



অধ্যক্ষৰ কাৰ্যালয়

জৱাহৰলাল নেহৰু মহাবিদ্যালয়

বকো : কামৰূপ : অসম : পিন- ৭৮১১২৩

Office of the Principal
JAWAHARLAL NEHRU COLLEGE

Boko : Kamrup : Assam : Pin-781123

Reaccredited with B⁺⁺ Grade by NAAC

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Ref No. JNC/IC/BBC/2023-24/324

Date ...19.03.2024

From :

Dr. Tapan Dutta, M.Sc., Ph. D.

Principal & Secretary

To

The Principal

Colleges affiliated under Gauhati University

Sub: Invitation for Gauhati University Inter College Arm Wrestling Tournament (Boys & Girls) & Inter College Body Building Championship (Boys) -2024

Respected Sir/Madam,

Greetings from Jawaharlal Nehru College, Boko. I am happy to share with you that Jawaharlal Nehru College, Boko is celebrating its Diamond Jubilee Year and as a part of this celebration we have been organizing various academic as well as co- scholastic events during this period.

It is a matter of immense pleasure to inform you that the Gauhati University Sports Board has accorded us permission to organise the **Gauhati University Inter College Arm Wrestling Tournament (Boys & Girls) & Inter College Body Building Championship-2024 (Boys)** and accordingly, both the categories are scheduled to be held on 6th April, 2024 at Jawaharlal Nehru College, Boko, Kamrup.

Therefore, on behalf of the college fraternity I earnestly request your kind cooperation to make to make this event a grand success. Kindly confirm the participation of your college on or before 2nd April, 2024. The final list of participating colleges for the Inter College Arm Wrestling Tournament & Body Building Championship-2024 will be prepared and uploaded on the college website after getting the conformation from the participating colleges.

All the necessary papers in connection with these events are enclosed herewith for favour of your information and necessary action. Soliciting a positive response from your end.

With regards.

Yours Sincerely

(Dr. Tapan Dutta)

PRINCIPAL
JAWAHARLAL NEHRU COLLEGE
BOKO, KAMRUP, ASSAM



**GAUHATI UNIVERSITY
INTER COLLEGE**



**ARM
WRESTLING**

TOURNAMENT - 2024

BOYS & GIRLS



**GAUHATI UNIVERSITY
INTER COLLEGE**



**BODY
BUILDING
CHAMPIONSHIP - 2024**

BOYS ONLY

**-ORGANISED BY-
JAWAHARLAL NEHRU COLLEGE, BOKO
UNDER
GAUHATI UNIVERSITY SPORTS BOARD**

Date : 6th April, 2024

Venue : Jawaharlal Nehru College, Boko, Kamrup, Assam.

CONTACT DETAILS :

Website : www.jncollegeboko.ac.in

Phone no. 9101032645 / 9707681379

Email : principaljnc13@gmail.com

**Organizing Committee
Gauhati University Inter
College Arm Wrestling
Tournament (Boys &
Girls) & Inter College
Body Building
Championship (Boys) -2024**

Chief Patron :
Prof. P.J. Handique
Vice-Chancellor
Gauhati University.

Advisor :
Dr. Ranjan Kr. Kakati
D.S.W.
Gauhati university

L.K Sharmah
President
G.B., J. N. College, Boko

President :
Dr. Tapan Dutta
Principal
J.N. College, Boko

Secretary :
Dr. Tapan Kr. Deka
Dr. Habibur Rahman

Chief Technical Advisor :
Mr. Manoranjan Kalita
Secretary
Association of Body Builders'
Kamrup

Members :
Mr. Golap Rabha

Dr. Dhiraj Kr. Das
Co-ordinator
IQAC, J.N. College

Mr. Pinaki Kr. Rabha
Associate Prof., J.N. College

Mrs. Ruptalin Engtupi
Asstt. Prof., J.N. College

Mr. Lokapriya Das
Mr. Mohan Singh Rabha
Mr. Nishthar Boro
Mr. Champak Rabha
Mr. Jyotishman Rabha



