



**NEMCARE GROUP PREMIER LEAGUE**

**NGPL 2023**

**SEASON 6**



**PROMINENT WRITE UPS:**

**MR. DIPANKAR BHATTACHARJEE,**  
FORMER OLYMPIAN AND  
NATIONAL BADMINTON CHAMPION

**MS MONALISA BARUA MEHTA,**  
ARJUNA AWARDEE AND  
FORMER NATIONAL TABLE TENNIS CHAMPION

**MR. PANKAJ PROTIM BORDOLOI,**  
DEPUTY DIRECTOR  
RASHTRAPATI BHAVAN

**MR. DIGANTA SAHARIA,**  
SENIOR INPUT EDITOR, PRAG NEWS



**7TH - 9TH NOV 2023**  
**NGI PLAYGROUND**  
**MIRZA, KAMRUP, ASSAM**



ড° হিমন্ত বিশ্ব শর্মা  
Dr. Himanta Biswa Sarma



মুখ্যমন্ত্রী, অসম  
Chief Minister, Assam

CMS.7/2023/ 1163  
Dispur 16 Kati, 1430 Bhaskarabda  
3<sup>rd</sup> November, 2023

### MESSAGE

I am happy to learn that NEMCARE Group of Institutions, Mirza is organizing the NEMCARE Group Premiere League Tennis Ball Cricket Championship from 7 to 9 November, 2023. A commemorative souvenir is being published to mark the event.

The journey of NEMCARE Group of Institutions is one of appreciation and endurance. It is heartening that NEMCARE Group of Institutions along with creating opportunities to the students for their academic development is also playing its role to instill in them the love and art for playing cricket. It also exuded hope that the institution buoyed by an ardent and devoted bunch of cricket lovers and enthusiasts is organising the Tennis Ball Cricket Championship in the picturesque milieu of Mirza.

I hope the championship being played will go a long way in strengthening the bond of friendship and camaraderie among the participating players. I convey my best wishes to the organiser and wish the editorial team of the souvenir all success in their endeavour.

(Dr. Himanta Biswa Sarma)



**Dr. Numal Momin, MBBS, MD**  
**Deputy Speaker**  
 Assam Legislative Assembly  
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### **MESSAGE**

It gives me immense pleasure to know that the NEMCARE Group of Institution, Mirza is going to organize a NEMCARE Group Premiere League Tennis Ball Cricket Championship from 7<sup>th</sup> to 9<sup>th</sup> November, 2023 at its Playground, Mirza, which is, indeed a commendable endeavor. To commemorate the occasion, the organizer has also planned to publish a Souvenir to mark the event, which is also a praiseworthy effort.

Sports have an immense impact on a person's daily life and health. They do not just give you an interesting routine, but also a healthy body. By actively participating in sports and by performing physical exercises for maintaining fitness, one improves the body's overall blood circulation, ultimately resulting in better heart health. It also helps prevent hypertension, overweight and obesity and can improve mental health.

During Vedic India, *dehvada* or the body-way is defined as 'one of the ways to full realization'. On that times, the men of stature and circumstance got competent with each other in chariot-racing, archery, horsemanship, military tactics, wrestling, weight-lifting, swimming and also hunting. So, we can edify from our ancient civilization about the promote of sports. So, we must play each day no matter which game we play but, we must play.

NEMCARE Group Premiere League Tennis Ball Cricket Championship nodoubt is an appreciable effort. I send my heartiest best wishes to all the members of the Organizer as well as the participants and convey my best wishes for a grand success of the Championship with a hope that the Souvenir going to be published to commemorate the event would be a valued memento.

Dated : 5<sup>th</sup> November, 2023

**Mr. Vikramjit Kashyap,**  
 Deputy Registrar-Administration,  
 NGL, Mirza, Dist.- Kamrup(R)

*Numal Momin.*  
**( DR. NUMAL MOMIN )**  
 Deputy Speaker  
 Assam Legislative Assembly





**Mr. VIKRAMJIT KASHYAP**

**Deputy Registrar-Administration**

**NGI, Mirza**

*Best Wishes*

*From*

*Deputy Registrar-Administration*

Once Sir Donald Bradman said "Reading poetry and watching cricket were the sum of my world, and the two are not so far apart as many aesthetes might believe", likewise NEMCARE Group Premiere League widely known as NGPL gives me a total picture of what Tennis cricket championship is all about.

It is indeed a matter of pride to see colleges from every nook and corner of Assam and East India as whole participating in the upcoming NGPL Season 6. There are more health and fitness benefits of sports, it pushes you to challenge yourself and it exposes you to the highs and lows of losing and winning a game. Undoubtedly sports improve one's balance and reduces the risk of falls, and overall sports can help everyone to feel good about oneself.

I am definitely hopeful that like the previous seasons of NGPL this time as well sports spirit among all the participants and students of NGI shall be very high and enthusiastic. My heartiest best wishes to all the members of Organizing Committee, Ground Staff and Administrative Staffs for their hard work which shall take fever of NGPL to 100 Degree Celsius.

*Kashyap*  
 (Vikramjit Kashyap)  
 Deputy Registrar-Administration  
 NGI, Mirza  
 Dy. Registrar (Administration)  
 NEMCARE Group of Institutions  
 Santipur, Mirza, Kamrup (R)





## BRIEF HISTORY OF NGPL

The NEMCARE Group of Institutions (NGI) is a leading educational organisation in Assam, India. Started in 2017 with its campus in Shantipur, Mirza, Guwahati, the group has grown to have 3 institutes in Miza, totalling 20 acre sprawling campus, 1,10,000 square feet of build-up area of infrastructure, and 15,000 books in 6,000 square feet library. NGI offers various programmes in professional education. The Group of Institutions is located in serene and lush greenery atmosphere; supporting a quality education system. The faculty team consists of both qualified experienced and young dynamic members who are responsible, hard-working committed and dedicated towards the noble profession of teaching, guidance and research.



