

- A Legacy of Honour

Sports are more than just games; they're about life, emotion, passion, and some of the greatest highs and lows that we can experience. - Stripedsheep

Before gaining knowledge about any particular field, one has to acquire an understanding of oneself. Self-understanding and self-discipline fall under a section of Physical Education and the Department of Physical Education is dedicated to it.

Established in 1930, the Department of Physical Education is the pride of the college. It has produced many players at the National and International level in various games and brought laurels to the institution. It has the privilege of being led by some reputed sportspersons like Pa

ndit

Jagannath

(1930-34), Prof. D C

Bhalla

, a Football specialist, (1934-69), Prof. B. S.

Atwal

a Hockey specialist, (1969-87), Prof. R D

Kansal

, a Basketball specialist, (1987-2002), Prof.

Kehar

Singh, a Football specialist, (2002-2005) and Prof. K. S.

Matharu

, a Hockey specialist, (2005-2006), who headed the department respectively. Presently, the

Physical Education Department has got young and energetic faculty headed by Dr. Manu

Sood

with academic specialization in 'Sports Psychology', and 'Football Coaching' from National Institute of Sports,

Patiala

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The Physical Education Department is making consistent progress in various fields. In fact, this department is the nursery of internationally recognized sportspersons. It has produced top level players of several games like Hockey, Cricket, Fencing, Football, Handball, Basketball, Badminton, Boxing,

K

abbadi

, Volleyball, Tennis etc. Its players have represented India at Regional, National and International levels. The department has produced as many as 18 Olympians, 8

Arjuna
Awardee

, 2
Dronacharya
Awardee

and many more players who have represented India in the International arena. In Nehru Champions College Hockey tournament, out of 19 editions the department secured top finishes.

In
GNDU's
trophy of the All Indian Inter-University Cricket Tournament, the students of this department were the largest contributors.

Courses offered:

Under-Graduation: Physical Education is an Optional Subject.

Faculty:

- Dr. Manu Sood, M.A., NIS Diploma (Football), Ph.D, Head
- Sh. Saurabh Raj, M.P. Ed., NIS Diploma (Fencing), M.Phil.

Distinctions of the Department:

- Well qualified, young and energetic faculty.
- Playgrounds and Sports Hostel for players.
- With total sports activities area of 17.5 acre, the institution has well developed and maintained Cricket/Hockey/Football fields and Badminton/ Tennis/ Basketball/ Volleyballs/Handball/ Kho-Kho Courts.
- College has 2 swimming pools, indoor Shooting Range and Indoor Gymnasium etc.
- The College has developed a 'Jogging Track', being used by the students, member faculty and citizens of the society.

DAV Sports Facilities:

Game

Size

No. of lanes

Cylinder/ Grassy

Athletics

200 Mtrs

400 Mtrs

8

8

Grassy

Grassy

Badminton Court

44' x 20'

One

Indoor

Handball Court

40	Mtrs	× 20	Mtrs
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One

Grassy

Ball badminton Court

26	Mtrs	× 13	Mtrs
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One

Grassy

Basketball Court

28	Mtrs	× 15	Mtrs
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28	Mtrs	× 15	Mtrs
----	------	------	------

One

One

Cemented

Grassy

Volleyball Court

18	Mtrs	× 9	Mtrs
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One

Outdoor

Kho-Kho Court

27	Mtrs	× 15	Mtrs
----	------	------	------

One

Outdoor

Hockey Field

100	Mtrs	× 60	Mtrs
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One

Grassy

Football field

110	Mtrs	× 70	Mtrs
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One

Grassy

Cricket Field

65 Yards round

One

Grassy

Lawn-Tennis Court

78'x27'

One

Cemented

Boxing Ring

20'x20'

One

Outdoor Cemented

Kabbadi	(N/S)
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12½	Mtrs	× 10	Mtrs
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One

Grassy

Softball Field / Base Ball

60' round / 90 round

One

Grassy

Korf	Ball
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40 × 20	Mtrs
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One

