

**A Report on**  
**Two-Week Certificate Course on Community Sports**  
(13<sup>th</sup> -25<sup>th</sup> March 2023)

**For**  
**Sports Officer and Physical Instructor**  
**Sponsored by the**  
**Department of Sports and Youth Affairs, Govt. of Assam**

**A PILOT PROJECT**



*Organized by*

**Sri Sri Aniruddhadeva Sports University**  
**Chabua, Dibrugarh, Assam**

A State University of Govt. of Assam, recognized by the UGC in its 2(f) category.



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## **COMMUNITY SPORTS - A GAME CHANGER FOR ACTIVE SOCIETY IN ASSAM**

Physical activity is a critical aspect of public health, and its promotion has become increasingly important in today's sedentary lifestyle. Assam, a northeastern state in India, has seen a rise in health issues like obesity, diabetes, and cardiovascular diseases, which can be attributed to a lack of physical activity. However, community sports have emerged as a game changer in promoting a more active society in Assam. Community sports can transform the way people in Assam view sports and fitness by promoting physical activity, social bonding, mental well-being, and a sense of belonging.

Community sports include a wide range of activities such as football, cricket, badminton, table tennis, and traditional sports like kabaddi and kho-kho. These sports activities are not only limited to the urban areas but are also popular in the rural areas of Assam. Community sports provide a platform for people of all ages and backgrounds to come together, participate in physical activities, and form social connections. They create a sense of community and belonging, which is crucial for the overall well-being of an individual.

One of the significant benefits of community sports is their positive impact on physical health. Regular physical activity can help prevent obesity, diabetes, and other lifestyle diseases, and community sports provide an excellent opportunity for people to engage in physical activities. Moreover, community sports provide an avenue for people to learn new skills and develop their physical abilities. This, in turn, boosts their self-esteem and self-confidence, leading to a better quality of life.

In addition to physical health, community sports also positively impact mental health. Exercise is known to release endorphins, which are feel-good hormones that help alleviate stress, anxiety, and depression. Community sports provide an excellent opportunity for people to engage in physical activity, release stress, and connect with others. The social connections formed through community sports can be an essential source of emotional support and can help reduce feelings of isolation and loneliness.

Community sports also play a vital role in promoting social cohesion and cultural exchange. Assam is home to many different communities with unique cultures and traditions. Community sports provide a platform for people from different backgrounds to come together and interact, fostering greater social cohesion and understanding. Moreover, community sports can serve as a platform for cultural exchange, with people sharing their traditions and practices.

Despite the many benefits of community sports, there are challenges in promoting them in Assam. One of the significant challenges is the lack of infrastructure and resources, particularly in the rural areas of Assam. There is a need for more sports facilities and trained coaches to promote community sports effectively. Moreover, there is a need to raise awareness about the benefits of community sports and promote them as a viable option for physical activity.

In conclusion, community sports can emerge as a game changer in promoting physical activity and creating a more active society in Assam. Community sports can transform how people in Assam view sports and fitness by promoting physical health, mental well-being, social bonding, and cultural exchange. However, there is a need to address the challenges in promoting community sports, including the lack of infrastructure and resources and the need to raise awareness about the benefits of community sports. By addressing these challenges, community sports can continue to play a vital role in building a healthier and more vibrant community in Assam.

**(Prof. J.P.Verma)**  
**Vice Chancellor**

# **A Report on**

## **Two-Week Certificate Course on Community Sports**

(13<sup>th</sup> -25<sup>th</sup> March 2023)

## **2. DETAILED REPORT**

### **a. INTRODUCTION**

The recently concluded Two-week Course on Community Sports was organized by the Sri Sri Aniruddhadeva Sports University for sports officers and physical instructors of Assam. The course aimed to equip the participants with the necessary knowledge and skills to promote community sports and improve individuals' overall health and well-being in their communities. The course covered a wide range of topics, including the importance of Community Sports, Sports Psychology, Fitness Management, Fitness Assessment, Naturopathy, Training Plan, Sports Management, Talent Identification, Recreational Games, and different sports such as Handball, Basketball, Athletics, Aerobics, and Yoga.

#### **Importance of Community Sports**

The course started with a discussion on the importance of community sports. The facilitators highlighted the numerous benefits of community sports, including physical health, mental health, socialization, and personal development. The participants were encouraged to promote community sports in their respective communities by organizing sporting events and engaging in physical activities with community members.

