

SSR College Of Arts, Commerce and Science

Sayli, Silvassa

Department of Psychology

Report of Visit to Red Cross School and District Disability Rehabilitation center

Activity: Visit to Red Cross School and District Disability Rehabilitation center, Silvassa
Date: 27th May 2022.

Organised by: Department of Psychology

Objective: To encourage and help students learn the practical application of the subject.

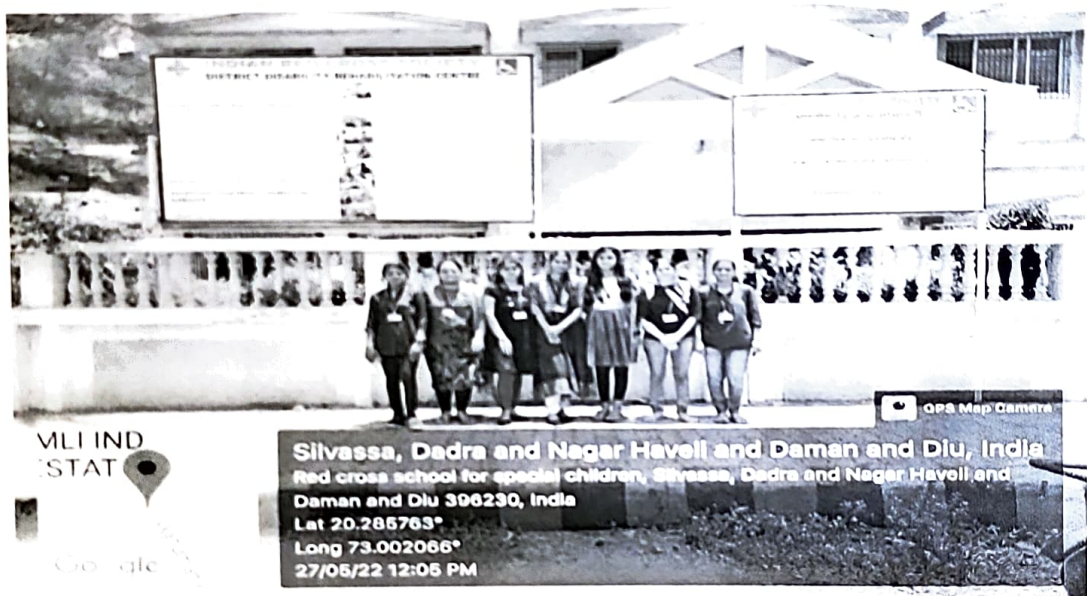
The Department of Psychology organized a visit to the Red Cross School for Special Children and Red Cross Disability Rehabilitation center located opposite Sachivalya, Silvassa for T.Y.B.A students having Psychology special. Twenty-Nine students having special psychology visited both centers on 27th May 2022.



Students interacted with children having various psychological and physical problems like Hearing impairment, Visual impairment, Mental retardation, autism and Down syndrome, etc.



