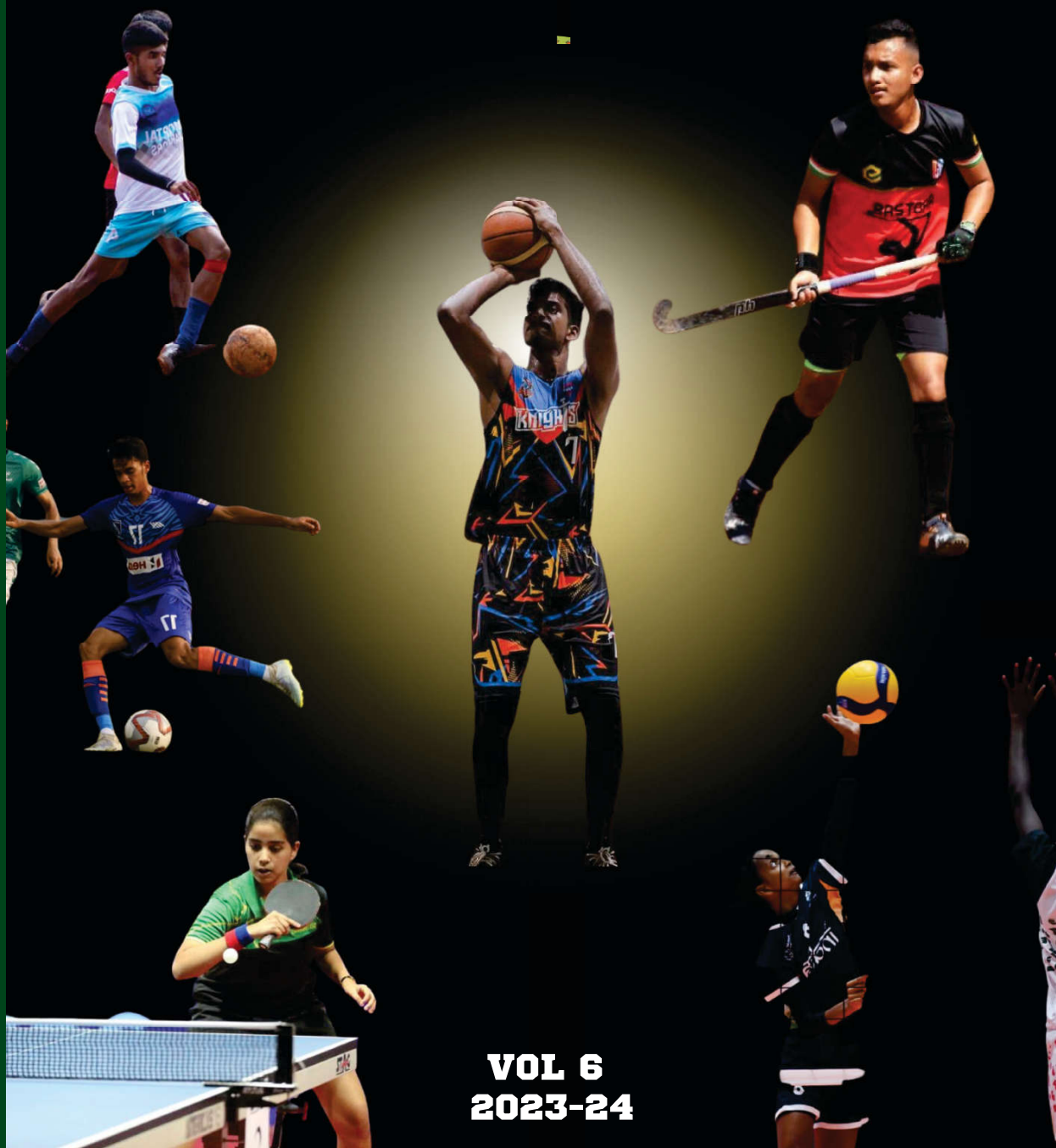


ST. XAVIER'S COLLEGE - MAPUSA, GOA

ALTIUS

DEPARTMENT OF PHYSICAL EDUCATION



**VOL 6
2023-24**

A Sportsman's Prayer

Dear Lord in the battle that runs through life,
I ask but a field that is a fair,
A chance, which is equal to all in the strife,
The courage to do and to dare.

If I should win,
Let me not be proud, with faith And honour held high,
If I should lose,
Let me stand in the crowd and cheer as the winner go by.

God, teach me to conquer, if
Conquer I can,
Having shown my worth in fray,
If I should lose like a man, And not like a coward I pray.

