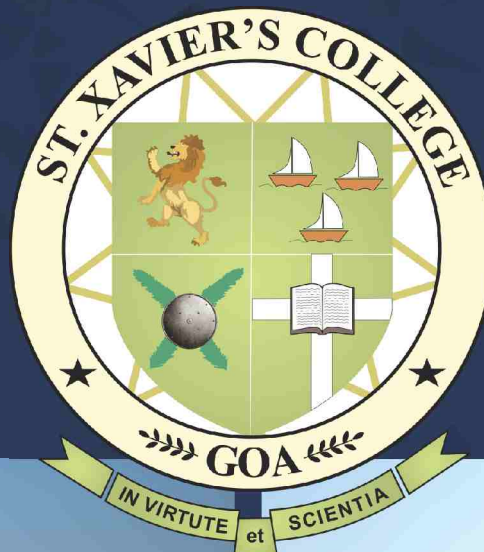


ST. XAVIER'S COLLEGE - MAPUSA, GOA

ALTIUS

DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS



VOL 7 | 2023 - 2024

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

As I start to pen these few words, the first thought that crops up is, “hey, sports department, congratulations, you have done it again!” Sports is always a team work, and the Director of the Sports Dept, Joslyn D'Souza, Physical Education Instructors, Astrid Pereira and Roger Pereira, along with the members of the Sports Council and the College sports persons, kept the name of the College soaring high winning prizes as the best college in sports, both men and women, as well as winning the individual prizes for best sportsman and best sportswoman for 2023-24, two years running! It is not a victory of any one individual, but the victory of the whole team, whose members though participating in different sporting disciplines, worked as one body to achieve success.

Pope Francis says: “Sports is a privileged area around which people meet without any distinction of race, sex, religion, or ideology. It's where we can experience the joy of competing to reach a goal together, participating in a team, where success or defeat is shared and overcome”. And he continues, “When a father plays with his son, when children play together in the park or at school, when an athlete celebrates the victory with his or her supporters, in all these environments we can see the value of sports as a place of unity and encounter between people. We reach great results, in sports as in life, together, as a team!”

“We reach great results, in sports as in life together, as a team”. This is the thought that should guide us as we work in this college. This should be the anthem of work in every department and not only of sports. Because we need to reach great results in every sphere of the college life.

Once again congratulations to all our sportspersons and may God bless you all.

- Fr Tony Salema
Administrator



Principals Message



It is with great pleasure that I pen these few lines on the release of Altius Volume 7, the newsletter of the Department of Physical Education. In the words of Robert Kennedy “... physical fitness is basic to all forms of excellence and to a strong, confident nation.” These words clearly convey that we need youth who are physically and mentally fit to build a strong community to make decisions and take initiatives for the betterment of all. Sports and games are indispensable in the all round development of our youth. Our Department of Physical Education at St. Xaviers College is doing exceptionally well preparing students to strive for excellence. The Department has brought laurels to the Institution at State, National and International levels. My hearty congratulations to the entire department under the able leadership of Ms Joslyn D'Souza, who spares no effort to achieve this goal.

Congratulations to the Editor and the entire Team of Altius. Wishing you all a successful sporting year ahead!

- Ursula Barreto
Acting Principal



Department of Physical Education

At St. Xavier's college, the department of physical education is dedicated to fostering a culture of physical wellness, athletic excellence, and holistic development. our department plays an important role in complementing the academic curriculum with a robust physical education program designed to nurture the body, mind, and spirit.

we believe that physical education is integral to the overall growth of students, enhancing their physical fitness, instilling discipline, and promoting teamwork and leadership skills. our program offers a diverse range of activities, including traditional sports, fitness training, and recreational activities, ensuring that students have the opportunity to explore their interests and reach their full potential.

our experienced faculty members are committed to providing high-quality instruction and mentorship. they bring a wealth of knowledge and expertise in various fields of physical education and sports science, guiding students to excel both in their academic and athletic pursuits.

the department is equipped with state-of-the-art facilities and resources to support a wide array of physical activities. from well-maintained sports fields and gymnasiums to specialized training equipment, we provide an environment conducive to achieving peak performance.

in addition to practical training, we emphasize the importance of sportsmanship, ethical conduct, and the joy of physical activity. our programs are designed not only to prepare students for competitive sports but also to promote lifelong fitness and well-being.

we invite you to explore the opportunities within our department and join us in celebrating the spirit of physical excellence and personal growth. whether you are an aspiring athlete or simply seeking to enhance your physical health, the department of physical education at st. xavier's college is here to support and inspire you on your journey.



