

SURAKSHA

SWAVALAMBAN

EKATA

SEEMANTA **KREEDA'25**

সীমান্ত
ক্রীড়া'২৫



A Souvenir Published on the ocassion of
SEEMANTA KREEDA MAHOTSAV'25

Organised By
SEEMANTA CHETANA MANCHA PURVOTTAR
Assam Pradesh

"The Border of the country is like Mother's attire, its protection is the primary duty of every child" Pitamah Bhisma



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সীমান্ত ক্রীড়া'২৫

SEEMANTA KREEDA' 25



SOUVENIR

Published on 11-04-2025 on the occasion of
SEEMANTA KREEDA MAHOTSAV'25

Organised by

Seemanta Chetana Mancha Purvottar
Assam Pradesh

Date : 9th, 10th & 11st April, 2025

Sarusajai Stadium, Guwahati

To,
Sri/Smt : _____

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RAJ BHAVAN
GUWAHATI

Shri Lakshman Prasad Acharya



MESSAGE

It gives me immense happiness to learn that Seemanta Chetana Mancha Purvottar, Assam State Committee, is organizing the Seemanta Kreedha Mahotsav 2025. This state-level event, scheduled during 9th to 11th April, 2025, at Sarusajai Stadium in Guwahati, embodies the spirit of sports, unity, and the significance of border areas. Synchronizing with the event a souvenir named *Seemanta Kreedha 25* is also being published.

Seemanta Chetana Mancha Purvottar's efforts to promote sports and unity among border communities is truly commendable. By providing a platform for young athletes to showcase their talents, the organization is contributing to their empowerment and the region's overall development. It is heartening to learn that this three-day celebration brings together athletes from different places, fostering a sense of camaraderie and healthy competition.

I wish the participants, organizers, and all involved a successful and enjoyable event. May the Seemanta Kreedha Mahotsav 2025 inspire a new generation of athletes and promote the values of teamwork, discipline, and sportsmanship.

Dated: April 08, 2025


(Lakshman Prasad Acharya)

ড° হিমন্তু বিশ্ব শৰ্মা
Dr. Himanta Biswa Sarma



মুখ্যমন্ত্রী, অসম
Chief Minister, Assam



CMS.7/2023/ 2679
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15 March, 2025

MESSAGE

I am pleased to extend my heartfelt greetings to Seemanta Chetana Mancha Purvottar on the occasion of the State Level Seemanta Kreed Mahotsav, scheduled to be held from 9th to 11th April 2025. This initiative, dedicated to celebrating the indomitable spirit of sportsmanship and the pivotal role of our border communities, is truly commendable.

Since its inception in 2008, Seemanta Chetana Mancha Purvottar has remained steadfast in its commitment to fostering socio-economic progress in the frontier regions of India. Through its tireless endeavours, the organisation has not only addressed the multifaceted challenges faced by those residing in border areas but has also provided meaningful avenues for empowerment, particularly through the medium of sports. The Seemanta Kreed Mahotsav stands as a testament to the transformative power of athletics in shaping young minds and nurturing latent talent.

The Mahotsav, organised in collaboration with the Government of Assam and the BTR Government, promises to serve as a dynamic platform for aspiring athletes from the border districts. Sports, in its essence, transcends mere competition - it fosters camaraderie, resilience and a shared sense of purpose. This year's theme, 'Frontier Games - Nation Safe', beautifully encapsulates the ethos of the initiative, underscoring the intrinsic link between physical vigour, discipline and national integrity.

I extend my best wishes to Seemanta Chetana Mancha Purvottar, the organisers, athletes and all stakeholders contributing to the success of this event. May this noble endeavour continue to illuminate pathways of opportunity and inspire future generations.

(Dr. Himanta Biswa Sarma)

Dr. P. T. USHA
MEMBER OF PARLIAMENT
RAJYA SABHA (Nominated)



President Indian Olympic Association
Rajya Sabha Vice Chairman in Panel

Member
Standing Committee Ministry of Defence
Consultative Committee Ministry of Youth Affairs & Sports
Governing Body - Sports Authority of India
Ethics Committee - Rajya Sabha
Court of the University of Hyderabad

MESSAGE

Dated, the 28th of March, 2024

I am delighted to extend my warmest greetings to everyone associated with the State Level Seemanta Kreed Mahotsav to be organized by Seemanta Chetana Mancha Purvottar from 30th March to 1st April, 2024 in collaboration with the Government of Assam.

It is of great significance that this august body is focusing upon social and cultural activities and is bringing the patriotism and national integrity among the people of the mainland and the border areas in particular.

I am sure that the Seemanta Kreed Mahotsav will develop the feeling of belongingness among the players from remote border villages and will provide them an opportunity to hone their sporting skills. It will also prove to be a good platform to identify the raw talent from these games organized by Seemanta Chetna Manch Purvottar.

It is also a welcome effort on the part of the organizers that they are going to publish a souvenir named "Seemanta Kreed 24" focusing on the theme Kreed, Swasthya and Suraksha to commemorate the occasion.

I wish that the souvenir will be published in a benefitting manner. I convey my warmest wishes for the successful completion of the event.

Dr . P.T. Usha
Member of Parliament Rajya Sabha
President Indian Olympic Association

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सर्बानंद सोणोवाल
SARBANANDA SONOWAL



पत्तन, पोत परिवहन और जलमार्ग मंत्री
भारत सरकार
Minister of Ports, Shipping and Waterways
Government of India

MESSAGE

উত্তৰ-পূব ভাৰতৰ আন্তঃৰাষ্ট্ৰীয় সীমান্তবৰ্তী অঞ্চলসমূহৰ সুৰক্ষা তথা উন্নয়নৰ হেতু সীমান্ত চেতনা মঞ্চ পূৰ্বোক্তৰে প্ৰতিষ্ঠাকালৰেপৰা নিষ্ঠাসহকাৰে দায়িত্ব পালন কৰি আহিছে। ৰাষ্ট্ৰীয় সুৰক্ষাৰ দৃষ্টিভংগীৰে চাবলৈ গ'লে এইক্ষেত্ৰত আপোনাৰ একাগ্ৰতা আৰু দায়বদ্ধতা সৰ্বজনবিদিত আৰু ইয়াৰ বাবে আপোনালোকৰ এই কৰ্মৰাজি নিশ্চয়কৈ প্ৰশংসাৰ পাত্ৰ। মই জানিবলৈ পাই সুখী হৈছো যে অসম তথা বিটিআৰ চৰকাৰৰ উদ্যোগত অহা ৯ এপ্ৰিলৰ পৰা ১১ এপ্ৰিল তাৰিখলৈকে সৰুসজাই ষ্টেডিয়াম, গুৱাহাটীত ৰাজ্যিক স্তৰত সীমান্ত ক্ৰীড়া মহোৎসৱৰ আয়োজন কৰা হৈছে। নৱপ্ৰজন্মৰ দৈহিক, মানসিক উত্তৰণ তথা আন্তৰাষ্ট্ৰীয় সীমান্তবৰ্তী অঞ্চলৰ নতুন প্ৰতিভাক সুযোগ দিয়াৰ ক্ষেত্ৰত এই আয়োজন এক মাইলৰ খুটি হৈ ৰ'ব বুলি মোৰ দৃঢ়বিশ্বাস। এই চেগতে মই এই মহান উদ্দেশ্যৰ লগত জড়িত প্ৰতিগৰাকী কাৰ্য্যকৰ্তাৰ প্ৰতি মোৰ আন্তৰিক অভিনন্দন জ্ঞাপন কৰিছোঁ। এই অনুষ্ঠানৰ লগত সংগতি ৰাখি আপোনাসৰে "Frontier Games-Nation's safe" বিষয়বস্তুৰ ওপৰত ভিত্তি কৰি "সীমান্ত ক্ৰীড়া-২০২৫" শীৰ্ষক এখনি স্মৃতিগ্ৰন্থ প্ৰকাশ কৰিবলৈ লোৱাটো অতি প্ৰশংসনীয় বিষয়। পূৰ্বৰ ধাৰাবাহিকতা অটুট ৰাখি এইবাৰো আপোনালোকে এখন সৰ্বাংগসুন্দৰ স্মৰণিকা প্ৰকাশ কৰি উলিয়াব বুলি আশা ৰাখিছোঁ। সদৌশেষত এই অনুষ্ঠানটিৰ সৰ্বতোপ্ৰকাৰৰ সফলতা কামনা কৰি মোৰ তৰফৰ পৰা আটাইলৈ আন্তৰিক শুভেচ্ছা জ্ঞাপন কৰিছোঁ।

১০ মাৰ্চ, ২০২৫
নতুন দিল্লী


(সৰ্বানন্দ সোণোৱাল)



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Smt. Nandita Gorlosa,

MINISTER, ASSAM

Sports & Youth Welfare, Welfare of
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MESSAGE

I extend my heartfelt congratulations to Seemanta Chetana Mancha Purvottar for their unwavering commitment to the development of border communities through sports. The Seemanta Kreed Mahotsav 2025 is not just a sporting event but a powerful platform to identify and nurture talent from the frontier regions of Assam.

Sports have always played a crucial role in fostering discipline, unity, and resilience—qualities essential for nation-building. This year's theme, "Frontier Games - Nation Safe," beautifully reflects the deep connection between sports, social harmony, and national security. By engaging the youth of our border areas in competitive sports, we empower them with opportunities that pave the way for a brighter future.

The Assam Government, in collaboration with the Bodoland Territorial Region (BTR) Government, is proud to support this noble initiative. We remain committed to promoting sports and ensuring that young athletes from every corner of the state, especially those from our border regions, receive the recognition and encouragement they deserve.

I extend my best wishes to all the participants, organizers, and supporters of the Seemanta Kreed Mahotsav 2025. May this event inspire a new generation of sporting champions who will bring glory to Assam and the nation.

Jai Hind!

Nandita Gorlosa
(Nandita Gorlosa)

पबित्र मार्घेरिता
Pabitra Margherita



विदेश एवं वस्त्र राज्य मंत्री
भारत सरकार
Minister of State for
External Affairs and Textiles
Government of India

MESSAGE

It gives me immense pleasure to extend my warm greetings to **Seemanta Chetana Mancha Purvottar** on the publication of **SEEMANTA KREEDA '25** Souvenir. Since 2008, the organization has been dedicated to the development of border communities, and this special edition is a commendable effort to celebrate and promote sporting talent among youth in the area.

The theme, **“Frontier Games – Nation Safe”** highlights the vital role of sports in building resilience, promoting national security, and fostering a spirit of solidarity. Providing opportunities in sports empowers individuals, enhances their physical and mental strength, and cultivates a strong sense of responsibility toward the nation. I commend the dedication of the organizers in driving this meaningful initiative.

I am confident that Seemanta Kreeda Mahotsav will not only showcase exceptional talent but also reinforce the values of teamwork, determination, and excellence. My best wishes to all participants and organizers for a successful event that will inspire future generations and contribute to the overall development of the region, aligning with the vision of *Viksit Bharat*.

(PABITRA MARGHERITA)

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Sri Pramod Boro
Chief Executive Member
BODOLAND TERRITORIAL COUNCIL
Kokrajhar



Bodoland Territorial Council,
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No. BTC/CEMO/Messages-1/2024/133

Kokrajhar
4th April, 2025



MESSAGE


I am pleased to hear that Seemanta Chetana Mancha Purvottar will be releasing a souvenir titled “**Seemanta Kreedda’25,**” centered around the theme “**Frontier Games – Nation Safe**” in connection with the **Seemanta Kreedda Mahotsav**, a significant sports event where State-level competitions are scheduled to take place from 9th to 11th April, 2025 at Sarusajai Stadium, Guwahati.

It is truly inspiring to witness the unwavering dedication of Seemanta Chetana Mancha Purvottar in fostering sports, unity, and development in the border areas of North-East India. Through initiatives like the Seemanta Kreedda Mahotsav, young talents get the opportunity to shine, instilling in them the values of discipline, teamwork, and resilience. It is through such efforts that future champions emerge, carrying with them the spirit of determination and pride for the nation.

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

To,

Prafulla Barman
Editor
Seemanta Kreedda’25


(Pramod Boro)

डॉ. मनसुख मांडविया
DR. MANSUKH MANDAVIYA



MESSAGE

D.O. No. 3393 Minister/L&E/VI/2025

मंत्री
श्रम एवं रोज़गार
व युवा कार्यक्रम एवं खेल
भारत सरकार

Minister
Labour & Employment
and Youth Affairs & Sports
Government of India

It is with immense pride that I extend my heartfelt best wishes to Seemanta Chetana Mancha Purvottar for 4th edition of Seemanta Kreedha Mahotsav'25, scheduled from 9th to 11th April 2025. This grand event, held under the inspiring theme "Frontier Games, Nation Safe", brings together raw talented athletes from nine districts of Assam, on International border, showcase the resilience, dedication, and patriotic spirit of young players.

Friends, our respected Prime Minister firmly believes that New India will be built by young minds and driven by their vision. Your energy and creativity are the greatest strengths of this New India. You are like the very first and most important bricks in the foundation of a developed India—on which the future of our nation rests.

The souvenir of Seemanta Kreedha Mahotsav'25 beautifully captures Seemanta Kreedha Mahotsav's remarkable journey in nurturing raw talent, fostering unity and patriotism, and promoting health, fitness, and discipline among the youth. It highlights the impact of sports in shaping resilient youth and strengthening border communities.

Wishing Seemanta Kreedha Mahotsav'25 grand success.

(Dr. Mansukh Mandaviya)

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संदेश

मुझे यह जानकर बहुत खुशी हुई कि सीमान्त चेतना मंच पूर्वोत्तर राज्य सरकार के सहयोग व समन्वय से 9 से 11 अप्रैल 2025 में क्रीड़ा महोत्सव का आयोजन करने जा रहा है और साथ में **॥सीमान्त क्रीडा-25॥** नामक एक प्रेरणादायक स्मारिका भी प्रकाशित करेगा।

सीमान्त क्षेत्र के युवाओं में व्यक्तित्व निर्माण के उद्देश्य से सीमांत क्रीड़ा महोत्सव का आयोजन किया है। इसके तहत विभिन्न प्रकार खेल-दौड़., लम्बी कूद, ऊँची कूद, ट्रिपल जम्प, शॉट पुट, जैवलिन थ्रो, रीले रेस, मैराथन रेस जैसी जिला स्तर पर प्रतियोगिताएं आयोजित की जाती हैं। इसके परिणाम स्वरूप हजारों युवक-युवतियों के जीवन में नवीन ऊर्जा और राष्ट्र प्रथम का भाव निर्माण होता है जो एक राष्ट्र हित का कार्य है, मैं इस कार्यक्रम की सराहना करता हूँ।

मुझे पुरा विश्वास है कि यह क्रीड़ा महोत्सव खेल की भावना को बढ़ावा देगा और सहभागियों के बीच मित्रता-सौहार्द को और अधिक प्रगाढ़ करेगा।

मैं इस अवसर पर सम्पादकीय मंडल के प्रयासों की हृदय की गहराइयों से प्रशंसा करता हूँ और आशा करता हूँ कि यह स्मारिका खेल के प्रति रुचि को बढ़ाने व सीमा सुरक्षा एवं राष्ट्र सुरक्षा कर्तव्य बोध भाव को जागृत करने में अहम भूमिका निभाएगी।

ऐसी मेरी शुभकामना।
भारत माता की जय।

मुरलीधर

आपका
मुरलीधर भिण्डा
अखिल भारतीय संयोजक
सीमा जागरण मंच



Content...

- * ধ্যেয় গীত # ৪
- * সম্পাদকৰ মেজৰ পৰা আযাৰচেৰেক # ৫
- * Biological and mental development of children through sports - Pallab Bhattacharyya # ৮
- * Sports: A Catalyst for Empowering Women and # ১১
- * Sports bring discipline, Leadership and success in once career - Dr. Hiten Choudhury # ১৩
- * Sports: A Shield Against Antisocial Influences in Assam's Border Communities,
Dr. Hriday Sarma # ১৫
- * ROLE OF SPORTS IN STRENGTHENING BORDER AREAS OF NORTHEAST INDIA,
Dr. Banajit Changkakati # ১৮
- * IMPORTANCE OF SPORT IN INCULCATING UNITY, Dr. Meriline Gogoi # ২২
- * SEEMANTA KREEDA MAHOTSAV AND RAW TALENTS, Dr. Binita Bhagawati # ২৪
- * IMPACT OF YOGA AND MEDITATION IN SPORTS, Dr. Shrikant # ২৬
- * "FRONTIER GAMES- NATION SAFE", Ritu Rastogi # ৩২
- * SPORTS HAVE NO BOUNDARIES, IT UNITES PEOPLE ON COMMON PASSION ...
HOW I LEARNED, Abhijit Bhattacharya # ৩৩
- * UNSUNG HEROES: COACHES, TRAINERS & THEIR IMPACT ON SPORTS IN NURTURING
SPORT TALENTS, Debojit Mazumder # ৩৫
- * ROLE OF YOGA AND MEDITATION IN ENHANCING PERFORMANCE & BUILDING A
SUCCESSFUL SPORTS CAREER, Er. Ruchira Mazumder # ৩৮
- * CODIFICATION OF SPORTS LAW IN INDIA, Jyotismita Sarmah # ৪৩
- * MY UNFORESEEN JOURNEY AS A SPORTS REPORTER, Nava Thakuria # ৪৫
- * BORDERS ARE BOON OR BAN- STATES TO DECIDE ITS NATIONAL PRIORITY,
Dr. Joysankar Hazarika # ৪৭
- * ROLE OF SPORTS IN NURTURING HEALTH AND FITNESS OF WOMEN AND THE GIRL
CHILD IN INDIA INTRODUCTION, Dr. Anusmita Barua (Rtd.) # ৪৯
- * THE POWER OF SPORTS: UNITING COMMUNITIES ACROSS BORDERS,
Pantha Pratim Barman # ৫২
- * সীমান্ত চেতনা মঞ্চ পুৰোতৰ এক চমু অবলোকন : বাবলু কুমাৰ বয় # ৫৪
- * অসমৰ ক্ৰীড়া : এক প্ৰাসংগিক চিন্তা, নিপন দাস # ৫৬
- * ভাৰতৰ ক্ৰীড়াক্ষেত্ৰত উত্তৰ-পূবৰ খেলুৱৈ, সুধিম ঘোষ # ৫৯
- * অলিম্পিক পদক বিজয়ী প্ৰথম ভাৰতীয় মহিলাগৰাকী, মনোৰঞ্জন কলিতা # ৬১
- * ক্ৰীড়া সন্তোষ পাহৰি নায়াব, সুবোধমল্ল বৰুৱা # ৬৩



সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰ অসম প্ৰদেশ



ধ্যেয় গীত

সৰহদ তুৰো প্ৰণাম
সৰহদ তুৰো প্ৰণাম
সৰহদ তুৰো প্ৰণাম...।

দেশ কী ৰক্ষা ধৰ্ম হমাৰা।
দেশ কী সেৱা কৰ্ম হমাৰা।
গুঞ্জ উঠেগা জল থল অম্বৰ
জগ মে গোঁৱৰ গান....।।

সৰহদ তুৰো প্ৰণাম..... ৩

সীমায়ে হম ৰখে সুৰক্ষিত।
দেশ ৰহেগা সদা অখণ্ডিত।
ইসী কে হিত মে জীয়ে মৰেংগে
চলতে সীনা তান....।।

সৰহদ তুৰো প্ৰণাম..... ৩

জন-মন মে সন্তাৰ জগায়ে।
ভেদ ভাৱ সব দূৰ ভগায়ে।
এক দেশ হো এক সংস্কৃতি
সমৰস অমৃত পান....।।

সৰহদ তুৰো প্ৰণাম..... ৩

পৰম শিখৰ পৰ লে জায়েংগে।
দেশ কা বৈভৱ প্ৰকটায়েংগে।
বিশ্ব গুৰু বনকৰ উভৰেংগে
পায়েংগে সন্মান....।।

সৰহদ তুৰো প্ৰণাম..... ৩

০০০০০০০

সম্পাদকৰ মেজৰ পৰা আযাৰচেৰেক



ঘৰ এটা মজবুত হ'বলৈ হ'লে সৰ্বপ্ৰথমে ঘৰটোৰ খুটা (post) কেইটা মাটিৰ তলত দ'লৈকে পুতিব লাগিব। খুটাকেইটা আকৌ চালখন বা চাট খন ধৰি ৰাখিবলৈ শক্তিশালী হ'ব লাগিব। তাৰ পিছত ভেটি, বেৰ, দুৱাৰ, খিড়ীকি আৰু ছাল বা চাট খন প্ৰতিকূল বতৰ আৰু জলবায়ুৰ লগত ফেৰ মাৰি তিষ্ঠি থাকিব পৰাকৈ শুদ্ধ ৰূপত প্ৰস্তুত কৰাটো নিতান্তই প্ৰয়োজন। কিন্তু কেৱল ঘৰটো মজবুত হ'লেই ঘৰটোত বসবাস কৰা লোক সকলৰ মনত শান্তি নাহিবও পাৰে। তাৰ বাবে লাগিব ঘৰখনত বসবাস কৰা লোক সকলৰ মাজত বুজাবুজি, পাৰিবাৰিক একতা, মৰম, সহিষ্ণুতা, সংযম, ধৈৰ্য তথা উচ্চ চিন্তা আৰু কাম কৰাৰ মানসিকতা। অৱশ্যে ঘৰখনত বসবাস কৰা লোক সকল সুৰক্ষিত হৈ থাকিবলৈ প্ৰথমে ঘৰটোৰ চাৰিওফালৰ সীমাৰ বেৰ (boundary wall) দিব লাগিব সিও অতি মজবুত তথা দৰকাৰ অনুযায়ী উচ্চ হ'ব লাগিব। ঘৰখনলৈ আহ- যা কৰা পৰিয়ালৰ সদস্য বা আলহী- অতিথিৰ আগমন- গমনৰ কাৰণে বেৰৰ লগত সংযোগ কৰি ৰখা দ্বাৰ (gate)খনো সন্তোষজনক মজবুত হ'ব লাগিব। তেতিয়াহে জীৱ- জন্তু, চোৰ- ডকাইত, গুণ্ডা, লুণ্ঠনকাৰী তথা যিকোনো অনিষ্টকাৰী লোকৰ সঘন আৰু সহজ সাধ্য অনুপ্ৰৱেশত বাধা দিব পৰা যায়।

ঠিক একে ধৰণে দেশ এখন সুৰক্ষিত হৈ থাকিবলৈ হ'লে প্ৰথমে দেশখনৰ চাৰিসীমা অৰ্থাৎ আন্তঃৰাষ্ট্ৰীয় সীমা (International boundary) সুৰক্ষাৰ ক্ষেত্ৰত সুৰুঙা বিহীন হোৱাটো অতি প্ৰয়োজন। অৰ্থাৎ সীমাৰ সুৰক্ষাৰ ক্ষেত্ৰত কোনো দুৰ্বলতা বা ছিদ্ৰ থাকিব নেলাগিব। তাৰ বাহিৰেও দেশৰ সুৰক্ষাৰ হেতু চৰকাৰে লোৱা ব্যৱস্থা সমূহকতো অগ্ৰাধিকাৰ দিবই লাগিব।

এয়া হ'ল সীমা সুৰক্ষাৰ বাহ্যিক দিশ বা প্ৰয়োজনীয় লক্ষ্য লগীয়া ব্যৱস্থা। কিন্তু দেশৰ সুৰক্ষাৰ ক্ষেত্ৰখনত আন কিছুমান কাৰকে ভূমিকা লয়।

প্ৰথম কথা, পৰিয়ালৰ সদস্য সকল সুৰক্ষিত হৈ থাকিবলৈ হ'লে থকা ঘৰ বা চাৰিসীমাৰ বেৰ মজবুত হ'লেও যদি ঘৰখনত বসবাস কৰা পৰিয়ালৰ সদস্য সকলৰ মাজত মিলাপ্ৰীতি আৰু একতাৰ ভাৱ নেথাকে তেন্তে শতৰূপে সহজে আক্ৰমণ কৰিব পাৰে বা অন্য প্ৰকাৰে পৰিয়ালটোৰ অন্যায় সাধিব পাৰে। কিবা কথাত পৰিয়ালৰ সদস্যৰ মাজত ভুল বুজাবুজি বা মতৰ অমিল হ'ব পাৰে। আনকি কিবা কাৰণত কেতিয়াবা কাজিয়া- পেচালো হ'ব পাৰে। সেই সন্ধিক্ষণত বুজা- পৰাৰ মাজেৰে সেই মতভেদ বা কাজিয়া- পেচালৰ সমাপ্তি ঘটাব পাৰি। তাকে নকৰি কাজিয়া- পেচাল বঢ়াই গৈ থাকিলে বা এজনে আনজনৰ কথা নেমানি পৰিয়ালৰ সদস্যৰ মাজত দূৰত্ব বজাই গৈ থাকিলে মনৰ শান্তি আৰু একতা বিনষ্ট হ'ব। তেতিয়া বাহিৰা শতৰূপে সুবিধা লৈ পৰিয়ালটোৰ ভীষণ অনিষ্ট কৰাৰ আশংকা থাকে লগতে পৰিয়ালৰ উন্নতিৰ ক্ষেত্ৰত ই হেঙাৰ ৰূপে থিয় দিয়ে। একেদৰে দুটা পৰিয়ালৰ মাজত, দুখন সমাজৰ মাজত, দুখন গাঁওৰ মাজত, দুখন চহৰৰ মাজত, দুটা জনগোষ্ঠীৰ মাজত, দুটা ফৈদৰ মাজত, দুটা ধৰ্মৰ মাজত অথবা দুখন ৰাজ্যৰ মাজতো মতভেদ বাঢ়ি গ'লে সি দেশখনৰ কাৰণে অহিত হয় আৰু পাকে- পাকে দেশৰ সুৰক্ষাৰ ক্ষেত্ৰখনো দুৰ্বল হৈ পৰে। সামাজিক, অৰ্থনৈতিক, ভৌগোলিক, ৰাজনৈতিক তথা ধৰ্মীয় চিন্তাধাৰা বা অন্যান্য কাৰকক লৈ সমাজত বিভিন্ন মতভেদ আৰু কাজিয়া - পেচাল হ'ব পাৰে বা মাজে- সময়ে মতভেদ হৈ থকা দেখা যায়। কিন্তু সেই মতভেদ বা কাজিয়া নাইকীয়া কৰিব পাৰি কেৱল আলোচনা তথা বুজাবুজিৰ মাধ্যমেৰে। এটা পৰিয়ালৰ সদস্যৰ মাজত হোৱা মতভেদ বা কাজিয়া - পেচালৰ সুযোগ লৈ কিছুমান দুষ্ট বা শত্ৰু ভাৱাপন্ন ব্যক্তিয়ে নিজৰ স্বার্থ সিদ্ধিৰ কাৰণে যিকোনো ধৰণে



