

Bunts Sangha's
S.M.Shetty College of Science, Commerce & Management Studies, Powai.
NAAC ACCREDITED 'A' GRADE
ISO 21001:2018 CERTIFIED
IMC RBNQ CERTIFICATE OF MERIT 2019

Activity Approval Format

Date: 15/12/2021.

Program: Interactive online session on 'Reset Your Mind'.

Need: To let students understand the importance of mental wellbeing and help them find ways to deal with mental issues.

Objective: Understand the importance of mental wellness and find ways to tackle mental depressions and trauma.

Content: Interactive session on Reset your mind

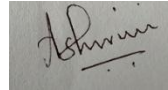
On: Friday, 17th December 2021

Timing: 12:30 -1:30 pm

Venue: Zoom

Resource Person: Ms. Sachita Sethi

Proposed By: Asst.Prof.Ashwini Devadiga



Verified By:



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Minutes of Meeting

15th December, 2021.

Meeting was held on 15th December, 2021 Wednesday through WhatsApp chat.

Discussed on the format of the event and allocation of tasks to the student committee members of WDC.

Members Present:

CA Zainab Rangwala (Convenor)

Adv Hamid Khan

Ms. Nabila Kazi

Ms. Himani Shukla

Ms. Debbie James

Ms. Ashwini Devadiga

Notice

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Women Development Cell (WDC) of Bunts Sangha's S.M.Shetty College of Science, Commerce and Management Studies, Powai In Collaboration With The Mental Health Club (MHC) □

Invites you For a Session On “Reset Your Mind” □

Venue □: Zoom Meeting

Date □: 17th December 2021 (Friday)

Time □: 12:30 pm

Resource Person □□:

Ms. Sachita Sethi

Counselling Psychologist and Arts Based Therapist

Join Zoom Meeting :

<https://zoom.us/j/93448957066?pwd=dkQyYkhIRjViV0JidGdsTUwzamVGdz09>

Meeting ID: 934 4895 7066

Passcode: guKZ73

All the participants shall receive E-Certificate □

For Queries, Kindly Contact □

Saloni Maliwal (Secretary)- 8450939872

Akshat Aggarwal (PRO)- 9004892040

In case of any queries kindly E-Mail □ us at:*
wdc@smshettycollege.edu.in*

Report

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Event: Interactive online session on 'Reset Your Mind

Date: Friday 17th December, 2021

Timing: 12:30-1:30 pm

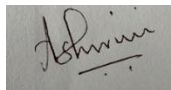
Venue: Zoom

Resource Person: Student Speakers Ms. Sachita Sethi, Counselling Psychologist and Arts based therapist

Scope: College Level

Objective: Understand the importance of mental wellness and find ways to tackle mental depressions and trauma.

Highlights- The event commenced with the warm welcome and introduction of the resource person by Asst. Prof. Ashwini Devadiga. It was then taken over by the resource person. She began the session by instigating views and ideas from students on various concepts relating to mental well-being. The session was very interactive and students were given diverse ways of tackling mental issues and trauma. The students enjoyed the session and were constantly responding to the speaker's questions on the chat box. They enjoyed the session and expressed gratitude to the speaker for such a wonderful session. The session was attended by more than 50 students. After a formal vote of thanks by Asst. Prof. Ashwini Devadiga, the session then concluded on a formal note.



Prof. Ashwini Devadiga

BROCHURE

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Powai, Mumbai

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ISO 20001:2018 Certified



Women Development Cell

invites everyone for a session on

Reset Your Mind

by

Ms. Sachita Sethi

Counselling Psychologist and Arts based therapist

E-certificates will be given to all the participants



Zoom link: <https://zoom.us/j/93448957066?pwd=dkQyYkhIRjViV0JidGdsTUwzamVGdz09>

Date: 17th December, 2021

Time: 12:30 pm onwards

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Certificate



Pictures

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The screenshot shows a Zoom meeting interface. The main slide has a pink background with the text "Frame 'short term' Goals & chunk tasks" and an illustration of a person running on stepping stones across a river towards a mountain peak. The Zoom toolbar at the bottom includes options like Unmute, Start Video, Security, Participants (37), Chat, Share Screen, Reactions, Apps, and More. A chat window on the right lists messages from participants such as "overthinking", "depression", "out of", "feelings", "nervousness", "mam one example is flight", and "nervous". The system tray at the bottom right shows the time as 12:30 pm on 12/17/2021.

