

DEVI SHARVANI EDUCATION SOCIETY'S
V.M. SALGAOCAR COLLEGE OF LAW
Miramar, Panaji- Goa
Department of Sports

Annual Sports Report 2024-2025 1st Phase

10th International Day of Yoga Celebration

Department of Physical Education & Sports & NSS Unit of V.M. Salgaocar College of Law guided by Director of Physical Education & Sports Dr. Shailendra R. Gaonkar & Instructor in Physical Education & Sports Mr. Lavu D. Govekar, Organised 10th International Day of Yoga on 21st June 2024 at V.M.Salgaocar College of Law, Miramar in Conference hall in collaboration with the Art of Living organization, Goa. The event aimed to promote the Physical, Mental, and Spiritual benefits of yoga among students and faculty.

The event started with an enlightening address by Principal Dr. Shaber Ali.G. The program commenced at 09.00 am and lasted for 1 hour. The event featured a series of demonstrations and interactive sessions led by experienced experts from the Art of Living organization. The event began with a warm welcome and an introduction to the importance of International Yoga Day.

The experts demonstrated various **yoga asana**, emphasizing their benefits for physical health and flexibility. Some of the key asana included:

- Surya Namaskar (Sun Salutation)
- Trikonasana (Triangle Pose)
- Bhujangasana (Cobra Pose)
- Vrikshasana (Tree Pose)

Participants were encouraged to follow along, and the expert's provided guidance on proper techniques and postures.

Pranayama Session

Following the asana, a session on pranayama (breathing exercises) was conducted. The experts demonstrated techniques such as:

- Anulom Vilom (Alternate Nostril Breathing)
- Kapalbhati (Skull Shining Breath)
- Bhramari (Bee Breath)

The participants practiced these techniques under the supervision of the experts, learning how to enhance their respiratory health and reduce stress.

Meditation

The final segment of the program was a guided meditation session. The experts led the participants through a series of calming exercises, focusing on mindfulness and relaxation. This session aimed to help participants achieve mental clarity and emotional balance.

The event saw enthusiastic participation from both students and faculty members. The interactive nature of the sessions allowed participants to engage directly with the experts, ask questions, and receive personalized guidance.

The event effectively highlighted the significance of yoga in promoting overall well-being. Participants left with a deeper understanding of yoga practices and a renewed commitment to incorporating yoga into their daily routines.

The session was marked closed by a vote of thanks by Director of Physical Education & Sports Dr. Shailendra R. Gaonkar

The resource person for the event was

1. Adv Neela Navelkar – Art of Living Teacher
2. Mrs. Sushma Sawant - Yoga Instructor
3. Dr. Sujata Borkar - Volunteer



Mrs. Sushma Sawant - Yoga Instructor



ALBAI COLONY



Panaji, Goa, India
FRM6+2C3, Miramar, Panaji, Goa 403001, India
Lat 15.4824476 / Long 73.8112105
Friday 21 June 2024 09:27:58




Panaji, Goa, India

675, near Singhbal building, Tonca, Caranzalem, Panaji,
Goa 403002, India

Lat 15.4822356 / Long 73.8111833

Friday 21 June 2024 09:17:43

ALBAI COLONY



Sports/Games Selection Trials, Inter-Class Competition,
Inter-Collegiate Participation and Achievements, Organized
By Goa University and Other Affiliated Colleges

Table Tennis Men/Women

On 28th June 2024, V.M. Salgaocar College of Law organized the Table Tennis Men/Women Selection Trials and the Inter-Class Badminton Competition in the college conference hall. The event featured nine participants across both men's and women's categories, each demonstrating skill and sportsmanship.

Men's Table Tennis Category

In the men's category, the following students participated:

1. Sarthak Shetgaonkar (4th BALLB)
2. Siddhant Karpe (5th BALLB)
3. Amogh Bawachikar (TY BALLB)
4. Swayam Chodamkar (TY BALLB)
5. Roland Braganza (TY LLB)

The final match in the men's category was an intense contest between Swayam Chodankar (TY BALLB) and Roland Braganza (TY LLB). Swayam Chodankar emerged as the winner of the inter-class competition with a decisive set score of 11-03, 11-03.

After the trials, Sarthak Shetgaonkar (4th BALLB), Siddhant Karpe (5th BALLB), Amogh Bawachikar (TY BALLB), Swayam Chodamkar (TY BALLB), and Roland Braganza (TY LLB) were selected to represent the college at the Inter-Collegiate Table Tennis Championship organized by Goa University. The team performed admirably, securing the runners-up position against Goa Medical College in a closely contested event held from 16th July to 18th July 2024 at the Shyama Prasad Mukherjee Stadium, Goa University

Women's Table Tennis Category

In the women's category, the participants were:

1. Khushi Naik (3rd BALLB)
2. Simran Kanekar (5th BALLB)
3. Arya Nadkarni (3rd BALLB)
4. Kamakshi Kamat (1st BALLB)

The final match for the women's category saw Khushi Naik (3rd BALLB) competing against Simran Kanekar (5th BALLB). Khushi Naik claimed victory with a set score of 11-03, 11-05.

Following the trials, Khushi Naik (3rd BALLB), Simran Kanekar (5th BALLB), Arya Nadkarni (3rd BALLB), and Kamakshi Kamat (1st BALLB) were chosen to represent the college at the Inter-Collegiate Championship organized by Goa University. The women's team achieved an outstanding result, securing the Winners position against St. Xavier's College, Mapusa, in the event held from 16th July to 18th July 2024 at Shyama Prasad Mukherjee Stadium, Goa University.