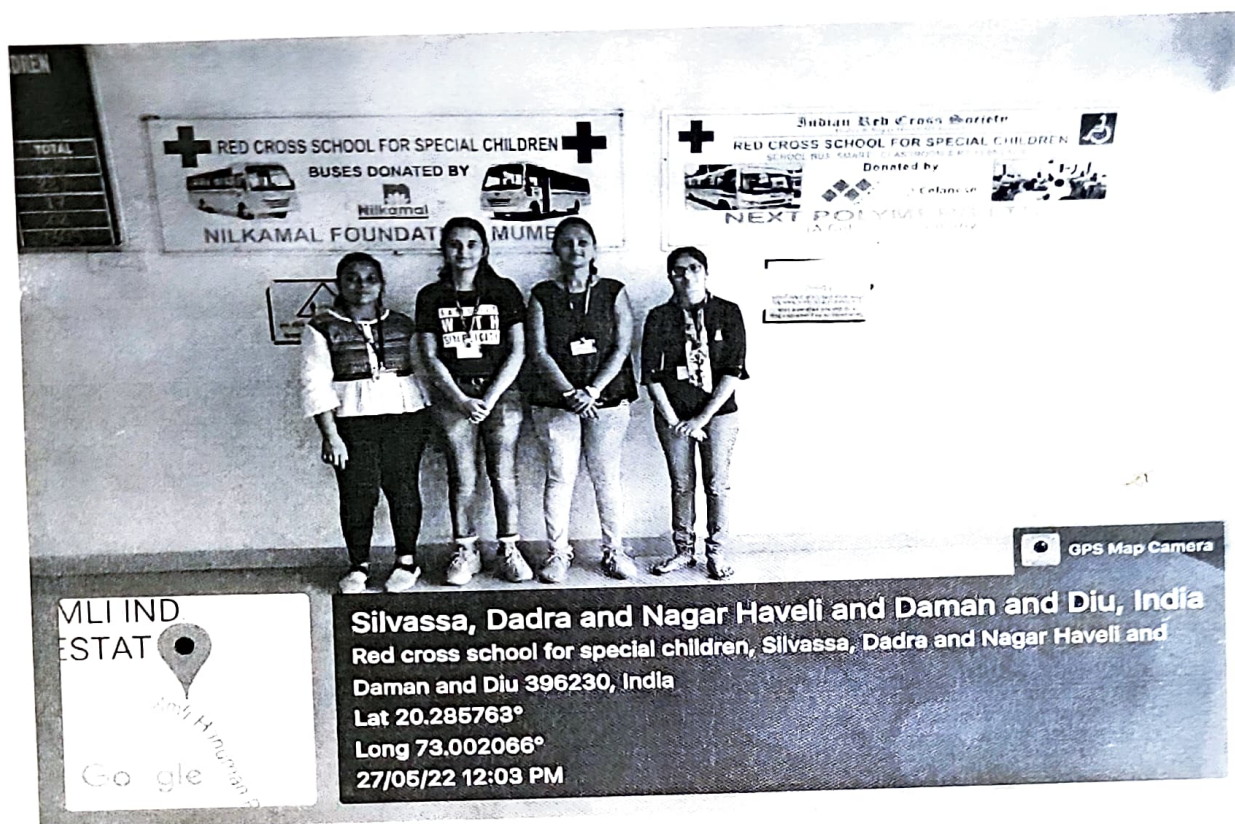
The aim of the visit was to provide practical knowledge to the students about their field and learn the techniques of complete observation and behavioral analysis. Most of the children in the school were intellectually disabled. Beginning with care group, the school has classes up to 10th std.



The Red Cross Society has a Rehabilitation center functioning for the welfare and well-being of disabled individuals. Psychological counseling, audio and speech therapy, sensory integration therapy is provided in the center. A clinical psychologist was there who gave brief knowledge about the children and the disorder they are suffering from and also shared details regarding their treatment and various improvements seen in their behavior.

Further, the students were permitted to meet all the students and interacted with them. As per symptoms studied in their special-1 Abnormal Psychology papers the symptoms of disorders and simultaneously their abnormal behavior was noticeable. Students got a good chance to have practical knowledge about the theories they studied during lectures. The students got aware of the practical aspect of the subject of psychology and gained information and knowledge about the working of these centers.





The visit was helpful to the students as they learned about the work of a psychologist and the functioning of mental health centers. The visit enhanced the knowledge of the students and helped them to see a clear picture of the theoretical things they have learned so far. They gained a deeper knowledge of mentally challenged students and gain insight into their subject.

Sharma

Dr. Tanu Sharma

Head, Department of Psychology



Rajiv S.R.
Principal
S.S.R. College of
Arts, Commerce & Science
Silvassa (D&NH)

To,

Date: 21/05/22

The Principal

SSR, ACS

Silvassa

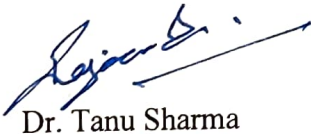
Subject: Permission for a visit to Red Cross School and Red Cross Disability Rehabilitation center for TYBA Special Psychology Students.

Respected Sir,

T.Y.B.A students of Psychology special have Study tour as part of their special 4 paper syllabus. For this, we want to visit the Red Cross School for Special Children and Red Cross Disability Rehabilitation center located opposite to Sachivalya, Silvassa. There are 29 students in TYBA Psychology Batch. We wish to visit the center on Friday (27/05/22)

I request you to give permission for the visit.

