

GURU NANAK KHALSA COLLEGE

(A Multi-faculty Post Graduate Co-educational Minority Institution)

Yamuna Nagar – 135 001 (Haryana)

Phone : 01732-221675, 227845 E-mail : khalsawins@gmail.com

Ref. No.: GNK/2023-24/ 50/26

Dated: 10-07-2023

Application for Award of Kurukshetra University Overall General Championships of Games & Sports in Men Section

Part-I-Undertaking

Proforma for Undertaking to given by the Principal of the contesting College for the award of Kurukshetra University Overall General Championship of Games & Sports in Men Section

Name of the College: **Guru Nanak Khalsa College, Yamuna Nagar**

Year : **Period from 1st April 2022 to 31st March 2023**

1. Certified that the information given in the part-II of the application of the contesting college with regard to the self computation of marks of the sportspersons/teams of the University is true to the best of my knowledge.
2. Certified that the information given in the part-II of the application of the contesting college, no sports person or team member for whom self computation of marks have been included/taken has never been penalized nor any enquiry is pending/ongoing against for use of drugs/ substances banned by the World Anti Doping (WADA) based on a sample collected by the National Anti Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory (BDTL) or any other WADA accreditation laboratory.
3. Certified that the information given in the part-II of the application of the contesting college self computations of marks of the sportspersons are only for sports competitions held during the period of 1st April 2022 to 31st March 2023.
4. Certified that documents attached with application from Page No: 01 (One) to Page No.: 22 (Twenty Three) are attached to be true copy of the original documents.




Principal
(Signature)
Name of the Principal: Dr. (Major) H.S. Kang
Guru Nanak Khalsa College, Yamuna Nagar

Dated: 10-07-2023

INDEX (MEN SECTION)

Sr. No.	Name of Game	Total Marks	Page No.
1	Archery	135	1/22
2	Athletics	35	2/22
3	Badminton	15	3/22
4	Lawn Tennis	51	4/22
5	Boxing	75	5/22
6	Baseball	50	6/22
7	Football	50	7/22
8	Hockey	75	8/22
9	Karate	100	9/22
10	Judo	20	10/22
11	Kayaking	55	11/22
12	Shooting	73.33	12/22
13	Table Tennis	15	13/22
14	Taekwondo	82.5	14/22
15	Weight Lifting	215	15/22
16	Cricket	137.5	16/22
17	Kho-Kho	39.28	17/22
18	Wushu	20	18/22
19	Basketball	8.33	19/22
20	Fencing	85	20/22
21	Cycling	15	21/22
22	Wrestling	25	22/22
Grand Total		1376.94	




 Principal
 Guru Nanak Khalsa College
 Yamuna Nagar (Haryana)

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Archery

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	02.12.2022 to 03.12.2022	Kuk	Compound	3 rd	Naman Verma	Yearly	Individual	More Than 04	5	
2	Inter College	Men	02.12.2022 to 03.12.2022	Kuk	Recurve	1 st	Kartik Rana	Yearly	Individual	More Than 04	15	
3	Inter College	Men	02.12.2022 to 03.12.2022	Kuk	Recurve	2 nd	Shivam Kumar	Yearly	Individual	More Than 04	10	
4	AllU	Men	23-12-22 to 27-12-22	Gurukashi University, Talwandi	Recurve	2nd	Kunal Shivam Kumar Kartik Rana	Yearly	Team	More Than 04	60	
5	Khelo India	Men	28-05-23 to 03-06-23	BBD University, Lucknow	Recurve Mix	1st	Kartik Rana	Yearly	Team	More Than 04	45	
Total											135	



Signature _____
Principal
Guru Nanak Khalsa College

Name of the Principal (Major) _____
Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Athletics

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	06.04.2023 to 08.04.2023	KUK	1500 Mtrs	2 nd	Vinay	Yearly	Individual	More Than 04	10	
2	Inter College	Men	06.04.2023 to 08.04.2031	KUK	4*100 Mtrs Relay	3 rd	Abhinav, Sukhvinder Ajay Vicky Aggarwal	Yearly	Team	More Than 04	5	
3	Inter College	Men	06.04.2023 to 08.04.2034	KUK	Shot Put	2 nd	Ashish Kumar	Yearly	Individual	More Than 04	10	
4	Inter College	Men	06.04.2023 to 08.04.2034	KUK	Discuss Throw	2 nd	Ashish Kumar	Yearly	Individual	More Than 04	10	
Total											35	



