



Unveiling Excellence

USTM

SPORTS MANAGEMENT POLICY

(Chapter - XXIV, University Policies & Guidelines)



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 endeavored 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:

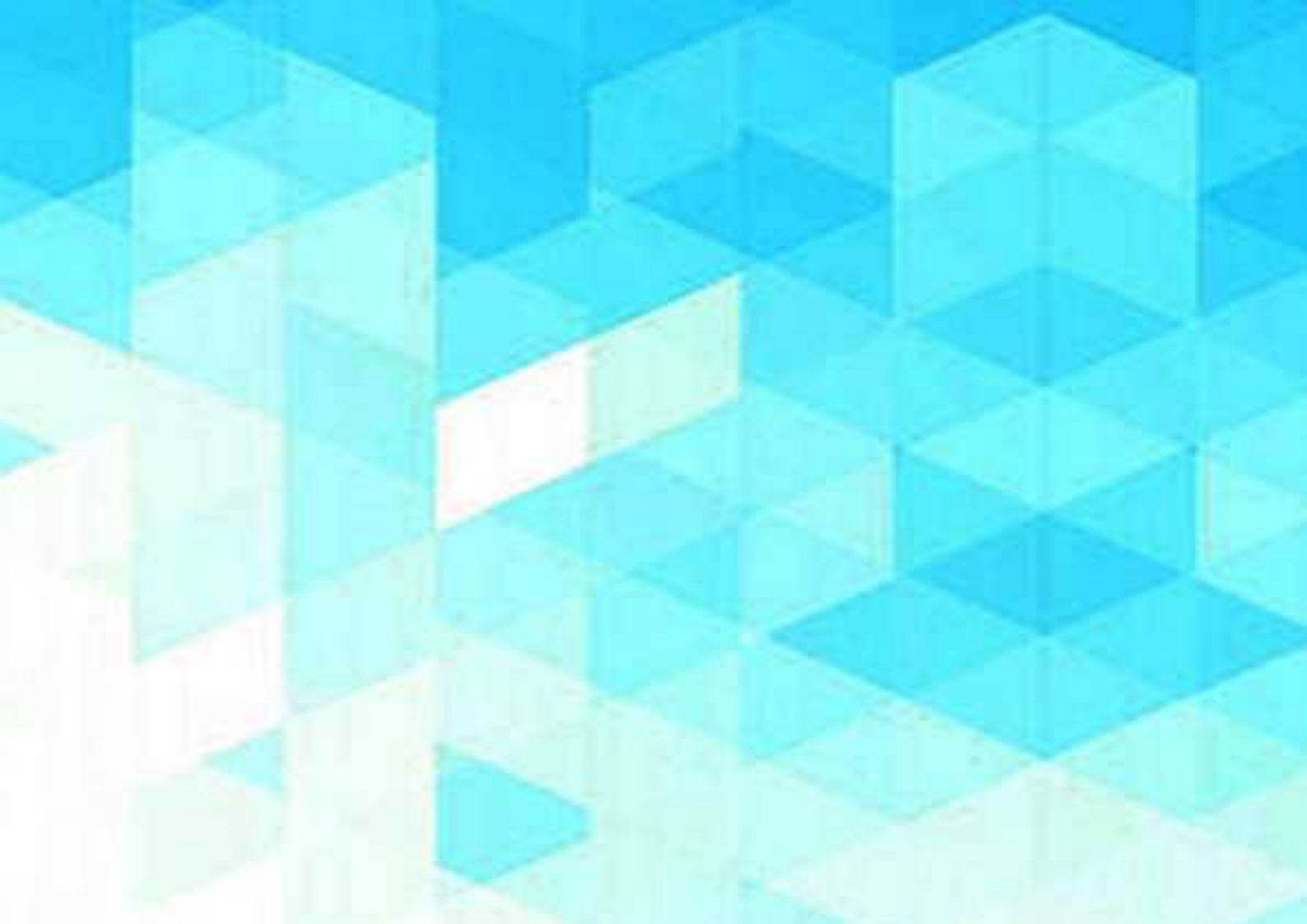
- To institute organized safe instructions and training for all members of the team.
- To provide an enjoyable environment while executing game rules and regulations as related to player's skill levels.
- To attend team practices and accompany teams to all games and tournaments.
- To assist the team 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.



