

Government College for Girls, Ludhiana

(NAAC Accredited 'A' Grade)



CRITERION - V

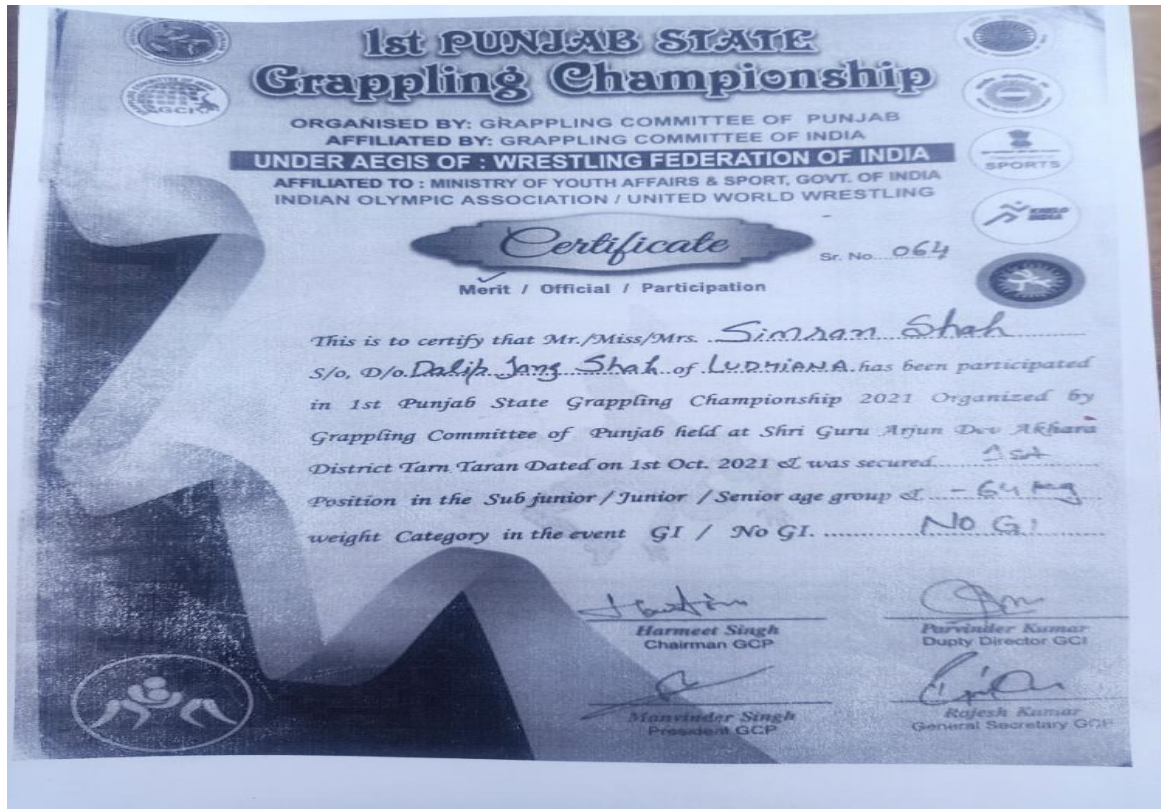
METRIC NO. 5.3.1

Sports / Cultural Awards (State / National Level)

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2021-22



Panjab University Inter College Sports Competition



This is to certify that Shruti Semwal

S/o/D/o S/r Manmohan Semwal and Smt. Sangeeta Semwal

University Regd. No. 15019000482 student of Govt College for Girls, Ludhiana

secured Third position in Chess

competition held on 26-27 Nov 2021 for the session 2021-22

Total No. of Teams/Individuals Participated Ten

CHANDIGARH
Date 03.03.2022

Dy. Director Phy. Edu.-cum-Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum-Secretary
Panjab University Sports Committee,
Chandigarh

INDIAN POWERLIFTING FEDERATION

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
&
Indian Olympic Association



Certificate of Honour

This is to certify that Sri/Ms. DIKSHA SHARMA
of PUNJAB has secured 1st Place
in the 76.00 Kg. weight class at the

U.F. SUB JR. National Powerlifting Championships
held at HYDERABAD during 17.11.21 to 20.11.2021

★ NATIONAL RECORD ★

Body Weight 72.00 Kg.
KILOGRAMS LIFTED
Squat 77.5 Kg.
Bench Press 37.5 Kg.
Dead Lift 90.0 Kg.
Total 205.0 Kg.
Date of Birth

PRESIDENT
(I.P.F.)

HON'Y GENL. SECRETARY
(I.P.F.)

Panjab University Inter College Sports Competition



This is to certify that Karishma Rani
 S/o/D/o Shri Dhani Ram and Smt. Begbati
 University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana
 secured second position in Kho-Kho
 competition held on 26-27 Nov 2021 for the session 2021-22
 Total No. of Teams/Individuals Participated Fourteen

CHANDIGARH
 Date: 01.03.2022

Dy. Director Phy. Edu. cum Dy. Secretary
 Panjab University Sports Committee,
 Chandigarh

Director Phy. Edu. & Sports cum Secretary
 Panjab University Sports Committee,
 Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Bharti
 S/o/D/o Shri Shivnandan Goyal and Smt. Anju Bala
 University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana
 secured Third position in Chess
 competition held on 26-27 Nov 2021 for the session 2021-22
 Total No. of Teams/Individuals Participated Ten

CHANDIGARH
 Date: 03.03.2022

Dy. Director Phy. Edu. cum Dy. Secretary
 Panjab University Sports Committee,
 Chandigarh

Director Phy. Edu. & Sports cum Secretary
 Panjab University Sports Committee,
 Chandigarh

Sr No 1382

Panjab University Inter College Sports Competition

This is to certify that Sarabjit KaurS/o/D/o Shri Satnam Singh and Smt. Kuldeep KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022Dr. [Signature]
Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh[Signature]
Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Sr No 1384

Panjab University Inter College Sports Competition

This is to certify that Arvinder KaurS/o/D/o Shri Gurpreet Singh and Smt. Jaspreet KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022Dr. [Signature]
Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh[Signature]
Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Sr No 1387

Panjab University Inter College Sports Competition

This is to certify that Vanshika EhagatS/o/D/o Shri Joginder Kumar and Smt. Sonia RaniUniversity Regd. No. 15020000567 student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Sr No 1386

Panjab University Inter College Sports Competition

This is to certify that Prabhjot KaurS/o/D/o Shri Jagdev Singh and Smt. Jaskirandeep KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that AnjaliS/o/D/o Shri Dhani Ram and Smt. VegvatiUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022

 Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

 Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that MonuS/o/D/o Shri Sahi Ram and Smt. Veena DeviUniversity Regd. No. 31520000067 student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022

 Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

 Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that Harmanjot KaurS/o/D/o Shri Jasvir Singh and Smt. Sukhwinder KaurUniversity Regd. No. 15019000146 student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that Arshdeep KaurS/o/D/o Shri Chamkor Singh and Smt. Harpal KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured second position in Kho-Khocompetition held on 26-27 Nov 2021 for the session 2021-22Total No. of Teams/Individuals Participated FourteenCHANDIGARH
Date: 01.03.2022Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

30 Nov. 2021

Sr No. 1882

Punjab University Inter College Sports Competition



This is to certify that Kavishka Dhir
S/o/D/o Shri Jagmohan Dhir and Smt. Neshtu Dhir
University Regd. No. _____ student of Govt. College for Girls, Ludhiana
secured First position in Basketball
competition held on 30 Nov to 02 Dec 2021 for the session 2021-22
Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date 03.01.2022

Dy. Director of Phy. Edu.
P.U., Chandigarh

Rashant Kumar
Director Phy. Edu. & Sports-cum-Secretary,
Punjab University Sports Committee, Chandigarh

Punjab University Inter College Sports Competition



This is to certify that Rupali
S/o/D/o Shri Nareesh Kumar and Smt. Sevika Ran
University Regd. No. 15020000426 student of Govt. College for Girls, Ludhiana
secured First position in Basketball
competition held on 30 Nov to 02 Dec 2021 for the session 2021-22
Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date 03.01.2022

Dy. Director of Phy. Edu.
P.U., Chandigarh

Rashant Kumar
Director Phy. Edu. & Sports-cum-Secretary,
Punjab University Sports Committee, Chandigarh

Sr. No. 1883

Punjab University Inter College Sports Competition



This is to certify that Manjat Kaur
S/o/D/o Shri Sukhdev Singh and Smt. Sukhpreet Kaur
University Regd. No. — student of Govt College for Girls, Ludhiana
secured First position in Basketball
competition held on 30 Nov. to 02 Dec. 2021 for the session 2021-22
Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date 03/01/2022

Dy. Director of Phy. Edu.
P.U., Chandigarh

Prashant Rautam
Director Phy. Edu. & Sports-cum-Secretary,
Punjab University Sports Committee, Chandigarh

Sr. No. 1880

Punjab University Inter College Sports Competition



This is to certify that Manmeet Kaur
S/o/D/o Shri Ravinder Singh and Smt. Manvinder Kaur
University Regd. No. — student of Govt College for Girls, Ludhiana
secured First position in Basketball
competition held on 30 Nov. to 02 Dec. 2021 for the session 2021-22
Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date 03.01.2022

Dy. Director of Phy. Edu.
P.U., Chandigarh

Prashant Rautam
Director Phy. Edu. & Sports-cum-Secretary,
Punjab University Sports Committee, Chandigarh

1874

Sr. No.

Punjab University Inter College Sports Competition



This is to certify that Pravika Dhir
 S/o/D/o Shri Jagmohan Dhir and Smt. Neetu Dhir
 University Regd. No. 15080000059 student of Govt. College for Girls, Ludhiana
 secured First position in Basketball
 competition held on 30 Nov to 02 Dec 2021 for the session 2021-22
 Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date 03.01.2022

Dy. Director of Phy. Edu.
 P.U., Chandigarh

Bashant Kaur
 Director Phy. Edu. & Sports-cum-Secretary,
 Punjab University Sports Committee, Chandigarh

REDMI NOTE 5 PRO
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Sr. No. 1880

Punjab University Inter College Sports Competition



This is to certify that Mammet Kaur
 S/o/D/o Shri Ravinder Singh and Smt. Mamvinder Kaur
 University Regd. No. student of Govt. College for Girls, Ludhiana
 secured First position in Basketball
 competition held on 30 Nov to 02 Dec 2021 for the session 2021-22
 Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date 03.01.2022

Dy. Director of Phy. Edu.
 P.U., Chandigarh

Bashant Kaur
 Director Phy. Edu. & Sports-cum-Secretary,
 Punjab University Sports Committee, Chandigarh

Panjab University Inter College Sports Competition

This is to certify that PoojaS/o/D/o Shri Raj Kumar and Smt. Shashi BalaUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured Third position in Boxing (63 Kg)competition held on 04-05 Dec 2021 for the session 2021-22Total No. of Teams/Individuals Participated TenCHANDIGARH
Date: 03.03.2022

 Dr. Director of P. Edu. cum Secy.
Panjab University Sports Committee,
Chandigarh

 Director P. Edu. & Sports cum Secy.
Panjab University Sports Committee,
Chandigarh

(Duplicate)

Panjab University Inter College Sports Competition

This is to certify that Simran ShahS/o/D/o Shri Dalip Jang Shah and Smt. Usha ShahUniversity Regd. No. _____ student of GCG Ludhianasecured Third position in Wrestling Free Style (57Kg)competition held on 5-12-21 to 7-12-21 for the session 2021-22Total No. of Teams/Individuals Participated Eight

CHANDIGARH

 Dr. Director of P. Edu.
P.U., Chandigarh

 Director P. Edu. & Sports cum Secy.
Panjab University Sports Committee, Chandigarh

Sr. No. 2370

11/12/21

Punjab University Inter College Sports Competition



This is to certify that Muskan Massi
S/o/D/o Shri Kuldeep Massi and Smt. Suman
University Regd. No. 15619000304 student of G.C.G. Ludhiana
secured Third position in Weight lifting (64 kg)
competition held on 11/12/21 for the session 2021-22
Total No. of Teams/Individuals Participated Eight

CHANDIGARH

Date 11/12/21

100
Dy. Director of Phy. Edu. & Sports
P.U. Chandigarh

Director Phy. Edu. & Sports-cum-Secretary,
Panjab University Sports Committee, Chandigarh

Sr. No. 2310

Punjab University Inter College Sports Competition



This is to certify that Liksha Sharma
S/o/D/o Shri Joginder Nath and Smt. Sushil Rani
University Regd. No. 15619000304 student of G.C.G. Ludhiana
secured Second position in Weight lifting (76 kg)
competition held on 11/12/21 for the session 2021-22
Total No. of Teams/Individuals Participated Seven

CHANDIGARH

Date

100
Dy. Director of Phy. Edu. & Sports
P.U. Chandigarh

Prashant Kumar
Director Phy. Edu. & Sports-cum-Secretary,
Panjab University Sports Committee, Chandigarh

