

## ANNUAL SPORTS DAY 2016-17

Over all winners in sports	:	Ravi House
Over all runner-up in sport	:	Satluj House
Winner in March past	:	Satluj House
Runners-up in March past	:	Ravi House
Best Athlete of the year	:	Ms Kuldeep Kaur

### **Our student Amita participated in P.U. Inter College Athletic Meet and won Bronze Medal in Javelin Throw.**

Throw Ball	:	Winners – Satluj House Runner-up – Ravi House
Badminton	:	Winners – Ravi House Runner-up – Satluj House
Shot Put	:	I – Vandana Kaur (16), Ravi House (6.10 Mtr) II – Gurinderpreet Kaur (59), Satluj (5.65 Mtr) III - Jaspreet Kaur (25), Satluj House (5.56 Mtr)
Discuss Throw	:	I — Vandana Kaur (16), Ravi House (15.15 Mtr) II- Gurinderpreet Kaur (59), Satluj (15.05 Mtr) III –Sandeep Kaur(107), Satluj (14.45 Mtr)
Javelin Throw	:	I – Amita (33), Satluj House (18.00 Mtr) II – Prabhjot Kaur (44), Ravi House (16.30 Mtr) III – Gurmanpreet Kaur (72), Ravi H(12.70 Mtr)

Long Jump	:	I – Arshdeep Kaur (47), Satluj House (3.30 Mtr) II – Neha Rani (15), Satluj House (3.00 Mtr) III – Jaspreet Kaur (140), Ravi House (2.90 Mtr)
High Jump	:	I - Arshdeep Kaur (47), Satluj House (3.33 Mtr) II – Sarabjeet Kaur (63), Satluj House (3.2 Mtr) III – Manpreet Kaur (135), Pooja Rani (3.0 Mtr)
50-M Race	:	I – Amita (33), Satluj House (41.0 sec) II – Jaspreet Kaur (140), Ravi House (43.0 sec) III – Sukhpreet Kaur (10), Ravi House (44.0 Sec)
100-M Race	:	I – Jaspreet Kaur (140), Ravi House (1.54 mins) II - Arshdeep Kaur (47), Satluj House (1.57 mins) III – Manpreet Kaur (135), Satluj House (1.58 mins)
200-M Race	:	I – Jaspreet Kaur (140), Ravi House II - Arshdeep Kaur (47), Satluj House III – Kuldeep Kaur (20), Ravi House
4x 100 M Relay Race	:	I – Kuldeep, Sukhpreet, Raghwinder, Anchal (Ravi) II – Arshdeep, Amita, Neha, Sukhwinder (Satluj)
Three Legged Race	:	I – Sandeep Kaur (107) Arshdeep Kaur (113) Satluj II – Amanpreet Kaur, Kamaljeet Kaur (10) Ravi III – Ranjit Kaur and Gurmit Kaur Ravi
Sack Race	:	I – Sukhwinder Kaur (17) Satluj House II – Sumanjeet Kaur (48) - Ravi House III - Neha Rani (15), Satluj House

Spoon & Potato Race : I – Arashdeep Kaur (113) - Satluj House  
II – Vandana Kaur (48) - Ravi House  
III – Baljeet Kauri (15), Satluj House

Obstacle Race : I – Arshdeep Kaur (68), Ravi House  
II — Amita (33), Satluj House  
III – Arshdeep Kaur (47), Satluj House

Chatti Race : I – Harveer Kaur (9), Satluj House  
II – Gurmanpreet Kaur (72), Ravi House  
III- Arshdeep Kaur

### **M.Ed**

Shot Put : Ramandeep Kaur , 6.00 Mtr  
Simranjeeet Kaur , 5.55 Mtr.  
Ravneet Kaur , 5.25Mtr.

Servant Race : I – Mr. Umesh (10.00 second)  
II – Mr. Mahesh (13.00 second)  
III – Mr. Sansar -