Nemcare Group Premier League (NGPL) is the biggest inter-college tennis ball cricket league of Assam which was first started in 2018 at NGI playground, Mirza. Many teams from different colleges of Assam takes part in this league. It increases the unity and also promote sports education in the areas of sports especially cricket. The vision of NGPL is to be the best and lead the rest in the sports education, research and training across the globe. Mission is to be Sports Excellence through Education, Research and Training in the field of cricket. The objective of this tournament is to promote sports education in the areas of sports sciences, sports technology, sports management and sports coaching besides functioning as the national training centre for select sports disciplines by adopting best national and international practices.



*Winner list of NGPL:***Season 1****D.K. College Mirza VS ADTU, Panikhaiti****Winner: D.K. College, Mirza****Season 2****Assam Homeopathic College, Nagaon VS  
Mangaldoi College****Winner: Assam Homeopathic College, Nagaon****Season 3****D.K. College, Mirza VS Pachim Guwahati  
Mahavidyalaya, Dharapur****Winner: D.K. College, Mirza****Season 4****GIMT VS Assam Homeopathic College, Nagaon****Winner: GIMT****Season 5****Miri Jiyori College, Lakhimpur VS Jawaharlal  
Nehru College, Boko****Winner: Miri Jiyori College, Lakhimpur**

## PROMINENT WRITE-UPS

### *Cricket: A National Religion Emerging As An Athletic Sport*

**Dipankar Bhattacharjee**

**Former Olympian and National Badminton Champion**



Cricket is not just a sport; it is a religion in India. Many years ago, when we were children, we used to remain glued to television to watch India play in major International events. I vividly remember 1983, when India emerged victorious at the Prudential World Cup at 'Lords' under Kapil Dev's captaincy. Back then we did not have a Television at home. In our neighbourhood in Guwahati, there was one family, who had a Black and White TV and all the children and adults used to go there to watch the matches. Their Living Room became a cinema theatre as we sat on the

floor and cheered for India as our team lifted the coveted World Cup aloft. I remember, Kapil Dev's match winning knock of 175 not out against Zimbabwe. I also remember the next big event that India won, the Benson & Hedges World Championship in Australia in 1985. By that time we had a B&W portable TV at home. How can we forget Ravi Shastri driving his Prize for becoming the best cricketer of the tournament, the Audi Car inside the stadium and all the team members sitting on the car bonnet and roof as Ravi Shastri took a round of the stadium amidst cheering spectators.

Cricket unites a diverse India into a nation. Today we feel proud when India thrashed Pakistan, England and Sri Lanka in the ongoing World Cup. We see a changed Indian Team. This team





is among the fittest team of all times. Virat Kohli, Jasprit Bumrah, Mohammad Shami, Shubhman Gill etc. are all very fit. They look like athletes on a mission. So, they do not celebrate too much after each victory, perhaps they are so very focused on the ultimate goal to lift the World cup that the ‘group matches’ look insignificant. Each man doing his part under Rohit Sharma’s leadership in a coordinated manner synergizing their individual efforts and energy to achieve the ultimate goal for the country. Our hope and prayer for the Indian Team to emerge victorious!

Talking about fitness, the cricketing world got a glimpse of extreme fitness when South Africa returned to the cricketing world after a long ban on them due to their Country’s practice of Apartheid. We witnessed with awe how Jonty Rhodes dived and took those amazing catches. He never let the ball pass him while he was fielding. We saw pace bowling from their team at a different level altogether. We saw each of their cricketer’s trim, muscular and agile running after each ball and stopping them from reaching the boundary line. We saw them taking those quick and swift runs taking their total score to unbelievable levels which hitherto was perceived impossible. This showed how South Africa utilized their ‘Ban time’ positively to build themselves up as a super fit cricketing nation. Very soon we saw the likes of the tall and muscular Courtney Walsh of West Indies bowling like a thunder demolishing and sometimes injuring the batsmen with his pace bowling.

Cricket has come of age and has slowly emerged into an athletics sport rather than a National obsession or a pastime. Slowly, our team realized the importance of Fitness, more so as the shorter 50-over and later the T-20 versions of the game became popular. I remember way back in the early Nineties, Fitness tests were being conducted for Indian sportspersons across all sports in the fitness assessment centre in ‘Sports Authority of India’s South Centre in Bangalore’. The sports medicine department there conducted these tests and published their findings. The findings revealed that Cricketers were the most unfit among all sports persons. When this was pointed out to the cricketers, a very highly acclaimed cricketer of our country went on record saying, ‘Cricket does not need fitness, it needs skills’. True; that was then when a cricketer had to endure five days of lazy Test formats. We did not have many athletically built fit players and still managed to win titles. But probably South Africa showed the way to the world that skill along with Fitness and Mental toughness gives your team the edge and you will be able to achieve the unthinkable.





Mental Toughness, Scientific Nutrition, Exercise Science, Physiology, Anatomy and Bio Mechanics etc. are all part of Sports Science as a subject and is designated as one of the allied health sciences under the department of Medicine. Many Universities across the globe offer courses on Sports Science that also has a scope for research. In India too, some select Universities are offering degrees in Sports, Nutrition and Exercise Science that also has research facilities.

