

DCT's
Dhempe College of Arts and Science
Miramar-Panaji- Goa

Department of Physical Education & Sports

Report 2015-2016

Pandurang G. Naik, Assistant Professor
College Director of Physical Education & Sports

Aim:

- The aim of the Department of Physical Education & Sports is all-round personality development of students.
- All-round development includes physical, mental, social and ethical aspects to make an individual a good citizen who is able to contribute to the progress of the nation.

Learning Objectives:

- To inculcate leadership qualities through engagement in team sports and sports events
- To build team spirit and general camaraderie amongst students
- To develop an ability to counter stress in day to day life
- To develop qualities of discipline, self- control and dedication
- To guide students towards engaging in a career in sports and sports training

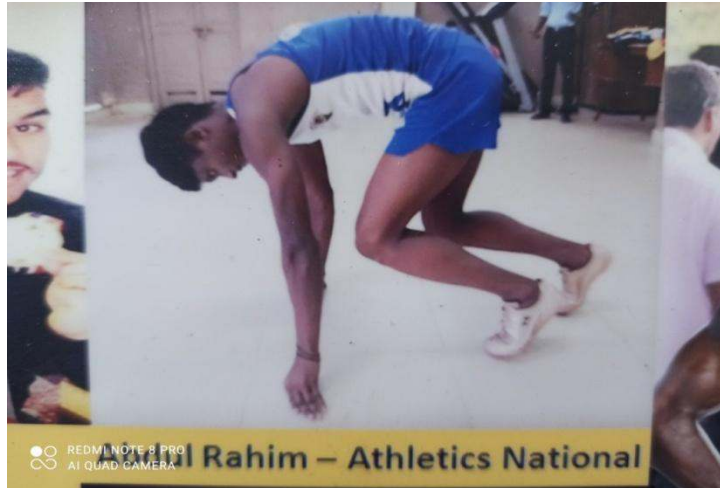
Learning Outcomes:

By the end of the three year programme:

- Students will be able to handle sports and other life situations with qualities of leadership, team- work, mental and physical discipline.
- Students will have received direction in the area of specific sports careers.

Dempo Charities Trust
Dhempe College of Arts & Science
Department of Physical Education & Sports
Report 2015-2016

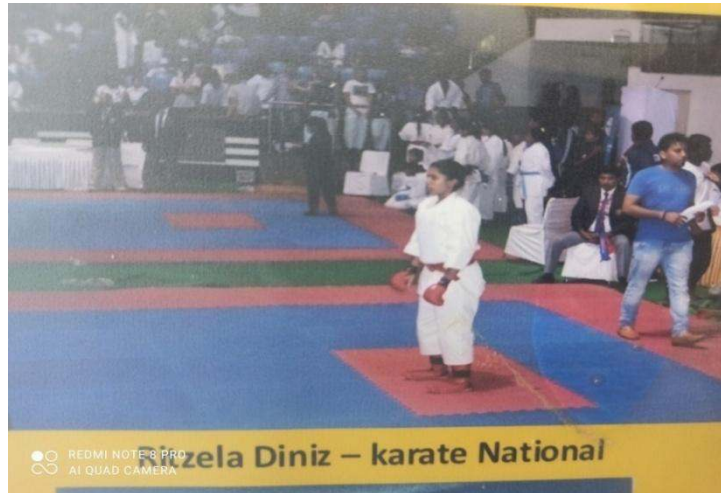
1. Shri Abdul Rahim of FYBA won 2 Gold medals in 400M Hurdles and 4x400M Relay at the Junior West Zone Athletic Championship held in Rajasthan.



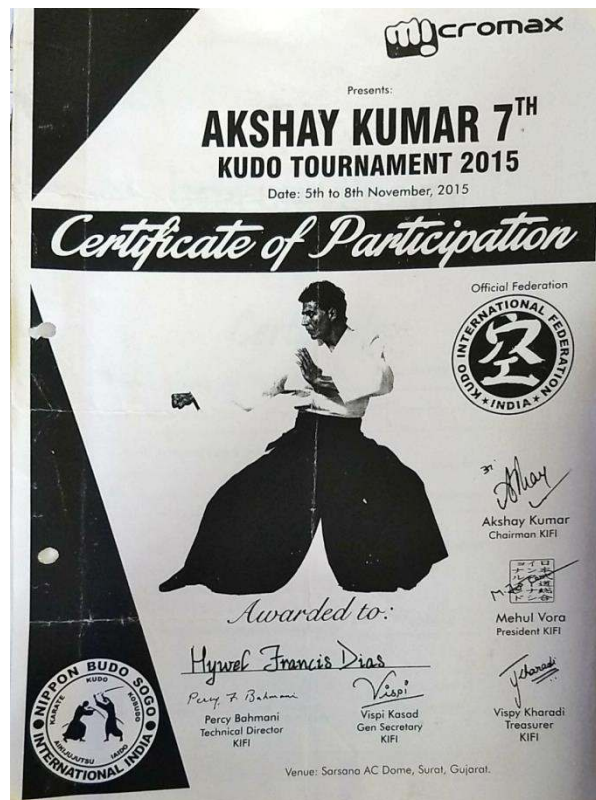
2. Shri Anup Prasad & Shri Mallik Sab Chapparband of SYBA represented Goa University at the All India Inter-University Boxing Championship held in Kurukshetra, Haryana.



3. Kum. RitzelaDiniz of SYBA and Kum.BenciaMonteiro of FYBA won Gold medals at the 3rd National Karate-Do Championship held in Goa.



4. Shri Rahul Gawde of TYBA represented Goa state at the National Baseball Championship.
5. Shri Hywel Dias of TYBSc participated at the Akshay Kumar 7th Kudo Tournament held in Gujrat.



6. Shri Harsimran Singh of SYBA participated at the All India Senior ranking Badminton Tournament held at Pune, Rajasthan, and Chandigarh.
7. Kum. Kulsum Shaikh of FYBSc and Kum. Shaheen Rebello of TYBA represented Goa state at the Federation Cup Basketball Championship held in Goa.
8. Shri Mayuresh Chari of TYBA, Shri Manjunath Vantamuri of FYBA, and Shri Neeraj Yadav of FYBA represented Goa University at the West Zone Inter-University Cricket Championship held at Dr. H.G University, Sagar, Madhya Pradesh.
9. Shri Daulsab Vatar of TYBSc represented Goa state in Yoga at the 40th National Yoga Championship held in Karnataka.
10. Shri Kiran Begur of SYBA represented Goa University in Weight Lifting at the All India Inter-University Weight Lifting Championship held in Punjab.



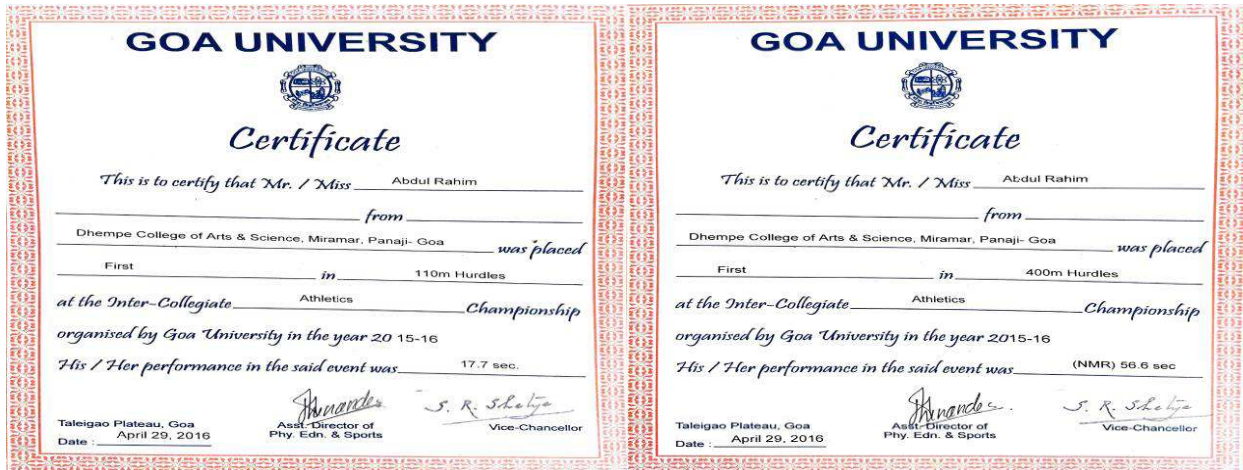
11. Kum. Shaheen Rebello of TYBA and Kum. Kulsum Shaikh of FYBSc represented Goa at the 66th Senior National Basketball Championship held in Punjab.



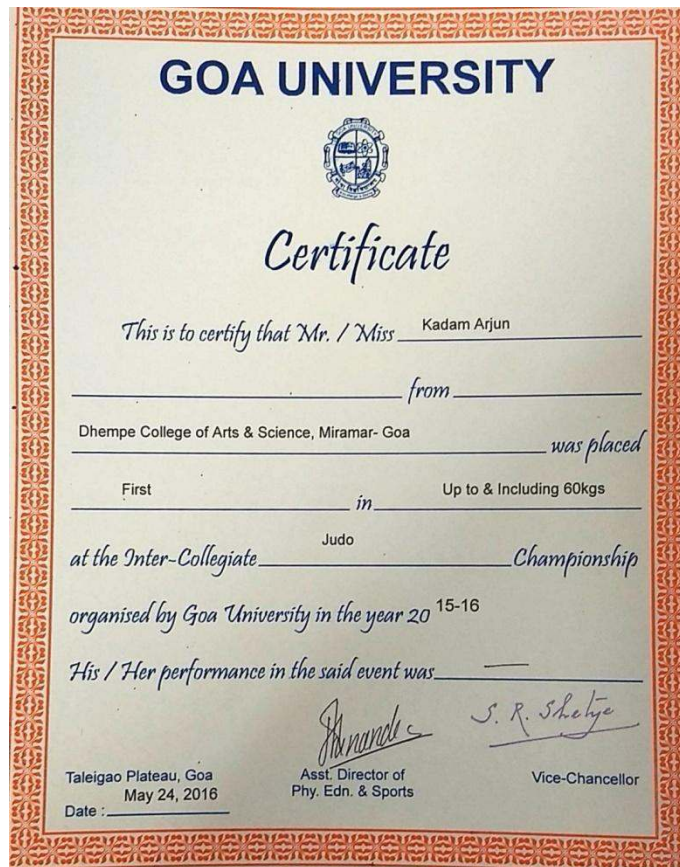
12. The College Basketball team (Women) won the Inter-College Basketball tournament organized by Goa University.
13. Our College won Runners - Up Position at the Inter- College Best Physique Championship organized by Goa University.
14. Our College won Runners- Up position at the Inter- College Swimming Championship organized by Goa University.
15. ShriKiranBegur of SYBA won 3 Gold medals in Inter –College Weight Lifting, Power Lifting, and Best Physique Championships organized by Goa University.



