

SADHU VASWANI MISSION'S

ST. MIRA'S COLLEGE FOR GIRLS

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

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KINDLE THE LIGHT

Dr. Jaya Rajagopalan
Principal Incharge

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

G-15(A)/2022-23/12

02/07/2022

CIRCULAR

As a part of the college mental well-being program, mandatory offline classroom awareness sessions will be conducted for all degree college students by college counselor starting from July 2022. Please refer to the attached timetable for respective classes and streams.

Ms. Pooja Jain
Coordinator



Dr. Jaya Rajagopalan
Principal Incharge

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

Department of Psychology
Mental Well-being Program 2022-23
Mandatory Classroom Awareness Sessions – proposed timetable

Dear teachers,

As a part of the college mental well-being program, mandatory classroom awareness sessions will be conducted for all classes of degree college by program coordinator Ms. Pooja Jain. Teachers are requested to go through the timetable below and sign for their respective classes and support the program. This timetable has been prepared keeping in mind the general classes where students will be available in the class and counsellor can go and interact with them for an awareness session.

BA&BCom Timetable for Awareness sessions:

S. No.	Class	Date	Day	Time	Concerned teacher	Venue	Teacher's approval & Signature
1	TY BA - B	06 July 2022	Wednesday	9:00-10:00	Hasina S.	3	<i>Hasina</i>
2	TYBCom - A	06 July 2022	Wednesday	10:00-11:00	Elizabeth K.	101	<i>E.K.</i>
3	TY BA - A	07 July 2022	Thursday	9:00-10:00	Arwah M.	2	<i>Arwah</i>
4	SY BCom- B	08 July 2022	Friday	11:00-12:00	Rajni S.	105	<i>Rajni</i>
5	TY BCom - C	13 July 2022	Wednesday	09:00-10:00	Meenakshi W.	103	<i>MSW</i>
6	SY BCom - A	13 July 2022	Wednesday	11:00-12:00	Arwah M.	5	<i>Arwah</i>
7	SY BA- B	14 July 2022	Thursday	09:00-10:00	Hasina S.	108	<i>Hasina</i>
8	SY BCom - C	14 July 2022	Thursday	11:00-12:00	Dimple B.	106	<i>Dimple</i>
9	TY BCom- B	15 July 2022	Friday	10:00-11:00	Komal R.	102	<i>Pati</i>
10	SY BA- A	15 July 2022	Friday	12:00-13:00	Sharmin P.	203	<i>Sharmin</i>

For any concerns or questions, please feel free to reach out mentalhealth@stmiracollegepune.edu.in

Ms. Pooja Jain

(Department of Psychology)



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

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Mental Well-being Program 2022-23
Classroom Awareness Session – 1

Returning to Campus

Classroom awareness sessions were conducted on 'Managing Mental Health on Returning to Campus and building Emotional Resilience' by in house college counselor across classrooms over the year. 181 students participated in these sessions and offered feedback over google forms.

S. No.	Class	Date	Day	Time	Venue	Total participants
1	TY BCom - A	06 July 2022	Wednesday	10:00-11:00	101	54
2	TY BA - A	07 July 2022	Thursday	9:00-10:00	2	19
3	TY BCom - C	13 July 2022	Wednesday	09:00-10:00	103	42
4	SY BA- B	14 July 2022	Thursday	09:00-10:00	108	15
5	TY BCom- B	15 July 2022	Friday	10:00-11:00	102	28
6	SY BA- A	15 July 2022	Friday	12:00-13:00	203	23

Total Students: 181

Program Coordinator: Ms. Pooja Jain

(Department of Psychology)

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Mental Well-Being Programme Classroom Awareness Sessions



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