

**St. Mira's College for Girls in Academic Collaboration with Just Being Centre**  
**PG Diploma in Mindfulness Based Counseling: Listening with**  
**Embodied Presence**

**Total number of hours- 630**

**SUBJECT: SKILLS OF LISTENING & COUNSELING (VERBAL &NON  
VERBAL)**

<b>Semester: 1</b>	<b>Subject Code: MBC-LWEP/SK/</b>	<b>Lectures: 45</b>
--------------------	-----------------------------------	---------------------

**Learning Outcomes:**

At the end of the course, the student will be equipped to:

- Identify the experiential learning of the attitudes and skills in deep listening and counseling
- Use perceptive skills and observations
- Apply skills in a counseling context

<b>Unit 1: Embodied Presence in the Practitioner</b>	<b>9</b>
--	----------

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>SPalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>SSalve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>



<ul style="list-style-type: none"> <li>• Understanding Embodiment</li> <li>• Interoceptive awareness</li> <li>• Skills of Grounding, Centering and a Whole body approach in listening</li> <li>• Understanding Presence and its role in the listening and counseling process</li> <li>• Identifying states of Presence</li> </ul>	
---	--

<b>Unit 2: Attunement &amp; Resonance</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Sensing, feelings, sensations</li> <li>• Inner attunement</li> <li>• Attunement to other</li> <li>• Resonance – somatic, empathetic and psychological field</li> <li>• Interoceptive awareness of feelings-sensations and felt sense</li> </ul>	

<b>Unit 3: Verbal Skills of Counseling</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Skills of reflection, paraphrasing, summarizing</li> <li>• Skills of open ended and close ended questions</li> </ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>spalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>trupti</i>
Industry Expert	Shilpa Salve	<i>SSalve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>



<ul style="list-style-type: none"> <li>• Skills of silence and inquiry</li> <li>• Combining skills in counseling</li> </ul>	
---	--

<b>Unit 4: Intention and Attention in Counseling</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Role of intention in the counseling process</li> <li>• Practices of intention</li> <li>• Importance of self-care of the counselor</li> <li>• Principles of attention in listening and counseling</li> <li>• Dual attention in the counseling process</li> </ul>	

<b>Unit 5: Wholeness</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Working with aligning to wholeness in the body in the counseling process</li> <li>• Working with wholeness through using paraphrasing and reframing verbal skills</li> <li>• Working with titration and pendulation</li> </ul>	

# Practice sessions (30 hours)

# Mindfulness practice (80 hours)

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>





# Assignments (22.5 hours)

Mindfulness Practices: 60

Assignments & Self Study: 22.5

Practical Work: 30

**SUBJECT: MINDFULNESS**

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>SPalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>SSalve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>



<b>Semester: 2</b>	<b>Subject Code: MBC-LWEP/SK/</b>	<b>Lectures: 45</b>
--------------------	-----------------------------------	---------------------

**Learning Outcomes:**

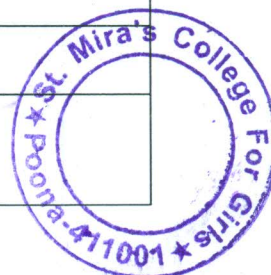
At the end of the course, the student will be equipped to:

- Carry out experiential learning of mindfulness through formal and informal practices.
- Understand the philosophical underpinnings of mindfulness.
- Apply mindfulness in counseling.
- Generate research findings on mindfulness.

<b>Unit 1: Anchors for Mindfulness Practices</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Mindfulness of Breath, Body (Soma) &amp; Body in Movement</li> <li>• Mindfulness of Sound, Thoughts, Presence</li> </ul>	

<b>Unit 2: Relational Mindfulness</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Applications of Mindfulness in Everyday Life</li> <li>• Relational Mindfulness</li> </ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>[Signature]</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>[Signature]</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>[Signature]</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>[Signature]</i>
Alumni	Ms. Trupti Poduval	<i>[Signature]</i>
Industry Expert	Shilpa Salve	<i>[Signature]</i>
Industry Expert	Benaifer Jesia	<i>[Signature]</i>



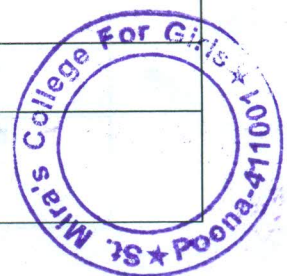
<ul style="list-style-type: none"> <li>• Self-Compassion and its role in empathy</li> <li>• The holding environment</li> </ul>	
--	--

<b>Unit 3: Research Findings</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Research findings from studies on Mindfulness</li> <li>• Contraindications in using Mindfulness</li> </ul>	

