



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**

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:

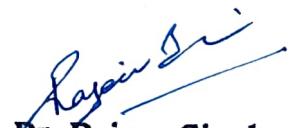
International Yoga Day 2022 was celebrated at SSR College of Arts, Commerce and Science, Silvassa with the theme 'Yoga for Humanity'. The programme was attended by 35 students and 15 teaching staff. In this year, the number of participants was low due to commencement of university examination.

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

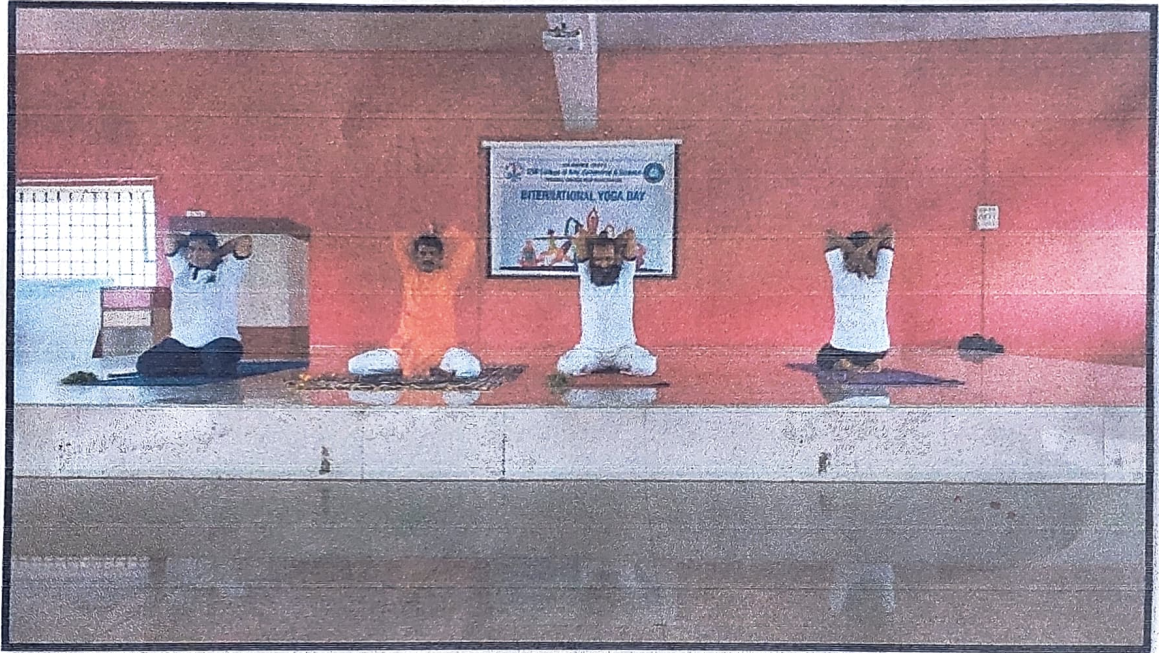
  
**Dr. Rajeev Singh**  
Principal

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





**9. Photograph:**











SSR MEMORIAL 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

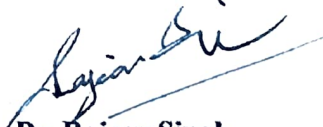
**Venue:** Prerna Auditorium, Top Floor, SSR College of Arts, Commerce & Science, Sayli, Silvassa, UT DNH DD.

