



VEER SURENDRA SAI UNIVERSITY OF TECHNOLOGY

SPORTS SOCIETY NEWSLETTER 2023-24



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**Inspire
Compete
Triumph!**



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ACKNOWLEDGEMENT

We extend our sincere gratitude to the esteemed leadership of our university for their unwavering guidance and support in nurturing the growth and success of the Sports Society. Under the visionary leadership of our Vice Chancellor, Dean, and Vice President, the Sports Society has flourished into a vibrant community fostering the spirit of sportsmanship and camaraderie.

Our heartfelt thanks to Honorable vice-chancellor Prof. Banshidhar Majhi sir, your vision and commitment to providing a well-rounded university experience have been the guiding light for the Sports Society. Your encouragement has empowered us to create a dynamic platform for students to engage in sports and recreation. And thanks to the Dean students' Welfare Prof. Sanjay Kumar Patro sir, your dedication to student welfare and the promotion of sports as an integral part of university life have been instrumental in shaping the Sports Society. Your support has been a source of inspiration for our members. Also respect and thanks to our Vice President of Sports Society prof. Saubhagya Kumar Panigrahi sir your advocacy for a holistic approach to education, including the importance of sports, has significantly contributed to the success of the Sports Society. Your involvement has been crucial in fostering a culture of participation and excellence.

We also express our gratitude to the members of the Sports Society and house captains of four houses and ass. House captains Biranchi Ray, Diptesh Pradhan, Adyasa Nayak, Sneha Behera, Purvi Mahapatra, Chirag Chand, Ankit Mahakud, Angele Kundo, Subhranshu Bhutiya, DS Panigrahi, Pratik Pradhan, Amir Chand, Badri Narayan whose passion and enthusiasm have brought life to our events and initiatives. Special thanks to our volunteers, participants, and supporters who have played a vital role in creating a vibrant and inclusive sports community.

As we continue on this exciting journey, we are grateful for the ongoing support and encouragement from our university's leadership. Together, we look forward to further enhancing the sports culture within our academic community and beyond.

MESSAGE FROM DEAN OF STUDENTS' WELFARE



I trust this message finds you well and thriving in your academic pursuits. Today I am thrilled to discuss a dynamic and indispensable facet of our university life - the Sports Society. Our university's Sports Society is a dynamic community that thrives on passion, camaraderie, and a shared love for sports. It serves as a platform for students to engage in physical activities, develop leadership skills, and foster a sense of belonging within our academic family. I want to take a moment to acknowledge the remarkable efforts of our Sports Society members - from the dedicated executives to the enthusiastic participants. Your commitment to promote a healthy and active lifestyle on our campus is truly commendable. Sports not only contribute to physical well-being but also play a crucial role in building character, resilience, and teamwork. Through the various events, tournaments, and activities organized by the Sports Society, you not only showcase your athletic prowess but also create an environment that encourages inclusivity and sportsmanship. As the Dean of our esteemed university, I encourage each and every one of you to get involved with the Sports Society. Whether you're a seasoned athlete or someone looking to try a new sport, there is a place for you. The Sports Society is not just about competition; it's about fostering friendships, learning new skills, and creating memories that will last a lifetime. In the upcoming academic year, we are committed to provide even more opportunities for sports enthusiasts. We will continue to support the Sports Society in organizing events that cater to a diverse range of interests and skill levels. I extend my gratitude to the current members and offer a warm welcome to those considering joining the Sports Society. Your involvement is integral to the continued success and growth of this vibrant community. Let's make the coming year one filled with teamwork, accomplishments, and a shared passion for sports. I look forward to witnessing the Sports Society flourish under your participation and dedication. Best wishes,

Prof. Sanjay Kumar Patro
Dean Students' Welfare
VSSUT, Burla

MESSAGE FROM ASSOCIATE DEAN OF STUDENTS' WELFARE



I believe this message finds you well and filled with enthusiasm for the opportunities that lie ahead. Today, I want to draw your attention to a topic that goes beyond textbooks and classrooms – the world of sports.

As the Associate Dean of Student Welfare, I firmly believe in the transformative power of sports in shaping not only your physical well-being but also your overall college experience. Engaging in sports is not just about staying fit; it's about building resilience, fostering teamwork, and creating lifelong memories.

Our university places great importance on providing a holistic education, and sports play a pivotal role in achieving that goal. Whether you are an aspiring athlete, a recreational player, or someone who enjoys cheering from the sidelines, there is a place for you in the vibrant sports culture we aim to cultivate.

