



ALL MEGHALAYA KARATE – DO ASSOCIATION

SHILLONG

Regd No. Sr/AMKA-499/87 of 1987
Recognised by : Govt. of Meghalaya Dept. of Sports & Youth Affairs, State Sports Council of Meghalaya
& Meghalaya State Olympic Association

No. AMKA/P/35/2025/48

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PRESS RELEASE

Meghalaya Karatekas Shine at the 4th North East Zone Karate Championship 2025

A strong contingent comprising **108 Karatekas**, **7 Team Officials**, and **8 Technical Officials** from the **All Meghalaya Karate-Do Association**, representing the **Sub-Junior, Cadet, Junior, U-21, and Senior** categories, participated in the **4th North East Zone Karate Championship 2025** held from **11th to 12th October 2025** at **Itanagar, Arunachal Pradesh**.

The Meghalaya team delivered an outstanding performance, securing a total of **62 medals** — **12 Gold**, **11 Silver**, and **39 Bronze** — bringing pride and recognition to the State.

Gold and Silver medallists from the Championship have also been **selected to represent the North East Zone** in the upcoming **KIO All India Inter Zone Karate Championship 2025**, scheduled to be held in **Goa** during **December 2025**.

During the **Opening Ceremony**, **Miss Kynjailin L. Mawnai, Bronze Medallist** at the **9th South Asian Karate Championship 2025** held in **Colombo, Sri Lanka** from **4th to 6th July 2025**, was **felicitated** by the organisers in recognition of her international achievement.

The **list of medal winners** from the Championship is **enclosed below** for reference.

SI	Name	Event	Medals
1	Nevyn Ian Ryngksai	Boys 8 – 9 Years Ind Kata	Bronze
2	Nevyn Ian Ryngksai	Boys 8 – 9 Years Ind Kumite - 20 Kgs	Bronze
3	Savio Bakynsai Majaw	Boys 12 – 13 Years Ind Kata	Silver
4	Savio Bakynsai Majaw	Boys 12 – 13 Years Kumite - 35 Kgs	Bronze
5	Jefferson Rani	Boys 12 – 13 Years Ind Kumite - 40 Kgs	Bronze
6	Banmankhraw Simon Dkhar	Boys 12 – 13 Years Ind Kumite - 40 Kgs	Bronze
7	Fadrik Wanniang	Boys 12 – 13 Years Ind Kumite - 45 Kgs	Gold
8	Arkindapura Buhphang	Boys 12 – 13 Years Ind Kumite - 45 Kgs	Silver
9	Alvin Sammy Lyngdoh Mawlong	Boys 12 – 13 Years Ind Kumite - 45 Kgs	Bronze
10	Nathaniel Levin Suting	Boys 12 – 13 Years Ind Kumite - 50 Kgs	Bronze
11	Nongpoknganba T Kharmawphlang	Boys Cadet Ind Kumite - 52 Kgs	Bronze
12	Nathaniel Jasper Thongni	Boys Cadet Ind Kumite - 52 Kgs	Bronze
13	Hashuwabor Jaktung	Boys Junior Ind Kumite - 55 Kgs	Silver
14	Aventinus George Myllem	Boys Junior Ind Kumite - 61 Kgs	Gold
15	Aventinus George Myllem	Boys Junior Ind Kata	Bronze
16	Emmanuel Bapynkmeniam Diengdoh	Boys Junior Ind Kumite - +76 Kgs	Bronze
17	Willson Mylliempdah	Boys – 21 Ind Kumite - 50 Kgs	Bronze
18	Damebanmerbha Blah	Boys – 21 Ind Kumite - 50 Kgs	Bronze
19	Samebanmerbha Blah	Boys – 21 Ind Kumite - 55 Kgs	Gold
20	Jake Damian Syiemiong	Boys – 21 Ind Kumite - 60 Kgs	Bronze
21	Kynpham Kharkongor	Boys – 21 Ind Kumite - 67 Kgs	Silver
22	Josanky Rympei	Mens Ind Kumite - 50 Kgs	Bronze
23	Paul Danny Kharmudai	Mens Ind Kumite - 60 Kgs	Gold
24	Paul Danny Kharmudai	Mens Ind Kata	Bronze
25	Gideon Tympuin	Mens Ind Kumite - 60 Kgs	Silver
26	Gideon Tympuin	Mens Ind Kata	Bronze
27	Ialamphang Kharkongor	Mens Ind Kumite - 75 Kgs	Gold
28	Bhawanchwadame Lyngdoh Mawphlang	Mens Ind Kumite - 54 Kgs	Bronze
29	Princey A Blah Pohti	Girls 8 – 9 Years Ind Kata	Gold
30	Naomi Y Sylliang	Girls 10 – 11 Years Ind Kumite - 45 Kgs	Silver
31	Naomi Y Sylliang	Girls 10 – 11 Years Ind Kata	Bronze
32	Seraphina Lapynjanai Thongni	Girls 10 – 11 Years Ind Kumite - 25 Kgs	Bronze
33	Yvette Leticia L Mairang	Girls 10 – 11 Years Ind Kumite - 30 Kgs	Bronze



