

# SONARI COLLEGE

Affiliated to Dibrugarh University



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

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

Submitted to



Submitted by **IQAC, Sonari College, P.O. Sonari,  
Dist : Charaideo, PIN : 785690 (Assam)**

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# SONARI COLLEGE

**Affiliated to Dibrugarh University**

<b>Metric No.5.3.2.1</b>	<b>Number of sports and cultural programmes in which students of the Institution participated year wise during last five years</b>

## 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*  
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# SPORTS AND CULTURAL EVENTS ORGANIZED BY THE INSTITUTION

## ANNUAL COLLEGE WEEK ACTIVITIES



Official inauguration of the 52<sup>nd</sup> College Week, Sonari College, by Principal Dr. Bimal Ch. Gogoi.

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The winner team of the Boy's Kabaddi competition of the 52<sup>nd</sup> Annual College Week, Sonari College, held in January 2023.



*[Signature]*  
**Principal**  
SONARI COLLEGE  
SONARI



*[Signature]*  
**CO-ORDINATOR**  
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Participants of Girl's Kabbaddi competition of the 52<sup>nd</sup> Annual College Week, Sonari College, taking blessings from their teachers Sri Phanindra Kr. Boruah and Sri Binud Raj Khanikar, before the game.



Vigu Hazarika, President of the Sonari College Student's Union, while preparing the venue for the 52<sup>nd</sup> Annual College Week, Sonari College,

*[Signature]*  
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# CULTURAL RALLY COMPETITION



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AI QUAD CAMERA  
Shot on realme 5i



AI QUAD CAMERA  
Shot on realme 5i

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

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An Inter Departmental wall Magazine competition was held as a part of the 52<sup>nd</sup> Annual College Week, Sonari College, in which all the Departments participated. The Wall Magazines were inaugurated by the Vice Principal Dr. Sunil Dutta.

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Bitupon Bailung/Amimesh Chutia



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Principal  
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SONARI



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A Traditional Dress competition was held among the students of the college as a part of the 52<sup>nd</sup> Annual College Week, Sonari College, where Mr. Vigu Hazarika and Ms. Shruti Baruah Emerged as winners of the event.

*[Signature]*  
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# RITASHREE GOGOI, ONE ACT PLAY

