



USTM



Unveiling Excellence

- Forum & Club
- Calender
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Visual Report Sports Activities 2021-22

Compiled by : University Sports Forum



University Sports Forum

Minutes of the meeting of USTM Sports Forum

Annual Report of University of Science & Technology, Meghalaya Sports Forum for the year 2021-22

As per the notification of Sports Forum, dated 21/05/2021, a meeting was held on 1st June, 2018 in presence of the Sports Forum Committee. The meeting was called to discuss the arrangement and look after for the sports activities for the year 2021-22 of USTM.

Following members were present :

1. Registrar, USTM	Chairperson
2. Dy. Registrar, USTM	Member
3. Dean, Students welfare, USTM	Member
4. Co-ordinator of Cricket, student	Member
5. Co-ordinator of Football, student	Member
6. Co-ordinator of Gymnasium, Student	Member
7. Co-ordinator of Volley ball, student	Member
8. Co-ordinator of Badminton, student	Member
9. Co-ordinator of Athletics, student	Member
10. Co-ordinator of Basketball, student	Member
11. Sports Officer	Member
12. Sports Convener	Member Secretary

Sports Convener welcomes all the members to the meeting and initiated as per the agenda topics.



ANNUAL SPORTS CALENDAR 2021-2022

SPORTS FORUM

SL.N O.	DETAILS OF THE EVENTS	DATE OF COMPETITIONS	NAME OF THE EVENTS	CATEGORY
1	International Day of Yoga	21st June ,2021	Yoga Competition	Men & Women
2.	International Youth Day	12 th August ,2021	Football	Men
3.	Independence Day	15 th August, 2021	Volleyball	Men
4.	National sports day	29 th August, 2021	Cricket	Women
5.	Teacher's Day	05 th September 2021	Friendly Volleyball match	Student Vs Faculty
6.	International day of Girl Child	11 th October 2021	Volleyball	Women
7.	National Unity Day	31 st October 2021	Volleyball	Men (Inter Department)
8.	Badminton Trail Camp	9 th November 2021	Badminton	Men (Doubles/Singles)
9.	Volleyball Trail Camp	30 th November 2021	Volleyball	Women
10.	Football Trail Camp	16 th December 2021	Football	Men
11.	Pre Christmas Celebration	23 rd December 2021	Basketball	Men
12.	Pre Christmas Celebration	23 rd December 2021	Futsal (7 A Side)	Men
13.	On the Occasion of Pre- Christmas	24 rd December 2021	Badminton	Women (Singles)
14.	New Year Celebration	1 st January 2022	Badminton	Men (Doubles)
15.	Republic Day	26 th January 2022	Musical Chair	Women
16.	Republic Day	26 th January 2022	Friendly Cricket Match	Student Vs Staff
17	Republic Day	26 th January 2022	Friendly Volleyball Match	Admin Vs Faculty
18	Special Coaching Session	Month of March to June 2022	Football	Men
19	Inter Department Athletic Competition	23/04/2022 07/05/2022	Shot Put, Discuss, Long Jump, Triple Jump	Men/ Women
20	Inter Department Tug of War Competition	30 th April 2022	Tug of War	Men/ Women
21	Special Coaching Session	Month of May- June 2022	Volleyball	Men
22	Special Coaching Session	Month of May- June 2022	Badminton	Men
23	Special Coaching Session	Month of May-June 2022	Basketball	Men
24	Special Fitness Session	1 st June to 27 th June 2022	Health & Fitness (Gym Session)	Men/ Women

List of Awards 2021-22

Sl No	Name	Award	Event
1	Rashmipriya Saikia	Participation certificate	4 th North East Pencak Silat Championship, 2021
2	Chinmoyee Rajkhowa	Silver Medal	4 th North East Pencak Silat Championship, 2021
3	Chinmoyee Rajkhowa	Gold Medal	3 rd All Assam Bruce Lee Memorial Martial Arts Championship, 2021
4	Harihar Rabha Sameer Hussain Thaisring Hojai Marshal Thaosen B. Mantong Jempang Karan J. Marak	Runners Up	1 st National Football Federation Cup, 2021
5	Rashmipriya Saikia	Gold Medal	6 th India Open International Taekwondo Championship, Rajasthan 2022
6	Chinmoyee Rajkhowa	Gold Medal	6 th India Open International Taekwondo Championship, Rajasthan 2022
7	Rashmipriya Saikia	Gold Medal	6 th National Jeet Kune Do Federation Cup, New Delhi, 2022
8	Chinmoyee Rajkhowa	Gold Medal	6 th National Jeet Kune Do Federation Cup, New Delhi, 2022
9	Ezazul Hoque	Participation certificate	3 rd Aainball National Championship, 2022
10	Wandalang Magdalene Malngiang	Gold Medal	4th Meghalaya Games 2022, Girl's Artistic Gymnastics (Balancing Beam)
11	Wandalang Magdalene Malngiang	Gold Medal	4th Meghalaya Games 2022, Girl's Artistic Gymnastics (Vaulting Horse)
12	Wandalang Magdalene Malngiang	Gold Medal	4th Meghalaya Games 2022, Girl's Artistic Gymnastics (Floor Exercises)
13	Chinmoyee Rajkhowa	Silver Medal	Noida Open National Taekwondo Championship, 2022
14	USTM Women Basketball Team	4 th Position	AIU East Zone Inter University Basketball (Women) Tournament, 2022-23
15	USTM Men Basketball Team	2 nd Position	AIU East Zone Inter University Basketball (Men) Tournament, 2022-23