Let me say,
"Here they ride, who kept the code,
They were better man than I".
Let me stand with a smile, by the side of the road,
And cheer as the winners go by.



Administrator Message

It gives me a great pleasure to indite these few words for the sports magazine, *Altius*, and to express my heartfelt congratulations to the Director and Assistants, Department of Sports, and all the sportspersons for making our College shine and emerge as the best college in sports, both, for women and men, in the academic year, 2023-24, besides. also capturing the trophies for the best sportsman and sportswoman of the year.

Youth is the age of dreams, and ambitions. We can achieve our aspirations only when we keep them in focus. This is possible when we work sincerely, without being a prey to anything that can deviate us from our ideals, or incapacitate us by making us victims of ill-health due to unhealthy practices.

From 1st to 6th August, some 4,00,000 youth will be energetically taking part in the World Youth Day in Lisbon, Portugal. Anticipating their departure, the Pope had this message for the Youth participating in this event: "Dear young people who are leaving for Lisbon for World Youth Day, I wish you a good journey. I hope you arrive at the encounter filled with joy. Take this path and make a journey. Life is about making a journey. Young people have the vocation to make a journey. Strive ahead courageously, always looking toward your destination. Do so with the mysticism of the journey, always walking with others and never alone. May God bless you. And thank you for your efforts and your hard work. Have a good day."

Our life is a journey, that is undertaken not in isolation, but in solidarity and companionship with others. Field of sports has this immense capacity to bring youth together. Moments spent in training, in sharing ideas for better competition, assigning tasks that need to be fulfilled to achieve success, all this can and does surpass selfishness and narrow-mindedness and build bridges of friendship and solidarity.

I have seen our students training hard to achieve success. They display the verve and vitality which is very much needed to be successful in the field of sports. I hope, that various facilities made available in the College will help them to develop their talents and fearlessly compete in the various sports disciplines, but always in a cordial manner.

I congratulate the Director of Physical Education and Sports and the Assistants in the Department, for all the achievements, and I wish them and all the sportspersons a fruitful sporting year.

God bless you all.

Fr. Tony Salema
Administrator, St. Xavier's College



Principal's Message

St Xavier's College has grown not only as a premier centre of excellence in academics but have come a long way in Sports arena too.

It gives me immense joy to present to you our Sports Magazine " ALTIUS" Vol no 06 for the Academic Year 2022- 2023 .

I am also extremely glad to share with you that our College has been awarded by the Goa University as The Best College in Sports for Women in 2019- 2020, Best College in Sports for both Men and Women 2022- 2023 as well as awarded our students Best Sportswoman and Sportsman for the year 2022- 2023 .

I take this opportunity to Thank , Appreciate and Congratulate our Sports Director, Ms. Joslyn D'Souza and Instructors in Physical Education Mr. Roger Fernandes and Ms Astrid Pereira for their direction, guidance and hard work that has enabled our students win so many laurels for the college.

We are grateful to our Patron Saint , St. Francis Xavier for interceding on our behalf and for blessing us all and our College in particular in both academics and Sports.

God Bless Us All.

Dr. Blanche Mascarenhas
Principal & Professor



Sports does not build character but rather reveals character

At St. Xavier's College, physical education and sports play a critical role in educating the student holistically. Research supports the importance of movement in educating both, the mind and the body.

Physical education and sports contribute directly to development of physical competence and fitness. It also helps students to make informed choices and understand the value of leading a physically active lifestyle. The healthy, physically active student is more likely to be academically motivated, alert, and successful. The outlet of sports provides an excellent opportunity to enhance one's mental and physical fitness. Hence, for these numerous reasons, we, at St.

Xavier's College, are ardent supporters of sports and the overall development of sports not only in vicinity of the College but throughout the state of Goa.

Our department is proud to have Mr Roger fernandes and Ms Astrid Pereira dedicated sports personalities today as our staff, working towards the best for the students and the institution.

St. Xavier's College is one of the few colleges in the state of Goa that participates in almost each and every intercollegiate event. The College has also won the "Best College in Sports" award on several occasions, which showcases the passion that the College staff and students invest into the field of sports.

My Sincere thanks to our Principal Dr. (Mrs.) Blanche Mascarenhas, Administrator of our College Fr. Antonio saleva, for all their support, guidance, and encouragement throughout the years.