Campus

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USTM

- ▶ Forum & Club
- ▶ Calender
- ▶ Infrastructure
- ▶ Achievments
- ▶ Competitions
- ▶ Policy



Unveiling Excellence

Visual Report Sports Activities

Compiled by : University Sports Forum



University Sports Forum

Minutes of the Meeting of USTM Sports Forum

Date: 19th July, 2018

Annual Report of University of Science and Technology Meghalaya Sports Forum for the year 2018-19

As per notification of Sports Forum, Dated 21/05/18 a meeting was held on 1st June, 2018 in presence of the Sports Forum committee. The meeting called to discuss the arrangement and look after the Sports activities for the year 2018-19 of USTM.

Following Members were present:

1. Registrar, USTM	Chairperson
2. Dy.Registrar, USTM	Member
3. Dean Students welfare, USTM	Member
4. Coordinator Cricket, Student	Member
5. Coordinator Football, Student	Member
6. Coordinator Gymnasium, Student	Member
7. Coordinator Volleyball, Student	Member
8. Coordinator Badminton, Student	Member
9. Coordinator Athletics, Student	Member
10. Coordinator Basketball, Student	Member
11. Sports Officer	Member
12. Sports Convener	Member Secretary

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



ANNUAL SPORTS CALENDAR 2018-2019

Sl No	Details of the Events	Date of Competition	Name of the Events	Category
1.	World Environmental Day	5th June, 2018	Cricket	Men
2.	International Yoga Day	21st June, 2018	Yoga	Men
3.	International Olympic Day	23rd June, 2018	Cricket	Women
4.	International Youth Day	12th August, 2018	Kabaddi	Women
5.	Independence Day	15th August, 2018	Volleyball	Men
6.	National Sports Day	29 th August, 2018	Cricket	Women
7.	National Nutrition Week	01st September, 2018	Football (Men),	Men
8.	Teacher's Day	5th September, 2018	Volleyball	Women
9.	International Day of Democracy	15th September, 2018	Kabbadi	Women
10.	Gandhi Jayanti	02nd October, 2019	Carom	Women
11.	Rastriya Ekta Diwas	31st October, 2018	Volleyball	Men
12.	On the occasion of Pre- Christmas day	24th December, 2018	Badminton	Women
13.	Christmas Celebration	25th December, 2018	Badminton	Men
14.	New Year Celebration	01st January, 2019	Tug of war	Women
15.	National youth Day	12th January, 2019	Table Tennis	Men
16.	Nataji Day	23rd January, 2019	Cricket	Women
17.	Republic Day	26th January, 2019	Cricket	Men
18.	Varsity Week	23rd to 26th Jan, 2019	--	--
19.	NEGC	15th to 17th Feb 2019	--	--
20.	National Science Day	28th February, 2019	Chess	Men
21.	International Women Day	8th March, 2019	Cricket	Women
22.	World Earth Day	22nd April, 2019	Badminton	Men
23.	National Technology Day	11th May, 2019	Kabbadi	Men



University Sports Forum

PORTFOLIOS OF BASKETBALL CLUB- 2018-19

SL. NO	PORTFOLIOS	NAME OF THE STUDENTS	DEPARTMENT
1.	Basketball Secretary	Ringsat Basumatary	Botany
2.	Member	Techi Stephen	English
3.	Member	Bansaralang Nongsiej	B.Ed
4.	Member	Kezholeho Natso	Rural Development
5.	Member	Tapi Utwng	Physiotherapy
6.	Member	Bigya Anand	Food Science
7.	Member	Supongkaba Jamir	Physiotherapy
8.	Member	Radhe Yobing	Business Administration

