

STATE VOLLEYBALL (BOYS) SPORTS HOSTEL GUSSS MATIANA

MATIANA, TEHSIL THEOG, DISTT- SHIMLA, HIMACHAL PRADESH, 171212

INTRODUCTION MISSION, VISION & LOCATION

- ▶ To provide structured training, education, and residential facilities to young male volleyball players typically **12-18 years** with potential, aiming to nurture talent for district, state, and National level. Aiming the target this State volleyball sports hostel for boys established in the year 1985 in the lap of torrential altitude (2450mtr) at Matiana under **GUSSS Matiana SML**. At time of establishment there were 30 seats but later on 10 seats shifted to State Volleyball Hostel Rohru and now we are having 20 seats.



BUDGET UTILIZATION AND EXPENDITURE DETAILS

SR. NO.	ITEMS	BUDGET ALLOTTED	BUDGET UTILIZED	BALANCE	REMARKS
1	SPORTS KIT AND MATERIALS	2,86,722/-	2,86,722/-	NIL	
2	GYM/ SPORTS MATERIALS	2,00,000/-	2,00,000/-	NIL	
3	MAINTAINANCE OF SPORTS HOSTEL	4,00,000/-	NIL	4,00,000/-	WORK STARTED
4	ESSENTIAL SPORTS AND HOSTEL ARTICALS (MATERIAL AND SUPPLY)	5,00,000/-	NIL	5,00,000/-	QUOTATION PLACED ON GEM
5	DIET MONEY (APRIL,2026 TO SEP. 2026)	8,78,400/-			

INTERIOR & EXTERIOR SITUATION



ACHIVEMENTS 2025-26



PLAYERS ACHIVEMENTS

State Volleyball Sports Hostel (BOYS) Matiana, District Shimla, HP 171212

Achievements of 2025-26 Session

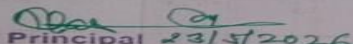
Sr. No.	Name of Students	Level	Category	Remarks
1.	Nitin Thakur	National	U-19 SGFI	Silver Medalist at National Level
	Munish Verma	National	U-19 SGFI	Silver Medalist at National Level
	Krish Chauhan	National	U-19 SGFI	Silver Medalist at National Level
2.	Vansh Damseth	National	U-17 SGFI	National Participation
	Vansh Sharma	National	U-17 SGFI	National Participation
3.	Vansh Sharma	National	U-16 VFI	National Participation
	Advait Negi	National	U-16 VFI	National Participation
4.	12 Students	State Level	U-18 HPVA	State Participation
5.	8 Students	State Level	U-21 HPVA	Selected in Youth Championship Through Himachal Pradesh Volleyball Association

PRINCIPAL
GSSS MATIANA
DDO CODE NO 202

ACADEMIC PERFORMANCE

ACADEMIC RECORD 2025-2026

Sr. No.	Name of Student	Class	Marks Obtained	Maximum Marks	Result %age
1.	RAMAN KUMAR	8 TH	559	800	69.90%
2.	ADHARAV KAITH	8 TH	525	800	65.60%
3.	KRISH VERMA	9 TH	430	700	61.40%
4.	SAKSHAM SHARMA	10 TH	465	700	66.43%
5.	ARNAV CHAUHAN	10 TH	510	700	72.85%
6.	VANSH SHARMA	10 TH	371	700	Result awaited
7.	ARYAN MIYANTA	10 TH	472	700	67%
8.	ANTRIKSH	10 TH	558	700	79.71%
9.	ADVAIT NEGI	11 TH	266	500	53.20%
10.	KRISH CHAUHAN	11 TH	380	500	76%
11.	SUDHIR KUMAR	11 TH	239	500	48%
12.	AVTAR SINGH	11 TH	215	500	43%
13.	AARAV THAKUR	11 TH	255	500	50%
14.	NITIN THAKUR	12 TH	264	500	53%
15.	VADISH RAMDASTA	12 TH	312	500	62.40%
16.	SHOURYA SINGH	12 TH	313	500	62.60%
17.	KARTIK THAKUR	12 TH	FAIL	FAIL	FAIL


Principal 23/5/2026
GUSSS Matiana
Distt. Shimla - 171212

MONTH WISE TRAINING SCHEDULE INCLUDING DAILY ROUTEEN MORNING AND EVENING

Volleyball training Schedule for Competition Period.