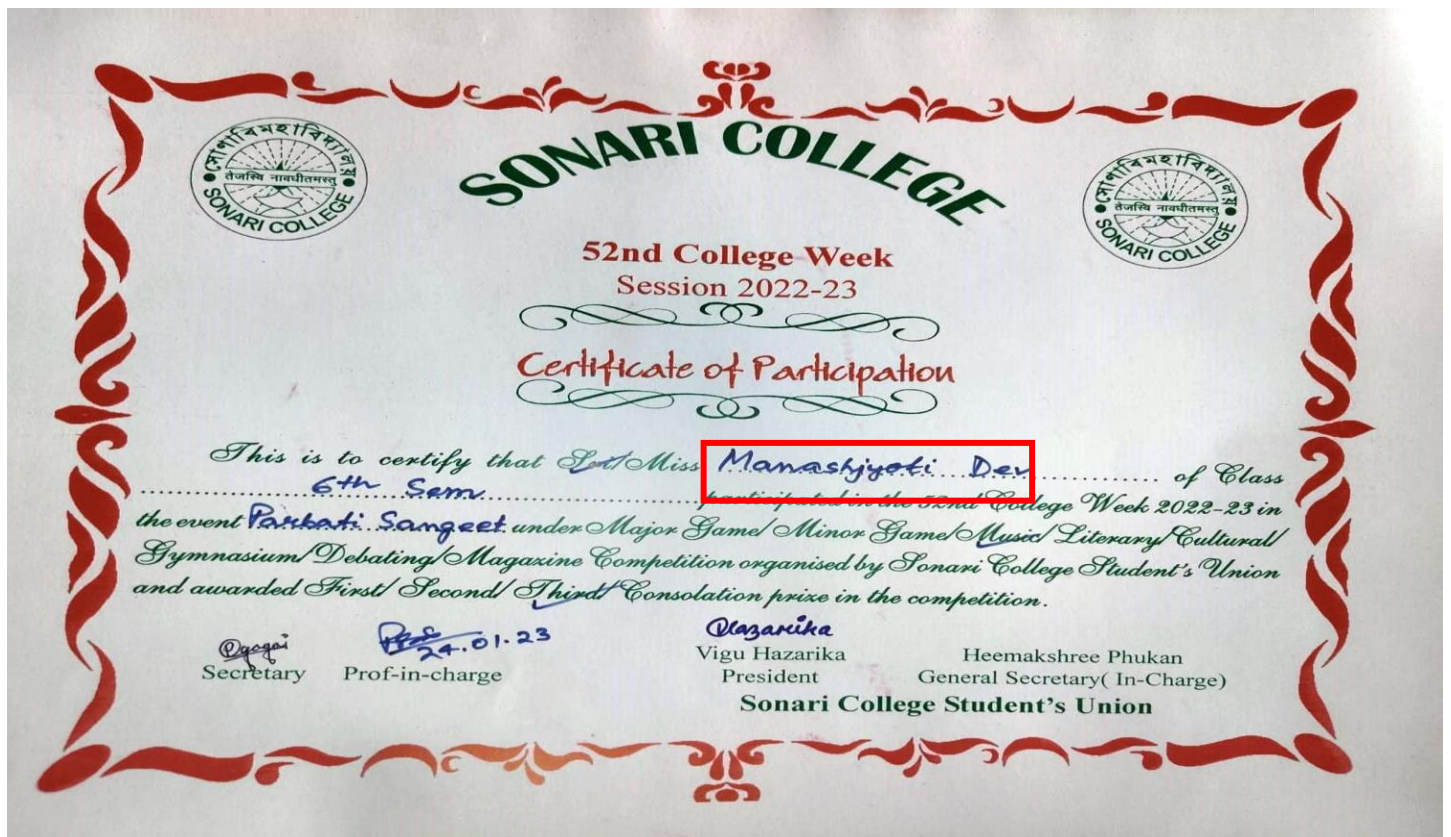


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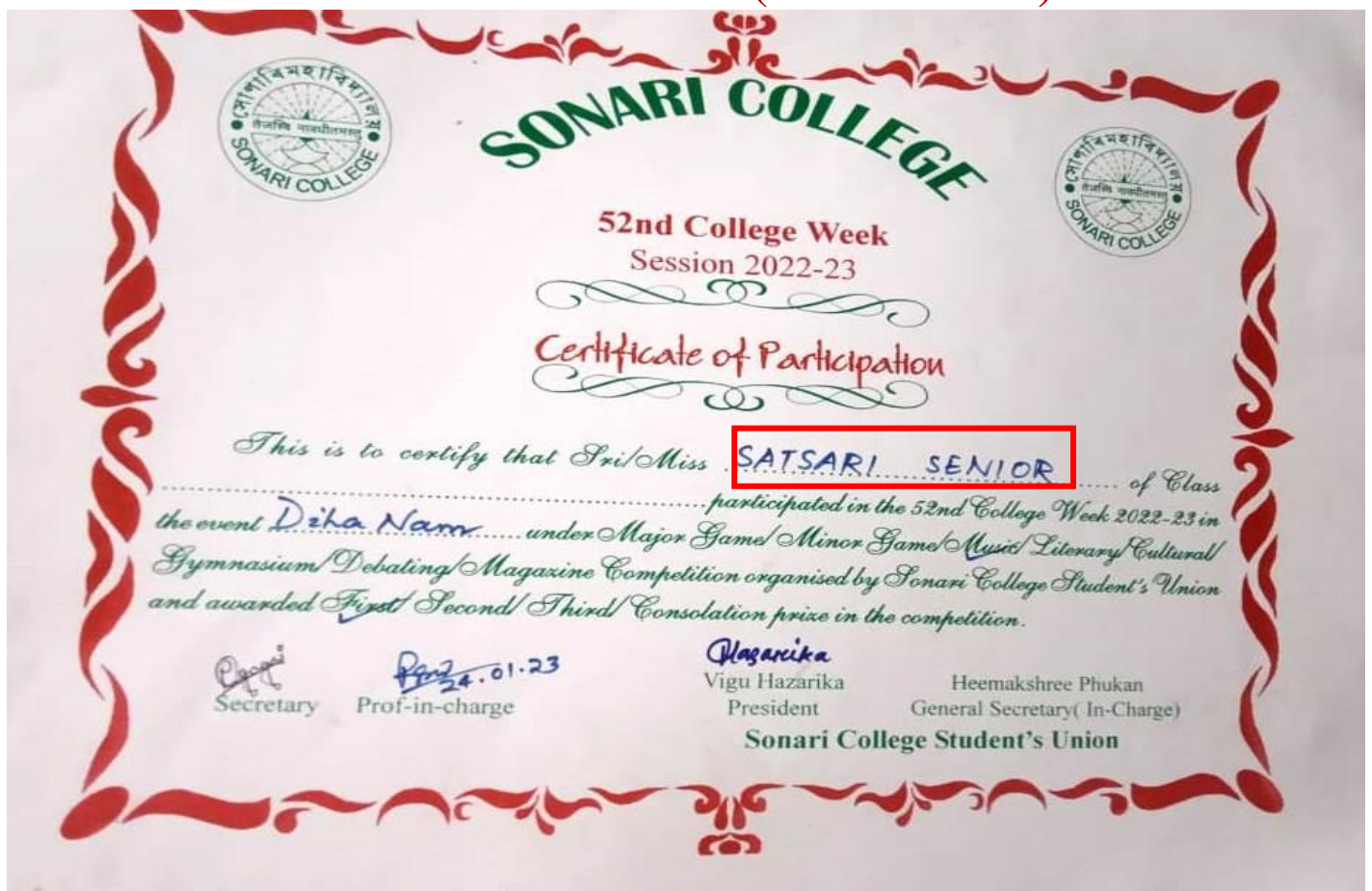