The screenshot shows a PowerPoint slide with the following content:

- Header:** Bunts Sangha's S.M.Shetty College of Science, Commerce & Management Studies, Powai, Mumbai. Accredited 'A' Grade, IMC RBNQ Certificate of Merit 2019, ISO 20001:2018 Certified.
- Logo:** BS BUNTS SANGHA'S EDUCATIONAL INSTITUTIONS.
- Event Title:** Women Development Cell invites everyone for a session on "Reset Your Mind".
- Speaker:** Ms. Sachita Sethi, Counselling Psychologist and Arts based therapist.
- Note:** E-certificates will be given to all the participants.
- Zoom link:** <https://zoom.us/j/93448957066?pwd=dkQyYkhlRjViV0JidGdsTUwzmgVGMz09>
- Date:** 17th December, 2021
- Time:** 12:30 pm onwards

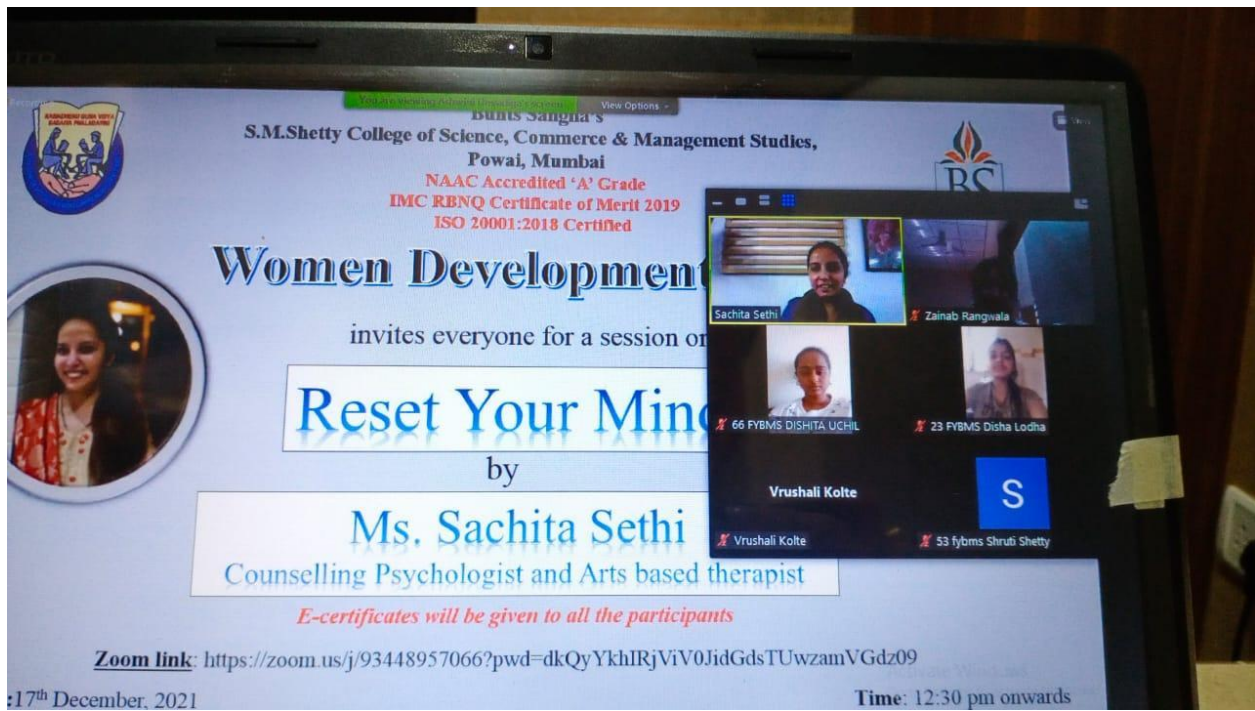
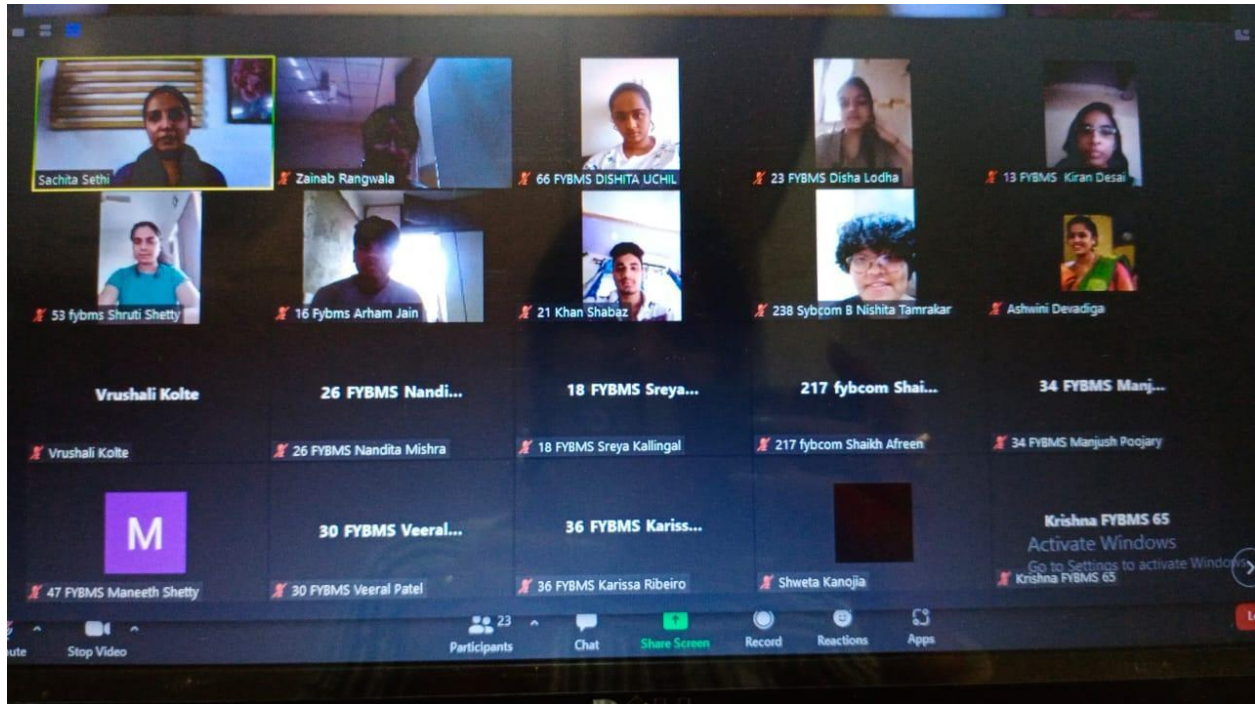
The slide is displayed in a PowerPoint window titled "WDC 17.12.pptx - PowerPoint". The status bar at the bottom shows "SLIDE 1 OF 1", "NOTES", "COMMENTS", and a zoom level of 74%.

