

Regd.No.264 (Imphal) 1986  
Website :www.regionalcollege.ac.in  
E-mail: principalregionalcollege@gmail.com

# REGIONAL COLLEGE



**LILONG CHAJING (IMPHAL-WEST), MANIPUR**  
(Permanently affiliated to M.U. Included in 2(f) &12(b) of U.G.C.Act.)

---

## **5.1.2 Following capacity development and skills enhancement activities are organised for improving students' capability**

- 1. Soft skills**
- 2. Language and communication skills**
- 3. Life skills (Yoga, physical fitness, health and hygiene)**
- 4. ICT/computing skills**

**Web-link to particular program/ scheme/ Report of the event -[View Link](#)**



### **5.1.2:**

**1. Attendance sheet & Certificates of enrolled students of each program.**

**e.g. soft skills, Language and communication skills, Life skills  
ICT/computing skills.**

# REGIONAL COLLEGE



LILONG CHAJING (IMPHAL-WEST), MANIPUR  
(Permanently affiliated to M.U. Included in 2(f) & 12(b) of U.G.C.Act.)

## ACADEMIC YEAR (2018-19)

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2019	Basic Computer Application	9-18, April 2019	6	Diana Computer Centre, Sagolband, Manipur
	10 Days Martial Arts Training on Thang -Ta	4-13, Feb 2019	7	Preservation of Manipuri Martial Arts & Cultural Research Centre

*Princedent*  
Co-ordinator  
IQAC  
Regional College  
Lilong, Imphal West

*Dr. M. M. M. M. M.*  
Principal  
Regional College  
Lilong (IW) Manipur

## Ten-Day Training Program on Basic Computer Application

Day: I

Date: 9<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Day: II

Date: 10<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Day: III

Date: 11<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Dr. M. Nomboti  
Principal  
Regional College  
Llong (NW) Manipur

Day: IV

Date: 12<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	M. Vito
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Day: V

Date: 13<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	U. Vito
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Day: VI

Date: 14<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	U. Vito
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Dr. M. Meentzambi  
Principal  
Regional College  
L. Bonga (W) Manipur

Day: VII

Date: 15<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Day: VIII

Date: 16<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Day: IX

Date: 17<sup>th</sup> April 2019

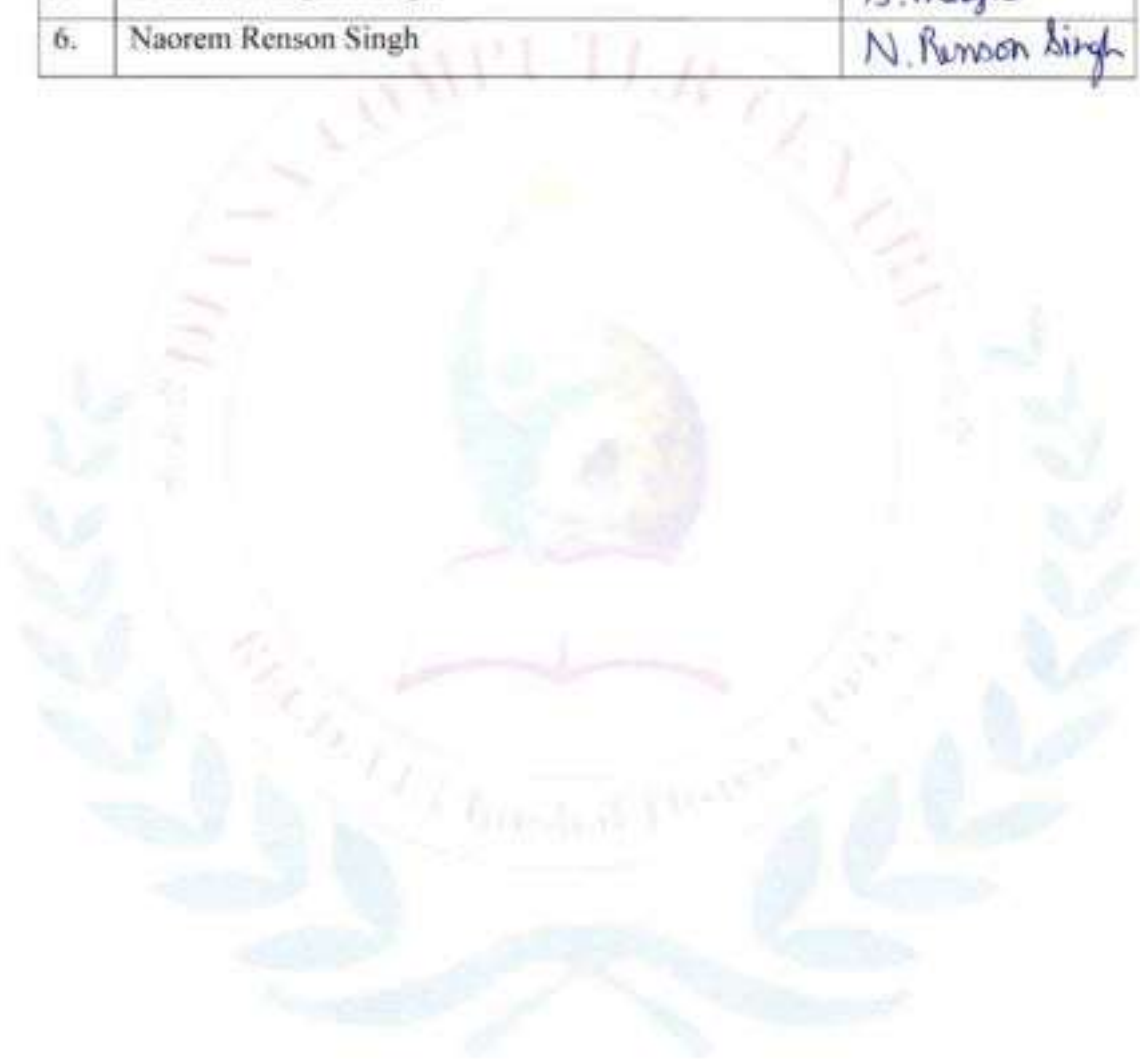
Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh

Dr. M. Measombrie  
Principal  
Regional College  
Lihong (I/W) Manipur

Day: X

Date: 18<sup>th</sup> April 2019

Sl. No.	Name	Attendance
1.	Wangkhem Donald Henery	N. Donald
2.	Selina Laishram	Selina Laishram
3.	Khundrakpam Sunny Singh	Kh. Sunny
4.	Chandam Victor Pakhangba	Ch. Victor
5.	Soubam Phalguni Singh	S. Phalguni
6.	Naorem Renson Singh	N. Renson Singh



Dt. M. Muntombi   
Principal  
Regional College  
Lilong (NW) Manipur



**MOTTO: A Skilled Hand And  
Cultivated Mind.**

মেরু ডায়া কম্পিউটার সেন্টার  
**OFFICE OF THE  
DIANA COMPUTER CENTRE**

*Sagolband, Tera N.C. Road, Imphal West.  
Regd. No. 113 Imphal District 1995.*

**Affiliated to NIELIT, Akampat, Imphal**

Ref. No: DCC/TRN/036

**TO WHOM IT MAY CONCERN**

This is to certify that the following students of Regional College, Lilong have successfully attended a ten-day training program on the topic "Basic Computer Application" at Diana Computer Centre from 9-18, April 2019.

The students are hard-working, sincere and punctual during the training period.

Sl.No	Name	Semester
1	Wangkhem Donald Henery	B.Sc. 1st Sem.
2	Selina Laishram	B.Sc. 1st Sem.
3	Khundrakpam Sunny Singh	BA. 3rd Sem.
4	Chandam Victor Pakhangba	BA.3rd Sem.
5	Soubam Phalguni Singh	B.Sc 3rd Sem.
6	Naorem Remson Singh	B.Sc 3rd Sem.

*Diana Ng.*  
Principal  
Diana Computer Centre  
Principal

Diana Computer Centre



## Ten-day Martial Arts Training on Thang-Ta

Date: 4<sup>th</sup> February 2019

Sl. No.	Name of the Students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Date: 5<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Dr. M. Meantombi Devi  
 Principal  
 Regional College  
 Lihong (IW) Manipur

Date: 6<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Date: 7<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Date: 8<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Dr. N. Meantsoibi  
Principal  
Regional College  
Llong (W) Manipur

Date: 9<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Date: 10<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Date: 11<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Dr. M. Meentombi Devi  
Principal  
Regional College  
Lihong (IW) Manipur