16. Shri Abdul Rahim of FYBA won 2 Gold medals in 400MT Hurdles and 110MT Hurdles at the Inter-College Athletic Meet organized by Goa University.



17. Shri. Arjun Kadam of TYBA won a Gold medal at the Inter- College Judo Championship organized by Goa University.



18. Shri. Celrich Almeida of TYBA won a Gold medal in Triple Jump at the Inter- College Athletic Meet organized by Goa University.

19. Kum. Bencia Monteiro of FYBA won a Gold medal in Discus Throw at the Inter-College Athletic Championship organized by Goa University.

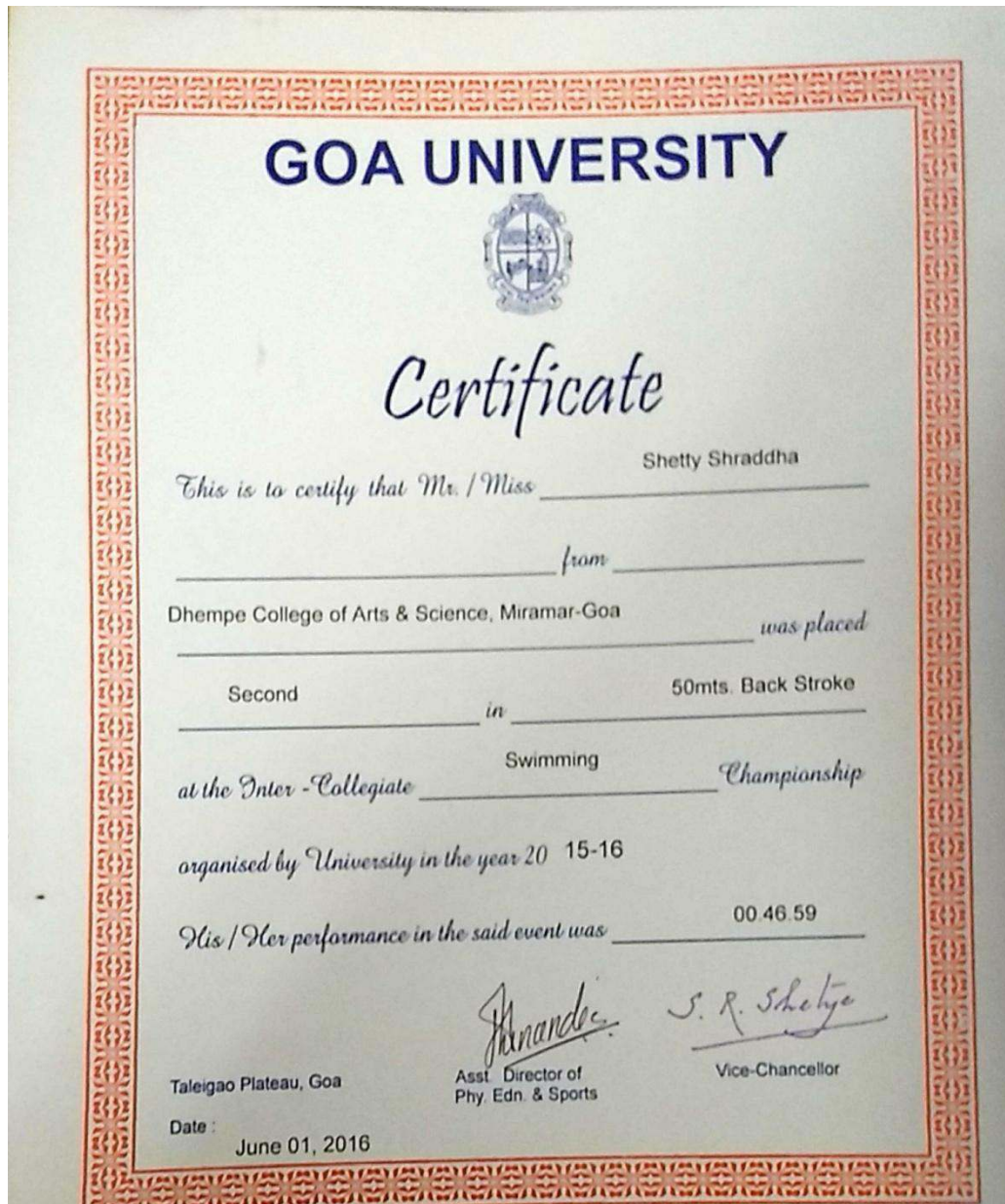


20. Shri Rendel Ferros of TYBA won a Silver medal at the Inter-College Best Physique Championship organized by Goa University.



21. Shri. Varun Pandey of SYBSc won a Silver medal at the Inter-College Power Lifting Championship organized by Goa University.

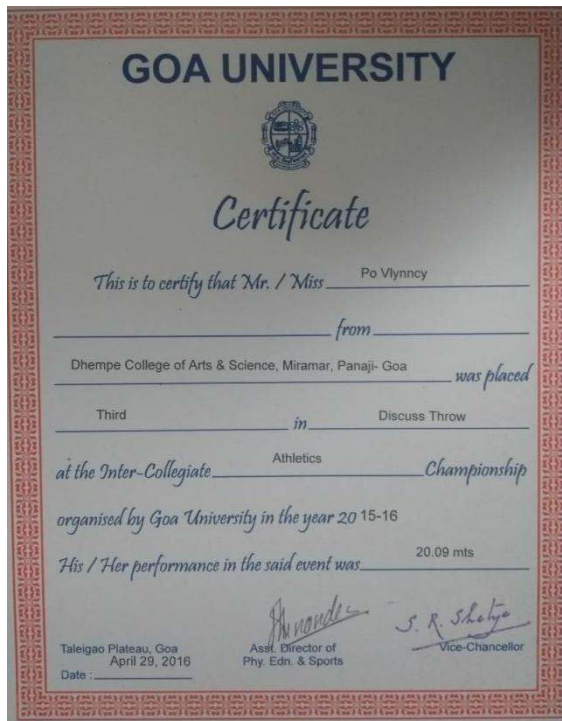
22. Kum. Shraddha Shetty of SYBSc won Silver and Bronze medals at the Inter-College Swimming championship organized by Goa University.



23. Kum. Meredith Botelho of FYBA won a Silver medal in 100MT dash at the Inter- College Athletic Championship organized by Goa University.



24. Kum. Vlynncy Po of FYBA won the Bronze medal in Discus Throw at the Inter-College Athletic Championship organized by Goa University.



25. ShriSai SwarupGandam of FYBSc and ShriPankaj Sharma of FYBA won Bronze medals at the Inter- College Judo Championship organized by Goa University.



26. Shri.Sarvesh Faterpekar of TYBA won the Bronze medal at the Inter-College Power Lifting Championship organized by Goa University.
27. Shri. Norman Fernandes of TYBA won the Bronze medal at the Inter-College Best Physique Championship organized by Goa University.
28. National Sports Day was celebrated on 29th August 2015 in College Gymkhana to celebrate the Birthday of Major Dhyan Chand, the Indian Hockey legend. The following below-mentioned events were organized for the students.

- a) Skipping for Men & Women.
- b) Push Up for Men.
- c) Banana Eating for Men.

29. Students participated at the Linc Tower Run 2016 organized by Confederation of Indian Industry on 30th January 2016 at Gera Imperium, Panaji.
30. Our College Cricket team reached the Semi-finals of the 1st All Goa T-20 Cricket Tournament organized by V.M.Salgaoncar College of Law from 21st to 24th December 2015.
31. Our College Staff Cricket team participated at the XIV Annual GSCOPES Staff Cricket tournament from 28th March to 2nd April 2016.
32. Inter-Class Tournaments were held for the students of our college in the below-mentioned disciplines.
 - 1) Badminton for Men & Women.
 - 2) Table Tennis for Men & Women.
 - 3) Chess.
 - 4) Carom for Men.
 - 5) Volleyball for Men.

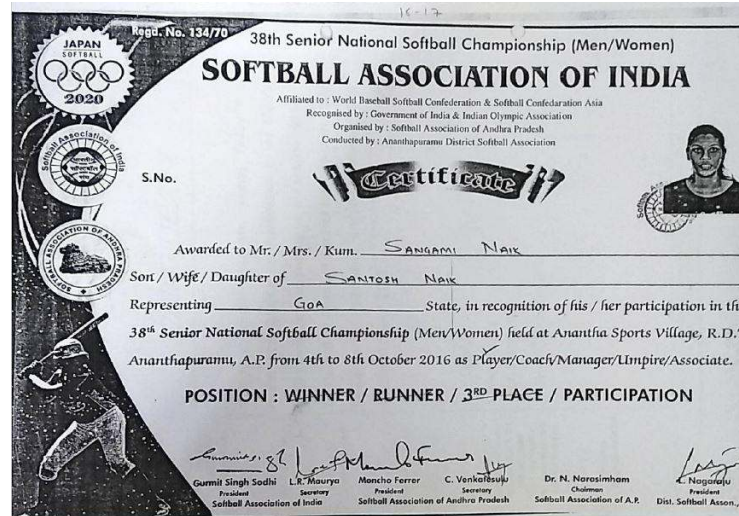


Pandurang G. Naik

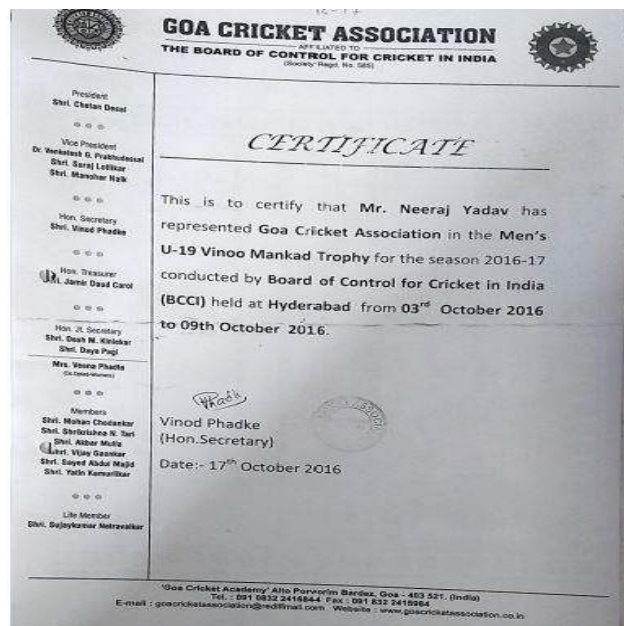
College Director of Physical Education & Sports

**Dempo Charities Trust's
Dhempe College of Arts & Science
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1. Kum. Sangami Naik of FYBA represented Goa state at the senior National Softball championship held at Anantpur, Andhra Pradesh.



