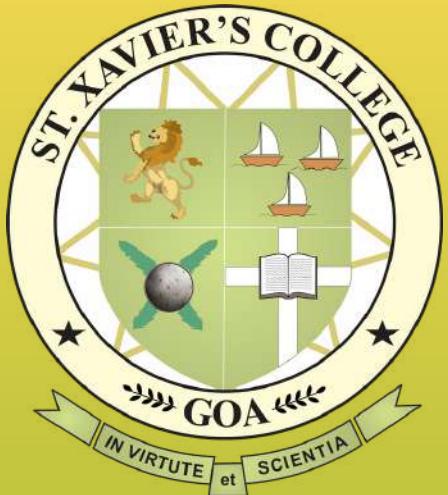


ST.XAVIERS COLLEGE,MAPUSA-GOA



ALTIUS

DEPARTMENT OF PHYSICAL EDUCATION & SPORTS

VOL 8 | 2024-2025



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 is a pleasure to put down to paper these few thoughts on the occasion of the College Sports Day to be celebrated on 13th Dec 2025. This College has been at the forefront in providing to its students the necessary facilities and encouragement for sporting activities, with a view to build not only good sports persons, but also persons with a good character and a sound moral fibre. We have succeeded to a large extent in achieving these dreams. In the past, this College was consistently adjudged as the best college in sports. The students, who brought these laurels, are today highly placed in life and society, and are always gratefully nostalgic about the days they spent on this campus. May this sporting history inspire today's students to take up sports seriously, which is a celebration of energy, teamwork, and healthy competition. It reminds us that education is not only about what happens in the classroom, but also about building discipline, resilience, and character.

I wish to express my thanks and congratulations to the College Sports Director, the two sports instructors, departmental MTS, the many other collaborators who help us in our sporting ventures, and all the students who bring joy, and fame to our College through their sporting exploits. My thanks to the Officiating Principal and staff of the College for their whole hearted cooperation, which goes a long way in ensuring success of our sporting dreams.

With best wishes to the Sports Department, its staff, and all the sportspersons and may God bless everyone.

Fr Tony Salema
Administrator of the College



Principals Message

It is with great pride and pleasure that I pen these few lines on the release of our College Sports Department's annual newsletter.

This publication chronicles the dedication, talent, and spirit that define our athletic pursuits in the last academic year. I've witnessed the relentless effort put in by our Physical Education Director, Instructors, coaches and support staff in training our students for various events representing our institution at the University as well as at the national level. Equally commendable are the contributions of our students - budding sports men and women.

This edition highlights achievements across a spectrum of sports. Each success underscores the values of teamwork, perseverance, and excellence, reflecting the depth of talent our college nurtures. These accomplishments result from robust training, mentorship from our physical education department, and the unwavering support of faculty and families.

I wish to congratulate each of them for their hardwork and commitment.

As we unveil this newsletter, I encourage everyone to reflect on the remarkable journeys documented within its pages and draw inspiration from the perseverance of our athletes. Let us celebrate these achievements together and let them motivate us to set even higher goals for the coming year.

*Best wishes,
Ursula Barreto
Officiating Principal*



Department Of Physical Education

The Department of Physical Education at St. Xavier's College is committed to building a strong foundation for students through movement, fitness, and sport. We strive to go beyond academics by creating an environment where physical activity is not just encouraged—but seen as essential to personal growth and overall well-being.

Our approach focuses on developing core life skills through physical engagement. We aim to cultivate not only strength and endurance but also confidence, resilience, and the ability to work effectively within a team. Through a varied curriculum that includes competitive sports, fitness initiatives, and leisure-based activities, students are exposed to experiences that enhance both body and character.

What sets our department apart is our team of passionate and knowledgeable educators who bring insight and energy into every session. They serve as mentors and role models, guiding students to balance their academic responsibilities with their athletic and wellness goals.

We are proud to offer modern facilities that cater to a broad spectrum of physical disciplines. Whether it's high-quality courts and fields, well-equipped gyms, or advanced training tools, our infrastructure supports students in pushing their limits and achieving excellence.

Beyond the physical dimension, our programs emphasize fair play, healthy competition, and the lifelong joy of staying active. We encourage every student to embrace a mindset where physical activity becomes a valued and sustainable part of their lifestyle.

We invite you to be part of a department where fitness meets purpose, and effort leads to discovery. Whether you're looking to compete at a higher level or simply stay active and energized, the Department of Physical Education at St. Xavier's College is here to walk that path with you.



