

ANNUAL SPORTS DAY - 2018-19

Over all winners in sports	:	Ravi House
Over all runner-up in sport	:	Beas House
Winner in March past	:	Ravi House
Runners-up in March past	:	Satluj House
Best Athlete of the year	:	Rachna Rani

Our college Athletic Team participated in Panjab University Inter College Athletic Meet and our M.Ed student Ms. Amita won Silver Medal in Javelin Throw

Our college Kho-Kho team participated in Panjab University Inter College Kho-Kho Tournament and won Gold Medal in the Tournament

Inter-college Athletics	:	Javellin Throw – 2 nd – Amita
Throw Ball	:	Winners – Ravi House Runner-up – Satluj House
Kho-Kho	:	Winners – Satluj House Runner-up – Ravi House
Tug-of-War	:	Winners – Ravi House Runner-up – Beas House
Badminton Singles	:	Winners – Satluj House Runner-up – Beas House
Badminton Doubles	:	Winners – Ravi House Runner-up – Beas House
Shot Put	:	I – Natasha – 23.10' (Beas House) II – Rajandeep - Mehardeep Kaur -23.3 (Ravi House) III – Jagdeep Kaur -22.10 (Ravi House)
Discuss Throw	:	I – Jagdeep Kaur – 59.6' (Ravi House) II – Rajandeep Kaur– 55.6' (Ravi House) III – Rachna Rani – 51.6 (Beas House)

Javelin Throw	:	I – Amita – 54.5 (Beas House) II – Rajandeep Kaur – 42.2 (Ravi House) III – Hardeep Kaur – 38.0 (Satluj House)
Long Jump	:	I – Rachna Rani – 10.0 (Beas House) II - Hardeep Kaur – 9.9 (Satluj House) III – Mehardeep Kaur – 9.1 (Ravi House)
High Jump	:	I - Manpreet Kaur – 3.4 (Satluj House) II – Mehardeep Kaur (Ravi House) III – Hardeep Kaur (Satluj House) & Rachna Rani (Beas House)
Three Legged Race	:	I –Amita & Satwinder Kaur (Beas House) II – Kuldeep & Ramandeep Kaur (Ravi House) III – Hardeep & Manpreet Kaur (Satluj House)
100-M Race	:	I - Rachna Rani (Beas House) II – Mehardeep Kaur (Ravi House) III – Hardeep Kaur (Satluj House)
Sack Race	:	I – Hardeep Kaur (Satluj House) II – Sandeep Kaur (Beas House) III – Amritpal Kaur (Ravi House)
200-M Race	:	I – Mehardeep Kaur (Ravi House) II – Ramandeep Kaur (Ravi House) III – Hardeep Kaur (Satluj House)
Spoon & Potato Race	:	I – Charanjeet Kaur (Beas House) II – Ramandeep Kaur (Ravi House) III – Paramjeet Kaur (Satluj House)
4x 100 M Relay Race	:	I – Rachna Rani- Neha Chaudhary - Sandeep Kaur (Beas House) II – Mehardeep Kaur – Rajandeep Kaur Ramandeep Kaur-Amritpal Kaur (Ravi House) III – Ramandeep Kaur- Hardeep Kaur- Sukhpreet Kaur-Manpreet Kaur (Satluj House)

Obstacle Race : I – Amita (Beas House)
II – Rachna Rani (Beas House)
III – Harpreet Kaur (Ravi House)

Chatti Race : I – Ramandeep Kaur (Ravi House)
II – Prabhjot Kaur (Satluj House)
III – Paramjeet Kaur (Satluj House)

Musical Chair Race : I – Dr. Harmail Singh
II – Dr. Sarvjeet Kaur
III – Dr. Seema Chopra

Throw Ball Match Staff Members : Winner - Team-A
Runner-up - Team-B

Servant Race : I – Umesh Kumar
II - Ashib
III – Tej Bahadur