

SERVICE LEARNING

SRI SARADA COLLEGE OF EDUCATION (AUTONOMOUS), SALEM -16

ALWAYS FIT-YOGA SERVICE

Date:23.12.2022

Venue: Arulmigu Palani Andavar Polytechnic College, Palani

Beneficiaries:65 participants of B.EdII year

Organiser: Sri Sarada College of Education, Salem.

No of Students: 11

In the competitive world to develop students to reach a more positive outlook on their life, Sri Sarada College of Education organised a "Always Fit" a Yoga practice with an objective to make Arulmigu Palani Andavar Polytechnic College I year EEE students to develop coping skills. Dr.S.Velvizhi, Physical Director and 11 B.Ed II Year students trained by our Physical director namely R.Gokila, S.Bhuvaneshwari, P.Dharini, S.Kokila, P.Monika, K.Nithya, S.Saranya, N.Thanikodi, R.Reshma, K.Lavanya, and P.Madhumitha went on to Arulmigu Palani Andavar Polytechnic College, Palani and conducted yoga workshop on 23.12.2022. They also demonstrated different poses of Yoga such as Surya Namaskaram, Tadasana, Uttanasana, and Veerabhadrasana, and Viparitavirabhadrasana. Dr.S.Velvizhi, Physical Director, SSCE gave a lecture on importance of regular yoga practice and its role in the life skill exercises which instilled the values of endurance, calmness, strength, well-being, flexibility, releasing stress and anxiety. Arulmigu Palani Andavar Polytechnic College first year EEE students expressed their gratitude and shared feedback that after the training they acquired the benefits of body flexibility, developed a great sense of self-discipline, self-awareness and obtained a positive mental health and wellbeing.

Outcome: Teaching of yoga by SSCE, B.Ed students among Arulmigu Palani Andavar Polytechnic College I year students has been kindled with positive thoughts, interest, relaxation along with strong physical and mental health.


Programme In-Charge


Principal
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SALEM-636 016

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**Glimpses of Always Fit-Yoga Service at Arulmigu Palani Andavar
Polytechnic College, Palani**

23.12.2022



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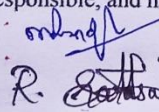
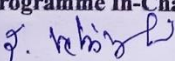
Date: 01.09.2018

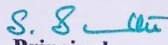
Venue: Annai Sathya Ammaiyar Memorial Orphanage. Judge Road, Salem - 8

Organizer: Sri Sarada College of Education (Autonomous), Fairlands, Salem-16

Participants: 22 participants of Orphan children and 95 participants of B.Ed students of Sri Sarada College of Education.

Our B.Ed students visited Annai Sathya Ammaiyar Memorial Orphanage School to observe and render social service to the orphans. The main aim of the visit was to make student-teachers fully understand the fact that orphan children can reach their full potential. Our B.Ed students interacted with the children and staff of the orphanage and performed some entertainment activities such as songs, dance, story-telling and games with the orphan children to make the children happy. On realising the academic needs of the orphan children, our students donated some reading and writing materials. This activity helped student-teachers to be sensitized with a sense of empathy and to understand the needs of underprivileged children in our society. Students who participated in this activity learnt that they have obligations to society and its well-being beyond their own academic pursuits and professional development. They also realised that orphan children can reintegrate into the community as mature, responsible, and happy individuals.


R. Sathya
Programme In-Charge

G. Vignesh


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Glimpses of Service-Learning Annai Sathya Memorial Orphanage on 01.09.2018



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SRI SARADA COLLEGE OF EDUCATION (AUTONOMOUS), SALEM -16

SERVICE LEARNING

Date: 24.12.2018

Venue: St. Joseph Orphanage, Andipatti Village, Salem

Organizer: Sri Sarada College of Education (Autonomous), Fairlands, Salem-16

Participants: 31 participants of Orphan children and 83 Sri Sarada College of Education

Our B.Ed students visited St. Joseph Orphanage home, Andipatti Village, Salem to spend their precious time with orphan students which give them joy and pleasure. Students were made to observe the home and interacted with children aged between 09-18 years studying from elementary classes to higher secondary classes. The facility of the home was very orderly and regimented, with weekly meal plans and a daily routine for the children. Their eating manners were highly formal. The visit was intended to make student-teachers fully understand the fact that orphan children have potential to excel in curricular and co-curricular activities. Our B.Ed students performed some amusement activities such as songs, dance, story-telling, antakshari, and games with the orphan children to make the children happy. On realizing the educational needs of the orphan children, our student-teachers donated some reading and writing materials such as pencils, scales, pens, notebooks and story books. This activity helped student-teachers to be sensitized with a sense of compassion and to understand the needs of underprivileged children in our society. Students who participated in this activity learnt that they have obligations to society and its well-being beyond their own academic pursuits and professional development.

J. V. Chizhi
Principals
R. Sarada

Programme In-Charge

S. S. S. S.
Principal
PRINCIPAL
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Glimpses of Service Learning at St. Joseph Orphanage, Andipatti village, Salem - 24.12.2018



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SRI SARADA COLLEGE OF EDUCATION (AUTONOMOUS), SALEM -16

SERVICE LEARNING

Date: 29.01.2018

Venue: Government Higher Secondary School, Udayarpatti Village, Salem

Organizer: Sri Sarada College of Education (Autonomous), Fairlands, Salem-16

Participants: 49

As the proverb goes, "Cleanliness is next to godliness," our college has put every effort to instil in our student-teachers the importance of keeping a clean and healthy environment. Our B.Ed, M.Ed and M.Phil students went on to Government Higher Secondary School, Udayarpatti village to create awareness about the eco-friendly environment practices insisting on environmental mindfulness among the students. The students clean the benches, blackboards, and other equipment in the common areas and playground of the school. Our students helped the Government School school campus get cleaned and planted saplings to make the environment green. The Head master of the school had appreciated the volunteering service rendered by our students. The main aim of the activity is to make student-teachers learn to acknowledge their contributions appropriately and they must understand that no work is "deserving of contempt." Every single person contributes in some way to society to make the earth greenish. As an impact of the activity, our students realised that it is the need of the day to initiate green practices to reduce the ecological imbalances occurring on our earth.



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**Glimpses of Service Learning at Government Higher Secondary School,
Udayarpatti, Salem – 29.01.2018**



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