Punjab University Inter College Sports Competition



This is to certify that Manjot Kaur
 S/o/D/o Shri Gurmeet Singh and Smt. Harinder Kaur
 University Regd. No. 15819000269 student of G.C.G. Ludhiana
 secured Third position in Weight lifting (55kg)
 competition held on 11/12/21 for the session 2021-22
 Total No. of Teams/Individuals Participated Eight

CHANDIGARH

Date 25/12/21

100
 Dy. Director of Phy. Edu.
 P.U. Chandigarh

Director Phy. Edu. & Sports-cum-Secretary,
 Punjab University Sports Committee, Chandigarh

Punjab University Inter College Sports Competition



This is to certify that Simranpreet Kaur
 S/o/D/o Shri Jagpal Singh and Smt. Sarbjit Kaur
 University Regd. No. 15819000269 student of G.C.G. Ludhiana
 secured First position in Weight lifting (47kg)
 competition held on 11/12/21 for the session 2021-22
 Total No. of Teams/Individuals Participated Eight

CHANDIGARH

Date 25/12/21

100
 Dy. Director of Phy. Edu.
 P.U. Chandigarh

Director Phy. Edu. & Sports-cum-Secretary,
 Punjab University Sports Committee, Chandigarh

26.17 Dec.
2021

Sr.No 410

Panjab University Inter College Sports Competition



This is to certify that Jassica

S/o/D/o Shri Subhash Chandra Daabi and Smt. Santosh Daabi

University Regd. No. 15019000703 student of Govt College for Girls, Ludhiana

secured Third position in Karate (61 Kg)

competition held on 26-27 Dec 2021 for the session 2021-22

Total No. of Teams/Individuals Participated Ten

CHANDIGARH
Date: 03.03.2022

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

WPC INDIA AFFILIATED WITH WORLD POWERLIFTING CONGRESS



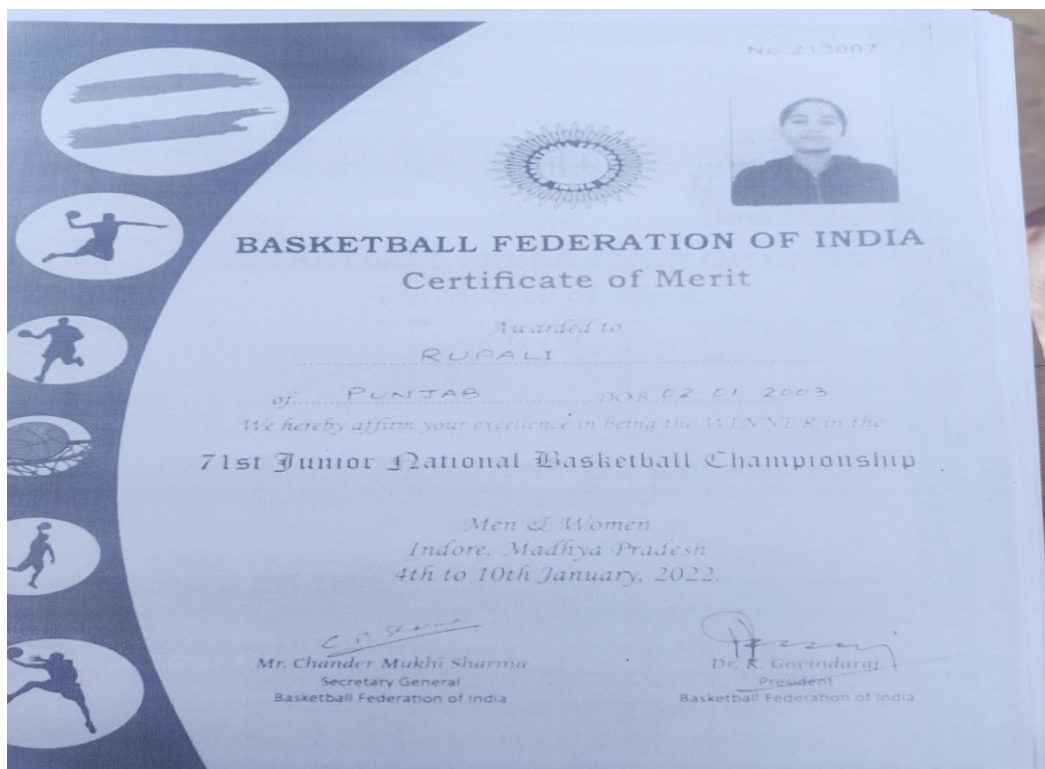
Certificate of Honour

This is to certify that DIKSHA SHARMA (T10-M)
of _____ has scored FIRST
place in weight category 75 kg at the
National (7/8-19) Powerlifting Championship
held on 08-01-2022

Weight Lifted in kg

Squat	<u>85</u>
Benchpress	<u>37.5</u>
Deadlift	<u>100</u>
Total	<u>222.5</u>

**PRESIDENT
(WPC INDIA)**



Panjab University Inter College Sports Competition

This is to certify that PrernaS/o/D/o Shri Bhupal Singh and Smt. Geeta DeviUniversity Regd. No. 3200003907 student of Govt College for Girls, Ludhianasecured Second position in Handballcompetition held on 06-07 Mar 2022 for the session 2021-22Total No. of Teams/Individuals Participated EightCHANDIGARH
Date: 02.03.2022Dy. Director Phy. Edu.-cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that RitikaS/o/D/o Shri Surender Mohan and Smt. NehaUniversity Regd. No. 15021000445 student of Govt College for Girls, Ludhianasecured Second position in Handballcompetition held on 06-07 Mar 2022 for the session 2021-22Total No. of Teams/Individuals Participated EightCHANDIGARH
Date: 02.03.2022Dy. Director Phy. Edu.-cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that Simarjot KaurS/o/D/o Shri Khushkismat Singh and Smt. Manjit KaurUniversity Regd. No. 15021000498 student of Govt College for Girls, Ludhianasecured Second position in Handballcompetition held on 06-07 Mar 2022 for the session 2021-22Total No. of Teams/Individuals Participated EightCHANDIGARH
Date: 02.03.2022Dy. Director Phy. Edu. - cum Dy. Secretary
Panjab University Sports Committee,
ChandigarhDirector Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh



June 2022

2nd YSPA NATIONAL CHAMPIONSHIP - 2022-23
 Organised By : Youth & Sports Promotion Association of India
 Hosted By : YOUTH & SPORTS PROMOTION ASSOCIATION OF INDIA
 REGD. UNDER : INDIAN GOVT. ACT 54X OF 1950 NO. PB-IND-175 OF 2021-22
 APPROVED BY : INTERNATIONAL STANDARDS ORGANIZATION ISO
 MINISTRY OF MICRO, SMALL & MEDIUM ENTERPRISES (MSME)
 GOVERNMENT OF INDIA

FIT INDIA **KHELO INDIA** **ISO**

Certificate
 Of Merit ☒ Participation ☐

S.No.: YSPA / IND / 829

This is to certify that HARSHIKA
 S/o. D/o. PANKAJ MANOCHAD D.B. 14-12-2003 Represented by State PUNJAB
 has participation as Player in the 2nd YSPA National Championship 2022-23
 & Secured GOLD ☐ SILVER ☐ BRONZE ☒ in Game KABADDI
 Event U-17 Performance V- Good Weight U-10 Category in the below U-10 U-12 U-14
 U-17 U-19 Above 19 Yrs. age groups held on 2nd YSPA National Championship 2022-23
 from 5th June 2022 to 8th June 2022 at MATHURA (U.P.)

Online Verification 


SANTOSH KUMAR
 CEO
 Youth & Sports Promotion
 Association of India



SANDEEP SINGH
 President
 Youth & Sports Promotion
 Association of India


P.R. NAGARAJ
 Vice President
 Youth & Sports Promotion
 Association of India


KARAMJEET SINGH
 Gen. Secretary
 Youth & Sports Promotion
 Association of India

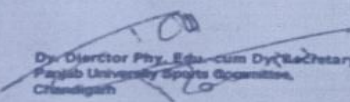
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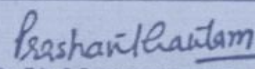
Panjab University Inter College Sports Competition



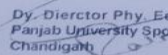
This is to certify that Manjot Kaur
 S/o/D/o Shri Sukhdev Singh and Smt. Sukhpreet Kaur
 University Regd. No. 15021000289 student of Govt College for Girls, Ludhiana
 secured Second position in Handball
 competition held on 06-07 Mar 2022 for the session 2021-22
 Total No. of Teams/Individuals Participated Eight

CHANDIGARH
 Date: 02.03.2022


 Dr. Director Phy. Edu. cum Dy. Secretary
 Panjab University Sports Committee,
 Chandigarh

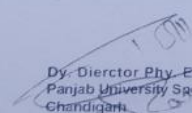

 Director Phy. Edu. & Sports-cum Secretary
 Panjab University Sports Committee,
 Chandigarh

Panjab University Inter College Sports Competition

This is to certify that Bhavika BasandraiS/o/D/o Shri Rajesh Basandrai and Smt. Renu BasandraiUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured Second position in Cycling Track (Sprint)competition held on 3/16/2022 for the session 2021-22Total No. of Teams/Individuals Participated FourCHANDIGARH
Date: 01.04.2022

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh


Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

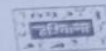
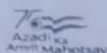
This is to certify that Bhavika BasandraiS/o/D/o Shri Rajesh Basandrai and Smt. Renu BasandraiUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured First position in Cycling Track (Time Trial)competition held on 3/16/2022 for the session 2021-22Total No. of Teams/Individuals Participated FourCHANDIGARH
Date: 01.04.2022

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh


Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that Bhavika BasandraiS/o/D/o Shri Rajesh Basandrai and Smt. Renu BasandraiUniversity Regd. No. xxxxxxx student of Govt College for Girls, Ludhianasecured Third position in Cycling Road (Road Race)competition held on 3/14/2022 for the session 2021-22Total No. of Teams/Individuals Participated FourCHANDIGARH
Date: 01.04.2022

 Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

 Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh


KIYG 2021/W/A/1318

CERTIFICATE
OF MERITThis is to certify that Mr. / Ms. RUPALI
represented PUNJAB teamwhich has secured the FIRST position in BASKETBALL
in TEAM EVENTUNDER 18 GIRLS in the Khelo India Youth Games 2021
held at Panchkula in Haryana from 4th June to 13th June 2022

 Ms. Amar Jyoti
Chairperson, Games
Technical Conduct Committee,
Khelo India Youth Games 2021

 Dr. Mahavir Singh
IAS, Additional Chief Secretary to
Government, Haryana, Department of Sports
& Youth Affairs cum CEO, KIYG-2021.






Panjab University Inter College Sports Competition



This is to certify that Ishmeet
 S/o/D/o Shri Manoj Kumar and Smt. Kulwinder Kaur
 University Regd. No. _____ student of G.C.G. Ludhiana
 secured Third position in Weight lifting (59kg)
 competition held on 11/12/21 for the session 2021-22
 Total No. of Teams/Individuals Participated Eight

CHANDIGARH

Date 25/12/21

Dy. Director of Phy. Edu.
 P.U., Chandigarh

Prashant Kaur
 Director Phy. Edu. & Sports-cum-Secretary,
 Panjab University Sports Committee, Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Sahiya Khan
 S/o/D/o Shri Shafiq Khan and Smt. Tamanna Parveen
 University Regd. No. 15021000790 student of Govt College for Girls, Ludhiana
 secured Third position in Sepaktakraw (Quadrant)
 competition held on 28-29 Dec 2021 for the session 2021-22
 Total No. of Teams/Individuals Participated Eight

CHANDIGARH

Date: 03.03.2022

Dy. Director Phy. Edu. cum Dy. Secretary
 Panjab University Sports Committee,
 Chandigarh

Prashant Kaur
 Director Phy. Edu. & Sports-cum-Secretary
 Panjab University Sports Committee,
 Chandigarh

Association of Indian Universities

AIU HOUSE, 16 COMRADE INDRAJIT GUPTA MARG (KOTLA MARG), NEW DELHI 110002



CERTIFICATE OF MERIT

AD N° 020858

This is to certify that BHAVIKA BASANDRAI
 Mother's Name RENU BASANDRAI Father's Name RAJESH BASANDRAI
 represented PUNJAB University CHANDIGARH
 in the All India Inter-University CYCLING TRACK M/W Tournament
 held at PUNJABI LINI PATIALA from 6-12-2021 to 9-12-2021
 and Secured 3rd position.
 a) Time/Distance/Height 2:09:46.7
 (if applicable)
 b) Weight Category EVENT - TEAM SPRINT

Organising Secretary

Date 6-07-2022

Dr. Baljit Singh Sekhon
 Joint Secretary (YA & Sports)
 Association of Indian Universities
 AIU House, 16, Indrajit Gupta Marg
 New Delhi, 110002

Secretary General

Secretary General

Government of India

VOLLEYBALL FEDERATION OF INDIA



SOUVENIR



Date of Birth 15-01-2002

This is to certify that Sabiya Khan
 of Punjab State / Unit has participated as player
 in the 24th Youth National Volleyball Championship for Men and Women
 held at Islampur, Dist. Sangli, Maharashtra from 10-05-2022 to 15-05-2022.

