



सत्यमेव जयते

Ministry of
Youth Affairs & Sports
Government of India

NATIONAL SPORTS UNIVERSITY

Imphal, Manipur

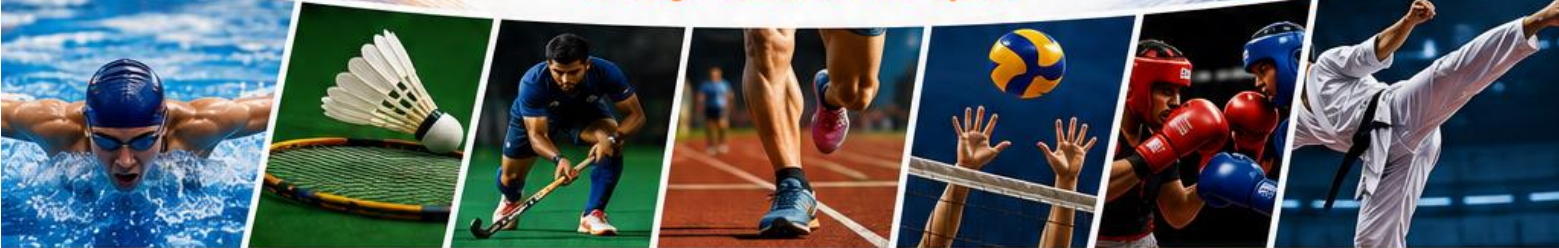
Ministry of Youth Affairs & Sports, Govt. of India

— SOUVENIR —

SUMMER COACHING CAMP 2026

"Play, Learn & Excel."

★ Building Champions of Tomorrow
through Science and Sport ★



5th June 2026 – 5th July 2026

Khuman Lampak Sports Complex, Imphal

*Train Today
Excel Tomorrow
Inspire Always*

www.nsu.ac.in

@nsu.imphal

@nsu.imphal

NSU Imphal

MESSAGE FROM THE VICE CHANCELLOR

Dear Participants,

I am delighted to welcome you to our Summer Coaching Camp. This program offers a valuable opportunity to learn, develop new skills, and engage in meaningful activities beyond the classroom.

I encourage you to participate actively, make the most of the learning experiences, and enjoy this enriching journey. I wish you a productive, enjoyable, and successful camp.

With best wishes,

Saljit Singh..

Vice Chancellor

MESSAGE FROM THE REGISTRAR

It gives me immense pleasure to extend my warmest greetings on the occasion of the Summer Coaching Camp 2026, organised by the National Sports University. I also congratulate the organising team on the publication of this commemorative souvenir, which beautifully encapsulates the spirit, dedication, and vision of this camp.

A summer coaching camp is not merely an annual fixture or a seasonal training routine; it is the vital crucible where the foundation of our sporting future is laid. This year, our focus rests on a transformative vision: "Building Champions of Tomorrow through Science and Sports."

The modern sporting arena is no longer governed by raw talent alone. Today, athletic excellence is a precise alchemy of grit and scientific intervention. By integrating sports science - ranging from biomechanics and physiology to precise nutritional planning and sports psychology - with rigorous on-field training, we aim to elevate our athletes to global standards. We are committed to shifting the paradigm from trial-and-error coaching to evidence-based performance enhancement.

Central to this mission is the principle of scientific talent identification. Discovering potential early and nurturing it through structured pathways is the only sustainable way to position India as a dominant global sporting superpower. This camp serves as an ideal platform to identify unique athletic traits, refine natural capabilities, and instil the psychological resilience required at the highest levels of competition.

I am confident that the specialised training, expert mentorship, and scientific exposure provided during this camp will inspire our young participants to strive for excellence and realise their ultimate potential.

I extend my heartfelt appreciation to the teachers, coaches, sports scientists, administrative staff, and coordinators whose tireless efforts will make this camp a grand success. To our young and aspiring athletes, I wish you a rewarding learning experience. May the lessons learned here propel you onto the podiums of tomorrow.

Best wishes for a memorable and impactful journey ahead.



Dr L. Dibamani Singh
Registrar

About the Summer Coaching Camp

The Summer Coaching Camp 2026 is a structured, short-duration sports training programme organised during the school summer vacation. It utilises the break to engage school children in regular, guided physical activity and skill development under qualified coaches. The focus is on learning fundamentals, improving fitness, and promoting healthy lifestyle habits through sport in a safe, supervised environment.

