

PRESS RELEASE

5K Run Held in East Khasi Hills District to Commemorate International Day Against Drug Abuse and Illicit Trafficking

Date: 3rd June 2025

Time: 7:00 AM

Location: Shillong Golf Club (Parking Lot), Golflink, Shillong, Meghalaya

The Office of the **District Social Welfare Officer (DSWO)**, East Khasi Hills District, in Coordination with the District Administration, District Sports Office, East Khasi Hills District Athletics Association successfully organized a “5K Run” on **3rd June 2025** in the District to Commemorate the **International Day Against Drug Abuse and Illicit Trafficking 2025**, under the banner of the **Nasha Mukht Bharat Abhiyaan**.

The event aimed to raise awareness about the dangers of drug abuse and encourage a healthy and drug-free lifestyle, particularly among the youth of the district.

The programme commenced with an introductory address by the **District Social Welfare Officer**, Smti E. Kharchandy who welcomed all dignitaries and participants. She outlined the objectives of the Nasha Mukht Bharat Abhiyaan and stressed the importance of community-wide involvement, especially from young people, in building a drug-free society.

This was followed by brief but meaningful remarks from the Guest of Honour, Deputy Commissioner in-Charge, East Khasi Hills District, **Smti P. K Sangma, MCS** who spoke on the need for sustained awareness, collective responsibility, and active youth participation to curb substance abuse.

The **Deputy Commissioner in-Charge, East Khasi Hills District** then led a **Pledge-taking Ceremony**, where participants pledged to abstain from drug use and to spread the message of a drug-free lifestyle.

The **Deputy Commissioner in-Charge, East Khasi Hills District** then **flagged off the Marathon**, which began from **7:00 Am**. The run witnessed enthusiastic participation from students, youth clubs, NGOs, athletes, and members of the public. Anti-drug banners and placards were displayed throughout the route, reinforcing the theme of the day.



At the conclusion of the marathon, the **Winners were announced:**

Female Winners 5K Open Category:

- 1. Miss Monlangki Kyndait – 1st Position
- 2. Miss Mary Queen Pale – 2nd Position
- 3. Miss Rukini R.T Dkhar – 3rd Position

Male Winners 5K Open Category:

- 1. Mr. Knerlang Phawa – 1st Position
- 2. Mr. Marshal Wanniang – 2nd Position
- 3. Mr. Rangki Jonathan Pathaw – 3rd Position

(List of winners enclosed at Annexure ‘A’)



The **District Social Welfare Officer** presented prizes to the female winners, while the **Deputy Commissioner in-charge, East Khasi Hills District** awarded the Male winners. All the Top 10 Male and Female winners were given Cash Prize and Consolation Cash Prize alongwith Certificates of Participation.



A short vote of thanks was delivered by the District Social Welfare Officer, expressing deep appreciation to all departments, volunteers, schools, and youth organizations for their enthusiastic participation and support. This was followed by the **Deputy Commissioner in-charge, East Khasi Hills District** who also extended her thanks and commended the collective effort shown by the community in organizing such a meaningful and impactful event.

To further strengthen the awareness efforts, **Anti-drug Pamphlets and Leaflets** were also distributed to all the participant and general public at the end of the programme. These materials provided key information on the harmful effects of drugs and how individuals and families can seek support or become advocates for a drug-free society.

The event concluded on a high note, reinforcing the district's commitment to a drug-free future and encouraging continued collaboration between different line departments of the district.

**District Social Welfare Officer
East Khasi Hills, Shillong, Meghalaya**

Observation of International Day Against Drug Abuse & Illicit Trafficking 2025
"5K Run Against Substance Abuse & Illicit Trafficking"

Date: 3rd June, 2025

Starting & Finishing Point: Golf Club, Golflink, Shillong

Organised by Office of District Social Welfare Officer, Meghalaya Shillong

In Collaboration with

The Office of The District Sports Officer, East Khasi Hills District, Shillong

RESULTS

5K Open Category Male

Position	Name	Race Time	Bib No
1st	KNERLANG PHAWA	15:26.32	2212
2nd	MARSHAL WANNIANG	15:26.53	2113
3rd	RANGKI JONATHAN PATHAW	15:37.00	2211

Consolation Prize

4th	RISHANMI RYNGKHEM	15:55.00	2145
5th	STING PHAWA	16:31.00	2213
6th	PYNSHAIBHA WAR	16:37.00	2259
7th	PIKU NATH	16:46.00	2163
8th	SOMANKI MANAR	17:25.00	2220
9th	WANCHAN RYNGKHEM	17:27.00	2144
10th	NANGTEISAHEM MYLLIEMNGAP	17:33.00	2129

5 K Open Category Female

Position	Name	Race Time	Bib No
1st	MONLANGKI KYNDAIT	20:49.07	1064
2nd	MARY QUEEN PALE	20:52.44	1057
3rd	RUKINI RT DKHAR	21:11.80	1062

Consolation Prize

4th	ANGELISTA SYIEMLEH	21:29.51	1011
5th	BARISHA KHYMDEIT	22:02.05	1031
6th	DONARUPA THONGNI	22:18.52	1010
7th	DAKAHI KYNDAIT	22:26.45	1060
8th	IBASHONGKUN KURBAH	22:35.45	1041
9th	MENA MARY WAHLANG	23:22.36	1032
10th	NANGKIEWSUKI SLONG	23:27.54	1051

Shri O. Mawthoh
District Sports Officer East
Khasi Hills District, Shillong