



# University of Kashmir

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## Criterion 5: Student Support and Progression

### *5.1.3 Life Skills*

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## REPORT ON YOGA



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## **International Yoga Day celebrated at KU's main, south campuses**

The International Day of Yoga was celebrated on JUNE 21 2023 at both the main and south campuses of the University of Kashmir, with enthusiastic participation from students and officials. At the main campus, the event was organized by the Office of National Service Scheme (NSS) in collaboration with the Directorate of Physical Education and Sports (DPES). Students from the University and local schools attended. Vice-Chancellor Prof. Nilofer Khan emphasized this year's theme, "One Earth, One Family, One Future," highlighting the youth's role in promoting Yoga. Registrar Dr. Nisar A Mir chaired the event, encouraging students to embrace Yoga's benefits for inner peace and strength. Other speakers, including Dean Prof. Mehmood A Khan and Dr. Majid Zaman, stressed the importance of Yoga. Yoga instructors provided training to students, and the event was coordinated by DPES/NSS officials. At the South Campus, the event was led by the Department of Physical Education and Sports under the supervision of Director Prof. Raies Ahmad Qadri, who explained the physical, mental, and spiritual benefits of Yoga. Participants also received detailed insights about the significance of the International Day of Yoga from Assistant Director, Physical Education, Tausif Bhat.



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## **KU's South Campus celebrates 9th International Day of Yoga.**

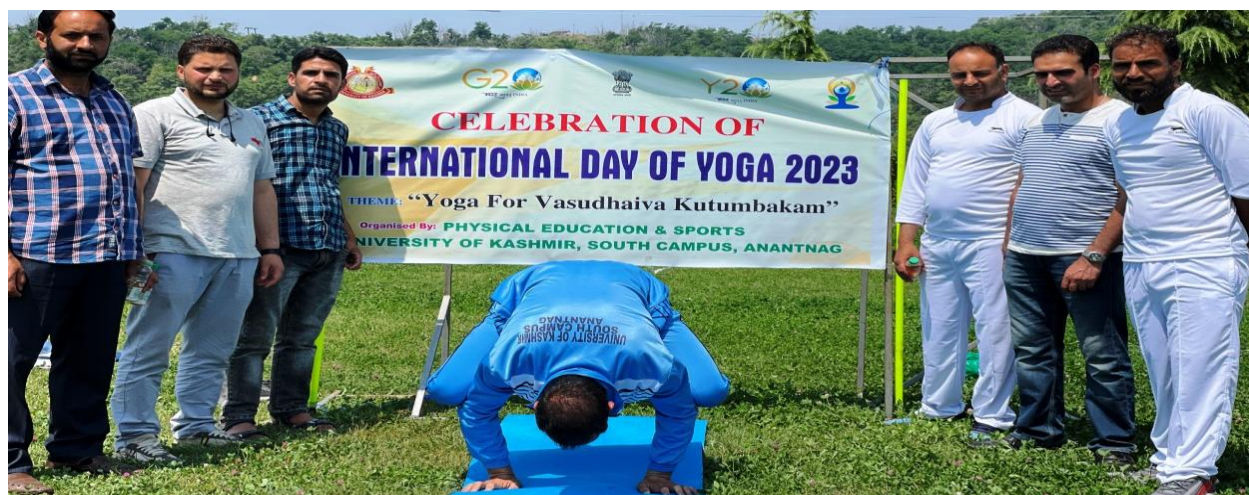
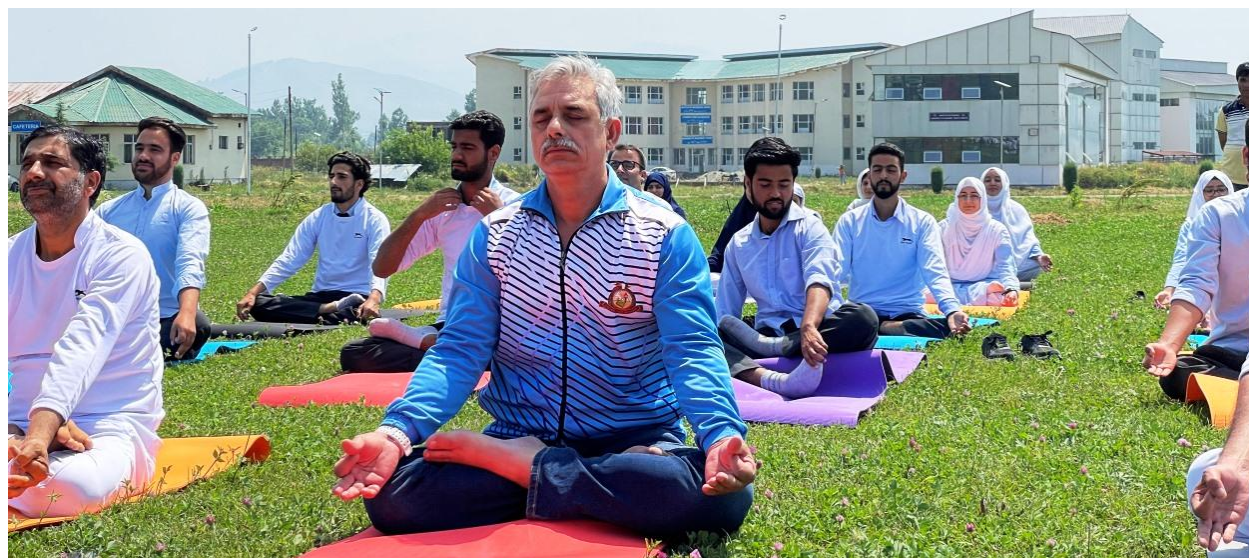
South Campus of the University of Kashmir joined the International Yoga Day celebrations on the theme, 'Yoga for VasudhaivaKutumbakam', or 'One Earth, One Family, One Future'. The event was organised by the Department of Physical Education and Sports, South Campus, under the supervision of its Director, Prof Raies Ahmad Qadri in the year 2023. The yoga session was held in the sports ground and was attended by faculty, officers, officials and students with great enthusiasm. Speaking on the occasion, Prof Raies Ahmad Qadri, spelt out the innumerable benefits of yoga on the body, mind and spiritual well-being of individuals. Assistant Director, Physical Education, Tausif Bhat, briefed the participants in detail about the significance of International Day of Yoga and later demonstrated 15 yoga asanas, which were followed by participants with keen focus.