- Ms. Joslyn D'Souza
Director of Physical Education



The best comeback for Xavierites in sports

Today being a xavierite I stand proud and share my gratitude for the opportunity that I have got to serve in this role of sports secretary of our college. Being a sports person it was always my dream to play as a xavierite but serving the institution in sports was my priority and something I would always wish for. I am grateful to St Xavier's College for giving me this opportunity to showcase my ability and talents in education as well as sports.

“Some people want it happen, some wish it would happen, others make it happen”. -Michael Jordan.

We xavierites have made it happen!

The past year has been one of the most difficult in our history. We have faced challenges and obstacles, including the COVID-19 pandemic, which forced us to cancel events and put our training on hold, but despite the setbacks we refused to give up. We stayed focused, we remain disciplined and we worked hard towards our goals. We can see that our hard work has paid off. We have made a remarkable comeback both as individuals and as a team. We have come back stronger and better than ever before.

I am especially thankful to our Director of physical education Ms Joslyn D'Souza who has always motivated and guided me, our instructors in physical education Ms Astrid Pereira and Mr Roger Fernandes who have reminded us of the importance of discipline and teamwork. None of this would be possible without your support.

I have been an athlete all my life and my love for sports has played a significant role in shaping me who I am today. I am grateful that as a player and as the sports secretary I was able to contribute to the championship we have won this year and gave the best comeback ever in sports.

I am grateful to St Xavier's College for all the support in sports and for believing in me. It was an honour to serve as the sports secretary and I look forward to the many successes that lie ahead.

Jeolla Dsouza
Sports Secretary
2022-2023





"The only one who can tell you 'you can't win' is you and you don't have to listen?"

Sports is such an activity that it can be taken up by anyone; at any age and any point in life.

Adults, children and elders - everyone alike can take part in sports. Many regard sports as a mere co-curricular or extra-curricular activity in schools. However, in reality, sports play an equally important role as does education in a person's life. To achieve overall and all-round development in life, one should be well-versed in both sports and culture. While training sharpens the mind, sports sharpens the body and fitness.

I started my sports carrier through Football. From a very young age I was passionate to play football. I used to enjoy it a lot as compared to other games such a cricket, volleyball, etc. Football has helped me to become a great sports person and has also taught me many values, discipline, punctuality and self-control. It has taught me leadership, in motivating and how to build teamwork.

St. Xavier's College has been a great motivation to all the sports persons under the guidance of our Physical Education Director Miss Joslyn and our sports instructors Miss Astrid and Sir Roger. Through their support and encouragement many students have excelled and have bought great laurels to this college.

In the words of late Diego Maradona, "When people succeed, it is because of hard work. Luck has nothing to do with success." To be a great sports person one needs to train hard, motivate each other and to focus on the motive of "One Team One Goal"

-Jessica Ennis Hill

Department of Physical Education

To begin the year of sports at St Xavier's , the department of sports brings together some of its outstanding students to serve the college as a sports committee throughout the year and seeing to the success of the college in all the events organised and participated in. To monitor the sports activities every step is over powered by the sports council consisting of lecturers headed by the principal.



College Sports Committee

Fr. Antonio Salema (Administrator)
Dr.(Prof.) Blanche Mascarenhas (Principal)
Ms. Joslyn D'souza (Director in Physical Education)
Ms. Ursalla Baretto (Vice Principal)
Ms. Sandra Fernandes (Vice Principal)
Ms. Mumtaz Mendonsa (Member)
Ms. Astrid S. Pereira (Instructor in Physical Education)
Mr. Roger Fernandes(Instructor in Physical Education)
Mr. Robert D'souza (MTS)

College Students Sports Council Members

Jayden Pais (Member)
Sohan Naik (Member)
Namita Govekar (Member)
Jeolla D'souza (Sports Secretary)
Baylon Dias (Assistant.Sports Secretary)
Brendon D'Costa (Member)

It has been a very eventful phase in the sports arena for the College Sports Council and for all the students of our college. There was an increase in the students participation in the Inter class competitions held throughout the semesters. Students had ample of opportunities to display their talent and skills in their encounter with the other classes.

St. Xavier's has always tried to keep up to their rich tradition of winning at the Intercollegiate sports organized by Goa University, our College students have worked very hard and excelled in all the events for the year 2022-2023.

The College emerged Winners in Table Tennis, Basketball ,Hockey ,Volleyball and Handball and Runners up in Badminton ,swimming ,Football and Athletics in the women section and were excellent in the other games as well when put against a higher skilled opponent.

