



## About the Institute

**Abhiruchi Institute of Physical Education (AIPE)** is a post graduate college established under the aegis of 'Abhiruchi', a registered NGO, devoted to the cause of promotion of games and sports in Assam, in the year 2008 for the first time in Assam to impart quality physical education. The institute has been registered under Societies Registration Act XXI of 1860 (No. 2975 of 1988-89). The **Government of Assam** has accorded approval for setting up the Abhiruchi Institute of Physical Education. It is worth mentioning that the **Gauhati University** has kindly provided permission and affiliation to conduct **B.P.Ed.** (Bachelor of Physical Education) course of two (2) year duration, **B.P.E.S.** (Bachelor of Physical Education & Sports) course of three (3) year duration. **The Regional Director, ERC, National Council for Teachers' Education (NCTE) Bhubaneswar has Recognised our Institute (AIPE) to conduct B.P.Ed. course with 100 intake.**

The activities of the Institute is being presently conducted in a rented premises at Kerakuchi, Guwahati - 34. The authority of the Institute has recently acquired a plot of land measuring **30** bighas (17 bighas medi patta & 13 bighas tauji patta) at Gobhali, P.S. Chandrapur, Kamrup Metro, Guwahati- 781 050, to set up the main campus of the Institute.

'ABHIRUCHI' is a popular name all over the state of Assam. The organisation has to its credit as many as one hundred and four units scattered in different parts of Assam. It has been observing the 3rd of September as the 'Abhiruchi Sports Day' since 1984 to mark the birth anniversary of 'ARJUN' SRI BHOGESWAR BARUA, the legendary sportsperson of Assam, throughout the state with various programmes to create awareness among the public in general and student community in particular about the role of games and sports. In addition, the Assamese sports monthly titled 'ABHIRUCHI' is being published since 1979 to enthuse the young sports talents of the state of Assam.

## Aim and Objectives

The Institute is mainly aimed at preparing professional leaders in the field of Physical Education and Sports to serve the country by their professional knowledge and skills.

*The following are the objectives of the Institute -*

- (i) To generate professional leaders in the field of Physical Education and Sports.
- (ii) To serve as a centre of excellence and innovation in Physical Education and Sports.
- (iii) To provide professional as well as academic guidance to other institutions in the field of Physical Education and Sports.
- (iv) To extend counselling and placement services to the professionals in the field.
- (v) To create health consciousness among people.
- (vi) To develop the Spirit of patriotism and personality through Physical Education and Sports.

## Course offered & duration

1. Degree Course **B.P.E.S.** (Bachelor of Physical Education & Sports)  
Duration : Three (3) years.  
Intake Capacity : 40 (for both boys & girls)

## Scope of the course offered

The candidates having passed out B.P.E.S. have a wide range of opportunity in the several fields of human endeavour. They will be eligible to be appointed as Physical Education Teacher & Physical Instructor (P.I.) in government and private schools and colleges.

They will be eligible for entering in different forces like Army, Police, B.S.F., C.R.P.F. etc.

They can be appointed as experts, executive in health club, hotels and industries besides starting their own institutes like health club, consultancies etc.

They can also go for higher studies, like M.P.E. M. Phil, Ph.D., Sports Management, Sports Journalism etc.

## Campus & Its Location

The Regd. City office is at 'ABHIRUCHI', 130, M. C. Road, Chenikuthi, Guwahati - 781003. Presently the institute is

housed in a rented premises at Kerakuchi, Saukuchi, Guwahati - 781034 (near. Md. Tayabullah Hockey Stadium). The track and field of the Indira Gandhi Athletic Stadium and Dr. Toyabullah Hockey Stadium have been used for practice programmes of the students of the Institute with due permission of the State Govt. of Assam since its inception in 2008 on rent. The construction of campus of the Institute will be complete at own land at Gobhali, Chandrapur - Morigaon Road. Hope, the classes will be start in our own campus from this academic session.

### **Hostel**

Separate hostels for boys and girls will be provided.