Researches are going on for instance in Bio mechanics, form and technique at top Universities across the developed nations helping their athletes achieve those micro second advantages against their close competitors to earn the Gold Medal at the Olympic Games. For instance, India is doing well in Shooting and Archery. Earlier, I could not perceive the level of calmness that one should achieve to hit the bull's eye until I tried picking up the Rifle at the Gagan Narang Shooting Range at Balewadi, Pune in 2018. Firstly, the Rifle is heavy and you should have the strength to hold it still. I tried focusing on the target and I thought I was sufficiently calm and composed and I would do reasonably well. But to my surprise and amazement I figured that the pointer at the tip of the rifle was swaying vigorously from one way to the other even though I felt I was holding the rifle very still. I hit the first shot and it went outside the paper target itself. I was told that your every thought creates vibration in your body leading to internal disturbances and will not allow you to have pin point focus. So, one should become thoughtless and meditative and at the same time should strongly hold the rifle and stand still while targeting the bull's eye. That can be achieved with years of going through Physical and Mental Toughness training. The recent development in Neuro Linguistic Programming (NLP) helps one to achieve pin point focus not just at the Shooting Range but also in remaining extremely focused in achieving one's goal in life.

Recently, India is doing well at the mega sports events like the Olympic Games, World Championships, Asian Games, Common wealth Games as compared to two decades earlier. The game changer which is working behind the scene is incorporation of Sports Science into the design and execution of Exercise Regimes at the National Centres of Excellence under the Sports Authority of India. Today's sportspersons have not just become successful in their chosen sport but also have become better version of themselves as the regime they go through transform them as an Individual altogether. The difference is like evolving into a 'Rolls Royce Car' level from of an 'entry level Sedan'.



Having discussed the importance of Fitness in sports in general and Cricket in particular, I wish the Nemcare Group of Institutions all the very best in organizing the ‘Nemcare Group Premier League cricket tournament – Season 6’. I wish you all to have a healthy competition and may the best and the fittest team win. ALL THE BEST!!!!

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*“Health isn’t a goal. It’s a way of living.”*



**MONALISA BARUA MEHTA**

ARJUNA AWARDED AND FORMER NATIONAL  
TABLE TENNIS CHAMPION

A JOURNEY OF A THOUSAND MILES BEGINS WITH  
A SINGLE STEP.

WORK OF ALL HAPPINESS IS GOOD HEALTH.

It’s a great pleasure to know that Nemcare Group of

Institutions is organising premier league comprising of 50 teams from all over north east. Sports and health go hand in hand and it is really creditable that Nemcare Group of Institutions doing this great work. It’s a awareness to the society with lots of benefits. Games keep our body alert active youthful and energetic. Games instills in the players the spirit of self-reliance, justice, fair play sporting spirit and many positive qualities which helps in our growing and thinking process. the mind’s first step to self-awareness through the body. In its contribution towards peace, sports often provide safe environments at the grassroots level and community level at which participants are brought together in the pursuit of common goals, and interests learn values of respect, tolerance and develop social competencies. We need more institutions like Nemcare Group of Institutions who is really bringing change to the society with their educational services in the health sector.

Your efforts are inspiring.

Congratulations and wishing you all the best in your future endeavours.



## *Sports, sportsmanship, and personality development.*



### **Pankaj Protim Bordoloi**

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The Government of India has reportedly made efforts to host the Olympics, the world's largest sporting event, in 2036 and the Hon'ble Prime Minister has confirmed this in a speech.

This indicates the increasing importance of sports in the eyes of the government and the public. Sports have long been recognized as a powerful medium for personal development. The connection between sports and personality development is multi-faceted and profound. Engaging in sports activities, whether as a player or spectator, can have a significant impact on an individual's character, self-esteem, interpersonal skills, and overall life outlook. This essay delves into the relationship between sports and personality development, exploring how participation in sports can shape various aspects of an individual's character and contribute to personal growth

Participating in sports often demands a high degree of discipline and self-control. Athletes are required to adhere to strict training regimens, follow rules, and maintain a healthy lifestyle. These demands teach individuals the value of discipline, the ability to control their impulses, and the importance of setting and achieving goals. Through sports, individuals learn that success is often the result of consistent effort, which is a valuable lesson that can be applied to other areas of life.

Sports are replete with ups and downs, from victories to defeats, injuries to setbacks. Engaging in sports fosters resilience and perseverance. Athletes learn to bounce back from failures, adapt to challenges, and continue striving toward their goals. This resilience cultivated in sports is transferable to everyday life, helping individuals navigate the inevitable challenges and setbacks they encounter. Many sports are inherently team-oriented, requiring individuals to collaborate with teammates and work towards a common objective. This aspect of sports helps individuals develop strong teamwork and cooperation skills. Learning to communicate





effectively, support others, and contribute to a team's success fosters a sense of camaraderie and the ability to work collaboratively in professional and personal settings.

In sports, setting and achieving goals is a fundamental aspect of success. Athletes continually set short-term and long-term goals, pushing themselves to improve and reach new heights. This goal-setting process can be translated into everyday life, as individuals learn to set and work towards personal and professional objectives. Sports can be physically and mentally challenging. Athletes often encounter high-pressure situations and must learn to manage stress effectively. This experience helps individuals develop mental toughness, the ability to remain composed under pressure, and to perform at their best even in challenging circumstances. These skills are highly transferable to dealing with stress in daily life. Success in sports can significantly boost an individual's self-esteem and confidence. As individuals master new skills, achieve personal bests, and win games or competitions, they build a sense of self-worth and confidence that extends beyond the field or court. This newfound self-assurance can positively impact various aspects of life, from academic and professional pursuits to social interactions.

