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,

Dist: Charaideo, PIN: 785690 (Assam)

www.sonaricollege.edu.in

e-mail: principalsonaricollege@gmail.com



SONARI COLLEGE

Affiliated to Dibrugarh University

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

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.







Sports and cultural events organized by the institution ANNUAL COLLEGE WEEK ACTIVITIES



Official inauguration of the 51st College Week, Sonari College, by Principal Dr. Bimal Ch. Gogoi.









A Marathon competition was held among the students on the 12th of January, 2022 as a part of the 51st Annual College Week, Sonari College. The race was conducted under supervision of Mr. Phanindra Kr Baruah, Mr. JyotiPhukon and Ms.Suman Gogoi, from Mathurapur, Charaideo to Sonari College, Charaideo, covering a distance of approximately 14 kms.









College sports week activities being supervised by principal Dr.Bimal Ch. Gogoi, Mr. Phanindra Kr. Baruah and Ms. Suman Gogoi.











Girls Volleyball participants of 51st Annual College Week, Sonari College.







All the Departments of Science and Arts stream of the college participated in the Inter Department Cultural Rally Competion. The Rally started off from the college field and paraded through the town and back covering a distance of around 4km.



Cultural rally team of Sonari College Girls Hostel (Satsori) won the 2nd position in theCollege Cultural Rally Competion.











An Inter Departmental wall Magazine competition was held as a part of the 51st Annual College Week, Sonari College, in which all the Departments participated.











Winner team of the Drama Competition 51st Annual College Week, Sonari College.









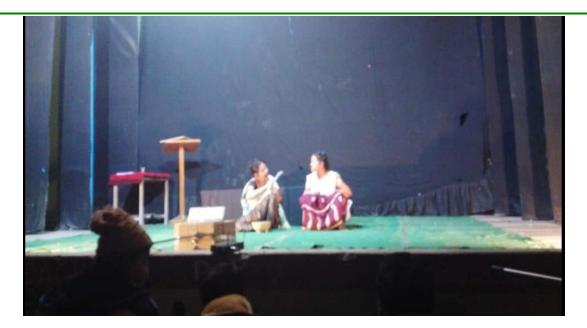
Modern Dance competition, 51st Annual College Week, Sonari College.





















51th College Week Session 2021-22



This is to certify that Sri/Miss... আন সভ্যোত of class 3nd Sem participated in the 51 College Week 2021-22 in event ... The ATTION under Major Game/Minor Game /Music/Literary/Cultural/ Gymnasium / Debating / Magazine Competition organised by Sonari College Student's Union and awarded First / Second / Third /

Prof-in-Charge

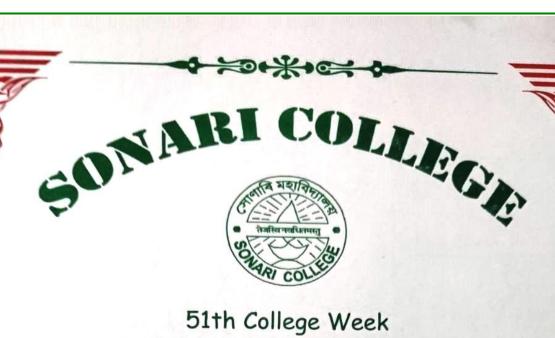
Consolation prize in the competition.

Anubhab Prokash Gogoi

Abhishek Saikia General Secretary Sonari College Student's Union Sonari College Student's Union

Principal SONARI COLLEGE SONARI





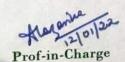
Session 2021-22



This is to certify that Sri/Miss... সান্সজ্যোত দেব

of class 3nd Sem ... participated in the 51 College Week 2021-22 in event 2nd (পार्वाउ असार उसमार) under Major Game/ Minor Game /Music/Literary/Cultural/ Gymnasium / Debating / Magazine Competition organised by Sonari College Student's Union and awarded First / Second / Third / Consolation prize in the competition.





