



Govt. Niranjana Kesharwani College, Kota
Dist.-Bilaspur (C.G.)

NAAC accredited B+ grade (Cycle-III) with CGPA 2.60 in November 2022

Website: <https://gnkckota.ac.in>

Email: gnkckota@gmail.com

College Code : 2809

AISHE Code : C-22387

--::Sports Department::--

Seven Days Sports Coaching Camp

Department of Sports, Govt. Niranjana Kesharwani College, Kota, Bilaspur (C.G.) conducted a seven days (from 07-12-2021 to 13-12-2021) Sports Coaching Camp to develop a healthy lifestyle and interest in specific sports skills like Volleyball, Kho-Kho, Kabaddi, Athletics, and Handball for the college students. In this camp, a total of 55 students were participated in different games for improving sports skills in a particular game and developing team coordination. Moreover, Yoga sessions were also conducted for relaxation, and physical, and mental toughness with the help of Pranayama, breathing exercises & Shavasana. Throughout the camp, students enjoyed each and every day learning various skills and techniques of the games.

The list of the students who participated in the above camp is given below:

| S. No. | Name of the Game | Name of the Students |
|--------|--------------------|--|
| | Kabaddi (Woman) | Jyoti Barman, Suhani Jaiswal, Deepika Dhruw, Bhuneshwari Yadav, Nikita Lahre, Kamini Rajak, Monika Raj, Rajkumari Dhruw |
| | Kabaddi (Men) | Darshan Singh, Kaleshwar Singh, Nitish Kumar, Nand Kumar, Bijendra Kumar, Hira Ram, Ramkalesh, Rakesh Singh, Tarun Singh, Mahendra Kumar, Mani Kumar, Yogendra Singh |
| | Volleyball (Men) | Abhishek Sahu, Durgesh Das, Ankit Yadav, Shreshtha Sharma, Santosh Paswan, Krishnadev Paikra, Samim Alam, Vishal Sahu, Mohan Vaishnav |
| | Volleyball (Woman) | Savita Rajak, Babita Dhruw, Purnima Sahu, Akriti Shivhare, Sakshi Shriwas |
| | Athletics (Men) | Ankit Kumar Yadav, Samim Alam, Vishal Sahu, Ramsundar, Mohan Vaishnav, Ramkalesh, Rameshwar Yadav |
| | Athletics (Woman) | Deepika Dhruw, Savita Rajak |
| | Kho-Kho (Men) | Darshan Singh, Kaleshwar Singh, Nitish Kumar, Mahendra Kumar Maravi, Ankit Yadav, Mohan Vaishnav |
| | Kho-Kho (Woman) | Deepika Dhruw, Jyoti Barman, Suhani Jaiswal, Vidya |
| | Handball (Men) | Aditya Jaiswal, Ram Narayan |

On the last day of the coaching camp, the Principal and College staff motivated the students through their valuable words and also gave regard and blessings to all the students to achieve their goals.



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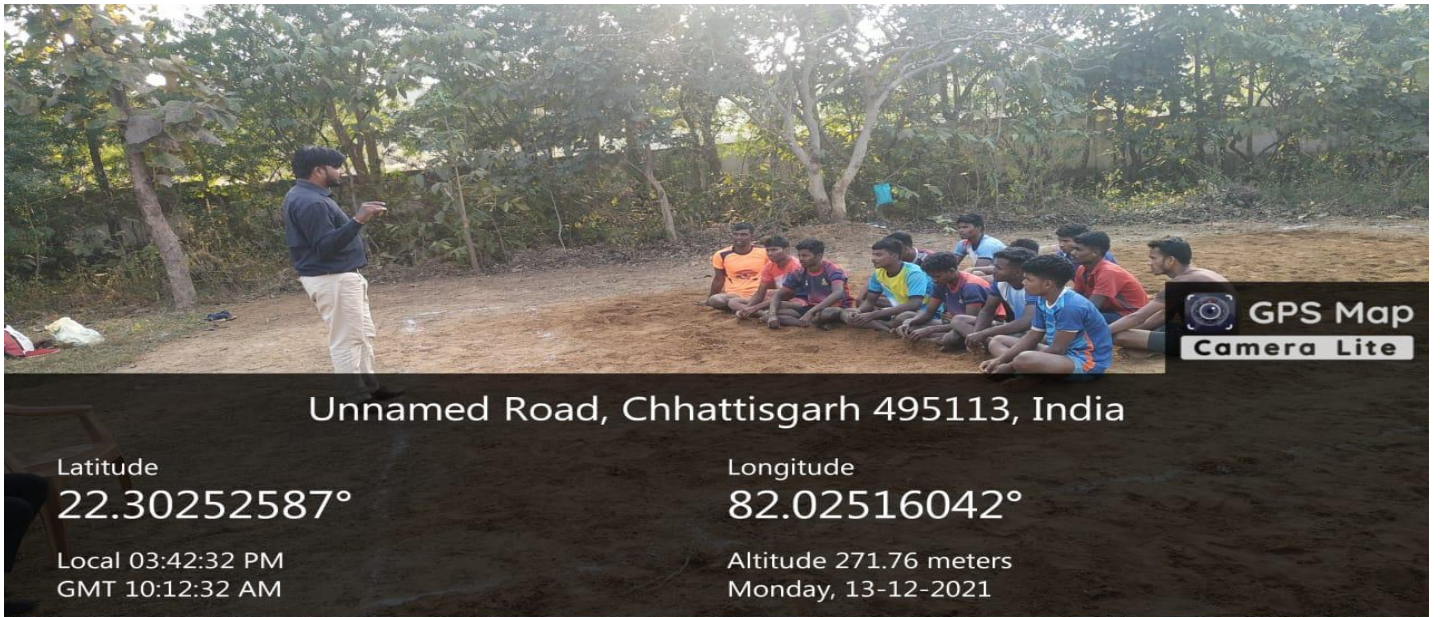
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Glimpses of Camp Days





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Handball



Volleyball



(Signature)
PRINCIPAL

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Kota, Dist - Bilaspur (C.G.)