



Investigations of the sports culture of Nagaon, Assam

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Abstract

The objective of the study is to investigate the sports culture and sports infrastructure facilities at Nagaon District. The study was conducted at Nagaon District. The state's geographical boundaries span from 22°19' to 28°16' North Latitude and 89°42' to 96°30' East Longitude. The state has a northern border with Bhutan and an eastern border with Arunachal Pradesh. Nagaland, Manipur, and Mizoram are located to the south. In Assam, football isn't just a sport; it's a way of life. From bustling cities to remote villages, the passion for the beautiful game runs deep in the hearts of its people. The famous sports personality in Nagaon District is Hima Das from athletics, In Cricket Dhiraj Satyen Goswamai and Footballr Denis Boro, who hails from Nagaon District. The Nagaon District has become a thriving center for sports, fostering talented individuals in several fields and making a significant impact at both the state and national level. The Assam government has launched an ambitious initiative known as "Khel Maharan." This effort aims to cultivate and nurture sporting talents from the lower levels of the community. With a focus on grassroots talent identification and community engagement, Khel Maharan has the potential to transform the sports landscape of Assam, fostering a culture of excellence and athleticism for years to come.

Keywords: Sports Culture, Talent identification, Sports Infrastructure, Nagaon District

Introduction

1.1 Geography of Assam

Assam, sometimes called the country of the Red River and Blue Hills, serves as the entrance to north-east India. The state's geographical boundaries span from 22°19' to 28°16' North Latitude and 89°42' to 96°30' East Longitude. It is located between the foothills of the Eastern Himalayas and the Patkai and Naga Hill Ranges. The state has a northern border with Bhutan and an eastern border with Arunachal Pradesh. Nagaland, Manipur, and Mizoram are located to the south. To the southwest lies Meghalaya, and to the west lies West Bengal and Bangladesh. 33 administrative districts divide the state (figure 1).

The Brahmaputra Valley, the Central Assam Hills, which include the Mikir Hill in the Karbi Anglong and North Cachar Hill districts, and the Barak Valley, which includes the Cachar and Karimganj districts, make up the state's three main physiographic domains. The state has a total area of 78,438 square kilometers.

The Brahmaputra and Barak are the state's primary river systems. All rivers in Assam are susceptible to flooding due to the significant precipitation they receive during a condensed period.



Figure 1 Map of Assam (Map of Assam Source www.mapsofindia.com)

About Nagaon

Nagaon is an administrative district in Assam, an Indian state. Dhubri district lost its distinction as the most populated district in Assam after the separation from Hojai district, according to the 2011 census. The municipality was established in 1893. Several minor feudal rulers or their representatives once governed the recently established region's eastern, western, and southern peripheries.

A specific route can lead to Nagaon, located in a specific geographical area. It is easily accessible to visitors. Assam's Nagaon district occupies a central location. Nagaon lies on the Brahmaputra River's southern bank, between latitudes 25°45' to 26°45' North and 91°50' and 93°20' East longitudes. Sonitpur and the Brahmaputra River surround the region to the north; West Karbi Anglong, Hojai, and Dima Hasao to the south; East Karbi Anglong and Golaghat to the east; and Morigaon to the west (Figures 2 and 3).

Most of the Kaziranga National Park and Tiger Reserve is located in Nagaon. Kaziranga is a UNESCO World Heritage site and is the habitat for two-thirds of the global population of giant one-horned rhinoceros. According to the official designation, the Laokhowa Wildlife Sanctuary in Nagaon is larger than the Kaziranga Tiger Reserve. The sanctuary has a multitude of stunning landscapes and a diverse range of animals, including Asian wild buffaloes, Royal Bengal tigers, Indian elephants, wild boars, civets, and over 300 kinds of birds, including the critically endangered Bengal flora. Reserve woods such as Doboka, Suang, North Diyu, Kamakhya, Bagser, and Kukurakata provide great opportunities for nature enthusiasts to discover and hike. Wetlands, such as Pokhi Tirtha (Samaguri), Deobali, and Hahila, serve as habitats for several rare, endemic, and migratory bird species. Major tourist attractions for nature enthusiasts include Baduli Khurung, a cave home to thousands of bats, the Blue Water Lake, and natural waterfalls such as Deojuri, Chapanala, and Hadhadi.