Participating in sports often provides opportunities for leadership and taking on responsibilities, whether as a team captain, coach, or organizer. These roles help individuals develop leadership skills, such as decision-making, communication, and motivating others. The leadership experience gained in sports can be invaluable in professional and community roles.

Balancing sports with other responsibilities, such as work, school, and personal life, requires effective time management. Athletes learn to allocate their time efficiently and prioritize their commitments. This skill is essential for success in various life domains. Competing in sports may lead to conflicts, whether on the field, within a team, or with opponents. Individuals learn to navigate and resolve these conflicts, often through constructive communication and negotiation. This ability to resolve disputes is crucial in personal relationships, the workplace, and other aspects of life.

Engaging in sports promotes physical fitness, which is closely linked to mental well-being. Regular exercise releases endorphins, which are natural mood lifters. Moreover, maintaining a healthy lifestyle through sports can reduce the risk of chronic illnesses and contribute to overall well-being. Sports have rules and codes of conduct that participants must adhere to. This instills a sense of respect for rules and fair play, fostering ethical behaviour and sportsmanship. This



respect for rules can be extended to following laws, regulations, and ethical standards in everyday life.

Sports often require quick thinking and adaptability in response to changing circumstances. Athletes must innovate on the spot, whether it's adjusting their strategy during a game or modifying their training routine to overcome an obstacle. These problem-solving skills can be invaluable in adapting to life's unexpected challenges. Engaging in sports activities often leads to the expansion of one's social circle. Interacting with teammates, coaches, opponents, and spectators provides ample opportunities to develop social skills, build relationships, and network with people from diverse backgrounds. These connections can be valuable in personal and professional life. Emotions play a significant role in sports, from the thrill of victory to the disappointment of defeat. Athletes learn to recognize and manage their emotions, as well as understand the emotions of others. This emotional intelligence can enhance interpersonal relationships and communication skill.

The goal-oriented mindset cultivated in sports encourages individuals to focus on objectives and work towards achieving them. This mindset can drive personal and professional success by instilling the habit of setting clear goals and taking deliberate steps to reach them. In sports, individuals are held accountable for their actions and performance. Athletes must take responsibility for their training, behaviour on and off the field, and the impact they have on their team. This sense of responsibility and accountability can translate to being a responsible and accountable member of society.

Sports have the potential to shape an individual's character, fostering qualities like integrity, honesty, and respect. Athletes are often role models for younger generations, and their behaviour and sportsmanship can leave a lasting impact on society. This influence highlights the responsibility of athletes to uphold high moral standards. Balancing sports with other life commitments requires effective time management and prioritization. Athletes learn to allocate their time wisely, ensuring they meet their training and competition demands while also managing other responsibilities. This skill is valuable in both personal and professional life.

Engaging in sports can expose individuals to different cultures and traditions, especially in international competitions. This can broaden one's cultural awareness and foster a sense of tolerance and inclusivity. Many sports demand sharp perceptual and cognitive skills, such as quick decision-making, spatial awareness, and pattern recognition. Developing these skills can



enhance an individual's ability to process information efficiently and make informed decisions in various contexts. The process of improvement and skill development in sports encourages a growth mindset and a commitment to lifelong learning. Athletes are constantly seeking ways to enhance their performance, whether through refining techniques, learning new strategies, or understanding the latest advancements in their sport. This commitment to continuous learning can extend to other areas of life, fostering personal and professional growth.

Sports often entail experiencing failure or defeat. Learning to cope with these setbacks, analyze what went wrong, and bounce back stronger is a valuable life skill. It teaches individuals not to be discouraged by failure but to view it as an opportunity for growth and improvement. Empathy is an essential aspect of effective teamwork. Athletes learn to understand and support their teammates, acknowledging their feelings and struggles. This ability to empathize and offer support can be beneficial in personal relationships and professional collaborations.

In sports, particularly those that require precision, focus and concentration are crucial. Athletes learn to block out distractions and maintain their attention on the task at hand. This skill is applicable in various aspects of life, including work and academic pursuits. Conflicts are an inevitable part of sports, and individuals learn to resolve them with integrity and sportsmanship. Understanding the value of fair play and the importance of respecting opponents contributes to an individual's ability to navigate conflicts in a constructive and ethical manner.

The ability to handle pressure and stress is a critical skill honed through sports. Whether it's the pressure of a critical game or the stress of high-stakes competition, athletes develop coping mechanisms that can be beneficial in demanding situations in other life domains. Sports often connect individuals with their communities, whether through local teams, sports clubs, or charity events. Engaging in these activities fosters a sense of belonging and encourages community involvement, which can be personally fulfilling and contribute to the betterment of society. Participating in sports has been associated with mental health benefits, including reduced stress, anxiety, and depression. Regular physical activity releases endorphins, which have mood-enhancing effects. Additionally, the social support and sense of accomplishment derived from sports can positively impact mental well-being.

