

Extension Activities

Extension Activities done in terms of impact & sensitizing students to social issues and holistic development

National Service Scheme

The National Service scheme is a central sector scheme of Government of India, Ministry of Youth affairs & Sports. It provides opportunity to the youth at institutions to take part in various govt. led community service activities and programmes. The sole aim of NSS is to provide hands on experience to young students in delivering community service.

NSS 2015-16

Co-ordinator:

Unit-01 Sh. Nardeep Singh

Unit-02 Dr. Rekha Rani

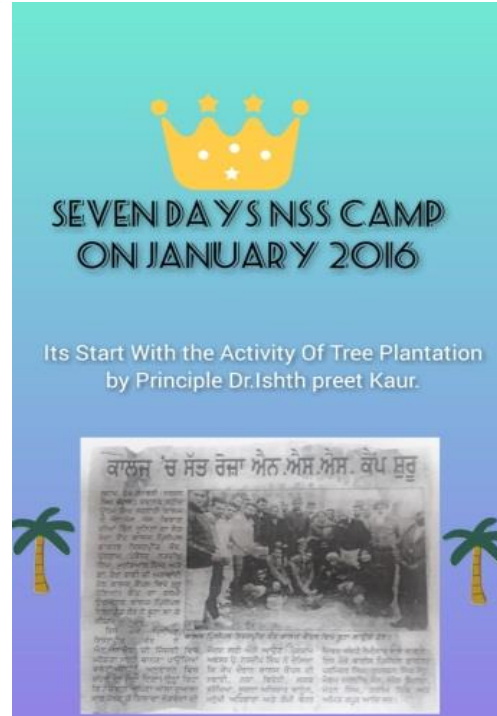
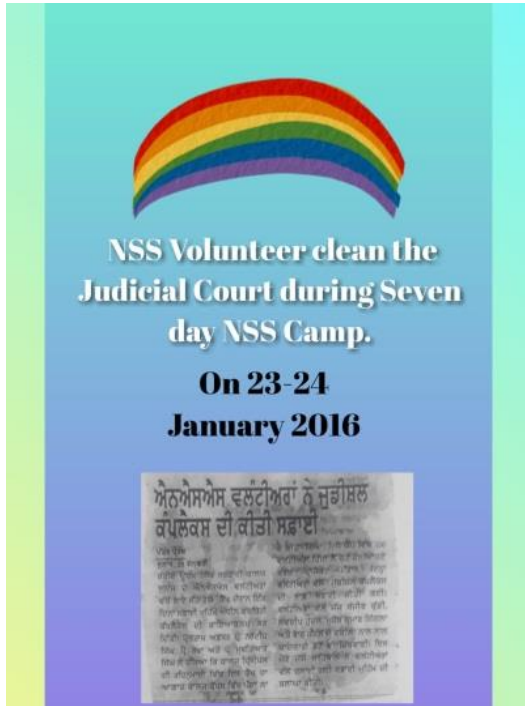
Unit-03 Sh. Mukhtiar Singh

The various activities done by NSS as follow:

Event : Cleanliness Programmes under Swacch Bharat Abhiyan.

No. Participation :150

The College campus & Judicial complex was cleaned on 23/01/2016 and 24/01/2016 during seven days NSS Camp which was started with tree plantation under the leadership of Principal Dr. Ishpreet Kaur. 150 students participated in this activity.



Event: Seminar on Importance of Vote

No. of Participation : 150

National voter Day on 25/01/2016 tehshil level was organized with the help of tehshil administration. In the Programme Sh. Rajdeep Singh Barar (SDM Sunam) motivate the students about vote caste and Sh. Sushil Kumar (tehsildar) also guided the students about vote caste. 150 students participated in this activity.

Celebrated 'National Voter's Day'

ਸੁਨਾਮ ਉਧਮ ਸਿੰਘ ਵਾਲਾ, (ਰੁਪਿੰਦਰ ਸਿੰਘ ਸੈਂਗੂ) - ਸ਼ਹੀਦ ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਸੁਨਾਮ ਵਿਖੇ ਤਹਿਸੀਲਦਾਰ ਸੁਨਾਮ ਸ੍ਰੀ ਸੁਸ਼ੀਲ ਸਰਮਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਅਤੇ ਮੁੱਖ ਚੋਣ ਅਫ਼ਸਰ ਪੰਜਾਬ ਜੀ ਦੇ ਹੁਕਮਾਂ ਤਹਿਤ ਵੋਟਰ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਤੇ ਸ੍ਰੀ ਸਰਮਾ ਵੱਲੋਂ ਲੋਕਤੰਤਰ ਪ੍ਰਣਾਲੀ ਲਈ ਵੋਟਰਾਂ ਦੀ ਭਾਗੀਦਾਰੀ ਵਧਾਉਣ ਲਈ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੋਟਰ ਪ੍ਰਣ ਦਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਮੋਢਮ ਇਸ਼ਪ੍ਰੀਤ ਕੌਰ, ਪ੍ਰ. ਪੁੰਮਿੰਦਰ ਸਿੰਘ, ਮਨਜੀਤ ਸਿੰਘ ਹੋਂਡ ਕਲਰਕ ਸਮੇਤ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ਼ ਮੈਂਬਰ ਆਦਿ ਵੀ ਹਾਜ਼ਰ ਸਨ।



ਸੁਨਾਮ ਕਾਲਜ ਵਿਖੇ ਵੋਟਰ ਦਿਵਸ ਮੌਕੇ ਸੰਬੰਧਨ ਕਰਦੇ ਹੋਏ ਤਹਿਸੀਲਦਾਰ ਸੁਸ਼ੀਲ ਸਰਮਾ।
ਤਸਵੀਰ: ਪ੍ਰਿੰਟ

—ਉਧਮ ਉਧਮ ਸਿੰਘ ਵਾਲਾ, (ਉਧਮ ਕਾਲਜ) - ਵਧਾਵੇ ਵੱਲੋਂ ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਤਹਿਸੀਲਦਾਰ ਸੁਸ਼ੀਲ ਸਰਮਾ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਵੋਟਰਾਂ ਦੀ ਭਾਗੀਦਾਰੀ ਵਧਾਉਣ ਲਈ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੋਟਰ ਪ੍ਰਣ ਦਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਮੋਢਮ ਇਸ਼ਪ੍ਰੀਤ ਕੌਰ, ਪ੍ਰ. ਪੁੰਮਿੰਦਰ ਸਿੰਘ, ਮਨਜੀਤ ਸਿੰਘ ਹੋਂਡ ਕਲਰਕ ਸਮੇਤ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ਼ ਮੈਂਬਰ ਆਦਿ ਵੀ ਹਾਜ਼ਰ ਸਨ।

ਸੁਨਾਮ (ਰੁਪਿੰਦਰ) ਸਿੰਘ ਸਰਮਾ ਤਹਿਸੀਲਦਾਰ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਵੋਟਰ ਦਿਵਸ ਮੌਕੇ ਤੇ ਪ੍ਰਣਾਲੀ

Event : Seminar on Road Safety awareness

No. of Participation : 150

A seminar was organized on 27/01/2016 to guide the volunteers about traffic and road safety. The head constable Sh. Hardev Singh in charge of Traffic Education cell provided information to the volunteers. 150 students participated in this activity.

**ORGANISED A SEMINAR ON
THE TOPIC OF
'TRAFFIC RULES'**

ON 27 JANUARY 2016

Mr. Hardev Singh Incharge Traffic Educational Cell
District Sangrur was main Speaker.



Event: A Rally on Drug Abuse And Female Feticide

No. of Participation : 150

A rally was organized by NSS Volunteers at village Nilowal and Bakshiwal on dated 28/01/2016 to educate people against social evils like as female foeticide drug abuse. People were also encouraged to save the environment and to follow the road safety rules.

Event: A Tribute to Our Martyr

No.of Participation: 150

On 30-01-2016, in ShaheedUdham Singh Government College, Sunam, under the leadership of Principal Dr. IshtPreetKaur, on behalf of the college staff and students, two minutes silence was observed in memory of the martyrs who sacrificed their lives in the freedom struggle of the country was given.Addressing the gathering, Vice Principal Dr. Parminder Singh said that today we are celebrating the joy of freedom only because of the martyrs who sacrificed their lives for the freedom struggle. Professor Gurcharan Singh Sandhu, Professor Suresh Singla, Professor Gagandeep Singh, Professor Nardeep Singh, Professor Rekha, Professor Mukhtiar Singh, etc. were present on the occasion.

ON 30-01-16 THE STAFF AND STUDENTS OF THE COLLEGE PAID TRIBUTE TO THE MARTYRS WHO GOT MARTYRDOM IN THE INDIAN FREEDOM STRUGGLE.

paid tribute by observing silence for two minutes



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NSS 2016-17

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Unit-01 Sh. Nardeep Singh

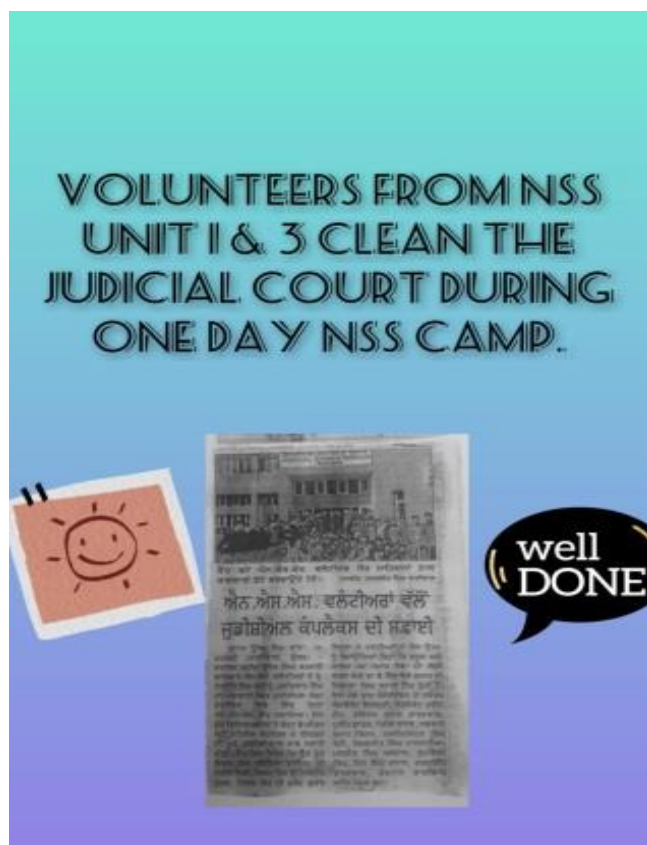
Unit-02 Dr. Ramandeep Kaur

Unit-03 Sh. Mukhtiar Singh

(1) Event: Cleanliness Programme under Swachh Bharat Swasth Bharat
at Judicial Complex

No. of Participation: 150

During the session 2016-2017, three one day camps were organized. The volunteers of unit-01-02& 03 had cleaned the tehsil complex, SDM offices and judicial complex. Honorable judge ShsanjeevKundi ,ShlovdeepHundal and Sh. Mukesh Kumar had praised the volunteers for the noble work. 100 students participated in this activity.



(2)Event: 'Tiranga March' dedicated to the Independence Day and the martyrs of India.

No. of Participation : 150

On 22-08-2016 The NSS Department, Red Ribbon Club and students of ShaheedUdham Singh Government College, Sunam under the guidance of the Ministry of Youth Affairs and Sports of India and under the leadership of Principal Dr. IshtPreetKaur, took out a 'Tiranga March' dedicated to the Independence Day and the martyrs of India. While addressing the students before starting the march, the principal and staff members remembered the sacrifices of the martyrs and asked them to take inspiration from them. This 'Tirnga March' started from the college campus and ended through the underbridge, Peer Baba BannaBanoi road and returned to the college campus. On this occasion, Vice Principal Dr. Parminder Singh, Professor Suresh Singla, all three units of NSS respectively Program Officer Professor Nardeep Singh, Professor Mukhtiar Singh, Dr. RamandeepKaur and in-charge of Red Ribbon Club, Professor Gagandeep Singh were also present.

22-08-2016
As Per the Instructions of
Ministry of Youth Affairs and
Sports, Government of India
NSS and Red Ribbon Club
Orgnised A
'Tiranga March'
Which Was dedicated to the
martyrs of India.



(3)Event : Voter Awareness Programme

No.of Participation: 150

Date: 25/01/2017

Tehsil level 'National Voter's Day' was organized on 25-01-2017 in collaboration with Tehsil administration, in which Mr.Rajdeep Singh Brar SDM Sunam along with all Tehsil staff and students took a pledge to cast 100% vote.

Celebrated 'National Voter's Day'

ਸੁਨਾਮ ਉਧਮ ਸਿੰਘ ਵਾਲਾ, (ਕੁਪਿੰਦਰ ਸਿੰਘ ਸੌਗ੍ਹ) - ਸ਼ਹੀਦ ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਸੁਨਾਮ ਵਿਖੇ ਤਹਿਸੀਲਦਾਰ ਸੁਨਾਮ ਸ੍ਰੀ ਸੁਸ਼ੀਲ ਸਰਮਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਅਤੇ ਮੁੱਖ ਚੋਣ ਅਫ਼ਸਰ ਪੰਜਾਬ ਜੀ ਦੇ ਹੁਕਮਾਂ ਤਹਿਤ ਵੋਟਰ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਤੇ ਸ੍ਰੀ ਸਰਮਾ ਵੱਲੋਂ ਲੋਕਤੰਤਰ ਪ੍ਰਣਾਲੀ ਲਈ ਵੋਟਰਾਂ ਦੀ ਭਾਗੀਦਾਰੀ ਵਧਾਉਣ ਲਈ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੋਟਰ ਪ੍ਰਣ ਦਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਮੈਡਮ ਇਸ਼ਪ੍ਰੀਤ ਕੌਰ, ਪ੍ਰ. ਪ੍ਰਿੰਦਰ ਸਿੰਘ, ਮਨਜ਼ੀਤ ਸਿੰਘ ਹੋਂਡ ਕਲਰਕ ਸਮੇਤ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ਼ ਮੈਂਬਰ ਆਦਿ ਵੀ ਹਾਜ਼ਰ ਸਨ।