Date: 12<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi N
2.	Laishom Pushparani	L Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok U
7.	Sagolsem Runthoiba Ningthouja	Runthoiba N

Date: 13<sup>th</sup> February 2019

Sl. No.	Name of the students	Attendance
1.	Reshmi Nameirakpam	Reshmi ✓
2.	Laishom Pushparani	L. Pushparani
3.	Hitesh Wangkheimayum	Hitesh
4.	Ningthoujam Tiger Meitei	Tiger
5.	Kshetrimayum Honise Singh	Honise
6.	Urikhinbam Zemok Singh	Zemok ✓
7.	Sagoisem Runthoiba Ningthouja	Runthoiba ✓

Dr. M. Meentzambi  
Principal  
Regional College  
Lilong (NW) Manipur



Singjamai Wangma Torban Kshetri  
Lairak, Thiyam Lairak Machin  
Imphal East - 795001 - Manipur (INDIA)  
Email : deepakhanachaobam@gmail.com  
Ph. +91-8259009224  
+91-9862394734

**PRESERVATION OF MANIPURI MARTIAL ARTS & CULTURAL RESEARCH CENTRE**  
Regd. No. 552 of 1988

Ref. No. 5/POMMACRE/Secy 2019

Date: 15/02/2019



This is to certify that the following students of **Regional College**, Lilong Chajing, Imphal West have completed a 10 days Martial Arts Training on Thang-Ta under the guidance of Kh.Deepak of **Preservation of Manipuri Martial Arts & Cultural Research Centre** from 4<sup>th</sup> to 13<sup>th</sup> February 2019.

Sl. No.	Name of Student	Class
1.	RESHMI NAMEIRAKPAM	B.A. 2 <sup>nd</sup> Sem
2.	LAISHOM PUSPARANI	B.A. 2 <sup>nd</sup> Sem
3.	HITESH WANGKHEIMAYUM	B.A. 2 <sup>nd</sup> Sem
4.	NINGTHOUJAM TIGER METTEI	B.A. 2 <sup>nd</sup> Sem
5.	KSHETRIMAYUM HONISE SINGH	B.A. 4 <sup>th</sup> Sem
6.	URIKHINBAM ZEMOK SINGH	B.A. 4 <sup>th</sup> Sem
7.	SAGOLSEM RANTHOIBA NINGTHOUJA	B.A. 5 <sup>th</sup> Sem

  
(KH. DEEPAK)

Secretary  
Preservation of Manipuri Martial Arts  
& Cultural Research Centre, Manipur

**PRESERVATION OF MANIPURI MARTIAL ARTS  
&  
CULTURAL RESEARCH CENTRE**

**REGIONAL COLLEGE**



LILONG CHAJING (IMPHAL-WEST), MANIPUR  
(Permanently affiliated to M.U. Included in 2(f) & 12(b) of U.G.C.Act.)

**ACADEMIC YEAR  
(2019-20)**

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2020	Fundamentals of Computer Application	15-24, Dec 2020	6	Diana Computer Centre, Sagolband, Manipur
	10 Days Martial Arts Training on Thang -Ta	7-16, Feb 2020	7	Preservation of Manipuri Martial Arts & Cultural Research Centre

*Prinadeeth*  
Co-ordinator  
IQAC  
Regional College  
Lilong, Imphal west

*Dr. N. M. Marakombi*  
Principal  
Regional College  
Lilong (IW) Manipur

## Ten-Days Training Program on Fundamentals of Computer Applications

Day: I

Date: 15<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Day: II

Date: 16<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Dr. M. Meantombi Devi  
Principal  
Regional College  
Litong (IW) Manipur

Day: III

Date: 17<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Day: IV

Date: 18<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Day: V

Date: 19<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Dr. M. Manjombi Devi  
Principal  
Regional College  
Jhlong (W) Manipur

Day: VI

Date: 20<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun



Day: VII

Date: 21<sup>st</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Day: VIII

Date: 22<sup>nd</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Dr. M. Memtsambi Devi  
Principal  
Regional College  
Lihong (NW) Manipur

Day: IX

Date: 23<sup>rd</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tondon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihash
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun

Day: X

Date: 24<sup>th</sup> December 2020

Sl. No.	Name	Attendance
1.	Karam Tondon Singh	Tadon
2.	Nikhil Lourebam	Nikhil
3.	Nihash Sinam Meitei	Sinam Nihashi
4.	Yengkhom Delta Chanu	Y. Delta
5.	Daina Khangembam	Daina
6.	Kshetrimayum Arjun Singh	Arjun