**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 Tewari	8469031157	FYBSC	<u>Chanchal</u>
Pal Dhakumar	8401925875	TYBCA	<u>Pal</u>
Deepak Singh	9054202877	TYBCA	<u>Deepak</u>
Pooheep Sahoo	9328288710	TYBCA	<u>Pooheep</u>
Harion Thawari	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>
Sammran Shukla	9512438401	TYBCA	<u>Sammran</u>
Mourya Akash	9737611216	T.Y.BBCA	<u>Mourya</u>
Jaiswar Vivek	9904043557	TYBCA	<u>Jaiswar</u>







'SWARGEeya SANJIBHAI RUPJIBHAI MEMORIAL TRUSTS'  
**SSR COLLEGE OF ARTS, COMMERCE AND  
SCIENCE**



(AFFILIATED TO SAVITRIBAI PHULE PUNE UNIVERSITY)

SAYLI ROAD, SILVASSA, UT OF DADRA AND NAGAR HAVELI-396230

ID No:PU/DNH/ACS/90/2016 PhNo: 0260-2681102 Email:

## National Service Scheme Annual Report 2022-23

During this year we have started our NSS activities by registration of students in NSS in the month of July and formed **NSS unit of 100 students in which 45 boys and 55 girls students** were selected.

As per directive from NSS department of Savitribai Phule Pune University We have completed online NSS unit proposal process before 15<sup>th</sup> Aug 2022.

The meeting annual planning of NSS regular activities was explained by Mr, Prabhakar Desai Co ordinator of NSS, SPPU.

Accordingly We have received sanction letter for NSS unit of 100 Volunteers from SPPU (NSS/855/2022). Amount of Rs 34000/- (340/ student).

As a part of regular activities our NSS unit was involved in following various activities.

### 1. Plantation programme –

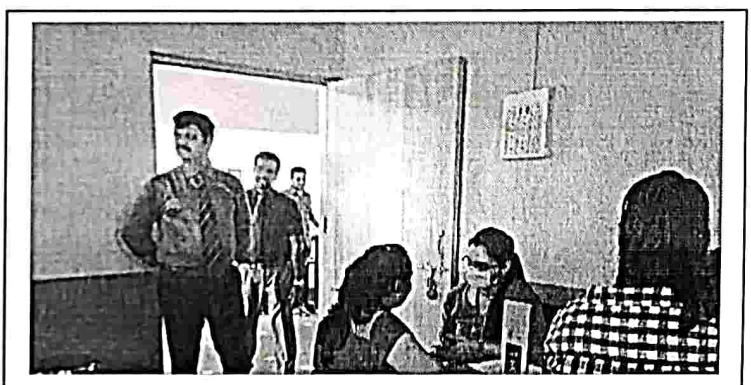
NSS unit of our college had organized a plantation programme on June 5 as a celebration of 68<sup>th</sup> Van Mahostav in DNH. In this plantation programme more than 120 plants were planted surrounding the college campus area.





## 2. Medical Health Checkup

Our NSS unit was also involved in Medical Health check up programme held on 8<sup>th</sup> and 9<sup>th</sup> Aug 22 in which medical health check up of all the first year students was done by a team of Medical officers from Shri Vinoba Bhave Civil Hospital, Silvassa



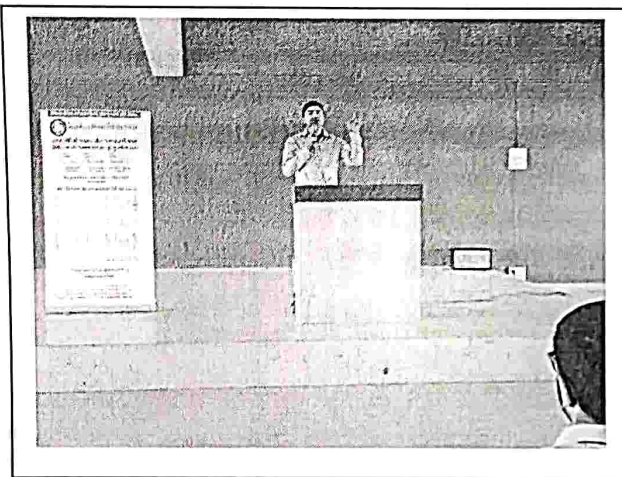
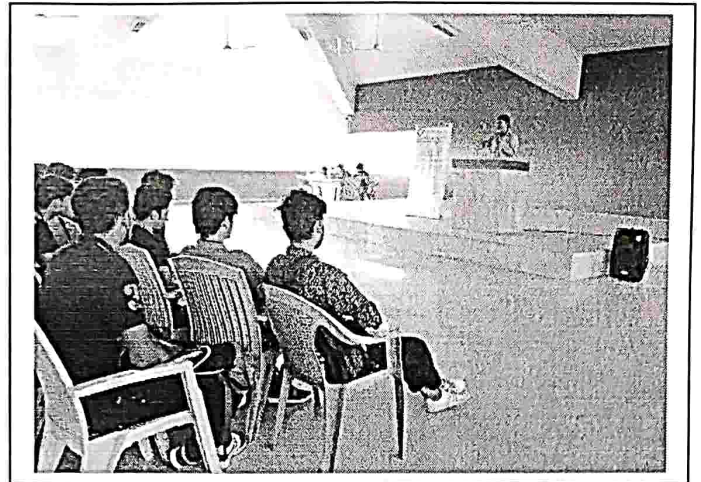
## 3. Tobacco Control Programme