The boys put up an excellent performance at the Intercollegiate sports our boy emerged Winners Football ,Basketball ,Handball ,Hockey and Runners up in Badminton and Powerlifting organized by Goa University as well.

Sports did not end at the College level, our students marked their presence at the national and international level.



Gym

Healthy students and staff, ensure a healthy institution. With this objective in mind, St.Xavier's inaugurated their State of the Art Gym. The management is focused in helping students carryout different physical education programs during and after college timings.

In this health conscious age, everyone wishes to invest in optimal fitness. Students areinterested in carrying out various plans to ensure cardiovascular fitness, stronger bones,toned body, increased flexibility, better brain function, increased longevity. Studentsfind the gym a great place to workout with the various types of equipment, trainedpersonnel and friends they can meet.

The gym was inaugurated by none other than

St. Xavier's once again reinforced the basics of a healthy lifestyle and the importance ofstaying alive.



Athletic Men Medal winners & Women Runners up.



Men football winners



Women football runners up



Women Table Tennis winners



Women Volleyball winners



Men Basketball winners



Women Basketball winners



Women hockey winners



Men hockey winners



Men badminton Runners up



Women badminton runners up



Women handball winners



Men powerlifting runners up



Men best physique medal winners



Women swimming runners up and men medal winners



Men handball winners



The 57th Annual Sports Meet of St. Xavier's College

The much awaited 57th Annual Sports Meet of St. Xavier's College was held on the 1st of April, 2023, on the sprawling college sports ground. The day dawned on irrepressible vitality, buzzing excitement, and exuberant expectations on campus.

The Chief Guest for the Meet was Advocate Carlos Alvares Ferreira, MLA of Aldona Constituency. The Administrator of the college, Fr. Antonio Salema welcomed the gathering. In his address, Fr. Salema expressed his joy by stating that this year's meet is like a toast raised in celebration of the Diamond Jubilee of the college and the culmination of a very successful sporting year. He reiterated that St. Xavier's College is committed to provide holistic education to the students, and lauded the efforts of the students for winning laurels at the state level and national level championships in football, volleyball, basketball, athletics, swimming and hockey.

The day started off with the hoisting of the College Flag and the rendition of the Oath and the Sportsman's Prayer. The Chief Guest then inaugurated the sports day with the release of colourful balloons, prior to which the athletes majestically carried the flame to light the torch. The Chief Guest and the Principal of the college-Prof Blanche Mascarenhas took the salute of the impressive March Past comprising of the contingents of students and faculty.

Ms. Joslyn D'souza, Director of the Physical Education, read the Annual Sport Report, 2022-23. The astounding performances of the college in the field of sports, in the Diamond Jubilee Year, reflected the decades old tradition of persistence, dedication and excellence.

The Annual Sports Meet comprised of a variety of individual and team events, such as the 100 meters, 200 meters, and 4 x 100 meters (relay) track events for both men and women respectively. Tug of War, Drills, Cheerleading, Zumba, Yoga display, Pyramids display, and Aerobics performed by the different streams were the other highlights. The Jumble March Past was a scintillating display of creativity and colour, showcasing the Diamond Jubilee celebrations of the college, as their theme.