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## University of Kashmir NSS Celebrates International Yoga Day 2020

The University of Kashmir's National Service Scheme (NSS) celebrated International Yoga Day in 2020. This annual event, observed on June 21, promotes the importance of yoga in maintaining physical, mental, and spiritual well-being. The NSS unit of the university organized various activities to engage students and the community in the practice of yoga. These activities likely included yoga sessions, awareness programs, and discussions about the benefits of yoga, in line with the global theme for that year. This celebration aimed to inspire individuals to incorporate yoga into their daily lives to improve their overall health and wellness.







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## International Yoga Day

Kashmir University's Office of National Service Scheme (NSS) on Saturday organised a session on Common Yoga Protocol (CYP) for students in the varsity's main campus.

More than 500 students from schools, colleges and the University NSS volunteers participated in the early morning session during which the participants were educated about the health benefits of Yoga and its various techniques and forms.

Vice-Chancellor Prof Talat Ahmad joined the event as chief guest while Dean Academic Affairs Prof Farooq Masoodi and Registrar Dr Nisar A Mir were guests of honour.

The programme was held on the direction of the Ministries of Ayush and Youth Services and Sports, the Government of India, as well as the Government of Jammu and Kashmir in the run-up to the celebration of the International Day of Yoga on June 21, 2022.

Interacting with student participants, Prof Talat said such events help the student community in improving their health to lead a better and more focused life.

He said it is encouraging to see the active participation of students from across schools and colleges in the CYP session.

KU's NSS Programme Coordinator Dr Musavir Ahmad highlighted the objectives of the CYP, while Dr Wakar Amin conducted proceedings of the certificate-distribution ceremony which was presided over by the Vice-Chancellor.

[500 students join NSS session on 'Common Yoga Protocol' at KU \(greaterkashmir.com\)](http://greaterkashmir.com)



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**Event Date:** 14-May-2022

**Venue:** University of Kashmir

*Greater* **Kashmir**

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sports

## 500 students join NSS session on 'Common Yoga Protocol' at KU



Vice-Chancellor Prof Talat Ahmad joined the event as chief guest while Dean Academic Affairs Prof Farooq Masoodi and Registrar Dr Nisar A Mir were guests of honour. Special arrangement

**GK NEWS NETWORK**

Published on : 14 May, 2022, 8:12 pm · 1 min read





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## REPORT ON PHYSICAL FITNESS



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## **Cooper Run/Walk test: Fitness camp for employees, students**

A fitness camp for employees and students was successfully conducted at the South Campus, University of Kashmir, on Friday. The event aimed to promote physical fitness and overall well-being among the campus community. A total of seventy participants, including faculty members, non-teaching staff, and students, actively engaged in the camp, making it a resounding success.

The Cooper Run Test, organized by the Department of Physical Education and Sports, was a key component of the camp. This test was conducted to assess the physical fitness levels of employees and students. The participants were categorized into three age groups: under 30, under 40, and above 40, ensuring that individuals of all age brackets had the opportunity to participate and be evaluated.

The event was flagged off by Prof. Mukhtar Ahmad Khanday, Director of South Campus, who expressed his enthusiasm for the initiative. He congratulated the participants for their commitment to fitness and urged them to maintain physical well-being to combat stress effectively. Prof. Khanday emphasized the importance of integrating sports and physical activities into daily routines and encouraged the participants to make time for such activities in their busy lives. He also extended his appreciation to the Assistant Director of Sports for organizing the event and fostering a culture of physical fitness at the campus.

Assistant Director of Physical Education, Tausif Ahmad Bhat, briefed the participants on the details of the fitness test and encouraged them to engage in future sporting events. He stressed the importance of maintaining an active lifestyle and continuing participation in athletic events to further improve physical health and team spirit.

The Cooper Run Test results were as follows:

- In the under 30 age group, Jamshed Ahmed secured the first position, followed by Sajad Ahmad Sheikh in second place, and Dr. Abdul Waheed Shah in third.
- In the under 40 age group, Showkat Ahmad clinched the first position, while Amir and Manzoor won second and third positions, respectively.
- In the above 40 age group, Junaid Ahmad from the Mathematics Department took the first position, while Mujeeb-ul-Hassan (Nursing) and Akib Khan (Mathematics) secured the second and third positions.

Following the test, Prof. Khanday distributed medals to the position winners as a token of appreciation for their outstanding performance and commitment to fitness.



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The fitness camp was a great success, contributing to the promotion of a healthy lifestyle within the university community. It provided participants with the opportunity to assess their physical fitness levels while fostering a sense of teamwork and sportsmanship. The event also reinforced the importance of maintaining physical health to enhance mental and emotional well-being, especially in challenging times. The South Campus looks forward to organizing similar events in the future to encourage active participation in sports and physical fitness.





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## National Webinar on "Doping in Competitive Sports"

In a significant move toward promoting integrity and fairness in sports, a national webinar on "Doping in Competitive Sports" was recently organized to raise awareness and educate athletes, coaches, and sports professionals about the dangers of performance-enhancing drugs (PEDs). The event was a collaboration between sports authorities, healthcare professionals, and anti-doping agencies, all of whom came together to address one of the most pressing issues in modern sports.

