

SURAKSHA

SWAVALAMBAN

EKATA

সীমান্ত
ক্রীড়া' ২৩

SEEMANTA

KREEDA' 23



A Souvenir Published on the occasion of
SEEMANTA KREEDA MAHOTSAV' 23

Organised By
SEEMANTA CHETANA MANCHA PURVOTTAR
Assam Pradesh

*"The Border of the country is like a mother's attire.
It's protection is the primary duty of every child - Pitamah Bhisma*



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KREEDA' 23



SOUVENIR

Published on 12-01-2023 on the occasion of
SEEMANTA KREEDA MAHOTSAV'23

Organised by

Seemanta Chetana Mancha Purvottar
Assam Pradesh

Date : 10th, 11th & 12th January, 2023

Sarusajai Stadium, Guwahati

To,
Sri/Smt : _____

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Prof. Jagdish Mukhi



**RAJ BHAVAN
GUWAHATI**

MESSAGE

It gives me immense pleasure to learn that Seemanta Chetana Mancha Purvottar, Assam State Committee is going to organize the 2nd edition of Seemanta Kreedha Mahotsav'23 during 10 to 12 January 2023 at Sarusajai Stadium. Synchronizing with the occasion a souvenir christened "Seemanta Kreedha'23" is being published on the theme 'National Security'.

Sports widen the mental and physical horizon of the players and make them true followers of the rule of law. I hope our spirited players participating in the Kreedha Mahotsav get a potential podium to showcase their sporting acumen and get noticed at the larger platforms.

I convey my best wishes to the participating players and the organiser for resounding success of their endeavour. Hope the commemorative souvenir is appreciated by all.

Dated: January 5, 2023


(Prof. Jagdish Mukhi)



निशित प्रामाणिक
NISITH PRAMANIK



Ref : 487/MOS(NP)MHA/COB/2023



गृह राज्य मंत्री
भारत सरकार
MINISTER OF STATE FOR
HOME AFFAIRS
GOVERNMENT OF INDIA

Date : 07/01/2023

MESSAGE

I am very happy to learn that **SEEMANTA CHETANA MANCHA PURVOTTAR** is going to organize the 2nd edition of Seemanta Kreed Mahotsav 23 on 10th ,11th and 12th January 2023.

The organization has been working for the noble cause of promoting safety, security and overall development of the people residing near the international border areas of the North Eastern region of our country. Their work shows the commitment and dedication which positively influence the minds and personalities of the young sports persons and athletes of the areas. Such grassroots initiatives are important for making a new India.

I convey my best wishes for the future endeavours of the institution.

Jai Hind.

NISITH PRAMANIK



ড° হিমন্তু বিশ্ব শর্মা
Dr. Himanta Biswa Sarma



মুখ্যমন্ত্রী, অসম
Chief Minister, Assam

MESSAGE

Dispur
23 Puh, 1429 Bhaskarabda
6th January, 2022

It gives me immense happiness to learn about Seemanta Chetana Mancha Purvottar hosting Seemanta Kreedha `23, a sporting event with participants from border districts of the State, at Sarusajai Stadium, Guwahati for three days starting from January 10, 2023.

India's Northeast is endowed with not only scenic beauty and natural resources but is also home to a highly patriotic population. Whenever the nation faced challenges in the form of external aggression or internal disturbances, among others, the residents of the Northeast were always at the forefront in ensuring the idea of India remains intact. Many sons and daughters of the region have also made the supreme sacrifices in securing the nation's integrity and pride. It is due to the deeply patriotic and nationalist population of the Northeastern region that enemies of India have failed in giving shape to their sinister designs for the region. Seemanta Chetana Mancha Purvottar has been acclaimed for its unwavering and tireless attempts at nurturing patriotism and nationalism in the hearts and minds of a large percentage of the region's population through their activities and initiatives such as Seemanta Kreedha `23.

Seemanta Kreedha `23, apart from providing a platform to the participants to showcase their talents, would also go a long way in cultivating patriotism among the youngsters. I am certain, Seemanta Kreedha `23 would achieve all its intended purposes and aims.

I extend my best wishes to everyone associated with organizing of Seemanta Kreedha `23 on their endeavor.

(Dr. Himanta Biswa Sarma)



Shri Pramod Boro
Chief Executive Member
Bodoland Territorial Region
Kokrajhar

Bodoland Territorial Council
Bodofa Nwgwr, Kokrajhar
Phone No: 03661-296533

17-12-2022

MESSAGE



Khulumbai!!

Warm greetings and best wishes for the new year.

It is of immense pleasure to know that Seemanta Chetana Mancha Purvottar, Assam State Committee, a socio-cultural non-profit organization is going to organise the **2nd Edition of Seemanta Kreedha Mahotsav'23** at Sarusajai Stadium, Guwahati on 10th, 11th and 12th January 2023.

I am also pleased to know that, in connection to the event the organisation is going to publish its souvenir "**SEEMANTA KREEDA'23**" covering all the events of sports meet, articles on sports and social scenarios of the districts of Assam. I am sure this souvenir will be able to express the feelings, emotions, patriotism of the people and also put light on the events and other social activities of the organisation.

I feel very proud that Seemanta Chetana Mancha Purvottar is working for the noble cause - promoting safety, security, and development along the border fringe areas. I hope the organization will continue to put their best for the best interest of our Nation.

I extend my best wishes for the souvenir and successful event.

Thankyou.

Pramod Boro
Chief Executive Member
Bodoland Territorial Region
Kokrajhar

अखिल भारतीय सीमा जागरण
माधवनिवास, पेरण्डुर रोड, एलमक्करा, कोच्चि - 682 026. केरल



MESSAGE

Very happy to see that Seemanta Chetna Mancha Purvottar is coming up with their 2nd edition of Seemanta Kreedha Mahotsav 23 on 10th and 11th of January 2023.

It is all the more heartening to understand that they are bringing out a Souvenir also in connection with this.

May the initiative and hardwork of your karyakartas lead to the successful conduct of Kreedha Mahotsav as well publishing of Souvenir.

Wishing all success,

Yours truly,

A Gopalakrishnan

Akhil Bharathiya Samyojak
Seema Jagran Manch

Dated : 09/01/2023



द हंस फाउंडेशन

विंग बी, 7वीं मंजिल, माइलस्टोन एक्सपीरियन सेंटर,
एनएच 8, सेक्टर 15 भाग 2, गुरुग्राम, हरियाणा 122001



MESSAGE

यह बहुत हर्ष का विषय है की असम में सीमांता चेतना मंच पूर्वोत्तर की महत्वपूर्ण पहल "सीमांता क्रीड़ा महोत्सव 2023" का आयोजन दिनांक 10 से 12 जनवरी तक गुवाहटी के सरूसजाई खेल प्रांगण में किया जा रहा है।

भारत के उत्तर पूर्वी अंचल के अंतर्राष्ट्रीय सीमा क्षेत्र में शांति एवं जागृति के मिशन पर सीमांता चेतना मंच पूर्वोत्तर जिस तरह से अपनी प्रतिबद्धता के साथ क्रियान्वित है, यह भारत की प्रभुत्व को नये आयाम देने में बहुत ही सराहनीय कार्य है।

आप सभी को ज्ञात है कि खेल प्रतियोगिताएं शरीर को पुष्ट और स्फूर्तिमय एवं मन को स्वस्थ बनाती है। खेलकूद मानव मन को प्रसन्न और उत्साहित बनाए रखते हैं। खेलों से नियमित पालन से स्वभाव का विकास होता है और मन एकाग्र होता है। खेल में भाग लेने से खिलाड़ियों में सहिष्णुता, धैर्य और साहस का विकास होता है तथा सामूहिक सद्भाव और भाई-चारे की भावना बढ़ती है।

खेल प्रतियोगिताएं अन्तरराष्ट्रीय स्तर पर बहुत से देशों के बीच तनावों को कम करती है। खेल हमें सक्रिय बनाते है और हमें इससे ऊर्जा और ताकत मिलती है। जिसके माध्यम से हम अपनी जीवन यात्रा में आगे की यात्रा सरलता के साथ तय कर पाते हैं।

खेल हमारे अंदर मित्रता की भावना को विकसित करते है और दो लोगों के बीच के मतभेदों को दूर करने में भी महत्वपूर्ण भूमिका निभाते है। खेल हमारी कार्य कुशलता, कार्य क्षमता को सुधारते है, साथ ही मानसिक और शारीरिक रूप से थकान होने से भी बचाते है। खेल छात्रों के बीच शिक्षा की गुणवत्ता में सुधार लाने का अभिन्न हिस्सा भी है। इस लिए कहा भी जाता है कि खेल और शिक्षा दोनों ही जीवन में सफलता प्राप्त करने के सबसे अच्छे तरीके हैं।

हम हंस फाउंडेशन परिवार की ओर से सीमांता चेतना मंच पूर्वोत्तर द्वारा आयोजित इस खेल महाकुंभ की अपार सफलता हेतु शुभ आशीष एवं शुभकामनाएं प्रेषित करते हैं।

मंगला जी

(परम पूज्य श्री भोले जी महाराज एवं माता श्री मंगला जी)

Editor's Note...



Sports plays an important role in the socialization process of an individual, especially in case of the youth of the country, it helps them in building positive social relations and improving different skills. Participation in sports and physical activities help develop a strong character in the person . Socialization is a never ending process as it starts from the beginning and continues till the end of life.

India like any other part of the world has sports history that has started thousands of years back. It is believed that sports was earlier conducted as a preparation for war or training as a hunter as we can see many of the earlier games involved throwing of spears, stakes and rocks, and sparring one-on-one with opponents.

It is also believed that chess has originated in India. We all are aware of the game of dice that is mentioned in our famous epic – Mahabharata. Other sports that have also found place in various ancient Indian texts are archery, wrestling, swordsmanship and boxing.

But sadly, Northeast India is still far from the popular imagination of India. Reason being that these eight states are culturally distanced and also geographically isolated, the only connection with the rest of the country is the 27km long chicken's neck corridor. Sports in recent years have, however successfully made the tables turn in the right direction and many northeastern sportsperson have made India proud in international games. After MC Mary Com's bronze Medal in 2012 Olympics, we are seeing that the sports infrastructure in Northeast India has also improved, which is definitely a positive sight in a broader sense. But there is still a long way to go when it comes to infrastructure set up in international border region of North East. There is minimal or nil

exposure for the sporting talents who are residing near the Indian side of zero line to the state of the art sports training facilities.

Seemanta Chetana Mancha Purvottar which has been tirelessly working since its inception in the year 2008 for promoting safety, security and overall development of the international border areas of North Eastern states of India, had organised the first ever Seemanta Kreedha Mahotsav in April last year with players residing within 15 KM of Indian side of international border from 9 international border districts of Assam namely Dhuburi, Tamulpur, Baksa, Chirang, Kokrajhar, Mankachar South Salmara, Udalguri, Karimganj and Cachar. The objective was simple- to provide a platform to the raw sporting talents residing near zero line of Indian side of international border of Assam so as to compete in the games and provide exposure to state of the art training facilities to the extra-ordinary talents identified through the Seemanta Kreedha Mahotsav. Last year, the Seemanta Kreedha Mahotsav'22 saw a participation of 348 players selected from thousands of players who competed in district qualifying games and this year the figure has gone more than double to 785 players.

Like last year, this year too a souvenir named Seemanta Kreedha'23 is being published on the occasion of Seemanta Kreedha Mahotsav'23 with 14 articles in English 4 articles in Assamese and 1 article in Hindi contributed by some eminent intellectuals of India with expertise in Sports, Defence, medicine and journalism. The theme of this year's Seemanta Kreedha'23 is BORDER SPORTS.

It gives me immense pleasure to share that not only I am privileged to be editing this year's Seemanta Kreedha'23 but I was also blessed to be the general secretary of the last year's Seemanta Kreedha Mahotsav'22 organising committee.

The articles in this souvenir reflects the creativity and analytical thinking of the contributors and the editorial board considers it an honour to thank and congratulate all of them.

I extend my immense gratitude for the editorial board team members, design team and publisher for their constant support, inputs and guidance without which this souvenir would not have been possible.

Sujal Bordoloi

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✦ ✦ ✦ ✦

SPORTS AS A MEDIUM OF SOCIAL INTEGRATION

Air Vice Marshal (Rtd) Sanjib Bordoloi, AVSM

INTRODUCTION

Importance of the cross-roads that India finds itself today, is seemingly not being appreciated by the general public, nor even by large sections of the people holding high offices. Hence it remains for serious think tanks like the Seemanta Chetana Manch (SCM) to work out strategies to ensure that our country is never divided again and indeed lead the world as per our ancient wisdom and values.

For the first time since the innocuous arrival of Islamic influence onto our soil around CE 640 and later full scale plunders from 11th century onwards, it is only now that our land is being able to breathe freely. And yet, as we do so, we realise that our country is only a small island of Dhamma surrounded by dictatorial forces around. We need to learn from Military history else we will be condemned to repeat the same mistakes of the past.

When we deliberate on what had gone wrong in the past and what mistakes were committed in our history, we realise that while our ancestors excelled in intellectual activities, they could not sustain Strategic thinking. As a result there existed disunity amongst our kings and we failed to give due importance to Military might. Lord Krishna himself explains in the Bhagawad Gita the need for 'Dhammic Shakti' or Righteous Power. Any Society that stops sending its youth to the Military, will be interfered with. And Military prowess comprises not just the persons in uniform and war-fighting machines, but transcends everything from Space, IT, Economy, the Land, Air and the Seas. Hence the youth of our country must revive their ancient military traditions and look at Military service honourably. The culture of aspiring for bureaucratic

governmental jobs – ones that bring power and money, must change to value based occupations. Towards creating such a tradition of valour and value in Society, Sports is the first step.



FISSURES WITHIN THE COUNTRY

Political Fissures

The European Powers could colonise the Indian sub-continent only because of the prevalent disunity and fractured society. At the time of their departure too, apart from dividing the land into two, they left it in a lot of small feudal states. It is only because of Sardar Vallabhai Patel that India could coalesce as a nation. Serious mistakes committed during the formative years left us present day crises situations with Pakistan and People's Republic of China.

It is these hostile countries at our borders that continue to encourage hostile elements within our country and foment trouble. While Pakistan started its proxy war in Jammu and Kashmir from the mid-eighties, the Communist regime in Beijing started providing support to insurgents of the North East from the sixties itself. In the late eighties and nineties insurgents of our North East used to find safe haven in Bangladesh and Bhutan also. But both these countries now have shut their doors to insurgents from India. It is only Myanmar where because of their own problems in North Myanmar, that insurgents from Nagaland and Manipur manage to find logistics bases.

Socio-Cultural Fissures

Socially and culturally too India is a land of wide variations. The fantastic work of the wisest human ever born – Vyas Deva, his Vedas themselves have been distorted by scheming people to create a Caste system. And it is this Caste system that has been largely responsible for so many social and cultural fissures in this land. Then again there are wide differences between the Tribal societies, between the hilly people and those in the plains. Similar differences are there between the people of the Ganga belt and those in the South and the North and North East.

Meat, Wine and Alcoholic beverages are welcome drinks in some societies while in others even Onion and Garlic are taboo. The Cow is worshipped in most areas of the country whilst in many parts Beef is taken as food.

While large sections of the Indian people were converted to the Abrahamic religions by force and guile, later and even today, many from outside these religions embrace them by choice. Within the Religions of the Soil – Hinduism, Buddhism, Jainism and Sikhism also there exist several fissures. The Indian Constitution permits such social and cultural diversity with the percept that Human values and wisdom prevails above all.

Economic Fissures

In a democracy such as India, Economic Freedom has to prevail. However practically, after 75 years of such economic freedom, it is seen that those sections of the Indian populace that have been traditionally business minded have monopolised trade and industry. The socially naïve sections of Indian society are being swamped over and this is leading to economic fissures. On the other hand if the economically weaker societies have to develop, their youth need to pick up universal economic talent fast.

SPORTS AS THE OPTIMAL INTEGRATOR

In such a nation of diversities, even more than cinema, music, drama and dance, it is Sports that can act as the optimal integrator. The language of Sports is a Common Denominator. And unlike cultural activities, Sports is a competitive activity that generates great passion just below the threshold of actual combat. This aspect can be exploited to give vent to existing sentiments of rivalry between segments of Indian society. If the language of

Sports can be understood by most nations in the Olympics, by large numbers of nations in the FIFA World Cup, by large section of the world population in the Cricket World cups, then why can't this language of sports be understood by the youth of India? The Union Government, more than the individual governments in the States, has been guilty of not appreciating and exploiting this instrument of national integration. In the same vein of thought one can also introspect as to why is it that in spite of having 140 crores population, India's medal tallies in international sports meets as well as trophy tallies in bigger games barring cricket, is so abominably low?

And the answer to that is our all-pervading bureaucratic method of doing business in any and every department of governance – including sports. Corruption and nepotism used to prevail even in sports till 2014. Since that year one can see a stronger leadership leading to a rise in professionalism vis-à-vis bureaucratic decision making in all spheres of governance. And yet, a lot more needs to be done. While the present Union Government is correct in following its motto of 'Minimum Government, Maximum Governance' and letting Market Forces chart the paths of many activities that were earlier, strictly charted by the Bureaucracy, in matters of Sports as an Instrument of National Integration, the Ministry of Sports and Youth Affairs could be more regulatory. A well-established game like Cricket can be almost totally left to be run by Market forces. But in all other sports activities, the Ministry needs to step in actively.

Our country currently, does have the National Cadet Corps – NCC, as a vehicle of national integration amongst the youth. It is run by the Ministry of Defence and uniformed personnel in active service runs the activities. Its popularity is at best mild, specially from the so called academically good schools and colleges. The Ministry of Defence cannot really afford to divert much resources in terms of manpower away from its core responsibilities of guarding the nation. Hence Sports and soldierly activities of adventure and discipline need to be spread across a wider canvass under the ministries of Human Resources and Sports and Youth Affairs. Officers and personnel who retire from the Defence Services at early age could be used by the Sports and Human Resources ministries to practically implement the camps.

ROAD MAP FOR SPORTS ACTIVITIES IN INDIA

The Ministry of Human Resources has recently brought out a new Education Policy for schools and colleges. However the activity of Physical Education does not get the importance it deserves in the curriculum. It may be appreciated that the world has entered an Age of Values. Ages of Agriculture, Industry, Information Technology and even Knowledge itself have passed. Prime example of such thinking amongst the common people is that the common man votes for and chooses as their representatives in governments not just people with college degrees, but people whom they perceive as with values. The world and the Indian populace prefer Values to Knowledge in their Leaders now. Hence Education of the future should not only focus on memorisation of texts and their analyses, but on Societal Values and Skills. If our nation is to survive and our societies to grow, our posterity should know valour, they should know how to win, how to lose with grace, how to work as a team, how to play on against all odds, how to manage a crisis situation and above all how to be sincere and honest. Which other singular form of education teaches all this but Sports?

Running and Contact Sports as Basic Curriculum in Schools

While Drill is the bed rock of Discipline, Running is the bed rock of Mental and Physical stamina. Hence Running should be part of the curriculum of all schools and for all ages and classes – from Kinder Garden to Class XII or Higher Secondary. And no, costly Running Tracks and infrastructures are not required. Cross country running along tracks, fields and roads, wherever the school authorities find it convenient. One day every week can be kept aside for such Physical Education involving Run in the morning followed by refreshments and then simple Drill. Further games should be contact games only, like Football, Hockey, Volley Ball, Basket Ball, Kabaddi, Hand Ball and Gymnastics and Swimming for those schools who can afford. Boxing, Wrestling and other Martial Arts also can be optional events. Time consuming games like Cricket and individual games like Badminton, Tennis should not be at the cost of Contact games.

Utilisation of Ex Servicemen for Sports and Physical Education in Schools

Personnel from the three Services – Indian Army, Indian Navy and Indian Air Force, retire at relatively

younger ages as compared to the Civil Services. They also get pensions. The current Government rule is that, if they join any Government job after retirement, the salaries they get are reduced by the pension amounts. Thus if any ex Serviceman takes up any job as a Physical Training Instructor in any school, the Government will save on salaries. Secondly, even though such persons retire from active Service, physically they remain quite fit till about 60 – 62 years of age. A Subedar and its equivalent rank in the Navy and Air Force, retires at an average of 52 years. In fact the Ministry of Defence can be asked to release some personnel before such age but well after their employment of 20 years of service that entails them to draw pension. Such an exercise will not only help to keep the Services young but also make available to Civil Society highly disciplined persons who can pay back towards Societal education for another 10 odd years. Such ex-Servicemen Physical Fitness and Drill Instructors will be able to conduct all training in the schools barring Gymnastics, for which they may be too old. But Gymnastics Centres will be far and few and those facilities may be staffed with dedicated Gymnastics coaches as required.

SPORTS WITHIN THE EIGHT STATES OF THE NORTH EAST

After half a century of neglect, it was under Atal Behari Vajpayee that North East India started getting importance from the Union Government and a 'Ministry of Development of the North East Region (DONER)' was formed. By then of course the region was already ravaged with Separatist movements, Insurgency and Law and Order problems. Currently, since 2014, the Union Government is making renewed efforts at bringing in peace and harmony in the region and also developmental projects. The traumatised societies of the North East require special healing and care specially amongst the youth. While that be so, it is also seen that the North East has been able to generate several world class sports women who have brought laurels to the country. Hence it is felt that the medium of Sports – apart from Culture, must be utilised most aggressively amongst the youth of the North East for the sake of National Integration.

Affiliation of Centrally Funded Schools

All Centrally funded/aided schools must be affiliated with one another in clusters of four to six schools across different states of the North East. Yearly they must

have Sports and Adventure camps where students of classes VII, VIII and IX take part in contact sports and field craft activities. Care must be taken to ensure that only Contact sports are played and each and every student participates. Participation Time of each student must be monitored and kept the same. It should not be that only the competent ones participate or play more than the ones that are shy and like to remain in the background – Excellence is not the aim, Equitable Participation is. Hence focus should be on relatively younger students of classes VII to IX. Students of higher classes of X to XII should be left free to concentrate on their studies and other existing activities.

As regards Affiliation and Grouping, as an example the five Sainik Schools of the region – Arunachal Pradesh, Assam, Manipur, Mizoram and Nagaland may be clustered into one for the sake of Sports and Field craft. Then again the Central schools of the region across the states. For example one Central School each from Arunachal Pradesh, Assam, Manipur, Meghalaya, Mizoram, Nagaland, Sikkim and Tripura.

Affiliation of State Funded Schools

For government schools that are funded by individual states, the Union Ministry of Sports and Youth Affairs may organise the Sports camps directly. The State funded schools may be affiliated through the Sainik Welfare Boards as these Boards have ex-Servicemen in their rolls. Such ex-Servicemen may be tasked to conduct the camps.

CONCLUSION

Even though it has been 75 years since India attained Independence, much remains to be done for national integration of our vastly diverse people. The fact that we attained independence through peaceful methods like Satyagraha and Ahimsa, has not helped us in post-independence integration. In fact, because of an absence of military-strategic thinking amongst our national leadership soon after Independence, we made vital mistakes

for which the country is paying very dearly now. The fissures that divide our huge population can be most effectively filled through the universal language of Sports.

Activities like Bollywood movies, songs and other cultural events do help in integrating the vast fissures within the Indian population. But Sports, and specially Contact Sports and Martial arts, evoke passion just short of physical combat. This fact can be utilised to divert sentiments of rivalry in a positive way. Indian Sports had got mired in typical Indian working ethos of Bureaucracy, Corruption and Nepotism leading to abysmal performance in all international sports activities other than Cricket. Since 2014 however along with a renewed national pride that has engulfed the nation, Indian sports is on the upswing.