Figure 2 Map of Nagaon (Source: Google Image)



Figure 3 A panoramic view of river Kolong from Diphalu Bridge in Nagaon town of Assam



Figure 4 Nagaon Assam Naam Kitrtan culture Source Google image

The main objective of the present work is to investigate the sports culture in Nagaon district, Assam. In addition, the present work also deals with the main factors affecting the development of sports infrastructure and equipment facilities in the rural area of Nagaon



District, Assam. Also, the status of the sports infrastructure and equipment facilities in a Nagaon District stadium will be investigated.

Extensive fieldwork in the various gram panchayats of Nagaon District was conducted to achieve these objectives. To study the status of the sports infrastructure and equipment facilities in the rural area of Nagaon District, Assam.

2. Sports Culture in Assam

In Assam, football isn't just a sport; it's a way of life. From bustling cities to remote villages, the passion for the beautiful game runs deep in the hearts of its people. One striking aspect of this fervor is the sheer determination of players to indulge in their favorite sport, even if it means utilizing the smallest patches of flat ground available. In Assam, the love for football transcends the need for elaborate stadiums or designated fields. You'll find impromptu matches on any flat surface, be it a dusty street corner, a grassy field, or even a sandy riverbank.

The resourcefulness of Assamese football enthusiasts knows no bounds. They adapt to their surroundings, converting any available space into a makeshift football pitch. Tirelessly, they sweep away debris, mark boundaries with stones or chalk, and kick off their game with unmatched enthusiasm.

Football isn't just about scoring goals in Assam; it's about fostering a sense of community. These impromptu matches bring people together, transcending barriers of age, gender, and background. It's common to see children playing alongside elders, united by their shared love for the sport.

Football isn't merely a pastime in Assam; it's deeply ingrained in the state's cultural fabric. The sport serves as a means of expression, entertainment, and a source of pride for its residents. Whether cheering for local teams or participating in friendly matches, football unites Assamese people in a shared sense of identity.

The famous sports personality in Nagaon District is *Hima Das* from athletics, In Cricket *Dhiraj Satyen Goswamai* a prominent cricketer hailing from Nagaon District, has competed in the prestigious Ranji Trophy, current Ranji Trophy player *Mrinmoy Khirud Dutta* upholds Nagaon District's cricketing heritage in the Ranji Trophy and Football *Denis Boro*, who hails from Nagaon District, is known for his exceptional football skills and has competed in the prestigious Santosh Trophy, as of now there are a number of athletes from a different game, in athletics current national player is *Himadari Sarma*, *Shilpi Sikha Bora*, *Priyanuj Kashyap*, *Triloukya Mosorong*, and State level player are *Junali Bordoloi*, *Tinamoni Bordoloi*, *Bikash Nath*, *Diku Borah*, *Sujata Das*, *Tarulata Mosorong*, *Ankita Das*, *Sharifa*, *Marinmoy Kalita*, *Fairuj Ibnat*, *Goneswar Khakalary* and other individuals enhance the District's abundant athletic skill. In Football National Level Players: *Yachin Bokhtiar*, *Rupjyoti Bora*, *Bivan Kashyap Bora*, *Kaustav Mali*, and other individuals from the district demonstrate their footballing skills at the national level. Kabaddi: Players at the national level, *Rakibur Ahmed*, *Sunita Limbu*, *Samdiul Hoque*, *Sajadur Rahaman*, *Sajid Hussian*, *Arif Iqbal*, *Aseem Iqbal*, and *Sahil Ahamed* excel in the field of Kabaddi, representing the district and the national level. Gymnastics: Prominent Specialists, *Sporh Sumit Dutta*, *Bhargav Jyoti Parasar*,

and Himanshu Hanse exhibit their skills in gymnastics, contributing to the district's athletic excellence. Basketball: Players at the national level, Ayash Ahamed, Alfaz Ahmed, Sajib Khan, Rashmi Biswas, Disha Devi, Raja Farnaz Hussain, and other individuals actively participate in the local basketball scene of the area, showcasing their skills and competing at the national level. Hockey: National Players, *Bhabani Sharma, Sonu Gupta, Pradip Modol, Munshi Boro, and Shibham Bhounik* are athletes from Nagaon District who have played a significant role in promoting hockey and elevating its reputation at the national level.

The Nagaon District has become a thriving center for sports, fostering talented individuals in several fields and making a significant impact at both the state and national level

Selection of the study area:

The present research work is carried out in Nagaon Located in Assam, India.
Number of Panchayats in Nagaon District.

The details of the number of Panchayats in Nagaon District are in the table below.