#### **Sports Psychology**

The course also covered sports psychology, a critical aspect of sports. The facilitators emphasized the importance of mental preparation in sports and the role of sports psychology in improving performance. The participants were introduced to different techniques, such as visualization, goal setting, and positive self-talk that can be used to improve mental preparation.

#### **Naturopathy**

The course also included a session on naturopathy, which is a natural and non-invasive form of therapy. The participants learned about the benefits of naturopathy in sports, including injury prevention and improved recovery. The facilitators discussed the different naturopathic therapies that can improve sports performance, such as hydrotherapy, massage therapy, and acupuncture.

#### **Training Plan**

The course also covered the importance of a training plan in sports. The participants were introduced to training principles, including specificity, overload, and progression. The facilitators also discussed the different types of training, such as strength, endurance, and speed, and how they can be incorporated into a training plan.

#### **Sports Management**

The course also included a session on sports management, which is essential in organizing sporting events. The participants were introduced to the different aspects of sports management, such as event planning, budgeting, and marketing. The facilitators also discussed the importance of teamwork and communication in sports management.

#### **Talent Identification**

The course also covered talent identification, which is essential in identifying individuals with potential in sports. The participants learned about the different talent identification methods, such as

observation, testing, and feedback. The facilitators also emphasized the importance of nurturing talent and providing growth opportunities.

### **Recreational Games**

The course also included a session on recreational games, which are essential in promoting physical activity and socialization. The participants were introduced to different recreational games, such as tag, relay races, dodgeball, etc., that can engage community members in physical activities.

### **Different Sports/Sports Activities**

The course covered handball, basketball, athletics, aerobics, badminton, volleyball, football, and yoga. The participants were introduced to the rules and regulations, modern trends of each sport, and the different techniques used in playing them. The facilitators emphasized the importance of regular practice and the benefits of playing different sports/Sports Activities.

### **Fitness Assessment**

Fitness assessment and management of children and youth was another important topic covered in the two-week course on community sports organized by the sports university. The course aimed to equip sports officers and physical instructors with the knowledge and skills necessary to assess the fitness level of children and youth and manage their physical activities to ensure optimal health and well-being. The course covered the different methods of assessing the fitness level of children and youth, including body composition, cardiorespiratory fitness, muscular strength and endurance, and flexibility. The participants were introduced to different tests and measurements that can be used to assess these components of fitness, such as body mass index (BMI), skinfold thickness measurements, VO2 max testing, sit-and-reach tests, etc. The facilitators emphasized the importance of fitness assessment in identifying areas of weakness and developing appropriate exercise and physical activity programs for children and youth. They also discussed the potential risks associated with physical activity and the importance of ensuring that children and youth engage in safe and appropriate activities.

### **Fitness Management**

The course also covered fitness management, which involves developing and implementing exercise and physical activity programs for children and youth. The participants learned about the different types of exercise programs, including aerobic exercise, strength training, and flexibility exercises, and how they can be incorporated into a fitness program.

The experts also discussed the importance of developing age-appropriate fitness programs for children and youth, considering their developmental stage, fitness level, and individual needs. They emphasized monitoring progress and adjusting the program to ensure continued improvement.

In addition, the course covered the importance of promoting physical activity and healthy habits in children and youth. The participants learned about the benefits of physical activity, including improved physical and mental health, and the importance of promoting healthy eating habits and limiting sedentary behaviors such as watching TV and playing video games.

### **Conclusion**

In conclusion, the two-week course on community sports organized by Sri Sri Aniruddhadeva Sports University was a success. The participants gained valuable knowledge and skills that they can use to promote community sports and improve the overall health and well-being of individuals in their communities. The course covered various topics, including the importance of community sports, sports psychology, naturopathy, training plan, sports management, talent identification, recreational games, and sports such as handball, basketball, athletics, aerobics, volleyball, football, and yoga. The resource persons were knowledgeable and experienced, and the participants were actively engaged in the sessions. Overall, the course was informative and practical, and it is recommended that similar courses be conducted regularly to ensure that sports officers and physical instructors are equipped with the necessary knowledge and skills to promote the health and well-being of children and youth in Assam through physical activity and sports.

## b. INAUGURAL CEREMONY

The inaugural ceremony of the Two-Week Certificate Course on Community Sports on 13th March 2023 with the felicitation of the Chief Guest of the program, Hon'ble Vice Chancellor Prof. J. P. Verma, Registrar, Sri Partha Pratim Bairagi, ACS, of Sri Sri Aniruddhadeva Sports University, and Sri Ujjal Saikia, faculty of SIPRD, Dibrugarh. As a part of our Indian tradition, the program started with the lightening of the ceremonial lamp to mark a new and encouraging opening of the program. Sri Sanjay Upadhaya, District Sports Officer, Dibrugarh, and officials of SIPRD and SASU also graced the occasion.