Selection Trials and Inter-Class Competition in college Conference

Hall





Table Tennis Women Team Receiving Team Championship Title Winner Trophy



Taleigao, Goa, India

G. R. D. / Indor Stadium, Goa University, Santa Cruz,
Taleigao, Goa 403206, India

Lat 15.4578682 / Long 73.8391495

Thursday 18 July 2024 16:34:18

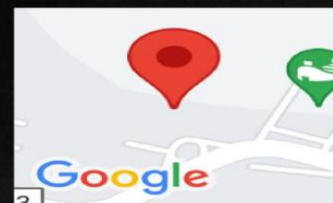


Table Tennis Mens Team Receiving Runners Up Team Championship Trophy

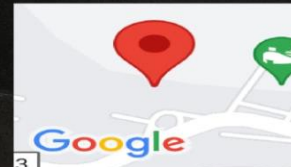


Taleigao, Goa, India

G. R. D. / Indor Stadium, Goa University, Santa Cruz,
Taleigao, Goa 403206, India

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Swayam Chodamkar (TY BALLB) Receiving Best Table Tennis Player award of Inter-Collegiate Table Tennis Championship

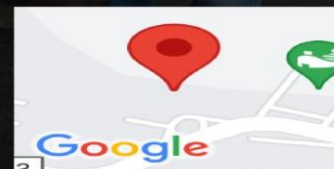


Taleigao, Goa, India

G. R. D. / Indor Stadium, Goa University, Santa Cruz,
Taleigao, Goa 403206, India

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Thursday 18 July 2024 16:26:46



Khushi Naik (3rd BALLB) Receiving Best Table Tennis Player award of Inter-Collegiate Table Tennis Championship

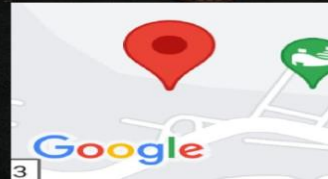


Taleigao, Goa, India

G. R. D. / Indor Stadium, Goa University, Santa Cruz, Taleigao, Goa 403206, India

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Thursday 18 July 2024 16:27:07



THE GOAN
गोवा वार्ता भांगरभूंय



विजेतेपदाचा पुरस्कार स्वीकारताना गेवा मेडिकल कॉलेजच्या संपाचा कर्णधार.



विजेतेपदाचा पुरस्कार स्वीकारताना व्ही. एम. साळगावकरांच्या संपाची कर्णधार.

2/2

गोवा विद्यापीठाची आंतर महाविद्यालयीन टेबल टेनिस स्पर्धा जीएमसी, व्ही. एम. साळगावकर चॅम्पियन

ख्रिळा प्रतिनिधी | गोवा वार्ता

पुणेमध्ये गोवा मेडिकल कॉलेज, बंबोडो (पुणे) (जीएमसी) व व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग, मिगमर (महिला) यांनी गोवा विद्यापीठाच्या आंतर महाविद्यालयीन टेबल टेनिस स्पर्धेत विजेतेपद पटकावले. डॉ. श्याम प्रसाद मुखर्जी इन्स्टीट्यूट ऑफ मेडिकल सायन्स आणि महिला कॉलेज ऑफ नर्सिंग विभागात आंतर महाविद्यालयीन टेबल टेनिस स्पर्धा पार पाडली.

महिलेच्या अंतिम फेरीत व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंगमार्फत गेवा मेडिकल कॉलेजच्या ३-१ असा पराभव केला. अखेरिले कुन्दा हिने मिगमर कॉलेजच्या ११-६, ११-६, ११-६, पुढील महिलेची सर्वोत्कृष्ट खेळाडू खुशी नाईक.

पुरुषांच्या अंतिम फेरीत गेवा मेडिकल कॉलेज, बंबोडो व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग ३-२ असा पराभव



सर्वोत्कृष्ट खेळाडू खुशी नाईक.

सर्वोत्कृष्ट खेळाडू स्वयं चोडणकार.

स्पर्धेतील विजेते व उपविजेत्या संधातील खेळाडू

- व्ही. एम. साळगावकर संप (महिला): खुशी नाईक, सौम्य कानोकर आणि अर्चा नाईक. गेवा मेडिकल कॉलेज (महिला)
- सौम्य कानोकर, अजित कुन्दा, रविशा कुडपडेकर, सिद्धी फावर आणि प्रितीक चेटिंगकर.
- गोवा मेडिकल कॉलेज (पुरुष): कर्तिक अय्यर, इरिन फर्नंडिस, अद्वैत पाणंदीकर, रमन प्रभुदेसाई आणि रजनी सिंग. व्ही. एम. साळगावकर (पुरुष): स्वयं चोडणकार, सार्थक गेटगावकर, अमोघ बाबावीकर, रोहन ब्राह्मण आणि सिद्धार्थ कर्.

केला, कर्तिक अय्यरले अमोघ बाबावीकरचा ११-६, ११-६, ११-२ असा पराभव केला; स्वयं चोडणकारले अद्वैत पाणंदीकरचा ११-३, ११-६, ११-५, ११-५, ११-३, ११-६, ७-११, ११-५, ११-५, ७-११, ११-५, ७-११, ७-११

५-११ असा पराभव केला; डॉन पाणंदीकरले सार्थक गेटगावकरचा ११-३, ११-६, ११-५, ११-५, ११-३, ११-६, ७-११, ११-५, ७-११, ७-११

७-११ असा पराभव केला; अद्वैत पाणंदीकरले अमोघ बाबावीकरचा ११-१०, ११-६, ११-७ असा पराभव केला. कर्तिक चेटिंगकरला पुरुषांच्या अंतिम फेरीत व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग (व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग) सदस्य दीपक चोडणकार अर्चा बालवंत जादव (राजकीय शिक्षण) आणि प्रीति साळगावकर संपाचा, गोवा विद्यापीठ) यांनी उपविजेती होती.

स्पर्धेतील पास्तिफिके

पुरुषांच्या सर्वोत्कृष्ट खेळाडूचा पुरस्कार व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग, मिगमर येथील स्वयं चोडणकारला देण्यात आला. महिलांच्या सर्वोत्कृष्ट खेळाडूचा पुरस्कार व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग, मिगमरच्या खुशी नाईकला मिळाला. तीन दिवसीय आंतर महाविद्यालयीन टेबल टेनिस स्पर्धा एकूण ३० पुरुष आणि २३ महिला संधांनी सहभाग घेतला होता.

होले आणि विजेत्यांना आणि उपविजेत्यांचे पदके आणि ट्रॉफी प्रदान केल्या.

