

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/2023-24/50/25

Dated: 10-07-2023

Application for Award of Kurukshetra University Overall General Championships of Games & Sports in Women 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 Women 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.: 21 (Twenty) are attached to be true copy of the original documents.

Dated: 10-07-2023




Principal
Guru Nanak Khalsa College
Yamuna Nagar (Haryana)

Name of the Principal
Guru Nanak Khalsa College, Yamuna Nagar

| INDEX (WOMEN SECTION) | | | |
|-----------------------|--------------------|---------------|----------|
| Sr. No. | Name of Game | Total Marks | Page No. |
| 1 | Softball | 50 | 1/21 |
| 2 | Archery | 15 | 2/21 |
| 3 | Basketball | 75 | 3/21 |
| 4 | Athletics | 95 | 4/21 |
| 5 | Rowing | 70 | 5/21 |
| 6 | Cricket | 50 | 6/21 |
| 7 | Badminton | 45 | 7/21 |
| 8 | Boxing | 70 | 8/21 |
| 9 | Wrestling | 20 | 9/21 |
| 10 | Chess | 45 | 10/21 |
| 11 | Football | 25 | 11/21 |
| 12 | Hockey | 25 | 12/21 |
| 13 | Judo | 15 | 13/21 |
| 14 | Kabaddi | 25 | 14/21 |
| 15 | Karate | 25 | 15/21 |
| 16 | Table Tennis | 15 | 16/21 |
| 17 | Taekwondo | 127.5 | 17/21 |
| 18 | Weight Lifting | 90 | 18/21 |
| 19 | Gymnastics | 65 | 19/21 |
| 20 | Cycling | 5 | 20/21 |
| 21 | Fencing | 60 | 21/21 |
| | Grand Total | 1012.5 | |



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

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

Sports Discipline:- Softball

| 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 | Women | | CISKMV, Pundri | Softball | 2nd | NISHA MONIKA KOMAL KATARIA SHIKHA SHREYA DIPTI ANJALI BHAWNA PRIYA DEEPAK KUMARI VISHAKHA SOAM MEENU KUMARI GURPREET DIKSHA MONIKA | Yearly | Team | More Than 04 | 50 | |
| Total | | | | | | | | | | | 50 | |

Signature _____
PrincipalName of the Principal (In the College) _____
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 (Women)

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 | Women | 02.12.2022 to 03.12.2022 | Kurukshetra University, Kurukshetra | Archery Compound | 1 st | Monika Sheoran | Yearly | Individual | 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 (Women)

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

Sports Discipl 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 | Inter College | Women | 23-11-22 to 24-11-22 | KUK | Basketball | 1st | NIKEETA SINGH POOJA LIPRAMAYEE SATAPATHY GUNJA KEHARWANI SHIKHA KAJAL TARVINDER KAUR RIYA AGRIMA RAWAT ARUNI SINGH POOJA EKTA | Yearly | Team | More Than 4 | 75 | |
| | | | | | | | | | | Total | 75 | |



Dated: 10-07-2023

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

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

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 | Women | 06.04.2023 to 08.04.2023 | KUK | 100 Mtrs | 1 st | Renu | Yearly | Individual | More Than 04 | 15 | |
| 2 | Inter College | Women | 06.04.2023 to 08.04.2023 | KUK | 100 Mtrs Hurdles | 3 rd | Rakhi | Yearly | Individual | More Than 04 | 5 | |
| 3 | Inter College | Women | 06.04.2023 to 08.04.2023 | KUK | 4*100 Mtrs Relay | 1 st | Pooja, Rakhi Mafi Renu | Yearly | Individual | More Than 04 | 30 | |
| 4 | Inter College | Women | 06.04.2023 to 08.04.2023 | KUK | Broad Jump | 1 st | Gagandeep Kaur | Yearly | Individual | More Than 04 | 15 | |
| 5 | Inter College | Women | 06.04.2023 to 08.04.2023 | KUK | Broad Jump | 2 nd | Renu | Yearly | Individual | More Than 04 | 10 | |
| 6 | Inter College | Women | 06.04.2023 to 08.04.2023 | KUK | High Jump | 3 rd | Kamlesh | Yearly | Individual | More Than 04 | 5 | |
| 7 | Inter College | Women | 06.04.2023 to 08.04.2023 | KUK | Hammer Throw | 1 st | Manvi | Yearly | Individual | More Than 04 | 15 | |
| Total | | | | | | | | | | | 95 | |



