**A. PERSONAL BIO – DATA**

NAME : LALSANGLIANA HMAR

NICK NAME : SANGLIANA

S/O : LALTHANMAWIA (L)

DESIGNATION : TABLE TENNIS COACH

ADDRESS : ARMED VENG, AIZAWL

**B. ACHIVEMENT AND ACTIVITIES**

1. Attended the Diploma Course in Sports Coaching in TABLE TENNIS from2002 to 2003 at SAI, Netaji Subhas National Institution of Sports, Patiala, Punjab and Successfully completed.

2. Joined Directorate of Sports & Youth Services as Table Tennis Coach in 2006.

3. Conducting Trainers Training and Mizoram Table Tennis Umpire examination in every Year, and Conducting Residential and Non – Residential Coaching for Promotional and Preparation of Participating National/Regional/North East Table Tennis Championship in Various place in inside Mizoram, and Leading Mizoram Table Tennis Team to Participate National/Regional/North East Table Tennis Championship in outside Mizoram.