PORTFOLIOS OF CRICKET CLUB- 2018-19

SL. NO	PORTFOLIOS	NAME OF THE STUDENTS	DEPARTMENT
1.	Cricket Secretary	Aman Kalita	Business Administration
2.	Member	Promod Chetri	Computer Science
3.	Member	Raj Dutta	Commerce
4.	Member	Ijai Amin	Commerce
5.	Member	Biraj Kumar Paul	Physics
6.	Member	Abdul Aziz Alaman Laskar	Business Administration
7.	Member	Jahnu Pratim Chowdhury	Food Science
8.	Member	Nominur Ahmed	Microbiology
9.	Member	Wahiduz Zaman	Commerce
10.	Member	Partha Pratim Nath	Commerce
11.	Member	Somiranjana Gogoi	Botany
12.	Member	Mazharul Islam Azad	English
13.	Member	HM Nekibuz Zaman	English
14.	Member	Kayen Yomso	Microbiology

PORTFOLIOS OF FOOTBALL CLUB- 2018-19

SL. NO	PORTFOLIOS	NAME OF THE STUDENTS	DEPARTMENT
1.	Football Secretary	Andrew Tuolor	Sociology
2.	Member	Sameer Hussain	Microbiology
3.	Member	HB Warningson Anal	Physics
4.	Member	Marshal Thaosen	Sociology
5.	Member	Sagar Goyari	Business Administration
6.	Member	Dhav Chakma	Food Science
7.	Member	Miftaur Zaman	Sociology
8.	Member	Himanshu Borgohain	English
9.	Member	Chungkham Dingku Singh	Sociology
10.	Member	Benjamin Daimary	Sociology
11.	Member	Noklam L Konyak	Botany

University Sports Forum

PORTFOLIOS OF SPORTS FORUM- 2018-19

Sl No	PORTFOLIOS	NAME OF THE STUDENTS	DEPARTMENT
1.	Convener	Rizaul Karim Ahmed	Department of Zoology
2.	Chief Sports Co-ordinator	Sagar Goyari	Business Administration
3.	Joint Chief Sports Co-ordinator	Ijaj Amin	Commerce
4.	Co-ordinator Cricket	Aman Kalita	Business Administration
5.	Assistant Co-ordinator Cricket	Raj Dutta	Commerce
6.	Co-ordinator Football	Andrew Tuolor	Sociology
7.	Assistant Co-ordinator Football	Benjamin Daimary	Sociology
8.	Co-ordinator Gymnasium	Shivam Kr. Singh	Business Administration
9.	Assistant Co-ordinator Gymnasium	Perveez Sahil	Computer Application
10.	Co-ordinator Volleyball	Dibyajoti Barpatra	Microbiology
11.	Assistant Co-ordinator Volleyball	Sahidul Alam	Physiotherapy
12.	Co-ordinator Indoor Games	Bidisha Borthakur	Sociology
13.	Assistant Co-ordinator Indoor Games	Charming Ch Marak	Chemistry
14.	Co-ordinator Basketball	Ringsat Basumatary	Botany
15.	Assistant Co-ordinator Basketball	Bansaralang Nongsiej	B.Ed,
16.	Co-ordinator Athletics	Trisha Duarah	Zoology
17.	Assistant Co-ordinator Athletics	Zahid Hassian	Business Administration

University Sports Forum

PORTFOLIOS OF VOLLEYBALL CLUB- 2018-19

SL. NO	PORTFOLIOS	NAME OF THE STUDENTS	DEPARTMENT
1.	Gym Secretary	Shivam Kumar Singh	Administrative Governance
2.	Member	Kayon Yomso	Microbiology
3.	Member	Dakyi Angu	Zoology
4.	Member	Ashraful Islam	Physiotherapy
5.	Member	Dildar Babul Ahmed	Physiotherapy
6.	Member	Wakilur Rahman	Physiotherapy
7.	Member	Perveez Sahil	Computer Application