MESSO CYCLE NO. - I

NAME OF THY TEAM: -- MATIANA HOSTEL Trg. Schedule

FROM: -- 01.04.2025 TO 10.04.2025

(Two Week Keep on repeating for nine week)

TOTAL DURATION: -- 545 HOURS or 32,700 MIN.

MICRO CYCLE	1	2
PHYSICAL PREP.	320 Min	320 Min
STRENGTH	90	90
ENDURANCE	30	30
SPEED	30	30
FLEXIBILITY	60	60
AUX. SPORTS	00	00
COORDINATIVE ABILITY	20	20
COURT SPEED	30	30
JUMPS	30	30
MEDICINEBALL	30	30
TECHNICAL/TACTICAL	320/ 420	320/ 420
SERVICE	30	30
RECEPTION TRG.	60	60
SETTER TRAINING	60	60
ATTACKER TRAINING	50	50
BLOCK TRAINING	60	60
DEFENCE TRAINING	60	60
COMPLEX ONE	90	100
COMPLEX TWO	80	100
COMPLEX ONE	95	120
COMPLEX TWO	90	100
GAME	200	200
WARMING UP	200	200
COOLING DOWN	100	100
PHY.AB. / LAB TEST		
TOTAL TIME	28 Hrs	26 Hrs

DEVENDER CHANDEL

MICRO CYCLE - 1

MESSO CYCLE NO.: -- I

DURATION: -- 28 Hrs. or 1680 min / week PERIOD: -- PRE-COM.

FROM: - _01.04.2025_ to 30.04.2025 (four week)

Days/Week	MON		TUE		WED		THU		FRI		SAT		SUN	
SESSION	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM	AM	PM
TIME	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min	Min
PHY. PREP	40% OR 470 MIN													
Strength				50				50				50		
Endurance		20								20				
Speed			10		10							10		
Flexibility	35						35							
Aux. Sports														
Coord. Ab.		10					10					10		
Court Speed	10				10			10						
Jumps	30								30					
Medicine Ball				30			30							
Tech. / Tac.	60% (30%/30%) 355/355 MIN.													
Service		10			10							10		
Reception Trg.			30				25							
Setter Trg		30			30									
Attacker Trg.					60									
Blocker Trg.			40							30				
Defence Trg.							40					40		
GROP TRG.														
Complex-I	50							40						
Complex-II									40			40		
TEAM TRG.														
Complex-I			35				60							
Complex-II		50							40					
Theory/ Meditation														
Game				100							100			
Warm Up.	20	20	20	20	20		20	20	20	20	20			
Cool Down	10	10	10	10	10		10	10	10	10	10			
Test														
Total Time	155	170	150	180	185		150	180	150	180	180			

DEVENDER CHANDEL

VOLLEYBALL TRAINING

▶ TRAINING PROGRAMS:

▶ Macro Cycle Plan for volleyball players session 2026-27:

- ▶ General Training period {70% Physical, 20% Technical & 10% Tactical} Feb to April.
- ▶ Special Training period {50% Physical, 30% Technical & 20% Tactical} May to July.
- ▶ Pre- Competition Period {40% Physical, 30% Technical & 30% Tactical} Aug to 15th Sept.
- ▶ Competition Period {30% Physical, 30% Technical & 40% Tactical} 15th Sept to Oct.
- ▶ Transitional Period {60% Physical, 30% Technical & 10% Tactical} Nov To Feb.

▶ Sessions & Coaching timing:

- ▶ Morning Session 5:15am to 8:15am.
- ▶ Evening Session 4:20pm to 7:30pm (adjusted as per season & weather condition).

