

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

Department of Physical Education & Sports

ANNUAL REPORT 2022-2023

❖ **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.
- The Department of Physical Education & Sports conducted Table Tennis Individual Championship 2022-23 for the students (Men & Women) of D.C.T.'s Dhempe College of Arts & Science from 27th to 30th July 2022 in the college gymkhana.
- The Department of Physical Education & Sports conducted Chess Individual Championship 2022-23 for the students of D.C.T.'s Dhempe College of Arts & Science from 2nd to 6th August in the college gymkhana.
- On account of Trophy Tour for the 131st Durand Cup Football Tournament in Goa, the Trophy was displayed in our college on 3rd August 2022.
- The Department of Physical Education & Sports conducted Table Tennis practice match (Men) with S.S. Dempo College on 4th August 2022 at Cujira.



- The college Table Tennis Team (Men) participated at the Inter-collegiate Table Tennis Championship 2022-23 organized by Goa University from 9th to 12th August 2022 at Peddem, Mapusa.

- Our college Swimming team (Women) participated at the Inter-Collegiate Swimming Championship 2022-23 organized by Goa University on 20th August 2022 at SAG Ponda.

- The college Weightlifting team (Men) participated at the Inter-Collegiate Weightlifting Championship 2022-23 organized by Goa University on 23rd and 24th August 2022 at Jubilee Hall, Goa University.

- The college Powerlifting team (Men) participated at the Inter-Collegiate Powerlifting Championship 2022-23 organized by Goa University on 25th and 26th August 2022 at Jubilee Hall, Goa University.

- The college Best Physique team (Men) participated at the Inter-Collegiate Best Physique Championship 2022-23 organized by Goa University on 29th August 2022 at Jubilee Hall, Goa University.

- Department of Physical Education & Sports conducted Badminton practices for Men & Women at SAG Campal from 08th to 13th September 2022 from 9.00 am to 11.00 am.

- Our College Badminton Team (Men & Women) participated at the Inter-Collegiate Badminton Championship 2022-23 organized by Goa University from 14th to 16th September 2022 at SAG, Peddem-Mapusa.



- Our college Judo team (Men) participated at the Inter-Collegiate Judo Championship 2022-23 organized by Goa University on 20th to 23rd September 2022 at Jubilee Hall, Goa University.



- Department of Physical Education & Sports conducted Football Selection Trials for Men on 26th September 2022 at Miramar Beach from 8.00 am to 10.00 am.



- Tennikoit practice match for Men and Women was played against V.M. Salgaocar College of Law on our college Badminton court on 26th September 2022 from 10:00 am to 11:00 am.



- Our College Tennikoit Team (Men & Women) participated at the Inter-Collegiate Tennikoit Championship 2022-23 organized by Goa University from 27th to 30th September 2022 at Jubilee Hall, Goa University.



- Department of Physical Education & Sports conducted 9 a side Inter-Class Football Championship 2022-23 for men held at Don Bosco 9 a side Futsal Ground on 3rd & 4th October 2022 from 2.30 pm to 4.30 pm. An Exhibition match for women between BA & BSc was also organized.



- Department of Physical Education & Sports conducted Football practices for men from 10th to 18th October 2022 at Miramar beach from 4.00 pm to 5.30 pm.



- Football practice match for Men was played against Vidya Prabhodini on Salvador do Mondo football ground on 11th October 2022 from 09:30 am to 10:30 am.

- Our college Taekwondo team (Men) participated at the Inter-Collegiate Taekwondo Championship 2022-23 organized by Goa University from 11th to 14th September 2022 at Jubilee Hall, Goa University.



- Football practice match for men was played against Government College Khandola on Taleigao football ground on 15th October 2022 from 10.00 am to 11:30 am.



- Our college Football Team reached Quarter-finals at the Inter-Collegiate Football Championship 2022-23 organized by Goa University from 15th October 2022 to 5th November 2022 at Rosary Church Ground, Navelim.



- Department of Physical Education and Sports conducted Football practices for women on Miramar Beach & colony Football Ground from 14th to 26th October 2022.



- Our college Football Team (Women) participated at the Inter-Collegiate Football Championship 2022-23 organized by Goa University from 26th October to 4th November 2022 at Goa University Ground.



- The Department of Physical Education & Sports in collaboration with NSS Unit conducted Fitness Activities for the Students from 20th to 28th October 2022.



- Our college Volleyball Team (Men) participated at All Goa Inter-Collegiate Volleyball Championship 2022-23 organized by Goa Multi-Faculty College, Dharbandora on 28th October 2022 at Ponda Municipal Volleyball Court, Ponda.



