



## **Condition of Sports in Nagaon District, Assam**

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### **Abstract**

Nagaon lies on the southern bank of the Brahmaputra River, situated between latitudes 25°45' to 26°45' North and longitudes 91°50' and 93°20' East. 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. Kaziranga National Park and Tiger Reserve is located in Nagaon. Kaziranga is a UNESCO world heritage site and serves as the habitat for two-thirds of the global population of giant one-horned rhinoceros. Batadrawa Than, sometimes referred to as Bordowa Than, is the birthplace of Mahapurush Srimanta Sankardeva (1449–1568) Sharmila Tagore, the Indian cinema actress, is the granddaughter of Jnanadabhiram Barua, a renowned novelist from Nagaon. The present study is the investigation of sports culture at Nagaon district.

**Keywords:** Sports, Nagaon District, Sports policy, Surveys

### **1. Introduction**

The concrete sports policy is the primary and most important factor in determining the standard for any sporting achievement. Sports policies implemented by several nations in Europe and China have demonstrated a positive impact on performance, as evidenced by the medals won in various international athletic competitions. Indian athletes, without a doubt, possess a powerful passion and a great deal of excitement, both of which contribute to the success of Indian sports programs. Since 1900, India, which is the second-biggest nation in terms of population, has had a difficult time winning medals in the Olympic Games. There are a lot of different responses to the topic, but one of them is the possibility that the core reason is the absence of an effective sports policy. A recent epic performance by Indian athletes in the Asian Games provides a healthy dose of optimism over the possibility of making history at the Olympics in Tokyo in the year 2020. Every five years, we must carry out a review of the sports policy. Given the circumstances, we are required to implement the China policy.

India is currently the world's second-most populous nation. Without a doubt, India's history of sports is just as ancient as the civilization from which it originated. We can trace the origins of sports in India back to the Vedic times. Indian nations have embraced and further developed sports such as chess, badminton, snake-and-ladders, GilliDanda, kabaddi,



kancha, kho-kho, and ludo. The contemporary world has seen the rise of sports and the sports industry as a worldwide phenomenon. The sport profoundly impacts the lives of a significant number of individuals. Despite its popularity, the sport impacts people's health, the growth of the system of values, human conduct, and the operation of the financial-economic system. (Dr. Awadhesh Kumar Shirotriya, 2019, pp. 26-27).

In light of the fact that India is home to billions of people, the former president of FIFA, Sepp Blatter, has referred to the country as a "sleeping giant." Sports-related careers have been steadily gaining popularity in India. Due to the fact that the sports business has become one of the most significant professions in India, there has been a desire for a harsh overall law that will coordinate the whole structure of sports and provide for the formulation and implementation of strict regulations and punishments within the nation. When it comes to sports, the Indian sports sector has always focused mostly on cricket as its primary preoccupation. Cricket has garnered most of the sport's popularity, both as a job and as an entertainment activity. Additionally, the sport had been allotted the highest amount of resources by the government, in addition to other resources that were supplied for the sports business. Recent football, kabaddi, hockey, and other sports tournaments have sparked a shift in interest in cricket among the Indian government and the general public. The Indian government is also considering investing the same amount of money it had previously reserved for cricket in other sports. An Indian athlete's success in the Olympics, Asian sporting events, national level, and other international sporting competitions has highlighted the need to shift attention from cricket to other sports. (Subhrajit Chanda, 2021, pp. 1-2).

## **2. Field Data Analysis**

Nagaon district is situated in the Assam. In the present study, data collected from 600 Male Athlete respondents and 400 Female Athlete respondents. The main objective of the present is to highlight the problem about the sports in Nagaon District Assam.

