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(Permanently affiliated to M.U. Included in 2(f) & 12(b) of U.G.C.Act.)

7.3.1: Portray the performance of the institution in one area distinctive to its priority and thrust within 1000 words.

Dr. M. Memento Devi
Principal
Regional College
Lilong (IW) Manipur

Regional College aims to meet the holistic development of an individual by not only focusing on academics but also empowering and moulding students through an emphasis on their physical and mental wellbeing as well as creating an inclusive environment.

1. Promoting an environment for physical fitness and sports

With an emphasis on both academics, physical and mental wellbeing of every individual, the college has an indoor stadium with well-equipped gym for a range of exercises like cycling, running track, dumbbells. There are separate changing rooms and washrooms for males and females. In addition to this, the Indoor Stadium has a badminton and table tennis court. All these facilities are provided to the college stakeholders. At the main entrance of the campus is a football field with an open gallery. This field serves as a football practice area for our students as well as the local people. The college too has a kabaddi court. Recognizing these facilities of the college, Manipur University has given the college opportunities to organize Manipur University Inter-college sports competition every year.

List of Manipur University Inter-college sports competition hosted by Regional College in the last five years:

Sl. no.	Game/ Tournament	Sports Session
1	Archery (M&W)	2018-2019
2	Kabaddi (M&W)	2018-2019
3	Wt. Lifting (M&W) Power Lifting (M&W) & Best Physique(M)	2018-2019
4	Shooting (M&W)	2019-2020
5	Judo (M&W)	2019-2020
6	Archery(M&W)	2022-2023

Note: No event was organized in the session 2020-2021 owing to the Covid-19 pandemic

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Achievements of the students in Games and Sports during the last five years are reflected below:

Sl. No.	Name	Game	Level	Individual/ Team	Year	Position
1	Thounaojam Niranjoy Singh	The most one arm one leg push ups in one minute alternating arms (male) is 67	International	Individual	14 th Aug. 2019	Guinness World Records
2	Thounaojam Niranjoy Singh	The most one arm knuckle push ups in one minute, alternating arms (male) is 67	International	Individual	3 rd Feb., 2020	Guinness world Records
3	Jetlee Chabungbam	1 st Mt. Everest GCS International Open Taekwondo Poomsae Championships	International	Individual	22 nd September 2022	Participated
4	Jetlee Chabungbam	3 rd Mt. Everest GCS International Open Taekwondo Championships, 2022 G-2	International	Individual	23 rd -25 th September 2022	Participated
5	Jetlee Chabungbam	5 th India Open International Taekwondo Championship	International	individual	24 th -26 th Nov, 2022	Silver Medal
6	Jetlee Chabungbam	Kio North East Zone Karate Championship	National	Individual	8 th -9 th Jan,2022	Bronze Medal
7	Jetlee Chabungbam	16 th Governor's Taekwondo Cup, Manipur	National	Individual	12 th -15 th May, 2022	Silver Medal
8	Th. Satish Meitei	33 rd Seniors National Fencing Championship	National	Team	24 th -28 th March, 2023	Gold Medal

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9	Jetlee Chabungbam	17 th Governor's Taekwondo Cup, Manipur	National	Individual	27 th -30 th April, 2023	Bronze Medal
10	Bonish Yurembam	32 nd Senior National (Men & Women) Wushu Championship	National	individual	6 th -2 nd July, 2023	Bronze medal
11	Bonish Yurembam	21 st Junior National Wushu Championship	National	Individual	1 st -6 th September, 2022	Silver Medal
12	Th. Arun Singh	State level Thang-Ta M/W Competition (Phunaba)	State	Individual	4 th -5 th August, 2022	3 rd Position
13	Jetlee Chabungbam	2 nd Manipur Olympic Games	State	Individual	26 th -30 th Aug, 2022	Gold Medal
14	M. Deepa Devi	2 nd Manipur Olympic Games	State	Individual	26 th -30 th Aug, 2022	Bronze Medal
15	H. Yaiphabi Chanu	2 nd Manipuri Olympic Games	State	Individual	26 th -30 th Aug, 2022	Bronze Medal
16	Y. Mamta Devi	Manipur University Inter-college Shooting M/W Championship	University	Individual	29 th Sep, 2019	Bronze Medal
17	H. Yaiphabi Chanu & m. Deepa Devi	Ashem Arunkumar Singh Memorial Manipur University Inter-College Table Tennis M/W tournament	University	Team	1 st -12 th Nov, 2022	Gold Medal
18	K. Chinglenkhome Meitei	Manipur university Inter-College Best Physique Weight Lifting and Power lifting M/W Championship	University	Individual	21 st Nov, 2022	Silver Medal
19	Th. Satish Meitei	All India Inter - University Fencing M/W	University	Individual	21 st -23 rd Dec, 2022	Bronze Medal

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		Tournament				
20	Th. Satish Meitei	All India Inter-University Fencing M/W Tournament	University	Team	21st-23 rd Dec,2022	Bronze Medal
21	Regional College Team	Manipur University Inter –College softball M/W Tournament	University	Team	22 nd Dec,2022	Silver Medal
22	Th. Satish Meitei	Khelo India university Games (Fencing)	University	Team	25 th May-3 rd June, 2023	Bronze Medal

List of equipments available in the Campus:

SL No.	NAME OF EQUIPMENTS
1.	Multi Gym Machine
2.	Barbell with weight plates
3.	Table tennis board
4.	Bench press machine
5.	High jump stand
6.	Yoga mates
7.	Gym mates
8.	Gym cycle
9.	Abdominal wheel roller
10.	Skipping rope
11.	Gym ball
12.	Dumb bells
13.	Kettle bell