The ethical dilemmas that arise in sports, such as doping, cheating, or unsportsmanlike conduct, challenge individuals to make ethical decisions. Learning to navigate these situations can reinforce an individual's commitment to ethical behavior in everyday life. Sports often serve





as a metaphor for life, with many lessons that can be directly applied to personal development. The determination to overcome challenges, the pursuit of excellence, and the resilience in the face of adversity mirror the struggles and triumphs of life. Sports have a profound and far-reaching impact on an individual's personality development. They instill valuable life skills, including discipline, resilience, teamwork, and goal-setting, while also enhancing self-esteem, emotional intelligence, and leadership abilities. The benefits of sports participation extend beyond the field or court, shaping individuals into well-rounded, confident, and adaptable individuals who are equipped to excel in various aspects of life. Whether through competition, teamwork, or individual pursuits, sports play a pivotal role in moulding character and fostering personal growth. Therefore, the connection between sports and personality development is not only substantial but also enduring.

## খেলে উজ্জীৱিত কৰে জীৱন



### **Dr. Bhargab Jyoti Sahariah**

**Dean of Studies, NGI**

**Principal, NIPS**

**Phone No. 9854587515**

খেল আমাৰ জীৱনৰ অপৰিহাৰ্য অংগা শৈশৱৰ পৰাই  
আমি বিভিন্ন খেল-ধেমালিৰ সৈতে জড়িত হৈ পৰোঁ।

সেয়া লাগিলে চোৰ-পুলিচেই হওক, পুতলা খেলেই নতুবা অন্যান্য শিশু-খেলেই হওক। শিশুৰ শাৰীৰিক আৰু মানসিক উৎকৰ্ষ সাধনত খেলৰ ভূমিকা অপৰিসীম। বিশেষকৈ লৰা-ছোৱালীৰ বৌদ্ধিক বিকাশত খেলে প্ৰধান ভূমিকা পালন কৰে। সেয়েহে বিদ্যায়তনিক শিক্ষাত উন্নত দেশসমূহে খেলক চামিল কৰি লয়। এক কথাত কব গলে খেল অবিহনে শিশুৰ শিক্ষাই পূৰ্ণতা নাপায়। কিন্তু দুৰ্ভাগ্যজনক এয়ে যে আমাৰ দেশত শিক্ষাৰ স্তৰ হিচাপে খেলক এতিয়াও মান্যতা



দিয়া হোৱা নাই। বৰঞ্চ আমাৰ তথাকথিত অভিভাৱকসমূহে লৰা-ছোৱালীক পঢ়া-শুনাৰ অজুহাত দেখুৱাই খেল-ধেমালিৰ পৰা বঞ্চিত কৰাহে দেখা যায়। এয়া একেবাৰে অনুচিত কথা। বৰঞ্চ এনে কৰাৰ ফলত ছাত্ৰ বা ছাত্ৰীজনীৰ বৌদ্ধিক বিকাশ বাধাপ্ৰাপ্ত হয়। লৰা-ছোৱালী সামাজিক ব্যৱস্থাৰ পৰা দূৰৈত থাকিব বা অকলশৰে থাকিব ভাল পোৱা হয়। সমস্যাৰ পৰা পলাবলৈ আৰম্ভ কৰে। জীৱনৰ সৰু-সুৰা পৰাজয়তে হতাশা হৈ পৰে। এইবোৰ কাৰকক পাঠ্যপুথি বা বিদ্যালয়ৰ শিক্ষাই শিকাব নোৱাৰে। বৰঞ্চ শিক্ষাৰ এটা ডাঙৰ অংশৰ পৰা ছাত্ৰ-ছাত্ৰীখিনি বঞ্চিত হৈ থাকে। জীৱনত জয়ী হৈ সফলতাৰ শিখৰত বগাবলৈ খেলে শিকোৱা শিক্ষাৰ বহুতেই প্ৰয়োজন। নতুন শিক্ষা নীতিত খেলক অগ্ৰাধিকাৰ দিয়াৰ পোষকতা কৰে। এইবাবেই যে খেলক বাদ দি শিক্ষা সম্পূৰ্ণ হব নোৱাৰে। তদুপৰি এখোপ আগবাঢ়ি আমি কব পাৰোঁ যে খেলৰ মাধ্যমেৰে দিয়া শিক্ষাহে উৎকৃষ্ট তথা সুদূৰপ্ৰসাৰী শিক্ষা।

