

## **Sports Achievement**

**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.**
2. Lanosha Marbaniang won a **Gold Medal at the 1<sup>st</sup> Indo Nepal International Taekwondo Championship held from the 27<sup>th</sup> to 30<sup>th</sup> December, 2021.**

### **National Level**

3. 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.
4. 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.
5. 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.

6. 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
7. Camelia Diengdoh will represent Meghalaya at the **East Zone Inter University Table Tennis Tournament** October, 2019 held at KIIT University, Bhubaneswar, Odisha
8. Nalangki Iakai represented SAI Meghalaya in the 60kgs category at **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.
9. Francis RR Songthiang secured the Gold in the Sanchou Junior Boys **below 56 kgs 4<sup>th</sup> Northeast National Level Kickboxing Championship** held on 8<sup>th</sup> & 9<sup>th</sup> September 2018
10. 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.
11. Cadet Iakmenlang Nongspung was selected to attend the Basic Mountaineering Course at IHM, Darjeeling. (2017).
12. Robert Khongjoh received the Golden Boot and Golden Ball Award and received scholarship Amount Rs 10,000/- for the Second season i.e 2019-2020 at the Reliance Foundation Youth Sports Football Tournament (2019-2020).
13. Phrangki Buam received the Golden Boot and Golden Ball Award at the Reliance Foundation Youth Sports Football Tournament (Shillong City Championship).
14. Samuel James L Kynshi received Scholarship Rs 10,000/- at the Reliance Foundation Youth Sports Football Tournament (2019-2020) and now playing from Real Kashmir in the Indian I League.
15. Dennyson Kyrasian won a Gold medal in Shooting at the Meghalaya Games 2019-2020 organised by Meghalaya State Olympic Association held from 17<sup>th</sup> to 21<sup>st</sup> February, 2020.
16. Nalangki Iakai won a Bronze medal in the 60 kg women at the 3<sup>rd</sup> Bengal Boxing Classics, All India Elite Open Boxing Championship held at Kolkata from the 29<sup>th</sup> February to 3<sup>rd</sup> March 2020.
17. Phrangki Buam participated in National and International Football and entered into

agreement with Goan Football Club on 16th September 2020. AIFF 'CRS' Number PL0000044320.

**18.** Diosony Suchiang won a Gold Medal at the 1st place Men's Boxing held by Meghalaya State Olympic Association 2020.

**19.** The College team was declared Joint Winners along with St. Anthony's College due to Covid-19 pandemic Nation at the Inter-College University Games organized by NEHU, Shillong, 2020.

**20.** Sumarlang Marwein won a Bronze medal in Kickboxing (Senior category) at the WAKO Federation Cup 2020 held from the 7th to 10th January, 2021.

#### **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 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.
- Ms. Elsarica Umdor studying Shillong College of H.S. Education has been undergoing training at Prakash Padukone Sports Management located at Padukone Dravid Centre for Sports Excellence, Bangalore from 14th 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.
- Wanlang Diengdoh completed the AIFF 'D' Coaching Certificate at the National level for All India Football 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: 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	State		Shillong City Champion

	Youth Sports Football Tournament, 2019			(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	University		Quarter Final (Men) Quarter

	NEHU,2016			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 <sup>nd</sup> 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 <sup>th</sup> - 11 <sup>th</sup> September, 2022	State	Lawanbiang Wanniang	Semi-Final
	37 <sup>th</sup> Meghalaya State Badminton Championship 21 <sup>st</sup> -24 <sup>th</sup> September, 2022	State	Catherine Lyngdoh	Runner up in Women's Doubles
	37 <sup>th</sup> Meghalaya State Badminton Championship 21 <sup>st</sup> -24 <sup>th</sup> 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	University		Semi Finalist

	organized by NEHU, 2017			(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 Men's Single Category.
	Inter-College organized by NEHU, 2019	University		Semi Finalist (Men) Champion (Women)
	81 <sup>st</sup> Junior & Youth National Championships held in Jammu J & K from 2 <sup>nd</sup> - 8 <sup>th</sup> 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 <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	Won the Gold Medal in the junior Girls-Under 63kgs category.
	8 <sup>th</sup> Open Meghalaya junior Kyorugi Taekwondo Championship 2017	National	Lanosha Marbaniang	Won the Gold Medal in the junior Girls-Under 59kgs category.
	4 <sup>th</sup> Northeast India JeetKune Do	National	Lamprang Kharsahnoh	Won the Gold Medal in the