कार्यक्रमाचे प्रमुख खातुने डॉ. अजित चोडणकार (राजकीय निवडणूक-निधी विभागाचे), समन्वयक अर्चा व्ही. चेटिंगरिणी श्रीनिवास राव (सहाय्यी प्राध्यापक व्ही. एम. साळगावकर कॉलेज ऑफ नर्सिंग), गेवा टेबल टेनिस असोसिएशनचे (वर्धना गेवा) सदस्य दीपक चोडणकार अर्चा बालवंत जादव (राजकीय शिक्षण) आणि प्रीति साळगावकर संपाचा, गोवा विद्यापीठ) यांनी उपविजेती होती.

GOA UNIVERSITY INTER COLLEGIATE TABLE TENNIS CHAMPIONSHIP

GMC, VM Salgaocar College emerge champions

THE GOAN | NETWORK

PANAJI

The First Goa University Inter Collegiate Table Tennis Championship 2024-2025 for men and women was held at Dr. Shyama Prasad Mukherjee Indoor Stadium, Goa University Campus, Taleigao, recently.

V. M. Salgaocar College of Law, Miramar won the women's title and Goa Medical College, Bambolim won the men's title.

In the women's finals, V M Salgaocar College of Law, Miramar defeated Goa Medical College 3-1.

Abigail Cunha defeated Simran Kanekar 11-6, 11-6, 11-8; Khushi Naik defeated Sachi Kerkar 10-12, 6-11, 3-11; Arya Nadkarni defeated Ravisha Kudchadkar 11-13, 6-11, 11-13; Khushi Naik defeated Abigail Cunha 3-11, 8-11, 5-11.

In the men's finals, Goa Medical College, Bambolim defeated V M Salgaocar Col-



THE WINNING TEAMS: VM Salgaocar College of Law, Miramar Women's team: Khushi Naik, Simran Kaneka and Arya Nadkarni. [Right] Goa Medical College Men's team: Kartik Iyer, Darin Fernandes, Aadvik Panandikar, Raman Prabhudessai and Rajnish Singh

lege of Law 3-2.

Karthik Iyer defeated Amogh Bawachikar 11-6, 11-6, 11-2; Swayam Chodankar defeated Aadvik Panandikar 11-7, 12-14, 7-11, 11-5, 5-11; Darin Fernandes defeated Sarthak Shetgaonkar 11-3, 11-6, 11-5; Swayam Chodankar defeated Karthik Iyer 14-12, 11-6, 8-11, 8-11, 8-11; Aadvik Panandikar defeated

Amogh Bawachikar 12-10, 11-8, 11-7.

The Best Player in Men was awarded to Swayam Chodankar from V M Salgaocar College of Law, Miramar.

The Best Player in Women was awarded to Ms. Khushi Naik from V M Salgaocar College of Law, Miramar.

Altogether 37 men's and

23 women's teams participated in the three-day championship.

The following dignitaries attended and presented medals and trophies to the winners and runners-up during the presentation ceremony:

The Chief Guest for the presentation was Dr Ashok Chodankar, Controller of

Examination Goa University; Guest of Honor Dr Kotagiri Srinivasa Rao, Associate Professor V M Salgaocar College of Law; Guest of Honor: Deepak Chodankar, Member of Goa Table Tennis Association (South Goa); Chief Referee along with Balachandra B. Jadar, Asst. Director of Physical Education and Sports, Goa University.



Judo Men/Women

On July 25, 2024, the selection trials for Judo (Men and Women) were conducted at the Sag Campal Sports Complex. A total of 12 men and 12 women were selected across various weight categories to represent our college in the upcoming Intercollegiate Judo Championship.

In the Men's Category:

1. Vilroy D'souza, a 1st-year LLM student, won a Gold Medal and was awarded the prestigious Best Judoka title by Goa University.
2. Vedarsh Malhar, SY LLB, secured a Gold Medal.
3. Advait Kumar, 4th-year BALLB, earned a Silver Medal.
4. Mervyn Denazareth achieved a Bronze Medal.

Vilroy D'Souza, Vedarsh Malhar got selected to represent Goa University at South-West zone Inter-University, Judo Men Championships 27th to 30th November, 2024 LNCT Bhopal.

In the Women's Category:

1. Iram Khatri, 4th-year BALLB, secured a Gold Medal
2. Isha Fernandes, TY BALLB, also won a Gold Medal and was awarded the prestigious Best Judoka title by Goa University
3. Priti Kalmankar, SY LLB, claimed another Gold Medal.
4. Siya Gosavi, 5th-year BALLB, achieved a Silver Medal.
5. Vishaka Malik, 1st-year LLM, Sanskriti Amonkar 3rd year Ballb and Lynelle Fernandes, 4th-year BALLB, both secured Bronze Medals.

Iram Khatri, Isha Fernandes, Priti Kalmankar got selected to represent Goa University at South-West zone Inter-University, Judo Men Championships 22nd to 25th November, 2024 LNCT Bhopal.

Our teams demonstrated exceptional skill and dedication, which led to an Overall Team Championship victory in both the Men's and Women's categories.

Selection Trials of Judo Men/Women Team



Judo Men/Women Team Receiving Team Championship Trophys



ज्युडो स्पर्धेत साळगावकर कॉलेज सर्वोत्तम

क्रीडा प्रतिनिधी
मडगाव

हल्लीच गोवा विद्यापीठाने आयोजित केलेल्या आंतर कॉलेज पातळीवरील ज्युडो अजिंक्यपद स्पर्धेत मिरामारच्या व्ही. एम. साळगावकर कायदा कॉलेजने सुवर्णीय कामगिरी केली. गोवा विद्यापीठाच्या ज्युडो हॉलमध्ये झालेल्या या स्पर्धेत साळगावकर कायदा कॉलेजच्या पुरुष व महिला या दोन्ही संघांनी सांघिक जेतेपदे प्राप्त करून सर्वोत्तम दुहेरी किताब प्राप्त केले.

