

The detailed lists of sportspersons from the College who participated in other disciplines at the National/State and University Level are as follows :-

Disciplines	Tournaments		Name/ No of Players	Achievements
	Name	Level		
Football	Subroto Cup organized by DSO East Khasi Hills, 2016	District	Ten players and Five players were selected to represent the District and State Team respectively.	Semi-Final
	Redbull Neymar Futsal Tournament, 2016			Runners Up
	Inter-College organized by NEHU 2016	University		Champion (Men)
	Subroto Cup organized by DSO East Khasi Hills.2017	District	Runners-Up, Four players were selected to represent the District and State Team.	Runners-Up
	Reliance Foundation Youth Sports Football Tournament, 2017	State		Runners Up (College Boys) Runners Up (Senior boys)
	Inter-College organized by NEHU, 2017	University		Champion (Men)
	Subroto Cup organized by DSO East Khasi Hills, 2018	District	Quarter Finalist: Kitboklang Khyriem	Selected to represent the District and the State Team.
	Reliance Foundation Youth Sports Football Tournament, 2018	State		Shillong City Champion (College Boys) Shillong City Champion (Senior boys)

	Reliance Foundation Youth Sports National Football Tournament, 2018	National		Semi Final List (College Boys) National Champion (Senior boys)
	Inter-College organized by NEHU, 2018	University		Semi Finalist (Men)
	Subroto Cup organized by DSO East Khasi Hills, 2019	District	Runner Up: Save me Tariang and Glennys G. Lynrah	Selected to represent the District and the State Team.
	Reliance Foundation Youth Sports Football Tournament, 2019	State		Shillong City Champion (College Boys)
	Inter-College organized by NEHU, 2019	University		Semi Finalist (Men) Runner Up (Women)
	Reliance Foundation Youth Sports Football Tournament held from 27th December 2019-6th January 2020	State		Champions (Senior Boys) in Football
	Reliance Foundation Youth Sports Football Tournament (2019-2020)	National	Robert Khongjoh	Won the Golden Boot and Golden Ball Award and received Scholarship Amount Rs 10,000/- for the Second season i.e 2019-2020
	Reliance Foundation Youth Sports Football Tournament (2019-2020)	National	Phrangki Buam	Won the Golden Boot and Golden Ball Award at Shillong City Championship
	Reliance Foundation Youth Sports Football Tournament (2019-2020)	National	Samuel James L Kynshi	Received Scholarship of Rs 10,000/- and now playing from Real

				Kashmir in the Indian I League
	Reliance Foundation Youth Sports Football Tournament, January 2020	National		Runners Up in Football (Senior Boys)
	Inter-College University Games organized by NEHU, Shillong, 2020	University		Runners Up in Football (Women)
Basketball	3X3 Inter-School Basketball tournament organized by Department of Physical Education and Sports Development Cell, Shillong College, 2016	Inter-College		Champion (Men)
	Inter-College organized by NEHU, 2016	University		Quarter Final (Men) Quarter Final (Women)
	Inter-College organized by NEHU, 2017	University		Quarter Finalist (Men) Quarter Finalist (Women)
	Inter-College organized by NEHU, 2018	University		Semi Finalist (Men) Runner-Up (Women)
	Inter-College organized by NEHU, 2019	University		Quarter Finalist (Men) Semi Finalist (Women)
Badminton	Inter-College organized by NEHU 2016	University	Cheryl Mawlieh	Semi Final (Men & Women) got selected to represent the University.
	2 nd Inter School Badminton Tournament, 2016	University		Semi Final (Boys)
	Inter-College organized by NEHU 2017	University		Semi Finalist (Women) Quarter Finalist (Boys)

	Inter-College organized by NEHU 2018	University		Semi Finalist (Women)
	Inter-College organized by NEHU 2019	University		Runner Up (Women)
	Advanced Training Programme in Badminton at the Padukone Sports Centre for Excellence, Bengaluru 2021	National	Elsarica Umdor	Selected for Advanced Training Programme in Badminton at the Padukone Sports Centre for Excellence, Bengaluru
	North East Zone Inter State Badminton Championship-8 th - 11 th September, 2022	State	Lawanbiang Wanniang	Semi-Final
	37 th Meghalaya State Badminton Championship 21 st -24 th September, 2022	State	Catherine Lyngdoh	Runner up in Women's Doubles
	37 th Meghalaya State Badminton Championship 21 st -24 th September, 2022	State	Catheresa Lygdoh	Runner up in Women's Doubles
Table Tennis	Inter-College organized by NEHU 2016	University		Semi Final (Men)
	Inter-College organized by NEHU, 2017	University		Semi Finalist (Men)
	Inter-College organized by NEHU, 2018	University		Semi Finalist (Men)
	37 th Meghalaya State Table Tennis Championship from 9 th – 11 th December 2018	National	Mr. Suranjit Dey	Emerged as the winner in the Men's Single Category.