What the Camp Offers

- **Scientific Coaching:** Scientifically designed training modules in one or more sports disciplines delivered by qualified NSU coaches and sports scientists.
- **Age-Appropriate Skill Development:** Covering basic to intermediate techniques, rules, and game sense tailored to each age group.
- **Physical Conditioning:** Improving strength, endurance, flexibility, and coordination through structured fitness sessions.
- **Holistic Development:** Exposure to discipline, teamwork, fair play, and sportsmanship for all-round personal growth.
- **Sports Science Assessment:** Covers physiological, psychological, nutritional, body composition, and counselling evaluations.

Camp Schedule

Detail	Information
Duration	5 th June 2026 – 5 th July 2026 (One Month)
Venue	Khuman Lampak Sports Complex, Imphal
Morning Session	6:30 AM – 8:30 AM
Evening Session	4:00 PM – 6:00 PM
Rest Days	Sundays and Public Holidays
Inaugural Assembly	Multipurpose Hall, 05.06.2026 at 7:00 AM
Registration Deadline	4th June 2026
Camp Fee	₹1,200 per participant (all sports)

Sports Disciplines, Age Criteria & Fees

The camp offers training in 14 sports disciplines. The registration fee of ₹1,200 includes coaching, T-Shirt, training material, and a participation certificate.

Sl.	Sport	Age Group	Intake	Fee
1	Archery	8–18 Years	10	₹1,200
2	Athletics	10–18 Years	40	₹1,200
3	Badminton	8–18 Years	20	₹1,200
4	Basketball	8–18 Years	20	₹1,200
5	Cricket	8–18 Years	20	₹1,200
6	Football	U-14 & U-17	20 + 20	₹1,200
7	General Fitness	No Age Bar	20	₹1,200
8	Handball	8–18 Years	20	₹1,200
9	Swimming	10–18 Years	20	₹1,200
10	Volleyball	5–16 Years	25	₹1,200
11	Yoga	No Age Bar	20	₹1,200
12	Taekwondo	8–14 Years	20	₹1,200
13	Boxing	7–17 Years	20	₹1,200
14	Fencing	6–18 Years	20	₹1,200

Organising Committee

Role	Name & Designation
Chief Patron	Shri Daljit Singh Chawdhary , IPS (Retd.), Vice Chancellor
Patrons	Dr. Laishram Dibamani Singh, Registrar
	Dr. Shyam Sunder Rath, Dean (Academics)
	Mrs. M. Liklainu Chanu, Deputy Finance Officer
Director, Summer Coaching Camp 2026	Dr. S. Premananda Singh, Deputy Dean of Students' Welfare
Assistant Director (Indoor Sports)	Dr. S. Vinay Kumar Singh, Assistant Professor (Physical Education)
Assistant Director (Outdoor Sports)	Mr. Y. Biondi Meitei, Assistant Professor (Sports Coaching)
Media Cell Coordinator	Mr. M. Rakeshsunder Singh, Assistant Professor (Sports Coaching)
Media Cell Member	Mr. Biswajit Pratap Choudhury, Guest Faculty (Athletics)
Counselling Cell (Convenor)	Dr. N. Debala Chanu, Assistant Professor (Sports Psychology)
Counselling Cell Member	Dr. Thumchuichan Raman, Guest Faculty (Sports Psychology)
Medical Team (Convenor)	Dr. G. Manoranjan Sharma, Medical Consultant
Medical Team Member	Mrs. Priya Mayengbam, Physiotherapist
	Mrs. Pritbani Devi, Staff Nurse
Refreshment Team	Chingkhei Ningthoujam, Assistant (Mess)
	Mr. Amson, MTS (Mess)
	Vinod, Mess Helper
Sports Science Team	Dr. Kuldeep Singh, HOD i/c, Dept. of Sports Psychology (Convenor)
	Dr. Keren Harish Tiwari, HOD i/c, Dept. of Sports Physiology & Nutrition
	Dr. Arijit Chakraborty, Asst. Professor, Sports Physiology & Nutrition
	Dr. N. Amitrasen Singh, HOD i/c, Dept. of Physical Education
	Mr. K. Ravishankar, HOD i/c, Dept. of Sports Coaching
	Dr. N. Debala Chanu, Asst. Professor (Sports Psychology)
	Dr. Thumchuichan Raman, Guest Faculty (Sports Psychology)