In the coming months, we have an exciting lineup of sports events, tournaments, and fitness programs planned. These activities are not only avenues for healthy competition but also opportunities for you to forge new friendships, discover hidden talents, and learn valuable life skills.

I encourage each one of you to explore the diverse sporting opportunities available on campus. Whether you're drawn to team sports, individual challenges, or simply want to stay active, there is a spectrum of options waiting for you. The benefits extend far beyond the playing field, positively influencing your academic performance, mental well-being, and sense of community.

Our dedicated team at the Student Welfare Office is here to support and guide you in your sports endeavors. Feel free to reach out if you have any questions, suggestions, or if you simply want to share your sporting achievements.

Let's make this academic year a celebration of sportsmanship, teamwork, and personal growth. I am excited to witness the enthusiasm and energy you bring to the world of sports at our university.

Dr. Punyapriya Mishra
Associate Dean Students' Welfare
VSSUT, Burla

MESSAGE FROM VICE-PRESIDENT



I hope this message finds you all in good health and high spirits. Today, I am delighted to share my thoughts on a topic that holds a special place in our university's heart – sports. Sports are an integral part of our university's identity and culture. They not only promote physical fitness but also instill values like teamwork, discipline, perseverance, and sportsmanship. These qualities go beyond the playing field and prepare our students for the challenges they will face in their academic and professional lives. Our university has a rich history of sporting achievements, and I want to take a moment to commend our athletes, coaches, and the entire support staff for their dedication and hard work. Your achievements on the field and the sportsmanship you display are a source of pride for all of us. I firmly believe that sports play a vital role in the holistic development of our students. It is not just about winning or losing; it's about the journey, the lessons learned, and the friendships forged. Our university is committed to providing the best possible facilities and coaching to nurture talent and support our athletes. In the coming year, we will continue to invest in sports programs and infrastructure, aiming to create an environment where every student can participate and excel in the sport of their choice. We encourage all students to take part in sports, whether as players, supporters, or volunteers. Your involvement will not only benefit your physical well-being but also contribute to building a stronger, more vibrant university community. As we move forward, I want to express my gratitude to everyone who contributes to our sports programs – our athletes, coaches, staff, and supporters. Your dedication and passion are inspiring, and I look forward to celebrating many more successes together. Let's embrace the spirit of sports and continue to uphold our university's legacy of excellence, not just in the classroom but on the playing field as well.

Dr. Saubhagya Kumar Panigrahi
Vice President Sports Society
VSSUT, Burla

Faculty advisor

Highlighting dynamic sports programs at VSSUT for the upcoming academic year. Emphasizing the benefits of sports engagement, from intramural to intercollegiate levels. Encouraging students to join various sports teams and promoting faculty support for a thriving athletic community. Inviting inquiries and aiming for a successful and spirited academic year.



Dr. Dharamvir Kumar
Faculty advisor sports society
VSSUT, Burla



Exciting sports opportunities await at VSSUT. From intramurals to intercollegiate tournaments, students can explore their athletic passions. Your support is crucial for their success. Let's make this academic year a celebration of achievement and teamwork.

Mrs. Laxmipriya Mohanty
Faculty advisor sports society
VSSUT, Burla

CO-ORDINATORS



**BIRANCHI NARAYAN
RAY
SPORTS SOCIETY
CO-ORDINATOR**



**SOURAV PANDA
ILLUMINA
CO-ORDINATOR**

ASSISTANT CO-ORDINATORS



**GOURA PRASANNA MALLIK
SPORTS SOCIETY
ASSISTANT CO-ORDINATOR**



**JAGDISH BEHERA
ILLUMINA ASSISTANT
CO-ORDINATOR**



**PRIYANKA ROUTRAY
SPORTS SOCIETY
ASSISTANT CO-ORDINATOR**



**ARYASHREE BARAL
ILLUMINA ASSISTANT
CO-ORDINATOR**

HOUSE CAPTAINS (BOYS)



**DIPTESH PRADHAN
SHANTI HOUSE CAPTAIN**



**ANKIT MAHAKUD
PRAGATI HOUSE CAPTAIN**



**SUBHRANSHU SEKHAR
BHUTIA
MAITR HOUSE CAPTAIN**



**CHIRAG ROSHAN CHAND
SHAKTI HOUSE CAPTAIN**

HOUSE CAPTAINS (GIRLS)



