

Accredited by NAAC with Grade 'A+'
Best Affiliated College-Goa University Silver Jubilee Year Award

LIST OF ACTIVITIES AND SPORTS EVENT UNDERTAKEN UNDER ADITIVYA NETRUTVA

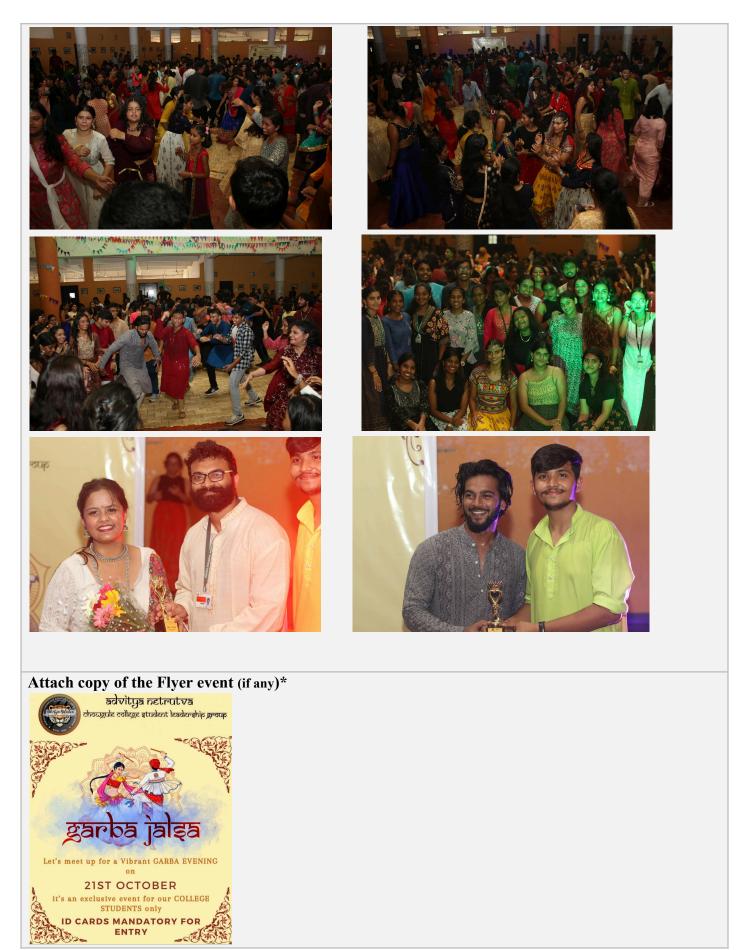
SN	Activities	Date
1	Garba Jalsa	21.10.2023
2	Astra	18.12.2023 - 23.12.2023
3	Tathastu 2024	15.03.2024 - 16.03.2024
4	International Yoga Day	21.06.2023
5	Independance Day Walkathon	15.08.2023
6	National Sports Day celebration	29.08.2023
7	Fit India Week 2023-24	05.12.2023 - 15.12.2023
8	Tiger Sportz Fiesta 12.0	19.12.2023 - 26.01.2024
9	Tiger Olympikz 8.0	19.02.2024 - 24.02.2024
10	Self Defense Program for Woman	16.03.2024 - 08.03.2024
11	Tigersportz annual Award Ceremony	22.03.2024
SN	Sports Events	Date
12	Inter College Table Tennis Championship 2023-24 for Women	18.07.2023
13	Inter College Table Tennis Championship 2023-24 for Men	19.07.2023
14	Inter College Badminton Championship 2023-24 for Women	25.07.2023, 27.07.2023 &
15	Inter College Badminton Championship 2023-24 for Men	26.07.2023 & 27.07.2023
16	Inter College Chess Championship 2023-24	01.08.2023 & 02.08.2023
17	Inter College Swimming Championship 2023-24 for Women	04.08.2023
18	Inter College Tennikoit Championship 2023-24 for Women	29.08.2023
19	Inter College Tennikoit Championship 2023-24 for Men	31.08.2023
20	Inter College Taekwondo Championship 2023-24 for Women	04.09.2023
21	Inter College Taekwondo Championship 2023-24 for Men	06.09.2023
22	Inter College Powerlifting Championship 2023-24 for Women	12.09.2023 - 14.09.2023
23	Inter College Football Championship 2023-24 for Men	28.09.2023 & 30.09.2023
24	Inter College Football Championship 2023-24 for Women	11.10.2023
25	Inter College Tennis Championship 2023-24 for Men	07.12.2023
26	Inter College Cycling Championship 2023-24 for Men	20.12.2023
27	Inter College Handball Championship 2023-24 for Men	02.01.2024
28	Inter College Handball Championship 2023-24 for Women	03.01.2024
29	Inter College Basketball Championship 2023-24 for Men	16.01.2024
30	Inter College Athletics Championship 2023-24 for Women	23.01.2024 - 25.01.2024
31	Inter College Athletics Championship 2023-24 for Men	23.01.2024 - 25.01.2024
32	Inter College Volleyball Championship 2023-24 for Women	14.02.2024
33	Inter College Cricket Championship 2023-24 for Women	23.03.2024
34	Inter College Cricket Championship 2023-24 for Men	05.03.2024 & 12.03.2024



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REPORT - ON CAMPUS ACTIVITY

Title of the event*	Garba Jalsa
Date and time*	21st October 2023, 2:00 pm to 5:00pm
Mode & Venue*	Parvatibai Chowgule College of Arts and Science
Organising Department/ School/Directorate/ Section*	Advitiya Netrutva(Chowgule College Student Leadership Group)
The objectives and description of the activity*	Garba Jalsa, organized by Advitiya Netrutva (Chowgule College Student Leadership Group), The primary aim of organizing this Garba Evening event is to bring the students and staff together to celebrate the rich cultural heritage. It is an opportunity to promote harmony and unity among our college community. The event was initiated by the principal of our college by lighting the diya. The event proceeded with music and all the attendees dancing to the beats of the sound. The entire space was adorned with colorful decorations meticulously arranged by the enthusiastic students, setting the perfect ambiance for the festive occasion. Throughout the evening, participants exhibited their skills in the traditional Garba dance, infusing the atmosphere with joy and energy. The highlight of the event was the announcement of several awards, recognizing outstanding performances. Prizes were awarded for the best costume, best dancer, and the coveted titles of Mr. and Ms. Jalsa, acknowledging individuals who demonstrated exceptional talent and dedication on the dance floor.
Photos (minimum 5, geo-tagg	<u> </u>



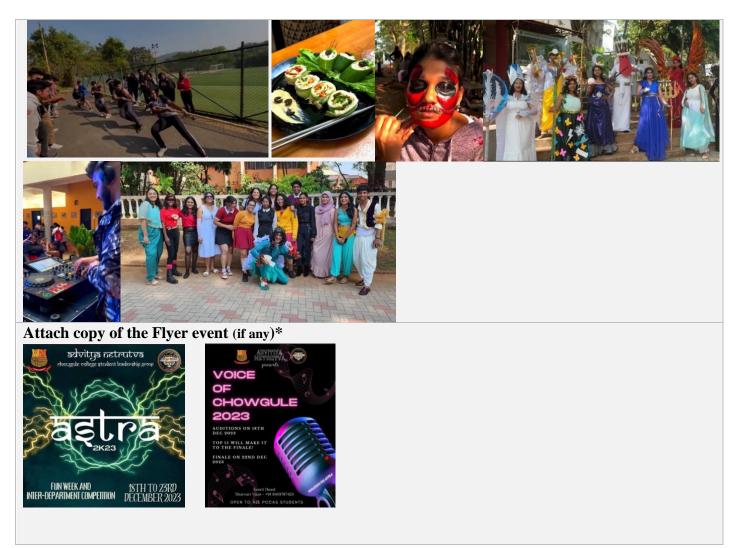
Signature of the Head of the Department/ Incharge*:



