



Volleyball



"It is a game of intuition, imagination, improvisation—but most of all, of reciprocity. Of teamwork. There is no way to freelance in volleyball."

— Marv Dunphy

Volleyball is a fast-paced, dynamic sport that blends athleticism, strategy, and teamwork. Played on a rectangular court divided by a net, it involves two teams working together to send the ball into the opposing court while preventing it from touching the ground on their side. The sport requires a combination of physical fitness, quick reflexes, agility, and excellent hand-eye coordination. Success hinges on teamwork, communication, and trust, as each player fulfills a specific role, including the libero, a specialised

defensive position.

Recognising its many benefits, St. Joseph's College, Prayagraj introduced volleyball as a core activity, fostering physical fitness, teamwork, and sportsmanship within our school community.

As the Volleyball Captain, I, Lakshya Agrawal, had the honour of leading my team in the CISCE Regional Under-19 Volleyball Tournament held at Baraut, Meerut, where we proudly secured second place. Alongside me were Shreyash Gupta and Mohammad Zaid, whose active participation made our college proud. Our Vice-Captain, Reyan Khan, also represented us in the Ghodbunder Volleyball Championship in Banaras, earning a participation certificate.

Inter-House Volleyball Tournament Highlights

The Inter-House Volleyball Tournament saw enthusiastic participation from players, cheerleaders, and spectators. The competition followed a round-robin format, allowing every team to showcase their skills. After intense matches, Red House emerged victorious, with Gold House as runners-up, followed by Green House and Blue House. Individual certificates were awarded to players who demonstrated exceptional skill, leadership, and sportsmanship, highlighting the inclusive and competitive spirit of the event.

The success of volleyball at our college would not have been possible without the guidance and dedication of our Sports Coordinator, Mr. Mohd Shabi Rafique, and Coaches Mr. A. Usmani, Ms. P. Singh, Mr. Danny Ekka, and Mr. Vikas Singh. Their unwavering support and expertise were instrumental in our growth as players and individuals.

As I conclude my tenure as Captain for the 2024–2025 session, I extend my heartfelt gratitude to my incredible team. Together, we overcame challenges, celebrated victories, and upheld the spirit of camaraderie and teamwork. Your dedication, both on and off the court, has been the cornerstone of our success.

To my teammates and mentors, thank you for pushing us to excel and helping us discover our true

potential. Let us continue to embrace the values of sportsmanship, determination, and respect, carrying forward the legacy of volleyball at St. Joseph's College.

Thank you all for your unwavering support and love.

Lakshya Agrawal
Captain

Reyan Khan
Vice Captain