### **Library**

A good number of books (above 4000 Nos.) on Physical Education, Health Education, Anatomy, Physiology, Sports Medicine etc., reference books on games & sports and physical Education & sports journal have been stocked in the Institute's library.

Institute's library has been named after **Radha Govinda Baruah** to pay respect to him for his invaluable contributions in the field of games and sports in Assam.

### **Co-curricular Activities**

The students shall be encouraged to participate in cultural and literary activities to be organised by the Institute from time to time and also in debating / quiz competition and seminar.

### **Conduct / Discipline**

All the students of the Institute have to maintain excellent conduct during their stay at the Institute. Any kind of indiscipline and breach of the Institute rules shall be dealt severely for which he/she has to face disciplinary actions including fine, expulsion and rustication depending upon the gravity of the offence.

### **Attendance and Examination**

The students have to maintain 85% attendance both in theory and practical classes. The final examination will be conducted by the Gauhati University on the date and time as notified by the University.

### **Reservation**

The reservation rules for admission shall be according to the reservation policy of the state Govt. of Assam.

### **Sports Participation**

The students of the Institute shall be encouraged to participate District/ State level recognized competitions. In addition, a leadership camp training of seven days duration shall be conducted after the end of the final examination so as to develop their leadership and inherent qualities by giving them exposure to outdoor life.

### **Application for Admission**

Each application for admission must be in prescribed form attached to the Prospectus and sent it to the Principal / President of the Abhiruchi Institute of Physical Education at City office : ABHIRUCHI, 130, M. C. Road, Chenikuthi, Guwahati - 781 003 through registered post or personally by hand on or before the last date of submission of the application form. The application shall be accompanied with cash of Rs. 300/- or a Demand Draft of Rs. 300/- to be drawn in favour of the President, AIPE, payable at Guwahati against the payment of fee for admission test.

### **Eligibility for Admission**

The age of the candidate must not exceed 22 years on 1st July, 2019. SC/ST/OBC candidates and also the candidates who have participated in the National/ International Competitions in a recognized tournament, will be given 3 years relaxation in age. The women candidates will also be given relaxation in age by 3 years.

### **Academic Qualifications**

- (i) The candidate must be passed 10+2 standard examination from any reorganized Council/ Board/ University.
- (ii) The candidate should have adequate knowledge in English as the medium of instruction shall be English.

## Admission Procedure

### (1) Academic Field

- (i) Written Examination (1 hour) -- 40 marks.  
(Based on General Knowledge, Reasoning, Sports and English)
- (ii) Bonus marks  
(On the basis of marks secured in the final examination of 10+2)
- |               |          |
|---------------|----------|
| 60% and above | 10 marks |
| 50% to 59%    | 8 marks  |
| 40% to 49%    | 6 marks  |
| Below 39%     | 4 marks  |

Total = 50 marks

### (2) Sports Field

- (i) Modified AAPHER Youth Fitness Test (Table attached) 60 marks  
(ii) Games (Any two) 100 marks

Total = 160 marks

## List of Games

Track & Field (*Two events one track and one Field event*) Foot-ball, Volley-ball, Badminton, Table Tennis, Basket-ball, Kho-Kho, Kabaddi, Swimming, Gymnastics, Wrestling, Hand-ball, Boxing, Judo, Lawn-Tennis, Hockey, Cricket and other recognised games by the Indian Olympic Association.

**Note :** The **AIPE** shall have the rights to include or delete any game according to the administrative feasibility.

### (3) Bonus marks (Sports Achievement)

- Participated in International Competition 15 marks
- Secured I, II or III place in Nationals or S.G.F.I. 10 marks
- Participated in Various Nationals or S.G.F.I. 05 marks

Total = 15 marks

### (4) Other Qualification

- Diploma 25 marks
- Certificate 10 marks
- Short Course 5 marks

Total = 25 marks

Grand Total = 250 marks

## Eligible Candidates

On the basis of the performance in the admission test, the lists of unreserved and reserved candidates shall be prepared and the candidates will be informed accordingly. The candidates shall be selected purely on merit basis. The vacant seats shall be filled up from the waiting list.