**Table 1 Analysis of the Survey: Investigating Sports Preferences among Participants**

<b>SL NO</b>	<b>Sports Belong</b>	<b>Respondent</b>	<b>Percentage</b>
1	Athletics	700	70%
2	Cricket	100	10%
3	Football	80	08%
4	Volleyball	40	04%
5	Basketball	40	04%
6	Hockey	40	04%

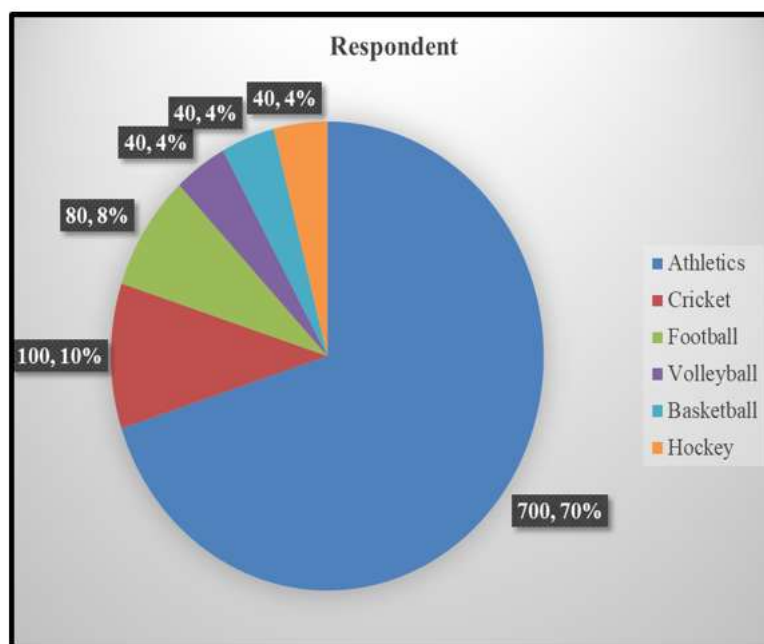


Figure 1 Sports preferences in study region

We conducted a recent study to analyze the athletic preferences of our target audience. The data obtained from 1000 respondents revealed a wide variety of interests (table 1, figure 1). The prominent tendency indicates a strong preference for personal athleticism, as a significant majority of 70% of participants expresses their liking for sports and physical activities. The strong predilection for athletics highlights a shared admiration for the unrefined physicality, competitive competition, and impressive display that are inherent in individual sports. Moreover, it indicates a cultural tendency to honor accomplishments of individual excellence and physical strength.

Cricket quickly followed as the second most popular sport, gaining the support of 10% of the participants. The poll findings clearly demonstrate the significant representation of cricket, especially in countries where it has historical and cultural importance, which contributes to its appeal. This result is consistent with the larger global patterns where cricket is widely popular, often going beyond just being a sport and becoming a fundamental aspect of society's identity and community unity.

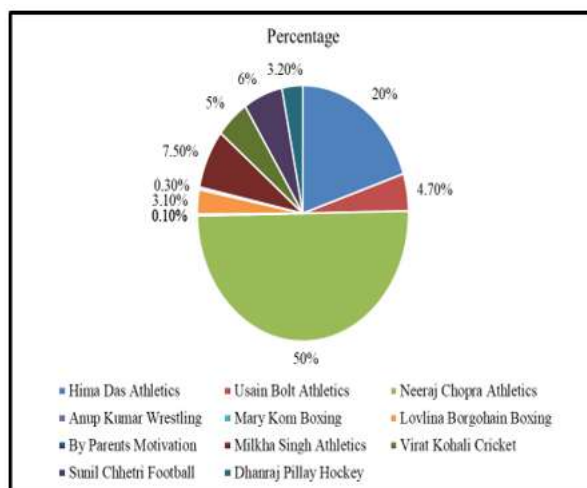
Football, while not as popular as athletics and cricket, nonetheless garners a substantial share of respondents' interests, with 8% indicating a preference for the sport. The persistent enthusiasm for football is a testament to its widespread popularity and its talent for captivating audiences from many origins and cultures. The enduring global appeal of the sport is a testament to its capacity to elicit strong emotions, cultivate a sense of solidarity, and inspire passionate support.