Dr. M. Membarbi alias  
Principal  
Regional College  
Litong (I/W) Manipur



**MOTTO: A Skilled Hand And  
Cultivated Mind.**

മെൻ്റു മനോരമയ്ക്കു മംഗലം  
**OFFICE OF THE  
DIANA COMPUTER CENTRE**

*Sagolband, Toru N.C. Road, Imphal West  
Regd. No. 113 Imphal District 1995  
Affiliated to NIELIT, Ahampat, Imphal*

Ref. No: DEC/TRG/057

**TO WHOM IT MAY CONCERN**

This is to certify that the following students of Regional College, Lilong have successfully attended a ten-day online training program on the topic "Fundamentals of Computer Application" at Diana Computer Centre from 15<sup>th</sup> - 24<sup>th</sup> December 2020.

The students are hard-working, sincere and punctual during the training period.

Sl.No	Name	Semester
1	Karam Tondon Singh	B.Sc. 6 <sup>th</sup> Sem.
2	Nikhil Lourebam	B.Sc. 6 <sup>th</sup> Sem.
3	Nihash Sinam Meitei	BA. 6 <sup>th</sup> Sem.
4	Yengkhom Delta chanu	BA. 2 <sup>nd</sup> Sem.
5	DainaKhangembam	B.Sc 2 <sup>nd</sup> Sem.
6	Kshetrimayum Arjun Singh	B.Sc 2 <sup>nd</sup> Sem.

*Diana Ng.*  
**Principal**  
Diana Computer Centre  
Principal

Diana Computer Centre

## Ten-day Martial Arts Training on Thang-Ta

Date: 7<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P.
3.	Leeken Wangkhem	Leeken W.
4.	Sorokhaibam Milan Singh	Shilam.
5.	Valentina Lourembam	V. Lourembam.
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Date: 8<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P.
3.	Leeken Wangkhem	Leeken W.
4.	Sorokhaibam Milan Singh	Shilam.
5.	Valentina Lourembam	V. Lourembam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Date: 9<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P.
3.	Leeken Wangkhem	Leeken W.
4.	Sorokhaibam Milan Singh	Shilam.
5.	Valentina Lourembam	V. Lourembam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Dr. M. Meentzari - Jay  
 Principal  
 Regional College  
 Litong (I/W) Manipur

Date: 10<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P.
3.	Leeken Wangkhem	Leeken W.
4.	Sorokhaibam Milan Singh	Sorokhaibam S.
5.	Valentina Lourembam	V. Lourembam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Date: 11<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P.
3.	Leeken Wangkhem	Leeken W.
4.	Sorokhaibam Milan Singh	Sorokhaibam S.
5.	Valentina Lourembam	V. Lourembam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Date: 12<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P.
3.	Leeken Wangkhem	Leeken W.
4.	Sorokhaibam Milan Singh	Sorokhaibam S.
5.	Valentina Lourembam	V. Lourembam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Dr. J.K. Hemtoambi Singh  
Principal  
Regional College  
Liong (I/W) Manipur

Date: 13<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S.
2.	Durgesh Phurailatpam	Durgesh P
3.	Leeken Wangkhem	Leeken W
4.	Sorokhaibam Milan Singh	S. Milan S
5.	Valentina Lourebam	V. Lourebam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Date: 14<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S
2.	Durgesh Phurailatpam	Durgesh P
3.	Leeken Wangkhem	Leeken W
4.	Sorokhaibam Milan Singh	S. Milan S
5.	Valentina Lourebam	V. Lourebam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Date: 15<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S
2.	Durgesh Phurailatpam	Durgesh P
3.	Leeken Wangkhem	Leeken W
4.	Sorokhaibam Milan Singh	S. Milan S
5.	Valentina Lourebam	V. Lourebam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit Singh

Dr. M. Kemtombi Devi  
Principal  
Regional College  
Litong (I/W) Manipur

Date: 16<sup>th</sup> February 2020

Sl. No.	Name of the students	Attendance
1.	Karam Inoki Singh	K. Inoki S
2.	Durgesh Phurailatpam	Durgesh P
3.	Leeken Wangkhem	Leeken W
4.	Sorokhaibam Milan Singh	S. Milan S
5.	Valentina Lourebam	V. Lourebam
6.	Linda Maibam	LINDA
7.	Naorem Maherjit Singh	N. Maherjit S