**Note :** The change in the rule of the state Government of Assam in regards to reservation quota shall be followed.

## Curriculum

### B.P.E.S. (1st Year)

#### Part - I : Theory

- 1st Paper : English  
2nd Paper : Sociology and Environmental Science  
3rd Paper : General Science  
4th Paper : History and Elements of Physical Education  
5th Paper : Anatomy and Physiology  
6th Paper : Basic Computer Science and Information Technology

**Part - II : Skills**

- (a) Skills in Major Games (Indian and Foreign); Athletics, Yoga, Marching & other formal and physical activities.
- (b) Year's Sessional Work.

**B.P.E.S. (2nd Year)**

**Part - I : Theory**

- 1st Paper : Health Education, Correctives and Rehabilitation
- 2nd Paper : Physiology of Exercise
- 3rd Paper : Methods in Physical Education
- 4th Paper : Recreation and Yoga
- 5th Paper : Management in Physical Education and Sports

**Part - II : Skills**

Skills in games (Indian and Foreign); Athletics, Gymnastics, other physical Exercises including Yogasana.

**Part - III : Practice Teaching**

- a) 10 lessons are to be taken throughout the year in Secondary School situation
- b) Two lessons are to be given at the Annual Examination of which one shall be on Games and Athletics and the other shall be on Formal Activities.

**B.P.E.S. (Final Year)**

**Part - I : Theory**

- 1st Paper : Foundation of Physical Education and Sports
- 2nd Paper : Kinesiology and Biomechanics
- 3rd Paper : Educational and Sports Psychology
- 4th Paper : Test and Measurement in Physical Education
- 5th Paper : Officiating and Coaching
- 6th Paper : Fundamental of Sports Training

**Part - II : Skills**

- (a) Specialization in Games
- (b) Specialization in Physical Activities
- (c) Combative and Indigenous Activities
- (d) Specialization in Athletics
- (e) Co-curricular Activities

**Part - III : Practice Teaching (For External Examination)**

- (a) Two lessons are to be given at the time of the final Examination one on Athletics and the other on Major games.
- (b) Officiating Test on two Games.



**FEE STRUCTURE (B.P.E.S.) 3 years****Per Year**

PARTICULAR OF FEE	1 <sup>st</sup> Installment at the time of Admission	2 <sup>nd</sup> Installment by 15 <sup>th</sup> December, '20
1. Admission fee	4,000.00	
2. Tuition fee	16,000.00	16,000.00
3. Development fund	3,000.00	3,000.00
4. Camp & others	800.00	800.00
5. Sports Kits	2,800.00	----
6. Library fee	800.00	800.00
7. First Aid fee	200.00	300.00
8. Student Cultural/ Literary society	300.00	300.00
9. Electricity charge	1,000.00	1,000.00
10. Student welfare fund	300.00	300.00
11. Identity Card	300.00	---
12. Miscellaneous : (Internal Examination & others fee)	1,000.00	1,000.00
<b>Total</b>	<b>31,500.00</b>	<b>23,500.00</b>

**Note :** *Fee structure for Admission (every year) and Hostel fee (every year) may be enhanced as per decision of the Management of the Institution.*

**Note :** Final/ Annual Examination G.U. fee, University registration fee and syllabus fee are to be paid by the student as per University rules.

**Hostel Fee :**

Each student has to pay Rs. 62,000.00 (Rupees Sixty two thousand only) per year in 3 (three) installments. The First installment of Rs. 30,000.00 (Rupees Thirty thousand only) has to be paid at the time of Admission and the Second installment of Rs. 20,000.00 (Rupees Twenty thousand only) before 15<sup>th</sup> December, 2020 and rest Rs. 12,000.00 (Rupees Twelve thousand only) before 15<sup>th</sup> March, 2021.

**Note :** The Hostel fees may vary in subsequent year subject to increase in expenses / Tax in college operation due to external dependencies.