Meanwhile, volleyball, basketball, and hockey each received 4% of the respondents' selections, indicating a moderate but noticeable interest in sports that involve teams. These sports, known for their high-speed action, strategic gaming, and focus on cooperation, appeal

to those who want to interact socially, compete collaboratively, and accomplish goals together. Although their presence in this poll may be relatively limited, their participation highlights the wide range of athletic interests within the examined group.

**Table 2 Analysis of the Survey: Impact of Celebrities and Parents on Sporting Preferences.**

SL NO	Inspired by Celebrity and Parents	Sports	Respondent	Percentage
1	Hima Das	Athletics	200	20%
2	Usain Bolt	Athletics	47	4.7%
3	Neeraj Chopra	Athletics	500	50%
4	Anup Kumar	Wrestling	1	0.1%
5	Mary Kom	Boxing	1	0.1%
6	LovlinaBorgohain	Boxing	31	3.1%
7	By Parents	Motivation	3	0.3%
8	Milkha Singh	Athletics	75	7.5%
9	Virat Kohali	Cricket	50	5%
10	Sunil Chhetri	Football	60	6%
11	Dhanraj Pillay	Hockey	32	3.2%



**Figure 2 Local players inspired by the Famous players from the various sports**

Neeraj Chopra stands out as the most influential character among the celebrities mentioned, as 50% of respondents expressed a liking for sports, likely motivated by his remarkable accomplishments in the area. His exceptional achievements and outstanding performances have clearly deeply affected the majority of respondents, underscoring the significant impact that top sportsmen have as role models (table 2, figure 2).

Hima Das, a pioneering figure in Indian sports, accounts for a significant 20% of respondents' athletic choices. Similarly, Milkha Singh, with a 7.5% adoration rating from respondents, continues to inspire generations with his famous achievements in athletics.

Despite comprising just 4.7% of the total, Usain Bolt has a significant presence in the field of sports because of his unmatched speed and charm, which have had a lasting impact on aspiring athletes around the world. The presence of other prominent sports figures, including Mary Kom, Lovlina Borgohain, Virat Kohli, Sunil Chhetri, and Dhanraj Pillay, highlights the wide variety of factors that contribute to people's athletic interests.

Curiously, a small but significant fraction of participants (0.3%) attribute their involvement in sports to parental encouragement. This reinforces the critical role that parents play in fostering and supporting their children's athletic pursuits, offering a fundamental basis of encouragement and inspiration that is vital for their growth in sports.

Overall, the survey results highlight the complex factors that affect people's decisions in sports, including the impact of influential sports personalities and the consistent support and direction from parents. Gaining insight into these factors is crucial for cultivating a culture of sports engagement and achievement, enabling people to pursue their athletic ambitions with ardor and resolve.

Table 3 Analysis of data on the required training equipment.

SL NO	Required Training Equipment	Yes	No	Percentage (Yes, No)
1	Availability	3	997	0.3%, 99.7%

