



**Dempo Charities Trust
Dhempe College of Arts & Science
Miramar, Panaji, Goa.**

Department of Physical Education & Sports

ANNUAL REPORT 2023-2024

Departmental Activities.

- Department of Physical Education & Sports trained 16 students for Physical Fitness such as Weight Gain, Weight Loss, Sports Conditioning, weight training, yoga etc. in the college gymkhana from 7.30 am to 9.00 am.

- DCT's Dhempe College Administrative Staff participated at Walkathon 2023 organized by Reserve Bank of India (RBI) Panaji Branch, under the aegis of G20 India Presidency, the 3rd International Financial Architecture (IFA) Working Group from Shyama Prasad Mukherjee Stadium and proceed towards Dona Paula held on 3rd June 2023 at 7.00 am



- Department of Physical Education & Sports conducted 9th International Day of Yoga (IDY) on 21st June 2023 from 8.00 am to 9.00 am on the College Badminton Court.



- Our college students participated at Ten Kilometer Run under the title 'Run Against Narcotic Drugs' organised by Anti Narcotic Cell from Dr. Shyama Prasad Stadium to Panaji Ferry Point, Panaji on 26th June 2023 from 6.30 am to 8.30 am.



- The Department of Physical Education & Sports conducted Table Tennis Individual Championship 2023-24 for the students (Men & Women) of D.C.T.'s Dhempe College of Arts & Science from 5th to 12th July 2023 in the college gymkhana.



- The Department of Physical Education & Sports conducted Chess Individual Championship 2023-24 for the students of D.C.T.'s Dhempe College of Arts & Science from 14th to 22nd July 2023 in the college gymkhana.



- The Department of Physical Education & Sports conducted Badminton Individual Championship 2023-24 for the students (Men & Women) of D.C.T.'s Dhempe College of Arts & Science on 8th July 2023 at SAG Badminton Court Campal, Panaji.



- Department of Physical Education & Sports conducted Table Tennis practices for men and women from 12th to 18th July 2023 in the college gymkhana from 12.00 pm to 3.00 pm.



- The college Table Tennis Team (Men) participated at the Inter-Collegiate Table Tennis Championship 2023-24 organized by Goa University from 18th to 21st July 2023 at SAG Campal, Panaji.



- Our College Badminton Team (Men & Women) participated at the Inter-Collegiate Badminton Championship 2023-24 organized by Goa University from 25th to 28th July 2023 SAG Campal, Panaji.



- Our College Weight Lifting Team (Men) participated at Inter-Collegiate Weight Lifting Championship 2023-24 organised by Goa University held on 07th & 08th August 2023 at Jubilee Hall, Goa University.



- Our College Power Lifting Team (Men) participated at Inter-Collegiate Power Lifting Championship 2023-24 for men organised by Goa University held from 09th to 11th August 2023 at Jubilee Hall, Goa University.



- The Department of Physical Education and Sports organized Staff Underarm Cricket Tournament for Teaching and Administrative Staff (Men) held on 12th August 2023 at Clube Tennis de Gaspar Dias, Miramar from 3.00 pm to 7.00 pm.



- The Department of Physical Education & Sports presented a patriotic song on 15th August 2023 on the occasion of Independence Day.



- Our College Judo Team (Men) participated at Inter-Collegiate Judo Championship (Men) 2023-24 organised by Goa University held from 22nd to 25th August 2023 at Jubilee Hall, Goa University.



- The Department of Physical Education and Sports organized Inter-Class Football Championship (Men) 2023-24 and Football Exhibition Match between B.A. and B.Sc. (Women) held at St. Cruz Football Ground from 12.30 pm to 3.00 pm.



- The Department of Physical Education & Sports celebrated the National Sports Day 2023 on the occasion of Birth Anniversary of Late Major Dhyhan Chand which was held in the premises of Dhempe College of Arts & Science on 29th August 2023 from 9.00 am to 6.00 pm.



- Our College Tennikoit Team (Men & Women) participated at Inter-Collegiate Tennikoit Championship (Men & Women) 2023-24 held from 29th August to 1st September 2023 at Jubilee Hall, Goa University



- Inter-Collegiate 6-A- Side Futsal Tournament (Men) 2023-24 organised by Sridora Caculo College & Agnel Institute of Technology & Design held on 06th & 07th September 2023 at Caculo College, Mapusa.



- Our College Powerlifting Team (Women) participated Inter-Collegiate Powerlifting Championship (Women) 2023-24 held from 12th to 14th September 2023 at Jubilee Hall, Goa University.