**Caution money :** Rs. 3,000.00 (to be deposited at the time of first year admission, which may not be refundable)

**Submission of Applications :**

Last date for submission of application form duely fill in along with enclosures : 4<sup>th</sup> June, 2020

**Schedule of Admission Test :** 7<sup>th</sup> & 8<sup>th</sup> June, 2020. (From 08.30 am to 4-30 pm)

Checking of original certificates, Written test, Modified AAHPER youth fitness test & Game test etc.

**Last Date of Admission :** 9<sup>th</sup> & 10<sup>th</sup> June, 2020

**N.B :** *Anybody who is interested to take Admission before the last date of admission can do so provided they should show their original documents and go through other tests.*

**\* Norms for Modified AAHPER Youth Fitness Test (Boys)**

MARKS	TEST ITEMS						MARKS
	50 mts Dash (Sec)	Inclined Pull-Ups Overarm Grip (No.)	Bent Knee Sit-Ups (No.)	Shuttle Run 10x4 mts (Sec)	Standing Broad Jump (Mts)	600 mts Run/ Walk (Sec)	
10	5.49	16	67	7.60	3.00	99.00	10
9	5.87	15	61	8.13	2.89	102.84	9
8	6.23	13	55	8.66	2.78	106.68	8
7	6.63	11	50	9.19	2.67	110.52	7
6	7.01	10	44	9.72	2.56	114.36	6
5	7.39	8	38	10.25	2.45	118.20	5
4	7.77	6	33	10.78	2.34	122.04	4
3	8.15	5	27	11.31	2.23	125.88	3
2	8.53	3	21	11.84	2.12	129.72	2
1	8.91	1	15	12.37	2.01	133.56	1
0	9.29	0	10	12.90	1.90	137.40	0
MEAN	7.39	8.00	38.30	10.25	2.45	118.20	MEAN
S.D	0.54	2.39	8.18	0.75	0.16	5.48	S.D
SCALE INTERVAL	0.38	1.67	5.73	0.53	0.11	3.84	SCALE INTERVAL

**\* Norms for Modified AAHPER Youth Fitness Test (Girls)**

MARKS	TEST ITEMS						MARKS
	50 mts Dash (Sec)	Inclined Pull-Ups Overarm Grip (No.)	Bent Knee Sit-Ups (No.)	Shuttle Run 10x4 mts (Sec)	Standing Broad Jump (Mts)	600 mts Run/ Walk (Sec)	
10	6.19	70	48	9.03	2.65	102.15	10
9	6.74	64	44	9.65	2.47	113.28	9
8	7.29	58	39	10.27	2.29	124.41	8
7	7.84	52	34	10.89	2.11	135.54	7
6	8.39	46	30	11.51	1.93	146.67	6
5	8.94	40	25	12.13	1.75	157.80	5
4	9.49	34	20	12.75	1.57	168.93	4
3	10.04	28	16	13.37	1.39	180.06	3
2	10.59	22	11	13.99	1.21	191.19	2
1	11.14	16	7	14.61	1.03	202.32	1
0	11.69	10	2	15.23	0.85	213.43	0
MEAN	8.94	39.9	25.10	12.13	1.75	157.80	MEAN
S.D	0.78	8.69	6.62	0.88	0.25	15.90	S.D
SCALE INTERVAL	0.55	6.08	4.63	0.62	0.18	11.13	SCALE INTERVAL

**Formula for converting performance into Marks (i.e., raw score into scale value)**

Marks = (ZV - X) / SI For test items (50 Mts, Shuttle Run & 600 Mts Run / Walk)

Marks = (X - ZV) / SI For test items (Pull-ups, Sit-ups & St. Board Jump)

Where, X = Actual performance in the test

ZV = Zero value of the scale in particular test.

SI = Scale Interval of the particular test

**Note :** The highest and lowest marks for any performance in any test will be 10 & 0 respectively.

\* Norms developed by Mr. Aniruddha Kumar Diwakar in the year, 2001-02 under the guidance of Dr. Ajay Kumar.