LIST OF GYM EQUIPMENTS

SL NO	EQUIPMENTS	QUANTITY
1	Tread Mill	4
2	Cross Trainer	5
3	Up Right Bike	3
4	Spin Bike	4
5	Prone Leg Curl AF-4400 (D)	1
6	Leg Extension AF-400	1
7	Leg Press AF-4411	1
8	Rear Delt & Pec Fly AF-4414A	1
9	Vertical Press AF-4405 (D)	1
10	Chinning & Dipping AF-4449 (D)	1
11	AB Ductor	1
12	90 Degree Leg Press AF-2908	1
13	Chamber Curl AF-9904 (D)	1
14	Lat Machine AF-4416	1
15	Lat Pull Down AF-4416 A	1
16	Smooth Machine SM-700	1
17	Incline Level Row AF-4412	1
18	Seated Calf	1
19	Cable Cross Over AF-4153 (D)	1
20	Flat Bench AF-4434	2
21	Adjustable Decline Bench AF-4435	1
22	Utility Stool AF-4436	1
23	Super Bench AF-4437	2
24	Olympic Decline Bench	2
25	Olympic flat Bench AF -4440	1
26	Vertical Knee Up AF-4441	1
27	Olympic Incline Bench AF-4439	1
28	Squat Rack AF-4442	1
29	Vertical Plate Tree AF-4444	2
30	Dumbell Rack AF4446	1
31	Back Extension AF-4447	1
32	Preacher Curl AF-4448	1
33	Chest Press AF-2901	1
34	Incline Chest Press AF-2902	1
35	Shoulder Press AF-2903	1
36	Low Row AF-2904	1
37	Wide Chest Press AF-2905	1
38	Pull Down (Anna)	1
39	Rowing Machine AF-805	1
40	Flyer Trainer AF-9914	1
41	Floor Mat	6000 SqFt
42	Gym Fan	2
43	Ski Trainer AF-678SR (D)	1
44	Olympic Bar 7 feet	2
45	Olympic Bar 4 feet	4
46	Olympic Bar 3 Feet	2
47	Lock	16

48	Dumbell – 1.5x4, 2.5x4, 5x4, 7.5x4, 10x4, 12.5x2, 15x2, 17.5x4, 20x4, 22.5x2, 25x2, 27.5x2, 30x2, 32.5x2, 35x2, 40x2	801Kg
49	Plates – 2.5x8, 5x8, 7.5x8, 10x8, 15x8, 20x8, 25x8	860 Kg
50	Lat Pulldown (viza)	1 Nos
51	Seated Cable Row (viza)	1 Nos
52	Shoulder Press (viza)	1 Nos
53	Cable Crossover (viza)	1 Nos
54	Standing Swister (viza)	1 Nos
55	Seated Leg Curl (Aerofit)	1 Nos
56	Leg Extension (Aerofit)	1 Nos
57	Smith Machine (Aerofit)	1 Nos
58	Squat Rack (Aerofit)	1 Nos
59	Pull up Dip Station (Aerofit)	1 Nos
60	Preacher Bench(Aerofit)	1 Nos
61	Olympic Flat Bench (Aerofit)	1 Nos
62	Olympic Incline Bench (Aerofit)	1 Nos
63	Olympic Decline Bench (Aerofit)	1 Nos
64	Adjustable Bench (Aerofit)	1 Nos
65	Flat Bench (Aerofit)	2 Nos
66	Dumbell Rack (viza)	1 Nos
67	Barbell Rack (viza)	1 Nos
68	Incline Chest Press (Aerofit)	1 Nos
69	Triceps Rope (Aerofit)	1 Nos
70	Upright Bike (Aerofit)	1 Nos
71	Incline Abdominal Bench	1 Nos
72	Stepper (Aerofit)	6 Nos
73	Swiss Ball (Aerofit)	4 Nos
74	Medicine Ball (Aerofit)	2 Nos
75	Wrist Curl (viza)	1 Nos
76	Skipping Rope (Aerofit)	4 Nos
77	Weight Lifting Belt (Ponther)	9 Nos
78	Push up Stand (Aerofit)	4 Nos
79	Kettle Bell (Aerofit)	8 Nos
80	Yoga Mat (Aerofit)	19 Nos
81	Olympic Barbell 7 feet (Aerofit)	3 Nos
82	Olympic Bar Lock (Aerofit)	4 Nos
83	Normal Bar Bell (viza)	14 Nos
84	Plates Stand (viza)	1 Nos
85	EZ Barbell (Aerofit)	1 Nos
86	Olympic Bar Bell (Aerofit)	2 Nos
87	High Pulley Lat Bar (viza)	2 Nos
88	Triceps Push down Bar (viza)	5 Nos
89	2× D Handle (viza)	2 Nos
90	Row Grip Handle Bar	1 Nos
91	30 kg Rubber Dumbell (Aerofit)	4 Nos
92	18 kg Iron Dumbell (viza)	2 Nos
93	12.5 kg rubber Dumbell (Aerofit)	4 Nos
94	10 kg rubber Dumbell (Aerofit)	8 Nos
95	10 kg Iron Dumbell (viza)	4 Nos
96	7.5 kg rubber Dumbell (Aerofit)	4 Nos
97	5 kg rubber Dumbell (Aerofit)	8 Nos
98	3 kg Iron Dumbell (viza)	2 Nos
99	3 kg rubber Dumbell (Aerofit)	2 Nos

