

**GHG Harparkash College of Education for Women,  
Sidhwan Khurd, Ludhiana  
Annual Sports' Day (2019-20)**

**17-02-2020**

**COMPOSITE OF THE SOCIETY:-**

**Dr. Ajay Kumar  
Mrs Gurpreet Ka  
Ms. Gurpreet Kaur**

**HOUSE INCHARGES:-**

**SATLUJ HOUSE:- Ms. Pawandeep Kaur**

**BEAS HOUSE:- Ms. Preeti Sapna**

**RAVI HOUSE:- Dr. Jaspreet Kaur  
Ms. Satwinderjit Kaur**

**SOCIETY BEARERS:-**

**President :- Ms. Mehardeep Kaur**

**Vice President :- Ms. Rajandeep Kaur**

**Secretary :- Ms. Jagdeep Kaur**

**Joint Secretary :- Ms. Manraj Kaur**

Over all winners in sports : Ravi House (187)

Over all runner-ups in sport : Satluj House (186)

Winner in March past : Satluj House

Runners-up in March past : Beas House

Best Athlete of the year : Mehardeep Kaur (B.Ed-IIyr)

**Kho-Kho:**

I- Manraj K, Ashima, Anita Rani, Simran Rani, Sandeep K, Kulwinder K, Lovepreet K, Amarjeet K, Gurjeet K, Sukhpreet K, Neha Chaudhary & Sandeep Kaur - (BH)

II- Jagdeep K, Arwinder K, Amandeep K, Twinkle Mittal, Harpreet K, Hardeep K, Sehajpreet K, Harmandeep K, Kanchan Kandiara, Prabhjot K, Pallavi Garg & Navneet Kaur - (SH)

III- Mehardeep K, Rajandeep K, Harpreet K, Amanpreet K, Neha Sharma, Jyoti Bansal, Sumanpreet K, Disha, Jashandeep K, Kamaljit K, Jenia & Jagdeep Kaur – (RH)

**Badminton (Single):**

I- Aashna Arora B.Ed-IIyr. (180004) (SH)

II- Manraj Kaur B.Ed-Iyr. (190017) (BH)

III-Mehardeep Kaur- B.Ed-IIyr.(180039) (RH)

**Badminton (Double):**

I- Mehardeep Kaur- B.Ed-IIyr.(180039) (RH) & Rajandeep Kaur- B.Ed-IIyr (180003) (RH)

II- Manraj Kaur B.Ed-Iyr. (190017) (BH) & Nitasha Bansal- B.Ed-IIyr. (180002) (BH)

III- Twinkle Mittal- B.Ed-IIyr. (180044) (SH) & Aashna Arora B.Ed-IIyr. (180004) (SH)

- Table Tennis (Single):** I- Manraj Kaur B.Ed-Iyr. (190017) (BH)  
II- Mehardeep Kaur- B.Ed-IIyr.(180039) (RH)  
III-Twinkle Mittal- B.Ed-IIyr. (180044) (SH)
- Shot Put:** I –Rajandeeep Kaur- B.Ed-IIyr (180003)- 6:50 ( RH)  
II-Nitasha Bansal- B.Ed-IIyr. (180002)-6:25 (BH)  
III-Jagdeep Kaur B.Ed-Iyr. (190021)- 5:85 (RH)
- Discuss Throw :** I- Jagdeep Kaur B.Ed-IIyr. (180015)- 18:50 (SH)  
II- Rajandeeep Kaur- B.Ed-IIyr (180003)- 17:90 ( RH)  
III-NITasha Bansal- B.Ed-IIyr. (180002)-15:80 (BH)
- Javelin Throw :** I- Rajandeeep Kaur- B.Ed-IIyr (180003)- 15:10 ( RH)  
II- Nitasha Bansal- B.Ed-IIyr. (180002)-12:35 (BH)  
III-Mehardeep Kaur- B.Ed-IIyr.(180039)-12:30 (RH)
- Long Jump:** I- Manali- B.Ed-Iyr (190028)- 3:25 (SH)  
II- Mehardeep Kaur- B.Ed-IIyr.(180039)-3:05 (RH)  
III- Hardeep Kaur- B.Ed-Iyr. (190022)-2:95 (SH)
- High Jump:** I- Mehardeep Kaur- B.Ed-IIyr.(180039)-3:06 (RH)  
II- Manali- B.Ed-Iyr (190028)- 3:05 (SH)  
III- Manpreet Kaur- B.Ed-IIyr.(180019)- 3:05 (BH) &  
Pallavi Garg- B.Ed-Iyr. (190049)- 3:05 (SH)