PORTFOLIOS OF VOLLEYBALL CLUB- 2018-19

SL. NO	PORTFOLIOS	NAME OF THE STUDENTS	DEPARTMENT
1.	Volleyball Secretary	Dibyajoti Barpatra	Microbiology
2.	Member	Sahidul Alam	Physiotherapy
3.	Member	Mara Dussa Hlychho	Zoology
4.	Member	Amardeep Boro	Computer Application
5.	Member	Ruve Khamo	Rural Development
6.	Member	Virili Jingru	Rural Development
7.	Member	Zakuvito	Rural Development
8.	Member	Ayushman Talukdar	Physics
9.	Member	Lalrinchhana	Commerce



University Sports Infrastructure

SL No.	Sports Fields/ Courts	Specification	No of Fields	Establish Year	User Rate	Responsible Person
1	Football Field	90 m×60m	01 No	2013	Daily	Mr. Villedaizo Kreditsu
2	Basketball Court	28m×15m	02 No (Boys & Girls)	2015	Daily	Mr. Subhash Limbu.
3	Badminton Court	13.4m×5.18 m	04 Nos (Boys & Girls)	2014	Daily	Mr. Rizaul Ahmed
4	Volleyball Court	18 m× 9m	02 Nos (Boys & Girls)	2013	Daily	Mr. Jadav Thakuria
6	Kho Kho Court	27 m×16 m	01 No	2013	Occasionally	Mr. Jadav Thakuria
7	Kabaddi Court	13 m ×10 m	01 No	2014	Occasionally	Mr. Rizaul Ahmed
8	Cricket Field (Net Practice area)	16m×3.6m	01 No	2013	Daily	Mr. Sudipta Nag
9	Gymnasium Hall	16m×6m	02 No (Boys & Girls)	2013	Daily	Mr. Abdul Kadir

Sports items / Fitness Materials

SL No	Items	Quantity
1	Football	11 Nos
2	Corner Flag	4 Nos
3	Side flag	10 Nos
4	Shin Pad	12 Nos
5	Futsal Ball	4 Nos
6	Volleyball	15 Nos
7	Basketball	2 Nos
8	Shot put	2 Nos
9	Discus	4 Nos
10	Baseball	9 Nos
11	Cone	62 Nos
12	Marker	40 Nos
13	Hurdle	10 Nos
14	Step Ladder	1 Nos
15	Bibs (green & orange)	31 Nos
16	Pumper	1 Nos
17	Tennis Ball	5 Nos

Sports items / Fitness Materials

18	Fencing net	5 Nos
19	Tug of War rope	1 Nos
20	Cricket Leg guard	7 Nos
21	Volleyball Net	3 Nos
22	Basketball Net	4 Nos
23	Substitute board	1 Nos
24	Volleyball Antenna	4 Nos
25	Cricket Bat	4 Nos
26	Wicket	1 set
27	Chess	7 Nos
28	Table Tennis Bat	8 Nos
29	Table Tennis Ball	10 Nos
30	Table Tennis Net	1 Nos
31	Table Tennis Clip	2 Nos
32	Badminton Rekat	3 Nos
33	Table Tennis Table	1 Nos
34	Carrom Board	5 Nos
35	Kho Kho Poll	1set
36	Goal Post	1 set
37	Measuring Tape	3 Nos
38	Weight Machine	2 Nos
39	Stop Watch	2 Nos
40	Carry Bag	2 Nos
41	Swiss Ball	4 Nos
42	Home Theatre	1 Nos
43	Table tennis	01 No
44	Carom	05 nos
45	Chess	05 Nos
46	Lat Pulldown (viza)	1 Nos
47	Seated Cable Row (viza)	1 Nos
48	Shoulder Press (viza)	1 Nos
49	Cable Crossover (viza)	1 Nos
50	Standing Swister (viza)	1 Nos
51	Seated Leg Curl (Aerofit)	1 Nos
52	Leg Extension (Aerofit)	1 Nos
53	Smith Machine (Aerofit)	1 Nos
54	Squat Rack (Aerofit)	1 Nos
55	Pull up Dip Station (Aerofit)	1 Nos
56	Preacher Bench(Aerofit)	1 Nos