While it is essential to pursue excellence in Sports, such investments get limited to a small number of individuals. On the other hand, for the purpose national integration what is needed is for all youth to participate the maximum and with youth of regions far from their own. Thus the Union Ministry of Human Resources would do well to prescribe low cost sports activities like Cross Country running, Football, Volleyball, Basketball, Handball, Kabaddi etc along with basic Drill in the Educational guidelines. Ministry of Sports and Youth affairs need to provide funds for Sports Affiliation of government run schools across the states. Ministry of Defence is required to make available ex-Servicemen who have retired at early and working ages to conduct Physical Training and Drill activities in various schools.

North East India is beginning to emerge from decades of neglect and insurgency problems. Instances of cross border skirmishes continue to take place even while the Union government is trying its maximum to resolve the border crises. The Naga problem also remains to be solved. Of all the regions in the country, it is the North East that needs rapid integration – and Sports is the Master Key.



Air Vice Marshal Sanjib Bordoloi (Retd.)

was commissioned in the Flying branch of the Indian Air Force on 15 February 1975. He is A2 Qualified Flying Instructor, graduate of Defence Services Staff College (DSSC) and alumni of National Defence College. He was awarded the Ati Vishistha Sewa Medal in 2006 for his contribution during the conduct of Disaster Relief Operations in Kashmir.

A BRIEF PERSPECTIVE OF NATIONAL CADET CORPS (NCC) AND BORDER EXPANSION

Major General (Rtd) Bhaskar Kalita, YSM

Background

NCC traces its origin to 'University Corps' which was raised by the British in 1917. The objective was to make up the short fall in the British Indian Army and create a pool of reserve after the First World War. Netaji Subhas Chandra Bose was one of the pioneers to get enrolled into NCC on 03 November 1917. He joined NCC along with 249 other cadets on the same day. Netaji was a student of Scottish Church College, Calcutta. Immediately after independence, India confronted two major challenges- sending back millions of displaced persons who migrated from Pakistan and a full scale military invasion of Kashmir by the armed tribal with overt support by Pakistan. This happened when Indian troops were over occupied in dealing with internal law and order situation created by the violence of partition.

The 1947- 48 war in Kashmir and the consequent loss of a portion of Kashmir, the open support of Western Powers to Pakistan in the Security Council of the United Nations, made it more than evident to the Indian leaders that they would need a strong Armed Forces and sufficient strength of reserves, who could take up arms, when required. The Kashmir War taught a very important lesson to India, that freedom needs to be protected by strong Armed Forces. Its immediate manifestation was that, NCC was formed on 31 March 1948 under the National Cadet Corps Act 1948. The initial strength was about 20000 which have now grown to about 1480000. The ratio of boys to girls is 65: 35. The girls' division was created in 1949 to provide equal opportunities to school and college going girls.

The schools and colleges opened after summer vacation and the NCC of Independent India was

inaugurated on 15 July 1948. The journey of this Indian youth organisation, which has now become the largest uniformed youth organisation in the world, had begun.

NCC Motto

The need for a motto for the Corps was discussed during the 11th Central Advisory Committee (CAC) meeting held in New Delhi on 11 August 1978. The mottos suggested were "Duty and Discipline"; "Duty, Unity and Discipline"; "Duty and Unity"; "Unity and Discipline". The final decision for selection of "Unity and Discipline" as motto for the NCC was taken in the 12th CAC meeting held on 12 October 1980.

Core Values

The NCC is a dynamic, responsive, ever learning and continuously evolving organization. Its activities are guided by certain Core Values that the organisation endeavours to instill among all ranks. These core values are:-

- (a) A sense of patriotic commitment to encourage cadets to contribute to national development.
- (b) Respect for diversities in religion, language, culture, ethnicity, life style and habitat to instill a sense of National unity and social cohesion.
- (c) Abiding commitment to learn and adhere to the norms and values enshrined in the Indian Constitution.
- (d) Understanding the value of a just and impartial exercise of authority.
- (e) Ability to participate in community development and other social programme.



(f) A healthy life style free of substance abuse and other unhealthy practices.

(g) Sensitivity to the needs of poor and socially disadvantaged fellow citizens.

(h) Inculcating habits of restraint and self-awareness.

(j) Understanding the values of honesty, truthfulness, self-sacrifice, perseverance and hard work.

(k) Respect for knowledge, wisdom and the power of ideas.

The Vision of the organisation is to empower volunteer youth to become potential leaders and responsible citizens. Netaji Subas Chandra Bose, former Prime Minister Morarji Desai, Prime Minister Narendra Modi, Defence Minister Raj Nath Singh, former External Affairs Minister Sushma Swaraj are some of the legendary and iconic personalities who had been NCC cadets during their formative years. The mission of the organisation is to develop leadership and character qualities, imbibe discipline and promote social integration through multi-faceted training programmes.

The NCC is a voluntary service, and both boys and girls from Class 9 onward are taken as cadets. They are taken into the NCC wings of the Army, Navy and the IAF. There are three stages of training from school to college and cadets have to mandatorily attend camps in the second and third stages of training. The training is carried out on military lines to motivate them to join the defence forces and the youths are trained by the instructors of the armed forces. Top performers in NCC advanced courses are entitled to some special benefits in the Combined Defence Services exam.

Border and Coastal Area Expansion

Restructuring of the NCC was one of the key recommendations of the Committee of Experts (CoE) headed by Lt Gen DB Shekatkar (Retd) and constituted by then Defence Minister Manohar Parrikar back in mid-2016. There was scope for NCC to increase its footprint in coastal and border areas. In the coastal

regions, where youth are already familiar with the sea, the training would increase interest in careers in the Navy, Coast Guard, and also Merchant shipping avenues. In the border area, the trained cadets can play an important role in various contingencies and also in supporting roles to the Armed forces during various contingencies.

On 15 August 2020 the Prime Minister Shri Narendra Modi announced expansion of the NCC across the border areas of the country, a move he said, would not only aid those areas with a trained pool of cadets during troubles emergencies/, but would also help the youth build a career in the Armed Forces. The NCC has enrolled approximately one lakh NCC cadets across 173 border and coastal districts since then, a third of which are girl cadets. Border area cadets are being trained by the Army; cadets in coastal areas by the Navy and where, there are air bases, cadets there are being trained by the Air Force.

The Prime Minister's announcements came at a time when India's Line of Actual Control (LAC) with China continues to remain tense amid a stand-off, which began in the first week of May 2020. Since then, there has been a substantial troop build-up along the 3,488-km long LAC, particularly in eastern Ladakh, Tawang, Subansiri, Dibang and Lohit valleys of Arunachal Pradesh. The expansion in the border and coastal areas has met the aspirations of the youth to quite an extent and would further enhance the feeling of nationalism and patriotism. The trained and motivated youth of the border and coastal areas would readily be available to supplement the effort of the security forces, should any such contingency occur in the future.

Border expansion would also spread and enhance awareness about pluralism, diversity, strength, values, cultural and civilizational history of these regions. The initiative by the Government will infuse and instill sense of nationalism and deny any kind of space in all domains to hostile elements both during peace and war.



Major General (Rtd) Bhaskar Kalita, YSM is an alumnus of Sainik School, Goalpara, Assam and the prestigious National Defence Academy, Pune. He was commissioned into the 19th Battalion of Kumaon Regiment on June 8, 1985. He retired as the Additional Director General (ADG) of the National Cadet Corps (NCC), North Eastern Directorate, (NER).

HOW MOMS PLAYED A KEY ROLE IN THE LIVES OF SPORTSPERSONS WHO BROUGHT LAURELS TO THE COUNTRY

Sri Boria Majumdar

Successful sports stories aren't created overnight. They need to be nurtured for years for the world to see them in full bloom. For an 87.58 metre throw or an academy that changes the course of the sport in the country forever, years of efforts populate the backstage. Devendra Jhajharia, India's greatest Paralympian, lost an arm at the age of eight when he accidentally touched an electric wire while climbing a tree.

"The shock was more mental than anything else. When I came back home from the hospital I was depressed. For the first one month I refused to leave my house," Jhajharia said.

A sense of inferiority and peer pressure had started to weigh on the mind of young Jhajharia. It was only when his mother, Jivani Devi, motivated him to go out and play with the neighbourhood kids that he finally started to socialise again. His mother was clear: Devendra was a victim of circumstances and was in no way inferior to anyone else. She inspired him to do everything that he did earlier. He still remains indebted to her for the early confidence she was able to instil in a confused and scared 8-year-old child.

Mariyappan Thangavelu, who won India's first Paralympics gold in Rio 2016 in the high jump, lost a leg at the age of 5. He was playing outside his house when a state-owned transport corporation bus hit him. His father abandoned the family before he entered his teenage years and was brought up by his

mother, Saroja Devi, who used to sell vegetables on a cycle in Tamil Nadu's Salem district.



She struggled to make ends meet but never gave up trying to support her son. Eventually, Thangavelu emerged a Paralympic champion. His mother continued to sell vegetables even after he was a Paralympic champion and is a real-life story that can perhaps only happen in India.

A trip to the Pullela Gopichand academy in Hyderabad can never be complete without dining with the young students and enjoying the superb food on offer. The academy may now be hailed for bringing glory to the country but things weren't easy for Gopichand in the beginning. "I had to mortgage the house to be able to build the academy," he said.

"At the time in 2004-05 my mother was diagnosed with cancer and it was tough. Had she not pushed me to do things, I don't know if all of this could happen. And she fought her way through and today runs the academy with the same discipline that she had taught me as a child."

While Gopi was talking about the challenges he had faced in bringing up the academy, his mother, Pullela Subbaravamma, had already taken charge! Chicken curry, aloo-bhindi, roti, rice, curd and achar constituted our lunch. "This is what the players get and it is all made inside the academy. We have eighty

men and women who now live in the academy. Almost all of them eat breakfast, lunch and dinner here itself. The food helps them a lot because it means staying off outside food and also spares them the time of having to think of what to eat,' said Subbaravamma, who heads the administrative wing in the academy.

For Sudha Devi, mother of 2016 Rio Olympics bronze medallist Sakshi Malik, her daughter's birth was the turning point for her. Sakshi was born in 1992, a few weeks after the Barcelona Olympics. "Lakshmi finally came to our poor home that day," said Sudha.

While she was still in the maternity ward, she received the appointment letter for her first job as an Anganwadi worker. May be this was how she garnered the strength to let Sakshi pursue her dream of becoming a wrestler. Unafraid of societal pressure, Sudha would accompany her young 12-year-old daughter early morning to the akhara for her wrestling

classes. Malik would rise before dawn to make it to her 5.30am training session, while Sudha would make sure her daughter had a glass of fresh almond milk waiting for her at the end of practice.

And in all the sacrifices and efforts, there are some gems of laughter that define these relationships. Jhulan Goswami's interaction with her mother, Jharna Goswami, at the end of a trip to the NCA was one such. Jhulan, who was recuperating from an injury at the time, had been prescribed bajra roti (pearl millet bread) by her nutritionist.

Her mother, having heard the request, wasn't pleased. Jhulan had grown up eating her mother's food and turned out fine. She had already included brown rice to the diet at Jhulan's insistence but bajra roti was way out of line. Even without the bajra roti at home, Jhulan remains the legend that she is, and her mother remains the last word in her life!



Sri Boria Majumdar,

(is an Indian sports journalist, sports historian and writer. He was the co-writer of Sachin Tendulkar's autobiography Playing it My Way.)



OLYMPIC MEDALIST OF NORTH EAST REGION AND STEPS TO BE TAKEN FOR PRODUCING MORE SUCH SPORTS LEGENDS

Dr. Subhash Basumatary

If you are determined, dedicated, disciplined and have love for the sport, nobody can stop you from accomplishing the altitudes. This is what pugilist MC Mary Kom in London 2012 and Weight lifter Saikhom Mirabai Chanu, Boxer Lovlina Borgohain and Hockey player Nilkanta Sarma had proved in Tokyo 2020 Olympics. Hailing from one of the remotest states in the country, all of them have never enjoyed the privilege their counterparts from other parts of the world enjoy from the very foundation. It is absolutely due to the four factors which took them to the highest level in their respective sports.

Magnificent Mary, she rightly deserves the appellation. Any other person in her conditions would have given up boxing long back. But, the mother of a twins returned to the ring after a two-year sabbatical in the Asian meet in Guwahati in 2008 and thus, go on to win as many as six world titles and conferred with all honours in a country of one billion plus. She really deserves a grand salute for her attributes. She is fortunate that women's boxing is introduced in the right time. I have always observed her very closely that she was determined right from the very first day, the announcement of the discipline's inclusion was made, to make it to London and win a medal which the gifted pugilist invariably did.

As for Saikhom Mirabai Chanu, coming from a very humble background from a remote village of Nongpok Kakching, Manipur with strong mental attitude proved that failure could be inspirational to an individual. In

spite of her failure in Rio Olympic 2016 she came back very strong and finally won a silver medal in Tokyo 2020. She also has been bestowed all the prestigious sports awards of the country.

The lanky lady pugilist Lovlina Borgohain from remote village of Barmukhia of Golaghat District of Assam a Sports Authority of India whom I always called her a dark horse so is she. The Dark Knight rose at the Tokyo Olympic 2020 to make the region doubly proud. Subsequently The Ministry of Youth Affairs and Sports, Government of India, bequeathed her the highest sports award of the country the Dhyanchand Ratna Khel Award in recognition of her achievement in Olympic 2022.

Nilakanta Sharma, hailing from Kontha Ahallup Makha of Imphal East was a member of the Indian Field Hockey Team that brought a laurel for the country by obtaining a bronze medal in the Tokyo Olympic 2020 after a very long gap of period. All these three very outstanding Athletes of the North East Regions shares the same attributes with the Magnificent Mary and they all will definitely shine because of their focus, dedication, determination, disciplines and love for the sport.

As far as the Northeast is concerned, it is definitely the richest talent pocket in the country but the potential



is yet to be exploited in the right perspective. Since 1987 the SAI has been contributing towards grooming archers, boxers and Weight Lifters and the yield is for all to acknowledge. But there is no dearth of talent in racquet sports, athletics and other sports too in the region. For instance, badminton and table tennis are dominated by the Mongoloid race across the world and the majority population of the Northeast belongs to the same race.

Similarly, the Africans dominate the track events across the world and Assam has it in its very own, but neglected pockets called the char areas. The people of the char areas, irrespective of their religion and race, have the genetic resemblance with the Africans and can be very easily groomed to be long distance runners and sprinters. The need of the hour is to scout talent by the sports associations at the grassroots level and take the help of the Centre as well as the state governments to groom them. It is a fact that neither any state government nor the Centre can develop sports alone. It has to be collective effort including that of the media.

Sportspersons are not produced; they are born who needs to be groomed in the right perspective. Since the days of Dr Talimeren Ao, (London Olympics 1948) the Northeast has fielded as many as 28 Olympians out of which 16 were groomed by the SAI under its various schemes introduced since the first regional

center and sub-center setup in Imphal and Guwahati respectively in 1987. Considering the plentiful talent potential in the region, the SAI, State Government, Private/ Public sector organizations and also the state sports associations can take the initiative of setting up more such centers where more and more players could be groomed. It has been observed that majority of the athletes who take up the sports as profession are from a very low-income group of the society. Consequently, unable to provide the basic need of an athletes hence require a sports academy or a training center for shaping these athletes in an appropriate period for future International Events/ Competitions.

Collective effort means the support extended by corporate houses. The corporate sector in the region hardly supports sports. Sponsoring few tournaments and employing sportspersons does not mean supporting sports. The corporate support should be utilized in grooming sportspersons by creating infrastructure, implementing coaching schemes, providing equipment's to the talented athletes et al. Merely providing employment in the corporate houses cannot help develop sports. It is in a way spoiling the career of a player if he is not given the required logistic support. The honest implementation of the "Khelo India Schemes" of the Government of India is another scope the states and the sports associations can utilize to groom more and more of these sports legends narrated above.

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REINVIGORATING SPORTS IN RURAL AREAS

Sri Kula pradip Bhagawati

The recent success of India at the Olympics is a commendable achievement – with many firsts added to the kitty. The athletes from rural India remain the heroes of this success. Many of these sports find their roots in the ancient Indian tradition of sports. In recent times, the Government of India and State governments have taken multiple initiatives to groom athletes for professional sports. However, there is a long way before India emerges as a sporting nation in its truest sense. Sports have to be a part of a child's growing up. The National Education Policy 2020 offers a window of opportunity to integrate sports as a non-alienable part of the curriculum in schools and colleges. The network of schools and colleges makes a perfect platform to scale sports to reach each household. The essay argues that with an initiative like One State One Sport, both – scale and future champions can be created.

Introduction:

Tokyo Olympics has been historic for India – an event that will be cherished forever. Many 'firsts' were achieved, and medal droughts ended – India bagged its highest ever medals (7), Neeraj Chopra brought India its first athletics gold in men's javelin; India ended a 41-year medal drought in hockey by winning a bronze. While Meera Bai Chanu lifted a billion Indian hopes with a silver medal at the Olympics, she also gave India's first-ever opening day medal at the Olympics. Ravi Dahiya, Bajrang Punia, and Lovlina Borgohain wrestled and boxed out to win a silver and

two bronzes at India's most decorated Olympics. A common thread that binds these athletes – apart from their spirit of excellence and service to the nation – is their rural background. It's a testimony to the fact that rural India has been a powerhouse of extraordinary talent. Rural India is abundant with sports and games which are local and unique in each state. These games and sports have served multiple purposes – keeping people fit, maintaining harmony, channelizing the youth's energy in constructive areas, keeping them away from substance abuse, and pulling the youth out of poverty among many other benefits. The Government of India, in recent years, has taken several initiatives such as Khelo India, TOPS Scheme, etc to build India as a sporting nation with a great amount of emphasis in the rural areas. While these initiatives are commendable, there is a long way to go in creating a bustling sports culture in India – rural and urban both. In this essay, we explore the trajectory of sports in India (with a focus on rural sports and rural India), the intrinsic and extrinsic values of sports, pathbreaking reforms taken by states and the central government, linkages between education and sports in the light of National Education Policy (NEP) 2020 and suggest few measures to reinvigorate and institutionalize rural sports through policy measures.



Rural Sports in India: Ancient to Modern

Sports have always been a part of the common life in India for ages. There are several pieces of evidence of the existence of vibrant sports activities in India. Our epics like Ramayana and Mahabharata are full of incidences of sports such as archery, wrestling, horse-riding, chariot-racing, etc. For instance, wrestling has been a highly popular sport even during the times of Mahabharata. Known as Malla-yuddha, it saw participation from legendary characters such as Bhima, Balram, and Jarasandha – who have been mentioned as the greatest wrestlers in the epic. Today, India is known as a powerhouse in wrestling with several outstanding accolades gained at the international fora – the commonwealth games, the world championships, and the Olympics.

One of the greatest things to have happened in the wrestling world is the evolution and growth of female wrestling. This one development has dismantled the concept of females as the fairer sex —often used to denote the fragility and physical weakness of women — and challenged the gender role and occupation for women. The young girls and women from rural India have role models —who are like them, come from similar backgrounds, and overcame challenges to succeed. The legend of the Phogat sisters has changed the outlook of patriarchs, many have become champions of gender equality and promote girls in sports. It is no surprise that a new generation of female sports wrestlers like Sakshi Mallik (the first Indian female wrestler to win a medal at the Olympics) have come up, performing exceedingly well at the national and international forums. From ancient times till date, wrestling continues to enthrall the youth and has emerged as one of India's strongholds in modern sports times. It's a great achievement that many of these sports still survive and thrive in India. Some of the other early rural sports which have withstood the tide of time and continue to attract youth from rural areas have been discussed in the following section.

Mallakhamb: The Ultra-Gymnastics

Mallakhamb is an ancient Indian version of Gymnastics where a gymnast performs aerial yoga and gymnastic posture atop or with a standing pole. The sport is hugely popular in rural pockets of Madhya Pradesh and Maharashtra and requires immense stamina, practice, and discipline to perform. One of the earliest written descriptions of Mallakhamb can be located in the memoirs of the Chinese traveller Huen-Tsang dating seventh century CE. He recognizes Prayagraj as a site where Hindu ascetics used to climb poles as a yogic exercise. He states that Hindu ascetics climbed the top of a pole situated at Prayagraj clinging onto it with one hand and one foot while other hand and foot stretched out in the air and watched the sunset with their heads turned right as it set which indicates a solar rite . In modern times, the sport of Mallakhamb was formally institutionalized in the year 1958 when it was introduced as a sport in the National Gymnastics Championship followed by the first National Mallakhamb Championship in 1962 at Gwalior, Madhya Pradesh. From there on the sports has grown in its reach and appeal so much so that the State Government of Madhya Pradesh declared Mallakhamb as the State sports in 2013. The Mallakhamb World Championship 2019 held in Mumbai attracted participants from 15 countries such as the USA, England, Germany, France, Japan, Singapore, Italy amongst others. Such is the popularity of Mallakhamb that top performers from India were to perform Mallakhamb at the Tokyo Olympics but couldn't do so because of restricted guidelines; it was performed in the Olympics for the first time in the year 1936.

Kalaripayattu: The Ancient Indian Martial Arts

Kalaripayattu, or simply Kalari, is an ancient Indian martial arts form that can be traced back to the Sangam period in southern India. A scientific sport, it requires great mind-body coordination and agility using kicks and swings while attacking and protecting with spears, shields, or swords, etc. It's a martial arts training used to prepare warriors in ancient times. But today it's practiced as a competitive sport and attracts youth

mainly from Kerala. It follows a guru-shishya parampara where students (shishya) train under a master (guru) in training centers (called Kalari). Till 1936, the Kalari training continued as an oral instruction (vaytharis), and then it was codified in written form as a book and descriptive writings followed at scale by 1953 leading to the popularisation of the sports. The Kerala Government has established the Kalaripayattu Academy in 2021 which will offer training of Kalari in a formalized way through a dedicated syllabus that has been crafted for the purpose.

Qila Raipur Sports Festival: India's Rural Olympics

Qila Raipur Sports Festival, India's Rural Olympics, is an annual sporting event that promotes local rural sports of Punjab through competitions in the district of Ludhiana, Punjab. The brainchild of Inderjeet Singh Grewal, Qila Raipur Sports Festival was first held in 1933 to bring together people and promote harmony through sports. The sports festival brings a right unique mix of professional sports as well as rural sports played for mere pleasure. The athletic events include shot put, hockey, kabaddi, track races. The other games include tug of war, horse races, horse acrobatics, etc. The festival aims at giving a platform for the budding talent in professional games as well as creating a sporting culture in the area. The festival is tied to the culture of the area – folk songs, bhangra, local food — which are on full display during the event. It acts as a unifying element and keeps people closer to their roots. These instrumental values of sports are intangible and often get lesser recognition in the noise of professional sports.

In addition to the ancient Indian games, modern India has seen the rise of Indian players at the global level in several other professional sports predominantly played in the rural parts of the country – be it kabaddi or hockey, or archery. There are several outstanding initiatives taken by various State Governments and the Government of India to nurture the sporting talent in rural India as discussed further.

Initiatives to Strengthen Sports in Rural Areas

The Government of India took a historic step by starting a targeted scheme to achieve top results in the Olympics games. The Target Olympic Podium Scheme or TOPS was launched in 2014 under the aegis of the Ministry of Youth Affairs and Sports (MYAS), Government to provide financial assistance and other help to athletes in their pursuit of medals in the Olympics and other international sporting events. Sports such as Archery, Badminton, Boxing, Hockey, Shooting, and Wrestling have been recognized as 'high priority' schemes under the scheme.

The top-performing athletes are selected by a committee who are then provided customized training with top coaches at modern and well-equipped sports facilities and institutions. The contribution of the TOPS scheme in the medal tally in the international forum has been nothing less than big success. The Rio 2016 Olympics saw TOPs awardees P V Sindhu and Sakshi Malik clinching silver and bronze respectively for India. The paralympians covered under TOPS won four medals at Rio including two gold medals. The TOPS scheme's impact was best to be seen at the 2018 commonwealth games where 47 out of the 70 medals won by India were bagged by TOPS awardee athletes.

