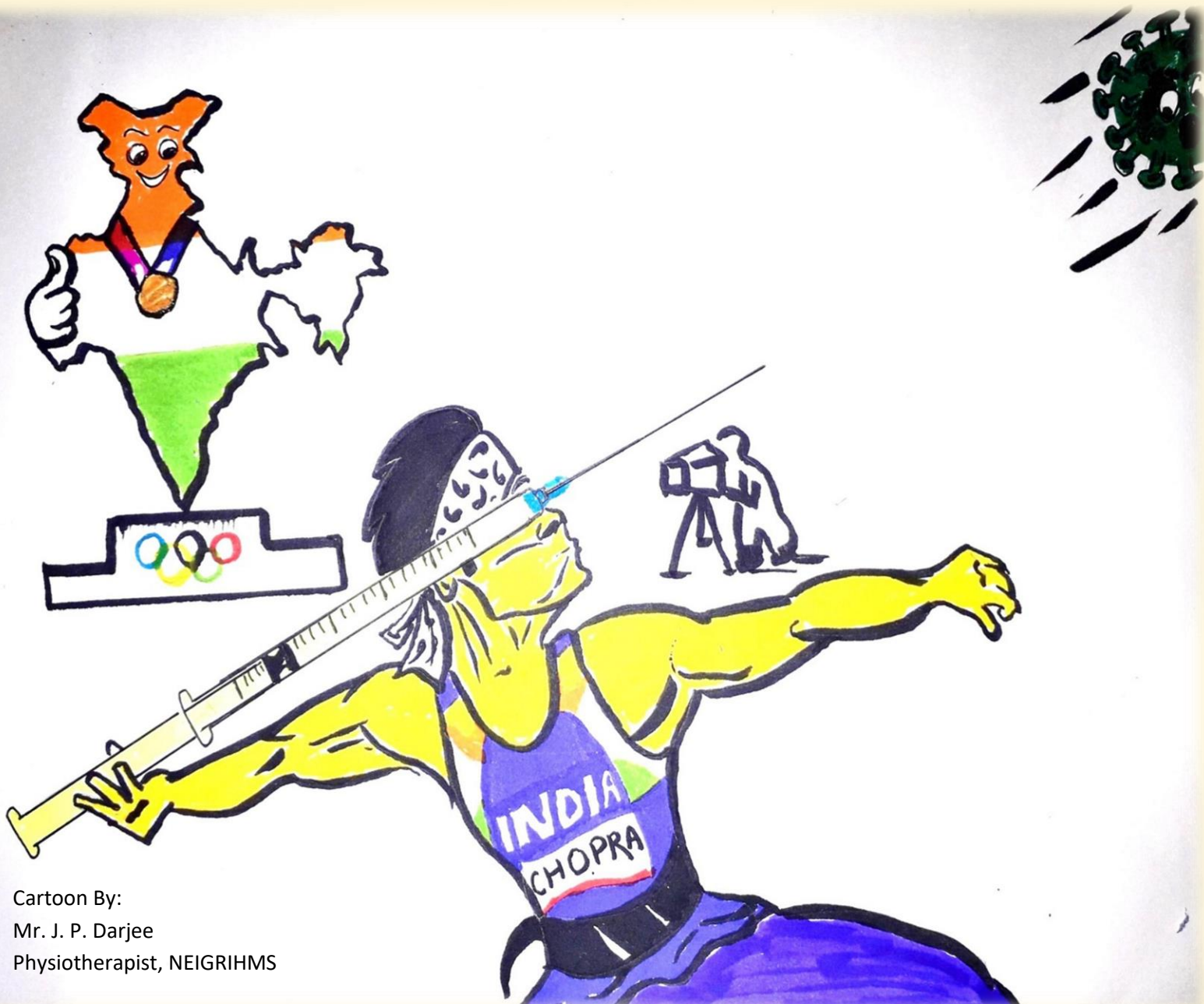


Khelo NEIGRIHMS 2021



Institute Sports e-Magazine



Cartoon By:
Mr. J. P. Darjee
Physiotherapist, NEIGRIHMS

Prestone Tynsong
Deputy Chief Minister
Health & Family Welfare,
Housing, Parliamentary Affairs,
Public Works Department (R),
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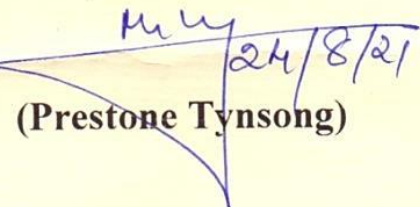


MESSAGE

I am really happy to learn that the North Eastern Indira Gandhi Regional Institute of Health and Medical Science will be celebrating National Sports Day 2021 with the rest of the country on the occasion of birth anniversary of hockey wizard Major Dhyhan Chand and the institute is publishing an online magazine "Khelo NEIGRIHMS" to mark this prestigious event.

Major Dhyhan Chand is a hockey legend India has ever produced. He is widely regarded as one of the greatest players in the field hockey. He brought many laurels and glory to our great nation including olympic medals. While celebrating this legend's birthday, it is our bounded duty that his contribution in the field of sports especially in the field hockey is remembered and his spirit of dedication is celebrated in a befitting manner. At the same time, the publication of online magazine will spread the message which will help to encourage young aspirants who ventures into this competitive world with an aim to excel in every field. I, therefore, would like to encourage the participants to emulate the spirit of dedication and professionalism while participating in any events and to follow the benchmark set by others to excel in any field including sports. It is also necessary to inculcate the spirit of competitiveness in every field while endeavouring for the future success.

I would like to take this opportune time to congratulate the organizers and editorial board and wish best of luck and a great success.


(Prestone Tynsong)

BANTEIDOR LYNGDOH

Minister

Agriculture, Horticulture, Textiles,
Sports & Youth Affairs,
Meghalaya, Shillong.



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MESSAGE

It gives me immense pleasure to learn that the North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences (NEIGRIHMS), Shillong will be celebrating the National Sports Day, 2021 on the occasion of the Birth Anniversary of Hockey Wizard Major Dhyan Chand and to commemorate the prestigious event, an online Sports Magazine "Khelo NEIGRIHMS" will be released.

Late Dhyan Chand who was a former India Hockey Captain was the greatest ever field hockey player who had scored many goals in his international career for India and I am glad that the NEIGRIHMS besides its busy schedule decided to celebrate the Birth Anniversary of this great sport personality.

While commemorating the Birth Anniversary of late Dhyan Chand as National Sports Day, let us give our tributes by inculcating sports as part of our lifestyle. I hope that the online Sports Magazine "Khelo NEIGRIHMS" will inspire the youths of our country to emulate the legacy of the sports icon for a bright future of our country.

I wish the release of the Online Magazine a grand success.

