

## **ASTHRA 2023**

The eagerly anticipated and fiercely competitive intrasport event "Asthra" took place on 15th, 16th, and 17th of July 2023. Each and every student had been working hard to prepare for the event, which was eagerly awaited.

The four batches competing this year were Krenoviantz (Final year), Troezianz (Pre final year), Audacianz (2nd year) and Zenedianz (1st year).

Over the course of the three days, the competitions were held at two locations. The Loyola College campus served as the venue for the first and third days' events, while our hostel ground served as the venue for the second day's events.

### **DAY 1**



The official inauguration event took place, with the guests of honour being Dr Kalidas Chavan, Dean, Dr Swapnatai, Vice Principal, Dr K Meenakshisundaram, Deputy Medical Superintendent, Dr Shanmugasundaram, Dr Rajarajan, Dr Sagayam, Dr Beemsetty and Dr Sirishkumar Chavan. Each of them reminisced fondly of their involvement with various sports throughout their MBBS years.

Then, the sports secretaries from all four batches participated in the iconic torch-bearing ceremony which set the ball rolling for an extremely tough, intense competition amongst the batches to be crowned the winner of Asthra 2023.

Following this, our professors and students interacted and demonstrated their skills and talents in volleyball during the Faculty Volleyball Match. The extremely awaited finals game for boy's volleyball was played with many of the faculty in attendance.

Qualification games for boy's football and girls' throwball were also held. The Girls throw ball finals was underway after a brief lunch break, and other track events, including the boys and girls long jump, boys triple jump, as well as the 100- and 200-metre dashes and relay were then held.

The boys football championship game and the faculty football game brought the incredibly active day to a close.



## DAY2

Day 2 was held on the hostel grounds.

The qualification girls' volleyball game was played first on the extremely hot day, and was followed by the girls' qualifier Kho Kho match.

We then witnessed the boy's throw ball match, a new event introduced this year, followed by the extremely intense and highly competitive finals for Girls kho kho, volleyball and boys throw ball



Post lunch break, a series of new events comprising of girls and boys dodgeball along with the pending field events of Girls and boys discus and shot-put were conducted.

After a full day of events conducted on day 2, the students all exhausted headed back to their respective homes to come all prepared with renewed vigour and excitement for the final day's events.



### DAY 3

Boys' and girls' cricket competitions were the primary events on Day 3 at Loyola College Grounds. The teams gave it their all in an effort to put a competitive total in their desire to beat their opposition



As they say, "All good things come to an end" and three days of intense excitement and competition that helped many youngsters find and display their skills came to an end.