Sports Secretary

Serving as the Sports Secretary of St. Xavier's College, Mapusa, has been one of the most enriching and humbling experiences of my student life. Representing the spirit of sportsmanship, commitment, and discipline, I was privileged to contribute to a community that values both performance and character. Sports, for me, have always symbolized more than victory; they embody perseverance, growth, and a mindset of continuous improvement. Balancing this role with academics and personal athletic pursuits taught me valuable lessons in leadership, resilience, and teamwork.

As I now look back on this journey, I take great pride in the opportunities we created for students to discover and develop their potential. I remain deeply committed to the sporting spirit that our college fosters and will continue to uphold its values as an athlete and ambassador of sports. To every aspiring sportsperson, stay grounded in your values, strive for excellence, and carry forward the legacy of Xavier's with pride and purpose.

Mehak Sayed
Former Sports Secretary | Sportswoman
St. Xavier's College, Mapusa



Asst. Sports Secretary

Being a student and a sportsperson at our college has been a truly enriching experience. Our institution not only excels in academics but also strongly promotes sports and physical fitness as essential parts of overall development. As a sportsman, I have had the opportunity to represent the college in various tournaments, which has helped me grow in discipline, resilience, and teamwork.

As the Assistant Sports Secretary, I have been fortunate to work closely with our Sports Department in organizing events, encouraging participation, and ensuring smooth coordination among teams. This role has taught me valuable leadership skills and the importance of sportsmanship both on and off the field.

Our college offers a vibrant sporting culture that fosters talent, unity, and a spirit of healthy competition. I am proud to be a part of this journey, contributing to and benefiting from the strong sporting legacy of our institution.

Harsh Bhagat
St. Xavier's College, Mapusa

Sports Council

Standing from left to right

Arthur D'souza, Pushpa Parab, Mehak Sayed,
Piyush Harmalkar & Robert D'souza(MTS)



Sitting from left to right

Mr. Parmanand J. Mandrekar(Member), Mr. Frazer Taylor(Member),
Ms. Astrid Pereira(Member), Prof. Filipe Rodrigues e Melo(Vice-Principal), Ms. Ursula Pinto Barreto (Officiating Principal), Fr. Tony Salema, Ms. Sandra Fernandes(Vice-Principal), Ms. Joslyn D'Souza(Director of Physical Education), Mr. Pradeep V. Morajkar(Member), Mr. Roger Fetrnandes(Member), Mr. Worrel Victor Jude D'Souza(Member)

Achievements



**Athletics Men & Women
Medal Winners**



Handball Men Winners



Handball Women Winners



Volleyball Women Winners



Basketball Men Runners-Up



Best Physique Men Runners-Up

Achievements



Tenikott Women Runners-Up



Powerlifting Women Runners-Up



Swimming Women Winners



Basketball Women Runners-Up



Powerlifting Men Winners



Hockey Women Winners



The 59th Annual Sports Meet Of St.Xavier's College

St. Xavier's College hosted its 59th Annual Sports Meet on February 8, 2025, transforming its sprawling grounds into a vibrant arena of athleticism and camaraderie. Administrator Fr. Antonio Salema set the tone, highlighting the day as a celebration of students' sporting talents, not just a routine event. Chief guest Ms. Maymol Rocky presided over the inauguration, which included a customary flag hoisting, a stirring rendition of the college anthem, and the Principal's address on the life lessons taught by sports.

A spirited march-past, featuring a spotlight on the teachers' squad, showcased discipline, while a torch relay honoured top athletes like Ashmeet Parsekar and Shaviz Khan Pathan. Ms. Rocky declared the meet open, followed by a report of past accolades.

The event featured a rich tapestry of track events and drills, including the elegant Ribbon Drill and a perfectly coordinated Hula Hoop drill. A highlight was the inclusive 100-meter race for students from six special needs institutions, fostering a strong sense of community and fulfillment.

Cheerleaders added energy to the competitive track events, particularly the thrilling 4x100 meters relay. Later, the Pom-Pom drill and the traditional Lezium performance by the TY BSc students provided a visual spectacle, leading into impressive human pyramids by the NSS students. A light-hearted staff walk and an intense tug-of-war (TY BSc emerging victorious over TY BCom) added to the excitement.

The event concluded with a prize distribution ceremony, where the TY BSc students were crowned overall champions. The solemn flag-lowering ceremony and the national anthem brought the meet to a close, leaving memories of passion, perseverance, and true sportsmanship.





