



Estd. 1938

# S. A. JAIN (PG) COLLEGE

(Minority Institution)

Affiliated to Kurukshetra University, Kurukshetra

NAAC ACCREDITED COLLEGE WITH 'A' GRADE  
COLLEGE WITH POTENTIAL FOR EXCELLENCE

Ambala City - 134 003 (Haryana)

Ref. No. ....701.....

Date : 07/7/23.....

The Director,  
Sports Department  
Kurukshetra University,  
Kurukshetra

**Subject :- KU Overall General Championship 2022-23.**

Sir,

Please find enclosed herewith the detail of marks as per criteria laid down by Kurukshetra University Sports Council for General Championship for 2022-23 alongwith all the required documents for each event for consideration.

Yours sincerely,

  
Principal

Encl:-as above

Claim of Marks for each event in connection with the Kurukshetra University General Championship 2022-23 (Women)  
Inter College/All India/North Zone/Khelo

<b>S.No.</b>	<b>Sports Discipline</b>	<b>Marks</b>
1.	Volley ball	25
2.	Gymnastics	90
3.	Softball	25
4.	Karate	30
5.	Kho-Kho	25
6.	Boxing	90
7.	Wrestling	45
8.	Wushu	20
9.	Taekwondo	37.5
10.	Weightlifting	05
11.	Kabaddi	100
12.	Athletics	80
13.	Handball	75
14.	Cycling (Track)	90
15.	Badminton	15
	<b>Total</b>	<b>752.5</b>

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Taekwondo

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	women			Taekwondo	2 Gold & 1 Silver (Mix)	Mansi	Year 2022-23			15 15 7.5	
										total	37.5	

Dated :- 26.06.2023

Signature

Name of the Principal  
Name of the College  
Telephone No.

Dr. (Mrs.) Abha Bansal  
S.A. Jain (PG) College, Ambala City  
0171-2518269

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Cycling (Track)

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter College	women			Cycling	1 <sup>st</sup> (Indiv. Pursuit 2 <sup>nd</sup> (500mt Indiv. Time trail) 3 <sup>rd</sup> (500mt Indiv. Time	Anshu  Anshu  Anju	Year 2022-23	Indiv.	15  10  05		

					trail							
					Gold (Team Pursuit)	Anshu,Anju, Manisha,Kanchan			Team	30		
					Gold (Team Spirit)	Anshu,Anju, Manisha,			Team	30		
									Total	90		

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Badminton

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Rem
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter College	women			Badminton	3 <sup>rd</sup>		Year 2022 -23	Team		15	

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Dated :- 26.06.2023

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Volleyball

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	Women			Volleyball	3 <sup>rd</sup> Team		Year 2022-23	Team		25	

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0171-25182691

Dated :- 26.06.2023

**Proforma for Self-Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men & Women Sections).**

Name of the College : S.A. Jain (PG) College, Ambala City

Sports Discipline : Gymnastics

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	Inter college	Women			Gymnastics	2 <sup>nd</sup> Hoop 1 <sup>st</sup> Ball 2 <sup>nd</sup> Ribbon 1 <sup>st</sup> Club 2 <sup>nd</sup> All round 2 <sup>nd</sup>	Hanika	Year 2022-23	Indiv Indiv Indiv Indiv Indiv Team	10 15 15 10 15 10 30	12 90	13
										Total	90	

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Softball

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	women			Softball	3 <sup>rd</sup>		Year 2022-23	Team		25	

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**Proforma for Self-Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men & Women Sections).**


Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Karate

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter College	Women			Karate	1 <sup>st</sup> 3 <sup>rd</sup>	Kajal Nikita	2022-23	Indiv. Team		15 05 10	
							Nikita, Kajal, Aditi, Kashish			<b>Total</b>	<b>30</b>	

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**Proforma for Self-Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men & Women Sections).**

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Kho-Kho

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	women			Kho-Kho	3 <sup>rd</sup>		Year 2022-23	Team		25	

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4


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**Proforma for Self-Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men & Women Sections).**

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Boxing

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	women			Boxing	1 <sup>st</sup>	Manpreet Rani	Year 2022-23	Indiv.		15	
2	All India	Women			Boxing	2 <sup>nd</sup>	Manpreet	2022-23	Indiv.		40	
3	Khelo India	Women			Boxing	3 <sup>rd</sup>	Manpreet	2022-23	Indiv.		20	
										<b>Total</b>	90	

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**Proforma for Self-Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men & Women Sections).**

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Wrestling

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	women			Wrestling	1 <sup>st</sup>	Nisha	Year 2022-23			15	
						1 <sup>st</sup>	Luxmi				15	
						1 <sup>st</sup>	Meenakshi				15	
										<b>Total</b>	<b>45</b>	

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Wushu

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter college	women			Wushu	2 <sup>nd</sup> 2 <sup>nd</sup>	Pushpa Mehak	Year 2022-23	Indiv. Indiv.		10 10	
										Total	20	

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

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Weightlifting

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter College	women			Weightlifting	3 <sup>rd</sup> (76kg)	Tannu	Year 2022-23	Indiv.		05	

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Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Kabaddi

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	All India Inter Univ.	women			Kabaddi	1st	Raj Rani Ritu	Year 2022-23	Team		50	
2	Khelo India	women			Kabaddi	1 <sup>st</sup>	Raj Rani Ritu	Year 2022-23	Team		50	
										Total	100	

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**Name of the College : S.A. Jain (PG) College, Ambala City**

**Sports Discipline : Athletics**

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly/	Whether Individual	Number of teams that participated in Inter	Marks	Ren
1	2	3	4	5	6	7	8 v bb	9	10	11	12	13
1	Inter College	women			Athletics	2 Gold (100mt Hurdle & High Jump 3 <sup>rd</sup> (4x 100mt Hurdle)	Kamaljeet Mehak, Kamaljeet, Priyanka, Meenu	Year 2022-23			30	
2	Khelo India	Wome			Athletics	Silver(Hepta)	Kamaljeet	2022-23			40	
										Total	80	

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**Proforma for Self-Computation of Marks for Award of Kurukshetra University Overall General Championships of Games & Sports (Men & Women Sections).**

Name of the College : S.A. Jain (PG) College, Ambala City  
Sports Discipline : Handball

Sr.no	Name of the Competition	Men/women	From to	Venue of competition	Event	Position	Name of the participants	Periodicity of the Comt. i.e yearly//	Whether Individual	Number of teams that participated in Inter	Marks	Remarks
1	2	3	4	5	6	7	8	9	10	11	12	13
1	Inter College	women			Handball	1 <sup>st</sup>		Year 2022-23	Team		75	

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