Sports Secretary



“I have fought the good fight, I have finished the race, I have kept the faith.” 1 Cor

It is this thought provides any sportsman or sportswoman with the greatest satisfaction at the end of any sporting event. I always had a passion and enthusiasm to excel in sports. My personal motto has always been to set goals, give my best and in doing so be hopeful of the best result. I have made it my commitment to bring this motto into my journey of being elected as the Sports Secretary.

let me explain the above statement in the best way I can:

1. **“I have fought a good fight”** good fights only bring about the best satisfaction
2. **“I have finished the race”** everything has starting and ending. Having clear goals before starting and knowing my goals I can say confidently that I have completed it.
3. **“I have kept the faith”** reminder for no turning back from the hope I have started until I finish it.

Sports is a solid medicine to every persons wellbeing which I personally love to use it every day. My love for sports began from football and moved on to other sports like Athletics, Table-Tennis, Chess and Carom

They really taught me about discipline, teamwork and determination that can be used in any other field of work.

Yes, We Xaverites have truly fought a good fight, finished the race and have achieved the reward of being the best college in sporting activities and providing the sporting arena with the best sportsmen and sportswomen. Each Xavierite can embrace this satisfaction.

I specially thank the driving force of our good fight, very own Director of Physical Education Miss Joslyn D'Souza who always motivated us, our Instructors miss Astrid and sir Roger for their constant guidance and support to finish the race and not forgetting sir Robert for his love and hope shown in fulfilling his work.

As a Sports Secretary I truly like to thank the college for giving me this opportunity where I gave my best and fulfilled all the goals and finally accomplished my duty with some greater hope than before.

*- Fluido Carvalho
Sports Secretary*



Asst. Sports Secretary



You'll never know what you're capable of until you take that first step and just go for it.

Talent win games but teamwork and intelligence win Championship rightly said by Michael Jordan

Today being a Xavierite I feel proud & my heart filled with gratitude towards the teachers and students who have worked hard together in making a dream come through moment, for our college and we can proudly say we Xavierites have made it happen!

It's not I in sports but We. As an individual we may achieve a bit but as a team, that trust and respect the opinion and hard work of each other help achieve greater success.

I'm especially thankful to our Director of Physical Education Mr. Joslyn Dsouza who has always motivated & guided me, along with our instructors in Physical education Ms. Astrid Pereira & Roger Fernandes and our equipment in charge Mr. Robert who have reminded us of the importance of disciplines and teamwork. None of this would be possible without your support

As a player and my love for sports. Has played a significant role in shaping me who I'm today. As a Assistant Sport's Secretary I was able to contribute towards the Championship we have won this year and gave the best and kept on repeating the history once again

I'm also grateful to St. Xavier's College for all the support in the sport field that we have received throughout the year and for believing in me and for giving me this honour to serve this college as an Assistant Sport Secretary as I look forward to many successes that lie ahead in the coming years.

- Anoshka D'souza

Asst. Sports Secretary

Sports Council



To kick off the sports year at St. Xavier's, the sports department selects its top students to form a dedicated sports committee, responsible for overseeing and ensuring the success of all college events throughout the year. This committee works diligently to manage and support various sports activities, with every aspect being supervised by the sports council, a team of faculty members led by the principal.



Standing from left to right Mr. Sohan Naik, Mr. Irving Desouza, Mr. Fluíno Carvalho, Ms. Anoshka D'souza, Ms. Swezial Dsouza & Mr. Mackenzie Fernandes.

