

## ANNUAL SPORTS DAY 2015-16

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 Brownze 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 (7.30 Mtr) II – Jaspreet Kaur (25), Satluj House (7.00 Mtr) III - Manpreet Kaur (18), Ravi House (6.90 Mtr)
Discuss Throw	:	I – Gurinderpreet Kaur (59), Satluj (18.00 Mtr) II – Vandana Kaur (16), Ravi House (17.10 Mtr) III – Sumanjeet Kaur (48), Ravi House (15.50 Mtr)
Javelin Throw	:	I – Amita (33), Satluj House (15.15 Mtr) II – Prabhjot Kaur (44), Ravi House (14.65 Mtr) III – Sukhpreet Kaur (10), Ravi House (11.10 Mtr)

Long Jump	:	I – Arshdeep Kaur (47), Satluj House (3.50 Mtr) II – Neha Rani (15), Satluj House (2.85 Mtr) III – Harveer Kaur (9), Satluj House (2.60 Mtr)
High Jump	:	I - Arshdeep Kaur (47), Satluj House (3.3 Mtr) II – Daljeet Kaur (8), Ravi House (3.2 Mtr) III – Sarabjeet Kaur (63), Satluj House (3.2 Mtr)
50-M Race	:	I – Kuldeep Kaur (20), Ravi House (9.52 Minutes) II – Sukhpreet Kaur (10), Ravi House III – Amita (33), Satluj House
100-M Race	:	I - Kuldeep Kaur (20), Ravi House II - Arshdeep Kaur (47), Satluj House III — Amita (33), Satluj House
200-M Race	:	I - Kuldeep Kaur (20), Ravi House II --- Amita (33), Satluj House III — Sukhpreet Kaur (10), Ravi House
4x 100 M Relay Race	:	I – Kuldeep, Sukhpreet, Raghwinder, Anchal (Ravi) II – Arshdeep, Amita, Neha, Sukhwinder (Satluj)
Three Legged Race	:	I – Navjot Kaur (34) Arshdeep Kaur (68) Ravi II – Vandana Kaur (16), Sukhwinder Kaur (10) Ravi III – Beant Kaur (2), Sumanjeet Kaur (48) 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 – Sukhwinder Kaur (17) - Satluj House II – Sumanjeet Kaur (48) - Ravi House III – Neha Rani (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
Musical Chair Race	:	I – Dr. Rajwinder Kaur II –Mrs Urmila III –Dr. Amandeep Kaur
Throw Ball Match Staff Members	:	Staff Team – Winner (A)

### **M.Ed**

Shot Put	:	Manpreet Kaur (4), 6.60 Mtr Ramandeep Sandhu (8), 6.40 Mtr. Harpreet Kaur (5), 5.90 Mtr.
Servant Race	:	I – Mr. Umesh (10.00 second) II – Mr. Mahesh (13.00 second) III – Mr. Sansar -