

ROUND TABLE CONFERENCE



Sports department of V.M. Salgaocar college of Law, in collaboration with the VMSCCL Centre for political Leadership, organized a round table conference on sports scenarios in Goa on 1st April 2022.

Padmashree Brahmanand Sankhwalkar was the chairperson for the conference and gave away his valuable suggestions and also shared his experience. Keynote speaker Dr.Sam Braganza highlighted the need for sports to be made compulsory at all educational institutes across Goa. Further he emphasized the importance of participation in sports for the youth of Goa.

The other experts that shared their valuable suggestions at the conference were Dr, Shabir Ali, Principal, V.M. Salgaocar College of Law, Shri Dnyameshwar Pednekar, Administrator of V.M.Salgaocar college of



Law,,Melinda Pereira, College Director of Physical Education and sports, Fr Agnel College, Siddhesh Kesarkar, Assistant Director (Academics),Director of Higher Education, Dr. Sushant Haldankar, College Director of Physical Education and Sports, DMs College,Siddesh Tari, Assistant Professor, V.M.Salgaocar college of Law,Ramrai Naik, Assitant Professor, V.M.Salgaocar College of Law, Lavu Govekar, Instructor in Physical Education and sports, Dr. Michael Dias, College Director of Physical Education and sports, S.S Dempo College, Balachandra Jadar, College Director of Physical Education and sports, Mandre College, Ajinkya Kurdatkar, College Director of Pysical Education and Sports, Damodar College, Clifton Fernandes, College Director of Pysical Education and Sports, Nirmala Institute of Education, Dr.Savio Fernandes, College Director of Pysical Education and sports, MES College, Mr. Chetan Kavlekar, Physical Education Teacher, Dempo HSS and Dr. Manoj Hede, College Director of Physical Education and Sports, Kare College of Law. Dr. Sahadev Mandrekar, College Director of Physical Education and Sports, V.M.Salgaocar College of Law and Dr. Elroy Pinto, Director of Physical Education and Sports at St.Joseph Vaz College moderated the roundtable conference. All the experts came to a consensus to draft an action plan to revive sports in Goa. The action plan is titled 'Padma Shri Brahmanand Shankhwalkar action plan for physical education and sports in Goa'.



MODERATOR, DR. SAHADEV MANDREKAR

INTERCOLLEGIATE MEN/WOMEN POWERLIFTING CHAMPIONSHIP

VVM'S Shree Damodar College of Commerce & Economics Margao, Goa in collaboration with Goa Powerlifting & Sports Association organized 1st state intercollegiate powerlifting championship 2021-2022 on 26th & 27th May 2022 in Men/Women category, wherein our college participated in both men & women team championship.

In men's team participation

1. Hrushikesh Naik from S.Y.L.L.B played in 59kgs category group.
2. Sharing Dawar from F.Y.L.L.B 74Kgs category group.
3. Nash Monteiro from 3rd year B.A.L.L.B played in 93kgs category group.



Women category group

1. Vrukshanda Pokre and Shweta Shetgaonkar from T.Y.L.L.B participated in 47kgs category group.
2. Joann D'costa 3rd year B.A.L.L.B played in 47kgs group.
3. Navya Kadam from TYLLB played in 63kgs category group.
4. Smital Hoble from TYLLB played in 69kgs category and won bronze medal in her category group.
5. Iram Khatri from BALLB played in 84kgs category group and won gold medal in her category.
6. Tanvi Kerkar TYLLB played in above 84kgs category group and won bronze medal.



All together our women team won 1 Gold medal and 2 Bronze medal for which we won Runner's Up Team Championship Trophy.

HANDBALL MEN/WOMEN INTERCOLLEGIATE TOURNAMENT

Participated in 1st state intercollegiate men/women handball championship on 29th and 30th of April 2022 Fatorda Margao Goa. organized by Goa Handball Association with Nirmala Institute of Education, Althino, St. Joseph Vaz college of commerce and economics Borda & M.E.S college of Arts and commerce Zaurinagar under the Aegis of (ACDOPEG).

Both the teams Men/Women of our college participated in handball tournament. Women's team made it to semifinals and played against St. Xavier's college.