100	2.5 kg rubber Dumbell(Aerofit)	8 Nos
101	2 kg rubber Dumbell (Aerofit)	4 Nos
102	2 kg Iron Dumbell (viza)	4 Nos
103	1 kg rubber Dumbell (Aerofit)	2 Nos
104	1 kg iron Dumbell (viza)	2 Nos
105	20 kg rubber Plates (Aerofit)	6 Nos
106	15 kg Rubber Plates (Aerofit)	6 Nos
107	15 kg Iron Plates (viza)	2 Nos
108	10 kg rubber Plates (Aerofit)	10 Nos
109	10 kg iron Plates (viza)	2 Nos
110	5 kg rubber Plates (Aerofit)	8 Nos
111	5 kg Iron Plates (viza)	2 Nos
112	4 kg Iron Plates (viza)	4 Nos
113	3 kg iron Plates (viza)	2 Nos
114	2.5 kg iron Plates (viza)	2 Nos

LIST OF SPORTS EQUIPMENTS

SL No	NAME OF THE EQUIPMENTS	QUANTITY
1	Volleyball	20
2	Football	20
3	Antena Stick	4
4	Cricket Bat (Dues)	10
5	Badminton Racket	10
6	Football Net	2 Pair
7	Volleyball Net	3 Pcs
8	Yoga Mat	20 Pcs
9	Ball Pumper	3 Pcs
10	Carrom Board	10
11	Chess Board	10
12	Basketball Size 7	20
13	Basketball Size 6	20
14	Cricket Bat (Cosco)	10
15	Tennis Ball (Cosco)	5 Box
16	Cone 6 inch	50
17	Cone 9 inch	25
18	Cone 12 inch	25
19	Marker	50
20	Basketball Net	6 pair
21	Bibs (Green, Yellow, Orange, Blue)	80
22	Stop Watch	8
23	Measuring Tap (30 meter)	1
24	Measuring Tap (100 Meter)	1
25	Hummer	1
26	Cricket Ball (Dues-White)	1 box

27	Cricket Ball (Dues-Red)	1 box
28	Cricket Stump with bails	12 pc
29	Badminton Net	6 pc
30	Table Tennis Board with clip & net	2 pc
31	Protection net (100x10)	2 pc
32	Table Tennis Bat	10 pc
33	Volleyball post	2 pair
34	Basketball Board with ring	2 pair
35	Boxing Bag	1
36	Boxing Glove	2 pair
37	Boxing Pad	2 pair
38	Cricket Net (Practice)	2 pc
39	Tae-Kwando-Kit	2 Bag
40	Interlocking Mat	50 pc
41	Referee flag (Football)	4 set
42	Corner Flag (Football)	3 set
43	TT Ball	6 Box
44	Badminton Shuttle	10 Box
45	Wicket Keeping Gloves	2 pair
46	Wicket Keeping Pad	2 pair
47	Discuss	6
48	Shot	4
49	Football Shin guard	25 pair
50	Lawn Tennis Net	1 pair
51	Lawn Tennis Racket	4
52	Lawn Tennis ball	2 Box
53	Cricket Helmet	4
54	Cricket Kit Bag	2 pc
55	Futsal Ball	8
56	Kick Bag	1
57	Basketball Table Equipments (Digital)	1
58	Kicking Pad	2
59	Javelin	2
60	Kho-Kho Pole	1 pair
61	Hurdle	10
62	Step Ladder	1
63	Tug of War Rope	2
64	Substitute Board	1
65	Goal Post (Football)	2 pair
66	Futsal post	1 pair

Number of awards/medals won by students for outstanding performance in sports/cultural activities at inter-university/state/national/international events (award for a team event should be counted as one) during the year (2021-22)

Sl No	Year	Name of the award/ medal	Team / Individual	Inter-university / state / National / International	Name of the event	Name of the student
1	2021-22	Gold Medal	Individual (Taekwondo)	State	3rd All Assam Bruce Lee Memorial Martial Arts Championship	Chinmoyee Rajkhowa
2	2021-22	Runners Up	Team	National	1st National Football Federation Cup, 2021	Harihar Rabha, Sameer Hussian, Thaisring Hojai, Marshal Thaosen, Karan J Marak, B. Mantong Jempang
3	2021-22	Silver Medal	Individual (Pencak Silat)	National	4th North East Pencak Silat Championship, 2021	Chinmoyee Rajkhowa
4	2021-22	Participation Certificate	Team	National	3rd Aainball National Championship, 2021	Ezazul Haque
5	2021-22	Gold Medal	Individual (Taekwondo)	International	6th India Open International Taekwondo Championship, 2022	Rashmipriya Saikia
6	2021-22	Gold Medal	Individual (Taekwondo)	International	6th India Open International Taekwondo Championship, 2022	Chinmoyee Rajkhowa
7	2021-22	Gold Medal	Individual	National	6th Jeet Kune Do Federation up, 2022	Chinmoyee Rajkhowa
8	2021-22	Gold Medal	Individual	National	6th Jeet Kune Do Federation Cup, 2022	Rashmipriya Saikia
9	2021-22	Participation Certificate	Individual	National	Participated in the record event: The World Record of "Maximum People Participating in Martial Arts"	Chinmoyee Rajkhowa
10	2021-22	Participation Certificate	Individual	National	4th North East Pencak Silat Championship, 2021	Rashmipriya Saikia
11	2021-22	Gold Medal	Individual (Balance Beam)	State	4th Meghalaya Games 2022	Wandalang Magdalene Malngiang
12	2021-22	Gold Medal	Individual (Vaulting)	State	4th Meghalaya Games 2022	Wandalang Magdalene Malngiang

