

# SPORTS HOSTEL ROHRU

AJEET KUMAR VERMA

PRINCIPAL PM SHRI

G.M.S.S.S. ROHRU



# Introduction

Establish in  
19<sup>th</sup> March  
1996

Total  
Strength of  
students : 38  
(Football-18  
Volleyball-20)



# Special Thanks

- We express our sincere gratitude to the Hon'ble Director of Higher Education, Himachal Pradesh, for the timely support and guidance extended to our hostel.
  - Approval for shifting the hostel from the Indoor Hostel Building to the HPPC Building, Gangtoli.
  - Release of Advance Diet Money for the period from April 2026 to September 2026.

# Budget utilisation and expenditure detail

- Amount 5 lakh for gym utilized.
- ₹6 lakh for repair work is still pending, as the handing-over permission of the building was received in the office on 1st June.
- An amount of ₹5.00 lakh sanctioned under M&S could not be utilized as the hostel has not yet been shifted to the newly handed-over building.
- An amount of ₹16,68,960 sanctioned as Advance Diet Money could not be utilized and remains unspent, as the entire staff was deployed on election duty during the period concerned.

# PROUD MOMENT FOR OUR HOSTEL

## Selected for NCEO Ahmdabad Gujrat



**Madhur Sanjeeva Chauhan**

# PROUD MOMENT FOR OUR HOSTEL

Three students from our hostel have been selected to represent India in the ISF World School Volleyball Championship 2026, to be held in Shanghai, China from 01 July 2026 to 10 July 2026.



# Achievement of Hostel

Silver medal U-19 National



- Parth Sarthi (Silver Medal U19 School National)



- Madhur Sanjeeva Chauhan (Silver Medal U19 School National)



- Aaditya Thakur (U19 Silver National)

# Achievement of Hostel

Three Selection in NCEO Ahemdabad  
Camp

Madhur  
Aaditya  
Yuvraj

# Achievement of Hostel



Silver Medal U-19 After a Long Gap.



Football team State Champion School State



Practice Session Indoor Rohru



Runner up Junior State

# Achievement of Hostel



Himachal Team With Runner Up  
Trophy



Football team State Champion  
School State

# Academic Performance & Volleyball Achievements

Name	Class	%	Achievement
Sujal	10+1	70	U-14 National
Shourya	10+1	72	U-17 National
Tanishk	10+2	55	U-18 State
Daksh	10+1	60	U-18 State
Arnav	10+1	79	U-19 State
Naman	10+2	70	U-18 National
Viraj	10+1	68	U-17 National
Kshitij	10+1	75	U-17 National
Rubal	10+1	86	U-18 State
Advik	10+1	67	U-18 State
Suryansh	10+1	62	U-18 State
Vatsal	10+2	67	U-18 State
Aravdeep	10+1	70	U-18 State
Hunny	10+2	74	U-18 State
Tejas	9th	98	U-18 State
Shaurya	10th	67	U-18 State
Ujjwal	10th	90	U-18 State
Sheras	10+1	73	U-18 State
Ankush	9th	79	U-14 National
Lakshay	10th	93	U-18 State

# Academic Performance and Football Achievements

Name	Class	Achievement	Percentage
Suman	10+2	Under-19 State	70%
Alok	10+2	Under-19 State	69%
Nikhil	10+1	Under-17 National	76%
Piyush	10+1	Under-17 National	72%
Divyansh	10+1	Under-17 National	86%
Aarav	9th	Under-14 National	79%
Rajveer	10+1	Under-19 State	62%
Tejas	10+1	Under-19 State	81%

# Sports Hostel Rohru

Game-wise Achievements 2026

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# Sports hostel rohru (Volleyball 2026)

