

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



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

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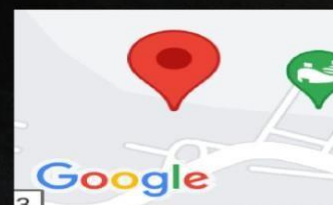


Table Tennis Mens Team Receiving Runners Up Team Championship Trophy

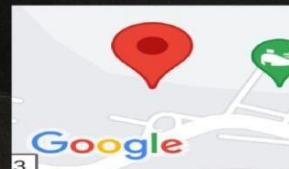


Taleigao, Goa, India

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

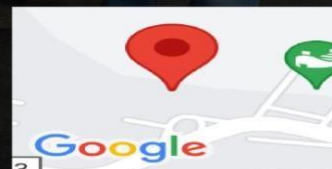


Taleigao, Goa, India

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

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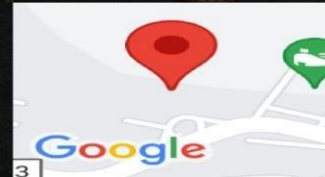


Khushi Naik (3rd BALLB) Receiving Best Table Tennis Player award of Inter-Collegiate Table Tennis Championship



Taleigao, Goa, India

G. R. D. / Indor Stadium, Goa University, Santa Cruz, Taleigao, Goa 403206, India
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THE GOAN
गोवन वार्ता भोंगरभूंय



विजेतेपदाचा पुरस्कार स्वीकारताना गोंय मेडिकल कॉलेजच्या संघाचा कर्णधार.

विजेतेपदाचा पुरस्कार स्वीकारताना व्ही. एम. साळगावकराचा संघाची कर्णधार.

2/2

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

क्रीडा प्रतिनिधी | गोवन वार्ता

पणजी : गोंय मेडिकल कॉलेज, बंबोले (पुणे) (व्हीएमसी) व व्ही. एम. साळगावकर कॉलेज ऑफ लॉ, मिरामर (महिला) यांनी गोंय विद्यापीठाच्या आंतर महाविद्यालयीन टेबल टेनिस स्पर्धेत विजेतेपद पटकावले. डॉ. श्याम प्रसाद मुखर्जी इन्स्टीट्यूट ऑफ मेडिकल सायन्स येथे पुरुष आणि महिलांमध्ये झेब्रॉन्क स्पोर्ट्स कॉलेजच्या पुरस्कार व्ही. एम. साळगावकर कॉलेज ऑफ लॉ, मिरामरच्या सुशी नाईकने मिळाले. तीन दिवसीय आंतर महाविद्यालयीन टेबल टेनिस स्पर्धा या पडले.

महिलांच्या अंतिम फेरीत व्ही. एम. साळगावकर कॉलेज ऑफ लॉ, मिरामरने गोंय मेडिकल कॉलेजच्या 3-1 असा पराभव केला. अखेरिले कुन्दा हिने मिरामर कॉलेजच्या 11-6, 11-6, 11-6, शुद्धी नाईकने सवयी केलेल्या 10-12, 6-11, 3-11 असा, आर्मी नाइटवॉल्फने शीखा कुडवडकरच्या 11-13, 6-11, 11-13 असा पराभव केला तर सुशी नाईकने अखेरिले कुन्दा हिचा 3-11, 6-11, 4-11 असा पराभव केला.

पुरुषांच्या अंतिम फेरीत गोंय मेडिकल कॉलेज, बंबोलेने व्ही. एम. साळगावकर कॉलेज ऑफ लॉला 3-2 असा पराभव



सर्वोत्कृष्ट खेळाडू सुशी नाईक.

सर्वोत्कृष्ट खेळाडू स्वयं चोडणकर.

स्पर्धेतील विजेते व उपविजेत्या संघातील खेळाडू

- व्ही. एम. साळगावकर संघ (महिला) : सुशी नाईक, सौम्य कर्णिकर आणि आर्मी नाईक, गोंय मेडिकल कॉलेज (महिला) ; सौबी केकर, अविनाश कुन्नु, रंजिता कुडवडकर, सिद्धी पवार आणि प्रितिका वेदिगावकर.
- गोंय मेडिकल कॉलेज (पुरुष) : कर्णिक अय्यर, इरिन फर्नान्डिस, अर्जुन पाणोटीकर, रमन प्रभुदेसाई आणि रजनी सिंग व्ही. एम. साळगावकर (पुरुष) : स्वयं चोडणकर, सार्क सेतगावकर, अमोघ बाबाीकर, रोलंड ब्रायंड आणि सिद्धांत कर्णे.