MEN'S HANDBALL TEAM



Men's Team Participants:

1. Pranav Parsekar 4th year BALLB
2. Aman Pandarbale 4th year BALLB
3. Shane Lobo 3rd year BALLB
4. Sashrik Talaulikar 3rd year BALLB
5. Akshay Vengurlekar 3rd year degree
6. Sairaj Shetye 4th year BALLB
7. Satyam Ghogale 4th year BALLB
8. Swapnil Naik 3rd year BALLB

9. Prathamesh Naik 2nd year degree
10. Clinton D'souza 4th year BALLB
11. Rishikesh Gawas 5th year BALLB
- 12 Yash Naik 4th year BALLB
13. Sarvesh Talwadkar SY BALLB
14. Keagan ferrao FY LLB
15. Vishvesh Govekar 1st year LLB
16. Shivam Kalangutkar

GIRLS HANDBALL TEAM



Women Team Participants

1. Kareena R. Shirodkar 4th year BALLB
2. Aloysia Andrade 4th year BALLB
3. Rudrali Gaude 4th year BALLB
4. Priyanka Borkar 3rd year BALLB
5. Dikshita Calangutkar 2nd year BALLB
6. Vishaka Malik 3rd year BALLB
7. Joann D'Costa 3rd year BALLB
8. Tanvi Naik 4th year BALLB
9. Varda Ambekar 3rd year BALLB
10. Saisha vithal parab 3rd year LLB
11. Navina Anita Dias 3rd year LLB

INTER COLLEGIATE CHESS

SV'S Sridora caculo college of commerce and management studies and DMC College & Research Centre in Association with Bardez Chess Association under the aegis of Goa Chess Association, ACDOPEG organized intercollegiate chess championship on 18th & 19th May 2022. Our college team secured 5th position



Names of the participants:

1. Aishwarya Thorat FY LLB Degree
2. Sanskriti Naroji SYBALB
3. Harsh Mashelkar 5th year BALLB
4. Siddhant Shetye 4th year BALLB
5. Bhaghyawati Guddaunavar FYLLB Degree
6. Sanath Ashwin Kholkar 5th year BALLB.

1ST INTERCOLLEGIATE VOLLEYBALL TOURNAMENT

Goa volleyball association in collaboration with Government college of Arts ,Science and commerce, Sanquelim & Goa College Of Music, Althino under the aegis of ACDOPEG organized 1st intercollegiate volleyball tournament on 25th & 26th May 2022 at Shyama Prasad Mukherjee indoor stadium bambolim Goa.

Our college both men and women teams participated in this tournament.

Our men team played against GCQ Quepem college and women team played against Ganpat Parsekar college.

MEN'S VOLLEYBALL TEAM



Names of Men team participation:

1. Mital Pai TYLLB Degree
2. Sarthak Shetgaonkar FY BALLB
3. Sankalp Ralwadkar SY BALLB
4. Moufrid Athani 4th year BALLB
5. Saahil Sawant TYLLB Degree
6. Asif Khan SY BALLB
7. Pranay Malik FY BALLB

8. Guruprasad Naik 5th year BALLB
9. Sahil Khot TYLLB Degree
10. Siddhant Sawant SY BALLB
11. Shankar Sawant FY BALLB
12. Madhav Cuncoliencar SY BALLB

WOMEN'S VOLLEYBALL TEAM



Names of Women Team participation

1. Divya Kadam TYLLB Degree
2. Samiksha V. Narvekar TYLLB Degree
3. Navya kadam TYLLB Degree
4. Anupama Palyekar TYLLB Degree
5. Mabel Da Costa TYLLB Degree
6. Tanvi Kerkar TYLLB
7. Chetana Pednekar TYLLB
8. Deepal Gaude TYLLB
9. Vrukshanda Pokre TYLLB
10. Sailee Pednekar TYLLB
11. Divya Gauns TYLLB
12. Vaibhavi Kanekar TYLLB

1ST INTERCOLLEGIATE FUTSAL TOURNAMENT (women) ORGANIZED BY VMSCL



GIRLS FUTSAL TEAM

Organized 1st inter collegiate futsal tournament (Women) on 07th May 2022 organized by V.M. Salgaocar college of Law, Miramar at Caculo Mall, St.Inez. Panaji. Total 8 numbers of team participated in this tournament. The first semifinals was played between St. Xaviers college vs Dhempe College, full time score was 3-0 in favour of St. Xaviers college. 2nd semifinals was played between Rosary vs Swami Vivekananda college and the match was in favour of Rosary college with a full time score of 6-1. Final match was played between St .Xaviers vs Rosary .Rosary won finals with a full time score 7-2. The winning team was awarded with the cash price of 10000 /- rupees and a trophy with the hands of chief guest, CCP Mayor Mr. Rohit Monserrate. The runners up team was awarded with the cash price of 5000/- and a trophy.