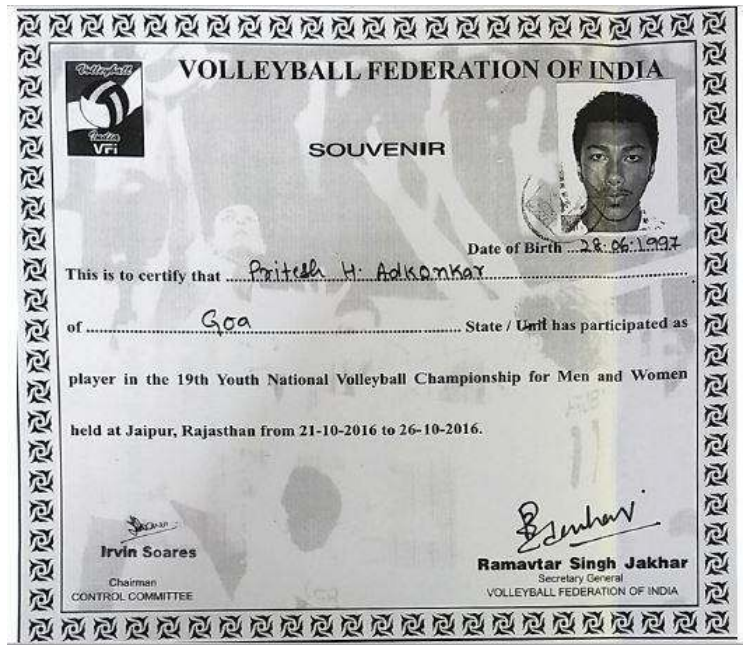
2. Shri Neeraj Yadav of SYBA represented Goa at the U-19 Cricket Tournament at Hyderabad and also represented Goa University at the West Zone Inter-University Cricket Tournament held at Bhopal.



3. ShriManjunath Vantamuri of SYBA represented Goa at U-23 C.K Naidu Trophy held at Jharkhand and also represented Goa University at the West Zone Inter-University Cricket Tournament held at Bhopal.
4. Kum. KulsumShaikh of SYBSc represented Goa at the 67th Senior National Basketball Championship held at Puducherry.



5. ShriPriteshAdkonkar of SYBSc represented Goa at the 19th Youth National Volleyball Championship held at Jaipur, Rajasthan from 21st to 26th October 2016.





6. ShriPankaj Sharma of SYBA represented Goa at the Senior National Judo Championship held at Chennai, Tamil Nadu from 25th to 28th February 2017.



7. ShriShiv Prasad Purohit of TYBSc represented Goa in the U-23 C.K Naidu Trophy at Orissa from 7th to 10th November 2016

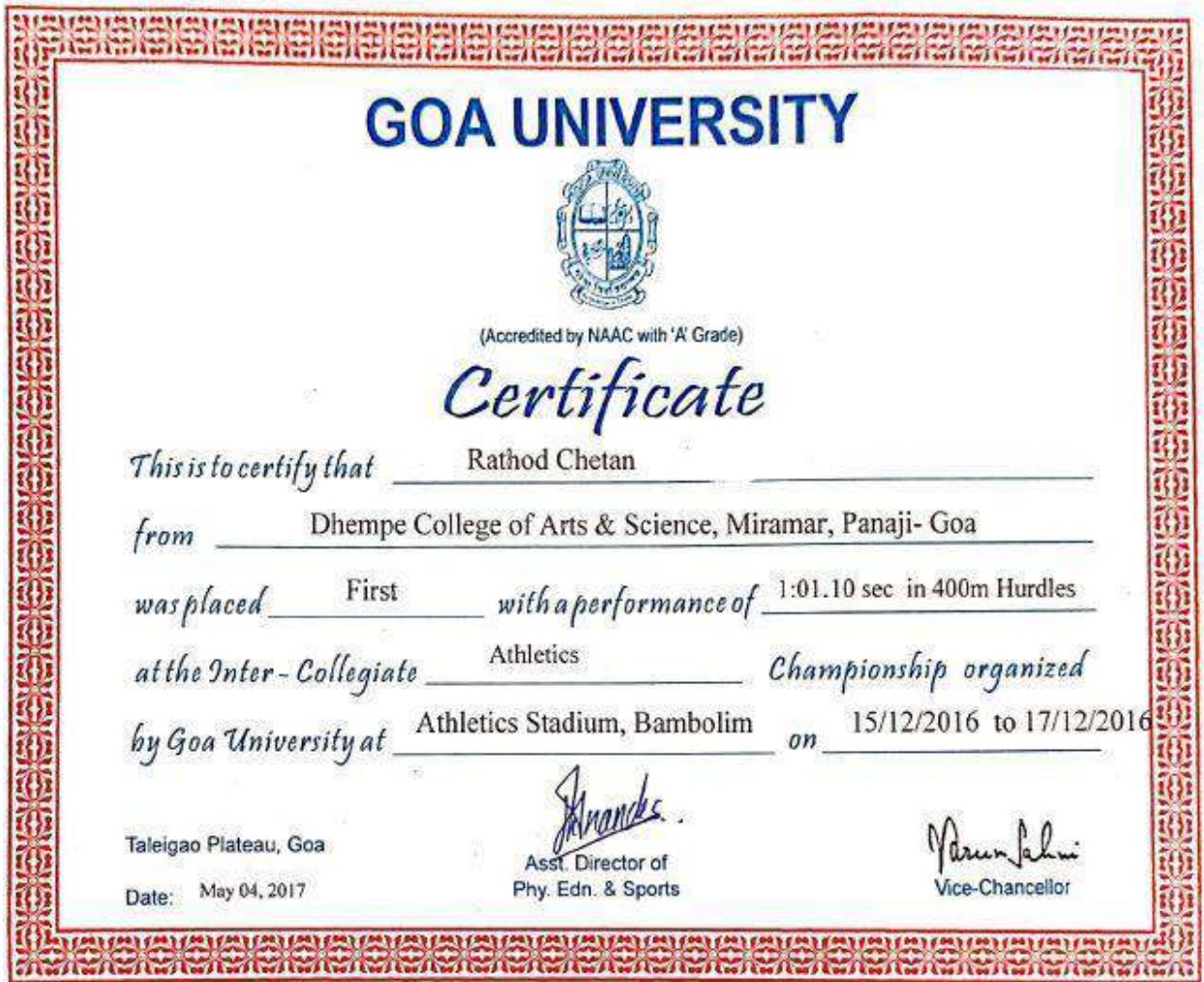


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| <p>President Shri. Chetan Desai</p> <p>•••</p> <p>Vice President Dr. Venkatesh G. Prabhakar Shri. Suresh Lalikar Shri. Manohar Nalk</p> <p>•••</p> <p>Hon. Secretary Shri. Vinod Phadke</p> <p>•••</p> <p>Hon. Treasurer Shri. Jeevi David Carol</p> <p>•••</p> <p>Hon. J. Secretary Shri. Dhanu K. Kishor Shri. Jays Pagi</p> <p>Mrs. Veena Phadke (Co-Ord./Member)</p> <p>•••</p> <p>Members Shri. Mohan Choudhary Shri. Shrikishna K. Tani Shri. Akbar Mulla Shri. Vijay Ganekar Shri. Sayed Abdul Majid Shri. Yatin Kamatkar</p> <p>•••</p> <p>Life Member Shri. Sujaytanu Netravalkar</p> | <p style="text-align: center;"><i>CERTIFICATE</i></p> <p>This is to certify that Mr. Shivprasad Purohit has represented Goa Cricket Association in the Men's U-23 C K Nayudu Trophy for the match between Goa vs Odisha at Cuttak for the season 2016-17 conducted by Board of Control for Cricket in India (BCCI) from 07th November 2016 to 10th November 2016.</p> <p> Prashant Kakode CEO</p> <p>Date:- 16th January 2017</p> <p></p> |
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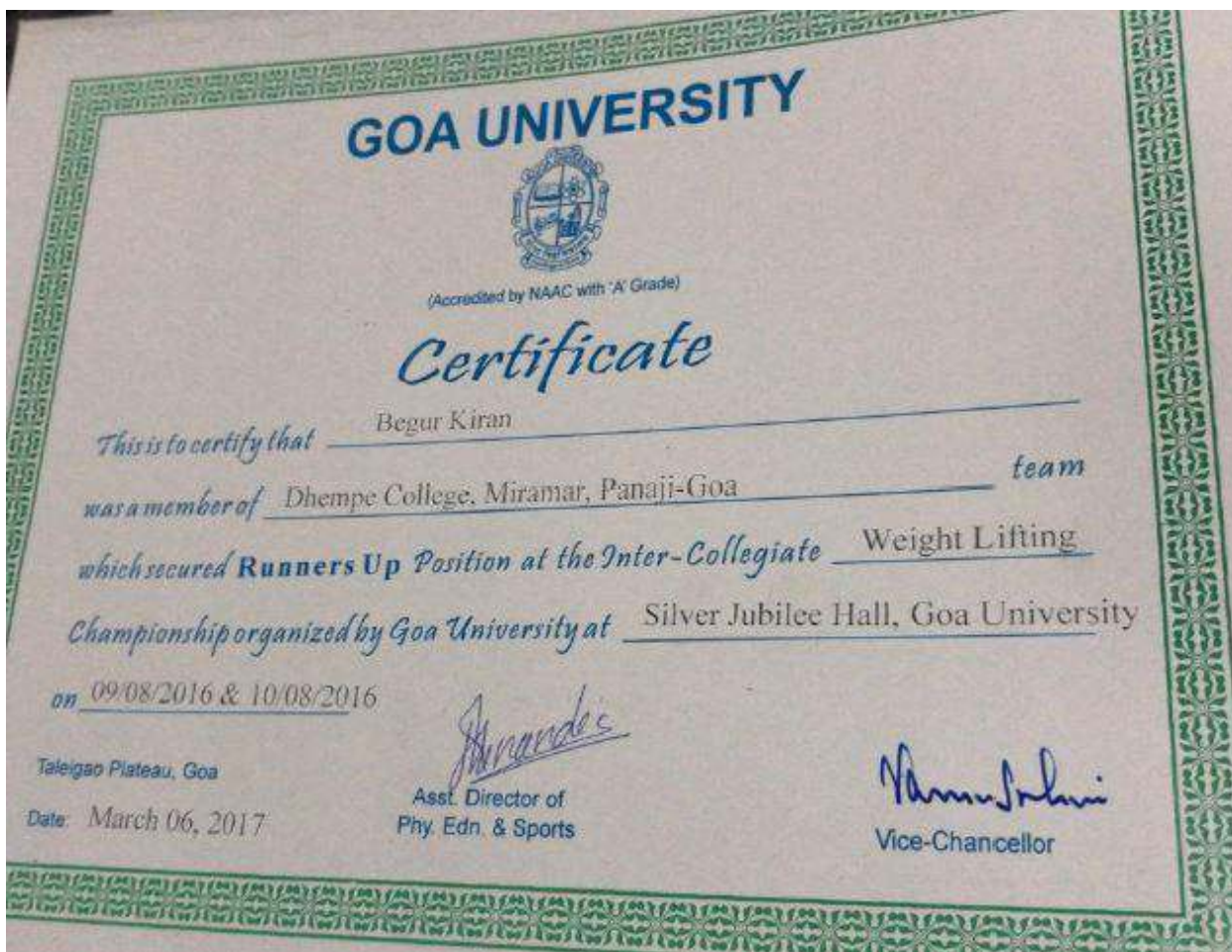
'Goa Cricket Academy' Alto Porvorim Bardez, Goa - 403 521. (India)
Tel. : 091 0632 2416844 Fax : 091 832 2416994
E-mail : goacricicketassociation@rediffmail.com Website : www.goacricicketassociation.co.in

