

PLAYERS OF MSSSP SHINE IN

TANDARUST PUNJAB 2019

~ Sehajdeep Kaur (X-C) ,Achita Sood (IX-C) & Kushaldeep Kaur (IX-C) ~

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SPORTS NOT ONLY BUILD better athletes but also better human beings with a balanced mind and body coordination.

It was a proud moment for MSSSP, when many of its students won medals at District level for the

ARSHBAGH SINGH (VIII-A) - silver medal in Football (Under-14).

NAVROSE KAUR (VII-C) - bronze medal in Boxing Competition (Under 14).

JANVI VERMA (VIII-B) - 2 gold, and 3 silver

school in different sports events like Skating, Gymnastics, Weight Lifting, Badminton and Football held under 'Tandrust Punjab' sports organized by Government of Punjab in the months of July and August 2019 at Patiala.

Names of the winners are as follows :

GAGANDEEP SINGH (XII-A) - gold medal (Under-18) and silver medal (Under-25) in Badminton Competition .

MAHEER KUMAR PAHWA (XII-C2) - gold medal in Weightlifting Competition (Under-18).

SHIVAM SHARMA (XII-C1) - bronze medal in Judo Competition (Under-18).

medals in Rhythmic Gymnastics (Under 14).

KIRT KAUR (V-B) - 2 bronze medals in 1000 metres rink race and 2000 metres road race in Inline Skating Competitions (Under 14).

GUNBIR SINGH (III-A) - silver medal in 1000 metres rink race and 2 bronze medals in 500 metres rink race and 2000 metres road race in Skating Competitions (Under-14).

Playing various sports build up stamina and reduces stress . It builds healthy bones, muscles, increases fitness, improves sleep, helps them socialize, and boosts self esteem .

WELL DONE ALL THE WINNERS !!