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REPORT - ON CAMPUS ACTIVITY

Title of the event*	Astra
Date and time*	18 th – 23 rd December 2023, 9:30 am to 5pm.
Mode & Venue*	Parvatibai Chowgule College of Arts and Science
Organising Department/ School/Directorate/ Section*	Advitiya Netrutva (Chowgule College Student Leadership Group)
The objectives and description of the activity*	Astra 2k23, organized by the student council of Parvatibai Chowgule College of Arts and Science, was a five-day extravaganza showcasing the talents of students across various departments. The event, held from 18th to 23rd December 2023, featured themed days including Retro, Mismatch, Character, Ethnic, and 90's Hip-hop. Numerous on-stage and off-stage events were organized to engage participants and spectators alike. Off-stage events such as Tug of War, Face Painting, Treasure Hunt, MasterChef Chowgule, and Penalty Shootout provided opportunities for students to exhibit their skills and creativity. Onstage events like Group Dance, Voice of Chowgule, Fashion Show, and Mr. & Miss Astra added a competitive edge and entertainment value to the festivities. One of the highlights was the Quizlet Quest, a challenging quiz competition that tested participants' knowledge across various topics. The event featured written preliminary rounds followed by intense main rounds, culminating in a rapid-fire round that showcased the intellectual talent of the participants. The Fashion Show, held under the theme "Mystic Alchemy: Fashion Fusion of Elemental Forces," was a visual spectacle, with teams presenting creative costumes and choreography inspired by elemental forces. Judges, including notable alumni from the fashion industry, evaluated the performances, highlighting the students' talent and creativity. Newly introduced events like Chowgule Battle Royal and Mascot added excitement and novelty to the lineup. Chowgule Battle Royal, a recreational game event, witnessed enthusiastic participation from departmental teams, showcasing teamwork and competitive spirit. The Mascot event allowed departments to creatively represent their identities through costumes and performances. The culmination of the event was marked by DJ Keagen Alvares and prize distribution ceremony, where the English Department emerged as the overall winner of Astra 2k23. The event not only provided a platform for students to showcase their talents but also
Photos (minimum 5, geo-tagg	ged) *



Signature of the Head of the Department/ Incharge*:



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REPORT - ON CAMPUS ACTIVITY

Title of the event*	Tathastu 2024
Date and time*	15 th - 16 th March 2024, 8:00 am to 8:00pm
Mode & Venue*	Parvatibai Chowgule College of Arts and Science (Autonomous)
Organising Department/	, ,
School/Directorate/ Section*	Advitiya Netrutva(Chowgule College Student Leadership Group)
	Tathastu 2024, organized by Advitiya Netrutva (Chowgule College Student
	Leadership Group), featured a vibrant array of 28 competitions, including
	events like 3rd Degree, Battle of Bands, Mr. and Miss, Fashion Show,
	Group Dance, Futsal, Entry Parade, Street Play, Dance Battle, Cricket,
	Strong Man and Woman, Tug of War, Muscle Mania, Graphic Design,
	Debate, Canvas Painting, Mascot, Treasure Hunt, Panna, Penalty Shootout,
	Icebreaker, Story Video, Blue Tick, Banner Making, Photography,
	Culinary, and Arm Wrestling with 6 colleges from across Goa participating
	in full spirit.
	In the Platinum Events category, Don Bosco College of Engineering
	Fatorda emerged as a dominant force, securing top positions in events such
	as 3rd Degree, Battle of Bands, Mr. and Miss, and more. Their exceptional
	performances showcased their dedication and talent, earning them
The objectives and	widespread acclaim. However, Damodar College of Commerce and
description of the activity*	Economics also made a significant impact, demonstrating their prowess in
	events like the Fashion Show and Street Play, solidifying their position as
	formidable contenders.
	The Gold Events category witnessed intense competition, with each event
	showcasing remarkable displays of skill and determination. While Don
	Bosco College of Engineering Fatorda continued to shine in events like
	Entry Parade and Muscle Mania, Damodar College of Commerce and
	Economics proved their mettle in events such as Futsal and Tug of War,
	captivating the audience with their exceptional performances. In the Silver
	and Bronze Events, colleges continued to demonstrate their creativity and
	talent across various disciplines, from Graphic Design to Culinary
	competitions. Notable performances were observed from Government
	College Sanquelim, Cuncolim Education Society's College of Arts and
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Commerce, Cuncolim, Ponda Education Society's College of Arts, Science and Commerce, and Rayeshwar Institute of Engineering and Information Technology Shiroda, among others, highlighting the diversity of talent presented at Tathastu 2024.

The event drew a crowd of approximately 3,000 people from various colleges across Goa, adding to the excitement and energy of the occasion. The festivities concluded each day with electrifying performances by renowned DJs. On the first day, attendees grooved to the beats of DJ Curly M and DJ Tesh, while the second day ended with a mesmerizing set by DJ Skeletron. Ultimately, after an exhilarating two days of competition, Don Bosco College of Engineering Fatorda emerged as the overall winners, showcasing their exceptional talent and determination across multiple events. Meanwhile, Damodar College of Commerce and Economics secured the position of runners-up, proving their prowess and sportsmanship throughout the event. Tathastu 2024 was not just a competition, but a celebration of talent, creativity, and unity among colleges. The Chief Guest of the valedictory function was Usha Sardessai. Congratulations to all the participants, winners, and organizers for making Tathastu 2024 a resounding success, and we look forward to witnessing even greater achievements in the future.



Signature of the Head of the Department/ Incharge*:



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REPORT - ON CAMPUS ACTIVITY

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	International Yoga Day
Date and time*	21 st June 2023, 8.30 am
Mode & Venue*	Tiger's Ghol
Organising Department	Department Of Physical Education & Sports Management
Faculty attended	12
Students attended	23
Total Participants*	35
The objectives and description of the activity*	On occasion of International Yoga Day Department of Physical Education & Sports Management organised International Yoga Day 2023 celebration at Tiger's Ghol (Indoor Multi Sports Court) on21st June 2023. Event attendance recorded was 35 of which 12 were staff members & 23 were students. Mr. Audumbar Tamse was the resource person for this event. National Common Yoga Protocol was strictly followed on this occasion. Dr. Devashish Bagchi addressed the gathering while Mr. Audumbar Tamse conducted the session. Followed by National Common Yoga Protocol which started with the prayer and is followed by loosening exercises, asanas, Pranayama, Dhyana & ended with Shanti Path. This year the theme for International Yoga Day 2023 was 'Vasudhaiva Kutumbakam' which means 'World is one family'.

Photos *





Signature of the Head of the Department/ Incharge*:

	DEPARTMEN. JF PHYSICAL EDUCATION & SPORTS MANAGEMENT						
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SR. NO.	NAME	ROLL NUMBER	SIGNATURE (IN)	SIGNATURE (OUT)			
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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT INTERNATIONAL YOGA DAY 2023 (21.06.2023)

PARTICIPANTS (Students

	PARTICIPANTS ISPECTOR				
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5./	Souha Bhongle	50210310	Dent 8:45	Sul 9:45	
6. /	Reya Potro	502102276	X10 8:45	Ra 9:45	
7.	Edidatt Naik	2202007	5 Noil 8:45		
8.	Sara Kriti Marie Peres	2202114	May 8:45	-	
9. /	Vedika Desai	2101207	Hosa 8:52		
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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT INTERNATIONAL YOGA DAY 2023 (21.06.2023)

	PARTICIPANTS (STAFF)						
SR. NO.	NAME	Department	SIGNATURE (IN)	SIGNATURE (OUT)			
1.	Malati Dessai	Physics	M	N			
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3.	Gorand M. Joshi	Library	grys>	Church			
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9.	Dr Sanjay Garra at	Geography	May 8:45	for give			
10.	Sudesh Mandrikar	Physical Edy		100			
11.	Derradish Bagali	DPSM	Inc	&-			
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REPORT - ON CAMPUS ACTIVITY

Title of the event*	Independence Day Walkathon	
Date and time*	15th August 2023, 7.30 am	
Mode & Venue*	Chowgule college to Bolshe circle & back	
Organising Department	Department Of Physical Education & Sports Management	
Faculty attended	3	
Students attended	170	
Total Participants*	173	
The objectives and description of the activity*	Independence Day Walkathon was organized by Department of Physical Education & Sports management on 15 th August 2023 from college gate to Bolshe circle & back. Event started with welcome address by Dr. Devashish Bagchi. Audumbar Tamse flagged off the event at 7.45 am. The walk came to an end at 8.20am. A total of 170 students participated in this event	
Photos *		