<b>Unit 4: Mindfulness and Listening</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Mindfulness in the listening Process</li> <li>• Similarities and differences in Mindfulness Mediations and the Listening Process</li> </ul>	

<b>Unit 5: Philosophical Underpinnings of Mindfulness</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• The three marks of existence</li> <li>• Attachment and Aversion</li> <li>• Key concepts from Buddhist Psychology, philosophy of J Krishnamurthy and Advaita Philosophy as it applies to Presence,</li> </ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>





Mindfulness and Listening

# Practice sessions (30 hours)

# Mindfulness practice (80 hours)

# Assignments (22.5 hours)

**SUBJECT: THEORETICAL ORIENTATIONS IN COUNSELING & GROUP  
PROCESS WORK**

Semester: 3	Subject Code: MBC-LWEP/SK/	Lectures: 45
-------------	----------------------------	--------------

**Learning Outcomes:**

At the end of the course, the student will be equipped to:

- Understand frameworks of key counseling approaches.
- Understand the orientation of a mindfulness based approach to counseling within the context of psychological approaches in counseling

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>trupti</i>
Industry Expert	Shilpa Salve	<i>Salve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>



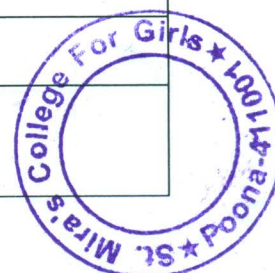
- Identify key psychological markers in mindfulness practice.

<b>Unit 1: Theories of Counseling</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Theories of Counseling Approaches</li> <li>• Contextualizing Mindfulness Based Approaches within Psychology (Historical Perspectives, Contemporary frameworks)</li> </ul>	

<b>Unit 2: Identifying key psychological markers</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Developmental Stages and Corresponding Emotional Needs</li> <li>• Psychiatric Conditions</li> </ul>	

<b>Unit 3: Understanding the Embodied Mind</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• The mind-body connection</li> <li>• Learning the role of cognition to sensations and implicit memory</li> <li>• The felt sense, implicit knowing, intuition and the collective</li> </ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>





unconscious	
-------------	--

<b>Unit 4: Principles of Mindfulness Based Counseling</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Concepts from a Humanistic Approach, Compassionate Communication and Focusing in Listening &amp; Presence</li> <li>• The Theoretical Framework of Mindfulness Based Counseling : Listening with Embodied Presence (Main Principles &amp; Rationale for Process)</li> </ul>	

<b>Unit 5: Embodiment</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Embodiment of Feelings</li> <li>• Embodied Cognition</li> </ul>	

# Practice sessions (30 hours)

# Mindfulness practice (80 hours)

# Assignments (22.5 hours)

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>SPalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa Salve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>



**SUBJECT: REFLEXIVE LEARNING**

<b>Semester: 4</b>	<b>Subject Code: MBC-LWEP/</b>	<b>Lectures: 45</b>
--------------------	--------------------------------	---------------------

**Learning Outcomes:**

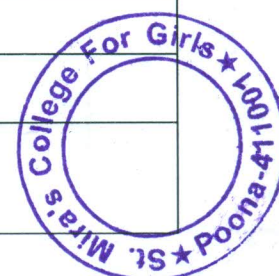
At the end of the course, the student will be equipped to:

- Understand their own inner patterns and beliefs.
- Listen deeply to themselves and extend self-compassion.
- Use observation skills in group processes.

<b>Unit 1: Listening to feelings and needs</b>	<b>9</b>
<ul style="list-style-type: none"> <li>• Listening in Personal Spaces &amp; Journaling Insights</li> <li>• Observation &amp; Noting of feelings, needs, resources</li> </ul>	

<b>Unit 2: Elements of a Professional Space</b>	<b>9</b>
---	----------

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>Sharmin</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa</i>
Industry Expert	Benaifer Jesia	<i>Benaifer</i>



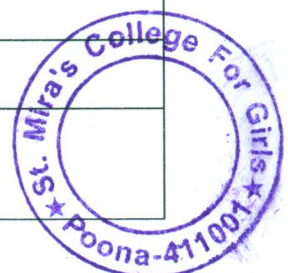
<ul style="list-style-type: none"> <li>Working with clients in professional settings</li> <li>Engaging in group process work</li> </ul>	
---	--

<b>Unit 3: Understanding different perspectives and experiences</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Peer exchanges</li> <li>Group learning and discussion</li> </ul>	

<b>Unit 4: Understanding Self</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Personal Counseling &amp; Therapy</li> <li>Inner Listening Processes</li> <li>Reading and writing from a felt sense experience</li> </ul>	

<b>Unit 5: Designing Group Process &amp; Observation of Group Dynamics</b>	<b>9</b>
<ul style="list-style-type: none"> <li>Group process and facilitation</li> <li>Observing key factors that form groups</li> <li>Observing titration and pendulation in a group process</li> </ul>	