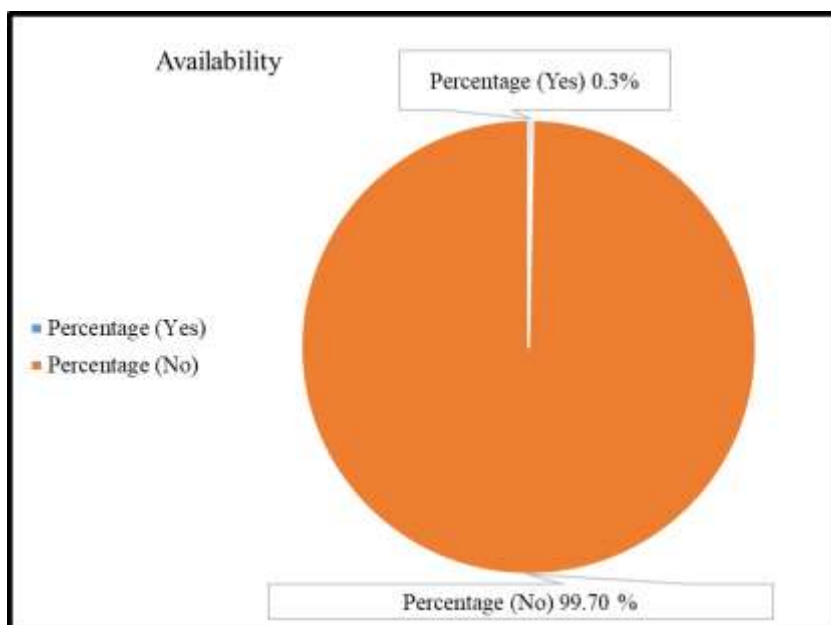


Figure 3 Availability of sport's equipment in the study region

necessary training equipment. 99.7% of the entire polled population expressed a lack of access to essential training equipment, while a mere 0.3% said that they had the necessary equipment readily available (table 3, figure 3).

The noticeable difference emphasizes a substantial inequality in the accessibility of necessary training materials among those involved in sports and fitness pursuits. The vast majority of individuals experiencing a scarcity of equipment highlights the difficulties and restrictions that most athletes and enthusiasts have in obtaining the required instruments to facilitate their training and growth.

The unavailability of training equipment might impede people's efforts to pursue their athletic objectives, hampering their ability to exercise efficiently, maintain regularity, and attain peak performance. If athletes lack access to appropriate equipment, they may face obstacles in their training development and find it difficult to achieve their maximum capabilities.

It is critical to address the inequality in access to training equipment in order to promote inclusiveness, equality, and opportunities within the sports community. Efforts focused on enhancing the availability of reasonably priced and high-quality gear, such as community sports initiatives, campaigns for donating equipment, and collaborations with sports organizations and sponsors, can have a crucial impact on surmounting obstacles and empowering individuals to pursue their athletic ambitions.

By focusing on improving the accessibility of training equipment, key players in the sports business may contribute to creating a more favorable setting for athletes and enthusiasts to flourish, eventually fostering more engagement, advancement, and pleasure in sports and fitness pursuits.

Table 4 Analysis of data satisfaction with the present ground condition.

SL NO	Satisfied with the present ground	yes	No	Percentage (yes, no)
1	Condition	3	997	0.3%, 99.7%

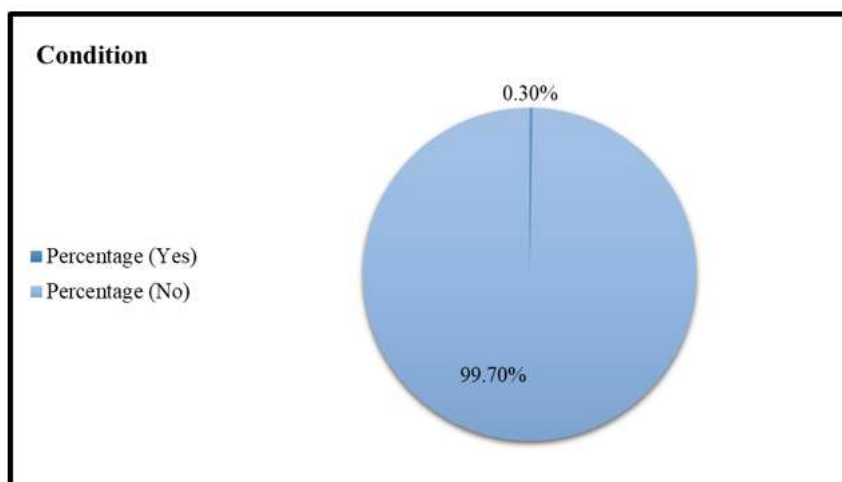


Figure 4 Satisfied with ground conditions



The survey data indicates a significant difference in satisfaction levels among respondents with the current ground conditions. Almost all, namely 99.7% of the respondents, expressed discontent with the existing condition of the facilities they use. Conversely, a mere 0.3% expressed satisfaction with the current state of ground conditions (table 4, figure 4).