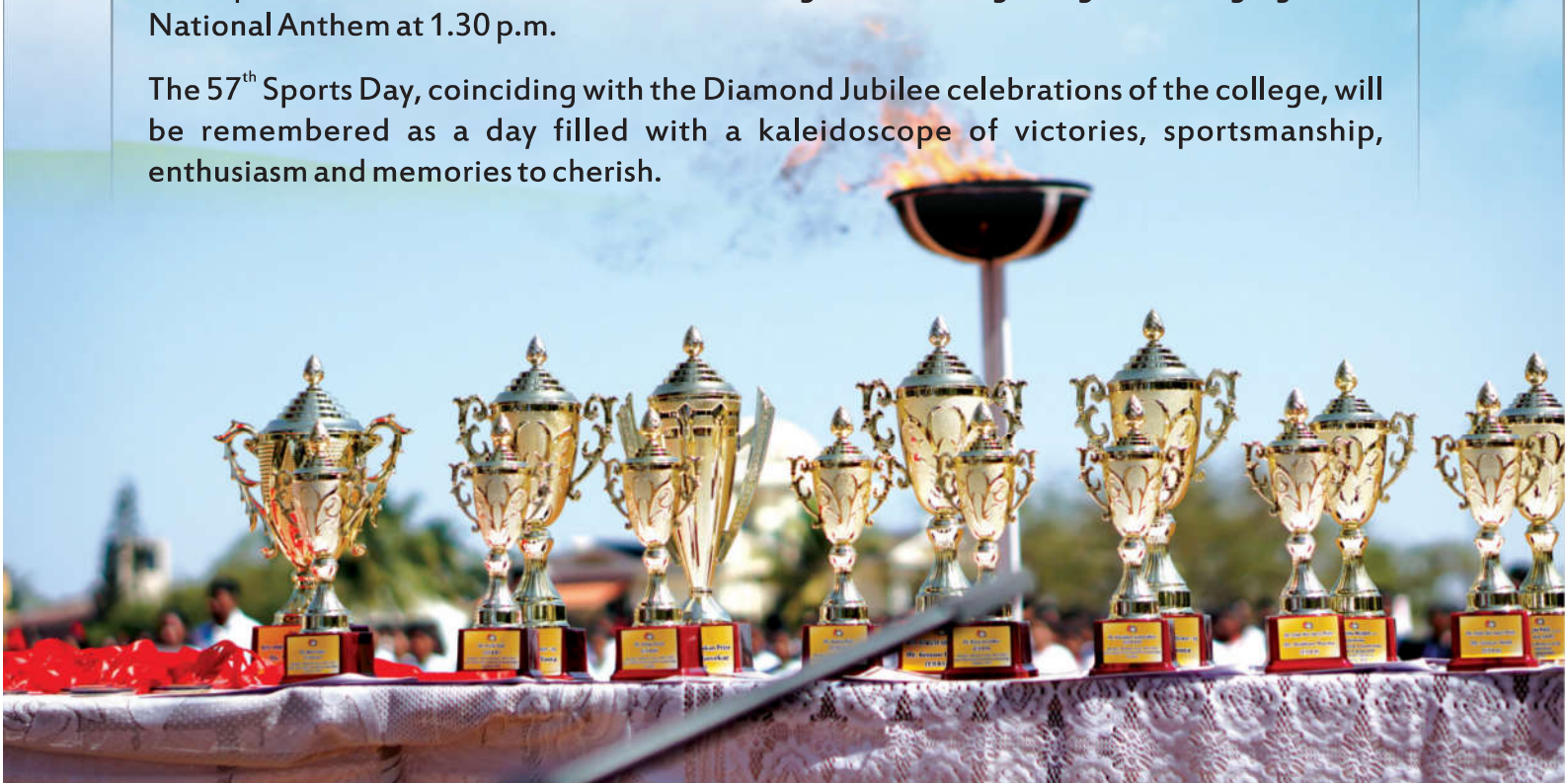




In his address, Chief Guest Adv. Carlos Ferreira highlighted the role of St. Xavier's College as, continuing to be, among the premier educational institutions of Goa. He urged the students to learn from the college values, take advantage of college life and always try to excel in sports and extracurricular activities, as one needs to be the all-rounder.

The Sports Meet culminated with the lowering of the College Flag & the singing of the National Anthem at 1.30 p.m.

The 57th Sports Day, coinciding with the Diamond Jubilee celebrations of the college, will be remembered as a day filled with a kaleidoscope of victories, sportsmanship, enthusiasm and memories to cherish.







PRATIK NAIK
CLASS:SYBA

HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY FOOTBALL MEN CHAMPIONSHIP HELD AT JABALPUR FROM 19TH TO 24TH DECEMBER 2022 AND QUALIFIED FOR ALL INDIA INTER ZONE INTER UNIVERSITY FOOTBALL MEN CHAMPIONSHIP HELD AT KOTA FROM 8TH TO 17TH JANUARY 2023.



MRUNMAYEE BHIKE
CLASS:FYBA

HAS REPRESENTED GOA STATE TEAM FOR U-19 WOMEN'S TEAM FOR T-20 TOURNAMENT ORGANISED BY BCCI TO BE HELD AT HYDRABAD FROM 1ST TO 8TH OCTOBER 2022.



SHUBHAM SINGH
CLASS:SYBA

HAS REPRESENTED GOA IN 72ND SENIOR MEN BASKETBALL NATIONAL CHAMPIONSHIP HELD AT GUJARAT FROM 13TH TO 17TH SEPTEMBER 2022



ATMARAM JADHAV
CLASS:FYBA

HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY FOOTBALL MEN CHAMPIONSHIP HELD AT JABALPUR FROM 19TH TO 24TH DECEMBER 2022 AND QUALIFIED FOR ALL INDIA INTER ZONE INTER UNIVERSITY FOOTBALL MEN CHAMPIONSHIP HELD AT KOTA FROM 8TH TO 17TH JANUARY 2023.