केला, कॉलेज अय्यरने अमोघ बाबाीकरचा 11-6, 11-6, 11-2 असा पराभव केला; स्वयं चोडणकरने अर्जुन पाणोटीकरचा 11-3, 11-5, 11-4 असा, स्वयं चोडणकरने कर्णिक अय्यरचा 11-3, 11-5, 11-4, 11-4, 11-4, 11-4 असा पराभव केला; डॉल फर्नांडिसने सार्क सेतगावकराचा 11-3, 11-5, 11-4 असा, स्वयं चोडणकरने अमोघ बाबाीकरचा 11-3, 11-5, 11-4 असा पराभव केला. यवडेस वितल सामरेला पुरिल मान्यर उर्वसिले.

स्पर्धेतील पास्तिोफिके

पुरुषांमधील सर्वोत्कृष्ट खेळाडूचा पुरस्कार व्ही. एम. साळगावकर कॉलेज ऑफ लॉ, मिरामर येथील स्वयं चोडणकरला देण्यात आला. महिलांमध्ये सर्वोत्कृष्ट खेळाडूचा पुरस्कार व्ही. एम. साळगावकर कॉलेज ऑफ लॉ, मिरामरच्या सुशी नाईकने मिळाले. तीन दिवसीय आंतर महाविद्यालयीन टेबल टेनिस स्पर्धेत एकूण 30 पुरुष आणि 23 महिला संघांनी सहभाग घेतला होता.

होले अर्धे विजेतेपद आणि उपविजेतेपद पदके आणि ट्रॉफी प्रदान केल्या.

कार्यक्रमाचे प्रमुख खालील डॉ. अर्जुन चोडणकर (पुरुष विजेतेपद-गोवा विद्यापीठ), सत्यनदीप अर्जुन व्ही. चोडणकर अर्जुनराज राय (सहाय्यी) प्राध्यापक व्ही. एम. साळगावकर कॉलेज ऑफ लॉ, गोंय टेबल टेनिस असोसिएशनचे (डीवेल गोंय) सदस्य दीपक चोडणकर अर्धे यालयेंडर जादर (राज्यीक शिक्षण आणि क्रीडा सहायक संचालक, गोंय विद्यापीठ) यांनी उपस्थित होते.

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 Championshis 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 ज्युबिली हॉलमध्ये झालेल्या या स्पर्धेत साळगावकर कायदा कॉलेजच्या पुरुष व महिला या दोन्ही संघांनी साधिक जेतेपद प्राप्त करून सर्वोत्तम दुहेरी किताब प्राप्त केले.

पुरुषांच्या गटात विलॉय डिमोझाने १०० किलोवरील वजनीगटात तसेच वेदार्थ मल्हारने ७३ किलो वजनीगटात सुवर्णपदके मिळविली. याव्यतिरिक्त १०० किलो वजनीगटात अद्वैत कुमारने रोप्य तर मर्वीन दी नाझारथने ९० किलो वजनीगटात कास्यपदके प्राप्त केली. स्पर्धेत केलेल्या शानदार कामगिरीच्या बळावर विलॉय डिमोझाला स्पर्धेतील उत्कृष्ट ज्युडोपटू पुरस्कार मिळाला.

संपादन: OnePlus



पणजी : १) आंतर कॉलेज ज्युडो स्पर्धेत दुहेरी किताब मिळविलेले साळगावकर कायदा कॉलेजचा संघ. २) स्पर्धेत सर्वोत्कृष्ट ज्युडोपटूचा पुरस्कार मिळविलेले विलॉय डिमोझा व इशा फर्नांडिस.

महिला संघानेही साधिक 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 सिया गोसावीने ७० किलोखालील वजनीगटात

रोप्य 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 DSouza
- > **Silver:** Prabin Fernandes
- > **Bronze:** Yeshwant Chari
- > **Bronze:** Pritesh Jadhav

Upto 90kg

- > **Gold:** Pravin Burange
- > **Silver:** Yash Velip
- > **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	5 th YEAR
3	Keval Shirodkar	SY BALLB
4	Vedarsh Malhar	SYLLB
5	Manjish Otavanekar	FY LLB
6	Ajinkya Raut	4 th BALLB
7	Swayam Naik	SYLLB
8	Sahil Vengurlekar	SYLLB
9	Sahil Naik	SYLLB
10	Gladwin D'souza	FYBALLB
11	Dhruv Kumar	5 th YEAR
12	Hritivik Pangam	5 th 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	5 th BALLB
4	Om Parab	SYBALLB
5	Tej Volvoikar	SYBALLB
6	Deepam Naik	4 th 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 thard 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



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





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.