- Department of Physical Education & Sports organised Football Practice Match (Men) against Salgaocar College of Law on 27th September 2023 at St. Cruz Football Ground



- Our College Football Team (Men) participated at the Inter-Collegiate Football Championship (Men) 2023-24 held from 27th September 2023 onwards at Goa University Football Ground.



<ul style="list-style-type: none"> Department of Physical Education & Sports conducted Football practices for women from 5th to 9th October 2023 at Miramar beach from 8.00 am to 9.30 am. 	 <p>Panaji, Goa, India FRM6+7M7, Miramar, Panaji, Goa 403001, India Lat 15.483266° Long 73.8117° 07/10/23 08:44 AM GMT +05:30</p>
<ul style="list-style-type: none"> Our College Football Team (Women) participated at the Inter-Collegiate Football Championship (Women) 2023-24 held from 4th to 16th October 2023 onwards at Goa University Football Ground. 	 <p>Taleigao, Goa, India FR4Q+M2C, Goa University, Taleigao, Goa 403206, India Lat 15.456802° Long 73.837316° 10/10/23 03:24 PM GMT +05:30</p>
<ul style="list-style-type: none"> Our college students attended Get Set Goa Awareness Activation Program for 37th National Games 2023 organised by SFA on 18th October 2023 at Miramar Beach from 11.00 am to 1.00 pm. 	 <p>Panaji, Goa, India FRM5+RJF Mirabeau beach view deck, Miramar, Panaji, Goa 403001, India Lat 15.48452° Long 73.807696° 18/10/23 11:35 AM GMT +05:30</p>
<ul style="list-style-type: none"> Our College Students were deputed as Spectators for 37th National Games (Badminton) at Shyama Prasad Mukherjee Indoor Stadium on 19th October 2023 from 1.00 pm to 4.00 pm. 	 <p>Taleigao, Goa, India G. R. D. Indoor Stadium, Goa University, Taleigao, Goa 403206, India Lat 15.467256° Long 73.84015° 19/10/23 01:26 PM GMT +05:30</p>
<ul style="list-style-type: none"> Our College Students Volunteers for the 37th National Games attended Briefing session held at Chemistry Auditorium, Goa University on 31st October 2023 from 10.00 am to 12.00 noon 	 <p>Taleigao, Goa, India FR4Q+M2C, Goa University, Taleigao, Goa 403206, India Lat 15.457415° Long 73.838065° 31/10/23 11:21 AM GMT +05:30</p>
<ul style="list-style-type: none"> Our College Students rendered service as Volunteers for 37th National Games, Goa for the triathlon event held at Caranzalem from 5.00 am to 2.30 pm. 	
<ul style="list-style-type: none"> Our College Students Volunteers attended Closing Ceremony of 37th National Games held at Shyama Prasad Mukherjee Indoor Stadium from 2.30 pm to 6.00 pm 	 <p>Taleigao, Goa, India FR5R+9GF, Goa University, Taleigao, Goa 403202, India Lat 15.468393° Long 73.841395° 09/11/23 02:55 PM GMT +05:30</p>

- Department of Physical Education & Sports conducted Kabaddi practices for men from 27th November to 11th December 2023 on the college volleyball Court from 10.00 am to 12.00 noon.



- The Department of Physical Education and Sports organized Inter-Class Volleyball Championship for Men on 8th & 9th December 2023 from 9.00 am to 1.00 pm on the College Volleyball Court. Exhibition match for women was also played between B.A. and B.Sc.



- Our college Kabaddi Team (Men) participated at the Inter-Collegiate Kabaddi Championship 2023-24 organized by Goa University from 12th to 15th December 2023 at Shyama Prasad Mukherjee Indoor Stadium.



- Department of Physical Education & Sports conducted Handball practices for women from 12th December 2023 to 2nd January 2024 on the college Basketball Court from 2.00 pm to 4.00 pm.



- Our college Handball Team (Women) participated at the Inter-Collegiate Handball Championship 2023-24 organized by Goa University from 2nd to 5th January 2024 at Goa University Ground, Taleigao.



- The Department of Physical Education and Sports organized Inter-Class E-Sports FIFA Tournament on 13th January 2024 from 9.00 am to 2.00 pm in the College Gymkhana.



- Department of Physical Education & Sports conducted Athletics practices for men & women from 15th to 22nd January 2024 from 9.00 am to 10.00 am at Campal Ground.