(Banteidor Lyngdoh)



पूर्वोत्तर इंदिरा गांधी क्षेत्रीय स्वास्थ्य एवं आयुर्विज्ञान संस्थान, शिलांग
NORTH EASTERN INDIRA GANDHI REGIONAL INSTITUTE OF HEALTH & MEDICAL SCIENCES, SHILLONG

(भारत सरकार, स्वास्थ्य एवं परिवार कल्याण मंत्रालय, स्वायत्त संस्थान)
(An Autonomous Institute, Ministry of Health and Family Welfare, Government of India)

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F. No.



Prof. (Dr.) Prithwis Bhattacharyya
Director, NEIGRIHMS

I would like to congratulate the Institute Sports Committee for their endeavour in celebrating the National Sport's Day with an aim to promote sports in the Institute.

This year's celebration is also special as the sports fraternity of the Institute will also commemorate one of the greatest athlete's in the history of Sports - Major Dhyhan Chand who is also known as the Magician of Hockey.

I am also happy to note that the Institute Sports Committee is publishing the online sports magazine "KHELO NEIGRIHMS" on the occasion of this celebration that will encourage all the sport lovers.

In the end, I would like to re-emphasize the critical contribution of sports to our successful development as health professionals who – besides their knowledge and skills, will also be endowed with the strength and stamina to sustain them in their continued path of progress through their participation in sports activities.

I extend my best wishes for the successful completion of this endeavour.

With best wishes,

26/08/21
Prof. (Dr.) Prithwis Bhattacharyya
Director, NEIGRIHMS



पूर्वोत्तर इंदिरा गांधी क्षेत्रीय स्वास्थ्य एवं आयुर्विज्ञान संस्थान, शिलांग
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MESSAGE

On the occasion of the Birth Anniversary of India's Hockey Wizard Major Dhyan Chand, recognized as the National Sports Day, 2021, it gives me great pleasure to know that the Institute's Sports Committee is coming up with its first ever online Sports Magazine "Khelo NEIGRIHMS".

As part of the day to day curriculum, sports occupy a very important component for overall mental and physical development, apart from imbibing friendship, camaraderie and team spirit amongst players and colleagues.

I hope the event and the magazine shall contribute to inspire all employees, students & children of this Institute, to exhibit their talents in respective field of sports, propelling them to become future players of the State and Country.

I wish the Editorial Committee and the Sports Magazine a Grand Success.

(David T. Umdor)
Deputy Director (Admn)



Prof. Bhaskar Borgohain

Chairman, Institute Sports Committee
NEIGRIHMS, Shillong

Spectacular performance by Indian sportspersons in Tokyo Olympic has ignited the imagination of Indians again in Sports beyond cricket. That Javelin throw by Neeraj Chopra is perhaps a turning point in Indian sports. It is most heartening that from our own sports loving Northeast India Mirabai Chanu from Manipur and Lovlina Borgohain of Assam becomes weight lifting and boxing sensations by winning Silver and Bronze respectively.

This sports e-magazine "Khelo NEIGRIHMS" started this year by the Institute Sports Committee is a humble step in our baby step in popularizing sports among medical fraternity of the region among others. Medical fraternity plays a crucial role in sports. The curse of Doping for instance is handled globally by medical experts. Three cheers to all, that Medical fraternity was highly pivotal in successful hosting of recently concluded Tokyo Olympic in the backdrop of covid pandemic.

I sincerely thank each and every one who has contributed in their own way towards this new endeavor. Special thanks to J P Darjee for the wonderful cartoon in the cover page of this magazine.

Bhaskar Borgohain
26/08/21

Prof. Bhaskar Borgohain

Chairman Institute Sports Committee
NEIGRIHMS

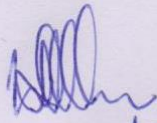


Ms. Wanda H. Dkhar
Member Secretary, Institute Sports Committee
NEIGRIHMS, Shillong

It is a moment of pleasure and pride for the Institute Sports Committee to bring the very first issue of the online sports magazine.

At the onset, I would like to congratulate the Editorial Board for this effort and dedication. I hope that the magazine “**Khelo NEIGRIHMS**” can be a medium to voice your opinions and express your creative writing skills.

I wish this endeavour the very best of luck and I sincerely hope that this initiative will continue to flourish in the future.



26/8/2021.

Ms. Wanda H. Dkhar
Member Secretary, Institute Sports Committee
NEIGRIHMS, Shillong



Life gave me many lessons, and if I were to count them all, I'd know that it was the sport in my life that taught me most of them. On National Sports Day, I am really glad to know that Khelo North Eastern Indira Gandhi Regional Institute of Health and Medical Sciences, in my hometown, has released the Online Sports Magazine. I am especially happy to learn that, over the last few years, sport has been growing at such a rapid pace in Shillong, and other North Eastern regions.

Over the years, I've had the privilege of representing and winning trophies with several teams, across the country. I also had the greatest honour of donning the National Team jersey on a few occasions, and I am sure that with the passing of time, we will see more people from our neighbourhoods go on and make us proud.

In defeat and in victory, I learned much, and I hope that this initiative, the 'Khelo NEIGRIHMS' Online Sports Magazine, brings its readers and supporters stories from across the world of sport, and has more children enthusiastic about sport in general.

I want to use this opportunity to wish the entire Khelo NEIGRIHMS team the very best of luck and I sincerely hope that they find happiness and success in all that they do.

Sd/-

Mr. Eugeneson Lyngdoh

Professional Indian Footballer

Played for Indian National Team, East Bengal FC, ATK Mohun Bagan FC, Shillong Lajong FC, Rangdijed FC etc.

KNOW YOUR OWN OLYMPIC LEGENDS, DOCTORS!

Prof. Bhaskar Borgohain

MBBS, MS (Delhi), DNB, AO Fellow (Germany)
Chief, Sports injury Clinic, NEIGRIHMS
Head, Orthopaedics & Trauma Department
Chairman, Sports Committee, NEIGRIHMS
Hon. Secretary, Indian Association of Sports Medicine (NE Chapter)

Despite tough academic road in medical science there exists a long list of Olympians who are from the medical profession since long. In fact, Orthopaedic Surgeon and Olympic Champion Dr Jacques Rogge was the 8th president of the International Olympic Committee (IOC). Do you know that Dr. Talimeren Ao from Nagaland (born in Jorhat, Assam) was the first captain of the Indian Football team who scored goals in 1948 London Olympics? Here are a few more legends from the field of sports and medicine combo that you may love to know. Some information and most of the images are from the Wikipedia.

Dr. Lionel Charles Renwick Emmett



(Picture courtesy: <https://thehinduimages.com/details-page.php?id=162699664>)

Lionel was a medical doctor from pre-independent India who was an Indian Field hockey player and was a key member of the hockey team in 1936 Berlin Olympic when Germany was under the Nazi rule of Hitler. He played hockey in forward position in the team. Indian Hockey team won the Gold medal in Berlin Olympic where Hockey wizard of India Major Dhyan Chand of Indian Army was scoring so many goals in that Olympic that the Berlin Olympic Committee had to replace his original hockey stick with a new one, since opponent teams were openly complaining that some kind of Asian magic trick might be in his original hockey stick!