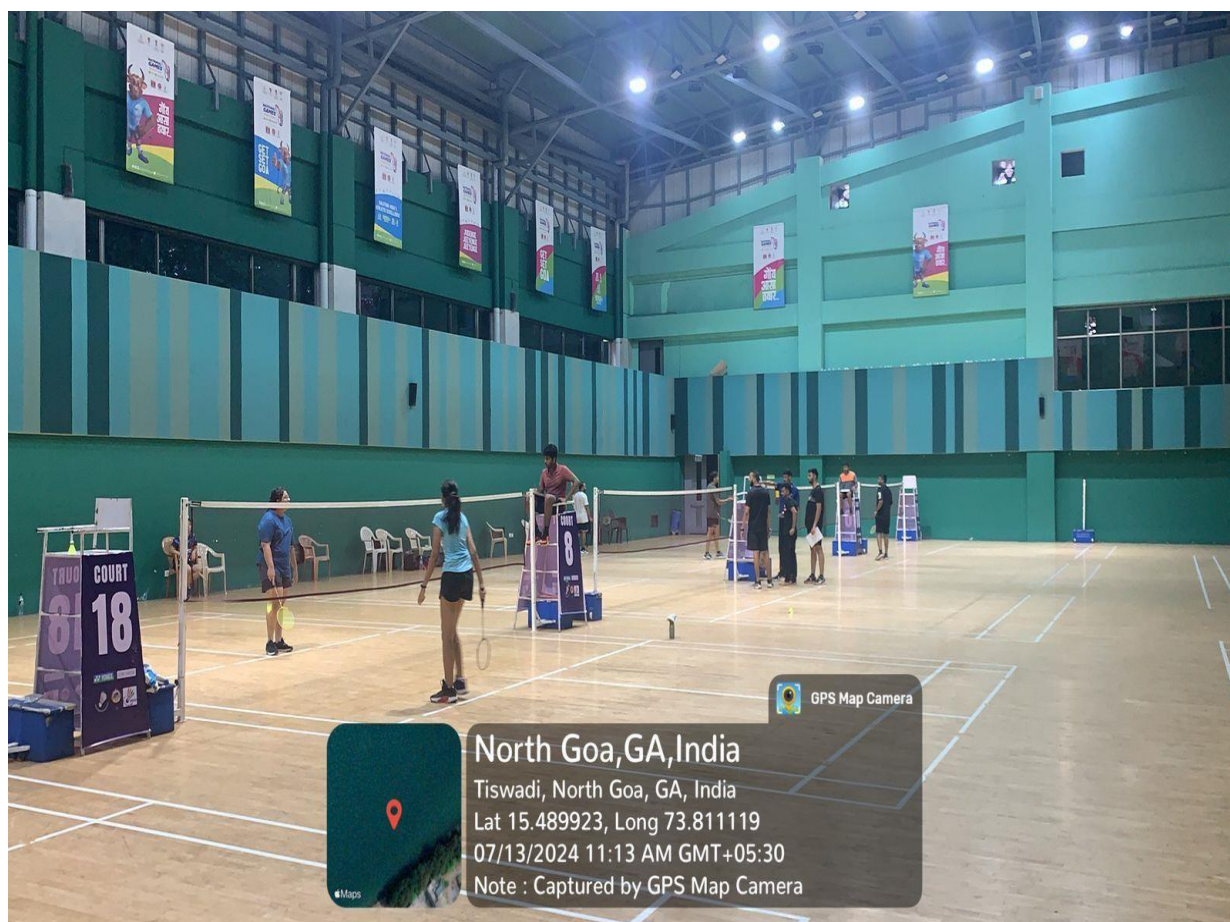
Four badmintoners selected to represent our college at inter collegiate championships organised by Goa University, namely Hiral Kenaudekar 4th BALLB, Sanika Alornekar (FY BALLB), Diya Dhargalkar (SY BALLB), Arya Haldankar (5th BALLB).