### Importance of the Webinar

Doping in sports has been a persistent challenge, undermining the principles of fair play and posing serious health risks to athletes. The webinar aimed to address this by focusing on the ethical, physiological, and psychological implications of doping. With high-profile doping cases making headlines globally, this workshop provided a platform for experts to shed light on the current anti-doping regulations, advancements in detection methods, and the long-term consequences of PED use.

### Topics

The webinar featured a panel of distinguished speakers. Among the key topics discussed were:

1. **Introduction to Doping and Its History:** The session provided a comprehensive overview of the origins of doping in sports and how it has evolved over the years.
2. **Health Risks of Performance-Enhancing Drugs:** Medical experts elaborated on the severe health impacts of doping, including hormonal imbalances, cardiovascular risks, and long-term organ damage.
3. **Legal and Ethical Dimensions:** Legal professionals outlined the current anti-doping laws and the ethical considerations athletes must bear in mind. The importance of adhering to the World Anti-Doping Agency (WADA) guidelines was emphasized.
4. **Advancements in Doping Detection:** Technological advancements in doping detection methods, including blood testing, biological passports, and next-gen analytical techniques, were discussed.
5. **Psychological Effects of Doping on Athletes:** Psychologists explained the mental toll doping takes on athletes, leading to potential anxiety, depression, and issues of trust within teams and organizations.



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6. **Real-Life Case Studies:** The session also highlighted the stories of athletes who either faced sanctions for doping or took a firm stand against it, serving as lessons for the broader sports community.





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## ONE DAY NATIONAL WEBINAR

### On "DOPING IN COMPETITIVE SPORTS"



Organised by:

Directorate of Physical Education and Sports  
University of Kashmir, Srinagar, J&K

as a part of

Azadi Ka Amrit Mahotsav



Thursday,  
January 20, 2022  
11 A.M.



**Dr. Nisar A. Mir**

Registrar, University of Kashmir  
[Chief Guest]



**Dr. Nisar A. Khan**

Coordinator, DPES  
[Convenor]



**Mr. Nadeem A. Dar**

Assistant Director, DPES  
[Organising Secretary]



**Dr. Rakesh Malik**

Deputy Director  
Directorate of Sports  
Panjab University, Chandigarh  
[Resource Person]



**Dr. Rina Poonia**

Associate Professor & Deputy Director  
(Physical Education)  
Manipal University, Jaipur  
[Resource Person]

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## **KU organises one-day Kayaking and Canoeing workshop to mark WWD-2023**

The Directorate of Physical Education and Sports (DPES), University of Kashmir, organized a Kayaking and Canoeing workshop for students from teaching departments and affiliated colleges on Wednesday at the Water Sports Centre, Nigeen, in celebration of World Water Day 2023. The event was inaugurated by Registrar Dr. Nisar A Mir, with several officials, including Special Secretary to VC Dr. Tanvir A Shah and DPES Coordinator Dr. Mussavir Ahmad, in attendance.

Dr. Nisar highlighted the University's focus on specialized sports like Kayaking and Canoeing, encouraging students, especially women, to actively participate in sports. He also mentioned upcoming infrastructure developments, including an athletic track, indoor sports stadium, and upgraded cricket ground.

Dr. Mussavir Ahmad announced plans for a 21-day Kayaking and Canoeing camp in May 2023 to boost water sports. National-level players, including Adil Ahmad, Zahoor Ahmad, and Farooq Ahmad, provided training, and officials from DPES were also present.





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## **Report on Health and Hygiene with Photographs**



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## Blood Donation Camp on 15th of November 2019

A Blood Donation Camp was held at the South Campus of the University of Kashmir on May 1, 2019, jointly organized by the Humanity Welfare Organisation HELPLINE NGO Bijbehara and the South Campus of the University of Kashmir, Anantnag. The event took place in the campus library hall and was attended by 62 participants, including students and staff. Notably, a significant number of female donors took part in the camp, and two media professionals from ETV Bharat and CNI also contributed by donating blood. Javed Ahmad Tak, Honorary Chairman of Humanity Welfare Organisation HELPLINE, emphasized the unique ability of the human body to produce blood and the importance of donating it to save lives. He added that the blood collected would be stored at the District Hospital Anantnag's blood bank, where it would assist patients with renal failure, cancer, and women in labor. Tak also highlighted that the organization has a long history of conducting blood donation drives, especially before the month of Ramzan, to ensure that patients in need do not suffer. The Director of the South Campus, University of Kashmir, also addressed the gathering, emphasizing the institution's commitment to organizing events that provide students with social exposure and engage them in community service. He reaffirmed the university's dedication to supporting society and empowering the youth. The NSS head praised the volunteers for their active participation, stating that NSS members from the South Campus would continue to take the lead in organizing such life-saving initiatives. The camp saw contributions from volunteers from the South Campus' Nursing College, NSS members, the Childline team, and the staff of the University. Blood collection was managed by the staff of the District Hospital Blood Bank, led by Dr. Showkat and Chief Technologist Savir Ahmad. The team ensured a smooth and safe donation process for all participants.







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## World Diabetes Day 2023: Experts discuss concerns, actions to combat health crisis

On World Diabetes Day 2023, the Health Centre at the University of Kashmir, in collaboration with the Gauri Kaul Foundation, organized a significant event to raise awareness about the rising prevalence of diabetes in the region. Under the theme “*Know Your Risk, Know Your Response*,” experts and dignitaries gathered to discuss the challenges and solutions for diabetes management and prevention. **Prof. Farooq A. Masoodi**, the Chief Guest, emphasized the importance of youth awareness and grassroots education in promoting behavioral changes for diabetes prevention. He also highlighted the need for collaborative efforts among healthcare professionals, policymakers, and community leaders to tackle the issue. **Dr. Upendra Kaul**, Founder of the Gauri Kaul Foundation, stressed the link between diabetes and cardiovascular risks, particularly in Kashmir, where unique health challenges, such as low blood platelet counts, increase vulnerability to complications. **Dr. Bashir Ahmad Laway** and **Dr. M. Hayat Bhat**, senior endocrinologists, discussed the growing prevalence of diabetes in Kashmir and India, calling for better screening, access to treatment, and awareness. **Dr. Zubair Saleem**, a senior geriatric consultant, addressed the complex challenges of managing diabetes in aging populations. The event concluded with a vote of thanks by **Dr. Suraya Jan**, acknowledging all contributors. **Dr. Khalid Nazir Tarzan** coordinated the event.





