

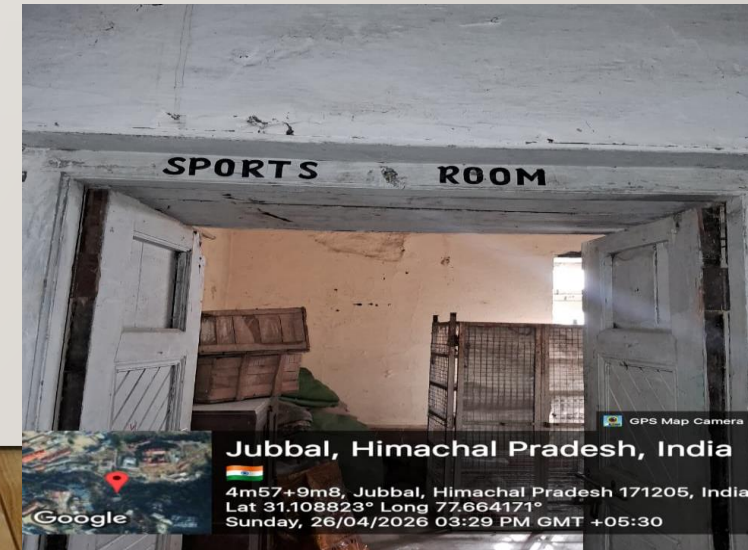
# THAKUR RAM LAL GIRLS SPORTS HOSTEL JUBBAL DISTT SHIMLA HP



# BUDGET UTILIZATION AND REQUIREMENT

Sr No	Name of work	Estimated Budget	Received Budget	Required Budget	Executive agency
1	New building roof and repair	26 lakhs	10 Lakhs	16 Lakhs	PWD Jubbal
2	Boundary Wall	21 Lakhs	15 Lakhs	6 Lakhs	PWD Jubbal
3	Old Building Repair	26 Lakhs	20 Lakhs	6 Lakhs	BDO Jubbal
4	Washroom and Toilets	16 Lakhs	8 Lakhs	8 Lakhs	BDO Jubbal
5	Boxing Ring Covering			10 Lakhs	
6	Maintenance of ground and Drains			5 lakhs	

# BEFORE



# AFTER



# ACADEMIC ACHIEVEMENTS

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CLASS	APPEARED	PASS	FAIL	ABOVE 90%	Above 80%
10th	9	9	NIL	NIL	4
10+2	8	8	NIL	3	4

# SPORTS ACHIEVEMENTS

<b>EVENTS</b>	<b>VOLLEYBALL</b>	<b>KABBADI</b>	<b>BADMINTON</b>	<b>TOTAL</b>
International Participation I.W.S.C SHANGLUE (CHINA)	3 GIRLS	----	----	3
U-19 school National <b>GOLD MEDAL</b>	----	3 GIRLS	----	3
U-14 School National <b>SILVER MEDAL</b>	----	2 GIRLS	---	2
U-19 School National Participation	6 GIRL	3 GIRLS	1 GIRL	10
U-17 School National Participation	2 GIRLS	3GIRLS	---	5
U-14 School National Participation	1 GIRL	2 GIRLS	3 GIRLS	6
U-16 School National Participation	---	2 GIRLS	---	2
Youth National Participation	-----	1 GIRL	---	1
U-18 Federation national Participation	4GIRLS	2 GIRLS	1 GIRL	7
U-16 Federation National Participation	5 GIRLS	----	----	5
U-16 Federation State Participation		14 GIRLS	-----	14
U-18 Fedration State champion	12 GIRLS	-----	-----	12
U-20 State Participation	-----	14 GIRLS	-----	14
U-19 School state champion	12 GIRLS	12 GIRLS	1 GIRL	25
U-14 State Participation	---	---	3 GIRLS	3
U-13 Federation State Participation	----	-----	2 GIRLS	2
U-17 Federation State Participation	-----	-----	1 GIRL	1
<b>TOTAL</b>				<b>114</b>