- The Department of Physical Education & Sports conducted Stress Management through Breathing Exercises for the students on 29th October 2022 from 8.30 am to 9.30 am.



- Our College Football Team (Men) Participated at Qualifier Knock-out League Competition of the Reliance Foundation Youth Sports Football Championship 2022-23 held from 07th November 2022 onwards at Pillar Ashram Football Ground.



- The Department of Physical Education & Sports conducted Volleyball Coaching Camp for Women from 5th to 20th December 2022 on the college volleyball court.



- Our college 12 Staff Members participated at “2 km Walkathon” organised by FSSAI held on 17th December 2022 from 7.00 am onwards on Miramar Beach.



- Our College 9 Staff Members and 2 students participated at the “Goa University Marathon 2022” organised by Goa University held on 18th December 2022 at Goa University.



- Department of Physical Education & Sports conducted Volleyball practices for Men from 13th December 2022 to 7th January 2023 College Volleyball Court from 3.00 pm to 4.30 pm.



- Department of Physical Education & Sports conducted Volleyball practices for women from 6th December 2022 to 9th January 2023 College Volleyball Court from 3.00 pm to 4.30 pm.



- Volleyball practice match for Men was played against Dempo College on our College Volleyball Court on 7th January 2023 from 10.00 am to 11:30 am.



- Volleyball practice match for women was played against Don Bosco College and Dempo College on Don Bosco College Volleyball Court on 9th January 2023 from 10.00 am to 12.00 pm.



- Our college Volleyball team (Men & Women) participated at the Inter-Collegiate Volleyball Championship 2022-23 organized by Goa University from 10th to 13th January 2023 at Shyama Prasad Mukherjee Stadium.



- Department of Physical Education & Sports conducted Athletic practices for men & women from 24th to 30th January 2023 at Athletics Stadium, Bambolim from 4.00 pm to 5.30 pm.



- Our college Basketball team (Men) participated at the Inter-Collegiate Basketball Championship 2022-23 organized by Goa University from 24th to 28th January 2023 at Shyama Prasad Mukherjee Stadium.



- Department of Physical Education & Sports organized Volleyball Inter-Class Tournament 2022-23 for men on 25th January 2023 from 9.00 am to 4.00 pm on College Volleyball Court.



- Our college Athletic team (Men & Women) participated at the Inter-Collegiate Athletics Championship 2022-23 organized by Goa University from 31st January to 2nd February 2023 at Athletic Stadium Bambolim.



- Department of Physical Education & Sports conducted handball practices for Men & Women at Colony Ground from 24th January to 6th February 2023 from 9.00 am to 11.00 am.



- The Department of Physical Education & Sports conducted Handball practice match (Men) with Don Bosco College, Panaji on 03rd February 2023 from 11.00 am to 12.00 noon at Don Bosco College football ground.



- Department of Physical Education & Sports conducted kabaddi practices for men from 30th January to 25th February 2023 from 9.00 am to 11.00 am on college volleyball court.



- The Department of Physical Education & Sports conducted Kabaddi practice match (Men) with Salgaocar College of Law on 20th February 2023 from 3.00 pm to 4.00 pm at Salgaocar College Kabaddi Court.



- Our college Cricket team (Men) participated at the 2nd Edition of Late Aalok Pradip Shirodkar Memorial Inter-Collegiate Hardball Cricket Tournament for Men Organised by Government College of Arts, Science and Commerce, Sanquelim on 20th & 21st February 2023 at Navelim Cricket Ground, Sanquelim.



- Our college Kabaddi team (Men) participated at the Inter-Collegiate Kabaddi Championship 2022-23 organized by Goa University from 28th February to 3rd March 2023 at Jubilee Hall, Goa University.



- The Department of Physical Education & Sports conducted Cricket practices for Men from 2nd to 18th March 2023 at Campal Ground and Salgaocar College of Law Cricket Nets from 8.00 am to 10.00 am.



- The Department of Physical Education and Sports in Collaboration with Women Cell and Gender Sensitization Committee DCT's Dhempe College of Arts & Science, organized Sports Events for women's (students & staff) of our college on 8th March 2023 from 9.00 am to 4.30. pm on the College Badminton Court, Volleyball Court and Gymkhana.



- The Department of Physical Education & Sports organized Cricket practice match (Men) with Salgaocar College of Law on 9th March 2023 from 10.00 am to 1.00 pm at Salvador Do Mundo, Porvorim.



- The Department of Physical Education & Sports conducted Badminton Individual Championship 2022-23 for the students (Men & Women) of D.C.T.'s Dhempe College of Arts & Science from 14th to 16th March 2023 on the College Badminton Court.



