

## **Facilities for Cultural Events**

The University of Kashmir is enriched with a dedicated Division of Youth Affairs under the Department of Students Welfare, actively promoting a vibrant cultural and literary environment throughout the academic year.

This Division organizes a diverse array of activities, overseeing youth clubs such as the Debate Club, Literary Club, Cultural Club, Music Club, Red Ribbon Club, and Hobby Club. These initiatives aim to nurture the holistic development of students across the University and its affiliated colleges.

Central to these efforts is the University's impressive infrastructure, prominently featuring the Convocation Complex. This state-of-the-art facility boasts a seating capacity exceeding 2000 and is equipped with

modern amenities. It serves as the epicenter for cultural festivals, theater performances, music concerts, film screenings, youth parliaments, art exhibitions, and various other cultural and academic events. Complementing the Convocation Complex are multiple mini-auditoriums located across the University, such as Gandhi Bhawan, Ibni-e-Khaldoun Auditorium, Humanities Auditorium, Science Auditorium, and EMMRC Auditorium. These venues provide additional spaces for cultural gatherings and performances, ensuring that there are always suitable locations available for events of any size or nature.

Beyond traditional indoor spaces, the University takes pride in its expansive open-air theater situated along the serene banks of the world-famous Dal Lake. This scenic venue accommodates up to 8,000 students and serves as a hub for artistic discussions, literary discourse, and major cultural events. The picturesque setting enhances the cultural experience,

promoting creativity and intellectual exchange among students. The open-air theater is an iconic location where students gather to celebrate and engage in cultural activities, creating a unique and inspiring atmosphere for all participants.

To facilitate these initiatives, the University has appointed a full-fledged Cultural Officer, who is responsible for conceiving, initiating, coordinating, and organizing cultural and literary engagements. The Cultural Officer plays a pivotal role in connecting students from Kashmir University and its affiliated colleges with their counterparts nationwide and globally. This officer ensures that the University's cultural activities are inclusive and far-reaching, providing students with opportunities to engage with diverse cultures and perspectives.

Equipped with advanced sound systems, mixers, musical instruments,

and other necessary equipment, the Division of Youth Affairs ensures the seamless execution of cultural programs and events. These resources enable students to perform and participate in a variety of activities, enhancing their academic journey and promoting cultural diversity and dialogue. The availability of high-quality equipment and facilities reflects the University's commitment to supporting the creative and artistic endeavors of its students.

In essence, the University's commitment to promoting a rich cultural landscape through comprehensive facilities and dedicated support highlights its mission to provide a holistic educational experience. The facilities provided not only cater to the cultural aspirations of students but also contribute significantly to their personal and intellectual growth, preparing them to excel in a globally interconnected world. By promoting a vibrant cultural environment, the University helps students develop a

broad range of skills and perspectives, ensuring that they are well-rounded individuals ready to meet the challenges of the future.

Facilities for sports, games (indoor, outdoor, gymnasium, yoga centre etc

### **A) Sports Facilities**

The Directorate of Physical Education and Sports looks after the sports activities of the University besides conducting programmes in Physical Education. At the main campus, there are separate playgrounds for football, volleyball, hockey, baseball and cricket. The Gymnasium with state of the art infrastructure has been created during the assessment period and the construction of an indoor stadium is being contemplated presently.

The University has adequate infrastructure for sports and cultural events/activities catering to the needs of men and women. Besides the range of auditoriums for organizing cultural events, the Directorate of Physical Education takes care of sports activity and ensures the maintenance and optimal use of following physical and infrastructural facilities:

<b>No.</b>	<b>Name of the Sports</b>	<b>Facilities</b>
1	Badminton (Men & Women)	3 Courts
2	Base Ball (Men & Women)	One Ground
3	Cricket (Men & Women)	2 Fields, 3 wickets (International Size)
4	Football (Men & Women)	2 Fields
5	Gym (Men & Women)	Gymnasium Hall
6	Hand-Ball (Men & Women)	2 Courts
7	Hockey (Men & Women)	2 Fields
8	Judo (Men & Women)	One Ground
9	Kabbadi (Men & Women)	One Ground
10	Kho Kho (Men & Women)	2 Courts
11	Net Ball	4 Courts
12	Swimming (Men & Women)	3 Traditional Boats
13	Table Tennis (Men & Women)	1 Hall & Table
14	Throw ball (Men & Women)	2 Courts

<b>No.</b>	<b>Name of the Sports</b>	<b>Facilities</b>
15	Volleyball (Men & Women)	5 Courts
16	Water sports (Men & Women)	24 Kayaks & Canoes
17	Snow Skiing (Men & Women)	Skies available
18	Mountaineering/hiking cum Trekking	Relevant Equipment available
19	Chess room	01
20	Billiards	01
21	Cycling	Road Cycling
22	Boxing Hall	02
23	Squash Court	01
24	Athletic Track (400)	01
25	Aerobic Dance Room	01
26	Accommodation for Visiting Teams Rooms	10
27	Equipments & Store Room	04
28	Sauna Bath/ Massage Room	02
29	Test & Measurement Lab	02
30	Archery	04
31	Ball Badminton (Men & Women)	01

In addition to the aforementioned facilities, the gymnasium is one of the main centres of activities.

