



SADHU VASWANI MISSION'S
St. Mira's College for Girls, Pune
Autonomous (Affiliated to SavitribaiPhule Pune University)
Reaccredited by NAAC- A Grade, cycle 3
[ARTS, COMMERCE, SCIENCE, BSc (Computer Science), BBA, BBA (CA)]
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PU/P/AC/015/(1962)
College Code:- 013

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

Date:- 02/02/2023

CIRCULAR

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

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

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



Jaya

Dr Jaya Rajagopalan
Principal Incharge

Jaya

PSYCH ED MELA 2022-23

Report

The Psych-Ed mela

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

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

Psych-ed Mela.

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

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

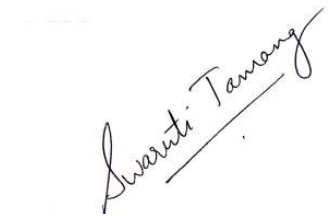
The movie screening was of the movie "Float" which was focused on learning to accept our unique personality and to have non-judgment about ourselves. The movie screening was enjoyed by students and the activity received an overwhelming response from the participants. The activity was facilitated by our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

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

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

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

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

A handwritten signature in black ink, reading "Swasti Tamang". The signature is written in a cursive style and is positioned diagonally across the page.

MENTAL HEALTH COORDINATOR

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St Miras College for Girls, Pune

Autonomous, Affiliated to SPPU

Psychology and Education Department

PsychEd Mela Registration Form

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

Swati Parag

Mental Health coordinator

		Class	Roll no	Sign
29.	Tanaya Patil	4919 TYBA	4919	Tanaya Tanaya
30.	Sharvani Kuvundwad	TYBA	4922	SK
31.	Neha	Ty bcom	4622	Neha
32.	Sneha Yeatne	Ty Bcom	4635	Sneha
33.	Khushi Bhatia	Ty Bcom	4605	Khushi
34.	Aarzoo Shaikh	SYBBA	22131	Aarzoo
35.	Tasneem Lohhandwala	SYBBA	22134	Tasneem
36.	Kavishma Narayanan	SYBBA	22160	Kavishma
37.	Lata Punjabi	SYBBA	22177	Lata
38.	VISHNAVI S ASHARODY	FYBA	2266	Vishnavi
39.	Lalita C	SYBA(B)	2669	Lalita
40.	Meera Nair	TYBA A	4925	Meera
41.	Afifa Patel	TYBA A	4920	Afifa
42.	Anisha Sable	11 th MM	241	Anisha
43.	Vishakha Jethi	Arts MM	283	Vishakha
44.	Sneha Vetal	11 th Arts MM	257	Sneha
45.	Aditi Kataravre	Arts MM	202	Aditi
46.	Kranti Kotwal	Arts MM	224	K. Kotwal
47.	Nishita Vaswani	Ex Student		Nishita Vaswani
48.	Dhanshei Kakade	11 th Arts MM	258	Dhanshei
49.	Madhuri Shinde	11 th Arts MM	230	Madhuri
50.	unnati Pethkar	11 th Arts MM	238	unnati
51.	Ira Swarni	FYBA A	2266	Ira
52.	Tanvi Sherkar	11 th Arts MM	208	Tanvi
53.	Sakshi Kakade	11 th Arts MM	227	Sakshi
54.	Seeta Madhi	11 th Arts MM	219	Seeta
55.	Sanika Todkar	11 th Arts MM	212	Sanika
56.	Vaishnavi Gaste	11 th Arts MM	213	Vaishnavi
57.	Tanvi Nitin Jadhav	11 th Arts	247	Tanvi
58.	Padnya Godekar	11 th Arts MM	210	Padnya
59.	Anushka Ingale	11 th Arts MM	218	Anushka
60.	Sonali Jangda	SYBBA	22130	Sonali

Sonali Jangda

Mental Health Coordinator

PSYCH ED MELA PICTURES



GPS Map Camera

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S. T. Miras Girl College, GVPP+4C3, Vasani Nagar,

Koregaon Park, Pune, Maharashtra 411001, India

Lat 18.535002°

Long 73.886253°

08/02/23 01:40 PM GMT +05:30

Google

PSYCH ED MELA PICTURES



Suvarati Tamang

Mental health coordinator