সেই পৰিয়ালটোৰ অন্যায় কৰিবলৈ সুবিধা গ্ৰহণ কৰে। ঠিক একে ধৰণে দেশ এখনৰ ভিতৰ চ'ৰাত কিবা কাৰণত অশান্তি আৰু প্ৰতিকূল বাতাবৰণে গা কৰি উঠিলে দেশখনৰ শত্ৰু দেশবোৰে সেই দুৰ্বলতাৰ সুযোগ লৈ সময় সাপেক্ষ পদক্ষেপৰ দ্বাৰা দেশখনৰ অন্যায় কৰিব পাৰে, যুদ্ধ কৰিব পাৰে বা যুদ্ধত হৰুৱাই দেশৰ স্বাধীনতা খৰ্ব কৰিব পাৰে। সেয়ে দেশৰ অখণ্ডতা ৰক্ষা কৰিবলৈ হলে প্ৰথমে লাগিব জাতি, বৰ্ণ, ধৰ্ম, ভাষাৰ কোনো ভেদাভেদ নেৰাখি দেশৰ সকলো জনগণ এখন দেশৰ নাগৰিক হিচাপে একগোট হৈ শত্ৰু পক্ষৰ আক্ৰমণ প্ৰতিহত কৰিব লাগিব অথবা শত্ৰু পক্ষক নিধন কৰিব লাগিব।

দেশ এখনৰ নাগৰিকৰ মাজত একতা বজাই ৰাখিবলৈ হ'লে বিভিন্ন পদ্ধতি অৱলম্বন কৰিব পাৰি। উমৈহতীয়া ভাৱধাৰাৰে দেশৰ নাগৰিক সকলক একত্ৰিত কৰাৰ বহু সাধন বা কৌশল (criteria) আছে। একতাৰ শ্লোগান, একতাৰ গীত, একতাৰ চিন্তা আৰু একতাৰ জীৱন শৈলীৰে উদ্বুদ্ধ কৰি নাগৰিকৰ মাজত সমূহীয়া ৰাষ্ট্ৰীয়তা তথা দেশাত্মবোধৰ ভাৱ যোগাই তুলিব পাৰি।

এই সকলৰ ভিতৰত এটা অন্যতম কৌশল বা মাধ্যম হৈছে খেল। কাৰণ খেলে নাগৰিকক ঐক্যবদ্ধ কৰিব পাৰে, হিংসা দূৰ কৰিব পাৰে আৰু খেলুৱৈ সুলভ মানসিকতাই ইজনে সিজনৰ মাজত থকা ভেদাভেদ আঁতৰ কৰাই ইজন-সিজনক কাষ চপাই অন্যত সহায় কৰে আৰু অশান্ত পৰিস্থিতিৰ ঠাইত শান্তিৰ নিজৰা বোৱাব পাৰে। সৌ সিদিনা আমাৰ অসম মাতৃৰ সুযোগ্য সন্তান অসম ৰত্ন সুধাকণ্ঠ ড° ভূপেন হাজৰিকা দেৱে এটি মূল্যবান গীতৰ কলি গাই থৈ গৈছে—‘এই পৃথিৱী এক ক্ৰীড়াংগন, ক্ৰীড়া হ'ল শান্তিৰ প্ৰাঙ্গন—’

সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰেও যোৱা কেইটামান বছৰ ধৰি দেশৰ নাগৰিকৰ মাজত বিশেষভাবে অসম ৰাজ্যৰ আন্তঃৰাষ্ট্ৰীয় সীমান্ত সংলগ্ন খন জিলা (বাংলাদেশ সীমান্ত সংলগ্ন ধুবুৰী, দক্ষিণ শালমাৰা-মানকাছাৰ, কাছাৰ, কৰিমগঞ্জ আৰু ভুটান সীমান্ত সংলগ্ন কোকৰাঝাৰ, চিৰাং, বাক্সা, তামুলপুৰ, ওদালগুৰি) ৰ সীমামূৰীয়া অঞ্চলত বসবাস কৰা ওঠৰ বছৰৰ তলৰ ডেকা-গাভৰুৰ মাজত প্ৰথমে জিলা ভিত্তিক কেবা বিধো খেলৰ আয়োজন কৰি তাত বাচনি কৰা উৎকৃষ্ট খেলুৱৈ সকলৰ মাজত সামূহিক ভাৱে চুড়ান্ত প্ৰতিযোগিতাৰ আয়োজন কৰি বিজয়ী প্ৰতিযোগী সকলক প্ৰামাণ পত্ৰ (certificate) আৰু স্মাৰক (Medal) দি তেওঁ লোকৰ খেলুৱৈ সুলভ মানসিকতাক উৎসাহ উদ্দীপনা জনোৱা হয়। এই খেল সমাৰোহৰ জৰিয়তে জনসাধাৰণৰ মাজত এক ৰাষ্ট্ৰীয়তাবোধৰ চিন্তাধাৰা বোৱাবলৈ সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰে অহোপুৰুষাৰ্থ

কৰি সকলোৰে দৃষ্টি নিৰদ্ধ কৰিছে আৰু বিগত বছৰ বোৰত চৰকাৰ তথা জনসাধাৰণৰ পৰা ভূয়সী প্ৰশংসা বুটলিবলৈ সক্ষম হৈছে।

এই খেল সমাৰোহৰ লগত সংগতি ৰাখি সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰে প্ৰতি বছৰে সমাৰোহৰ অন্তিম দিনটোত এখন স্মাৰণিকা (souvenir) প্ৰকাশ কৰি আহিছে। প্ৰতি বছৰে এই সমাৰোহে এটি বিশেষ বিশেষ উদ্দেশ্য (special theme) হাতত লয় আৰু সেই উদ্দেশ্য সফল কৰি তুলিবলৈ ভিন্ন প্ৰকাৰে চেষ্টা চলায়। সেই চেষ্টা সমূহৰ ভিতৰত অন্যতম হ'ল— সীমান্ত ক্ৰীড়া (Seemanta kreeda) শীৰ্ষক স্মৃতি গ্ৰন্থ খন।

এইবাৰৰ স্মৃতি গ্ৰন্থ অৰ্থাৎ ‘সীমান্ত ক্ৰীড়া " 2025", (Seemanta Kreeda" 25) খনৰ উদ্দেশ্য (Theme/moto) হ'ল - “সীমান্তৰ খেল, ৰাষ্ট্ৰৰ সুৰক্ষা” (Frontier game, nation's safe).

ইতিমধ্যে আমাক এই স্মৃতি গ্ৰন্থ খনৰ সম্পাদনা (editor) ৰ দায়িত্ব দিয়াত আমি আমাৰ জ্ঞান-বুদ্ধিৰ সীমাবদ্ধতাৰে ভিন্ন গৰাকী বিশিষ্ট লেখক (special writers) প্ৰয়োগে আৰু মৌখিকভাৱে অনুৰোধ কৰিছিলোঁ যাতে স্মৃতি গ্ৰন্থ খনত ছপাবৰ নিমিত্তে একোটাকৈ প্ৰৱন্ধ পঠিয়াই আমাক কৃত্যৰ্থ কৰে। আমাৰ অনুৰোধ ৰক্ষা কৰি যি সকল মহান ব্যক্তিয়ে আমালৈ ‘সম্পাদনা সমিতিলৈ’ তেখেতসকলৰ কাপৰ পৰা নিগৰিত মূল্যবান লেখা সমূহ প্ৰেৰণ কৰি আমাক কৃত্যৰ্থ কৰিলে এই চেগতে তেখেত সকলোলৈ আমাৰ হিয়াভৰা ওলগ আৰু কৃতজ্ঞতা জ্ঞাপন কৰিলোঁ। আমাৰ অনুৰোধ মৰ্মে আমাৰ এই স্মৃতি গ্ৰন্থ খনলৈ বহু মূলীয়া শুভেচ্ছা বাণী (good will message) প্ৰেৰণ কৰি আমাক ধন্য কৰা অসমৰ মহামহিম ৰাজ্যপাল পৰম সন্মানীয় শ্ৰীযুত লক্ষ্মণ প্ৰসাদ আচাৰ্য, অসম চৰকাৰৰ মাননীয় মুখ্যমন্ত্ৰী ড° হিমন্ত বিশ্ব শৰ্মা, অসম চৰকাৰৰ ক্ৰীড়া মন্ত্ৰী মাননীয় শ্ৰীযুতা নন্দিতা গাৰ্লোচা, বি টি আৰৰ মুখ্য কাৰ্যবাহী মাননীয় শ্ৰীযুত প্ৰমোদ বড়ো, সীমা জাগৰণ মঞ্চৰ অখিল ভাৰতীয় সংযোজন মাননীয় শ্ৰীযুত মুৰুলীধৰণ জী, ভাৰত চৰকাৰৰ জাহাজ আৰু বন্দৰ বিভাগৰ কেবিনেট মন্ত্ৰী মাননীয় শ্ৰীযুত সৰ্বানন্দ সোণোৱাল, ভাৰত চৰকাৰৰ ৰাজ্যিক বৈদেশিক মন্ত্ৰী মাননীয় শ্ৰীযুত পৰিৱৰ্ত্ত মাৰ্ঘেৰিটাকে ধৰি আটাইলৈ আমি বহুত বহুত ধন্যবাদ আৰু শলাগ জ্ঞাপন কৰিলোঁ। আমাৰ এই স্মৃতি গ্ৰন্থ খন প্ৰকাশ কৰি উলিয়াওতে আৰ্থিক ভাৱে সহায়ৰ হাত আগবঢ়াই বিজ্ঞাপন প্ৰেৰণ কৰা বাণিজ্যিক তথা অন্যান্য চৰকাৰী-বেচৰকাৰী সংস্থা সমূহৰ মাননীয় মাননীয় স্বত্বাধিকাৰী তথা মুখ্য বিষয়া সকললৈ আমি আন্তৰিক ধন্যবাদ জ্ঞাপন কৰিলোঁ। ‘সীমান্ত ক্ৰীড়া’ ২৫ শীৰ্ষক স্মৃতি গ্ৰন্থ খন প্ৰকাশ কৰাৰ আঁৰৰ মুখ্য উপদেষ্টা সীমা জাগৰণ

মঞ্চৰ অখিল ভাৰতীয় সহ- সংযোজক মাননীয় পি প্ৰদীপন জী আৰু উপদেষ্টা মাননীয় শ্ৰীযুত প্ৰদীপ কুমাৰ আই পি এছ মহোদয় লৈ সম্পাদনা সমিতিৰ হৈ আমি ধন্যবাদ আৰু কৃতজ্ঞতা জ্ঞাপন কৰিলোঁ।

সম্পাদনা সমিতিৰ সন্মানীয় সদস্যস্বৰ্গ সদস্যা ক্ৰমে মাননীয়া ড° তাৰিণী ডেকা, শ্ৰীযুতা অংশুমিতা বৰুৱা, শ্ৰীযুত বিশ্বৰূপ নাথ, শ্ৰীযুত দেৱজিৎ মজুমদাৰ আৰু শ্ৰীযুত অলোক ত্ৰিপাঠীয়ে বিভিন্ন ধৰণে সহায় - সহযোগ আগবঢ়াই আমাক কৃতার্থ কৰাৰ কাৰণে আমি সম্পাদক হিচাপে আটাইলৈ ধন্যবাদ আৰু শলাগ জ্ঞাপন কৰিলোঁ।

এই স্মৃতি গ্ৰন্থ খন অতি কম দিনৰ ভিতৰতে সুন্দৰকৈ ছপা কৰি পাঠক সমাজলৈ আগবঢ়াই দি আমাক ধন্য কৰা ডি. ডি এচোছিয়েট ছপাশালৰ স্বত্বাধিকাৰী মাননীয় শ্ৰীযুত দিগন্ত ভট্টাচাৰ্যলৈ ধন্যবাদ জ্ঞাপন কৰিলোঁ।

শেষত অনিচ্ছা কৃত ভাৱেও স্মৃতি গ্ৰন্থ খনত বৈ যোৱা আখৰ যোটনি, শব্দ বিন্যাস আৰু বানান আদিৰ ভুলৰ বাবে পাঠক সমাজৰ ওচৰত আমি ক্ষমা প্ৰাৰ্থনা জনালোঁ।

প্ৰফুল্ল বৰ্মন
ৰাজ্যিক উপ-সভাপতি
সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰ



Biological and mental development of children through sports

Pallab Bhattacharyya

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The Greek philosopher Aristotle once famously said "No education is complete which does not train the body as well as the mind.

The interplay between biological growth and mental maturation in children is a cornerstone of human development. In an era dominated by screens and sedentary lifestyles, sports emerge as a timeless catalyst for nurturing both physical vitality and cognitive-emotional resilience. From enhancing motor skills to fostering teamwork, sports are far more than recreational activities—they are laboratories of human potential. This essay explores how sports shape the biological and mental trajectories of children, drawing insights from neuroscience, psychology, and sociology. By weaving together empirical evidence and real-world examples, it argues that sports are indispensable tools for raising well-rounded, healthy, and socially adept individuals. “I. Biological Development Through Sports “Physical Growth and Motor Skills: “Sports stimulate the musculoskeletal system, promoting bone density, muscle strength, and cardiovascular health. Activities like running, swimming, or soccer trigger the release of growth hormones, which are critical during childhood. For instance, a 2021 study in “Paediatrics” found that children engaged in regular physical activity had 15% greater bone mineral density than their sedentary peers. “Motor skills—both gross (e.g., jumping) and fine (e.g., hand-eye coordination)—are honed through repetitive practice. Sports like gymnastics or basketball demand precision, agility, and spatial awareness, wiring neural pathways that enhance overall physical competence. “Brain Development and Neuroplasticity: “Physical activity increases blood flow to the brain, boosting oxygen and nutrient delivery. Aero-

bic exercises, such as cycling or swimming, elevate levels of brain-derived neurotrophic factor (BDNF), a protein linked to neurogenesis and synaptic plasticity. Research from the University of Illinois reveals that children who participate in sports exhibit thicker cortical regions in areas responsible for attention and executive function.



“BDNF's role in the brain: “BDNF helps regulate synaptic plasticity, which is the ability of synapses to change and adapt over time. This is important for learning and memory. “BDNF is found in areas of the brain that control eating, drinking, and body weight. “BDNF is involved in the development of the central nervous system (CNS). “BDNF and mental illness: “BDNF is a common genetic locus of risk for mental illnesses, including major depressive disorder, schizophrenia, and addiction. “Altered BDNF function can contribute to an increased risk of depression and suicidal behaviour. “BDNF and interventions: “Exercise and antidepressant administration can enhance the expression of BDNF. BDNF-enhancing techniques may enhance pharmacotherapeutic response. “BDNF and aging “Changes in BDNF expression are associated with both normal and pathological aging. “Combating Childhood Obesity: “The WHO reports that 38 million children under five are overweight globally. Sports counteract this epidemic by regulating metabolism and instilling healthy habits. Programs like the American National Football League's Play 60 is a collaboration between the NFL and the American Heart Association that encourages kids

to be active for at least 60 minutes a day and have reduced obesity rates by 12% in participating U.S. schools, demonstrating the preventive power of structured physical activity. Similar activities among children in border population will give a fillip to sound health which in turn will prevent incursion of bad habits and contribute to the safety and security of the nation. “Resilience and Injury Prevention:” “Sports teach children to navigate physical challenges, building resilience. Controlled exposure to minor injuries (e.g., scrapes or sprains) strengthens pain tolerance and recovery mechanisms. Organizations like FIFA’s Medical Assessment and Research Centre emphasize age-appropriate training to minimize long-term risks while maximizing adaptive benefits. “---“II. Mental and Psychological Development Through Sports: “Cognitive Skills and Academic Performance:” “Sports enhance cognitive functions such as memory, problem-solving, and creativity. A 2019 meta-analysis in *Journal of School Health* found that students in sports programs scored 20% higher in math and science tests. The discipline of balancing athletics and academics fosters time management and prioritization skills. “Emotional Intelligence and Self-Regulation:” “Sports are emotional crucibles. Winning cultivates confidence; losing teaches humility. Team sports, in particular, require empathy and emotional regulation. For example, a child learning to console a teammate after a defeat develops compassion—a skill transferable to classroom and family dynamics. “Social Skills and Identity Formation:” “Team sports create microcosms of society where children learn cooperation, leadership, and conflict resolution. A 2020 UNICEF study highlighted that adolescents in sports clubs reported 30% lower rates of social isolation. Role models like Serena Williams or Lionel Messi also shape aspirations, helping children forge identities rooted in perseverance and excellence. “Mental Health and Stress Reduction:” “Physical activity reduces cortisol levels, alleviating anxiety and depression. The “Aspen Institute” The Aspen Institute, a global nonprofit organization committed to realizing a free, just, and equitable society was founded in 1949 and it drives change through dialogue, leadership, and action to help solve the most important challenges facing the United States and the world. A report of the Aspen Institute notes that youth athletes are 40% less likely to experience suicidal ideation. Mindful-

ness-based sports like yoga or martial arts further enhance emotional equilibrium, offering tools to manage stressors from academic pressure to family conflicts. “III. The Symbiosis of Biology and Psychology:” “The Feedback Loop of Physical and Mental Health:” “Biological benefits like improved sleep (via melatonin regulation) amplify mental clarity. Melatonin is a hormone made in the body which regulates night and day cycles or sleep-wake cycles. Melatonin supplements are usually made in a lab. It works on the principle that darkness triggers the body to make more melatonin, which signals the body to sleep whereas light decreases melatonin production and signals the body to be awake. Some people who have trouble-sleeping have low levels of melatonin. It's thought that adding melatonin from supplements might help them sleep. “It should be noted that psychological resilience enhances physical performance. For instance, a child who masters breathing techniques in swimming gains tools to manage test anxiety. “Sports as a Buffer Against Trauma:” “For children in crisis—refugees, abuse survivors, or those in poverty—sports offer sanctuary. An eloquent testimony to the above contention is organization like “Right to Play”. In 1994, Norwegian speed skater Johann Olav Koss led a humanitarian trip to Eritrea located in the Horn of Africa. There, he came face-to-face with the realities of life in a country emerging from decades of war – and with the power of play. Amid burned-out tanks, children played together, kicking a shirtball back and forth. The children’s incredible resilience in the face of hopelessness inspired Koss to found his organization “Right To Play”. Twenty years on, Right To Play has grown to reach millions of children in 14 countries in Africa, Asia, the Middle East, and Indigenous communities in Canada. It creates positive and safe environments where children can learn and succeed, and use play in all its forms to provide rich and engaged learning experiences both inside and outside the classroom. “Its vision is to support a generation of children to learn and develop through play so they can have a safe and joyful childhood and grow into thriving adults. It used soccer and rugby to rehabilitate war-affected youth, leveraging endorphin release and social bonding to counteract trauma of neurobiological scars. Similar activities can be undertaken in our border areas which are populated by poverty stricken families. “Gender and Inclusivity:” “Sports

challenge gender stereotypes, empowering girls to build strength and boys to embrace vulnerability. Initiatives like the Women's Sports Foundation headquartered in New York was founded in 1974 by tennis legend, Billie Jean King. It has narrowed the gender gap in youth athletics, with girls' participation rising by 18% since 2015. "In India in general and Assam in particular Government's emphasis on sports with events like Khelo India, Khel Maharan etc is making a congenial atmosphere for the youths/children to participate for a better future." "IV. Challenges and Solutions:" "Overemphasis on Competition:" "Hyper-competitive environments can breed burn-out or anxiety. Solutions include: "- Focus on Participation: Sweden's "Sports for All" model prioritizes enjoyment over winning. "- Mental Health Support: Integrating psychologists into youth leagues, as seen in Australia's AIS Mental Fitness Program. The program sees current and former elite athletes deliver powerful talks to high school aged people about how to keep mentally fit. "Accessibility Barriers:" "Socioeconomic disparities limit access to sports. Strategies: "- Public Funding: Brazil's

"Vila Olímpica" program provides free facilities in favelas. "-Community Partnerships: New York City's "Parks and Recreation" collaborates with schools to share resources. "Balancing Safety and Growth:" "Concerns over injuries (e.g., concussions in football) necessitate: "- Rule Modifications: USA Hockey's ban on body-checking for under-12s reduced head injuries by 64%. "-Education: Coaching certifications in injury prevention, as promoted by the "American Academy of Paediatrics". "Sport has the power to change the world. It has the power to inspire, the power to unite people in a way that little else does."-Nelson Mandela "From the playground to the podium, sports are engines of holistic child development. Biologically, they sculpt robust bodies and agile brains; mentally, they cultivate empathy, grit, and joy. Yet, realizing this potential requires intentionality—policies that prioritize inclusivity, educators who value play, and societies that view sports not as luxuries but as necessities. As we champion the next generation, let us remember that every dribble, sprint, and goalpost is a step toward a healthier, wiser, and more connected world.



Sports: A Catalyst for Empowering Women and

Northeast India, often called the “Land of Seven Sisters,” is a region of immense cultural diversity, natural beauty, and resilience. Known for its lush landscapes, vibrant tribal heritage, and rich history, it has also become a powerhouse of sporting talent. Women from this region have consistently defied societal norms, making significant strides in sports and inspiring future generations. Unlike many other parts of India, where gender roles often restrict opportunities, Northeast India has fostered a progressive outlook that has allowed female athletes to thrive. Icons like Mary Kom, Mirabai Chanu, Dipa Karmakar, and Anuradha Devi have not only achieved global success but have also shattered stereotypes, proving that dedication and talent transcend barriers. Their triumphs have ignited hope among young girls, encouraging them to pursue careers in sports despite challenges.



Sports have played a transformative role in the empowerment of women in Northeast India, fostering physical and mental resilience. Given the region's rugged terrain, engaging in sports such as boxing, weightlifting, gymnastics, archery, and football has helped athletes develop discipline, confidence, and leadership skills. These qualities enable women to overcome socio-economic challenges and achieve financial independence. Additionally, sports serve as a catalyst for social change, allowing women to gain visibility, challenge gender biases, and assert their rights in a traditionally male-dominated society. However, despite the region's rich talent pool, several barriers persist. Many promising athletes struggle due to inadequate training facilities, insufficient funding, and limited exposure to high-level competitions. Economic constraints and societal expectations often pressure women to prioritize domestic responsibilities over personal ambitions, further hindering their progress. Political instability and security concerns in certain areas also create obstacles, making access to professional training and resources more difficult.

Recognizing these challenges, several initiatives have been introduced to support the development of women in sports. The Indian Army has played a crucial role by organizing tournaments, offering training programs, and providing mentorship to aspiring athletes. Government initiatives such as Khelo India have significantly improved sports infrastructure,

establishing stadiums, academies, and coaching centers across the region. Institutions like Assam Rifles Public School have also contributed to nurturing young talent, ensuring that aspiring female athletes receive the necessary resources to succeed. Additionally, grassroots programs have been instrumental in identifying and developing talent from remote areas, providing professional coaching and exposure to competitive platforms. Media representation and awareness campaigns have further contributed to changing societal perceptions about women in sports, highlighting their achievements and inspiring more participation.

Like the resilient orchids that flourish in the challenging terrains of Northeast India, the women of this region continue to rise above adversity and redefine traditional norms. Their success stories are testaments to their determination and the impact of a supportive environment. By investing in sports infrastructure, fostering gender inclusivity, and providing equal opportunities, Northeast India can continue to produce world-class athletes. The journey towards gender equality in sports is ongoing, but with sustained efforts, the region will undoubtedly remain a beacon of excellence and empowerment. As more women step into the sporting arena, they not only transform their own lives but also inspire countless others, ensuring a brighter and more equitable future for the next generation.

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Sports bring discipline, Leadership and success in once career

Dr. Hiten Choudhury

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From a young age, I've been drawn to sports, particularly those that involve multiple players, such as football, cricket, volleyball, kabaddi, and even games like seven stones. Growing up in Guwahati, a city that has since become quite crowded, I was fortunate to experience an environment filled with open spaces. Back then, we had the privilege of enjoying vast open areas, and my school also boasted a large, spacious ground. These environments played a significant role in developing my love for sports. These activities weren't just a way to pass time for me; they became a platform for personal growth, friendships, and valuable life lessons. I always found joy in the freedom that sports offered – the opportunity to run around, expend energy, and connect with new people. But over time, I realized that the true value of sports extends far beyond physical exercise; it plays a crucial role in promoting unity and building strong bonds among individuals from diverse backgrounds.

One of the most remarkable aspects of sports is the friendships that develop through it. In sports, connections are formed not out of any personal interest or gain but purely through the shared experience of the game itself. Whether it's strategizing during a football match or collaborating in a cricket team, the focus is solely on the game. This leaves little room for personal motives or biases, making the friendships that emerge genuine and unbiased. These are not friendships based on religion,

caste, or community; they are formed through a common purpose – to enjoy the game and play it well. In this sense, sports acts as a platform for mutual respect, where individuals learn to appreciate each other's skills and teamwork, irrespective of their backgrounds.



What makes sports unique is that it brings people together with a single, unified goal – the game itself. No other activity can boast such an ability to transcend differences, whether cultural, religious, or social. When players step onto the field, the only thing that matters is how well they can perform in the game, making strategies, and working as a team to achieve victory. No external factors such as religion, caste, or community play any role in this equation. The only thing that counts is the spirit of the game – often referred to as “sportsman spirit.” A game played with sportsman spirit has the power to unite people in ways no other activity can. It focuses on what truly matters: the joy of participation and the collective effort to succeed.

Sports is also an incredible teacher of leadership and teamwork. It nurtures qualities that are essential not only in the game but also in life. Being part of a team, working towards a common goal, and learning to play your part while supporting others are skills that are indispensable in today's world. Whether in a corporate setting,

educational projects, or even personal relationships, teamwork is at the core of success. Sports, therefore, is a perfect training ground for these qualities, teaching individuals how to be team players, how to lead when required, and how to contribute to a larger mission. A sportsman's mindset revolves around the game: How can I improve my performance? What strategies can I develop to win next time? These are the kinds of questions that drive progress, both on the field and in life.

I experienced the profound impact of sports on my personal development during my time in school, particularly when I had the fortune of becoming the best athlete in my eleventh standard. This achievement not only boosted my confidence but also instilled in me a sense of responsibility and leadership. The experience had a lasting effect on my later life, teaching me invaluable lessons about discipline, perseverance, and the power of hard work. It helped me understand that success doesn't come overnight, and the journey is just as important as the destination. The lessons learned through this experience, particularly in terms of handling pressure, performing as a team, and leading by example, continue to shape my approach to challenges in both my professional and personal life.