Prof. (Dr) Achyuta Samanta
 President
 VOLLEYBALL FEDERATION OF INDIA

Chairman
 CONTROL COMMITTEE

Anil Choudhary
 Secretary General
 VOLLEYBALL FEDERATION OF INDIA

Panjab University Inter College Sports Competition

Sr.No 291



This is to certify that Meenakshi
S/o/D/o Shri Parmod Kumar and Smt. Rupinder Kaur
University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana
secured Third position in Chess
competition held on 26-27 Nov 2021 for the session 2021-22
Total No. of Teams/Individuals Participated Ten

CHANDIGARH
Date: 03.03.2022

Dy. Director Phy. Edu. cum Secy.
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh



SHOT ON MI 11X

INDIAN POWERLIFTING FEDERATION

Affiliated to : International Powerlifting League & Asian Powerlifting League
Registered to : Registrar of Societies Kolkata (West Bengal) | (Regd. Under Societies Act XXVI of 1961)
Admin office : 3-A/C Green Belt, Gandhi Nagar, Jammu-180004(J&K)
Email Id : rajan_kingsway@rediffmail.com | Ph.: 9419128283
Website : www.indianpowerliftingfederation.com

Participation / Merit Certificate

This is to certify that Mr/Mrs. Gehmeet of Punjab
has secured 1st unerequipped Place in the 67.5 Junior
Kg. weight class at the North India National Powerlifting Championship
held at Kapuerthala during 1 July to 4 July 2022

★ NATIONAL RECORD ★

Body Weight. 62.100 Kg.
KILOGRAMS LIFTED
Squat 70 Kg.
Bench Press 35 Kg.
Dead Lift 90 Kg.
Total 195 Kg.
Date of Birth 20-11-2022

Org. Secretary

Gen. Secretary
(I.P.F.)



GURU NANAK BHAI LALO RAMGARHIA COLLEGE FOR WOMEN

A Multi-faculty Govt. Aided College affiliated with GNDU, Amritsar

G.T. ROAD, PHAGWARA (PUNJAB)

Ref. No. GNBL/2021/132

CERTIFICATE OF EXCELLENCE

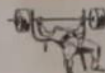
This certificate is awarded to

Harmeet Kaur

student of **B.Sc. Sem VI** from **Government College For Girls, Ludhiana** for his/her active participation during Inter-College Kavishari Gayan Competition to commemorate the 400 th Birth Anniversary of Shri Guru Teg Bahadur Ji organized by GNBL Ramgarhia College for Women, Phagwara (Kapurthala) on **2021-07-26** and bagged **Third** position.

Dr. Hargun Singh
Coordinator

Dr. Sonpreet Kaur
Principal



Punjab
Powerlifting Association

PUNJAB STATE POWERLIFTING CHAMPIONSHIP

SUB-JR./JUNIOR/SENIOR/MASTER

S. No. 1587

AFFILIATED TO :
INDIAN POWER LIFTING FEDERATION WHICH IS AFFILIATED
WITH INTERNATIONAL POWER LIFTING LEAGUE

RECOGNISED BY :
The Deptt. of Youth Affairs & Sports, Ministry of Human Resource Development Government of India
Recognised by : Indian Olympic Association

Name Ishmeet S/o, D/o Mangj. kumar

Institution/District Ludhiana Venue NADALA Date 5, 6 March 22

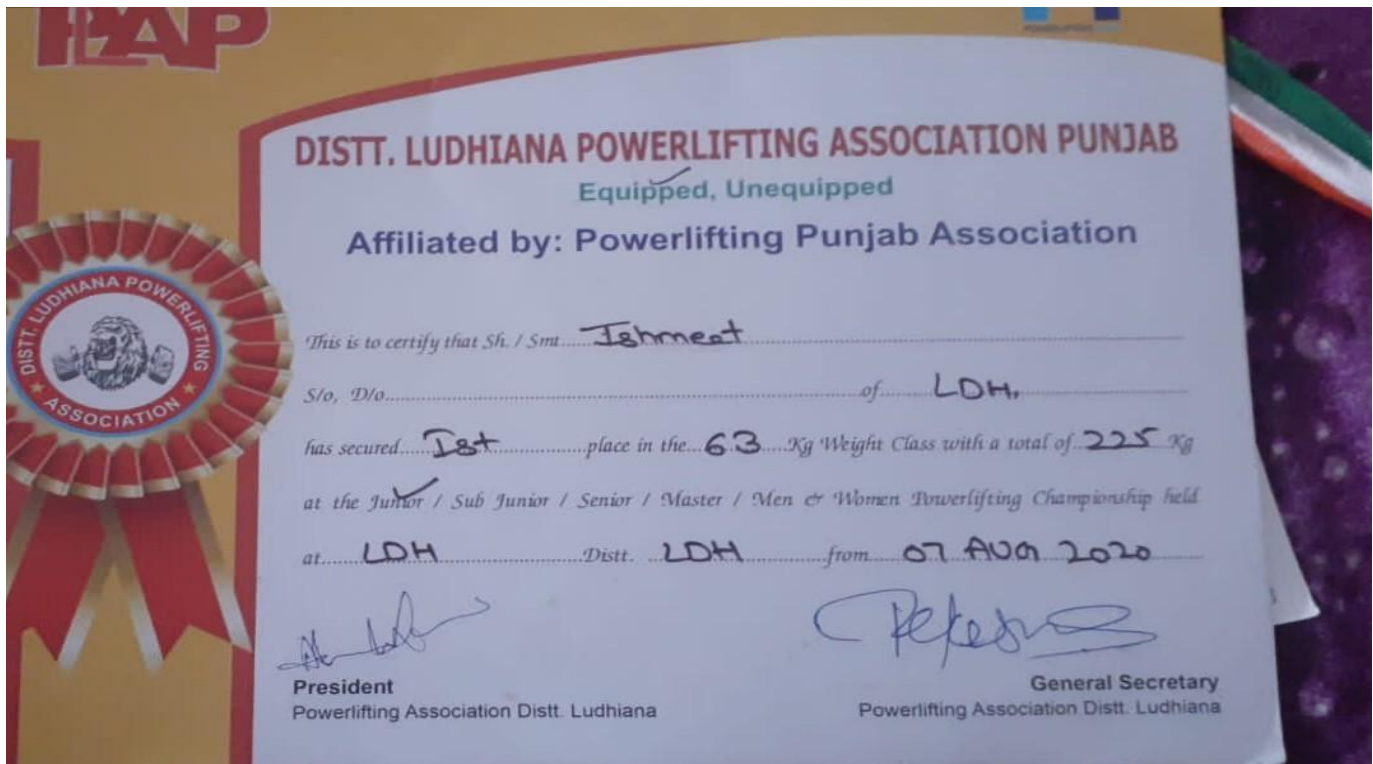
Weight Category 60 Place Second

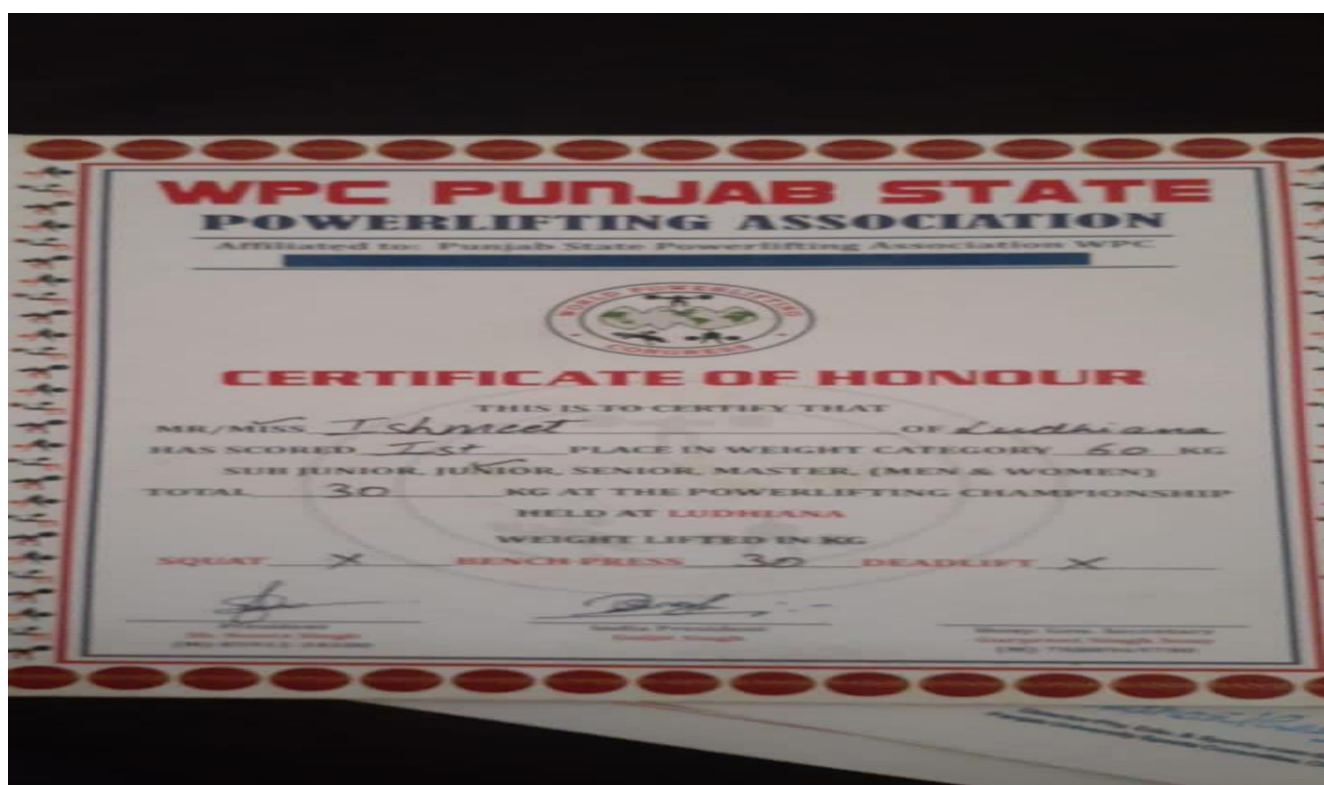
Weight Lifted

(Squat 70 Kg.) (Bench Press 30 Kg.) (Deadlift 85 Kg.)

Total Weight 185 Kg.

Chairman









Government of India
Ministry of Youth Affairs and Sports



75
Azadi Ka
Amrit Mahotsav



KIUG2021/P/A/816

CERTIFICATE OF PARTICIPATION

This is to certify that Mr./Ms. KANISHKA DHIR

Participated in the BASKETBALL (TEAM EVENT) at the

Khelo India University Games 2021, held in Bengaluru

from 24th April to 3rd May 2022

Chairperson
Games Technical Conduct Committee
Sports Authority of India

Secretary General
Association of Indian Universities

Commissioner
Department of Youth Empowerment and
Sports, Government of Karnataka.



**SRI AUROBINDO COLLEGE OF COMMERCE AND
MANAGEMENT**

Ref: SACCM/Sept/2021/ 256

Date: October 21, 2021

**SESQUICENTENARY CELEBRATIONS OF SRI AUROBINDO BIRTH
ANNIVERSARY**

Results for National Level Inter College Competitions

Poem Writing


Prize	College	Name of the Particiapnt
First	Arya College, Ludhiana	Harshita Malhotra
Second	Government College for Girls, Ludhiana	Manveer Kaur
Third	Government College for Girls, Ludhiana	RICHA DEM

Short Story

Prize	College	Name of the Particiapnt
First	Government College for Girls, Ludhiana	Ganya Kapoor
Second	Khalsa College For Women Sidhwan Khurd	Rovneet Kaur Hehar
Third	Government College for Girls, Ludhiana	Aditi Dabral

Elocution

Prize	College	Name of the Particiapnt
First	Government college for Girls Ludhiana	Shiny George
Second	Government college for Girls Ludhiana	Damanpreet Kaur Khanuja
Third	SCD Government College	Sourav Arora


Officialing Principal
Sri Aurobindo College Of Commerce
And Management, Ludhiana

Business Plan

Prize	College	Name of the Participant
First	Arya College Ludhiana	Lakshya Jain Ishan Mittal Bhrihu Raj Sharma
Second	Guru Nanak Khalsa College for women	Mehak Malhotra Taniya Saloni Aishna

Collage Making

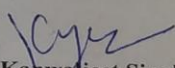
Prize	College	Name of the Participant
First	Guru Nanak Khalsa College For Women , Gujarkhan Campus , Model town , Ludhiana.	Drishti
Second	Gujranwala Guru Nanak Khalsa College	DILPREET SINGH
Third	Arya college ludhiana	Angadvir singh chawla

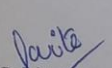
Cartooning

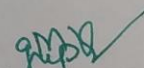
Prize	College	Name of the Participant
First	Guru Nanak Khalsa College for women , Gujarkhan Campus , Model Town, Ludhiana	Deepali
Second	Khalsa College for women, sidhwan Khurd	Manpreet Kaur
Third	Khalsa College for women, sidhwan Khurd	Kashish Gupta

Rangoli Making

Prize	College	Name of the Participant
First	Khalsa college for women	Labiba Fatima
Second	Khalsa college for women	Nitika
Third	Guru Nanak Khalsa College for women , Gujarkhan Campus , Model Town, Ludhiana	Avneet Kaur


(Mr. Kanwaljeet Singh)
Dean ECA


(Ms. Sarita Arora)
Convenor


(Dr. Maximal Gupta)
Principal (Offg.)

