



## Sports Report 2022-23



We end the Academic Session 2021-22 with a Gold Medal for Jeho Himnakulhpuingheta (Puingheta) - 2103BA168 in the 2021 Khelo India Youth Games, Panchkula, Haryana, India <https://sportscafe.in/tabletennis/articles/2022/jun/14/khelo-india-youth-games-mizorams-jeho-puingheta-wins-gold-in-boys-table-tennis-final>

## Indian team for FIH Women's World Cup 2022

Goalkeepers: Savita Punia (captain), Bincy Devi Khandakar

Defenders: Deepa Kaur (vice captain), Ankita Rani, Pooja Pradhan, Usha

Midfielders: Bhavika, Shweta Choudhary, Pooja Pradhan, Indira, Manu, Ajay, Nishita, Renu Singh, Nishita

Forwards: Manjima Khandakar, Lalremliani, Nishita, Manu, Shweta Choudhary

Manager: Lalremliani, Assistant Manager: Lalremliani, Coach: Lalremliani

The Academic Session of 2022-23 began with the selection of Lalremliani - 2003BA340 <https://olympics.com/en/news/fih-women-world-cup-hockey-2022-india-squad-rani-rampal> for the FIH Hockey Women's World Cup Spain and Netherlands <https://www.fih.hockey/events/world-cup/women/fih-hockey-womens-world-cup-spain-and-netherlands-2022-1388> from 1-17 July 2022.

Lalremliani continued her journey to Birmingham, England for the XXII Commonwealth Games 2022 (28 Jul 2022 – 8 Aug 2022) and was part of the Bronze Medallists Team India. <https://olympics.com/en/news/commonwealth-games-2022-women-hockey-bronze-india-vs-new-zealand-results>



Lalramdinthara Pachuau - 2103BA327 won Gold in the 4th Invitation Championship Tournament, Durtlang, Leitan, Aizawl, Mizoram (26 – 30 July, 2022) <https://www.vanglaini.org/tualchhung/72036>



Taekwondo Championship 2022, was held from 16 – 19 August, 2022 at R Dengthuama Hall, Mualpui, Salem Veng, Aizawl, Mizoram. H. Vanlalfela - 2203BA112 Gold - Poomsae individual Gold - Poomsae Pair Gold - Fight under 68kg  
Vanlalmuanpui Ralte - 2103BA604 Gold - Poomsae Pair Bronze - Poomsae individual



During 15-22 Sept Khelo India East Zone Boxing Championship was held at Guwahati, Assam. C Lalrinfeli 2203BA042 was awarded Gold in the 46 kg category

<https://boxingfederation.in/khelo-india-east-zone-junior-girls-youth-women-open-zonal-boxing-championship-will-be-held-at-sai-paltan-bazar-guwahati-assam-from-15th-september-to-22nd-september-2022/>



The 72<sup>nd</sup> Junior National North East Zonal Basketball organized by Basketball Federation India, (14-17 October, 2022) at Neigrihims, Shillong, Meghalaya. <https://theshillongtimes.com/2022/10/18/72nd-junior-nationals-northeast-zonal-basketball-championship/> Lawmsangzuala - 2003BA397 & Jessai Malsawmtluanga - 2203BA145 were part of the Gold winning Mizoram Team



From 17-22 October, 2022 the Mizoram Volleyball Association organised the Ebenezar KK Stone Works Volleyball Tournament at TNT, Muanna Veng, Aizawl. In the U-18 Girls our College Team (Hrangbanyannz) won Gold <https://www.youtube.com/watch?v=SKs7rOVZT5E>



36th National Games was conducted from 5-12 Oct, 2022, Gujarat. Sarah Lalthazovi - 2103BA545 was part of the Mizoram Team



Mizoram Ranking Table Tennis Championships 2022 was held from 29 Sept - 1 October 2022 <https://sportscouncil.mizoram.gov.in/post/i-pr-minister-pu-lalruatkiman-mizoram-ranking-table-tennis-championship-2022-hawng>