Game In-Charges & Coaches

Sl.	Sport	In-Charge / Coach	Qualification	Contact
1	Archery	Ms. R.K Satyapriya Devi	<i>Pan India National level 1 and 2 Coach certificate. Diploma in World Archery level 1 coach</i>	+91 7628078682
2	Athletics	Mrs. W. Lamnganbi Devi	<i>NIS Diploma (Athletics) World Athletics Level 1</i>	+91 7202090665
		Mr. Rudrapratao Seram	<i>NIS Diploma (Athletics)</i>	+91 9402285428
3	Badminton	Mr. Punshiba Yengkhom	<i>B.Sc & M.Sc. (SC) – Badminton</i>	+91 9366545839
4	Basketball	Dr. R.K. Nongdren Singh	<i>Faculty (Basketball)</i>	+91 9774535103
5	Cricket	Mr. S. Jayenta Singh	<i>NCA First Player; Ex Ranji; Level "O" Certificate</i>	+91 9089923742
6	Football	Ms. Jeny Ningthoujam	<i>NIS Diploma (Football) AFC 'C' License</i>	+91 8448242991
		Mr. N. Khagemba Singh	<i>NIS Diploma (Football) AFC B-License</i>	+91 8319146411
7	General Fitness	Mr. Biswajit Pratap Choudhury	<i>B.Sc. and M.Sc (Athletics) World Athletics Level -1</i>	+91 6901552793
8	Handball	Mr. Sh. Prasantakumar Sharma	<i>NIS Diploma (Handball)</i>	+91 7005258598
9	Swimming	Mr. M. Rakeshsunder Singh	<i>Asst. Professor; NIS Diploma (Swimming)</i>	+91 7456033396
		Dr. Bichitra Sinha	<i>Faculty (Swimming) International Halliwick (Life Guard) Course in Water</i>	+91 9383280713
10	Volleyball	Mr. S. Ashokumar Singh	<i>NIS Diploma (Volleyball) And FIVB level 2</i>	+91 9362430867
11	Yoga	Ms. Elizabeth Oinam	<i>M.Sc. in Yoga Science</i>	+91 7353445109
12	Taekwondo	Ms. O. Wangoleima Chanu	<i>NIS Diploma (Taekwondo)</i>	+91 9366404896
13	Boxing	Ms. Anu	<i>B.Sc & M.Sc. (SC) (Boxing)</i>	+91 6280172104
13	Boxing	Mr. L. Devendro Singh	<i>NIS Diploma (Boxing)</i>	+91 7005198595
14	Fencing	Ms. H. Haripyari	<i>NIS Diploma (Fencing) Asian Championship Coaching Camp Asian Games Coaching Camp</i>	+91 8787585752

Students' Coaching Assistant

Sl.	Sport	Students Assistant
1	Archery	Longjam Arjun, B.Sc. (SC)
2	Athletics	L. Yaisana Devi, M.Sc. (SC)
		S. Elabanta Singh, M.Sc. (SC)
3	Badminton	Mayanglambam Elina Devi, B.Sc. (SC)
4	Basketball	Abir Guha , PhD Scholar
5	Cricket	Chabungbam Vivekraj, BPES
		Naorem Lann, BPES
6	Football	K. Radhakanta, B.Sc. (SC)
		S.W Hormichon, B.Sc. (SC)
7	General Fitness	Abir Guha
8	Handball	Thamraj Soyam, MPES
9	Swimming	Charsita, B.Sc. (SC)
		Dimboi, MPES
		Matilda, BPES
10	Volleyball	Calvin Riso, BPES
11	Yoga	Naorem Muskan, BPES
		Riya, BPES
12	Taekwondo	Yumnam Jiber, , BPES
14	Fencing	Seram Chingkheinganbi, PhD Scholar

Registration & Payment Details

Interested candidates can register through the official Google Form. The last date for registration is 4th June 2026.

Registration Link: <https://forms.gle/26kJEeKmbpratBD8>

Bank Account Details for Fee Payment

Account Name	National Sports University 01
Account Number	50100366687337
IFSC Code	HDFC0004744
Bank Name	HDFC Bank
Payment Mode	Online / Net Banking

Note: Money once deposited is non-refundable and non-transferable.