Signature of the Head of the Department/ Incharge*:

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT INDEPENDENCE DAY WALKATHON (15.08.2023)

PARTICIPANTS

FARTICITANTS				
Name	Roll Number	Signature	Signature	
Max Macwan	201125			
Sibyl Valanka Rodrigues	2101167			
Sapna Rajpurohit	2101172			
Gulabi Kadam	2101177			
Dhanyata Naik	2101189			
Sonal Mayekar	2101190		The same of the sa	
Suraksha Surendra Redkar	2101218	Analyte	youlgh.	
Vaibhyi Subhash Sukadker	2101224			
Rashmita Pagi	2101244			
Jelcy Meliny Souza	2102267		L.	
Stezia Salome Miranda	2102268		3	
Leanne Shea Fernandes	2102271			
Velanka Colaco	2102274			
Reya Patra	2102276			
Spica Gama	2102279			
Jimency Treza Colaco	2102280			
Zaheeda Parveen Shaikh	2102281	11		
Sunil Shetty Naik	2102286			
Analisa Fernandes	2102289			
Ruchi Gorakhanath Gawas	2102294			
Flenbby Monteiro	2102298	XOZA		
Ayesha Kazi	2102305	300/		
Noshin Shaikh	2102318			
Shreya Prashant Borkar	2102329			
Ashira Fernandes	2102358			
Nidhi Karapurker	2102360			
Tice Hanna Saunto	2102375			
Tanvesh Kalangutkar	2102383			
Prajakta Chandekar	2102386	le:X:	Starl	
Sakshi Ravindra Vajrekar	2102390	tail.	-	
Shubham Kelkar	2102412			
Disha Devendra Savant	2102413			
Vifern Macval Crasto	2102427			
HT Akshay Kumar	2102433			
Anjali Rodrigues	2102438			

Maheera	2102448		
Joehan Vaz	2102456		
Neha Rajkumar Chauhan	2102457		
Anouska Falcao	2102458		
Sneha Gauns Desai	2102470		
Earlene Antao	2102470		
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Olga Goes	2201011		
Riddhi Rohidas Naik	2201010	6	A T
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Srishti Dhareshwar	2201060		***
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Gauravi Prabhu	2201073	-BPA	*PA
Smriti Pai Angle	2201080	Low	7111
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Teni Johnson	2201085		
Pranita Prakash Shetkar	2201093		
Shruti Madkaiker	2201095		
Ninoshka Barreto Xavier	2201090		
Paxton Glen Da Cunha	2201097		
Shruti Bandekar	2201103		
Divya Gaonkar	2201111	A our	Knowk.
Sneha Naik	2201112	THOUSE THE PROPERTY OF THE PRO	100
Skylar Fernandes	2201120		
Shaniya Barreto	2201134		
Manjula Badangi	2201140		
Neha Chingali	2201139		
Jairaj Dessai	2201167		
Katja Vaz	22011//		

Komal Joshi	2202004		
Sravani Dessai	2202006		
Saidatt Naik	2202007		
Sai Priti Rasalay	2202013		
Ratika Mhalsekar	2202020		
Ruana Dias	2202021	Rating	edios
Vaibhavi Naik	2202023	waite	Waile
Gaurav Arawattigi	2202024		
Anushka Naik	2202026		
Zia Ali	2202038		
Kameshwari Waddikar	2202041		
Anvit Borkar	2202048		
Siya Shivkant Naik	2202049		
Om Kurpaskar	2202051		,
Darshini Zoraunkar	2202058		
Aakansha Naik	2202061		
Riya Hiresh Sinai Mauzo	2202064	Royale	2 Mais
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Purush Desai	2202073		
Elita Siqueira	2202082		
Khushi Naique Gauncar	2202089		
Vyom Desai	2202105	A1190	VACION.
Suvidha S. Naik	2202107		7
Sania D'silva	2202109		
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Veloskha Diniz	2202115		070
Pranjali Prabhu Usgaonkar	2202116		
Simone Gomes	2202121		
Anish Pravin Prabhu Konkar	2202127		
Saloni Sail	2202139		
Yuga Narayan Karambalkar	2202140		
Isaac Azavedo	2202144		
Priyaharshini Nalli	2202145		
Anush Naik	2202147		
Arya Om Virnodker	2202157		
Shubra Dessai	2202165		
Keola Joanes	2202168		
Omkar Dattakumar Gaunekar	2202172		
Richa Govind Naik	2202174		
Dhanasvi Tuenkar	2202180		
Aryan Swami	2202182		
Nishi Pandey	2202211	Dirth	Bush
Sybil Maria Dcosta	2202212		-6

Samiya Sayyed	2202213		
Srisha Prabhu Mhapne	2202234	Bushe	Challe
Aaron Dsouza	2202241		
Horrace Mascarenhas	2202242	Coam 1	NATUR.
Saumya Singh	2202245	Cumush	Compali
Kalpak Joshi	2202249	Mar I	
Mafran Dias	2202251		
Ravisha Shirodkar.	2202257		- U
Prachi Shivanand Barshekar	2202258		
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Harsha Pallath	2301077	Gomes.	- Forest
Simone D Souza	2301150		
Shownroy Leitao	2301170		
Artha Sudeep Karmali	2302002		7.4
Vinisha Naik	2302002		
Saisha Chari	2302003		
Vanshika Bhaskar Mhamal	2302021		
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Sagarsha Dinesh Naik	2302048		
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Snesha Carmen Pinto	2302076		
Riya Gurudas Bandekar	2302070		
Dasha Prema Fernandes	2302094		
Dacia Pereira	2302090		
Abdul Latif Shaikh	2302101		
Velika Rosella Gomes	2302100		
Vaishnavi Dessai	2302117	The state of the s	
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Kavya Joseph	2302156		
Sneha Surlaker	2302161		<u> </u>
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Vinisha Naik	2302003	-	
Saisha Chari	2302021		
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Velika Rosella Gomes	2302111		
Vaishnavi Dessai	2302117	Maj	To Said
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Kavya Joseph	2302156		
Sneha Surlaker	2302161	1	
Anaida Pereira	2302181		
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Shradha Gacuado	2302179	Saval	a divale
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Rayan Refer Dusta	2101323	Jun.	girl.
Stanaia Vallani Es	ulia 220107	7	Ne/

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT INDEPENDENCE DAY WALKATHON (15.08.2023)

PARTICIPANTS

Name	Roll Number	Signature	Signature
Max Macwan	201125		
Sibyl Valanka Rodrigues	2101167	9uh	Suk.
Sapna Rajpurohit	2101172	7007	
Gulabi Kadam	2101177		
Dhanyata Naik	2101189		
Sonal Mayekar	2101190		
Suraksha Surendra Redkar	2101218		
Vaibhvi Subhash Sukadker	2101224		
Rashmita Pagi	2101244		
Jelcy Meliny Souza	2102267		
Stezia Salome Miranda	2102268	Amil	thirts
Leanne Shea Fernandes	2102271	Leinendes	Lucada
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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT INDEPENDENCE DAY WALKATHON (15.08.2023)

PARTICIPANTS

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Name	Roll Number	Signature	Signature
Max Macwan	201125		
Sibyl Valanka Rodrigues	2101167		
Sapna Rajpurohit	2101172		
Gulabi Kadam	2101177		
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Sonal Mayekar	2101190		
Suraksha Surendra Redkar	2101218		
Vaibhvi Subhash Sukadker	2101224		
Rashmita Pagi	2101244		
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Nishi Pandey	2202211		
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Jane Christy Estibeiro	2302059		
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### DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT INDEPENDENCE DAY WALKATHON (15.08.2023) **VOLUNTEERS**

Name	Roll Number	Signature	Signature
Divya Ramchandra Patlekar	2102266	11435	- 1000
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Analisa Fernandes	2102289	1	7.
Sakshi Sherlekar	2102303	Sometime.	Sheler
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#### **REPORT - ON CAMPUS ACTIVITY**