Anubhab Prokash Gogoi President Sonari College Student's Union Sonari College Student's Union

Abhishek Saikia General Secretary

Principal SONARI COLLEGE SONARI





Prof-in-Charge

Anubhab Prokash Gogoi President

Abhishek Saikia General Secretary Sonari College Student's Union Sonari College Student's Union



Principal SONARI COLLEGE SONARI



TUTUMONI BAURI



Principal SONARI COLLEGE SONARI

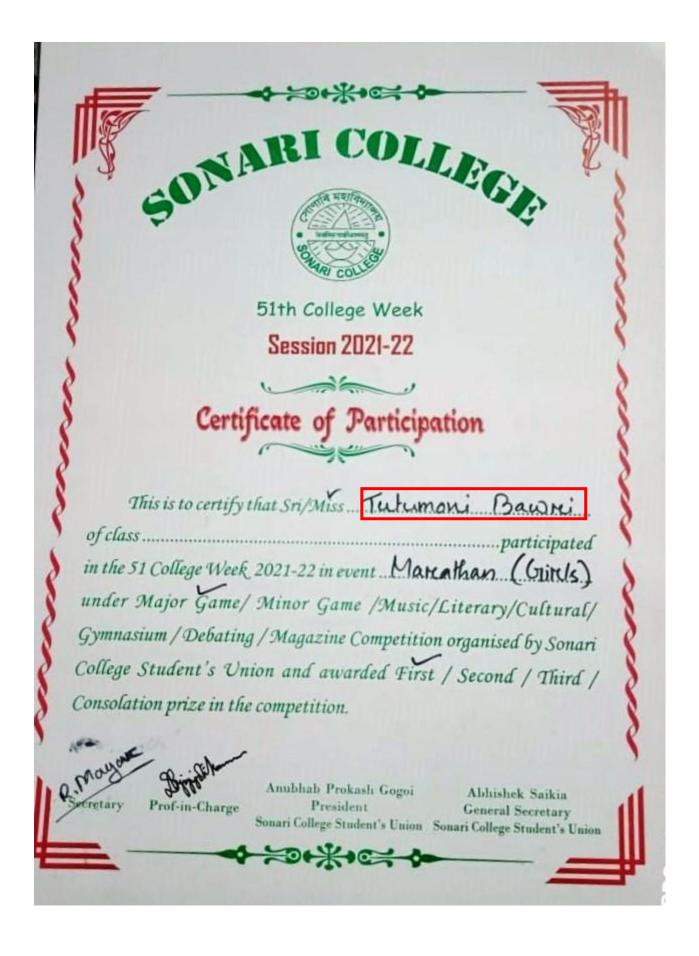






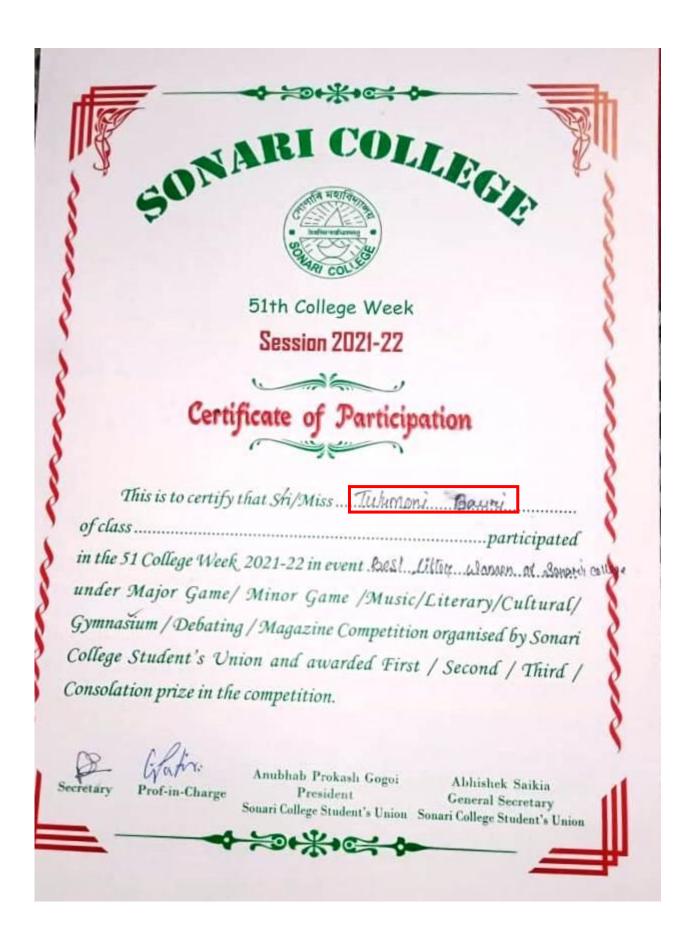






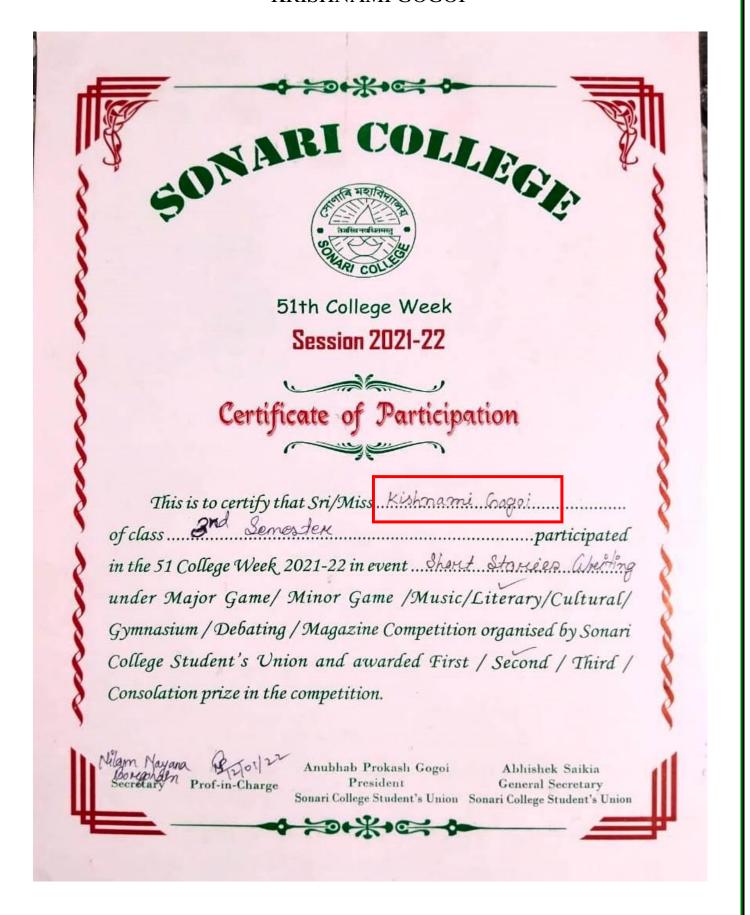


CO-ORDINATOR
LOAC LOAC SONARI COLLEGE





KRISHNAMI GOGOI



Principal SONARI COLLEGE SONARI





51th College Week Session 2021-22



This is to certify that Sri/Miss ANTIGOTO THE of class 3nd Sem participated in the 51 College Week 2021-22 in event ... Card ... AND AND COLLEGE under Major Game/Minor Game /Music/Literary/Cultural/ Gymnasium / Debating / Magazine Competition organised by Sonari College Student's Union and awarded First / Second / Third / Consolation prize in the competition.

Prof-in-Charge

Anubhab Prokash Gogoi President Sonari College Student's Union Sonari College Student's Union

Abhishek Saikia General Secretary

Principal SONARI COLLEGE SONARI





ONARI COLLEGIA



51th College Week

Session 2021-22



This is to certify that Sri/Miss. সান্সজ্যোত দেব of class 3nd Sem participated in the 51 College Week 2021-22 in event 2nd (পार्वाउ असार उसमार) under Major Game/ Minor Game /Music/Literary/Cultural/ Gymnasium / Debating / Magazine Competition organised by Sonari College Student's Union and awarded First / Second / Third / Consolation prize in the competition.

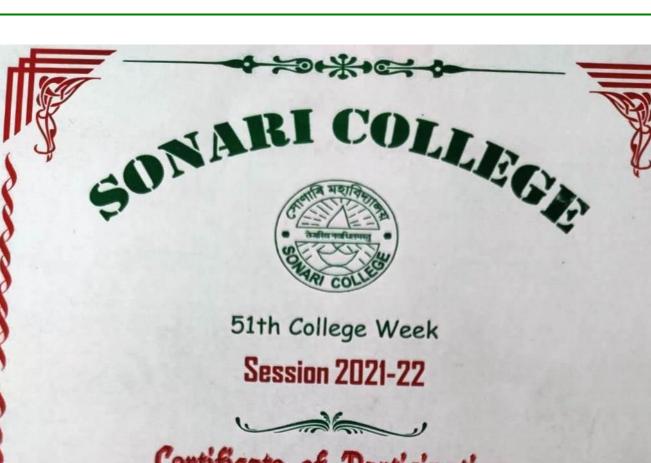


Anubhab Prokash Gogoi President Sonari College Student's Union Sonari College Student's Union

