

SSR Memorial Trust's
SSR College Of Arts Commerce and Science
Sayli Road, Silvassa – 396 230 (UT of D & NH)

Department of Psychology & Guidance and Counseling Cell

Report- World Mental Health Day (10-10-22)

Date: 11/10/2022

Programme: Street Play

Occasion: World Mental Health Day (10-10-22)

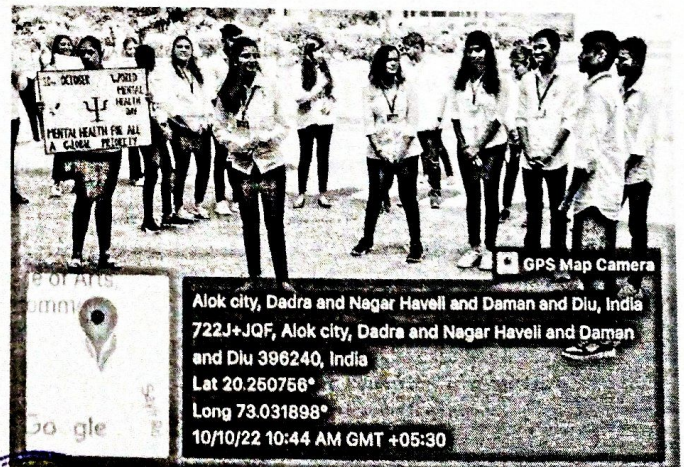
Organized by: Department of Psychology

Venue: SSR College of ACS, SSR College of Pharmacy

The Department of Psychology & Guidance and Counseling Cell of SSR College of Arts, Commerce & Science organized a "Street Play" on "10th October 2022" on the occasion of "World Mental Health Day". The theme for street play was "**Make Mental Health and Well Being for All a Global Priority**". The street play was performed by SYBA and TYBA students of Department of Psychology. The street play was presented in front of SSR ACS College at 10:46 AM, SSR Pharmacy College at 11:40. The purpose of this street play was to spread awareness regarding mental health and its global acceptance. The street play showed the mental health problems and its solution through the medium of college student's daily life and their issues.

30 students from Department of Psychology participated in this street play. Students perform the play in presence of Principal of ACS College Dr. Rajeev Singh, Vice-Principal Dr. Alpana Sharma, Faculty Head of Arts, Dr. Tanu Sharma and staff and students of Arts, Commerce and Science.

2 - Street Play at SSR College of Pharmacy



1 - Street Play at SSR College of ACS



The program was coordinated by Mr. Premraj Parate, Assistant Professor, and Department of Psychology. Principal Dr. Rajeev Singh congratulated all students and praise their efforts for the program and motivated them for organizing more programs.

3 - Principal Dr. Rajeev Singh Congratulating Students of Psychology Department



Around 500 students from both the colleges benefited by gaining awareness about mental health from the Street Play.

Dr. Tanu Sharma
Head, Department of Psychology

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



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

Department of Psychology and Guidance and Counseling Cell

Letter for Permission

Date: 06/10/2022

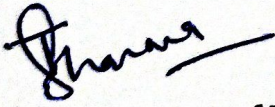
To,
The Principal,
SSR College of ACS,
Silvassa - 396230

Subject: Permission to present "Mental Health Awareness Street Play" to student of SSR College

Respected Sir,

The students of Psychology Department and Guidance and Counseling Cell wants to present a "Street Play" for "Mental Health Awareness" to the students of SSR College. This street play will be conducted on the occasion of "World Mental Health Day on 10th October". We request you to grant us permission to present the street play. The street play will be of 15-20 Minutes. The Purpose of this street play is to spread awareness regarding the mental health.

Thanking You.



Head, Department of Psychology



Principal

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



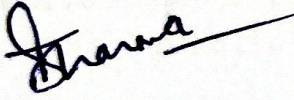
SSR Memorial Trust's
SSR College of Arts, Commerce and Science, Silvassa

NOTICE

Date: 08-10-2022

Department of Psychology & Guidance and Counseling Cell

This is to inform all the students that on the occasion of "World Mental Health Day" the Department of Psychology and Guidance and Counseling Cell will present a "Street Play" for "Mental Health Awareness". This street play will be conducted on 10th October 2022 at 10:30 a.m. in front of the ACS building and Pharmacy College. The students and staff of the Psychology Department invite you all for the same.