Thanking You









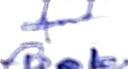








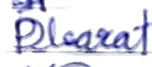



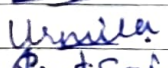
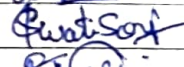
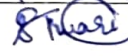
Dr. Tanu Sharma

Head, Department of Psychology

SSR College of Arts, Commerce and Science
Department of Psychology

Visit to Red Cross School and District Disability Rehabilitation center

TYBA-Attendance (27/05/2022)

| S.No | Name of the Student | Sign |
|------|---------------------|--|
| 1 | Adil Saiyed |  |
| 2 | Akash Khandare |  |
| 3 | Badal Singh |  |
| 4 | Barbosa Neil | |
| 5 | Darshana Thorat |  |
| 6 | Dey Devlina | |
| 7 | Divyank Surum |  |
| 8 | Farheen Tawa |  |
| 9 | Harsh Azad |  |
| 10 | Hetal Agraval |  |
| 11 | Joshi Kinjal | |
| 12 | Komal Dubey |  |
| 13 | Lulua Bhanpurawala | |
| 14 | Mahto Sarika |  |
| 15 | Manethodi Ardra | |
| 16 | Mansi Purohit |  |
| 17 | Meghna Vadvekar |  |
| 18 | Milan yadav |  |
| 19 | Nehlata Jha |  |
| 20 | Pankaj Sharma | |
| 21 | Panthani Prajapati |  |
| 22 | Prashant Barat |  |
| 23 | Rao Aparna |  |
| 24 | Ravi Gurav | |
| 25 | Rinky Sonkar |  |
| 26 | Suhana Sheikh |  |
| 27 | Swami Urmila |  |
| 28 | Swati Soni |  |
| 29 | Sweety Tiwari |  |

Head, Dept. of Psychology



Ref. No.:

Date: 22/06/2022

INTERNATIONAL YOGA DAY

June 21, 2022

Report

1. **Date of Programme** : June 21, 2022
2. **Organizers** : Department of Physical Education & Sports,
IQAC Cell, Startup Innovation Cell &
Institution's Innovation Council, SSR College of
Arts, Commerce and Science, Silvassa, Dadra
and Nagar Haveli
3. **Organizing team** : (a) Mr. Rushikesh Waghchaure (Convener)
(b) Mr. Nilesh Bawiskar (Co-ordinator)
(c) Ms. Minal Jhala (Member)
(d) Ms. Sonali Kharde (Member)
4. **Number of Application** : 35 (Annexure1)
received
5. **Venue** : Auditorium, SSR College, Silvassa
6. **Yoga Expert** : (1) Mr. Vinodkumar Patel
Certified Yoga Trainer
Mahila Yog Samiti, Gujarat

(2) Ms. Nirma Devi
Certified Yoga Trainer
Mahila Yog Samiti, Gujarat



8. Details of the programme:

International Yoga Day 2022 was celebrated at SSR College of Arts, Commerce and Science, Silvassa with the theme 'Yoga for Humanity'. The programme was attended by 35 students and 15 teaching staff. In this year, the number of participants was low due to commencement of university examination.

The inauguration session were started at 8.30am as per the schedule (Annexure 2). The programme was chaired by the Dr. Rajeev Singh (Principal). Dr. Rajeev Singh welcomes all the trainers with a bouquet of flowers. In the inaugural speech, Dr. Rajeev Singh congratulated the Department of Physical Education and Sports for conducting the International Day of Yoga although fewer students are available due to commencement of University examination. He exhorted the participants to adopt yoga in their daily life as a means for promoting positive physical, mental, emotional and spiritual health. The introduction of yoga experts were given by the Mr. Nilesh Bawiskar.

The experts started the yoga session with Omkar & Stotra. Followed to Stotra, warm up exercises and Surya Namskars were performed. Various types of asanas (including Utrasana, Matsyasana, Dhanurasana etc) and Pranayamas were performed during the yoga session. The expert also demonstrated various advanced Yoga Asanas (including Adho Mukha Vrksasana, Dhanurasana, Hanumanasana etc) according to yoga protocol for the awareness purpose. Mr. Rushikesh Waghchaure (Director, Physical Education & Sports) presented a vote of thanks and the program ended with the National Anthem.