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# MANASJYOTI DEV PARTICIPATION IN PARBATI SANGEET 2022-23



# SATSARI SENIOR(DIHA NAM)



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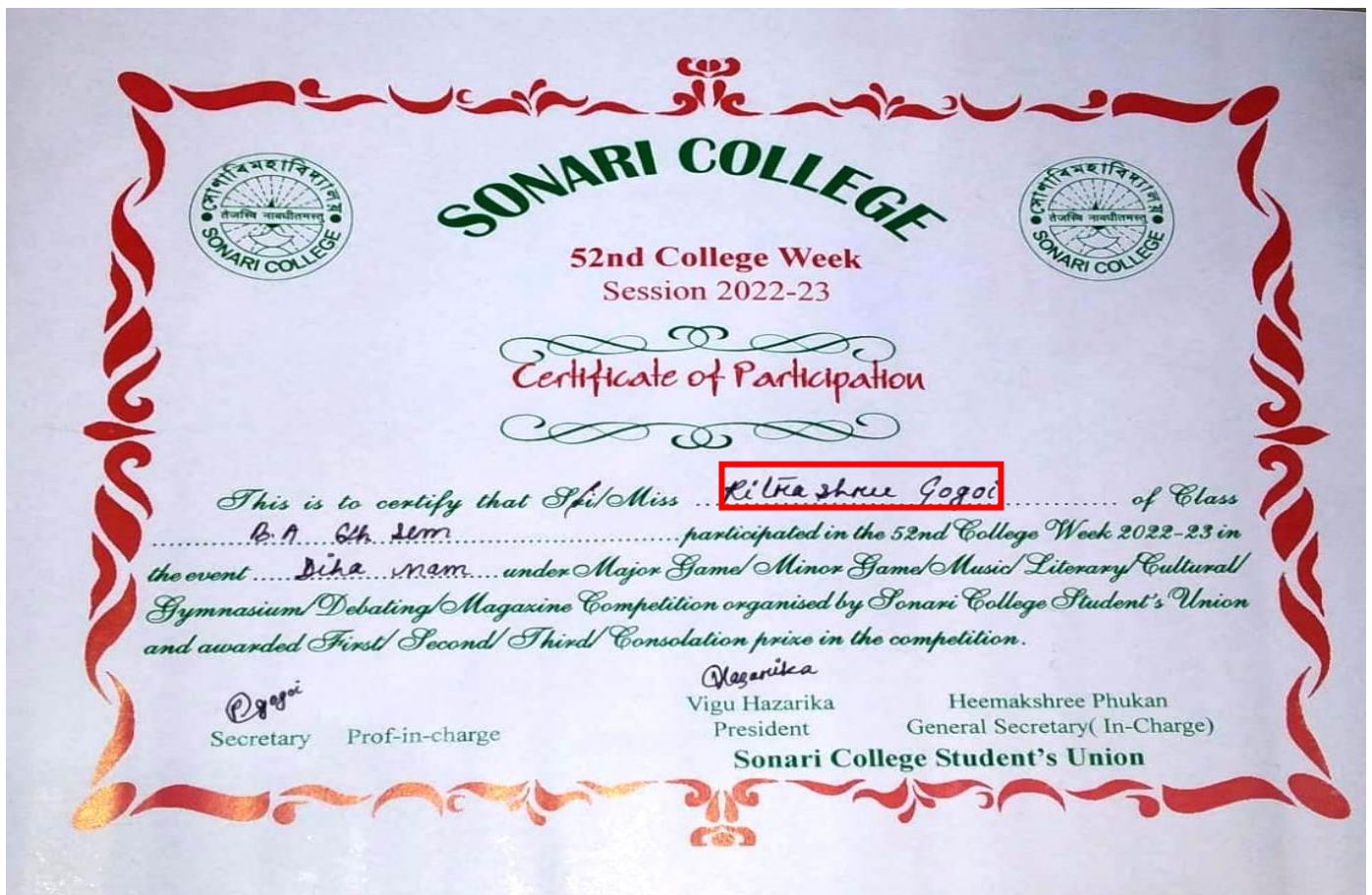


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**PARTHANA GOGOI PARTICIPATION IN DIHA NAM 2022-23**



