



Shaheed Udham Singh Govt College, Sunam

Established in 1969, NAAC Accredited-Grade B (CGPA 2.72) Affiliated to: Punjabi University, Patiala

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

(1) Workshop on Uses of Water Colours in Painting

No of Participations: 150

A workshop was organized by the Fine Art Department of the college on 12 October 2021. The main theme of which was "Uses of Water color in Painting". For which Mr. Jaswinder Singh participated as the keynote speaker. To make this workshop a success, the students showed their special interest in it. on the occasion Vice Principal Dr Achla Singla, Head of Fine Arts Department Prof. Sandeep Singh and Prof. Mukhtiyar Singh, Prof. Chamkaur Singh, Prof. Simrenjeet Kaur, Prof. Rajveer Kaur, Prof. Sumeet Sharma and other staff members were also present.



(2) Orientation Programme by Commerce Department

No of Participations: 120

Commerce department organized a CPBFI Oriental Program with the help of Bajaj Finserv in the college premises under the leadership of Principal Mrs. Kamna Gupta on 31st March 2022. In which a certificate and a prize of Rs 1000 were also given to the qualified students of CPBFI Batch during the session 2021-22. On this occasion, Shri Kamaljit Singh Lead Trainer also specially instructed the students for the next session. On this occasion the principal motivated the students to take part in these courses with great enthusiasm. Dr. Parminder Kaur, HOD, Commerce Department and Vice-Principal Dr. Achala presented the report of CPBFI program. Dr. Manita Joshi thanked the guests who came. On this occasion Professor Prabhjit Kaur, Professor Simranjit Kaur, professor Manpreet Kaur Handa, Professor Manpreet Kaur Khurmi, Professor Rajveer Kaur and many other staff members were present along with the students.

**CPDFI ORIENTAL PROGRAM
WAS ORGANIZED BY BAJAJ
FINSERV IN THE COLLEGE
PREMISES UNDER THE
LEADERSHIP OF PRINCIPAL MRS.
KAMNA GUPTA ON 31ST
MARCH 2022..**

**A certificate and a prize of ₹ 1000 were
also given to the qualified students of
CPDFI Batch I under the session 2021-22.**



ਸ੍ਰੀ. ਪੀ. ਬੀ. ਐੱਫ. ਆਈ. ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ

ਜੇਕੁ ਵਿਦਿਆਰਥੀ ਆਪਣੇ ਸਰਟੀਫਿਕੇਟਾਂ ਦੇ ਨਾਲ ਅਤੇ ਸਮੂਹ ਸਟਾਫ਼। (ਕੋਲੀ)

ਸੁਨਾਮ, ਉਪਮ ਸਿੰਘ ਭਾਠਾ, 1 ਮਪੀਫ (ਕੋਲੀ)-ਸਰੋਤ ਉਪਮ ਸਿੰਘ ਸਰਕਾਰੀ ਭਾਗਲ ਸੁਨਾਮ ਵਿਖੇ ਪਿਸ਼ੀਪਲ ਕਾਮਨਾ ਗੁਪਤਾ ਦੇ ਨਿਰਦੇਸ਼ ਹੇਠ ਕਾਲਜ 'ਚ ਬਜਾਜ਼ ਫਿਨਸਰਵ ਐਲੀਮੀ. ਪੀ. ਬੀ. ਐੱਫ. ਆਈ. ਓਰੀਐਂਟਲ ਪ੍ਰੋਗਰਾਮ ਕਰਵਾਇਆ ਗਿਆ, ਜਿਸ 'ਚ ਸਿਸਟਮ 2021-22, ਸ੍ਰੀ. ਪੀ. ਬੀ. ਐੱਫ. ਆਈ. ਬੈਚ 1 ਦੇ ਕੁਝ ਕੀਰਾਪੀਫ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਸਰਟੀਫਿਕੇਟ ਅਤੇ 1000 ਰੁਪਏ ਦਾ ਇਨਾਮ ਦਿੱਤਾ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜੀਤ ਸਿੰਘ ਲੀਡ ਟ੍ਰੇਨਰ ਨੇ ਵਿਸ਼ੇਸ਼ ਤੌਰ 'ਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਅਗਲੇ ਸੈਸ਼ਨ ਲਈ ਨਿਰਦੇਸ਼ ਦਿੱਤੇ ਅਤੇ ਇਸ ਮੌਕੇ ਪਿਸ਼ੀਪਲ ਨੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਇਨਾਮ ਕੇਸਾਂ 'ਚ ਬੈਚ-ਚਕੁਕੇ ਹਿੱਸਾ ਲੈਣ ਲਈ ਪ੍ਰੇਰਿਤ ਕੀਤਾ।

ਡਾ. ਪਰਮਿੰਦਰ ਕੌਰ ਅਤੇ ਵਾਈਸ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਅਚਲਾ ਨੇ ਸ੍ਰੀ. ਪੀ. ਬੀ. ਐੱਫ. ਆਈ. ਪ੍ਰੋਗਰਾਮ ਰਿਪੋਰਟ ਪੇਸ਼ ਕੀਤੀ। ਡਾ. ਮਨੀਤਾ ਜੋਸ਼ੀ ਨੇ ਆਪਣੇ ਮਹਿਮਾਨਾਂ ਦਾ ਧੰਨਵਾਦ ਕੀਤਾ। ਇਸ ਮੌਕੇ ਪ੍ਰਥਮੀਤ ਕੌਰ, ਸਿਰਜਨਜੀਤ ਕੌਰ, ਡਾ. ਮਨਪੀਤ ਹਾਠਾ, ਮਨਪੀਤ ਖੁਰਮੀ ਤੇ ਰਾਜਸ਼ੀਰ ਕੌਰ ਪਾਠਕ ਹੋਏ।