এইখিনতে আমি উনুকিয়াই দিয়া ভাল হব যে খেলে আমাৰ জীৱনত এনেকুৱা কি শিক্ষা প্ৰদান কৰে। প্ৰথমেই কব লাগিব খেলে এটি সুস্থ মন আৰু সুস্থ শৰীৰ প্ৰদান কৰে। এয়া সৰ্বজনবিদিত যে খেল শৰীৰ চৰ্চাৰ শ্ৰেষ্ঠ উপায়। ইয়াৰ উপৰিও মন প্ৰফুল্লিত কৰি ৰখাৰ বাবে খেল উত্তম আহিলা। এইবোৰৰ উপৰিও খেলে কেতবোৰ আজিৰ প্ৰতিযোগিতামূলক পৃথিৱীৰ বৃত্তিমূলক শিক্ষা প্ৰদান কৰে। সকলোতকৈ ডাঙৰ শিক্ষা এয়ে যে জীৱনত জয়-পৰাজয় অবিচ্ছেদ্য অংগ। পৰাজয় পাহৰি পৰাজয়ক জয়লৈ পৰ্যবসিত কৰা চেষ্টা আৰু আনন্দক খেলৰ মাধ্যমেৰেই হৃদয়ংগম কৰিব পাৰি। আন এটি উল্লেখযোগ্য দিশ হল খেলে মানুহক সংঘবদ্ধ কাৰ্য [Team work] শিকায়। 'টীমৱৰ্ক' এতিয়া প্ৰতিটো সফল অনুষ্ঠানৰ মূলমন্ত্ৰ আৰু এইয়া খেলৰ পৰাই শিকিব পাৰি। Toyota Motors সংঘবদ্ধ কাৰ্য বা টীমৱৰ্কৰ সফলতাৰ অভূতপূৰ্ব নিদৰ্শনা কেনেকৈ জীৱনত ইজনে-সিজনক কৰা সহায়ৰ জৰিয়তে আমি সফলতা যে পাব পাৰোঁ সেয়া খেলে ভালকৈয়ে বোধগম্য কৰায়। খেলে শিকোৱা সবলতম দিশটো হল নেতৃত্বগুণ। যিকোনো দলক সন্মুখৰ পৰা বা যিকোনো সমস্যা বা কাৰ্যক সন্মুখৰ পৰা নেতৃত্ব দিবলৈ খেলে যথাযোগ্য পাঠ দিয়ো। কোনেও এককভাৱে সফলতা আহৰণ কৰিব নোৱাৰে। আনক সফল হোৱাত যিজনে সহায় কৰিব পাৰে তেওঁহে উৰ্ধগামী দিশত সদায় সফল হৈ গৈ থাকে। এই শিক্ষা খেলৰ বিনে আনে ব্যৱহাৰিকভাৱে দিব নোৱাৰে। সেইয়া এশ শতাংশই নিশ্চিত। আন এটি উল্লেখযোগ্য শিক্ষা খেলৰ মাধ্যমেৰে পোৱা যায়। সেইয়া হল প্ৰতিকূল পৰিৱেশ (Adverse conditions) নেওচা দি নিজকে সঠিক দিশত আগুৱাই লৈ যোৱা। যিকোনো বেয়া সময়ত নিজকে সংযম কৰি আগুৱাই যাবলৈ ব্যৱহাৰিক শিক্ষা খেলে প্ৰদান কৰে। খেলৰ পৰা পোৱা শিক্ষাই জীৱনৰ প্ৰয়োগশালত



ব্যৱহাৰ কৰি উন্নত তথা সুখী জীৱন কটাবলৈ পিছৰ জীৱনত সহায়ক হয়। আজিও আমাৰ অনুভৱ হয় খেল অবিহনে আমাৰ জীৱনলৈ অহা যৎকিঞ্চিৎ সফলতা তথা আশীৰ্বাদ কেতিয়াও নাহিলেহেঁতেন। যি সময়ত অভিভাৱকসকলে খেল-ধেমালিক সময় নষ্ট বুলি ভাবি আছে সেই সময়ত আমি ভাবি আছোঁ খেল-ধেমালিৰ এই মূল্যবান সময়খিনিৰ বাবেই আজি আমি নিজকে সফলভাৱে সকলো পৰিস্থিতিৰে মুখামুখি হৈ সমাজত এটা সন্মানীয় স্থানত অধিস্থিত কৰিব পাৰিছোঁ। সেয়েহে খেলৰ প্ৰতি বা খেল-খেলিবলৈ উৎসাহ যোগোৱা সকললৈ প্ৰতি আমি সদায়ে কৃতজ্ঞ। খেল খেলিলেই ৰাষ্ট্ৰীয় খেলুৱৈ এজন নহব পাৰে; কিন্তু খেল খেলি জীৱনত সফলতাৰ পাঠ ঠিকেই আহৰণ কৰিব পাৰে। এক কথাত খেলে আমাৰ জীৱন উজ্জীৱিত কৰে।

## পেৰালিম্পিক

**Mr. Diganta Saharia**

SENIOR INPUT EDITOR, PRAG NEWS



পেৰালিম্পিকত অংশ লোৱা ক্ৰীড়াবিদসকল বিশেষভাৱে সক্ষম। কাৰোবাৰ হাত নাই, আন কাৰোবাৰ ভৰি নাই। কোনোবাজনৰ হুইলচেয়াৰেই সাৰথি।

ইজিপ্তৰ ইব্ৰাহীম আল হুছেইনীৰ কথাই কও। দহ বছৰ বয়সত ৰেলৰ পৰা পৰি দুয়োখন হাত হেৰুৱাইছিল। তাৰ পিছতো কিন্তু ধৈৰ্য নেহেৰুৱালে। হাত নথকাকৈয়ে টেবুল টেনিছত অসাধাৰণ ক্ৰীড়াশৈলী প্ৰদৰ্শনেৰে সকলোকে তভক খুৱাইছে। মুখ আৰু ভৰিৰ যুগলবন্দীৰে টেবুল টেনিছৰ ব্যাকৰণেই সলনি কৰি দিছে। অসম্ভৱ বুলি যে একো নাই; ইব্ৰাহীমেই ইয়াৰ অনুপম উদাহৰণ। ১৯৮৩ চনত ইব্ৰাহীমৰ দুয়োখন হাত কটা গৈছিল আৰু তেওঁ ১৯৮৯ চনত টেবুল টেনিছত মনোনিৱেশ কৰিছিল। বৰ্তমান ইব্ৰাহীমৰ বয়স ৪৮ বছৰ। ২০১৫ চনত প্ৰতিযোগিতামূলক টেবুল টেনিছ খেলিবলৈ আৰম্ভ কৰা ইব্ৰাহীমে ২০১৬ ৰিঅ' আৰু এইবাৰৰ পেৰালিম্পিকত অংশগ্ৰহণ