**RITASHREE GOGOI PARTICIPATION IN DIHA NAM 2022-23**

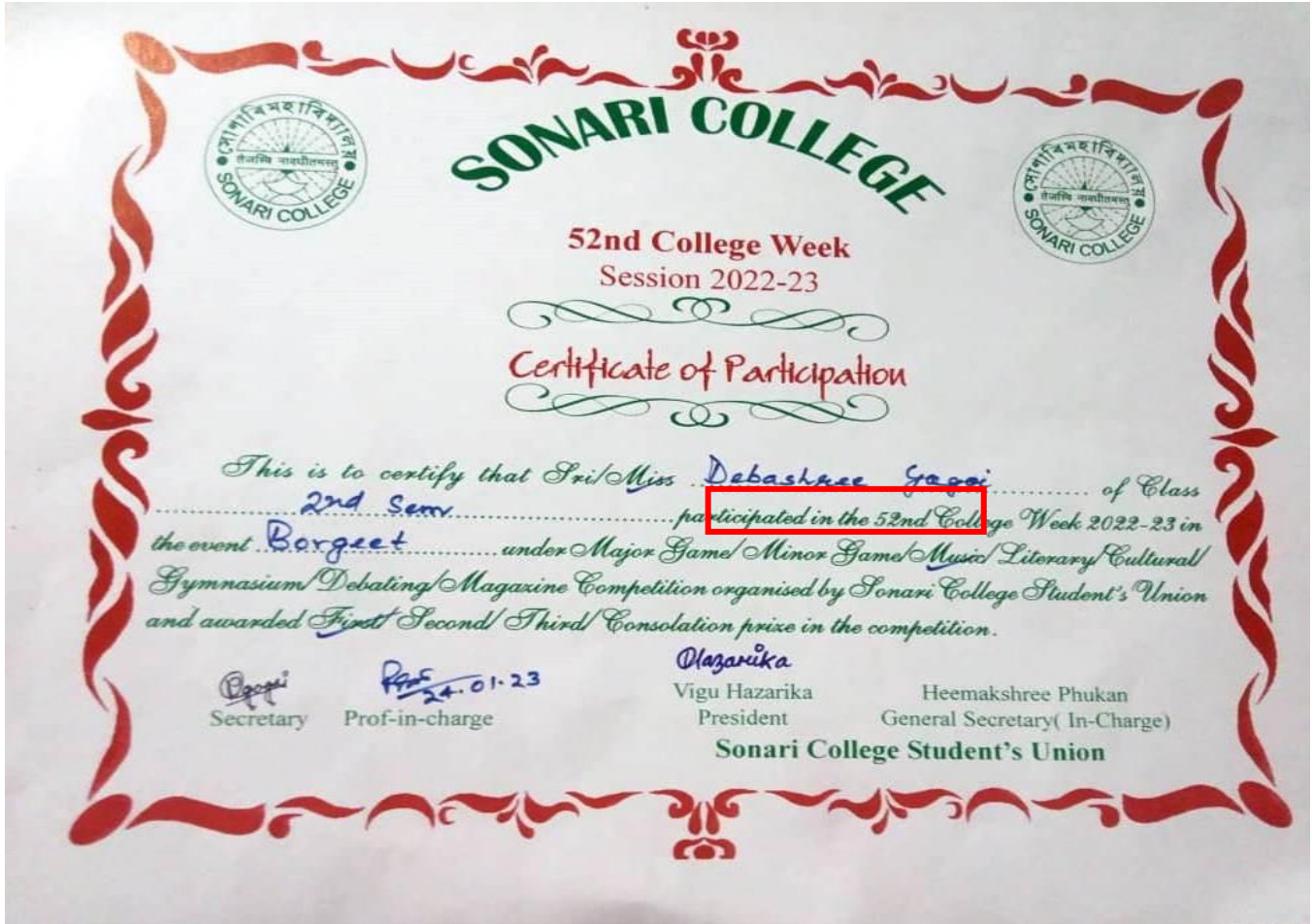


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**DEBASHREE GOGOI PARTICIPATION IN BORGEET 2022-23**



**MAMATA URANG PARTICIPATION IN DIHA NAM 2022-23**



