



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

5.3.2 Average number of sports and cultural programs in which students of the Institution participated during last five years (organised by the institution/other institutions)

[View document](#) certificate

5.3.3 Average number of sports and cultural activities/events in which students of the Institution participated during last five years (organised by the institution/other institutions) (20)			
Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
2018-2019			
Sports			
14-Aug.,2019	Guinness World Records [The most one arm one leg push ups in one minute, (male) is 36]	Guinness World Record	Thounaojam Niranjay Singh ✓
12 to 17 Nov, 2019	All India Inter University shooting M/W Championship 2019-20	Manav Rachna International Institute of Research and Studies, Haryana	Y.Mamta Devi ✓
2019-2020			
Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
03-Feb.,2020	Guinness World Records [The most one arm knuckle push ups in one minute,alternating arms (male) is 67]	Guinness World Record	Thounaojam Niranjay Singh

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

	2020-2021		
NA	NA	NA	NA
	2021-2022		
Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
8-9,Jan,2022	Kio North East Zone Karate Championship,2022/Bronze Medal	Manipur Amateur Karate Association	Jetlee Chabungbam
11-12,Feb,2022	38th National Senior Kyorugi Taekwondo Championships	Puducherry Taekwondo Sports Association	Jetlee Chabungbam
12-15 May.,2022	16th Governor's Taekwondo Cup, Manipur,2022/Bronze Medal	All Manipur Taekwondo Association	Jetlee Chabungbam
4 to 5 Aug, 2022	State level Thang-Ta M/W Competition (Phunaba)/ 3rd Position	Mayai Lambi College	Th. Arun Singh
26-30,Aug,2022	2nd Manipur Olympic Games,2022/Gold Medal	Manipur Olympic Association	Jetlee Chabungbam
26-30, Aug, 2022	2nd Manipur Olympic Games,2022/Bronze Medal	Manipur Olympic Association	M.Deeppa Devi
1-6 Sept., 2022	21st Junior National Wushu Championship/ Silver Medal (Nandao)	Wushu Association of India	Bonish Yurembam

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

22 Sept,2022	1st Mt.Everst GCS International Open Taekwondo Poomsae Championships	Nepal Taekwondo Association	Jetlee Chabungbam
23-25,Sept, 2022	3rd Mt.Everst International Open Taekwondo Championships,2022 G-2	Nepal Taekwondo Association	Jetlee Chabungbam
29 sept - 12 Oct.,2022	36th National Games, Gujarat, 2022	Indian Olympic Association	Th.Satish Meitei
08-Oct-22	A Pratap Singh Memorial Manipur University College Football Men's Tournament	Moirang College	1. N.Milanjana Meitei
			2. L. Chaoba Meitei
			3. S. Shitaljit Singh
			4. Y. Mani Singh
			5. L.Leingakpa Meitei
			6. L.Malemnganba Meitei
			7. A. Rohit Singh
			8. N.Kiyamba Singh
			9. Kh. Myson Singh
			10. K. Hemjit Singh
			11. U. Srinivas Singh
			12. L. Prabin Singh
			13. W. Malemnganba Meitei
			14. Ng. Pacha Singh
			15. S.Amit Kumar Singh
			16. H.Grafpit Singh
			17. Y.William
			18. Y. Chingkheingnaba

Dr. M. Memtsambi Devi
Principal
Regional College
Liong (I/W) Manipur

21-Nov,2022	Manipur University Inter-College Best Physique Weight Lifting and Power lifting M/W Championship/Silver Medal	Manipur University Sports Committee	K.Chinglenkhomba Meitei
21 to 23 Dec, 2022	All India Inter University Fencing M/W Tournament/Bronze Medal (Epee Event)	Association of Indian Universities	Th. Satish Meitei
21 to 23 Dec, 2022	All India Inter University Fencing M/W Tournament (Sabre Event)	Association of Indian Universities	L. Bidyalakshmi Devi
20 to 23 Dec, 2022	All India Inter University Fencing M/W Tournament (Foil Event)	Association of Indian Universities	Rahul Seram
22-Dec-22	Manipur University Inter College Soft Ball M/W Tournament / Men's Runners Up	Manipur University Sports Committee	(Men's Team)
24-26,Nov.,2022	5th India Open International Taekwondo Championship/Silver Medal	All India University Taekwondo Council	Jetlee Chabungbam ✓
2022-2023			
Date of event/activity (DD-MM-YYYY)	Name of the event/activity	Name of the organising institution	Name of the student participated
11 to 12 Feb,2023	38th National Senior Kyorugi Taekwondo Championships	Puducherry Taekwondo Sports Association	Jetlee Chabungbam