Our Unit had also organized a seminar on tobacco awareness on 2<sup>nd</sup> Oct 22 . An awareness lecture was given by Shri Madhusudan Samal Coordinator Tobacco control programme VBCH. After his guidance our NSS volunteers are involved in creating awareness amongst the youngsters and to help the addicted persons to get rid of tobacco addiction



#### 4. Sickle cell anemia Test

Sickle cell anemia awareness and screening test was organized by our unit in association with VBCH. Under this programme awareness lecture was given by Mr Ketan Patel and our NSS volunteers helped in screening of our college students for Sickle cell anemia conducted by SVBCH, Silvassa on 01Dec22



*Shivsuman*  
NSS Programme Officer  
SSR College of ACS, Silvassa

*Dr. Arpan*  
16/3/23  
Principal  
S.S.R. College of  
Arts, Commerce & Science  
Silvassa (D&NH)





# Report

## Report Details

### Date and Venue

The training-workshop took place on 16/12/2022 at the IMR auditorium. The guest arrived at the venue one day before, in order to meet for fine-tuning of the agenda and coordination of facilitation.

### Training Team

The members of the training team were Dr. Sachin Surve, Coordinator of HRDG Pune

### Report:

In the session following points has been discussed:

#### Stay positive in every circumstance

Being self-conscious and emotionally aware is necessary to maintain your optimistic attitude. Don't allow fear rule you and convince you that things won't turn out well. Recognize that most criticism you receive won't be personal, and accept it.

#### Motivation

Children are motivated to continue even in the face of obstacles or difficulties. It gives them the energy they need to reach their full potential. A motivated youngster is devoted, active, and creative; they see the importance of what they are learning and are committed to achieving their objectives.

#### Goal of life

students' personal objectives may include things like developing good study habits, time management skills, career development, and personal growth. Teenagers are capable of setting various objectives at once, as well as goals that need numerous steps or take a long time to complete.

#### Agenda

To inculcate soft skill and career development path among the student.

Date of the Program: 16/12/2022

Organizers: Commerce Department

In-charge of the session: Vishal Langaliya, Virali Patel

yes to

Venue: IMR auditorium

Resource Person: Dr. Sachin Surve

Number of Attendees:  $84+66=150$

Outline of the session:

- Stay positive in every circumstance
- Motivation
- Goal of life

Photos



sural

*Surve*



## ATTENDANCE SHEET

1	JADHAV DEEP SHRIDHAR	<i>[Signature]</i>
2	SMIT KUMAR PATEL	<i>[Signature]</i>
3	VIDHYA AYYASWAMY CHETTIAR	<i>[Signature]</i>
4	KALE SHITAL UTTAM	<i>[Signature]</i>
5	DAKSH NAYAK	<i>[Signature]</i>
6	KENIL PATEL	<i>[Signature]</i>
7	VIPUL VIPIN AGRAWAL	<i>[Signature]</i>
8	KC POOJA BABU	<i>[Signature]</i>
9	BHAVYA BAGRI	<i>[Signature]</i>
10	NEETU SINGH	<i>[Signature]</i>
11	SINGH NAMRATA CHANDAN	<i>[Signature]</i>
12	BHOOMIKA DINESH BAGRI	<i>[Signature]</i>
13	MISHRA ANCHAL DINESH	<i>[Signature]</i>
14	ABHIJEET JAIN	
15	REHAN IMTIAZ	
16	BHANDARI MEET BHARAT	<i>[Signature]</i>
17	NIRAJ CHAUDHARY	<i>[Signature]</i>
18	PAL RUPESH RAMESH	<i>[Signature]</i>
19	ABHIJITH NAIR	<i>[Signature]</i>
20	ANANTHU KRISHNA BINUKUMAR	<i>[Signature]</i>
21	MISTRY DHRUV JIGARKUMAR	<i>[Signature]</i>
22	JINIT RATHOD	<i>[Signature]</i>
23	GADHAVE ROHAN RAJESH	<i>[Signature]</i>
24	KUNAL MEHTA	<i>[Signature]</i>
25	RADHIKA VERMA	<i>[Signature]</i>
26	PIYA MALKE	<i>[Signature]</i>
27	PATEL PRIYAKUMARI JAYESHBHAI	<i>[Signature]</i>
28	MEET BHANUSHALI	<i>[Signature]</i>
29	YAMINI PATIL	<i>[Signature]</i>
30	PATIL HRUSHIKESH NARAYAN	<i>[Signature]</i>
31	SALONI GUPTA	<i>[Signature]</i>
32	KHAN FAYAAZ YUNUS	<i>[Signature]</i>
33	KHADKA KHUSHI SACHIN	<i>[Signature]</i>
34	GOMES LEROY LARRY	<i>[Signature]</i>
35	SNEHA NAIR	<i>[Signature]</i>
36	SINGH PRATIK SURESH	<i>[Signature]</i>
37	RAJENDRA S CHUNDAWAT	<i>[Signature]</i>
38	JOSHI AARCHI	<i>[Signature]</i>
39	MALVIYA JASH AJITKUMAR	<i>[Signature]</i>
40	DESAI JEET ANKUR	<i>[Signature]</i>
41	AJINKYA DEOGUDE	<i>[Signature]</i>
42	DUTTA PREM MANAB	<i>[Signature]</i>
43	SINGH RAHUL KUMAR TUNNA KUMAR	<i>[Signature]</i>
44	BADGUJAR NEHA KISHOR	<i>[Signature]</i>
45	GAUTAMCHAND MALI	<i>[Signature]</i>
46	SHIKHA SINGH	<i>[Signature]</i>
47	PATEL NIMESH PRAVINBHAI	<i>[Signature]</i>