Sri Partha Pratim Bairagi, ACS, formally welcomed all the dignitaries on the dais and participants, Physical Instructors from various districts of Assam. He mentioned the significance of the Two - Week certificate Course in Community Sports and its aim to unite to enhance community participation in games and sports.

In his address, Prof. J.P. Verma, the Vice Chancellor of SASU, emphasized the importance of Community Sports to enjoy a wealth of knowledge and enhance competency in various skills in specific game and sports, recreational game development, and the value of learning new technologies and tools to apply in the field of Physical and Sports Education. Prof. Verma also suggested that the participants be instrumental in building stronger, healthier, happier, and safer communities through appropriate initiatives in the area of sports and recreation.



**State Institute of Panchayat and Rural Development (SIPRD) Extension Centre, Banipur, Dibrugarh.**

### c. SCHEDULE OF THE COURSE AND METHOD OF TRAINING

#### *Activity & Academic Schedule: Two-Week Certificate Course in Community Sports*

Days	9 AM – 10:25 AM	10:30 AM – 11:15 AM	11:20 AM – 11:40 AM	11:50 AM – 12:50 PM	12:50 PM – 4 PM	4 PM – 5 PM	
13/03/2023 Monday	Registration of the Participants		Inauguration	Tea – Break	Community Sports: A Way of Better Living (MP)	Break	Recreation (MP/MC)
	7:30 AM – 8:30 AM	8:30 AM – 10:25 AM	10:30 AM – 11:40 AM		11:50 AM-12-50 AM	12:50 AM – 3:55 PM	4 PM – 5 PM
14/03/2023 Tuesday	YOGA (NCP)	Break	Preparation of Training Plan (JD)	Anxiety and Arousal in Sports (AB)	Break	Track and Field (MC)	
15/03/2023 Wednesday	YOGA (NCP)		Doping and Ergogenic Aids (Dr. MS)	Nutrition in Sports (SKT)		Track and Field (MC)	
16/03/2023 Thursday	Basketball (OJS)		A Review of the Affordable Gadget and Software for Sports Performance Monitoring (HG)	Ethical Issues in Sports (BD)		Volleyball (AP)	
17/03/2023 Friday	Handball (RS)		An Interactive Session by Hon'ble Vice Chancellor, SASU	Management in Sports Activities (HB)		Badminton (PB/MP)	
18/03/2023 Saturday	Field Visit						
19/03/2023 Sunday	Group Discussion (10 AM- 1 PM)						
20/03/2023 Monday	Track and Field (MC)	Break	Types of Competitions/ Fixtures (BCG)	Sports Injuries and Rehabilitation (RB)	Break	Football (TB)	
21/03/2023 Tuesday	Aerobics (PB)		Concept of Lesson Plan (SS)	Naturopathy (SJS)		Track and Field (MC)	
22/03/2023 Wednesday	Yoga (DS)		Introduction to Adapted Physical Education (OJS)	Talent Identification (BCG)		Aerobics (PB)	
23/03/2023 Thursday	Recreation (OJS)		Yoga for Community Health and Fitness (MS)	Test and Measurement (RS)		Football (DG)	
24/03/2023 Friday	Aerobics (PB)		Presentation of Teaching Coaching Lesson Plan (SASU Faculties)	Evaluation and Feedback (SASU Faculties)		Recreation (MP/MC)	
25/03/2023 Saturday	Valedictory						

**AB:** Ms. Aroonmalini Boruah  
**NCP:** Mr. N.C.Paul  
**DG:** Dr. Dipjyoti Gogoi  
**MC:** Mr. Mondeep Chetia  
**MS:** Mr. Mahendra Singh  
**OJS:** Dr. O. Jiten Singh  
**SJS:** Mr. Sushanka J. Sharma

**AD:** Dr. Aneshwa Dutta  
**BCG:** Mr. Bimal Chandra Gogoi  
**RB:** Dr. Ranjit Boruah  
**MP:** Dr. Mridusmita Phukan  
**RS:** Mr. Rakesh Singh  
**PB:** Mr. Pranjit Borua  
**TB:** Mr. Toshen Bora

**AP:** Mr. Arbinda Phukan  
**BD:** Dr. Bikash Deka  
**JD:** Mr. Jyotirmoy Deka  
**SS:** Dr. Sidhartha Sarma  
**Dr. MS:** Dr. Minakshi Saikia  
**DS:** Dhiren Sharma  
**SKT:** Mr. Smit Kumar Thappa



### Method of Training

All the theory classes were conducted in blended mode at the State Institute of Panchayat and Rural Development (SIPRD) Extension Centre, Banipur, Dibrugarh. The well-equipped smart classroom fostered opportunities for better teaching and learning experiences. The sessions' contents were valuable, engaging, structured, and well-organized. Moreover, each resource person's overall delivery of the sessions was precise and satisfactory.