13	2021-22	Gold Medal	Individual(Floor Exercise	State	4th Meghalaya Games 2022	Wandalang Magdalene Malngiang
14	2021-22	North East Star Award	Individual	National	Sheersha Production	Naba Pallab Bhuyan BPT 7th Semester
15	2021-22	First Prize in Creative Dance in Online Youth Festival	Individual	National	National Youth Festival organized by Unifest Family	Akangsha Lahon BBT 5th semester
16	2021-22	Second Prize in creative Dance Creative Dance in Online Youth Festival	Individual	National	National Youth Festival organized by Unifest Family	Jayshree Kakoty BBT 5th semester
17	2021-22	Third Prize in Western Vocal	Individual	National	National Youth Festival organized by Unifest Family	<u>Lhuzinyi Rhakho</u> <u>B.com 3rd sem</u>
18	2021-22	Finalist in Global Melody Star competition	Individual	International	Global Cultural Fest, organized by USTM	Chinmoy Medhi BSZ 3rd semester
19	2021-22	participation in Amrit Swardhara	Individual	national	AMRIT SWARDHARA, a festival of evotional/ Traditional Dance and Music	AKANGSHA LAHON
20	2021-22	Future Face Awards in India International Dance Festival 2021	Individual	State	India Interational Dance Festival 2022	Dikshita Kalita
21	2021-22	Participation in NSS National Integration Camp 2021	Individual	National	NSS National Integration Camp 2021	Akangsha Lahon
22	2021-22	Participation in NSS National Integration Camp 2021	Individual	National	NSS National Integration Camp 2021	Jayashree Kakoty
23	2021-22	Participation in NSS National Integration Camp 2021	Individual	National	NSS National Integration Camp 2021	Yashodhara Goswami

24	2021-22	1st position Online Borgeet Cmpetition	Individual	State	Dr Kesavananda Deva Goswami Memorial Online Borgeet Competition 2021	Yashodhara Goswami
25	2021-22	1st position Online Borgeet Cmpetition	Individual	State	Makhan Baruah Xuwarani Award	Yashodhara Goswami
26	2021-22	2nd Prize in online singing contest	Individual	State	All Assam State Level Singing Contest "Tribute to Lata Mangeshkar	Yashodhara Goswami
27	2021-22	2nd Position of the event SKOAR-FIFA	Individual	State	SKOAR-FIFA held under the banner of Pyrokinesis 2022, organized by Assam Engineering College	Arindam Gogoi
28	2021-22	Best coach of the tournament	individual	national	1st national football federation cup 2021	Viliebeizo Kreditsu
29	2021-22	Certificate of Recognition	Individual	national	Bharat Sports Awards-2021 Honour of Achievement	Ms Chinmoyee Rajkhowa
30	2021-22	3rd Place in 60kg (senior) Body Building Category	Individual	State	49th Assam State Body Building Championship	Debangha Bhusan Borah
31	2021-22	Participation	Individual	State	Mr and Miss Assam 2022	Debangha Bhusan Borah
32	2021-22	1st position in 80m and above	Individual	State	Panja Wars	Niku Mani Phukan
33	2021-22	Champion of Champion(Wo men)	Individual	State	Panja Wars	Niku Mani Phukan
34	2021-22	3rd Prize	Individual	National	Bharat Sanskriti Yatra (30th Global Competition & Festival of India Art & Culture	Sampriti Borah
35	2021-22	First Position in Kudo	Individual	State	Kudo Assam State Selection 2022	Pritom Protim Gogoi
36	2021-22	First Position	Individual	State	Dhubri Kendriya Rongali Bihu Uzapon Xomiti , Tradional Show	Pinha Khan
37	2021-22	Participation	Group	State- Level	4th Meghalaya Games 2022	Viency Yuva G Momin