8. ShriHarsimran Singh of TYBA represented Goa at the All India Senior Ranking Badminton Championship at Kolkatta.
9. ShriMalikSabchapparband of TYBA represented Goa University at the All India Inter-University Boxing Championship held at Jalandhar.
10. ShriPankaj Sharma of SYBA won a Gold medal at the Inter-Collegiate Judo Championship organized by Goa University.
11. Kum. BenciaMonteiro of SYBA won a Gold medal in Discus Throw and won a Bronze medal in Javelin throw at the Inter-Collegiate Athletic Championship organized by Goa University.

12. ShriChetanRathod of SYBA won a Gold medal in 400 m Hurdle at the Inter-Collegiate Athletic Championship organized by Goa University.



13. Our College Weight Lifting team won the Runners - Up Position at the Inter-Collegiate Weight Lifting Championship organized by Goa University.
14. ShriKiranBegur TYBA won a Gold medal in Weight Lifting. He also won a Silver medal in Power Lifting.



15. Shri Abdul Rahim SYBA won a Gold medal in Weight Lifting.
16. ShriSagar Karapurkar of TYBA won a Silver medal in Weight Lifting. He also won a Silver medal in Power Lifting and a Bronze medal in Judo.
17. Shri VarunPandey of TYBSc won a Silver medal in Power Lifting.
18. Shri Neil Godinho of FYBA won a Silver medal in Swimming at the Inter-Collegiate Swimming Championship organized by Goa University. He was also a member of the College Table Tennis team which won the Runners - Up Position.
19. Kum. Michelle Rodrigues of SYBSc won a Silver medal in Swimming at the Inter-Collegiate Swimming Championship organized by Goa University.
20. Kum. Priyanka Pal of FYBA won a Bronze medal in Inter-College Taekwondo Championship.
21. Shri Ravi Dodamani of TYBA won a Silver medal in All Goa Wrestling Championship.
22. Kum. SuvarnaNarve of FYBA won a Gold medal in Open State level Karate Championship.

23. Our College Table Tennis team (Men) won the Runners – Up Position at the Inter-Collegiate Table Tennis Tournament organized by Goa University.

- i. Shri Shubham Lokre
- ii. Shri Labhesh Vadiekar
- iii. Shri Aniket Karmalkar
- iv. Shri Rushikesh Raikar
- v. Shri Neil Godinho



24. Best Sportsman of the year: Shri Kiran Begur of TYBA.

25. Best Sportswoman of the year: Kum. Bencia Monteiro of SYBA.

Celebration of National Sports Day In Dhempe College of Arts & Science

National Sports Day was celebrated in Dhempe College of Arts and Science on 6th September 2017, to celebrate the birthday of Major Dhyan Chand, the Indian Hockey Legend. The inauguration was held at 10.00am at the hands of the Principal, Dr. Vrinda Borker. The senior faculty members along with the College Director of Physical Education and sports and the sports secretary were also present.

The below-mentioned events were organized for the students, the teaching, and non-teaching staff members.

- Tie Breaker in Football for the students (women)
- Tug of war for students (men and women)
- Poster competition for the students
- Skipping for Girls
- Arm Wrestling for Men

- Badminton for Staff (Teaching and Non-Teaching)
- Carom for Staff (Teaching and Non-Teaching)



The Prize Distribution ceremony was held at 4.30pm in the College Quadrangle. The Principal of Dhempe College Dr. VrindaBorker was the ChiefGuest. The Director of Physical Education and Sports, ShriPandurangNaik, and the Sports Secretary ShriInjamam Shaikh were the main organizers of the event.

Joint Sports Meet of Dempo Charities Trust's Educational Institutions 2016-2017 Organised by Dhempe College of Arts & Science.

The Joint Sports Meet of Dempo Charities Trust Educational Institutions 2016-2017 was held on the 5th January 2017, at S.A.G. Sports Complex Ground, Campal from 8:30am to 5:30pm.



Mr. SagunKamat, the Captain of the Goa Ranji Team was the Chief Guest. Shri.YatishDempo was the Guest of Honour. The Administrator of Dempo Charities Trust Educational Institution, Mr. Sunil Prabhudesai was also present. The Principals of the four sisterinstitutions were also present.The Principal of Dhempe College of Arts & Science,Dr. Vrinda Borker welcomed the Chief Guest. The Vice-Principal of other Institutions were also present.The vote of thanks was proposed by Mr. PandurangNaik, College Director of Physical Education & Sports.

The below-mentioned events were organized for the Students.

| Boys/Men | Girls/Women |
|-------------|-------------|
| 100MTS | 100MTS |
| 200MTS | 200MTS |
| 800MTS | 400MTS |
| Long Jump | Long Jump |
| Shot Put | Shot Put |
| Discus | Discus |
| 4x100 Relay | 4x100 Relay |

A Cricket Match was organized for the Gents Staff Members of all the Institutions. Shot Put was organized for the Lady staff members of all the Institutions.

The concluding program was held at 5.00 pm. The Prize distribution was done at the hands of Mr. Sunil Prabhudesai, Administrator of Dempo Charities Trust Education Institutions.

Ebullience 2017 organised By Department Of Physical Education And Sports

‘EBULLIENCE 2017’ organized by Dhempe College of Arts & Science was held on 22nd February 2017, at Don Bosco School Premises.

The Inaugural Function was held in the morning. Mr. SuhasNaik, the Secretary of Tug of War Association of Goa was the Chief Guest. The Principal Dr. VrindaBorker welcomed the dignitaries. The Chief Guest Mr. SuhasNaik spoke about the importance of fitness in daily life. Vice Principal of Science section Mrs. ManjariBarve and the Vice Principal of Arts section Dr. MuktaKarmadi were also present. The Sports Secretary Mr. KiranBegur was also present. The College Director of Physical Education & Sports Mr. PandurangNaik proposed the vote of thanks.

The below-mentioned Events were held:

1. Body Building
2. Tug of War
3. Futsal
4. Control Cricket
5. Arm Wrestling
6. Badminton



The nine-times 'Goa Shree' Title winner Mr. Mahesh Kavlekar was invited to be the Guest Poser. The display of muscles by Mr. Mahesh Kavlekar was the main attraction of Ebullience 2017.

The legendary Football player and Arjun Awardee from Goa, Mr. Brahmanand Sankhwalkar was the Chief Guest of the concluding ceremony. Mr. Yatish Dempo, the Trustee of Dempo Charities Trust was the Guest of Honour. Mr. Sunil Prabhudesai, the Administrator of Dempo Charities Trust was also present. The Principal Dr. Vrinda Borker was also present. The Principals of Arts & Science section were also present. The College Director of Physical Education & Sports Mr. Pandurang Naik was also present. Mr. Kiran Begur, the Sports Secretary proposed the vote of thanks.