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14.	Twister machine
15.	Football
16.	Handball
17.	Hockey stick
18.	Back extension machine

- **Future Plan:**

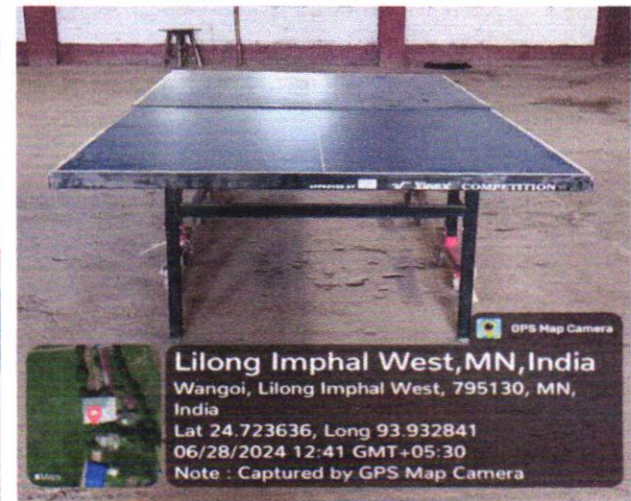
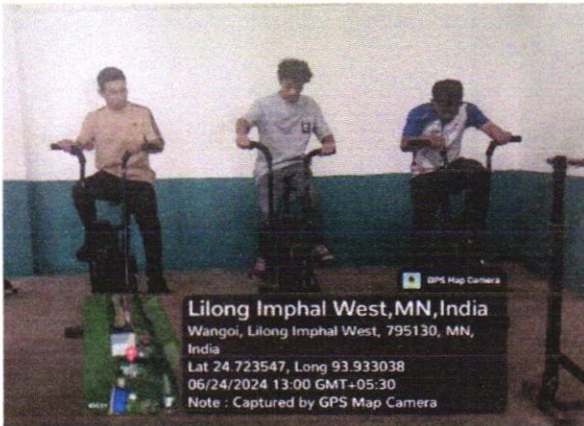
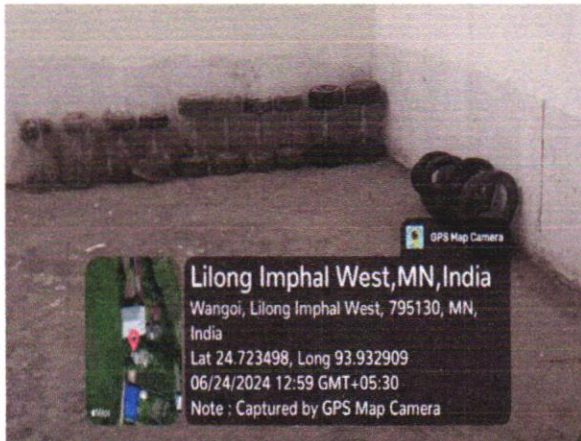
The College plans to open the college's indoor stadium and its facilities to local community by collecting a meagre fees.

2. **Developing policies for persons with Disability (PwD)**

The Rights of Persons with Disabilities Act (PwD Act) enacted in 2016 mandates a 5% reservation in higher educational institutions for persons with disabilities. Accordingly, the college has designed a special policy for the differently-abled to promote a barrier free environment and encourage them to pursue higher education. As per the policies outlined, the college has exempted the college fee for the differently abled. The college too has provided wheel-chaired facility and ramp.

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GYM EQUIPMENTS PHOTOS:



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PHOTOS OF EVENTS ORGANISED AND AWARDS FOR REGIONAL COLLEGE:



NH202, Khuga, Thoudam Leika, Imphal, Manipur 795010, India

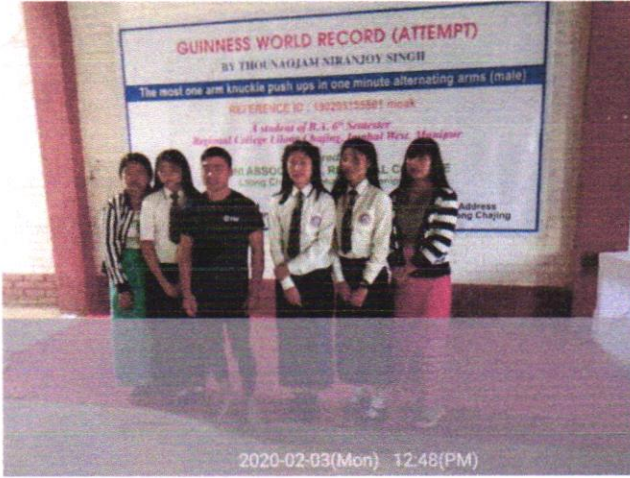
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India

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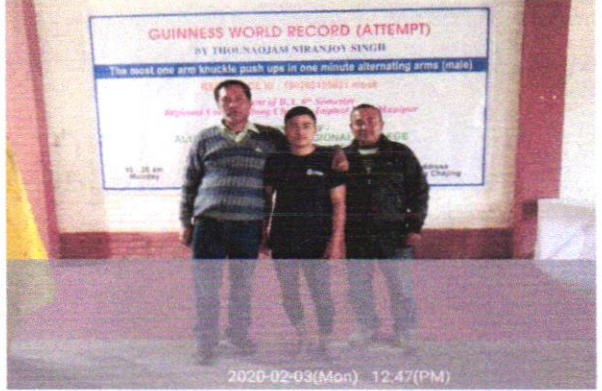
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