- Our college Cricket team (Men) participated at the Inter-Collegiate Cricket Championship 2022-23 organized by Goa University from 10th March 2023 onwards at Goa University Ground, Taleigao.



- The Department of Physical Education & Sports conducted Cricket practices for women from 2nd to 18th March 2023 at Campal Ground and Salgaocar College of Law Cricket Nets from 8.00 am to 10.00 am.



- Our college Cricket team (Women) participated at the Inter-Collegiate Cricket Championship 2022-23 organized by Goa University from 10th March 2023 onwards at Goa University Ground, Taleigao



❖ **Students Achievements.**

➤ **International Level.**

- Shri. Onkar Naik of FYBA represented India in Secured Third Place at the Quadrangular International Throwball Championship 2023 for Men and Women held on 14th to 16th March 2023 at Dhaka, Bangladesh.



➤ **National Level**

- Shri. Punit Khandeparkar of SYBA won 2nd Place at 30th Junior National Tennis Ball Cricket Championship 2022-23 organised by Uttarakhand Tennis Ball Cricket Association held at Bhalla Stadium, Haridwar from 21st to 24th September 2023.



- Shri. Rahul Patil of FYBSC represented Goa State at the 36th National Games held at Rajkot, Gujarat from 2nd October to 8th October 2022.



- Shri. Laukik Rawool of FYBSC and Shri. Vaikunth Mapari of SYBA represented Goa University at West Zone Inter-University Kabaddi Championship for Men from 25th to 30th November 2022 at Rani Durgavati Vishwavidyalaya, Jabalpur, Madhya Pradesh.
- Shri. Godsun Rodrigues represented Goa University at West Zone Inter-University Hockey Championship 2022-23 for Men from 20th to 25th January 2023 held at ITM University, Gwalior.
- Kum. Sejal Shetty of TYBA and Kum. Tulsi Dodmani of FYBA represented Goa University at the Inter-University Cricket Championship for Women held from 10th to 18th March 2023 at (KIIT) Deemed to be University, Odisha.



- Shri. Bhuvan Arlekar of SYBA represented Goa State at South Zone National Softball Championship held from 3rd to 5th March 2023 at Trichy, Tamil Nadu.



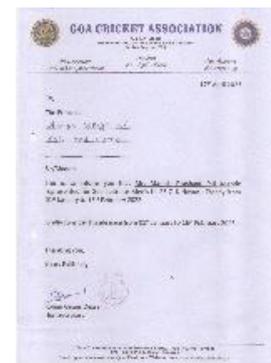
- Shri. Melvin Mendes of TYBA represented Goa in SL-3 MS, MD event at the 5th National Para Badminton Championship 2022-23 held from 23rd to 26th March 2023 at Dr. Shakuntala Misra National Rehabilitation University Lucknow, Uttar Pradesh.



- Kum. Aditi Nirmale of SYBA and Kum. Stuthi Sanil of TYBSC represented Goa in the 33rd Senior National Fencing Championships in the event Women- SABRE- Individual and Women- SABRE- team held from 24th to 28th March 2023 at Pune, Maharashtra.



- Shri. Manish Pai Kakode represented Goa State for Men's U-25 C.K. Nayudu Trophy held from 1st January to 15th February 2023



➤ **State Level.**

- Our college Tennis Team (Men) secured Winners position at the Inter-Collegiate Tennis Championship organized by Goa University on 6th and 7th October 2022 at B.P.S. Sports Club, Margao.



- Shri. Tejas Shevde of TYBA emerged Winner in Men's Single category in the TNS PG Tennis Tournament 2023 held at Panjim Gymkhana between 10th and 16th April 2023.



- Shri. Rahul Patil of FYBSC won 3 Gold and 1 Silver at the 34th Goa State Senior Aquatic Championships organized by Goa Swimming Association on 27th and 28th May 2023 held at Ponda Swimming Pool Complex.

- Gold in 200 mts. I.M. (Men)
- Silver in 100 mts. Butterfly (Men)
- Gold in 4 x 100 mts. Mixed Free Stoke relay
- Gold in 4 x 100 mts. Mixed Medley relay



- Our College Football team (Men) emerged Champions at the Inter-Collegiate Futsal Tournament organised by Little Light's Foundation and I am Connected held on 10th December 2022 at Play Goa, Caculo Mall, Panaji. Mr. Saiesh Kunkolkar and Mr. Shekhar Sautodkar of TYBA were awarded as Best Player and Best Defender of the tournament respectively.



- Our college Chess team won Runners Up at the Inter-Collegiate Chess Championship 2022-23 organized by Goa University on 17th and 18th August 2022 at Jubilee Hall, Goa University.



