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 51^{st} Annual College Week, Sonari College.









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

















MANASJYOTI DEV



51th College Week Session 2021-22



This is to certify that Sri/Miss ... ALA HOUSE THE of class 3nd Sem participated in the 51 College Week 2021-22 in event ... The Strate

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.

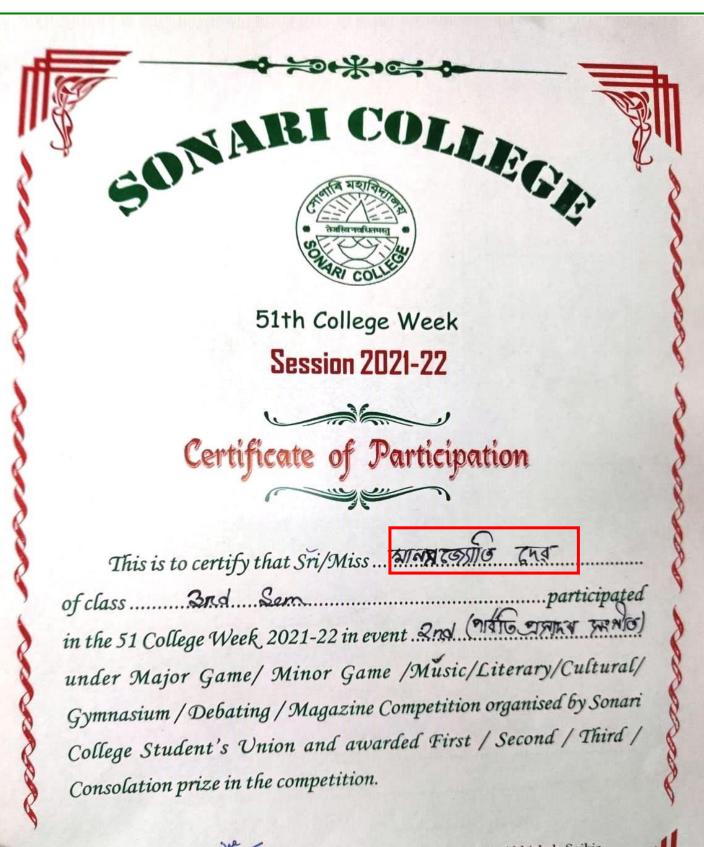
Prof-in-Charge

Anubhab Prokash Gogoi President

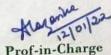
Abhishek Saikia General Secretary Sonari College Student's Union Sonari College Student's Union