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	<i>SPalsetia</i>
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	<i>Sairaj Patki</i>
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	<i>Amruta Oke</i>
Industry Expert	Ms. Sandy Dias Andrade	<i>Andrade S</i>
Alumni	Ms. Trupti Poduval	<i>Trupti</i>
Industry Expert	Shilpa Salve	<i>Shilpa Salve</i>
Industry Expert	Benaifer Jesia	<i>Benaifer Jesia</i>





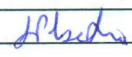




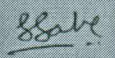

# Practice sessions (30 hours)

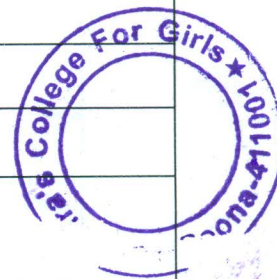
# Mindfulness practice (80 hours)

# Assignments (22.5 hours)

**Reference Books:**

- On Becoming a person - Carl Rogers
- The Gift of Therapy - Irvin Yalom
- Sitting Together - Ronald Siegel
- The Miracle of Mindfulness - Thich Nhat Hahn
- Whenever you go, there you are - Jon Kabat-Zinn
- Group Therapy - Irvin Yalom
- A way of being - Carl Rogers
- Focusing - Eugene Gendlin
- In an unspoken voice - Peter Levine
- Non Violent Communication - Marshall Rosenberg

Board Of Studies	Name	Signature
Chairperson (HoD)	Dr. Jaya Rajgopalan	
Faculty	Ms. Sharmin Palsetia	
Faculty	Ms. Hasina Shaikh	
Subject Expert (Outside SPPU)	Dr. Sairaj Patki	
Subject Expert (Outside SPPU)	Dr. Vivek Belhekar	
VC Nominee	Dr. Amruta Oke	
Industry Expert	Ms. Sandy Dias Andrade	
Alumni	Ms. Trupti Poduval	
Industry Expert	Shilpa Salve	
Industry Expert	Benaifer Jesia	

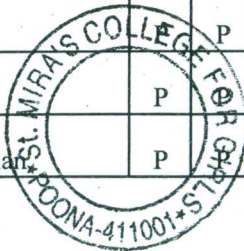


**ST. MIRA'S COLLEGE FOR GIRLS, PUNE**

**Course Name : PG Diploma in Mindfulness Based Counseling: Listening with Embodied Presence**  
**Organized by Just Being Center for Mindfulness and Presence and St. Mira's College for Girls, Pune**

**Attendance Sheet 2022-23**

Roll no.	Name of Student	Module 1			Module 2			Module 3			Module 4			Module 5			Module 6			Total No. of sessions	Attend ed	Percen tage	Signature of student
		5th Aug	6th Aug	7th Aug	2nd Sept	3rd Sept	4th Sept	7th Oct	8th Oct	9th Oct	2nd Dec	3rd Dec	4th Dec	3rd Feb	4th Feb	5th Feb	14th Apr	15th Apr	16th Apr				
		S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3				
MBC2022/01	Archana Singh	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	<i>Archana</i>
MBC2022/02	Arshjot Kaur Bedi	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	50	93%	<i>Arshjot</i>
MBC2022/03	Ashita Songara	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	52	96%	<i>Ashita</i>
MBC2022/04	Devanshi Shah	P	P	P	P	P	P	P	P	P	P	P	A	P	P	A	P	P	P	54	47	87%	<i>Devanshi</i>
MBC2022/05	Jyoti Chadha	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	50	93%	<i>Jyoti</i>
MBC2022/06	Jyoti Solaria	P	P	P	P	P	P	P	P	P	P	P	A	P	P	P	P	P	P	54	49	91%	<i>Jyoti</i>
MBC2022/07	Krupa Chandrakant Desai	p	p	p	p	p	p	p	p	p	p	p	p	p	p	p	a	p	p	54	52	96%	<i>Krupa</i>
MBC2022/08	Manali Dutta	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	53	98%	<i>Manali</i>
MBC2022/09	Manisha Mahaldar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	54	51	94%	<i>Manisha</i>
MBC2022/10	Mayukhini Pande	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	52	96%	<i>Mayukhini</i>
MBC2022/11	Mehr Shaw	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	A	54	44	81%	<i>Mehr</i>
MBC2022/12	Ooha Padma Maruri	P	P	A	P	P	P	P	P	P	P	P	P	P	A	P	A	A	P	54	45	83%	<i>Ooha</i>
MBC2022/13	Priyadarshini Shah	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	<i>Priyadarshini</i>
MBC2022/14	Rahul C Patil	P	P	P	P	P	A	P	P	P	P	P	P	P	A	P	P	A	P	54	49	91%	<i>Rahul</i>
MBC2022/15	Saloni Madan	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	<i>Saloni</i>
MBC2022/16	Sangeeta Cherian	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	<i>Sangeeta</i>



