

## Sports Achievements:

**Evidence of Success:** Shillong College fraternity has earned several laurels in academic as well as co-curricular and extra-curricular areas over the years. It has been contributing significantly towards overall education scenario of the State as well as the region. Further, the various events have resulted in creating a favourable impression of the institution in the society. The programmes had been able to equip, mould and shape the students to excel in performance in academic as well as extra-curricular aspects of collegiate education along with being alive to the social responsibilities.

In the field of Football, the College Team having won the State Championship took part at the National Level Reliance Foundation Youth Sports Football Tournament 2018 at Mumbai and participated and emerged as Champion for the Senior Boys 2018-2019 and reached Semi Finalist for College Boys 2018-2019. Similarly both the Senior Boys and College Boys emerged as Champion in the State Level 2019-2020 National Level Reliance Foundation Youth Sports Football Tournament 2019, and will be representing the State.

### International Level

1. Lanosha Marbaniang represented the country and awarded the Bronze Medal in the junior Girls- Under 59kgs category 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.**

### National Level:

2. Lanosha Marbaniang awarded the Gold Medal in the junior Girls- Under 58kgs category Open National Kyorugi & Poomsai Taekwondo Championship held from 28<sup>th</sup> – 30<sup>th</sup> December 19 at West Bengal, **8<sup>th</sup> Open Meghalaya junior Kyorugi Taekwondo Championship 2017**, “VISION 2022” East Khasi Hills Inter Clubs Open Taekwondo Championship- 2017.
3. Lamphrang Kharsahnoh awarded the Gold Medal in the 55kgs at The National Open Zendokai Karate Championship 2017, **Asian Jeet Kune-Do Championship**, 15 – 16<sup>th</sup> October, 2017.
4. Tanushree Dutta and Camelia Diengdoh were selected to represent the North Eastern Hills University at the **East Zone Inter University Table Tennis Tournament** October, 2019 held at KIIT University, Bhubaneswar, Odisha
5. Camelia Diengdoh will represent Meghalaya at the **East Zone Inter University Table Tennis Tournament** October, 2019 held at KIIT University, Bhubaneswar, Odisha
6. Mr. Suranjit Dey emerged as the winner in the Mens Singles Category at **37<sup>th</sup> Meghalaya State Table Tennis Championship** from 9<sup>th</sup> – 11<sup>th</sup> December 2018
7. Nalangki Iakai represented SAI Meghalaya in the 60kgs category at **All India Inter SAI Regional Boxing Tournament** from 8<sup>th</sup> to 12 October 2018 organized by SAI National Academy, Rohtak in Youth Category.
8. Francis RR Songthiang secured the Gold in the Sanchou Junior Boys **below 56kgs 4<sup>th</sup> Northeast National Level Kickboxing Championship** held on 8<sup>th</sup> & 9<sup>th</sup> September 2018
9. Dennyson Kyrasian was placed 3<sup>rd</sup> 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.
10. Cadet Iakmenlang Nongspung was selected to attend the **Basic Mountaineering Course at IHM, Darjeeling. (2017)**

### Other Achievement:

- 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.

- In 2108, lamphrangkharsahnoh represented Meghalaya as Coach in the 17th Sub- Junior national wushu Championship (Boys& Girls) held at M.A Stadium, Jammu and Kashmir from 27th – 31st March, 2018.
- Ms. ElsaricaUmdor studying Shillong College of H.S. Education has been undergoing training at PrakashPadukone Sports Management located at PadukoneDravid Centre for Sports Excellence, Bangalore from14th June to 26th August, 2019.
- 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 she has participated in the **Blind Football Referee** Training Course in Pattaya, Thailand organised by the International Blind Sports Federation.