Principal SONARI COLLEGE SONARI









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

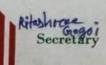
Abhishek Saikia General Secretary

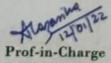


Principal SONARI COLLEGE SONARI









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

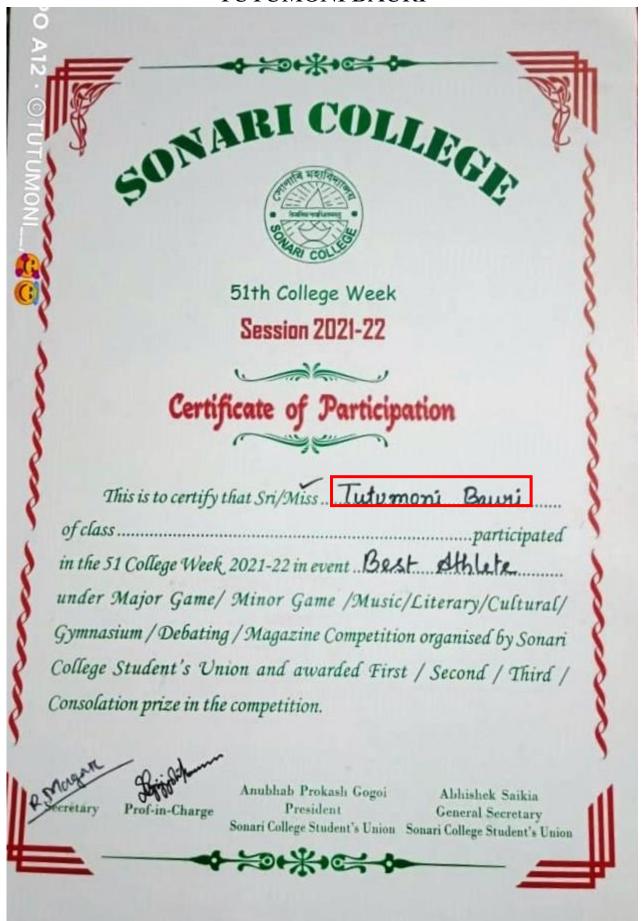
Abhishek Saikia General Secretary



Principal SONARI COLLEGE SONARI

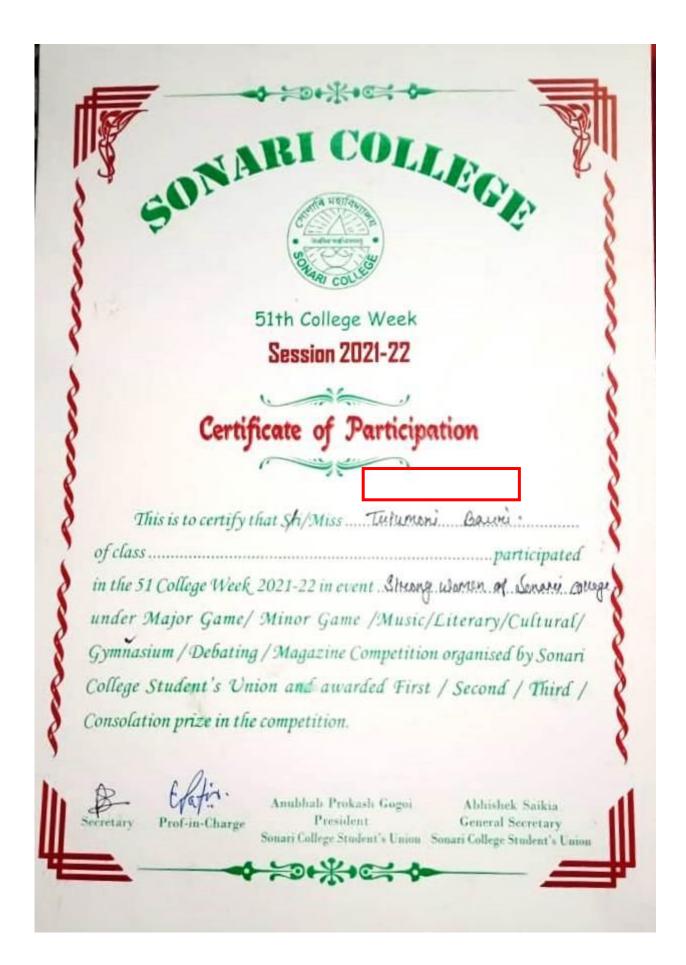


TUTUMONI BAURI



Principal SONARI COLLEGE SONARI

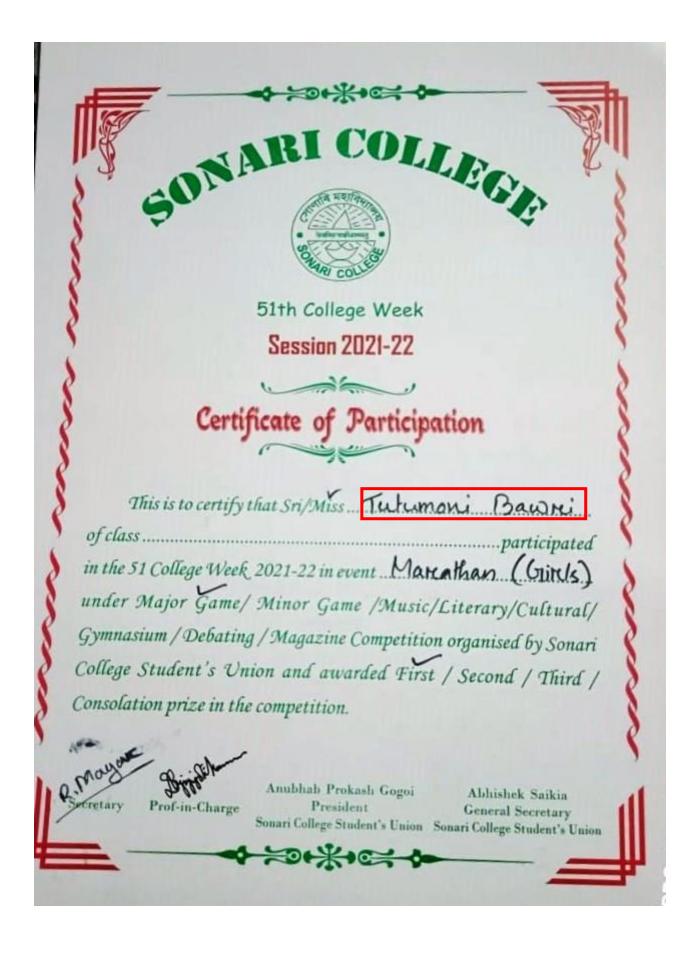




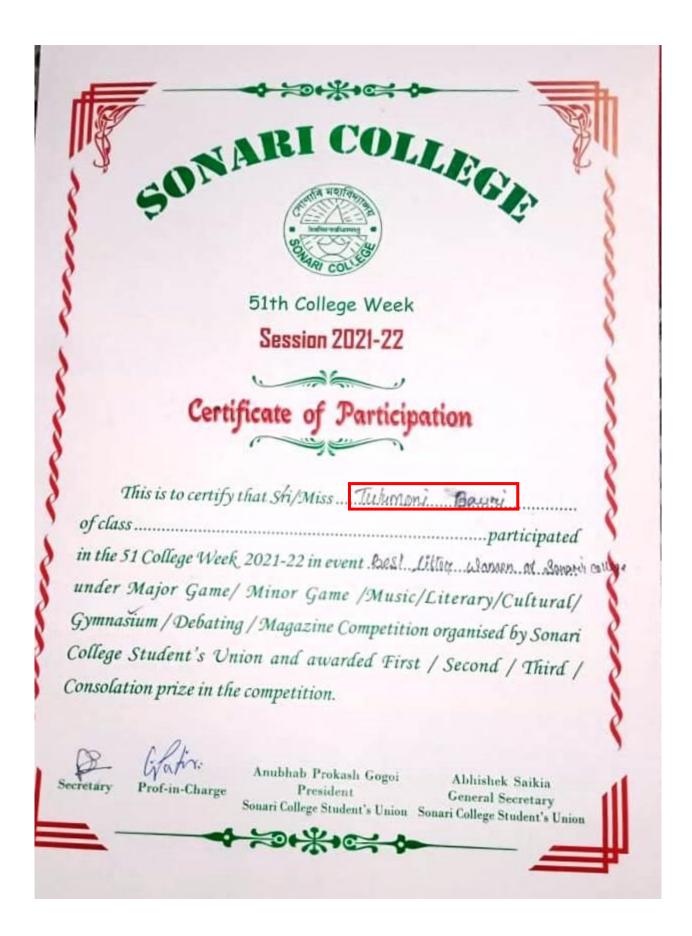














CO-ORDINATOR CO-ORDINATOR IQA-C SONARI COLLEGE

KRISHNAMI GOGOI



Principal SONARI COLLEGE SONARI





51th College Week Session 2021-22



This is to certify that Sri/Miss ... Alarge (1911) The of class 3nd Sem participated in the 51 College Week 2021-22 in event ... Can Mina 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





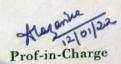
51th College Week

Session 2021-22



This is to certify that Sri/Miss. সান্সজ্যোত দেব of class 3nd Sem in the 51 College Week 2021-22 in event 2nd (शर्वाद 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.