In many ways, sports serve as a metaphor for life itself. Just like in sports, life is filled with challenges, ups and downs, wins and losses. The key to success lies in how we handle adversity and how we bounce back from setbacks. In sports, losses are inevitable, but they are part of the journey. What matters is the ability to learn from these losses, to keep trying, and to always strive for improvement. This resilience is something that sports instills in individuals—the ability to face difficulties head-on, learn from them, and keep pushing forward until success is achieved. It teaches us that failure is not the end, but rather

an opportunity for growth and future victory.

Reflecting on my own journey, I've come to realize that while sports was once my highest priority in life, education became equally important as I moved through the later stages of my student life. As a child, sports was my world; no other activity, not even studies, could match the place sports held in my heart. However, as I matured, I understood the significance of education in shaping my future and making something meaningful out of my life. A good educational degree can indeed provide valuable job opportunities and career breakthroughs. But, the lessons I learned from sports – such as resilience, leadership, teamwork, and strategic thinking – are irreplaceable and indispensable in climbing the ladder of success. These life skills cannot be taught in a classroom but are acquired through experience, hard work, and perseverance on the field. They have played a critical role in my personal growth and continue to guide me in both my professional and personal life.

In conclusion, sports is much more than just physical activity or competition; it is a powerful tool for unity, personal growth, and social connection. Through sports, individuals learn to come together for a common cause, transcend personal biases, develop leadership qualities, and embrace teamwork. It offers valuable lessons on how to engage with others, how to handle defeat, and how to keep striving for success. There is no other activity that can teach a youngster how to enjoy life, engage with people, and be part of a team as effectively as sports does. Ultimately, sports is a prototype of life – teaching us important lessons about unity, resilience, and the pursuit of collective goals. As much as education is essential, the life skills imparted through sports are invaluable for navigating the complexities of life and achieving long-term success.



Sports: A Shield Against Antisocial Influences in Assam's Border Communities

Dr. Hriday Sarma

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For generations, sports have been a transformative force, not just as a recreational activity or competitive pursuit but as a tool for social change. In communities along the sensitive and often tumultuous border regions of India, particularly in Assam, sports are becoming a powerful medium to counter antisocial influences, foster unity, and provide a constructive alternative to vulnerable populations. This potential takes center stage as Seemanta Chetana Mancha Purvottar organizes the Seemanta Kreeda Mohatsav-2025. The event highlights the vital role sports can play in addressing the unique challenges faced by these communities that are prone to exploitation and under threat from various negative forces.

Challenges Faced by Border Communities in Assam

Assam shares extensive borders with several countries and Indian states, making its border communities highly susceptible to antisocial influences. These include cross-border smuggling of goods such as narcotics and arms, illegal migration, human trafficking, extremist ideologies, and economic insecurities that target vulnerable groups. For young people in these areas, the lack of educational and skill-building opportunities often creates a void that is exploited by nefarious actors.

The influence of such activities poses not just a socio-economic threat but also a security concern for the region and state at large. Recognizing this, it becomes essential to find ways to engage and empower border residents, providing them with constructive pathways to resist and rise above these negative forces. Sports is proving to be a potent and inspiring solution in Assam's efforts to secure its border communities.

Sports as a Unifying and Empowering Tool

Sports have extraordinary power to transcend societal divides, bring people together, and instill values of teamwork, discipline, and resilience. They emerge as a shared language, fostering a sense of community while inspiring personal development and pride. By actively introducing and promoting sports activities, Assam is addressing the dual challenges of mitigating antisocial influences and building strong, self-reliant communities in its border areas.



The Seemanta Chetana Mancha Purvottar, through its visionary Seemanta Kreeda Mohatsav, demonstrates the potential for sports to achieve these objectives. This platform brings sporting activities to border communities, respecting their unique needs and geography, while also celebrating the cultural richness of these regions. Its commitment to involving youth and building spaces of constructive interaction sends a strong signal of inclusion and hope across the state.

Contextualizing for Assam: Traditional Games and Contemporary Efforts

In Assam, sports have always been an integral part of the community lifestyle. Indigenous games like *tekeli bhonga* (breaking the earthen pot), *dhop khel* (a traditional game similar to tag), and the wrestling tournaments organized during Magh Bihu festivals reflect Assam's deep cultural connection to physical activity. These games foster social bonding, cultivate mental endurance, and reinforce collective identity. Seemanta Chetana Mancha Purvottar taps into this cultural wealth by including traditional games as part of the Seemanta

The efforts of the state government through initiatives like Assam's Integrated Sports Policy have also strengthened this movement. The policy focuses on infrastructural development in rural and bordering regions, aiming to provide youth with easier access to quality sports facilities. Programs like Khelo India, through their rural-outreach model, are beginning to penetrate deeper into Assam's peripheral areas. In 2020, Assam co-hosted the Khelo India Youth Games, which became a resounding success in identifying and promoting talent from remote locations while boosting state-wide enthusiasm for sports.

One notable highlight is the allocation of funds in developing sports infrastructure in districts like Karimganj and Dhubri, which lie close to the Bangladesh border. Such facilities create alternative spaces for border youth, who might otherwise fall prey to antisocial entities, including drug cartels and extremist recruiters.

Humanizing the Role of Sports: Stories of Impact

The transformative power of sports becomes most evident through the lives it touches. One such inspiring story comes from Guwahati, where grassroots programs have identified and nurtured potential athletes from underserved communities. Football academies such as the Assam Warriors Sports Academy in Guwahati have successfully engaged local youth through structured sports initiatives. In one instance, a young player from Dhubri, participating in the Mahavir Lachit Cup tournament in January 2025, showcased exceptional talent and was later scouted for further training at a prominent state-level academy. These initiatives have not only transformed the lives of such individuals but also served as a model for channelling the energy of vulnerable groups into positive and productive endeavours.

Similarly, a women's volleyball league initiated under the banner of a rural development initiative in Karimganj has witnessed commendable participation from women across border villages. One of its participants, Reema Khatun, defied societal expectations in her conservative community to become a coach for young girls. Her leadership has inspired greater community support, encouraging more families to allow their daughters to participate in sports activities. Reema's efforts align with Seemanta Kreeda Mohatsav 2025's mission to empower women and youth along strategic borders. These individual narratives not only humanize the potential of

sports but also kindle hope within border communities, casting sports not as an escape but as a ladder towards personal and community growth.

Seemanta Chetana Mancha Purvottar: Pioneering Change

The Seemanta Chetana Mancha Purvottar is not simply an organizer of sports events—it is a movement that recognizes the unique challenges and unspoken vulnerabilities of border regions, aiming to empower them through constructive engagement. Guided by the philosophy that sports can be a medium for cultural revival, conflict resolution, and social cohesion, the organization weaves physical engagement with cultural pride. The upcoming Seemanta Kreeda Mohatsav-2025 exemplifies this vision.

By combining traditional games with mainstream sports, the event aims to be inclusive, ensuring participation from all segments of border society. It serves as a springboard for deploying national and state-level talent scouts, integrating indigenous athletic prowess with structured platforms for growth. At its heart, the Seemanta Kreeda Mohatsav bridges the gap between Assamese communities and policymakers, showcasing the region's organizational resilience and cultural strength.

A Roadmap for the Future

The positive ripple effects of sports in border regions demand sustained intervention through policy and funding. While Assam is making significant progress, the engagement of both civil society and larger government bodies holds the key to unlocking its full potential.

Building upon events like the Seemanta Kreeda Mohatsav, Assam can deepen its investment in physical infrastructure, ensuring accessibility to quality sports interventions in geographically-challenged border districts. Plans could include setting up multi-district rural sports academies with personalized outreach to areas affected by specific challenges like drug abuse or illegal trade activities. Introducing scholarships tied exclusively to sports participation in such regions would create sustained incentives for young people to stay aligned with positive influences.

Complementing this must be a rigorous communication strategy to amplify the narratives of inspiring border champions—icons who showcase how sports builds resilience. Seemanta Chetana Mancha Purvottar can play

an instrumental role here through targeted programs that merge sports outreach with life-skill workshops, emphasizing personal development as a counter to destructive lifestyles.

Conclusion: Building Strength Beyond Boundaries

The Seemanta Kreeda Mohatsav-2025 is not merely a sports event; it is a beacon of possibility for communities living in the shadow of challenges and uncertainty. As Assam's border regions contend with the complexities of economic inequities and antisocial pressures, the stage is set for sports to become their strongest ally.

In the hands of organizations like Seemanta Chetana Mancha Purvottar, the power of sports extends beyond

the playfield to become a force of cultural celebration, gender empowerment, and human resilience. For the youth and families of Assam's border regions, sports lighten their path, inviting them to rise above challenges and embrace their infinite potential. Seemanta Kreeda Mohatsav-2025 is not just an event—it is a message of unity, hope, and empowerment, resonating across Assam's borders and into the hearts of its people.

By nurturing this movement, Assam is not only safeguarding its borders but also creating a legacy of strength, collaboration, and pride that promises a safer, brighter tomorrow for its communities.

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ROLE OF SPORTS IN STRENGTHENING BORDER AREAS OF NORTHEAST INDIA

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The North Eastern region of India comprising of its eight states holds a very unique geographic importance compared to the rest of India. It is a well known fact that this region shares a long international border of approximately 5,182 kilometers with China, Myanmar, Bangladesh, Nepal, and Bhutan which is approximately 95% to 99% of the total border area. Given this unique geographical endowment, many a times we have seen this region grappling with geographical tension with its international neighbors.

We have often seen that India has been facing many challenges from cross country divisive forces who often make many attempts to breach and penetrate into our country through the international borders. Deployment of military and border security forces is one of the prime ways in neutralizing any such ulterior motives. However, these forces have their own limitations in the sense that keeping a vigil all throughout the international borders twenty four hours into three hundred sixty five days is quite a tall task, as we also have many water bodies which share an international border with neighboring countries.

As a second backup strategy to this frontline guards the people residing in the border areas also have a very major role to play in keeping vigil along the international border. This is not only from the point of national security but also for their own personal security as people residing in the inner parts of the region are in less danger from any depredation activities by anti social elements of our neighboring countries.

Another important aspect of border relations is also concerned with maintaining a balance in the trade and commerce that happens along the international border with our neighboring countries. Since this trade has been existent since ages the only way to ensure that our porous borders are not breached by any unwanted elements from nearby countries is by keeping a strong vigil by both the military forces as well as the civilians residing along the border areas.



One way to keep our civilians along the border motivated and in good spirit is by the promotion of sporting activities along the border areas. Sports is an excellent source of motivation for people residing in the border areas to try and rejuvenate and fear of threats from the neighboring border areas.

Border areas in Northeast India have a age old relationship with sports. The region, which shares international borders with China, Myanmar, Bangladesh, Bhutan, and Nepal, has a rich sporting culture despite geographical challenges.

Sporting activities in Northeast Border Areas include

- **Football** – It is extremely popular in the hill states of Manipur, Mizoram, Meghalaya, and Nagaland. Many players from this region have also represented India at the national level. The

popular team of NorthEast United Football club is one of the pioneer members of the famous ISL competitions in India.

- **Cricket** : Although cricket is more popular mostly in Assam, its still a matter of pride that many players from this region have represented us in the national and international level, especially with the inclusion of our local talent Riyan Parag being including in the Indian national squad and also being christened as the captain of Rajasthan Royal in this year's edition of the IPL.
- **Archery** – Archery is a traditional sport in states like Assam, Arunachal Pradesh, Meghalaya, and others which is deeply rooted in their tribal culture. What must have initially started as an art for self protection and hunting of animals for food has now become a sporting event in the national and international forum with many sportsperson representing this sport from North East India.
- **Boxing & Martial Arts** – Manipur and Assam have been leaders in grooming renowned boxers, like Lovlina Borgohain, Shiva Thapa and Mary Kom. Traditional martial arts like Thang-Ta (Manipur) and Kalaripayattu (Assam) are also being popularized nowadays.
- **Weightlifting** – Saikhom Mirabai Chanu from Manipur has made our region very proud with her silver medal in the Tokyo Olympic Games in 2021 through her hard work.
- **Wrestling** – This sport is also seeing big progress in the region as a popular sport.
- **Indigenous Sports** – Some of the famous Indigenous sports of this region include Yak racing (Arunachal), boat racing (Assam & Tripura), and Sagol Kangjei (traditional polo game of Manipur).

- **Shooting** : This is yet another very exciting game which is seeing great enthusiasm and participation by players from this region.
- **Roll Ball** : Although a very newly developed game, this game is already gaining high popularity in this region with players also showcasing their talent in the national and international circuit.
- **Athletics** : Sporting events like running and other athletics events are also gaining huge popularity amidst talented players of this region.

Challenges faced development of sports in Northeast India

- **Geographical challenges** : The hilly terrains of the Northeast have always been a stiff challenge in developing world class sporting infrastructure in the region. However the state of Meghalaya is now taking up a lot of initiatives to build world class sporting infrastructure inspite of the geographical barriers. The altitude in many hilly areas also poses a challenge to the stamina of players at high altitude.
- **Infrastructure issues** – Northeast India needs to invest hugely into building world class sporting infrastructure as more and more young generation players especially from the border areas can get an opportunity to showcase their talent in sports compared to the rest of India.
- **Connectivity problems** – Transportation issues and connectivity with the border areas have also posed a stiff challenge in promoting sports in the border areas.
- **Uneven allocation of funding** – Since the governments of all the states are already burdened with their efforts in securing the economic

prosperity of their states many a times enough funds are not allocated for promotion of sports in these regions.

- **Security concerns** – Owing to sensitive regions near the international borders many a times promising players from such regions are deprived from showcasing their talents due to restrictions in movement and time from security enforcement agencies.

Government, Military and civil society initiatives in development of sports

- **Khelo India Program** – A very thoughtful initiative by the government of India in recognizing sporting talents from the grass root level in India is a very good platform available for sporting people from the border areas.
- **Sports Training by Army & Paramilitary Forces** – The Assam Rifles, Indian Army and other security forces in this region have always supported the growth and recognition of sporting talent from this region.
- **SAI (Sports Authority of India) Centers** – SAI has been very instrumental in promoting sporting talent from all over India. This association provides a golden opportunity to players from the border areas also to use this platform in honing their sporting skills.
- **Private Sports bodies** : Establishment of private sporting bodies such as the Mary Kom foundation and others have also provided a ray of hope to promising players in this region.
- **Kreeda Mahotsav of Seemanta Chetana Mancha Puvottar** : The Seemanta Chetana Mancha Puvottar which is an organization actively involved in the upliftment of people

residing in the border areas of Northeast has now been organizing Kreeda Mahotsav annually over the last few years. This initiative has been promoting sporting talent from districts sharing international borders with neighboring countries. In the coming years this event is bound to not only encourage players to shine in the national and international arena but shall also provide an atmosphere of trust and connectivity of civilians residing in the border areas with civilians of the mainland of India.

Initiatives for International border Sports promotion

- Organizing friendly matches with our bordering countries is a good way to foster trust and a climate of active cooperation for peace in the international border areas.
- Along with events for promotion of trade and commerce, sporting events should be an integral part of such promotions.
- An exchange program for sporting talents within these countries shall also foster a spirit of trust and harmony with our neighboring countries.
- Friendly matches between security forces and local civilians of the bordering areas are also essential for creating a climate of trust and camaraderie between the countries.

Conclusion

It is a well established fact that sports relieve tension and stress not only personally but also across international relations. It is a means of providing a route for integration between residents of different nationalities. It creates an atmosphere of goodwill and trust and can help solve many diplomatic issues between countries which sometimes is even impossible to solve using diplomacy or military force.

As such in the earnest interest of our country and the residents residing in the border areas of our international borders with our neighboring country, promotion of sporting activities is the key to solving many of our age old tussles with our neighboring countries amidst

understanding and trust. Seemanta Chetana Mancha Purvottar's Kreed Mahotsav should show the path for fostering and strengthening the trust of people residing on the border areas that they are not alone under any circumstances or eventualities.



IMPORTANCE OF SPORT IN INCULCATING UNITY

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Sport is a universal language that cuts over boundaries, cultural differences, and other distinctions. It is more than just a game. It possesses the special capacity to unite individuals, foster collaboration, and inculcate ideals of cooperation and respect. Sports have shown themselves to be an effective means of promoting harmony and fortifying social ties both locally and internationally.

1. Encouragement of Collaboration and Teamwork

People learn the importance of cooperating to achieve a common objective through sports. Football, basketball, and cricket are examples of team sports where players must rely on one another, communicate well, and put aside personal grievances in order for the team to succeed.

Success is never attained in a vacuum, as seen by the fact that players need on instructors, trainers, and supporters even in solitary sports like tennis or athletics. Sports help people develop the discipline, teamwork, and mutual trust necessary to be successful team players off the pitch.

2. Dismantling Racial, Social, and Cultural Barriers

Sports' capacity to bring people from all walks of life together is among its most potent features. Sports provide a fair playing field where skill, hard work, and devotion are what count most, regardless of ethnicity, religion, or socioeconomic standing.

Sports organisations actively combat discrimination by using their platforms to promote equality and diversity; athletes from various backgrounds compete as equals, challenging stereotypes and promoting inclusivity; and major sporting events bring diverse groups together, fostering cross-cultural understanding. Today's

international teams, for example, include players from a wide range of national and ethnic origins, demonstrating that success can be achieved through unity in diversity.



3. Bringing the World Nations Together

International athletic competitions like the Olympics, FIFA World Cup, and Cricket World Cup serve as examples of how sports may promote world harmony. These gatherings of individuals from many countries enable them to compete in a spirit of good sportsmanship and peace.

As supporters unite behind their teams at these times, societal and political divides become less significant. An international sense of belonging is produced by the joy and feelings that are shared by people from different cultural backgrounds. Nelson Mandela's backing of the South African squad during the 1995 Rugby World Cup served as a potent symbol of national healing following apartheid.

4. Establishing Sportsmanship, Tolerance, and Respect

Values like fair play, respect, and tolerance—qualities necessary for a cohesive society—are emphasised in sports. Athletes are instructed to compete honourably, show consideration for their rivals, and gracefully accept success or failure.

Playing by the rules emphasises the value of justice and fairness; shaking hands before and after games fosters respect and goodwill; and accepting defeat fosters humility and resilience.

Beyond the field, these principles inspire people to treat others with respect and kindness in their daily interactions.

5. Fortifying ties within the community

At the most basic level, sports are essential for uniting

communities. A sense of pride and belonging is fostered via neighbourhood leagues, school contests, and local tournaments.

- Youth participation in sports helps develop character, discipline, and leadership qualities;
- Parents, coaches, and supporters construct a supporting network that enhances social cohesion;
- Community sports provide people of all ages the chance to connect and build important relationships.

A straightforward neighbourhood football game may transform into an event when people get together to celebrate a common interest and put aside their differences.

6. Using Sports as a Tool for Peace and Conflict Resolution

Sports have been used as a tool for peace and reconciliation in conflict areas and divided societies. Through friendly matches and exchanges, sports diplomacy has assisted nations in reducing tensions; post-conflict dialogue and healing have been fostered by rural communities; and nonprofit organisations have utilised sports programs to teach conflict resolution and teamwork.

The “Ping-Pong Diplomacy” of the 1970s, in which table tennis matches between the United States and China improved diplomatic relations between the two countries, is historic.

7. Inspiring Collective Identity and Patriotism

Sports have the ability to bring a nation together, fostering moments of pride and collective identity. People from all walks of life come together to support their athletes, putting aside their differences, when they compete.

Sports victories inspire unity, as entire nations celebrate them. Flags, anthems, and team chants foster national pride and solidarity. Athletes become role models, encouraging the next generation to strive hard and dream big.

For instance, when nations win gold medals at the Olympics, the sight of their national flag being raised and their anthem being played is a moment of shared pride for their people.

Conclusion

Sports are one of the most potent sources of unification in the world. They install collaboration, tear down boundaries, promote respect, and bring people together across cultures and borders. Sports, whether at the local, national, or global level, promote harmony, bridge gaps, and remind us of our common humanity.

In a world frequently divided by disputes and differences, sports serve as a beacon of hope, demonstrating that when we play together, we stand together.



SEEMANTA KREEDA MAHOTSAV AND RAW TALENTS

Dr. Binita Bhagawati

President, Seemanta Chetana Mancha Purvottar

Sports is a vital component of Indian nation, culture and spirituality since the days of antiquity. In order to have physically sound and healthy youths who can protect the country and the nation, sports should be an integral part of our day-to-day life. It is strongly believed that proper physical, mental, intellectual and spiritual development have been inculcated through sports practices with a sporting spirit. It plays a pivotal role in creating peace as well as national integration. Hence the Govt. of India has given more thrust on sports and physical education for school and college students in framing the National Education Policy 2020.

Seemanta Chetana Mancha Purvottar have been striving for patriotism and nationalism and engaged for all rural development of the people living in international border areas. Apart from fixed calendar activities of Seemanta Chetana Mancha Purvottar, the border districts have been regularly organizing various sports meets, football tournaments, indigenous games etc. for the committed youths who are going to be the future citizens. With the aim of “Vyakti Nirman to Rashtra Nirman”, Seemanta Chetana Mancha Purvottar is working in an integrated way at the border villages in order to achieve the better upliftment.

In every year, the organisation has done Kreedha Pratijogita at the international border districts with the participation of youth players residing in 0-20 kilometers away from international border areas with a motive to identify the raw talents. The district level Kreedha Pratijogita may be regarded as the qualifying round for them that enables to participate in the State Level Kreedha Mahotsav organised by Seemanta Chetana Mancha Purvottar every year. All the raw talents qualified from the district qualifying rounds have been assimilated in the

State Level Kreedha Mahotsav and this is a unique example in strengthening peace and harmony, discipline and fraternity, friendship and also feeling of oneness among the youths belonging to different communities.



The event also provides exposure to the talents and endows them with courageous spirit, leadership etc. for participation at the national and international level of sports. Again, the state level Kreedha Mahotsav had been inviting eminent personalities of our nation and the players are given a chance to have a face-to-face interaction with them. Since the year 2022, Seemanta Chetana Mancha Purvottar is arranging this event at Indira Gandhi National Athletics Stadium, Sarusajai, Guwahati, which may also be considered as memorable for the youth players coming from remote international border areas. Most of the players are even not habituated in synthetic ground and other sports material. But they gathered experience a lot and showed very good performance. The president of Football Federation of India, the patron of Hans Foundation, New Delhi, Sangyajak of Akhil Bharatiya Seema Jagaran Manch, Governor of Assam were present in the Kreedha Mahotsav, 2022 and 2023. Dr. P. T. Usha, Hon'ble M. P. and the president of Indian Olympic Association was the chief Guest in Seemanta Kreedha Mahotsav, 2024. The great personality Dr. P. T. Usha Mahodoya offered the prizes and Medals to our players which encouraged more to the players residing in undeveloped border villages.

Here, an analysis for the best performance of three years since 2022 have been made for focusing the raw talents of Seemanta.

Year	District	Event	Boys/Girls	Name	Performance
2022	Karimganj (Sribhumi)	800 Mtr	Girls	Riya Das	2051.8 Second
„	Baksa	1500 Mtr	Boys	Karnal Dharowar	4.31.9 Second
„	Chirang	Long Jump	Girls	Nuwara Narzary Boloram Narzary	4.30 Mtr 6.08 Mtr
„	Tamulpur	High Jump	Girls	Albina Hasda	1.28 Mtr
„	Udalguri Baksa	High Jump	Girls Boys	Kanchan Chetry Ankur Das	1.28 Mtr 1.68 Mtr
„	Karimganj	Shot put	Boys	Abil Hussain	10.54 Mtr
„	Baksa	Discuss Throw	Boys	Dimpal Deuri	30.84 Mtr
„	Chirang	Javelin Throw	Boys	Anjir Nargang	43.28 Mtrs
2023	Tamulpur	200 Mtr	Boys	Rupam Kumar	23.5 Second
„	Baksa	1500 Mtr	Boys	Hitesh Boro	4.28.1 Second
„	Baksa	Long Jump	Boys	Mridul Kalita	5.96 Mtr
„	Cachar	Long Jump	Girls	Usha George	4.52 Mtr
„	Tamulpur	High Jump	Boys	Karan Daimari	70 Mtr
„	Tamulpur	High Jump	Girls	Asbina Hasda	1.30 Mtr
„	Tamulpur	High Jump	Girls	Anita Hasda	1.30 Mtr
„	Kokrajhar	Shot Put	Boys	Gwrwbta Narzary	12.00 Mtr
„	Baksa	Discuss Throw	Boys	Abhijit Daimary	29.18 Mtr
„	Baksa	Javelin Throw	Boys	Sunjit Singhgarh	44.21 Mtr
2024	Sribhumi (South)	200 Mtr	Boys	Miltan Paul	23.5 Second
„	Udalguri	200 Mtr	Boys	Paban Kachari	23.9 Second
„	Chirang	200 Mtr	Girls	Rupa Boro	30.6 Second
„	Udalguri	200 Mtr	Girls	Tushamani Rabha	30.9 Second
„	Kokrajhar	800 Mtr	Girls	Kanaklata Murmu	2.48.08 Second
„	Udalguri	High Jump	Boys	Bibon Boro	1.73 Mtr
„	Udalguri	High Jump	Boys	Bigrah Rabha	1.73 Mtr
„	Udalguri	High Jump	Girls	Anupama Toppo	1.40 Mtr
„	Chirang	Long Jump	Boys	Nitumani Ray	6.35 Mtr
„	Kokrajhar	Long Jump	Boys	Anil Boro	6.24 Mtr
„	Udalguri	Shot Put	Boys	Paban Basumatary	11.29 Mtr
„	Sribhumi (North)	Discuss Throw	Boys	Piyush Das	26.95 Mtr
„	Sribhumi (South)	Javelin Throw	Boys	Lakhan Barman	43.23 Mtr

Sports tournament plays a tremendous role in moulding the talents of children. It has been found that there are some instances where the border participants of the tournament are able to break even some of the

national records. Thus, Seemanta Chetana Mancha Purvottar has given continuing efforts for the sports talented youth in order to bring them national/international field innear future.



IMPACT OF YOGA AND MEDITATION IN SPORTS

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1. Introduction

Athletes are continuously looking for methods to increase their performance, recuperation, and mental resilience. While physical training, diet, and strategy are well-known components of athletic performance, the use of yoga and meditation in sports has received a lot of attention in recent years. These ancient practices, founded on mindfulness and controlled movement, have advantages that go beyond typical training approaches.

Yoga adds a strong feeling of sports community connection. Yoga has grown in popularity over the last several decades, although it originated in ancient Sanatan philosophy with the aim of stilling the mind and achieving a state of tranquility. Yoga is an Indian way of life that combines mental attitude, food, and the practice of specialized practices such as asana (posture), pranayama (breathing exercise), and meditation to achieve the greatest degree of awareness. Yoga can be found in folk traditions, the Indus Valley civilization, the Vedic Upanishad legacy, Buddhist and Jain traditions, Darshan, the Mahabharata and Ramayana epics.