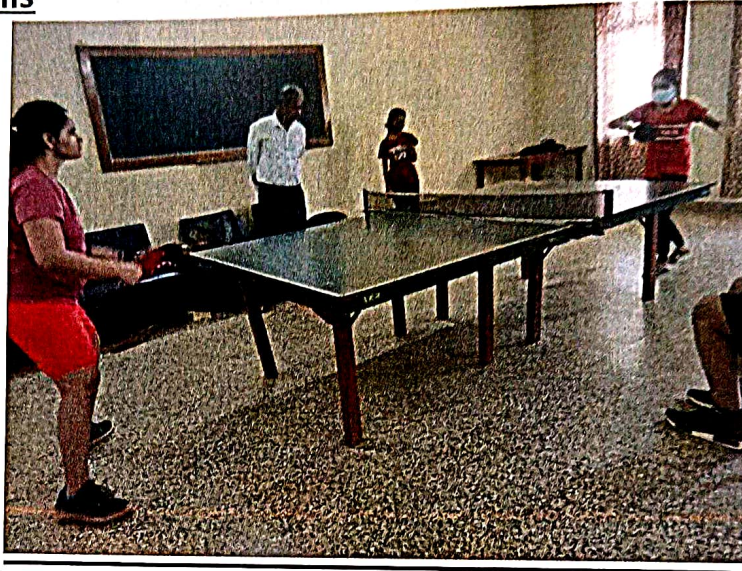
Names of participants of our college.

1. Rashmi Naik
2. Swatee
3. IRAM KHATRI
4. DONNA DIAS
5. JOANN DCOSTA
6. GAURI KALANGUTKAR
7. SHWETA SHETGAONKAR
8. ANABEL NORONHA
9. AHLAI HUSSAIN
10. DILIVIA DIAS

Intramural Competition

The Sports Department of V.M. Salgaocar College of Law organized various intramural tournament in the month of December 2021. The following sports were organized and representative winners are listed below.

1. Table Tennis



Men's and women's interclass table tennis competition was organized on 9th December, 2021. In men's category, Karthik Panchal 5th won 1st place, Prabhav Sirvoikar 5TH Year BALLB won the 2nd place and Akshay Yellapanar phadte secured the 3rd place. In Women's category, Mabel De Costa TYLLB won the 1st place, Anushka Phadte 4TH BALLB won the 2nd place and Kareena Shirodkar 4TH BALLB secured the 3rd place.

2. Badminton



Men's and women's interclass Badminton competition was organized on 15th December, 2021. In Men's category, Madhav Sinai Cuncolienkar won the 1st place, Akshay Vengurlekar won the 2nd

Place and sagar Naik secured the 3rd place. In women's category, Savni Prabhudesai won the 1st place, Chaitrali K.won 2nd place and Tanvi Naik secured the 3rd place.

3. Cross Country

Men's and Women's interclass cross country competition was organized on 21st December, 2021. Moufrid Athani 4TH Year BALLB won the 1st place, Dhruv chars SY.BALLB won the 2nd place, pancham Phadte TYLLB won the 3rd place, Shubham Dessai FYLLB won the 4th place and Pundalil A. Palyekar FYLLB secured the 5th place. In Women's category, Rudrali Gavde 4TH Year BALLB won 1st place, jinu Ponnachan SYBALLB won the 2nd place, Harshada Parab TYLLB won the 3rd place, Saisha Parab TYLLB won the 4th place and Siya Gosavi SYBALLB secured won the 5th place.