Table 1 Total Number of Panchayats in Nagaon District

Panchayat	Number
Gram Panchayat	172
Block	15
Villages	1008

Table 1 depicts the number of panchayats in the Nagaon District, which work in various categories, including 172 Gram Panchayats, 15 Blocks, and 1008 villages.



Figure 5 Map of Assam Showing Nagaon District (Source-Google Image)

Report on "Khel Maharan": A Grassroots Sports Development Initiative in Assam

1. Introduction:

Chief Minister Himanta Biswa Sarma, under the leadership of the Assam government, has launched an ambitious initiative known as "Khel Maharan." This effort aims to cultivate and nurture sporting talents from the lower levels of the community. Chief Minister Sarma presided over a crucial state cabinet meeting on Wednesday evening in New Delhi. The meeting approved this groundbreaking plan.



The 'Khel Maharan' program is a demonstration of the state government's commitment to fostering excellence in sports throughout Assam. In order to discover and develop aspiring athletes, it proposes a multi-stage sports extravaganza that spans many administrative echelons. The stages consist of the following: the Gram Panchayat/Urban Local Body (ULB)/Wards level, the Village Council Development Committee/MAC level of the Bodoland Territorial Region, the Karbi Anglong Autonomous Council and the Dima Hasao Autonomous Council, the assembly constituencies' level, the district level, and finally the grand state level.

We anticipate that more than fifty lakh athletes will enthusiastically participate in the 'Khel Maharan' project, starting on November 1 of this year and continuing until January 10 of the next year. The tournament will showcase a wide variety of five different sports. These sports include athletics (100 meters, 200 meters, 400 meters, and 800 meters), football, kabaddi, volleyball, and kho-kho, among others.

'Khel Maharan' is an effort that has grouped events into four age categories in order to guarantee that competition is fair. These age groups are as follows: The age groups are: Under 19 (men), Under 19 (women), Above 19 (men), and Above 19 (women). Guwahati, Dibrugarh, Silchar, Kokrajhar, and Diphu, all regarded as significant places, will host the state-level activities. Each of these locations will play host to the championship competition for a particular sports discipline, which will culminate in a thrilling display of athletic skill.

Jayanta Malla Baruah, the Minister of Assam, said that the state cabinet has offered a substantial amount of financial assistance in order to allow the smooth execution of the 'Khel Maharan' enterprise. Through the implementation of this ambitious project, the government of Assam reaffirms its commitment to cultivating a culture of sports excellence at the grassroots level, which will eventually shape the future of sports in the district. <https://www.northeasttoday.in/2023/08/10/assam-government-launches-khel-maharan-initiative-to-foster-grassroots-sports-talent/>

The Khel Maharan emblem is a distinctive and significant portrayal of Assam's essence and heritage. The sign has three components: a rhinoceros, a lotus flower, and a flame. The rhinoceros, designated as the official animal of Assam, represents the robustness, bravery, and tenacity of the Assamese people. The lotus, designated as Assam's official flower, represents the state's aesthetic appeal, untaintedness, and wide range. The flame, representing the Department of Sports and Youth Welfare, signifies the ardor, vitality, and zeal of the young people of Assam.



Figure 4.6 Logo of Khel Maharan Source: <https://guwahatiplus.com/guwahati/khel-maharan-competition-to-take-place-in-guwahati>

Among the people who live in Assam, the Khel Maharan is a one-of-a-kind athletic event that makes an effort to foster a sense of sportsmanship and healthy competition. The Department of Sports and Youth Welfare organizes the Khel Maharan competition under the direction of the Government of Assam. It encourages players from all walks of life to demonstrate their abilities and talents in a variety of sports and activities.

With the launch of the official website of Dsyw Assam, [dsywassam.com](https://www.dsywassam.com), the online registration process for Khel Maharan 2023 has commenced. Candidates who are interested in the position may register by filling out an online form and submitting the required papers. You can complete the straightforward and trouble-free registration process from the comfort of your own home. <https://www.forthfly.in/2023/12/khel-maharan-is-golden-opportunity-for.html>

2. Objectives

- Identify and nurture sporting talent at the grassroots level in Assam.
- Promote active participation in sports among youth, fostering a culture of fitness and athleticism.
- Provide a structured pathway for talented individuals to progress in their chosen sports disciplines.
- Encourage gender inclusivity by providing equal opportunities for girls and boys across all levels of participation.
- Foster community engagement and support for sports development initiatives in Assam.