DIAMOND JUBILEE CELEBRATION YEAR



To

The Principal
Colleges Affiliated to Gauhati University

Sub: Requesting participation in the **Gauhati University Inter College Arm Wrestling Tournament (Boys & Girls) & Inter College Body Building Championship (Boys) -2024**

Sir/Madam,

It is a matter of immense pleasure to inform you that the Gauhati University Sports Board has accorded permission to Jawaharlal Nehru College, Boko, Kamrup, Assam to organise the Gauhati University **Inter College Arm Wrestling Tournament(Boys & Girls) & Inter College Body Building Championship–2024 (Boys)** and accordingly, both the categories are scheduled to be held on 6th April, 2024 at Jawaharlal Nehru College, Boko, Kamrup.

Therefore, you are earnestly requested to confirm the participation of your college in the said tournament on or before 2nd April, 2024. The final list of participating colleges for the Inter College Arm Wrestling Tournament & Body Building Championship–2024 will be prepared and uploaded on the college website after getting the confirmation from the respective colleges.

All the necessary papers in connection with these events are enclosed herewith for favour of your kind information and necessary action. Soliciting a positive response from your end.

With regards
Yours Sincerely-

(Dr. Tapan Kr. Deka)
Secretary
Organising Committee

(Dr. Tapan Dutta)
Principal
J. N. College, Boko

GAUHATI UNIVERSITY INTER COLLEGE ARM WRESTLING AND BODY BUILDING COMPETITION

PROFORMA FOR ELIGIBILITY OF PARTICIPANTS

Name and Address of the College:-

.....

Name of the Prof. in charge:-.....

Manager / Coach: -

Contact no. of Prof. in charge:-.....

Participation in Inter College Arm Wrestling (Boys & Girls)/Body Building (Boys)
(Please tick the mark).

Sl. No	Name of the Participants	Category	Date of Birth	Year of Passing HSLC	Present Class/ Semester	Roll No.	Signature	Paste Recent Pasport Size Photographs
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								

(N.B. Institutions participating in the events should use separate eligibility proforma for both Boys and Girls)

1. Accommodation is required by the participants - Yes/No
- Certified that the above particulars are true as per records of the college and they are not employees, whole time or part time anywhere.
- The scanned copy of duly filled in form may kindly be mailed to principaljnc13@gmail.com by 2nd April, 2024.



Seal & Signature of the Principal

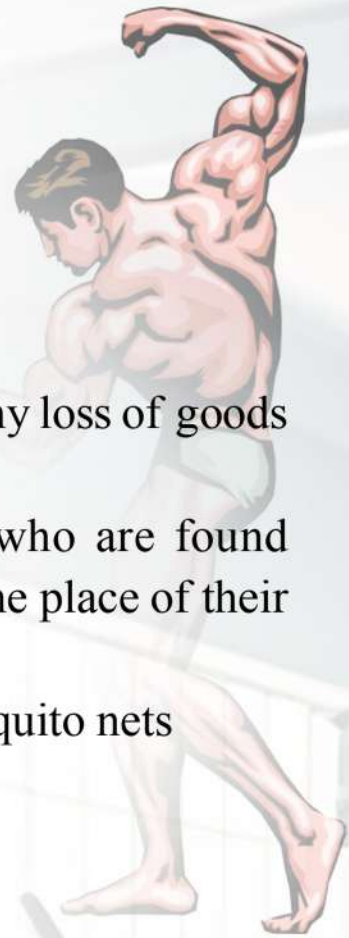


INFORMATION

RULES AND REGULATIONS FOR ARM WRESTLING TOURNAMENT/ BODY BUILDING CHAMPIONSHIP - 2024

The competition will be held under the Rules and Regulation of IAF, Assam Arm Wrestling Association.