ANGELA KUNDOO
SHANTI HOUSE CAPTAIN



PURVI MOHAPATRA
PRAGATI HOUSE CAPTAIN



SNEHA BEHERA
MAITR HOUSE CAPTAIN



ADYASA NAYAK
SHAKTI HOUSE CAPTAIN

ASSISTANT HOUSE CAPTAINS



**PRATIK PADHAN
SHANTI HOUSE
ASSISTANT CAPTAIN**



**BADRI NARAYAN
PRIYADARSHINI
PRAGATI HOUSE
ASSISTANT CAPTAIN**



**AMIR CHAND
MAITR HOUSE
ASSISTANT CAPTAIN**



**DURGA SHANKAR PANIGRAHI
SHAKTI HOUSE
ASSISTANT CAPTAIN**

SPORTS SOCIETY **HIGHLIGHTS**

IYDP 2023-24

**(Integrated Youth Development Program
by NUA-O)**

VRIDHI 2023-24

(Sports fest of NIT Rourkela)

Football: Winner

Badminton(Girls): Runners-up

Chess :Runners-up

ETHOS 2023-24

(Sports fest of IIM Sambalpur)

Football: Winner

Cricket: Winner

Badminton: Winner

INTER HOUSE CHAMPIONS

(Illumina 2022-23)

Winner : Pragati House

Runners-up: Shakti House

INTEGRATED YOUTH DEVELOPMENT PROGRAM NUA-O OUTDOOR



Discover the pinnacle of talent and passion at our university's Integrated Youth Development Program, NUA-O. Spearheaded by the visionary Odisha government, this initiative aims to nurture the multifaceted growth of school and college students. Witness the fusion of athleticism and artistry as young minds showcase their prowess in sports and cultural endeavors. From the adrenaline-pumping races to the captivating performances, every moment resonates with the spirit of excellence and camaraderie. This event stands as a testament to our commitment to holistic development and the empowerment of our youth. Join us in celebrating their achievements and the bright future they embody.



HIGH JUMP



High jump is a track and field event where participants jump over a horizontal bar placed at measured heights without knocking it down. The objective of the event is to clear the bar with the greatest height possible. The high jump has been part of the Olympic Games since the ancient times, and it has evolved significantly over the years.

Today, there are two main techniques used in high jump: the Fosbury Flop and the straddle technique. The Fosbury Flop, which was first used in the 1968 Olympics, involves jumping over the bar headfirst and backwards. This technique allows for higher jumps and is now the most common technique used in high jump.



The straddle technique, on the other hand, involves jumping face down and clearing the bar with the legs first, followed by the rest of the body. Although it is not commonly used in modern high jump competitions, it has produced some of the greatest high jumpers in history.

LONG JUMP



Long jump is an athletic event that requires a combination of speed, strength, and agility. It involves jumping as far as possible from a running start. Long jumpers typically have a strong lower body, particularly in their legs and hips, which helps them generate the necessary power to propel themselves through the air.

They also need to have good technique, including a strong takeoff and the ability to maintain their momentum throughout the jump. In competition, athletes get three attempts to jump as far as they can, and the longest jump out of the three is recorded.



Long jump is a popular event in track and field, and is often featured in major championships such as the Olympics and World Championships.

DISCUS THROW



Discus throw is a track and field event in which an athlete throws a heavy disc called a discus. The event is one of the oldest Olympic sports, with roots dating back to ancient Greece. The modern version of the event involves a circle and an arc-shaped sector in which the athlete must throw the discus.

The athlete must stay within the circle during the throw and the discus must land within the sector to be considered a legal throw. The athlete with the longest throw wins the competition. The discus is a challenging event that requires a combination of strength, technique, and precision.



it is a popular event at both the collegiate and professional levels and requires years of training to master.

SHOTPUT



Shot put is a track and field event that requires a combination of strength, technique, and precision. The objective of the event is to throw a heavy metal ball, known as the shot, as far as possible.

The shot itself weighs 16 pounds for men and 8.8 pounds for women. Competitors must hold the shot near their neck and shoulder, then push it out as far as possible in one fluid motion. The throw is measured from the point where the shot lands, and the athlete with the longest throw is declared the winner.



Shot put requires a great deal of physical strength, especially in the upper body and legs. However, technique is also crucial. Athletes must have a strong and stable base, use proper footwork, and maintain good posture throughout the throw.

BASKETBALL



Experience the excitement of basketball as our university team dribbles, shoots, and scores with precision. With intense training and teamwork, they showcase athleticism on the court, captivating audiences with every game.

"From fast breaks to slam dunks, our players demonstrate skill and strategy, embodying the spirit of competition. Fans cheer as the team rallies together, displaying resilience and determination in pursuit of victory."