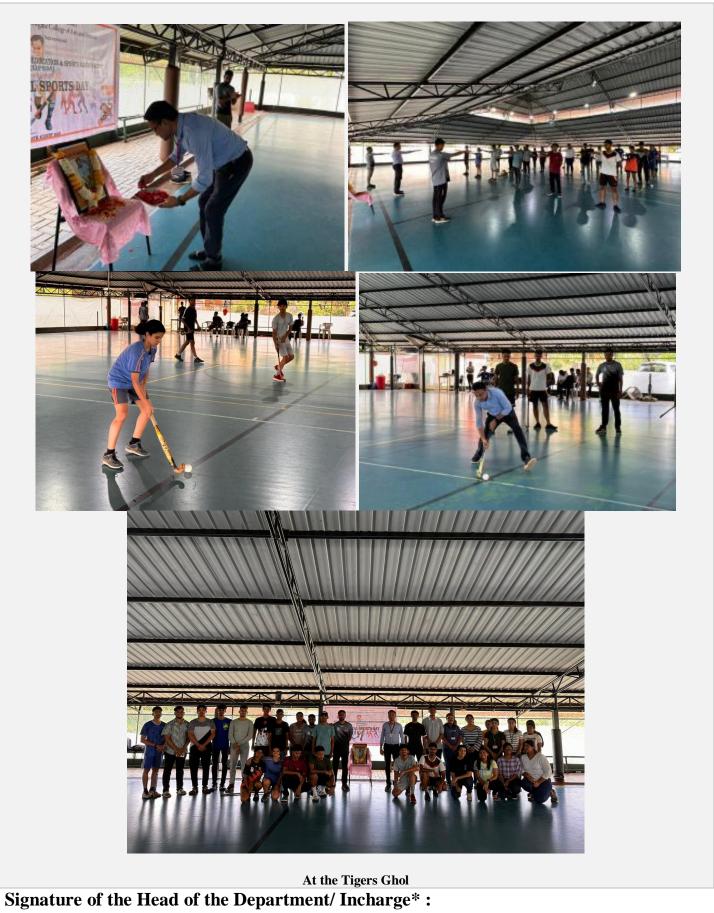
(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	National Sports Day Celebration
Date	29th August 2023
Mode & Venue*	DPSM office & Tiger's Ghol
Organising Department	Department Of Physical Education & Sports Management
Faculty attended	4
Students attended	28
Total Participants*	32
The objectives and description of the activity*	Department of Physical Education & Sports Management organised National Sports Day Celebration on 29th August 2023 on the occasion of Birth Anniversary of Hockey legend Late Major Dhyan Chand.  Director of Physical Education Dr. Devashish Bagchi garlanded the portrait of Major Dhyan Chand at the Tiger Activity Centre in the morning session. The Celebration continued at Tigers Ghol from 3.00 onwards with offering of rose petals to portrait of Major Dhyan Chand by Vice Principal Mr. V.C. Kumaresh.  A brief talk on Major Dhyan Chand and National Sports Day was given by Mr. Audumbar Tamse.  Fit India Pledge was administered to staff and students. Total of 28 students & 4 faculty members attended this celebration.

#### Photos



At the Tiger Activity Centre



#### Department of Physical Education & Sports Management National Sports Day Celebration

Attendee (29.08.2023) Signature (in) Signature (out) Roll Number Sr. No. Mitchell D'Costa Brook AV2101237 Daikh (Mess) Safa shaikh 2301104 And Crystal Antao 2201057 Pratishna 4. Pratisks ratishtha Shenoy 2301043 Pergir Prerana N. Maik 2301091 Woib 6. Kashish K. Naik 2301085 V Drueway Shelton Forances farandy 2202040 Nosh D Silva Voorsh W. Dwinde Kilva 2320013 Mi 0 1320012 10. Adios Candid Basacto 2320007 Here 2102491 Deepak Bind 12. 230468 Shanon Furtado Novembe Cia Noronha 2201053 ALDIOSAS 14. Angel D'wsta 2301156 15. Shown Bandadker 95 2302079 16. PBoiks Anvit Borkar 2202048 17. Nechheta wait Nachiket Naih 2201028 18. Maig Anai Baig Kashwith Fennandig 2320020 19. Program Dahm 2102275 Miles Merston 2301092 Ber 2302052 nahony levery Fraude 2301018 A CONTRACTOR Jay Goude 23. Jouan Jounes Hopnes 2301110 24. Sava Shelh 2302190 25. 3gicshi Singh Setter Saleste 2362197 Jonken. Hanken. Puachi Janker 2101204 Varst Vaushaavi Raikau 2101228 28. Sanvi Shixalker 2101306 29. Sawrabh - B. Haule Davale. 2302176 Sauale Stawab Havale-Retura Havle 2302177 Sneaha Pinto Dub Ancols 2802076 Dasha Fernandes Flos 2302096 fdis 2302094 Kiya Bandekas Barretas Paradetus Samaira Fatani 2302663 8 8-Melita Gomes Rome 2302111 Homes Alria Fernandes didis Male 2302078 Emerico Comes Gomes 2202260 Ganear Arawattigi 2202024 Cyaned

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#### **REPORT - ON CAMPUS ACTIVITY**

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Title of the event*	Fit India Week 2023-24					
Date and time*	5th December 2023 to 15th December 2023 from 6.00 am to 8.00 am.					
Venue	Tiger's Ghol & Multi Purpose Court					
<b>Organising Department</b>	Department Of Physical Education & Sports Management					
Resource Person/s	Mr. Audumbar Tamse					
Students attended	23					
Total Participants*	23					
	On the instructions of University Grant Commission, Principal Prof. (Dr.)					
	Sangeeta Sankhalkar advised the Department of Physical Education & Sports					
	Management to celebrate "Fit India Week" between 15th November to 15th					
	December,2023. She suggested that during that time, the department can					
	choose a week at their convenience and organise various sports and fitness					
	activities for 4-6 days.					
	Dr. Devashish Bagchi and Mr. Audumbar Tamse attended an online					
	orientation session on 10th November 2023, organised by University Grants					
The objectives and	Commission (UGC) in collaboration with Sports Authority of India (SAI)					
description of the activity*	and Ministry of Youth Affairs and Sports to provide further details and					
	guidance on the Celebration of Fit India Week.					
	Accordingly, the department organised "FIT INDIA WEEK" from 5th					
	December 2023 to 15th December 2023 from 6 am to 8 am.					
	Twenty three students registered for the Fit India week that included Daily fitness development and sports skills development programme based on suggestions given on Fit India website.					
	Fitness tests as designed in Fit India website were conducted at the start and end of the Fit India week. Physical fitness components such as Endurance, Flexibility, Balance and Strength were included.					
Benefit/Key outcome of the event in terms of	Fitness development and sports skills development					
learning/skills/knowledge* Photos *						
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DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT [DPSM]

### FITNESS & SKILL DEVELOPMENT PROGRAMME

FIT INDIA WEEK 2023

"Fitness ka doze – Aadha ghanta roz"

CHOWGUL

5th December onwards at Parvatibal College Campus

PARVATIBAI CHOWGULE COLLEGE OF ARTS AND SCIENCE MARFGAO GOA FIT INDIA WEEK BANNER



Opening Day FIT INDIA WEEK 5th December 2023.



Warming Up



Push Up





2KM Run/Walk



Signature of the Head of the Department/ Incharge*:





## Chowgule Education Society's Parvatibal Chowgule College of Arts and Science (Autonomous) Academis NAs and the College of Arts and Science (Science and Science an

#### DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT

FIT	INDIA	WFFK	ATTENDENCE	

Sr. No.	Name Class Roll No.				DATE (DECEMBER)									
Sr. No.	Name	Class		5	6	7	8	9	10	11	12	13	74	15
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5	Vaishali Pattihal		2202080	Cattacon	Patter	Postilizad	Collina	Callina		Politica	Patrion	Patriday	Poltary	
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#### **REPORT - ON CAMPUS ACTIVITY**

