Address | Phone no. | Year of Deg |
|--------------------|--------------------------------|-------------------------------|-------------------------------------------|-------------------------|-------------|-------------------------------|---------------|-------------|
| 11-2-2021 13:29:10 | prekshaporwal20@gmail.com | Preksha Porwal | Preksha | Preksha Porwal | 20 | prekshaporwal20@gmail.com | 08669092922 | TY |
| 11-2-2021 13:34:13 | aditisampat15@gmail.com | Aditi Sampat | Aditi Sampat | Aditi Sampat | 20 | aditisampat15@gmail.com | 8668453558 | TY |
| 11-2-2021 13:55:51 | meghanajairams@gmail.com | Meghana Jairam | Meghana | Meghana Jairam | 19 | Meghanajairams@gmail.com | 8208266629 | TY |
| 11-2-2021 14:00:41 | anjali0909@gmail.com | Anjali Pillai | Anjali | Anjali Pillai | 20 | anjali0909@gmail.com | 9359054279 | TY |
| 11-2-2021 14:18:40 | jaishree1998@gmail.com | Jaishree Bajaj | Jaishree Om Bajaj | Jaishree Bajaj | 21 | Jaishree1998@gmail.com | 8007987271 | SY |
| 11-2-2021 14:27:57 | hrshtrao11@gmail.com | Harshita Rao | Harshita | Harshita Rao | 19 | hrshtrao11@gmail.com | 9004319458 | SY |
| 11-2-2021 14:28:44 | makhijaakanksha6@gmail.com | Akanksha makhija | Akanksha | Akanksha Makhija | 20 | makhijaakanksha6@gmail.com | 8805460493 | SY |
| 11-2-2021 15:05:39 | bhideshreyauini@gmail.com | Shreya Bhide | Shreya | Shreya Bhide | 19 | bhideshreyauini@gmail.com | 9284396570 | SY |
| 11-2-2021 15:15:38 | tanudeokar@gmail.com | Tanvi Deokar | Tanvi | Tanvi | 19 | tanudeokar@gmail.com | 9552585601 | TY |
| 11-2-2021 15:18:18 | karunagurav04@gmail.com | Pooja ma'am | Karuna | Karuna Gurav | 18 | karunagurav04@gmail.com | 9604126008 | SY |
| 11-2-2021 15:18:28 | nehap2233@gmail.com | Neha Pathak | Neha Pathak | Neha Pathak | 20 | nehap2233@gmail.com | 8530243377 | TY |
| 11-2-2021 15:41:29 | minaliparwani06@gmail.com | Minali Parwani | Minali | Minali Parwani | 18 | minaliparwani06@gmail.com | 9834568205 | SY |
| 11-2-2021 16:09:48 | simssss1234567@gmail.com | Simranjeet Kaur Mattu | Simran | Simranjeet Kaur Mattu | 21 | simssss1234567@gmail.com | 8805689232 | TY |
| 11-2-2021 16:28:29 | laxmichavan1610@gmail.com | Laxmi Chavan | Laxmi | Laxmi Chavan | 21 | laxmichavan1610@gmail.com | 7588761350 | TY |
| 11-2-2021 16:28:38 | ayushidubey402@gmail.com | Ayushi Dubey | Ayushi | Ayushi Dubey | 19 | ayushidubey402@gmail.com | 8668714697 | SY |
| 11-2-2021 17:07:01 | ghalsasiaadya@gmail.com | Aadya Ghalsasi | Aadya | Aadya Ghalsasi | 20 | ghalsasiaadya@gmail.com | 9096942482 | TY |
| 11-2-2021 17:25:51 | ishikagupta4163@gmail.com | Ishika gupta | Ishika | Ishika Gupta | 17 | ishikagupta4163@gmail.com | 7709395056 | FY |
| 11-2-2021 17:29:32 | partepurna3@gmail.com | Ekta Jadhav | Purna | Purna parte | 18 | partepurna3@gmail.com | 9130071952 | FY |
| 11-2-2021 17:32:21 | ritambhara.shandilya@gmail.com | Ritambhara Shandilya | Ritambhara | Ritambhara Shandilya | 20 | 21972ritambhara@gmail.com | 7666897461 | SY |
| 11-2-2021 18:01:04 | mahajan.ishika@yahoo.com | Ishika Mahajan | ISHIKA MAHAJAN | Ishika Mahajan | 19 | mahajan.ishika@yahoo.com | +919815841080 | SY |
| 11-2-2021 19:00:45 | muskannegi2001@gmail.com | Muskan Negi | Muskan Negi | Muskan Negi | 19 | muskannegi2001@gmail.com | 7447897579 | SY |
| 11-2-2021 19:02:46 | thakurvijaysingh942@gmail.com | Sejal Vijaysingh Thakur | Sejal | Sejal Vijaysingh Thakur | 18 | thakurvijaysingh942@gmail.com | 7038069894 | SY |
| 11-2-2021 20:09:42 | sharvaribhapkar7@gmail.com | Sharvari Bhapkar | sharvari | Sharvari Bhapkar | 19 | sharvaribhapkar7@gmail.com | 9822050181 | SY |
| 11-2-2021 20:25:15 | nandinijadhav562@gmail.com | Nandini Jadhav | Nandini | Nandini Jadhav | 19 | nandinijadhav562@gmail.com | 9850000371 | SY |

Tup



H. H. Jadhav

Principal
St. Mira's College for Girls, Poona

St. Mira's College for Girls, Pune
Mental Well-being Program 2020-2021
Group Therapy Session - Registration Form

| Timestamp | Email Address | Name of the Consenting person | Signature (Digital or type out your name) | Student's Name | Age in year | Email Address | Phone no. | Year of Deg |
|--------------------|--------------------------------|-------------------------------|-------------------------------------------|--------------------------|-------------|--------------------------------|---------------|-------------|
| 11-2-2021 20:34:30 | nishtha.11pandya@gmail.com | Nishtha Pandya | Nishtha S. Pandya | Nishtha Pandya | 19 | Nishtha.11pandya@gmail.com | 9860871661 | SY |
| 11-2-2021 20:38:24 | beautysingh1918@gmail.com | Beauty singh | Beauty singh | Beauty singh | 19 | beautysingh1918@gmail.com | 9356134377 | SY |
| 11-2-2021 20:58:15 | ishikaahuja1404@gmail.com | Ishika Ahuja | Ishika ahuja | Ishika ahuja | 19 | ishikaahuja1404@gmail.com | 7875919271 | SY |
| 11-2-2021 21:05:32 | nivritisharma8@gmail.com | Nivriti sharma | Nivriti sharma | Nivriti sharma | 18 | nivritisharma8@gmail.com | 09404469085 | FY |
| 11-2-2021 21:17:06 | durgapdaundkar@gmail.com | Durga Patilbuva Daundkar | DURGA | Durga Patilbuva Daundkar | 18 | durgapdaundkar@gmail.com | 9356668601 | FY |
| 11-2-2021 21:39:02 | fizasayyed287@gmail.com | Fiza sayyed | Fiza sayyed | Fiza sayyed | 18 | fizasayyed287@gmail.com | 9307175327 | FY |
| 11-2-2021 22:31:00 | hitikakataria4@gmail.com | Hitika kataria | Hkataria | Hitika kataria | 20 | Hitikakataria4@gmail.com | 8983976787 | SY |
| 11-2-2021 22:32:23 | vaishavikumar8153@gmail.com | Vaishavi kumar | Vaishavi | Vaishavi kumar | 19 | vaishavikumar8153@gmail.com | 7507712093 | SY |
| 11-2-2021 22:51:55 | kanishka29007@gmail.com | Rajesh kumar sharan | Kanishka | Kanishka | 18 | Kanishka29007@gmail.com | 7517446225 | FY |
| 11-2-2021 23:03:46 | harshadadhamdhere.hd@gmail.com | Harshada Dhamdhere | Harshada Dhamdhere | Harshada Dhamdhere | 18 | harshadadhamdhere.hd@gmail.com | 9028931932 | FY |
| 11-3-2021 7:52:07 | anghapatel06@gmail.com | ANGHA SANJAY PATEL | Angha | ANGHA SANJAY PATEL | 18 | anghapatel06@gmail.com | +919799092595 | FY |
| 11-3-2021 8:21:33 | sonalipatil9923@gmail.com | Sonali Patil | Sonali Patil | Sonali Patil | 18 | sonalipatil9923@gmail.com | 9923831428 | SY |
| 11-3-2021 8:25:43 | zainabshk0098@gmail.com | Zainab pardawala | Zainab | Zainab Shabbir pardawala | 18 | zainabshk0098@gmail.com | 9359743751 | FY |
| 11-3-2021 8:37:05 | nisha02bharti@gmail.com | Nisha Bharti | Nisha | Nisha Bharti | 18 | nisha02bharti@gmail.com | 7249081256 | FY |
| 11-3-2021 8:40:07 | judith14xo@gmail.com | Judith Selvaraj | Judith | Judith Selvaraj | 18 | judith14@gmail.com | 9923277269 | FY |
| 11-3-2021 8:49:26 | kshitijapol27@gmail.com | Kshitija Pol | kshitijapol | Kshitija Pol | 18 | kshitijapol27@gmail.com | 9.18265E+11 | FY |
| 11-3-2021 9:20:34 | 11919.shubhangidhore@gmail.com | shubhangi sanjay dhore | shubhangi sanjay | shubhangi sanjay dhore | 19 | 11919.shubhangidhore@gmail.com | 9890953612 | SY |
| 11-3-2021 9:24:03 | srimgupta@gmail.com | Sriradha Gupta | Sriradha | Sriradha Gupta | 20 | srimgupta@gmail.com | 9403010673 | TY |
| 11-3-2021 9:34:13 | shindeshivani940@gmail.com | Shivani shinde | S. S. Shinde | Shivani shivaji shinde | 18 | Shindeshivani940@gmail.com | 9322050691 | FY |
| 11-3-2021 10:12:08 | aryagalande11@gmail.com | Arya Galande | Arya | Arya Galande | 19 | aryagalande11@gmail.com | 9552221804 | SY |

Total Students 44
Program Coordinator Ms. Pooja Jain

Pooja Jain



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



SADHU VASWANI MISSION'S
St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc(Computer Science), BBA, BBA(CA)]
6, Koregaon Road, Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:- G15/10AC/2020-21/59

Date:-22.02.2021

CIRCULAR

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

Ms. Ekta Jadhav
Director of Physical Education



Dr. G.H. Gidwani
Principal

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

Department of Physical Education

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

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

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

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

The introduction of resource person was given by Mrs. Ekta Jadhav (Director of Physical Education), and the Vote of thanks was given by Mrs. Suvarna Pathak (Physical Education Teacher) and Sports Coach, Maharashtra State Jijamata Awardee Ms. Gurabans Kaur ma'am and all other staff members were present for the webinar.



Ekta Jadhav
Director of Physical Education




Principal
St. Mira's College for Girls

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

Department of Physical Education

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

Resource Person- Dr.Yogesh Bodake

Date-03-03-2021

AttendanceSheet

Total Number of Participants- 201

| | Names | 2021-03-03 | Arrival time | Last Seen | of Checks | Joined |
|----|-----------------------------------|------------|--------------|-----------|-----------|--------|
| 1 | 2463_kanishka | " ✓ " | "17:19" | "18:18" | "28" | "1" |
| 2 | Sakshi Patange 5065 | " ✓ " | "17:00" | "18:03" | "50" | "1" |
| 3 | 3434_chetna_ramesh_thorat | " ✓ " | "16:43" | "17:10" | "28" | "1" |
| 4 | 2247_suniti Pingte_fyba A | " ✓ " | "16:40" | "18:09" | "50" | "1" |
| 5 | 2269_chrislynn Rodrigues - Fyba A | " ✓ " | "16:31" | "18:12" | "42" | "2" |
| 6 | 36 Nicole Aiman | " ✓ " | "16:58" | "18:22" | "45" | "2" |
| 7 | Angel Ambrose | " ✓ " | "16:53" | "18:24" | "55" | "2" |
| 8 | 1053_Ankitajangid | " ✓ " | "16:54" | "18:28" | "54" | "4" |
| 9 | 5040_tanishqa Annam | " ✓ " | "16:59" | "18:24" | "44" | "1" |
| 10 | Shabana Attar | " ✓ " | "18:04" | "18:18" | "15" | "1" |
| 11 | 3229 Azraa Babul | " ✓ " | "16:49" | "16:53" | "50" | "1" |
| 12 | 5052 Sakshi Balid | " ✓ " | "17:00" | "18:01" | "22" | "1" |
| 13 | 1001_nuri Bhatia | " ✓ " | "16:46" | "18:18" | "53" | "1" |
| 14 | 47_BcaSrushti Bhosale | " ✓ " | "16:56" | "17:03" | "28" | "2" |
| 15 | Yogesh Bodke | " ✓ " | "17:03" | "18:22" | "57" | "4" |
| 16 | 1422_sneha Borse | " ✓ " | "17:03" | "18:22" | "37" | "2" |
| 17 | 3069 Jayshree Chavan | " ✓ " | "17:19" | "17:48" | "9" | "1" |
| 18 | Sharlika Chavan | " ✓ " | "18:05" | "18:08" | "40" | "1" |
| 19 | Tanisha Chavan | " ✓ " | "17:47" | "18:23" | "26" | "1" |
| 20 | 1083_rituja Chhajed | " ✓ " | "16:50" | "17:02" | "13" | "1" |
| 21 | Jyoti Chintan | " ✓ " | "17:08" | "17:31" | "10" | "1" |
| 22 | 4-Pratiksha Chordiya | " ✓ " | "18:00" | "18:25" | "24" | "1" |
| 23 | 1046_poonam Choudhary | " ✓ " | "16:50" | "17:21" | "23" | "2" |
| 24 | 1069_lata Choudhary | " ✓ " | "16:51" | "17:31" | "27" | "1" |
| 25 | 1508_rekha Choudhary | " ✓ " | "17:19" | "18:29" | "37" | "1" |
| 26 | 2454 Sheetal Choudhary | " ✓ " | "16:47" | "17:48" | "34" | "2" |
| 27 | 3439_silvia D'souza | " ✓ " | "16:49" | "18:25" | "55" | "2" |
| 28 | 5101_aparna Dahire | " ✓ " | "16:48" | "18:22" | "53" | "1" |
| 29 | 1107_nandini Dandu | " ✓ " | "17:28" | "18:22" | "27" | "1" |
| 30 | 2294_snehal Darwatkar_fybaa | " ✓ " | "16:49" | "16:49" | "31" | "1" |
| 31 | 2449_durga Daundkar | " ✓ " | "16:45" | "17:12" | "26" | "1" |
| 32 | Anita Dcunha | " ✓ " | "16:53" | "18:27" | "53" | "2" |

E. Jadhav
Ekta Jadhav
Director of Physical Education



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

| | | | | | | |
|----|--------------------------------|-------|---------|---------|-------|-----|
| 33 | 4404_esmath Dehkhapur | " ✓ " | "16:55" | "17:12" | "16" | "1" |
| 34 | Suvarna Deolankar | " ✓ " | "16:37" | "18:53" | "100" | "1" |
| 35 | 3290 Prajakta Manojkumar Desai | " ✓ " | "17:47" | "18:21" | "25" | "1" |
| 36 | 1431_sanjana Deshmukh | " ✓ " | "17:28" | "17:55" | "27" | "1" |
| 37 | Roll No 6 Smitika Deshmukh | " ✓ " | "16:55" | "18:24" | "50" | "5" |
| 38 | 5427_renuka Dhage | " ✓ " | "16:56" | "17:09" | "14" | "1" |
| 39 | 5069_shweta Dhanashire | " ✓ " | "16:54" | "18:22" | "50" | "2" |
| 40 | 5072-Komal Dhanashire | " ✓ " | "17:21" | "17:48" | "27" | "1" |
| 41 | 3078 Sakshi Dhoble | " ✓ " | "17:08" | "17:40" | "32" | "1" |
| 42 | RutujaDhore | " ✓ " | "16:53" | "18:16" | "44" | "1" |
| 43 | 3500_pratiksha Dhumal | " ✓ " | "17:12" | "18:12" | "60" | "1" |
| 44 | Shreya Dombe | " ✓ " | "17:00" | "18:07" | "67" | "1" |
| 45 | 5039_sakshi Dupare | " ✓ " | "17:03" | "17:31" | "15" | "1" |
| 46 | Gayatri Erande | " ✓ " | "16:47" | "17:09" | "23" | "3" |
| 47 | 57 Rheanne Fernandes | " ✓ " | "17:04" | "18:22" | "37" | "1" |
| 48 | 2210_munira RampurawalaFyba | " ✓ " | "16:38" | "18:23" | "68" | "1" |
| 49 | 2226_snehal Pawar Fyba | " ✓ " | "17:02" | "18:22" | "39" | "1" |
| 50 | 2251_rutuja GhuleFyba | " ✓ " | "16:53" | "17:20" | "20" | "1" |
| 51 | 1425_ Dhanashree Gaikwad | " ✓ " | "17:12" | "18:23" | "32" | "1" |
| 52 | 3509_susmita Gaikwad | " ✓ " | "16:43" | "18:03" | "41" | "1" |
| 53 | 42 Saloni Gaikwad | " ✓ " | "18:03" | "18:18" | "16" | "1" |
| 54 | Snehal Gaikwad | " ✓ " | "17:21" | "18:22" | "28" | "1" |
| 55 | 3506_sneha Gawade | " ✓ " | "16:48" | "18:22" | "54" | "5" |
| 56 | 21 Fybba_aditiGawas | " ✓ " | "16:56" | "17:30" | "34" | "1" |
| 57 | Anjali Ghatte | " ✓ " | "17:03" | "17:31" | "15" | "1" |
| 58 | 1073_yayati Ghule | " ✓ " | "16:53" | "17:15" | "20" | "1" |
| 59 | Shruti Ghule | " ✓ " | "17:12" | "17:43" | "31" | "1" |
| 60 | 3202_riya Gorani | " ✓ " | "16:48" | "16:51" | "40" | "1" |
| 61 | 66 Bba Anjali Gundekar | " ✓ " | "17:01" | "18:04" | "60" | "1" |
| 62 | 5020_sneha Gupta | " ✓ " | "16:57" | "18:21" | "45" | "1" |
| 63 | Shruti Gupta | " ✓ " | "17:28" | "18:23" | "30" | "1" |
| 64 | 1005_suhani Hemrajani | " ✓ " | "16:48" | "18:22" | "50" | "3" |
| 65 | Ishita | " ✓ " | "16:50" | "18:09" | "40" | "1" |
| 66 | 1050_laavannya Jadhav Ja | " ✓ " | "16:53" | "18:25" | "51" | "1" |
| 67 | 1056_harshita Jadhav | " ✓ " | "16:44" | "18:22" | "57" | "1" |
| 68 | 5081gayatri Jadhav | " ✓ " | "17:02" | "17:12" | "9" | "1" |
| 69 | Ekta Jadhav | " ✓ " | "16:28" | "18:53" | "117" | "2" |
| 70 | 5022_palak Jagwani | " ✓ " | "16:55" | "17:06" | "36" | "2" |
| 71 | 1446_vasudha Jeure | " ✓ " | "17:04" | "18:18" | "35" | "1" |
| 72 | Diya Jindal | " ✓ " | "16:54" | "17:48" | "26" | "1" |
| 73 | Shirin Jinnah | " ✓ " | "17:00" | "17:01" | "42" | "1" |
| 74 | 3276_juveriya Joad | " ✓ " | "16:45" | "17:31" | "28" | "2" |
| 75 | 35 Ishita Joshi | " ✓ " | "17:19" | "18:24" | "32" | "1" |
| 76 | 3680_sai SuhasKachare | " ✓ " | "16:45" | "18:22" | "61" | "1" |
| 77 | 4042_rupali Kachi | " ✓ " | "17:19" | "18:25" | "37" | "1" |

Ekta Jadhav
Ekta Jadhav
Director of Physical Education



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

| | | | | | | |
|-----|------------------------------|-------|---------|---------|------|-----|
| 78 | 1086_shravani Kakade | " ✓ " | "16:58" | "16:58" | "41" | "1" |
| 79 | 1464_aarti Kalale | " ✓ " | "17:28" | "18:14" | "19" | "2" |
| 80 | 4058_komal Kale | " ✓ " | "16:51" | "18:23" | "51" | "1" |
| 81 | 34 Bca Sneha Kamat | " ✓ " | "16:54" | "18:23" | "43" | "2" |
| 82 | 3305 BhavikaKamble | " ✓ " | "16:48" | "18:22" | "53" | "1" |
| 83 | GurbanskaurKamo | " ✓ " | "16:53" | "18:42" | "69" | "3" |
| 84 | Rekha Kankariya | " ✓ " | "17:04" | "18:24" | "39" | "1" |
| 85 | 3205 Sarita Karanje | " ✓ " | "17:01" | "17:02" | "2" | "1" |
| 86 | KhirdaKarmarkar | " ✓ " | "17:03" | "18:25" | "41" | "1" |
| 87 | 62 BbaBhavishaKarnani | " ✓ " | "16:50" | "18:25" | "47" | "2" |
| 88 | Devinder Kaur | " ✓ " | "17:01" | "17:02" | "2" | "1" |
| 89 | 3672_rutuja DattatreyaKawde | " ✓ " | "16:53" | "17:31" | "25" | "1" |
| 90 | Anita Keswani | " ✓ " | "17:28" | "18:39" | "48" | "1" |
| 91 | Ashwini Ketanaboyana | " ✓ " | "17:12" | "17:21" | "4" | "1" |
| 92 | 5071 Seher Khan | " ✓ " | "17:00" | "17:21" | "14" | "1" |
| 93 | Moosa Khan | " ✓ " | "17:03" | "17:12" | "8" | "1" |
| 94 | 27 Bba Jasneet Khanuja | " ✓ " | "16:58" | "18:22" | "43" | "1" |
| 95 | 1022_nandini Khanvilkar | " ✓ " | "16:51" | "18:24" | "51" | "2" |
| 96 | 5413 Vaishnavi Kokate | " ✓ " | "16:57" | "17:21" | "17" | "1" |
| 97 | 1108_samruddhi Kolekar | " ✓ " | "16:53" | "17:00" | "8" | "1" |
| 98 | 3272_pooja Motiram Kotambe | " ✓ " | "16:46" | "17:03" | "18" | "2" |
| 99 | Anjali Kukka | " ✓ " | "16:54" | "18:24" | "46" | "5" |
| 100 | Manjita Kulkarni | " ✓ " | "17:03" | "18:02" | "6" | "2" |
| 101 | 3483_pooja Kumarswamy | " ✓ " | "17:47" | "17:48" | "2" | "1" |
| 102 | 1420_bhakti Kuttat | " ✓ " | "16:38" | "16:39" | "2" | "1" |
| 103 | 35 Fybba Nikita Lad | " ✓ " | "16:46" | "17:21" | "28" | "1" |
| 104 | 18 Fybba Lesha | " ✓ " | "16:46" | "18:34" | "65" | "3" |
| 105 | AakankshaMadyalkar | " ✓ " | "16:49" | "18:25" | "57" | "1" |
| 106 | 3679_shital Mahadik | " ✓ " | "16:49" | "17:03" | "15" | "1" |
| 107 | 4618_shubhangi Mahajan | " ✓ " | "18:07" | "18:10" | "4" | "1" |
| 108 | 91 HarleenMakkar | " ✓ " | "17:00" | "17:21" | "14" | "1" |
| 109 | 5048_mansi Matkar | " ✓ " | "16:57" | "18:18" | "42" | "1" |
| 110 | OmaramMeghwal | " ✓ " | "16:46" | "18:18" | "53" | "1" |
| 111 | 1091-Sakshi More | " ✓ " | "16:49" | "18:05" | "46" | "1" |
| 112 | 44_bca Zainab Pardawala&More | " ✓ " | "16:49" | "18:05" | "40" | "1" |
| 113 | Pradip More | " ✓ " | "16:49" | "18:06" | "41" | "1" |
| 114 | Sayali More | " ✓ " | "17:47" | "18:09" | "14" | "3" |
| 115 | 1482 RoohiMusani | " ✓ " | "17:19" | "17:21" | "3" | "1" |
| 116 | 2267_bhavika Naik | " ✓ " | "16:42" | "16:42" | "1" | "1" |
| 117 | 103 Shreya Nair | " ✓ " | "16:56" | "18:09" | "34" | "1" |
| 118 | 28_bca_ruchi Nair | " ✓ " | "17:48" | "18:24" | "24" | "1" |
| 119 | 1080 Netra Nalla | " ✓ " | "17:30" | "18:08" | "13" | "2" |
| 120 | 25 BcaSanskritiNangre | " ✓ " | "16:45" | "17:03" | "19" | "1" |
| 121 | 5019_jharna Nanwani | " ✓ " | "18:00" | "18:22" | "21" | "1" |
| 122 | Riya Navale | " ✓ " | "17:03" | "18:17" | "35" | "1" |

E. Jadhav
Ekta Jadhav
Director of Physical Education



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

| | | | | | | |
|-----|--------------------------|-------|---------|---------|------|-----|
| 123 | 3295_ananya Negi | " ✓ " | "16:49" | "18:14" | "46" | "1" |
| 124 | Jitendra Nepali | " ✓ " | "17:03" | "17:03" | "1" | "1" |
| 125 | Neeta Nepali | " ✓ " | "17:12" | "17:48" | "10" | "2" |
| 126 | 1456_shubhangi Ojha | " ✓ " | "17:19" | "17:21" | "3" | "1" |
| 127 | 13 DhanshreeOswal | " ✓ " | "16:55" | "17:02" | "5" | "2" |
| 128 | 2306_amrita Pal | " ✓ " | "16:52" | "17:19" | "20" | "1" |
| 129 | 1437_anita Paliwal | " ✓ " | "17:28" | "18:22" | "27" | "1" |
| 130 | Revathi Pandhare | " ✓ " | "18:45" | "18:49" | "5" | "1" |
| 131 | 1057_devika Panicker | " ✓ " | "16:51" | "18:09" | "39" | "2" |
| 132 | 44_bca Zainab Pardawala | " ✓ " | "16:38" | "17:09" | "32" | "2" |
| 133 | 54_bca_komal Parmar | " ✓ " | "16:47" | "17:21" | "27" | "1" |
| 134 | 3494 Alkma Patel | " ✓ " | "17:47" | "18:12" | "15" | "1" |
| 135 | 47 Bba Akanksha Patil | " ✓ " | "16:48" | "18:25" | "58" | "2" |
| 136 | Kirti Patil | " ✓ " | "16:54" | "18:16" | "43" | "2" |
| 137 | 1044_samiksha Pawar | " ✓ " | "16:45" | "18:05" | "41" | "2" |
| 138 | 68 Vaishnavi Pawar | " ✓ " | "18:00" | "18:22" | "21" | "1" |
| 139 | 1090_VrushaliPhadtare | " ✓ " | "16:49" | "16:59" | "11" | "1" |
| 140 | 20 Bca Kesar Pherwani | " ✓ " | "16:58" | "17:12" | "13" | "1" |
| 141 | Tanvi Poman | " ✓ " | "16:56" | "18:12" | "35" | "2" |
| 142 | 2315_nijila Prem_fyba-A | " ✓ " | "16:45" | "18:24" | "58" | "1" |
| 143 | 24sakshi Puranik | " ✓ " | "18:00" | "18:22" | "21" | "1" |
| 144 | 1427_ritika Raj | " ✓ " | "17:28" | "17:30" | "3" | "1" |
| 145 | 1458_aastha Rajpurohit | " ✓ " | "17:28" | "17:32" | "5" | "1" |
| 146 | 3001 Manisha Rajpurohit | " ✓ " | "17:28" | "17:31" | "4" | "1" |
| 147 | Priyanka Rajpurohit | " ✓ " | "17:12" | "18:22" | "31" | "1" |
| 148 | Vibha Rathod | " ✓ " | "17:28" | "18:22" | "27" | "1" |
| 149 | Vaibhavi Raut | " ✓ " | "18:40" | "18:40" | "1" | "1" |
| 150 | 58 Deevakshi Rawal | " ✓ " | "16:57" | "17:04" | "8" | "1" |
| 151 | 53_Bca_Shravani Reddy | " ✓ " | "16:52" | "17:03" | "12" | "1" |
| 152 | Likita Reddy | " ✓ " | "16:47" | "16:48" | "2" | "1" |
| 153 | 2212_preeth Reddy_fyba-A | " ✓ " | "17:04" | "17:48" | "16" | "1" |
| 154 | 1087_disha Rithe | " ✓ " | "16:51" | "17:03" | "5" | "2" |
| 155 | 1465 Riya | " ✓ " | "16:55" | "17:01" | "7" | "1" |
| 156 | 3685_annukumari Saha | " ✓ " | "16:59" | "17:10" | "12" | "1" |
| 157 | 3452_nivedita Sahoo | " ✓ " | "17:12" | "18:22" | "31" | "2" |
| 158 | 5433_shirin Saji | " ✓ " | "16:49" | "17:09" | "21" | "1" |
| 159 | Jyoti Salehittal | " ✓ " | "18:40" | "18:44" | "5" | "1" |
| 160 | KamnaSatwani | " ✓ " | "16:52" | "18:22" | "49" | "2" |
| 161 | 1436_gautami Sawant | " ✓ " | "17:06" | "17:09" | "4" | "1" |
| 162 | 5401 Komal Sawant | " ✓ " | "16:55" | "16:57" | "3" | "1" |
| 163 | Vaishnavi Sawant | " ✓ " | "16:54" | "18:15" | "42" | "1" |
| 164 | Shikha Shahi | " ✓ " | "16:52" | "18:22" | "49" | "1" |
| 165 | 08_bca_anika Shaikh | " ✓ " | "16:55" | "17:02" | "8" | "1" |
| 166 | 1472_alfiya Shaikh | " ✓ " | "17:19" | "17:31" | "7" | "1" |
| 167 | 21aisha Shaikh | " ✓ " | "18:00" | "18:27" | "26" | "1" |

Ejadhav
Ekta Jadhav
Director of Physical Education



S.H. Sidwani
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| | | | | | | |
|-----|------------------------------|-------|---------|---------|------|-----|
| 168 | 3403_ashmira Shaikh | " ✓ " | "16:52" | "18:22" | "48" | "2" |
| 169 | 51 Sayema Shaikh | " ✓ " | "17:28" | "18:07" | "14" | "1" |
| 170 | 2307_tanaz Shaikh_fyba | " ✓ " | "16:44" | "18:22" | "57" | "1" |
| 171 | 10 Fybba Nidhi Sharma | " ✓ " | "16:46" | "17:12" | "24" | "2" |
| 172 | 2444_nivriti Sharma | " ✓ " | "16:47" | "17:48" | "27" | "3" |
| 173 | 44 Aayushi Sharma | " ✓ " | "18:04" | "18:09" | "6" | "1" |
| 174 | Monika Sharma | " ✓ " | "17:28" | "17:48" | "6" | "1" |
| 175 | 71 Kadambari Shelar | " ✓ " | "17:47" | "18:19" | "22" | "1" |
| 176 | 3230_namrata Shelke | " ✓ " | "16:47" | "17:08" | "22" | "1" |
| 177 | 2289 FybaLeoum Jessica | " ✓ " | "16:48" | "18:22" | "53" | "4" |
| 178 | 32bba Manswi Shinde | " ✓ " | "16:46" | "18:24" | "57" | "1" |
| 179 | 5113anushka Shinde | " ✓ " | "16:50" | "18:23" | "58" | "7" |
| 180 | 64bcayf Aditi Singh | " ✓ " | "16:50" | "16:50" | "1" | "1" |
| 181 | Rajni Singh | " ✓ " | "16:59" | "16:59" | "1" | "1" |
| 182 | Sandhya Singh | " ✓ " | "17:29" | "17:31" | "3" | "1" |
| 183 | 1099_krishna Soni | " ✓ " | "16:49" | "16:59" | "11" | "1" |
| 184 | 3213_karishma KishanSuhanda | " ✓ " | "16:43" | "18:15" | "53" | "1" |
| 185 | Siddhi Surve | " ✓ " | "16:53" | "18:04" | "33" | "1" |
| 186 | 67_fybba_swamini Suryawanshi | " ✓ " | "16:52" | "17:03" | "12" | "1" |
| 187 | 12_bca_ritika Talwar | " ✓ " | "16:48" | "17:02" | "15" | "1" |
| 188 | Kadambari Tambe | " ✓ " | "17:00" | "17:10" | "10" | "2" |
| 189 | 1060_atharvi Taware | " ✓ " | "16:48" | "17:02" | "16" | "2" |
| 190 | 1448_mansi Thakur | " ✓ " | "17:06" | "17:29" | "10" | "1" |
| 191 | SmitaTirthakar | " ✓ " | "16:47" | "17:21" | "27" | "1" |
| 192 | Sneha Todkar | " ✓ " | "17:19" | "17:28" | "4" | "1" |
| 193 | 1003_durva Trivedi | " ✓ " | "16:48" | "16:59" | "12" | "1" |
| 194 | 3243_pranali Vavare | " ✓ " | "16:50" | "16:51" | "2" | "1" |
| 195 | 15 Bca Trisha Virdi | " ✓ " | "16:54" | "17:01" | "8" | "1" |
| 196 | 3269_shweta Vishwakarma | " ✓ " | "16:45" | "18:10" | "47" | "3" |
| 197 | 5038_pranjal Wadhwani | " ✓ " | "16:56" | "17:31" | "22" | "1" |
| 198 | 1101_sakshi Waghmare | " ✓ " | "16:58" | "17:00" | "3" | "1" |
| 199 | 3308_Preeti Yadav | " ✓ " | "17:09" | "17:21" | "5" | "1" |
| 200 | 4037_kajal Yadav | " ✓ " | "17:04" | "18:22" | "36" | "2" |
| 201 | Snehanjali Yadav | " ✓ " | "17:03" | "17:21" | "8" | "2" |

E. Jadhav
Ekta Jadhav
Director of Physical Education



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



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Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in


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

Circular No:- **G15/10AC/2020-21/06**


Date:-01. 07. 2020

CIRCULAR

Between 15th July 2020 to 30th March 2021 Mental Health Awareness Classroom Sessions are to be organized by for all Degree College Students during college hours in their respective classes.


