

SONARI COLLEGE

Affiliated to Dibrugarh University



Supporting Documents for NAAC Self Study Report (SSR) (3rd Cycle) Period: 2018-2023

Criterion 5	Student support and progression
Key Indicator 5.3.2	Student participation and Activities
Metric No. 5.3.2.1	Number of sports and cultural programmes in which students of the Institution participated year wise during last five years

Submitted to



Submitted by **IQAC, Sonari College, P.O. Sonari,
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Metric No.5.3.2.1	Number of sports and cultural programmes in which students of the Institution participated year wise during last five years
Sports and cultural events organized by the institution	

ANNUAL SPORTS REPORT 2021-2022

Sports and Cultural events are an integral part of the total education system. They help in attainment of the ultimate aim of education i.e. the achievement of holistic development. Games and Sports play a vital role in the student's life. Games and sports are important to maintain a healthy life both physically and mentally. It keeps a person mentally fresh and focused. It helps develop team spirit and good coordination among teammates. Games and sports are important in a student's life because it helps in developing concentration power in a child and develops a sense of responsibility and dedication in them.

Along with bookish learning, a student should spend his time on games and sports also. Being involved in sports teaches various interpersonal skills such as patience, communication, leadership, punctuality, accountability, teamwork, trust, and others which helps not only to win a particular sports competition but also grow and achieve success in life.

Cultural events can help social skill development and help to explore innate talents, and create creativity. The diversity of talent, socio-cultural variety amongst the student community representing the different communities of our country is a showcase of the nation's cultural diversity.

For attainment of these goals Sonari College organizes a College week every year with Inter-department tournaments for students as well as some sports activities for staff (teaching and non-teaching). It is one of the largest co-curricular activity programs of the college that offer an extensive opportunity to all the students and staff. This venture shall enable the students and staff to have fun, learn new sports, enhance social interaction and tests one's physical capability. These competition also offer a break from the daily routine tasks and recreate or re-energetic them.

From the beginning of session our college allots practice sessions for the students in various indoor and outdoor activities and they work tirelessly in the hope of winning trophies for the fame of our college.

Principal
SONARI COLLEGE
SONARI



CO-ORDINATOR
IQAC
SONARI COLLEGE

Sports and cultural events organized by the institution

**STUDENTS PARTICIPATION IN SPORTS AND CULTURAL EVENTS
ORGANIZED BY OTHER INSTITUTIONS**

2nd INVITATION OPEN INTER CLUB TAEKWON-DO CHAMPIONSHIP

Venue : Bokapather Public Playground (Sapekhati)
District : Charaideo (Assam)

ORGANIZED BY

SAPEKHATI TAEKWON-DO ACADEMY
Affiliated to Charaideo District Taekwon-DO Association
Under the All Assam Taekwon-DO Association

CERTIFICATE OF PARTICIPATION/MERIT

Date: 03/04/2021

This is to certify that Mr./Ms Biraj Baruah of
..... has been Awarded GOLD medal in Pee-Wee/ Sub Junior/Cadet/
✓ Junior/Senior Under 55 Weight, Male/Female category in 2nd Invitation Open inter Club
Taekwon-Do Championship held at Bokapather Public Playground (Sapekhati) on 3rd April 2021.


Lalit Chabukdhara
President (ACDTA)


Chawkaw Phukan
Working President (ACDTA)


Bipul Borah
G. Secretary (ACDTA)


Mridul Dulakakharia
President, TYPA, S.R.C.


Chidananda Gogoi
President


Phanidhar Gogoi, Rupam Konwar
Join Secretary

Org. Committee 2nd Invitation

Principal
SONARI COLLEGE
SONARI



CO-ORDINATOR
IQAC
SONARI COLLEGE

[Signature]
Principal
SONARI COLLEGE
SONARI



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CO-ORDINATOR
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