(3) Event: A National Web Conference on International Yoga Day

No. of Participation: 100

NSS Department of SUS Govt. College, Sunam and PNT Govt. College, Dosapani Nanital organized A National Web Conference on National Yoga Day at 19th June 2022. NSS program officer Dr Ramandeep Kaur, S.U.S. Government College welcomed all the dignitaries and gave detailed information about the whole program. Dr Vinay Kumar director NSS West Bengal was the key note speaker. He awarded that most of us not have healthy life, For this yoga and meditation should be a necessary part of our daily life. Smt. Kamna Gupta principal SUS Government College Sunam presided the program and said that these type of programs generate a sense of unity and should be conducted for the welfare of students and society. Dr. Ajra Parveen principal Doshapani Uttarakhand motivated the participants to include the yoga in daily life. Dr Megha Bahuguna from Dehradun the eminent speaker gave the information about different yoga assans and their benefits and Especially motivate the students to include Surya namaskar in their daily life. Shri Dinesh Chandra from Delhi give the ideas to relieve from mental stress and importance of sports and exercise in daily life. The eminent speaker Shri Mandeep Singh D.P.E Punjab gave stress to promote the sports and yoga on ground level. Madam Mayuri Gogai Assam gave information that how yoga can relieve us from stress. Student Pooja Sharma from B.Sc Non Medical and Pragma Tiwari from Uttarakhand organised the conference very well.

NSS Department of SUS Govt College, Sunam and PNT Govt College, Dosapani, Nanital Organised A National Web Conference On International Yoga Day at 19th June 2022.

ਮੰਨ ਮੇਸ ਮੇਸ ਵਿਚਾਰਾ ਵਲ ਮਿਤਰਾਸ਼ਟਰੀ ਯੋਗਾ ਦਿਵਸ ਸੇਵੇ ਨੈਸ਼ਨਲ ਵੈਬ ਕਾਨਫਰੰਸ ਵਰਵਈ

National Web Conference			
INTERNATIONAL YOGA DAY			
Healthy India - Yoga, Mental Health & Sports			
Organized By: Department of NSS			
PNT Govt. College, Sunam, Distt. Sunam, Uttarakhand			
S.S.S. Government College, Sunam, Punjab			
19, June, 2022 Sunday 10:00 AM			
Chief Guest			
Guest of Honor			
Speakers			
Moderators			
Meeting			
Programme Schedule			
10:00 - 10:05 AM: Opening Ceremony			
10:05 - 10:10 AM: Welcome Address			
10:10 - 10:15 AM: Inauguration			
10:15 - 10:20 AM: Keynote Address			
10:20 - 10:25 AM: Session on Yoga			
10:25 - 10:30 AM: Session on Mental Health			
10:30 - 10:35 AM: Session on Sports			
10:35 - 10:40 AM: Question & Answer			
10:40 - 10:45 AM: Vote of Thanks			
10:45 - 10:50 AM: Closing Ceremony			
Primary Session			
Eminent Speakers			
10:15 - 10:20 AM: Dr. Vinay Kumar, Director NSS West Bengal			
10:20 - 10:25 AM: Smt. Kamna Gupta, Principal SUS Government College Sunam			
10:25 - 10:30 AM: Dr. Ajra Parveen, Principal Doshapani Uttarakhand			
10:30 - 10:35 AM: Dr. Megha Bahuguna, Dehradun			
10:35 - 10:40 AM: Shri Dinesh Chandra, Delhi			
10:40 - 10:45 AM: Shri Mandeep Singh D.P.E, Punjab			
10:45 - 10:50 AM: Madam Mayuri Gogai, Assam			
10:50 - 10:55 AM: Student Pooja Sharma, B.Sc Non Medical			
10:55 - 11:00 AM: Student Pragma Tiwari, Uttarakhand			
Valedictory Session			

(5)Event: Awareness Rally On Stubble Burning

No. of Participation: 150

On 03 November 2021, under the guidelines of Director Education Department (College) Punjab and Punjabi University Patiala, NSS department under the leadership of DDO Dr Parminder Singh organized awareness rally to make the general public aware about the purpose of not stubble burning. This rally was organized in Ekta Colony and Bakhtor Nagar. The volunteers told the people that while burning of stubble causes loss of valuable elements of the land, we also have to face many types of incurable diseases due to polluted air. Program Officer Professor Nardeep Singh and Dr. Ramandeep Kaur said that burning of stubble does not only harm the animals due to the flames, sometimes human life also has to face difficulties. With the fumes of fire increases the risk of accidents on the road. If the farmer spends this crop residue somewhere in the ground, then in this way the quality of the crop will increase and the problem of using food excessively will also get rid of. The volunteers carried their message from door to door by using different slogans related to the environment. On this occasion Vice Principal Dr. Achala, Dr. Gagandeep Singh, Prof. Ashwani Goyal, Mr. Ranjit Singh, Mr. Raghuveer Singh, Mr. Bhoopar Singh, Mr. Paramjit Handa, Mr. Gurmukh Singh, Mr. Vijay Kumar etc. were present.