**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: KitboklangKhyrie m were 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: Saveme Tariang and Glennys G. Lynrah were 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)
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 organised by NEHU,2016	University		Quarter Final (Men) Quarter Final (Women)
	Inter-College organised by NEHU,2017	University		Quarter Finalist (Men) Quarter Finalist (Women)
	Inter-College organised by NEHU, 2018	University		Semi Finalist (Men) Runner-Up (Women)
	Inter-College organised by NEHU,2019	University		Quarter Finalist (Men) Semi Finalist (Women)
Badminton	Inter-College	University		Semi Final (Men &

		organized by NEHU 2016			Women) Cheryl Mawlieh got selected to represent the University.
		2 <sup>nd</sup> Inter School Badminton Tournament, 2016	University		Semi Final (Boys)
		Inter-College organised by NEHU 2017	University		Semi Finalist ( Women) Quarter Finalist (Boys)
		Inter-College organised by NEHU 2018	University		Semi Finalist ( Women)
		Inter-College organised by NEHU 2019	University		Runner Up ( Women)
Table Tennis		Inter-College organised by NEHU 2016	University		Semi Final (Men)
		Inter-College organised by NEHU, 2017	University		Semi Finalist (Men)
		Inter-College organized by NEHU, 2018	University		Semi Finalist (Men)
		37 <sup>th</sup> Meghalaya State Table Tennis Championship from 9 <sup>th</sup> – 11 <sup>th</sup> December 2018	National		Mr. Suranjit Dey emerged as the winner in the Mens Singles Category.
		Inter-College organized by NEHU, 2019	University		Semi Finalist (Men) Champion (Women)
		81 <sup>st</sup> Junior & Youth National Chamionships held in Jammu J&K from 2 <sup>nd</sup> - 8 <sup>th</sup> December, 2019	National		Tanushree Dutta and Camelia Diengdoh were 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 <sup>th</sup> Position in the Table Tally.
	Inter-College organized by NEHU, 2017	University		3 <sup>rd</sup> Position in the Table Tally.
Karate	7 <sup>th</sup> 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 awarded the Gold Medal in the junior Girls- Under 63kgs category.
	8 <sup>th</sup> Open Meghalaya junior Kyorugi Taekwondo Championship 2017	National		Lanosha Marbaniang awarded the Gold Medal in the junior Girls- Under 59kgs category.
	4 <sup>th</sup> Northeast India JeetKune Do Championship 26 <sup>th</sup> – 27 <sup>th</sup> August, 2017	National		Lamphrang Kharsahnoh awarded the Gold Medal in the 55kgs.
	3 <sup>rd</sup> Northeast India JeetKune Do Championship 10 <sup>th</sup> September, 2017	National		Lamphrang Kharsahnoh awarded the Gold Medal in the 55kgs.
	4 <sup>th</sup> Open National All Martial Art games 17 <sup>th</sup> – 18 <sup>th</sup> September, 2017 held at Assam.	National		Lamphrang Kharsahnoh awarded the Gold Medal in the 50+ kgs.
	National JeetKune Do Chamionship 9 <sup>th</sup> – 10 <sup>th</sup> September held Kolkata West Bengal	National		Lamphrang Kharsahnoh awarded the Gold Medal in the 55kgs.
	The National Open Zendokai Karate Championship 2017 Asian JeetKune-Do Championship, 15 – 16 <sup>th</sup> October, 2017	National		Lamphrang Kharsahnoh awarded the Gold Medal in the Black Belt – 55kgs.

		Asian JeetKune-Do Championship, 15 – 16 <sup>th</sup> October, 2017	National		Lamphrang Kharsahnoh awarded the Gold Medal in the Senior Men Full Contact – 51kgs.
		5 <sup>th</sup> Grand Open International Taekwondo Championship held at New Delhi from 26 <sup>th</sup> – 27 <sup>th</sup> April, 2018.	National		Lanosha Marbaniang represented Meghalaya and awarded the Bronze Medal Medal in the junior Girls- Under 59kgs category.
		Open National Kyorugi&Poomsai Taekwondo Championship held from 28 <sup>th</sup> – 30 <sup>th</sup> December 19 at West Bengal.	National		Lanosha Marbaniang awarded the Gold Medal in the Junior 58kgs category( Representing Meghalaya state).
		5 <sup>th</sup> Grand Open International Taekwondo Championship....	International		Lanosha Marbaniang awarded the Bronze Medal in the junior Girls- Under 59kgs category (Representing Country India).
	Wushu	25 <sup>th</sup> Senior National Wushu Championship held at Ranchi, Jharkhand from 25 <sup>th</sup> – 30 <sup>th</sup> January, 2017	National		Lamphrang Kharsahnoh Represented Meghalaya in the Below 50kg Event.
		Sports Authority of india held at Imphal, Manipur from 19 <sup>th</sup> – 26 <sup>th</sup> 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 awarded the Bronze Medal.
		1 <sup>st</sup> north East Olympic Games. 24 <sup>th</sup> – 28 <sup>th</sup> , October, 2018 held at Imphal.	National		Lamphrang Kharsahnoh awarded the Bronze Medal in the Sanda(-56kg).
		XVI Meghalaya State Level Wushu	State		Francis RR Songthiang secured