কৰিছে। সম্প্ৰতি ইব্ৰাহীমৰ টেবুল টেনিছ ইণ্টাৰনেটত ভাইৰেল। ভাৰতৰ অন্যতম সফল পেৰালিম্পিয়ান দীপা মালিকৰ হুইল চেয়াৰেই সাৰথি। কিন্তু দীপাৰ জীৱনক লৈ বিষোদগাৰ নাই। তেওঁ একেধাৰে শ্বটপুটাৰ, বাইক ৰেচাৰ আৰু কাৰ ৰেচাৰ। অলপতে চীনৰ হাংজৌত সম্পন্ন হোৱা এছিয়ান পাৰা গেমছত ভাৰতে ১১১ টা পদক অৰ্জন কৰিছে।

হাত-ভৰিহীন, হুইলচেয়াৰেই চিৰসংগী খেলুৱৈসকলে সাহস নেহেৰুৱাই জীৱন যুঁজত সফলতা লাভ কৰিছে। আমাৰ বাবে এইসকল খেলুৱৈ অনুপ্ৰেৰণাৰ অমল উৎস হ'ব পাৰে।

সকলো থাকিও একাংশ লোক অসুখী, হতাশ। তেনে লোকে অদম্য মানসিকতাৰ অধিকাৰী বিশেষভাৱে সক্ষম খেলুৱৈসকলৰ পৰা জীৱনৰ পাঠ শিকা উচিত।

অসমতো বিশেষভাৱে সক্ষম খেলুৱৈৰ যথেষ্ট সম্ভাৱনা আছে। ৰাজ্য চৰকাৰে এইক্ষেত্ৰত ইতিবাচক পদক্ষেপ লোৱাৰ সময় আহি পৰিছে। পেৰালিম্পিকৰ খেলুৱৈৰ প্ৰাইজমানি অলিম্পিক খেলুৱৈৰ সমানেই।

কেন্দ্ৰীয় চৰকাৰে target olympic podium scheme ৰ অধীনত বহুকেইজন খেলুৱৈক সহায় কৰি আহিছে। এয়া ইতিবাচক দিশ।

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## NGPL, SEASON 6, 2023, PARTICIPANTS

<u>Sl. No.</u>	<u>Participating Teams</u>	<u>Sl. No.</u>	<u>Participating Teams</u>
<u>1</u>	Mata Gujri University, Bihar	<u>25</u>	D K College, Mirza
<u>2</u>	Scholar Institute of Technology & Management	<u>26</u>	Lakshmipur High School, Baksa
<u>3</u>	J.N College, Boko	<u>27</u>	Nemcare Institute of Nursing Sciences
<u>4</u>	Institute of Pharmacy, Guwahati	<u>28</u>	Chhaygoan College
<u>5</u>	Rahman Institute of Pharmaceutical Sciences and Research	<u>29</u>	PIPS, Panikhaiti
<u>6</u>	NGI Team A	<u>30</u>	Mangaldai College
<u>7</u>	Darwin Academy, Mirza	<u>31</u>	USTM
<u>8</u>	NEF College of Pharmaceutical Education & Reserch, Nagoan	<u>32</u>	Bhattadev University
<u>9</u>	Barama College, Baksa	<u>33</u>	Damdama College
<u>10</u>	NGI Faculty XI	<u>34</u>	Nagoan Homeopathic College
<u>11</u>	Lakhimpur Medical College	<u>35</u>	Rup Konwar Junior College
<u>12</u>	Pragjyotish College	<u>36</u>	Regional Dental College
<u>13</u>	Salt brook academy, Mirza	<u>37</u>	Lumding College
<u>14</u>	Pub Bongsor college, Hajo	<u>38</u>	NGI Team B
<u>15</u>	Sualkuchi BMS College	<u>39</u>	Ayurvedic College
<u>16</u>	J.B Institute of Pharmacy	<u>40</u>	Trident Academy
<u>17</u>	Career Plus Academy, Mirza	<u>41</u>	Tihu College
<u>18</u>	NEF College of Pharmacy, Lokhra	<u>42</u>	ADTU Team B
<u>19</u>	Institute of Pharmacy, Jalpaiguri	<u>43</u>	NIPER Guwahati
<u>20</u>	<u>Murazar College</u>	<u>44</u>	Narengi Anchalik Mahavidyalaya
<u>21</u>	Royal Global University, Guwahati	<u>45</u>	Guwahati University
<u>22</u>	Hetero Healthcare XI	<u>46</u>	K C Das Commerce College
<u>23</u>	ADTU, Team A	<u>47</u>	GUIST
<u>24</u>	Puthimari College		