Terms & Conditions

1. **Application:** The application/registration form must be filled completely with all details before admission. Incomplete forms will not be accepted.
2. **Fees:** Fees will be charged as applicable for the activities listed. Fees once deposited are non-refundable and non-transferable.
3. **Liability:** While the University will take all reasonable precautions for the safety of participants, it will not be held responsible for any accidents or unforeseen incidents.
4. **Documents Required:** Submit a self-attested photograph and the application form signed by Parent/Guardian. The original Birth Certificate must be produced at admission. Attach one additional passport-size photograph for the ID card.
5. **Attendance:** Students must be regular and punctual. Absence for 3 consecutive classes without prior permission will result in removal from the camp.
6. **Discipline:** Students must maintain discipline and follow all instructions from teachers regarding safety and hygiene.
7. **Membership:** Membership is provisional and may be cancelled at any time by the staff in charge without assigning a reason.
8. **Parents/Guardians:** Entry into playing arenas is not permitted. Please park vehicles only in the designated parking areas at Khuman Lampak Sports Complex.
9. **Reporting & Dress Code:** All students will assemble in the Multipurpose Hall on 05.06.2026 at 7:00 AM. Participants must report in the proper dress/kit prescribed for each sport.
10. **Equipment:** Personal equipment and required safety gear will not be provided by the Institute. Participants must make their own arrangements.
11. **Schedule:** Morning session: 6:30 AM – 8:30 AM. Evening session: 4:00 PM – 6:00 PM. Training will remain suspended on Sundays and public holidays.
12. **Conduct of Activities:** Activities will be organized subject to administrative feasibility.



राष्ट्रीय खेल विश्वविद्यालय, इम्फाल, मणिपुर

भारत सरकार, युवा कार्यक्रम एवं खेल मंत्रालय
(केन्द्रीय विश्वविद्यालय)

NATIONAL SPORTS UNIVERSITY, IMPHAL, MANIPUR
(Government of India, Ministry of Youth Affairs and Sports)
(Central University)



SUMMER COACHING CAMP 2026:

“Play, Learn & Excel.”

Building Champions of Tomorrow through Science and Sport

(5th June to 5th July 2026)

**Paste One
Photograph of
the Candidate**

Name of Game/Sport/Activity.....

To
The Director
Summer Coaching Camp: 2026
National Sports University, Imphal.

Sir,

I.....S/O/D/O Shri.....of
School..... studying in Class..... wish to
join the Summer Coaching Camp from 5th June to 5th July 2026 at NSU, Khuman Lampak
Sports Complex, Imphal. I have gone through the rules and conditions for this Camp and
accept to abide by them strictly. I have got my application forwarded and signed by my
Parents/Guardian as a token of acceptance of the terms and conditions of the membership.

Signature.....
(Student)

Master/Kumari (Name in Capital Letters)..... is my son/daughter. I
am sending my son/daughter AT MY OWN RISK and accepting all the terms and conditions
of the University in relation to conduct of summer camp 2026.

1	Full Name (In Block Letters)	
2	Date of Birth (date/month/year)	
3	Age on (5 th June , 2026)	
4	Gender	
5	Father's Name	
6	Mother's Name	
7	Residential Address	
8	Mobile No. (Student/Parents)	
9	E-Mail	
19	T-Shirt Size	

Signature.....
(PARENT/GUARDIAN)

MEDICAL FITNESS OF CERTIFICATE FOR SUMMER COACHING CAMP-2026,
NATIONAL SPORTS UNIVERSITY, KHUMAN LAMPAK SPORTS COMPLEX

(To be produced by the candidate at the time of registration for Summer Coaching Camp-2026 NSU, Khuman Lampak Sports Complex)

I certify that I have examined Mr/Ms..... S/o /
D/o Mr/Mrs..... whose signature is given
below. Based on the examination I certify that he/she is in good mental and physical health
and is free from any physical deformities which may interfere with his/her
participation/activities during the Summer Coaching Camp-2026 at NSU, Khuman Lampak
Sports Complex.

