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| 1. | Jeho himnakulhpuingheta | https://sportscafe.in/tabletennis/articles/2022/jun/14/kheloindia-youth-games-mizorams-jeho-puingheta-wins-gold-in-boys-table-tennis-final |
| 2. | Lalremsiami  | https://olympics.com/en/news/fihwomen-world-cup-hockey-2022-india-squad-rani-rampal  |
| 3. | Lalremsiami  | https://www.fih.hockey/events/world-cup/women/fih-hockeywomens-world-cup-spain-and-netherlands-2022-1388 |
| 4. | Lalremsiami  | https://olympics.com/en/news/commonwealth-games-2022-womenhockey-bronze-india-vs-new-zealand-results |
| 5. | Lalramdinthara Pachuau | https://www.vanglaini.org/tualchhung /72036 |
| 6. | H. Vanlalfela - Gold - Fight under 68kg Vanlalmuanpuii Ralte - Gold - Poomsae Pair  | hampionship-will-be-held-at-sai-paltan-bazar-guwahati-assam-from-15th-september-to-22ndseptember-2022/ |
| 7. | Lalrinfeli | https://boxingfederation.in/khelo-india-east-zone-junior-girls-youth-women-open-zonal-boxingc |
| 8. | Lawmsangzuala - 2003BA397 & Jessai Malsawmtluanga  | https://theshillongtimes.com/2022/10/18/72nd-junior-nationalsnortheast-zonal-basketball-championship/ |
| 9. | U-18 Girls our College Team  | https://www.youtube.com/watch?v=SKs7rOVZT5E |
| 10. | Alberto Lr Ruata – won Gold, while Lalruatfela – 2203BA306 received Bronze. Mizoram Ranking Table Tennis Championships 2022  | https://sportscouncil.mizoram.gov.in/post/i-pr-minister-pulalruatkiman-mizoram-ranking-table-tennis-championship-2022-hawnghttps://www.instagram.com/tabletennismizoram/?hl=en |
| 11. | Jeho Himnakulhpuingheta - 2103BA168 won Gold in the 16th Memorijal Mirko Abramovic – Croatian Table Tennis Association | https://www.youtube.com/watch ?v=Ny62Ke23yFs |
| 12. | 2nd North East Olympic Games Lalhumthanga Vanlalhmangaihthangi  | https://sportstar.thehindu.com/other-sports/north-east-olympic-games-2022- meghalaya-road-to-sporting-success/article66147463.ece |
| 13. | Table Tennis: Alberto Lr Ruata John Zamliana KhawlhringLalruatsanga | https://www.indiatodayne.in/sport/story/northeast-olympic-games-2022-mizoram-defeats-manipur-mens-table-tennis-event-469595-2022-11-12 |
| 14. | Laldinpuia Pachuau | <https://meghalaya.gov.in/sites/default/files/press_release/2nd_NEOG_2022_Final_Medal_Tally.pdf>   |
| 15. | Gratus Lalhnehliana ; T Lalmuanawma, Caleb Lalnunhlua  | https://www.syllad.com/north-east-olympic-games-mizoram-lifted-u-21-mens-football-gold-after-intensefinal-match-vs-meghalaya/ |
| 16. | Reliance Foundation Youth Sports – Aizawl 2022  | https://www.rfyouthsports.com/football/g olden-awards |
| 17. | East Zone Universities for All India University Volleyball Tournament, Kalinga Institute of Social Science, Bhubaneshwar , Gold  Mizoram Team in the North-East Volleyball Invitation, Sikkim  | https://www.vanglaini.org/infiamna/87150 |