The Tokyo Olympics has been the greatest Olympics for India in terms of the medals secured. Believe it or not, all the athletes including the paralympians were covered under the TOPS scheme. In addition to best coaching and equipment, each athlete was provided with INR 50,000 monthly out-of-pocket expenditure which could be spent on their diet or training or any other way the athlete desires. The Government of India went the extra mile to support its contingent of paralympians. Avani Lekhara, the double medalist, was provided with a computerized digital target and an expensive air rifle to practice at home while Bhavina Patel, the silver medalist, was equipped with an Ottobock Wheelchair and a Table Tennis robot called Butterfly- Amicus Prime. No wonder, the 47 members Paralympic contingent converted the opportunity provided under the TOPS

scheme into golds, silvers, and bronzes – a total of 19 medals for India at the Tokyo Olympics. 2022 commonwealth games India won the 61 medals.

While the TOPS scheme aimed at polishing existing talent for higher results, the Government of India has designed a future-looking scheme to develop a pool of talent from the remotest part of the country through the Khelo India Scheme. Aimed at mainstreaming sports as a tool for national development, economic development, community development, and individual development, the Khelo India scheme was launched in 2018 with 12 verticals.

Under the Khelo India Scheme, talent search has been started at the grassroots level in two categories: a) Sports potential talent identification and b) Proven talent identification. A zonal approach has been taken by the government in the identification of talent. Grassroot Zonal Talent Identification committees have been formed to scour the remotest part of the country for spotting talent across 20 disciplines in the age group 8 to 14 years, wherein the country has the potential / advantage to excel at the international level.

Under the 'Talent Search and Development' vertical of the Khelo India Scheme, Khelo India Athletes identified and selected under the scheme are provided annual financial assistance of Rs. 6.28 lakh per athlete per annum which includes Rs. 1.20 lakh per annum as Out of Pocket Allowance and Rs. 5.08 lakh for other facilities like coaching, sports science support, diet, equipment, consumables, insurance charges, etc. Further, each Khelo India Centre notified under the Scheme at district levels in various States/Union Territories are eligible to receive Rs. 5 lakh per discipline as a one-time grant and Rs. 5 lakh per discipline as a recurring grant .

Under the scheme, Khelo India Games are organized to provide a platform to the budding talent at the school and university level. Till now, four such games have already been organized and the fifth one is going to be held in Madhya Pradesh. Seeing the initial impact of the scheme, the Government of India has furnished an Expenditure Finance Committee

(EFC) memorandum to expand the scheme from 2021-22 to 2025-26 with an estimated budget of 8750 crores. While the central government has taken a reform trajectory to transform India into a sporting nation, the role played by the States is equally important to nurture a sports culture.

National Education Policy 2020: An Opportunity to Transform India as a Sporting Nation

In his inaugural address at the second Khelo India winter games, the Hon'ble Prime Minister of India remarked that sports have been given a place of pride in the recent National Education Policy (NEP 2020). An extra-curricular activity, Sports, now will be an integral part of the school and college curriculum with grading in sports counted in the education of the children. The school education system in India caters to around 26 crore students through a network of 15 lac schools with 18 crore enrolments in rural India, thus paving the way for scaling sports across the country. The existing schemes of the Government of India such as the Samagra Shiksha, Eklavya Model Residential Schools, Kasturba Gandhi Balika Vidyalaya, etc have a special emphasis on promoting sports in the remotest part of the country. Samagra Shiksha, the flagship scheme of school education in India has components that exclusively focus on providing sports equipment to schools and supporting the Khelo India Scheme.

The Kasturba Gandhi Balika Vidyalaya Scheme has set up at least one residential girls school in every educationally backward block of India. The scheme provides access to a high quality holistic education to girls from marginalized communities — SC, ST, OBC, BPL, and minorities – from class VI-XII in residential mode. Sports is a very important component of the scheme where facilities for sports such as hockey, kabaddi, kho-kho, badminton, volleyball, etc have been developed. Sports meets are conducted to provide a platform to girls to excel in sports.

The Eklavya Model Residential Schools scheme of the government is targeted at providing holistic

education to the students from ST category in tribal areas of the country. There is a lot of focus on sports in these schools. Centre of Excellence for Sports (CoE for Sports) has been planned and implemented across Eklavya Model Residential Schools. This Centre of Excellence will have specialized state-of-the-art facilities for one identified individual sport and one group sport in each State with scientific backup along with specialized training, boarding and lodging facilities, sports kit, sports equipment, competition exposure, insurance, medical expenses, etc. as per norms of Sports Authority of India.

It has to be emphasized that sports is a scientific discipline and requires a strategic roadmap to develop future talent and infuse a sporting culture in India. There are certain sports where Indians have a comparative advantage either because of their genetic build or the prolonged assimilation within certain sports. It might be useful to start a campaign namely One State One Sport, wherein each state government will identify a major sport in which it has a competitive

advantage along with other sports which may be accorded a little lesser priority.

Conclusion:

The tradition of sports is deeply rooted in the Indian culture dating a few millennia back. Over the years India has emerged as a major force to reckon with in certain sports in the international arena. However, the sporting culture is limited to few pockets of the country which also happen to be the nursery of athletes in India. Recently, the Government of India has taken many initiatives such as the TOPS, Khelo India, Fit India, etc which has the potential to transform the sports landscape of India. The recent successes at the Olympics, commonwealth games, and world championships have been extremely encouraging. Parents and youngsters are increasingly looking at sports as a career in the country. Right now we are the inflection point of a vibrant sporting culture in India which is only to rise steeply given the support and ecosystem building done by the Indian Government.

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(SRI KULAPRADIP BHAGAWATI WAS THE FIRST JOURNALIST FROM THE NORTHEAST WHO WENT TO COVER LONDON OLYMPICS, 2012. HE ALSO COVERED ICC CRICKET WORLD CUP, 2011 AND ICC T20 CRICKET WORLD CUP (SRI LANKA, 2012, BANGLADESH, 2014 & INDIA, 2016). BESIDES HE ALSO WENT TO COUNTRIES LIKE SOUTH AFRICA, KENYA, CHINA, MONGOLIA FOR VARIOUS REPORTING ASSIGNMENTS. HE ALSO COVERED THE FIFA WORLD CUP FOOTBALL, BRAZIL, 2014. BHAGAWATI HAS BECOME THE YOUNGEST SPORTS JOURNALIST OF INDIA AND FIRST JOURNALIST FROM THE NORTHEAST WHO COVERED THE THREE BIG SPORTS EVENT LIKE OLYMPIC, FIFA WORLD CUP AND CRICKET WORLD CUP.)

RESURGENCE OF SPORTS MOVEMENT IN MANIPUR

Dr. Maibam Chourjit Singh

INTRODUCTION

Sport has become a unique platform for the country's youth to unite, live in the same environment, share the same food, and at the same time compete with each other to achieve higher and higher levels of sportsmanship. From time immemorial, sport has been an integral part of Manipur's long history. Despite its small size and small population, Manipur has a rich tradition of games and sports. Manipur has produced so many national and international winners. Manipur's achievements in games and sports are largely due to the legacy left by our ancestors. Indigenous games such as Sagol Kangli, Kang, Mukna, Mukna Kangjei, Yubi Lakpi, Hiyang Tannaba and martial arts viz. Sarit Sarak and Thang-Ta have made great contributions to adapting to modern games and sports. This goes back to the contribution of Maharaja Manipur Sir Churachand Singh (1891-1941), K.C.S.I. (Knight Commander of the Star of India), C.B.E. (Commander of the British Empire) known as the father of modern games. He was the one who took the major initiatives to introduce modern games and sports in Manipur.

GROWTH OF SPORTS

In the mid-1950s, the Manipur government established a sports wing in the Education Department. Later, in 1958, a select group of Manipur School teams took part in the National School Games held in New Delhi. In 1970, there was a huge change in the development and improvement of sports in Manipur.

Various sports organizations at the state level have sprung up within a short period of time with their affiliation to national level sports federations. After that, having received full statehood, the Sports Department under the Education Directorate



of the Government of Manipur organized the All India School Games (autumn meeting) in 1972 and the All India School Games (winter meeting) in 1975 in Imphal.

The sports movement at the university level has been a decisive turnaround with the participation of Manipur colleges in the annual Gauhati University Sports Festival since 1955. Prior to the founding of Manipur University in 1980, distinguished athletes from Manipur represented Gauhati University in various All India Inter-University Tournament organized under the auspices of the Association of Indian Universities (AIU). In addition, the Manipur Sports Movement Committee appeared. The main vision of the Sports Movement Committee, Manipur, is to: i) reserve the land of Khuman Lampak for the full development of the sports complex ii) establish a

full-fledged sports and physical education administration iii) form the State Sports Council of Manipur, an autonomous sports body and iv) formulate sports policy for the state of Manipur. The Directorate of Sports, Physical Education and Youth Services (SPYS) was established in 1980. Thus, on May 26, 1980, the SPYS Office was spun off from the Directorate of Education. Following the split of SPYS, the current nomenclature of the Directorate of Youth Affairs and Sports (YAS) was renamed on 28 May 1985.

OLYMPIC MOVEMENT

The Olympic Movement also took root in Manipur with the formation of the Manipur Olympic Association (MOA) in late 1947. As the umbrella body of sport in Manipur, the Manipur State Olympic Games were held from 1947 to 1954. At the same time that the MOA was formed, the Manipur Sports Association (MSA) was also formed. Although the two associations were formed in different ways, their goals and objectives remained the same, and the main goal was the development of sports in Manipur. In addition, the members of the two associations were also in common. Thus, the two associations were merged into a single governing body as the Manipur Sports Association (AMSA) at a meeting held at the Manipur Public Library in 1954. Since then, AMSA has played a large role in shaping the modern sports movement in Manipur, promoting various games and sports. The AMSA became an active supreme body, and since 1955 the present name of the Manipur Olympic Games became known as the Manipur State Games. Under the patronage of the AMSA, Manipur participated in the Olympic Games in Assam in 1962 (Tezpur), 1965 (Nowgong), 1966 (Guwahati), 1967 (Shillong) and 1974 (Nowgong).

As per the meeting convened by the Manipur Sports Council along with all the registered state level sports associations, MOA was again revived on 28th January 1977. The revival was to remove the difficulty of affiliation to Indian Olympic Association (IOA) for sponsoring sports persons of the state to National Games. Thus, the MOA formed for the second time

started functioning as the apex body of sports movement in Manipur under the registration No. 2740 of 1979. Thereafter, it was affiliated to the Indian Olympic Association (IOA). Thus, due to the aspirations of MOA and the remarkable performances of our athletes both in the national and international level the 5th National Games was finally hosted at Imphal successfully during 14th to 25th of February 1999.

TURNING POINT OF SPORTS IN MANIPUR

The hosting of the 5th National Games in Manipur has become a historic event. It was a great landmark and a turning point in the sporting history of Manipur. Until the 5th National Games, the infrastructure for games and sports was poor. The sports infrastructure in Manipur developed rapidly only after the 5th National Games. The 5th National Games showed world-class infrastructure and facilities versus low-standard state infrastructure. For all 27 events held, including Kanga (Kang, as one of the indigenous games in Manipur, demonstrated during the games), the equipment used was in accordance with international standards. The equipment is currently available for the athletic people of the state.

Worth mentioning, the result of the 5th National Games held at Imphal, Manipur in 1999 showed a magnificent change. Manipur became the champion team by winning 112 medals (49 Gold, 24 Silver and 39 Bronze) scoring a total points of 486. Thus, for the first time in the sports history of Manipur, Manipur team won the prestigious Raja Bhalendra Trophy for overall team champion. With that, as a commemoration for winning the trophy for the first time, the Government of Manipur decided to observe 25th February as the "Players Day" (Sannaroisingee Numit). Till today it has been observing in the state by presenting appreciation certificates to the outstanding players who won medals at various national and international championships.

Therefore, with the National Games as the platform for the sports person of Manipur, various national and international champions came out from this tiny state. Our players have excelled in various sports disciplines held at different parts of the world.

Hence, Manipur has become the “Power House of Sports” by producing number of Olympians and awardees.

OUTSTANDING SPORTS PER SON OF MANIPUR

Manipur has many so-called athletes, who are outstanding athletes in their respective fields. There are countless athletes who have played for the State in both national and international competitions. What is more, there are more athletes who have won the crown not only for the state but for the whole country. Due to space limitations of this study, it is not possible to list the entire name with each game and event venue. But it is worth mentioning to highlight that Smt. Nameirakpam Kunjarani Devi is the first Arjuna Awardee from Manipur who won the award in the year 1990. She also received the Rajiv Gandhi Khel Ratna Award in 1996. Thingbaijam Sanamacha Chanu is another artistry who won three gold medals with Kunjarani in the 2002 Commonwealth game. In boxing, it was Ngangom Dingko Singh who won the gold medal in the 13th Asian Games held at Bangkok, Thailand. He then represented India, along with Soibam Suresh Singh at the 2000 Sydney Olympic Games. In addition, Laishram Bombaila Devi has also competed in the Olympic Games three times in a row in archery in Beijing, London and Rio de Janeiro, respectively. Continuing this, Mangte Chungneijang Mary Kom won the bronze medal in boxing at the 2012 London Olympics. She is also a five-time world champion in the boxing arena. To date, Manipur has produced nineteen Olympians at various events. There are still many athletes who shine in their field, having received the prestigious award from the Government of India, viz. twenty Arjuna Awardees, three Rajiv Gandhi Khel Ratna Awardees now renamed as Major Dhyani Chand Khel Ratna Award, four Padma Shri (Sports) Awardees, and one Padma Bhushan (Sports) Awardee. Finally, Shri Laishram Ibomcha Singh is the only recipient of the Dronacharya Awards in the event of boxing from this tiny land.

ROLE OF YOUTH AFFAIRS AND SPORTS (YAS)

The Directorate of Youth Affairs and Sports is actively involved in the development of sports infrastructure, implementation of Youth Welfare programme, implementation of physical education, promotion of games and sports and to look the functioning of National Sports Academy are also the main activities of the department. The department has its own policies for both sports and youth. The Sports Policy was adopted in 1992 and was amended again in 2003, whereas; the youth policy was approved by the government on March 16, 2011. This policy addresses various social protection programs for young people. In addition, the YAS department implements a training program called the Regular Coaching Center (RCC) to provide non-residential training for players of different age groups (from grassroots to international level) using the latest technology, as well as a systematic and scientific way of coaching under the guidance of experts and trained coaches of the departments since 2002 in 25 disciplines (6 months each, i.e. from April to September and from October to March) throughout the year.

BACKGROUND OF NATIONAL SPORTS ACADEMY (NSA)

The National Sports Academy is an English medium co-educational school founded on July 24, 2007 by the Prime Minister of India under the Ministry of DONER, Government of India. The main goals of the creation of the NSA in Imphal is to uncover the hidden talents of young people and prepare them through scientific training at the academy in order to achieve success in both the national and international arena. It aims to prepare world class athletes in their respective disciplines. Thus, in the academy, along with general educational practice, sports training are carried out.

Thus, taking into account the anatomical and physical structure, as well as the performance of athletes, six different disciplines have been allocated for the proposed NSA, including archery, boxing, judo, taekwondo, wrestling, and weightlifting. Weightlifting was introduced after grade VIII, that is, upon reaching the age of 13.

CONTRIBUTION OF SPORTS AUTHORITY OF INDIA (SAI)

The Sports Authority of India, Regional Center (SAI, RC) for the Northeast Region was established at Takyel, Imphal on 15 September 1986. The main goal of the center is to provide standard and recognized sports equipment for training camps, together with the introduction of various diploma courses to enable them to excel in international competitions and bring laurels to the country.

SAI has many schemes for promoting sports. Among the various schemes, some important schemes were: National Sports Talent Competition (NSTC) Scheme, Sports Projects Development Scheme (SPDA), Special Territorial Games Scheme (SAG), Army Sports Companies Scheme (ABSC), Sports Science Research Scholarship Scheme etc. Under these schemes, many of Manipur’s young players were recruited in various disciplines. Not only are they given the appropriate training and coaching, but they are also given the opportunity to study at various schools that have adopted SAI. Therefore, this provided a mega sports room for grooming young athletes in a more systematic way. Many of SAI’s products are active in their respective fields in major domestic and international tournaments, and as a result, they offer various worthy job opportunities to central services such as the Indian Army, Indian Navy, Indian Railways, and Paramilitaries as well as in companies of various reputations.

To continue to recognize the achievements and encouragement of state particularly the sportspersons, the establishment of the National Sports University in Manipur was included in the 100-day NDA government program. The proposal to set up the National Sports University in Manipur was officially announced by Arun Jaitley, Hon’ble Finance Minister in a budget address from 2014 to 2015.

STRUGGLE OF MANIPUR AT THE NATIONAL GAMES

According to the available National Game records, Manipur has started participating in the

National Games since its Delhi version in 1985. Since then, Manipur has earned a medal, making it a big name in the history of National Games. Thus, the performance status of Manipur teams at National Games is highlighted and discussed as follows:

Table 1: National Games Achievement (edition wise)

Venue	Position	Gold	Silver	Bronze	Total
1 st National Games, Delhi, 1985	14 th	2	5	3	10
2 nd National Games, Kerala, 1987	14 th	3	3	7	13
3 rd National Games, Maharashtra, 1994	9 th	13	11	18	42
4 th National Games, Karnataka, 1997	9 th	15	10	17	42
5 th National Games, Imphal, 1999	1 st	49	24	39	112
31 st National Games, Punjab, 2001	3 rd	30	17	18	65
32 nd National Games, Hyderabad, 2002	4 th	38	24	31	93
33 rd National Games, Assam, 2007	2 nd	51	32	40	123
34 th National Games, Jharkhand, 2012	2 nd	48	37	33	118
35 th National Games, Kerala, 2015	7 th	22	21	26	69
36 th National Games, Gujarat, 2022	9 th	20	10	20	50

Source: Manipur Olympic Association.

Considering the table above, our athlete’s performance began to gain excellence from the 5th National Games. Early on, Manipur was very poor in terms of infrastructure. Due to lack of proper equipment, athletes have had a lot of hard time achieving training. The 5th National Games held in Manipur was a landmark in Manipur’s sports history. Athletes can take advantage of the infrastructure they have built in place, gaining a strong reputation in the gaming and sports arena and rapidly increasing their performance momentum. It is worth mentioning that

many of our own athletes also represent National Games from Service sports Board controls (SSCBs) and other states.

CONCLUSION

Games and sports are a very important topic nationwide and have become the name of the Manipuri society, but their development has not been given sufficient emphasis. Therefore, financial support to improve the infrastructure to international standards and advanced training of athletes are essential for success not only in the domestic but also on the international stage.

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PHYSICAL EDUCATION AND SPORTS FOR BETTER AND HEALTHIER SOCIETY AND CAREER BUILDING PROSPECTS

Dr. Shankarjyoti Basumatary

Role of Physical Education and Sports:

Physical education and physical activity is an age old concept, considered to be utilized in different forms by the primitive people for communication and as activity of survival in the Stone Age. Primitive men's search for food and shelter was the first survival activity. It was the first means of communication and expression. Human life and society evolved due to physical activity. In pre historic time the health and fitness was also the key factor for the survival of the human being. The civilization of Sparta and Rome followed the principle of "Survival of The Fittest" and in that epic age in India, health and physical fitness were also stressed, where the system of physical activity was followed very strictly in the Gurukulas. The disciples were given lessons on yoga, meditation, fighting, hunting etc. as protective and survival techniques. This concept of health and fitness is very much applicable and relevant in today's social scenario.

In modern age, the physical activity has become a systematically organized form of education which is described as physical education. Generally physical activity is misunderstood as merely a form of activity, drill or body building. However, the scope of physical education is much wider. In fact, it influences the growth and development of the beings. It helps a person to achieve physical, mental, social and emotional health and to build personal and social qualities. In other words, it is an education important

for overall and sustainable development of personality of an individual. A physically fit person has a balanced personality who is mentally sharp, emotionally stable and socially well adjusted. Overall personality development means physical, mental, social, emotional and moral development, which remains impossible in the absence of any one of these.



Physical activities range from simple walking to jogging, running, sprinting, hopping, jumping, climbing, throwing, pushing, pulling, kicking, etc. Education without physical activities is like body without soul. There is no controversy in giving due place to physical education and different forms of exercises in the total set-up of education. All teachings in human education begin with physical activity. Physical education is also considered as movement education as the life begins from movement only. Generally, life is characterized by movement. The movement starts in the mother's womb, after birth and continues till the end of life. Movements, gestures and physical activity comes first, language and writing skill develops later. The young ones of animals and human beings learn and get education through movements at the initial phase of life as learning occurs by observing

and imitating the parents.

Physical education and sports facilitates overall growth and development of a child preparing a healthy future generation in the society through various movements. It teaches how to acquire the ability to develop strength, speed, endurance and coordination abilities. It emphasizes on achieving social qualities, such as, empathy, cooperation, friendliness, team spirit, and respect for rules, which are essential for healthy social relations with others. In this era of technological advancement, physical education and sports are considered essential for health, fitness, wellness, vigor and strength. Being involved in sports, a person has to face many situations, where he need to decide, concentrate, focus, meditate, channelize emotions etc. to play the game which ultimately lead to mental and emotional development.

Modern way of living and increased leisure time have given us a sedentary lifestyle resulting in modern day disease such as obesity, diabetes, high blood pressure, back pain and many other associated diseases. All these diseases are products of poor dietary habits, lack of exercise and physical activity, and high levels of stress in our daily lives. Researches reveal that regular participation in sports and physical activity and proper education of movements could help individuals to protect and overcome from such diseases. Moreover, with the increase in leisure time or free time and advancement of technology, the youth get involved in many destructive activities. Sports and games are the best form of recreational activities. It is not only used for fun and entertainment but also helps in channelizing the energy of the youth. Games and sports are the best form of expression for a child and ultimately help in utilizing their free time creatively.

Physical education and sports are the best means of teaching many cultural and social values for the people. Certain social qualities such as leadership, co-operation, cohesion, teamwork, self-discipline and trust are imparted through games and sports. With proper use of sports and physical education programs youth can be nurtured and inculcated as a productive citizen of the society. Patriotism, brotherhood,

friendship, unity, co-operation, cordial relations, International Integration, and others social qualities can also be acquired through sports and physical education.

