



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
Affiliated to : Karate India Organisation (KIO)
Recognised by : World Karate Federation (WKF), International Olympic Committee (IOC) & Asian Karate Federation (AKF)

No. AMKA/P/35/2026/25

Date. 13th August 2026

PRESS RELEASE

A contingent of 61 (Sixty-One) Karatekas of the Association, led by Mr. Arjun Sewa, Mr Edwilbert K Nongkynrih, Mr Pynhunlang Kharbuli and Miss Sharai Nongneng Shanpru, participated in the 20th All India Independence Cup Karate Championship 2026 held at the Talkatora Indoor Stadium, New Delhi from 7th – 9th August 2026. The State Team brought laurels to the Association by winning 9 (Nine) Gold, 11 (Eleven) Silver & 19 (Nineteen) bronze medals. The details of the medal's winner are enclosed.

The Association would also like to place on record its sincere appreciation to the State Government for the financial support extended towards the athletes under Team Preparation for the 39th national games 2026.

The Association congratulates the medal winner and all participating karatekas for representing the State with dedication and commitment.

In this connection, I on behalf of the Association would like to request you kindly to publish this as a news item in your daily esteem.

The Association requests all media houses to kindly publish this as a news item in their esteemed daily publications.

Your kind cooperation and support in giving due publicity to the participation of the Meghalaya contingent will be highly appreciated.

Ksan Kuper Warjri
General Secretary
(M) 9774062118



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20TH ALL INDIA INDEPENDENCE CUP KARATE CHAMPIONSHIP 2026

Name	Results	Event(s)
Adelina Lyngdoh Nonglait	Bronze	Kumite Individual Female Juniors -48 Kg
Aldrich Ryan Lyngdoh	Silver	Kumite Individual Male Cadets -52 Kg
	Bronze	Kata Individual Male Cadets
Bruce E Mawkhlieng	Silver	Sub Junior 13 Yrs Male Kumite -45Kg
Carenia Raptap	Bronze	Kumite Individual Female Seniors -61 Kg
Clareenda Lyngdoh	Silver	Kumite Individual Female Seniors -55 Kg
Daniel Dabiangbha Warjri	Silver	Kumite Individual Male Juniors -68 Kg
Daphilahun Meri Wahlang	Gold	Kumite Individual Female Seniors -50 Kg
Dashynna Sutnga	Bronze	Kata Individual Female Juniors
Delightful Marngar	Bronze	Kumite Individual Female Seniors -50 Kg
Demitrio Dkhar	Bronze	Kumite Individual Male Cadets -52 Kg
Derrick Myrchiang	Gold	Kumite Individual Male Cadets -52 Kg
Elisheba Khongwar	Bronze	Kumite Individual Female Seniors -50 Kg
Emika Deimaia Myrthong	Silver	Kata Individual Female Juniors
Emmanuel Bapynkmeniam Diengdoh	Bronze	Kumite Individual Male Juniors +76 Kg
Eric Bateinam Ryingnga	Gold	Kumite Individual Male Cadets -52 Kg
Ester Mary Lyngdoh	Bronze	Kata Individual Female Seniors
Febbyson Lyngdoh Lyngkhoi	Gold	Kata Individual Male Juniors
Ibansara J Rani	Silver	Kumite Individual Female Cadets -47 Kg
Javier Mebanbha Sawian	Silver	Sub Junior 12 Yrs Male Kumite -40Kg
Lapyntngen Mary Lamin	Silver	Kata Individual Female Cadets
	Bronze	Kumite Individual Female Cadets -47 Kg
Larisha Kurbah	Bronze	Kumite Individual Female Seniors -55 Kg
Lavinia Khryiem	Bronze	Kumite Individual Female Cadets -47 Kg
Mangshua Hananeel Kharkongor	Silver	Kumite Individual Male Cadets -52 Kg
Mebapynhun Marngar	Gold	Kata Individual Female Juniors
	Bronze	Kumite Individual Female Juniors -48 Kg
Nathaniel Levin Suting	Gold	Kata Individual Male Cadets
	Gold	Kumite Individual Male Cadets -52 Kg
Paul Danny Kharmudai	Silver	Kata Individual Male Seniors
Phibankyrsoi Makdoh	Bronze	Kumite Individual Female Cadets -54 Kg
Precious Stone Mukhim	Gold	Sub Junior 13 Yrs Male Kumite -55Kg
Rebeka Nongspung	Bronze	Kumite Individual Female Seniors -50 Kg
Sherry Pangniang	Silver	Kumite Individual Female Juniors -59 Kg
Vanessa S Nongsiej	Gold	Sub Junior 13 Yrs Female Kata
	Bronze	Sub Junior 13 Yrs Female Kumite -50Kg
Wansakani Lyngdoh	Bronze	Sub Junior 13 Yrs Female Kumite -40Kg
Yeomeky Dame Chyne	Bronze	Kumite Individual Male Juniors -55 Kg
Zarifa Dasha Nongrum	Bronze	Kumite Individual Female Cadets -47 Kg


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