

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/2024-25/995

Dated: 06-06-2025

To

Director of Sports
Kurukshetra University,
Kurukshetra.

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 2024 to 31st March 2025

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 2024 to 31st March 2025.
4. Certified that documents attached with application from Page No: 01 (One) to Page No.: 14 (Fourteen) are attached to be true copy of the original documents.

[Handwritten Signature]

Principal


Guru Nanak Khalsa College
Yamuna Nagar (Haryana)



INDEX (Women)			
Sr. No.	Name of Game	Total Marks	Page No.
1	FENCING EPEE, SABRE, FOIL	100	1/13
2	TAEKWONDO	10	2/13
3	BASKETBALL	225	3/13
4	LAWN TENNIS	30	4/13
5	HOCKEY	50	5/13
6	ATHLETICS	25	6/13
7	BOXING	15	7/13
8	WRESTLING	5	8/13
9	BADMINTON	45	9/13
10	WEIGHT LIFTING	110	10/13
11	CRICKET	25	11/13
12	SOFTBALL	25	12/13
13	ARCHERY	15	13/13
14	PENCAK SILAT	135	14/14
	Grand Total	815	



Dated : 06-06-2025


 Signature _____
 Name of Principal : Dr. Pratima Sharma
 Guru Nanak Khalsa College, Yamuna Nagar (Haryana)
 Email Id : Khalsawins@gmail.com

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

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 comp. 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	24-10-2024 to 25- 10-2024	KUK	Epee	1st	-	Yearly	Team Event	More Than 04	30	
2	Inter College	Women	24-10-2024 to 25- 10-2024	KUK	Epee	3rd	Yshika	Yearly	Individual	More Than 04	5	
3	Inter College	Women	24-10-2024 to 25- 10-2024	KUK	Foil	1st	-	Yearly	Team Event	More Than 04	30	
4	Inter College	Women	24-10-2024 to 25- 10-2024	KUK	Foil	2nd	Aarzoo	Yearly	Individual	More Than 04	10	
5	Inter College	Women	24-10-2024 to 25- 10-2024	KUK	Sabre	3rd	-	Yearly	Team Event	More Than 04	10	
6	Inter College	Women	24-10-2024 to 25- 10-2024	KUK	Sabre	1st	Fiza	Yearly	Individual	More Than 04	15	
Total											100	



Dated : 06-06-2025

Signature _____ Principal
 Name of Principal: Dr. Pratima Sharma
 Guru Nanak Khalsa College, Yamuna Nagar
 Email Id : Khalsawins@gmail.com

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

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

Sports Discipline:- Taikwando

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the comp. 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 Any	Remarks if
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Women	25-10-2024 to 26- 10-2024	KUK	Taikwan do	2nd	Rajeshwari	Yearly	Individual	More Than 04	10	
Total											10	

Dated : 06-06-2025



Signature _____ Principal
Name of Principal: Dr. Pratima Sharma
Guru Nanak Khalsa College, Yamuna Nagar
Email Id : Khalsawins@gmail.com

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

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 comp. 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 college 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	27-10-2024 to 29-10-2024	KUK	Basketball	1st	-	Yearly	Team	More Than 04	75	
2	North Zone	Women	01-03-2025 to 08-03-2025	KUK	Basketball	1st	ANJALI KARISHMA MEENA KIRTI NAIN SWATI SWEETY MANDLOI VIDHI	Yearly	Team	More Than 04	150	
Total											225	

Dated : 06-06-2025



Signature
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Principal

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

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 compst. 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	04-10-2024	KUK	Lawn Tennis	2nd	-	Yearly	Team Event	More Than 04	30	
Total											30	

Dated : 06-06-2025



Signature _____
 Name of Principal : Dr. Pratima Sharma
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Principal

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

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 comp. 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 college 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	04-11-2024 to 05-11-2024	KUK	Hockey	2nd	-	Yearly	Team Event	More Than 04	50	
Total											50	

Dated : 06-06-2025



Signature _____ Principal
 Name of Principal : Dr. Pratima Sharma
 Guru Nanak Khalsa College, Yamuna Nagar
 Email id : Khalsawins@gmail.com

