

## Best Practices

1. Title of the Practice: (*The title should capture the keywords that describe the Practice*)

### **Sports Development:**

2. Goal

*(Describe the aim of the practice followed by the institution. Mention the underlying principles or concepts in about 100 words)*

The underlying principles of this practice is envisioned in the college stated mission objectives, which aims to provide the right atmosphere that will facilitate the tapping, honing and refinement of latent potential talent and skill through appropriate academic and co-curricular activities. Hence, along with goals of academic excellence, Shillong College have concertedly promoted sports development and strives to provide ample opportunities to the students' and train them with available facilities so as to enable them to compete at the university, state, national and even international level in the field of sports. This practice would ensure the development of the core competencies of the students such as character building, strategic thinking, leadership skills and goal setting.

3. **The Context:**

*(Describe any particular contextual features or challenging issues that have had to be addressed in designing and implementing the Practice in about 150 words.)*

There is a growing professionalism in the field of various sports activities in the present day context with its prospects of employment, perks, earning packages and much more. Recognizing these opportunities in sports development and keeping in mind that the composition of the students population in the college also comprise of sportspersons from various fields, the college have adopted systematic measures to address the challenging issues of equipping and training them in their chosen fields as well as identifying the diverse talents of students in sports activities. To address these issues, the college have developed a multi-pronged approach to promote sports activities and simultaneously to ensure that the teaching-learning process is not compromised. All these would provide a wider choice to students for their versatile and multi-dimensional growth thereby promoting the institutions' pursuit of excellence.

4. **Practice:**

*(Describe the Practice and its implementation in about 400 words. Include anything about this practice that may be unique in the Indian higher education. Please also identify constraints or limitations, if any.)*

Shillong College have always had a strong track record in games and sports since its inception which is evident even today. This has been largely due to the close coordination and efficient management of sports activities by the Sports and Cultural Sub-Committee. With the growing popularity of sports and its multi-faceted activities, the need to have a separate committee to oversee only developments in sports and its efficient management was considered. Hence, from April 2016, the committee has now been renamed as the Sports Development Cell. This Cell which comprise of faculties from different departments including instructors and coaches from the Department of Physical education wholeheartedly concentrates on identification of talents, trainings, participation in state and national level tournaments as a form of exposure and providing opportunities for the athletes to excel in their particular disciplines as well as to provide a platform for them to strive for excellence.

A few examples of the recent initiatives of the college in sports development are:

- The college has submitted its proposal to start Bachelor of Physical Education Course and the syllabus is still to be approved by the concerned Board of Studies of the University.
- College has an Indoor Sports Infrastructure Complex in the main campus funded by UGC. The foundation of this complex was laid by Dr M.M Pallam Raju, Union Minister for Human Resource Development on 7<sup>th</sup> June 2013.
- The College have a Gymnasium with a number of equipments. The students and teachers avail the benefits of the Gym under the guidance of the instructor and faculty members from the Department of Physical Education.
- Sports infrastructure comprising of a football field, swimming pool amongst others have been developed at the extended Campus in Mawkasiang.
- The major sports and games in which students take interest and excel are Football, Athletics, Badminton, Basketball, Cricket, Chess, Karate, Table Tennis, Mountaineering, Shooting, Taekwondo, Kick-Boxing, and Wushu amongst others.
- To impart training to the students, the college has been using its infrastructure on the campus as well as facilities available with Shillong Sports Association, NSCA Stadium and grounds of nearby locality with appropriate permission from the concerned authority.
- A group of faculty members are in-charge for each event to monitor the requirements of the students. The students are given other supports such as food and refreshments, first aid and medical assistance by the staff nurse among other things during practice and matches.