**COACH - DAVINDER SINGH CHAUHAN**

OCTOBER 06 TO 09

COMPETITION																																	OCTOBER 06 TO 09																																																												
EXPOSURE																																																																																													
MONTH	JANUARY				FEBRUARY				MARCH				APRIL				MAY				JUNE				JULY				AUGUST				SEPTEMBER				OCTOBER				NOVEMBER				DECEMBER																																																
CALENDAR	01	06	13	20	27	03	10	17	24	03	10	17	24	03	10	17	24	03	10	17	24	05	12	19	26	02	09	16	23	03	10	17	24	06	13	20	27	04	11	18	25	01	08	15	22	29	06	13	20	07	14	21	28	04	11	18	25	01	08	15	22	29	06	13	20	07	14	21	28	05	12	19	26	02	09	16	23	03	10	17	24	01	08	15	22	28	05	12	19	02	09	16	23
PERIOD	PREPARATORY PERIOD																								COMPETITION PERIOD												TRANSITION PERIOD																																																								
STAGE	GENERAL PHYSICAL PREPARATION												SPECIFIC PHYSICAL PREPARATION												PRE COMPETITION								COMPETITION								TRANSITION																																																				
PHASE/ MESO	DRAW IN			BASIC MESO-1					BASIC MESO-2					BASIC MESO-3					CONTROL MESO-1					CONTROL MESO-2					PRE COM MESO-1				PRE COM MESO-2				COM MESO-1				COM MESO-2				TRANSITION PERIOD																																																
MICRO CYCLE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52																																									
DAYS IN WEEK	4	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	3	3	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6																						
SESSIONS	8	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	6	6	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10																														
HOURS- WEEK	16	20	20	22	22	22	22	22	20	22	22	22	20	22	24	24	24	24	22	22	22	24	24	24	22	24	24	24	22	12	12	24	24	24	24	22	24	22	22	22	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20	20																																
TOTAL HOURS	56 HOURS			108 HOURS					108 HOURS					142 HOURS					138 HOURS					118 HOURS					72 HOURS				88 HOURS				100 HOURS				80 HOURS				45 HOURS																																																
WARMING UP	9 H 20 M			16 H 40 M					16 H 40 M					20 H					20 H					16 H 40 M					10 H 40 M				16 H 40 M				13 H 20 M				13 H 20 M				6 H																																																
COOL DOWN	2 H 40 M			8 H 20 M					8 H 20 M					10 H					10 H					8 H 20 M					5 H 20 M				8 H 20 M				6 H 40 M				6 H 40 M				3 H																																																
MATCHES	6 H (3 MATCH)			7 H 30 M (5 MATCHES)					7 H (5 MATCHES)					24 H (12 MATCHES)					24 H (12 MATCHES)					20 H (10 MATCHES)					12 H (6 MATCHES)				16 H (8 MATCHES)				20 H (10 MATCHES)				16 H (8 MATCHES)																																																				
PHYSICAL TESTS	2 H																		2 H										2 H																																																																
LAB TESTS	2 H																		2 H										2 H																																																																
MEDICAL TESTS	2 H																		2 H										2 H																																																																
THEORY	2 H																		2 H										2 H																																																																
INTRO & CONCLUD	26 Hrs			32 Hrs 30 Min					32 Hrs					54 Hrs					62 Hrs					45 Hrs					36 Hrs				41 Hrs				40 Hrs				36 Hrs				9 H																																																
MAIN PART Hrs	30 Hrs			75 Hrs 30 Min					76 Hrs					88 Hrs					76 Hrs					73 Hrs					36 Hrs				31 Hrs				60 Hrs				44 Hrs				36 H																																																
PHYSICAL PREPARATION	60%		18 H		75 H 30 M	60%		45 H 18 M			76 H 30 M	55%		41 H 48 M			88 M	50%		44 H			76 M	45%		34 H 12 M			73 M	40%		29 H 12 M			36 H	35%		12 H 36 M			31 H	30%		9 H 18 M			60 H	30%		18 H			44 H	20%		8 H 48 M			9 H																																		
TECHNICAL	70%		12 H 36 M			70%		31 H 43 M				70%		29 H 16 M				60%		26 H 24 M				50%		17 H 06 M				50%		14 H 36 M				40%		5 H 02 M				40%		3 H 43 M				30%		5 H 24 M				30%		2 H 38 M																																					
TACTICAL	30%		5 H 24 M			30%		13 H 35 M				30%		12 H 32 M				40%		17 H 36 M				50%		17 H 06 M				50%		14 H 36 M				60%		7 H 36 M				60%		5 H 35 M				70%		12 H 36 M				70%		6 H 10 M																																					
STRENGTH	30%		9 H			30%		22 H 39 M				35%		26 H 36 M				35%		30 H 48 M				35%		26 H 36 M				35%		25 H 33 M				35%		12 H 36 M				30%		9 H 18 M				30%		18 H				25%		11 H																																					
STRENGTH	PRE TRAINING			ANATOMICAL ADAPTATION/HYPERTROPHY												MAXIMAL STRENGTH												CONVERSION TO POWER								PEAK				MAINTENANCE																																																					
SPEED	SPEED ENDURANCE												ACCELERATION SPEED												MOVEMENT & REACTION SPEED								VOLLEYBALL SPECIFIC SPEED								MAINTENANCE																																																				
ENDURANCE	AEROBIC ENDURANCE ( LOW INTENSITY )												AEROBIC ENDURANCE ( LOW INTENSITY )												VOLLEYBALL SPECIFIC ENDURANCE								MAINTENANCE																																																												
AGILITY/ CO-ORDINATION	FUNDAMENTAL MOVEMENT SKILLS												(COD) CHANGE OF DIRECTION - SPEED												TIVE AGILITY TRAINING / VOLLEYBALL SPECIFIC MOVEMENT PATT								VOLLEYBALL SPECIFIC MOVEMENT								MAINTENANCE																																																				
FLEXIBILITY	PASSIVE												ACTIVE/DYNAMIC												PNF METHOD-PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION								MAINTENANCE																																																												
TECHNICAL SKILLS	NEW / RELEARNING												DIFFERENT CONDITIONS												DIFFICULT CONDITIONS								PERFECTION								MASTERY OF APPLICATION				MAINTENANCE																																																
TACTICAL ABILITY	FEW												INTRODUCTION OF ALL												DIFFICULT CONDITIONS								PERFECTION								MASTERY OF APPLICATION				MAINTENANCE																																																
MENTAL ABILITY	TOLERANCE												WILL POWER												CONCENTRATION								CONFIDENCE								ELL INTEGRARION&COHESIO				MAINTENANCE																																																