In the **Senior** category Alberto Lr Ruata - 2003BA006 won Gold, while Lalruatfela - 2203BA306 received Bronze. In the **Under-19** category Lalruatfela - 2203BA306 won Gold

<https://www.instagram.com/tabletennismizoram/?hl=en>





Jeho Himnakulhpuingheta - 2103BA168 won Gold in the 16<sup>th</sup> Memorijal Mirko Abramovic – Croatian Table Tennis Association, *Varaždin*, Croatia (4 – 6 Nov, 2022)  
<https://www.youtube.com/watch?v=Ny62Ke23yFs>



The 2<sup>nd</sup> North East Olympic Games was conducted from 10-16 Nov, 2022 at Shillong, Meghalaya. Daniel Lalthumthanga – 2203BA065 was the Flag bearer for Team Mizoram. Vanlalmangaihthangi – 2003BA571 was one the Referees in Taekwondo. <https://sportstar.thehindu.com/other-sports/north-east-olympic-games-2022-meghalaya-road-to-sporting-success/article66147463.ece>

We are proud to report that a number our students were selected to represent Mizoram:

**Table Tennis:** Alberto Lr Ruata – 2003BA006 – 3 Golds, 1 Silver; John Zamliana Khawlhing – 2003BA186 – 2 Golds, 2 Bronze; Lalruatsanga – 2003BA383 – 1 Gold, 1 Silver. <https://www.indiatodayne.in/sport/story/north-east-olympic-games-2022-mizoram-defeats-manipur-mens-table-tennis-event-469595-2022-11-12>

**Weight Lifting (96 kgs):** Laldinpuia Pachuau – 2003BA239 – Silver.  
[https://meghalaya.gov.in/sites/default/files/press\\_release/2nd\\_NEOG\\_2022\\_Final\\_Medal\\_Tally.pdf](https://meghalaya.gov.in/sites/default/files/press_release/2nd_NEOG_2022_Final_Medal_Tally.pdf)

**Taekwondo:** Daniel Lalthumthanga – 2203BA065 – Gold; Vanlalmuanpuii Ralte - 2103BA604 – Bronze; H. Vanlalfela - 2203BA112 – Bronze.

**Basketball:** Vanlalrinchhana 2003BA587 – Gold & MVP

<https://themeghalayan.com/neog-2022-basketball-sikkim-women-win-first-gold-for-state-mizoram-take-mens-title/>

**Football:** Gratus Lalhnehliana – 2103BA125; T Lalmuanawma 2103BA577 ; Caleb Lalnunhlua 2203BA052 – Gold <https://www.syllad.com/north-east-olympic-games-mizoram-lifted-u-21-mens-football-gold-after-intense-final-match-vs-meghalaya/>







From 11- 19 Nov, 2022 East Zone Universities for All India University Football Tournament, was held at BIT Mesra, Ranchi. The Mizoram University (MZU) Team were selected from different Colleges of Mizoram, ten (10) were from our College.



6-16 Dec, 2022 All Mizoram Inter-College Greenfield Futsal Cup 2022 was held between 8-16 December, 2022. Two Teams from of College won the Bronze



The FIH Women's Nations Cup, Valencia, Spain was held from 11-17 Dec 2022

[https://www.espn.in/fieldhockey/story/\\_/id/35223240/india-fih-womens-nations-cup-expect](https://www.espn.in/fieldhockey/story/_/id/35223240/india-fih-womens-nations-cup-expect) and Lalremsiami – 2003BA340 was part of the Indian Team

<https://www.moneycontrol.com/news/trends/sports-trends/the-fih-womens-nation-cup-2022-title-win-is-just-what-india-needed-ahead-of-the-2023-asian-games-9756511.html>

Four of our player participated in the All India Inter University Hockey Women, BHU, Varanasi from 20-24 Dec, 2022



C Lalrinfeli 2203BA042 participated in the 45-48 kg category Boxing (women) at the All India Inter University held at MDU, Rohtak from 27-31 Dec, 2022.