Head, Department of Psychology



Principal

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



SSR Memorial Trust's
SSR College of Arts, Commerce and Science
Sayli Road, Silvassa - 396230 (UT of D & NH)

Department of Psychology & Guidance and Counseling Cell

Report- Psychological Movie Presentation- Split (20-10-2022)

Date: 21/10/2022

Program: Psychological Movie Presentation

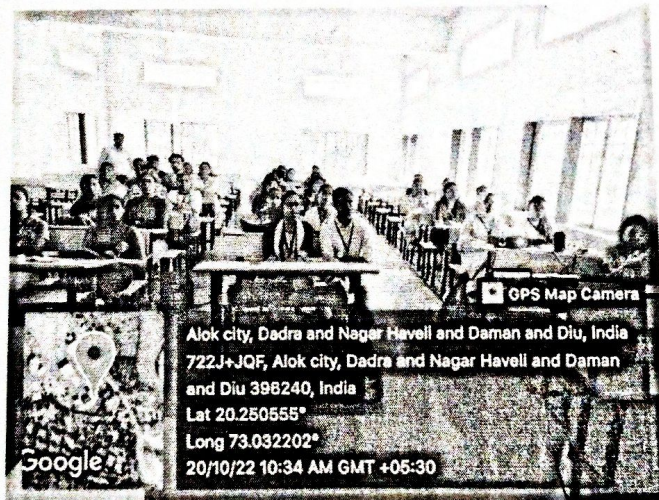
Movie Name: Split

Organized by: Department of Psychology & Guidance and Counseling Cell

Venue: SSR College of ACS Classroom No.6

Department of Psychology, Guidance and Counseling Cell organized a **"Psychological Movie Presentation"** on 20/10/22 at 9:30 AM. The movie shown in was **"Split"**. This movie is based on **"Multiple Personality Disorder"**. The purpose of this movie presentation was to show student how multiple personality disorder affect person and how it turned to damage the person itself and his surroundings. It also reflects the current psychological intervention on society.

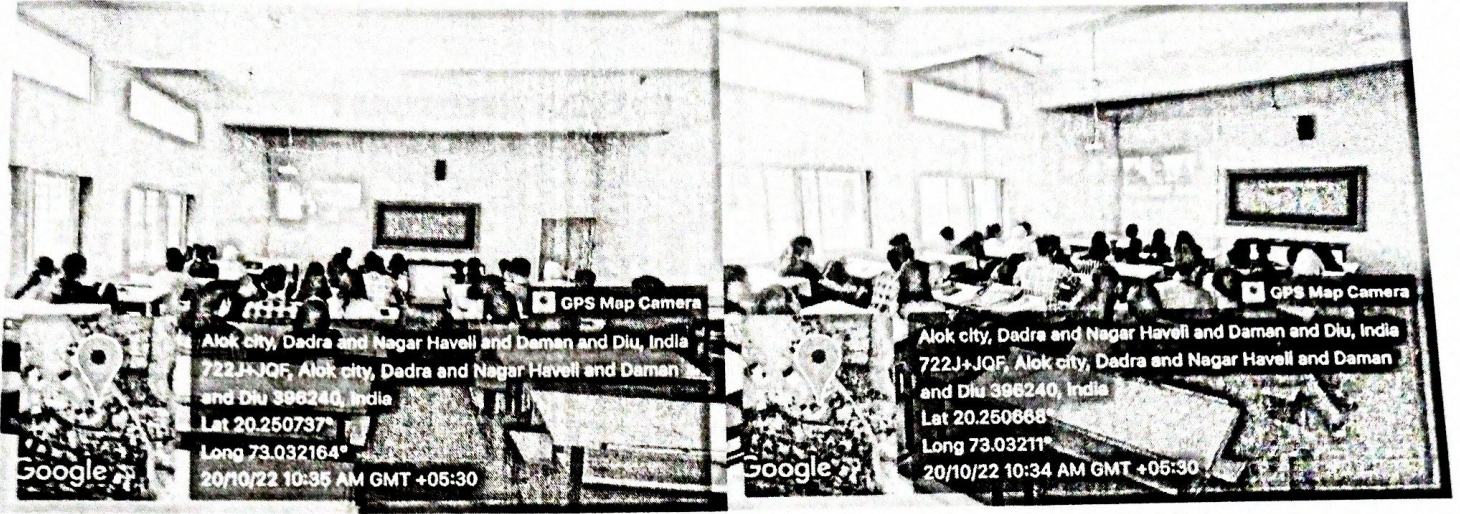
Department of Psychology presenting the movie "Split"



The movie conveyed the classical term of Multiple Personality Disorder. It involves demonstration of treatment and therapeutic technique for MPD. This movie also highlights the superstition about psychological disorder in society. The movie is directed by 'M. Night Shyamalan', telling story about a person suffering from MPD and has 24 alter egos, played by 'James McAvoy'.