Abhishek Saikia General Secretary

Principal SONARI COLLEGE SONARI





Certificate of Participation

This is to certify that Sri/Miss Ald MCGNIG. Cha
of class
in the 51 College Week 2021-22 in event
under Major Game/ Minor Game /Music/Literary/Cultural/
Gymnasium / Debating / Magazine Competition organised by Sonari
College Student's Union and awarded First / Second / Third /
Consolation prize in the competition.

Prof-in-Charge

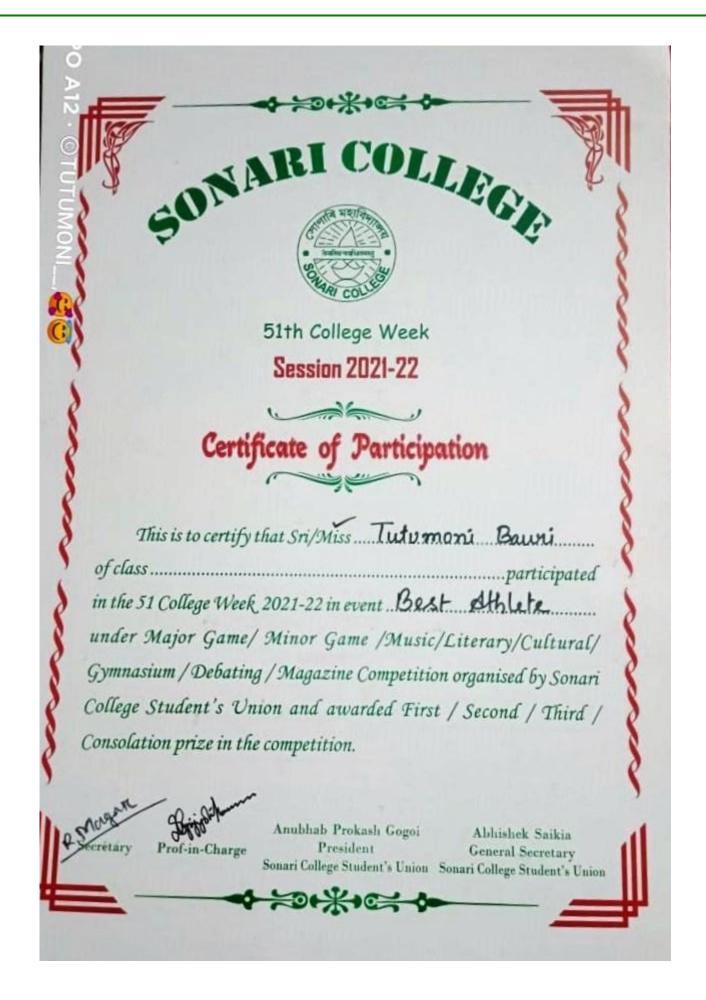
Anubhab Prokash Gogoi President

Abhishek Saikia General Secretary Sonari College Student's Union Sonari College Student's Union

