

**Amandeep Kaur** is a dedicated Rugby player who has brought pride to the nation by representing **India in the Asian Rugby Sevens Series 2025 (2 leagues)**. She competed at the international level in the **first league held in Hangzhou, China**, and the **second league in Colombo, Sri Lanka**, showcasing her skill, discipline, and commitment to the sport. Alongside her sporting achievements, Amandeep Kaur is a **final-year M.P.Ed. student in the Department of Physical Education at Sri Guru Granth Sahib World University**, where she continues to balance academic excellence with high-level athletic performance.