## Details of Teaching Staff of the Abhiruchi Institute of Physical Education (AIPE)

### Regular Teaching Staff (as per NCTE Norms)

Sl. No.	Name of the Faculty	Designation	Educational Qualification
1.	Dr. L. K. Singh	Principal	M.P.Ed., Ph.D.
2.	Dr. Bishan Roy	Associate Professor	M.P.Ed., Ph.D.
3.	Dr. L. Tamubi Devi	Associate Professor	M.P.Ed., Ph.D.
4.	S. Jugindro Singh	Assistant Professor	M.P.Ed., NET
5.	Sri Bikram Chakravarty	Assistant Professor	M.P.Ed
6.	Sri Chandra Talukdar	Assistant Professor	M.P.Ed
7.	Md. Abul Baser	Assistant Professor	M.P.Ed., NET
8.	Ms. Romila Devi	Assistant Professor	M.P.Ed.
9.	Sri Krishna Sut	Assistant Professor	M.P.Ed.

### Part time Teaching Staff (as per NCTE Norms)

1.	N. Milton	Assistant Professor	M.P.Ed.
2.	Mrs. Junu Devi Sarma	Assistant Professor	M.A., B.Ed.

**Administrator : Sri Shivaji Chakravarty, B.E., MBA.**

### Visiting Faculty

1.	Sri N. N. Das	M.Sc.
2.	Dr. M. K. Kalita	M.Sc., Ph.D.

1.	Mrs. Tulika Goswami	Librarian	M.L.Sc.
2.	Ms. Arati Borah	Dietician	M.Sc (Home Science), M.Sc (Dietetics and Food Mgmt.)

### Sports Trainers (Practical)

1.	Sri Manoj Sharma	B.P.Ed. (Volleyball)
2.	Sri Pabitra Gogoi	B.P.Ed., NIS, (Football)
3.	Sri Govinda Kalita	B.P.Ed., NIS (C), Yoga
4.	Sri Jadu Gogoi	B.P.Ed., NIS (Handball)
5.	Sri Ganesh Chandra Sarma	M.S. (Volleyball), M.Phil, B.P.Ed., NET
6.	Sri Ranjit Singh Raja	NIS, (Hockey)
7.	Sri Ansai Brahma	M.P.Ed., NIS (Football)
8.	Sri Bhabajyoti Bhattacharyya	NIS, (Basket Ball)
9.	Sri Ghanajyoti Das	NIS, (Gymnastics)
10.	Sri Banibrata Das	NIS, (Judo)





# ABHIRUCHI INSTITUTE OF PHYSICAL EDUCATION (AIPE)

**Recognised by NCTE Govt. of India)**

**Affiliated to GAUHATI UNIVERSITY**

**(Approved by the Government of Assam)**

**Postal Address : ABHIRUCHI, 130, M. C. ROAD, CHENIKUTHI, GUWAHATI - 781003**

## ADMISSION FORM

**Admission for B.P.E.S. (Bachelor of Physical Education & Sports )**

Affix  
Passport size  
Photograph

1. Name of Candidate : .....  
(in Block letter)
2. Father's Name : .....
3. Mother's Name : .....
4. Name of Guardian : .....  
(If father is not alive)
5. Occupation of Father/ Guardian : .....
6. Annual Income of Father/ Guardian : .....
7. Permanent Address : .....  
(a) Name of Village/ Town : .....  
(b) Road : ..... (c) House No. : .....  
(d) Post Office : ..... (e) Police Station : .....  
(f) District : ..... (g) State / U.T. : .....  
(h) Pin Code : ..... (i) Phone No. ....
8. Correspondence Address : .....  
(a) Name of Village/ Town : .....  
(b) Road : ..... (c) House No. : .....  
(d) Post Office : ..... (e) Police Station : .....  
(f) District : ..... (g) State / U.T. : .....  
(h) Pin Code : ..... (i) Phone No. ....
9. (a) Nationality : ..... (b) Religion .....
10. Date of Birth : .....
11. Sex : (Male/ Female) .....
12. Marital Status : Married/ Unmarried/ Divorced : .....  
(Strike off which is not applicable for column 11 & 12)
13. Category : (General / SC/ ST/ OBC) : .....