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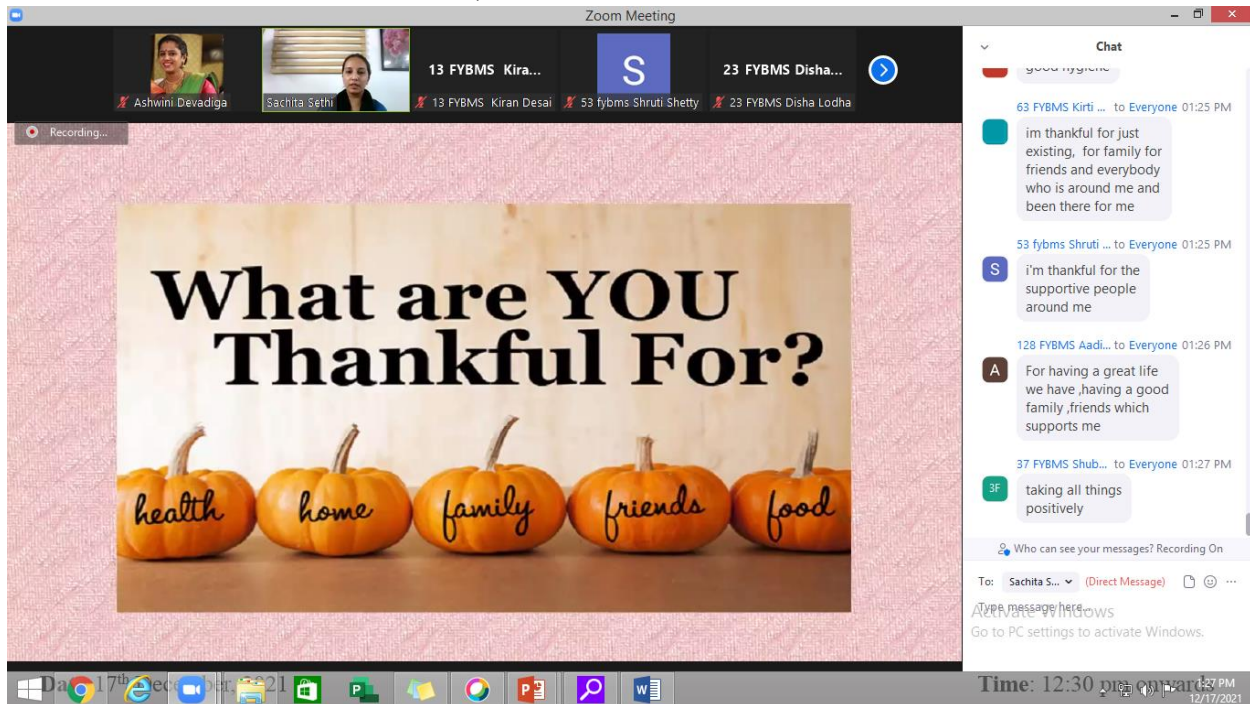
This screenshot shows a Zoom meeting in progress. The main content is a presentation slide with a pink textured background. The text on the slide reads: **Be THANKFUL express gratitude towards SELF & OTHERS everyday**. The Zoom interface includes a top bar with participant names (Ashwini Devadiga, Sachita Sethi, 13 FYBMS Kira..., 23 FYBMS Disha...), a chat window on the right with messages like 'overthinking', 'depression', and 'nervous', and a bottom toolbar with controls like Unmute, Start Video, Security, Participants, Chat, Share Screen, Reactions, Apps, and End. The system tray at the bottom shows the time as 12:30 PM on 12/17/2021.

This screenshot shows a Zoom meeting in progress. The main content is a presentation slide with a pink textured background. The text on the slide reads: **What are YOU Thankful For?**. Below the text are five orange pumpkins, each with a word written on it in cursive: 'health', 'home', 'family', 'friends', and 'food'. The Zoom interface includes a top bar with participant names (Ashwini Devadiga, Sachita Sethi, 13 FYBMS Kira..., 23 FYBMS Disha..., 16 Fybms Arha...), a bottom toolbar with controls like Unmute, Start Video, Security, Participants, Chat, Share Screen, Pause/Stop Recording, Reactions, and Apps, and a system tray at the bottom showing the time as 12:30 PM on 12/17/2021.

