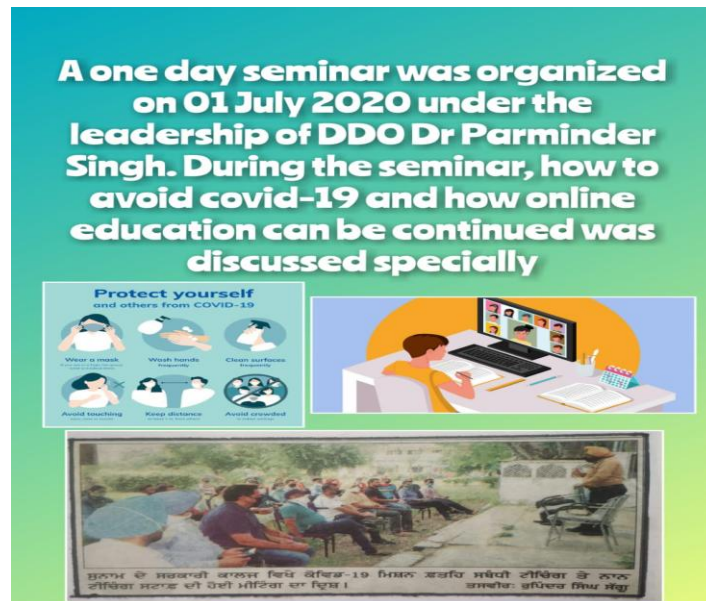


Extension Activities 2020-21

Event: A Seminar Under Mission Fateh Run By Punjab Governement

No. of Participation: Teaching & Non Teaching Staff

A one day seminar was organized on 01 July 2020 under the leadership of DDO Dr Parminder Singh. During the seminar, how to avoid covid-19 and how online education can be continued was discussed specially. While addressing the teaching and non-teaching staff present on this occasion, Dr. Parminder Singh gave detailed information about the Mission Fateh run by the Punjab Government. He made his statement on how college teachers can deliver online education in a better way as well as other activities. In his address, he told all the teaching staff that how to share government instructions with the students so that they too can protect themselves from covid-19. Vice Principal Dr. Gagandeep Singh, NSS program officer Dr. Ramandeep Kaur, Professor Chamkaur Singh, Professor Sandeep Singh and other members were also present on this occasion.



Event: An Awareness Campaign against Covid-19

No. of Participation: 150

On 4th July 2020, an awareness campaign against covid-19 was conducted by the team of NSS department under the leadership of DDO Dr Parminder Singh. In this campaign, under the leadership of Dr. Ramandeep Kaur, Program Officer of NSS, Professor Mukhtyar Singh, NSS Volunteers went to different places of the city and gave information about how people can protect themselves from this epidemic. Under this, they told the people how to keep social distance, use soap frequently, wear a mask, contact the nearest doctor in case of cough and fever and also keep cleanliness around. In this way we can save ourselves and our surroundings from this epidemic.

On July 04, 2020, as per the guidelines of the Punjab Government, department of NSS under the leadership of Dr. Parminder Singh, for the end of the Corona epidemic and the common people were made house-to-house aware under Mission Fateh.

मिशन फतेह तहत घर-घर जाकर लोगों को किया जागरूक

दुनिया में बढ़ते-बढ़ते कोरोना वायरस की जागरूक करने के लिए एनएसएस कायदापत्रक के अंतर्गत मिशन फतेह कार्यक्रम (करोना/कोविड) : राष्ट्रीय सेवा योजना के अंतर्गत मिशन फतेह कार्यक्रम के तहत एनएसएस विभाग के सदस्यों ने लोगों को जागरूक करने के लिए घर-घर जाकर जागरूकता कार्यक्रम शुरू किया है। इस दौरान लोगों को कोरोना वायरस के लक्षणों और रोकथाम के तरीकों के बारे में जानकारी दी गई है। एनएसएस विभाग के सदस्यों ने लोगों को जागरूक करने के लिए घर-घर जाकर जागरूकता कार्यक्रम शुरू किया है। इस दौरान लोगों को कोरोना वायरस के लक्षणों और रोकथाम के तरीकों के बारे में जानकारी दी गई है। एनएसएस विभाग के सदस्यों ने लोगों को जागरूक करने के लिए घर-घर जाकर जागरूकता कार्यक्रम शुरू किया है। इस दौरान लोगों को कोरोना वायरस के लक्षणों और रोकथाम के तरीकों के बारे में जानकारी दी गई है।