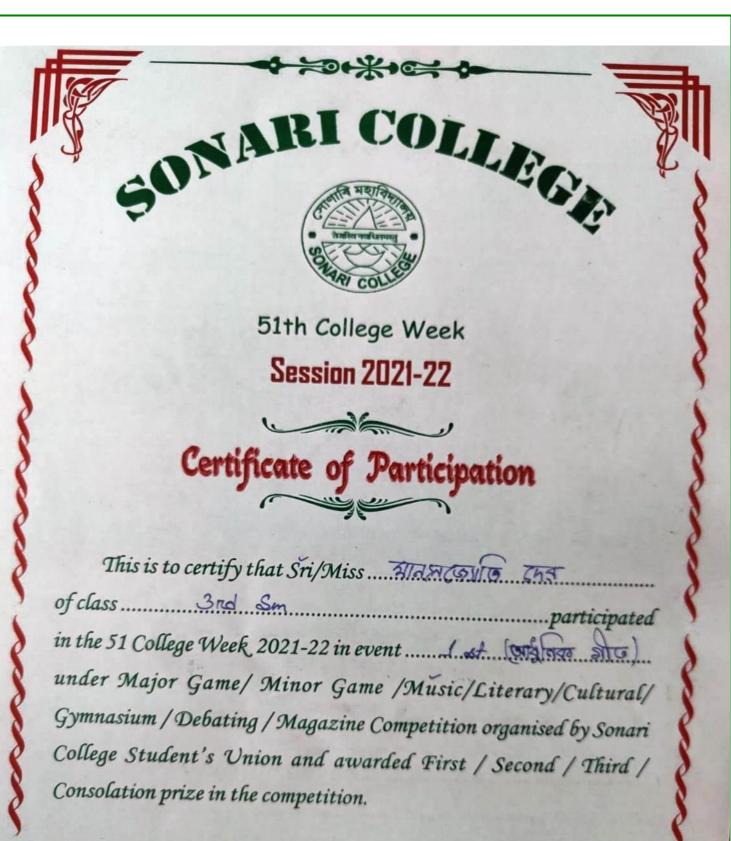
Anubhab Prokash Gogoi President Sonari College Student's Union Sonari College Student's Union