38	2021-22	1st Runner Up	Individual	State Level	Mr and Ms North East Limelight 2022	Bhavna Deka
39	2021-22	1st Position	Group	Inter-university	Singing competition at Esplendidez 2022	Neelakshee Sen
40	2021-22	2nd Position	Individual	Inter-university	Dance Competition at Esplendidez	Neelakshee Sen
41	2021-22	1st Prize	Group	Inter-university	Group Singing competition at Esplendidez 202	Shah Jubin Akhtar
42	2021-22	Winner	Individual	Inter University	Open Art Sketching	Queen Chetia
43	2021-22	Winner	Individual	Inter University	Arm Wrestling at Esplendidez 2022 (Male)	Kino Authung
44	2021-22	Winner	Individual	Inter University	Computer Gammig MLBB	Mr. Chugrik Sangma
45	2021-22	1st Runner Up	Individual	Inter University	Beauty Contest at Esplendidez 2022	Junosa Rangsa
46	2021-22	Winner	Individual	Inter University	Arm Wrestling at Esplendidez 2022 (Female)	Niku Mani Phukan
47	2021-22	Winner	Individual	Inter University	Arm Wrestling Boys (upto 64 kg Right Hand Category)	Mr S Dhole Key
48	2021-22	Bronze Medal	Individual	State Level	6th State Level Boxing Championship	Mr Techy Maniya

Sports forum

PORTFOLIOS OF BASKETBALL CLUB 2021-22

Sl No	Portfolios	Name of the Students	Department
1	Basketball Secretary	Ringsat Basumatary	Botany
2	Member	Radhe Yobing	Business Administration
3	Member	Techi Stephen	English
4	Member	TAPI Utwang	Physiotherapy
5	Member	Bigya Anand	Food Science
6	Member	Bansaralang Nongsiej	B.Ed
7	Member	Kayen Yomsa	Microbiology

PORTFOLIOS OF CRICKET CLUB 2021-22

Sl No	Portfolios	Name of the Students	Department
1	Cricket Secretary	Aman Kalita	Business Administration
2	Member	Promod Chetry	Computer Science
3	Member	Nekibur Zaman	English
4	Member	Somiranjana Gogoi	Botany
5	Member	Partha Pratin Nath	Commerce
6	Member	Nominur Ahmed	Microbiology
7	Member	Mazharul Islam Azad	English

PORTFOLIOS OF FOOTBALL CLUB 2021-22

Sl No	Portfolios	Name of the Students	Department
1	Football Secretary	Andrew Tuolor	Sociology
2	Member	Sameer Hussain	Microbiology
3	Member	Benjamin Daimary	Sociology
4	Member	Sagar Goyari	Business Administration
5	Member	Marshall Thaosen	Sociology
6	Member	Warningson Anal	Physics
7	Member	Himanshu Borgohain	English

PORTFOLIOS OF VOLLEYBALL CLUB 2021-22

Sl No	Portfolios	Name of the Students	Department
1	Volleyball Secretary	Dibyajoti Barpatra	Microbiology
2	Member	Sahidul Alam	Physiotherapy
3	Member	Mara Dussa	Zoology
4	Member	Zakuvito	Rural Development
5	Member	Amardeep Boro	Computer Application
6	Member	Ruve Khamo	Rural Development
7	Member	Ayushman Talukdar	Physics

PORTFOLIOS OF GYMNASIUM CLUB 2021-22

Sl no	Portfolios	Name of the Students	Department
1	Gym Secretary	Shivam Kr. Singh	Administrative Governnce
2	Member	Perveez Sahil	Computer Application
3	Member	Wakilur Rahman	Physiotherapy
4	Member	Kayon Yomso	Microbiology
5	Member	Ashraful Islam	Physiotherapy
6	Member	Dakyi Angu	Zoology
7	Member	Zakuvito	Rural Development

PORTFOLIOS OF SPORTS FORUM 2019-20

Sl No	Portfolios	Name of the Students	Department
1	Convener	Rizaul Karim Ahmed	Department of Zoology
2	Chief Sports coordinator	Sagar Gayari	Business Administration
3	Joint Chief Sports Coordinator	Ijaj Amin	Commerce
4	Cricket Secretary	Aman Kalita	Business Administration
5	Assistant Cricket Secretary	Raj Dutta	Commerce
6	Football Secretary	Andrew Tuolor	Sociology
7	Assistant Football Secretary	Benjamin Daimary	Sociology
8	Gymnasium Secretary	Shivam Kr. Singh	Business Administration
9	Assistant Gymnasium Secretary	Perveez Sahil	Computer Application
10	Volleyball Secretary	Dibya Jyoti Barpatra	Microbiology
11	Assistant Volleyball Secretary	Sahidul Alam	Physiotherapy
12	Indoor game Secretary	Bidisha Borthakur	Sociology
13	Assistant Indoor game Secretary	Charming Ch. Marak	Chemistry
14	Basketball Secretary	Ringset Basumatary	Botany
15	Assistant Basketball Secretary	Bansaralang Nongsiej	B.Ed
16	Athletics Secretary	Trisha Duarah	Zoology
17	Assistant Athletics Secretary	Zahid Hussain	Business administration

SPORTS INFRASTRUCTURE

The University has a dedicated Sports Forum established in 2014 and runs under permanent Sports Officer reporting to the Director, Student Affairs assisted by Sports Coordinators to train interested students and conduct competitions.

Sports Field/ Courts	Fields
Football	01
Basketball	02
Badminton	02
Volleyball	02
Kho-Kho	01
Kabaddi	01
Lawn Tennis	01
Gymnasium Hall	01
Table tennis board	02
Yoga Center	01
Sating Ring	01

The facilities for recreational games like Carom, Chess etc. are also provided in all hostels.