Reliance Foundation Youth Sports – Aizawl 2022 – CB (College Boys) was conducted from 31 Nov – 7 Nov, 2022. Our College Team were Runner's Up while R Lalnunmawia – 2203BA395 received the Golden Gloves Award <https://www.rfyouthsports.com/football/golden-awards>



East Zone Universities for All India University Volleyball Tournament, Kalinga Institute of Social Science, Bhubaneswar was conducted from 10-13 Dec, 2022. In the MZU Team, eight (8) were from our College. From there on five (5) continued on to Sikkim to be part of the Gold winning Mizoram Team in the North-East Volleyball Invitation, Sikkim (16-18 Dec, 2022). <https://www.vanglaini.org/infiamna/87150>



The East Zone Inter University Table Tennis Tournament 2022-2023, was conducted between 19-22 December, 2022 at Royal Global University, Guwahati, Assam <https://www.rgu.ac/games-sports.php> .

Our boys representing MZU won Silver, they are Alberto Lr Ruata – 2003BA006, John Zamlana Khawlhing – 2003BA186, Lalruatsanga – 2003BA383, Jeho Himnakulhpuingheta - 2103BA168 <https://www.facebook.com/RGUGuwahati/videos/the-east-zone-inter-university-table-tennis-men-2022-2023-underway-at-royal-glob/1264181517480247/>





At the All India University Taekwondo Championship, Guru Nanak Dev University, Amritsar held between 10 - 12 Jan, 2023 Vanlalmuanpuii Ralte - 2103BA604 & H. Vanlalfela - 2203BA112 won Bronze in the pair category.



The Mizoram Open Boxing Championship 2023, Sponsored by 42 Assam Rifles was held from 31 Jan – 3 Feb. 2023. C Lalrinfeli 2203BA042 won Gold in the 46 kg category. <https://dipr.mizoram.gov.in/post/sports-minister-pu-robert-romawia-royte-in-mizoram-open-boxing-championship-2023-serchhip-hawng>



Zonet Fight Nigh was conducted during Jan – Feb, and . C Lalrinfeli reached the Quarter Finals <https://youtu.be/0m6NF8Tqvj8>

Hero Futsal Club Championship was held between 8-19 Feb, 2023 at New Delhi. Vanlalhruaia – 2103BA597 was part of the Mizoram Team that reached the Semi Finals



38<sup>th</sup> Senior International Taekwondo Championship 2023, was held from 10-12 Feb, 23 at Poducherry. H. Vanlalfela - 2203BA112 and Daniel Lalhumthanga – 2203BA065 both won Bronze medal in their respective categories.



In the 37<sup>th</sup> Mizoram State Table Tennis Championship 2022-2023 (29 – 31 March, 2023) our student did very well.



Gold- Jeho Himnakulhpuingheta - 2103BA168.

Silver- Alberto Lr Ruata – 2003BA006.

Bronze- John Zamliana Khawlhing – 2003BA186 & Lalruatfela – 2203BA306

MSU CUP: 6 – 12 April 2023		
1	Football (Men only)	Gold
2	Basketball (Men only)	Gold
3	Volleyball (Men)	Gold
4	Volleyball (Women)	Silver







From 15-28 May, 2023 Test Series & Training Matches in Women Hockey between India Team and Australia Team was held at Adelaide, Australia. Lalremsiami- 2003BA340 participate in Indian Women Team.

<https://www.aninews.in/news/sports/hockey/india-womens-hockey-team-ready-to-test-their-skills-against-hosts-australia20230517191328>

Lalengmawia 2003BA243 Was part of the Indian Team in the Hero Intercontinental Cup (9-18 June, 2023) <https://sportstar.thehindu.com/football/india-vs-mongolia-intercontinental-cup-sunil-chhetri-igor-stimac-full-squad-kalinga-stadium-bhubaneswar/article66947518.ece> <https://timesofindia.indiatimes.com > ... > Football News>

And the SAFF Championship 2023 ( ) 21 June – 4 July, 2023 Khel Now <https://khelnow.com> > Football