- Our college Basketball Team (Men) participated at the Inter-Collegiate Basketball Championship 2023-24 organized by Goa University from 16th to 19th January 2024 at Manohar Parrikar Indoor Stadium, Navelim, Margao-Goa.



- Our college Athletics Team (Men & Women) participated at the Inter-Collegiate Athletics Championship (Men & Women) 2023-24 organized by Goa University from 23rd to 25th January 2024 at SAG Athletic Stadium, Bambolim.



- Department of Physical Education & Sports conducted Volleyball practices for men & women from 9th January to 13th February 2024 from 8.30 am to 10.30 am for men and from 2.00 pm to 4.00 pm for women at College Volleyball Court.



- Our college Volleyball Team (Men & Women) participated at the Inter-Collegiate Volleyball Championship 2023-24 organized by Goa University from 13th to 16th February 2024 at Goa University Ground.



- Department of Physical Education & Sports conducted Cricket practices for men from 14th to 23rd February 2024 from 8.30 am to 10.30 am at Campal Ground.




- Our college Cricket Team (Men) participated at the Inter-Collegiate Cricket Championship 2023-24 organized by Goa University from 22nd February 2024 onwards at Goa University Ground.


- The Department of Physical Education & Sports organized Ebullience 5.0 at SAG Athletic Stadium, Cujira-Bambolim on 17th February 2024 from 9.00 am to 10.00 pm.

- Department of Physical Education & Sports conducted Badminton Coaching Camp from 1st to 23rd March 2024 from 8.00 am to 9.30 am on College Badminton Court.

- Department of Physical Education & Sports organised sports events for female staff members of our college on the occasion of Women's Day Celebration on 9th March 2024 from 9.00 am to 4.00 pm.



<p>➤ <u>Students Achievements.</u></p> <p>➤ <u>National Level</u></p> <ul style="list-style-type: none"> Mr. Aryan Sharma of FYBA represented Goa University at All India Inter-University Aquatics Championship 2023-24 (Men) held from 2nd to 4th February 2024 at S.R.M. Institute of Science & Technology, Chennai. 	
<ul style="list-style-type: none"> Mr. Rahul Patil of SYBSC and Mr. Aryan Sharma of FYBA represented Goa in Swimming at the 37th National Games held in Goa from 26th October to 9th November 2023. 	
<ul style="list-style-type: none"> Ms. Aditi Nirmale of TYBA represented Goa in Fencing at the 37th National Games held in Goa from 26th October to 9th November 2023. 	
<ul style="list-style-type: none"> Ms. Akshata Halankar of SYBA represented Goa at the 37th National Games held in Goa from 26th October to 9th November 2023. 	
<ul style="list-style-type: none"> Mr. Rahul Patil of SYBSC and Mr. Aryan Sharma of FYBA represented Goa University at South West Zone Inter University Aquatics (Men & Women) Championship 2023-24 held from at S.R.M. University, Chennai. 	
<ul style="list-style-type: none"> Rahul Patil of S.Y. B.Sc. and Mr. Aryan Sharma of F.Y.B.A. represented Goa at the 76th Senior National Aquatic Championships 2023 organised by Telangana Swimming Association under the aegis of Swimming Federation of India held from 2nd to 5th July 2023 at Hyderabad. 	 <p>The image shows a certificate from the Swimming Federation of India. The text on the certificate reads: 'Certificate of Participation' for participants 'RAHUL PATIL' and 'ARYAN SHARMA' for participating as a Competitor/Technical Team Official in the 76th Senior National Aquatic Championships - 2023, conducted by Telangana Swimming Association from 02nd July to 05th July 2023 at Hyderabad under the auspices of Swimming Federation of India. The certificate is signed by the National Director of Swimming, India.</p>

<ul style="list-style-type: none"> Ms. Aditi Nirmale of TYBA represented Goa state at Senior National fencing Championship 2023-24 organised by The Assam Fencing Association from 28th to 31st January 2024 at Guwahati, Assam. 	
<ul style="list-style-type: none"> Ms. Akshata Halankar of SYBA represented Goa at the 4th Senior Yogasana Women National 2024 held from 11th to 13th March 2024 at Amroha, Uttar Pradesh. 	
<ul style="list-style-type: none"> Mr. Punit Khandeparkar represented Goa at 34th Senior National Tennis Ball Cricket Championship held from 2nd to 5th March 2024 at Tamil Nadu. 	