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Attendance

Email Address	Name of the Participant	College Name	Gender
monishmoolya.r@gmail.com	Monish Ratnakar Moolya	Smshetty	Male
shrutishetty471@gmail.com	Shruti shetty	S.M Shetty college	Female
bhandarikhushbu7@gmail.com	Khushbu Bhandari	Sm shetty	Female
mallikapoojary36@gmail.com	Mallika Poojary	SM SHETTY COLLEGE	Female
aminatharva20@gmail.com	Atharva Manohar Amin	S m shetty college	Male
vkolte104@gmail.com	Vrushali Raj Kolte	S.M.Shetty College	Female

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joannegonsalves65@gmail.com	Joanne Gonsalves	S M Shetty High School And Junior College	Female
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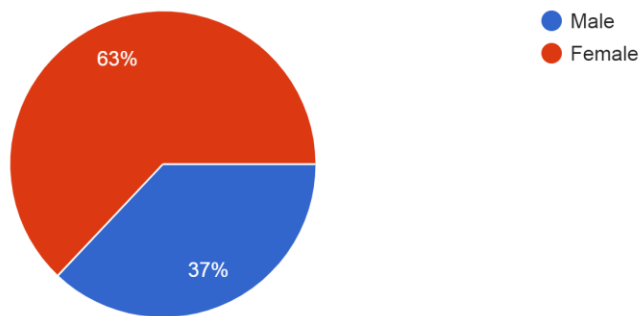
om			
smsdegfybms3084608janvi@smshettyinstitute.org	Janvi Bhanushali	SM Shetty Powai	Female
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patelbhaveshwari14@gmail.com	Patel Bhaveshwari Mahendrabhai	S M SHETTY COLLEGE OF SCIENCE COMMERCE and MANAGEMENT STUDIES	Female

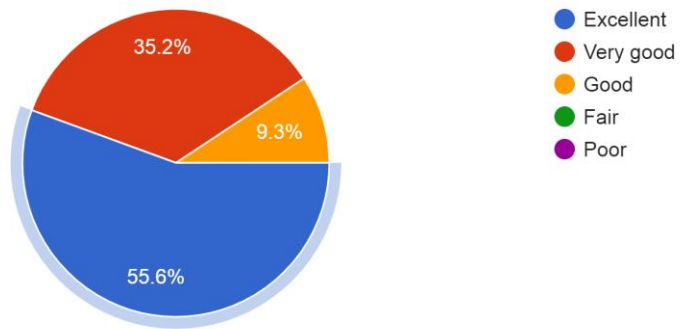
Feedback Analysis

Gender
54 responses

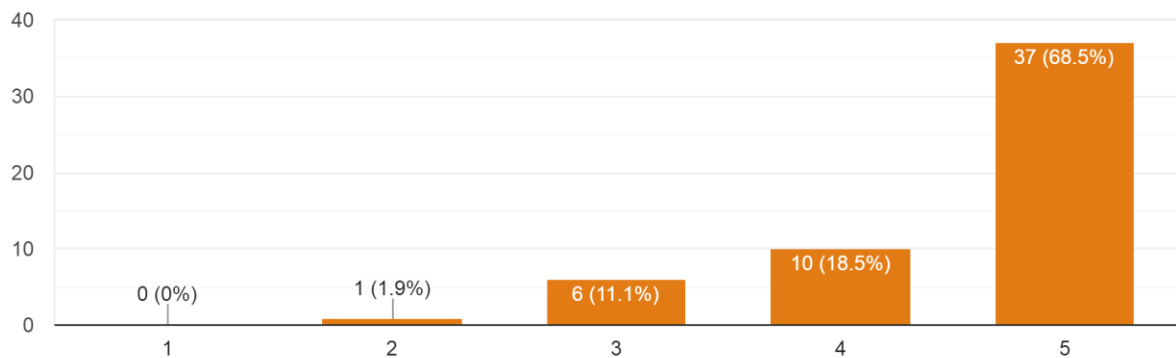


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How did you find the content of the session ?
54 responses