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## KU organises 3-day multi-specialty health camp

The Kashmir University Health Centre, in collaboration with Paras Hospital, Srinagar, organized a three-day awareness-cum-checkup camp on October 5 2023 to address prevalent health issues like diabetes, hypertension, cardiac ailments, neurological diseases, thyroid disorders, and PCOD among young women. Inaugurated by **Prof. Irshad Ahmad Nawchoo**, Dean Research, the event saw participation from university staff, students, and administration. Prof. Nawchoo emphasized the university's commitment to the well-being of its community. **Dr. Khalid Nazir**, Coordinator of the Health Centre, highlighted the ongoing efforts to conduct similar programs under the guidance of the university leadership. The camp featured specialists, including **Dr. Mohammad Maqbool Sohail**, **Dr. Mehroosa**, and **Dr. Shabeer Ahmad Paul**, who conducted free consultations and provided preventive education. Nearly 400 individuals benefited from free ECG, Random Blood Sugar tests, and health checkups. The camp was coordinated by **Dr. Suraya Jan**, **Dr. Azhar Ahad**, and **Dr. Iqra Mehraj**, with support from a dedicated para-medical team, reflecting the commitment to improving health awareness and accessible healthcare services.

## KU organises 3-day multi-specialty health camp

Srinagar, Oct 06: To create awareness about the prevalent health conditions in the Valley such as, diabetes, hypertension, cardiac ailments, neurological diseases, thyroid disorders and PCOD (Polycystic Ovarian Disease) among adolescent girls and young women, the Kashmir University Health Centre in collaboration with Paras Hospital, Srinagar organised a three-day multi-specialty awareness-cum-checkup camp.

A large number of university staff including deans, heads, faculty, scholars and students besides people from the university administration visited the camp.

The event was inaugurated by Dean Research,



Kashmir University (KU), Prof Irshad Ahmad Nawchoo.

Expressing his satisfaction with the camp's execution, Prof Nawchoo emphasised the university administration's commitment to the wellbeing of its students and staff.

Prof Nawchoo said, "Such initiatives play a crucial role in fostering a sense of community, enhancing personal development and

promoting physical and mental wellbeing within the university."

While appreciating the organisers, he added: "Our university's commitment to the holistic development and wellbeing of our students and staff remains unwavering and this camp exemplifies the dedication to create a supportive and nurturing environment for our community."

## KU organizes multi-specialty health camp



Registrar, Dr Nisar Ahmad Mir. The University Health Centre has conducted numerous such camps and awareness programmes recently and would continue to do so in the future as well.

The camp featured a team of eminent specialists, including Interventional Cardiologist, Dr Mohammad Maqbool Sohail; Endocrinologist, Dr Mehroosa; Neurologist, Dr Shabeer Ahmad Paul and General Physicians, Dr Burhan and Dr Sanna.

Medical Officers, Dr Suraya Jan, Dr Azhar Ahad and Dr Iqra Mehraj actively participated and coordinated the camp's activities. A dedicated team of para-medical staff put in their best efforts to ensure the camp's grand success.

Nearly 400 patients benefited from this camp reflecting the commitment of the University Health Centre and Paras Hospital, Srinagar to promote health awareness and to provide accessible healthcare services to the community.

### NL CORRESPONDENT

SRINAGAR, OCT 6: To create awareness about the prevalent health conditions in the Valley such as, diabetes, hypertension, cardiac ailments, neurological diseases, thyroid disorders and PCOD (Polycystic Ovarian Disease) among adolescent girls and young women, the Kashmir University

deans, heads, faculty, scholars and students besides people from the university administration visited the camp.

The event was inaugurated by Dean Research, Kashmir University (KU), Prof Irshad Ahmad Nawchoo.

Expressing his satisfaction with the camp's

and wellbeing of our students and staff remains unwavering and this camp exemplifies the dedication to create a supportive and nurturing environment for our community."

Outlining the broader goals of the camp, Coordinator, University Health Centre, Dr Khalid Nazir said that under the patron-



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## Oro-Dental Health Awareness and Treatment Camp

Oro-Dental Health Awareness and Treatment Camp was organized by the University of Kashmir on 22-03-2022 to promote dental health and provide treatment to the community. The camp aimed to educate attendees about oral hygiene practices and the importance of maintaining good dental health. A team of dental professionals conducted free check-ups, offered consultations, and provided treatments for common dental issues such as cavities, gum disease, and oral infections. In addition to the treatment, informative sessions were held to raise awareness about preventive measures, including proper brushing techniques, flossing, and the significance of regular dental check-ups. The camp saw active participation from local residents, and many individuals benefited from the expert advice and services provided during the event.







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## **Cleanliness Drive "Ek Tareekh Ek Ghanta Ek Saath" Organized at South Campus, Anantnag**

In response to the nationwide cleanliness campaign initiated by Hon'ble Prime Minister Narendra Modi, the South Campus of the University of Kashmir in Anantnag organized an hour-long Shramdaan Programme titled "Ek Tareekh Ek Ghanta Ek Saath" on October 2023. The event was held under the aegis of the "Swachhta Hi Sewa" Abhiyan, Government of India, as a tribute to Mahatma Gandhi on the eve of his 154th Birth Anniversary.