Born in India in 1913 in Maharashtra, Lionel obtained his medical degree from Calcutta Medical College (Earlier called Medical College, Bengal). He then joined Indian Army Medical corps in India and Burma (Myanmar) during the World War II and rose to the rank of Lieutenant Colonel. After retirement from the Army he worked in tea garden in Assam as a physician again. He even patented three medical devices including a famous intra-uterine contraceptive device called copper omega! He died at the ripe age of 83 in the year 1996 in Essex, England.

Dr. Talimeren Ao



(Dr. T.Ao, Picture Courtesy: From the Wikipedia)

Dr. Talimeren Ao from Nagaland was the captain of the Indian Football team in 1948 Olympics. Born in 1918 in Naga Hills, he did his schooling from Jorhat, Assam and enrolled in MBBS at Calcutta School of Medicine (Mayo Hospital, Calcutta). Interestingly, this medical college was established in 1886 with financial assistance from the then Maharaja of Tripura, now called R G Kar Medical College, Kolkata. He served at Assistant Civil Surgeon in 1963 and later as the Director of Health Services of Nagaland until 1978.

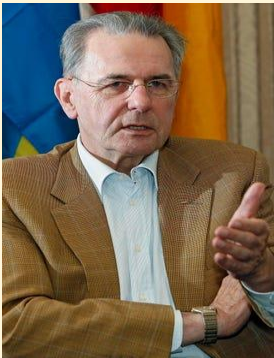
In 1948 just one year after independence Dr. T. Ao became the captain of Indian National Football Team in 1948 Summer Olympics at London. In 1950 he captained Mohun Bagan Football Club in the Durand Cup (the 3rd oldest football competition in the world) to reach the final. He is perhaps the most famous sportsperson from North-East India in Football arena. Indian football team was then known as “the Brazilians of Asia”

Legacy:

- 2018 Indian Postal Stamp of Dr. T. Ao released by the Government of India.
- Dr. T. Ao outdoor stadium , Koliabar, Assam
- Mohun Bagan Ratna Award 2002 in his name, West Bengal
- Dr. T. Ao Cotton University Indoor Stadium, Guwahati, Assam
- Dr. T. Ao Football Trophy, Government of Nagaland

This football legend of the world from the Northeast India died of Influenza complication after reaching the ripe age, in the year 1998 in Kohima, Nagaland.

Dr. Jacques Rogge



(Picture Courtesy: <https://www.forbes.com/profile/jacques-rogge/?sh=1a75c8974692>)

Jacques Rogge is a Belgian Orthopaedic Surgeon with specialization in sports medicine who was the 8th President of International Olympic Committee (IOC) from 2001-2013. He was President of European Olympic Committee before becoming IOC President. His father was a rower and his grandfather was a cyclist and these might have influenced him to take up sports. He obtained his medical degree from University of Ghent. He has been 16 times National Champion in Rugby of Belgium. He was also World Yachting Champion. The British School of Brussels in Belgium is named after Dr. Rogge. He also joined in Sailing Competition in 1968, 1972, 1976 Summer Olympics. He was knighted in 1992. He saved the Paralympic Games from financial bankruptcy for which he was awarded with the honour of the Youth Fair-play Trophy now named after him.

Known as the silent Olympian and a modest person with a disdain for publicity, he is known for his highly organized way of running IOC for a long period of time. In an interview to *The Independent* Dr Rogge once said “Surgery teaches you to be systematic. It is like being a pilot, a profession full of check lists. Also you have to be able to take tough decisions. From surgery I have got a much needed sense of humility, of the uncertain life, of frailty of every ambition”. He believes that the quest for medal is not everything, but it is important. Physician, Olympian and an outstanding sport administrator, Dr Rogge is currently the Honorary President of IOC.

Lee Kiefer



(Picture Courtesy: From the Wikipedia)

Lee Kiefer is a 27 year old American Olympian in fencing (right-handed foil fencer). She is Pan American champion for nine times (Individual category), World champion (Team category, 2018). She is a three-time Olympian, and the gold medallist in Tokyo 2020 in individual fencing (foil category). She is currently a medical student studying at the University of Kentucky College of Medicine, USA.

Her mother Teresa, a practicing psychiatrist- Philippines born American immigrant and her father Dr. Steve is a neurosurgeon. In fact her father once captained the Duke University fencing team. She graduated from University of Notre Dame, where she became famous as a fencer.

Kiefer won a bronze medal in Women's foil at the 2011 World Fencing Championships. She was ranked 5th at the 2012 London Olympic Games. In the 2014 she was in the World Cup podium with a silver medal. She went on to win the Algiers World Cup in early 2015 after defeating then world No.1 Arianna Errigo. In March 18, 2017, she moved into number one rank in FIE world rankings, becoming the first American woman to do so. She qualified to represent the United States in fencing at the 2020 Olympics in Tokyo in 2021 and reached the final in the individual foil, where she defeated Inna Deriglazova the defending Olympic champion, to win the Olympic gold medal. She is the first American (male or female), to win the gold medal in Olympic individual foil category.

THE UNSUNG INDIGENOUS SPORTS OF INDIA

Shri A. Dkhar

B.Sc. (NEHU)

India is a country which is well noted for its architecture, contributions to science, art, music, it's also renowned in the realm of sports. However, India, by tracing back in time to about 8000 years ago, is also a reservoir of a variety of sports activity which is mostly practiced by the elite classes, in the olden days. Some of these sport games are still played by the people but were not promoted at the national level and international platform. But there has been efforts made by the government and locals to make an impression on the global stage.

The history of Indian sports can be traced back to our Vedic age of Ramayana & Mahabhrata, around 1900 B.C. - 7000 B.C., men of status and honour were expected to be competitive in sports like archery, horsemanship, wrestling, weight-lifting and hunting.

India, as a nation, is well known for its diversity and this unity in diversity has also been found in the area of sports. Various indigenous Indian sports which are still in existence like Lahori and Langadi, Thang at, KhoKho, Silambam, Gatka, Kabaddi, Mallakhamba, Kalaripayattu and a few other. These sports are played in various states of the country and through the Ek Bharat Shreshtha Bharat scheme (where its main purpose is to enrich and enhance the tradition and culture of the country) and Khelo India Games initiative; various localised indigenous sports got an opportunity to be aired at the national level, even at the international platform.

Here are some traditional sports that have been gaining popularity-

Lagori and Langadi, are two sports which are found in the Western Ghats, particularly in the state of Goa.