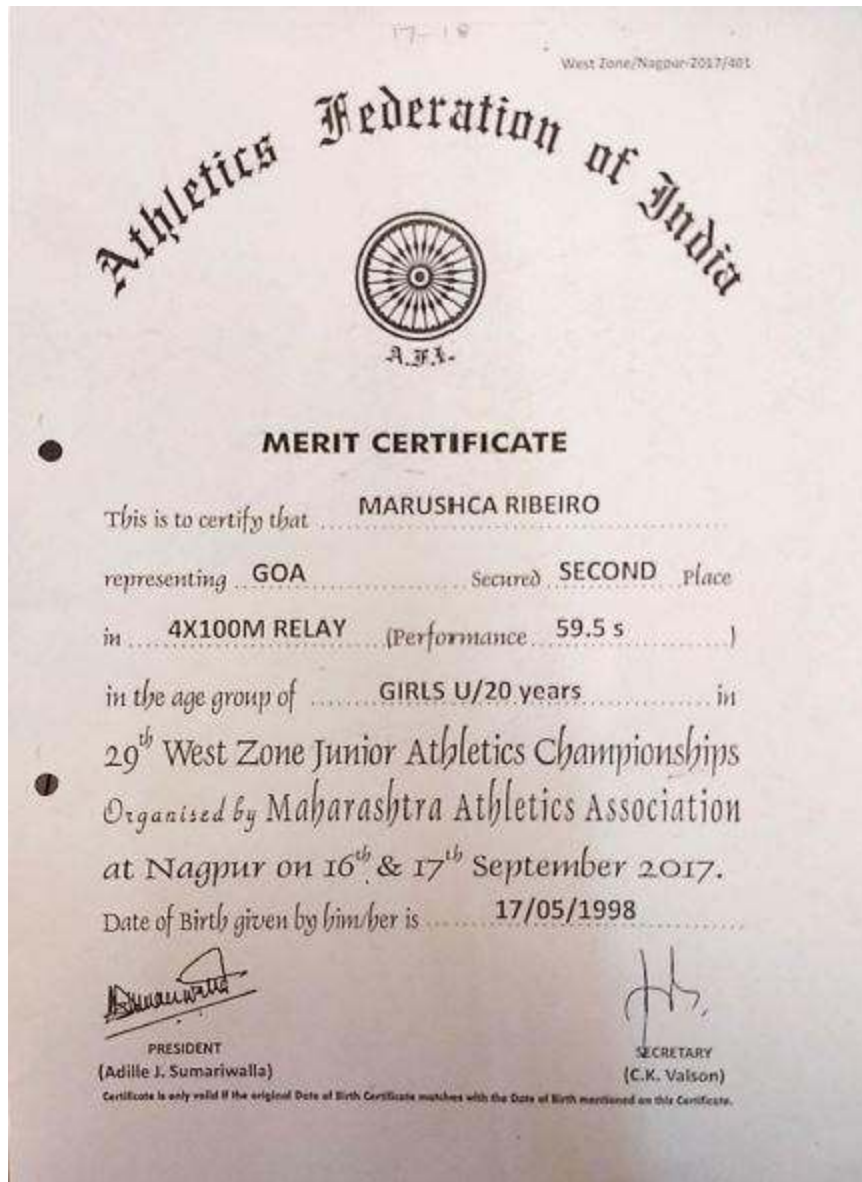
St. Xavier College, Mapusa won the overall Championship for the Ebullience 2017. Chowgule College, Margao won the Runners- Up position.



Pandurang G. Naik
College Director of Physical Education & Sports

**Dempo Charities Trust's
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1. Kum. Marushca Ribeiro of FYBA won a Silver medal in 4x100 meter Relay at the 29th west Zone Junior Athletic championship held at Nagpur (Maharashtra) on 16th and 17th September 2017.



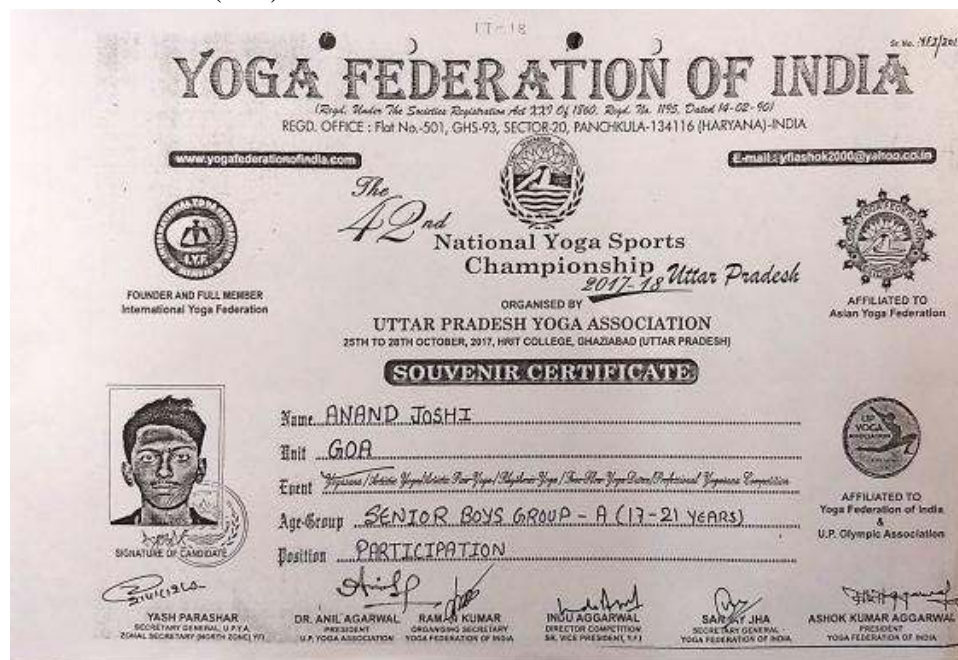
2. Shri. Ankit Sehrawat of FYBA represented Goa state at the 71st Glenmark Senior National Aquatic Championship held at Bhopal (M.P) from 4th to 13th October 2017.



3. Kum. Prachi Kankonkar of FYBA represented Goa State and won third place in Softball at the South Zone National Softball Championship held at Kerala from 6th to 8th October 2017.



- Shri Anand Joshi of FYBA represented Goa State at the 42nd Yoga National Championship 2017 held at Gaziabad (U.P) from 25th to 28th October 2017.



- Shri Anthony Faleiro of FYBA represented Goa University at the All India Inter-University Athletic Championship held at Andhra Pradesh from 12th to 16th December 2017.
- Shri Ankit Sehrawat of FYBA represented Goa University at the All India Inter-University Aquatic Championship held at Chandigarh from 26th to 30th October 2017.
- Kum. Kulsum Shaikh of TYBSc represented Goa at the 68th Senior National Basketball Championship held at Chennai from 17th to 24th January 2018.



11. College Badminton team (Men) participated at the Inter College Badminton Championship organized by Goa University.



12. The College Table Tennis team (Women) participated at the Inter- College Table Tennis tournament organized by Goa University from 17th to 19th July 2017, at S.A.G. Sports Complex, Panaji.



13. The college weight lifting team participated at the Inter College weight lifting championship organized by Goa University on 8th & 9th August 2017. Mr Injamam Shaikh of SYBSc won a Silver medal.



14. College Power lifting team participated at the Inter College Power lifting championship organize by Goa University from 10th to 12th August 2017 at Jubilee Hall, Goa University.



15. College Best Physique team participated at the Inter College Best Physique Championship organized by Goa University at Jubilee hall Goa University on 16th August 2017.



16. College Cross Country team (Women) participated at the Inter-College Cross Country Championship 2017 organized by Goa University on 19th August 2017, at Goa University.



17. The Inter-Class Table Tennis tournament (Men& Women) 2017 was held on 1st July 2017, in the College Gymkhana. Shri Shubham Lokre of TYBSc and Kum. Sharmishtha Sanyal of FYBSc emerged championships in men and women section respectively.

18. The Inter-Class Badminton tournament (Men & Women) 2017 was held on 3rd and 4th July 2017 at Club Tennis Gasper De Dias. Shri Shubham Lokre of TYBSc and Kum. Sandila Virnodkar of FYBA emerged Champions in men and women section respectively.

GOA UNIVERSITY


(Accredited by NAAC with 'A' Grade)

Participation Certificate

This certificate is awarded to Shaikh Kulsum
Dhempe College of Arts and Science, Miramar

from _____
Badminton

for participating in the Inter-Collegiate _____
SAG Campal

Championship organised by Goa University at _____
25.07.2017 to 28.07.2017

on _____

Taleigao Plateau, Goa
Date: 18.12.2017




Asst. Director of
Phy. Edn. & Sports

GOA UNIVERSITY


(Accredited by NAAC with 'A' Grade)

Participation Certificate

This certificate is awarded to Kunkalkar Swapnes
Dhempe College of Arts and Science, Miramar

from _____
Badminton

for participating in the Inter-Collegiate _____
SAG Campal

Championship organised by Goa University at _____
25.07.2017 to 28.07.2017

on _____

Taleigao Plateau, Goa
Date: 18.12.2017




Asst. Director of
Phy. Edn. & Sports

19. The Inter-Class Chess tournament was held on 8th, 10th, 11th & 12th July 2017, in the College Gymkhana. Shri Rajat Vaskar of TYBSc emerged as the champion.
20. College Table Tennis team (Women) participated at the Inter- College Table Tennis tournament organized by Goa university From 17th to 19th July 2017 at S.A.G. Sports Complex, Panaji.



21. College Taekwondo team (Men) participated at the Inter- College Taekwondo tournament organized by Goa University from 26th to 28th September 2017, at Jubilee Hall, Goa University.



22. Our College Football team (Men) participated at the Inter- College Football tournament organized by Goa University from 6th to 23rd September 2017, at Goa University.

GOA UNIVERSITY



(Accredited by NAAC with 'A' Grade)

Participation Certificate

This certificate is awarded to Naik Sagar

from Dhempe College of Arts and Science, Miramar

for participating in the Inter-Collegiate Football

Championship organised by Goa University at Goa University

on 05.09.2017 to 23.09.2017

Taleigao Plateau, Goa

Date: 02.02.2018




Asst. Director of
Phy. Edn. & Sports

23. College Kabaddi teams (Men & Women) participated at the Inter- College Kabaddi Championship organized by Goa University from 14th to 16th December 2017.

GOA UNIVERSITY


(Accredited by NAAC with 'A' Grade)

Participation Certificate

This certificate is awarded to Yadav Neeraj
from Dhempe College of Arts & Science Panaji- Goa
for participating in the Inter-Collegiate Kabaddi
Championship organised by Goa University at Goa University, Taleigao Plateau
on 14/12/2017 to 16/12/ 2017

Taleigao Plateau, Goa
Date: 4/23/2018




Asst. Director of
Phy. Edn. & Sports

GOA UNIVERSITY


(Accredited by NAAC with 'A' Grade)

Participation Certificate

This certificate is awarded to Narve Suvarna
from Dhempe College of Arts & Science Panaji- Goa
for participating in the Inter-Collegiate Kabaddi
Championship organised by Goa University at Goa University, Taleigao Plateau
on 14/12/2017 to 16/12/ 2017

Taleigao Plateau, Goa
Date: 4/23/2018




Asst. Director of
Phy. Edn. & Sports

24. College Athletic team (Men & Women) participated at the Inter- College Athletic Championship organized by Goa University from 18th to 20th January 2018.

25. Kum. Bencia Monteiro of TYBA won two Gold medals in Discus throw & Javelin throw respectively at the Inter –College Athletic Championship organized by Goa University.