| 18. | The East Zone Inter University Table Tennis Tournament 2022-2023, | https://www.rgu.ac/games-sports.php .  |
| 19. | Lalremsiami | https://www.espn.in/fieldhockey/story/\_/id/35223240/india-fihwomens-nations-cup-expect |
| 20. | MZU sports Table tennis-Alberto Lr Ruata – John Zamliana Khawlhring –  Lalruatsanga – Jeho Himnakulhpuingheta | https://www.facebook.com/RGUGuwahat i/videos/the-east-zone-inter-universitytable-tennis-men-2022-2023-underwayat-royal-glob/1264181517480247/ |
| 21. | Lalrinfeli | https://dipr.mizoram.gov.in/post/sports-minister-pu-robertromawia-royte-in-mizoram-open-boxing-championship-2023- serchhip-hawnghttps://youtu.be/0m6NF8Tqvj8 |
| 22. | Lalengmawia | https://sportstar.thehindu.com/football/india-vs-mongoliaintercontinental-cup-sunil-chhetri-igor-stimac-full-squadkalinga-stadium-bhubaneswar/article66947518.ece |
| 23. | Lalremsiami | https://www.aninews.in/news/sports/ho ckey/india-womens-hockey-teamready-to-test-their-skills-against-hostsaustralia20230517191328 |
| 24. | Joseph Lalthankhuma | https://www.bcci.tv/articles/2 023/news/55556008/squadsfor-duleep-trophy-2023-24- announced?type=bcci-news.  |
| 25. | Lalengmawia | https://khelnow.com › |
| 26. | HBC at MZU sports meet 2019 | <https://www.youtube.com/watch?v=AgfQcG2L0k0&pp=ygUPbXp1IHNwb3J0cyAyMDE5>  |
| 27. | Basketball final MZU sports | <https://www.youtube.com/watch?v=h4Kj4gJp808&pp=ygUPbXp1IHNwb3J0cyAyMDE5>  |
| 28. | MZU sports volleyball (W) finals | <https://www.youtube.com/watch?v=HqahIwvnsZg&pp=ygUPbXp1IHNwb3J0cyAyMDIw>  |
| 29. | Yugen Band - Thundermarch | <https://www.youtube.com/watch?v=dGgpW0sM3MY&pp=ygUPeXVnZW4gYmFuZCBtaXpv>  |
| 30 | 1. Vanlalroluahtumi-Mizo Idol top 3
 | <https://www.youtube.com/watch?v=2pYscrNnfTo&pp=ygUcYyB2YW5sYWxyb2x1YWh0dW1pIG1pem8gaWRvbA%3D%3D>  |
| 31. | Cultural club-Virthli 2019 | <https://www.youtube.com/watch?v=JV6IyBzdx_g&pp=ygUYdmlydGhsaSAyMDE5IGJ1aHphaWggSEJD>  |
| 32. | Reliance youth Football 2023 | <https://www.youtube.com/watch?v=QYGCMzlH5JU&pp=ygUncmVsaWFuY2UgeW91dGggZm9vdGJhbGwgdG91cm5hbWVudCAyMDE4>  |
| 33. | MDC- choreography club | <https://www.youtube.com/watch?v=qHsmZnlY4p0&pp=ygUdbWl6byBkYW5jZSBjYW1wIHNob3djYXNlIDIwMjI%3D>  |
| 34. | HBC crew at LBS Suzuki Youth Icon and Super Dance Crew 2019 | <https://www.youtube.com/watch?v=bmYLk0aGEKs&pp=ygUdbWl6byBkYW5jZSBjYW1wIHNob3djYXNlIDIwMjI%3D>  |
| 35. | HBC dance crew at MDc Sports and Movement Championships | <https://www.youtube.com/watch?v=B_Vn-fm-u5s&pp=ygUdbWl6byBkYW5jZSBjYW1wIHNob3djYXNlIDIwMjI%3D>  |