Dr. M. Mentoabi Singh  
Principal  
Regional College  
Liong (I/W) Manipur



Singjamel Wangma Torban Kshetri  
Leikai, Thiyam Leirak Machin  
Imphal East - 795001 - Manipur (INDIA)  
Email : deepakhanachaobam@gmail.com  
Ph. +91-8259009224  
+91-9862394734

**PRESERVATION OF MANIPURI MARTIAL ARTS & CULTURAL RESEARCH CENTRE**  
Regd. No. 552 of 1988

Ref. No. 10/PCMMACE/Sep-2020

Date: 19/02/2020



**CERTIFICATE OF MERIT**

This is to certify that the following students of **Regional College, Lilong Chajing, Imphal West** have completed a 10 days Martial Arts Training on Thang-Ta under the guidance of Kh.Deepak of **Preservation of Manipuri Martial Arts & Cultural Research Centre** from 7<sup>th</sup> to 16<sup>th</sup> February 2020.

Sl. No.	Name of Student	Class
1.	KARAM INOKI SINGH	B.Sc. 6 <sup>th</sup> Sem
2.	DURGESH PHURAILATPAM	B.A. 6 <sup>th</sup> Sem
3.	LEEKEN WAGKHEM	B.A. 2 <sup>nd</sup> Sem
4.	SOROKHAIBAM MILAN SINGH	B.A. 2 <sup>nd</sup> Sem
5.	VALENTINA LOUREMBAM	B.A. 2 <sup>nd</sup> Sem
6.	LINDA MAIBAM	B.Sc. 2 <sup>nd</sup> Sem
7.	NAOREM MAHERJIT SINGH	B.A. 4 <sup>th</sup> Sem

  
(KH. DEEPAK)

Secretary  
Preservation of Manipuri Martial Arts  
& Cultural Research Centre, Manipur  
**PRESERVATION OF MANIPURI MARTIAL ARTS  
&  
CULTURAL RESEARCH CENTRE**



**REGIONAL COLLEGE**



LILONG CHAJING (IMPHAL-WEST), MANIPUR  
(Permanently affiliated to M.U. Included in 2(f) &12(b) of U.G.C.Act.)

**ACADEMIC YEAR  
(2020-21)**

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2021	NIL	NIL	NIL	NIL

\* Due to COVID-19, no activities were carried out.

  
Co-ordinator  
IQAC  
Regional College  
Lilong, Imphal West

  
Principal  
Regional College  
Lilong (W) Manipur



LILONG CHAJING (IMPHAL-WEST), MANIPUR  
(Permanently affiliated to M.U. Included in 2(f) & 12(b) of U.G.C.Act.)

**ACADEMIC YEAR  
(2021-22)**

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2022	Yoga	15-22, Feb 2022	45	Dr. Mukta Singh Assistant Professor Manipur International University

*Prinadutta*  
Co-ordinator  
IQAC  
Regional College  
Lilong, Imphal West

*Dr. N. M. M. M. M.*  
Principal  
Regional College  
Lilong (IW) Manipur



# Register of Daily Attendance

NAME .....

CLASS ..... SECTION .....

& Fee-C

SCHOOL ...

MONTH OF

Roll No.	NAME	ATTENDANCE																							
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	
34	Bidyabati L																P	P	P	P	.	P	P	P	
35	Demida L																P	P	P	.	P	P	P	P	
36	Jangha L																P	P	P	.	P	P	P	P	
37	M Philips																P	P	P	.	P	P	P	P	
38	N Kutau																P	P	P	.	P	P	P	P	
39	Th Janita																P	P	P	.	P	P	P	P	
40	Ch Ritika																P	P	P	.	P	P	P	P	
41	L Jena																P	P	P	.	P	P	P	P	
42	M Yaisana																P	P	P	.	P	P	P	P	
43	Saiyoubi Th																P	P	P	.	P	P	P	P	
44	Ocean H																P	P	P	.	P	P	P	P	
45	K Nikhil																P	P	P	.	P	P	P	P	
No. of Students Present																	12	12	12	12	12	12	12	12	
No. of Students Absent																	0	0	0	0	0	0	0	0	
Total																	12	12	12	12	12	12	12	12	

Date: *11/11/2024*  
 Principal  
 Regional College  
 Lilong (NW) Manipur



## 7-Day Yoga Camp

From 15<sup>th</sup> to 22<sup>nd</sup> February, 2022



This is to certify that Mr./Ms.

