



KHALSA COLLEGE OF ENGG. & TECH., AMRITSAR

ਖਾਲਸਾ ਕਾਲਜ ਆਫ ਇੰਜੀਨੀਅਰਿੰਗ ਐਂਡ ਟੈਕਨੋਲੋਜੀ



SELF ASSESSEMENT PROFORMA FOR GENERAL FITNESS

Personal details: Name:..... PTU Roll No..... Father's Name.....

Branch:..... semester:..... Group:..... Mobile No:.....

1. Sports activities: (10 Marks Attendance+ Participation) (3+7)

S.No	Name of Sports	Date of Participation	Place of Event	College/ Inter-college/ Inter-university level	Participated/ Position/ Organized
1					
2					
3					
4					
5					

2. NSS Activities: (10 Marks)

S.No	Activity
	Blood Donation camp
	Cleanliness camp
	Tree plantation

3. ISTE/Extra-Curricular Activities:

S. No	Particulars	Marks	Level	Place of Event	Date of Event	Participated/ Organized Position/Rank/Prize
1	ISTE Event Participation	5	College Level			
2	Tech-Fest (Attendance + Participation)	3+7	Section Level			
3	Youth Festival/Cultural Activities/ Ardass Diwas	10	College/Inter-College/State level			
4	Industrial Visit	10				
5	Farewell/Fresher Party	5				

4. Have you ever been fined for any misconduct/indiscipline? (Yes/No)

For Office Use

5. General Behavior:

1.	Academics	5 marks	
2.	Discipline	10 marks	
3.	Punctuality/Regularity	10 marks for above 75% attendance	
4	Conduct	5 marks	

Note:- Information provided by the student is to be supported with relevant document (2017-18)

Verify by;

Class-In-Charge

Sports/ISTE/NSS/Cultural

HOD