❖ State Level

- Our College Swimming Team (Men) emerged Winners with 4 Gold medals at the Inter-Collegiate Swimming Championship 2023-24 for men organised by Goa University held on 04th August 2023 at SAG Swimming Pool Campal, Panaji-Goa. Mr. Aryan Sharma of FYBA also won the Best Swimmer Award



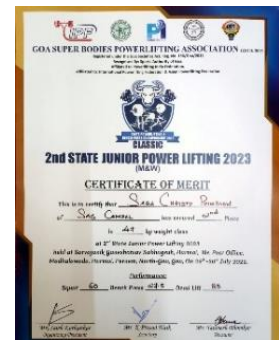
- Ms. Aditi Nirmale of TYBA won Bronze medal at All Goa State Level Fencing Championship organized by Warrior Training & Fitness under the aegis of The Goa Fencing Association held on 15th & 16th July 2023 at Warrior Training & Fitness, Soccoro, Porvorim-Goa.



- Ms. Vaibhavi Ugadekar of F.Y.B.A. and Ms. Sara Prinson won Gold medal and Silver medal respectively at Goa State Weightlifting Championship 2023-24 organized by Weightlifting Association of Goa in collaboration with The Sports Authority of Goa held on 23rd July 2023 at Jubilee Hall, Goa University.



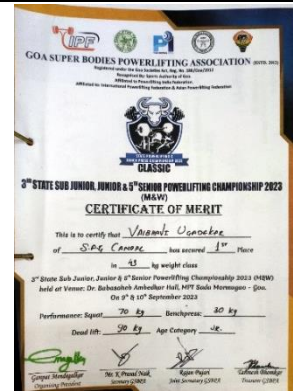
- Ms. Sara Prinson of S.Y.B.A. won 2nd Place in 47 kg weight class at 2nd State Junior Power Lifting 2023 organised by Goa Super Bodies Powerlifting Association held on 29th & 30th July 2023 at Sarvajanic Ganeshotsav Sabhagruh, Harmal, Pernem.



- Ms. Vaibhavi Ugadekar of F.Y.B.A. won Gold medal at Khelo India ASMITA organized by Weightlifting Association of Goa in collaboration with Sports Authority of India held on.



- Ms. Vaibhavi Ugadekar of F.Y.B.A. won 2nd Place in upto and including 47 kg weight class at 1st Inter-Collegiate Raw Powerlifting Championship (Women) organised by VVM's Shree Damodar College of Commerce & Economics, Margao held on 4th September 2023 at Damodar College, Margao.



- Ms. Vaibhavi Ugadekar of F.Y.B.A. won 1nd Place in upto and including 43 kg weight class at State Junior Powerlifting Championship 2023 organised by Goa Super Bodies Powerlifting Association held on 9th & 10th September 2023 at Dr. Babasaheb Ambedkar Hall, MPT Sada Mormugao-Goa.



- Mr. Punit Khandeparkar of TYBA secured Bronze medal at the Inter-Collegiate Athletics Championship (Men & Women) 2023-24 organized by Goa University from 23rd to 25th January 2024 at SAG Athletic Stadium, Bambolim.



- Ms. Vaibhavi Ugadekar secured Bronze medal at Inter-Collegiate Powerlifting Championship (Women) 2023-24 held from 12th to 14th September 2023 at Jubilee Hall, Goa University.



- Our College Best Physique team participated at the Inter-Collegiate Best Physique Championship (Men) 2023-24 held on 15th September 2023 at Jubilee Hall, Goa University.
Mr. Rohit Gop of T.Y.B.A. won Second Place in upto and including 70kg.
Mr. Guruprasad Ghadi of F.Y.B.Sc. won third Place in upto and including 60kg



- Our college Table Tennis team (Women) Secured 3rd place at the Inter-Collegiate Table Tennis Championship 2022-23 organized by Goa University from 18th to 21st July 2023 at SAG Campal, Panaji



- Our College Chess Team secured Third Place at the Inter-Collegiate Chess Championship 2023-24 organised by Goa University on 1st & 2nd August 2023 at Sridora Caculo College, Mapusa.



- Mr. Rahul Naik of T.Y.B.Sc. won Third Place at the Inter-Collegiate Taekwondo Championship (Men) 2023-24 held from 04th to 07th September 2023 at Jubilee Hall, Goa University.