- On “International Yoga Day” on June 21st, yoga sessions are organized every year and ensure the presence of a good number of faculty and student participants.
- On “National Sports Day- 29th August, USTM organized different sports competitions including Half Marathon.
- On the occasion of Republic Day and Independence Day, USTM organized various sports competitions for students as well as staff & faculty also.



Miss Wandalang Magdalene Malngiang, has won hearts of many by her performance in gymnastics at the ongoing 4th Meghalaya Games-2022



4th Meghalaya Games-2022

Sports Management Policy

1. Brief History of Sports Forum, USTM

University of Science and Technology, Meghalaya has been striving for academic excellence, and at the same time sponsoring varieties of activities that would contribute to the wholesome development of personality and promote health among students. Sports and Games are one such area promoted by the University with an intention of ensuring Physical, Mental and Emotional Health of the Student Community. For smooth conduct of the sports endeared by the students, the Sports Forum, USTM was established by the University in the year 2013.

The Sports Forum, USTM is organizing the Sports Programmes on the basis of practice followed by the previous Administrative Heads and Staff derived on the basis of guidelines of ASSOCIATION OF INDIAN UNIVERSITIES (A.I.U) and other Sports Agencies.

2. Preamble:

Activities relating to Sports and Physical Education are essential components of human resource development, helping to promote good health, comradeship and a spirit of friendly competition, which, in turn, has positive impact on the overall development of personality of the youth. Excellence in sports enhances the sense of achievement, national pride and patriotism. Sports also provide beneficial recreation, improve productivity and foster social harmony and discipline.

3. Vision:

To inculcate a sporting culture among the students of the university, through participation and excellence in sports leading to an energetic, healthy and culturally vibrant USTM.

4. Mission:

- To create a sporting culture, healthy lifestyle and values
- To nurture and develop sporting talent of the university that will in turn produce champion athletes
- To adopt scientific and modern technology and approaches for sport and athlete development
- To develop world-class sporting infrastructure for the university students that will have a legacy
- To engage in professional approaches for planning and organization of sports and sporting events at the university, state, national and international levels.

5. Objectives:

- To promote students' sports participation and to create awareness about the benefits of Physical Education & Sports and to spread Sports Culture among the Students.
- To search Sports Talent at the university level and to groom them as better performers.
- To encourage participation of women in sports and game
- To Project the Potentials of University by organizing National Level Tournaments.
- To provide Incentives and bestow Awards to Sportspersons to maintain sustained interest among students to participate and perform progressively.
- To Develop Adequate and Standard Sports Infrastructure Facilities like Playing Fields, Gymnasium, Track & Field, and procure Quality Equipment.

- To provide Systematic Coaching Programme by involving Qualified & Competent Personnel to groom University Teams & Sports Talent.

6. Constitution of Sports Forum, USTM (Structure of Committee):

The University shall constitute Sports Forum each year at the beginning of Session. The Sports Forum, USTM shall be constituted as follows:

- **President: Honourable Chancellor, USTM**
- **Secretary: Honourable Vice- Chancellor, USTM**
- **Director, Sports Forum**
- **Convener, Sports Forum**
- **Sports Officer, Sports Forum**
- **Sports Coaches of each game**
- **Faculty Coordinators for each game**
- **Student Coordinators for each game**

7. Present Committee of Sports Forum, USTM:

President	Mr. Mahbubul Hoque, Chancellor, USTM
Secretary	Dr. P.K.Goswami, Vice-Chancellor, USTM
Director, Sports Forum	Vacant
Convener, Sports Forum	Mr. Rizaul Karim ahmed
Sports Officer	Mr. Siddhartha Sarma
Volleyball Coach	Mr. Jadav Thakuria
Football Coach	Mr. Viliebeizo Kreditsu
Basketball Coach	Mr. Tanmay Das
Cricket Coach	Vacant
Badminton Coach	Vacant

8. Sports Disciplines:

Following are the sports disciplines, Sports Forum, USTM emphasize on:

Outdoor Games	Indoor Games
Football	Badminton
Cricket	Table Tennis
Volleyball	Chess
Basketball	Carom
Lawn Tennis	Power-lifting
Kabaddi	
Athletics	
Futsal	
Kho-Kho	

9. Basic Framework:

Sports and physical fitness go hand in hand. Presence of active population in a society decides the availability of the sports population who takes part in competitive sports.

9.1 Fitness for all

Physical activity embraces all kinds of human physical endeavours that include daily living activities and activities related to occupation. Mass participation in sports related physical activities are generally introduced by university. Participation in such programmes leads to the development of certain sport-specific skills and attitude, improves the cardio respiratory endurance, target body composition, flexibility, strength and endurance of muscles, agility, physical and mental health, psycho-social well-being; acquiring and enhancing fundamental motor skills and cognitive ability.

9.2 Mass Participation in Sports

Mass participation in sports is one of the critical foundations to develop the sports culture and enhance the sports environment in a nation. The higher the number of persons involved in sports, the better is the probability of identifying a talent. However, mass participation alone cannot produce champions. It needs a structured organised programme that involves detection, selection, identification, development of talents to produce champions. The basic framework envisages that broad-basing of sports; structured training programme, scientific support and technology intervention are the bases to achieve 'Sports Excellence in USTM'.