ਸੁਨਾਮ ਕਾਲਜ ਵਿਖੇ ਵੋਟਰ ਦਿਵਸ ਮੌਕੇ ਸਿੱਧੇਪਨ ਕਰਦੇ ਹੋਏ ਤਹਿਸੀਲਦਾਰ ਸੁਸ਼ੀਲ ਸਰਮਾ (ਕੇਂਦਰ)।

ਉਧਮ ਸਿੰਘ ਵਾਲਾ, (ਕੁਪਿੰਦਰ ਸੌਗ੍ਹ) - ਸੁਨਾਮ ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਤਹਿਸੀਲਦਾਰ ਸੁਸ਼ੀਲ ਸਰਮਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਅਤੇ ਮੁੱਖ ਚੋਣ ਅਫ਼ਸਰ ਪੰਜਾਬ ਜੀ ਦੇ ਹੁਕਮਾਂ ਤਹਿਤ ਵੋਟਰ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਤੇ ਸੁਸ਼ੀਲ ਸਰਮਾ ਵੱਲੋਂ ਲੋਕਤੰਤਰ ਪ੍ਰਣਾਲੀ ਲਈ ਵੋਟਰਾਂ ਦੀ ਭਾਗੀਦਾਰੀ ਵਧਾਉਣ ਲਈ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੋਟਰ ਪ੍ਰਣ ਦਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਮੈਡਮ ਇਸ਼ਪ੍ਰੀਤ ਕੌਰ, ਪ੍ਰ. ਪ੍ਰਿੰਦਰ ਸਿੰਘ, ਮਨਜ਼ੀਤ ਸਿੰਘ ਹੋਂਡ ਕਲਰਕ ਸਮੇਤ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ਼ ਮੈਂਬਰ ਆਦਿ ਵੀ ਹਾਜ਼ਰ ਸਨ।

ਸੁਨਾਮ ਉਧਮ ਸਿੰਘ ਵਾਲਾ (ਕੁਪਿੰਦਰ ਸੌਗ੍ਹ) - ਸੁਨਾਮ ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਤਹਿਸੀਲਦਾਰ ਸੁਸ਼ੀਲ ਸਰਮਾ ਦੀ ਅਗਵਾਈ ਹੇਠ ਅਤੇ ਮੁੱਖ ਚੋਣ ਅਫ਼ਸਰ ਪੰਜਾਬ ਜੀ ਦੇ ਹੁਕਮਾਂ ਤਹਿਤ ਵੋਟਰ ਦਿਵਸ ਮਨਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਤੇ ਸੁਸ਼ੀਲ ਸਰਮਾ ਵੱਲੋਂ ਲੋਕਤੰਤਰ ਪ੍ਰਣਾਲੀ ਲਈ ਵੋਟਰਾਂ ਦੀ ਭਾਗੀਦਾਰੀ ਵਧਾਉਣ ਲਈ ਸਮੂਹ ਸਟਾਫ਼ ਅਤੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਵੋਟਰ ਪ੍ਰਣ ਦਵਾਇਆ ਗਿਆ। ਇਸ ਮੌਕੇ ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਮੈਡਮ ਇਸ਼ਪ੍ਰੀਤ ਕੌਰ, ਪ੍ਰ. ਪ੍ਰਿੰਦਰ ਸਿੰਘ, ਮਨਜ਼ੀਤ ਸਿੰਘ ਹੋਂਡ ਕਲਰਕ ਸਮੇਤ ਕਾਲਜ ਦਾ ਸਮੂਹ ਸਟਾਫ਼ ਮੈਂਬਰ ਆਦਿ ਵੀ ਹਾਜ਼ਰ ਸਨ।

(4) Event: Youth Convention Camp

No. of Participation: 15

On 31-1-17 Under the leadership of Program Officer Dr. Ramandeep Kaur 15 volunteers from all the three units of the NSS department of the college participated in the youth convention organized by the Punjabi University Patiala NSS Department. Volunteers took part in different activities during this convention.

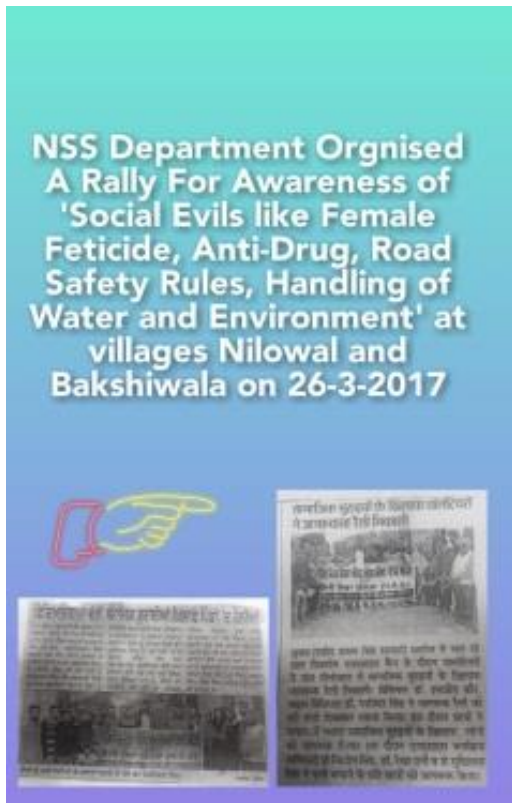
**NSS VOLUNTEER PARTICIPATED
IN
'NSS YOUTH
CONVENTION-2017'
AT PUNJABI UNIVERSITY
PATIALA AT 31 JANUARY 2017**



(5) Event: Seven Day Camp at College Campus

No. of Participation : 150

Seven days camp was organized from 22-03-2017 to 28-03-2017 at College Campus, Village Nilowal and Bakshiwala under the guidance of Principal Dr. Ishtpreet Kaur. The college campus was cleaned on 23-3-17 and 24-3-17 and also a Declamation Contest dedicated to the martyrdom day of Shaheed Bhagat Singh was organized on 23-3-17 in which Bhupinder Kaur got first position, Manpreet Kaur got second position and Kamaldeep Singh got the third position. On 25-3-17, a seminar was organized to Awareness the volunteers about road safety and traffic rules, in which Head Constable Hardev Singh, in-charge of District Traffic Education Cell, Sangrur shared the Rules and information with the volunteers. On 26-3-17, the volunteers were awared about social evils like female feticide, drug abuse, road safety rules, water conservation and environment safety and rallies were organized in villages Nilowal and Bakshiwala to make people aware. Which was flagged off by Dr. Parminder Singh HOD History Department from the college. On the same day, a Declamation Contest was organized on the topic 'Good And Bad Effects of mobile' in which Balkar Singh stood first, Manpreet Singh stood second and Mandeep Singh stood third.



(6) Event: Blood Donation Camp

Event Organized by : NSS/Red Cross/ Blood Bank Sangrur

No. of Participation: 200

On 27-3-17, a blood donation camp was organized by the NSS Department in collaboration with Civil Surgeon Sangrur and Blood Bank Sangrur, which was inaugurated by Mr. Rajdeep Singh

Brar, SDM Sunam. 45 volunteers donated blood in this camp. 200 Volunteer of NSS And Red Cross Participated in this noble cause.

NSS Department With the Collaboration of Blood Bank Sangrur Organised A Blood Donation Camp on 27 March 2017

45 Volunteer Donated Blood.



ਉੱਚਮ ਸਿੰਘ ਕਾਲਜ ਵਿੱਚ ਖੂਨਦਾਨ ਕੈਂਪ

45 ਭਾਗੀਦਾਰਾਂ ਵੱਲੋਂ ਖੂਨਦਾਨ, ਜਿਹ ਭਾਰਤੀਆਂ ਵਿੱਚ ਵੀ ਹੋਇਆ ਪ੍ਰਧਾਨਗੀ

ਉੱਚਮ ਸਿੰਘ ਕਾਲਜ ਵਿੱਚ 27 ਮਾਰਚ 2017 ਨੂੰ ਇੱਕ ਖੂਨਦਾਨ ਕੈਂਪ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ। ਇਸ ਕੈਂਪ ਵਿੱਚ 45 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀ ਖੂਨ ਦਾਨ ਕੀਤਾ। ਇਸ ਕੈਂਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਾਲੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪਹਿਲਾਂ ਇੱਕ ਡਾਕਟਰ ਨੇ ਆਪਣੀ ਸਿਹਤ ਦੀ ਜਾਂਚ ਕਰਵਾਈ ਅਤੇ ਫਿਰ ਉਨ੍ਹਾਂ ਨੂੰ ਖੂਨ ਦਾਨ ਕਰਨ ਦੀ ਸਲਾਹ ਦਿੱਤੀ। ਇਸ ਕੈਂਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਾਲੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪਹਿਲਾਂ ਇੱਕ ਡਾਕਟਰ ਨੇ ਆਪਣੀ ਸਿਹਤ ਦੀ ਜਾਂਚ ਕਰਵਾਈ ਅਤੇ ਫਿਰ ਉਨ੍ਹਾਂ ਨੂੰ ਖੂਨ ਦਾਨ ਕਰਨ ਦੀ ਸਲਾਹ ਦਿੱਤੀ।

ਖੂਨਦਾਨ ਕੈਂਪ ਲਗਾਇਆ

ਉੱਚਮ ਸਿੰਘ ਕਾਲਜ ਵਿੱਚ 27 ਮਾਰਚ 2017 ਨੂੰ ਇੱਕ ਖੂਨਦਾਨ ਕੈਂਪ ਆਯੋਜਿਤ ਕੀਤਾ ਗਿਆ। ਇਸ ਕੈਂਪ ਵਿੱਚ 45 ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਆਪਣੀ ਖੂਨ ਦਾਨ ਕੀਤਾ। ਇਸ ਕੈਂਪ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋਣ ਵਾਲੇ ਵਿਦਿਆਰਥੀਆਂ ਨੂੰ ਪਹਿਲਾਂ ਇੱਕ ਡਾਕਟਰ ਨੇ ਆਪਣੀ ਸਿਹਤ ਦੀ ਜਾਂਚ ਕਰਵਾਈ ਅਤੇ ਫਿਰ ਉਨ੍ਹਾਂ ਨੂੰ ਖੂਨ ਦਾਨ ਕਰਨ ਦੀ ਸਲਾਹ ਦਿੱਤੀ।



ਕਾਲਜ ਦੇ ਐਨ.ਐਸ.ਐਸ.
 ਵਿਭਾਗ ਵੱਲੋਂ ਸੱਤ ਰੋਜਾ ਕੈਂਪ ਦੌਰਾਨ
 ਲਗਾਏ ਗਏ ਖੂਨ ਦਾਨ ਕੈਂਪ ਮੌਕੇ
 ਵਲੰਟੀਅਰਜ਼ ਦੀ ਹੋਸਲਾ
 ਅਫਜਾਈ ਕਰਦੇ ਹੋਏ ਮੁੱਖ ਮਹਿਮਾਨ
 ਮਾਣਯੋਗ ਸ੍ਰ. ਰਾਜਦੀਪ ਸਿੰਘ ਬਰਾੜ
 ਪੀ.ਸੀ.ਐਸ., ਐਸ.ਡੀ.ਐਮ. ਸੁਨਾਮ,
 ਉਨ੍ਹਾਂ ਦੇ ਨਾਲ ਹਨ
 ਕਾਲਜ ਪ੍ਰਿੰਸੀਪਲ ਡਾ. ਇਸ਼ਟ ਪ੍ਰੀਤ ਕੌਰ
 ਅਤੇ ਹੋਰ ਸਟਾਫ਼ ਮੈਂਬਰਜ਼



Shaheed Udham Singh Government 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

Extension Activities

Extension Activities done in terms of impact & sensitizing students to social issues and holistic development
National Service Scheme

The National Service scheme is a central sector scheme of Government of India, Ministry of Youth affairs & Sports. It provides opportunity to the youth at institutions to take part in various govt. led community service activities and

Event: Seminar on Road Safety Awareness

No.of Participation: 150

Event organized by: NSS SUS Govt. College Sunam.

Key Speaker : Sh. Narinderpal Singh Traffic In charge & Sh. HardevSinghDistt. Traffic police education cell in charge.

Date : 09/04/2018

Introduction: The aim of this programme was to emphasized & highlight students about the need of road safety by implementing various programmes.

Sh. Narinderpal Singh & Sh. Hardev Singh invited as resource person to address the concern regarding road safety among students.

More than 165 students & faculty members participated in this programme. The Main objective of institution to drive this initiative were.

- To decrease no of road accidents & injury cases by applying road safety measures.
- To make people aware about the speed limit of the vehicles to prevent road accidents.
- Discipline movement of traffic on road.



Event: Seminar on Legal Aid

No. of Participation: 120

On 10-04-2018 a seminar on 'legal Aid' is organized in which President of Bar Council Sh. Karnvirvashist Secretary Bar Council Sunam Advocate Sh. Bikramjit Singh, Advocate Sh. Jaskirat Mohan Singh Bedi Aware the students about their legal rights all the dignitaries aware the students about child marriage, Dowry, female feticide & legal rights of old age people. 120 students participated in this seminar.

Event: State Level Seven day NSS Inter College Camp

No. of Participation: 05

On June 2018 College students of NSS gurpreet Singh (B.A.III/3784) Mandeep Singh (B.A.3023) ReetinderKaur (B.A.II/2472) GurpreetKaur (B.A.II/2497), HarmeetSingh(B.A.I/1755) Participate in Inter College NSS Camp at Shri Guru TegBhadurKhalsa College Anandpur Sahib. All the 5 students donated blood in this camp & participated in different competitions like quiz, elocution, rangoli, poster making etc. Students also done tree plantation during this camp.

Unit-01 Sh. Nardeep Singh

Unit-02 Dr. RamandeepKaur

Unit-03 Sh. Mukhtiar Singh

Event:Swachh Bharat internship Programme

No.of Participation: 150

NSS Volunteers took part with great enthusiasm in Swachh Bharat internship programme started by Indian Govt. from 1/05/2018 to 31/07/2018. Under the guidance of Dr. Ramandeepkaur the Programme officers of unit 02 volunteer awarded the people of village Ravidaspuratibbi, Bakhshiwala, Janal, Akbarpura, Biggarwal, Jakhepal& city Sunam about the cleanliness, Environment safety, water conservation Drug abuse and 'BetiBacho, BetiPadhao schemes. Volunteer made painting gave lecture & presented play on various social issues.



Event :Awareness Camp, NukardNatak And wall Painting on Drug Abuse

No of Participation: 150

On 16-07-2018An awareness camp against drugs was organized in village Bigarwal under the guidance of Dr. Sukhbir Singh Thind, Principal of ShaheedUdham Singh Government College, Sunam and under the leadership of Dr. RamandeepKaur. During the camp, NSS volunteers inspired people to come together and fight against drugs through plays and songs. They appealed to the youth to come together against drugs and support the police. Under this program, volunteers also made paintings giving anti-drug messages on the walls of the village and also planted saplings. Program Officer Dr. RamandeepKaur said that apart from saving the environment and against drugs, youth should also raise their voice against social evils like female feticide and dowry. Vice Principal DrParminder Singh said that everyone should contribute in saving natural resources. He appealed to each and every person of the village to plant a sapling. On this occasion Professor Gurjant Singh, Professor Nardeep Singh, Professor Mukhtyar Singh, Mr. Tarsem Singh, Mr. Ranjit Singh etc. were also present.