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



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 XCountry inter-collegiate Championship. Their endurance and team spirit were truly commendable. Held on 17th August 2024 AT Goa University plateau.

Selection Trials





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

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 08/10/202





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.

Felicitated State level medal winners in college conference hall students participated at All Goa GURU SHREE 2.0 Deadlift Championship held on 19th December 2024.



- 1) Miss Iram Irshad 4th BALLB Khatri secured Gold Medal
- 2) Miss Priti Kalmankar (SY LLB) secured Gold Medal
- 3) Miss Sonali Gaonkar (SY LLB) secured Silver Medal
- 4) Mister Gaurish Sawant (FY LLB) secured Gold Medal

Achievements at Senior Men/Women the State Judo Championship held at Peddem Sports Complex, Mapusa, held from 28th to 20th March 2025.



1. Mr. Vilroy Dsouza (1st LLM) Gold Medal
2. Ms. Iram Irshad Khatri (4th BALLB) Gold Medal
3. Ms. Isha Fernandes (TY BALLB) Gold Medal
4. Mr. Gaurish Sawant (FY LLB) secured Silver Medal
5. Ms. Priti Kalmankar (SY LLB) secured Silver Medal
6. Mr. Advait Kumar (5th BALLB) secured Silver Medal

Shree Shree Art of Living Goa Organization members had 'The First world Meditation Celebration Day' 21st Dec, 2024 at College Conference Hall for Students and College Faculty Member.



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.

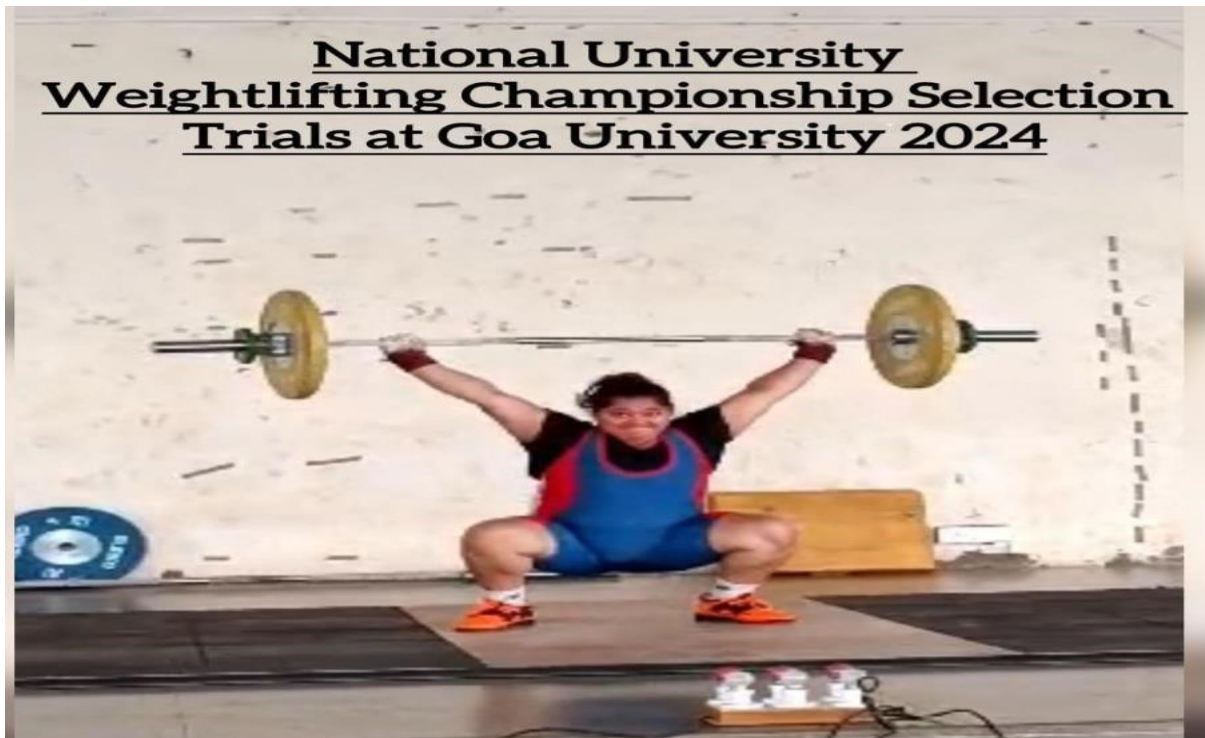
- **Mr. Vilroy D'Souza** and **Mr. Vedarsh Malhar** represent Goa University at South-West zone Inter-University, Judo Men Championships 27th to 30th November, 2024 LNCT Bhopal.
- **Ms. Isha Fernandes, Ms. Priti Kalmankar** represent Goa University at South-West zone Inter-University, Judo Men Championships 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 organizers conducted qualifying attempts to select the best candidate to represent Goa University at the upcoming South-West 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 Represent Goa University at the prestigious South-West Zone India, Inter-University Weightlifting Championship, held from November 26th to 29th 2024, at Acharya Nagarjuna University, Guntur, Andhra Pradesh.