Yoga increases flexibility, strength, balance, and mobility, which lowers the chance of injury and improves overall body mechanics. It also aids post-workout recovery by reducing muscular tension and increasing circulation. Meditation, on the other hand, improves attention, emotional control, and stress management—

all of which are important in high-pressure sporting contexts. Many professional athletes, including runners and football players, use meditation techniques like visualization and breath control to increase attention and performance under duress. Adopting yoga holistically, mind body intervention develops personal, mental, psychological and decision-making skills. In Yoga, one can try to calm mental fluctuations, full control on breathing, learn to focus, awareness, alertness, improves willpower, speed up recovery time, and boost self enhancement.



Including yoga and meditation in sports training is not only a fad; rather, it is a method supported by science that enhances athletic performance on both a mental and physical level. The capacity to remain calm, recuperate rapidly, and sustain optimal performance becomes essential when competition heats up in a variety of sports. This introduction looks at how these exercises help athletes get stronger, more resilient, and more mentally tough, which eventually results in a more well-rounded and long-lasting athletic career.

2. Physical Benefits of Yoga in Sports

For athletes participating in a variety of sports, yoga provides substantial physical advantages that improve

strength, flexibility, balance, and recuperation. Increased flexibility, which helps athletes expand their range of motion and lower their risk of injury, is one of yoga's main benefits. Stretching tight muscles with poses like downward dog and pigeon pose helps avoid injuries and improve mobility in general.

Strength is also another important advantage. Stabilizing muscles that are frequently overlooked in conventional training are worked in yoga. Maintaining postures like warrior, chair, and plank helps to build the upper body, legs, and core, which improves performance in sports requiring strength and stamina.

For athletes, balance and coordination are essential, and yoga improves these. An athlete's agility and stability during competition are enhanced by practicing standing positions like tree pose and eagle stance, which increase body awareness and control.

Additionally, by encouraging relaxation and easing muscular stiffness, yoga facilitates recuperation. Yoga's regulated breathing methods improve oxygen delivery to muscles, hastening recuperation and lowering weariness. For endurance athletes who need to recuperate rapidly in between sessions, this is especially advantageous. A well-rounded approach to physical conditioning is offered by include yoga in a sports training program, which guarantees players retain optimal performance while reducing injuries and improving general bodily function.

3. Mental Benefits of Meditation in Sports

For athletes who want to increase their attention, resilience, and general mental performance, meditation is an effective strategy. Mental acuity can be the difference between winning and losing in high-pressure situations.

Improved focus is one of the main advantages of meditation. Athletes can increase their ability to execute

plays with accuracy and minimize distractions by practicing mindfulness. Additionally, meditation improves emotional control, which aids athletes in maintaining composure under duress. They learn to rapidly reset and maintain confidence in the face of mistakes or losses rather than responding rashly.

Meditation also lowers anxiety and tension. Mental exhaustion is a common result of competitive sports' high levels of strain. Deep breathing and visualization are two mindfulness practices that assist athletes control their anxiety and remain composed under pressure. This mental stability results in improved endurance and decision-making.

Better recuperation is an additional benefit. Better sleep and relaxation are facilitated by meditation, and these are critical for both mental and physical healing. Athletes who get enough sleep perform better on a regular basis and are less likely to burn out. Athletes improve their attention, resilience, and general performance by strengthening their mental toughness via meditation. Meditation is a competitive edge in a time when psychology is a major factor in sports.

4. Scientific Evidence & Case Studies

Yoga and meditation are becoming more and more acknowledged as useful techniques for improving sports performance. Their advantages, which range from increased mental resilience to better physical performance, are well supported by scientific studies and practical implementations. Important research and noteworthy cases of athletes who have effectively incorporated yoga and meditation into their training regimens are covered in this section.

Studies on Yoga and Meditation Improving Athletic Performance

The effects of yoga and meditation on sports performance have been the subject of several scientific investigations.

a. Flexibility, Strength, and Balance Enhancement

Polsgrove et al. (2016) investigated how a yoga intervention affected collegiate athletes. The findings showed notable gains in strength, flexibility, and balance—all of which are critical components of athletic performance (Polsgrove et al., 2016). The primary benefits of yoga poses are increased physical strength, flexibility, and balance (Bhowmik & Ray, 2024). According to research by Iftekher et al. (2017), practicing yoga in addition to more conventional training techniques has improved the flexibility and balance of athletes undergoing shooting training. Improved flexibility can lower the chance of injury, while improved strength and balance help athletes perform tasks more effectively.

b. Cognitive Function and Focus

Diamond and Lee (2011) found that mindfulness meditation improves executive functions like attention control, working memory, and cognitive flexibility. Meditation helps athletes enhance their focus, which leads to better decision-making and response times during events (Diamond & Lee, 2011). An experimental study reveals that short-term daily yoga practice improves attention, focus, and memory (Sheela Joice P P, 2018). Narang, et al. (2024) found that young people's attention, memory, and focus improved following four weeks of yoga instruction. This experimental study shows that even short-term participation in daily yoga sessions improves

young people's attention, focus, and memory skills (Narang, et al. 2024).

c. Reduction in Stress and Anxiety

Research by Jeter et al. (2013) found that frequent yoga practice helped decrease cortisol levels, a stress hormone. Reduced stress improves an athlete's capacity to stay cool under pressure, which leads to better performance in high-stakes tournaments (Jeter et al., 2013). Saraswati, et al. (2024) found that athletes who practiced yoga for six weeks felt less worried and apprehensive. Furthermore, it improves their dispositional attention and promotes peaceful sleep. These advantages help competitors who are prone to overexertion. Yoga may help athletes in a variety of ways, including increasing mental resilience, which is crucial for sports and daily life, as well as improving psychological flexibility. Stress reduction and reduced anxiety are the most powerful indicators of improved psychological flexibility abilities in athletes' daily lives. Improving mindfulness and promoting healthy sleep patterns may be useful markers for reducing psychological rigidity and experiencing avoidance. The findings confirmed mindfulness and yoga's favorable or complementary effects on athletes' mental health and athletic performance (Saraswati, et al., 2024).

d. Improved Recovery and Injury Prevention

Petviset, H et al. (2025) investigated the role of yoga in lowering muscular pain and speeding up recovery. The study discovered that athletes who practiced yoga after exercise had better recovery rates (Petviset, H et al., 2015). According to Kaur (2021), incorporating yoga into sports training provides a variety of benefits, including increased flexibility, core strength, mental concentration, rehabilitation, and injury prevention. Yoga, by targeting

particular athletic requirements and overcoming implementation hurdles, can improve overall athletic performance and well-being. Yoga promotes muscular healing and relieves stiffness via moderate stretching and relaxation. It reduces muscular tension and promotes blood flow (Ravi, 2016). Gore (2004), in his book *Anatomy and Physiology of Yogic Practices*, describes the differences between yoga and exercise. He notes that when training, a certain action is repeated to strengthen that muscle group, which may result in asymmetrical growth. Boyle et al. (2004) investigated how a daily yoga practice delayed the development of muscular soreness (DOMS), which is a type of muscle trauma and/or damage to connective tissue and cells. Yoga's emphasis on alignment and body awareness helps to correct muscle imbalances and avoid injuries. Yoga can greatly minimize injury risk by addressing improper posture and imbalances.

e. Case Studies and Evidence from Professional Sports

Several case studies and real-world applications highlight yoga's practical benefits in sporting environments.

Professional sports teams, such as the NFL's Dallas Cowboys and the NBA's Los Angeles Lakers, have effectively incorporated yoga into their training routines, with reports of improved flexibility, injury prevention, and overall performance. Yoga instructors and athletic trainers must work together carefully to design and integrate yoga into sports training successfully. Yoga practices must be tailored to the unique demands of different sports and individual athletes in order to maximize their advantages (Kaur, 2021). Sahu and Yadav (2020) determined that a 6-month customized yogic exercise program improves male archers' aiming performance through an experimental study. A study conducted by Solberg et al. (1996)

suggests that meditation may improve competitive shooting performance. Kusuma and Wang Bing (2017) found that yoga had a positive influence on badminton players' performance metrics.

5. Practical Applications for Athletes

Athletes can integrate yoga and meditation into their training routines to enhance both physical and mental performance. Yoga improves flexibility, balance, and strength, reducing injury risks and improving mobility. Recovery is another key aspect—yoga increases circulation, reduces muscle stiffness, and speeds up healing after intense workouts.

Meditation sharpens focus, reduces stress, and improves emotional resilience. Techniques such as visualization and breath control help athletes in high-pressure situations, such as penalty kicks in soccer or free throws in basketball. Additionally, meditation promotes better sleep, leading to improved recovery and overall performance.

Many professional teams and athletes already incorporate these practices. For example, the NBA's Los Angeles Lakers and NFL's Dallas Cowboys have used yoga to improve flexibility and prevent injuries. Olympic athletes practice mindfulness to maintain composure under pressure.

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“FRONTIER GAMES- NATION SAFE”

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The name “Frontier Games- Nation Safe” carries a big meaning in itself.

There is a saying “**YATHA NAME TATHA GUNE**”, Meaning **JAISA NAAM WAISA KAAM**” so when our Borders are secure we live in peace.

Frontier Games - we-this nation sleep peacefully and enjoy our lives , when our Border Security Forces are tirelessly working on borders, leaving their families, their children.

Our front lines i.e. B.S.F., C.R.P.F and ITBP are all Central Armed Police Forces of we can say **CAPFs** under the Ministry of Home Affairs, India with distinct Roles on border security and Internal Security, and counter- terrorism. Indian Army, CAPs and Police work together as per different roles assigned to them time to time.

Not only this CAPs, apart from the primary role many time involve and assist police during law & order situation and also Army in Counter Terrorist Operations.

BSF maintained strict surveillance along India’s International Borders, prevailing illegal crossing and smuggling and combat situations to keep nation safe from all sort of dangers. Not to mention but if we forget just to remind that BSF was formed in the wake of Indo-Pak war of 1965 to ensure the security of India’s borders.

AND if we talk about CRPF, it assists state police in maintaining law and order, counter insurgency operations and Anti Nazal operations. And not less, ITBP is specialized in guarding the India- China border, Particularly In high Altitude areas. It was raised in 1962. They conduct relief and rescue operations in the Himalayan region and were deployed in Jammu & Kashmir during the peak of militancy in the state from

1990 to 2004 and killed many top militants in various operations against terrorists.

When our forces march at borders in cold, heat, rain and dry seasons- we- this nation not only enjoy these seasons but enjoy and celebrate each festival with our loved ones. Our forces are our proud, they are bone of our nation.



If I say about caring or recognizing our border forces, Army, Navy or Air-force then I must say that before paying Tribute to our Front liners; first we should respect them and acknowledge them for what they do and keep doing for us- for this nation. Every day they are walking on fire and under shower of bullets to keep this nation safe. They sacrifice to keep us safe. If we- citizen of this great nation play a small role of our own duties toward nation; we can contribute in the peace and safety of this nation. I myself is part of “Seema Jagran Manch”, who worked to raise awareness for strengthening our borders among Citizens and what role we can play, and “Seemanta Chetana Manch Purvottar”, who is also creating awareness in Citizens and how we can contribute for our nation. The meaning is SAMAHIT in there names. Important is how we can work or contribute along side our Frontiers for the safety of this Nation and to make it stronger. Our prime duty is to teach our young generation about our borders, importance of border security and importance of our forces and encourage them. Once we citizen will learn how to respect our nation and acknowledge the contribution of our forces, we can make our nation prouder.

**“JITNA TUM APNE DESH KO DOGE, DESH
USS SE KAHIN JYADA TUMHE DEGA”**

Sports have no boundaries, it unites people on common passion ...How I Learned

Abhijit Bhattacharya

Former Volleyball Player

The year was 1990, our television was black & white, the newspapers were black & white, then how do I know Cameron was wearing green & red and Argentina was wearing blue & white?

My first memory of watching a football match live on TV was the opening match of 1990 World Cup between underdog Cameroon and defending champion Argentina. We remember waiting for our uncle to finish watching his favourite 8.30pm news bulletin on DD. Permission to bring his TV to our bed room was already granted in the morning. Before our uncle and aunty went to sleep, we brought the TV to our room. My elder sister carried the portable TV carefully and I followed her holding the miniature flexible antenna attached to the set. We placed it carefully on my study table, keeping aside all my books below.

We were part of a huge joint family and my father's eldest brother (Moina Borta) used to have a television in his room. The only way to watch the matches was to bring the TV to our room, before uncle goes to sleep, watch the match during the night and re installed the TV back in the morning on time for the 7.30 am local bulletin.

We probable could not adjust the antenna in the perfect angle, there were those white milky spots, but it was comfortable for us. Both the team took to the ground. My father a big football fan and a former player himself shouted in excitement "Look Look, Maradona Maradona, the 10nos". Maradona took the ball, did some amazing juggling with his head, chest and legs and handed it over to the referee. The crowd seemed to go mad at every action of Maradona. The game begun amidst the thundering sounds of spectators. Atmosphere, both in the ground as well as in our bedroom was enchanting. Maradona tried his best to recreate his old magic but the Cameroon defender were in no mood to give him any space.

Every time Maradona fell into the ground.....there was Aaaaaaaaaaaaaa, Issssssssss, Woooooooooooo.

When Maradona is in action, It does not make any difference, the TV is colour or black & white !

My father was very happy with the aggressive playing style adopted by Cameroon players to check Maradona. We could see the pain in his face every time his favourite star was pushed aside or foul kicked. That night we became a permanent fan of Argentina. Two red card shown and Cameroon were down to 9 players. My sister was ready with a pen and paper, noting down the name of the players shown red cards. At the end of every match the anchor of the show used to ask interesting question related to the matches and my sister would answer those question through a post card of 25 paisa. There were lots of prizes announced. The competition was tough without Google and mobile, but we succeeded in answering most of them. Prizes never reached our home, but we were happy to have answered them correct.

That day the final score was Cameroon 1, Argentina 0. We became sad. But with more matches remaining our hope was alive. After the much hyped first match lost to Cameroon, Argentina team restructured themselves and somehow managed to reach the knockout stage. I don't remember much of the remaining matches as I usually fall asleep by the time matches starts.

During the world cup, I used to listen to our elders discussing name of Roger Milla, Rudi Voller, Canniggia, Klinsman, Ruid Gullit, Schillaci, Lothar Matthaus and many more as the best players of the world. I used to memorise those names and proudly lecture in front of my school friends, as if I am a great football fan. Finally, Argentina



was in the finals, I slept in the afternoon to watch the complete final match at night. I wanted to catch all the excitement and discuss it with my school friends the next day. The world champion and God of football, lost to West Germany in the finals. We became sad again.

Two days later at school, our mathematics teacher asked us what was the colour of Argentina's jersey or colour of their national flag ? All my friends looked up to me for the answer. My limited borrowed football knowledge was exposed.

During the tiffin break my friends made fun of me. I defended myself by saying "how would I know Argentina was wearing blue & white, when I watched the world cup on a black & white television"

After that embarrassing incident, I started following sports seriously. I was astonished to know that Maradona

was loved and admired by people beyond the boundaries of Argentina. **Later my father told me that for sportsmen there are no boundaries nor do sportsmen have any enemy , they only have opponents. No matter which language you speak or what race you belong to, sports always unite us together through a common universal passion.**

I found comfort in sports and so choose sports over everything. Today, I am happy to have made the right decision. Through sports I have learned that losing and winning are not permanent, they are just temporary phases in life. The only permanent thing is *the sportsmen spirit* which has always helped me to appreciate life in the right perspective.

So, I always believe, Sports helps in inculcating unity!



Unsung Heroes: Coaches, Trainers & their impact on Sports in nurturing Sport Talents

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In the world of sports, the athletes often take the centre stage, their names and victories splashed across headlines, while their coaches and trainers remain largely in the background. These individuals, however, are crucial to an athlete's development, success, and mental fortitude. They embody the unsung heroes of sports, those whose contributions are often overlooked despite their vital role in shaping champions. An "unsung hero" is typically someone whose efforts go unrecognized, even though their work is essential to achieving success. Coaches and trainers may not always receive the accolades they deserve, but without them, the achievements of athletes would be far less likely. This article aims to highlight the profound impact that coaches and trainers have on nurturing talent, overcoming obstacles, and elevating athletes to the pinnacle of success.

Roles of Coaches and Trainers in Sports

Coaches and trainers are more than just figures of authority on the sidelines; they are the backbone of an athlete's performance, growth, and well-being. Coaches are responsible for developing the strategy, structure, and culture of a team. They spend countless hours designing drills, analyzing opponents, and tailoring tactics to ensure success. Beyond just managing the game, a coach's role is to install confidence, discipline, and resilience in athletes. They guide athletes not only in technical skills but also in life lessons, fostering personal growth through adversity and teamwork. A coach is often a constant mentor, providing a safe space for athletes to navigate their careers and life challenges.

Trainers, conversely, focus primarily on the physical well-being of athletes. Their expertise lies in fitness, injury

prevention, and rehabilitation. They design individualized fitness programs that optimize strength, flexibility, and endurance, enabling athletes to perform at their peak while minimizing the risk of injury. Trainers are also on the frontlines of recovery when injuries occur, providing crucial rehabilitation and ensuring athletes return to the field stronger than before. By maintaining the physical health of athletes, trainers play an integral role in their long-term success.



Behind-the-Scenes Contributions

While athletes shine in the spotlight, coaches and trainers work tirelessly behind the scenes, often without recognition. They spend long hours planning, implementing, and adjusting training schedules, strategies, and recovery protocols. Many coaches and trainers dedicate their lives to their athletes' success, working late into the night to analyze game footage, fine-tune techniques, or devise new training methods. Their commitment is unwavering, and their sacrifices often go unnoticed by the public.

Personal sacrifices are another integral part of the coach and trainer's role. These professionals often forego time with family, vacations, and personal milestones to focus on their athletes. They understand the weight of their responsibility, shaping not only the careers of athletes but also their futures. Coaches and trainers are constantly adapting to the evolving needs of their athletes, balancing the demands of physical performance with psychological support. Their ability to remain flexible and responsive to these needs is what makes them indispensable to any athlete's journey.

Impact on Athlete Performance

The impact of coaches and trainers on an athlete's performance is profound and multifaceted. Coaches are instrumental in shaping the technical skills of their athletes, ensuring they perform at their highest level in every competition. Through consistent feedback, guidance, and analysis, coaches help athletes refine their abilities, fine-tuning their techniques and game strategies. Coaches also help athletes navigate the mental challenges of their sport, encouraging them to stay focused and resilient in the face of setbacks. This mental fortitude is a key ingredient in an athlete's success, and it is often cultivated by the coaching staff's ability to inspire confidence and perseverance.

Trainers complement the work of coaches by focusing on the athlete's physical preparation. Trainers design specialized programs tailored to the athlete's specific needs, ensuring that every aspect of their physical conditioning is optimized. Whether it's strength training, cardiovascular conditioning, or flexibility exercises, trainers help athletes build the endurance and stamina necessary to perform at their best. Their expertise in injury prevention also plays a crucial role in ensuring that athletes can maintain peak performance without succumbing to the physical toll of the sport.

Emotional and Psychological Support

Beyond the technical and physical aspects, coaches and trainers play an essential role in the emotional and psychological development of athletes. Competitive sports can be mentally taxing, and athletes often face intense pressure to perform, particularly at the highest levels. Coaches are the ones who help athletes manage this pressure, providing support during difficult times and helping them overcome failure. They teach athletes how to cope with the stress of competition and handle the highs and lows of their careers.

The emotional bond between a coach and an athlete can be incredibly powerful. Coaches are not just teachers; they become mentors, offering guidance on personal challenges and life decisions. Their role extends beyond the game or the season, and many athletes form lifelong

connections with their coaches due to the trust and mentorship they provide. This emotional support is just as important as the technical and physical training they offer, as it helps athletes develop the mental resilience needed to succeed.

Overcoming Challenges

Coaches and trainers face numerous challenges in their efforts to nurture talent and ensure the success of their athletes. One of the most significant challenges is the lack of public recognition. While athletes are often celebrated for their achievements, the efforts of coaches and trainers go largely unnoticed. Their contributions may be undervalued, despite their central role in shaping an athlete's success. This lack of visibility can be discouraging, especially when coaches and trainers spend countless hours perfecting strategies, adjusting training methods, and providing emotional support.

Furthermore, the pressure to deliver results can be overwhelming. Coaches and trainers are constantly under scrutiny, with high expectations placed on them by athletes, management, and fans. This pressure is amplified by the fact that their success is often directly tied to the performance of their athletes. The fear of failure, coupled with the emotional weight of ensuring athletes' well-being, can create a highly stressful environment. Despite these pressures, coaches and trainers persevere, driven by their commitment to the athletes they mentor and their passion for the sport.

Real-Life Examples of Unsung Coaches and Trainers

There are numerous real-life examples of coaches and trainers who have made a significant impact but remain largely uncelebrated. One example is Pat Riley, the former coach of the Miami Heat, whose impact on the NBA is undeniable. Despite his numerous championships, Riley's influence on the league and his players often remains overshadowed by the star athletes on his teams. Another example is Dr. James Andrews, an orthopaedic surgeon who has helped rehabilitate numerous high-profile athletes, including Tiger Woods and Tom Brady. Though his work has been vital in extending their careers, Andrews

remains a behind-the-scenes figure in the world of sports.

Athletes themselves often share stories of how their

coaches and trainers have helped shape their careers. For instance, Serena Williams has spoken at length about the impact her father and coach, Richard Williams, had on her career, as well as the physical therapy teams who helped her recover from injuries. These personal stories highlight the significance of the unsung heroes in sports and the lasting impact they have on athletes' lives.

Several coaches and trainers in India have played a pivotal role in shaping athletes into international champions often without receiving the recognition they really should deserve. One such figure is Pullela Gopichand, who has transformed the Indian badminton scene, producing stars like Saina Nehwal and PV Sindhu. Under his guidance, these athletes have won numerous prestigious titles, including Olympic medals, making India a force to be reckoned with in world badminton. Another notable coach is Tennis coach Mahesh Bhupathi, who has mentored young players like Rohan Bopanna and Sania Mirza, both of whom have made their mark in international tennis. Additionally, in the world of wrestling, coaches like Kuldeep Singh and Sushil Kumar have been instrumental in shaping the careers of wrestlers like Bajrang Punia and Vinesh Phogat, who have won medals at the World Championships and Olympics. We all know of Sachin Tendulkar his great cricketing career but many people may not know Ramakant Achrekar his childhood coach who played a pivot role in shaping his career. These coaches have not only honed their athletes' skills but also instilled in them the mindset required to succeed at the highest levels, proving the significant impact of dedicated training and mentorship in Indian sports.

Impact on the Team and Sport as a Whole

Coaches and trainers have a far-reaching influence, not only on individual athletes but also on the team dynamics and the sport as a whole. Coaches help cultivate team

chemistry, fostering an environment where athletes support each other and work together to achieve a common goal. This sense of unity and teamwork is crucial to a team's success, as it enables athletes to perform cohesively and rise above individual differences.

Trainers also play a vital role in maintaining the long-term success of a team. By ensuring that athletes remain healthy and fit, trainers contribute to the sustainability of team performance. Their expertise in injury prevention and rehabilitation is essential in helping athletes extend their careers, ensuring that key players are available for seasons to come.

Recognition and Appreciation

Coaches and trainers are often overlooked when it comes to recognition in the sports world. While athletes enjoy fame and fortune, the unsung heroes who support them often remain in the shadows. This lack of visibility is a disservice to the countless coaches and trainers who dedicate their lives to the success of others. It's time for the sports world to place greater emphasis on recognizing the invaluable contributions of these professionals. Their hard work, commitment, and sacrifices should be celebrated, not just during an athlete's career but throughout the entire journey.

In conclusion, we can say that coaches and trainers are fundamental to the success of athletes, yet their contributions are frequently overlooked. These unsung heroes provide not only technical expertise and physical training but also emotional support, mentorship, and guidance. Without them, the achievements of athletes would be far less attainable. It is essential that we begin to recognize and appreciate the immense role they play in nurturing talent, fostering success, and shaping the future of sports. Coaches and trainers deserve more than just a passing acknowledgment; they deserve the recognition and respect that reflects their critical impact on the world of sports.



Role of Yoga and Meditation in Enhancing Performance & Building a Successful Sports Career

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Sports, whether pursued at a professional or amateur level, require a blend of physical strength, mental resilience, and emotional balance. Athletes are constantly looking for ways to enhance their performance, build endurance, and achieve success in their careers. One of the most effective and increasingly popular approaches is the integration of yoga and meditation into their daily routines. These ancient practices, which have been around for thousands of years, are not just beneficial for mental health but also play a pivotal role in improving physical fitness, concentration, and overall well-being. This article explores the profound impact yoga and meditations have on athletes and their careers, focusing on performance enhancement, injury prevention, mental clarity, and emotional balance.

Importance of Mental and Physical Balance in Sports

Success in sports is not solely determined by physical prowess. Mental strength plays an equally significant role in an athlete's performance. In fact, many sports psychologists argue that the mental and emotional state of an athlete can have a profound impact on their physical capabilities. Whether it's the ability to stay focused under pressure, manage stress, or bounce back from setbacks, mental resilience is a crucial factor in achieving long-term success in any sport.

Yoga and meditation, with their focus on mindfulness, breathing, and the connection between body and mind, offer athletes tools to enhance their mental fortitude. Through regular practice, athletes can develop better control over their emotions, thoughts, and bodily movements, helping them perform optimally in high-pressure situations.

Yoga for Physical Fitness and Injury Prevention

One of the primary benefits of yoga for athletes is its ability to enhance physical fitness. Many sports require agility, flexibility, balance, and coordination—qualities that yoga helps to develop and maintain. Regular yoga practice increases joint flexibility, improves muscle strength, and enhances balance, all of which contribute to an athlete's overall physical condition.

Moreover, yoga is particularly effective in preventing injuries, a major concern for athletes. Through a combination of stretching, strengthening, and body awareness, yoga helps improve posture, alignment, and flexibility, which can reduce the risk of strain or injury. In particular, yoga poses like Downward Dog (Adho Mukha Svanasana), Warrior Poses (Virabhadrasana), and Child's Pose (Balasana) target key muscle groups that are often overworked during intense training and competition.

Furthermore, yoga encourages athletes to listen to their bodies, a vital practice for injury prevention. By cultivating awareness of body mechanics and sensations, athletes can detect early signs of tension or discomfort and adjust their training accordingly.