कॉलेज का एनएसएस विभाग लोगों को कर रहा सचेत

दुनिया में बढ़ते-बढ़ते कोरोना वायरस की जागरूक करने के लिए एनएसएस कायदापत्रक के अंतर्गत मिशन फतेह कार्यक्रम (करोना/कोविड) : राष्ट्रीय सेवा योजना के अंतर्गत मिशन फतेह कार्यक्रम के तहत एनएसएस विभाग के सदस्यों ने लोगों को जागरूक करने के लिए घर-घर जाकर जागरूकता कार्यक्रम शुरू किया है। इस दौरान लोगों को कोरोना वायरस के लक्षणों और रोकथाम के तरीकों के बारे में जानकारी दी गई है। एनएसएस विभाग के सदस्यों ने लोगों को जागरूक करने के लिए घर-घर जाकर जागरूकता कार्यक्रम शुरू किया है। इस दौरान लोगों को कोरोना वायरस के लक्षणों और रोकथाम के तरीकों के बारे में जानकारी दी गई है।

Event: Plantation of Plant Sapling

No. of Participation: 20

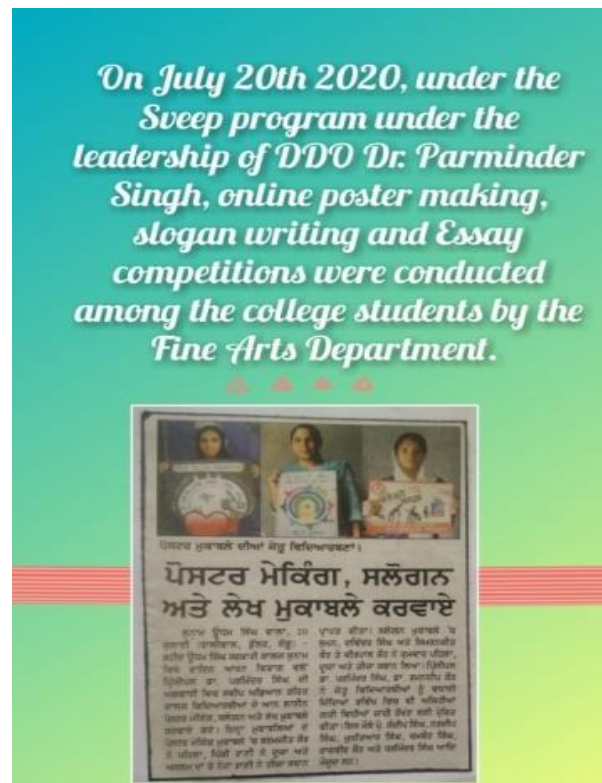
On 16 July 2020, saplings were planted in the college campus under the leadership of Dr Parminder Singh . The ceremony of planting these sapling was done by the eminent industry worker and head of the industry chamber Sangrur, Mr. Ghanshyam Kansal. On this occasion, Dr. Parminder Singh praised the social work being done by Mr. Ghanshyam. Shri Ghanshyam Kansal donated two electronic grass cutting machines to the college for cleaning the parks of the college. Professor Chamkaur Singh, in-charge of SVEEP activities along with Professor Nardeep Singh, Professor Ashwani Goyal, Professor Mukhtiar Singh, Professor Dharminder Singh, Professor Daljit Singh, Mr. Pawan Kumar, Superintendent Harjit Singh and Mr. Raghvir Singh were also present on the occasion.20 students participated in this activity.