3. Tournament Structure

We will structure the Khel Maharan event hierarchically, incorporating several levels from GP to district, to ensure extensive coverage throughout the state. As the sportsman in charge, I was responsible for organizing the Khel Maharan game in several gram panchayats. To efficiently facilitate the game, I personally visit many gram panchayats in the Nagaon district. We will select the top three performers from various gram panchayats to compete at the LAC level in the individual athletics events. Similarly, the winning teams and selected individuals from various rounds will compete at the LAC level in team games like football, volleyball, Kabaddi, and Kho Kho. The LAC-level competition will select the individuals

who secure the first, second, and third medals in their respective events to participate in the inter-LAC-level competition. The inter-LAC-level tournament will select the winners and top performers from various GP-level teams. Once again, various districts of Assam will host the district-level competition, where the winners of individual events in the inter-LAC level tournament will compete. The district-level tournament at Khel Maharan serves as the tournament's ultimate stage. Several districts of Assam host the district-level competition, with the top performer from the inter-LAC level tournament representing their district. The district-level competition will include skilled players from other districts.



Figure 4.7 Khel Maharan Kabaddi game image

4. Sports Discipline

Khel Maharan will feature competitions in the following sports disciplines:

- Athletics: Track and field events such as sprints and Middle-distance running.
- Kabaddi: A traditional Indian sport requiring agility, strength, and strategic thinking.
- Kho Kho: A fast-paced tag game promoting agility, speed, and teamwork.
- Football: The world's most popular sport emphasizing teamwork, skill, and strategy.
- Volleyball: A dynamic team sport focusing on power, precision, and coordination.

5. Talent Identification

Special emphasis will be placed on talent identification and development throughout Khel Maharan. Scouts and coaches will assess participants at each level of competition, identifying individuals with exceptional potential. Selected players will receive opportunities for advanced training, mentorship, and participation in higher-level tournaments, facilitating their holistic development as athletes.

6. Community Engagement and Support

Local Community engagement of different gram panchayat presidents and secretaries will be integral to the success of Khel Maharan. Local leaders, schools, sports clubs, and volunteers will collaborate to promote the event, encourage participation, and provide logistical support. By involving communities at every stage, Khel Maharan aims to create a

sense of ownership and pride in sports development initiatives, ensuring long-term sustainability and impact.

Conclusion

Khel Maharan holds immense promise as a catalyst for sports development in Assam. By providing a platform for young athletes to showcase their talent and pursue their sporting aspirations, this initiative aims to nurture a new generation of sporting champions. With a focus on grassroots talent identification and community engagement, Khel Maharan has the potential to transform the sports landscape of Assam, fostering a culture of excellence and athleticism for years to come.

3. Sports Culture in the Study Area

Table 2 the fieldwork conducted in the Gram Panchayats (HQ Headquarter)

Si No.	Gram Panchayat	Location from District HQ (in KM)
1	Amsoi	44
2	Amtola	29
3	Bagalajan	42
4	Chaparmukh	26
5	Dakhin Jagial	18
6	Dighaliati	28
7	Dighaldori	18
8	Ghahi	12
9	Hatbor	36
10	Kamargaon	29
11	Magurgaon	36
12	Phulaguri	14
13	Pramila	42
14	Ranthali	10
15	Sahari	24
16	Salmara	32
17	Barapujia	23
18	Jarabari	25
19	Monipurtop	29
20	Raha Urban Local Body	21.2
21	The Nagaon Urban Local Body	7.3
22	The Kaliabor Urban Local Body	70
23	Jakhalabandha	55
24	Kuthori	76
25	Amguri	65
26	Kuwaritol	47



27	Uttar Pubtharia	54
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As per the tabulated data (table 1), the fieldwork has been conducted in the various gram panchayats in the Nagaon district. During the fieldwork, door to door surveys, questionnaire and interview methods have been used. The results of the fieldwork has been discussed below.

Sports Infrastructure: Gram Panchayats of the study area have many expansive playgrounds distributed across its jurisdiction, offering enough room for a range of outdoor sports activities like cricket, football, and volleyball.

Interior amenities: There are just a few indoor sports facilities, mostly located in schools and community centers. Indoor sports like badminton and table tennis have their dedicated facilities.

Maintenance: Although the playgrounds are normally well-maintained, frequent maintenance and repairs are necessary to guarantee the safety and functionality of the amenities.

Equipment Facilities

Cricket: You can find essential cricket gear such as bats, balls, and stumps. Nevertheless, there is a need for supplementary equipment to cater to the increasing enthusiasm for cricket among young people.