Title of the event*	Tiger Sportz Fiesta 12.0					
Date	19th December 2023 to 26th January 2024.					
Venue*	Chowgule College Campus					
Organising Department	Department Of Physical Education & Sports Management					
The objectives and description of the activity*	Department of Physical Education & Sports Management in association with Chowgule College Sports organized Tiger Sportz Fiesta 12.0, an inter departmental multi-sports tournament from 19th December 2023 to 26th January 2024.  Total of five innovative sports and fitness challenges were included in this tournament, Tiger Step Up n Down Challenge, Panna Challenge, Rhythmic Yogasana, Zumba & Fit Tiger's Challenge. Total of nine departmental clubs participated in this tournament.  Biochrome (Biotechnology Department) were declared the champions of Tiger Sportz Fiesta 12.0 with 2950 points, followed by Chemzone (Chemistry Department) in 2nd place with 2300 points, DOSTO (Sociology Department) & Club Cerebro (Psychology Department) finished in tied 3rd place with 850 points.  The tournament started with Tiger Step Up n Down Challenge on 19th December 2023 with seven departments participating in boys category & six departments participating in girls category. Step up and down is a vertical run and participants climb up 466 steps of A, B & C blocks of college.  The second event of the championship was the Panna Challenge held on 5th January 2024 at Tiger's Ghol. Panna challenge is one on one futsal in a confined space. Total of 7 departmental clubs participated in the boy's category & 3 in the girl's category.  The third event was Rhythmic Yogasana, held on 12th January 2024 at Tiger's Ghol. Total of four departmental clubs participated in the girl's category & a lone participant in the boy's category.  The fourth event was Zumba, held on 19th January 2024, at Tiger's Ghol. Total of four departmental clubs participated in the girl's category.  Last event was Fit Tiger's Challenge, held on 26th January 2024 at Tiger's Domain & Multi-Purpose Court. Challenges included 800 meters running followed by 240 meters away. The next continuous challenge aiming and bringing down six cones kept a distance of five meters. After completing that next challenge was running 180 meters that included 80 meters of running up and down on the					

















## Parvatibai Chowgule College of Arts and Science (Autonomous)

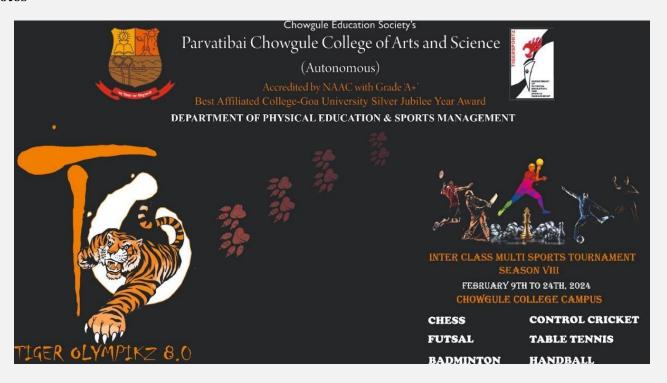
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Best Affiliated College-Goa University Silver Jubilee Year Award

#### **REPORT - ON CAMPUS ACTIVITY**

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	Tiger Olympikz 8.0
Date	February 9th to 24th, 2024
Venue*	Chowgule College Campus
Organising Department	Department Of Physical Education & Sports Management
The objectives and description of the activity*	Department of Physical Education & Sports Management organized 8th season of Tiger Olympikz from February 9th to 24th, 2024 at Chowgule College Campus. This year the format of the event was changed from Inter College Multi Sports Tournament to Inter Batch Multi Sports Tournament, Participating batches ere FYs, Sys, TYs, and PG/Staff.  Total of six sports were included in this season namely Futsal, Chess, Cricket, Badminton, Table Tennis & Handball. Tournament was organized for Boys & Girls separately.  Team comprising of BATCH 2021 (TY-BA, BSc & B.Voc) were crowned as champions with 3800 points, followed by BATCH 2022 (SY-BA, BSc & B.Voc) team in 2nd place with 3600 points, BATCH 2023 (FY-BA, BSc & B.Voc) team & PG/Staff team finished in 3rd & 4th place with 3000 & 1200 points respectively.

#### Photos *













Signature of the Head of the Department/ Incharge*:



## Parvatibai Chowgule College of Arts and Science (Autonomous)

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Best Affiliated College-Goa University Silver Jubilee Year Award

## **REPORT - ON CAMPUS ACTIVITY**

Title of the event*	"आत्मविश्वास"- Self Defense Program For Woman
Date and time*	February 16th to March 8th 2024
Mode & Venue*	Wooden Floor Area- Chowgule Sports Centre
<b>Organising Department</b>	Department Of Physical Education & Sports Management
Resource Person/s	Ms Mitali Tamse, Ms Sakshi Sherlekar, Ms. Divya Manikyala & Ms. Mohini Tiwari
Students attended	23
Total Participants*	23
The objectives and description of the activity*	In compliance with the PM USHA programme of Government of India, Department of Physical Education & Sports Management organized a tenday self-defense programme for women from February 16th to March 8th 2024. Our meritorious sportswomen, Ms Mitali Tamse, Ms Sakshi Sherlekar (Black Belt 1 Dan in Taekwondo and a national player), Ms. Divya Manikyala (Black Belt 1 Dan in Taekwondo, a National player and Coach, International medalist and two national medals, certified referee) and Ms. Mohini Tiwari (Black Belt in Karate and State level Official) were the resource persons. Twenty two registered themselves in the self-defense programme and underwent a ten session programme. They also showcased their skills on March 9th, during a programme to celebrate International Women's Day (worldwide celebrated on March 8th). This programme will remain continuous throughout the academic year and further years. The first batch will undergo two more levels of understanding and learning the art of self defense and after doing so shall be certified to train other students at the first level course. These young trainers shall continue to undergo further level courses under the guidance of resource persons.
Benefit/Key outcome of the	
event in terms of	Building Confidence & Ensuring Safety
learning/skills/knowledge*	
Photos *	









Attach copy of the Flyer event (if any)*

Signature of the Head of the Department/ Incharge*:

#### DEPARTMENT OF PHYSICAL EDUCATION & SPORTS MANAGEMENT आत्मविश्वास Self Defense Course Attendance

				Attenda	ance						7 0000	Day 9	Day 10
Sr. No.	Name	Roll No.	Department	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8		
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## Parvatibai Chowgule College of Arts and Science (Autonomous)

Accredited by NAAC with Grade 'A+'
Best Affiliated College-Goa University Silver Jubilee Year Award

## **REPORT - ON CAMPUS ACTIVITY**

Title of the event*	Tigersportz Annual Award Ceremony
Date and time*	March 22nd from 12.30 pm to 2.00 pm.
Venue*	Lower auditorium of the college
<b>Organising Department</b>	Department Of Physical Education & Sports Management
The objectives and description of the activity*	Department of Physical Education & Sports Management organised annual awards and felicitation ceremony on March 22nd at the lower auditorium of the college from 12.30 pm to 2.00 pm. In the presence of Principal Prof. (Dr.) Sangeeta Sankhalkar as Chief Guest of the ceremony.  Event started with exchange of Inter Departmental Tiger Sportz Fiesta trophy between the Department of Geography (winners of 2022-23) and the Department of Biotechnology (winners of 2023-24).  Chief Guest handed over Inter Batches Tiger Olympikz 8.0 trophy to TY batch of 2023-24.  Prof. Sankhalkar also honoured Ms. Ratika Naik and Mr. Moses Mascarenhas were awarded with a trophy and Tigersportz gold medal as the 'Tigersportz Best Sportspersons of the year' in female & male categories respectively.  She honoured twelve sportspersons Tigersportz Gold Medal as 'Tigersportz Stars of Chowgule College' for excelling at the national, state and university level.  Twelve sportspersons were awarded with Tigersportz Silver Medal as 'Tigersportz Performers of Chowgule College' for excelling at state level. Sixty four students were felicitated as 'Tigersportz achievers of Chowgule College'. They were part of Tiger Football Club (Best Sports Club of the year), National Games Volunteers, Women Volleyball team (most hard working team of the year), Students Sports Leadership Group.
Photos *	









Signature of the Head of the Department/ Incharge*:



#### Parvatibai Chowgule College of Arts and Science Autonomous

Accredited by NAAC with Grade 'A+'
Best Affiliated College-Goa University Silver Jubilee Year Award