- Our college Table Tennis team (Women) Secured 3rd place at the Inter-Collegiate Table Tennis Championship 2022-23 organized by Goa University from 9th to 12th August 2022 at Peddem, Mapusa.



- Our college Swimming team (Men) secured 3rd Position at the Inter-Collegiate Swimming Championship 2022-23 organized by Goa University on 20th August 2022 at SAG Ponda. Shri. Rahul Patil of FYBSC won 1 Gold & 1 Silver Medal.



- Rahul Patil of FYBSC secured First Place in 50 Mts Back Stroke, Second Place in I.M. and Third Place in Butterfly at the 17th Inter District School/ College Level Swimming Competition Organized by Maratha Yuvak Sangh, Belgaum held at Belgaum on 21st August 2022.



- Shri. Sanjit Dias of SYBA won a bronze medal in up to and including 100 kg category at the Inter-Collegiate Weightlifting Championship 2022-23 organized by Goa University on 23rd and 24th August 2022 at Jubilee Hall, Goa University.



- Sanjit Dias of SYBA won Bronze Medal in up to & including 100 kg Category at the Inter-Collegiate Judo Championship 2022-23 organized by Goa University on 20th to 23rd September 2022 at Jubilee Hall, Goa University.



- Our college Handball team (Men) secured 3rd place at the Inter-Collegiate Handball Championship 2022-23 organized by Goa University from 6th to 10th February 2023 at Goa University Ground, Taleigao.



- Mr. Suklesh Shirodkar of TYBA won Bronze Medal in Hammer Throw event at the Inter-Collegiate Athletics Championship 2022-23 organized by Goa University held from 31st January to 2nd February 2023 at Athletic Stadium Bambolim.



❖ **Staff Activities**

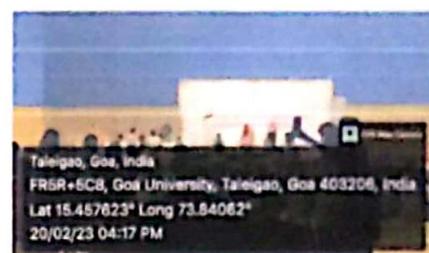
- Mr. Sachin Naik attended workshop on tying of the flag and orders during unfurling of National Tricolor on 09th August 2022 from 10.30 am to 12.30 pm.
- Shri. Pandurang G. Naik and Shri. Sachin S. Naik has participated in One Week Online National Faculty Development Program on “Education in 21st Century: Implementing NEP 2020 for Quality Education in HEIs” organized by Guru Angad Dev Teaching Learning Centre, under PMMMNMTT, Ministry of Education, Government of India in Collaboration with Department of Economics and IQAC Thakur College of Science and Commerce (Autonomous) held from 09th to 16th August 2022.
- The College Director and Physical Education & Sports Shri. Pandurang G. Naik successfully completed Fifteen Days Online Refresher Course with ‘A’ Grade on the Topic “New Age Teaching Methods & Skills in Higher Education” held from 17th August to 31st August 2022 organized by Jagran Lakecity University, Bhopal and Droit Penale Group, Prayagraj in collaboration with Guru Angad Dev Teaching Learning Centre, SSGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education.
- Mr. Pandurang G. Naik and Mr. Sachin S. Naik donated blood at Voluntary Blood Donation Drive at Dempo House Organised by Head Office, Dempo House on 28th November 2022 on the occasion of the Death Anniversary of former Chairman, Shri Vasudeva V. Dempo.



- Mr. Pandurang Naik and Mr. Sachin Naik attended State Level Seminar on “Promotion of Physical Education and Sports at Goa University” organised by Sridora Caculo College of Commerce and Management Studies held on 10th December 2022 from 9.30 am to 4.00 pm at Anand Geri Keni Hall, Mapusa.



- Mr. Pandurang G. Naik, College Director of Physical Education and Sports and Mr. Sachin Naik Instructor in Physical Education attended the Yoga Shibir on 20th February 2023 from 4.00 pm to 6.00 pm at Shyama Prasad Mukherjee Stadium.



- Mr. Pandurang Naik, Director of Physical Education and Sports attended YUVA Tourism Conclave program organized by Department of Tourism held on 16th June 2023 at Goa University, Auditorium, Science Block E.

- Mr. Sachin Naik, Instructor in Physical Education and four students attended the Mascot Launch Ceremony of the 37th National Games Goa 2023 held at Shyama Prasad Mukherjee Stadium, Taleigao on 18th June 2023 at 4.00 pm



Naik

(Shri. Pandurang G. Naik)
DIRECTOR OF PHYSICAL EDUCATION