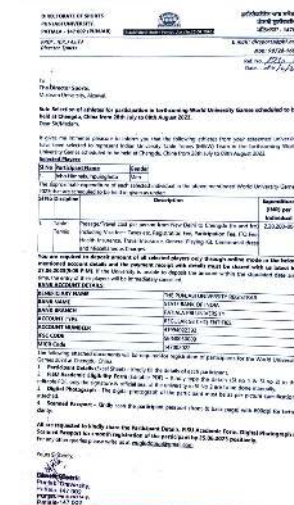
In the MTTA Season Opening Table Tennis Championship 2023 held on 28-30 June 2023, the Gold medal was won by - Jeho Himnakulhpuingheta - 2103BA168, Silver by Alberto Lr Ruata – 2003BA006.



The domestic zonal Cricket Duleep Trophy 2023-2024 was conducted from 28 June – 16 July 2023, Joseph Lalthankhuma 2103BA191 was selected for the North East Zone Team. <https://www.bcci.tv/articles/2023/news/55556008/squads-for-duleep-trophy-2023-24-announced?type=bcci-news>.



In the Pro- Volleyball 2023 (2-30 June, 2023) 6 teams (Men) & (Women) participated. There were 13 men and 12 women from our College; and 1 man and 5 women from our Alumni.



On 24<sup>th</sup> June, 2023 Jeho Himnakulhpuingheta - 2103BA168 was chosen to represent India in the World University Games, Chengdu, China to be held from 28 July – 8 August 2023.





21st MZU Sports: 20 – 24 March 2023				
	Discipline	Gold	Silver	Bronze
1	Cricket	HBC	GAC	PUC & MZU
2	TT - Men	HBC	PUC	MZU
3	TT - Women	Serchhip	HBC	PUC
4	Chess	HBC	MZU	PUC
5	Badminton - M	PUC	HBC	Lunglei
6	Badminton - W	PUC	HBC	Mamit
7	Basketball	HBC	GAC	PUC
8	Athletics W	PUC	HBC	GAC
9	Athletics M	PUC	HBC	Champhai
10	Volleyball W	HBC	GAC	PUC
11	Volleyball M	HBC	PUC	GAC
12	Football W	HBC	PUC	Mamit
13	Football M	HBC	PUC	GAC



**MIZORAM UNIVERSITY SPORT MEET**  
**2023**  
**OVER-ALL**  
**CHAMPION**  
**GOVT. HRANGBANA COLLEGE**

*Champion nopui kan hloh hnu khia  
 Hrangbanyanz-te'n kan chhar leh ta*

*HBC-tia au thawn a thang vel e  
 Kan au hla chu hnehtu chanchin*

*A satu pawh ropui taka hnehtu  
 Kan inghahna Pathian ropui*

*A hun taka min chawi sangtu  
 Amah vangin Hrangban kan vul zel dawn.  
 "HBC tan LALPA a tha a ni"*



**HOCKEY INDIA**  
Hockey India is the national governing body for the sport of Hockey in India. It is a member of the International Hockey Federation (FIH) and the Asian Hockey Federation (AHF). The organization is responsible for the development and promotion of the sport of Hockey in India.