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

Sports Discipline:- Rowing

| 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 | Women | | Punjab University, Chandigarh | Single Skul | 2nd | Kiran | Yearly | Individual | More Than 04 | 40 | |
| 2 | All India Inter University | Women | | Punjab University, Chandigarh | Double Skul | 3rd | Kiran Sonia | Yearly | Team | More Than 04 | 30 | |
| Total | | | | | | | | | | | 70 | |

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 (Women)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 | Women | 8-11-22 to 9-11-22 | KUK | Cricket | 2nd | NISHA | Yearly | Team | More Than 04 | 50 | |
| | | | | | | | MONIKA | | | | | |
| | | | | | | | UDISHA CHAUHAN | | | | | |
| | | | | | | | RINKI YADAV | | | | | |
| | | | | | | | PUSHPA RANI | | | | | |
| | | | | | | | PRIYA | | | | | |
| | | | | | | | MEENU KUMARI | | | | | |
| | | | | | | | ANJALI | | | | | |
| | | | | | | | GURPREET | | | | | |
| | | | | | | | SHIKHA | | | | | |
| | | | | | | | DIKSHA | | | | | |
| | | | | | | | SHIVANI SEN | | | | | |
| | | | | | | | KHUSHI | | | | | |
| | | | | | | | ALISHA CHAUDHARY | | | | | |
| | | | | | | | | | | | | |
| | | | | | | | | | | Total | 50 | |



Signature _____

Principal

Name of the Principal: _____
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 (Women)

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 | Women | 12.11.2022 to 14.11.2022 | Kurukshetra University, Kurukshetra | Badminton | 1st | Himanshi Bisht Shallu Khushi Bhader Akriti Muskan Chawla | Yearly | Team | More Than 04 | 45 | |
| Total | | | | | | | | | | | 45 | |



Signature _____

Principal

Name of the Principal Dr. Manoj Chahal

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 (Women)

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 | Women | 14.11.22 to 16.11.22 | KUK | (45-48 KG) | 3rd | Bhumi | Yearly | Individual | More Than 04 | 5 | |
| 2 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (48-50 KG) | 3rd | Meena | Yearly | Individual | More Than 04 | 5 | |
| 3 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (50-52 KG) | 3rd | Sheetal | Yearly | Individual | More Than 04 | 5 | |
| 4 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (52-54 KG) | 2nd | Sushila | Yearly | Individual | More Than 04 | 10 | |
| 5 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (54-57 KG) | 3rd | Jyoti | Yearly | Individual | More Than 04 | 5 | |
| 6 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (57-60 KG) | 2nd | Divya | Yearly | Individual | More Than 04 | 10 | |
| 7 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (60-63 KG) | 3rd | Sonia Rajput | Yearly | Individual | More Than 04 | 5 | |
| 8 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (63-66 KG) | 3rd | Shikha | Yearly | Individual | More Than 04 | 5 | |
| 9 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (66-70 KG) | 3rd | Manisha | Yearly | Individual | More Than 04 | 5 | |
| 10 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (70-75 KG) | 3rd | Tamanna | Yearly | Individual | More Than 04 | 5 | |
| 11 | Inter College | Women | 14.11.22 to 16.11.22 | KUK | (75-81 KG) | 2nd | Shubhani | Yearly | Individual | More Than 04 | 10 | |
| Total | | | | | | | | | | | 70 | |



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 (Women)

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

Sports Discipline:-Wrestling

| 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 | Women | 16-11-22 to 18-11-22 | KUK | 65 Kg. | 2nd | Anshu Malik | Yearly | Individual | More Than 04 | 10 | |
| 2 | Inter College | Women | 16-11-22 to 18-11-22 | KUK | 50 Kg. | 2nd | Ritu | Yearly | Individual | More Than 04 | 10 | |
| Total | | | | | | | | | | | 20 | |



Signature _____
Principal

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

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

Sports Discipline:- Chess

| 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 | Women | 01.02.2023 to 02.02.2023 | Kurukshetra University, Kurukshetra | Chess | 1st | Shagun Mehla Shalu Supreet Kaur Sibia Pinki Kumari Anjali Rani | Yearly | Team | More Than 04 | 45 | |
| Total | | | | | | | | | | | 45 | |

Signature _____
PrincipalName of the Principal: _____
Guru Nanak Khalsa College

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 (Women)

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 | Women | 10.11.2022 to 11.11.2022 | Kurukshetra University, Kurukshetra | Football | 3rd | Sarita Rekha Anjali Mansi Bhavna Rinki Yadav Manik Jyoti Kamni Devi , Pushpa Rani Tanu Monika Nikita Alisha Chaudhary Garima Deepak Kumari Udisha Chauhan Kanishka Nisha Rani Ananya Sharma | Yearly | Team | More Than 04 | 25 | |
| Total | | | | | | | | | | | 25 | |