Dr. M. Merntombi Devi
Principal
Regional College
Litlong (I/W) Manipur

22 to 25 Feb,2023	East Zone Inter University Table Tennis (W) Tournament	The Assam royal Global University	H.Yaiphabi Chanu
22 to 25 Feb,2023	East Zone Inter University Table Tennis (W) Tournament	The Assam royal Global University	M.Deepa Devi
27-30, April,2023	Khelo India University Games, 2022/ Bronze Medal	Sports Authority of India and Ministry of Youth Affairs and Sports	Jetlee Chabungbam ⁰
5-8,Oct,2023	2023 National Open Taekwondo Championship(Kyorugi & Poomsae)	Uttar Pradesh Taekwondo Association	Jetlee Chabungbam
30 to 31 Oct, 2023	Manipur University Inter College Softball M/W Tournament	Manipur University Sports Committee	(Men's)
			1. Th. Pravash Singh
			2. S.Mahesh Singh
			3. K.Mahesh Singh
			4. Anand Laishram
			5. A.Thoihenba Meitei
			6. David Lairenlakpam
			7. Y. Pareemoramba Meitei
			8. Nikesh Thokchom
			9. H. Wilson Singh
			10. Oliver Namoijam
			11. William Yumnam
12. Aheibam Rohit Singh			

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

30 to 31 Oct, 2023	Manipur University Inter College Softball M/W Tournament	Manipur University Sports Committee	(Women's)
			1. Arambam Nuja Devi
			2. Silli Laishram
			3. Ningthoujam Teresa chanu
			4. Ningthoujam Roji Chanu
			5. Golmei Elizabeth
			6. Huirongbam Yaiphabi Chanu
			7. Mainam Deepa Devi
			8. Ningthoujam Mangal Leima Chanu
			9. Nongmeikapam Lucee Devi
			10. Golmei Houreihe Kabuini
11. Haorongbam Pusparani Chanu			
30-31, Oct,2023	Manipur University Inter-College Archery M/W Championship/ Bronze Medal	Manipur University Sports Committee	L.Yuhenba Meitei
03-Nov-23	Manipur University Inter College Archery M/W Championship. (3rd position Men's)	Manipur University Inter Spors Committee	L. Yuhenba Meitei
03-Nov-23	Manipur University Inter College Archery M/W Championship.	Manipur University Sports Committee	Kh.Lalngamba Meitei
03-Nov-23	Manipur University Inter College Archery M/W Championship.	Manipur University Sports Committee	Rohit Thokchom
03-Nov-23	Manipur University Inter College Archery M/W Championship.	Manipur University Sports Committee	Olen Longjam

Dr. M. Memkambi Devi
Principal
Regional College
Lilong (I/W) Manipur

03-Nov-23	Manipur University Inter College Archery M/W Championship.	Manipur University Sports Committee	Y.Nikhil Singh
5-6,Nov.,2023	Ashem ArunKumar Singh Memorial Manipur University Inter College Table Tennis M/W Championship /Women's(Runners up)	Manipur University Sports Committee	1. H. Yaiphabi Chanu
			2. M Deeppa Devi
22-Nov-23	Manipur University Inter College Power Lifting and Weight Lifting Championship / 1st Position (74 kgs)	Manipur University Sports Committee	K.Chinglenkhomba Meitei
22-Nov-23	Manipur University Inter College Power Lifting and Weight Lifting Championship / 1st Position (105 kgs)	Manipur University Sports Committee	L.Prashant Singh
7 to 10 Dec, 2023	East Zone Inter University Table Tennis (W) Tournament	The Assam royal Global University	M.Deeppa Devi
7 to 10 Dec, 2023	East Zone Inter University Table Tennis (W) Tournament	The Assam royal Global University	H.Yaiphabi Chanu.
20 to 23 Dec,2023	All India Inter University Fencing (M/W) Championship (2022-23)	Association of Indian Universities	Rahul Seram

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