*of Botany Department* has participated in the seven-day Yoga Camp in Regional College under the guidance of Dr. Mukta Singh from 15<sup>th</sup> to 22<sup>nd</sup> February, 2022.

*Dr. M. Memtombi Devi*

Dr. Mukta Singh  
Asst. Prof.

Manipur International University

*Dr. M. Memtombi Devi*

Dr. M. Memtombi Devi  
Principal, Regional College,  
Lilong Chajing



## 7-Day Yoga Camp

From 15<sup>th</sup> to 22<sup>nd</sup> February, 2022



This is to certify that Mr./Ms.

*Jayia Thungsham*

*of Zoology Department* has participated in the seven-day Yoga Camp in Regional College under the guidance of Dr. Mukta Singh from 15<sup>th</sup> to 22<sup>nd</sup> February, 2022.

A handwritten signature in blue ink, appearing to be 'MS', is written over a horizontal line.

Dr. Mukta Singh

Asst. Prof.

Manipur International University

*Dr. M. Memtombi Devi*

Dr. M. Memtombi Devi  
Principal, Regional College,

Lilong Chajing



**LILONG CHAJING (IMPHAL-WEST), MANIPUR**  
(Permanently affiliated to M.U. Included in 2(f) & 12(b) of U.G.C.Act.)

## ACADEMIC YEAR (2022-23)

Year	Name of the capacity development and skills enhancement program	Period (from date - to date)	Number of students enrolled	Name of the agencies/experts involved with contact details (if any)
2023	One Day workshop on ICT	4th Feb 2023	10	Department of Computer Science, Regional College
	10 Days Martial Arts Training on Thang-Ta	9-18 March ,2023	7	Preservation of Manipuri Martial Arts & Cultural Research Centre
	A one-day Seminar on Spoken English	24th April, 2023	77	Department of English, Regional College

*Phiradeth*  
Co-ordinator  
IQAC  
Regional College  
Lilong, Imphal West

*Dr. M. Meam Zombi*  
Principal  
Regional College  
Lilong (IW) Manipur

Date: 4-02-23

# One-Day Workshop on ICT

## List of participants

1. Henthoi
2. Jolika
3. Abhisana
4. Sophia L
5. D. Jeriel
6. Y. Paré
7. J. Premite
8. Dairua
9. L. Priya
10. Dina
11. Kh. Jenny
12. Lartha Chou
13. A. Ningolleima
14. Y. Pari
15. W. Medish
16. Rinku Pukhambarn
17. Chingakham Neaba
18. Mainangthem Tajet

Dr. N. Membaré Day  
Principal  
Regional College  
Lilong Lilongwe



19. Gybec Okamv
20. Watengbam Rajmiller
21. Ranjita Choru
22. P. Robert Singh
23. Tilheba
24. W. Medjeh
25. Bamatom.
26. Diona
27. Fsh Bidhya Laxmi
28. Kh. Jenny
29. Sanathoi P.
30. Ph. Bnemita
31. Diana
32. Ningalleima
33. Wendi
34. S. Gandhi
35. Aagy W
36. Sunoj
37. Leonardo
38. K. Pnifam
39. K. Dishan
40. A. Safish.

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

41. W Silheeba
42. Joykuma
43. Th. Roshan
44. Bebe
45. Peta K
46. Suchitra
47. Monita
48. N. Borish
49. J. Nelson
50. Y. Tamu

Dr. M. Meankambi  
Principal  
Regional College  
Lihong (I/W) Manipur



## One Day Workshop on Information and Communication Technology (ICT)

(4th February 2023)

### Certificate of Appreciation

On the behalf of Regional College, we thank

**Oinam James**

Assistant Professor, Regional College, Manipur, India for being Resource Person at the Workshop "Information and Communication (ICT) held on 04th March, 2023. We shall remain grateful to him for the invaluable contribution.

With our Kind Regards.