Principal SONARI COLLEGE SONARI



CO-ORDINATOR COUKUMATUR IQAC SONARI COLLEGE

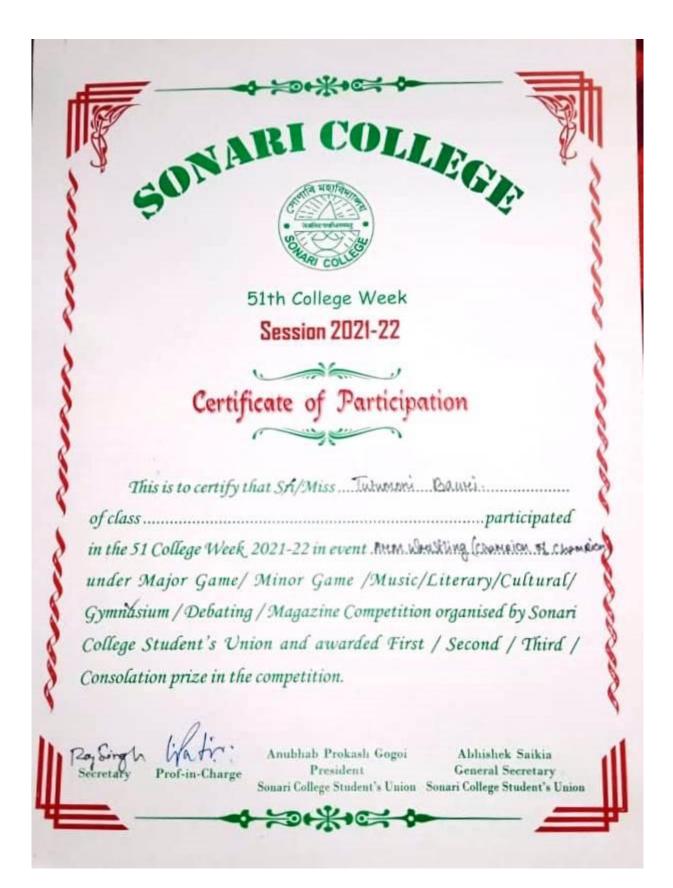




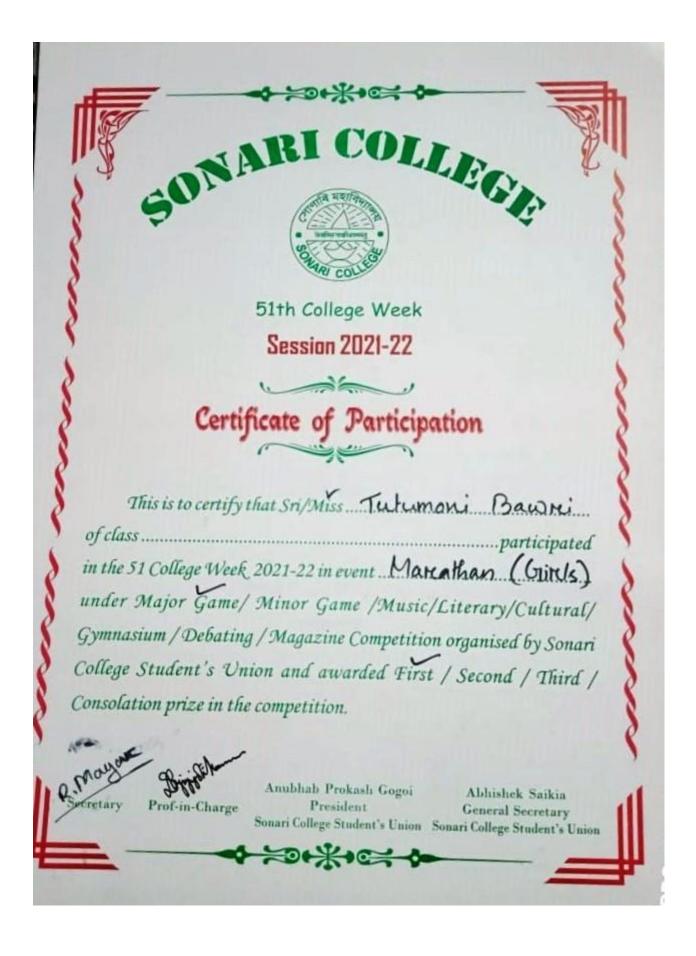
CO-ORDINATOR
LOAC LOAC SONARI COLLEGE























51th College Week Session 2021-22



This is to certify that Sri/Miss . Kishmami Chago! of class 3nd Semesdenparticipated in the 51 College Week 2021-22 in event Shart Staries Weeking under Major Game/Minor Game/Music/Literary/Cultural/ Gymnasium / Debating / Magazine Competition organised by Sonari College Student's Union and awarded First / Second / Third / Consolation prize in the competition.

Boughton Prof-in-Charge

Anubhab Prokash Gogoi President

Abhishek Saikia General Secretary Sonari College Student's Union Sonari College Student's Union

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Principal



STUDENTS PARTICIPATION IN OTHER ACTIVITIES ORGANIZED BY THE INSTITUTION















Bihu event organized by the department of Assamese Sonaricollege on the occasion of Bohag Bihu.







CULTURAL RALLY ON THE OCCASION OF BIR LACHIT DIVAS, 28TH NOVEMBER,2022





Cultural Procession on the occasion of BirLachit Divas, commemorating the 400th Birth Ceremony of BirLachitBorphukon on the 23rd of November, 2022.