All the practical sessions were held in the Purbanchal Nabajyoti Sangha's playground in Banipur, Dibrugarh. The practical sessions were based on scientific principles to increase and sustain athletes' and non-athletes excellent performance capabilities in various sports activities. The resource individuals emphasized how to increase the many components of physical and skill-related fitness, such as strength, speed, coordination, endurance, and flexibility of sedentary persons.

### d. LIST OF PARTICIPANTS

1. Shri Madhab Gogoi, PI, Sivasagar, Assam
2. Shri Pabitra Kumar Borah, PI, Sivasagar, Assam.
3. Shri Keshab Gogoi, PI, Sivasagar, Assam
4. Shri Sarat Mohan Neog, PI, Sivasagar, Assam
5. Shri Jintu Gogoi, PI, Dehmaji, Assam
6. Shri Gobin Gogoi, PI, Dehmaji, Assam
7. Shri Debo Phukan, PI, Dehmaji, Assam
8. Shri Narayan Handique, PI, Dehmaji, Assam
9. Shri Debajyoti Dutta, PI, Jorhat, Assam
10. Shri Hemanta Singh, PI, Jorhat, Assam
11. Shri Nityananda Saikia, PI, Jorhat, Assam
12. Shri Pulakesh Baruah, PI, Jorhat, Assam
13. Shri Manuranjan Hazarika, PI, Dibrugarh, Assam
14. Shri Niren Phukan, PI, Dibrugarh, Assam
15. Shri Jayanta Hazarika, PI, Dibrugarh, Assam
16. Smti. AINU SONOWAL, PI, Dibrugarh, Assam
17. Shri Ajit Kr.Sharma, PI, North Lakhimpur, Assam
18. Shri Deba Ranjan Duarah, PI, North Lakhimpur, Assam
19. Shri Bubul Ch. Dutta, PI, North Lakhimpur, Assam
20. Shri Bidyut Kumar Dutta, PI, North Lakhimpur, Assam

### e. RECEIPT AND EXPENDITURE

Total amount received from Director Sports & Youth Welfare, Assam Rs.3, 65,000/- (Three Lakh Sixty-Five Thousand only) for conducting the two-week certificate course in community sports vide sanction no- FS/SYW\_2022-23(I)\_250 Dated 3.11.2022. The fund was received in our university bank account on 19th January 2023. And the program was conducted from 13th March to 25th March 2023 and the total expenditure incurred for the said program was Rs.3, 65,000/- only.

Receipt	Amount (Rs.)	Payment	Amount (Rs.)
Fund Received from the Directorate of Sports and Youth Welfare on 19 <sup>th</sup> January 2023.Vide sanction no- FS/SYW_2022-23(i)_250	3,65,000.00	i. Accommodation, food, Inauguration & Closing Ceremony Expenses.	2,99,800.00
		ii. Honorarium & TA to the Resource Person	38,500.00
		iii. Transportation and Other Expenses	17,183.00
		iv. Printing and Stationery (Welcome Kit & Printing of Certificate)	3,307.00
		v. Other Misc. expenditure	6210.00
<b>Total (Rs.)</b>	<b>3,65,000.00</b>	<b>Total (Rs.)</b>	<b>3,65,000.00</b>

## f. LIST OF RESOURCE PERSONS

For this course, experts from different fields of sports and allied areas were invited to act as resource persons for sharing their knowledge. Above all, the Hon'ble Vice Chancellor of the University has also taken a session on Fitness Assessment and Management Systems for School Children and Youth and interacted personally with the participants.