Dr. M. Mentombi Devi

Dr. M. Mentombi Devi

Principal

Regional College

## Ten-days Martial Arts Training on Thang-Ta

Date: 9<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Date: 10<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Date: 11<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Dr. M. Membaribi Singh  
 Principal  
 Regional College  
 Lijong (I/W) Manipur

Date: 12<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Date: 13<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Date: 14<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Dr. M. Kemtombi Devi  
Principal  
Regional College  
Lilong (NW) Manipur

Date: 15<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Date: 16<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Date: 17<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Dr. M. Mambombi Singh  
Principal  
Regional College  
Lilong (M/M) Manipal

Date: 18<sup>th</sup> March 2023

Sl. No.	Name of the students	Attendance
1.	Thounaojam Kellemba Meitei	Kellemba
2.	Wahengbam Chaoba Meitei	Chaoba
3.	Sougrakpam Japan Singh	Japan
4.	Lovejoy Luwangcha	Lovejoy
5.	Yumnam Pari Moramba	Pari
6.	Ngangbam Pacha Singh	Pacha
7.	Tongbram Christopher Singh	Christopher

Dr. M. Memmbi Devi  
Principal  
Regional College  
Liwang (NW) Manipur



Singjamei Wangma Torban Kshetri  
Leikai, Thiyam Leirak Mochin  
Imphal East - 795001 - Manipur (INDIA)  
Email : deepakhanachaobam@gmail.com  
Ph. +91-8259009224  
+91-9862394734

**PRESERVATION OF MANIPURI MARTIAL ARTS & CULTURAL RESEARCH CENTRE**  
Regd. No. 552 of 1988

Ref. No. 18/PCMMACRC/Reg-23

Date: 20/03/2023

**CERTIFICATE OF MERIT**

This is to certify that the following students of **Regional College, Lilong Chajing, Imphal West** have completed a 10 days Martial Arts Training on Thang-Ta under the guidance of Kh.Deepak of **Preservation of Manipuri Martial Arts & Cultural Research Centre** from 9<sup>th</sup> to 18<sup>th</sup> March 2023.

Sl. No.	Name of Student	Class
1.	THOUNAOJAM KELLEMA MEITEI	B.A. 3 <sup>rd</sup> Sem
2.	WAHENGAM CHAOBA MEITEI	B.A. 3 <sup>rd</sup> Sem
3.	SOUGRAKAM JAPAN SINGH	B.Sc. 2 <sup>nd</sup> Sem
4.	LOVEJOY LUWANGCHA	B.A. 2 <sup>nd</sup> Sem
5.	YUMNAM PAREE MORAMBA	B.A. 2 <sup>nd</sup> Sem
6.	NGANGAM PACHA SINGH	B.A. 2 <sup>nd</sup> Sem
7.	TONGBRAM CHRISTOPHER SINGH	B.A. 2 <sup>nd</sup> Sem

*Kh. Deepak*  
**(KH. DEEPAK)**

Secretary  
Preservation of Manipuri Martial Arts  
& Cultural Research Centre, Manipur

**PRESERVATION OF MANIPURI MARTIAL ARTS  
&  
CULTURAL RESEARCH CENTRE**



List of Students participated on 24<sup>th</sup> April 2023  
One-day Seminar on spoken English

1. Apay Waikhom
2. Seraj Rk.
3. Md. Abdul Wahab
4. N. Wouli Devi
5. Lionardo Tonyam
6. Soibam Ransir
7. Okram Minika
8. Karan Pritam
9. Suchitra
10. X. Rita
11. K. Lishan
12. A. Shatish
13. Th. Roskhor
14. N. Shilheiba
15. L. Joykumar
16. Ringke Peckhsambam
17. Chingakham Neaba
18. Moirangthem Tajeet
19. Gebec Okram
20. Wahangbam Ramiel
21. N. Jameson
22. T. Bebe.
23. M. Maikel.

