

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

KINDLE THE LIGHT

[An Autonomous College Affiliated to the Savitribai Phule Pune University]
[ARTS, COMMERCE, SCIENCE, B.Sc.(COMPUTER SCIENCE) BBA, BCA]

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NAAC 3rd Cycle - A grade

Dr. Jaya Rajagopalan
Principal Incharge

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

Circular No:- G-5/2022-23/५९

Date:- 08/03/2023

CIRCULAR

On the 10th and 11th of March 2023, a fest '*Sukoon- Embracing Wellness*' is organized by *Raahi- Mental Health Club* by the Department of Psychology from 10 am to 2 pm. The inaugural program for the same will be organized on 10th March 2023 from 10 am to 11.30 am. The detailed schedule of the program has been provided. We would request you to kindly be present for the inauguration.

Swaruti Tamang
Ms. Swaruti Tamang
Mental health Coordinator



Jaya
Dr. Jaya Rajagopalan
Principal Incharge

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SUKOON - REPORT

Introduction

Sukoon - Embracing wellness was a two-day event that the Raahi club initiated under the Department of Psychology at St Mira's College, Pune.

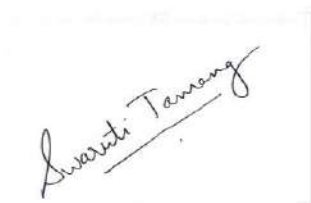
Through the festival, the Mental well-being club aimed to bring some of the country's leading psychologists and experts under one roof. The events that were hosted were thought-provoking and insightful for the participants. There was a combination of experiential sessions and talks, and the participants could choose from sessions from various psychology and mental health modalities.

The session was inaugurated in the presence of the Guest of honor, Ms. Anusree Menon, Centre for Mental Health, Dr. Shalini Iyer, the Vice Principal, St Mira's College for Girls, Pune, and other dignitaries.

DAY 1

Day one began with an intriguing set of sessions on somatic movement, neuropsychology, and building resilience through challenging times. The Keynote address by Ms. Anusree Menon was on the importance of caring deeply for oneself and applying principles of self-care in our everyday lives.

The three sessions conducted on the first day were facilitated by leading psychologists, Ms. Karishma Harlalka (Artsphere, Pune), Ms. Margurite Theophile (WEAVE), and Ms Tehnaaz Ragi.



Mental health coordinator
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It was a day filled with interaction, learning, and connection.

In the interactive session hosted by Ms. Theophil, the participants got an opportunity to learn deeper concepts related to the connection with the self and others. She explored deeper dimensions of self-care and resilience-building through her wisdom and understanding of mental health.

The session held by Ms. Karishma Harlalka was an experiential session on Somatic movement that supported the participants to connect with their experience and express themselves through bodily movement.

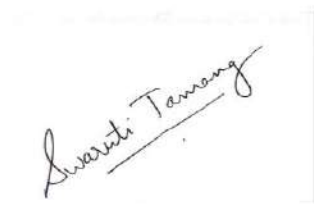
DAY 2

Day 2 began with a session on Mindful Self-compassion facilitated by Ms. Swaruti Tamang. The participants were introduced to the concept of being compassionate towards themselves and learning practical ways to take action to support themselves.

An experiential session followed this in Expressive arts therapy and the participants got a chance to learn simple ways of supporting themselves through art. This session also provided students with creative techniques to express their feelings.

Reflections at the end

The event saw a motivating number of participants despite being one of the last events of the academic year and this event gave the department encouragement to plan, organize and execute similar activities year after year.



Mental health coordinator

Swaruti Tamang



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Psychology Department-Raahi-Mental Health Club Sukoon Fest

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Psychology Department-Raahi- Mental Health Club- Sukoon Fest

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