Moments from Movie Presentation



The program was coordinated by Mr. Premraj Parate, Assistant Professor, Department of Psychology under the guidance of Dr. Tanu Sharma Head, Department of Psychology.

30 students from department of psychology benefited by gaining awareness about Multiple Personality Disorder from the Movie Presentation.

Head, Department of Psychology

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



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

Department of Psychology

Letter for Permission

Date: 18/10/2022

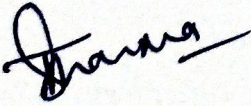
To,
The Principal,
SSR ACS College,
Silvassa - 396 230

Subject: Permission to show "Psychological Movie" to SYBA and TYBA students of psychology department.

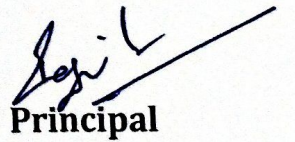
Respected Sir,

We want to show a "Psychological Movie" named "Split" to our SYBA and TYBA (Psychology Special) students. This movie is based on "Multiple Personality Disorder" and is very essential for students to learn about psychological disorder as they have Abnormal Psychology subject and they can gather more information through this movie. We request you to grant us permission to show students the movie. The movie will be shown in **Class Room No. 09** during the time period of **9:10 am to 12:10 am** (during scheduled classes) on **20/10/2022**. For presentation purpose we also request to provide us portable projector and extension board for the same.

Thanking You.



Head, Department of Psychology



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

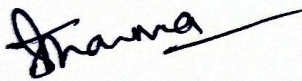
SSR Memorial Trust's
SSR College of Arts, Commerce and Science, Silvassa

NOTICE

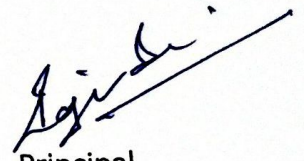
Department of Psychology

Date: 18-10-2022

This is to inform all the students of SYBA and TYBA that a movie named "Split" based on Multiple Personality Disorder will be shown on 20-10-22. The movie will be shown in Room no. 9 at 9:30 a.m. All the students have to compulsorily attend the same.



Head, Department of Psychology



Principal

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

SSR College Of Arts, Commerce and Science

Sayli, Silvassa

Department of Psychology

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

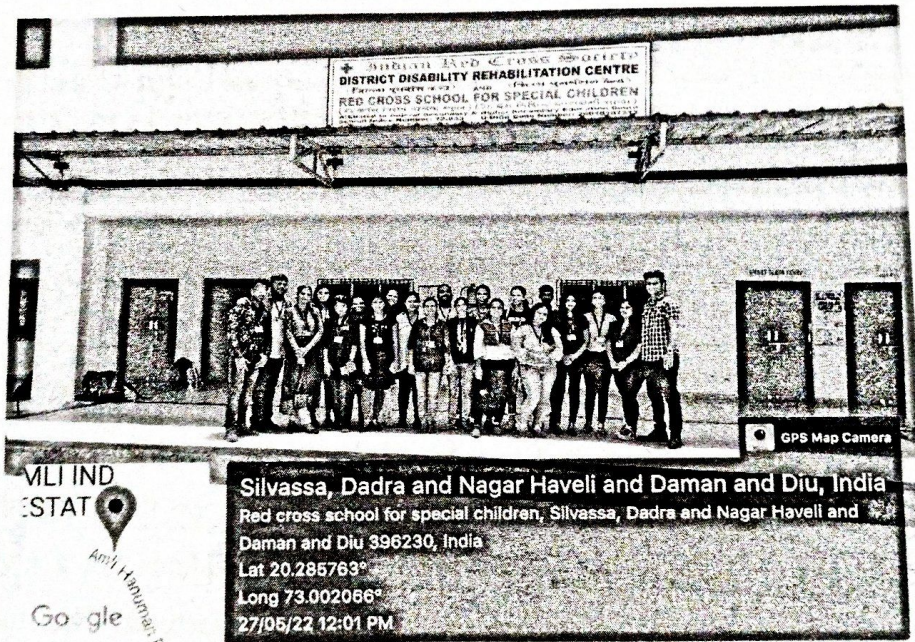
Activity: Visit to Red Cross School and District Disability Rehabilitation center, Silvassa

Date: 27th May 2022.