## **REPORT**

Title of the event*	Inter-College Table Tennis Championship 2023-24 for Men & Women
Date and time*	July 18 th to 21 st , 2023
Mode& Venue*	Indoor Stadium Campal
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik.
Name of the Students attended*	Alvia Fernandes, Ann Liza Fernandes, Neeti Rupesh Kamat, Swizel Alfonso & Stancy Tom. Joel Jude Furtado, Smackton Pereira, Rudresh Mahendra Fadate, Selwyno Gonsalves & Jesus Roydon Antao.
Total Participants*	10
The objectives and description of the activity*	Women team played on 18.07.2023 reached second round of the tournament. Team comprised Alvia Fernandes, Ann Liza Fernandes, Neeti Rupesh Kamat, Swizel Alfonso & Stancy Tom. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik. In the first round they played against Goa College of Arts, which they won 3-0. Ann Liza Fernandes, Neeti Rupesh Kamat & Alvia Fernandes won their respective matches. In second round they played against Goa Medical College, which they lost 3-0.  Men team played on 19.07.2023 reached quarter finals of the tournament. Team comprised Joel Jude Furtado, Smackton Pereira, Rudresh Mahendra Fadate, Selwyno Gonsalves & Jesus Roydon Antao.  In the first round they got a bye, in second round they played against Dhempe College, Miramar, which they won 3-0, Joel Jude Furtado, Smackton Pereira & Rudresh Mahendra Fadate won their respective matches. In the third round they played against Agnel Institute, Assagao, which they won 3-0, Joel Jude Furtado, Rudresh Mahendra Fadate& Smackton Pereira won their respective matches. In the quarter finals they played against P.E.S College, Farmagudi, which they lost 3-2.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	







#### Parvatibai Chowgule College of Arts and Science Autonomous

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Best Affiliated College-Goa University Silver Jubilee Year Award

## **REPORT**

Date and time* Mode & Venue*  Organising Department/ School/Directorate/ Section* Name of the Faculty attended*  Name of the Students attended*  Total Participants*  Chowgule college men & women Badminton team participated in inter college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy.  Total Participants*  Ochowgule college men & women Badminton team participated in inter college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik on 25.07.2023 & 28.07.2023 & by Ms. Jofira Gonsalves on 27.07.2023.  In the first round they got a bye. In second round they played against Ganpat Parsekar, Harmal, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the third round,	Title of the event*	Inter College Badminton Championship 2023-24 for Men & Women
Mode & Venue* Organising Department/ School/Directorate/ Section* Name of the Faculty attended*  Name of the Students attended*  Total Participants*  Chowgule college men & women Badminton team participated in inter college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy.  Total Participants*  Ochowgule college men & women Badminton team participated in inter college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik on 25.07.2023 & 28.07.2023 & by Ms. Jofira Gonsalves on 27.07.2023.  In the first round they got a bye. In second round they played against Ganpat Parsekar, Harmal, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the third round,		
Organising Department/ School/Directorate/ Section*  Name of the Faculty attended*  Dr. Devashish Bagchi, Mr. Audumbar Tamse, Ms. Poojashree Naik & Ms. Jofira Gonsalves.  Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy.  Vismay Vivek Bandekar, Kedar V. Naik, Frederick Olivio Dias, Tejas Trivikram Shirodkar & Tanmay Gaude.  Total Participants*  Chowgule college men & women Badminton team participated in inter college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik on 25.07.2023 & 28.07.2023 & by Ms. Jofira Gonsalves on 27.07.2023.  In the first round they got a bye. In second round they played against Ganpat Parsekar, Harmal, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the third round,		·
Ms. Jofira Gonsalves.  Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Vismay Vivek Bandekar, Kedar V. Naik, Frederick Olivio Dias, Tejas Trivikram Shirodkar & Tanmay Gaude.  Total Participants*  Chowgule college men & women Badminton team participated in inter college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik on 25.07.2023 & 28.07.2023 & by Ms. Jofira Gonsalves on 27.07.2023.  In the first round they got a bye. In second round they played against Ganpat Parsekar, Harmal, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the third round,	Organising Department/	•
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college Badminton tournament 23-24 for men & women. Tournament was held from July 25th to 29th, 2023 at Indoor Stadium, Campal-Panjim.  Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik on 25.07.2023 & 28.07.2023 & by Ms. Jofira Gonsalves on 27.07.2023.  In the first round they got a bye. In second round they played against Ganpat Parsekar, Harmal, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the third round,	Total Participants*	9
Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the quarter finals, they played against Narayan Zantye College, Bicholim, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the semi finals they played against P.G. Goa University, which they lost 2-1, Pratishtha Shenoy winning her singles match.  Men team played on 26.07.2023 & 27.07.2023 & reached pre quarter finals of the tournament. Team comprised Vismay Vivek Bandekar, Kedar V. Naik, Frederick Olivio Dias, Tejas Trivikram Shirodkar & Tanmay Gaude.  In the first round they played against Carmel College, Nuvem, which they won 3-1, Tanmay Gaude, doubles pair of Frederick Dais & Tanmay Gaude & Kedar Naik won their respective matches. In the second round, they played against, Ganpat Parsekar, Harmal which they won 3-1, Tanmay Gaude, doubles pair of Frederick Dais & Tanmay Gaude & Tejas Shirodkar won their respective matches. In the pre quarter finals round they played against Government College, Sanquelim, which they lost 3-1, Tanmay Gaude winning his singles match.	description of the activity*	Women team played on 25.07.2023, 27.07.2023 & 28.07.2023 & reached Semi-finals of the tournament. Team comprised Dhiti Santosh Lotlikar, Mareshah Pereira, Neeti Rupesh Kamat & Pratishtha Shenoy. Team was accompanied by Dr. Devashish Bagchi, Mr. Audumbar Tamse & Ms. Poojashree Naik on 25.07.2023 & 28.07.2023 & by Ms. Jofira Gonsalves on 27.07.2023.  In the first round they got a bye. In second round they played against Ganpat Parsekar, Harmal, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the third round, they played against St Joseph Vaz, Murmugao, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the quarter finals, they played against Narayan Zantye College, Bicholim, which they won 2-0, Pratishtha Shenoy & Dhiti Santosh Lotlikar won their respective matches. In the semi finals they played against P.G. Goa University, which they lost 2-1, Pratishtha Shenoy winning her singles match.  Men team played on 26.07.2023 & 27.07.2023 & reached pre quarter finals of the tournament. Team comprised Vismay Vivek Bandekar, Kedar V. Naik, Frederick Olivio Dias, Tejas Trivikram Shirodkar & Tanmay Gaude.  In the first round they played against Carmel College, Nuvem, which they won 3-1, Tanmay Gaude, doubles pair of Frederick Dais & Tanmay Gaude & Kedar Naik won their respective matches. In the second round, they played against, Ganpat Parsekar, Harmal which they won 3-1, Tanmay Gaude, doubles pair of Frederick Dais & Tanmay Gaude & Tejas Shirodkar won their respective matches. In the pre quarter finals round they played against Government College, Sanquelim, which they
Benefit/Key outcome of the event in terms of  Students showcased their skills at Inter College level.	Benefit/Key outcome of the event in terms of	Students showcased their skills at Inter College level.

# learning/skills/knowledge* Photo









#### Parvatibai Chowgule College of Arts and Science Autonomous

Accredited by NAAC with Grade 'A+' Best Affiliated College-Goa University Silver Jubilee Year Award

## **REPORT**

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	Inter College Chess Championship 2023-24
Date and time*	August 1 st & 2 nd , 2023
Mode & Venue*	S. Caculo College
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse
Name of the Students attended*	Purush Rajkaran Desai, Trazer Almeida, Rudresh Mahendra Fadate, Sarvesh Santosh Devidas, Rahul Yadav & Joshua Moraes.
Total Participants*	6
The objectives and description of the activity*	Chowgule college Chess team participated in inter college Chess tournament 23-24. Tournament was held on August 1st & 2nd, 2023 at S. Caculo College. Chess team participated in inter college Chess tournament 23-24. Tournament was held on August 1st & 2nd, 2023 at S. Caculo College. College Chess team finished in 10th position with 7 points after the 6 rounds. Team comprised of Purush Rajkaran Desai, Trazer Almeida, Rudresh Mahendra Fadate, Sarvesh Santosh Devidas, Rahul Yadav & Joshua Moraes.  In the 1st round they played against Goa College of Home Science, Campal & won 4 points, in the 2nd round they played against Damodar College, Margao & won 3 ½ points, in the 3rd round they played against Don Bosco College of Engineering, Fatorda & played a draw with 2 points to both the teams, in the 4th round they played against Goa College of Engineering, Farmagudi & lost 3-1,in the 5th round they played against Padre Conceicao College of Engineering, Verna played a draw with 2 points to both the teams & in the 6th round they played against S.S. Dempo College of Commerce & economics, Cujira played a draw with 2 points to both the teams
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
	Photos