पुरुषांच्या गटात विल्रॉय डिसोझाने १०० किलोवरील वजनीगटात तसेच वेदार्थ मल्हारने ७२ किलो वजनीगटात सुवर्णपदके मिळविली. याव्यतिरिक्त १०० किलो वजनीगटात अद्वैत कुमारने रौप्य तर मर्वीन दी नाझारेथने ९० किलो वजनीगटात कास्यपदके प्राप्त केले. स्पर्धेत केलेल्या शानदार कामगिरीच्या बळावर विल्रॉय डिसोझाला स्पर्धेतील उत्कृष्ट ज्युडोपटू पुरस्कार मिळाला.



पणजी : १) आंतर कॉलेज ज्युडो स्पर्धेत दुहेरी किताब मिळविलेले साळगावकर कायदा कॉलेजचा संघ. २) स्पर्धेत सर्वोत्कृष्ट ज्युडोपटूंचा पुरस्कार मिळविलेले विल्रॉय डिसोझा व इशा फर्नांडिस.

महिला संघानेही सांघिक जेतेपद मिळविताना उत्कृष्ट कामगिरी केली.

त्यांच्या इराम खत्रीने ७८

किलोवरील वजनीगटात, प्रीती कलमानकरने ७८ किलोखालील वजनीगटात तर इशा फर्नांडिसने ७० किलोखालील वजनीगटात

सुवर्णपदके मिळविली. याव्यतिरिक्त साळगावकर कायदा कॉलेजच्या सिथा गोसावीने ७० किलोखालील वजनीगटात

रौप्य तर संस्कृती आमोणकरने ५७ किलोखालील वजनीगटात, लीनेल लोबोने ६३ किलोखालील वजनीगटात आणि विशाखा मळीकने

७८ किलोखालील वजनीगटात कास्यपदके मिळविली. कॉलेजच्या इशा फर्नांडिस हिला उत्कृष्ट महिला ज्युडोपटूचाही बहुमान मिळाला.

Vilroy D'souza and Isha Fernandes awarded the prestigious Best Judoka title by Goa University in the championship



Women Team Clinches Judo Team Championship Title For the 2nd consecutive year



VMS Law College clinch women's judo title

Isha Fernandes wins best Judoka-Women in Inter-Collegiate

Staff Reporter
Taleigao

VM Salgaocar College of Law clinched first place in the Women's Inter-Collegiate Judo Championship organized by Goa University at the Jubilee Hall, Goa University, Taleigao.

Inter-Collegiate Women's Judo

Vidya Prabodhini College of Commerce, Education, Computer and Management, Porvorim secured the runner-up position while the third place was shared by Narayan Zantye College of Commerce, Bicholim, Goa Medical College and Hospital, Bambolim and Goa College of Home Science, Campal.

In the Upto 70kg category, VM Salgaocar's Isha Fernandes secured gold while Siya Gosavi clinched silver. Rosary's Valisa Rebelo and GC Khandola's Sakshi Shinde shared the bronze.



The winners pose with trophy along with officials at Goa University.

In the Upto 78kg, VMS's Priti Kalmankar claimed gold while Damodar's Shravani Wagh and VMS's Vishaka Malik shared silver. Prabodhini's Rucha Shet secured bronze.

VM Salgaocar's Isha Fernandes was awarded the Best Judoka-Women for her performance.

HIGHLIGHTS

Upto 70kg

- ▶ **Gold:** Isha Fernandes (VMS Law College)
- ▶ **Silver:** Siya Gosavi (VMS Law College)
- ▶ **Bronze:** Valisa Rebelo (Rosary College), Sakshi Shinde (GC, Khandola)

Upto 78kg

- ▶ **Gold:** Priti Kalmankar (VMS Law College)
- ▶ **Silver:** Shravani Wagh, (Damodar College), Vishaka Malik (VMS Law College)
- ▶ **Bronze:** Rucha Shet (Prabodhini College)

Above 78kg

- ▶ **Gold:** Iram Khatri, (VMS Law College)
- ▶ **Silver:** Numa Subba (Damodar College)
- ▶ **Bronze:** M Mulla (Rosary College), B Barigeldad (Prabodhini College)

VM Salgaocar clinch judo title

Vilroy awarded best Judoka; Pravin, Rama secure gold in respective events



The men's judo champion Vilroy (Blue) with other winners alongside dignitaries and officials at Taleigao.

Staff Reporter
Taleigao

VM Salgaocar College of Law triumphed in the Men's Inter-Collegiate Judo

Championship recently organized by Goa University at the Jubilee Hall, Goa University, Taleigao.

Rosary College of Commerce and Arts, Nave-

Inter-Collegiate Men's Judo

lim secured the runner-up position while the third place was shared by Dnyan-

prassarak Mandal's College and Research Centre, Assagao, VVM's Shree Damodar College of Commerce and Economics, Margao and Govern-

ment College of Arts, Science & Commerce, Sanquelim. VM Salgaocar's Vilroy D'Souza was awarded the Best Judoka-Men for his performance.

HIGHLIGHTS

Above 100kg

- ▶ **Gold:** Vilroy D'Souza
- ▶ **Silver:** Prabin Fernandes
- ▶ **Bronze:** Yeshwant Chari
- ▶ **Bronze:** Pritesh Jadhav

Upto 90kg

- ▶ **Gold:** Pravin Burange
- ▶ **Silver:** Yash Velpi
- ▶ **Bronze:** Mervyn Nazareth
- ▶ **Bronze:** Shahid Shaikh

Upto 81kg

- ▶ **Gold:** Rama Maulingkar
- ▶ **Silver:** Sitam Swain
- ▶ **Bronze:** Balraj Yadav
- ▶ **Bronze:** Suyash

Weightlifting Men/Women

WeightLifting Women

The 1st Inter-College Women Weightlifting Championship was organized by St. Xavier's College, Mapusa. The event witnessed remarkable performances, showcasing the talent and dedication of the participants

Iram Khatri secured the Gold Medal, demonstrating exceptional skill and strength.

Lynelle Fernandes earned the Bronze Medal, adding another accolade to our college's achievements.