The cleanliness drive saw active participation from faculty members, non-teaching staff, and students, demonstrating a strong commitment to the cause of cleanliness and environmental sustainability. The event was led by Prof. Raies Ahmad Qadri, Director of South Campus, who, along with the participants, thoroughly cleaned the premises of the campus. The drive commenced from the administration block and concluded at the science block, covering key areas of the campus.

In his address, Prof. Qadri emphasized the importance of collective efforts in achieving the mission of a garbage-free India. He highlighted the crucial role of the youth in contributing to the "Swachh Bharat" mission and urged the participants to continue their efforts toward a cleaner and greener India. He stated, "The people of our country will contribute to this mission, thereby making India a garbage-free country in the near future." He further reiterated that the youth have already made



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significant contributions to the campaign, and more focused efforts are needed to strengthen the "Green India, Clean India" initiative.

The event was coordinated by Assistant Director of Physical Education, Mr. Tausif Bhat, who ensured smooth execution and participation in the cleanliness drive. The program underscored the importance of community involvement in environmental preservation and paid homage to Mahatma Gandhi's principles of cleanliness and service.

The Shramdaan Programme at South Campus, Anantnag, was a resounding success, aligning with the nationwide mission to make India cleaner and more sustainable.





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## Cleanliness Drive Organized by the University of Kashmir at South Campus, Anantnag in 2022

The National Service Scheme (NSS) team at South Campus, under the administration of the University of Kashmir, organized a cleanliness drive that involved active participation from students, teaching, and non-teaching staff. The initiative aimed to instill the importance of cleanliness and community service among the campus community.

The event was led by Dr. Irfana Rashid, Convener of NSS, South Campus, who spearheaded the drive with enthusiasm and dedication. A large number of participants, including students and faculty, joined the effort, ensuring the campus premises were thoroughly cleaned. The team began the drive by clearing litter, sweeping common areas, and removing waste from the grounds, making the campus environment cleaner and healthier.





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## **Mental Health of Emerging Generations: A Programme Organized by the University of Kashmir**

Dated: 06-02-2021

In a joint effort to address the mental health challenges posed by the Covid-19 pandemic, the Dean Students Welfare (DSW) and South Campus of the University of Kashmir organized a programme titled “Mental Health of Emerging Generations” on February 6, 2021. This event was part of a larger series of initiatives aimed at raising awareness about mental health, particularly in response to the unprecedented difficulties brought on by the global health crisis.

The programme aimed to provide insights into the mental health challenges faced by the younger generation in the wake of the pandemic, and to highlight the importance of mental well-being as students and staff adapt to the post-pandemic world.

In his special address, Prof. Raies A. Qadri, Dean of Students Welfare, discussed the severe impact of the Covid-19 outbreak on mental health. He noted that the pandemic intensified mental health issues, particularly due to the sense of isolation, stress, and grief experienced by many. Citing a World Health Organization (WHO) survey, Prof. Qadri pointed out that 93% of countries worldwide reported significant disruptions to mental health services during the pandemic. He emphasized that increasing awareness about mental health is essential to managing and reducing these challenges.

Prof. Qadri also highlighted the efforts of the University of Kashmir in organizing similar mental health awareness programmes in various colleges across Kashmir and on the Main Campus. He emphasized the university's commitment to fostering mental health support in academic institutions and beyond.

In his welcome address, Prof. Aijaz A. Wani, Director of South Campus, stressed the importance of outreach programmes like these in educating the public about the significance of mental well-being, particularly in the face of the Covid-19 pandemic. He emphasized the need to extend such initiatives to satellite campuses, colleges, and even schools, helping students and teachers cope with the disruptions in education and daily life caused by the pandemic.

The keynote speaker, Dr. Abdul Majid, Head of the Department of Psychiatry at SKIMS Medical College Srinagar, delivered an insightful power-point presentation on the emerging mental health challenges brought about by the pandemic. He emphasized that academic institutions must take the lead in organizing such programmes to mitigate the long-term effects of the pandemic on mental health. His presentation shed light on coping mechanisms and the role of mental health services in addressing these issues.





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Mr. Ishfaq Nazir from the Department of Nursing, South Campus, shared his experiences and perspectives on mental health, discussing practical approaches to managing mental well-being during the pandemic. His contribution provided valuable insights into the need for professional mental health services in academic environments.

The programme concluded with a vote of thanks by Dr. Mohammad Iqbal Bhat, faculty member at South Campus, who expressed gratitude to all participants and speakers. The event's proceedings were smoothly conducted by Mr. Zahid Jeelani, Junior Coordinator of DSW.

The event was well-attended by the staff and faculty of South Campus, as well as members of the DSW team, including Mr. Shahid Ali Khan, Cultural Officer. The programme served as a critical platform for addressing mental health concerns in the post-pandemic era, fostering awareness and encouraging proactive mental health support in educational institutions.







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## **Free Health Checkup Camp Organized at University of Kashmir, South Campus (2022)**

In a significant effort to promote health and well-being among the University of Kashmir community, a Free Health Checkup Camp was organized at the South Campus in 2022. The camp was aimed at providing easy access to basic healthcare services for students, faculty members, and non-teaching staff, ensuring that they have the necessary support to maintain their physical well-being.

The health camp was set up in collaboration with local healthcare professionals, including doctors, nurses, and medical practitioners, who offered free consultations and diagnostic services. Various health checks, including blood pressure measurement, blood sugar testing, general health assessments, and vision tests, were conducted for participants. The medical team also provided health advice and guidance on preventive care and healthy lifestyle practices.

The event was organized by the Dean Students Welfare (DSW) and South Campus administration to ensure the health of the campus community was prioritized. The camp also aimed to raise awareness about the importance of regular health check-ups and preventive healthcare.

The Director of South Campus, Prof. Aijaz A. Wani, who attended the camp, expressed his appreciation for the initiative, highlighting its importance in improving the overall health of the university community. He urged students and staff to take advantage of such opportunities and emphasized the need for maintaining a healthy lifestyle, both physically and mentally.