2020-21



**Mehr Chand Mahajan
DAV College for Women**

Sector 36-A, Chandigarh (U.T.)

e - Certificate

This is to certify that Ms. Harmeet Kaur
of Government College for Girls, Ludhiana
participated in National Level Competition on "Designing
Advertisement for Print Media" organized by Character
Building Committee on the occasion of **International
Women's Day** on 8-3-2021 & secured First position.

Dr. Preeti Gambhir
Coordinator

Dr. Seema Kanwar
Convener

Dr. Nisha Bhargava
Chairperson & Principal



GURU NANAK COLLEGE KILLIANWALI (DIST. SRI MUKTSAR SAHIB)

Affiliated to Panjab University, Chandigarh

NAAC Accredited Grade 'B'

NATIONAL LEVEL ONLINE PPT COMPETITION

Dedicated to 400th Prakash Divas of Shri Guru Teg Bahadur Ji

Certificate of Merit

This is to certify that Mr./Ms. Manveer Kaur

From Govt. College for Girls, Ludhiana has secured **2nd** position in the
NATIONAL LEVEL ONLINE PPT COMPETITION organised by Department of Computer Applications in Collaboration with
IQAC from 15 Dec.-22 Dec. 2020.

Dr. Surinder Singh Thakur
Director/ Principal

Dr. Bharat Bhushan
IQAC Coordinator

Ms. Gurbinder Kaur
Convenor

71st

Certificate of Merit



Junior Punjab Basketball Championship (Men and Women)

Ludhiana

20-03-2021 to 23-03-2021

WINNER

This is to certify that Mr./Ms. Nishu Rani

Son/Daughter of Sh. Mewa Lal and Smt. Santosh Kumari

Date of Birth 18-04-2002 Representing L.B.A. District/Unit

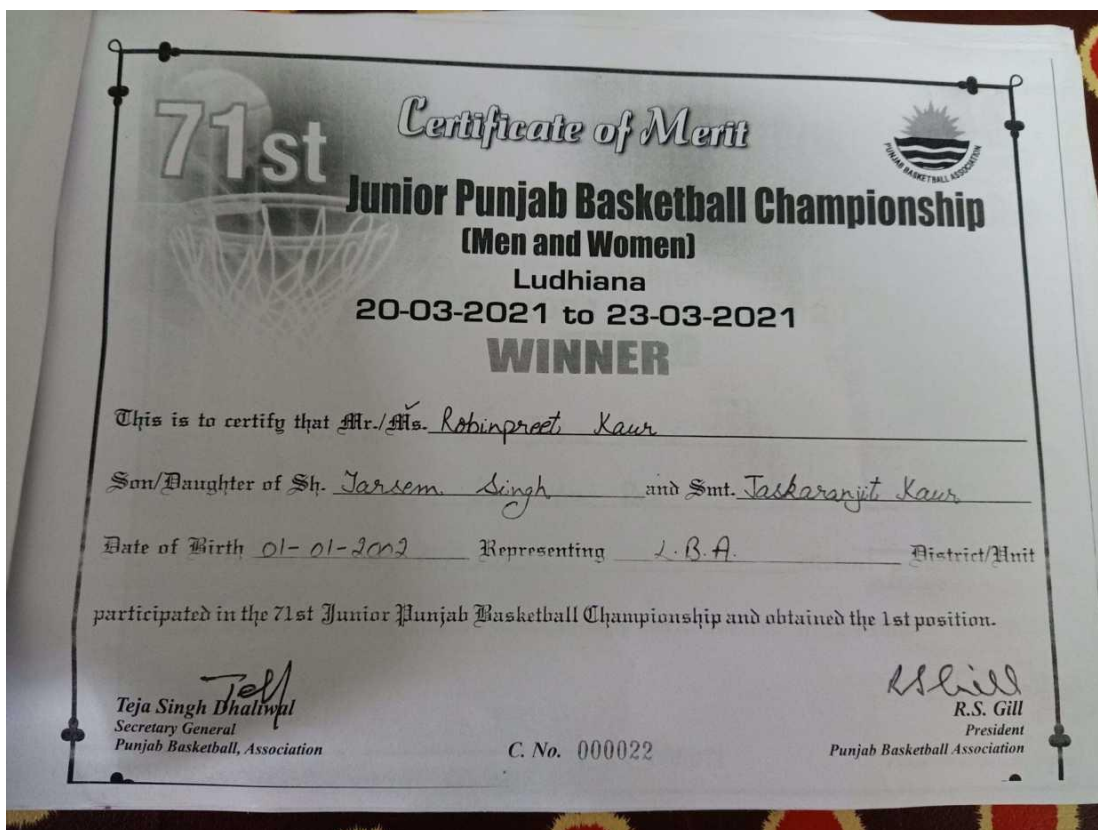
participated in the 71st Junior Punjab Basketball Championship and obtained the 1st position.

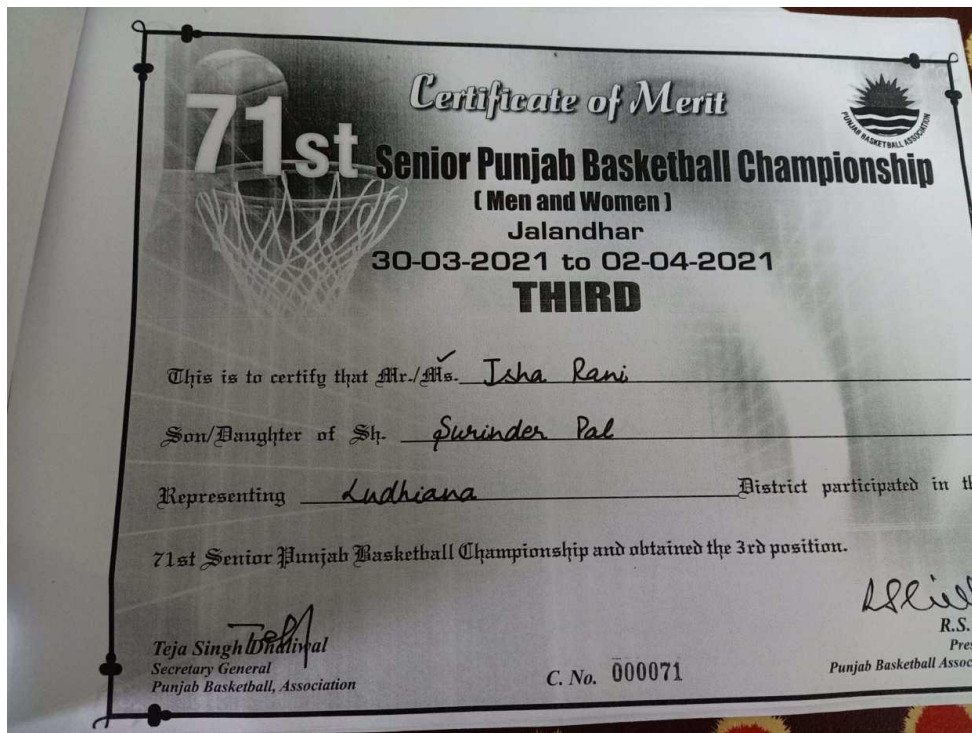
Teja Singh Dhaliwal
Secretary General
Punjab Basketball Association

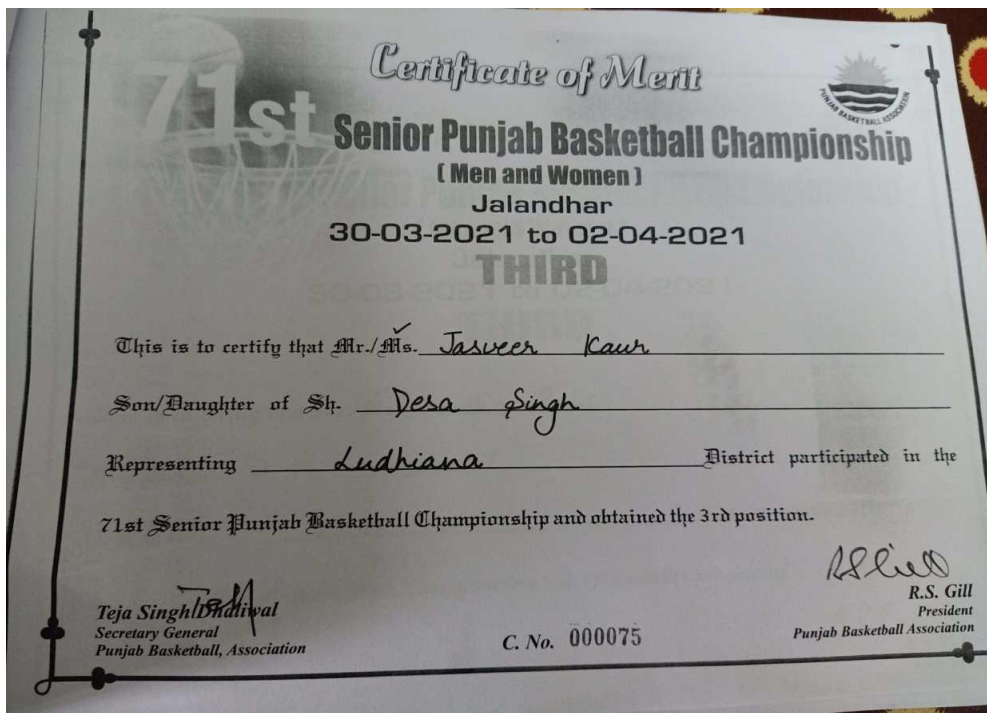
C. No. 000024



R.S. Gill
President
Punjab Basketball Association









PUNJAB STATE POWERLIFTING CHAMPIONSHIP

SUB-JR./JUNIOR/SENIOR/MASTER

AFFILIATED TO :
 INDIAN POWER LIFTING FEDERATION WHICH IS AFFILIATED
 WITH INTERNATIONAL POWER LIFTING FEDERATION (I.P.F. U.S.A.)
 RECOGNISED BY :
 The Deptt. of Youth Affairs & Sports, Ministry of Human Resource Development Government of India
 Recognised by : Indian Olympic Association


S. No.


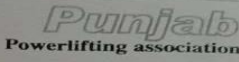
Name..... JIVAN LATA..... S/o, D/o..... Sammath.....

Institution/District..... Ludhiana..... Venue..... NADAPALA (KPT)..... Date..... 13.14.15.2021

Weight Category..... 72.145..... Place..... 1st.....

Weight Lifted
 (Squat..... 120..... Kg.) (Bench Press..... 67.50..... Kg.) (Deadlift..... 112..... Kg.)
 Total Weight..... 297.50..... Kg.



PUNJAB STATE POWERLIFTING CHAMPIONSHIP

SUB-JR. / JUNIOR / SENIOR / MASTER

AFFILIATED TO :
 INDIAN POWER LIFTING FEDERATION WHICH IS AFFILIATED
 WITH INTERNATIONAL POWER LIFTING FEDERATION (I.P.F. U.S.A.)
 RECOGNISED BY :
 The Deptt. of Youth Affairs & Sports, Ministry of Human Resource Development,
 Government of India & International Powerlifting Federation,
 Recognised by : Indian Olympic Association.

CERTIFICATE OF MERIT

Date..... 29 to 30 Jan, 2021..... Venue..... RAJPURA (PATIALA).....

Name..... JIVAN LATA.....