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# RITASHREE GOGOI PARTICIPATION IN BIYA NAM 2022-23



# RITASHREE GOGOI PARTICIPATION IN FOOTBALL 2022-23

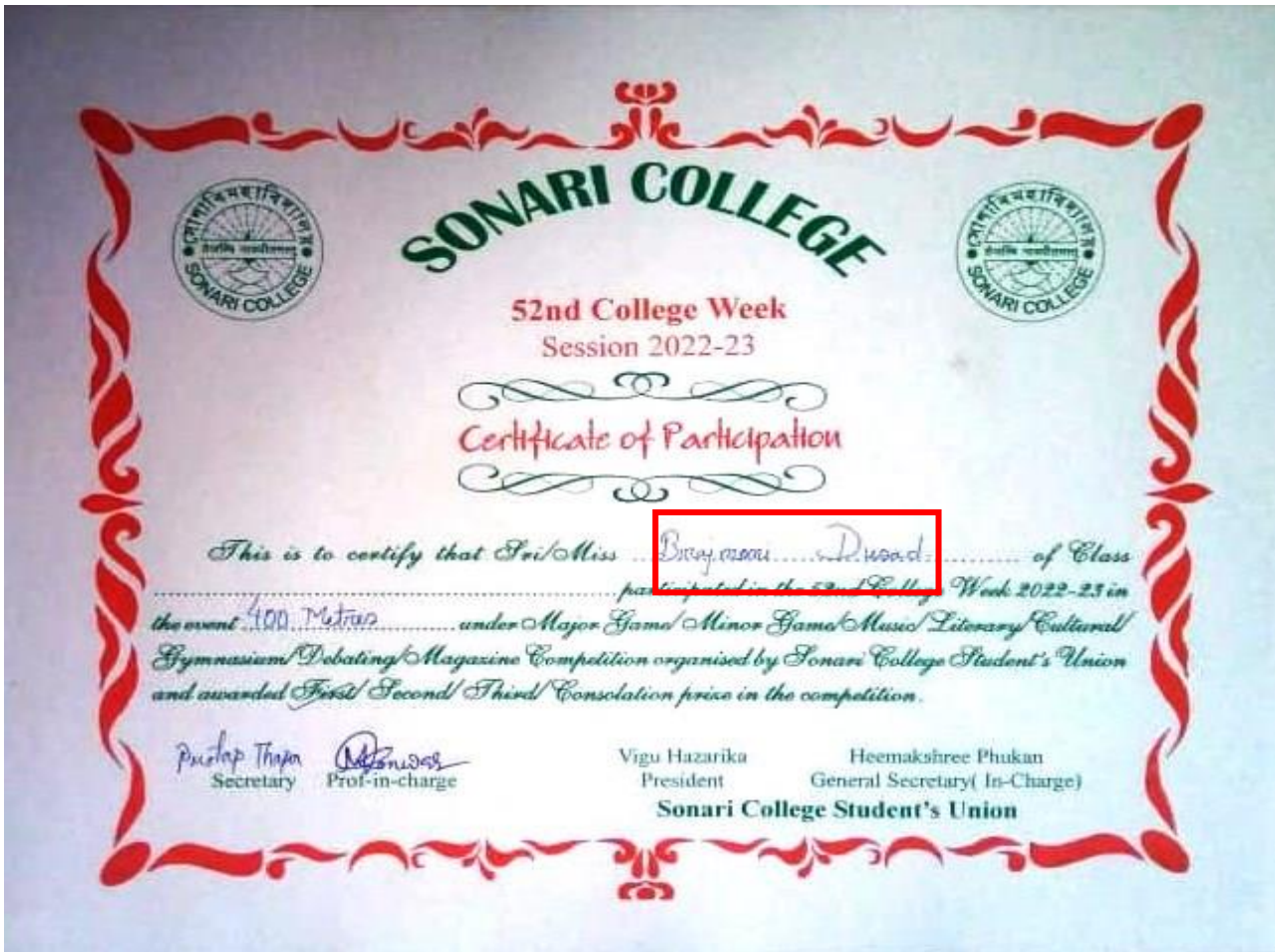


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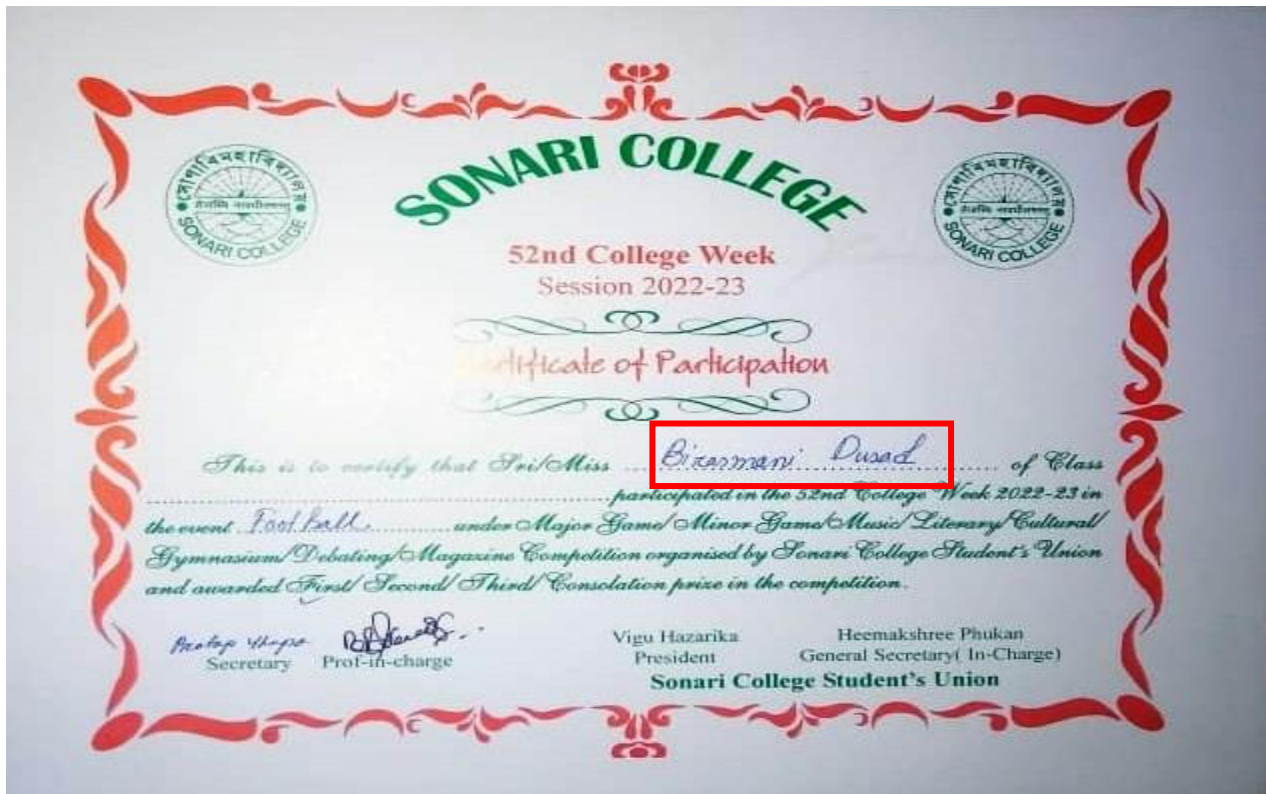