Event:- Online Fine Arts Competition to Promote Vote Caste

No. of Participation: 50

On July 20, 2020, under the Sweep program and the leadership of Dr. Parminder Singh, online poster making, slogan writing and such competitions were conducted among the college students by the Fine Art Department. Under Poster Making, Karamjit Kaur got the first position, Pinky Rani got the second and Aslam Khan and Neha Rani got the third position. In the slogan writing competition, Suman got the first, Davinder Singh got the second and Simran Jeet Kaur and Veerpal got the third position. DDO/principal Parminder Singh, Dr. Ramandeep Kaur congratulated the winning students and motivated them to continue such activities in future also. Professor Sandeep Singh, Professor Nardeep Singh, Professor Mukhtyar Singh, Professor Chamkaur Singh and Professor Dharmendra Singh were specially present on this occasion.



Event: Mission Fateh Against Corona Pandemic

No. of Participation: 30

On 12 August 2020, in collaboration with NSS Department of Shaheed Udham Singh Government College, Red Cross Department of Government Ranbir College Sangrur and Red Ribbon Club of State College of Education Patiala, Punjab Government's Inter College Online Competition under Mission Fateh against Corona Pandemic was organized. Deputy DPI Dr Parminder Singh inaugurated the competition. In which competitions were conducted on poster making, collage making, cartooning, slogan writing, poetry composition etc. NSS Program Officer, Dr. Ramandeep Kaur Giving information on this occasion and said that the students of different colleges of Punjab participated enthusiastically in the above competition. In which two students of Shaheed Udham Singh Government College Sunam brought laurels to the college. Student Arshdeep Singh b.sc non medical-I secured first position in poster making and slogan writing and second place in cartooning and student Harshdeep Singh secured third position in collage making. These achievements have been possible only due to the untiring hard work of the college students and the leadership of the professor. In these competitions Professor Rajveer Kaur, Professor Sandeep Singh, Professor Neetu Sharma, Professor Tania, Professor Rajni, Professor Manpreet Kaur, Processor Parminder Kaur, Professor Satinder Singh, Professor Dinesh, Professor Prabhjit Kaur, Professor Meenakshi Puri, Dr. Rashmi, Dr. Happy, Professor Rohini, Professor Dharminder Singh and Professor Jaspal Singh contributed immensely.



Event: Plantation of Saplings in College Campus

No. of Participation: 150

On 17th August 2020, saplings were planted in the college by the NSS Department, Sweep and Red Cross Department of Shaheed Udham Singh Government College, Sunam to start a new academic session. volunteers were inspired to stay in their homes to save the environment and keep his surroundings clean. On this occasion, Dr. Ramandeep Kaur, Professor Chamkaur Singh and Professor Mukhtiar Singh offered prayers to the whole world due to the Corona epidemic and wished a bright future to all the students who were enrolled in the new session. Professor Ashwani Goyal, Professor Mohammad Anwar, Professor Rajveer Kaur, Professor Dharmendra Singh, Professor Sandeep Singh, Professor Daljit Singh, Shri Amit Kapoor, Shri Raghuveer Singh and Shri Ranjit Singh were present on this occasion.



Event: Cleanliness on National Unity Day

No. of Participation: 150

On 31 October 2020, National Unity Day was celebrated by the NSS Department under the leadership of DDO Professor Sukhbir Singh. On this occasion, an oath was taken by the NSS department in the college to maintain the unity, integrity and security of the country and the volunteers were motivated to contribute in a big way in nation building. The Girls Volunteer gave the message of keeping the surroundings clean by cleaning the parks so that our environment is protected from terrible diseases. On this occasion Vice Principal Dr. Gagandeep Singh, NSS Program Officer Professor Nardeep Singh, Dr. Ramandeep Kaur, Professor Chamkaur Singh, Dr. Vikas Kumar, Professor Rajni, Professor Manpreet Kaur, Professor Paramjit Kaur, Professor Kulwinder Das, Shri Ranjit Singh, Shri Raghuveer Singh, Mr. Sukhwinder Singh etc. were also present.