Mr. Rushikesh Waghchaure
Convener


Dr. Atul Babar
IIC Coordinator


Dr. Rajeev Singh
Principal

Principal
S.S.R. College of
Arts, Commerce & Science
Silvassa (D&NH)



9. Photograph:







SSR MEMORIAL TRUSTS
SSR COLLEGE OF ARTS, COMMERCE & SCIENCE
(Affiliated to Savitribai Phule Pune University)
Sayli Road, Silvassa, UT of DNH & DD
NAAC Accredited 'B+' Grade



DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

Date: 15/06/2022

INTERNATIONAL YOGA DAY 2022-23

NOTICE

This is to inform all Students that our college is organising a Yoga Session on the occasion of International Yoga Day 2022-23. All students are instructed to attend the same. The details of the session are as follows

Date: 21-06-2022 (Tuesday)

Time: 8:00 AM

Venue: Prerna Auditorium, Top Floor, SSR College of Arts, Commerce & Science, Sayli, Silvassa, UT DNH DD.

Note:

1. Students should bring their own Yoga Mat or Chatai.
2. Students should wear comfortable clothes to perform various Yoga Asanas.
3. I Card is compulsory to attain the session.
4. Present on time.


Mr. Rushikesh Waghchoure
Dir., Physical Education & Sports




Dr. Rajeev Singh
Principal
Principal
S.S.R. College of
Arts, Commerce & Science
Silvassa (D&NH)

Attendance.
8th International Yoga Day Celebration, 21/6/22

| Full Name (As per 12th marks sheet) | Contract | Class | Sign. |
|-------------------------------------|------------|---------|------------------|
| Jijo Wilson | 8140452216 | TYBCA | <u>hish</u> |
| Vivek Nair | 7046545330 | TYBCA | <u>Vivek</u> |
| Sahil Tembhare | 9081791958 | TYBCA | <u>Sahil</u> |
| Pratap Vikash | 7600933783 | SVBCA | <u>Pratap</u> |
| Singh Anuradha | 8469875539 | F.Y.BSC | <u>Anuradha</u> |
| DIVYANSHU - PATEL | 8849511366 | SVBCA | <u>Divyanshu</u> |
| Deevanshi Bhatt | 9125265923 | SVBCA | <u>Devi</u> |
| ANJALI YADAV | 7874025638 | SVBCA | <u>Anjali</u> |
| Waqas Khan | 9725599854 | TYBCA | <u>Waqas</u> |
| Chanchal Tiwari | 8469031157 | FYBSC | <u>Chanchal</u> |
| Pal Dhak Kumar | 8401925875 | TYBCA | <u>Pal</u> |
| Deepak Singh | 9054202877 | TYBCA | <u>Deepak</u> |
| Pooheep Sathya | 9328288710 | TYBCA | <u>Pooheep</u> |
| Harion Thawari | 9662092730 | TYBCA | <u>Harion</u> |
| Titiksha Rawale | 6351794620 | TYBCA | <u>Titiksha</u> |
| ZUZAR VOHRA | 910606290 | TYBCA | <u>Zuzar</u> |
| Himanshu Upadhyay | 9904212739 | TYBCA | <u>Himanshu</u> |
| Karim Khan | 9016532963 | TYBCA | <u>Karim</u> |
| Saurabh Khandekar | 8140215975 | TYBCA | <u>Saurabh</u> |
| Sonawane Lalita | 9360458057 | TYBCA | <u>Sonawane</u> |
| Yadav Ranjana Vijay | 7778999728 | TYBSC | <u>Ranjana</u> |
| Shaikh Intekhab | 9316050097 | T.XBCA | <u>Shaikh</u> |
| Gayatri Pareek | 7990262750 | TYBCA | <u>Gayatri</u> |
| Jagruhi Suryawanshi | 8805709404 | TYBCA | <u>Jagruhi</u> |
| Pushpa Tadar | 635530858 | TYBSC | <u>Pushpa</u> |
| Kawar Tina Govindsingh | 7801996619 | TYBSC | <u>Tina</u> |
| Nikki Rai | 8140278133 | TYBSC | <u>Nikki</u> |
| Pooan Mishra | 9512966651 | SVBCA | <u>Pooan</u> |
| Anish Pandey | 9724842068 | SVBCA | <u>Anish</u> |
| Kshiti Desai | 9499528877 | FYCS | <u>Kshiti</u> |
| Sunny Yadav | 7863096254 | F.Y.BCA | <u>Sunny</u> |
| Samraam Shukla | 9512438441 | TYBCA | <u>Samraam</u> |
| Mourya Akash | 973761216 | TYBBA | <u>Mourya</u> |
| Jaiswar Vivek | 9904043557 | TYBCA | <u>Jaiswar</u> |