Signature _____  Principal

Guru Nanak Khalsa College

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id:khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Badminton

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	10.11.2022 to 12.11.2022	Kurukshetra University, Kurukshetra	Badminton	3rd	Hemant Kumar Singhal, Jayant Akshit Kumar Amev Gurupreet Deepanshu	Yearly	Team	More Than 04	15	
Total											15	



Signature _____

Principal

Name of the Principal: Dr. Major G. H. Singh

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- GURU NANAK KHALSA COLLEGE YAMUNA NAGAR

Sports Discipline:- Lawn Tennis

Sr NO.	Name of the Championship	Men/Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks (Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	28-3-23 to 29-3-23	BPR, KKR	Lawn Tennis	1st	RAHUL KUMAR	Yearly	Team	More Than 04	45	
							MONU					
							HARSH SHANDILYA					
							PRAG SHEORN					
							AKASH					
2	North Zone	Men	10-11-22 to 15-11-22	Murthal	Lawn Tennis	3rd	Prag Sheron Rahul Kumar Yadav	Yearly	Team	More Than 04	6	
Total											51	



Signature _____

Principal

Name of the Principal or (Major) H.S. _____

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar, Haryana

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- **Boxing**

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	14.11.2022 to 16.11.2022	KUK	45-48 KG	3rd	Ankit	Yearly	Individual	More Than 04	5	
2	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(51-54 KG)	3rd	Rajesh	Yearly	Individual	More Than 04	5	
3	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(57-60 KG)	3rd	Sarthak Vats	Yearly	Individual	More Than 04	5	
4	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(60-63 KG)	1st	Aekansh Sharma	Yearly	Individual	More Than 04	15	
5	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(63-67 KG)	3rd	Tarun Kumar	Yearly	Individual	More Than 04	5	
6	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(67-71 KG)	1st	Sagar	Yearly	Individual	More Than 04	15	
7	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(71-75 KG)	3rd	Rohan	Yearly	Individual	More Than 04	5	
8	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(75-80 KG)	2nd	Masharic Khan	Yearly	Individual	More Than 04	10	
9	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(80-86 KG)	3rd	Kunal	Yearly	Individual	More Than 04	5	
10	Inter College	Men	14.11.2022 to 16.11.2022	KUK	(+92 KG)	3rd	Vaibhav Sharma	Yearly	Individual	More Than 04	5	
									Total		75	



Signature _____
Principal

Name of the Principal: Dr. Pooja Chhokar, Haryana

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Baseball

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	10.04.2023 to 12.04.2023	Kuk	Baseball	2nd	Santosh Rajnish Bajrang Ashok Anil Sonu Kumar Ajay Sahil Vijay Himanshu Purshotam Ankush Ranga Lalit Sharma Sumit Amit Saini Rakshit	Yearly	Team	More Than 04	50	
Total											50	



Signature _____

Principal

Name of the Principal: **Guru Nanak Khalsa College Yamuna Nagar**

Name of the College: **Guru Nanak Khalsa College Yamuna Nagar**

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)


Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- **Football**

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	05.12.2022 to 08.12.2022	Kurukshetra University, Kurukshetra	Football	2nd	Prince Anish Kumar Gupta Jivan Rishiwan Manish Naman Juyal Aman Juyal Rishabh Bhardwaj Aman Singh Vishal Vishal Singh Jeevesh Aareum Sawo Lepcha Nilesh Rajput Dushyant Tomar Ajay Kumar Harsh Yadav Deepak Singh Bhaskar Singh Rahul	Yearly	Team	More Than 04	50	
										Total	50	



Signature _____

Principal

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar (Haryana)