## GLIMSES OF NGPL

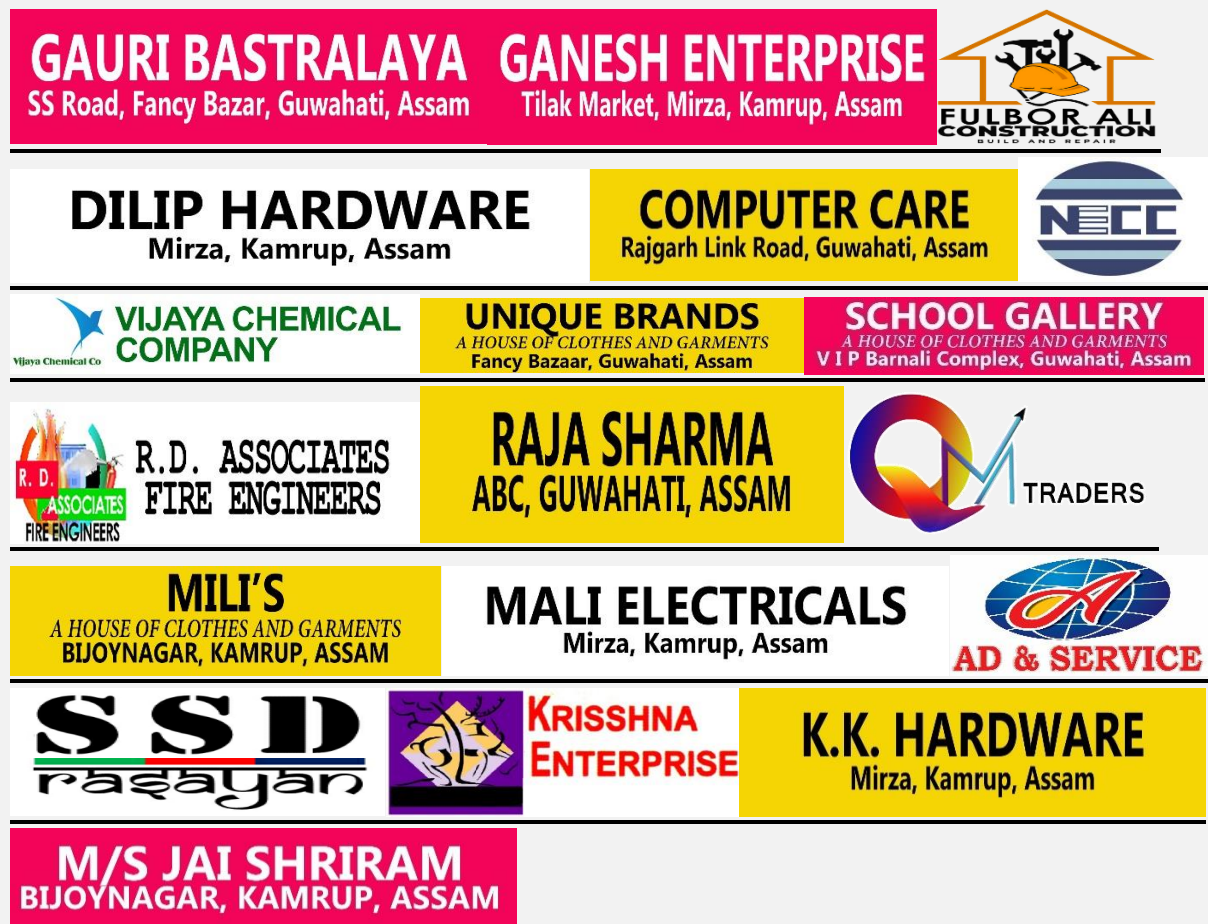




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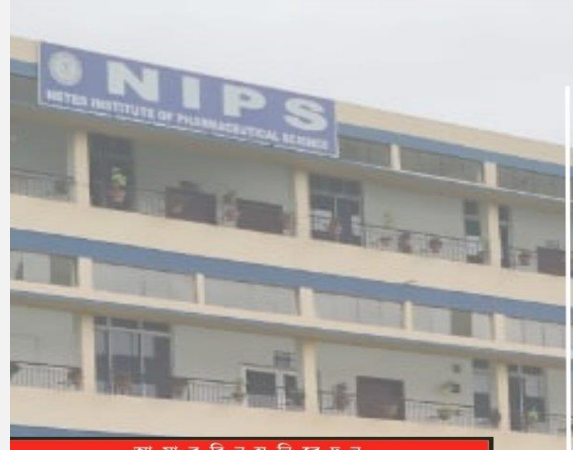
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**আ মা ব বিন ব্র নি বে দন**

প্রথমবারের বাবে অসমীয়া ভাষাত — জ্ঞানপীঠ বঁটা বিজয়ী অমিতাভ মোঘৰ দুখন বিধিবিধাত গ্রন্থ ছায়াৰেখা (The Shadow Lines) বন্ধক দ্বীপ (Gun Island) অনুঃ ইন্ডাৰনী লায়ৰ

প্ৰতিজন ভাৰতবাসীয়েই পঢ়িবলগা এখন গ্ৰন্থ নেতাজী সুভাষচন্দ্ৰ বসুৰে লিখা ভাৰতৰ স্বাধীনতা সংগ্ৰাম অনুঃ হেমন্ত ডেকা ডা' বক্তিমগল্পন শইকীয়াৰ প্ৰাক্ ঔপনিবেশিক অসমৰ অৰ্থনৈতিক ইতিহাস

জ্বালমান কমপ্ৰিভ মিডিয়াটেক্স ডিজিটেল অন্বেষণঃ প্ৰশান্ত দত্ত শশীম জেথুলাকাৰ সন্দেহৰ পাত খেলি সোণে আছৰজীৱনী অন্বেষণঃ অশ্বিনী বেজবৰুৱা অকল্হাটী বাঘ দ্যা গাভ্ৰ অৰ ফলা বিছে ওলপজাৰ পুঁজি মাৰুহেলোৰ অন্বেষণঃ মনহতা দত্ত

শিৱসেনা বিজ্ঞানত্ৰ অমৰ্ত্য সেনেৰ তৰ্কপ্ৰায় ভাৰতীয় ডা' নিৰ্মাণা দেৱী খাম্বা আৰু স্বাস্থ্যৰ সাধনা মনিৰা দেৱী সম্বিক্ৰমী কলনা লাভনী ছুপেন হাজৰিকাঃ এজ আই নিটা হিমে কুশ্পা সাহিত্ৰী দ্য দ্য'লেট অনুঃ ইন্ডাৰনী লায়ৰ



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