Organised by: Department of Psychology

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

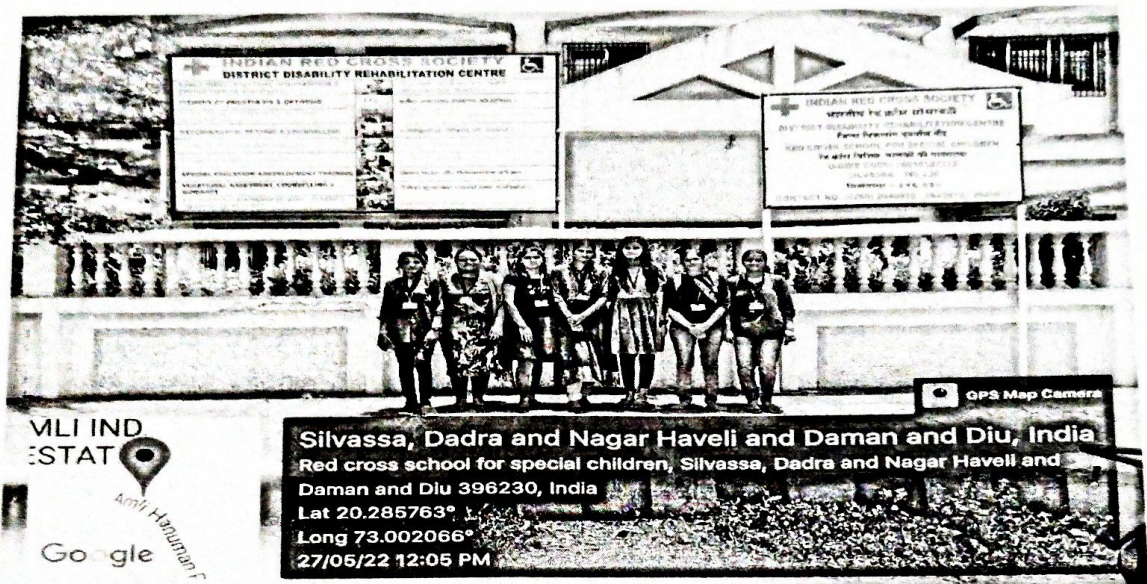
The Department of Psychology organized a visit to the Red Cross School for Special Children and Red Cross Disability Rehabilitation center located opposite Sachivalya, Silvassa for T.Y.B.A students having Psychology special. Twenty-Nine students having special psychology visited both centers on 27th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



