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Celebrating the essence of sports

Joyce and Anjela

Campus: With the belief that sports are vital in a student's overall development and when combined with effective teaching methodologies, it enables students to maintain a healthy lifestyle and polish up their competitive spirit, the students of St. Joseph's University, on Friday observed its annual sports day in the campus grounds. Many students expressed their views on the value sports have in their lives and their importance in a student's academic life. Sports has always been a celebrated event at the university. This year, after being designated as a university, there was a difference in how the annual sports day is celebrated. Expounding on the importance of sports in a student's life, Bharath R, a student, national-level boxer and Karnataka state gold medalist, said, "Sports teaches you real-life lessons; every student has to be in sport. Sports help you maintain fitness, even if you are not a sportsperson." Speaking to The Beacon, he said that it is extremely difficult to strike a balance between academics and sports. A sportsperson's ability to manage time is critical. Hajira Kausar, vice president of the Student Council, stated that when the college allows students to excel in sports, everyone comes together and celebrates sports in general. When asked what made this year's sports day different from others, she stated that there was a significant difference. Previously, the college was limited to college-level sports and basic activities, but now the sports meet is hosted by the university itself, with a celebration like no other.

Annual celebration of SJU's athletic spirit

Jesbilin Joseph

Campus: The motto of the SJU: Faith and Toil, if becomes the guiding principle of your life, you will be at the top of any field, said Charles D'Souza, national level hockey player and Superintendent of Customs and CGST, Bengaluru.

The 139th Annual Athletic Meet 2022-2023 was held on Friday at St Joseph's University grounds. The dignitaries present were the chief guest, Charles D'Souza, Pro-Chancellor Fr Swebert D'Silva SJ, Vice-Chancellor Fr Victor Lobo SJ, and Director of Physical Education Hazel Mary Raju. The athletic meet welcomed participants from students to staff members of the university. Along with this, it also observed participation from students of various St Joseph's institutions. Vidisha D'souza, the Head of the Department of the



Chief guest Charles D'Souza addressing the gathering

Special Arrangement

Institute of Communication and Media Studies, hosted the inauguration.

During his speech, Charles mentioned the encouragement this institution and its faculty members have provided him. This motivation instilled confidence to pursue both academics and sports, he said. "I am eternally grateful to them when it comes to sports."

He spoke about his faith in

the almighty and believes that everyone has a God-given talent that should be focused on improving one's lot rather than trying to please society. "Enjoy your passion; go for it, and give it everything you've got, and you'll evidently see results for it by the grace of the Almighty."

Fr Lobo, during his address, remembered a quote in reference to the jersey

prescribed by the physical education department. The quote read: 'Winning is not everything. It is the only way to demonstrate your sportsmanship, he said. He connected it with the hope of not giving up. "Even if you hate training, keep going. Suffer today and be a champion for the rest of your life," he

added, quoting Muhammed Ali, the legendary boxer.

Speaking to The Beacon, Melvin Colaco, the Registrar of the University expressed, "I'm very happy with the number of students who have participated, not only that, the staff that have participated in this particular sport is much more than the previous years, so I'm extremely glad about that". He was excited to return to the field after a long time and was pleased to witness a good turn-up compared to the previous years, he said.

The participants too were enthused. "During the race, I had to ensure that my nutrition was correct and that I didn't get tired. I also made sure that I was in good spirits and my body should be in good condition," opined Prashant of St Joseph's College of Commerce, who won the 1500 metres race.

The positive energy of athleticism on ground

Abhirami Nair

Campus: There is no thinking twice when it comes to sports, and students at St. Joseph's University, Bengaluru, have amazed me with their spirit and enthusiasm for sports, says Hazel Mary Raju, Sports Director of St Joseph's university as she spoke to The Beacon at the 139th Annual Athletic Meet.

"What amazed me was how students who lost in the selection round got up from the field and immediately went about cheering for their friends," said Raju. She was amazed by the positivity and support provided by the



Participants on tracks

Special Arrangement

university. "The energy and the vibe that you are seeing here on the ground is the support this event got from the university," she elaborated. She explained how the university gives importance to sports along with academics.

"It's a very proud occasion as we are celebrating sports day for the first time after being a university," said Dr Richard Rego, Director of ICMS (Institute of Communication and Media Studies). He elaborated on the importance

of sports and their significance to academics. Physical well-being has always helped students ease their tensions and feel energized. He also highlighted how the athletic meet has brought more students to the limelight. "What is different about each athletic meet is the energy and talent of the participants," he added.

"I am very passionate about sports; I can give my 100 per cent and beyond for it," Raju said. She expressed how the sports meet was something to which she was looking forward for a long time. She felt at ease after witnessing the events, she said.

Another win for the Student Council

Parnika S

Campus: To celebrate the spirit of athleticism, the SJU student council along with the Department of Physical Education conducted the 139th Annual Athletics Sports Meet as a university for the first time on Friday.

To make an event successful, many heads work hard together despite the setbacks. The student council is one such group that put its best foot forward in making this meet successful.

Speaking to The Beacon, Vignesh, the sports secretary, explained that it took them a month to iron out the details of the event. He pointed out that the difference in challenges between this event and the previous ones was the sheer number of events held. "But, we managed to pull it off," he said.

Hajira Kausar, vice president of the Student Council, described the event as significant because it was the first after the institution's university accreditation. "I feel honoured to be a part of it," she remarked. The council was pleased to hear positive feedback from the students and considered this to be one more feather in their hat.

In position for the last time

Chandrasoodeshwar

Campus: "It was a very good opportunity to lead the whole team and a great opportunity for NCC and NSS participants to showcase their skills. The sports day provides a valuable chance for all classes to showcase their prowess, which in turn develops a sense of togetherness and unity among fellow students," said Sai Subramanian, a final-year PCM student of SJU who is a part of the NCC Air Wing of the university was the lead parade commander for NCC

march past.

The Department of Physical Education conducted its 139th Annual Athletic Meet at St. Joseph's University on Friday. Speaking to The Beacon about some of the obstacles that Subramanian faced he said the conflict between oneself and their thoughts is an issue. "It's important to keep one's focus on attaining one's objectives and enduring difficulties, and this is the attitude that should always be predominant in one's thoughts rather than giving up." He is the recipient of the All

India Best Cadet Competition award at the Republic Day camp in the Air Wing senior division. "This is the first time I'm wearing the uniform after coming to college and this would apparently be the last time I'm wearing it," Subramanian said.

Subramanian felt glad about having the opportunity to be the best cadet from the entire contingent, which is a once-in-a-lifetime experience. He acknowledged that being selected as the best cadet for one division is a privilege that not everyone can experience.

A tribute to unheard voices

Meghana S & Aasline Dsouza

Campus: "I reiterate to all of you that your team matters, if there is a good synergy and your team is there to have your back, nothing else matters, you will produce a good output," said Prataya Saha, director of the award-winning short film, 'Mein Mehmood' on February 16 during an interaction with the students of the Institute of Communication and Media Studies (ICMS) at St. Joseph's University (SJU), Bengaluru.

The film screening and discussion were organised by "Images" an association of

BVC of ICMS. Shot entirely in Dubai, 'Mein Mehmood' is the first Indo-UAE production which showcased the circumstances in the life of Mehmood, an immigrant working in Dubai. It featured real locations to deliver a real and authentic feel to it.

"Immigrants from all over the world work in the UAE and having experienced the immigrant life, I felt that there was a Mehmood in me. I wasn't trying to be someone else; this is how Mehmood came to me as a character," said actor Ozair Abdul Aleem.