

A REPORT OF THE 12TH INTER-COLLEGE KARATE TOURNAMENT 2025

Shillong College brought laurels to the institution by emerging as the **Overall Champion** at the **12th Inter-College Karate Tournament 2025**, reflecting the dedication, discipline, and sporting excellence of its student athletes.

The tournament witnessed outstanding performances from participants representing various academic departments of the college. Through determination, teamwork, and perseverance, the students secured several medals across individual kata and kumite events, making Shillong College the highest-performing institution at the championship.

The medal winners are as follows:

- **Rebeka Nongspung** (3rd Semester, Department of Sociology) – **Gold Medal** in Individual Kata and **Gold Medal** in Open Women's Kumite.
- **Cheltis Shylla** (3rd Semester, Department of Sociology) – **Gold Medal** in Men's Individual Kumite.
- **Carene Sohiong** (5th Semester, Department of English) – **Silver Medal** in Open Women's Kumite.
- **Larisha Kurbah** (3rd Semester, Department of Education) – **Bronze Medal** in Open Women's Kumite.
- **Gideon Tympuiñ** (1st Semester, Department of English) – **Gold Medal** in Open Men's Individual Kata and **Silver Medal** in Open Men's Individual Kumite.
- **Kynjailin Lyngdoh Mawnai** (1st Semester, Department of Khasi) – **Bronze Medal** in Open Women's Kumite.
- **Jake Damian Syiemiong** (1st Semester, Department of Hindi) – **Bronze Medal** in Open Men's Kumite.
- **Daphilahun M. Wahlang** (1st Semester, Department of Sociology) – **Bronze Medal** in Individual Kata (Women's Category).

The following students also represented Shillong College with dedication and commitment during the tournament:

- **Riheiborphi Lamare** (3rd Semester, Department of Computer Applications)
- **Ibadaplin Mukhim** (1st Semester, Department of Business Administration)
- **Juliana Blah** (1st Semester, Department of Sociology)

The remarkable achievement of being crowned **Overall Champion** is a testament to the hard work of the students, the guidance of their coaches, and the unwavering support of the institution in promoting sports and holistic development. The success reflects Shillong College's commitment to nurturing excellence beyond academics and encouraging students to excel at state and inter-college sporting events.