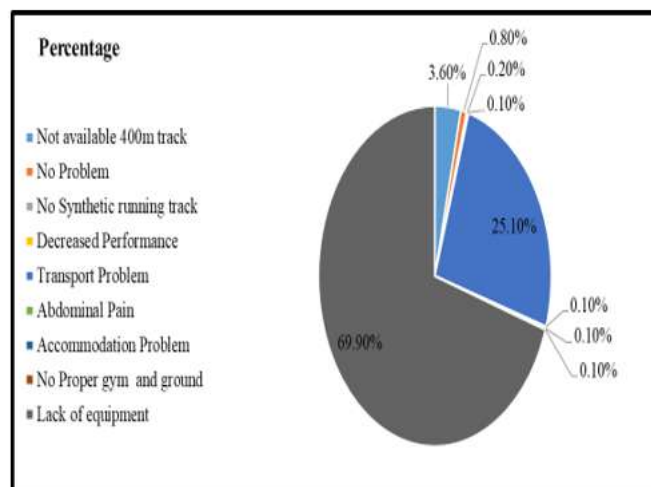
The pervasive discontent highlights the substantial obstacles and shortcomings that people face while trying to obtain appropriate sports facilities. Inadequate ground conditions may obstruct players' training regimens, jeopardize safety, and impair the overall excellence of sports and leisure pursuits.

The results emphasize the urgent need for coordinated efforts to rectify the deficiencies in ground infrastructure and upkeep. Investing in sports facility maintenance and enhancement is critical for facilitating athlete growth, improving the overall quality of sports experiences, and cultivating a culture of physical fitness and wellness.

Improved facilities, maintenance programs, and community engagement are essential for rejuvenating sports fields and ensuring they meet user requirements and desires. Stakeholders may establish conditions that foster athlete development, achievement, and satisfaction, eventually enhancing the health and long-term viability of the sports community by giving priority to investments in physical infrastructure.

Table 5 Analysis of data problem facing by the trainee.

SL No	Problem Facing by Trainee	yes	No	Percentage (yes, no)
1	Not available 400m track	36	0	3.6%. 0%
2	No Problem	8	0	0.8%. 0%
3	No Synthetic running track	2	0	0.2%. 0%
4	Decreased Performance	1	0	0.1%. 0%
5	Transport Problem	251	0	25.1%. 0%
6	Abdominal Pain	1	0	0.1%. 0%
7	Accommodation Problem	1	0	0.1%. 0%
8	No Proper gym and ground	1	0	0.1%. 0%
9	Lack of equipment	699	0	69.9%. 0%



**Figure 5 Problem Facing by Trainee in the study region**

The survey data provides valuable insights into the many problem's trainees face, highlighting the concerns that affect their training efforts. 3.6% of trainees have reported difficulties due to the absence of a 400-meter track. The lack of adequate infrastructure impedes athletes' capacity to participate in specialized track and field training, possibly limiting their performance and skill development (table 5, figure 5).

In addition, transportation issues pose a significant obstacle, with 25.1% of trainees identifying this difficulty. The absence of dependable transportation might obstruct athletes' access to training facilities, tournaments, and coaching sessions, thereby impeding their ability to continuously pursue their sports objectives.

In addition, an astonishing 69.9% of trainees see the absence of equipment as a significant obstacle. Lack of access to necessary training equipment may significantly impede the efficacy of training programs, restricting athletes' capacity to adequately condition themselves and achieve their maximum potential.