9.3 Participation of girl students

Involvement in physical activity and sports improves the physical health, mental health, reproductive health, social inclusion and intellectual & educational capabilities of a girl student.

9.4 Identification and development of sports talents

Talent selection - process of identifying athletes or players of various stages of the training program; talent selection - reference to a specific task (i.e. a test) and sports activity and talent development - implies that the athletes/players are being provided with the appropriate learning/practice conditions to promote and realise their potential in specific sports" programmes are needed to be taken up

Physical instructors/coaches in this stage should take cognition of the growth and maturation curve of an individual while planning a training programme for the child.

9.5 Preparation for the competition

Provide year-round, high intensity, individual, event and position-specific training. Teach athletes, who are now proficient at performing basic and sport-specific skills, to perform those skills under a variety of competitive conditions during training. Place special emphasis on optimum preparation by modelling competitions in training. Individually tailor fitness programs, recovery programs, psychological preparation and technical development. Emphasize individual preparation that addresses each athlete's individual strengths and weaknesses

9.6 Coaching

A coach is a friend, philosopher and guide to an athlete. It is the coach who detects, identifies, selects, develops and nurtures a talent and produces a champion. A coach analyses the performances of an athlete, creates the right environment for learning and training, motivates the athlete, provides support, and imparts relevant skills through structured training programmes so that the athlete can grow to his/her full potential. There shall be proper guidelines for coach development programmes, deployment of coaches.

In addition, there shall be a framework for involvement of Physical Education Teachers in sports coaching, involvement of former national coaches and engagement of contract coaches.

10. Infrastructure development:

The availability of adequate sports facilities in the university is basic to the development and broad-basing of Sports. Undertakings will be enlisted in the creation, utilization and proper maintenance of the Sports infrastructure. Steps would be taken to evolve low cost functional and environment-friendly designs in this regard, so that maximum benefits could be derived through relatively low levels of investment. Efforts will also be made to optimally utilize the available infrastructure and manpower and Special Coaching Cams organised, during the vacations, to provide intensive training to talented sports persons, even as they pursue their academic work.

11. Process of Selection of University Teams for Participation in the Inter University Competitions:

- The Selection of Players/Teams for Various Inter-University Competitions will be done by the Committees formed by the Sports Forum, USTM.
- Only Bonafide, Fulltime Students, who are Enrolled for a Course of the University, which is of a Minimum Duration of One Academic Year and where Examination is Conducted by the University and those who fulfil the Eligibility Criteria laid down by the A.I.U, New Delhi shall be Eligible to take part in the Selection Process.
- The Selection Committee will select the Players and Stand-Bys of the University Teams based on their Performance during the Trials/ Competitions. If Performance Standard of any Team / Player is not Satisfactory as felt by the Selection Committee Members, on the Recommendations of the Committee such Team/Player may not be sent for Participation in Interuniversity Tournaments.

12. Free Admission for Sport Persons:

The university would focus attention on achieving Excellence in Sports at the National and International levels. Students who have records of excellence in sports National/State/District level can apply for Undergraduate and Postgraduate degree programmes in USTM through sports quota admission

Category-wise facilities provided for sports person:

Category	Facilities
Players participated in National & International events	<ul style="list-style-type: none"> ✓ Free admission in any discipline. ✓ Free Lodging at hostel. ✓ Free Training by reputed coaches. ✓ Incentives and expenses to participate in various events representing USTM.
Players participated in Regional level events	<ul style="list-style-type: none"> ✓ Free admission in any discipline. ✓ Free Training by reputed coaches. ✓ Incentives and expenses to participate in various events representing USTM.
Players participated in District level events	<ul style="list-style-type: none"> ✓ Free Training by reputed coaches. ✓ Incentives and expenses to participate in various events representing USTM.

13.Roles and Responsibilities of Stakeholders:

13.1 Role and Responsibility of University:

- The University Shall be responsible for popularizing sports activities in the campus and affiliated colleges organizing tournaments, sports activities and events;
- To plan and form the Sports Forum, USTM with advice from previous chair holders.
- The University shall make available necessary funds and infrastructure to implement the policy to its fullest.
- The University shall encourage/invite talented sportsmen to join its various programmes.
- The University shall make provision in the Departmental time table so as to involve students in competitive as well as recreational sports.
- The University shall take suitable action against faculty or students not abiding the Sports Policy

13.2 Role and Responsibility of Sports Forum, USTM

- To formulate Sports Policies, frame Rules & Regulations of Physical Education & Sports Programme from time - to - time.
- To suggest measures for Promotion of Sports Activities among the University students.
- To suggest measures to carry out the Sports Activities according to the University Budget Allocation and Allocation of University Sports Development Fund for Sports Activities & Development Programmes.
- To frame the Guidelines for Admission of Students under “Sports Quota” in the University and Affiliated Colleges.
- The Sports Forum shall ordinarily meet Twice in a Year, during the months of July/August & February/ March. The Quorum for an Ordinary Meeting shall be Seven Members.
- To plan the Organization of any Inter-University Tournament allotted by the A.I.U.
- Any other matter pertaining to the Sports Activities may be taken up for discussion & decision with the permission of the Chair.