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



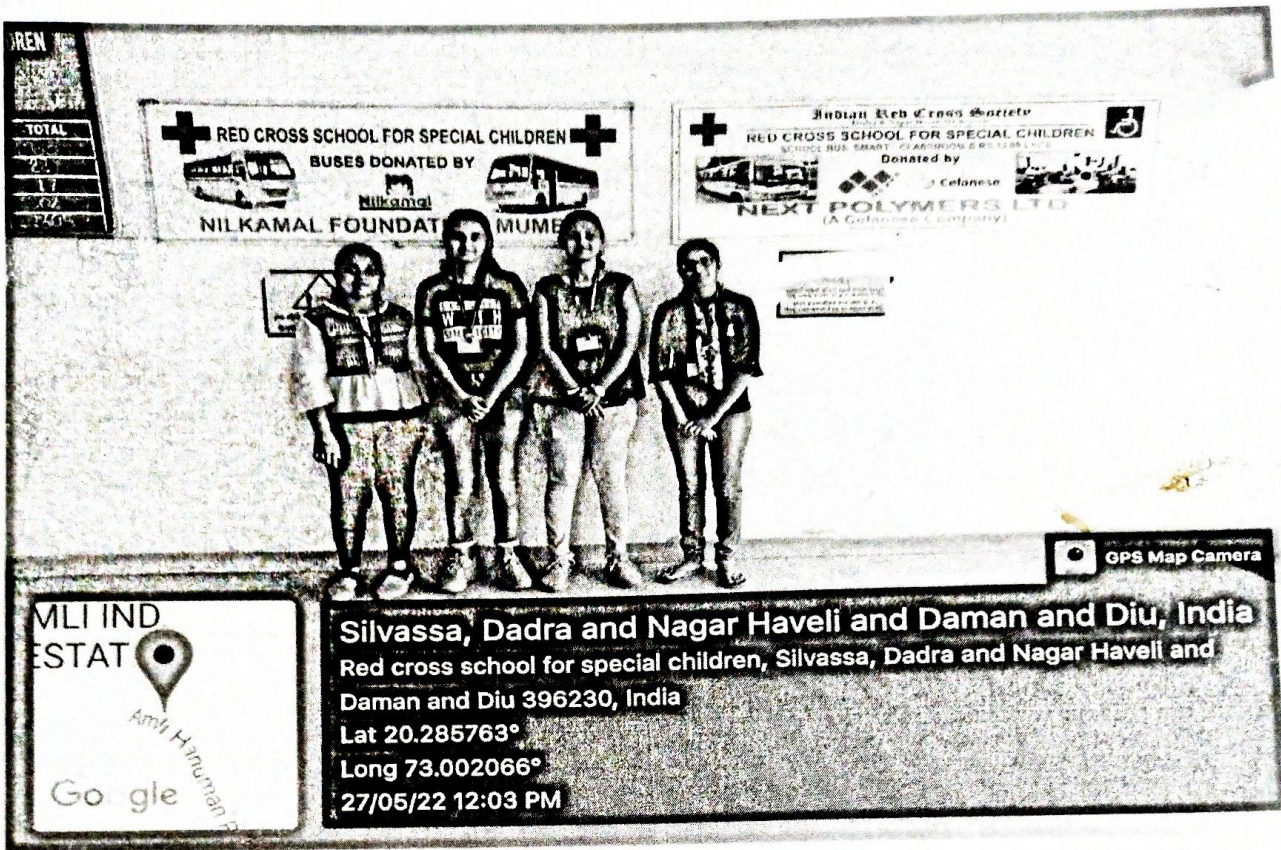
The aim of the visit was to provide practical knowledge to the students about their field and learn the techniques of complete observation and behavioral analysis. Most of the children in the school were intellectually disabled. Beginning with care group, the school has classes up to 10th std.



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. P.

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

To,
The Principal
SSR, ACS
Silvassa

Date: 21/05/22

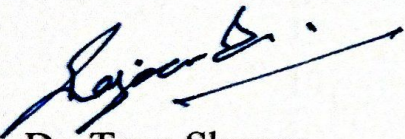
Subject: Permission for a visit to Red Cross School and Red Cross Disability Rehabilitation center for TYBA Special Psychology Students.

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

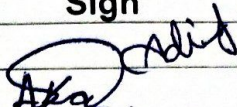
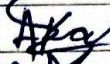

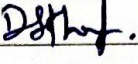
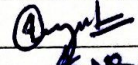
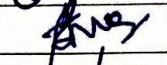
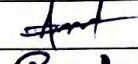
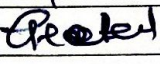


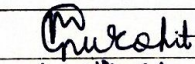
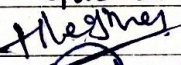
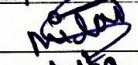


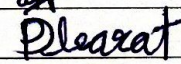
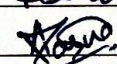

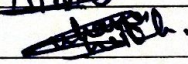
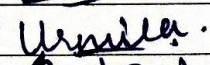
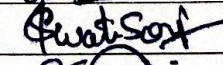
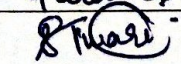


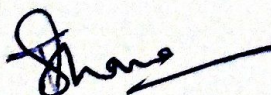
Dr. Tanu Sharma

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 Agravat	
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 Tinsari	


Head, Dept. of Psychology

**SSR Memorial Trust's
SSR College of Arts, Commerce and Science
Sayli Road, Silvassa - 396230 (UT of D&NH)**

Department of Psychology & Guidance and Counseling Cell

Report- Anti-Alcoholism Campaign- Street Play (31-12-2022)

Date: 01/01/2023

Program: Street Play

Occasion: Anti-Alcoholism Campaign

Organized by: Department of Psychology & Guidance and Counseling Cell and Empower Foundation, Silvassa