**(III<sup>rd</sup> Trial)**

- Three Legged Race:** I - Aashima- B.Ed-Iyr (190002) (BH) &  
Anita Rani- B.Ed-Iyr (190050) (BH)
- II- Hardeep Kaur- B.Ed-Iyr. (190022) (SH) &  
Pallavi Garg- B.Ed-Iyr. (190049) (SH)
- III- Sukhjeet Kaur- B.Ed-Iyr. (190018) (RH) &  
Jagdeep Kaur B.Ed-Iyr. (190021) (RH)

**Tug of War**

I- Manraj K, Gurmeet K, Navdeep K, Nitasha Bansal,  
Manpreet K, Neha Chaudhary, Harmanpreet K,  
Gurjeet K, Amarjeet K, Kulwinder K (BH)

II-Jagdeep K, Anju Bala, Manpreet K, Pallavi Garg,  
Harpreet K, Hardeep K, Amritpal K, Prabhjot K,  
Twinkle Mittal, Manpreet K- (SH)

III-Neha Sharma, Rajandeep K, Jashandeep K,  
Mehardeep K, Sukhjeet K, Mamta Sharma, Jyoti  
Bansal, Ramandeep K, Jenia, Pardeep K- (RH)

**100-M Race :**

I- Hardeep Kaur, M.Ed-Iyr (190103) (RH)

II- Pallavi Garg, B.Ed-Iyr (190049) (SH)

III- Amritpal Kaur, B.Ed-IIyr(180048) (SH)

**Sack Race:**

I - Manali- B.Ed-Iyr (190028) (SH)

II- Mehardeep Kaur- B.Ed-IIyr.(180039) (RH)

III- Aashima- B.Ed-Iyr (190002) (BH)

**200-M Race :**

I - Mehardeep Kaur B.Ed-IIyr.(180039) (RH)

II- Hardeep Kaur, M.Ed-Iyr (190103) (SH)

III- Amritpal Kaur B.Ed-IIyr.(180048) (RH)

**Spoon & Potato Race:**

I - Manpreet Kaur- B.Ed-IIyr (180051) (SH)

II- Harpreet Kaur- B.Ed-IIyr.(180006) (RH)

III-Mehardeep Kaur- B.Ed-IIyr (180039) (RH)

**4x 100 M Relay Race :**

I – Pallavi Garg, Hardeep K, Amritpal K, Manpreet K  
Gill- (SH)

II – Hardeep K, Rajandeep K, Mehardeep K, Harpreet  
K- (RH)

III- Neha Chaudhary, Sandeep K, Anita Rani, Ashima(BH)

**Obstacle Race**

: I- Pallavi Garg- B.Ed-Iyr. (190049) (SH)

II- Hardeep Kaur- B.Ed-Iyr.(190022) (SH)

**Chatti Race:**

I- Jagdeep Kaur B.Ed-Iyr. (190021) (RH)

II- Manjit Kaur- B.Ed-Iyr.(190003) (RH)

III- Anita Rani- B.Ed-Iyr (190050) (BH)

Miss Amita  
**Our Alumni:**

Distinguished Athlete has assisted our Sports  
Society in conducting various Sports Events)

**Throw Ball Match Staff Members:**

**Team-A (Winners)**

Dr. Amandeep Kaur, Dr. Ajay Kumar,  
Dr. Manjeet Kaur, Dr. Sarvjeet Kaur,  
Dr. Shally, Mrs. Gurpreet Kaur

**Team-B (Runner up)**

Dr. Kiran Duggal, Mrs. Pushpinder Kaur,  
Dr. Gurwinder Singh, Mrs. Manpreet Kaur,  
Miss Preeti Sapna, Mrs. Khushmeet Kaur