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**BIRAJMONI DUSAD PARTICIPATION IN 400 METER RACE 2022-23**



**BIRAJMONI DUSAD PARTICIPATION IN FOOTBALL 2022-23**

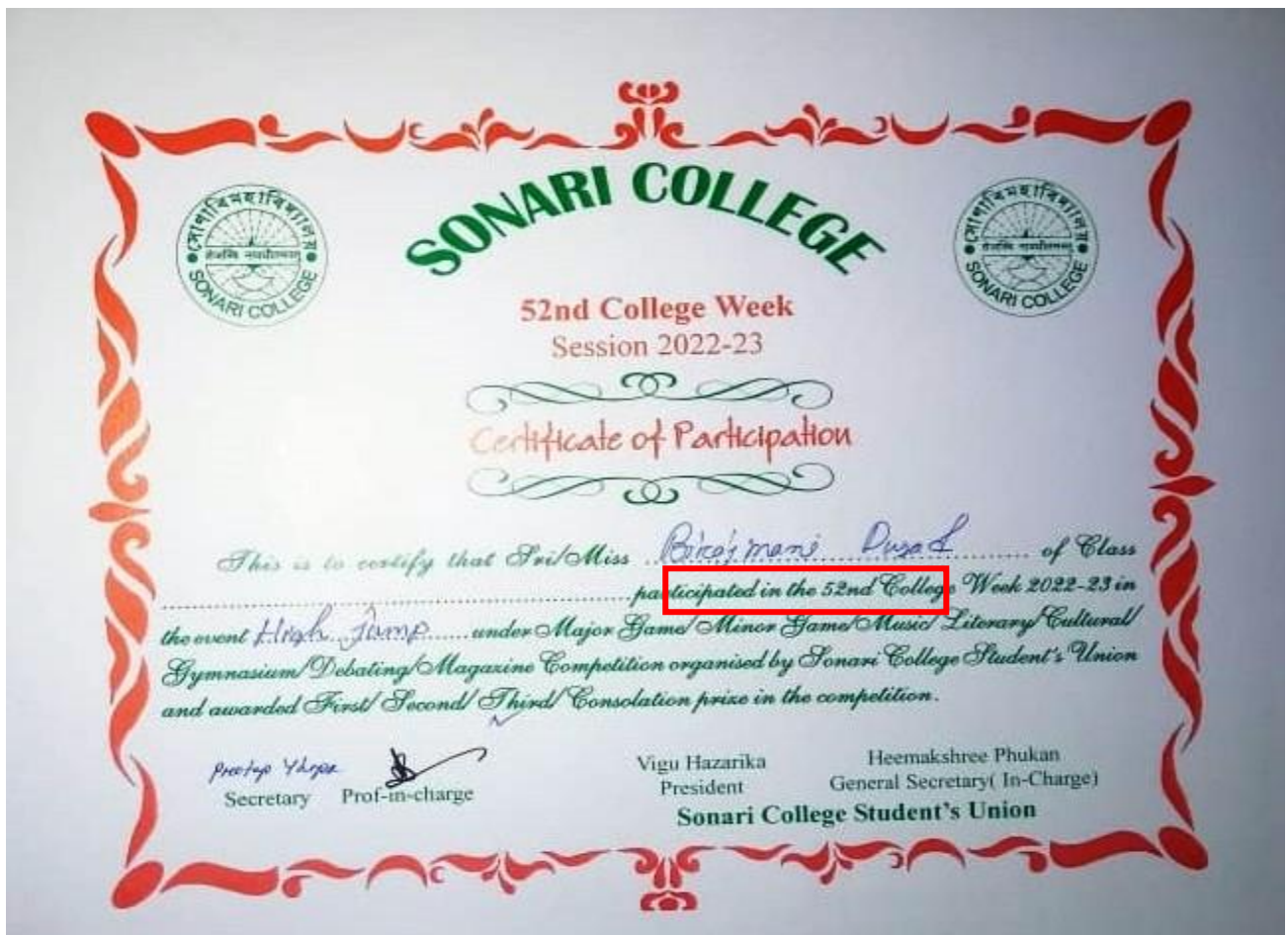


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**BIRAJMONI DUSAD PARTICIPATION IN HIGH JUMP 2022-23**



**BIRAJMONI DUSAD PARTICIPATION IN MARATHON 2022-23**

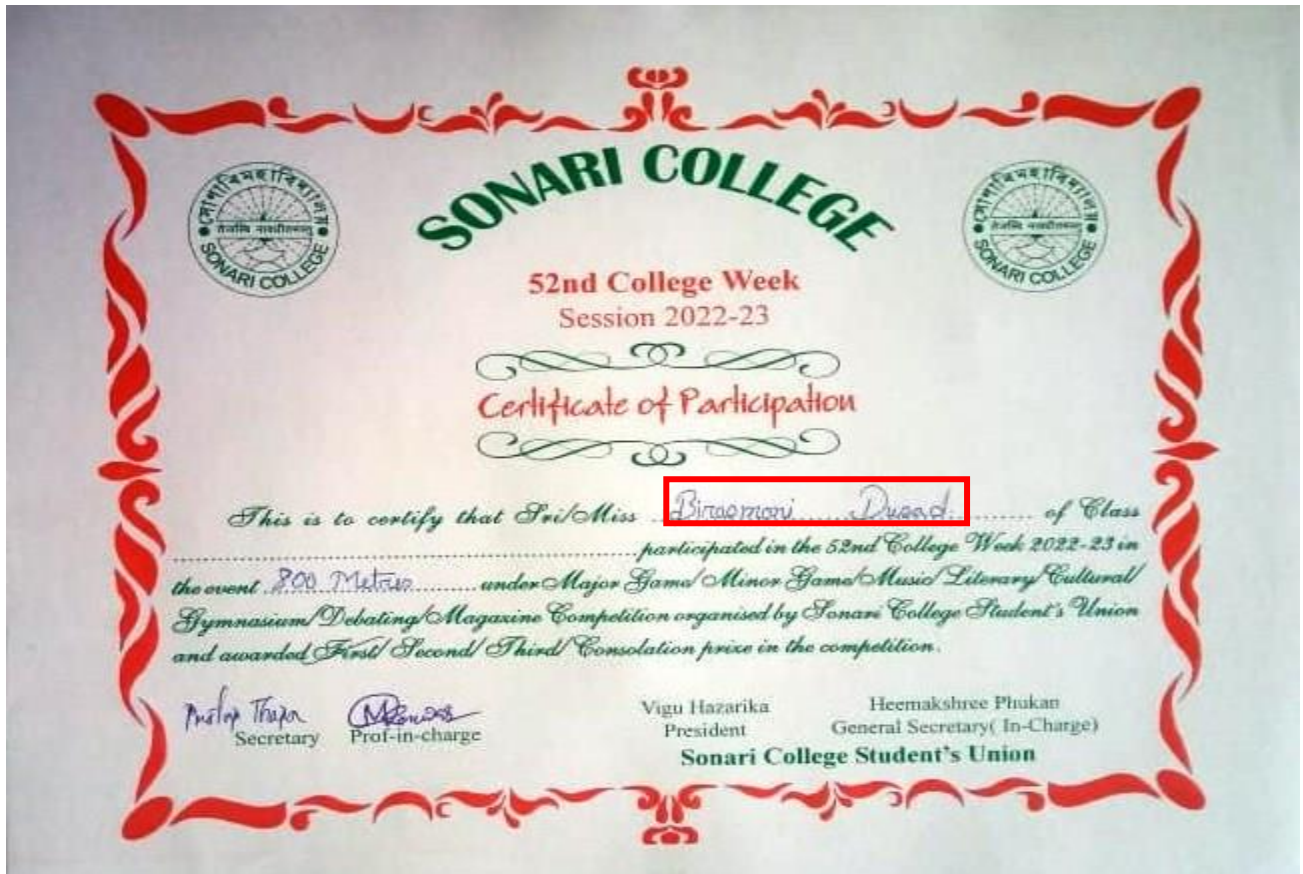


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**BIRAJMONI DUSAD PARTICIPATION IN 200 METER RACE 2022-23**



**BIRAJMONI DUSAD PARTICIPATION IN RELAY RACE 2022-23**



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# STUDENTS PARTICIPATION IN OTHER ACTIVITIES ORGANIZED BY THE INSTITUTION

INTER-COLLEGE QUIZ COMPETITION, HELD ON 1<sup>ST</sup> SEPTEMBER, 2022



IMANDAR SAIKIA, 1<sup>ST</sup> PRIZE WINNER

Principal  
SONARI COLLEGE  
SONARI



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**KALYAN CHETIA, 3<sup>RD</sup> PRIZE WINNER**

An Inter college Quiz competition(Sivasagar Zone) was held as a part of the Golden Jubilee Closing Ceremony on the 1<sup>st</sup> of September,2022.

**Principal**  
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ART AND CRAFT EXHIBITION AS A PART OF THE GOLDEN GUBILEE CLOSING CEREMONY, SEPTEMBER, 2022

Principal  
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SONARI



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# YOGA DAY, JUNE 2022



YOGA DAY WAS CELEBRATED ON THE 21<sup>ST</sup> OF JUNE 2022 IN THE COLLEGE AUDITORIUM

*Principal*  
Principal  
SONARI COLLEGE  
SONARI



*CO-ORDINATOR*  
CO-ORDINATOR  
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*[Signature]*  
**Principal**  
SONARI COLLEGE  
SONARI



*[Signature]*  
**CO-ORDINATOR**  
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BIHU CELEBRATION IN THE COLLEGE ON THE 23<sup>RD</sup> OF APRIL, 2023

*Principal*  
Principal  