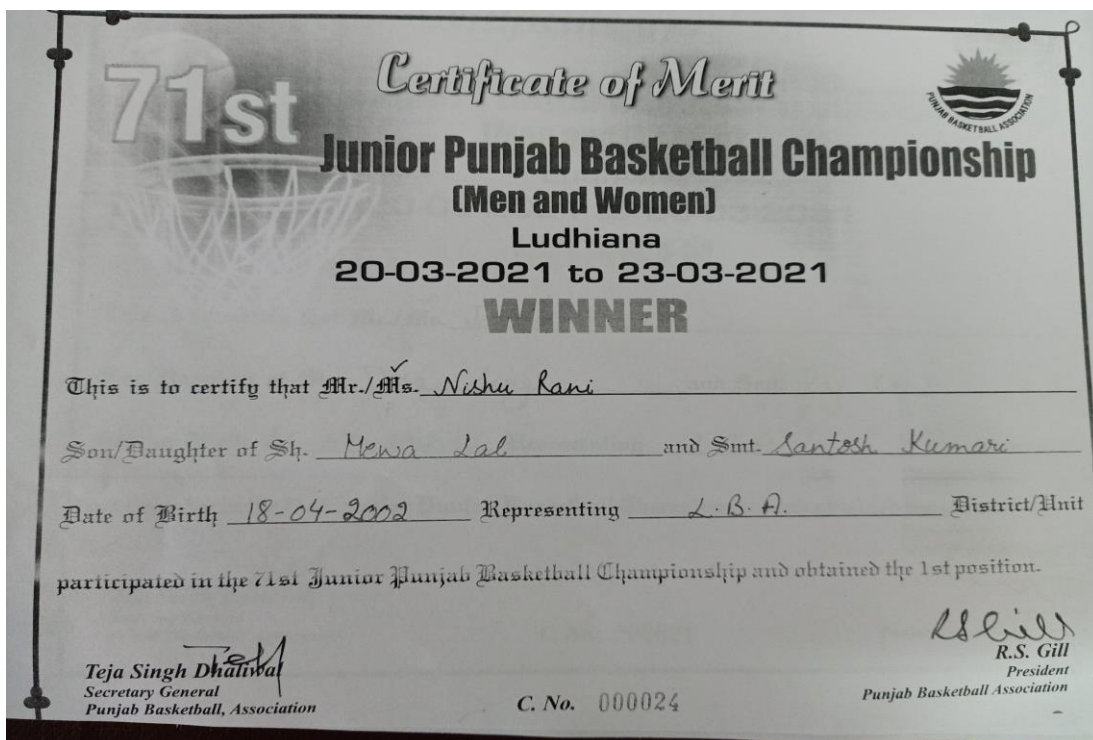
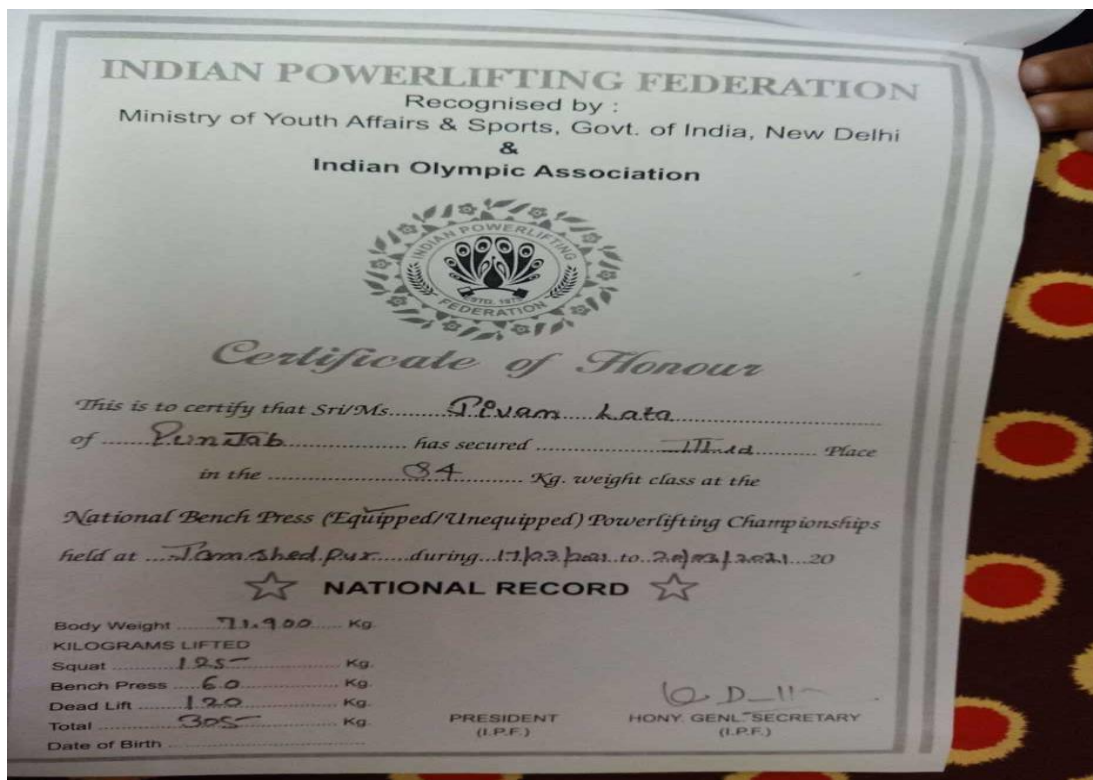
District/Institution..... LUDHIANA.....

Weight Class..... 84 kg..... Place..... SECOND.....

Weight Lifted (Squat..... 120..... Kg.)
 (Bench Press..... 62.5..... Kg.)
 (Deadlift..... 112.5..... Kg.)
 Total..... 295..... Kg.

Hony. Genl. Secretary.....

President.....



71st **Certificate of Merit**
Junior Punjab Basketball Championship
(Men and Women)
Ludhiana
20-03-2021 to 23-03-2021
WINNER

This is to certify that Mr./Ms. Jasvire Kaur
Son/Daughter of Sh. Deva Singh and Smt. Raj Kaur
Date of Birth 26-07-2002 Representing L.B.A. District/Unit
participated in the 71st Junior Punjab Basketball Championship and obtained the 1st position.

Teja Singh Dhalwal
Teja Singh Dhalwal
Secretary General
Punjab Basketball, Association

C. No. 000021

R.S. Gill
R.S. Gill
President
Punjab Basketball Association

71st **Certificate of Merit**
Junior Punjab Basketball Championship
(Men and Women)
Ludhiana
20-03-2021 to 23-03-2021
WINNER

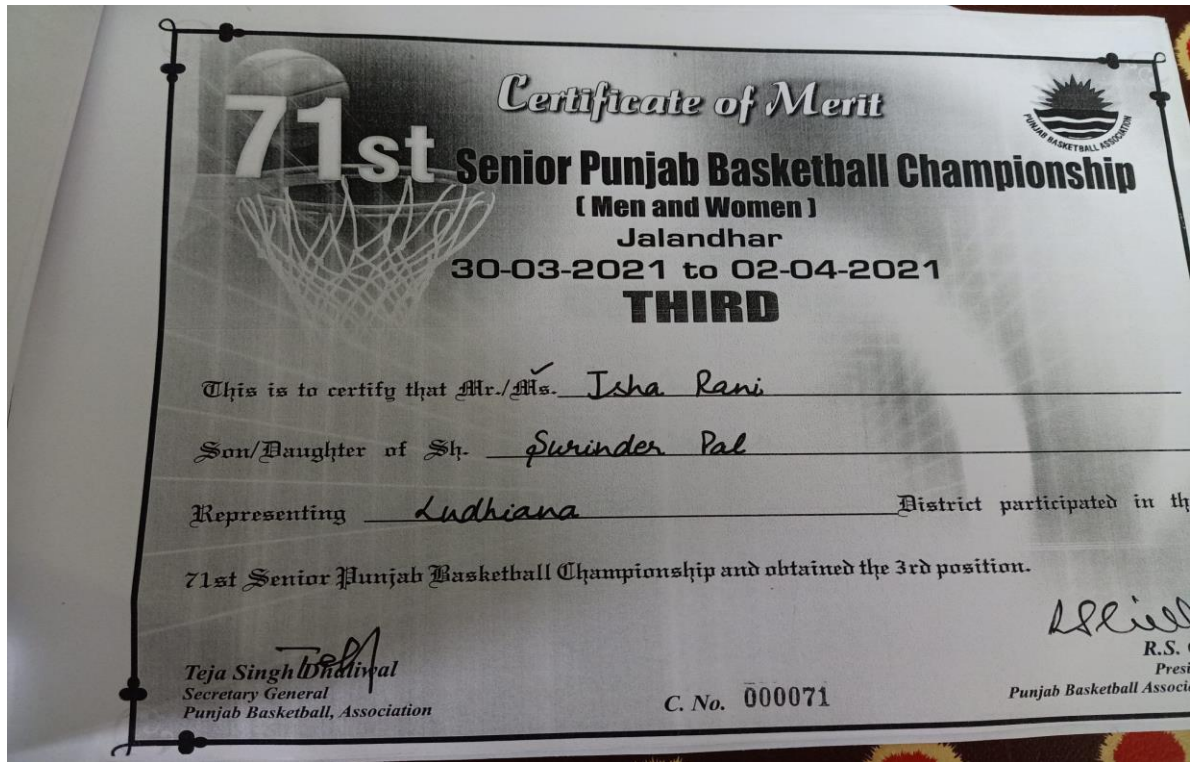
This is to certify that Mr./Ms. Rupali
Son/Daughter of Sh. Nresh Kumar and Smt. Sonia Rani
Date of Birth 02-01-2003 Representing L.B.A District/Unit
participated in the 71st Junior Punjab Basketball Championship and obtained the 1st position.

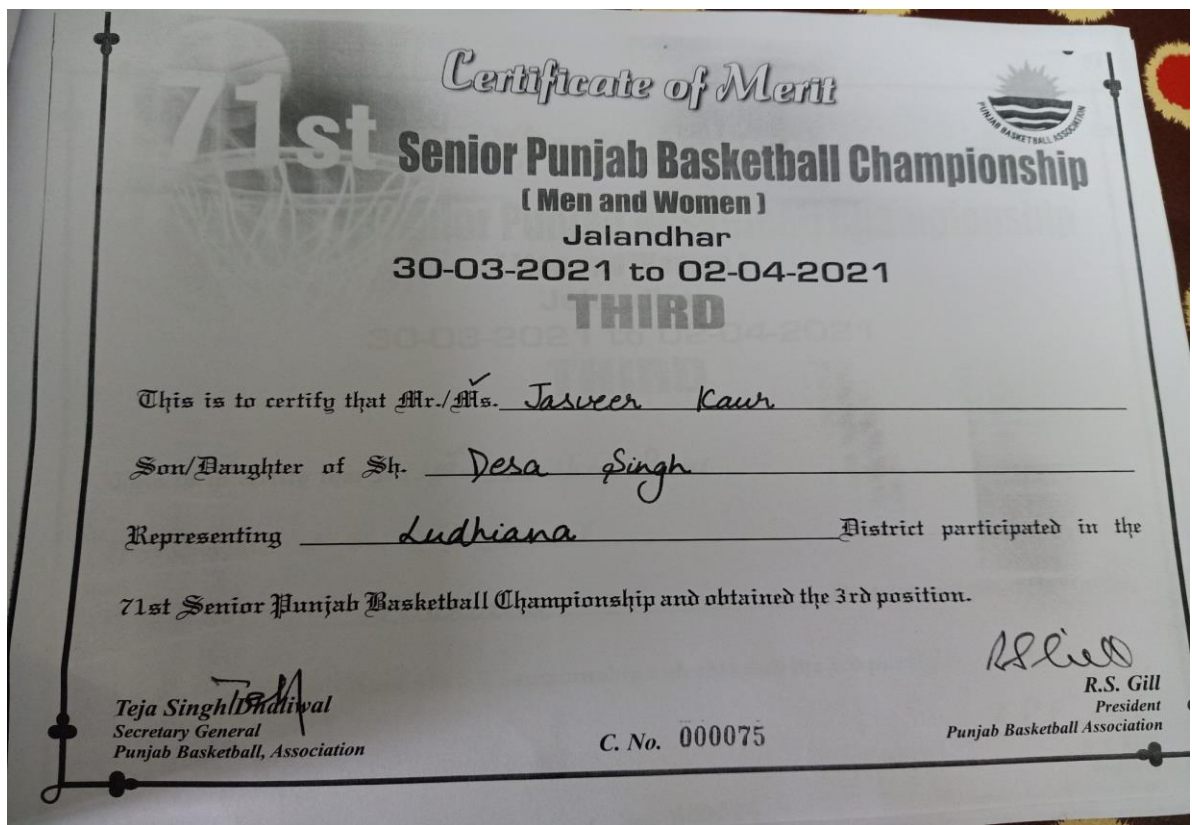
Teja Singh Dhalwal
Teja Singh Dhalwal
Secretary General
Punjab Basketball, Association

