

Inter-University Judo Camp-2025-26


The Inter-University Judo Camp held at Govt. College Solan on dated 12 -14 January, 2026. The camp spanned several days and witnessed enthusiastic participation from students representing different institutions. Participants were introduced to the fundamentals of Judo, including techniques of throws, holds, and defensive manoeuvres. Daily sessions began with rigorous warm-ups and conditioning exercises, ensuring that students not only improved their physical fitness but also developed endurance and resilience. The technical training was complemented by practice matches, which allowed participants to apply their learning in real-time scenarios, thereby boosting their confidence and competitive spirit.

Beyond the physical training, the camp emphasized the holistic development of students. Evening interactions and cultural exchanges further enriched the experience, as students from diverse backgrounds came together to share ideas, traditions, and stories. This fostered a sense of unity and mutual respect, reinforcing the belief that sports transcend boundaries.

The outcomes of the camp were highly encouraging. Several promising athletes were identified who could represent their universities in upcoming inter-university and national competitions. More importantly, the camp instilled values of teamwork, perseverance, and respect among all participants. The feedback from students and coaches alike reflected the success of the event, with many appreciating the excellent organization and facilities provided by Solan College.

In conclusion, the Inter-University Judo Camp at Govt. College Solan was not merely a sporting event but a celebration of youth, discipline, and camaraderie. It showcased the importance of martial arts in shaping character and highlighted the role of such initiatives in strengthening inter-university ties. The camp will undoubtedly be remembered as a milestone in promoting Judo and inspiring students to pursue excellence both on and off the mat.


Deptt. of Physical education


Principal
Govt. College Solan
Principal
Govt. College Solan

Himachal Pradesh University, Shimla-05.
(NAAC Accredited 'A' Grade University)
Directorate of Physical Education & (YP)

To,

Dated: 08.01.2026

The Principal,

1. Govt. College, Hamirpur
2. Govt. College, Bilaspur
3. Govt. College, Solan
4. Govt. College, Indora
5. Gautam College, Hamirpur
6. Govt. College, Sanjauli

Subject: **Coaching Camp for North East Zone Inter-University Judo (Men & Women) Championship, 2025-26.**

Sir/Madam,

The following players of your college has/have been selected to attend a coaching camp for the Judo (Men & Women) team scheduled to be held at Govt. College Solan on dated 13.01.2026. You are therefore requested to kindly direct the following players of your college to report for coaching camp on 12.01.2026 at above mentioned venue alongwith Declaration Form attached herewith the signature of the participants which is mandatory as per AIU Guidelines, Matric, Plus Two, BA-III certificate (in case of PG students), Aadhar card and latest two photographs. After the coaching camp, the said team will participate in North East Zone Inter University Judo (Men & Women) Championship to be held at Lovely Professional University, w.e.f. 15.01.2026 to 18.01.2026. Stay arrangement will be at Govt. College Solan.

For any inquiry, contact to Sh. Parvinder Negi, Manager on Mobile No: 70181-74074 (Men)
For any inquiry, contact to Sh. Ravi Ram, Manager on Mobile No: 9459042202 (Women)

Sr. No.	Student Name	Father's Name	College Name
1	Dakshi Gupta(W)	Sh. Ankur Narain	Govt. College, Hamirpur
2.	Megha(W)	Sh. Rajesh Kumar	Govt. College, Bilaspur
3.	Kajal Sharma(W)	Sh. Madan Lal	Govt. College, Hamirpur
4.	Arpita Sharma(W)	Sh. Surinder Pal	Govt. College, Hamirpur
5.	Gunjan Thakur(W)	Sh. Raj Kumar	Govt. College, Solan
6.	Deepali(W)	Sh. Channa	Govt. College, Bilaspur
7.	Nirjal(W)	Sh. Balwant	Govt. College, Bilaspur
8.	Abhishek	Sh. Sher Singh	Govt. College, Solan
9.	Aarinjay Sharma	Sh. Anoop Kumar	Govt. College, Hamirpur
10	Chirag	Sh. Rajesh Kumar	Govt. College, Indora
11.	Abhishek	Sh. Robert	Govt. College, Indora
12.	Vansh Thakur	Sh. Ashok Kumar	Govt. College, Hamirpur
13.	Akshit Chauhan	Sh. Sanjeev Kumar	Gautam College, Hamirpur
14.	Kavya Sharma	Sh. Hardev	Govt. College, Sanjauli


Principal
Govt. College Solan

Yours faithfully,






Principal
Govt. College Solan