	Inter-College organized by NEHU, 2019	University		Semi Finalist (Men) Champion (Women)
	81 st Junior & Youth National Championships held in Jammu J & K from 2 nd - 8 th December, 2019	National	Tanushree Dutta and Camelia Diengdoh	Selected to represent the North Eastern Hills University at the East Zone Inter University Table Tennis Tournament October, 2019 held at KIIT University, Bhubaneshwar, Odisha. Camelia Diengdoh will represent Meghalaya at the said Tournament.
Chess	Inter-College organized by EHU, 2016	University		4 th Position in the Table Tally.
	Inter-College organized by NEHU, 2017	University		3 rd Position in the Table Tally.
Karate	7 th Inter College Karate Tournament organized by Meghalaya Karate Do Association, 2016	State		2 Gold, 2 Silver, 1 Bronze
	"VISION 2022" East Khasi Hills Inter Clubs Open Taekwondo Championship-2017	National	Lanosha Marbaniang	Won the Gold Medal in the junior Girls- Under 63kgs category.
	8 th Open Meghalaya junior Kyorugi Taekwondo Championship 2017	National	Lanosha Marbaniang	Won the Gold Medal in the junior Girls- Under 59kgs category.

4th Northeast India JeetKune Do Championship 26th – 27th August, 2017	National	Lamphrang Kharsahnoh	Won the Gold Medal in the 55kgs.
3rd Northeast India JeetKune Do Championship 10th September, 2017	National	Lamphrang Kharsahnoh	Won the Gold Medal in the 55kgs.
4th Open National All Martial Art games 17th – 18th September, 2017 held at Assam.	National	Lamphrang Kharsahnoh	Won the Gold Medal in the 50+ kgs.
National JeetKune Do Chamionship 9th – 10th September held Kolkata West Bengal	National	Lamphrang Kharsahnoh	Won the Gold Medal in the 55kgs.
The National Open Zendokai Karate Championship 2017 Asian JeetKune-Do Championship, 15 – 16th October, 2017	National	Lamphrang Kharsahnoh	Won the Gold Medal in the Black Belt – 55kgs.
Asian JeetKune-Do Championship, 15 – 16th October, 2017	National	Lamphrang Kharsahnoh	Won the Gold Medal in the Senior Men Full Contact – 51kgs.
5th Grand Open International Taekwondo Championship held at New Delhi from 26th – 27th April, 2018.	National	Lanosha Marbaniang	Represented Meghalaya and won the Bronze Medal Medal in the junior Girls- Under 59kgs category.
Open National Kyorugi & Poomsai Taekwondo Championship held from 28th – 30 th December 2019 at West Bengal.	National	Lanosha Marbaniang	Won the Gold Medal in the Junior 58kgs category (Representing Meghalaya state).

	All India Taekwondo (W) championship 2019-2020 held at Punjab University, Punjab from 10th-13 th March, 2020.	National	ShabahunThongni	Represented North Eastern Hill University
	1st Indo Nepal International Taekwondo Championship 27th - 30 th December,2021	International	Lanosha Marbaniang	Won the Gold Medal
Wushu	25 th Senior National Wushu Championship held at Ranchi, Jharkhand from 25 th - 30 th January, 2017	National	Lamphrang Kharsahnoh	Represented Meghalaya in the Below 50kg Event.
	Sports Authority of India held at Imphal, Manipur from 19 th - 26 th May, 2018	National	Lamphrang Kharsahnoh	Attended the Coaching Courses for wushu Coaches.
	All India Inter university Wushu held in Punjab university, Chandigarh.	National	Lamphrang Kharsahnoh	Won the Bronze Medal.
	1 st north East Olympic Games. 24 th -28 th , October, 2018 held at Imphal.	National	Lamphrang Kharsahnoh	Won the Bronze Medal in the Sanda (-56kg).
	XVI Meghalaya State Level Wushu Championship held on 11 th & 12 th December, 2018	State	Francis RR Songthiang	Won the Gold medal in the Sanchou Junior Boys below 56kgs.
Arm Wrestling	Inter College organized by Meghalaya Arm Wrestling Association	State		Ranked Over the Top among the Colleges.
Boxing	Organized by Boxing association of East Khasi Hills District	District	Maybiful Biam	Awarded as the Best Boxer among the Elite Men Category.