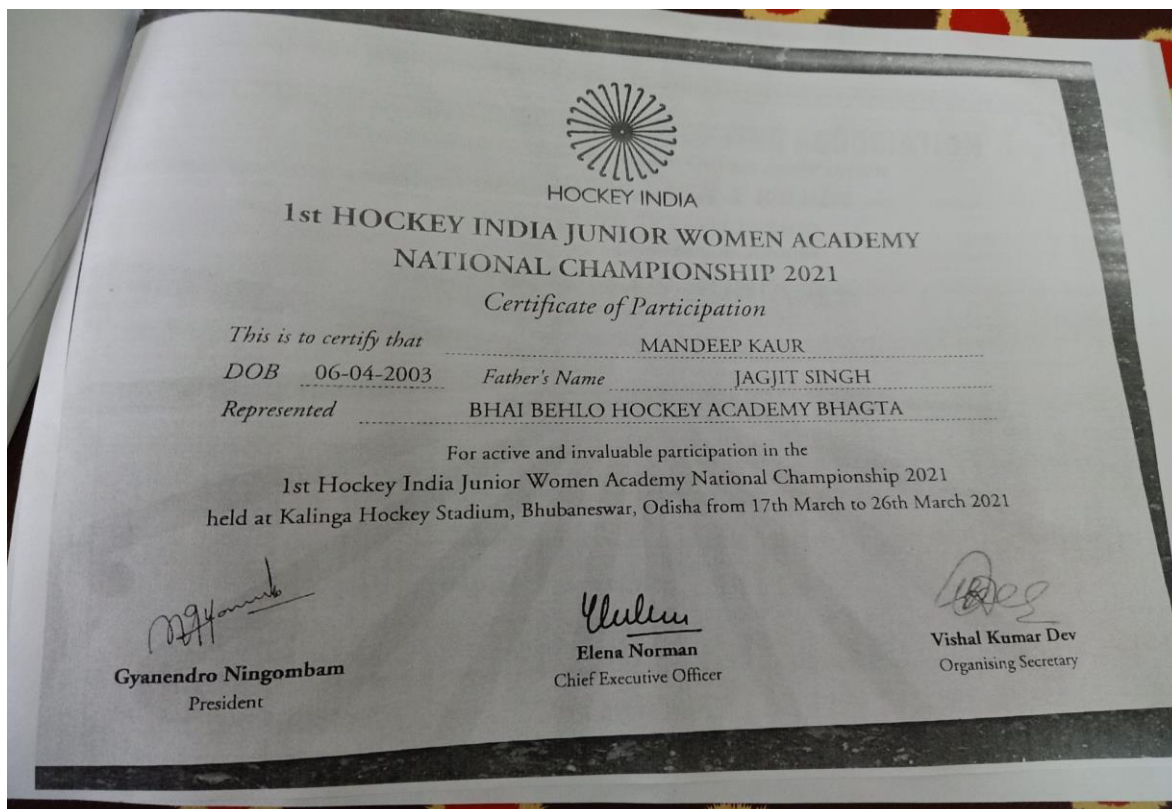
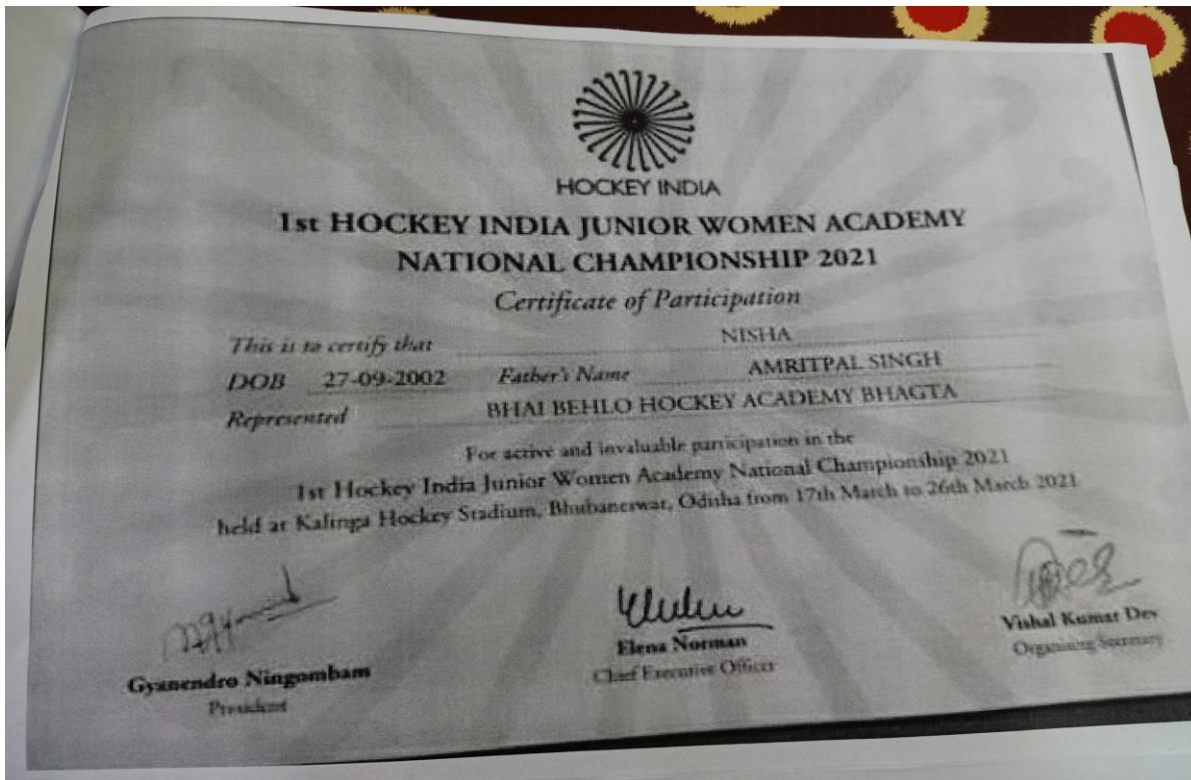
C. No. 000017

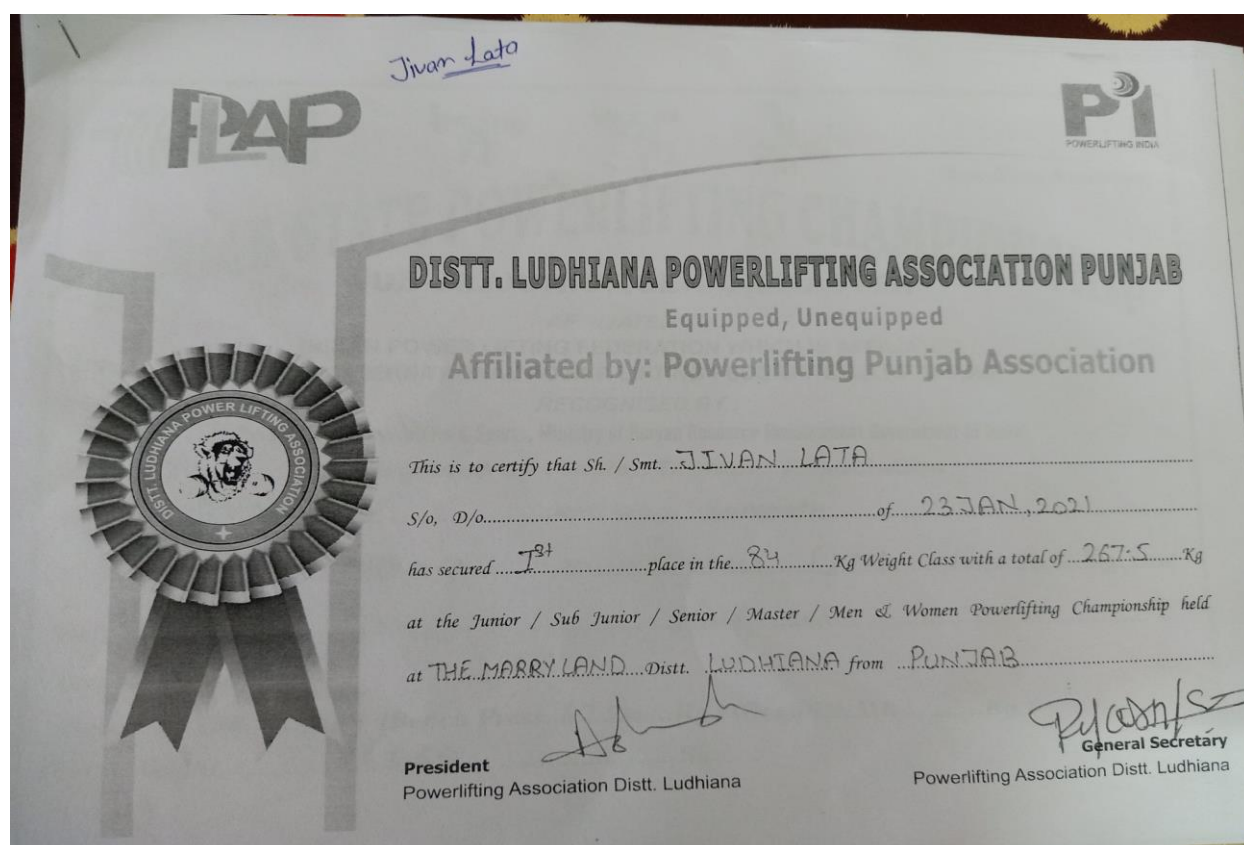
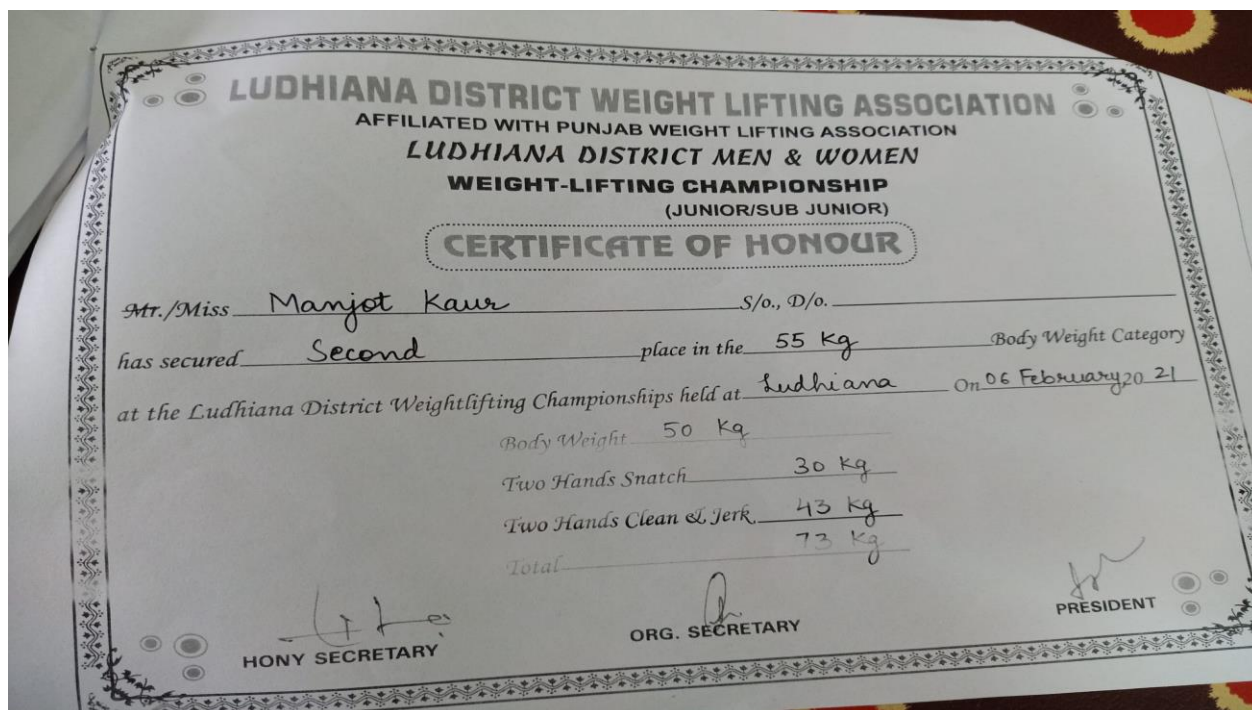
R.S. Gill
R.S. Gill
President
Punjab Basketball Association












PUNJAB POWERLIFTING    **Punjab**
Powerlifting Association

PUNJAB STATE POWERLIFTING CHAMPIONSHIP

SUB-JR./JUNIOR/SENIOR/MASTER

AFFILIATED TO :
INDIAN POWER LIFTING FEDERATION WHICH IS AFFILIATED
WITH INTERNATIONAL POWER LIFTING FEDERATION (I.P.F. U.S.A.)

RECOGNISED BY :
The Deptt. of Youth Affairs & Sports, Ministry of Human Resource Development Government of India

Recognised by : Indian Olympic Association

S. No.....

Name..... JIVAN LATA..... S/o, D/o..... Sammath.....

Institution/District..... Ludhiana..... Venue..... NADAPALA (K.P.T.)..... Date..... 13.14. Feb. 2021

Weight Category..... 72.14..... Place..... 1st.....

Weight Lifted
(Squat..... 120..... Kg.) (Bench Press..... 67.500..... Kg.) (Deadlift..... 118..... Kg.)

Total Weight..... 297.50..... Kg.

