

SPORTS AUTHORITY OF ASSAM, GUWAHATI

PRESS RELEASE

Dated 2nd May, 2020

During the current lockdown period, Sports Authority of Assam has been carrying video messages featuring prominent current as well as ex-sportspersons and coaches on how to remain fit while staying at home and what can be done for maintaining and enhancing sports specific skills, etc. Elite athletes have been demonstrating the exercises they have been doing at home. Sportspersons and coaches have also been creating awareness about what precautionary measures should be taken to guard against Corona Virus.

Sports Authority of Assam's coaches have also been taking coaching sessions online through Webinars.

The videos can be seen on the YouTube channel, Twitter, Instagram and Facebook page of Sports Authority of Assam.

Sportspersons and coaches who have so far appeared include Hima Das (Athletics), Hriday Hazarika (Shooting), Lovelina Borgohain (Boxing), Ankushita Boro (Boxing), Jamuna Boro (Boxing), Gilbertson Sangma (Football), Elvis Ali Hazarika (Swimming), Shivangi Sarma (Swimming), Tayebun Nesa (Athletics) and Nipon Das (Athletics Coach).