Ms. Pooja Jain
Coordinator




Dr. Gulshan H. Gidwani
Principal

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

Mental Well-being Program 2020-2021

Classroom Awareness Sessions Integrated Data

July 2020- April 2021

| S. No. | Date | Class | Time | Attendance | Attendance Sheet |
|--------|------------|--------------------|-------------------|------------|----------------------|
| 1 | 21-07-2020 | TY BBA | 12:30-02:00 pm | 50 | Screenshot available |
| 2 | 31-07-2020 | TY BCom - A | 12:30-02:00 pm | 48 | Screenshot available |
| 3 | 03-08-2020 | TY BCom - B | 12:30-02:00 pm | 38 | Screenshot available |
| 4 | 03-08-2020 | TY BCom - B | 12:30-02:00 pm | 28 | Screenshot available |
| 5 | 24-08-2020 | TY BA - B | 12:30-02:00 pm | 33 | Screenshot available |
| 6 | 21-10-2020 | SY BA - B | 12:30-02:00 pm | 31 | Screenshot available |
| 7 | 02-12-2020 | FY BBA +BCS+ BCA | 12:30-02:00 pm | 77 | Screenshot available |
| 8 | 18-02-2021 | SY BA (B) | 11:00-12:30 pm | 30 | Screenshot available |
| 9 | 24-02-2021 | TY BA (A) | 8:30 - 10:00 am | 24 | Screenshot available |
| 10 | 17-03-2021 | TY B Com (A+B+C) | 10:00 am-12:00 pm | 66 | Screenshot available |
| 11 | 16-04-2021 | FY B Com + SY BCom | 12:30-2:00 pm | 93 | Screenshot available |
| 12 | 10-04-2021 | FY BA (A+B) | 01:00-02:30 pm | 77 | Screenshot available |
| 13 | 22-04-2021 | TY BBA | 01:00-02:30 | 10 | Screenshot available |
| 14 | 16-04-2021 | TY BA (B) | 11:00-12:30 | 94 | Screenshot available |
| | | Total | | 699 | |

Total Students: 699

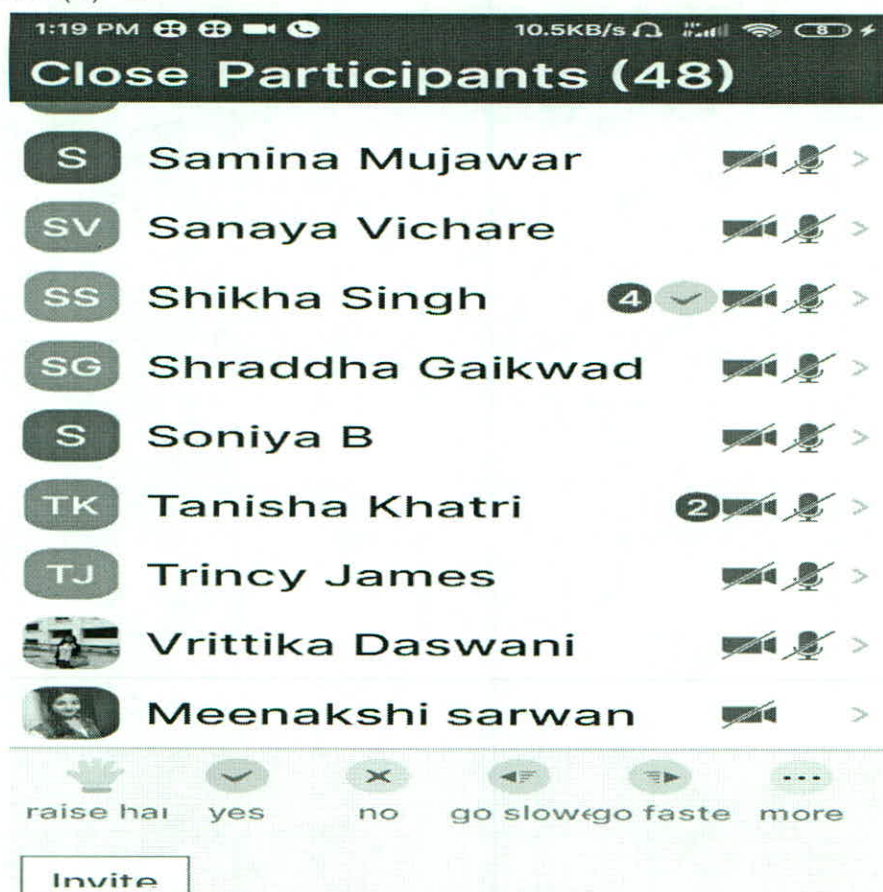
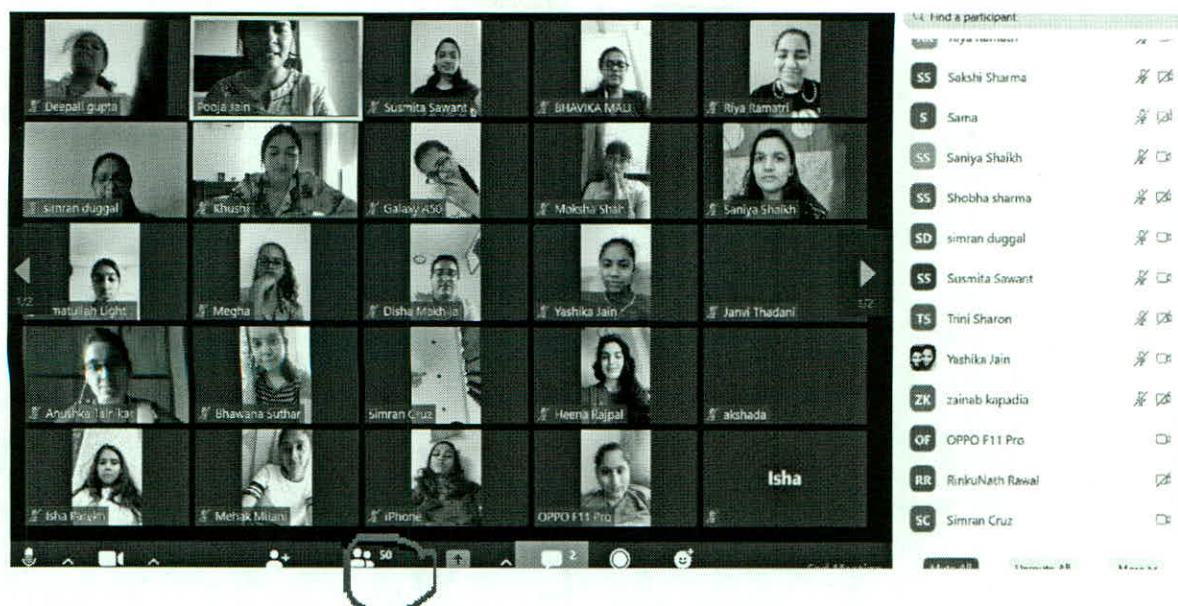
Program Coordinator: Ms. Pooja Jain

Email address: mentalhealth@stmirascollegepune.edu.in



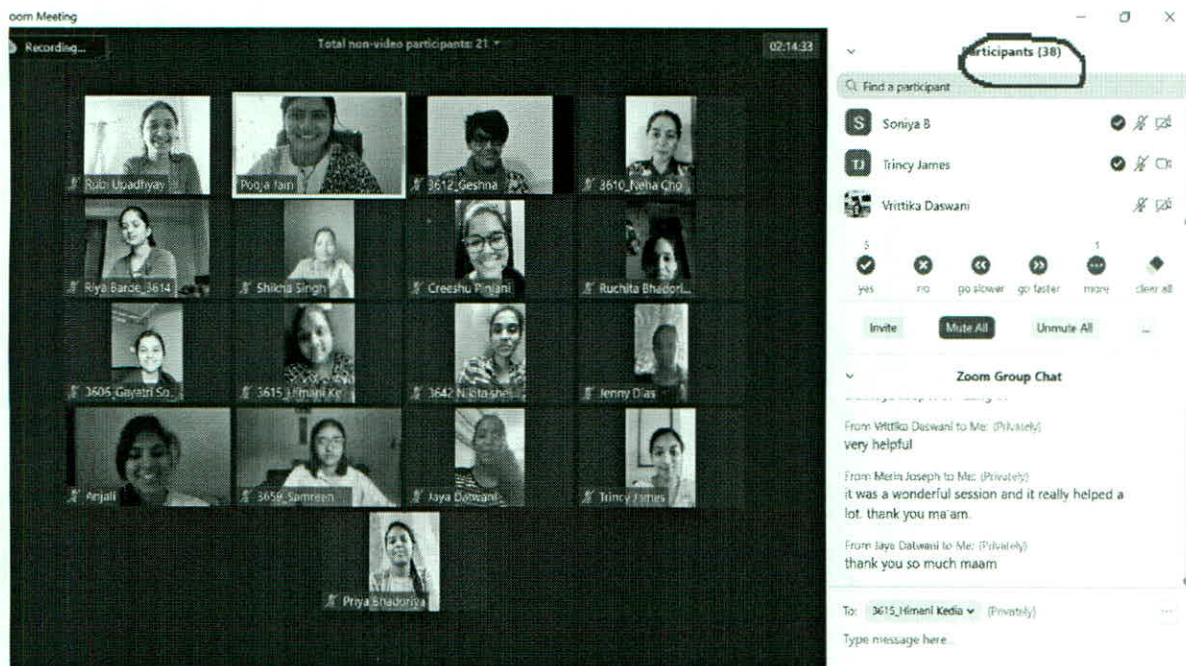
J. H. Jadhav
Principal

St. Mira's College for Girls



For

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



TY BCom - 38

TY BCom (B) - 28



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

For

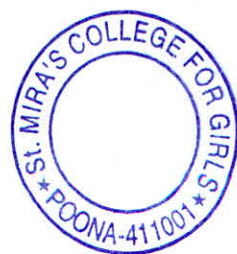
TY BA - 33

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

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

SY BA - 31

For



in Progress1:54

Attendees are now answering questions24 of 30 (80%) voted

1. Have you been worried about your mental health lately since covid-19 breakout

Much more than usual(6) 25%

Little more than usual(10) 42%

Same as usual(2) 8%

Little less than usual(3) 13%

Much less than usual(3) 13%

End Polling

00:27:00View

Participants (31)

Find a participant

MM Meggha Malhotra

MG Muskan Gupta

N Nikita Surag

Numrah Bichu

Olivia Fernandes

Oorwasy Dahale

Payal Kamble

PJ Pradnya Joshi 2761

Prajakta Waghmare

SA Shaikh ayesha ryaz 2768

Urvi Shetty

yesnogo slowergo fastermoreclear all

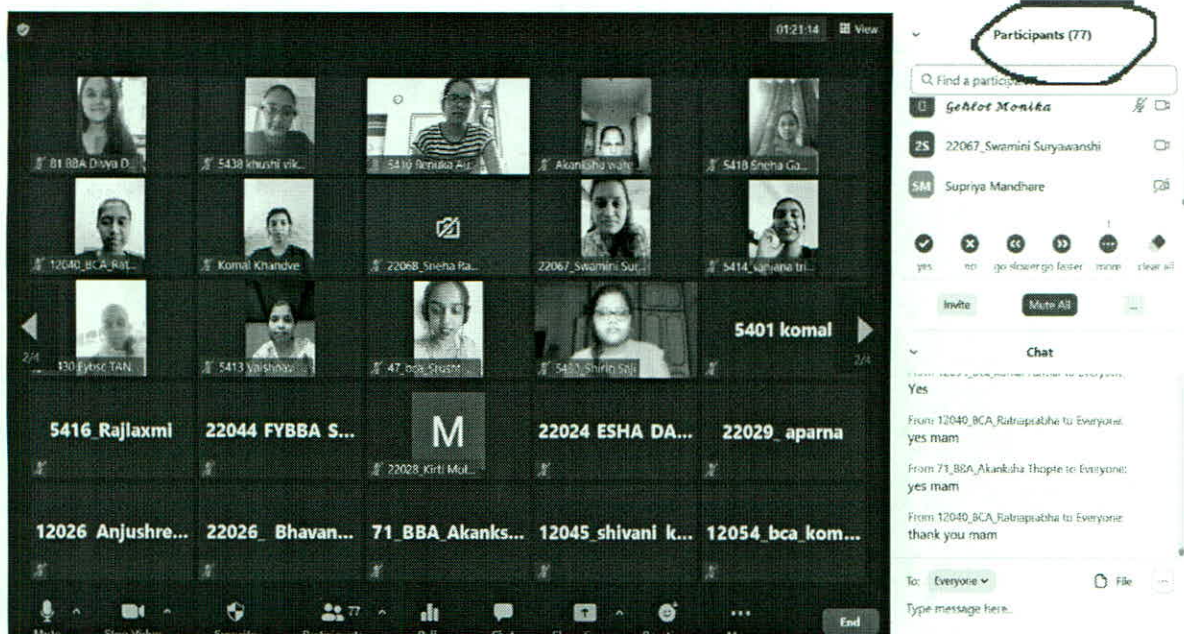
InviteMute All

MuteStop VideoSecurityParticipantsPollsShare ScreenReactionsMoreEnd

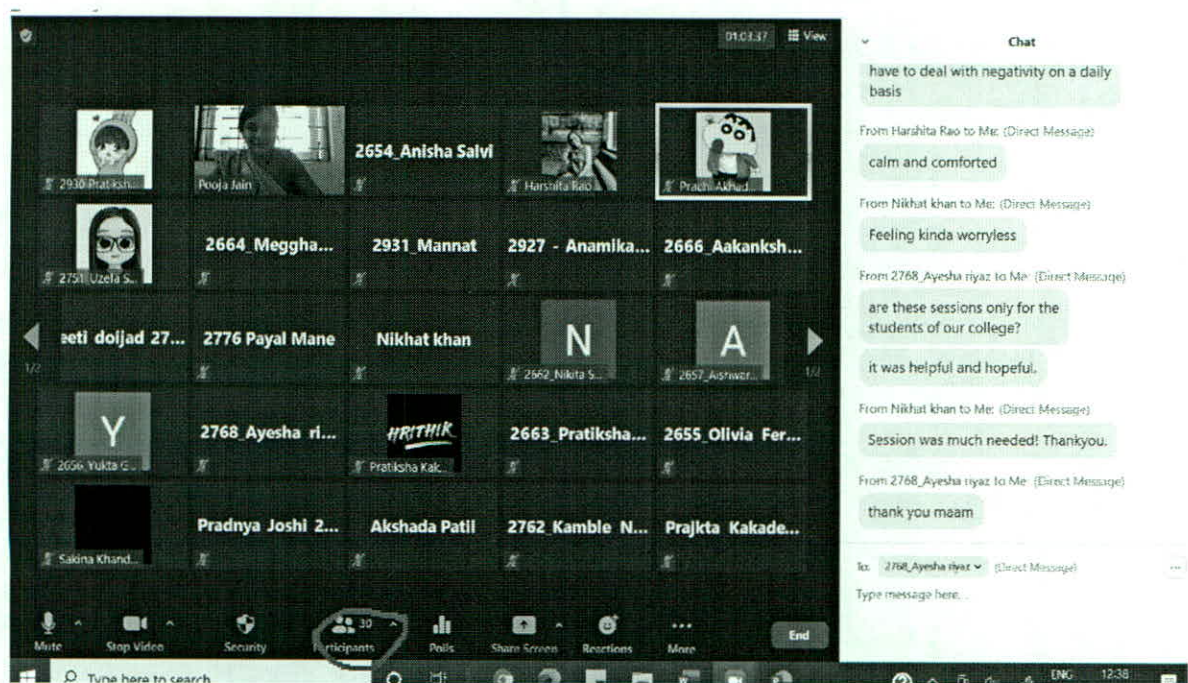
ENG12:25



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



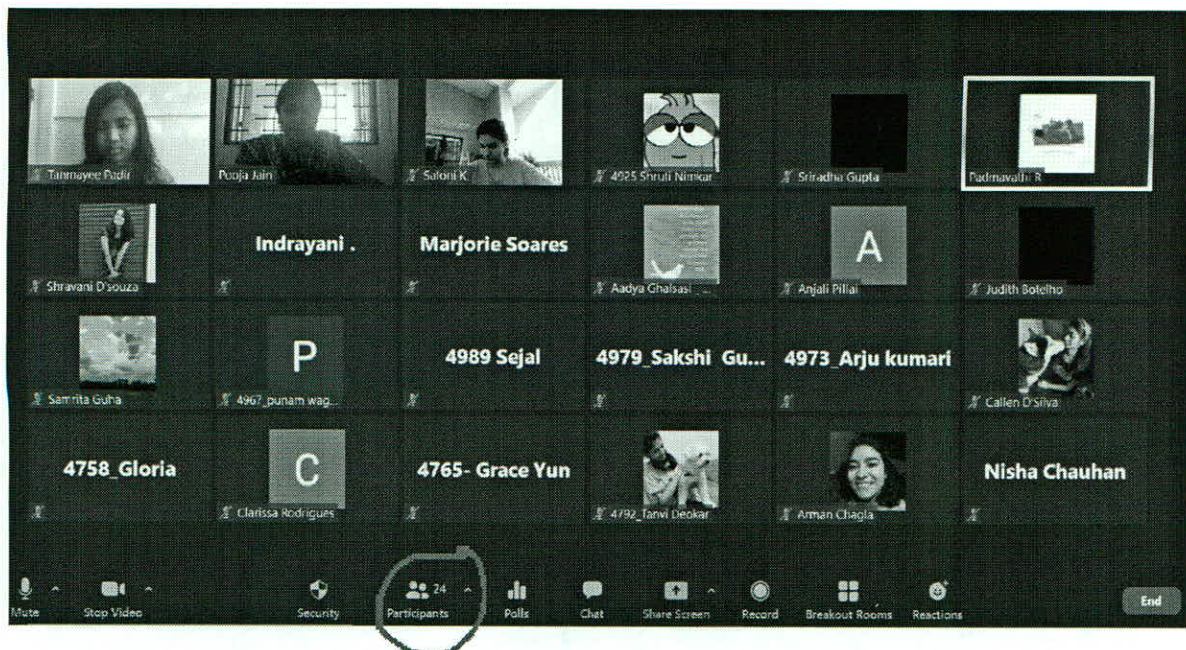
FY BBA+ BCA+ BCS= 77



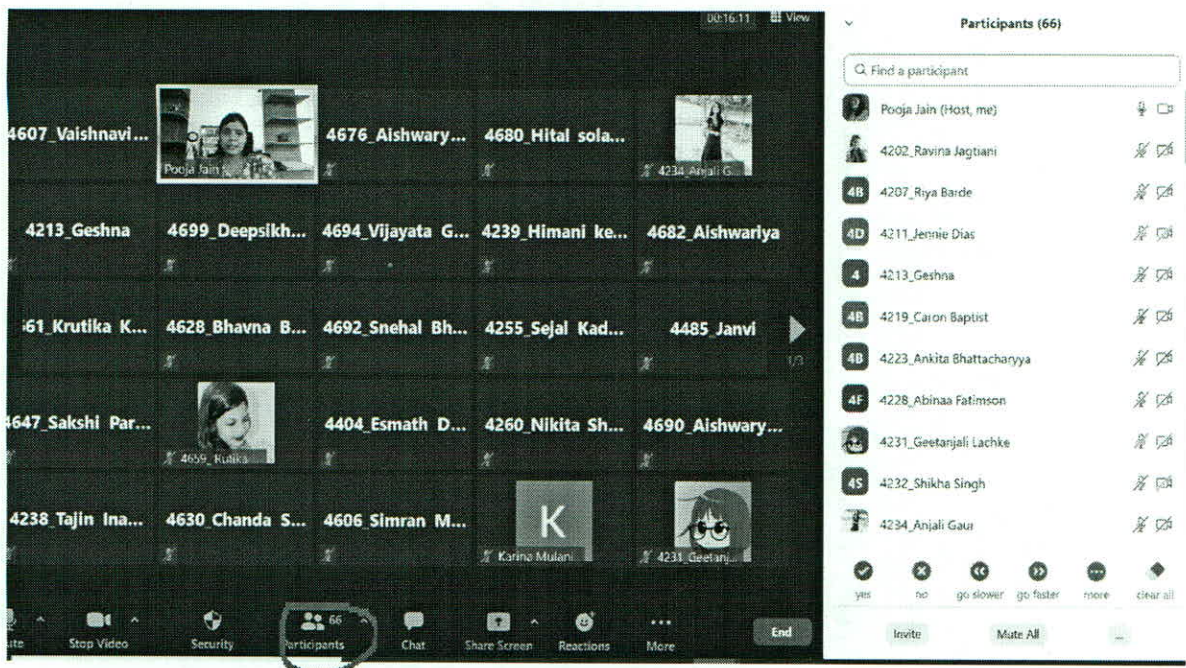
SY BA - 30



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



TY BA - 24

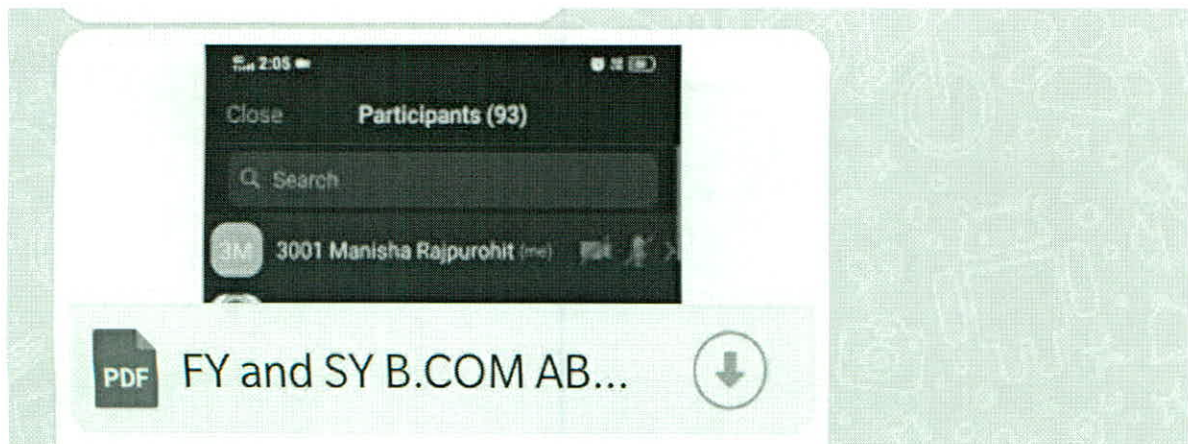


TY BCom- 66



For

S. H. Jadhav
Principal
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FY BCom - 93 students



FY BA - 77 students



Handwritten signature

S.H. Gidwani
Principal
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: mira_college@yahoo.co.in

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

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

Date:-01. 07. 2020

CIRCULAR

Individual Counselling Sessions will be provided on pre appointment basis by Mental Well-being Program under Department of Psychology between 1st July 2020 to 30th March 2021 for all Degree College Students during college hours over Zoom platform.



Ms. Pooja Jain
Coordinator





Dr. Gulshan H. Gidwani
Principal

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

Department of Psychology
Mental Well-being Program 2020-2021
Individual Therapy Sessions Report

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

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



Program Coordinator: Ms. Pooja Jain





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

Individual Counselling Sessions Integrated Data

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

Program Coordinator

Pooja
Ms. Pooja Jain



G.H. Gidwani

Principal
St. Mira's College for Girls

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

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

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

Total Sessions
Total Students

144
31

Pooja Jain
Pooja Jain



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St. Mira's College for Girls, Pune
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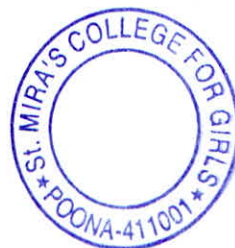
Department of Psychology
Mental Well-being Program 2020-2021
Counsellor : Ms. Nupur Dhakephalkar

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

Total Students 12
Total no. of Sessions 32

Principles

Principles



G.H. Gidwani

Principal

St. Mira's College for Girls



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


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

Circular No:- **G15/1QAC/2020-21/56**


Date:-15. 03. 2021

CIRCULAR

From 15th March 2021 to 30th April 2021 Online Sharing Circles are to be organized by for all Degree College Classes during college hours over Zoom Platform.


Ms. Pooja Jain
Coordinator




Dr. Gulshan H. Gidwani
Principal

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

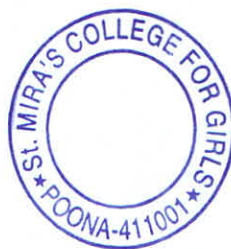
Mental Well-being Program 2020-2021

Online Sharing Circle 2020-21

Last year has been difficult for all of us in different ways. As a part of the College Mental Well-being Program, we organised a series of online Sharing Circles twice every month starting from 24th March 2021. Perhaps the most important characteristic of a Sharing Circle is the intention behind it. The intention of creating a safe and non-judgmental space for students to share their feelings and experiences. A space that is inclusive. A space where individuals listen to each other, with their hearts rather than their heads. Where people feel free to express who they are and how they feel without fear of judgment or consequences. A space where there is a common understanding that what is shared in the circle, remains in the circle – an agreement of confidentiality. Each sharing circle session was for one hour and happen twice a month. Thirteen students registered for the same and sessions by moderated by college counsellor.

Total Students: 13

Program Coordinator: Ms. Pooja Jain

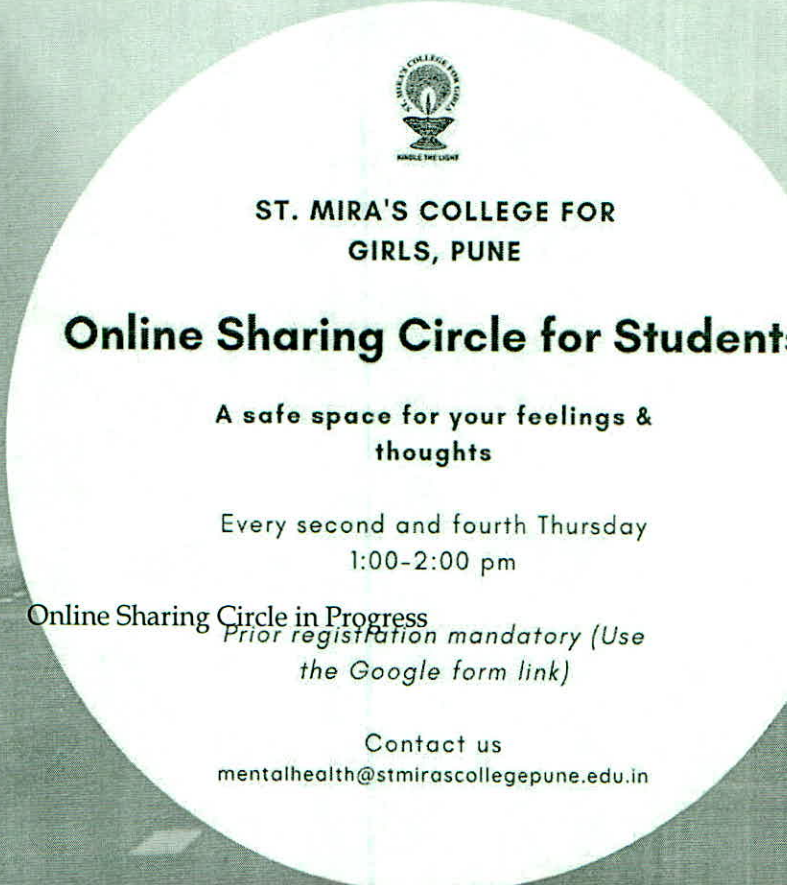




Principal
St. Mira's College for Girls

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Mental Well-being Program 2020-2021

Online Sharing Circle 2020-2021





**ST. MIRA'S COLLEGE FOR
GIRLS, PUNE**

Online Sharing Circle for Students

**A safe space for your feelings &
thoughts**

Every second and fourth Thursday
1:00-2:00 pm

Online Sharing Circle in Progress
*Prior registration mandatory (Use
the Google form link)*

Contact us
mentalhealth@stmirascollegepune.edu.in

Ms. Pooja Jain



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

St. Mira's College for Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Department of Psychology
Mental Well-being Program 2020-2021
Online Sharing Circle Registration Form

| S. No. | Timestamp | Email Address | Name of the Consenting Person | Signature (digital or type out your name) | Name | Age in years | Year of Degree | Have you participated in Sharing circles before? | scanned copy of your ID card or Fee receipt for our identification purpose. |
|--------|--------------------|--------------------------------|-------------------------------|-------------------------------------------|----------------------|--------------|----------------|--------------------------------------------------|-----------------------------------------------------------------------------|
| 1 | 3-19-2021 13:10:06 | shyamalibhavsar@gmail.com | Shyamali Bhavsar | Shyamali | Shyamali Bhavsar | 20 | Second year | No | m/open?id=13HZxsUQ |
| 2 | 3-19-2021 13:27:06 | tanudeokar@gmail.com | Tanvi Deokar | Tanvi | Tanvi Deokar | 20 | Third year | No | m/open?id=14ESda4Ki |
| 3 | 3-19-2021 13:58:22 | Vaishuksh1234@gmail.com | Vaishnavi kshirsagar | kshirsagar | Vaishnavi kshirsagar | 19 | First year | No | m/open?id=1NhJ9rw1P |
| 4 | 3-19-2021 14:30:22 | alfiya2sm@gmail.com | Alfiya Sattar Madki | Alfiya | Alfiya Sattar Madki | 18 | First year | No | m/open?id=1egLcg6V6 |
| 5 | 3-19-2021 14:46:44 | akankshabalkawade10@gmail.com | Akanksha Balkawade | Balkawade | Akanksha Balkawade | 21 | Third year | No | m/open?id=17a3BIQqr |
| 6 | 3-19-2021 15:43:43 | shrutimkar@gmail.com | Shruti | SNimkar | Shruti | 20 | Third year | No | m/open?id=1eXdDssd |
| 7 | 3-19-2021 17:30:44 | sejalpandharpur@gmail.com | Sejal Bhayani | Sejal | Sejal Bhayani | 19 | Second year | No | m/open?id=1gc7sD9IU |
| 8 | 3-19-2021 18:14:58 | swamymitali2@gmail.com | Mitali.R.Swamy | mitali | Mitali. Swamy | 18 | First year | No | m/open?id=1pld4z4ol |
| 9 | 3-19-2021 18:20:04 | adhikaryrinita542@gmail.com | Rinita Adhikary | Rinita Adhikary | Rinita Adhikary | 18 | First year | No | m/open?id=10x_brKlu |
| 10 | 3-19-2021 22:29:56 | shravani.dsouza2000@gmail.com | Shravani Dsouza | Shravani Dsouza | Shravani Dsouza | 21 | Third year | No | m/open?id=1g8BD- |
| 11 | 3-25-2021 13:45:51 | christina.i.4.dsouza@gmail.com | Christina D'souza | Christy | Christina D'souza | 18 | First year | No | m/open?id=1yFkFxD5 |
| 12 | 3-25-2021 14:16:42 | rathodriya66@gmail.com | Riya Rathod | Riya | Riya Rathod | 18 years | First year | No | m/open?id=1- |
| 13 | 4-7-2021 20:33:34 | chavanpuja@gmail.com | Pooja Chavan | Pooja | Pooja Chavan | 20 | First year | No | m/open?id=1Mh7Pd68 |

Total Students: 13

Program Coordinator: Ms. Pooja Jain



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



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

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

Date:-14th April, 2021

CIRCULAR

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

Ms. Ekta Jadhav
Director of Physical Education



Dr. Gulshan H. Gidwani
Principal

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

Department of Physical Education

Acrobatics Rock N Roll Workshop

Report

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

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

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



Ms. Ekta Jadhav
Director of Physical Education



Principal
St. Mira's College for Girls

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

Department of Physical Education

Workshop-Acrobatic Rock and Roll

Resource Person- Mr. Swapnil Londhe

Date-19-04-2021

Attendance Sheet

Total Number of Participants- 44

Zoom Meeting

Recording...

Ekta Jadhav

Participants (44)

Find a participant

Ekta Jadhav (Host, me)

Swapnil Londhe

12012_Ritika Tahar

12016_rutika galkwad_FYBSA(C...

22030 Amrita Menon

22040 tanvi Pallela fytba

2313_Khushi-V-Dharwal-Fyba(a)

2427_sejalgalkwad

2449_Durga Daundkar

3052_Vaishnavi Kstirsagar_FYB...

3069 Jayshree Chavan

3088 Riya Reddu

3403_ashmira shaikh

3424_Diksha Jagtap

Invite

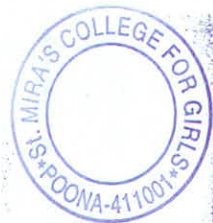
Mute All

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12:53

19-04-2021

Ekta Jadhav
Ekta Jadhav
Director of Physical Education



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



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

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

Date:- 04.07.2020

CIRCULAR

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



Anitha Menon

Coordinator





Dr. Gulshan H. Gidwani

Principal

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

Attendance report of Guest lecture conducted on 7th July 2020

Meeting details

People (37)

Chat

Pratiksha Ovhal

Riddhi Kawade

Rileyona Patricia Menezes

Sakshi Jagtap

Sakshi Shinde

sakshi zaware

Shradha Surve

Siddhita Hingade

Srushti Padale

Meeting details ^

Turn on captions

Present now

Photoconductive-C.jpg

Type here to search

ENG 12-14 07-07-2020

Total number of participants-37

[Handwritten signature]



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

(ANITHA MENON.)

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

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

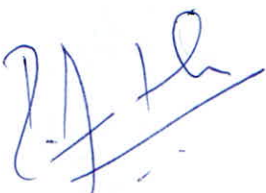
The department of Electronics, BSc (CS) organised a guest lecture for S.Y.BSc(CS) students on simulation software's used in designing electronic circuits. The lecture was conducted online using the virtual platform GMEET on **7th July 2020 from 12 to 1:30 pm**. The link for the meet was

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

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

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

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


(ANITHA MENON)




Principal
St. Mira's College for Girls



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PU/PN/AC/015/ (1962)

College Code: - 013

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

Date: - 15/07/2020

CIRCULAR

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

Swatee Sarwate
Swatee Sarwate

Coordinator

G.H. Gidwani

Dr. Gulshan H. Gidwani

Principal



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

Date and Time: - 17/7/2020

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

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

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

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

Coordinator - Swatee Sarwate

Swatee Sarwate



J. M. Jadhav

Principal

St. Mira's College for Girls

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

Attendance Sheet

Topic – How chips are made

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

meet.google.com/sfo-xwna-hiy

REC P Prasanna Khare is presenting

CHIPS :How they are made

Peop... (123) 126

Add people

swatee sarwate

26Amisha Jaggi

34 Samiksha Kulkarni

Aarushi Khandekar

Aditi Mahale

Aishwarya Jagtap

akanksha kshirsagar

Akshada Tupe

Akshra Patil

Semiconductors at a glance

- Chips are at the heart of all electronics and are found in Smartphones, Computers, Tablets, Gaming, Data centers, Smartwatches, Cars, Drones,
- \$400+ Billions yearly revenue
- The semiconductor material used in almost all ICs is **Silicon**. There is a relatively smaller market other materials like GaAs, GaN, SiC...
- Chip manufacturing is done on **Wafers** and is a highly complex assembly line processing, a marvelous combination of Material Science, Chemistry, Device Physics, Circuit Design, Optics, Computing, and Automation.