**NSS Department Organised
A Nukad Naatak and wall
painting on the theme of
'Drug Abuse'
on 16 July 2018**

Village Bighrwaal



Event :Adventure Camp Extension Activity In Manali

Date: 12 Sep to21 Sep. 2018

No. of Participations: 02

Ten days NSS Adventures Camp was organized at Manali, Himachal Pradesh from 12th September to 21st September 2018. The camp was organized at Atal Bihari Outsourcing Institute where volunteers from five states Punjab, West Bengal, Orissa, Uttar Pradesh and Uttarakhand participated. It is noteworthy that two students each were selected from ten colleges of these five states, who reached the designated place on 12 September 2018 along with their program officer Dr. Ramandeep Kaur. Every morning exercise and breakfast was done till 8 pm. Then all the students would be taken for tracking. Apart from this activities like rock climbing, repelling, river crossing, camping, mountain rescue method etc. were conducted on different days. To create awareness and leadership spirit for the society. On the evening of 21st September 2018, volunteers from all the states presented cultural programs related to their own culture. All the volunteers were honored with batches.



Event: A Rally on Swachhta Hi Sewa in Ekta Colony at Sunam City

No. of Participation:150

On 27 September 2018, the NSS department of Shaheed Udham Singh Government College, Sunam, along with the Municipal Council Sunam, started a cleanliness campaign 'Clean Sunam, Green Sunam' in the city. Under this campaign, started under the leadership of Principal Dr. Sukhbir Singh Thind and Program Officer Dr. Ramandeep Kaur, the volunteers cleaned the Ekta colony after taking out an awareness rally and made people aware of the Swachhata Hi Seva campaign of the Government of India. Addressing the people, Dr. Ramandeep Kaur said that this cleanliness campaign can be made successful only with the cooperation of the people. The effect of cleanliness will be on the whole environment and the whole society will get benefit. Due to lack of cleanliness, where there is a fear of spreading many diseases, the environment is polluted and it tarnishes the image of the society and the country. Principal Dr. Thind said that the college team has been continuously visiting different villages of the area to make people aware of cleanliness through paintings, street plays, songs. Apart from this, voice has been raised for the end of social evils like dowry system, drug addiction, female feticide, atrocities on women etc. On this occasion, Vice Principal Dr. Parminder Singh said that this initiative of NSS was successful and appealed to other social organizations to come forward and do such work. Professor Gurjant Singh, Professor Nardeep Singh, Professor Mukhtiar Singh, Mr. Tarsem Singh, Mr. Amit Kapoor, Mr. Ranjit Singh and other staff were also present on the occasion.

NSS Department Organised a Safai Programme Under the title of "SWACHHTA HI SEVA" mission on 27-09-18.

‘स्वच्छता अभियान से साफ होगा वातावरण’



स्वच्छता अभियान के अंतर्गत एक कार्यक्रम में विद्यार्थियों ने वातावरण को स्वच्छ बनाने के लिए 'स्वच्छता अभियान से साफ होगा वातावरण' का नारा देते हुए प्रदर्शन किया। कार्यक्रम में विद्यार्थियों ने वातावरण को स्वच्छ बनाने के लिए 'स्वच्छता अभियान से साफ होगा वातावरण' का नारा देते हुए प्रदर्शन किया।



कलस के ऐन.एस. विद्यार्थी वलें "सव्हता ही सेवा" मिशन तहिय चलायें मुहिम

कलस के ऐन.एस. विद्यार्थी वलें "सव्हता ही सेवा" मिशन तहिय चलायें मुहिम। कार्यक्रम में विद्यार्थियों ने वातावरण को स्वच्छ बनाने के लिए 'स्वच्छता अभियान से साफ होगा वातावरण' का नारा देते हुए प्रदर्शन किया।



सव्हता ही सेवा मिशन तहिय मुहिम चलायें

सव्हता ही सेवा मिशन तहिय मुहिम चलायें। कार्यक्रम में विद्यार्थियों ने वातावरण को स्वच्छ बनाने के लिए 'स्वच्छता अभियान से साफ होगा वातावरण' का नारा देते हुए प्रदर्शन किया।



Event: A Rally on Social Issue of Stubble Burning
No.of Participation: 150

A Rally is organized on stubble burning on 17/10/2018 in villages Bakshiwala, Ravidaspur Tibbi.

Event: A Seminar on Social Issue of Stubble Burning

No.of Participation: 150

A seminar on stubble burning & Management was organized in college campus with the help of Krishivigyan Kendra Sangrur on 29/10/2018. In which KrishiVigyanKendr Staff Dr. Mandeep Singh, Er.Karun sharma. Dr. Satbir Singh & Dr. Manikachaudary gave lectures.

NSS Deptt With the Collaboration of Krishi Vigyan Kendra, Sangrur Orgnised A Seminar on the topic of "Stubble Burning" on 29th October 2018

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया विद्यार्थियों को पराली जलाने से पर्यावरण पर पड़ने वाले बुरे प्रभाव के बारे में जानकारी दी

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।



विद्यार्थियों को पराली जलाने से पर्यावरण पर पड़ने वाले बुरे प्रभाव के बारे में जानकारी दी गई।

पराली बर्बाद फसल बढ़ाती है तहत जागरूक किया

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।



शहीद ऊद्यम सिंह सरकारी कॉलेज 'च पराली पूषण घाटे जागरूकता सैमिनार लाइया

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया



विद्यार्थियों को पराली जलाने से पर्यावरण पर पड़ने वाले बुरे प्रभाव के बारे में जानकारी दी गई।

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

सरकारी कॉलेज 'च पराली पूषण घाटे सैमिनार

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

'फसल के अवशेषों को खेत में ही जोत दें'



विद्यार्थियों को पराली जलाने से पर्यावरण पर पड़ने वाले बुरे प्रभाव के बारे में जानकारी दी गई।

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

शहीद ऊद्यम सिंह सरकारी कॉलेज में जागरूकता कैंप लगाया। इस दौरान के.वी.के. के सहयोग से विद्यार्थियों को पराली जलाने के बुरे प्रभाव के बारे में जानकारी दी गई।

Event: Village Adoption Programme 2018-19
Awareness campaign for environment, health, Road Safety & stubble
burning & Management
S.U.S. Govt. College Sunam (NSS)
Objective: Small step to make giant leap
Adopted villages: RavidaspuraTibbi
No .of students Participated:50

Introduction:

- To create awareness regarding Environment, Road Safety, Drug Abuse, Stubble Burning at RavidaspuraTibbi&Biggarwal village.
- To give practical exposure to the students with rural area and to make them participate in corporate social responsibilities.

Implementation:- 7 Day NSS Camp on 24/01/2019 to 30/01/2019 organized in the villages by students of NSS girls unit of SUS Govt. College Sunam. The Unit organized awareness campaign about environment, health, women empowerment & female feticide with the help of posters, banners, painting, nukkadnatak& rallies. Tree Plantation is done at various location in villages. Plants also distributed to local people. Lecture were conducted on stubble burning and management and on social issues.

We have successfully completed this event with the support following dignitaries:

- Sh. Kaka Ram verma: Traffic Marshall Punjab Police
- Mrs. ShimpiSingla: District Employment Officer
- Mrs. Monika Chaudhary: KrishiVigyan Kendra
- Sh. Hardev Singh: In charge district traffic education cell
- Sh. Satnam Singh: Advocate



Event : Seven Day NSS Camp of Unit 01& 03

No. of Participation:100

On 25 January to 31 January 2019, a seven day camp was organized for Unit 1 and 03 under the guidance of NSS Department, Punjabi University, Patiala and Principal Dr. Sukhbir Singh Thind at ShaheedUdham Singh Government College, Sunam. The activities carried out during this camp included the health campaign of the Punjab government, projects and seminars dedicated to Swachh Bharat, DAPO and environment management. During the camp, the students were motivated for cleanliness as well as excellent character building. The closing ceremony of the camp was attended by Miss. Inayat Gupta, Assistant Commissioner Sangrur as chief guest and Mr. Ghanshyam Das Kansal, District President Industrial Chamber and Mrs. Komal Kansal, Senior Vice President Municipal Council Sunam as special guests. In this ceremony, 100 NSS volunteers who took part in various activities during the camp were felicitated. During this, tribute was paid to the martyrs of the country by observing a two-minute silence dedicated to them. Principal Dr. Thind and Vice-Principal Dr. Parminder Singh expressed satisfaction over the work done by the students and also shared the information about the history of Langar system with the

students. During this, a langardedicated to the 550th birthday of Guru Nanak DevJi was also organized. The Chief Guest MrsInayat Gupta, in her statement, inspired the students to maintain their positive thinking towards the society. Special guest Shri Ghanshyam Das Kansal appealed to the students to extend full cooperation to participate in the development works of the city. Program Officer Professor Nardeep Singh, Dr. Ramandeep Kaur, Professor Mukhtiar Singh and Program Assistants Mr. Tarsem Singh, Mr. Amit Kapoor, Mr. Ranjit Singh and all teaching and non-teaching staff were also present on this occasion.



A Rally 'JAGO' in village Ravidaspura Tibbi

Event Organized by: NSS Department of S.U.S. Govt. College Sunam

Date: 25 Jan. 2019

No. of Participations:50

On 25-01-2019NSS Unit-2 girls of Shaheed Udham Singh Government College, Sunam took out a wake in the nearby village Ravidas pura Tibbi and made people aware against

social evils. Volunteers of Unit-2 under the leadership of Program Officer Dr. Ramandeep Kaur knocked at village Tibbi. During this, while giving the message of health is life, the students appealed to the society to give up drugs and cooperate in saving the environment. Dr. Ramandeep Kaur said that her goal is to make people aware through this camp. In the camp, the society is being made aware against saving the environment, Beti Bachao Beti Padhao, cleanliness campaign (Swacchta Abhiyan), female feticide and drugs etc., which will benefit the people. Vice Principal Dr. Parminder Singh, Professor Manpreet Kaur, Mr. Tarsem Singh, Mr. Ranjit Singh and Mr. Bhoopar Singh etc were present on the occasion.

25 JANUARY 2019

NSS ORGANISED A JAGO FOR
VILLAGE RAVIDASPURA TIBBI

*Main theme of JAGO was Spread
the Awareness For Female Feticide,
Beti Bachao Beti Padaho etc.*

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छात्राओं ने जागो निकाल लोगों को किया जागरूक

जेएनएन, सुनाम ऊधम सिंह
वाला (समाचार) : शहीद कथम
सिंह सरकारी कॉलेज की
एनएसएस गर्ल्स वालंटियर्स
ने गांव रविदासपुरा टिब्बी
में जागो निकालकर लोगों
को सामाजिक कुुरीतियों के
खिलाफ जागरूक किया।

सात दिवसीय एनएसएस
कैंप के दूसरे दिन छात्राओं
ने कार्यक्रम अधिकारी डॉ.
रमनदीप कौर के नेतृत्व में गांव
टिब्बी में दस्तक दी। इस दौरान
सेहत ही जीवन है का संदेश
देते हुए छात्राओं ने समाज से
अपील की कि नशे का त्याग
करें, वातावरण को बचाने में
सहयोग करें। डॉ. रमनदीप
कौर ने कहा कि इस कैंप के

संस्थापक गैल्स कॉलेज
के एनएसएस वालंटियर्स
ने गांव रविदासपुरा टिब्बी
में निकाला जागो

माध्यम से लोगों को जागरूक
करना उनकी लाक्ष है। कैंप
में वातावरण को बचाने, बेंटी
पढ़ाओ व बेंटी बचाओ,
स्वच्छता अभियान, कन्या
भूषण हल्ला व नशे आदि के
खिलाफ समाज को जागरूक
किया जा रहा है, जिससे लोगों
को लाभ मिले।

इस मौके पर वाइस प्रि. डॉ.
परमिंदर सिंह, मनप्रीत कौर,
अमित कपूर, तरसेम सिंह,
रणजीत सिंह, भरपूर सिंह
आदि हाजिर थे।

January 2019

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Event: Seminar on Traffic Rules by NSS Unit 01& 03

No. of Participation:100

Under the guidance of Principal Dr. Sukhbir Singh Thind at Shaheed Udham Singh Government College, Sunam. Unit 1 and 03 of NSS Department, on 29-01-2019 under the leadership of Professor Nardeep Singh and Professor Mukhtyar Singh, traffic rules A seminar was organized under the chairmanship of Vice Principal Dr. Parminder Singh to give information about this. In which the head constable Hardev Singh, in-charge of the traffic education cell Sangrur of the keynote speaker, informed the students about the traffic rules and symbols in detail. He said that knowledge of traffic rules is the most important need of the present times as many people lose their precious lives in daily road accidents. The keynote speaker was honored with a memento on the occasion. ShriAmitKapoor, ShriRanjit Singh and many other staff members were also present on the occasion.

NSS 2019-20

Co-ordinator:

Unit-01 Sh. Nardeep Singh

Unit-02 Dr. RamandeepKaur

Unit-03 Sh. Mukhtiar Singh

Event: Save Environment Save Earth Campaign dedicated to 550th Birth

Anniversary of Guru Nanak Dev Ji

Date: June To July 2019

No. of Participations: 160

Introduction:The aim of this programme was to emphasized & highlights students about environment and to aware people of village about of environment.

Implementation:A campaign for Environment safety is run by NSS at near by villages of Sunam dedicated to 550th Birth Anniversary of Guru Nanak Dev Ji. Under this campaign girls unit of NSS Distribute 150 plants for plantation to people of village Ravidaspura Tibbi. Dr. RamandeepKaur said that NSS Volunteers are on the way to aware people about environment. During the campaign tree plantation is also done in Olympic stadium Sunam and village Biggarwal.



Event: Rally On Save Water Save Life (Jal Shakti Abhiyan)

Date : 28/07/2019

No. of participations : 160

Introduction: The aim of this programme was to aware people about water conservation under "Save water Save life" (**Jal Shakti Abhiyan**)

Implementation: With the guidelines of youth affairs and sports department of Indian Government under the scheme "Save Water Save Life" NSS department with the help of

KrishivigyanKandraSangrur organized awareness rally in village ChathaNanhera. Volunteers gave a message to save water. Dr. Mandeep Singh Director of KrishiVigyanKandra appealed the people to avoid misuse of water. Dr. Monika Chaudhary addressed the women that at home they can conserve water at large level by optimum use of water. Dr. RamandeepKaur Programme officer of NSS Unit-02 take an example from Gurbani" Pawan Guru Pani Pita" to aware the people about importance of water. On the same day tree plantation is done at various location in village.

NSS Organised a Rally For "SAVE WATER SAVE LIFE"

ऐन.एस.एस. विद्यार्थी ने रैली बंध बे सिरा पट्टी कम्प्यूट का सुदेश



... (transcription of the article text) ...

ऐन.एस.एस. विद्यार्थी ने रैली बंध बे पट्टी कम्प्यूट का सुदेश सिंरा



... (transcription of the article text) ...



28 July 2019



एन.एस.एस. वालंटियर्स ने दिया पानी बचाने का संदेश

... (transcription of the article text) ...



... (caption for the image) ...

एनएसएस वालंटियर्स ने निकाली रैली

... (transcription of the article text) ...