#### Parvatibai Chowgule College of Arts and Science Autonomous

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#### **REPORT**

Title of the event*	Inter College Swimming Championship 2023-24 for Women
Date and time*	August 4th, 2023
Mode & Venue*	SAG Swimming pool, Campal-Panjim
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse & Ms. Alka Gawas
Name of the Students attended*	Ratika Naik
Total Participants*	1
The objectives and description of the activity*	Chowgule college Swimming team participated in inter college Swimming Championship 23-24. Tournament was held on August 4th, 2023 at SAG Swimming pool, Campal-Panjim. College Swimming team won 3rd Place in Inter College Swimming Championship in women section. Team comprised of Ratika Naik only. She Participated in 50 meters Back Stroke & in 50 meters Free Style event. She won Gold medal in 50 meters Back Stroke & Bronze Medal in 50 meters Free Style event.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	





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#### **REPORT**

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	Inter College Tennikoit Championship 2023-24 for Men & Women
Date and time*	August 29 th to September 1 st , 2023
Mode & Venue*	Jubilee Hall, Goa University
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse & Ms. Jofira Gonsalves
Name of the Students attended*	Siena Diniz & Preeti Sharm, Anuj Naik, Nachiket Naik & Anvit Borkat.
Total Participants*	5
The objectives and description of the activity*	Chowgule college men & women Tennikoit team participated in inter college Tennikoit tournament 23-24 for men & women. Tournament was held from August 29th to September 1st, 2023 at Jubilee Hall, Goa University.  Chowgule college men & women Tennikoit team participated in inter college Tennikoit tournament 23-24 for men & women. Tournament was held from August 29th to September 1st, 2023 at Jubilee Hall, Goa University.  Women team played on 29.09.2023, team comprised Siena Diniz & Preeti Sharma. They lost 2-1 in the 1st round of the tournament against G.V.M.'s College of Education. Siena Diniz won her singles match.  Men team played on 31.09.2023 & reached 2nd round of the Championship. Team comprised Anuj Naik, Nachiket Naik & Anvit Borkat. In the 1st round they won 2-0 against Goa Multi-Faculty, Dharbandora, Anuj Naik & Nachiket Naik won their singles matches. In the 2nd round they lost 2-1 against S. Caculo College, Mapusa, Anuj Naik winning his singles match.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.







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#### **REPORT**

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	Inter College Taekwondo Championship 2023-24 for Men & Women
Date and time*	September 4th to 7th, 2023
Mode & Venue*	Jubilee Hall, Goa University
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse
Name of the Students attended*	Saurabh Havle & Sakshi Sherlekar
Total Participants*	2
The objectives and description of the activity*	Chowgule college men & women Taekwondo team participated in inter college Taekwondo tournament 23-24 for men & women. Tournament was held from September 4th to 7th, 2023 at Jubilee Hall, Goa University. Chowgule college men & women Taekwondo team participated in inter college Taekwondo tournament 23-24 for men & women. Tournament was held from September 4th to 7th, 2023 at Jubilee Hall, Goa University. Men team had their bouts on 04.09.2023, team comprised Saurabh Havle only. He participated in upto& including 54 kg weight category & won Silver Medal.  Women team had their bouts on 06.09.2023, team comprised Sakshi Sherlekar only. She participated in Upto& including 57 kg weight category & won the Silver Medal.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.





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#### **REPORT**

(Seminar / Webinar / Expert talk / Workshop / Visit to Incubators on the themes pertaining to Innovation/Entrepreneurship/Intellectual property)

Title of the event*	Inter College Powerlifting Championship 2023-24 for Women
Date and time*	September 12th to 14th, 2023
Mode & Venue*	Jubilee Hall, Goa University
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse, Ms. Jofira Gonsalves and Mrs. Poojashree Naik.
Name of the Students attended*	Aivana Miranda & Blazel Jennifer D'souza
Total Participants*	2
The objectives and description of the activity*	Chowgule college women Power Lifting team participated in inter college Power Lifting tournament 23-24 for women. Tournament was held from September 12th to 14th, 2023 at Jubilee Hall, Goa University. Chowgule college women Power Lifting team participated in inter college Power Lifting tournament 23-24 for women. Tournament was held from September 12th to 14th, 2023 at Jubilee Hall, Goa University. Team comprised composed of Aivana Miranda(TYBA Sociology)&Blazel Jennifer D'souza (FYMSc Geoinformatics) Team finished in third position in the Goa University Inter Collegiate Power Lifting Championship.  Aivana Miranda participated in upto& including 63 kg weight category & won the Gold Medal & also won "The Strongest Woman" of the Goa University Inter Collegiate Powerlifting Championship for Women.  Blazel Jennifer D'souza participated in upto& including 76 kg weight category.  The team was accompanied by Mr. Audumbar Tamse, Ms. Jofira Gonsalves and Mrs. Poojashree Naik.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.





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## **REPORT**

Title of the event*	Inter College Football Championship 2023-24 for Men & Women
Date and time*	September 27th to October 16th, 2023
Mode & Venue*	Goa University Ground & Rosary Ground, Navelim & Tigers Domain, Parvatibai Chowgule College.
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse & Poojashree Naik
Name of the Students attended*	Shelton Fernandes, Norman Chris Mascarenhas, Shenoy Frabby Colaco, Smiroy Martins, Piyush Raikar, Nash D'silva, Aryan Pattanayak, Jesus Roydon Antao, Kahlil Joseph Savio Barreto, Adarsh Raj, Shawn Bandodker, Sagar Gajana Shirodkar, Ashutosh Chari, Smackton Pereira &Shanon Adrian Furtado.
Total Participants*	33
The objectives and description of the activity*	Chowgule college men & women Football team participated in inter college Football tournament 23-24 for men & women. Tournament was held from September 27th to October 16th, 2023 at Goa University Ground & Rosary Ground, Navelim.  Men team reached second round of the tournament.  Men team played on 28.09.2023 & 30.09.2023. They played their first match at Rosary Ground, Navelim & second match on Tigers Domain at Parvatibai Chowgule College. Team comprised of Shelton Fernandes, Norman Chris Mascarenhas, Shenoy Frabby Colaco, Smiroy Martins, Piyush Raikar, Nash D'silva, Aryan Pattanayak, Jesus Roydon Antao, Kahlil Joseph Savio Barreto, Adarsh Raj, Shawn Bandodker, Sagar Gajana Shirodkar, Ashutosh Chari, Smackton Pereira &Shanon Adrian Furtado. They played their first match against S.R.I.E.I.T, Shiroda& won the match 7-0, with the goal by Aryan Pattanayak, Norman Mascarenhas, Shenoy Colaco, Kahlil Barreto, Shelton Fernandes & brace by Adharsh Raj. Second match they played against Government college, Sankhalim& lost 3-0.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	