SUPRIYA MAZUMDAR has left the meeting

CHIPS :How they are made

Turn on captions

Prasanna Khare is presenting

Total Number of Participants/ students = 120

Name and Signature of the event coordinator :- Swatee Sarwate

Swatee Sarwate



G.H. Jadhav

Principal
St. Mira's College for Girls



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

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

Date:- 8th September 2020

CIRCULAR

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

Elizabeth Kanade
Elizabeth Kanade
Coordinator



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



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PU/PN/AC/015/(1962)

College Code:- 013

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

Date:- 1st September 2020

CIRCULAR

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

Elizabeth Kanade

Elizabeth Kanade

Coordinator



G. H. Gidwani

Dr. Gulshan H. Gidwani

Principal

513/2020/21

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

Peer Learning Session on –

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

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

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

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

Elizabeth Kanade

Ms. Elizabeth Kanade

Co-ordinator



S.H. Wadhwani

Principal
St. Mira's College for Girls

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

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

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

MR. SUNNY WADHWANI

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

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

4202_Ravna_Bcom

Participants: 337

Elizabeth Kanade
Ms. Elizabeth Kanade
Co-ordinator



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

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

| Timestamp | Name | Roll Number | Stream | Class | Email Address |
|------------------|----------------------------|-------------|----------|-------|--------------------------------------------|
| 09/09/2020 19:46 | Elizabeth 20001 | | Commerce | | elizabeth.kanade@stmirascollegepune.edu.in |
| 09/10/2020 9:41 | Ravina Jagtiani | 4202 | Commerce | T.Y. | ravinajagtiani@gmail.com |
| 09/10/2020 10:28 | naina | 5426 | BSc | F.Y. | naina9ny@gmail.com |
| 09/10/2020 10:28 | Vasudha Ramani | 2270 | Arts | F.Y. | ramanivasudha2002@gmail.com |
| 09/10/2020 10:28 | Meera Anil Nair | 2308 | Arts | F.Y. | meeraanil16@gmail.com |
| 09/10/2020 10:29 | Laksaya G | 2265 | Arts | F.Y. | laksaya24@gmail.com |
| | Karina shamsundar chhabada | | | | |
| 09/10/2020 10:29 | chhabada | 3041 | Commerce | F.Y. | kareenachhabada@gmail.com |
| 09/10/2020 10:29 | ESHA VARYANI | 22016 | BBA | F.Y. | eshavaryani6364@gmail.com |
| 09/10/2020 10:29 | Tamanna Lund | 3206 | Commerce | F.Y. | tamannalund@gmail.com |
| 09/10/2020 10:29 | Karishma chhabada | 20061 | BBA | F.Y. | Karishmachhabada@gmail.com |
| 09/10/2020 10:30 | Janhvi Sharma | 2268 | Arts | F.Y. | janhviisharmaa@gmail.com |
| 09/10/2020 10:32 | Meghana Nikam | 12023 | BBA(CA) | F.Y. | meghananikam9767@gmail.com |
| 09/10/2020 10:32 | komal garg | 3038 | Commerce | F.Y. | garg27komal@gmail.com |
| 09/10/2020 10:32 | Ritika talwar | 12012 | BBA(CA) | F.Y. | ritikatalwar1234@gmail.com |
| 09/10/2020 10:32 | Bhavika Anand Naik | 2267 | Arts | F.Y. | naikbhavika29@gmail.com |
| 09/10/2020 10:32 | Neve | 3279 | Commerce | F.Y. | dishaneve01@gmail.com |
| | KAHAIE SUKANYA | | | | |
| 09/10/2020 10:32 | MANGESH | 3057 | Commerce | F.Y. | sukanyarahate78@gmail.com |
| 09/10/2020 10:34 | Shirley Sequeira | 3004 | Commerce | F.Y. | shirleysequeira09@gmail.com |
| 09/10/2020 10:34 | Kirti Deepak Nagdev | 3204 | Commerce | F.Y. | kirtinagdevdeepak@gmail.com |
| 09/10/2020 10:34 | Shrusti Sharma | 2279 | Arts | F.Y. | shrushti.ss21@gmail.com |
| | Nandini sitaram kurhade | | | | |
| 09/10/2020 10:35 | kurhade | 3020 | Commerce | F.Y. | kurhadenandini2002@gmail.com |
| 09/10/2020 10:35 | Priyanka galave | 12017 | BBA(CA) | F.Y. | priyankagalave507@gmail.com |
| 09/10/2020 10:35 | SAKSHI THAKARE | 3212 | Commerce | F.Y. | sakshithakare3212@gmail.com |
| 09/10/2020 10:35 | Karishma parihaar | 22058 | BBA | F.Y. | karishmaparihaar1118@gmail.com |
| 09/10/2020 10:35 | Rutuja Vijapure | 3016 | Commerce | F.Y. | v721man@gmail.com |
| 09/10/2020 10:35 | Sanskriti Nanekar | 22025 | BBA | F.Y. | sanskritinaneekar58897@gmail.com |
| 09/10/2020 10:36 | Aditi dilip gawas | 22021 | BBA | F.Y. | aditigawas302@gmail.com |
| 09/10/2020 10:36 | Rashi Rajesh Kudale | 12007 | BBA(CA) | F.Y. | rashikudale2002@gmail.com |
| | Karishma Krishna Purswani | | | | |
| 09/10/2020 10:36 | Purswani | 3022 | Commerce | F.Y. | purswanikarishma82@gmail.com |
| 09/10/2020 10:36 | Prapti Sawant | 3431 | Commerce | F.Y. | 3431praptisawant@gmail.com |
| | Prajakta ManojKumar Desai | | | | |
| 09/10/2020 10:36 | Desai | 3290 | Commerce | F.Y. | desaimadhavi76@gmail.com |
| | Rutvika Gautam Gaikwad | | | | |
| 09/10/2020 10:36 | Gaikwad | 12016 | BBA(CA) | F.Y. | rutvikagaikwad2002@gmail.com |
| 09/10/2020 10:36 | Priyanka Sapaliga | 3012 | Commerce | F.Y. | priyankasapaliga8@gmail.com |
| 09/10/2020 10:36 | Arya Gopalkrishnan | 22008 | BBA | F.Y. | aaru2619@gmail.com |
| 09/10/2020 10:36 | Shreya Kaul | 3226 | Commerce | F.Y. | kauls2001@gmail.com |
| 09/10/2020 10:36 | Monal Halinavar | 3244 | Commerce | F.Y. | monalhalinavar@gmail.com |
| | Pooja Sanjay Thakkar | | | | |
| 09/10/2020 10:36 | Thakkar | 3017 | Commerce | F.Y. | Poojathakkar583@gmail.com |
| 09/10/2020 10:36 | Riya Mukesh Gorani | 3202 | Commerce | F.Y. | riyagorani272@gmail.com |
| | Neeta Narayan Mayekar | | | | |
| 09/10/2020 10:36 | Mayekar | 3235 | Commerce | F.Y. | neetamayekar0@gmail.com |
| 09/10/2020 10:37 | Sarita karanje | 3205 | Commerce | F.Y. | karanjesarita@gmail.com |

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| | | | | |
|------------------|--------------------------|---------------|------|--------------------------------|
| 09/10/2020 10:37 | Tanaz Shaikh | 2307 Arts | F.Y. | shaikhtanaz2002@gmail.com |
| 09/10/2020 10:37 | Prerna chawla | 3034 Commerce | F.Y. | prernachawla051@gmail.com |
| 09/10/2020 10:37 | Shrutika veer | 3264 Commerce | F.Y. | veershrutika135@gmail.com |
| 09/10/2020 10:37 | Pooja Motiram Kotambe | 3272 Commerce | F.Y. | pmkkotambe1813225@gmail.com |
| 09/10/2020 10:37 | Renuka sanyasi | 12002 BBA(CA) | F.Y. | renukasanyasi21@gmail.com |
| 09/10/2020 10:37 | Asmita kumari | 3008 Commerce | F.Y. | asmitapk2602@gmail.com |
| 09/10/2020 10:37 | Manasi Ajay Bhonsle | 3032 Commerce | F.Y. | bhonslemanasi2002@gmail.com |
| 09/10/2020 10:38 | Karishma kishan suhanda | 3213 Commerce | F.Y. | karishmasuhanda57165@gmail.com |
| 09/10/2020 10:38 | Manali Bafna | 22039 BBA | F.Y. | manalibafna07@gmail.com |
| 09/10/2020 10:38 | Reenaz Lakhani | 3401 Commerce | F.Y. | lakhanireenaz@gmail.com |
| 09/10/2020 10:39 | Manisha Rajpurohit | 3001 Commerce | F.Y. | manisharajpurohit292@gmail.com |
| 09/10/2020 10:39 | ashmira shaikh | 3403 Commerce | F.Y. | ashmira2002shk@gmail.com |
| 09/10/2020 10:39 | Rutika Mohite | 3402 Commerce | F.Y. | mohiterutika63@gmail.com |
| 09/10/2020 10:39 | Mitali Mehta | 2298 Arts | F.Y. | mitalimehta574@gmail.com |
| 09/10/2020 10:39 | Supriya chavan | 3426 Commerce | F.Y. | supriyachavan1162@gmail.com |
| 09/10/2020 10:39 | Sakshi Sandeep Tingre | 12006 BBA(CA) | F.Y. | sakshi.tingre2002@gmail.com |
| 09/10/2020 10:39 | Glory Norton | 12029 BBA(CA) | F.Y. | glorynorton2613@gmail.com |
| 09/10/2020 10:39 | Ruchee Limbani | 3232 Commerce | F.Y. | rucheelimbani0@gmail.com |
| 09/10/2020 10:40 | Tejal Kashinath Gore | 3002 Commerce | F.Y. | tejalgore15@gmail.com |
| 09/10/2020 10:40 | Vaishnavi Mohite | 3224 Commerce | F.Y. | vaishnavimohite22@gmail.com |
| 09/10/2020 10:40 | Silvia D'Souza | 3439 Commerce | F.Y. | silviadsouza2002@gmail.com |
| 09/10/2020 10:40 | Sanskriti Nangre | 12025 BBA(CA) | F.Y. | sanskritinangre05@gmail.com |
| 09/10/2020 10:40 | Bhargavi kinikar | 2220 Arts | F.Y. | bhargavikinikar.810@gmail.com |
| 09/10/2020 10:40 | Christina D'souza | 2255 Arts | F.Y. | christina.1.4.dsouza@gmail.com |
| 09/10/2020 10:40 | Chetna Ramesh Thorat | 3434 Commerce | F.Y. | chetnathorat358@gmail.com |
| 09/10/2020 10:40 | Sakina Bharmal | 2234 Arts | F.Y. | saqina.bharmal@gmail.com |
| 09/10/2020 10:40 | Sakshi Ghule | 3237 Commerce | F.Y. | sakshirahulghule@gmail.com |
| 09/10/2020 10:40 | Mrunali Balu Kamble | 3048 Commerce | F.Y. | krunali07@gmail.com |
| 09/10/2020 10:41 | Sheregar Shivani | 3286 Commerce | F.Y. | shivanisheregar5529@gmail.com |
| 09/10/2020 10:41 | Azraa Fazleali Babul | 3229 Commerce | F.Y. | azraa.babul@gmail.com |
| 09/10/2020 10:41 | Ansari Bushra Rashid | 2411 Arts | F.Y. | ansaribushra92848@gmail.com |
| 09/10/2020 10:41 | Palkhi shringi | 3240 Commerce | F.Y. | poojashringi02531@gmail.com |
| 09/10/2020 10:41 | Deepti Raj yadav | 2237 Arts | F.Y. | deeprijydv@gmail.com |
| 09/10/2020 10:41 | Sana Attar | 3014 Commerce | F.Y. | sanattar5@gmail.com |
| 09/10/2020 10:42 | Khateja Shaikh | 12004 BBA(CA) | F.Y. | khatejashk12@gmail.com |
| 09/10/2020 10:42 | Sakshi Arun Tarate | 3406 Commerce | F.Y. | sakshitarate01@gmail.com |
| 09/10/2020 10:42 | Muzna Shaikh | 12001 BBA(CA) | F.Y. | muznashaikh5@gmail.com |
| 09/10/2020 10:42 | Himani Shridhar Sheregar | 3285 Commerce | F.Y. | kalpanasheregar82@gmail.com |
| 09/10/2020 10:43 | Ranjana Nandu Pandit | 3236 Commerce | F.Y. | ranjanapandit888@gmail.com |
| 09/10/2020 10:43 | Naaz nawaz lakhani | 12003 BBA(CA) | F.Y. | naazlakhani247@gmail.com |
| 09/10/2020 10:43 | prachi tompe | 3058 Commerce | F.Y. | prachitompe8@gmail.com |
| 09/10/2020 10:44 | Khushi Bhtia | 3027 Commerce | F.Y. | khushibhatia022@gmail.com |
| 09/10/2020 10:44 | More Swati Murlidhar | 2417 Arts | F.Y. | moreswati342@gmail.com |
| 09/10/2020 10:45 | Sanjana shah | 3410 Commerce | F.Y. | sanjanashah403@gmail.com |
| 09/10/2020 10:45 | Saniya thapa | 22037 BBA | F.Y. | saniyathapa2017@gmail.com |

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

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Principal

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| | | | | | |
|------------------|----------------------------|-------|----------|------|---------------------------------|
| 09/10/2020 11:21 | Vabita kumari | 2775 | Arts | T.Y. | vabitaadav45@gmail.com |
| 09/10/2020 11:21 | Shweta Vishwakarma | 3269 | Commerce | F.Y. | shwetav1022001@gmail.com |
| 09/10/2020 11:32 | Nalini Bawari | 4875 | Arts | T.Y. | bachh2000@gmail.com |
| 09/10/2020 11:54 | Sejal Madhukar Shinde | 3277 | Commerce | F.Y. | sejal.shinde272@gmail.com |
| 09/10/2020 11:57 | Abinaa Fatimson | 4228 | Commerce | T.Y. | abinaafatimson17@gmail.com |
| 09/10/2020 11:58 | Mrunal Ganesh More | 3427 | Commerce | F.Y. | manumore4890@gmail.com |
| 09/10/2020 11:59 | Sakina Dadu | 4437 | Commerce | T.Y. | sakinadadu52@gmail.com |
| 09/10/2020 12:02 | Azra Abdulrahim Hiroli | 4245 | Commerce | T.Y. | azrahiroli111@gmail.com |
| 09/10/2020 12:06 | Bhavana Jangid | 4229 | Commerce | T.Y. | bhavanajangid792@gmail.com |
| 09/10/2020 12:11 | Pranali Vavare | 3243 | Commerce | F.Y. | pranalivavare@gmail.com |
| 09/10/2020 12:13 | Shivani gupta | 3407 | Commerce | F.Y. | shivanig14647@gmail.com |
| 09/10/2020 12:18 | Anuja Janrao | 3443 | Commerce | F.Y. | anujanrao@2003gmail.com |
| 09/10/2020 12:52 | Rutuja chhoturam choudhary | 3009 | Commerce | F.Y. | rutujachaudhary042@gmail.com |
| 09/10/2020 12:54 | Sakshi Anil Aglawe | 22003 | BBA | F.Y. | sakshiaglawe2001@gmail.com |
| 09/10/2020 13:06 | Harshada Rajendra Agarwal | 3013 | Commerce | F.Y. | harshadaagarwal18@gmail.com |
| 09/10/2020 13:13 | Rutuja Dilip Bagal | 3428 | Commerce | F.Y. | rutujabagal3428@gmail.com |
| 09/10/2020 13:16 | Neha Barge | 3908 | Commerce | S.Y. | nehabarge755@gmail.com |
| 09/10/2020 13:18 | Bijal Lobo | 3003 | Commerce | F.Y. | bijalloba1408@gmail.com |
| 09/10/2020 13:18 | Jama mounika | 3314 | Commerce | S.Y. | jamamounika5@gmail.com |
| 09/10/2020 13:22 | Deepti Ghate | 3304 | Commerce | S.Y. | deeptinghate15@gmail.com |
| 09/10/2020 13:26 | Pooja Hari Teli | 3409 | Commerce | F.Y. | telipooja188@gmail.com |
| 09/10/2020 13:38 | Taanisha bajaj | 3284 | Commerce | S.Y. | taanishabjj3@gmail.com |
| 09/10/2020 13:40 | Keera Fernandes | 2202 | Arts | F.Y. | keaf.shield@gmail.com |
| 09/10/2020 13:45 | Pragati Sanas | 3215 | Commerce | F.Y. | pragatisanas2000@gmail.com |
| 09/10/2020 13:58 | Mayuri Naidu | 3210 | Commerce | F.Y. | mayurinaidu16263@gmail.com |
| 09/10/2020 14:12 | Nilasha Majumder | 3214 | Commerce | F.Y. | majumdernilasha@gmail.com |
| 09/10/2020 14:36 | Gouri Ashtekar | 4406 | Commerce | T.Y. | gouri.vilas.ashtekar@gmail.com |
| 09/10/2020 14:43 | Priti lalbabu Prasad | 3026 | Commerce | F.Y. | preetiprasad1812@gmail.com |
| 09/10/2020 15:15 | Athira Nair | 0 | Arts | F.Y. | athira.nair3737@gmail.com |
| 09/10/2020 15:28 | Vaishnavi Kshirsagar | 3052 | Commerce | F.Y. | Vaishuksh1234@gmail.com |
| 09/10/2020 15:48 | Prerna Dinesh Yadav | 3207 | Commerce | F.Y. | prernayadav448@gmail.com |
| 09/10/2020 15:53 | Rutuja santosh ghule | 2251 | Arts | F.Y. | rutujaghule04673@gmail.com |
| 09/10/2020 16:00 | Bhavana sunil shejwal | 3405 | Commerce | F.Y. | bhvanashjwal4@gmail.com |
| 09/10/2020 16:13 | Asmita Khule | 3014 | Commerce | S.Y. | asmitakhule1@gmail.com |
| 09/10/2020 17:22 | Krusha Thakkar | 3053 | Commerce | F.Y. | krushathakkar1106@gmail.com |
| 09/10/2020 17:53 | Shirin Saji George | 5433 | BSc | F.Y. | shirinsaji24@gmail.com |
| 09/10/2020 18:20 | Kadambani sandeep wagh | 3018 | Commerce | F.Y. | kadambariwagh1011@gmail.com |
| 09/10/2020 18:22 | Navalaxmi Bandaru | 4612 | Commerce | T.Y. | navalaxmi.bandaru1609@gmail.com |
| 09/10/2020 19:18 | Harshada kand | 4429 | Commerce | T.Y. | kandharshada@gmail.com |
| 09/10/2020 19:32 | Shrikala palugulla | 3088 | Commerce | S.Y. | shrikalapalugulla@gmail.com |
| 09/10/2020 20:06 | Ruchi Goel | 3423 | Commerce | F.Y. | ruchigoel1302@gmail.com |
| 09/10/2020 20:20 | Vaishnavi Sanjay Warghade | 4432 | Commerce | T.Y. | vaishnaviwarghade5@gmail.com |
| 09/10/2020 20:25 | Agrata | 3445 | Commerce | F.Y. | agratarupeshkamble@gmail.com |
| 09/10/2020 20:30 | Revati Khanna | 3281 | Commerce | F.Y. | khannarevati2309@gmail.com |
| 09/10/2020 20:41 | Ruchika | 2225 | Arts | F.Y. | sweetruch95@gmail.com |

Elizabeth Kanade



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

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|------------------|------------------------------|-------|----------|------|-----------------------------------|
| 09/11/2020 21:11 | Soniya kaur Muchhal | 22015 | BBA | F.Y. | rumanimuchhal@gamil.com |
| 09/11/2020 21:14 | Poorvai Sameer Biswas | 22023 | BBA | F.Y. | poorvaib@gmail.com |
| 09/11/2020 21:14 | Iasneem Karachiwala | 22030 | BBA | F.Y. | tasneemkarachiwala5253@gmail.com |
| 09/11/2020 21:15 | Samruddhi dighe | 22044 | BBA | F.Y. | samruddhidighe56@gmail.com |
| 09/11/2020 21:18 | Renuka dhage | 5427 | BSc | F.Y. | renukadhage342@gmail.com |
| 09/11/2020 21:18 | Rituja Bhandari | 22055 | Commerce | F.Y. | ritujabhandari07@gmail.com |
| 09/11/2020 21:25 | Komal Sawant | 5401 | BSc | F.Y. | komalsawant0409@gmail.com |
| 09/11/2020 21:31 | Valesha Dimple Rajesh | 22033 | BBA | F.Y. | dimplevalesha@gmail.com |
| 09/11/2020 21:42 | Apurva moze | 3225 | Commerce | F.Y. | mozeapurva@gmail.com |
| 09/11/2020 21:48 | I ANVI DINESH INDALKAR | 5430 | BSc | F.Y. | indalkar1109@gmail.com |
| 09/11/2020 21:53 | Poonam Verma | 5454 | BSc | S.Y. | punamverma23.05@gmail.com |
| 09/11/2020 22:04 | Zindu Ranade | 5445 | BSc | S.Y. | zinduranade89@gmail.com |
| 09/11/2020 22:05 | Sakshi Oswal | 22048 | BBA | F.Y. | sakshioswal72@gmail.com |
| 09/11/2020 22:14 | Laxmi Narasimhulu Vantipenta | 22043 | BBA | F.Y. | laxmivp16@gmail.com |
| 09/11/2020 22:27 | Zikra | 22060 | BBA | F.Y. | zitrakhan8801@gmail.com |
| 09/11/2020 22:52 | Lasha Samtani | 22018 | BBA | F.Y. | lsamtani08@gmail.com |
| 09/11/2020 23:03 | Esha Anil Jagtap | 3287 | Commerce | F.Y. | jagtapesha21@gmail.com |
| 09/12/2020 0:25 | Sarah shaikh | 22046 | BBA | F.Y. | shaikhsarah971@gmail.com |
| 09/12/2020 8:04 | Sakshi Arvind More | 3404 | Commerce | F.Y. | moresakshi234@gmail.com |
| 09/12/2020 9:14 | Nisha Gupta | 3284 | Commerce | F.Y. | 3284nishagupta@gmail.com |
| 09/12/2020 9:19 | Shraddha Gaikwad | 4251 | Commerce | T.Y. | shraddha3014@gmail.com |
| 09/12/2020 9:58 | Madavi Reddy | 22049 | BBA | F.Y. | madavireddy84@gmail.com |
| 09/12/2020 10:12 | Manswi Shinde | 22032 | BBA | F.Y. | manswishinde06@gmail.com |
| 09/12/2020 10:15 | Anjali Anil Gundekar | 0 | BBA | F.Y. | gundekaranjali@gmail.com |
| 09/12/2020 11:01 | Harshada Sharad Dhamdhere | 5423 | BSc | F.Y. | harshadadhamdhere.hd@gmail.com |
| 09/12/2020 11:01 | SHREYA SANTOSH GHARE | 3254 | Commerce | F.Y. | shreyaghare2002@gmail.com |
| 09/12/2020 11:04 | Sanjana Tripathy | 5414 | BSc | F.Y. | tripathysanjana02@gmail.com |
| 09/12/2020 11:09 | Vaishnavi Kokate | 5413 | BSc | F.Y. | vaishnavikokate247@gmail.com |
| 09/12/2020 11:11 | Kartiki | 22031 | BBA | F.Y. | kartikinavale021@gmail.com |
| 09/12/2020 11:12 | Rajrajashree uradi | 5431 | BSc | F.Y. | poojauradi786@gmail.com |
| 09/12/2020 11:22 | Sweta Thakur | 3062 | Commerce | F.Y. | swetathakur349@gmail.com |
| 09/12/2020 11:23 | Shuchi Khandelwal | 3054 | Commerce | F.Y. | shuchikhandelwal10@gmail.com |
| 09/12/2020 11:28 | Vaishnavi Gautam Suryawanshi | 3066 | Commerce | F.Y. | vaishnavisuryawanshi464@gmail.com |
| 09/12/2020 11:34 | Nandini Sanju Hucche | 3448 | Commerce | F.Y. | shnandini03@gmail.com |
| 09/12/2020 11:35 | Shruti Sandeep Kamble | 3037 | Commerce | F.Y. | shrutik0327@gmail.com |
| 09/12/2020 11:41 | Shraddha kawade | 3064 | Commerce | F.Y. | shraddhakawade2902@gmail.com |
| 09/12/2020 11:45 | Komal Pramod Sonawane | 3059 | Commerce | F.Y. | komis1329@gmail.com |
| 09/12/2020 11:58 | Sayali Dattatraya Borhade | 3060 | Commerce | F.Y. | sayaliborhade4691@gmail.com |
| 09/12/2020 12:00 | Rohini Wahatule | 3070 | Commerce | F.Y. | rohiniwahatule@gmail.com |

Elizabeth Kanade



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



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

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

Circular No: - 015/10AC/2020-21/25

Date: - 2/09/2020

CIRCULAR

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

Swatee Sarwate

Swatee Sarwate

Coordinator



Dr. Gulshan H. Gidwani

Dr. Gulshan H. Gidwani

Principal

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

Date: 4 sept -18 sept 2020

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

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

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

Coordinator – Swatee Sarwate

Swatee Sarwate



H. H. H. H.

Principal
St. Mira's College for Girls

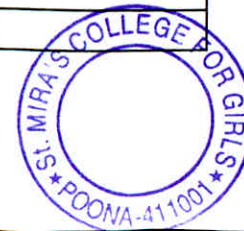
St. Mira's College For Girls, Pune Autonomous (Affiliated to Savitribai Phule Pune University)

ARDUINO UNO WORKSHOP ATTENDANCE 2020-21

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

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Principal
St. Mira's College for Girls

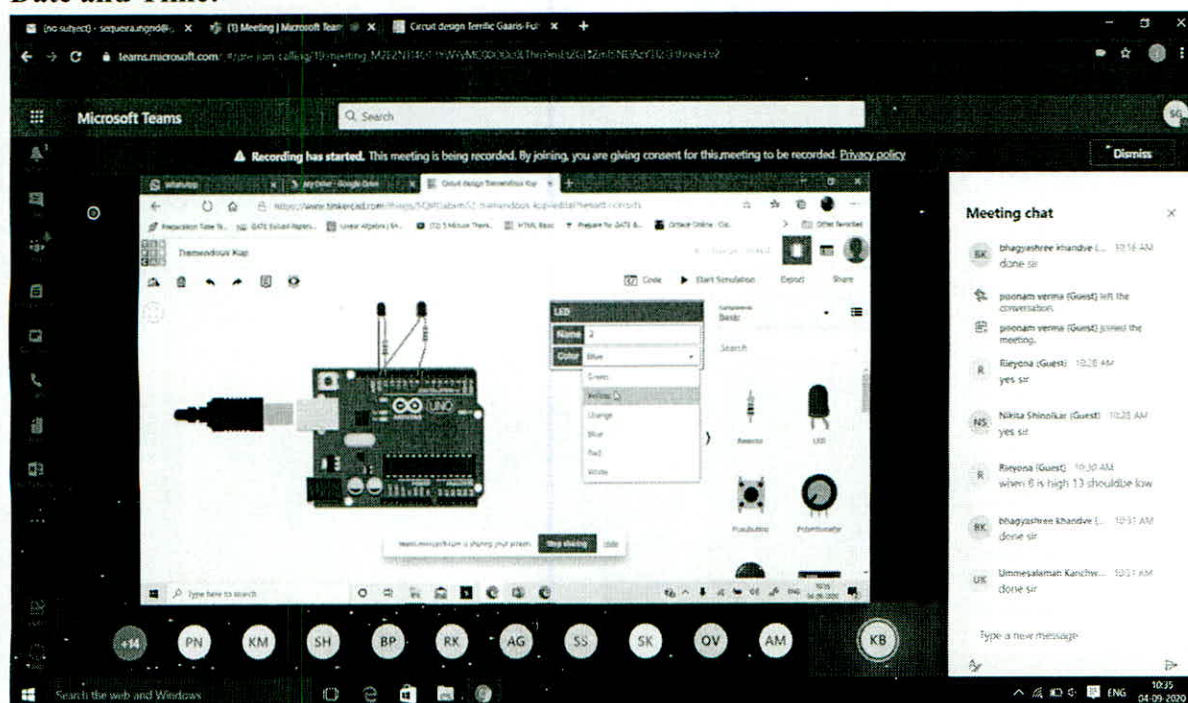


St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)

Attendance Sheet

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

Date and Time:-



Total Number of Participants/ students = 22

Name and Signature of the event coordinator :- Swatee Sarwate

Swatee Sarwate



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



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

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

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


Date:-21/09/2020

CIRCULAR

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


Mrs. Shanthi Fernandes
Coordinator




Dr. Gulshan H. Gidwani
Principal

S. 1/2
(2020)

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

REPORT ON TRENDS IN HRM WEBINAR

Date: 26th September, 2020

Venue: Google Meet

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

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

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

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

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

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

Shanthi

Asst. Prof. Shanthi Fernandes

Co-ordinator



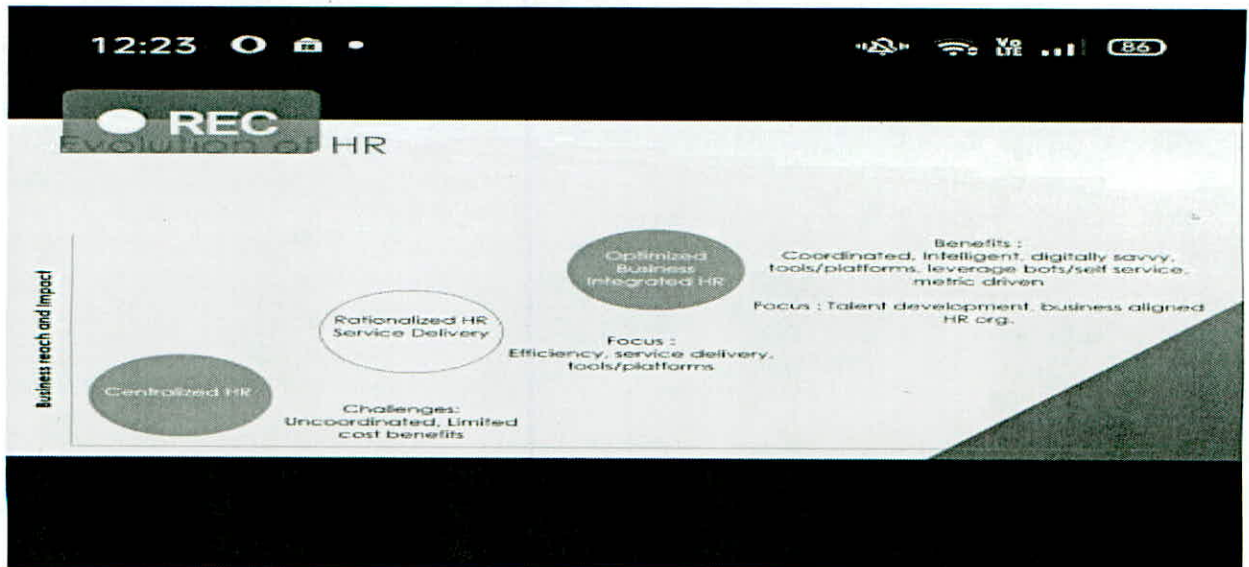
J. H. Jangtiani
Principal
St. Mira's College for Girls

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

ATTENDANCE_TRENDS IN HRM WEBINAR

Date: 26th September, 2020

Venue: Google Meet



(124)

Santoshi Rohra (You)

4202_Ravina Jagtiani >

Wilma Fernandes >

shanthi fernandes >

Also in the meeting (120)

Shanthi
Asst. Prof. Shanthi Fernandes
Co-ordinator

Student Participants = 120



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



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


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

Circular No: - G15/10AC/2020-21/36


Date:-20.09.2020

CIRCULAR

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


[Mrs. Jyoti Chintan]
Coordinator




Dr. Gulshan H. Gidwani
Principal

St. Mira's College For Girls, Pune
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REPORT

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

Organizer: Mrs. Jyoti Chintan

Class: Sy BCom Business Communication

Speaker: Ms. Anuksha Sachdev

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

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

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



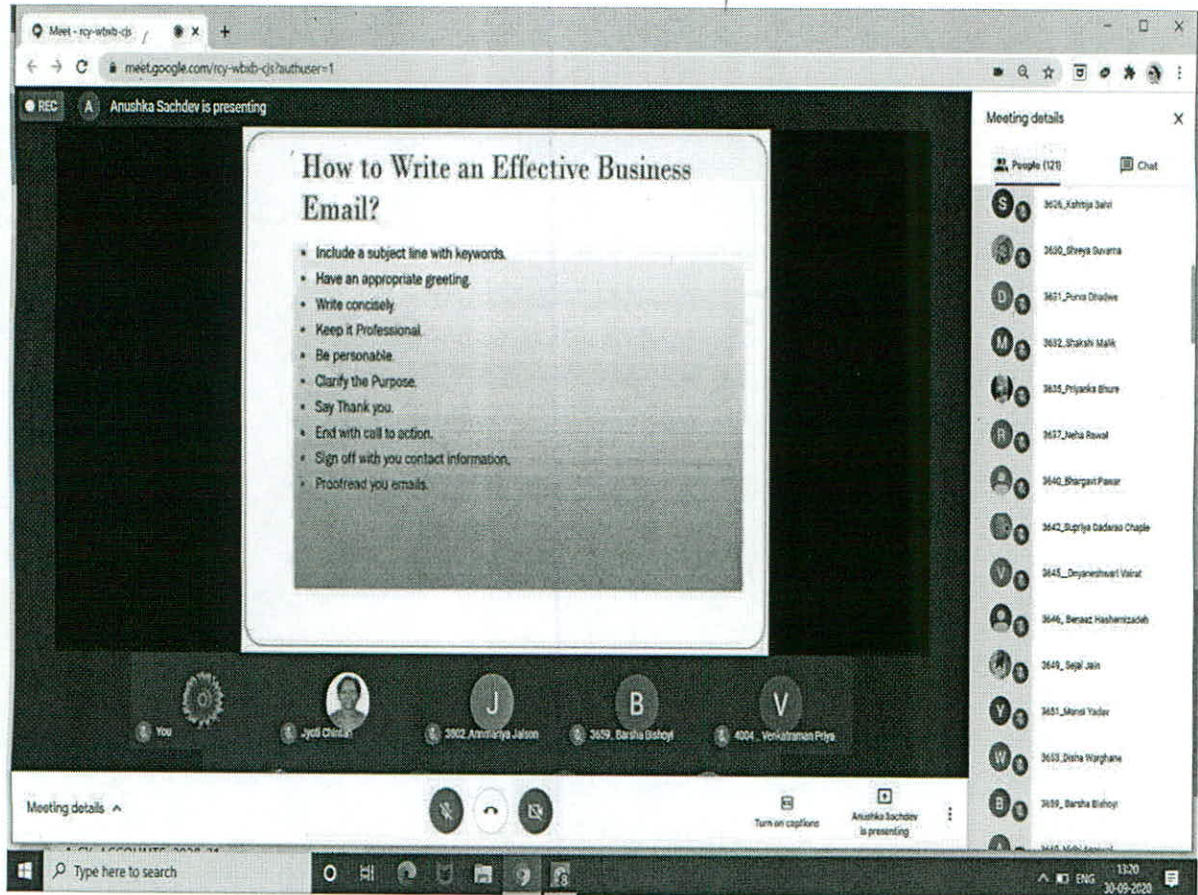
Jyoti Chintan
(Jyoti Chintan)

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

St. Mira's College for Girls, Pune
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Attendance /

Total number of participants: 121 students



Jyoti Chintani

(Jyoti Chintani)



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



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College Code: - 013

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


Date: - 7/10/2020

CIRCULAR

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


Swatee Sarwate
Coordinator




Dr. Gulshan H. Gidwani
Principal

St. Mira's College for Girls, Pune

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WEBINAR REPORT

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

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

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

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

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

Coordinator - Swati Sarwate

Swatee Sarwate



G.H. Jadhav

Principal
St. Mira's College for Girls

St. Mira's College For Girls, Pune
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Attendance Sheet

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

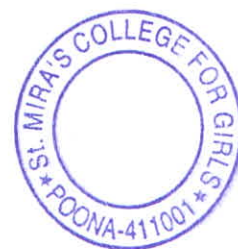
Date and Time:- 10/10/2020



Total Number of Participants/ students = 89

Name and Signature of the event coordinator :- Swatee Sarwate

Swatee Sarwate



J.H. Jadhav

Principal
St. Mira's College for Girls



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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:- GIS/10AC/2020-21/91

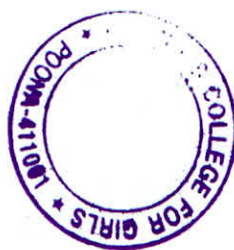
Date:- 29th Sept 2021

CIRCULAR

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


Devinder Kaur

Coordinator




Dr. Gulshan H. Gidwani
Principal

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

Activity Report (A.Y. 2020-21)

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

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


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

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

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

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

Name: Devinder Kaur-Convener

Signature: 




Principal
St. Mira's College for Girls

EBSCO

Information Services

St. Mira's College for Girls, Pune

Training Session: How to search EBSCO Databases efficiently?

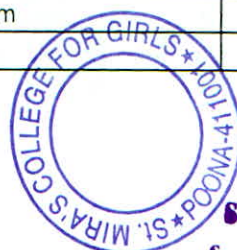
Date: 23rd Oct 2021 , Time : 3.30 PM to 4:30 PM Platform: Online Webinar - Cisco Webex

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

Total Attendance: 281 nos.

| S.No | Name | Email | Attended | Roll No. |
|------|--------------------|------------------------------------|----------|----------|
| 1 | Komal Sawant | komalsawant0409@gmail.com | Yes | 5401 |
| 2 | Vijaya Alte | vijayaalte@gmail.com | Yes | 3885 |
| 3 | Prachi Nidhi | prachinidhi001@gmail.com | Yes | 2458 |
| 4 | Deepti Yadav | deeprijydv@gmail.com | Yes | 2237 |
| 5 | Smita Patil | smitapatilsham@gmail.com | Yes | 3602 |
| 6 | Komal Yadav | kombhavy@gmail.com | Yes | 4046 |
| 7 | Aditi Kadgi | aditikadgi9@gmail.com | Yes | 4471 |
| 8 | Riya Bhalerao | riyabhalerao8@gmail.com | Yes | 2453 |
| 9 | Rutuja Bangale | rutujabangale@gmail.com | Yes | 3614 |
| 10 | Aishwarya Gholap | aishwaryagholap3@gmail.com | Yes | 22063 |
| 11 | Deepali Bhamare | deepalibhamare2001@gmail.com | Yes | 2611 |
| 12 | Ansari Bushra | ansaribushra92848@gmail.com | Yes | 2411 |
| 13 | Pramila Bhayal | 3450pramilabhayal@gmail.com | Yes | 3450 |
| 14 | Prerna Pillay | prernapillay2405@gmail.com | Yes | 3601 |
| 15 | Khushi Jaisinghani | khushijaisinghani.kj6402@gmail.com | Yes | 22079 |
| 16 | Neetu Rawat | neeturawat0515@gmail.com | Yes | 2445 |
| 17 | Akshita Shetty | akshitashetty77@gmail.com | Yes | 3497 |
| 18 | Priyanka Galave | priyankagalave507@gmail.com | Yes | 17 |
| 19 | Bhavana Chulani | bhavi25chulani@gmail.com | Yes | 22026 |
| 20 | Sarika Ramesh KV | sarikakv1@gmail.com | Yes | 3451 |
| 21 | Sanskriti Nanekar | sanskritinaneekar58897@gmail.com | Yes | 22025 |
| 22 | Anandmayi Chounde | anandmayibchounde@gmail.com | Yes | 0 |
| 23 | Kirti Motwani | kirtimotwani23@gmail.com | Yes | 22028 |
| 24 | Durga Daundkar | durgapdaundkar@gmail.com | Yes | 2449 |
| 25 | Sneha Suman | snehasumankv2@gmail.com | Yes | 4053 |
| 26 | Dolly Rathod | dollyrathod12342@gmail.com | Yes | 3467 |
| 27 | Alisha Faquih | alishafaquih@gmail.com | Yes | 2273 |
| 28 | Ritika Devnani | ritikadevnani23@gmail.com | Yes | 4463 |
| 29 | Neha Sheryar | sheryarneha72@gmail.com | Yes | 3624 |
| 30 | Greeshma Shah | greeshmashah2811@gmail.com | Yes | 3495 |
| 31 | Purnima Kumari | purnima24kumari@gmail.com | Yes | 22078 |
| 32 | Sejal Awade | sejalawade@gmail.com | Yes | 3306 |
| 33 | Sanjana Tripathy | tripathysanjana02@gmail.com | Yes | 5414 |
| 34 | Yasmeen Pathan | yasmeenpathan2001@gmail.com | Yes | 3501 |
| 35 | Afrin Shaikh | afrinshaikh8180@gmail.com | Yes | 3105 |
| 36 | Swati Tiwari | tswati1845@gmail.com | Yes | 3289 |
| 37 | Swati Pade | swatipade984@gmail.com | Yes | 3482 |
| 38 | Vaibhavi birdawade | vbirdawade27@gmail.com | Yes | 22012 |
| 39 | Akanksha patil | akankshapatil0527@gmail.com | Yes | 22047 |
| 40 | Sakshi Tarate | sakshitarate01@gmail.com | Yes | 3406 |