Event: One Day Camp on Swachhta Hi Sewa in Village Biggarwal

Date: 20/09/2019

No. of Participation: 50

Introduction: The aim of this programme was to emphasize and highlight the students about cleanliness and misuse of plastic.

Implementation: NSS Girls Unit in their adopted village in Biggarwal under mission 'Swachhta Hi Sewa' organized one day camp and cleaned the various places of village. Dr. Monika Chaudhary from Krishivigyankendra gave a lecture on importance of cleanliness. She clearly said that Malaria, Dengue, Seasonal fever are the diseases that are totally occurred due to lack of cleanliness. Dr. Ramandeep Kaur highlights the misuse of plastic and said that how plastic pollute our water bodies and air. Tree plantation is also done in village at various places.

NSS Girls Unit with the Collaboration of Krishi Vigyan Kendra, Kheri Held A Programme Under 'Swachhta hi Seva' mission at adopted Village Bigharwal on 20-09-2019



सफाई का सेवा मिशन तहत पिंड विद्यालय विधे सहाय वेप सवायिभ सिभ

एक सफाई मिशन तहत पिंड विद्यालय विधे सहाय वेप सवायिभ सिभ... (Detailed text describing the cleanliness mission and the role of the NSS girls unit in the village of Bigharwal.)



स्वच्छता ही सेवा मिशन तहत गांव विद्यालय में कैच लगाया

स्वच्छता ही सेवा मिशन तहत गांव विद्यालय में कैच लगाया... (Detailed text about the 'Swachhta hi Seva' mission and the implementation of a 'Catch' (Kai) in the village school.)



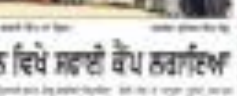
वीथी से बचने के लिए आसपास रखे सफाई

वीथी से बचने के लिए आसपास रखे सफाई... (Detailed text about the initiative to keep the area around the school clean to prevent dust.)



पिंड विद्यालय विधे सहाय वेप सवायिभ

पिंड विद्यालय विधे सहाय वेप सवायिभ... (Detailed text about the cleanliness mission and the role of the NSS girls unit.)



भेठभेठे सफाई के तहत सवायिभ सिभ

भेठभेठे सफाई के तहत सवायिभ सिभ... (Detailed text about the cleanliness mission and the role of the NSS girls unit.)



Event: Rally and Chetnamarch on Stubble Burning
Date: Oct. 2019

No. of Participations: 160

Introduction: The aim of this programme was to emphasize & highlight regarding stubble burning that is the major issue for Punjab & other states.

Implementation: NSS Volunteers under the guidance of Principal Dr. Sukhbir Singh Thind and their programme officer organized a '**Chetnamarch**' in adopted village Bakshiwal, Biggarwal, ChathaNenhera on stubble burning. A message to '**Save Environment Save Earth**' is given to people. Volunteers gave information that stubble burning not only pollutes the environment but it also creates breathing problems. Dr. Ramandeep Kaur said that it also greatly affects our flora & fauna. Small creatures burn in fire that are useful for fertility & life cycle.

NSS, Red Ribbon Club and Red Cross unit Organised Rally Regarding Stubble Burning in Verious Villages on October 2019



Save Environment
Save Earth



Event: Shantimarch on Mahatma Gandhi 150th Anniversary

Date: 02 Oct. 2019

No. of Participations: 160

Introduction:The aim of this programme was to emphasized & highlights regarding Swachhta Hi Sewa and lecture on misuse of plastic.

Implementation: In Shaheed Udham Singh Government College, Sunam, under the guidelines of the Punjab Government and under the leadership of Principal Dr. Sukhbir Singh Thind, the 'Swachhta Hi Sewa' campaign started by the NSS Department on the 150th birthday of the father of the Nation, Mahatma Gandhi. Here the students took an oath not to use plastic and to make other people aware too. Before starting this march students made posters on the topic of misuse of plastic. This march started from the college under the leadership of Principal Dr. Thind and ended by going back to the college through Peera Wala Gate and Main Bazaar. The students also made people aware against other social evils. Program officers Professor Nardeep Singh, Dr. RamandeepKaur, Professor Mukhtyar Singh, Professor Kuldeep Singh Bahia, Mr. Tarsem Singh, Mr. AmitKapoor, Mr. Ranjit Singh, Mr. Raghubir Singh, Mr. Bhurpur Singh, Mr. Gurmukh Singh etc. were present on the occasion.



02nd October 2019

"Shanti March" dedicates to 150th Birth Anniversary of Mahatma Gandhi

by NSS Unit

'Say No to Plastic'



छात्रों ने शांति मार्च निकाल प्लास्टिक को कहा बॉय

सुनम, पुराना, बरना, इलाहाबाद, आगरा, आदि जिलों के छात्रों ने 02 अक्टूबर को 'शांति मार्च' निकाला। इस कार्यक्रम का उद्देश्य प्लास्टिक के प्रयोग को कम करना और पर्यावरण को बचाना है। छात्रों ने 'बॉय साय नो टो प्लास्टिक' का नारा देते हुए मार्च निकाला।

यह कार्यक्रम सुनम, पुराना, बरना, इलाहाबाद, आगरा, आदि जिलों के छात्रों के सहयोग से आयोजित किया गया। छात्रों ने 'बॉय साय नो टो प्लास्टिक' का नारा देते हुए मार्च निकाला।



राष्ट्रपिता महात्मा गांधी जी के 150 साल जन्मदिन में 'शांति मार्च' का आयोजन किया

सुनम, पुराना, बरना, इलाहाबाद, आगरा, आदि जिलों के छात्रों ने 02 अक्टूबर को 'शांति मार्च' निकाला। इस कार्यक्रम का उद्देश्य प्लास्टिक के प्रयोग को कम करना और पर्यावरण को बचाना है। छात्रों ने 'बॉय साय नो टो प्लास्टिक' का नारा देते हुए मार्च निकाला।



एनएसएस वालंटियर्स ने निकाली चेतना रैली

सुनम में उद्योगधर्म के दिवस के अवसर पर एनएसएस वालंटियर्स ने 'शांति मार्च' निकाला। इस कार्यक्रम का उद्देश्य प्लास्टिक के प्रयोग को कम करना और पर्यावरण को बचाना है। छात्रों ने 'बॉय साय नो टो प्लास्टिक' का नारा देते हुए मार्च निकाला।

Event: Run For Unity A Mega Event On National Unity Day
Date: 31 Oct.2019
No. of Participations : 200

Introduction: The aim of this programme was to emphasized & highlights the students about the unity of country and people.

Implementation: A 'Run for unity' is organized by NSS Department of institution with the collaboration of MD Public high school, Guru Harkrishan Public School & ITI. DSP of Sunam Sh. Rajesh Snahi flag of the Run from ITI chownksunam near about 200 volunteers & staff participated

in this event. The run accomplished at bus stand sunam. A pledge is also taken for the unity. Principal ITI sh. rajinder Kumar, Principal MD School Sh. Sashank Pathak, Principal Shri Guru Harkrishan school Sh. Karamjeet Singh, Dr. Gagandeep Singh, Dr. Ramandeep Kaur, Sh. Nardeep Singh were present on this event.

31 OCTOBER 2019 WE ORGANISED A PROGRAMME 'RUN FOR UNITY' ON NATIONAL UNITY DAY WITH THE GUIDELINES OF GOVERNMENT

By NSS

दौड़ कर मुख्य उद्देश्य देश में एकता व अखंडता बलवान रखने का रहस्य आम जनता तक पहुंचाना

एकता और अखंडता का संदेश देने की दौड़ लीला

राष्ट्रवादी एकता दिवस में 'एकता लयी संघ' का आयोजन कीटा

अजीत

सुधकार

Event: Pre-RD Camp Participation Programme

Date: 15 To 24 Nov.2019

No. of Participations : 02

NSS North Regional Pre Republic Day Parade Camp was organized by the Ministry of Youth Affairs and Sports, Government of India at Chitkara University, Rajpura. 210 volunteers from Punjab, Haryana, Chandigarh, Himachal Pradesh, Rajasthan, Jammu and Kashmir and Ladakh participated in this camp. SimranjitKaur and Harmeet Singh from our college participated in this camp. These volunteers actively participated in each and every activity of the camp. Principal Dr. Sukhbir Singh Thind and program officers congratulated the students and wished them a bright future. He said that such programs instill a sense of love, brotherhood and integrity among the students for the country. Such camps also prove helpful for cultural exchange. He said that every student should join NSS as it contributes significantly in building good character. Program officers Professor Nardeep Singh, Dr. RamandeepKaur, Professor Mukhtiar Singh, Mr. Tarsem Singh, Mr. AmitKapoor, Mr. Ranjit Singh, etc. were present on this occasion.

NSS VOLUNTEERS PARTICIPATED IN NORTHERN REGION PRE-RD CAMP.

AT CHITKAARA UNIVERSITY RAJPURA ON NOVEMBER 2019.

शहीद ऊधम सिंह सरकारी कॉलेज, सुवाल के विद्यार्थियों ने पी नेशनल दिवस कैम्प में भाग लिया



शहीद ऊधम सिंह सरकारी कॉलेज, सुवाल के विद्यार्थियों ने पी नेशनल दिवस कैम्प में भाग लिया। कार्यक्रम में छात्रों ने सांस्कृतिक प्रदर्शन किया और राष्ट्रीय गान गायें।

पी-नाशनल दिवस घोषित करिय में शहीद ऊधम सिंह सरकारी कॉलेज के बच्चों का-नया परदेन



पी-नाशनल दिवस घोषित करिय में शहीद ऊधम सिंह सरकारी कॉलेज के बच्चों का-नया परदेन। कार्यक्रम में छात्रों ने राष्ट्रीय गान गायें और प्रार्थना की।

सड़क की बरतन से विद्यार्थियों ने बैच 'ब' विद्यार्थियों

सड़क की बरतन से विद्यार्थियों ने बैच 'ब' विद्यार्थियों। कार्यक्रम में छात्रों ने सड़क सुरक्षा के प्रति जागरूकता बढ़ाने के लिए प्रयास किया।

सड़क सुरक्षा में विद्यार्थियों ने प्रयास किया



सड़क सुरक्षा में विद्यार्थियों ने प्रयास किया। कार्यक्रम में छात्रों ने सड़क सुरक्षा के प्रति जागरूकता बढ़ाने के लिए प्रयास किया।



Event: Reflectors Installed on Vehicles
Date: 12/12/2019
No.of Participation: 100

Introduction:

The aim of this programme have to emphasize & highlights students about the road safety & accidents prevention.

Implementation: In view of foggy weather reflectors were installed on vehicles. Under the supervision of Principal Dr. Sukhbir Singh Thind NSS Volunteers installed reflectors on vehicles in adopted village in biggarwal & ITI Chownk Sunam. Volunteers also awared the people about road safety rules & regulations. Dr. Thind said that during winter and foggy weather reflector are useful. Even reflector were available at college main gate, any one who want to take these reflectors can collect it from gate keeper of college. People of village biggarwal appreciate the volunteers for this noble cause.

**IN VIEW OF FOGGY WEATHER,
REFLECTORS WERE INSTALLED ON
THE VEHICLES BY NSS
DEPARTMENT ON 12-12-2019**

ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ ਦੇ ਸੜਕ ਹਾਦਸਿਆਂ ਤੋਂ ਬਚਣ ਲਈ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ



ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। 12 ਦਸੰਬਰ (ਸ਼ਨੀਵਾਰ) ਨੂੰ ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ ਗਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ।

ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। 12 ਦਸੰਬਰ (ਸ਼ਨੀਵਾਰ) ਨੂੰ ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ ਗਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। ਇਸ ਮੌਕੇ ਮੁੱਖ ਮੰਤਰੀ ਸ਼੍ਰੀ ਡੀ. ਡੀ. ਡੀ. ਸਿੰਘ ਨੇ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ।

**VENUE AT
ITI CHOWNK
SUNAM
AND VILLAGE
BIGHARWAL.**



ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। 12 ਦਸੰਬਰ (ਸ਼ਨੀਵਾਰ) ਨੂੰ ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ ਗਏ।

ਪ੍ਰੰਦ ਦੇ ਮੌਦੇਨਜ਼ਰ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ



ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ। 12 ਦਸੰਬਰ (ਸ਼ਨੀਵਾਰ) ਨੂੰ ਪ੍ਰੰਦ ਕਾਰਨ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ ਗਏ।

ਪ੍ਰੰਦ ਦੇ ਮੌਸਮ ਦੇ ਮੌਦੇਨਜ਼ਰ ਵਾਹਨਾਂ 'ਤੇ ਰਿਫਲੈਕਟਰ ਲਾਏ

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Event :Village Adoption Programme
Awareness campaign for environment, health, Road Safety & stubble burning & Management

S.U.S. Govt. College Sunam (NSS)

Objective: Small step to make giant leap

Adopted villages: Biggarwal

No .of students Participated:50

Introduction: The aim of this programme was to emphasized and highlights students about the need of environment safety, health issues, traffic rules and female feticide.

Implementation: Seven-day NSS Camp of Shaheed Udham Singh Government College, Sunam was organized from 27-01-2020 to 02-02-2020 under the guidance of Principal Dr. Sukhbir Singh Thind and under the leadership of Dr. RamandeepKaur at village Biggarwal. It is worth mentioning that this camp was organized by Unit-2 girls, under which village Biggarwal was adopted.

During this camp, while the village school and Dharamshala were cleaned, the trees were also painted. Seminars were organized on different days on topics related to health, traffic rules, legal aid etc. Giving health-related information, important topics like importance of balanced diet, lack of water and blood in the body were shared with the students. Special discussion was held on the observance of traffic rules and its need for the society.

Under legal aid, girl students were introduced to the rights of an ordinary person, especially women. Dr. Parminder Singh, Principal Government Ranbir College Sangrur and Mr. Jatinder Pal Singh SHO Sunam attended the closing ceremony of the camp as chief guests. He gave good wishes and blessings to the students. DrParminder motivated the students to take care of health along with studies. ShriJatinder Pal gave a message to the students to stay away from wrongdoing and to do social welfare work by staying within the ambit of the law. Kaka Verma, Traffic Marshal Patiala, who specially reached this camp, asked the students to choose the goal of their life and be honest towards it. He gave information including basic medical aid and detail of CPR techniques. On the last day of the camp, students were awarded for different activities. SimranjitKaur B A Part III was

adjudged the Best Volunteer. In the end, a rally giving the message of protection of the environment was taken out in the village and trees were also planted.

On this occasion Professor Mukhtiar Singh, Professor Dharminder Singh, Professor Rohini, Mr. Tarsem Singh, Mr. Amit Kapoor, Mr. Raghubir Singh, Mr. Abhishek Sehgal, Mr. Irwinjit Singh, Mr. Beera, Mr. Gurmukh Singh, Mr. Bunty, Sarpanch of the village Mr. Satbir Singh. , Panchayat member Tulsi Singh, Mrs. Surinder Pal Kaur, Mrs. Gurpreet Kaur etc. were also present.