*Ms Sharmin Palselia*  
*Course Coordinator*

*Shalini*  
*Dr. Shalini*  
*Coordinator*



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

**Course Name : PG Diploma in Mindfulness Based Counseling: Listening with Embodied Presence**  
**Organized by Just Being Center for Mindfulness and Presence and St. Mira's College for Girls, Pune**

**Attendance Sheet 2022-23**

Roll no.	Name of Student	Module 1			Module 2			Module 3			Module 4			Module 5			Module 6			Total No. of sessions	Attended	Percentage	Signature of student
		5th Aug	6th Aug	7th Aug	2nd Sept	3rd Sept	4th Sept	7th Oct	8th Oct	9th Oct	2nd Dec	3rd Dec	4th Dec	3rd Feb	4th Feb	5th Feb	14th Apr	15th Apr	16th Apr				
		S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3	S1-3				
MBC2022/17	Saumya Gairola	P	P	P	P	A	A	A	A	P	P	P	P	P	P	P	P	P	P	54	39	72%	
MBC2022/18	Sonali Madireddi	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	Sonali Madireddi
MBC2022/19	Sriram Srinivasan	P	P	P	A	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	52	96%	
MBC2022/20	Srishti Gulati	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	Srishti
MBC2022/21	Supriya	P	P	P	A	A	P	A	A	A	P	P	P	P	P	P	P	P	P	54	43	80%	Supriya
MBC2022/22	Suresh Nair	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	
MBC2022/23	Swati Navalgundkar	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	P	54	54	100%	
MBC2022/24	Ujjvala More	P	P	P	P	P	P	P	P	P	P	A	A	P	P	P	P	P	P	54	47	87%	Ujjvala

*Andrade S*

**Sandy Dias Andrade**  
Name & Signature of Course Instructor



*Ms. Sharmin Palsetia*  
**Ms. Sharmin Palsetia**  
Course Coordinator

*Shalini Iyer*  
**Dr. Shalini Iyer**  
Coordinator



St. Mira's College for Girls, Pune

Name of Course: PG Diploma in Mindfulness Based Counseling: Listening with Embodied Presence

No. of Credits : 27

Period From : 2022-2023

Name of the Teacher Incharge : Sandy Dias Andrade

Roll no.	Name of Student	Marks Obtained	Out of	Grade	% of Attendance	Signature of the student
MBC2022/01	Archana Singh	404	675	B+	100%	
MBC2022/02	Arshjot Kaur Bedi	400	675	B+	93%	
MBC2022/03	Ashita Songara	470	675	A	96%	
MBC2022/04	Devanshi Shah	432	675	A	87%	
MBC2022/05	Jyoti Chadha	462	675	A	93%	
MBC2022/06	Jyoti Solaria	527	675	A+	91%	
MBC2022/07	Krupa Chandrakant Desai	623	675	O	96%	
MBC2022/08	Manali Dutta	526	675	A+	98%	
MBC2022/09	Manisha Mahaldar	629	675	O	94%	
MBC2022/10	Mayukhmi Pande	633	675	O	96%	
MBC2022/11	Mehr Shaw	276	675	P	81%	
MBC2022/12	Ooha Padma Maruri	630	675	O	83%	
MBC2022/13	Priyadarshini Shah	467	675	A	100%	
MBC2022/14	Rahul C Patil	561	675	O	91%	
MBC2022/15	Saloni Madan	391	675	B+	100%	
MBC2022/16	Sangeeta Cherian	466	675	A	100%	
MBC2022/17	Saanya Gairola	331	675	C	72%	
MBC2022/18	Sonali Madireddi	467	675	A	100%	
MBC2022/19	Sriram Srinivasan	614	675	O	96%	
MBC2022/20	Srishti Gulati	613	675	O	100%	
MBC2022/21	Supriya	317	675	C	80%	
MBC2022/22	Suresh Nair	530	675	A+	100%	
MBC2022/23	Swati Navalgundkar	529	675	A+	100%	
MBC2022/24	Ujjvala More	537	675	A+	87%	

*Sandy Dias Andrade*

Sandy Dias Andrade

Name & Signature of Course Instructor

*Ms. Sharmin Palsetia*

Ms. Sharmin Palsetia

Name & Signature of Course Co-ordinator

*Dr. Shalini Iyer*

Dr. Shalini Iyer

Name & Signature of Course Co-ordinator



*Jaya Rajagopalan*

Dr. Jaya Rajagopalan  
Principal In-charge