26. Shri Antonio Faleiro of FYBA became the fastest Man of Goa University by winning the 100mtr dash at the Inter-College Athletic Championship organized by Goa University. He also won a silver medal in 200mtr race.



27. Shri Praveen Gaunder of FYBA won a bronze medal in 100mtr dash at the Inter –College Athletic Championship organized by Goa University.



28. College Volleyball teams (Men & Women) participated at the Inter- College Volleyball tournament organized by Goa University from 14th February to 17th February 2018.



29. College Basketball team (Women) participated in the Inter-College Basketball tournament organized by Goa University from 5th to 8th January 2018.
30. College Cricket teams (Men & Women) participated in the Inter-College Cricket tournament organized by Goa University from 28th February 2018 to 6th April 2018 at Goa University Ground.
31. Our College Athletic team (Men) won the Championship at the 15th Joint Sports Meet of Dempo Charities Trust Educational Institution organized by Vasanttrao Dempo HSS of Science, Commerce & Arts on 1st February 2018 at Campal Ground.
32. Shri Pandurang Naik, Director of Physical Education & Sports participated in the Refresher Course in ‘‘Physical Education & Yoga’’ at UGC- Human Resource Development Centre, Kumaun University, Nainital (Uttarakhand) from 12th March to 31st March 2018.

Workshop on Sports Broadcasting

A workshop on Sports Broadcasting, Dynamics and Dimensions was held at Dhempe College of Arts and Science on 13th July 2017, in the college premises. The inaugural function was held at 10.00 am. The keynote speaker Prof. Brij Bakshi was the Chief Guest of the inaugural function.

Mr. Yatish Dempo, the Trustee was the guest of honor. Mr. Sunil Prabhudesai, Administrative of Dempo Charity Trust Educational Institutions was also present. Dr. Vrinda Borker, Principal welcomed the dignitaries and introduced the Chief Guest. Mr. Yatish Dempo also spoke on the occasion. Mr. Pandurang Naik, College Director of Physical Education & Sports proposed the vote of thanks.

Brij Bakshi, the Senior Creative Communication and Television Production Professional is known for his passion for multi-camera and other established forms of sports production. A former Additional Director General at Doordarshan was the Keynote speaker for the day. In the first session, Prof. Brij Bakshi introduced the delegates to Sports Broadcasting, Dynamics & Dimensions. In the second session, Prof. Brij Bakshi focused on Cricket production & Camera planning.

Prof. Gouran Lal in the third session spoke on the Art of Live Commentary & Creative communication. Prof. Brij Bakshi & Prof. Gouran Lal in the fourth session addressed Sports Advertisement & Job opportunities in Sports. The valedictory function was held at 5.00 pm. Mr. Sam Braganza, College Director of Physical Education & Sports from Government College Pednem & Mr. Savio Leitao, College Director of Physical Education & Sports from Mallikarjun College, Canacona expressed their views on the workshop. The College Director of Physical Education Mr. Pandurang Naik proposed the vote of thanks.

Celebration of National Sports Day In Dhempe College of Arts & Science.

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- Tug of war for students (men and women)
- Poster competition for the students
- Skipping for Girls
- Arm Wrestling for Men
- Badminton for Staff (Teaching and Non-Teaching)
- Carom for Staff (Teaching and Non-Teaching)



The Prize Distribution was held at 4.30pm in the College Quadrangle. The Principal of Dhempe College Dr. Vrinda Borker was the Chief Guest. The Director of Physical Education and Sports, Shri Pandurang Naik, and the Sports Secretary Shri Injamam Shaikh were the main organizers of the event.

Ebullience 2018 Organised By Department Of Physical Education And Sports.

‘EBULLIENCE 2018’ organized by Dhempe College of Arts & Science was held on 24th Feb 2018 at Don Bosco School Premises



The inaugural function was held in the morning. Mr. Sajith Pillai, the Police Sub - Inspector of Fatorda Police Station was the Chief Guest. The Principal Dr. Vrinda Borker welcomed the dignitaries. The Chief Guest Mr. Sajith Pillai spoke about the importance of fitness in daily life. Vice Principal of Science section Mrs. Manjari Barve and the Vice Principal of Arts section Dr. Mukta Karmadi were also present. The Sports Secretary Mr. Injamam Shaikh was also present. The College Director of Physical Education & Sports Mr. Pandurang Naik proposed the vote of thanks.

The below-mentioned Events were held.

1. Body Building
2. Tug of War

3. Futsal
4. Control Cricket
5. Arm Wrestling
6. Badminton

The three times 'Goa Shree' Title winner Mr. Vishnu Uskaikar was called as a Guest Poser. The display of muscles by Mr. Vishnu Uskaikar was the main attraction of the Ebullience 2018.

Mr. Yatish Dempo, the Trustee of Dempo Charities Trust was the Chief Guest for the Prize distribution. The Principal Dr. Vrinda Borker was also present. The Vice-Principal of Arts Dr. Mukta Karmadi and Vice Principal of Science section Mrs. Manjiri Barve were also present. The College Director of Physical Education & Sports Mr. Pandurang Naik was also present. Mr. Injamam Shaikh the Sports Secretary proposed the vote of thanks.

Shree Damodar College of Com & Eco, Margao won the overall Championship for the Ebullience 2018. S.S Dempo College of Com & Eco, Cujira won the Runners-Up position.



Pandurang G. Naik
College Director of Physical Education & Sports

**Dempo Charities Trust's
Dhempe College Of Arts & Science
Panaji-Goa
Department Of Physical Education & Sports
Report 2018-2019**

1. Kum. Prachi Kankonkar of SYBA was a member of the Goa Softball team which won third place at the 15th Senior South Zone National Softball Championship held at Goa from 16th to 18th November 2018.

18-19

GOA SOFTBALL ASSOCIATION

● Recognised by The Sports Authority of Goa.
● Registered under the Societies Act 1860 Reg. No. 92/Gon/90
● Affiliated to Softball Association of India.

Office: Sedetim, Chodan, Tiswadi-Goa 403 102 Mob.: 9822120218 / 9822180218

To, 07/02/2019
The Principal
Dempo College of Arts and Science
Miramar, Panaji, Goa

Subject: 15th Senior South Zone National Softball Championship 2018


Dear Madam,


We hereby confirm that **Ms. Prachi Kankonkar**, student of your institute has participated in the 15th Senior South Zone National Softball Championship 2018 held at Cuncolim School Playground, Cuncolim from 16th to 18th November 2018.

Goa Men and Women teams secured Bronze medal (III place) in the said Championship.

This is for your information and necessary action therein.

Yours truly,


(Dharma V. Chodankar)
President



2. Shri Vedant Sawant of FYBSc was a member of the Goa Tennis ball Cricket team which won first place at the All India National Tennis ball Cricket Championship held at Tamil Nadu from 10th August to 12th August, 2018.

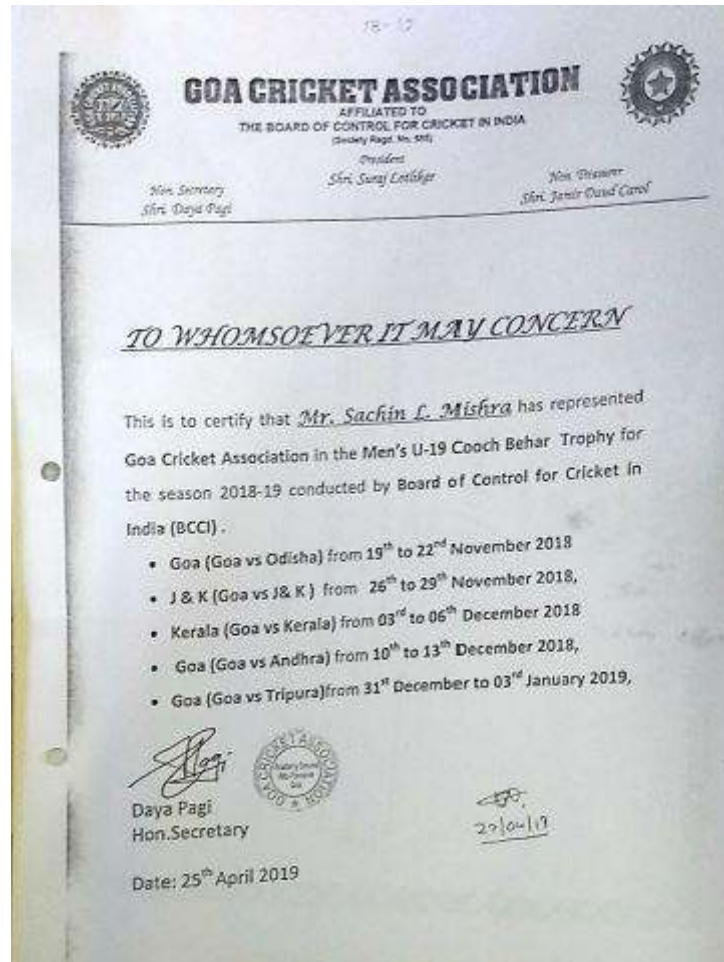


3. Shri Vedant Sawant of FYBSc and Shri Aniket Naik of TYBA were members of the Goa Tennis ball Cricket team which won first place at the Indo Nepal Inter-state Tennis ball Cricket Championship 2018-2019 held at Nepal.

