

A REPORT
ON



FOOTBALL TOURNAMENT (MMYC),
2014

SPONSORSHIP BY
AASHAA BORA FOUNDATION
GUWAHATI

INTRODUCTION

Football is a physically demanding sport. It requires strength, speed and agility, and many football teams train year-round. Training for football involves strength training, drills that develop forward, backward and lateral agility, cardiovascular fitness and overall endurance. Football training is an excellent, total-body method for getting in and staying in shape.

Aashaa Bora Foundation is a non-profit organization, has taken a unique initiatives to motivated youth, mobilizing new generation towards extra curriculum activity. In case of motivate the youth the organization corporate in a football tournament which held onat 11th Mile, Mawsmmai, Dist- Ribhoi, and Meghalaya.

The significant purpose of the programme is to motivate the youth and facilitated them for outdoor games. Moreover, it was an initiative and ample opportunity to interact with the youth as well as community for better communication towards community people.

OBJECTIVE OF THE PROGRAMME

- To motivate the youth
- Increase the extra curriculum activity among the rural youth.
- To build repo with the rural community and gathered information about their programme

ACTIVITIES

On Wednesday 27th August, 2014, A Football tournament was organized by Mawsmmai Marwet Youth Club (MMYC) and sponsored by Aashaa Bora Foundation. It was held at 11th Mile, Mawsmmai, dist. Ribhoi, Meghalaya – 793101. Many teams were participated in football programme. All the participated were performed very well. The participated team were Borbhuin (BFC) and Amerigog Football Club.

The programme was started from 4'0 clock. Firstly they started programme by flag hoisting.



Then all the members were introduced themselves and started play of football.

The programme was started 4'0 clock to till 8'0 clock. The play was very interesting; all the participant were performed very well. But Borbhuin (BFC) was performed best; therefore they got 1st prize and winner of this football programme and 2nd prize goes to Amerigog Football Club.

After completed of this programme; renowned people were given valuable speech. From Aashaa Bora Foundation, Biswajit Talukdar was motivated, encouraged to youth towards extra curriculum activity and social activity and also congratulated the winner teams through his speech.

Prize distribution ceremony: After ending the game the prize distribution programme started. All the prizes with money were given from Aashaa Bora Foundation.



The prize schedules were-

1st prize: Trophy with Rs. 10,000/-

2nd prize: Trophy with Rs. 3000/-

CONCLUSION

Football is the most popular sport in the world and is played in most countries. The nature of the game means that players may be sprinting, running fast or slow, and sometimes may be standing around.

As play during football is continuous, football is great for fitness and cardiovascular health. People of various ages and skill levels can participate in soccer, with individuals of various sizes being able to do equally well. Soccer can also be a great sport for kids who may not have high levels of athletic ability, but who would like to participate in team sports. The health benefit includes as increase aerobic capacity and cardiovascular health; lowers body

fat and improves muscle tone; builds strength, flexibility and endurance; increases muscle and bone strength; improved health due to shifts between walking, running and sprinting.

Football can be a good opportunity to motivate the youth. The result of this kind of activity it becomes possible to communicate and coordinate with the youth. Moreover, it helps to understand the youth along with community.

PHOTO GALLERY

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