STUDENTS PARTICIPATION IN SPORTS AND CULTURAL EVENTS ORGANIZED BY OTHER INSTITUTIONS



Principal SONARI COLLEGE SONARI

























2021-22 AmllanjeetChetia 2nd power Lifting (74 kg)



Principal SONARI

D.V. Sports Board



Organizing Committee

2021-22 BedantaBorthakur 2nd prize Wushu (56 kg)

BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGE

INTER COLLEGE WUSHU COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Hwarded to Sri / Smti	Badanta	Borthakur	
College Sonari	Collage.		

Secured 2nd Event Sanda.

Weight Category below 56kg. held at Furkating College on

24th December to 25th December 2021.

Chairman D.U. Sports Board Organizing Committee

President/Vice-President D. U. Sports Board

2021-22

Principal SONARI COLLEGE SONARI





MrinmoyDewgharia1st prize Karate (55 kg)

ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGO



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smil ... Mrinmoy Dewgharia

Sonari College

Position First Weight Category - 55 kg

Event . Kumite held at Dibrugarh University Campus on 26th

April 2022.

Secretary Sports Board

President/ Vice-President Sports Board

2021-22

BiplobDey Bronze prize Taekwondo (68 kg)

Principal SONARI



ARUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGE



INTER COLLEGE TAEKWONDO COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri / Smi Biplob Dey ..

College

Secured Bronge Weight Category under - 68 kg

held at Dibrugarh University Campus on 29th April and 30th April 2022.

D. U. Sports Board

President/ Vice-President D. V. Sports Board

2021-22

AninditaRajkumari3rd prizeWushu (52 kg)

Principal SONARI COLLEGE SONARI



BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGO



INTER COLLEGE WUSHU COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Twarded to Sti / Smi. Anindita Raj Kumeri

College Sonati College.

Secured 38d Event Sanda.

Weight Category .. Under .. 5.2 kg held at Furkating College on

24th December to 25 " December 2021.

Secretary D.U. Sports Board

Chairman Organizing Committee

President/Vice-President D.U. Sports Board

Spanika

2021-22 RomyaKonwar 1st prize power Lifting (109 kg)

Principal SONARI COLLEGE SONARI



OJERUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASIG

INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti Ramya Kon College Sonare First/Second/ Third Position in Weight Category 109 kg. in the Event Weight Lifting (Men/Women) Course Lifting (Men/ Women)/Best Physique (Men) held at J.B. College, from 21st December to 22nd December 2021.

D.U. Sports Board

Chairman Organizing Committee

President/ Vice-President D. V. Sports Board

2021-22

ChitraProvaChetia 2nd prize power Lifting (45 kg)

Principal SONARI



BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGE

INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND BEST PHYSIQUE (MEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Srl/Smti Chilea Prova Chatia

Tirst/Second/ Witd Position in Weight Category ... 45 kg

President/ Vice-President

2021-22

NayanJyotiChangmai 2nd Prize Karate (67kg)

Principal



BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, 400-



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti	Nayan Jyoti Changmai
College	Sonari
Position Second	Weight Category - 67 kg
Event Rumite	held at Dibrugarh University Campus on 26
April 2022.	

Secretary Sports Board

President/ Vice-President Sports Board

2021-22 ManabJyotiPhukon 3rd Prize Karate (84kg) CO-ORDINATOR SONARI COLLEGE

Principal SONARI COLLEGE SONARI



SARUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGE



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti	Manab Jyoti Phukan
College	Sonari
	held at Dibrugarh University Campus on 26 th
April 2022.	

Secretary Sports Board

President/ Vice-President Sports Board

2021-22 Tushar Chandra Dutta1st Prize Power lifting (89kg)

Principal SONARI COLLEGE SONARI



OR OR OR OF THE STATE OF THE ST

INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN),
POWER LIFTING (MEN/WOMEN)
AND
BEST PHYSIQUE (MEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti	Tushar Chandra Dutta
College	Sonari
	ition in Weight Category89. kg
in the Event Weight Lif	ting (Men/W om en)/ Po <u>wer L</u> ifting (Men/
Women)/Best Physique (D	Men) held at J.B. College, from 21st December
to 22 nd December 2021.	