SN	Name of the Resource Person	Designation & organization	Topic
1.	Ms. Aroonmalini Boruah	Assistant Professor, Centre for Studies in Applied Psychology, Dibrugarh University	Anxiety and Arousal in Sports
2.	Mr. Arabinda Phukan	Assistant Professor, Centre for Studies in Physical Education and Sports, Dibrugarh University	Volleyball
3.	Mr. Bimal Chandra Gogoi	Sub-Divisional Sports Officer, Dibrugarh	Type of Competition/Fixtures
4.	Dr. Bikash Deka	Assistant Professor, Department of Sociology, Dibrugarh University	Ethical Issues in Sports/ Community Sports
5.	Dr. Dipjyoti Gogoi	Sports Officer, Dibrugarh University	Football
6.	Dr. Himadri Barman	Assistant Professor, Centre for Management Studies, Dibrugarh University	Management in Sports Activities
7.	Mr. Inamul Hussain	Coach (Boxing), Dibrugarh	Talent identification
8.	Mr. Jyotrimory Deka	Fitness and Conditioning Expert (Lead), Khelo India Excellency Centre, SAI Shillong	Preparation of Training Plan
9.	Mr. Mondeep Chetia	Faculty, SASU	Recreation and Track & Field
10.	Dr. Mridusmita Phukan	Faculty, SASU	Recreation & Badminton
11.	Dr. Hemantajit Gogoi	Faculty, SASU	A Review of the Affordable Gadget & Software for Sports Performance Monitoring
12.	Mr. Mahendra Singh	PGT Yoga & PE Teacher, Shalom Hills International School, Gurgaon	Yoga for Community Health & Fitness
13.	Dr. Minakshi Saikia	Coordinator, NADA, North Eastern Region	Doping and Ergogenic Aids
14.	Mr. V. Paul	Ram Krishna Mission	Yoga
15.	Dr. O. Jiten Singh	Associate Professor, Centre for Studies in Physical Education and Sports, Dibrugarh University	Basketball
16.	Mr. Pranjit Boruah	Assistant Professor, Centre for Studies in Physical Education and Sports, Dibrugarh University	Aerobics
17.	Dr. Ranjit Boruah	Orthopaedics Department, AMCH, Dibrugarh	Sports injuries and Rehabilitation
18.	Mr. Rakesh Singh	Assistant Professor, Centre for Studies in Physical Education and Sports, Dibrugarh University	Test & Measurement
19.	Mr. Sushanka Jyoti Sharma	Naturopathic expert, Dibrugarh	Naturopathy

20.	Mr.Sumit Kumar Thapa	Lecturer, DIET, Jorhat	Nutrition in Sports
21.	Dr.Sidhartha Sarma	Assistant Professor, Centre for Studies in Physical Education and Sports, Dibrugarh University	Concept of Lesson Plan
22.	Mr.Toshen Bora	International Football Player	Football
23.	Dhiren Sarmah	Yoga Instructor,Dibrugarh	Yoga

#### **g. CERTIFICATE DISTRIBUTION AND PARTICIPANT FEEDBACK**

Sri Sri Aniruddhadeva Sports University organized the valedictory ceremony of the Two Weeks Certificate Course in Community Sports on 25/03/2023. Sri Partha Pratim Bairagi, ACS, Registrar, SASU, Shri Ujjal Saikia, Sr. Faculty of SIPRD, President, Purbanchal Nabajyoti Sangha, Banipur, faculty members, staff of the University and all the participants of the course were present during the valedictory ceremony.

Before distributing the certificates, participants shared their experiences. The participants were of the view that they have gathered valuable knowledge about Community Sports and have developed professional skills not only in different sporting techniques but also in encouraging the Community to participate in sports and leisure activities to improve the productivity of the people.

Moving ahead, the Registrar of SASU handed over the certificates to the participants. The Registrar conveyed a special note of thanks to the Program Coordinator Dr. Roshan Limbu, Theory Coordinator Dr. Mridusmita Phukan, Activity Coordinator, Shri Mondeep Chetia, all the resource persons, and the office staff of SIPRD and SASU for their support and cooperation in making this program successful. Special thanks were extended to the office staff Mr. Monuj Changmai, Ms. Rina Baruah, Mr. Anjan Chaliha, and Ms. Udit Chakrabarty for their hard work in making this course successful.

The ceremony ended with a vote of thanks expressed by the program's anchor, Mrs. Rina Baruah, and the office staff of Sri Ari Aniruddhadeva Sports University.

### 3. MEDIA COVERAGE

Axomiya Pratidin covered the news of the Two-Week Certificate Course on Community Sports organized by Sri Sri Aniruddhadeva Sports University on 14<sup>th</sup> March 2023.