Lagori

Lagori is one of the oldest sport played in the Indian subcontinent, also known as mawpoiñ (Meghalaya), PithuGaram, Pitto and seven stones. Lagori is mentioned in the sacred book of Hindus, the BhagwatPurana. Over time, there have been some changes in the form of this game but the basic formal of this game is still the same. Since then, this game has been played not only in India but in many countries of the world. To play Lagori it is necessary to

have 7 flat surface stones and a rubber ball, and two teams-The Seekers which aim at the stacks of stones and tries to keep them back, and The Hitters, their job is to prevent the players of the seeker team to reach the stack of stones and hit them with the ball to eliminate the members of the seeker, however, if the seekers successfully arrange the stones in vertical order, they are considered winners. The sports is commonly played in over 30 countries, it is also gaining popularity globally. The Amateur Lagori Federation of India is trying to popularize Lagori in the country.

Langadi

Langadi is also played in various states of India, in the northeast it is known as Kuku Raju. This game was famous during the Pandyan kingdom of south India (6th-15th century) and it was called Nondiyttam, it was similar to Hopscotch in ancient Roman civilization.

Langadi is played between two teams of 12 players and 3 extra players each. One team chases while the other defends. A match of Langadi is of 36 minutes with 4 innings of 9-9 minutes the team that defends plays in batches of 3-3 winners, whereas the attacking team come inside the field one by one in a fixed sequence and try to touch their opponent by walking or running with one foot. The attacking team gets one points for each touch and the runner is declared out. The attacking and defending team alternatively exchange their roles each innings. The field is of square shape whose dimensions are around 8x8 meters to 11x11 meters, there is also a circle of seven meters width around the field of playing. In 2009, after the creation of the Langadi Federation of India, the game is being popularised in neighbouring countries.

Kho-kho

Kho-Kho is a traditional Indian sport that is one of the oldest outdoor sport dating back to ancient India. It is played by two teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and 3 extra (Defending Team) who try to avoid being touched by members of the other opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent

A match consists of two innings with each inning consisting of chasing and running turns of 9 minutes each. One team sits on their knees in the middle of the court, 8 in a row, with adjacent members facing opposite directions. The runners play in the field, three at a time and the team that takes the shortest time to touch all the opponents in the field, wins. There is a

pole at each end of the field and the runner is allowed to go between two sitting players, but the chaser is not allowed to turn back while running or go between the players i.e. the chaser must run in the same direction unless he chooses to touch either end pole and run in the opposite direction. He may cross over to the other side when he is reversing directions by going around the pole.

The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a modified form of 'Tag'/'Catch', which in its simplest form involves chasing and touching a person. Originating in Maharashtra, Kho-Kho in ancient times was played on 'raths' or chariots and was known as RATHERA

In 1999, The Asian KhoKho Federation was established during the 3rd edition of the South Asian Games. Member countries included India, Bangladesh, Pakistan, Sri Lanka, Nepal and Maldives. The 1st Asian Championship was held at Kolkata in 1996 and the second championship at Dhaka, Bangladesh. India, Sri Lanka, Pakistan, Nepal, Japan, Thailand were participants of this championship

Silambam

Silambam is a popular variant of martial arts which is performed with the aid of some specific weapons, primarily with bamboo sticks. It is widely performed in the regions of Tamil Nadu (India) which is also the birthplace of the game, where it emerged in around 1000 years BCE. The Tamil Sangam literature has the early records of Silambam.

It's an ancient weapon-based martial art. The word Silambam etymologically means "staff from the hills" with the word meaning of "Silam" being "hills" and "Kambu" being "staff or sticks". The game is usually played on an even hard surface where the players use a bamboo stick with its length equivalent to their heights. Overall, there are 16 forms of footwork present in this martial art. The ancient city of Madurai formed as the point of focus of Silambam's spreading. The Silambamstaff was acquired by the Egyptians, Greeks and Romans and was spread back to the Middle East, Europe and North Africa. The Tamil Kingdom which encompassed Southern India and Sri Lanka spread it throughout the Southeast Asia.

Some of the most popular ways of Silambam Guru Vanakkam (an honourable act towards the Gurus and the audience), mentioned as follows -

Long Stick Guru Vanakkam - Here, the fighters use one-inch width bamboo stick as a weapon with a height up to their eyebrow level.

Double Short Stick - In this form, two different short sticks, each being 3 feet are used to hit or block the opponent.

Chopper Knife - The fighters in this form defend themselves with the aid of a chopper knife. Silambam made its first historical appearance in the eyes of the world through the auspices of the committee of the United Nations Assembly, which recommended Silambam Asia for United Nations status. The inauguration was held at the United Nations Headquarters in New York, United States on 21 January 2019. However, the China-Taipei government representatives raised questions concerning border conflicts in ancient records pertaining to Silambam. A request was lodged for the organization of Silambam Asia to resolve with ratification of the raised problems by member states.

Indigenous sports of our nation are an essential part of people's culture and heritage. One should be aware of the stories behind the creation of these forms of art. Our nation's sports ministry initiatives of including four indigenous sports in KIYG 2021 will preserve the culture, motivate the youngsters, and encourage the athletes. Regular participation and interest in native sports will help you to stay in touch with your heritage, culture, and get to explore its roots. With the incorporation of indigenous games in Khelo India Youth Games, different states on a single platform with their cultures beautifully portrayed will help in bolstering and solidify the heterogeneity of sports in unity. The flagship programme 'Fit India' under the 'Ek Bharat Shreshtha Bharat Scheme' launched by the sport's ministry will help citizens in realising the richness and vastness of Indian heritage and culture.

SHIVNATH SINGH

Shri. B.K. Barman, Ultra-Marathoner

23rd Finisher - World's Highest Ultra Marathon-2018

Fire Guard, NEIGRIHMS

Not many remember Naib Subedar Shivnath Singh (1946-2003) of the Bihar Regimental Centre. He was a self-made athlete who was born into a family with modest means in village Majharia, in Buxar district of Bihar.

Shivnath Singh's international long-distance running career started with the 1973 Asian Championship in Marikina, Philippines. He won silver each in 5,000m and 10,000m. He repeated the silver-winning performance, in both events in the 1975 championship in Seoul, South Korea. In between, he won the 5,000 m Gold and 10,000 m Silver at the Tehran Asiad in 1974. Following his Asian Games success, he was one of the recipients of the Arjuna Award.

At the Montreal Olympics, in 1976, his maiden international marathon run surprised everyone when he clocked 2hr 15m 58s to be placed 11th. In 1978, Shivnath Singh, created the national record by running the fastest marathon by an Indian by completing the course in 2 hours and 12 minutes, which was initially recorded as 2 hours 11 minutes and 59 seconds. He is from an era when Indian athletes had no such facilities as they exist now.

It has been 43 years and yet no Indian Marathoner could break his record.

“Happy & Health Life for all”

LESSONS FROM THE TOKYO OLYMPICS

Mr. Kiirii Aniljoy

Medical Social Worker, NEIGRIHMS

India's campaign at the just concluded Tokyo 2020 Olympic Games has been billed by all and sundry as the most successful ever in Indian history. There can be many reasons behind India's successful campaign but two things are conspicuously irrefutable; India's final medal tally and its athlete representation. While India secured a record seven medal haul surpassing the previous best haul of six medals achieved in the 2012 London Games, it also bettered its athlete representation at the biggest sporting event in the world from 117 at 2016 Rio de Janeiro to 124 at the Tokyo Olympics. India finished 48 in the overall medals tally, 19 places higher than its Rio achievement.