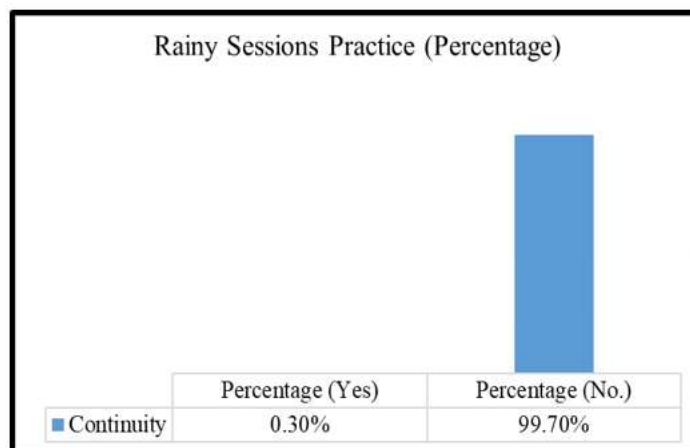
Other documented challenges, albeit less common, include the absence of artificial running tracks, decreased performance, stomach discomfort, housing difficulties, and inadequate gym and ground facilities. These problems highlight the wide range of hurdles that trainees encounter in their quest for athletic greatness.

To tackle these difficulties, a comprehensive strategy is required that includes investing in infrastructure development, enhancing transit networks, providing sufficient equipment, and improving training facilities. By giving priority to these areas, stakeholders may provide a conducive atmosphere that encourages trainees to overcome challenges, enhance their training experiences, and achieve their athletic goals.

**Table 6 Analysis of data on rainy sessions practice.**

SL NO	Rainy Sessions Practice	Yes	No	Percentage (yes, no)
1	Continuity	3	997	0.3%, 99.7%





**Figure 6** Players training in the rainy seasons

According to the survey data, there is a notable discrepancy in rainy season training routines among respondents, with an overwhelming majority of 99.7% reporting a lack of consistent training during wet periods. Merely 0.3% of individuals reported continuing their practice sessions in spite of unfavorable weather conditions(table 6, figure 6).

The fact that a significant majority of athlete experience training delays due to rain highlights the difficulties and constraints they face in maintaining regular training routines. Inclement weather may provide several challenges to outdoor training, such as safety hazards, diminished vision, treacherous terrain, and the risk of equipment deterioration, hence impeding athletes' ability to maintain their practice regimens.

The results emphasize the need for implementing methods and solutions to reduce the adverse effects of inclement weather on training activities. To ensure consistent training despite unfavorable weather conditions, athletes might consider investing in covered or indoor training facilities, adopting alternate training techniques like cross-training or indoor sessions, and prioritizing schedule flexibility.

In addition, offering instructions on suitable training protocols in adverse weather conditions and guaranteeing access to suitable protective equipment helps empower athletes to adjust and sustain their training in a secure and efficient manner.

Stakeholders may assist athletes in their quest for athletic greatness and contribute to the development of resilient and adaptive sports communities by tackling the obstacles presented by wet weather and ensuring consistent training sessions.

The survey respondents did not widely favor alternative possibilities such as grass tracks, grass and clay tracks, or a mixture of synthetic, sand, grass, and clay tracks. This indicates that there is less demand for these surfaces compared to synthetic and specialty turfs.

To summarize, the study results emphasize the varied preferences among people regarding running tracks and athletic fields, with synthetic and sand surfaces being the most popular choices. Comprehending these preferences is crucial for stakeholders in the sports

sector to meet the demands and desires of athletes and fans, guaranteeing the supply of top-notch facilities for training, competition, and leisure activities.

This discrepancy underscores the difficulties and limitations that athletes have in efficiently planning their training regimens. Obstacles such as job or school obligations, family duties, and other time limitations might make it challenging to sustain two practice sessions in a day.