Soccer: While footballs and goalposts are easily obtainable, there is a scarcity of essential equipment like training cones, bibs, and goal netting.

Volleyball: Most playgrounds come with volleyballs and nets, but wear and strain frequently necessitate their replacement.

Indoor Sports: Schools and community centers provide equipment for indoor sports such as badminton and table tennis. However, there is a need for better quality and a larger amount of equipment.

Athletics Facilities: Strategically placed playgrounds throughout the Gram Panchayat's jurisdiction provide a variety of opportunities for outdoor sporting activities such as cricket, football, and kabaddi.

Facilities: Schools and community centers offer limited indoor sports facilities. You can use these places for games like badminton and volleyball, with potential for further growth. **Maintenance:** The current playgrounds are typically in good condition, but regular maintenance is necessary to guarantee safety and usage. Furthermore, it is critical to address issues such as irregular terrain and malfunctioning machinery.

Challenges and Recommendations

Financial Resources: The scarcity of funds makes it difficult to improve and maintain sporting facilities, as well as procure new equipment. Obtaining sponsorship from local companies or securing government subsidies might help solve this problem.



Promoting Awareness and Engagement: Enhancing the understanding of the significance of sports and fostering greater involvement within the community, particularly among young people, is crucial for the long-term development of sports in the Panchayat.

Maintenance: Establishing a consistent maintenance schedule for sports facilities helps guarantee their durability and security for users.

Even though the buses operate on schedule, the road conditions present transportation difficulties. The only mentioned sports facility is a compact football field, which can accommodate various sports activities simultaneously. Nevertheless, there is a notable absence of essential facilities such as spectator seats, gymnasiums, and sports equipment.

Inadequate transportation infrastructure: Including substandard road conditions, impedes the ease of access and transit to sporting facilities.

Insufficient Facilities: The lack of a wide range of sports facilities hinders the community's participation in different sports activities.

Insufficient Amenities: The lack of proper seating arrangements, as well as the absence of gymnasiums and equipment, detract from the overall sports experience and hinder participation.

Funding: constraints provide a problem for the improvement of sports infrastructure and the procurement of new equipment due to limited financial resources. To overcome this problem, it is beneficial to explore opportunities for securing external funds via grants or establishing relationships with local firms.

Community Engagement: It is critical to increase community engagement and raise awareness about the benefits of sports participation. Regularly hosting sports activities and seminars helps cultivate a culture of physical activity within the panchayat.

A systematic maintenance plan for sports facilities and equipment is essential to extend its lifetime and provide a secure environment for users. This may include training local personnel or volunteers to perform maintenance activities.

The lack of necessary facilities not only impairs the quality of sports involvement but also restricts community participation. Inadequate infrastructure may discourage people from engaging in an active lifestyle, which can hurt their general health and well-being.

Give priority to road repair to improve access to sporting facilities. Construct additional sports facilities, such as gymnasiums and grandstands, to accommodate a wide range of sporting events and spectators. Allocate funding for the acquisition of sporting equipment to enable and encourage active engagement. To ensure inclusiveness and long-term viability, and encourage community participation in the design and construction of sporting facilities.

By applying the above suggested strategies, the panchayat may improve sports facilities and foster a culture of physical activity among its inhabitants. The appendix contains comprehensive survey results, transportation observations, and suggestions for future reference.

Most of the Gram Panchayats have a base of sports infrastructure and equipment amenities; however, there is scope for enhancement to cater to the increasing demand and

enthusiasm for sports among its inhabitants. Tackling the identified obstacles through strategic planning and engaging the community may enhance the comprehensive advancement of sports in the Panchayat.

By tackling the identified obstacles and executing the suggested tactics, the Panchayat may establish a favorable environment for sports involvement and community welfare.

4. Discussion and Concluding Remarks

In Assam, football isn't confined to lavish stadiums or manicured fields; it thrives wherever there's a patch of flat ground and a group of passionate players. Through resilience, resourcefulness, and community spirit, Assamese football enthusiasts turn humble spaces into arenas of joy and camaraderie, embodying the true essence of the beautiful game.

Despite the passion for football, Assam faces challenges in nurturing its sporting talent. Limited infrastructure, lack of proper training facilities, and financial constraints hinder the development of aspiring players. However, initiatives by local communities, NGOs, and government bodies aim to overcome these obstacles, providing opportunities for budding footballers to shine.