True to our diversified culture, six of the seven medals haul at the Tokyo Olympics have been spread across six different sports: Athletics, Wrestling, Weightlifting, Badminton, Boxing and Field Hockey. Diversity is the hallmark of our Indian culture. However, in the absence of unity, diversity has no value. It is rather detrimental to the interests of the society and tends to break the social fabric of our society. Similarly, in sports although there are different fields, categories, players and coaching staff involved, the spirit of oneness or sports unity is very essential to thrive and achieve success. This principle is perpetual and transcends all walks of life.

India's success in Tokyo also beautifully encapsulated the proverbial expression '*Variety is the spice of life.*' Much of our success at the Olympics during pre and post independence has been confined to few sports especially field hockey. So Tokyo's success came as a breath of fresh air stimulating our taste buds with variety of flavors to savor.

Hockey is more than a sport in India. It's a sport which gave India its new identity. No sport evokes as much as emotions in us the way hockey does when our national teams play. It was Indian men's hockey team that put the country on the Olympics map, stamping its dominion over the world. However, the only sport through which India has managed to pull off maximum medals (12) in the Olympics had to remain elusive for 41 years to finally rekindle its relationship with India by bringing home a bronze medal in men's hockey at the 2020 Tokyo Games. How could Indian hockey which has been the mainstay for the country at the Olympics went into free fall for 41 years? There can be many reasons for the downfall but

two factors are inescapable. The men's hockey team's inability to adapt to new playing surface and the exponential rise of cricket in India. Traditionally, Indian hockey players were tailor-made for natural grass turf. They felt hard done by when International Hockey Federation made artificial pitches mandatory for all major competitions in 1976. They struggled to adapt to the artificial pitches and therefore produced dismal performances. Before the transition Indian men's hockey team were dominant, winning seven of the eight Olympic gold medals between 1928 and 1964. The key word here is adaptability. Ironically, the downfall of hockey coincided with the rapid rise of cricket in India heralded by India becoming the champions of the 1983 Cricket World Cup. This was a major turning point for cricket in India. From here on cricket in India has gone on to become only bigger and richer displacing all other sports in India.

As long as we live the test of adaptability continues in our lives. Adaptability is not situation-specific but a process with no end in sight and should be treated as a way of life. Change being the only constant thing in this world every day of our lives is filled with certain changes requiring our responses to these changes. Some responses may be big, some small but all that matters is a positive response to these changes. The implication of adaptability can be more profound in our profession than elsewhere since new body of knowledge and practice are evolved through research from time to time. For any profession to stay relevant in a rapidly changing world it needs to keep itself updated and not concede its legitimate space to others.

Postscript: What if the Indian men's hockey team had successfully adapted to the artificial turf and continued to be a force to be reckoned with, could we see a diverse range of sports and a unity among these sports in our country? Khelo NEIGRIHMS!

TOKYO OLYMPICS 2021

Smt. Wanda Dkhar
Librarian, NEIGRIHMS

The first modern Olympics were held in Athens, Greece, in 1896. The man responsible was a Frenchman named Baron Pierre de Coubertin, who presented the idea in 1894 and the first ever Olympic Games was started in the year 6th April, 1896. Till date it continued and held every four years.

India's Olympics Medals

1896 [2 Silver]

1928 [1 Gold]

1932 [1 Gold]

1936 [1 Gold]

1948 [1 Gold]

1952 [1 Gold][1 Bronze]

1956 [1 Gold]

1960 [1 Silver]

1964 [1 Gold]

1968 [1 Bronze]

1972 [1 Bronze]

1980 [1 Gold]

1996 [1 Bronze]

2000 [1 Bronze]

2004 [1 Silver]

2008 [1 Gold][2 Bronze]

2012 [2 Silver][4 Bronze]

2016 [1 Silver][1 Bronze]

2021 [1 Gold] [2 Silver][4 Bronze].This is highest olympics tally we ever got in any single edition

A Total 127 Indian athletes Men and Women in 18 sporting event to the Tokyo Olympic Games from India participated in various games. India ranked 48 in the Tokyo Olympics securing 1 Gold , 2 silvers and 4 bronze Medals tallying to 7 medals. The highest in the history of Indian Sports. The followings are the winners in the Tokyo Olympics 2021 who brought laurels to the country and made their name in the History of Sports.

Neeraj Chopra: GOLD

Neeraj Chopra is a track and field athlete from India who competes in the Javelin throw. He has represent India in the Tokyo Olympics, 2021 and has won India's first ever track and field Olympic Gold medal with an astonishing throw of 86.58m. He is from Khandra village, Panipat district of Haryana.

S Mirabai Chanu: SILVER

S Mirabai Chanu won silver in Tokyo Olympics, 2021 in the 49-kg womens category in weight lifting , opening India's first medal tally. She lifted the weight of a total 202 Kg becoming the first Indian weightlifter to win silver at the Olympics. She is from Manipur, Imphal a state in North Eastern Region.

Ravi Kumar Dahiya: SILVER

Ravi Kumar Dahiya is an Indian freestyle wrestler from Haryana's Nahri village in Sonipat district. The 23-year old wrestler rose to fame after he won India's Olympic silver medal at the Tokyo Olympics in the 57 kg category. He is the second Indian wrestler to win an Olympic silver.

PV Sindhu: BRONZE

Pusarla Venkata Sindhu is an Indian professional badminton player. She won Bronze Medal at the Tokyo Olympics, 2021. She is the first Indian woman to win two Olympic medals and only the second Indian to win two individual medals at the Olympics. She is from the state of Hyderabad.

Lovlina Borgohain: BRONZE

Lovlina Borgohain is an Indian amateur boxer who won a bronze medal at the 2021Olympics in the women's in the 69Kg Category. She hails from Golaghat district of Assam.

Bajrang Punia: BRONZE

Bajrang Punia is a free style wrestler who won the Bronze Medal at the Tokyo Olympics competing in the 65 Kg category. He hails from Jhajjar District of Haryana. Punia is the only Indian wrestler to win 3 medals at the World Wrestling Championships.

Indian Hockey Team: BRONZE

Indian Hockey team created history by winning a medal in Olympics after 40 years. Also, it was the first time India qualified for Hockey Semifinal.

Indian men's hockey team rewrote history as it claimed an Olympic medal after 41 years after 1980, defeating Germany 5-4 to win the bronze.