The results emphasize the importance of including flexibility and adaptation in the development of training regimens that can cater to athletes' varied schedules and obligations. Stakeholders may enhance athletes' training routines and maximize their performance potential by providing alternative training choices, such as flexible practice schedules, remote training modules, or shortened training sessions.

In addition, offering tools and assistance in time management, goal formulation, and prioritizing workloads may enable athletes to properly combine their training obligations with other areas of their lives.

By addressing the obstacles to sustaining consistent practice throughout the day, those involved may improve athletes' commitment, compliance, and achievements in their training pursuits, eventually adding to their overall growth and triumph in their particular sports.

**Table 7 the Survey's Analysis: Importance of Training under Qualified Coaches**

SL NO	Trained Under	Yes	No	Percentage (yes, no)
1	Qualified Coach	20	980	2%, 98 %



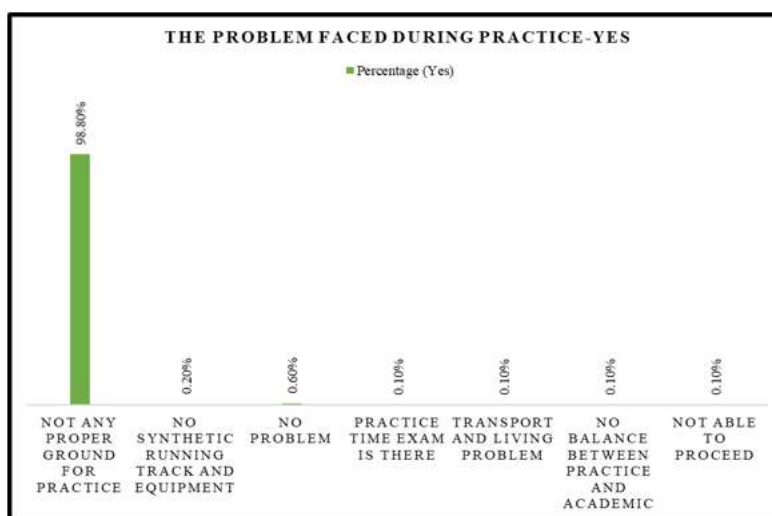
**Figure 7 Trained by qualified coach**

Surprisingly, just 2% of participants reported receiving instruction from certified coaches, revealing a worrisome pattern where the majority of people have not taken advantage of professional coaching services. The significant difference highlights the widespread absence of high-quality coaching and mentoring in sports, which may impede people from reaching their maximum potential and attaining optimal performance in their chosen fields (table 7, figure 7).

Nearly all of the participants, amounting to 98%, said that they had not had instruction from certified coaches. This alarming number highlights the immediate need for increased investment in coaching infrastructure, education, and accessibility. This will guarantee that ambitious athletes and fitness enthusiasts can get the essential direction, experience, and support for their growth and achievements.

Experienced coaches have a crucial impact on developing skills, improving technique, and fostering discipline and strategic thinking in players across many sports and fitness areas. Their expertise, extensive experience, and customized training methods may have a significant impact on an individual's athletic development, promoting skill improvement, injury avoidance, and overall performance improvements.

The poll results emphasize the importance of receiving instruction from skilled coaches in order to promote exceptional athletic performance and fully utilize one's abilities. It is crucial to address the noticeable difference in coaching access and availability in order to promote inclusion, equality, and excellence in sports and fitness. This will ensure that every aspiring athlete has the chance to obtain the necessary direction and assistance to succeed in their ambitions.



**Figure 8 The problems during the practice by local players**

The vast majority, namely 98.8% of participants, expressed a notable concern over the absence of adequate foundations for practice. The scarcity of appropriate training facilities may significantly impede athletes' capacity to train efficiently, hence affecting their proficiency enhancement, performance, and overall advancement in their respective sports (figure 8).