Sports items / Fitness Materials

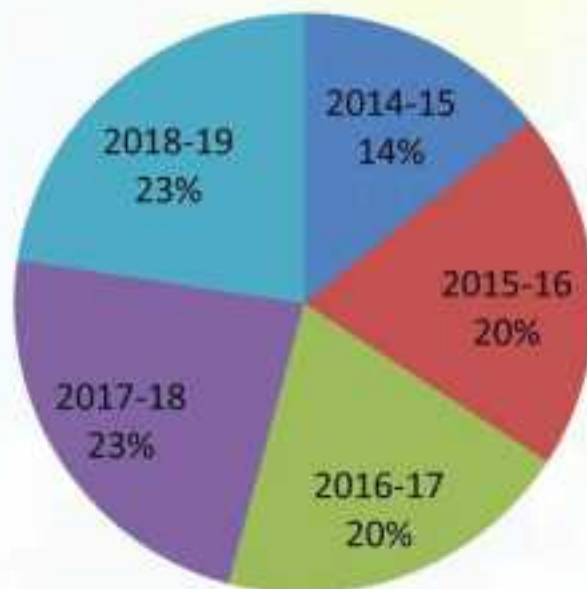
57	Olympic Flat Bench (Aerofit)	1 Nos
58	Olympic Incline Bench (Aerofit)	1 Nos
59	Olympic Decline Bench (Aerofit)	1 Nos
60	Adjustable Bench (Aerofit)	1 Nos
61	Flat Bench (Aerofit)	2 Nos
62	Dumbell Rack (viza)	1 Nos
63	Barbell Rack (viza)	1 Nos
64	Incline Chest Press (Aerofit)	1 Nos
65	Triceps Rope (Aerofit)	1 Nos
66	Upright Bike (Aerofit)	1 Nos
67	Incline Abdominal Bench	1 Nos
68	Stepper (Aerofit)	6 Nos
69	Swiss Ball (Aerofit)	4 Nos
70	Medicine Ball (Aerofit)	2 Nos
71	Wrist Curl (viza)	1 Nos
72	Skiping Rope (Aerofit)	4 Nos
73	Weight Lifting Belt (Ponther)	9 Nos
74	Push up Stand (Aerofit)	4 Nos
75	Kettle Bell (Aerofit)	8 Nos
76	Yoga Met (Aerofit)	19 Nos
77	Olympic Barbell 7 feet (Aerofit)	3 Nos
78	Olympic Bar Lock (Aerofit)	4 Nos
79	Normal Bar Bell (viza)	14 Nos
80	Plates Stand (viza)	1 Nos
81	EZ Barbell (Aerofit)	1 Nos
82	Olympic Bar Bell (Aerofit)	2 Nos
83	High Pulley Lat Bar (viza)	2 Nos
84	Triceps Push down Bar (viza)	5 Nos
85	2× D Handle (viza)	2 Nos
86	Row Grip Handle Bar	1 Nos
87	30 kg Rubber Dumbell (Aerofit)	4 Nos
88	18 kg Iron Dumbell (viza)	2 Nos
89	12.5 kg rubber Dumbell (Aerofit)	4 Nos
90	10 kg rubber Dumbell (Aerofit)	8 Nos
91	10 kg Iron Dumbell (viza)	4 Nos
92	7.5 kg rubber Dumbell (Aerofit)	4 Nos
93	5 kg rubber Dumbell (Aerofit)	8 Nos
94	3 kg Iron Dumbell (viza)	2 Nos
95	3 kg rubber Dumbell (Aerofit)	2 Nos