In addition to the health screenings, the camp also included sessions on mental health awareness and stress management, acknowledging the critical role of mental well-being in overall health. The camp was part of the University's broader initiative to ensure the holistic health of its community and promote a culture of well-being and preventive care.



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The Free Health Checkup Camp was well-attended, with many participants availing of the health services offered. The initiative was widely appreciated for its contribution to improving the quality of life of the South Campus community, making healthcare services more accessible to all.

This initiative marked an important step toward fostering a healthier environment at the University, and future camps are expected to continue providing essential healthcare services to the university community.





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## **REPORT OF SELF** **EMPLOYEMENT&ENTREPRENEURSHIP SKILLS**



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## **Creativity and Innovations in Informal Sector: A Global Perspective**

Department of Education, South Campus organized a special guest lecture on '*Creativity and Innovations in Informal Sector A Global Perspective*' on Tuesday 24<sup>th</sup> April 2018.

Guest speaker *Sheikh Fayaz (PhD)* Centre for Studies in Science Policy School of Social Sciences Jawahar Lal Nehru University- New Delhi in his powerpoint presentation deliberated upon different conceptual models of innovation and provided useful statistical information pertaining to varied fields of innovations of different countries in informal sector. The presentation also included how different countries have tailored their policies and programmes to harness the benefits of informal sector innovations.

Highlighting the contribution of innovators from Kashmir valley, Dr Fayaz stressed for the immediate need of making *individual-institution* collaboration for recognition and promotion of young innovators. The role of education becomes paramount in early identification of creative and innovative learners to properly guide and encourage them to utilize their innovative potential for the overall development of society. Creative and innovative traits in human resource are an asset and the need of the hour is to develop a conducive culture to nourish and nurture such young minds to harvest long term benefit. In the end, question-answer session provides an opportunity for students to interact with the guest speaker and share their enquiries and thoughts related to the topic.

### **About Guest Speaker**

**Dr Sheikh Fayaz** pursued full-time doctorate research on Innovations in Informal Economy at the Center for Studies in Science Policy (CSSP), School of Social Sciences, Jawaharlal Nehru University (JNU), New Delhi, under the guidance of Dr Saradindu Bhaduri. He submitted his PhD thesis with the title 'Perspectives on Informal Sector Innovations: Value Theory Revisited'. Dr Fayaz has worked closely with several national and international organizations to facilitate / scale-up the provision of institutional support for grassroots-level innovations in the informal sector. So far, his research has particularly focused on innovations that have thrived in the informal settings of rural India. He has also contributed to the international discourse on informal sector innovations through peer-reviewed journals, published books and book reviews, newspaper columns and blogs. Concurrently, he is engaged in editing /co-editing of international peer-reviewed journals on themes involving science, technology, frugal innovations and development



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## **One-day Workshop-cum-Boot Camp' for idea pitching**

University of Kashmir and JKEDI jointly organised a 'One-day Workshop-cum-Boot Camp' for idea pitching at KU on October 2018 in which a large number of students, entrepreneurs, and innovators from various parts of the valley participated.



One day Workshop-cum-Boot Camp held at University of Kashmir

“The objective of workshop-cum-Boot Camp was to scout innovative business ideas from students, innovators, and entrepreneurs so that the ideas could be incubated as startups and awarded under Startup initiative of the State of J&K,” said varsity spokesman in a statement.

The Workshop was attended by faculty members, students and officers of the University as well as innovators, entrepreneurs and faculty members of other Valley based institutions and organizations, he said.

Vice-Chancellor KU Professor Talat Ahmad presided over the inaugural function of the Workshop while Dean Academic Affairs KU Prof. M. A. Sahaf was the Guest of Honor.



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## **Webinar on Intellectual Property Rights (IPR) on June 23rd, 2023, at 2:30 pm via Zoom Online Meeting Platform**

The webinar was organized by the New Generation Innovation and Entrepreneurship Development Center (NewGen IEDC), University of Kashmir, in collaboration with the Office of the Controller General of Patents, Designs, and Trade Marks, Department for Promotion of Industry and Internal Trade, Ministry of Commerce & Industry, Government of India, under the National Intellectual Property Awareness Mission (NIPAM 2.0).

This awareness program focused on understanding the relevance of Intellectual Property Rights (IPRs) for upcoming entrepreneurs. It was conducted as part of the 75th-anniversary commemoration of India's independence, under the campaign "Azadi Ka Amrit Mahotsav." Through this campaign, awareness had already been imparted to one million participants on IPRs across the country.

During the webinar, participants were introduced to various types of intellectual property rights and were encouraged to convert their ideas into innovations, ultimately transforming them into IP assets. Upon completion of the program, each participant received an e-certificate from the Patent Office, Government of India.





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**NEW GENERATION INNOVATION AND  
ENTREPRENEURSHIP DEVELOPMENT CENTER  
UNIVERSITY OF KASHMIR**

**IN COLLABORATION WITH**

DEPARTMENT FOR PROMOTION OF INDUSTRY AND INTERNAL TRADE MINISTRY  
OF COMMERCE AND INDUSTRY GOVERNMENT OF INDIA

**ORGANISES A WEBINAR ON**

**INTELLECTUAL PROPERTY RIGHTS (IPR)**

Certificates will  
be provided to all  
the Registered  
Participants  
from GOI

Prof. Nilofer Khan  
Vice Chancellor  
University of Kashmir  
**CHIEF GUEST**

Dr. Nisar Ahmad Mir  
Registrar  
University of Kashmir  
**GUEST OF HONOUR**

Dr. Shahida Umar  
Assistant Controller of Patents  
and Designs India Patents Office  
New Delhi  
**RESOURCE PERSON**