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34	Asenka Beryl Marwein	Girls 12 - 13 Years Ind Kumite - 35 Kgs	Silver
35	Asenka Beryl Marwein	Girls 12 - 13 Years Ind Kata	Bronze
36	Adella Nongrum	Girls 12 – 13 Years Ind Kumite - 45 Kgs	Gold
37	Jufilia Dkhar	Girls 12 – 13 Years Ind Kumite - 40 Kgs	Bronze
38	Patrica Diengdoh	Girls 12 – 13 Years Ind Kumite - 45 Kgs	Bronze
39	Azaria Sungoh	Girls 12 – 13 Years Ind Kumite - 50 Kgs	Bronze
40	Fidelity Gashnga	Girls 12 – 13 Years Ind Kumite - 55 Kgs	Bronze
41	Xenia Rose Nongsiej	Girls Cadet Ind Kumite - 42 Kgs	Silver
42	Saphishisha Warlarpih	Girls Cadet Ind Kumite - 42 Kgs	Bronze
43	Ibadarisha Jyrwa	Girls Cadet Ind Kumite - 42 Kgs	Bronze
44	Dominica Phidahun Kharbani	Girls Cadet Ind Kumite - 47 Kgs	Bronze
45	Esranski Kharjana	Girls Cadet Ind Kumite - 54 Kgs	Gold
46	Emika Deimaia Myrthong	Girls Cadet Ind Kumite - 54 Kgs	Bronze
47	Mercy Queen Sohbar	Girls Junior Ind Kumite - 42 Kgs	Bronze
48	Mebapynhun Marngar	Girls Junior Ind Kumite - 48 Kgs	Bronze
49	Phidaiakashisha Lyngdoh	Girls Junior Ind Kumite - 53 Kgs	Bronze
50	Ibadaplin Mukhim	Girls – 21 Ind Kumite - 45 Kgs	Bronze
51	Delightful Marngar	Girls – 21 Ind Kumite - 45 Kgs	Bronze
52	Sandameka V Langstieh	Girls – 21 Ind Kumite - 50 Kgs	Gold
53	Daiarisa Nongrum	Girls – 21 Ind Kumite - 55 Kgs	Gold
54	Carenia Rapthap	Girls – 21 Ind Kumite - 61 Kgs	Silver
55	Lamerphylla D Kharsati	Womens Ind Kata	Bronze
56	Inlumlang Skhemiew	Womens Ind Kumite - 45 Kgs	Silver
57	Elisheba Khongwar	Womens Ind Kumite - 45 Kgs	Bronze
58	Martina Blah	Womens Ind Kumite - 45 Kgs	Bronze
59	Rebeka Nongspung	Womens Ind Kumite - 50 Kgs	Gold
60	Kynjailin Lyngdoh Mawnai	Womens Ind Kumite - 50 Kgs	Silver
61	Carene Sohiong	Womens Ind Kumite - 55 Kgs	Bronze
62	Barisha Kharbani	Womens Ind Kumite - 61 Kgs	Gold

The **All Meghalaya Karate-Do Association** extends its heartfelt congratulations to all the medal winners and expresses sincere appreciation to the coaches, officials, and parents for their continued support and dedication.

On behalf of the Association, I kindly request you kindly to publish this as a news item in your esteemed daily.

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