Career Option in Physical Education and Sports

Earlier physical education was considered to be low paying and least popular profession but now the scenario is changed. Physical education is now considered an accepted and well paid career. There are increased number of career opportunities in the field of physical education today. It is not only confined to teaching and coaching, but has also expanded to many other options like Fitness Trainer, Sports Manager, Event Manager, Yoga Trainer, Careers in Media, Fitness related career etc. Some career opportunities in the field of physical education are as follows:

Sl. No.	Career	Options
	Employment Avenues	
1.	Adaptive Physical Education Specialist	Educational institutions, NGOs
2.	Adventure/ outdoor Educator	Various Clubs, Private / Govt. organizations
3.	Fitness , Aerobic & Yoga Instructors	Various fitness centres, Gyms, Health clubs, yoga & aerobic studios, etc.
4.	Coach	Various private and govt. organizations, clubs etc
5.	College Lecturer / Asst. Professors, Associate Professors, Professors	Educational Institutes
6.	Physical Education Teachers/ Physical Instructors	CBSE, ICSC, IB, IGCSE, State Board, etc
7.	Sports Director, District Sports Officers, Sub-Divisional Sports Officer	Govt. administrations, Private organizations, schools, colleges, semi-govt. organizations, railways, airways etc.
8.	Sports Dietician/Nutritionist	Health clubs, Hospitals, Elite Sports Clubs, Teams etc.
9.	Sports Journalist/ broadcaster	Newspapers, Magazines, Television, Internet, etc.
10.	Exercise physiologist	

- Research Centres, various training organisations
11. Sports Psychologist
Research Centres, counselling /rehabilitation centres, various training organisations
12. Physiotherapist/Physical Therapist
Rehabilitation centres, with various teams of play
13. Personal Sports Trainer
Freelancing, recreation centres, etc.
14. Occupational therapist
Private/ Govt. Firms, industries, etc
15. Officials of various games/ sports
Clubs to IOC affiliated associations
16. Sports medicine Physician
Health clubs, Hospitals, etc. with various teams of play
17. Sports Statistician
Research centres, and educational firms related to sports and physical education
18. Corporate wellness specialist
Corporate sectors and firms

Educational Institutions offering Physical Education Courses in India

In the present era, there are approximately 800 institutions both private and government which offers various physical education courses like B.P.Ed., M.P.Ed., B.P.E.S., M.P.E.S. P.G.D.S.C., MA in Yoga, Sports Psychology, Sports Journalism, Sports Management; MSc in Exercise Physiology, Sports Biomechanics; Post Graduate Diploma in Fitness Management, Yoga Education; PhD in Physical Education & Yoga; BSc in Health Education, Physical education and Sports and may more. List of few are given below

Sl. No. Name of the Institution/ University

1. Lakshmibai National Institute of Physical Education, Gwalior & North East Regional Centre
2. SRM University Chennai - SRM Institute of Science and Technology
3. Jadavpur University, Kolkata
4. LPU Jalandhar - Lovely Professional University
5. BHU Varanasi - Banaras Hindu University

6. DU Delhi - University of Delhi
7. UNIPUNE (Pune University) - Savitribai Phule Pune University
8. Chandigarh University, Chandigarh
9. AMU Aligarh - Aligarh Muslim University
10. Integral University, Lucknow
11. NIMS University, Jaipur
12. Dr MGR Educational and Research Institute, Chennai
13. Manipal University, Jaipur
14. Annamalai University, Annamalai Nagar
15. Gujarat University, Ahmedabad
16. CSJMU Kanpur - Chhatrapati Shahu ji Maharaj University
17. HITS Chennai - Hindustan Institute of Technology and Science
18. Osmania University, Hyderabad
19. Visva Bharati University - Visva-Bharati
20. Panjab University, Chandigarh
21. Mumbai University - University of Mumbai
22. RTMNU Nagpur - Rashtrasant Tukadoji Maharaj Nagpur University
23. Punjabi University, Patiala
24. University of Rajasthan, Jaipur
25. Bangalore University, Bangalore
26. Lucknow University - University of Lucknow
27. Allahabad University - University of Allahabad Allahabad
28. Madras University - University of Madras
29. Singhania University, Jhunjhunu
30. Amity University, Noida
31. HPU Shimla - Himachal Pradesh University
32. Sri Padmavati Mahila Visvavidyalayam, Tirupati
33. BU Jhansi - Bundelkhand University
34. Central University of Haryana, Mahendergarh
35. KUK Kurukshetra - Kurukshetra University
36. JS University, Shikohabad

37. GGU Bilaspur - Guru Ghasidas Vishwavidyalaya
38. Pondicherry University, Puducherry
39. GNDU Amritsar - Guru Nanak Dev University
40. MDU Rohtak - Maharshi Dayanand University
41. Central University of South Bihar, Patna
42. Shivaji University, Kolhapur
43. Dibrugarh University, Dibrugarh
44. Kalinga University, Raipur
45. OPJS University, Rajgarh
46. BPSMV Sonipat - Bhagat Phool Singh Mahila Vishwavidyalaya
47. Devi Ahilya Vishwavidyalaya, Indore
48. Kashmir University - University of Kashmir
49. Swami Vivekanand University, Sagar
50. BBDU Lucknow - Babu Banarasi Das University
51. Rashtriya Raksha University, Gandhinagar
52. Pt Ravishankar Shukla University, Raipur
53. Mysore University - University of Mysore
54. Bharati Vidyapeeth, Pune
55. Saurashtra University, Rajkot
56. CT University, Ludhiana
57. Central University of Punjab, Bathinda
58. Swarnim Gujarat Sports University, Gandhinagar
59. BU Bhopal - Barkatullah University
60. ITM University, Gwalior
61. KK University, Nalanda
62. JNVU Jodhpur - Jai Narain Vyas University
63. DBRAU Agra - Dr BR Ambedkar University
64. Burdwan University - University of Burdwan
65. Jammu University - University of Jammu
66. Prof Rajendra Singh University, Prayagraj
67. HNBGU Garhwal - Hemwati Nandan Bahuguna Garhwal University
68. Kakatiya University, Warangal
69. Alagappa University, Karaikudi
70. Mahatma Gandhi Kashi Vidyapith, Varanasi
71. Kalyani University - University of Kalyani
72. MG University (MGU) - Mahatma Gandhi University
73. Arunachal University of Studies, Namsai
74. SGBAU Amravati - Sant Gadge Baba Amravati University
75. Kerala University - University of Kerala
76. Central University of Kashmir, Srinagar
77. Vikram University, Ujjain
78. Kannur University, Kannur
79. Jiwaji University, Gwalior
80. ICFAI University, Tripura
81. Rajiv Gandhi University, Itanagar
82. Tamil Nadu Physical Education and Sports University, Chennai
83. Mangalore University, Mangalore
84. University of Patanjali, Haridwar
85. Manipur University, Imphal
86. University of Kota, Kota
87. Tripura University, Suryamaninagar
88. Indira Gandhi Institute of Physical Education and sports sciences, New Delhi



Dr. Shankarjyoti Basumatary

Dean, L.N.I.P.E. (N.E.R.C.), Sonapur, Guwahati, Assam

SPORTS : MEDICINES , SUPPLEMENTS, INJURIES & PRECAUTIONS

Dr. Chandasib Nath

Health is wealth and we all are aware of that. Sport is something which we all use to have out of enjoyment and fun from an early age. Running, jumping and all forms of exercise are an integral part of the sporting activities. As we grow up these sports becomes part of life for some while others have to leave it out of different circumstances.

Sports can be either indoor or outdoor, and it involves our mind and body for a total involvement. It can be amateur or professional. In today's modern sports training and playing it is very competitive.

The Sporting activities builds up a good healthy nation and the Government also has taken lots of planning for the development of facilities and infrastructures like stadium, training centres, sporting talent search and competitive events.

Health benefits of sporting activity are many. Starting from a healthy and strong heart to strong muscles and chances of a disease free life compared to a non sporting person. We can enumerate some of the direct and visible benefits being a strong cardio vascular system, a reduced chance of getting stroke, avoiding diabetes, stress relief, better sleep, and a more flexible body. It gives a better stress relief and prevents depression. While playing a team sport it also imbibes a good playing spirit and team work which is a good quality for an overall person and social well being.

However there are certain things like not able to cope with sports loss In competition and related

events it may lead to some psychological changes in some. Sports injuries are also common while playing. There are many instances where it is seen that players become dependent on banned drugs and supplements.



Some of the common sports injuries which a sportsman gets includes the following: Sprains and strains, knee injuries while falling on knees, swollen muscles due to over workout, sometimes even bone fracture and dislocations. As a sportsmen and a trainer it should be carefully monitored and proper first aid and check up by a qualified Doctor is highly recommended. Some of the common ailments can be treated by applying rest for few days, applying ice with compression of the injured area and elevation. If there is probability of some fracture etc an X-Ray, CT scan or MRI may be carried out to find out the diagnosis. Repair of ligaments and tendons can be carried out.

Over use or over stretching of muscles may cause strains like the hamstring strain, back strain or an abdominal strain. There is a need to do a warming up of the body before going into the real exercises to prevent injuries. The shoes we wear should fit properly and also have sufficient protection to save the feet and associated areas.

The training should be properly planned which should include the cardio vascular (exercise of the heart and blood vessels) and also need to increase the strength of the muscles. A sports person should also try to increase or maintain the flexibility of the body. A flexible body is less likely to get injured. Whenever a person is tired or in pain he should take rest and start when he feels a bit better.

Another important aspect of sports persons is the use of supplements to enhance the performance. The commonly used supplements are Vitamins, Minerals, Creatine, Egg Whey, different amino acids, proteins, some herbal formulations like Ginseng, sour cherry etc. A sports person uses these to increase their skeletal or muscle power or other performance enhancer or energy level increase. But all of the supplements should be taken very carefully and as per the required dose. There might be severe bad consequences if an over enthusiast person takes more of the supplements to get immediate results. All the supplements should be properly checked for the constituents and also be well documented and kept proper record. This is even more important because nowadays there is checking for the use of banned drugs or supplements by agencies like the WADA (World Anti Doping Agency) and the NADA (National Anti Doping Agency) The doping control is nowadays very much active and a sportsperson should be well acquainted with the constituents of the things he is consuming. Even while taking some medications he should be careful and take prescribed medicine only.

The list and categories of supplements which are banned in sports are available in the website of NADA which is situated in New Delhi. A sports person is closely observed by the Doping control officer and random selection is done like the medalist or sometimes randomly by lottery. A player is then notified by a Chaperone under the

Protocol and a player after notification comes under the total observation. He is allowed to attend press conference, medal ceremony etc but he is not allowed to pass the urine. The Urine is collected following all prescribed protocols in containers and he has to sign the documents and it is kept under the NADA officials with strict privacy. He has to declare all the sports supplements and drinks or medicines he is taking. Later on the collected samples are sent to the National drug testing laboratory. If a person is tested positive then he has to appear and justify. He may be stripped of the medal and other legal and punitive measures may be taken. The supplements should be taken along the safety dosage to get the benefits if indicated. Some of the commonly used performance enhancers used are the anabolic steroids, Erythropoietin, beta blockers, Diuretics etc to name a few. All the enhancers have their associated ill effects also. Some of the commonly used steroids are Stanazol, Nandrolone, Boldenone, THG. Therefore as a whole all sports person should train for excellence in their field and a healthy life taking all precaution and prevention for sports related injuries and issues.



Dr. Chandasib Nath, PGT MD

Microbiology is the Ex DCO (NADA) and Sr. Medical officer, Health Dept

A NIGHT AT RUZAZHO

Dr Sunil Mohanty

After staying for more than 10 years in Arunachal Pradesh, I had been shifted to Guwahati in 2021. I was trying to cope up with the new atmosphere. One evening, I met a young assistant professor of history Dr Raktim Patar who was teaching at a college in Upper Assam. This meeting proved to be a boon for me. During our discussion on different historical issues, he narrated one heart-touching experience of a remote village of Nagaland. "Sunil ji," he asked me, "Do you know, Netaji Subhash Chandra Bose had stayed for nine days and nine nights in a remote village named Ruzazho in Phek district of Nagaland, during 1944?" Frankly speaking here, I could clearly notice emotions emerging from the professor's heart and tears gathering around his eyes while he was revealing his ground zero experiences of Ruzazho. From his mobile phone, he even showed me some pictures and videos of the village he himself had taken while visiting the memorial home where Netaji had stayed. It was no less a thriller while listening Dr Patar narrating how through tremendous ordeal of a difficult terrain in Northeast Bharat that Netaji was leading INA.

I was born and brought up in Odisha. For my graduation I had spent three years in Cuttack, the city where Netaji was born and had to spend his school years. Nevertheless, Netaji had always been a source of tremendous inspiration since our college days. For us, the students of Ravenshaw college it was an endless motivation that Netaji had studied from Ravenshaw Collegiate school. But here in Northeast Bharat, Dr Raktim Patar's description of the tribulations that Netaji had to go through had aroused lots of enthusiasm within. I was thinking intensely to visit this village

which was supposed to be my lifetime incentive.

Where There is a Will:

Days went on and on. On a significant day in September 2021, fortunately, I met with a gentleman at a seminar in Guwahati which was organised to discuss about the unsung freedom fighters from Purvottar Bharat. He was Er. Vekho Swuro, a soft-spoken gentleman, incidently, from the same village Ruzazho. Shri Vekho Swuro was describing how his father, now 102 years old, had been chosen by Netaji Subhash Bose to lead INA activities of that area. Our organization's senior functionary Shri Ullas Kulkarni ji, Kshetra Pracharak, too was in the meeting. Seeing great passion within us, Vekho Swuro invited both of us to visit his village. Ulhas ji and myself promised him to visit Ruzazho during Durga Puja vacation which he gladly accepted.



The Journey to Ruzazho:

On 12th October 2021, the 6th day of Navaratri, Ulhas ji and myself took the morning Janshatabdi Express to reach Dimapur and the next day, with a local respectable person Shri Benjamin we travelled to Ruzazho. The whole journey of four hours was quite interesting. The beautiful mountains, green forests and sometimes, the melodious streams, all gave the same feel of my earlier Arunachal Pradesh days. The busy capital city Kohima on the mountains was a captivating scene with different cement-concrete forms within the green ups and downs. A unique sound of insects within

otherwise lonely mountains reminded me exactly of the same sound I had heard from a movie "Nani Teri Morni" made at the backdrop of Nagaland by director Akashaditya Lama. It was about 5 kms before reaching Ruzazho, under the pine trees, Vekho Swuro and his small team of young males and females had gathered to welcome us. One smiling pretty sister Ata was leading her team to welcome us with traditional handwoven cotton mufflers of Chakhesang tribe. A wooden platform had been raised over which we all sat upon and enjoyed hot coffee that these villagers had prepared for us. We could see our dream village Ruzazho from distance within mountains and valleys with golden sunshine scattered all around. "Netaji had stayed in this village that you people are seeing now," that was how Vekho introduced us to his glorious village. It took another twenty minutes to drive into Ruzazho. The Swuro family had gathered to welcome us. We enjoyed our palatable lunch from out of vegetables like bambooshoot, potato, tomato, fern grass, banana plant, pumpkins and soyabean etc which was tasty enough with the touch of tradition. We took little rest.

Netaji and INA at Ruzazho:

In the afternoon, we met the most awaited and the 'Living Legend of History' - Vekho Swuro's father, the 102 year old, Shri Poswuyi Swuro ji. Poswuyi Swuro was born in 1919 in an affluent family of 11 members. He went to school in 1940, walking seven kilometers to Kohia. Shri Ullas ji was leading the discussion. I was suppressing my emotions while keenly listening this great man who had spent some golden days of his successful life with Netaji. The senior Swuro was speaking experiences while the junior Swuro was translating it into English.

Shri Swuro said, "During the second World War, due to the news of an approaching severe war the schools were closed. I had to return to the village without completing studies." He recalled meeting Netaji Subhash Chandra Bose during the Delhi Chalo campaign in April 1944. He recalled, "The time I met

Netaji Subhash Chandra Bose was when the INA and Japanese troops came to Ruzazho village in April 1944. Netaji was leading the Army riding on a horse while a sword was hanging at his waist." Recalling a gallant Netaji, he said, "Netaji in reality was having more a shining face and more a gorgeous personality than any of his picture ever. When the local people gathered around him, Netaji inquired whether there was anyone in the village who was educated. All the villagers told Netaji that I (Poswuyi) was the only one who had passed class three."

"The next day, early in the morning, Netaji nominated me as the DB who happened to be in-charge of the area administration and my elder brother Vesuyi Swuro who was an Assam Regiment soldier on leave for six months and living in the village to be the interpreter, and ten Gaon Burahs, who had to perform village headmen's role, for organizing a public meeting," said Poswuyi Swuro. He said that Netaji Subhash Chandra Bose and the INA along with their allied Japanese soldiers had camped in Ruzazho for nine days, were provided with food which included rice, vegetables, salt and corn, free of cost by the villagers, despite the fact that their own children were not getting enough. That was a great saga of sacrifice and patriotism.

"No villager had ever complained while donating food items without any cost, although their economic condition was not good enough and even, most of the villagers were mobilized as porters to render helping hand in many ways, such as, carrying rations and ammunition of INA to various destinations which was not at all without risking life, also, digging trenches and setting up camp, making available them own raw material, and so on," Swuro said.

"On Netaji's order, as a DB, I went on behalf of the INA to nearby villages to collect rations, which were stored at a local place known as Vuta Choku or Japan Wobu Ku. It was known as the Japanese Pig Stock Center, and rations were distributed to various INA

and Japanese soldiers," Swuro said.

Poswuyi and his brother, Vesuyi led the INA and Japanese forces from the front on foot. "We were on our way to Zunheboto during such a mission, but as British troops were present in good numbers, we had to wait for the night at Satakha, about 50 km from Ruzazho, but ultimately we were forced to retreat to the base camp. But on the way back, British soldiers tracked us at Dzulhami village and killed three Japanese and one Naga soldiers on the spot, however, we escaped," Swuro recalled.

While remembering the most tragic point with teary eyes Poswuyi narrated, "In his last speech while taking farewell, Netaji told the villagers that after winning the war against British, he would come back again to build schools, develop hospitals, roads and drinking water connections to the village through pipes, which the villagers still remember through oral narratives." He continued, "Alas, a dream which remained unfulfilled as Netaji never returned back. To some innocent villagers, they still believe, one day, Netaji will return to Ruzazho."

Unforgettable Evening at Netaji Memorial House:

The ever youngman in spirit Shri Poswuyi ji had so much to offer us - memory, history, inspiration and dream. But we could not be merciless to him. We took leave from him and walked around the village with Vekho turning a perfect guide to us. We went to the historic place where Netaji had addressed the villagers for the first time. We met with two more villagers who had assisted INA, still alive and still energetic, especially while recalling their hero Subhash. We walked further into the village and in the middle of the traditional houses, the memorial house where Netaji had stayed for nine days and nine nights was there. This was a traditional house of Naga design having the thatched roofs meeting at top of the triangle and the base of this triangle was obviously the base of the house - quite beautiful a structure.

Our great host Vekho led us into the memorial house. We saw many old and extremely big rice storage baskets made out of bamboo, the kitchen where food was prepared for Netaji and the cot on which Netaji was resting upon. It was truly a great feeling to see those things related to Netaji. A tremendous vibration of unique kind was to be felt inside. I took a little soil of the house and put it on my forehead. That was a spontaneous tribute to the Great Hero.

The whole village of youth, women, children and even the old, had gathered in front of Netaji memorial house for the special cultural program. About hundreds of young male and female participated in a beautiful traditional war dance wearing traditional attire with swords in their hand. The mesmerizing sound they were uttering was truly unique, never heard before. The women of Ruzazho performed a unique traditional song cum dance 'Lozu li' which they used to sing while weaving their traditional garments in different phases, from making thread out of raw cotton to making garment from thread. That was really so lovely a way of working, relaxing and upholding their great cultural legacy at the same time.

The Unforgettable Night :

After the end of the obstinately superior cultural programs, we sat around the kitchen fire while the villagers were relaxing with their mugfull ricebear 'Hezo' which was part of tribal custom. We had some pleasant gossips and exchange of jokes with the villagers. I realised as if these villagers are born with two natural gifts of life - smile and innocence. I felt as if Netaji himself was somewhere around. In the rainy months of April 1944, he would have been busy strategising with INA commanders around this same kitchen fire, as it used to be cold over such mountains, even in April. While immersing within thoughts, I had a surprising idea trespassing into my mind. I asked Vekho, "Can I spend tonight inside this memorial house?" He was quite surprised, but did not hurt my urge. He discussed with his fellow villagers. The villagers looked at me with surprise. One old lady told

me, "We believe Netaji's soul still stays inside this house. If your soul leaves your body to join Netaji's soul, that will be a tragedy for everyone." I assured them, "I'll not depart so soon for sure as I have miles to go." They all returned me a painful smile. Finally, adorable Vekho gave the green signal, but with a condition - "One village braveman would accompany you as a guard to provide security if at all anything untoward might happen." I agreed.

A bed was spreaded over the cot and a heavy quilt given to provide me warmth which I badly needed during that remarkable winter night over the mountain village. A brave villager with rifle was chosen to stay, few metres away from my bed.

All the villagers left the house wishing me good night. Ulhas ji was to stay at Swuro's home. The lights were off. I was drunk with the spirit and memories of the great patriot Subhash. It was truly a heavy night which hardly approach. I recalled that was the 7th night, 'Mahasaptami' of the auspicious Sharadiya Navaratri, known as 'Kalratri', dedicated to Maa Kalratri. Goddess Kalratri is considered to be the one who rescues from troubles.

It was the same bed which had given space to Netaji in 1944. I thought it's better to have as much deep meditation as I could. To my expectations, it was truly a superb experience while fixing mind with the Supreme while sitting on the bed. I remember I was

awake till 1:00 a.m. midnight and then I slept, but at about 2:30 a.m. I got up from sleep shouting, as I saw a terrific dream. The village man nearby too got up and asked me, "Sir, what happened? Are you okay?" I realised instantly that I had shouted. I told him, "It is okay, nothing to worry." And then, I had a very, very sound sleep through out.

In the morning, at about 5:30 a.m. I got up and opened the door. I found some villagers had already gathered to see whether I was still alive and okay. They were very happy to find me okay. They all cheered and congratulated me for my night stay at the memorial house.

We had a morning breakfast with the village Council members. I told them I had an extremely memorable experience in my life journey from Cuttack, Odisha, where Netaji was born, upto Ruzazho, Nagaland, where Netaji fought war with British. Ruzazho would be a forever inspiring memory for the rest of my life. Ulhas ji and myself offered 'prananam' to Shri Poswuyi Swuro ji - the greatman of inspiration who was still adoring and following Netaji's footprints. Finally, we bade adieu to the lovely, kind hearted and innocent villagers of Ruzazho. Their hands were still waving until the curve of the next mountain approached.



Dr Sunil Mohanty

Kshetra Prachar Pramukh, Rashtriya Swayamsevak Sangha, Assam Kshetra

OF CHANGING DEMOGRAPHY AND BORDER CONFLICTS

Sri Sanjay Aditya Singh

North East India is a region incredibly diversified, distinctive and exceptional. The region shares borders with a few neighboring countries and a mixture of various races, languages, ethnicity and cultures. It is home to many tribes, each with its own distinct lifestyle, customs and traditions. The region has a rich indigenous culture which makes the place very different from the rest of India. The demography of North East India is changing with the shift in ages and number of immigrants. Moreover, the region has also been witnessing an increasing trend of people migrating to urban areas for various reasons such as higher education, better employment opportunities and lifestyle changes.

Over the years, India's federal arrangement has undergone several changes. The state borders however could not be changed and the states remained intact in their territorial integrity. There has been conflicts over boundaries between states owing to several reasons. Over the past 20 years, most of the states of Northeast India have been facing territorial conflicts with neighboring states for reasons such as disputes and skirmishes over outer limits of territorial waters, sharing river waters and natural resources like forests, minerals etc.

If we look at the larger picture, a comprehensive strategy may be taken up to address such conflicts. It necessitates a proactive strategy that goes beyond reciprocity and create a larger eco system for coexistence of the people residing in these states. Any such strategy must adhere to significant tenets. The locals must be represented on the committee created to find a solution, and the resolution of the problem cannot be viewed as a win or loss proposition. The area has a complicated ethnic diversity, and it will take time to put an end to century-old rivalries, battle for resources, and pride-building among the various tribes and locals.



Here, the ideal solution would be to spread information, foster development, boost inter-personal interaction, and promote the value of a common objective and development in the minds and hearts of the people. However, even with all of the resources at hand, the will of the people must be given first priority in this situation.



Sri Sanjay Aditya Singh,
Chairman - Jettwings Group of Institutes

Seemant Chetana Mancha

Sri Pradeep Kumar, IPS

The name "Seemanta Chetana Mancha" develops curiosity in one's mind as to what and how it is working in the remote areas bordering foreign countries and what consciousness or awakening it is inculcating among the people in the border areas. However when one peruses its objectives then only one realizes about its tremendous and mammoth task of securing our borders and transforming the lives of people staying in border villages.

The importance of protecting our borders cannot be taken lightly specially when we are loosing land in the name of creation of new countries or ceding the land to our neighbors. There was a time when our country's boundaries were extended to a large part of "Middle East" and "South-East Asia. What we got on achieving independence is the result of British Empires' policy of divide and rule. Moreover, British Government was ceding the areas which were not giving them revenue or were economically not feasible to hold back. Today it must be earnest desire and wish to preserve our present landmass and to get back what has gone out of our hands to become glorious "Bharat" of ancient times.