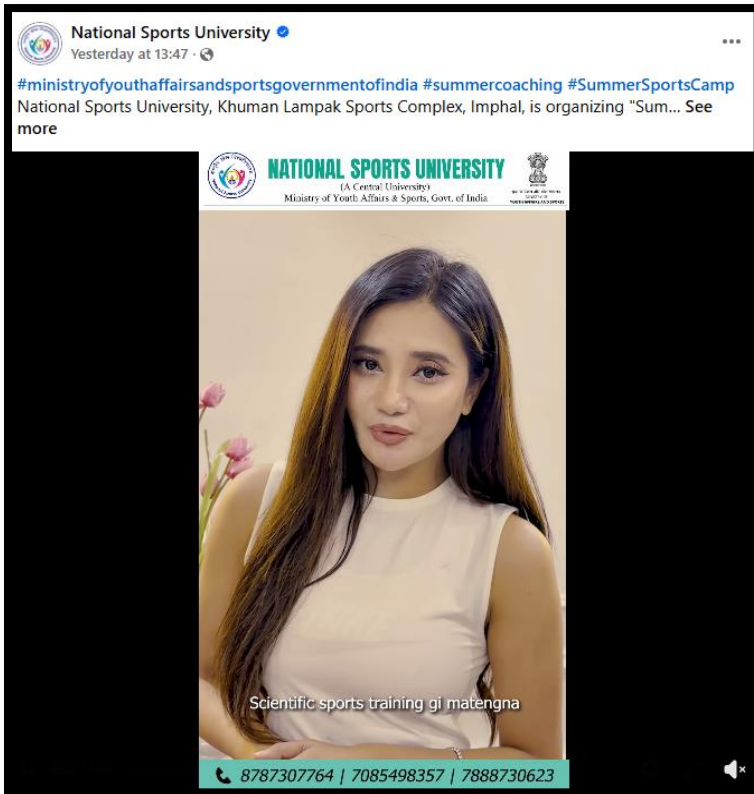
Mark of Identification

Signature of the Candidate.....

Place:

Date:

Name & Signature of the Medical
Officer
(With seal and registration number)



National Sports University, Khuman Lampak Sports Complex, Imphal, is organizing "Summer Coaching Camp 2026" on the theme "Play, Learn & Excel – Building Champions of Tomorrow through Science and Sports".

NATIONAL SPORTS UNIVERSITY

(A CENTRAL UNIVERSITY)
MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVERNMENT OF INDIA

ORGANISES

SUMMER COACHING CAMP-2026

"PLAY, LEARN & EXCEL." (BUILDING CHAMPIONS OF TOMORROW THROUGH SCIENCE AND SPORTS)

5th JUNE TO 5th JULY 2026 | 7:30 AM TO 8:30 AM & 4:00 PM TO 6:00 PM | NSU, KHUMAN LAMPAK SPORTS COMPLEX

SL.NO.	SPORTS	SL.NO.	SPORTS
1	ARCHERY	8	HANDBALL
2	ATHLETICS	9	SWIMMING
3	BADMINTON	10	VOLLEYBALL
4	BASKETBALL	11	YOGA
5	CRICKET	12	TAEKWONDO
6	FOOTBALL	13	BOXING
7	GENERAL FITNESS	14	FENCING

IMPORTANT NOTE

Last Date of Registration
4th June 2026

Admission on First Come First Serve

REGISTRATION

Registration may be done through Google Form/ Form available at website:
[www.nsu.ac.in](http://forms.gle/13wU9W0wV1Bckas7)
<http://forms.gle/13wU9W0wV1Bckas7>

PAYMENT DETAILS

Account No.: 5010036687337
Name: National Sports University 01
IFSC CODE: HDFC0004744
HDFC BANK