❖ **Staff Activities**

- Mr. Pandurang Naik successfully completed Three Days Online Sports Nutrition Workshop organized by Institute for Sports and Fitness Development affiliated to Yoga Alliance Continuing Education Provider (YACEP) and Accredited Training Provider (IAOTH) held from 27th June to 29th June 2023 from 7.30 pm to 9.00 pm



- Mr. Pandurang Naik and Mr. Sachin Naik successfully completed Three Days Online Obesity Management Workshop organized by Institute for Sports and Fitness Development affiliated to Yoga Alliance Continuing Education Provider (YACEP) and Accredited Training Provider (IAOTH) held from 14th to 16th July 2023 from 7.30 pm to 9.00 pm



- Mr. Pandurang Naik and Mr. Sachin Naik participated in “Har Ghar Dhyam Session” organised by The Art of Living an initiative of Ministry of Culture, Government of India










- Mr. Pandurang Naik and Mr. Sachin Naik participated at One Day State Level Seminar on “NEP-Value added course in Health and Physical Education” Organised by Department of Physical Education & Sports, Saraswat Vidyalaya’s Sridora Caculo College of Commerce & Management Studies on 24th July 2023



- Mr. Sachin Naik rendered service as Asst. Nodal Officer for 37th National Games, Goa for the triathlon event from held at Caranzalem from 5.00 am to 2.30 pm.



<ul style="list-style-type: none"> Mr. Pandurang Naik was appointed as Coach of Goa University Kabaddi team for the West Zone Inter-University Kabaddi Championship 2023-24 held at Devi Ahilya Vishwavidyalaya, Indore from 04th to 8th November 2023 	
<ul style="list-style-type: none"> Mr. Pandurang Naik attended PhD Course Work from 20th November 2023 to 24th November 2023 at Maharashtra Mandal's Chandrashekhar Agashe College of Physical Education, Pune 	
<ul style="list-style-type: none"> Mr. Sachin Naik rendered service as Technical Official for the 36th Inter-Collegiate Athletic Championship (Men & Women) 2023-24 organized by Goa University from 31st January to 2nd February 2024 at SAG Athletic Stadium, Bambolim. 	
<ul style="list-style-type: none"> Mr. Sachin Naik rendered service as Instructor for the Yoga Session on the occasion of Women's Day organized by the Women Cell of our college on 9th March 2024 in the college gymkhana from 8.00 am to 9.00 am 	
<ul style="list-style-type: none"> Mr. Pandurang Naik participated at One- Day National Webinar entitled "Is Air Pollution Responsible for Increasing Rate of Lung Cancer?" held on 2nd March 2024 organised by UGC-Malaviya Mission Teacher Training Centre (UGC-MMTTC/GAD-MMTTC), SGTB Khalasa College, University of Delhi in Collaboration with Indian Cancer Society, Delhi. 	
<ul style="list-style-type: none"> Mr. Pandurang Naik and Mr. Sachin Naik participated at One- Day National Webinar entitled "Artificial Intelligence and future of Education" held on 9th March 2024 organised by UGC-Malaviya Mission Teacher Training Centre (UGC-MMTTC/GAD-MMTTC), SGTB Khalasa College, University of Delhi 	

<ul style="list-style-type: none"> Mr. Pandurang Naik participated at “One Day State Level Webinar on Sports Medicine” organised by the Department of Physical Education & Sports in Association with Teachers Welfare and Staff Academy Chandmal Tarachand Bora College of Arts, Commerce and Science, Shirur on the occasion of World Health Day i.e 7th April 2024. 	
<ul style="list-style-type: none"> Mr. Pandurang Naik successfully completed Three Days Live Online Workshop and Certificate Course in Sports Nutrition held from 5th to 7th April 2024 organised by the Physical Education Foundation of India, A National Sports Promotion Organization recognized by MYAS, Government of India and Institute for Sports and Fitness Development (ISFD) An Accredited Training Partner for International Association of Therapists (IAOTH). 	
<ul style="list-style-type: none"> Mr. Pandurang Naik participated in Three Days Live Online Workshop on “The Science of Mindfulness” with theme of “Integrating Tools and Techniques for Success and Growth” organised by Institute for Sports and Fitness Development (ISFD) & Yoglogue and supported by Physical Education Foundation of India (PEFI) and India Yoga Association (IYA) held from 24th to 26th May 2024. 	
<ul style="list-style-type: none"> Mr. Sachin Naik rendered service as a Liaison Officer from 13th March 2024 to 25th April 2024 for the Preparation work of forthcoming General Election to Lok Sabha, 2024. 	
<ul style="list-style-type: none"> Mr. Sachin Naik rendered service as a Liaison Officer to the Observer in the counting process for Lok Sabha Election 2024 from 28th May 2024 to 08th June 2024 	