

Activities Psychology & Counselling Cell

Year 2019-20

- **21st June 2019** Demonstration of various techniques of Pranayam on the occasion of International Yoga Day Celebration.



- **17th July 2019:** A workshop on Introduction to Industrial Psychology & Organisation Behavior was organised to make the students understand the importance of the field.



➤ **Students of Psychology Unit participated in Annual Function Ras Fuhar**



➤ **Students participated in Regional Yuva Mahotsav 2019**

1st date for registration
8th Sept 2019

29th सेप्टेम्बर - Regional Festival
18th सेप्टेम्बर 2019

Category	No. of Participants	Details
1) Dance	→ 9	(Hema malavi, Anju)
2) Literary	→ 8	(English - Debate & Cloud Essay, English, Essay - Hindi)
3) Poster	→ 4	(Hindi)
4) Quiz	→ 3	(Kashyap Sir, Anita ma)
5) Poetry	→ 2	(Hindi) Ramlakhan
6) Rangoli	→ 2	(Group) Rinkal
7) Street Play	→ 10	(Beenu malavi, Sumita Lohani)
8) Photography (D&R mode)		

Category	Teacher Incharge
1) Dance	→ Hemlata Maswale, Anju Thakur
2) Literary	→ Kavita Patil (Eng. Ma), Ramlakhan (Hindi)
3) Street Play	→ Beenu Singh, Sumita Lohani

Fill the program for youna Mahotsav - Anita J
(8th Sept is the last date)
Kindly submit the names, DOB of the students to Anita J

➤ **15th Aug 2019 Students of Psychology Unit participated in 73rd independence Day Celebration and performed various dances, gave speeches, and presented street play and also took OATH as CR.**



➤ Program on World Mental Health Day 10th Oct 2019

On the occasion of **World Mental Health Day**, a program was organized by the **Psychology Unit**. Students showcased **posters** and delivered **presentations** on the theme of World Mental Health Day 2019: "**Mental Health Promotion and Suicide Prevention.**" The event saw active participation from students across various programs, including **BA, B.Com, and BMS**, fostering awareness and dialogue on this critical topic.



➤ Educational Visit to Bisleri Plant on 12-02-2019



2020-21 Year of COVID

Online classes were conducted

लोकमत एक
Maharashtra
Government has taken a decision to not conduct the final year/final semester examination of the non-professional courses as well as professional courses as the present atmosphere is not yet conducive to conduct any examination or classes. (1/3)

Jun 26, 2020

Info

Add a description

Details

Jun 26, 2020
Fri, 4:10 PM GMT+05:30

Screenshot_20200626-161019_Chrome.jpg
2.1 MB · 1080 × 1920

Uploaded from Android device

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Storage saved · [Learn more](#)

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COVID19 made the year 2020-21 stay at home for students and teachers in schools and colleges so the year was full of online classes, events and activities.

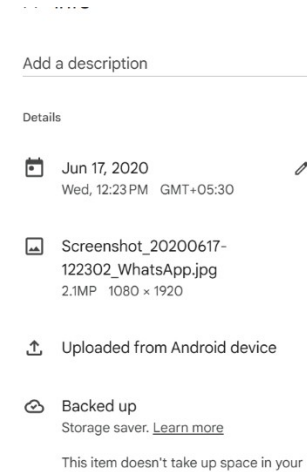
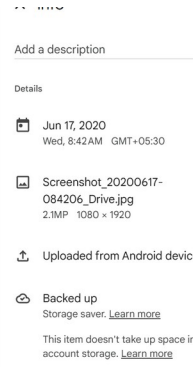
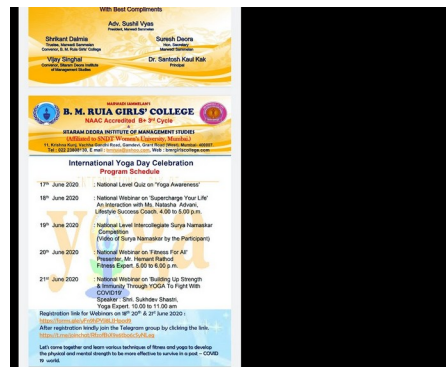
A WhatsApp group of the students was made for better communication.