	All India Inter SAI Regional Boxing Tournament from 8 th to 12 October 2018 organized by SAI National Academy, Rohtak in Youth Category.	National	Nalangki lakai	Represented SAI Meghalaya in the 60kgs category.
	1 st North East Olympic Game. Held At Imphal, Manipur 24 th To 28 th October 2018.	National	Nalangki lakai	Represented Meghalaya in the 60-64kgs category by Securing Third Place.
	Boxing Federation Of India North East Zone Boxing Championship at Assam in January 2020	National	Nalangki lakai	Won the Bronze Medal at the 60 Kg Women category
	BFI North-East Zone Boxing (Elite Men & Women) Boxing Championship, 2020 on 3 rd to 6 th January, 2020	Regional	Nalangki lakai	Won the Bronze medal in the 60 Kg Weight Category
	3 rd Bengal Boxing Classics, All India Elite Open Boxing Championship held at Kolkata from 29 th February to 3 rd March 2020	National	Nalangki lakai	Won the Bronze medal in the 60 Kg Women category
	1 st place Men's Boxing at the Meghalaya State Olympic Association 2020	State	Diosony Suchiang	Won the Gold Medal
Kickboxing	4 th Northeast National Level Kickboxing Championship held on 8 th & 9 th September 2018	National	Francis RR Songthiang	Emerged as the Champion in the Light Contact below 56 kgs.
	India Senior National Kickboxing Championship held at Rohtak, Haryana from 18 th July – 21 st July 2019		Stephyrnai Kharpein	Represented Meghalaya in Wako Indian Senior National Kickboxing Championship by

				securing Second place below 51 kgs.
	WAKO India Federation Cup -2020 7th – 10th January 2021	National	Sumarlang Marwein	Won the Bronze medal in Kick Boxing (Senior Category)
Cricket	NEHU Inter-College Men Cricket Tournament, 2018	University		Runner Up (Men)
	NEHU Inter-College Men Cricket Tournament, 2019	University		Runner Up (Men)
	Inter-College University Games organized by NEHU, Shillong, 2020	State		Joint Winners (Men) Cricket. The College Team was declared Joint Winners along with St Anthony's College due to Covid-19 Pandemic Nation.
Shooting	5 th Meghalaya State Shooting Championship held from 14 th – 15 th July 2018 at Shillong	State	Dennyson Kyrasian	Won 1 st position in the 50m Rifle Prone Individual Championship Men and 3 rd position in the 10M Rifle Junior.
	1 st shooting Open Shooting Championship held on 17 th March, 2019	National	Dennyson Kyrasian	Won 3 rd position in the 22.50m Peep sight (Prone) category.
	Meghalaya Games 2019-2020 organized by Meghalaya State Olympic Association from 17 th - 21 st February, 2020	State	Dennyson Kyrasian	Won the Gold Medal in Shooting

Mountaineering	Attended the Basic Mountaineering Course at IHM, Darjeeling (2017).	National	Cadet lakmenlang Nongspung	
	Rock Climbing Training camp in Gwalior 2021	National	Meo Langstang & John Danny lawphniaw	
Swimming	Meghalaya Games 2019-2020 organized by Meghalaya State Olympic Association from 17 th - 21 st February, 2020	State	Cheerleen M K Nongkynrih	Won the Bronze medal in 50m Breast Stroke in Women Category
Athletics	32 nd East Zone National Athletics Championship held at Gauhati on the 28 th & 29 th December 2020	National	Glorify Kurbah	Won the Silver Medal in the 800m track event
	32 nd East Zone National Athletics Championship o held at Gauhati on the 28 th & 29 th December 2020	National	Glorify Kurbah	Won the Bronze Medal in the 1500m track event
	32 nd East Zone Junior Athletics Championships organised by Assam Athletics Association at Guwahati (Assam) 28 th & 29 th December, 2020	Regional	Marso Kyndait	Represented Meghalaya and secured 2 nd place in 800M in the age group of Boys under 20