Event:- Programme on Voter Awareness And Road Safety

No. of Participation: 100

Date on January 25, 2021, according to the guidelines of the Punjab Government, DDO Professor Sukhbir Singh led the Voter Day and Road Safety Program, on this occasion, students participated in the Declamation and Essay competition, Rajvinder Singh, Balkar Singh and Amandeep Singh revealed his views related to the importance of road safety and vote rights. Sveep and NSS Incharge Professor Chamkaur Singh, giving information regarding the rights of votes, shared their ideas related to political consciousness in the Indian democracy and young generation. During this program, Dr. Manita Joshi, Professor Rajvir Kaur, while sharing his views related to the students, expressing concern about the growing road accidents day by day, NSS Program Officer Dr. Ramandeep Kaur addressed the students for proper use votes. On this occasion, Vice Principal Dr. Gagandeep Singh, Professor Achala, Professor Ashwani Goyal, Professor Nardeep Singh, Professor Mukhtiar Singh, Professor Daljit Singh, professor Simranjit Kaur, Professor Kulwinder Das, Sh. Irvinjit Singh etc. are present.



Event: Online Competitions on the occasion of International Women's Day

No. of Participation: 150

International Women's Day was celebrated on March 8, 2021 under the leadership of Principal Madam Renu Jain, in which Tehsildar Shri Kuldeep Singh attended as the chief guest, he highlighted the importance of Women's Day in his statement. On the occasion of International Women's Day, online competitions were organized among the students of different colleges by the NSS Department and Women Welfare Club of the college. Quiz, poster making, Essay writing, poem recitation and speech competition were prominent in these competitions.

On this occasion Kanugo Davinderpal Singh Rimpay, Dr. Ramandeep Kaur, Dr. Gagandeep Singh, Professor Achala, Professor Mohammad Anwar, Professor Chamkaur Singh, Professor Swarnjit Kaur, Professor Ashwani, Professor Manita Joshi, Professor Dharmendra Singh and Professor Rajveer Kaur were present on the occasion.



Event: Jan Andolan Campagin Against Coronaa

No. of Participation: 75

On 22 April 2021, on behalf of the NSS Department of Shaheed Udham Singh Government College, Sunam, on the topic 'United to Fight corona', to spread awareness about the Corona epidemic, as per the guidelines of the Ministry of Sports and Youth Affairs, Government of India and Punjabi University, Patiala. Under the 'Jan andolan', various activities are being conducted online. DDO professor sukhbir singh praised this awareness campaign run by the NSS department to prevent the spread of COVID-19 epidemic among the common people. Dr Ramandeep Kaur, NSS Program Officer of the college said that under this 'Jan Andolan' posters, videos and other material being made for awareness by the NSS volunteers of the college are being shared with the common people through social media so that the society to be made aware. The same Program Officer Professor Nardeep Singh and Professor Chamkaur Singh said that no matter whether it is the evils spread in the society or the natural calamity, the NSS Department has always been ready to serve the society and provide necessary help. On this occasion, Mr. Amit Kapoor, Mr. Ranjit Singh and Mr. Raghuveer Singh also praised the work being done by the NSS volunteers.



Event: Online Competition and Workshop of Mask Making, Hand Paint, Block Paint & stencil Paint & Embroidery

Organized by: NSS Unit-02 & Dress Designing Department

Date: 10-05-2021 To 13-05-2021

No. of Participation: 70

PG Diploma in Dress Designing & Tailoring and NSS Department organized online competitions of Mask Making, Painting (Hand Paint, Block Paint and Stencil Paint) and Embroidery from 10.05.21-13.05.21 under the leadership of Principal Shri Tarsem Chand. Under the able leadership of Professor Sukhjinder Kaur, the students showed special interest in this competition. Dr Happy acted as a judge on this occasion. In tailoring (Mask making) Anu Rani got first, Nisha Kumari got second position. Similarly in embroidery Amandeep Kaur got first and Sandeep Kaur got second position. While Nisha Kumari secured the first position in painting, Nancy Rani and Gurpartap secured the second position. Congratulating the students, Principal Tarsem Chand committed them to boost their morale and strengthen their mindset during COVID-19. On this occasion, Dr Ramandeep Kaur, Incharge of Self Finance and Program Officer, NSS, congratulated the students.



