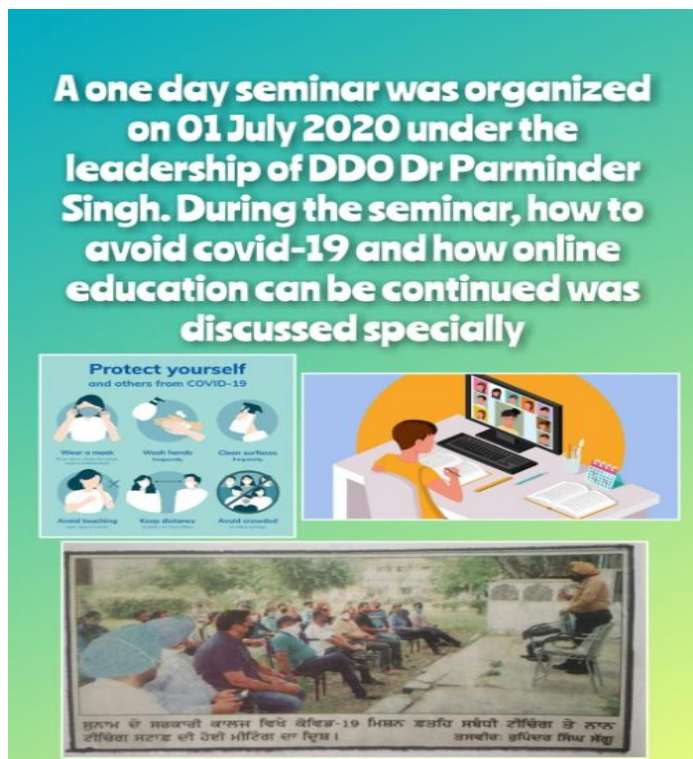


5.1.3 - Capacity building and skills enhancement initiatives taken by the institution:

(1) Event: A Seminar Under Mission Fateh Run

No. of Participation: 150 Students of NSS and 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. 150 Students of NSS participated in this seminar so that they can work voluntarily for the welfare of college.



(2)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

कौलेज का एनएसएस विभाग लोगों को कर रहा सचेत

(4)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.



(5) Event: Jan Andolan Campagin Against Corona

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.



(6)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.



(7)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.



(8)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.



Principal
S.U.S. Govt. College Sunam