Ms.Iram Irshad Khatri



Participants

- 1.kalla Chaitrali 4th BALLB
2. Sinali Gaonkar TY LLB
3. Anabel Noronha 4th BALLB
4. Megha Dhicholkar SY BALLB
- 5.Priti kalmankar TY LLB
6. Iram Irshad Khatri 4th BALLB
7. Lynelle Fernandes 4th BALLB

Women Weightlifting Team



Weightlifting Man

The Sports Department of V.M. Salgaocar College of Law conducted selection trials Weightlifting on 5th July 2024 at the college premises. The trials aimed to identify skilled athletes to represent the college in the intercollegiate championships.

Weightlifting Selection Trials

Date: 5th July 2024

Participants: 14 students

In the Weightlifting trials, 14 students competed across various weight categories. Out of these, 12 students qualified to represent the college in the intercollegiate championship. The college achieved commendable success in the championship, securing a total of three medals:

Silver Medals: Manjish Otavenekar and Vedarsh Malhar
Bronze Medal: Dhruv Kumar and Omkar Parwar

1	Omkar Parwar	SYLLB
2	Nivan Braganza	5TH YEAR

3	Keval Shirodkar	SY BALLB
4	Vedarsh Malhar	SYLLB
5	Manjish Otavanekar	FY LLB
6	Ajinkya Raut	4TH BALLB
7	Swayam Naik	SYLLB
8	Sahil Vengurlekar	SYLLB
9	Sahil Naik	SYLLB
10	Gladwin D'souza	FYBALLB
11	Dhruv Kumar	5TH YEAR
12	Hritivik Pangam	5TH YEAR

Weightlifting Practice Session



**Silver Medals: Manjish Otavenekar
Bronze Medal: Dhruv Kumar and Omkar Parwar**



Mr. Vedarsh Malhar Silver Medalist



Mr.Omkar Parwar Reciving Bronze Medal



Mr.Manjish Otavenekar Silver Medalist



Men's Physique

Men's Physique, 6 students qualified to represent the college in the Inter-Collegiate championship. Their efforts were rewarded with impressive results:

1	Vedarsh Malhar	SY LLB
2	Vanshvardhan Mandrekar	FY LLB
3	Dhruv Kumar	5TH BALLB
4	Om Parab	SYBALLB
5	Tej Volvoikar	SYBALLB
6	Deepam Naik	4TH BALLB

Silver Medal: Vedarsh Malhar

Bronze Medal: Dhruv Kumar

These accomplishments in Men's Physique highlight the dedication and athleticism of our students, reinforcing the college's strong presence in competitive sports. The Sports Department congratulates all participants and medalists for hard work and commitment.

Team



Mr. Vedarsh Malhar Secured Silver Medal



Mr. Dhruv Kumar Bronze Medalist



Mr. Vanshvardhan Mandrekar secured 4th Position



Mr. Tej Volvoikar



Taekwondo Man/Women

The Taekwondo Men/Women trials were organized on 11th July 2024 in the college conference hall. A total of 20 students participated across different weight categories. The women's category saw remarkable results, with Kareena Shirodkar winning the gold medal, which qualified her for participation at the All-India Inter-University Taekwondo Championship. Additionally, Miss Gauri Temkar secured the bronze medal, while Siya Gosavi earned the silver medal.

The successful completion of these trials highlights the dedication and skill of our students, and we look forward to their outstanding performances in forthcoming competitions.

Women Participation

VARADA NATEKAR	BALLB
SAISHA SATYAVAN SATARDEKAR	LLB
UNNATI NAIK	LLB
ISHA KHALAP	BALLB
SUSHMA MADKAIKAR	BALLB
RIYA HARMALKAR	BALLB
CIYA FERNANDES	BALLB
KAREENA SHIRODKAR	LLM
ASTHA KAMAT	BALLB
SIYA GOSAVI	BALLB
PRITI KALMANKAR	LLB
GAURI B. TEMKAR	LLB
ANUSHREE A. NAIK	BALLB

Man Participation

1	Yash Harmalkar	BALLB
2	ALOK NAIK	LLB
3	Nilkhant Parab	LLB
4	MANJISH OTAVANEKAR	LLB
5	Amay Harmalkar	LLB
6	UDHAV NAIK	LLB
7	Prajwal Bhaip	BALLB

- Ms. Kareena Shirodkar Clinched Gold Medal
- Ms. Siya Gosavi earned the silver Medal
- Ms. Gauri Temkar secured the Bronze Medal



Women Taekwondo Team

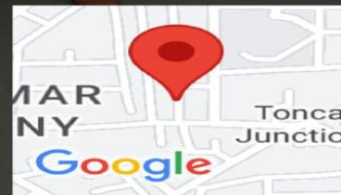


Panaji, Goa, India

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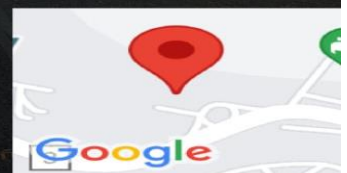


Taleigao, Goa, India

G. R. D. / Indor Stadium, Goa University, Santa Cruz,
Taleigao, Goa 403206, India

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Swimming Men/Women

The swimming trials were held on 10th July 2024 at the SAG Campal Swimming Pool. A total of 7 students participated, competing in various events, and all participants were selected to represent the college at the upcoming intercollegiate tournament. Notably,

Sparsh Naik, a student of SY BALLB, showcased an impressive performance by winning the **Silver Medal** in the backstroke event.

Men's Participants

Sankalp Talwadkar	BALLB
Mithilesh Pokle	LLB
Raul D'Souza	LLB

Women Participants

Shivli Veluskar	LLB
Sparsh Naik	BALLB
Veda Kamat	BALLB
Aarushi Goyal	BALLB

Intercollegiate Swimming Championship



Ms. Sparsh Naik Silver Medalist



Swimming Men/Women Team



Chess Mix

On 8th July 2024, V.M. Salgaocar College of Law held its Chess Mix Selection Trials in the college library. A total of 18 students participated, organized event.

The participants were divided into two groups, Group A and Group B, to manage the rounds efficiently and ensure fair competition. Each player was allocated 15 minutes per game, and they competed in 4 rounds, following a structured fixture. This format provided a balanced platform, allowing players to demonstrate both their strategic depth and time management under competitive conditions.