Students were given counselling regarding maintaining strength and health of themselves and their family members. The facility was made available for them for 24*7.

Students were encouraged to do Yoga and Pranayam to be fit and healthy and videos of the same were posted on their whatsapp group.

Students were taught to use various ICT (Information and Communication Technologies) methods of teaching -learning.

➤ **Students from Psychology Unit participated in a week program on YOGA From 17th June 2020 to 21st June 2020**



➤ **5th August 2020 : Symposium Report: "स्वस्थ जीवन की संजीवनी - आयुर्वेद चिकित्सा"**

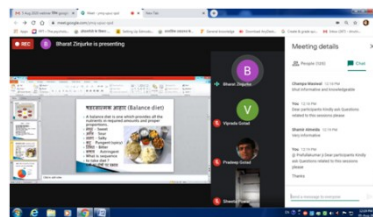
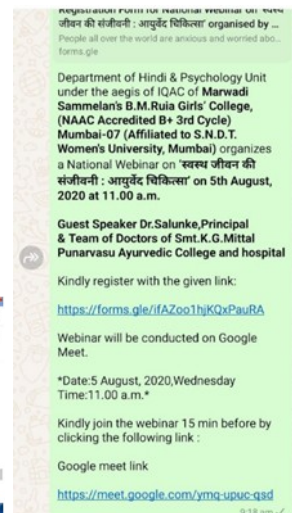
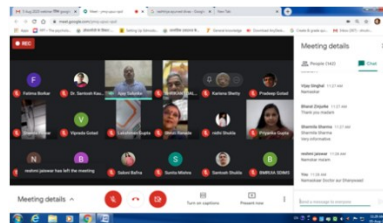
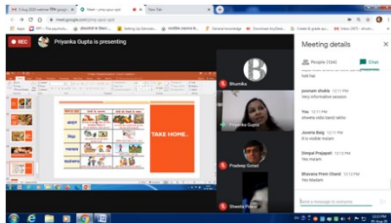
An insightful online symposium on the topic "स्वस्थ जीवन की संजीवनी आयुर्वेद चिकित्सा" was organized on the Google Meet platform. The session featured Dr. Salunkhe, Principal of Smt. K.G. Mittal Punarvasu Ayurvedic College and Hospital, along with a distinguished team of doctors, including Dr. Bharat Jhinjurke, Dr. Priyanka Gupta, and Dr. Tushar Bhuvad.

The symposium highlighted the holistic benefits of Ayurvedic medicine and its pivotal role in promoting a healthy lifestyle. The guest speakers emphasized how Ayurveda serves as a "Sanjeevani" for achieving and maintaining overall well-being. Each doctor shared valuable insights and practical advice, stressing the importance of integrating Ayurvedic principles into daily life for achieving a healthy and disease-free existence.

The event witnessed an overwhelming participation of 145 attendees from various parts of India, reflecting the growing interest in Ayurveda as a reliable and natural approach to health and wellness. Participants expressed their appreciation for the knowledge shared during the session, noting its practical applications in day-to-day living.

The symposium concluded with a heartfelt vote of thanks to Dr. Salunkhe and his esteemed team for their enlightening contributions. Their expertise and dedication to promoting Ayurveda were deeply appreciated by all.

Overall, the event proved to be an enriching experience, leaving attendees inspired to embrace Ayurveda for a healthier, balanced life.