The heavy rainfall in Assam during the rainy season can indeed pose challenges for athletes who rely on outdoor practice. During the monsoon season, which normally lasts from June to September, Assam may expect to get a significant amount of rain. The region receives a significant amount of precipitation, leading to frequent and intense downpours. This can make it challenging for athletes to conduct outdoor training sessions consistently. The heavy rainfall often leads to waterlogged grounds and playing surfaces, making them unsuitable for outdoor sports activities. Prolonged exposure to wet and muddy conditions can increase the risk of injuries such as slips, falls, and muscle strains for athletes.

Inclement weather conditions pose safety concerns for athletes practicing outdoors. Thunderstorms, lightning, and strong winds are common during the monsoon season, posing risks of accidents and injuries. Coaches and organizers must prioritize the safety of athletes and suspend outdoor activities during severe weather events. In regions like Assam, where indoor sports facilities are limited, athletes often rely heavily on outdoor venues for training and competitions. The lack of indoor halls or covered facilities for outdoor sports practice exacerbates the challenges faced during the monsoon season, as athletes have fewer options for alternative training locations. The unpredictable nature of the monsoon weather disrupts athletes' training routines and consistency. Canceled or shortened outdoor practice sessions can impede skill development, fitness progression, and team cohesion, affecting overall performance levels during competitions.

Sporting events, tournaments, and leagues scheduled during the monsoon season may experience delays, cancellations, or rescheduling due to adverse weather conditions. This can cause logistical challenges for organizers, teams, and participants, as well as disappointment for spectators.

The prolonged period of inclement weather can have psychological effects on athletes, including feelings of frustration, demotivation, and decreased morale. Coping with

the uncertainty and disruption caused by the rain requires mental resilience and adaptability from athletes and coaching staff.

In summary, the high rainfall during the monsoon season in regions like Assam significantly impacts outdoor sports activities, leading to disruptions, safety concerns, and logistical challenges for athletes, coaches, and organizers. Finding innovative solutions and alternative training methods becomes crucial to maintaining training consistency and ensuring the safety and well-being of athletes during adverse weather conditions.

Here are some suggestions for coaches and athletes:

1. Adaptability in Training Methods:

Emphasize adaptability in training methods. Coaches and athletes can modify their training routines to focus on aspects that can be practiced indoors or in covered areas. For instance, agility drills, strength training, flexibility exercises, and core workouts can all be conducted indoors with minimal equipment.

2. Utilize Covered Outdoor Spaces:

Identify and utilize covered outdoor spaces, if available. While there might not be dedicated indoor halls, there could be spaces like large awnings, covered pavilions, or partially sheltered areas in stadiums or parks that offer protection from the rain. These spaces can serve as temporary training venues during light showers or breaks in the rainfall.

3. Timing and Flexibility:

Plan training sessions around weather forecasts. While it might be challenging to avoid rain completely, athletes and coaches can schedule practices during periods of lighter rainfall or when there are gaps in the weather. Flexibility in timing can help maximize outdoor training opportunities while minimizing exposure to heavy downpours.

4. Invest in Weather-Resistant Equipment:

Equip athletes with gear suitable for wet conditions. Investing in waterproof clothing, shoes with good grip, and moisture-wicking fabrics can help athletes stay comfortable and safe during outdoor training sessions in the rain. Additionally, consider using equipment that is specifically designed for use in wet weather, such as water-resistant balls or training cones.

5. Home-Based Training Programs:

Develop home-based training programs. During prolonged periods of heavy rainfall when outdoor training is not feasible, athletes can follow customized workout plans tailored to their sport-specific needs. These programs can include bodyweight exercises, cardio routines, and skill drills that can be performed indoors or in limited spaces at home.

6. Video Analysis and Remote Coaching:

Leverage technology for remote coaching and feedback. While direct outdoor practice might be limited, coaches can utilize video analysis tools to assess athletes' performance and provide feedback remotely. This allows for continuous skill development and correction, even during periods when outdoor practice is restricted.

7. Community Collaboration:

Foster collaboration within the sports community. Work with local authorities, schools, clubs, and sports associations to explore options for temporary indoor training



facilities or alternative venues during the rainy season. Pooling resources and sharing facilities can help mitigate the impact of inclement weather on sports training.

By implementing these strategies and maintaining a flexible and resourceful approach, athletes in regions like Assam can navigate through the challenges posed by heavy rainfall during the rainy season, ensuring that their training remains consistent and effective throughout the year.

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