অসমীয়া প্ৰতিদিন ■ ডিব্ৰুগড় ■ মঙলবাৰ, ১৪ মাৰ্চ, ২০২৩/২৯ ফাল্গুন, ১২৪৪ শক

১৩

## অনিৰুদ্ধদেৱ ক্ৰীড়া বিশ্ববিদ্যালয় কমিউনিটি স্প'ৰ্টছ চাৰ্টিফিকেট পাঠ্যক্ৰম

প্ৰতিদিন সংবাদ, ডিব্ৰুগড়, ১৩ মাৰ্চ :  
ডিব্ৰুগড়ৰ চাবুৱাৰ শ্ৰীশ্ৰী অনিৰুদ্ধদেৱ  
ক্ৰীড়া বিশ্ববিদ্যালয়ে আজিৰ পৰা ক্ৰীড়া  
আৰু যুৱ কল্যাণ সঞ্চালকালয়ৰ  
সহযোগত কমিউনিটি স্প'ৰ্টছ বিষয়ক  
দুসপ্তাহৰ এক চাৰ্টিফিকেট পাঠ্যক্ৰমৰ  
শুভাৰম্ভ কৰে। এই উপলক্ষে আজি  
বাণীপুৰৰ এছ আই পি আৰ ডি কেন্দ্ৰত  
অনুষ্ঠিত শুভাৰম্ভ অনুষ্ঠানত ক্ৰীড়া  
বিশ্ববিদ্যালয়খনৰ উপাচাৰ্য প্ৰাধ্যাপক জে  
পি বাৰ্মা, পঞ্জীয়ক পাৰ্থপ্ৰতিম বৈৰাগী,  
এছ আই পি আৰ ডিৰ উজ্জ্বল শইকীয়া,  
ডিব্ৰুগড় জিলাৰ ক্ৰীড়া বিষয়া সঞ্জয়  
উপাধ্যায়কে ধৰি বিশ্ববিদ্যালয়খনৰ  
কেইবাগৰাকী শিক্ষক, প্ৰশাসনিক বিষয়া-  
কৰ্মচাৰী উপস্থিত থাকে। পৰৱৰ্তী পৰ্যায়ত  
ক্ৰীড়া বিশ্ববিদ্যালয়খনিয়ে সুস্থ ক্ৰীড়াৰ  
পৰিবেশ গঢ়ি তোলাৰ লক্ষ্যৰে অনুৰূপ  
কাৰ্যসূচী গ্ৰহণ কৰিব। পাঠ্যক্ৰমত অংশগ্ৰহণ  
কৰাসকলে তৃণমূল পৰ্যায়লৈ ক্ৰীড়া আৰু  
শাৰীৰিক সুস্থতা সন্দৰ্ভত সজাগতা বাৰ্তা  
কঢ়িয়াই নিব বুলি আশা কৰা হৈছে।

#### 4. SAMPLE CERTIFICATE

Certificate No.



**Two-Week Certificate Course in Community Sports**

**(For Physical Instructors of Directorate of Sports and Youth & Welfare, Govt. of Assam)**

**Organized by**

**Sri Sri Aniruddhadeva Sports University, Chabua**

**(A State University of Govt. of Assam, Recognized by the UGC under 2(f) Category) (Funded by Sports & Youth Welfare Department, Govt. of Assam)**  
**(From 13th to 25th March 2023)**

**CERTIFICATE IN COMMUNITY SPORTS**

**Awarded to Sri xxxxxxxxxxx xxxxx S/o Sri xxxxxxx xxxxxxx xxxxxxx after having completed the prescribed requirements. He has been awarded  
Excellent/ Very Good/ Good/ Average Grade.**

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**Dr. Roshan Limbu**

**COORDINATOR**


**Date of Issue:**

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**Prof. J. P. Verma**

**VICE-CHANCELLOR**

## 5. INITIAL PROPOSAL SUBMITTED TO THE GOVT. OF ASSAM



**OFFICE OF THE REGISTRAR :: SRI SRI ANIRUDDHADEVA SPORTS UNIVERSITY :: CHABUA  
DISTRICT:: DIBRUGARH : ASSAM**

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SASU/CHB/59/2020/ 204 , Date: 06/02/2021

To,  
 The Commissioner & Secretary to the Govt. Of Assam,  
 Sports & Youth welfare department,  
 Dispur , Guwahati -06.

Sub :Regarding starting of Certificate course on community sports in Sri Sri Aniruddhadeva Sports University, Chabua, Dibrugarh.

Sir,

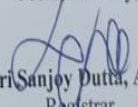
With reference to above, I have the honour to inform you that Sri Sri Aniruddhadeva Sports University, Chabua has decided to start a two week **Certificate Course in Community Sports** for the District Sports Officers as well as Physical Education Instructors of Assam.