| 36. | Angela Zonunmawii - Virtual folk dance and Singing competition 2021 | <https://www.youtube.com/watch?v=5s101LYZkNM&pp=ygU8YW5nZWxhIHpvbnVubWF3aWkgdmlydHVhbCBmb2xrIGRhbmNlIGFuZCBzaW5naW5nIGNvbXBldGl0aW9u>  |
| 37. | Lalthafamkimi | <https://www.youtube.com/watch?v=O8a7ItNY5_M&pp=ygUWTGFsdGhhZmFta2ltaSBvZiBHSEJDIA%3D%3D>  |
| 38. | Lalrinsanga - Best keyboardist -2018 | <https://youtu.be/ATNJpmRGlxw>  |
| 39. | Lalrinsanga - Best keyboardist -2019 | <https://www.youtube.com/watch?v=8yEZAj01Y-0&pp=ygUcc3dvcmQgdHVuZSBOYWdhbGFuZCBmZXN0aXZhbA%3D%3D>  |
| 40. | Reliance youth football- Alex Ramdinthara- Golden Boot | <https://www.rfyouthsports.com/football/news/a-roaring-start-to-the-rfys-2023-24-football-season-in-mizoram>  |
| 41. | Reliance youth football- Peter Lalrinhlua - Golden Ball | <https://www.rfyouthsports.com/football/news/road-to-aizawl-mizoram-city-finals> <https://www.rfyouthsports.com/football/news/champions-of-mizoram>  |
| 42. | Lalthlamuanpuia | <https://www.youtube.com/watch?v=9ZZo1YlxN4c&pp=ygU5b25saW5lIDIwMjAgd29ybGQgdGFla3dvbmRvIHBvb21zYWUgY2hhbXBpb25zaGlwcyBQdWl0ZWEg>  |
| 43. | Lalthlamuanpuia | <https://www.youtube.com/watch?v=h_dYya6jWsQ&pp=ygU5b25saW5lIDIwMjAgd29ybGQgdGFla3dvbmRvIHBvb21zYWUgY2hhbXBpb25zaGlwcyBQdWl0ZWEg>  |
| 44. | Lalthlamuanpuia | <https://www.youtube.com/watch?v=pcIC6563RCE&pp=ygU5b25saW5lIDIwMjAgd29ybGQgdGFla3dvbmRvIHBvb21zYWUgY2hhbXBpb25zaGlwcyBQdWl0ZWEg>  |
| 45. | MSU Cup Football 2020 | <https://www.facebook.com/watch/?v=545965256050518>  |
| 46. |  Cultural Club -Zofest 2018 | <https://www.facebook.com/mizozirlaipawl/>  |
| 47. | John Zamliana -2018 TT | <https://www.facebook.com/pinnacletabletennisacademy/videos/opening-ceremony-of-80th-junior-youth-national-championship-2018-pinnacle-table-/290224738364980/>  |
| 48. | MZU Sports meet 2019 | <https://youtu.be/0VlxQUG4XC0>  |
| 49. | HP Lalremruata - BC Roy Trophy 2020 | <https://youtu.be/x7aRhekjQ6w>  |
| 50. | Lalrinsanga-Virthli 2019 | <https://youtu.be/RXeW-uuAKLc>  |
| 51. | K.Ngaihpari | <https://m.facebook.com/p/Mizoram-State-Games-2019-100052273106487/>  |
| 52. | Vanlalhmangaihi | <https://m.facebook.com/p/Mizoram-State-Games-2019-100052273106487/>  |
| 53. | Jeho Himnakulhpuingheta | <https://youtu.be/neYhkxK7DKs>  |
| 54. | Alberto LR Ruata | <https://youtu.be/neYhkxK7DKs>  |
| 55. | Lalnunsangi- Karate 2019 | <https://youtu.be/BvnY1YqyuYg>  |
| 56. | C.Lalnunsanga- Hockey 2019 | <https://youtu.be/4NmbqOcitH4>  |
| 57. | Zothansangi | <https://www.facebook.com/watch/?v=2310677365811891>  |
| 58. | Lalremsiami  | https://www.facebook.com/watch/?v=979758109084460 |
| 59. | Lalengmawia | https://www.facebook.com/watch/?v=658351668636026 |
| 60. | Lalengmawia | <https://www.facebook.com/watch/?v=150273936919435>  |