

## National Games Silver Medallist Heena Our Pride in Weight Lifting Session 2024-25

Congratulations to all that Our college Sri Guru Teg Bahadur Khalsa College Sri Anandpur Heena Weight Lifter won Silver Medal in 76kg category ,she Lifted 208 kg total weight in 38th National games which were held at Utrakkhand on dated 1-2-2025 .On this Big achievement of Our weight Lifter Heena College Principal Dr Jasvir Singh Honoured her at the College , Principal of College congratulated and appreciated the Lifter Heena, Head of Department Physical Education Prof Ashok Kumar, Prof Jagwant Singh and Kabaddi coach Gurdev Singh.