Mob. No. : 94161-88503

Email id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Hockey

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial /once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	06.12.2022 to 08.12.2022	Kurukshetra University, Kurukshetra	Hockey	1st	Vishal Vipul Goutam Noordeep Singh Vijay Mohit Rana Vimal Saini Naveen Raman Harsh Khokher Sachin Kamal Ankush Agya Pal Kamal Gautam Ganpati Kumar Sahu Rinku	Yearly	Team	More Than 04	75	
Total											75	



Signature _____
Principal

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- GURU NANAK KHALSA COLLEGE YAMUNA NAGAR

Sports Discipline:- Karate

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks/ Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	17.12.2022	KUK	(-50 KG)	1 st	Karamveer Singh	Yearly	Individual	More Than 04	15	
2	Inter College	Men	17.12.2022	KUK	(-55 KG)	2 nd	Abhay	Yearly	Individual	More Than 04	10	
3	Inter College	Men	17.12.2022	KUK	(-67 KG)	2 nd	Prince Kumar	Yearly	Individual	More Than 04	10	
4	Inter College	Men	17.12.2022	KUK	(-75 KG)	2 nd	Lakshay	Yearly	Individual	More Than 04	10	
5	Inter College	Men	17.12.2022	KUK	(-84 KG)	3 rd	Minakshi Kant	Yearly	Individual	More Than 04	5	
6	Inter College	Men	17.12.2022	KUK	(+84 KG)	3 rd	Abhay Singh	Yearly	Individual	More Than 04	5	
7	Inter College	Men	17.12.2022	KUK	Kata	3 rd	Aryan Laller	Yearly	Individual	More Than 04	5	
8	Inter College	Men	17.12.2022	KUK	Team Kumite	3rd	Abhay Bhanot Abhay Singh Karamveer Singh Prince Kumar Lakshay Kushal Paras	Yearly	Team	More Than 04	15	
9	Inter College	Men	17.12.2022	KUK	Kata	1st	Kushal	Yearly	Individual	More Than 04	15	
10	Inter College	Men	17.12.2022	KUK	Kata	2nd	Aryan Laller	Yearly	Individual	More Than 04	10	
Total											100	



Signature _____

Principal

Name of the Principal: Dr. Manoj Kumar Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:-Judo

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	07.12.2022	KUK	60 K.G	2 nd	Ashwin Pundir	Yearly	Individual	More Than 04	10	
2	Inter College	Men	07.12.2022	KUK	81 K.G	2 nd	Minakshi Kant	Yearly	Individual	More Than 04	10	
Total											20	



Signature _____
Principal

Name of the Principal: **Gurpreet Singh Kang**
Name of the College: **Guru Nanak Khalsa College, Yamuna Nagar**

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- GURU NANAK KHALSA COLLEGE YAMUNA NAGAR

Sports Discipline:- Kayking

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks/ Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	All India Inter University	Men		Punjabi University Patiala	K2-500 mtr.	3rd	Vashu Vishavkarma	Yearly	Team	More Than 04	15	
2	All India Inter University	Men		Punjabi University Patiala	Slalam	3rd	Vashu Vishavkarma	Yearly	Individual	More Than 04	40	
Total											55	



Signature _____

Principal

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

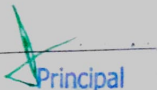
Name of the College:- GURU NANAK KHALSA COLLEGE YAMUNA NAGAR

Sports Discipline:- Shooting

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	06/03/2023	KUK	10 Mtr. Rifle	3rd	Parth Gaur	Yearly	Individual	More Than 04	5	
2	Inter College	Men	06/03/2023	KUK	10 Mtr. Rifle	1st	Rai Singh	Yearly	Individual	More Than 04	15	
3	Khelo India	Men	28/05/2023	Delhi	50 Mtr. Rifle	2nd	Parth Gaur Rai Singh	Yearly	Team	More Than 04	53.33	
Total											73.33	



Signature _____


Principal

Name of the Principal: Dr. Major H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Table Tennis

Sr NO.	Name of the Championship	Men/Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	17.12.2022	KUK	Table Tennis	3rd	Sahil Ritik Mukund Kumar Ramesh Satvir	Yearly	Team	More Than 04	15	
Total											15	