Dr. Sartaj Hussain  
Coordinator  
NewGen IEDC  
**WORKSHOP COORDINATOR**

**Date: June 23rd 2023**  
**Time: 2.30 p.m. to 4.30 p.m.**  
**Platform: Zoom App**

**Zoom Link:**  
<https://zoom.us/j/94416945478?pwd=K09jL3lwMDJhb0pYVitiL2NqdHZuUT09>



**Registration Link:**  
<https://forms.gle/76FgNHYNxJ6vI83E9>

**For enquiries contact:**  
**+91-9906664559**  
**[newgen\\_iedc@uok.edu.in](mailto:newgen_iedc@uok.edu.in)**



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## **Two-Day National Workshop on Innovate 2 Elevate: Igniting Innovation and Entrepreneurship**

The Centre for Innovation, Incubation, and Entrepreneurship (CIIE) at the Institute of Technology (IoT), University of Kashmir (KU), organized a two-day national workshop titled '*Innovate 2 Elevate: Igniting Innovation and Entrepreneurship*' at the Zakura Campus on September 25-26, 2023. The workshop aimed to equip students with essential tools, mindsets, and knowledge necessary to foster innovation.

During the two-day event, participants engaged in a series of interactive sessions, hands-on workshops, and inspirational talks delivered by experts and thought leaders from the field of innovation. Speakers from renowned institutions, including IIT Kanpur, IIT Delhi, and Cluster Innovation Centre, Delhi University, shared their insights and experiences.

In her address, Kashmir University Vice Chancellor, Prof. Nilofar Khan, emphasized the importance of embracing innovation in all aspects of life. She noted that innovation extends beyond technology, encompassing creative thinking, problem-solving, and the courage to challenge the status quo. Encouraging the participants, she said: "Your innovative ideas have the potential to transform society positively."

Prof. Khan also highlighted the pivotal role of educational institutions in fostering innovation, reaffirming the university's commitment to creating an environment that nurtures creativity and entrepreneurship. She further stressed the importance of mentorship and collaboration, urging aspiring innovators to seek guidance and contribute to society's betterment.

Dean of the School of Engineering, Prof. S.M.A. Andrabi, provided valuable insights on how an innovative mindset equips students with the essential skills demanded by today's job market. KU Registrar, Dr. Nisar Ahmad Mir, underscored the university's commitment to research and innovation, encouraging students to embrace the startup culture and to take full advantage of government schemes.

Director of the Institute of Technology (IoT) and Chairman of CIIE, Dr. Gowhar Bashir Vakil, reaffirmed CIIE's dedication to supporting innovators at every stage of the entrepreneurial journey, from ideation to monetization.

A series of engaging workshops were conducted by Prof. Shobha Bagai, Director of the Cluster Innovation Centre (CIC), Delhi University, and her team. The workshops focused on practical knowledge and the technological aspects of innovation.

Representatives from the Foundation for Innovation and Technology Transfer (FITT), IIT Delhi, Ms. Reema and Ms. Ridhima, enlightened the audience on Intellectual Property Rights (IPR), patent filing, and technology transfer. Additionally, Dr. Nikhil Agarwal and Jatinder Mishra from the Startup Incubation and Innovation Centre (SIIC), IIT Kanpur, explored the concept of startups through various case studies, providing valuable insights into the entrepreneurial process.



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The workshop acted as a catalyst for inspiring students to think innovatively and creatively, while emphasizing the need for sustainable and reliable solutions in the fields of innovation and incubation.

The event concluded with a vote of thanks delivered by Dr. Bilal Ahmad Malik, Coordinator of CIIE, IoT, KU. He acknowledged the exceptional efforts of all those involved and highlighted the remarkable achievements of the workshop.

The 'Innovate 2 Elevate' workshop ignited a passion for innovation and entrepreneurship among the participants, contributing to the promotion of a vibrant and innovative ecosystem in the region.

The poster is for a 'TWO DAY NATIONAL WORKSHOP' titled '“INNOVATE 2 ELEVATE: IGNITING INNOVATION AND ENTREPRENEURSHIP”'. The venue is 'GANDHI BHAWAN, UNIVERSITY OF KASHMIR, SRINAGAR'. The workshop is organized by the 'CENTRE FOR INNOVATION, INCUBATION AND ENTREPRENEURSHIP (CIE)' at the 'INSTITUTE OF TECHNOLOGY, UNIVERSITY OF KASHMIR, ZAKURA CAMPUS'. The dates are '25TH - 26TH SEPTEMBER 2023' from '09:00AM - 05:00PM'. A list of speakers includes: Prof. Nilofer Khan (Hon'ble Vice Chancellor, University of Kashmir), Dr. Nisar Ahmad Mir (Registrar, University of Kashmir), Prof. Gowhar B Vakil (Director IoT & Chairman CIE), Prof. Shobha Bagai (Director-CIC, University of Delhi), and Dr. Nikhil Agarwal (CEO SIC, IIT Kanpur).





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## **Chirigish Entrepreneurship Fest: Fostering Innovation and Business Growth**

The "CHIRGISH" fest, organized by the Department of Management Studies, University of Kashmir, concluded on Tuesday. The event, held in 2023, was inaugurated by the Vice Chancellor of the University of Kashmir, Prof. Nilofar Khan, on Monday.

The two-day business fest attracted thousands of students, faculty members, and visitors. Stalls were set up in the lawns of the Management Department, with the objective of promoting local entrepreneurs and helping them grow their businesses, according to the organizers.

Despite the wintry weather, food lovers flocked to the event, enjoying musical performances by Ahmad Parvez and Ali Saffudin. In addition to the food courts, local entrepreneurs showcased their products and services at various stalls, attracting potential customers.

Muazzam Zargar, one of the organizers, stated that the event aimed to promote local businesses and foster a culture of entrepreneurship in the region.





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**The "One Day Henna Designing Workshop"** in collaboration with the Provost Office, University of Kashmir, was held on December 2, 2022. This event, organized for a single day, provided participants with the opportunity to learn the art of henna (mehndi) designing.