Sitting from left to right ms. Astrid Pereira (Instructor In Physical Education), Mr. Manoj D Salgaonkar (Member), Dr. Carmelita A. Dmello (Member), Ms. Sandra Fernandes (Vice Principal), Prof. (Dr.) Blanche Mascarenhas (Principal), Ms. Ursula Pinto Barreto (Vice Principal), Mr. Parmanand J. Mandrekar (Member), Mr. Dharma S. Chodankar (Member). Ms. Joslyn D'souza (Director in Physical Education), Mr. Roger Fernandes (Instructor In Physical Education)

Achievements



Athletics Men participation & Women 2nd runners-up



Basketball Women Winners



Basketball Men Runners-Up



Ebullence Winners



Hockey Men Winners



Handball Women Runners-Up

Achievements



Handball Men Winners



Football Women Runners-Up



Volleyball Women Winners



Table Tennis Women Winners



Powerlifting Men Winners



Hockey Women 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.





Departmental Activities



Inter-Staff Table Tennis Tournament



Inter-Staff Carrom Tournament



Inter-Staff Badminton Tournament



Inter-Class Volleyball Tournament



Interclass Handball



Inter-Class Football



Interclass Cricket



Inter-Class Chess



Inter-Class Badminton

National Participants



YASH PAWAR PARTICIPATED IN 10 MTS AIR RIFLE SHOOTING AT KHELO INDIA YOUTH GAMES HELD AT CHENNAI



VINAY VIJAY HARJI, CHAMPIONS AT THE NATIONAL FOOTBALL CHAMPIONSHIP FOR MEN (SANTOSH TROPHY)



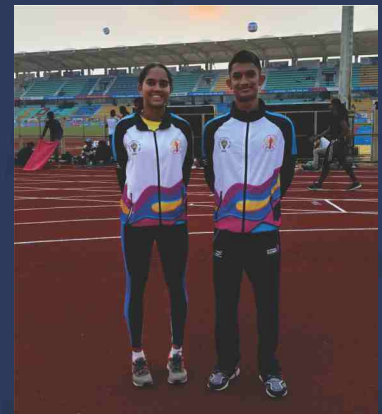
TANVI PARULEKAR, SANIYA PEDNEKAR, PUSHPA PARAB & SIMRAN NARVEKAR PARTICIPATED IN FOOTBALL AT KHELO INDIA UNIVERSITY GAMES AT NORTH EAST



TANISHA PAWAR, PRAJAWALA HARMALKAR, PRIYA DUNG DUNG, ADITI NAIK, RIYA SALGAONKAR, ANOSHKA D'SOUZA PARTICIPATED AT WEST ZONE INTER UNIVERSITY CHAMPIONSHIP HELD AT M.P



TANISHA MURGOD PARTICIPATED AT WEST ZONE INTER UNIVERSITY INTER ZONAL AQUATIC CHAMPIONSHIP AND QUALIFIED FOR ALL INDIA INTER UNIVERSITY INTER ZONAL AQUATIC CHAMPIONSHIP HELD AT CHENNAI



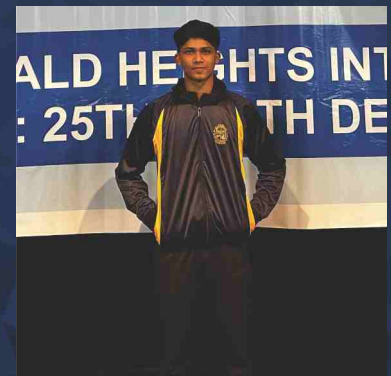
SWEZIAL DSOUZA & ELDRIDGE FERNANDES PARTICIPATED IN ATHLETICS AT NATIONAL GAMES HELD IN GOA



SUPRIYA VISHWAKARMA PARTICIPATED AT WEST ZONE INTER UNIVERSITY KABADDI CHAMPIONSHIP



SUKANYA NAIK WON BRONZE MEDAL IN LAGORI AT NATIONAL GAMES HELD IN GOA



SOHAM MANDREKAR PARTICIPATED AT WEST ZONE INTER UNIVERSITY BADMINTON CHAMPIONSHIP HELD AT M.P

National Participants



SIMRAN NARVEKAR, PUSHPA PARAB, SANIYA PEDNEKAR AGNELA ANTÃO & TANVI PARULEKAR WON SILVER MEDAL IN FOOTBALL AT WEST ZONE INTER UNIVERSITY CHAMPIONSHIP HELD AT M.P