ALLISTER D'SOUZA
CLASS:TYBCOM

HAS REPRESENTED GOA STATE TEAM AT ICF BODY BUILDING COMPETITION HELD AT MUMBAI ON 27TH MAY 2023 AND WON MEDAL IN MEN'S PHYSIQUE U-23 4TH PLACE AND MEN'S PHYSIQUE FIRST TIMER OPEN TOP 10.



SAMEER YALIGAR
CLASS:TYBSC

HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY MEN CHAMPIONSHIP HELD AT GWALIOR FROM 20TH TO 25TH JANUARY 2023.



ASHUTOSH NARVEKAR
CLASS:TYBCOM

HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY MEN CHAMPIONSHIP HELD AT GWALIOR FROM 20TH TO 25TH JANUARY 2023.



GAURAV PALYEKAR
CLASS:TYBA

HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY MEN CHAMPIONSHIP HELD AT GWALIOR FROM 20TH TO 25TH JANUARY 2023.



SOHIT NAIK
CLASS:TYBCOM

HAS REPRESENTED GOA IN 25TH YOUTH NATIONAL VOLLEYBALL CHAMPIONSHIP FROM 16TH TO 22ND DECEMBER 2022.



GAURAV SINGH
CLASS:TYBA

HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY MEN CHAMPIONSHIP HELD AT GWALIOR FROM 20TH TO 25TH JANUARY 2023.



YUKTA MAHATO
CLASS:TYBA

HAS REPRESENTED GOA IN 4TH SENIOR NATIONAL CESTOBALL CHAMPIONSHIP HELD AT KARNATAKA FROM 30TH SEPTEMBER TO 2ND OCTOBER 2022.



JADEN VAZ
CLASS:TYBBA

HAS REPRESENTED GOA IN 72ND SENIOR MEN BASKETBALL NATIONAL CHAMPIONSHIP HELD AT GUJARAT FROM 13TH TO 17TH SEPTEMBER 2022



SIDDHANT GOSAVI
CLASS:FYBSC

HAS REPRESENTED GOA STATE TEAM AT 72ND JUNIOR NATIONAL BASKETBALL CHAMPIONSHIP FOR MEN HELD AT BHILWARA RAJASTHAN FROM 13TH TO 16TH OCTOBER 2022



SAIESH PARAB
CLASS:FYBSC

HAS REPRESENTED GOA STATE TEAM AT 41ST NATIONAL SHOOTINGBALL CHAMPIONSHIP FOR MEN HELD AT MADHYA PRADESH FROM 12TH TO 14TH NOVEMBER 2022



BHAVESH THAKUR
CLASS:FYBSC

HAS REPRESENTED GOA STATE TEAM AT 48TH JUNIOR NATIONAL KABADDI CHAMPIONSHIP FOR MEN HELD AT UTTARAKHAND FROM 17TH TO 21ST NOVEMBER 2022



PUSHPA PARAB
CLASS:FYBA

HAS REPRESENTED GOA STATE TEAM AT 36TH NATIONAL GAMES FOOTBALL CHAMPIONSHIP FOR WOMEN HELD AT GUJARAT FROM 2ND TO 8TH OCTOBER 2022
REPRESENTED WEST ZONE INTER UNIVERSITY WOMEN CHAMPIONSHIP HELD AT GWALIOR AND WON 1ST PLACE AND QUALIFIED FOR ALL INDIA INTER UNIVERSITY WOMEN CHAMPIONSHIP HELD AT GWALIOR FROM JANUARY 2023



TANISH MURGOD
CLASS:FYBA

HAS REPRESENTED GOA STATE TEAM AT 36TH NATIONAL GAMES SWIMMING CHAMPIONSHIP FOR WOMEN HELD AT GUJARAT FROM 2ND TO 8TH OCTOBER 2022
REPRESENTED GOA IN 5TH ALL INDIA FINSWIMMING FEDERATION CUP 2022 HELD AT MADHYA PRADESH FROM 4TH TO 8TH AUGUST 2022 AND WON MEDALS .



DIKSHA CHAWDHARY
CLASS:TYBA

HAS REPRESENTED GOA STATE TEAM AT 13TH HOCKEY INDIA SENIOR WOMEN NATIONAL CHAMPIONSHIP HELD AT ANDRA PRADESH FROM 15TH TO 24TH FEBRUARY 2023
REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY WOMEN CHAMPIONSHIP HELD AT UDAIPUR FROM 26TH TO 30TH DECEMBER 2022.