Outdoor

Net Ball

30.5 × 15.25

Mtrs

One

Outdoor

Football seven a side

75 × 55

Mtrs

One

Grassy

Swimming Pool

50

Mtrs

Under Construction one

Cemented, 8 lane

Indoor Shooting Range

100 × 60 Feet

Under Construction one

Indoor

Kabaddi	P/S
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65	Mtrs
----	------

One

Swimming Pool

25	Mtrs
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One

Cemented, 6 lane

Indoor Gymnasium

100 × 60 Feet

One

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Gymnastic Arena

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- Expert lecturers are arranged by the faculty from time to time for the benefit of players.
- Medical Fitness programmes are arranged under the guidance of physical trainers for players.
 - Expert coaching is provided to the students free of cost so that they can achieve excellence in different games.
 - Department provides consultancy services to sports industry and to the players of sister institutions.
 - Department organises Annual Sports and Athletics Meet to honour the players of different games.

Winners and Achievers

Sr. No.

Name

Achievement

Venue

Awards

1.

S.	Balbir	Singh Sr. (Hockey)
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	1948	Summer Olympics	Gold
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1952 Summer Olympics Gold

1956 Summer Olympics Gold

London

Helsinki

Melbourne

in 1957 &

Arjun Award in 1968

2.

S.	Udham	Singh	Kular	(Hockey)
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[1960 Summer Olympics](#) **Silver**

[1964 Summer Olympics](#) **Gold**

[Helsinki](#)

[Melbourne](#)

[Rome](#)

Tokyo

Arjun Award in 1965

3.

S. Dharam Singh (Hockey)

1952 [Summer Olympics](#) **Gold**

1964 Summer Olympics **Gold**

Helsinki

Tokyo

4.

Sh	.	Haripal	Kaushik	(Hocke
----	---	---------	---------	--------

1956	Summer Olympics	Gold
------	-----------------	------

1964	Summer Olympics	Gold
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[Melbourne](#)

Tokyo

Arjun	Award in 1998
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5.

Sh	.	Kulwant	Arora	(Hocke
----	---	---------	-------	--------

[1960 Summer Olympics](#) **Silver**

[Rome](#)

6.

S.	Jagjit	Singh (Hockey)
----	--------	----------------

1964	Summer	Olympics	Gold
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1968 Summer	Olympics	Bronze
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Tokyo

Mexico

Arjun	Award in 1967
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7.

S.	Harmik	Singh (Hockey)
----	--------	----------------

1968	Summer	Olympics Bronze
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1972	Summer Olympics
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Mexico

Munich

Arjun	Award in 1997
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8.

S.	Balbir	Singh	Jr	. (Hockey)
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1968 Summer	Olympics Bronze
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1966	Asian Games	Gold
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Mexico

Bangkok

Arjun	Award in 1999
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9.

S.	Tarsem	Singh (Hockey)
----	--------	----------------

1968		Summer	Olympics	Bronze
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Mexico

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10.

Mr. Charles Cornelius (Hockey)

1973 Hockey World	Silver
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1974 Asian Games	Silver
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[Netherland](#)

Tehran

Sh	.	Charanjit	Kumar (Hockey)
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[1980](#) **Summer Olympics** **Gold**

Amarjit	Singh	Rana	(Hockey)
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[1980](#) **Summer Olympics** **Gold**

S.	Davinder	Singh
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1980		Summer Olympics	Gold
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Moscow

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14.

Sh	.	Gundeep	Kumar (Hockey)
----	---	---------	----------------

1988	Summer Olympics	Sixth
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[Seoul](#)

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15.

S.	Saroop	Singh (Hockey)
----	--------	----------------

1952 Summer Olympics	Gold
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Helsinki

16.

Sat	Gurdial	Nipi
-----	---------	------

(Volleyball)

Arjun	Award
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17.

Rajinder	Singh (Hockey)
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1983 Sultan	Azlan	Shah Cup Bronze
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Malaysia

Arjun	Award in 1997,	Dhyan	Chand	2005,
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Dronacharya	, 2011.
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18.