Davinder Kaur
Davinder Kaur



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

| | | | | |
|-----|----------------------|-----------------------------------------|-----|-------|
| 92 | Devi Rathod | devirathod023@gmail.com | Yes | 3438 |
| 93 | Anushka Benny | bennyanushka@gmail.com | Yes | 3886 |
| 94 | Shreya Sawant | shreya.sawant2021@gmail.com | Yes | 4453 |
| 95 | Pooja Kumarswamy | kpooja31102@gmail.com | Yes | 3483 |
| 96 | Devinder Kaur | devinder.kaur@stmirascollegepune.edu.in | Yes | 2020 |
| 97 | Krishna Shinde | krishnavshinde05@gmail.com | Yes | 3280 |
| 98 | Shirin Saji George | shirinsaji24@gmail.com | Yes | 5433 |
| 99 | Saniya Sayed | saniyaasayed11@gmail.com | Yes | 5441 |
| 100 | Karishma Chhabada | karishmachhabada@gmail.com | Yes | 22061 |
| 101 | Madhura Savaratkar | madhurasavaratkar@gmail.com | Yes | 3251 |
| 102 | Naina Yadav | naina9ny@gmail.com | Yes | 5426 |
| 103 | Chrislynn Rodrigues | chrislynnr111@yahoo.com | Yes | 2269 |
| 104 | Rutuja Pise | piserutuja22@gmail.com | Yes | 3513 |
| 105 | Namrata Bhandari | namratabhandari1611@gmail.com | Yes | 3608 |
| 106 | Harshita Masand | masandharshita@gmail.com | Yes | 434 |
| 107 | Swamini Suryawanshi | swaminisuryawanshi24@gmail.com | Yes | 22067 |
| 108 | Priyanka Gavhane | prigavh@gmail.com | Yes | 3435 |
| 109 | ANGHA PATEL | anghapatel06@gmail.com | Yes | 12060 |
| 110 | Poorvai Biswas | poorvaib@gmail.com | Yes | 22023 |
| 111 | Mehak Milani | mehak.milani@gmail.com | Yes | 21870 |
| 112 | Ishika Jain | ishikaishika498@gmail.com | Yes | 3412 |
| 113 | Shiwangi Rana | shiwangirana0225@gmail.com | Yes | 3859 |
| 114 | Sakshi More | moresakshi234@gmail.com | Yes | 3404 |
| 115 | Vishakha Sawant | vishakhasawantvrs@gmail.com | Yes | 22004 |
| 116 | Saloni Jivane | salonijivane08@gmail.com | Yes | 3470 |
| 117 | Christina Makasare | christinamakasare123@gmail.com | Yes | 3462 |
| 118 | Fiza Sayyed | sayyedfiza5@gmail.com | Yes | 11802 |
| 119 | Karishma Suhanda | karishmasuhanda57165@gmail.com | Yes | 3213 |
| 120 | Noorjannat Ansari | noorjannatansari123@gmail.com | Yes | 3603 |
| 121 | Akanksha Jagdale | akankshajagdale180302@gmail.com | Yes | 3208 |
| 122 | Ankita Gawase | ankitargawade@gmail.com | Yes | 3472 |
| 123 | Sangita Rathod | sangita.rathod090@gmail.com | Yes | 3862 |
| 124 | Keera Fernandes | keaf.shield@gmail.com | Yes | 2202 |
| 125 | Pranjali Chauhan | chauhanpranjali150@gmail.com | Yes | 21829 |
| 126 | Nishita Rawtani | nishitarawtani@gmail.com | Yes | 2240 |
| 127 | Shruti Tingre | shrutitingre93@gmail.com | Yes | 3420 |
| 128 | Sadia Shaikh | shaikhsadia298@gmail.com | Yes | 3604 |
| 129 | Tanaya Patil | tanayaapatil17@gmail.com | Yes | 2284 |
| 130 | Sheba Biju | shebabiju1062@gmail.com | Yes | 3456 |
| 131 | Suhani Memdani | sonu14memdani@gmail.com | Yes | 3447 |
| 132 | Anannya Sahani | anannysahani@gmail.com | Yes | 4832 |
| 133 | kanchanpriya bhujbal | kanchanpriyabhujbal@gmail.com | Yes | 2281 |
| 134 | Pradnya Raut | pradnyasubhash2019@gmail.com | Yes | 5440 |
| 135 | Aman Sahota | sahotaamandeep6@gmail.com | Yes | 21805 |
| 136 | Silvia D'souza | silviadsouza2002@gmail.com | Yes | 3439 |
| 137 | Samiksha Surana | samiksha1108.ss@gmail.com | Yes | 2274 |
| 138 | Saloni Gangani | saloni.gangani1820@gmail.com | Yes | 21904 |
| 139 | Shrikala Palugulla | shrikalapalugulla@gmail.com | Yes | 3906 |
| 140 | Rutuja Bagal | rutujabagal3428@gmail.com | Yes | 3428 |
| 141 | Prerna Kamble | kprerna525@gmail.com | Yes | 11880 |
| 142 | Akansha Pardeshi | akanshapar88@gmail.com | Yes | 3485 |

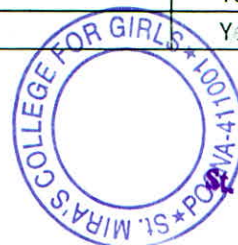
Devinder Kaur



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

| | | | | |
|-----|--------------------|--------------------------------|-----|-------|
| 143 | Nisha Gupta | 3284nishagupta@gmail.com | Yes | 3284 |
| 144 | Riya Paunikar | riyapaunikar1707@gmail.com | Yes | 3440 |
| 145 | Vaishnavi jadhav | vaishnavi6200@gmail.com | Yes | 3654 |
| 146 | Aishwarya Jaydeep | aishwaryajaydeep@gmail.com | Yes | 2295 |
| 147 | Harshita Rao | hrshtrao11@gmail.com | Yes | 2658 |
| 148 | Priyanka Singh | priyankajsingh272000@gmail.com | Yes | 4421 |
| 149 | Bhavika Naik | naikbhavika29@gmail.com | Yes | 2267 |
| 150 | Devika Burad | devikaburad469@gmail.com | Yes | 2213 |
| 151 | Judith Selvaraj | judith14xo@gmail.com | Yes | 2448 |
| 152 | Khushi Vikam | kikivikam@gmail.com | Yes | 5438 |
| 153 | Neha Gangadhar | nehagangadhar94@gmail.com | Yes | 3463 |
| 154 | Jessica Mathias | jessicamathias2003@gmail.com | Yes | 2263 |
| 155 | Renuka Deokar | deokarrenuka16@gmail.com | Yes | 5420 |
| 156 | Pallavi Wagh | waghp765@gmail.com | Yes | 2297 |
| 157 | Samreen Ajam | samreenvazeer20@gmail.com | Yes | 22051 |
| 158 | Harshada Dhamdhare | harshadadhamdhare.hd@gmail.com | Yes | 5423 |
| 159 | Anjali Gundekar | gundekaranjali@gmail.com | Yes | 22066 |
| 160 | Pooja Battal | poojanag0027@gmail.com | Yes | 5432 |
| 161 | Harshada Kand | kandharshada@gmail.com | Yes | 4429 |
| 162 | Nishita Surve | nishitasurve130902@gmail.com | Yes | 3253 |
| 163 | Pratiksha Shetty | pratikshashetty2017@gmail.com | Yes | 21768 |
| 164 | Ritika Makhare | ritikamakhare@gmail.com | Yes | 5411 |
| 165 | Lavanya Komti | lavannyakomti03@gmail.com | Yes | 3459 |
| 166 | Sakshi Rathod | sakshi.rathodmarcg@gmail.com | Yes | 3300 |
| 167 | Harshada Malgonde | hr01m18@gmail.com | Yes | 2851 |
| 168 | Purva Dhadwe | purvadhawe@gmail.com | Yes | 3631 |
| 169 | Nikita Shetty | nikitashetty.2004@gmail.com | Yes | 3504 |
| 170 | Priyanka Patel | 9511784181p@gmail.com | Yes | 22041 |
| 171 | Nicole Halstead | halsteadn04@gmail.com | Yes | 3039 |
| 172 | Mitali Mehta | mitalimehta574@gmail.com | Yes | 2298 |
| 173 | Neha Sharma | sharmageetaneha@gmail.com | Yes | 3503 |
| 174 | Vaishnavi Ghawate | ghawatevaishnavi4@gmail.com | Yes | 5408 |
| 175 | Prerna Parte | partepreerna3@gmail.com | Yes | 56 |
| 176 | Akshita Negi | akshitanegi129@gmail.com | Yes | 3877 |
| 177 | Rutuja Bhujbal | bhujbalrutuja4@gmail.com | Yes | 4012 |
| 178 | Prateeksha yadav | prateekshayadav1923@gmail.com | Yes | 12057 |
| 179 | Mayuri Gaware | mayurigaware30@gmail.com | Yes | 6408 |
| 180 | Shrushti Sharma | shrushti.ss21@gmail.com | Yes | 2279 |
| 181 | Anisha Chhajed | anishachhajed2@gmail.com | Yes | 21885 |
| 182 | Reenaz Lakhani | lakhanireenaz@gmail.com | Yes | 3401 |
| 183 | Pooja Thakkar | poojathakkar583@gmail.com | Yes | 3017 |
| 184 | Sanjana Shelkande | shelkandesanjana@gmail.com | Yes | 4050 |
| 185 | Seema Mahapatra | punamseema131@gmail.com | Yes | 3891 |
| 186 | Sonal Dawara | soniadawara20@gmail.com | Yes | 21864 |
| 187 | Vaishnavi Warghade | vaishnaviwarghade5@gmail.com | Yes | 4432 |
| 188 | Prajakta More | prajaktamore518@gmail.com | Yes | 3488 |
| 189 | Sameeha Arifi | sammi.arifi@gmail.com | Yes | 2209 |
| 190 | Fulwanti Jangid | fulwantijangid@gmail.com | Yes | 4462 |
| 191 | Sakina Bharmal | saqina.bharmal@gmail.com | Yes | 2234 |
| 192 | Shreya Kaul | kauis2001@gmail.com | Yes | 3226 |
| 193 | Shraddha Katari | shraddhakatari0420@gmail.com | Yes | 3093 |

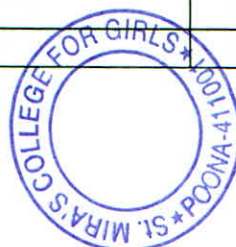
Devinder Kam



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

| | | | | |
|-----|-----------------------|---------------------------------|-----|-------|
| 194 | Lesha Samtani | lsamtani08@gmail.com | Yes | 22018 |
| 195 | Sneha Rajnale | sneharajnale29@gmail.com | Yes | 22068 |
| 196 | Janhvi Sharma | janhviisharmaa@gmail.com | Yes | 2268 |
| 197 | Devaki Deshpande | devakideshpande2001@gmail.com | Yes | 2241 |
| 198 | Akanksha Narawade | akku636363@gmail.com | Yes | 4056 |
| 199 | Gupta Gupta | tulnagupta1@gmail.com | Yes | 21806 |
| 200 | Vishika Jain | vishikajain0060@gmail.com | Yes | 22006 |
| 201 | Nijila Prem | nijilaprem88@gmail.com | Yes | 2315 |
| 202 | Prajakta Khobragade | prajktakhobragade0012@gmail.com | Yes | 2425 |
| 203 | KHUSHI DHARIWAL | khdhariwal1302@gmail.com | Yes | 2313 |
| 204 | Rutuja Chavan | rutujachavan.231@gmail.com | Yes | 3471 |
| 205 | Vaishnavi Mohite | vaishnavimohite22@gmail.com | Yes | 3224 |
| 206 | Rupali Kachi | rupalikachi@gmail.com | Yes | 4042 |
| 207 | Sakshi Tingre | sakshi.tingre2002@gmail.com | Yes | 12006 |
| 208 | Komaldevi Yadav | ykomal0528@gmail.com | Yes | 3411 |
| 209 | Mansi Kondare | kondaremanshi2822@gmail.com | Yes | 3512 |
| 210 | Naaz Lakhani | naazlakhani247@gmail.com | Yes | 12003 |
| 211 | Dhwanee Joshi | dhwanijoshi1310@gmail.com | Yes | 2290 |
| 212 | Namitha Sunil Kumar | namitha12january@gmail.com | Yes | 3475 |
| 213 | Rajlaxmi Bhujbal_5416 | rajlaxmibhujbal99@gmail.com | Yes | 5416 |
| 214 | Rujuta Takawale | takawalerujuta@gmail.com | Yes | 22034 |
| 215 | Nikita Lad | nikitalad5253@gmail.com | Yes | 22035 |
| 216 | Shivani Gupta | shinug2812@gmail.com | Yes | 3407 |
| 217 | Prachi Deshmukh | prachideshmukh840@gmail.com | Yes | 3499 |
| 218 | Esha Varyani | eshavaryani6364@gmail.com | Yes | 22016 |
| 219 | 3032_Manasi Bhonsle | bhonslemanasi2002@gmail.com | Yes | 3032 |
| 220 | Rutuja Vijapure | v721man@gmail.com | Yes | 3016 |
| 221 | Pallavi Udasi | pallaviudasi29@gmail.com | Yes | 3912 |
| 222 | Kalyani More | morekalyani353@gmail.com | Yes | 3487 |
| 223 | Delisha Khan | delishak24@gmail.com | Yes | 22073 |
| 224 | Yukta Kakade | ashokkarnatake@gmail.com | Yes | 3429 |
| 225 | Tejal Khedkar | tejalrkhedkar@gmail.com | Yes | 2314 |
| 226 | Alkma Patel | alkmapate@gmail.com | Yes | 3494 |
| 227 | Aditi Bagal | aditibagal431@gmail.com | Yes | 3474 |
| 228 | Gayatri Mohanty | gpm0043@gmail.com | Yes | 3496 |
| 229 | prajakta powar | prajaktapowar1177@gmail.com | Yes | 3457 |
| 230 | Megha Dhumal | meghadhumal04@gmail.com | Yes | 4616 |
| 231 | Susmita Gaikwad | susmitagaikwad2002@gmail.com | Yes | 3509 |
| 232 | Kirti Nagdev | kirtinagdevdeepak@gmail.com | Yes | 3204 |
| 233 | Renuka Autade | renukautade90@gmail.com | Yes | 5410 |
| 234 | Sakshi Pawar | sakshi.p0412@gmail.com | Yes | 5428 |
| 235 | Preeth REDDY | preethreddy14@gmail.com | Yes | 2212 |
| 236 | megha garg | meghagarg379@gmail.com | Yes | 11804 |
| 237 | Ankita Kamble | ankitakamble54321@gmail.com | Yes | 4285 |
| 238 | Nivedita Sahoo | nivedita16sahoo@gmail.com | Yes | 3452 |
| 239 | Sanjana Shah | sanjanashah403@gmail.com | Yes | 3410 |
| 240 | Aarti Kaswa | aartikaswa2001@gmail.com | Yes | 3481 |
| 241 | Shyla Malave | mshyla2002@gmail.com | Yes | 2217 |
| 242 | Bhavana Shejwal | bhavanashejwal4@gmail.com | Yes | 3405 |
| 243 | Tanvi Goyal | tanvigoyal0007@gmail.com | Yes | 3436 |
| 244 | Ramita Shetty | ramitashetty1212@gmail.com | Yes | 4044 |

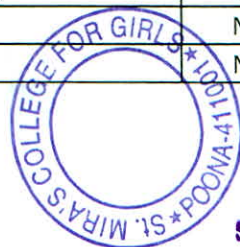
Devinder Kaur



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

| | | | | |
|-----|------------------------|-------------------------------|-----|-------|
| 245 | Shyamali Bhavsar | shyamalibhavsar@gmail.com | Yes | 2870 |
| 246 | Sneha Yeatne | snehayeatne3455@gmail.com | Yes | 3455 |
| 247 | Shakshi Malik | malikshakshi543@gmail.com | Yes | 3632 |
| 248 | Anushka Talnikar | anushkatalnikarat@gmail.com | Yes | 11835 |
| 249 | Madhuri Ghandat | gmadhuri2015@gmail.com | Yes | NT004 |
| 250 | Komal Sharma | kamlisharma30@gmail.com | Yes | 22077 |
| 251 | Jassica Patole | jassica3302@gmail.com | Yes | 3203 |
| 252 | Sakshi Shinde | sakshishinde1702@gmail.com | Yes | 22050 |
| 253 | Neelam Thadani | thadanineelam@gmail.com | Yes | 3816 |
| 254 | Sayali Kolekar | sayali.kolekar31@gmail.com | Yes | 3408 |
| 255 | Shabana Shaikh | shabana.ts02@gmail.com | Yes | 5405 |
| 256 | Apeksha Jadhav | jahavapeksha77@gmail.com | Yes | 2416 |
| 257 | Afshaan Shaikh | afshaan.is03@gmail.com | Yes | 5415 |
| 258 | Ria Mohanty | riamohanty86@gmail.com | Yes | 3668 |
| 259 | Komal Shirke | komalshirke27@gmail.com | Yes | 3490 |
| 260 | shraddha raut | rautshraddha897@gmail.com | Yes | 5417 |
| 261 | Girija Barawkar | girijabarawkar24@gmail.com | Yes | 2291 |
| 262 | Veena Jadhav | veenajadhav1912@gmail.com | Yes | 3484 |
| 263 | Supriya Chavan | supriyachavan1162@gmail.com | Yes | 3426 |
| 264 | Pooja Jadhav | malipooja167@gmail.com | Yes | 101 |
| 265 | Yogini Ranpise | mitaliranpise@gmail.com | Yes | 2465 |
| 266 | Sakshee Uttekar | saksheeu2001@gmail.com | Yes | 4799 |
| 267 | Mercy Guduri | mercyguduri16@gmail.com | Yes | 4848 |
| 268 | Alisha Shaikh | alisha.shaikh1611@gmail.com | Yes | 3464 |
| 269 | Tanvi Indalkar | tanviindalkar@gmail.com | Yes | 5430 |
| 270 | Sarayu Khandekar | ksarayu23@gmail.com | Yes | 2222 |
| 271 | 3442_sakshi jadhav | jadhavsakshi753@gmail.com | Yes | 3442 |
| 272 | Laxmi Vantipenta | laxmivp16@gmail.com | Yes | 22043 |
| 273 | Ishika Gupta | ishikagupta8063@gmail.com | Yes | 22054 |
| 274 | Manswi Shinde | manswishinde06@gmail.com | Yes | 22032 |
| 275 | Nidhi Sharma | nidhisharma41072@gmail.com | Yes | 22010 |
| 276 | Vaishnavi Wadkar | vwadkar99@gmail.com | Yes | 21802 |
| 277 | Sonali Bhiungade | sonalibhiungade11@gmail.com | Yes | 3465 |
| 278 | Trini Sharon | trinisharon112@gmail.com | Yes | 21836 |
| 279 | Rishika Vaidya | vaidyarishi20@gmail.com | Yes | 2285 |
| 280 | Anushka Jadhav | anusahi2101@gmail.com | Yes | 2864 |
| 281 | Kesar Pherwani | kesarpherwani@gmail.com | Yes | 12020 |
| 282 | Hridhi Bhandari | hridhibhandari2000@gmail.com | No | 4263 |
| 283 | Yukta Kakade | yuktakakade2018@gmail.com | No | 3429 |
| 284 | Nikita Khandve | nikikhandve@gmail.com | No | 4049 |
| 285 | Devinder Kaur | devinder.kaur@gmail.com | No | 2020 |
| 286 | Diksha Jagtap | diksha02jagtap@gmail.com | No | 3424 |
| 287 | Cassia Evangeline John | johncassia5@gmail.com | No | 3510 |
| 288 | Neha . | kumarineha5032@gmail.com | No | 3444 |
| 289 | Rhea S | srhea4@gmail.com | No | 22014 |
| 290 | owi jadhav | jadhav.ov25@gmail.com | No | 4091 |
| 291 | Arpita Mashalkar | arpitamashalkar14@gmail.com | No | 4039 |
| 292 | Sakshi Oswal | sakshioswal72@gmail.com | No | 22048 |
| 293 | Karishma Parihar | karishmaparihar1118@email.com | No | 22058 |
| 294 | Avanti Ghule | avantighule20@gmail.com | No | 3609 |
| 295 | Samruddhi Dighe | samruddhidighe56@gmail.com | No | 22044 |

Devinder Kaur



J. H. Jadhav
Principal

St. Mira's College for Girls

| | | | | |
|-----|-----------------------|--------------------------------|----|-------|
| 296 | Tanaya Sakpal | tanayasakpal620@gmail.com | No | 3234 |
| 297 | Jyoti Bajiya | jyotibajiya2@gmail.com | No | 22052 |
| 298 | Muskan Sadhwani | sadhwanimuskan3468@gmail.com | No | 3704 |
| 299 | Aditi Gawas | aditigawas302@gmail.com | No | 22021 |
| 300 | Agrata Kamble | agratarupeshkamble@gmail.com | No | 3445 |
| 301 | Inaara Rajwani | inaarari11@gmail.com | No | 5409 |
| 302 | Nidhi Agarwal | agarwalnidhi109@gmail.com | No | 3660 |
| 303 | Snehal Jinde | snehal72110@gmail.com | No | 3706 |
| 304 | Diksha Bhole | dikshabhohle25@gmail.com | No | 2221 |
| 305 | Disha Ranka | disharanka6286@gmail.com | No | 12041 |
| 306 | Sai Kachare | saikachare0402@gmail.com | No | 3680 |
| 307 | Kirti Kamuni | kirtikamuni@gmail.com | No | 3682 |
| 308 | Mansi Tawade | mansitawade470@gmail.com | No | 4045 |
| 309 | Bhavana Bhosale | bhavana0123456789@gmail.com | No | 3903 |
| 310 | Vidhi Agarwal | vidhiagarwal4867@gmail.com | No | 3661 |
| 311 | Ruchika Jadhav | jruchika66@gmail.com | No | 2769 |
| 312 | Snehal Pawar | snehalpawar148@gmail.com | No | 2226 |
| 313 | Rutika Shirsat | rutikashirsat5@gmail.com | No | 3618 |
| 314 | Akanksha Kamble | akankshakamble4618@gmail.com | No | 3416 |
| 315 | Sayali Nakate | sayalinakate138@gmail.com | No | 3096 |
| 316 | Minal Waghmode | minalwaghmode2@gmail.com | No | 12038 |
| 317 | Sayali Kolekar | sayali.kolekar3@gmail.com | No | 3408 |
| 318 | Zainab Pardawala | zainabshk0098@gmail.com | No | 12044 |
| 319 | Aishwarya Menon | aishumenon45@gmail.com | No | 3413 |
| 320 | Pooja Teli | telipooja188@gmail.com | No | 3409 |
| 321 | Sherin George | sherin2218@gmail.com | No | 2304 |
| 322 | Babli Debbarma | irairashi@gmail.com | No | N/A |
| 323 | Ekta Pardeshi | ektapardeshi2002@gmail.cim | No | 3415 |
| 324 | Karuna Bommanaboina | karuna.yadav212@gmail.com | No | 3466 |
| 325 | Prajakta Desai | prajaktadesai2003@gmail.com | No | 3290 |
| 326 | Rashmi Shinde | rashmirajendrashinde@gmail.com | No | 3260 |
| 327 | Sana Attar | sanattar5@gmail.com | No | 3014 |
| 328 | Aparupa Sinha | aparupasinha92@gmail.com | No | 2803 |
| 329 | Fizza Babul | fizza.babul@gmail.com | No | 4441 |
| 330 | Hinal Damania | hinaldamania@gmail.com | No | 2610 |
| 331 | Purva Rautal | purvarautal@gmail.com | No | 2218 |
| 332 | Ishshah Isabel Mathew | ishshahmathew22@gmail.com | No | 3896 |
| 333 | Aisha Pathan | aishapathan262@gmail.com | No | 2236 |
| 334 | Kiran Vaswani | kiranvaswani1997@gmail.com | No | 3098 |
| 335 | Vaibhavi Chavan | vaibchavan27@gmail.com | No | 5528 |
| 336 | Prapti Sawant | 3431praptisawant@gmail.com | No | 3431 |
| 337 | Reachal Madipag | rechalmadipag@gmail.com | No | 2250 |
| 338 | Pratiksha Ovhal | pratikshaovhal09may@gmail.com | No | 5531 |
| 339 | Akanksha khairnar | akankshakhairnar493@gmail.com | No | 3449 |
| 340 | Samiksha Surana | samiksha1108@gmail.com | No | 2274 |
| 341 | Monal Halinavar | monalhalinavar@gmail.com | No | 3244 |
| 342 | Ruha Shirsath | ruhashirsath2001@gmail.com | No | 3821 |
| 343 | Jaishree bajaj | jaishree1998@gmail.com | No | 81 |
| 344 | Anisha Dinani | anushadinani82@gmail.com | No | 22065 |
| 345 | Poonam Maske | pbmaske.21@gmail.com | No | 4639 |
| 346 | Ayesha Shaikh | shaikh.ayesha10572@gmail.com | No | 3915 |

Devinder Kam



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

| | | | | |
|-----|---------------------|--------------------------------|----|-------|
| 347 | Heena Rajpal | rajpalheena217@gmail.com | No | 21811 |
| 348 | Divya Kumarswamy | kdivya14899@gmail.com | No | 11816 |
| 349 | Jaarvi Chawla | 1999jaanvichawla@gmail.com | No | 11743 |
| 350 | Meenakshi Sarwan | meena123501@gmail.com | No | 4610 |
| 351 | Sejal Chakranarayan | c.sejal087@gmail.com | No | 21886 |
| 352 | Anjali Gaur | gauranjali2000@gmail.com | No | 4234 |
| 353 | Monika Jogi | monikajogi21@gmail.com | No | 21801 |
| 354 | Lavanya Komti | lavanyakomti03@gmail.com | No | 3459 |
| 355 | Nakshata Pawar | nakshupawar02@gmail.com | No | 3461 |
| 356 | Jyoti Napte | jyotinapte1984@gmail.com | No | NT116 |
| 357 | Seema Ghule | seemaghule1982@gmail.com | No | NT102 |
| 358 | NISHA Bharti | nisha02bharti@gmail.com | No | 2433 |
| 359 | Komal Jadhav | komaljadhav2012001@gmail.com | No | 2437 |
| 360 | Vinisha Kumbhare | vt.kumbhare25@gmail.com | No | 2424 |
| 361 | Zainab Borsadwala | zainabborsadwala@gmail.com | No | 2208 |
| 362 | Kirti Tella | kirtitella20@gmail.com | No | 3044 |
| 363 | Daksha Gadiya | dakshagadiya27@gmail.com | No | 6505 |
| 364 | Akanksha Deshmukh | deshmukhakanksha2002@gmail.com | No | 3231 |
| 365 | Arti Rajpurohit | artirajpurohit04@gmail.com | No | 22082 |
| 366 | Narmin Vadsariya | narmin.vadsariya@gmail.com | No | 6407 |
| 367 | Kashmeera Mehra | kannu8jan@gmail.com | No | 2651 |
| 368 | Bhavya Golani | bhavgolani7@gmail.com | No | 2296 |
| 369 | Kanishka Joshi | kanishkajoshi99@gmail.com | No | 2230 |
| 370 | Rinita Adhikary | rinitaadhikary09@gmail.com | No | 2302 |
| 371 | Harshada Agarwal | harshadaagarwal18@gmail.com | No | 3013 |
| 372 | Ritika Shinde | shinderitu196@gmail.com | No | 3263 |
| 373 | Renuka Jadhav | renuka.jadhav0210@gmail.com | No | 3077 |
| 374 | Priya Khandelwal | priyavkhandelwal@gmail.com | No | 3302 |
| 375 | Pooja Chavan | poojachavan1379@gmail.com | No | 2257 |
| 376 | Rupali Upadhyay | rupaliuoadhyay54321@gmail.com | No | 3697 |
| 377 | Sudiksha Sonar | sonarsudiksha@gmail.com | No | 4074 |
| 378 | Rutuja Kharat | rutujak@gmail.com | No | 3099 |
| 379 | Judi Jenny | judijenny01@gmail.com | No | 3091 |
| 380 | Neelam Gandhi | neelamgandhi2116@gmail.com | No | 3473 |
| 381 | Naina Gaikwad | nainagaikwad2001@gmail.com | No | 2879 |
| 382 | Kasturi Pallod | kasturi.pallod.kp@gmail.com | No | 3094 |
| 383 | VAISHNAVI HARALE | haralevaishnavi6@gmail.com | No | 3469 |
| 384 | Shalini Shalini | shalini2002kaur@gmail.com | No | 2704 |
| 385 | Amrit kaur Ajmani | amritkajmanii@gmail.com | No | 4433 |
| 386 | Samiksha Moon | moonsamiksha23@gmail.com | No | 2715 |
| 387 | Manasa Pantula | manasapantula7@gmail.com | No | 2206 |
| 388 | Kanishka Sharan | kanishka29007@gmail.com | No | 2463 |
| 389 | Riya Nevse | riyanevse@gmail.com | No | 3421 |



G.V. Date

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

Desender Kaur

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



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: miracollege@yahoo.co.in


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

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


Date:-20/10/2020

CIRCULAR

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


Mrs. Smita Borkar
Coordinator




Dr. Gulshan H. Gidwani
Principal

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

Title: Co-Curricular Activities

Workshop

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

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

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

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




Principal
St. Mira's College for Girls

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

Title: Co-Curricular Activities

Attendance for the Workshop

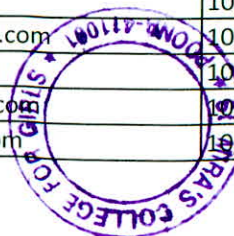
Date: 10/31/2020

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

Faculty in charge

Smita Borkar

| Parti | Name | Email | Date | In vit | Regi ster | Start time | End time | Duration | Co mp | Ti tl | P h | Ad dre | Add ress | Cit y | Stat e/Pr | Zip /P | Co un | Network joined |
|-------|--------------------|----------------------------------------|------------|--------|-----------|------------|-----------|----------|-------|-------|-----|--------|----------|-------|-----------|--------|-------|----------------|
| 1 | Prachi Pandey | prachipandey4009@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 49 mins | | | | | | | | | | External |
| 2 | shrutikumbhar | shrutikumbhar66@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 49 mins | | | | | | | | | | External |
| 3 | Anjali Rai | anjalarai2018@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 31 mins | | | | | | | | | | External |
| 4 | Mansi Gaikwad | mansig1809@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 49 mins | | | | | | | | | | External |
| 5 | Shreya Shrivastava | shreyashrivastava98@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 52 mins | | | | | | | | | | External |
| 6 | Aishwarya M | amotiwale98@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 16 mins | | | | | | | | | | External |
| 7 | roshanizaware1998 | roshanizaware1998@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 48 mins | | | | | | | | | | External |
| 8 | Smita Borkar | smita.borkar@stmirascollegepune.edu.in | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 55 mins | | | | | | | | | | External |
| 9 | Samrudhi Sulakhe | sulakhesamrudhi@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 52 mins | | | | | | | | | | External |
| 10 | Priyanka Chavan | pc028967@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 48 mins | | | | | | | | | | External |
| 11 | Ankita khinvasara | khinvasaraankita5402@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 53 mins | | | | | | | | | | External |
| 12 | Fiona Turvankar | fionazee16@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 53 mins | | | | | | | | | | External |
| 13 | Sneha Jagtap | jagtapsneha999@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 54 mins | | | | | | | | | | External |
| 14 | Vanessa Arango | aranjovanessa96@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 52 mins | | | | | | | | | | External |
| 15 | Shweta Jadhav | shwetajadhav7038@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 54 mins | | | | | | | | | | External |
| 16 | sakshi bhosale | sakshibhosaleyo@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 39 mins | | | | | | | | | | External |
| 17 | Priyanka More | priyankamore19898@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 54 mins | | | | | | | | | | External |
| 18 | Owee Murhe | owee1399@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 53 mins | | | | | | | | | | External |
| 19 | Nikita Warghade | nikita.warghade20@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 54 mins | | | | | | | | | | External |
| 20 | Honey Sinha | sinha.honey1@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 39 mins | | | | | | | | | | External |
| 21 | tanujanidan | tanujanidan@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 51 mins | | | | | | | | | | External |
| 22 | Sayali Gawade | sayaligawade66@gmail.com | 10/31/2020 | No | N/A | 9:55 AM | 011:05:00 | 53 mins | | | | | | | | | | External |
| 23 | ashwinipanchal746 | ashwinipanchal746@gmail.com | 10/31/2020 | No | N/A | 9:50 AM | 011:05:00 | 48 mins | | | | | | | | | | External |
| 24 | Fiona Turvankar | fionazee16@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 46 mins | | | | | | | | | | External |
| 25 | Pooja Pandey | poojapaney@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 46 mins | | | | | | | | | | External |
| 26 | Shubhangi Jagtap | shubhangi.jagtap@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 46 mins | | | | | | | | | | External |
| 27 | Swati Pulate | swati.pulate@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 46 mins | | | | | | | | | | External |
| 28 | Ashwini Kulkarni | ashwini.kulkarni@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 46 mins | | | | | | | | | | External |
| 29 | Alka Kalhapure | alka.kalhapure@gmail.com | 10/31/2020 | No | N/A | 9:53 AM | 011:05:00 | 46 mins | | | | | | | | | | External |



[Signature]
Principal
St. Mira's College for Girls



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)]

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PU/PN/AC/015/(1962)

College Code:- 013

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

Date:- 22 January 2021

CIRCULAR

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


Devinder Kaur

Coordinator





Dr. Gulshan H. Gidwani

Principal

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

Activity Report- A. Y.2020-21

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

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

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

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

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

Coordinator Name: Devinder Kaur

Signature: 




Principal
St. Mira's College for Girls

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

Attendance Record

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

Date: February 12, 2021

The screenshot shows a Google Meet session titled "The Library St. Mira College is presenting". The main display area shows a library website with a search bar and a list of books. The right sidebar, titled "Meeting details", shows "People (54)" and a list of participants including "The Library St. Mira...", "07_bca Rashi Kudale", "17_bca Priyanka galave", "2202_Kwara Fernandes...", "2208_Zainab Borsadiwal...", "2210_Munira rampuraw...", and "2217 Shyla Malave". The bottom status bar shows the title "Leveraging Access to E-resourc..." and various meeting controls like "Raise hand", "Turn on captions", and "The Library St. Mira College is presenting".