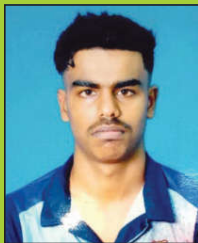
GOVIND PEDNEKAR
CLASS:FYBA

HAS REPRESENTED GOA STATE TEAM AT 41ST NATIONAL SHOOTINGBALL CHAMPIONSHIP FOR MEN HELD AT MADHYA PRADESH FROM 12TH TO 14TH NOVEMBER 2022



KHUSHBOO SAUNDATKAR
CLASS:SYBBA

REPRESENTED WEST ZONE INTER UNIVERSITY WOMEN CHAMPIONSHIP HELD AT GWALIOR AND WON 1ST PLACE AND QUALIFIED FOR ALL INDIA INTER UNIVERSITY WOMEN CHAMPIONSHIP HELD AT GWALIOR FROM JANUARY 2023



SHRIKRISHNA PEDNEKAR
CLASS:FYBSC

HAS REPRESENTED GOA STATE TEAM AT 41ST NATIONAL SHOOTINGBALL CHAMPIONSHIP FOR MEN HELD AT MADHYA PRADESH FROM 12TH TO 14TH NOVEMBER 2022



PIYUSH HARMALKAR
CLASS:SYBA

HAS REPRESENTED GOA STATE TEAM AT 13TH JUNIOR MR.INDIA 2023 NATIONAL BODY BUILDING CHAMPIONSHIP HELD AT MADHYA PRADESH FROM 4TH TO 5TH MARCH 2023.



NAMITA GOVEKAT
CLASS:TYBA

HAS REPRESENTED HERO SENIOR WOMENS NATIONAL FOOTBALL CHAMPIONSHIP HELD AT GOA FROM 20TH MARCH TO 5TH APRIL 2023
HAS REPRESENTED GOA STATE TEAM AT 36TH NATIONAL GAMES FOOTBALL CHAMPIONSHIP FOR WOMEN HELD AT GUJARAT FROM 2ND TO 8TH OCTOBER 2022
REPRESENTED WEST ZONE INTER UNIVERSITY WOMEN CHAMPIONSHIP HELD AT GWALIOR AND WON 1ST PLACE AND QUALIFIED FOR ALL INDIA INTER UNIVERSITY WOMEN CHAMPIONSHIP HELD AT GWALIOR FROM JANUARY 2023



VINAY HARJI
CLASS:FYBA
HAS REPRESENTED THE COUNTRY AT THE INTERNATIONAL COMPETITION U-20 SAFF CHAMPIONSHIP 2022 HELD AT BHUBANESHWAR ODISHA FROM 25TH JULY TO 5TH AUGUST 2022
U-20 AFC ASIAN CUP 2023(IQ) HELD AT KUWAIT FROM 14TH TO 18TH OCTOBER 2022



VEENA NAIK
CLASS:TYBCOM
HAS REPRESENTED TEAM INDIA IN THE WORLD SPECIAL OLYMPICS SUMMER GAMES HELD AT BERLIN GERMANY FROM 12TH TO 27TH JUNE 2023.
HAS REPRESENTED GOA STATE TEAM AT 13TH HOCKEY INDIA SENIOR WOMEN NATIONAL CHAMPIONSHIP HELD AT ANDRA PRADESH FROM 15TH TO 24TH FEBRUARY 2023
REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY WOMEN CHAMPIONSHIP HELD AT UDAIPUR FROM 26TH TO 30TH DECEMBER 2022.
HAS REPRESENTED GOA IN 4TH SENIOR NATIONAL CESTOBALL CHAMPIONSHIP HELD AT KARNATAKA FROM 30TH SEPTEMBER TO 2ND OCTOBER 2022.