"Join us courtside as we celebrate the passion and dedication of our basketball stars. Their commitment to excellence inspires us all, making every match an electrifying spectacle of athleticism and sportsmanship."

KABBADI



Kabaddi is a popular sport that originated in ancient India. It is a contact sport that requires both physical and mental agility, as well as teamwork. Kabaddi is played on a rectangular court, and the objective of the game is for one team's raider to cross over to the other team's side, tag as many players as possible, and return to their own side,

all while holding their breath and chanting "kabaddi, kabaddi, kabaddi.", the opposing team must try to stop the raider from completing their task by tackling them and preventing them from breathing. Kabaddi has gained popularity worldwide, and is now played in many countries at both amateur and professional levels.



It is a thrilling and exciting sport that requires quick reflexes, strategy, and athleticism.

TUG OF WAR



Tug of war is a classic game that has been played for centuries. It is a simple yet exciting game that requires two teams to pull on opposite ends of a rope, with the objective of pulling the rope to their side. The team that manages to pull the rope to their side wins the game.

Apart from being a fun game to play, tug of war also has a lot of benefits. It is a great way to build teamwork and cooperation, as each member of the team must work together to pull the rope. It also helps to build strength, endurance, and balance, as the players need to use their muscles to pull the rope and maintain their balance while doing so.



Tug of war is also a great way to bring people together. It is a game that can be played by people of all ages, and it is a great way to break the ice and get people interacting with each other. Whether it is at a family gathering, a company picnic, or a school event, tug of war is sure to bring a smile to everyone's face.

VRIDHI 2023-24 (SPORTS FEST OF NIT ROURKELA)



Our university football team boys clinched the cup in a thrilling victory! With unwavering determination and skill, they dominated the field, securing a triumphant win. Cheers resound across campus as we celebrate their remarkable achievement, embodying teamwork and excellence. Congratulations to our victorious champions!



VRIDHI 2023-24 (SPORTS FEST OF NIT ROURKELA)



Our university's girls badminton team soared to success, claiming the prestigious runners-up position! Their passion and perseverance shone brightly on the court, showcasing exceptional talent and sportsmanship. Amidst fierce competition, they displayed remarkable skill, earning well-deserved recognition and admiration. Congratulations to our outstanding athletes!

CONGRATULATIONS!!



Team VSSUT Badminton from VSSUT, Burla achieving success at VRIDDHI (NITR's Sports Fest) clinching the runners-up position.

VRIDHI 2023-24 (SPORTS FEST OF NIT ROURKELA)



"In a display of strategic brilliance, our university chess team secured the runners-up position in a fiercely contested tournament. Their sharp minds and tactical prowess led them to the brink of victory, earning admiration and respect. Though narrowly missing the top spot, they emerge as formidable contenders, inspiring us all."

CONGRATULATIONS!!



Chess Team from VSSUT, Burla achieving success at VRIDDHI (NITR's Sports Fest) clinching the runners-up position.

ETHOS 2023-24 (SPORTS FEST OF IIM SAMBALPUR)



Our university football team boys clinched the cup in a thrilling victory! With unwavering determination and skill, they dominated the field, securing a triumphant win. Cheers resound across campus as we celebrate their remarkable achievement, embodying teamwork and excellence. Congratulations to our victorious champions!



ETHOS 2023-24 (SPORTS FEST OF IIM SAMBALPUR)



Our university cricket team triumphs! With sheer dedication and skill, our boys clinched the coveted cup, showcasing teamwork and sportsmanship. Their victory resonates pride across the campus, uniting us in celebration. Congratulations to our champions for their remarkable achievement on the pitch!



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Our university's girls badminton team soared to success, claiming the prestigious runners-up position! Their passion and perseverance shone brightly on the court, showcasing exceptional talent and sportsmanship. Amidst fierce competition, they displayed remarkable skill, earning well-deserved recognition and admiration. Congratulations to our outstanding shuttler!



ILLUMINA 2024 (SPRING SEMESTER) OUTDOOR



Organizing ILLUMINA , the official sports fest is a fantastic opportunity to bring your community together and celebrate athleticism. Consider including a variety of sports to cater to different interests and skill levels. Promote teamwork, fair play, and friendly competition. Don't forget to plan engaging opening and closing ceremonies to build excitement and camaraderie among participants. Ensure clear communication about rules, schedules, and safety measures to make the event enjoyable for everyone.