Total Participants: 54

Programme Coordinator: 




Principal
St. Mira's College for Girls



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PU/PN/AC/015/(1962)

College Code:- 013

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

Date:-22 January 2021

CIRCULAR

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

Devinder Kaur
Coordinator

Dr. Gulshan H. Gidwani
Principal



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

Activity Report (A.Y.2020-21)

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

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

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

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

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

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

Name: Devinder Kaur-Convener

Signature:




Principal
St. Mira's College for Girls

EBSCO

Information Services

St. Mira's College for Girls, Pune

EBSCO Mobile: Seamless access to your resources anytime anywhere

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

Platform: Online Webinar - Cisco Webex

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

Total Attendance: 89 nos.

| S.No | Name | Email | Attended | Phone Number | Roll No. |
|------|---------------------|----------------------------------------|----------|----------------|--------------|
| 1 | Shrikala palugulla | shrikalapalugulla@gmail.com | Yes | 91-9325372214 | 3906 |
| 2 | PRATIKSHA JADHAV | pratiksha10301@gmail.com | Yes | 91-7798787984 | 11806 |
| 3 | Shital Hinge | shitalhinge25@gmail.com | Yes | 91-7083236941 | 5622 |
| 4 | Fizza Babul | fizza.babul@gmail.com | Yes | 1-9130149947 | 4441 |
| 5 | Nivedita Sahoo | nivedita16sahoo@gmail.com | Yes | 91-81809 80396 | 3452 |
| 6 | ANJALI SATPUTE | anjali00satpute@gmail.com | Yes | 91-9370550290 | 11820 |
| 7 | Neeta Bishnoi | neetabishnoi12@gmail.com | Yes | 91-8668465892 | 6719 |
| 8 | Priti Verma | pritiurma3000@gmail.com | Yes | 91-7972898491 | 6911 (M com) |
| 9 | Rakhi Sharma | rakhisharma091997@gmail.com | Yes | 91-8788127031 | 6720 |
| 10 | Rashi Kudale | rashikudale2002@gmail.com | Yes | 91-8329532672 | 12007 |
| 11 | Roseleen Makasare | roseleenmakasare@gmail.com | Yes | 91-7249655746 | 3905 |
| 12 | Sunita Singh | sunitasingh5998@gmail.com | Yes | 91-09561242668 | 6727 |
| 13 | Silvia D'souza | silviadsouza2002@gmail.com | Yes | 91-94210 86897 | 3439 |
| 14 | Geshna Laffrey | geshnalaffrey@gmail.com | Yes | 91-9764797901 | 4213 |
| 15 | Neha Asware | nehaasware2000@gmail.com | Yes | 91-7083995822 | 11838 |
| 16 | Venkatraman Priya | venkat.dfpc@gmail.com | Yes | 91-09766429992 | 4004 |
| 17 | Vaishnavi Dhabu | vaishnavidhabu28@gmail.com | Yes | 91-8237695204 | 3809 |
| 18 | Seema Mahapatra | punamseema131@gmail.com | Yes | 91-9322475889 | 3891 |
| 19 | Shikha Dwivedi | shikhadwivedi2356@gmail.com | Yes | 1-8318597992 | 5638 |
| 20 | Sakshi Jadhav | jadhavsakshi753@gmail.com | Yes | 1-9890100381 | 3442 |
| 21 | Anjali Gaur | gauranjali2000@gmail.com | Yes | 91-8421576445 | 4234 |
| 22 | Prerna Kamble | kprerna525@gmail.com | Yes | 91-8669344052 | 11880 |
| 23 | Sonal Pawar | pawarsonal969@gmail.com | Yes | 91-9112622549 | 4017 |
| 24 | Rhea Khimjibhai | rheakhimjibhai@gmail.com | Yes | 91-7709708668 | 3806 |
| 25 | Sakshi Tingre | sakshi.tingre2002@gmail.com | Yes | 91-9762177505 | 12006 |
| 26 | Akanksha Shinde | shindeakanksha705@gmail.com | Yes | 91-7057061903 | 5640 |
| 27 | Sneha Kamat | kamatsneha29@gmail.com | Yes | 91-7499012715 | 12034 |
| 28 | Neelam Jhavar | neelamj.pune@gmail.com | Yes | 91-8550902495 | 3805 |
| 29 | Akshata Jagdale | akshata.jagdale99@gmail.com | Yes | 91-7620672544 | 6714 |
| 30 | Ronak kaur Khanduja | ronakkhanduja@gmail.com | Yes | 91-9420839661 | 5645 |
| 31 | Diksha Jadhav | jadhavidiksha16@gmail.com | Yes | 1-7378785024 | 6901 |
| 32 | Prachi Aiwal | prachi.aiwale14@gmail.com | Yes | 91-9673922017 | 4076 |
| 33 | Pratiksha Pawar | pawarpratikshababurao@gmail.com | Yes | 91-8767441235 | 11874 |
| 34 | Puja Debbarma | debbarmapuja1998@gmail.com | Yes | 1-8698802486 | 6913 |
| 35 | Ravina Jagtiani | ravinajagtiani@gmail.com | Yes | 91-8087070350 | 4202 |
| 36 | Pooja Kumarswamy | kpooja31102@gmail.com | Yes | 91-9552146349 | 3483 |
| 37 | Sanskriti Nangre | sanskritinangre05@gmail.com | Yes | 91-9527811341 | 12025 |
| 38 | Dimple Valesha | dimplevalesha@gmail.com | Yes | 91-8421064478 | 22033 |
| 39 | Mrunali Mandhare | mandharemrunali377@gmail.com | Yes | 91-7775823366 | 3911 |
| 40 | Azra Hiroli | azrahiroli111@gmail.com | Yes | 91-07218457867 | 4245 |
| 41 | Deepti Ghate | deeptimghate15@gmail.com | Yes | 91-9637440448 | 3884 |
| 42 | Anjali Gundekar | gundekaranjali@gmail.com | Yes | 1-8767247518 | 22066 |
| 43 | Kashmeera Mehra | kannu8jan@gmail.com | Yes | 91-8956092213 | 2651 |
| 44 | Gayatri Muniam | ashitamuniam@gmail.com | Yes | 91-9175017457 | 3836 |
| 45 | Devinder Kaur | thelibrarian@stmirascollegepune.edu.in | Yes | 1-9975036942 | 2019-20 |
| 46 | Khushboo Singh | rs976474@gmail.com | Yes | 91-8999209423 | 6908 |
| 47 | Prajakta Khobragade | prajktakhobragade0012@gmail.com | Yes | 91-9309816444 | 2425 |

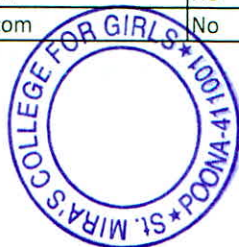
Devinder Kaur



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

| | | | | | |
|----|------------------------|----------------------------------|-----|----------------|-------------|
| 48 | Madhuri Ghandat | gmadhuri2015@gmail.com | Yes | 1-7350834565 | 1 |
| 49 | Aishwarya Gholap | aishwaryagholap3@gmail.com | Yes | 91-7385388396 | 22063 |
| 50 | Veenita Mirchandani | 3842veenitamirchandani@gmail.com | Yes | 91-9168120493 | 3842 |
| 51 | Kartiki Navalr | kartikinavale021@gmail.com | Yes | 91-8484826068 | 22031 |
| 52 | Glory Norton | glorynorton2613@gmail.com | Yes | 91-8421132613 | 12029 |
| 53 | Chhaya Ojha | chhayaojha840@gmail.com | Yes | 91-8007964183 | 3844 |
| 54 | Bhavana Bhosale | bhavana0123456789@gmail.com | Yes | 91-8669341468 | 3903 |
| 55 | Rutuja Jadhav | rutujajadhav9679@gmail.com | Yes | 91-8888790723 | 3872 |
| 56 | Vaishali Poojary | vaishu.pujari15@gmail.com | Yes | 91-7020939802 | 3835 |
| 57 | Vaishnavi Ganjegaonkar | vaishnavi120201@gmail.com | Yes | 91-7350377344 | 4241 |
| 58 | Achali Dheer | achalidheer@gmail.com | Yes | 91-94204 26152 | 3864 |
| 59 | Priyanka Sawant | priyankasawant1498@gmail.com | Yes | 91-7448169879 | 6906 |
| 60 | Bhagyashri Naravade | naravadebhagyashri@gmail.com | Yes | 91-7768897730 | 12063 |
| 61 | Mitali Mehta | mitalimehta574@gmail.com | Yes | 91-9967461872 | 2298 |
| 62 | Shruthi Praveen | shruthipraveen45@gmail.com | Yes | 91-9545938861 | 6912 |
| 63 | Shruti Jadhav | shrutijadhav1509@gmail.com | Yes | 91-8669288780 | 3880 |
| 64 | Neelam Choudhary | neelujc156@gmail.com | Yes | 91-9850294505 | 3813 |
| 65 | Ananya Ananya | parasharananya.21@gmail.com | Yes | 91-9903452752 | 6907 (Mcom) |
| 66 | Jahanvi Dhingra | jahanvidhingra@gmail.com | Yes | 91-09898033873 | 3815 |
| 67 | 6902_Kamakshi Koshy | 3kamakshik3@gmail.com | Yes | 91-8975644466 | 6902 |
| 68 | Jassica Hazarika | jassica.hazarika1999@gmail.com | Yes | 91-7447496738 | 6917 |
| 69 | Sushmita Chakraborty | csushmita20@gmail.com | Yes | 91-8723903661 | 4496 |
| 70 | Swamini Gholap | minigholap17@gmail.com | Yes | 91-9552824884 | 6904 |
| 71 | Vaishnavi Singh | vaishnavi.s025@gmail.com | Yes | 91-8887891553 | 6903_mcom |
| 72 | Mounika Jama | jamamounika5@gmail.com | Yes | 91-8421320383 | 3889 |
| 73 | Pallavi Udasi | pallaviudasi29@gmail.com | Yes | 91-7741899307 | 3912 |
| 74 | Christina Makasare | christinamakasare123@gmail.com | Yes | 91-7038643135 | 3462 |
| 75 | Prerna Parte | partepreerna3@gmail.com | Yes | 91-9130071952 | 22056 |
| 76 | Ummesalama Karu | umme.karu@gmail.com | Yes | 91-9423004063 | 4911 |
| 77 | Safia Khatun | safiakhatun.288@gmail.com | Yes | 91-8698989626 | 6915 mcom |
| 78 | Sejal Patil | sejalpatil1304@gmail.com | Yes | 91-7218603530 | 3866 |
| 79 | Jessica Mathias | jessicamathias2003@gmail.com | Yes | 91-8149998595 | 2263 |
| 80 | Harshada Shinde | shindeharshu20@gmail.com | Yes | 91-7875247927 | 3852 |
| 81 | Sanchari Sinha | sanchari22111998@gmail.com | Yes | 91-8983616474 | 6910 |
| 82 | Snehal Chavan | ajinkyasunil@gmail.com | Yes | 91-7350024428 | 12014 |
| 83 | Manavi Shaha | manavishaha@gmail.com | Yes | 262-9172224406 | 3814 |
| 84 | Amisha Singh | amishasingh0593@gmail.com | Yes | 91-9840904813 | 4878 |
| 85 | Neelam Thadani | thadanineelam@gmail.com | Yes | 91-9028298866 | 3816 |
| 86 | Rohin Shaikh | shaikhrohin6186@gmail.com | Yes | 91-9834422505 | 5605 |
| 87 | Hadiya Parkar | hadiyaparkar06@gmail.com | Yes | 91-9175796436 | 5604 |
| 88 | Kate Lopez | lopezkate899@gmail.com | Yes | 91-8408038599 | 6914 |
| 89 | Shivani Kumari | shivanikumari8420@gmail.com | Yes | 91-07887315544 | 5648 |
| 1 | Aarti Kaswa | aartikaswa2001@gmail.com | No | 91-9764617854 | 3481 |
| 2 | Sakshi More | moresakshi234@gmail.com | No | 91-8446623646 | 3404 |
| 3 | Vijaya Patil | vijayapatil8488@gmail.com | No | 1-9764838207 | 4032 |
| 4 | Sejal Thakur | thakurvijaysingh942@gmail.com | No | 91-7038069894 | 4013 |
| 5 | Sayali Aushikar | sayaligawali184@gmail.com | No | 91-9022116060 | 4071 |
| 6 | Clarissa Rodrigues | 8clarissa8@gmail.com | No | 91-8208078514 | 4970 |
| 7 | Vidya Dodmise | vidyadodmise1999@gmail.com | No | 91-8080030862 | 2622 |
| 8 | Neha Hanagandi | hanagandineha05@gmail.com | No | 91-9420424139 | 2823 |
| 9 | Diksha Jagtap | diksha02jagtap@gmail.com | No | 1-7802895913 | 3424 |
| 10 | Naina Yadav | naina9ny@gmail.com | No | 91-8237192002 | 5426 |
| 11 | Tanvi Pallelu | tanvipallelu03v@gmail.com | No | 91-9359096010 | 22040 |
| 12 | Pallavi Nalage | pallavinlage11@gmail.com | No | 91-9834370910 | 5508 |
| 13 | Tanuja Kadam | tanujakadam1512002@gmail.com | No | 91-7066813466 | 3297 |
| 14 | Janhavi Jetla | janhavi991@gamil.com | No | 91-9067002079 | 5620 |
| 15 | Mrinal Kokre | mrinalkokre0911@gmail.com | No | 91-09604911989 | 5546 |
| 16 | Bhakti Gudda | bhaktigudda21737@gmail.com | No | 91-7387944738 | 5642 |

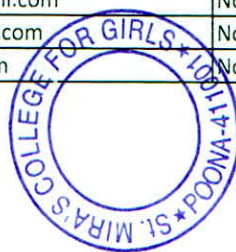
Derinder Kaur
Co-ordinator



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

| | | | | | |
|----|-----------------------|-----------------------------------|----|----------------|-------|
| 17 | Pratiksha Tiwari | pratikshatiwari2000@gmail.com | No | 91-7499854043 | 4001 |
| 18 | Muzna Shaikh | muznashaikh5@gmail.com | No | 91-9604589286 | 12001 |
| 19 | Santoshi Rohra | mahekrohra1@gmail.com | No | 1-7507247719 | 4270 |
| 20 | Ankita Bhattacharyya | bhattacharyya232@gmail.com | No | 91-9890637579 | 4223 |
| 21 | Shirley Ezekiel | shirleyezekiel116@gmail.com | No | 1-8208185776 | 11849 |
| 22 | Akriti Kha | 03jhaakriti@gamil.com | No | 1-9673450827 | 12022 |
| 23 | Shivani Kumbhar | shivanikumbhar507@gmail.com | No | 1-8010170340 | 12045 |
| 24 | Akriti Jha | 03jhaakriti@gmail.com | No | 1-9673450827 | 12022 |
| 25 | Payal Shelar | payalshelar29092002@gmail.com | No | 1-7744001951 | 12027 |
| 26 | Purva Rautal | purvarautal@gmail.com | No | 91-8484854158 | 2218 |
| 27 | Arsheena Shaikh | arshinashaikh0801@gmail.com | No | 91-08956524447 | 12066 |
| 28 | Aditi Singh | aditisingh29as@gmail.com | No | 91-8307652744 | 12064 |
| 29 | Akansha Singh | akankshasingh1429886601@gmail.com | No | 91-7775910874 | 4236 |
| 30 | MADHU KADAM | madhubk5310@gmail.com | No | 1-9145487497 | 12018 |
| 31 | Mehak Agarwal | mehakagarwal3@gmail.com | No | 1-08483883440 | 4248 |
| 32 | Renuka Sanyasi | renukasanyasi21@gmail.com | No | 91-7798511235 | 12002 |
| 33 | Srushti Bhosale | srushtibhosale75@gmail.com | No | 91-9049600550 | 12047 |
| 34 | Preeti Tarde | pritarde890@gmail.com | No | 1-8767365946 | 61 |
| 35 | Disha Ranka | disharanka6286@gmail.com | No | 91-8888287919 | 12041 |
| 36 | Trisha Virdi | trishakaurvirdi@gmail.com | No | 1-9370520839 | 12015 |
| 37 | Monika Gehlot | gehlotmonika1082@gmail.com | No | 91-9767655619 | 12050 |
| 38 | Samruddhi Chachar | samruddhi.chachar5675@gmail.com | No | 91-8956844509 | 11949 |
| 39 | Rutuja Bagal | rutujabagal3428@gmail.com | No | 91-7875787955 | 3428 |
| 40 | Zainab Pardawala | zainabpardawala0098@gmail.com | No | 91-9359743751 | 12044 |
| 41 | Supriya Chavan | supriyachavan1162@gmail.com | No | 91-8668317677 | 3426 |
| 42 | Lavina Waghalekar | lavina.waghalekar@gmail.com | No | 91-7720080602 | 2235 |
| 43 | Subhi Pandey | subhip3@gmail.com | No | 91-9665549514 | 12055 |
| 44 | Rutuja Pise | piserutuja22@gmail.com | No | 91-9096355741 | 3513 |
| 45 | Nidhi Sharma | nidhisharma41072@gmail.com | No | 91-8856936036 | 22010 |
| 46 | Pramila Bhayal | bhayalpramila@gmail.com | No | 91-9011414128 | 3450 |
| 47 | Minu Sing | singhminu313233@gmail.cim | No | 91-7620476942 | 12005 |
| 48 | Karuna Bommanaboina | karuna.yadav212@gmail.com | No | 91-7822968973 | 3466 |
| 49 | Pramodini Sharma | pramodinisharma5@gmail.com | No | 91-9156506775 | 3486 |
| 50 | Prateeksha Yadav | prateekshayadav1923@gmail.com | No | 91-8446375879 | 12057 |
| 51 | Aswini Ketanaboyana | ashuketan11@gmail.com | No | 1-9284851435 | 12065 |
| 52 | Sakshi Ghule | ghulesakshi2002@gmail.com | No | 91-09881893407 | 3913 |
| 53 | Manisha Vishwakarma | vmanisha684@gmail.com | No | 91-8390829617 | 3839 |
| 54 | Pragati Jha | pragatijsa14@gmail.com | No | 91-9960248679 | 3820 |
| 55 | Sangita Rathod | sangita.rathod090@gmail.com | No | 1-8888610423 | 3862 |
| 56 | Prajakta Deshpande | prajudeshpande09@gmail.com | No | 1-9689353038 | 3854 |
| 57 | Sayali Raul | sayaliraul2002@gmail.com | No | 91-9834117945 | 3833 |
| 58 | Sanyukta shinde | sanyukta270301@gmail.com | No | 91-9834864218 | 3878 |
| 59 | Ayesha Shaikh | shaikhayasha10572@gmail.com | No | 91-09975202678 | 3915 |
| 60 | Shiwangi Rana | shiwangirana0225@gmail.com | No | 1-9307683039 | 3859 |
| 61 | Simita Yadav | yadavsimita786@gmail.com | No | 91-9145392889 | 3843 |
| 62 | Snehal Gundewadi | snehalg184@gmail.com | No | 91-7030490475 | 3830 |
| 63 | Akanksha Chiudhari | akankshachoudhari29@gmail.com | No | 91-8626032918 | 3920 |
| 64 | Gayatri Adhav | gayatri.adhav1103@gmail.com | No | 1-9325571996 | 3910 |
| 65 | Namrata Vyas | namratavyas193@gmail.com | No | 91-8308560337 | 3840 |
| 66 | Saijal Jogi | sejal1234jogi@gmail.com | No | 91-8999604711 | 3828 |
| 67 | Anjali Singh | asingh141101@gmail.com | No | 91-9022310004 | 3810 |
| 68 | Rutuja Sirpuram | rutujasirpuram926@gmail.com | No | 91-9130202888 | 3856 |
| 69 | Shloka Panda | shlokapanda1903@gmail.com | No | 91-9922800529 | 3825 |
| 70 | Bharati Choudhari | ashleshhalokhande2408@gmail.com | No | 91-9112794575 | 3898 |
| 71 | Sakshi Kolte | sakshikolte25@gmail.com | No | 91-9607469330 | 3868 |
| 72 | Shefali Kamble | shefalikamble9999@gmail.com | No | 91-7219002606 | 5544 |
| 73 | Vibhashree Kshursagar | vibhakshirsagae3@gmail.com | No | 1-8208132376 | 3845 |
| 74 | Diya Oswal | oswaldiya386@gmail.com | No | 1-918956009619 | 12039 |

Co-ordinator
Devinder Kaur



Principal
St. Mira's College for Girls

| | | | | | |
|-----|------------------------------|--------------------------------|----|---------------|-------|
| 75 | Prachi Suryawanshi | suryawanshiprachi55@gmail.com | No | 91-8208288575 | 3883 |
| 76 | Anjushree Tupe | tupeanjushree8300@gmail.com | No | 91-7517008300 | 12026 |
| 77 | Ruha Shirsath | ruhashirsath2001@gmail.com | No | 91-7028684915 | 3821 |
| 78 | Anushka Talnikar | anushkatalnikarat@gmail.com | No | 91-9158981972 | 11835 |
| 79 | Prerna Rajpurohit | prernapurohit44@gmail.com | No | 91-7769089113 | 12035 |
| 80 | Sneha Pehere | snehapehere06@gmail.com | No | 91-9545477239 | 3823 |
| 81 | Nikita Pandey | nikitapandey1819@gmail.com | No | 91-7276864009 | 3834 |
| 82 | Sneha Gavande | snehagavande933@gmail.com | No | 1-9075505933 | 3904 |
| 83 | Vaishnavi Rode | vaishnavirode08@gmail.com | No | 91-7030838067 | 3855 |
| 84 | Diksha Kamble | dikshakamble35855@gmail.com | No | 91-7066582314 | 3888 |
| 85 | Pushpa Sharma | ps7345646@gmail.com | No | 91-9657535099 | 3811 |
| 86 | Akanksha Nanajkar | akankshananjkar@gmail.com | No | 1-9730843249 | 3848 |
| 87 | Prerna Dorle | prernadorle@gmail.com | No | 91-9890306801 | 3899 |
| 88 | Pooja Choudhari | poojachoudhari484@gmail.com | No | 1-7499164821 | 3829 |
| 89 | Bhagyashree Kamble. | bhagyakamble1461@gmail.com | No | 91-9049304895 | 3812 |
| 90 | vijaya alte | vijayaalte@gmail.com | No | 91-9765394125 | 3885 |
| 91 | Neha Manohar | nehamanohar63@gmail.com | No | 91-7499669685 | 3869 |
| 92 | Sonali Ghogare | sonalighogare2001@gmail.com | No | 91-7410186284 | 3853 |
| 93 | Vaidehi Ghatole | vaidehighatole48076@gmail.com | No | 91-7517353435 | 3822 |
| 94 | SHRUSHTI Nagarkar | shrushti20255@gmail.com | No | 91-8329947718 | 11942 |
| 95 | Divya Bairy | divyabairy21@gmail.ckm | No | 91-7887628338 | 3887 |
| 96 | Sakshi Shivala | sakshishivala5555@gmail.com | No | 1-7499316918 | 3893 |
| 97 | Ekta Pardeshi | ektapardeshi2002@gmail.c.com | No | 91-8625939687 | 3415 |
| 98 | KEREN HANUMANTHA | kerenph11@gmail.com | No | 91-9370372856 | 5615 |
| 99 | Ekta Dhumal | ektadhumal122@gmail.com | No | 91-7066994057 | 3868 |
| 100 | Akshra Patil | akshrapatil2000@gmail.com | No | 91-7720024355 | 5627 |
| 101 | Shreya Hore | shreyahore2102@gmail.com | No | 91-9657214666 | 3858 |
| 102 | Anisha Dhenge | anishadhenge@gmail.com | No | 91-7887759767 | 3917 |
| 103 | Ishshah Isabel Mathew Mathew | ishshahmathew22@gmail.com | No | 91-8530799064 | 3896 |
| 104 | Jayshree Chavan | jayshreebchavan@gmail.com | No | 91-9322183604 | 3069 |
| 105 | Sapna Shelke | sapnashelke1811@gmail.com | No | 91-7620532469 | 5655 |
| 106 | Shreya Patil | shreyapatil.516@gmail.com | No | 91-9607463683 | 3875 |
| 107 | Neha Barge | nehabarge755@gmail.com | No | 1-9284713154 | 3908 |
| 108 | Sakshi Ghule | sakshi2002ghule@gmail.com | No | 91-7350947106 | 3827 |
| 109 | Komal Parmar | parmarkomal2831@gmail.com | No | 1-9370697489 | 12054 |
| 110 | Mayuri Pardeshi | pardeshimayuri59@gmail.com | No | 1-8080419503 | 5639 |
| 111 | Rasika Gawade | gavaderasika0426@gmail.com | No | 91-9657290015 | 3895 |
| 112 | Mrunali Kadam | kadammrunali85@gmail.com | No | 91-9637216714 | 3832 |
| 113 | Sakshi Raheja | sakshiraheja746@gmail.com | No | 91-8999848573 | 2859 |
| 114 | Anushka Malvekar | anumalvekar123@gmail.com | No | 91-8149180292 | 4065 |
| 115 | Saroj Choudhary | sarojchoudhary977@gmail.com | No | 1-7218946543 | 4038 |
| 116 | Diksha Raut | diksharaut825@gmail.com | No | 91-9112313196 | 3666 |
| 117 | Priti Salve | preetiisalve15@gmail.com | No | 91-7875978479 | 3841 |
| 118 | Preeti Ettam | preetiettam91@gmail.com | No | 91-8669833694 | 3873 |
| 119 | Pratiksha Gaikwad | pratikshagaikwad346@gmail.com | No | 91-7057664826 | 3874 |
| 120 | Diksha Sable | dikshu0506@gmail.com | No | 91-9067496921 | 3870 |
| 121 | Pooja Shelke | poojashelke1253@gmail.com | No | 1-7517297262 | 3914 |
| 122 | Shraddha Shingare | shraddhashingare30@gmail.com | No | 1-9545837465 | 12024 |
| 123 | Aishwarya Jagtap | babzaishu@gmail.com | No | 91-7020666049 | 5602 |
| 124 | Disha Neve | dishaneve01@gmail.com | No | 91-9881589516 | 3279 |
| 125 | Suzan Solanki | suzansolanki1504@gmail.com | No | 91-9825674563 | 3301 |
| 126 | Karishma Suhanda | karishmasuhanda57165@gmail.com | No | 91-8329070959 | 3213 |
| 127 | Chaitrali Kokate | kokatechaitrali@gmail.com | No | 91-9689637581 | 5636 |
| 128 | Vaishali Pawar | harishapawar2002@gmail.com | No | 91-9890459190 | 3102 |
| 129 | Anita Tandale | anitatandale17@gmail.com | No | 91-9146247463 | 3824 |
| 130 | sonali choudhary | sonaliuc2000@gmail.com | No | 1-9011113947 | 3909 |
| 131 | Meggha Malhotra | meggghamalhotra499@gmail.com | No | 91-8600356189 | 2664 |
| 132 | Muskan Gupta | muskangupta151999@gmail.com | No | 91-9403356403 | 2752 |

Devinder Kaur



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

| | | | | | |
|-----|----------------------|------------------------------|----|---------------|-------|
| 133 | Harshita Rao | hrshtrao11@gmail.com | No | 91-9004319458 | 2658 |
| 134 | Priyanka Sapaliga | priyankasapaliga8@gmail.com | No | 91-9767758059 | 3012 |
| 135 | Kanishka Sharan | kanishka29007@gmail.com | No | 91-7517446225 | 2463 |
| 136 | Ansari Bushra | ansaribushra92848@gmail.com | No | 1-8857078781 | 2411 |
| 137 | Akanksha Thopte | akankshathopte8@gmail.com | No | 91-7887590037 | 22071 |
| 138 | Amrita Menon | amrita20menon@gmail.com | No | 91-9607314333 | 22038 |
| 139 | P.V.S yamuna | pvsyamuna113@gmail.com | No | 91-411002 | 2419 |
| 140 | Vinisha Kumbhare | vt.kumbhare25@gmail.com | No | 1-8010308091 | 2424 |
| 141 | Riya Bhalerao | riyabhhalerao8@gmail.com | No | 91-9325282920 | 2453 |
| 142 | Leoum Jessica Shetty | leoumjess@gmail.com | No | 91-7709288439 | 2289 |
| 143 | Mitali Swamy | swamymitali@gmail.com | No | 91-9511698051 | 2278 |
| 144 | Poonam Bhandarkar | poonambhandarkar68@gmail.com | No | 1-7887480791 | 2440 |

G.V. Date

Gaurav V. Date

Training Manager - EBSCO Information

Maharashtra (Excluding Mumbai)

Deninder Kaur
Deninder Kaur

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





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: miracollege@yahoo.co.in

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

Circular No:-

Date:-01/03/2021

CIRCULAR

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

Ashwini Kulkarni

Co-ordinator



Dr. Gulshan H. Gidwani

Principal

Cloud Computing AWS services

Attendance Sheet

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



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

Total no of
Participants = 36

Ally

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

Title :Report on Cloud Computing AWS services
Workshop

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

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


Mrs. Ashwini Kulkarni

Name of the Organizing Faculty




Principal
St. Mira's College for Girls



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


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

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


Date:-09/03/2021

CIRCULAR

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


Mrs. Shanthi Fernandes
Coordinator




Dr. Gulshan H. Gidwani
Principal

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


REPORT ON TRENDS IN DIGITAL MARKETING WEBINAR

Date: 21st March, 2021

Venue: Google Meet

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

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


Asst. Prof. Shanthi Fernandes
Co-ordinator




Principal
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**ATTENDANCE RECORD- TRENDS IN DIGITAL MARKETING
WEBINAR**

Date: 21st March, 2021

Venue: Google Meet



Shanlee

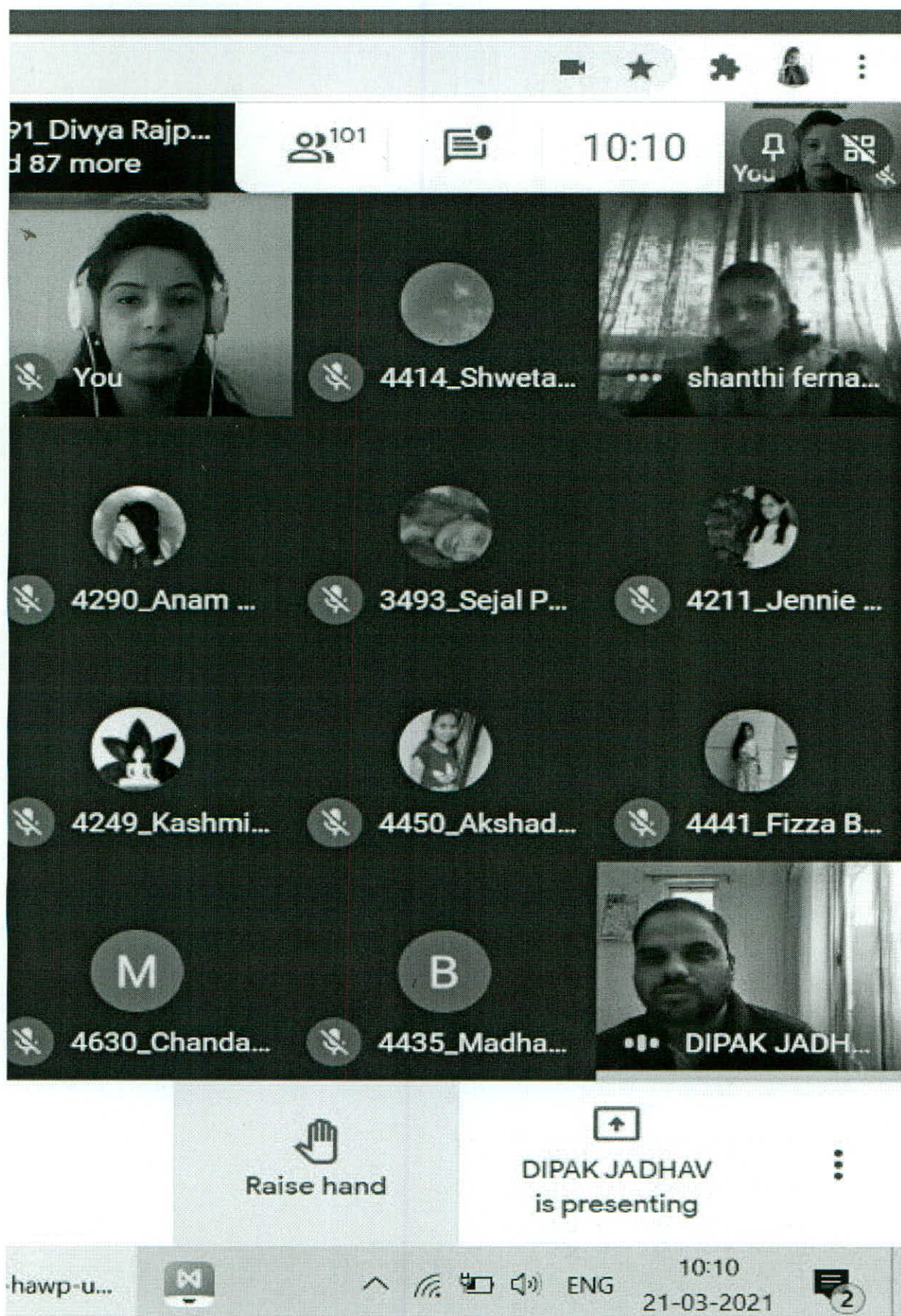
Asst. Prof. Shanthi Fernandes
Co-ordinator

Student participants = 100



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

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



Shanlee
Asst. Prof. Shanthi Fernandes
Co-ordinator



J. H. Jadhav
Principal
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/}QAC/2020-21/71

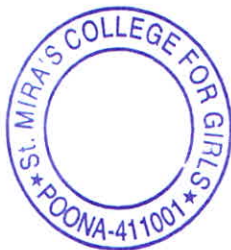
Date:- 06^h April 2021

CIRCULAR

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

Devinder Kaur

Coordinator



Dr. Gulshan H. Gidwani

Principal

St Mira's College for Girls. Pune,
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LIBRARY

Activity Report (A.Y.2020-21)

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

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

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

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

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

Name: Devinder Kaur-Convener

Signature:




Principal
St. Mira's College for Girls

EBSCO

Information Services

St. Mira's College for Girls, Pune

Research with EBSCO Databases for Dance Movement Therapy topics.

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

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

Total Attendance: 18 nos.

| S.No | Name | Email | Attended | Phone Number | Roll No |
|------|---------------------|-----------------------------------------|----------|----------------|-----------------------|
| 1 | Deepali Salil | depali.salil@gmail.com | Yes | 91-9819997337 | SM-20-DMT-09 |
| 2 | SRINI NELLURI | srininelluri98@gmail.com | Yes | 91-7382105560 | SM-20-DMT-20 |
| 3 | Devanshi Jain | d.devanshi7@gmail.com | Yes | 91-9654179778 | SM-20-DMT-08 |
| 4 | Lakshita Malhotra | lakshitamalhotra@gmail.com | Yes | 91-8287318071 | SM-20-DMT-04 |
| 5 | Devinder Kaur | devinder.kaur@stmirascollegepune.edu.in | Yes | 1-9975036942 | 72021 |
| 6 | Drashti Shah | shahdrashti65@gmail.com | Yes | 91-09699622847 | SM-20-DMT-17 |
| 7 | Deborah Lynn Afuang | deborahlynnafuang@gmail.com | Yes | 63-9271386747 | SM 20 DMT 10 |
| 8 | Manisha Mahaldar | mmahaldar@gmail.com | Yes | 91-8484937747 | SM-20-DMT-13 |
| 9 | jenika shah | shahjenika22@gmail.com | Yes | Jan-91 | SM - 20 - DMT - 11 |
| 10 | Ipsita Sriram | ipsitasriram97@gmail.com | Yes | 91-9840861409 | SM-20-DMT-07 |
| 11 | Medha Aurora | aurora.medha@gmail.com | Yes | 91-9873648526 | DIP-DMT- SM-20-DMT-06 |
| 12 | Zalina Gamat | zgamat@gmail.com | Yes | 91-8580464578 | SM-20-DMT-01 |
| 13 | Masuma Vagh | masumavagh@gmail.com | Yes | 91-9845692716 | SM-20-DMT-16 |
| 14 | Prachi Bohra | prachi.bohrra@gmail.com | Yes | 91-9753268412 | SM-20-DMT-14 |
| 15 | Swathika Rajendran | swathika.rajendran@gmail.com | Yes | 91-7358250233 | SM-20-DMT-12 |
| 16 | Sabika Muzaffar | sabikaness@gmail.com | Yes | 1-9632419675 | DMT-15 |
| 17 | Riya Parekh | parekh.riya1@gmail.com | Yes | 1-9702568226 | 6 |
| 18 | Jyoti Napte | jyotinapte1984@gmail.com | Yes | 1-9604820773 | 1984 |

G.V. Date

Gaurav V. Date

Training Manager - EBSCO Information Services

Maharashtra (Excluding Mumbai)

Devinder Kaur



H. H. Jadhav
Principal

St. Mira's College for Girls



SADHU VASWANI MISSION'S
St. Mira's College For Girls, Pune
Autonomous (Affiliated to Savitribai Phule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE ,BSc(Computer Science), BBA, BBA(CA)]
6,Koregaon Road,Pune-411001. [INDIA]
Ph./Fax: 26124846; Email: mira_college@yahoo.co.in

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

Circular No:-GIS/1QAC/2020-21/72

Date:-12-04-2021

CIRCULAR

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

Anitha Menon

Coordinator



Dr. Gulshan H. Gidwani

Principal

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

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

ROBOTICS AND INTELLIGENT SYSTEMS

By Dr. Umesh N Hivarkar

Director & Principal Consultant, Engineering Analytics COE

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

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

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

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

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






























(Anitha Menon)




Principal
St. Mira's College for Girls

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

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

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



Principal
St. Mira's College for Girls




(Anitha Menon)

← About this call

People

Information

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

TOTAL PARTICIPANTS=40



(Anitha Menon)



Principal

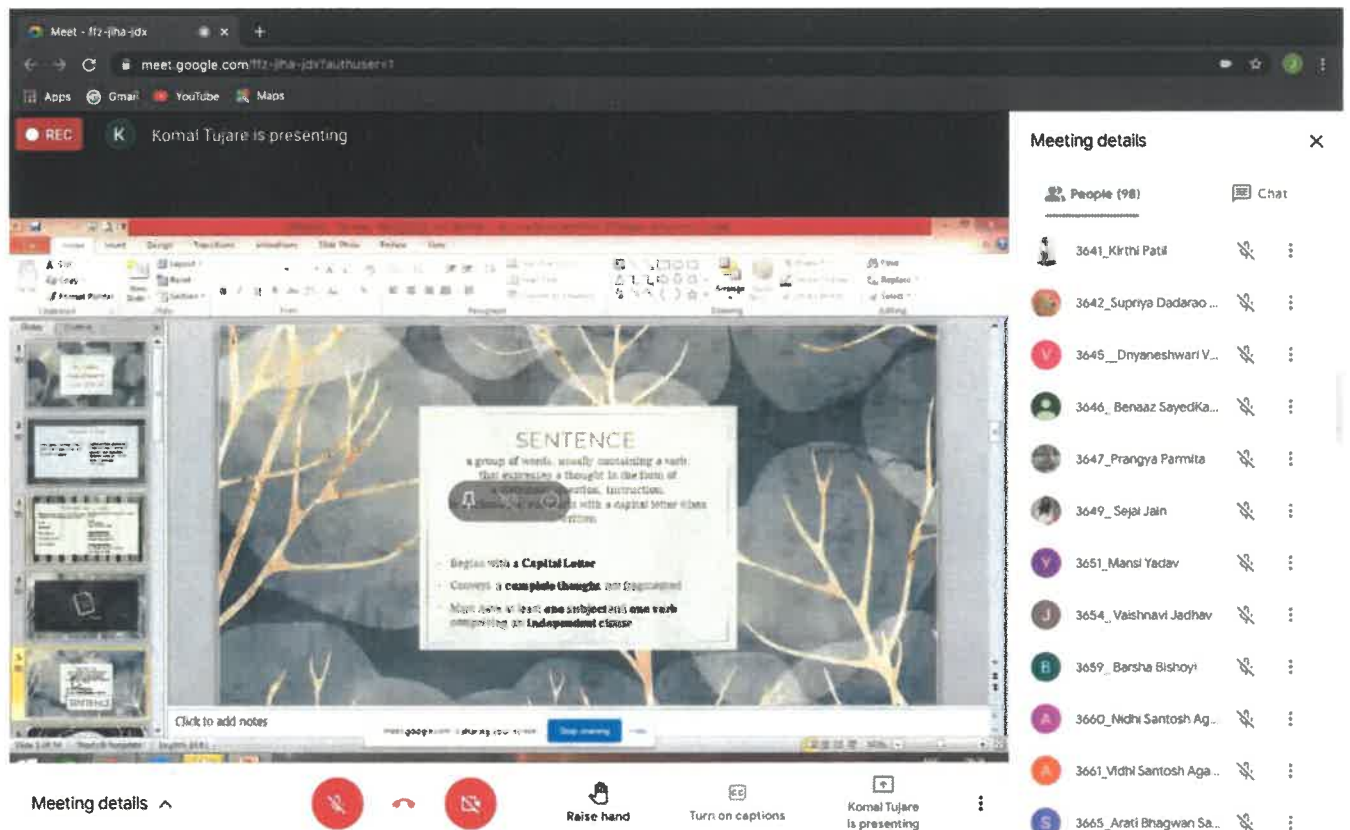
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

PHOTOS FOR ACTIVITIES CONDUCTED UNDER 5.1.3 (2020-21)

NAME OF EVENT: English Grammar Skills

DATE: February 3, 2021



Jf
Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Marathi Guest Lecture Series

DATE: July 7 to August 10, 2020

The screenshot shows a Zoom meeting interface. The main window displays a presentation slide with the following text:
सॅंट मीरा मुलींचे
महाविद्यालय- मराठी विभाग
3/8/2020
मराठी असे आमुची मायबोली
डॉ. वर्षा तोडमल
आबासाहेब गरवारे कॉलेज
A small thumbnail of the speaker, Dr. Sangeta Deshmukh, is visible in the top right corner of the presentation window. To the right of the presentation window, a vertical list of participants is shown:
Moto G (5) Plus
Pradnya Joshi 2...
Anisha Salvi
The Zoom window title bar at the top indicates the user is 'Sangeeta Deshmukh' and the meeting is in 'Protected View'.