1. The tournament is open for both Boys and Girls.
2. Reporting, Registration, Weighing and other verification for Arm Wrestling 6th of April, 2024 at 9.30 AM on wards
3. The last date of registration is 2nd of April, 2024 before 5 p.m.
4. The Arm wrestling tournament will be held only in Right Hand on Standing Arm Wrestling Table.
5. Wearing of proper dress codes is mandatory for all participants. The Round Neck T-Shirt with Lower Track Pant along with Sports Shoes. Every Participant must print their College Name on the Back and College Logo on Front of the T Shirt.
6. The participants should abide by the rules and regulation of Indian Arm Wrestling Federation (IAF).
7. Weight classification: MEN SECTION :- 55 kg, , 60 kg, 65 kg, 70 kg, 75 Kg, 80 kg, 85kg, 90 kg, 100kg, 110kg & +110 kg . WOMEN SECTION :- 50 kg, 55 kg, 60 kg, 65kg,70 kg, 80 kg, 90kg, & +90 kg
8. In the event of any dispute, the decision of the technical Committee will be final and binding.
9. Colleges can send maximum of one participant for each Weight Category for both Boys and Girls
10. Matches may be played under lights also. Participants are required to bring their own wrist band, knee cap, belt and other accessories.



GENERAL RULES

1. The Organizing Committee will not be responsible for any loss of goods during the stay in the college.
2. Disciplinary action will be taken against the team who are found responsible for any damage done to the college property or the place of their stay during the tournament.
3. Participating teams are required to bring their own mosquito nets and clothes necessary for their lodging.

INFORMATION OF ELIGIBILITY

1. A student shall represent a college only on the following conditions:
 - a. If he/she is a bonafide student of the college/institution under Gauhati University.
 - b. If he/she is not above 25 years of age on 1st July, 2024.
 - c. Only TDC and PG classes under Gauhati University participants will be allowed to participate in the tournament.
2. Each of the players shall have to submit the following documents at the time of registration:
 - a. College Identity Card (up to date)
 - b. A recent passport size colour photograph duly signed by the Principal.
 - c. Certificate for age proof viz. HSLC Admit Card / Aadhar Card / PAN Card etc. must be produced by candidates in original. (no duplicate copies will be accepted)
3. The enclosed proforma of the eligibility of the players duly signed by the principal of the college must be submitted in duplicate to the Organizing Committee at the time of registration.
4. A player who has appeared in a University Examination and has been waiting for the declaration of the result shall be allowed to play for the college from which he/she appeared in the examination as a regular student.

5. The Organizing Committee will take appropriate decision/action on receipt of any complaint, problem in black and white regarding age of players, playing conditions etc. The complaint shall have to follow certain procedures to lodge any kind of complaint.
6. The decision of the Organizing Committee shall be final and binding in all respects.

INFORMATION ON EXPENSES

1. Each participant team shall bear the traveling expenses of its own contingent.
2. Participating college has to pay Registration Fee of Rs. 1500/- per event (Arm Wrestling / Body Building)
3. Registration fee of Rs. 300/- for each participant.
4. Lodging of the team/individual participant will be arranged by the Organizers only on request.
5. The participating team must show the receipt (duplicate copy) of the GU Sports Board affiliation fee. If the participating team has not paid the affiliation fee, they have to pay Rs 1000/- as GU Sports Board affiliation fee.

IMPORTANT INFORMATION

1. The participants are requested to go through detailed information uploaded on the college website : www.jncollegeboko.ac.in
2. The proforma of eligibility of participants can be downloaded from the college website.
3. The filled up proforma for eligibility of participants duly signed by the principal of the respective colleges should be submitted through mail to principaljnc13@gmail.com on or before 2nd April, 2024. Original copy should be submitted at the time of registration.
4. Any further clarifications sought by candidates may be cleared by over phone. Contact organizing Secretary for any clarification. Ph. 9101032645
5. Final list of colleges enrolled for participation in the tournament will be uploaded in the college website on 5th of April, 2024 evening.