

## **Sports Report (2016 - 2017)**

**Assistant Prof. Malay Shah**  
**Sports In-charge**

### **Annual Report**

At VESASC College we strongly feel that Sports and games play an important part in overall development of students. Training in sports and games make students become active, daring, adventurous and capable of facing challenges in future life. Sports and games keep them physically fit and mentally fine.

Our students are enthusiastic sportsmen with zeal and ambition for their best performance. This year too our students have participated in various Games and Athletic activities conducted by University at Zonal and Inter-Zonal level. Students also participated in number of sports activities organized by various Colleges as part of their sports fest, where they have won trophies, medals and certificates. Many students also participated in various minithon and marathon events organized by various organizing bodies. The following are some of the sports achievements by our students during the academic year 2016-17.

### **National Level**

1. Ms. Poonam Sharma (S.Y.B.Sc) participated in 26<sup>th</sup> Mumbai Mayor's Cup – All India Invitational Mallakhamb Championship organized by Mumbai District Mallakhamb Association and Shree Samartha Vidya Mandir, Dadar on 7<sup>th</sup> and 8<sup>th</sup> May, 2016.

### **Inter-University**

1. Ms. Poonam Sharma (S.Y.B.Sc) was part of Mumbai University Malkhamb Team and participated in All India Inter University Gymnastic & Malkhamb (M & W) Tournament 2016–17, organized by Punjab University, Chandigarh from 1<sup>st</sup> to 5<sup>th</sup> February, 2017. Mumbai University Mallakhamb Team Won Bronze medal in the same.

### **State Level**

1. Mr. Raj Rajpal (FYBMM) won Silver Medal in Kumite Event in open category. The Maharashtra State level Tournament was organized by Ak Academy of Martial Arts in Mumbai affiliated to International Meibukan Gojyu-Ryu Karate-Do Association. The event was held on Sunday, 9<sup>th</sup> October 2016, at, Aryan School Building, Jagannath Shankar Seth Road, Bhatwadi, Girgaon, Mumbai 400004 .
2. Ms. Poonam Sharma (S.Y.B.Sc) and her team Won Bronze medal in 36<sup>th</sup> Maharashtra State Rope Malkhamb Selection Competition. The event was organized by Maharashtra Amateur Mallakhamb Association on 28<sup>th</sup> and 29<sup>th</sup> November, 2016 at Shree Ghantali Devi Maidan, Thane, Maharashtra.
3. Mr. Raj Rajpal (FYBMM) and his team Won Bronze Medal in Kumite / Kata Event in 67 weight category. The event was organized by Karate Maharashtra Sports Association at District Sports Complex, Baramati Indoor Hall from 26<sup>th</sup> to 29<sup>th</sup> January, 2017.

### **District Level**

1. Mr. Suriya Iyer (FYBFM) won Gold Medal in Taekwondo (Senior U - 54 Kg) at 17<sup>th</sup> Suburban Mumbai District Senior Taekwondo Championship 2016. The event was organized by R.P.T.A promoted by Taekwondo Association of Suburban Mumbai, on 5<sup>th</sup> November, 2016 at Railway Police ground, Ghatkopar, Mumbai.

### **University Level**

1. Ms. Ugine D'Mello (TYBMS) won Silver medal in 100 M Free Style and Bronze Medal in 50 M Free Style Inter-Collegiate Swimming competition organized by University of Mumbai at P. M. Hindu Bath, Charni Road on 19<sup>th</sup> and 20<sup>th</sup> August, 2016.
2. Ms. Poonam Sharma (S.Y.B.Sc) Won Silver Medal in Inter-Collegiate Mallakhamb Competition organized by University of Mumbai at Shree Samarth Vyayam Mandir, Shivaji Park, Dadar (W), Mumbai on 05<sup>th</sup> January, 2017.
3. Inter-Collegiate Athletics Meet was organized by University of Mumbai at University Sports Pavallion, Marine lines, Mumbai from 11<sup>th</sup> to 13<sup>th</sup> November, 2016. In all a team of 26 students participated in various Athletics events. Following are the achievements of our students in the same.