	Championship held on 11 <sup>th</sup> & 12 <sup>th</sup> December, 2018			the Gold 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 <sup>th</sup> to 12 <sup>th</sup> October 2018 organized by SAI National Academy, Rohtak in Youth Category.	National		Nalangki Iakai represented SAI Meghalaya in the 60kgs category.
	1 <sup>st</sup> North East Olympic Game.Held At Imphal,Manipur 24 <sup>th</sup> To 28 <sup>th</sup> October 2018 By Securing Third Place.	National		Nalangki Iakai represented Meghalaya in the 60-64kgs category By Securing Third Place.
Kickboxing	4 <sup>th</sup> Northeast National Level Kickboxing Championship held on 8 <sup>th</sup> & 9 <sup>th</sup> September 2018	National		Francis RR Songthiang of Meghalaya emerged as the Champion in the Light Contact below 56 kgs.
Cricket	NEHU Inter-College Men Cricket Tournament,2018	University		Runner Up (Men)
	NEHU Inter-College Men Cricket Tournament,2019	University		Runner Up (Men)
Shooting	1 <sup>st</sup> shooting Open Shooting Championship held on 17 <sup>th</sup> March, 2019	National		Dennyson Kyrasian was placed 3 <sup>rd</sup> in the 22.50m Peep sight(Prone) category.
Mountaineering	Attended the Basic Mountaineering	National		Cadet Iakmenlang Nongspung

	Course at IHM, Darjeeling.(2017)			
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**Some eminent sports personalities from the college have now taken up sports as a career while some on account of their sporting abilities are now professionally well placed.**

<b>Name</b>	<b>Batch</b>	<b>Current Profession</b>
Rupert Nongrum	2013	Professional Footballer ISL , NEU FC, I League
Hardy Cliff Nongbri	2014	Professional Footballer West Bengal League
Jefferson Nongrud	2014	Assam Rifle Football Team.
Germy Passah	2014	Undergoing D-License Goalkeeper. Kolkatta.
Kitdorlang. L. Nonglait	2014	Professional Footballer, Shillong League
Pyndaplang Kharryja	2014	Professional Footballer, Shillong League
Emerson Nongrud	2014	Professional Footballer, Shillong League
Everest Rynjah	2014	MLP , Govt. Of Meghalaya.
Jerrymon Shylla	2014	Professional Footballer, West Jaintia League
Shanbor Jyrwa	2014	Professional Footballer, Shillong League
Rapioki Suting	2015	MLP , Govt Of Meghalaya.
Khalinbor Khongsit	2015	Assam Rifle Football Team.
Samuel J. Kynshi	2016	Professional Footballer, Shillong League, I League
Ronald Gydonl Nonglait	2016	Professional Footballer, Shillong League
Iohborlang Nonglyer	2016	Professional Footballer, Shillong League
Robert Khongjoh	2016	Professional Footballer, Shillong League
Rapbor Marwein	2017	Professional Footballer, Shillong League
Pynbhalang Suting	2017	Professional Footballer, Shillong League
Batskhemn Nongkynrih	2017	Professional Footballer, Shillong League
Bankitbok Nongrum	2017	Professional Footballer, Shillong League
Dameki Khongstia	2017	Professional Footballer, Shillong League
Phrangki Buam	2017	Professional Footballer, Shillong League, I League
Apborlang Kurbah	2018	Professional Footballer, Shillong League