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

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 comp. 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 college level	Marks/ Self Computation by contesting	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Women	05-11-2024 to 08-11-2024	KUK	800 Mtr.	3rd	Purna	Yearly	Individual	More Than 04	5	
2	Inter College	Women	05-11-2024 to 08-11-2024	KUK	10000 Mtr.	3rd	Sanjna	Yearly	Individual	More Than 04	5	
3	Inter College	Women	05-11-2024 to 08-11-2024	KUK	Discuss Throw	3rd	Komal	Yearly	Individual	More Than 04	5	
4	Inter College	Women	05-11-2024 to 08-11-2024	KUK	5000 Mtr.	2nd	Purna	Yearly	Individual	More Than 04	10	
Total											25	

Dated : 06-06-2025



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Principal

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

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 comp. 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 college level	Marks Self Computation by Any contesting college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Women	18-11-2024 to 20-11-2024	KUK	Boxing	3rd	Mansi	Yearly	Individual	More Than 04	5	
2	Inter College	Women	18-11-2024 to 20-11-2024	KUK	Boxing	3rd	Meena	Yearly	Individual	More Than 04	5	
3	Inter College	Women	18-11-2024 to 20-11-2024	KUK	Boxing	3rd	Divya	Yearly	Individual	More Than 04	5	
Total											15	

Dated : 06-06-2025



Signature
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Principal

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

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 comp.: 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	18-11-2024 to 20-11-2024	KUK	Wrestling	3rd	Chesta	Yearly	Individual	More Than 04	5	
Total											5	

Dated : 06-06-2025



Signature _____
Principal
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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: 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 comp. 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 college level	Marks Self Computation by contesting	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Women	13-11-2024 to 20-15-2024	KUK	Badminton	1st	-	Yearly	Team Event	More Than 04	45	
Total											45	

Dated : 06-06-2025



Signature _____
Principal
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[Handwritten Signature]

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

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 comp. 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	02-12-2024 to 03-12-2024	KUK	Weight Lifting	1st	Muskan	Yearly	Individual	More Than 04	15	
2	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	1st	Diya	Yearly	Individual	More Than 04	15	
3	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	1st	Rita	Yearly	Individual	More Than 04	15	
4	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	1st	Tamana	Yearly	Individual	More Than 04	15	
5	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	1st	Muskan Singh	Yearly	Individual	More Than 04	15	
6	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	2nd	Ujala	Yearly	Individual	More Than 04	10	
7	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	2nd	Manvi	Yearly	Individual	More Than 04	10	
8	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Weight Lifting	2nd	Mansi	Yearly	Individual	More Than 04	10	
9	North Zone	Women	20.01.2025 to 21.01.2025	Lovely Professional University, Phagwara	Weight Lifting	3rd	Manvi	Yearly	Individual	More Than 04	5	
Total											110	

Dated : 06-06-2025



Signature _____
Principal
Name of Principal : Dr. Pratima Sharma
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Email Id : Khalsawins@gmail.com

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

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 college level	Marks/ Self Computation by	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	Inter College	Women	02-12-2024 to 03-12-2024	KUK	Cricket	3rd	-	Yearly	Team Event	More Than 04	25	
Total											25	

Dated : 06-06-2025



Signature _____ Principal
 Name of Principal: Dr. Pratima Sharma
 Guru Nanak Khalsa College, Yamuna Nagar
 Email id : Khalsawins@gmail.com

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

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 comp. 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 college 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		KUK	Softball	3rd		Yearly	Team Event	More Than 04	25	
Total											25	

Dated : 06-06-2025



Signature _____ **Principal**
 Name of Principal: Dr. Pratima Sharma
 Guru Nanak Khalsa College, Yamuna Nagar
 Email Id : Khalsawins@gmail.com

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

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 comp. 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		KUK	Archery Compo und	1ST	Komal	Yearly	Individual	More Than 04	15	
Total											15	

Dated : 06-06-2025



Signature _____ Principal
 Name of Principal: Dr. Pratima Sharma
 Guru Nanak Khalsa College, Yamuna Nagar
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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:- GURU NANAK KHALSA COLLEGE YAMUNA NAGAR

Sports Discipline:- Pencak silat

Sr NO.	Name of the Championship	Men/ Women	From To	Venue of Competition	Event	Position	Name of the Participants	Periodicity of the comp. 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 college level	Marks/ Self Computation by contesting Zonal University college)	Remarks if Any
(1)	(2)	(3)	(4)	(5)	(6)	(7)	(8)	(9)	(10)	(11)	(12)	(13)
1	20th World Championship	Women	22-12-2024	Abudhabi	Pencak Silat Regu	3rd	Kamlesh	Yearly	Individual	More Than 04	135	
Total											135	

Dated : 06-06-2025



Signature
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Principal