We have successfully completed this event with the support following dignitaries:

- Sh. Kaka Ram verma: Traffic Marshall Punjab Police
- Sh. Narinderpal Singh: Extension Educator
- Sh. Bharat Hari Sharma: Member eye donation samiti

07 Days NSS Camp for Girls Unit at Village Bigharwal from 27th Jan-2nd February 2020.



Female Foeticide
Tree plantation
Women health etc

Were the main part of different lectures.

ਐਨ.ਐਸ.ਐਸ ਗਰਲਜ਼ ਯੂਨਿਟ ਦਾ ਸੱਤ-ਰੋਜ਼ਾ ਕੈਂਪ ਯਾਦਗਾਰੀ ਹੋ ਨਿਬੜਿਆ

ਦੇਸ਼ ਵਿੱਚ ਆਈਆਂ ਹੋਈਆਂ ਸਨ। ਇਹ ਸਾਰੀਆਂ ਗੱਲਾਂ ਨੂੰ ਆਪਣੇ ਮਨ ਵਿੱਚ ਰੱਖ ਕੇ ਅੱਗੇ ਵਧਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।



ਇਹ ਕੈਂਪ ਸੱਤ ਦਿਨਾਂ ਲਈ ਚੱਲਿਆ ਅਤੇ ਇਸ ਦੌਰਾਨ ਕਈ ਭਾਰੀ-ਭਾਰੀ ਕਾਰਜਾਂ ਨੂੰ ਸਮਝਾਇਆ ਗਿਆ।

ਇਸ ਕੈਂਪ ਵਿੱਚ ਆਈਆਂ ਹੋਈਆਂ ਸਨ। ਇਹ ਸਾਰੀਆਂ ਗੱਲਾਂ ਨੂੰ ਆਪਣੇ ਮਨ ਵਿੱਚ ਰੱਖ ਕੇ ਅੱਗੇ ਵਧਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।

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ਸਿਮਰਨਗੜੀਤ ਬਨੀਂ ਬੋਧਾਰੀਨ ਯੂਨਾਇਟਿਡ ਵਾਲਟਿਓਰ

ਕੁਲਮ ਕੁਲਮ ਇੱਕ ਆਰਥਿਕ (ਸੰਗਠਨ)। ਜਦੋਂ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਸੰਗਠਨਾਂ ਵਿੱਚ ਸਮਾਂ ਨਿਯਮਿਤ ਯਾਦਗਾਰੀ ਕਾਰਜਾਂ ਵਿੱਚ ਸਮਾਂ ਨਿਯਮਿਤ ਕੀਤਾ ਜਾਂਦਾ ਹੈ। ਇਹ ਕੈਂਪ ਸੱਤ ਦਿਨਾਂ ਲਈ ਚੱਲਿਆ ਅਤੇ ਇਸ ਦੌਰਾਨ ਕਈ ਭਾਰੀ-ਭਾਰੀ ਕਾਰਜਾਂ ਨੂੰ ਸਮਝਾਇਆ ਗਿਆ।

ਐਨ.ਐਸ.ਐਸ ਗਰਲਜ਼ ਯੂਨਿਟ ਦਾ ਸੱਤ-ਰੋਜ਼ਾ ਕੈਂਪ ਯਾਦਗਾਰੀ ਹੋ ਨਿਬੜਿਆ

ਦੇਸ਼ ਵਿੱਚ ਆਈਆਂ ਹੋਈਆਂ ਸਨ। ਇਹ ਸਾਰੀਆਂ ਗੱਲਾਂ ਨੂੰ ਆਪਣੇ ਮਨ ਵਿੱਚ ਰੱਖ ਕੇ ਅੱਗੇ ਵਧਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।



ਇਹ ਕੈਂਪ ਸੱਤ ਦਿਨਾਂ ਲਈ ਚੱਲਿਆ ਅਤੇ ਇਸ ਦੌਰਾਨ ਕਈ ਭਾਰੀ-ਭਾਰੀ ਕਾਰਜਾਂ ਨੂੰ ਸਮਝਾਇਆ ਗਿਆ।

ਇਸ ਕੈਂਪ ਵਿੱਚ ਆਈਆਂ ਹੋਈਆਂ ਸਨ। ਇਹ ਸਾਰੀਆਂ ਗੱਲਾਂ ਨੂੰ ਆਪਣੇ ਮਨ ਵਿੱਚ ਰੱਖ ਕੇ ਅੱਗੇ ਵਧਣ ਦੀ ਜ਼ਰੂਰਤ ਹੈ।

ਇਹ ਕੈਂਪ ਸੱਤ ਦਿਨਾਂ ਲਈ ਚੱਲਿਆ ਅਤੇ ਇਸ ਦੌਰਾਨ ਕਈ ਭਾਰੀ-ਭਾਰੀ ਕਾਰਜਾਂ ਨੂੰ ਸਮਝਾਇਆ ਗਿਆ।

Event: Seven Day NSS Camp Unit 01&03

No.of Participation :100

On 18 February to 24 February 2020, a seven-day camp was organized at Shaheed Udham Singh Government College, Sunam under the guidance of NSS Department, Punjabi University, Patiala and under the leadership of Principal Dr. Sukhbir Singh Thind. During this camp, 'Swachh Bharat, Swasth Bharat', Swachhta hi Seva, Mission Tandrust Punjab projects dedicated to Buddy Group, the anti-drug campaign being run in the college were completed. During this seven day camp, cleanliness of the campus, awareness rally against social evils and various sports were participated by the volunteers under Mission Tandrust Punjab. Principal Dr. Thind praised the volunteers for their disciplined camps. On this occasion, 15 best workers and 02 best volunteers, Harmeet Singh BA Part III and Mandeep Singh BA Part II were selected on the basis of performance. Dr. Parminder Singh, Principal Government Ranbir College, Sangrur attended the closing ceremony of the camp as the chief guest. Addressing the students, he said that such camps are important for all round development of the students. On this occasion Professor Mukhtyar Singh, Dr. RamandeepKaur, Professor Gagandeep Singh, Professor Kuldeep Singh Bahia, Professor Muhammad Anwar, Professor Tania, Dr. Happy, Professor Kulwinder Das, Professor RajveerKaur, Professor Daljit Singh, Mr. Tarsem Singh, Mr. AmitKapoor, ShriRanjit Singh, ShriIrwinjit Singh, ShriAbhishekSehgal, ShriKuldeep Singh, Shri Vijay Kumar etc. were also present.

*NSS Unit 1 & 3 on Saffai
Abhiyan at Verious Place
During the Camps.*



Swach
Bharat



Event : Awareness online programme for Covid-19

Organized by: NSS Unit-02

No. of Participation :50

Date: 15/04/2020

Introduction: The aim of this programme was to emphasized and highlights the precaution during Covid-19

Implementation : On 15 April 2020 under guidance of In charge of girls Unit-02 online Poster making competition held to aware people about covid-19 . Students from their home prepare posters for instruction on Covid-19. The activity displayed on college Facebook page. 50 students of girls unit-02 participated in this Programme.

"STAY HOME STAY SAFE"

NSS Girls Unit Give A Message On
Covid-19
On 15 April 2020



Women Empowerment

NSS 2020-21

Co-ordinator:

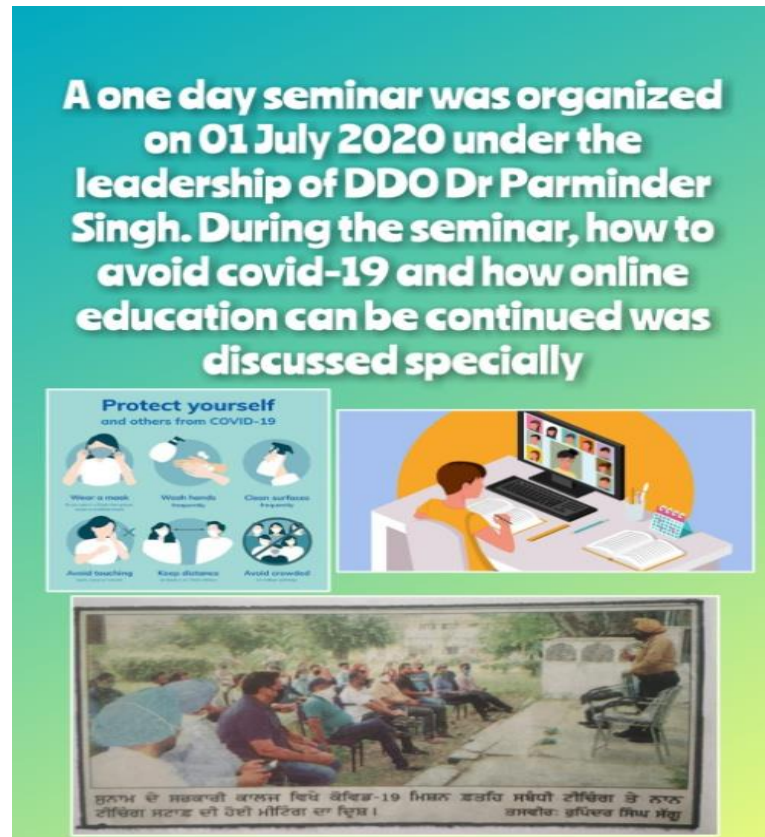
Unit-01 Prof. Nardeep Singh

Unit-02 Dr. Ramandeep Kaur

Unit-03 Prof. Chamkaur Singh

***(33) Event: A Seminar Under Mission Fateh Run By Punjab Governement
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.



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



कुल्लू में घर-घर जाकर लोगों को जागरूक करने वाला समूह एनएसएस काटिपूर है।

कुल्लू अल्पसंख्यक विद्यालय (कॉलेज/संक्षेप) : स्कूलीय एनएसएस विभाग ने कोरोना के एन,एस,एस. विभाग की तरफ से घोषित संरक्षण के दिशा-निर्देशानुसार और शिक्षण (डी.डी.ओ.) डा. परमिंदर सिंह के नेतृत्व में कोरोना महामारी के खतरे और उस खतरे को इस महामारी से बचने के लिए मिशन फतेह के अंतर्गत घर-घर जाकर जागरूक किया गया। एन,एस,एस. विभाग की घोषणा अनुसार डा. रमनदीप सिंह और प्रो. मुकेश कुमार सिंह ने अल्पसंख्यकों को इस महामारी से बचने के लिए कुछ सावधानियों से अवगत कराया। जैसे कि अपनी पूरी बनावट रखना, साबुन से बार-बार हाथ धोना, मास्क का प्रयोग करना, खाने-पीने के बर्तनों को साफ करने के साथ-साथ कानून अतिक्रमों की तरफ ध्यान देने इस महामारी से बचने का एक तरीका है। इस मौके पर एन.एस.एस. विभाग सुवि. नं. 2 के प्रोफेसर अजयल डा. रमनदीप सिंह, एन.एस.एस. विभाग सुवि. नं. 3 के प्रोफेसर अजयल डा. मुकेश कुमार सिंह, प्रो. अरविंद शर्मा, प्रो. अरविंद कुमार सहितक इंजीनियर प्रो. अशोक, डी. इत्यादीय विभाग, एनएसएस विभाग, बीएससी अदि साथ-साथ उपस्थित थे।



कुल्लू के एनएसएस विभाग के सदस्यों द्वारा कोरोना के खतरे को लोगों को बताने की कोशिश की जा रही है।

कॉलेज का एनएसएस विभाग लोगों को कर रहा सचेत

कुल्लू, कुल्लू अल्पसंख्यक विद्यालय (कॉलेज/संक्षेप) : स्कूलीय एनएसएस विभाग ने कोरोना के एन,एस,एस. विभाग की तरफ से घोषित संरक्षण के दिशा-निर्देशानुसार और शिक्षण (डी.डी.ओ.) डा. परमिंदर सिंह के नेतृत्व में कोरोना महामारी के खतरे और उस खतरे को इस महामारी से बचने के लिए मिशन फतेह के अंतर्गत घर-घर जाकर जागरूक किया गया। एन,एस,एस. विभाग की घोषणा अनुसार डा. रमनदीप सिंह और प्रो. मुकेश कुमार सिंह ने अल्पसंख्यकों को इस महामारी से बचने के लिए कुछ सावधानियों से अवगत कराया। जैसे कि अपनी पूरी बनावट रखना, साबुन से बार-बार हाथ धोना, मास्क का प्रयोग करना, खाने-पीने के बर्तनों को साफ करने के साथ-साथ कानून अतिक्रमों की तरफ ध्यान देने इस महामारी से बचने का एक तरीका है। इस मौके पर एन.एस.एस. विभाग सुवि. नं. 2 के प्रोफेसर अजयल डा. रमनदीप सिंह, एन.एस.एस. विभाग सुवि. नं. 3 के प्रोफेसर अजयल डा. मुकेश कुमार सिंह, प्रो. अरविंद शर्मा, प्रो. अरविंद कुमार सहितक इंजीनियर प्रो. अशोक, डी. इत्यादीय विभाग, एनएसएस विभाग, बीएससी अदि साथ-साथ उपस्थित थे।

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: 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.

ON 31 OCTOBER 2020, NATIONAL UNITY DAY WAS CELEBRATED BY THE NSS DEPARTMENT UNDER THE LEADERSHIP OF DDO PROFESSOR SUKHBIR SINGH.

सम्बन्धी वसुधा 'उ' राष्ट्रटी ऐनका दिवस मनाइआ

सुखबीर सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया।



शहीद ऊधम सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया

कालेज में मनाया राष्ट्रीय एकता दिवस

सुखबीर सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया।

सुखबीर सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया।



सुखबीर सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया।



सुखबीर सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया।

सुखबीर सिंह सरकारी कालेज में राष्ट्रीय एकता दिवस मनाया।

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.

International Women's Day was celebrated on March 08, 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.