## **2. Health Club & Yoga Centre**

The Directorate constructed one separate building for University Health Club to facilitate students as well as University employees by putting in place modern imported machines including the following that are worth mentioning:

- Chest Press K-001
- Pec-Fly Rear Delt K-002
- Lat pull Down K-012

- Biceps Curl –K-006
- Leg Extension –K-014
- Leg Curl/Hack squat-K-013A
- Dual Cable Crossover- K-005
- Seated rowing-K-012A
- Smith machine K-020
- Motorized treadmill A.C. Commercial
- Cross trainer
- Recumbent bike
- Cycle
- Twister
- Utility stool K-038C
- Power stepper etc.

### **3. Yoga Centre**

The Kashmir University has a yoga centre facility as well where the lovers of yoga come to practices various yoga exercises. Yoga classes ranges from traditional Hatha yoga with emphasis on asanas, meditation, and pranayama, to the more modern Bikram Yoga with structured asana practice in a heated room.

### **4. Kayaking and Canoeing Centre**

One with (Kayaks, Canoes, Dragon Boards and Hanger)

### **5. Sports Hostel**

One dedicated sports hostel with accommodation for 200 persons and modern amenities like recreation halls and common rooms etc.

### **6. Water Sports**

The university has one water sports centre at the Nigeen club adjacent to the campus.

### **7. Multipurpose hall:**

The multipurpose hall in this university is opened to the sports personnel to provide the sports and games facilities. The University has provided this facility to organize competitions and sports activities. So, this ensures the optimum use of this hall which



proves immensely useful. This multipurpose hall provides the following indoor facilities as under.

The above indoor and outdoor sports facilities enhance and enriches the competency of the sports persons in the University and facilitates the abilities of the students in the sports activities.

## **8. Construction of Indore Sports**

The university has been Constructing Indore stadium with sports facility at a university in Indore could greatly benefit both students and the community. Overall, the construction of a comprehensive sports facility at a university in Indore has the potential to promote physical fitness, wellness, community engagement, and athletic excellence among students and residents alike.

## **9. Track & field**

Having a 400-meter track available in this university provides a versatile space for various track and field activities and training sessions. Here's how such a track is utilized:

- a) **Running Events:** The 400-meter track is perfect for hosting a range of running events, including:
  - 100 meters
  - 200 meters
  - 400 meters (full lap)
  - 800 meters (two laps)
  - 1500 meters or the mile (about four laps)
  - Relay races (4x100m, 4x400m)
- b) **Training Sessions:** Athletes can use the track for structured training sessions tailored to their specific events, focusing on speed, endurance, or technique. Coaches can organize interval training, tempo runs, and race simulations to help athletes improve their performance.
- c) **Hurdles and Jumps:** The straight sections of the track can be utilized for hurdle drills and sprinting, while the curved sections can be used for approach runs in jumping events like the long jump, triple jump, and hurdles.

- d) **Throwing Events:** Although throwing events typically take place in dedicated areas, athletes can use the track for warm-up drills and conditioning exercises before heading to the designated throwing areas for shot put, discus, javelin, and hammer throw.
- e) **Race Walking:** The track provides a controlled environment for race walking events and training sessions, with athletes adhering to the proper technique and rules.
- f) **Recreational Use:** Apart from organized sports activities, the track can also be open for recreational use by students, faculty, and staff for jogging, walking, or general fitness activities.
- g) **Events and Competitions:** The University host track and field meets, intercollegiate competitions, and community events, bringing together athletes from different schools and clubs to showcase their talents and foster a sense of camaraderie.

## **10. Conditioning in sports**

The university conducting daily based conditioning classes in sports refers to the process of improving an athlete's physical fitness and readiness through specific training methods. It aims to enhance the athlete's strength, endurance, speed, agility, flexibility, and overall performance while reducing the risk of injuries. Conditioning programs are tailored to the demands of the particular sport and the individual needs of the athlete.

## **11. Training and Coaching Club**

The university leading training and coaching in sports are fundamental aspects of athletic development and performance enhancement. Effective training and coaching programs require collaboration between athletes, coaches, support staff, and sometimes sports scientists to ensure that athletes reach their full potential while minimizing the risk of injury and burnout. Additionally, ongoing evaluation and adjustment of training methods and coaching strategies are essential to adapt to changes in the athlete's performance, competition requirements, and advancements in sports science.

## **12. Canteen adjoining the Physical Education & Sports.**

The University canteen adjoining the physical education & sports provides subsidized food to the sports personnel.

### **13. Sanitary and Toilets.**

The University has provided separate sanatoriums and toilet for the Physical Education and Sports Department.

### **14. Changing room.**

The University has availed separate changing rooms for the ladies and gents.

### **15. Sports Equipment Store Are.**

It has spacious area.

All types of equipment are store in this area

- **Multipurpose use the sports activities.**
- **Other Support/Infrastructure facilities enriching the campus**

The University has provided the following other infrastructural facilities to enhance the sports activities and events.

## **THE HIGHLIGHTS OF THE DEPARTMENT**

A well-equipped Gym has been started to facilitate weight lifting, multi-station equipment along with weight lifting, power lifting, and body building equipments

- Multipurpose indoor hall has been made available
- Wrestling, Judo, Gymnastics mats
- Outdoor facilities have been increased
- Overall participation has been increased

The University provides incentives as under to the sports personnel to enhance sports performance

- Travelling & Dearness allowances.
- Sports Kits, T shirts, Banyan, Shorts, Anklets and Knee Cap etc.
- Sports Equipment.
- Spikes and Studs, shoes and other material.

- Prize distribution- Certificates Momentoes, Medals, Kitbags, track suits, Shoes, Trophies etc.
- Extra Coaching through experts has been provided to the sportsmen.
- Earn and Learn Scheme, Preface to Admission, Free Medical.