**PM SHRI GOVT. MODEL SR.SEC. SCHOOL ROHRU BOYS  
MESS MENU IN R/O SPORTS HOSTEL ROHRU**

DAY	BEFORE MORNING TRAINING	BREAKFAST	LUNCH	4:00 PM	AFTER EVENING SESSION	DINNER
MONDAY	BLACK CHANNA	EGG+BREAD	SEASONAL	BREAD+MILK	SOUP TOMATO	CHICKEN CURRY
	GURH	SEASONAL FRUIT	VEGETABLES			MIX DAAL+RICE+PANEER
	JUICE MIXED FRUIT	MILK	CHAPATI			CHAPATI+CURD+SWEETDISH
TUESDAY	BLACK CHANNA	EGG+BREAD	SEASONAL	BUNN+MILK	SOUP MIX VEG.	SABUT MOONG+RICE
	GURH	SEASONAL FRUIT	VEGETABLES			PANEER OR MASHROOM
	JUICE GUAVA	MILK	CHAPATI			CHAPATI+CURD+SWEETDISH
WEDNESDAY	BLACK CHANNA	BREAD PAKODA	SEASONAL	MAGGI	SOUP MASHROOM	MUTTAN RADA+RICE
	GURH	EGG+MILK	VEGETABLES			RAJMAH+PANEER OR MASHROOM
	JUICE POMEGRANATE	SEASONAL FRUIT	CHAPATI			CHAPATI+CURD+SWEETDISH
THURSDAY	BLACK CHANNA	EGG+BREAD	SEASONAL	BREAD+MILK	SOUP CORN	YELLOW DAAL+RICE
	GURH	SEASONAL FRUIT	VEGETABLES			PANEER OR MASHROOM
	JUICE LITCHI	MILK	CHAPATI			CHAPATI+CURD+SWEETDISH
FRIDAY	BLACK CHANNA	EGG+BREAD	SEASONAL	BUNN+MILK	SOUP TOMATO	CHICKEN+RICE+DAAL MALKA
	GURH	SEASONAL FRUIT	VEGETABLES			PANEER OR MASHROOM
	JUICE MANGO	MILK	CHAPATI			CHAPATI+CURD+SWEETDISH
SATURDAY	BLACK CHANNA	EGG+BREAD	SEASONAL	BREAD+MILK	SOUP MASHROOM	MUTTAN+RICE+DAAL MAKHANI
	GURH	SEASONAL FRUIT	VEGETABLES			PANEER OR MASHROOM
	JUICE MIXED FRUIT	MILK	CHAPATI			CHAPATI+CURD+SWEETDISH
SUNDAY	BLACK CHANNA	WHITE CHANNA	RAJMAH+RICE	MAGGI	SOUP MIX VEG.	CHILLI CHICKEN OR BUTTER CHICKEN
	GURH	PURI+EGG+MILK	EGG CURRY			CHILLI CHEESE OR MASHROOM MASALA
	JUICE GUAVA OR ORANGE	STUFFED PARANTHA	CHAPATI			CHAPATI+CURD+SWEETDISH
						DAAL ARHAR /MASOOR /KULATH

# Volleyball Achievements

- Silver Medal – U-19 School National:

- • Madhur Sanjeeva Chauhan
- • Aaditya Thakur
- • Parth Chauhan

- U-17 School National:

- • Yuvraj Dhaulata
  - • Arnav Chauhan
  - • Viraj
  - • Kshitiz
  - • Shorya Chauhan
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# Volleyball Achievements

Junior National Championship 2025:

- Aditya
- Madhur S. Chauhan
- Naman Mokta

Sub-Junior National: Viraj

Selected for NCOE Ahmedabad Trials

Runners-up: School & Junior State Championships

# Football Achievements

- U-19 School Nationals 2025:
  - • Abhay Kaith
  - • Anik Shongi
  - • Jatin Thakur
  - • Anurag Bharanta

# Football Achievements

U-17 School Nationals 2025:

- Adhayayan Thakur
- Nikhil Negi
- Divyansh Thakur

U-14 School National & Sub-Junior I-League:

- Aarav Thakur

# Infrastructure Gaps

- • No warden or security
- • No sanitation staff
- • No floodlights facilities

# Hostel Accommodation Status

- ❑ No permanent building – Construction halted due to lack of funds.
- ❑ Shifted on 04-05-2022 as per Hon'ble Court's order.
- ❑ Current facility congested – Accommodating 38 students in limited space.
- ❑ Substandard rooms – Some located under staircases, not suitable for living.



# Manpower Requirements

- Coach – 2( Football post sanctioned Volleyball post not sanctioned)
- Warden – 1
- Cook Helper – 1
- Ground Man – 1
- Security Guard – 1
- Sweeper – 1

# Hostel Building

Total Estimate cost

₹2,65,76,000

Received Cost

₹1crore 92 Lack

Balance Amount

₹73,76,000



# Thank you

**AJEET KUMAR VERMA**

PRINCIPAL PM SHRI

G.M.S.S.S. ROHRU