MACRO CYCLE PLAN

MACRO CYCLE PLAN FOR VOLLEYBALL PLAYERS. SESSION 202~~6~~⁷ FROM 1.4.2~~6~~⁷ TO 31.03~~27~~²⁷

MONTH	OCTOBER							NOVEMBER							DECEMBER							JANUARY							FEBRUARY							MARCH																
CALANDER	4	11	18	25	1	8	15	22	29	6	13	20	27	3	10	17	24	31	7	14	21	28	5	12	19	26	2	9	16	23	30	6	13	20	27	4	11	18	25	1	8	15	22	29	6	12	19	26	5	12	19	26/31
PERIODS	PRE - COMPETITION														COMPETITION PERIOD														TRANSITIONAL PERIOD																							
STAGES	PRE - COMPETITION														COMPETITION-I							COMPETITION-II							TRANSITIONAL PERIOD																							
MESSO CYCLE	VI							VII							VIII							IX																														
MICROCYCLE	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 / WEEK	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																											
HOURS/WEEK	29	29	29	29	28	28	28	28	28	27	27	27	27	27	26	26	26	26	26	26	28	28	28	30	30	30																										
MICRO TYPE	P	P	P	P	PT	P	PT	TT	TT	TT	TT	T	TT	TT	TT	TT	T	TT	PT	PT	PT	PT	PT	PT	PT																											
	T	T	T	T		T						T					T																																			
VOLUME	200 HRS or 12000 min							137 HOUR or 8220min.							184 HRS or 11,040 min.							174 HOURS or 10,440 min.																														
WARMING UP	1400 min or 23 Hours 20 min.							1000 Min. or 16hrs 40 min.							1400 min or 23 Hours 20 min.							1200 min or 20 Hours																														
COOLING DOWN.	700 Min. or 11 Hours 40 min.							500 Min or 8 hrs 20 min.							700 Min. or 11 Hours 40 min.							600 Min. or 10 Hours																														
MATCHES	14 No. (100Min/Match) 1400 Min or 23 Hours 20 min.							10No.(100min/Match 1000min or 16Hrs40m.							14 No. (100Min/Match) 1400 Mi or 23 Hours 20 min.							12 No. (100Min/Match) 1200 Min or 20 Hours																														
ACTUAL TRG	8500 Min. or 141 Hr. 40 Min							5720 Min or 95 Hr. 20 Min							7540 Min. or 125 hr. 40 Min							7440 Min or 124 Hrs.																														
PHYSICAL TRAINING	40 %(GPP-40%SPP60%) 56 Hrs 40 Min. or 3400 min.							35%(GPP35%SPP 65%) 33 Hrs 22Min.or2002min							30%(GPP30%SPP70%) 37 Hrs 42 Min. or2862 min.							60 % or 74 Hours 24 min or 4464 Min.																														
TECHNICAL TRAINING	30 %(GPP-40%SPP-60%) 42 Hrs 30 Min. or 2550 min.							30%(GPP30%SPP70% 28Hrs36Min.or1716min							30%(GPP30%SPP70%) 37 Hrs 42 Mi. or2862 min.							30 % or 37 Hrs 12 Min. or 2232 min.																														
TACTICAL TRAINING	30 % or 42 Hrs 30 Min. or 2550 min							35 % or33 H 22 Min. or 2002min							40 % or 50Hrs 16 Min. 3016 min.							10 % 12 Hour 24 Min. or 884 min.																														
TESTS																																																				

Meals and Nutrition

- ▶ Meal timings: Nutritious meals planned by a dietitian.

Breakfast: {8:30am To 9:00am} Lunch: {1:25pm to 1:55pm}

Fruit Break: {4:05pm To 4:15pm} Dinner: {8:00pm to 8:30pm}

- ▶ Meal plans: Sports Hostel Offer varieties of nutrients food like, Milk, Bread, Butter, Jam, Eggs, Banana, Sprout Moongi & Keseri Chana, Dry Fruits in Breakfast daily.
- ▶ Lunch: Daal Chaval, Curd, Salad.
- ▶ Fruits: Papaya, Apple, Grapes, Watermelon, Muskmelon, all season fruits available in the market.
- ▶ Dinner: Chapatti, Rajmah, Kabuli Chana, Mix Dal, Kala Chana, Ronghi, Nutri, Mix Sabji Paneer, Meat etc.
- ▶ **Detail of hostel mess: 3 benches, 3 tables, 1 water tank (1000ltr), 4 patile, 20 thali steel, 1 cooker 15ltr, 1 cooker 12ltr, 7 cooking gas cylinder, 3 regulators, 1 karchhi, 1 jug steel, 1 tasla steel, 1 tava, 1 tank (dol), 1 geezer 25ltr, 1 dinner set, 1 tea set, 10 container for pulses**

