

To
The Secretary General
Sepaktakraw Federation of India
New Delhi

Sir,

Subject: Report on visit of Indian Sepaktakraw Team Men and women for Training at Takraw foundation of Thailand from 23rd July to 23rd August 2019. And participation in 34th kings, cup Sepaktakraw world Championship at Bangkok, Thailand 25th August to 1st September 2019

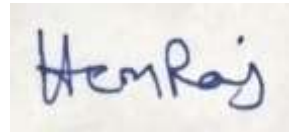
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Here by I am submitting the report visit of Indian Sepaktakraw Team Men and women for Training at Takraw foundation of Thailand from 23rd July to 23rd August 2019. And participation in 34th kings, cup Sepaktakraw world Championship at Bangkok, Thailand 25th August to 1st September 2019

This is for your kind information and necessary action please.

With regards,

Yours faithfully,



(HEM RAJ)

Chief Coach.

Indian Sepaktakraw Team

Encls : As above.

Camp Report International Sepaktakraw Coaching Camp

1. Departure--- Indian Team Men & Women Depart from New Delhi on 22nd July 2019 and Arrived from Bangkok Thailand to New Delhi on 2nd September 2019. New Delhi

2. Date & Venue : The International Coaching Camp was conducted at **Takraw foundation of Thailand from 23rd July to 23rd August 2019. And participation in 34th kings, cup Sepaktakraw world Championship at Bangkok, Thailand 25th August to 1st September 2019,** Duration of the camp was 32 days

3. Participation : 18 Men and 18 Women players, attended the International Coaching Camp.
(Details of the players are given in **APPEX I**).

Besides, 4 (Four) Coaches and 2 coaches from Thailand (Two) nominated by the Sepaktakraw Federation of India (STFI) deputed by SAI (HQ) are attending the coaching programme.

(Details of the Officials are given in **APPEX II**)

4. Training In the training programme of 32 days duration of this phase, we take 3 sessions a day

1 st session	:	6:30 AM	to	8:30 AM
2 nd session	:	11:00 AM	to	12:30 PM
3 rd session	:	6:30 PM	to	8:30 PM

In the 1st session, conditioning and general exercises are the Main programmes.

In the 2nd session, specific skills and exercises are imparted

In the 3rd session, matches are played

5. Accommodation:

- Accommodation of the players and Coaches attending the International Coaching camp was provided by the Takraw Foundation of Thailand, Bangkok, In the twin sharing room. The rooms were well furnished having sufficient space. Arrangement was quite satisfactory to all the participants.

6. Food :

The Indian food was provided by the Takraw Foundation Thailand, it was excellent for all the campers.

7.Transport:

There was no need of transport since the stay was adjacent to the venue. Transport has been provided from Airport to venue to competition venue of training.

8. Sports Kits :

We have thanks to Sepaktakraw Federation of India to provided the sports kit to all the campers.

9. International participation

Indian Men & Women team participated in 34th Kings Cup Sepaktakraw world championship

* India Men Team participated, Hoop event, Team event, Regu Event,

* India women Team participated, Hoop event, Team event, Regu Event,

10. Other facilities provided:

Facility of Indoor Hall having 6 (Six) court and two Hoop Takraw Court, outdoor facilities & well equipment fitness Centre provided by the TAKRAW FOUNDATION OF THAILAND was given to all the trainees.

11. Conclusion:

The International Coaching Camp The coaching camp was Sponsored by Ministry of Youth Affairs & Sports, Govt. of India, and monitored by SAI (HQ) New Delhi.

We have to thanks the concerned authorities of Sports Ministry, SAI (HQ) New Delhi provided all the facilities, for the fullest co-operation the successful organization of the International Coaching Camp.

We have concluded the camp on 23rd August 2019.

We do hope and, as well as, try our level best to put remarkable performance in the forthcoming International tournament.

(HEMRAJ)

Chief Coach.

Indian Sepaktakraw Team

List of players to to attend the International Coaching camp (Men)
Appendix I

SL. NO.	NAME	STATE/UNIT
1	SANDEEP KUMAR	SSB
2	CHAKALI ASHOK KUMAR	AP
3	SURAJ RAM	DELHI
4	SERAM HARICHANDRA SINGH	SSB
5	MEDEO VESUTO	NAGALAND
6	LAISHRAM JOHN MEITEI	MANIPUR
7	LALIT KUMAR	SSB
8	YUMNAM AKASH	SSB
9	THOKCHOM SEITARAM SINGH	SSB
10	LALROHLUA	MIZORAM
11	ASHISH	DELHI
12	GURUMAYUM JITESHOR SHARAMA	SSB
13	SOROKHAIBAM MALEMNGANBA	SSB
14	RISHI	
15	RAM KUMAR SHARMA	DELHI
16	ROHAN KUMAR	DELHI
17	MANISH	DELHI
18	JITENDER KUMAR	SSB

List of players to to attend the International Coaching camp (Women)
Appendix I

1	AYEKPAM MAIPAK DEVI	SSB
2	DOLLY SRIVASTAVA	UP
3	AKUMTILA	NAGALAND
4	RASHMI	SSB
5	ELANGBAM SHILPA	MANIPUR
6	ELANGBAM PRIYA DEVI	MANIPUR
7	BEHERA MADHUSMITA	ODISHA
8	PANGAMBAM LINTHOINGAMBI CHANU	SSB
9	WAHENGBAM PRAMODINI CHANU	MANIPUR
10	OINAM CHAOBA DEVI	MANIPUR
11	YANGLEM NGANTHOI CHANU	SSB
12	MANISHA KUMARI	UP
13	SAMAL ITISHREE	ODISHA
14	NISHA	DELHI
15	PURO PUNGOTOLU	NAGALAND
16	RALLA NAVATHA	TELANGANA
17	A THARANGINI	TELANGANA
18	P NAGA HARIKA	TELANGANA

List of Coaches to attend the National Coaching camp Appendix II

SL. NO.	NAME	STATE/UNIT
1	HEM RAJ	SAI, STC DELHI
2	SHARMA BRAMACHARIMAYUM ANGOUBA	SAI, STC BLY
3	NEIKHA PULENO	NAGALAND STATE
4	MAMTA	DELHI
5	COACH	THAILAND
6	COACH	THAILAND

**Reports for participating Indian Sepaktakraw Team (Men & Women) The
34th king's cup Sepaktakraw world Championship 2019, Bangkok, Thailand**

Sl no	Particular	Action (Remarks)
01	Name of the completion	The 34 th king's cup Sepaktakraw world Championship 2019, Bangkok, Thailand
02	Date / Venue	34th kings, cup Sepaktakraw world Championship at Bangkok, Thailand 25th August to 1st September 20 (4 competition court, two court for practice synthetic court of Marathon)
03	Competition of Events And represented India Team	Indian Men & Women team participated in 34 th Kings cup Sepaktakraw world championship * India Men Team participated, Hoop event, Team event, Regu Event, * India women Team participated, Hoop event, Team event, Regu Event,
4	Results	34th Kings cup Sepaktakraw world championship 1. Indian Men Team Got Gold Medal in Regu Event
05	Indian Contingency	42 members, 18men players +18 women players +6 team official
06	Accommodation,	Hotel The AULCHALEENA Bangkok Thailand
07	Performance of Indian Team	Indian Men team performance was excellent & Indian Women Team performance was also well team missed the Medal Neck to Neck points.
08	Comment	I would like to thanx to Sepaktakraw Federation of India Secretary General Sh. Yogender Singh Dahiya and President Dr. S. R. Premrj to get a chance of some New Players