- **10th Jan 2020:** Students of Psychology Unit Participated in Annual Function Ras Fuhar

रस फुहार
10th Jan
2020

- **05-02-2020:** Discussion on "Contribution of Women Leaders in the Organization" by Ms. Shruti Ranade



Year 2021-22

- **"Environmental Consciousness and Reading Inspiration Day"**
Date: Saturday, June 19, 2021 **Time:** 8:30 AM **Mode:** Online
Organized by: Psychology Unit & Foundation Cours

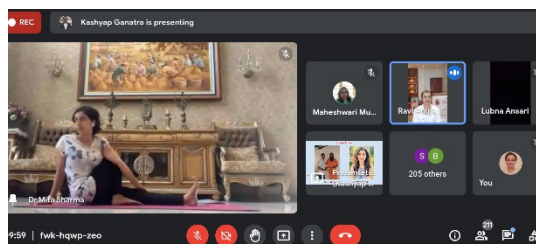
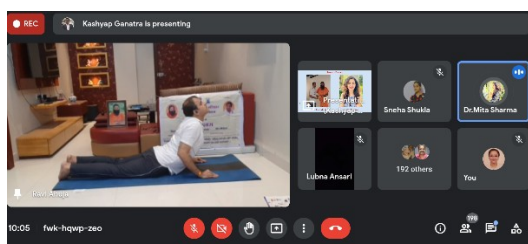
Event Highlights:

- 1. Combined Celebration Themes:**
 - Environmental Consciousness: Promoting awareness of environmental issues and sustainable practices.
 - *Vachan Prerna Diwas* (Reading Inspiration Day): Celebrated to honor the birth anniversary of Dr. A.P.J. Abdul Kalam and encourage the development of reading habits among students.
- 2. Student Engagement:**
 - Students from BAI, BAII, and BAIII participated by presenting readings from books related to travel, environmental protection, and inspiring institutions.
 - Discussions included the contributions of Acharya Balkrishna Ji to organic farming, tree plantation, and the medicinal properties of plants such as basil and aloe vera.
- 3. Topics Explored:**

- Soil pollution, environmental and social issues.
- National Parks of India and their significance.
- Book discussion: *National Flower of India and State Flowers of States* by Shri Parshuram Shukla.

4. Objective:

- Foster a love for reading and awareness about environmental conservation.
 - Highlight student contributions through presentations, discussions, and advocacy for critical environmental and literary issues.
- **21st June, 2021:** Counselling Cell “मंत्रणा” along with Cultural Committee, Sports Committee & Internal Quality Assurance Cell (IQAC) of Marwadi Sammelan’s B. M. Ruia Girls’ College and Sitaram Deora Institute of Management Studies Affiliated to S.N.D.T. Women’s University, Mumbai, organised National Level Workshop titled "Yoga at home and Yoga with Family" on the occasion of International Yoga Day on 21st June, 2021 from 9.00 am onwards. The eminent resource persons of the Workshop were Mr. Ravi Ahuja and Dr. Mita Sharma from Patanjali Yog Samiti. Around 250 national participants made this workshop a huge success.



➤ **26th February 2022: Celebration of Vinayak Damodar Savarkar's Birth Anniversary**

Objective: To honour the memory of Vinayak Damodar Savarkar and inspire students with his unwavering commitment to India's independence and cultural heritage.

Theme: The event celebrated the life and legacy of Vinayak Damodar Savarkar, a prominent freedom fighter, poet, and writer who played a significant role in India's struggle for independence.

Activities Conducted:

Students participated in discussions and presentations highlighting Savarkar’s contributions to India’s freedom movement.