13.3 Role and Responsibility of Director of Sports

- Perusal & Approval of Annual Budget Estimates of Sports Forum, USTM.
- Perusal & Approval of Panel of Committee Members for Selection of Student Sportspersons for Inter-University Competitions.
- Perusal & Approval of the Budget Estimate for Felicitation Function of All India Inter-University Tournament Medallists, Incentives for Inter-Collegiate Champions and Others.

13.4 Role and Responsibility of Convener, Sports Forum

- The overall co-ordination of the Sports forum.
- To assist the Director, Sports Forum in discharging all the duties.
- To guide other office bearer for smooth conduction of sports events like NEGC, Varsity Week, Inter-University competitions etc.

13.5 Role and Responsibility of Sports Officer

- The Sports Officer shall organize, supervise and administrate competitive, recreational and leisure time sports activities.
- The Sports Officer shall organize orientation programme for students for better understanding of sports facilities.

- The Sports Officer shall organize talent search programme to identify talented sportsmen eligible to join the University at graduate and post graduate levels.
- The Sports Officer shall organize "Sports Test" for all the students joining at graduate and post graduate levels for the respective term.

13.6 Roles and Responsibilities of Coaches:

- To institute organized safe instructions and training for all members of the team.
- To provide an enjoyable environment while executing game rules and regulations as related to player's skill levels.
- To attend team practices and accompany teams to all games and tournaments.
- To assist the team officer's with the suggestions for purchasing safe equipment and maintain the shape of the equipment.
- To provide practice schedules that best meet the needs of the players.
- To help organize travel planning and sponsored events.

13.7 Roles and Responsibilities of Teacher/Student Coordinators:

- To organize inter collegiate and inter university sports events.
- To take full responsibilities of the sports events of the University Week
- To assist in all sports events organized by USTM
- To assist the Sports Forum in conducting all the co-curricular and extra-curricular activities.

14. Disciplinary Procedure for Unsportsmanlike Practices:

- The players in any sports activity/event who choose to follow unsportsmanlike practices before, during, or after a contest, whether directed towards staff, an official, an opponent, or a spectator may be expelled from that contest. The contest official(s) may expel the player at any point before, during, or after the contest 011 sufficient grounds.
- A Player expelled from any sports contest for any reason must leave the playing facility immediately after providing their contact information, and are barred from all sports activities until officially reinstated by the competent officer/bodies for the purpose.
- If the expelled player does not provide their contact information, it is the captain's responsibility to provide the necessary information. Failure to do so may result in a forfeiture of the contest and a possible player, captain, or team suspension.
- All players are expected to follow the Code of conduct before, during, and after participation in the sports activity.
- Any player who is believed to be under the influence of alcohol or drugs will not be permitted to participate or remain at the sports event or site of event. Players consuming alcohol and/or drugs, or who have consumed alcohol and/or drugs before a contest will risk forfeiture of the game and may be expelled from further play.

Achievements Few Visuals



USTM students in Assam Football Team shine as team wins Runner Up Trophy the 1st National Football Federation cup 2021



Techi Maniya Bronze Medal winner at 6th State Level Boxing Championship



Chinmoyee Rajkhowa Gold Medal Winner at 6th India Open International Taewando Championship 2022 in 57 Kg Category



Rashmipriya Saikia Gold Medal Winner at 6th India Open International Taewando Championship 2022 in 51 Kg Category



Chinmoyee Rajkhowa, Gold medal winner of under 70 kg weight category at 6th Jeet Kune Do Federation Cup 2022



Chinmoyee Rajkhowa receiving 1st position in Taekwondo in 3rd All Assam Bruce Lee Memorial Martial Arts Championship



Wandalang Magdalene Malngiang winner of 3 gold medals in Meghalaya Games



Niku Mani Phukan with Champion of Chmpion (Women) prize and 1st in 80 and above prize in the event Panja Wars organized by Department of Commerce, Guwahati University



Chinmoyee Rajkhowa with medal and participation certificate were she participated in the record event: The world record event: “Maximum People Participation in Martial Arts”



Arindam Gogoi was the 2nd position holder in the event Skoar Fifa held under the banner of Pyrokinesis 2022



Rashmipriya Saikia, Gold medal winner of 6th India Open International Taekwondo Championship, 2022



Debanga Bhusan Borah 3rd Place winner at 49th Assam State Body Building Championship



Ezazul Hoque student of our BPT 3rd Semester won champion award in Ainball competition held at Rann of Kutch, Gujarat from 17th to 20th December 2021



University Boy Cricket Team had participated in Nemcare Goup Cricket tournament Quater Finalists at Guwahati Inter Corporate Hit & Run Softball Cricket Tournament 2021 Organized by News 18 Assam

Competition Few Visuals



Glimpses of Inter Hostel Basketball Competition on the occasion of Pre Christmas



Glimpses of Inter Hostel Futsal Competition on the occasion of Pre Christmas celebration among Hostel Students



Inter Department Volleyball competition (Men) on the occasion of National Unity Day



***Inter Hostel Volleyball competition (Men) was organized by the Sports Forum
USTM had celebrated National Sports Day***

Football Competition



***Friendly Football Match was organized on the occasion of
National Sports Day among Hostel Students***

Few Media Coverage



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