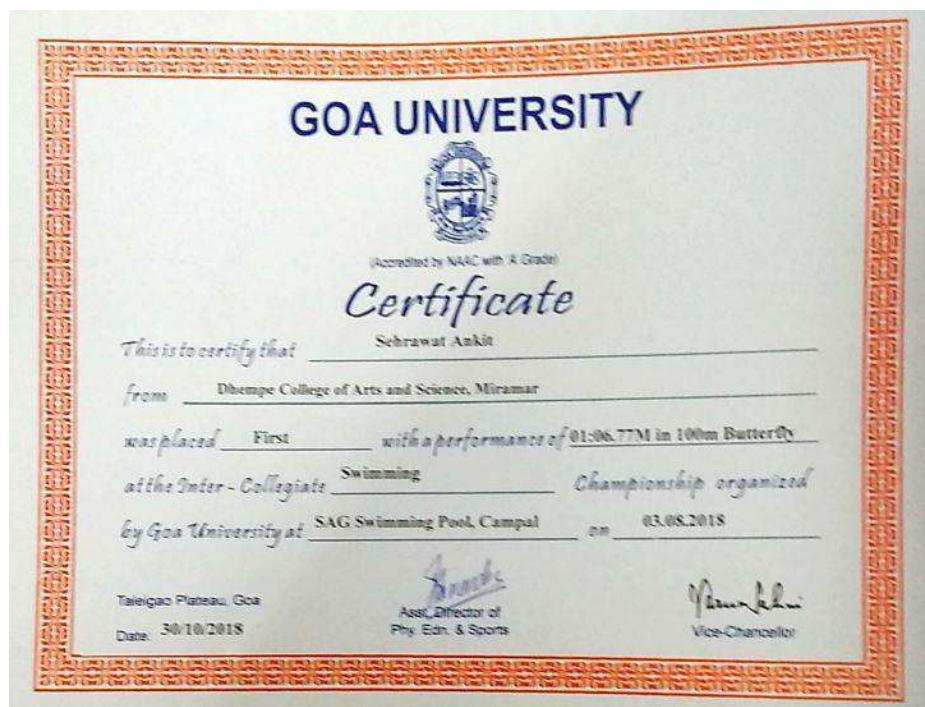


4. Shri Jostan Cardoz of FYBA was a member of the Goa University football team which won fourth place at the All India Inter-University football Championship held in Mumbai.

5. Shri Sachin Mishra of FYBSc represented Goa at the U-19 Cooch Behar Trophy.



6. Kum. Melina Afonso of TYBSc represented Goa at the Senior National Basketball Championship held in Gujrat from 5th to 12th January 2019.
7. Shri. Pankaj Sharma of TYBA represented Goa University Judo team at the All India Inter-University Judo Championship held at Amritsar, Punjab.
8. Shri. Gaurav Chari of SYBA represented Goa University at the West Zone Inter-University Table Tennis Championship held at Nanded, Maharashtra.
9. Our College Swimming team (Men) won the Runner-Up position at the Inter College Swimming Championship organized by Goa University at Campal Swimming pool on 3rd August 2018. Shri Ankit Sehrawat of SYBA won two Gold medals.



10. Shri Pankaj Sharma of TYBA won a Gold medal at the Inter-College Judo Championship organized by Goa University at Jubilee Hall, Goa University from 28th August 2018 to 31st September 2018.

11. Shri Nehal Panicker of TYBSc won a bronze medal at the Inter College Best Physique Championship organized by Goa University on 14th August 2018, at Jubilee Hall, Goa University.
12. Kum. Anshwi Badiger of SYBA won the Bronze medal in the Heptathlon event at the Inter-College Athletic Championship organized by Goa University.
13. Our College Chess team secured the 5th position at the Inter-College Chess Championship organized by Goa University on 31st July 2018 and 1st August 2018, at Jubilee Hall, Goa University.



14. Our College Tennis ball Control Cricket team won third place at the Inter-College Tennis ball control Cricket Championship held on 1st March 2019 at SAG Campal Ground organized by S.S Dempo College of Commerce & Economics.

15. ShriPandurangNaik rendered his services as a Physio to the senior Goa state Kabadditeam(Men) which participated at the senior National Kabaddi Championship held at Raigad, Maharashtra from 28 January, 2019 to 31st January, 2019.



16. ShriPandurangNaik was invited as a Resource person for the Students Council Installation at the VidyaPrabodhini Higher Secondary School on 4th July 2018.
17. National Sports Day was celebrated in Dhempe College of Arts and Science on 29th August 2018 to celebrate the Birthday of MajorDhyan Chand, the Indian Hockey Legend. The inauguration was held at 10.00am at the hands of the Principal, Dr. Vrinda Borker. The senior faculty members along with the College Director of Physical Education and sports and the sports secretary were also present.



18. The below-mentioned events were organized for the students, the teaching, and non-teaching staff members.

- i. Beach Football (Men)
- ii. Tug of war for students (men and women)
- iii. Poster competition for the students.
- iv. Skipping for Women.
- v. Arm Wrestling for Men.
- vi. Table Tennis for Staff (Teaching and Non-Teaching)
- vii. Carom for Staff (Teaching and Non-Teaching)

19. The Prize Distribution was held at 4.30pm in the College Quadrangle. The Principal of Dhempe College Dr. Vrinda Borker was the Chief Guest. The Director of Physical Education and Sports, ShriPandurangNaik, and the Sports Secretary Shri. DattaprasadMahale were the main organizers of the event.

20. EBULLIENCE 3.0 was organized by the Department of Physical Education & Sports on 28th February 2019, at Campal Ground, Panaji. The Inaugural Function was held in the morning. Mrs. Rukmini Kamat, President of Goa Kabaddi Association was the Chief Guest. The Vice Principal Mrs. Manjari Barve welcomed and introduced the Chief Guest. The Chief Guest Mrs. Rukmini Kamat spoke about the importance of Fitness in daily life. She

also stressed that Dhempe College students should take up the game of Kabaddi and make a career in it. The Administrator of Dempo Charities Trust Mr. Rajesh Bhatikar was the Guest of Honor. The Vice-Principal of Arts section Dr. MuktaKarmadi was also present. The Sports Secretary Mr. Dattaprasad Mahale was also present. The College Director of Physical Education & Sports Mr. Pandurang Naik proposed the vote of thanks.

The below-mentioned Events were held.

- i. Body Building
- ii. Tug of War
- iii. Football
- iv. Control Cricket
- v. Arm Wrestling
- vi. Strongman
- vii. PUBG

21. The three times 'Goa Shree' Title winner Mr. Ameet Talekar and MrShubhamGauns, the winner of 65 kg weight category dominator and winner of the group several times and a national Athlete were the Guest Posers. The display of muscles by Mr.AmeetTalekar and Mr. ShubhamGauns was the main attraction of the Ebullience 3.0. Mr. Ravi Dessai, ex Body Builder and SAG Coach, Mr. CaitanoDias-ex Body Builder and several times Mr. Goa title winner andMr. Vishnu Uskaikar, 9 times Mr. Goa and 4 times overall champion Mr. Goa and also National level bronze medalist were the judges for the Competition.
22. The prize distribution for Ebullience 3.0 was done at the hands of Mr. SiddharthKunkolienkar, ex MLA, Panaji constituency, and vice-chairman of GSIDC. The Vice-Principal of the Science section Mrs. ManjariBarve and the vice Principal of Arts section Dr. MuktaKarmadi also gave away the prizes. The College Director of Physical Education & Sports Mr. PadurangNaik was also present. Mr. DattaprasadMahale, the Sports Secretary proposed the vote of thank.
23. St. Xavier College, Mapusa won the overall Championship for the Ebullience 3.0. Govt. College of Arts, Science & Commerce, Sanquelim won the Runners- Up position. S.S Dempo of Commerce & Economics won third place.
24. Our College Table Tennis team (men) reached the semi-finals of the Inter-College Table Tennis Tournament organized by Goa University from 24th July 2018, to 27th July 2018, at S.A.G. Sports Complex, Campal.

25. National Yoga Day was celebrated on 21st June 2018, in the college premises. The College Director of Physical Education & Sports explained the importance of Yoga in the present life. He also demonstrated various Asanas in standing, sitting and lying position, and Pranayamas such as Kapalbhatipranayam, Bhastrika Pranayama, Anulom Vilom Pranayama were also performed. The students and staff took an active part and performed various Asanas and pranayamas.
26. Our College Best Physique team participated at the Inter College Best Physique Championship organized by Goa University at Jubilee Hall, Goa University on 14th August 2018.



27. Our College Cross Country teams (men & women) participated at the Inter-College Cross Country race organized by Goa University at the Goa University Campus on 18th August, 2018.



28. Our College Power Lifting team participated at Inter College Power Lifting Championship organized by Goa University from 9th to 11th August 2018, at Jubilee Hall, Goa University.



29. Our College Basketball teams (men & women) participated at the Inter College Basketball Championship organized by Goa University from 18th to 21st September 2018 at Shyama Prasad Mukherjee stadium, Goa University.



30. Football Coaching Camp was organized for College Football team (Men) at Miramar beach and Campal Ground from 6th September 2018, to 24th September 2018. Mr. Govind Mahale was invited for coaching the students.

31. Our College football team (men) participated at the Inter College Football Championship organized by Goa University from 24th September 2018 to 13th October 2018 at Goa University Ground.
32. Our College football team (Men) played a friendly match on 8th September 2018 with Narayan Zantye College, Bicholim on Zantye College Ground
33. College Judo team (men) participated at the Inter College Judo Championship organized by Goa University at Jubilee Hall, Goa University from 28th to 31st August 2018.
34. Our College Table Tennis team (women) participated at the Inter College Table Tennis tournament organized by Goa University from 24th to 27th July 2018 at Campal Sports Complex.
35. Our College Badminton team (men & women) participated at the Inter College Badminton championship organized by Goa University from 17th to 21st July 2018 at Campal Sports Complex.

Individual Championships organized for the Students

| | <i>Game</i> | <i>Winner</i> | <i>Class</i> |
|------|----------------------|-------------------------|--------------|
| i. | Badminton (Men) | ShriSiddhantMahambrey. | FYBSc |
| ii. | Badminton (Women) | Kum. Sandila Virnodkar. | SYBA |
| iii. | Table Tennis (Men) | Shri Gaurav Chari | SYBA |
| iv. | Table Tennis (Women) | Kum. Sharmishtha Sanyal | SYBSc |
| v. | Carom (Men) | Shri Mukesh Gauns | FYBSc |
| vi. | Carom (Women) | Kum. Kaanuka Sai | SYBSc |
| vii. | Chess | Shri Rajat Vaskar | MSc |



Pandurang G. Naik.
College Director of Physical Education & Sports

Dempo Charities Trust
Dhempe College of Arts & Science
Panaji-Goa
Department of Physical Education & Sports
Report 2019-2020

DCT'S Dhempe college of Arts & Science participated in various sports (Men & Women), Swimming (Men), Table Tennis (Men & Women), Chess, Judo (Men & Women), Weight Lifting, Power Lifting, Best Physique, Tennikoit (Men & Women), Taekwondo (Men & Women), and Football (Men), Kabaddi (Men & Women), Athletics (Men & Women), Basketball (Men & Women), Volleyball (Men) and Cricket (Men).