The screenshot shows a Zoom meeting interface with two participants in a video call. The participant on the left is a woman with dark hair, wearing a black top. The participant on the right is a woman with short dark hair, wearing a red top and a white shawl. The Zoom window title bar at the top indicates the user is 'zoom_0' and the meeting is in 'Protected View'.




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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Marithichi Trividh Rupe

DATE: August 17, 2020



The poster is for a webinar titled 'Marithichi Trividh Rupe' (माथिची त्रिविध रूपे) organized by the Marathi Department (मराठी विभाग) at St. Mira's College for Girls, Pune. It features a circular portrait of Dr. Dattatreya Tapkir (डॉ. दत्तात्रेय तापकीर), a subject expert and author. The event is scheduled for August 17, 2020, from 3:00 PM to 4:00 PM. The topic is 'Marathi Trividh Rupe... Mother Language, Official Language, Usage Language' (मराठीची त्रिविध रूपे... मातृभाषा, राजभाषा, व्यवहार भाषा). The poster includes the college's logo and the text 'Open to all Please Join on Link' with the Google Meet link: <https://meet.google.com/ecj-ecqm-amo>.

वक्ते

सावित्रीबाई फुले पुणे विद्यापीठाशी संलग्न
सेंट मीरा मुलींचे महाविद्यालय, पुणे.

मराठी विभाग

आयोजित वेबिनार

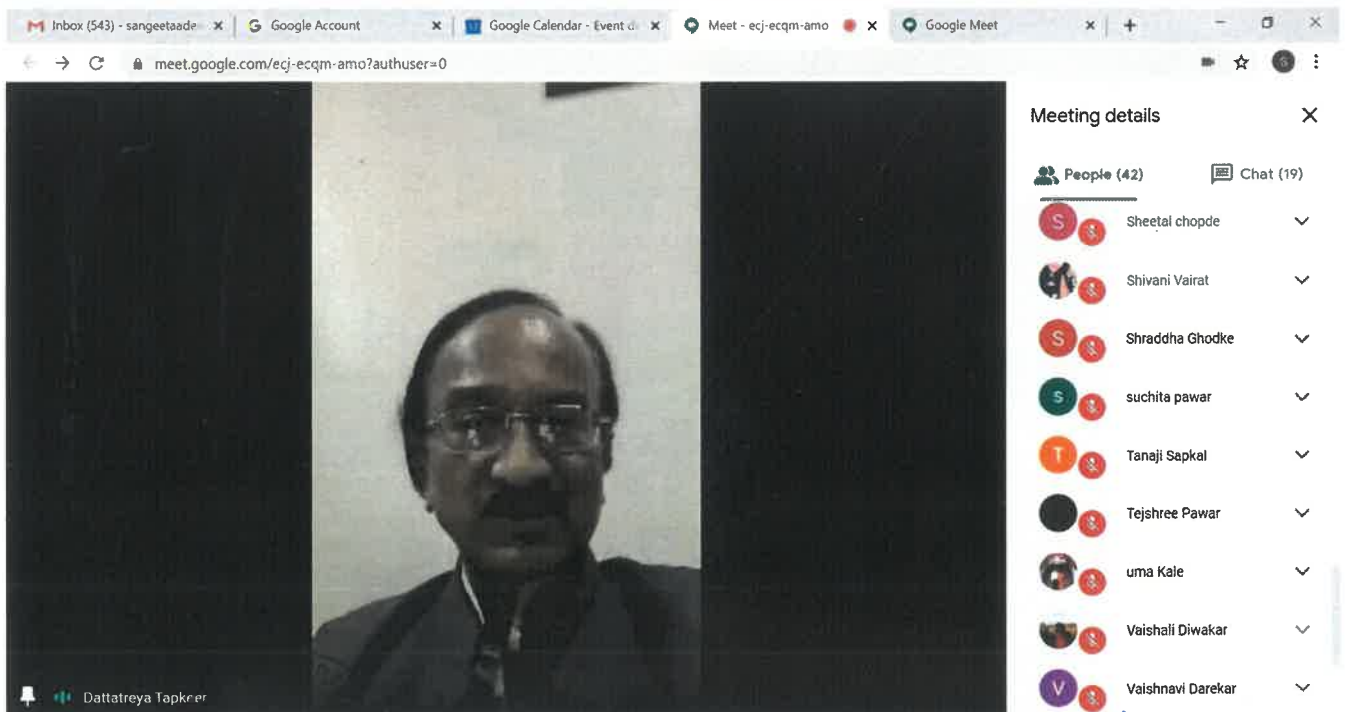
विषय - मराठीची त्रिविध रूपे...मातृभाषा, राजभाषा, व्यवहार भाषा

दिनांक - १७ ऑगस्ट, २०२०

वेळ - दु. ३.०० ते ४.००

डॉ. दत्तात्रेय तापकीर
शिक्षणतज्ज्ञ, लेखक, वक्ते

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



The screenshot shows a Google Meet interface during the webinar. The main video feed displays Dr. Dattatreya Tapkir speaking. The top of the browser window shows several open tabs: 'Inbox (543) - sangeetaade...', 'Google Account', 'Google Calendar - Event d...', 'Meet - ecj-ecqm-amo', and 'Google Meet'. The address bar shows the URL 'meet.google.com/ecj-ecqm-amo?authuser=0'. On the right side, the 'Meeting details' panel is open, showing a list of participants under the 'People (42)' tab. The list includes names like Sheetal chopde, Shivani Vairat, Shraddha Ghodke, suchita pawar, Tanaji Sapkal, Tejshree Pawar, uma Kale, Vaishali Diwakar, and Vaishnavi Darekar. The 'Chat (19)' tab is also visible.

Meeting details

People (42) Chat (19)

Sheetal chopde

Shivani Vairat

Shraddha Ghodke

suchita pawar

Tanaji Sapkal

Tejshree Pawar

uma Kale

Vaishali Diwakar

Vaishnavi Darekar

Dattatreya Tapkir



Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Storytelling Session

DATE: September 9, 2020

Zoom Meeting 40-Minutes

Recording... Remaining Meeting Time: 02:05 | Upgrade to Pro

Speaker View

Participants (48)

Find a participant

Riya Barde_3614

Roobhini kutuwan

Rutika Nawale

Rutuja Galkwad

Sheryl Rasundaram

Shraddha Kurhade

Shreya hore

Shrikala Palugulla

Shweta Mhaske

Simranjeet kaur

Sinin Shaikh.

sitara khatoon

Sukanth

Tanvi Chavan

Shweta Mhaske

3645_Reshma

Nikita Mishra

sitara khatoon

Shraddha Kurhade

4023_Halshada

Rutuja Galkwad

3896_Mansi Ga

Shrey Nizte

Rajeshkumar

Roobhini kutuwan

Priyanka Khat

Dnyaneshwari va

Pooja rajput []

Ritul

Tanvi Chavan

Aishwarya Pawar

3649 afrin shaikh

Simranjeet kaur

Fatima Parvez

4471 Aditi Kadgi

Jama mounika3...

Sukanth

Shrikala Palugulla

Monica Lakshmi

Mute

Start Video

Security

Participants

Chat

Share Screen

Pause/Stop Recording

Reactions

End

Type here to search

15:33 02-09-2020

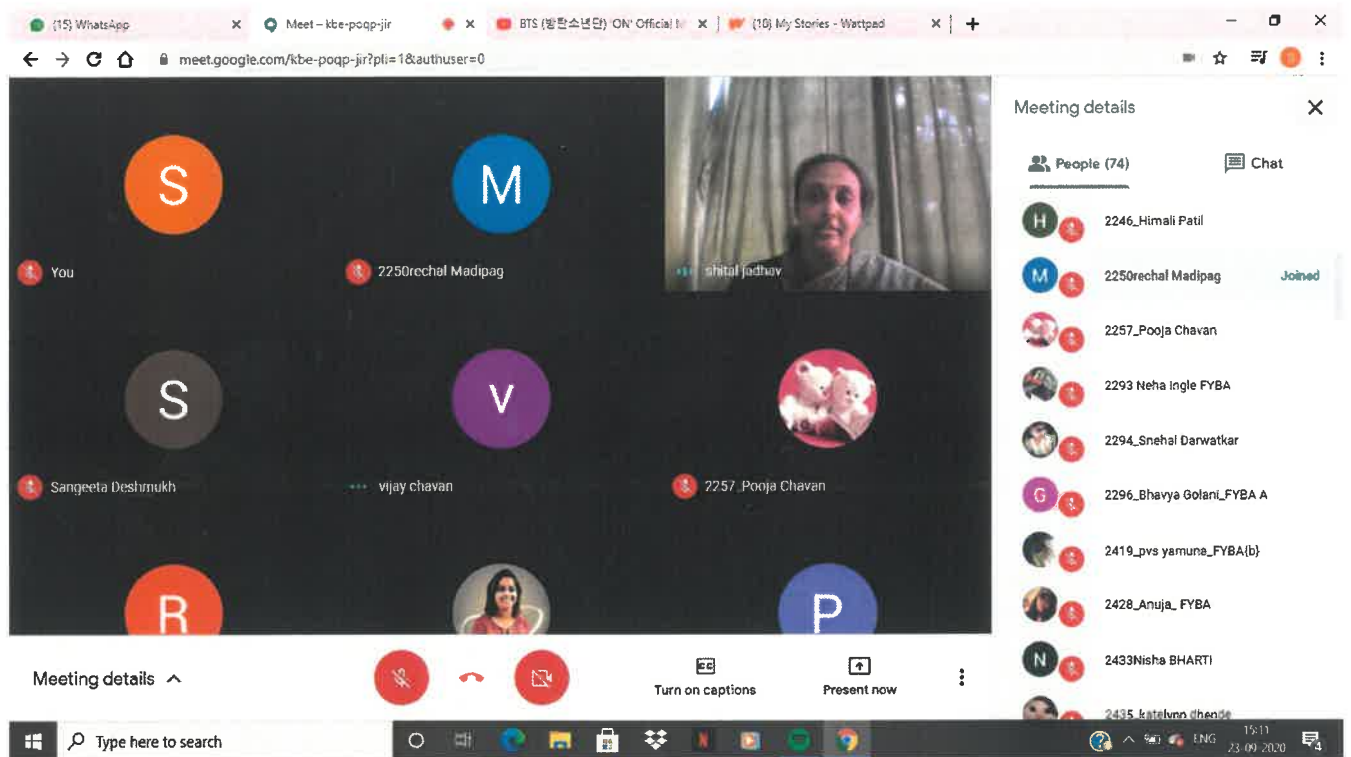


Jh
Principal Incharge
St. Mira's College for Girls

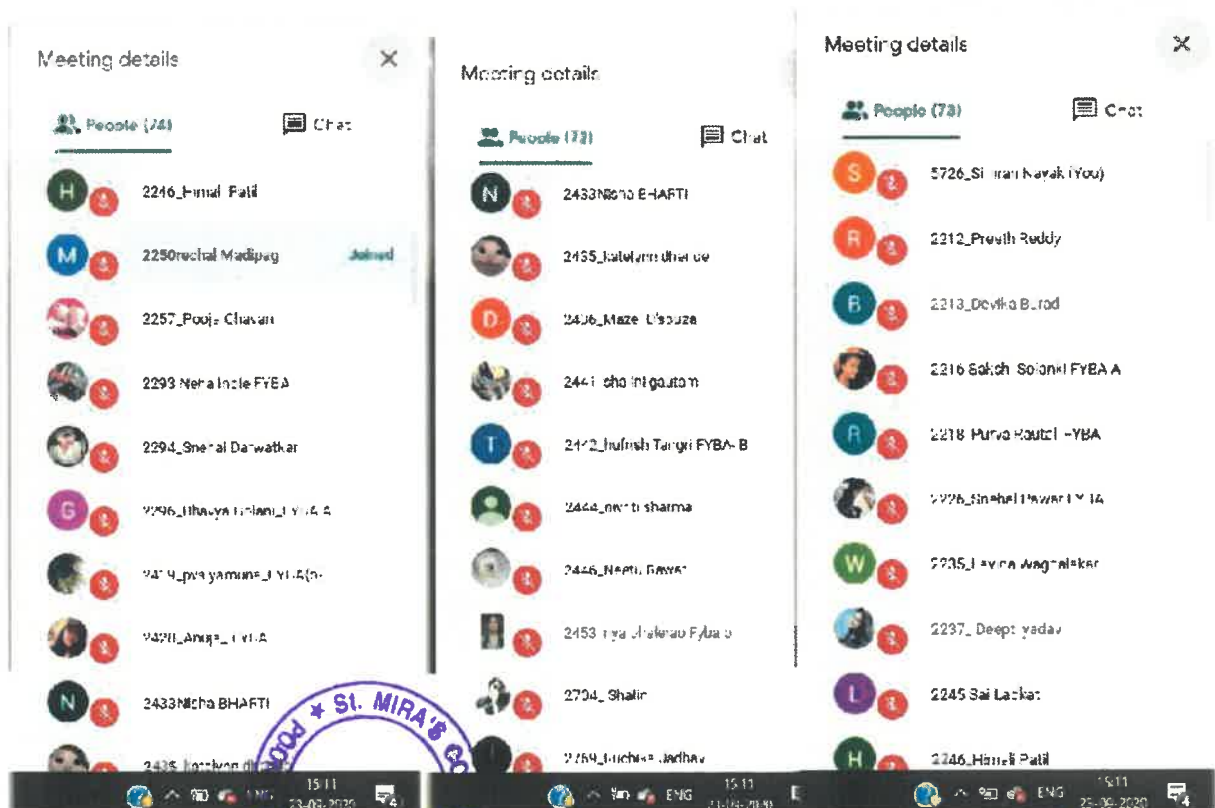
ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: NEP and Challenges of Hindi Language

DATE: September 23, 2020



ATTENDANCE HINDI WEBINAR 23-9-2020



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Writing an Article for the Press

DATE: November 21, 2020

Zoom Meeting

Recording

Vasudha Ramani

Participants (90)

Find a participant

Snober Sataravala (Host, me)

Iphone

(2238)_Bhoomi shah_FYBA (A)

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

2202 Keera Fernandes fyba (A)

Invite Mute All

Chat

From Sushmita Jha to Everyone
Mam you are inaudible

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

From Iphone to Everyone
i have joined

To: Everyone

Type message here

Search for anything

ENG 12:11
IN 21-11-2020

Zoom Meeting

Recording

samrita

Participants (91)

Find a participant

Snober Sataravala (Host, me)

Iphone

(2238)_Bhoomi shah_FYBA (A)

2202 Keera Fernandes fyba (A)

2203 Keera Fernandes fyba (A)

Invite Mute All

Chat

From UmmeSalama Karu to Everyone
Who do you mean when you say
building contacts with relevant paper?
People"

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

To: Suhalle Azav... (Host, me)

Type message here

Search for anything

ENG 12:58
IN 21-11-2020

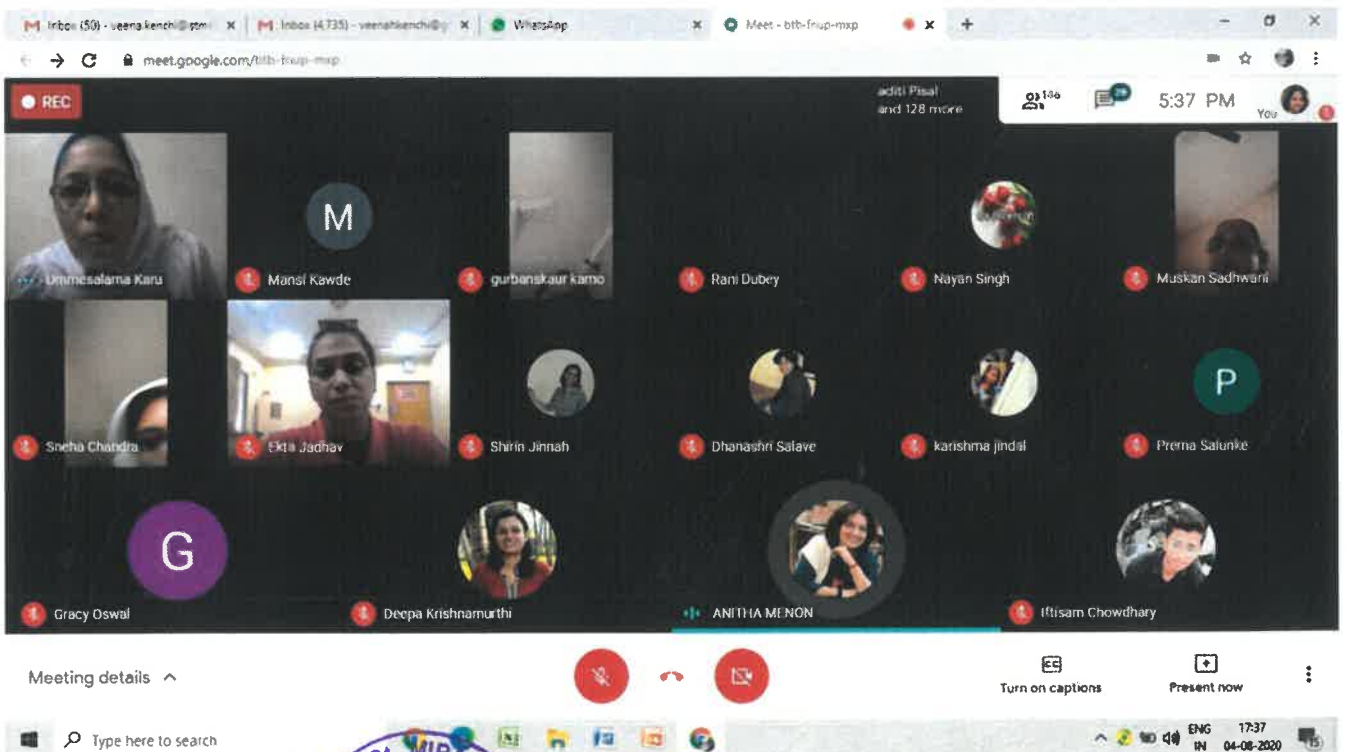
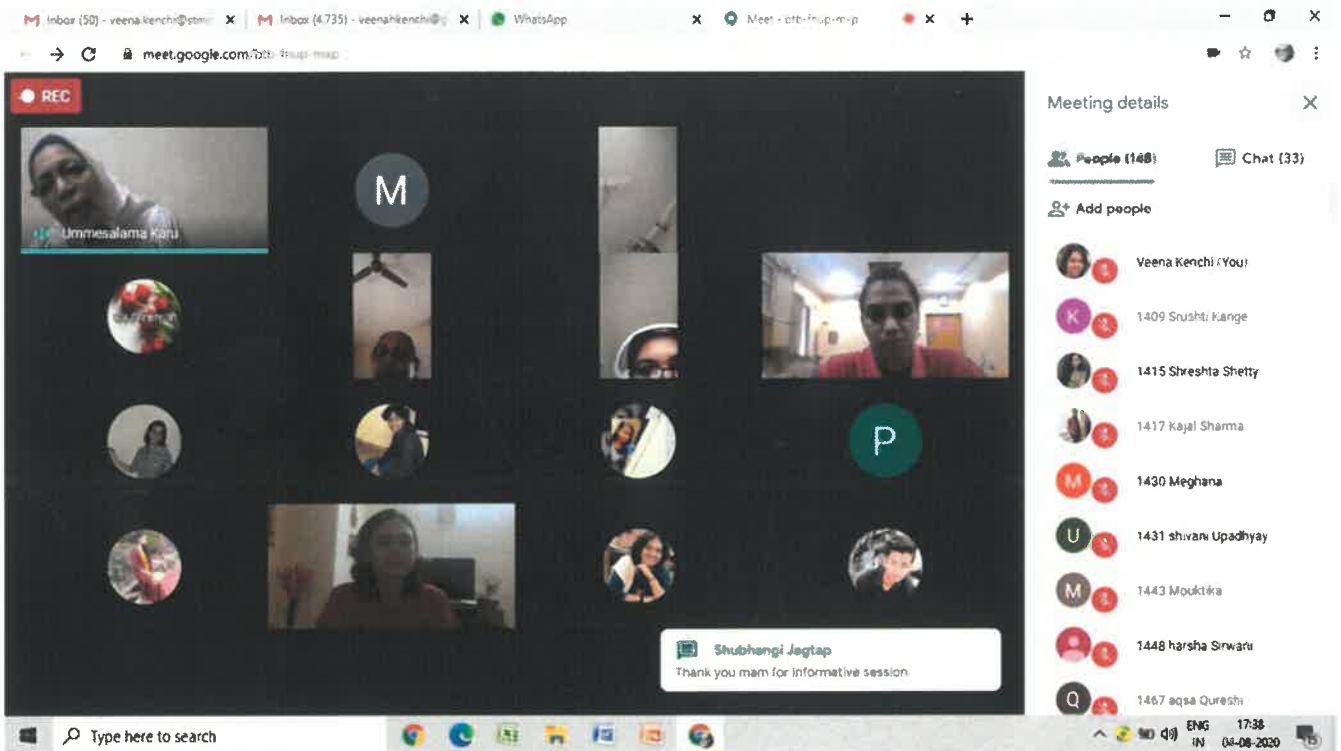


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Webinar on Nutrition and Diet

DATE: August 4, 2020

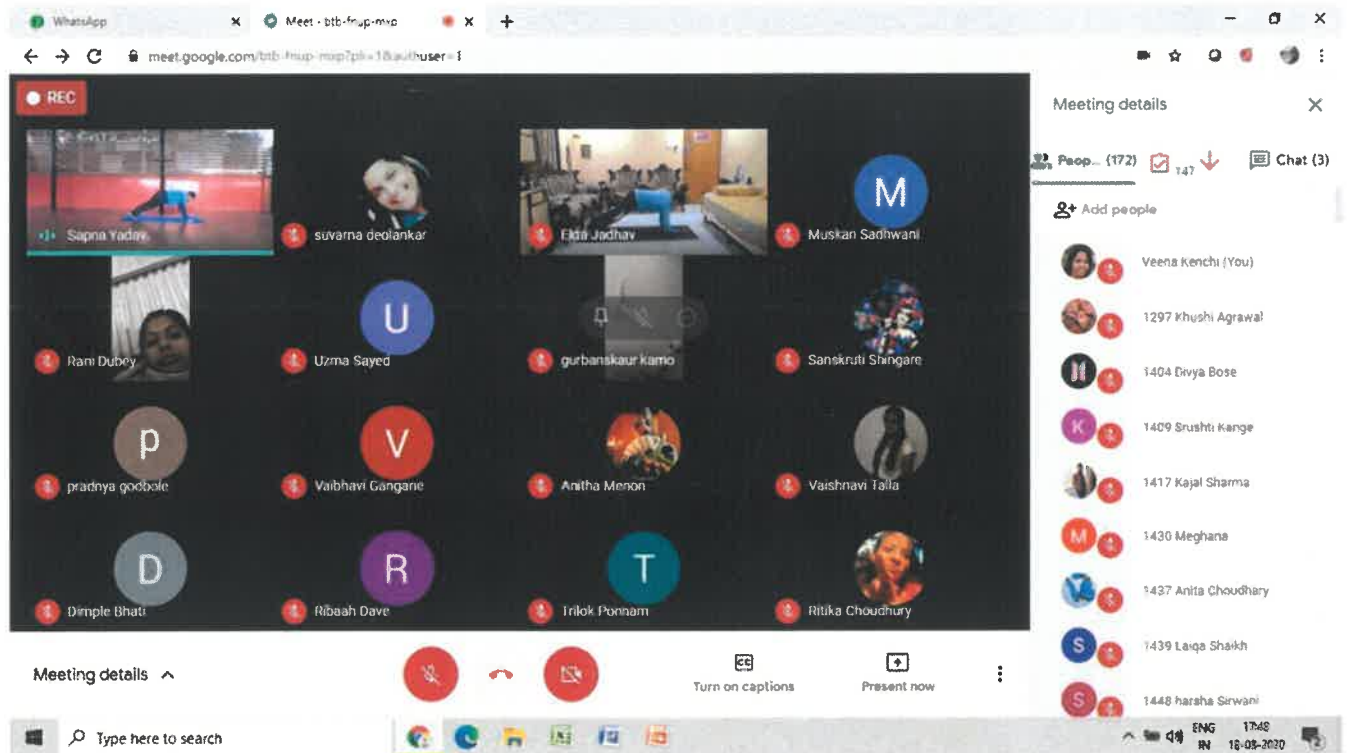


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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: August 18, 2020

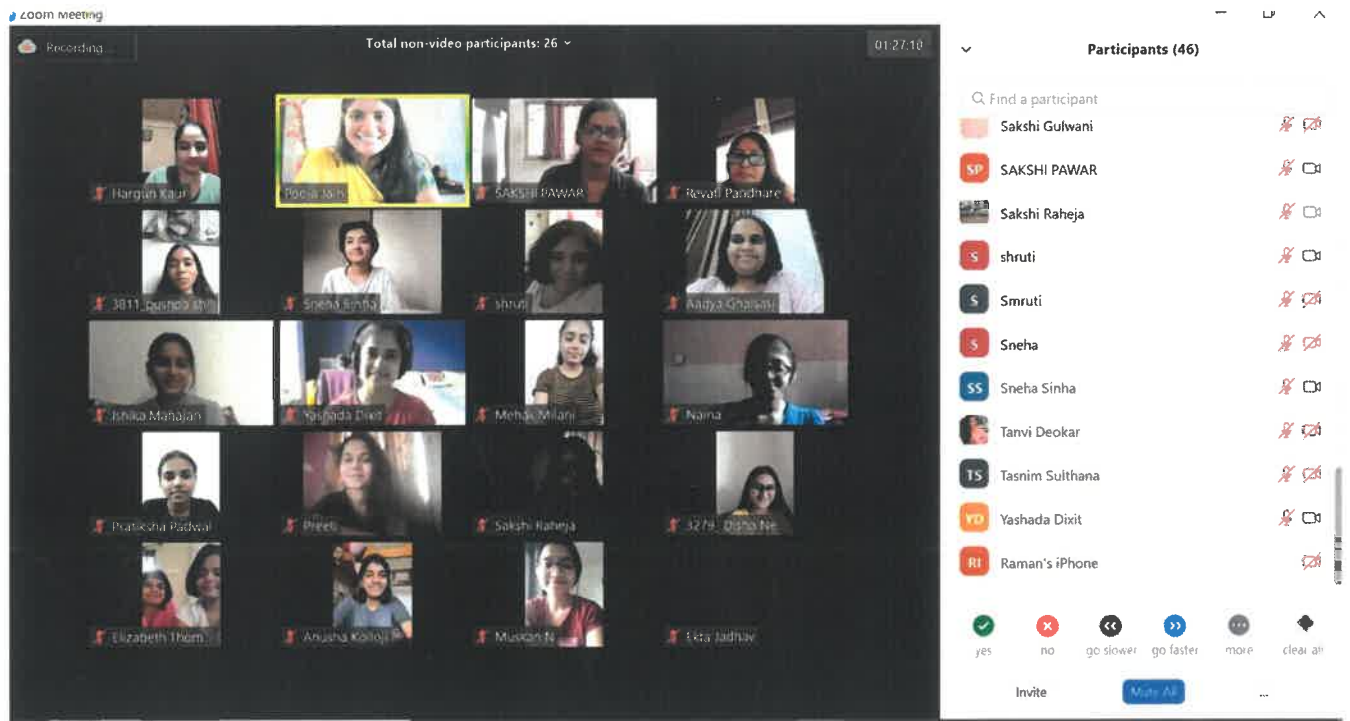


[Signature]
Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: September 13, 2020



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

"Aao baat kare"

13 SEPTEMBER, 2020

3:00-4:00 PM

ZOOM

OPEN TO ALL

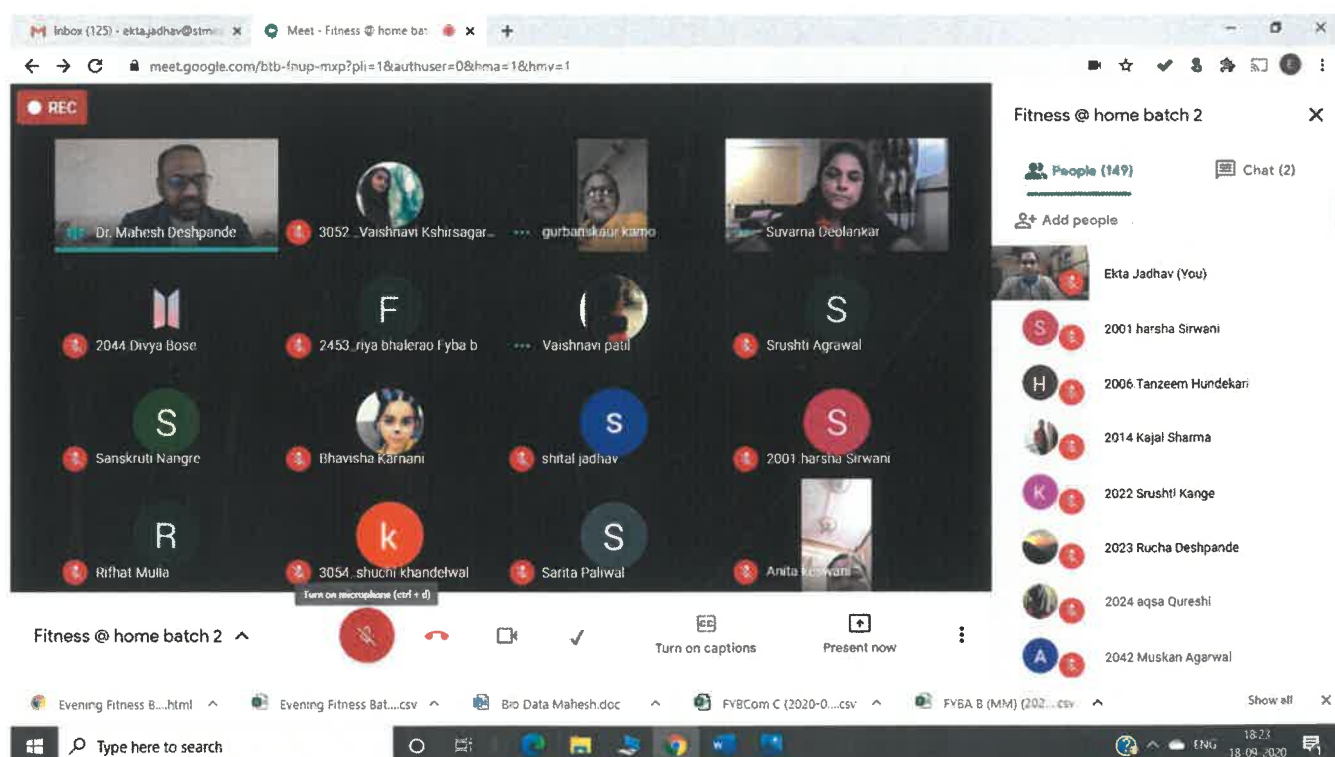
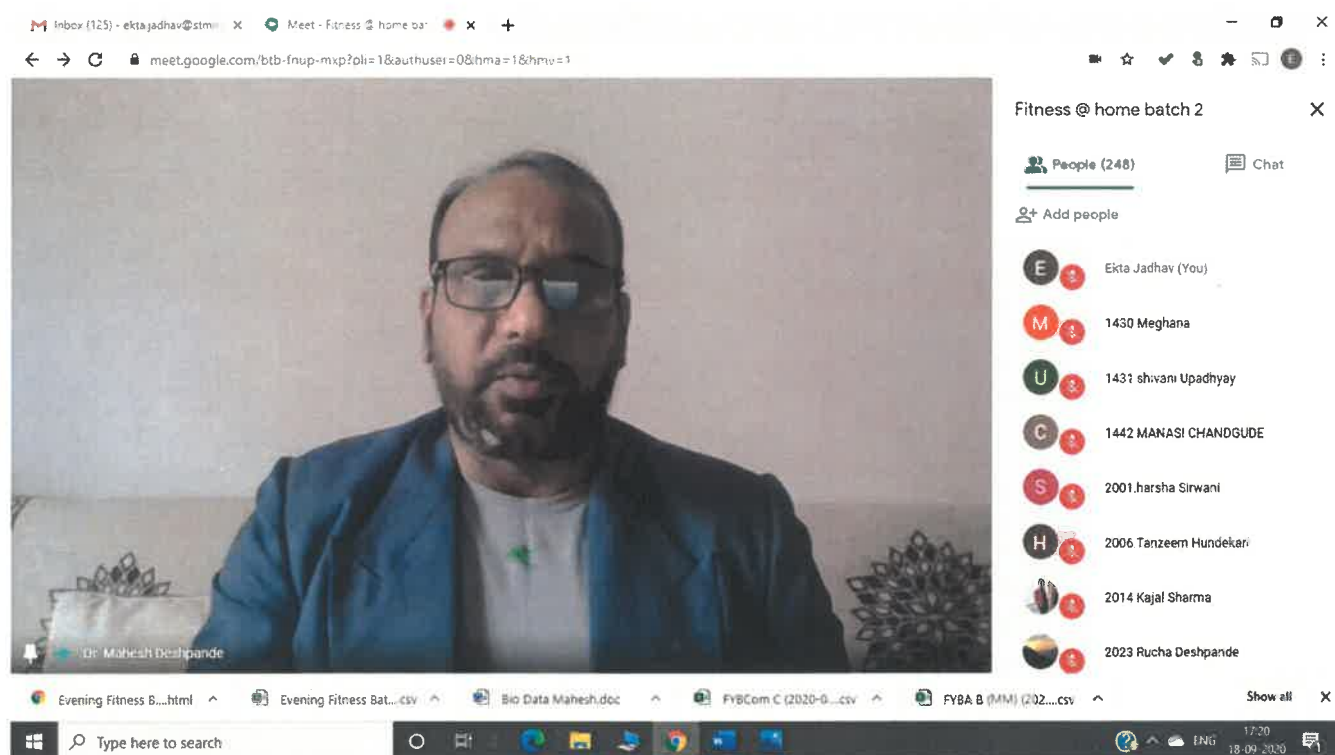



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Healthy Lifestyle in Pandemic Situation

DATE: September 18, 2020

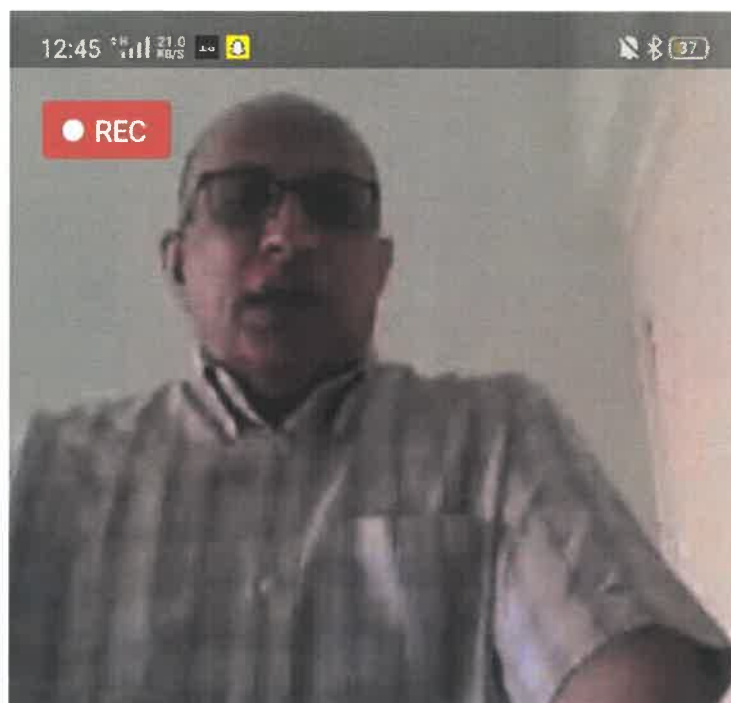





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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: A Leader is a Dealer in Hope

DATE: September 19, 2020



 (148)  

| | | |
|-------------------------------------------------------------------------------------|-----------------------|---|
|  | 3608_Namrata Bhandari | > |
|  | 3609_Avanti Ghule | > |
|  | 3613_Khushi Pardeshi | > |
|  | 3614_Rutuja Bangale | > |
|  | 3615_Disha Pande | > |
|  | 3619_Shweta Gadhave | > |

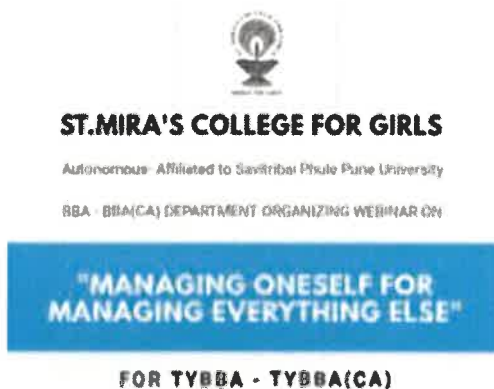



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Managing Oneself to Manage Everything Else

