

## S. S. DEMPO COLLEGE OF COMMERCE & ECONOMICS

Department of Physical Education and Sports

### Sports Report 2021-22

#### International



- **Nitish Belurkar** of T.Y.B. Com is presently participating in Six International Chess Tournaments being held in Budapest, Hungary from 12<sup>th</sup> October to 25<sup>th</sup> December 2021. He achieved **International Masters title** in First Saturday Chess tournament, Budapest, Hungary in October 2021 when he touched live rating of ELO 2400. He won 1st place and achieved 1st Grandmaster norm in Vezerkepzo International Chess Tournament in Budapest, Hungary in November 2021.



- **Karishma Shirvoikar** was selected in the final probables list and was part of the Senior National Football team's preparatory camp in Jamshedpur and Kerala from 10<sup>th</sup> September 2021 to 19<sup>th</sup> January 2022 for the AFC Women's Asian Cup 2022. She also represented Kerala Gokulam FC in the AFC Womens Club Cup held in Jordan from 7<sup>th</sup> to 13<sup>th</sup> November 2021.

  
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## Nationals



- **Pratik Naik** of FYBCom represented Goa state team for the 28<sup>th</sup> Junior National Tennis Ball Cricket Championship held at Agra from 27<sup>th</sup> to 30<sup>th</sup> September, 2021. The team won **2<sup>nd</sup> Place**



- **Sagar Patil** of S.Y.B. Com represented Goa for the Glenmark 74<sup>th</sup> Senior National Aquatic Championships 2021 held at Bangalore from 26<sup>th</sup> to 29<sup>th</sup> October 2021.



  
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## State



- **Avida Maria De Braganca** of FYBCom won **1 Gold** medal and **2 Bronze** medals in the 16<sup>th</sup> All Goa Sqay Martial Art State Level Championship 2021-22

## INTER COLLEGE

1. FUTSAL - PARTICIPATION
2. KABADDI - PARTICIPATION
3. T10 CRICKET – RUNNERS UP
4. HOCKEY – PARTICIPATION
5. CROSS COUNTRY (FR. AGNEL COLLEGE)- **2<sup>ND</sup> PLACE**
6. CROSS COUNTRY (ROSARY COLLEGE) -



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## INTRAMURALS

1. **1 minute Online Physical Activity and Sport Skill Challenge** was held for the students and staff of our College.

<b>Student Category</b>		
<b>1<sup>st</sup> Place</b>	Rashid Bavikara Mohammad	TYBCom
<b>2<sup>nd</sup> Place</b>	Anand R. Tendulkar	FYBCom
<b>3<sup>rd</sup> Place</b>	Kajal Kumari Balkrishna Jha	FYBCom
<b>Staff Category</b>		
<b>1<sup>st</sup> Place</b>	Dr. Sangeeta Chakrabarty	
<b>2<sup>nd</sup> Place</b>	Asst. Prof. Amit Naik	
<b>3<sup>rd</sup> Place</b>	Mrs Anjali Bhide	
<b>3<sup>rd</sup> Place</b>	Mr. Sarvesh Bhamaikar	

2. **Sports Orientation for all the FY and SY students**

Dr. Michael Dias, the College Director of Physical Education conducted an online orientation session for all the FY & SY students of the College in September 2021. The students were made aware of the Sports activities and facilities available in the college. He also explained about the Sports marks and the protocols to be followed before attending sports training camps conducted by various associations and availing leaves to attend the same.

3. **Physical Education and Sports activities conducted for students of FY, SY & TYBCom.**

The College Director of Physical Education Dr. Michael Dias organized Physical Education and Sports Program for the students of FY, SY and TY division separately on campus in the month of September and October. The session included;

**Power Point Presentation on Health, Physical Fitness & Sports.**

The presentation explained what it means to be healthy, how to measure and improve physical fitness components, and how sports aid in all round development of human personality.

**Outdoor team games.**

Students were taught different stretching exercises from head to toe and then later divided into teams and made to play outdoor team games that were fun and challenging to give them an experience of sports participation and staying healthy through sports.



  
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