1. Shri Vedant Sawant of SYBSc was a member of the Indian Tennis Ball Cricket team which won the first position at the Indo-Thai Tennis Ball Cricket Match series held from 25th to 28th September 2019, at Bangkok (Thailand).



2. Shri Joston Cardoz of SYBA was a member of the Goa Football team which won third place at the Khelo India Youth games held at Guwahati (Assam) from 10th to 22nd January, 2020.



3. ShriAnkitSehrawat of TYBA represented Goa state at the National Aquatic Championship held from 30th August 2019 to 4th September 2019 at Bhopal (Madhya Pradesh).



4. Kum. Nuzhat Khan of SYBSc was a member of the Goa Basketball team which took part in the National Basketball Championship held at Ludhiana (Punjab) from 21st to 28th December 2019.

5. ShriRohanKunkolkar of FYBA represented Goa University at the West Zone Inter-University Volleyball Championship held at Nagpur (Maharashtra) from 16th to 20th December 2019.

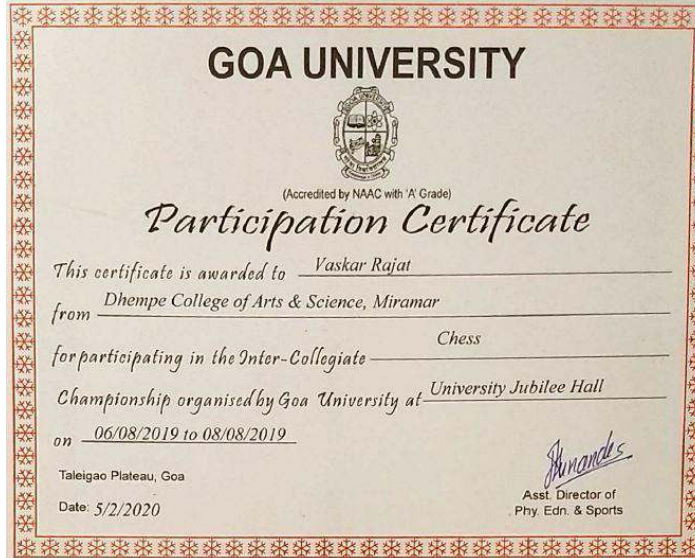


6. ShriVedant Sawant of SYBSc served as the manager of the Sub Junior Tennis Ball Cricket team which took part at the 24th Sub Junior National Tennis Ball Cricket championship held at Gorakhpur (Uttar Pradesh) from 16th to 19th January 2020.
7. Our College Swimming team (Men) won the Runner-Up position at the Inter-Collegiate Swimming Championship organized by Goa University at PondaSwimming pool on 20th July, 2019. ShriAnkitSehrawat of TYBA won one gold and one silver medal.
8. Shri Vishal Giri of FYBA won a Gold medal at the Inter-Collegiate Taekwondo Championship organized by Goa University from 17th to 20th September 2019 held at Jubilee Hall, Goa University.
9. Kum. AnshwiBadiger of TYBA won a Gold medal in the Heptathlon event at the Inter-Collegiate Athletic championship held at Athletic Stadium, Bambolim from 15th to 17th January 2020. She also won a silver medal in high jump event at the Inter-Collegiate Athletic Championship.
10. Kum. NishaNishad of FYBA won a silver medal at the Inter-Collegiate Judo Championship organized by Goa University from 13th August 2019 to 17th August 2019, at Jubilee Hall, Goa University.

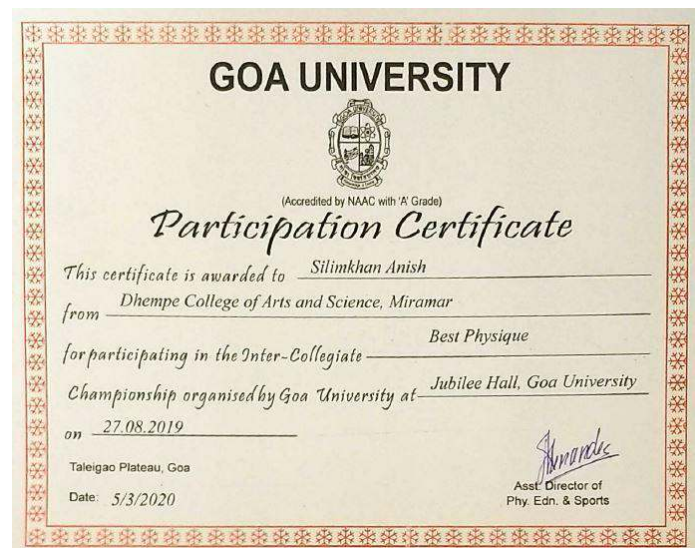
11. ShriShashikantSahani of SYBA won a bronze medal at the Inter-Collegiate Judo championship organized by Goa University from 13th to 17th August 2019, at Jubilee Hall, Goa University.
12. Kum. ManaswiniChavariya won a bronze medal at the Inter-Collegiate Taekwondo championship organized by Goa University from 17th to 20th September 2019, at Jubilee Hall, Goa University.
13. ShriAbhishek Kumar of FYBSc won a bronze medal in Hammer Throw at the Inter-Collegiate Athletic Championship held at Athletic Stadium, Bambolim from 15th to 17th January 2020.
14. Shri AnantMisar of TYBSc won a silver medal in Weight Lifting championship organized by Goa Weight Lifting Association on 30th June 2019, at Peddem Sports Complex, Mapusa.
15. The College Basketball teams (Men & Women) participated at the Inter-Collegiate Basketball Championship organized by Goa University from 9th to 13th January 2020, at Shyama Prasad Mukherjee Stadium, Bambolim.



16. The college Chess team participated at the Inter-Collegiate Chess Championship organized by Goa University on 6th & 8th August 2019, at Jubilee Hall, Goa University.



17. The college Weight Lifting team participated at the Inter-Collegiate Weight Lifting Championship organized by Goa University on 20th & 21st August 2019, at Jubilee Hall, Goa University.
18. The college Power Lifting team participated at the Inter-Collegiate Power Lifting Championship organized by Goa University on 22nd to 24th August 2019, at Jubilee Hall, Goa University.
19. The college Best Physique team participated at the Inter-Collegiate Physique Championship organized by Goa University on 27th August 2019 at Jubilee Hall, Goa University.



20. National Yoga Day was celebrated on 21st June 2018, in the college premises. The College Director of Physical Education & Sports explained the importance of Yoga in the present life. He also demonstrated various Asanas in standing, sitting and lying positions, and Pranayamas such as Kapalbhati Pranayam, Bhastrika Pranayama, Anulom Vilom Pranayama

were also performed. The students and staff took an active part and performed various Asanas and pranayamas.

21. Football Coaching Camp was organized for College Football team (Men) at Miramar beach and Campal Ground from 16th August 2019, to 23rd September 2019. Mr. Dayashed by Vengurlekar, ex-student was called for coaching the College football team.
22. Our College football team (men) played friendly matches with Zantye College, St. Xaviers College, and Dempo College on 16th, 18th, and 23rd September 2019 respectively.
23. Our college Tennis ball cricket team (Men) participated at the All Goa Inter-collegiate Tennis ball cricket tournament organized by Narayan Zantye College of Commerce on 4th February 2020.
24. Our college staff Tennis ball cricket team participated at the All Goa Tennis ball cricket tournament for staff organized by Goa Engineering College on 6th January 2020.
25. Our college cricket team (Men) participated at the 4th V.M Salgaocar Inter-college T-10 Cricket Tournament organized by V.M Salgaocar College of Law on 5th to 8th February 2020, at Goa University Grounds.



26. National Sports Day was celebrated in Dhempe College of Arts and Science on 29th August 2019 to celebrate the birthday of Major Dhyan Chand, the Indian Hockey Legend. The inauguration was held at 11.00am at the hands of the Principal, Dr. Vrinda Borker. The senior faculty members along with the College Director of Physical Education and sports and the sports secretary were also present.

The below-mentioned events were organized for the students, the teaching, and non-teaching staff members.

- Beach Football (Men)
- Tug of war for students (Mixed)
- Sack Race for (women)
- Badminton.Doubles (Women)
- Control Cricket.(Mixed)
- Strong Man (Men)

- Arm Wrestling for Men.
- Table Tennis for Staff (Teaching and Non-Teaching)
- Carom for Staff (Teaching and Non-Teaching)



The Prize Distribution was held at 4.30 pm in the College Quadrangle. The Principal of Dhempe College Dr. Vrinda Borker was the Chief Guest. The Director of Physical Education and Sports, Shri Pandurang Naik, and the Sports Secretary Shri Chandan Gaonkar were the main organizers of the event.

EBULLIENCE 4.0



The 'EBULLIENCE 4.0 was organized by the Department of Physical Education & Sports DCT's Dhempe College of Arts & Science on 29th January 2020 at SAG Athletic Stadium, Bambolim

The inaugural function was held in the morning. Shri V.M Prabhudesai, Director, Sports Authority of Goa was the Chief Guest. The Principal Dr. Vrinda Borker welcome and introduced the Chief Guest. The Chief Guest Mr. V.M Prabhudesai spoke about the importance of Fitness in daily life. The Vice Principal Prof. Manjari Barve was also present. Sports Secretary Mr. Chandan Gaonkar and Event Head Kum. Annuksha Daurewere also present. The College Director of Physical Education & Sports Mr. Pandurang Naik proposed the vote of thanks.

The below-mentioned events were held.

1. Body Building
2. Tug of War
3. Football
4. Control Cricket
5. Arm Wrestling
6. Fittest Man
7. 100 M Run
8. 4X100 M Relay
9. Shot Put

The 'Goa Shree' Title winner Mr. Nandesh Raiker was the Guest Poser. The display of muscles by Mr. Nevedh Shetkar (Mr. India) and Mr. Krunal Verlekar was the main attraction of the Ebullience 4.0.

The prize distribution for Ebullience 4.0 was done at the hands of Principal Dr. Vrinda Borker. The Vice Principal Mrs. Manjari Barve also gave away the prizes. The College Director of Physical Education & Sports Mr. Padurang Naik was also present. The Sports Secretary Mr. Chandan Gaonkar was also present, The Event Head Kum. Annuksha Daure proposed the vote of thanks.

S. S Dempo College of Commerce & Economics won the overall Championship for the Ebullience 4.0. Vidhya Prabhodini College, Porvorim won the Runners-Up position.



Pandurang G. Naik.
College Director of Physical Education & Sports