Ms. Iram Irshad Khatri Represented Goa University at the All-India Inter-University Weightlifting Championship held at Himachal Pradesh from 14th to 17th Feb 2025.



- **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.
- **Mr. Lavu Govekar**, Instructor in Physical Edu and Sports, **M. Salgaocar College of Law, Miramar**. Appointed as the Coach for Powerlifting coaching camp for Goa University team and also to accompany the Goa University Team, to participate at All India PowerLifting Championship, Held at Kashmir University Srinagar 3rd to 10th of April 2025.

2ND Phase Inter-Collegiate Championship 2024-2025

Women Inter-Collegiate Powerlifting held from 10th to 12th December 2024 at Jubilee Hall Goa University. Miss Iram Khatri Secured Gold Medal and also awarded heavy weight lifting of the championship in her respective bodyweight category. Miss Priti Kalmankar Secured Silver Medal and emerged Runner Up Team Championship.

Participation List Women

1	Lynelle Lobo	4 th BALLB
2	Akshata Jog	2 nd LLB
3	Iram Irshad Khatri	4 th BALLB
4	Sonali Gaonkar	SY LLB
5	Priti Kalmankar	SY LLB

Men's Inter-Collegiate Powerlifting held from 16th to 20th December 2024 at Jubilee Hall Goa University, Mr. Swayam Naik Secured Bronze Medal.

Participation List Men

1	Omkar Parwar	SYLLB
3	Marc Souza	1 st BALLB
5	Manjish Otavanekar	FY LLB
6	Ajinkya Raut	4 th BALLB
7	Swayam Naik	SYLLB
8	Sahil Vengurlekar	SYLLB
9	Sahil Naik	SYLLB
10	Deepesh Divkar	SY BALLB
11	Charles James	SY LLB
12	Hritivik Pangam	5 th YEAR
13	Om Parab	SY BALLB



Kho-Kho Men Participation at Inter-Collegiate Championship held at Margao Sports Complex on 22nd January 2025.

Participation List

1	Maood Katwalai	FY BALLB
2	Sanjeet Shirvoikar	TY BALLB
3	Preston Mark Silveira	TY LLB
4	Yash Signapurkar	TY LLB
5	Rutvik Dabholkar	TY BALLB
6	Aniket Murgaonkar	TY LLB
7	Krupal Kankonkar	TY BALLB
8	Prabhat Nagar	TY LLB
9	Shwetang Ghanekar	TY LLB
10	Pumdalik Palyekar	5 TH BALLB
11	Sahil S. Bandodkar	TY BALLB
12	Anistro Fernandes	TY BALLB
13	Aashutosh Kerkar	TY LLB
14	Suyash K. Parab	TY BALLB
15	Aditya Vengurlekar	SY LLB



Basketball Men Participation at Inter-Collegiate Championship held at Navelim Sports Complex on 4th Febuary 2025.

Participation List

1	Eshan Dessai	SY LLB
2	Clinton Desouza	SY LLM
3	Michael Lobo	TY LLB
4	Chirag Tilve	TY LLB
5	Vishank Shirodkar	TY LLB
6	Sarthak Tulaskar	SY BALLB
7	Vernon Kevin Dias	SY BALLB
8	Aditya Kalangutkar	5TH BALLB
9	Asif Khan	5 BALLB
10	Dylan Oliveira	TY LLB
11	Gladwin Desouza	4TH BALLB
12	Nivan Braganza	5TH BALLB



Volleyball Men/Women Participation at Inter-Collegiate Championship held at Goa University Ground on 18th & 19th February 2025.