Abhishek Saikia General Secretary



Principal SONARI COLLEGE SONARI





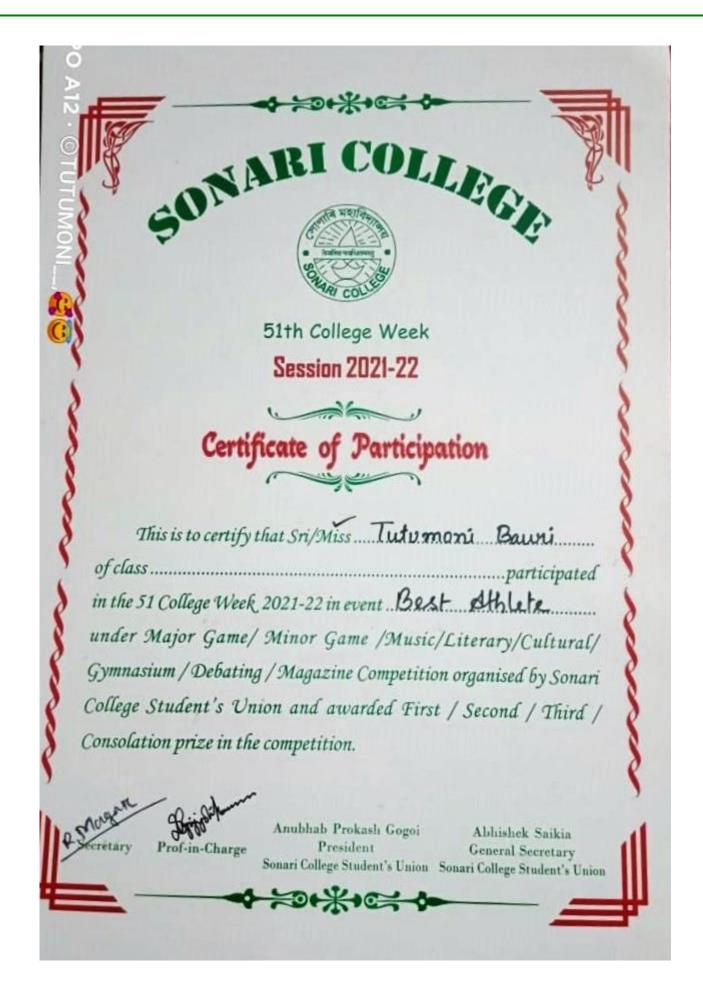
Prof-in-Charge

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

Abhishek Saikia General Secretary

Principal SONARI COLLEGE SONARI

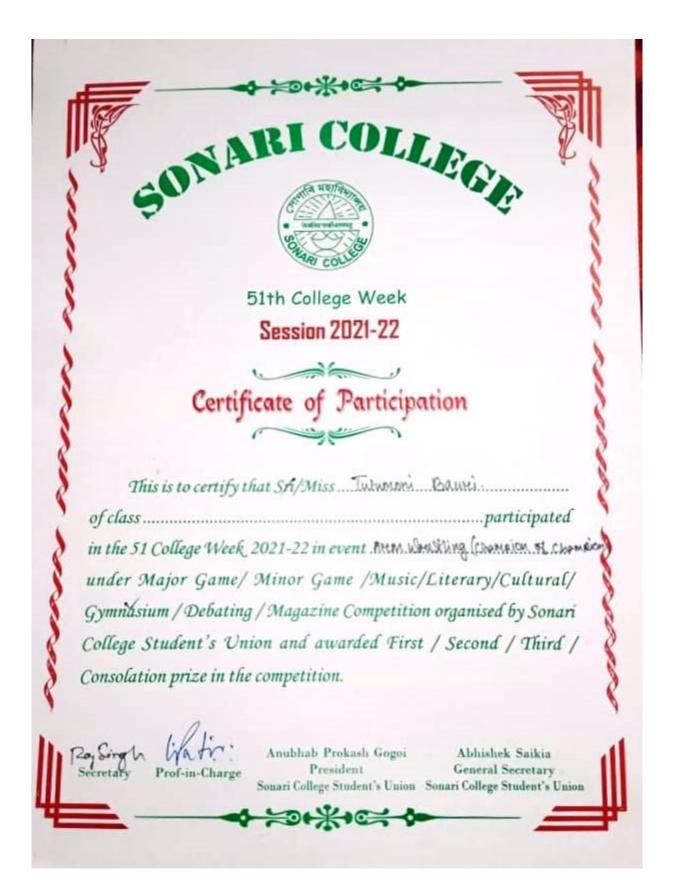




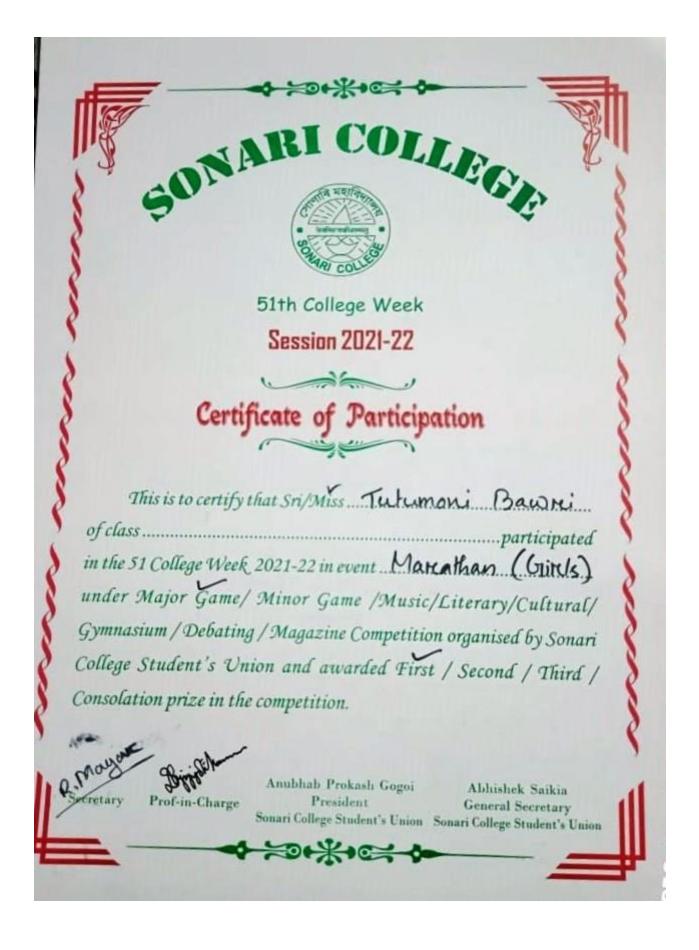












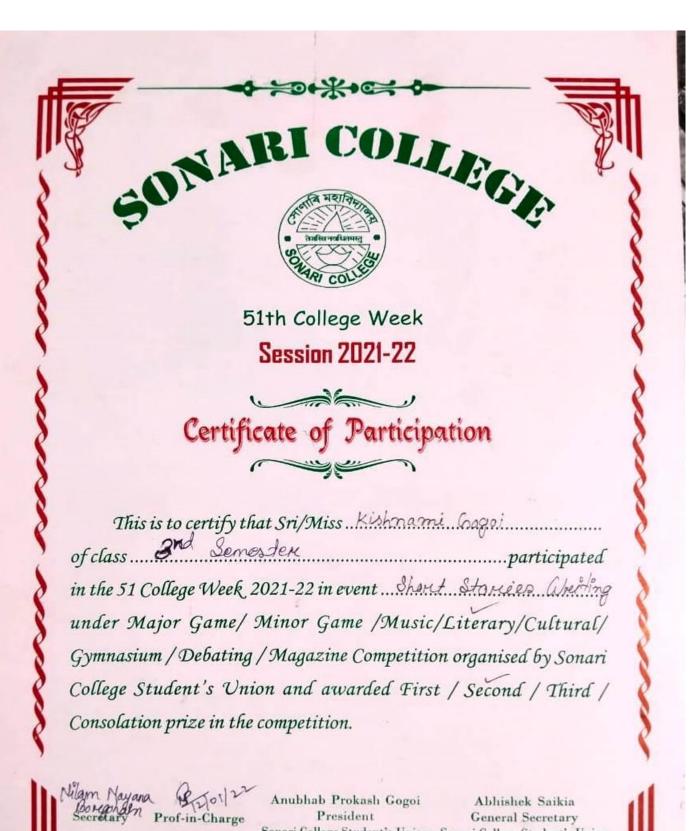












Sonari College Student's Union



Principal SONARI COLLEGE SONARI



CO-ORDINATOR
IQA-C
IQA-C
SONARI COLLEGE

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





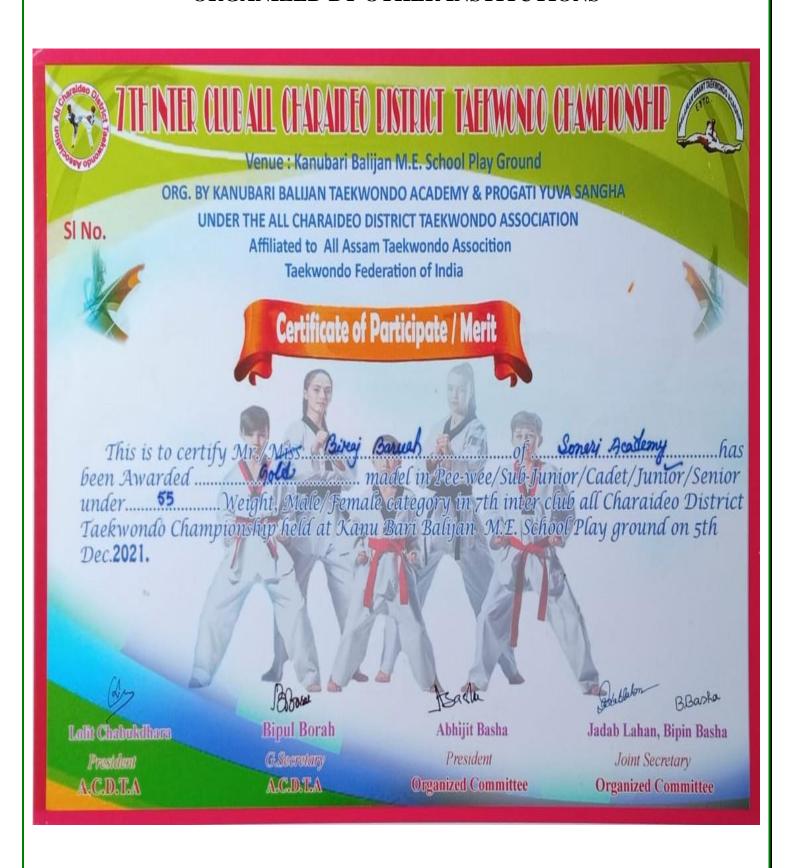
Cultural Procession on the occasion of BirLachit Divas, commemorating the 400th Birth Ceremony of BirLachitBorphukon on the 23rd of November, 2022.







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 COLLEGE SONARI



CO-ORDINATOR
IQA-C
IQA-C
SONARI COLLEGE

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

BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, AGE

INTER COLLEGE WUSHU COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Hwarded to	Sri/Shti	Badanta	Borthakur	
	0 :	1.11.		

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. V. 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/Smiti 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



BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, Aug.



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. V. Sports Board

President/ Vice-President D. U. 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 Kumahi

College Sonati College.

Secured 38d Event Sanda.

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

24th December to 25th December 2021.

Secretary D.U. Sports Board

Chairman Organizing Committee D.U. Sports Board

President/Vice-President

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

Principal SONARI COLLEGE SONARI



OJERUGARH 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/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, AGG

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/ With Position in Weight Category 45 kg

President/ Vice-President

2021-22

NayanJyotiChangmai 2nd Prize Karate (67kg)

Principal SONARI



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	A
Position Second	Weight Category - 67 kg
Event Rumite	held at Dibrugarh University Campus on 20
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 Fyoti Phukan
College	Sonari
	Weight Category +84 kg
	held at Dibrugarh University Campus on 26th
April 2022.	

Secretary Sports Board

President/ Vice-President Sports Board

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

Principal SONARI COLLEGE SONARI





ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGG

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

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Sm ti	Tushar Chandra Dutta
College	Sonari
	sition in Weight Category
in the Event Weight Li	fting (Men/W om en)/ 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

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

Principal SONARI COLLEGE SONARI





ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, POGRE

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

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti	2/5
College	
First/Second/ Third Position in Weight Category 55 kg	
in the Event Weight Lifting (Men/Wornen)/ Power Lifting	
Women)/Best Physique (Men) held at J.B. College, from 21st D	
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.....97

Sonasi College

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



BRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AUG.