This course will facilitate the participants in developing the skills towards exercise physiology, sports psychology, yoga, fitness training, health and recreation suitable for the community to involve themselves in playing sports. The course will be of two weeks full time duration and will be fully residential .Course expenditure shall be @ Rs. 3,65,000.00(Rupees Three lakh Sixty five thousand) only for 20 people in a course with the following breakup :



Sl No.	Item	Cost per unit	Total cost
1	Lodging	@Rs. 400/day per participants 400 x 20x 15	Rs.1,20,000.00
2	Food charges (all meals)	@Rs. 500/day per participants 500 x 20x 15	Rs.1,50,000.00
3	Faculty charges for outside experts	@Rs. 1,000/per lecture.	Rs. 25,000.00
4	TA / DA for resource persons	@Rs. 50,000.00	Rs. 50,000.00
5	Miscellaneous	@Rs. 20,000.00	Rs. 20,000.00
<b>TOTAL</b>			<b>Rs. 3,65,000.00</b>

If approved, a batch of 20 persons among the District Sport Officers and Physical Instructors may be deputed at a time and accordingly the money will be released to Sri Sri Aniruddhadeva Sport University, Chabua.

Submitted for your kind consideration and necessary action please.

Yours,faithfully,  
  
**Sri Sanjoy Dutta, ACS**  
 Registrar  
 Sri Sri Aniruddhadeva Sports University  
 Chabua

## 6. BUDGET SANCTIONED BY THE GOVERNMENT OF ASSAM

 <b>Government Of Assam</b> <b>Sports &amp; Youth Welfare Department</b>	Financial Sanction 										
<b>FINANCIAL SANCTION</b>	Sanction No: FS/SYW_2022-23(I)_250 Sanction Date: 03-11-2022										
Accountant General (A&E) Assam, Maidamgaon, Beltola, Guwahati-29											
<b>PURPOSE/SCHEME</b>	Conducting a Certificate Course in Community Sports at Sri Sri Aniruddhadeva Sports University, Chabua, Dibrugarh										
Proposal No. : FS-SYW-2022-23-00349 Administrative Approval : Not Applicable Dept. File No. : -N/A- Financial Year : 2022-23 Grant No : 74	Finance Concurrence No. : -N/A- Sanctioned to : DIS/SYW/001 , Directorate of Sports & Youth Welfare, Assa Sanctioned by: Nibedan Das Patowary, ACS, Director, Sports & Youth Welfare, Assam HOA : 2204-00-800-0800-548-32-99-SOPD-QDS-V-GA Issued under DFP Rules:										
Financial Sanction of the competent authority is hereby accorded for an amount not exceeding <b>Rs.3.65000 Lakhs (Rupees Three Lakh Sixty Five Thousand only)</b> towards the payment subject to the following terms and conditions:											
<b>TERMS &amp; CONDITIONS</b>											
<ol style="list-style-type: none"> <li>All norms in Assam Financial Rules, AFRBM Act 2005, CVC Guidelines, Assam Public Procurement Act 2017, Assam Public Procurement Rules 2021 and similar directives from Finance Department issued from time to time is to be strictly followed invariably.</li> <li>The admissible deductions can be deducted and deposited into the Govt. Account by the Concerned Authority as per rule/ Govt. Instructions.</li> <li>Work to be completed within the estimated cost in all respect without involving cost and time over run.</li> <li>Submission of utilization certificate and audited statement of expenditure to be submitted in due course( for GIA)</li> <li>As per Sl. No. 139 of new DFP Rules, 2022</li> </ol>											
<b>BENEFICIARY DETAILS</b>											
<table border="1"> <thead> <tr> <th>#</th> <th>Name</th> <th>Account Number</th> <th>Amount (In Lakhs)</th> <th>Remarks</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>Sri Sri Annirudhadeva Sports University</td> <td>386102010056471</td> <td>3.65000</td> <td></td> </tr> </tbody> </table>		#	Name	Account Number	Amount (In Lakhs)	Remarks	1	Sri Sri Annirudhadeva Sports University	386102010056471	3.65000	
#	Name	Account Number	Amount (In Lakhs)	Remarks							
1	Sri Sri Annirudhadeva Sports University	386102010056471	3.65000								
<b>COPY FORWARDED TO</b>											
<ol style="list-style-type: none"> <li>The Accountant General (A&amp;E) Assam, Maidamgaon, Beltola, Guwahati-29.</li> <li>The Accountant General (Audit), Assam, Maidamgaon, Guwahati-29</li> <li>The Directorate of Sports and Youth Welfare, Assam.</li> <li>Finance (EC-III/III) Dept.</li> <li>Finance (Budget) Dept.</li> <li>Directorate of Sports &amp; Youth Welfare, Assa</li> <li>Treasury Officer, Dispur</li> </ol>											
This is a computer generated document and doesn't require any Signature/Seal											



## 7. GLIMPES OF THE COURSE

### DAY 1



Inauguration by Hon'ble Vice-Chancellor Prof. J.P. Verma.