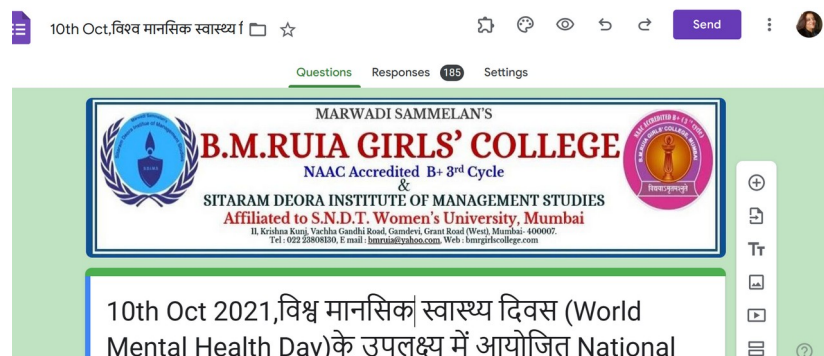
Key aspects of his philosophy, such as his emphasis on self-reliance and nationalism, were discussed.

Poems and writings by Savarkar were read and analyzed, offering insights into his literary and revolutionary contributions.

Participation: Active involvement of students and faculty members, fostering a deeper understanding of Savarkar's ideals and their relevance today.



- **10th Oct 2021:** The National Level Quiz on the occasion of World Mental Health Day, held on 10th October 2021, was organized by BM Ruia Girls College's Psychology Unit and Counseling Cell "मंत्रणा" along with IQAC of the college. This quiz aimed to spread awareness about mental health and received an overwhelming response, with **185 participants from all over India** joining the initiative. The event demonstrated a commitment to promoting psychological well-being and fostering mental health awareness at a national level.

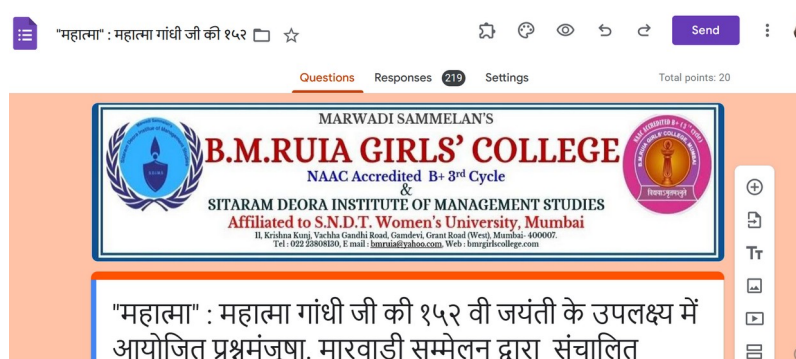


- On **9th November 2021**, the Counseling Cell "मंत्रणा" along with students of Psychology Unit and Foundation Course conducted a program in collaboration with IQAC of B.M. Ruia Girls' College. This program, scheduled at 10:30 am, was part of an Inclusive Education Initiative aligned with the **National Disabled Equal Opportunities Day** and the broader Public Awareness Week (3rd-9th December).

The objective of the program was to create sensitivity among various levels of the society regarding persons with disabilities, to raise awareness, to make them self-reliant and to bring them into the main stream of society. Information about various undertakings was to be given. Students presented their views and recited poems.

Disabled BA students Nisha Bagretha and Madhuri Bhagat presented their experiences. Associate Professor of Psychology, Mrs. Shruti Ranade taught the students through Ppt. regarding the facilities etc. available to the disabled people.

- **2nd Nov 2021:** A National-level quiz titled “महात्मा” was organized by the Psychology Unit, Counselling Cell “मंत्रणा,” in association with IQAC, to commemorate the 152nd birth anniversary of Mahatma Gandhi. The event received a total of 219 responses from individuals across 8 states.



- **December 22, 2021** Counselling Cell “मंत्रणा” along with NSS Unit organised a Webinar on "Self-Care and Mental Health". Students participated enthusiastically in the insightful session and also to learnt practical strategies for self-care and enhancing mental well-being.

Year 2022-23

June 2022: Students participated in Yoga week celebrated in the college.