## 5. Evidences:

*(Provide evidence of success such as performance against targets and benchmarks and review results. What do these results indicate? Describe in about 200 words.)*

The performance of the college in sports activities has been evident at the state, national and international levels. Further this has opened up employment avenues for the athletes and a number of them are coaches, professional footballers and others. A few evidence of success for the period 2018-19 may be briefly summarised below:

1. Cadet Iakmenlang Nongspung was selected to attend the Basic Mountaineering Course at IHM, Darjeeling.(2017)
2. Lanosha Marbaniang represented the country at the 5<sup>th</sup> Grand Open International Taekwondo Championship held at New Delhi from 26<sup>th</sup> – 27<sup>th</sup> April, 2018. She was awarded the Bronze Medal in the Junior Girls-Under 59 kgs category.
3. Mr. Suranjit Dey emerged as the winner in the Men's Singles Category at 37<sup>th</sup> Meghalaya State Table Tennis Championship held from 9<sup>th</sup> – 11<sup>th</sup> December 2018.
4. Nalangki Iakai represented SAI Meghalaya in the 60 kgs category at the All India Inter SAI Regional Boxing Tournament held from 8<sup>th</sup> to 12<sup>th</sup> October 2018; organized by SAI National Academy, Rohtak.
5. Francis RR Songthiang secured the Gold in the Sanchou Junior Boys below 56 kgs at the 4<sup>th</sup> Northeast National Level Kickboxing Championship held on 8<sup>th</sup> & 9<sup>th</sup> September 2018.
6. Miss Queenty Mary Nongrum represented Meghalaya at the 35<sup>th</sup> Youth National Basketball Chamionship-2018 held at Rajasthan, Udaipur from 30<sup>th</sup> September to 2<sup>th</sup> October, 2018.
7. Miss Queenty Mary Nongrum , Miss Esterlin L. Rani and Miss Mary S.Lienthang represented North Eastern Hills University at the Inter Unversity Basketball tournament held at Guwahati 2018.
8. Tanushree Dutta and Camelia Diengdoh were selected to represent the North Eastern Hills University at the East Zone Inter University Table Tennis Tournament in October, 2019 held at KIIT University, Bhubaneshwar, Odisha.
9. Dennyson Kyrnian was placed in the 3<sup>rd</sup> position in the 22.50m Peep sight (Prone) category at the 1<sup>st</sup> shooting Open Shooting Championship held on 17<sup>th</sup> March, 2019 at National level.

### **Other achievements include:**

- Lamphrang Kharsahnoh attended the Coaching Courses for Wushu Coaches organized by the Sports Authority of India in association with Wushu Association of India under the Supervision of Foreign (Chinese) Expert held at Imphal, Manipur from 19<sup>th</sup> – 26<sup>th</sup> May, 2018.
- Lamphrang Kharsahnoh represented Meghalaya as Coach in the 17<sup>th</sup> Sub- Junior National Wushu Championship (Boys & Girls) held at M.A. Stadium, Jammu and Kashmir from 27<sup>th</sup> – 31<sup>st</sup> March, 2018.
- Sankidaroi Sajem a graduate from Shillong College is already a stimulus for many young women for her achievement at a young age. She has been a coach and manager of Meghalaya Girls and Women's Football team. She is also an official in the Meghalaya Baby League. Another feature to her glorious bonnet is that she has participated in the Blind Football Referee Training Course in Pattaya, Thailand organised by the International Blind Sports Federation.

## 6. Problems Encountered and Resources Required

*(Please identify the problems encountered and resources (Financial, Human and others) required to implement the practice in about 150 words.):*

In implementing this practice, the main problems encountered were maintaining the balance between academics and sports activities which needed proper management of time and space in order to meet the need based demands of this practice. It is a matter of pride for the college to state that all the stakeholders have wholeheartedly coordinated together to implement the plans and programmes for the success of this practice thereby ensuring a continuous pursuit of excellence for the college.

