

**GIRLS BASKETBALL SPORTS  
HOSTEL SARKAGHAT DISTT.  
MANDI HP**

**WELCOME YOU**

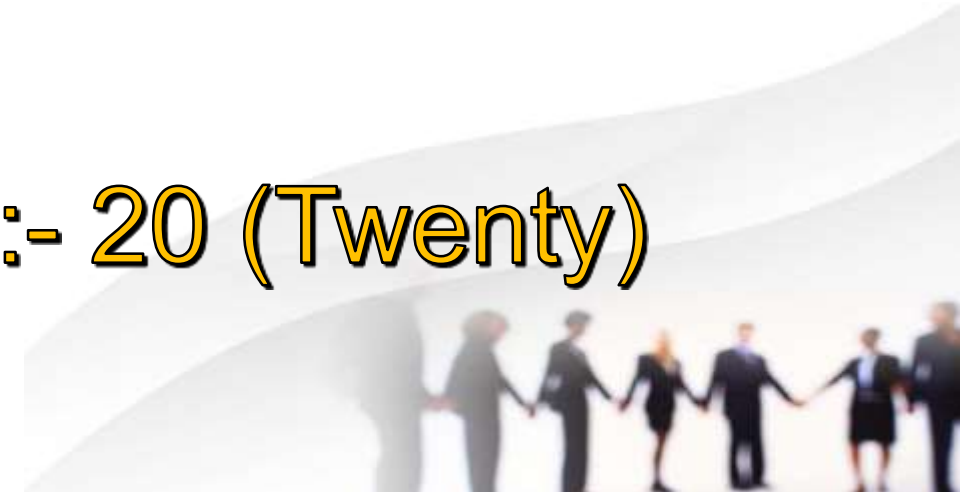


# MAIN ENTRANCE OF HOSTEL



# INFORMATION:-

- 1. Name of Hostel:- Girls Basketball Sports Hostel Sarkaghat Distt. Mandi (HP)
- 2. Year of Establishment :- 2019
- 3. Total Strength of Students:- 20 (Twenty)



# SURPRISE VISIT OF HONORABLE CM SAHEEB



# SURPRISE VISIT OF EDUCATION MINISTER



# PLANTATION BY EDUCATION MINISTER IN THE HOSTEL CAMPUS



# Extra Ordinary Achievement of Hostel

- Two girls players of Hostel has been selected for India camp held at Ranchi Jharkhand for World School Basketball Championship to be held at Serbia



III धर्मशाला, रविवार, 29 मार्च, 2026

## इंटरनेशनल चैंपियनशिप खेलेगी सरकाघाट की दो छात्राएं

निजी संवाददात-सरकाघाट

गर्ल्स बास्केटबॉल स्पोर्ट्स हॉस्टल सरकाघाट की दो खिलाड़ी छात्राओं का चयन अंतरराष्ट्रीय बास्केटबॉल चैंपियनशिप के लिए हुआ है जो की सर्बिया में 13 से 22 जून तक आयोजित होगी। कोच राकेश ठाकुर ने बताया अंतरराष्ट्रीय प्रतियोगिता के लिए अब इनका कोचिंग ट्रायल झारखंड के रांची में 22 अप्रैल से आयोजित किया जाएगा जिसमें यह दोनों छात्राएं देशभर से शामिल अन्य 26 खिलाड़ी छात्राओं सहित भाग लेगी और सर्बिया में भारत का प्रतिनिधित्व करेंगी। इन छात्राओं की कामयाबी को लेकर शिक्षा मंत्री रोहित ठाकुर प्रदेश बास्केटबॉल संघ के अध्यक्ष मनीष शर्मा



सरकाघाट: कोच के साथ खिलाड़ी छात्राएं

विधायक चंद्रशेखर अंतरराष्ट्रीय खिलाड़ी अनूप बनयाल अतुल शर्मा प्रशांत सकलानी सावित्री गुलेरिया बास्केटबॉल कोच सुनीता ठाकुर प्रधानाचार्य अनीता आजाद पूर्व अध्यक्ष संदीप पूर्व उपाध्यक्ष प्रताप सिंह चौहान वशिष्ठ कर्माडेंट विक्रम ठाकुर आदि ने गहरी खुशी का इजहार किया है।