Urnamam

LUDHIANA DISTRICT WEIGHT LIFTING ASSOCIATION
AFFILIATED WITH PUNJAB WEIGHT LIFTING ASSOCIATION
LUDHIANA DISTRICT MEN & WOMEN
WEIGHT-LIFTING CHAMPIONSHIP
(JUNIOR/SUB JUNIOR)

CERTIFICATE OF HONOUR

Mr./Miss Jivan Lata..... S/o., D/o.....

has secured First..... place in the 81 Kg..... Body Weight Category

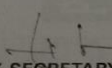


at the Ludhiana District Weightlifting Championships held at Ludhiana..... On 06 February, 20 21

Body Weight 76.900 Kg

Two Hands Snatch 47 Kg

Two Hands Clean & Jerk 60 Kg

Total 107 Kg

 **HONY SECRETARY**  **ORG. SECRETARY**  **PRESIDENT**

INDIAN POWERLIFTING FEDERATION

Recognised by :
Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
&
Indian Olympic Association



Certificate of Honour


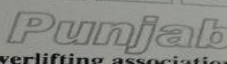
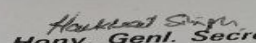

This is to certify that Sri/Ms. Priyam Lata
of Punjab has secured 1st Place
in the 84 Kg. weight class at the
National Bench Press (Equipped/Unequipped) Powerlifting Championships
held at Parnashedpur during 17/12/2021 to 20/12/2021

★ NATIONAL RECORD ★

Body Weight 71.900 Kg.
KILOGRAMS LIFTED
Squat 125 Kg.
Bench Press 60 Kg.
Dead Lift 120 Kg.
Total 305 Kg.
Date of Birth

PRESIDENT
(I.P.F.)

HONY. GENL. SECRETARY
(I.P.F.)

 PUNJAB POWERLIFTING												 Punjab Powerlifting association											
PUNJAB STATE POWERLIFTING CHAMPIONSHIP																							
SUB-JR. / JUNIOR / SENIOR / MASTER																							
AFFILIATED TO :																							
INDIAN POWER LIFTING FEDERATION WHICH IS AFFILIATED WITH INTERNATIONAL POWER LIFTING FEDERATION (I.P.F. U.S.A.)																							
RECOGNISED BY :																							
The Deptt. of Youth Affairs & Sports, Ministry of Human Resource Development, Government of India & International Powerlifting Federation, Recognised by : Indian Olympic Association.																							
CERTIFICATE OF MERIT																							
Date <u>29 to 30 Jan, 2021</u>												Venue <u>RAJPURA (PATIALA)</u>											
Name <u>JIVAN LATA</u>																							
District/Institution <u>LUDHIANA</u>																							
Weight Class <u>84 Kg</u>												Place <u>SECOND</u>											
Weight Lifted (Squat <u>120</u> Kg.)																							
(Bench Press <u>62.5</u> Kg.)																							
(Deadlift <u>112.5</u> Kg.)																							
Total <u>295</u> Kg.																							
 Hony. Genl. Secretary												 President											

ਭਾਰਤ ਸਰਕਾਰ
ਯੁਵਕ ਮਾਮਲੇ ਅਤੇ ਖੇਡਾਂ ਮੰਤਰਾਲੇ ਅਤੇ
ਖੇਡ ਵਿਭਾਗ, ਪੰਜਾਬ/ ਪੰਜਾਬ ਸਟੇਟ ਸਪੋਰਟਸ ਕੌਂਸਲ



ਨੂੰ ਸਮਰਪਿਤ

ਮਾਸ 2019-20

ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (ਲੜਕੇ ਅਤੇ ਲੜਕੀਆਂ)

ਮੈਰਿਟ ਸਰਟੀਫਿਕੇਟ

ਜਿਲ੍ਹਾ: ਲੁਧਿਆਣਾ

ਮਿਤੀ: 06-08-19 ਤੋਂ 08-08-19

ਤਸਦੀਕ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਸ੍ਰੀ/ਕੁਮਾਰੀ ਲੱਛਮੀ ਦਮਾਰੀ

ਪ੍ਰੰਤਰ/ਪ੍ਰੰਤਰੀ ਸ੍ਰੀ ਗੋਰਤ ਸਾਹ

ਜਿਸ ਦੀ ਜਨਮ ਮਿਤੀ 14-11-1998 ਹੈ, ਨੇ ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (25 ਸਾਲ ਤੋਂ ਘੱਟ)

ਦਿੱਚ ਪ੍ਰਾਨਿਟ

ਦਿਸ਼ਾ ਪੁਨਰ
ਵੱਲੋਂ ਖੇਡ ਫੀਟ ਸਿਟਿੰਗ ਲੀਟਿੰਗ/ਬਾਰ ਵਰਗ 64 ਕਿਐ ਦਮਾਮ

ਸਮਾਂ / ਦੂਰੀ / ਉਚਾਈ / ਭਾਰ 113 ਵਿਸ਼ੇਸ਼ ਯਾਤਰਾ

ਵਿਚ ਭਾਗ ਲਿਆ ਅਤੇ ਪਹਿਲੀ / ਦੂਜੀ / ਤੀਜੀ ਪੁਜੀਸ਼ਨ ਪ੍ਰਾਪਤ ਕੀਤੀ।

2

ਖੇਡ ਕਨਵੀਨਰ,
(ਜਿਲ੍ਹਾ ਪੱਧਰ)

ਜਿਲ੍ਹਾ ਖੇਡ ਅਫਸਰ
ਲੁਧਿਆਣਾ



ਖੇਡ ਵਿਭਾਗ, ਪੰਜਾਬ ਅਤੇ ਪੰਜਾਬ ਸਟੇਟ ਸਪੋਰਟਸ ਕੌਂਸਲ



ਪੰਜਾਬ ਰਾਜ ਖੇਡਾਂ - ਵੂਮੈਨ (ਅੰਡਰ-25) ਮਾਨਸਾ

ਮਿਤੀ 25-03-2019 ਤੋਂ 27-03-2019 ਤੱਕ

ਨੰ: 379

(ਮੈਰਿਟ ਸਰਟੀਫਿਕੇਟ)

ਤਸਦੀਕ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਕੁਮਾਰੀ/ਸ਼੍ਰੀਮਤੀ ਸ਼ਮਸੀ ਕੁਮਾਰੀ

ਪੁੱਤਰੀ ਸ਼੍ਰੀ ਮੋਹਨ ਸਾਸ ਜਨਮ ਮਿਤੀ 14-11-1998

ਵੱਲੋਂ ਪੰਜਾਬ ਰਾਜ ਖੇਡਾਂ ਅੰਡਰ-25 ਤੋਂ ਘੱਟ ਉਮਰ ਵਰਗ ਵਿੱਚ ਜ਼ਿਲ੍ਹਾ

ਵੱਲੋਂ ਖੇਡ ਬੈਸਟਬਾਲ ਈਵੈਂਟ/ਭਾਗ 64 kg ਵਰਗ ਸਮਾਂ/ਦੂਰੀ/ਉਚਾਈ/ਭਾਰ 54 + 65 = 115 ਵਿੱਚ

ਭਾਗ ਲਿਆ ਅਤੇ ਪਹਿਲੀ/ਦੂਜੀ/ਤੀਜੀ ਪੁਰਸਕਾਰ ਪ੍ਰਾਪਤ ਕੀਤੀ।

Teja Singh
ਜ਼ਿਲ੍ਹਾ ਖੇਡ ਅਫਸਰ
ਮਾਨਸਾ

Shamshi
ਡਿਪਟੀ ਡਾਇਰੈਕਟਰ ਸਪੋਰਟਸ
ਪੰਜਾਬ

R.S. Gill
ਡਾਇਰੈਕਟਰ ਸਪੋਰਟਸ
ਪੰਜਾਬ

70th

Certificate of Merit

Senior Punjab Basketball Championship

(Men and Women)

Ludhiana

17-8-2019 to 20-8-2019

RUNNER UP

This is to certify that Mr./Ms. Shamshi

Son/Daughter of Sh. Roshan Lal

Representing Ludhiana District participated in the

70th Senior Punjab Basketball Championship and obtained the 2nd position.

Teja Singh Dhillon
Secretary General
Punjab Basketball Association

C. No. 000035

R.S. Gill
President
Punjab Basketball Association

Sr No 136

Panjab University Inter College Sports Competition



This is to certify that Laxmi Kumari
S/o/D/o Shri Mohan Lal and Smt. Rita Devi
University Regd. No. XXXXXXXXXX student of Govt College for Girls, Ludhiana
secured Second position in Weight Lifting Under 63 Kg
competition held on 29-30 Nov 2019 for the session 2019-20
Total No. of Teams/Individuals Participated Five

CHANDIGARH
Date 10.06.2020

Dr. Gurbinder Singh, cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

Sr No 1821

Panjab University Inter College Sports Competition



This is to certify that Avleen Kaur
S/o/D/o Shri Gurpreet Singh and Smt. Gurpreet Kaur
University Regd. No. XXXXXXXXXXXX student of Govt College for Girls, Ludhiana
secured Third position in Basketball
competition held on 26-28 Nov 2019 for the session 2019-20
Total No. of Teams/Individuals Participated Ten

CHANDIGARH
Date 16.06.2020

Dr. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh



“ਮਿਸ਼ਨ ਤੰਦਰੁਸਤ ਪੰਜਾਬ”

ਨੂੰ ਸਮਰਪਿਤ

ਸਾਲ 2019-20



ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (ਲੜਕੇ ਅਤੇ ਲੜਕੀਆਂ)

ਅੰਡਰ - 25

ਮੈਰਿਟ ਸਰਟੀਫਿਕੇਟ

ਜਿਲ੍ਹਾ: ਲੁਧਿਆਣਾ

ਮਿਤੀ: 06-08-19 ਤੋਂ 08-08-19 ਤੱਕ

ਤਸਦੀਕ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਸ਼੍ਰੀ/ਸ਼੍ਰੀਮਤੀ ਜੋਤੀ
ਪੁੱਤਰ/ਪੁੱਤਰੀ ਸ਼੍ਰੀ ਕਸ਼ਮੀਰੀ ਨਾਲ
ਜਿਸ ਦੀ ਜਨਮ ਮਿਤੀ 11-09-1999 ਹੈ, ਨੇ ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (25 ਸਾਲ ਤੋਂ ਘੱਟ)
ਵਿੱਚ ਯੂਨਿਟ ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ
ਵੱਲ ਖੇਡ ਬਾਸਕਟਬਾਲ ਈਵੈਂਟ/ਭਾਰ ਵਰਗ
ਸਮਾਂ / ਦੂਰੀ / ਉਚਾਈ / ਭਾਰ
ਵਿੱਚ ਭਾਗ ਲਿਆ ਅਤੇ ਪਹਿਲੀ / ਦੂਜੀ / ਤੀਜੀ ਪੁਜੀਸ਼ਨ ਪ੍ਰਾਪਤ ਕੀਤੀ।

ਗਵਿਨਟ ਮਿਸਰ
ਖੇਡ ਕਨਵੀਨਰ,
(ਜਿਲ੍ਹਾ ਪੱਧਰ)

ਜਿਲ੍ਹਾ ਖੇਡ ਅਫਿਸਰ,
ਲੁਧਿਆਣਾ



“ਮਿਸ਼ਨ ਤੰਦਰੁਸਤ ਪੰਜਾਬ”

ਨੂੰ ਸਮਰਪਿਤ

ਸਾਲ 2019-2020



ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (ਲੜਕੇ ਅਤੇ ਲੜਕੀਆਂ)

ਅੰਡਰ - 25

ਮੈਰਿਟ ਸਰਟੀਫਿਕੇਟ

ਜਿਲ੍ਹਾ: ਲੁਧਿਆਣਾ

ਮਿਤੀ: 06-08-2019 - 08-08-2019

ਤਸਦੀਕ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਸ਼੍ਰੀ/ਸ਼੍ਰੀਮਤੀ ਜੋਤੀ
ਪੁੱਤਰ/ਪੁੱਤਰੀ ਸ਼੍ਰੀ ਕਸ਼ਮੀਰੀ ਨਾਲ
ਜਿਸ ਦੀ ਜਨਮ ਮਿਤੀ 11-09-1999 ਹੈ, ਨੇ ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (25 ਸਾਲ ਤੋਂ ਘੱਟ)
ਵਿੱਚ ਯੂਨਿਟ ਸਰਕਾਰੀ ਕਾਲਜ ਲੜਕੀਆਂ ਲੁਧਿਆਣਾ
ਵੱਲ ਖੇਡ ਕਬੱਡੀ ਈਵੈਂਟ/ਭਾਰ ਵਰਗ ੯੦ ਕਿਲੋ
ਸਮਾਂ / ਦੂਰੀ / ਉਚਾਈ / ਭਾਰ
ਵਿੱਚ ਭਾਗ ਲਿਆ ਅਤੇ ਪਹਿਲੀ / ਦੂਜੀ / ਤੀਜੀ ਪੁਜੀਸ਼ਨ ਪ੍ਰਾਪਤ ਕੀਤੀ।

ਖੇਡ ਕਨਵੀਨਰ,
(ਜਿਲ੍ਹਾ ਪੱਧਰ)

ਜਿਲ੍ਹਾ ਖੇਡ ਅਫਿਸਰ,
ਲੁਧਿਆਣਾ



ਮਿਸ਼ਨ ਤੰਦਰੁਸਤ ਪੰਜਾਬ
ਨੂੰ ਸਮਰਪਿਤ

ਸਾਲ 2019 - 2020



ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (ਲੜਕੇ ਅਤੇ ਲੜਕੀਆਂ) ਅੰਡਰ - 25 ਮੈਰਿਟ ਸਰਟੀਫਿਕੇਟ