# TRAINING PROGRAMS AND COACHING SCHEDULE



# ONE MONTH TRAINING PLAN

TOTAL NUMBER OF DAYS = 25 DAYS    **MORNING** SESSION TIME = 5:00 AM TO 7:30 AM

Days & Workout	Session	Date & Time	No. of Days	Warming Up	Motor Ability	Core Strength	Cooling Down	Total Hours
Monday Speed Work	Morning Session	6,13,20,27 April 5:00 AM-7:30 AM	4 Days	4x30 Min =2 Hr	1:30x4=6 Hr	4x15 Min=1 Hr	4x15 Min=1 Hr	10 Hr
Tuesday Strength	Morning Session	7,14,21,28 April 5:00 AM-7:30 AM	4 Days	4x30 Min =2 Hr	1:30x4=6 Hr	4x15 Min=1 Hr	4x15 Min=1 Hr	10 Hr
Wednesday Agility Work	Morning Session	8,15,22,29 April 5:00 AM-7:30 AM	4 Days	4x30 Min =2 Hr	1:30x4=6 Hr	4x15 Min=1 Hr	4x15 Min=1 Hr	10 Hr
Thursday Strength Endurance	Morning Session	2,9,16,23,25 April 5:00 AM-7:30 AM	5 Days	5x30 Min =2:30 Hr	1:30x5=7:30 Hr	5x15 Min=1:15 Hr	5x15 Min=1:15 Hr	12:30 Hr
Friday Skill Practice	Morning Session	3,10,17,24 April 5:00 AM-7:30 AM	4 Days	4x30 Min =2 Hr	1:30x4=6 Hr	4x15 Min=1 Hr	4x15 Min=1 Hr	10 Hr
Saturday Cross Country	Morning Session	4,11,18,25 April 5:00 AM-7:30 AM	4 Days	4x30 Min =2 Hr	1:30x4=6 Hr	4x15 Min=1 Hr	4x15 Min=1 Hr	10 Hr

# ONE MONTH TRAINING PLAN

TOTAL NUMBER OF DAYS = 25 DAYS

**EVENING** SESSION TIME = 5:00 PM TO 8:00 PM

Days & Work Out	Session	Date & Time	No. of Days	Stretching & Warming Up	Specific Exercise	Core Strength	Cooling Down	Total Hours
Monday Defensive Skill	Evening Session	6,13,20,27 April 5:00-8:00	4 Days	4×30 Min = 2 Hr	4×1:30 = 6 Hr	4×30 Min = 2 Hr	4×30 Min = 2 Hr	12 Hr
Tuesday Match	Evening Session	7,14,21,28 April 5:00-8:00	4 Days	4×30 Min = 2 Hr	4×1:30 = 6 Hr	4×30 Min = 2 Hr	4×30 Min = 2 Hr	12 Hr
Wednesday Offensive Skill	Evening Session	8,15,22,29 April 5:00-8:00	4 Days	4×30 Min = 2 Hr	4×1:30 = 6 Hr	4×30 Min = 2 Hr	4×30 Min = 2 Hr	12 Hr
Thursday Defensive Skill	Evening Session	2,9,16,23,25 April 5:00-8:00	5 Days	5×30 Min = 2:30 Hr	5×1:30 = 7:30 Hr	5×30 Min = 2:30 Hr	5×30 Min = 2:30 Hr	15 Hr
Friday Offensive Skill	Evening Session	3,10,17,24 April 5:00-8:00	4 Days	4×30 Min = 2 Hr	4×1:30 = 6 Hr	4×30 Min = 2 Hr	4×30 Min = 2 Hr	12 Hr
Saturday Recreation & Match	Evening Session	4,11,18,25 April 5:00-8:00	4 Days	4×30 Min = 2 Hr	4×1:30 = 6 Hr	4×30 Min = 2 Hr	4×30 Min = 2 Hr	12 Hr

# DAILY TRAINING PLAN

DAY & DATE	MORNING SESSION TIME	MORNING SESSION	EVENING SESSION TIME	EVENING SESSION
Monday 06-04-2026	5:00 am to 7:30 am	<p>Stretching</p> <p>Warming-up = 30 Min</p> <p>Speed training = 1:30 Min</p> <p>40-60 mtr – 6 Rep – 2 Set (Recovery 2 Min)</p> <p>High knee &amp; Run upto 20 Mtr 4 Rep 1 Set</p> <p>Both leg jump Pushup and Run 20 Mtr 4 Rep 1 Set</p> <p>Foot Fire &amp; Run 20 Mtr 4 Rep 1 Set (Rec. 1 min.)</p> <p>Opposite jump &amp; Run 20 Mtr 4 Rep 1 Set</p> <p>Leg swing &amp; Run 20 Mtr 4 Rep 1 Set</p> <p>Core strength with Swiss ball = 15 Min</p>	5:00 pm to 8:00 pm	<p>Stretching</p> <p>Warming-up = 30 Min</p> <p>Defensive Skill</p> <p>Chain movement 4 Set</p> <p>Leading leg</p> <p>Front leading leg back running</p> <p>Individual block for cover movement</p> <p>Ankle hold practice</p> <p>Defense with three players with raider</p> <p>Core strength individual = 30 Min</p> <p>Cooling down = 30 Min</p>