4. Chess



winner's

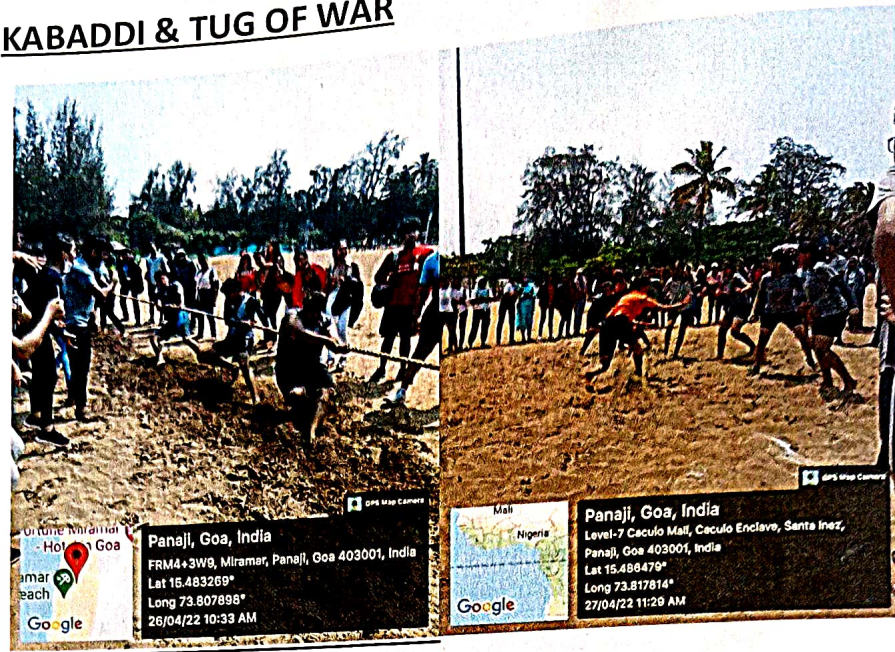
Aishwarya Thorat FYLLB

Sanskriti Naroji SYBALLB

Kunal Naik

Siddhant Shetye 4TH YEAR BALLB

5. KABADDI & TUG OF WAR



Organized intramural kabaddi and Tug of War Men/Women sports activities on 26th to 27th of April 2022. The winner of men's team Tug of War won by 4th year BALLB.

The finals match was held between 4th year BALLB and Third year degree, where both the teams led to a tie.



Kabaddi men's team final took place between 4th year BALLB and 3rd year BALLB, where 4th YEAR BALLB won the final match.
Kabaddi women's team final took place between 4th year BALLB and 3rd year BALLB, where 4th year BALLB won.

NATIONAL PLAYERS

- Ciya Faldesai 5th year BALLB student represented women's Goa team for BCCI senior women's tournament at Jaipur from 3rd march to 23rd march.



- Rudrali Gaude participated in NPTC Senior Amateur Archery Championship at Jammu from 21st to 30th march 2022.
- Amit Birje represented Goa at Tantiya Mama Inter State T20 Cricket Series for the Blind 2022 held between 16th to 17th April 2022 in Khandwa, Madhya Pradesh.
- Kashinath posnaik , Abhyuday Sabharwal, Samuel Fernandes Participated at the World Football Cup for Lawyers in Marrakech (Morocco) for the 20th edition from 7th to 15th of May 2022



PHYSICAL FITNESS ASSESSMENT TEST

The sports department of V .M. Salgaocar college of Law organized various physical fitness activities such as general physical fitness test, sports specific fitness test, body evaluation and obesity test. Physical fitness assessment tests and measurements of every individuals were conducted.

BODY MASS INDEX (BMI) of every participants was checked which included height and body weight purpose was to test their obesity level. General body warmup, Mild stretching, cardio vascular exercises, mobility exercises, strength and conditioning training, circuit training, weight training, and rehabilitation exercises, sit and reach test ,vertical jump test , standing broad jump test, 1minute maximum repetition of free weight squats strength test, Brady Volleyball skill test were conducted in college premises.

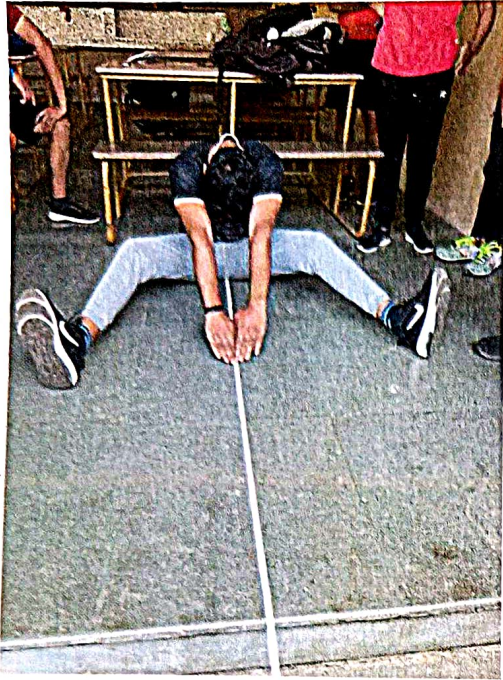
They were later divided into groups for conducting the tests from 21st to 26th February, 2022.the students enthusiastically participated in these activities and gave a good response



SQUATS



STATIC WARMUP



SIT & REACH TEST



STANDING BROAD JUMP TEST



RECREATION ACTIVITY

5TH Edition V.M. Salgaocar T-10 Memorial Inter-collegiate cricket Tournament



COLLEGE CRICKET TEAM

The 5TH Edition V.M. Salgaocar T-10 Memorial an Inter-collegiate cricket Tournament, organized by the V.M. Salgaocar College of law .Miramar from 6th April to 9th April 2022 at university ground, Taleigao plateau.

The college did not have many sports activities during the pandemic and this was the main reason why this tournament was conducted with great gusto and enthusiasm.