48	QURESHI AMAN FARUK	Aj
49	NAVAMI MOHAN NAIR	Nair
50	PATIL HARESH BALCHANDRA	Hare
51	CHHAYANSHU PATEL	Chhay
52	DHIRAJ-KUMAR	Dhiraj
53	HUSAIN PARDIWALA	Husain
54	KOLTE GAURAV SUNIL	Kolte
55	KESI GANESH SURESH	Kesi
56	MEWADA RAHUL NEMARAM	Mewada
57	YASH PIYUSHBHAI NANDWANA	Yash
58	KACHCHHI SAHANA SIRAJ	Kachchi
59	KUNAL GUPTA	Kunal
60	PATEL MANN SANJAYBHAI	Patel
61	SONI DEVASHISH NILESHKUMAR	D.N. Soni
62	PRINCE TIWARI	Prince
63	CHIRAG AJAY SINGH	Chirag
64	SHIKHAR SHARMA	Shikhar
65	SHREYA SANKARAN NAMBOODIRI	Shreya
66	OHARA KAPIL SANTOSH	Ohara
67	TIWARI DIVYAA GHANSHYAM	Tiwari
68	AMIT BANSHILAL MATUWAL	Amit
69	DEEPAK KUMAR	Deepak
70	ROHAN SARASWAT	Rohan
71	CHRIS DAVIS	Chris
72	AMIT SINGH	Amit
73	BRIJESH PATEL	Brijesh
74	SUI YAZAD MINU	Sui
75	KANOJIYA SURAJ ANIL	Kanojiya
76	SAHIL PATEL	Sahil
77	VRUSHALI LIMESH PAREKH	Vrushali
78	SHASHANK AJAY RAI	Shashank
79	RATHOD ANUJ HITENDRA	Rathod
80	GYANESHWAR PATIL	Gyaneshwar
81	SHREYA CHAITANYA PAREKH	Shreya
82	KAUSHAL CHAUHAN	Kaushal
83	NITESH RAMNIWAS SAINI	Nitesh
84	PRAJAPATI NIDHI MANGESH	Nidhi
85	BUSHRA CHOTALIYA	Bushra
86	TITHI PATEL	Tithi
87	NADAR ROJA GANESH	Nadar

PARTH PANCHAL  
 Pandey Suraj  
 Rayyan Khan

T.Y. B.com

T.Y. B.Com



**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+  
**Registration Sheet**

Sr. No.	Student Name	Class	Sign
1	ADITI BHARDWAJ	TYBBACA	<i>Aditi</i>
2	AGRI KARISHMA SHAILESH	TYBBACA	<i>Karishma</i>
3	AKASH SINGH	TYBBACA	<i>Akash</i>
4	AMAN KUMAR GUPTA	TYBBACA	<i>Aman</i>
5	ANSARI MD JUNED MD JAMSHED	TYBBACA	<i>Juned</i>
6	ARISHA KHAN	TYBBACA	<i>Arisha</i>
7	ASHISH JANGID	TYBBACA	<i>Ashish</i>
8	ASHISHKUMAR ANIL THAKUR	TYBBACA	<i>Ashish</i>
9	ATHUL AJIKUMAR	TYBBACA	<i>Athul</i>
10	AVNISH PANDEY	TYBBACA	<i>Avnish</i>
11	BERA BIPUL NIRMAL	TYBBACA	<i>Bera</i>
12	BIJAL KUMARI ROHIT	TYBBACA	<i>Bijal</i>
13	BIND VIMALVIVEK GULABDHAR	TYBBACA	<i>Bindu</i>
14	CHAUHAN JULI RAMJATAN	TYBBACA	<i>Jhans</i>
15	CHAUHAN PRERNA DIPAKSING	TYBBACA	<i>Prerna</i>
16	CHOUDHARY AMAN MADAN	TYBBACA	<i>Ab</i>
17	DHOLE MAVEEKESH KACHARU	TYBBACA	<i>Dhole</i>
18	DUBEY ASHISH VINOD	TYBBACA	<i>Ashish</i>
19	DWISHA PATEL	TYBBACA	<i>Dwisha</i>
20	EKTA JANGID	TYBBACA	<i>EKta</i>
21	FREDDY BIJUJOHN	TYBBACA	<i>Freddy</i>
22	GIRASE PAVANRAJ MEGHRAJ	TYBBACA	<i>Pavan</i>
23	GUPTA ABHISHEK TARKESHWAR	TYBBACA	<i>Abhishek</i>
24	GUPTA RAJNANDINI JAYPRAKASH	TYBBACA	<i>Nandini</i>
25	KADU JAIMIK PANKAJ	TYBBACA	<i>Pankaj</i>