Event: Case Study About Uses of Medicines at Home on World Anti-Hypertension Day

No. of Participation: 70

World Anti-Hypertension Day was celebrated on 16th May 2021 by the NSS Department under the leadership of Principal Tarsem Chand. NSS Program Officer Dr Ramandeep Kaur said that the theme of World Anti-Hypertension Day 2021 is to measure and control blood pressure correctly. She said that on this occasion a project was given to the students in which case inspection was to be done about the medical medicines used in their homes. The main objective of this project was to create health sensibility among the youth of today so that they can save themselves and their families from excessive use of prescription medicines. Students actively participated in this survey. This terrible period of corona epidemic has given us a great education that playing with our health can become the cause of unrecoverable losses throughout life. In this project Gurleen Kaur, Pooja Sharma got first position, Deepika, Randeep Kaur, Khushhali Kansal, Asmi got second position and Sonika Goyal, Khushmanjit Kaur, Sunaina Goyal got third position. College Principal appreciated the participation of the students in this survey and said that such activities inculcate emotional thinking in the youth, which is very important in this materialistic era.



**Event: Online Competition in commemoration of 400th Birth Anniversary
of Shri Guru Teg Bahadur Ji**

Organized by: NSS Unit-02 & Self Financed Department

Date: 20-05-2021

No. of Participation: 50

Self Financed and NSS department organized an online quiz competition in commemoration of 400th Birth Anniversary of Shri Guru Teg Bahadur Ji on 20 May 2021. Total 50 students participated on this online quiz competition.



**Event: Online Inter College Essay Competition On Environment
System Under String Of Activities to Save Environment**

No. of Participation: 150

On June 9, 2021, under the leadership of Principal Tarsem Chand, the NSS Department organized online inter-college Essay competitions on the topic of environment system under the string of activities to save the environment. Students from different colleges shared their ideas to improve the deteriorated relationship with nature. The college principal told that if we do not improve in time, then the whole universe will have to bear the brunt of it. The Principal said that the purpose of such competitions is to give right direction to the thinking of the youth and make that earth livable for themselves and the generations to come. These youths can contribute in rectifying the damage caused to the earth by mankind due to past mistakes. On this occasion, Dr. Ramandeep Kaur, NSS Program Officer while expressing happiness over this initiative of the students said that we have not inherited this planet from our ancestors but borrowed it from our children. She informed that the volunteers planted trees even after staying in their homes due to covid-19.



Event: Inter College Online Yoga Day Celebration And Quiz Competition

No. of Participation: 150

On the occasion of International Yoga Day on 21st June 2021, Yoga related activities were conducted by the NSS Department. Due to the corona pandemic, the volunteer took advantage of yoga by staying at home, giving the message of stay home, stay safe, stay healthy. Principal Professor Tarsem Chand motivated the students to make Yoga a part of their life as a healthy mind resides in a healthy body. An online inter college quiz competition was also organized on this occasion. In which students from different parts of the country, schools, colleges and universities participated. Along with this, online video making competition was also organized regarding yoga. NSS Program Officer Dr Ramandeep Kaur said that while the whole world is battling with a dreadful epidemic like corona, students are taking part in different activities sitting at home and giving the message that our future is our children, their health is the care of mother earth. is sensitive to. On this occasion, Professor Nardeep Singh, Professor Chamkaur Singh, Mr. Amit Kapoor, Mr. Raghuveer Singh congratulated the students who participated in the competition.