Participation List Women

1	Simran Kanekar	5 th BALLB
2	Varada Natekar	4 th BALLB
3	Veda Kamat	SY BALLB
4	Sparsh Naik	SY BALLB
5	Shaina Reddy	4 th BALLB
6	Vaishnavi Shetgaonkar	5 th BALLB
7	Carol Lobo	4 th BALLB
8	Sushma Madkaikar	4 th BALLB
9	Medolly Desouza	5 th BALLB
10	Arya Nadkarni	2 nd BALLB
11	Dilivia Dias	4 th BALLB
12	Ashmisha Hadkonkar	FY BALLB

Participation List Women

1	Raul D'souza	SY LLB
2	Dattaram Dalvi	4 th BALLB
3	Siddhant Sawant	5 th BALLB
4	Sankalp Talwadkar	5 th BALLB
5	Sahil Bandodkar	TY BALLB
6	Sarthak Shetgaonkar	4 th BALLB
7	Brahmesh Pilankar	SY LLB
8	Mithilesh Pokle	SY LLB
9	Shreyash Prabhugaonkar	5 th BALLB
10	Sarvesh Naik	SY LLB
11	Manjish Otavanekar	SY LLB
12	Gopal Shetkar	SY LLB



Athletics Men/Women Participation at Inter-Collegiate Championship held at Goa University Ground on 27th, 28th February to 1st March 2025. In Mens Category Mr. Vilroy D'souza secured Bronze Medal in Shotput Throw.

Participation list Women

1	Isha Khalap	4 th BALLB
2	Disha Naik	4 th BALLB
3	Anabel Noronha	4 th BALLB
4	Pooja Thakur	TY LLB
5	Shefa Kazi	TY LLB
6	Aditi Thakur	SY BALLB
7	Ahlia Hussain	4 th BALLB
8	Rajvi Mainikar	TY LLB
9	Divya Tuyenkar	SY LLB
10	Siya Kumbhar	4 th BALLB
12	Kareena Shirodkar	SY LLM
13	Prachi Murgaonkar	4 th BALLB
14	Anushree Naik	4 th BALLB
15	Anisha Kalangutkar	1 st BALLB
16	Jinu Ponaachan	5 th BALLB
17	Unnati Naik	4 th BALLB
18	Isha Fernandes	3 rd BALLB

Participation list Men

1	Swayam Fal Dessai	2nd Ballb
2	Amay Harmalkar	SY LLB
3	Alok Naik	Sy LLB
4	Manjish Otavanekar	Sy LLB
5	Tej Volvoikar	SY BALLB
6	Aashutosh Kerkar	TY LLB
7	Gopal Shetkar	Sy LLB
8	Yash Harmalkar	4th BALLB
9	Dhruv Kumar	5TH BALLB
10	Prajwal Bhaip	4th BALLB
11	Vanshvardhan Mandrekar	FY LLB
12	Vishvaraj Naik	4th BALLB
13	Vilroy D'souza	1st LLM



Hockey Men Participation at Inter-Collegiate Championship held at Mapusa Peddem Sports Complex on 12th February 2025.

Participation List Men

1	Nilkanth Parab	TY LLB
2	Sahil Parab	4 th BALLB
3	Lawrence D'souza	SY LLB
4	Tanay Parsekar	TY LLB
5	Manjish Otavanekar	FY LLB
6	Ajinkya Raut	4 th BALLB
7	Ayush Fadte	4 th BALLB
8	Nidhish Pirankar	5 th BALLB
9	Shreyash Morajkar	5 th BALLB
10	Amogh Vaigankar	5 th BALLB
11	Mysten D'souza	TY LLB
12	Yash Kaloji	FY LLB
13	Gaurang Polle	FY LLB
14	Pratik P. Satardekar	FY LLB
15	Ashutosh O. Narvekar	FY LLB
16	Siddhant S. Karpe	5 th BALLB
17	Yash Kunde	5 th BALLB



Mr. Ashraf Agha (TY BALLB) Secured 10th Position at Intercollegiate 35km Cycling Race held at Navelim Rosary College, held on 7th January 2025.



Handball Men/Women Participation at Inter-Collegiate Championship held at Goa University Ground on 28th January & 29th January 2025.