The participants included:

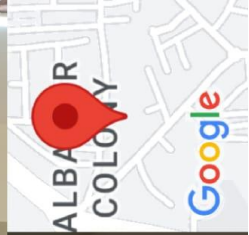
1. Sanskriti Naroji (5th BALLB)
2. Simran Pednekar (5th BALLB)
3. Siya Kumbar (4th BALLB)
4. Anushree Naik (4th BALLB)
5. Shruti Joshi (SY LLB)
6. Vishwata Bandodkar (TY LLB)
7. Vedanti Anand Manerkar (5th BALLB)
8. Shambhavi Manerkar (2nd LLB)
9. Achal Candodkar (4th BALLB)
10. Bhoomi Naik (SY BALLB)
11. Avira Kurtikat (SY BALLB)
12. Vishank Shirodkar (TY LLB)
13. Chirag Tilve (TY LLB)
14. Shwetang Ghanekar (TY LLB)
15. Nilkanth Parab (TY LLB)
16. Tanay Parsekar (TY LLB)
17. Ghanashyam Naik (FY BALLB)
18. Shreyash Lotlikar (FY BALLB)

Miss Aishwarya Thorat, appointed as the subject expert, conducted the selection trials, closely monitoring each game. Her expertise ensured a smooth selection process.

Following the rounds, the top-performing players were chosen to represent V.M. Salgaocar College of Law at the forthcoming Inter-Collegiate Chess Championships organized by Goa University held on 23rd to 24th July 2024 at Goa University indoor stadium

Sanskriti Shripad Naroji	5th BALLB
Avira Shivanand Kurtikar	2nd BALLB
Chirag Deepak Tilve	3rd LLB
Vishank Vasudev Shirodkar	3rd LLB
Shreyash Dilip Lotlikar	4th BALLB

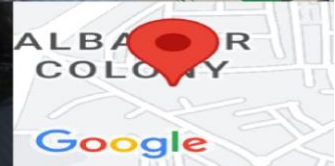




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Tuesday 09 July 2024 16:43:22



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Badminton Men/Women

The badminton Men/Women selection trials and interclass Badminton competition was organized on 13/07/2024 at Campal indoor sports complex. altogether 22 students participated in men/women category.

On women category Saumya Mandrekar (FY BALLB), Hiral Kenaudekar 4th BALLB, Isha Khalap 4TH BALLB, Sanika Alornekar (FY BALLB), Diya Dhargalkar (SY BALLB), Simran Naik (TY LLB) & Arya Haldankar (5th BALLB) participated in the event.

In men's category Arnav Desai (SY BALLB), Swayam Fal Dessai (SY BALLB), Tej Volvoikar (SY BALLB), Sahil Pednekar (SY BALLB), Asif Khan (5th BALLB), Dylan Oliveira (TY LLB), Clinton De' Souza (FY LLM), Prataprao Naik (SY LLM), Amogh Bawachikar (TY BALLB), Akshat Bhobe (SY BALLB), Raul Dsouza (SY LLB), Mithilesh Pokle (SY LLB), Sahil Naik (SY LLB), Ashraf Agha (TY BALLB), Aalok Halarnkar (TY BALLB), Akshat Bhobe (SY BALLB).

The final match played between Diya Dhargalkar (SY BALLB) vs Sanika Alornekar (FY BALLB). Sanika Alornekar won the competition with a score for set one 21-04 and set two 21-11.

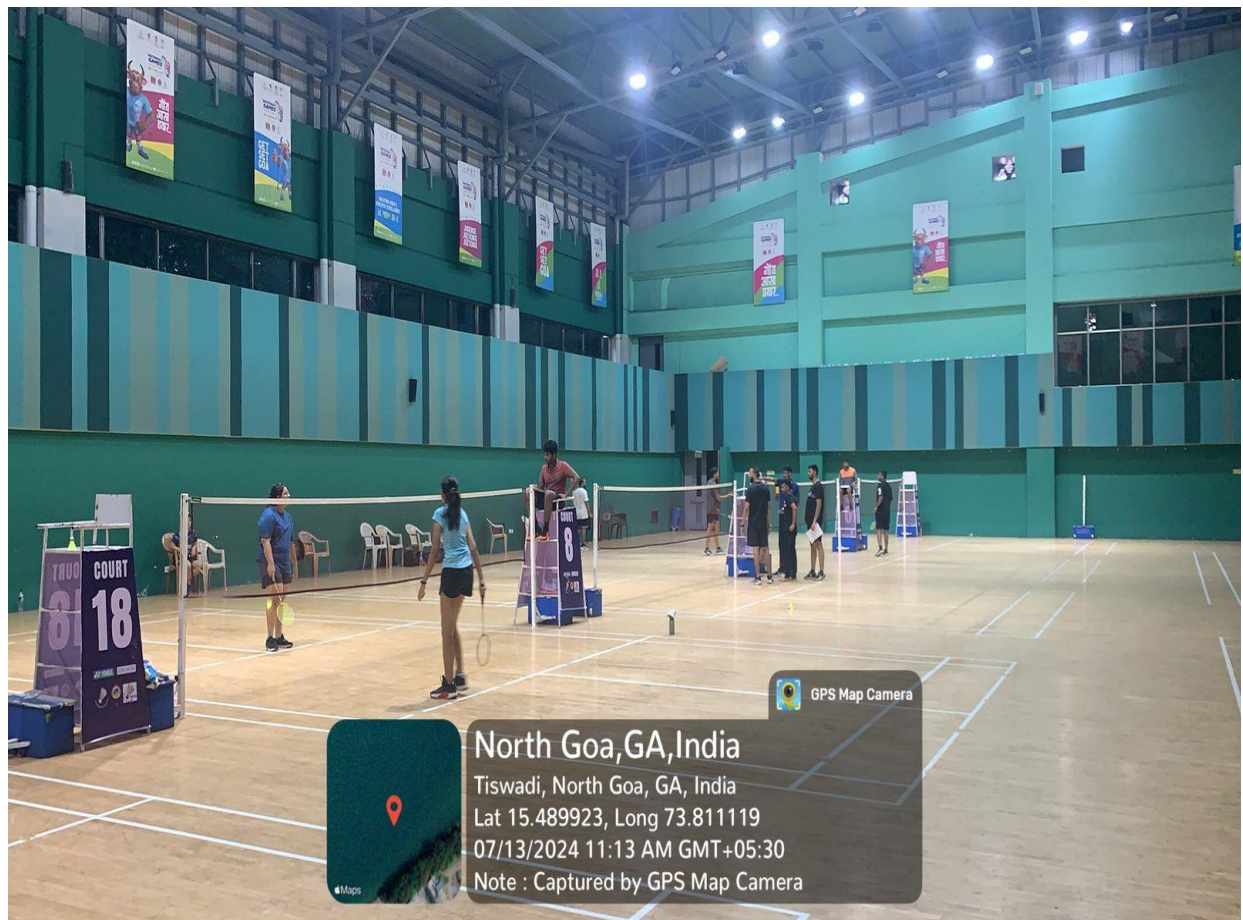
Four badmintoners selected to represent our college at inter collegiate championships organised by Goa University, namely Hiral Kenaudekar 4th BALLB, Sanika Alornekar (FY BALLB), Diya Dhargalkar (SY BALLB), Arya Haldankar (5th BALLB).