NEERAJ CHOPRA
GOLD MEDAL
JAVELIN THROW

RAVI DAHIYA
SILVER MEDAL
WRESTLING

LOVLINA BORGHAIN
BRONZE MEDAL
BOXING

MEN'S HOCKEY TEAM
(BRONZE MEDAL)

PV SINDHU
BRONZE MEDAL
BADMINTON

BAJRANG PUNIA
BRONZE MEDAL
WRESTLING LIFTING

MIRABAICHANU
SILVER MEDAL
WEIGHT LIFTING

NEIGRIHMS

FIT INDIA

Congratulate Tokyo Olympic 2021 Medal Winners from NEIGRIHMS, Shillong

THE IMPORTANCE OF SPORTS IN OUR LIFE

Mr. Eugeneson Lyngdoh

Professional Indian Footballer

Played for Indian National Team, East Bengal FC, ATK
Bagan FC, Shillong Lajong FC, Rangdjied FC etc.

The idea, the love of sports is something that has always been on each and every person's mind and every person's heart. We have grown and we have been brought up in the culture where sports has been encouraged by probably every family member.

We are a generation that has taken it literally whether it is health that we're thinking about or even a way of livelihood. We have come to realise that sports is more than an investment in health, it has actually changed our way life. The positive energy that is emitted is so contagious it brings about hope, happiness and the will to bring about change in one's life. A lot of life's lessons are learnt through sports in a healthier way. Getting up when you've been beat down is something that is a regular occurrence in sports. Discipline, determination, competitiveness, adaptation, failure, success and most importantly comradeship are things that you gain that help you get back up.

Professional sports takes everything to another level. The commitment involved and sacrifices made are second to none. An example that is well received and followed by health enthusiasts and everyone that pushes for a sporting nation to be reckoned with. Evolvement of sports has been tremendous over the recent years, sports nutrition ,sports science and infrastructure have been at the forefront of performance for athletes. Social media criticism and shaming being a big influence in athletes breaking down. Sports psychology is playing an important role in the mental health of athletes facing performance issues. The road to success is built upon a lot of hard work and the minute details tuned to perfection.

Being fit shouldn't be just an idea it should be a way of life.

PHYSICAL ACTIVITY AND SPORTS

**Mr. Sangram Bhattacharjee,
P.T.Instructor, NEIGRIHMS**

The terms Physical Activity, Exercise and Sports, are often use interchangeably. They are, however, different in some ways.

Physical Activity: - According to WHO Physical activity as any bodily movement produced by skeletal muscles that require energy expenditure. Physical activity refers to all movement including during leisure time, for transport to get to and from places, or as part of a person's work. Both moderate- and vigorous-intensity physical activity improve health.

Exercise: Exercise also involves physical exertion, voluntary movement sand burning calories. This form of physical activity, however, is specifically planned, structured and repetitive. It does not usually involve any kind of competition.

Examples of exercise include jogging, running, cross-country, skiing, recreational swimming, cycling, aerobics, etc.

Sports: - Sports also involve physical activity and exercise but differ in that they also have a set of rules, or goals to train and excel in specific athletic skills. Some are individual sports such as Golf & Swimming. Others are played in teams — for example, Soccer and Hockey. Sports are often, but not always, competitive.

Physical activity is an inherent trait of a human being. It is absolutely necessary to determine the kind and degree of this innate talent, as well as to nurture, modify, and develop it in order to achieve the desired results. Humans are born with the ability to engage in physical activity. It is absolutely necessary to determine the kind and degree of this innate talent, as well as to nurture, modify, and develop it in order to achieve the desired results. Physical activity can be done on the spur of the moment (leisure, employment, or transportation) or it can be planned and split into categories: Physical activity is largely used to improve one's health and physical capacity.

The primary goal of physical training is to increase an individual's maximum physical capability and performance. When energy consumption approaches resting levels, physical inactivity is defined as the absence of body movement. In terms of health implications, sport

is a two-edged sword. Physical exercise, which is a major component of most sports, is the primary means of achieving positive results. Many of sport's secondary impacts have health benefits, such as psychological development in both young and old people, personal development, later onset, and decreased alcohol usage. Finally, those who participate in sports have a higher degree of physical activity later in life, and they gain knowledge of nutrition, exercise, and health can be developed through sport.

Sport's primary goals are to increase physical activity and improve motor skills in order to improve health, performance, and psychosocial development. Sport is a type of recreation that can be structured or unorganized. Today, it frequently connotes competition, strict adherence to regulations, and competitive sports and games. Participating in sports can be a powerful motivator for older persons to engage in physical activity. Participation in sports and physical exercise in everyday life reduces as people age. Simultaneously, the number of persons participating in physical activity, both recreationally and in organised sports is increasing. As a result, a greater share of physical activity happens within the body in elderly persons.

The importance of Physical Activity & Sports is very well realized during time of Covid-19 Pandemic when the situation has brought worldwide crisis to the Living nature of Human beings. The world wide spread of covid-19 has vexed the ordinariness of every human being's day to day life, forcing population to social distancing and self-isolation. Ever since the rise of this pandemic all the Activities and Sports are put on halt as countries were going through the lockdown in different phases. World was left with no choice to adopt practicing of various Physical Activity & Sports Indoor by modifying its form and following of various fitness mobile Apps and just to cope with Physical Fitness but also to maintain mental Health. As Physical activity & Sports is often recommended as a strategy for managing stress.

The important role that sport can play in helping the world recover from the COVID-19 pandemic was emphasized by the President of the International Olympic Committee (IOC), Thomas Bach, at a high-level European Commission conference entitled “. Recognizing the power of sport in advancing society, 118 Member States of the United Nations (UN) have called for all States to include sport and physical activity in their recovery plans post COVID-19 and to integrate sport and physical activity into national strategies for sustainable development”.

Both the body and the intellect gain from regular physical activity. It can help control weight, lower blood pressure, and lower the risk of heart disease, stroke, type 2 diabetes, and many malignancies, all of which can make you more susceptible to COVID-19. The It also strengthens bones and muscles while improving balance, flexibility, and fitness. Balance-improving exercises can help elderly individuals avoid falls and injuries. Regular physical activity can help us stay in touch with family and friends while also giving our days a routine. It also benefits our mental health by lowering the chances of depression, cognitive decline, and dementia start, as well as improving general mood.

We are all still learning every day. But I hope very much that the first lesson from this crisis, we have already learned. And that lesson is: we need to understand the Importance of our health and wellbeing so it's never too late to adopt a healthy lifestyle by following a day to day routine with an implementation & involvement in regular physical Activity & Sports to keep oneself & the Nation Fit & healthy.

SPORTS INJURIES: TREATMENT AND PREVENTION

Prof. Ranjit Kr. Baruah

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Former Professor & Head, Department of Orthopaedics, TRIHMS, Naharlagun, Arunachal Pradesh
President: North East Chapter of Indian Association of Sports Medicine
Life member: Indian Association of Sports Medicine

Introduction

Sports Medicine has slowly emerged as an entity which is being practised not only to treat the injuries of the players but also to contribute to the overall performance of a player. The researches in sports Physiology have opened up new vistas of technical improvements that help in identifying the modalities of training for a particular player with an aim to achieve the maximum benefit out of his system that will enhance his performance. It is not a single specialty, but an area that involves health care professionals, researchers and educators from a wide variety of disciplines. Its function is not only curative and rehabilitative, but especially preventive.