SIMRAN NARVEKAR, PUSHPA PARAB, SANIYA PEDNEKAR & TANVI PARULEKAR PARTICIPATED IN FOOTBALL AT ALL INDIA INTER UNIVERSITY CHAMPIONSHIP HELD AT WEST BENGAL



SHERONNE ANNE DIAS PARTICIPATED IN KAYAKING & CANOEING AT NATIONAL GAMES HELD IN GOA



SANIYA PEDNEKAR & PUSHPA PARAB. PARTICIPATED IN FOOTBALL AT NATIONAL GAMES HELD IN GOA



SANIA PEDNEKAR & TANVI PARULEKAR PARTICIPATED AT SENIOR WOMENS NATIONAL FOOTBALL CHAMPIONSHIP HELD AT ODISHA



ROYCE MONTEIRO PARTICIPATED AT 13TH JUNIOR MEN HOCKEY INDIA NATIONAL CHAMPIONSHIP HELD AT ODISHA



PUSHPA PARAB & SIMRAN NARVEKAR PARTICIPATED AT SENIOR WOMENS NATIONAL FOOTBALL CHAMPIONSHIP HELD AT ODISHA



MRUNMAYEE BHIKE PARTICIPATED AT THE WEST ZONE INTER UNIVERSITY CRICKET CHAMPIONSHIP HELD AT M.P



JOSLORA MASCARENHAS PARTICIPATED IN TAEKWONDO AT NATIONAL GAMES HELD IN GOA

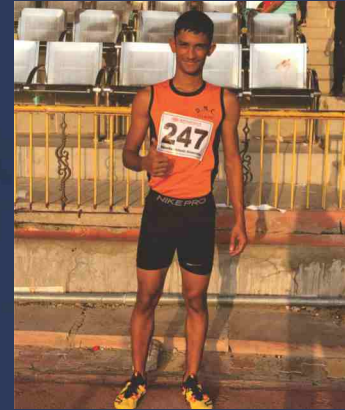
National Participants



GAUTAMI TALEKAR PARTICIPATED AT 3RD WEST ZONE KARATE CHAMPIONSHIP HELD AT GOA



G.AHEMAD KURESHI & ANSHU JAISWAR PARTICIPATED IN WUSHU AT NATIONAL GAMES HELD IN GOA



ELDRIDGE FERNANDES PARTICIPATED AT WEST ZONE ATHELETIC CHAMPIONSHIP HELD AT RAJASTHAN



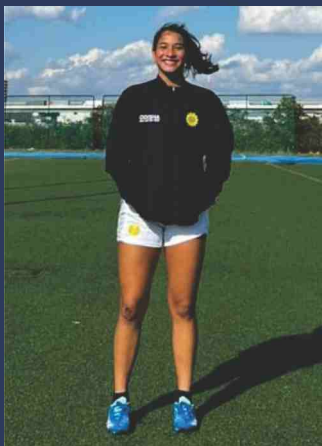
ELDRIDGE FERNANDES & LAXMAN SHETGAONKAR PARTICIPATED AT WEST ZONE INTER UNIVERSITY ATHLETIC CHAMPIONSHIP HELD AT ODISHA



DIWAKAR CHAUDHARI, MINGUEL PEREIRA, ANSON PEREIRA & MANJUNATH CHAVHAN PARTICIPATED AT KHELO INDIA YOUTH GAMES IN FOOTBALL HELD AT TAMIL NADU



DISHA GAWAS PARTICIPATED AT SENIOR WOMEN'S KABADDI NATIONAL CHAMPIONSHIP HELD AT PUNJAB



CHANEL CRIZZLE REPRESENTED INDIA AT ASIAN WOMENS SEVENS TROPHY HELD AT DOHA



ATMARAM JADHAV & MANJUNATH CHAVHAN PARTICIPATED AT WEST ZONE INTER UNIVERSITY CHAMPIONSHIP HELD AT MUMBAI



ATIKA SURYA, SEJAL KUDNEKAR, ASSUCIANA FERNANDES & CHRISANN NORONHA PARTICIPATED IN 73RD NATIONAL BASKETBALL CHAMPIONSHIP HELD AT PUNJAB