15th Aug 2022: Students of Psychology Unit participated in the 75th Independence Day Celebration आजादी का अमृत महोत्सव



Sept 2022 : Students participated in various events such as Skitt, Street Play Folk dance in Yuva Mahotsav held at SNDT Women's University , Mumbai



Sept 22, 2022 Annual Function Ras Fuhar: Students of Psychology Unit participated in various dances in the college Annual Function



- **15th October 2022** was celebrated as Wachan Prerana Diwas (Reading Inspiration Day) to honor the birth anniversary of the former President of India, Dr. A.P.J. Abdul Kalam, who was an ardent advocate of reading and education.

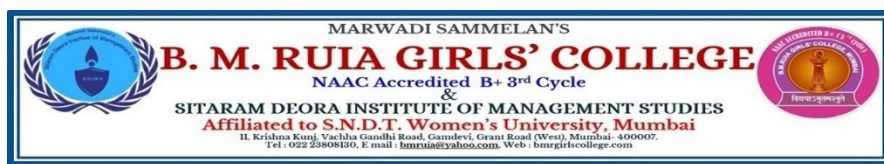
The day aimed to inspire students, to develop a love for reading and embrace it as a lifelong habit. Various events such as book exhibitions, reading marathons, essay competitions, and interactive sessions on the importance of reading were organized. Students of Psychology Unit participated actively in the same.



24 Dec 2022: Students from the Psychology Unit actively participated in the Trade Fair Unnati, organized by the college. The fair aimed to encourage students to explore entrepreneurship and develop entrepreneurial skills.



25th Jan 2022: To encourage students to participate in voting, **Rashtriya Matdata Diwas (National Voter's Day)** was organized. Students from Psychology Unit actively participated in various activities, including taking a pledge to vote responsibly, a quiz competition, poster-making, and speech presentations, to promote the importance of voting.



Celebrates "National Voters Day" on 25th January, 2022



An awareness event to encourage young and new voters to participate in the electoral process and increase their enrolment as new voters towards becoming responsible citizens of India. Students are invited to participate in the various activities. **Time: 11 a.m.**

Quiz



Speech



Slogan Writing



Poster Making



Pledge



7th March 2022 : An online program was organized by the Psychology Unit and मंत्रणा Counselling Cell of the college. The guest speaker, Advocate Abhay Jagtap from Pune, delivered an insightful session on various laws for women.

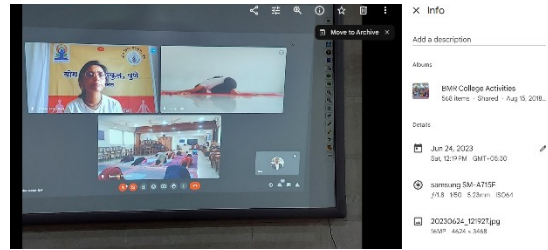


Year: 2023-24

30th June 2023 : Students from the Psychology Unit actively participated in a workshop on Soft Skills and Mentoring, aimed at enhancing personal and professional development.



24th June 2023: Psychology Unit and Counselling Cell "मंत्रणा" organised an online workshop on Pain Management through YOGA. The Yoga expert was Ms Mohini Chaudhary from Pune. Students of various programs participated in YOGA week celebrated in the college.



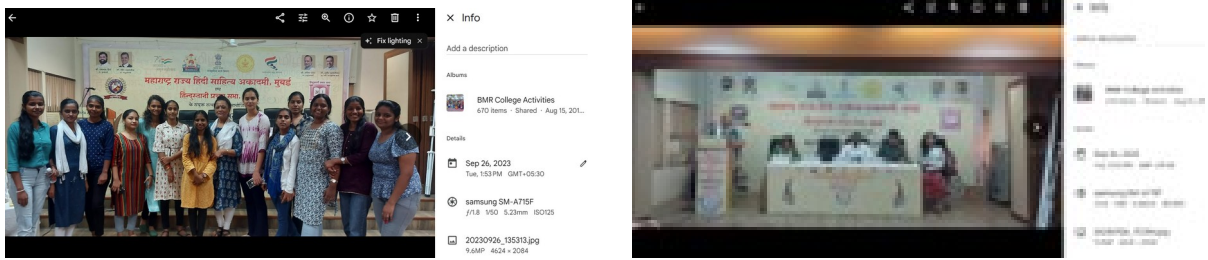
5th July 2023: Students participated in the program organised by college on the occasion of Foundation Day of SNTD Women's University in the college. They spoke about the great contributions Maharshi Karve gave to the field of Women Education.