The final match was played between Ashraf Agha ((TY BALLB) vs Arnav Desai (SY BALLB). final match won by Ashraf Agha (TY BALLB) win score in set one 21-15, set two 21-17.

7 players were selected to represent our college at inter collegiate championships organised by Goa University, namely Ashraf Agha ((TY BALLB), Arnav Desai (SY BALLB), Swayam Fal Dessai (SY BALLB), Sahil Pednekar (SY BALLB), Aalok Halarnkar (TY BALLB), Clinton De' Souza (FY LLM), Akshat Bhobe (SY BALLB)

Men/Women team participated Inter collegiate tournament on 30th July to 2nd August 2024 at SAG Campal indoor complex. Both the teams showed exception performance.

Inter Class Badminton Men/Women Competition and Selection Trials



Football Men/Women

The football selection trials for both men and women were successfully conducted on 04/09/2024 at Government Village Panchayat School Ground, St. Cruz, Tiswadi Taluka with a total of 41 student participants. The trials were overseen by subject expert Ryan Fernandes D License holder, who evaluated and selected players for the college teams. 22 players got selected from men's team and 16 players from Women's team.

Men's Team

After the trials, the men's team played a friendly match against the Goa University team on 020/09/2024 at Goa University Ground. Our team secured a victory with a score of 2-1, demonstrating excellent coordination and skill on the field. After rigorous practice matches, the most important moment arrived on 26th September, 2024 our team faced Fr. Agnel Pilar College, last year's runners-up, at the intercollegiate Championships. With potential and determination and exceptional teamwork, our players gave their 100% and delivered an outstanding performance.

1	SAMFERD NORONHA	4TH BALLB
2	UDHAV B. NAIK	TY LLB
3	ANISTRO FERNANDES	TY BALLB
4	KEVAL SHIRODKAR	SY BALLB
5	PEARCE D'SOUZA	SY BALLB
6	OMKAR PAWAR	SY LLB
7	ASIF KHAN	5TH BALLB
8	ADITYA VENGURLEKAR	SY LLB
9	SHOAIB SHAIKH	SY BALLB
10	AALOK HALARNKAR	TY BALLB
11	PRANAY MURGAONKAR	SY BALLB
12	JAMES JESUS CARDOZO	SY BALLB
13	SHIVAM C. KALANGUTKAR	5TH BALLB
14	VALENTIM ANTONIO SHAINÉ	4TH BALLB
15	GOPAL SHETKAR	SY LLB
16	MARC SOUSA	FY BALLB

17	SIDDHANT SAWANT	5TH BALLB
18	DEVANG NAIK	TY LLB
19	MYLEN D'SOUZA	TY LLB
20	AYUSH FADTE	4TH BALLB
21	ASHUTOSH KERKAR	TY LLB
22	PRATHAMESH GAONKAR	SY BALLB

Practice Sessions



Practice Match at Goa University Ground



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 Note : Captured by GPS Map Camera

V.M. Salgaocar College Man's Football Team



Women's Team

The women's team participated in the Intercollegiate Championship, where they played three rounds and successfully qualified for the quarterfinals. This advancement reflects the team's determination and strong competitive spirit.

Mackline Sara Ribeiro	3RD LLB
Apurva Vaigankar	3RD LLB
Ahlia Hussain	4th BALLB
Anabel Noronha	4th BALLB
Divya Tuenkar	2nd LLB
Megha Dicholkar	SY BALLB

Ashmisha Hadkonkar	FY BALLB
Pooja Thakur	TY LLB
Hardika Korgaokar	4th BALLB
Sanjana Patyekar	TY LLB
Sakshi Naik	2nd BALLB
Dilivia Dias	3rd BALLB
Reeya Shetye	TY LLB
Priti Kalmankar	SY LLB
Samiksha Dantye	4th BALLB
Yashasvi Volvoikar	FY BALLB

Women Selection Trials



X-Country Women

On July 29, 2024, the Cross-Country Selection Trials for both men and women took place at the Campal Joggers Park. The competition covered a distance of 5 kilometers. In the Women's Category, 5 students participated and qualified to compete at the Intercollegiate Championship.

Our college women's team showcased an outstanding performance at the 10km X-Country inter-collegiate Championship. Their endurance and team spirit were truly commendable. Held on 17th August 2024 AT Goa University plateau.

Selection Trials





Shot on OnePlus

Inter-Collegiate X-Country Championship



Taleigao, Goa, India

FR5P+F2R, Goa University, Taleigao, Santa Cruz, Goa
403206, India

Lat 15.4587064 / Long 73.8349123

Saturday 17 August 2024 10:00:54



Tennikoit Men/Women

The selection trials for Tennikoit (Men and Women) were conducted on 16th August 2024 at the college premises. A total of 13 students participated, including 7 women and 6 men. The matches were played in a best-of-three sets format, with each set comprising 11 points for both men and women categories. The selection process followed a knockout round format. After intense competition, 5 men and 5 women were successfully selected to represent the college.