Meditation for Mental Clarity and Focus

While yoga improves physical fitness, meditation complements the practice by enhancing mental clarity and focus. In sports, the ability to stay mentally sharp is crucial. Distractions, nervousness, or anxiety can affect an athlete's concentration and decision-making skills. Meditation, which involves focused attention and



awareness of the present moment, helps athletes develop better mental clarity, thereby improving their ability to concentrate during competition.

There are various forms of meditation that athletes can practice, including mindfulness meditation, visualization, and deep-breathing exercises. Mindfulness meditation trains athletes to focus on the present moment, preventing them from getting distracted by past mistakes or future worries. Visualization, on the other hand, allows athletes to mentally rehearse their performances, fostering a sense of control and confidence.

Additionally, regular meditation helps athletes reduce stress and anxiety, leading to improved performance in high-pressure situations. By calming the mind, meditation enables athletes to remain composed, focus on the task at hand, and perform at their best, even under challenging circumstances.

Role of Yoga and Meditation in Building Emotional Resilience

Building emotional resilience is a key component of a successful sports career. Athletes often face setbacks, such as injuries, poor performances, or unexpected losses. How an athlete responds to these challenges can determine whether they will ultimately succeed or falter. Yoga and meditation can significantly enhance emotional resilience by helping athletes maintain a sense of calm, composure, and emotional balance during difficult times. Yoga teaches athletes to manage their emotions by fostering self-awareness and cultivating a sense of inner peace. Through breathwork and mindful movement, athletes learn to release negative emotions like frustration, anger, or anxiety, which can otherwise cloud their judgment and hinder performance. The emotional release facilitated by yoga also allows athletes to approach challenges with a positive mindset and greater determination.

Meditation, too, plays a vital role in emotional regulation. Practices like loving-kindness meditation (Metta Bhavana) or compassion meditation (Metta/Maitri or Karuna) can help athletes develop a positive self-image and improve their emotional well-being. Moreover, meditation encourages a non-judgmental approach to one's thoughts and feelings, allowing athletes to accept both their successes and failures without undue stress or self-criticism.

Improving Recovery and Mental Rest

One of the most overlooked aspects of a successful sports career is the importance of recovery. Intense training and competition can lead to both physical and mental exhaustion, which if left unaddressed, can result in burnout, decreased performance, or even injury. Yoga and meditation can be powerful tools in aiding recovery and ensuring that athletes stay refreshed and ready for the next challenge.

Yoga promotes active recovery through gentle stretching and restorative poses that help release tension, reduce soreness, and improve blood circulation. The emphasis on deep breathing in yoga also supports the body's natural healing processes by oxygenating the muscles and tissues, accelerating recovery.

Meditation contributes to recovery by helping athletes manage mental fatigue. Practices like body scan meditation can help athletes tune into their bodies, identify areas of tension, and release accumulated stress. Additionally, mindfulness meditation encourages relaxation and promotes a sense of peace, helping athletes rest mentally and emotionally.

Yoga and Meditation as Tools for Long-Term Career Success

A successful sports career is often the result of consistent, long-term performance. However, achieving sustained success in sports requires more than just physical talent; it requires mental fortitude, emotional stability, and the ability to recover quickly from setbacks. Yoga and meditation help athletes build these qualities, providing them with a foundation for long-term career success.

By integrating yoga and meditation into their training routines, athletes can maintain mental clarity, manage stress, prevent injuries, and enhance their overall well-being. These practices help athletes develop a mindset that is conducive to growth and improvement, fostering a deeper connection to both their sport and themselves. As a result, athletes who practice yoga and meditation are better equipped to face the challenges that come with a professional sports career, including competition, pressure, and injury.

Building Consistency and Discipline through Yoga and Meditation

In sports, consistency and discipline are key factors for success. No athlete can expect to reach their peak performance without adhering to a rigorous and regular training schedule. Yoga and meditation instill these very qualities, which are critical for athletes who aspire to reach their potential.

Yoga, with its structured approach to physical postures and breathing exercises, requires discipline. Athletes must commit to their practice, sometimes in difficult conditions or during recovery periods when motivation might be low. This commitment and consistency in their yoga practice naturally translate into the discipline required for physical training and competition.

Meditation also plays an important role in cultivating mental discipline. One of the most challenging aspects of meditation is maintaining focus for extended periods. This practice demands patience and persistence, both of which are essential qualities for athletes. Regular meditation helps athletes develop a routine of focus, not only during their meditation sessions but also during their sporting activities. As athletes learn to quiet their minds and control distractions, they can apply these same principles during their games or events.

As a result, yoga and meditation not only enhance the body's strength and flexibility but also train the mind to stay committed and disciplined. These qualities are key to excelling in any sport over time.

Enhancing Breathing Techniques for Performance

Breathing is an integral part of both yoga and meditation, and it plays a critical role in an athlete's performance. In yoga, the practice of Pranayama (breathing exercises) improves lung capacity, promotes better oxygenation of muscles, and enhances stamina. Learning to control one's breath can directly affect an athlete's endurance and efficiency. In demanding sports, breath control is vital for maintaining energy and staying calm under pressure.

For example, during high-intensity activities such as sprinting or swimming, athletes often experience fatigue due to inefficient breathing patterns. Through yoga, athletes learn to slow and control their breathing, helping them conserve energy and reduce feelings of exhaustion. Techniques such as deep abdominal breathing and

alternate nostril breathing encourage relaxation, even during moments of physical exertion.

Additionally, athletes can apply the deep breathing techniques learned in yoga and meditation to combat anxiety and nervousness before competitions. By practicing slow, controlled breathing, athletes can reduce their heart rate, lower stress levels, and increase their ability to focus. This becomes especially important during critical moments of performance, such as a penalty kick in soccer or a final lap in a race, where mental clarity and controlled breathing are essential for success.

Yoga as a Mental Rejuvenation Tool

Many athletes experience mental fatigue, especially after intense training sessions or during long seasons. The mind can become exhausted from the constant demands placed on it, leading to a drop in motivation and focus. Yoga serves as a form of mental rejuvenation, offering a chance for athletes to reconnect with their bodies and minds.

Certain yoga postures such as inversions, (Sirsasana) headstands or (Sarvangasana) shoulder stands, are known to increase blood circulation to the brain, promoting mental clarity and focus. Restorative yoga poses such as Savasana (Corpse Pose), Supta Baddha Konasana (Reclined Bound Angle Pose) and Balasana (Child's Pose) on the other hand, help to release mental tension, allowing athletes to mentally "reset." This is especially beneficial when an athlete is facing performance anxiety, self-doubt, or pressure from external sources.

Incorporating mental rejuvenation into the athlete's routine also reduces the risk of burnout, allowing them to stay passionate about their sport over the long term. Yoga's emphasis on mindfulness teaches athletes to be present in the moment, letting go of past frustrations and future concerns. This practice helps athletes to approach training with renewed focus and a more positive outlook, even after difficult or exhausting days.

Fostering a Mind-Body Connection for Peak Performance

Peak performance in sports is not just about physical skill, it's also about how well an athlete can align their mind with their body. Yoga's core philosophy is rooted in the idea of creating harmony between the mind

and body, and this alignment can significantly enhance athletic performance.

When athletes engage in yoga, they develop a heightened sense of body awareness. Through mindful movement and breathing, they become more attuned to the sensations in their body—whether it's the stretch of a muscle, the alignment of their spine, or the tension in their joints. This awareness helps athletes fine-tune their technique, making their movements more efficient and reducing the likelihood of injury.

Moreover, when athletes combine this body awareness with the mental clarity fostered through meditation, they can achieve an elevated state of performance. This mind-body connection allows athletes to stay fully present in their activity, whether they are executing a complex gymnastic routine or reacting quickly in a fast-paced game. The ability to move with precision, without over thinking, is a key benefit of incorporating yoga and meditation into an athlete's routine.

Mindfulness and Visualization for Goal Setting

Visualization is a widely used technique among elite athletes. It involves imagining oneself achieving specific goals, which enhances motivation, focus, and confidence. Yoga and meditation, particularly mindfulness meditation, are powerful tools that complement visualization by promoting greater clarity and mental focus. Mindfulness meditation involves being aware of one's thoughts, feelings, and bodily sensations without judgment. By practicing mindfulness, athletes learn to approach challenges with a calm, focused mindset, which helps them mentally rehearse their actions and visualize success. Whether it's winning a race or executing a perfect move in gymnastics, mindfulness enhances the effectiveness of visualization by training the mind to be fully present during the process.

In addition to helping athletes visualize success, meditation also helps set realistic goals by promoting clarity of thought. When athletes meditate regularly, they develop a deeper understanding of their strengths, weaknesses, and overall capabilities. This self-awareness helps in setting achievable goals that are aligned with their long-term vision.

Yoga and Meditation as Stress-Relief Mechanisms

The demands of a professional sports career can lead to immense stress, both on and off the field. Whether

it's the pressure to perform, expectations from coaches and fans, or the physical toll of rigorous training, stress can severely affect an athlete's performance and mental well-being.

Yoga and meditation provide effective stress-relief techniques that help athletes cope with the pressures of their careers. Through deep breathing and relaxation techniques, athletes can activate the parasympathetic nervous system, which helps the body relax and recover from stress. Certain poses in yoga, such as forward folds and restorative poses (Uttanasana and Paschimottanasana), can have a calming effect on the body, lowering levels of cortisol (the stress hormone) and promoting relaxation.

Meditation, particularly body scan meditation and loving-kindness meditation can also help athletes manage stress by fostering a sense of emotional balance. These practices encourage athletes to let go of negative thoughts, self-criticism, and stressors, allowing them to approach their careers with a calm and focused mindset.

Yoga and Meditation for Longevity in Sports

The importance of mental and physical longevity in sports cannot be overstated. Many athletes face the challenge of maintaining their performance over the long term, often dealing with physical wear and tear, injuries, or burnout. Yoga and meditation serve as tools that promote longevity by maintaining both the body and mind's health.

Yoga's ability to improve flexibility, strengthen muscles, and enhance joint health helps prevent the decline that often comes with age or overuse. Athletes who practice yoga regularly tend to experience fewer injuries and maintain a greater range of motion, which is critical for staying competitive in later years of their careers.

Meditation, on the other hand, fosters a mindset of resilience and mental clarity that helps athletes navigate the ups and downs of their career. As sports become increasingly demanding and competitive, athletes who can maintain a calm, focused, and balanced state of mind are more likely to extend their careers and continue performing at a high level for years to come.

Athletes Who Have Benefited from Yoga and Meditation

Many successful athletes have incorporated yoga and meditation into their routines and have spoken about the positive impact these practices have had on their careers. For example, tennis star Novak Djokovic attributes much of his success to his yoga and meditation practices, stating that they have helped him improve his mental clarity, reduce stress, and maintain physical flexibility throughout his career. Similarly, NBA player LeBron James has spoken about how yoga and meditation help him stay calm and focused, especially during high-stakes games.

Other athletes, such as NFL player Tom Brady and Olympic swimmer Michael Phelps, have also embraced yoga and meditation as part of their training regimens. These athletes have reported that yoga helps them maintain flexibility, reduce the risk of injury, and improve their focus, while meditation enhances their mental toughness and ability to perform under pressure. Renowned Indian athletes have long embraced yoga and meditation as essential practices to enhance their physical and mental performance. Icons like cricketer Virat Kohli and badminton champion P.V. Sindhu have openly credited yoga for improving their flexibility, focus, and overall well-being. Yoga has helped them recover from intense training sessions and stay grounded during high-pressure moments. Similarly, Indian wrestlers such as Sushil Kumar and Bajrang Punia have integrated meditation into their routines to build mental resilience and clarity. These practices not only enhance their physical

strength but also foster a calm mind, enabling athletes to perform at their peak during competition. Through their personal experiences, these athletes have showcased the profound impact of yoga and meditation in achieving success on the global stage.

A Holistic Approach to Success in Sports

In Conclusion we can say that the integration of yoga and meditation into an athlete's training routine offers a holistic approach to enhancing performance and achieving long-term success in sports. While physical training is crucial, mental and emotional well-being are equally important in determining an athlete's ability to perform at their best. Yoga and meditation provide athletes with the tools they need to cultivate balance, improve flexibility, reduce stress, and build mental resilience.

As the benefits of yoga and meditation become more widely recognized, athletes across various disciplines are incorporating these practices into their routines. The result is not only improved performance but also greater overall well-being and longevity in their careers. For athletes aspiring to reach their full potential, embracing yoga and meditation may well be the key to unlocking a successful and sustainable sports career.

By fostering a deeper connection to both mind and body, these practices create a foundation of strength, resilience, and focus that can propel athletes to new heights, ensuring they are ready to face any challenge that comes their way on and off the field.



Codification of Sports Law in India

Jyotismita Sarmah
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Need of the Hour...

People now are concern that sports are essential for individuals, communities, and society as a whole. Sports help to burn calories and maintain a healthy weight. Our overall physical fitness and flexibility are improved by physical activities. Not only the physical health gets benefitted, we get benefitted mentally and emotionally also. Even sports can develop discipline and time management skills. It is observed that sports also improve academic performances. And as time flies, it is seen that there are many opportunities to choose sports as a career like professional sports careers, sports management, and sports journalism are just a few examples. After all sports is no more a fun. Even in our country, now a days sports are being considered as a way of benefits that can enhance our physical, mental, emotional, and social well-being.

As increasing interest in sports, gradually number of persons involved in this field are also increasing and as such it has been observed that number and kinds of disputes arising out from this field is increasing eventually. But presently, there isn't a single, specific legislation governing sports law in India. Instead, various laws and regulations, such as contract law, tort law, trademark law, and intellectual property law, are applied to address sports-related issues. For example Player Contracts and Transfer Regulations Governs the relationship between players, teams and leagues. The Doping Regulations Implements and enforces anti-doping measures to ensure fair play. Intellectual Property Rights Protect trademarks, copyrights and broadcasting rights related to sports events and teams. Again the Dispute Resolution Resolving conflicts between players, teams, leagues, and governing bodies through arbitration, mediation, or litigation. In this way we also don't have a specific authority to deal with all kinds of issues related to sports in India.

Our government also has many departments and agencies those deal with various affairs and activities of sports. The Ministry of Youth Affairs and Sports formulates policies regarding sports in India. National Sports Federation oversees various sports in India. On the other hand Sports Authority of India is responsible for promoting and developing sports infrastructure in India. While there have been efforts to create comprehensive sports law, such as the National Sports Development Code of India 2011, its adoption and implementation have been inconsistent. The Indian government has also proposed updates to the sports policy, but a unified federal agency for sports governance remains elusive.



To address the growing need for sports legislation, experts recommend establishing a single, overarching law that balances commercial interests with public rights and promotes fair play, transparency, and accountability in Indian sports. Sports Law in India is a rapidly evolving field that deals with the legal aspects of sports, including player contracts, intellectual property rights, doping regulations, and dispute resolution. Sport's law is always a borrowed term for Indian legal system. Like many other countries, India has never enacted a statute in the field of sports till now. But there are many challenges as well as opportunities in this field. To meet the international standard we need to develop the sports infrastructure in our native land so that the aboriginal players can upgrade themselves according to their ability. The transparency and accountability in sports governance should be ensured. The rights and interests of the athletes are needed to be protected. And the most important thing

is that the talented athletes should not be deprived of, because the development in the grassroot level can only be able to promote the sports and will be able to balance the commercialization of sports with the need of the hour. Even some career opportunities are also available with the development of sports like Sports Lawyer, Sports Agent, Sports Manager, Sports Policy Analyst etc. Sports Policy Analyst will help to develop and implement policies to promote sports development in India. Moreover, now a days some educational institutes also give their concern towards sports in India. For example National Law School of India University (NLSIU) offers a course on Sports Law. Again Indian Institute of Management (IIM), Bangalore offers a course on Sports Management. On the other hand University of Mumbai offers a course on Sports Law and Management. Symbiosis International University offers a course on Sports Management.

There are some governing bodies in India which are responsible for any kind of issues arising out of sports or to promote it. The Ministry of Youth Affairs and Sports is responsible for promoting and regulating sports in India.

We all know about the Indian Olympic Association. This national Olympic committee is responsible for selecting and preparing Indian teams for international competitions. On the other hand the Sports Authority of India (SAI) is a government agency which is responsible for promoting and developing sports infrastructure in India. The National Sports Federations (NSFs) is an autonomous body responsible for governing specific sports in India.

Sports Law in India is a dynamic and rapidly evolving field, with numerous opportunities for growth and development. As the sports industry in India continues to grow, the demand for specialized sports lawyers, agents, managers, and policy analysts will also increase. Sports law in India is primarily shaped by government policies and court rulings. Since sports is listed as a state subject in the Constitution, sports is a state law subject in India, meaning that the states (primarily) have the power to regulate matters relating to sports. In the absence of a specific law dealing with sports, various other issues may arise, due to which codification of Sports Law in India has become very essential.



My unforeseen journey as a sports reporter

Nava Thakuria
Senior journalist

First thing first. I never imagined to be a journalist (not to speak of a sports reporter) but destiny had a special script (prepared with a bad mood) for me. After appearing in the final year examination in Assam Engineering College (1990), I went to meet our unique Physics Professor Surendranath Medhi (many recognise him as a modern Assamese short story writer, Saurabh Kumar Chaliha) at his quarter. Medhi Sir, a thin gentleman with a soft voice, was however a terror for many AECIANS (as he was a very strict teacher after Principal AK Padmapati Sir). Going to his residence and talking to him about any issue was a rare phenomenon (probably a very few AECIANS can claim so). Medhi Sir believed that I would produce at least one full-length movie (I was known as a 'famous director Nava Jyoti Thakuria' without any film). But till then Medhi Sir advised me to work in a newspaper and asked me to approach Chandra Prasad Saikia (then editor of newly launched Assamese daily) for a job in the news desk. I thought it was a good idea to kill time till I get an engineering job. Medhi Sir perhaps assumed that the experience of working in a newspaper would help me understand the ground reality which would be useful in my personal life (also as a filmmaker in future). "Next day, I left the college hostel (near Sundarbari of Jalukbari locality) by a rickshaw (then it was allowed) to arrive in Maligaon, where I stayed for some years in my elder sister's residence. For a few days I was in my village and received warm wishes from our relatives and friends (incidentally I was the first engineering graduate from our village Bhojkuchi in Nalbari district). Soon I returned to Maligaon and started my 'mission possible' to be a reporter. First day, when I approached CP Saikia Sir and expressed my interest to work in the newspaper, he reacted sharply- journalism is not for you (a would-

be engineer). When CPS Sir asserted that being a professional journalist is a tough job, I pointed out that I would continue my engagement in the newspaper for some days only. CPS Sir was impressed with my version and asked if I could translate sports news into Assamese. I was not sure but said 'yes' with all my confidence. Then CPS Sir called a senior sports journalist (Subodh Malla Barua) and asked him to nurture me as his assistant. Thus my days as a novice scribe began in the tiny news desk of Natun Dainik. "The teleprinter was roaring continuously in the room, where the seniors were busy sorting out their work. I was asked to sit at a corner using a wooden table. Subodh-da brought some sheets of paper from the teleprinter (through which the national and international news were received) and asked me to translate into Assamese. Most of the news was related to cricket, tennis and chess. I had no affection for cricket (still not doing so) and hardly followed tennis or chess related news. As a football fan myself (always pretended to be a reliable footballer in school and college days), I tried to find news of football and translated those first from English with all my efficiency and dedication. Subodh-da used to look at and tell me- You have to work on other news as well ! He also advised me to go to Nehru Stadium from time to time for reporting on sporting events. During that time Nehru Stadium was the only center of various sports activities. Both football and cricket matches were played there. Some indoor games along with the swimming events were also organized in the stadium. Moreover, the campus supported a number of offices belonging to various sports organisations, sports persons and sports journalists. "During important cricket



matches in the stadium, I requested Subodh-da in advance to assign me to report from the outside (because I could not follow the rules of cricket). I mostly reported about the viewer's excitement outside the stadium along with the organizers' comments. Sometimes, I prepared light stories on sports events. CPS Sir liked those pieces and appreciated me. He himself wrote editorials on extraordinary sports personalities with spectacular descriptions (it's rare in Assamese media). CPS Sir was also fond of classic movies and wrote intriguing pieces regularly on the world of cinema. It inspired me to write on cinematic issues as well. Meanwhile, Jayanta Kumar Das-da rejoined us and he took the responsibility to look after the last page (dedicated to the sports). As Subodh-da had already left for Dainik Asom, Uday Borgohain-da was inducted in the sports team. Slowly I started dedicating more time and space in writing on cinema, theatre and visual arts (now mostly on socio-political developments and environmental issues of northeast India). "During that period, I had an unexpected tour to Mumbai (then Bomby) with Samarendra Sarma (photojournalist of Assam Tribune) and Pankaj Bora (then a sports reporter in Ajir Asom and now an entrepreneur). I was travelling to Kolkata (then Calcutta) to cover an international film festival in the Nandan cultural complex. While boarding Kamrup Express, both Samar and Pankaj insisted that I should accompany them to Mumbai. In reality, they had an extra ticket in Gitanjali Express from Howrah. During those days, it was not necessary to identify the train passengers with documents to the train ticket examiners and hence I could easily embark in the train. We three young reporters had an amazing experience in Mumbai and Pune while covering the national sporting events. Every evening, we faced the real challenge to send news and photographs to Guwahati. It was my first visit to Pune, where I went again after some years to join a month-long appreciation course in the Film and Television Institute of India

with Bitopan Borbora-da. "My days as a sports reporter were reminisced with the year-long celebration of 100 years of sports journalism in Assam with a series of spectacular programs. The centenary celebration began in 2022 commemorating the day when first ever news related to a football competition was published in Asomiya (a weekly news magazine mentored by Chandra Kumar Agarwala) on 1 July 1923. Assam Sports Journalists Association (ASJA), which is affiliated to Sports Journalists Federation of India (a national affiliate of International Sports Press Association-AIPS) took the lead to begin the celebration on 2 July which also coincides with the World Sports Journalists Day. The auspicious day is observed globally to honour all sports journalists around the world and also brings awareness about sports journalism to the common people. The global sports journalist day was first observed in 1994 by the AIPS. Sports journalism today is not limited to physical newspapers alone, but also engulfs news channels, digital platforms and other social media space. "Today, I am no longer a sports journalist even though I had a meaningful time in the profession for more than three decades. Most of my classmates have a better life now as successful engineers in their respective fields, but surprisingly many of them have grown older (unlike me!). A few of my college friends now looked pale, tired and depressed. I get scared often while talking to them (as if they are waiting for their final departure!). The reason behind my proactive daily schedule reflects the inherent influence of my profession (which probably compelled the destiny too for being soft on me). The hard life for a working journalist always teaches one to bear with numerous challenges with limited resources. That preaching has benefited me (like many others in the media fraternity) enormously and the spirit of sports in my early days came as a reward. "Nothing more should be added here now. Long Live Sports Journalism! Joi Ho Assam Sports Journalists Association



Borders are boon or ban- states to decide its national priority

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The concept of 'border' is arising after the frontier areas are demarcated by boundaries. During the formation periods of nation- states only frontiers separate one state from the other. Gradually frontiers are replaced by borders, when 'boundary' lines were defined, delineated and demarcated. Thus, borders encompass both frontiers and boundaries or it may be defined as boundaries of the states and its adjacent territories. Initially the principle of self- determination on the basis of linguistic nationality was the guiding principle for fixing boundaries but later following the Second World War, it was religion rather than language that was commonly adopted as basis for fixing boundaries in the decolonised regions of Asia and Africa.

The characteristics of border are similar to that of frontiers. As frontiers, borders are outer oriented, integrating factor and are spatial in nature and cannot be moved. Contrary to that boundaries are inner oriented, separating factor and liner in nature and can be moved. Frontiers as referred by political geographers as political division between two countries or the division between settled and uninhabited parts of one country and therefore frontier is a zone. They were common features of political landscape of the 18th and 19th centuries when they began to be replaced by boundaries or lines of political control. Borders encompasses both frontiers and boundaries and they are little more than geographical terminologies.

Why then study of border is necessary? It is because the great waves of migration will continue and enhanced efforts of states to control their borders are posing as a challenge. This challenge is so severe that the US public once expressed fear of immigrants and refugees is equal to their fear of nuclear war! William Colby, the

former CIA director once expressed that Mexico was a greater threat than the Soviet Union and the Border Patrol will not have enough bullets to stop them. The North Eastern states of India is also not unfamiliar with illegal immigration from neighbouring countries like Bangladesh and Myanmar. The situation on the border further gets complicated when the borders are infested with drug trafficking, flow of arms and shelter of insurgency groups and opened for refugees.



Border also creates conflicts between states when the boundaries are not demarcated. The India – China conflict in 962 was the fallout of such un demarcated boundaries which is known Mc Mahon Line. The recent conflict in Galwan Valley where 2,000 sq km of India-claimed territory was taken over by the Chinese since 2020, the dispute over Aksai Chin and Arunachal Pradesh border region are some vivid examples of border conflicts arising out of disputed boundaries.

The other side of border management lies in a different way of looking the borders. It can be constructed as way of living for some located between two contesting parties. It may be survival strategy for some – where border crossing is a way of life. Such situations are found mostly in post- colonial countries where colonial process created largely artificial borders in the region. Same ethnic groups inhabit both sides of the border with close cultural affinities resulting in not only making border porous but also creating conflicting claims of control on the bordering regions. The border of Manipur and Mizoram with Myanmar and the prevailing Free Movement Regime (FMR) is an example in this regard. India is at the centre

of most of the regional conflicts in South Asia because it has common borders with all other South Asian countries. The border is porous with long history of movements between people, culture, beliefs, ideas, customs and even cows. Conviction about the sanctity of the border are weaker here than elsewhere. Such a shared ecology, geography and cultural affinities has given rise to linkages between tribes and communities in both sides of the border. Today, the border is not just a group of villages that straddles the line of demarcation. It is a zone of influence through which millions enter the country each year (Paula Banerjee).

In today's world the strict restriction of border for migration and opening border for the 'globalised world' of derestricting flow of commodities, goods and services again bring border as custodian of state's sovereignty into a paradoxical situation. Here the phrase "borderless world" often associated with economic cooperation views that economic integration can be promoted even among states in conflict and can eventually overcome political antagonism. A commentator of Asian Diplomacy, Raja Mohan states- borders in the (Indian) subcontinent need not necessarily remain political barriers. They need to be transformed into zones of economic cooperation among

regions that once were part of the same cultural and political space (Mohan 2003). In South Asia, borders are one of the fundamental sources of disputes between states. The border as a boundary marker is a political construct, entailing intrinsic tension against "natural" connectivity in terms of typology as well as the movement of people. Against such background Mayumi Murayama asked – to what extent can economic cooperation or the creation of "a borderless world" mitigate the tensions arising out of the existence of border? According to Saskia Sassen, at the global level, there are currently two contradictory forces transforming the meanings of nation states. One is economic globalisation, which denationalises national economies and the other is migration, which renationalises politics. In other words, many states outwardly argue that border controls should be minimised to allow capital, information and services to flow freely, whereas in reality, they often keep themselves the right to exercise stricter border controls in the name of sovereign authority over the flow of migrants and refugees. Lastly, border management lies on – how can a state adopt a balancing policy on the two stances over borders and what are the effects of these self-contradictory approaches on political and economic relations between states and among people who share the borders.