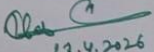
MESS MENU

SPORTS HOSTEL MESS MENU FOR THE YEAR 2026-27

दिन (Day)	नाश्ता (Breakfast)	दोपहर का भोजन (Lunch)	रात्री भोज (Dinner)
सोमवार	दूध, ब्रैड, मक्खन, जैम, काजू, बादाम, किशमिश, चने, अंडे, केले, मुंग	चावल - दाल, दही, सलाद	रोटी - पनीर/मीट, सलाद
मंगलवार	दूध, ब्रैड, चने, मक्खन, जैम, काजू, बादाम, किशमिश, केले, मुंग	चावल - दाल, दही, सलाद	रोटी - सब्जी, खीर, सलाद
बुधवार	दूध, ब्रैड, मक्खन, जैम, बादाम, चने, काजू, किशमिश, अंडे, केले, मुंग	चावल - दाल, दही, सलाद	रोटी - पनीर/मीट, सलाद
वीरवार	दलिया, चने, ब्रैड, जैम, मक्खन, केले, दूध, बादाम, किशमिश, काजू, मुंग	चावल - दाल, दही, सलाद	रोटी - दाल, खीर, सलाद
शुक्रवार	दूध, ब्रैड, मक्खन, जैम, काजू, बादाम, किशमिश, चने, अंडे, केले, मुंग	चावल - दाल, दही, सलाद	रोटी - पनीर/मीट, सलाद
शनिवार	दलिया, चने, ब्रैड, जैम, मक्खन, केले, दूध, बादाम, किशमिश, काजू, मुंग	चावल - दाल, दही, सलाद	रोटी - सब्जी, दही, सलाद
रविवार	परांठे, दूध, मक्खन, दही, केले, काजू, बादाम, किशमिश, अंडे, मुंग, चने	बच्चों की इच्छानुसार	रोटी - दाल, सब्जी, मीठा, सलाद

Note: चीजों की उपलब्धता पर Menu में फेरबदल किया जा सकता है।

1. Evening time after school hours: Issue of Fruit & milk.
2. In breakfast time one banana extra issue to vegetarian students in lieu of Egg.


13.4.2026
Principal
GUSSS Matiana
Distt. Shimla - 171212

TRAINING FACILITIES

▶ ACCOMODATION:

- ▶ Hostel accommodation with 24/7 supervision.
- ▶ There are six rooms, one kitchen, one dinning hall with 20 seating capacity, one store room, one office, one practice room, two toilets and two bath cum toilet room, one bath room, three geyser, one solar geyser with two hot water taps available for the students.

▶ TRAINING FACILITIES:

- ▶ Physical conditioning support.
- ▶ Academic support (in collaboration GUSSS Matiana Sml)
- ▶ Regular participation in tournaments and camps.
- ▶ Mentorship and career guidance by the trained School Teachers.
- ▶ One volleyball playing/practice court, gym tools(Rods, Plates, One Bench Press, Ten Station Gym, Medicine Balls, Jump Boxes, Card Jump Equipment, Flood Lights (12Nos), One Spiking Machine, Setting Machine, Volleyball Trolley, Hanging Ball Apparatus. Ropes, Cones, etc.
- ▶ Safety And Security: ***Open Area No Boundary Wall along with common path of bazar.****

EVENTS AND COMPETITION

- ▶ **Local and regional Tournaments:**

Participated in District Fair Sipur at Mashobra, Theog Utsav at Theog, Deothi Majhgaon Sirmour, Kotgarh Utsav, Sirigarh Cup Dalash Kullu, Tanu Jubbar Mela Thanadhar, Cheog Sports Event etc.

- ▶ Open State Level Tournament at Bhattakufer Shimla.

COACHING STAFF

- ▶ Name : **Devender Chandel**
- ▶ National Volleyball Player
- ▶ Certificate Course in Volleyball under NSNIS
- ▶ State Level Qualified Volleyball Referee.
- ▶ One Supporting Staff/Helper: **Sh. Rakesh Kumar (Cook - cum - Helper)**

CONCLUSION

The State Volleyball Boys hostel, Matiana is more than just a training centre- it's a nurturing ground for young talent to glow into disciplined athletes and responsible individuals with dedicated coaching quality facilities and a supportive environment the hostel aims to shape the future stars of Himachal Pradesh Volleyball while ensuring their holistic development both on and off the court.

“KEEP THE BALL FLAYING”

‘THANKYOU’

Presented By:

Devender Chandel

DPE/Coach Volleyball

Sports Hostel Matiana

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