Sports items / Fitness Materials

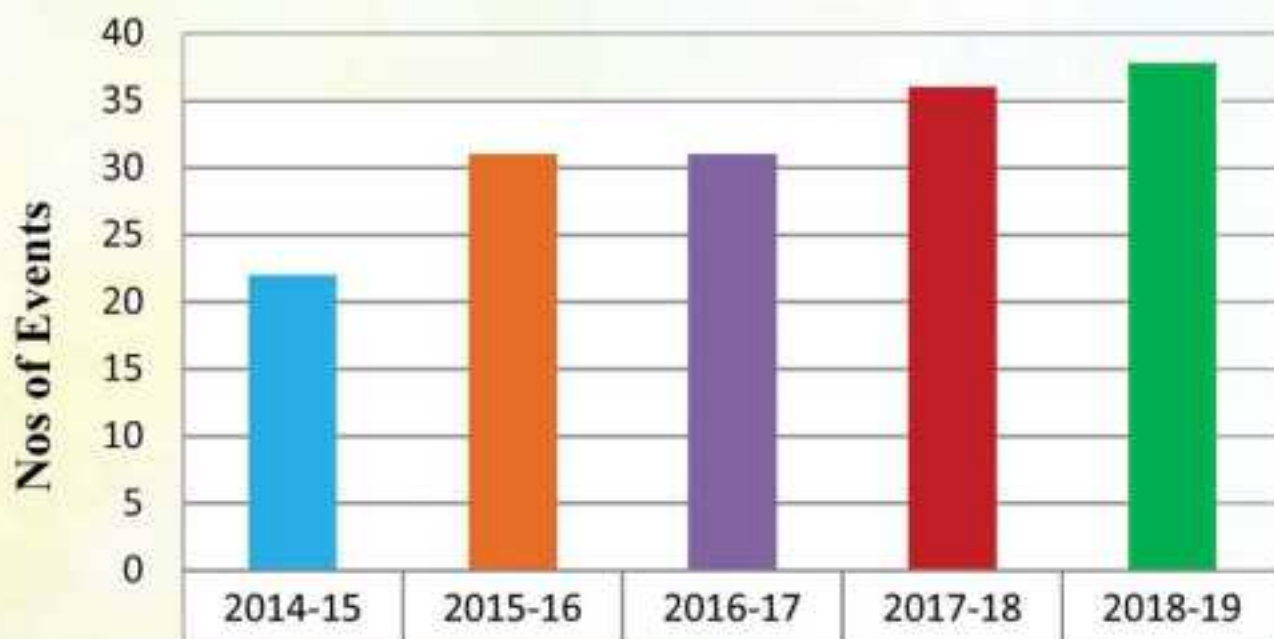
96	2.5 kg rubber Dumbell (Aerofit)	8 Nos
97	2 kg rubber Dumbell (Aerofit)	4 Nos
98	2 kg Iron Dumbell (viza)	4 Nos
99	1 kg rubber Dumbell (Aerofit)	2 Nos
100	1 kg iron Dumbell (viza)	2 Nos
101	20 kg rubber Plates (Aerofit)	6 Nos
102	15 kg Rubber Plates (Aerofit)	6 Nos
103	15 kg Iron Plates (viza)	2 Nos
104	10 kg rubber Plates (Aerofit)	10 Nos
105	10 kg iron Plates (viza)	2 Nos
106	5 kg rubber Plates (Aerofit)	8 Nos
107	5 kg Iron Plates (viza)	2 Nos
108	4 kg Iron Plates (viza)	4 Nos
109	3 kg iron Plates (viza)	2 Nos
110	2.5 kg iron Plates (viza)	2 Nos
111	2.5 kg rubber Plates (Aerofit)	8 Nos



**Average Numbers of Sports Event Organized by
USTM During the last Five Years**



**Average Numbers of Sports Event Organized by
USTM During the last Five Years**



Achievement : Few Visuals



PYROKINESIS, Organized by Assam Engineering College, Winner Award on Futsal



North East Graduate Congress (NEGC) 2019, Volleyball Winner

Achievement : Few Visuals



North East Graduate Congress (NEGC) 2019, Volleyball Winner



North East Graduate Congress (NEGC) 2019, Volleyball Winner

Achievement : Few Visuals



Best Player Award of Different games in North East Graduate Congress (NEGC)