Role of Sports in Nurturing Health and Fitness of Women and the Girl Child in India Introduction

Dr. Anusmita Barua (Rtd.)

Principal of District Institute of Education & Training
Government of Assam

In the rapidly evolving landscape of modern India, women and the girl child continue to face multiple challenges, including gender stereotypes, limited access to resources, and restricted opportunities for physical activities. Despite these barriers, sports have emerged as a powerful tool for empowering women and promoting their physical and mental well-being. The role of sports in nurturing health and fitness for women and the girl child in India cannot be overstated. It is not only a medium for physical fitness but also a catalyst for mental resilience, personal development, and societal change. This article explores the significance of sports in promoting the health and fitness of women and the girl child in India and the transformative effects it has on their lives.

Breaking Gender Stereotypes through Sports

One of the most significant impacts of sports on women and girls in India is its ability to break traditional gender stereotypes. Historically, sports have been perceived as a male-dominated field, and women were discouraged from participating in physical activities. This notion was deeply ingrained in societal norms and practices. However, in recent years, women and girls have begun to challenge these stereotypes and assert their right to participate in sports. Prominent athletes such as Mary Kom, P.V. Sindhu, Saina Nehwal, and Mithali Raj have not only excelled in their respective sports but have also become symbols of resilience and inspiration for millions of young girls across the country.

As more women take part in sports, they challenge the long-standing norms that limit their opportunities for physical growth and development. Sports provide a

platform for women to display their physical strength, skills, and leadership qualities, which in turn fosters a sense of self-belief and confidence. This change in societal perception is crucial for encouraging more girls to embrace sports and, by extension, to focus on their health and fitness.



Promoting Physical Health and Fitness

Physical health and fitness are fundamental aspects of overall well-being. For women and girls, engaging in regular physical activities such as sports offers numerous health benefits. In a country like India, where the rates of non-communicable diseases (NCDs) like heart disease, diabetes, and obesity are on the rise, regular participation in sports can be a crucial preventive measure. Sports not only enhance cardiovascular health, muscular strength, and endurance but also improve flexibility, bone density, and posture, which are vital for women, especially as they age.

Moreover, sports contribute to the mental well-being of women and girls by reducing stress levels, improving mood, and helping in the prevention of mental health issues such as depression and anxiety. Physical activities like running, swimming, or team sports trigger the release of endorphins—hormones responsible for feelings of happiness and satisfaction. This makes sports an effective tool for women to combat the daily stresses of life, particularly in a society where they often juggle multiple roles as caregivers, workers, and homemakers.

Building Confidence and Self-Esteem

Sports provide women and girls with a sense of achievement, empowerment, and self-worth. The discipline required in training, the competition, and the eventual success foster a strong sense of confidence. When a girl excels in a sport, she not only gains physical prowess but also develops mental fortitude and a belief in her abilities. This sense of achievement transcends the boundaries of sports, impacting other areas of life, including education, career, and personal relationships.

For women, sports offer an opportunity to defy societal expectations and prove that they are capable of achieving great things. A study published in the *Journal of Adolescent Health* found that adolescent girls who participate in sports are more likely to exhibit higher levels of self-esteem and a positive body image. This, in turn, has far-reaching implications for their mental health, social relationships, and overall quality of life.

Promoting Gender Equality

The role of sports in promoting gender equality in India cannot be ignored. In a society where girls are often discouraged from stepping out of the traditional gender roles, sports offer a space where girls and women can compete on an equal footing with their male counterparts. By participating in sports, women challenge the patriarchal structures that limit their freedom and potential. Sports, therefore, not only promote physical well-being but also play an important role in social transformation, advocating for equal opportunities for all genders.

The visibility of female athletes in national and international arenas further reinforces the message that women, too, can achieve success in fields that were once deemed “masculine.” The success of female sports figures brings the discussion of gender equality to the forefront, inspiring girls across India to take up sports, knowing that they too can excel and break barriers.

Enhancing Social Integration and Community Building

Sports foster a sense of belonging and community. They encourage social integration and provide a platform for women and girls from different backgrounds to come together, collaborate, and build friendships. In India, where women often face isolation due to various socio-economic and cultural factors, sports provide an

opportunity to break free from these constraints and engage with people from diverse communities.

Women’s sports teams, local competitions, and fitness groups help build supportive networks where women and girls feel empowered to share their experiences and challenges. These networks can be particularly beneficial in rural areas, where access to education and career opportunities is limited. In such communities, women’s involvement in sports can also serve as a tool for societal transformation, promoting gender equity, and empowering women to participate more actively in public and economic life.

Empowering the Girl Child through Sports

For the girl child in India, sports provide more than just physical benefits; they serve as a pathway for self-empowerment and a means of protecting against social disadvantages. The early introduction of sports in a girl’s life can have long-term benefits in terms of educational achievement, career opportunities, and independence. Sports help instill qualities such as perseverance, discipline, teamwork, and leadership, which are essential for success in any field.

Moreover, sports provide girls with a sense of security and protection, which is particularly significant in a country where child marriage, gender-based violence, and discrimination against girls are still prevalent. By participating in sports, girls gain confidence and independence, which serves as a shield against societal pressures and harmful practices. Governments, NGOs, and various sports organizations have realized the power of sports in shaping young girls’ lives and have initiated numerous programs to encourage girls’ participation in physical activities from a young age.

Challenges and Obstacles in Women’s Participation in Sports

While the benefits of sports for women and the girl child are numerous, there are still significant barriers that hinder their participation. Cultural norms, financial constraints, lack of infrastructure, and limited access to professional training opportunities remain critical challenges for women in India. In rural areas, the absence of proper sports facilities and trained coaches further exacerbates the situation.

Additionally, there is a lack of support from families, who often prioritize academic achievements over physical activities for their daughters. The societal belief that girls should focus on household chores and academic studies rather than sports often discourages them from pursuing their interests in physical activities. Addressing these challenges requires a concerted effort from the government, educational institutions, and communities to create an environment that encourages and supports women's participation in sports.

Conclusion

The role of sports in nurturing the health and fitness of women and the girl child in India is undeniable. Beyond physical fitness, sports play a pivotal role in fostering self-

confidence, breaking gender stereotypes, promoting social integration, and empowering women and girls to lead healthier and more fulfilling lives. While challenges persist, the growing recognition of sports as a vehicle for social change is slowly but surely paving the way for a more inclusive and equitable society.

By encouraging the participation of women and girls in sports, we are not just enhancing their health and fitness but also contributing to the overall well-being and progress of the nation. As the landscape of women's sports in India continues to evolve, the future holds the promise of more opportunities, greater achievements, and lasting empowerment for women and the girl child. Through sports, we can truly transform the narrative of women's health and fitness in India.



The Power of Sports: Uniting Communities Across Borders

Pantha Pratim Barman
Sports Journalist

Sports have always played a significant role in society, transcending barriers of race, religion, and nationality. Whether at the local, national, or global level, sports create a shared sense of identity and purpose. From the excitement of the FIFA World Cup to neighborhood cricket matches, sports have the power to unite people across cultures and backgrounds.

Sports have always helped in breaking social barriers. It acts as a bridge between different communities, promoting inclusivity and breaking social divides. Events like the Olympics and World Cup bring together athletes from various backgrounds, showing that competition can foster mutual respect rather than division.

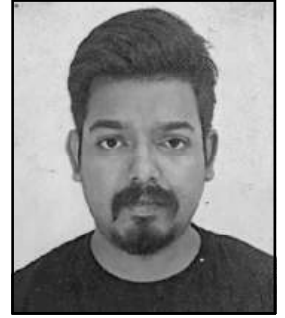
Virtues like teamwork and collaboration play a major role in uniting people. Team sports like football, basketball, and cricket teach individuals the value of working together toward a common goal. When people from different backgrounds play as teammates, they learn to appreciate diversity and build strong relationships.

Major sporting events create a sense of national pride and unity. Whether it's a country rallying behind its cricket team or an underdog story inspiring millions, sports bring

people together under a common identity. On a global scale, sports diplomacy has been used to ease tensions between nations, fostering peace and goodwill.

Athletes have often used their platforms to advocate for social justice and equality. Figures like Nelson Mandela promoted reconciliation through sports, while modern athletes continue to speak out on important issues, inspiring societal change. “At the grassroots level, sports unite neighborhoods and local communities. Schools, workplaces, and local clubs use sports to bring people together, encourage healthy competition, and strengthen bonds among participants.

Sports have the unique ability to unite people, fostering a sense of belonging and togetherness. Whether through teamwork, national pride, or social activism, the power of sports extends far beyond the field. In an increasingly divided world, sports remain a universal language that brings us closer.



SEEMANTA CHETANA MANCHA PURVOTTAR**ASSAM PRADESH****SEEMANTA KREEDA MAHOTSAB'25****RECEPTION COMMITTEE**

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2	Sri Shankar Jyoti Basumatary	Vice President	9717005265
3	Sri Tapan Mali	Vice President	9387661581
4	Sri Tapash Kr. Das	Vice President	7002696305
5	Sri Chandan Kr. Nath	General Secretary	9954166771
6	Sri Abinash Mahanta	Secretary	9613851124
7	Smt. Pallavee Das	Secretary	8638706113
8	Sri Jyotirmoy Kalita	Secretary	9706066240
9	Sri Rajveer Singh	Secretary	9101401387
10	Sri Subir Sarkar	Finance Secretary	9864741860
11	Sri Dinesh Goenka	Joint Finance Secretary	6000813154
12	Sri Prafulla Barman	Souvenir Editor	9435303165
13	Sri Debojit Mazumder	Member	9706218179
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32	Sri Krishna Prasad Gupta	Medical In-charge	9085264240
33	Sri Dhaneswar Kalita	Member	9864066241
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50	Sri Raju Paul	Purchasing In-charge	7086320042
51	Sri Putul Sonowal	Member	9577301897
52	Sri Dipankar Sharma	Member	7638002466
53	Sri Rabi Das	Member	8486465702
54	Sri McDonald Choudhury	Flag Hoisting In-charge	9706951519
55	Sri Mukul Hazarika	Member	8473880840
56	Sri Ashim Das	Kit Packing In-charge	6000980630
57	Sri Shiva Basfor	Volunteer In-charge	7002524430
58	Sri Ajay Ballung	Member	8011287062
59	Sri Jayanta Sarma	Water In-charge	7896548194
60	Sri Moharana Choudhury	Member	9402557580
61	Smt. Shipra Das	Theme Song In-charge	9101628246
62	Smt. Santoshi Mazumdar	Member	9957406187
63	Smt. Sutapa Sarkar	Member	8486690033
64	Smt. Shilpa Chanda	Member	9678457763
65	Smt. Mukta Sarkar	Member	9101381181
66	Sri Ranjit Dey	Member	9678352463
67	Sri Sadhon Roy	Member	8638205875
68	Smt. Mahua Saha	Member	7002998497
69	Sri Rajani Kalita	Electricity In-charge	9707744171
70	Sri Brajen Kalita	Member	8638742025

সীমান্ত চেতনা মঞ্চ পূবোতৰ এক চমু অবলোকন :

বাবলু কুমাৰ বয়

সজাগতা প্ৰমুখ, সীমান্ত চেতনা মঞ্চ

দেশৰ সীমা মাতৃৰ বস্ত্ৰৰ স্বৰূপা, ইয়াক ৰক্ষা কৰা প্ৰত্যেকজন সন্তানৰ কৰ্তব্য। মহাভাৰতত পিতামহ ভীষ্মৰ উক্ত উদ্ধৃতিৰ ওপৰত লক্ষ ৰাখি অখণ্ড ভাৰতৰ পৰা আফগানিস্থান, বাংলাদেশ, ভূটান, মালদীপ, ম্যানমাৰ, নেপাল, তিব্বত আৰু পাকিস্থান ওলাই যোৱাৰ পিছত আমাৰ ভাৰতৰ সীমা সংকুচিত হৈ বৰ্তমানৰ ভাৰতবৰ্ষ। ভূখণ্ড হিচাপে প্ৰতিয়মান হৈছে এই মাতৃভূমি ভাৰতৰ সীমা যাতে আৰু সংকুচিত হ'ব নোৱাৰে তাৰ প্ৰতি লক্ষ ৰাখি ইং ১৯৮৫ চনৰ ৩১ মাৰ্চ, ৰাম নৱমী তিথিত ৰাজস্থানৰ যোধপুৰ চহৰত “সীমা জাগৰণ মঞ্চ” নামৰ এক সংগঠনৰ আত্ম প্ৰকাশ ঘটে। ভাৰতবৰ্ষৰ আন্তৰাষ্ট্ৰীয় সীমাত থকা ৰাজ্যসমূহত বিভিন্ন নামেৰে আত্মপ্ৰকাশ কৰি সীমা সুৰক্ষা, ৰাষ্ট্ৰ সুৰক্ষা আৰু নাগৰিক কৰ্তব্যৰ ওপৰত কাম কৰি থকা আমাৰ অসমৰ ধুবুৰী জিলাৰ গোলকগঞ্জ চহৰত ২০০৮ চনৰ ১৩ এপ্ৰিলত “সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰ নামেৰে আত্মপ্ৰকাশ ঘটে। বৰ্তমান আমাৰ ৰাজ্যৰ ভাৰত বাংলাদেশৰ ৪ খন জিলা ক্ৰমে- ধুবুৰী, দক্ষিণশাল মাৰা-মানকাছাৰ, কাছাৰ আৰু শ্ৰীভূমি উত্তৰ আৰু দক্ষিণ আনহাতে ভাৰত ভূটানৰ ৫ খন জিলা ক্ৰমে কোকৰাঝাৰ, চিৰাং, ওদালগুৰি, বাক্সা আৰু তামুলপুৰ মিলি মুঠ ৯ খন জিলাৰ সীমান্তত বসবাস কৰা লোকসকলক জাগ্ৰত কৰিবলৈ সীমান্ত চেতনা মঞ্চ ৰাজ্যিক সমিতি, জিলা সমিতি, ছেক্টৰ সমিতি, নগৰ-গাওঁ সমিতি আৰু ৱাৰ্ড সমিতি আদি সমিতি সমূহে সাংগঠনিক বিভাগত কাম

কৰি আছে।

“সীমান্ত চেতনা মঞ্চ পূৰ্বোত্তৰৰ বাৰ্ষিক কাৰ্য্যক্ৰম হিচাপে প্ৰতিষ্ঠা দিৱস (ৰাম নৱমী তিথি), ৰক্ষা বন্ধন, শস্ত্ৰ পূজন, (বিজয়া দশমী)



মহাপুৰুষৰ জন্ম জয়ন্তীত দেশভক্তি সমাবেশ, আৰু ভাৰত মাতা পূজন (২৬ জানুৱাৰী) কাৰ্য্য ক্ৰম পালন কৰাৰ উপৰি মহাবিদ্যালয়, বিশ্ববিদ্যালয়সমূহত প্ৰবোধন কাৰ্য্যক্ৰমে অনুষ্ঠিত কৰি ছাত্ৰ-ছাত্ৰী সমাজক আন্তৰাষ্ট্ৰীয় সীমান্তক লৈ চৰ্চা কৰা হয়। সাংগঠনিক ধ্যেয় গীত ‘সৰহক তুজে প্ৰণাম’ গীত, নৃত্য প্ৰতিযোগিতা, বিভিন্ন জিলাৰ সীমান্ত অঞ্চলত অসমৰ খ্যাতনামা শিল্পী সমাজক লৈ সাংস্কৃতিক অনুষ্ঠান “সৰহদকো স্বৰাজলী” পৰিৱেশন কৰাই সীমান্তবাসী সমাজক নান্দনিক সাংস্কৃতিক দিশত উদ্বুদ্ধ কৰিবলৈ প্ৰয়াস কৰা হৈছে। সীমান্ত অঞ্চলৰ শিক্ষিত যুবক-যুৱতী সকলোকে সামৰিক বাহিনী, অৰ্ধসামৰিক বাহিনীত নিযুক্ত হ'ব পৰাকৈ প্ৰতি বছৰে প্ৰাক প্ৰশিক্ষণ শিবিৰৰ ব্যৱস্থা কৰি থকা হৈছে। মহিলা সকলক স্বাৱলম্বী কৰাৰ কাৰণে চিলাই প্ৰশিক্ষণ কেন্দ্ৰ স্থাপন কৰা হৈছে। ২০১৮ চনত ধুবুৰী জিলাৰ প্ৰাকপ্ৰশিক্ষণ শিবিৰৰ সামৰণি অনুষ্ঠানত ভাৰতৰ গৃহমন্ত্ৰী মাননীয় ৰাজনাথ সিং মহোদয়ে এক বিশাল জনসভাত অংশগ্ৰহণ কৰাৰ লগতে সীমান্ত অঞ্চলৰ অভাৱ-অভিযোগৰ বুজ লয় আৰু তাৰ ফল স্বৰূপে “সীমান্ত অঞ্চল উন্নতি আৰু

সুৰক্ষা' আঁচনি বাস্তৱত ৰূপায়ন কৰিবলৈ সীমান্ত চেতনা মঞ্চক চৰকাৰৰ সহযোগী সংগঠন হিচাপে স্বীকৃতি প্ৰদান কৰে। তেতিয়াৰ পৰা সীমান্ত অঞ্চলত টেলিকম, বিজুলী, ৰাস্তা ঘাট, পানী যোগানৰ লগতে শিক্ষা, চিকিৎসা আধুনিকিকৰণৰ ব্যৱস্থা কৰা হৈছে। সীমান্ত চেতনা মঞ্চৰ কাৰ্য্যকৰ্তাসকলৰ উৎকৰ্ষ সাধনৰ লক্ষ্য আগত ৰাখি এক বিশাল সদস্য সন্মিলন অনুষ্ঠিত কৰা হয়। সীমান্ত অঞ্চলৰ যুৱক-যুৱতী সকলক জিলা ভিত্তিত খেল কুদ বাছনি প্ৰক্ৰিয়া অনুষ্ঠিত কৰি ৰাজ্যিক ভিত্তিত খেল-কুদ অনুষ্ঠিত কৰি তেওঁলোকক সৰ্বভাৰতীয় পৰ্য্যায়ত খেল-কুদত অংশ গ্ৰহণৰ সুবিধা প্ৰদান কৰি থকা হৈছে।

ভাৰত-বাংলাদেশ সীমান্তত কাঁইটীয়া তাঁৰৰ ভিতৰত থকা ধুবুৰী জিলাৰ ভোগডাঙা আৰু ফাউসকাৰ কুটী গাওঁ দুখন স্থানান্তৰিতৰ বিপৰীতে আৰু খেতি-বাতিৰ সুৰক্ষাৰ হকে শূন্য লাইনত এক তাৰ বিশিষ্ট কাঁইটীয়া তাঁৰৰ ব্যৱস্থা কৰাৰ বাবে চৰকাৰলৈ আগ্ৰহ প্ৰকাশ কৰা হৈছে। যুৱ প্ৰজন্মক আন্তৰাষ্ট্ৰীয় সীমান্তৰ সমাজক জনাৰ হকে অখিল ভাৰতীয় বিদ্যার্থী পৰিষদ আৰু সীমান্ত চেতনা মঞ্চৰ সহযোগত সীমাদৰ্শন কাৰ্য্যক্ৰম

কৰা হৈছে। ৰাষ্ট্ৰ নিৰাপত্তা আৰু ব্যৱস্থাপনাৰ আইন কাঠামো শীৰ্ষক সীমান্ত আইন সংহিতাকৰণ ওপৰত যোৱা ১৬ মাৰ্চ ২০২৫ চনত ৰয়েল গ্ল'ৱেল ইউনিভাৰ্ছিটিত এক গুৰুত্বপূৰ্ণ আলোচনাচক্ৰ অনুষ্ঠিত হয়। উক্ত অনুষ্ঠানত উপস্থিত থাকে অসমৰ মাননীয় ৰাজ্যপাল শ্ৰীযুত লক্ষণ প্ৰসাদ আচাৰ্য, তামিল নাডুৰ ৰাজ্যপাল মাননীয় শ্ৰীযুত থিৰু আৰ এন ৰবি, অসম আইন আৰু ন্যায় মন্ত্ৰী মাননীয় শ্ৰীযুত ৰঞ্জিত দাস, অসম সপ্তম ৰাজ্য বিত্ত আয়োগৰ অধ্যক্ষ তথা লেফটেনেণ্ট জেনেৰেল (অৱসৰপ্ৰাপ্ত) শ্ৰীযুত ৰাণা প্ৰতাপ কলিতা, গুৱাহাটী উচ্চন্যায়ালয়ৰ অৱসৰপ্ৰাপ্ত ন্যায়াধীশ শ্ৰীযুত বিপ্লব কুমাৰ শৰ্মা আৰু সীমান্ত সুৰক্ষা বাহিনীৰ (বি এছ এফ) ডি.আই.জি. মাননীয় শ্ৰীযুত কুলবন্ত ৰায় শৰ্মা।

উক্ত সভাত সীমান্ত সুৰক্ষাত থকা সমস্যাসমূহ মোকাবিলা কৰিব পৰা চৰকাৰী আইন সংহিতাৰ প্ৰতি লক্ষ্য ৰাখি ৰাষ্ট্ৰীয় নিৰাপত্তা বৃদ্ধি, সীমা সুৰক্ষা সু-শৃংখল আইনবিলাক ঐক্যবদ্ধ সংহতি কৰণত মত পোষণ কৰে। এনেবোৰ কাৰ্য্যক্ৰমে অদূৰ ভবিষ্যতত আন্তৰাষ্ট্ৰীয় সীমান্ত বাসীৰ আশাৰ সঞ্চাৰ কৰিব পাৰিব। এই আশা সন্মুখত ৰাখি সীমান্ত চেতনা মঞ্চৰ প্ৰতিজন কাৰ্য্যকৰ্তাই আত্ম নিয়োগৰ প্ৰয়াস কৰে।



অসমৰ ক্ৰীড়া : এক প্ৰাসংগিক চিন্তা

নিপন দাস

এথলেটিক্স প্ৰশিক্ষক

সাহিত্য যেনেদৰে সমাজৰ দাপোন, সংস্কৃতি যেনেদৰে সভ্যতাৰ সপোন, ঠিক তেনেদৰেই ক্ৰীড়া শিল্পও জনজীৱনৰ মানসিক তথা দৈহিক সুস্থতাৰ প্ৰাণ প্ৰকাশ। স্পটছ মেন স্পিৰিট অৰ্থাৎ খেলুৱৈসুলভ মানসিকতা মানব প্ৰকৃতিৰ এটি অতি আদৰ্শীয় তথা ঈম্পিত অভিব্যক্তি। এটা জাতিৰ জাতীয় জীৱনৰ প্ৰকৃত উৎকৰ্ষতাৰ সন্মুখত ক্ৰীড়া উন্নতিৰ প্ৰশ্নটো অংগাংগীভাৱে জড়িত। বিশ্বত এনে কোনো সবল জাতি নাই, যাব ক্ৰীড়া জীৱন সুঠাম নহয়।

কিছুমান খেলৰ বিশেষকৈ ক্ৰিকেটৰ সফলতা, বেইজিঙত অনুষ্ঠিত অলিম্পিকত অভিনব বিন্দ্ৰা, বিজেন্দৰ সিং, সুশীল কুমাৰ আৰু বিশেষকৈ সদ্যসমাপ্ত টকিয়াক্স অলিম্পিকত নীৰং চোগ্ৰা, মীৰাবাই চানু, ববি কুমাৰ দহিয়া, পিভি সিদ্ধু, লাভলীনা বৰগোহাঁই, বৰজং পুনিয়া আৰু ইণ্ডিয়া হকী টীম শচপুৰুষৰ চমকপ্ৰদ প্ৰদৰ্শন আৰু পদক বুটলি অনাটোৰেই ভাৰতীয় ক্ৰীড়ানুবাগীলৈ অনুবন্ত আনন্দ কঢ়িয়াই আনিছিল। এনেকুৱা খবৰে উপমহাদেশখনৰ ক্ৰীড়ামোদীক উৎফুল্লিত কৰি তোলে যদিও আন্তৰাষ্ট্ৰীয় পৰ্যায়ত ভাৰতৰ সফলতাৰ হাব চাই এই প্ৰদৰ্শন হক্সলেই নহক্সব। একৈশ শতিকাৰ ক্ৰীড়া ক্ষেত্ৰখাৰ এশ কোটিৰ ওপৰৰ ভাৰতীয়ৰ উপবোক্ত মানব ক্ৰীড়াধাৰাৰে সফলতাৰ মাপকাঠী বৰ্তাই বখাটো কিমান কষ্টসাধ্য, সেয়া আমি ভাৰতীয় হিচাপে নিশ্চয় উপলব্ধি কৰিছো।

আনহাতে ভাৰতৰ অংগৰাজ্য অসমৰ আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ৰ খেলুৱৈৰ সংখ্যা আঙুলিৰ মূৰত লেখিব পৰা হোৱাটো আমাৰ বাবে অতি পৰিতাপৰ কথা। অসমৰ ক্ৰীড়া জগতলৈ লক্ষ্য



কৰিলে দেখা পাওঁ অতি সম্ভাবনা থকা সত্ত্বেও উন্নতিৰ যি স্তৰলৈ যোৱা উচিত। আছিল, সেই শিখৰলৈ আমি এতিয়াও বগাবলৈ সক্ষম হোৱা নাই। চৰকাৰে ক্ৰীড়া উন্নয়নৰ বাবে বিভিন্ন আঁচনি হু লৈছে আৰু ইয়াৰ কাৰ্যকৰী হৈছে যদিও আঁচনিসমূহ পৰিকল্পিত নোহোৱাৰ বাবে ফলপ্ৰসূ হক্সব পৰা নাই। আনফালেদি ক্ৰীড়া তথা ক্ৰীড়াবিদসকলক জনপ্ৰিয় কৰি তোলা মাধ্যমৰ দুৰ্বলতায়ে আমাৰ জাতীয় জীৱনৰ এই গুৰুত্বপূৰ্ণ দিশটোক ঠন ধৰি উঠাত হেডাৰ হৈ পৰিছে।