Name	Class	Position	Event
Ms. Pooja Yadav	F.Y.B.Sc	Silver Medal	3000 Steeple Chase
		4 <sup>th</sup>	400 M Hurdles
Mr. Sanjay Kathayat	F.Y.B.Com	Bronze Medal	110 M Hurdles

Ms. Poonam Sharma	S.Y.B.Sc	6 <sup>th</sup>	800 M Run
Ms. Poonam Sharma	S.Y.B.sc	6 <sup>th</sup>	4 x 100 Relay
Ms. Komal Gaikwad	F.Y.B.A		
Ms. Sankita Pawar	F.Y.B.Com		
Ms. Bhagyashree Phadtare	F.Y. B.Sc- IT		
Ms. Rebecca Andrade	T.Y.B.Com		
Ms. Sonali Mapelkar	F.Y.B.A	7 <sup>th</sup>	1500 M Run
Ms. Reeta Mourya	S.Y.BAF	8 <sup>th</sup>	400 M Hurdles
Mr. Amit Jadhav	M.A.P.R-II	8 <sup>th</sup>	Dicuss Throw
Ms. Komal Gaikwad	F.Y.B.A	8 <sup>th</sup>	100 M Run
Mr. Mohit Pal	T.Y.B.Com	8 <sup>th</sup>	10000 M Run

4. Ms. Bhagyashree Phadtare (F.Y.B.Sc IT), Mr. Ayush Khandelwal (T.Y.B.Com.), Mr. Sabir Shaikh (S.Y.BFM) and Mr. Syriya Iyer (F.Y.BFM) participated in Inter-collegiate Taekwondo Tournament organized by University of Mumbai on 6th and 7th March, 2017, at R.A.D.A.V. College, Bhandup, Mumbai. Mr. Syriya Iyer secured 8<sup>th</sup> position in U-54 weight category.
5. Student's team also participated in Chess, Football, Cricket, Kabaddi and Kho-Kho Inter-Collegiate Zonal level tournaments organized by University of Mumbai.

### **Inter-Collegiate and Other Competitions**

1. Mr. Raj Rajpal Won Bronze medal in Kumite /Kata event in the senior men's group at Annual Karate Training Camp and Championship

organized by The Youth Shoto Kan Karate-Do Academy. The event was held from 26<sup>th</sup> to 29<sup>th</sup> December, 2016 at Khandala.

2. Football team participated in Reliance Foundation Youth Sports Football Tournament 2016.
3. Ms. Pooja Yadav (F.Y.B.Sc.), Mr. Sanjay Katayat (F.Y.B.Com) participated in “Kharghar Marathon 2017” (3 Km), jointly organized by Ramsheth Thakur International Sports Complex and Kharghar Marathon Committee on 22<sup>nd</sup> January, 2017 at Kharghar, Navi-Mumbai.
4. Team of Athletes participated in “Dream Run” (4.55 Km), in an Inter-collegiate fest “FANTASIES” organized by SIES College, Sion, Mumbai on 11<sup>th</sup> December, 2016. Following are the achievements in the same.

Name	Position
Mr. Arvind Palavrsam (T.Y.B.Com)	Gold Medal
Mr. Ashish Mishra (T.Y.B.Com)	Silver Medal
Ms. Pooja Yadav (F.Y.B.Sc.)	19 <sup>th</sup> position
Mr. Abhishek Nikshe Ms. Sankita Pawar, Ms.Sonali Maphelkar, Ms.Renuka Chavan, Ms.Poonam Sharma and Mr. Sanjay K	Completed the Run

5. Team of Athletes participated in various events in the Inter-collegiate festival “Phoenix 16” organized by K. J. Somaiya college of Science & Commerce, Vidyavihar, Mumbai from 15<sup>th</sup> to 17<sup>th</sup> December, 2016.

Following are the achievements of students in the same.

Name	Event	Position
Ms. Komal Gaikwad (F.Y.B.A)	100 M, 200 M	Gold Medal
Ms. Poonam Sharma (S.Y.B.Sc.)	400 M	Gold Medal
Ms. Pooja Yadav (F.Y.B.Sc.)	400 M	Silver Medal
Ms. Rebecca Andrade (T.Y.B.Com)	100 M	Silver Medal

6. Ms. Pooja Yadav (F.Y.B.Sc.) Won Gold Medal “Ghatkopar Marathon 2017” (5.3 Km), on 5<sup>th</sup> February, 2017.
7. Ms. Pooja Yadav (F.Y.B.Sc.) participated in “Brahmakumaris Sakhi Minithon” (4 Km), organized by Brahmakumari Ghatkopar Zone, Mumbai in January, 2017.
8. Mr. Mohit Pal (T.Y.B.Com) and Mr. Arvind Palavrsam (T.Y.B.Com) participated in “Mumbai Westerm Minithon 2016” (5 km) organized by Friends Foundation on 18<sup>th</sup> December, 2016.
9. Mr. Mohit Pal (T.Y.B.Com), Mr. Ashish Mishra (T.Y.B.Com) and Mr. Arvind Palavrsam (T.Y.B.Com) participated in “Marathon – RAIT UDAAN 2017” (5 Km) organized by D. Y. Patil Ramrao Adik Institute of Technology, Navi-Mumbai, on 29<sup>th</sup> January, 2017.
10. Mr. Mohit Pal (T.Y.B.Com) and Mr. Arvind Palavrsam (T.Y.B.Com) participated in “Chembur 10K Minithon 2017” organized by Chembur Track Master on September, 2016.
11. Mr. Mohit Pal (T.Y.B.Com) participated in “Ghatkopar Marathon