Some of the important objectives of "Seemanta Chetana Mancha" are briefly mentioned herewith to assess its importance for national security and human development :

1. Developing and promoting patriotism amongst the people staying near international border areas.
2. Take steps for social, cultural, economical, educational and spiritual development of the people staying in international border areas.
3. To promote brotherhood and cohesive environment in border villages for all round development.
4. To take steps for removal of social discrimination and social evils from the border villages.

5. To organize physical exercises, sports events, games etc to inculcate sportsmanship and comradie among the people in international border areas.
6. To facilitate schooling of children and hostel facilities at nearby towns and districts.
7. To make aware about Government policies and helping the people to take maximum benefits from various Government and non-Government initiatives.
8. To train the people of border areas for income generation and skill development.
9. To coordinate with the Government for securing our borders by erecting fencing and establishing security posts.
10. To prepare the youth of border villages to participate in nation building and securing the borders.

This list is not exhaustive but on perusal one can imagine the importance and significance of Seemanta Chetana Mancha for national security and human development in international border areas.

The next important point comes to mind is as to how the "Mancha" is able to carry out this gigantic task. Some of the actions being taken by the "Mancha" are elaborated herewith which will clarify this issue to a great extent. However, the "Mancha" always welcome suggestions to add new and innovative ideas for improving methodology to achieve its objectives. And hence keeps on adding various programmes from time to time.

1. **Pratishtha Divas:** Local bodies of the "Mancha" celebrate "Ram Navami" as its foundation day with lot of activities and fanfare. It helps people to know about our history and feel proud of our past.
2. **Raksha Bandhan:** All the members of the "Mancha" celebrate Raksha Bandhan by tying Rakhis on the wrists of soldiers posted in border areas. It is very important to give a feeling of family and belongingness to the soldiers who are far away from their families in

the service of the nation. Such an action also enhances the brotherhood amongst the people of the society.

3. **Shakti Pujan:** On "Vijaya Dashmi" the traditional "Ashtra" and "Sashtra" are worshipped in public gatherings. It encourages the local people to learn to use local weapons and hence helps in enhancing self-confidence.
4. **Veerpurush Jayanti:** To commemorate a local personality, seminars, lectures and cultural activities are arranged. It helps local youth to improve mental health and inculcate the sense of pride for their wonderful past full of bravery and sacrifices.
5. **Bharat Mata Pujan:** On 26th January, various community programmes are arranged. Such actions help in national integration and enhances the love for the nation.

There are many more programmes including Satsang, village gathering, Khel Dhemali, sports activities, Janmat gathan, creating public opinion etc. There is stretched emphasis on "Seva Karyas" that is service/helping the needy and poor people. All these programmes work on the themes of Suraksha, Swavalamban, Swastha and Ekta.

The gigantic task of the "Mancha" can be assessed by the fact that the India has International land border of about 15000 kms and coastal border of about 7500 kms. Out of the 15000 km land border, 5182 km is in the North-East India and that too with five different countries. Hence the role of "Seemanta Chetana Mancha purvottar" is very important and tremendously difficult in view of the fact that one of our neighbor is highly inimical while two more become hot occasionally. In view of these facts, the "Seemanta Chetana Mancha Purvottar" arrange many more programmes and activities apart from the regular celebrations. The regular programmes of Pratistha Divas,

Raksha Bandhan, Shakti Pujan, Desh Bhakti Samabesh and Bharat Mata Pujan are performed with full vigor and strength. The following activities are also carried out regularly -

- * Sports meet, Yoga classes and health check-ups etc.
- * Village meetings on social and religious issues.
- * Pre-recruitment trainings and coaching.
- * Cultural discussions through Sanskar Kendra.
- * Intellectual meets, seminars, symposiums, exhibitions, talks, lectures etc.

During last year some memorable programmes were organized by the "Seemanta Chetana Mancha Purvottar" which include -

- * Shradhanjali to soldiers who sacrifice their lives in Galwan Ghati clash.
- * Shradhanjali to CDS Gen. Bipin Rawat.
- * Kargil Vijay Divas.
- * Tiranga Yatra.
- * Paribesh Chetana Divas to offer shradhanjali to Bir Chilarai.
- * Food packets to flood victims.
- * Shelters in Dhubri to victims of post poll violence of west Bengal.
- * Gau Mata Seva.
- * Coaching for Judicial service candidates.
- * Rang utsav on Holi festival.

CONCLUSION

The activities of "Seemanta Chetana Mancha" are not only gigantic but also tremendously successful and motivating. Each and every Karyakarta is committed to work hard in the interest of "Bharat Mata". The involvement of children, youth and elderly person of bordering areas in the Mancha's activities prove the sincerity and samarpan of Mancha's Karyakaryas.



Sri Pradeep Kumar

Retired IPS officer of Assam Meghalaya cadre.
He retired as Director General of Police (HG. & CD) and
Chairman of state level Police Recruitment Board.



QUESTIONNAIRE FOR SPORTS PERSONALITY

Madhusmita Baruah

Compiled by Dr. Banajeet Changkakati

Q. 1. Name :

Ans: Madhusmita Baruah

Q2. In which sport you are proficient?

Ans: Badminton

Q.3. Since which age have you been playing this sports and what was your main motivation behind your pursuing this sport?

Ans: From the age of 11 It's happened accidentally there was no specific reason in choosing this sport.

Q.4 In what ways do you feel your educational institution provided you in pursuing your sporting ambition?

Ans: There was no support or encouragement from the end of my educational institution

Q.5 Who is your most favorite sporting icon and why? Has this sporting icon influenced you in any way in pursuing your chosen sport?

Ans: No particular sports icon

Q. 6. Describe at least 10 biggest achievements in your sporting career?

Ans: My achievements

A. Gold medal in all India talent contest in New Delhi 1988

B. 3 rd position in all India mini sub jr nationals Bangalore 1989

- C. Champion in all Assam mini sub jr inter district at tezpur 1989
- D. Bronze medal in all India national school games hisar 1991
- E. Gold medal in north east sports festival Sikkim 1993
- F. Bronze medal in women doubles in all India masters national Vizag 2018
- G . Bronze medal in mixed doubles in all India masters nationals Goa 2019
- H. Represented India in senior masters world badminton championships at Poland in 2019
- I. Silver medal in mixed doubles in all India masters nationals Jaipur 2020
- J. Bronze medal in women’s doubles in all in masters nationals Goa 2012
- K. Selected to represent India in senior masters world badminton championship in Spain in 2021

Q. 7. Describe about your most glorious moment or event in your entire sporting career till date.

Ans: To represent India in the world badminton championships

Q.8. Do you feel sports could be a medium for bringing about national integrity? Please explain how it could be achieved through sports?

Ans: Yes it definitely does as sports is a platform in which all are one with one common objective.

Q.9 What ways can people in the border areas of India use sports as a means to maintain their vigil and responsibility as citizens of the border areas?

Ans: Sports can be taken up as a career or for fitness purpose also in borders ares as well where they can nurture and encourage upcoming talents.

Q.10 Do you feel our country is doing enough to safeguard the future of budding sportsmen? What measures would you suggest that our country should take so that more and more people can be motivated to take up sports as their career option?

Ans: Yes our country is doing but not enough The encouragement should be from the grassroot.

Q.11 What are your current sporting activities and what plans do you have for the future?

Ans: Play and win medals in the coming Tournament and winning a medal in the upcoming world masters badminton championship.

Q.12 What message would you like to give to the budding sports enthusiasts in our country?

Ans: Try and try till u succeed and sports should be played by one and all.





QUESTIONNAIRE FOR SPORTS PERSONALITY

Elvis Ali Hazarika

Compiled by Dr. Banajeet Changkakati

Q1. Name :

Ans. **Elvis Ali Hazarika**

Q2. In which sport you are proficient?

Swimming.

Q.3. Since which age have you been playing this sport and what was your main motivation behind your pursuing this sport?

Ans. Elvis grew up in the neighborhood of chandmari. Elvis began Swimming at the age of 2 and half years. He use to walk the streets of guwahati with his mother to a local pond of the city named 'Dighalipukhuri', where he started his swimming career. Little Elvis was scared to put his head underwater later with the help of his trainer Mr. Rana sir he mastered floating on the water, After he heard names of Olympic champion like Alexander Popov, Little boy elvis grew madness inside him and then at age of 4, Elvis crossed the lake named 'Joysagar' in Sivsagar district.

Q.4 In what ways do you feel your educational institution provided you in pursuing your sporting ambition?

Ans. It was difficult to pursue sports career in that generation but I was allowed to attend my training camps and my school attendance was waived.

Q.5 Who is your most favorite sporting icon and why? Has this sporting icon influenced you in any way in pursuing your chosen sport?

Ans. After he heard names of Olympic champion like Alexander Popov, Little boy elvis grew madness inside him to become a champion in future and then at age of 4, Elvis crossed the lake named 'Joysagar' in Sivsagar district.

Q.6. Describe at least 10 biggest achievements in your sporting career?

Ans. Elvis at the age of 9 became the youngest Indian swimmer to represent India in Asia Pacific Championship 1991 held at Singapore. This was the first international event which triggered elvis talent and in Asia Pacific Championship 1992 held at Beijing, Elvis became the first youngest Indian swimmer to have bagged a Gold medal and also become the first Indian swimmer to win the title of Individual champion in Asia Pacific Championship held at Delhi with 3 Gold, 3 Silver & 3 bronze in Indian history. Elvis has won 6 Gold, 5 silver & 7 bronze in International events.

Elvis has been National champion for 10 consecutive years with 23 national records and has won 164 Gold, 71 Silver & 42 bronze. Elvis continue to set new marks after he joined CRPF winning 45 Gold, 29 Silver, 15 Bronze and has also shined in World Police Police Games held at Canada with 1 silver & 1 bronze.

Elvis became the First Indian swimmer to swim 26 hours straight in a swimming pool. His body and age didn't let him trained for competitive swimming and Elvis ambition didn't stop. He started channel swimming and became the first North east Indian swimmer to swim English channel North Channel & Catalina channel.

Q. 7. Describe about your most glorious moment or event in your entire sporting career till date.

Ans. Elvis at the age of 9 became the youngest Indian swimmer to represent India in Asia Pacific Championship 1991 held at Singapore. This was the

first international event which triggered elvis talent and in Asia Pacific Championship 1992 held at Beijing, Elvis became the first youngest Indian swimmer to have bagged a Gold medal and also become the first Indian swimmer to win the title of Individual champion in Asia Pacific Championship held at Delhi with 3 Gold, 3 Silver & 3 bronze in Indian history. Elvis has won 6 Gold, 5 silver & 7 bronze in international events.

Q.8. Do you feel sports could be a medium for bringing about national integrity? Please explain how it could be achieved through sports?

Ans. Sports has a huge role to play when it comes to nation-integrity.

Builds and define the character of a nation : It helps in elevating qualities like discipline, determination, teamwork and a passion for fitness in the psyche of a nation. Also, once you are into sports, certain virtues like teamwork, ethics, and sportsmanship become lifelong qualities.

Helps in guiding the youth in the proper direction : sports programs helps to bring change and hope in the lives of many destitute children in slums. Overcoming problems like children dropping out of school, rampant drug abuse in the slums, this has created hope and brought positivity amongst thousands of children in the slums.

Helps in building infrastructure: One of the finest examples of how a sporting event can transform a country is the 1982 Delhi Asiad. It not only recreated Delhi sports infrastructure but also facilitated the creation of first national TV service and introduced the colour TV to India.

Q.9 What ways can people in the border areas of India use sports as a means to maintain their vigil and responsibility as citizens of the border areas?

Ans. Government of India has been implementing the Border Area Development Programme (BAPD) through the state governments as part of a comprehensive approach to the border management to meet the special developmental needs and well being of the people living in remote and inaccessible border areas.

Through BADPBSF, ITBP and SSB have been asked to encourage locals in frontier areas to acquire skills of

martial arts and adventure sports which has led the development of sports infrastructure in border villages for activities such as boxing, archery, shooting, martial arts, judo, karate and other popular games including adventure sports

Q.10 Do you feel our country is doing enough to safeguard the future of budding sportsmen? What measures would you suggest that our country should take so that more and more people can be motivated to take up sports as their career option?

Frankly speaking Government on sports was reticent when players ask for facilities and other equipment needed for respective sports. But there is a change in the mindset of government now from two to three years government is spending and trying there best to foster sports in India.

In my opinion, the future of sports in India is very good due to the following reasons:

1) Now govt of India should spend largely on the infrastructure and provide good meals to the sportsperson so that they bring their best towards their game.

2) Government Open various stadiums these days so that the person will do their training there they will not go to other area or city for their training this will help in saving their time.

3) Govt. Appoint many coaches in various fields these days so sportsperson get proper guidance from them.

4) Govt spends so much money on sports these days so if a person joined any sports they have a good future in them.

PARENTAL GUIDANCE:

Parents are not supportive when it comes to sending their child in sports. Parents must foster and incubate their children to take interest in sports.

Q.11 What are your current sporting activities and what plans do you have for the future?

Ans. English Channel swim 2023

Q.12. What message would you like to give to the budding sports enthusiasts in our country?

Ans. If you've put in all the time, all the effort, all the hard work into something valuable, no matter how much time it takes you're going to be successful because you know hard work pays off.



खेलों का पर्यटनस्थल बन सकता है असम

संतोष अग्रवाला

हरी-भरी वादियां , घने जंगल , ऊंचे-ऊंचे पहाड़ , कलकल करते झरने , हिलौरे मारती ब्रह्मपुत्र की लहरें और ढेर सारी छोटी-छोटी नदियों से भरपूर असम में वो सारी खुबियां हैं, जिसके दम पर पूर्वोत्तर के इस सबसे खुबसूरत प्रदेश को खेलों के पर्यटनस्थल के रूप में विकसित किया जा सकता है। पर्वतारोहण , नौका विहार , ग्लाइडिंग जैसे रोमांचक खेलों में रूचि रखने वाले खिलाड़ियों के लिए असम एक शानदार गंतव्य बन सकता है।

पूरे प्रदेश में फैले पहाड़ों के साथ ही गुवाहाटी के चारों ओर फैली छोटी-छोटी पहाड़ियों को विकसित कर पर्वतारोहण का शौक रखने वालों को एक अनुपम भेंट दी जा सकती है। असम पर्वतारोही संघ एक लंबे समय से इस दिशा में काम कर रहा है। पिछले कई सालों में राज्य के बहुत से पर्वतारोहियों ने माउंट एवरेस्ट के अलावा कंचनजंघा आदि की चोटियों पर असमिया गामोछा फहराने में कामयाबी हासिल की है। ऐसे संगठन और पर्वतारोहियों के सहयोग से असम के कई पहाड़ों को पर्वतारोहण के लिए तैयार करने की दिशा में सोचा जा सकता है।

ब्रह्मपुत्र की अथाह जलाशियों में भी रोमांचक खेलों की संभावनाओं को तलाशा जाना चाहिए। देश-दुनिया के रोमांचक खेल प्रेमियों में नौका-विहार के प्रति आकर्षण बढ़ा है। ब्रह्मपुत्र ऐसे खिलाड़ियों के लिए एक रोमांचक ठिकाना हो सकता है। असम यानि की असमतलभूमि । साइक्लिंग के शौकीनों के लिए इस प्रकार उबड़-खबड़ भूमि , पहाड़-जंगलों के बीच से गुजरती टेड़ी-मेड़ी संकरी सी पगडंडी पर साइकिल चलाना किसी सपने को साकार करने से कम नहीं होगा।

घने जंगल से होकर बहती नदी पर छोटी सी नाव पर यात्रा करना , जंगल में तीरंदाजी , निशानेबाजी जैसे पारंपरिक खेलों में कौन भला हाथ नहीं आजमाना चाहेगा। पहाड़ की तराई में समतल कर बनाए मैदान पर फुटबाल खेलने में क्या सुख है, यह तो मेघालय के फुटबॉल खिलाड़ी ही बता सकते हैं। असम अब पहले वाला असम नहीं रह गया है। असम ने पिछले डेढ़ दशक में राष्ट्रीय -अंतर्राष्ट्रीय खेल जगत में अपनी एक खास पहचान बनाने में कामयाबी हासिल की है। राष्ट्रीय -पटल पर जब पूर्वोत्तर क्षेत्र की चर्चा होती है तो असम और मणिपुर का नाम बड़े ही सम्मान के साथ लिया जाता है। अंतर्राष्ट्रीय खेल पटल पर धींग एक्सप्रेस हिमा दास , लवलीना बरगोहाई , शिव थापा जैसे खिलाड़ियों की सफलता इस विश्वास को पुख्ता करने के लिए काफी है कि असम खेलों का पर्यटनस्थल बन सकता है। पूर्व मुख्यमंत्री सर्वानंद सोनोवाल ने असम देश की खेल राजधानी बनाने की बात कही थी। मुख्यमंत्री डॉ. हिमंत विश्व शर्मा भी इस दिशा में निरंतर प्रयास कर रहे हैं। गुजरात में हुए राष्ट्रीय खेलों में असम की टीम को हवाई जहाज से भेजने के फैसलों को डॉ. शर्मा के खेल के प्रति जुनून के रूप में देखा जा सकता है। मगर , लाख टके का सवाल यह है कि क्या सरकार , खिलाड़ी और खेलों के दम पर असम को खेलों की राजधानी बनाया जा सकता है। जब हमारे असम में रोमांचक खेलों को लेकर प्रचुर संभावनाएं हैं तो क्यों न उस दिशा में कुछ काम किया जाए। असम को खेलों के पर्यटनस्थल के रूप में विकसित करने के दिशा में एक चिंतन -विचार और चर्चा तो शुरू की ही जा सकती है।



संतोष अग्रवाल
वरिष्ठ पत्रकार, दैनिक पूर्वोदय

খেলা-ধূলাত অসমৰ প্ৰান্তীয় অঞ্চলৰ সম্ভাৰনা

শ্ৰীজিতেন গগৈ

যোৱা ২৮ ডিচেম্বৰৰ পৰা ৫ জানুৱাৰীলৈ কোকৰাঝাৰত ৰাষ্ট্ৰীয় সন্তোষ ট্ৰফী ফুটবলৰ গ্ৰুপ-থ্ৰীৰ খেলবোৰ হৈ যায়। এইটো গ্ৰুপৰ পৰা সৰ্বাধিক পইন্ট পাই নগালেণ্ড পৰৱৰ্তী ৰাউণ্ডলৈ উন্নীত হৈছে। অসম দ্বিতীয় স্থানত থাকে। যি নহওক, আন এটা বিষয় আলচ কৰিবলৈহে আমি সন্তোষ ট্ৰফীৰ কথাটো উলিয়াইছো। সেয়া হ'ল, তাত ভাগ লোৱা অসমৰ ২২ জনীয়া দলটোৰ ১৬ জনেই বড়ো সম্প্ৰদায়ৰ। আদিবাসী আছে এগৰাকী। নাই নাই! মই ইয়াত বড়ো-অবড়ো, আদিবাসী-অন্যবাসী ধৰণৰ সংকীৰ্ণ কথাবোৰ আনিব খোজা নাই। কথাটো হ'ল, আজি সীমান্ত ক্ৰীড়াৰ উদ্দেশ্যত ৰাজ্যৰ বিভিন্ন কোণৰ খেলুৱৈ ইয়াত গোট খাইছেহি। নিজা নিজা পৰিৱেশত তেওঁলোকে সৰুৰেপৰাই বিভিন্ন খেলৰ চৰ্চা দেখি আহিছে আৰু তাৰ পিছত নিজেও খেলিবলৈ লৈছে। ঘটনাক্ৰমে এই যে ওপৰৰ ১৬ জন খেলুৱৈ, তেওঁলোক মূলতঃ সেই সীমামূৰীয়া জিলাৰ পৰাই ওলাই আহিছে। অৰ্থাৎ সেইবোৰ ঠাইত খেলৰ প্ৰতিভা বা সম্ভাৰনা আছে। আমি তেওঁলোকক চিনাক্ত কৰি উলিয়াই অনাৰহে কথা। সেইবোৰ ঠাইত ফুটবল, এথলেটিকছ, কাবাডী, আৰ্চাৰী, ভলীবল আৰু মাৰ্চিয়েল আৰ্টছ আদি খেলৰ প্ৰশিক্ষণৰ ব্যৱস্থা কৰিলে বহু খেলুৱৈ উপকৃত হ'ব। কোকৰাঝাৰত অৱস্থিত ভাৰতীয় ক্ৰীড়া প্ৰাধিকৰণৰ কেন্দ্ৰটোৱেও খেলুৱৈক থকা-খোৱা ব্যৱস্থাবে আগবঢ়াই নিয়াত চকুত পৰা ভূমিকা গ্ৰহণ কৰি আহিছে। এই কেন্দ্ৰৰ কেইবাগৰাকী খেলুৱৈয়ে ৰাষ্ট্ৰীয় পৰ্যায়ৰ বিভিন্ন প্ৰতিযোগিতাত বহু পদক-সফলতা লাভৰ উপৰি দেশক প্ৰতিনিধিত্ব কৰি কৃতিত্ব অৰ্জন কৰিছে। কেন্দ্ৰটোৰ তত্বাৱধায়ক বিষয়া প্ৰদীপ ব্ৰহ্ম নিজে আছিল এগৰাকী ফুটবলাৰ। গ'লকীপাৰগৰাকী ভাৰতীয় স্কুল দলৰ অধিনায়কো আছিল। কথাবোৰ প্ৰাসংগিক যেন ভাবি

কিছুদিন আগেয়ে এখন আলোচনীত প্ৰকাশ পোৱা মোৰ লেখা এটা ইয়াত তুলি ধৰিলোঁ, যাৰদ্বাৰা প্ৰত্যন্ত গাঁৱত জন্ম গ্ৰহণ কৰা বহু খেলুৱৈৰ বৰ্ণিত যাত্ৰাৰ কথা অনুধাৱন কৰিব পাৰি।

২০১৩ চনৰ কথা। ফৰবাৰ্ড হিচাপে খেলা ফুটবলাৰ হলিচৰণ নাৰ্জাৰী তেতিয়া ভাৰতৰ ১৯ বছৰৰ তলৰ দলৰ নিয়মিত খেলুৱৈ। বেচ প্ৰতিশ্ৰুতিপূৰ্ণ বুলিও আলোচিত হৈছে। পৰ্যায়ক্ৰমে ভাৰতৰ ২৩ বছৰৰ তলৰ দলতো ভূমুকি মাৰিছে। তেনেকুৱাতে হলিচৰণৰ প্ৰথম প্ৰশিক্ষক প্ৰদীপ ব্ৰহ্মই খবৰ পালে যে খেলুৱৈজনে লামডিঙত ৰে'লৱেৰ গ্ৰুপ-ডি চাকৰিৰ ইণ্টাৰভিউ দিবলৈ লৈছে। কথাটো তেওঁৰ পছন্দ নহ'ল। কিয়নো তেওঁ হলিচৰণৰ সুকীয়া ভৱিষ্যৎ দেখা পাইছিল। ব্ৰহ্মই আন এগৰাকী ফুটবলাৰ জিলেন ব্ৰহ্মৰ জৰিয়তে খবৰ পঠিয়াই হলিচৰণক ইণ্টাৰভিউ দিয়াৰ পৰা আঁতৰত ৰাখিলে। হলিচৰণে 'ছাৰ'ৰ কথা মানি ল'লে।

তাৰ পাছৰখিনি এটা অধ্যায়ৰ দৰে। 'হলি' পৰৱৰ্তী পৰ্যায়ত গোৱাৰ ডেমো ক্লাবলৈ আমন্ত্ৰিত হ'ল। ২০১৭ চন পৰ্যন্ত ভাৰতৰ সেই আগশাৰীৰ দলটোৰ হৈ খেলিলে। তাৰ মাজতে