All sports have a risk of injury. In general, the more contact in a sport, the greater the risk of injury.

Most injuries occur to ligaments, tendons and muscles. Only about 5 % of sports injuries involve broken bones. However, the areas where bones grow in children are at more risk of injury during the rapid phases of growth. In a growing child, point tenderness over a bone should be evaluated further by a medical provider even if minimal swelling or limitation in motion is appreciated.

A short overview of injuries and their management is being outlined below for the knowledge of the players and coaches in particular and any other interested laymen in general. An attempt has been made to make the medical jargon palatable for the concerned individual.

Sports Injuries: How Do They Occur

A player can be injured either during the practice or during the game basically because of the following facts:

1. Lack of knowledge: the ill-informed athlete doesn't know that what he does is dangerous
e.g., unscientific weight training

2. Inadequate training technique and equipment: though the athlete is aware of the danger, but he may not know how to avoid it e.g., defending punches in boxing
3. Carelessness: though the athlete is aware of the danger and also knows how to avoid it, but fails to take necessary action in appropriate time e.g., close fielding in cricket

Sports Injuries: Classification

Sports injuries can be classified as follows:

1. **EXTRINSIC:** A powerful external force produces these injuries e.g., Tear of meniscus, Fractures, Sprains etc.
2. **INTRINSIC:** Repetitive minor forces produce this type of injury e.g., Overuse injuries

Before going into details of Sports injuries, let us gain little knowledge on Anatomy. We shall restrict this description to joints and muscles only. Ends of two bones take part in the formation of a joint. These ends are bound down by a tough membrane of fibrous tissue called capsule which become thickened as bands at sites of maximum stress to form ligaments. Especially in the knee joint there are two tough fibro cartilaginous plates known as Meniscus which are attached to the upper surface of Tibia (leg bone). They are attached at their peripheral margins to the underlying bone but are free at the inner margins. They act as shock absorbers and increase the stability of the joint. There are two additional internal ligaments in the knee joint known as Cruciate ligaments which bind down the leg and thigh bones in addition to capsule and other ligaments. The joints of the body are moved by the muscles which cross them longitudinally. These muscles protect the underlying joints and their structures.

Mechanics of Some Common Injuries

SPRAIN: When a joint is forced suddenly to bend to one direction the capsule and ligaments holding the two bones of the joint in the opposite direction of the force are stretched and some of the fibres of these ligaments are torn. This is called Sprain. Commonest sites are Knee joint and Ankle joint.

STRAIN: Muscle tears are called strains which are commonly seen in thigh muscles (Quadriceps in front and Hamstrings in the back). Same mechanism as in sprain is involved in producing a strain.

FRACTURES: Direct hit by a hard object or indirect force like twisting can break a bone which is called a fracture.

DISLOCATION: When a joint is forced suddenly to bend to one direction, the capsule and ligaments holding the two bones are stretched and if the force is quite strong that tears the capsule, the bones fall apart producing a dislocation. Common sites are Hip, Elbow.

Fortunately, most sports injuries are not serious in nature. Many injuries are preventable too. So, happy playing!

SPORTS PSYCHOLOGY

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Sports psychology can be understood as a branch of science which is applied in a sport setting or in an exercise setting. It basically states that psychological knowledge is applied to the optimal performance of an individual in a sports setting.

The main prospect for any sports-person or an athlete to understand that sports psychology helps to overcome nay mental hurdle in any sport the athlete is engaged in or an obstacle that may arise between the athlete and his/her preferred sport.

In sports psychology, the few psychological factors which are involved can be confidence, motivation and managing emotions. We should also remember that emotions that are too positive and too negative can also hamper sports performance, which therefore every athlete should have a positive level of emotional function to help them maintain their best sporting ability.

“Sports psychology has become a more efficient and an important element in the world of sports today, in the sense if one athlete brings out a positive outcome in the physical and psychological processes of his training aspect, there will be successful enhancement of his skills as an athlete or a sportsman.”

THE BEAUTY OF SPORTS

Ms. Darshana Patowary

Class – VI Student

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When we talk about the benefits of sports, there are countless benefits that we can name. Benefits are the positive effect of something we do if we describe it in simple words. But if we think about it carefully, we will see that there is not a single negative effect of sports on us. Of course, we can get hurt while playing sports but if we do it carefully then there is absolutely no negative effect and also the more you get hurt the more you learn, in other words, you learn by getting hurt. Now if we talk about my top three most favourite sports benefits, they will be:-

i) Health - We all know that sports always help us to improve our health or keep us healthy. One who involves in sports can remain healthy for long periods. Sports can be a good means of doing exercise.

ii) It helps people sleep better - People are so busy nowadays that they get quite a little amount of time to get some sleep and sometimes even if they do have time to sleep their stress and anxiety don't let them, which in turn causes sleep disorder But it's very fun to play sports so it makes you want to play it more and in the end, you play to your heart's content and then get tired, eventually, you become tired and get a nice sleep also since you had so much fun because of the sports you were playing that you forget all about your anxieties so it doesn't disturb you while sleeping. This doesn't mean that forget about the responsibilities that give you anxiety or forget about everything and only play sports, but it means that take least 1 hour from 24 hours to play sports or exercise a bit, you can just take it as a small break and after that, you continue with your works and responsibilities. This is a great benefit to many people, especially those people who have sleep disorders.

iii) It deepens our unity - Sports includes both individual sports and team sports. In team sports they work together in teams like one body to play the sport they are playing. In individual sports the athletes do play individually during the games but have the support of all their fans, so technically even though they are playing individually they have a huge

cheerleading team behind. And also there is a difference between rivals and enemies. Rivals are the people who you compete with fairly but enemies are the people who are happy when you fall and are also ready to play in the dirtiest of ways just to win against you. In sports, we play against each other in a rival way. And countless athletes are rivals in the arena but friends in public, for example, Mary Kom lost to her rival Ingrid Victoria Valencia during the Tokyo Olympics but she raised Ingrid Victoria Valencia's hand to declare her as the winner and then bows out after it. There were many incidents where athletes became friends after being introduced as rivals in sports events.

We can analyze the word 'SPORTS' in this manner-

S for 'Self-confidence'

P for 'Pleasure'

O for ' Optimistic'

R for ' Respect'

T for ' Transparent'

S for ' Satisfaction'

In the end, we can say that sports should be included among our top 10 important priorities, since it gives us great values and benefits and also good health and after all " Health is wealth " so in an indirect way it also gives us wealth.