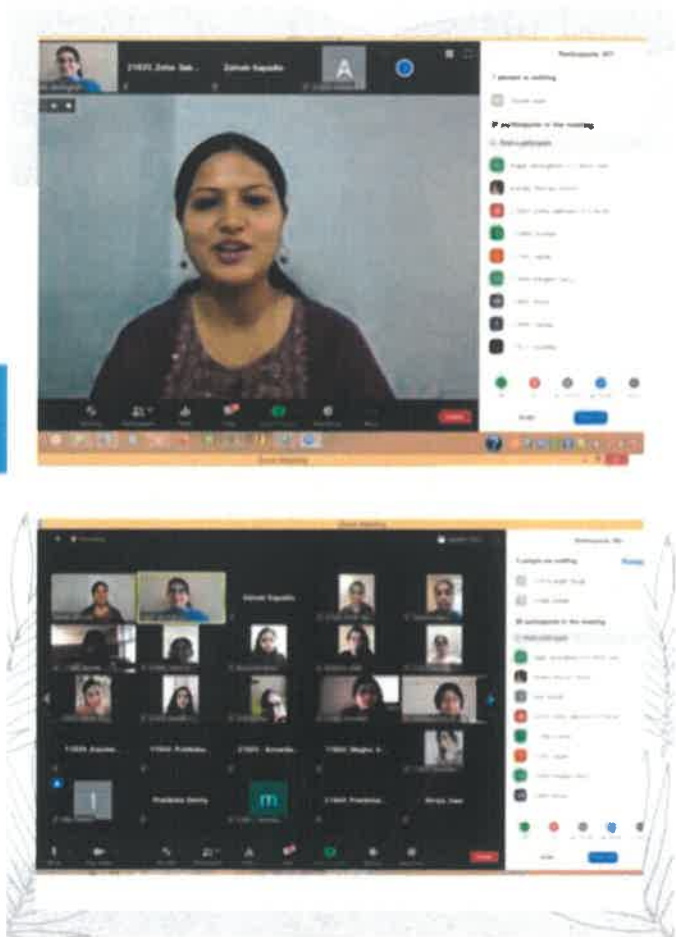
DATE: October 1, 2020



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

BY : MS.KAVITA GHORAN

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

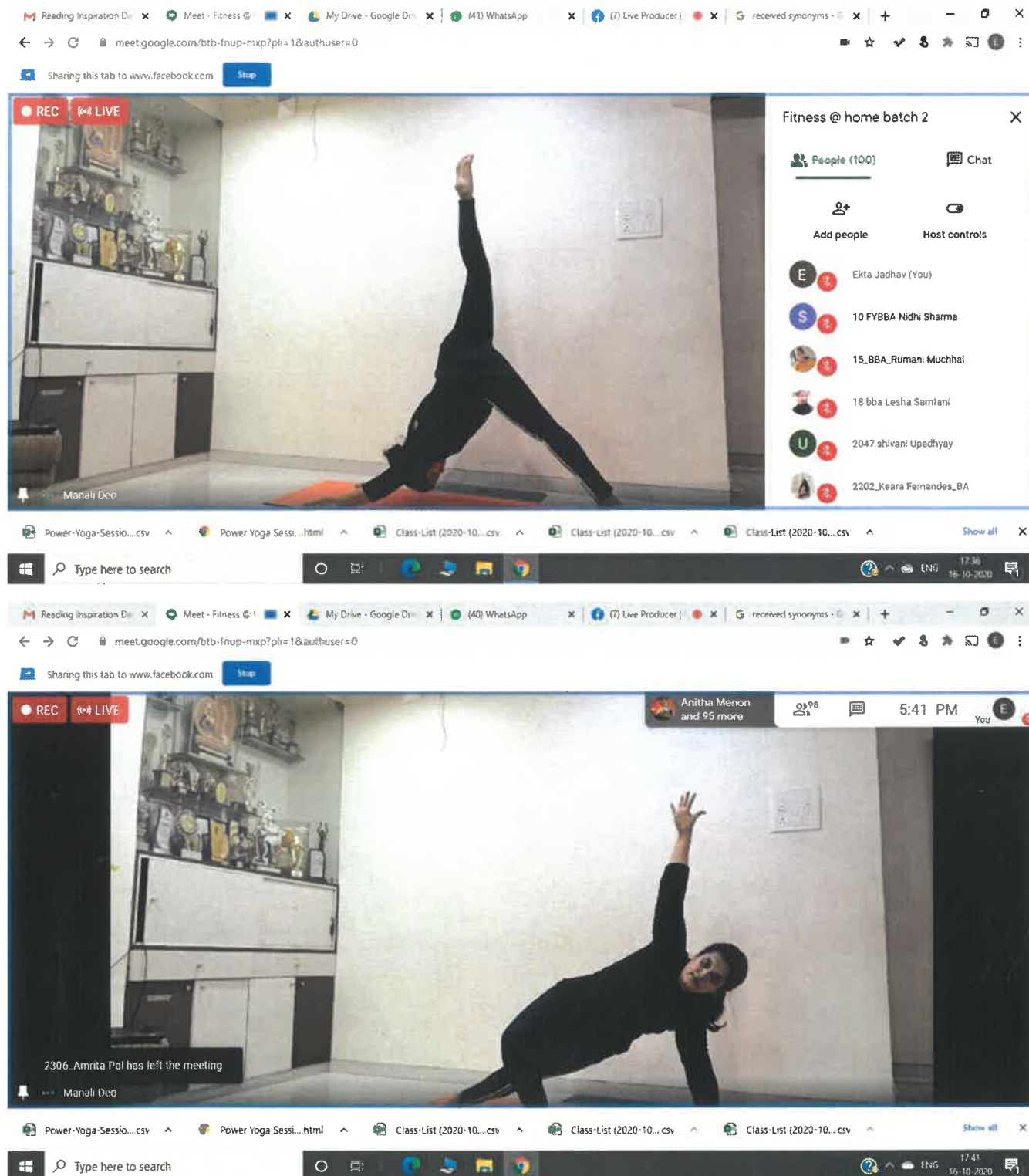


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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: October 16, 2020

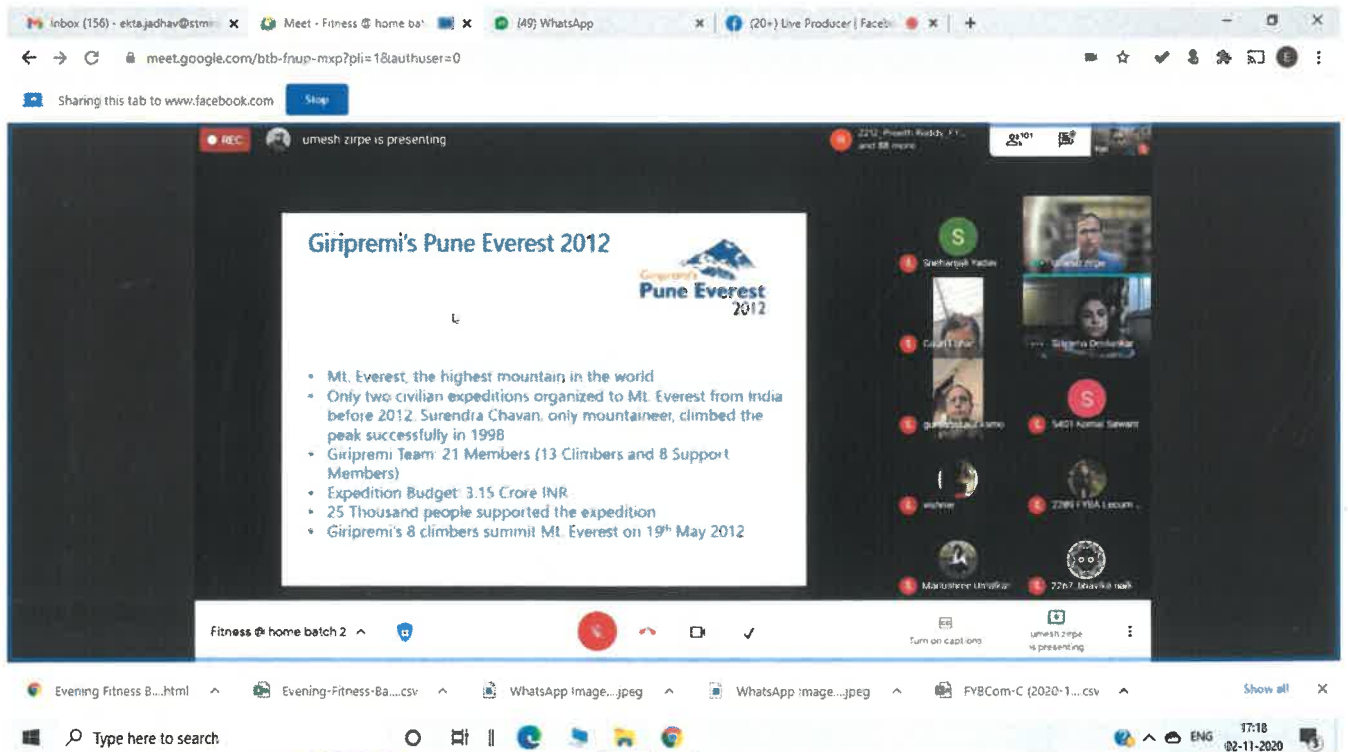
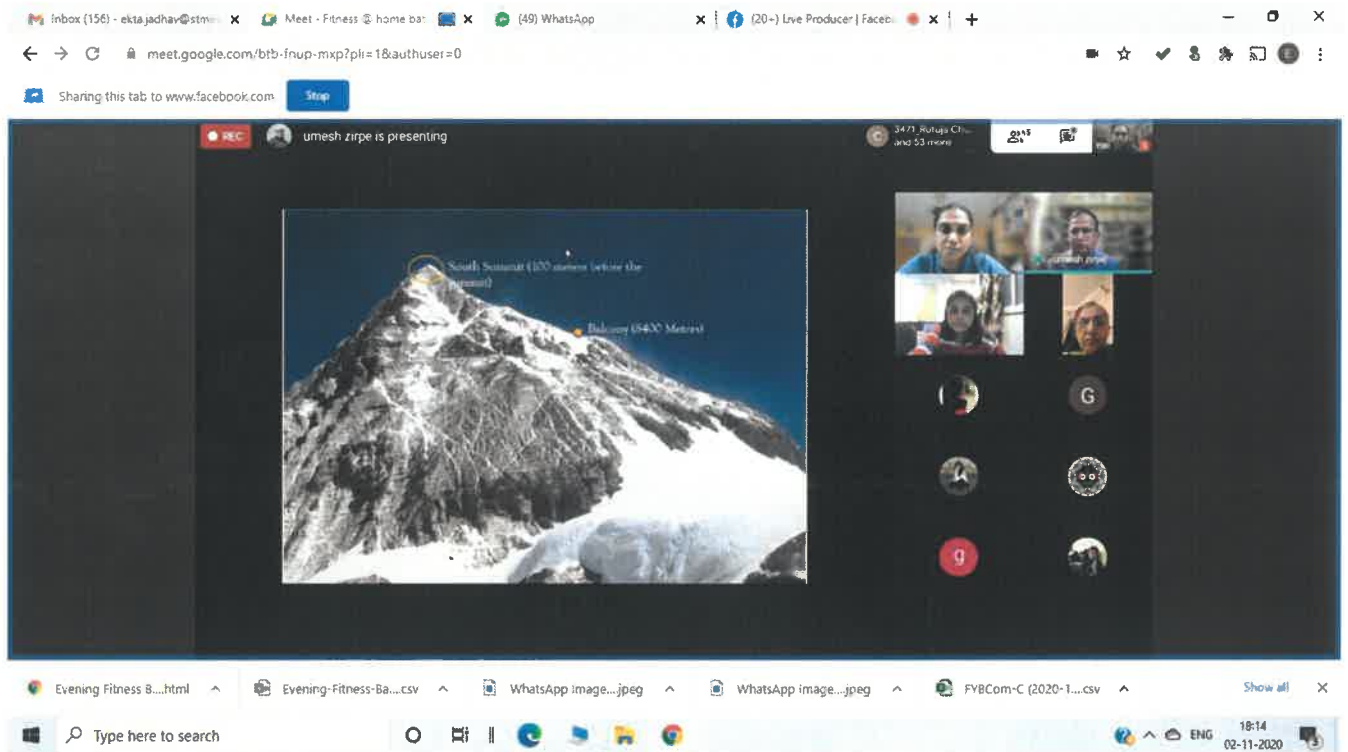


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Webinar – Reminiscing Everest

DATE: November 2, 2020

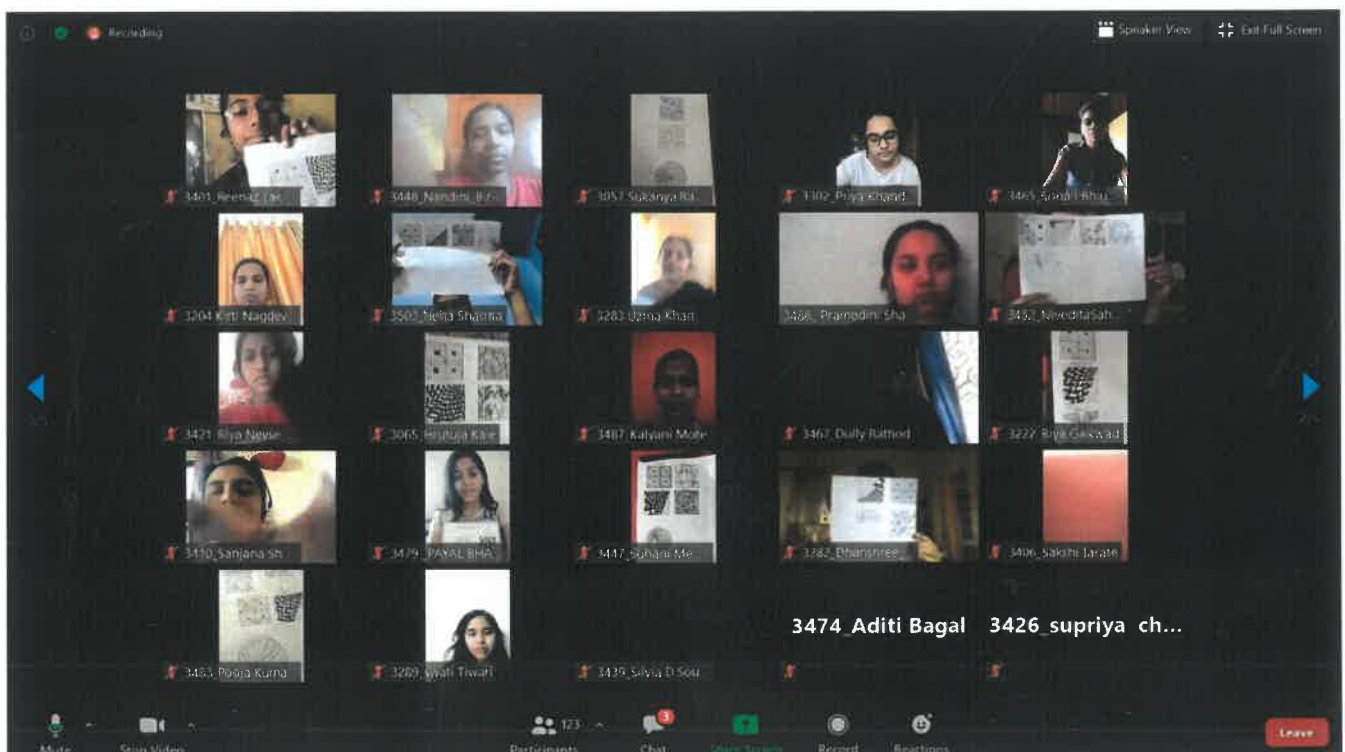
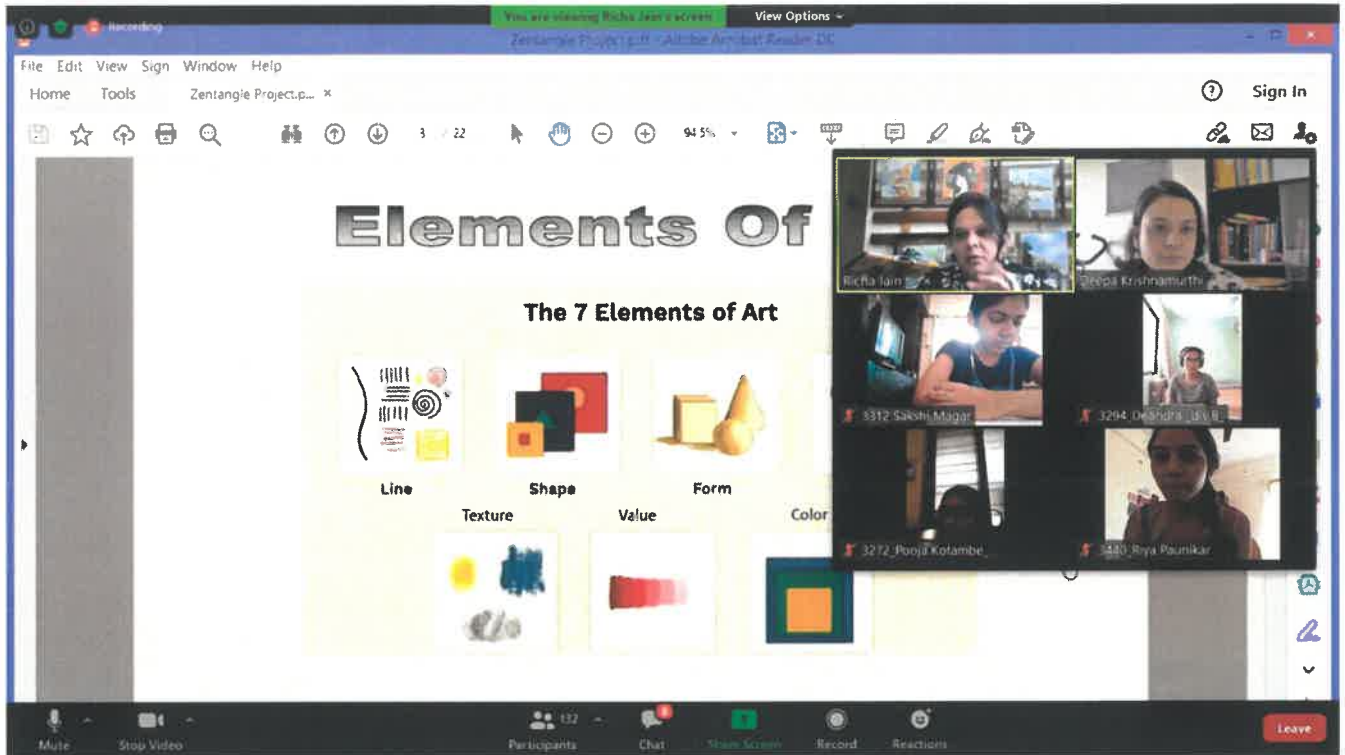


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Stress Buster Art Technique

DATE: November 9, 2020

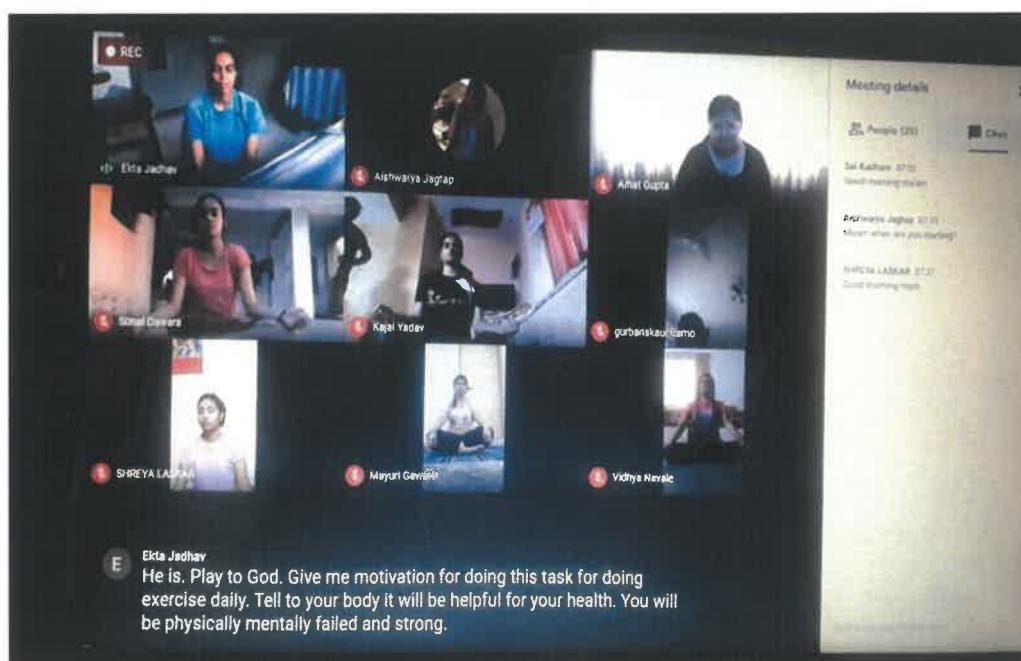
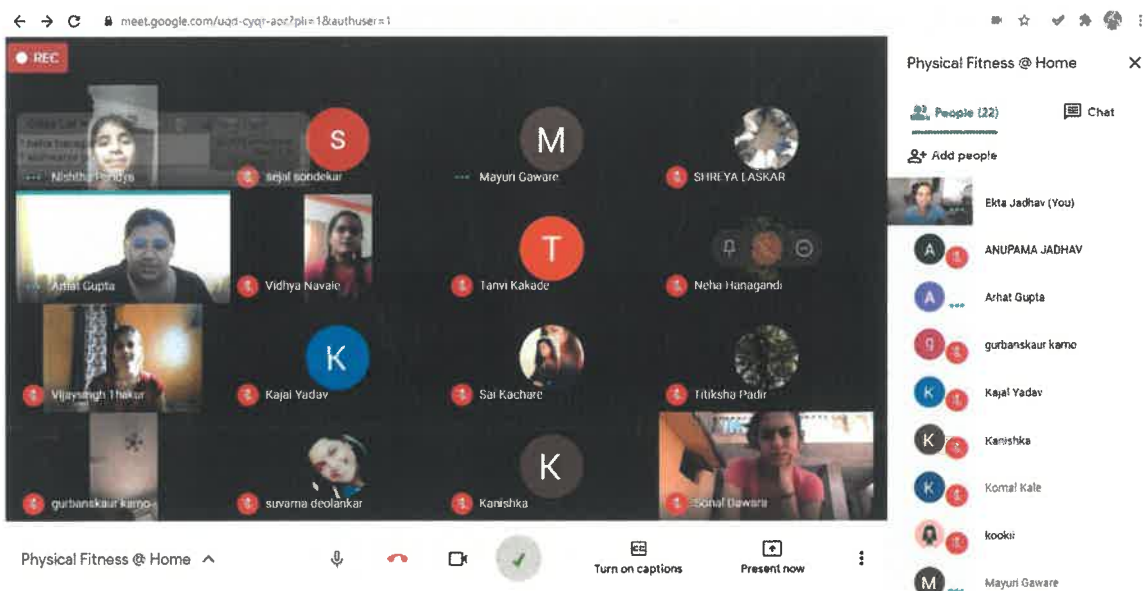


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St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Physical Fitness at Home Programme

DATE: July 27 to December 25, 2020



Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

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

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

A screenshot of a Zoom meeting. The main window shows a video call with Rinita Adhikary. There are two smaller video windows: one with a blue cartoon character and another with a person labeled '11804_Megha G...'. The Zoom interface includes a chat window on the right and a toolbar at the bottom.

Chat

From 2269_Chrislynn Rodrigues ... to Me: (Direct Message)

Maam, how do we identify an obsession and the resulting compulsion?

From Rinita Adhikary to Me: (Direct Message)

I have been trying the grounding technique and it is one of the few things which is helping;

From 2269_Chrislynn Rodrigues ... to Me: (Direct Message)

okay maam.

From Me to Everyone

mentalhealth@stmirascollegepune.edu.in

From 2269_Chrislynn Rodrigues ... to Me: (Direct Message)

thankyou maam

To: 2269_Chrislynn Ro... (Direct Message) File ...

Type message here .

#WeAreTogetherInThis

**You Got This Series-
Managing Exam Anxiety & Stress**

We are coming up with a series of three psycho-educational and skill building workshops.

- Ways of managing Exam/test Anxiety and Stress- 07-Jan-2021
- Study tips and techniques- 08-Jan-2021
- Ask Away- ask all your queries related to mental health - 09-Jan-2021

Time for all the sessions- 2 pm- 3 pm

Students are welcome to select any of the workshops listed and repeat any of the YGT workshops.

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

A stylized illustration of a young woman with long dark hair, wearing a white lab coat, sitting and using a laptop.



A handwritten signature in blue ink.
Principal Incharge
St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Group Therapy Sessions

DATE: February 8 to February 30,

PHOTOGRAPHS NOT SHARED TO MAINTAIN CONFIDENTIALITY




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St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: March 3, 2021

Yogesh Bodke is presenting

2247_SUNITI PINGTE_FY... and 87 more

5:07 PM

Mental Health & Physical Fitness During and After COVID 19

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

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

Fitness @ home batch 2

Raise hand Turn on captions Yogesh Bodke is presenting

REC Y Yogesh Bodke is presenting

1044_Samiksha p... and 87 more

5:31 PM

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

Fitness @ home batch 2

Raise hand Turn on captions Yogesh Bodke is presenting

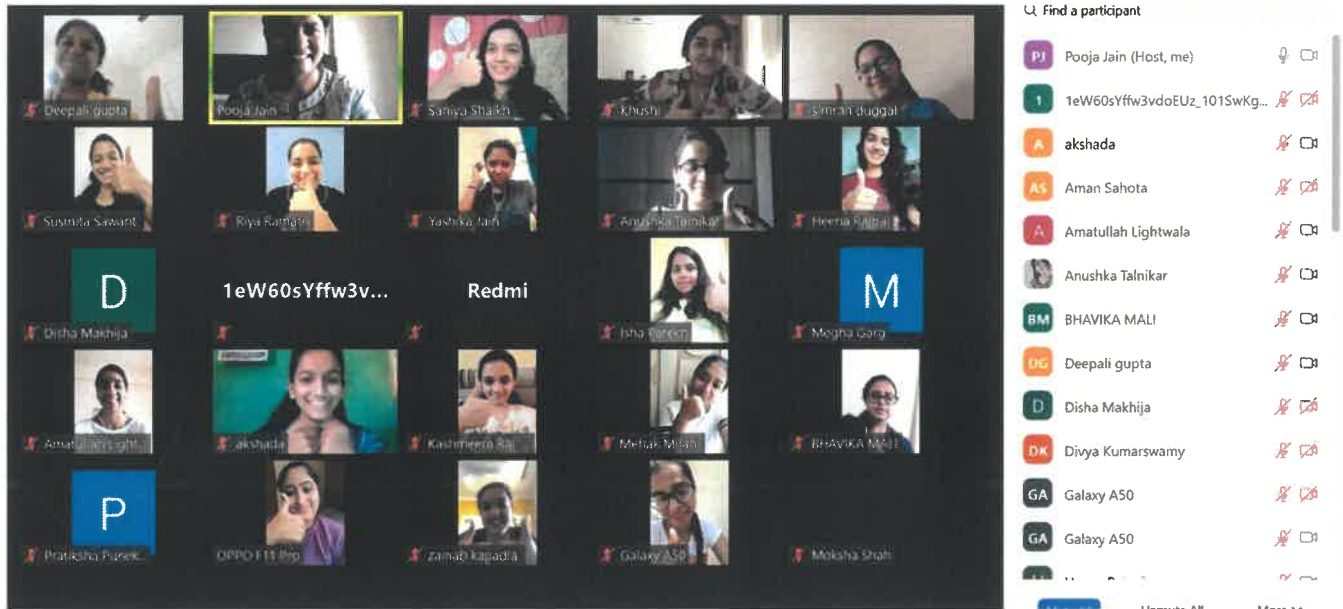


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Classroom Awareness Session – Mental Health

DATE: June, 2020 to April, 2021



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Individual Therapy Sessions

DATE: July, 2020 to April, 2021

PHOTOGRAPHS NOT SHARED TO MAINTAIN CONFIDENTIALITY




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St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Online Sharing Circle Sessions

DATE: March 24, 2021 onwards

PHOTOGRAPHS NOT SHARED TO MAINTAIN CONFIDENTIALITY



**ST. MIRA'S COLLEGE FOR
GIRLS, PUNE**

Online Sharing Circle for Students

**A safe space for your feelings &
thoughts**

Every second and fourth Thursday
1:00-2:00 pm

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

Contact us
mentalhealth@stmiracollegepune.edu.in

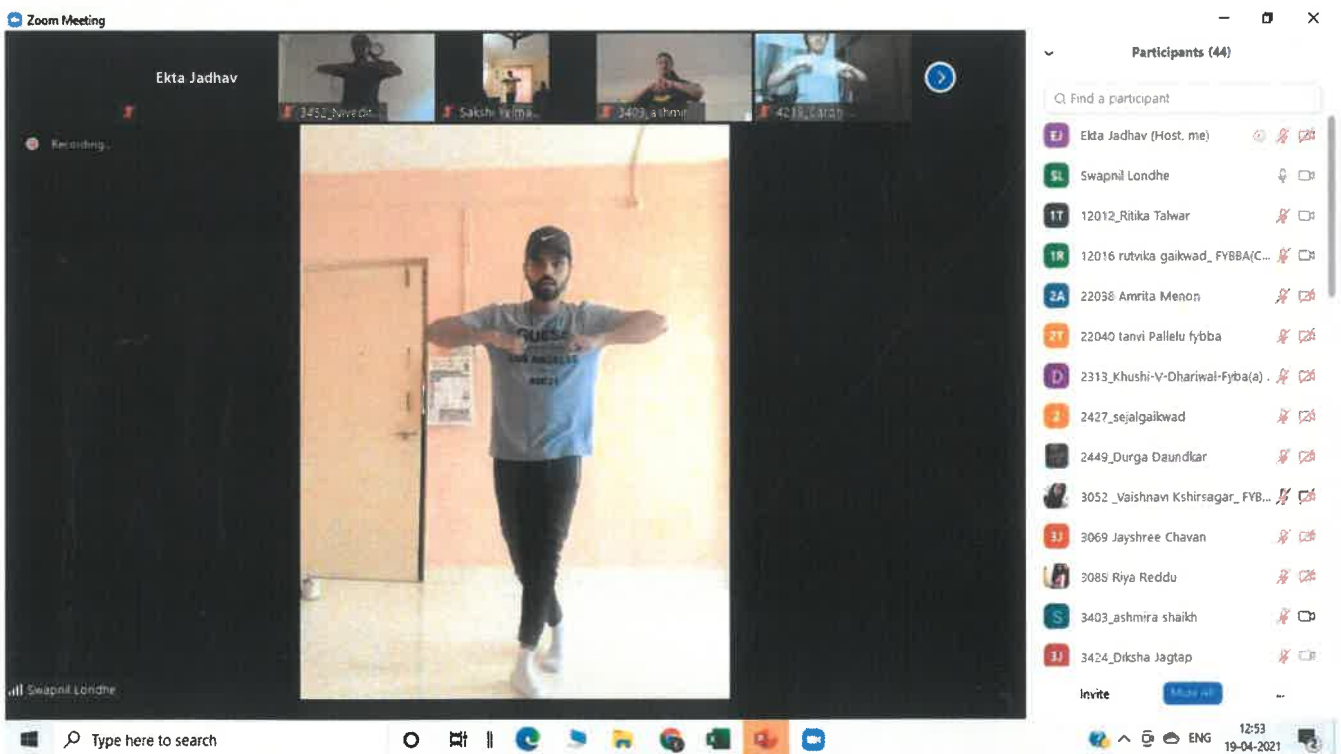
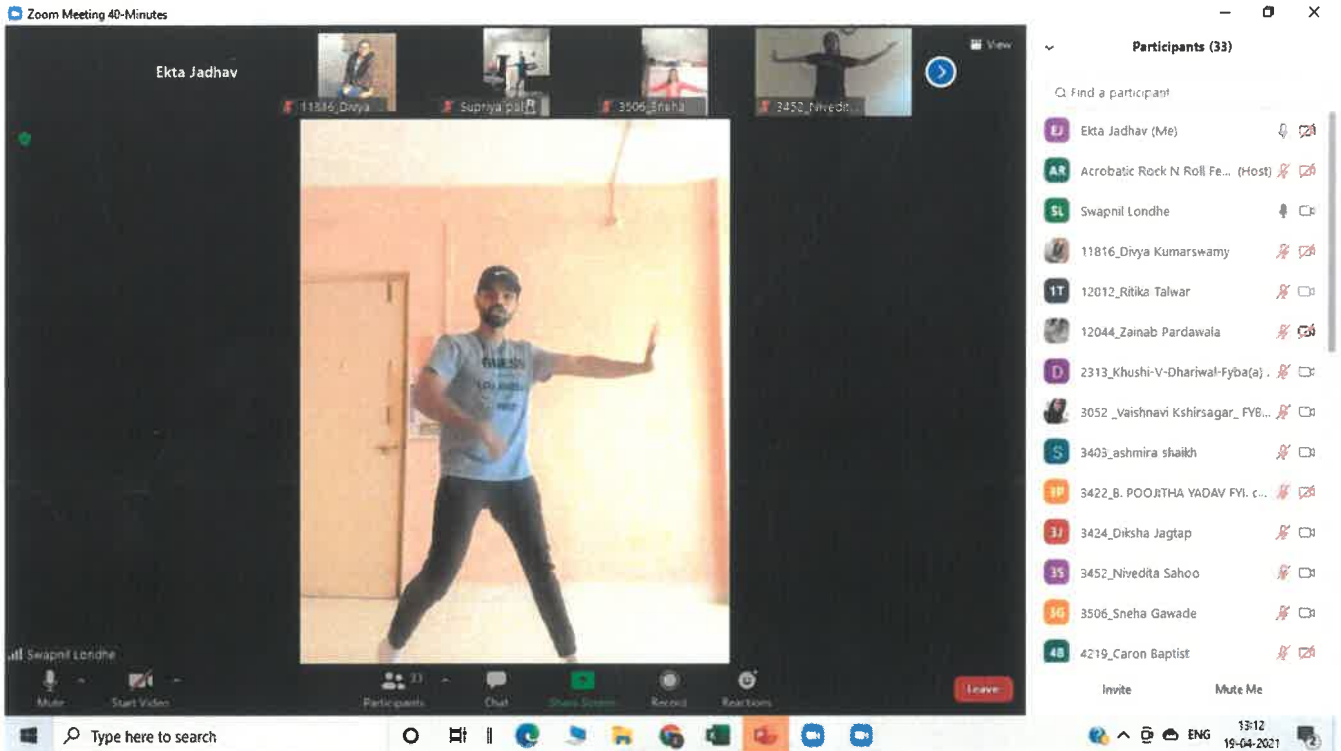



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St. Mira's College for Girls

ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop – Acrobatics Rock and Roll

DATE: April 19 to April 25, 2021

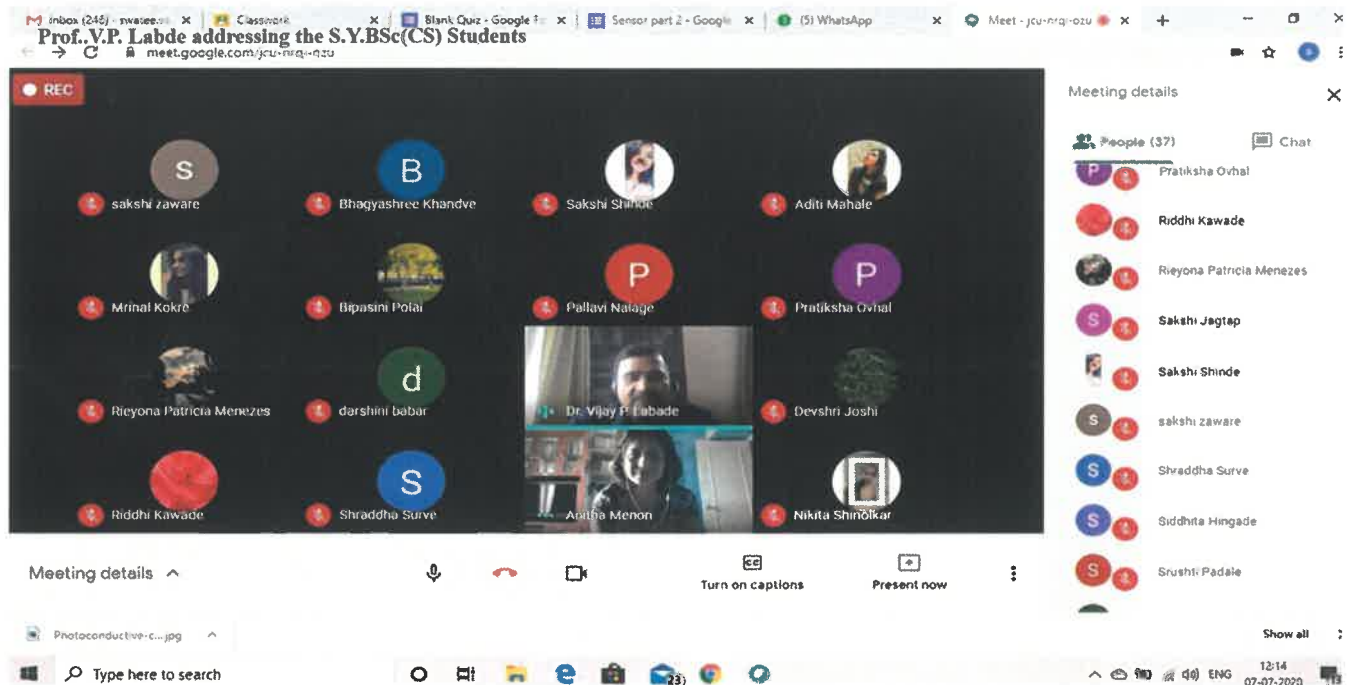


Jh
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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: July 7, 2020



JK
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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: How CHIPS are made

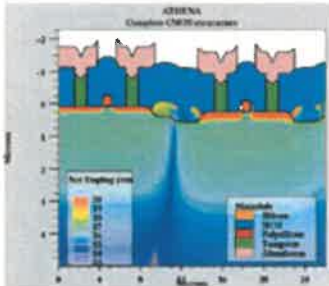
DATE: July 17, 2020

REC P Prasanna Khare is presenting


TCAD (Technology Computer Aided Design) simulations

- Simulation of semiconductor processing and device behaviour

Process simulation



Device simulation



CHIPS :How they are made !