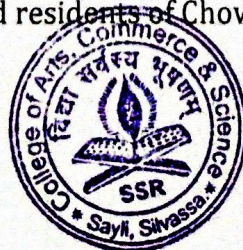
Venue: Chowki Pada, Sayli Panchayat

Department of Psychology & Guidance and Counseling Cell of SSR College of Arts, Commerce and Science in collaboration with an NGO Empower Foundation organized an awareness Program on **Alcohol Use Disorder (AUD)**. SYBA students presented a "Street Play" at Chowki Pada, Sayli Panchayat at 11:30 a.m. on 31/12/22. The purpose of this street play was to create awareness about the adverse effect of alcoholism on physical and mental health and well-being. It also reflects on the social effects as aggression against others, child abuse and spouse abuse and day to day dysfunctioning. The street play showed addiction influence and treatment importance through medium of family and young generation daily life.

Department of Psychology and Empower Foundation Presenting Street Play in Chowki Pada



18 students from Department of Psychology participated in this street play. Students perform the play in presence of Project Manager of Empower Foundation Mr. Nanduri Rajgopal Rao, Faculty Head of Arts Dr. Tanu Sharma, Assistant Professor of SSR College Arts, Commerce and Science Dr. Stuti Bhrigu, Ms. Sunanda Kangane, Mr. Premraj Parate and residents of Chowki Pada, Sayli Panchayat.

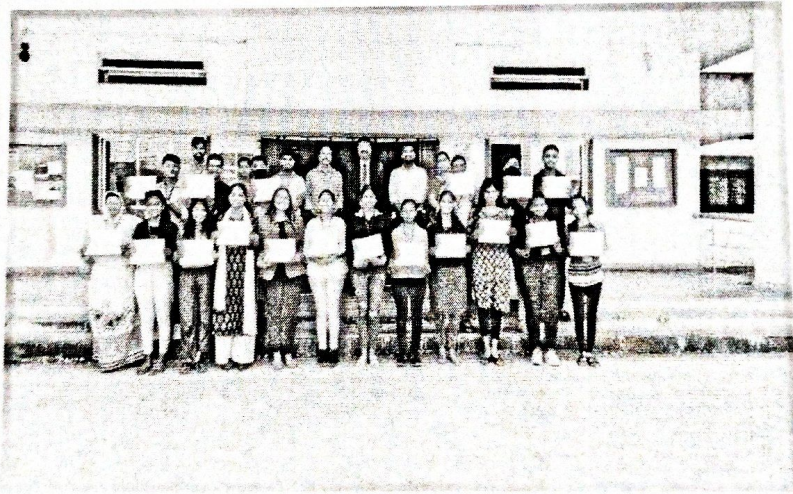


Moments from Street Play



The program was coordinated by Mr. Premraj Parate, Assistant Professor, Department of Psychology and Volunteer Team of Empower Foundation. Principal Dr. Rajeev Singh congratulated all students and praises their efforts for the program and motivated them for organizing more programs. The participants were given certificate for the same.

Principal Dr. Rajeev Singh congratulated students of Department of Psychology



Around 150 residents from chowkipada, benefited from the Street play, by gaining awareness about harmful effects and treatment for alcoholism.

Head, Department of Psychology



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

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

Department of Psychology & Guidance and Counseling Cell

Letter for Permission

Date: 02/01/2023

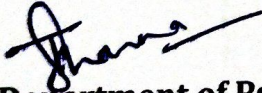
To,
The Principal,
SSR College of ACS,
Silvassa - 396230

Subject: Permission to present "Awareness Street Play" at Chowki pada, Sayli Panchayat

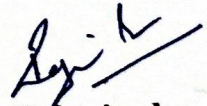
Respected Sir,

Department of Psychology & Guidance and Counseling Cell of SSR College of Arts, Commerce and Science in collaboration with an NGO Empower Foundation aspire to organize an awareness Programme on Alcohol use disorder (AUD). SYBA students will be presenting a "Street Play" at Chowki Pada, Sayli Panchayat at 11:30 a.m. on 31/12/22. The Purpose of this street play is to spread awareness about the adverse effect of alcoholism on physical and mental health and well-being. We request you to grant us permission to present the street play. Purpose of this street play is to spread awareness.

Thanking You.



