

PRESS RELEASE



2nd NHM Sports Meet 2026 concludes;

South West Khasi Hills District Team emerge overall Champions

Mawkyrwat: The National Health Mission (NHM) successfully concluded the three-day program called the 2nd National Health Mission Sports Meet 2026 under the theme “Wellness Through Sports, Service Through Health”, in South West Khasi Hills District, Mawkyrwat.

A total of 169 participants from seven districts under the Khasi and Jaiñtia Hills took part in various sporting disciplines, including basketball, futsal, football, tug of war and athletics, comprising the 100-metre race and the 4x100-metre relay race.



South West Khasi Hills District emerged as the overall champion of the 2nd NHM Sports Meet 2026, securing 975 points, West Khasi Hills District secured second place with 925 points, while East Khasi Hills District finished third with 350 points.



In the men's and women's basketball finals, West Khasi Hills District Team emerged victorious in both categories. The men's team defeated East Jaiñtia Hills District Team by 23 – 4 points, while the women's team secured a 19 – 3 victory over East Khasi Hills District.



In futsal, South West Khasi Hills District Team defeated East Jaiñtia Hills District Team 2 – 0 goals through a tiebreaker.

In the men's 100-metre race for participants above 40 years of age, Diktar Wanniang secured first place, followed by William Nongkynrieh in second place and Remfelix Talang in third place. In the women's category, Aidaboklin Lyngkhoi emerged as the winner, followed by Dr. Fulbi Nongsiej in second place and Pearlyjones Laloo in third place.



In the women's 100-metre race, Steffi Nongtri secured first place, followed by Banisha Snaitang in second place and Ribanylla Lyngdoh Nonglait in third place. In the men's 100-metre race, Siewdorlang Lyngdoh emerged as the winner, while Bonstar Thongni secured second place and Regan Girod finished third.





South West Khasi Hills District Team claimed victory in both the men's and women's 4x100-metre relay race events.

In the tug-of-war competition, West Khasi Hills District claimed victory in both the men's and women's categories. In the men's football final, West Khasi Hills District Team defeated South West Khasi Hills District Team by 4 – 3 goals through a tiebreaker.

The closing ceremony was attended by Shri. B. Kharjana, Additional Superintendent of Police, South West Khasi Hills District, as the Chief Guest, Dr. C. Lamin, District Medical and Health Officer, South West Khasi Hills District, and Dr. W.L. Nary, MCH, Shillong, attended as Guests of Honour.





Other dignitaries present included Shri. Kordor Lyngdoh, General Secretary, NEAM, Shri. Hiporly Talang, Vice-President, District Executive Committee (DEC), East Khasi Hills, and Sports Organising Secretary, Khasi and Jaintia, Shri. Skhemboklang Marbaniang, Secretary, District Executive Committee (DEC), South West Khasi Hills, Dr. Victorius K. Syiemlieh, President, District Executive Committee (DEC), South West Khasi Hills and other officials and participants.