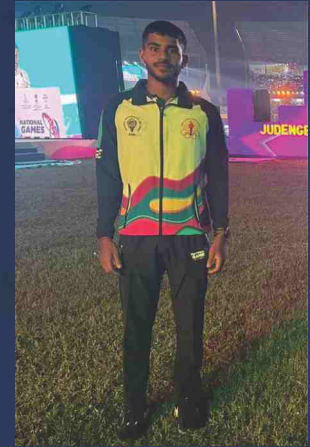
National Participants



ATIKA SURYA, CHRISANN NORONHA & DIELE ALMEIDA PARTICIPATED IN BASKETBALL AT NATIONAL GAMES HELD IN GOA



ATIKA SURYA PARTICIPATED AT 3RD 3X3 SENIOR NATIONAL BASKETBALL CHAMPIONSHIP HELD AT CHENNAI



ATHARV SAWANT PARTICIPATED IN TRITHALON AT NATIONAL GAMES HELD IN GOA



ANSHU JAISWAR PARTICIPATED AT KHELO INDIA SENIOR NATIONAL WOMENS WUSHU LEAGUE HELD AT JHARKHAND



ANSHU JAISWAR PARTICIPATED AT 32ND SENIOR WUSHU NATIONAL CHAMPIONSHIP HELD AT PUNE



ADITI NAIK & ANOSHKA D'SOUZA PARTICIPATED IN HOCKEY AT NATIONAL GAMES HELD IN GOA



ABHISHEK PATHAK PARTICIPATED IN HOCKEY AT NATIONAL GAMES HELD IN GOA



ABHISHEK PARTHAK & SARANG HONAKHANDE PARTICIPATED AT 13TH JUNIOR MEN HOCKEY INDIA NATIONAL CHAMPIONSHIP HELD AT ODISHA



PAWAN SALGAONKAR, ASHUTOSH NARVEKAR, KAUSHIK SAKHALKAR, ROYCE MONTEIRO, DEEPAK GURAV, SARANG HONAKHANDE, G. AHEMAD KURESHI & ABHISHEK PARTHAK PARTICIPATED IN HOCKEY AT WEST ZONE



SAKSHI MIRGAL PARTICIPATED AT 66TH BASKETBALL NATIONAL SCHOOL GAMES HELD AT DELHI

Goa University Award



**BEST COLLEGE
IN SPORTS**



**BEST SPORTSMEN AND
SPORTS WOMEN AWARD**



**VINAY HARJI AWARDED BEST
SPORTSMEN OF THE YEAR 2023-24**



**CHANEL CRIZZLE AWARDED BEST
SPORTSWOMEN OF THE YEAR 2023-24**

College Award



Seating from left to right: Ms. Astrid Pereira (Instructor in Physical Education), Ms. Ursula Pinto Barreto (Acting Principal), Rev. Fr. Tony Salema (Administrator), Ms. Sandra Fernandes (Vice-Principal), Ms. Joslyn D'Souza (Director in Physical Education), Mr. Roger Fernandes (Instructor in Physical Education)

Standing from left to right: Robert D'Souza (MTS) and Sports Committee Members, Ms. Chanel Crizzle, Mr. Vinay Harji, Ms Anoshka D'Souza.

St. Xavier's College, Mapusa, Goa Excels in Sports: A Triumph in 2023-2024

In a remarkable achievement, St. Xavier's College, Mapusa, Goa, has been honoured as the Best College in sports 2023-24 by Goa University, for the second consecutive year. This prestigious accolade underscores the college's commitment to excellence in athletics across both Men's and Women's categories.

Added to this illustrious achievement, Vinay Harji (TYBA) and Chanel Crizzle (FYBA) have been awarded the titles of Best Sportsman and Best Sportswoman of Goa University for 2023-24. Their exceptional performance and exemplary leadership on the field have not only brought glory to themselves but also reinforced the stature of St. Xavier's College in the sporting arena taking it to even greater heights.

This double triumph is a testament to the relentless efforts of the college's athletes, coaches, and support staff who have worked tirelessly to achieve excellence in sports. St. Xavier's College continues to set benchmarks in sports education, inspiring young athletes to reach for the highest levels of achievement.