হলিচৰণ নাৰ্জাৰী

দেশৰ ২৩ বছৰৰ তলৰ আৰু ২০১৫ চনত প্ৰথমবাৰ ছিনিয়ৰ দললৈও উন্নীত হ'ল। এই পৰ্যন্ত ২৭ খন খেলত ভাগ লোৱা হলিচৰণেই হ'ল অসমৰ প্ৰথম আৰু একমাত্ৰ খেলুৱৈ যি সৰ্বাধিকবাৰ ভাৰতীয় ছিনিয়ৰ দলত খেলিছে। ৰাষ্ট্ৰীয় দলৰ হৈ তিনিখনকৈ আন্তৰ্জাতিক প্ৰতিযোগিতাত বিজয়ী হোৱাৰো কৃতিত্ব অৰ্জন কৰিছে। হলিচৰণৰ খেলক স্বীকৃতি দি গুৱাহাটীত অৱস্থিত এ জি অফিছেও সন্মানীয় নিযুক্তি প্ৰদান কৰিছে।

পিছে আজিৰ লেখাৰ উদ্দেশ্য প্ৰদীপ ব্ৰহ্মহে। কোকৰাঝাৰৰপৰা যিসকল খেলুৱৈয়ে বহু বাধা আৰু সীমিত সা-সুবিধাৰে ওলাই আহি নিদৰ্শন দাঙি ধৰিছে, প্ৰদীপ ব্ৰহ্ম হ'ল তাৰ অন্যতম বাটকটীয়া। তথ্যৰ দিশেদি চাবলৈ গ'লে, টালিম্বেৰণ আওৰ (১৯৪৮ চনৰ লণ্ডন অলিম্পিক) পাছত প্ৰদীপ ব্ৰহ্মই হ'ল অসমৰ প্ৰথম গৰাকী ফুটবলাৰ, যি কোনো ভাৰতীয় ফুটবল দলৰ অধিনায়ক হোৱাৰ কৃতিত্ব অৰ্জন কৰিছে। সেয়া ১৯৮০ চনৰ কথা। বেংককত হোৱা এছীয় স্কুল ফুটবলত কোৱাৰ্টাৰ ফাইনেল পৰ্যন্ত আগবঢ়া ভাৰতীয় দলৰ তেৱেঁই আছিল অধিনায়ক। তাৰ আগেয়ে ১৯৭৭ চনত গলকিপাৰ প্ৰদীপে আগ্ৰাত হোৱা এছীয় স্কুল ফুটবলত ভাৰতীয় দলক প্ৰথমবাৰলৈ প্ৰতিনিধিত্ব কৰিছিল। অমায়িক আৰু প্ৰচুৰ ফুটবলবোধৰ পৰিচয় দিয়া প্ৰদীপৰ নেতৃত্বতে অসমে ১৯৭৯ চনত গুৱাহাটীত হোৱা ৰাষ্ট্ৰীয় স্কুল ফুটবলত সোণৰ পদক জিকিছিল। এইখিনিতে প্ৰদীপ ব্ৰহ্মৰ খেলুৱৈ জীৱনত এভুমুকি মৰা হওক। ১৯৭৬ চনত তেওঁ প্ৰথমবাৰলৈ ৰাজ্যিক দললৈ নিৰ্বাচিত হয়। হাৰিয়ানাৰ ৰাইত ৰাষ্ট্ৰীয় স্কুল ফুটবল খেলিবলৈ গৈছিল, য'ত অসমে ছেমি ফাইনেল পৰ্যন্ত আগবাঢ়ি তৃতীয় স্থান (ব্ৰঞ্জৰ পদক) পাইছিল। তাৰ পাছত তেওঁ ১৯৭৮ চনত শ্ৰীনগৰত ৰাষ্ট্ৰীয় স্কুল ফুটবল (ছেমি ফাইনেলিষ্ট), ১৯৭৮ চনত আগৰতলাত ৰাষ্ট্ৰীয় জুনিয়ৰ ফুটবল (ছেমি ফাইনেল), ১৯৮১ চনত ৰাঁচীত আন্তঃবিশ্ববিদ্যালয় ফুটবল (ছেমি ফাইনেল), ১৯৯৫ চনত ভিলাই আৰু ১৯৯৬ চনত কেৰালাৰ কুইলনত সন্তোষ ট্ৰফি (দুয়োবাৰেই কোৱাৰ্টাৰ ফাইনেলিষ্ট) খেলিছিল। ১৯৯৪ চনত কৰ্ণাটকৰ শ্বিমোগাত হোৱা সৰ্বভাৰতীয় বিদ্যুৎ ব'ৰ্ড ফুটবলৰ বিজয়ী অসম দলৰ এক নম্বৰ গ'লকিপাৰজন প্ৰদীপ ব্ৰহ্মই আছিল। তদুপৰি কোকৰাঝাৰ

চৰকাৰী উচ্চতৰ আৰু বহুমুখী বিদ্যালয়ৰ হৈয়ো তেওঁ কৃতিত্ব আৰ্জিছে। এই দলৰ হৈ ৰাজ্যিক পৰ্যায়ৰ দেউকণ শ্বিল্ডৰ বিজয়ী সূত্ৰে দলটোৱে নতুন দিল্লীত হোৱা সৰ্বভাৰতীয় সুব্ৰত কাপ স্কুল ফুটবলত ভাগ লোৱাৰ যোগ্যতা অৰ্জন কৰে। সুব্ৰত কাপত



প্ৰদীপ ব্ৰহ্ম

কোকৰাঝাৰ স্কুলে ১৯৭৬ চনত ছেমি ফাইনেল, ১৯৭৯ চনত ফাইনেল খেলি ৰাণাৰ্ছ আপ আৰু ১৯৮১ চনত কোৱাৰ্টাৰ ফাইনেল পৰ্যন্ত আগবাঢ়িছিল। প্ৰদীপ ব্ৰহ্মই পৰৱৰ্তী পৰ্যায়ত প্ৰশিক্ষক আৰু খেলৰ সংগঠক তথা প্ৰশাসক হিচাপেও সফলতাৰ মুখ দেখিছে। আমোদজনক এটা দিশ হ'ল, ১৯৮৮-৮৯ চনত তেওঁ কলকাতাত থকা ৰাষ্ট্ৰীয় ক্ৰীড়া প্ৰতিষ্ঠানৰ পৰা ফুটবল প্ৰশিক্ষণৰ ডিপ্ল'মা ল'লেও তাৰ পাছত পুনৰ খেলুৱৈৰ পোছাক পিন্ধে। আনকি ৰাষ্ট্ৰীয় পৰ্যায়ৰ সন্তোষ ট্ৰফীৰ দৰে আগশাৰীৰ প্ৰতিযোগিতালৈও নিৰ্বাচিত হয়। প্ৰশিক্ষক হিচাপে ব্ৰহ্মৰ উল্লেখযোগ্য বৰঙণি থাকে ৰাষ্ট্ৰীয় ক্ৰীড়াত। ১৯৯৯ চনত মণিপুৰত হোৱা ৰাষ্ট্ৰীয় ক্ৰীড়াৰ ফুটবলত ৰূপৰ পদক জিকা অসমৰ দলটোত ব্ৰহ্মও আছিল প্ৰশিক্ষণৰ দায়িত্বত। ইয়াৰ বাদে ১৯৯০-৯১ আৰু ৯১-৯২ চনত অসম ৰাজ্যিক বিদ্যুৎ পৰিষদে ব্ৰহ্মৰ প্ৰশিক্ষণতে দুবাৰকৈ সৰ্বভাৰতীয় বিদ্যুৎ ব'ৰ্ড ফুটবলত ছেমি ফাইনেল পৰ্যন্ত, ১৯৯৯ চনত কোকৰাঝাৰ স্কুলে সৰ্বভাৰতীয় সুব্ৰত কাপত ছেমি ফাইনেল, ৰাষ্ট্ৰীয় চাব জুনিয়ৰ ফুটবলত অসমে ১৯৯৯ চনত কোৱাৰ্টাৰ ফাইনেল, ২০০১ চনত ছেমি ফাইনেল আৰু ২০০৪ চনত নতুন দিল্লী তথা ২০০৫ চনত কেৰালাত হোৱা সন্তোষ ট্ৰফীত কোৱাৰ্টাৰ ফাইনেল খেলিছিল। পিছে এগৰাকী ফুটবলাৰ হিচাপে প্ৰদীপ ব্ৰহ্মৰ স্মৰণীয় অভিজ্ঞতা হ'ল কিংবদন্তি ফুটবলাৰ তথা ফুটবলৰ স্বৰ্গ ব্ৰাজিলত ভৰি দিয়াটো। তেনে স্বপ্ন পূৰণ হৈছিল ২০১১ চনত। সেইবাৰ দক্ষিণ আমেৰিকীয় দেশখনৰ ছাও পাওলোত হোৱা আন্তৰ্জাতিক ফুটবল প্ৰশিক্ষকৰ পষেকজোৰা এক কাৰ্যসূচীলৈ ব্ৰহ্ম নিৰ্বাচিত হৈছিল। ব্ৰহ্মৰ মতে ব্ৰাজিলত ভৰি দিয়াৰ অভিজ্ঞতাই তেওঁৰ ফুটবল কেৰিয়াৰ সাৰ্থক প্ৰতিপন্ন

কৰিলে। এছীয় ফুটবল সংস্থৰ 'বি' লাইছেলস ক'ৰ্টো সম্পন্ন কৰা ব্ৰহ্ম তাৰ পাছত ২০১৭ চনত জাপানৰ ছুকাবা বিশ্ববিদ্যালয়ত ১৮-৩০ চেপ্তেম্বৰত হোৱা 'এডভান্সড ফুটবল প্ৰশিক্ষণ কাৰ্যসূচীলৈ নিৰ্বাচিত হৈছিল। খেলুৱৈ আৰু প্ৰশিক্ষণতে ব্ৰহ্মৰ ফুটবল কেৰিয়াৰৰ সমাপ্তি ঘটা নাই। এতিয়া তেওঁ নিজকে ব্যস্ত ৰাখিছে নতুন খেলুৱৈ গঢ় দিয়াত। ১৯৯৮ চনত তেওঁ কোকৰাঝাৰ জিলা ক্ৰীড়া বিষয়াৰ কাৰ্যালয়ত সংলগ্ন হৈ ফুটবল প্ৰশিক্ষক হিচাপে নিযুক্তি লাভ কৰে। ২০০৬ চনত কোকৰাঝাৰত ভাৰতীয় ক্ৰীড়া প্ৰাধিকৰণৰ (SAI) আঞ্চলিক কেন্দ্ৰ প্ৰতিষ্ঠা হয় আৰু তেতিয়াৰপৰাই ব্ৰহ্মই তাত মুখ্য ফুটবল প্ৰশিক্ষকৰ উপৰি ভাৰপ্ৰাপ্ত বিষয়া হিচাপে সেৱা আগবঢ়াই আহিছে। নিচেই কম বয়সতে সেই কেন্দ্ৰলৈ খেলুৱৈ নিৰ্বাচন কৰা হয় বিভিন্ন ইভেণ্টত। ৰাষ্ট্ৰীয় ফুটবলৰ হালিচৰণ নাৰ্জাৰীকো প্ৰদীপ ব্ৰহ্মই ১২ বছৰ বয়সতে নিৰ্বাচন কৰি কেন্দ্ৰৰ আবাসিক আঁচনিলৈ লৈ আনিছিল। আন বছৰত লগতে হালিচৰণকো পদ্ধতিগতভাৱে আগুৱাই লৈ যোৱা হৈছিল। সেয়েহে সাতবছৰৰ পাছত, অৰ্থাৎ ২০১৩ চনত আৰ্থিকভাৱে জৰ্জৰ পৰিয়ালৰ সন্তান হালিচৰণক ব্ৰহ্মই ৰে'লৱেৰ গ্ৰুপ ডি চাকৰি লোৱাৰ পৰা বিৰত ৰাখিছিল। আই এছ এলত হায়দৰাবাদ এফ ছিৰ তাৰকা হালিচৰণ আজি কোটিপতি ফুটবলাৰ। এ জি অফিছৰ নিগাজি

চাকৰিৰ কথা ইতিপূৰ্বেই উল্লেখ কৰা হৈছে। প্ৰদীপ ব্ৰহ্মৰ তত্ত্বাৱধানত তথা প্ৰশিক্ষক কৰ্মকৰ্তাৰ নিৰীক্ষণৰ মাজেৰে কোকৰাঝাৰ কেন্দ্ৰৰ বহু খেলুৱৈ আজি বহল পৰিসৰলৈ ওলাই আহিছে। এই ক্ষেত্ৰত প্ৰথমেই নাম ল'ব পাৰি আৰ্চাৰিৰ প্ৰমীলা দৈমাৰীৰ কথা। ওদালগুৰি জিলাৰ খাগ্ৰাবাৰী গাঁৱৰ দাহেলা চুবাৰ প্ৰমীলাই ২০১৮ চনত জাকাৰ্টাত হোৱা এছিয়ান গেমছত ভাৰতীয় দলক প্ৰতিনিধিত্ব কৰিছে। তেওঁৰ বাদে এথলেটিকছত তুনলাই নাৰ্জাৰী, লাইমুন নাৰ্জাৰী, ফুটবলত মিলন বসুমতাৰী, গেৰেমছা বসুমতাৰী, উছুত কিলিখাং বসুমতাৰী, কিলানী ব্ৰহ্ম, বন্ধিঙত ফিলাও বসুমতাৰী, আলাৰী বড়ো, ভাগ্যৱতী কছাৰী, মিনু বসুমতাৰী, অঞ্জলি মাছহাৰী, ছামাশ্ৰী ব্ৰহ্ম, আৰ্চাৰিত সঞ্জয় বড়ো, হেমন্ত বসুমতাৰী, প্ৰতীমা বড়ো, হিমালী বড়ো, মুকেশ বড়ো, টাইকোৱাণ্ডেত সঞ্জু বড়ো, সংগীতা বৰগয়াৰী, নন্দন ব্ৰহ্ম আদিৰ নাম উল্লেখ কৰিব পাৰি। এই সকলোৱেই বিভিন্ন সময়ত ৰাষ্ট্ৰীয় দলৰ হৈ খেলাৰ গৌৰৱ অৰ্জন কৰিছে। শেহতীয়াকৈ অপূৰ্ণা নাৰ্জাৰীয়ে ঢাকাত ১১-১২ ডিচেম্বৰত হোৱা ১৯ বছৰৰ তলৰ 'ছাফ' ফুটবলত দেশক প্ৰতিনিধিত্ব কৰি উভতি আহিছে।



শ্ৰীজিতেন গগৈ

জ্যেষ্ঠ ক্ৰীড়া সাংবাদিক, গুৱাহাটী

শেহতীয়া ফুটবল বিশ্বকাপৰ অভিজ্ঞতা আৰু ক্ৰীড়া- অৰ্থনীতিকে ধৰি কেতবোৰ অনুভৱ

শ্ৰী ৰূপৰাজ শৰ্মা

অলপতে কাটাৰত অনুষ্ঠিত ফিফাৰ শেহতীয়া ফুটবল বিশ্বকাপত বিশ্ববাসীয়ে আকৌ এবাৰ দেখিলে ফুটবলৰ বিশেষকৈ আধুনিক ফুটবলৰ মহিমা। বিশ্বৰ শৰীৰত পংগু অংগ নোহোৱাকৈ আমিবোৰেও অভিজ্ঞতা লভিলোঁ কেতবোৰ বিৰল চাক্ষুষ দৃশ্যৰ। বিশেষকৈ তীব্ৰ প্ৰতিদ্বন্দ্বিতাৰ তীব্ৰ উত্তেজনাপূৰ্ণ এইবাৰৰ বিশ্বকাপৰ চূড়ান্ত খেলখনৰ স্মৃতি বোধহয় জীৱন কালত কোনেও পাহৰিব নোৱাৰিব। পোনতে পেনাল্টিৰ জৰিয়তে মেছিৰ গ'ল, তাৰ পাছত আকৌ মেছিৰেই পাছৰ সহায়ত ডি মাৰিয়াৰ সেই অনবদ্য দ্বিতীয়টো গ'ল। ইমানপৰে মোলান পৰি আছিল বাপে। পিচে দ্বিতীয়ৰ্থত চকুৰ পলক পেলাবলৈ নৌপাওঁতেই বাপেৰ ইটোৰ পাছত সিটোকৈ দুটাকৈ গ'ল। এখন যেন অবিশ্বাস্য, ৰোমাঞ্চখন নাটকহে। অতিৰিক্ত সময় অতিক্ৰমিও খেলৰ ফলাফল ৩-৩ ত অমীমাংসিত। অৱধাৰিতভাৱে আহি পৰিল ট্ৰাই-ব্ৰেকাৰ। অৱশেষত ট্ৰাই-ব্ৰেকাৰত আৰ্জেণ্টিনাৰ ৪-২ (৩-৩) ব্যৱধানত শ্বাসৰুদ্ধকৰ জয়। এয়েই হৈছে এই তীব্ৰ উত্তেজনাপূৰ্ণ নাটকখনৰ মূল সাৰাংশ। পিছে, সকলোৰে সন্মুখতে তীব্ৰ উত্তেজনাৰ আঁৰত ৰৈ গ'ল বিশ্বৰ সৰ্বশ্ৰেষ্ঠ দক্ষতা (স্কিল) ৰ অধিকাৰী এচাম অনবদ্য ফুটবল শিল্পীৰ এই মহাৰণৰ বাবে প্ৰাণান্তিক পৰিশ্ৰমৰ দিশটো। চূড়ান্ত খেলখনৰ দ্বিতীয়টো গ'ললৈ মনত পেলাব পাৰি। একেবাৰে মিডফিল্ডৰো কিছু আগৰপৰা ইটোৰ পাছত সিটোকৈ দ্ৰুত পাছেৰে গ'লৰ পটভূমি নিৰ্মাণ, তাৰ পাছত একেবাৰে শেষত ৰাইট উইংগাৰৰ নিজে শ্বট নলৈ লেফ্ট উইংগাৰলৈ অনবদ্য পাছ আৰু চকুৰ পলকতে সুযোগৰ পূৰ্ণ সদ্ব্যৱহাৰ কৰি লেফ্ট উইংগাৰৰ তড়িৎ গতিৰ 'পুচশ্বট' গ'ল। অনবদ্য, অভাৱনীয়, অবিশ্বাস্ৰণীয়। সেইখিনিতেই আহি পৰে

খেলুৱৈসকলৰ অভাৱনীয় মৰণাস্তিক প্ৰচেষ্টাৰে অৰ্জিত দক্ষতাৰ দিশটো। সেই চূড়ান্ত খেলখনৰ দ্বিতীয়টো গ'ললৈ মনত পেলালে দেখিব যে উল্লিখিত প্ৰত্যেকটো পাছৰ, কোনোটোতেই খেলুৱৈয়ে বলটো সম্পূৰ্ণকৈ নিজৰ ভৰিৰ দখলত ল'বলৈ সময় পোৱা নাছিল। ইটোৰ পাছত সিটোকৈ পাছেৰে গ'ল অভিমুখে বল আগুৱাই গৈছিল কেৱল মাত্ৰ খেলুৱৈসকলৰ সামান্য মাত্ৰ শৰীৰ স্পৰ্শেৰে। তদুপৰি যিটো বেগত বলটোক গ'ল অভিমুখে আগুৱাই নিয়া হৈছিল যে, প্ৰতিপক্ষই মোকাবিলা কৰাতো বাদেই, চিন্তা কৰাৰ কোনো সুযোগেই নাপালে। পাহৰি যোৱা উচিত নহ'ব যে, প্ৰতিপক্ষও আছিল বিশ্ব ফুটবলৰ অন্যতম শ্ৰেষ্ঠ দল ফ্ৰান্স আৰু ফৰাচী ফুটবল দলৰ অন্যতম সদস্য আছিল বৰ্তমান বিশ্ব ফুটবলৰ আন এগৰাকী অন্যতম বীৰ তাৰকা বাপে, অৰ্থাৎ, ক'বলৈ বিচৰা হৈছে বিশ্ব ফুটবলত গতি আৰু দ্ৰুততাৰ দিশটোৰ কথা। দ্ৰুততা আৰু গতিৰ সামান্য হেৰ-ফেৰ, হীন-ডেড়িতেই ঘটি যায় চূড়ান্ত অঘটন, জয়ী হয় বিজয়ী, সমানেই সামৰ্থ্য থাকিও পৰাভৰ মানি ল'বলৈ বাধ্য হয় ইটো পক্ষই।

এনে পৰিস্থিতিত ঘৰৰ চাৰিবেৰৰ মাজত আবদ্ধ থাকি নগৈ গড়গাঁৱৰ বাতৰি ল'বলৈ খাপ পিতি থকা আমাৰ দৰে চাওঁতাসকলে ভাবিবলৈ বাধ্য হওঁ - কাহানিবাকৈ আমাৰ এই মূলুকৰ কোনোবাই এনে বিশ্বস্তৰীয় প্ৰতিযোগিতাত নিজৰ



প্ৰতিভা প্ৰদৰ্শন কৰা দেখিবলৈ পামহক নে? মনলৈ আহে, কেলৈ মেৰী কম, শিৰ থাপা আৰু আনকি একেবাৰেই ঘৰুৱা লাভলীনা, হিমাইঁতক দেখোন দেখা পাওঁৱেই! বিষয়টো বিশ্ব ফুটবল যদিও, পাৰ্থক্য বোধকৰো বৰ বেছি নাই। অন্ততঃ মানব ক্ষেত্ৰত। কাৰণ বন্ধিত্তেই হওক বা ফুটবলেই হওক, আন্তঃৰাষ্ট্ৰীয় মানে আন্তঃৰাষ্ট্ৰীয়ই, ৰাষ্ট্ৰীয় মানে ৰাষ্ট্ৰীয়ই আৰু ৰাজ্যিক মানে ৰাজ্যিকই। নিশ্চিতভাৱে খেলৰ মান নিৰ্দ্ধাৰণৰ ক্ষেত্ৰত এনেবোৰ পৰ্যায় নিৰ্দ্ধাৰিত হৈ থাকে।

নিশ্চিতভাৱে পাৰ্থক্যটো নিৰ্দ্ধাৰিত হয় দক্ষতাৰ ক্ষেত্ৰত। দক্ষতা আকৌ অৰ্জিত হয় কঠোৰ অনুশীলন, অধ্যৱসায় আৰু উপযুক্ত দিক-নিৰ্দেশনা (Guidance) ৰ জৰিয়তে। এই সকলোবোৰৰ ওপৰত আহি পৰে আন্তঃগাঁথনিৰ দিশটো। আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ত প্ৰতিদ্বন্দ্বিতা কৰিবলৈ লাগিব সেই পৰ্যায়ৰ আন্তঃগাঁথনি। অন্যান্য পৰ্যায়বোৰৰ ক্ষেত্ৰতো কথা একেটাই। পিছে আন্তঃগাঁথনি যিমান উন্নত বা অনুন্নত হলেও নিশ্চয়কৈ মূল দিশটো হৈছে খেলুৱৈৰ একাগ্ৰতা, অধ্যৱসায় আৰু অনুশীলনহে। যাৰ বলতেই আন্তঃগাঁথনিৰ দিশত পিছপৰা আমাৰ দৰে দেশৰ খেলুৱৈয়েও আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ত সফলতা আজুৰি আনিবলৈ সক্ষম হয়। ভাৰতৰ নিৰজ চোপ্ৰা ইয়াৰ উৎকৃষ্ট উদাহৰণ। মেছি, বাপে বা ব'ণাল্ডোৰ ক্ষেত্ৰতো তেওঁলোকৰ কিঞ্চিৎ ঈশ্বৰ প্ৰদত্ত প্ৰতিভা থাকিলেও, নিজস্ব প্ৰচেষ্টা, একাগ্ৰতা আৰু অধ্যৱসায়ৰ দিশটো উলাই কৰিব নোৱাৰি। একোজন খেলুৱৈৰ একান্ত নিজাববীয়া অনুশীলনৰ ভিডিঅ'বোৰতেই তাৰ নিদৰ্শন দেখা পোৱা যায়। জিমত কেৱল শৰীৰটো ফিট কৰি ৰাখিবহে পাৰি। তাৰ ওপৰতো দৰকাৰ ফিল্ডৰ অনুশীলন, যিমান পাৰি উন্নত পৰ্যায়ৰ মেচত ভাগ লোৱা আদি। তদুপৰি ব্যক্তিগতভাৱে ক্ষমতা বা অভাৱনীয় দক্ষতা আহৰণৰ দিশটো সম্পূৰ্ণ নিজৰ। এইবোৰত মেছি, ব'ণাল্ডো, নেইমাৰ বা বাপেৰ দৰে তাৰকাৰ প্ৰফাইললৈ দৃষ্টি দিলে দেখা যায় যে, নিঃসন্দেহে তেওঁলোকৰ ঈশ্বৰপ্ৰদত্ত কিছু প্ৰতিভা আছে। তদুপৰি তেওঁলোকে জন্মগতভাৱে লাভ কৰিছে নিজৰ দেশৰ ফুটবলৰ স্বাভাৱিক ঐতিহ্য আৰু আন্তঃগাঁথনি। সেয়েহে, তেওঁলোক স্বাভাৱিকতে