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CO-ORDINATOR  
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**STUDENTS PARTICIPATION IN SPORTS AND CULTURAL EVENTS ORGANIZED BY OTHER INSTITUTIONS**

**YOUTH FESTIVAL DIGBOI WOMENS COLLEGE 2-6<sup>TH</sup>  
FEBRUARY 2023**

**Mrinmoy Dewgharia 3<sup>rd</sup> Prize Karate**

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DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2022 - 2023

CERTIFICATE OF MERIT

Awarded to Sri/Smti. Mrinmoy Dewgharia  
College ..... Sonari  
Position ..... Third ..... Weight Category .....  
Event ..... Kata ..... held at D.H.S.K. College, Dibrugarh on  
26<sup>th</sup> December 2022.

Secretary  
D.U. Sports Board

Chairman  
Organizing Committee

  
President/ Vice-President  
D.U. Sports Board

2022-23

Hirok Jyoti Deka 2<sup>nd</sup> Prize Wushu (56kg)

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DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE WUSHU COMPETITION (MEN/WOMEN)

2022 - 2023

CERTIFICATE OF MERIT

Awarded to Sri / Smti. Hirok Syoti Deka.

College Sonari College.

Secured 2nd Event Sanda.

Weight Category 56kg. held at Dikhowmukh College on  
6<sup>th</sup> January to 7<sup>th</sup> January 2023.

Secretary  
D.U. Sports Board

Chairman  
Organizing Committee

President/Vice-President  
D.U. Sports Board

2022-23

Pragyan Saikia 1st Prize Power Lifting (81kg)

Principal  
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DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



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

2022 - 2023

CERTIFICATE OF MERIT

Awarded to Sri/Smti..... **PRAGYAN SAIKIA** .....

College..... **SONARI COLLEGE** .....

First/Second/ Third Position in Weight Category..... **81 Kg** .....

in the Event Weight Lifting (Men/Women)/ Power Lifting (Men/  
Women)/ Best Physique (Men) held at Moran Mahila Mahavidyalaya,  
from 28<sup>th</sup> December to 29<sup>th</sup> December 2022.