**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+  
**Registration Sheet**

26	KESHVANI SAMEER PYARALI	TYBBACA	S Keshwani
27	KHAN SHOHAIB AHMED ABDUL QAIUO	TYBBACA	<del>Sincet</del>
28	KHAN SOHAIL TAHIR	TYBBACA	Sohail Khan
29	KHUSHI KAUSHAL SHRIVASTAV	TYBBACA	Khushi
30	MANISHA CHAUHAN	TYBBACA	Manisha
31	MANORLAL BHURARAM CHOUDHARY	TYBBACA	Manoraj
32	NAITIK ROHIT AGARWAL	TYBBACA	Naitik
33	PALACKAL ANANDHU SIJU	TYBBACA	Anandhu
34	PANDORIA SANSKAR KALPESH	TYBBACA	Pandoria
35	PARIDA SANTOSHI ALOK	TYBBACA	Santi
36	PATEL ANKIT AMARAT	TYBBACA	Ankit
37	PATEL MITALI JITENDRA	TYBBACA	Mitali
38	PATEL PARTH RAMESHBHAI	TYBBACA	Parth
39	PATEL PRACHI AMRISHBHAI	TYBBACA	Prachi
40	PATHAN ASHHAD ZAKIR	TYBBACA	Ashhad
41	PRAJAPATI VIKASH RAJARAM	TYBBACA	Vikash
42	PRAMODKUMAR BHUPENDRA GEHLOT	TYBBACA	Pramol
43	PRANAV MISHRA	TYBBACA	Pranavmishra
44	PREET AJAY SHARMA	TYBBACA	Ab
45	REHMAN KABIR AHMED PARVEZ	TYBBACA	K.P. Rehman
46	RIDDHI PATEL	TYBBACA	Riddhi
47	ROHILAN VIJAY RICHHPALSINGH	TYBBACA	Rohilan
48	ROHIT BHAGAT	TYBBACA	Rohit
49	SAIYED IBRAHIM MOHD SHAMIM	TYBBACA	Saiyid Ibrahim
50	SANYU SAJU MATHEW	TYBBACA	Sanyu
51	SHAH SNEHAL TUSHAR	TYBBACA	Snehal



**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+  
**Registration Sheet**

52	SHIVAM PANDEY	TYBBACA	<i>Shivam</i>
53	SINGH ANIKET UPENDRA	TYBBACA	<i>Aniket</i>
54	SINGH PRASHANT PARMANAND	TYBBACA	<i>Prashant</i>
55	SINGH SHIVAMKUMAR VINODKUMAR	TYBBACA	<i>Shivam</i>
56	SINGH SOURAVDEEP DURGESH	TYBBACA	<i>Sourav</i>
57	SINGH SURAJ DADDAN	TYBBACA	<i>Suraj</i>
58	SNEHA SUNIL SONAWANE	TYBBACA	<i>Sneha</i>
59	SONTAKKE ABHISHEK ASHOK	TYBBACA	<i>Abhishek</i>
60	TIWARI PAWANKUMAR SHREEKANT	TYBBACA	<i>Pawankumar</i>
61	TRIPATHI MAMTA PRAKASHCHANDRA	TYBBACA	<i>Mamta</i>
62	TUWAR DNYANESHWARI BALASAHEB	TYBBACA	<i>Dnyaneshwari</i>
63	UPADHYAY SAKSHI RAJESHBHAI	TYBBACA	<i>Sakshi</i>
64	VAIBHAVI DEEPAK JAISWAL	TYBBACA	<i>Vaibhavi</i>
65	VENKATESHWAR YADAV	TYBBACA	<i>Venkatesh</i>
66	VERMA ALOKKUMAR AMARDAYAL	TYBBACA	<i>Ab</i>
67	VIDHYA K S	TYBBACA	<i>Vidhya</i>
68	YADAV SHUBHAMKUMAR SUNIL	TYBBACA	<i>Shubham</i>
69	YUVRAJ BABBAN SINGH	TYBBACA	<i>Yuvraj</i>