Head, Department of Psychology



Principal
Principal

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





SSR Memorial Trust's
SSR COLLEGE OF ARTS, COMMERCE AND SCIENCE
Sayli Road, Silvassa UT of D&NH and D&D - 396230
Affiliated to Savitribai Phule Pune University
Accredited by NAAC with Grade B+



Ref. No.:

Date: 22/06/2022

INTERNATIONAL YOGA DAY

June 21, 2022

Report

- Date of Programme** : June 21, 2022
- 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
- Organizing team** : (a) Mr. Rushikesh Waghchaure (Convener)
(b) Mr. Nilesh Bawiskar (Co-ordinator)
(c) Ms. Minal Jhala (Member)
(d) Ms. Sonali Kharde (Member)
- Number of Application received** : 35 (Annexure1)
- Venue** : Auditorium, SSR College, Silvassa
- 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:

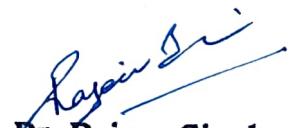
International Yoga Day 2022 was celebrated at SSR College of Arts, Commerce and Science, Silvassa with the theme 'Yoga for Humanity'. The programme was attended by 35 students and 15 teaching staff. In this year, the number of participants was low due to commencement of university examination.

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

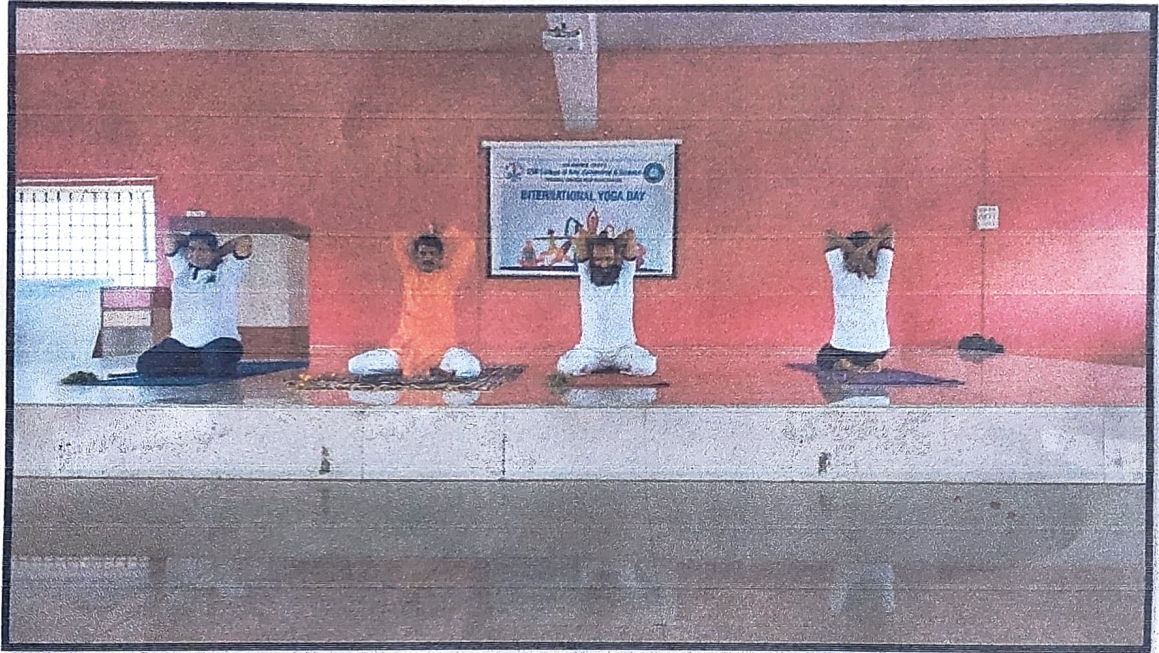

Dr. Atul Babar
IIC Coordinator

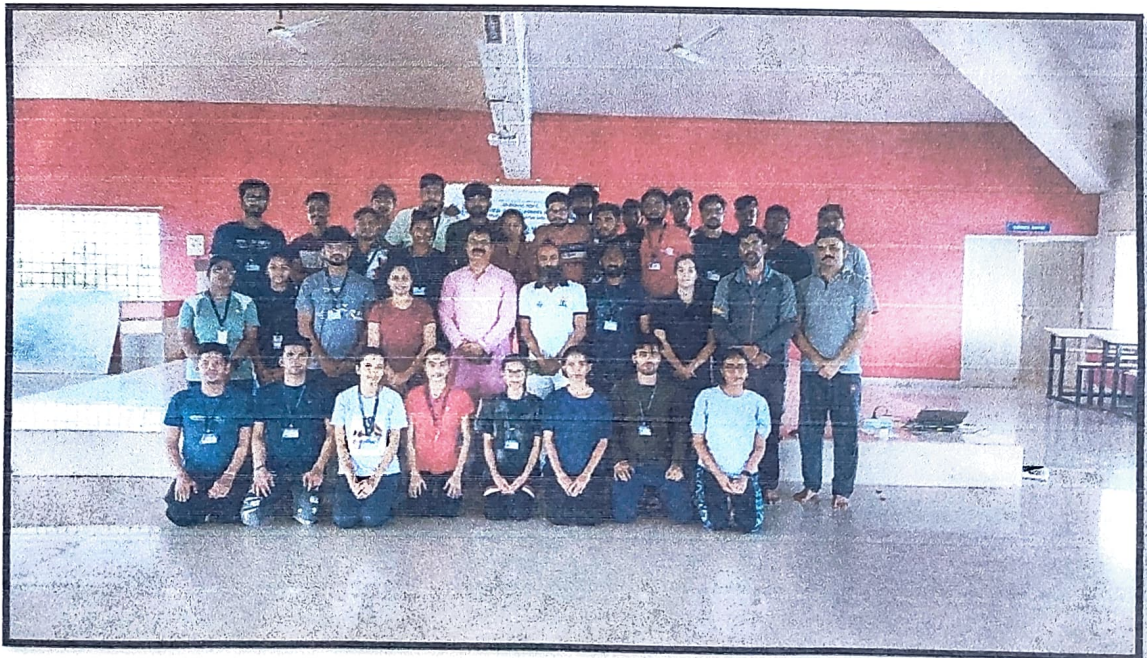

Dr. Rajeev Singh
Principal

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



9. Photograph:







SSR MEMORIAL TRUST'S
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 attend 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 marksheet)	Contact	Class	Signature
