



SSR COLLEGE OF ARTS, COMMERCE AND SCIENCE
(Affiliated to Savitribai Phule Pune University, NAAC Accredited with B+ Grade)
SAYLI, SILVASSA, UT OF DADRA AND NAGAR HAVELI-396230



REPORT ON

EVIDENCE OF SUCCESS OF STUDENTS' COUNSELING

Though the institution does not have any specific mechanism to gauge the outcome of the practice, however the case described below prove how fruitful and effective this cell has proved to be.

A third year boy student undergoing some personal trauma was successfully counseled and now he scored 98.45 percentile in CMAT exam.

When he joined the college before three years, he was very silent and unfriendly and was not ready to mingle with anybody. He had joined in an Engineering college and spent/wasted an year there but it was of no use. Then parents decided to bring him to the hometown.

A team of Psychology students took initiative in this matter and they themselves tried to make friendship with him after a few days silent observation.

At first, he behaved in a reluctant way but gradually some changes observed in him. Then the team diverted him into Sports especially Basketball which was his earlier passion. They all spent time in Basketball court and day by day the relationship among them become stronger. It creates an enthusiasm in him to come to college and attend the classes too. Teaching staff also extended their support in one or other way.

After all, the same student reached in a position so that he could anchor a mega event of the college, which proved the success of the Counseling cell.

As per his CMAT score, he will be able to get admission for Post Graduation in a reputed college and he can step in to a good career.

We wish him All the very best for his future endeavors !!!!



SSR Memorial Trust's
SSR College of Arts, Commerce and Science, Silvassa

Guidance & Counselling Cell

Report of Activities conducted during Lockdown

Activity 1:

Videos and posters were prepared by teachers and students with a view to create awareness regarding the pandemic for the students as well as general public. A video was made by our college students for creating awareness among society in this difficult situation due to COVID-19. The same were uploaded on social platform to send the message loud enough to reach the maximum. The aim of such activities was to spread the information about the pandemic.

Link of Video (April 10)-

<https://www.youtube.com/watch?v=3wPFcpuVUc&feature=youtu.be>



Activity 2:

Dr. Tanu Sharma, Coordinator of Guidance and Counseling Cell organized webinar for creating awareness. She also published articles in newspaper with a view to make people more aware about the Virus.

Published articles in newspaper for creating awareness among society

Tanu Sharma

Dr. Tanu Sharma
Coordinator
Guidance & Counseling Cell



Tanu Sharma

Principal
SSR College of ACS



SSR Memorial Trust's
SSR College of Arts, Commerce and Science, Silvassa

**Report of E-Poster Competition:
World Suicide Prevention Day (10th September 2020)**

Organised by Guidance & Counselling Cell

Programme: E-Poster making Competition on "World Suicide Prevention Day"

Date: 10th September 2020

Organised by: S.S.R. Memorial Trust's Guidance and Counseling Cell

On the World Suicide Prevention Day an e-poster competition was organized by Guidance and Counselling Cell, SSR College of Arts, Commerce and Science, on 10th September 2020. The aim of organizing this competition was to create awareness about suicide prevention among students. Around 50 students participated in the competitions. E-certificates were issued to all the participants.

9/10/2020

Google Forms - create and analyse surveys, for free.
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SSR College of Arts, Commerce and Science, Silvassa

On the occasion of
World Suicide Prevention Day (WSPD)
10th September 2020

SSR ACS "Guidance and Counseling Cell" is organizing

E-Poster Competition

Theme- "Working together to prevent suicide"

Note

- 1) All participants will get an e-certificate of participation.
- 2) 1st, 2nd & 3rd rank students will get certificate separately.

Note

- 1) All participants will get an e-certificate of participation.
- 2) 1st, 2nd & 3rd rank students will get certificate separately.
- 3) Last date of sending e-posters entry - 12th September.

Upload your poster in the given link:
<https://forms.gle/KfeDgWfuresyrUpS7>

Co-ordinator: Guidance & Counseling Cell.

Dr. Tanu Sharma

Principal:

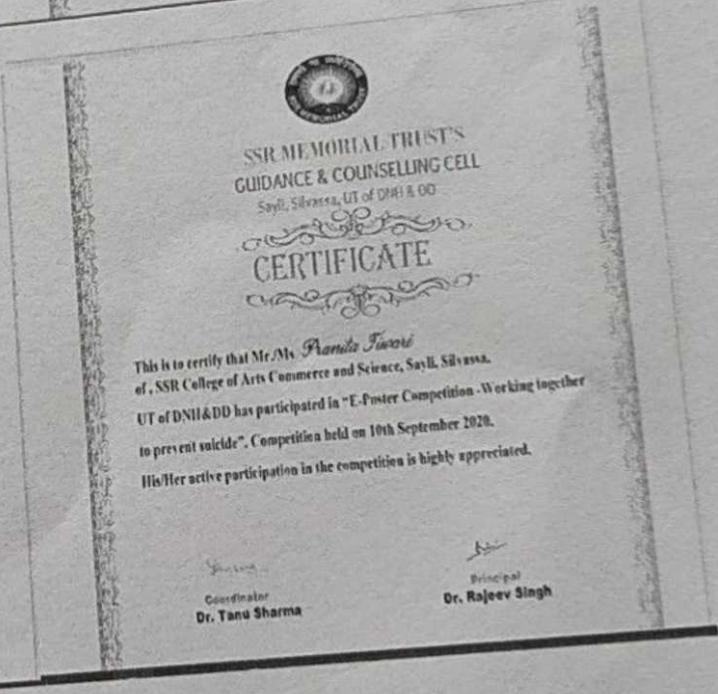
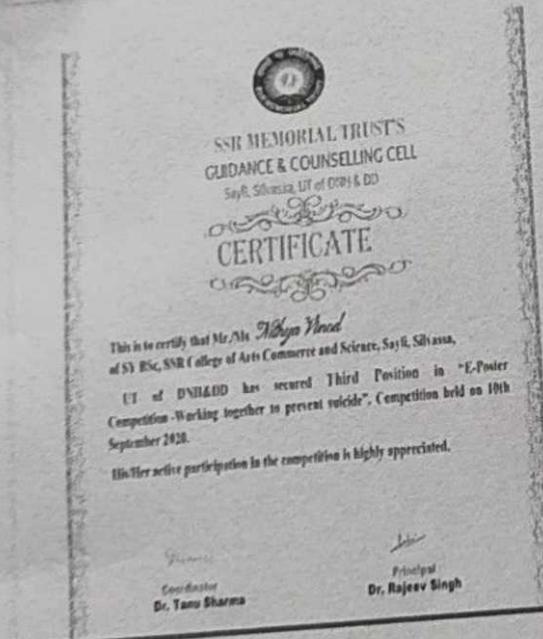
Dr. Rajeev Singh



9:47 AM

Winners of the Competition:

Nithya Vinod	SY BSc	Third Position
Sanjug Jitendra Sonowal	T.Y BBA CA	First Position
ArdraManethodi	SYBA	Second Position
Dadani Palak Tinu	TYBA	Second Position



Tanu Sharma
Dr. Tanu Sharma
Coordinator
Guidance & Counseling Cell



Rajeev Singh
Principal
SSR College of ACS



SSR College of Arts, Commerce and Science, Silvassa
Department of Psychology

Report of Webinar on:
World Mental Health Day: 10th October 2020

On the occasion of World Mental Health Day, a Webinar was organised by Department of Psychology, SSR College of Arts Commerce and Science on 10th October 2020. Ms. Deepali Sabale a Psychologist, Arts based Therapist and Director of Mind Orbit Counselling Centre, Pune was the guest speaker of the Webinar. The session began at 10a.m. Around 100 students benefitted from the session.



SSR COLLEGE OF ARTS, COMMERCE & SCIENCE,
SAYLI, SILVASSA
DEPARTMENT OF PSYCHOLOGY

Celebrating

**WORLD MENTAL
HEALTH DAY 2020**

SPEAKER:

Deepali Sabale

Psychologist, Arts based Therapist.
Director-Mind Orbit Counselling Centre,
Pune



Organised By:

Department of Psychology
SSR, ACS

DATE: 10TH OCT 2020
Time: 9:45 A.M.

Google Meet Link: <https://meet.google.com/ryuizjv-wda>



Deepali Babole is presenting

What is Mental Health?

Universal Declaration of Human Rights to a former World Banker, and a former World Banker's perspective on mental health.

DO YOU KNOW?

- 18%** of adults have a mental health condition
- #1** priority for the world's population
- 10 million** people are affected by mental health conditions
- 56%** of people with mental health conditions are not receiving treatment

Participants: Deepali Babole, Anshu Bhat, Yash Gahlot, Anchal Tiwari, Lulua Bhanpurawala, Online Class, and Jaid Jacob.



(91)

Lulua Bhanpurawala 3 mins
Excuse me ma'am can i ask something

Moksha Jain 2 mins
Halt means to take a step back and it seems in psychological world halt means to take a step. Back when we feel that some of our habbit are excess and can cause damage to our mind health and body....

Divya Dixit 2 mins
mam i have a question to ask can i ?

Send a message to everyone here



(86)

Lulua Bhanpurawala 1 min
Ma'am i really loved this session...it really joyfull...and I got some type of inspiration..Thank you so much Deepali ma'am!!!

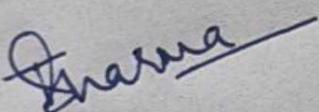
Anchal Tiwari Now
Thanku so much ma'am for ur precious time & for ur suggestion

thomas bhurkud Now
Thank you so much mam

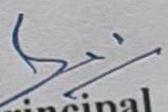
Send a message to everyone here



The lecture was remarkable and generated great deal of interest for the audience. It not only equipped students with relevant knowledge about the issue, but also exposed them to the preventive practices and measures to be adopted. Students got immensely benefited from the views on the topic.


Head,
Dept. of Psychology




Principal
SSR College of ACS