Furthermore, a small fraction of participants, amounting to 0.2%, identified the absence of synthetic running tracks and equipment as a hindrance, in addition to the inadequate facilities. This constraint could potentially impede athletes' training regimens, as certain training drills and skill honing require artificial tracks and specialized equipment.

Nevertheless, it is important to mention that a small proportion of participants, comprising 0.6%, said that they did not encounter any difficulties throughout their practice sessions. While some may view this as encouraging, it underscores the notable variations in training conditions and experiences among athletes.

Some respondents also highlighted additional concerns, such as conflicts between practice time and examinations, difficulty with transportation and housing, combining academic responsibilities with practice, and experiencing impediments that hinder their training development.

We need a comprehensive strategy to tackle these issues, which includes investing in sports infrastructure, ensuring sufficient facilities and equipment, establishing support systems for players, and creating an atmosphere that allows for a balance between academic and athletic endeavors. By confronting these obstacles, those with a vested interest may provide opportunities for athletes to flourish, demonstrate exceptional performance in their respective sports, and attain their full potential.

### **3. Discussion and Conclusion**

The survey data offers a comprehensive depiction of the practice equipment that is accessible to the respondents, including the proportion of respondents who possess each equipment variety.

1. In regard to starting blocks, a mere 0.5% of the respondents possess them for practice purposes, suggesting a scarcity of this crucial apparatus that sprinters require to optimize their race starts.
2. Hurdles: It is noteworthy that all participants (100 percent) have access to hurdles, indicating that this apparatus is widely available for athletes to hone their hurdling prowess.
3. Mini Hurdles: Although a minority (0.6%) possesses mini hurdles, their availability is comparatively scarcer than that of standard hurdles.
4. Cones: An extensive majority of participants (98.6%) possess cones, which serve as adaptable training aids employed in a variety of exercises focusing on agility, speed, and coordination.
5. Agility hurdles, in a manner similar to micro hurdles, are accessible to a minority of participants (0.5%).
6. About 7.9% of the respondent's own barbells and plates, which they use for strength training, suggesting a moderate level of accessibility to weightlifting equipment.
7. Only a minority of respondents (0.3%) reported having access to specialized apparatus such as a kettlebell, high jump mat, pole vault mat, fiberglass pole, and associated items, suggesting that these items are not widely available in facilities that support high jump and pole vault competitions.
8. It is noteworthy that every respondent possesses a long jump pit, which is a crucial resource for honing long jump skills and competing in associated events.
9. Sled Running: Approximately 6.9% of the respondents use sleds for resistance training, specifically to facilitate sprint and acceleration exercises.



10. Equipment items such as resistance training bands, medicine balls, dumbbells, agility ladders, speed parachutes, and wall bars are accessible to a minority of participants (with percentages spanning from 0.3% to 8.5%), suggesting that the degree of availability for these supplementary training aids varies.
11. Skipping Rope: Approximately 30.8% of the respondents own skipping ropes, a widely used and easily accessible apparatus for agility training and cardiovascular conditioning.
12. In regard to the most recent throwing event equipment, negligible proportions (0.2%) of the respondents possess it, indicating a dearth of access to specialized throwing apparatus.

In general, although certain necessary apparatus, such as cones and obstacles, is readily accessible, there are discrepancies regarding the availability of specialized and supplementary training aids. By acknowledging and resolving these inequities and guaranteeing fair and equal access to an extensive selection of training equipment, athletes can be assisted in maximizing their training programs, improving their performance, and attaining their athletic objectives.

The survey findings provide significant insights into the sports preferences of our target audience, revealing a strong inclination towards individual athleticism and a lasting interest in team-based competitiveness. Gaining insight into these preferences may guide strategic decision-making regarding sports programming, event organization, and marketing campaigns, enabling stakeholders to more effectively meet the diverse interests of their target audience. Furthermore, the results emphasize the significance of cultivating a varied athletic environment that caters to a broad spectrum of interests and encourages inclusiveness in the fields of sports and leisure.

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