Signature _____
Principal

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Taekwondo

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	19.12.2022 to 20-12.2022	KUK	Poomsae Individual	2 nd	Prabhjot Singh	Yearly	Individual	More Than 04	10	
2	Inter College	Men	19.12.2022 to 20-12.2022	KUK	54-58 Kg	3 rd	Abhay Bhanot	Yearly	Individual	More Than 04	5	
3	Inter College	Men	19.12.2022 to 20-12.2022	KUK	68-74 Kg	2 nd	Paras	Yearly	Individual	More Than 04	10	
4	Inter College	Men	19.12.2022 to 20-12.2022	KUK	80-87 Kg	1 st	Abhishek	Yearly	Individual	More Than 04	15	
5	Inter College	Men	19.12.2022 to 20-12.2022	KUK	87 Kg	3 rd	Deepanshu	Yearly	Individual	More Than 04	5	
6	Inter College	Men	19.12.2022 to 20-12.2022	KUK	74-80 Kg	1 st	Minakshi Kant	Yearly	Individual	More Than 04	15	
7	Inter College	Men	19.12.2022 to 20-12.2022	KUK	Poomsae Pair	1 st	Shagun Mehla Prabhjot Singh	Yearly	Individual	More Than 04	22.5	
Total											82.5	



Signature _____

Principal

Name of the Principal Dr. (Major) H.S. Kang
Name of the College: Guru Nanak Khalsa College, Yamuna Nagar (Haryana)

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- **Weight Lifting**

Sr NO.	Name of the Championshi p	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	20.12.2022 to 22-12-2022	KUK	55 Kg	2 nd	Rahul	Yearly	Individual	More Than 04	10	
2	Inter College	Men	20.12.2022 to 22-12-2022	KUK	67 Kg.	3 rd	Raman	Yearly	Individual	More Than 04	5	
3	Inter College	Men	20.12.2022 to 22-12-2022	KUK	73 Kg.	1 st	Hardik	Yearly	Individual	More Than 04	15	
4	Inter College	Men	20.12.2022 to 22-12-2022	KUK	81 Kg.	1 st	Anshul	Yearly	Individual	More Than 04	15	
5	Inter College	Men	20.12.2022 to 22-12-2022	KUK	89 Kg.	3 rd	Akashdeep Singh	Yearly	Individual	More Than 04	5	
6	Inter College	Men	20.12.2022 to 22-12-2022	KUK	96 Kg	2 nd	Anuj	Yearly	Individual	More Than 04	10	
7	Inter College	Men	20.12.2022 to 22-12-2022	KUK	109 Kg	1 st	Vivek	Yearly	Individual	More Than 04	15	
8	Allu	Men	14-3-23 to 19-3-23	CU, Mohali	81 Kg.	1 st	Anshul	Yearly	Individual	More Than 04	60	
9	Khelo India	Men	28.5.23 to 03.-06-23	Noida	81 Kg.	1 st	Anshul	Yearly	Individual	More Than 04	60	
10	Khelo India	Men	28.5.23 to 03.-06-23	Noida	109 Kg.	3rd	Vivek	Yearly	Individual	More Than 04	20	
Total										215		



Signature _____
Principal

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

PAGE No.: 16/22

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Cricket

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal/University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	03.02.2023 to 05.02.2023	KUK	Cricket	1st	Tavleen Singh Vishal Rana Amit Saini Jaspreet Singh Rohit Rohit Sharma Ankit Shubham Panwar Simran Riquey Chopra Love Kumar Naveen Vansh Kamboj Raman Gaurav Kumar	Yearly	Team	More Than 04	75	
2	All India Inter University	Men		KUK	Cricket	2nd	Tavleen Singh Vishal Rana Simran Rohit Sharma Ankit	Yearly	Team	More Than 04	62.5	
Total											137.5	



Signature _____

Principal

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar (Haryana)

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Kho-Kho

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks (Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	19.12.2022 to 22.12.2022	KUK	Kho-Kho	3rd	Neeraj Dimanshu Sahil Prince Ravish Johnny Kamboj Anant Singh Shubham Amit Sahil Bhanu Sharma Minakshi Kant Nilesh Rajput	Yearly	Team	More Than 04	25	
2	AIIU	Men			Kho-Kho	3rd	Neeraj Dimanshu	Yearly	Team	More Than 04	14.28	
Total											39.28	