# BOARDING, LODGING, DIETRY AND TRAINING FACILITIES



# BOARDING, LODGING, DIETRY AND TRAINING FACILITIES



**HP EDUCATION DEPARTMENT GIRLS SPORTS HOSTEL JUBBAL 2025-26**

**Mess Menu**

Days	Morning Tea	Break Fast	Lunch	Tea	After Activity	Dinner	
	5:00 AM	8:30 to 9:00 A.M	1:20 to 1:55	4:15 PM		8:00 to 9:00 PM	
<b>MONDAY</b>	Tea + 3 Pieces Biscuit	Milk 250 ml with Bournvita , Bread 4-6 pcs each, Butter 25 grm , Eggs 2 Pcs, Banana 2 Pcs each, Dry fruit , Kaju, Badam , Kishmish 30 grm each, Daliya with dry fruit	Rice+Dal Mix, Chapati Curd + Salad, Vegetable	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Rice / Chapati , Mutton/Chicken, Shahi Paneer, Salad	
<b>TUESDAY</b>	Tea + 3 Pieces Biscuit	Prantha 2 pcs each, Pickle, Dry Kala Chana, Banana 2 Pcs Dry Fruit 30 grm each, Paneer Bhurji	Rice + Rajmah, Chapati, Curd, Salad, Cabbage/ Vegetable	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Rice/ Chapati, Mashroom Masala /Mutter Mushroom, Kheer Salad	
<b>WEDNESDAY</b>	Tea + 3 Pieces Biscuit	Milk 250 ml with Bournvita , Bread 4-6 pcs each, Butter 25 grm , Eggs 2 Pcs, Banana 2 Pcs each, Dry fruit , Kaju, Badam , Kishmish 30 grm each, Daliya with dry fruits	Rice + Malka, Chapati, Curd + Salad, Vegetable/ According to availability	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Rice / Chapati , Mutton/Chicken, Shahi Paneer, Salad	
<b>THURSDAY</b>	Tea + 3 Pieces Biscuit	Prantha 2 pcs each, Pickle, Dry Kala Chana, Banana 2 Pcs Dry Fruit 30 grm each, Paneer Bhurji	Rice + Dal Chana, Chapati, Curd+Salad, Vegetable Aalu + Brinjal	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Rice+ Chapati , Mix Vegetabel, Custurd , Salad	
<b>FRIDAY</b>	Tea + 3 Pieces Biscuit	Milk 250 ml with Bournvita , Bread 4-6 pcs each, Butter 25 grm , Eggs 2 Pcs, Banana 2 Pcs each, Dry fruit , Kaju, Badam , Kishmish 30 grm each, Daliya with dry fruits	Rice +Kabuli Chana, Chapati, Curd + Salad, Mixed Veg	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Rice / Chapati , Mutton/Chicken, Shahi Paneer Salad	
<b>SATURDAY</b>	Tea + 3 Pieces Biscuit	Milk 250 ml with Bournvita , Bread 4-6 pcs each, Butter 25 grm , Eggs 2 Pcs, Banana 2 Pcs each, Dry fruit , Kaju, Badam , Kishmish 30 grm each, Daliya with dry fruits	Rice+ Rajmah +Mash, Chapati Allu Mutter	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Chapati + Aalu Neutri, Kheer with dry Fruit ,Salad	
<b>SUNDAY</b>	Tea + 3 Pieces Biscuit	Puri+ Halwa Suji, Milk 250 ml with Bournvita Dry Fruit 30 grm , Banana 2 Pcs each, Paneer Bhurji	Rice + Curri ,Chapati, Salad, Arbi	Tea +3 Pieces Biscuit	Juice/ Summer Soup / Winter Fika Channa According to season	Rice + Chapati, Mooong Dal / Massur , Custurd with Dry Fruit	



• **THANKS**