খেল-ধেমালিক শিক্ষাৰ অন্যতম অংগ বুলি কক্সব পাৰি। সুস্থ শৰীৰ আৰু স্বাভাৱিক মনব বাবে ই এক অপৰিহাৰ্য বিষয়। শিশুবিলাকে দৈনন্দিন কাম কৰাৰ বিপৰীতে খেলা-ধূলাত মনোনিবেশ কৰা দেখা যায়। এইটো শিশুৰ সহজাত প্ৰবৃত্তি। সেই কাৰণে মনস্তত্ত্ববিদসকলে লক্সৰা-ছোৱালীৰ শিক্ষা খেলৰ জৰিয়তে দিলে অধিক কাৰ্যকৰী হক্সব বুলি মত পোষণ কৰে। কাৰণ শৰীৰ আৰু মন এই দুইটাৰ খেলৰ লগত যথেষ্ট সম্বন্ধ আছে। সৰুকালৰ খেল-ধেমালিয়ে চৰিত্ৰৰ লগতে জীৱন গড়াত

সহায় কৰে। সেয়েহে বিদ্যালয়সমূহৰ চাৰিবেৰত ছাত্ৰ-ছাত্ৰীসকলক নাবাখি মুকলি গেলপথাৰত শিক্ষকৰ তত্ত্বাবধানত খেল-ধেমালি কৰিবলৈ দিব লাগে, তেতিয়াহে শিক্ষকৰ উপস্থিতিয়ে শৃংখলাবদ্ধ প্ৰণালীৰে খেলৰ শুদ্ধ নীতি-নিয়ম শিকিবলৈ সক্ষম হ'ব।

সেয়েহে বৰ্তমান আধুনিক শিক্ষা কেৱল পাঠ্যপুথিগত শিক্ষা হৈ থকা নাই। ছাত্ৰ ছাত্ৰীৰ সৰ্বাংগীণ উন্নতিহে ইয়াৰ লক্ষ্য। ইয়াৰ বাবে শাৰীৰিক শিক্ষাই আধুনিক শিক্ষা ব্যবস্থাত এক বিশেষ ভূমিকা লৈছে। আজিৰ যুগত পূৰ্ণমানৰ গড়াৰ যি ধাৰণা আধুনিক শিক্ষাৰ লক্ষ্য হিচাপে শিক্ষাবিধিত ওতপ্ৰোতভাবে জড়িত হৈ পৰিছে, সেয়া খেলা-ধূলা অবিহনে সম্ভৱ হৈ নুঠে। এই কথা মনত ৰাখিহে প্ৰচলিত শিক্ষা নীতিত খেলা-ধূলা মনোৰঞ্জনৰ বাবে লোৱাৰ উপৰি সহ পাঠ্যক্ৰম হিচাপে গণ্য হৈছে। সহ পাঠ্যক্ৰমৰ অন্যতম গুৰুত্বপূৰ্ণ পাঠ্যক্ৰম হৈছে শাৰীৰিক শিক্ষা। শৰীৰৰ অংগ-প্ৰতংগসমূহৰ বা সংহতিয়েহে এজন সুস্থ মানুহ গড়বি পাবে। সুস্থ শৰীৰতহে সুস্থ মন সম্ভৱ। সুস্থ মানসিক অবস্থাইহে সু-শিক্ষাৰ বাতাবৰণ তৈয়াৰ কৰিব পাবে। বাস্তৱীয় শিক্ষা নীতিয়ে কৰা বিন্যাস অনুসৰি শাৰীৰিক শিক্ষাৰ উদ্দেশ্যসমূহ এনেধৰণৰ- শাৰীৰিক শিক্ষাই এজন ছাত্ৰৰ শৰীৰৰ আৰু স্বাস্থ্যৰ উন্নতি ঘটাব। শাৰীৰিক শিক্ষা সম্বন্ধে সময়ে সময়ে বিভিন্ন শিক্ষাবিদ, শিক্ষা আয়োগ আদিয়ে মতামত বা সূত্ৰ আগবঢ়াইছে। মতামত বা সূত্ৰ বিভিন্ন যদিও সেইবিলাকৰ লক্ষ্য আৰু উদ্দেশ্য একে।

লক্ষ্যসমূহৰ ভিতৰত শাৰীৰিক উন্নতি সাধন :

মানসিক ভাৰসাম্যতা বক্ষা, আবেগিক সমন্বয় গড়া, দৈহিক শ্ৰম, সমাজৰ সু-নাগৰিক গড়া আদি অন্যতম। আনহাতে সু-স্বাস্থ্যভ্যাসৰ দ্বাৰা ব্যক্তিত্ব গঠনত, মানসিক ভাৰসাম্যতা বা ব্যক্তিগত সমতা বক্ষা কৰাত, সু নাগৰিক গঢ়াত, ব্যায়াম খেলৰ প্ৰতি উৎসাহ তথা মনোযোগ বঢ়ুৱাত, সামাজিক-

অৰ্থনৈতিক, বাস্তৱীয়বোধ গঠনত, দৈনন্দিন জীৱনৰ সমস্যা সমাধানত, জিৰণি আৰু মনোবল্লন কাৰ্যৰ উপযুক্ত ব্যৱহাৰত, দৈনন্দিন জীৱনৰ কামৰ নিয়মানুবৰ্তিতা বক্ষা কৰাত আৰু শাৰীৰিক শিক্ষাৰ প্ৰতি মনোযোগ বঢ়ুৱাত সহায় কৰাই হ'ব মূল উদ্দেশ্য।

উপৰোক্ত লক্ষ্য আৰু উদ্দেশ্যসমূহত উপনীত হ'বলৈ হ'বলৈ প্ৰাথমিক পৰ্যায়ৰ পৰাই লক্ষ্যৰা-ছোৱালীৰ ওপৰত গুৰুত্ব দিয়া প্ৰয়োজন। এই পৰ্যায়ত ছাত্ৰই

সঁজুলিসহ আৰু সঁজুলি নোহোৱাকৈয়ে কিছুমান ব্যায়াম, খেল আদি শিকিব পাৰে। ইয়ে ল'ৰা-ছোৱালীৰ বুনিয়াদ গঠনও সহায় কৰে। এনেদৰে এই পৰ্যায় অতিক্ৰম কৰি পিছৰ শিক্ষা জীৱনত ছাত্ৰই শাৰীৰিক শিক্ষাৰ প্ৰতি নিষ্ঠাবান হৈ জাতি গঠনত সহায় কৰিব পাৰিব।

ছাত্ৰই পৰিপাটি, পৰিস্কাৰ-পৰিচ্ছন্নতা আৰু ব্যক্তিগত স্বাস্থ্যজনিত প্ৰয়োগসমূহ গুৰুত্বসহকাৰে পালন কৰিব। আহবৰ সমতা আৰু ইয়াৰ পৰিমাণ, বয়স, শাৰীৰিক গঠন, পাৰিপাৰ্শ্বিক অবস্থা আদিৰ ওপৰত নিৰ্ভৰ কৰে। সেয়েহে সুখম আহাৰত প্ৰয়োজনীয় উপাদানসমূহ নিৰ্দিষ্ট অনুপাতত থাকে আৰু শৰীৰৰ উন্নতিৰ ক্ষেত্ৰত ইয়াৰ প্ৰত্যক্ষ সম্বন্ধ আছে। শৰীৰ সুস্থ কৰি ৰাখিবলৈ হ'বলৈ সুখম আহাৰৰ যিদৰে প্ৰয়োজন, ঠিক তেনেদৰে অনুশীলনৰো প্ৰয়োজন। অনুশীলন কৰাৰ ধৰণ আৰু মাধ্যমৰ প্ৰক্ৰিয়া বয়স, শাৰীৰিক গঠন, পাৰিপাৰ্শ্বিক অবস্থা আদিৰ কথা মনত ৰাখি কৰিব লাগে। প্ৰয়োজনতকৈ বেছি বা কম আহাৰ ঘোৰা তথা অনুশীলনো বেছি বা কম হোৱাটো শৰীৰৰ বাবে ক্ষতিকৰক হ'ব পাৰে।

খেলা-ধূলাৰ প্ৰয়োজনীয় পূৰ্ব চৰ্ত হ'ল এখন উপযুক্ত খেলপথাৰ। প্ৰতি অঞ্চলত যুবক-যুৱতীৰ চাহিদা পূৰাৰ পৰাকৈ নাথাকিলেও অন্ততঃ গাঁও একোখন, নগৰ-চহৰত যুবক-যুৱতীৰ ক্ৰমবৰ্ধমান সমস্যা অনুসৰি কেইখনমান উপযুক্ত খেলপথাৰ

থকাটো নিত্যান্তই প্ৰয়োজন। যুব মানসিকতাক কেৱল দোষাৰোপ কৰিলেই নহ'ব, তাৰ সুস্থ-সবল বিকশিত ৰূপ গড়ি তোলাৰ বাবে খেলপথাৰখনৰ ভূমিকা প্ৰাৰম্ভিক, অনবদ্য বুলি মানি লৈ তাৰ ব্যবস্থা কৰাটোৱেই সমাজৰ দায়িত্ব। কিন্তু আজি একৈশ শতিকাত থিয় হৈয়ো আমি ভাৰতীয়সকলে হতাশ হৈ লক্ষ্য কৰিছো যে এই প্ৰাৰম্ভিক প্ৰয়োজনীয় বিষয়ত ভাৰত পিছপৰি নাথাকক আৰু আমাৰ ৰাজ্যখনো দুৰ্দৰ্শাপীড়িত আৰু দুখলগা অৱস্থাতে জৰিত যদিও ক্ৰীড়াক আগুৱাই নিয়াত এক নতুন ভূমিকা ল'ব।

এটা বহু চৰ্চিত প্ৰশ্ন হৈছে যে খেলসমূহৰ সম্পাদনাত কিয় অতি শীঘ্ৰে প্ৰগতি দেখা যায়, ইয়াৰ বহু কাৰণৰ ভিতৰত উন্নত ক্ৰীড়াসুবিধাসমূহ, ক্ৰীড়া সাধনাৰ লগতে প্ৰতিযোগিতাসমূহৰ শুধৰণি স্থিতি আদি কাৰণ স্পষ্টভাৱে দেখা যায়। খেল-ধেমালিৰ প্ৰতি বাড়াইহা আগ্ৰহ, যাতায়াত বা সম্পৰ্কৰ শুধৰণি সাধনৰ কাৰণে প্ৰতিযোগিতাত বহু সুবিধা পোৱা বাবেও খেল-ধেমালিত এই প্ৰগতি দেখা দিছে। ইয়াৰ উপৰি আজিৰ খেলুৱৈসকলক ভালধৰণে প্ৰশিক্ষণ দিয়া হয়, এইটো অৰ্থ যে প্ৰশিক্ষণৰ

বৈজ্ঞানিক পদ্ধতিৰ ক্ষেত্ৰত আজিকালি অধিক জ্ঞানৰ লগতে তাৰ অধিক প্ৰয়োগ হোৱাটো আৰু খেলুৱৈসকলৰ সংখ্যা বাঢ়ি যোৱাৰ লগে লগে ভাল খেলুৱৈ বাছি উলিওৱাৰ এটা সুবিধা হোৱাটো পৰিলক্ষিত হয়। এনে পৰিস্থিতিত ক্ৰীড়া অনুৰাগীসকলৰ বাবে খেলুৱৈসকলক দলৰ পৰা প্ৰকৃতিদত্ত ক্ষমতাৰে সক্ষম বা প্ৰবীণ খেলুৱৈসকলক প্ৰয়োজন সাপেক্ষে ব্যবহাৰ কৰাৰ সুবিধা আজিকালি দেখা পোৱা যায়।

নতুন সহস্ৰাব্দত বিজ্ঞান আৰু প্ৰযুক্তি বিদ্যাৰ বিস্ময়কৰ আবিষ্কাবসমূহে বিশ্ব ক্ৰীড়া জগতলৈ আমূল পৰিবৰ্তন আনিছে। সেই পৰিবৰ্তনৰ সৈতে আমি অসমবাসীয়ে অসমৰ ক্ৰীড়াধাৰাত এক আমূল পৰিবৰ্তন অনাৰ সময় আহি পৰিছে। শিশুসকলৰ প্ৰতিভা বিকাশৰ ক্ষেত্ৰত অভিভাৱকসকলে আগভাগ লওক। ক্ৰীড়া সংগঠকসকলে একত্ৰিত হৈ ক্ৰীড়া আন্তঃগাঁথনিৰ লগতে খেলুৱৈৰ নিয়মীয়া অনুশীলনত জোৰ দিয়ক তেতিয়াহে অসমবাসী নতুন প্ৰজন্মৰ পৰা কিবা লাভ কৰিবলৈ সক্ষম হ'ব আৰু ৰাজ্যৰ লগতে ভাৰতবৰ্ষত বিশ্ব ক্ৰীড়া দৰবাৰত প্ৰতিষ্ঠা কৰিবলৈ সক্ষম হ'ব।



ভাৰতৰ ক্রীড়াক্ষেত্ৰত উত্তৰ-পূবৰ খেলুৱৈ

সুধিম ঘোষ

ৰাষ্ট্ৰীয় প্ৰেক্ষাপটত উত্তৰ-পূবৰ ক্রীড়াক্ষেত্ৰখনে অৱদান আগবঢ়াই আহিছে অতীজৰেপৰা। ১৯৪৮ চনৰ লণ্ডন অলিম্পিকত ভাৰতীয় ফুটবল দলক তেতিয়াৰ বৰ অসমৰ ডাঃ টি আওৰে নেতৃত্ব দিয়াৰেপৰা সেই অবিৰত যাত্ৰা অব্যাহত আছে এতিয়াও। এই দীৰ্ঘ যাত্ৰাত উত্তৰ-পূবৰ খেলুৱৈয়ে ৰাষ্ট্ৰীয় ক্রীড়াক্ষেত্ৰখনলৈ যি অৰিহণা আগবঢ়াই আহিছে, সেয়া সঁচাকৈয়ে লেখত ল'বলগীয়া। ফুটবলৰপৰা আৰম্ভ কৰি আন ইভেণ্টত উত্তৰ-পূবৰ খেলুৱৈয়ে যি বৰঙণি আগবঢ়াই আহিছে, সেয়া সোণালী আখৰেৰে লিপিবদ্ধ হৈ আছে ভাৰতীয় ক্রীড়াক্ষেত্ৰৰ ইতিহাসত। এই ক্ষেত্ৰত ডাঃ টি আওৰ লগতে দুগৰাকী মহিলা বক্সাৰ মণিপুৰৰ এম চি মেৰীকম আৰু অসম সন্তান লাভলীনা বৰগোহাঁইৰ লগতে ভাৰোত্তোলিকা মীৰাবাই চানুৰ নাম উল্লেখ কৰিব লাগিব প্ৰাৰম্ভতে। কিয়নো অলিম্পিকত পদক জয়েৰে উত্তৰ-পূবৰ ক্রীড়াক্ষেত্ৰখনক তেওঁলোকে ৰাষ্ট্ৰীয় মঞ্চত যিদৰে প্ৰতিষ্ঠা কৰিলে, তেনে কৰিব পৰা নাই এই পৰ্যন্ত কোনো খেলুৱৈয়ে। তেওঁলোকৰ লগতে উল্লেখ কৰিব লাগিব ভোগেশ্বৰ বৰুৱা, দুবাৰৰ অলিম্পিয়ান দীপংকৰ ভট্টাচাৰ্য আৰু মণিপুৰৰ হকী তাৰকা থৈবা সিঙৰ কথাও। উত্তৰ-পূবৰ খেলুৱৈৰ ৰাষ্ট্ৰীয় আৰু আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ত উত্থানৰ মূলতে হ'ল ইয়াৰ ক্রীড়া সংস্কৃতি। কেৱল চৰকাৰেই নহয়, উত্তৰ-পূবৰ জনসাধাৰণেও এথলেটিকলক সকলো সময়তে আগবঢ়াই অহা সহায় আৰু সমৰ্থনৰ বাবেও এই অঞ্চলটোৰ খেলুৱৈসকলে সাফল্যৰ শিখৰ স্পৰ্শ কৰিবলৈ সক্ষম হৈছে। সেইদৰেই তেওঁলোকে ৰাষ্ট্ৰীয় সংহতিত ক্রীড়াৰ জৰিয়তে বৰঙণি আগবঢ়াই আহিছে। তেনেদৰেই আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ত নিজৰ লগতে দেশৰ নাম উজলাই আহিছে, এটা চামৰ পাছত ইটো চামে। উত্তৰ-পূবত

আন্তঃগাঁথনিৰ অভাৱ আছে, আছে আৰ্থিক অনাটনো। কিন্তু নিজ ৰাজ্য তথা দেশখনৰ নাম জিলিকাই তোলাৰ লক্ষ্যৰে ইয়াৰ এথলেটিকলে অবিৰত প্ৰচেষ্টা চলাই আহিছে সেই তাহানিৰপৰাই।



ডাঃ টি আওৰে স্বাধীনতাৰ ঠিক পাছতে উত্তৰ-পূবৰ প্ৰতিনিধি হিচাপে ভাৰতীয় ফুটবল দলক প্ৰতিনিধিত্ব কৰাৰ পাছত মেৰীকমে ২০১২ চনৰ লণ্ডন অলিম্পিকত মহিলাৰ বক্সিঙত ব্ৰঞ্জৰ পদক জয়েৰে অঞ্চলটোৰ ক্রীড়াক্ষেত্ৰক এক নতুন বাট দেখুৱালে। মেৰীকমে দেখুৱাই যোৱা সাফল্যৰ সেই বাটেৰেই আগবাঢ়ি টকিঅ' অলিম্পিকত মীৰাবাই চানুৱে ভাৰোত্তোলনত ৰূপৰ আৰু লাভলীনা বৰগোহাঁয়ে মহিলাৰ বক্সিঙত ব্ৰঞ্জৰ পদক দখল কৰি ন-ইতিহাস ৰচিলে উত্তৰ-পূবৰ ক্রীড়াক্ষেত্ৰখনৰ বাবে। ইয়াৰ লগতে তেওঁলোকে এচাম নতুন খেলুৱৈকো উদ্বুদ্ধ কৰিলে ক্রীড়াক্ষেত্ৰখনত আগবাঢ়ি যোৱাৰ বাবে। প্ৰেৰণা দিলে দেশৰ হৈ খেলাৰ বাবে। মেৰীকম, মীৰাবাই আৰু লাভলীনাৰ অলিম্পিক পদক জয়ৰ ইতিবাচক দিশো সেয়া।

উত্তৰ-পূবে ভালেসংখ্যক ফুটবলাৰ ৰাষ্ট্ৰীয় দলক উপহাৰ দিছে যদিও এই ক্ষেত্ৰত সবাতোকৈ আগত নাম থাকিব ছিকিমৰ বাইচুং ভুটীয়াৰ। ভাৰতীয় ফুটবল দলক নেতৃত্ব দিয়াৰ লগতে দেশৰ প্ৰথমজন ফুটবলাৰ হিচাপে ১৯৯৯ চনত ইংলেণ্ডৰ বাৰী ক্লাবৰে চুক্তিবদ্ধ হোৱাটো দেশখনৰ ক্রীড়াক্ষেত্ৰৰ এক উল্লেখনীয় দিশ বুলি ক'ব পাৰি। সেইদৰে মণিপুৰৰ মহিলা ফুটবলাৰ বালা দেৱীয়ে স্কটিছ ৰ'মেনছ প্ৰিমিয়াৰ লীগত ২০২০ চনত চুক্তিবদ্ধ হৈ ইতিহাস ৰচিছিল। ইয়াৰ লগতে অসম, মেঘালয়, মণিপুৰ

আৰু মিজোৰামৰপৰা ভালেসংখ্যক ফুটবলাৰে ৰাষ্ট্ৰীয় দলক সমৃদ্ধ কৰিছিল।

আনহাতে, মণিপুৰী বক্সাৰ প্ৰয়াত ডিংকো সিঙে ১৯৯৮ চনত এছিয়ান গেমছত স্বৰ্ণপদক জয় কৰিবলৈ সক্ষম হৈছিল। সেইদৰে ২০ বছৰ অনূৰ্দ্ধৰ বিশ্ব জুনিয়ৰ এথলেটিক্ছত অসমৰ হিমা দাসে (২০০ মিটাৰ দৌৰত) স্বৰ্ণপদক জয় কৰি অক্ষয় কীৰ্তি ৰচিছে ইতিমধ্যে। হিমাৰ আগেয়ে ট্ৰেক এণ্ড ফিল্ডৰ বিশ্ব জুনিয়ৰ পৰ্যায়ৰ প্ৰতিযোগিতাত স্বৰ্ণপদক জয় কৰিব পৰা নাছিল ভাৰতৰ কোনোৱেই। হিমা সফল হৈছিল এছিয়ান গেমছতো। অসমৰ আৰ্চাৰ জয়ন্ত তালুকদাৰে ২০১২ চনৰ লণ্ডন অলিম্পিকত ভাগ লোৱাৰ পূৰ্বে এছিয়ান গেমছত পদক জয় কৰাৰ লগতে বিশ্বকাপ আৰ্চাৰীত স্বৰ্ণপদক জয়েৰে উত্তৰ-পূবৰ খেলুৱৈ হিচাপে অনন্য নজিৰ স্থাপন কৰি গৈছে ইতিমধ্যে। সেইদৰে ভাৰোভোলিকা এন কুঞ্জৰাণী দেৱীয়ে ১৯৯০ আৰু ১৯৯৪ চনৰ এছিয়ান গেমছত ব্ৰঞ্জৰ পদক জয় কৰাৰ লগতে বিশ্ব ভাৰোভোলন চেম্পিয়নশ্বিপত কেইবাটিও পদক জয় কৰি দেশৰ ক্ৰীড়াক্ষেত্ৰখনলৈ অনবদ্য অৱদান আগবঢ়াই থৈ গৈছে। ত্ৰিপুৰাৰ আৰ্টিষ্টিক জিমনাষ্ট দীপা কৰ্মকাৰেও ইতিহাস ৰচি গৈছে। ২০১৬

চনৰ ৰিঅ' অলিম্পিকত ভাৰতৰ প্ৰথমগৰাকী জিমনাষ্ট হিচাপে ভাগ লোৱা দীপাই ০.১৫ পইণ্টৰ ব্যৱধানৰ বাবে ভল্ট ইভেণ্টত পদক জয় কৰাত ব্যৰ্থ হৈছিল। ত্ৰিপুৰাৰ দৰে পিছপৰা এখন ৰাজ্যৰপৰা বিশ্বৰ ক্ৰীড়াক্ষেত্ৰৰ সৰ্বশ্ৰেষ্ঠ মঞ্চখনত দেশক প্ৰতিনিধিত্ব কৰাটো কম কথা নহয়; তাকো জিমনাষ্টিক্ছৰ দৰে খেলত। কিন্তু দীপাই সেয়াই কৰি দেখুৱাইছিল। এইসকল খেলুৱৈৰ লগতে উত্তৰ-পূবৰ বিভিন্ন ৰাজ্যৰপৰা বহু খেলুৱৈয়ে ৰাষ্ট্ৰীয় পৰ্যায়ৰ লগতে আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ত সফল হৈ দেশৰ নাম জিলিকাই তুলিছে। অৰুণাচল প্ৰদেশ, মিজোৰাম, নগালেণ্ড আৰু মেঘালয়ৰ দৰে ৰাজ্যৰপৰাও খেলুৱৈ ওলাইছে আৰু নিজকে প্ৰতিষ্ঠা কৰিছে ৰাষ্ট্ৰীয় প্ৰেক্ষাপটত। নিঃসন্দেহে এই ক্ষেত্ৰত আগৰণুৱা হ'ল মণিপুৰ। যাৰ বাবে দেশখনৰ প্ৰথমখন ক্ৰীড়া বিশ্ববিদ্যালয়ো স্থাপন কৰা হৈছে ইক্ষফলতে। গতিকে উত্তৰ-পূবৰ খেলুৱৈৰ অৰিহণা ভাৰতৰ ক্ৰীড়াক্ষেত্ৰত কেনে পৰ্যায়ৰ, সেয়া এই কথাতে পৰিস্ফুট হৈ উঠিছে। আগন্তুক সময়তো উত্তৰ-পূবৰ এথলেটে এই ধাৰাটো অব্যাহত ৰাখিব বুলি ক'ব পাৰি সন্দেহাতীতভাৱে।

(লেখক 'দৈনিক অসম' কাকতৰ জ্যেষ্ঠ ক্ৰীড়া সাংবাদিক)



অলিম্পিক পদক বিজয়ী প্রথম ভাৰতীয় মহিলাগৰাকী

মনোৰঞ্জন কলিতা

ধূলি খেলা শৈশৱৰ পৰাই অপ্ৰতুল নামৰ প্ৰঘসটোৱে খেদি ফুৰিছিল তেওঁৰ লগতে তেওঁৰ আঠজনীয়া পৰিয়ালটোক। কিন্তু, বৈভৱ আৰু ভোগ তেওঁৰ বাবে আছিল অপ্ৰাপ্তিৰ অন্য নাম। কাৰ্যবশতঃ অভাব অনাটন অনুচন হৈ থাকিলেও তেওঁ থমকি ৰোৱা নাছিল। কাৰণ তেওঁৰ দৃষ্টি যে আছিল বহু দূৰৈত, ইচ্ছা যে আছিল তীব্ৰ। সেইবাবেই তেওঁ অভাবৰ পৰাই নতুন পাঠৰ শিক্ষা লৈছিল। আৰু সেই শিক্ষাৰে ধাৰমান হৈছিল তেওঁ। তেওঁ জানিছিল ইচ্ছা প্ৰবল হ'লে লক্ষ্য নেহেৰায়। এই প্ৰবল ইচ্ছাশক্তিৰ বাবেই, কৃষ্ণ সাধনাৰ বাবে তেওঁ এদিন হৈ পৰে দীপ্ত। তেৱেই হ'ল ভাৰতবৰ্ষৰ প্ৰথম মহিলা অলিম্পিক বিজয়ী কাৰ্ণম মালেশ্বৰী।

১৯৭৫ চনৰ পহিলা জুনত অন্ধ্ৰপ্ৰদেশৰ শ্ৰীকাকুলমৰ আমদালাবালাছা গাঁৱত জন্মলাভ কৰা কাৰ্ণম চাৰিজনী ভনী আৰু এজন ভাতৃৰ মাজত আছিল তৃতীয়। শৈশৱত 'মল্লী' নামেৰে জনাজাত আছিল কাৰ্ণম মালেশ্বৰী। পিতৃ ৰাণ দাস আৰু মাক শ্যামলা। সৰুৰে পৰা কাৰ্ণম মালেশ্বৰীৰ খেলা-ধূলাৰ প্ৰতি আছিল ভীষণ অনুৰাগ। মাকে জীয়াৰীৰ সেই ৰাপক ভালকৈয়ে বুজি পোৱাই নহয়, জীয়েকক সম্পূৰ্ণ সহযোগিতাও আগবঢ়াইছিল। সেই সময়ত ভাৰোত্তোলনক মূলতঃ পুৰুষৰ