*Best Player Award, Pao Ka Lal, PYROKINESIS 2019,
Organized by Assam Engineering College.*

Achievement : Few Visuals



North East Graduate Congress (NEGC)-2019 Cricket Award



Best Players in Football, North East Graduate Congress (NEGC)-2019

Achievement : Few Visuals



Best Players in Football, North East Graduate Congress (NEGC)-2019



Cricket Winner, North East Graduate Congress (NEGC)-2019

Achievement : Few Visuals



Best Player in Cricket, North East Graduate Congress (NEGC)-2019



C- Division Football Winner, 2019

Achievement : Few Visuals



Guwahati Hlt and run cricket, Runners up Award



*Samson Suting, Golden Ball award,
Reliance Foundation College Football Tournament 2018-19*

Achievement : Few Visuals



*Samson Suting, Golden Ball award,
Reliance Foundation College Football Tournament 2018-19*



Kaushik Baruah Memorial Cricket Tournament, Best Bats men Award

Achievement : Few Visuals



NERICT, Basketball Runners up award



NERICT, Basketball Runners up award

Achievement : Few Visuals



Guwahati Hlt and run cricket, Runners up Award



Kaushik Baruah Memorial Cricket Tournament, Best Discipline Team Award

Competition : Few Visuals



Pre-Christmas 2014, Badminton Competition



NEGC 2018, Badminton Competition



NEGC 2019, Badminton Competition (Women)



Varsity Week, Cricket



Netaji Day, Inter Department Cricket Competition (Women)



Republic Day, Friendly Cricket Match, Admin. Vs Faculty

Competition : Few Visuals



Inter Departmental Cricket Competition



Cricket Competition



National Sports Day 2015, Football Competition



NEGC, Football



NEGC, Football

Competition : Few Visuals



NEGC, Football



Futsal Competition, NEGC



Football Competition

Competition : Few Visuals



volleyball Competition



Volleyball Competition, NEGC



Carom Competition for North East Graduate Congress



National Youth Day 2018, Chess Competition

Competition : Few Visuals



National Youth Day 2014, Table Tennis Competition



National Youth Day 2015, Chess Competition



Carrom Competition



National Youth Day 2014, Carrom Competition



Inter Departmental Kabaddi Competition



National Sports Day, Kabaddi Competition

Competition : Few Visuals



Kabaddi Competition



Kabbaddi Competition (Women)



Kabaddi Competition



NEGC, Women Kabaddi Competition



Kho Kho Competition



Tug of War Competition



Yoga Competition

Different Review Meetings photograph



Few Media Coverage

The Assam Tribune

North East Graduate Congress ends at USTM



North East Graduate Congress, which was held at USTM, Guwahati, from February 12 to 14, 2015, has come to a successful conclusion. The event, which was the first of its kind, was attended by over 100 students from various universities in the North East. The students participated in a variety of activities, including a cultural program, a quiz competition, and a group discussion. The event was organized by the USTM and was a great success. The students who participated in the event were very talented and their performance was very impressive. The event was a great opportunity for the students to showcase their talents and to interact with each other. The USTM is proud to have hosted such a successful event and we look forward to hosting more such events in the future.

THE MEGHALAYA GUARDIAN

SHILLONG MONDAY 8 FEBRUARY 16, 2015

NEGC ends at USTM with participation of more than 10,000 students



The North East Graduate Congress (NEGC) held at USTM, Guwahati, from February 12 to 14, 2015, has come to a successful conclusion. The event, which was the first of its kind, was attended by over 10,000 students from various universities in the North East. The students participated in a variety of activities, including a cultural program, a quiz competition, and a group discussion. The event was organized by the USTM and was a great success. The students who participated in the event were very talented and their performance was very impressive. The event was a great opportunity for the students to showcase their talents and to interact with each other. The USTM is proud to have hosted such a successful event and we look forward to hosting more such events in the future.

The Assam Tribune

North East NSS fest concludes

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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. Rizaual 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.

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