



SAI SOCIAL RESPONSIBILITY & RESEARCH CENTRE

SSRRC Activity Report

Sunday Special Session – Sports Session

Date	20 September 2026
Organised By	Sai Social Responsibility & Research Centre (SSRRC)
Activity	Sunday Special Session – Sports Session

A community-focused Sunday session designed to encourage children to learn, play, stay active, and enjoy positive group participation.



Children and volunteers during the Sunday Special Session.

1. Activity Overview

The Sai Social Responsibility & Research Centre (SSRRC) organised a special Sunday Sports Session for children as part of its community engagement and development initiatives. The session aimed to promote physical fitness, teamwork, discipline, and the importance of sports and recreational activities in everyday life.

Through a variety of interactive games and group activities, children were encouraged to participate actively, develop coordination skills, interact with peers, and learn the values of cooperation and sportsmanship.

2. Objectives of the Session

- To promote physical fitness and healthy habits among children.
- To encourage teamwork, cooperation, and leadership skills.
- To develop discipline and sportsmanship.
- To provide children with a fun and engaging learning experience.
- To build confidence and encourage active participation.

3. Activities Conducted

The Sunday Special Sports Session included engaging physical activities and team-based games designed to encourage participation and enjoyment among children.

- Warm-up and stretching exercises.
- Outdoor games and physical activities.
- Team-building and coordination games.
- Fun sports and recreational challenges.
- Interactive participation with volunteers.



Glimpses of group participation and recreational game activities.

4. Learning Outcomes

The session helped children understand the importance of physical activity, teamwork, and mutual support. It also gave them an opportunity to interact with peers, participate in group activities, follow simple rules, and develop confidence through play and sports.

5. Impact of the Activity

The Sports Session created a positive and energetic environment where children could learn through play. The activity supported their physical, social, and emotional development while strengthening the connection between SSRRC volunteers and the community.

6. Conclusion

The Sunday Special Session – Sports Session was a meaningful initiative aimed at promoting holistic development among children through sports and recreational activities. SSRRC continues to encourage learning, participation, confidence, and positive community engagement through its regular initiatives.

Activity Highlights

Children's Participation	Active and joyful participation in group activities
Key Values	Teamwork • Cooperation • Discipline • Sportsmanship
Learning Through Play	Games used to support confidence, coordination and interaction
Community Engagement	Positive interaction between children and SSRRC volunteers