



**SPORTS HOSTEL  
HOCKEY  
NADAUN(HMR)**

# TOTAL PLAYERS IN THE HOSTEL

SR NO	NAME	FATHER NAME	DOB/CLASS
1	ABHISHEK	RIMPI	24-03-2008/+2
2	KARTIK KUMAR	RAJESH KUMAR	16-05-2013/9 <sup>TH</sup>
3	ANUBHAV RANGRA	GIAN CHAND RANGRA	03-10-2008/+2
4	ANKASH	RAVI KUMAR	03-02-2012/9 <sup>TH</sup>
5	ANUKUL	ANJAN KUMAR	28-07-2010/10 <sup>TH</sup>
6	SUNIL KUMAR	TEG SINGH	08-06-2012/9 <sup>TH</sup>
7	AKSHAY	HANS RAJ	02-03-2009/+2
8	ANIL KAUSHAL	RAM AASRA	21-08-2008/+2
9	DISHANT	SRAWAN KUMAR	13-10-2008/+2
10	KAMAL JEET	VIPAN KUMAR	12-04-2012/9 <sup>th</sup>
11	DUSHYANT PATIAL	ARVIND PATYAL	16-09-2008/10 <sup>th</sup>
12	VICKY	KAMAL KUMAR	17-07-2012/9 <sup>th</sup>
13	PULKIT	SUBHASH CHAND	07-11-2010/+1
14	ROHAN	SANJU KUMAR	30-04-2010/+1
15	ROHIT	BHAG CHAND	10-05-2009/+2
16	LALIT	LAKHMI CHAND	01-01-2009/10 <sup>th</sup>
17	SHIVANSH	BODH RAJ	20-07-2009/+2
18	SIDHANT KAUSHAL	SATISH KUMAR KAUSHAL	08-05-2010/+2
19	SUJAL	SANSAR CHAND	31-08-2009/+1
20	ADITYA DOGRA	AJAY DOGRA	03-09-2013/9 <sup>TH</sup>

# MONTHWISE TRAINING SCHEDULE OF HOSTEL

SR NO	MONTH	TYPE OF TRAINING
1	APRIL TO JUNE	<ol style="list-style-type: none"><li>1) PRE SEASON = LONG DISTANCE RUNNING - INTERVAL TRAINING AND EXERCISE</li><li>2) BASIC SKILLS DEVELOPMENT</li><li>3) INTRODUCTION OF RULES OF GAME</li></ol>
2	JULY TO SEPTEMBER	<ol style="list-style-type: none"><li>1) FOCUS ON MAINTAINING FITNESS</li><li>2) IMPROVING BASIC SKILL TO ADVANCE SKILLS</li><li>3) SPEED AND AGILITY DRILLS</li><li>4) PRACTICE MATCHES</li><li>5) GAME / MATCH PLANING</li><li>6) POSITIONAL PLAY</li></ol>
3	OCT TO DEC	<ol style="list-style-type: none"><li>1) PHYSICAL AND MENTAL REST FOR ONE WEEK</li><li>2) LIGHT FITNESS TRAINING</li><li>3) SKILL TRAINING</li></ol>

# HOSTEL BUILDING & ROOMS



ACHIVEMENT IN SPORTS

RUNNERS-UP IN JUNIOR STATE CHAMPIONSHIP



OPP  
Nadaun - 20

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# WINNER SENIOR DISTRICT CHAMPIONSHIP



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# WINNER SUB- JUNIOR STATE CHAMPIONSHIP



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# WINNER OPEN CHAMPIONSHIP KANGRA



# MORNING YOGA



# WINNER MAJOR DHYAN CHAND MEMORIAL CHAMPIONSHIP



# CELEBRATION OF 100 YEARS HOCKEY INDIA



# CELEBRATION OF FIT INDIA MOVEMENT SUNDAY ON CYCLE



नादौन : ग्राम पंचायत गौना-करौर में राष्ट्रमंडल खेल दिवस पर आयोजित साइकिल रेस व हॉकी मैच प्रतियोगिता में भाग लेने के उपरांत प्रतिभागी मुख्यातिथि सरविंद रतन व अन्य सदस्यों के साथ सामूहिक चित्र में। (जैन)

# MESS MENU

SR NO	DAYS	BREAKFAST	LUNCH	DINNER
1	SUNDAY	ALLOO/PANEER PRANTHA/CURD MILK/AACHAR/BUTTER, FRUIT	MUTTON/MATTER PANEER/RICE/SALAD AACHAR/BUTTER	MUNG DAAL/MIX VEG /CHAPATI/ RICE/ SALAD/ SWEET
2	MONDAY	PURI CHANE /BUTTER/ MILK /FRUIT	RAJMAH/KADI/RICE/ SWEET/BUTTER/AACHAR SALAD	KAALE MASAR/RICE MILK/JUICE/SABJI/ CHAPATI/SALAD
3	TUESDAY	DALIYA/HALWA/MILK FRUIT	MAAH CHANE DAAL/ KHATTA/MITHA/RICE/SALD BUTTER	ALLOO SABJI/MATTER PANEER/RICE/PURI/ KHEER
4	WEDNESDAY	BREAD OMLET/JAM/ BUTTER/MILK/FRUIT	WHITE CHANE/KADI/MITHA/SALAD RICE/BUTTER	CHIKEN BIRYANI/VEG BIRYANI/ BUTTER/ RAITA/ JUICE
5	THURSDAY	DALIYA/HALWA/MILK FRUIT	CHANE DAAL/SAAMBAR/ SALAD/RICE/ BUTTER	SAHI PANEER/ AALOO NUTRI/RICE/CHAPATI/SALAD JUICE
6	FRIDAY	BREAD OMLET/JAM/ BUTTER/MILK/FRUIT	DAAL MAKHNI/KADI PAKORA/SALAD/ BUTTER	CHIKEN/MATTER PANEER/ RICE/ CHAPATI/SALD/JUICE
7	SATURDAY	AALOO LONGI/AALO GHOBI/PURI/MILK/FRUIT	KAALE CHANE/SAPU BADI/RICE/SALAD/BUTTER	RONGI DAAL/ AALOO MATTER/ CHAPATI /RICE/JUICE/SWEET/SALAD



# **Achievements in Sports**

- Winner in Sub Junior National state tournament
- Runners-up in Junior state
- Winner in Senior District tournament
- Participation in state level tournament
- Winner in Major Dhyan Chand Memorial tournament



# **NATIONAL PARTICIPATION**

- Four players participate in SGFI U-19 National Games
- Five players participate in SGFI U-17 National Games
- One player participate in SGFI U-14 National Games
- One player participate in Junior National Games (Hockey India)
- Five players participate in Sub-Junior National Games (Hockey India)



**THANKYOU VERY MUCH**