

Distinctiveness of college  
for NAAC Accreditation of  
**Shaheed Udham Singh  
Government College Sunam**

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**Distinctiveness of  
college in one area**

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Submitted by



**Shaheed Udham Singh  
Government College Sunam**

**Near Bhai Mool Chand Smadh, Sunam.**



# S.U.S. Govt. College, Sunam

Established in 1969, NAAC Accredited-Grade B ( CGPA 2.72 ) **Affiliated to:** Punjabi University, Patiala **E-mail:** gcsunam@gmail.com, **College website:** www.susgcsunam.com, **Tel:** 01676-220134

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## ***Distinctiveness of our institution***

**Name of Distinctiveness:-** Getting the students prepared for the job related physical test training:

The objectives of this training are as follows:-

1. Performing any physical activity efficiently and quickly.
2. The passion of the students should increase through training.
3. Their confidence increased.
4. There should be physical, social, emotional and mental development of the student.
5. To improve their fitness level.
6. To promote self-discipline.
7. Reduction in their stress.

**Distinctiveness means:-** Distinctiveness means special from others. The quality of being easy to recognize by being different from other things. In the context of the activities of the institution, it would probably not be wrong if we call it prominent and special among other activities. For any institution, its uniqueness not only makes it different from other institutions, but also motivates it to do its best. Keeping this in mind, our organization is continuously moving towards working. Our institute has set a

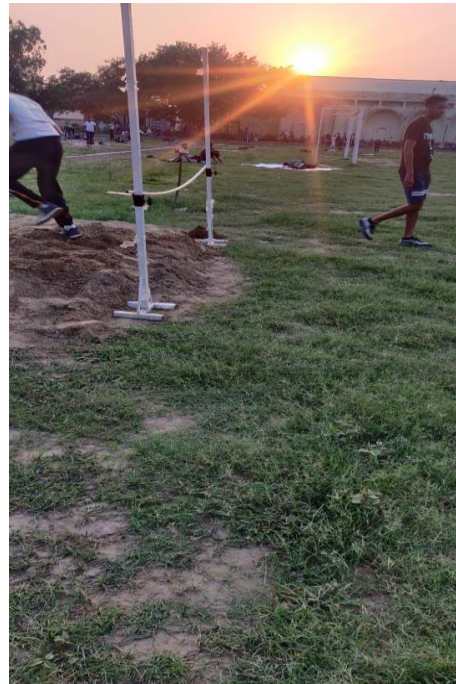
target of preparing the students for the training of physical test related to their jobs, keeping the future of the students at the center for Distinctiveness and made efforts for this. Keeping in mind the desire of the students of the institution to go to the Police Force, BSF, Army etc., it was ensured that according to our area, they have the most required training for the physical test. Focusing on this, the institution took steps towards making this its uniqueness. The teachers in charge of the placement and counseling cell set up in the institution have been getting these students, especially the girls, trained for physical tests in the evening. The focus of this training has been made on the basis of these different posts, activities like physical exercise, running, long jump, high jump and rope climbing. Keeping in mind that the students should be mentally fit as well, various other physical activities are also conducted during the training. Under physical training, to solve the problems of shortness of breath while running, feeling tired, etc., their stamina is increased by telling the correct method of running to the students, taking long breaths, etc. Girls are given high jump training with different patterns so that they do not feel nervous about any kind of difficulties while moving from minimum to maximum. While doing all these types of activities, these teachers are equally involved in these activities along with the students. When the students face any special kind of problem during training, that teacher talk to the physical education teachers and coaches and try every possible solution after getting the information. Our institution basically comes in backward area of Punjab province where people have started thinking in last few years that girls education is necessary, in such situations their dreams of getting into police force, BSF, army etc Used to be abandoned due to lack of training, but with this effort of

the institution, where the way for training of girls is open, they have also started dreaming and hoping to fulfill them. In other words, these efforts of ours have inspired them to dream as well as fill them with new energy. It would not be wrong if it is considered to be influenced by the formation of girls' cricket team in our institution in the past years.

- Youtube Channel Link of the activities
  1. <https://youtu.be/QFBF47ObNoU>
  2. <https://youtu.be/nh5Dypu3I8w>



High Jump Training



High Jump Training



Long Jump Training



Long Jump Training



High Jump Training



Warm up



Training Time

- **Outcome:-**

1. It increases the ability of students.
2. Students' skills have improved.
3. Attitude of students is also positive.
4. The performance of the students has improved.
5. The morale of the students has increased.
6. Some of our students have been selected for police force, army jobs.
7. A healthy and balanced environment has been prepared for the training of girls.
8. Detail of Some students who got jobs after the training gained by college as below.

S.No	Year	Name of Students	Program graduated from	Job detail	Pay package at appointment
1	2017-18	HUSHANPREET KAUR/	B.SC.MED	EMPLOYEE OF PUNJAB POLICE	19900
2	2018-19	LAKHWINDER SINGH/9877957857	BA	CONSTABLE PUNJAB POLICE	19900
3	2018-19	PARDEEP SINGH	BA	ARMY	35000
4	2018-19	HONEY SINGH	BA	ARMY	35000
5	2018-19	AVTAR SINGH	B.SC.	ARMY	35000
6	2018-19	GURTEJ SINGH/9781431935	BA	ARMED FORCE	19900
7	2019-20	HARMEET SINGH/7696901979	BA	CONSTABLE NO.6/646/ PUNJAB POLICE	19900
8	2019-20	AMANDEEP KAUR	BA	POLICE FORCE	19900
9	2019-20	AMANPREET SINGH	BA	POLICE FORCE	19900
10	2020-21	DAMANPREET/9056690321	B.SC. NM	CONSTABLE PUNJAB POLICE	19,900
11	2020-21	BEANT KAUR/8196834286	B.SC. NM	CONSTABLE PUNJAB POLICE	19,900
12	2021-22	AMANPREET KAUR/9041459033	B.SC. MED	CONSTABLE PUNJAB POLICE	19900
13	2021-22	SIMRAN Kaur /8264655436	BA	PUNJAB POLICE	19900
14	2021-22	MEHKPREET KAUR/7814050711	BA	PUNJAB POLICE	19900
15	2021-22	KAMALDEEP SINGH	B.COM	CONSTABLE AT PUNJAB POLICE	19900

  
Principal  
S.U.S. Govt. College  
Sunam (Sangrur)