Participation List Women Participation List Men

1	Riya Harmalkar	4 th BALLB	1	Akshat Bhohe	SY BALLB
2	Sifali Naik	SY LLB	2	Roland Braganza	TY LLB
3	Saily Naik	SY LLB	3	Sahil Pednekar	SY BALLB
4	Ciya Fernandes	4 th BALLB	4	Varadhraj Shirodkar	SY BALLB
5	Dikshita Calangutkar	5 th BALLB	5	HimanshuSalgaonkar	SY BALLB
6	Riya Agarwadekar	5 th BALLB	6	Prasad P. Naroji	SY BALLB
7	Vedanti Agarwadekar	5 th BALLB	7	Amit Suknthanker	SY BALLB
8	Simran Pednekar	5 th BALLB	8	PrathameshGaonkar	SY BALLB
9	Sanika Pal	FYBALLB	9	Pranay Murgaonkar	SY BALLB
10	Sakshi Naik	TYBALLB	10	Myron Almeida	SY BALLB
11	Mitali Shirvankar	5 th BALLB	11	Shamik Pai	SY BALLB
12	Snejana Pereira	5 th BALLB	12	Kanta Kudaskar	FY LLB
13	Siya Naik	4 th BALLB	13	Hansel Cardoso	SY BALLB
14	Siya Parabgaonkar	4 th BALLB	14	Khalandar Shaik	TY BALLB
15	Ashmisha Hadkonkar	FYBALLB	15	Keval Shirodkar	SY BALLB
16	Ashwini Rathod	5 TH BALLB	16	Pearce D'souza	SY BALLB



Cricket Men/Women Participation at Inter-Collegiate Championship held at Goa University Ground. Cricket Men's team played on 17th March 2025 Cricket Women team played on 29th March 2025

Participation List Women

1	Sakshi Naik	TY BALLB	1	Amogh Bawachikar	TY BALLB
2	Simran S. Naik	TY LLB	2	Rajat Morajkar	5 th BALLB
3	Shiuli L. Veluskar	TY LLB	3	Sahil Pednekar	SY BALLB
4	Siya Gosavi	5 th BALLB	4	Shoaib Shaikh	SY BALLB
5	Reeya Shetye	TY LLB	5	Satyam Ghogale	SY LLM
6	Ashmisha Hadkonkar	FY BALLB	6	Swayam Naik	SY LLB
7	Saisha Satardekar	TY LLB	7	Nikhil Ganpule	TY LLB
8	Pooja Shetye	SY LLB	8	Abhishek Dhawaskar	TY LLB
9	Samiksha Dantye	4 th BALLB	9	Kanta Kudaskar	FY LLB
10	Shrungi Tari	SY BALLB	10	Kantak V. Alias	FY LLB
11	Divya Tuyenkar	SY LLB	12	Mysten D'souza	TY LLB
12	Lisha Agarwadekar	SY LLB	12	Vaibhav Bandekar	SY LLM
13	Rajkunwar Rajpurohit	TY LLB	13	Anuj S. Arolkar	FY LLB
14	Sana Chodankar	FY LLB	14	Sahil Vengurlekar	SY LLB
15	Seeya Kalangutkar	FY LLB	15	Bhushan Kumbhar	FY LLB

Participation List Men



Sports Awards for Men's Academic Year 2024-2025

(BEST PLAYER OF V.M. SALGAOCAR)

Mr. Swayam S. Chodankar, TY BALLB

Achievement: - Awarded Best Player of the Tournament at Inter-Collegiate Table Tennis Championship Goa university 2024-2025.

(Dedicated player of V.M. SALGAOCAR)

Mr. Swayam Naik, SY LLB

Achievement: -

1. Secured Bronze Medal at Inter-Collegiate Powerlifting Championships Goa University
2. Secured Gold Medal at All Goa Deadlift Competition organized by Rob's Fitness Centre.

(Outstanding player of V.M. SALGAOCAR)

Mr. Vedarsh Malhar, SY LLB

Achievement: -

1. Secured Gold Medal at Inter-Collegiate Men's Judo Championships Goa University.
2. Secured Silver Medal at Inter-Collegiate Men's Weightlifting Championships Goa University.
3. Secured Silver Medal at Inter-Collegiate Best Physique Championships Goa University.
4. Represented Goa University at the Inter-University West Zone Judo Championship held at LNCT University, Bhopal.

(Best Sports Man of the Year 2024-2025)

Mr. Vilroy D'souza, FYLLM

Achievement: -

1. Secured Gold medal at the Inter-Collegiate Judo Championship at Goa University and received the Best Judoka Award 2024-2025
2. Represented Goa University at the Inter-University West Zone Judo Championship held at LNCT University, Bhopal.
3. Secured Bronze medal in Shotput at the 37th Inter-Collegiate Athletics Championship.
4. Won Gold in the Senior Men's category at the State Judo Championship held at Peddem Sports Complex, Mapusa.