আৰম্ভণিতেই আমাৰ খেলুৱৈ সকলতকৈ বহু দূৰ আগবাঢ়ি থাকে। তথাপিও তেওঁলোকৰ ব্যক্তিগত অনুশীলনৰ দিশটো বোধকৰো সেই ঐতিহ্য বা আন্তঃগাঁথনিৰ সমানেই গুৰুত্বপূৰ্ণ। কাৰণ নিজস্ব প্ৰচেষ্টা অবিহনে সেইটো স্তৰলৈ উত্তৰণ সম্ভৱপৰ নহয়। তদুপৰি তেওঁলোকে প্ৰতিদ্বন্দ্বিতাও কৰিবলগীয়া হয় সেই পৰ্যায়তে।

সেয়েহে, স্বাভাৱিকতে আমাৰ ভাৰতীয় ফুটবল খেলুৱৈৰ বাবে আদৰ্শ বা ৰোল মডেল হ'ব পাৰে খুব বেছি বাইচুং ভূটীয়া বা সুনীল ছেত্ৰীৰ দৰে তাৰকা খেলুৱৈসকল। পিছে, কেৱল ৰোল মডেলেৰেইতো নহ'ব, লগতে লাগিব বিশ্বস্তৰত প্ৰতিদ্বন্দ্বিতা কৰিব পৰাকৈ অনুশীলনৰ বাবে উপযুক্ত আন্তঃগাঁথনিও। এই বিষয়টো সম্পূৰ্ণৰূপে চৰকাৰী ব্যৱস্থা বা সংশ্লিষ্ট প্ৰতিষ্ঠানসমূহৰ ওপৰত নিৰ্ভৰ কৰে। এনেবোৰ ব্যৱস্থাৰ জৰিয়তেই একোগৰাকী প্ৰতিভাৱান খেলুৱৈয়ে exposure লাভ কৰাৰ সুযোগ পায়। এবাৰ limelight লৈ আহিলেই প্ৰতিভাৱান খেলুৱৈয়ে দুপইচা ঘটি অধিক আঙুৰাই যোৱাৰ সুযোগ পায়। কাৰণ, আমি ভাৰতীয়সকলৰ বেছিভাগেই যে অৰ্থনৈতিকভাৱে পিছপৰা, সেই কথাত কোনো দ্বিমত নহ'ব। সেয়েহে একেবাৰে সাধাৰণ স্তৰৰ খেলুৱৈয়েও উপযুক্ত আন্তঃগাঁথনি লাভ কৰিব লাগিব। অৱশ্যে শেহতীয়াকৈ ভাৰতত যথেষ্ট সংখ্যক লেখত ল'বলগীয়া ক্ৰীড়াবিদৰ সংখ্যাই এই দিশত উন্নতি হোৱাটোৱেই সূচায়। সেয়েহে, সামৰণিত আহি পৰে থলুৱাভাৱে খেলুৱৈসকলক সা-সুবিধা দিয়াৰ প্ৰসংগ। আমাৰ বৰদলৈ ট্ৰফীৰ দৰে একালৰ জনপ্ৰিয় প্ৰতিযোগিতাসমূহৰ পুনৰ্জীৱিতকৰণে স্থানীয় খেলুৱৈসকলক অধিক সুযোগ প্ৰদান কৰি অনুপ্ৰাণিত কৰিব পাৰে। বৰ্তমান স্পন্দৰশ্বিপৰ যুগত এনে প্ৰতিযোগিতাসমূহক অধিক গতিশীল কৰি তুলিব পাৰিলে কেৱল খেলুৱৈসকল উপকৃত হোৱাই নহয়, লগতে স্থানীয় ক্ৰীড়া অৰ্থনীতি গঢ় লৈ উঠি, আমাৰ থলুৱা খেলুৱৈসকলক আন্তঃৰাষ্ট্ৰীয় স্তৰলৈ আঙুৰাই যোৱাত ইন্ধন যোগাব। অধিক সাৰ্থক হ'ব তেওঁলোকৰ আন্তঃৰাষ্ট্ৰীয় ইভেণ্টত অংশগ্ৰহণৰ সপোন।



শ্ৰীকপৰাজ শৰ্মা

জ্যেষ্ঠ অনুবাদক তথা সাদিন আৰু প্ৰতিদিন কাকতৰ লগত লেখা-মেলাৰ সৈতে জড়িত

গ্ৰামাঞ্চলৰ ক্ৰীড়া প্ৰতিভা আৰু সীমান্ত চেতনা মঞ্চ

শ্ৰী কুমুদ তালুকদাৰ

অসমৰ প্ৰথমগৰাকী অৰ্জুন বঁটা বিজয়ী ভোগেশ্বৰ বৰুৱাৰ জন্ম হৈছিল শিৱসাগৰৰ গ্ৰামাঞ্চলত। এটি দুখীয়া কৃষক পৰিয়ালত জন্মগ্ৰহণ কৰা বৰুৱা শৈশৱৰ পৰাই ক্ৰীড়াৰ প্ৰতি আছিল বিশেষভাৱে অনুৰাগী। কিন্তু সেই সময়ত জিলাখনত নাছিল ক্ৰীড়াৰ কোনো ধৰণৰ আন্তৰ্গাঁথনি। নিজৰ প্ৰতিভাৰ বলতে তেওঁ এদিন এছিয়ান গেমছত স্বৰ্ণপদক অৰ্জন কৰি দেশবাসীক গৌৰৱান্বিত কৰিছিল। প্ৰথম অৱস্থাত ফুটবলৰ প্ৰতি অনুৰক্ত ভোগেশ্বৰ বৰুৱাই সেনা বাহিনীত যোগদান কৰাৰ পিছৰেপৰা দৌৰত মনোনিবেশ কৰে। তেঁৱেই হৈছে আন্তৰ্জাতিক প্ৰতিযোগিতাত স্বৰ্ণজয় কৰা প্ৰথমগৰাকী অসমীয়া ক্ৰীড়াবিদ। ৰাষ্ট্ৰীয় এথলেটিকছ প্ৰতিযোগিতাত ৮০০ মিটাৰ দৌৰত স্বৰ্ণপদকসহ ৰাষ্ট্ৰীয় অভিলেখ গঢ়াৰ পিছত তেওঁ ভাৰতীয় দলত স্থান লাভ কৰিবলৈ সক্ষম হয়। ১৯৬৬ চনত বেংকক এছিয়ান গেমছত বৰুৱাই ৮০০ মিটাৰ দৌৰত স্বৰ্ণপদক অৰ্জনেৰে দেশবাসীক গৌৰৱান্বিত কৰে। এইগৰাকী অসম সন্তানে ১ মিনিট ৪৯.৪ ছেকেণ্ডত ৮০০ মিটাৰ দৌৰ সম্পূৰ্ণ কৰি এছিয়ান গেমছত নতুন অভিলেখ স্থাপন কৰিছিল। ১৯৭০ চনত তেওঁ পুনৰ এছিয়ান গেমছত ভাৰতীয় দলক প্ৰতিনিধিত্ব কৰে। সেইবাৰ তেওঁ ৪০০ মিটাৰ ৰিলেত ভাৰতীয় দলক ৰূপৰ পদক উপহাৰ দিয়ে। এখন ভিতৰুৱা গাঁৱৰপৰা বিশ্ব ক্ৰীড়াংগণৰ মানচিত্ৰত অসমক উজলাই তোলা ভোগেশ্বৰ বৰুৱাই ১৯৬৬ চনত দেশৰ দ্বিতীয় সৰ্বোচ্চ ক্ৰীড়া সন্মান অৰ্জুন বঁটা লাভ কৰে। অসমৰ গ্ৰামাঞ্চলৰ চুকে-কোণে লুকাই থকা অসংখ্য ক্ৰীড়া প্ৰতিভাৰ এক উৎকৃষ্ট উদাহৰণ হৈছে অৰ্জুন ভোগেশ্বৰ বৰুৱা। বৰ্তমান সময়তো গ্ৰামাঞ্চলতে লুকাই আছে অজস্ৰ ক্ৰীড়া প্ৰতিভা। উপযুক্ত আন্তৰ্গাঁথনি তথা প্ৰশিক্ষক

আৰু সা-সুবিধাৰ অভাৱত এই প্ৰতিভাসমূহৰ অধিকাংশই কালৰ বুকুত হেৰাই গৈছে। এই প্ৰতিভাসমূহ উলিয়াই অনাৰ বাবে চৰকাৰ তথা সংশ্লিষ্ট কৰ্তৃপক্ষই উপযুক্ত ব্যৱস্থা গ্ৰহণ কৰিলে নিশ্চিতভাৱে সমগ্ৰ দেশৰ ভিতৰতে অসমে ক্ৰীড়াৰ ক্ষেত্ৰখনত শীৰ্ষস্থান দখল কৰিব পাৰিব।



এই পৰ্যন্ত ৭ গৰাকী অসমৰ ক্ৰীড়াবিদে অৰ্জুন বঁটাৰ দৰে সন্মান বুটলি আনিবলৈ সক্ষম হৈছে। তেওঁলোকৰ ব্যক্তিগত জীৱনৰ প্ৰতি লক্ষ্য ৰাখিলে দেখা যায় প্ৰায় আটাইকেইগৰাকী আহিছে গাঁও অঞ্চলৰ পৰা। ইয়াৰ ভিতৰত অন্যতম হ'ল হিমা দাস, লাভলীনা বৰগোহাঁই আৰু নয়নমণি শইকীয়া। নগাঁও জিলাৰ ধিঙৰ এটি ভিতৰুৱা অঞ্চলত জন্মগ্ৰহণ কৰা হিমা দাসে শৈশৱৰপৰা বোকা-পানী গছকি ডাঙৰ হৈছে। মাছ মৰা, খেতিপথাৰৰ কাম কৰা আদিৰ লগতে ল'ৰাবোৰৰ সৈতে ফুটবল খেলি সময় কটোৱা হিমা আজি এগৰাকী আন্তৰ্জাতিক পৰ্যায়ৰ দৌৰবিদ। বিশ্ব চেম্পিয়ন শ্বিপৰ ট্ৰেক ইভেণ্টত স্বৰ্ণ জয় কৰা তেঁৱেই হৈছে ভাৰতৰ প্ৰথম মহিলা এথলীট। ২০১৮ চনত ২০ বছৰ অনূৰ্ব্ব জুনিয়ৰ বিশ্ব চেম্পিয়নশ্বিপত হিমাই মহিলাৰ ৪০০ মিটাৰ দৌৰত স্বৰ্ণপদক জয় কৰে। ফিনলেণ্ডত অনুষ্ঠিত প্ৰতিযোগিতাখনত তেওঁ ৫১.৪৬ ছেকেণ্ডেৰে এই কৃতিত্ব অৰ্জন কৰিছিল। ২০১৮ চনত জাকাৰ্টাত অনুষ্ঠিত এছিয়ান গেমছতো হিমাই মহিলাৰ ৪০০ মিটাৰ ৰীলে আৰু ৪০০ মিটাৰ মিক্সড ৰীলেত স্বৰ্ণপদক জয় কৰি দেশ তথা অসমবাসীৰ শিৰ উন্নত কৰে। এটি অতি দুখীয়া পৰিয়ালৰপৰা অহা হিমাৰ প্ৰতিভাৰ

সন্মান কৰিব নোৱাৰিলে হয়তো এইগৰাকী সুদক্ষ ক্ৰীড়াবিদ লোকচক্ষুৰ আঁৰতে থাকি গ'লহেঁতেন। ৰাষ্ট্ৰীয় আৰু আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ত দেখুওৱা অভাৱনীয় সফলতাৰ বাবে হিমাঈ ২০১৮ চনৰ ২৫ চেপ্তেম্বৰত ৰাষ্ট্ৰপতি ৰামনাথ কোবিন্দৰ হাতৰ পৰা অৰ্জুন বঁটা গ্ৰহণ কৰে।

গ্রামাঞ্চলত যে প্ৰকৃততে ক্ৰীড়া প্ৰতিভাৰ অভাৱ নাই তাৰ আন এক প্ৰকৃষ্ট উদাহৰণ হৈছে বক্সাৰ লাভলীনা বৰগোহাঁই। গোলাঘাট জিলাৰ এটি ভিতৰুৱা অঞ্চলৰ পৰা অহা লাভলীনাই অলিম্পিকত পদক অৰ্জন কৰি ইতিহাস সৃষ্টি কৰিছে। বিশ্ব বক্সিং চেম্পিয়নশ্বিপকে ধৰি কেইবাখনো আন্তৰ্জাতিক আৰু অসংখ্য ৰাষ্ট্ৰীয় প্ৰতিযোগিতাত পদক অৰ্জন কৰা বক্সাৰ গৰাকী ২০২০ চনত সন্মানীয় অৰ্জুন বঁটাৰে বিভূষিত হয়। লাভলীনাৰ দৰে আকাশ চুব বিচৰা প্ৰতিভাসমূহ কেৱল গাঁও অঞ্চলতহে পোৱা যায়। অসমৰ সপ্তম গৰাকী অৰ্জুন বঁটা বিজয়ী নয়নমণি শইকীয়াও আহিছে গোলাঘাট জিলাৰ এখন গাঁৱৰপৰা। লন বলছত সুদীৰ্ঘ ডেৰটা দশক অতিবাহিত কৰা নয়নমণিয়ে বাৰ্মিংহামত অনুষ্ঠিত কমনৱেলথ গেমছত স্বৰ্ণ জয়েৰে ইতিহাস সৃষ্টি কৰে। কিয়নো ইয়াৰ পূৰ্বে ভাৰতে লন বলছত স্বৰ্ণ জয় কৰিবলৈ সক্ষম হোৱা নাছিল। এই কৃতিত্বৰ বাবেই তেওঁক যোৱা বছৰ অৰ্জুন বঁটা প্ৰদান কৰা হয়। এইসকল ক্ৰীড়াবিদৰ বিষয়ে এইবাবেই উল্লেখ কৰা হৈছে যে এই পৰ্যন্ত আন্তৰ্জাতিক পৰ্যায়ত সফলতা অৰ্জন কৰা ৯৯ শতাংশ ক্ৰীড়াবিদ আহিছে গাঁও অঞ্চলৰ পৰা। বিশেষকৈ বক্সিং, আৰ্চাৰী, ফুটবল, ভাৰোভোলন, সাঁতোৰ, মল্লযুঁজ, টাইকোৱাণ্ডো, কাৰাটে আদি শাৰীৰিক শক্তিৰ অধিক প্ৰয়োজন হোৱা গেম সমূহত গ্রামাঞ্চলৰ খেলুৱৈয়ে আধিপত্য বিস্তাৰ কৰিছে।

মন কৰিবলগীয়া যে ২০০৭ চনত গুৱাহাটীত অনুষ্ঠিত ৰাষ্ট্ৰীয় ক্ৰীড়াৰ সময়ত মহানগৰীৰ লগতে ইয়াৰ চৌপাশে কেইবাখনো আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ৰ ষ্টেডিয়াম নিৰ্মাণ কৰা হৈছিল। অতি কম দিনৰ ভিতৰতে অসম তথা গুৱাহাটীৰ ক্ৰীড়া আন্তঃগাঁথনিৰে এক বিশেষ পৰ্যায় লাভ কৰিছিল। কিন্তু এই সকলো ষ্টেডিয়াম কেৱল গুৱাহাটীকেন্দ্ৰিক হোৱাত গ্রামাঞ্চলৰ যুৱ প্ৰজন্ম বঞ্চিত হৈ আহিছে। শেহতীয়াভাৱে চৰকাৰে গাঁও অঞ্চলৰ ক্ৰীড়াৰ আন্তঃগাঁথনি উন্নীত কৰাৰ বাবে বিশেষ পদক্ষেপ গ্ৰহণ কৰিছে যদিও সেয়া পৰ্যাপ্ত নহয়। কাৰণ

আন্তৰ্জাতিক মানৰ খেলুৱৈ সৃষ্টিত আন্তঃগাঁথনিৰে বিশেষ ভূমিকা গ্ৰহণ কৰে। কেৱল আন্তঃগাঁথনিৰে নহয় ইয়াৰ বাবে প্ৰয়োজন সুদক্ষ প্ৰশিক্ষকৰো। গাঁও অঞ্চলৰ খেলুৱৈসকলৰ ক্ৰীড়া প্ৰতিভা বিকাশৰ বাবে ৰাষ্ট্ৰীয় আৰু আন্তঃৰাষ্ট্ৰীয় মানৰ প্ৰশিক্ষক নিযুক্তি দিব পাৰিলেহে প্ৰকৃত লক্ষ্যত উপনীত হ'ব পৰা যাব। কিন্তু অসমৰ অধিকাংশ ক্ৰীড়াতে আজিও প্ৰশিক্ষক নাই। ৰাজ্য চৰকাৰৰ ক্ৰীড়া বিভাগৰ ক্ৰীড়া নীতি অনুসৰি প্ৰতিবছৰে প্ৰশিক্ষক নিযুক্তিৰ ব্যৱস্থা কৰিব লাগে যদিও সেয়া বৰ্তমানেও সম্ভৱ হৈ উঠা নাই। ইয়াৰ এক অন্যতম উদাহৰণ হৈছে বক্সিং। কল্পনা চৌধুৰী, প্ৰণামিকা বৰা, শিৱ থাপা, ফাইলাও বসুমতাৰী, প্ৰতিভা কছাৰী, অংকুশিতা বৰা, যমুনা বড়োৰ পৰা লাভলীনা বৰগোহাঁইলৈ অসংখ্য বক্সাৰে আন্তৰ্জাতিক বক্সিঙত অসম তথা দেশক প্ৰতিনিধিত্ব কৰি গৌৰৱ কঢ়িয়াই আনিছে। অথচ অসমত বক্সিঙৰ স্থায়ী প্ৰশিক্ষক মাত্ৰ এজন। ফলত অধিকাংশ খেলুৱৈয়ে উপযুক্ত প্ৰশিক্ষণৰপৰা বঞ্চিত হৈ আহিছে। এই দিশটোৰ ওপৰত চৰকাৰৰ লগতে সংশ্লিষ্ট সকলো পক্ষই মনোনিবেশ কৰা উচিত। পৰ্যাপ্ত প্ৰশিক্ষক নিযুক্তি দি তেওঁলোকক গ্রামাঞ্চললৈ পঠিয়াব লাগে। তেতিয়াহে তেওঁলোকে প্ৰতিভাসমূহ বিচাৰি উলিয়াব পাৰিব। খেলুৱৈ সৃষ্টিৰ বাবে প্ৰয়োজনীয় ব্যৱস্থা গ্ৰহণ কৰিব লাগে অসম চৰকাৰৰ ক্ৰীড়া বিভাগে। এই বিভাগটোৱে নিজ প্ৰতিভাৰে আগবাঢ়ি অহা খেলুৱৈসকললৈ অপেক্ষা কৰি থকা দেখা যায়। মনকৰিবলগীয়া যে দেশৰ প্ৰধানমন্ত্ৰী নৰেন্দ্ৰ মোদীয়ে শাসনভাৰ লোৱাৰ সময়ৰে পৰা গ্রামাঞ্চলৰ উন্নয়নৰ বাবে গুৰুত্ব প্ৰদান কৰি আহিছে। তেওঁৰ মতে গাঁও অঞ্চলৰ উন্নতি হলেহে সামগ্ৰিকভাৱে ভাৰতৰ বিকাশ সম্ভৱপৰ হ'ব। প্ৰধানমন্ত্ৰীগৰাকীৰ দৃষ্টিৰ পৰা গ্রামাঞ্চলৰ ক্ৰীড়া ক্ষেত্ৰখনো বাদ পৰা নাই। অলপতে তেওঁ “মন কী বাত” অনুষ্ঠানত পৰম্পৰাগত পুৰণি খেল-ধেমালিসমূহক পুনৰুজ্জীৱিত কৰাৰ বাবে সকলোকে আহ্বান জনাইছে। এইবোৰ খেলৰ জৰিয়তে দেশৰ প্ৰতিগৰাকী নাগৰিক স্বাস্থ্যৱান হৈ থাকিব পাৰে বুলিও প্ৰধানমন্ত্ৰী মোদীয়ে মন্তব্য কৰিছে। উল্লেখ্য যে কেৱল পদক অৰ্জন অথবা প্ৰতিদ্বন্দ্বিতাত নামিবলৈহে খেলা-ধূলা কৰা প্ৰয়োজন, তেনে নহয়। এখন সুস্থ ভাৰত গঢ়িবৰ বাবেও খেলা-ধূলাৰ নিয়মীয়া অনুশীলনৰ প্ৰয়োজন। এনে অনুশীলনৰ মাজেদিয়ে জন্ম হয় একোগৰাকী বিশ্ববিজয়ী ক্ৰীড়াবিদৰ। কেন্দ্ৰীয় চৰকাৰে দেশৰ ক্ৰীড়াৰাজ্যত

উন্নয়নৰ বাবে অসংখ্য আঁচনি গ্ৰহণ কৰিছে। প্ৰধানমন্ত্ৰী নৰেন্দ্ৰ মোদীয়ে ২০১৯ চনৰ ২৯ আগষ্টত 'ফিট ইণ্ডিয়া ম'ভমেণ্ট' নামৰ এখন আঁচনি মুকলি কৰে। এই আঁচনিখনৰ উদ্দেশ্য হৈছে জনসাধাৰণক শাৰীৰিকভাৱে অধিক সক্ৰিয় কৰি জীৱন অতিবাহিত কৰাৰ বাবে উৎসাহ যোগোৱা। চাৰিবছৰীয়া এই আঁচনি খনত মানুহৰ শাৰীৰিক সক্ষমতাক অগ্ৰাধিকাৰ দিয়া হৈছে। ভাৰত চৰকাৰৰ ক্ৰীড়া আৰু যুৱ-কল্যাণ বিভাগৰ এক বৃহৎ আঁচনি হৈছে 'খেলো ইণ্ডিয়া'। ২০২০ চনত গুজৰাটত অনুষ্ঠিত 'খেলো মহাকুস্ত'ত দেশৰ বিভিন্ন ৰাজ্যৰ ক্ৰীড়াবিদে অংশগ্ৰহণ কৰিছিল। এই আঁচনিৰ জৰিয়তে অলিম্পিকৰ নিচিনা বৃহৎ প্ৰতিযোগিতাৰ বাবে ক্ৰীড়াবিদ আৰু প্ৰশিক্ষকসকলক সাজু কৰি তোলা হয়। ইয়াৰ উপৰি আছে 'টাৰ্গেট অলিম্পিক পডিয়াম স্কীম' চমুকৈ 'টপছ'। এই আঁচনিৰ জৰিয়তে অলিম্পিক আৰু পেৰাঅলিম্পিক গেমছৰ সম্ভাৱ্য প্ৰতিযোগীসকলক ভৱিষ্যতৰ বাবে প্ৰস্তুত কৰি তোলা হয়। ইয়াৰ অন্তৰ্ভুক্ত খেলুৱৈসকলে, এথলীট তথা ক্ৰীড়াবিদসকলে বিখ্যাত প্ৰশিক্ষকৰদ্বাৰা প্ৰশিক্ষণৰ সুযোগ লাভ কৰাৰ লগতে প্ৰয়োজনীয় সকলো সা-সুবিধা লাভ কৰে। এই আঁচনিতে জুনিয়ৰ পৰ্যায়ৰ খেলুৱৈকো সামৰি লয়। ১০ৰ পৰা ১২ বছৰীয়া খেলুৱৈসকলক ২০২৮ৰ অলিম্পিকৰ বাবে সাজু কৰি তোলাৰ উদ্দেশ্যে প্ৰশিক্ষণ দিয়া হয় এই আঁচনিত। আন্তৰ্জাতিক পৰ্যায়ৰ খেলুৱৈসকলৰ লগতে প্ৰশিক্ষকসকলক সহায় কৰিবলৈ কেন্দ্ৰীয় চৰকাৰে 'নেচনেল স্পৰ্টছ ডেভেলপমেণ্ট ফাণ্ড' (এন এছ, ডি এফ)ৰ ব্যৱস্থা কৰিছে। ইয়াৰ উপৰি আছে ছাই স্কীম, মিছন অলিম্পিক ২০২৪, নেচনেল স্পৰ্টছ এৱাৰ্ডছ আঁচনি, শাৰীৰিকভাৱে বাধাগ্ৰস্তৰ বাবে 'স্কীম ফ'ৰ স্পৰ্টছ এণ্ড গেমছ ফৰ পিপল উইথ ডিছেবিলিটিছ, পৰ্টেল ফৰ স্পৰ্টছ টেলেণ্ট ছাৰ্চ, ৰাজীৱ গান্ধী খেল অভিযান, নেচনেল চেণ্টাৰ অৱ স্পৰ্টছ চাইন্স এণ্ড ৰিছাৰ্চ (এন চি এছ এছ আৰ) আদি বিভিন্ন আঁচনি।