All 10 selected students will participate in the Intercollegiate Tennikoit Championship, organized by Goa University from 24th to 27th October 2024.

Men Participants

1	Shaikh Khalandar	TY BALLB
2	Sahil Bandodkar	TY BALLB
3	Rutvik Babholkar	TY BALLB
4	Prabhat Nagar	TY LLB
5	Shwetang Ghanekar	TY LLB

Women Participants

1	Sanika Pal	FY BALLB
2	Dikshita Calangutkar	5TH BALLB
3	Shaina Reddy	4TH BALLB
4	Riya A. Agarwadekar	5TH BALLB
5	Prapti Naik Gaunekar	5TH BALLB

Tennikoit Men's Team



Kabaddi Men/Women

The selection trials for Kabaddi (Men and Women) were held on 12th August 2024 at the college premises.

Women's Category

A total of 12 participants competed in the women's category. After evaluating their performance, all 12 players were selected to represent the college at the Intercollegiate Kabaddi Championship, scheduled to be held from 27th to 30th August 2024, organized by Goa University.

Men's Category

In the men's category, only 8 students participated in the trials. As per the eligibility criteria, a minimum of 10 participants is required to form a team for the intercollegiate championship. Unfortunately, due to insufficient numbers, the college's men's team was disqualified from participating in the championship.

Kabaddi Women Team Participation



State Level Participation and Achievements

Ms. **Iram Irshad Khatri** (4TH BALLB) **Silver Medal** in Goa State Junior Deadlift Championship on 28th July 2024 organized by GSBPA Goa



Ms. **Iram Irshad Khatri** (4TH BALLB) **Silver Medal** in Goa State Junior Deadlift Championship on 18th August 2024 held at Harmala, Goa



Ms. **Iram Irshad Khatri** (4TH BALLB) Secured **Gold Medal** in Goa State Junior Bench Press Championship on 1st September 2024(selected to represent Goa in National Classic and Equipped Bench-press Championship October 2024) at Vasco.

Ms.**Iram Irshad Khatri** (4TH BALLB) Secured **Silver Medal** in Goa State Senior Bench-press Championship on 1st September 2024 at Vasco.





Mr. **Dhruv Kumar** (5TH BALLB) Secured **Silver Medal** all Goa elite & under 19 State Boxing championship 2024-2025, held at Boxing Hall Peddem, Mapusa Organized by Goa Amateur Boxing Association from October 08/10/2024.

Ms. **Isha Fernandes** (TY BALLB) Secured **Gold Medal** at all Goa elite & under 19 State Boxing championship 2024-2025, held at Boxing Hall Peddem, Mapusa Organized by Goa Amateur Boxing Association from October 08/10/2024





Mr. **Swayam Naik** (SY LLB) Secured **Gold Medal** at All Goa Deadlift Competition organized by ROB'S FITNESS CENTRE on 10th November 2024, at Corlim panchayat hall.

Ms. **Sonali Gaonkar** (TY LLB) secured **2nd place** in All Goa Bench Press Championship held at Tilak Maidan Gymnasium, Vasco Goa on 25th August 2024, Organized by GSBPA.

Open National Level and All India Inter-University Achievements

Ms. Iram Irshad Khatri secured **Bronze Medal** in 33rd open National Junior Classic Bench-Press Championship on 16th October 2024 held at Ravindra Bhawan, Vasco- Goa

22-10-2024



#PRIMEGOA



IRAM KHATRI WINS BRONZE

PRIME UPDATE

Iram Irshad Khatri from SAG Campal won a bronze medal in the +84kg category at the 33rd National Junior Classic Benchpress Championship in Vasco on October 16, 2024, coached by Tanuj Kinelkar and Lavu Govekar, excelling against competitors from over 10 states.

Prime TV Goa



YOUR VOICE . YOUR CHANNEL



- Ms. Sonali Gaonkar (TY LLB) participated at 33rd open National Junior Classic Bench-Press Championship on 16th October 2024 held at Ravindra Bhawan, Vasco- Goa.
- Ms. Megha Dicholkar (SY BALLB) participated at 33rd open National Junior Classic Bench-Press Championship on 16th October 2024 held at Ravindra Bhawan, Vasco- Goa.

Ms. **Kareena Shirodkar** (SY LLM) after clinching Gold medal at Inter Collegiate Taekwondo Championship, selected to participated at All India Inter University Taekwondo Championship held at Guru Nanak Dev University Amritsar Punjab from 12th to 15th November,2024.



Five talented Judo players from our college have been selected to represent Goa University at the South-West Zone India Inter-University Judo Men/Women Championship. Their exceptional performances during the intercollegiate tournaments and rigorous selection trials have earned them this prestigious opportunity.

- **Mr. Vilroy D'Souza** and **Mr. Vedarsh Malhar** got selected to represent Goa University at South-West zone Inter-University, Judo Men Championships 27th to 30th November, 2024 LNCT Bhopal.
- **Ms. Iram Khatri, Ms. Isha Fernandes, Ms. Priti Kalmankar** got selected to represent Goa University at South-West zone Inter-University, Judo Men Championships 22nd to 25th November, 2024 LNCT Bhopal.



Goa University organized the selection trials for the Men/Women Weightlifting category on 21st October 2024, at Jubilee Hall, Goa University. The trials witnessed active participation from several colleges across the state.

The organizers conducted qualifying attempts to select the best candidate to represent Goa University at the upcoming South Zone India Inter-University Weightlifting Championships. Among the participants, **Ms. IRAM IRSHAD KHATRI emerged as the only athlete to qualify successfully.**

Ms. IRAM IRSHAD KHATRI will represent Goa University at the prestigious South Zone India, Inter-University Weightlifting Championship, scheduled to be held from November 26th to 29th 2024, at Acharya Nagarjuna University, Guntur, Andhra Pradesh.



- **Dr. Shailendra Gaonkar**, Director of Physical Education and Sports, **V. M. Salgaocar College of Law, Miramar**. Appointed as the manager to accompany the Goa University Badminton team, to participate at West Zone Badminton Men Championships 2024-2025 held at Sage University, Bhopal from 12th to 16th November, 2024.