People (93) 114 Chat (8)

Riyesona Patricia Menezes 5:41 PM
what is the scope for semiconductor industries in india ? whats indias contribution when it comes to chip manufacturing ? (how much do we contribute globally)

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

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

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

deepa Ramane 7:01 PM
what technology changes bring miniaturisation

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

CHIPS :How they are made ! ^

Turn on captions

Prasanna Khare is presenting

Send a message to everyone

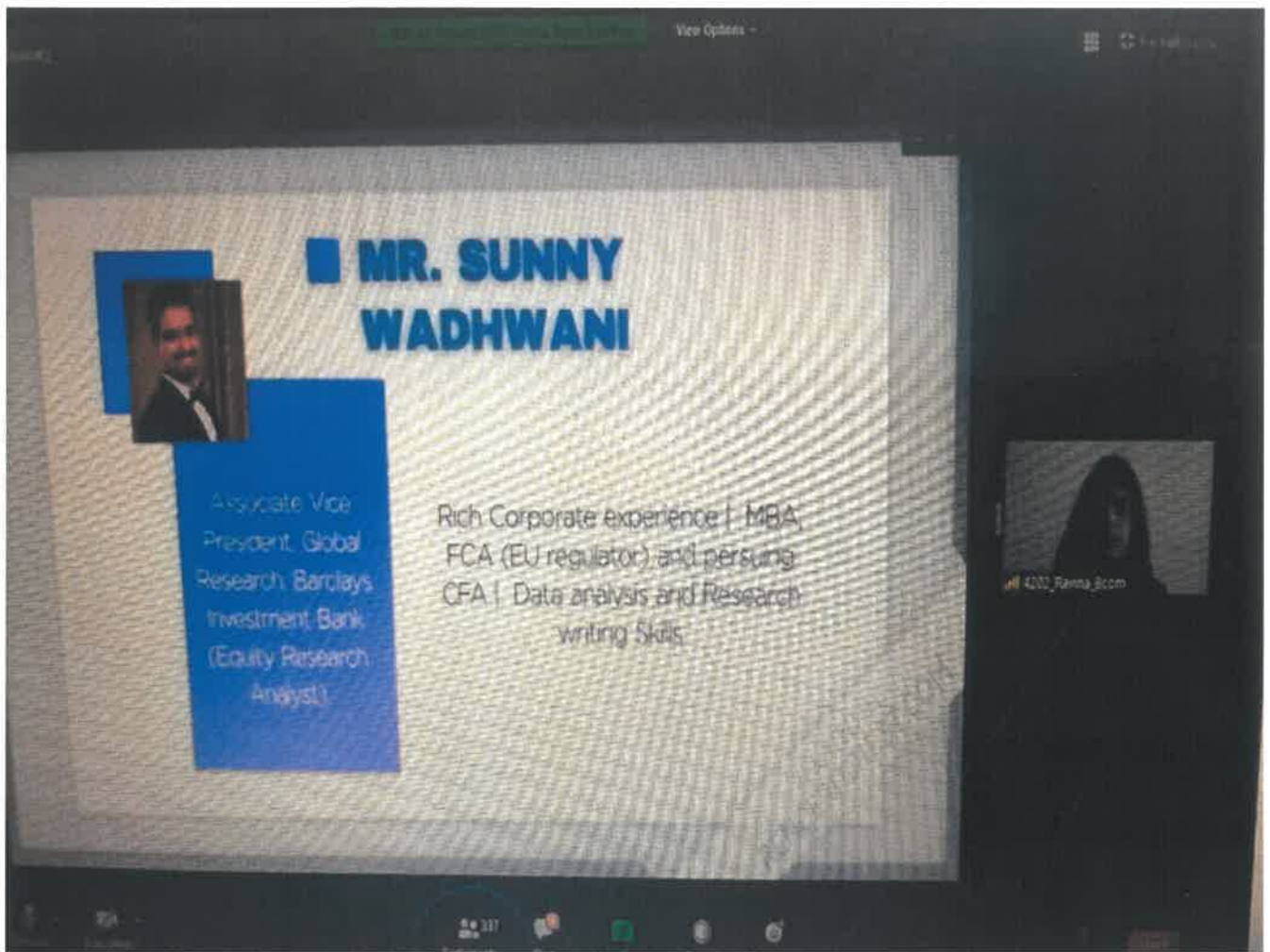


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Digital Warriors – Virtual Commerce Lab

DATE: September 8 to September 12, 2020

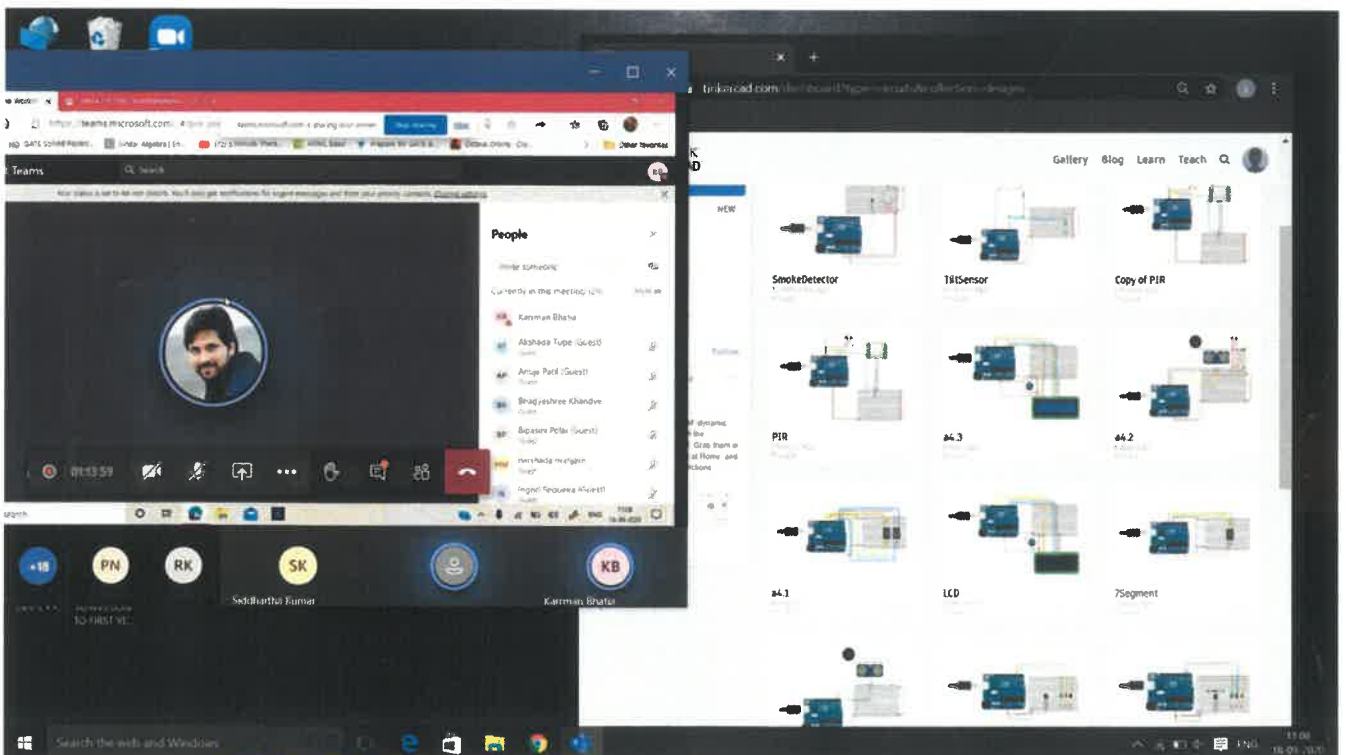
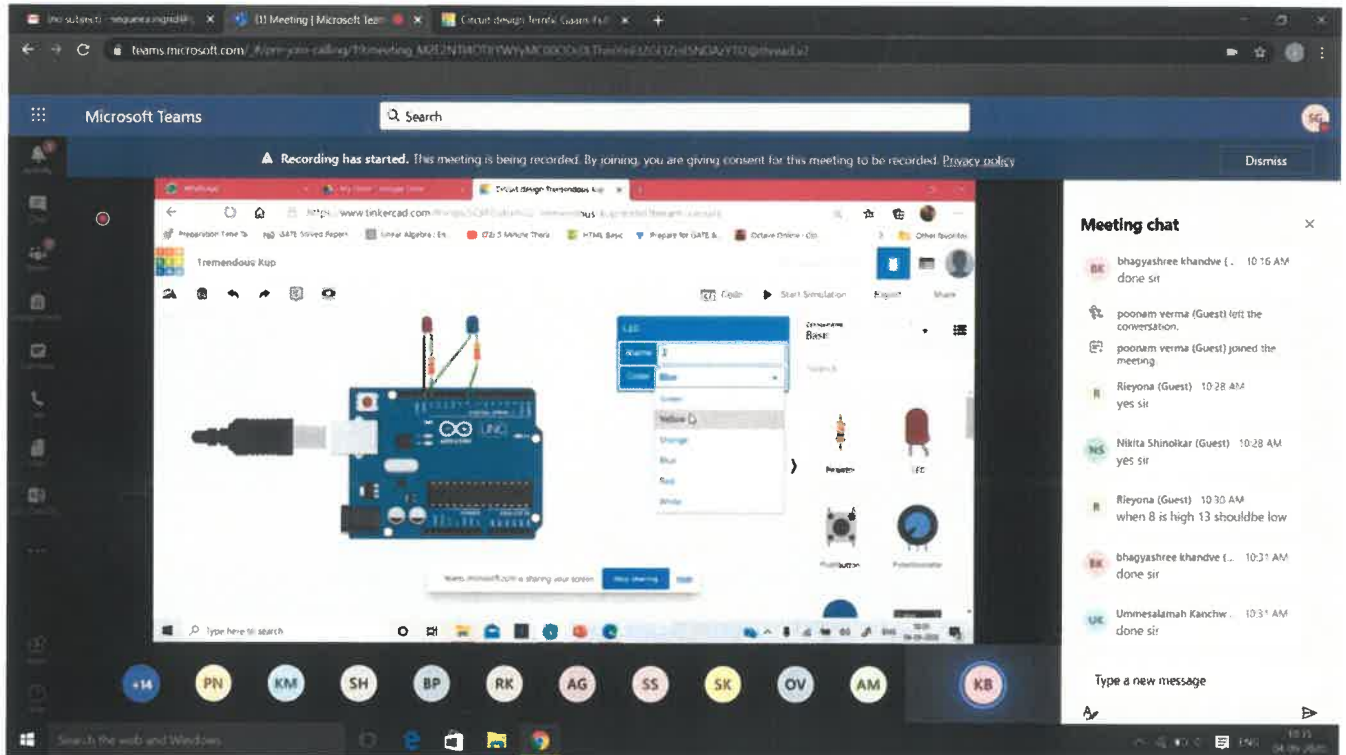



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NAME OF EVENT: Workshop on Arudino and IOT

DATE: September 4 to September 18, 2020



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Trends in HRM

DATE: September 26, 2020

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

Resurgence of a new workplace



23:52

23:57 / 1:36:14



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

Rethinking routine to change the way we think



16:12 / 1:36:14

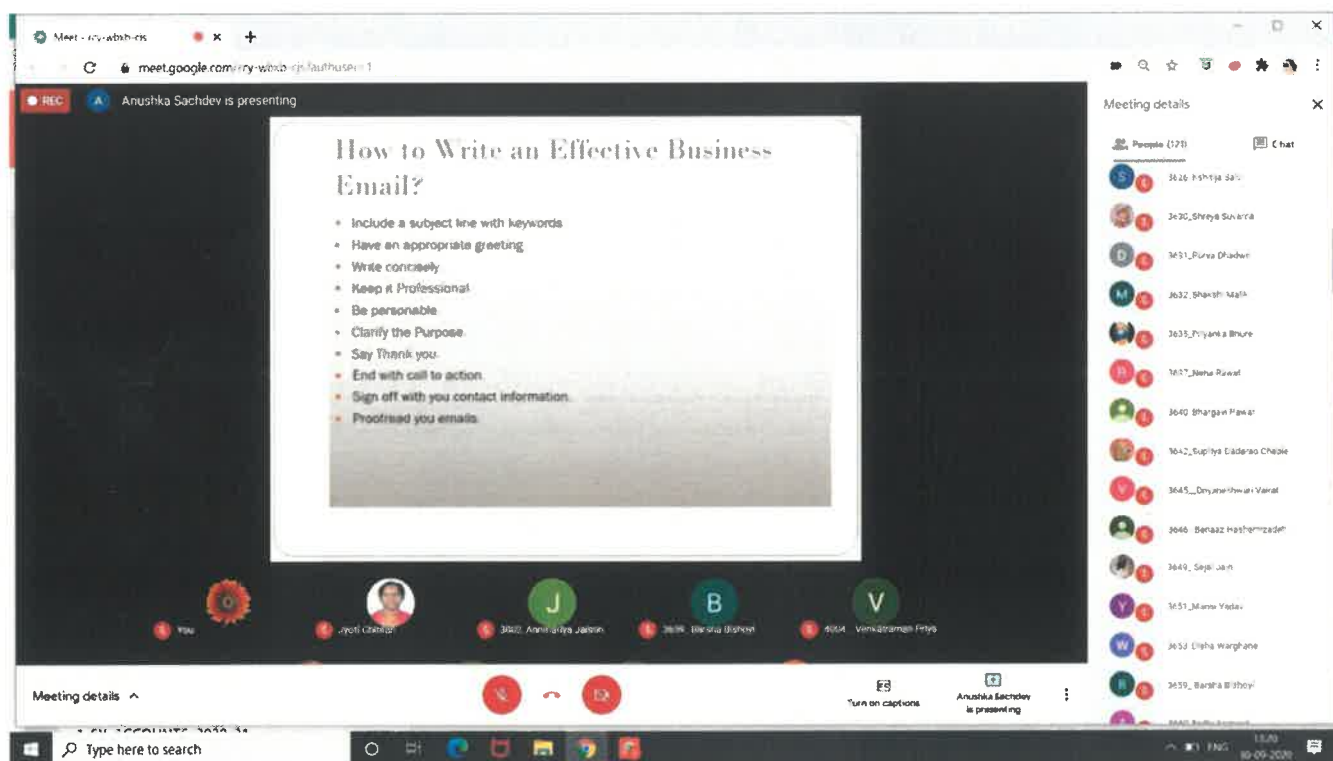


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Email and Blog Writing Skills

DATE: September 30, 2020

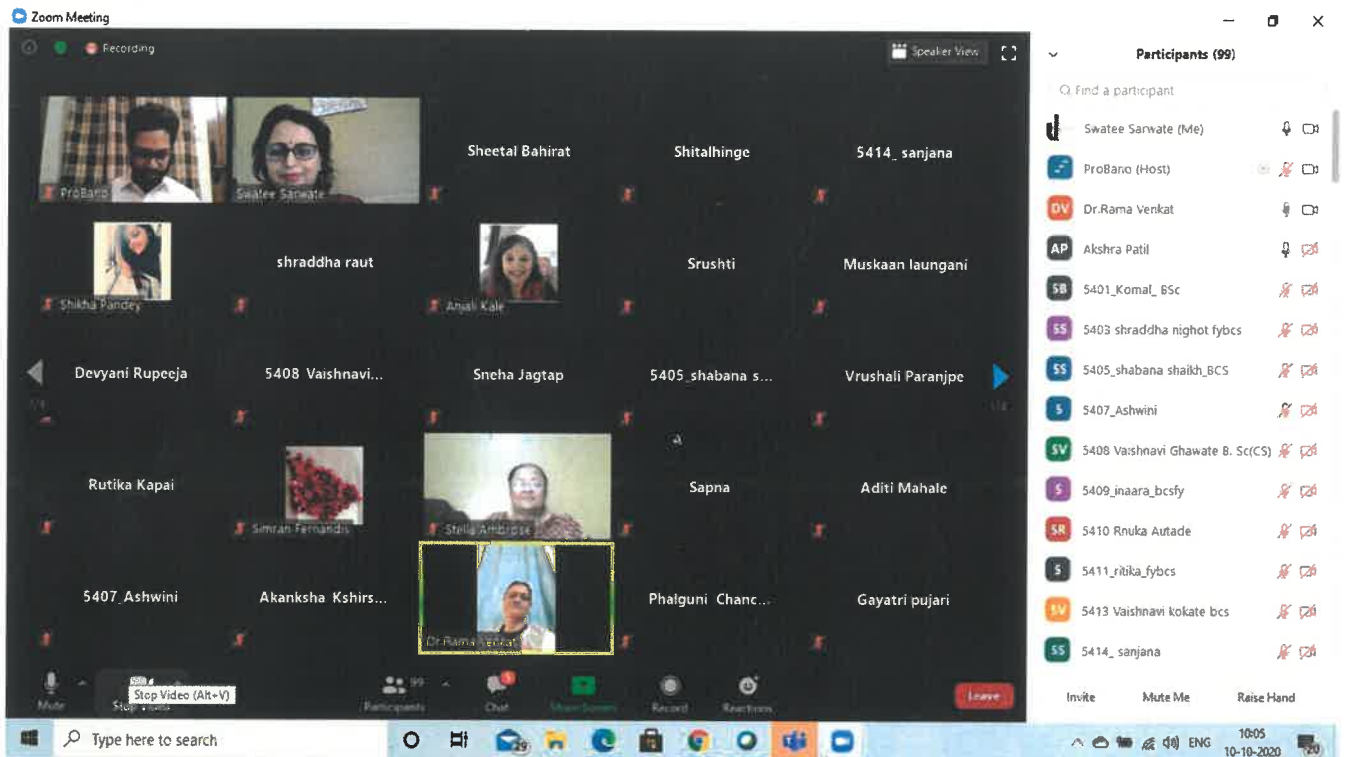


h
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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Entrepreneurship in the Field of Computer Science

DATE: October 10, 2020



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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: October 23, 2020

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

10611967, Aug2018, Vol 66, Issue 4
Database: Academic Search Elite

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

Contents

The European Renaissance as the Object of Soloviev's Original Research
Soloviev's Kantianism
Notes

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

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

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

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

The study in which Soloviev was born and raised appeared deprivation even earlier because of pre-war repression. This is how Soloviev described himself in an interview: "I was born in 1934 in Marina Tagil (a small industrial city in the Urals). In 1937 my father, the head of a railway tire workshop at the Marina Tagil metallurgical factory, Polish by nationality, came under repression (ten years without correspondence rights). A year later my mother received news that he was no longer among the living. My stepfather, 'An S. Soloviev, a geologist (in the 1970s, he went among the best experts in the USSR) and a geologist, full-time, continued to work in the same factory as his father, but he was not allowed to see his family. He was arrested in 1938 and died in 1941 in the Gulag."

Participants

| Name | Joining time / Leaving time |
|----------------|-----------------------------|
| Kirti Motwani | 3:37 PM / 4:56 PM |
| Nandini Hucche | 3:37 PM / 4:56 PM |
| Akanisha patil | 3:37 PM / 4:56 PM |
| Nandini Sharma | 3:37 PM / 4:56 PM |
| Vandana Mishra | 3:37 PM / 4:56 PM |

Table of Contents

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

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

Searching: Academic Search Elite, Show all | Chose Database

Basic Search | Advanced Search | Search History

Refine Results | Search Results: 1 - 10 of 375,194

Current Search

Boolean Phrase: sociology

Expenders

Apply equivalent subjects

Limit To

☐ Full Text
☐ Scholarly (Peer Reviewed) Journals
☐ Image Quick View
☐ Publications Date: 1996 - 2021

Source Types

Video Results (3 of 57)

1. **Sport Sociology in Question**
By Newman, James L. *Sociology of Sport Journal* Dec 2019, Vol. 36 Issue 4, p255-276. 12p. 2 Diagrams. DOI: 10.1177/0746268319888888. Academic Search Elite
In this article, which is an expanded and updated adaptation of the 2016 North American Soccer for the Sociology of Sport Presidential Address 11001 at the challenge and opportunity present.
Subjects: EQUALITY; SOCIOLOGY; HOAXES; SOCIAL Justice; CULTURAL studies; SPORTS; Fitness and Recreational Sports Centers

2. **Are Distinctions between "Environmental Sociology" and "Natural Resource Sociology" Real - and Important? Reactions to Qin et al.'s Seeing the Forest for the Trees**
By Kravich, Richard S. *Society & Natural Resources* Sep 2020, Vol. 33 Issue 9, p1149-1153. 5p. DOI: 10.1080/08941920.2019.1703153. Database: GreenFILE
The following analysis presented by Qin et al. provides useful evidence regarding debates into whether there are meaningful distinctions between "environmental sociology" and "natural resource"
Subjects: Environmental sociology; Natural resources; Sociology

Participants

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

Table of Contents

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| App/Desktop Share (1) End | 01:16:24 |
| Recording End | 01:19:03 |

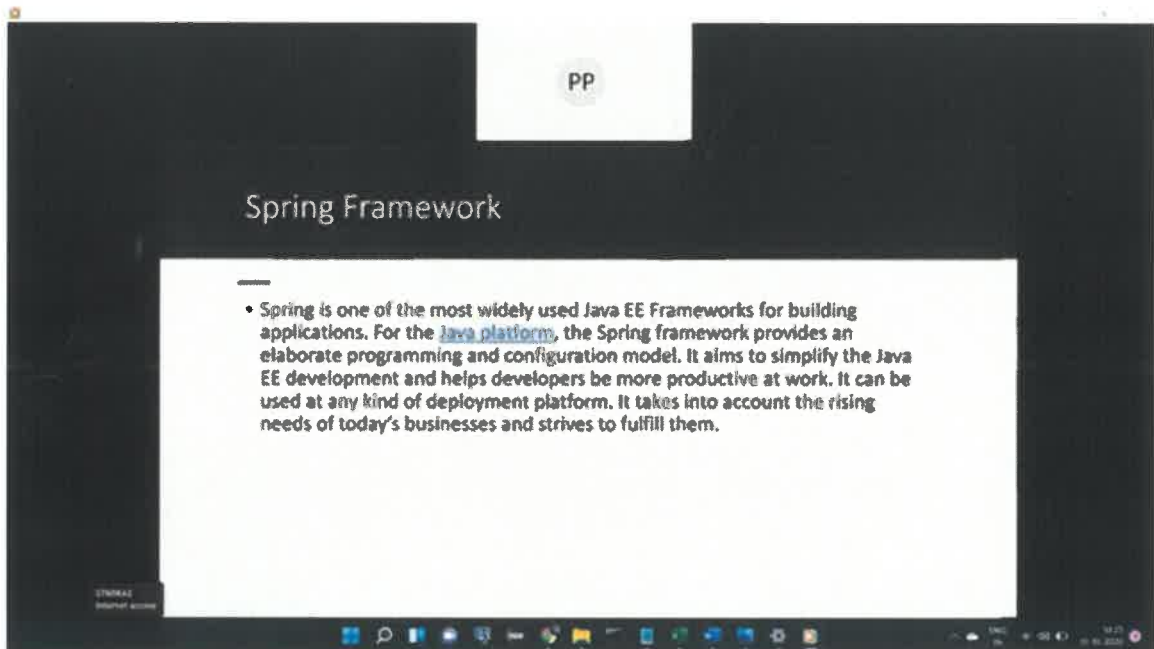


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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop on JAVA Programming with Spring

DATE: October 31, 2020




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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: February 12, 2021

Recording... View Options

Meeting Information

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

Meeting ID: 966 8952 3761

Host: The Library St. Mira College

Password: y8LDgp

Numeric Password (Telephone: Zoom System): 961961

Invite Link: <https://zoom.us/j/96689523761?pwd=RWI1Nk11VlR1NlV0PjVvaXBkZkdKdDZ9>

Copy Link

Encryption: Enabled

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

Report

Login Credentials are Required

EBSCO NLIST Sage Journals Computer Science Journals

Integrating Access to E-resources of St. Mira's College Library: A Webinar for Students, 2021-22, Wednesday 11 Aug 2021, 12:01 PM to 1:30pm - 1st session with the Speaker, 11 Aug 2021

Participants: 99

Chat

Share Screen

Pause/Stop Recording

Reactions

Madhuri

Madhuri

4019_ shruti utt...

4019_ shruti uttekar

21908 shikha

2857_Muskan N...

2857_Muskan Negi

Z

4086_Zainab Mukad...



Jh
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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: February 26, 2021

The screenshot displays the EBSCO Academic Search Elite mobile application. The top navigation bar includes icons for home, search, and other functions. The main content area shows search results for the keyword 'java'. Two results are visible: '1 PRINCES PROFITS AND THE PROPHET' and '2 Lipidomic and metabolomic profiles of Coffea canephora L. be'. Each result includes the author, title, and a brief description. The sidebar on the left offers various filtering options to refine the search results. The bottom of the screen shows the Windows taskbar with various application icons.

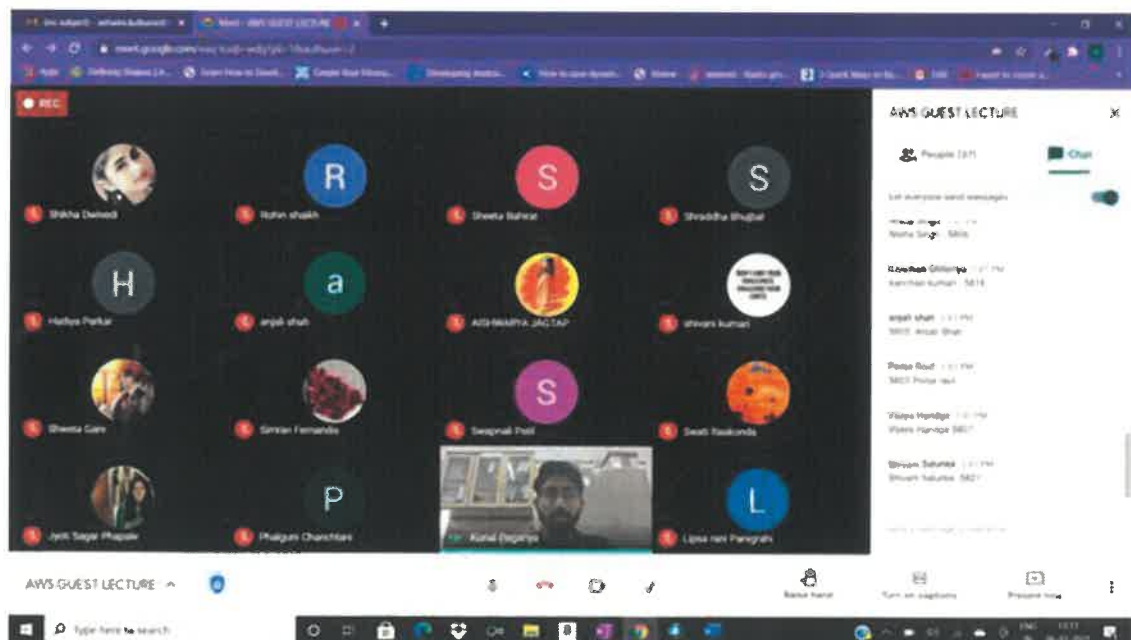
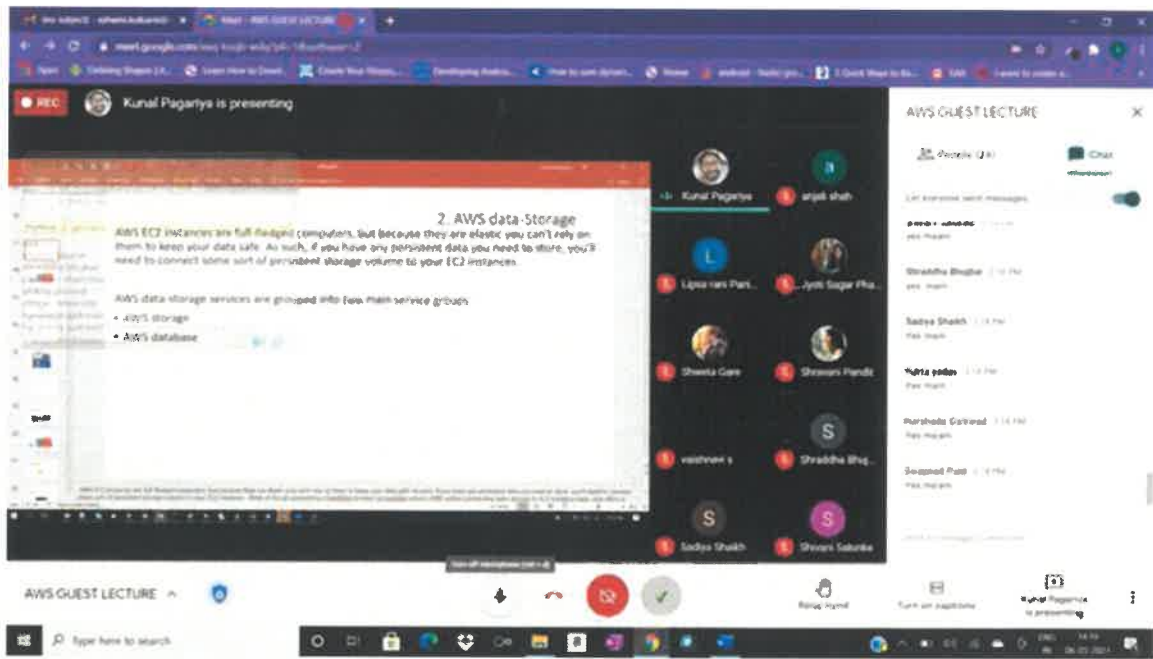



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Workshop on Cloud Computing AWS Services

DATE: March 6, 2021

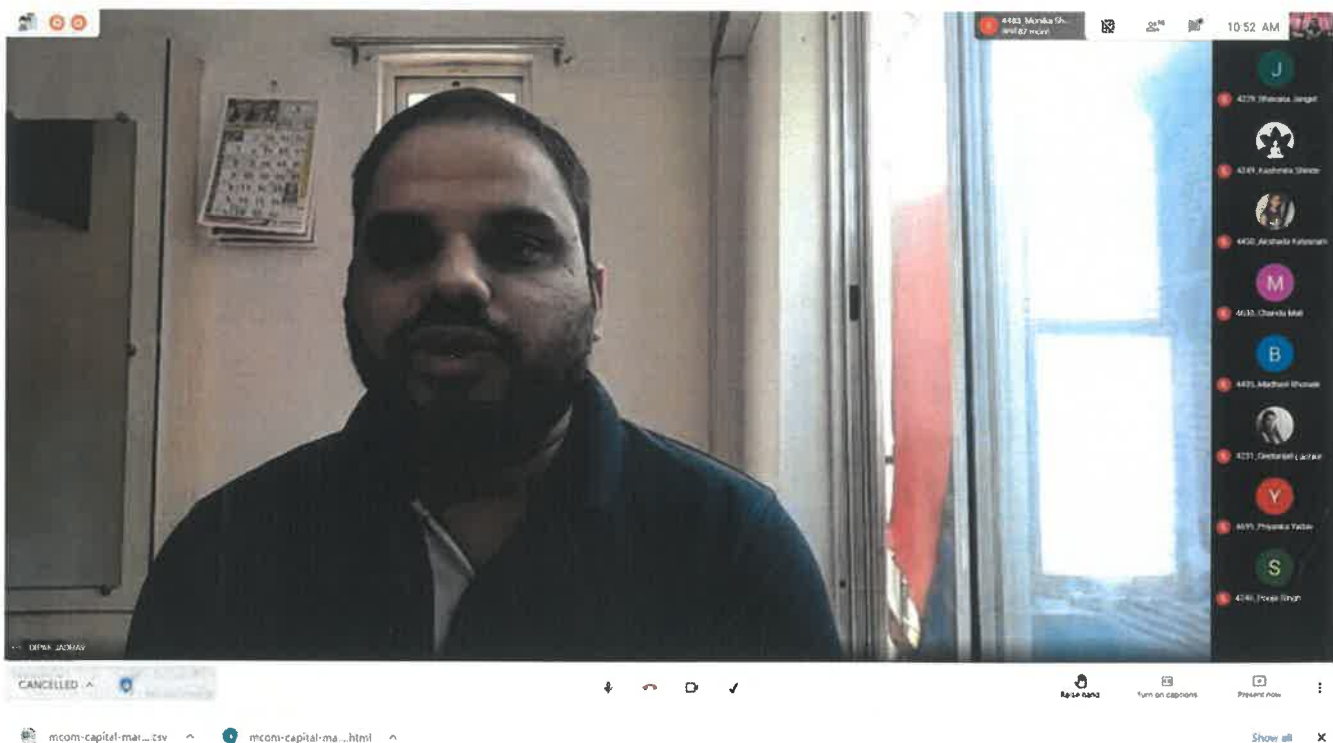



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Trends in Digital Marketing

DATE: March 23, 2021



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ST. MIRA'S COLLEGE FOR GIRLS

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

DATE: April 10, 2021

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

Academic Search Elite



- *Academic Search Elite* is a rich resource spanning a broad stretch of academic subjects with thousands of full-text journals and abstracted and indexed journals.
- This database is sourced with PDF images for the great majority of journals; many of these PDFs are native (searchable) or scanned-in-color.
- *Academic Search Elite* offers access to video content from the Associated Press, the world's leading news agency.
- Videos relevant to the search terms will appear in a panel in the result list. With footage from 1930 to the present and updated monthly, this collection of more than 75,000 videos covers a wide variety of topics.

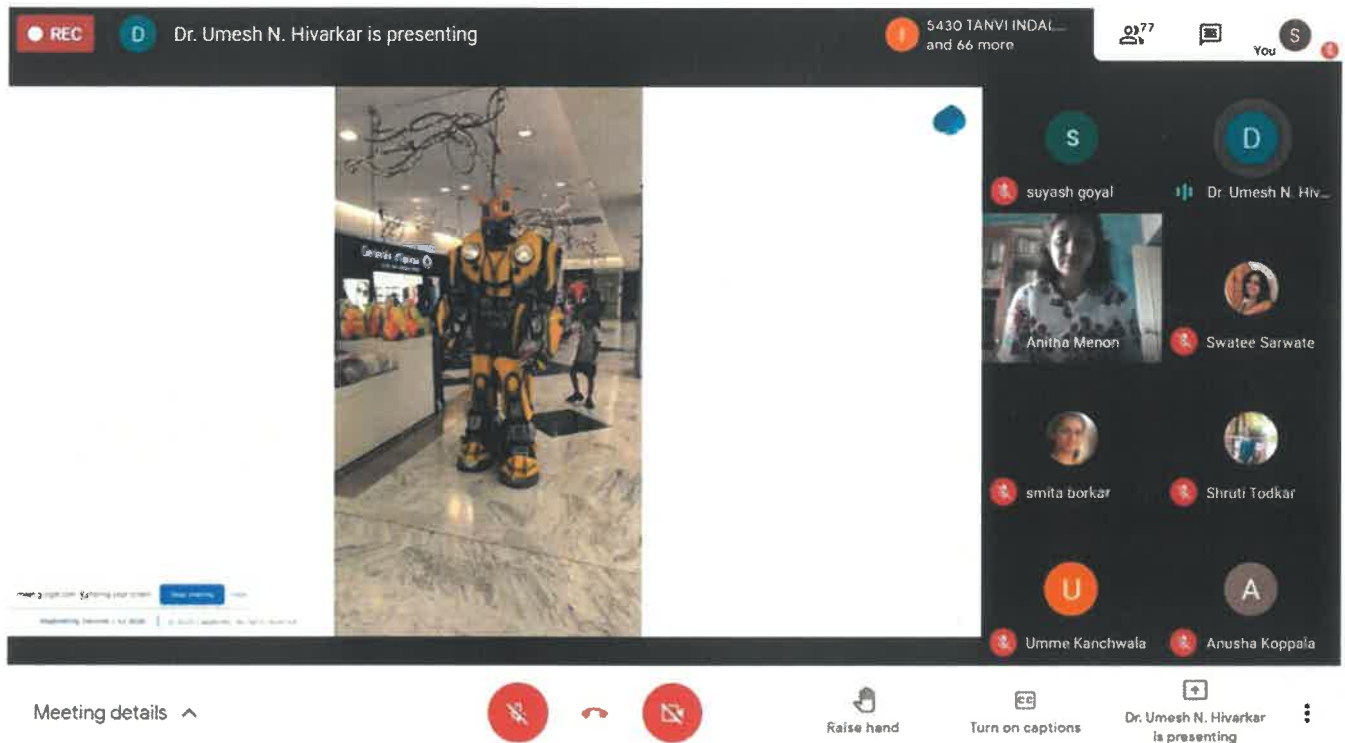



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ST. MIRA'S COLLEGE FOR GIRLS

NAME OF EVENT: Robotics and Intelligent Systems

DATE: April 15, 2021



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