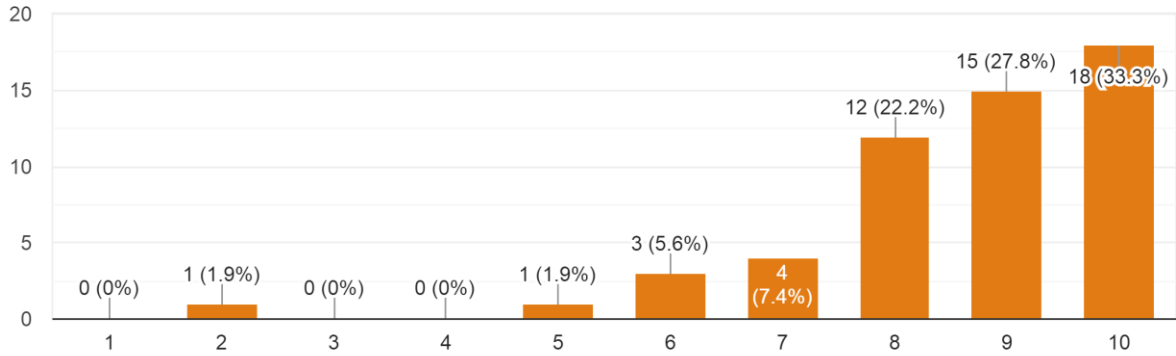


Please rate the resource person on Subject Knowledge .
54 responses

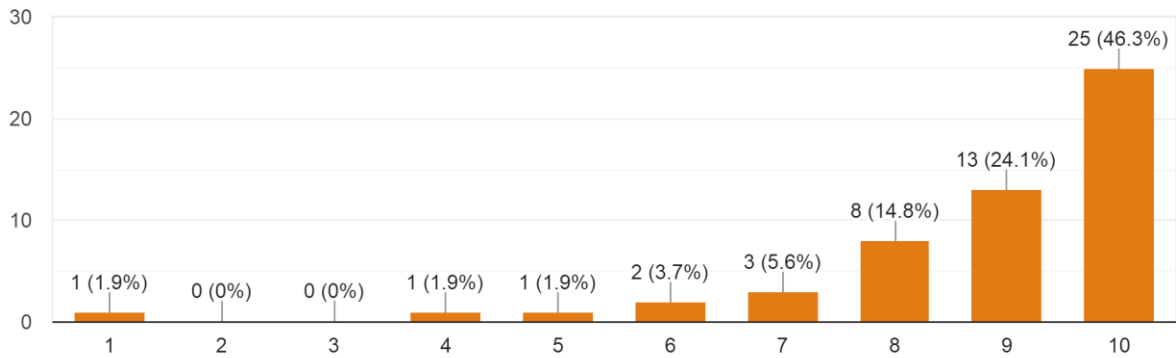


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Please rate your overall knowledge level about the topic covered after attending the session.
54 responses



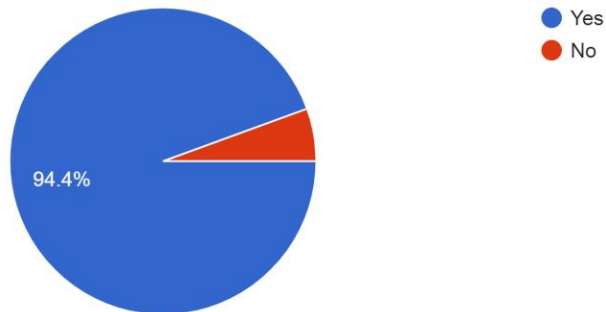
Rate the session - Reset Your Mind.
54 responses



Action Taken Report

Do you wish to attain such session in future

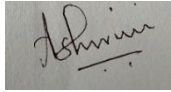
54 responses



<u>Date & Time</u>	<u>Feedback Received</u>	<u>Conclusion</u>
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17 th December, 2021	<ul style="list-style-type: none">● Students expressed gratitude for organising this interactive session helping them reset their minds by eradicating negative thoughts and feelings and restoring it with positive thoughts and feelings.	<ul style="list-style-type: none">● Plan to organize more such interactive sessions with Psychologists for helping them overcome mental stress and trauma and guide them through the importance of mental wellness
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Prof. Ashwini Devadiga