Secretary
D.U. Sports Board

Chairman
Organizing Committee

President/Vice-President D.U. Sports Board

2021-22 Raja Thakur 1st Prize Power lifting (55kg)

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ACCEPT



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND

BEST PHYSIQUE (MEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti Raja Thaku	2/5
College Sonari	2,0
First/Second/ Third Position in Weight Category 55 kg.	
in the Event Weight Lifting (Men/Wopen)/ Power Lifting	
Women)/Best Physique (Men) held at J.B. College, from 21st De	ecember
to 22nd December 2021.	

Secretary D.U. Sports Board

Chairman Organizing Committee President/ Vice-President D. U. Sports Board

2021-22

Principal SONARI COLLEGE SONARI



Raja Thakur Best Lifter (55kg)

ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, ACCES



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN)

AND

BEST PHYSIQUE (MEN)

BEST LIFTER (MEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti	Raja	Thakur
	00	

Donasi

First/Second/ Third Position in Weight Category 55. kg. in the Event Weight Lifting (Men/Women)/ Power Lifting (Men/ Women)/Best Physique (Men) held at J.B. College, from 21st December to 22nd December 2021.

D.U. Sports Board

Organizing Committee

President/ Vice-President D.U. Sports Board

2021-22 HirakJyotiDeka 3rd Prize Boxing (51 to54kg)

Principal SONARI COLLEGE SONARI



ARUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AUG.



INTER COLLEGE BOXING COMPETITION (MEN/WOMEN)

2021 - 2022

Certificate of Merit

Twarded to Sri / Smai ... Hiras Jyot. Deka. College Somati. College. First | Second | Third Position in Weight Category .5.1 ... to . 5.4 Event Boxing (.Mem) Held at D.K. D. College, from 5th January to 6th January 2022.

D. V. Sports Board

Chairman Organizing College President/ Vice-President D. V. Sports Board

2021-22 HomenPhukon 1st Prize Power Lifting (96kg)

Principal



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, POCK



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Şmti	Humen Phukon
College	Sonari [*]
First/Second/ Third Po.	sition in Weight Category 96 kg
in the Event Weight Li	fting (Men/Wo men)/ Power <u>Liftin</u> g (Men/
Women)/Best Physique (Men) held at J.B. College, from 21st December
to 22 nd December 2021.	

Secretary D.U. Sports Board

Chairman Organizing Committee President/ Vice-President D.U. Sports Board

Principal SONARI COLLEGE SONARI



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AUG.



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Spori Treshar Chandia Dutta College Sonai First/Second/ Third Position in Weight Category ... 89 kg in the Event Weight Lifting (Men/Women)/ Power Lifting (Men/ Women)/Best Physique (Men) held at J.B. College, from 21st December to 22nd December 2021.

D.U. Sports Board

Chairman Organizing Committee President/ Vice-President D.U. Sports Board

Principal SONARI COLLEGE SONARI



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, TOO BE



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

> BEST LIFTER (MEN) 2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Sme	Raja Shakur
College	Sonasi'
First/Second/ Thin	d Position in Weight Category
in the Event Weig	ht Lifting (Men/Women)/ Power Eifting (Men/
Women)/Best Phys	ique (Men) held at J.B. College, from 21st December
to 22 nd December 20	021.

Secretary D.U. Sports Board

Chairman Organizing Committee President/ Vice-President D.U. Sports Board

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, POSCE



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti	Amllanjeet Chetia
College	Sonari'
First/Second/ Third Pos	sition in Weight Category?.4
	fting (Men/Women)/ Power Lifting (Mcn/
Women)/Best Physique (Men) held at J.B. College, from 21st December
to 22 nd December 2021.	

Secretary D.U. Sports Board

Chairman Organizing Committee Prosident/ Vice-President D. U. Sports Board

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGE

INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti Raja Thaku 2/5 College Sonari First/Second/ Third Position in Weight Category 55 kg. in the Event Weight Lifting (Men/Women)/ Power Lifting (Men/ Women)/Best Physique (Men) held at J.B. College, from 21st December to 22nd December 2021.

Secretary D.U. Sports Board

Chairman Organizing Committee

2 Jacob

President/ Vice-President D. U. Sports Board

Principal SONARI COLLEGE SONARI



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, TOOK



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti Flumen Phukon College Sonasi First/Second/ Third Position in Weight Category 96 kg in the Event Weight Lifting (Men/Women)/ Power Lifting (Men/ Women)/Best Physique (Men) held at J.B. College, from 21st December to 22nd December 2021.