ਜਿਲ੍ਹਾ: ਲੁਧਿਆਣਾ

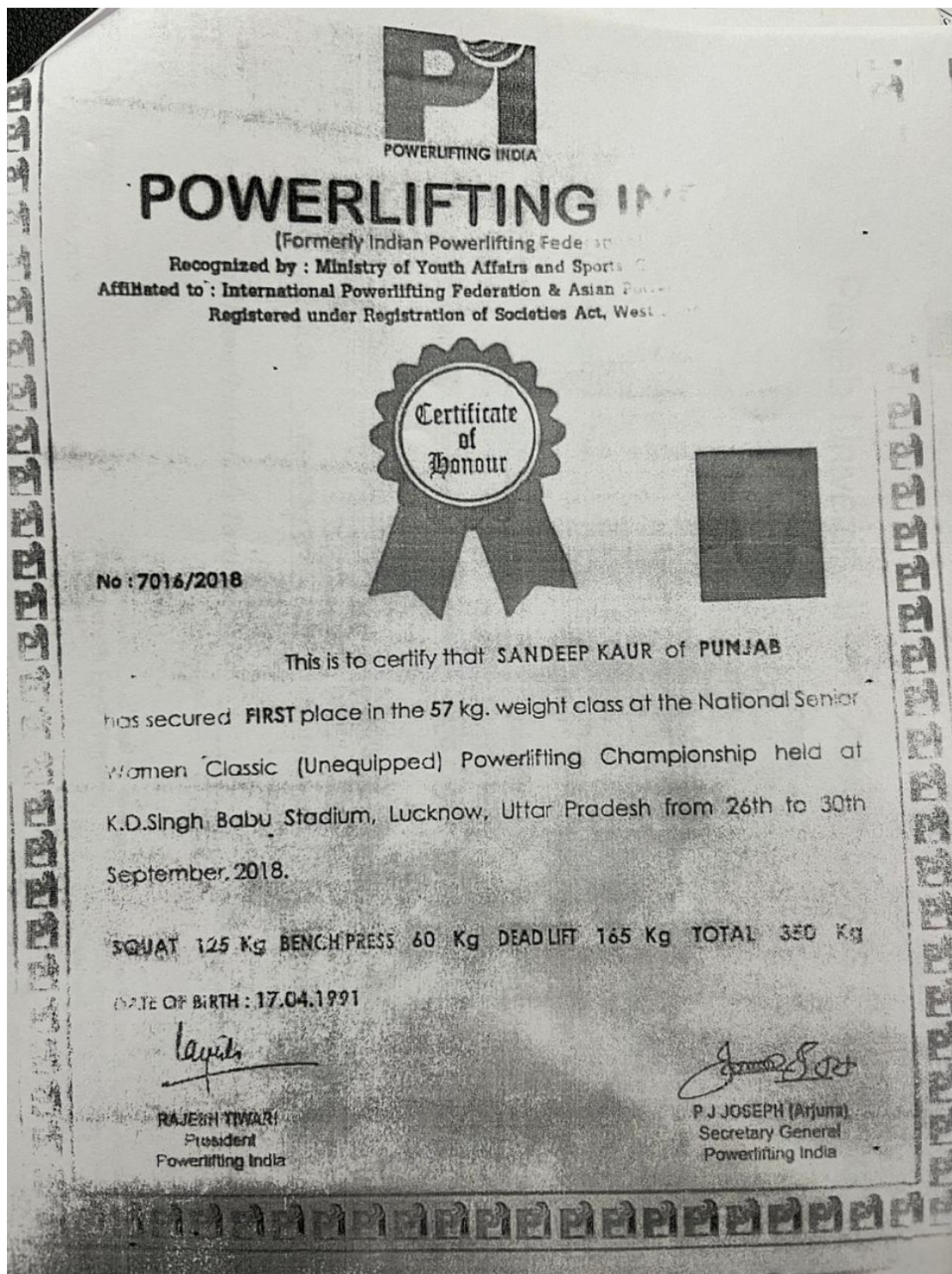
ਮਿਤੀ: 06-08-19 ਤੋਂ 08-08-19 ਤੱਕ

ਵਸਤੂਕ ਕੀਤਾ ਜਾਂਦਾ ਹੈ ਕਿ ਸ਼੍ਰੀ/ਕੁਮਾਰੀ ਹਰਿਕੰਵਲ ਕੌਰ
ਪੁੱਤਰ/ਪੁੱਤਰੀ ਸ਼੍ਰੀ ਖੁਸ਼ਮਿਤ ਸਿੰਘ
ਜਿਸ ਦੀ ਜਨਮ ਮਿਤੀ 28-09-1999 ਹੈ, ਨੇ ਜਿਲ੍ਹਾ ਪੱਧਰ ਟੂਰਨਾਮੈਂਟ (25 ਸਾਲ ਤੋਂ ਘੱਟ)
ਵਿਚ ਯੂਨਿਟ ਸਰਕਾਰੀ ਹਾਈਸਕੂਲ ਲੁਧਿਆਣਾ
ਵੱਲੋਂ ਖੇਡ ਚੈਮਪੀਅਨਸ਼ਿਪ ਈਵੈਂਟ/ਭਾਗ ਵਰਗ
ਸਮਾਂ / ਦੂਰੀ / ਉਚਾਈ / ਭਾਰ
ਵਿਚ ਭਾਗ ਲਿਆ ਅਤੇ ਪਹਿਲੀ / ਦੂਜੀ / ਤੀਜੀ ਪੁਰਸਕਾਰ ਪ੍ਰਾਪਤ ਕੀਤੀ।

ਗਵਿੰਦਰ ਸਿੰਘ
ਖੇਡ ਕਨਵੀਨਰ,
(ਜਿਲ੍ਹਾ ਪੱਧਰ)

ਜਿਲ੍ਹਾ ਖੇਡ ਅਫਸਰ,
ਲੁਧਿਆਣਾ

2018-19



Panjab University Inter College Sports Competition

This is to certify that Avleen kaurS/o/D/o Shri Gurpreet Singh and Smt. Gurpreet KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured Third position in Basket Ballcompetition held on 11-13 Oct. 2018 for the session 2018-19Total No. of Teams/Individuals Participated Thirteen

CHANDIGARH

Date 20.05 2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that RubyS/o/D/o Shri Balwinder Singh and Smt. Nirmala RaniUniversity Regd. No. xxxxxxxxxx student of G C G College, Ludhianasecured Third position in Weight-Lifting (Under 76 Kg)competition held on 03-05 Oct 2018 for the session 2018-19Total No. of Teams/Individuals Participated Six

CHANDIGARH

Date 13.05 2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Jatinder Kaur

S/o/D/o Shri Daljit Singh and Smt. Bhupinder Kaur

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Basket Ball

competition held on 11-13 Oct. 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Thirteen

CHANDIGARH

Date: 20.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Lovepreet Kaur

S/o/D/o Shri Wazir Lal and Smt. Usha Rani

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Basket Ball

competition held on 11-13 Oct. 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Thirteen

CHANDIGARH

Date: 20.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter Collegé Sports Competition



This is to certify that Gagandeep Kaur

S/o/D/o Shri Kashmir Singh and Smt. Baljit Kaur

University Regd. No. 15016000077 student of Govt College for Girls, Ludhiana

secured Third position in Basket Ball

competition held on 11-13 Oct. 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Thirteen

CHANDIGARH
Date 20.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Sports Committee



Certified that AVLEEN KAUR

S/o/D/o Shri GURPREET SINGH & GURPREET KAUR

University Regd. No. 1501700063 student of GOVT COLLEGE FOR GIRLS LUDHIANA

was member of the Panjab University BASKETBALL team

which participated in the North/North-East Zone Inter-University Competition for

the session 2018-19 held at AMITY UNIVERSITY-NOIDA

from 31-10-18 To 05-11-18

The team secured SECOND position.

CHANDIGARH

Date 29.12.2020

(Dy. Director Phy. Edu.)
P. U. CHD

Secretary
Panjab University Sports Committee

Panjab University Inter College Sports Competition



This is to certify that Savina Bading

S/o/D/o Shri John Bading and Smt. Shomy Bading

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Karate Kata Team Event

competition held on 25-26 Nov 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Five

CHANDIGARH
Date 10.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Barkha

S/o/D/o Shri Amarpal and Smt. Saroj

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Karate Kata Team Event

competition held on 25-26 Nov 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Five

CHANDIGARH
Date 10.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Preeti

S/o/D/o Shri Sahib Raj and Smt. Bimla Devi

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Karate Kata Team Event

competition held on 25-26 Nov 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Five

CHANDIGARH
Date 10.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Priyanka Sharma

S/o/D/o Shri Ramesh Sharma and Smt. Neetu Sharma

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Karate Kata Event

competition held on 25-26 Nov 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Four

CHANDIGARH
Date 10.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Sarbjit Kaur

S/o/D/o S/rri Major Singh and Smt. Usha Rani

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Karate -55 Kg

competition held on 25-26 Nov 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Eighteen

CHANDIGARH
Date 10.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Sarbjit Kaur

S/o/D/o S/rri Major Singh and Smt. Usha Rani

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Karate -55 Kg

competition held on 25-26 Nov 2018 for the session 2018-19

Total No. of Teams/Individuals Participated Eighteen

CHANDIGARH
Date 10.05.2019

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Baljit Kaur

S/o/D/o Shri Lakhbir Singh and Smt. Baljinder Kaur

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Third position in Gatka Farri Soti Team

competition held on 07-08 March 2019 for the session 2018-19

Total No. of Teams/Individuals Participated Ten

CHANDIGARH
Date 06.08.2019

Dy. Director Phy. Edu.-cum Dy. Secretary
Panjab University Sports Committee
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee
Chandigarh

Panjab University Inter College Sports Competition



This is to certify that Jeena Khan

S/o/D/o Shri Kulamudeen Khan and Smt. Baby Khatun

University Regd. No. xxxxxxxxxx student of Govt College, Ludhiana

secured Third position in Wushu Below 45 Kg

competition held on 17-19 Jan 2019 for the session 2018-19

Total No. of Teams/Individuals Participated Ten

CHANDIGARH
Date 15.02.2019

Dy. Director Phy. Edu.-cum Dy. Secretary
Panjab University Sports Committee
Chandigarh

Director Phy. Edu. & Sports-cum Secretary
Panjab University Sports Committee
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that Harmanpreet KaurS/o/D/o Shri Fateh Singh and Smt. Gurjit KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured Third position in Gatka Farri Soti Teamcompetition held on 07-08 March 2019 for the session 2018-19Total No. of Teams/Individuals Participated TenCHANDIGARH
Date 06.08.2019Jy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee
ChandigarhDirector Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee
Chandigarh

Panjab University Inter College Sports Competition

This is to certify that PulkitS/o/D/o Shri Jarnail Singh and Smt. Kawaldeep KaurUniversity Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhianasecured Third position in Gatka Farri Soti Teamcompetition held on 07-08 March 2019 for the session 2018-19Total No. of Teams/Individuals Participated TenCHANDIGARH
Date 06.08.2019Jy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee
ChandigarhDirector Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee
Chandigarh

2017-18

Sr No 2528

Panjab University Inter College Sports Competition



This is to certify that Laxmi Kumari

S/o/D/o Shri Mohan Lal and Smt. Rita Devi

University Regd. No. xxxxxxxxxx student of Govt College for Girls, Ludhiana

secured Second position in Weight-Lifting (Under 53 Kg)

competition held on 18-20 Nov-2017 for the session 2017-18

Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date: 23.05.2018

Dy. Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee
Chandigarh

Sr No 2347

Panjab University Inter College Sports Competition



This is to certify that Shallu Bala

S/o/D/o Shri Rashan Lal and Smt. Sudesh Kumari

University Regd. No. 15016000442 student of Govt College for Girls, Ludhiana

secured Third position in Basket Ball

competition held on 04-0 2017 for the session 2017-18

Total No. of Teams/Individuals Participated Ten

CHANDIGARH

Date: 23.05.2018

Dy. Director Phy. Edu. cum Dy. Secretary
Panjab University Sports Committee,
Chandigarh

Director Phy. Edu. & Sports cum Secretary
Panjab University Sports Committee,
Chandigarh

LUDHIANA DISTRICT WEIGHT LIFTING ASSOCIATION

AFFILIATED WITH PUNJAB WEIGHT LIFTING ASSOCIATION

LUDHIANA DISTRICT MEN & WOMEN

WEIGHT-LIFTING CHAMPIONSHIP

(JUNIOR OLD JUNIOR)

CERTIFICATE OF HONOUR

Mr./Miss Laxmi Kumari S/o. D/o Mohan Lal

has secured SECOND place in the 55 Kg. Body Weight Category

at the Ludhiana District Weightlifting Championships held at Ludhiana On 22-11 2017

Body Weight 52-150 Kg.

Two Hands Snatch 48 Kg.

Two Hands Clean & Jerk 60 Kg.

Total 108 Kg.

HONY SECRETARY

ORG. SECRETARY

PRESIDENT