ਸੁਨਾਮ ਊਧਮ ਸਿੰਘ ਥਾਲਾ,
(ਧਾਲੀਵਾਲ, ਡੁੱਲਰ) - ਸਥਾਨਕ ਸਰੀਦ
ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਥਾਲਜ ਵਿਖੇ
ਪ੍ਰਿੰਸੀਪਲ ਰੇਨੂ ਜੈਨ ਦੀ ਅਗਵਾਈ ਵਿਚ
ਕੌਮਾਂਤਰੀ ਮਹਿਲਾ ਦਿਵਸ ਮਨਾਇਆ
ਗਿਆ, ਜਿਸ ਵਿਚ ਮੁੱਖ ਮਹਿਮਾਨ ਵਜੋਂ
ਡਿਸਟ੍ਰਿਕਟ ਡਿਪਟੀ ਮਹਿਲਾ ਡਿਵੀਜ਼ਨ
ਥਾਲਜ ਹੋਏ। ਡਿਸਟ੍ਰਿਕਟ ਡਿਪਟੀ
ਸਿੰਘ ਨੇ ਮਹਿਲਾ ਦਿਵਸ ਦੀ ਮਹੱਤਤਾ
ਦੱਸੀ। ਥਾਲਜ ਦੇ ਐਨ ਐਸ ਐਸ ਵਿਭਾਗ
ਅਤੇ ਕੁਮੈਨ ਵੈਲਫੇਅਰ ਕਲੱਬ ਵਲੋਂ
ਕੌਮਾਂਤਰੀ ਮਹਿਲਾ ਦਿਵਸ ਮੌਕੇ ਵੱਖ-ਵੱਖ
ਕਾਲਜਾਂ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਦੇ ਆਨ
ਲਾਈਨ ਕੁਇਜ਼, ਪੋਸਟਰ ਮੈਕਿੰਗ, ਲੇਖ
ਮੁਕਾਬਲੇ, ਕਾਵਿ ਉਚਾਰਨ ਅਤੇ ਭਾਸ਼ਨ
ਪ੍ਰਤੀਯੋਗਤਾ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ।
ਇਸ ਮੌਕੇ ਪ੍ਰੋ. ਰਜਨੀ, ਕਾਨੂੰਨਗੋ
ਦਵਿੰਦਰਪਾਲ ਸਿੰਘ ਰਿੰਪੀ, ਡਾ. ਡਿਪਟੀ ਮਹਿਲਾ
ਕੌਰ, ਡਾ. ਡਿਪਟੀ ਮਹਿਲਾ ਸਿੰਘ, ਪ੍ਰੋ. ਅਚਲਾ,
ਮੁਹੰਮਦ ਅਨਵਰ, ਚਮਕੌਰ ਸਿੰਘ,
ਸਵਰਨਜੀਤ ਕੌਰ, ਅਸਵਨੀ ਕੁਮਾਰ,
ਮੁਨੀਤਾ ਜੋਸ਼ੀ, ਧਰਮਿੰਦਰ ਸਿੰਘ ਅਤੇ
ਰਾਜਵੀਰ ਕੌਰ ਆਦਿ ਮੌਜੂਦ ਸਨ।



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.

On 22 April 2021, as per the guidelines of the Ministry of Sports and Youth Affairs, Government of India and Punjabi University, the NSS Department organized a 'Jan Andolan' under the mission 'United to Fight Corona'. Various online activities were organized to spread awareness regarding Corona pandemic.



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-

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.

On June 7, 2021, under the leadership of Principal Tarsem Chand, the NSS Department organized online inter-college writing competitions on the topic of environment system under the string of activities to save the environment.

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.

Event: Tree Plantation for Environment in College Campus

No. of Participation: 50

On 24th July 2021, a new session was started by planting saplings in the institute under the leadership of DDO Dr. Dr Parminder Singh informed that efforts are being made to make the college campus green by planting more than a hundred saplings in the institute with the help of various social organizations and college staff. On this occasion, Professor Mukhtiar Singh, Incharge of the Red Cross Department and Professor Chamkaur Singh, Program Officer of the NSS Department, shared that in today's time, an effort can be made to save the environment being polluted by planting trees so that the society can face natural calamity. to be saved from. On this occasion Vice Principal Dr. Achala, Professor Ashwani Goyal, Dr. Ramandeep Kaur, Professor Rajveer Kaur, Processor Dharminder Singh, Professor Sandeep Singh, Professor Daljit Singh, Professor Simranjit Kaur, Professor Shivani, Madam Rupali Bhardwaj, Professor Kuldeep Singh etc. were specially present. are.

On 24th July 2021, a new session was started by planting saplings in the institute by Red Cross, NSS and Sweep team under the leadership of DDO  Dr Parminder Singh.

ਕਾਲਜ ਪ੍ਰਬੰਧਕਾਂ ਨੇ ਥੂਟੇ ਲਾ ਕੇ ਨਵੇਂ ਵਰ੍ਹੇ ਦਾ ਕੀਤਾ ਅਗਾਜ਼

ਸੁਨਾਮ ਉੱਧਮ ਸਿੰਘ ਵਾਲਾ, 24 ਜੁਲਾਈ (ਗੁਰਮਤਿ ਚੌਥੀ) / ਵਾਸੰਤ ਕੁਮਾਰ: ਸ਼ਕਤੀਵਾਨ ਅਰੀਚ ਉੱਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਡਾ. ਪਰਮਿੰਦਰ ਸਿੰਘ ਡਿਪਿਊਟੀ (ਡੀ ਡੀ ਓ) ਦੀ ਯੋਗ ਅਗਵਾਈ ਹੇਠ ਵੋਡ ਕਰਮ ਵਿਭਾਗ, ਐੱਨ ਐੱਸ ਐੱਸ, ਵਿਭਾਗ ਅਤੇ ਸਵੀਪ ਪ੍ਰੋਗਰਾਮ ਅਧੀਨ ਕਾਲਜ ਵਿੱਚ ਥੂਟੇ ਲਗਾ ਕੇ ਨਵੇਂ ਵਰ੍ਹੇ ਦਾ ਅਗਾਜ਼ ਕੀਤਾ ਗਿਆ। ਡਿਪਿਊਟੀ ਡਾ. ਪਰਮਿੰਦਰ ਸਿੰਘ ਨੇ ਦੱਸਿਆ ਕਿ ਵੱਖ-ਵੱਖ ਸਮਾਜ ਸੇਵੀ ਸੰਸਥਾਵਾਂ ਅਤੇ ਕਾਲਜ ਕਰਮਚਾਰੀਆਂ ਦੀ ਸਹਾਇਤਾ ਨਾਲ ਕਾਲਜ ਵਿੱਚ 100 ਤੋਂ ਵੱਧ ਥੂਟੇ ਲਗਾ ਕੇ ਕਾਲਜ ਨੂੰ ਹਰਾ-ਹਰਾ ਬਣਾਇਆ ਜਾ ਰਿਹਾ ਹੈ। ਇਸ ਮੌਕੇ ਵੋਡ ਕਰਮ ਵਿਭਾਗ ਦੇ ਵਿਚਾਰਕ ਪ੍ਰ. ਮੁਖਿੰਦਰ ਸਿੰਘ ਅਤੇ ਐੱਨ ਐੱਸ ਐੱਸ ਵਿਭਾਗ ਦੇ ਪ੍ਰੋਗਰਾਮ ਅਧਿਕਾਰ ਪ੍ਰ. ਚਮਕੌਰ ਸਿੰਘ ਨੇ ਸਾਂਝੇ ਤੌਰ ਤੇ ਦੱਸਿਆ



ਵਾਤਾਵਰਨ ਦੀ ਸੰਰਾਲ ਨਹੀਂ ਥੂਟੇ ਲਾਉਂਦੇ ਹੋਏ ਕਾਲਜ ਪ੍ਰਗੀਠ।

ਕਿ ਐੱਸ ਦੇ ਸਮੇਂ ਵਿੱਚ ਕੁੱਝ ਲਗਾ ਕੇ ਪ੍ਰਦੂਸ਼ਣ ਹੋ ਕਰੇ ਵਾਤਾਵਰਨ ਨੂੰ ਬਚਾਉਣਾ ਬਹੁਤ ਜ਼ਰੂਰੀ ਹੈ ਤਾਂ ਕਿ ਸਮਾਜ ਨੂੰ ਕੁਚਰਤੀ ਆਵਾਜ਼ਾਂ ਤੋਂ ਬਚਾਇਆ ਜਾ ਸਕੇ। ਇਸ ਮੌਕੇ ਵਾਈਸ ਡਿਪਿਊਟੀ ਡਾ. ਅਪਰਾਜ, ਪ੍ਰ. ਅਰਵਿੰਦ ਸਿੰਘ, ਡਾ. ਰਮਣਦੀਪ ਕੌਰ, ਪ੍ਰ. ਰਾਮਚੰਦ ਕੌਰ, ਪ੍ਰ. ਪਰਮਿੰਦਰ ਸਿੰਘ, ਪ੍ਰ. ਸੰਦੀਪ ਸਿੰਘ, ਪ੍ਰ. ਦਲਜੀਤ ਸਿੰਘ, ਪ੍ਰ. ਸਿਰਦਰਸ਼ੀਤ ਕੌਰ, ਪ੍ਰ. ਸਿਵਾਨੀ, ਪ੍ਰ. ਕੁਲਦੀਪ ਸਿੰਘ, ਬੀਵਾ ਅਦਿ ਰਾਮਰ ਸਨ।

Event: Tree Plantation In Village Biggarwal On 75th Anniversary of Independence by Unit-2 NSS
No. of Participation: 50

On August 10, 2021, as part of the activities being organized on the occasion of 75th anniversary of independence, NSS department under the leadership of DDO Dr Parminder Singh planted trees in village Biggarwal. NSS Program Officer Dr. Ramandeep Kaur informed the volunteers and the villagers that where trees give us oxygen and supplements, they also work to absorb rain water into the earth. With the continuous cutting of trees, the temperature of the earth is increasing continuously, due to which glaciers are melting and sea water is increasing. Natural calamities like flood, drought, storm, earthquake have devastated the life of the people. She told that along with

Event: Awareness Rally On Swachh Bharat Abhiyanby Unit-2

No. of Participation: 120

On October 01, 2021, an awareness rally was taken out from the local city council office on behalf of the students of the college under the Swachh Bharat Abhiyan, which was flagged off by Congress Sunam Incharge Madam Daman Bajwa and sdm Mr. Jaspreet Singh. On this occasion, the SDM said that the main objective of taking out the rally is not only to keep the city of Sunam clean but also to make people aware that cleanliness has a very important place in life and it is the responsibility of all of us to keep cleanliness. is also made. On this occasion, Madam Bajwa said that in order to stay healthy and avoid diseases, it is our duty to keep our surroundings clean. He said that his team has already lifted the garbage dumps to keep the Sunam city clean and tippers have also been installed to make sure the garbage dumps are managed. During this, the students of the college took an oath to keep the city of Sunam clean. On this occasion EO Maninderpal Singh, Sunny Kansal, Ashu Goyal, Harpal Handa, Dr. Malkit Singh etc. were present.

On 01 October 2021, Swachh Bharat Abhiyan was started by the NSS Volunteer under the leadership of DDO Dr Parminder Singh. Program Officer, Professor Chamkaur Singh while appreciating the effort of the NSS Volunteer and said that this would create a feeling of nationalism in the students while giving opportunity to the students to do social service. At this time, saplings were also planted by the NSS volunteers. On this occasion Vice Principal Dr. Achala, Professor Mukhtiar Singh, Professor Ashwani Goyal, Professor Simranjit Kaur, Professor Daljit Singh etc. were present.

No. of Participation: 50

On 07 October 2021, under the leadership of ddo doctor Parminder Singh, the NSS department conducted quiz competitions under the Swachh Bharat Abhiyan. In these competitions, topics like India's independence, maintenance of nature resources, plastic waste and Swachh Bharat Abhiyan were discussed. In the quiz competition Gurleen Kaur, Preetinder Kaur, Jaspreet Kaur secured first position and Gurpreet Singh, Jaspreet Singh, Rajinder Singh secured second position. Dr Parminder Singh inspired the volunteers to build a good society and keep their surroundings clean. NSS Program Officer Professor Nardeep Singh and Dr. Ramandeep Kaur also shared information related to the contribution being made by NSS in the Tandrust Mission, Save Environment Mission and Cleanliness Campaign run by the government from time to time. Vice Principal Dr. Achala, Prof. Ashwani Goyal, Mr. Ranjit Singh, Mr. Raghuveer Singh and Mr. Bhoopar Singh were present on this occasion.

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.

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.



Event: Competition on National Constitution Day

No. of Participation: 250

National Constitution Day was celebrated on 26 November 2021 under the leadership of DDO Dr Parminder Singh on behalf of NSS, Political Science, and History Department. On this occasion, an Essay Writing competition was organized for the students on the topic 'Constitutional

Democracy'. In this, Ranbir Kaur got first, Harveer Kaur got second and Pooja got third position. The winning students were awarded. Vice Principal Dr. Achala, NSS Program Officer Dr. Ramandeep Kaur, Professor Dharminder Singh, Dr. Kuldeep Singh Bahia, Dr. Vikas Kumar, Mr. Ranjit Singh, Mr. Bhurpur Singh etc. were present.

No. of Participation: 10

On 13 February 2022, a cycle rally was organized by Sunam SDM in view of the Punjab Assembly elections in which the students along with the in-charge of the NSS department of the college participated. This rally was organised under Sveep activities, which went through different areas of the city and made the public aware by giving election related messages. On behalf of the college, Dr. Ramandeep Kaur, Professor Chamkaur Singh, Professor Dharminder Singh and Professor Dinesh Kumar took part in this rally along with the students.

**NSS Department participated in
SVEEP cycle rally on 13.2.22,
organised by the Sunam
administration due to Assembly
Election in Punjab.**



Event: Online Competition on Sacrifice Day

No. of Participation: 50

Sacrifice day was celebrated on 22 March 2022 under the leadership of Principal Smt. Kamna Gupta on behalf of the NSS Department of Shaheed Udham Singh Government College, Sunam. On this occasion, online competitions of poster making, slogan writing and poetry recitation were organized dedicated to the thinking of sacrificer Bhagat Singh. The students participated enthusiastically in this competition and also presented poems full of sacrificial thoughts. Putting the picture of Shaheed Bhagat Singh on the canvas, the students testified that the youth of today not only know how to fight against oppression but also have a positive attitude and move forward. Principal Smt. Kamna Gupta said that the battle fought by Bhagat Singh against the British to liberate India and his dedication towards the country can never be forgotten. He was a scholar, thinker and writer. NSS Program Officer Dr. Ramandeep Kaur appealed to the students on this historic day to take a pledge to make Punjab and the country strong with commitment, dedication and to work with full faith and to have true loyalty to the Constitution of the country. NSS Program Officer Professor Nardeep Singh said that today there is a need for everyone to unite to fight the increasing crime, corruption and violence in our country. Only then can Bhagat Singh's thinking be truly guarded. On this occasion Vice Principal Dr. Achala, Professor Chamkor Singh, Mr. Amit Kapoor, Mr. Raghuvveer Singh, Mr. Ranjit Singh etc. were present.

and society. On this occasion Vice Principal Dr. Achala, Shri Raghuveer Singh, Shri Gurmukh Singh was present even today.

On 31st March 2022, a one-day camp was organized for NSS Unit 2, under the leadership of Principal Smt. Kamna Gupta.

On this occasion the trees in the college were painted by the volunteers and many rooms were also cleaned.