Secretary D. U. Sports Board

Chairman Organizing Committee President/ Vice-President D. U. Sports Board

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGO

INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND BEST PHYSIQUE (MEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Srl/Smti Chitra Prova Chatia College Sonari

First / Second / Third Position in Weight Category ... 45 kg

President/ Vice-President

Principal



BRUGARH UNIVERSITY SPORTS BOARD, DIBRUG,



INTER COLLEGE TAEKWONDO COMPETITION (MEN

2021 - 2022

CERTIFICATE OF MERIT

Hwarded to Sri/Smti. Biplob Dey.

College Sonari

Secured Bronge Weight Category under -

held at Dibrugarh University Campus on 29th April ar

2022.

D. V. Sports Board

President/ Vic D. V. Sports

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, POCK



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND

BEST PHYSIQUE (MEN)

BEST LIFTER (MEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti Raja Thaken
College Sonasi
First/Second/ Third Position in Weight Category 55. kg
in the Event Weight Lifting (Men/Women)/ Power Lifting (Men,
Women)/Best Physique (Men) held at J.B. College, from 21st Decembe
to 22^{nd} December 2021.

Secretary D.U. Sports Board

Chairman Organizing Committee President/ Vice-President D. U. Sports Board

Principal SONARI COLLEGE SONARI



JARUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, 40



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti : Mrinmoy Dewgharia College Sonari Position Weight Category - 55 kg Event . Kumite held at Dibrugarh University Campus or April 2022.

Sports Board

President/ Vice-Presiden Sports Board

Principal



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, AGE



INTER COLLEGE WEIGHT LIFTING (MEN/WOMEN), POWER LIFTING (MEN/WOMEN) AND **BEST PHYSIQUE (MEN)**

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti. Raja Thaku. 2/5
College Sonari

First/Second/ Third Position in Weight Category 55 kg. in the Event Weight Lifting (Men/Women)/ Power Lifting (Men/ Women)/Best Physique (Men) held at J.B. College, from 21st December to 22nd December 2021.

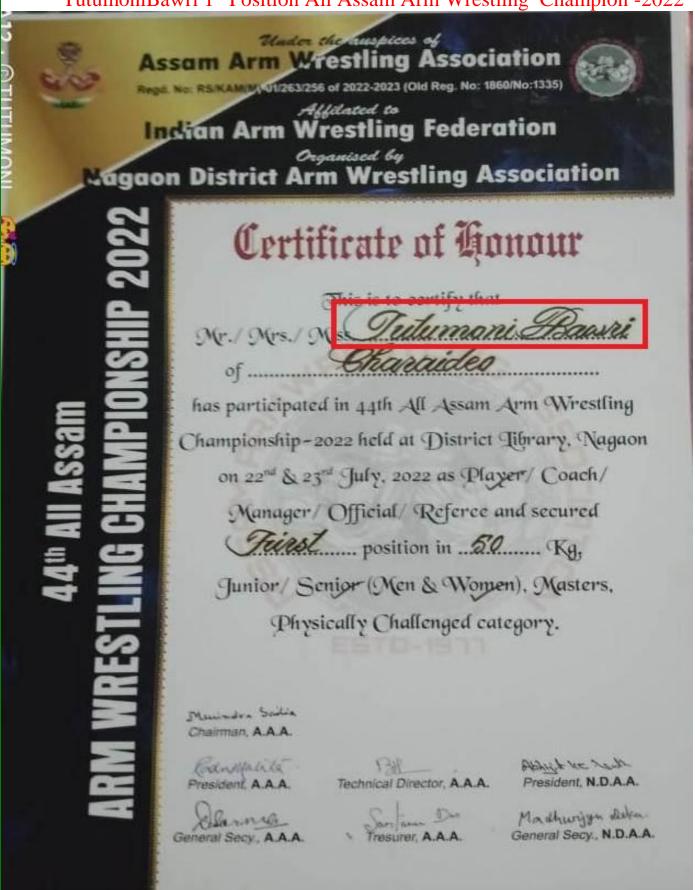
Secretary D. U. Sports Board

Chairman Organizing Committee President/ Vice-President D. U. Sports Board

Principal SONARI



2021-22 TutumoniBawri 1st Position All Assam Arm Wrestling Champion -2022



Principal SONARI COLLEGE SONARI



2021-22 TutumoniBawri College Identity Card