28 Aug 2023: A workshop on SELF was organized by the Psychology Unit, focusing on self-awareness, personal growth, and emotional well-being.



Sept 26, 2023: Students attended a full day conference at Hindustani Prachar Sabha on Bharateey Bhashaon ka Aantarsambandh



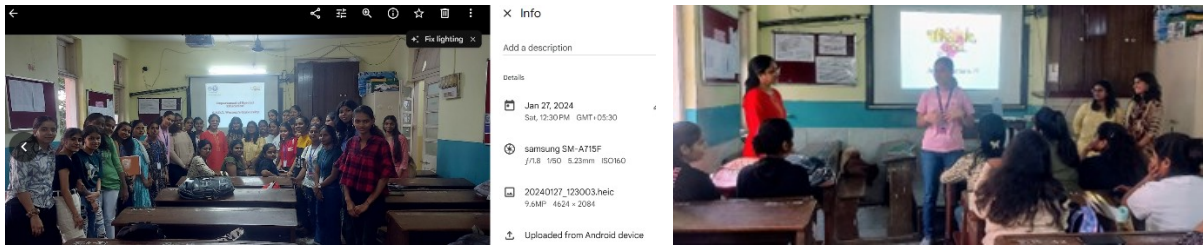
17th Oct 2023: Students of BA II presented on various topics related to Organizational Behavior, including Organizational Communication, Leadership, Motivation, and more.



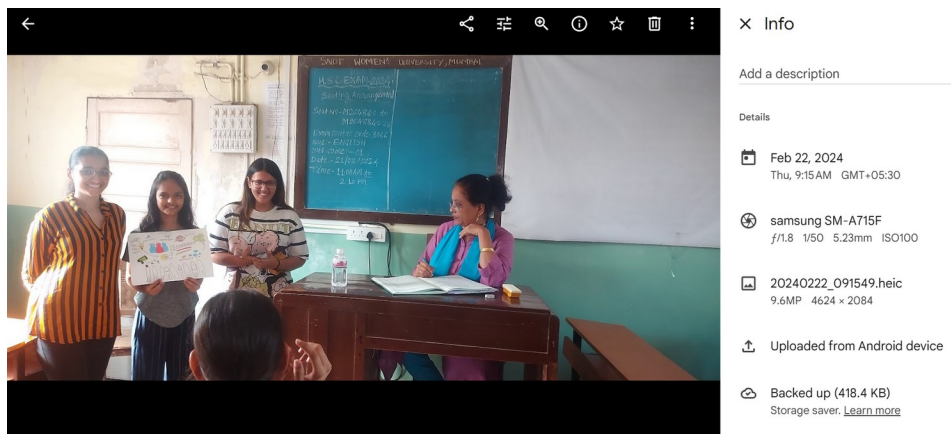
Dec 17th, 2023: Students of Psychology participated in Folk Dance Participation of Yuva Mahotsav of SNDT Women's University



27th Jan 2024: Students participated in an exchange program with department of Special Education of SNDT Women's University (Juhu Campus)



22nd Feb 2024: Presentations by BComII students on various topics from Course Industrial Psychology -an Organisation Perspective were done.



4th March 2024: A workshop on Stress Management was organized by मंत्रणा Counselling Cell. Dr. Rajendra Agarkar, Retired Medical Officer of TIFR, was the guest speaker. He delivered an insightful session on "Women's Health: Challenges & Possibilities" He also gave effective techniques and strategies for managing stress.