Signature _____

Principal

Guru Nanak Khalsa College
Yamuna Nagar (Jalandhar)

Name of the Principal: Dr. (Major) H.S. Kang
Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- GURU NANAK KHALSA COLLEGE YAMUNA NAGAR

Sports Discipline:- Wushu

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	10.12.2022	KUK	60 Kg	3 rd	Bhanu Sharma	Yearly	Individual	More Than 04	5	
2	Inter College	Men	10.12.2022	Kuk	70 Kg	1 st	Aashish Dahiya	Yearly	Individual	More Than 04	15	
Total											20	



Signature _____

Principal

Name of the Principal: Dr. (Major) H.S. Gang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- Basketball

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	North Zone University	Men	04-01-23 to 08-01-23	Jamia Miliyalsalmia University, New Delhi	Basketball	2nd	Ritik Malik Tejas	Yearly	Individual	More Than 04	8.33	
Total											8.33	



Signature _____  Principal

**Guru Nanak Khalsa College
Yamuna Nagar (Haryana)**

Name of the Principal Dr. (Major) H.S. Kang
Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- **Fencing**

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	01/12/2022	KUK	Epee	2nd	Mohit Shubham Hemant Nishant	Yearly	Team	More Than 04	20	
2	Inter College	Men	01/12/2022	KUK	Foil	2nd	Rohan Thakran Shubham Hemant Shivam	Yearly	Team	More Than 04	20	
3	Inter College	Men	01/12/2022	KUK	Sabre	1st	Tanurag Shivam Ajay Kamboj Rohan Thakran	Yearly	Team	More Than 04	30	
5	Inter College	Men	01/12/2022	KUK	Sabre	3rd	Tanurag	Yearly	Individual	More Than 04	5	
6	Khelo India	Men	28-05-23 to 03-06-23	Lucknow	Foil	3rd	Hemant	Yearly	Team	More Than 04	10	
Total											85	



Signature _____

Principal
Guru Nanak Khalsa College
Yamuna Nagar (Haryana)

Name of the Principal: Dr. (Major) H.S. Kang
Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- **Cycling Track**

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks/ Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	09/03/2023	KUK	1000 Mtr. Ind. TM	3rd	Ankit	Yearly	Individual	More Than 04	5	
2	Inter College	Men	09/03/2023	KUK	Elimination Race	2nd	Ankit Lamba	Yearly	Individual	More Than 04	10	
Total											15	



Signature _____

(Signature)
Principal

Name of the Principal: Dr. (Mrs) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com

Dated: 10-07-2023

Proforma for Self Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men)

Name of the College:- **GURU NANAK KHALSA COLLEGE YAMUNA NAGAR**

Sports Discipline:- **Wrestling (GR) (FS)**

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the compt. i.e. yearly/biennial/ once in 3 yrs/Once in 4 yrs	Whether individual competition / team event	Number of teams that participated in Inter/Intra-Zonal University level	Marks(Self Computation by contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Men	16-11-22 to 18-11-22	KUK	GR 60 Kg.	3rd	Pankaj	Yearly	Individual	More Than 04	5	
2	Inter College	Men	16-11-22 to 18-11-22	KUK	GR 63 Kg.	3rd	Harsh	Yearly	Individual	More Than 04	5	
3	Inter College	Men	16-11-22 to 18-11-22	KUK	FS 92 Kg.	2nd	Puneet Kumar	Yearly	Individual	More Than 04	10	
4	Inter College	Men	16-11-22 to 18-11-22	KUK	FS 70 Kg.	3rd	Aaryan	Yearly	Individual	More Than 04	5	
Total											25	



Signature _____ **Principal**

Guru Nanak Khalsa College

Name of the Principal Dr. (Major) H.S. Kang

Name of the College: Guru Nanak Khalsa College, Yamuna Nagar

Mob. No. : 94161-88503

Email Id: khalsawins@gmail.com