PSYCHOLOGICAL ASSESSMENT

COUNSELLING SESSION

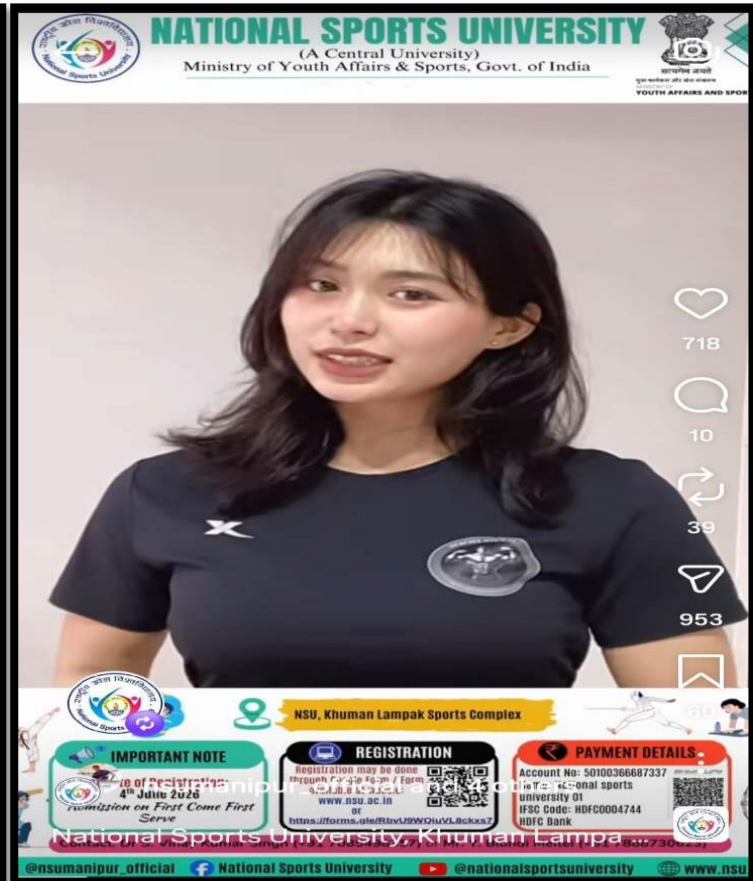
PSYCHOLOGICAL ASSESSMENT

NUTRITIONAL ASSESSMENT

VR TRAINING

BODY COMPOSITION ASSESSMENT

Contact: Dr. S. Vinay Kumar Singh (+91 7085498357) | www.nsu.ac.in





युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

NATIONAL SPORTS UNIVERSITY

(A CENTRAL UNIVERSITY)

MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVT. OF INDIA

CORDIALLY INVITES YOU TO THE
OPENING CEREMONY OF

SUMMER COACHING CAMP 2026

CHIEF GUEST:

SHRI DALJIT SINGH CHAUDHARY
IPS (RETD.), VC, NSU

GUEST OF HONOUR:

DR. LAISHRAM DIBAMANI SINGH
REGISTRAR, NSU

SPECIAL GUEST:

DR. SHYAM SUNDAR RATH
DEAN (ACADEMICS), NSU

MAISNAM LIKLAINU CHANU
DFO, NSU

LAISHRAM SARITA DEVI
(ARJUNA AWARDEE), SP, MANIPUR POLICE

SOMA LAISHRAM

ACTOR

RANJITA KHAGEMBAM
DIRECTOR, HER, INSTITUTE

HOLINA NINGOMBAM
INTERNATIONAL RUGBY PLAYER

TIME: 7:00AM

FRIDAY | 05 | JUNE

VENUE: NSU
MULTIPURPOSE HALL,
KHUMAN LAMPAK



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS

MINUTES OF THE PROGRAMME

ASSEMBLY OF THE PARTICIPANTS	6:30 AM
ARRIVAL OF CHIEF GUEST	6:55 AM
LIGHTING OF THE LAMP	7:00 AM
WELCOME SPEECH	7:05 AM
FELICITATION OF DIGNITARIES	7:08 AM
RELEASE OF COMMEMORATIVE SOUVENIR	7:15 AM
ADDRESS BY GUEST OF HONOUR	7:20 AM
ADDRESS BY CHIEF GUEST	7:25 AM
VIDEO PRESENTATION	7:30 AM
DECLARATION OF SUMMER COACHING CAMP 2026 BY THE CHIEF GUEST	7:35 AM
VOTE OF THANKS	7:40 AM
ZUMBA SESSION	7:45 AM
FOLLOWED BY LIGHT REFRESHMENT	8:15 AM

A Message from the Director

"The Summer Coaching Camp 2026 is more than just a training programme — it is an opportunity for our young athletes to discover their potential, build character, and lay the foundation for a lifetime of sporting excellence. We at National Sports University are committed to nurturing every participant with scientific coaching, holistic development, and an environment that inspires champions."

— **Dr. S. Premananda Singh**

*Director, Summer Coaching Camp 2026
Deputy Dean of Students' Welfare, NSU*

National Sports University

Khuman Lampak Sports Complex, Imphal, Manipur.
Ministry of Youth Affairs & Sports, Government of India.

"Play, Learn & Excel."