On day 1 that is 6th April 2022 1st match was played between Vidhya Prabodhini vs Govt College Pernem and the match was won by Govt College Pernem by 28runs, man of the match was awarded to Abhishek Nagvekar. The 2nd match was held between St.Xavier's & Don Bosco College Panjim where St.Xavier's won by 18 runs man of the match was awarded to Mr. Abhishek Kudar. third match was played between Damodar College and Dhempe college ,Damodar won by 23runs, Man of the match was awarded to Mr. Omkar Bhandari. Govt College of Pharmacy reached the quarter finals with a bye as Govt college of Quepem did not showup.



MR.SAHIL KHOT MAN OF THE MATCH

On day 2 that is, 7th April , 1st match was played between V.M. Salgaocar and Govt College Borda where V.M. Salgaocar college won by 59 runs ,Man of the match trophy was awarded to Mr. Sahil Khot. The 2nd match was played between Multy Faculty College and Zantye College, Zantye College won by 36 runs, man of the match was awarded to Mr. Uddesh ulhas Parab. The 3rd match was played between S.S. Dempo College & V.P Mandre college, Dempo College won by 118 runs. Man of the match was awarded to Mr. Yuraj Palka . The 4th match was played between G.V.M's college and Govt college khandola, G.V.M's college won by 6runs, man of the match was awarded to Mr. Prathamesh Naik.

On day 3rd that is 8th April ,1st match was played between Govt. College Pernem and St,Xavier's ,where Govt college Pernem won by 14 runs , Man of the match was Mr. Nitesh Kamble. 2nd match was held between Pharmacy College and Damodar college. Damodar College won by 9 wickets, Man of the match was awarded to Saiesh satardekar. 3rd match was played between G.V.M's and Zantye College where G.V.M's won by 17 runs. Man of the match was Sankalp Prabhu. 4th match was played between V.M. Salgaocar College and S.S. Dempo where Dempo college won by 6 wickets, Man of the match was awarded to Anant Tendulkar

On day 4 that is 9th April, the first Semifinals was between GVM's & Dempo which commenced at 9am where Dempo won by 11 runs. Man of the match was Anand Tendulkar. 2nd semifinals was played between Damodar College

and Govt college Pernem, where Damodar College won by 34runs. Man of the match was Manthan Khutkar.

The finals was played between S.S.Dempo vs VVM's Damodar where Dempo College scored 70 runs and Damodar College scored 73/6.

Man of the Match was awarded to Mohit Redkar from Damodar College.

Man of the Series was awarded to Anand Tendulkar from Dempo College.

Best Bowler was awarded to Shubham Gajinkar.

Best Batsman was awarded to Yuraj Palkar.



Chief Guest for the Tournament Mr. Sagun Kamat Indian cricketer.



GUEST OF HONOUR FOR THE TOURNAMENT PROF. (DR). ANIL S. DINGE

INTERNATIONAL YOGA DAY CELEBRATION



International Yoga Day was celebrated with great enthusiasm on the 21st June 2022 in the Conference Hall of V. M. Salgaocar College of Law, Miramar Panaji. The teaching, non-teaching staff along with students participated in the celebrations. The event commenced by a welcome address by the Principal Dr. Shaber Ali. He spoke on the importance of Yoga and how it helps in our day today lives. Principal Sir also emphasised on the theme 'Yoga for Humanity' and explained how daily practice of yoga can build up resilience and make us better human beings.

Soon after the welcome address, Director of Sports Dr. Sahadev Mandrekar and Physical Education Instructor Mr. Lavu Govekar

guided the audience into performing pranayams and yog asanas step by step and in a very systematic manner. Administrator of V. M. Salgaocar College of Law Shri D.P. Pednekar also gave important instructions. The sessions began with Mr. Lavu Govekar making the audience sit comfortably by vajrasan or by padmasan or ardha padmasan as per their convenience. Then he directed to hold the Gyana Mudra during meditation session and during other sessions. The pranayama session began with anulom vilom pranayama, followed by kapalbhati pranayama and the pranayama session concluded with bhastrika pranayama.

The second session began by performing the Suryanamaskar in 12 simple steps. This was followed by Tadasan, Triyak Tadasan and concluded by Shavasan. Mr. Lavu Govekar while concluding the yoga day gave the importance of doing Yoga everyday where he emphasised how it benefits our breathing, our posture, enhances our focus and balances our voluntary and involuntary muscles. Thereafter, Director of Sports Dr. Sahadev Mandrekar proposed the vote of thanks and concluded the programme.

**THE SPORTS DEPARTMENT OF VMSCL WILL CONDUCT SUCH
EVENTS TO BOOST THE FITNESS AND ENTHUSIASM OF
STUDENTS .**

THANK YOU