2016” (5.3 Km), on 31<sup>st</sup> December, 2016.

12. Mr. Mohit Pal (T.Y.B.Com) Won Silver Medal in “Swach Bharat – Swach Chembur Run” (5 Km), organized Chembur Pratisthan on September, 2016.
13. Mr. Arvind Palavrsam (T.Y.B.Com) participated in “5 Km Minithon” organized by Fitness Horizon Gym on 22<sup>nd</sup> January, 2017.
14. Ms. Rebecca Andrade (T.Y.B.Com) Won Gold Medal and Silver Medal respectively in 100 M run and Table Tennis at an Inter-Collegiate Sports Festival organized by K. G. Joshi College of Arts and N. G. Bedekar College of Commerce on 9<sup>th</sup> & 10<sup>th</sup> December, 2016.
15. Ms. Komal Gaikwad (F.Y.B.A) Won 1<sup>st</sup> Prize and 2<sup>nd</sup> Prize in Carrom singles Carrom Doubles respectively at an Inter-Collegiate Sports Festival ‘Umeed 2016’ organized by Bunts Sangha’s Una Krishna Shetty Institute of Management and Research.
16. College Cricket team participated in cricket tournament organized by VJTI College, Matunga, Mumbai from 19<sup>th</sup> to 26<sup>th</sup> December, 2016. In all 16 teams participated in the tournament. Our college cricket team 1<sup>st</sup> round against Vidya Vikas Universal College, Malad and 2<sup>nd</sup> round against Sir J. J. College of Architecture, Mumbai to reach semifinals of the tournament. They lost semifinal against Sinhgad College, Pune.

## Annual Sports Meet 2016 - 2017

Annual sports meet is one of the mega events of the college. Large numbers of students participate in various sports events organized during this period. This year Indoor events were conducted on 22<sup>nd</sup>, 23<sup>rd</sup> & 24<sup>th</sup> December 2016 and outdoor events on 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup> January 2017. As a Sports Committee In-charge, I thank all the members of Sports Committee, Viz.; Prof. Seema Borgave, Prof. Ritika Makhajani, Prof. Arpita Sarkar, Prof. Prashant Swami, and Prof. Shrikant Godkhe. My sincere thanks to our Principal, Dr. (Mrs.) J. K. Phadnis; Vice-Principal, Dr. (Mrs.) Anita Kanwar; Executive Office Administrator, Ms. Rita Vazarani; all the Professors, Non-Teaching Staff, Ground Staff and All Sports Volunteers for their co-operation and encouragement for successful conduct of Annual Sports Meet 2016-17.

Students from various streams, courses and classes were grouped in four houses namely,

<b>NAME OF THE HOUSE</b>	<b>CLASS</b>
AGNI HOUSE	All BMS, BMM, B.Sc. – IT & B.Sc. - CS
AKASH HOUSE	F.Y.B.Com., S.Y.B.Com. & M.Com.
PRITHVI HOUSE	BFM, B&I, BAF & T.Y.B.Com.
SURYA HOUSE	All BA, All B.Sc., MA & M.Sc.



As a part of Annual Sports Meet, the college organized competitions in the following events:

Indoor events	Badminton, Table Tennis, Carom & Chess
Track events	100M, 200M, 400M, 800M, 1500M for Men and Women, 5000M Men and Relay 4 X 100M Men and Women.
Field events	Discuss throw, Shot put, Javelin throw & Long jump.
Team events	Cricket, Foot Ball (Men), Volley Ball, Kabaddi, Kho-Kho & Tug-of-War

### **Results of Annual Sports Meet**

Best Athlete (Men) : Mr. Syriya Iyer (F.Y. BFM)

Best Athlete (Women) : Ms. Arifa Sayed Zaheer (S.Y. B.Sc.)

Best Sportsmen : Arvind Palavrsam (T.Y.B.Com.)

Best Sportswomen : Ms. Pooja Yadav (F.Y.B.Sc.)