HIGH JUMP



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The shot itself weighs 16 pounds for men and 8.8 pounds for women. Competitors must hold the shot near their neck and shoulder, then push it out as far as possible in one fluid motion. The throw is measured from the point where the shot lands, and the athlete with the longest throw is declared the winner.



Shot put requires a great deal of physical strength, especially in the upper body and legs. However, technique is also crucial. Athletes must have a strong and stable base, use proper footwork, and maintain good posture throughout the throw.

JAVLIN THROW



Javelin throw is a field event in athletics that requires a combination of speed, strength, and technique. It involves throwing a long spear-like object, called a javelin, as far as possible within a designated area. The javelin itself is made of metal or carbon fiber and can weigh up to 800 grams for men and 600 grams for women.

The technique used in javelin throw involves a run-up, a plant, and a throw. The athlete has to build up speed, then plant one foot before launching the javelin with the other arm in a smooth, swift motion. The throw is judged by the distance travelled by the javelin from the point of release to where it lands.



Javelin throw is a popular event in the Olympic Games, and requires a great deal of training, discipline, and focus. Athletes spend countless hours perfecting their technique, building their strength, and practicing their throws in order to compete at the highest levels. It is a thrilling and challenging sport that requires both physical and mental toughness.

KABBADI



Kabaddi is a popular sport that originated in ancient India. It is a contact sport that requires both physical and mental agility, as well as teamwork. Kabaddi is played on a rectangular court, and the objective of the game is for one team's raider to cross over to the other team's side, tag as many players as possible, and return to their own side,

all while holding their breath and chanting "kabaddi, kabaddi, kabaddi.", the opposing team must try to stop the raider from completing their task by tackling them and preventing them from breathing. Kabaddi has gained popularity worldwide, and is now played in many countries at both amateur and professional levels.



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VOLLEYBALL



Volleyball, a dynamic team sport, requires precise coordination and strategy. Players aim to score points by sending the ball over the net, utilizing a combination of serves, sets, and spikes.

The game demands quick reflexes, agility, and effective communication among teammates. Each player has a specialized role, contributing to the team's success in offense and defense, fostering camaraderie and trust.



Volleyball's popularity spans globally, captivating audiences with its fast-paced action and thrilling rallies. Whether played competitively or casually, it promotes physical fitness, teamwork, and sportsmanship.

KHO-KHO



Kho-kho is a traditional Indian game that has been played for centuries. It is a popular sport that is enjoyed by people of all ages, especially during festivals and other celebrations. The game is played between two teams, with each team consisting of twelve players.

The game begins with the chasing team sending out nine players onto the field, who then attempt to tag the opposing team's players, while avoiding being tagged themselves. The defending team, on the other hand, must try to dodge the chasing team's players and avoid being tagged.



One of the unique features of Kho-kho is that it is played without any equipment, making it an accessible and affordable sport. It is also a great way to stay active, improve reflexes, and build teamwork and communication skills. With its rich history and cultural significance, Kho-kho remains a beloved pastime for many Indians, both young and old.

TUG OF WAR



Tug of war is a classic game that has been played for centuries. It is a simple yet exciting game that requires two teams to pull on opposite ends of a rope, with the objective of pulling the rope to their side. The team that manages to pull the rope to their side wins the game.

Apart from being a fun game to play, tug of war also has a lot of benefits. It is a great way to build teamwork and cooperation, as each member of the team must work together to pull the rope. It also helps to build strength, endurance, and balance, as the players need to use their muscles to pull the rope and maintain their balance while doing so.



Tug of war is also a great way to bring people together. It is a game that can be played by people of all ages, and it is a great way to break the ice and get people interacting with each other. Whether it is at a family gathering, a company picnic, or a school event, tug of war is sure to bring a smile to everyone's face.

FUN EVENTS



Fun events are a great way to bring people together and create lasting memories. They can range from small gatherings with friends to larger community events. There are many different types of fun events, such as game nights, potlucks, picnics, and festivals.

Attending a fun event can be a great way to meet new people and make new friends. It's also an opportunity to try new things and step outside of your comfort zone. Whether you're a social butterfly or more introverted, there's always something to enjoy at a fun event.



In summary, fun events are a great way to bring people together, create lasting memories, and make new friends. So why not plan or attend a fun event today?

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SPORTS SOCIETY VSSUT

VICE PRESIDENT

Dr. Saubhagya Kumar Panigrahi

FACULTY ADVISOR

Dr. Dharamvir Kumar

Mrs. Laxmipriya Mohanty

STUDENT BODY

Biranchi Narayan Ray

Sourav Panda