## 7. Notes (Optional)

*(Any other information that may be relevant and important to the reader for adopting/ implementing the Best Practice in their institution (about 150 words).)*

Some eminent sports personalities from the college have now taken up sports as a career while some are now professionally well placed. A few of these are given below;

Sl.No.	Name	Batch	Current Profession
1	Larry Kharpran	2000	Boxing Coach At Directorate Of Sports & Youth Affairs
2	Playerson Syiemlieh	2005	C-License, Professional Coach, Shillong League

3	Lekini Suting	2006	C-License ,Football Coach At Directorate Of Sports & Youth Affairs.
4	Wallam Kharpan	2006	C-License, Professional Coach, Shillong League
5	Pynshngainlang Moksha	2008	Sports Assist Cum Gym Instructor At Shillong College
6	Sunny Born Warjri	2010	Physical Education Assistant At Shillong College
7	Aibanjop Shadap	2012	C-License Coach,Professionalcoach,Shillong League
8	Batskhem Shanpru	2012	Professional Footballer, Shillong League
9	Bickyson Kharkongor	2012	Professional Footballer, Shillong League
10	Samuel Shadap	2012	Professional Footballer West Bengal League, I League
11	Redeem Tlang	2012	Professional Footballer ISL , NEU FC, I League
12	Henry Marboh	2012	Professional Footballer, Shillong League
13	Marbiang Suchiang	2013	MLP. Govt Of Meghalaya
14	Aibormiky Suchiang	2013	Business, Selected Also By Boca Jr. Argentina
15	Rungsing Muinao	2013	Professional Footballer, Goa League.
16	Norasius Kharumnuid	2013	MLP. Sf 10, Govt Of Meghalaya
17	Abandonmame Lamin	2013	D-License, Professional Coach, Shillong League
18	Denis Mawphniang	2013	MLP , SF-10, Govt Of Meghalaya
19	Freddy L. Dunai	2013	MLP .Govt Of Meghalaya
20	Ms. Sharmila Kharbani	2013	C-License, Jr. Football Coach.
21	Rupert Nongrum	2013	Professional Footballer ISL , NEU FC, I League
22	Hardy Cliff Nongbri	2014	Professional Footballer West Bengal League
23	Jefferson Nongrud	2014	Assam Rifle Football Team.
24	Germy Passah	2014	Undergoing D-License Goalkeeper. Kolkatta.
25	Kitdorlang. L. Nonglait	2014	Professional Footballer, Shillong League
26	Pyndaplang Kharryja	2014	Professional Footballer, Shillong League
27	Emerson Nongrud	2014	Professional Footballer, Shillong League
28	Everest Rynjah	2014	MLP , Govt. Of Meghalaya.
29	Jerrymon Shylla	2014	Professional Footballer, West Jaintia League
30	Shanbor Jyrwa	2014	Professional Footballer, Shillong League
31	Rapioki Suting	2015	MLP , Govt Of Meghalaya.
32	Khalinbor Khongsit	2015	Assam Rifle Football Team.
33	Samuel J. Kynshi	2016	Professional Footballer, Shillong League, I League
34	Ronald Gydon L. Nonglait	2016	Professional Footballer, Shillong League
35	Iohborlang Nonglyer	2016	Professional Footballer, Shillong League
36	Robert Khongjoh	2016	Professional Footballer, Shillong League
37	Rapbor Marwein	2017	Professional Footballer, Shillong League
38	Pynbhalang Suting	2017	Professional Footballer, Shillong League
39	Batskhemn Nongkynrih	2017	Professional Footballer, Shillong League
40	Bankitbok Nongrum	2017	Professional Footballer, Shillong League
41	Dameki Khongstia	2017	Professional Footballer, Shillong League
42	Phrangki Buam	2017	Professional Footballer, Shillong League, I League
43	Apborlang Kurbah	2018	Professional Footballer, Shillong League

#### ContactDetails

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Accredited Status: Grade "A" with CGPA 3.06, in 3<sup>rd</sup> Cycle of accreditation in 2016.

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