शहीद ऊधम सिंह सरकारी कॉलेज में एक दिवसीय एनएसएस कैंप लगाया



भास्करा न्यूज़ | तुलना

शहीद ऊधम सिंह सरकारी कॉलेज में एक दिवसीय एनएसएस कैंप लगाया। इस अवसर पर छात्रों ने कैंप में भाग लिया और कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया। छात्रों ने कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया। छात्रों ने कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया।

कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया। छात्रों ने कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया। छात्रों ने कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया। छात्रों ने कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया।



कालस विंधि लगाइआ गिआ ऐन.ऐस. ऐस. जनिट लडकीआं दा ईक रोजा कैंप



कालस विंधि लगाइआ गिआ ऐन.ऐस. ऐस. जनिट लडकीआं दा ईक रोजा कैंप। इस अवसर पर छात्रों ने कैंप में भाग लिया और कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया। छात्रों ने कैंप में भाग लेने में छात्रों का सहभागिता बढ़ाया।

Event: Youth Convention Camp

No. of Participation: 70

NSS volunteers and Program officer participated in NSS Youth Convention at Punjabi University Patiala on 12th April 2022.

**NSS VOLUNTEERS AND
PROGRAM OFFICER
PARTICIPATED IN NSS
YOUTH CONVENTION AT
PUNJABI UNIVERSITY
PATIALA
ON 12TH APRIL 2022.**



Event: Earth Day & Tree Plantation

No. of Participation: 50

Earth Day was celebrated on 22nd April, 2022 by the Environment Club and NSS Department under the leadership of Principal Mrs. Kamna Gupta. On this occasion, plantation was done by the President of Industry Chamber, District Sangrur, Mr. Sanjeev Chopra and his wife Mrs. Meenu Chopra. On this occasion Principal Mrs. Kamna Gupta said that our earth is our future. The temperature of the earth is increasing continuously, trees are being cut, due to which the rain is decreasing. Therefore, to stop this increasing heat, it is the duty of all of us to plant more and more plants and take care of them so that our coming generations can live their lives in a green environment. Shri Ghanshyam Kansal, Vice Principal Dr. Achala, Professor Darshan Kumar, Dr. Gagandeep Singh, NSS Program Officer, Professor Nardeep Singh, Dr. Ramandeep Kaur, Professor Ashwani Goyal and other staff members were also present on the occasion.

**EARTH DAY WAS CELEBRATED
ON 22ND APRIL 2022 BY NSS
DEPARTMENT AND ENVIRONMENT
CLUB UNDER THE LEADERSHIP OF
PRINCIPAL MRS KAAMNA
GUPTA.**



ਧਰਤੀ ਦਿਵਸ ਮੌਕੇ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਪੌਦੇ ਲਗਾਏ

ਸੁਨਾਮ ਯੂਥਮ ਸਿੰਘ ਵਾਲਾ, 22 ਅਪ੍ਰੈਲ (ਗ੍ਰੈਵਿਓਰਿੰਗ ਦਿਵਸ) ਸਾਂਝ ਸੰਭਾਲ ਕਰਦੇ ਤਾਂ ਜੋ ਸਾਡੀਆਂ ਆਉਣ ਵਾਲੀਆਂ ਪੀੜ੍ਹੀਆਂ ਇਸ ਉੱਤੇ ਆਪਣਾ ਜੀਵਨ ਸੁਖੀ ਸਰਕਾਰੀ ਕਾਲਜ, ਸੁਨਾਮ ਵਿਖੇ ਪ੍ਰਿੰਸੀਪਲ ਸ਼੍ਰੀਮਤੀ ਕਾਮਨਾ ਗੁਪਤਾ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਐਨ ਐਸ ਐਸ ਵਿਭਾਗ ਵੱਲੋਂ ਐਨ ਐਸ ਐਸ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਪ੍ਰਿੰਸੀਪਲ ਸਿੰਘ, ਡਾ. 'ਧਰਤੀ ਦਿਵਸ' ਮਨਾਇਆ ਗਿਆ। ਇਸ ਵਿੱਚ ਜਿਲ੍ਹਾ ਸੰਗਰੂਰ ਇੰਡਸਟਰੀ ਏਰੀਆ ਦੇ ਪ੍ਰਧਾਨ ਸ਼੍ਰੀ ਸੰਜੀਵ ਚੌਪੜਾ ਅਤੇ ਓਹਨਾਂ ਦੀ ਪਤਨੀ ਸ਼੍ਰੀਮਤੀ ਮੀਨੂੰ ਚੌਪੜਾ ਵੱਲੋਂ ਸਾਂਝੇ ਤੌਰ ਤੇ ਪੌਦੇ ਲਗਾਏ ਗਏ। ਇਸ ਮੌਕੇ ਪ੍ਰਿੰਸੀਪਲ ਸ਼੍ਰੀਮਤੀ ਕਾਮਨਾ ਗੁਪਤਾ ਨੇ ਕਿਹਾ ਕਿ ਸਾਡੀ ਧਰਤੀ ਹੀ ਸਾਡਾ ਭਵਿੱਖ ਹੈ ਧਰਤੀ ਦਾ ਤਾਪਮਾਨ ਲਗਾਤਾਰ ਵਧ ਰਿਹਾ ਹੈ ਤੁਸੀਂ ਨੂੰ ਕੌਣਿਆ ਜਾ ਰਿਹਾ ਹੈ ਬਾਰਿਸ਼ਾਂ ਘੱਟ ਹੋ ਰਹੀਆਂ ਹਨ। ਇਸ ਸਮੇਂ ਵੱਧ ਰਹੀ ਤਪਸ ਨੂੰ ਰੋਕਣ ਦੇ ਲਈ ਸਾਡਾ ਸਾਰਿਆਂ ਗਾਨਦੀਪ ਸਿੰਘ, ਪ੍ਰਿੰ. ਅਭਵਨੀ ਗੋਇਲ ਅਤੇ ਹੋਰ ਸਟਾਫ ਦਾ ਵਰਜ ਬਣਦਾ ਹੈ ਕਿ ਅਸੀਂ ਵੱਧ ਤੋਂ ਵੱਧ ਰੁੱਖ ਲਗਾ ਕੇ ਮੌਖਰਜ ਹਾਜ਼ਰ ਸਨ।



Event: Competitions on Yoga Awareness

No. of Participation: 150

Poster making and slogan writing competitions were organized on 26th April 2022 under the leadership of Principal Mrs. Kamna Gupta on behalf of NSS Department. This Competition was dedicated to Yoga Awareness. Deputy DPI Dr. Parminder Singh was the chief guest. Dr. Parminder Singh said that Yoga should be an essential part of everyone's life. It makes us fit and healthy and

calm our mind and body. Shri Pankaj Dogra development office of LIC appreciated the students and the efforts done by NSS incharges and said that such type of activity aware the students about health and play a key role in their overall development. Prof. Sandeep Singh HOD Fine Arts departments and students Arshdeep Singh Played the role of Judge. NSS Programme officer Dr. Ramandeep Kaur, Prof. Nardeep Singh, Prof. Chamkaur Singh, Dr. Achla, Prof. Sukhjinder Kaur, Shri Pawan Kumar, Shri Ranjeet Singh, Shri Raghveer Singh, Shri Satgur Singh, Shri ,Bharpur Singh were also present on the occasion.

Poster making and slogan writing competitions were organized on 26th April 2022 under the leadership of Principal Smt. Kamna Gupta on behalf of NSS Department.

This competition was dedicated to yoga awareness.



ਐਨ.ਐਸ.ਐਸ ਵਿਭਾਗ ਨੇ ਯੋਗਾ-ਜਾਗਰੂਕਤਾ ਵਿਸ਼ੇ 'ਤੇ ਪੇਟਿੰਗ ਮੁਕਾਬਲਾ ਕਰਵਾਇਆ



ਸੁਨਾਮ ਉੱਚਮ ਸਿੰਘ ਚਾਨਾ 26 ਅਪ੍ਰੈਲ (ਰਾਉਚਰਿੰਦਰ ਸਿੰਘ ਮਠਾਹੂ / ਸੋਹਣ ਸ਼ਰਮਾ) : ਸ਼ਹੀਦ ਉੱਚਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਸੁਨਾਮ ਦੇ ਐੱਨ.ਐੱਸ.ਐੱਸ ਵਿਭਾਗ ਵੱਲੋਂ ਪ੍ਰਿੰਸੀਪਲ ਪ੍ਰੋ. ਕਾਮਨਾ ਗੁਪਤਾ ਦੀ ਰਹਿਨੁਮਾਈ ਹੇਠ ਯੋਗ-ਜਾਗਰੂਕਤਾ ਵਿਸ਼ੇ ਤੇ ਪੋਸਟਰ ਮੈਕਿੰਗ ਅਤੇ ਸਲੋਗਨ ਲੇਖਣ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ। ਇਸ ਵਿੱਚ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਵੱਧ ਚੜ੍ਹ ਕੇ ਭਾਗ ਲਿਆ। ਇਸ ਮੌਕੇ, ਵਿਸ਼ੇਸ਼ ਤੌਰ ਤੇ ਪਹੁੰਚੇ, ਸ਼ਿਪਟੀ ਡੀ.ਪੀ.ਆਈ ਡਾ. ਪਰਮਿੰਦਰ ਸਿੰਘ ਨੇ ਕਿਹਾ ਕਿ ਯੋਗ ਆਸਨ ਸਾਡੇ ਸਰੀਰ ਅਤੇ ਦਿਮਾਗ ਨੂੰ ਸਾਂਭ ਕਰਨ ਦੇ ਨਾਲ ਸਾਡੇ ਸਰੀਰ ਨੂੰ ਬਲਵਾਨ ਬਣਾਉਣ ਵਿੱਚ ਮਹੱਤਵਪੂਰਨ ਯੋਗਦਾਨ ਪਾਉਂਦੇ ਹਨ। ਸ੍ਰੀ ਪੰਕਜ ਡੋਗਰਾ ਡਿਵੈਲਪਮੈਂਟ ਅਫ਼ਸਰ ਐਚ. ਡੀ. ਡੀ. ਦੇ ਡਾਕਟਰੀ-ਪਾਠਕ ਹਨ।

ਸਲਾਘਾ ਕੀਤੀ ਅਤੇ ਦੱਸਿਆ ਕਿ ਇਸ ਤਰ੍ਹਾਂ ਦੇ ਪ੍ਰੋਗਰਾਮ, ਨੌਜਵਾਨਾਂ ਨੂੰ ਸਿਹਤ ਪੂਰੀ ਜਾਗਰੂਕ ਕਰਦੇ ਹਨ ਜਿਸ ਨਾਲ ਉਹਨਾਂ ਦਾ ਸੰਪੂਰਨ ਵਿਕਾਸ ਹੁੰਦਾ ਹੈ। ਇਸ ਮੁਕਾਬਲੇ ਵਿੱਚ ਜੱਜਿੰਟ ਦੀ ਸੂਮਿਕਾ ਡਾ. ਸੰਦੀਪ ਸਿੰਘ ਅਤੇ ਵਿਦਿਆਰਥੀ ਅਗਸਤੀਪ ਸਿੰਘ ਨੇ ਜਿੱਤਾਈ। ਇਸ ਮੌਕੇ ਐਨ ਐਸ ਐਸ ਪ੍ਰੋਗਰਾਮ ਅਫ਼ਸਰ ਪ੍ਰੋ. ਨਰਦੀਪ ਸਿੰਘ ਅਤੇ ਡਾ. ਰਮਨਦੀਪ ਕੌਰ, ਡਾ. ਅਚਲਾ ਸਿੰਗਲਾ ਪ੍ਰੋ. ਸੁਖਜਿੰਦਰ ਕੌਰ, ਸ੍ਰੀ ਪਵਨ ਕੁਮਾਰ, ਸ੍ਰੀ ਰਣਜੀਤ ਸਿੰਘ, ਸ੍ਰੀ ਰਾਮਗੌਰ ਸਿੰਘ, ਸ੍ਰੀ ਸਤਿਗੁਰ ਸਿੰਘ, ਸ੍ਰੀ ਭਰਪੂਰ ਸਿੰਘ ਵੀ ਹਾਜ਼ਰ ਸਨ।

Event: 'Ek Bharat Shreshtha Bharat' Campaign

No. of Participation: 50

On 29 April 2022, under the 'Ek Bharat Shreshtha Bharat' campaign, a painting competition related to the culture of Rajasthan was organized by Fine Art, NSS and Youth Welfare Department under the leadership of Principal Mrs.Kamna Gupta. Giving information on this occasion, Professor Chamkaur Singh, Convenor of 'Ek Bharat Shreshtha Bharat' club, said that to strengthen national unity, to connect one state with the culture of another state and to get information about such activities in the college, A series has been started under which such cultural exchange programs will be organized every month. Vice Principal Dr. Achala, Professor Satinder Singh, Professor Mukhtiar Singh, Professor Daljit Singh, Professor Manpreet Kaur, Shri Amit Kapoor etc. were also present on the occasion.

On 29 April 2022, under the 'Ek Bharat Shreshtha Bharat' campaign, a painting competition related to the culture of Rajasthan was organized under the leadership of Principal Mrs.Kamna Gupta.

ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਕਰਵਾਏ ਗਏ ਪੇਂਟਿੰਗ ਮੁਕਾਬਲੇ



ਸੁਨਾਮ ਊਧਮ ਸਿੰਘ ਵਾਲਾ, 29 ਅਪ੍ਰੈਲ (ਸੋਮਵਾਰ) ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼ਾਂ ਅਨੁਸਾਰ ਏਕ ਭਾਰਤ ਸ਼੍ਰੇਸ਼ਠ ਭਾਰਤ ਅਭਿਆਨ ਅਧੀਨ ਪ੍ਰਿੰਸੀਪਲ ਕਾਮਨਾ ਗੁਪਤਾ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਵਾਈਨ ਆਰਟਸ ਵਿਭਾਗ ਵਿੱਚ ਐਨ ਐਸ ਐਸ ਵਿਭਾਗ ਯੁਵਕ ਭਲਾਈ ਵਿਭਾਗ ਅਤੇ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਰਾਜਸਥਾਨ ਦੇ ਸੱਭਿਆਚਾਰ ਅਤੇ ਚਿੱਤਰਕਲਾ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ ਇਸ ਮੌਕੇ ਏਕ ਭਾਰਤ

ਸੰਸਠ ਭਾਰਤ ਕਲੱਬ ਦੇ ਕੰਨਵੀਨਰ ਪ੍ਰ. ਚਮਕੌਰ ਸਿੰਘ ਨੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਕਿ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਨੂੰ ਮਜ਼ਬੂਤ ਕਰਨ ਲਈ ਇੱਕ ਰਾਜ ਨੂੰ ਦੂਜੇ ਰਾਜਾਂ ਦੇ ਸੱਭਿਆਚਾਰ ਨਾਲ ਜੋੜਨਾ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਸਮੇਂ ਸਿਰ ਕਾਲਜ ਵਿੱਚ ਅਜਿਹੀਆਂ ਗਤੀਵਿਧੀਆਂ ਦੇ ਮਹੀਨਾਵਾਰ ਸਮਾਗਮ ਕੀਤੇ ਜਾਣਗੇ। ਇਸ ਤੋਂ ਅੱਚਲਾ ਸਿਗਲਾ, ਸਰਿੰਦਰ ਸਿੰਘ, ਮੁਖਤਿਆਰ ਸਿੰਘ, ਦਲਜੀਤ ਸਿੰਘ, ਮਨਪ੍ਰੀਤ ਕੌਰ ਅਮਿਤ ਕਪੂਰ ਮੌਕੇ ਤੇ ਹਾਜ਼ਰ ਸਨ।



ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਕਰਵਾਏ ਪੇਂਟਿੰਗ ਮੁਕਾਬਲੇ

ਸੁਨਾਮ ਊਧਮ ਸਿੰਘ ਵਾਲਾ, 29 ਅਪ੍ਰੈਲ (ਸੋਮਵਾਰ) ਸ਼ਹੀਦ ਊਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਵਿਖੇ ਭਾਰਤ ਸਰਕਾਰ ਦੇ ਦਿਸ਼ਾ ਨਿਰਦੇਸ਼ਾਂ ਅਨੁਸਾਰ 'ਏਕ ਭਾਰਤ-ਊੱਤਮ ਭਾਰਤ' ਅਭਿਆਨ ਅਧੀਨ ਪ੍ਰਿੰਸੀਪਲ ਕਾਮਨਾ ਗੁਪਤਾ ਦੀ ਅਗਵਾਈ ਵਿੱਚ ਵਾਈਨ ਆਰਟਸ ਵਿਭਾਗ ਵਿੱਚ ਐਨ ਐਸ ਐਸ ਵਿਭਾਗ ਯੁਵਕ ਭਲਾਈ ਵਿਭਾਗ ਅਤੇ ਕਾਲਜ ਦੇ ਵਿਦਿਆਰਥੀਆਂ ਨੇ ਰਾਜਸਥਾਨ ਦੇ ਸੱਭਿਆਚਾਰ ਅਤੇ ਚਿੱਤਰਕਲਾ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ। ਇਸ ਮੌਕੇ ਕਲੱਬ ਦੇ ਕੰਨਵੀਨਰ ਪ੍ਰ. ਚਮਕੌਰ



ਸਿੰਘ ਨੇ ਜਾਣਕਾਰੀ ਦਿੱਤੀ ਕਿ ਰਾਸ਼ਟਰੀ ਏਕਤਾ ਨੂੰ ਮਜ਼ਬੂਤ ਕਰਨ ਲਈ ਇੱਕ ਰਾਜ ਨੂੰ ਦੂਜੇ ਰਾਜਾਂ ਦੇ ਸੱਭਿਆਚਾਰ ਨਾਲ ਜੋੜਨਾ ਅਤੇ ਜਾਣਕਾਰੀ ਪ੍ਰਾਪਤ ਕਰਨ ਲਈ ਸਮੇਂ ਸਿਰ ਕਾਲਜ ਵਿੱਚ ਅਜਿਹੀਆਂ ਗਤੀਵਿਧੀਆਂ ਦੇ ਮਹੀਨਾਵਾਰ ਸਮਾਗਮ ਕੀਤੇ ਜਾਣਗੇ। ਇਸ ਮੌਕੇ ਡਾ. ਅੱਚਲਾ ਸਿਗਲਾ, ਸਰਿੰਦਰ ਸਿੰਘ, ਮੁਖਤਿਆਰ ਸਿੰਘ, ਦਲਜੀਤ ਸਿੰਘ, ਮਨਪ੍ਰੀਤ ਕੌਰ, ਅਮਿਤ ਕਪੂਰ ਹਾਜ਼ਰ ਸਨ।

Event: Cycle Rally under "Pardhrda Punjab Wadhda Punjab"

No. of Participation: 80

Our students participated in a cycle rally under "Pardhrda Punjab Wadhda Punjab" organized on 22 May 2022 at Sangrur as per the order of Punjab Government. Eighty students of our institute

participated in this rally. The message of drug free Punjab was also given through the rally. The rally was flagged off by Hon'ble Chief Minister S. Bhagwant Singh Mann. Around 15000 students took part in it. Madam Rajni attended as in-charge of these students. The participants also encouraged by giving T -shirts on the occasion





Event: Inter College Competition on World Environment Day

No. of Participation: 50

NSS Department organised a inter college competition on World Environment day 5th June 2022. The competition include poster making rangoli and video making. The participant presented their ideas on environmental issues like global warming acid rain effects of pollution and misuse of fertilizers etc. NSS program officer Dr Ramandeep Kaur said that students of Punjab ,Uttarakh,Maharashtra ,Bihar ,Delhi and Uttar Pradesh participated in this event. Students note only participated in the event but also planted saplings of medicinal values in their home. In poster making nishika from SUS Government College Sunam got first position. Pooja Sharma, Vivek Kumar, Siddharth ,Bansi from Uttar Pradesh jointly got second position. Amandeep Singh from SUS Government College Sunam and Amandeep Kaur from Fatehgarh Sahib jointly secured 3rd position. In Rangoli Kriti muskan from danpur Bihar got first position Pooja Sharma from Punjab got 2nd position. Pooja Sharma from S.U.S. Government College presented an excellent video about plants and their care. Professor Nardeep Singh, professor chamkaur Singh, Shri Amit Kapoor, Shri Ranjit Singh, Shri Raghuvir Singh congratulate the students for their participation and positions.

NSS DEPARTMENT ORGANISED A INTER COLLEGE COMPETITION ON WORLD ENVIRONMENT DAY 05TH JUNE 2022.

Students from Punjab, Uttrakhand, Maharashtra, Bihar, Delhi and Uttar Pradesh participated in this competition.

विश्व पर्यावरण दिवस पर एन.एस.एस विभाग ने प्रतियोगिता करवाई

सुनाम ऊधम सिंह वाला (सुशील): शहीद ऊधम सिंह सरकारी कालेज सुनाम के एनएसएस विभाग की ओर से प्राचार्य प्रो. कामना गुप्ता के संरक्षण में विश्व पर्यावरण दिवस के अवसर पर छात्रों को पर्यावरण के प्रति जागरूक करने के लिए ऑनलाइन इंटर कालेज प्रतियोगिता का आयोजन किया गया, जिसमें पोस्टर मेकिंग, रंगोली और वीडियो मेकिंग शामिल थे। इन प्रतियोगिताओं के लिए छात्रों ने ग्लोबल वार्मिंग, एसिड रेन, प्रदूषण के प्रभाव, हरित रसायन और पर्यावरण रसायन जैसे विषयों पर अपनी रचनाएं/गतिविधियां प्रस्तुत कीं। एनएसएस कार्यक्रम अधिकारी डा. रमनदीप कोर ने कहा कि इन प्रतियोगिताओं में पंजाब के अलावा उत्तराखंड, महाराष्ट्र, बिहार, दिल्ली और उत्तर प्रदेश के छात्रों ने भाग लिया। प्रतियोगिता में भाग लेने के अलावा इन छात्रों ने अपने घरों में जड़ी-बूटी और औषधीय पौधे भी लगाए। पोस्टर मेकिंग में शहीद ऊधम सिंह गवर्नमेंट कॉलेज, सुनाम की निशिका ने पहला और पूजा शर्मा व विवेक कुमार, सिद्धार्थ नगर, बंसी, उत्तर प्रदेश के साथ संयुक्त रूप से दूसरे स्थान पर, वहीं तीसरा स्थान सुनाम कॉलेज के अमनदीप सिंह और माता गुजरी कॉलेज फतेहगढ़ साहिब की अमनदीप कोर ने संयुक्त रूप से जीता। रंगोली में बीएस कॉलेज दानपुर बिहार की कृति मुस्कान ने पहला और शहीद ऊधम सिंह सरकारी कॉलेज सुनाम की पूजा शर्मा ने दूसरा स्थान हासिल किया। सुनाम कालेज की पूजा शर्मा ने पौधों के विषय पर बेहतरीन वीडियो प्रस्तुत किया। प्रो. नरदीप सिंह, प्रो. चमकौर सिंह, अमित कपूर, रणजीत सिंह और रघबीर सिंह सहित अन्य ने पर्यावरण दिवस की गतिविधियों में भाग लेने के लिए छात्रों को बधाई दी।



आनलाइन इंटर कालेज प्रतियोगिता में भाग लेने के लिए छात्रों को बधाई दी

सुनाम ऊधम सिंह वाला (सुशील): शहीद ऊधम सिंह सरकारी कालेज सुनाम के एनएसएस विभाग की ओर से प्राचार्य प्रो. कामना गुप्ता के संरक्षण में विश्व पर्यावरण दिवस के अवसर पर छात्रों को पर्यावरण के प्रति जागरूक करने के लिए ऑनलाइन इंटर कालेज प्रतियोगिता का आयोजन किया गया, जिसमें पोस्टर मेकिंग, रंगोली और वीडियो मेकिंग शामिल थे। इन प्रतियोगिताओं के लिए छात्रों ने ग्लोबल वार्मिंग, एसिड रेन, प्रदूषण के प्रभाव, हरित रसायन और पर्यावरण रसायन जैसे विषयों पर अपनी रचनाएं/गतिविधियां प्रस्तुत कीं। एनएसएस कार्यक्रम अधिकारी डा. रमनदीप कोर ने कहा कि इन प्रतियोगिताओं में पंजाब के अलावा उत्तराखंड, महाराष्ट्र, बिहार, दिल्ली और उत्तर प्रदेश के छात्रों ने भाग लिया। प्रतियोगिता में भाग लेने के अलावा इन छात्रों ने अपने घरों में जड़ी-बूटी और औषधीय पौधे भी लगाए। पोस्टर मेकिंग में शहीद ऊधम सिंह गवर्नमेंट कॉलेज, सुनाम की निशिका ने पहला और पूजा शर्मा व विवेक कुमार, सिद्धार्थ नगर, बंसी, उत्तर प्रदेश के साथ संयुक्त रूप से दूसरे स्थान पर, वहीं तीसरा स्थान सुनाम कॉलेज के अमनदीप सिंह और माता गुजरी कॉलेज फतेहगढ़ साहिब की अमनदीप कोर ने संयुक्त रूप से जीता। रंगोली में बीएस कॉलेज दानपुर बिहार की कृति मुस्कान ने पहला और शहीद ऊधम सिंह सरकारी कॉलेज सुनाम की पूजा शर्मा ने दूसरा स्थान हासिल किया। सुनाम कालेज की पूजा शर्मा ने पौधों के विषय पर बेहतरीन वीडियो प्रस्तुत किया। प्रो. नरदीप सिंह, प्रो. चमकौर सिंह, अमित कपूर, रणजीत सिंह और रघबीर सिंह सहित अन्य ने पर्यावरण दिवस की गतिविधियों में भाग लेने के लिए छात्रों को बधाई दी।

Event: National Level online Competition on Environment

No. of Participation: 05

Our students secured 3rd position National level online competition which was organized on 5th June 2022 by a social club with collaboration of Haryana Pollution Control Board.

OUR STUDENT SECURED 3RD POSITION IN NATIONAL LEVEL ONLINE COMPETITION WHICH WAS ORGANIZED ON 5TH JUNE 2022 BY A SOCIAL CLUB WITH COLLABORATION OF HARYANA POLLUTION CONTROL BOARD.

ਕੌਮੀ ਪੱਧਰ ਦੇ ਆਨਲਾਈਨ ਮੁਕਾਬਲੇ 'ਚ ਸੁਨਾਮ ਦੀ ਖੁਸ਼ਹਾਲੀ ਕਾਂਸਲ ਛਾਈ

ਸੁਨਾਮ ਉਧਮ ਸਿੰਘ ਵਾਲਾ, 7 ਜੂਨ (ਭੁੱਲਰ, ਧਾਲੀਵਾਲ)- ਇਕ ਸਮਾਜਸੇਵੀ ਸੰਸਥਾ ਵਲੋਂ ਹਰਿਆਣਾ ਪ੍ਰਦੂਸ਼ਣ ਕੰਟਰੋਲ ਬੋਰਡ ਦੇ ਸਹਿਯੋਗ ਨਾਲ ਕਰਕੋਸ਼ੋਰ ਵਿਖੇ ਵਿਸ਼ਵ ਵਾਤਾਵਰਣ ਦਿਵਸ ਮੌਕੇ ਕੌਮੀ ਪੱਧਰ ਦੇ ਆਨਲਾਈਨ ਮੁਕਾਬਲੇ ਕਰਵਾਏ ਗਏ। ਜਿਸ ਵਿਚ ਸਥਾਨਕ ਸ਼ਹੀਦ ਉਧਮ ਸਿੰਘ ਸਰਕਾਰੀ ਕਾਲਜ ਦੇ ਐਨ. ਐਸ. ਐਸ. ਯੂਨਿਟ-2 ਦੀ ਵਲੰਟੀਅਰ ਖੁਸ਼ਹਾਲੀ ਕਾਂਸਲ ਨੇ ਪੋਸਟਰ ਮੈਕਿੰਗ ਅਤੇ ਸਲੋਗਨ ਲਿਖਣ ਮੁਕਾਬਲੇ 'ਚ ਤੀਜਾ ਸਥਾਨ ਹਾਸਲ ਕਰਕੇ ਆਪਣੇ ਮਾਤਾ ਪਿਤਾ ਅਤੇ ਕਾਲਜ ਦਾ ਨਾਂਮ ਰੋਸ਼ਨ ਕੀਤਾ ਹੈ। ਪ੍ਰਿੰਸੀਪਲ ਸ਼੍ਰੀਮਤੀ ਕਾਮਨਾ ਗੁਪਤਾ ਅਤੇ ਡਾ. ਰਮਨਦੀਪ ਕੌਰ ਜੇਤੂ ਵਿਦਿਆਰਥਣ ਖੁਸ਼ਹਾਲੀ ਕਾਂਸਲ ਨੂੰ ਵਧਾਈ ਦਿੰਦਿਆਂ ਕਿਹਾ ਕਿ ਅਜਿਹੇ ਮੁਕਾਬਲਿਆਂ 'ਚ ਭਾਗ ਲੈ ਕੇ ਜਿੱਥੇ ਵਿਦਿਆਰਥੀਆਂ ਵਿਚ ਸਵੈ-ਭਰੋਸੇ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਹੁੰਦੀ ਹੈ ਉੱਥੇ ਹੀ ਦੂਜੇ ਵਿਦਿਆਰਥੀਆਂ ਵਿਚ ਵੀ ਕੁਝ ਕਰਨ ਦੀ ਭਾਵਨਾ ਪੈਦਾ ਹੁੰਦੀ ਹੈ।



ਜੇਤੂ ਵਿਦਿਆਰਥਣ ਖੁਸ਼ਹਾਲੀ ਆਪਣਾ ਤਿਆਰ ਕੀਤਾ ਹੋਇਆ ਪੋਸਟਰ ਵਿਖਾਉਂਦੀ ਹੋਈ। ਤਸਵੀਰ : ਭੁੱਲਰ

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 National 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 awared 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 Uttrakhand 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. 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 emminent 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 Pragya Tiwari from Uttarakhand organised the conference very well.