Secretary  
D.U. Sports Board

Chairman

Organizing Committee

President/ Vice-President  
D.U. Sports Board

2022-23

Manab Jyoti Phukon 3rd Prize Karate (84kg)

Principal  
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# DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

## CERTIFICATE OF MERIT

Awarded to Sri/Smti..... Manab Gyoti Phukan.....  
College..... Sonari.....  
Position..... Third..... Weight Category..... + 84 kg.....  
Event..... Kumite..... held at Dibrugarh University Campus on 26<sup>th</sup>  
April 2022.

Secretary  
Sports Board

President/ Vice-President  
Sports Board

Principal  
SONARI COLLEGE  
SONARI



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DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE KARATE COMPETITION (MEN/WOMEN)

2021 - 2022

CERTIFICATE OF MERIT

Awarded to Sri/Smti..... Manab Jyoti Phukan.....  
College..... Sonari.....  
Position..... Third..... Weight Category..... + 84 kg.....  
Event..... Kumite..... held at Dibrugarh University Campus on 26<sup>th</sup>  
April 2022.

Secretary  
Sports Board

President/ Vice-President  
Sports Board

Principal  
SONARI COLLEGE  
SONARI



CO-ORDINATOR  
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SONARI COLLEGE



2022-23

Biraj Baruah 3rd Prize Taekwondo (58kg)

DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE TAEKWONDO COMPETITION (MEN/WOMEN)

2022 - 2023

CERTIFICATE OF MERIT

Awarded to Sri / Smti. Biraj Baruah

College Sonari

Secured Third Weight Category U- 58 kg

held at D.H.S.K. College, Dibrugarh on 27<sup>th</sup> December 2022.

Secretary

D.U. Sports Board

Chairman

Organizing Committee

President/ Vice-President

D.U. Sports Board

Principal  
SONARI COLLEGE  
SONARI



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2022-23  
Korobi Gogoi 3<sup>rd</sup> Prize Boxing (50 to 52kg)

DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE BOXING COMPETITION (MEN/WOMEN)

2022 - 2023

*Certificate of Merit*

Awarded to *Sp/ Smt.*..... *Korobi Gogoi*.....

College..... *Sonari*.....

*First / Second / Third Position in Weight Category*..... *50-52 Kg*.....

*Event*..... *I. M. I. C. Boxing*..... held at *D. K. D. College*,

from *23<sup>rd</sup> December* to *24<sup>th</sup> December 2022*.

Secretary  
D. U. Sports Board

Chairman  
Organizing College

President/ Vice-President  
D. U. Sports Board

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SONARI



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s2022-23

Isha Tamang Juri Special Award (Drama)

DIBRUGARH UNIVERSITY SPORTS BOARD, DIBRUGARH, ASSAM



INTER COLLEGE YOUTH FESTIVAL

2022 - 2023

*Certificate of Merit*

Awarded to *Shri / Smti*..... *Isha Tamang*.....  
College..... *Sonari College*.....  
Position *Juri Special*..... Event *Drama: 'বঙ্গা বানী আহিছে  
অলং দুলং দেখলিছে' (বানী)* in *Inter College Music / Dance /  
Theater / Literary / Fine Arts Competition held at Digboi Mahila  
Mahavidyalaya from 1<sup>st</sup> February to 4<sup>th</sup> February, 2023.*

Secretary  
D.U. Sports Board

Chairman  
Organizing Committee

President/Vice-President  
D.U. Sports Board

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**2022-23(All Assam Taekwondo Championship-23)  
Biraj Baruah Gold (Taekwondo)**

# **1ST MRC CUP TAEKWONDO CHAMPIONSHIP – 2023**



**ORGANISED BY  
LEARNERS SPORT INDIA**

**CERTIFICATE  
BIRAJ BORUAH  
KYOROGI  
GOLD**

This is to certify that the above mentioned person  
has successfully participated in the mentioned event

**SHAWON TAPADAR**

Managing Director

**RATAN KUMAR DEY**

Head Coordinator

ASSAM, KARIMGANJ, CHARGOLA BAZAR APRIL 1ST & 2ND

*Principal*  
**SONARI COLLEGE  
SONARI**



*CO-ORDINATOR*  
**IQ&C  
SONARI COLLEGE**

2022-23

(Open Indian International Taekwondo Championship-23)

Biraj Baruah Gold (Taekwondo)

# GRANDMASTER LEE JEONGHEE CUP KUKKIWON

Dispatched Master to India

Open Indian International Taekwondo Championship 2023

Certificate

GMC2023/K040

**BIRAJ BORUAH**

GOLAGHAT DISTRICT TAEKWONDO ASSOCIATION [ASSAM]  
INDIA

MALE

SENIOR

KYORUGI

BELOW 58 KG

**GOLD**

This is to certify that the above mentioned person has successfully participated in the mentioned event.

January 4th & 5th, 2023  
Talkatora Indoor Stadium



Grandmaster LEE JEONGHEE  
World Taekwondo Headquarters  
KUKKIWON Dispatched Master to India





ORGANISING SECRETARY  
Master PRABAN SAIKIA  
Director of IDSO  
International Champion



INDIA DOJANG SPORTS ORGANISATION  
MARTIAL ARTS MAKES LIFE CHAMPION

Principal  
SONARI COLLEGE  
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2022-23(All Assam Taekwondo Championship-23)  
Biraj Baruah (Taekwondo)



*[Signature]*  
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*[Signature]*  
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