Sports Awards for Women Academic Year 2024-2025

(BEST PLAYER OF V.M. SALGAOCAR)

Ms. Khushi Naik, 3rd Year BALLB

Achievement: -

1. Awarded Best Player of the Tournament at Inter-Collegiate Table Tennis Championship Goa university 2024-2025.

(Dedicated Player of V.M. SALGAOCAR)

Ms. Isha Fernandes TYBALLB

Achievement: -

1. Secured Gold medal at Judo Inter- Collegiate Championship.
2. Awarded Best Judoka of Goa University at Inter -Collegiate Championship (Undefeated/best timing of the bout).
3. Represented Goa University at the Inter-University West Zone Judo Championship held at LNCT University, Bhopal.
4. Secured 1ST Place at All Goa Elite State Boxing Championship.
5. Secured Gold medal at Judo at State level organised by Judo Association of Goa, 29th and 30th March 2025 at Peddem Sports Complex, Mapusa.

(Promising player of V.M. SALGAOCAR)

Ms. Kareena Rajesh Shirodkar, SY LLM

Achievement: -

1. Secured Gold medal in Taekwondo at the Inter-Collegiate Championship.
2. Represented Goa university at All India Inter-University Taekwondo Championship held at Amritsar, GURU NANAK DEV UNIVERSITY.
3. Secured Gold medal at Asmita women's league held in collaboration with khelo India and SAI on 16th march 2025.

(Outstanding player of V.M. SALGAOCAR)

Ms. Priti Kalmankar, SY LLB

Achievement: -

1. Secured Gold Medal at Inter-Collegiate Judo Championship at Goa University.
2. Represented Goa University at the Inter-University West Zone Judo Championship held at LNCT University, Bhopal.
3. Secured Silver Medal at Inter - Collegiate Powerlifting championship at Goa University.
4. Secured 1st place in the Junior Women's Deadlift Competition at the 2nd All Goa Powerlifting Championship (Deadlift Event), organized by Thana Boys and held on 19th December 2024 at Datta Mandir Hall, Thana Cortalim, Goa.
5. Secured 2nd place in the Senior Women Championship at the State Judo Championship 2024-25, organized by the Goa Judo Association under held on 29th and 30th March 2025 at Peddem Sports Complex, Mapusa.
6. Secured 2nd place in the Women's Weightlifting Championship held on 6th April 2025 at Jubilee Hall, Goa University, organized by the Weightlifting Association of Goa in collaboration with the Sports Authority of Goa.

(Best Sports Woman of the 2024-2025 Year)

Ms. Iram Irshad Khatri, 4th Year BALLB

Achievement: -

1. Secured Gold medal in Judo at the Inter-Collegiate Championship.
2. Secured Gold medal in Powerlifting at the Inter-Collegiate Championship.
3. Awarded Highest lifter of the Powerlifting Championship in heavy weight category Inter-Collegiate, Goa University.
4. Represented Goa University at the Inter-University West Zone Weightlifting Championship held at Nagarjun University Guntur Andra Pradesh and qualified to represent Goa University at All India Inter University weightlifting championship at Himachal Pradesh.
5. Secured Gold medal in Weightlifting at Women's Weightlifting Championship, Organised by St. Xavier's College Mapusa.
6. Secured Bronze Medal at All-India National Junior Bench-press Championship Organised by GSBPA at Ravindra Bhawan- Vasco.
7. Secured 1st Place at All-Goa Senior Judo Championship at Peddem Sports Complex, Mapusa, Organized by Judo Association of Goa.
8. Secured 1st Place at All-Goa Women's Weightlifting Championship, Organised by Weightlifting Association of Goa.
9. Secured 1st Place at Gurushree 2.0 All Goa Deadlift Championship held at Cortalim- Goa.
10. Secured 1st Place at All Goa Junior Bench-press Championship, Organised by GSBPA at Baina, Vasco

11. Secured 2nd place at All-Goa Junior Deadlift Championship at Curchorem, Goa.
12. Secured 2nd Place at All Goa Senior Bench-press Championship Organised by GSBPA at Baina, Vasco
13. Secured 2nd Place at All- Goa Deadlift Championship- Junior Category at Harnal-Goa.