INTER COLLEGE BOXING COMPETITION (MEN/WOMEN)

2021 - 2022

Certificate of Merit

Twarded to Sri / Smai ... Hirak Jyoti Deka College Somati College First | Second | Third Position in Weight Category .5.1. 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 SONARI COLLEGE SONARI



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 Pos	sition in Weight Category 96 kg
in the Event Weight Lij	fting (Men/Wo men)/ Power <u>Liftin</u> g (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. V. Sports Board

Principal SONARI COLLEGE SONARI



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AUG.



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

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Spri 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. V. Sports Board

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

Principal SONARI COLLEGE SONARI



OBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, TOUR



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/Smri Raja Thakur	•••••
College Sonasé	
First/Second/ Third Position in Weight Category	55 kg
in the Event Weight Lifting (Men/Women)/ Pour	e r Eift ing (Men)
Women)/Best Physique (Men) held at J.B. College, fi	rom 21st December
to 22nd December 2021.	

D.U. Sports Board

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

Principal SONARI COLLEGE SONARI



ORRUGARH 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	Amllanjeet Chetia	
College	Borasi	
	Position in Weight Category?.4	
	Lifting (Men/Women)/ Power Lifting (Men	
Women)/Best Physiqu	ue (Men) held at J.B. College, from 21st Decemb	er
to 22nd December 2021	1.	

Secretary D.U. Sports Board

Chairman

Organizing Committee

Prosident/ Vice-President D. U. Sports Board

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, POST

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

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti Raja Thakw 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

Organizing Committee

President/ Vice-President D. U. Sports Board

Principal SONARI COLLEGE SONARI



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/Smti Humen 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 Sel/Smti Chitra Prova Chatia College Sonari

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

President/ Vice-President

Principal SONARI



ARUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, AGO,



INTER COLLEGE TAEKWONDO COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Hwarded to Sri/Smti. Biplob Dey.
College Sonari

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. U. Sports Board

Principal SONARI COLLEGE SONARI



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, AGG



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/Smt	Raja Shaku
College	Sonarí
First/Second/ Thir	f Position in Weight Category
	it Lifting (Men/Women)/ Powe r Lift ing (Men/
Women)/Best Phys	que (Men) held at J.B. College, from 21st December
to 22 nd December 20	21.

Secretary D. U. Sports Board

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

Principal SONARI COLLEGE SONARI



CO-ORDINATOR SONARI COLLEGE

Hazalika

ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, AGA



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smiti Mrinmoy Dewgharia

College Sonare

Position Weight Category - 55 kg

Event . Kumite held at Dibrugarh University Campus on 26th

April 2022.

Sports Board

President/ Vice-President Sports Board

Principal



ORRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARY, AUG.

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

2021 - 2022

CERTIFICATE OF MERIT

Or

Awarded to Sri/Smti. Naja Shaku	2/5
College Sonavi	
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	cember

Secretary D.U. Sports Board

to 22nd December 2021.

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

Principal SONARI COLLEGE SONARI



CO-ORDINATOR COURUMATUR 1QAC SONARI COLLEGE

2021-22 TutumoniBawri 1st Position All Assam Arm Wrestling Champion -2022 Under the auspices of Assam Arm Wrestling Association No. RS NAME V 1/263/256 of 2022-2023 (Old Reg. No: 1860/No:1335) Affilated to Indian Arm Wrestling Federation Organised by Lagaon District Arm Wrestling Association Certificate of Honour has participated in 44th All Assam Arm Wrestling Championship-2022 held at District Tibrary, Nagaon on 22nd & 23rd July, 2022 as Player/ Coach/ Manager/ Official/ Referee and secured First position in 50 Kg, Junior/ Senior (Men & Women), Masters, Physically Challenged category.

> Municipal Scilia Chairman, A.A.A.

Coanstatila President A.A.A.

General Secy. A.A.A.

Technical Director, A.A.A.

Tresurer, A.A.A.

that as tiplets President, N.D.A.A.

Madhuriyan deka General Secy., N.D.A.A.

Principal SONARI COLLEGE

SONARI



2021-22 TutumoniBawri College Identity Card