Signature _____ **Principal**

Name of the Principal Dr. (Major) P.S. Nag

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 (Women)

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 | Women | 2.12.2022 to 3.12.2022 | Kurukshetra University, Kurukshetra | Hockey | 3rd | Bulbul Bhateri Radhika Perna Kanta Sonia Nabina Nisha Mansi Manisha Jyoti Rani Garima Rani Meenu Kumari Pooja Vishakha Soam Sapna Priya Kamni Devi | Yearly | Team | More Than 04 | 25 | |
| Total | | | | | | | | | | | 25 | |

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

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

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 | Women | 07.12.2022 | KUK | 63 K.G | 2 nd | Jyoti | Yearly | Individual | More Than 04 | 10 | |
| 2 | Inter College | Women | 07.12.2022 | KUK | 78 K.G | 3 rd | Shubhani | Yearly | Individual | More Than 04 | 5 | |
| Total | | | | | | | | | | | 15 | |



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 (Women)

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

Sports Discipline:- Kabaddi

| 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 | Women | 17.11.22 to 19.11.22 | KUK | Kabaddi | 3rd | Manisha Neetu Priyanka Sushila Urvashi Kirti Kusum Manisha Jyoti Prerna Vaishali | Yearly | Team | More Than 04 | 25 | |
| Total | | | | | | | | | | | 25 | |



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

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

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 | Women | 17.12.2022 | KUK | Kumite (-45 KG) | 3 rd | Muskan Jain | Yearly | Individual | More Than 04 | 5 | |
| 2 | Inter College | Women | 17.12.2022 | KUK | Kumite (-50 KG) | 3 rd | Sapna | Yearly | Individual | More Than 04 | 5 | |
| 3 | Inter College | Women | 17.12.2022 | KUK | Kumite (-55 KG) | 3 rd | Shagun Mehla | Yearly | Individual | More Than 04 | 5 | |
| 4 | Inter College | Women | 17.12.2022 | KUK | Kumite (-68 KG) | 3 rd | Alisha Chaudhary | Yearly | Individual | More Than 04 | 5 | |
| 5 | Inter College | Women | 17.12.2022 | KUK | Kata Girls | 3 rd | Sapna | Yearly | Individual | More Than 04 | 5 | |
| Total | | | | | | | | | | | 25 | |



Signature _____ **Principal**

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

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 (Women)

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 | Women | 17.12.2022 to 19.12.2022 | Kurukshetra University, Kurukshetra | Table Tennis | 2nd | Himanshi Bisht Aarti Shikha Jaspreet Kaur Slatch Sania | Yearly | Team | More Than 04 | 15 | |
| Total | | | | | | | | | | | 15 | |



Signature _____

Principal

Name of the Principal Dr. (Major) D.S. Garg

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

Sports Discipline:- Taekwando

| Sr NO. | Name of the Champions hip | 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 | Women | 19.12.22 to 20-12.22 | KUK | Poomsae Individual | 2 nd | Pooja Raghav | Yearly | Individual | More Than 04 | 10 | |
| 3 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Poomsae Pair | 1st | Shagun Mehla Prabhjot Singh | Yearly | Individual | More Than 04 | 22.5 | |
| 4 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Poomsae | 1st | Prabhjot Singh | Yearly | Individual | More Than 04 | 15 | |
| 5 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Under 46 Kg | 1 st | Pooja Raghav | Yearly | Individual | More Than 04 | 15 | |
| 6 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Under 49-53 Kg | 1 st | Jyoti | Yearly | Individual | More Than 04 | 15 | |
| 7 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Under 73 Kg | 1 st | Khaushi | Yearly | Individual | More Than 04 | 15 | |
| 8 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Under 67-73 Kg | 2 nd | Aliasha Chaudhary | Yearly | Individual | More Than 04 | 10 | |
| 9 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Under 62-67 Kg | 1 st | Monika | Yearly | Individual | More Than 04 | 15 | |
| 10 | Inter College | Women | 19.12.22 to 20-12.22 | KUK | Above 53-57 Kg | 2 nd | Shagun Mehla | Yearly | Individual | More Than 04 | 10 | |
| Total | | | | | | | | | | | 127.5 | |

Signature _____
PrincipalName of the Principal Dr. (Major) H.S. Kang
Guru Nanak Khalsa College
Yamuna Nagar (Haryana)