Jijo Wilson	8140452216	TYBCA	<u>Jijo</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>
DEVANSHU - PATEL	8849511366	SYBCA	<u>Devanshu</u>
Deevanshi Bhatt	9125265923	SVBCA	<u>Deevanshi</u>
ANJALI YADAV	7874025638	SYBSC	<u>Anjali</u>
Waqas Khan	9725599854	TYBCA	<u>Waqas</u>
Chanchal Tiwari	8469031157	FYBSC	<u>Chanchal</u>
Pal Dhakumar	8401925875	TYBCA	<u>Pal</u>
Deepak Singh	9054202877	TYBCA	<u>Deepak</u>
Pooheep Sahra	9328288710	TYBCA	<u>Pooheep</u>
Harion Tiwari	9662092730	TYBCA	<u>Harion</u>
Titiksha Kawale	6351794620	TYBCA	<u>Titiksha</u>
ZUZAR VOHRA	9106064290	TYBCA	<u>Zuzar</u>
Himanshu Upadhyay	9904212739	TYBCA	<u>Himanshu</u>
Karim Khan	9016532963	TYBCA	<u>Karim</u>
Saurekh Khandekar	8140215975	TYBCA	<u>Saurekh</u>
Sonawane Lalita	9360458057	TYBCA	<u>Sonawane</u>
Yadav Ranjana Vijay	7778999728	TYBSC	<u>Ranjana</u>
Shaikh Intekhab	9316050097	T.Y.BCA	<u>Shaikh</u>
Gayatri Pareek	7990262750	T.Y.BCA	<u>Gayatri</u>
Jayruti Suryawanshi	8805709404	TYBCA	<u>Jayruti</u>
Pushper Tadav	635530858	TYBSC	<u>Pushper</u>
Kawar Tina Govindsingh	7801996619	TYBSC	<u>Tina</u>
Nikki Rai	8140278133	TYBSC	<u>Nikki</u>
Pooanv Mishra	9512966651	SVBCA	<u>Pooanv</u>
Amitish Pandey	9724842068	SVBCA	<u>Amitish</u>
Kshibij Desai	9499528877	FYCS	<u>Kshibij</u>
Sunny Yadav	7863096254	F.Y.BCA	<u>Sunny</u>
Sannovan Shukla	9512438441	TYBCA	<u>Sannovan</u>
Mourya Akash	9737611216	T.Y.BBCA	<u>Mourya</u>
Jaiswar Vivek	9904043557	TYBCA	<u>Jaiswar</u>