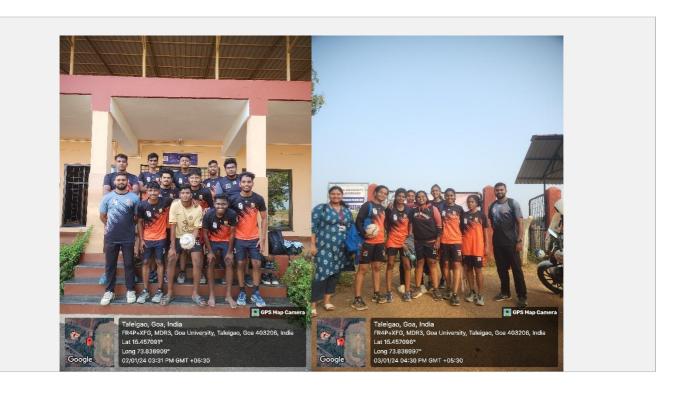


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## **REPORT**

Title of the event*	Inter College Handball Championship 2023-24 for Men & Women
Date and time*	January 2nd to 5th,2024
Mode & Venue*	Goa University Ground
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse & Ms. Jofira Gonsalves
Name of the Students attended*	Sanvi Rajesh Shirodkar, Terrance Francis D'Souza, Saideep Sunil Pawar, Smiroy Martins, Raj Sisir Nayak, Shelton Fernandes, Shawn Bandodker, Anuj Mahesh Naik, Nehal NaneshwarFadte Dessai, Sonu Kumar Mahato &Samart Dhond. Siena Fabiola Diniz, Freeda Vaz, Ratika Mhalsekar, Fiena Oliveira, Kadisha Menina Fernadez, Criffa Alita Pereira, Aishwariya Gad, Frenjuela Tracy Fernandes.
Total Participants*	19
The objectives and description of the activity*	Chowgule college men & women Handball team participated in Inter College Handball Tournament 23-24 for men & women. Tournament was held from January 2nd to 5th,2024 at Goa University Ground. Men's team comprised of Sanvi Rajesh Shirodkar, Terrance Francis D'Souza, Saideep Sunil Pawar, Smiroy Martins, Raj Sisir Nayak, Shelton Fernandes, Shawn Bandodker, Anuj Mahesh Naik, Nehal NaneshwarFadte Dessai, Sonu Kumar Mahato &Samart Dhond. They played their first match against Don Bosco College, Panjim & lost 19-6.  Women team comprised of Siena Fabiola Diniz, Freeda Vaz, Ratika Mhalsekar, Fiena Oliveira, Kadisha Menina Fernadez, Criffa Alita Pereira, Aishwariya Gad, Frenjuela Tracy Fernandes.  They reached quarter finals of the tournament, eventually losing to Rosary College, Navelim.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	





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## **REPORT**

Title of the event*	Inter College Basketball Championship 2023-24 for Men
Date and time*	January 16th to 19th,2024
Mode & Venue*	Manohar Parrikar Indoor Stadium, Navelim
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse
Name of the Students attended*	Joshua D'Sa, Jaime Carl Da Silva, Sonu Mohato, Chrysander P. Goes, Pradyut Ghosh, Joel Jude Furtado, Leonard Gabriel Vaz, Jason Emmanuel Menezes & Praleej Prashant Naik.
Total Participants*	9
The objectives and description of the activity*	Chowgule college men Basketball team participated in Inter College Basketball Tournament 23-24 for men. Tournament was held from January 16th to 19th,2024 at Manohar Parrikar Indoor Stadium, Navelim. Team comprised of Joshua D'Sa, Jaime Carl Da Silva, Sonu Mohato, Chrysander P. Goes, Pradyut Ghosh, Joel Jude Furtado, Leonard Gabriel Vaz, Jason Emmanuel Menezes & Praleej Prashant Naik.  1st round they won against Dhempe College, Miramar, 22-16. 2nd round they lost against GEC, Farmagudi, 28-15.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	





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## **REPORT**

Title of the event*	Inter College Athletics Championship 2023-24 for Men & Women
Date and time*	January 23rd to 25th,2024
Mode & Venue*	Athletics Stadium, Bambolim
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse, Ms. Jofira Gonsalves and Mrs. Poojashree Naik.
Name of the Students attended*	Mahony Ozias Pereira, Shawn Bandodker, Nachiket Naik, Ashutosh Chari, Mashwin Fernandes, Smiroy Martins, Smackton Pereira, Sherwyn Jesus Menezes, Kahlil Joseph Savio Barreto, Moses Wolfang Mascarenhas, Norman Chris Mascarenhas, Melina Kumari Rawat Chatri, Aishwarya Gajanan Gaonkar, Siena Fabiola Diniz, Ratika Mhalsekar& Freeda Vaz.
Total Participants*	16
The objectives and description of the activity*	Chowgule college men & women Athletics team participated in Inter College Athletics Championship 23-24 for men & women. Championship was held from January 23rd to 25th,2024 at Athletics Stadium, Bambolim. Team comprised of Mahony Ozias Pereira, Shawn Bandodker, Nachiket Naik, Ashutosh Chari, Mashwin Fernandes, Smiroy Martins, Smackton Pereira, Sherwyn Jesus Menezes, Kahlil Joseph Savio Barreto, Moses Wolfang Mascarenhas, Norman Chris Mascarenhas, Melina Kumari Rawat Chatri, Aishwarya Gajanan Gaonkar, Siena Fabiola Diniz, Ratika Mhalsekar& Freeda Vaz. Moses Wolfang Mascarenhas won 2 gold medals in 100m & 200 m run & also won Best Male Athlete of Inter College Athletics Championship 23-24.  Sherwyn Jesus Menezes won Bronze medal in Discus throw & finished 4th in Shot put.  Aishwarya Gajanan Gaonkar finished 4th in 3000m run & Ashutosh Chari finished 6th in 5000m run.  Ratika Mhalsekar& Freeda Vaz reached semi-finals of 100m run.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	







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## **REPORT**

Title of the event*	Inter College Volleyball Championship 2023-24 for Women
Date and time*	February 14 th ,2024
Mode & Venue*	Goa University Ground
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse& Ms. Jofira Gonsalves
Name of the Students attended*	Melina Kumari Rawat Chatri, Criffa Alita Pereira, Pooja Patel, Aishwarya Gad, Siena Fabiola Diniz, Rosane Rodrigues, Swaraa Abhijit Prabhudessai, Ratika Vasu Naik, Naomi Jawaharlal & Fiena Oliveira.
Total Participants*	10
The objectives and description of the activity*	Chowgule college women volleyball team participated in Inter College volleyball championship 23-24. Championship was held on 14.02.2024 at Goa University Ground. Team comprised of Melina Kumari Rawat Chatri, Criffa Alita Pereira, Pooja Patel, Aishwarya Gad, Siena Fabiola Diniz, Rosane Rodrigues, Swaraa Abhijit Prabhudessai, Ratika Vasu Naik, Naomi Jawaharlal & Fiena Oliveira.  College team in spite of being a strong contender for championship lost narrowly to another strong team Ganpat Parsekar College, Harmal.  The team was accompanied by Mr. Audumbar Tamse & Jofira Gonsalves.
Benefit/Key outcome of the event in terms of learning/skills/knowledge*	Students showcased their skills at Inter College level.
Photos	







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## **REPORT**

Title of the event*	Inter College Cricket Championship 2023-24 for Men & Women
Date and time*	February 22 nd to April 1 st , 2024
Mode & Venue*	Indoor Stadium Campal
Organising Department/ School/Directorate/ Section*	Goa University
Name of the Faculty attended*	Mr. Audumbar Tamse and Mrs. Poojashree Naik.
Name of the Students attended*	Harsh Vishwas Samant, Amitkumar Kevat, Sanat Sunil Raikar, Atharav Arvind Kocharekar, Vismay Vivek Bandekar, Gaurang Nilesh Fal Dessai, Anvit Raya Borkar, Pranay Jagtap, Devankumar Chittem, Anurag Singh, Siddarth Vishnu Honnavarkar, Hritvik Ashish Sardessai, Akshay Kumar HT, Sunil Shetty Naik&Rishikesh N. Dessai. Criffa Alita Pereira, Melina Kumari Rawat Chatri, Pooja, Pranita Bapu Budhalkar, Prarthana Suresh Borkar, Retuja Balkrishna Havle, Kadisha Menina Fernades, Aishwarya Gad, Saloni Rajesh Sail, Pranjali Prabhu Usgaonkar, Swaraa Abhijit Prabhudesai, Ratika Vasu Naik&Fiena Oliveira.
Total Participants*	28
The objectives and description of the activity*	Chowgule college men & women cricket team participated in Inter College Cricket championship 23-24. The championship was held at Goa University from 22nd February to 18th March 20224 for men & for women, 19th March to 1st April 2024.  Men's team played their 1st round match on March 5th against Narayan Zantye College, Bicholim& won the match by six wickets. They played their 2nd round match on March 12th against Goa Engineering College, Farmagudi & lost by 46 runs.  Women Team played their 1st round match on March 23rd against Vidhya Prabodhini College, Porvorim& lost by 6 runs.  For our college teams this was the last activity in Goa University inter collegiate sports tournaments.
Benefit/Key outcome of the event in terms of	Students showcased their skills at Inter College level.
learning/skills/knowledge* Photos	