# All India Invitation Basketball Tournament Chandigarh - WINNER



# SENIOR STATE BASKETBALL CHAMPION SHIP - RUNNER-UP



# INTERNATIONAL SHIVRATRI MELA BASKET BALL TOURNAMENT AT MANDI - WINNER



# U- 19 STATE BASKETBALL CHAMPIONSHIP AT POUNTA SAHIB - WINNER



# U- 19 SCHOOL STATE AT BILASPUR - WINNER



# 1ST ALL INDIA INVITATIONAL BASKETBALL TOURNAMENT AT SARKAGHAT - WINNER



# **ACHIEVEMENT OF GIRLS BASKETBALL SPORTS HOSTEL SARKAGHAT Distt. Mandi HP**

Sr. No. as given below.	Name of Hostel	No. of sanctioned seats	Latest enrollment	Achievement at State and National Level			
				Year / Session	Position in State & National Level	Position	No. of students participated at National Level
01	Girls Basketball Sports Hostel Sarkaghat Mandi HP	20	20	2025-26	1.U-17 Open State at Bilaspur	Trial	05
					2.U-19 Open State at Paunta Sahib	Winner	03
					3. All India invitational Basket Ball Tournament at Sarkaghat	Winner	12
					4. All India invitational Basket Ball Tournament at Bhalai Chhattisgarh	Runner-up	12
					5.All India invitational Basketball Tournament at Chandigarh	Winner	12
					6. U-19 School State Basketball Tournament at Bilaspur	Winner	10
					7. Senior State BasketBall Championship at Nahan Sirmour HP	Runner-up	03
					8. International Shivratri Mahotsav Basketball Championship at Mandi	Winner	12

# FACILITY:- SPORTS HOSTEL PLAYGROUND



# PLAYGROUND FACILITY OF OTHER STATE



# WARDEN ROOM FACILITY



# TOILET FACILITY



# **BOUNDARY WALL REQUIRED FOR THE SAFETY OF GIRLS PLAYER**



# STEEL METAL ROOF URGENTLY REQUIRED



# ROOM CONDITION OF HOSTEL



# PROPOSED AREA FOR CONSTRUCTION OF NEW BUILDING



# FLOOR REPAIR REQUIRED



# HOSTEL MENU

HOSTEL MESS CHART						
	EARLY MORNING 5:45 - 6:00AM	BREAK FAST 8:00 - 9:00AM	LUNCH 12:25 - 1:00PM	AFTER SCHOOL 3:30 - 4:30PM	AFTER GROUND 6:30 - 7:30PM	DINNER 8:00 - 9:00PM
MONDAY	Mixed dry fruits and sprouts	Bread with Jam, Butter, Boiled egg, milk with Bournvita	Mah-Chana Dal and curry with rice and salad	Tea with Rusk or Biscuit	One Glass of mix fruit Juice	Aaloo, mutton, chapati with Dahi and milk with Bournvita
TUESDAY	Mixed dry Fruits and sprouts	Ajain Parantha with acchar, egg and milk with Bournvita	White chana with rice, salad and raita	Tea with rusk or Biscuit	One glass of mix fruit Juice	Seasonal Veg. and chana dal with chapati and milk
WEDNESDAY	Mix dry Fruits and sprouts	Aaloo Sabji with chapati, egg and milk with Bournvita	Rajma and rice with Dahi and salad	Tea with rusk or Biscuit	One Glass of mix fruit Juice	Mutton, Paneer, chicken with rice, chapati and fruits
THURSDAY	Mixed dry Fruits and sprouts	Aaloo Parantha with Dahi, Butter, fruits and milk with Bournvita	Dhule Mah Dal with rice and Dahi	Tea with Rusk or Biscuit	One glass of mix fruit Juice	Mix Veg. with choila Dal and milk with Bournvita
FRIDAY	Mixed dry Fruits and sprouts	Bread with Jam, egg, Bhuji, fruits and milk with Bournvita	Chana Dal with rice and raita	Tea with Rusk or Biscuit	One Glass of mix fruit Juice	Chicken, Paneer, chapati with rice and fruits
SATURDAY	Mixed dry and sprouts	Ajain Parantha with egg, Bhuji, acchar and Butter with milk and Bournvita	Rajma with rice and Dahi	Tea with Rusk or Biscuit	One glass of mix fruit Juice	Egg, curry, mutton, mutton with rice, chapati and fruit
SUNDAY	Mixed dry Fruits and sprouts	Paneer Parantha with butter, Boiled egg with milk	Palow with dahi and salad	Tea with rusk or Biscuit	One Glass of mix fruit Juice	Mutton, Paneer with rice and fruit

# ***TRAINING CALANDER AND COACHING SCHEDULE (EVERYDAY)***

- **Morning session(06:00 to 08:00 AM)**
- Warming up (30 min.)
- Ball juggling exercise (10 min)
- Fundamental (20 min)
- Group Tactics(20 min)
- Game (45 min)
- Shooting(20 min)
- Briefing and break-off



# Evening Session:--(04:00 to 06:00 PM)

- Warming up (15 min.)
- Individual training (05 min)
- Group Tactics(15 min) 1on 1 ,2 on 2,3 on 3,4 on 4.
- Lay-up shot
- Game (01:20 min)
- Shooting(20 min)
- Briefing and disperse



# TRAINING FACILITIES

- GOOD CONDITION GROUND
- 4- STATION GYM
- WEIGHT
- DUMBLE
- SKIPPING ROPE
- RUNNING PARACHUTE
- ETC.



# URGENTLY REQUIRED

- Steel metal roof
- Boundary wall
- Flood Lights in playground
- Warden
- Helper



# Thank You

- Presented By:  
Rakesh Thakur(Coach cum incharge)