Henna designing, an ancient tradition especially popular in South Asia, was likely showcased through live demonstrations and hands-on practice sessions. Participants, possibly students and enthusiasts, were introduced to various styles and techniques of applying henna, from intricate traditional patterns to more contemporary designs.

The collaboration with the Provost Office suggests that this workshop was part of the university's broader efforts to promote cultural heritage, creativity, and skill development among students and the community. Additionally, it could have offered insights into the cultural significance of henna in celebrations like weddings and festivals.





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**The "Two-Day Workshop on Mehandi Art"** was held at the DLL Lawns, located behind the Humanities Block, University of Kashmir, on September 28, 2023. This workshop, dedicated to the traditional art of applying henna or mehendi, spanned two days, providing participants with both theoretical knowledge and practical experience in the craft.

The choice of venue—the DLL Lawns—suggests a scenic, open-air environment ideal for creative expression. Participants, likely students, artists, and enthusiasts of henna art, had the opportunity to learn a variety of henna techniques and designs, including traditional patterns and contemporary styles. The workshop likely covered the following aspects:

1. **Introduction to Henna Art:** The cultural significance of henna in weddings, festivals, and celebrations in South Asia, the Middle East, and North Africa.
2. **Designing Techniques:** The workshop may have included live demonstrations of intricate patterns, starting from basic motifs to more elaborate designs. Participants would have learned to create symmetrical and free-flowing patterns on hands and feet.
3. **Hands-on Practice:** Attendees likely had the chance to apply henna on one another or practice on henna cones and design templates. Different tips and tricks for creating clean, long-lasting designs may have been shared.
4. **Henna Materials:** Guidance on preparing natural henna paste and the best types of cones and applicators was probably provided.
5. **Customization and Creativity:** The event might have encouraged participants to add a personal touch to their designs by blending traditional motifs with modern interpretations.

This two-day event served as a platform for both novice and experienced henna artists to refine their skills, exchange ideas, and appreciate the cultural heritage associated with mehendi art.







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## Cutting and Tailoring workshop (2020)

The University of Kashmir organized a cutting and tailoring workshop in Ganderbal in 2023, aimed at empowering participants with practical skills in garment making. The workshop provided hands-on training in essential tailoring techniques such as fabric cutting, stitching, pattern making, and alterations. Participants, including students and local women, learned the art of tailoring through expert guidance, enabling them to create customized clothing and potentially pursue careers in fashion or small-scale entrepreneurship. This 2023 initiative by the University of Kashmir not only promoted skill development but also supported the local community by offering opportunities for self-reliance and economic growth.



## Paper Mache Program Organized by University of Kashmir in 2019: Reviving Traditional Kashmiri Art

In 2019, the University of Kashmir organized a **Paper Mache program** as part of its initiative to promote traditional Kashmiri arts and crafts. Paper Mâché, a significant part of Kashmir's cultural heritage, involves creating intricate designs and decorations using a blend of paper pulp, adhesive, and colors.

The program aimed to revive and promote this ancient art form, providing a platform for students, artisans, and enthusiasts to learn and engage with the craft. It featured workshops, exhibitions, and interactive sessions where participants had the opportunity to witness and



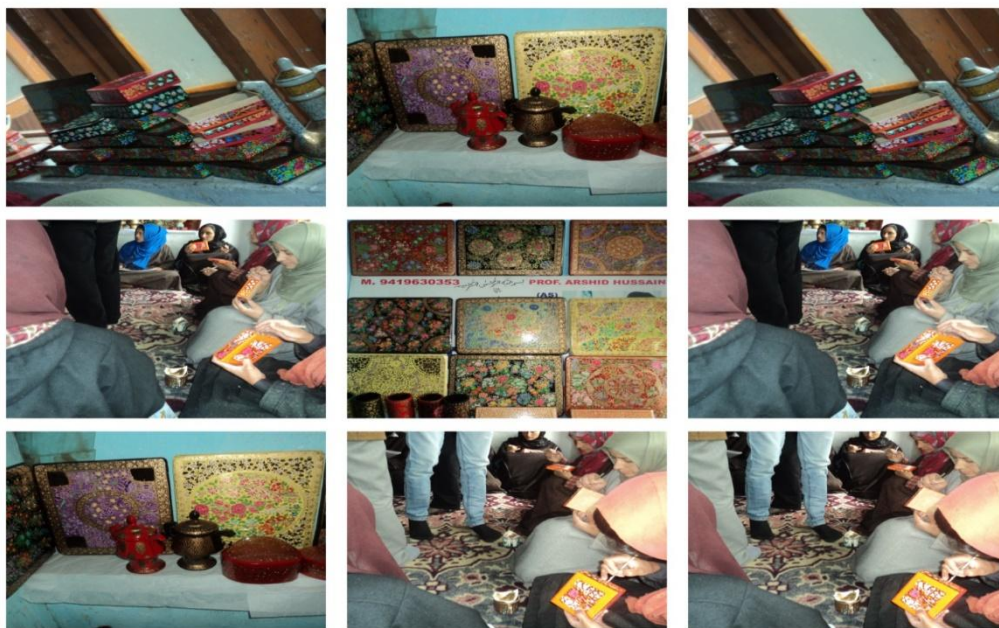
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practice the techniques involved in Paper Mâché. Expert artisans from the region were invited to share their knowledge and skills, highlighting the importance of preserving this traditional art form for future generations.

The event also included discussions on the commercial aspects of Paper Mache, emphasizing its potential in local and global markets. By fostering a deeper understanding of the craft, the University of Kashmir aimed to inspire a new generation to appreciate and contribute to the preservation of Kashmiri cultural heritage.

Overall, the 2019 Paper Mache program was a successful initiative that not only celebrated the artistic roots of the region but also encouraged innovation and creativity within the traditional framework.





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