DAVID MAROTTIKAL
CLASS:FYBCOM
HAS REPRESENTED GOA STATE TEAM AT 72ND JUNIOR NATIONAL BASKETBALL CHAMPIONSHIP FOR MEN HELD AT BHILWARA RAJASTHAN FROM 13TH TO 16TH OCTOBER 2022



MININO DSOUZA
CLASS TY BSC
REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER UNIVERSITY CHAMPIONSHIP HELD AT KOTA FROM 25TH TO 29TH DECEMBER 2022



SOHAN NAIK
CLASS SY BCOM
HAS REPRESENTED IN HCN BODY BUILDING COMPETION HELD IN MUMBAI ON 27TH MAY AND WON 2 GOLD MEDALS IN BODY BUILDING AND MENS PHYSIQUE IN TEENAGERS CATEGORY



SHUBHAM SHARMA
CLASS TY BA
HAS REPRESENTED GOA UNIVERSITY IN WEST ZONE INTER UNIVERSITY MENS CHAMPIONSHIP HELD AT ITM UNIVERSITY GWALIOR FROM 20TH TO 25TH JANUARY



ZILUJ KORGONKAR
CLASS:FYBSC
HAS REPRESENTED GOA STATE TEAM AT 72ND JUNIOR NATIONAL BASKETBALL CHAMPIONSHIP FOR MEN HELD AT BHILWARA RAJASTHAN FROM 13TH TO 16TH OCTOBER 2022



SEJAL S.PARSEKAR
CLASS:TYBA
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER- UNIVERSITY HOCKEY WOMEN CHAMPIONSHIP HELD AT UDAIPUR FROM 26TH TO 30TH DECEMBER 2022.



ADITI NAIK
CLASS: FYBA
HAS REPRESENTED GOA STATE TEAM AT 13TH HOCKEY INDIA SENIOR WOMEN NATIONAL CHAMPIONSHIP HELD AT ANDRA PRADESH FROM 15TH TO 24TH FEBRUARY 2023.



SARANG HONAKHADE
CLASS:FYBA
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY MEN CHAMPIONSHIP HELD AT GWALIOR FROM 20TH TO 25TH JANUARY 2023.



ABHISHEK PATHAK
CLASS:FYBA
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY MEN CHAMPIONSHIP HELD AT GWALIOR FROM 20TH TO 25TH JANUARY 2023.



PRUTHA PARRIKAR
CLASS: TYBA
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY TABLE TENNIS WOMEN CHAMPIONSHIP HELD AT MUMBAI FROM 21ST TO 24TH DECEMBER 2022 AND ALSO REPRESENTED GOA STATE AT TABLE TENNIS SENIOR WOMEN NATIONAL CHAMPIONSHIP HELD AT JAMMU FROM 17TH TO 31ST MARCH 2023.



RIYA SALGAONKAR
CLASS:TYBA
HAS REPRESENTED GOA STATE TEAM AT 13TH HOCKEY INDIA SENIOR WOMEN NATIONAL CHAMPIONSHIP HELD AT ANDRA PRADESH FROM 15TH TO 24TH FEBRUARY 2023.



ALINO COLACO
CLASS:TYBCOM
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY FOOTBALL MEN CHAMPIONSHIP HELD AT JABALPUR FROM 19TH TO 24TH DECEMBER 2022 AND QUALIFIED FOR ALL INDIA INTER ZONE INTER UNIVERSITY FOOTBALL MEN CHAMPIONSHIP HELD AT KOTA FROM 8TH TO 17TH JANUARY 2023.



SUNIDHI WADER
CLASS: SYBSC
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY BADMINTON WOMEN CHAMPIONSHIP HELD AT NANDED FROM 20TH TO 23RD DECEMBER 2022.



ANOSHKA DSOUZA
CLASS: SYBCOM
HAS REPRESENTED GOA STATE TEAM AT 13TH HOCKEY INDIA SENIOR WOMEN NATIONAL CHAMPIONSHIP HELD AT ANDRA PRADESH FROM 15TH TO 24TH FEBRUARY 2023



APARNA NAIK
CLASS:TYBA
HAS REPRESENTED GOA UNIVERSITY AT WEST ZONE INTER-UNIVERSITY HOCKEY WOMEN CHAMPIONSHIP HELD AT UDAIPUR FROM 26TH TO 30TH DECEMBER 2022.



Goa University Awards



Best Sports Men of Goa University for the Academic year 2022-23 Mr. Vinay Harji



Best Sports Woman of Goa University for the Academic year 2022-23 Ms. Namita Govekar
Best Sports Men of Goa University for the Academic year 2022-23 Mr. Vinay Harji



Best Sports Woman of Goa University for the Academic year 2022-23 Ms. Namita Govekar



On the occasion of the 39th foundation day of Goa University St. Xavier's College was awarded the Best College in Sports by Goa University for both Men and Women for the Academic year 2022-23.

Best College in Sports 2022-23 (Men)

Best College in Sports 2022-23 (Women)

Award for the

1. Best College in Sports 2022-23 (Men)

2. Best College in Sports 2022-23 (Women)