**President:** Shri. Brij Mohan Mahajan  
**Vice President:** Shri. Anil Kumar  
**Secretary:** Shri. Anil Kumar  
**Joint Secretary:** Shri. Anil Kumar  
**General Secretary:** Shri. Anil Kumar  
**Joint General Secretary:** Shri. Anil Kumar  
**Executive Director:** Shri. Anil Kumar  
**Joint Executive Director:** Shri. Anil Kumar  
**Chief Executive Officer:** Shri. Anil Kumar  
**Joint Chief Executive Officer:** Shri. Anil Kumar  
**Chief Financial Officer:** Shri. Anil Kumar  
**Joint Chief Financial Officer:** Shri. Anil Kumar  
**Chief Marketing Officer:** Shri. Anil Kumar  
**Joint Chief Marketing Officer:** Shri. Anil Kumar  
**Chief Operations Officer:** Shri. Anil Kumar  
**Joint Chief Operations Officer:** Shri. Anil Kumar  
**Chief Legal Officer:** Shri. Anil Kumar  
**Joint Chief Legal Officer:** Shri. Anil Kumar  
**Chief Medical Officer:** Shri. Anil Kumar  
**Joint Chief Medical Officer:** Shri. Anil Kumar  
**Chief Technical Officer:** Shri. Anil Kumar  
**Joint Chief Technical Officer:** Shri. Anil Kumar  
**Chief Administrative Officer:** Shri. Anil Kumar  
**Joint Chief Administrative Officer:** Shri. Anil Kumar  
**Chief Information Officer:** Shri. Anil Kumar  
**Joint Chief Information Officer:** Shri. Anil Kumar  
**Chief Security Officer:** Shri. Anil Kumar  
**Joint Chief Security Officer:** Shri. Anil Kumar  
**Chief Compliance Officer:** Shri. Anil Kumar  
**Joint Chief Compliance Officer:** Shri. Anil Kumar  
**Chief Risk Officer:** Shri. Anil Kumar  
**Joint Chief Risk Officer:** Shri. Anil Kumar  
**Chief Sustainability Officer:** Shri. Anil Kumar  
**Joint Chief Sustainability Officer:** Shri. Anil Kumar  
**Chief Diversity Officer:** Shri. Anil Kumar  
**Joint Chief Diversity Officer:** Shri. Anil Kumar  
**Chief Ethics Officer:** Shri. Anil Kumar  
**Joint Chief Ethics Officer:** Shri. Anil Kumar  
**Chief Governance Officer:** Shri. Anil Kumar  
**Joint Chief Governance Officer:** Shri. Anil Kumar  
**Chief Human Resources Officer:** Shri. Anil Kumar  
**Joint Chief Human Resources Officer:** Shri. Anil Kumar  
**Chief Legal Officer:** Shri. Anil Kumar  
**Joint Chief Legal Officer:** Shri. Anil Kumar  
**Chief Medical Officer:** Shri. Anil Kumar  
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**Chief Technical Officer:** Shri. Anil Kumar  
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**Chief Information Officer:** Shri. Anil Kumar  
**Joint Chief Information Officer:** Shri. Anil Kumar  
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**Chief Compliance Officer:** Shri. Anil Kumar  
**Joint Chief Compliance Officer:** Shri. Anil Kumar  
**Chief Risk Officer:** Shri. Anil Kumar  
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**Joint Chief Governance Officer:** Shri. Anil Kumar  
**Chief Human Resources Officer:** Shri. Anil Kumar  
**Joint Chief Human Resources Officer:** Shri. Anil Kumar

**INDIAN FOOTBALL**  
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- We are proud to report that Lalremsiami– 2003BA340 have been selected to participate in Indian Women Team International Matches at Germany & Spain (12-30 July 2023). We also hope that she be selected for the up-coming Asian Games.
- We are so proud of Jeho Himnakulhpuingheta - 2103BA168 for being able to represent India, Mizoram University and our College for the World University Games to be held at Chengdu, China (28 July – 8 August, 2023), We wish him All the Best.
- Our College, realising the importance of Education being an All-Round Development, try to promoted Sports with learning. We give special attention to students who seeks to further their career with education. So, we take pride that Lalremsiami (Hockey), Lalengmawia (Football: Mumbai City FC - ISL), Jeho Himnakulhpuingheta (Table Tennis), Ayush Chettri (Football: FC Goa - ISL), Freddy Lallawmawma (Football: Punjab FC – I-League Champion promoted to ISL) are part of our family.
- We are also proud to report that for the Academic Session 2023-24 Lallianzuala Chhangte- AIFF Player of the Year 2022-23 (Football: Mumbai City FC - ISL), Lalrinliana Hnamte (Football: Mohun Bagan, ISL – Champion 2022-23), Zodingliana (Football: Mohammedan SC – I-League) have chosen our College. Apart from this Lalsawmpuia have been called to be part of the SAFF U-19 Championship from 21 – 30 Sept 2023.
- We also try to inculcate good relationship among sports persons of other Colleges by organising friendly matches and other activities.