Department Activities



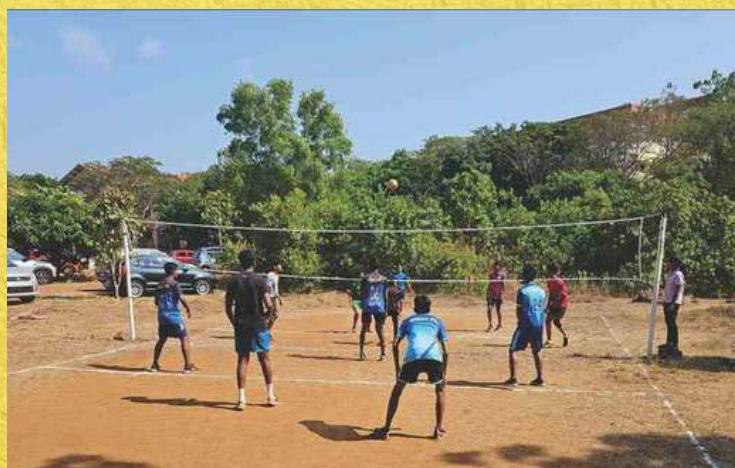
Inter-Staff Table Tennis Tournament



Inter-Staff Carrom Tournament



Inter-Staff Badminton Tournament



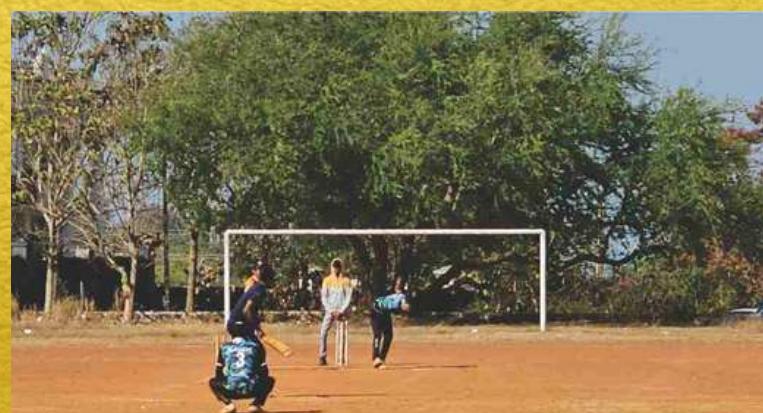
Inter-Class Volleyball Tournament



Inter-Class Badminton



Inter-Class Football



Interclass Cricket

Department Activities



Inter-Class Chess



Interclass Handball



The Department of Physical Education and Sports of St. Xavier's College, Mapusa, Goa, in collaboration with the Weightlifting Association of Goa, successfully organized the All Goa Intercollegiate Women's Weightlifting Tournament on 7th October 2024 at the college Ark Hall.

The Champion's Trophy was won by Vidya Prabodhini College, Porvorim, Goa, while St. Xavier's College, Mapusa, Goa, secured the Runner-up Trophy

Intercollegiate Staff Tournament

Our college staff participated at 1st all Goa Inter Collegiate Badminton Tournament for Staff



Emma Fernandes
assistant professor in
biotechnology
emerged champion in
women singles
category

Rommel Pinheiro Assistant
Professor BBA T&T

Roger fernandes Instructor in
Physical Education



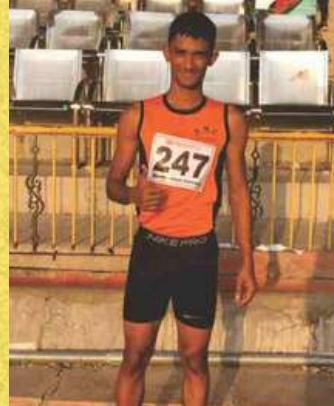
Our college staff participated at 4th All Goa Football Tournament for Staff at Rosary College Navelim
Jonathan Fernandes (System Administrator), **Douglas De Souza** (Lab Assistant), **Savio Dsouza** (MTS), **Pradeep** (Associate Professor), **Dharma Chodankar** (Associate Professor), **Worrel D'Souza** (Assistant Professor), **Vipul Parsekar** (Assistant Professor), **Roger Fernandes** (Instructor in Physical Education), **Roger Desouza** (MTS) & **Lisvan Rodrigues** (Assistant Professor)



National Participants



Joslora Mascarenhas represented the State at the 40th National Senior Kyorugi Taekwondo held at Puducherry from 17th to 20th October 2024



Eldridge Fernandes represented the state at the 34th West Zone Athletic Championship held at Jodhpur, Rajasthan from 17th to 19th October 2024.



Pushpa Parab, Simran Narvekar, Saniya Pednekar, Tanvi Parulekar represented the State at the Senior Women's National Championship for Rajmata Jijabai Trophy held at Palakkad, Kerala from 5th to 9th October 2024.



Mrunmayee Bhike & Neha represented the state at woodball National held at Nagpur from 15th to 18th March 2025 and won Silver Medal



Siya Pednekar represented the State at the 33rd Senior National Wushu Championship held at maharana Pratap Stadium, Raipur, Dehradun, Uttrakhand from 21st to 26th September 2024.