Theory session on Community Sports: A way of better living by Dr. Mridusmita Phukan



Practical Session on Recreation by Dr. Mridusmita Phukan



Indigenous Activity by Mr. Mondeep Chetia

### DAY 2



Practical on Yoga by Mr. N.C.Paul



Theory Session on Anxiety and Arousal in Sports by Aroonmalini Boruah



Practical Session on Track and Field by Mr. Mondeep Chetia



Practical Session on Track and Field by Mr. Mondeep Chetia



**DAY 3**



Practical on Yoga by N.C.Paul



Theory Session on Doping and Ergogenic Aids by Dr. Minakshi Saikia

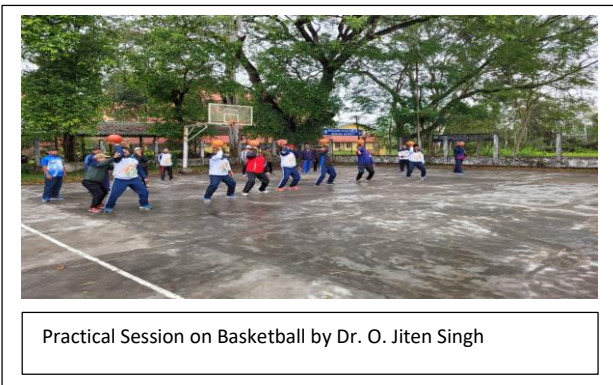


Theory Session on Nutrition in Sports by Mr. Sumit Kumar Thappa



Practical Session on Track and Field by Mondeep Chetia

**DAY 4**



Practical Session on Basketball by Dr. O. Jiten Singh



Theory Session on Ethical Issues in Sports by Dr. Bikash Deka



Theory Session on a Review of the Affordable Gadget & Software for Sports Performance Monitoring by Dr. Hemantajit Gogoi



Practical Session on Volleyball by Mr. Arbrinda Phukan

### DAY 5



Practical Session on Handball by Mr. Rakesh Singh



Theory Session on Fitness watch by Hon'ble Vice- Chancellor Prof. J.P.Verma



Theory Session on Management in Sports Activities by Dr. Himadri Barman



Practical Session on Badminton by Mr. Pranjit Phukan and Dr. Mridusmita Phukan

### DAY 6



Evaluation



Evaluation



Field Visit



Field Visit



**DAY 8**



Theory Session on Types of Competition/Fixtures by Mr. Bimal Chandra Gogoi



Theory Session on Sports Injuries and Rehabilitation by Dr. Ranjit Boruah



Theory Session on Football by Mr. Toshen Bora



Group photo with Mr. Toshen Bora

**DAY 9**



Practical Session on Aerobics by Mr. Pranjit Boruah



Theory Session on Concept of Lesson Plan by Dr. Sidhartha Sarma



Theory Session on Naturopathy by Mr. Sushanka Jyoti Sharma



Practical Session on Track and Field by Mr. Mondeep Chetia

**DAY 10**



Practical Session on Yoga by Dhiren Sharma



Theory Session on Introduction to Adapted Physical Education by Dr. O. Jiten Singh



Theory Session on Talent Identification by Mr. Inamul Hussain



Practical Session on Aerobics by Mr. Pranjit Boruah

**DAY 11**



Session on Class room Recreation Games by Dr. Mridusmita Phukan



Theory Session on Yoga for Community Health & Fitness by Mr. Mahendra Singh



Theory Session on Test & Measurement by Mr. Rakesh Singh



Practical Session on Football by Dr. Dipjyoti Gogoi



### DAY 12



Presentation on Teaching Lesson Plans by Participants



Presentation on Teaching Lesson Plans by Participants



Evaluation and Feedback



Practical Session on Recreation by Dr. Mridusmita Phukan and Mr. Mondeep Chetia

### DAY 13



Felicitating of Mr. P. P Bairagi, ACS, Register of SASU



Participants share their experiences



Registrar of SASU distributed certificates among the participants



Group Photo of SASU Staff and Participants