Dr. M. Nombi  
Principal  
Regional College  
Lihong (NW) Manipur

24. Th. Ramesh
25. M. Ronaldo
26. Y. Gnanashyam
27. S. Suraj
28. K. Prabir
29. N. Borish
30. N. Kishan
31. M. Nelson
32. MD. Afzal
33. N. Amarjit
34. N. Amarjit
35. Johnson S.
36. R.K. Marson
37. Beauty Ch.
38. Y. Tanu
39. W. Menaka Devi
40. Ch. Chinaxose Devi
41. Linthoingambi. Kh
42. M. Luthoi Singh
43. Kishan L.
44. K. Bikash
45. N. Ashmen Singh
46. J. Abhit Singh
47. Lichika L
48. Christina Suisrailu

Dr. M. Memonbe *Dr.*  
Principal  
Regional College  
Lilong (NW) Manipur

49. L. Arina Devi
50. Ranjita Chami
51. P. Robert Singh
52. L. Gracia Devi
53. S. Lamzingba Singh
54. Telheiba
55. Lonjam Maya
56. W. Medish
57. Laishram Priya
58. Semamatom
59. S. Joyshree
60. Dima
61. Ksh Bidyalaxmi
62. Kh. Jenny
63. Somathoi Konram
64. Kh. Premita
65. Kh. Daina
66. Laitha Chiew
67. L. Niyalleima
68. M. Dainaravai
69. Y. Pavi
70. B. Jenita
71. A. Sophie

Dr. M. Mamtanki  
Principal  
Regional College  
Lilong (NW) Manipur

72. Jolika Y
73. L Nixon Singh
74. Basant
75. Henthoi .
76. Abhisam .
77. Negeeta .

Dr. M. Mamtombi Devi  
Principal  
Regional College  
Lijong (IW) Manipur

One-Day Seminar  
on

Spoken English

Theme: English as a Lingua Franca



CERTIFICATE

This is to certify that Prof./Dr./Ms./Mrs./Mr. Melvia Laishram of English Department  
has presented the paper entitled \_\_\_\_\_

in the one-day Seminar on "Spoken English" Organised by the Department of  
English, Regional College, Lilong Chajing, Imphal-West, Manipur on 24<sup>th</sup> April 2023.

Sunil

Sunil Yumnam

Secretary, G.B. Regional College, Lilong Chajing

Dr. M. Mementombi Devi

Dr. M. Mementombi Devi

Principal, Regional College, Lilong Chajing

Dr. K. Anika Devi

Dr. K. Anika Devi

HOD, Geography, Regional College Lilong Chajing



**One-Day Seminar**  
**on**  
**Spoken English**  
**Theme: English as a Lingua Franca**  
**CERTIFICATE**

This is to certify that Prof./Dr./Ms./Mrs./Mr. Abhit Jakhellambam of English Department has participated in the One-day Seminar on "Spoken English" organised by the Department of English, Regional College, Lilong Chajing, Imphal-West, Manipur on 24th April 2023.

Sunil Yumnam

Secretary, G.B. Regional College, Lilong Chajing

Dr. M. Memonbibi Devi

Principal, Regional College, Lilong Chajing

Dr. K. Amita Devi

HOD, Geography, Regional College Lilong Chajing

**REGIONAL**  **COLLEGE**

**LILONG CHAIJING (IMPHAL - WEST), MANIPUR**  
(Permanently affiliated to M.U. Included in 2(f) &12(b) of U.G.C.Act.)

---

**5.1.2:**

**2. Photographs with date and caption for each scheme or event.**

Academic year 2018-19



Students attending computer class at Diana Computer on 10<sup>th</sup> April 2019



Students Practicing Thang-Ta with the instructor on 6<sup>th</sup> February 2019

Dr. N. M. Maitomba  
Principal  
Regional College  
L. Hong (W) Manipur



**Academic Year 2019-20**

Students attending a-ten day training program on the topic "Fundamentals of Computer Application" on 17<sup>th</sup> December 2020



Students performing Thang-Ta on the 10<sup>th</sup> of February 2020 as part of the ten-day Martial Arts Training program on Thang-Ta

Dr. M. Meantombi  
Principal  
Regional College  
Jhiong (I/W) Manipur

**Academic Year 2021-22**

Students meditating on 19<sup>th</sup> February 2022 during the seven day Yoga Camp

Dr. K. Keantombi   
Principal  
Regional College  
Lilong (IW) Manipur

## Academic Year 2022-23



One-Day Workshop on Information and Communication Technology (ICT) on 4<sup>th</sup> February 2023



Students practicing Thang-Ta on 10<sup>th</sup> March 2023

*Dr. N. Membrabe*  
Principal  
Regional College  
Lijong (I/W) Manipur

Academic Year 2022-23



A group photo of teachers with paper presenters and participants on 24<sup>th</sup> April 2023

Dr. M. Meentombé  
Principal  
Regional College  
Ulong (NW) Manipur