Abhishek Pathak represented the State at the 15th Hockey India Senior Men Championship held at Chennai from 3rd to 15th November 2024



Supriya Vishwakarma represented the state at the 50th Junior National Kabaddi Championship held at Uttrakhand from 8th to 11th January 2025.



Royce Monterio represented the State at the 14th Hockey India Men National Championship held at Jalandhar, Punjab from 9th to 19th September 2024.



Sandesh Honakhande represented the State at the 2nd West Zone Junior Men Hockey India Championship held at Surat, Gujarat from 23rd to 30th July 2024.

National Participants



Sandesh Honakhande represented the State at the 14th Hockey India Men National Championship held at Jalandhar, Punjab from 9th to 19th September 2024.



Reniel Dmello represented the state at the swami Vivekananda National Football Championship for Boys under 20 held at chhattisgarh from 16th to 26th April 2025



Elena Pereira represented Goa & won Silver Medal at the 2nd Lacrosse Junior National Championship held at Agra, Uttar Pradesh from 26th to 29th September 2024.



Aley Sam Da Silva represented the state and secured Silver and Bronze medal at the 6th West Zone Pencak Silat Championship held at Mandsour, Madhya Pradesh from 10th to 12th January 2025.



Devesh Titre represented the state at the 43rd National Shootingball Championship held at Puri, Odisha from 17th to 18th January 2025.



Sanjana Nabik represented the state at the Senior National Judo Championship held at New Delhi from 4th to 7th January 2025.



Mr. Piyush Harmalkar (TYBCOM.) won 4th place in ICN Goa bodybuilding under 23. He also participated in fitness model under 23.



Mrunmayee Bhike Participated at the West Zone Inter University Cricket Championship held at Mohanlal Sukhadia University, Udaipur from 7th to 14th January 2025.



Pushpa Parab, Saniya Pednekar, Simran Narvekar & Tanvi Parulekar Won Gold Medal at the West Zone Inter University Football Championship held at Vardhman Mahaveer Open University, Kota, Rajasthan from 7th to 11th December 2024.

National Participants



Gautami Talekar on winning Gold medal in Kumite Weight category -50kg at the 14th NATIONAL SHOTOKAN KARATE CHAMPIONSHIP 2025 held at Yugpurush Vivekanand Sports Complex, Anand, Gujarat.



Elena Pereira represented the state at the National Lacrosse Championship held at Udaipur Rajasthan from 7th to 9th February 2025.



Sankalp Kankonkar, Shaviz Khan Pathan & Manjunath Chauhan Won Gold Medal at the West Zone Inter University Football Championship held at Parul University, Vadodara, Gujarat from 16th to 22nd December 2024.



Alrich Linford D'Costa TYBBA for securing a Bronze Medal at the All India National Powerlifting Championship 2024 held at Rayat Bahra University Punjab



Ashmeet Parsekar & Soham Mandrekar Participated at the West Zone Inter University Badminton Championship held at SAGE University, Bhopal from 12th to 16th November 2024.



Disha Gawas Participated at the West Zone Inter University Kabaddi Championship held at Sant Gadge Baba Amravati University, Amravati from the 22nd October to 26th October 2024.



Supriya Vishwakarma Participated at the West Zone Inter University Kabaddi Championship held at Sant Gadge Baba Amravati University, Amravati from the 22nd October to 26th October 2024.



Pavan Savoiverkar Participated at the West Zone Inter University Handball Championship held at Saurashtra University, Rajkot, from 12th to 16th January 2025.



Ashmeet Parsekar won the Bronze Medal at the Inter State West Zone Badminton Championship held at Gujarat from 2nd to 6th September 2024.

National Participants



Pushpa Parab, Saniya Pednekar, Simran Narvekar & Tanvi Parulekar Participated at All India Inter University Football Championship held at GNA University, Phagwara, Punjab from 11th to 16th January 2025.



Sankalp Kankonkar, Shaviz Khan Pathan & Manjunath Chauhan Participated at All India Inter University Football Championship held at Chhatrapati Shahu Ji Maharaj University, Kanpur Nagar, U.P. from 29th January to 5th February 2025.



Eldridge Fernandes Participated at the All India Inter University Athletics Championship held at KIIT University, Bhubaneswar from 26th to 30th December, 2024



Pushpa Parab, Saniya Pednekar, Simran Narvekar & Tanvi Parulekar qualified for Khelo India Inter University Football Championship 2025.



Swezial D'souza represented the state at the 38th National Games held at Dehradun, Uttrakhand from 23rd January to 1st February 2025.



Siya Pednekar represented the state at the 38th National Games held at Dehradun, Uttrakhand from 29th January to 1st February 2025.