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 (Women)

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

Sports Discipline:-**Weight Lifting**

| 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 | Women | 20.12.2022 to 22-12-2022 | KUK | 49 Kg. | 2 nd | Muskan | Yearly | Individual | More Than 04 | 10 | |
| 2 | Inter College | Women | 20.12.2022 to 22-12-2022 | KUK | 55 Kg. | 1 st | Shubhani | Yearly | Individual | More Than 04 | 15 | |
| 3 | Inter College | Women | 20.12.2022 to 22-12-2022 | KUK | 64 Kg. | 1 st | Navita | Yearly | Individual | More Than 04 | 15 | |
| 4 | Inter College | Women | 20.12.2022 to 22-12-2022 | KUK | 64 Kg. | 3 rd | KM. Pooja Rawat | Yearly | Individual | More Than 04 | 5 | |
| 5 | Inter College | Women | 20.12.2022 to 22-12-2022 | KUK | 71 Kg. | 2 nd | Reshma | Yearly | Individual | More Than 04 | 10 | |
| 6 | Inter College | Women | 20.12.2022 to 22-12-2022 | KUK | 76 Kg | 1 st | Manvi | Yearly | Individual | More Than 04 | 15 | |
| 7 | Khelo India | Women | 28.5.23 to 03.-06-23 | Noida | 64 KG. | 3 rd | Navita | Yearly | Individual | More Than 04 | 20 | |
| Total | | | | | | | | | | | 90 | |



Signature _____
Principal

Name of the Head of the Department (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 (Women)

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

Sports Discipline:- **Gymnastics**

| Sr NO. | Name of the Championship | Men/ Women | From To | Venue of Competi on | Event | Position | Name of the Participants | Periodicity of the compt. i.e. yearly/bienni al/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 Computatio n by contesting college) | Remarks if Any |
|--------------|--------------------------|---------------|---------|---------------------------|----------------|----------|--|---|--|--|---|-------------------|
| (1) | (2) | (3) | (4) | (5) | (6) | (7) | (8) | (9) | (10) | (11) | (12) | (13) |
| 1 | Inter College | Women | | KUK | Voulting Table | 2nd | Ayushma saherawat | Yearly | Individual | More Than 04 | 10 | |
| 2 | Inter College | Women | | KUK | Balancing Beam | 1st | Ayushma saherawat | Yearly | Individual | More Than 04 | 15 | |
| 3 | Inter College | Women | | KUK | Floor Exercise | 1st | Ayushma saherawat | Yearly | Individual | More Than 04 | 15 | |
| 4 | Inter College | Women | | KUK | Ind. Allround | 2nd | Ayushma saherawat | Yearly | Individual | More Than 04 | 10 | |
| 5 | Inter College | Women | | KUK | Gymnastics | 3rd | Ayushma saherawat Vaishali Aarti Tanu Saini Vasu Yadav | Yearly | Team | More Than 04 | 15 | |
| Total | | | | | | | | | | | 65 | |



Signature _____

Principal

Name of the Principal: Dr. Manoj K. 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 (Women)

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 | Women | 09/03/2023 | KUK | Mass Start | 3rd | Neeta Devi | Yearly | Individual | More Than 04 | 5 | |
| Total | | | | | | | | | | | 5 | |



Signature _____
Principal

Name of the Participant (Major College)
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 (Women)

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 | Women | 01/12/2022 | KUK | Epee | 1st | Soloni | Yearly | Individual | More Than 04 | 15 | |
| 2 | Inter College | Women | 01/12/2022 | KUK | Epee | 2nd | Radhika | Yearly | Individual | More Than 04 | 10 | |
| 3 | Inter College | Women | 01/12/2022 | KUK | Epee | 3rd | Arzoo | Yearly | Individual | More Than 04 | 5 | |
| 4 | Inter College | Women | 01/12/2022 | KUK | Foil | 2nd | Aarzoo | Yearly | Individual | More Than 04 | 10 | |
| 5 | Inter College | Women | 01/12/2022 | KUK | Foil | 3rd | Soloni | Yearly | Individual | More Than 04 | 5 | |
| 6 | Inter College | Women | 01/12/2022 | KUK | Sabre | 3rd | Priya | Yearly | Individual | More Than 04 | 5 | |
| 7 | Inter College | Women | 01/12/2022 | KUK | Sabre | 3rd | Khushi Radhika Fiza Khan Priya | Yearly | Team | More Than 04 | 10 | |
| Total | | | | | | | | | | | 60 | |



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