কিন্তু এই আঁচনিসমূহে স্পৰ্শ কৰিব পৰাকৈ গ্ৰামাঞ্চলৰ খেলুৱৈসকলক বিচাৰি উলিয়াবই লাগিব। এনে আঁচনিসমূহ সাফল্যমণ্ডিত কৰিবলৈ হ'লে চৰকাৰী, বেচৰকাৰী সংগঠন আৰু অন্য ক্ৰীড়া সংস্থাসমূহ আগবাঢ়ি আহিব লাগিব। এইক্ষেত্ৰত সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰে আদৰ্শনীয় পদক্ষেপ গ্ৰহণ কৰি আহিছে। এই সংগঠনটোৰ অসম ৰাজ্যিক সমিতিয়ে আন্তঃৰাষ্ট্ৰীয় সীমাৰেখাৰ ২০ কিলোমিটাৰৰ ভিতৰৰ খেলুৱৈসকলৰ উন্নয়নৰ বাবে বিশেষ পদক্ষেপ হাতত লৈছে। উল্লেখ্য যে সীমামূৰীয়া অঞ্চলসমূহৰ যুৱক-যুৱতীসকলক চৰকাৰৰ ক্ৰীড়া আঁচনিসমূহে স্পৰ্শ কৰিব নোৱাৰে। এই অঞ্চলবোৰত ক্ৰীড়াৰ ন্যূনতম আন্তঃগাঁথনিখিনিৰো অভাৱ। অথচ এইবোৰ অঞ্চলতে আছে অজস্ৰ ক্ৰীড়া প্ৰতিভা। এই প্ৰতিভাসমূহ বিচাৰি উলিওৱাৰ বাবে নাই কোনো বাস্তৱসম্মত পদক্ষেপ। অথচ কঠোৰ পৰিশ্ৰমী এই অঞ্চলবোৰৰ যুৱক-যুৱতীসকল তথা কিশোৰ-কিশোৰীসকল শাৰীৰিকভাৱে ক্ৰীড়াৰ বাবে অতিশয় উপযোগী। এইসকলৰ মাজৰ পৰা ক্ৰীড়া প্ৰতিভাসমূহ উলিয়াই আনি খেলুৱৈ ৰূপে প্ৰতিষ্ঠা কৰাৰ বাবে সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰে প্ৰশংসনীয় পদক্ষেপ গ্ৰহণ কৰি আহিছে। কিছুদিন পূৰ্বে সংগঠনটোৱে ৰাজ্যৰ ৯খন জিলাৰ আন্তঃৰাষ্ট্ৰীয় সীমাৰেখাৰ পৰা ২০ কিলোমিটাৰৰ ভিতৰৰ খেলুৱৈ সকলৰ মাজত জিলা পৰ্যায়ৰ প্ৰতিযোগিতা অনুষ্ঠিত কৰে। প্ৰতিযোগিতাখনত ৮০০০ খেলুৱৈয়ে অংশগ্ৰহণ কৰিছিল। এই প্ৰতিযোগিতাৰ পৰা নিৰ্বাচিত খেলুৱৈসকলক লৈ সৰসজাইত ৰাজ্যিক পৰ্যায়ৰ সীমান্ত ক্ৰীড়া মহোৎসৱ ২০২৩ ৰ আয়োজন কৰিছে। সীমান্তৱৰ্তী অঞ্চলৰ জনসাধাৰণৰ শৈক্ষিক, সামাজিক, সাংস্কৃতিক, অৰ্থনৈতিক আদি সকলো প্ৰকাৰৰ বিকাশৰ বাবে কাম কৰি অহা সীমান্ত চেতনা মঞ্চৰ আৰ্হিত কাম কৰিবলৈ অন্য দল সংগঠনসমূহো আগবাঢ়ি আহিলেহে এখন পূৰ্ণাংগ ভাৰতৰ সপোন বাস্তৱায়িত হ'ব।



শ্ৰীকুমুদ তালুকদাৰ

জ্যেষ্ঠ ক্ৰীড়া সাংবাদিক, নিয়মীয়া বাৰ্তা

খেল-ধেমালি আৰু ইয়াৰ প্ৰয়োজনীয়তা

শ্ৰীঅঞ্জন গোস্বামী

খেল-ধেমালি বৰ্তমান আমাৰ জীৱন শৈলীৰ এক গুৰুত্বপূৰ্ণ অংগ হৈ পৰিছে। কেৱল পঢ়াশুনাই নহয়, এতিয়া ক্ৰীড়াও 'কেৰিয়াৰ' গঢ়াৰ মাধ্যম হৈ পৰিছে। বয়স বাঢ়ি অহাৰ লগে লগে শিশুৰ জন্মগত প্ৰতিভাৰো বিকাশ ঘটাবলৈ ধৰে। খেলৰ প্ৰতি আগ্ৰহী শিশু এটিক সেই দিশত আগুৱাই যাব পৰাকৈ উৎসাহ যোগাই প্ৰয়োজনীয় পদক্ষেপ গ্ৰহণ কৰা উচিত। এইক্ষেত্ৰত নিজৰ সন্তানৰ অভিব্যক্তিৰ প্ৰতি লক্ষ্য ৰাখি অভিভাৱকসকলে প্ৰয়োজনীয় সহযোগিতা আগবঢ়াই যাব পাৰে। পঢ়া-শুনাৰ লগতে খেলৰ জৰিয়তেও নিজক প্ৰতিষ্ঠা কৰি দেশৰ নাম উজ্জ্বল কৰাৰ নিদৰ্শন বহু আছে।

এজন মানুহক শাৰীৰিক, মানসিক আৰু আধ্যাত্মিক দিশত সুস্থ, সবল আৰু সক্ষম কৰি তোলাৰ ক্ষেত্ৰত খেলৰ যথেষ্ট ভূমিকা আছে। খেলা-ধূলীই সকলো সময়তে মনটো সতেজ আৰু সক্ৰিয় কৰি ৰাখে। খোৱা-বোৱা, পঢ়া-শুনা আদি নিত্য কাৰ্যবোৰত ইয়াৰ প্ৰভাৱ পৰিলক্ষিত হয়। আজিৰ যান্ত্ৰিক যুগত সকলো অভিভাৱক, ল'ৰা-ছোৱালী কেৰিয়াৰ গঢ়াৰ প্ৰতিযোগিতাত নামি পৰে। ফলস্বৰূপে শিশুসকলে খেল-ধেমালি কৰাৰ আহৰি নাথাকে। চুবুৰীয়া ল'ৰা-ছোৱালীৰ লগত মিলি-জুলি খেলাৰ সময় নাই। মনৰ ভাব আদান-প্ৰদান কৰাৰ

সময় নাই। কেৱল যান্ত্ৰিকতা। যাৰ ফলত বৰ্তমান শিশুবোৰ অকলশৰীয়া আৰু শাৰীৰিক, মানসিক তথা আধ্যাত্মিক দিশত একেবাৰে দুৰ্বল হৈ পৰিছে। খেলা-ধূলাৰ বাবে প্ৰয়োজন হোৱা চোতালখনো এতিয়া সংকুচিত হৈ পৰিছে। ইয়াৰ পৰিণতি খুবোই ভয়ংকৰ হৈ পৰিছে। মোবাইল, টি ভিক লৈ ব্যস্ত হৈ পৰা শিশুবোৰ শাৰীৰিক আৰু মানসিকভাৱে অতি দুৰ্বল হৈ পৰাৰ লগতে সিহঁতৰ কথা-বতৰা, চাল-চলন আদিতো প্ৰভাৱ পৰিছে। আত্মিক সম্পৰ্কবোৰ হেৰুৱাই পেলাইছে। ইয়াৰ ফলত শিশুটোৰ সকলো দিশৰে বিকাশ বাধাগ্ৰস্ত হৈছে। সেয়ে অভিভাৱকসকলে নিজৰ শিশুটিক মুকলিমূৰীয়াকৈ খেল-ধেমালি কৰিবলৈ সুযোগ দি শৈশৱৰ ৰং-ধেমালিবোৰ উপভোগ কৰিবলৈ দিয়া উচিত। তেতিয়াহে শিশুটোৰ সকলো দিশতে বিকাশ সম্ভৱ হ'ব। কোনে জানে, আপোনাৰ সন্তানেও যে এদিন আমাৰ অসমৰ গৌৰৱ হিমা দাস তথা লাভলিনা বৰগোহাঁইৰ দৰে খেলুৱৈ হৈ নিজৰ লগতে দেশৰ নাম উজলাই নুতুলিব! সপোন আমি সকলোৱে দেখিব লাগে, কিয়নো সপোন দেখা ভাল। সেয়ে খেলৰদ্বাৰাও এটা শিশুৰ শাৰীৰিক, মানসিক দিশত বিকাশ ঘটাব বাবে চকু দিয়াটো আমাৰ কৰ্তব্য তথা প্ৰয়োজন।



শ্ৰীঅঞ্জন গোস্বামী

উপ-সভাপতি, সীমান্ত ক্ৰীড়া মহোৎসৱ'২৩

সীমান্ত বহুমুখী প্ৰকল্পৰ সাধাৰণ সম্পাদক

REPORT ON SEEMANTA KREEDA MAHOTSAV 2022

Sri Sujal Bordoloi

INTRODUCTION

Seemanta Kreeda Mahotsav 2022 is the first ever sporting event that was conducted with sporting talents residing within 15 KM of Zero Line or the international borders of Assam.

Teams from 9 border districts of Assam participated in this 1st Seemanta International Sports Meet in events like 100/200/800/1500 meter race, 4x100 meter relay race, High Jump, Long Jump, Shot put, Javelin Throw, Discuss Throw, volleyball and Kabaddi.

OBJECTIVE

The primary objective of the event was-

- a. To provide a sporting platform to hidden and raw sporting talents residing in international border areas of Assam i.e. within 15 KM of the zero line
- b. instilling unity and integrity along with resilience, leadership, accountability, respect and competitiveness amongst the people from the international border areas of the North eastern Region of the country, starting with Assam.
- c. Provide exposure to the sports persons from international border area to modern sports infrastructure and events.
- d. Providing learning opportunities, skill and personality developments to sports persons from international border area.

LIST OF EVENTS, EVENT DATES AND PARTICIPATING DISTRICTS

Name of Sporting Events

Following sporting events were held under Seemanta Kreeda Mahotsav 2022:

- 100 meter race- Girls and Boys
- 200 meter race- Girls and Boys
- 800 meter race- Girls only

- 1500 meter race- Boys only
- 4x100 meter relay race- Girls and Boys
- High Jump- Girls and Boys
- Long Jump- Girls and Boys
- Shot put- Girls and Boys
- Javelin Throw- Girls and Boys
- Discuss Throw- Girls and Boys
- Kabaddi- Girls only
- Volley Ball- Boys only

Event Dates:

Initially the Kreeda Mahtosav dates were scheduled on 25th, 26th and 27th March keeping in mind the upcoming rainy season and Bohag Bihu festival of Assam.

However, considering the HSLC and HS examinations in Assam, the event dates were revised to 4th, 5th and 6th April 2022.

Participating Districts:

In the first edition of Seemanta Kreeda Mahotsav 2022, following international border districts of Assam participated-

1. Dhuburi
2. South Salmara Mankachar
3. Chirang
4. Udalguri
5. Tamulpur
6. Baksa
7. Kokrajhar
8. Cachar
9. Karimganj

PARTICIPANTS OF SEEMANTA KREEDA MAHOTSAV'22

A total of 346 players participated in First Edition of Seemanta Kreeda Mahotsav'22.

These players were selected through district level qualifying games where thousands of players participated.

Following are the break up-

DHUBRI

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	20	17	37
MANAGER	1	1	2
VEH. INCHARGE	2	0	2
COACH	2	0	2
VOLANTIERS	2	0	2
OTHERS	3	1	4
SUB-TOTAL	30	19	49

MANKACHAR

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	19	7	26
MANAGER	1	1	2
VEH. INCHARGE	2	0	2
COACH	1	0	1
VOLANTIERS	2	0	2
OTHERS	4	0	4
SUB-TOTAL	29	8	37

CACHAR

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	20	15	35
MANAGER	1	1	2
VEH. INCHARGE	1	0	1
COACH	1	1	2
VOLANTIERS	2	0	2
OTHERS	0	0	0
SUB-TOTAL	25	17	42

KARIMGANJ

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	16	21	37
MANAGER	1	1	2
VEH. INCHARGE	1	0	1
COACH	1	1	2
VOLANTIERS	1	0	1
OTHERS	4	2	6
SUB-TOTAL	24	25	49

UDALGURI

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	20	23	43
MANAGER	1	1	2
VEH. INCHARGE	2	0	2
COACH	1	1	2
VOLANTIERS	2	0	2
OTHERS	1	0	1
SUB-TOTAL	27	25	52

TAMULPUR

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	25	18	43
MANAGER	1	0	1
VEH. INCHARGE	0	0	0
COACH	1	1	2
VOLANTIERS	2	0	2
OTHERS	1	0	1
SUB-TOTAL	30	19	49

BAKSA

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	28	23	51
MANAGER	1	1	2
VEH. INCHARGE	2	0	2
COACH	1	1	2
VOLANTIERS	2	0	2
OTHERS	1	1	2
SUB-TOTAL	35	26	61

CHIRANG

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	25	21	46
MANAGER	1	1	2
VEH. INCHARGE	1	0	1
COACH	1	0	1
VOLANTIERS	2	0	2
OTHERS	2	5	7
SUB-TOTAL	32	27	59

KOKRAJHAR

DETAILS	MALE	FEMALE	TOTAL
PLAYERS	21	7	28

MANAGER	1	1	2
VEH. INCHARGE	1	0	1
COACH	1	0	1
VOLANTIERS	2	0	2
OTHERS	0	1	1
SUB-TOTAL	26	9	35

Samyojak, Seema Jagaran Mancha was the chief guest.

Sri Nripen Barman, Assam Pranta Pracharak, RSS and Hon'ble CEM of BTR Sri Pramod Boro also graced the occasion as distinguished guests. Present on the dais was Project Co-ordinator, Hans Cultural foundation New Delhi Sri Dinesh Rawat.

PUBLICITY

Wide publicity was given in each participating districts regarding Seemanta Kreeda Mahotsav by the concerned district reception committees in co-operation with district administration.

A press meet was organised on 27.03.2022 in Sorousajai Stadium regarding Seematna Kreeda Mahotsav'22. The games were covered by all leading channels and news papers of Assam.

ASSOCIATES AND SPONSORS

- a. Department of Sports and Youth welfare, Assam
- b. Hans Foundation, New Delhi
- c. Lakshmibai National Institute of Physical Education, Jorabat, Guwahati
- d. Guwahati Municipality Corporation
- e. AMTRON
- f. Office of the Deputy Commissioner, Kamrup

THE EVENT- SEEMANTA KREEDA MAHOTSAV'22

Inauguration

Seemanta Kreeda Mohatsav'22 was inaugurated in Sorousajai Stadium at 4.30 PM on 4.04.2022.

The event started with a colourful march past by the players participating in the games.

The game was declared open on behalf of Hon'ble Chief Minister of Assam by then political secretary to the chief minister Sri Jayanta Malla Baruah in the presence of Sri Ulhas ji Kulkarni, Khetra pracharak of RSS as the chief guest. Then Hon'ble sports minister of Assam Sri Bimal Borah also graced the occasion as distinguished guest. Present on the dais was general secretary of Assam Olympic Association Sri Lakhya Konwar along with sector head of Hans Cultural foundation New Delhi Sri Vikas Verma.

CLOSING CEREMONY

The samapan Samaroh of Seemanta Kreeda Mahotsav'22 started off with a colourful march past by the players participating in the games. The souvenir of Seemanta Kreeda Mahotsav'22 were inaugurated in the event by dignitaries present in the dias followed by distribution of medals to the winners.

Sri Sanjoy Kishan, Hon'ble Cabinet Minister, Government of Assam declared the game as closed. Aadoriniyo Sri A Gopalkrishnan ji, Akhil Bharatiya



- (M)
- g. Assam State Transport Corporation
- h. Fire Brigade
- i. Public Health Engineering Department
- j. Assam Police
- k. Assam Mineral Development Corporation
- l. Common Fitment Center of Speed Governors, Assam
- m. NRDS group of Institutions
- n. Oil India Limited



Sri Sujal Bordoloi

General Secretary, Reception Committee
Seemanta Kreeda Mahotsav'22



Editorial Board - Seemanta Kreedas'23



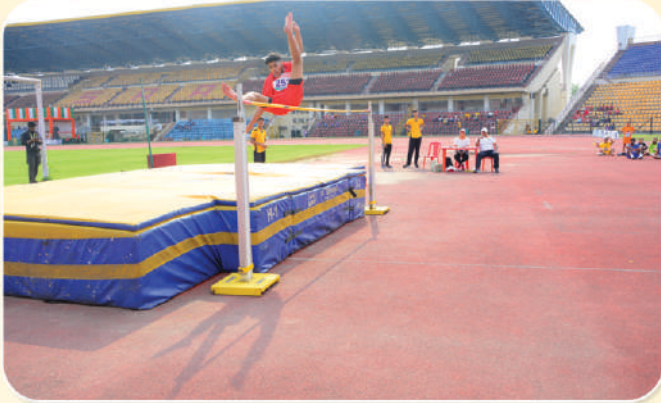
Reception Committee - Seemanta Kreedas Mahotsav'23

Grand Opening Ceremony of Seemanta Kreedha Mahotsav'22

Sarusajai Stadium, Guwahati, 4th April-2022



Players in Action Seemanta Kreed Mahotsav'22



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Sarusajai Stadium, Guwahati, 6th April-2022



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- HANDLE RECTIFIER
- WELLS
- PUMP HEAD
- BRASS CORNER
- HEX BOLT
- GRONMET
- FLANGE

Labels in the diagram include: HANDLE, PUMP HEAD, BRASS CORNER, HEX BOLT, GRONMET, FLANGE, FOOT VALVE BODY, FOOT VALVE, GUIDE BUSH, BOLT, HOOD, O-RING, GUIDE, ROOT VALVE, HANDLE RECTIFIER, TOP GUIDE BUSH, HANDLE CORNER, WELLS, FOOT VALVE ASSEMBLY, HANDLE, PUMP HEAD, BRASS CORNER, HEX BOLT, GRONMET, FLANGE.

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- Authorized Training Provider of Pradhan Mantri Kaushal Vikas Yojana (PMKVY).
- Authorized Training Provider of Deendayal Antyodaya Yojana-National Urban Livelihood Mission (DAY-NULM).

- Authorized Training Provider of Assam Building & Other Construction Workers Welfare Board (ABOCWWB).
- Registered as Vocational Training Provider for Modular Employable Skill (MES).
- Authorized Training Partner of National Digital Literacy Mission (NDLM).
- Authorized Training Partner of Pradhan Mantri Gramin Digital Saksharta Abhiyan (PMGDISHA).
- Registered Training Partner of Electronics Sector Skill Council of India (ESSCI).

OUR ACHIEVEMENTS

- NRDS has received Best Vocational Training Institute in Assam at National Business Leadership & Service Excellence Awards in 2017 at New Delhi.
- Excellence in Rural Skill Development in Assam at Global Education Summit Awards in 2017 at New Delhi.
- NRDS also achieved the Dakshata Awards (Govt. of Assam) from our Hon'ble Chief Minister Mr. Sarbananda Sonowal in 2018.
- In 2020, it was a proud moment for NRDS when Pubali Deka from NRDS Junior College, Dipila secured 1st position in Higher Secondary Examination in Assam.
- NRDS Management Pvt. Ltd was awarded 3rd Best Training Partner in placements and 5th Best Training Partner over all by Assam Skill Development Mission (Govt. of India). The award was given by Hon'ble Skill Minister of Assam, Mr. Chandra Mohan Patowary in February 2021.
- NRDS received Educational Leadership Award from Actor Shakti Kapoor in 2021 for Leading Educational Institute for the Development of Rural Areas.
- In 2022, it was a proud moment for NRDS when Miss. Dikshita Saharia from NRDS Junior College, Dipila secured 8th position in Higher Secondary Final Examination in Assam.

OUR SOCIAL ACTIVITIES

- We, NRDS had donated Rs. 50,000/- (Fifty Thousand only) as a Covid Relief Fund to Assam Government.
- We, NRDS Had donated Rs. 1,00,000/- (One Lakh only) to the Chief Minister Relief Fund (Assam) during Covid Pandemic situation and handing over the donation amount to Honorable Chief Minister of Assam, Mr. Himanta Biswa Sarma sir.
- We, NRDS had distributed food in various locations of Assam during the time of Covid Pandemic Situation.
- We provide free education to merit students and the students who belongs to BPL category.
- We, NRDS had donated Rs. 1,00,000/- (Rupees One Lakh Only) to the Chief Minister's Relief Fund for the flood affected people of Assam and handing over the donation amount to Honorable Chief Minister of Assam, Mr. Himanta Biswa Sarma sir.
- We, NRDS had donated Rs. 1,00,000/- (Rupees One Lakh Only) to the Chief Care Fund for the flood affected people of BTR (Bodoland Territorial Region) and handing over the donation amount to Honorable Chief Executive Member of Bodoland Territorial Council, Mr. Pramod Boro sir.

JOIN NRDS FOR YOUR BRIGHT FUTURE

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अमृत महोत्सव



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ৰাজ্যিক পৰ্যায়ৰ পৰামৰ্শদাতা সমিতি
ছাত্ৰ আৰু যুৱ কল্যাণ, অসম চৰকাৰ

অসমৰ মাননীয় মুখ্যমন্ত্রী
ড° হিমন্ত বিশ্ব শৰ্মা দেৱৰ সফল তথা
সাহসী নেতৃত্বত অসমৰ অপ্রতিৰোধ্য উন্নয়ণৰ
নতুন দিগন্তৰ পথ ত্বৰান্বিত কৰিছে



সীমান্ত ক্ৰীড়া মহোৎসৱ'২৩
সফলতাৰ কামনাৰে

ৰাজ্যিক পৰ্যায়ৰ পৰামৰ্শদাতা সমিতি
ছাত্ৰ আৰু যুৱ কল্যাণ,
অসম চৰকাৰ