14. Sports Achievements (State Highest Achievement) : .....

15. Have you ever been involved in any activity of misbehaviour / gross indiscipline/ crime)  
Yes / No, (If yes, furnish details in separate sheet)

16. Educational Qualification (fill the appropriate Column)

Examination passed	Name of School/ College	Name of University/ Board	Year of Passing	Total Marks	% of Marks
H.S.L.C. or Equivalent					
10 + 2 or Equivalent					
Any other qualification					

17. Details of Demand Draft :  
(for admission test)

DD No. .... Amount Rs. 250/-

Date : .....

**Note :** The Demand Draft should be payable in favour of the Director, AIPE at Guwahati

**Declaration :**

I have thoroughly gone through the prospectus and I am fully aware of the selection procedure and also undertake to abide by all the provisions as mentioned in the prospectus.

I solemnly declare that all the information furnished by me are true to the best of my knowledge and no information has been withheld/ concealed. If any information is found to be incorrect/ false and or concealed, I shall be liable to be expelled from the Institute or any consequences thereof. I shall abide by the decision of the management of the Institute.

Place : .....

Date : .....

**(Signature of the Candidate)**

.....

**Enclosures :**

1. Matriculation Certificate (Proof of date of birth) in **original** with photo copy signed. by the Candidate.
2. Certificates and Marksheets of all Examinations passed from Matriculation onwards in **original** with photo copy signed. by the Candidate.
3. Medical Certificate (in **original**)
4. Character certificate from the Head of the Institution last attended.
5. Caste Certificate (for SC/ ST/ OBC candidates)
6. Sports Achievement Certificate(s)
7. Identification Card with Photograph (in **original**)
8. Self addressed envelope with postal stamp of Rs. 10/-
9. Two additional Passport size photographs in addition to the one affixing on the application form.
10. Two Nos. of Passport size photographs of Parents will be required at the time of admission.

**Note :** Incomplete Application form and that without above enclosures (attested) as mentioned shall be liable to be rejected.



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**Postal Address : ABHIRUCHI, 130, M. C. ROAD, CHENIKUTHI, GUWAHATI - 781003**  
e-mail : abhiruchisports@gmail.com, web site : www.aipeguwahati.in

## **UNDERTAKING**

**by the Parent/ Guardian**

*I, ..... parent/ guardian of  
the applicant ..... am fully  
aware of the rules and procedures mentioned in the prospectus of the  
Institute and shall bear all the expenditure to be incurred for the  
completion of the course. Further, I undertake that my ward himself/  
herself shall be responsible for any risk of injury during the entrance test  
at the testing centre of your organisation.*

Place : .....

.....  
(Signature of Father/ Guardian)

Date : .....

.....  
(Signature of the Candidate)



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e-mail : abhiruchisports@gmail.com, web site : www.aipeguwahati.in

## MEDICAL FITNESS CERTIFICATE FORM FOR ADMISSION

1. Name of Candidate : .....
2. Age & Sex : .....
3. Father's Name : .....
4. Pulse : .....
5. B. P. : .....
6. Weight : .....
7. Height : .....
8. Chest circumference (i) Normal .....
- (ii) Expanded .....
9. CVS : .....
10. Chest : .....
11. Abdomen : .....
12. Eye : (i) Colour Cision .....
- (ii) Visual acuity ..... (a) Without glasses  
(b) With glasses

I certify that I have carefully medically examined

Mr./ Ms./ Mrs. .... and I am satisfied that he/  
she is fully fit / unfit for undergoing training in physical education involving strenuous physical activities  
and competitive games.

Registration No. of Medical Officer : .....

Place : .....

Date : .....

**(Signature of Medical Officer)**  
Stamp and seal of the Medical officer