খেল বুলিয়েই কোৱা হৈছিল। সেয়েহে বাৰ বছৰীয়া কাৰ্ণম মালেশ্বৰীয়ে এইবিধ খেলৰ প্ৰতি আগ্ৰহ দেখুৱাত বাৰে বাৰে বিৰোধিতাৰ মুখামুখি হ'বলগীয়া হৈছিল। মালেশ্বৰীৰ মাক, ডাঙৰ বায়েক আৰু প্ৰশিক্ষকে সবলভাবে মালেশ্বৰীৰ পক্ষত থিয় হোৱাত যেনিবা সেই বিৰোধ বেছিদিনলৈ নাথাকিল। তাৰ পিছত কাৰ্ণম মালেশ্বৰীৰ সন্মুখত বাধাৰ প্ৰাচীৰ ৰূপে থিয় দিয়ে অভাব। পিতৃয়ে ৰে'লৱেৰ এটি সৰু চাকৰিৰে আঠজনীয়া পৰিয়ালটোক ভৰণ-পোষণ দিয়াই কঠিন হৈ পৰিছিল। তাতে আকৌ খেলৰ খৰচ। কিন্তু মাতৃয়ে নানা কষ্টৰে কাৰ্ণম মালেশ্বৰীৰ খেলৰ সাধনা আগবঢ়াই নিছিল। আনকি ওচৰৰ জিমলৈকো মালেশ্বৰীক নিবলৈ আৰম্ভ কৰিলে মাতৃয়ে। মালেশ্বৰীয়ে ভাৰোত্তোলনৰ অনুশীলনত ইমানেই ব্যস্ত হৈ পৰিল যে তেওঁ কাষৰ বিৱাহৰ অনুষ্ঠান বা চিনেমা চাবলৈ যোৱা, বজাৰলৈ যোৱা আদি সকলো বন্ধ কৰি দিয়ে। এক কথাত তেওঁ ভাৰোত্তোলনৰ নামতে নিজকে সমৰ্পণ কৰি দিয়ে। তেওঁ ৰাজ্যিক আৰু ৰাষ্ট্ৰীয় ভাৰোত্তোলন প্ৰতিযোগিতাত অংশগ্ৰহণ কৰাৰ লগতে বিজয়ীও হ'বলৈ আৰম্ভ কৰে। ১৯৯০-৯১ চনত ৫২ কিলোগ্ৰাম



শাখাত ৰাষ্ট্ৰীয় চেম্পিয়ন আৰু ১৯৯২ চনৰ পৰা ৫৪ কিলোগ্ৰাম শাখাত ধাৰাবাহিকভাবে ৰাষ্ট্ৰীয় চেম্পিয়ন হোৱাৰ পিছত মালেশ্বৰীয়ে ১৯৯৫ চনত কোৰিয়াত অনুষ্ঠিত হোৱা ভাৰোভোলনৰ এছিয়ান চেম্পিয়ন-শ্বিপত তিনিটাকৈ স্বৰ্ণপদক লাভ কৰিবলৈ সক্ষম হয়। একে সময়তে তুৰ্কীত আয়োজিত বিশ্ব চেম্পিয়নশ্বিপতো দুটা সোণৰ আৰু এটা ব্ৰঞ্জৰ পদক লাভ কৰিবলৈ সক্ষম হোৱা মালেশ্বৰীয়ে ১৯৯৮ চনত বেংককত আয়োজিত এছিয়ান গেমছত ৰূপৰ পদক লাভ কৰে। ইতিমধ্যে সমগ্ৰ বিশ্বৰ ক্ৰীড়াপ্ৰেমীৰ দৃষ্টি আকৰ্ষণ কৰিবলৈ সক্ষম হোৱা কাৰ্ণাম মালেশ্বৰীয়ে ভীষণ একাগ্ৰতা আৰু অদম্য ক্লান্তিহীন দৃঢ়তাৰে দিন-ৰাতি কেৱল সাধনাতে নিজকে সাঁপি দি ২০০০ চনৰ ছিডনী অলিম্পিকৰ বাবে সাজু হয় আৰু মালেশ্বৰীয়ে নিৰবচ্ছিন্ন সাধনাৰে অবশেষত ছিডনী অলিম্পিকত স্বীকৃতি লাভ কৰে। ৬১ কিলোগ্ৰাম শাখাত তেওঁ ব্ৰঞ্জৰ পদক লাভ কৰি দেশলৈ গৌৰৱ কঢ়িয়াই অনাৰ লগতে ভাৰতবৰ্ষৰ প্ৰথম মহিলা অলিম্পিক পদক বিজয়ী হিচাপে মহীয়ান হয়।

মালেশ্বৰীৰ এই সফলতাত তদানীন্তন প্ৰধানমন্ত্ৰী অটল বিহাৰী বাজপেয়ীয়ে মালেশ্বৰীক শুভেচ্ছা জনাই কৈছিল- 'তোমাক লৈ দেশ গৌৰৱান্বিত। ভাৰতীয় মহিলাৰ বাবে তুমি এক উদাহৰণ হ'লা।' দহ বছৰীয়া কেৰিয়াৰত কাৰ্ণাম মালেশ্বৰীয়ে ১১ টা সোণৰ, ৩ টা ৰূপৰ আৰু এটা অলিম্পিক ব্ৰঞ্জৰ পদকেৰে ভাৰতীয় ক্ৰীড়াৰ ইতিহাসত নিজৰ নাম সোণালী আখৰেৰে লিপিবদ্ধ কৰিবলৈ সক্ষম হৈছে। ১৯৯৭ চনত ভাৰোভোলক তথা চি আৰ পি এফত কৰ্মৰত ৰাজেনা ত্যাগীৰ লগত বিবাহপাশত আবদ্ধ হোৱা মালেশ্বৰীৰ আছে এটা পুত্ৰ সন্তান। স্বকীয় প্ৰতিভাৰ স্বীকৃতিস্বৰূপে বিভিন্ন পদক লাভৰ উপৰিও ভাৰত চৰকাৰে মালেশ্বৰীক ১৯৯৫ চনত 'অৰ্জুন বঁটা', ১৯৯৬ চনত 'ৰাজীব গান্ধী খেলৰত্ন বঁটা' আৰু ১৯৯৯ চনত পদ্মশ্ৰী সন্মানেৰেও সন্মানিত কৰিছে।

(লেখক সাংস্কৃতিক কাকত 'সংস্কৃতিৰ দাপোণ' আৰু
সাংস্কৃতিক আলোচনী 'দাপোণ'ৰ সম্পাদক)



ক্ৰীড়া সত্তাক পাহৰি নাযাব

সুবোধমল্ল বৰুৱা

ক্ৰীড়া বিভাগৰ সম্পাদক, দৈনিক অসম



ক্ৰীড়াৰ মহিমা অপাৰ। ই এখন সমাজ আৰু জনগণৰ মাজত সাকোষদৃশ। সমাজ গঠনত ক্ৰীড়াৰ ভূমিকা অনন্য। ক্ৰীড়াৰ এই সাগৰসদৃশ বিশালতাক তাহানিতে গ্ৰীচত অনুভৱ কৰা হৈছিল। প্ৰাচীন অলিম্পিক অনুষ্ঠিত কৰাৰ সময়ত গ্ৰীচত বন্ধ হৈছিল যুদ্ধ। সকলোৱে মুকলি মনেৰে ভাগ লৈছিল প্ৰাচীন অলিম্পিকত। এই নিদৰ্শন পৰৱৰ্তী কালতো দেখিবলৈ পোৱা গৈছিল। ক্ৰীড়াৰ মাজত নিহিত এই মহানুভৱতাৰ বাবে ইয়াক এতিয়াও গুৰুত্বসহকাৰে লোৱা হয়।

এনে অৱস্থা অথবা ব্যৱস্থা যিয়েই নহওক কিয়, ক্ৰীড়াৰ এই যাউতিযুগীয়া ভাবধাৰাৰপৰা আমি অসমো পৃথক নহয়। এই ক্ষেত্ৰত নগাঁও নিঃসন্দেহে কিছু আগবঢ়া। ক্ৰীড়াৰদ্বাৰা সমাজ-সংহতিক আগবঢ়াই নিয়াৰ বাবে নগাঁৱৰ সুধী সমাজ প্ৰশংসাৰ যোগ্য। ক্ৰীড়াৰ এই নদন-বদন ৰূপ দৃশ্যমান হোৱাৰ ক্ষেত্ৰত যেনেকৈ একাংশ সমাজ সচেতক প্ৰশংসাৰ যোগ্য, ঠিক তেনেকৈ এচাম ক্ৰীড়া সংগঠক আৰু ক্ৰীড়া সাংবাদিকো সাধুবাদ পোৱাৰ বাবে যোগ্য। নগাঁও তথা অসমৰ এই সুন্দৰ ৰূপ দেখি নিশ্চিতকৈ ক্ৰীড়া সাংবাদিকতা কৰা এগৰাকী সেৱক হিচাপে আমি গৌৰৱাষিত। প্ৰকৃততে ক্ৰীড়াৰ এই মহিমামণ্ডিত ৰূপৰ জৰিয়তে সমাজত ক্ৰীড়া সাংবাদিকতা কৰা সেৱকো জিলিকি উঠে। ইয়াৰ বাবে ক্ৰীড়া সাংবাদিকসকল প্ৰশংসাৰ পাত্ৰ, কাৰণ খেলক মানৱীয় স্তৰলৈ উত্তৰণ ঘটোৱাত ক্ৰীড়া সাংবাদিক এগৰাকীৰ গুৰুত্ব অপৰিসীম। এগৰাকী ক্ৰীড়া সাংবাদিকৰ কথাৰ মাজেৰে, ভাষাৰ

অত্যাংসাহ অথবা সমাজক সেৱা কৰাৰ সেই বিৰল আদৰ্শৰে উদ্বুদ্ধ নহ'লহেঁতেন, তেতিয়া হয়তো আমি ধিঙৰ কান্ধুলীমাৰীৰ হিমা দাসৰ সেই যুগজয়ী দৌৰক বিচাৰি হাবাথুৰি খাবলগীয়া হ'লহেঁতেন। একেদৰে মৰিগাঁৱৰ স্বাধীন ডেকাৰজাই এসাঁজ খাই দ্বিতীয় সাঁজ লঘোণ দি সৃষ্টি কৰা ফুটবলৰ বীৰগাঁথাক বিচাৰি খেপিয়াই ফুৰিবলগীয়া হ'লহেঁতেন। এনেবোৰ ঘটনাক লিপিবদ্ধ কৰি এগৰাকী ক্ৰীড়া সাংবাদিকে গঢ় দিয়ে সমাজখনক। অনুপ্ৰাণিত কৰে উঠি অহা প্ৰজন্মক। ইয়াৰ লগে লগে সমাজখনৰ উত্তৰণৰ ক্ষেত্ৰত ক্ৰীড়া সাংবাদিক এগৰাকী হৈ পৰে একুৰা অগ্নিশিখা। ক্ৰীড়া সাংবাদিকসকল হৈ পৰে উন্নয়নৰ অগ্ৰদূত।

এইখিনিতে কিন্তু অনেক প্ৰশ্নৰ উদ্ভৱ হয়। অসমত এতিয়া ক্ৰীড়াৰ ক্ষেত্ৰখনত গুৰুত্ব দিয়া হয় ঠিকেই, কিন্তু ক্ৰীড়াৰ প্ৰসাৰণৰ বাবে, ক্ৰীড়াৰ প্ৰচাৰৰ বাবে ক্ৰীড়াৰ উত্থানৰ বাবে অহৰহ লাগি থকা ক্ৰীড়া সাংবাদিকতা কৰাসকলক যেন সঠিক জোখেৰে চোৱা নহয়। একেদৰে ক্ৰীড়াবিদসকলকো নেওচা দিবলৈ কুণ্ঠাবোধ নকৰে সমাজখনে। সেইসকলৰ অৱদানক অৱহেলাৰে আওকাণ কৰা হয়। অৱশ্যে পুনৰবাৰ ক'ব লাগিব যে এই দিশত নগাঁও যেন সামান্য পৃথক। ইয়াৰ সুন্দৰ উপমা হ'ল নগাঁও প্ৰেছ ক্লাব। কোনো এগৰাকী ক্ৰীড়া সাংবাদিকক তেওঁৰ অৱদানৰ স্বীকৃতিস্বৰূপে ক্লাবৰ সভাপতি পতাটো এক যুগান্তকাৰী উদাহৰণ। সেয়া সাধাৰণতে প্ৰশংসাৰ যোগ্য। নগাঁৱে দাঙি ধৰা এই উদাহৰণ অন্য

মাধ্যমেৰে, কলমৰ মাজেৰে প্ৰাণ পাই উঠে এগৰাকী খেলুৱৈৰ জীৱনগাঁথা। এই জীৱনগাঁথাৰ মাজত বিচাৰি পোৱা যায় পৰিশ্ৰমৰ সেই প্ৰাণোপম কথাবোৰ। বিচাৰি পোৱা যায় দুখ আৰু বেদনাৰ তৃপ্তিহীনতাক। বিচাৰি পোৱা যায় সফলতাৰ সৌন্দৰ্যক। এই আটাইবোৰক সৰ্বসাধাৰণৰ মাজলৈ কথাৰে, শব্দেৰে, ভাষাৰে কঢ়িয়াই নিয়ে ক্ৰীড়া সাংবাদিক এগৰাকীয়ে। সময়ত এইবোৰ হৈ পৰে ৰূপকথাসদৃশ। যদি সেই ক্ৰীড়া সাংবাদিকসকলে ক্ৰীড়াবিদক, সুনাম অৰ্জা খেলুৱৈক উচ্চ আসন দিয়াৰ উদাহৰণ কিমান? অৱশ্যে এই দিশত ভোগেশ্বৰ বৰুৱা, মনালিছা বৰুৱা, হিমা দাস, লাভলীনা বৰগোহাঁইৰ ভাগ্য অন্যতকৈ পৃথক। এইসকলক সৌভাগ্যৱান বুলিয়েই ক'ব লাগিব। এইখিনিতে পাঁচটা বছৰ আগৰ এটি ঘটনা উল্লেখ কৰিছোঁ। ঘটনাটো অসমৰে এখন সন্মিলনক লৈ। সন্মিলনৰ মাজতে এচাম সংবাদসেৱীক সম্বৰ্দ্ধনা জনোৱা হ'ল। এইসকলে হেনো নেপালৰ ভূঁইকঁপ ক'ভাৰ কৰিলে দক্ষতাৰে। সেই সম্বৰ্দ্ধনাথলীতে এগৰাকী ক্ৰীড়া সাংবাদিকতা কৰা ব্যক্তিও আছিল। তেওঁ অলিম্পিক, বিশ্বকাপ ফুটবল, বিশ্বকাপ ক্ৰিকেট ক'ভাৰ কৰি অনন্য দক্ষতা দেখুৱাইছিল। কিন্তু তেওঁৰ এই কৃতিত্বসমূহক থাউকতে উলাই কৰা হ'ল। সম্বৰ্দ্ধনা দুৰৰে কথা, সংগঠকসকলে সেইগৰাকী ক্ৰীড়া সাংবাদিকক মাতকে নিদিলে। ঠিক একে দশা আন্তঃৰাষ্ট্ৰীয় ক্ষেত্ৰখনত পদক অৰ্জন কৰি অসমৰ জয়গান গোৱা ক্ৰীড়াবিদসকলৰ কেইজনক বাক বিত্ত, পূজা, সন্মিলন আদিত সম্বৰ্দ্ধনা জনোৱা হয়। নিশ্চয় নহয়। এনেদৰেই ক্ৰীড়াবিদসকল, ক্ৰীড়া সাংবাদিকতা কৰাসকল, ক্ৰীড়া সংগঠকসকলে অৱহেলাৰ পাত্ৰ হয়। এইসকলৰ লিখনি, অন্য দেশত ৰচা বীৰগাঁথাক লৈ আমি আনন্দ কৰোঁ ঠিকেই, কিন্তু যিসকলে এনে আনন্দ কঢ়িয়াই আনে বাতৰিৰ মাজেৰে তেওঁক অধিক অনুপ্ৰাণিত কৰিবলৈ আমি সামাজিক

ঠাইসমূহলৈও শিপাওক। তেতিয়াহে সমাজৰ উত্থাপনৰ বাবে, ক্ৰীড়াৰ উত্তৰণৰ বাবে ব্যস্ত হৈ পৰা ক্ৰীড়া সাংবাদিকতা কৰাসকল আৰু উদ্ধুদ্ধ হ'ব। ক্ৰীড়াবিদসকল অনুপ্ৰাণিত হ'ব।

বহুতেই হয়তো এই যুক্তিক হজম কৰিবলৈ টান পাব। কিন্তু চাওকচোন, আমাৰ ধৰণীখনক, সমাজখনক সজোৱাসকলৰ মাজত ক্ৰীড়াৰ সৈতে জড়িত কেইজনক বাক স্থান দিয়া হয়। এগৰাকী আন্তঃৰাষ্ট্ৰীয় পৰ্যায়ৰ প্ৰতিযোগিতাত বিজয়ী হোৱা পৰিচিতি দিবলৈ পাহৰি যাওঁ। এনেদৰেই আওকাণ কৰা হয় ক্ৰীড়াবিদক, ক্ৰীড়া সাংবাদিকক, ক্ৰীড়া সংগঠকক, ক্ৰীড়া প্ৰশাসকক। এইসকলৰপৰা আনন্দ আদায় কৰাটোহে আমাৰ যেন ধৰ্ম। এনে এক ভাবধাৰাৰে এতিয়াও আমাৰ সমাজখন প্ৰফুল্লিত। এয়া আমাৰ ক্ষোভ নহয়, ই যেন সমাজখনত প্ৰচলিত এটি ধাৰা। এই বিষয়ত আক্ষেপ মুঠেই নাই, কিন্তু ক'ববাত হয়তো ইচ্ছাকৃতভাৱে নহয় যেন অজ্ঞতাৰ বাবেই হওক বিষয়টো নেওঁচা দিয়া হয়। সেইবাবেই সোঁৱৰাই দিয়া উচিত যে ক্ৰীড়া সন্ত্ৰাসমূহো সমাজৰ অগ্ৰণীস্বৰূপ। এই ক্ৰীড়া সন্ত্ৰাসমূহৰ মহীয়সী গুণৰ বাবেই সমাজ এখন উজলি উঠে। সমাজ এখনে নতুন দিগন্তলৈ যাত্ৰা কৰাৰ বাট বিচাৰি পায়। এনে বাট বিচাৰি হাবাথুৰি খোৱাসকলৰ বাবেই ক্ৰীড়াবিদ-সংগঠক-সাংবাদিক আৰু সামগ্ৰিকভাৱে ক্ৰীড়া সন্ত্ৰাসকল আশাৰ প্ৰদীপ। বিষয়টো কিন্তু ভাবি চাবৰ হ'ল। কাৰণ ক্ৰীড়া সন্ত্ৰাস অন্য গ্ৰহৰপৰা অহা নহয়। তেওঁলোক আমাৰ সমাজখনৰে অভিন্ন অংশ। এই কথাবোৰ ভাবি সমাজখনত ক্ৰীড়াৰ সৈতে জড়িতসকলক আলফুলে আঁকোৱালি লৈ প্ৰয়োজনীয় সন্মান যাচিলে সমগ্ৰ সমাজখন উজলি উঠিব। গতিকে ক্ৰীড়াৰ এই ক্ষেত্ৰখনৰ সৈতে জড়িত প্ৰতিগৰাকীক সন্মান দিয়াৰ বাবে এবাৰ ভাবক। ইয়াৰদ্বাৰা ঘৰখন, সমাজখন, ৰাজ্যখন উজলি উঠিব আৰু প্ৰকৃত প্ৰতিভাসমূহে প্ৰাণ পাই উঠিব।

Colourful Opening Ceremony of Seemanta Kreedha Mahotsav'24



Colourful Closing Ceremony of Seemanta Kreedha Mahotsav'24





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Players in Action from Seemanta Kreed Mahotsav, 2025 in Deferent District

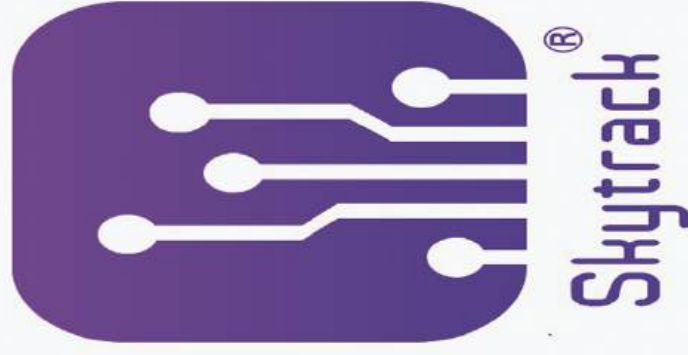


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Industrial and Investment Policy of Assam, 2019 - offers Power Subsidy, Rebate of 10% SST for 15 years, Incentive for private sector infrastructure developer, Incentive of Rs. 11,000/- to units/apartments each year employed, 20% generating set subsidy, 2% interest subsidy on working capital loan, 10% stamp duty reimbursement, 25% subsidy on technology transfer, Financial assistance @25% subsidy to MSME and 50% subsidy for Environmental Compliance.

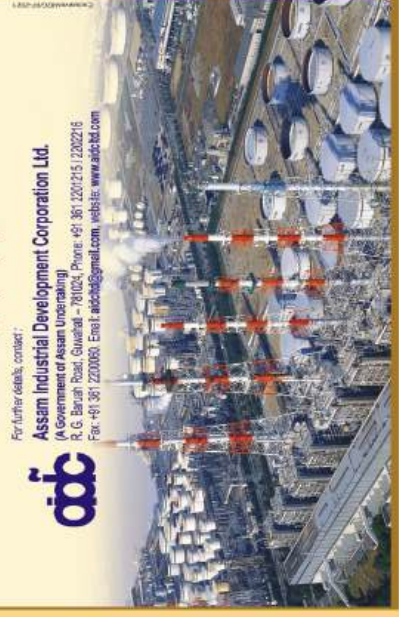
North East Industrial Development Scheme (NEIDS), 2017 - Under the Scheme, the incentives that will be provided to new industrial units set up in the North Eastern States including Sikkim are Central Capital Investment Incentive for Access to Credit, Central Interest Incentive, Central Employment Insurance Incentive, Goods and Services Tax (GST) Rebate, Income Tax (IT) Rebate, Transport Incentive, Employment Incentive. The combination of NEIDS, 2017 and Assam Industrial and Investment Policy, 2019 makes Assam the most advantageous destination for setting up an industrial unit.

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For further details, contact:

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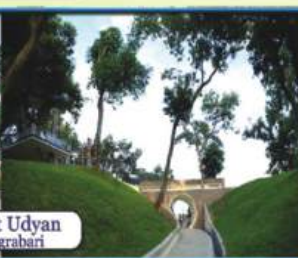
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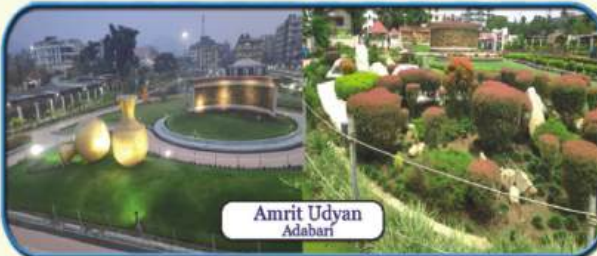
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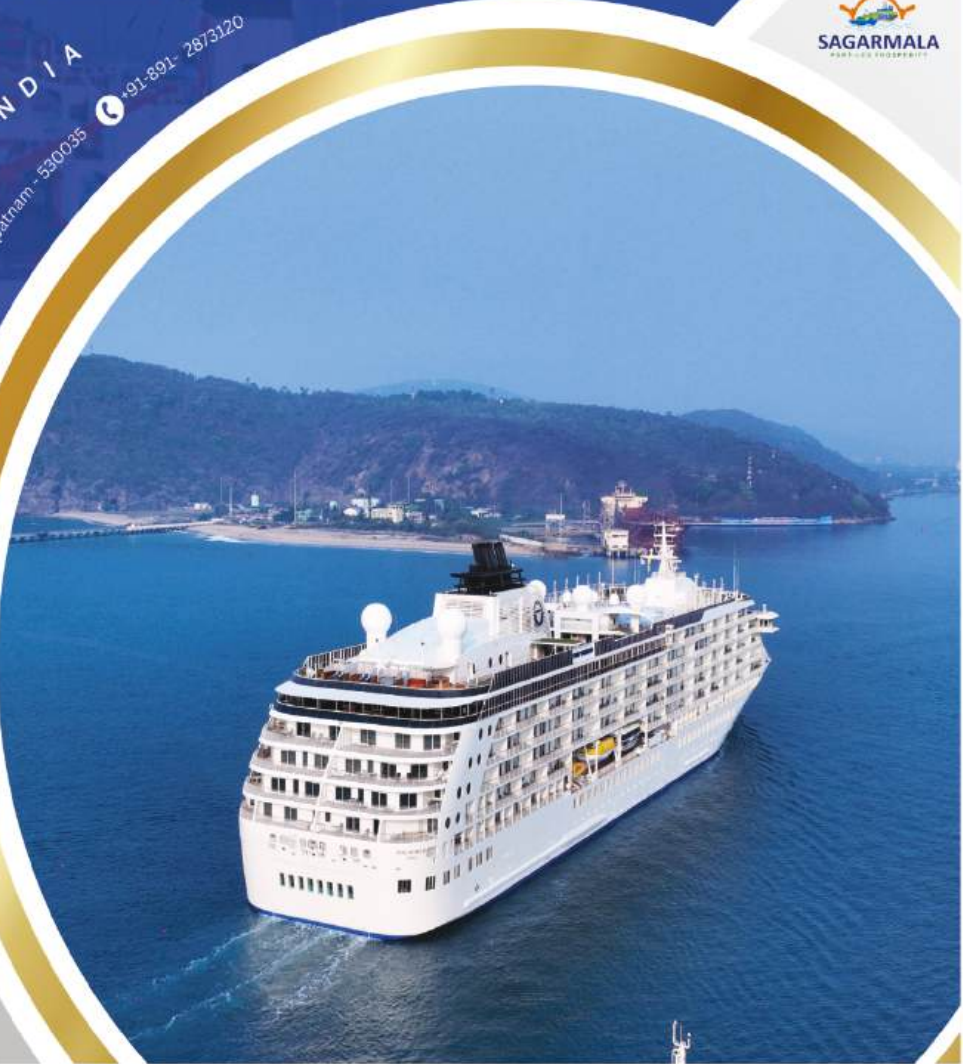
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