Bahadur	Singh (Athletics)
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2002 Asian Games	Gold
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Bussan

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19.

Sh	. Sat	Gurdial	Nippi	(Volley
----	-------	---------	-------	---------

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Arjun	Award in
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20.

S.	Randhir	Singh (Wrestling)
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World Youth Wrestling Championship

Canada

Arjun	Award in 2000.
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21.

S.	Manpreet	Singh
----	----------	-------

(Hockey)

2012	Summer Olympics
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London

22.

S.	Sarwanjeet	Singh
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(Hockey)

2012	Summer Olympics
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London

23

D.P. Azad (Cricket)

1986	Dronacharya	Award
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International Eminent Sports Personalities

Sr. No.

Name

Session

Game

Description

1

Sukhwant Singh

1967-68

Wrestling

IRAN

2

Kirpal Singh

1968-69

Hockey

Indian University at Australia

3

Sukhwinder Singh

1971-72

Football

1975-77 Indonesia Tour

(23 Matches) Afghanistan 2 Tour, 2 South Korea, Thailand & Malaysia 1 tour each

4

Ms.

Rajni

Nanda

1973-74

Hockey

Indian Women World Cup 1975-76

5

Tarsem

Singh

1974-75

Hockey

6

Ms.	Indu	Dewaan
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1976-77

Cricket

National Women Cricket Team

7

Amarjeet	Singh
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1977-78

Hockey

8

Ms.	Harpreet	Gill
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1978-79

Hockey

World Cup at Madrid

9

Ved

Raj

1978-79

Cricket

Captain U-19 against Pakistan

10

Gurmeet

Singh

1981-82

Athletics

1985

SAF

Games Shot-Put New Record in Dhaka

11

V.P. Singh

Malri

1983-84

Hockey

SAF

Games in Kolkata

12

Manu

Thappar

1985-86

Chess

International Rating Chess Tournament

13

Gundeep

Kumar

1985-86

Hockey

Asia Hockey up

14

Bhupinder

Singh

1989-90

Cricket

U-19 Asia Cricket Cup at Bangladesh

15

Manav

Mehra

1992-93

Cricket

U-19 Team India at England

16

Sukhwinder

Singh

1994-95

Hockey

Jr . Indian Team Toured Kenya

17

Ajit	Pal Singh
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1994-95

Hockey

Indian Team Toured Zimbabwe & Kenya (1999-2000)

18

Navsher	Singh
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1995-96

Hockey

Jr	. Indian Team Toured Australia
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19

Bhupinder	Singh
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1997-98

Hockey

Combined University Tour To Russia

20

Gurmail

Singh

1997-98

Hockey

Combined University Tour To Russia

21

Baldip

Singh

1997-98

Hockey

Combined University Tour To Russia

22

Harmeet

Singh

1998-99

Hockey

Combined University Tour To Australia

23

Rohan

Kapoor

1998-99

Badminton

PSB	Tour at England
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24

Tejbir	Singh
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2000-01

Hockey

1999-2000 4 Nation Tournament & Member Indian Hockey Team Tour at Poland
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25

Parminder	Singh
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2000-01

Hockey

Indian Hockey Team Tour at Poland

26

Jatinderpal Singh

2002-03

Hockey

27

Navpreet Singh

2002-03

Hockey

Jr . Indian Team Toured Malaysia

28

Jatinder	Pal Singh
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2002-03

Hockey

Jr	. Indian Team Toured Malaysia
----	-------------------------------

29

Ravi Pal Singh

2002-03

Hockey

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30

Ajay	Shori
------	-------

2003-04

Fencing

Junior Asia Cup Thailand (2006)

31

Jujhaar

Singh

2007-08

Hockey

U-19 Team India's Member

32

Jaswinder

Singh

2007-08

Hockey

U-18 Team India's Member

33

Randhir

Ray

2007-08

Handball

Asian Junior Handball in Japan

34

Baljinder

Singh

2007-08

Yoga

Open	Int	. Yoga Championship in Bangkok
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35

Sakatar	Singh
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2008-09

Yoga

Open	Int	. Yoga Championship in Bangkok
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36