Championship 26th – 27th August, 2017			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 <sup>th</sup> 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 <sup>th</sup> March, 2020.	National	ShabahunThongni	Represented North Eastern Hill University
1st Indo Nepal International Taekwondo Championship 27th -30 <sup>th</sup> December,2021	Internatio nal	Lanosha Marbaniang	Won the Gold Medal



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	Won 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	Won the Bronze Medal in the Sanda (-56kg).
	XVI Meghalaya State Level Wushu Championship held on 11 <sup>th</sup> & 12 <sup>th</sup> 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 <sup>th</sup> to 12 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.	National	Nalangki Iakai	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 Iakai	Won the Bronze Medal at the 60 Kg Women category
	BFI North-East Zone Boxing (Elite Men & Women)	Regional	Nalangki Iakai	Won the Bronze medal in the 60 Kg Weight

	Boxing Championship, 2020 on 3rd to 6th January, 2020			Category
	3 <sup>rd</sup> Bengal Boxing Classics, All India Elite Open Boxing Championship held at Kolkata from 29 <sup>th</sup> February to 3 <sup>rd</sup> March 2020	National	Nalangki Iakai	Won the Bronze medal in the 60 Kg Women category
	1 <sup>st</sup> place Men's Boxing at the Meghalaya State Olympic Association 2020	State	Diosony Suchiang	Won the Gold Medal
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	Emerged as the Champion in the Light Contact below 56 kgs.
	India Senior National Kickboxing Championship held at Rohtak, Haryana from 18 <sup>th</sup> July – 21 <sup>st</sup> 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 7 <sup>th</sup> – 10 <sup>th</sup> 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 <sup>th</sup> Meghalaya State Shooting Championship held from 14 <sup>th</sup> – 15 <sup>th</sup> July	State	Dennyson Kyrasian	Won 1 <sup>st</sup> position in the 50m Rifle Prone Individual Championship

	2018 at Shillong			Men and 3 <sup>rd</sup> position in the 10M Rifle Junior.
	1 <sup>st</sup> shooting Open Shooting Championship held on 17 <sup>th</sup> March, 2019	National	Dennyson Kyrnian	Won 3 <sup>rd</sup> position in the 22.50m Peep sight (Prone) category.
	Meghalaya Games 2019-2020 organized by Meghalaya State Olympic Association from 17 <sup>th</sup> -21 <sup>st</sup> February, 2020	State	Dennyson Kyrnian	Won the Gold Medal in Shooting
Mountaineering	Attended the Basic Mountaineering Course at IHM, Darjeeling (2017).	National	Cadet Iakmenlang Nongspung	
	Rock Climbing Training camp in Gwalior 2021	National	Meo Langstang & John Danny Iawphniaw	
Swimming	Meghalaya Games 2019-2020 organized by Meghalaya State Olympic Association from 17 <sup>th</sup> -21 <sup>st</sup> February, 2020	State	Cheerleen M K Nongkynrih	Won the Bronze medal in 50m Breast Stroke in Women Category
Athletics	32 <sup>nd</sup> East Zone National Athletics Championship held at Gauhati on the 28 <sup>th</sup> & 29 <sup>th</sup> December 2020	National	Glorify Kurbah	Won the Silver Medal in the 800m track event
	32 <sup>nd</sup> East Zone National Athletics Championship o held at Gauhati on the 28 <sup>th</sup> & 29 <sup>th</sup> December 2020	National	Glorify Kurbah	Won the Bronze Medal in the 1500m track event
	32 <sup>nd</sup> East Zone Junior Athletics Championships organised by Assam Athletics Association at Guwahati (Assam) 28 <sup>th</sup> & 29 <sup>th</sup> December, 2020	Regional	Marso Kyndait	Represented Meghalaya and secured 2 <sup>nd</sup> place in 800M in the age group of Boys under 20

**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
Kitboklang Khyriem	2021-2022	Professional Footballer, Delhi Football Club