SUDDEN CARDIAC DEATH IN SPORTS AND PRINCIPLES OF PREVENTION

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INTRODUCTION:

Sudden cardiac death is a sudden, unexpected death caused by loss of heart function (sudden cardiac arrest). Common causes are - structural heart diseases like 1) Hypertrophic cardiomyopathy, 2) Anomalous origin of coronary arteries 3) Arrhythmogenic right ventricular cardiomyopathy 4) Valvular diseases ; the channelopathies like 1) Brugada syndrome 2) Long QT syndrome 3) Short QT syndrome ; drugs like 1) Ephedrine 2) Anabolic steroids 3) Cocaine. Hypertrophic obstructive cardiomyopathy (HOCM) is a genetically determined, either sporadic or inherited enlargement of the cardiomyocytes involving the walls of the ventricles causing narrowing of the left ventricle chamber. Necrosis of myocardial cells disrupts the electrical signals of the heart leading to arrhythmias. HOCM is the most common cause of sudden cardiac death in athletes and is responsible for 35-40% of cases. Anomalous origin of coronary arteries is the second most common cause accounting for 20% of sudden cardiac death in athletes.

WHICH ATHLETES ARE AT RISK?

For persons having underlying cardiac disorder, both competitive and recreational athletics can pose a risk of SCD, although the risk is related to the severity of the underlying pathology and the level of exertion. Athletes under 35 years of age are far more likely to suffer SCD from an underlying inherited structural heart disease (e.g., hypertrophic cardiomyopathy, arrhythmogenic right ventricular cardiomyopathy, congenital coronary artery anomalies, Marfan syndrome, etc) or an inherited arrhythmia syndrome (e.g., long QT syndrome, Brugada syndrome, etc). Athletes, those who are over 35 years of age, are more likely to have coronary artery disease.

NORMAL PHYSIOLOGICAL RESPONSES IN ATHLETES:

Syncope that occurs during exertion suggests a potentially life-threatening arrhythmic etiology (e.g., aortic stenosis, hypertrophic cardiomyopathy, ventricular arrhythmia, etc) and

should be evaluated urgently. On the other hand, syncope occurring after exertion (e.g., during cooling off period) is more likely reflex in origin, similar to the vaso-vagal attack. Sinus bradycardia and sinus tachycardia that are appropriate for the clinical situation are not considered abnormal, and further testing is not necessary. Asymptomatic sinus pauses or sinus arrest of less than three seconds duration are not uncommonly seen in normal athletes and are of no clinical significance. However, longer pauses, sinoatrial exit block, and sick sinus syndrome are abnormal. Altered atrio-ventricular nodal conduction (e.g., first degree AV block and Mobitz type I second degree AV block) can result from increased vagal tone, which is normally seen as an adaptive response to certain types of athletic conditioning and is generally not a cause for concern. Atrial premature beats are common in the general population and in athletes, and are not generally associated with underlying structural heart disease or symptoms. Ventricular premature beats are also common in athletes of all age groups and occur in those with or without structural heart disease.

PREVENTION AND TREATMENT:

SCREENING :

Medical history:

Personal history

- 1) Exertional chest pain/ discomfort
- 2) Unexplained syncope / near syncope
- 3) Excessive exertional / unexplained dyspnea/ fatigue
- 4) Prior recognition of a heart murmur
- 5) Elevated systemic blood pressure

Family history

- 1) Premature death (sudden and unexpected and otherwise) before age 50years due to heart disease in more than 1 relative
- 2) Disability from heart disease in close relative less than 50 years of age
- 3) Specific knowledge of certain cardiac condition in family members hypertrophic or dilated cardiomyopathy, long QT syndrome or other channelopathies, Marfan syndrome or clinically important arrhythmia.

Physical examination:

- 1) Heart murmur
- 2) Femoral pulses to exclude coarctation
- 3) Physical stigmata of Marfan syndrome

4) Brachial artery blood pressure (sitting position)

The American model does not recommend routine ECG screening in athletes <35 years of age but a 12 lead ECG are mandatory in European countries.

CARDIAC EMERGENCY RESPONSE PLAN (CERP):

- 1) All school should have CERP in place that contains minimum evidence based core elements like
 - a) establishing a cardiac emergency response team
 - b) activating the team in response to a sudden cardiac arrest
 - c) implementing automated external defibrillator(AED) within the school and regularly maintenance
 - d) disseminating the plan though out the school campus
 - e) staff training in CPR/AED use
- 2) State laws, regulations and related educational standards should require schools to develop and maintain CERP with integrating core elements.
- 3) Appropriations should be made available to support the development implementation and evaluation of CERP in schools.

ELIGIBILITY FOR PARTICIPATION IN COMPETITIVE EVENTS:

Asymptomatic persons who are genotype positive/phenotype negative (i.e. with normal QTc interval) can reasonably participate in all competitive sports with appropriate safety precautions, including avoidance of drugs known to exacerbate LQTS, short QT syndrome, or Brugada syndrome; avoidance and/or treatment of fever, hyperthermia, or heat exhaustion/heat stroke; electrolyte repletion; avoidance of dehydration; and establishment of an emergency action plan. Symptomatic (or previously symptomatic) patients, or patients with LQTS (corrected QT interval >470 m sec in males or >480 m sec in females) or the short QT/Brugada pattern noted on ECG, may consider participation in competitive athletics if they remain asymptomatic after three months of treatment and with appropriate cautionary measures immediately available. For patients with LQTS, short QT syndrome, or Brugada syndrome and an implantable cardioverter-defibrillator (ICD) who have had three or more months without ICD therapy, participation in class IA sports(baseball,tennis,golf,cricket) may be reasonable, while participation in sports with higher levels of exertion might be considered.

SUMMARY:

Sudden cardiac death associated with athletic activity is a rare but devastating event. Victims may be young and apparently healthy, and while many of these deaths are unexplained, a substantial number harbor underlying undiagnosed cardiovascular disease. The incidence of SCD among young athletes is actually quite low, but due to the devastating nature of SCD and the potential to detect many of the associated disorders with non-invasive testing, there is a strong incentive to screen athletes for these disorders prior to athletic participation. A few hindrance are there related to widespread screening of large number of athletes, relatively low prevalence of congenital heart disease as well as the false positive/negative results and inadequate logistics.

NEIGRIHMS CAMPUS RUN 2021

Dr. Sarah Ralte

Asst. Prof., Dept of Anatomy, NEIGRIHMS

On the early morning of 28th August 2021,
The runners gathered at NEIGRIHMS for the much anticipated Campus Run,
Their heads held high,
Looking towards the sky,
As they got ready to start the race,
Waiting for the flag-off in their face,
Then started the NEIGRIHMS Campus Run,
Oh! What an exhilarating fun!
Fast, faster and fastest was the pace,
As the runners sped off in great haste,
Excitement and adrenaline rush palpable everywhere,
What a striking riot of adventurous sporty fare,
No matter who came first, second or third,
Everyone for once, felt like a bird,
Freed amidst the caged atmosphere of this COVID-19 pandemic,
In the end, NEIGRIHMS Campus Run was pure exhilarating fun...!!!

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