Harmanpal	Singh
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2009-10

Handball

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37

Vinod

Kumar

Hockey

38

Baldev

Singh

Hockey

39

Tajinder	Mohan
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Hockey

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40

Baljit	Singh	Chandi
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Hockey

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41

Teja	Singh
------	-------

Hockey

42

Prabhdeep	Singh
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Hockey

43

Lakhwinder	Singh
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Hockey

44

Davinder Singh

Hockey

45

Maninder Pal Singh

Hockey

46

Sarwan	Singh
--------	-------

Hockey

Commonwealth Games

47

Mandeep	Singh
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Hockey

48

Ramandeep

Singh

Hockey

49

Satbir

Singh

Hockey

50

Madan	Lal	Obero
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Volleyball

--

51

Sardari	Lal
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Volleyball

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52

Harnek	Singh
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Volleyball

53

Harmohan	Chouhan
----------	---------

Volleyball

54

Harpreet	Singh
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Fencing

World Cup 2004 in Kuwait

55

Jaswant

Singh

Handball

56

Ranbir

Chopra

Basketball

57

Dharampal

Basketball

58

Abnash Chander

Basketball

59

Gurparshad

Basketball

60

Joginder

Jogi

Basketball

Asian Games

61

Jaswinderpal	Singh
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Basketball

Indian Team Toured Kuwait

62

Balwant	Singh
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Athletics

Asian Games

63

T.R.	Joshi
------	-------

Athletics

64

Avtar	Singh
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Athletics

Member Indian Universities Athletic Team

65

Upkar	Singh
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Athletics

66

Kewal Singh

Athletics

1982 Asian Games (Relay)

67

Surjit Singh

Athletics

68

Naresh	Kumar
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Athletics

69

Gurpreet	Singh
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Athletics

70

Jasalpreet

Singh

Athletics

71

Simranjit

Singh

Athletics

72

Kirpal	Singh
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2009-10

Athletics

World Universities Athletic Championship in China

73

Gurparshad

Football

74

Surinder	Kumar
----------	-------

1977-78

Football

75

Dhanwant	Kumar
----------	-------

Football

76

Anwar Ali

Football

Asia Cup in

77

Sohan	Singh
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Wrestling

78

Sukhwant	Singh
----------	-------

Wrestling

79

Tejinder	Singh
----------	-------

Wrestling

80

Jagjit	Singh
--------	-------

Wrestling

81

Vikas

Kumar

2002-03

Softball

Asian Softball Championship in Philippines

82

Shushil

Kumar

Judo

Junior World Judo Championship 1987 in Egypt Got Bronze Medal

83

Ashwani	Kumar
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Judo

Sub-Junior World Judo Championship Got Gold Medal

84

Jagdeep	Singh
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Boxing

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85

Rajinder	Singh	Ghai
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1977-78

Cricket

86

Vikram

Rathour

1998-99

Cricket

Test Series in South Africa

87

Vivek

Mahajan

2002-03

Cricket

U-15 World Cup

88

Rajiv	Jolly
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2001-02

Cricket

U-15 World Cup

89

Vineet	Sharma
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2000-01

Cricket

Indian Team Member for Sri Lanka

90

Rahul Sharma

2007-08

Cricket

Indian Team Member

91

Taruwar Kohali

2007-08

Cricket

U-19 World Cup

92

Shushil

Kohli

Swimming

Asian Games and

Droanacharya

Award

93

Sarvanjit

Singh

2007-08

Ball Badminton

Sri-Lanka Tour

94

Pawandeep	Randhawa
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2012-13

Taekwondo

International Karate Championship

GNDU Inter-College Performance for the Session (2012-2013):

1st Position:Football, Kabaddi (Punjab Style), Lawn Tennis, Basket Ball, Fencing, Best Physique

2nd Position:Chess, Squash Racket, Canoeing, Kayaking, Handball, Badminton, Hockey, Cricket, Shooting (Pistol), Yoga,

3rd Position:Rowing, Table-Tennis, Judo